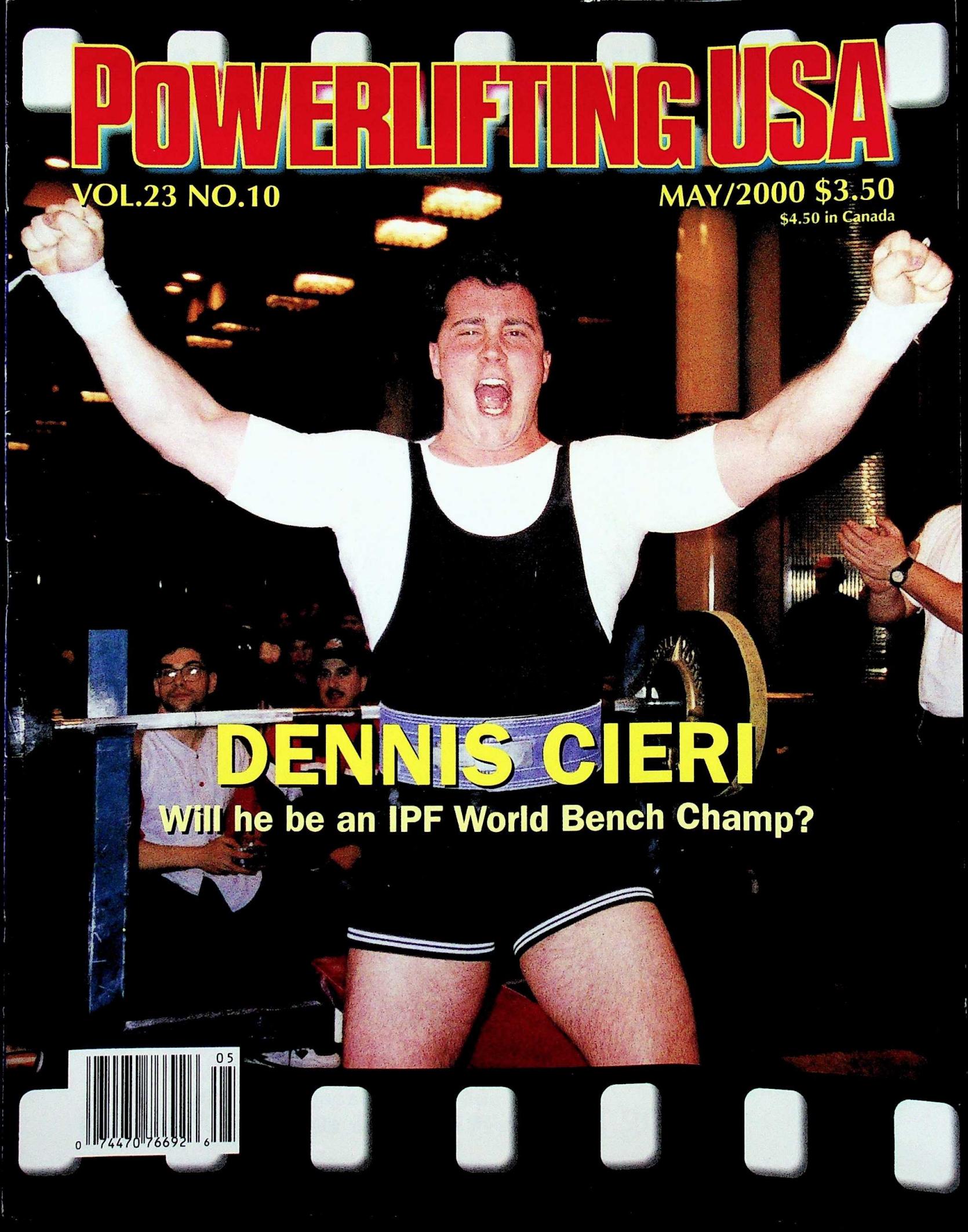


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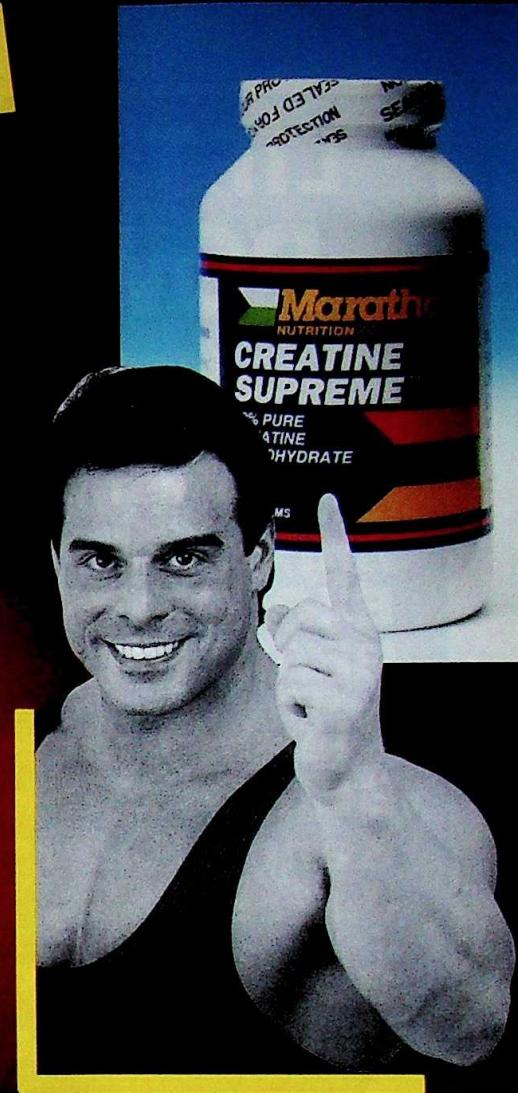
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Editor-In-Chief Mike Lambert
Feature Editor Dr. Ken Leistner
Controller In Joo Lambert
Statistician Herb Glossbrenner
Publisher Mike Lambert

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ON THE COVER.... Dennis Cieri after a successful bench press

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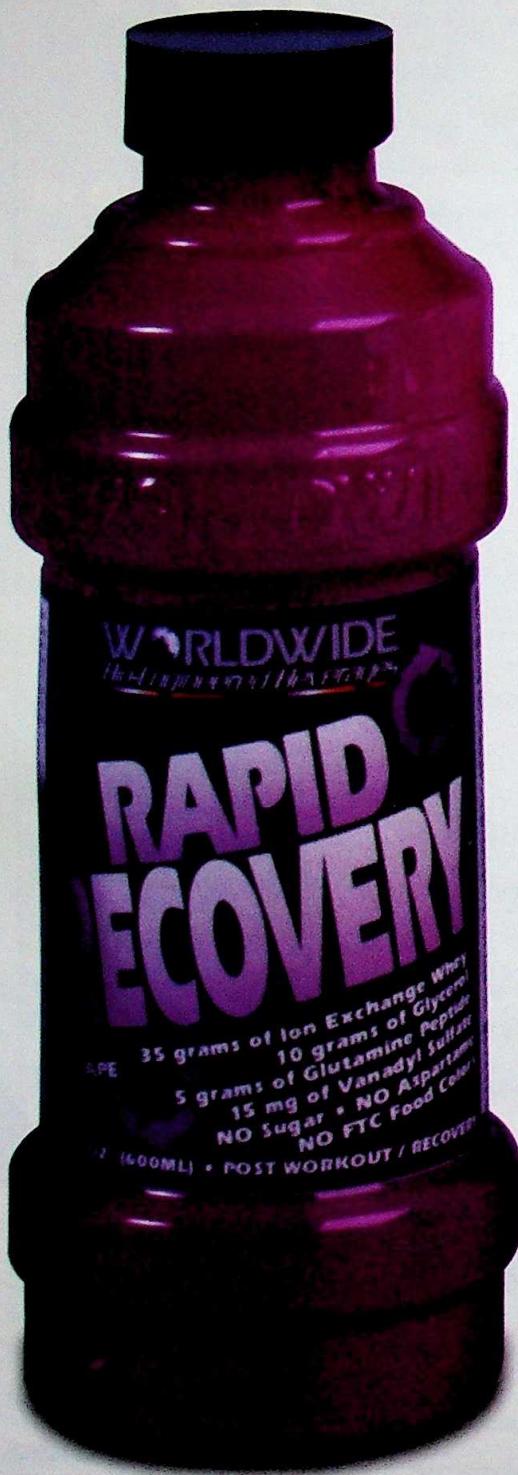
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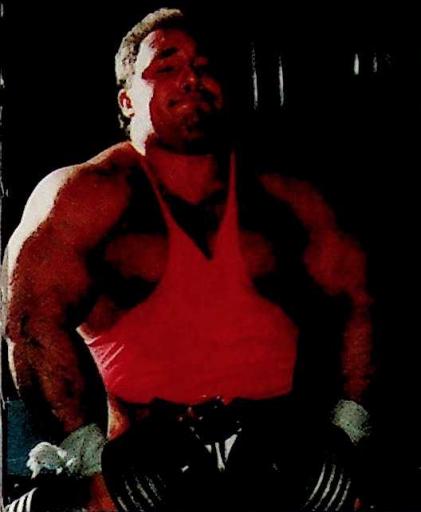


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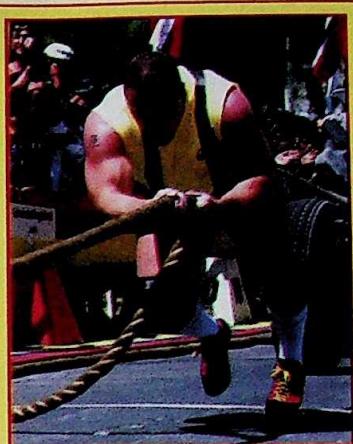
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INTERVIEW

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

Larry: Dennis, why don't you give us some background information about yourself.

Dennis: I am 31 years old, married to my wife Martja for 2 years, and I work as a real estate developer and health club owner.

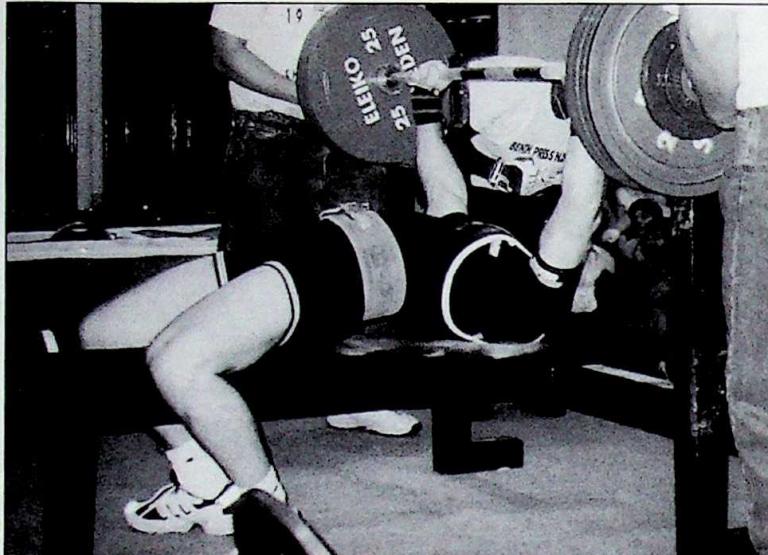
Larry: When and how did you get involved in the sport of powerlifting?

Dennis: I started weight training when I was 14 years old and I was always fairly strong in the bench press. When I was 18, I found a drug free bench press contest in Wilkes Barre and I won and enjoyed it especially since it was with the ADFPA and a drug tested meet.

Larry: How about the gym business?

Dennis: I was working out at a gym for the last 5 years and I really enjoyed it. It was mis-managed and it came up for sale. I put in an offer to buy it and they accepted. I took things over and we're in the process of turning things around. Actually, I am hoping to open up a second gym

Dennis Cieri interviewed by LARRY MILLER



Dennis benching his way to a World Team Slot at the USAPL Bench Nationals

In the future, it's run by my wife, my dad and myself.

Larry: What is your height and weight? You appear to be on the tall side for a top bencher.

Dennis: I am 5'9" and off season I weigh 185 lbs., but I compete in the 181s. I tried the 198 lbs. class for a few years, but I just felt too heavy there although I lifted successfully. I didn't feel as healthy with the extra weight. Pound for pound, I am stronger in the 181 lbs. class.

Larry: What records do you hold?

Dennis: I have the 198 lbs. American record with a lift of 545 lbs. In the 181 lbs. class I have the American record of 507 lbs. I also have the National record in this weight class with a 501 lbs. bench.

Larry: What goals do you have left?

Dennis: My goals keep on evolving and changing. When I first started competing, my goal was to bench press 400 lbs. which I did at age 19. Then I wanted a 450 bench which I did at 22. Then I wanted a 500 lb. bench which I accomplished around age 25. My next goal is to get the 181 lbs. world record and get a world title. As long as my bench continues to go up, that's good enough for me.

Larry: What do you feel you are capable of at 181?

Dennis: Well, I recently realized that you don't reach your prime in this sport (which you are an example of) until you reach your

late thirties and early to mid forties. So I am inspired by that and feel that I have a long way to go.

I don't like to limit myself to anything. I want to keep things open. I would like to break the triple body weight barrier at 181 lbs. I would also like to break the non-drug free record to prove that you can do just about anything without the use of steroids.

Larry: What type of training program are you on?

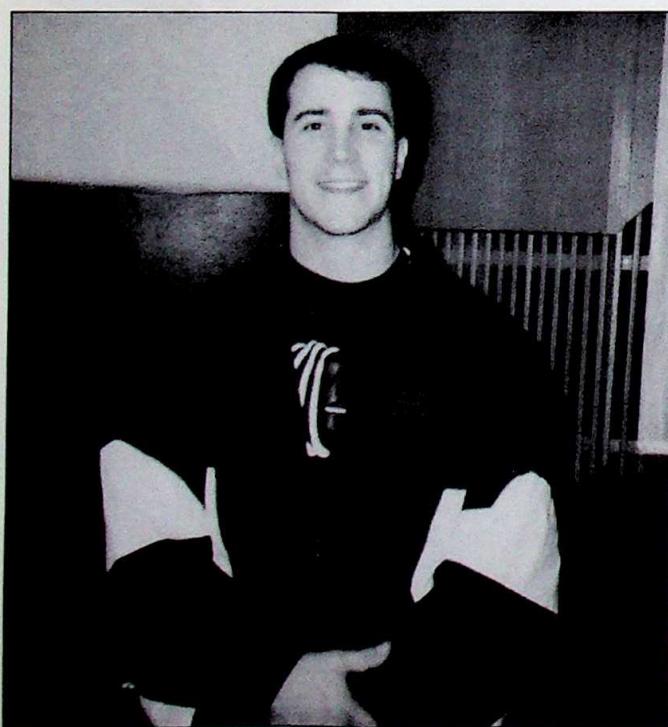
Dennis: Currently, I have a mixture of my old routine and I am trying to incorporate some new things. I also believe that a training program need to evolve and change over time. You have to be open minded and consider new techniques. In the past I have done bench press, incline bench press, flat dumbbell bench press and negatives. In my new routine I will eliminate incline benches and do decline bench presses which is more similar to the competition bench press. I do my chest routine in one training session and I do shoulders and triceps together. I do about 6 sets for each body part and I increase the weight as I get closer to competition. On another day of the week, I will do back mid biceps with moderate weight. I may do legs once every other week or so. I am incorporating a lot of stretching into my routine including the chest and back especially to help me with my arch.

Larry: You have had a friendly bench rivalry with Joe McAuliffe over the years. How has that evolved?

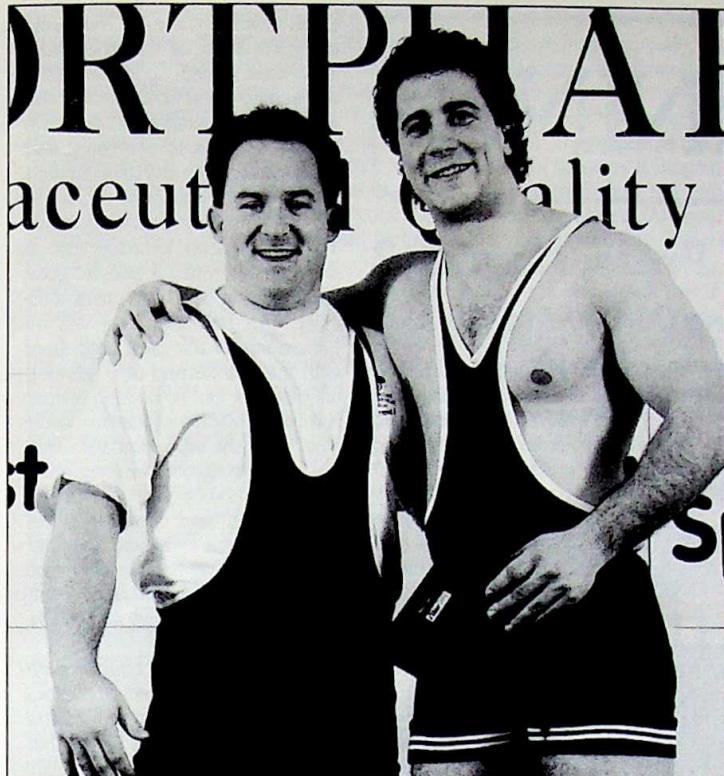
Dennis: Joe is a great guy and it is great to have a friendly rivalry. We have pushed each other over the years. He is a phenomenal athlete and I am glad to know that he is still competing and trying to break my 198 lbs. record. If he does break my record then, of course, I will have to try and take it back. I would love to lift side by side Joe in the Nationals and hopefully the worlds.

Larry: Speaking of the Worlds, what was that experience like for you?

Dennis: I was very thankful just to get there and it was quite a



Dennis at the IPF Bench Worlds in Finland (photos courtesy Dennis)



Friendly New Jersey Rivals ... Joe McAuliffe (left) and Dennis Cieri (right)

learning experience. I didn't do my best but I learned a lot and I will prepare better in the future. It is great to have lifters from all over the world get together and compete on one platform. It was amazing to see so many countries represented. The team experience was great. I had never experienced anything like that. Powerlifting has always been an individual sport. It was an enjoyable atmosphere and it was a privilege to be a part of it. I also learned that there are a lot of other strong people out there. I was rarely challenged in the U.S. and I wasn't expecting my competition to be nearly as strong as they were. I took that for granted in the past, but it won't happen again. Having been beaten will make me better next time. I am taking this as a valuable lesson. I didn't go with a cocky attitude expecting to win, but I didn't expect the level of competition to be what it was. Winning will be more meaningful because of the level of competition one faces.

Larry: What type of equipment do you use?

Dennis: I use the Inzer extra heavy duty blast shirt, a good pair of wrist wraps and a suede lever belt. I try not to use anything supportive prior to a contest. I want to make sure I'm getting stronger because of me and not my workout gear.

Larry: What are your views on

steroids and drug testing?

Dennis: If you take a step back and talk to the typical person on the street, he would assume that a sporting event is for healthy individuals regardless of the sport. Any sport involving drugs is contradictory to what the sport stands for. It is unimaginable to me to call yourself an athlete and then to take strength inducing drugs which are harmful, in order to perform better. It is hard for me to understand why anyone would consider taking drugs. Although I don't know these athletes personally, I have no respect for an athlete who takes drugs. I also don't have any respect for an organization which encourages the use of drugs by turning the cheek. It is a shame because it takes away from the sport.

Larry: Any stories over the years that come to mind?

Dennis: It has just been a wonderful experience to compete over the years. It has been a way for my family to come together and meet over the years. My family is spread out and they use

my bench press meets as a place to congregate. I have always found that the athletes in USA PL are very supportive of each other and a pleasure to lift with and against. There is a great sense of camaraderie. I remember times where I would give lifters, who forgot their equipment, mine to borrow and vice versa.

Larry: Who are some of the lifters over the years who have impressed you or impacted your lifting?

Dennis: When I was a teenager the man on top was Jim Stone. I was amazed that, at age 37 or so, he was breaking National and American records in the 181 lbs. class. He was an inspiration to me. One of the people that continue to inspire me is you. Joe McAuliffe also has given me a nice push and now that I have competed internationally, there is the Japanese lifter who won with a bench of 523 who has inspired me.

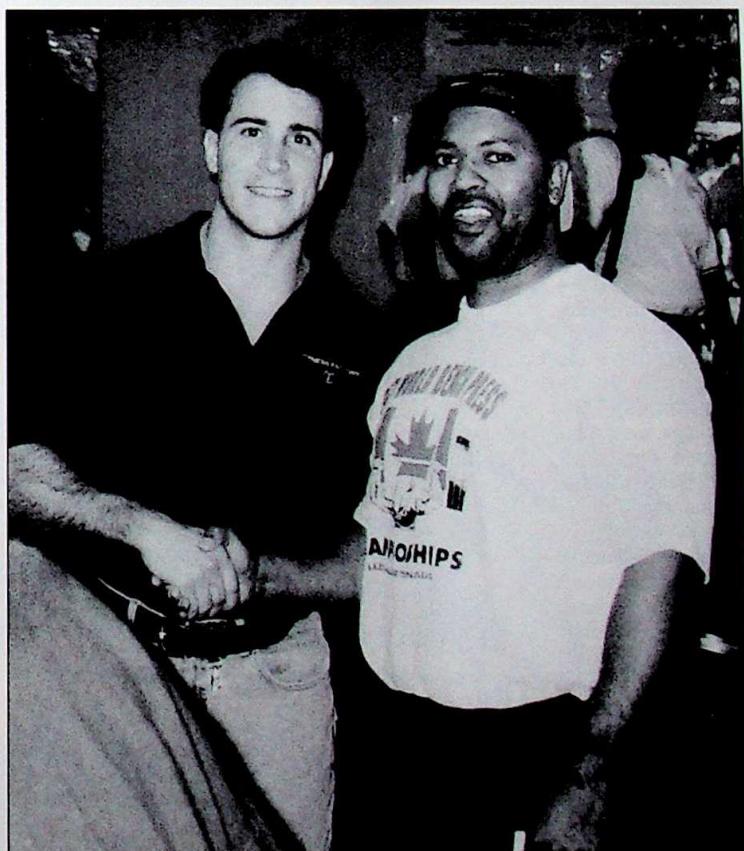
Larry: Speaking of the Worlds, you went for the win on your last attempt.

Dennis: I made a mistake. I didn't

realize that I could have gone for a place and then done a 4th attempt world record. Had I known that at the time I would have done that. It cost me a medal and the team points and I apologize to my team for that. I won't make that mistake again.

Larry: Any final comments you'd like to make?

Dennis: I need to thank my family for supporting me over the years and my wife that has put up with my traveling and training at night. That is probably why I bought a gym, so that I could tell my wife that 'I am working'. My dad has been with me at all my competitions. I would also like to thank the people that run USA PL. They do this not for the money, but because they love the sport. Those are the heroes of our sport. I'd love to see the sport unite with some common ground rules and move towards the Olympics. We can put man on the moon and split the atom, but we can't get a few powerlifting organizations together. Where there is a will there should be a way to bring us all together. If anyone wants to contact me they can reach me at: The Fitness Factory Gym, 15 Grand Ave., Third Floor, Palisades Park, NJ 07650 and they should leave a phone number so that I can call them back.



Dennis shakes with World Team veteran Leonard McCormick in Chicago.

What exactly is a J.M. Press? The term was coined by George Halbert and Louis Simmons shortly after I began working out at the Westside. I had arrived there upon Lou's invitation hoping to improve my explosive power that all Westsiders are known for. I began a steady diet of chain work (and subsequently band work) there that has helped me tremendously. I found myself struggling to keep up with many of the boys on the exercises that required what I call super-human chest explosiveness, but found that I was very comfortable with exercises that relied on triceps strength. I realized then that my triceps strength was my forte. By comparing my modest efforts in the "chest drive" exercises with my exceptional performance in the "triceps" exercises with those of truly the world's best benchers, I knew just where my training had been lacking, and also where my training had been dead-on.

In truth, I had only done one exercise with stoic regularity and eventually I omitted all other movements for the triceps altogether. That movement was what is now called the J.M. Press and that movement alone I have to thank for my triceps strength. I full well know that the only reason I have been able to keep competing with these marvels of pectoral development and prowess is that my triceps strength has been able to compensate for my chest's shortcoming so much as to keep me in the hunt. My point: I believe in this triceps exercise so fervently that I credit much of my success to it. It's got me where I am today. I plan to put major amounts of work into developing chest power like Kenny Patterson and George have, and hope to balance my attack better, but I realize this will take years and lots of sweat.

I now do a few other exercises for triceps, but still rely on my mainstay. Those with a keen eye for self improvement at Westside also noticed my exaggerated triceps strength. I was happy to contribute to the Westside repertoire by sharing the source of my one

TRAINING

What Is A J.M. Press, Anyway?

as told to Powerlifting USA by J.M. Blakley

golden point, as they had shared so many new ideas with me. At first only a few did the movement, but when those few began to see dramatic improvements, including Lou himself (benching an amazing 600 lbs. after umpteen years in the sport), most all then saw the value of the movement and include it in regular

rotation in their regime. I am both proud and flattered that they have deemed it with my initials and that I was able to contribute something back to the sport I love.

The movement is an amalgamation of a triceps extension or "French Press" and a narrow grip bench to neck although it resembles neither very well. To execute the movement, lie on the bench and take a narrow grip on an Olympic straight bar at the beginning of the outside knurling. Don't grip too close as this will change the angle of the forearm to the bar and not allow straight drive. Keep it a "narrow grip" not a "close grip". Take the bar at arm's length and put the elbows out to the sides at a 45 degree angle. A word of caution: Do not let the elbows "drift out" past 45 degrees from the midline of the body as this will place undue stress on the shoulder. Also, don't allow the elbows to "fall in" next to the body as this will shift the emphasis too much on the elbows and would be too similar to a regular triceps press (but not allow for the heavier loads that keeping a rigid 45 degree angle affords).

HOLD A CONSTANT 45 DEGREE ANGLE!

As the bar descends toward the chin or throat, the elbows follow a line out at 45 degrees from the body and what is critical to remember is to keep the elbows up above the rib cage. The elbows must not drop

down past the chest or God forbid even the level of the shoulders! They must remain up to the ceiling and angled out at 45 degrees. If the elbows are allowed to fall then the shoulder begins to see more and more involvement and stress is taken off the triceps especially at the initiation of the drive from the bottom. This is a tricep exercise, not a shoulder exercise. If you let your elbows drop you may as well just do close grip benches. You will be generating all the beginning drive with the deltoids and only finishing with triceps. But by holding proper form you will feel the forearm muscle "fold" onto the biceps and the result is a fully stretched triceps tendon. If your elbows drop you will not feel this "folding" and compression of the forearm and biceps together nor the extreme tension along the triceps tendon over the elbow joint. If you don't feel it, your elbows are probably sagging.

This tension and compression of the soft tissue of the arm flexors is what determines how deep the motion will travel. The fact is that the bar actually stops several inches above the throat and is suspended there by keeping the elbows up and mashing the forearm on the biceps. This position exhausts the slack in the triceps tendon and the bar can not descend further toward the body. If you can bring the bar lower to touch the chin or throat then you have either dropped the elbows or flared them out to the sides past 45 degrees. In any event You should with practice, eventually find yourself in the proper position at the bottom with your elbows up and fixed at 45 degrees from the body, the triceps tendon fully stretched the forearm folded on the biceps, with the barbell hovering several inches above your chin, throat or the very tip-top of the breast bone (manubrium). You should find that it takes surprisingly little effort to hold the bar motionless here. That is because the weight is now supported by the triceps tendon (NOT the triceps muscle) and the compression of the arm flexors. It looks like it would be tough to suspend a weighted bar several inches above the body, but in truth, if you are in the right position, the support comes from leverage.

The rest is easy! Just extend the arms to full lockout with a couple hundred pounds! Well, maybe not exactly easy. But certainly simple. From a solid bottom position just drive the bar up to lockout concentrating on LIMITING the shoulder involvement and maximizing the punch from the triceps. ESPECIALLY at the onset of the drive from the bottom. Don't allow any force to be generated on the bar at

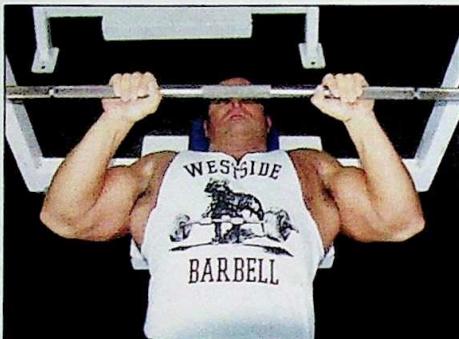


Photo #1: Elbows up and out at 45 degrees, narrow grip, bar descends toward chin or neck.

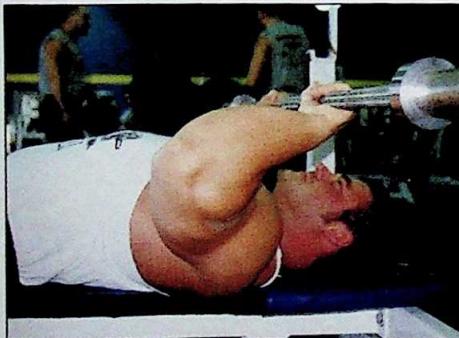
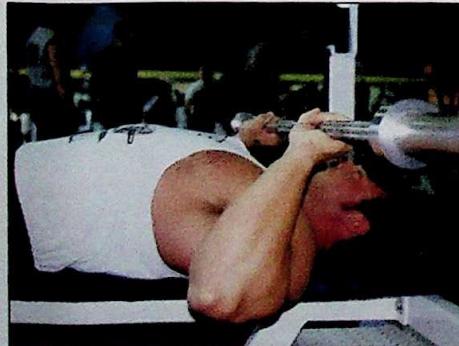


Photo #2: Note the elbows stay up, forearms "fold" onto biceps. **Photo #3:** (below) Wrong! Elbows have fallen & shoulder will be involved!



the bottom from the delts - keep the motion in the elbows. That is the big secret of this exercise! Focusing the power in the elbows and triceps and keeping the shoulders out of it (most importantly at the beginning of the drive). You will feel the tendency to want to drop the elbows and generate power from the delts right at the beginning of the movement. The quality of your results in this exercise will depend on your ability to discipline that tendency. As I said earlier, if you're going to use shoulders, you may as well do regular close grip benches! Keep focused on triceps and use a short explosive punch!

Don't be discouraged by the technicality of this exercise. Of course the better you perform it, the better results you can expect from it. But it doesn't have to be perfect to be effective! This exercise is so beneficial that even a modest approximation of it will work wonders! And you'll get better at it. Keep the loads very, very light for the first four weeks to allow for learning as well as time for the tendon in the back of your arm to adjust to the full stretch. If you rush this you will get sore elbows - and I mean real sore. Take your time and build a good form and connective tissue base before you load the bar up. Believe me your strength in this exercise grows quickly when you perform it right. Kenny Patterson uses well over 500 lbs. for triples in this exercise and has achieved that level in under 2 years of training with it! Your strength will come - don't be in a hurry! If you move too fast your muscular strength can out strip your tendon strength.

Also I would advise limiting your other triceps work somewhat as your loads increase. I am a big proponent of simplicity and I avoid overtraining by following the maxim: More is not better, only better is better.

To summarize, the movement is performed by taking a narrow grip on the bar, lowering it

toward the neck with elbows up and fixed at 45 degrees from the body, folding the forearms on the biceps and fully stretching the triceps tendon. The bar should stop several inches above the chin. Not by holding it there with muscular force, but by the tension of the tendon and compression of the arm. It may be helpful to "cock" the wrists up toward the ceiling for stability here. Most people do this naturally but it serves to mention it any way. The motion is completed by punching the bar back up to arms length in the EXACT same path that it descended in a short sharp, clean stroke. Keep it light at first or you will suffer joint pain like fire on hot. (Believe that.) Amazing strength can accrue in a relatively short time so don't worry about a slow and light start.

Suggested work is 5x10 for 4 weeks then normal training of 3-4x6 off season and 3-4x3 in peaking for a meet. Good luck and good lifting!

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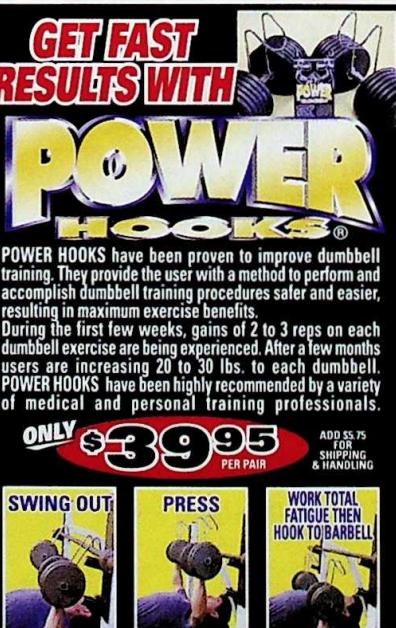
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I think another important characteristic of a great athlete is that he believes in himself. In fact, I don't think - I know. The most consistent finding in sports-related research is the direct relationship between self-confidence and success. Research has consistently shown that athletes who are confident think and act significantly differently from athletes who lack confidence. Confident athletes, athletes who believe in themselves, not only love to compete, they love to compete against the best. Athletes who are confident believe they can do anything - and often do. They never quit; they constantly see themselves as winners - never losers. If you look at the Larry Birds, the Michael Jordans, and Steph Grafs you'll see people who have a powerful belief in their skills and themselves. These are people who can create magic - who work miracles.

Evander Holyfield is a prime example of what I am talking about. He is a man who has an unwavering belief in God and himself. This was never more evident than in the first Tyson - Holyfield fight. If you recall, Holyfield was an underdog in that fight. He struggled in the three fights he had prior to the Tyson fight and was still experiencing trouble with his heart. Tyson, on the other hand, was going through his opponents

Dr. JUDD

In Pursuit of Success, Pt. 10

SELF CONFIDENCE by Judd Biasiotto Ph.D.

like a hot knife through butter. Everyone they put in front of him he literally destroyed. Consequently, no one thought that Holyfield had a chance in hell of beating Tyson. Incredibly, when the fight was first announced the odds in Vegas were forty-five to one that Tyson would defeat Holyfield. Can you believe that? Forty-five to one. Of course, it didn't matter what Vegas believed; only what Holyfield believed. And Holyfield believed that he was going to win. In fact, Holyfield actually assured victory in a television interview a week prior to the fight. He said, "I know everyone thinks I'm washed up. That there is no way I can beat Tyson. But I guarantee you, I will win this fight. That's a promise. I know in my heart that I will beat Tyson!"

And you know what? Holyfield defied the odds and the critics by

knocking out Tyson in the eleventh round. It was one of the biggest surprises in boxing history. It documented what courage, determination, and belief can do. And Holyfield is just one of many great athletes and/or individuals whose beliefs transcended them beyond what others thought was their peak. History is filled with accounts of ordinary men and women who have done extraordinary things through the power of belief. Joe Namath, Muhammad Ali, Buster Douglas, Monica Seles, Greg Louganis, Dan O'Brien, Carey Struthers, Arnold Schwarzenegger, Walt Disney, Bill Gates, Lee Iacocca, Donald Trump, and Oprah Winfrey are just a few individuals, who through the power of belief made the seemingly impossible - possible.

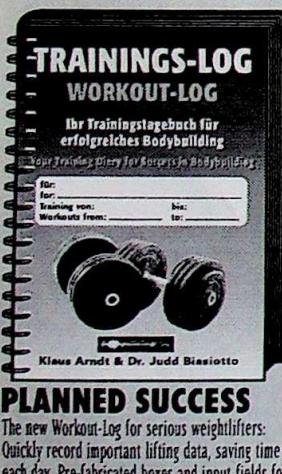
I have a little formula for success. It goes like this: Conceive, Believe, and Achieve. It's simple but pro-

found. I'm sure most of you have conceived yourselves as being great at one time or another. I believe that's very important. I know when I was a little boy, I always saw myself as being great - actually AWESOME. In fact, I was always visualizing myself kicking Larry Holmes's butt or breaking Hank Aaron's home run record. I never had a problem conjuring up images of myself doing something spectacular.

The problem was that, in my heart, I really didn't believe I could reach such heights. There's a big difference between conceiving of yourself as being great and actually believing that you are going to be great. Once you believe - I mean really believe - that you can be great, achieving your goals is just a short step away. Belief is the magic elixir that can transform mediocrity into excellence. Believing opens the doors for success. It sends power and energy soaring when you need it most. Consequently, there is no telling what heights you can reach.

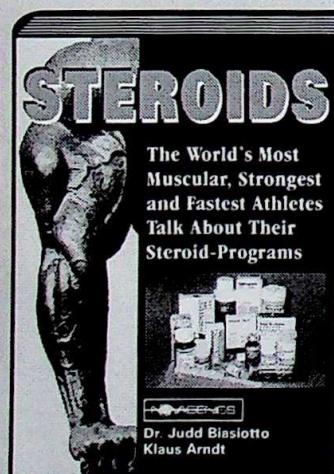
Have you seen the movie "Lorenzo's Oil"? If not, you have to. It is one of the most powerful, most gut wrenching movies you will ever see. It is a prime example of what the mind can accomplish when it is put to the task... that the mind's powers are truly limitless. It's a true story about a five year old boy named

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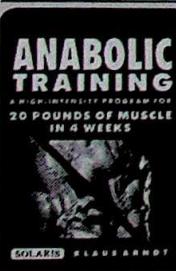
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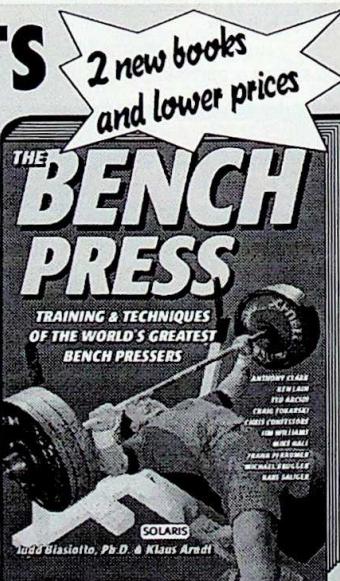
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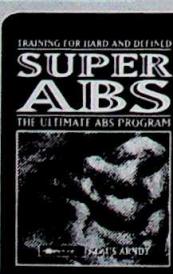
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Lorenzo Odone who is stricken with adrenoleukodystrophy. Adrenoleukodystrophy or ALD is an inborn error of metabolism that causes a degeneration of the brain. It only affects males who are 5 to 10 years of age. The progression of the disease is relentless and it is always fatal. If you have ALD you are going to die. At least that's what Lorenzo's doctors told his parents. "There is no hope" they said "it may be a year, it could be two, if he is lucky, but Lorenzo will die. Adrenoleukodystrophy spares no one."

Can you imagine how the Odones must have felt when they heard that prognosis? A death sentence for their only child. Most parents would probably pack up their tent, go home and wait for their child to die. And you really couldn't blame them, not with that kind of prognosis, but not the Odones. They said, "hell, no, we won't let our Lorenzo die, not without a fight." And boy, did they fight! While his wife Augusta took care of their little boy, Michaela went about the business of educating himself about ALD. When he first started researching the disease he knew as much about biochemistry as I know about quantum physics ... which amounts to nothing. But that didn't discourage him. Nothing discouraged this guy.

Every waking minute he had was dedicated to finding a cure for the disease. Every opportunity he got he spent in the library researching ALD. At night he would read about the subject until he fell asleep. He literally ate and slept at his desk. And guess what? In less than two years he discovered a therapy which halted the progress of ALD. In other words, he accomplished in two years what the entire medical profession couldn't do in more

than five decades. Not only did he save his son's life, but he also saved the lives of thousands and thousands of children. Think about that for a second. Here was an ordinary man who performed an extraordinary feat by putting to use the greatest gift God gave him... his mind. Michaela Odone was not a prodigy. He was just an average man who had a purpose, firmness of mind, and the courage to persevere. Some people make their own miracles.

The magic of believing applies not only to physical performance but to every aspect of human behavior. All of our actions, feelings, behavior - our abilities are consistent with our conditioning and/or programming. In short, we tend to "act like" the type of person we conceive ourselves to be. Not only that, but we literally cannot act otherwise, even if we make a conscious effort to do so.

Obviously then, the way your brain has been programmed will go a long way in determining how successful you'll be in athletics, as well as in life. If you've been conditioned to believe you can, there's an excellent chance that you will. Conversely, if you've been conditioned to believe you can't - you most likely won't. In order to win, you must expect to win. If you talk to people who have achieved success, you will find that they are individuals of vision. Their success was in their mind before it ever materialized in reality.

Think about this, O.J. Simpson was only ten years old when he told Jim Brown, the greatest running back ever to play pro football, that one day he was going to break every record he had held. At the time Brown didn't know Simpson. He was just a skinny kid with a dream. Brown knows him now. George Herring was only seven years old when he told his parents that he was going to be the strongest man in the world. Cassius Clay was only eight years old when he told his mother he would one day become the heavyweight champion of the world. Neil Armstrong was 10 when he told his dad he was going to be a famous aviator. Robert Kennedy, while in grammar school, told his classmates that one day he would be the President of the United States. And here's something that will really blow your mind. In 1985 while performing in small comedy clubs for minimum wage, Jim Carey wrote himself a check for 10 million dollars for services rendered and dated it 1995. And you know what? The day before Thanksgiving, 1995, Carey signed a movie contract for, you guessed it, 10 million dollars. Isn't that great?

You know, it's interesting, but some of the greatest achievements in sports and life were performed by individuals who were too dumb to realize that what they did was impossible. Men with vision, men who believe, are the men who rule the world.

Let us be honest, we all have voices in our heads that undermine our faith and our abilities. But we have to work on trading in those negative voices for supportive, more realistic ones. As I said before, nothing is impossible if you believe in yourself. The greatest dreams that have been accomplished by men and women have been called impossibilities - and somebody has proved that the impossible was possible. Remember that through belief, you can do or become anything you want. You can go to the stars... heck, you can go to new galaxies. Just put your mind to it; and watch the magic begin.

Dr. Judd Biasiotto



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lifter, the lyric could go, "wrap me up, I'll squat it". There is no doubt in my mind that knee wraps can make all the difference in the world when it comes to squatting. But as I have probably said in seemingly a zillion articles you've got to use a technique or an item of lifting gear properly for best results and knee wraps are no different. Let's explore some finer points of using knee wraps.

Knee wraps of some sort have been around forever. Early wraps were really no more than medical wraps like the thin 'Ace' bandages you find at your local drug store. Maybe Ace knew lifters were using their products for squatting and later came out with a thicker bandage wrap called the 'Charlie Horse', which supplied more support than their regular wrap. Powerlifting entrepreneurs soon jumped into this unsatisfied market and currently there are a great variety of knee wraps made specifically for squatting of various thickness and design as you can see by browsing through this magazine. The choice offered to the lifter has greatly increased and so have the benefits of knee wraps.

I firmly believe that knee wraps can boost a squat a minimum of 10 pounds to 50 pounds or more. The incredible amount of support and spring they supply at the bottom of the squat can make the difference of a successful lift and becoming a mouse pad for a heavily loaded power bar. Add on top of that, a squat suit and tight belt and you can become a squatting machine.

Getting the most out of knee wraps starts with the technique used for wrapping. There are many ways to wrap but I have found a method that works best for the lifters that I have known and trained, and also through personal experience. Start wrapping 1 wrap's width below the knee and spiral upward until you are 2 wrap widths above the knee. It is important to wrap more above the knee because that is where the muscle is that will do the squatting. If there is any more remaining wrap length, spiral down. A good tip I picked up from some of Dr. Squat Fred Hatfield's work is to tuck the loose end of the wrap in on the front part of the leg above the knee with the end sticking up. This provides an extra 'illusion of depth'. We need every advantage we can get so try this out. It's also important to wrap with your knees locked out straight. Wrapping with your knees bent will result in less tightness and spring from the wrap at the bottom, which is critical. After you are finished wrapping, have a helper get you up

STARTIN' OUT

A special section dedicated to the beginning lifter

Knee Wraps

as told to Powerlifting USA by DOUG DANIELS

to your feet for the attempt. Again, there are many ways to wrap your knees. We have had the best results using this method. Don't be afraid to experiment with different methods and use the one you determine is best come meet time.

Training with wraps is next up. I would suggest not using them until you get to heavy sets of 5s, perhaps even 3s. Using knee wraps will decrease the workload on your squatting muscles during your training cycle. As the contest nears, you must acquaint yourself with your contest squatting techniques and lifting gear. I would not wear knee wraps until about 5-6 weeks prior a meet. Up until then, I would confine my squat gear to a thin belt at most.

Re-roll your wraps snugly after every attempt. This makes it easy to apply them the next time.

An interesting twist into using wraps would be to wrap tighter as the weights increase and reps decrease. Don't wrap as tight on the sets of 5s as you would for a heavy double or single. This way, you can keep a little something extra for later and add to your confidence, which is half the battle.

At a meet, I would suggest you add squat gear gradually as you warm-up. Start with just a belt. The next set, add loose knee wraps. Follow this with a squat suit with the shoulder straps down. Your final warm-up should be with full squat gear on. Also, wrap tighter as the

warm-up sets you do determines how fast you add squat gear during warm-ups. Give it some thought and planning before the meet for best results. I strongly suggest to not alter your wrapping method on the fly at a meet. You do not want any surprises on the platform, even a subtle change can effect your leverage and the execution of the lift. Don't try another brand of wraps at the meet because some lifter suggested it. Experiment with new brands during training, not while on deck waiting to lift. I would also not use brand new wraps at a meet. Break them with a few training sessions prior the meet.

Buy a new set of wraps about twice a year and save the old ones for backups and bring at least two pairs to a meet. You can use really old knee wraps for wrist wraps by cutting them to proper length. Nowadays, it seems wrap manufacturers are competing on the basis of thickness. I've found that too thick a wrap does not stretch very far or provide any spring at the bottom. As I wrote earlier, experiment with different brands, don't necessarily assume thicker is better.

I do not see any merit in using knee wraps for the deadlift. They would tend to make your knees lock out prematurely, limiting maximum contribution from your lower body. I've even seen knee wraps used in the bench press. That has to be the ultimate security blanket. Some lifters use wraps because their knees hurt. If this describes you, my suggestion is to find out the root cause of the pain. It could be the result of abusive training or lack of rest, which should be addressed. For lifters with genuine joint pain, they can enable them to squat more comfortably and safely, but seek to determine the cause of the pain and take steps to clear it up. Try products like Glucosamine, etc. Many people have gotten good results from its use.

The lifters who started out using the good old Ace bandage would hardly recognize the modern knee wrap. They can add a good amount of both poundage and safety to squatting. Experiment with different brands and types of wraps and wrapping techniques during your off season. If you are not using knee wraps to their fullest potential, you are giving your competitors an advantage. Watch this magazine for my Kevlar knee wrap line reinforced with extracted asteroid molecules (just kidding). This article is wrapped up, are you?

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If you are an elite lifter and you are still contemplating whether or not you should compete in the May 20th WPO Professional Powerlifting contest in Daytona Beach, Florida, and you aren't sure if you should participate due to certain political restraints enforced by domineering federations that don't care about the lifter's well being, let me elaborate as to why the WPO is the only way to go. Without a doubt, the WPO is the NEW ERA in powerlifting greatness and will be second to no other federation. Let me shed some light on the latest, newest information pertaining to the WPO. Tremendous progress is all you need to know when talking WPO. I have an unbelievably dedicated group of people located in Orlando, FL. Their company is called Underdog Productions, and they are totally committed to my cause to make Professional Powerlifting a reality and expose the sport to the American public. They have impeccable credentials and twenty-

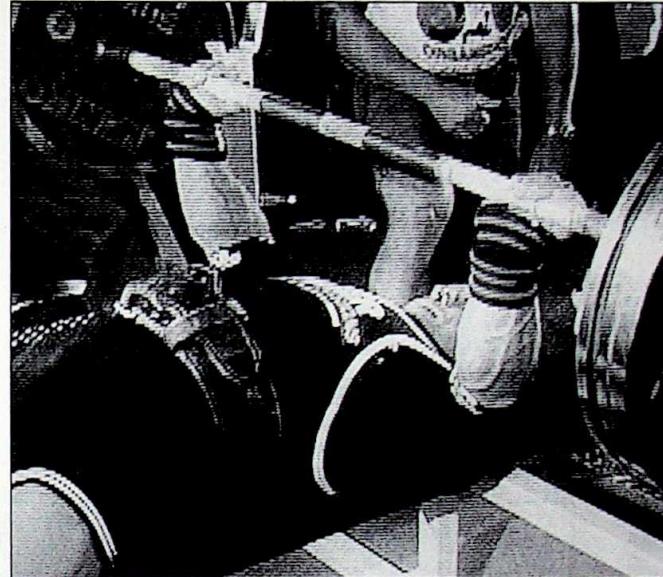


Gary Frank (above) was already qualified but lifted anyway at the March 18th qualifier, along with **Angelo Berardinelli** (above right) who benched a nice 490. (images taken from the video of the event, courtesy of Huge Iron)

APF FL Push-Pull WPO Qualifier 18 MAR 00 - Daytona Beach, FL					
	SQ	BP	DL	TOT	
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165					
A. Berardinelli	722	490	567	1780	
B. Schwab	529	391	534	1454	
181					
C. Warren	567	402	617	1587	
198					
D. Blue	611	429	622	1663	
J. Calhoun	551	402		953	
D. Marshall	567	424	650	1642	
220					
D. Jones	650	407	545	1602	
R. Mann					
275					
K. Gleason	622	540	622	1785	
SHW					
D. Nettles	903	512	705	2121	
Guest Lifters					
G. Frank	903		522	1526	
A. Mehan	975	473	672	2121	
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WPO - Final Message

five years experience in successful television producing. They have great rapport with the major networks and feel confident that one of them will want to air WPO powerlifting. UPN, who airs WWF Wrestling is one network that is eager to see the May 20th contest's finished product. I had mentioned in a previous issue of *Powerlifting USA* that a company from New York was originally going to produce WPO, but I changed my mind because I felt that they were too greedy.



I went with Underdog Productions because they are with me for the long haul and are dedicating their time and efforts not just for the May 20th contest, but for the future of the WPO. They are as anxious as I am to make Professional Powerlifting a reality and a recurring series of events year after year, so elite powerlifters can have their day in the sun and share the same spotlight that many other professional athletes experience. Just to recap some of the extra features that will be

World Powerlifting Organization (TM) May 20th, 2000 Prize \$\$\$ Distribution. In all weight classes 132 - SHW, 1st place wins \$1000, 2nd place \$500, 3rd place \$250. **Lightweight Super Open Champion (132-165) - \$5000 plus W.P.O. (TM) Championship Title Belt;** **Middleweight Super Open Champion (166-198) - \$5000 plus W.P.O. (TM) Championship Title Belt;** **Heavyweight Super Open Champion (199 - over) - \$5000 plus W.P.O. (TM) Championship Title Belt.** **Bonus \$\$\$ Awards:** \$250 to competitor that breaks individual world record lift within weight class; \$500 to competitor that breaks a total world record within weight class, \$1000 to competitor that breaks individual world record lift regardless of weight class, \$2500 to competitor that breaks total world record regardless of weight class

incorporated into the WPO Powerlifting Extravaganza that Underdog Productions has in store for May 20th. Platform #2, which is where the cameras will be shooting all the action, is going to be dynamic to say

(article continued on page 66)



W. P. O.™
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YEAR 2000
Membership Application



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Last Name	First Name	Initial
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Social Security Number	Occupation	Date of Application
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WORKOUT of the Month

Gene Bell Squat Routine

Thousands of powerlifting enthusiasts find that training the squat is an intricate maneuver, which requires good awareness of the body position and coordination. There are a few variables that could have an effect on your training performance. In a short span of time, I increased my squat from the 600 lbs. range to the 800 lbs. range with room to improve. I feel that the procedure of squatting heavy one day, taking off 3 days, and coming back for some heavy leg presses is needed in the early stages for the contest training. As another example, you could work on increasing flexibility in the hip area and shoulder region, but most important is the desire to excel in the squat.

Let's say our hypothetical lifter performed a 600 lb. squat in his last contest and without a prolonged delay from training he wants to try my recommended routine. The target poundage on the squat would be between 620-640 lbs.

This training routine utilizes a few assistance exercises to work the related muscle groups. Remember, however, the key to success is to squat deep in training.

Offseason Training

Monday - High Bar Squats: 135x8x2, 225x8, 315x8x3. Leg Curls: 100x8x3. Leg Press: 400-700 lbs.x8x3. Leg Extensions: 120x8x3. Calf Raises: 300-600 lbs.x10x6.

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 top 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 a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

Friday - Leg Press 400-500 lbs.x10x3. Leg Curls: 100x8x3. Calf Raise: 300-600 lbs.x10x6.

12 Week Cycle

Monday (Heavy Day) - training gear is not used the first 4-6 weeks during the cycle. Concentrate on hitting the squats low in training.

Friday (Practice Form) - A few sets of low bar are performed, and heavy leg presses are performed during the first through the seventh week. The few sets of assistance exercise are added in for good measure.

Week 1: squat 135x8x2, 225x8x3 155x6x4, 360x4, leg presses 400x10x4.

Week 2: squat 130x10x2, 225x8, 315x8, 360x6x4, leg presses 450x8x4.

Week 3: squat 135x8, 225x8, 315x6, 360x8, 390x6x4, leg presses 480x8x4.

Week 4: squat 135x8, 225x8, 315x6, 390x4, 420x6x4, leg presses 500x8x4

Week 5: squat 135x8, 225x8, 315x6, 400x4, 450x4x2, leg presses 530x8x4.

Week 6: squat 135x8, 225x8, 315x6, 405x2, 480x4x4, leg presses 560x8x4.

Week 7: squat 135x8, 225x8, 315x4, 420x4, 480x2, 515x2x2, leg presses 600x6x4.

Week 8: squat 135x6, 225x6, 315x6, 420x4, 500x3, 545x3x3.

Week 9: squat 135x6, 225x5,

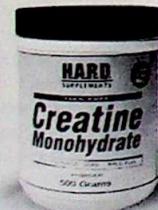
315x5, 420x3, 500x1, 555x3x2.

Week 10: 135x6, 225x5, 315x3, 430x1, 520x3, 580x3.

Week 11: 135x5, 250x3, 360x2, 450x1, 520x1.

Week 12: CONTEST DAY:
Warmups: 135x5, 250x3, 360x2, 450x1, 520x1, 1st attempt - 575, 2nd attempt - 615, 3rd attempt - 630-640.

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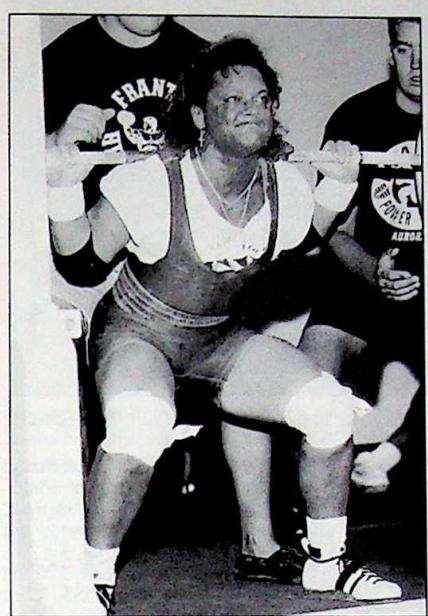
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SQUAT

620	Grimwood, T	21Oct93
617	Reshel, D	13Jun92
567	Byland-Rohal, T	16Jul88
540	Boshoven, L	30 May 99
518	Corson, S	16Mar91
512	Brown, J	20 Mar99
507	Trujillo, J	01Feb86
501	Ford, K	10Jul99
490	McKenzie, T	04Feb89
480	Powell, S	08Oct88
	10	
479	Sorenson, D	13Dec86
473	Wood, J	21Nov87
473	Sternberg, M	21Nov87
473	Havelka, J	10Jul99
468	Ojanen, B	21Apr96
462	Gagne, V	12May81
462	Young, D	14Dec91
462	Look, L	28Feb99
460	Williams, G	22Jun94
457	Smith, L	29Jan84
	20	
455	Butler, J	21May89
455	Regan, C	13Oct90
455	Bergman, K	28Mar98
451	Dent, P	29Jan84
451	Sandoval, M	18Jan87
451	McDaniel, T	08May94
450	Masonis, T	16Jan93
446	Steenrod, V	07May95
441	Robertson, S	28Jul90
435	Johnson, J	29Jan84
	30	
435	Murphy, M	26Jan85
435	Noble, L	06Apr91
430	Allen, K	11Jun93
430	Preuit, C	27Feb99
429	Meaney, S	05Aug84
429	Chiaravalle, M	17Aug85
429	Belsito, L	20Apr96
429	Moore, K	20Apr96
425	Spartano, P	06Mar97
424	Kling, C	26Jan83
	40	
424	Walls, P	14Jun86
424	Rogus, L	13May92
424	Conley, P	31Jul94
421	Mackinnon, S	06Jul91
420	Mecklenburg, M	28Feb87
418	Wilcox, C	17Aug85
413	Harrell, J	01Feb86
413	Martin, C	18May96
410	Ollennuking, A	22Mar97
407	Ewing, L	03Nov96

WOMEN'S TOP 50 ALL-TIME

82.5kgs. (181 lbs.) ranked by Herb Glossbrenner



Tamara Rainwater-

Grimwood dominated this ranking list, but tragically she passed away on Tuesday, April 5th, 2000. The following are the statements of Terry Grimwood's father at the services held for Tamara Rainwater Grimwood, provided to Powerlifting USA courtesy of Chris Confessore: Tamara Rainwater Grimwood "There's Angels Among Us" The Golden Girl traded in her Bench and Barbells early Wednesday Morning without a Sound ... What a Trade - A Pair of Golden Wings ... God Only Knows the Records She Can Set Now ... Tamara was a Work of God right from

the Start ... The Beginning of an Angel ... She Knew What She Wanted and She Worked Hard Towards Her Goals ... A Super Charged Athlete Known Around the World by her Peers ... No Greater Tribute can ever be Achieved by any one Person than to have Respect from your Peers ... "Know How Sublime a Thing it is to Suffer and Be Strong" Tamara Rainwater Grimwood, an Angel in the Making, knew the word Suffer and how to be Strong - her Convictions Said it All ... "I Want to be the First Female Lifter to Bench Press 400 lbs." Belief, Conviction, Dedication - An Angel in the Making. The Golden Girl has Achieved all Her Dreams ... Now She is in Heaven Looking Down on All of Us ... So Look Up every once in a while and catch a glimpse of an Angel ... You can bet this special Angel will be watching and when You see that Golden Flicker of Sunshine, remember that is the Reflection from a Pair of Golden Wings ... Thanks Tamara for a Great Ride. We Will Miss You and We Will Never Forget Wednesday April 5, 2000 The Day You ...

Tamara Rainwater Grimwood - Traded Iron for Gold ... the Gold of an Angel ..." (more on Tamara's passing appears on page 65)

BENCH PRESS

402	Grimwood, T	29May94
363	Harrell, J	87
328	Dewitt, D	20Apr85
325	Allen, K	27Mar93
325	Whitham, D	17Apr94
325	Brown, J	20Mar99
320	Boshoven, L	04Dec99
319	Wood, J	21Nov9
318	Sharon, D	13Jun92
314	Byland, T	16Jul88
	10	
314	Ford, K	06Nov98
308	Havelka, J	14Aug99
303	Verhagen, L	13Aug55
303	Robertson, S	28Jul90
300	Powell, S	08Oct88
300	Regan, C	13Oct90
300	Lentz, J	19Jun93
295	Butler, J	21May89
292	Steenrod, V	07May93
281	Weyland, J	11Sep82
	20	
281	Sandoval, M	19Jul86
281	Corson, S	21Jul93
281	Ojanen, S	21Jul96
275	Stevans, C	02Dec89

275	Keply, B	19Jun93
270	Gagne, V	12May81
270	Vjesalicu, Z	08Aug87
269	Arvin, J	10Jun95
260	Johnson, N	18Feb99
259	Silvani	29May94
	30	
255	Warner, J	19Nov95
253	Smith, L	29Jan84
253	Young, D	26Jul91
253	Roberts, K	01Jun96
253	Carson, P	21May99
253	Perron, S	10Dec99
250	Shepard, E	02Apr94
248	Dent, P	29Jan84
245	Young, C	27May89
243	Steele, G	28Mar98
	40	
242	Trujillo, J	01Feb86
242	Walls, P	14Jun86
242	VanDyke, K	21Apr91
242	Isaacson, JK	19Apr97
242	Kimoto, J	05Nov99
240	Meaney, S	08Jun85
240	Scanlon, J	06Apr97
240	Bergman, K	28May98
237	Batliner, S	06Apr86

455	Belsito, L	14Jun97
451	Rodriguez, L	30Jan83
451	Murphy, M	28Jan83
451	Delvaney, L	09Mar91
451	Rogus, L	13May92
451	Rogers, L	13May92
450	Swanson, R	19Jul97
	30	
450	Coates, P	27Jul97
446	Chiavaralle, M	17Aug85
446	Harmill, J	17AuSS
446	Marquis, A	29Jan84
446	Sternberg, M	22Nov87
446	Corson, S	21Jul95
445	Cook, J	17Dec96
445	Moore, K	08Nov97
441	Johnson, J	29Jan84
441	Rose, D	25Feb90
	40	
441	Ewing, L	07Feb97
440	Roberts, K	19Jul98
435	McKenzie, L	28Jul90
435	Wonyetye, B	08Apr91
435	Jacavo	24Aug91
435	Sortwell, A	12Aug93
435	Maile, J	27Apr97
435	Havelka, J	10Jul99
430	Allen, W	21Dec96
429	Robertson, S	28Jul90
	10	
1520	Grimwood, T	15Apr95
1480	Reshel, D	16Jun90
1370	Boshoven, L	30May99
1339	Brown, J	20Mar99
1330	Byland, T	09Nov85
1284	Sorenson, D	13Dec86
1284	Ford, K	10Jul99
1234	Gagne, V	12May81
1234	Trujillo, J	01Feb86
1230	Powell, S	08Oct88
	10	
1229	Corson, S	30Jun96
1218	Young, D	14Dec91
1207	Steenrod, V	07May95
1201	Havelka, J	10Jul99
1185	Allen, K	27Mar93
1180	Masonis, T	16Jan93
1179	Sandmal, M	19Jul86
1179	Ojanen, B	21Apr96
1173	Robertson, S	28Jul00
1170	Bergman, K	28Mar98
	20	
1165	Meaney, S	08Jun85
1157	Look, L	28Feb99
1155	Preuit, C	27Feb99
1151	Sternberg, M	22Nov87
1151	McKenzie, L	04Feb89
1140	Williams, G	22Jun94
1133	Harrell, J	11Oct83
1123	Butler, J	21May89
1124	Smith, L	29Jan84
1118	Regan, C	38Jul92
	30	
1102	Dent, P	29Jan84
1102	Rogers, L	15May92
1102	Belsito, L	27Apr97
1096	Weyland, J	11Sep82
1096	Chiaravalle, M	17Aug85
1091	Murphy, M	18Jan85
1085	Johnson, J	29Jan84
1080	Ewing, L	07
1075	Coates, P	27Jul97
1069	Dodd, L	26Jan85
	40	
1069	Conley, D	31Jul94
1063	McDaniel, T	21Apr96
1058	Wilcox, C	17Aug85
1057	Swansen, R	19Jul97
1052	Kling, C	26Jan85
1050	Allen, W	21Dec96
1041	Carson, P	03May98
1036	Delvalmy, L	01Apr91
1036	Moore, K	21Apr96
1030	Griffin, L	07Feb81

IPA Westside Invitational 20 Feb 00 - Columbus, OH				
WOMEN	SQ	BP	DL	TOT
123 lbs.				
A. Weisberger	450	280	450	1180
SHW				
K. Sizemore	500	360	400	1260
MEN 132 lbs.				
P. Hile	425	275	450	1150
165 lbs.				
A. McVaney	520	290	520	1315
M. Vallane	530	355	—	—
181 lbs.				
S. Cuevas	695	—	—	—
J. Dougherty	720	5005	650	1875
M. Maxwell	660	355	540	1555
F. Wambsgans	650	285	630	1565
198 lbs.				
J. Adams	735	530	605	1870
S. Hersher	—	—	—	—
C. Vogelpohl	760	4050	—	—
220 lbs.				
C. Young	725	440	660	1825
M. Hill	—	515	650	1900
D. Thompson	650	—	—	—
C. Maxwell	750	410	750	1910
C. Hammond	780	520	700	2000
242 lbs.				
B. Valentine	—	575	—	—
E. Owens	750	485	765	2000
E. Clark	—	—	—	—
S. Sullivan	—	570	—	—
P. Urchek	920	520	760	2200
D. Beversdorf	620	365	525	1510
275 lbs.				
D. Bailey	930	425	675	2030
J. Ritchie	750	600	650	2000
C. Taylor	715	615	660	1990
B. Fasner	880	660	735	2275
B. Meek	735	495	—	—
J. Toreazzo	—	—	—	—
308 lbs.				
J. Harris	700	—	—	—
B. Youngs	760	—	—	—
D. Tate	850	—	—	—
D. Klein	—	—	—	—
J. Stafford	—	—	790	—
SHW				
T. Hutson	—	—	—	—
M. Ruggiera	955	505	765	2225
M. Smith	840	550	725	2115
J. Willoughby	840	405	700	1945
K. Heishuer	760	525	715	2000

(Thanks to Traci of Elite Fitness systems for results)

The Westside Invitational was held February 20th, 2000, for a packed house at the Roberts Rd. Holiday Inn in Columbus, Ohio. There were fewer lifters this year possibly due to the Pearl Harbor job from Herb Grossbrenner the previous year. Herb misquoted what was said at the rules meeting given by Mark Chaillet. Herb said the IPA rule states you must squat to parallel, but in reality their rule book says, like everyone else's, to break parallel. But although the meet was smaller, there were some great performances.

The judges were strict, as evidenced by all the 308's bombing out. The side judges were Mark and Ellen Chaillet. Mark, having made a 926 squat himself, knows what a good squat is.

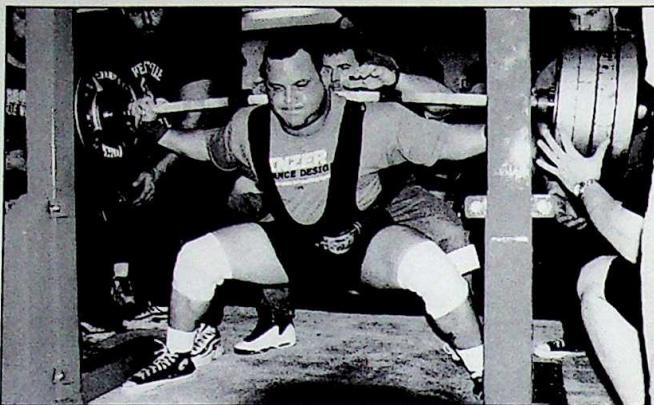
First up were the two women. Westside supplied the only women, but what a show. At SHW, Karen Sizemore went 3 for 3 and ended with a 500 squat. She was just as strong in the bench, making 360 on a second attempt and barely missing 375 on a third. Although the deadlift is her nemesis, Karen pulled 400 to total 1260.

Amy Weisberger weighed in at 123 and produced the greatest lifting by a woman powerlifter ever! First she went 3 for 3 in the squat, ending with 450, a P.R. In the bench she again went 3 for 3, the last a strong 280. For the deadlift, she started with 400, pulled a strong 430, and finally 450, to total 1180, 34 pounds over a USPF male Elite! It was performance to be remembered.

With no men in the 114's or 123's, Phil Hile re-emerged with a solid showing, hitting a 425 squat easy, a 275 second attempt, and 400, 425, and an easy 450 in the deadlift, to total 1150. Quite impressive. No one showed up at 148. Al McVaney couldn't make weight, and Doug Heath couldn't get away from the fire department.

WESTSIDE INVITATIONAL

as told to Powerlifting USA by Louie Simmons



Rob Fusner was the Best Lifter for the Heavyweights. (D. Black)

Maybe next year we could field some 148's. Don't be scared.

There were two entries at 165: Al McVaney, who was not up to par after an unsuccessful attempt to make 148, and Mike Vallone. Mike opened with 475. Al countered with 520. Mike made 530 and missed at 560. Al could not negotiate 570 twice. Al made 290 in the bench to subtotal 810, while Mike jumped to a good lead with 355 to subtotal 885. Mike missed his 460 opening deadlift, while Al made 520 and missed 550. This gave him a 1315 total, a subpar performance for him but enough to win, after Mike jumped to 540 and missed twice.

Next up were the 181's. Sam Cuevas made a 630 squat, but he started out too high in the bench and bombed out with 445. The real battle was for second place. Mike Maxwell squatted deep with 660. Then Fabian Wambsgans made his opener of 650. Fabian benched 285 to Mike's 355, giving Mike the lead going into the deadlifts. Mike pulled 540 and missed twice with 570 to total 1555. Fabian went to work and pulled 630 on his second and missed 660 on this third, but the 630 put him into second place with a 1565 total.

First place in the 181's was no contest for Joe Dougherty. He went 3 for 3 in the squat, ending with a 720, and it was strong. He did a 505 second attempt in the bench and had a very close miss with 515. Joe looked just as strong in the deadlift, going 3 for 3 and ending with a 650 to total 1875. This made Joe the outstanding lifter for the morning session. It should be noted that Joe's best total was 1862 at 198 before today - quite an improvement.

In the 198's Sonny Kerschner came to bench only, and he did 410. This left only two competitors, both from Westside: Jeff Adams and Chuck Vogelpohl. This marked Chuck's return after a 2 1/2 year absence due to a triceps tear and later disk surgery on his neck. After Chuck's 760 squat he had a 25 pound lead over Jeff, who did 735. In the bench, Chuck managed only 405, leaving the door open for Jeff's best lift. But, Jeff fell short of his best, making only his opener of 530. At this point, Chuck was 100 pounds behind. It was up to Jeff to be smart and Chuck to be strong. Jeff opened with 580. Chuck opened with 700, but missed. Jeff countered with 605 for a strong attempt. Chuck surprised everyone by jumping to 720, but he missed again. Jeff went to 625 to stay 5 pounds ahead of Chuck but missed, leaving the door open. But the weight would

not cooperate for Chuck, and Jeff Adams won the 198's with a P.R. total of 1870.

The 220's was a large class for this meet, with 5 men. Donnie Thompson was tall and lean, making a 650 squat and missing 705. In the bench he got 3 strikes with 425 and was out of the meet. Tough luck. Chris Young had dropped down to 220 and hit an 1825 total. Having made an 800 squat at 242, he managed 725 this meet and benched 440. Always a good puller, Chris did 660, to hit a 220 Elite total, before missing 710. Mike Hill and Charlie Maxwell battled it out for second place. Mike made a nice 735 opener in the squat, but that was all. Charlie likewise got only his opener, 750. Charlie started first in the bench with 410 and had a close miss with 420. Mike countered with a P.R. 515, to lead going into the deadlifts. Mike pulled a good 650, but Charlie's ace is the deadlift, and he smoked 750 to gain second place with a 1910 total. In first place was Chad Hammond, who, with international experience, made a strong 780 squat, a good 520 bench, and finished it off with an easy 700 deadlift to hit his first 2000 total. Great lifting, Chad.

In the 242's Rob Valentine came to bench. A week before the meet, he showed up at Westside. We showed him how to use a bench shirt correctly. His best was 490. At the meet he made a strong 575 and barely missed 600! Sean Sullivan also only benched and made 570 look easy. Dave Beversdorf was first up. He made 620, 365, and 525 to total 1510 in his first meet. Not bad, Dr. Dave. Ed Clark was up next and could not get 760 passed. Too bad, Ed. Ed Owens of nearby Zanesville was most impressive, doing a very deep 750 squat and 485 in the bench, with 505 being very close. But he excels in the deadlift, destroying 725 and 765, but missed 805. This was Ed's first two grand, and he had a lot left. The winner was, as expected, Paul Urchick. Paul's squats were very strong; he hit 880 and then 920, but lost his balance with a big 960. After a 520 bench and a close miss with 535, his subtotal stood at 1440. Paul is an all-around lifter and showed it with a 760 deadlift, to hit 2200. Great lifting.

In the 275's Joel Toranzo came to bench 700 but was a bit off on this day. His opener of 640 looked good, but 700 would not cooperate this time. Brian Meek came in from California and looked quite fit. He took one squat, 735, made his 495 opener in the bench, but surprisingly could not manage a 660 deadlift and was out. This was a competitive class. Chris Taylor squat-

ted 715 and benched 615. After pulling 660, he found himself in fourth place. Jimmie Ritchie made 2000 in his second full meet, but he had some big misses and had to settle for third place. Don Bailey has always been strong in the squat, coming up with a perfect 930. After a 425 bench and a nice 675 deadlift, he came in second with a 2030 total. In first place after a shaky start was Rob Fusner, who hit an 880 squat. He then benched strong 660 and deadlifted 735 to post a 2275 total in only his sixth full meet. Rob earned the best lifter trophy in the afternoon session.

No one wanted to win the 308's. Bob Youngs got only a 760 squat and dropped out. Maybe he should have stayed. Jim Harris hit a nice 775 squat but bombed out in the bench. Dave Tate got only his opener of 850 in the squat, and after three misses in the bench was back in street clothes. Next up was Doug Klein, who started too high in the squat and after two misses passed his final. That's right, no one got through the 308's. On a good note, John Stafford (who came just to deadlift) pulled a very strong 790.

In the SHW'S, Tony Hutson could not get 950 passed in the squat and was out. Jerry Willoughby hit a P.R. 840 in the squat, but could do no better than a 405 bench (he is still recovering from a triceps injury). Jerry deadlifted 700 for a 1945 total, gaining fourth place. Kevin Holshuer walked through the squats, going 3 for 3 and ending with 760. He added a 525 bench and a 715 deadlift to round out a 2000 total, for third place. Not bad for a guy who stands 6' 8", or better. In second place, Matt Smith made a P.R. 840 squat, an opener 550 bench, and a strong 725 deadlift to total 2115. Matt's total has increased 300 pounds in one year! Mike Ruggiera opened at 850, cut 925, went up to 955, and blew it away. He benched 505 and got an opener 765 deadlift to total 2225.

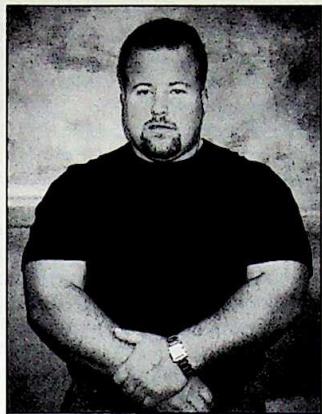
This was the third annual Westside Invitational. Dave and Tracey Tate did a great job organizing the meet, and Mark and Ellen Chaillet did a fine job of officiating. There are two ways to view a meet: as a spectator and as a competitor. Lifts may look high to a spectator, but may seem deep to a competitor. These opinionated spectators should be lifting, not criticizing. Sixty squats were passed and 34 were turned down. Sounds fairly strict to me. I recommend that you try the IPA. I think you will be very happy with it. (The APF got a bad rap when it first started as well.)

The next meet is in York, PA, at the finest lifting facility I have ever seen. So come and compete in the IPA.



Joe Dougherty - Best Lifter Litwts

Prize money for powerlifters - that has a nice sound to it. There are already a few meets that give out cash prizes, including the Arnold Classic, but nothing like what Kieran Kidder's new WPO is gearing up to give out. This May 20th, at the Huge Iron Training Center in Daytona Beach, Florida, will be the WPO's inaugural meet, and cash prizes totaling \$25,000 have been promised. Way to go, WPO!



The (May 20) WPO Pro Meet will be promoted by **Kieran Kidder**

Kieran's last big bench blast attracted the likes of Dave Waterman, Kenny Paterson, J.M. Blakley and Beau Moore, and this should be a great meet for lifters and fans. For more info, call 904-677-4000.

Out here in the west, Martin Drake is putting on a big AAU meet on June 3rd and 4th, and instead of his usual California locations, he's going to Nevada to host this one, in the town of Mesquite. Martin's meets are always well run and always have lots of lifters - those two things frequently go together - so, even though there's no prize money, call him for more info at 909-928-4797.

Right here in California, Chris Kostas and Steve Denison are running a bunch of USPF meets, and one of those meets will be May 6th

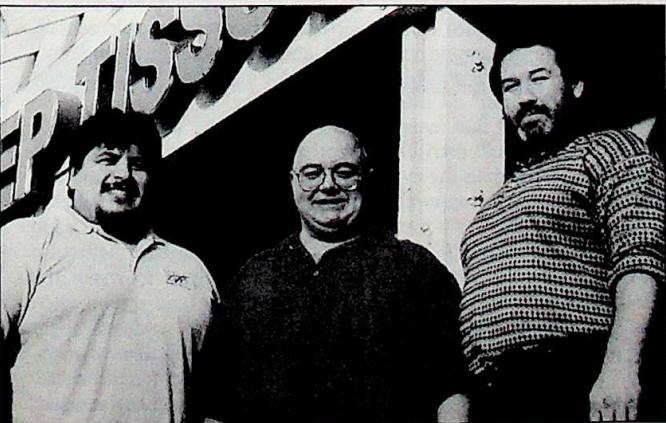
POWER SCENE

in Norwalk, and our POWERLIFTER Video host Chuck LaMantia is helping organize and promote the meet. The Mid-Cities Bench Press meet will feature a free Power Seminar with Bob Seibold, who's benched nearly 600 pounds weighing only 198. Outback Steakhouse is sponsoring the meet, and Chuck will be doing his usual amazing announcing job, and you can get more info by calling Chris Kostas at 661-242-8116.

As we mentioned a couple of months ago, Chuck has been slimming down and is still on track to return to the lifting platform as a competitor in the next year. We caught up with Chuck when he was undergoing some rehab treatments at the Deep Tissue Center, and we heard from Daniel Varela and Dan Rosales about all the treatments options and technologies they have available for lifters to improve their health and lifting abilities. They put me on a machine that measures the dispersal of weight between my left and right feet, i.e., am I equally balanced between both sides or is there an imbalance? That's some-



Jan Gable ... the former Jan Harrell



© Deep Tissue Center: Dan Rosales, Chuck LaMantia, Dan Varela

thing squatters would benefit from knowing about themselves.

We'll be doing a couple of segments with the Deep Tissue Center for POWERLIFTER Video; you can reach them in Norwalk, CA at 562-406-8847.

When POWERLIFTER Video got started eight years ago, one of the legends I'd heard about was Jan Harrell, who held the women's world record in the bench press, but had long left the powerlifting scene. Well, guess who walked into Gold's Gym here in Venice recently? Jan Harrell, who's now known as Jan Gable.

We had a chance to find out what Jan's been up to, and it turns out that after nine years in Oregon, she's just moved back to Southern California, and is doing personal training. She focuses on fitness, strength and conditioning, putting her clients through a combination of core strength enhancement, stretching, Olympic lifting, and work on the mental and emotional aspects of health.

Jan says she's "done" with powerlifting, given a torn meniscus, but in her time - 1984 through 1988 - she hit some great numbers, culminating in a bench of 384 lbs., and that was wearing a single-ply Inzer shirt, the most advanced one available back then.

Finally, there I was working out at Gold's one day and minding my own business when my friend Jerry Fredrick, a photographer for IRONMAN Magazine came by, and then Colleen Kelly came by, and they knew each other, and Jerry introduced me to her. I know she's not a powerlifter, but she is in the IRONMAN swimsuit issue and also in the swimsuit video, so that's good enough for POWER SCENE.

Colleen has a swim-

suit company, Colleen Kelly Designs, and they design - she's the designer, actually - sexy swimsuits. Colleen enjoys pushing the envelope for swim wear, and says that the racier the suit, the more popular it is. Her suits have appeared in MuscleMag, Flex, Oxygen, Pump, and Ironman, and she's constantly coming up with hot new suits.

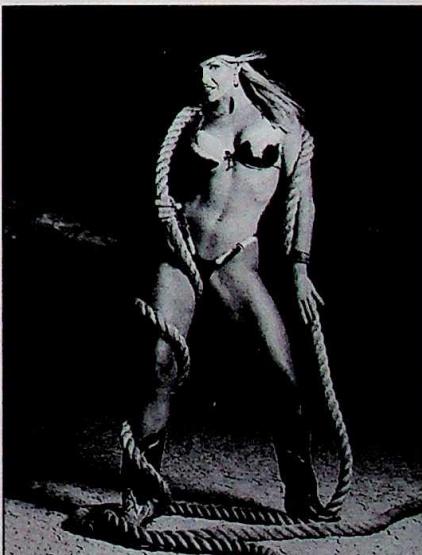
You can check out her website at www.sexyswimwear.com, or call for a catalog at 310-281-8601. And remember, 70% of the orders they get are from men.

Until next month, lift big, have fun, and we'll see you on video or right back here next month.

NED LOW



Colleen Kelly working out (Ned Low photos)

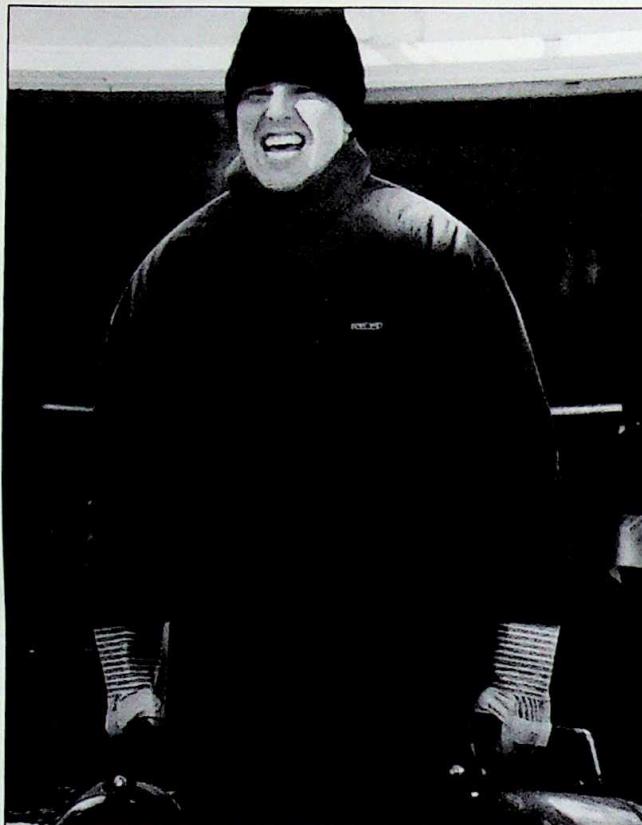


Colleen Kelly and one of her creations (image by courtesy of Iron Man Magazine)

I have lived most of my life in the New York City area, some of it in areas that would be considered to be "good neighborhoods" and others quite terrible. My work as a teacher, coach, ironworker, truck driver, and a number of other varied vocations often had me located in extremely dangerous parts of the metropolitan area. If there is one thing that the New York City area has, it is ethnic variety and all that comes with it. Having lived in and been active as a teacher and coach in a racially mixed neighborhood, and coming from a long line of immigrants, I have been exposed not only to a variety of cultural differences, but language differences. A positive part of living in an ethnically, racially, and culturally mixed area is that you have exposure to many learning experiences one would otherwise not have. Relative to language, even some of my older relatives would just slaughter the English language as they learned the words, but not the nuance of the expressions they would eagerly repeat at the drop of a hat. Each ethnic group has expressions and utilizes words in a manner unique to them. Thus, as one of my own relatives said at the funeral of a friend, "He was burialized really nice". With no disrespect intended, this left me in hysterics and nearly on the floor, especially since no amount of explanation could make him understand that he just wasn't using the words correctly. He had the meaning, but not the words. In another part of town, I was told that due to all of the drug trade, "getting funeralized around here happens all the time". Again, the meaning was very clear, although the use of the language somewhat suffered.

At this point in time, there has been a move afoot in powerlifting, to make the sport "complexified" as one of my trainees described it. I don't know if there is or has been any type of organized effort to make things more complicated than they have to be, but a reading of *Powerlifting USA* and some of the other muscle building publications would have you believe that one cannot become a state or local champion without first investing in a calculator, a truckload of nutritional supplements, and a hardware store's worth of assorted assistive equipment. There are many bright, innovative individuals in the sport of powerlifting. There are many who obviously spend a lot of time thinking about the lifts and ways to improve them. It would be absurd to underestimate how positive this is as this is the type of activity, the constant experimentation and attempts to incorporate new information, that propels any activity forward. However, there is

More From Ken Leistner



Brian Saxton, tight end for the Atlanta Falcons, deadlifts 'bombs' in the snow and 40 degree wind chill of Dr. Ken's garage driveway.

a glaring negative to this also. Most lifters will be "average". I said this once before in an article and received what was literally hate mail, suggesting that I had no interest in seeing any lifter progress. This interpretation of my comments was more bizarre than some of the things guys were doing to improve their lifts at the time! The working definition of "average" in this case, is that more or less, most lifters will fall into a range of ability/results that will leave them either at, or a little bit above or a little bit below the average results of their class. This is just a statistical fact and no amount of complaining about it will alter this. If you take the Top 100 results for the past three years for a specific weight class and then ask Mr. Glossbrenner to provide you with all of the results for every meet run in that three year period for your weight class and you eventually calculate the average squat, bench press, deadlift, and total for that period of

time in your class, you will find that the majority of lifters were, well, average. This is not to say that you will be average, just that most lifters will be average.

This being true, can the average lifter break through to the next level and be "above average"? Will it be worth the time and changes necessary to do so? How many of these above average lifters can then go forward and become "one of the best" or elite lifters? Obviously, not that many or the few "best" would then be average. Thus, what does the average lifter have to do to improve? The answer is the same as it was in 1965, 1975, 1985, and what it will be in 2005; they have to work on the three competitive lifts and in training, continuously, over a specific period of time, use more weight in those lifts for a given number of reps. Yes, it's really that simple. In powerlifting, more than in many other sports, consis-

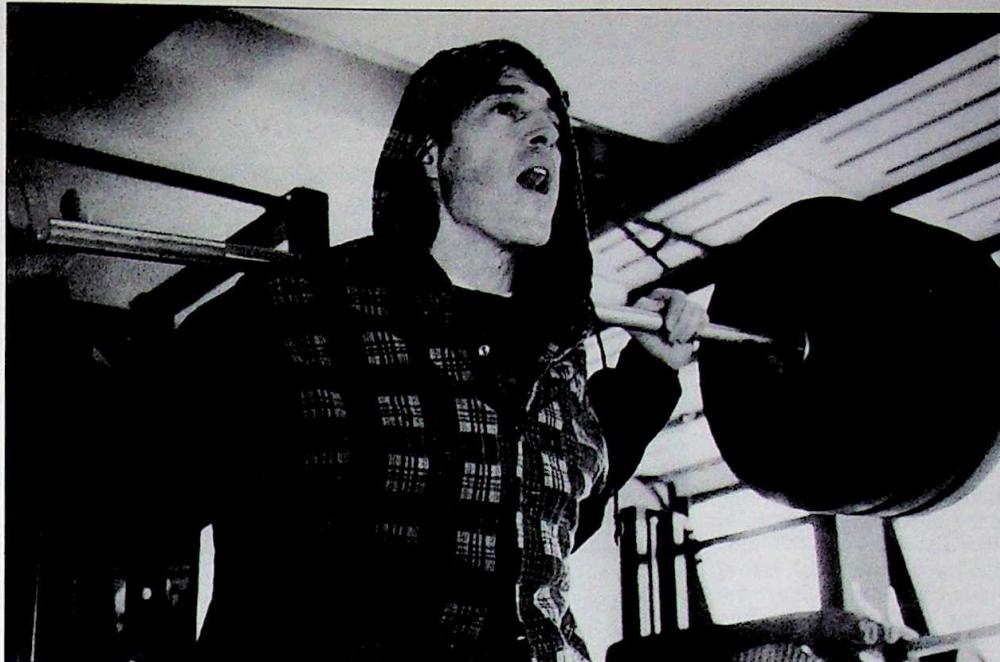
tency is a very important key. One has to be able to demonstrate increasing weight, in training, over time. For most of us, there is no other way, as obvious as this is, to improve. This is no way is meant to be disrespectful to those who place what is to me an inordinate importance on nutritional supplements; this is in no way disrespectful to those who believe that the thrust of training should involve assistance movements, alternate movements, or exercises that are not a squat, bench press, or deadlift. Simply put, if you pick up a typical copy of *PL USA* over the past two years or so, it is almost as if the emphasis is on many things other than getting into the gym and forcing yourself to squat, bench press, and deadlift more.

Think of it this way; you decide that triples are best for you, both physically and psychologically. You get excited about them you enjoy them they've proven to be a "good" number of reps that provide the type of heavy resistance needed to keep you "contest sharp" but not so heavy that you get drained doing them repeatedly. You decide to spend two years warming up, and then doing triples, one, two, or three sets in accordance with your particular training philosophy. You add weight consistently, and peak for your two or three meets per year. Afterwards, you cut back on the poundages, slowly build them up again, and train with determination in order to break the previous marks set prior to your last meet, or designated preparation period. You may use some carefully chosen assistance exercises, and perhaps not the same one constantly, but the emphasis on training remains on the three lifts. Over a two year period, do you think you would be stronger if you did this consistently? Would you be muscularly larger? Would your total improve? I would think "Yes" would be the answer for most. Now, however, it's almost as if the emphasis for too many lifters lies not on working hard on the three lifts, but on everything but the three lifts. I have no doubt that some of the new training ideas are very effective but for most, they are "supplemental", they are "in addition to" and only when it will not detract in training for the three lifts.

As a concrete example, two or three different companies offer a pulling sled. I bought one for the Iron Island Gym and one for our home facility from Nick Theodorou. It is fun to load up and pull and, without a doubt, it has helped to make the lower extremities (and upper when we pull by a special handle) stronger for our lifters and football players. However, this sled work is done after we squat, as an adjunct to the squat. We enjoy lifting granite and concrete rocks and my partially destroyed drive-

way is testament to this. However, we do this in addition to and only after the deadlifting for the week has been completed and in a manner that will not interfere with recovery for the next deadlift workout. Some of our guys and ladies use supplements, but they eat well first, train hard first, and then assume the supplement will contribute to their overall health and response to training. They don't believe that the supplement(s) will provide the impetus for improvement, just enhance the training if they do anything at all.

Place the emphasis where it belongs, on the squat, bench press, and deadlift. Do what you have to do to keep those lifts moving upward in training each month. When it's time to cut back, do so and build up again, only higher. Once you're doing that, you can look towards all of the other techniques that may prove to be helpful. I had a conversation with the great Olympic lifter Norbert Schemansky when I was a teenager, at one of the York Barbell Company picnics. I had a hundred questions, of course, but his blunt, to the point, no nonsense answers really opened my eyes in a way they had not been before. When asked how I could improve my press, he said, "Press!" When I asked him how to "squat more", he simply said



Dr. Ken squats with the garage door open, in the same 40 degree wind chill weather. (photos from Ken)

"Squat, just use more weight", with each answer punctuated with a touch of profanity and a glare that scared the hell out of me. You could read his thoughts, "Listen Peahead, if you want to be stronger in the squat, go into the gym stop looking for a miracle, put more weight on

your back, go down, and then force your skinny little ass back up and then do it again". If you've ever read anything about him, this is exactly what he did in becoming an Olympic champion and one of the all time greatest lifters this country has every seen. He worked very hard

on a few movements. Many of the powerlifting greats like Mike Bridges, Hugh Cassidy, and others followed suit. Yes, there are many things that can help but again, first things first, put your squat, bench press, and deadlift house in order.

Dr. Ken Lelstner

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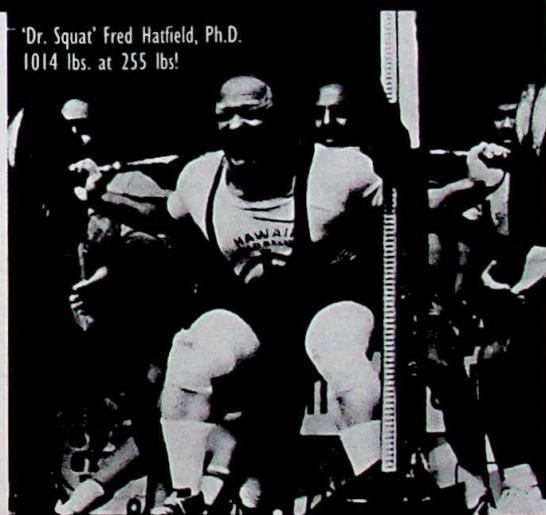
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Strongman events require a lot of commitment from an athlete. Events such as squatting, deadlifting, stone lifting, overhead lifting, rock carrying, farmers walk, etc. demand that a competitor must be strong all round and not just powerful in a few movements. This fact was borne out when I interviewed Joe Onasai as he made the insightful comment that a successful strongman must be a hybrid of a powerlifter, weightlifter, and track athlete.

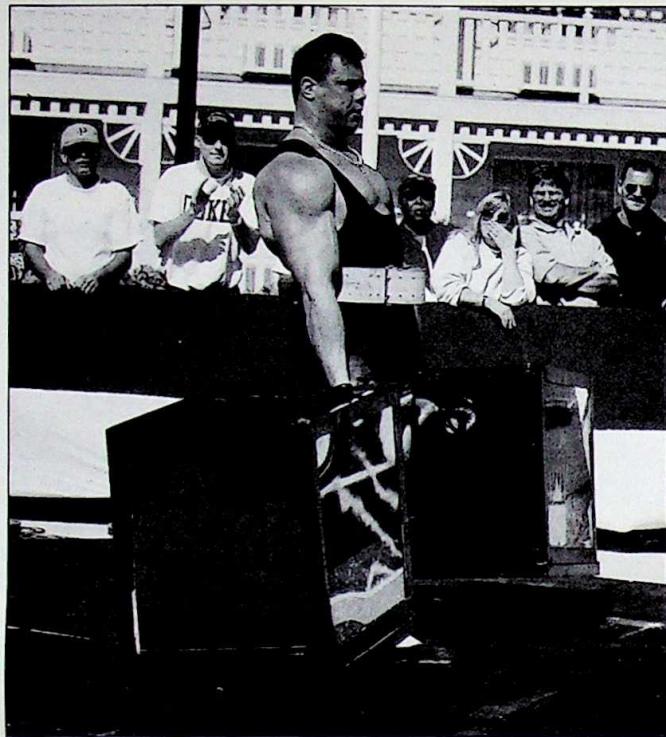
The description just made accurately describes the awesome Finn Jouka Ahola - a strongman that has a great reputation and is adding to that reputation every time he competes. Indeed, Jouka Ahola's credentials at World Strongest Man level are extremely impressive. In the World Strongest man in Nevada in 1997 Jouka came 1st and in Tangiers 1998 he came 2nd to the massive Swede Magnus Samuelsson. In Malta in September 1999 he was crowned once more the World's Strongest Man.

Just what type of training does Jouka Ahola do to achieve that level of consistency in competition at the highest levels? What sort of powerlifting background does Jouka have, what are his training lifts and how do they relate to strongman events? These questions were all answered by Jouka in the interview for PL USA conducted in the Dolmen Hotel in Bugibba, Malta prior to the World's Strongest Man final.

To begin with Jouka Ahola does come from a powerlifting background (did we expect anything less?) and has made some impressive lifts as a Junior which enabled him to place 2nd in the Finnish Junior Championships and 2nd in the Scandinavian Junior Championships. In 1993 he placed 5th in the I.P.F. Junior World Championships and hit excellent lifts of 280, 170, 295 to total 745 Kg at a bodyweight of 110.6 Kg.

During my discussions with Jamie Reeves (W.S.M. winner in 1989 and now one of the main organizers of the event) I asked Jamie what a lifter must be totaling in order to compete at W.S.M. level

The Strongmen Interviews JOUKA AHOLA by Derek Cope



Jouka Ahola did some spectacular pulling at the World's Strongest Man in Nevada in 1997, underscoring his 800+ deadlift capability

successfully and Jamie said a lifter would have to total between 800 Kg - 900 Kg+.

Mentioning this to Jouka, he wholeheartedly agreed with that and estimated his current poundages in powerlifting to be Squat 360 Kg, Bench Press 220 Kg (no shirt), and deadlift 387.5 for a total of 967.5 Kg! To prove that these poundages are for real just check out the video footage, if you have access to it, of the deadlift event in Nevada 1997. Jouka won this event, beating some big pullers, and ended up with a staggering 435 kg in the silver dollar deadlift (the bar being around 1 inch below the knee).

For the finals in Malta, Jouka's projected goal for the deadlift in

training was 362.5 Kg x 3 and this goal was achieved in his final deadlift session. The poundage progression was as follows: 120 x 3, 162.5 x 3, 202.5 x 3, 242.5 x 3, 282.5 x 3, 322.5 x 3, 362.5 x 3. With this amount of deadlifting power Jouka is currently one of the very few men in the world to be able to pull 400 Kg off the floor and, in fact, Jouka stated that he deadlifted 402.5 Kg prior to traveling to Malta but graciously admitted that the lift was hitched and probably would not have been passed in a powerlifting competition. Interestingly, unlike some of his competitors, Jouka does not do any rack work and relies on his prodigious pulling power off the floor to aid him when in strongman competition.

A training tip that Jouka would like to share with PL USA readers is that Jouka has found the leg press (45 degrees) to be very helpful in aiding the initial pull off the floor. Whilst performing the leg press, Jouka will not bring his knees to his chest but presses from a position that mimics his starting position in the deadlift. The poundages that Jouka uses in this movement are simply incredible and during the interview I asked Jouka to repeat his poundages as I thought I had misheard him! The weight progres-

sion when Jouka trains the leg press is as follows: 300 Kg x 6, 400 Kg x 6, 500 Kg x 6, 600 Kg x 6 and 650 Kg x 3! Even more incredible is that Jouka does not use knee wraps to aid him in the movement.

With regard to Jouka's training for strongman events he will train specifically for each event and has access to all the apparatus that could be used at a contest in his own private gym. If an exercise has no direct benefit to a strongman event Jouka will simply not perform that exercise. An example of this philosophy is that Jouka will train standard back squat for overall power, but when cycling into a contest Jouka will switch to front squatting. The reason for the change is that front squat directly works the muscles that are initially used in the Cask Carry event. Jouka will not single out in the front squat, but still goes heavy to the tune of 220 Kg x 8 with no knee wraps and cites this movement in being instrumental in his success in the Cask Carry. However, it is not just prodigious leg and back strength that Jouka has. To demonstrate to the reader the versatility of strength that Jouka possesses it would be appropriate to state that Jouka won the log lift event in Tangiers in 1998 with 147.5 Kg. To train for this type of event Jouka will work military press and his poundage progression on a standard day in the military press is 100 Kg x 3, 120 Kg x 3, 140 Kg x 3 and 160 Kg x 3. His current bests are 136 Kg x 8, 166 Kg x 2 and 170 Kg x 1.

Another facet to Jouka's strongman training is his diet. Jouka possibly has the least body fat of the current top ten strongmen and his low amount of body fat is an advantage in events where cardio-vascular fitness is a factor. Jouka cites his optimum body weight as 123 Kg and his girlfriend ensures that Jouka eats healthily with plenty of rice, chicken, pasta, fish and steaks. Jouka avoids fatty foods and eats no puddings apart from yoghurt.

Finally Jouka would like to mention Jarmo Makela, Janne Virtanen and Jamie Reeves in being very helpful to him.

As for the future Jouka makes no predictions and will just take a year at a time. However, should he stay healthy, Jouka has many, many years of training in front of him and a lot of people look to Jouka as the dominant force in strongmen events for years to come.

When preparing for this interview I asked Jock Reeves, Jamie Reeves' brother, about Jouka and Jock stated that Jouka Ahola "is a class act both off and on the competitive platform". In closing I can think of no better tribute than that.



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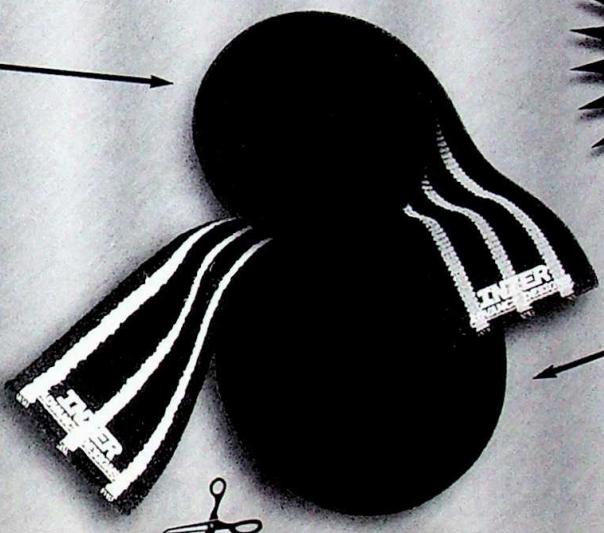
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**A PARADIGM
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Westside women have proven to be stronger as a group than those from any other gym. Six women have squatted or deadlifted more than 500 pounds. Mariah Liggett, the first woman at Westside, set many world records and won more world championships than any other woman. Other notable women from Westside are Doris Simmons, Laura Dodd, Sue Meany, Deb Sorenson, and Terry Byland. But only one has managed to become the strongest

TRAINING

AMY WEISBERGER

as told to Powerlifting USA by Louie Simmons

not only the squat but also the deadlift.

The box squats are done with short rest periods between sets (45 seconds works best). Six sets are done when bands are being used. Eight sets are done when just bar weight is used. During Amy's mini-cycle, the weights ranged from 205 to 245, plus 40 extra pounds of tension at the bottom and 75 pounds of tension at the top with the bands. This loading was for 4 weeks. The



pound-for-pound woman to date - Amy Weisberger.

Both Carrie Boudreau and Vanessa Gibson have totaled 1151 at 123 pounds. These totals are the only ones by females that surpass a male USPF Elite total. But on February 20, 2000, also lifting in the 123s, Amy made a 450 squat, a 280 bench, and a 450 deadlift to total 1180, a world record. Amazingly, six days later she benched 286 and 292 for two more world records. This reflects the fact that Amy is not only very strong but also very fit.

How did Amy total 34 pounds over a male Elite? She uses a scientific approach to lifting. For squatting she employs box squats with Flex bands, which provide overspeed eccentrics and progressive concentrics. This increases

last 2 weeks was a de-loading phase: the bands remained the same, but the bar weight was reduced to ensure quickness.

Special work played a great role in Amy's squat. She does sets on the Reverse Hyper machine 4 times a week, 2 heavy and 2 light. She also does sled work, lots of abs, pull-throughs, and glute/ham raises. No more than three exercises are performed in one workout.

At Amy's level of preparedness, she must switch core exercises each week on max effort day. She does a variety of good mornings - bent back, arched back, combo squat/good morning, straight leg, thigh-supported (Paul Anderson style) - to re-

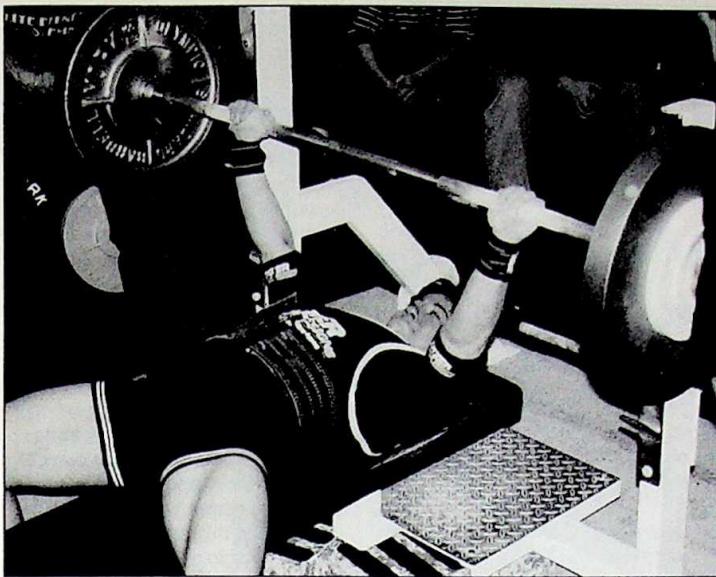
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Amy Weisberger (opposite page, squatting 450, spotted by Louie Simmons) benched 280 at the Westside Invitational. (photos by D. Black)

ally isolate the erectors. Only one of these is done per workout. Amy will alternate a good morning one week with a squat the next week. The squat exercises that she prefers are Safety Squat bar, front squat, Manta Ray, and belt squat. Sometimes she will add chains or bands. This prevents the body from adapting to an exercise by changing the rate of

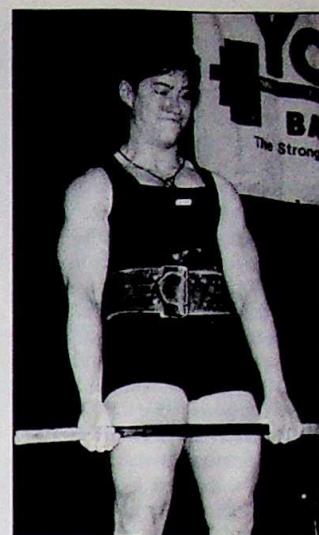
resistance. By squatting with bands, she has increased her deadlift considerably, through leg drive. (Amy deadlifts only once between meets, and she competes twice a year.)

After the core exercise on max effort day, she will repeat the same special work that she did on speed day, 72 hours previously. She will then pick two or three special exer-

cises for glutes, hamstrings, erectors, and lats, but never in the same sequence as on speed day.

For the bench press, Amy does speed work on Sunday using 8 triples with 50% of her contest best. Flex bands that contribute about 25 pounds of tension at chest level and 70 pounds at the top are used in 4-week waves. Then she switches to chains for 3 or 4 weeks. Chains are always used before a meet to eliminate the added eccentric work from the bands. After benching, Amy hits triceps very hard, training them longer than the speed benching (about 20 minutes). Lats are next, and delt raises are last. About 20 lifts out of 200 (about 10%) on the bench are done with a slightly heavier weight to check bar speed.

On the max effort day for the bench, Amy chooses from a wide variety of special exercises. Her favorites are board press, floor press, incline and decline press with the bar or dumbbells, overhead band press, and carpet press (like board press but with a roll of carpet instead of the boards). After the max effort core exercise she does triceps, lats, and delts.



Amy seldom trains the deadlift

For GPP work, Amy will do a few extra workouts a week with sled dragging to raise her level of physical preparedness.

As you can see, men and women train the same at Westside. There is a test we all must pass: it's the test of time, and Amy certainly has passed that test as no woman has before.

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Over the last twenty two years I've seen more than several training routines. It always amazes me how many of these promote unbalanced development around the shoulder joint. While it is cliché to include rear deltoid work, most routines have little.

When discussing joint stability with my pupils at Iron Shark Barbell, I often use the example of an antenna with guy wires. If an antenna has several thick cables on one side to support it, but only a thin rope on the other side and the antenna is subjected to high turbulence, which way do you think it will fall? Similarly, the shoulder joint when dislocated almost always moves in the posterior direction. Chronic problems also surface due to unbalanced development. This can take the form of impingement, or bursitis, tendonitis, or osteoarthritis with ensuing scar tissue.

To strengthen the rear deltoid, it has been argued that barbell rows are the best all around upper back exercise. The trouble I've always had with barbell rows is where does the drug free powerlifter fit them in to the work week? If squats and deadlifts are worked first on their respective days, each of these will exhaust the lumbar region. The lower back becomes tired enough that it will be a weak link during rows, resulting in less than ideal upper back stimulation. I love the classic barbell row however, so I usually plug them in when I'm taking a break from deadlifts.

A second problem with barbell rows is the lower back can never support what both sides of the upper back working in unison can pull. This from a lifter whose deadlift was his strong point. The solution? One arm rows.

Perhaps the best of all rows are heavy one arm dumbbell rows. Both feet are planted on the floor and the free hand is propped either on the opposing knee or on a bench. The back should be kept reasonably flat to reduce risk of injury. The legs and hips function as springs absorbing the inertia of the descending weight when the arm becomes straight. This is particularly important for heavy work. Without this softness of the legs, the entire descending weight would have to be stopped by the tendons and ligaments of the back and arm...ouch! The movement is begun by shrugging the clavicle towards the spine a la Paul Kelso. To the uninitiated it looks like cheating but the re-

TRAINING

ONE ARM ROWS

as told to Powerlifting USA by Marc Cavigioli

sults are inarguable. In the past I've answered accusations of cheating with, "Give it a try, cheat all you want," no takers.

Using this style one can stimulate the upper back more fully than using a barbell. Following very heavy one arm dumbbell rows I usually get sore in the crook of my elbow, (lower biceps, brachialis and forearm extensors), the entire lat and rear delt. Additionally, the trap from top to the middle of the back get hit very hard. This is the ideal exercise to counterbalance heavy front delt work.

Perhaps the greatest challenge for heavy one arm rows is finding suitable dumbbells. After a biceps injury, I rehabbed with the gym's 150s for three sets of 21 reps. But, for the healthy athlete, the only solution is to pick up some bars at a scrap iron yard and convert them to dumbbells yourself. If money is not an issue or you're not handy with metal, IronMind Enterprises produces some real nice bars to choose from. Their catalog is ad-

vertised in PL USA.

I was lucky as my dad is a precision tool maker. He produced some monsters, one Olympic and one standard with which I could torture myself.

"Look at this guy!" a crusty, tattooed, bodybuilder in his fifties scoffed when I brought the bar to a gym. Once he saw how much iron was loaded on he suddenly became my friend, sidling up to me to glean some training advice.

Back in college, my friend Bob Marsh and I had a friendly rivalry going. Each weekend we would check in with each other as to how heavy we'd gotten. That darned twenty pound Olympic dumbbell wore a hole in my suitcase from being lugged back and forth on weekends. At the time, I'd do heavy sixes. The best I'd worked up to was 270 for two sets of six. For this weight I used Olympic 35 pound plates. Since my lumbar injury, (from stiff legged deadlifts), my best has been 245 for two sets of ten.

A word of warning: such heavy

weight puts tremendous strain on the biceps. Once injured, the biceps takes more time to recover than most areas, with over a year not being unusual. To reduce this risk, the biceps should be stretched with regularity by pronating the wrist, holding on to an upright and extending the straight arm behind oneself as far as is comfortable.

While heavy dumbbell work is outstanding, its severe nature will burn you out. Both Bob and I found the grueling twisting of the torso, the inability to breath, and the sore intercostals caused an eventual breakdown in the willingness to perform the movement. Alternatives are readily found. For years I pounded heavy one arm cable rows with up to three hundred pounds per arm. In this case, the legs are bent enough to allow the free hand to be propped on the opposing knee. The body must be offset on the seat so that the cable comes straight off the pulley. Don't try this one with a row machine that has a pulley at chest height. This inferior design puts undue strain on the lower back. Far better to use a rower with the pulley between the feet. A further variation is the standing one arm cable row.

In this position, spread the feet with the opposing foot well forward as a brace. The back foot is turned out somewhat. The back leg is bent into a crouch, the front leg only somewhat, and the free hand is again propped on the knee. Fifty percent of your seated one arm cable row weight is reasonable to expect.

I've even done heavy one arm rows off a T-bar row but this is trickier and shouldn't be attempted unless you are well seasoned on regular one arm rows. Such performance is also contingent on the design of the machine.

To be sure, you'll get amazed looks due to the weight you're handling with one hand. Perhaps the best of these stories was when I trained at UMASS in the mid eighties. I wore a bull-type nose ring before they were in vogue. I wasn't going to graduation so I wore my graduation gown to the weight room. May as well get some use out of it, I thought. I had chalk all over the black nylon and the mortar board tassel was swinging around as I hauled away.

You'll notice once you've gone very heavy with one arm rows, barbell rows will be even tougher on the lower back because the upper area becomes so strong. Two hand work on the cable becomes a

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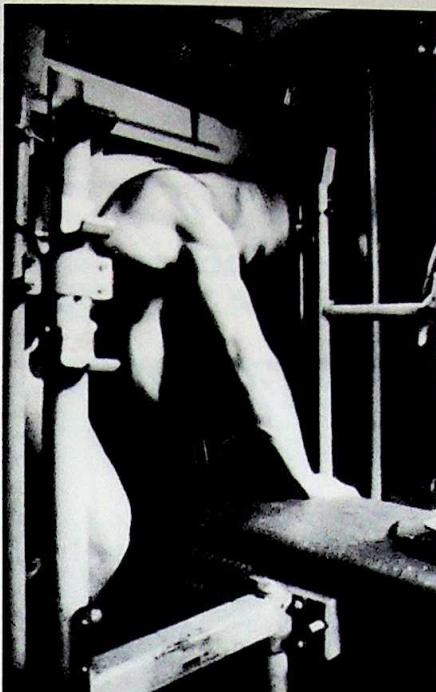
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joke. If you can row the stack with one arm, sets of twenty reps are child's play with two hands. You'll find yourself disappointed with any stacks under 350. I've used 450 on an old, sticking, plate loaded machine.

Before I tore my back doing deadlifts, I barbell rowed 405 for sets of six. Since my injury, I've had to lighten up, but my proudest accomplishment since was 365 for ten followed by 315 for fifteen reps. I know this is fairly modest for you big guys, but at a body-weight of 205, with a seven inch wrist, I'm little.

A problem you may encounter is that you inadvertently become the tester of gym machines. Rarely do some of these machines get used to their strength limit. There is real danger here. Always check the soundness of cables before starting.

Some time ago I was training in



Author Marc Cavigioli doing one arm rows



(photograph credit to Annette Chastain)

training programs encompass risk, this one included. If you push your body to the limit over the course of years you will get injured, everyone does. The point is that equipment failure is one of the more avoidable forms of injury. Fortunately, the strength equipment at Iron Shark is beyond question. But, I look at unfamiliar equipment with a jaundiced eye.

For me, heavy one arm rows have become the squats of the upper back. If I ain't doin' 'em, I ain't workin'. Strengthening the rear delts and lats should help improve deadlift lockouts, squat stability, and benching off the chest. If an improved total and injury protection is not convincing enough, one arm rows will add new thickness to the entire upper back

region. Who in the iron game can say no to increases in both size and strength? Everyone knows what one arm rows are, but few take them to the limit. They sell themselves short. Will you?

a Nautilus Fitness Center. The gym I attended at the time had closed and the members were suddenly out of a place to train. Working as usual, I loaded up the cable row in the free weight room. When the

cable snapped I was propelled backwards about six feet to land on my back, legs in the air. The tremendous crash died down and club employees rushed to express their concern. To be sure, all strength

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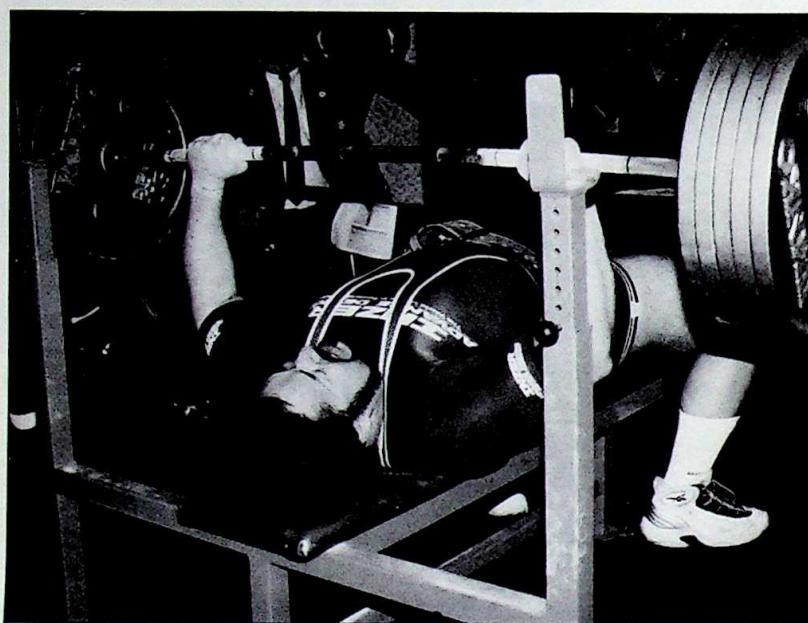
Tom Manno entered this world on February 19, 1958. Born in Rochester, NY, he weighed in at a robust 7 lbs., 4 oz. Tommy appeared to be a healthy boy, but at 2 years of age he developed spinal meningitis. This malady affects the central nervous system, causing rigidity of the limbs, and it was compounded by frequently occurring epileptic seizures. Young Tom's condition worsened. A priest was called to his bedside to administer last rites, but this turn for the worse took a miraculous about face. It wasn't his time. Although very ill he began to improve. Still bedridden, gradually his appetite improved. The symptoms of his condition eventually diminished and then went away completely. For his parents it was a an answered prayer!

His father, a Korean War airplane mechanic had two sons, and Tom was the youngest. He had high hopes that Tommy would thrive in athletic endeavors as he had done. These hopes were dampened when the doctors told him that Tom would always be small and weak. Well, the runt of the litter proved the experts wrong. He filled out to be a big kid for his age. When about 12, young Manno earned a modest little income on a paper route. An older teenage friend talked him into stopping by his home while delivering his route. This friend owned a weight set and encouraged Tom to give his barbell a heave-ho. On his very first try, Tom cleaned and pressed the whole works - a hundred pounds no less. By the time he was in the 8th grade, Tom Manno could press 150 lbs. above his head. His peers were astounded.

By then, they'd moved to Arizona. In his early teens, Tom had read of Jon Cole, who was known worldwide as a strength athlete (discus, weightlifting, powerlifting). This served as an inspiration for him in his own athletic exploits. He blossomed into a super athlete. During his high school years he played football. Tom not only made All-State, but was named to the All American High School roster as well. He became Arizona State champ in the shot put and won the state heavyweight wrestling cham-

Tom Manno - Master Bencher

as told to Powerlifting USA by Herb Glossbrenner



Tom Manno driving 600 at the AAU World Bench Press Championships (Drake)

pionship as well. During his high school years, he could standing press 265 lbs.

Manno graduated from high school and went on to play football at the University of Arizona. He also got interested in Olympic Weightlifting and liked it. It was very beneficial for improving his throwing skills and explosiveness on the football field. As a 242 pounder he made lifts of a 297 snatch and a 374 clean and jerk, but not in competition.

Also about this time he met Brick Darrow at the famous Thorbecke's Gym in Phoenix. He saw people doing heavy power training and became intrigued with the very heavy weights that could be handled in simple, deliberate movements. He got the rare privilege and opportunity to train and throw with the renowned strongman Bruce Wilhelm. Bruce, an Olympian in W/L, and a two time winner of the "World's Strongest Man" competition, encouraged Tom to unleash his full potential and become the "best he could be!" Coincidentally, both Tom and Bruce had trained under the same coach at Arcadia High School - Pete Ansalmi!

During his college football days

at ASU, he got the rare opportunity to start in the 1979 Fiesta Bowl. What a rush to perform in front of a big crowd. At a 260 bodyweight, Tom could now do a 660 SQ, 450 BP, and 640 DL. Tom wasn't satisfied. He wanted to be a top dog. Although wrestling, admittedly, was his best sport he went on to further showcase his athleticism on the football field. In 1981 he played pro ball for the Dallas Cowboys and later he signed with the USFL Tampa Bay team. He liked football, but it was hard on his body. He took some time off to evaluate his goals and objectives. After a five month hiatus, Manno decided to specialize on the bench press. He had an overpowering urge to make a name for himself. He figured that by concentrating on one lift, instead of doing all three powerlifts, it would reduce the recuperation time from his heavy training. Not only that, he reasoned he could therefore participate in more competitions,

Tom turned 42 early this year. At 6'3 1/2" and 308 lbs., he is one impressive rugged specimen. With his neatly trimmed "Hercules" beard, he looks uncannily like his boyhood idol - Jon Cole. A pair of 21" guns complete the picture for this persis-

tent proponent of prodigious pressing power. That's the best way I can describe Tom. I first met him at the USPF Bench Press Nationals in Bakersfield, CA in 1999 and was quite impressed by his soft spoken manner. Tom had some color pictures of him benching and winning a big title. He passed them out generously - a gesture of good will as well as a positive promotional effort.

Tom got married for the second time in 1992. He and wife Diane raised 4 kids together from his first marriage. This was also her 2nd marriage, and in this case the 2nd time seems to be a charm. Diane is one of his most ardent supporters and can always be seen at meets with him. To date Tom has won 12 National titles as well as 10 World Championships. He competes in several different organizations: USAPL, AAU, WPF, and NASA. Tom's conviction is to compete in drug

tested meets, which he feels helps give his performances more credibility. No question that he's come a long way from his first ever bench press competition as a high school sophomore, way back in 1973, where he lifted a winning 275 lbs.

He reached a lifetime goal in August '99 by posting a 600 lbs. lift for the first time at the NASA World Cup. Unfortunately the results of this competition weren't sent to *PL USA*, so when the MARCH 2000 edition of *POWERLIFTING USA* came out he was only listed 7th in the Masters Top 20 from a meet in January of 1999.

What about his training program? Manno works out 4 days a week. He does regular bench presses once a week. On the other days he does auxiliary work. One day he does close grip benches, tricep, and bicep work. A workout is also reserved for front and back overhead presses, shoulder and upper back work. This modern day "Hercules" has handled some might impressive training poundages. For instance, he's seated pressed 425 (in front) and done 390 for 3 reps as well as 335x5 in the press behind neck movements. No wonder this man possesses cannonball like deltoids,

horseshoe triceps and baseball biceps! Tom has never tried a maximum single in the press behind neck, but conservatively figures he could handle 370 with no problem. Tom never follows the same routine twice in succession. He steers away from traditional cycling routines, preferring to train instinctively. He's found the progressive peaking system works better for him. He's a strong advocate in the 3 Rs - REST! REST! REST! He feels many lifters overtrain and don't allow themselves proper recuperative time. His plentiful recuperative time between his heavy workouts has helped drive his success. Manno believes the mental aspect has a great deal to do with continued improvement. He realizes that training without the boost of androgenic aids might take a little longer, but he's been around a long time and has been patient as well as persistent.

During his heavy workouts he takes big poundage jumps. A typical workout might go something like this: 135x8, 225x2, 315x2, 405x1, 495x1, 535x5. Tom trains without using the bench shirt most of the time to built his basic strength. Three weeks out from a meet, he puts it on. Using the shirt some of his best lifts are as follows: 500x10, 545x5, 585x2, and 620x1. He's

handled 500 for 7 repetitions, RAW, and can handle 570x1 for one in this manner. Once, on a whim, Manno BPed 315 for 28 reps in succession. As you might understand, he took plenty of down time after this high intensity excursion!

Tom Manno's supplementary keys for success include drinking lots of water to stay hydrated. He ingests Creatine as well as L-Glutamine and Ribose to keep a high level of ATP (energy) production. He's also a big believer in the benefits of glucosamine and chondroitin, which acts as a natural anti-inflammatory for joint soreness and helps promote healthy cartilage.

Tom is a humble man who extends his appreciation to those whose suggestions, ideas, confidence and support have helped him on his rise to the top. He lists his wife Diane as his biggest supporter. Manno also greatly appreciates his major sponsors, especially John Inzer of Inzer Advanced Designs from Longview, TX; First Chiropractic and Clearview 2000 - both of Phoenix, AZ; and Family Solution of Boise, ID. Tom is also grateful to PLUSA for doing this feature story on him.

So - to the TOM MANNO - I say good luck, continued success, and - most importantly - GET EVEN STRONGER!

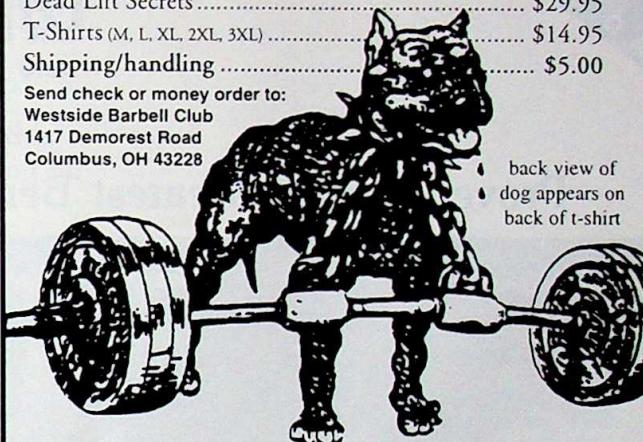
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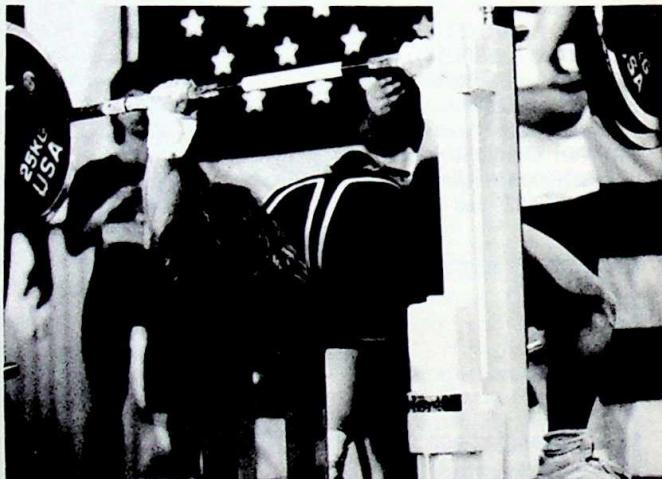
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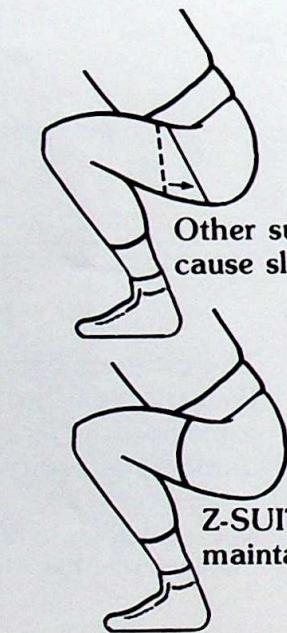
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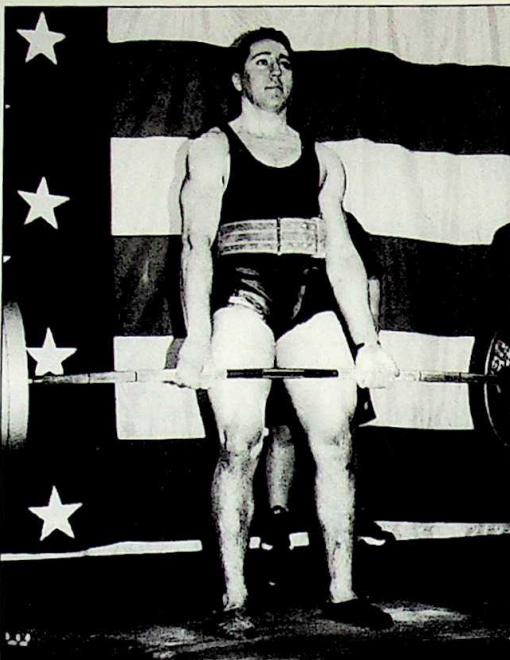
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**Snake River BP/DL
18 MAR 00 - Idaho Falls, ID**

Teen	110 kg	D. Fortner	424
Girls	12 years	D. Fortner	424
12 years	110 kg	K. Kremiern	380
45 kg	125 kg	G. Bower	457
M. Merchant	66	140 kg	
16-17	Submaster	C. Enlowe	
55 kg	75 kg	D. Thompson	
A. Ward	88	S. Berger	
82 kg	J. Cunningham	363	
P. Giddings	159	90 kg	
18-19	J. Hernandez	446	
75 kg	C. Enlowe	341	
C. Rovnak	159	110 kg	
125 kg	D. Thompson	424	
J. Farling	132	S. Berger	
Boys	140 kg	G. Bower	
11 years	Masters	457	
52 kg	90 kg		
P. Ward	72	C. Palmer	
12 years	100 kg	D. Clayton	
60 kg	110 kg		
J. Angelo	61	R. Angelo	
13 years	100 kg	A. Scardino	
40 kg	90 kg	253	
L. Merchant	66	D. Ward	
75 kg	110 kg	341	
S. Lealiifano	154	T. Wood	
110 kg	C. Douglas	369	
I. Filiaga	264	Deadline	
15 years	Pre-Teen		
100 kg	27 kg		
P. Blakeley	242	D. Penny 7	
16-17	52 kg	88	
75 kg	P. Ward 11	154	
J. Richie	275		
B. Jenkins	209		
90 kg.			
T. Archibald	259		
J. Pritchett	253		
100 kg	Teen		
R. Barker	248		
140 kg	16-17		
A. Stone	330	Female	
18-19	55 kg	A. Ward	
67 kg	H. Long	192	
S. Johnson	165	Male	
75 kg	75 kg	209	
J. Petumenos	264		
C. Meyer	187	J. Richie	
82 kg	90 kg	341	
A. Korenke	259	T. Dudley	
S. Long	303		
110 kg	T. Archibald		
R. Ward	303	100 kg	
Juniors	R. Barker	429	
65 kg	18-19		
J. Vallo	Female		
90 kg	75 kg		
J. Finley	319	C. Rovnak	
C. Rasmussen	303	336	
100 kg	Male		
J. Weatherbee	314	82 kg	
Novice	A. Korenke	501	
Female	S. Long	435	
52 kg	110 kg		
K. Walker	132	R. Ward	
55 kg	Novice	473	
D. Long	100 kg		
60 kg	T. Theil		
M. Merchant	121	J. Fisher	
Men	Open	407	
82 kg.	Female		
R. Woodvine	264	52 kg	
90 kg	S. Randolph	209	
C. Cousino	259	Men	
100 kg	K. Penny	578	
S. Merchant	385	G. Brower	
R. Anderson	358	Submasters	
B. Woodbury	275	90 kg	
110 kg	J. Hernandez	501	
R. Podgorny	297	446	
Open	140 kg	C. Enloe	
Female	140 kg	D. Clayton	
52 kg	140 kg	529	
S. Randolph	137	G. Brower	
90 kg	40-44	578	
A. Taylor	125	90 kg	
Men	100 kg		
75 kg	A. Leavitt		
J. Cunningham	363	140 kg	
82 kg	G. Brower	578	
C. Chandler	297	Masters	
90 kg	50-54		
C. Palmer	451		
J. Hernandez	446		
Z. Woods	297		
100 kg	50-54		
R. Wehrle	418		
J. Weber	325		

Who would have imagined a little eastern Idaho community supporting powerlifting competitions? But that was three years ago. Eighty-five entries almost doubled our entries this time, and almost everyone said they'd bring more August 19 & 20th for the Third Annual Power & Bench meet. We are

most excited about doubling our teen entries (24)!!! Wyoming meet director Rick Wehrle agreed that for all the trouble we go through, if one more teen finds a discipline to enjoy, it's worth it. With this in mind, we would like to mention something about the YMCA character development program (CARING, HONESTY, RESPONSIBILITY, and RESPECT). We continue to hold powerlifting events because of the strong bonds that seem to form through people of all ages helping each other. The relationships that develop through having these events is worth all the time and effort spent in putting one of these events on. Powerlifters seem to love to help out the young up-and-comers; and that's what the Y is all about. We challenge ourselves to model caring, honesty, responsibility, and respect in all we do. Rick "Godfather" Angelo's son, "Big Joe" opened the bench press competition with some nice first time lifting. The standing room only crowd loved all the kids (under 13 yrs.). More chairs next time, guaranteed! When we break 100 competitors in August we'll have to relocate to the Shiloh Inn, located on the beautiful Snake River. Patrick Ward of the "Ward Family Powerlifting Team" had some good lifts on his second visit to the 20'x14'x16' platform. Isley Filiago had some great lifts and support from this family and friends from Provo, UT. Hopefully, Mr. Filiago will entertain the crowd in August with some big exhibition lifts! Meagan Merchant got the Merchant family powerlifting with her emotional bench pressing. Annie Ward followed Patrick with an 88 lb. bench (100 lbs. will follow soon!) Priscilla Giddings (16 yrs.) came over to help and get some energy for her quest of a second world title in November in Las Vegas. She'll be training with her coach ('Sunshine Higgins') in Idaho Falls all summer. A 400 lb. deadlift is on her agenda! Priscilla pulled 378 in Calgary, but the judges didn't pass it. Christine Rovnak benched 159 lbs. for first place, but she came and did the biggest female deadlift of the day, 336 lbs.! The 378 lb. put her in the TOP 13 of 20 women in the March 2000 PL USA! "A 400 lb. deadlift should put her in the top ten, or a 430 lb. in the top five", says coach Linda Higgins!! Justin Richie, another newcomer, took best teen bencher with 275 lbs. In the 75 kg. class, Chris Meyer second. Allen Stone (Filiago Power) amazed the crowd with a 330 lb. bench for first in the 16-17 yr. 140 kg. class. Robert Ward kept the enthusiasm going for the Wards by benching a PR 303 lbs. Gary Brower (jr.) set and broke some Snake River records which impressed his father as well. His 281 lb. deadlift in the 14-15 yr. division will probably stand for quite some time. In the juniors 90 kg. Jason Finley benched 319 lbs. for first place, Cory Rasmussen second with 303 lbs. Eight women were competing for best female bencher awards. Donna Long benched a nice 121 lbs. for her first appearance on the platform. Karen Walker, Madeline Merchant, and Sherry Randolph weighed within ten pounds of each other. Sherry benched 137 lbs., Karen 132 lbs., and Madeline 121 lbs., and based on bodyweight, Sherry won best female bencher. Sherry then brought the house down with a successful 143 lb. fourth lift at 110 lbs. bodyweight. "If she benches 153 lbs. and deadlifts 303 lbs., she'll be in the TOP 20 of all U.S. Open Women!" says coach Linda. Karen had a bandage on her finger from surgery earlier in the week. These three will be some exciting benchers in August!! Dr. Shawn Merchant was the star of the Merchant family by winning the Novice 220 lb. class. Shawn had a strong 385 lb. shirtless bench. Rob Anderson benched 358 lbs. for second, Mike Coelho 3rd, and Roy Woodvine 4th. John Cunningham (UL), John Hernandez (ID), and Craig Palmer (ML) were head to head for the best male bencher of the day. Craig's 451 lb. bench won out, but John and Jon were real close!! Should be even closer in August, only Bill Leavens (Nv.) will have to be factored in as well! Rick Wehrle (Wy.) benched 418 lbs. for first in the 220s Jim Wehrle second. Dave "Head Case" Fortner did three easy lifts for first in the 242s. His 424 lb. bench should have been his second attempt. Watch Dave in August! Keith Kremiern just missed a PR 400 lb. bench and settled for 380 lbs. Gary Brower had the biggest bench of the day - 457 lbs. John Hernandez won best sub-master with a 446 lb. bench. Darren (Blackfoot, Id.) won the 242s with a 424 lb. bench. Andrew Scardino is happy just to be training again after having heart surgery last year!!! The senior Ward family member, Douglas, benched a smooth 341 lbs. for first in the 50-54 yr. division. Caleb Douglas 'rushed' over from Casper, Wy. to manage a 369 lbs. in the 50-54 yr. 220 division. The deadlift competition began with David Penny returning to the platform to increase



Adam "Born to Deadlift" Korenke with 501.(Higgins)

Novice 220 class with a 451 lb. pull, Jerry Fisher second with 407 lbs. John Hernandez pulled 501 lbs. for first in the 90 kg. division, Craig Enloe second with 446 lbs. Alan Leavitt (Blackfoot, ID.) was best sub-master, deadlifting 523 lbs. Doug Clayton (Wy.) won best master pulling 529 lbs. Christine Rovnak (Cour d'Alene, Id.) pulled 336 lbs. for the biggest and best female deadlift of the day. Holly, Amy, Priscilla and Jim Leslie were monumental in helping at the announcer's table. Special THANKS to Jim Leslie (Whitefish, MT) for taking my call during the meet!!! You're hired, just don't bill me!!! Phil Colburn, Chris Cousin, Paul Blakely, Chris "Fly Fisherman" Lemke, Rick Ochla, Jared, and Gary "CEO" Jones did superb jobs in platform management!!!! Phil and Chris should be competing on the platform in August!!! Andy Anderson ('Mr. Coefficient'), Jim Heeding, Caleb Douglas, and Carl Levell did fair and consistent judging, and will all be competing next time!!! (Bruce Roberts was missed!) Jim will be looking to regain his AAPF world records in the 148s, his 465 lb. squat still stands though. Thanks to our generous sponsors!!! Which include; Orthopaedics of Jackson (Drs. Rork & Champa - great knee and shoulder surgeons for athletes), Teton Outpatient Clinic (Brian Smith guarantees the best view for recovering), Anderson's Lumber (Ross and Dale), Mike Lambert & PL USA, Vernon Steel (Butch), 1st Street Welding, Outback Steakhouse (Dale), Snake Bite (Noreen), Brownstone (Michael), Stardust (Days Inn), Screen Graphics, Perkins (Great Muffins Acc.), Grand Teton Mall, Papa Kelsey's Dominos, and the YMCA for bringing us all together!!! Hope to see everyone August 19-20th for the 3rd Annual Snake River Powerlift & Bench Championships!!! Strongman Jim Voronin says the word is out and more Texans and possibly Michiganders may be attending. Take Care, Michael & Linda Higgins, Gary "CEO" Jones! (this report by Mike & Linda)

"I am writing this letter to talk about the positives I see in the sport of powerlifting. The first thing is Powerlifting USA. This magazine dedicates itself to the lifters. It is always gratifying to the lifter to see his or her name in the results list. It is great to show your family and friends "Hey, I made a national magazine in lifting." That is a great feeling seeing how powerlifting a lot of weight is probably done by less than 5% of the country. Secondly, there is the meet directors who set up these meets and make them run as smooth as possible. It is a BIG responsibility to make the meet go. So thanks to the meet directors because without them there would be no records set or no personal bests. Also the referees who pass tests with their organization and volunteer to referee so state and/or American records can be set. They do this for the love of the sport. That brings me to the number of organizations in powerlifting. Every lifter has preference of what organization they want to lift in or maybe two that they lift in. No one organization dominates the sport of powerlifting. So that means there is a purpose for all, however, there are some that are drug-free and some that are not. We know how difficult the drug testing has become with masking agents. It is not hard to beat the test anymore. In my opinion if an organization declares itself drug-free, you have to sign the drug free statement and (even at your expense or meet directors expense) take the test and pass it. Don't sue organizations over faulty testing, after all you have two chances. That is what ruins the sport. If you do use performance-enhancing drugs, then lift at non-sanctioned meet or with organizations that don't claim DRUG FREE. Be honest if you take drugs, lift where you are supposed to. If you are drug free, lift at drug free meets. Yes, we can all coincide, just be honest! I have worked hard to hold 4 to 5 meets a year in Central New York and I will continue to be a positive force in powerlifting. I hope that the AAU can bring back some kind of drug testing.

Train Drug Free, Steve Rogers,
NYS AAU Power lifting Chairman

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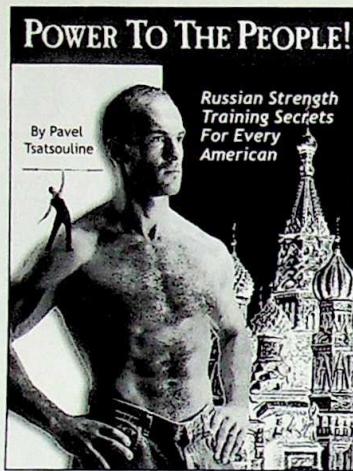
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NASA Natural Nationals
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PS BENCH	DLM5-187 lbs.			
BPMP1-154.3 lbs.	J. Alcott	187.5		
T. Hedrick	127.5	D. Bourland	100	
227 lbs.				
J. Dentice	145	J. Wilde	190	
SHW		DLNAT		
R. Vanzo	215	J. Wilde	190	
BPMS-154.3 lbs.	C. Crigger	260		
T. Hedrick	127.5	DLP 227 lbs.		
187 lbs.	J. Wilde	190		
J. Alcott	102	DLSM 205 lbs.		
D. Bourland	50	D. Hensley	252.5	
BPMP 315 lbs.	PS SQUAT			
B. Burtzoff	210	SQHS 280 lbs.		
BPP 187 lbs.	B. McMahon	127.5		
L. Carroll	147.5	SQMS-187 lbs.		
227 lbs.	D. Bourland	50		
J. Dentice	145	BENCH		
PS CURL		JR 280 lbs.		
CJR 154.3 lbs.	H. Thomason	192.5		
J. Cantwell	65	M1-227 lbs.		
SM3-154.3 lbs.	J. Wilde	110		
R. Lee	37.5	MS-227 lbs.		
CM5-187 lbs.	S. Johnson	185		
J. Alcott	57.5	NOV 227 lbs.		
D. Bourland	30	J. Wilde	110	
DEADLIFT		SM2-227 lbs.		
DLIR 315 lbs.	G. Evans	182.5		
M. Graham	307.5	R. Clark	152.5	
DLM1-227 lbs.	Pure 205 lbs.			
J. Wilde	190	C. Titus	197.5	
Power Sports	CR	BP	DL	TOT
HS 280 lbs.				
B. McMahon	127.5	92.5	147.5	367.5
JR 154.3 lbs.				
J. Cantwell	65	122.5	207.5	395
M1-170.8 lbs.				
R. Blount, Jr.	65	122.5	250	437.5
227 lbs.				
E. Merrill, Jr.	47.5	100	215	362.5
M3-187 lbs.				
D. Bourland	30	50	100	180
M5-187 lbs.				
D. Bourland	30	50	100	180
NOV 187 lbs.				
M. McCarter	62.5	107.5	205	375
Pure 315 lbs.				
M. Graham	72.5	170	315	557.5
WOMEN	SQ	BP	DL	TOT
WANT 154.3 lbs.				
M. Scheffler	157.5	80	155	392.5
170.8 lbs.				
S. Fletcher	152.5	97.5	170	420
WHS 110.2 lbs.				
O. Markham*	77.5	37.5	97.5	212.5
127.8 lbs.				
R. Denton	85	52.5	105	242.5
170 lbs.				
C. Eddieson	95	52.5	127.5	275
WINT 127.8 lbs.				
E. Maxwell	92.5	57.5	125	270
138.8 lbs.				
D. Wisnieski	80	37.5	100	217.5
187 lbs.				
J. Corder	137.5	75	160	372.5
WJR 138.8 lbs.				
J. Janicke	100	47.5	115	202.5
154.3 lbs.				
K. Harr	105	65	130	300
170.8 lbs.				
E. Wheeler	115	52.5	115	282.5
WM1-138.8 lbs.				
M. Hetzel	157.5	82.5	185	405
187 lbs.				
M. Welch	85	50	90	225
WM2-127.8 lbs.				
K. Lamb	90	45	95	230
WMS-119 lbs.				
D. McNulty	127.5	62.5	125	315
154.3 lbs.				
D. Gill	107.5	52.5	140	300
187 lbs.				
M. Welch	85	50	90	225
WNOV 110.2 lbs.				
R. Hedrick	72.5	45	87.5	205
119 lbs.				
A. Smith	65	37.5	105	207.5
138.8 lbs.				
J. Janicke	100	47.5	115	262.5
187 lbs.				
W. Igert	115	47.5	137.5	300
Wpure 110.2 lbs.				
G. Borchering	65	32.5	82.5	180
119 lbs.				
D. McNulty*	127.5	67.5	125	320
138.8 lbs.				
M. Hetzel	157.5	82.5	165	405
154.3 lbs.				
M. Scheffler	157.5	80	155	392.5
187 lbs.				
M. Welch	85	50	90	225
WSM1-10.2 lbs.				
R. Hedrick*	72.5	45	87.5	205
154.3 lbs.				
M. Scheffler	157.5	80	155	392.5

FOR REVIEW "Power to the People" is the latest book by Pavel Tsatsouline, Master of Sports from the former Soviet Union, and its subtitle is "Russian Training Secrets for Every American", and while there are quotes and points from plenty of the big name Russian researchers, you will also be noting lots of input from legends of American strength lore: like Ernie Frantz, Judd Biasiotto, Ken Leistner, Marty Gallagher, Kirk Karwoski, Stephan Korte, Earl Liederman, Mauro DiPasquale, Bob Peoples, Louie Simmons, Fred Hatfield, Dr. Tom McLaughlin and other names that long-time readers of PL USA will appreciate. Pavel, a former physical training instructor for the Spetsnaz, the Soviet Special Forces, has developed a philosophy for developing strength and fitness for the masses and - guess what - one of the keys to his plan is one of the powerlifts - the deadlift. His program distills knowledge both from behind and in front of the former Iron Curtain. Besides many published research results and the insights of American powerlifting practitioners, he also ties in the mysteries and training principles of the martial arts communities from all over the world. This is a book about strength and how the average person can develop it quickly and efficiently. Many of the current topics of discussion in the strength world are touched on and a few intriguing new ideas are brought to the table, like "irradiation" theory. Besides the content, the style with which Pavel brings it to the reader is an entertaining plus. He plays the 'Russian Superman' schtick to the hilt, while incorporating clever quotes from lifting gurus as well as modern Western society in a context that will leave you giggling. Pavel is obviously a very observant and intelligent person to be as conversant as he is in so many cultures beyond his native land. The book is \$34.95 from Dragon Door Publications (plus \$5 shipping and handling) and they can be contacted at Box 4381, St. Paul, MN 55104, 800-899-5111, Fax 970-872-3862, www.dragondoor.com, and it comes from them with a one year 100% risk free guarantee.



Wteen 110.2 lbs.	M. Schaffler	280	177.5	272.5	730	187 lbs.	S. Wisnieski	192.5	115	2215	522.5
154.3 lbs.	F. Langhorst	217.5	130	207.5	555	205 lbs.	D. Cole*	272.5	137.5	315	725
170.8 lbs.	B. Bales	142.5	95	142.5	380	D. Goodin	227.5	155	217.5	600	
SHW	B. Broussard	227.5	145	240	612.5	R. Davis	157.5	92.5	182.5	432.5	
187 lbs.	M. Mercado	215	150	200	565	227 lbs.	R. Birch	250	160	265	675
	205 lbs.					280 lbs.	E. Payne	217.5	147.5	235	600
	R. Henderson*	252.5	172.5	330	755	R. Thoni	217.5	152.5	200	570	
	D. Gill	237.5	150	265	652.5	250.2 lbs.	J. Capps*	282.5	182.5	310	775
	C. Ballard	227.5	160	250	647.5	K. Deutsch	282.5	167.5	265	715	
	227 lbs.					S. Cyraneski	290	175	250	715	
	P. Jackson	282.5	180	300	762.5	280 lbs.	W. Tarrus	312.5	207.5	260	760
	J. Dwyer	287.5	152.5	292.5	722.5	R. Vanzo	100	215	115	430	
	R. Easter	205	162.5	205	572.5	M2-154.3 lbs.	J. Carleo	167.5	97.5	187.5	452.5
	R. Morton	290	182.5	290	762.5	205 lbs.	G. Boelter	165	125	185	475
	R. McKinzie	227.5	160	230	617.5	250 lbs.	J. Hodges	282.5	155	327.5	765
	T. Saunders	390	227.5	320	937.5	R. Vanzo	210	155	215	580	
	D. Oyler	305	165	807.5	777.5	M. Kivela	155	100	205	460	
						J. Conley	132.5	105	187.5	425	
						J. Alcott	132.5	105	227.5	632.5	
						E. Rodriguez	250	150	232.5	600	
						D. Goodin	227.5	155	217.5	600	
						S. Westrich	182.5	135	215	532.5	
						C. Ballard	165	125	185	475	
						S. Johnson	240	185	245	670	
						E. MacDonald	220	155	232.5	607.5	
						E. Payne	217.5	147.5	235	600	
						SHW					
						R. Vanzo	100	215	115	430	
						215 lbs.	B. Burtzoff	245	210	272.5	727.5
						187 lbs.	L. Carroll	250	147.5	237.5	635
						227 lbs.	B. Broussard	227.5	145	240	612.5
						205 lbs.	C. Ballard	227.5	160	250	647.5
						227 lbs.	C. Ballard	215	145	255	615
						280 lbs.	R. Weber	320	182.5	287.5	790
						M1-170.8 lbs.	S. Schnabel	182.5	122.5	250	565
						R. Blount, Jr.	192.5	122.5	250	565	
						B. Schnabel	182.5	95	192.5	470	
						D. Oyler	305	165	307.5	777.5	

In August of 1914, at the beginning of World War I, Sir Ernest Shackleton took 27 hand picked men on the Imperial Trans-Antarctic Expedition. He had been within 97 miles of the South Pole on a previous expedition, and had then missed the action in 1911 and 1912 as Norwegian Roald Amundsen beat Robert F. Scott in the bitterly cold race to the South Pole. Scott and his party died during the return from their foray.

But now, Shackleton intended to not only reach the South Pole - but actually cross the Antarctic continent on land (or ice) from West to East. The monumental nature of this feat is attested to by the fact that another such effort was not made for 43 years. Shackleton sailed a wooden ship name *Endurance*, named after his family motto: *Fortitudine vincimus* - "By endurance we conquer." He had no GPS system, no radios, no snow-cats, no air-support - no modern conveniences or high tech clothing when his group entered this - the most hostile and forbidding frontier on the planet.

One year into the voyage, the ship became trapped in floating ice, and was stuck there in the ice for months - trapped in the frozen Antarctic seas, halfway to the South Pole, 1200 miles from human habitation. The 10' thick ice floes eventually crushed the *Endurance* and cast the crew out onto the floating ice - about 200 miles from frozen land, which was totally devoid of life. As their ship sank under the ice, they were in a place no man had ever been - and no man was likely to learn they had been there. It had been one year since their last contact with civilization, and not one person on the planet (outside their small party) had any idea where they were. Helicopters did not yet exist.

They could not turn to equipment for help.

The good news: they had a team (Weapon 12 [March 2000 *Powerlifting USA*]), and the men were relatively healthy and injury free. Spring was coming. In fact, the temperature had reached an 8 month high of 6 degrees!

The bad news: it was much colder at night, and their clothes were worn and largely uninsulated.

The plan: march across the ice pack toward emergency food sup-

WEAPON 13: DESIRE, and Self-Reliance (What kind of equipment would you take on a trip to the South Pole?)

as told by Rick Brewer, HOUSE OF PAIN

plies at uninhabited Paulet Island, 346 miles away,

The difficulties: aside from extreme cold and very little food; the main difficulty lay in the fact they would not be merely walking 346 miles in bitter cold; they would be dragging two boats which were carrying their remaining supplies, in case they encountered open water. The boats weighed over a ton each, and they would need to chop a path for dragging them over the tumbled ice floes - which in places had 20' high ridges. Their only tools were a few shovels and pick axes.

In fact, Shackleton told the men that they would not even be allowed to carry all of the tools they had! Each would be allowed the clothes on their back and a maximum of two pounds of personal gear - since every unnecessary ounce could be life-threatening. While speaking, he took out his gold cigarette case and several gold coins - and threw them in the snow.

Then he took the Bible personally presented to him by Queen Alexandra, and ripped out the flyleaf (with her inscription) and the single page of the Twenty-third Psalm. The third and last page he tore out was from the book of Job: "Out of whose womb came the Ice? And the hoary frost of Heaven, who hath gendered it? The waters are hid as with a stone. And the face of the deep is frozen".

Then he laid the Bible in the snow and walked away. Real-life drama.

He was certain that any possessions and even excess equipment would slow them down to the point that they would die on their journey. A huge collection of personal items and equipment were dropped into the snow that day; including chronometers, axes, saws, telescopes, clothing, pictures of loved ones, etc. He was proven right in the end, although it took them 5 months of hiking to demonstrate his wisdom. During their almost 2 years total time in one of the most inhospitable environments on earth, they relied on nothing so much as desire (and God's favor). Desire is more important than equipment or environment.

Rewind: *Desire is more important than equipment or environment*

ment

Ryan Snelling of Edina, Missouri, did a lot to remind me of this fact. Ryan's interest in weightlifting started as he watched his dad work out. Then he went to a gym with a friend, and eventually entered a few local meets. He quickly discovered he enjoyed powerlifting! (That is how it is supposed to work!) He needed more info ...

He looked up powerlifting info on the internet at school, and eventually traveled to one of Martin Drake's great meets in Vista, California. More success!

As his strength increased, so did his personal responsibilities (bad news, Ryan, it only gets worse - Rick), but he kept lifting. With school and a job, he couldn't drive the 25 miles to the gym as often as he would like - so he began training at home. He soon ran out of weights

- so his dad made some more. He took hog pans and poured cement into them - reinforced with railroad spikes! Each "wheel" weighed about 68 pounds. Ryan said they work just fine! Remember this when you complain about the equipment at your gym.

Eventually, Ryan's family got a used bench and squat rack, and continued to utilize whatever they could find.

The point is, when faced with an obstacle - they adapted and overcame. Ryan didn't rely on equipment - he just used whatever he could find as he quietly trained. He doesn't have a gym membership, or any shiny equipment - but he DOES have several First Place and Best Lifter awards. I saw him pull a WABDL World Record in Portland, Oregon. (Kudos to you, Gus, for your patience; he says he called you many times). *Desire is more important than equipment or environment*. Ryan proves it. It's easy to think we can't get stronger until we buy the latest equipment or supplement. Easy, but wrong. Get serious about your workout - wherever you train.

Next time: we look at a bra-less old grandmother in a tank-top. Stay tuned.

Rick Brewer

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In the March 2000 issue of *Powerlifting USA* we reviewed the very complex process of oxidative phosphorylation and how it can be controlled or manipulated to mimic some of the effects of physical exercise. If you can remember back to those very exciting high school biology classes (please, don't throw any tomatoes at me), then you will have an understanding of adaptation. Biological processes and entities have been created to adjust in a positive manner to stressors in their environment. A stressor can be either a mental or physical phenomenon which taxes the organism or process. To make the stressor less taxing or stressful, adaptation occurs. Basically, this means that the entity or process changes in a way so that it becomes better at dealing with the stressor. Yes, since physical exercise is a stressor, our bodies adapt or change so that it can handle the stress better in the future. The effects are obvious: increased muscle stores, better oxygen utilization, etc. Interestingly, we can stress our bodies in precise ways with certain chemical compounds. In the March 2000 *PL USA*, we saw how a chemical called Dinitrophenol (DNP) has been used to manipulate oxidative phosphorylation, the process by which the high-energy compound, ATP, is formed. Dinitrophenol actually makes your energy producing processes very inefficient so that your body has to work extremely hard and expend a great deal of calories just to meet its minimum energy demands. If you notice, this is very similar to what happens when you physically exercise. Like physical exercise, Dinitrophenol causes you to burn an abundance of calories. Another similarity is that they both act as stressors and cause the body to adapt. Thus, usage of DNP will cause your body to change in ways that will make it better able to utilize energy. Practically, this seems to mean things such as better oxygen utilization and stronger, harder, even larger muscles. Behold the reality of Chemical Exercise!!!

As I mentioned in the March

"Not only does sodium usniate affect the entire body, but it does so 24 hours per day. Can you imagine physically exercising your body continuously day after day? Just as your body "gets in shape" with physical exercise so it does with chemical exercise."

The Reality of Chemical Exercise! as told to by Derek Cornelius, Syntrax Innovations

issue, the problem with DNP is multifold. First, it is not naturally occurring and thus cannot be sold as a dietary supplement. To make matters worse, it is difficult for the average person to locate a source of the raw material and obtain it. Finally, and most importantly, DNP can be quite toxic if used incorrectly. Basically, if you are a careful individual and know where to locate and buy DNP, then it might not be such a terrible idea for you to wisely use a small amount. My experience though is that very few people indeed have the knowledge to purchase and use DNP. My advice: leave DNP alone!!

Even though DNP might not be the perfect chemical for some people to use, I saw in its vast potential. I knew that DNP's limitations prevented it from having much of an impact but I was unwilling to just give up the project because of the phenomenal results that I had seen. After many days of pondering the situation, a friend recommended that I back away from the situation a little so that I could see the "forest". I had been looking at the DNP "tree" for so long that I couldn't see the big picture. He recommended that I do what I do best: find a naturally occurring compound which met the required criteria and which could be sold as dietary supplement. DNP is not naturally occurring and thus can not be sold as a dietary supplement. I started searching for compounds that would meet the criteria of being dietary supplements. The substance would have to be naturally occurring, have a high degree of safety, and act like a classical DNP type of uncoupler. About this time, I was researching a tea named Kombucha that has been used for weight loss for thousands of years. At the time, I couldn't understand why it was causing weight loss so I decided to research all of its ingredients. Amazingly, I discovered that this tea contains usnic acid - a compound I came across while looking at uncouplers. Sure enough, usnic acid is a potent classical uncoupler like DNP and readily occurs in Kombucha. Bingo! I had found a product that is naturally occurring and that is responsible for the weight loss properties of a tea that has been used for thousands of years.

Although many obstacles had been overcome, I still needed to find a readily available source of a highly concentrated Kombucha or even pure usnic acid. After searching, I found a source of pure usnic acid and its sodium salt in Brazil. With

this breakthrough, I was well on my way to introducing the weight loss product of the next millennium!

The last thing I needed to do was to test the sample of usnic acid and the sodium usniate to see how it worked in the real world. I hooked plenty of people up to a special machine I bought to measure metabolic rate and took a before and after reading. We found some very interesting results. We actually suspected the pure usnic acid to be superior to the sodium salt but the usnic acid did not work at all - no increase in metabolic rate. At this point I was a little disappointed and didn't expect much out of the sodium usniate. However, upon testing this salt we were all quite shocked. Surprise! Surprise! We saw exactly what we were hoping for - a distinct and noticeable increase in Basal Metabolic Rate (BMR)! Apparently, the sodium usniate is much more bioavailable and consequently much more potent. The results we saw would have made any pharmaceutical company working on uncoupling proteins cry as our discovery made nearly obsolete all of their hard labor.

Because it can be complicated I will explain again what happens when you uncouple oxidative phosphorylation. Oxidative phosphorylation is the mitochondrial process which oxidizes organic substrates such as pyruvate and uses the resultant energy to convert ADP into ATP - the high-energy molecule that the body uses for fuel. Basically the energy from the oxidation is funneled through many complex chemical reactions until finally ATP is formed. The chemical reactions are called coupling sites since they connect (or couple) the flow of energy with the flow of electrons in the chemical reaction.

Imagine with me for a moment many pipes attached end to end via valves. Now, imagine the pipe connected to a water supply. When the water is turned on it will flow through the pipe until it reaches a valve. As long as the valve is open the water will continue to flow. Closing the valve prevents the flow of water. Pay close attention now! Pick out a joint along the pipeline and imagine poking a hole in the pipe at this point. Water begins to flow through the hole and is wasted. To keep the same amount of water flowing through the pipe beyond the hole you would have to go back to the water supply and increase the flow. If you can understand this, you can understand what happens

with oxidative phosphorylation and uncoupling. The pipes are representative of chemicals, the water representative of energy and the valves representative of the electrons (energy) at which the chemical reactions occur. Basically, an uncoupler pokes a hole in the chemical pipeline (at the place of a valve/chemical reaction) allowing energy to escape and be wasted. To compensate for the wasted energy and reduced production of ATP, energy containing substrates such as pyruvate are oxidized at greater rates to free more energy to be used in the process (same as increasing the flow of water). For reference, an inhibitor is analogous to shutting off the valve - energy flow is halted or prevented. We are interested in the phenomenon of uncoupling and not of inhibition. Controlled uncoupling of oxidative phosphorylation can be a very positive thing while inhibition of this process usually brings disastrous results. Interestingly, most uncouplers in high dosages actually become inhibitors and cause toxic phenomenon.

Thus, as an uncoupler, sodium usniate makes oxidative phosphorylation inefficient. Normally this process is about 60% efficient; DNP steps in and makes the process only 50% efficient. As with any energy converting process, the energy which is not converted is wasted as heat - in this case body heat. To maintain its normal supply of ATP, the body steps up its production (metabolism). In this whole process an incredible amount of calories are burned! What's even better is that nearly all of these calories come from fatty acids: i.e. adipose tissue!

Being a classical uncoupler like DNP, sodium usniate will potently exercise your body. Although the processes are quite different, sodium usniate and physical exercise have similar end results. Both drastically increase the metabolic rate as well as create a high demand for ATP. If the demand exceeds the ability of the mitochondria to produce ATP, exhaustion results. The process of "getting in shape" is actually the body's adaptive response to the demand placed upon it during physical exercise. Sodium usniate is like physical exercise because it too makes the body work harder to produce a sufficient amount of ATP to fuel its energetic requirements. In fact, sodium usniate places a higher demand on oxidative phosphorylation than exercise. Not only does sodium usniate affect the entire body, but it does so 24 hours per day. Can you imagine physically exercising your body continuously day after day? Just as your body "gets in shape" with physi-

(article continued on page 66)

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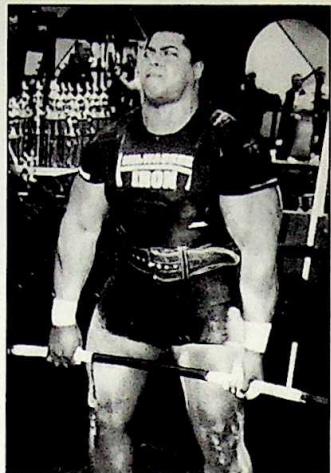
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WNPF Ohio
6 Feb 00 - Youngstown, OH

		SHW Lifetime					Mason-Dixon Open BP/DL				
BENCH	181 lbs. (55-57)	J. Yoder	500!	380!	605!	1485!	BENCH	B. Adams	375		
ASSISTED	123 lbs.	J. Misorski, Sr.	215!	H. Kress	—	—	WOMEN	308 lbs.			
Lifetime	148 lbs.	J. Kramer	290	R. Graham	675!	365!	Master (50-59)	L. Green	450		
D. Radal	270	(33-39)	RAW 181 lbs. Lifetime	M. McNinch	460!	330!	C. Fuller	70	M. Stepheson	420*	
Lifetime	198 lbs. (40-44)	J. Misorski, Jr.	335!	J. Kramer	405	290	MEN Teen	SHW			
A. Khalil	315!	B. Misorski	230!	(33-39)	1195	500	P. Paff	170*	M. Grant	650*	
181 lbs. (17-19)	242 lbs. Lifetime	J. Misorski, Jr.	375!	198 lbs. Lifetime	335!	380!	Junior	DEADLIFT			
R. Kuti Jr.	(33-39)	S. Cooke	435	D. Taylor	410	280	A. Blalock	365*	WOMEN		
J. Fiumara	345!	S. Cooke	435!	(40-44)	1235	545!	J. Greenwell	205*	Master (50-59)		
198 lbs. Novice	(40-44)	B. Misorski	330!	242 lbs. Lifetime	230!	370!	C. Fuller	Submaster			
J. Hilinski	350!	M. Lyden	365!	242 lbs. Lifetime	930!	900!	M. Lukens	425	Open		
242 lbs. Lifetime	DEADLIFT	B. Hennebert	440!	275 lbs. Lifetime	360!	600!	C. Rainey	400	B. Book	250	
R. Vargo	460!	RAW	660!	600!	580!	1400!	K. McDonald	335	MEN Teen		
275 lbs. (20-23)	Youth (9-10)	R. Rastette	350!	350!	580!	1590!	P. Paff	325	P. Paff		
B. Karlovic	60 lbs.	M. Misorski	110!	I-State records. The WNPF Ohio championships once again proved to provide some fine competitors and lifting in the assisted divisions there were some huge totals and some good competition. In the 165 lbs. class Josh Wood and Nick Mercorelli turned in some fine totals and Bob Kellish came back to take the 181 lbs. class. In the 198 lbs. class Dave Polis set all new Ohio records in the lifetime division and fine totals were turned in the masters divisions by John Phillips and Matt Johnson who also set new records. Mike Stas took the 242 lbs. class with a fine total and Jeff Peshek turned in all new state records and the highest total of the day to win the 275 lbs. lifetime class. Tony Desantis took the submaster class and Mitch Zupko set all new state records to win the 275 lbs. Police and Fire division with the second highest total of the day. The superheavyweight also brought two fine lifters with Ron Graham and Jeff Yoder winning their divisions. In the assisted bench press some heavy weight was pushed up with Jeff Peshek and Blaise Karlovic having the top two lifts. Paul Vargo followed close behind just missing 500 lbs. Joe Fiumara and Abbas Khalil had the two highest lifts in the lightweight classes. In the raw divisions lifters showed you can put up some fine totals without lifting raw. Mike McNinch turned in a fine total to win the 181 lbs. class with Jeff Kramer coming in a close second. John Misorski Jr. took the submaster class setting all new state records. Brad Henneber and Rob Rastetter set all new state records on their way to winning their divisions and Don Taylor turned in a fine total in the 198 lbs. class along with Bill Misorski, in the raw bench press the top lifts went to Steve Cooke, John Misorski Jr. and Mark Lyden all winning their divisions. Other lifters put up some fine lifts and then turned pulled some strong deadlifts to go along with the bench. Youth lifter Ron Deamicis Jr. and Matt Misorski showed your never to young to start lifting and John Misorski Sr. showed that Jr. isn't the only one who push and pull some weight. Many new state records were set in the raw deadlift divisions. Team trophies were handed out to Firm Gym for raw powerlifting and Misorski's Gym took the raw deadlift and bench press. Both teams consisted of a great group of people and also some fine competitors. Special thanks to all the people who helped make this meet a success including my judges, spotters, and relatives, the boys from Sunstation Gym and all the lifters. (Ron Deamicis)	BENCH	375					
Lifetime	515!	A. Sagermano	275	275 lbs. Lifetime	305!	405!	WOMEN	308 lbs.			
J. Pesher	585!	R. Deamicis, Jr.	55	148 lbs. (14-16)	130!	1400!	Master (50-59)	L. Green	450		
SHW (33-39)	148 lbs. (14-16)	J. Kramer	500!	275 lbs. Lifetime	305!	405!	C. Fuller	70	M. Stepheson	420*	
J. Wilson	350	C. Kovalesky	365!	181 lbs. Lifetime	305!	405!	MEN Teen	SHW			
RAW	165 lbs. (Novice)	D. Snyder	305!	181 lbs. Lifetime	305!	405!	P. Paff	170*	M. Grant	650*	
FEMALE	(33-39)	A. Kichy	95!	181 lbs. Lifetime	305!	405!	Junior	DEADLIFT			
165 lbs. (40-44)	181 lbs. (14-16)	J. Kramer	500!	181 lbs. Lifetime	305!	405!	A. Blalock	365*	WOMEN		
A. Kichy	95!	D. Snyder	305!	181 lbs. Lifetime	305!	405!	J. Greenwell	205*	Master (50-59)		
148 lbs. (14-16)	181 lbs. (14-16)	J. Kramer	500!	181 lbs. Lifetime	305!	405!	C. Fuller	Submaster			
C. Kovalesky	190!	J. Kramer	500!	181 lbs. Lifetime	305!	405!	M. Lukens	425	Open		
Lifetime	(33-39)	J. Kramer	500!	181 lbs. Lifetime	305!	405!	C. Rainey	400	B. Book	250	
A. Khalil	315!	J. Misorski, Jr.	380!	181 lbs. Lifetime	305!	405!	K. McDonald	335	MEN Teen		
D. Guerra	260	J. Misorski, Sr.	300!	181 lbs. Lifetime	305!	405!	P. Paff	325	P. Paff		
(17-19)	555-	J. Misorski, Sr.	300!	181 lbs. Lifetime	305!	405!	4th	4th	4th		
P. Huller	280!	198 lbs. (40-44)	370!	181 lbs. Lifetime	305!	405!	B. Adams	375	4th		
165 lbs. Lifetime	B. Misorski	370!	181 lbs. Lifetime	305!	405!	A. Buck	185*	Junior			
L. Tyler	265!	SQAT	1200	181 lbs. Lifetime	305!	405!	A. Blalock	565*			
Novice	RAW	J. Kramer	405!	181 lbs. Lifetime	305!	405!	J. Greenwell	375			
D. Snyder	185!	181 lbs. Lifetime	405!	181 lbs. Lifetime	305!	405!	Master (60-69)				
(33-39)	J. Kramer	405!	181 lbs. Lifetime	305!	405!	M. Lukens	425				
A. Sagermano	210	J. Kramer	375!	181 lbs. Lifetime	305!	405!	C. Rainey	375*			
ASSISTED	SQ	BP	DL	TOT	181 lbs. Lifetime	305!	405!	Master (40-49)			
165 lbs. (17-19)	450	315	435	1200	181 lbs. Lifetime	305!	405!	L. Betzer			
J. Wood	450	315	435	1200	181 lbs. Lifetime	305!	405!	S. Holley			
Open	N. Helcorelli	485	375	415	1275	181 lbs. Lifetime	305!	405!	B. Adams		
181 lbs. (40-44)	R. Kellish	385!	325!	405!	1115!	181 lbs. Lifetime	305!	405!	H. Lee		
198 lbs. Lifetime	D. Polis	525!	360!	530!	1415!	181 lbs. Lifetime	305!	405!	181 lbs. Lifetime		
(40-44)	M. Johnson	400!	315!	485!	1200!	181 lbs. Lifetime	305!	405!	W. Foster		
(45-49)	J. Phillips	440	360	505	1305	181 lbs. Lifetime	305!	405!	4th		
220 lbs. (50-54)	D. Stelfox	420!	305!	405!	1130!	181 lbs. Lifetime	305!	405!	B. Davis		
242 lbs. Lifetime	M. Stas	455	310	4565	1330	181 lbs. Lifetime	305!	405!	R. Lang		
M. Stas	400	305	515	1220	181 lbs. Lifetime	305!	405!	W. Maddix			
(20-23)	M. Jones	135	380	135	650	181 lbs. Lifetime	305!	405!	D. Talley		
275 lbs. Lifetime	J. Pesher	700!	585!	615!	1900!	181 lbs. Lifetime	305!	405!	D. Goss		
B. Pflueger	505	360	450	1315	181 lbs. Lifetime	305!	405!	K. Bolen			
R. Powell	405	350	425	1180	181 lbs. Lifetime	305!	405!	J. Hall			
(33-39)	T. Desantis	500	355	520	1375	181 lbs. Lifetime	305!	405!	242 lbs. Lifetime		
Police/Fire	N. Zupko	610!	530!	630!	1770!	181 lbs. Lifetime	305!	405!	K. Magnuson		



A PR 775 Deadlift for a Huge Michael Grant at the Mason-Dixon Open. (photo by Dr. Darrell Latch)

Betzer with 305. Butch Adams took the master 50-59 class with a strong 375, missing only his final attempt with a pr 400. Second place went to first-time competitor Allen Buck, an anesthesiologist from Nashville, Tennessee, who finished with 185. Marcus Logsdon took the master 60-69 class with 235. At sixty-four this man is one great lifter! Joe Ramey got a personal record 375 in his win at Police & Fire. In the open division Steve Holley took the 132s finishing with a personal best 275. Haywood Lee won at 148 with an easy 260. We had a full class at 181 with five lifters. William Foster with a personal best 390. William then called for and got a fourth with 400, all at a 175 bwt! Second place went to Brad Davis who finished with 370. Ray Lang was third, ending with 360. Fourth place went to Wayne Maddix at 290 and fifth to Derek Talley who finished with 230. At 198 it was Darren Goss over Kevin Bolen 385 to 380. Kevin's 380 was a new personal mark for him at 198. David Anguish took a close one in the 220s with 430 over Junior Hall's 425. Kristin Magnuson set a new personal record of 435 in his win at 242. Tommy Beshear also pr'd with 370 to finish in second place. Pat Stephenson's win at 275 brought with it a pr of 410 over Butch Adams' 375 on for second. Lee Green looked strong at 308, weighing in at 280 and posting an easy 450. Second place went to Mitchell Stephenson who got a new pr of 420. Last up was the big man, Michael Grant, all 332 lbs. of him! Michael opened with an easy 550, went to 600, then called for a new personal record 650 for his final attempt! And he got it, 650 lbs.! What a strong lift! For his efforts Michael received the best lifter award for the bench press competition. Moving to the deadlift competition master Women's winner Carolyn Fuller finished her day with a 170 personal record. This 52-year beauty shows a lot of potential! Another cutie, and a great lifter, is Beth Book, who took the open women's class with 250, just missing a personal best 275 for her final attempt. Both of these women are trained by David Anguish, owner of Showtime's Gym of Henderson, Kentucky. Patrick Paff looked strong in his teenage win finishing with a 350 pr fourth attempt. Adam Blalock got a prof 565 winning the junior class and coming close with 600. Second at junior was Joey Greenwell, getting just his opener of 375. David Anguish took the submaster class with a big 685, earning him best lifter honors for the lighter classes. Loren Belzer took the master 40-49 class with an easy 480. At master 50-59 Butch Adams led the way over Allen Buck 440 to 250. It was Allen's first deadlift competition. Marcus Logsdon continued to marvel the crowd with his at 60-69 by pulling a new personal record of 415 at a 154 bwt, and sixty-four years of age! Jeff Wise continued his winning ways at 148, pulling 350 to Haywood Lee's 310. Haywood was close with a pr 375 though. William Foster was the winner at 181, pulling an easy 555 to overpower Derek Talley, who got a new pr with 405. Kevin Bolen went 3 for 3 and 475 for the win at 198. Winning at 220 was David Anguish with 685. Kristin Magnuson took the 242s, as he did in the bench, with a pr 640. Second at 242 was Joe Carter with 605. Last to pull was, surprise! Michael Grant. Mike took the SHW class, again with a new pr, this time at 775. Michael was awarded the best lifter trophy for the heavier classes. Showtime's Gym won the team award with its members, Beth Book, David Anguish, Joey Greenwell, Carolyn Fuller, Patrick Paff, Jeff Wise, Derek Talley, Mike Lukens and Marcus Logsdon. Thanks to my son D. C. and to the others who helped spot load and judge. (Thanks to Dr. Darrell Latch for providing 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. _____

REGISTRATION FEE
\$10.00 SPECIAL OLYMPICS
\$15.00 HIGH SCHOOL
\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

**SCI-FIT MDA DL/BP
25 Sep 99 - Macon, GA**

DEADLIFT		Novice 148 lbs.
T. Gunter	225	J. Harrison 225
Masters		T-Var 185
L. Dacey	300	Novice 165 lbs.
J. Fair	380	D. Williams 335
Teen		Novice 181 lbs.
J. Ridley	480	M. Counter 365
Novice 165 lbs.		O. Paul 235
D. Williams	460	Open 123 lbs.
Novice 181 lbs.		L. Burgamy 220
O. Paul	425	Open 148 lbs.
Novice 220 lbs.		W. James 345
J. Tabor	475	J. Harrison 225
Open 181 lbs.		Open 181 lbs.
O. Paul	425	M. Counter 365
Open 220 lbs.		O. Paul 235
D. Bunn	600	Novice 220 lbs.
J. Roberson	565	R. Harrell 465
R. Harrell	450	J. Tabor 370
Open 275 lbs.		Open 198 lbs.
J. Pelt	450	A. Richerson 345
Open 30 lbs.		Open 220 lbs.
D. Fox	450	R. Harrell 465
BENCH		D. Bunn 420
WOMEN		J. Roberson 410
T. Gunter	100	Novice 242 lbs.
Masters		G. Moen 330
L. Dacey	215	Open 242 lbs.
J. Fair	220	G. Moen 330
Teen		Open 275 lbs.
J. Ridley	265	S. Elmore 515
C. Johnson	275	Open 308 lbs.
J. Harrison	145	D. Fox 470
Novice 123 lbs.		Open SHW
J. Harrison	145	A. Davis 465
Best Lifter Deadlift: Donnie Bunn. Best Lifter Bench Press: Stephen Elmore. (courtesy of Joe Deverville)		

**A Cold Day In... Tuscola BP
15 Jan 00 - Tuscola, IL**

WOMEN Lwt.	MEN
A. Borders	145*
Mwt.	Open 181 lbs.
L. Metzgar	185*
	B. Hutchinson 335
	Master (40-49)
	N. Smith 405
	Open 220 lbs.
	N. Smith 405

* Personal record. A Cold Day In Tuscola Bench Press Classic was held at Son Light Power Gym in Tuscola, Illinois on January 15, 2000. This marked the beginning of the new year of powerlifting competitions which should include up to seventy promotions for the year. Showing up in the women's division was the sister act of Ann Borders and Laura Metzgar from Davenport, Iowa. Ann won the lightweight division with a new personal record of 145 with a strong effort. Following that was Laura's great 185 for the middleweight title. Laura's previous best was 170. Both of these girls have just been competing for the past year and show a great deal of potential. In the open 181 class Benny Hutchinson continues to make his comeback after shoulder surgery from last year, finishing with a strong 335 for the win. A final attempt with a pr 350 was just short of knockout. At master and open 220 was Niles Smith, who took all of 1999 off from competition. Niles had a few problems keeping his feet set, but still finished with a respectable 405 for both wins. A short meet, but we all had a good time. See you all next time. (results were courtesy of Dr. Latch)



Best Lifter Stephen Elmore receives his award from Aron Crego at the Sci Fit DL/BP meet. (photograph courtesy of Joe Deverville)

**MCI Norfolk
25 Sep 99 - Norfolk, MA**

	SQ	BP	DL	TOT
Sylvester	385	215	420	1020
148 lbs.				
Lancelotte-BL	330	235	465	1030
165 lbs.				
Fritz	350	205	465	1020
181 lbs.				
Crook	455	340	530	1325
LaFontant	450	335	510	1295
Bonilla	445*	250	530*	1225*
Serna	430	245	500	1175
198 lbs.				
Onouaho	485	360	550	1395
Lopez	495*	300*	540	1335*
Cushing	475*	290*	455*	1220*
220 lbs.				
Wise	500	360	590	1450
Riley	475*	350*	575*	1400*
Murry		425	405	550
1380				
Garfield	475*	355*	550	1380*
Scibilia	385	330	500	1215
Carroll	355	325	505	1185
242 lbs.				
Furtado	550*	325*	645*	1520*
Barreto	510*	310	565*	1385*
Springer	450*	350	500*	1300*
Larderie	440	260	460	1160
275 lbs.				
Fontane-BH/MI	600*	450*	560*	1610*
Top Three Squat: 1. Fontanez 600 lbs., 2. Furtado 550 lbs., 3. Barreto 510 lbs. Bench: 1. Fontanez 450 lbs., 2. Murry 405 lbs., 3. T-Onouaho 360 lbs. 3. T-Wise 360 lbs. Deadlift: 1. Furtado 645 lbs., 2. Wise 590 lbs., 3. Riley 575 lbs. BL-Best Lightweight, BH-Best Heavyweight, MI-Most Improved Lifter, * - Personal Best Lift, I - Norfolk Power Team Record, T-tie, BWT-Body Weight. "WOW" what				

a day of powerlifting here at the Norfold Novice Power meet. To start things off R. Sytvester took the 148s with 1020 total. Then we had a battle in the 165s with Eric Lancelotte just getting by Shawn Fritz by 10 lbs. Shawn says "he'll be back in March to get even". Next the 181s which was won by Steven Crook with a 1325 total. Ed Lafontant was a close second with a 1295. Then the 198s we had E-Man Onouaho at 182 BTW do 1395 with Nelson Lopez coming in second 1335 and Mark Cushing coming in third. The 220s was the best battle with James Wise taking it with a 1450 total and Pat Riley coming in jacked but had some groove problems with his 2nd and 3rd attempts on the squat but still pulled personal bests across the board taking second place. The 242s went to Jason Furtado who pulled personal bests across the board also with the best deadlift in the meet with a 645 and second in the squat with a 550. The next was our best

heavyweight in the competition, Mike Fontanez who also got personal bests across the board and broke his own Norfolk Power Team record with 450 lbs. on the bench. Raw as all our lifters were without suits, bench shirts or dead briefs. The only equipment used were inzer knee wraps. Mike also had our top squat at the meet with 600 which went up easy on his third attempt he went 8-9 missed his third attempt on the bench for 460. I would especially like to thank Ed Cherubin and Mark LePage for working the table with me and the spotters and loaders Ed Kuligowski and Dan Innis, Jose Marrero, Lamar Johnson, Mike Spring, Billy Tibbitts, Mike Mims and all other helpers. A special thank you to the Rec. Staff here at Norfolk and D.O.T. Mike Devine for supporting the Norfolk Powerlifting Team. (results from Charles Sanford)

**Tri-Fitness Millennium BP/DL
26 Feb 00 - Prince Frederick, MD**

BENCH	275 lbs.
148.5 lbs.	Disanostenfano 505
T. Lewis	305I J. Watson 405
165 lbs.	W. Rawlings 315
J. Rinker	385 Master
K. Merillat	300 P. Smith 350
181 lbs.	DEADLIFT
J. Russo	315 Junior 165 lbs.
M. Klein	320 B. Litz 475
R. Jenkins	270 181 lbs.
198 lbs.	J. Russo 540
T. Getsinger	375 R. Jenkins 430
T. Reumont	350 198 lbs.
K. Matlack	305 T. Reumont 500
220 lbs.	K. Matlack 400
B. Koehn	405 220 lbs. Master
S. Rawlinson	370 S. Rawlinson 375
M. Levin	300 A. Pozda 540
Master	B. Wrabley 525
S. Dokes	405 R. Rope 450
R. Pope	315 242 lbs. Junior
242 lbs. Junior	T. Passamante 320
T. Passamante	260 G. Durham 545
S. McCraw	420 Master
G. Durham	315 A. Hubbard 500
	275 lbs.
	Disanostenfano 560
	P. Smith 630

Bench Rating between Tom and Keith - Determined by body weight difference Tom 198 lbs., Keith 194.25 lbs. (Thanks to Tri-Fitness for results)

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At the Cold Day in Tuscola BP Meet (left to right) Ann Borders PR'd 145, while sister Laura Metzgar (kneeling) PR'd 185, and Benny Hutchinson continued his comeback. (photo courtesy Darrell Latch)

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|---------------|
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| • Grape |
| • Orange |



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Spring Invitational

8 May 99 - Concord, NH

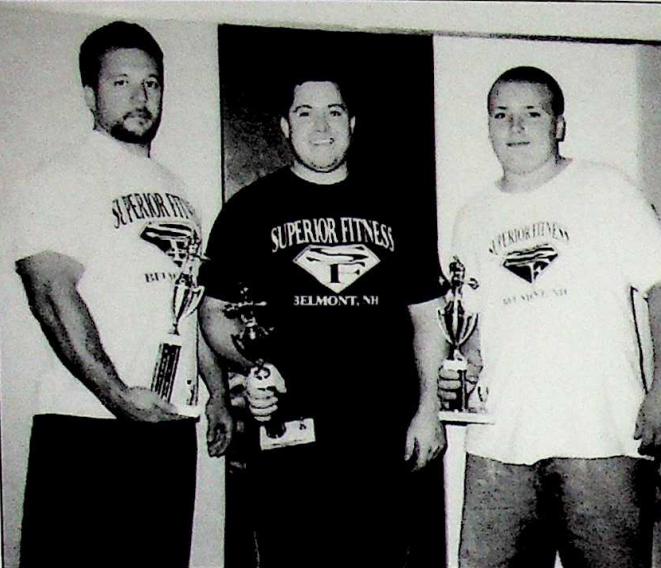
Masters (40-49)	SQ	BP	DL	TOT
J. Smith-182	475	270	520	1265
Open 165 lbs.				
C. Cegels	480	325	570	1375
R. Morrill	300	190	390	865
Open 181 lbs.				
T. Fournier	425	275	480	1180
B. Rodriguez	375	320	450	1145
Open 198 lbs.				
J. Smith	475	270	520	1265
K. Newman	425	245	475	1145
J. Grullon	410	290	430	1130
R. Leone	350	250	400	1000
Open 220 lbs.				
T. EnQuist	610	360	555	1525
M. Drouin	445	325	475	1245
Open 242 lbs.				
B. Macdonald	600	330	550	1480
F. Paulitz	400	310	525	1235

Meet Director: Jamie Fellows. Judges: Jamie Fellows, Mark Mauzy, Tyler Gate. Score Keeper: Paul Mancini, Rod Roy. (results from Superior Fitness)

USPF Florida State

26 Feb 00 - Tampa, FL

165 lbs.	SQ	BP	DL	TOT
Teen (16-17)				
W. Peer	315	225	355	895
275 lbs.				
M. Ramirez	225	340	405	970
Novice 148 lbs.				
M. Cleto	335	185	430	950
198 lbs.				
S. Wood	445	230	525	1200
J. Howe	365	315	405	1085
242 lbs.				
M. McLaughlin	440	315	500	1255
WOMEN				
Master (40-44) 148 lbs.				
H. Brown	180*	85*	205*	470*
165 lbs.				
J. Montgomery	275*	170*	365*	810*
Submaster				
198 lbs.				
J. Murrell	650*	390*	600*	1640*
D. Robertson	330	220	530	1080
220 lbs.				
B. Kelly	580*	325*	575*	1480*
Master (40-44) 220 lbs.				
P. Ryan	490	280	520	1290
L. Gnat	450	365	490	1220
242 lbs.				
P. Gnat	485	475*	605	1565
Master (45-49)				
181 lbs.				
J. Sansevere	425	300	445	1170
275 lbs.				
M. Brown	—	—	—	—
Master (50-54) 165 lbs.				
D. Pittman	405*	280*	545*	1230*
220 lbs.				
P. O'Brien	450	270	530*	1250
Open 181 lbs.				



USPF Fall Push Pull Lifters: (left to right) Rod Roy, Aaron Stroud, and James "Chunk" Gagne. (photo provided courtesy of Jamie Fellows)

USPF Drug-Free New Jersey HS

5 Mar 00 - Hammonton, NJ

GIRLS	SQ	BP	DL	TOT
M. Sacco	165	105	265	535
C. Jones	165	100	250	515
K. Mosley	180	90	210	480
D. Roventini	145	100	195	440
D. Harris	160	100	230	490
BOYS 114 lbs.				

S. Marrero	325	160	330	815
C. Mauro	245	155	320	720
D. Lowry	200	150	265	615
123 lbs.				
J. Pfeiffer	305	190	350	845
D. Kaye	225	150	250	625
M. Sacco	165	105	265	535
132 lbs.				
J. Klasko	560	405	540	1505
D. Dalay	380	220	375	975
H. Ahmed	380	210	370	960
W. Woods	285	190	350	825
V. Vo	415	275	430	1120
J. Gomez	405	200	430	1035
K. Hannah	340	205	405	950
165 lbs.				
M. Nardello	355	300	450	1105
C. Moore	405	230	440	1075
P. Schibell	410	245	415	1070
181 lbs.				
M. Crowley	370	315	480	1165
M. McClintock	390	285	425	1100
D. Shanks	430	260	405	1095
198 lbs.				
G. Green	505	305	505	1315
M. Goncalves	450	280	475	1225
A. Carrington	475	240	475	1190
220 lbs.				



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If Under 18 have Parent Initial _____

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B. O'Brien	500	280	535	1315
D. Martire	470	325	470	1265
W. Gajdziec	450	265	480	1195
242 lbs.				
T. Roesler	425	345	505	1275
R. Brown	420	240	465	1125
B. Burke	430	240	425	1095
275 lbs.				
F. Yost	435	255	450	1140
S. Gilligan	250	190	405	845
SHW				

Some of the schools that were represented in this powerlifting championship: Atlantic City High School, Holy Spirit High School, Pleasantville HS, Vineland HS, Middle Township High School, Christian Brother Academy, Edgewood HS, Egg Harbor Township HS, Jackson Memorial HS, Lakewood Prep, Mater Dei HS, Ocean City HS, Paulsboro HS, Shawnee HS, St. Joseph Regional, Montville, St. Joseph, Hammonton, North Valley Regional HS. TEAM AWARDS: 1st place: St. Joseph High School, Hammonton, Coach Paul Sacco, 43 Points. 2nd place: St. Joseph Regional - Montville, Coach Dan Polli, 30 points. 3rd place: Jackson High School, Coach Tony Bombaci, 26 points. 4th place: Middle Township High School, Coach Joe Trombetta, 18 points. 5th place: Ocean City High School, Coach Steve Leypolid, 12 points. Many Thanks to Trophy Sponsor: Mr. Rick Sepe of Hammonton, New Jersey. (Thanks to Coach Paul Sacco for the results)

NASA IL PL/BP/PS

22 Jan 00 - Fairview Hts., IL

BENCH	227 lbs. M2			
250 lbs. HS	D. Wilson			157.5
M. Stoltz	90	MPURE		
280 lbs. HS	D. Wilson			157.5
B. McKinnon	137.5	MPURE		
138.8 lbs. JR	B. Zirkwlbach			137.5
R. Prince	-125	Novice		
280 lbs. Junior	P. Marks			160
M. Rose	205	280 lbs. SM1		
187 lbs. M1	J. O'Neil			237.5
D. Rosenzweig	187.5	SM2		
227 lbs. M1	P. Marks			160
M. Ayt	165	227 lbs. Teen		
187 lbs. M2	B. Harrison			130
J. Wood	187.5	127 lbs. WM2		
	K. Lamb			47.5
Power Sports Division				
CR	BP	DL	TOT	
187 lbs. CM1				
R. Fury	67.5	—	—	67.5
154.3 lbs. CM3				
R. Lee	35	—	—	35
170.8 lbs. C Novice				
J. Kennington	40	—	—	40
187 lbs. C Pure				
R. Fury	67.5	—	—	67.5
170.8 lbs. Novice				
J. Kennington	32.5	65	160	257.5
187 lbs. Novice				
M. McCarter	50	97.5	190	337.5
J. Pink	42.5	77.5	170	290
Powerlifting	5Q	BP	DL	TOT
127.8 lbs. HS	65	35	80	180
N. Fryburger				
170.8 lbs. HS				
J. Wagner	115	92.5	160	367.5
L. Hathorne	125	72.5	152.5	350
187 lbs. HS				
M. Britto	142.5	105	185	432.5
205 lbs. HS				
J. Stedman	185	120	217.5	522.5
K. Daniels	150	122.5	187.5	450
280 lbs. HS				
J. Langhoff	170	102.5	197.5	470
205 lbs. INT				
M. Replin	210	150	235	595
187 lbs. M1				
D. Winkler	247.5	167.5	250	665
M2				
K. Pickens	232.5	142.5	210	585
205 lbs. MPURE				
M. James	250	2137.5	265	652.5
227 lbs.				
A. Barban	210	125	240	575
205 lbs. Pure				
S. Page	197.5	137.5	200	535
227 lbs. Pure				
D. Meadows	242.5	147.5	237.5	627.5
Teen				
J. Sanders	167.5	115	200	482.5
SHW Teen				
D. Staley	150	97.5	197.5	445
110 lbs. WHS				
O. Markham	80	37.5	100	217.5
119 lbs.				
R. Denton	80	50	110	240
127.8 lbs.				
A. Smith	-55	37.5	100	82.5

(Thanks to NASA for providing these meet results)

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APF Central CA Open/Novice						
11 Mar 00 - Fresno, CA						
BENCH		100 kg. Novice	J. DePalmer	215	147.5	220
56 kg.		J. Vierra	S. Northcote	182.5	122.5	150
J. Gress	65	110 kgs. Open	(45-49)	455		
60 kg.		M. Lutz	R. Arrendondo	227.5	160	215
L. Puzziferro	60	D. Shay	110 kg. Open	602.5		
MEN 67.5 kgs.		(40-44)	D. Leoncini	300	200	262.5
Teen (13-15)		M. Lutz	D. Shay	762.5		
A. Contreras	35	(65-69)	Z. Passman	232.5	167.5	225
75 kgs.		E. Anderson	(45-49)	625		
G. Wilshire	147.5	125 kg.		247.5	172.5	246
90 kg.		M. Benton		660		
J. Boroff	160	140 kg.				
100 kg.		J. Woerner				
R. Ortega	197.5	L. Contreras				
D. Bradshaw	185	(45-49)				
P. Hyre	167.5	L. Contreras				
WOMEN	SQ	BP	D	TOT		
52 kgs.						
C. Bulara	112.5	60	127.5	300		
56 kg. Novice						
C. Nawrakci	132.5	65	122.5	320		
Open						
N. Avigliano	147.5	70	147.5	365		
60 kg. Novice						
L. Puzziferro	87.5	60	102.5	250		
MEN 75 kg. Open						
G. Wilshire	227.5	147.5	240	615		
B. Separa	200	162.5	230	592.5		
Novice						
B. Wheeler	160	97.5	165	422.5		
82.2 kg. Open						
S. Velliquette	200	132.5	182.5	515		
S. Ridyard	227.5	185	245	657.5		
Novice						
E. McCafferty	205	145	220	570		
R. Hatfield	150	97.5	162.5	410		
R. McDonald	117.5	107.5	160	385		
(55-59)						
M. Sperling	182.5	147.5	185	515		
90 kg. Open						
J. Kegrice	285	150	300	735*		
Junior						
D. Beatty	185	165	227.5	577.5		
(60-64)						
P. Wilson	182.5	147.5	185	515		
100 kgs. Novice						
J. Vierra	227.5	160	207.5	595*		
J. DePalmer	215	147.5	220	582.5		
M. Fructose	142.5	150	205	497.5		
S. Northcote	182.5	122.5	150	455		
(40-44)						

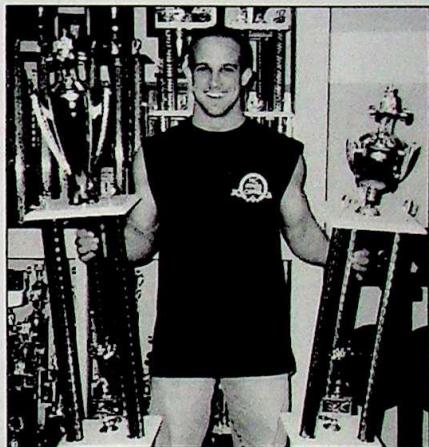
D. Brown 227.5 157.5 227.5 612.5
125 kg. Open
M. Benton 262.5 202.5 250 715
Novice
V. Brenner 250 190 255 695
140 kg. Open
M. Hunter 215 165 205 585
(40-44)
T. Rodenburg 150 145 210 505
*California Submasters record. Best Lifters: 1. James Kegrice Open, 2. Charice Nawrakci Novice, 3. George Wilshire Masters, 4. Robbi Ortega. Meet Director: Bob Packer. Scorekeeper: Kim Pfeiffer. Referees: Bill Ramsrud, John Mazmanian, Bob Packer, Joe Avigliano, Delbert Shay, Pete Wilson, Mitch Sperling. Announcer: Bob Packer. Expeditor: Surrender Daha. (courtesy Bob Packer)

USA Raw BP Winter Nationals 19 Feb 00 - Tuscola, IL

MEN	198 lbs. Open	
165 lbs. Teen	D. Akwa	320
K. Knoblock	250	Master (40-49)
Junior	J. McDonald	325
A. Spielman	380*	4th
Open		345
J. Cousin	235	Master (60-69)
181 lbs. Novice	J. Bourisaw	330*
J. Colyott	360	4th
Master (50-59)	242 lbs. Master (40-49)	345*
H. Rusher	330*	K. Hess
4th	308 lbs. Open	315
	R. Wilson	460*

* National record. Best Lifter: Andrew Spielman. The USA "RAW" Bench Press Federation Winter Nationals was held at Son Light Power Gym. Due to the weather, the turnout was slight, but still seen some good lifting along with several new national records being set. A very special thanks to Linda Middleton, Paul Kohlbeck and my wife Susie for all their help judging, spotting and loading. In their novice division Jim Colyott took the 181 class with and easy 360. A mislead at 380 may have taken its toll, causing Jim to miss his final attempt at that weight, which would have been a new national record. The teenage winner at 165, Kris Knoblock, finished with a strong 250, weighing in at only 152. This youngster showed lot of raw natural strength. Junior men's champ Andrew Spielman, with much improved form, sailed through his attempts, finishing with 380 and a new national record at 165. His only miss was at 390 for a fourth attempt. Weighing in at 152, Andrew's efforts earned him best lifter honors for the competition. At master men 40-49, Joe McDonald took the 198

class with 325 and a fourth with 345. Kurt Hess continues to improve after last year's shoulder surgery, finishing here with 315 for the win at 242. Kurt did come close with 330, though, and the shoulder feels good, so it won't be long before pr's will be in the making! In the 50-59 group, lone competitor Harry Rusher left home in Iowa with 12" of snow on the ground to compete (now that's a real powerlifter!). But I believe it was worth his effort, since he left here with the 181 title, setting two national records and ending with 345. Another great lifter was sixty-two year old James Bourisaw, winner of the 220 class of the 60-69 age group. James "Sandbagger" Bourisaw simply played with the weight, setting new records with each attempt, ending with 345 and weight to spare. This broke the long-standing record at 220, held by the great Allen Glass. In the open division Jim Cousin took the 165s with 235, weighing in closer to 148. This young lifter shows lots of potential. Both Jim and Kris Knoblock are trained by Jim Colyott. Dan Akwa won his second national title in as many tries with his showing at 198, where he finished with a personal best 320. The biggest lift of the competition came from Richard Wilson, who just keeps getting stronger. Richard had some problems with his heavier lift-offs, but still came back with a strong 460, establishing a new record at 308. A final special thanks to Ron Walsh, who dropped by and helped out spotting and loading. Ron has benched over 600 at 220 and 242 and over the years has been consistently listed as one of the top benchers in the world in these classes. Thanks again, Ron. See you all in April for the Spring Nationals. (Thanks to Dr. Darrell Latch for providing results)



Andrew Spielman - Best Lifter at the USA Raw Bench Press Nationals (Dr. Darrell Latch)

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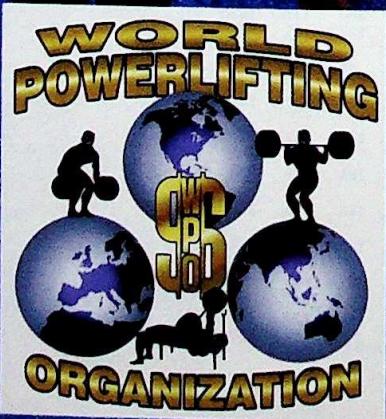
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4-6 MAY, "100% RAW" Elementary, Middle, High School & Collegiate National Championships (men & women, all wt. classes, limited entries, deadline 4/15) Spero Tshontikidis, 17506 Sabrina Terr., Derwood, MD 20855, 301-990-2874

6 MAY, (new name) IPA Southern Open PL & Eastern Bench Press contest, Fit by 4A's/Max Muscle, 501 Ashley Phosphate Rd., #149, N. Charleston, SC 29418, 843-767-4629 or Floyd Powe 843-851-1434

6 MAY, Hardcore Bench Bash (Selmer, TN) Gary Robinson 901-645-5980 (h), 901-645-1839 (cell)

6 MAY (new date), ADAU 18th Drug Free New Jersey PL & BP/DL (all raw - open, teen, Jr., sub., master, law & fire, novice, out of state) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

6 MAY (new date), Biggest Bench On the River III (\$6000 cash giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922

6 MAY, WNPF North American BP/ DL and Iron Man (Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

6 MAY, 17th Southern States Bench Press (open, over 40, women, novice, teen) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633

6 MAY (new date), USPF Mid Cities BP & Free Power Seminar by Chuck LaMantia and Bob Seibold (Norwalk, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115

6 MAY, AAPF Florida State (drug tested) Huge Iron Prods., 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

6 MAY, USAPL N. Dakota St. PL & The Fargo Open (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107, 701-293-7721

6 MAY, USAPL 4th Detroit Rock City Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866/ 616-5447

6,7 MAY (new date), USPF Virginia State Open & H.S. PL & BP (Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 7 5 7 - 4 8 1 - 6 9 6 3 , www.powerandstrength.com

6,7 MAY, NASA WV State PL, BP, PS (Ravenswood, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, gvh@wirefire.com

6,7 MAY, USAPL National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464 (9-5) or Larry Miller, 216-425-0912 (6:30pm-8:30pm)

7 MAY, APA Glen Burnie Open BP/PL (Glen Burnie, MD) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com,

941-697-7962

7 MAY, 2000 USPF Reg. 4 & West Virginia State Bench Press, Dave Jeffrey, Box 231, Parkersburg, WV 26102, 304-489-2428, uspf@netassoc.net

7 MAY, AAU NE Regional World Qualifier, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729

7 MAY, Hooter's Florida State Deadlift Championships, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268

7 MAY, Wisconsin State Bench Press, Muscles & Fitness, 2509 E. Washington Ave., Madison, WI 53704, 608-249-4227, Ford Sheridan

7 MAY, USPF Spring BP (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

13 MAY, USAPL Texas State, Willie Martin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

13 MAY, USAPL Illinois High School State Meet & Open Qualifier, Tim Piper, WIU, Brophy Hall 221C, Macomb, IL 61455, 309-776-3337

13 MAY, USAPL Nation's Capital Cup PL & BP, Steve DeBenedictis, Tower Fitness Club, 8000 Towers Crescent Dr., Suite A-145, Vienna, VA 22182, 703-761-6094, towerfitness@arols.com

13 MAY, USPF Maryland BP & PL (Colora, MD) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

13 MAY (new date), USPF Alabama State PL, Southeastern Regional PL/BP, Alabama H.S. PL for Keys for PKU Foundation (open, class II, masters, women, h.s.) Jeff Green/Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

13 MAY, APF/AAPF SW USA PL (Arlington, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488

13 MAY, USAPL Indiana State PL & Hoosier Open PL/BP, Greg Simmons, 100 E. Miller Dr. #29, Bloomington, IN 47481, 812-330-1012, gmsimmon@indiana.edu

13 MAY, Big Bench Shootout (deadline 5/1/2000 - men, women, teen, Jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

13 MAY, NASSW USA & Texas Strongman Challenge (Arlington, TX - novice, open, teen, masters) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, bwilly@swbell.net

13 MAY, APF/AAPF Great Lakes PL, BP, DL (World Gym Elyria - men, women, pro/am, open, teen, Jr., submaster, master, novice) Dave Hopkin 440-324-4313, Don Rothgery, 165 Alexander Dr., Elyria, OH 44035

13 MAY, APF California Strict Curl, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

13 MAY (tentative), NASA Missouri State, NASA, Box 735, Noble, OK 73068, 405-527-8513

13 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 MAY, USPF New Jersey High School Open BP & DL, Paul Sacco, 609-567-0046

19,20 MAY, WABDL Southern States BP & DL (Gadsden, AL - in conjunction

with Willie Nelson/Beach Boys concert) Rich Hagedorn, 256-441-0143, FAX 256-441-7283

20 MAY, USAPL Rocky Mountain States PL, Bill Davis, 1800 Garrett Way, Pocatello, ID 83201, 208-233-8035

20 MAY, USAPL S. Carolina State PL/BP, Ken Cushman, 127 N. Congress St. York, SC 29745, 803-684-5813

20 MAY, USAPL Northwest Regional Teen Championships, Paula Houston, 7805-C 196th S.W., Edmonds, WA 98026, 425-697-3878

20 MAY, King of the Beach Push & Pull (on Pensacola Beach) Chip Holston, 913 Gulf Breeze Pkwy #7, Gulf Breeze, FL 32561, 850-934-4734

20 MAY, USAF & Gold's Gym Armed Forces Day BP Challenge (men/women open, teen, submaster, master, law enforcement, military) Ed Miller - Gary Hein - Tom Kickline, Gold's Gym, Allentown, PA 610-797-6800

20 MAY, Heavy Metal Classic PL (Morris County area) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-629-9156, www.profitness.com

20 MAY, Baddest of the Bad Bench Press, Mike Farmer, 21 W. Clark Ave., Box 199, Milford, DE 19963, 302-424-5632

20 MAY, 4th Best on the Bench (touch'n go) Gloria Knight-McNeill, Box 71425, Durham, NC 27722, 919-477-9467 or Willie Lynch 252-478-8191

20 MAY, APA 5th Mon Valley Fitness Center Classic BP/DL/BP reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mvfc@dp.net

20 MAY, Training Center's 4th Annual Strongman Contest, John Green, 102 Beaver Ct. East, Bear, DE 19701, 302-

522-0926, jsmith3287@aol.com

20 MAY (tentative) NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 MAY, WPO Pro Meet, Huge Iron, 910 S. Atlantic Ave. Ormond Bch, FL 32176, 904-677-4000

20 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

20 MAY, Blue Ridge BP/Curl Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

20,21 MAY, APF Master, Teen, Junior, Submaster Nationals (Aurora, IL) Jim Johnston, 630-264-1571

20,21 MAY (amended date), WNPF Lifetime Nationals (Youngstown, OH - all divisions, wt. classes, age divisions - world qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.

20,21 MAY, United States Intercontinental Championships, 650-757-9506

21 MAY (new date), PA Assisted & ADAU PA St. Raw BP (Teen, Jr., men, women, submaster, master) Bob Verner, 514 Loretto Rd., Pgh., PA 15217, 412-521-2620

21 MAY, Ambler Area YMCA Raw BP Open (Upper Dublin H.S., Ft. Washington, PA) Paul Felix, 215-657-8323, bpfelix@prodigy.net

21 MAY, 2nd AAPF Metro Detroit Open PL, BP, DL, John Maddox 248-642-2002 or John Cuciorean 810-598-2417

21 MAY, Hard Core Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net



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24-28 MAY, IPF Women's Worlds (Buenos Aires, Argentina)

27 MAY, Tampa Bay Bench Blast (open, novice, submaster, master, teen, h.s., women) Tampa Bay Fitness Center, 1908 Martin Luther King Blvd., Tampa, FL 33603, 813-353-1908

27 MAY, APA Anthony Clark's Powerhouse Classic PL/BP (Spring, TX) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

27 MAY (tentative) NASA Teenage Nationals, NASA, Box 735, Noble, OK 73068, 405-527-8513

27 MAY, Max Flex BP/DL Classic (all divs. - Pierre, SD) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

28 MAY, Double Masters Invitational PL, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

MAY, APA SL Petersburg Open BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

2,3 JUN, Ridgeville Strongman Challenge, Joe Goodhew, 108 E. 2nd St.,

Ridgeville, IN 47380, 765-857-2071

3 JUN, USPF South Texas (men & women - below class I, open, teen, BP, masters, submasters, juniors) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

3 JUN, YMCA BP/DL Wars (open, master, women, teen, police & fire, novice, special olympic) Brad Klinger, 40 Summer St., Kingston, NY 12401, 914-339-4865

3 JUN (new date), USPF California State Novice/Juniors (Frazier Park - Class II & below - open guest lifters welcome

- 1/2 entry fee) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, or Steve Denison 661-664-7724, pwrlftrs@delnet.com

3 JUN (new date), Full PL or single lift meet, George Bardis, Asphalt Green, 555 E. 90th St., NY, NY 10128, 212-369-8890 ext 243

3 JUN, APF Florida State Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

3 JUN, Central States Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W.

Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

3 JUN, WNPF Raw Nationals & Drug Free Nationals (PL, BP, DL, SQ - Panama City Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

3,4 JUN, WABDL Pepsi Northwest Regional BP & DL (Doubletree Hotel, Springfield, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabd1.org (not .com!!), gethomas@uswest.net

3,4 JUN, NASA Master & Submaster Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3,4 JUN, (new date) AAU Nationals PL & USA Raw Open & USA American BP (open, masters, submasters, law, military - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

4 JUN, USA Eastern States Open & High School BP/DL (Liberty H.S.) Tommie Buzzo, 12724 Chestnut Ln.

Rixeyville, VA 22737, 540-937-7377
4 JUN, Indiana Open II BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9-11 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779, jtruck52@hotmail.com

10 JUN, APA Palm Bay Open BP/DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

10 JUN (new date), WABDL Hawaii Invitational, (Honolulu, HI) Mike Salto, 808-373-5053

10 JUN (new date), Georgia Games BP & DL (Atlanta, GA) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

10 JUN, USPF Reg. III (men, class II, women, teen, master) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575

10 JUN, Firehouse Strongman/Woman Contest (open, police/fire) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (FAX) 301-423-2965, grahambo@libertybay.com

10 JUN, 7th Miller's Ironhouse All Natural BP (open, raw, HS, teen, women, subs, master, grandmasters - sculptured awards) Miller's Ironhouse Gym, 218 Williams St., Cumberland, MD 21502, 301-777-0644, bemiller@hereintown.net

10 JUN, USPE U.S. BP, U.S. Arm Curl, U.S. Chin-Up, U.S. Strength Classic (all three) (men/women open, middle school, h.s., jr (19-23), submasters (35-39), masters, fire, police, special olympian, novice - all wt. classes) Glen Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707, Mr. McKenna 800-444-7321

10 JUN, 18th USAPL Viking Open (open, women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

10 JUN, Bearfest III (Eastside Gym, Tulsa, OK) Bear Smith, mvbear@pols.com

10 JUN, Immaculate Heart of Mary Festival 2000 BP & DL, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

10 JUN, New England Open Arm Wrestling (men, women, rt. hand-seated) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

10 JUN, APF Muscle Beach Venice Bench Press, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

10 JUN, Superman Celebration BP/DL Classic (Metropolis, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

10 JUN, AAU 5th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou 610-258-1894

10 JUN, APF Calif. State BP (TBA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

10,11 JUN, APF Sr. Nationals (Michigan) Dan DeFelice, 810-294-7055, ddefelice@mediacione.net, www.APFMichigan.com

10,11 JUN, WDFPF Europeans PL & Single Lifts (Galway, Ireland) Anita Mahoney IDFPA

11 JUN, USAPL 1st annual Bench under the Big Top, Anthony Stropoli, 4915 Whipple Ave. NW, Canton, OH 44718, 800-351-0901

11 JUN, WNPF Police & Fire Nationals, Paul Dunn, 162 Park Ave. #F-6, E. Orange, NJ 07017, 973-687-7308

11 JUN, APA Connecticut Open BP &

11 JUN, APA Connecticut Open BP & DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@mdp.com

15-18 JUN (new date), York Barbell Strength Spectacular IPA World Cup & Bob Hoffman's Strength Challenge, York Barbell, 3300 Board Rd., York, PA 17402, Mark Chaillet, 800-358-9675

17 JUN (new date), USPF New England PL/BP & New Hampshire State Meet, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

17 JUN (new date), 20th APF West Coast Open (all divs. & novice) Rick McClung, 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com

17 JUN (new date), AAU All-South Power Classic (PL, SQ, BP, DL - men/women - open, teen, jr., submaster, master) ESP+ Promotions, Box 704, Randleman, NC 27317, 336-672-1170, FAX 336-498-1875

17 JUN (new date), Pasco Power Team's King of the Bench (1/2 hr. North of Tampa, FL) Rick Lawrence, 727-942-7894 or Mike Marin 727-863-2228

17 JUN, L.S.T.A. Grant A Wish Charity Bench Press Contest (New Orleans, LA - Men, women, teen, masters, special olympics, police-men/firemen - sculptured trophies - free t-shirts to pre-registrants) Arrid C. Hansell, 504-471-2775, Fax 504-471-2784, e-mail herqueles@aol.com

17 JUN, 1st annual YMCA Bench Press Championships (Downtown Y, Corpus Christi, TX) Bobby Morgan, Rt. 1 Box 828, Ingleside, TX 78362, 361-986-9244 or 882-1741

17 JUN, AAPF Police & Fire Nationals (qualifier for the AWPC Worlds) Tony Pastorelli, 702-655-0825

17 JUN, Mid Southern Open BP & DL, PC & Curl (Vilonia, AR - near Little Rock - teen, jr., open, submaster, master) Dan Singleton, 1200 3rd St., Hot Springs, AR 71913, 501-623-6014

17 JUN, AAU Planet Fitness PL open, BP, Push/Pull (raw & equipped - open, women, teen, master, novice) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, gymrat@willin.net

17 JUN, USAPL Push/Pull BP/DL, Jody Woods, Box 163288, Sacramento, CA 95816, 916-431-5503

17 JUN, Power Mania 2000, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

17 JUN, AAPF Police & Fire Powerlifting Open (Drug Tested) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000, hugeiron@bellsouth.net

17 JUN (tentative) NASA West Texas Open (Amarillo) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 JUN, USA "RAW BENCH PRESS SUMMER NATIONALS" (Mattoon, IL)

Dr. Darrell Latch, 126 W. Sale St.

Tuscola, IL 61953, 217-253-5429,

sonlight@advancenet.net

17 JUN, Max Flex BP & DL (all divs. - Memphis, TN) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France

17, 18 JUN (additional day), WNPF Youth, Teen, Jr. Submaster, Master Nationals & American Championships (Baltimore, MD) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

17, 18 JUN, 16th ADAU Raw Drug Free

No Boys Allowed Women, Men Submaster & Master (State/Out of State) and PA Open (no age groups) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

18 JUN (new date), Summer 2000 Push/Pull, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

18 JUN, 1st Iron House Open BP/DL Classic (Hooperston, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, TX 61953, 217-253-5429

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1013, Westminster, Md. 21158
410-876-8714 - Mr. Bill McKenna.



18 JUN, NASS Thick Bar (2") Worlds (Hurst, TX - novice, open, teen, masters, women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, willy@swbell.net

23-25 JUN, EPC European BP & PL (Waldmischel, Germany) Juergen Weinberger, +49-6204-969502

24 JUN, 1st annual Jay Mazola Memorial BP (to be held at Italian American Citizens Club, 90 Harbor St., Lynn, MA 01902) John Flynn, 978-535-1533

24 JUN, Florida State Push/Pull, Joe Bell, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

24 JUN, APA Eastern Texas Open, APA, Box 27204, El Jobean, FL 33927, wnpf50@hotmail.com, 941-697-7962

24 JUN, USPF North Jersey Drug Free High School Championships (Clifton, NJ) Ron Reuther, 973-684-7392 or 594-9400

24 JUN, Ozark Open II BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

24 JUN, Max Flex BP & DL Classic (all divs. - Denver) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

24, 25 JUN, USPF Sr./Mountaineer Cup, Nic Busick, Box 358 Rt. South, Chester, WV, 26034, 304-387-8354

24, 25 JUN, TWIN LAB WABDL National BP & DL (Holiday Inn Select N., Irving, TX) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net, Ken Anderson, 972-392-3132

25 JUN, Illinois Prairie State Games BP (State residents only - men, master, scholastic, women) Dana Rosenzweig, 629 Springwood, Belleville, IL 62220, 618-277-6022 (d), 236-2802 (e)

25 JUN, 6th APF Freedom Hill Outdoor BP & DL Classic (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6PM please, ddefelice@mediaone.net,

www.apfmichigan.com

25 JUN, Best of the Southwest BP and/or DL (natural, raw) Steve Siwiak, McMurry, PA, 724-941-7270

25 JUN (corrected date), PL West Summer Benchfest, Sortwell Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

25 JUN, World Gym Summer BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

JUN, USPF S. Jersey Open BP & DL (Wildwood, NJ) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

JUN, Texas/World Police Games (Austin, TX) TPAF, Box 2040, Abilene, TX 79604, 800-624-9752, 915-676-1545, FAX 915-676-5033

JUN, USAPL New England States Bench Press, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

JUN, ANPPC Drug Free High School Nationals (Boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62684, 618-244-5775, anppc@aol.com

1 JUL, 100% Raw Summer Deadlift (open, women, masters, teen) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), Fax 301-423-2965, grahambo@libertybay.com

1 JUL (new date), Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany, (0)871-77575

1 JUL, SLP NATIONAL BP/DL

CHAMPIONSHIPS (Carmel, IN) Dr. Darrell Latch, 126 W.

Sale St. Tuscola, IL 61953, 217-

253-5429, sonlight@advancenet.net

1, 2 JUL, IPA National Bench Press, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 878-0100 (gym)

3 JUL, Iowa/Midwest Open BP on the Square (Sigourney, IA - open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net

7-9 JUL (new date), USAPL Men's Nats, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-511-9692

7-9 JUL, ADAU Nationals (PL - men & women - open, submaster, master, junior, teenage) Joe Orentia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 JUL, Beloit Riverfest BP (APF/AAPF & Raw - no organization membership - no bench shirts - men/women: open, teen, jr., submaster, master) Craig Hansen, 1629 Trainer Rd., Rockford, IL 61108, 815-227-0935, craighy@worldnet.att.net

8 JUL, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, wnpf50@hotmail.com, 941-697-7962

22 JUL, USAPL Apple Push'n Pull, Liz Panter, 1710 E. 16th St., Idaho Falls, ID 83404, 208-529-8600

22 JUL (new date), Independence BP/Curl, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

22 JUL, ANPPC WORLD CUP, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

22 JUL, Hawaii State Pull/Push & World Bench Press Qualifier, Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

22 JUL, USAPL 3rd BP & DL Battle on the Beach (Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-616-5447

22 JUL, NASA Tri-State Natural (Monolift, no entry fee for spec. olympians, PL, BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1 pm CST

22, 23 JUL, USPF Georgia Games, Life University, 1269 Barclay Circle, Marietta, GA 30060, www.georgiagame.org, David Hall, 678-290-1882

28-30 JUL (new date), "100% RAW" Nationals (men & women, all age groups/wt. classes, limited entries, deadline 7/1) Spero Shontikidis, 17506 Sabrina Terrace, Derwood, MD 20855, 301-990-2874

29 JUL, Clinton Co. YMCA Open BP/DL Classic (Frankfort, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

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divs. - San Francisco, CA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

29,30 JUL (new date), WNPF New Jersey (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

29 JUL, Summer Beast, (St. Mary's, PA) Ken Mountain, 814-834-9222
JUL, 7th Border Classic BP, Tito's Gym, 245 Fairfax, Brownsville, TX 778520, 956-504-3324

JUL?, NASA Illinois Regional, Lindell Smith, 508 E. 5th, Flora, IL 62839
3-5 AUG, AAU Jr. Olympics, AAU High School National PL (raw - Orlando, FL) Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874, rawpower@eds.com

4th and 6th AUG, WABDL National Powerlifting Championships (Holiday Inn Select, Wilsonville, OR - 10 mi. south of Portland on I-5 - shuttle provided - double ply BP shirts & squat suits, single ply DL suits - no canvas shirts or suits) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

5 AUG, APF L.A. Lifting Club Summer Bench Blast (Burbank, CA) Joe Avgilano, 818-846-5438

5 AUG, AAU "Raw" Missouri State PL & Bill Clark Open, Dave DeForest, 6706 State Road J, Fulton, MO 65251, Kdefores@mail.coln.missouri.edu

5 AUG, Horseheads Pre-season PL Meet (high school students only - men/women) Bert Conklin, 104 Willow Dr., Horseheads, NY 14845, 607-796-2583 or Ed Patten 607-733-4997

5 AUG, APA East Coast Open BP/DL (Maryland) APA, Box 27204, El Jobean,

FL 33927, wpa50@hotmail.com, 941-697-7962

5 AUG, USPF Barbee Classic (men & women, below class I, open, teen, BP, master, submaster, Jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

5 AUG, Low Country Push/Pull #2, The Dungeon Gym, 2833-C.S. Live Oak Rd., Moncks Corner, SC 29461, 843-761-5632 or Floyd Power 843-875-1434

5 AUG, APF Muscle Beach Venice Push/Pull, V.B.A.C., 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

5 AUG, APF USS Escanaba Memorial Outdoor PL/BP Classic (men/women: open, teen, Jr., submaster, master, police/fire/military) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488

5 AUG, Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5,6 AUG, USAPL Nevada St. PL/BP, Jim Kralich, Box 238, Elko, NV 89803, 775-934-4241, jmllee@cyberhighway.net or Laurie Evans 775-738-4245

5,6 AUG, WABDL World Cup BP & DL & Strongman Contest (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

12 AUG, Body Factory Power Challenge BP, Jim Parish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

12 AUG, APA Thunder Bay Open BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

12 AUG, N.J. Bench Press Open, Pro Fitness, 350 Route 46, Rockaway, NJ

07866, 973-627-9156, www.profitness.com

12 AUG, WABDL Regional World Qualifier, Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, purl@trrs@delinet.net

12 AUG, Team Weber Strength PL(BP, Trap Bar DL) Bob Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695

12 AUG, Max Flex BP & DL Nationals (all divs. - Chicago, IL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

12 AUG, Greene Co. Strongman/Woman, John Shifflett, Box 941, Stanardsburg, VA 22973, 804-985-3932, valifing@aol.com

12,13 AUG, 2nd WNPF Lifetime Drug Free Worlds (all events/divisions - Daytona Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

12,13 AUG, AAU Raw Nationals (Kingston, MA - near Boston) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

12,13 AUG, NASA World Cup PL, BP, PS (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 AUG, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17 AUG, Old Settlers Days BP/DL Classic (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

19 AUG, APA Texas State PL, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

19 AUG, Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

19 AUG, Alabama APF Push/Pull, Robbins Fitness Adv., 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

19 AUG, MidAtlantic BP/Curl, John Shifflett, Box 941, Standardsville, VA 22973, 804-985-3932, valifing@aol.com

19,20 AUG, AAPF/APF Snake River PL/BP (Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6 PM, 208-523-0600) apf_id_mhiggins@yahoo.com

20 AUG, Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

26 AUG, 10th Endless Summer BP, Goshen Fitness, Box 92, Goshen, IN 46527, 219-537-9329

26 AUG, USAPL Power Surge 2000 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, michelle@bbc.net

26 AUG, 5th Granite State Open BP or DL (men/women, teen, Jr., submaster, master, novice - deadline 8/12/2000) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 AUG, APF Iron Warrior 2000 "Festival of Strength" Iron Pentathlon, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

26 AUG (tentative) NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

26 AUG, Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

27 AUG, USAPL/IPF East Coast Deadlift (men/women - open, masters, submasters, Jr., teen, police/fire, military, special olympians, novice) Jacqueline Davis, John Gengo, 1190 Washington Green, New

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27 AUG, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

27-28 AUG, AAU North American PL/USA BP (youth, teen, Jr., novice, open, submasters, masters, law enfc., military - open/raw - men/women - Moreno Valley) M. Drake, Box 108, Nuevo, CA 92567, 909-928-4797

2 SEP, USAPL 2nd Labor Day PL & BP, Willie Martin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

2 SEP, APA American Cup BP, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

2 SEP (new date), Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 SEP, 1st APF Strength Beyond BP, DL and Iron Man-Woman Championships (men/women: open, teen, Jr., submaster, master) Mike Newell, 708 Marcelletti, Paw Paw, MI 49079, 616-657-2036, Fool220@220.com

9 SEP, East Coast Classic Arm Wrestling (men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

9 SEP, APF Bench Bash for Cash (\$10,000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

9 SEP, Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 SEP, Pound for Pound Nationals (m/women SQ/BP/DL-Kansas City) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

9 SEP, USAPL Michigan Hall of Fame meet, Dick Van Eck, 616-521-4031

9 SEP, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

10 SEP, WNPF Mid Atlantic Bp & Ironman/Woman (BP & DL) & USA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

13-17 SEP, 2000 IPF Jr. Worlds (Kau-Haiung, Taiwan)

15-16 SEP, USAPL Bench Press Nationals, Dr. Mike Cisek, 1296 Henke, Lake St. Louis, MO 63367, 314-561-1242

15-17 SEP, ADAU National SQ, BP, DL (separate contests - all ages / wt. classes) Joe Orengea, 4460 W. 26th St., Erie, PA 16506, 814-833-3727

16 SEP, Rotty's Southern Indiana SQ/BP/DL Classic (Paoli, IN), Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

16 SEP, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26)

26 SEP, Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

HUGE IRON Powerlifting Schedule YEAR 2000

May 6, 2000 - AAPF Florida State Powerlifting Contest (Drug tested)

May 20, 2000 - First Ever WPO Professional Contest, \$25,000 total cash prizes

June 3, 2000 - APF Florida State Open Powerlifting Contest

June 17, 2000 - AAPF Police & Fire Powerlifting (Drug Tested)

July 15, 2000 - APF Florida Push/Pull for Total In Memory of Lawrence Monberg

September 9, 2000 - APF Bench Bash for Cash. \$6,000 Total Cash Prize In Conjunction with NPC Daytona Beach Muscle Classic (Bodybuilding)

November 11, 2000 - AAPF Southern States Powerlifting Championship (Drug Tested)

December 2, 2000 - APF Southern States Open Powerlifting Championship

All meets at Huge Iron Training Center unless otherwise noted
910 South Atlantic Avenue, Daytona Beach, FL (904) 677-4000

16 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513
16 SEP, Big Three Classic (m/w - SQ/ BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760
16 SEP, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201
16,17 SEP, Big Daddy's Push Pull, 650-757-9506

17 SEP, 2nd Deadlift on the River, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

17 SEP, Police & Fire Nationals BP/ BP (Holiday Inn, N. Newark, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

17 SEP, Wisconsin Open II BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

23 SEP, St. Mary's (PA) Power Day, Ken Mountain, 814-834-9222

23 SEP (new date), WNPF Georgia BP/ DL/IronMan (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

23 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

23 SEP, Max Flex BP & DL Classic (Buffalo, NY) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

23,24 SEP (new date), WABDL Budweiser Strength Festival (BP, DL, Strongman 234 & below, 235 & above) & WABDL BP/DL and Oregon State PL, Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net

24 SEP, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

24 SEP, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

30 SEP, APFLA.L.C. Push/Pull Classic (Burbank) Joe Avigliano, 818-846-5438

30 SEP, NASA Ohio Reg. NASA, Box 735, Noble, OK 73068, 405-527-8513

30 SEP, Ozark Open III BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

SEP, USAPL Connecticut State Open, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372

SEP, WNPF Delaware (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

1 OCT, Northern Illinois Open BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5-8 OCT, WPF World BP & PL (Graz, Austria) Carl Smith, Tel/Fax +43-316-817683 or csmith@netway.at

7 OCT, 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19461 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm, ddefelice@mediaone.net, www.apfmichigan.com

7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

7 OCT, USPF Central California Championships (San Luis Obispo) Gene Estrada, 805-544-0155

7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ

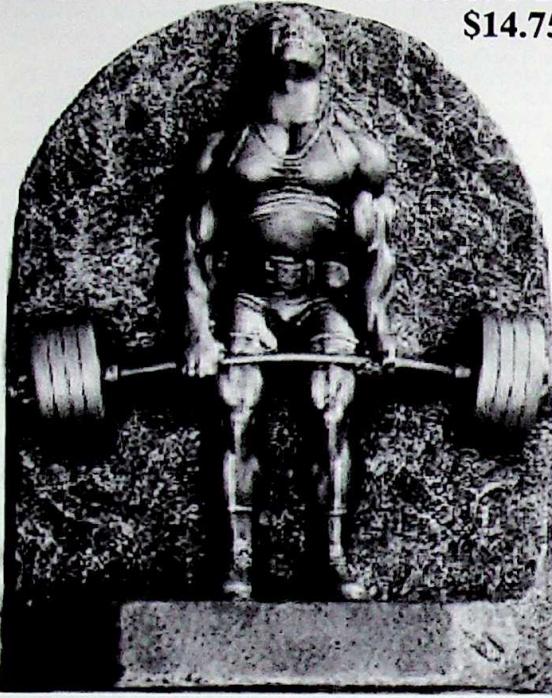
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7,8 OCT, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475

8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, www.50@hotmail.com, www.angelfire.com/fl/wpaapacpa

8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

14 OCT, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

14 OCT (new date), WNPF Palmetto BP/DL/IronMan (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

14 OCT, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryl@tobey@aol.com

14 OCT, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifing@aol.com

14 OCT, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com

14 OCT, Flowntown Open Bench Press #2, Armorer Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

14 OCT, 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

14 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 OCT, APF/AAPF Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

15 OCT, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)

20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF)

21 OCT, PPL Georgia State PL, BP, DL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

21 OCT, 9th USPF Muscle Beach Venice Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

21 OCT, NASA Iowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 OCT, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28,29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488

OCT, AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvhl@emvw.com

4 NOV, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, Jr. - Austin, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434

4 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

4 NOV, Mike Stone Memorial/Southeastern USA PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@fortress.com

4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447

4.5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506

4.5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz, 800-537-5532

11 NOV, 7th Ed Jubinville BP (men, women - all age groups/wt. classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217

11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifing@aol.com

11 NOV, AAU NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 252-453-6116

11 NOV, WNPF East Coast BP/DL/IronMan (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

11 NOV, AAUF Southern States (drug tested) Huge Iron, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

11 NOV, SLP Kentucky State BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

11 NOV, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

12 NOV, USAPL Ohio PL & BP (open men & women, teen, raw men, women, and masters) King's Gym, 2475 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King 440-439-5464

12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729

12 NOV, Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

2 5 3 - 5 4 2 9 ,
 sonlight@advancenet.net
14-19 NOV, 2000 IPF Men's
Worlds (Akita City, Japan)
16-19 NOV, 2000 WABDL
Drug Tested World BP/DL
Championships (Nugget Hotel,
Reno, NV) Gus Rethwisch,
Box 5292, Bend, OR 97708,
541-389-0600, wabdl.org
(not .com!!),
gethomas@uswest.net

16-19 NOV, WNPF Worlds
(all events/divs. - Atlanta, GA)
WNPF, Box 142347,
Fayetteville, GA 30214, 770-
996-3418, wnpf@aol.com
17-19 NOV, IPA Nationals
(Columbus, OH) Elite Fitness,
1695 Itawamba Trail,
London, OH 43140, 888-
854-8806

18 NOV, Iowa/Midwest Open
BP/DL & Trap DL (open, nou-
ice, teen, submaster, master,
women) Wayne Hammes, Box
433, Oskaloosa, IA 52577, 515-
673-5240

18 NOV, ADAU North Ameri-
can Raw BP (teen, jr., submaster,
master, open) Joe Pyra, 25 Louis
Dr., Budd Lake, NJ 07828, 973-
691-2695

18 NOV, 13th Elkhart Bench Press, Jon
Smoker, 30907 County Road 16, Elkhart,
IN 46516, 219-674-6683

18 NOV, USA "RAW" BENCH PRESS
FEDERATION GRAND NATIONALS
(Tuscola, IL) Dr. Darrell Latch, 126
W. Sale St. Tuscola, IL 61953, 217-
253-5429, sonlight@advancenet.net

18 NOV, USAPL Great Alaska PL Chal-
lenge & 9th annual Biggest Bench, Jamie
Bursell, 9170 Glacier Wood Dr., Juneau,



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August 12-13, 2000

www.kingsburyclub.com

Location: The Kingsbury Club, 186 Summer St., Kingston, MA 02364

Weigh-ins: All Classes up to and Including 181 Pounds: (All Women will lift on Saturday) Friday: 6-7:30 PM,

Saturday: 7-8:30 AM

All Classes (Male) - 198 Pounds Through Super

Heavy: Saturday: 5-6:30 PM, Sunday: 7-8:30 AM

Lifting Schedule: Lifting will start at 9:30 sharp on both days. Awards: First through Fifth - All Division. Also:

There will be a buffet dinner offered to lifters and guests on Aug. 12th that will feature guest speakers Ken Patera, Don Reinhoudt, and Ernie Hackett. Visit The Kingsbury

Club website at www.kingsburyclub.com for more information or to download the meet and/or dinner applications.

For Information contact Larry Larsen at 781-767-0764

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18,19 NOV(new date), USPF U.S.A.
Nationals Open Championships
(Burbank, CA) Chris Kostas, 1854
Pineridge Rd., Frazier Park, CA
93225, 661-245-0115 or Steve
Denison 661-664-7724

18,19 NOV, World Championships
of Strongmen (Nugget Hotel, Reno,
NV) Gus Rethwisch, Box 5292, Bend,
OR 97708, 541-389-0600,
wabdl.org (not .com!!),
gethomas@uswest.net

18,19 NOV, N.J. State Championships
(Morris County Area) Pro Fitness, 350
Route 46, Rockaway, NJ 07866, 973-
627-9156, www.profitness.com

19 NOV, SLP Missouri Regional "RAW"
PL (Fredricktown, MO) Dr. Darrell Latch,
126 W. Sale St. Tuscola, IL 61953, 217-
253-5429, sonlight@advancenet.net

24-26 NOV, WDFPF World Single
Lift BP & DL (nr. Como, Italy) Ivano
Bianchi (WDFPF Italia)

NOV, 3rd Southern States BP/DL, Tito's
Gym, 245 Fairfax, Brownsville, TX 78520,
956-504-3324

NOV, USAPL Mass States Open, Greg
Kostas, Box 483, Whitman, MA 02389,
781-447-6714, 8-10pm

2 DEC, 17th Southeastern Cup, Buddy
Duke, 201 N. Burwell Ave., Adel, GA
31620, 912-896-3988 (d), 3989 (n),
bduke@surfsmith.com

2 DEC, APF Southern States Open, Huge
Iron Productions, 910 S. Atlantic, Ormond
Beach, FL 32176, 904-677-4000

2 DEC, Son Light Winter Classic BP/DL,
Dr. Darrell Latch, 126 W. Sale St. Tuscola,
IL 61953, 217-253-5429,
sonlight@advancenet.net

2,3 DEC, Los Angeles Lifting Club
presents WEPOF Superman II (OL
- 2 Dec, PL - 3 Dec, combined or
separate) Joe Avigliano, 818-846-
5438

3 DEC, APF/AAPF Texas Powerfest
2000 (Hurst, TX - juniors, novice, open,
teen, submaster, master, BP only, DL only)
Bill Holland, 300 W. Northern Ave.,
Saginaw, TX 76179, 817-847-6082,
wwilly@swbell.net

3 DEC, WNPF 3rd Sarge McCray BP/
DL/IronMan (Bordentown, NJ) WNPF,
Box 142347, Fayetteville, GA 30214,
770-996-3418, wnpf@aol.com

7-10 DEC, 2000 IPF World Bench
Press (Ostrava, Czech Republic)

8-10 DEC, "100% RAW" World
Championships (men & women, all
age groups/wt. classes, limited en-

tries, deadline 11/1) Spero Tshon-
tikidis, 17506 Sabrina Terrace,
Derwood, MD 20855, 301-990-
2874

9 DEC, USAPL Blue Santa PL/BP,
Willie Mastin, 13010 Ocean Glade, San
Antonio, TX 78249, 210-699-0964

9 DEC (new date), APF 47th Iron Man
PL / BP / Physique (Fresno, CA) Bob
Packer 559-439-4394 or Jeff Budwig,
559-248-0860

9 DEC, 3rd AAPF Michigan State PL,
BP, DL, John Maddox 248-642-2002 or
John Cuclurean 810-598-2417

9 DEC, Mimi's Power Day BP/DL Classic
(Rockford, IL) Dr. Darrell Latch, 126 W.
Sale St. Tuscola, IL 61953, 217-253-
5429, sonlight@advancenet.net

9 DEC, Robbins Fitness Advantage Bench
Press, Robbins Fitness Advantage, 421
15th St. East, Tuscaloosa, AL 35401,
205-344-5200

9 DEC, USPF Winter Classic DL (Camar-
illo, CA) Chris Kostas, 1854 Pineridge
Rd., Frazier Park, CA 93225, 661-245-
0115

9,10 DEC, USAPL Virginia State PL/
BP, John Shifflett, Box 941, Stanardsville,
VA 22973, 804-985-3932,
valifting@aol.com

10 DEC, WNPF Eastern Regional BP
Open & Ironman/woman (BP & DL) &
USSSA Power Curl, Brian Washington,
Box 20042, Baltimore, MD 21284, 410-
265-8264, ecpower@bellatlantic.net

10 DEC, 8th ADAU Raw Drug Free Coal
Country BP & DL Classic (separate meets
- open, tene, jr., submaster, master) Siegel

Engraving, 304 Daisy St., Clearfield, PA
16830, 814-765-3214,
engrave@clearnet.net

10 DEC, Christmas for Kids BP/DL Clas-
sic (Mattoon, IL) Dr. Darrell Latch, 126 W.
Sale St. Tuscola, IL 61953, 217-253-
5429, sonlight@advancenet.net

16 DEC, USAPL 2000 Holiday Class
(national qualifier) Power Promotions,

23106 19th Dr. SE, Bothell, WA
 98021, 425-486-5864,
 mtrupi@seanent.com

16 DEC, Christmas BP/Curl, John
Shifflett, Box 941, Stanardsville, VA
22973, 804-985-3932,
valifting@aol.com

31 DEC, The Last One! BP/DL
Championships, Dr. Darrell Latch,
126 W. Sale St. Tuscola, IL 61953,
217-253-5429, sonlight@advancenet.net
DEC?? USPF World BP/PL (Eu-
rope) Rob Keller, Box 829,
Ambler, PA 19002, 215-542-
4941

DEC, APF Southwest PL/BP, An-
THON Pastorello, 2640 Westwood Dr.,
Las Vegas, NV 89109, 702-655-0825

19-21 JAN, USAPL Women's Na-
tional (all age divisions) Dr.
Mike Hartle, 3835 W. Jefferson
Blvd., Ft. Wayne, IN 46804, 219-
456-8485

10 FEB, ADAU Drug Free Raw 13th
East Coast Classic & Raw BP Meet,
Joe Pyra, 25 Louis Dr., Budd Lake,
NJ 07828, 973-691-2695

23 MAR - 1 APR, Supergames,
Keith Schultz, Box 22266, High St.,
Christchurch, NZ,
www.supergames2001.co.nz
info@supergames2001.co.nz

MAR, USPF New Hampshire State &
New England Open (Bedford, NH - open,
women, teen, masters) Dave Follansbee,
www.usabodybuilding.com, 865 Second
 St., Manchester, NH 03102, 603-626-
 5489

28,29 APR, USAPL Bench Press Na-
tional, Ed & Frank King, 24775
Aurora Rd., Bedford Hts., OH 44146,
440-439-5464

5 MAY, ADAU 19th Drug Free New
Jersey Raw PL & Raw BP/DL, Joe Pyra,
25 Louis Dr., Budd Lake, NJ 07828, 973-
691-2695

8-16 JUN, 2001, World Police & Fire
Games, Union Station, 39 Jackson
Pl. #300, Indianapolis, IN 46225,
317-327-2001, 222.2001wpifg.org.

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

OCT 2001, WABDL World BP/DL
Championships (Las Vegas, NV) Gus
Rethwisch, Box 5292, Bend, OR
97708, 541-389-0600, wabdl.org
(not .com!!), gethomas@uswest.net

OCT, AAU Worlds (San Juan, PR)
Nestor Gregory, PRPF, Las Villas Park
Rd. 142, Ramey, Aguadilla, PR
00604, 787-890-4636

17 NOV, ADAU Raw Drug Free North
American BP, Joe Pyra, 25 Louis Dr.,
Budd Lake, NJ 07828, 973-691-2695

P.S. when writing include a Stamped,
Self-Addressed Envelope for the meet
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(Mountaineer Cup I Champion - Confirmed) - Vladimir Ivanenko (Mountaineer Cup

I runner up - Confirmed) - Art LaBare (Confirmed) - Rich Coates (Confirmed) - Jamie Reeves (tentative) - Milan Jovanovich (Confirmed) - Chris Cook (Confirmed) - Randy Boyton (Confirmed) - Sly Crumbley (Confirmed)

TTS "Vince Anello" Certification Seminar - June 23, 2000

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Contact Information:

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<http://www.uspf.com>

David Jeffrey

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Parkersburg, WV 26102

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email uspf@netassoc.net

Mountaineer Cup II Heavyweight Powerlifting

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email bull18@ovnet.com

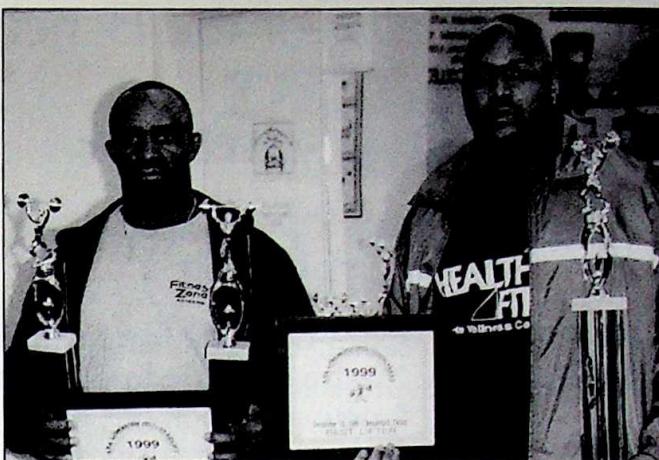
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APA Longhorn BP/DL
18 Dec 99 - Beaumont, TX

BENCH	DEADLIFT
Submaster	Submaster
T. Hobson-178	295 T. Hobson-178 398
Master (40-49)	Master (40-49)
P. Lattanzi-315	bmb D. Cole-198 709*
MEN 181 lbs.	181 lbs.
W. Davis	329 T. Hobson 398
T. Hobson	295 198 lbs. D. Cole! 709*
198 lbs.	J. Mendoza 662j
J. Mendoza	343 C. Dwight 242 lbs.
C. Dwight	220 lbs. B. Koch 560
220 lbs.	J. Thierry! 448

I=Best Lifter. *=State Record. J=Junior Record. Special thanks to World Gym of Beaumont, TX for providing a great meet site and to the referee's and spotters for doing an excellent job. Highlights of the day were the 662 WPA Junior world record deadlift by John Mendoza (age 21) in the 198 class and the 709 Texas Record by 43 year old Donnie Cole who won the 198 class. (courtesy of APA)



USPF Southern Cup
4 DEC 99 - Adel, GA

WOMEN	SQ	BP	DL	TOT
WN 132 lbs.				
Nelson, L	255	125	275	855
Butler, S	260	155	320	735
MEN Open 148 lbs.				
Cook, R	325	160	345	830
165 lbs.				
Endress, S	235	140	250	625
198 lbs.				
James, C	380	175	350	905
WO 105 lbs.				
Orellana, A	255	105	300	860
132 lbs.				
Brown, K	315	140	400	855
165 lbs.				
Shuman, L	260	150	320	730
220 lbs.				
Been, R	400	195	385	980
MEN 148 lbs.				
Graves, R	495	325	560	1380
Brooks, C	440	360	480	1280
Southwood, T	435	290	440	1165
Jefferson, G	0	0	0	0
165 lbs.				
Eddy, R	590	355	690	1535
Davis, K	450	265	555	1270

Donnie Cole (left) and Joe Thierry (right) won Best Lifter honors at the APA Longhorn Open, and Donnie set a Texas State Masters record with his deadlift of 709 lbs. at 198. (photo courtesy of Scott Taylor)

181 lbs.	Warren, C	570	400	660	1630	Haley, J	715	445	740	1900
	Bennett, J	550	360	640	1550	Boynont, R	670	465	580	1715
	Baker, R	500	335	525	1360	Soper, S	655	410	560	1625
198 lbs.					Demolt, J	605	370	565	1540	
	Blue, D	630	390	605	1625	Dye, J	500	385	585	1470
	Herrera, S	625	400	525	1550	Martin, E	425	315	580	1320
	Hayden, B	575	375	510	1460	O'Donnell, T	675	145	255	1075
	Norman, J	525	370	570	1435	308 lbs.				
	Roberson, J	0	0	0	0	Anderson, M	835	450	655	1950
220 lbs.					Rogers, D	750	400	730	1880	
	Bell, J	625	460	656	1740	Rhyne, J	730	505	610	1845
	King, M	690	325	675	1690	Fernandez, M	750	400	650	1800
	Anderson, B	350	630	1630	Jurkowski, G	700	430	650	1780	
	Key, C	500	460	540	1500	Southwood, K	676	500	600	1775
	Garland, T	580	370	525	1475	Beechuk, B	705	450	600	1755
242 lbs.					Master-1 165 lbs.					
	Jacobs, J	770	485	730	1985	Davis, K	450	265	555	1270
	Griffis, J	640	405	585	1630	181 lbs.				
	275 lbs.					Pittman, D	450	300	530	1280
	Crumbley, S	760	480	665	1905	Baker, R	500	335	525	1360
					Pullum, W	480	320	525	1325	

220 lbs.	Beekley, B	580	355	605	1545
	Shook, F	535	340	550	1425
	Gray, G	500	325	475	1300
242 lbs.	Bessent, S	460	305	525	1290
	Dobson, M	500	325	475	1300
275 lbs.	O'Donnell, T	675	145	255	1075
	Haley, J	715	445	740	1900
Master 2 - 181 lbs.					
	Leverett, E	460	350	500	1310
	Sander, J	445	240	530	1215
Teen 1 - 114 lbs.					
	Williamson, B	175	115	180	470
Teen 2 - 181 lbs.					
	Phillips, C	325	220	445	990
	Dennis, C	0	0	0	0
P&F 308 lbs.					
	Southwood, K	675	500	800	1775
	James, C	600	400	550	1550
Novice 114 lbs.					
	Williamson, B	175	115	180	470
181 lbs.	Pullum, W	480	320	525	1325
	Lowe, C	450	370	485	1305
198 lbs.					
	Lovett, L	470	300	525	1296
	Soong, M	470	275	500	1245
	Valdez, A	430	300	510	1240
	Rauerson, S	380	305	460	1145
	Fountain, T	55	390	145	590
220 lbs.					
	Dennis, J	550	425	595	1570
	Fields, G	630	385	550	1565
	Key, C	500	460	540	1500
	Hicks, D	520	340	580	1440
	Finney, J	460	335	500	1295
	Myers, J	430	320	450	1200
	Mericle, E	540	325	475	1340
	Bessent, S	460	305	525	1290
275 lbs.					
	Cook, C	660	370	650	1680
	Dye, J	500	385	585	1470
	Scott, T	450	375	600	1425
	Marlin, E	455	315	580	1380
	Savage, P	400	300	450	1150
308 lbs.					
	Bechuk, B	705	450	600	1755
	Savage, C	500	365	545	1410
	Nicholes, J	500	405	500	1405
	Endress, B	365	215	360	940

(Thanks to Kent Davis for providing these results)

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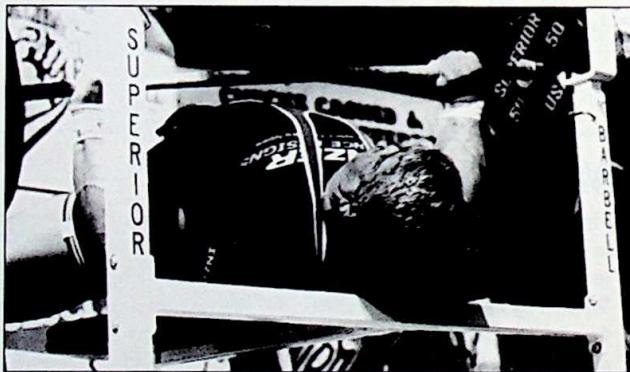
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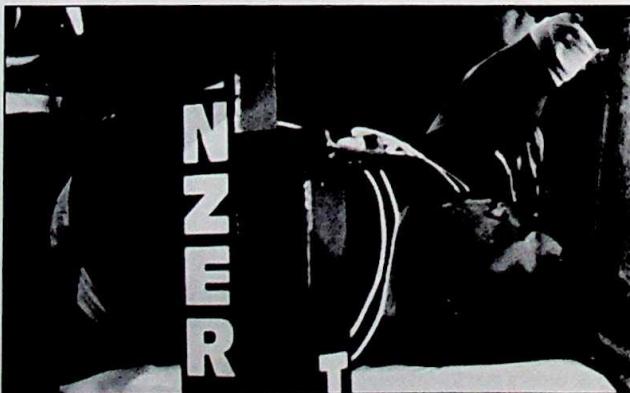
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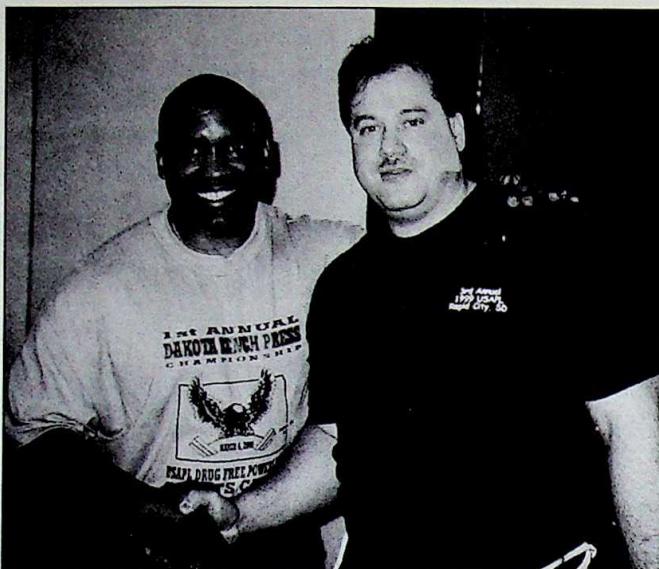
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USAPL Dakota Bench
4 Mar 00 - Fargo, ND

WOMEN	T. Beope	305
Open 123 lbs.	M. McCann	300
D. Siveny	160	220 lbs.
MEN	T. Weippert	400
Open 148 lbs.	J. Kearney	280
B. Mayo	270	275 lbs.
165 lbs.	M. Bjornjeld	-
R. Landrum	330	SHW
M. LeMieux	310	B. Anderson
181 lbs.	Teen 148 lbs.	-
B. Hibbert	320	M. Gorde-16
G. Donahue	310	Masters (40+)
198 lbs.	Haggenmiller-55	325
S. Wahlberg!	400	M. Rognlien-49
198 lbs.	T. Nelson-43	365
L. Franek-61	225	

The Minot Air Force Base won the team competition. The results are unofficial, pending the results of the drug tests from Quest Diagnostics in San Diego, CA. The following lifters were tested: Scott Wahlberg, Terry Nelson, Benito Hibbert, and Ryan Landrum. Drug-free powerlifting is back in North Dakota! The first annual Dakota Bench Press Championships was a success. I directed this contest because I felt obligated to give back to the sport. I am grateful that Dave Parish, Paul Rohde, and Pete Rohde, all ADFPA Collegiate All-Americans, got me started in drug-free powerlifting back in 1986. And now it was my turn to give back to the sport. The contest was tailored for the lifter. For their \$38.00 entry fee, the lifters got a meet T-shirt, sculptured trophy, over 20% of the lifters were drug tested, and free beer, nachos, and pizza after the contest! The bench press and the platform had nonslip surfaces to help the lifters achieve their best. In addition, the pre-registered lifters got some media publicity. I was on Fargo's own 24 hour sports radio station, KVOX, on two separate occasions promoting the contest. I think it helped as I got at least 5 spectators "off the street." During the contest, there were over 50 spectators. Before I get to the coverage of the meet, I want to give thanks to the sponsors and all of the support staff. First and foremost, I want to thank Doug Duran from the Sports Center for sponsoring the contest. Without Doug's financial support and without the use of his facility, the contest would have never happened. I want to thank Richard D. Varriano, Attorney at Law and former University of Colorado football star, for paying for some of the drug tests! Thanks goes out to Mark Grothe and Gene "the Machine" Bell for judging. Gene also helped me set up and brought 8 lifters from the Minot AFB, which ensured that the contest was a success. Gene is a nice and humble man. You would never know that he was an 8 time IPF World Champion. Thanks to Cory Murray and Dean Rodacker for spotting and loading. Dean is an experienced nursing assistant at MeritCare Hospital in Fargo, who helped observe and collect the urine samples. I want to thank July 1981 PL USA cover man Paul Whitney for announcing the contest. Paul did an excellent job. Thanks goes out to Cory Grenz from the Sports Center for helping set up and buying me beers afterwards. I want to thank Derrick from KVOX for having me on to promote the contest. Ten minutes of radio time goes a long way in promoting the



Congratulations from multiple world champion **Gene Bell** to **Troy Weippert** on his first 400 lb. bench press at the USAPL Dakota Bench Press Championships. (photograph taken by Rich Edinger)

sport! Thanks goes to my training partner, Troy Weippert, for helping me with pre-contest preparations. Last, but not least, I want to thank Ann Schuler. Ann did a great job helping me and did everything I asked her to do and more, without her help the contest would not have been a success. Now, on to the lifting. In the teenage division, in the 148s, Mark Gorde lifted 170 for first place. This was Mark's first contest so he wasn't used to the technical aspects of the lift. But he has potential. He is a very good high school wrestler, having placed 2nd in the state in 1998 and 6th in the state last year. In the Masters Division, 55 year old Tom Haggenmiller took first place with a very impressive 325 bench. Tom was good for another 5 to 10 pounds. The guy does not look a day over 40. Tom is one of the best master lifters in the country and a fun guy to be around. Tom was impressed with the free beer and pizza at Playmaker's and like the rest of us, enjoyed his time in Fargo. In second, Mike Rognlien, a registered nurse, benched 365. He had two very close attempts at 380. He was good for 378, it was that close! In third place, farmer Terry Nelson benched an easy 345. 61 year old Larry Franek benched 225 without a shirt to change 4th place. This was Larry's first contest. He has a lot of potential in the sport. He missed 245 twice on technicalities. With proper training, he should be able to do at least 275 in no time. In the Women's Open, Diane Siveny was very impressive.

She benched 160 for first place in the 123s. In the Men's Open, we had some very impressive lifting. In 148s, Bret Mayo, the senior chemist at the ND State Crime Laboratory, benched a solid 270 for 1st place. In the 165s, Ryan Landrum benched 330 for first place. Ryan is from the Minot AFB and finished 3rd for overall best lifter. Ryan's teammate, Michael LeMieux, finished 2nd with a 310. This was Ryan's first contest. In the 181, Benito (Tony) Hibbert benched 320 to take first, which is quite impressive considering it was his first contest. Geoffrey Donahue finished a close second with a 310. In the 198s, Scott Wahlberg, a zoo keeper from Minot, ND, benched an easy 400 to take first place and best lifter in the contest! He barely missed 420 on his 3rd attempt. On this day, he probably could have gotten 415. Tonico Beope placed 2nd with a 305 bench and Maxton McCann placed 3rd with a 300 bench. In the 220s, long time veteran, Troy "that was so easy" Weippert, joined the 400 pound bench press club with a PR of 400. Troy missed the lift on his second for raising his butt. But he came back to get it on his third. Now, Troy wants to lose his "arch" and go back to 198s. In second place, John Kearney benched 280. In the 275s, Mark Bjornjeld bombed out with 430. This was Mark's first contest with the "start" command and I think it effected him. In the SHWs, 316 pound Brad Anderson withdrew from the competition during warmups. These results are unofficial, pending the

results of the drug tests. The following people were drug tested: Scott Wahlberg, Terry Nelson, Benito Hibbert, and Ryan Landrum. Weippert and Haggenmiller were not tested since they were recently tested in other USAPL contests. (Thanks to Rich Edinger, J.D., Sanction #3-00-3, for results)

USAPL Montana State
12 Feb 00 - Helena, MT

WOMEN	SQ	BP	DL	TOT
Heavy				
H. Oxford	310	175	350	835
K. Carlson	210	135	270	615
P. Fenner	210	160	265	635
242 lbs. Teen 15				
A. McLaughlin	385	275	450	1110
MEN Open 148 lbs.				
J. Hunt	315	275	400	990
165 lbs.				
D. McCarthy	500	310	470	1280
S. Martinez	350	275	430	1055
Master				
D. McCarthy-42	500	310	470	1280
181 lbs.				
S. Miller	625	355	550	1530
220 lbs.				
T. Saunders	565	400	565	1530
Master				
M. Casey	505	345	535	1385
H. Smith	325	3310	365	1000
242 lbs.				
C. Carlin	680	405	680	1765
J. Peredo	410	315	420	1145
A. McLaughlin	385	275	450	1110
Master				
V. Starkel-76	250	290	325	865
275 lbs.				
E. North	660	400	645	1705

This was an incredible day for quite a few lifters in Helena. Victor Starkel of Ronan, MT, a 76 year old Master lifter was certainly the highlight of the meet in my mind. Lifting with a slight hernia, Victor showed tremendous athleticism at 76 years of age. Victor also took home the masters best lifter. Another outstanding lifter, Andy McLaughlin of Great Falls, a 15 year old who under the tutelage of Jim Ramsey, owner of Power Source Gym, in Great Falls, shows all the signs of a top notch lifter in future competitions. Since USAPL is very young in MT, most of the lifts in this meet are new state records but I don't have a list of them at this time. Scott Miller from Missoula, a 181er and Chris Carlin of Billings, 242er both took home best lifter honors in the men's open light and heavy divisions respectively. Holly Oxford of Bonner, MT, took home women's best lifter, as well as coming out on top of a 7 woman field of lifters. Troy Saunders, Ed North, Jesse Hunt and the rest of the team from Malmstrom AFB in Great Falls took home a handful of trophies along with the 1st place team award. I would like to thank all of the spotters and loaders for their efforts. Jim Ramsey and Power Source Gym for their unyielding support. And, of course, all of the fine sponsors who without their help, this meet would not have been possible. And thanks to the judges for their help and support. (Thanks to Doug Rooth for providing these competition results)



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

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

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

(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

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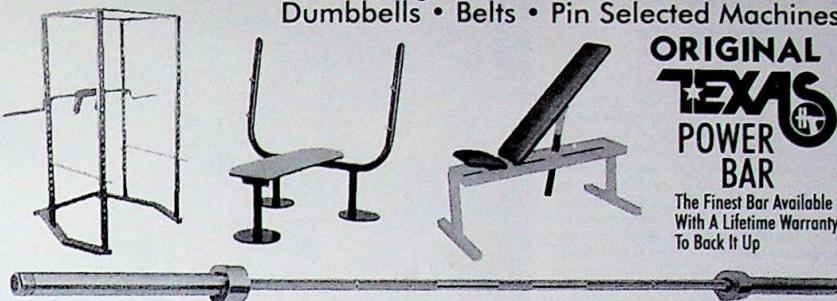
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Battle of the Bench 2000

19 Feb 00 - Colfax, IL

BENCH	176-200 lbs.
150-Under	T. Dennis
M. Hochsteller	220 B. Swanson
J. Watkins	205 B. Meyer
N. Blake	200 K. Daniels
N. Jensen	190 K. Myer
K. Nievelt	190 J. Anderson
E. Bell	185 P. Riggelman
R. Windle	185 P. Carter
J. Milton	180 C. Massey
M. Jensen	175 201-225 lbs.
C. Helregel	170 E. Joop
J. Hulen	170 J. Stedman
151-175 lbs.	J. McIure
N. Zehr	245 B. Swan
M. Britton	240 226-UNL
Z. Morrison	235 J. Lindsey
E. Sedgwick	235 J. Wagner
J. Waggoner	225 J. Nichols
J. Higgins	200 B. Lange
B. Price	195 J. Prunty
L. Hawthorne	180 J. Langhoff
B. Simonovich	175 M. Stoltz
D. Hickman	180 D. Hickman

The first annual Battle of the Bench took place at Ridgeview High School. The event brought 41 competitors from six schools. The schools represented were Deer Creek-Mackinaw (Dee-Mack), Fieldcrest, Heyworth, Lexington, Paxton-Buckley-Loda (PBL), and Ridgeview. Awards were given 1st through 3rd in each weight class and in the team division. Dee-Mack got out to an impressive start, winning the top three spots in the 150 & under class. Mark Hochsteller (220) 1st, Jesse Watkins (205) 2nd, Nick Blake (200) 3rd. The 151-175 lb. class was a three way split with Dee-Mack again taking the top spot with Noah Zehr benching 245, followed closely by Ridgeview's Matt Britton, 240, and Zach Morrison of (PBL) with 235. Fieldcrest scored its first team points of the day by taking 1st in the 176-200 lbs. division with Travis Dennis finishing with a lift of 270 lbs., just edging Blake Swanson of (PBL) at 265, and Brady Meyer helped Ridgeviews cause by taking 3rd with a strong 255 lbs. press. The 201-225 class saw Fieldcrest continue to add to its team total with Eric Joops 260 lbs. 1st place finish. Josh Stedman (only a sophomore) helped secure Ridgeview a top three-team finish with a 245 lbs., 2nd place effort. Jason McIure put Heyworth on the board with a 200 lbs. 3rd place finish. The 226 unlimited saw the biggest lift the day with Josh Lindsey benching an incredible 330

lbs. without the aid of a bench shirt. Lexington's Jared Wagner and teammate Jeff Nichols rounded out the top three in unlimited class with lifts 300 and 285 respectively. Dee-Mack used a strong start to earn 1st place honors in the team division. Fieldcrest took advantage of its two 1st place finishes and claimed second in the team division. Ridgeview relied on consistency with three top three finishes in three different weight classes to take home the third place team trophy. I congratulate all athletes and coaches competing at Ridgeviews first annual Battle of the Bench. Next year we will be adding the squat and deadlift and hopefully a junior varsity division. I would like to thank my meet staff Mr. & Mrs. Stedman, Mr. & Mrs. Langhoff, Mr. & Mrs. Daniels, Todd McVey, Ken Gatewood, Guy Carlton, Athena Stedman, Dave Merritt, Gary Driscoll, Tim Weldon, and my beautiful and extremely patient wife Stacey Biggiam. Thank You Powerlifting USA! (Thanks to Randy Biggiam for providing PL USA with these results)

this meet, has to be considered a measure of success, because after 10 years, all of the records are pretty decent. For example, Robert Burke, was after a record set by none other than Craig Tokarski, when he was more of a regional lifter, but he still made a great 560 at 275, even though he missed with 582.5. Perennial CBPL star, Al Reed, was ever so close with a 460 which would have also been a PR at 198. And crowd-pleasing George Lealifano, gave a great effort at 520, but settled for a good 510 at 242. Shawn Rowton has been just at the fringe of some great benching for several years now and while he still left some of his strength in the gym once again, he was still able to salvage a great 482.5 at 220 for his first ever meet record. One of these days he'll put it all together at a meet and probably get the 220 CBPL record and a lift well up the top 100 rankings. How many lifters can have an off day and still come away with a PR, top 5, CBPL record lift? Not many, but then Rich

Salvagni is a one-of-a-kind lifter in Indiana. He thought he was good for maybe 470, but had to settle for a 452.5. I'll be working with him on the other 2 events for this years APF Seniors, so we're both pretty excited about that. Just 27, I look forward to him to do some incredible lifting at 181 as his career progresses. Mike Johnson of Elkhart came in looking stronger and bigger than I've ever seen him and made a great 430 at 220. Angel Cancel was also up in bodyweight and hit 3 good benches, finishing with 315 at 198. And teenager Justin Lantze made a great 300 weighing only 158. Lifting in his first meet was one of the new owners of Goshen Fitness, Mark Harris, who discovered what everyone would like to in their first meet; that he lifts better on the platform than in the gym, getting a 300 at 181 and beating his gym best by 15 pounds. And Howard LeMaster put on an exhibition of pure Masters strength, muscling up a 380, wearing only a tank top. (courtesy of Jon Smoker)

10th Winter BP Classic

19 Feb 00 - Goshen, IN

Natural 148 lbs.	WOMEN 181 lbs.
N. Shackelford	310 L. Boshoven
165 lbs.	Teen 165 lbs.
R. Salvagni	452.51 J. Lantze
181 lbs.	Masters 242 lbs.
M. Schrein	290 H. LeMaster
198 lbs.	Masters (45+) 220 lbs.
A. Reed	430 T. Horvath
220 lbs.	Novice 165 lbs.
S. Rowton	482.5* J. Lantze
M. Johnson	430 G. Mendez
242 lbs.	181 lbs.
G. Lealifano	510 M. Harris
Open 198 lbs.	198 lbs.
A. Cancel	315 T. Swinehart
220 lbs.	220 lbs.
S. Rowton	482.5 R. Lopez
275 lbs.	242 lbs.
R. Burke	560 A. McFarlane
	315* D. Williams

I-CBPL & meet record. *Meet record. Special thanks to: Mark Harris, Barb Harris, Mike Schrein, Al Robinson, Rob Reed and Brendan Yoder. In the 12 years I've been promoting meets, I don't think I have ever seen 5 guys in a row go for meet records in one flight, but that's exactly what happened at this year's Winter Bench Press Classic. Three didn't make their lifts, but just to have attempted one at

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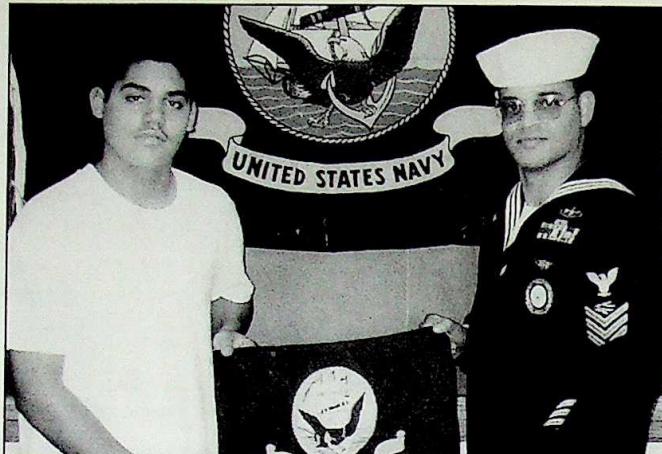
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41 of the Athletes Who Competed in the Ridgeview High School 1st Annual Battle of the Bench. (Laura Stedman photo courtesy Biggiam)

2nd APA D-Day Bench Press				
13 Jun 99 - New Haven, CT				
148 lbs.	1st	2nd	3rd	Best
(13-15)				
B. VanAl	165	180	191	191*
165 lbs. (18-19)				
E. Brown	155	200	215	225
181 lbs.				
S. Garcia	100	110	125	125*
C. Soulet	50	75	100	100
275 lbs.				
P. Canzanella	200	—	255	255!

—State Record, !-Heaviest Lift Meet Director: Joseph Steele. Place: Fort Hale Park., Head Judge: Joseph Steele. Time: 1 hour. Side Judges: Neal Wellins and Mark Hogan. Sponsor: World Gym of Hamden, City of New Havens Park and Recreation and the U.S. Navy New Haven Recruiting Command. The APA D-Day High School BP Championships was held to honor the 55th Anniversary of D-Day. History Teachers Mr. Joseph Steele and Mr. Andrew Bram gave a short lecture on World War II and the D-Day Invasion. The U.S. Navy's New Haven Recruiting Command's Petty Officer Oswald Rosado presented each high school lifter with a Navy Flag, water bottle and key ring. There was two new state records set. Richard Allier's youngest lifting son Bryan VanAlaker set a new state record with a 191 lbs. lift in the 148 lbs. class, 13-15 age group. Saul Garcia set a new state record with a 125 lbs. lift in the 181 lbs. class 13-15 age group. Paul Canzanella won the Heaviest Lift Award with a 253 lbs. lift. (thanks to Joe Steele for providing results)



55th D-Day Anniversary was commemorated by Chris Soulet (left - second place, 181 pound class) and Petty Officer Osvaldo Rosado (at right, USN) presenting the class with the United States Navy flag. (photograph was provided courtesy of Meet Director Joe Steele)

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American Powerlifting Association

Last Name	First Name	Initial	Date of App
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Country	Zip Code	Telephone Number	
Date of Birth	Age	Sex	<i>Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927</i>
Social Security Number			
Registration Fee: \$20 High School Athlete: \$10			
Parents Initial If Under 18 yrs.		I Certify that the above answers are correct	
		<u>X</u>	



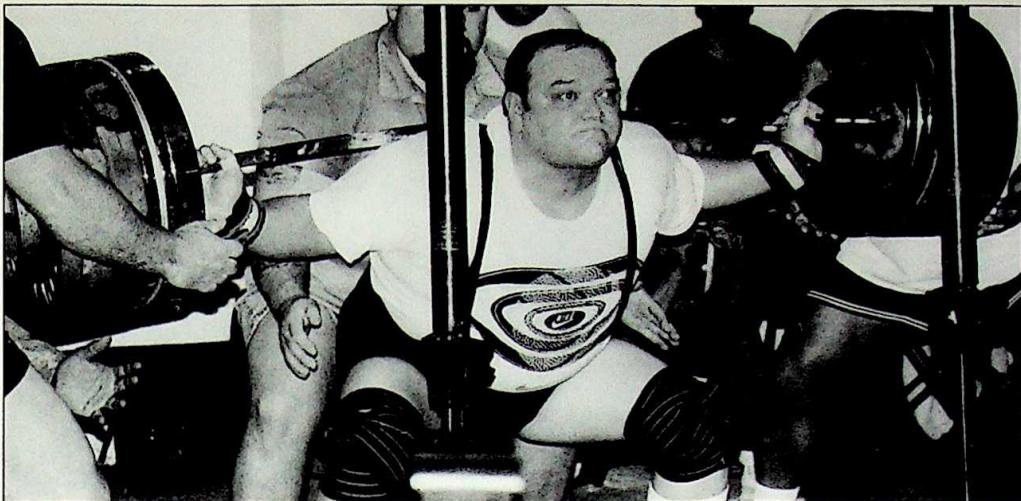
APA Maryland BP/DL	
18 Dec 99 - Glen Burnie, MD	
BENCH	242 lbs.
WOMEN	D. Roberts 405
Open	L. Wright 360
D. Spiegel-123	170
B. Barnowich-109	195
Over 40	S. Paglakian! 575*
J. Stuiniolo-125	130
Over 60	WOMEN Open
D. Mikoloski-143	90
Submaster	B. Barnowich-109 205
E. Wise-198	335
Master (50-59)	(40+)
D. Junkins-181	230
MEN 148 lbs.	J. Stuiniolo-125 260
L. Saez	280
C. Taylor	250
E. James	225
181 lbs.	181 lbs.
M. Martin	300
W. Powell	265
198 lbs.	198 lbs.
L. Maslow	365
	L. Maslow! 640*
	R. Munn 565
	275 lbs.
	S. Paglakian 700
1-Best Lifter. - State Record. Referees: Justin McShane, Wes Golden, Scott Taylor. Special thanks to Julie Scanlon for all the help she provided making this a successful and extremely efficient meet. Also, special thanks to Justin McShane and Wes Golden for a great job officiating and to Gold's Gym of Glen Burnie, MD for providing a great meet site. (Thanks to the APA for these results)	



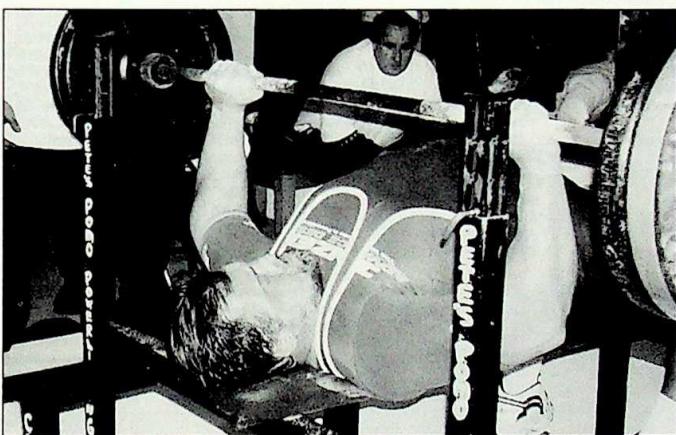
Lester Maslow (right) was Best Lifter award winner in the deadlift event and **Sherwin Pagtakan** (right) was Best Lifter in the Bench Press at the APA Maryland Open (photograph provided courtesy of Scott Taylor)

A black and white photograph of two men standing indoors. The man on the left is wearing a dark t-shirt with the text "INZER ADVANCE DESIGNS" and "The Best Name in Powerlifting" printed on it. He is holding a rectangular award plaque with a circular emblem in the center. The man on the right is wearing a light-colored long-sleeved shirt and is also holding a similar rectangular award plaque. Both men are looking towards the camera.

Bench Press Best Lifters at the APA Eastern USA competition, (left) Bruce Swanson and (right) Pete Porcelli. (Scott Taylor photograph)



Big Daddy Says He's Back! ... John Ford, after 2 years off and 7 invasive surgeries, he had this 815 on the way to completion for a new master (40-44) IPF World Record. (photographs courtesy of John Ford)



Russ Goodman comes out of retirement with an easy 430 bench press

**IPA CA Power & BP
12 Feb 00 - S. San Francisco, CA**

BENCH WOMEN	165 lbs.	M. Squires	350
Open 165 lbs.		B. Ridolfi	320
M. Jacobson	235	G. Dubelle	310
Master			
M. Jacobson-44	235	G. Stevens-44	485
BOYS 148 lbs.	198 lbs.		350
Teen		B. Ryan	420
H. Blake-14	215	M. Lamarque	470
220 lbs.		Submaster	
P. Davi-18	385	G. Nikalika	405
Juniors 165 lbs.	181 lbs.	M. Clark-34	270
S. Costillo-21	300	SHW	
P. Rodriguez-23	275	K. Kanemoto-41	465
181 lbs.		D. Smith-56	435
J. McCullough-21	210	R. Rossi-54	305
242 lbs.		220 lbs.	
C. Smith-21	405	L. Contreras-46	420
Law		P. Belcher-46	410
F. Nelson	475	SHW	
MEN Open		R. Goodman-46	430
132 lbs.		SQ	TOT
R. Hall	235	BP	
148 lbs.		DL	
M. Montoya	255	TOT	
WOMEN			
Open			
J. Yuster-182	265	135	285
MEN 165 lbs.		685	
G. Chin	430	360	385
198 lbs. Master		1175	
K. Kanemoto-41	660	465	530
220 lbs. Open		1655	
M. Lamarque	500	470	530
Submaster		1500	
B. Stiles-39	420	265	470
242 lbs. Open		1155	
T. Hunt	550	355	515
V. Garcia	315	280	415
J. Ford*	815	415	1010
Submaster		1865	
D. Shay-37	540	370	500
		1410	

Design Power Apparel. Forty powerlifters and bench pressers gathered for this event. With California State records being established, and a large number of world and national records being broken. Before the competition started there were a couple of items presented to Mr. Art Ramsey and to the gym owner Jim Wilson. Big Art Ramsey was presented with the John (Big Daddy) Ford Annual Award for dedication to the Sport of Powerlifting. Big Art has done his best to keep new blood in our sport and is continuously there to help anyone who needs a hand. We as athletes appreciate Art's type of dedication and love for the sport. Speaking for lifters everywhere, we thank you Mr. Ramsey and god bless you and yours. To Mr. Jim Wilson the owner of Physique Magnifique a man that soon will be breaking into the realm of pro body building, with a top fifteen finish in the USA Championships, and national champion. He is well on his way. Jim and his wife, also a top ranked amateur bodybuilder herself, have welcomed powerlifting into their gym and into their hearts. The Pacific Power Outlaws presented Jim with a portrait



Art Ramsey being presented the John (Big Daddy) Ford Award for Dedication to the Sport of Powerlifting. Left - right: Big Daddy, Mary Jacobson & Art

**International Powerlifting Association
"Lifting for Lifters"**

Application for Registration

Last Name	First	Initial	New	Renewal
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Street Address	City
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State or Province	Zip Code	Country
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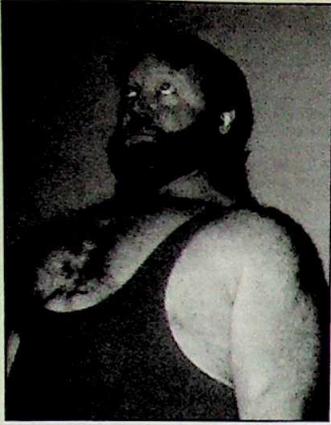
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____
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Elite Am _____

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

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15

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



The Last Deadlift of the Millennium ... Dr. Darrell Latch pulls 450 at 11:59:59 CST on 12/31/99. (photo courtesy of D. Latch)

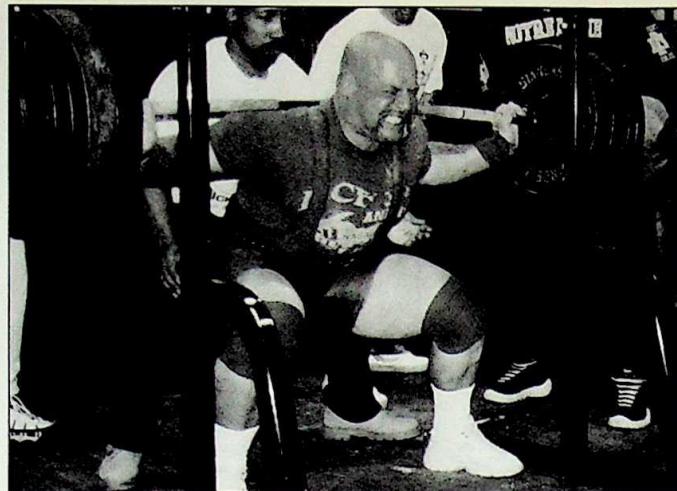
**The Last One BP/DL Classic
31 Dec 99 - Tuscola, IL**

BENCH	242 lbs.	
181 lbs.	D. Latch	450
L. Clark	380 Master (50-59)	380
220 lbs.	L. Clark	380
W. Strosnider	400 Youth - Hwywt.	
DEADLIFT	J. Latch-12	200*
Youth - Lwt.	Master (50-59)	
D. Cordes-8	100* D. Latch	450
* - Personal record. Team Wally's Team. The Last One! Bench Press/Deadlift Classic was truly the last competition of the millennium. The bench press competition began at 7:00 p.m. with the deadlift competition concluding at 12:30 a.m. I waited until 11:59:59 to pull the last deadlift of the millennium, a feat that cannot be duplicated for another 1000 years! Ha! Big deal! In the bench press competition Lane Clark had come up from Carbondale to try his new shirt. Lane ended with 380, just missing a 390 pr in his win at both 181 and		

**Iron Den Record Breakers BP/DL
18 DEC 99 - Glens Falls, NY**

BENCH	275 lbs.	
114 lbs.	B. Crawford	701*
P. Carey	230 WOMEN	
181 lbs.	BENCH	
D. Ives-46	400 N. Johnson-179	260
4th	422* DEADLIFT	
198 lbs.	198 lbs.	
J. Cahill	400 J. Cahill	515
B. Gover	320 220 lbs.	
220 lbs.	D. Laplant-51	625*
D. Sherwood	560 H. Greenholtz	500
M. Plude	370 K. Collyer	440
K. Collyer	275 242 lbs.	
J. Miller	520 WOMEN	
	DEADLIFT	
	N. Johnson-179	3551

*-Vermont State Records. I-NY State Records. (Thanks to Scott Kay for providing the meet results)



Sal Mazzola squatting 650, a Michigan NASA State Masters record, at the NASA Kinross meet. (photograph provided by Jim Stevenson)

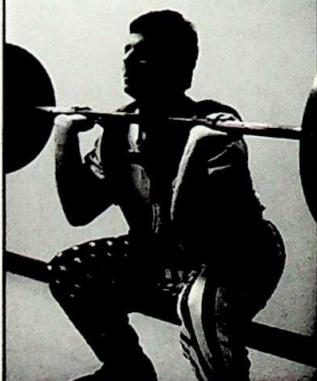
**NASA Kinross State SQ/DL
21 AUG 99 - Kincheloe, MI**

Squat Division	280	
Pure	315	
Brown	375I Russell	625
McDonough	250 Deadlift Division	
170	Pure	
Winekoff	405 154	
Gilmore	400 Williams-QX	465
Langschied	360 Brown	415
Parsons	350 McDonough	305
James	300 170	
Schlumpf	225 Parsons	500
White	Winkehoff	460
187	Gilmore	455
Easton	385 Langschied	415
Ambrieg	380 White	410
Johnson-Bey	365 James	405
Suttle	325 Schlumpf	275
Sandberg	300 187	
205	Suttle	525
Drain	485 Johnson-Bey	500
Walton	465 Ambrieg	460
Russ-Bey	450 Sandberg	440
227	Easton	405
Faulkner	550 205	
Herrick	525 Drain	575
Goddard	525 Russ-Bey	575
Stevenson	510 Walton	550
Pure Novice	Ellis-Bey	485
227	227	
Herrick	525 Herrick	630
Goddard	525 Faulkner	550
Stevenson	510 Stevenson	465
Natural	Godard	455
227	Pure Novice	
Herrick	525 227	
Goddard	525 Herrick	630
Stevenson	510 Stevenson	465
Junior	Godard	455
227	Natural	
Herrick	525 227	
Goddard	525 Herrick	630
Stevenson	510 Stevenson	465
Masters I	Godard	455
227	Juniors	
Stevenson	510 227	
Pure Novice	Herrick	630
250	Coddard	455
Mazzola*	650SI Masters I	
Natural	227	
250	Stevenson	465
Mazzola	650SI Pure	
Masters I	280	
250	Works	600
Mazzola	650SI Winbush-Bey	515
Pure	315	
	Russell	675

I - Institutional Record. S - State Record. Meet Director - Leon Goddard. Meet Coordinator - Mark Treado. For the first time in many years the Kinross Powerlifting Club had a new president coming in for this summer meet. Leon Goddard took over duties left by long-time lifter and president Chuck Saches. Leon, a very competitive lifter, was also Meet Director, and did a fine job of making sure everything ran according to plan. By the time this story is printed Leon should be home. He stated to me he has high hopes of training at Westside Barbell someday, so we all wish him well. Notable lifters at this meet were first timer Winekoff who took first in the squat at 170 lbs, and Terry Parsons with a first place deadlift of 500 in that division. The 205 pound weight class was anybody's guess since

the kidnapping of Tee Young took place just one week earlier. It turned out to be a good battle between three real strong guys who all lifted raw. Big Drain edged Russ-Bey on body weight to place first in the squat and deadlift. "Bull" Herrick was one of three people who set a Michigan N.A.S.A. state record with a pull of 630 pounds in the Junior Division. On Sal Mazzola's first crack at the squat, he dragged the rack halfway across the platform and once he returned, he was met with three reds and shades of March once again. He repeated the 605 with true confidence and then commenced with a solid 650 for a N.A.S.A. Masters Record. We need not forget the people who were out in that hot sun all day. They are: Al Hartford, Chuck Saches, Martin-Bey, Gary Robinson, Billy Pearson, Brown-Bey, Williams-X, Mike Clark, Gary Baublitz, Mark Treado and "Paz" who helped me with my equipment. They all helped make this meet a real success. (Results provided to PL USA by Tex Stevenson)

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patent #5,356,359

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Finnish Bench Championships (kg)
11,12 Mar 00 - Muurame, FIN

WOMEN		Jappila, J	162.5
Junior 17 yrs.		Rajala, E	155
67.5 kgs.		Sirvio, A	155
Karvonen, K		Nieminen, S	145
85		Mononen, V	—
75 kgs.		75 kgs.	
Levanen, M	55	Erola, V	185
Junior 20 yrs.		Parkatti, A	165
48 kgs.		Lampila, P	162.5
Tolvanen, A	45	Frilis, J	160
56 kgs.		Lelno, J	150
Vartiainen, M	37.5	Riekkinen, J	140
60 kgs.		Halfors, H	—
Elenen, E	65	Savola, H	—
75 kgs.		Lamminshu, P	—
Koski, J	72.5	82.5 kgs.	
Junior 23 yrs.		Heinonen, T	215
52 kgs.		Laakso, K	212.5
Jarvela, M	—	Rantakallio, J	207.5
56 kg		Tuononen, J	200
Hirvonen, P	65	Niskanen, A	187.5
67.5 kgs.		Laukkonen, P	180
Kosknen, M	92.5	Launonen, I	170
Kumpulainen, P	80	Huttunen, K	167.5
75 kgs.		Salranen, T	162.5
Blinnikka, K	90	Vanhamaiki, T	160
82.5 kgs.		Narhi, J	—
Roebuck, L	77.5	Saarenmaa, V	—
Open 48 kgs.		Sillanen, J	—
Koskinen, R	93	90 kgs.	
Viltasaari V	80	Hekkanen, J	210
Arpala, V	90	Ruokonen, T	207.5
52 kgs.		Tammisto, P	205
Kivinen, P	72.5	Kisko, K	195
Ahopecto, T	60	Avola, T	195
56 kgs.		Renfors, K	180
Nikander, E	102.5	Borgma, J	180
60 kg		Hopla, K	180
Laitinen, H	90	Joensuu, H	175
Savola, P	85	Hayrinen, H	175
Malmberg, S	—	100 kgs.	
67.5 kgs.		Korhonen, J	220
Rantamaki, M	87.5	Helno, S	217.5
Pihlaja, R	60.5	Jalonen, T	212.5
75 kgs.		Rantanen, P	210
Kivimaki, K	105	Jarjalainen, P	210
Uilometalnen, J	80	Turpeinen, T	205
Jussila, M	60	Keinanen, J	205
90 kg		Keikkila, J	202.5
Nokua, K	95	Palova, M	200
90+ kg		Palmros, K	185
Saks, S	115	Kannisto, R	185
82.5 kg		Kopola, H	180
Jarvenpaa, S	115	Lyttikainen, A	—
Perala, T	95	Ahtiainen, J	—
Heikkala, S	90	Pelkonen, J	—
Koskela, K	82.5	110 kgs.	
Halapana, T		Kuuseva, J	230
Master I 48 kgs.		Salokannel, M	225
Knutars, A	55	Helskari, J	220
56 kgs.		Tuomalanen, J	215
Hermannson, P	75	Leppakangas, P	210
67.5 kgs.		Vilppola, K	205
Malassu, I	70	Kemppi, J	202.5
Master II 48 kgs.		Kopola, H	195
Turunen, S	50	Korpi, V	190
56 kgs.		Tuutil, J	190
Kumpuniemi, E	65	Kinnunen, P	185
Heikkiläni, V	75	Helno, P	—
MEN		Savonen, K	—
Open 52 kgs.		125 kgs.	
Pentti, T	100	Kunnari, M	240
Kinnunen, M	97.5	Suuronen, T	215
Niemi, P	—	Heikkila, P	212.5
56 kgs.		Rati, T	205
Kiski, J	122.5	Jantunen, E	200
60 kgs.		Mattila, K	190
Valanen, N	142.5	Tialnen, A	—
Tolvomaki, P	140	Kallinkila, K	—
Kurjenkallio, A	130	125+ kgs.	
Rimp, P	122.5	Kortesalmi, M	252.5
67.5 kgs.		Aho, K	250
Korva, A	182.5	Lehto, O	240
Veld, K	172.5	Renlund, K	227.5
		Saatela, P	195

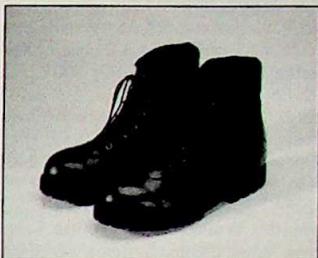
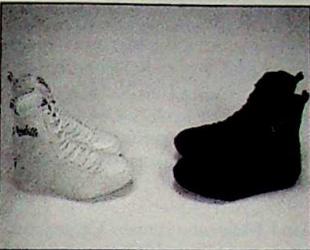
(Thanks to Heikki Orasmaa for providing results)

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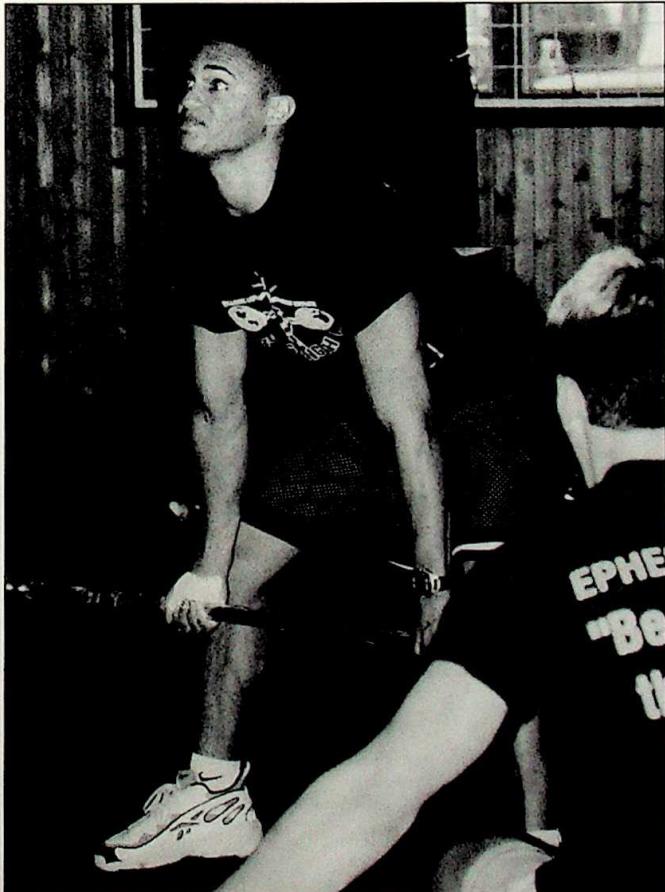
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Ministry, 4 points; 5th (tie) Thy Will Be Done, 2 points; 5th (tie) St. Mary's, 2 points. 7th St. Joe's, 1 point. The 5th "All Church" meet was held at Hillside Lutheran Brethren Church. 35 lifters representing 7 churches were in attendance. In the women's under 148 lb. class, Judy Meyer finished the day with a 500 total (180 squat, 90 bench, 230 deadlift). In the women's over 148 lb. class, Lisa Hollis finished with a strong 300 lb. deadlift to total 705 lb., an increase of 45 lb. over last year's total. In the men's division, Chris Riba finished with a 435 total in the 103 lb. class, an increase of 60 lb. over last year's total. Not bad for a lifter weighing in at only 88 lb.! Martin Haggerty won the 114 class with a 545 total. Chris Irving totaled 550 in the 123 lb. class. Clark won the 132 lb. class with a 595 total, a 70 lb. increase over last year's total. The 148 lb. class was the best represented class in the meet with 8 lifters, many of them competing for the first time in a powerlifting meet. Tim Rajkumar easily won this class with a squat of 300, bench of 205, and a deadlift of 385 to total 890 (his 385 deadlift won him the "best deadlift" trophy). Second place finisher Wesley Wilson totaled 800 in his first ever powerlifting meet (245 squat, 200 bench, 355 deadlift), Frank Walter took third with a 770 total (235 squat, 155 bench, 380 deadlift). In the 165 lb. class, Jon Glaman was pushed hard by A. J. Santino. A. J. was ahead by 25 lb. after the completion of the squat and bench press portion of the contest, but Jon finished with a gutsy 405 deadlift vs. A. J.'s 305 to win the 165's with a 920 total. In the 181 lb. class, there was some solid competition between Gary Ribe and Kenny Bryant. Kenny clinched the competition with a final 440 deadlift to win with a 1060 total (390 squat, 230 bench, 440 deadlift). Second place finisher Gary Ribe finished the day with a personal best 440 deadlift to total 1035, an increase of 145 lb. over last year's total. Best lifter Gary Lindsey easily won the 198 lb. class with a total of 1185 (455 squat - earning him the "best squat" trophy, 305 bench, 425 deadlift). Third place went to Javier Laguna with a total of 910 (325 squat, 235 bench, 350 deadlift). Fourth place finisher Jim Stoffers hit 300s straight across the board (squat, bench, deadlift) to total 900 lb. The "most improved" lifter of the meet was Mike Sobczak, who placed 5th in the 198s. His total of 715 was a 220 lb. increase over last year's total.

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Tim Rajkumar took the "Best Deadlift" trophy with this 385 pound effort, while Jon Glaman cheers him on at the Hillside Open. (photograph provided courtesy of Meet Director Pastor Pete Amerman)

5th Hillside Open
4 Mar 00 - Succasunna, NJ

WOMEN	SQ	BP	DL	TOT
under 148 lbs.				
J. Meyer	180	90	230	500
over 148 lbs.				
L. Hollis	260	145	300	705
MEN 103 lbs.				
C. Riba	150	95	190	435
114 lbs.				
M. Haggerty	190	120	235	545
G. Dodd	170	105	210	485
K. Grandstaff	100	95	185	380
123 lbs.				
C. Irving	185	125	240	550
132 lbs.				
C. Clark	185	125	285	595
S. Megill	175	115	180	470
148 lbs.				

Considering that he is only a freshman in High school, he has quite a future in the sport. In the 220s, meet director "Pastor Pete" Amerman went head to head with young upstart John Sexton. It came down to the final deadlift to determine the final placement. Pastor Pete moved into first place with a 400 lb. deadlift on his second attempt. When John tied with 400 on his third attempt, he won with a 1095 to Pastor Pete's 1070. Third place finisher Richard Hoffman took the "Best Bench" trophy with a 325 bench press. Steve Niendorf had the highest deadlift of the day (495), and a 1160 total to win the over 242 lb. class. The spirit of the meet was tremendous! Lifter were cheering for their competitors as well as their own teammates. We heard an inspiring message from World Blind Powerlifting Champion Dave DeNotaris. He spoke about his struggle with losing his sight, and being told that he couldn't take gym class until one gym teacher turned him on to powerlifting and he went on to become a champ! He spoke to the audience about not focusing on what you do, but on what you can do, and do it to the best of your ability to the glory of God! The team trophy was won by Hillside's "True Strength Club". Second place went to First Presbyterian's "True Strength Club". Third place went to Calvary Christian Academy. (Thanks to Pastor Peter Amerman for providing results)

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Jul/93... Pro Powerlifting Debuts, Motor Cortex Control, Strategic Deadlift Initiative, ADFPA Women's Nationals, TOP 100 275s, ADFPA TOP 20 165s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPW Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates,

Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood

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

Southern Illinois BP/DL 26 Feb 00 - Effingham, IL

BENCH	SHW	
165 lbs.	E. Yingst!	450*
D. Philippe	295	Teen
181 lbs.	P. Cloe	145
E. Teran	300*	Junior
198 lbs.	C. Davis	250
T. Reese	410	D. Minks
G. Catron	325*	Submaster
220 lbs.	T. Reese	410
M. Hahn	460	C. Michl
C. VanTress	450	4th
242 lbs.		270*
C. Price	415*	Master (40-49)
M. Luster	380	B. Walker
275 lbs.		560*
T. Wilson	470*	S. Markham
S. Kellerhals	335*	Master (60-69)
DEADLIFT	165 lbs.	
Junior	C. Davis	380*
D. Minks	198 lbs.	4th
Master (40-49)	B. Hutchinson	400*
G. Catron	400*	220 lbs.
E. Teran	300*	C. VanTress
4th		525
148 lbs.	325*	275 lbs.
J. Dinaso	350	S. Kellerhals
		485*

!-Guest Lifter. *-Personal record. Best Lifters: Bench Press - Bob Walker, Deadlift - Clint Van Tress. Team Champions: Insane Turnkeys. The Southern Illinois Bench Press/Deadlift Championships were held at the Village Square Mall. We had a good turnout and a great crowd watching this event. A special thanks to mall manager Joanne for her continued support of the sport. In the bench press competition Doug Philippe once again took the 165s, though he only got his opener of 295. Doug was close with 310 twice but just couldn't quite get the help from his shirt he needed. At 181 it was newcomer Ed Teran for the win with a personal best 300. A fourth attempt with 315 failed to lockout. Tom Reese returned to competition after several years with an easy win at 198. Tom got his opener, an easy 410, only to miss his last two attempts with 425. Second at 198 was Gary Catron, the owner of Iron House Gym of Hoopston, Illinois. This was Gary's first competition and he did well, getting all three of his lifts, ending with a personal best 325. Mark Hahn looked strong in his win at 220, finishing with 460 after missing that weight for his second attempt. Clint Van Tress was

Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s

Jun/96.. ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW

Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

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

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

Dec/96 ... PLer Tony Leiato in the Olympics, IPF World Masters/Jrs., Louie Simmons on Special Strengths, Yuri Spinov Interview, TOP 100 181s.

Jan/97... IPF & WPC Worlds, Step by Step Training by Louie Simmons, Rejecting Rejection, 20 Greatest Lifters, Early Training Good or Bad, TOP 100 198s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

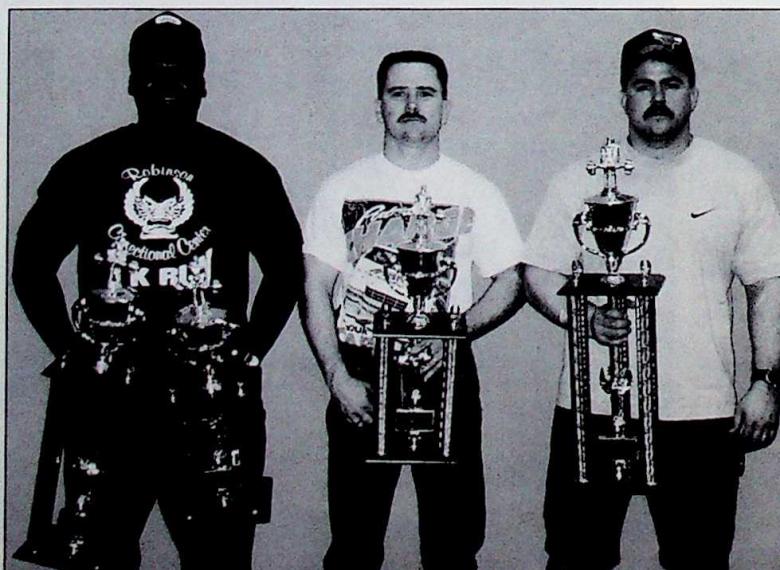
Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800 - Waterman

second with 450, missing 465 on his final attempt for the win. Charles Price posted a personal record in his win at 242 with 415 on his second attempt. A final attempt with 425 was just a little too heavy on this day. Milton Luster was second at 242 with an easy 380, but struggled twice with 400. Milton looked good for 420-425 but just couldn't quite find his groove. Tim Wilson took the 275s with a personal best 470, even coming close with 500. That 500 isn't far off, Tim! (And this was Tim's first competition!) Scott Kellerhals was also lifting in his first meet and did quite well, ending with a pr 335. Scott was also close with a 350 final attempt. Guest lifter Earl Yingst showed lots of potential with a

great 450 pr. Lifting for the Insane Turnkeys powerlifting team, Big Earl almost locked out 480 for a fourth attempt! Payton Cloe won the teenage class with 145. At the age of thirteen, Payton seems to be following in his Dad and Uncle Mark's footsteps. Corey Davis was the winner of the junior class with a 250 bench, weighing in at 165. Corey missed a pr of 270 twice. Dustin Minks was second with 300 @ 273, tying his personal best. Dustin also came close with a pr 315 for his final attempt. Tom Reese also won the submaster class with his 410 opener. Second place went to Clarence Michl who had a great day! In his first competition, Clarence went 4 for 4 with two new personal records ending with

270. The master 40-49 class had two great lifters, both of which had great days also. Taking first was the indomitable Bob Walker who finished the day with another personal record of 560 at a 255 bwt. Bob then called for 600, which he actually made a good effort with. A little too much weight for now, but within six months you can bet Bob will be joining the 600 lbs. bench press club! Bob won best lifter honors for the competition. Steve Markham got three new personal records to end with 380, all without a bench shirt! Great lifting Steve! John Luallen got a new pr at 260, lifting in the master 60-69 class. This was only John's second competition, who continues to improve in strength and form. In the deadlift competition Dustin Minks took the junior class with a strong 500. His only miss was a pr attempt with 525. At master 40-49 Gary Catron was the winner over training partner Ed Teran 400 to 300. Gary's 400 was a personal best, as was Ed's 300, though Ed did come back and get a fourth attempt with 325. Jim Dinaso continues to struggle with his deadlift, though he did pull an easy 350 for the win at 148. Jim failed with a pr 370 twice, though he certainly does have the strength to pull even more. At 165 it was Corey Davis who went 4 for 4, finishing with a personal best of 400. Poor ole Benny Hutchinson spotted and loaded for the bench but still pulled a 430 at 190 for the win at 198. But that's good for him; he's still growing. Clint Van Tress switched to sumo (is that a real deadlift?) because he was having some back problems, then pulled 525 for the win at 242 and best lifter! Scott Kellerhals took the 275s with 485, another personal best for him. The team championship went to the Insane Turnkeys, consisting of Clarence Michl, Mark Hahn, Earl Yingst, and Milton Luster. Thanks to Susie, Joey, Benny and Tom for their help. (Thanks to Dr. Darrell Latch for providing results)

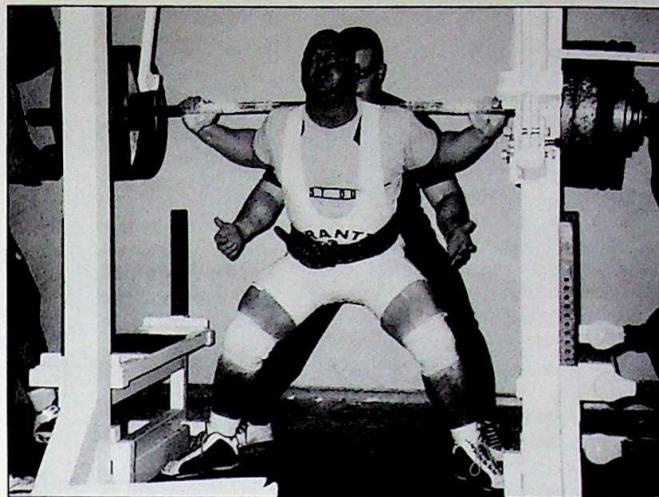


The INSANE TURNKEYS were the Team Champions at the Southern Illinois BP/DL meet: left to right - Milton Luster, Clarence Michl, Mark Hahn. (Darrell Latch)

ANPPC Central USA Powerlifting 5 Mar 00 - Tuscola, IL

BENCH		Master (65-69)
MEN		275 lbs.
Teen 181 lbs.		J. Luallen 255
N. Young	420	Open 198 lbs.
Master (40-44)		T. Carnaghi 385
220 lbs.		220 lbs.
D. Burlingame	380	M. Chellino 540
MEN	SQ	BP DL TOT
Teen 181 lbs.		
R. Shaffer	490	310 500 1300
Master (40-44) 220 lbs.		
D. Burlingame	675*	380 645 1700*
Master (55-59)		
B. Griffith	260	225 280 870
Open 165 lbs.		
W. Phillips	465	375* 455 1295
T. Corona	490	300 490 1280
4th	505	505
181 lbs.		
P. Turnbow	615	300 575 1490
198 lbs.		
T. Carnaghi	770	385 600 1755
B. Finch	540	320 540 1400
220 lbs.		
M. Chellino	775*	540* 590 1905*
D. Burlingame	675	380 645 1700
275 lbs.		
J. Beatty	645	445 675 1765
E. Marquez	415	220 405 1040

Best Lifter: Mark Chellino. Team Champions: Carnaghi Power Team 28, Hard Core Gym 11. The 2000 version of the ANPPC Central USA Powerlifting Championship was hosted once again by Son Light Power Gym of Tuscola, Illinois. A special thanks to my wife Susan and Linda Middleton who served as side judges, and to Paul Kohlbecker, Darrell Kibler, David Kibler and Eric Smith for their help loading and spotting throughout the day. Thanks also to our local Burger King who helped sponsor the competition. In the full power competition, Ryan Schafer was our only teenager. Lifting in the 181 lb. class, Ryan got his first two squats, ending with 490, then went three for three in the bench with 310 for his final attempt. A pr 500 deadlift gave Ryan a great 1300 total along with the title. At master 40-44, taking the title at 220 was once again the dominant force of Duane Burlingame. Duane was right on with his squats, finishing with a personal and new national record 675. Duane followed that with a strong 380 bench (just missing a pr 390) and a great 645 deadlift. This gave Duane another national record in the total with 1700. Duane also placed second in the open 220 class while capturing the master 40-44 bench title. Our second master was fifty-six year old Bill



Best Lifter at the Central USA Meet: Mark Chellino squats 775 (Latch)

Griffith, lifting in just his second full meet. Bill had a great day with all new pr's, squatting 260, benching 225 and pulling 300 for the first time ever. Bill's ten for ten day of lifting gave him a 890 total. In the open division, 165 lb. class winner Wade Phillips broke the existing record in the bench with a great 375 effort on his final attempt. This along with his 465 squat, and 455 deadlift gave Wade a 1295 total, all of which were new personal records for him. Second at 165 was Tony Corona, who went eleven for eleven on the day. Tony got two new personal marks when he squatted and deadlifted 505 each. Tony totaled 1280 for the meet, but his two pr's helped him finish with 1310. Paul Turnbow also had a perfect day of lifting, and it was his first competition! Paul started with a great 615 squat, followed by a 300 bench. He then finished the day with a strong 575 pull for a 1490 total at 181. Great job, Paul! At 198 it was once again Tom Carnaghi finishing with a 1755 total, and runner-up for best lifter. Tom had an off day starting with his squats, managing only 770. He looked strong with his 385 bench, but failed to lockout 400. Then in the deadlift Tom only got his opener of 600. Tough day, but knowing Tom he will come back stronger than ever next time out. Second at 198 was Benny Finch,

who also had a disappointing day. Benny only got his opening squat of 540, missing 570 and 600 on depth. Benny finished with a 320 bench and a 540 deadlift for a 1400 total. Next time out he'll total over 1500, though! The big lifter of the day was Mark Chellino, winner of the open 220s and best overall competitor. Mark came to lift, and lift he did! 775 national record squat, 540 national record bench, 590 personal record deadlift and 1905 national record total! Mark's only miss came on his last bench of the day with 565. Great job, Mark, you deserved it! Second at 220 was Duane Burlingame with his master's record 1700 total. Big John Beatty returned for the title at 275. John, who has been competing in strongman competitions and has put on about twenty pounds in the past year, will compete in his first professional show in June. John pr'd 645 in the squat, pr'd 445 in the bench and pulled an easy 675 deadlift for a 1765 total. John even gave 755 a ride halfway up before stalling. That 755 was the heaviest deadlift ever attempted in ANPPC history! Eduardo Marquez was second at 275 with a pr 1040 total. This was Eduardo's first competition and he lifted in style, getting a 415 personal record squat, 220 bench and a 405 deadlift. Nice job, Eduardo! In the bench

press competition, Nick Young looked great, finishing with 420 for the teenage 181 title. That's quite a lift for a teenager! John Luallen, age sixty-eight, took the master 65-69 title with 255, just missing a 265 pr for his final attempt. Tom Carnaghi took the open 198 class with 385 while Mark Chellino's big 540 won at 220. Carnaghi's Power Team took team honors, with Hardcore Gym of Chicago, Illinois as runner-up. Thanks again to all the helpers, lifters and spectators for their support! (Thanks to Dr. Darrell Latch for providing these contest results)

Rothgery Halloween Classic BP/DL 30 Oct 99 - Elyria, OH

BENCH		Master
148 lbs. Open	290	Knisley, K 420
Stisser, A		Open
165 lbs.		Shaw, T 475
Master-Natural		275 lbs. Open
Mesas, H	240	Washington, L
Open		4351
Mercorelli, N	360	DEADLIFT
Teen		148 lbs. Natural
Straub, T	330	St. Peter, C 410
181 lbs. Beginner		Open
Riemenschneider, O	0	Stüsser, A 475
Master		165 lbs.
Hector, G	0	Master-Natural
Open		Mesas, H 315
Gonzales, L	0	181 lbs. Beginner
Submaster		Riemenschneider 425
Bishop, B	360	Open
198 lbs. Open		Gonzales, L 560
Robinson, A	440	Submaster
Open		Bishop, B 565
Cheers, D	410	198 lbs. Submaster
Submaster		Degroff, P 515
Degroff, P	335	220 lbs. Open
220 lbs. Beginner		Walz, D 535
Berry, A	320	Submaster
Submaster		Rice, B 530
Rice, B	350	242 lbs. Submaster
242 lbs. Beginner		Long, M 575
Flynn, R	300	

THANKS: Powerlifting USA, Dave Hopkins (Owner of American Fitness aka The Meet Site). Judges: Jamie Schupbach, Pat Keenan, Todd Straub, and Don Rothgery. Spotter/Loaders: Chuck St. Peter, "A Big Guy from the Crowd", Mike Flanigan, Todd Straub, and Don Rothgery. Announcer-Brian Rothgery. Helpers: (Big) Don Rothgery, Renee Rothgery, Cathy Rothgery, Maggie Rothgery and everyone who showed up and of course anyone that I forgot to mention. Visit us at <http://rothgerypowerlifting.homepage.com/> (Thanks to Don Rothgery for providing these contest results)

600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

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

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADPFA Nationals Chronology, IPPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADPFA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Ernrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Lwtvs.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds,

World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's Nationals, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, TOP 100 Bantams.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons,

John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts, Isoflavones.

Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99... WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99... The ED COAN Book, Why Whey!, Gordon Sante Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.

Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs

Jul/99... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

Aug/99... the Rubber Band Man, the "Muscle Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

Sep/99... USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nats., Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s

Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s

Mar/00... USAPL Women's Nats., WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons

Apr/00... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

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NASA Power Sports Nationals
6 Feb 00 - Nashville, TN

SQUAT	DLMP 250.2 lbs.			
170.8 lbs. SQJR	K. Phillips	210		
R. Sutton	125 DL2 227 lbs.			
280 lbs.	D. Anguish	272.5		
T. Mack	147.5 DLSM 227 lbs.			
P. Paff	105 D. Anguish	272.5		
SHW	250.2 lbs.			
J. Bryant	180 E. Cross	185		
SQMP 250 lbs.	DLTeen 205 lbs.			
K. Phillips	200 D. Tally	-		
SQNAT 170.8	280 lbs.			
C. Dargin	205 G. Bryant	165		
SQSM 205 lbs.	DL WJR 127.8 lbs.			
B. Dickens	195 B. Book	110		
227 lbs.	138.8 lbs.			
D. Anguish	227.5 C. Fuller	72.5		
250.2 lbs.	BENCH			
R. Dilworth	272.5 BP INT 205 lbs.			
E. Cross	195 J. Hall	165		
280 lbs.	BPJR 170.8 lbs.			
W. Johnson	266 R. Sutton	77.5		
SQWINT 101.4 lbs.	BPM1-315 lbs.			
W. Cross	65 W. Ferguson	155		
SQWJR 127 lbs.	BPM2-227 lbs.			
B. Book	77.5 S. Caldwell	165		
CURL	SHW			
CINT 205 lbs.	B. Rakestraw	157.5		
J. Hall	75 BPM3-280 lbs.			
CJR 170.8 lbs.	M. Logsdon	97.5		
R. Sutton	52.5 J. Jenkins	100		
CM1-138.8 lbs.	BPM4-154.3 lbs.			
G. Landess	42.5 J. Helzeman	75		
CM2-250.2 lbs.	BPM5 315 lbs.			
L. Dorsey	50 K. Phillips	147.5		
CM3-170 lbs.	315 lbs.			
J. Jenkins	50 W. Ferguson	155		
CM4-154.3 lbs.	BPNAT			
J. Heizelman	30 W. Ferguson	155		
CMP 250.2 lbs.	BPP 119 lbs.			
K. Phillips	70 S. Petrencek	120		
CP 119 lbs.	154.3 lbs.			
S. Petrencek	57.5 R. Davis	165		
205 lbs.	205 lbs.			
J. Hall	75 C. Poore	192.5		
Cleen 138.8 lbs.	J. Hall	165		
N. West	37.5 315 lbs.			
170.8 lbs.	W. Ferguson	155		
C. Brady	42.5 BPPN 250.2 lbs.			
CWM2-138.8 lbs.	M. Wigglesworth	160		
C. Fuller	20 280 lbs.			
DEADLIFT	C. Brutscher	92.5		
DLINT 170.8 lbs.	BPSM 205 lbs.			
W. Yates	125 J. Forren	147.5		
205 lbs.	227 lbs.			
J. Greenwell	172.5 J. Ritzler	160		
DLJR 170.8 lbs.	170.8 lbs.			
R. Sutton	170 C. Brady	82.5		
280 lbs.	M1-250 lbs.			
T. Mack	137.5 M. Petty	147.5		
DLM1-138.8 lbs.	MP-280 lbs.			
G. Landess	160 L. Coins	205		
Power Sports	CR BP DL TOT	160		
HS 138.8 lbs.				
D. Evans	55 97.5 192.5 345			
170.8 lbs.				
C. Hires	45 90 132.5 267.5			
227 lbs.				

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J. Ritzler	62.5	160	210	432.5
250.2 lbs.	75	175	240	490
D. Berkley	75	155	-250	
Pure 170.8 lbs.				
C. Dargin	75	155	-250	
187 lbs.				
B. Boyer	72.5	162.5	235	470
D. Rose	70	155	205	430
E. Spence	55	122.5	195	372.5
227 lbs.				
J. Ritzler	52.5	160	210	432.5
250.2 lbs.	75	175	240	490
D. Berkley	75	122.5	195	372.5
SM 187 lbs.				
E. Spence	55	122.5	195	372.5
205 lbs.				
B. Dickens	60	152.5	205	417.5
227 lbs.	65	147.5	182.5	395
D. Anguish	77.5	155	280	512.5
K. Austin	70	162.5	232.5	465
250.2 lbs.				
R. Dilworth	82.5	195	272.5	550
E. Cross	55	140	205	400
280 lbs.				
D. Conners	82.5	165	242.5	490
W. Johnson	65	162.5	255	482.5
M. Lukens	90	160	215	465
Teen 127.8 lbs.				
D. West	25	47.5	105	177.5
138.8 lbs.				
N. West	25	47.5	105	177.5
154.3 lbs.				
S. Lancaster	42.5	65	122.5	230
170.8 lbs.				
C. Brady	42.5	82.5	145	270
WINT 101.4 lbs.				
W. Cross	22.5	35	92.5	150
WM2-138.8 lbs.				
C. Fuller	20	27.5	72.5	120
WP 101.4 lbs.				
W. Cross	22.5	35	92.5	150
127.8 lbs.				
B. Book	27.5	47.5	110	185
138.8 lbs.				
C. Fuller	20	27.5	72.5	120

(Thanks to NASA for providing the meet results)

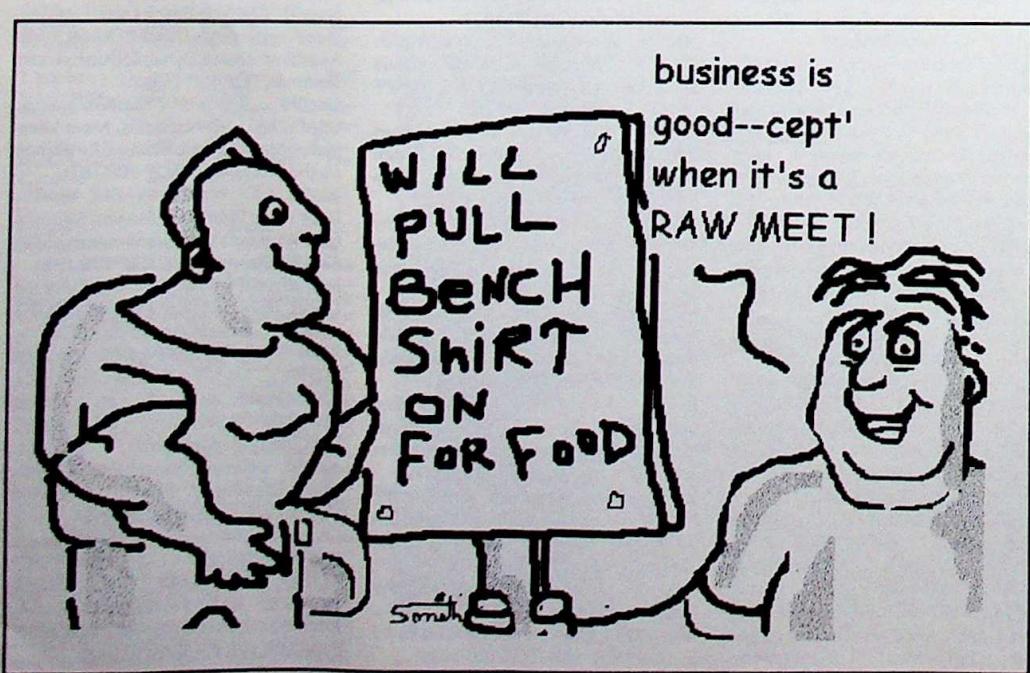


From the Oswego State Bench Meet: (left to right) Head Judge Tom Schrader, Best Lifter Travis Rogers, Meet Director and Judge Frank Paino (courtesy of F. Paino)

**Oswego S.U. Open BP
6 Feb 00 - Oswego, NY**

WOMEN	M. Ferlito	-
C. Bishop	160	275 lbs.
MEN 123 lbs.	D. Distin	470
P. Cary	260	J. Becker
132 lbs.		SHW
M. Kristoff	-	T. Rogers
148 lbs.		T. Bruce
V. Nellis	315	L. Haley
R. Clark	285	Teen (coeff.)
T. Crews	260	T. Madison
R. Pafulni	230	J. Dern
165 lbs.		R. Rycko
J. Roberts	390	T. Mann
R. Earle	350	N. Barnes
B. Farnham	285	T. Cook
198 lbs.		Master Light
M. Mothersell	365	V. Nellis
J. Stanka	320	J. Collazo
R. Darling	315	Master Heavy
220 lbs.		D. Ascenzi
D. Eddy	400	R. Francis
J. Cuyler	395	J. Becker
C. Trust	305	Team
242 lbs.		Misfits
D. Kingwater	450	Fulton YMCA
R. Francis	430	Fitness&Health
B. Bacon	400	790

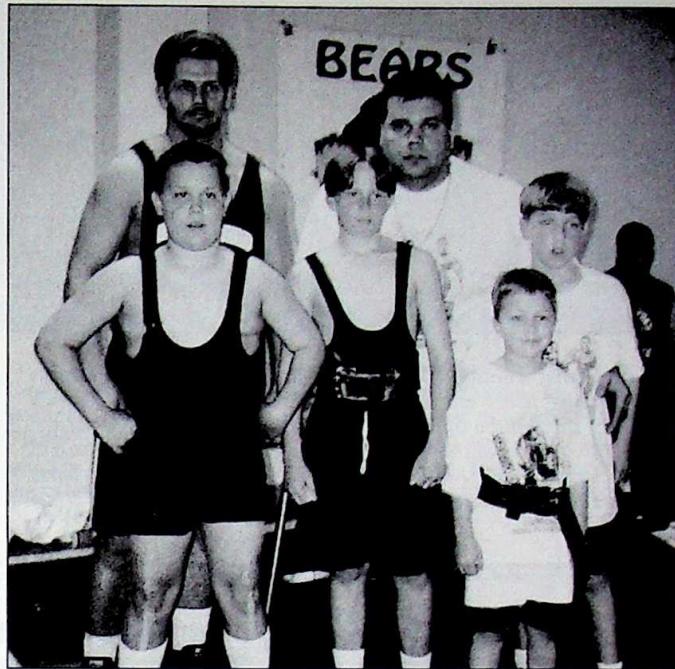
Pound x pound Best Lifter: Travis Rogers (310.12 coeff.). Meet Director Frank Paino would like to thank all the judges and lifters for a fine day of lifting! Hope to see everyone again next year. (Thanks to Frank Paino for providing the results)



WABDL Oklahoma BP/DL
4 Mar 00 - Muskogee, OK

DEADLIFT	C. Crossland	220	
Developmental	T. Frizell	180	
52 Lbs.	L. Bradham	380	
K. Brownfield-8	Open 165 Lbs.	130	
83 Lbs.	M. Dotson	360	
C. Roberts-10	S. Surber	315	
97 Lbs.			
C. Hart-12	181 Lbs.	200	
123 Lbs.	R. Moore	385	
C. Pinson-11	198 Lbs.	175	
Teen 181 Lbs.	G. Warrington	510	
M. Blynn	L. Clouse	400	
C. Foreman	220 Lbs.	350	
198 Lbs.	D. Royse	425	
G. Edwards	242 Lbs.	450	
M. McLaughlin	R. Buffington	425	
242 Lbs.	275 Lbs.	425	
K. Foster	J. Nelson	400	
308 Lbs.	R. McKeefer	335	
S. McDaniel	B. Briggs	445	
Novice 181 Lbs.	SHW		
B. Berry	T. Dodd	410	
220 Lbs.	Junior 181 Lbs.		
M. Romero	J. Stilley	335	
J. Harland	R. McKeefer	400	
275 Lbs.	B. Stidham	315	
R. Mayes	198 Lbs.	495	
WOMEN	J. Burnett	405	
123 Lbs.	220 Lbs.		
C. McKeefer	D. Bates	395	
181 Lbs.	J. Harland	350	
T. Frizell	242 Lbs.	275	
Junior 181 Lbs.	R. Myers	455	
B. Dotson	Submaster	480	
R. McKeefer	165 Lbs.	475	
220 Lbs.	M. Dotson	360	
R. Mullins	198 Lbs.	650	
D. Bates	L. Clouse	600	
C. Bogart	220 Lbs.	585	
242 Lbs.	J. Jackson	480	
R. Myers	D. Chesmore	525	
308 Lbs.	242 Lbs.	420	
K. Tunnell	M. Hamby	540	
Masters 181 Lbs.	R. Bullington	410	
J. Snodgrass	275 Lbs.	420	
242 Lbs.	R. Elliot	415	
J. Duckett	J. Nelson	320	
Submasters	K. Tunnell	375	
220 Lbs.	SHW		
J. Jackson	J. Manion	575	
275 Lbs.	Novice 148 Lbs.	475	
J. Nelson	C. Donohoo	280	
Open 181 Lbs.	165 Lbs.	535	
R. Moore	B. Lee	285	
220 Lbs.	M. Fraley	650	
R. Mullins	R. Herendeen	181 Lbs.	640
308 Lbs.	S. Blackwell	295	
B. Briggs	B. Berry	290	
BENCH	T. Birkhead	255	
Developmental	198 Lbs.	90	
97 Lbs.	M. Marchant	350	
C. Hart	220 Lbs.	95	
123 Lbs.	M. Romero	450	
C. Pinson	J. Harland	350	
Teen 132 Lbs.	242 Lbs.	175	
J. Forehand	M. Hamby	420	
N. Perkins	K. Adams	235	
148 Lbs.	275 Lbs.	400	
K. Hamby	R. Mayes	225	
165 Lbs.	R. Farr	395	
J. Teferillier	T. Davis	375	
R. Putnam	SHW	—	
J. Buckner	R. Richter	—	
181 Lbs.	Masters 132 Lbs.	300	
B. Ives	A. Young	305	
J. Mulliniks	181 Lbs.	305	
198 Lbs.	J. Snodgrass	255	
G. Edwards	T. Hrasch	255	
M. McLaughlin	198 Lbs.	350	
220 Lbs.	R. Weaver	360	
D. Morrison	M. O'Field	335	
242 Lbs.	L. Essex	335	
S. Campbell	P. Radmilovich	330	
308 Lbs.	242 Lbs.		
S. McDaniel	S. Finegan	350	
WOMEN	A. Hall	405	
123 Lbs.	J. Duckett	220	
C. McKeefer	275 Lbs.	170	
148 Lbs.	R. Hood	500	
J. Turic	A. Webb	285	
165 Lbs.	F. Shockley	410	
L. Blackburn		245	
M. Welch		390	

The WABDL 2000 Oklahoma State BP/DL was the largest state meet I have seen in many years in the state of OK. Whether it be USPF, NASA, USAPL OR XYZ! This meet had 105 of the finest lifters in the state and some out of state. I was so impressed with the women lifters I sit in awe while they were doing their lifting. Linda Blackburn's attempt at 305 lbs. was a near miss on her last attempt. How about our developmental lifters in the state. My son Kaylor Brownfield lifting 130 lbs. in the deadlift weighing only 52 lbs. at age eight. How about C.J. Hart deadlifting 200 lbs. at 91 lbs. bodyweight. He is only 12 years old. Look for them and the other youngsters in the future of our great sport. Guy



The Future of Oklahoma Powerlifting ... (left to right) Clayton Pinson, C.J. Hart, Kaylor Brownfield, Chasin Roberts; behind the youngsters are Richard McKeever - owner of Rock Hard Gym in Eufala, OK and junior powerlifter, and Kim Brownfield (photograph courtesy of Kim Brownfield)

Warrington was as usual very strong with a fine lift of 510 lbs. weighing only around 190 lbs. Ryan Myers continues to be impressive with a 455 lb. bench at age 20. The crowd of 502 people total was very supportive of the lifters. Rick Mullins, of Muskogee, along with Randy Moore and Bryan Briggs were very impressive in the deadlift with great lifts and state records accomplished in nothing more than a singlet. In closing I would like to thank the best two spotters in the world today (yes I said the best, I will match them up with anyone) Larry Cavin and Mitch Parker of Muskogee and Eufaula respectively. I would also like to thank District Attorney Phil Cozzoni for officiating the meet and Gus Rethwisch for coming down and helping us out. I still am a firm believer our lifters could match up with any drug free lifters in the world today. Also thanks to Powerlifting USA for giving us great coverage. Thanks Mike Lambert. (Thanks to Kim Brownfield for providing results)

(Continued from page 15)
Tamara Rainwater Grimwood
(1964 - 2000)

Tamara Rainwater-Grimwood, "World's Strongest Woman" and one of the greatest powerlifters of all time, died Wednesday morning April 5, 2000 at home.

Tamara was undefeated during her entire powerlifting career which spanned nearly a decade. She was five time consecutive National and World Champion and the first woman ever to bench press 400 pounds.

Outside of powerlifting, Tamara was a youth crisis intervention counselor and loved working with children. It was her dream to some day establish a Christian Youth Camp where children and young people could spend their summers.

Tamara was truly one of God's angels right here on earth. Her heart was bigger than any of her lifts. Before passing on, Tamara wanted me to thank everyone for sharing and being such a big part of her life and her happiness.

Finally, I would like to share with you a short quotation which accompanied a photo of two children playing on some flat rocks along a shallow stream that always hung near Tamara's bedside, "One hundred years from now it will not matter what kind of house I lived in, how much money I had, nor what my clothes were like. But the world may be a little better because I was important in the life of a child."

We all love you Tamara, and we will forever miss your smiling face, but we can feel comfort in knowing that your life is everlasting in Chris Jesus, and you will always truly be with us.

A Fund has been established on behalf of Tamara Rainwater Grimwood to cover the expenses associated with her passing. "Please, we need your help! Your kind and generous contributions can be made payable to "Tamara Grimwood Outreach Foundation", 717 Market Street, PMB 399, Lemoyne, PA 17043"



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

Signature _____

Dancers are awesomely talented. The card girls are as gorgeous as ever! The WPO Super Open Title Belts are done! There will be WPO commercials aired in various areas of the country where powerlifting is popular. Billboards promoting the WPO will be all over Central Florida Highways enticing passing motorists to come to the Peabody Auditorium in Daytona Beach to witness the greatest show on earth. Never before has a Meet Director / President of a powerlifting federation gone to such great lengths to market powerlifting to the American Public as I have.

Just to inform readers on some of the lifters that will be participating in the WPO on May 20th, they will include Gary Frank, Anthony

Clark, Jesse Kellum, Angelo Berardelli, Beau Moore, and Al Mehan - who squatted 975 at the WPO qualifier March 18th, 2000. I spoke to Ed Coan at the Arnold Classic in Columbus, Ohio and he expressed interest in the WPO. He will not be able to compete due to the unfortunate incident that happened in Las Vegas. However, we have received many calls from elite powerlifters expressing their interest in the WPO.

If you have ever lifted in a Huge Iron contest at the state, National, or International level you are already aware that I have the best equipment money can buy: Ivanko Platform weights and warm-up weights, Pasanella bars, Okie deadlift bars, 4 Monolifts, state of the art computerized scoring, TV moni-

tors, you name it - I got it. Don't pay any attention to any insignificant people's opinion and oversights about my venture or me. My meets are run flawlessly and I have the most professional people working in conjunction with me. There has been negative information on the Internet about me, and I find it humorous. These frightened little boys, whoever they may be, are just jealous because they can't compete with me, and they don't care about the sport's well being. Let's face it, when powerlifting is finally being aired on television, the sport will have reached its zenith. If you are a meet promoter or lifter and have something against powerlifting reaching its full potential and being recognized as a legitimate profes-

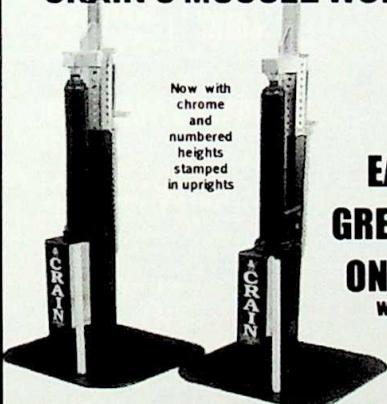
sional sport, so powerlifters can make a living and be perceived as heroes, then you don't care about the sport!! Unfortunately, this destructive I-ME thinking exists in the minds of some meet directors and political figures heads in different federations, and is the sole factor in why the sport has gone absolutely nowhere in its entire history. The difference between them and me is, I'm a lifter - for the lifter, not a federation against the lifter. My life-long quest for powerlifters to be perceived as premier athletes supersedes my ego, and will ultimately govern the WPO's success. This is not the case in the current old school mindset that has kept the sport in the cellar. There will be no unproductive political head-butting that exists in most federations due to ego clashing and what I call the everyone wants to be a Chief without being an Indian syndrome. There are too many people and egos for federations to work towards one common goal from a political standpoint, similar to this country's government. In the WPO there is only one Chief, me! The fact of the matter is I hold all the cards, because I have been blessed. I am a very wealthy man and have nothing to lose and am using my good fortune for the well being of the sport that I love. Because I am in control of the WPO is exactly why I will prevail, there will be no inside or outside interference politically speaking. I will spare no expense for the success of the WPO. I am dedicated to this cause and absolutely nobody will get in my way or stop me from achieving my goals in any way, shape, or form!! I used to feel guilty about the wealth I have obtained, but now I realize God put me in this position for a reason. I adamantly believe that this is my divine calling to make Professional Powerlifting a reality. The elite lifter has no other recourse to obtain their rightful status as Legitimate Iron Athletes in the current situation the sport is in today. The harsh reality is that no matter what federation a lifter is in, he or she is only lifting for themselves, because the sport has become such a joke that it has lost its legitimacy. So, let's take our sport back, via the WPO, this is it, the time is now!! I need your support!! If you are an elite lifter who cares about powerlifting, there should be no question in your mind that the WPO is the only way to go. If I was not as fortunate as I am I would want nothing more but to make a living as a professional powerlifter. Because first and foremost that's what I am, a powerlifter who cares about powerlifting and everything else is secondary!! Sincerely, Kieran Kidder, WPO President

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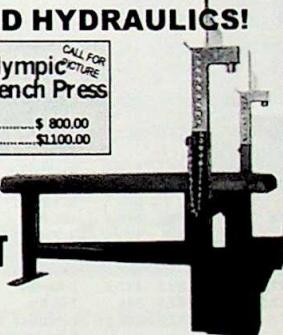
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Outstanding Lifters at the AAU Arkansas State High School Meet: (left to right) John Johnson (heavyweight), Jennifer Goodwin (middle-weight), Kim Morris (lightweight), Richard Rogers (lightweight). (Kye)

**AAU Arkansas High School Meet
26 FEB 00 - LRAFB, AR (kg)**

MALE	SQ	BP	DL	TOT	W. Moore	115	97.5	142.5	355
114 lbs.					J. Johnson	170	142.5	245	557.5
B. Ramm	72.5	65	100	237.5	K. Jones	182.5	125	197.5	505
E. Cliff	82.5	65	95	227.5	M. Winkelpleck	155	75	1715	402.5
123 lbs.					R. Butler	137.5	97.5	155	390
G. Burkhardt	97.5	60	117.5	275	C. Smith	135	92.5	145	372.5
132 lbs.					J. Seewald	186	145	205	536
C. Reed	120	60	160	340	T. Burke	150	102.5	155	407.5
D. Lamabert	102.5	67.5	157.5	327.5	C. Brown	220	147.5	235	602
G. Butcher	92.5	60	157.5	309.5	L. Tafoya	150	160	237.5	547.5
C. McKnight	90	72.5	137.5	300	M. Brown	215	122.5	200	537.5
J. Allinson	80	57.5	105	242.5	E. Fort	182.5	110	175	467.5
148 lbs.					C. Johnson	152.5	107.5	172.5	432.5
R. Rodgers	192.5	107.5	177.5	477.5	N. Highfill	90	75	102.5	267.5
J. Kulbeth	110	62.5	145	317.5	J. Vick	147.5	102.5	157.5	407.5
E. Balemian	112.5	72.5	127.5	312.5	132 lbs. Freshman	100	65	122.5	287.5
D. Joshua	115	65	125	305	D. Jackson	100	65	122.5	287.5
P. Hoist	80	65	137.5	282.5	148 lbs. Freshman	110	62.5	145	317.5
C. Cain	97.5	65	137.5	282.5	B. Peoples	100	65	137.5	302.5
J. Wilson	97.5	—	—	—	165 lbs. Freshman	810	65	142.5	282.5
C. Gesterling	77.5	70	110	257.5	M. Brimer	90	67.5	115	272.5
J. Bradley	90	67.5	97.5	255	R. Brown	85	62.5	105	252.5
J. Star	62.5	50	82.5	195	181 lbs. Freshman	100	65	122.5	287.5
165 lbs.					A. West	181.5	65	142.5	282.5
B. Watkins	142.5	90	180	412.5	M. McDonald	137.5	97.5	182.5	417.5
S. Carpino	145	90	170	405	C. Everett	102.5	60	182.5	345
S. Carter	155	75	162.5	392.5	J. Klar	87.5	62.5	137.5	287.5
M. Gatter	132.5	75	155	362.5	220 lbs. Freshman	102.5	80	142.5	325
A. Heathwaite	102.5	92.5	150	345	T. Hatcher	165 lbs.			
C. Powell	90	67.5	110	267.5					
B. Hobbs	90	70	—	—					
181 lbs.									
D. Johnson	195	102.5	200	497.5					
Treylan	177.5	102.5	182	462					
J. Flyer	162.5	92.5	165	420					
O. Moss	145	92.5	162.5	400					
N. Denson	137.5	107.5	152.5	392.5					
T. Bratton	125	82.5	167.5	375					
R. Shankel	130	95	145	370					
J. Jones	122.5	87.5	155	365					



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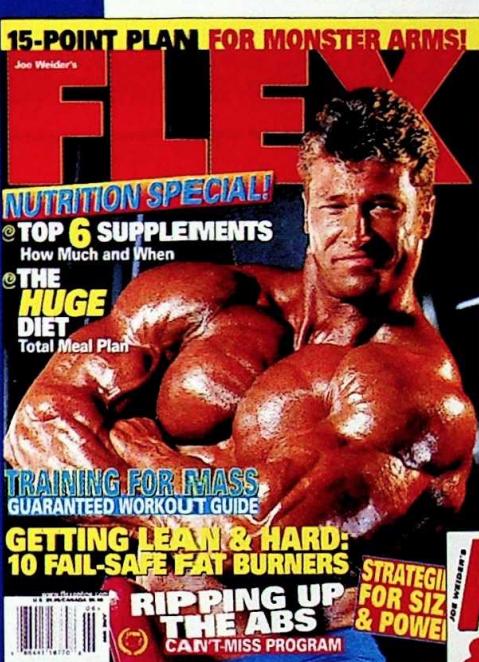
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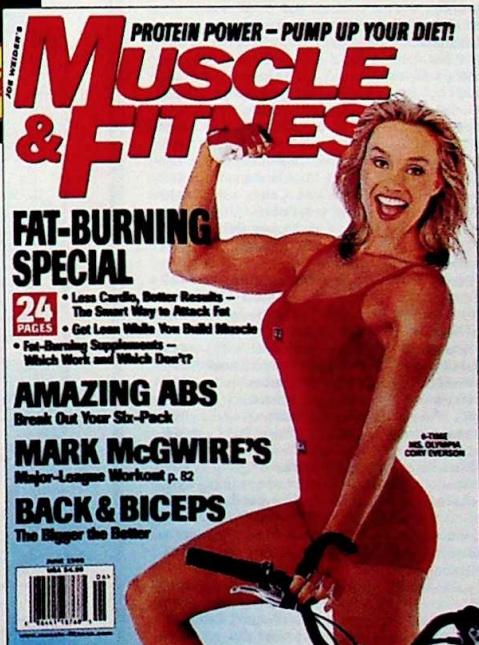
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C.Lutz	65	60-64	
148		C. Ford	145
C. Diliberto	105	181	
P. Anderson	60	45-49	
WOMEN/Master		J. Allen	410
123		H.Smith	360
55-59		D. Wilko	345
S. Cunningham	90	50-54	
132		J. Hopf	300*
50-54		198	
K. Bertino	125	40-44	
148		J. Aumiller	350
40-44		W. Wood	315
P. Domineske	95	D. Ricci	300
165		A. Mastrononio	385
40-44		45-49	
M. Tillington	240*	L. Smith	335
J. Cummings	215	P. Cramer	300
WOMEN/Open		50-54	
132		S. Shales	400*
K. Vangelder	125	J. Fiori	240
S. Ken	110	55-59	
WOMEN/Submaster		J. Mitsopoulos	380
148		60-64	
L. Heyword	220	P. Gulnac	285
C.Jenks	105	40-44	
242		W. Carroll	390*
J. Krebs	160	W. Sloan	380
MEN/Teenage		W. Marchek	340
123		45-49	
J. Howell	155	D. Spahalski	400
132		M. McDonald	350
J. Lamb	160	242	
148		40-44	
D. Beam	200	B. Townsend	440
165		W. Standinger	375
T. Madison	340*	M. Saddler	375
J. Wisneski	300	55-59	
J. Townsend	250	O. Henneman	355*
B. Danna	245	220	
W. Bennett	245	45-49	
T. Carlson	225	A. Aronstam	480
181		50-54	
J. Westfall	285*	A.Heins	315
220		55-59	
J. Nadeau	370*	M. Heins	310
J. Miller	340	A. French	305
242		MEN/Open	
D. Snyder	365	148	
J. Hadley	305	K. Visker	275
275		S. Mosier	275
C. Kilpatrick	350	K. Stull	260
SHW		165	
M. Wilcox	325*	Spec. Olympic	
J. Kuhnen	325	M. Willard	160
T. Weis	315	Open	
MEN/Submaster		T. Bisker	340*
148		R. Parrington	325
M. Coleman	270	J. Leonard	315
N. Gallivan	250	L. Cicchelli	310
T. Orr	240	K.North	300
E. Drake	230	T.Merrill	280
165		J. Wheaton	280
K. North	300	M. Cole	230
R. Carr	275	T. Fisher	225
198		J. Trojanowski	225
L. Cicchelli	415	P. Garman	215
M. Truax	390	181	
J. Curry	380	D.Swackhamer	410
T. Graham	365	R. Hillyard	365
220		T. Meacham	370
A. Murray	435	198	
J. Howell	425	B. Wilcox	415
M. Harrison	350	C. Gozoziewski	390
C. Karlson	345	P. Cramer	300
F. Engel	320	A. Martin	295
242		J.Smith	295
R. Murray	440	T. King	280
S. Wolcott	435	220	
E. Daniels	430	S. Van Brunt	465*
H. Harris	425	A.Murray	435
J.Harris	415	T. Cleveland	390
75		S. Young	390
A. Wolcott	525	D. Ridley	350
Bishop	400	M. Shear	345
Tracey	395	J. Moore	485*
HW	370	M. Hayes	430
J. Rogers	460	E. Stallings	420
A. Harling	400	K. Jones	320
J. Walker	395	275	
MASTER/Men		W. Auman	610*
48		T. Kristoff	460
54		C. Bishop	450
J. Wittman	230	T. Berry	445
65		R. LaRose	300
74		J. Bailey	300

R. Parrington 325 SW
 M. Stiffrin 285 T. Carr 350
 ("record lift). This was the 16th year that this meet was held. Over 125 lifters came from throughout the Southern Tier of New York to compete in the popular Mike Giardina's Best Bench. We used 2 platforms again this year. 28 Southern Tier records were broken. With this number lifters, it would

be an accomplishment to conduct such a meet in 1 day. The lifting started at 9:00 am and was completed by 2:00 pm. This was quite a challenge. The meet was a total success because of the efforts of the following people who worked hard all through the meet without a break: Charlie Reinhart for his outstanding job, as master of ceremonies. Joe Liberatore did a great job of judging as well as Rick French and Danny Mandell. Sam DiGiacomo handled the door and also worked on the desk. Greg Savino and Mike Collins did a fantastic job of spotalling. Chris Sherman worked on the board, doing totals. Thanks to the football teams from Elmira Free Academy, Southside High, and Notre Dame and all the other loaders and spotters. Special thanks to Sis Tremblay of Southside High School for the help in the promotion of the meet and also the day of the meet. The staff from Diamond Gym in Horseheads, New York, did a great job of taking the many messages. Special thanks to New York Barbell for the use of the Bench and the Bar. The radio and TV coverage was excellent this year - for that we thank Duke Sechrist - WENY TV, WEJM TV, EMPIRE SPORTS, WENY RADIO and WLEZ RADIO. Thanks to "Doc" Colunio of Kountry Kruller for his donation of refreshments and also to Jim Thornton, Manager of "TOPS" in Consumer Square for his donation of refreshments. My sincere appreciation to Bill Benedict, Director of the Elmira Psychiatric Center, who is always behind the sports activities and

helping the Elmira community. The trophies were from Pastricks Sporting Goods and each year they are outstanding. Thanks finally to Southside High School for the use of the gym and to POWERLIFTING USA for publishing the date of the contest. Before the meet started, the Mayor of the City of Elmira, Stephen Hughes, gave opening comments. Thanks Steve, for the good opening. This year there were 24 teenage boyz and girls. To start the morning off Christina Lutz, 114# class had a high of 65#, followed by 148# class Carrie Dilberto with an easy bench of 105#. Carrie was also named best teenage girl lifter. 148# Pam Anderson ended the day with a 60# Bench, 123# teenage Jacob Howell had a 155# lift followed by 132# Joshua Lamb with a 160# bench. 148# teenage Danny Beam had a strong bench of 200#. 165# class Tom Madison broke the Southern Tier teenager record with 340# followed by James Wisneski with a 300# bench. Jay Townsend with 5 pounds better doing a 250# bench to beat his competitors Brian Danna and William Bennett who both benchded 245#. 181# class Jeremy Westfall was a lone winner with a 285# bench. 220# class Jeremy Nadeau had a strong ench of 370# followed by Josh Miller with 340#. 242# class Donald Snyder was too much for John Hadley - Don got a 365# bench and John had 305#. 275# class Cory Kilpatrick, the Ernie Davis award winner and also called the 1 man wrecking crew, benched 350#. Super Heavy teens Matt Wilcox, Jacob Kuhnhen and Tom Weil all did a fine

job. Both Matt and Jacob got 325# (Matt the winner because of weight). Tom had 315#. In the open division 148# class Kevin Bisker won with a 275# bench with Scott Mosier tying him but Bisker was the lighter man. In the open 165# division Todd Bisker took the title with 340# followed by Ron Parrington with a 325# bench. Jody Leonard sneaking in with a 315# bench followed by Louis Cichelli doing a 310# bench. Kevin North wasn't strong enough with a 325# try, but made a 300# bench. 181# class open had strong benchers. Dan Swackhammer did a 410# bench followed by Todd Meacham with 370# and then Rudy Hillyard with 365#. 198# open class was won by Bill Wilcox with a 415# bench, followed by Dan Gozozilski with a strong 390# (but missing 405#). Third place was Rambo - Paul Cramer with a 300# bench, then Adam Martin with 295# and Jonathan Smith with 295#, but Adam won on bodyweight. In 220# open Alan Murray scored an easy 435# bench followed by Sam Young weighing in at 216# with a 390# bench. Tug Cleveland weighing a quarter of a pound over came in with a 390# bench and David Ridley came in with a strong 350#. Charles Lese also had a 350# bench. In 242# class Scott Van Brunt and John Moore came neck and neck with John Moore being the winner with 485# and Scott ended up with a 465# bench followed by Mr. Clean Marty Hayes with 430#. Kevin Jones did a 320# bench. His hands were so close it looked like he was doing a close grip bench. In the 275# class Wayne

Aman of Candor produced the top lift with 610# bench to earn his 3rd title in 3 years. 2nd place went to Tom Kristoff with a 460# bench with Chris Bishop missing a 500# (with is just around the corner) but did a 450# bench followed by another good bencher Tim Berry just short with 445#. 5th place went to Richard LaRose with another good lift. The super heavy divisions was light with Tom Carr doing a 350# bench. There were over 83 Sub-Masters and Masters in this event. They showed everybody in the stands that even though they are Sub-Masters and Masters, they are still contenders. Sub-Master 148# class Mark Coleman took the gold with a 270# bench followed by Neil Gallivan with 250# and followed by Tom Orr with 240#. In the 165# Sub-Masters class Kevin North again was the champion with a 300# bench followed by Robert Carr with 275#. 1988 Leo Cichelli is a little stronger than his brother doing a 415# bench followed by Mike Truax with a 390# bench and Tom Graham with 365#. In the 220# Sub-master there were 5 lifters in all with Alan Murray with a body weight of 216 got a 435# bench and Kris Karlson followed with a 345# bench. 5th place was Fred Engel with 320#. That was one of the strongest Sub-Masters divisions in a long time. In the 242# class R.L. Murray with a body weight of 237# told everybody "catch me if you can" when he benched a 440# bench. Brian Wolcott tried to catch him with a 435# bench and Ernest Daniels snuck in with a 430# and Tom Woods did a fine 425# bench. In the



The Basement Benchers: front row (left to right) Jim Van Allen (1st place 181# masters 410#), Jim Sloan (Masters 220#, 380 #, 2nd place), Fred Angle (4th place 220# Sub-master - 320), Middle Row: Amy Angle - Manager, Top Row: Scott Van Brunt (242# Open 485#), Don Whitcomb (181# Master 345#), Jack Kuhn (Super Teen 325), Adam Martin (198-3rd place), Art Heins (275# Master - 315#), A.J. LaRosa (+275# Open - 6th place 300#). (photograph by Tina Cabral)

Sub-Master 275# class weighing in at 252 pounds, Mark Wolcott (Wayne Aman's training partner) assured everybody that he is the #1 man in this division with a 525# bench. He also took the Best Sub-Master Lifter followed by his buddy Wayne Aman, who took Best Lifter in the open class. Steven Rogena and Maurice Harling were the big super-heavy weights in this class with Steve doing a 460# bench and Maurice a 400# bench. Maurice tried 455# twice, but just couldn't lock it out. (Bettler luck next year). In Masters division (50-54) 148# class was won by Bill Wittman with a 230# bench. In the Masters 165# division there were 4 lifters. Ron Parrington (40-44) won with a 325# bench, followed by Mike Siffrin (40-44) with a 285# bench. Stephen Weisz (45-49) took his age group with 275# bench and Charles Ford (60-64) won with 145#. In the 181# division Jim Allen (45-49) went home with a 410# bench followed by Herb Smith (45-49) with 360#. Don Witko (45-49) did a strong 345# bench. Doug Cramer just couldn't catch Don ending up with a 340# bench. In the 181# class (50-54) John Hof took the gold with 300# bench. In 198# division Jim Aumiller (40-44) got his 3 lifts for the day including a 350# bench for the gold. Walt Wood followed with a 315# bench. Doug Ricci tried to tie Walt but he could not do it and ended up with a 300# bench. Alex Mastrononio (the muscular man from Waverly) did an easy 285# bench. In the 50-54 age group Scott Shales did a good 400# bench followed by John Flori with 240#. In the 198# class John Mitsopoulos (55-59) school teacher and body builder from Long Island, tried a 405# bench twice but couldn't lock it out and ended up with 380# followed by Jack Wood with a 360# bench. In the 198# class (60-64) Pete Gulnac took the gold with a 285# bench. In 220# class (40-44) everybody's favorite Wayne Carroll got 3 for 3 ending up with a 390# bench followed by Willard Sloan doing 380# and Wayne Marchek with a 340# bench. In 220# (45-49) David Spahalski in his 1st meet had a very strong 400# bench. He helped Diamond Gym come in 2nd with the team trophy. Mike McDonald ended up with a 350# bench. In the 242# (40-44) division Bill Townsend took the gold with a 440# bench followed by Bill Stander (lighter body weight) with 375# followed by Mike Saddler (body weight of 241) benching 375#. Pete Cummings came in 4th with a 350# bench. Olin Henneman 242# (55-59) did a strong 355# bench and missed a 380# bench. Robert Dowd couldn't catch Olin and ended up with a 340# bench. Andy Aronstam in the 275# division (45-49) did a strong 480 bench followed by Art Heins with 315#. In Women's open 132# class Karl Van Galder took the gold with 125# followed by Shirley Kent with 110#. 148# Women's Sub-Master Leslie Haywool was untouchable with 220# missing a 230# bench. At 242# Sub-Master women Judy Krebs took the class with 160#. 123# class Master Shirley Cunningham (55-59) the gold white haired girl from Ithaca, always a pleasure to see her lift, benched 90# for another trophy to add to her collection. 132# class (50-54) Karen Bertino almost benched her body weight and ended up with a 125# bench. 148# (40-44) Pam Dominick entered her first meet ending up with 95#, followed by 165# Master (40-44) Melody Tillinghast, still king of the hill with a 240# bench. 123# Master (45-49) Jacque Frese (built like a body-builder) ended the lifting with 165# bench. Team championships went to NY MUSCLE AND DISCOVER EXERCISE tying for 1st place, so 2 1st place trophies were given out. 2nd place went to Diamond Gym and 3rd went to the Basement Benchers. The High School Team trophy went to Elmira Free Academy for the 2nd year in a row. The day of the competition was very exciting for everyone involved. I would like to thank all the competitors and spectators for a fine day of competition and compliment them for the manner in which they conducted themselves throughout the entire meet. There were many fine comments made regarding the meet and everyone hopes it continues to be a success. Again, each lifter received a 2000 Best B bench T-Shirt compliments of Mike Giardina. (thanks to Mike Giardina for providing these competition results)

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USAPL Top Gun BP (kg)
13 Feb 00 - Moosic, PA

WOMEN		P. Shannon	200
Teen (15)	45	R. Magas	185
J. Myers*-103	45	Lifetime	
L. Carvey-114	40	J. Gonzalez-25	137.5
Master (40)		B. Harashinski-28	165
L. Carvey-114	40	Master	
MEN		Zimmerman-47	115
123 lbs. Teen		Teen	
A. Heydt-15	70	B. McDade-16	120
B. Krajnax-14	57.5	C. Fredricks	160
148 lbs. (14-15)		J. Plummer	215
S. Gavini! (18-19)	80	M. Andrews	165
S. Thomas	125	Lifetime	
165 lbs. Open		J. Plummer-38	215
M. Mazurkiewicz	120	B. Grippi-38	190
B. Less	105	M. Serra-34	107.5
Lifetime		Master	
B. Less-47	105	J. Gismondi-46	221
R. Burnette-48	130	Junior	
Master		C. Turel-20	155
B. Legg-47	105	242 lbs. Open	
R. Burnette-48	130	P. Green	227.5
Teen		J. DeFoor	215
J. Gianotti-17	125	J. Cleary	175
181 lbs. Open		E. Harnor	182.5
R. Clark	160	K. Kuprel-39	182.5
D. Adams	122.5	J. Cleary-41	175
E. Dean	170	Master (45-49)	
Lifetime		B. Tomasoffi	142.5
Schoackhammer	177.5	R. Davies	172.5
E. Dean-35	170	M. Gavini!	172.5
Master (50-54)		(40-44)	
J. Nealis (55-58)	152.5	J. Cleary	175
J. Monk	105	275 lbs. Master	
181 lbs. Teen		J. Sullivan-45	187.5
J. Wo-17	112.5	Teen	
Junior		M. Kowalski-17	155
V. Cusumano-22	140	319 lbs. Master	
198 lbs. Open		J. McCarthy-50	182.5
B. Lehman	150		

*PA State record. I-Father & Son Team. Meet Directors: Joe Moceyunas & Bob Granko. (Thanks to Bob Granko for providing these contest results)

Mid Virginia BP/SC
15 Jan 00 - Stanardsville, VA

BENCH	242 lbs. Open	A. Hicks	520
148 lbs. Open		K. Pigni	480
S. Zerbe	305	D. Pullen	365
165 lbs. Open		L. Utz	345
R. Farley	340	275 lbs. Open	
M. Wilson	315	P. Cropp	555
181 lbs. Teen		STRICT CURL	
R. Stokes	220	165 lbs. Open	
198 lbs. Open		B. Edwards	145
G. Ferrell	420	R. Farley	135
J. Bach	345	(40-49)	
198 lbs. Teen		B. Edwards	145
M. Gorman	315	198 lbs. Open	
220 lbs. Open		J. Bach	145
S. Morris	420	R. Biser	140
D. Gross (40-49)	340	220 lbs. Open	
S. Morris (50-59)	420	275 lbs. Open	
J. Smith	340	J. Smith	170

(Thanks Stanardsville Barbell Club for the results)

NASA Iowa State
19 Feb 00 - Des Moines, IA

BENCH	R. Rhiner	177.5	
170.8 lbs. Teen	NOV 138.8 lbs.	117.5	
G. Matge	92.5	W. Hillesheim	117.5
SM2-187 lbs.	205 lbs.		
W. Denning	170	R. Rhiner	177.5
J. Swank	150	250.2 lbs.	
J. Heather	117.5	A. Allen	212.5
227 lbs.		M2-227 lbs.	
L. Goodwin	167.5	D. McAnally	170
SHW		M1-SHW	
J. Brandly	220	L. Toomey	192.5
SM1-187 lbs.		JR 138.8 lbs.	
B. Whitt	147.5	W. Hillesheim	117.5
S. Kuch	152.5	INT 170.8 lbs.	
205 lbs.		D. Phillips	150
R. Rhiner	177.5	227 lbs.	
Pure 138.8 lbs.		M. Gerhardt	177.5
B. Whitt	147.5	HS 170.8 lbs.	
W. Hillesheim	117.5	L. Weber	90
154.3 lbs.		CURL	
B. Albert	152.5	SQNOV	
170.8 lbs.		205 lbs.	
D. Phillips	150	R. Cucci	202.5
205 lbs.		SQV	
J. Thompson	220	170.8 lbs.	
Powerlifting Y 170.8 lbs.	SQ	G. Rakes	25
G. Rakes	55	TOT	
WSM2-127 lbs.	40	BP	DL
	92.5		
	187.5		



Robert Granko Sr. (right) presents a first place award to Outstanding Bench Presser **Jeff Plummer** (left), winner of the 220 lb. class with a 473 bench at the USAPL Top Gun Bench Contest

S. Andrews	150	75	132.5	357.5
C. Engel	92.5	80	120	292.5
WSM1-187 lbs.				
T. Marks	100	47.5	115	262.5
WNOV 138.8 lbs.				
T. Thorn	95	52.5	102.5	250
WM1-127.8 lbs.				
G. Stapleton	87.5	35	107.5	230
Teen 227 lbs.				
R. Parker	165	127.5	182.5	475
SM2-138.8 lbs.				
K. Shoneider	185	67.5	182.5	435
170.8 lbs.				
D. Classon	97.5	52.5	112.5	272.5
280 lbs.				
C. Frazier	210	122.5	222.5	555
SM1-170.8 lbs.				
C. Smith	240	147.5	237.5	625
187 lbs.				
B. Maynard	182.5	150	220	552.5

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J. Madsen	237.5	170	225	632.5	E. Ohnemus	250	145	227.5	632.5	R. Broen	57.5	110	182.5	350
S. Drake	285	192.5	277.5	755	J. Garring	107.5	62.5	140	310	D. Connors	85	170	245	500
Pure 187 lbs.					INT 170.8 lbs.					Teen 154.3 lbs.				
J. Mochlewitz	237.5	172.5	247.5	657.5	E. Rebuhn	147.5	152.5	205	485	J. Hitchner	22.5	35	70	127.5
205 lbs.					T. Olivar	165	110	202.5	477.5					
J. Madsen	237.5	170	225	632.5	E. Hoopes	272.5	180	285	737.5					
J. Thompson	310	220	0	0	R. Belmaster	237.5	172.5	255	665					
280 lbs.					HS 138.8 lbs.									
D. Shuck	227.5	177.5	287.5	692.5	S. Seymour	145	102.5	200	477.5	BENCH/MEN	R. Eckert	320		
K. Kirchner	235	180	250	665	205 lbs.					Teen (18-19)	242 lbs.			
R. Brugman	195	165	230	590	J. Steger	192.5	127.5	265	585	M. Strom	315	K. Hudson	350*	
NOV 170.8 lbs.					Power Sports	CR	BP	DL	TOT	A. Michelson	310	4th	360*	
C. Smith	240	147.5	237.5	625	RAW BPNOV 187 lbs.					Junior		A. Stark	260*	
205 lbs.					D. Doobay	—	150	—	150	S. Corbett	315*	275 lbs.		
J. Madsen	237.5	170	225	632.5	205 lbs.					D. Corbett	325*	G. Powell	430	
R. Clark	197.5	155	207.5	560	J. Nelson	—	147.5	—	147.5	Submaster		B. Saunders	405	
250 lbs.					E. Smith	—	162.5	—	162.5	D. Walker	500	SHW		
B. Fidell	205	152.5	237.5	595	D. Doobay	—	150	—	150	R. Eckerl	320	R. Campshore	330	
280 lbs.					C. MPPURE 187 lbs.					Master (40-49)	STRICT CURL			
C. Frazier	210	122.5	222.5	555	S. Rodeen	—	45	—	45	C. Wellbank	340	Lightweight		
NAT 280 lbs.					CM1-205 lbs.					D. George	320	M. Strom	140	
W. Hammes	312.5	205	295	612.5	K. Randell	85	—	—	85	M. Glade	275	90		
Mpure 280 lbs.					D. Phillips	—	—	202.5	202.5	J. Delrich	300	J. Delrich	135	
W. Hammes	312.5	205	295	612.5	DLWINT 110.2 lbs.					D. Rabe	225	S. Corbett	130	
M3-227 lbs.					S. Rodeen	—	—	75	75	D. Walker	500	Heavyweight		
D. Shaw	267.5	142.5	267.5	677.5	M1-170.8 lbs.					D. Walker	170			
J. Ites	190	165	210	565						D. Pilat	400	4th	170	
M2-187 lbs.													185*	
D. Rhodes	275	145	272.5	692.5										
M1-250.2 lbs.														



Best Lifter in the Bench Press at the Wisconsin Open was David Walker with a 500 lb. effort in the 220 lb. class. (by Dr. Darrell Latch)

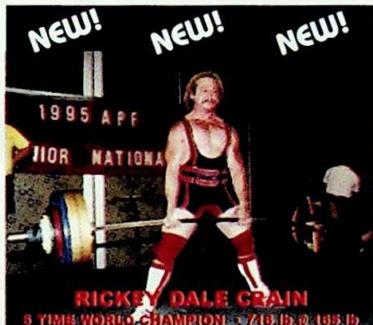
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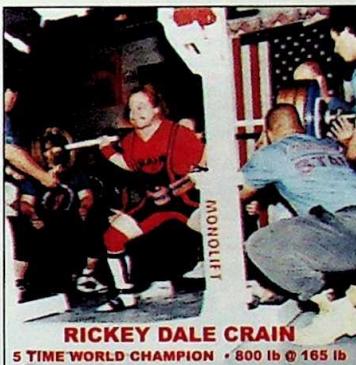


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* Personal record. Best Lifter: Bench Press - David Walker. The Wisconsin Open Bench Press/Strict Curl Championships were held at Creative Energy Ironhouse Gym. A special thanks to David Walker and his wife Jeanne for all their help in organizing this event. Also thanks to Roger Strom and Jeff Ketterhagen for their help spotting and loading throughout the competition. In the bench press competition Mike Strom took the teenage class with 315 at a 173 bwt. over Aaron Mickelson who finished with 310 @ 186. Mike's only miss was a pr third attempt with 340. Aaron also failed at his final attempt at a new pr of 315. Sean Corbett got two new personal records in his win of the junior class, finishing with a fourth at 325. Going four for four, Sean also pr'd his third attempt with 315. David Walker had a great day of lifting winning both the submaster and open 220 class along with best lifter honors. David was lifting to raise money for the Muscular Dystrophy charity and had secured a number of sponsors who were paying him for each pound he lifted. David didn't disclose the amount his wife Jeanne and he raised, but said it was very successful and we are always glad to hear about such good causes. David opened with an easy 460 then failed on his second attempt with 500 before coming back and getting the same on his third. Second place in the submaster class was Ryan Eckerl, who also finished third in the open 220 class. Ryan only got his first two attempts but still finished with a strong 320. Chris Wellbank took the master 40-49 class over Dennis George 340 to 320 in a close one. Chris weighed in at 241 to Dennis 218. In the open classes, Michael Glade captured the 181 title with a strong 275, weighing in at just 171. At 198 it was John Delrich getting only his opener with 300 for the win. Second place went to Dave Rabe, also with just a opener of 225. In the 220 class Dana Pilat ended up in second place behind David Walker, getting an easy 400 on his second attempt. Dana was close with 410 twice. Kevin Hudson had a big day of benching, going four for four with three new personal records on the day. Kevin went 335-345-350-360 and just kept getting stronger! Second at 242 was eighteen year old Al Stark who also got a personal best on the year, finishing with 260. Guy Powell took the 275s with a big 430, missing only his final attempt with 470, which would have been a new pr for him. Second at 275 was Brad Saunders with 405. Brad had a little problem with his shirt and had to have all three of his attempts to get his opener. Big Rusty Campshore got only his opener of 330, but that was good enough for the superheavyweight title. In the strict curl competition each lifter had to curl their weight only once, but in perfect form, which then was formulated for placing. In the lightweight class (under 181) Mike Strom got all three of his attempts to finish with 140 @ 173 for the win. Second place went to Richie Feil who had to settle with just his opener of 90 at a bwt. of 166. In the middle-weight class (199-220) John Delrich came out the winner over Sean Corbett, 135-130. John came in at 198 while Sean weighed ten pounds heavier. David Walker also took the heavyweight (over 220) class in the curl. David finished with 170 @ 220 over Kevin Hudson, who curled the same but at a 228 bwt. Kevin came back and made an easy 1.85 for his fourth attempt. Then just for fun the crowd (which by the way was great!) pushed Kevin and David to do even more! Eventually, after seven attempts, David got 200 to Kevin's 195! Great job boys! Thanks again to all the lifters, helpers and to the crowd for their support. (from Darrell Latch)

NASA National BP
5 Feb 00 - Nashville, TN

Pure 119 lbs.	227 lbs.		
S. Petrenck	127.5	J. Meuth	142.5
170.8 lbs.	280 lbs.		
A. Zimmerman	130	M. Rose	202.5
S. Long	125	M1-170.8 lbs.	
187 lbs.		A. Zimmerman	130
D. Rose	165	187 lbs.	
T. Baker	145	M. Pittman	170
205 lbs.		T. Berrody	147.5
M. Feinberg	207.5	205 lbs.	
T. Mull	197.5	J. Early	185
J. Early	185	227 lbs.	
227 lbs.		L. Lipscomb	210
D. Anguish	185	D. Goble	182.5
J. Ritzler	185	280 lbs.	182.5
250 lbs.		H. Davis	
T. Davis	190	315 lbs.	
280 lbs.		T. Manno*	227.5
K. Morse	207.5	M2-187 lbs.	
E. Carlson	165	J. Shoaf	135
315 lbs.		227 lbs.	
T. Manno	277.5	S. Caldwell	167.5
SHW		D. McAnally	165
M. Price	246	SHW	
SM1 119 lbs.		B. Rakestraw	167.5
S. Petrenck*	127.5	M3-187 lbs.	
205 lbs.		J. McDermott	152.5
M. Feinberg	207.5	280 lbs.	
227 lbs.		J. Jenkins	102.5
S. Beeson	137.5	Mpure 170.8 lbs.	
280 lbs.		A. Zimmerman	130
A. Meyers	212.5	187 lbs.	
SM2 187 lbs.		J. Wood	175
S. Landers	165	T. Barrody	147.5
227 lbs.		205 lbs.	
D. Anguish	185	J. Early	197.5
J. Ritzler	185	227 lbs.	
P. Arnwood	167.5	L. Lipscomb	210
280 lbs.		250.2 lbs.	
K. Morse	207.5	R. Richey	215
R. Richey	137.5	M. Stumbo	
315 lbs.		280 lbs.	
B. Duncan	155	L. Goins	217.5
Teen 227 lbs.		H. Davis	182.5
R. Harrison	130	E. Carlson	165
WINT 101.4 lbs.		315 lbs.	
W. Cross*	32.5	T. Manno	277.5
Youth 99 lbs.		Nat 119 lbs.	
N. Zimmerman	32.5	S. Petrenck	127.5
Beg 127.8 lbs.		187 lbs.	
B. Jones	87.5	J. McDermott	152.5
227 lbs.		205 lbs.	
S. Beeson	137.5	M. Feinberg*	207.5
280 lbs.		227 lbs.	
M. Lukens	185	J. Ritzler	185
HS 154.3 lbs.		250 lbs.	
B. France	-112.5	T. Davis	190
227 lbs.		280 lbs.	
C. Ethridge	170	R. Richey	137.5
Int 170.8 lbs.		315 lbs.	
D. Hagan	145	T. Manno	277.5
S. Long	125	B. Duncan	155
205 lbs.		SHW	
S. Wilson	170	M. Price	246
250.2 lbs.		Novice 119 lbs.	
T. Davis	190	S. Petrenck	127.5
J. Chapman	182.5	187 lbs.	
SHW		205 lbs.	
M. Price	246	D. Sanders	-155
JR 127.8 lbs.		227 lbs.	
B. Jones	87.5	S. Beeson	137.5
187 lbs.		280 lbs.	
D. Rose	165	K. Morse	207.5
B. Duncan	155	315 lbs.	

(Thanks to NASA for providing these meet results)

Son Light Power Missouri Raw
4 Mar 00 - Fredrickton, MO

BENCH	Police/Fire
Teen (13-15)	220 lbs.
WOMEN	D. Bequette
105 lbs.	310
A. Taggart	Open 165 lbs.
MEN 148 lbs.	C. Ellsworth
Teen (13-15)	198 lbs.
T. Moore	D. Wofford, Jr.
Submaster	375
308 lbs.	220 lbs.
O. Bell	T. Dennis
Master (45-49)	350
208 lbs.	242 lbs.
E. Finnell	L. Young
Master (50-54)	365
242 lbs.	308 lbs.
L. Kirby	D. Roberts
308 lbs.	400
E. Coates	DEADLIFT
4th	MEN
WOMEN	Teen (16-17)
Teen (13-15) 123 lbs.	165 lbs.
A. Roberts	J. Stratton
4th	Open 308 lbs.
165 lbs.	C. Bliss
S. Cillardi	580
SQ	BP DL TOT
Teen (13-15) 123 lbs.	80 150 315
A. Roberts	85 160 325
165 lbs.	160 105 165 430



Best Lifters at the Son Light Power Missouri State "Raw" Championships were John Vacca in the Powerlifting Division and Ovalta Bell in the Bench Press. (photograph courtesy of Dr. Darrell Latch)

4th	180	450
198 lbs.		
H. James	95	105 165 365
	4th	180 380
Open 123 lbs.		
A. Alliger	155	90 175 420
4th	170	435
181 lbs.		
M. Blaine	200	130 230 560
	4th	250 580
MEN Teen (16-17) 165 lbs.		
J. Francis	405	260 475 1140
220 lbs.		
R. Leonard	385	235 420 1040
J. Khojastch	290	235 410 935
242 lbs.		
S. Francis	550	270 550 1370
Teen (18-19) 220 lbs.		
T. Francis	350	315 405 1070
Submaster 220 lbs.		

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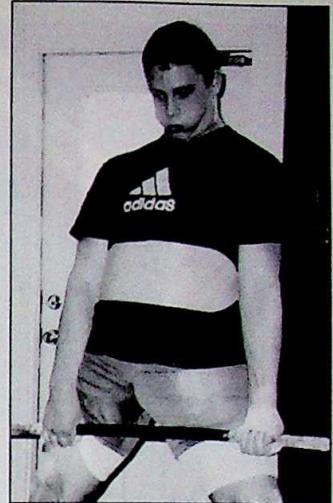
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K. Tucker 345 310 425 1080
 R. Leonard 315 180 405 900
 Master (40-44) 165 lbs.
 T. Fletcher 430 280 420 1130
 198 lbs.
 R. Stevenson 285 255 405 945
 275 lbs.
 T. Palazzola 365 315 480 1160
 Open 181 lbs.
 R. Elliedeg 405 280 425 1110
 198 lbs.
 J. Sutton 385 350 475 1210
 220 lbs.
 J. Vacca 450 445 530 1425
 T. Brady 325 365 450 1140
 D. McFadden 350 350 135 835

The Missouri State "Raw" Powerlifting Championships was held at Titan Gym. This was the first officially sanctioned event of the Son Light Power federation. The Missouri State "Raw" division of SLP was the creation of John Vacca, owner of Titan Gym. John is a great natural powerlifter and strongman competitor who really believes in the raw strength of the lifter as a true test of one's strength. With the success of this event comes the establishment of Missouri state raw records and a future top ten listing of those athletes. A special thanks to John and his staff for helping to run a smooth event. In the powerlifting event, we had three teenage women in the 13-15 age group to start the competition. At 123 it was Alicia Roberts squatting 85,

bench 80 and pulling 160 on her fourth attempt for a 325 total. This was Alicia's first full meet, and at the age of twelve shows a lot of potential. Shanna Gillardi was successful with every attempt, finishing with 180-105-165-450 for the win at 165. Shanna also showed a lot of potential with balanced lifting throughout the individual events. Hannah James won at 198, also with balance lifting and a 380 total. Hannah squatted 95, benched 105, and deadlifted 180, having a perfect ten for ten day. In the open women's classes, first up was Angie Alliger who took the title at 123. Angie got a strong squat of 170, benched 90 and pulled a 175 deadlift for a 435 total. Her only miss was her second attempt bench with 90, which she came back and got for her third attempt. The big lifter of the day for the girls was the winner at 181, Missy Blaine. Missy got all three of her squats, ending with 200, benched a strong 130, then hitting a strong 250 pull for a great 580 total. In the teenage men's division, we had four lifters in the 16-17 age group. First up was Jesse Francis, winner of the 165 class. Jesse showed his experience as he breezed through his attempts, going 405-260-475-1140 all at a bodyweight of only 160! At 220 there were two lifters, Rusty Leonard coming out on top over Jam Khojastch 1040 to 935. Rusty got a 385 squat to Jam's 290, which really decided the title; then both benched 235, with Rusty out-pulling Jam 420 to 410. At 242 Steve Francis looked and acted like a real powerlifter. Wow, seventeen years old, 235 lb.

bwt., this kid squatted 550 raw, benched 270 and pulled an easy 550 for a 1370 total. Steve's only miss of the day came with a personal record deadlift attempt with 600! In the 18-19 age group, Tim Francis took the 220 class with a 350 squat, 315 bench and a 405 pull for a 1070 total. Tim's 405 was a new personal record for him. Kevin Tucker won the submaster 220 title with some solid lifting over Russell Leonard 1080 to 900. Kevin squatted 345, benched 310 and pulled 425 with a balanced day of lifting. Russell had some problems in the squat and bench, getting only his openers there, but finished the day strong in the deadlift, getting all three of his lifts. At master 40-44, Tim Fletcher captured the 165 title with strong lifting, finishing 430 280 420 1130. Using great form, this seasoned veteran showed the younger lifters what it's all about. Ron Stevenson had a nine for nine day on his way to the 198 title. Ron finished with a 285 squat, 255 bench and a 405 personal record deadlift for a 945 total. At 275 it was Tony Palazzolo who also had a perfect day of lifting with a 365 squat, 315 bench and a great 480 deadlift for a 1160 total. Moving to the open men's division Ryan Elliedeg won the 181 class with a 110 total. Ryan squatted with 405, benched 280 and pulled 425, missing only his final attempts in the bench and deadlift. At 198 it was Jackie Sutton with a 385 squat, making only his opener bench of 350, but then pulling a big 475 deadlift for a 1210 total. John Vacca took the 220 title over two other competitors with the



17 Year Old Steve Francis locks out 550 for the 242 win at the SLP Missouri Raw (Dr. Darrell Latch)

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highest total of the competition. John got a 450 squat, a big 445 bench, and a strong 530 deadlift for a 1425 total. John was also awarded the best lifter trophy for the powerlifting competition. Tommy Brady was second at 220, going 325-365-450-1140. Tommy has a great raw bench. D. J. McFadden was third with a 350 squat and bench, pulling only a token deadlift after suffering an injury in the bench. D.J.'s total would have been much higher than the 835 he posted had he been able to push the deadlift. Boy, what a great bunch of raw lifters! Best Lifter Bench Press: Ovalta Bell, Best Lifter Powerlifting: John Vacca. In the bench press competition 98 lb, Amy Taggart finished with 75 lbs. to capture the 105 lb. class of the teenage women's 13-15 age group. Amy, along with Alicia Roberts and Hannah James are the products of Dave Roberts coaching, who has done a great job with these girls. T.J. Moore took the teenage men's 13-15 age group 148 lb. class with a strong 250. T.J.'s only miss came with a failed fourth attempt at a pr 260. Submaster winner at 308 was Big Ovalta Bell who got an easy 500 raw, just missing 510 for his final attempt. Ed Fennell finished with 385 to capture the 308 title in the men's master 45-49 age group. Ed also missed his final attempt, this being 400. Lonnie Kirby, aka, "The Great One", showed lots of strength with his easy 350 press for the win at 242, master men 50-54 class. Lonnie has made a great comeback after heart surgery slightly over a year ago and continues to inspire everyone around him. Big Ed Coates went four for four to finish with a 360 personal record on his way to the 308 title in the same age group. Dan Bequette lifted well to finish with 310 for the police/fire title at 220. In the open men's division Chris Ellsworth got his first two attempts into finish with 250 and the title at 165. David Wofford, Jr. finished with a personal best 375, winning the 198 open title and finishing runner-up for the best lifter title. Second at 198 was Ricky Coggins with 325. Tom Dennis took the 220 title with 350, missing his third attempt with a pr 355. Larry Young won at 242, getting only his opener of 365 then missing 405 twice. Dave Roberts also got only his opener of 400 in his win at 308, missing 420 twice. Ovalta Bell took best lifter honors, getting 500 at a 292 bwt. Justin Stratton lifted only in the deadlift competition but got a big pull there. Justin finished with 475 at a 165 bwt. for the teenage men's 16-17 165 title. The only other competitor in the deadlift-only competition was Cash Bliss who Won the open men's 308 title. Cash finished with 580 after missing his final attempt with 600. Cash actually completed the 600 pull but was called for hitching. Thanks again to John Vacca and to all who helped with the competition. (results by Dr. Darrell Latch)

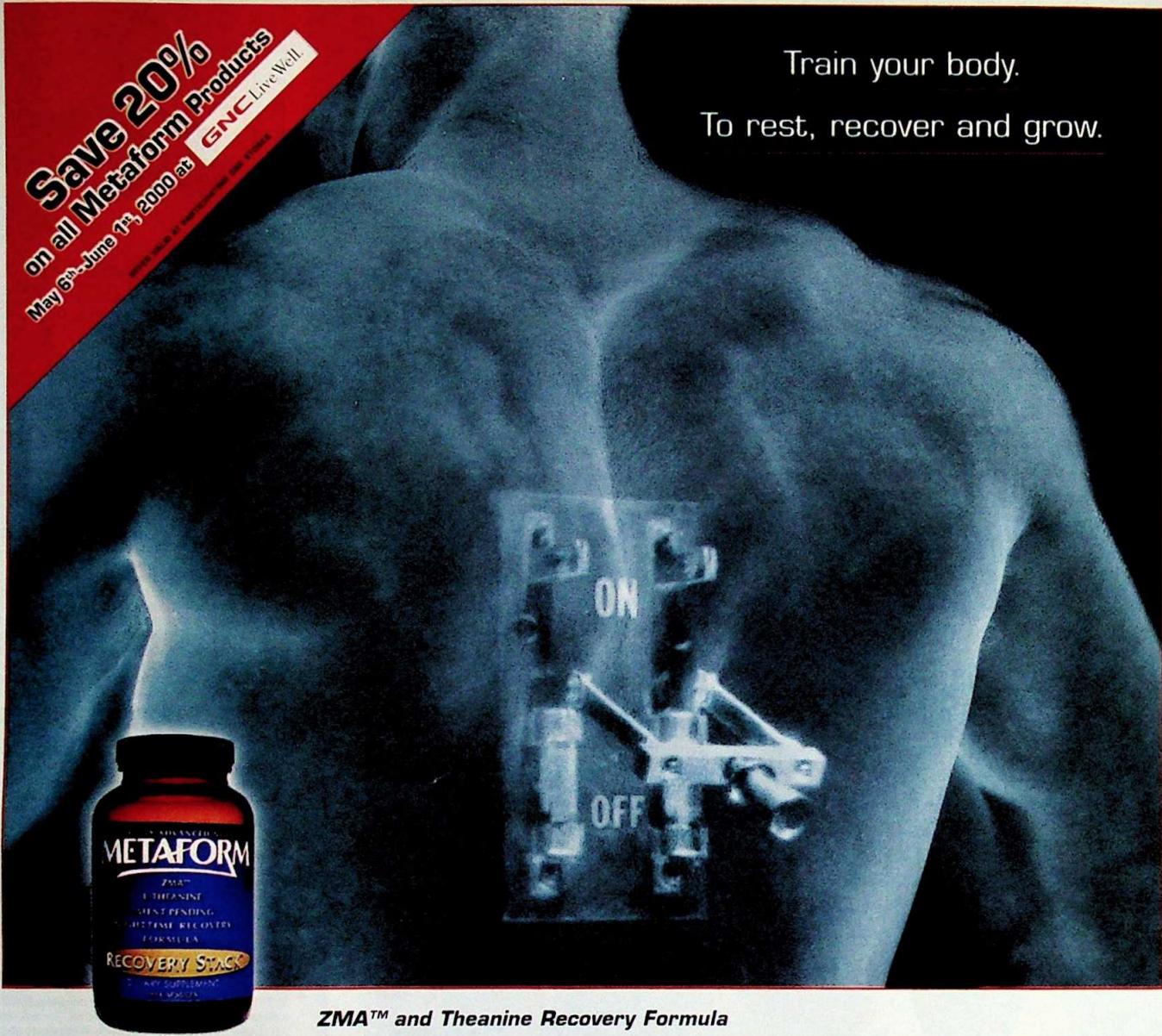
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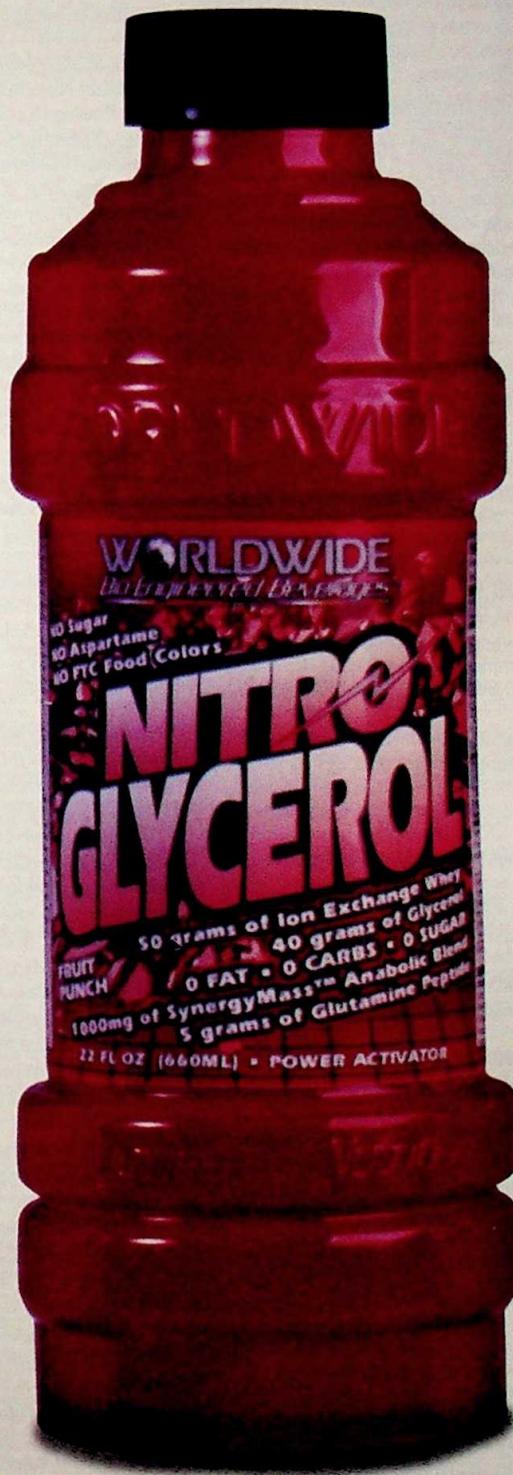
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NEXT MONTH... TOP SHWs

Corrections... Hugh Dunagan's 775 deadlift was not reflected on the TOP 100 for the 220 lb. class. At the WPA Masters Worlds, Mike Cain's 4th attempts add up to 1952. Amy Orellana's lifts of 250 100 275 625 at 105 lbs. were not reflected in the results of the USPF Georgia State meet for 1999. Phil Guarino should have been credited with a 600 bench press on the TOP 100 220 lb. class listing, rather than 585. Mary Jacobson should have been credited with a 4th attempt 248 bench press at 165 at one of the recent WABDL meets, rather than her 236 in the competition. Doug Moss' 435 bench press in the 181 lb. class at the NASA West Virginia Regional for 1999 in Ravenswood, WV was not credited on the TOP 100 list for the 181 lb. class. Erik Maroscher should have been credited with a 1715 total in the 220 lb. class TOP 100 listing, rather than 1655. In the results of the USAPL Police & Fire Nationals, Dennis Hulslander should have been credited with a 725 lb. squat, rather than 710. The USPF Sr. National report that Dan Dumoit had passed away after the competition was incorrect. We apologize for any mistakes and please send any corrections that you find to "PL USA ERRORS" Department, Box 467, Camarillo, California 93011.

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