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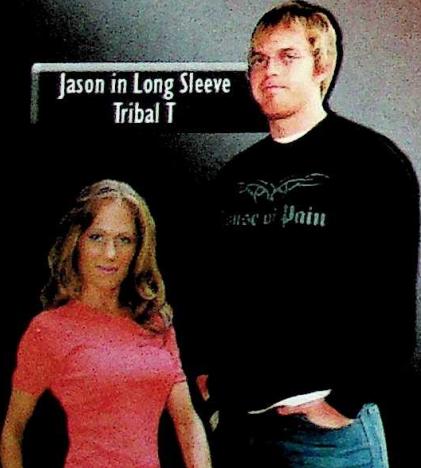


John in Tribal T



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Jason in Long Sleeve Tribal T



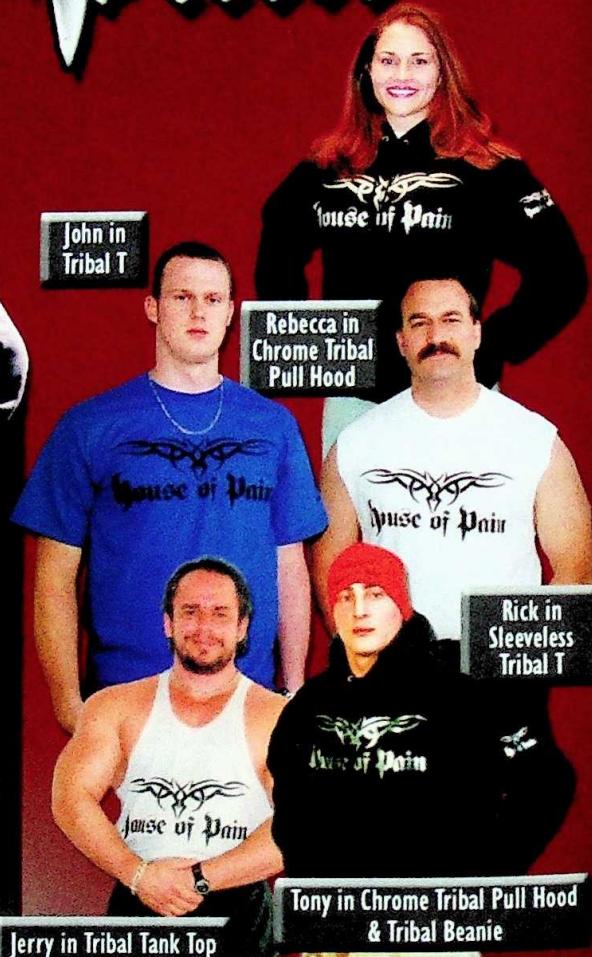
Mandy in Baby Doll Tribal T

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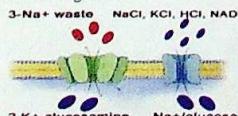
Todd Margolis, Rob Fletcher and Relson Gracie

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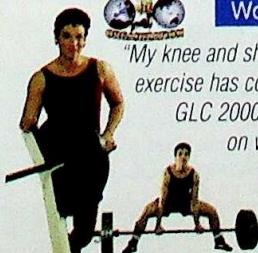
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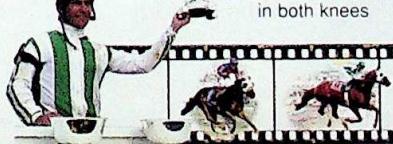


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MUSCLE MENU

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ON THE COVER - Mike Miller at his Nazareth Barbell Club training facility, just after he made his historic 1200 lb. squat

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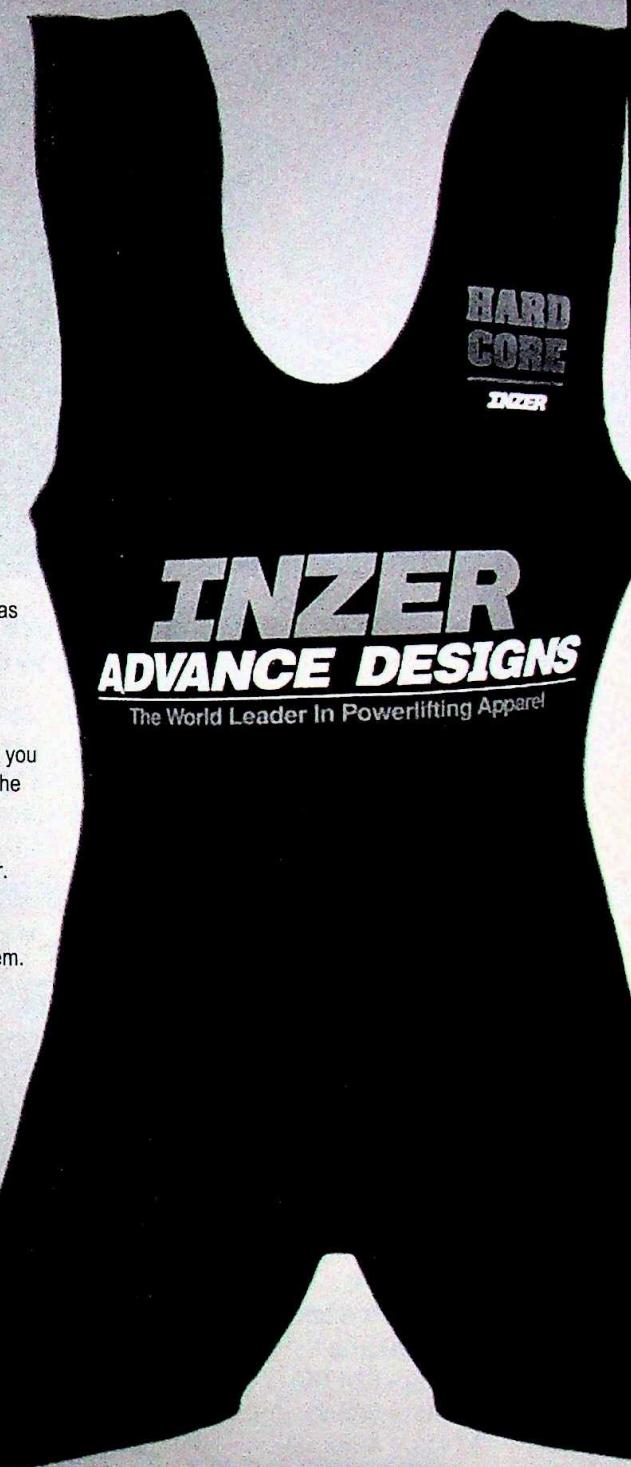
A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

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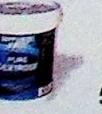
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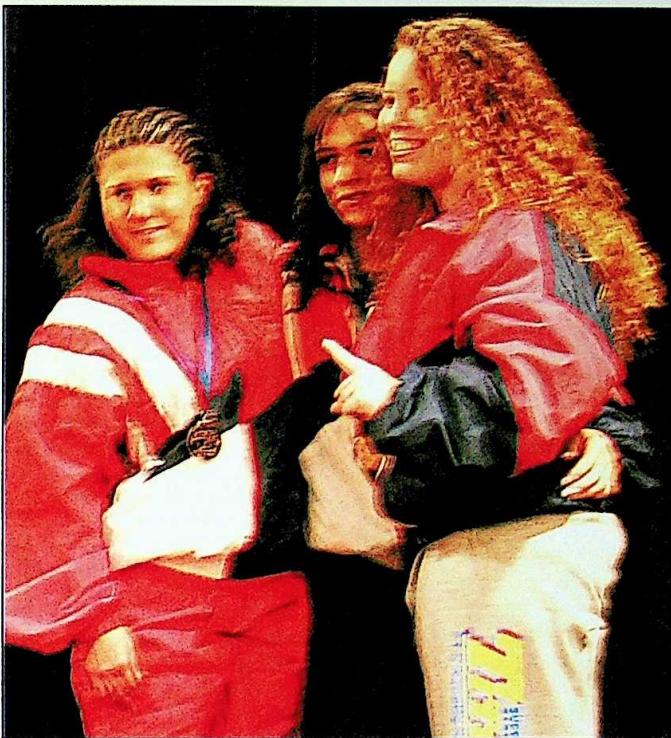
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The 15th IPF World Bench Press Championships were held in Independence, Ohio, a suburb of Cleveland, on December 3-5, 2004. Over 30 countries were represented by some 200 athletes. This was the first time this meet has been held in the United States, which was much appreciated by the US team that normally travels half way across the world to compete at these championships.

The venue was the Grand Ballroom at the Holiday Inn hotel which is a large facility with over 360 rooms. The hotel provided great service for the athletes including a diverse buffet breakfast along with some tasty dinners. The hotel also provided shuttle service throughout the week to the Cleveland Metro Parks Rain Forest, the Science Center, the Rock n' Roll Hall of Fame and Tower City shopping center in downtown Cleveland. We had 3 major sponsors including Titan Support Systems, ER equipment and Healthy Image. Other vendors included King's Gym, Athletic Edge Fitness Centers, House of Pain, Inzer Advance Design, West Side Barbell and Lifewave. ER provided two racks for the competition. Many in the US have attempted to duplicate the racks designed and manufactured by ER owner Erik Rasmussen, but I believe the

IPF WORLD BENCH PRESS as told to Powerlifting USA by Dr. Larry Miller



Golden Girls for the USA ... Jennifer Robertson (132), Priscilla Ribic (148), Christina Newman (165) all won their weight classes.

original is still superior to all the copies. I introduced Louie Simmons to Erik and Louie was quite impressed with the racks. The racks are perfect for attaching bands and for those of you who are unfamiliar with the racks, they are also ideal for squatting with the uprights easily moving in and out and no walkout necessary. Thanks to Erik for providing us with these awesome racks. Pete Alaniz and his dad came to Cleveland with about 100 bench shirts, but left with just a few. It appeared that a vast majority of International as well as US lifters are now using his bench shirts. It was nice when we had the shirts before the rest of the world, but now that he is selling them internationally, they are adding pounds to their benches as well. Our last sponsor was Healthy Image which brought their fine array of supplements, sports drinks and clothing.

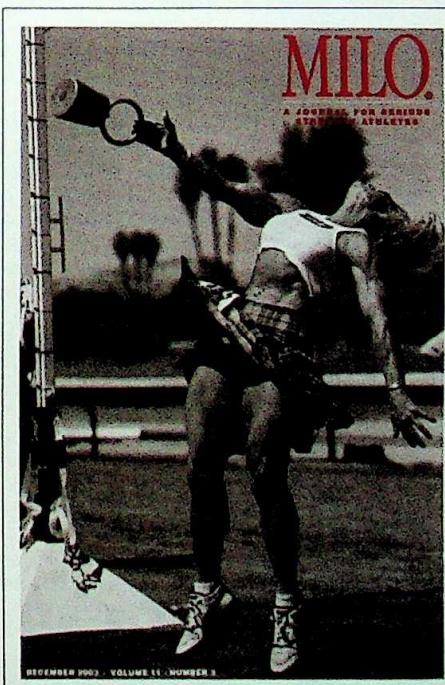
The meet was special from a number of perspectives. We had coverage of the meet from the local paper, the Cleveland Plain Dealer. Fox 8 news was also in attendance and, last but not least, was ESPN. They are starting a new show beginning in January called Timeless which will feature a variety of athletes of all different ages in a variety of sports. They filmed the entire weekend with time being

Remember when the strongest kid in your school was a girl?!

We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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

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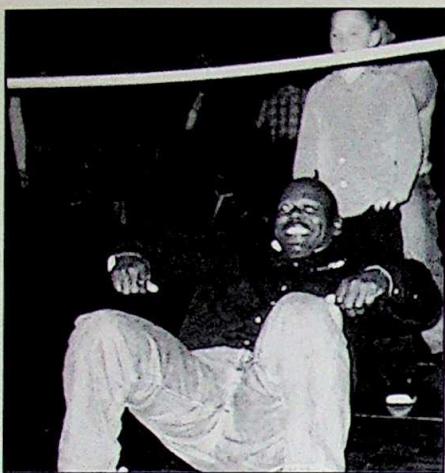
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Give Me a Lift Off! of the limbo platform, that is, for lift-off man extraordinaire Eric Curry

spent on Devon Doan, Scott Lade and Joe McAuliffe. With IPF President Norbert Wallauch and IPF General Secretary Gaston Parage in attendance, we invited them to meet with the Greater Cleveland Sports Commission which brings a number of national and international events into Cleveland. Hopefully the IPF will allow these meets to come back to Cleveland in the future. We had local TV celebrity "Little" John Rinaldi, co-star of the Big Chuck and Little John show, welcome the athletes during our opening ceremonies. We also had a nice surprise in that lifting legend Vince Anello stopped by and presented medals to some of our champions. Vince at one time was one of the world's top lifters and known for his deadlifting. Vince just had hip surgery, but seemed to be doing well.

Ed and Frank King and I have run a number of national meets, probably 6 or 7, but I can tell you, running a world meet isn't close to running a national

hotel to get the rooms right and then when you think everything is set, you have to make changes for those people who didn't get their visas. I had great help at the hotel by working with Miriam Katcher who kept on top of all the changes.

Usually I discuss the spotters and loaders at the end but we had an exceptional group including Tony Cardella, freshly back from the men's worlds in South Africa, multi-IPF world champion Dave Ricks, past national champion Greg Page and past silver medalist Pat Wilson. In addition we had top lifters such as Andy Furnas, Keye Daus, Jeremy Auerbach, Frank Valenti and Ben Sustin as well as Tom Knapik, Al Sharpe, lifting partner Vince Tarantino, and my trainer Aron Kohler. We had a fair number of athletes miss their attempts, but the spotters caught everything. Aside from a great group of spotters, we had the world's greatest lift-off man, my pal Eric Curry, do all the lift-offs. Luckily for the lifters, Eric is

meet. I am going through withdrawal as prior to the meet I was averaging over 10 e-mails a day and now I am back to one or two a day. Not only do you run a competition, you also must prepare a banquet for over 200 individuals, provide entertainment and collect food orders and money. You also spend countless hours sending out visa support letters, over and over, to this embassy and that embassy. You must coordinate people coming in with the

better at lifting off than he is at dancing or limbo competitions. Per usual, Eric received a standing ovation at the banquet. The lifters really appreciate how serious he takes his work. No one wants to go to a world meet and get a terrible lift off.

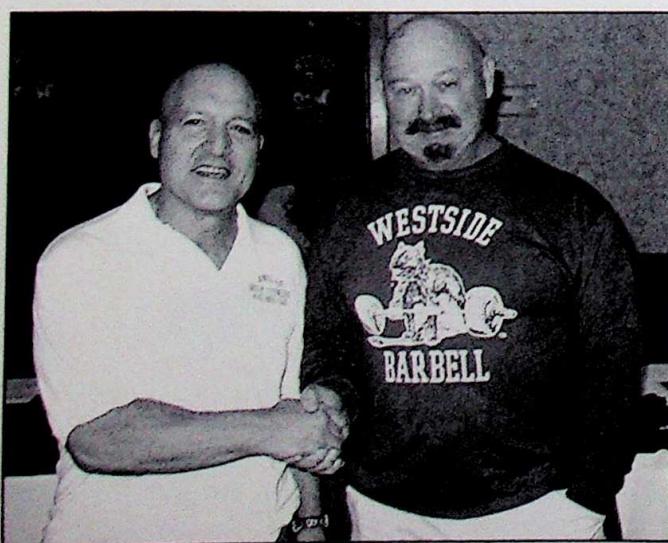
I received a number of compliments regarding the running of the meet. We had a large warm-up area and we positioned a TV monitor along with a scoreboard from a projector. We also had 2 projectors running on each side of the platform so that the audience could follow along. From the beginning, I had been arguing with Gaston Parage regarding the computer program. He wanted to bring a gentleman from the Ukraine and we wanted Mr. Joe Marksteiner to run his program. Well, both were there. We used Joe's program, although the Ukrainian was using his as a back up and he also sent the results to the internet. Have you ever seen a program that has a scoreboard which calculates the Wilkes points, and team points as well as has a bar load program and a clock. Well, Joe's did all that and more. Joe ran his program the entire weekend for us which we greatly appreciated. We received our equipment from Big Gary Kanaga. Thanks for the projectors and screens. We averaged some 500 spectators each day, which was a nice change for an international event.

The women's competition began on Friday with Justyna Kozdryk from Poland setting a world record in the 44 kg class with a lift of 98 kgs. Olga Golubeva from Russia and Eva Svantekova from Slovakia both lifted 90 kgs, but Olga was lighter and took the silver. The 48 kg class had multi-world record holder and world champion, Yukako Fukushima from Japan. She finished 25 kg ahead of the rest of her class of 9 lifters with a lift of 120 kg. Finishing in second from the Czech Republic was Marcela Balogova with a bench of 95 kgs. The bronze medal was won by Mervi Sirkia from Finland with a lift of 90 kg. USA lifter Maura Shuttleworth, in her first world meet, finished in 9th place with a bench of 72.5 kg. Maura finished

IPF World Bench (Women) (kg)

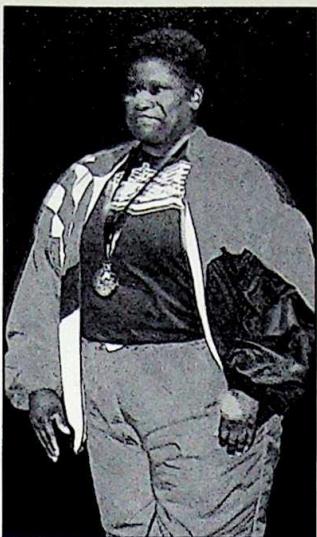
44 kgs.	NAT	1st	2nd	3rd
Kozdryk	POL	90	92.5	98
Golubeva	RUS	90	90	95
Svantekova	SVK	90	95	95
Maeda	JPN	77.5	82.5	85
Wanko	AUT	65	70	75
48 kgs.				
Fukushima	JPN	115	115	120
Balogova	CZE	90	95	97.5
Sirkia	FIN	90	92.5	97.5
Svahn	DEN	48	92.5	92.5
Kamiya	JPN	82.5	85	90
Kitamura	RSA	80	85	85
Dalling	CAN	77.5	85	87.5
Engelwirth	AUT	67.5	72.5	77.5
Shuttleworth	USA	67.5	72.5	80
52 kgs.				
Krylova	RUS	112.5	125	125
Olsson	SWE	115	120	125
Nagaya-Shir	JPN	105	112.5	112.5
Yoshida	JPN	80	87.5	87.5
Hollier	USA	95	95	95
56 kgs.				
Althaus	GER	130	138.5	140
Darling	USA	117.5	125	140
Rantala	FIN	105	110	117.5
Pracella	FRA	107.5	110	110
Braun	AUT	95	100	105
Nagypal	HUN	80	87.5	100
Wing-Yuk	HKG	67.5	70	70
60 kgs.				
Robertson	USA	135	135	137.5
Thompson	USA	132.5	132.5	140
Igosheva	RUS	115	120	122.5
Nagy	HUN	110	115	126
Kato	JPN	87.5	92.5	92.5
Pendry	GBR	85	92.5	100
Schmidt	GER	92.5	97.5	97.5
Villwock	GER	97.5	97.5	100
67.5 kgs.				
Ribic	USA	130	140	145
4th-150.5!				
Korobeynikova	RUS	125	130	132.5
Volkova	RUS	125	130	132.5
Teruya	JPN	120	130	132.5
Jaroli	HUN	100	105	105
75 kgs.				
Newman	USA	130	142.5	145
Biernacka	POL	135	135	135
Ovari	HUN	130	137.5	142.5
Oba	JPN	130	130	130
Doan	USA	125	125	125
Miyata	JPN	115	115	125
Martinez	VEN	87.5	95	125.5
Brostrom	SWE	142.5	142.5	145
Coscojuela	ESP	150	150	150
Glomstein	NOR	95	95	97.5
82.5 kgs.				
Kudryavtseva	KAZ	150	160	172.5!
Zavodsky	HUN	165	170	175
Nanasi	HUN	120	127.5	135
Hartle	CAN	92.5	92.5	102.5
Turcotte	CAN	60	67.5	72.5
90 kgs.				
Strik	NED	150	160	160
Beer	AUT	120	125	125
Newman	USA	70	80	90
Sliwinska	POL	155	155	155
90+ kgs.				
Naskripnyak	RUS	162.5	170	175
Ferrel	USA	170	172.5	177.5
Ganenko	UKR	165	172.5	177.5

=World Records. Teams: 1. U.S.A. 63, 2. Russia 58, 3. Japan 48, 4. Hungary 43, 5. Austria 24, 6. Poland 21, 7. Canada 17, 8. Germany 16, 9. Finland 16, 10. Kazakhstan 12, 10. Netherlands 12, 12. Czechia 9, 12. Sweden 9, 14. Slovakia 8, 15. Ukraine 8, 16. Denmark 7, 17. France 7, 18. S. Africa 5, 18. G.B. 5, 20. Venezuela 4, Hong Kong, Norway, Spain Champion of Champions: 1. Althaus 167.91, 2. Kudryavtsev 160.73, 3. Fukushima 160.64 (results courtesy IPF)



Legendary Guests at the Meet Vince Anello and Louie Simmons

second in the limbo competition at the banquet and I got a good picture of her imitating a pretzel. Russian lifter Irina Krylova won the gold with a world record lift of 125 kgs. in the 52 kg class. Close behind was Swedish lifter Anna Olsson who finished with a bench press of



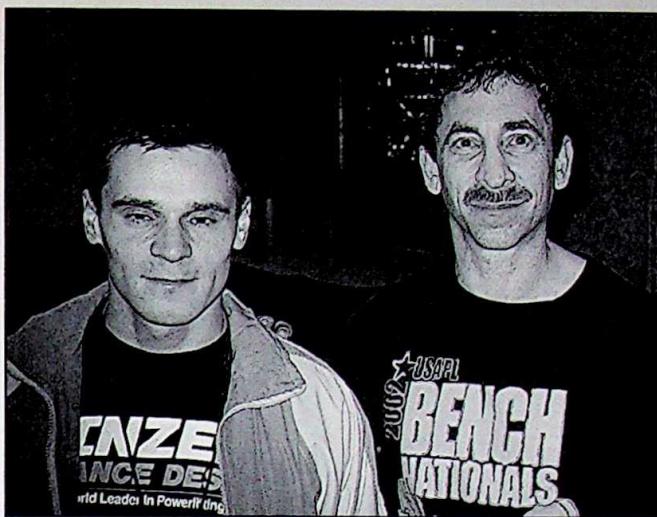
Deb Ferrell went silver this time.

120, but she missed 125 on her third attempt. In a distant third was Kaori Nagaya-Shirakawa from Japan who finished with 105 kgs. US lifter Jennifer Hollier had shirt problems and looked a little flat, which resulted in her not getting a lift in. The first US medal came in the 56 kg class, but unfortunately for US lifter Jill Darling the meet's outstanding lifter, Tamara Althaus, was in her weight class and Tamara finished with a world record lift of 138.5 kgs. Jill won the silver medal with her opening lift of 117.5, but missed her next two including a world record attempt of 140 on her third. Finishing in third was the Finnish lifter Hanna-Elisabet Rantala who lifted 110 kgs. Jill got things rolling, and probably for the first time in a long time, the US then won three consecutive gold medals. Jennifer Robertson was coming off a strong performance at Bench Nationals. She only made her second attempt with a lift of 135 kgs which gave her the gold. Bench America winner, Jennifer Thompson, was close behind, winning the silver with a bench of 132.5 kgs. Finishing a distant third was Russian lifter Natalia Igosheva with a second attempt lift of 120 kgs. Priscilla Ribic went 4 for 4 in winning the gold in the 67.5 kg class. Her fourth attempt world record lift was 150.5 kgs. Russian lifters Svetlana Korobeynikova and Marie Volkova finished second and third respectively with lifts of 130 and 125 kgs. In the 75 kg class, Christy Newman grabbed the gold medal with a lift of 145 kgs. She was followed by Polish lifter Monika Biernacka who ended up with a 135 kg bench and taking the bronze was Mariann Ovari from Hungary with a bench of 130 kgs. Seventeen year old US lifter Devon Doan finished in fifth with a third attempt

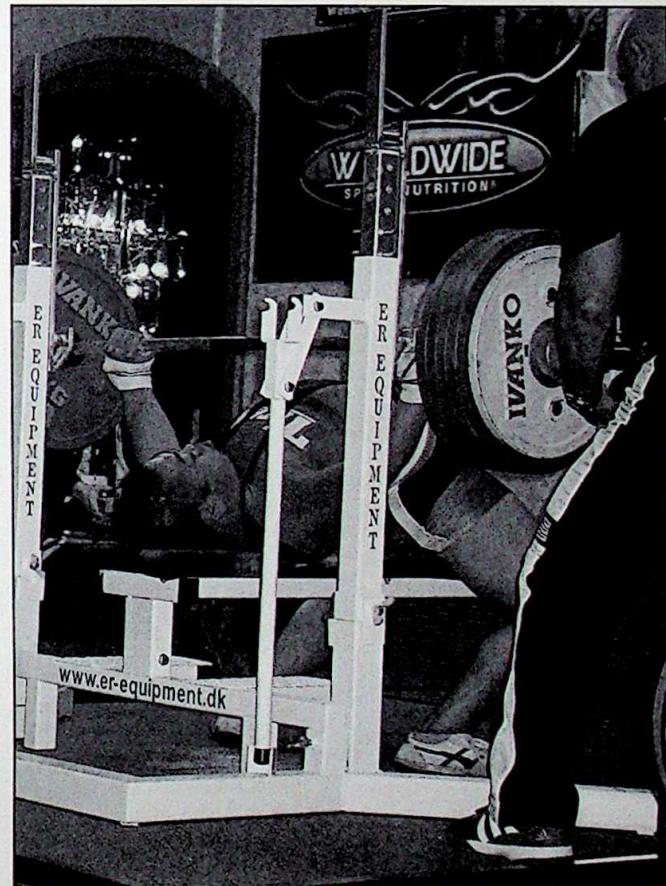
bench of 125 kgs. The pressure was on, especially after missing her first two with ESPN hovering over her with camera and microphone. It should look great on TV as she leaped into her dad's arms after making her third attempt, a real Kodak moment. The US string of victories ended in the 82.5 kg class with world champion Tatyana Kudryavtseva from Kazakhstan increasing her world record by going 172.5 kgs on her third attempt. Hungarian lifters Timea Zavodszky and Nikoletta Nanasi finished second and third respectively with lifts of 170 kg and 127.5 kgs. The 198 kg class saw Ilja Strik from the Netherlands win the gold with her first attempt lift of 150 kgs. She looks like she should be able to bench 200 kgs with a physique that bodybuilders would be jealous of. Winning the silver medal was Austrian lifter Rosemarie Beer who finished with a third attempt lift of 125 kgs. US lifter Kim Newman won a bronze with a lift of 80 kgs. The Superheavyweights were disappointing for US lifter Debra Ferrell. She barely missed her third attempt lift of 177.5 kgs, which would have given her the gold. She was strong enough, but didn't pause to the satisfaction of the referees, thereby ending up with the silver medal. Winning the gold was Russian lifter Irina Naskipnyak with a bench of 175 kgs. Finishing in third was Ganna Ganenko from the Ukraine with a bronze medal lift of 165 kgs.

The US women's team won the team gold with 63 points followed by the Russians with 58 points and Japan finished in third with 48 points. Twenty-three countries competed in the women's championship. The women's outstanding lifter was Tamara Althaus from Germany who finished well ahead of the pack with 167.91 points followed by Tatyana Kudryavtseva from Kazakhstan with 160.73 Wilkes points and close behind in third was Japanese lifter Yukako Fukushima with 160.64 points.

In the men's division 52 kg class Japanese lifter Naoya Ikeda from Japan only needed his opening attempt of 165 kgs to secure the gold medal. Winning the silver was Wrona Krzysztof from Poland who finished with 152.5 kgs. In third was USA lifter Hung Pham, who went three for three finishing with 145 kgs. The Japanese continued with gold in the 56 kg class with 51 year old Hiro Isagawa not only winning the gold, but setting an open world record. Sometimes I wonder how much longer I can compete in the open division and watching Hiro gives me the motivation to keep trying. Hiro's fourth attempt world



IPF phenom Sivokon (left) with co-meet director Dr. Larry Miller.



Daiki Kodama of Japan had a winner 551 opener/finisher at 165.

record was good for 185.5 kg. That's a 407 lb bench press at a body weight of 123 lbs by a 51 year old in a single ply shirt with a 2 hour weigh in and strict judging. Finishing in second from the Netherlands was Tagy Parnian. Tagy is one of the friendliest people you'll ever meet. Tagy finished with a bench of 177.5 kgs. In third from Poland with a lift of 160 kgs was Krzysztof Owsiany. Unfortunately for the US, Peter Wong was unable to get any lifts passed. Peter had

looked really solid at Bench Nationals, but didn't have it at this meet. In the 60 kg class, the favorite coming in, Kenichiro Matsumoto from Japan, couldn't get any of his lifts passed. Ayrat Zakiev from Russia looked solid and hit an impressive 202.5 kgs for the gold medal. In second from Slovakia was Stefan Kolsovsky who finished with 157.5 kg and local lifter Steve Petrenecak finished with a bronze

(continued on page 76)

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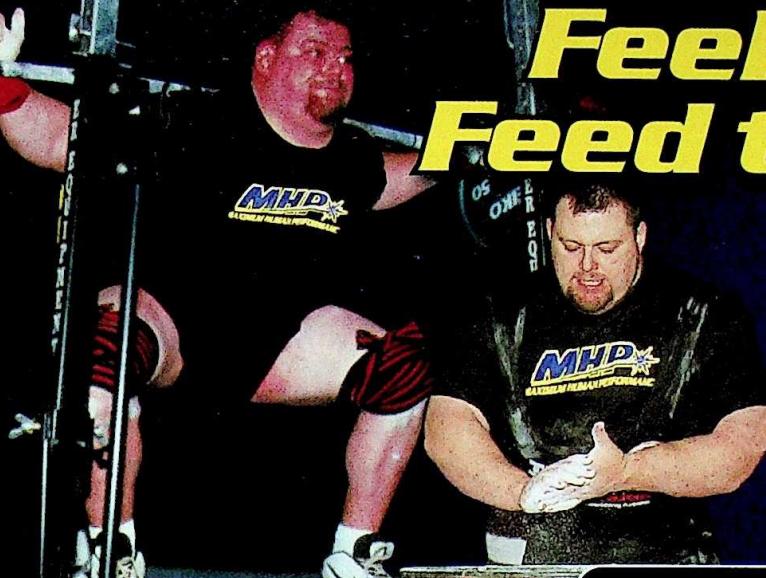


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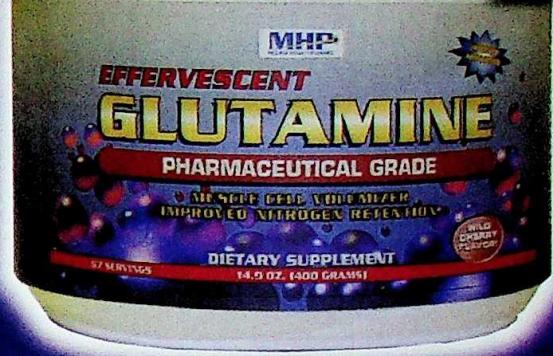


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TRAINING

PREPARE TO BENCH *as told to Powerlifting USA by Louie Simmons*

The lifters at Westside are constantly going to meets. Many of the meets are small and mostly in Ohio. We like to represent Ohio. Top lifters should lift in their respective states to entice new talent into the sport. We also attend the biggest meets: APF Senior Nationals, IPA Nationals, IPA World

Cup, WPO Bash for Cash, WPO Show of Strength, and the WPO Finals at the Arnold Classic in Columbus, Ohio, our home base.

While the squat used to be a crap shoot, it's now the bench that causes the most bomb-outs of late. Sometimes the shirt is too strong. Sometimes the lifter is too weak.

Confidence will make you a champ; overconfidence will make you a chump. We must come to grips with the fact that bench shirts are here to stay. Some prefer to lift "raw". If one has a sense of history and remembers names such as Mike MacDonald, Larry Pacifico, Jeff Magruder, and -- of course -- Jim Williams (675 in 1972 at SHW), the truth is that what people think is good raw benching today is mostly pretty sad. But what does it take to bench a personal record at contest time? Many things come to mind. The first is methods of training. There are three standard methods of training.

Dynamic Method

Here, one uses submaximal weights with maximum speed. This method teaches the lifter to display

"... to do
nothing is
worthless"

Miyamoto
Mushashi

explosive strength and to improve the rate of force development.

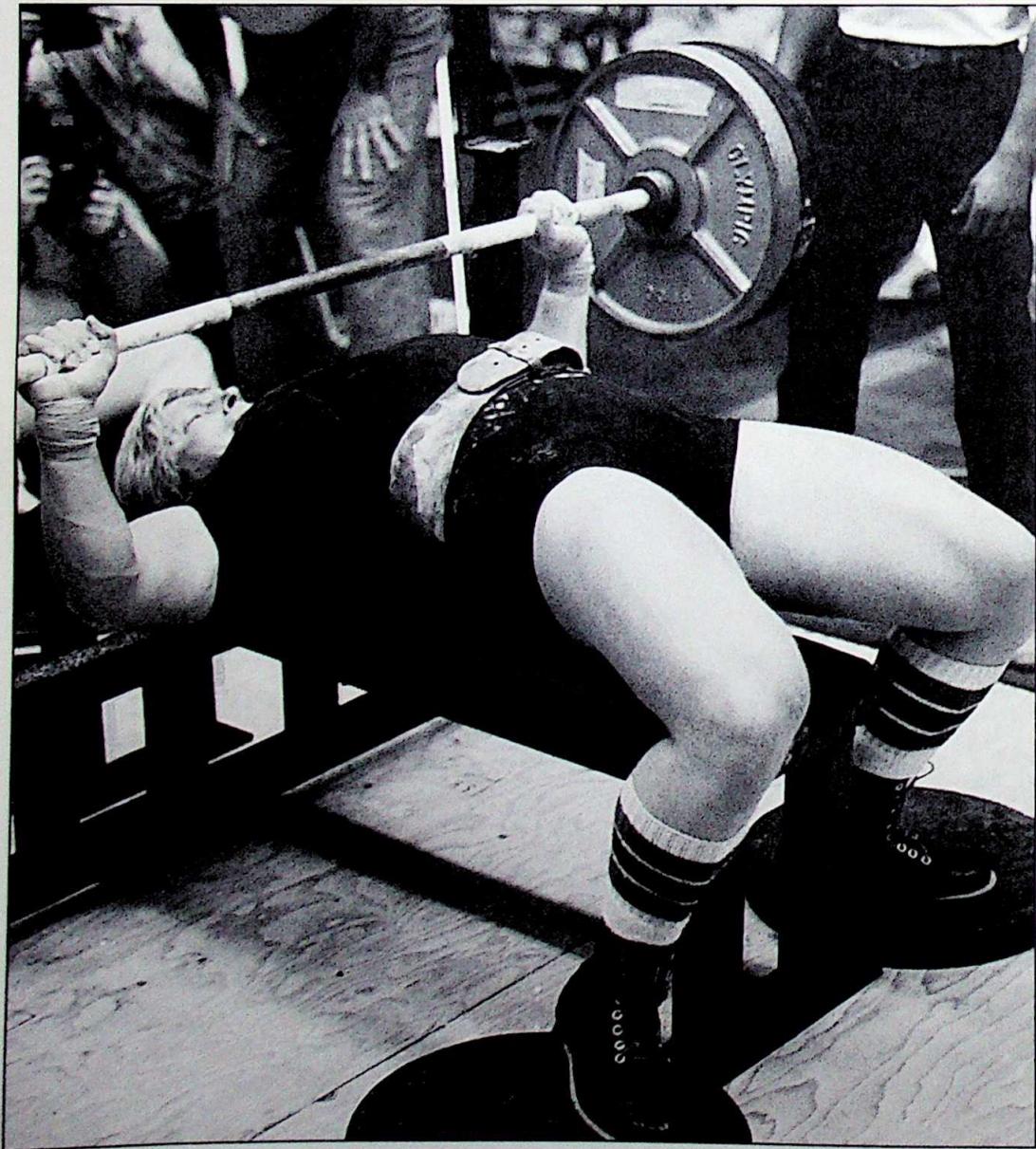
Maximum Effort Method

This is defined by lifting the heaviest weight possible for 1 rep with no time limit, or without a large emotional stress, meaning a training max, not a contest max. At Westside, the above two methods occur 72 hours apart.

Repetition to Near Failure

Westside lives on special exercises, but reps are done to near failure for triceps, lats, and delts, basically the muscle groups that are used in the three lifts. The problem today is the popularity of bench shirts and their ability to raise one's bench considerably. There are some who will only do shirt work, that is, doing band pressing with a bench shirt. The lifter will set the shirt to barely touch three boards, then adjust it to touch two boards, and finally crank the shirt to maximally work on one board. In our gym, George Halbert's group did just this for months, only to discover that it did not work. They became very good on board pressing with a shirt, only to find that they had no groove or, even worse, the ability to touch their chest. This resulted in a lot of bomb-outs.

At our gym, 20 feet away from George's group, a second group tried the same routine, also coming to the same conclusion. This time, four top lifters had miserable results. Only one out of four made a bench, and it was 70 pounds under his best. Why? Using a bench shirt is not max effort



Mike MacDonald was trying and succeeding with over 600 lbs. in the bench press, wearing nothing more than a standard t-shirt, as a light 242 pounder over 20 years ago. (this photograph taken by Mike Lambert)

work. The shirt is doing the work, not the lifter. Remember the three main methods of training? The shirt work replaced max effort work, but not really. All of a sudden, they couldn't lock out weights that were easy before. Some did not do speed work.

The dynamic method is not intended to raise maximal strength, but to teach you to display explosive strength and to improve the rate of force development. Zatsiorsky explains this in Science and Practice of Strength Training. I have heard many say that speed is not important. This is wrong thinking. A particular lifter has only so long to complete a max lift. You will fail to lift more weight when your muscles are contracted for a given time limit. The sprinter can only sprint so far before decelerating. The top sprinters accelerate a longer distance than a novice sprinter. The stronger a man or woman is, the shorter period he or she can exert maximal force. This is why speed and acceleration are so important.

When using a shirt in training, it takes a long time to work up to a max. Remember, your testosterone will drop rapidly after 45 minutes. This is why dense training is a must. Dense training refers to how much training is done in a particular time limit versus how much rest is taken during the same time limit. When putting a shirt on and taking it off, actual training time is limited. This results in little time for exercises for the triceps, delts, pecs, and lats to



George Halbert ... at a bench press seminar, pointing out the form he showed on his previous all time record 733 bench in the 220 lb. class, recently benched 625 raw in the 242s. (Bumgarner photograph)

be done. One must learn to use a shirt, but one must learn to touch the chest. Bill Crawford says that you must touch the chest. I suggest, instead of board pressing with a bench shirt, have a shirt that you

can touch 450 and establish a max record in that shirt, let's say 510. Next use a shirt that allows you to touch 500 and possibly a max of 570, and finally a 550 shirt and find your max with that shirt, I'm guessing maybe 625. A bigger bencher would use three stronger bench shirts. A lesser bencher, say 400 max, would do the same with a weaker set of shirts.

Today anybody can achieve a big bench fast due to the perfection of bench shirts. But soon after your bench tops out, you must become physically stronger. If you don't, you will disappear from the power scene. The answer is, of course, learning to use a bench shirt, but also learning to raise your natural strength.

George Halbert has set 11 all-time world records in the bench in three weight classes, yet recently made an all-time gym personal record of 625 without a bench shirt, prior to making 746 and 766 at Kieran Kidder's Bash for Cash in Orlando in September 2004 during a hurricane. Fred Boldt, at 181, made 597 in Orlando with George. He also made a 622 world record only to have it turned down for a technicality. George and

Fred both do shirt work on the chest in the gym.

As a second and more successful experiment, Joe Bayles, who had a 630 bench, made 700 pounds in a full meet and totaled 2325 at 242. Mike Brown, at 19 years old, made a 735 bench and totaled 2300 in his first meet at 295 bodyweight. Tim Harold hit a 715 bench and totaled 2455 at SHW, at 20 years old. Zach Cole went from a 575 to a 600 bench at 276. This group did shirt work off their chest. Most of the board work was done without a shirt. Joe made a 605 2-board press with no shirt prior to his 700 at the IPA Nationals in 2004.

Nowhere have I read that wearing a bench shirt is max effort work. The shirt is doing the work, not the muscular system of the lifter. In fact, your true max strength will decrease, as we found out. Recently I have seen four lifters break their arm doing a contest bench. I believe this is due to training short-cuts. As one buys a stronger bench shirt, they neglect to train harder to become stronger. Something has to give, and it is the lifter. So if you are going to spend a lot of cash for a shirt, try spending some time getting stronger. Musashi Miyamoto said, "to do nothing is worthless."

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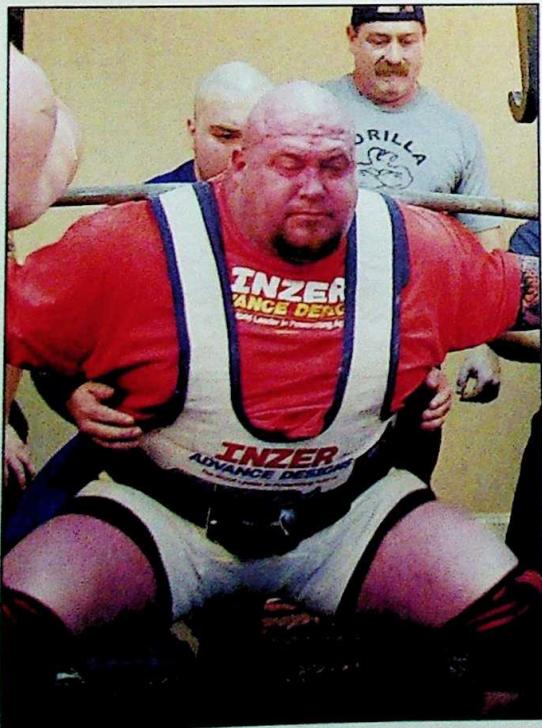
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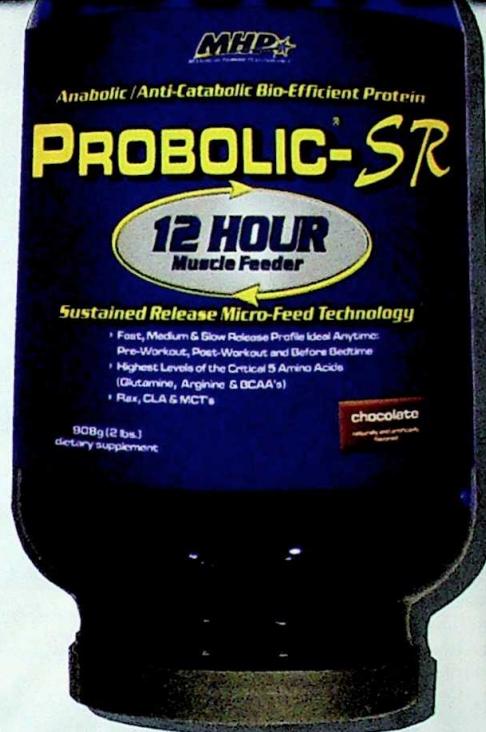
In the development of PROBOLIC-SR, MHP's research staff developed a precisely formulated protein matrix of Whey, Supro® and Casein to provide high levels of essential amino acids and yield the highest possible levels of Critical Five Amino Acids. To get an even stronger anabolic response, they further enhanced this matrix with even more free form glutamine, arginine, isoleucine, leucine and valine making PROBOLIC-SR by far the most concentrated source of CFAA's.

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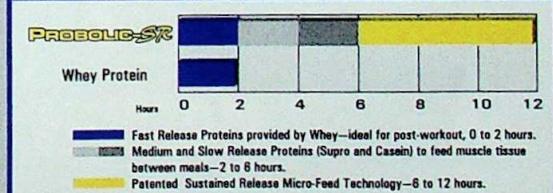
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We get thousands of questions each month on our Q/A, over the phone and our personal e-mails regarding some very simple but important questions. Here are answers to the frequently asked questions regarding max effort squat and deadlifting.

Q: Do you ever wear a squat suit or groove briefs on max effort day?

A: Yes, but not always. Many times if our hips are sore we will wear some supportive equipment on this day. There is no point in getting hurt so if you have to wear some kind of equipment to prevent injury, then wear it. You cannot lift to your potential if you are hurt, so don't take a chance. If you are wearing protective gear to work around an injury, I advise you to get that injury taken care of!

Q: Do you ever wear a belt on max effort day?

A: Yes. Almost all sets done after 70% are done with a belt.

Q: Do you still perform Zercher squats on max effort day?

A: If Zercher squats are done than they are usually done as a second movement. We have found that the limiting factor of the Zercher squat was how much weight we could hold. It is better used as an accessory exercise. These can be done with or without a box. Also, Zercher squats can be done with a straight bar or a cambered squat bar. Another great way to perform this exercise, and that allows you to take some stress off of your arms, is to place an 18" x 2x6 board in the crook of your elbows and place the bar on the board. This makes a Zercher squat bearable. If you have trouble picturing this, the newest EliteFTS Squat/DL Exercise Index goes over this in detail.

Q: Do you still perform kneeling squats as a max effort exercise?

A: No. Because of the amount of weight that was being handled, it is better to be used as an accessory exercise for higher reps (10-20 reps). This is a great exercise to build hip strength. When doing kneeling squats be sure to have some kind of extra padding for your knees. A rolled up carpet or an aerobics mat are good choices. As a side note, if you have an aerobics mat, then maybe we should talk.

Q: Do you ever wear wrist straps when doing max effort deadlift movements?

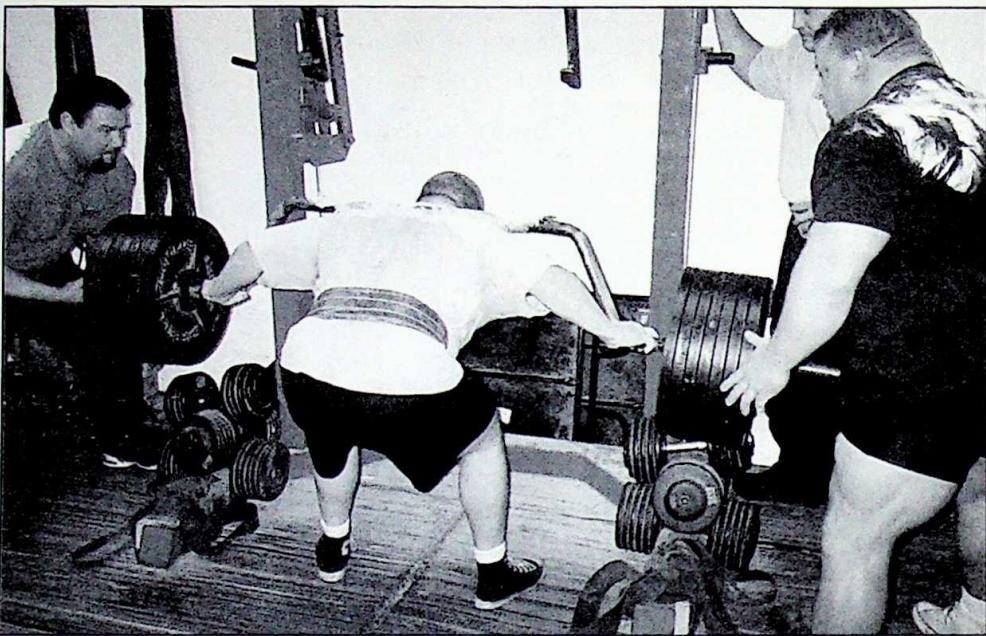
A: Yes. Don't let your grip be the limiting factor when training for max effort. If your grip is weak, train it separately. Also, a lot of people will always use an overhand/underhand grip when deadlifting. Switching to a double over hand grip and using straps will lessen the chance of a biceps tear as well as eliminating the windmill effect that many lifters seem to have when using a pronated/supinated grip.

Q: What kind of stance do you take when performing max effort squats?

A: We almost always take a close or medium (shoulder width) stance. This allows for variety as we always use a wide stance on dynamic effort squat day. Also, this mimics the stance

FORCE TRAINING

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Elite Fitness Systems



"Good Morning to you" from the world famous Westside Barbell Club ... this is just one of the many variations of the Good Morning movement that are possible/practical. (Randy Bumgarner photo)

taken when performing a conventional deadlift. Using a close stance also lets the hips recuperate from the wider stance used on dynamic effort squat day.

Q: What height is used for a low box and a high box?

A: A low box is about 1-2" below parallel. A high box would be 1-2" above parallel. In determining box height, do not use your body height or inseam as a hard rule. There are many factors that come into play. Have someone who understands what parallel is to determine the correct box height for you by watching you squat on the box.

Q: When performing rack pulls how high should the bar be placed?

A: Rack pulls can be done from any height. A good power rack will have small hole spacing to allow for small increments between rack pulls and bench lockouts. Check out our racks to see how it SHOULD be done; not how some manufacturer who has never lifted a weight builds a rack.

Q: When using the Safety Squat Bar, do you hold onto the rack?

A: No. Keep your hands at your side or on the padded yolk.

Q: When performing good mornings do I go for a 3RM or a 1RM?

A: Always make sure that your form is correct on any exercise before performing a max attempt. Once your form is correct on the good morning, you can perform either a 1 or 3RM. Many people like to perform 5-8 repetitions on the good morning. The good morning is one of

the best exercises for your low back, hamstrings and glutes. Unfortunately, many people turn the good morning into a quarter-squat because they want to add more weight. Not only is this sophomoric, it takes the purpose of the exercise away. So if your form is less than desirable on the good morning, take some weight off of the bar, do it correctly and save yourself a trip to your chiropractor.

Q: Do you ever use bands and chains on this day?

A: If we use bands, it is done when performing the reverse band deadlift or while pulling on a Jump Stretch platform against bands. Chains are used on some of the squat and good morning movements. Chains can also be used when deadlifting. For the most part, chains and bands are used primarily on dynamic effort day and rarely used on max effort day.

Q: When doing suspended good mornings, how high is the bar that is suspended in chains?

A: The bar is about 3 1/2 feet off of the ground; generally the bar is set at waist height of the lifter. No matter what height of the lifter, the bar stays at that level. This makes things easier so that you don't have to constantly change the bar during the sets. Whatever height you set the bar at, be sure you keep track of it. This way you have an easy way to track your progress and your personal records.

Q: What kind of stance do you take, conventional or sumo, when performing max effort deadlifts?

A: You can take either stance. Records can be broken using either stance so don't be afraid to vary things. Just because you pull one way does not mean that you have to always use that stance

when doing maximal effort work.

Q: How often do you change your movement?

A: The max effort movement is changed every week.

Q: How do you cycle your max effort movements?

A: There is no set rule on how to do this. The choice of movements from week to week is not dictated by a written training program but how you feel and what you feel you need to do. If you are having trouble deciding what to do you can rotate the movements every week.

• Week 1 – Deadlift Variation

• Week 2 – Squat Variation

• Week 3 – Good Morning Variation

• Week 4 – Deadlift Variation (different than week 1)

And so on...

Or another way to structure your training would be to do the following

• Week 1 – Deadlift Variation

• Week 2 – Squat Variation

• Week 3 – Good Morning Variation

• Week 4 – No max effort work; just assistance work.

• Week 5 – Return to a deadlift variation, but different than week 1

And so on...

Q: What are the most used max effort movements for the squat and deadlift?

A: Here is a list of movements that are most often done.

• Good Mornings

• Low and High Box Squats

• Cambered Bar Good Mornings

• Cambered Bar Suspended Good Mornings

• Cambered Bar Low and High Box Squats

• Safety Squat Bar Suspended Good Mornings

• Safety Squat Bar Low and High Box Squats

• Reverse Band Deadlifts

• Deadlifts Off of Pins (done in power rack)

• Deadlifts standing on elevated platform

• Box Squats with Manta Ray

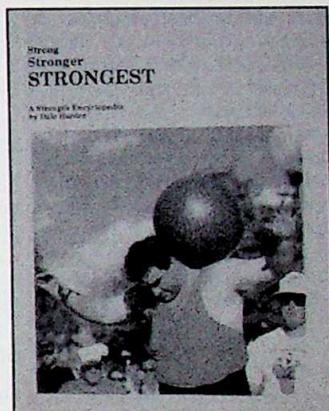
• Box Squats with Front Squat Harness

I hope this answers many of your questions regarding maximal effort work for the squat and deadlift. If you have any questions regarding form and technique, I highly recommend getting the EliteFTS Squat and Deadlift Exercise Index DVD. This DVD is over 110 minutes long and goes into great detail over every single lift we could think of. Not only are the lifts shown, but they are fully explained.

For more information regarding training, the most hardcore racks and equipment, apparel, Metal powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit www.EliteFTS.com.

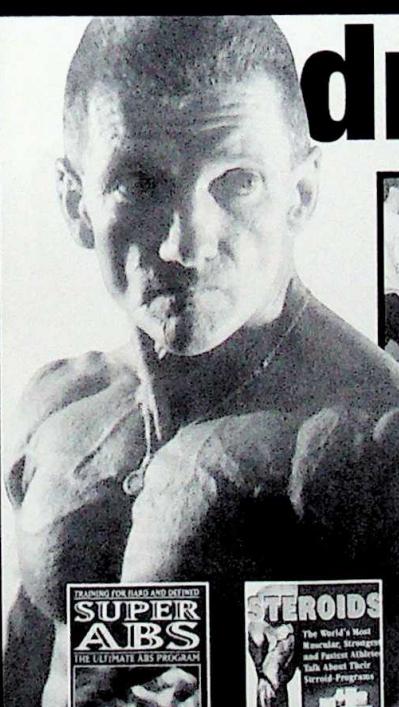
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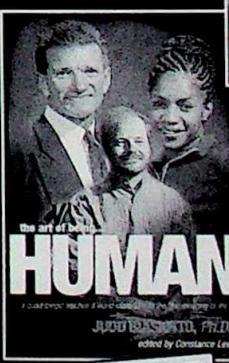


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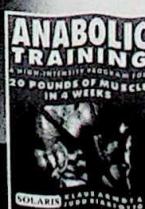
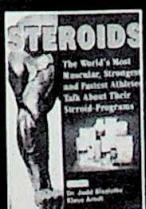
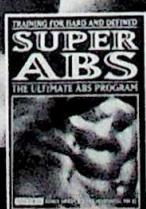
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The IPA 2004 Senior Nationals, at the Sports Factory in Shamokin Dam, and Mark and Ellen Chailliet and their crew all lived up to their tradition of excellence, as always. This was also the site of a bench press over one hundred pounds more than any other man in history has ever done. The meet was an opportunity to see two of the best teams around both compete – Westside Barbell and the LALC club. Joe and Nance Avigliano did the majority of the coaching and the rest of the LA team helped out as needed and helped get lifters ready. Truly a model of class, sportsmanship, and teamwork. It was truly a pleasure to watch – people who knew the rules, were considerate of other lifters and staff, and knew how to act at a meet.

When one of their lifters, Onn Basson, did not demonstrate those qualities on one occasion - he had the class and fortitude to apologize privately to lifters, publicly to the spectators, and privately to meet officials. In the meantime, Nance Avigliano was also making the rounds apologizing. Although the original incident was unfortunate, the attempt to make things right was swift, immediate, and classy and lived up to the image that LALC projects and lives up to. There was not a person who left that meet with any ill feeling toward Onn. Nice recovery.

Amateur Divisions

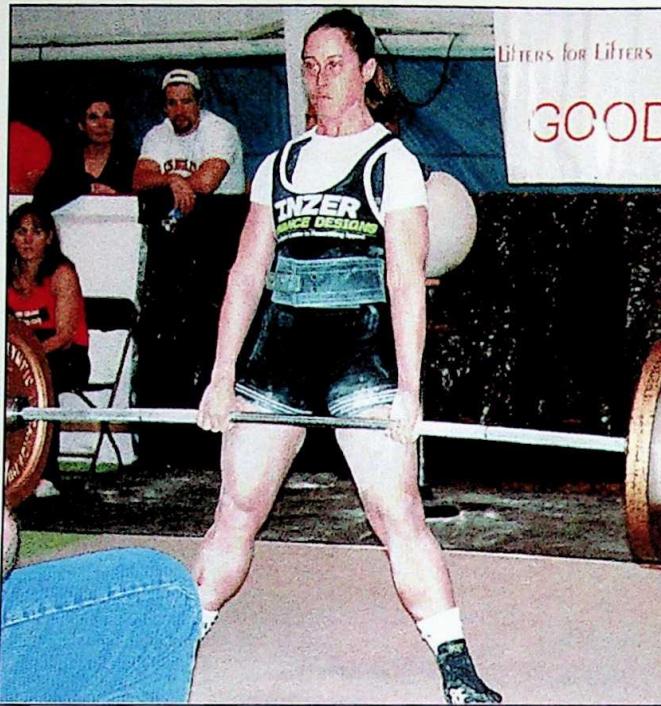
Men's Divisions:

148 lbs class: There were no open competitors of the amateur division of this weight class, but teens, masters, and juniors were present. Eighteen-year-old Jonathan Herr made a total of four attempts, including an IPA record squat of 480. He took 60 pound jumps in both the bench press and deadlift and neither fared well. Better attempt selection next time will give Jonathan the kind of total he is capable of and that accurately reflects his strength. Junior lifter Jason Hamilton made six attempts, ending with a three for three performance in the deadlift. John Gengo, 43, continues to be one of the most consistent lifters one will ever see and among the nicest.

John's 50 pound increase from his opening squat was a decision I questioned in my mind before the attempt, but John made that and more on his third and, as usual, went 9 for 9 - ending with a quality 1150 total. Richard Gidcumb, of Michigan (not Oklahoma, as I had previously erroneously indicated), lifted in the 65-69 age group and made an IPA record in the bench press, but missed one in the deadlift.

165 lbs class: Nineteen-year-old Kris Hicks made the gutsy move of opening with a new IPA record squat and then added another 35 pounds, at which point, he passed on his third attempt. It took him two attempts to get his opener in the

THE 2004 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS *as told to Powerlifting USA by Mark Kodya*



Elaine "Scraps" Grimwood deadlifted 315 after hitting an all time squat record of 355 in the 105 lb. class, thus producing an 855 total and a Best Lifter award. (photograph courtesy of Bob Grimwood)

bench, which was all he got, but it also was a new IPA record. In the deadlift he made his opener, jumped 50 pounds and missed, but came back to make it. This young man is not only a quality lifter, but is also a good representative of the sport. A class act for such a young age. At the other end of the age spectrum, thirty three year old Matthew Levy was in the submasters class and made all his final attempts in the squat and deadlift. Doug Kline lifted in the open and masters (50-54) age groups of the raw division and did some nice lifting and ended up with IPA records in the squat and bench press.

Brian Crowe lifted in the Elite Amateur division in front of a home-town audience and made all three squats: 645-690-705. Brian ran into trouble in the bench press though as he was turned down, 2-1, on his opening bench with 435. He came back to make it, but did not look as strong as he had in July in this lift, so a miss at 460 was not surprising. Brian made only his opening deadlift of 545. His top attempts, if successful, would give him 1760 total, which I believe he will do on the right day.

181 lbs class: J.J. Gilly and Travis DeSalle both competed in the 18-19 year old division of this class. Though the lifting was not particularly close, both young men showed

consistency and discipline in making the overwhelming majority of their lifts. Gilly made every attempt he took (9 for 9) and DeSalle missed but one squat and one deadlift. Gilly was also entered in the open division, but was not particularly close to Fred Piermattei, who - at the other end of the age spectrum - also competed as a master in the 45-49 age division. Fred got an IPA record squat and bench press and added a nice deadlift for a quality 1685 total. Fred was not the only master, however. Fifty-one-year-old Gordon Wolfe lifted in the 50-54 age division and made all of his attempts, with his final squat and deadlift being new IPA records.

198 lbs class: E d d i e Melodini, 18-19 age group, weighed in at a light 182 pounds, but lifted well in a heavier class than he should have been in. He missed, then came back to make, his opening squat of 500, before passing his final attempt. In the bench press, he opened with an IPA record 392, missed his next two, then made another record on his fourth attempt, with 420. His lone attempt in the deadlift of 450 gave him a fine total of 1360, especially considering his light bodyweight.

Moving up the age spectrum, Eric Glass lifted in the Junior division and made the majority of his at-

tempts, but big jumps in the bench press and deadlift kept him from the 1600 total he seemed to be shooting for.

Mike Yontz has never seen a white light at a powerlifting meet. Seriously. Of course, he has also never seen a red light either. Mike is blind, but this does not stop him from lifting weights that many without such limiting factors would be proud to lift. Officially he was in a special division, but his numbers reveal he was competitive with those lifting in the open division. Mike opened extremely conservatively in all three lifts and took fairly big jumps. His only miss was a third attempt bench press at 375. His 500 squat, 340 bench, and 520 deadlift gave him a nice 1360 total. Great job, Mike – you are an inspiration to those who witnessed your performance at this meet.

Chris Del Preore made four good attempts in the open division, totaling 1340, but his highest attempts indicate 1400 is there on the right day. Howie Reece made two squats before missing 690, three benches and one deadlift, missing twice at 560 in the latter. His 1515 total could easily have been as much as 1615.

The 198 masters (40-44) saw Ricardo Ingravera and Spencer Levy lift. Ricardo put up the highest total among the amateurs in this weight class, regardless of age. Ricardo's 670 squat was an IPA record, and missed 700 on his third attempt keeping him from breaking his own record. Ingravera made two benches before missing his third. In the deadlift he missed his second attempt at 620, before coming back to make it on a final hard fought third attempt. A 1700 total is right around the corner for Ricardo. Spencer Levy had the biggest bench press of the entire amateur division of this weight class and made all but one of his attempts, which was missed only for technical reasons as he clearly had the strength. Richard Silversteen competed in the masters (45-49) age division and unfortunately made only one attempt in each lift.

220 lbs class: Joseph Drumm, Brendon Serritella, and LaMont Maith all lifted in the open division of this weight class. Drumm's big 775 squat got him out to a big lead, but a miss at 800 would have added nicely to that advantage. Serritella took three tries to accomplish 690 pounds. Had he made more attempts, he might have been close enough to overtake Drumm over the next two lifts, but it was not to be. Maith made up a lot of ground in the bench press, but he was too far behind after the squat to really be much of a factor in the final standings. His bench press and deadlift, however, suggest that if he gets his squat up, he can be competitive with these guys and others in this class.

Robert Munn, Jr. was the only

lifter in the Police Division, but was joined in the Master (40-44) division by Mark Terman. Munn made two attempts in each of the first two lifts, but went three for three in the deadlift to come up with a 1400 total. Terman made all three squats and deadlifts but only one bench press. His 1625 total gave him the win in the 40-44 masters division. Al Moatz lifted in the 50-54 age group alone and made the first two attempts in each lift, before missing his third. His total of 1385 is certainly commendable, considering his age. Sam Glover, Sr. was the oldest of the masters in this group, lifting in the 60-64 age group, ending with a 1230 total.

242 lbs class: Twenty year old Howard Owens was the youngest in this class, lifting in the junior age group. His bench press is so low compared to his squat and deadlift that it could hurt him in the total if he is in tight competition. At the other end of the age spectrum, submaster Brad Bartos put up a fine total that would have been competitive in the open division. John Zemkin and Rick Davis had a very close duel in the masters (40-44) age group. Davis made his first five attempts and was well behind Zemkin at the end of the bench press, but superior deadlifting brought him within reach and a success with either of his last two attempts would have meant vic-

tory, although he attempted more than he needed to. Rory King lifted solo in the master (45-49) age group winning with a respectable 1415 lb. total.

There were six entrants in the open division. Mark Fausey set an IPA record squat with 785 on his third attempt, but Matt Smith broke that with an even 800 on his third attempt. Smith remained in the lead from then on and ended with 2020 to Fausey's 1950 total. Jonathan Mayes was as far behind Fausey as he was ahead of fourth place Wayne Kearns, who was pressed hard by John Birley. Rory King, who also competed in the masters division, squatted and deadlifted fairly well, but needs to get his bench press more in line with his other lifts in order to be competitive. Adrian LaPaglia put up a fine bench press on his way to the win as the lone entrant in the police division.

275 lbs class: Preston Ailor did some very nice lifting in the junior division and was successful with his first seven attempts, missing only his final two deadlifts. But it was Ailor's misfortune to be in the same weight class as John Poremba. Poremba's three squats were all new IPA records, ending with 1005 pounds. He was one of only three people at this meet to succeed with 1000 pounds in any lift. Poremba's squat

is clearly his best lift, but a quality bench press and deadlift combined with that big squat to give him a total of 2140.

Scott Mount's 2130 took the open division here and Jason Pavlek took second in the division. Mount's 815 opener squat was an IPA record. He followed that by a miss, then a make, at a new IPA record 905 and yet another record on a fourth attempt with 925. Dave Kingwater, a chiropractor, continued his near miraculous recovery from a catastrophic lifting accident that required multiple surgeries and extended physical therapy. Dave, it was great to see you back on the platform. Lifting raw, Dave was the only one in that class. He has done more in the past and will do so again as he continues down the road to recovery. Sam Glover took the submasters as the lone entrant there, with a 1570 total.

Peter Primeau took the masters (40-44) age group. His final two squats of 840 and 870 were IPA records, as was his second and final attempt bench press of 650. Primeau's 680 deadlift gave him a big 2200 total. Palmer Simpson, Jr., in the masters (50-54) age group, was another of those from the Selinsgrove/Shamokin Dam area lifting in front of the hometown crowd. Simpson's 750 squat was a new IPA record, but an attempt at

800 just wasn't there. His second attempt of 545 was another IPA record. No records in the deadlift, but he did cruise to three successes ending with a 560 deadlift and an 1855 total.

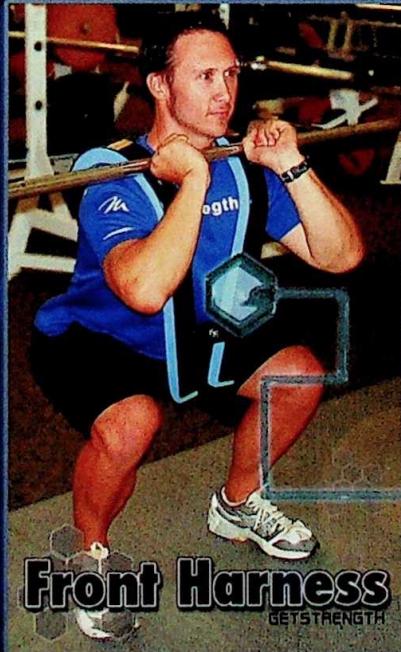
308 lbs class: Only two competitors in the open division here. David Egan and Dean Griess both lifted in the open division. Egan put up a very consistent nine for nine performance, but Griess clearly had more in him than the results show, as he made only five attempts. There were two other competitors in the raw division. Tom Brown is actually a master lifter, but lifted open here and set some personal records. Anthony Miller was in his first meet, but you would not know it, based on his lifts. Short and very compactly built, Miller squats narrow stance with the bar relatively high but it clearly works for him, as his 715 IPA record shows. His 1725 total could easily have been 1800 were it not for two misses after relatively big jumps.

SHW class: Norm Delan was the lone entrant here in the 45-49 age group, but he made only one squat - 850. He apparently got hurt on his second squat and withdrew from the meet.

Women's Amateur Divisions

148 lbs class: Patricia Zaleski lifted in the raw masters (40-44) division. Injured after her first squat,

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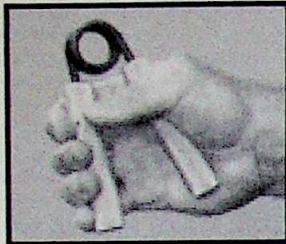
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Patricia put on a show of mental determination as she continued in the meet. Her bench press was an IPA record and she gingerly felt her way through the deadlifts culminating with a success at 200 pounds. Sarah McCauley lifted in the open division and showed balance in all three lifts.

165 lbs class: Nineteen-year-old Becky Labushesky competed in the 18-19-year-old age bracket and did some very nice lifting. Her first and third squats were IPA records (she missed her second attempt). An attempt at an IPA record bench press did not go, but her final deadlift added to her tally of IPA records. In the open division, Sue Lewis made 330 in the squat, missing at 350 on a third attempt. Unfortunately, Sue bombed in the bench press, which is usually her best lift.

181 lbs class: Brandy Wilson lifted solo, but set IPA records in each lift. Brandy made all three squats and all three deadlifts but it took her three attempts to get her opening bench press.

SHW class: Angela Martinez, of the LALC group, cruised, missing only her final deadlift and setting IPA records in all three lifts. All three squats, her final bench, and the two deadlifts she made were all new IPA records. Nice job, Angela!

Pro Divisions

Men's Divisions

181 lbs class: In the junior division, Adam Rouan set two IPA record

squats and an IPA record deadlift enroute to a 1481 total. In the open division, Adam James, who indicated this was his last meet at 181, took third place with six good attempts. Mike Maxwell and Brett Rapp had a hard fought duel for first in the class. Rapp missed his opening squat but made his next two, ending with 710. Maxwell made 720, missed 760, then came back to make it. In the bench press, Maxwell made his 440 opener, then missed 460 twice. Rapp made 440 and 480, before missing 505. This pulled Rapp within ten pounds of Maxwell. Rapp pulled 620 to Maxwell's 600 and that gave Rapp the win by ten pounds.

John Varrone and John Newman both competed in the Masters (60-64) age group, and both are obviously aging well. Varrone ended up with two IPA squat records, ending at 540. Varrone added to his collection in the deadlift, ending with 550 pounds.

198 lbs class: In the junior division, Doug Cooper set an IPA record deadlift enroute to a near-1600 total. Josh Porlier, Joe Jester, and Tom Lavelle all lifted in the open division. Porlier made all three squats and ended with 600. Jester made only his 650 opener and Lavelle made 700 and 750, giving him the lead after the first lift. In the bench press, Porlier made only

his second attempt with 385. Jester missed 500, came back to make 525 and then missed 560. Lavelle made 460 and 500 before missing 515 and remained in the lead. Porlier made deadlifts of 525 and 575 before a miss at 615. Jester made 500 and 570 before a miss at 600 and sealed up second place. Lavelle opened at 530, then made 560, before missing at 585 and his 1810 total was tops in the class.

In the submasters division Shea Abuchon and Sean Hailey lifted. Hailey opened at 660 but took two tries to get that in and a jump to 705 wasn't there. Abuchon opened at 700, which he made, before missing twice with 725. Hailey opened with a successful 455 bench press, before missing 500 twice. Abuchon lost a lot of ground in the bench press, making only 375 and 400, and turned the lead over to Hailey

going into the final lift. Hailey made 500 and 540 before passing his third, giving him a total of 1655. Abuchon opened with 565, which gave him 1665 and the lead. His second attempt, with 600, gave him a nice 1700 total and the win. A third success with 620 added to his total.

David Kerr and Stacey Bond lifted in the masters (40-44) age group. Stacey is one of Mark and Ellen's strongest supporters, in every sense of those words. He was at the meet site until late Thursday evening helping with setting up and then lifted on Friday. Kerr took three tries to get his 520 squat in, while Bond made 475 and 540 before missing at 600 and suffering a hamstring injury. Kerr made only one bench, with 385, while Bond made 275 and 325 before missing 360. Going into the deadlift, Kerr was

IPA Senior Nationals

19-21 NOV 04 - Shamokin, PA							
BENCH	J. Palermo	500	198 lbs.				
WOMEN	Submaster	500	Open				
AM	J. Palermo	500	A. Martinez	520	311	500	1331
SHW	SHW		PRO				
Master (45-49)	Master (40-44)		105 lbs.				
B. Cullen	185	J. Galligan	765	Open			
PRO	Open		E. Grimwood	330	185	315	830
165 lbs.	C. Walker	625	148 lbs.				
Master (50-54)	181 lbs.		A. Roberts	325	250	290	865
B. Graube	325	Master (60-64)	Submaster				
K. Felske	300	J. McNeill, Jr.	A. Roberts	325	250	290	865
RAW	220 lbs.		RAW				
SHW	Master (45-49)		148 lbs.				
Master (45-49)	S. Kozak	380	Master (40-44)				
B. Cullen	185	Master (50-54)	P. Zaleski	240	155	200	595
MEN	M. Lindsay	540	Open				
AM	V. Open	630	S. McCauley	275	190	315	780
114 lbs.	S. Rowe	570	MEN				
Teen (14-15)	242 lbs.		148 lbs.				
V. Gualtieri	230	Open	Junior				
148 lbs.	E. Clark	600	J. Hamilton	400	270	400	1070
Master (40-44)	R. Capozollo	540	Master (40-44)				
M. Guthrie	315	B. Smith	J. Gengo	425	275	450	1150
Master (65-69)	Submaster	455	Master (65-69)				
R. Gidcumb	240	E. Clark	R. Gidcumb	350	240	365	955
165 lbs.	R. Capozollo	540	Teen (18-19)				
Master (50-54)	308 lbs.		J. Herr	480	245	465	1190
R. Legg	220	Master (40-44)	165 lbs.				
Open	R. Bumgarner	605	Submaster				
R. Hillyard	355	Master (50-54)	M. Levy	500	300	480	1280
R. Legg	220	B. Godden	Teen (18-19)				
Teen (16-17)	Master (55-59)	520	K. Hicks	565	375	506	1445
T. League	360	B. O'Brien	181 lbs.				
Police	Open		Master (45-49)				
R. Legg	220	T. Fletcher	F. Piermattei	665	435	585	1685
198 lbs.	Submaster	625	Master (50-54)				
Master (40-44)	L. McCaslin	680	G. Wolfe	660	325	501	1386
S. Levy	425	SHW	Open				
Open	Open		F. Piermattei	665	435	585	1685
S. Hartlaub	500	G. Rychlak, Jr.	J. Gilly	440	300	465	1205
T. Kontos	400	RAW	Teen (18-19)				
Submaster	181 lbs.		J. Gilly	440	300	465	1205
S. Hartlaub	500	Submaster	T. Dessel	380	200	400	980
T. Tasiero	500	B. Ross	198 lbs.				
242 lbs.	198 lbs.		Junior				
Master (60-54)	Junior		E. Glass	600	415	500	1515
B. Levers	565	P. Vasko	Master (40-44)				
Teen (18-19)	242 lbs.		R. Ingravera	670	375	620	1665
J. Herrera	500	Master (75-79)	S. Levy	530	425	535	1490
275 lbs.	E. Jones	305	Master (45-49)				
Master (40-44)	DEADLIFT		R. Silverstein	405	275	425	1105
P. Primeau	650	WOMEN	Open				
Open	AM		H. Reece	850	365	500	1515
R. Putnam	755	SHW	C. DePreore	475	375	490	1340
M. Coulter	705	Master (45-49)	Teen (18-19)				
308 lbs.	B. Cullen	405	E. Melodini	500	410	450	1380
Master (45-49)	RAW		Special Div.				
J. Doherty	615	Master (45-49)	M. Yontz	500	340	520	1360
Open	B. Cullen	405	220 lbs.				
WOMEN	SQ BP DL TOT		Master (40-44)				
AM			M. Terman	640	340	645	1625
165 lbs.			Muon, Jr.	510	365	525	1400
Teen (18-19)			Master (50-54)				
B. Labushesky	415	190 370 975	A. Moatz	525	385	475	1385
181 lbs.			Master (60-64)				
Open			S. Glover, Sr.	485	310	435	1230
B. Wilson	425 230 380 1035		Open				
J. Drumm	775 405 580 1760		B. Wilson				

forty pounds ahead. Bond opened with a very light 315 to test out the hamstring and made it, but Kerr made 500 on his opener. Bond further tested the hamstring with attempts at 405 and 450 - both successful, but Kerr missed twice with 550.

220 lbs class: This class was full of talented powerlifters, with nine entries in the open division. John Rosa, Sr. made all three squats, ending at 660. He made only his 405 opener in the bench press, and two deadlifts, 525 and 600, before missing with 635 for a 1665 total. Jonathan Brown hit two squats, the best being 715, only one bench (with 505) and two deadlifts, the best being a 525, for a 1745 total. Josh Murphy made a 750 squat, 410 bench, and 640 deadlift for an 1800 total.

Jason Adams and Mike Hill had a back and forth battle for fifth

place. Adams got 760 and 780 in the squat, after missing 725. Hill made only his 760 opener, missing twice with the jump to 820. In the bench press, Adams made his 505 opener only, but Hill made all three of his attempts (480, 515, and 535), putting him in front by ten pounds going into the deadlift. Adams made 550 and 590 before missing a needed 620. Hill made his 600 opener before missing twice at 635. This left the door open for Adams but he was unable to capitalize on it.

Vinny Cook is another of the IPA regulars for whom lifting in an IPA meet seems to include also setting up, refereeing, spotting and serving wherever else needed. In spite of that, he and Scott Rowe had an interesting battle for third. Scott has improved greatly over his days as a 181-er. Rowe got his 760

opener, but missed twice at 815. Cook opened at and made 650, then 670, before missing at 705, so Rowe had the edge by 90 pounds. In the bench press, Rowe made his 570 opener and missed twice at 630. Cook opened at 610, made it, then went to 630 for another success, before missing at 666. Cook was now only thirty behind Rowe with one lift to go. In the deadlift, Rowe made 580 before missing twice at 610. Cook made 600, then missed the 640 he needed for third place. On his third attempt, he was successful with that weight.

Jason Cox and Dan Blankenship fought it out for the top spot here. Blankenship made 765 and 805 before missing with 830. Cox made 875 and 950 before missing with 1000. In the bench press, Cox made 450 and 500 before missing with 525.

Blankenship made 500, 535, and 555 and was ninety behind going into deadlifts. Cox made 585 missed 600, and passed on his third attempt. Blankenship made 645, then 690 for the win, and finally missed at 700. Cox - 2035, Blankenship - 2050.

242 lbs class:

There were five competitors in the open division. Marc Rintz and Anthony Gaston, with their fine 1450 and 1630 totals respectively, found themselves just off the pace here set by the frontrunners. Lee Angle managed two squats and was credited with 825. Angle made all three benches, ending at 500

and two deadlifts (credited with 625) for a 1950 total. Jim Laird hit all three squats, ending with 840, but only made his opener with 580 in the bench. His 640 second attempt success in the deadlift was enough to give him a 2060 total. Joe Bayles showed a lot of class in his performance. He opened with 850 successfully, but missed 930 twice. He missed his 635 opening bench, but came back to make 675 and 700. In the deadlift, he made 725 and 775 before missing at 800. Joe totaled 2325.

Bart Edwards was the lone submaster here and his lifts were 680 squat, 535 bench press, and 500 deadlift for a 1715 total. Bart's 535 second attempt bench press was an IPA record. Doug Havrilesko lifted in the masters (40-44) age group and made only four good attempts enroute to his 1785 total. Joe Avigliano likewise lifted alone in the masters (45-49) age group. Joe and his team were quite impressive, and not just in terms of lifting. A class act that many other big names of the sport could learn from. His 765 opening squat was a new IPA record, as was his 805 second attempt, but an 830 attempt irritated a

back injury. Joe persevered and got two benches, making 400 on his second. He then made all three deadlifts - 500, 560, and 595 for a fine 1800 total on his birthday.

275 lbs class: There were five competitors here and all totaled over 2000. John Green made only one success in each lift, but 935 squat, 450 bench, and 650 deadlift for a 2035 total will usually mean better than fifth place, but not here. Doug Koch made his 825 opener in the squat but no more. It took two tries, but he also made only his opening bench, 550. In the deadlift, Koch made 605 and 725 before missing at 755. Koch totaled an even 2100. Onn Basson made two squats, including an IPA record 976. He then made all three benches, ending with 625. At this point, he was in the lead. But there is this thing called the deadlift. Onn made his opener with 500, which was just enough to finish ahead of Koch, which was where he remained after two misses with 620 and 645. Had he made that final very close attempt, he would have had second place sewn up. But his miss left the door open for Zach Hudak. Hudak made his 835 opener before missing twice at over 900. In the bench, Hudak made 605 and 650. In the deadlift, Hudak's 705 gave him 2190 before missing twice with 775 for the win. Jeremiah Meyers made 800 and 850 before missing at 900 in the squat. He made 575 and 610 in the bench before missing at 630. In the deadlift, he cruised through 700, 785, and 805 for a tally of 2265.

Fifty-year-old Mark Dimiduk lifted solo in his masters age group and the police division. His 750 second attempt squat and 800 on his third were both new IPA records. Mark only made his opener 335 bench, but a 630 second attempt IPA record in the deadlift helped his total, which sat at 1765 at the days end.

308 lbs class: There were four men in this weight class. Michael La Pointe made 600 squat, 570 bench press, and 650 deadlift to total 1820. Hank Sargent made 895 on his second attempt squat, and all three benches, ending at 575. His lone deadlift of 705 gave him a 2175 total and third place. Hank also competed in the submasters division and took second there. Jim Hoskinson hit a 975 IPA record squat on his opener, missed 1020, and came back to get 1030 and another IPA record. He made 550 and 570 in the bench before missing 600 and 670 and 700 in the deadlift before missing 720. His 2300 tied the highest total of the class, but as heavier man he finished in second in the open, but won the submasters. Mike Brown is a teen but lifted open here. He made all three squats, ending with 850. His 700 and 735 were IPA records in the bench press. His three successes

B. Serritella	690	405	610	1705	J. Porlier	600	385	575	1560
L. Maith	500	475	575	1550	S. Submaster	700	400	620	1720
Police					S. Aubuchon	660	455	540	1655
R. Munn, Jr.	510	365	525	1400	S. Hailey	220 lbs.			
242 lbs.					D. Blankensh	805	555	690	2050
Junior					J. Cox	950	500	585	2035
H. Owens	550	250	500	1300	V. Cook	670	630	640	1940
Master (40-44)					S. Rowe	760	570	580	1910
J. Zenken	710	475	555	1740	M. Hill	760	515	600	1875
R. Davis	680	380	660	1720	J. Adems	780	505	590	1875
Master (45-49)					J. Murphy	750	410	640	1800
R. Cooper	600	460	600	1660	J. Brown	715	505	525	1745
R. King	600	300	515	1415	J. Rosa, Sr.	660	405	600	1665
Open					Master (40-44)				
M. Srnth	800	580	640	2020	D. Havrilesko	675	500	610	1785
M. Fausey	785	515	650	1950	Master (45-49)				
J. Mayes	725	475	600	1800	J. Avigliano	805	400	595	1800
W. Keams	580	420	555	1555	J. Baytes	850	700	775	2325
J. Birley	605	375	565	1545	J. Laird	840	580	840	2060
R. King	600	300	515	1415	L. Angle	825	500	625	1950
Submaster					A. Gatson	650	455	525	1630
B. Bartos	650	425	575	1650	M. Rintz	600	430	510	1540
Police					B. Edwards	680	535	500	1715
A. LaPaglia	485	425	530	1440	275 lbs.				
275 lbs.					Master (50-54)				
J. Poremba	1005	485	650	2140	M. Dimiduk	800	335	630	1765
P. Ailor	605	425	555	1585	Open				
Master (40-44)					J. Myers	850	610	805	2265
P. Primeau	870	650	680	2200	Z. Hudak	835	650	705	2190
Master (50-54)					O. Sasson	976	625	500	2101
P. Simpson, Jr.	750	545	560	1855	D. Koch	825	550	725	2100
Open					J. Green	935	450	650	2035
S. Mount	905	605	620	2130	M. Dimiduk	800	335	630	1765
J. Pavick	575	475	475	1525	308 lbs.				
Submaster					Master (40-44)				
S. Glover	625	420	525	1570	B. Saunders	730	540	600	1870
308 lbs.					BrownM	850	735	715	2300
Open					J. Hoskinson	570	700	2300	
D. Egan	670	440	600	1710	H. Sargent	895	575	705	2175
D. Griess	575	435	535	1545	Open				
SHW					M. Lapointe	600	570	650	1820
Master (45-49)					H. Sargent	895	575	705	2175
N. DeLan	850	0	0	850	Junior				
E. AM					T. Harold, Jr.	930	715	810	2455
165 lbs.					Open				
Open					T. Harold Jr.	930	715	810	2455
B. Crowe	705	435	545	1685	165 lbs.				
PRO					Master (50-54)				
181 lbs.					D. Kline	310	265	355	930
Junior					Open				
A. Rouan	560	360	561	1481	D. Kline	310	265	355	930
Master (60-64)					RAW				
J. Varrone	540	225	550	1315	165 lbs.				
J. Newman	410	285	475	1170	D. Kingwaler	485	405	475	1365
Open					SHW				
B. Rapp	710	480	620	1810	A. Miller	715	405	605	1725
M. Maxwell	760	440	600	1800	T. Brown	540	315	575	1430
A. James	700	470	575	1745	Open				
198 lbs.					(Results provided by Herb Glossbrenner)				
Junior									
D. Cooper	600	420	577	1597					
Master (40-44)									
D. Kerr	520	385	500	1405					
S. Bond	540	325	450	1315					
Open									
T. Lavette	750	500	560	1810					
J. Jester	650	525	570	1745					

in the deadlift, gave him an even 2300 total. Brad Saunders lifted solo in the masters (40-44) division of this class and hit a nice 1870 total.

SHW class: At 458 pounds, Tim Harrold was the "big" man lifting solo in the open and junior divisions. His opening squat of 930 was solid, but two attempts at 1000 were not there. His 665 bench opener went fine, as did a second at an IPA record 715, but 755 would not go. He opened at 740 in the deadlift, making it, then jumped to an 810 IPA record for another success. A third at 855 would not go. As big as a 2455 total is, Tim's lifts clearly indicate 2600 is just around the corner.

Women's Amateur Divisions

105 lbs class: Elaine Grimwood lifted solo, but that didn't deter her. Her 295 opening squat was nothing for her. Her second attempt at 315 was a new IPA record and more than triple bodyweight. Her 330 was also a new IPA record, but her fourth attempt at 355 was an all-time world record in any federation in this weight class. She cruised through three benches, ending at 185, and three deadlifts, ending with an IPA record 315, giving her an 830 total.

148 lbs class: Amy Roberts lifted solo in the open and submasters divisions. She made 280 and 325 in the squat. Her opening bench was

an IPA submasters record of 250, but two attempts at 280 were not there. Amy made 250 and 290 in the deadlift before missing with 315. Her total was 865.

2004 IPA Senior Nationals Individual Lift Competitions and BP/DL

In this portion of the results, I will briefly mention anyone who competed in the power meet, but will not discuss their lifts in detail, as this has already been covered in the power meet results.

Raw Divisions

In the 181 submasters division, Bill Ross hit a nice 360. Paul Vasko lifted in the 198 class junior division and was credited with 300. Eugene Jones lifted in the 75-79 division of the 242 class and made a very nice 235. As is noted below in the section on the amateur divisions, Bev Cullen competed in several raw divisions as well.

Amateur Divisions

Vince Gualtieri may have broken the all-time world best for teens (14-15) in the 114 weight class. He opened with 205 and missed, but he came back to get it on his second for a new IPA record. Having all time records on hand is very difficult and almost impossible for a meet director to have available. Sometimes with open records, it's either very well known or someone like Louie Simmons happens to be there and



Randy "The Machine Gun" Bumgarner broke the 600 lb. barrier and jumped up on the bench to celebrate (Bumgarner)

knows the number off the top of his head. But when you start getting into age groups, it multiplies in difficulty, so really if you think going into a meet in any federation that you might set an all time record, it is your responsibility or that of your coach to ascertain what that is beforehand. Moving on, Vince then hit

230 for another IPA record and perhaps another all time record. There were no other competitors in the 114 class.

The 148 class had two master lifters, Matt Guthrie in the 40-44 age group and Richard Gidcumb, who also competed in the full power meet, in the 65-69 age group. Guthrie opened with 315, which he made and jumped to 325 but did not make either attempt with it.

The 165 class had competitors over the spectrum of age groups. Young Thomas League competed in the teen 16-17 age group. Unfortunately he made only his opener with 360. Rudy Hillyard and Robert Legg, who also competed in the master 50-54 and police divisions, both were in the open division. Legg did a fine 220 lifting raw. Hillyard made only his 355 opener but continues to be an inspiration to people who refuse to let physical difficulties get them down. Great job Rudy!

In the 198 class, Steve Hartlaub and Tim Kontos competed in the open division, with Hartlaub also entered in the submaster age group. Kontos made 375 and 400 before missing his final attempt, at 410. Hartlaub opened with 500, which was passed. A subsequent attempt at 515 was missed and he passed his third. In the master 40-44, Spencer Levy (who also lifted in the full power meet) lifted solo and collected the win.

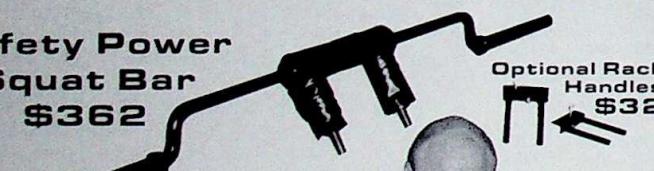
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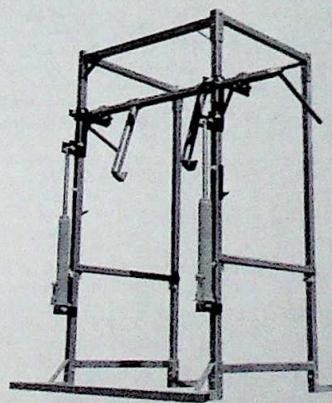
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Tim Tesiero was the only 220 competitor in any of the age groups. He lifted in the submasters division. He opened with and made 475, then jumped to 500 for another success. A third attempt with 525 was his only miss of the day.

James Herrera lifted in the teen 18-19 division. He was actually entered in the full meet as well, but bombed in the squat. He was quite conservative and consistent in this lift, however. He opened at 460, went to 480 and finished with 500 - all successful. Barry Levers competed in the 50-54 masters division. Each of his three attempts were new IPA records. He made 500, then 535, and ended with a successful 565.

In the 275 class, Richard Putnam and Marcus Coulter were the competitors. Coulter opened successfully with 705, but Putnam missed his 735 opener. Coulter took 730 on his second and missed, while Putnam made the 735 for a new IPA record. Putnam took 755 for another IPA record on his third attempt, which he made. Since Coulter was heavier, he now needed 760 for the win. It was not to be. Peter Primeau, who also competed in the power meet, competed in the master 40-44 division here as well.

John Palermo competed in the open and submaster divisions of the 308 weight class, while John Doherty lifted in the masters 45-49 age group of the same class. Palermo got only his 500 opener, which was followed by two misses at 520. Doherty made his 590 opener, followed that with a successful 600, and set a new IPA record with 615 on his third.

The SHW class is historically the home of the big men and there were two of those. Corey Walker, the lone entrant in the open division, weighed in at 372. He opened with 625 - miss. He repeated on his second - miss again. Now he needs to make the lift to stay in the competition and if he does so, he also sets a new IPA record. Success! Finally! Corey figures he's got something left and asks for a 4th attempt at 655 for another IPA record and he is successful. John Galligan of the Albany, NY area has made vast improvements from just a few years ago. I vaguely remember John hitting 500, then 600 is a little clearer, now he is over 700 and well on his way to 800. Oh, and by the way, John lifted in the masters 40-44 division. Anyway, he opened at 765 and followed the same pattern as Corey: missed the opener, missed the second, and made the third for a new IPA record. John then took 785 for a fourth attempt for a new IPA and all time world best and was successful. Congratulations, John. For all the naysayers who seem to think all



Big Gene Rychlak ices down and relaxes after his 1005 bench press (check out the photo of this historic milestone in the December 2004 issue of PL USA). This photo courtesy of Randy Bumgarner

time records are getting broken all the time, they aren't and that detracts from those very few, like John and Gene who are at that level.

There was one woman lifter in the amateur division. Bev Cullen competed in the women's SHW class, masters 45-49 age division. Bev who also helped out the entire weekend made her 165 opener. She followed that with another success at 185, but a third attempt at 205 was missed. It should be noted Bev competes raw. As such, Bev also was in the raw women's masters 45-49 division in the bench press and the amateur and raw divisions of the women's masters 45-49 in the deadlift, where she pulled a fine 250.

Professional Divisions

Two women entered the 165 weight class, in the masters 50-54 age division - Bonnie Graube and Kelly Felske. Graube hit 325 to better Felske's 300 and set a new IPA record.

The lone 181 entrant was James McNeill, lifting in the masters 60-64 division. James was credited with a very nice 300.

Two competitors who competed in the power meet also competed here - Vincent Cook and Scott Rowe, finishing in that order. Stephen Kozak lifted in the masters 45-49 age group. He made his 380 opener before missing twice at 400. Michael Lindsay was also a master lifter, but in the 50-54 division. He missed his opener with 520, but decided to go up anyway, calling for 540 for a second attempt. He was successful and it was a new IPA record. Unfortunately another record attempt at 560 was not there this time.

The 242 class open division included Butch Smith, Ed Clark and Rob Capozollo's return to the platform after a couple year lay off. Rob was also entered as a

submaster, as was Clark. Capozollo has always been a class act at meets, whether he is judging or lifting, and he did both at this one. It is truly a pleasure to see him back. Smith opened with 455 and missed 510 twice. Even had he made 510, though, in this field he just was not going to finish higher than third. Capozollo opened at 540 for an IPA submasters record. Clark opened at 575. Clark took 600 for his second attempt and missed. Capozollo went to 650 for an IPA record. No dice. Clark made 600 on his third for a new IPA record. Capozollo took 650 and, unfortunately, missed again. He has done more in the past and will again.

The 308 class had a total of five lifters. Travis Fletcher was the lone entrant in the open division and he made a 625. Zane McCaslin, from the Albany, NY area, lifted in the submasters and hit a nice 680. 700 is just around the corner, Zane. Randy Bumgarner lifted in the masters 40-44 division and did a nice 605 opener before missing 625 twice. Buster Godden lifted alone in the 50-54 division. The IPA is really a big man's federation in many ways. There always seems to be a bunch of very big people walking around, some lifting and some not. To stand out in such a crowd one would have to really be visually impressive. Gene Rychlak stands out and most probably are not surprised by that. But in his own way, Buster Godden also stands out. This man has the most incredible lats to waist taper. It's really not even a taper - suffice to say his lats are incredible. And as he succeeded with a 520 before missing 540, he also has the power to "back" up the look. Bob O'Brien lifted in the 55-59 division and set a new IPA record with 455.

SHW class. Gene Rychlak. It's really that simple. Those two words say it all. You can watch all the video you want, but you have no idea of the physical plant this man possesses until you are standing next to him and realize you can think of three friends whose bodies are smaller than Gene's arms. He is a sight to behold. He is also kind-hearted and an all-around lifter. He is so dominant in this lift people forget the 1005 sq, and the 715 dl, and they forget that that adds up to a 2700 total if done on same day. Then there are those who say it's the shirt. Uh-huh. Gene is the center of attention when he enters a meet site and is lifting. I have a hunch he knows this and he milks it. People are focused on him from the point he starts warming up. There are no secrets he could hide if he wanted to. He puts his shirt on in the warmup room in plain view and if you happen to walk by, you might get drafted to help put it on. That would mean touching the shirt. No secrets there. The only secret people don't grasp is he is that damn good. It's that simple. He took his last warmup at 890. An 890 warmup. That is more than any other man in the world has ever done. Then he got serious and opened at 950. 1005 was next. 129 pounds more than any other human has ever done. It was not to be. You could feel the collective moan. Well, next time. We get back to the scorers table and one of Gene's guys come over and say he's taking it again for his third. I think everyone just assumed he would pass his third whether or not he made his second. The fact that he would want to put 1000 pounds in his arms twice in the same day was not thought of. Eventually, it was time. Gene does not rant or rave, but there is no doubt he is serious as he approaches the bar. He laid down, 1005 pounds came down, and touched his chest. Louie Simmons gave the signal, up it went. Louie made him hold it forever before yelling "rack". The lights took an eternity, but eventually they flashed. The 1000 pound barrier in the bench press was broken. Like I said SHW class. Gene Rychlak. It really is that simple.

Leaving the mention of thanks to all those who made this event possible to the end of an article seems like an inversion of importance. This, however, couldn't be farther from the truth. Without all of our friends and powerlifting enthusiasts, the IPA meets just wouldn't happen. Our volunteers are dedicated, hard-working, honest, and caring. We want to extend our heartiest thanks and hugs to all those who so tirelessly arose before the sun, worked all day, and somehow still had smiles on their faces at the end of three long days. Thanks are also extended to all of the lifters who supported the meet and the IPA; for without lifters there is no need for volunteers!

WORKOUT OF THE MONTH

THE DECLINE PRESS AND ITS IMPORTANCE TO BENCH PRESSING

as told to Powerlifting USA by Wade Johnson

As my career in lifting has progressed, I have learned that continual linear progress gets harder and harder, even with improvements in form. While that is certainly not a startling discovery, it did spark some thought and theory behind my training and for the group of lifters who choose to follow my suggestions. As I progressed from struggling with my bench press to actually being able to bench a respectable weight, obviously I had to make changes in my training. Overtraining had caused me to struggle. I was getting older and training without enhancements, so to speak. I wanted to avoid injury and to maximize training. I chose to avoid movements that weren't really proving beneficial. In short, I wanted to make sure I was doing the right things without diluting my training.

After competing for the last time in 2002, my bench was a big let down. I was injured, but was really expecting my bench to come through. I had good meets that year and then not so good, where the bench press was concerned. Not only was the weight a concern, but so was my inability to be consistent. I came back to compete in the WPA Worlds in 2003 and hit a personal best of 570, but I knew I was leaving something in the tank. This led me to question my current methods of training. I was previously doing speed work ala Westside and doing some board pressing and mainly working in the shirt. I struggled to find a happy medium with the shirt sessions and just plain old flat pressing with no gear. Doing mostly speed work left me without

are only a personal statement. I have nothing but the utmost respect for all that Lou does and stands for, however; it wasn't working for me and of all the folks in the world, I know Louie would support me searching for answers as they relate to me. For the record, we have lifters in our group who still use speed work.

The suggestion made to me involved the decline press as a primary movement for my bench press training. Just like you are now, I was thinking, "what in the hell is this old man thinking about. Using an angled press to increase my competition bench? Is he crazy?" Initially, I just plain resisted. Then, I added some declines to my training sessions. Finally, I gave in after my 2003 meet and decided to give this a real and honest go. I was really tired of being beat up all the time with sore shoulders and elbows. Then he really dropped the bomb on me. I had to stop doing any isolation work on triceps! What in the blue hell? That was exactly my question and I initially argued, but I knew in order to give it a real try, I had to be open-minded and stay honest. Here is the workout.

We would start on a "one to one" alternate from decline to flat bench, meaning one day a week I would decline and then my second session, I would flat bench. The rep and set scheme would be the same each session, just using different benches and grips. Another thing, there are no percentages, just a weight that you can do for the prescribed reps and nothing more. I will get back to weight in just a moment. Here are the outlines for both sessions.

a feel for heavy weights. And each shirt day left me somewhat beat up. I related my training to my inconsistency issue. At the end of 2002, I approached a writer/trainer friend of mine whom I knew had coached a great number of lifters to big benches. He wants to remain nameless, so I will respect that. And while I am at it, my remarks about any of Louie's theory and principles

I have found how I warm-up is also a big issue. As you get older, this becomes even more important. Also, to you young lifters out there, the muscles and tendons you strain today could come back to haunt you later in life. Not just in the lifting arena, but in other aspects of life as well. Please, take the time to warm-up properly. Not only to avoid injury, but to promote your performance in training and the competitive platform. I will outline for you my warm-up. It is what works for me and I will explain myself as we go.

I will start with 2-3 sets of 15 of the standing rotator with 5 lb dumbbells. This just loosens me up and pumps some blood into the shoulder area and is good for the rotator cuff. I will also do some side raises and hammer curls using a very lightweight. I have found that this makes my shirt fit better for flat sessions and that I am more stable in the decline session, and that if the shoulder and bicep tendons are warmed prior to benching with any significant weight, I am less prone to let the bar drift over my face at the top of my bench press. I generally do a couple of sets. In the midst of this, I will do the bar, 95 and 135 for my warm-up on the bench. By this time, I have a little sweat going and feel loose. I will finish my warm-up with some light pull downs and some side rotators on a crossover machine. Again, I use very light weights and just do 2-3 sets. By this time, I am well into some weight and my arms and shoulders feel great. This seems like a lot, but it is very light and allows me to warm-up quickly. I will do these while the others are warming up and it takes very little time.

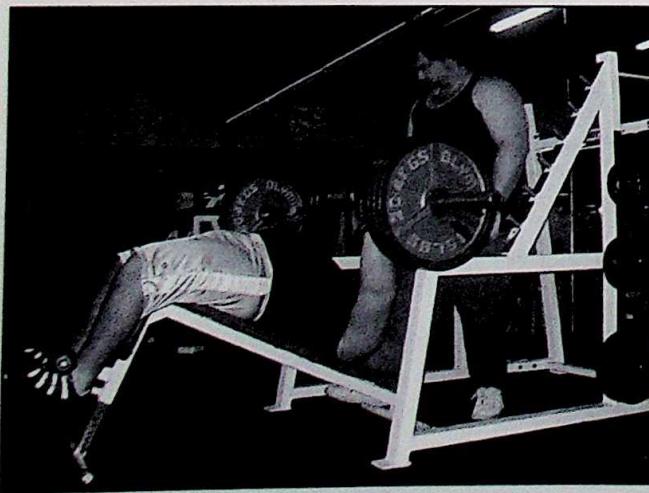
Monday - decline bench set at a medium angle (15 to 20 degrees). I was to use a medium close grip and it was decided, due to my size, to use a grip just shy of shoulder width. So I used my pinky on the rings. All sets are pre-planned, including warm-ups.

For example, a lifter that can bench in the mid 300's, we would start them this way.

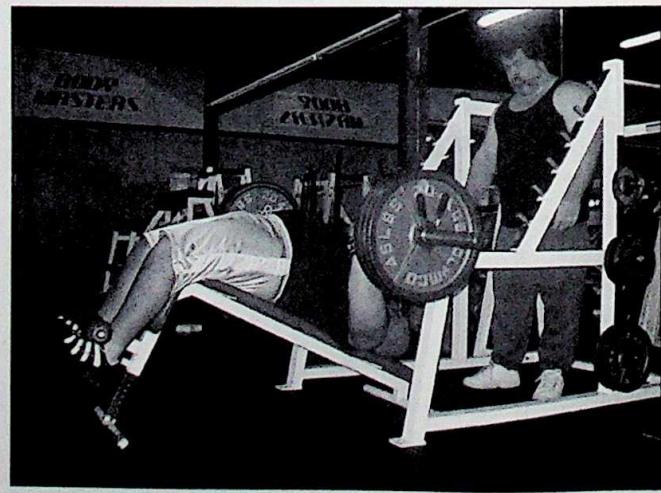
Warm-up sets:

Bar x 12, 95x10, 135x8, 185x5, 225x3, 275x1. Then on to the working sets: 315x6

We always strive for 6 reps with 5 reps being acceptable and 4 or less meaning the weight was too heavy. If the weight was made with 6 reps too easily, then we add 10 lbs. Then, do a second set of 6. The last set, yes I said last set, is 8 reps with 20 pounds less than the top



This is Wes, 17 years old, showing us the starting point, locked out. The idea is to get the bar out in front, as far as you can and still maintain control. Straight down and straight back is the method



This photograph illustrates where the bar should touch. We bring the bar down to touch just above the belly button and then push it straight back up. Tucking the elbows is a crucial element.

set of 6. The key is the rest intervals. After the last warm-up, we rest a minimum of 7 minutes between sets. Also note, no percentages. We go strictly by how we feel and take what the session gives us. I have had to learn that the only bad session is a missed session. Our progress is from the consistent sessions and not always by added weight per session. Also, about every third sessions, if we are feeling good, we will do our first set of 6 and then follow that with two sets of triples. This allows us to handle some heavier poundages.

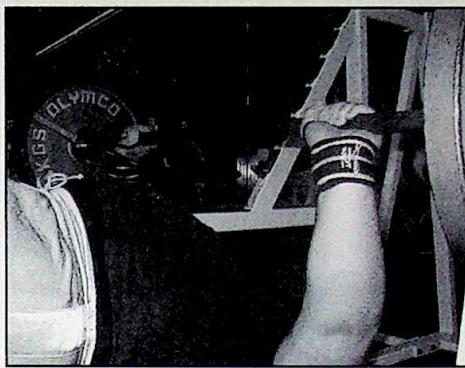
On the Flat sessions, which is Thursday and 72 hours apart from the decline session, the set and rep scheme remained the same. We only adjusted the weight that would allow us to get 6 working reps, something that would press us, but not quite to failure.

Assistance would be in this order. Lats, shoulders, biceps and traps. We always make sure to do some abs to finish on all sessions. The set and rep scheme is 3-5 sets of 8-12 reps. We lean to doing 3 sets and strive for 12 reps. The idea on the reps is never do fewer than 8 and never more than 12. That gave us a good view of what weight to train with. If we could not get 8 clean reps, it was too heavy and if 12 reps were easy enough we could do 15, we added weight.

For lats we typically used a rowing movement. The idea is not unlike many routines and that is to train the lats in the plane of the bench press groove. That is not to say you should not do pulldowns or chins. Find a movement and do it. Vary it as you see fit. Ultimately, it is more important that the lats are trained more than what movement that is. We choose to row mostly and will vary different types of rows with different grip widths. Generally, if we row on Monday's session with a wide grip, we use a narrow or medium grip on the Thursday session. So, there is always a bit of variance. This is good for the muscle and good for the mental state of the lifter, keeping things a little fresh and interesting.

For shoulders, we primarily train the rear delts only. We use the pec dec for the rear delts and will occasionally use bent over raises. I stopped using dumbbells because of an old injury that doing the raises seems to aggravate, but I do not get the pain from using the machine. We generally will avoid training the front or anterior head of the delts to prevent overtraining. All the pressing hits this area pretty hard, but we will occasionally do what I have labeled lying cable front raises.

With the biceps, the only movement we use is the hammer curl. We do not pronate or supinate or otherwise, just the typical hammer curl. We do both arms together, teaching all the muscles to work together simultaneously.



This is the lock out position. Note that Wes has allowed the shoulders to "open" up a bit, or roll out somewhat. This is something we strive to correct. Again, tucking the elbows in and really putting pressure on the lats is important, which will make pressing power the significant issue.

Shrugging, in my opinion, is one of the most important issues to address with bench pressing. On bench days, we will use dumbbells, a cambered bar or the Hammer Strength Shrug machine. We always use a moderately heavy weight and do static holds for a count of 2 at the top of the shrug. The idea with this type of shrug is to shrug like you want the top of the traps to touch the bottom of the ears. That is when you know you are high enough.

We finish up each session with 100 reps of abs, whatever type of movements you like. Again, no triceps isolation. The close grip decline provides all triceps stimulation. Your triceps will be trashed from the pressing. Anything more, and you will simply overtrain them. This also keeps a lot of the little nagging pains and injuries from occurring once pressdowns and skull



This illustrates touching low. We want the shortest stroke, from touch to finish. Note that the grip is 'pinky' on the rings (photographs courtesy of Wade Johnson)

crushers are eliminated. As it was told to me, "You can overtrain the triceps by pumping air into a bicycle tire". Most importantly, training in this manner allows consistency and injury free sessions over the long term. This is where the real progress is made, over the long-term instead of the risky "right now" theories. As you get older, this becomes even more crucial.

In the off-season, we will change the ratio of decline bench sessions to flat bench sessions 2-1 and even 3-1. This saves the shoulders, but allows us to handle a decent amount of weight. For me, as I approach turning 40 in the next several months, this method has been a Godsend for my shoulder and elbow health without the constant pressure of flat benching all the time.

A pal of mine, Joe Ladnier, uses the declines mostly as an assistance movement and we all know of Joe's success and benching prowess. When I asked Joe, this is what he had to say about the decline press. "Declines are the most superior assistance exercise you can do for increasing the bench press one rep max. By tucking your elbows and bringing the bar down low on your stomach, then exploding upward to lockout over your head is the perfect groove for maximum power. It utilizes every muscle group in your upper body, emulating POWER!!!" I use it as my primarily movement in one of my weekly bench sessions, but you can see the importance of the decline in a wide spread of applications.

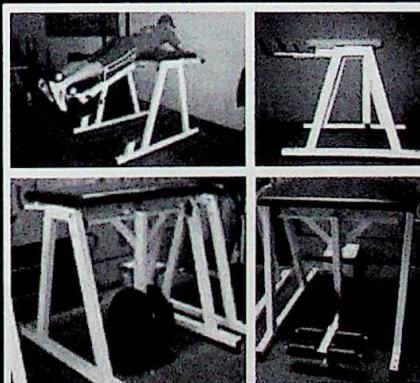
Next time, I will cover the assistance movements with some pictures to give you a better idea of what we have found to be successful. Also, I will add some pictures and descriptions on some set-ups for those of you who train at gyms or at home, where you may not have a decline bench or a power rack.

Many of you on the Internet and the forums I frequent are already seeing success with this program. For those of you that have not yet tried it, give it a shot and be honest with yourself. If it is time for a change in your routine, give the declines a shot.

Until next time-train heavy, lift smart & eat more pizza.

Wade

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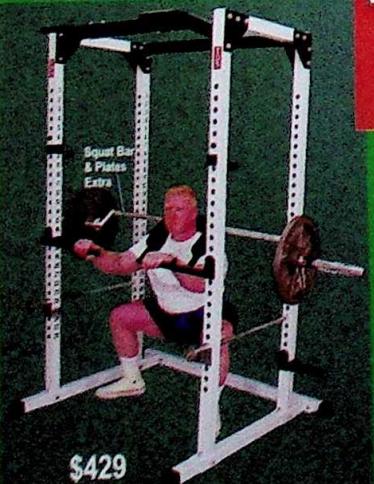


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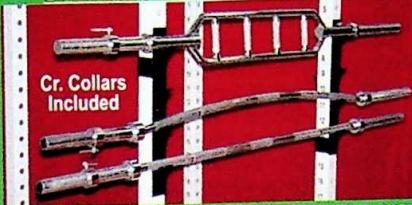
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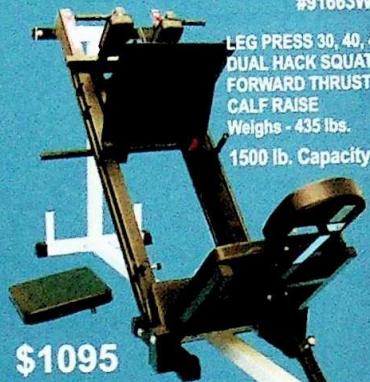


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Knee wraps have been in the powerlifter's repertoire, forever it seems, in one form or another. Early wraps were essentially medical wraps like the thin Ace bandages you find at your local drug store. Later on, Ace came out with a thicker bandage wrap called the 'Charlie Horse', which supplied even more support than their regular wrap. Some sneaky old time lifters even hid rubber balls under their wraps for illegal extra bounce. Powerlifting gear manufacturers soon jumped into this open market and today there are a huge variety of knee wraps made specifically for squatting of various thickness and designs that are advertised in PL USA. The choices offered to the lifter have greatly increased and so have the benefits of knee wraps.

Wraps can easily 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 and throughout the squat can make the difference of a successful lift and a miss. Add a squat suit and lifting belt and you can become a living, breathing, squatting machine.

Getting the most out of knee wraps starts with wrapping technique. There are many ways to wrap, but I have found a method that I think works best. Sit down and start wrapping, with your knee locked out straight, 1 wrap's width below the knee and spiral upward until you are 2 wrap widths above

the knee. It is critical to wrap more above the knee than below as that is where the muscle is that will do the squatting. If there is any more remaining wrap length, wrap spiraling down. A tip is to tuck the loose end of the wrap in on the front part of the leg above the knee with the end sticking upward. This provides an extra 'illusion of depth'. We need every advantage we can get so give this a try. It's key to wrap with your knees locked out straight. Wrapping with your knees bent will result in much less tightness and spring from the wrap throughout the lift. After you are finished wrapping, have a helper get you up to your feet for the attempt. Re-roll your wraps snugly after every attempt. This makes it easy to apply them the next time. A helper or a coach can wrap you also; just follow the same guidelines. Don't be afraid to experiment with different methods and use the one you determine is best come meet time.

Next is training with wraps. I would not use them until you get to heavy sets of 5s, perhaps even 3s. Overuse of knee wraps will decrease the workload, thus the stimulus on your squatting muscles during your training cycle. I suggest not wearing knee wraps until about 5-6 weeks prior a meet. Up until then, I would limit my squat gear to a thin belt at most. As the contest nears, you must gradually accustom yourself with your contest squatting

STARTIN' OUT

A special section dedicated to the beginning lifter

KNEE WRAPS

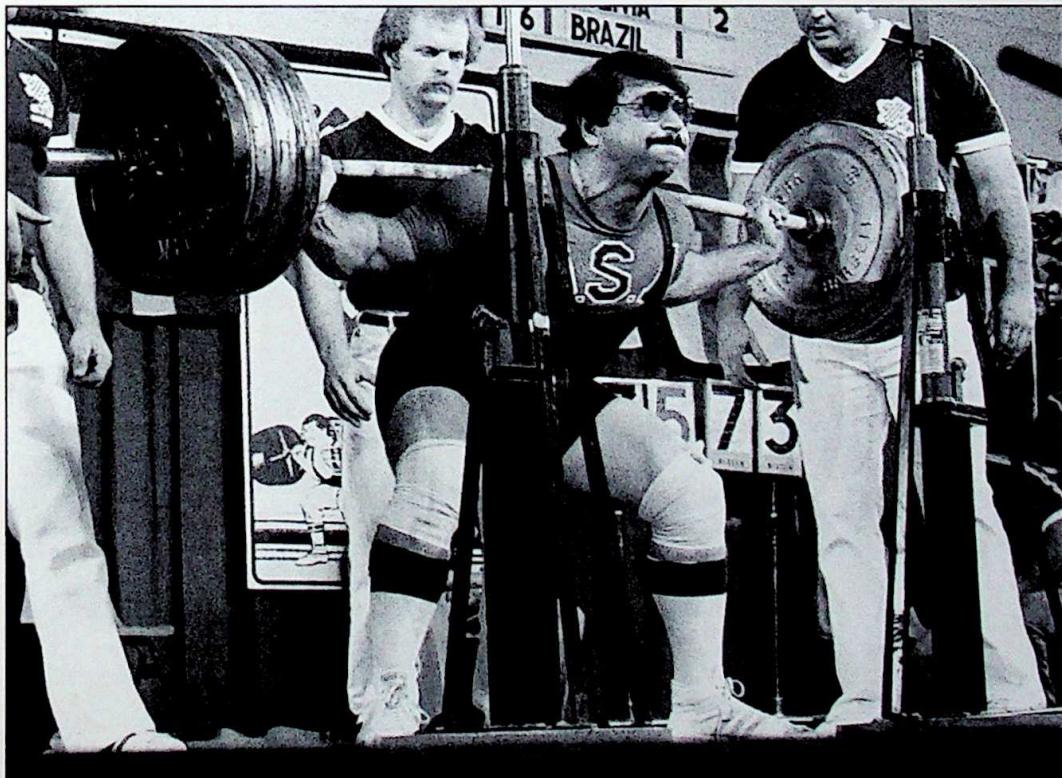
as told by Doug Daniels

because some lifter suggested it. Experiment with new brands during training, not while on deck waiting to lift. The margin for error on contest weights is zip. I would also not use brand new wraps at a meet. Break them with a few training sessions prior the meet.

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

I do not see any benefit in using knee wraps for the deadlift. They may 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 ache. If this is the case, may I suggest finding out the root cause of the pain. It could be the result of abusive training or lack of rest. For lifters with genuine joint pain, they can enable them to squat more comfortably and safely, but try to determine the cause of the pain and remedy the situation. Try products like glucosamine, etc. Many people have gotten good results from its use.

Knee wraps have come a long way since the old Ace bandage and Charlie Horse. Properly selected and applied they can add a good chunk of weight and safety to your squats. Experiment with different brands and types as well as wrapping techniques during your off season, never at a contest. Not using all your lifting gear, like knee wraps, in the most effective manner, gives your competitors an advantage, especially to the rubber ball guy.



Knee Wraps were a standard item of powerlifting equipment over a quarter of a century ago, when PL Icon Larry Pacifico squatted at the 1979 IPF Worlds in Dayton, Ohio, which Larry both promoted and won in the 220s!

"The most important thing for an athlete to depend on is what he or she has learned and their tactical and technical abilities. They invest so much time and energy into what they can control - practice, conditioning - and then get consumed by things that truly have no bearing on how they play. It is as if they yield everything over to this inanimate object or ritual. It's horrible to put yourself in that box."

Brian Silva

After eighty-seven years, the Boston Red Sox have finally broken the curse of the Bambino, and in so doing they have gone from the frying pan into the fire. Right after they came back and swept the New York Yankees four straight games to win the American League Championships, Sports Illustrated featured them on their cover for two straight weeks. You know what that means. The Boston Red Sox will now have to deal with the SI jinx for the next eighty-seven years. If they thought the curse of the Bambino was horrifying wait till they get a load of the powerful SI jinx. Allegedly the SI jinx has turned numerous sports champions into crippled chumps, phenoms into flops and winning teams into long time losers. As even the most casual sports fan knows, there's an orthodox superstition that suggests that being on the cover of Sports Illustrated is the kiss of death for your favorite team or athlete. The long list of season-ending injuries, fatal car crashes, family tragedies, divorces, batting slumps, chokes, losing streaks and shocking upsets suffered by individuals and teams who have appeared on the Sports Illustrated cover since 1954 is too long and frightening to recount. Sports Illustrated's own researchers have ascertained that 37 percent of the time ill-fated tragedy strikes the person or team within two weeks of a cover appearance. Amazingly, almost 12 percent suffered a catastrophic injury or death. It's been said that if Sports Illustrated had put Osama bin Laden on its cover he would be toasting marshmallows in Hades right now. According to sports folklore, "No curse is worse."

If that sounds like

DR. JUDD

CURSES, HEXES AND SUPERSTITIONS...PART II as told by Judd Biasiotto Ph. D.

absolute certainty to you, that is probably because you have spent the majority of your life in the gym. Sports Illustrated's cardinal researcher in this area, Alexander Wolff, says that the jinx merely illustrates a "regression to the mean." In laymen's terms, that means that athletes who get hot eventually get cold. Wolff also points out that although a number of people had some misfortune when they appeared on the cover, it didn't damage the fortunes of Sports Illustrated's top 3 cover boys... Michael

Jordan who appeared on the cover 51 times, Muhammad Ali who appeared 38 times and Jack Nicklaus who was front and center 23 times. Wolff concludes that if there is a jinx it can not be substantiated by science. In fact we now have scientific explanations for many once mysterious phenomenon, unfortunately though or maybe fortunately, depending on your point of view, that doesn't eliminate the tendency for superstition. Of course, the question is, "Do people believe most firmly, in science or superstition?" Apparently it is both

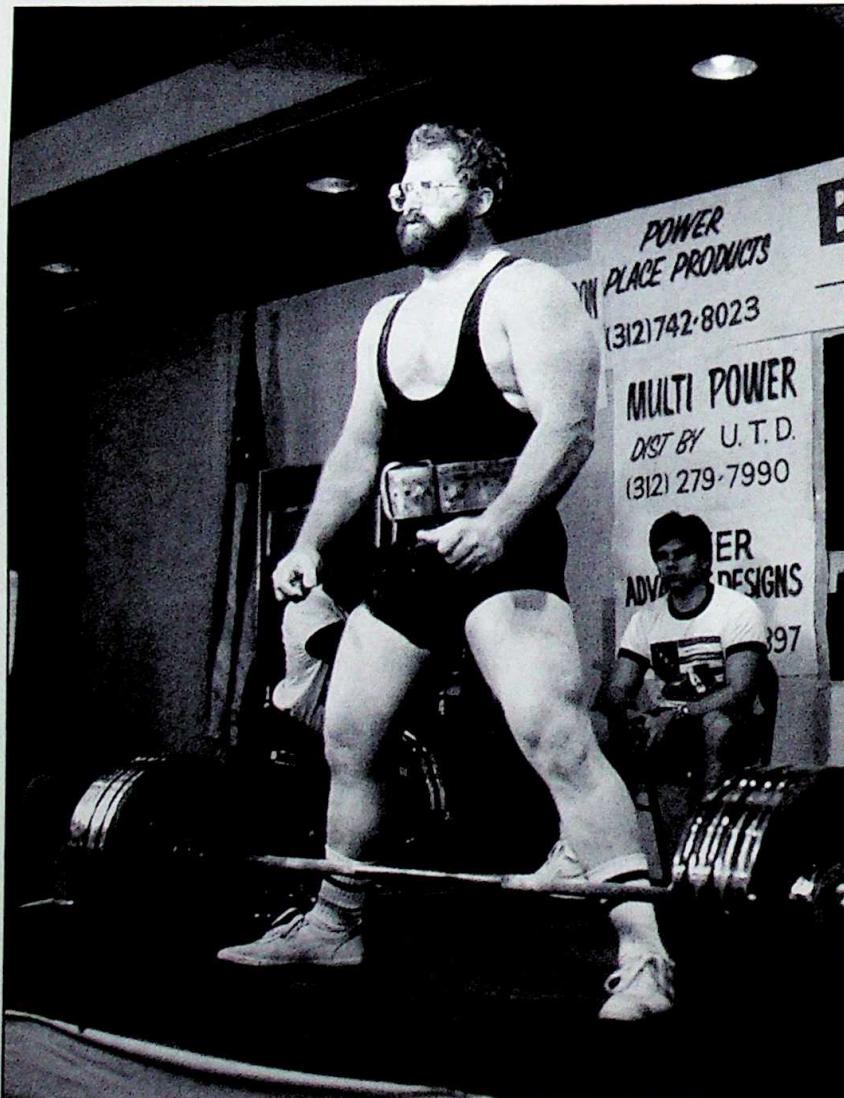
science and superstition. Somehow people who are schooled in scientific probability and critical thinking are capable of compartmentalizing that data in one part of their brain and putting their superstitions in another part. In other words when it comes to curses, hexes, and superstitions, science doesn't count.

Now I suppose that if you asked most people if they were superstitious they would probably say that they really don't believe in such things. Still if you followed them around

you would probably find that their actions betray their contention and that they are more superstitious than they are willing to admit. They won't walk in front of a black cat, or under a ladder, and God forbid if they break a mirror they will "freak"...that's seven years bad luck.

From powerlifting to bobsledding, little league to the NFL, superstitions are as much a part of sports as hard work and coaching strategies. Superstition and sports go hand in hand, and pre-game rituals are as common as pre-game pep talks. The position here is if that if there is a possibility of tipping the psychic odds in one's favor ... why not? Perhaps the root of superstition comes from people not having control over their situation and then by associating one action with another and finding some degree of success they feel as if they have gained that control. A lot of things in sports are uncontrollable, making sports a prime candidate for superstitious behavior.

In truth all of us are a little superstitious. There are always times in life when we don't attribute all that happens in our life as the consequence of our own behavior. Most of us are conditioned to believe in uncertainties in the



When you set up for an attempt, the exact same way, meet after meet, year after year, decade after decade, like Shawn Cain (above), does that amount to superstition?

cosmos and universe. Daily life has enough unpredictability that we still, especially in times of misfortune, turn to superstitions to account for the unaccountable. When these rituals and superstitions appear to work, they certainly are reinforced in the person's mind that they do have credibility. Still there are those people, well educated and not, who believe wholeheartedly in groundless curses and superstitions. Why are these people so superstitious? Why do any of us have superstitions?

How superstitious you are depends to a large extent on where your locus of control is strongest. Some people have been taught to believe that they are autonomous, meaning that they are masters of their own destiny and that they are responsible for what happens to them in life. They believe that they orchestrate their own behavior, and they are less likely to believe that external factors affect their lives. They see the control of their lives as coming from inside themselves. These individuals are called internalizers.

Conversely, other people believe that they are helpless pawns of fate. These individuals believe that they are controlled by outside forces over which they have absolutely no control. They feel like their locus of control is external

rather than internal; as a result, they believe that they have no responsibility for what happens to them. These individuals are said to be externalizers.

Perhaps the major difference between internalizers and externalizers is that people with an internal locus of control believe that what they do will determine what their destiny will be. In other words, they believe that what they sow is what they will reap. People with an external locus of control believe that their life is basically in the hands of fate. In short, they don't believe in themselves, but rather in God's will, predestination, luck, superstitions, and just about anything else they think can control their lives.

What type of locus of control you have and to great extent how superstitious you are depends upon where you were raised. For example, research has revealed that Southerners tend to be externalizers while Northerners tend to be internalizers. When Southern women were surveyed over 60% of them said, "God controls my life." They believed that being successful in life was totally contingent on God's will, not from anything they did themselves. Also more than 30% of them also indicated that luck was of major importance in determining their

fate. When Northern women were given the same survey, less than 20% of them said God was in control of their lives and only 6% said that luck even existed. In other words, the Southern women who were externalizers saw themselves as being manipulated by external forces beyond their control. On the other hand, Northern women who were internalizers felt that getting ahead in life and being successful came from hard work and determination.

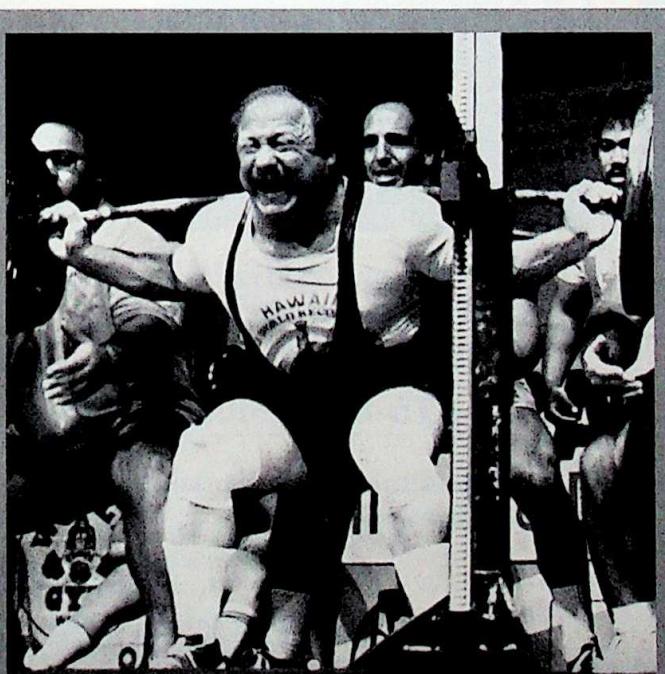
Not surprisingly, Southern women were found to be extremely superstitious. Interestingly, they also tended to be placebo reactors. Remember, in my previous article on superstition, I said that we tend to see what we expect to see. We also feel what we expect to feel. If you are convinced that taking a pill will decrease your pain chances are you will perceive whatever pains you as being less intense after taking the pill. Externalizers, because they believe that external forces control them, tend to believe in the magic of pills.

What all this tells us is that learning is of paramount importance in our degree of superstition. This means that there is hope for those of us with an external locus of control. Anything that is learned can be extinguished and new learning can be put in its

place. If we want to change it, we have to dig deep into our belief systems and provide ourselves with an alternate explanation. It certainly wouldn't be easy to revert from an externalizer to an internalizer, but it can be done.

Here is something to contemplate though. Research seems to indicate that externalizers deal with stress as well if not better than internalizers do because when things go wrong they don't feel like it is their fault...it was God's will, the curse, fate, destiny. On the other hand, internalizers feel more pressure because they take responsibility for what is happening to them. On the down side externalizers tend to accept defeat more readily and are not motivated to work as hard as internalizers because they don't believe what they do has any real bearing on the outcome of anything.

Of course, the world doesn't just consist of two types of people...internalizers and externalizers. We all probably have mixed tendencies, even the most fatalistic externalizers will, in some situations, meet challenges head on rather than accept the idea they have no control. And even the most positive internalizers at times will look to the heavens for help when things are going wrong.



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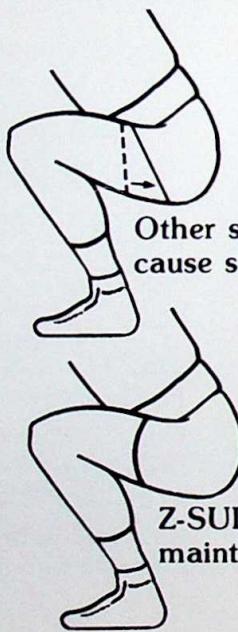
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George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

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

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

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ASK THE DOCTOR

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

HI MAURO: I have two questions for you. First, is it OK or desirable to take Metabolic AND Testoboost AND GH boost? My training load right now is moderate not super intense. Age 62. Only 3 pounds over my weight class this morning. Secondly, can I take GHboost before bed along with TestoBoost, as part of your NitAbol package. Is it useful at any other time, say before my workout? Thanks, **Tony**

HI TONY: It's OK to take them all three together as they were formulated to work with each other. However, you might want to use them together as part of your next training stage. A lot of athletes use GHboost prior to training and it's quite effective taken at that time as it raises GH and IGF-I levels and complements either the LipoFlush or Resolve that they also use prior to training. I personally use GHboost in the evening a few hours after I've eaten. I find that it gives me the cognitive boost that I need to work later at night. Also taken at that time it doesn't interfere with the GH spike a few hours after falling asleep and, just like when used before bed, results in an increased overall level of IGF-I, although I haven't done a comparison on the effectiveness of taking them together. To show you that there are a variety of ways to take my products, here's an excerpt from an email I just received while writing you: "I take the 4 Testoboost pills and 3 GHboost pills before bedtime. I do that on days that I do not work out (if I go to the gym, I take 2 Testoboost and 2 GHboost before my work-out, and 2 Testoboost and 1 to 2 GHboost before bed). I usually have a Myosin shake with the pills before bed." **Mauro**

DR. DI PASQUALE: I have been an Anabolic Dieter for 8 years. Recently I became certified as a personal trainer. I have been using the Metabolic Diet for friends and family with great results, but in my dealings with clients I am coming across two conditions: Hypoglycemia and Diabetes. What should I do with the Metabolic Diet for a client with Hypoglycemia? What do I do if they have Diabetes? I hope you get this over the weekend, I just got a young lady today with hypoglycemia. Thank you, **John**

HI JOHN: The best diet for reactive hypoglycemia is a low carb, high protein diet, no refined carbs, high fiber – low alcohol and caffeine – small frequent meals, say every three hours. The best nutritional

supplements are a combination of MVM and Metabolic, both taken twice a day – this combo really helps those who are prone to hypoglycemia and both type I and II diabetes. If you have these two in order exercise can be anything that person needs to do to achieve their body composition and performance goals. **Mauro**

DEAR MAURO: I've read a lot of your articles on bodybuilding.com and I can't tell you how much I enjoy reading them. It's always nice to read from someone who is so knowledgeable about his field. Would you be so kind as to provide me with your opinion on the herb tribulus terrestris. Do you think it has any effects on testosterone levels? Do you think it's a safe herbal supplement for a man in his early 20s to use? Are products like tribosten and tribestan that claim to be superior to other tribulus products, because of their higher levels of protodioscin, really superior? Thanks in advance for your response. **Wale**

HI WALE: Thank you for the kind words. Tribulus terrestris (TT) is a herb traditionally used in various countries such as Bulgaria, Greece, India and China, as a treatment for impotence and low sex drive. As far as its use by athletes it all started when the Bulgarian weightlifters and power athletes used it as part of their supplement program to help them win Olympic events, supposedly by the effects of tribulus on increasing testosterone levels. From there is caught on with other athletes including powerlifters and bodybuilders. As a side note I still have several boxes of the original Tribestan that was popular back in the early 1980s. Most of the research on tribulus comes from a Bulgarian supplement manufacturer and has never been published. Outside of these studies, there are a handful of others that show the effects of tribulus on various aspects of sexual function and in increasing endogenous testosterone levels. I feel that tribulus has some effects on LH, a hormone produced in the pituitary that stimulates the testicles to increase testosterone production. However, I feel that these effects are minimal and thus needs to be used with other compounds in order to be more effective. Have a look at <http://www.mdplusstore.com/pdfs/testoboost.pdf> and you'll see that tribulus is one of the ingredients in my TestoBoost. You'll also see that there

are several dozen more ingredients, all meant to affect the various pathways that lead to increased testosterone levels and an anabolic effect. TT is completely safe in the dosage range up to 2 grams daily. For example, I've done blood screens on several patients on TestoBoost, some taking one dose per day while others used it up to three times a day, and found no problems. As far as the various tribulus preparations, all of them are extracts obtained from the air-dried aerial parts of the plant. This extract contains mainly steroidal glycosides(saponins), which is usually around 40% of dry weight with the predominant active component being protodioscin. Although protodioscin is the major saponin, I feel that the saponin mix is important for the effects of TT on testosterone. That's why I standardize the tribulus in my TestoBoost to the saponins rather than only to protodioscin. So TestoBoost contains 450 mg of TT and 180 mg of

"The best diet for reactive hypoglycemia is a low carb, high protein diet, no refined carbs, high fiber – low alcohol and caffeine – small frequent meals, say every three hours.
The best nutritional supplements are a combination of MVM and Metabolic, both taken twice a day – this combo really helps those who are prone to hypoglycemia and both type I and II diabetes."

Dr. Mauro Di Pasquale

saponins, and because the protodioscin makes up half of the saponins in the TT used in TestoBoost, it contains about 90 mg of protodioscin. This is the same mix that was found in the original Tribestan - I had the original pills analyzed for saponin content. I hope that this information helps. Best regards, **Mauro**

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In the previous installment of this series I went through some of the supplements that Garry uses in his pre contest nutrition plan. Now I thought I would up the ante just a bit and give you something special. Since this is the final part of this super series on the undisputed strongest man who ever lived I thought this would be a nice way to finish things off. I get so many e-mails asking "What does Garry eat?", that I thought this would be of interest. So, get yourself a protein shake, sit down, put your feet up, and start reading.

A Day in the Life of the World's Strongest Man

Just to warn you, this type of plan is not be copied or tried out at home. Since you can't train like Garry, nor possess the genetics of this beast, you can't eat like him either. This is just a one-day outline in one of his Pre Competition nutrition plans. Each day his foods change along with his portion sizes and supplementation schedule as well. This is about as much as I can lay out for you here because I don't want to give away all my secrets. I have to give my props to Garry's wife Teresa, as none of this could have been accomplished without her. As I said before, she has been our ace in the hole and there is no way Garry could have stuck to his customized nutrition plan without Teresa in his corner. She prepares all his meals ahead of time, and the rest of the time she is sorting out all his vitamins, enzymes, and powders to make sure there is nothing off schedule. Again I would like to thank her for all she has done because without her there was no way we could have made this work, especially considering how much Garry has to eat.

Hey Teresa, what's for Breakfast?

I have laid out here a one day nutrition plan for Garry that I designed some time ago. Garry can eat more in one day than some of you can eat in a week. It wasn't always like that. If you refer to Part 1 of this series, I actually teased Garry when we first started working with each other regarding how little he ate. That is a thing of the past and his total and ever increasing lifts can attest to that. Like I have always said in my articles, if you want power then you have to feed the machine! So, here it goes.

Breakfast:

20 Egg White Omelet
4 Egg Yolks
4 Cups of Rolled Oats
2 Bananas
4 Tablespoons of Flax Seed Oil
Multivitamin Packet
1000mg of Vitamin C

NUTRITION

THE ROAD TO 2800+ THE GARRY FRANK CHRONICLES PART 4

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

Digestive Enzymes
24 ounces of Water

Mid Morning Snack:

4 Scoops of Whey/Miscellar Casein Protein Formula
32 ounces of Skim Milk
1 cup of Cottage Cheese
4 tablespoons of Flax Seed Oil
24 ounces of Water
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

Lunch:

1 pound of lean skinless Chicken Breasts
4 cups of Brown rice
4 Cups of Salad
6 Tablespoons of Olive oil
24 ounces of Water
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

Mid Afternoon Snack:

4 Scoops of Whey/Miscellar Casein Protein Formula
32 ounces of Skim Milk
4 tablespoons of Flax Seed Oil
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

Dinner:

2 pounds of Lean Sirloin Steak
4 baked potatoes
4 cups of Green Salad
6 Tablespoons of Olive Oil
20 ounces of Water
1000mg of Vitamin C
Digestive Enzymes

Pre workout:

1 pound of Chicken Breasts
4 Cups of Sweet Potatoes
4 tablespoons of Flaxseed oil
20 ounces of Water
1000mg of Vitamin C
Digestive Enzymes
10 grams of Glutamine Peptides

During Training:

Anthony's Secret "Training Formula"
64 ounces of water

Post workout:

24 ounces of Water
Anthony's Secret Post Workout Formula containing over 15 different Ingredients



Anthony Ricciuto this is the Man Behind xtremepower.com

1000mg of Vitamin C

Bedtime Meal:

4 Scoops of Whey/Miscellar Casein Protein Formula
32 ounces of Skim Milk
4 tablespoons of Flax Seed Oil
2 Cups of Cottage Cheese
1000mg of Vitamin C
10 grams of Glutamine Peptides
Digestive Enzymes

WARNING: Don't Try this at Home

You must be wondering how the hell can he eat this much food in one day. Like I said, do not attempt to copy this program, otherwise you may just have to go down to the local hospital to get your stomach pumped. I kid you not, don't try to copy this. Just as you wouldn't try and squat over 1100 pounds like Garry has done in training, don't try to eat like he does. To tell you the truth, I don't think there are a lot of you out there who could get through the breakfast let alone the other 7 meals of the day. Garry's breakfast is more than some guys eat all day. This actually isn't what Garry eats day in and day out. I provide a lot of variety in the meal plans that I design so the athlete doesn't get sick of eating the same thing day after day, but more importantly to keep the body from adapting to what I am doing with it. Just as the body adapts to different types of stimuli in the training program, the same thing goes for the diet plan. You may have noticed that there aren't any refined carbs in the plan or simple sugars as well. In my opinion, the powerlifter needs very little simple sugar and refined carbs shouldn't be part of the plan unless used in a post workout formation. This is very important because

Overview

When you look at this plan, especially to the untrained eye, it may just look like I am stuffing as much food as possible down Garry's throat, just short of making him explode. This is not the case. Each of Garry's meals is meticulously planned out in accordance to his nutritional analysis, his current training program, his lifestyle, work schedule, level of insulin sensitivity, the results of his blood work and much much more. During our time together we have tried many different types of programs to see how his body reacts, to optimize his performance. With this plan I kept his protein intake high, and for good reason. Considering the intensity with which he trains and the sheer muscle mass that he carries on his frame, I had to make sure that he doesn't ever enter a catabolic state. Otherwise, he will lose valuable muscle and decrease his strength level from workout to workout. Most people don't realize this, but allowing yourself to enter a catabolic state this day or that day can be the reason why you may be having a bad workout. I can't over-emphasize how important this single factor is for accomplishing your goals of becoming bigger and stronger. The next thing that you may have noticed is that I have included a lot of essential fats in Garry's program. These consist mainly of different oils; especially flax, fish, mixed EFA and Extra Virgin Olive Oil. These fats are very important for the powerlifter and if you keep them out of your diet then you are shortchanging your progress. Fats are very important in many factors that affect the strength athlete. These include increasing your testosterone level, reducing inflammation in your joints and tendons, improving your level of insulin sensitivity, reducing bodyfat, reducing your cholesterol level, and improving your cardiovascular health and much more. Garry's body has responded very well to adding in these essential fats, since before he started working with me they were not a part of his nutritional repertoire. Next you might note that I provide Garry with an abundance of low glycemic index complex carbohydrates. This is exactly what he needs to fuel that massive engine through his tough workouts. The way that he burns fuel, squatting over 1100 and deadlifting over 900 in training on the same day, you know he needs an optimal energy source to keep those efforts on the up and up. You may have noticed that there aren't any refined carbs in the plan or simple sugars as well. In my opinion, the powerlifter needs very little simple sugar and refined carbs shouldn't be part of the plan unless used in a post workout formation. This is very important because

overeating these types of simple sugars and carbs will decrease your performance if consumed before training. They will also cause a significant insulin spike that will lead to an increase in fat storage. These are two things that every powerlifter should try his best to avoid because they can adversely affect one's performance and physique, not to mention that they will also cause a lot of health concerns down the road. The next thing that you might have noticed is that Garry drinks a ton of water. This is another thing that most powerlifters don't do, to their loss. Garry drinks from 1-2 gallons of water, day in and day out. Keeping the body superhydrated is very important for keeping your strength and endurance up, not to mention how important it is for keeping organs like your kidneys and liver healthy. You also have to remember that to optimize fatloss you must keep the body well hydrated. Another vital part of his plan is that Garry eats several times per day. You won't see Garry settling for 3 square meals a day or something even stupider like skipping breakfast. Those traits are for athletes who are either uneducated in the nutritional sciences or those that really don't care about their powerlifting success. You won't maximize your performance eating only 2 or 3 times per day. I guarantee this! Eating more times per day will increase your metabolism, keep you in a positive nitrogen balance, keep your blood sugar levels stable, stabilize your glucagon and insulin production, keep you from burning out during your workouts and much more. Those who don't eat at least 5 times per day are just cheating themselves and are giving their competition a major advantage. Supplements are another thing that Garry is a big

believer in. I went in-depth on this topic in Part 3 of this series to give you a full understanding of what Garry uses in his pre contest cycle to give him that extra edge. One thing to remember about his supplement schedule is that it is precisely planned, day in and day out, just like his nutrition plan. If you want something to work you have to give it 100%. If you do it half-assed you are only going to see half-assed results. In regards to his protein shakes we do at least 3-5 per day

when he is training hard. Even with as much food as Garry can wolf down in one sitting, he can always drink more protein than he can eat. Plus with his customized formulas that I have put together, he will have a combination of different proteins, each with different amino acid spectrums, biological values and absorption rates. The protein drinks are a staple in Garry's plan, both off season and pre contest. The formulas will change throughout the day and will revolve around

his training session, previous meal, present goals and his rate of recovery. Just going down to the local health food store and picking up whatever tub of protein that they have on sale isn't going to get the job done. Or even better, having some guy that works there (all 120 pounds of him) telling you what the best type is to help you reach your goals even though you know this guy doesn't know an amino acid from an antacid. Garry is a true specimen and just as his training evolves and changes so does his nutrition and supplementation plan to make sure that he is one step ahead of his competition.

What is to Come?

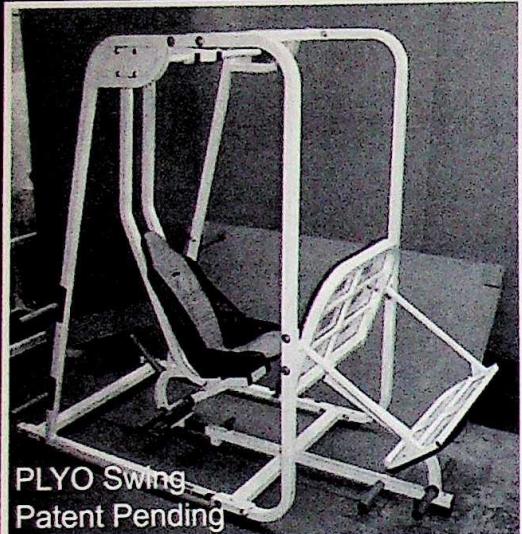
Even though I have given you an inside look into the nutrition world of the undisputed greatest powerlifter of all time, it doesn't mean that I don't have another thousand tricks up my sleeve to take Garry's crazy super total to even higher plains. With Garry's "Old World" work ethic and the driving intensity and focus of a true champion, what we can accomplish together is going to be beyond anything you can ever imagine. Garry's hasn't even come close to reaching his peak. I promise you some lifts so off the wall you won't believe it! When Garry reaches his peak you will know it because the rest of the powerlifting world will be only able to hope for second place. Most of you wonder what the next goal is or what Garry can accomplish before he retires. I will say this - the sky is the limit - and before Garry is done he will raise the bar to such a level that all powerlifters, even a hundred years from now, will remember this powerful titan who dominated the powerlifting stages, destroying anything and everything in his path. Garry is not just a super powerlifter, but a true athlete as well. Garry Frank will go down in the strength history books as more than just as legend of his time, but as the strongest man who has ever walked this earth. For all of Garry's fans out there, I have given you my warning ... get ready for the storm, because you haven't seen nothing yet!



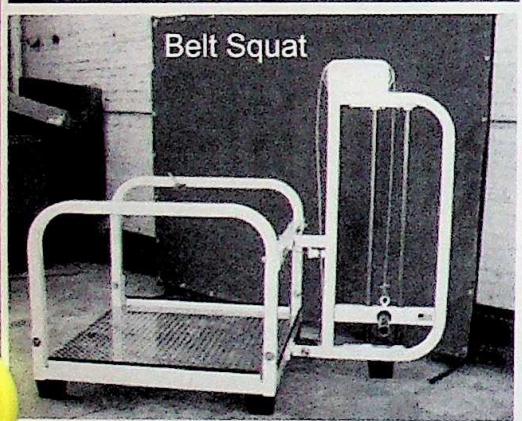
It's hard to predict what Garry might do in PL ... could it start with the number 3?

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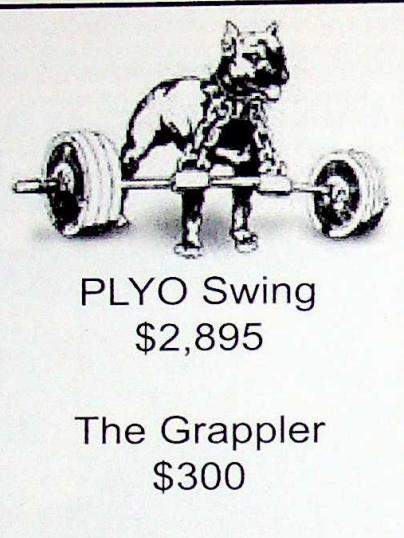
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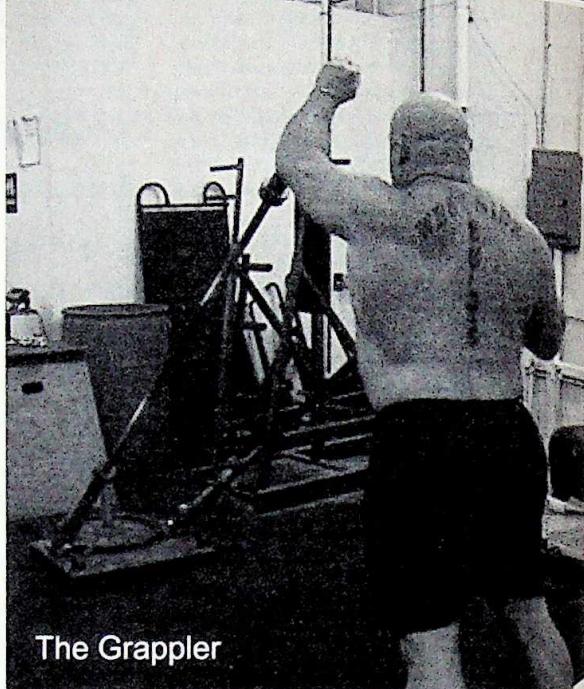
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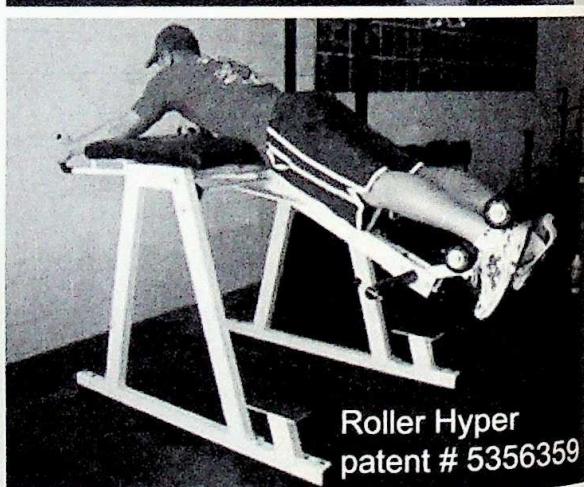
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Belt Squat Machine
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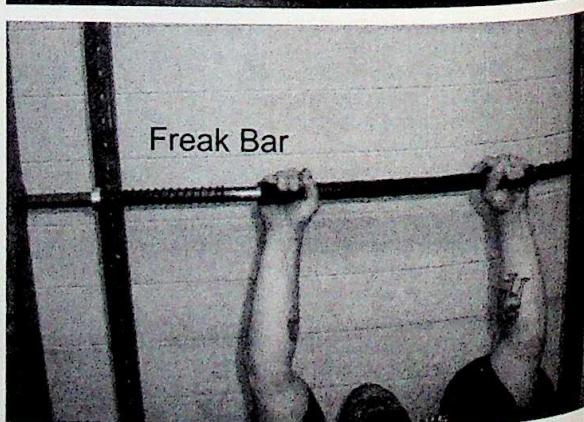
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I had my wife and kids with me, and we were driving back from a powerlifting meet. I'm used to driving non-stop, even if it takes 24 (or more) hours, but that doesn't fly with small children. We stopped for NOTHING on the way to the meet, so I had to compromise a bit on the way back.

We stopped at museums, souvenir shops, and interesting views. We went in caves, and looked at dinosaur bones, but even I perked up a bit when we saw the Snake Farm. For only a dollar, my young daughter got a balloon on a string, tied to the end of a long stick. She held it over a pit full of rattlers. Seven or eight large rattlesnakes were coiled and rattling, and only one was asleep. Caitlin, AKA "Possum Girl", lowered the balloon towards the sleeping rattle. With the fatherly wisdom that I'm known for, I told her to lower it towards a snake that was awake - then SNAP! The sleeping rattle struck and popped the balloon too fast for the naked eye to see, surprising all of us with its lighting speed! Sometimes powerlifters and fighters are like that. It's the quiet "sleepers" that catch you by surprise.

At 2250 Lumpkin Road in Augusta, Georgia, there is a different kind of snake farm, and I'll let the "World's Strongest Granddaddy" tell you about it.

"Python Gym was originated because I didn't want to be in those "pretty" gyms that you can't use chalk in, can't grunt in, can't yell... or, in other words, act like a powerlifter!"

I was kicked out of a local gym because I wouldn't back down about being drug-free. I then went to the local military gym and was banned there because of the powerlifters asking me for advice instead of their coach.

I then rented an old "7-11" store and turned it into a vitamin store and for a place for me and a few buddies to work out. I had a bench and an exercise bike. People kept coming in and I kept buying and bartering for equipment until I had enough to actually call it a gym. Not big, just 2400 sq. ft., where I can yell, grunt, talk smack and have fun. (Let me tell you, Tee is a world champion at talking smack!)

We started having our own meets in 1993 and officially called it the "Python Power League" in 1998. We have had about four meets per year: The Augusta Open, Georgia State, Southeastern and the Nationals.

We are strict on our judging, but we play music and we encourage individuality, cheering, screaming, nicknames, and dancing. In other words, fun!

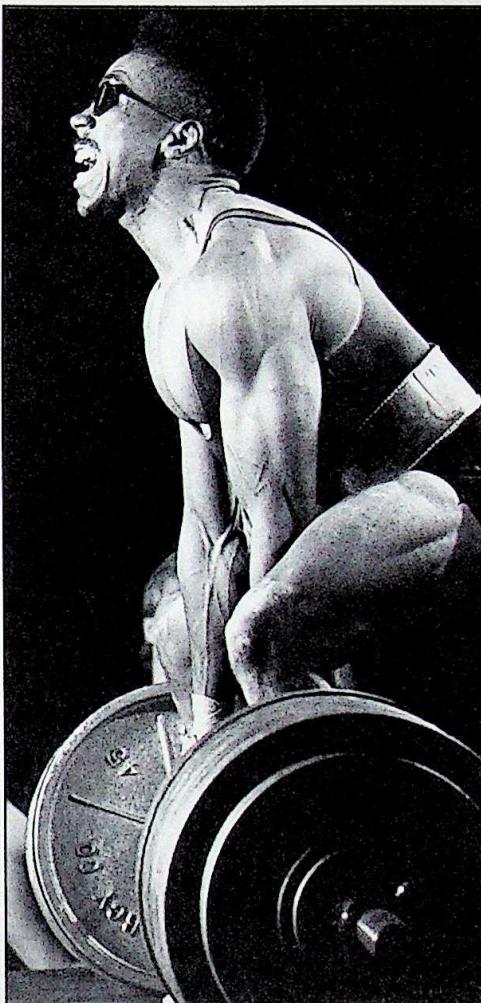
I have been competing since 1981 and have best lifts of 710 in the squat, 385 in the bench and 760 lbs. in the deadlift and an 1815 total, at a bodyweight of 187 lbs. and I did it in a \$40 suit! Who knows what I could have lifted in one of those iron caskets they lift in now! I still lift in a \$40 suit and still deadlift 735-750 lbs. at a bodyweight of 189 lbs. and 48 years old.

I don't squat heavy anymore (no more than 600-625) because I broke two bones in my back in 1997. I had surgery and got my legs back to the same size, but I am in pain every day. I thank God for the honor and pleasure of competing in a sport I dearly love.

I mostly compete in the WNPF, but I have competed in the APA, USPF, USAPL (ADPFA), APC, WABDL, and a bunch of other alphabets. I just like lifting weight!

HARD CORE GYM #38

Home of Tee "Skinny Man" Meyers World's Strongest Granddaddy *astoldtoPowerliftingUSA by Rick Brewer, House of Pain*



Dancin' or Deadliftin' ... Tee Meyers is a Trip!

The greatest lifter I ever met was Dan "The Man" Austin. Not only is he a great lifter, but he has an inner spirit that is truly great. He can inspire you without even saying a word. (Like the "sleepin' rattle").

Python Gym is one of the dinosaur gyms that lets you pay by the day, week, or month! We are the only one in Augusta. So, instead of spending that \$5.00 on beer, or some "slim slow", or some cancer sticks, or some "fat-away" diet pills, or some Leroy Press on gold tooth-fes, or flea market shades, bring it to Python Gym and get your swole on.

We offer personal training, powerlifting training, weightlifting, and videos on how to squat and how to deadlift or competing or to just learn how to do it properly. They are not the fancy ones - they just emphasize hard work, proper nutrition and persistence.

I also do seminars at schools and churches on strength training, proper nutrition and God's Health Laws. Believe me, I can talk! If you are ever in a meet and come upon a loud-mouthed,

shades wearing, lean and mean, dancing, middle-aged guy who is pulling over 700 lbs. AAAHHHHH, dat be me! Come on up and say hi! If you are in the Augusta, GA, and want to talk about powerlifting, boxing, the word , or anything in general, just holler at ya boy!"

I can personally tell you that the "Skinny Man" likes to talk smack, but he is also eager to help another lifter learn. About 10 years ago I was having trouble with my deadlift, and so I called Tee at Python Gym. He spent 15 minutes on the phone helping me - even though he had never even met me at the time. And YES - he really helped! Of course, I never learned to deadlift as well as Tee - since my arms are about two feet shorter than his, but he still helped me to realize that I was overtraining. (I still appreciate that help, Tee!)

Last year I saw him at George Herring's WABDL meet in the Atlanta, Georgia area, and the "Skinny Man" was still wearing his shades and strutting his stuff. He claimed to be the World's Strongest Granddaddy - and as far as I can tell you, he may be right! Plus, he puts on quite a show! The impromptu pose-down between him and George is burned in my memory - like a fat guy in a Speedo I saw on the beach once! Can't get either one of those images out of my mind.

I asked Tee where he got the "Python Gym" name from?

Python? I wanted a name not easily forgotten. Pythonic, according to Websters, is to be of excessive size and power. When you think of a python it is strong. Our slogan on our gym shirts is Python Gym "We Suffocate Our Prey". Plus, one great man once said, "What are you gonna do when the 24 inch Pythons run wild on you?"

Well said, Tee. Is there anything else you want to tell us about the gym before we go?

"No down payments, no contracts, no showers, no fruit juice bar, no aerobics, no watching boxing, wrasslin', Sci-Fi, and the History Channel allowed!"

Trainer of State, National, and World Drug Free Powerlifting Champions!

If duct tape was banned, the gym would have to close. This is not just a gym, but a hangout, a meeting place, and a place to hide if you don't feel like cutting the grass! We do not allow whining, crying, cussin' or excuses!

We have a lot of fun with such things as a powerlifting team, a weightlifting team, heavy and speed bag, dart throwing, small basketball hoop, figure competitions, bodybuilders, plus college and high school athletes."

Sounds like fun to me! If you are ever in Augusta, you owe it to yourself to visit the World's Strongest Granddaddy at Python Gym. Tee is not just an icon; he is one of the real "good guys" who would do anything for you. If he starts talking too much trash, just ask him about his Bench Press. (It's hard to bench heavy when your arms are five feet long.) Seriously, I love this guy!

Next month, we'll find out what we Texas boys like to call a "poor man's grizzly". Do you know what that is? Until then, lift heavy and play with snakes.

Questions/Comments?
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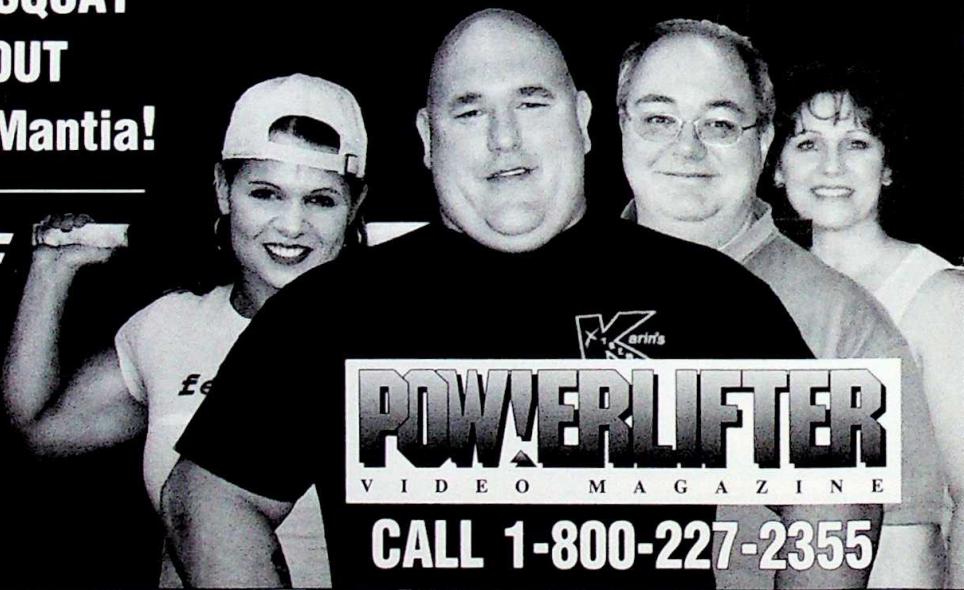
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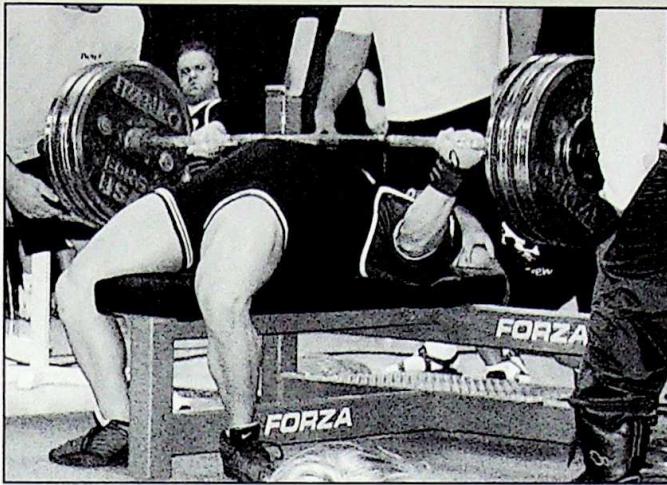
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Jim Kilts (33) from Whitesboro, NY, has been training with weights since age 13. He competed in his first BP competition at 16, benching 250 @125. He set an all-time World Record in 2004 at the WPO Bench Bash for Cash in Orlando. Weighing only 181 lbs., he benched a record 617 lbs. and attempted 644. (see results) His goal is to be the first 181 lb. lifter to bench 700. He will be competing in Feb and also in March at the Arnold Classic. In 1996 he had a state AAU record bench of 430 @165. In 1998 he benched 470 @ 165. Then in 2004 he achieved his goal of triple bodyweight, with a BP of 540 lbs. in the 181 weight class. He then set the mark higher, benching 570 and then broke the record in Orlando. From 1990-1994 he stopped BP competition and tried bodybuilding where he competed successfully in numerous all natural shows. (R.A. Kilts)

WPO Bench Bash For Cash 25 OCT 04 - Orlando, FL (kg)				
WPO Class	Bwt.	BP1	BP2	BP3
Lightweights.				
M. Schick	73.7	276	276	280
B. Heck	74.95	232.5	240	240+
T. Tom	74.7	207.5	215	222.5
B. Schwab	66.85	217.5	217.5	228.5+
Middleweights				
S. Rabine	89.8	275	292.5	311
B. Hein	99.75	300	307.5	312.5+
S. Albano	99.1	305	325	337.5+
R. Imesch	95.25	295	300	305+
M. Wolley	89.45	272.5	282.5	287.5
J. Kilts	82.35	280	290	292.5
R. Daly	88.4	260	275	282.5
J. Cravatta	99.45	265	275	292.5!
E. Rechtenwald	99.7	265	275	285
C. Smith	99.95	272.5	285	295!
F. Boldt	81.8	257.5	271	282.5
R. Lawrence	99.95	265	280	280+
C. Schmalz	81.05	257.5	281	282.5!
Heavyweights				
SHW				

*=Pass. !=Kicked Out of Facility. (Thanks to the WPO for providing these meet results ... sorry it took so long to get pix!)

DEAR APF/WPC/WPO

Member: From this day forward Amy Jackson can be reached at the new APF/WPC/WPO 800# which is (866-389-4744), or you can call her on the local # (630-896-7309). Amy's e-mail is (amyljackson@aol.com). Please use her e-mail from now on when contacting her for any APF/WPC/WPO related issues Ernie Frantz's e-mail (ErnieFrantz@aol.com) is for Ernie's personal use only. So from now on please contact either she or I for all APF/WPC/WPO questions. Please make a note of this. More info coming soon. Thanks for your support!! Kieran Kidder, APF/WPO Prez.. 386-566-9806



George Halbert set two all time bench records at the WPO Bench Bash for Cash, despite a police-enforced evacuation of the meet site due to an oncoming hurricane, which led to some lifters not receiving their full complement of attempts. (photograph provided by courtesy of Debbie)

WEST COAST BODYBUILDING SCENE



DICK TYLER

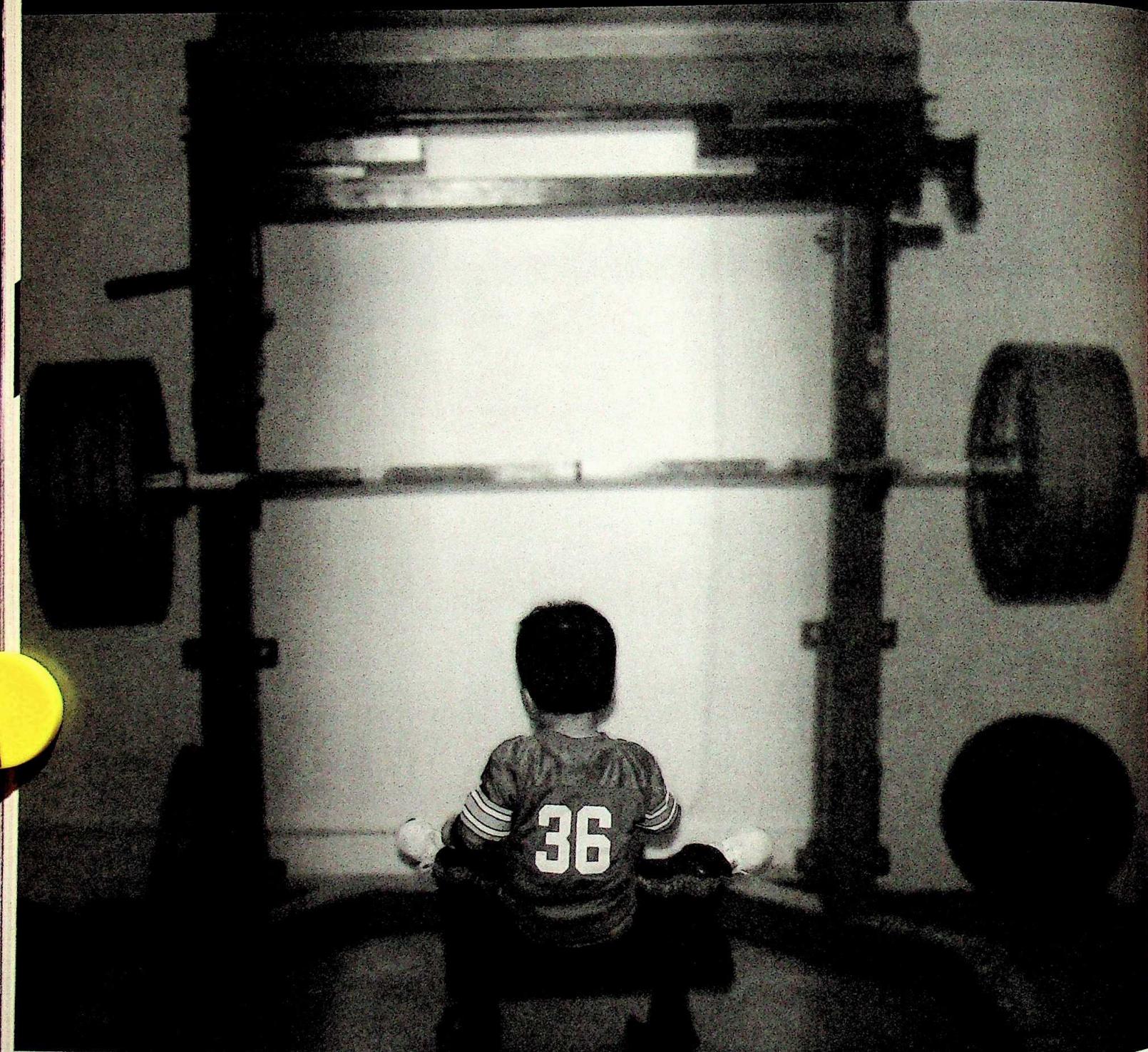
Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground be-

tween the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

WORLD DRUG-FREE POWERLIFTING FEDERATION, Inc. NEWS RELEASE:

The U.S. affiliate to the W.D.F.P.F. will be the AMERICAN DRUG-FREE POWERLIFTING FEDERATION. All U.S. lifters wishing to qualify for one of the U.S. Teams entering the 2005 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in Turin, Italy On November 19 & 20th and/or the 2005 W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS held in CROATIA on Oct. 14, 15 & 16th need to register with the ADFPF as soon as possible. To receive ADFPF information, registration form and application form for the U.S. Teams, send a stamped, self-addressed envelope to: Judith M. Gedney, Brophy Hall, Western Illinois University, Macomb, Illinois, 61455 or, send your postal address requesting ADFPF material to: <jm-gedney@wiu.edu>. The W.D.F.P.F. welcomes All lifters interested in competing internationally against other athletes who train and compete without the use of strength enhancing drugs. For non-U.S. Citizens living within the U.S., who want to compete within the WDFPF, contact the above address stating your national citizenship. We will put you in touch with your National Drug-Free Powerlifting Organization or provide you with information as to how you can register your nation. The temporary WDFPF website: can be found at: <www.wdfpf.cc> The ADFPF will be trying to fill full U.S. Teams of men (up to 3 per weight class) and women (up to 3 per weight class) in each of the W.D.F.P.F. Categories of competition. Those categories include: OPEN (minimum age 14 upward indefinitely), TEENAGE 1 (14 through 15 years of age), TEENAGE 2 (16 through 17 years of age), TEENAGE 3 (18 through 19 years of age), JUNIOR (20 through 23 years of age), MASTERS 1 (40 through 44), MASTERS 2 (45 through 49), MASTERS 3 (50 through 54) and on for MASTERS in 5 year increments., POLICE/FIRE/MILITARY (Open; no age categories in this division). Age is determined by each individual's age on the day of their competition. WDFPF Weight Classes include the following: MALES: 52 kgs.; 56 kgs.; 60 kgs.; 67.5 kgs.; 75 kgs.; 82.5 kgs.; 90 kgs.; 100 kgs.; 110 kgs.; 125 kgs.; 145 kgs.; and +145 kgs. FEMALES: 44 kgs. (97 lbs); 47.5 kgs. (104.75#); 50.5 kgs. (111.25#); 53 kgs. (116.75#); 55.5 kgs. (122.25#); 58.5 kgs. (129#); 63 kgs. (139.0#); 70 kgs. (154.25#); 80 kgs. (176.25#); 90 kgs. (198.25#); +90 kgs. (+198.25#). WDFPF Team Rules: Each team may have up to but not exceeding 3 lifters per weight class. A maximum of 12 Males and 11 females will be listed on a roster for Team Points. All "Team" lifters reaching or surpassing the WDFPF qualification totals will earn team points which are as follows: 1st place = 12 points, 2nd place = 9 points, 3rd place = 8 points, and on to 10 places. Have questions? Contact the WDFPF Secretary General: <JM-Gedney@wiu.edu>

Someday I will...



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Someday I will perform to my best ability.
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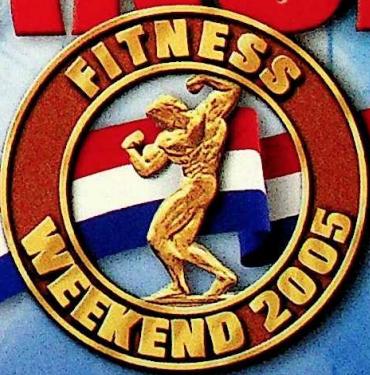
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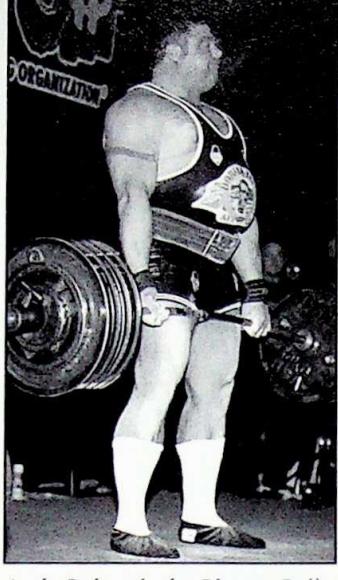
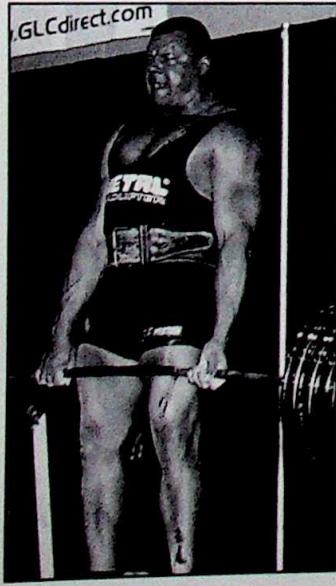


Men's 400 kg. (881.49 lb.) Deadlift Club

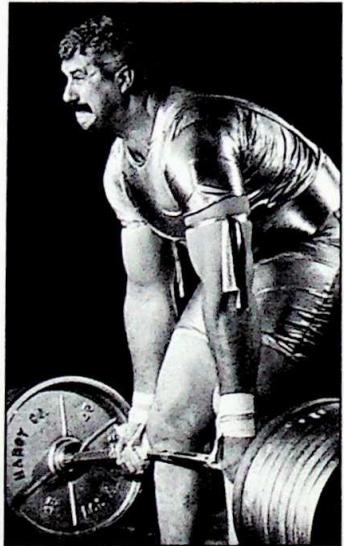
Multiple Performances through 31Dec04 compiled by Herb Glossbrenner

Lift(kg.)	Lift(lb.)	Alt.	Lifter	Birth	NAT	Bwt.(kg.)	Date	Location	Sanction
1. 423.0	932.555	(3)	Bolton, Andrew	70GBR	148.0	01MAR03	Columbus, OH	WPO	
2. 422.5	931.453	(3)	Frank, Garry	64USA	166.05	09NOV02	New Orleans, LA	WPO	
3. 420.5	927.043	(3)	Bolton		150.95	09NOV02	New Orleans, LA	WPO	
4. 420.0	925.941	(3)	Bolton		149.00	28JUL02	Bournemouth, ENG	WPC	
5. 419.573	925.0	(2)	Heisey, Gary	57USA	162.386	15MAR92	Lancaster, PA	APA	
6. 418.0	921.532	(3)	Bolton		147.00	10NOV01	Capetown, RSA	wpe	
7. 417.5	920.430	(2)	Heisey		159.00	29JUL90	Pittsburgh, PA	APF	
8: 415.0	914.918	(3)	Heisey		148.78	17JUL88	Columbus, OH	APF	
9. 412.769	910.0	(2)	Heisey		143.79	24APR88	Chicago, IL	APF	
10. 412.5	909.406	(3)	Podtynny, Maxim	72RUS	130.00	10DEC01	Nyngan, RUS	IPF	
11. 412.5	909.406	(2)	Frank		166.05	09NOV02	New Orleans, LA	WPO	
12. 410.047	904.0	(3)	Wohleber, Daniel	61USA	121.56	12DEC82	Sandusky, OH	USM	
13. 410.0	903.895	(3)	Kenady, Doyle	48-99USA	138.35	06APR86	Honolulu, HI	USPF/APF	
14. 410.0	903.895	(3)	Henry, Marcus	71USA	184.07	16JUL95	Wilkes-Barre, PA	ADFPFA	
15. 410.0	903.895	(2)	Frank		164.60	16JUN02	York, PA	APF	
16. 410.0	903.895	(2)	Frank		173.20	18OCT03	Biloxi, MS	APF	
17. 408.687	961.0	(2)	Coan, Edward	63USA	99.80	28JUL91	Dallas, TX	USPF	
18. 408.0	899.486	(2)	Meszaros, Tibor	67HUN	148.80	16MAY04	Nymburk, CZE	IPF	
19. 407.5	898.383	(3)	Bolton		136.50	19NOV00	Las Vegas, NV	WPO	
20. 407.5	898.383	(-)	Meszaros		140.20	17NOV02	Trencin, SLO	IPF	
21. 407.0	897.28	(3)	Konstantinovs, k	79LAT	118.10	07DEC03	Vienna, AUT	WPCOM	
22. 406.5	896.179	(-)	Meszaros		145.00	15APR00	Szombathely, HUN	IPF	
23. 406.5	896.179	(3)	Meszaros		147.00	19NOV01	Sotkamo, FIN	IPF	
24. 406.0	895.076	(3)	Noren, Lars	61SWE	142.20	10APR88	Gothenburg, SWE	IPF	
25. 405.5	893.974	(3)	Noren		142.00	04MAY87	Gothenburg, SWE	IPF	
26. 405.5	893.974	(3)	Turtiainen, Ano	67FIN	123.30	24FEB02	Columbus, OH	WPO	
27. 405.0	892.872	(3)	Noren		140.65	15NOV87	Frederikstad, NOR	IPF	
28. 404.151	891.0	(-)	Kenady		141.50	26MAR83	Salem, OR	USM	
29. 403.697	890.0	(3)	Frank		170.00	03EC00	Burbank, CA	APF	
30. 403.5	889.565	(3)	Noren		132.30	04APR887	Jarfalla, FIN	IPF	
31. 402.5	887.360	(3)	Badenhorst, Gerrit	62RSA	138.80	140CT90	Pescara, ITA	WPC	
32. 402.5	887.360	(3)	Tregloan, Peter	57GBR	159.67	06JUL97	Derby, ENG	WPC	
33. 402.5	887.360	(3)	Coan		108.80	170EC98	Las Vegas, NV	WPL	
34. 402.5	887.360	(4)	Turtiainen		124.50	19NOV00	Las Vegas, NV	WPC	
35. 402.5	887.360	(3)	Podtynny		124.70	03MAR02	Syktyvkar, RUS	IPF	
36. 402.196	886.69	(2)	Kazmaier, William	53USA	149.69	29NOV81	Columbus, GA	USP	
37. 401.656	885.50	(3)	Reinhoudt, Donald	45USA	161.93	03MAY75	Chattanooga, TN	AAU	
38. 400.5	882.951	(2)	Turtiainen		123.60	260CT02	Helsinki, FIN	WPC	
39. 400.5	882.951	(-)	Magnusson, Benedikt	84ISL	146.40	23OCT04	Reykjavik, ISL	IPF	
40. 400.181	882.25	(3)	Randal, Torkel	37NOR	145.15	SEP70	Oslo, NOR	USM	
41. 400.07	882.00	(3)	Cole, Jon	43USA	128.25	280CT72	Phoenix, AZ	AAU	
42. 400.0	881.849	(-)	Kuster, Rudolf	55GER	131.55	27AUG88	Mannheim, GER	IPF	
43. 400.0	881.849	(3)	Meszaros		159.60	15NOV98	Cherkasy, UKR	IPF	
44. 400.0	881.849	(3)	Turtiainen		125.00	02MAY00	Haming, AUT	WPC	
45. 400.0	881.849	(2)	Bolton		136.50	19NOV00	Las Vegas, NV	WPC	
46. 400.0	881.849	(2)	Podtynny		124.70	03MAR02	Syktyvkar, RUS	IPF	
47. 400.0	881.849	(3)	Grieg, Bruce	52CAN	135.75	24OCT02	Otokoks, ALB, CAN	CPC	
48. 400.0	881.849	(3)	Goggins, Steven	63USA	120.45	01MAR03	Marietta, GA	WPO	
49. 400.0	881.849	(1)	Bolton		147.50	08NOV03	Marietta, GS	WPO	
50. 400.0	881.849	(4)	Bondarenko, Vladimir	78RUS	146.00	18JAN04	Blagoveschensk, RUS	IPF	
51. 400.0	881.849	(1)	Frank		170.50	04APR04	Jacksonville, FL	APF	

51 performances by 23 lifters from 12 Nations of 400 kg.(881.849 lb.) or better; USA-10; GBR-2; RUS-2; HUN, LAT, SWE, FIN, RSA, ISL, NOR, GER, and CAN - one lifter each. Must pulls over 400 kgs. (881.849); Bolton (7), Frank (6), Meszaros (5), Heisey, Noren & Turtiainen - 4 each, Podtynny (3), Kenady & Coan - 2 each. Once: Wohleber, Henry, Konstantinovs, Badenhorst, Tregloan, Kazmaier, Reinhoudt, Magnusson, Ravadal, Cole, Kuster, Greig, Goggins and Bondarenko. First to pull 400 kgs.- Torkel Ravdal of Norway in 1970. First to pull over 900 lbs.- Daniel Wohleber, USA in DEC 1982. 8 men have surpassed 408.233 kg.(900 lbs.); Bolton, Frank and Heisey 4 times each; Podtynny, Wohleber, Kenady, Henry and Coan - one apiece.



Andy Bolton is the Biggest Puller of All Time with 4/10 top lifts.

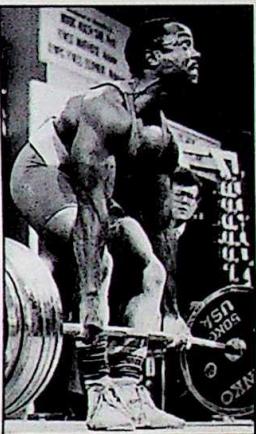


Gary Heisey has 4 of the best pulls in the history of the sport himself



The Men's All-Time Deadlift Rankings

by the Glossbrenner Formula



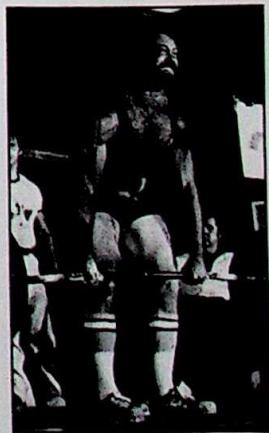
Lamar Gant is No. One!!

100 Lifters from 20 Countries: (1) USA-36, (2) RUS-11, (3) IND-8, (4) FIN-7, (5) TPE-6, (6) INA-6, (7) GBR-4, (8) ITA-3, (9) UKR-3, (10) KAZ-2, (11) POL-2, (12) JPN-2, (13) IRE-2, (14) FRA-2, (15) INA-1, (16) BEL-1, (17) UZB-1, (18) LAT-1, (19) NZL-1, (20) COL-1

No. of Lifters per Bwt.

Category: 52.0 (16), 56.0 (18), 60.0 (18), 67.5 (15), 75.0 (9), 82.5 (8), 90.0 (9), 100.0 (0), 110.0 (2), 125.0 (3), 140.0 (1), +140.0 (1)

Next Month: Herb'll explain the Glossbrenner Formula, how it came to be, the reason and necessity for it, to enlighten everyone.



Chip McCain ranks #100

Rank	Rating	Lift(kg.)	Lift(lb.)	Lifter	BirthNAT	Bwt.(kg.)	Coefficient	Date	Location	Sanction
1.	258.839	290.0	639.340	Gant, Lamar	57USA	56.00	.89255	10JUL82	Dayton, OH	USPF
2.	251.264	260.0	573.201	Bhaskaran, Sajeeva	62IND	52.00	.9664	93	Ind. Nats.	IPF
3.	244.261	353.802	780.0	Inzer, John	62USA	74.73	.69039	16SEP95	Dallas, TX	USM
4.	242.900	250.0	551.155	Fedosienko, Sergey	82RUS	51.75	.9716	11MAR04	Krasnoyarsk, RUS	IPF
5.	241.880	270.0	595.248	Hu, Chun-Hsiung	74TPE	55.80	.89585	13NOV97	Prague, CZE	IPF
6.	240.135	262.5	578.713	Komarudin	71INA	54.70	.9148	24JUN94	Bali, INA	IPF
7.	240.061	317.5	699.968	Olech, Jaroslaw	74POL	66.70	.7561	08MAY03	Sofia, BUL	IPF
8.	239.488	320.0	705.479	Austin, Daniel	58USA	67.50	.7484	01AUG92	Raleigh, NC	USPF
9.	239.444	287.5	633.829	Deparia, Lucien	42FRA	60.00	.83285	20MAY90	Boulogne, FA	IPF
10.	239.210	266.5	587.532	Ambu, N	78IND	55.70	.8976	17MAY02	Dong Hae City, KOR	IPF
11.	239.184	247.5	545.644	Lu, Shih-Wu	75TPE	52.00	.9664	13APR98	Sam-Chuk, KOR	IPF
12.	239.178	282.5	622.806	Yang, Shen-Nan	82TPE	59.00	.84665	18NOV99	Trento, ITA	IPF
13.	239.070	390.0	859.802	Coan, Edward	63USA	89.70	.6130	07JUL85	Chicago, IL	USPF
14.	238.925	283.0	623.908	Sutrisno, Darman	75INA	59.28	.84273	17MAY02	Dong Hae City, KOR	IPF
15.	237.785	245.0	540.133	Ambu, Narinda	78IND	51.80	.97055	16NOV00	Akita City, JPN	WPO
16.	237.617	317.5	699.968	Conyers, Anthony	59USA	67.50	.7484	20MAY00	Daytona, FL	WPO
17.	237.485	316.5	697.763	Sivokon, Alexei	73KAZ	67.30	.75035	12NOV98	Cherkasy, UKR	IPF
18.	237.372	373.5	823.427	Coppin, Edward	+60-01BEL	84.37	.635535	13NOV87	Frederikstad, NOR	IPF
19.	234.827	281.5	620.601	Chang, Lee-Yung	60TPE	59.90	.8342	03NOV97	Chanhua, TAI	IPF
20.	234.804	340.0	749.571	Lappi, Ismo	73FIN	74.70	.6906	16NOV01	Sotkamo, FIN	IPF
21.	234.468	360.0	793.664	Brunazzi, Giovanni	57ITA	81.20	.6513	24JUN95	Landsbut, GER	IPF
22.	234.352	242.5	534.621	Thios, Denny	69INA	52.00	.9664	01SEP90	Kaohsiung, TAI	IPF
23.	234.220	281.227	620.0	Carr, John D	57USA	60.00	.83285	15NOV86	Maui, HI	APF
24.	234.030	281.0	619.499	Sawant, Sandeep	66IND	60.00	.83285	17AUG92	Jamshedpoor, IND	IPF
25.	233.875	312.5	688.945	Valinera, Raimo	FIN	67.50	.7484	19DEC81	Seinajoki, FIN	IPF
26.	233.413	275.0	606.271	Taylor, Timothy	66USA	58.85	.848775	12AUG01	Orlando, FL	WPO
27.	232.326	272.155	600.0	Bradley, Joseph	56USA	58.51	.853655	07APR79	Wisconsin Rapids, MI	USPF
28.	232.063	260.0	573.202	Sahu, Krishna	61IND	56.00	.89255	99	India	IPF
29.	232.063	260.0	573.262	Hawthorne, Richard	84USA	56.00	.89255	17MAY03	Gadsden, AL	WABDL
30.	232.004	310.0	683.433	Bridges, Robert	64USA	67.50	.7484	06JUL85	Chicago, IL	USPF
31.	231.117	335.658	740.0	Trice, Albert (p)	USA	75.00	.68855	DEC97	Waymart, PA	PSCI
32.	231.115	277.5	611.783	Lampela, Kullervo	44FIN	60.00	.83285	07MAR79	Humpilla, FIN	IPF
33.	231.008	335.5	739.651	Sahrooni	75INA	51.40	.68855	20SEP94	Quezon City, PHI	IPF
34.	230.766	258.548	570.0	Holloway, Damarrio	80USA	56.00	.89255	17JAN04	Baton Rouge, LA	USPL
35.	230.623	357.5	788.152	Kumpuniemi, Veli	34FIN	82.40	.6451	17MAY80	Zurich, SWI	IPF
36.	230.442	276.691	610.00	Montgomery, Edward	USA	60.00	.83285	24MAY98	Peoria, AZ	AAU
37.	230.175	255.0	562.179	Hsieh, Tsung-Ting	82TPE	55.40	.902.65	14NOV02	Trencin, SLO	IPF
38.	230.133	307.5	677.921	Alexander, Ausby	56USA	7.50	.7484	23MAY87	Honolulu, HI	US/APF
39.	230.042	235.0	518.086	Gorbunov, Vyacheslav	75RUS	51.40	.9789	21JUN98	Vladimir, RUS	IPF
40.	229.631	333.5	735.242	Culbertson, Troy	68USA	75.00	.68855	24AUG96	Sequin, TX	USPF
41.	229.560	355.0	782.641	Collins, Ronald	34GBR	82.10	.64665	17MAY80	Zurich, SWI	IPF
42.	229.520	237.5	523.598	Inaba, Hideaki	44JPN	52.00	.9664	15JUN84	Nagoya, JPN	IPF
43.	229.478	372.5	821.222	Anello, Vincent	47USA	88.90	.61605	07FEB82	Cleveland, OH	USPF
44.	229.450	275.5	607.373	Williams, Marcus	83USA	60.00	.83285	31MAY03	Baton Rouge, LA	USPL
45.	229.405	275.0	606.271	Andryukhin, Mikhail	70RUS	59.90	.8342	05NOV03	Vejle, DEN	IPF
46.	229.287	333.0	734.139	Virtanen, Jarmo	63FIN	75.00	.68855	14MAY88	Murnau, FRG	IPF
47.	229.033	275.0	606.271	Pengelly, Edward	+49-93GBR	60.00	.83285	24APR79	Birmingham, ENG	IPF
48.	229.033	275.0	606.271	Vedro, Frank	USA	60.00	.83285	09JAN82	Columbus, OH	USPF
49.	229.033	275.0	606.271	Talambanua, Nanda	66INA	60.00	.83285	08OCT88	Takamatsu, JPN	IPF
50.	228.474	235.0	518.086	Gainer, Erwin	66USA	51.72	.97223	09JUL04	Baton Rouge, LA	USAPL
51.	228.459	330.0	727.525	Kallya, Ivan	62RUS	74.45	.6923	03OCT03	Syktyskar, RUS	IPF
52.	227.914	372.5	821.222	Thomas, Walter	45USA	90.00	.61185	28FEB82	Shawnee, OK	USPF
53.	227.087	370.0	815.710	Gushina, Sergey	74RUS	89.50	.61375	17JAN04	Moscow, RUS	IPF
54.	226.951	272.5	600.760	Bukatka, Viktor	62KAZ	60.00	.83285	08OCT93	Temirtau, KAZ	IPF
55.	226.644	252.5	556.667	Bochkovsky, Anatomy	56UKR	55.70	.8976	00	UKR NAT REC	IPF
56.	226.530	300.0	661.387	Secco, Roberto	75ITA	66.80	.7551	08MAY02	Eskilstuna, SWE	IPF
57.	226.502	350.0	771.618	Ghirardi, Danièle	69ITA	82.00	.64715	17NOV99	Trento, ITA	IPF
58.	226.135	325.0	716.502	Belyaev, Andrey	63RUS	73.95	.6958	28FEB03	Kazan, RUS	IPF
59.	225.662	250.0	551.156	Rakhmankulov, Azat	75UZB	55.40	.90265	17MAY02	Dong Hae City, KOR	IPF
60.	225.610	350.0	771.618	Bridges, Michael	57USA	82.50	.6446	22FEB81	Findlay, OH	USPF
61.	225.598	270.0	595.248	McNamara, Gerald	63IRE	59.80	.83555	09SEPO90	Coppeen, IRE	IPF
62.	225.369	252.5	556.667	Pattaway, David	59USA	56.00	.89255	28JUL90	Pittsburgh, PA	APF
63.	225.255	410.047	904.0	Wohleber, Daniel	61USA	121.56	.54934	12DEC82	Sandusky, OH	USM
64.	225.237	250.0	551.156	Jentry, Francis	71IND	55.50	.90095	99	IRE NAT REC	IPF
65.	225.111	325.0	716.502	O'Connor, Maurice	53IRE	74.40	.69265	00	Vienna, AUT	WPCOM
66.	225.030	407.0	897.281	Konstantinos, Konst.	79LAT	0	0	07DEC03	Killeen, TX	THSPA
67.	224.805	300.0	661.387	Crain, Rickey D	53USA	67.40	.74935	08NOV80	Arlington, TX	IPF
68.	224.688	232.5	512.575	Watanabe-Saihachi, H	41JPN	52.00	.9664	21SEP80	Tokyo, JPN	IPF
69.	224.688	232.5	512.575	Green, Brandon	72USA	52.00	.9664	12JUL97	Philadelphia, PA	IPF
70.	224.688	232.5	512.575	Prakash, Garje	76IND	52.00	.9664	18NOV99	Trento, ITA	IPF
71.	224.520	300.0	661.387	Podsozny, Nikolay	52UKR	67.50	.7484	04OCT92	Kirovograd, Ukr	IPF
72.	224.520	300.0	661.387	Baranov, Viktor	67RUS	67.50	.7484	96	Philadelphia, PA	IPF
73.	224.520	300.0	661.387	El Beghiti, Hassan	75FRA	67.50	.7484	13MAY04	Nymburk, CZE REP	IPF
74.	224.298	294.835	650.0	Bryant, Anthony	81USA	66.22	.70676	25MAY00	Killeen, TX	THSPA
75.	224.247	247.5	545.644	Yang, Shen Nan	82TPE	55.20	.90605	10NOV98	Cherkasy, Ukr	IPF
76.	223.998	347.5	766.106	Gaugler, Rick	54USA	82.50	.6446	01DEC82	Irving, TX	IPF
77.	223.998	347.5	766.106	Eiseman, Thomas	USA	82.50	.6446	11MAY86	Philadelphia, PA	APF
78.	223.921	297.5	655.875	Nieminen, Sami	75FIN	67.05	.752675	09MAR03	Dickursby, FIN	IPF
79.	223.463	362.5	799.175	Shilyakha, Ivam	81UKR	88.80	.61645	05MAY04	Kolomyia, Ukr	IPF
80.	223.175	226.0	498.244	Seng, Thio-Hok	INA	51.00	.9875	15DEC88	Dudelang, LUX	IPF
81.	223.148	267.5	589.736	Chetin, Gennady	43RUS	59.90	.8342	02MAY92	Horsens, DEN IPF	IPF
82.	223.137	250.0	551.156	McKenzie, Precious	36NZL	56.00	.89255	02NOV79	Dayton, OH	IPF
83.	223.137	250.0	551.156	DeVeja, Alfonso	66COL	56.00	.89255	03AUG90	Columbia	IPF
84.	223.137	250.0	551.156	Kupperstein, Eric	66USA	56.00	.89255	06MAR04	Plymouth, MA	IPF
85.	223.049	295.0	650.364	Hypolite, Rodney	69GBR	66.70	.7561	17MAY95	Moscow, RUS	IPF
86.	222.882	412.5	909.406	Podtynny, Maxim	72RUS	130.00	.54032	10DEC01	Nyngan, RUS	IPF
87.	222.774	362.5	799.175	Zvarykin, Alexey	79RUS	89.30	.61455	22NOV03	Moscow, RUS	IPF
88.	222.528	395.5	871.928	Goggins, Steven	63USA	109.90	.56265	06MAR04	Columbus, OH	WPO
89.	222.467	249.249	549.5	Cross, Michael	47USA	56.00	.89255	30AUG74	Arlington, TX	AAU
90.	222.272	230.0	507.063	Zhuravlev, Sergei	60RUS	52.00	.9664	29FEB92	Moscow, RUS	IPF
91.	222.272	230.0	507.063	Wijaya, Andi	INA	52.00	.9664	08NOV92	Semarang, INA	IPF
92.	222.272	230.0	507.063	Thompson, Roger	USA	52.00	.9554	26JUL97	Chicago, IL	USPF
93.	222.272	230.0	507.063	Loganathan, Vadama	76IND	52.00	.9554	11NOV98	Cherkasy, Ukr	IPF
94.	222.187	395.0	870.826	Kuc, John	47USA	110.00	.5625	09NOV80	Arlington, TX	IPF
95.	222.179	342.5	755.083	Szymkowiak, Roman	59POL	81.70	.6487	20MAY95	Moscow, RUS	IPF
96.	222.024	362.874	800.0	Scialpi, Steven	66USA	90.00	.61185	14		

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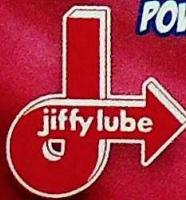
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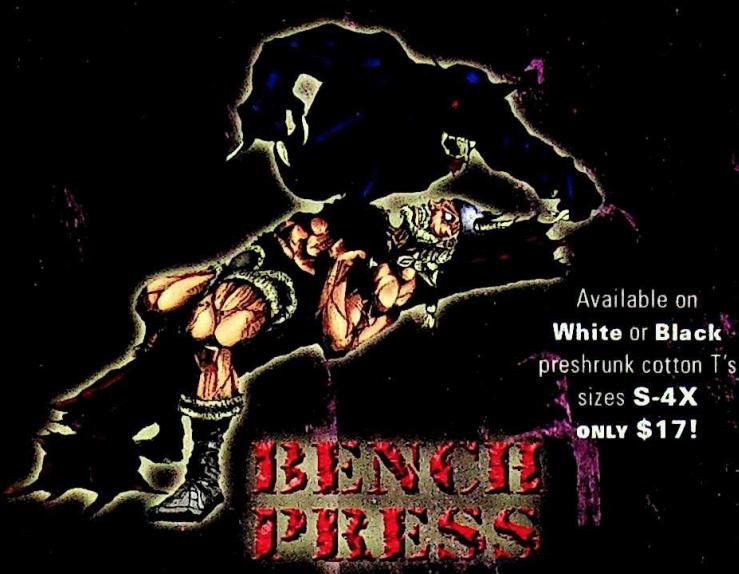
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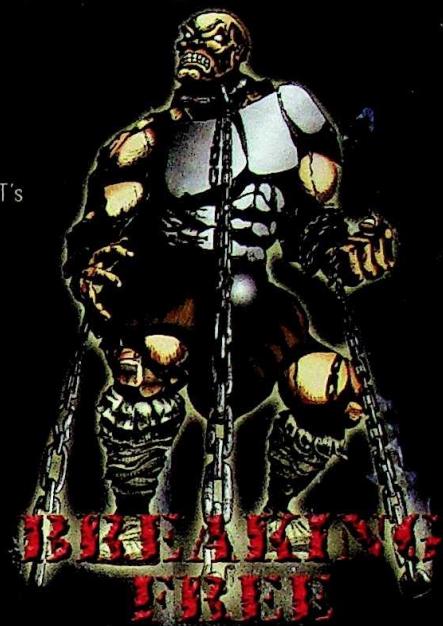
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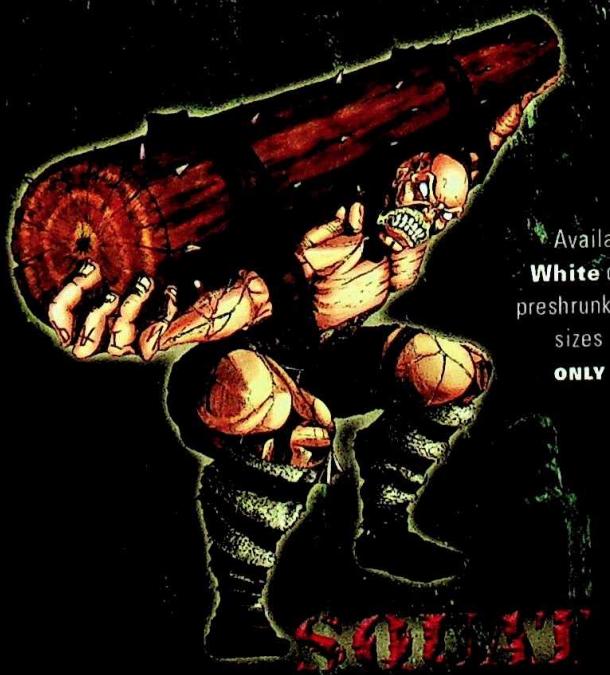


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PL USA BACK ISSUES

- Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
- Sep/93...** ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
- Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
- 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 Grimwood, TOP 100 198, ADFPA TOP 20 123s
- Apr/94...** Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
- May/94...** USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
- Jun/94...** NASA Natural Natls., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points , TOP 100 275s, ADFPA TOP 165s
- Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
- Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
- Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
- Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
- Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women, United We Stand, TOP 100 165s.
- Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
- Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
- Mar/95...** Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
- Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
- May/95...** Mike Bridges, Jamie Harris' Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
- Jun/95...** Antonio Kravest, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
- Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
- Sep/95...** Triple SENIOR ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
- Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
- Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
- Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
- Mar/96...** TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
- Jul/96...** AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reaction" by Louie S., Rob Wagner, TOP 100 114s
- Aug/96...** ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
- Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
- Nov/96...** APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
- Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
- Apr/97...** Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
- May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
- Jun/97...** J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
- Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
- Aug/97...** Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
- Sep/97...** USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Rotates, Progressive Overload, TOP 100 132s.
- Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Enrich, Power Biceps Training, Larry Miller interview, Top 100 Lwts.
- 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 Austin DL, TOP 100 181s
- Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
- Feb/98...** WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s
- Mar/98...** Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
- Apr/98...** Bull Stewart Speaks, USAPL Women's, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
- Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
- Jul/98...** Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
- Aug/98...** USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 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
- Nov/98...** A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
- Dec/98 ...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
- Jan/99 ...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
- Feb/99 ...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
- Apr/99 ...** The ED COAN Book, Why Whey?, Gordon Sante, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
- May/99 ...** LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
- Jun/99 ...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs
- Aug/99 ...** the Rubber Band Man, the "Muscle Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
- Sep/99 ...** USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
- Oct/99 ...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 100 148s
- Nov/99 ...** Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
- Dec/99 ...** IPF World Masters/Juniors, USAPL/AAU BP Natls, 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, Strongman II, TOP 100 198s
- Feb/00 ...** WPC Worlds Pt. I, Battle of the

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Giants, The Real Triac, IPF World BP, IPA Nats, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s

Mar/00 ... USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Apr/00 ... Arnold Classic, WPC Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

May/00 ... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s

Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

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

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

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

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

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

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

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

May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's

Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

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

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

Sep/01 ... WPO Semis, "No Deadlift"

Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

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

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

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

Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Gary Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNP Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

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

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

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

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

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

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

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

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

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

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

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

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

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

May/03 ... Bill Crawford's Road Back,

Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

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

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

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

Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Gary Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNP Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

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

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

May/03 ... Bill Crawford's Road Back,

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

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

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

Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T.

Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.

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

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

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

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

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

Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15

Min. Injury Solution, Delayed Transformation by Louie S.

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

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

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

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

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

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

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

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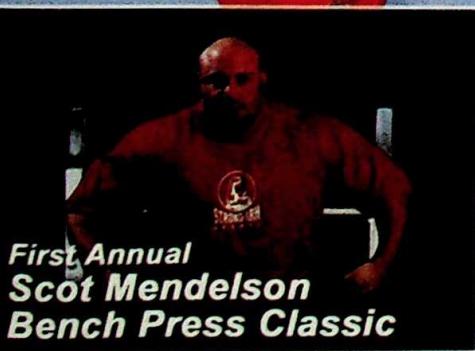
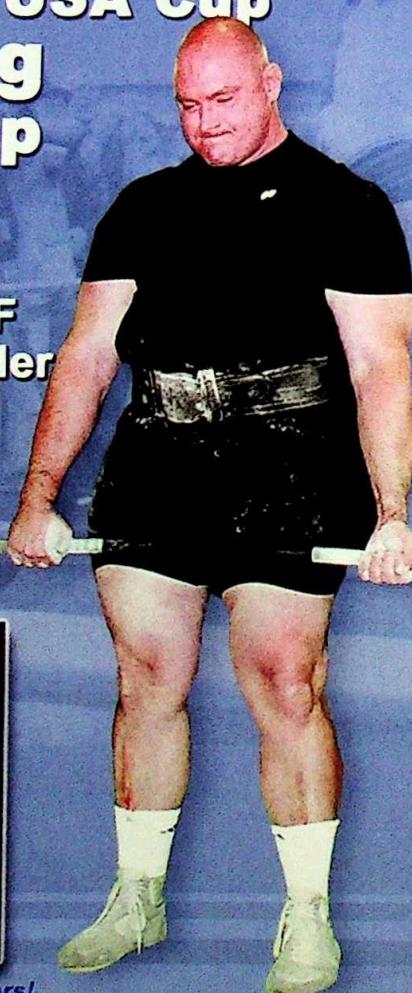
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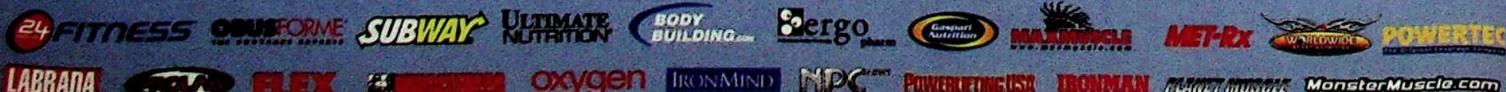
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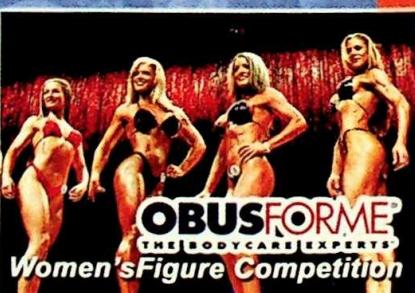
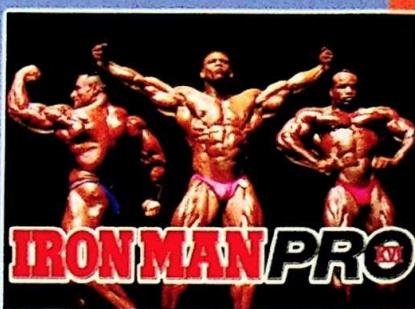
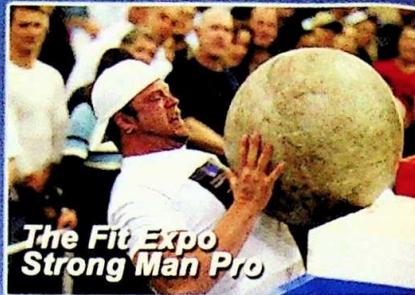
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25 FEB, NAP Louisiana Bone Crusher Championship (Holiday Inn, Metairie, LA) Bob Garza, 281-820-5923

26 FEB, DWG Productions, Fitness One Bench Press, Wayne's Fitness One, Hamilton, OH, 608-787-5693

26 FEB, UAPC National BP (Gainesville, GA - AWPC World qualifier) www.amateurworldpowerliftingcommittee.com, L.B. Baker, 770-725-6684, mobile 770-713-3080, LBBAKER@irondawg.com

26 FEB, SLP MASON-DIXON OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 FEB (revised listing), NASA MO State & Open High School State (PL, BP, PS, PP) Rich Peters, Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

26 FEB, Bill Beckwith Memorial BP & DL, Wayland, MI, Richard Van Eck, 269-521-4031

26 FEB, W.N.P.F. National Masters, Wayland, MI, Richard Van Eck (269) 521-4031

26 FEB, NCIAAU State/Open Regional (Clarion Hotel, Greensboro, NC - 3 lift for NC residents, Regional & BP only to all AAU lifters) www.nciaau.org/powerlifting, kingsgym@triad.rr.com, 336-622-3886

26 FEB, WNPF natural Northeastern PL, BP, DL, PC (Piscataway, NJ) Troy Ford, 770-997-0589, wnfp@aol.com, members.aol.com/wnfp

26 FEB, USAPL Upper Ohio Valley Meet, (J.B. Chambers YMCA, Wheeling, WV 26003) Dan Hilliard, pushpulliron@yahoo.com, 304-242-8086

26 FEB, APA Texas State, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net

27 FEB, APF Northeastern Open BP Championship (Ramada Inn Conference Center, next to Hooters, Manchester, NH), Zoe Richard, NUTRITION 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

27 FEB, USAPL Colorado Winter Bench Fest, Dan Gaudrea, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

27 FEB, SLP G's Gym Open BP/DL (Girard, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net

4,5 MAR, WPO Super Open Finals, WPO WR Bench Bash, Arnold Classic Weekend, Columbus Ohio. Kieran Kidder, 386-734-3128, worldpowerlifting.org

5 MAR (NEW DATE/CONTACT), AAU-USPF Oklahoma State, (Claremore, OK) Ty Stapleton, 918-343-4816, 440-2025, TYSTAPLETON@msn.com

5 MAR, USAPL Kansas Ironman & BP Open, W. David Herl, 3503-A Chaumont,

Hays, KS 67601, 785-625-1761
5 MAR, NASA BP Nationals & Rocky Mtn. PS & PP (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidebc.org

5 MAR, APA Battle of the Iron Barbarian (BP, DL, PP - Williamson, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

5 MAR, 6th Police & Fire Nationals & Open PL, OP Assembly of God Gymnasium, 7700 W. 75th St., Overland Park, KS 66206, Jim Duree, 913-596-7326, jduree7086@aol.com

5 MAR, WABDL California State BP/DL (Monterey, CA) Matt Lamarque, 831-277-4766, www.bovinestrengthsystems.com

5 MAR, SLP TENNESSEE OPEN BP/DL CHAMPIONSHIP (Clarksville, TN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 MAR, New England States Bench Press (men, women, teen, jr., submaster, novice, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

5 MAR, WNPF Florida Championship (Plantation, FL) Brian Burritt, 772-621-8988, brianburritt@bellsouth.net

6 MAR, New Jersey High School Championship (St. Joseph H.S., Hammonton, NJ) Paul Sacco, 609-567-0046, PaulSacco537@comcast.net

6 MAR, SLP Hillsboro Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11-12 MAR, USAPL Wisconsin High School State Meet, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

12 MAR, WABDL Northwest Regional BP/DL (Medford, OR) Sam Pecktol, 541-941-0619, Dan Guches 541-826-5790

12 MAR, USAPL March Madness BP/DL (Loch Sheldrake, NY) Charlie Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-986-0487 before 9PM

12 MAR, SLP MARCH MADNESS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 MAR, NASA PowerSports (Raw) National Championship (Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

12 MAR, Gold's Gym & Econolodge Hotel 1st APF/AAPF Alabama State Open PL, BP (AL records will be established - Econolodge Conference Center, Attalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002

12 MAR, USAPL Massachusetts High School & Youth, Eric Cordeiro, 35 Berkeley St., Watertown, MA 02472, 617-923-7062

12 MAR, USAPL Ozark/MO State, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044

12 MAR, Smoker's Iron Works annual Cabin Fever BP/DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@e-nomous.biz, www.e-nomous.biz

12 MAR, USAPL Indiana High School State, Marc Anderson, 1801 E. 86th, Indianapolis, IN 46240, 317-566-0856

12 MAR, USAPL Central PA Shamrock

COMING EVENTS

Showdown, Edward Schnars, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874 X229

12 MAR, Walker's Gym Bench Press Classic for St. Jude's Children's Hospital (open, raw, men, women, teen, master, military, police/fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

12,13 MAR (NEW DATE), APF/AAPF Illinois State (Frantz Gym - Aurora, IL) Eric Stone

12,13 MAR, APC California State (teen, master, submaster, jr., women, open - Center Point Athletic Club, Fresno, CA) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

13 MAR, SLP Police/Fire & Masters National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 MAR, WNPF Upstate New York (Buffalo, NY - PL & single lifts) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

13 MAR, Lawrence Co. Super BP & DL (raw or equipped - all divs - trophies 1st-5th, free meet t-shirt, \$30 entry fee) Charles Ventrella, 718 Mabel St., New Castle, PA 16107, 724-654-4117

19 MAR, APF 9th annual Frank Kostyo Memorial PL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensinlpower.com

19 MAR, USPF 30th W. Va State PL, SQ, DL & Holley Open PL & DL (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-766-0352 (school),

304-744-2475 (home)

19 MAR, APF/AAPF Midwest Open (Kansas City) Susan, 816-914-9709, www.midwestbarbell.com

19 MAR, NASA Illinois State (PL, BP, PS - St. Charles, IL) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

19 MAR, SLP HEATH CLIFTON MEMORIAL BP/DL CHAMPIONSHIP (Paragould, AR) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 MAR, WABDL World Record Breakers BP/DL (Red Lion Hotel, Pasco, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654

19 MAR, High Peaks Power Presents the Adirondack High School PL & BP Open, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.com

19 MAR (REVISED DATE), USPF California State PL/BP (Los Alamitos, CA) Steve Denison, pwrfltr@msn.com, www.powerliftingca.com, 661-333-9800

19 MAR, SPF Tennessee State PL/BP (Holiday Inn, Manchester, TN) Jesse Rodgers, 423-876-8410, www.southernhpowerlifting.com

19 MAR, APA Citrus State Open BP, DL, PP (Bartow, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

19 MAR, New York State High School Championships, (Newfield HS, Newfield, NY) James Howell, 607-379-0200,

APF/AAPF/WPO Schedule (through 6-25-05)

March 4th+5th: WPO Super Open Finals, WPOWR Bench Bash, Arnold Classic Weekend, Columbus Ohio. Kieran Kidder.

March 12th: 1st APF/AAPF Alabama State PL+BP, Buddy McKee, Attalla Alabama.

March 12th-13th: APF/AAPF Illinois State, Eric Stone, Aurora, Illinois.

March 19th: APF/AAPF Midwest Open, Kansas City KS, Susan Sharp-Patterson.

March 19th: APF 9th Annual Frank Kostyo Memorial PL, Lakeland FL, Ken Snell.

March 19th-20th: APF Jr. Nationals BP+DL (WPO Qualifier), Chris Wier, Lewiston ME

March 19th-20th: APF Maine State PL, Chris Wier, Lewiston Maine.

April 2nd: APF Jacksonville Open PL, Jax Fla. Wayne Pullum.

April 9th: APF House of Pain Texas St. Open PL+BP, Gary Pendergrass, Round Rock TX.

April 16th: APF Louisiana State PL Championship, Garry Frank, Baton Rouge LA

April 16th: APF Metal Militia Bench Wars, Glens Falls NY, Bill Crawford.

April 22-24: APF Nationals PL+BP, Russ Barlow, Saco Maine.

April 23, APF North American Push-Pull, Chicago, IL, Eric Stone

April 23rd: APF South Carolina Open PL & BP, Will Millman, Charleston, SC

April 24th, WPO Winnter Take All Bench Bash for Cash, Chicago, IL

May 7th: APF World Gym Bench Press Challenge, Columbus OH, Ken Patterson/PES.

May 7th: APF California State PL+BP, Los Angeles, CA, Scot Mendelson

May 14th+15th: APF Master, Junior, Teenage Nationals, Austin TX, Garry Pendergrass.

May 14th, APF Gulf Coast BP, Tampa, FL, Rick Lawrence

June 4th: APF South Texas PL+BP, Seguin TX, Garry Pendergrass.

June 4th-5th: APF Senior Nationals PL+BP (WPO Qualifier), Detroit MI, Jim Hinze.

June 11th: APF Florida State PL+BP, Ft. Lauderdale Fla. Kieran Kidder.

June 25th: APF Florida State PL+BP, Ft. Lauderdale Fla. Kieran Kidder.

June 25th: APF Metal Militia Powerlifting Wars, Bill Crawford, Glens Fall NY.

June 25th, APF Central California

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

(worldpowerlifting.org)(worldpowerliftingcongress)

jh198@hotmail.com

19 MAR, IPA U.S. Freedom Cup PL/BP (New Oxford, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

19 MAR, Midwest BP/DL, Beyond Fitness, 1134 S. Military Ave., Green Bay, WI 54304, 920-494-8446, beyondfitness@new.rr.com

19 MAR, The Battle of the Great Lakes VIII PL/BP (Cleveland, OH) Gary Kanaga, 4 4 0 - 7 1 7 - 9 6 2 4 , gary.kanaga@nordoniaschools.org

19 MAR, APF Connecticut Open BP (New Haven Athletic Center, New Haven, CT) Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

19 MAR, Iowa State, PL'ing, BP, Push/Pull & Power Sports, Des Moines. Rich Peters, Phone - 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK. 73068

19 MAR (one day meet), WNPF Teenage, Junior & High School Nationals & American Cup (Philadelphia, PA) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

19,20 MAR, APF Junior National BP & PL (WPO qualifier - open to all elite & master level lifters) Chris Wier, 14 Fern St., Auburn, ME 04210, 207-777-3393

19,20 MAR, APF Maine State PL & National Qualifier (open to all lifters) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393

19,20 MAR, USAPL Florida State PL, Jim Dundon, jdundon@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl

20 MAR, SLP Missouri / Arkansas / Oklahoma Open BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953,

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

20 MAR, USPF Rhode Island State PL & BP, USPF Rhode Island Police & Fireman PL & BP, USPF Rhode Island High School PL & BP (open state meet for all lifters) Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.rpl.org

26 MAR (corrected date), Arizona State, PL'ing, BP, Push/Pull & Power Sports, Mesa, AZ. Rich Peters, Phone - 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK. 73068

26 MAR (New Date/Location), WNPF Tennessee PL, BP, DL, PC (Cleveland, TN) Lester Fields, 770-842-2137, lesterwfields@aol.com, members.aol.com/wnfp

26 MAR, 26th annual Central Ohio BP (teen, women, masters, open - Circleville, OH) Doug Glitt, 740-477-3972 or Jon Elick antman517@aol.com

26 MAR, IPA Ohio Open PL & BP, Competitive Edge, 33501-A Lake Rd., Avon Lake, OH 44012, 440-930-2272, Drew Linsley

26 MAR, SLP "LIFT FOR THE LORD" BP/DL CHAMPIONSHIP (Scottsville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 MAR, APF Minnesota State, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave Harrison, 763-441-4232, or Jerry Gremie 763-753-0569

26 MAR, USAPL Virginia Open PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifiting@adelphia.net, www.virginiausapl.com

26 MAR, APC West Coast Open Bench Press, John Ford, 650-303-7518, www.calapc.net

26 MAR, APA Southern States (PL, BP, DL, PP - Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

26 MAR, APA Blue Springs Classic, Roger Broeg, Box 4122, Topeka, KS 66604, 785-228-9781

1 APR, ADAU 42nd Great Lakes Open (open & all ages - men & women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

2 APR, SPF / WBPLA World Open / Raw Bench Press (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

2 APR (DATE CHANGE), WNPF Western PA PL & Single Lifts (Beaver Falls, PA) Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

2 APR, APF Jacksonville Open PL/BP, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-378-1551, Wayne Pullum, 904-786-2822

2 APR, SLP HARVEY'S GYM OPEN BP/DL CHAMPIONSHIP (Columbia, TN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

2 APR, NASA Wisconsin State Powerlifting Championships, Sheboygan, WI. Job Hou-sey, @ insurance@earthlink.net

2 APR, NASA Eastern States State PL, BP, PS & Push/Pull Championships (Washington, PA) Greg Van Hoose RR 1 Box 166 Ravenswood, WV 26164 (304) 273-2283, gvh@wirefire.com, www.vhepower.com

2 APR (New Date), WNPF Carolina PL (Greenville, SC) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

2 APR, WABDL Heart of America BP/DL (Collinsville, IL - 10 miles east of St. Louis, MO) Erica Haislar, 618-344-3947

2 APR, APF Nebraska/Iowa State, Regional 'Big Dog Day', Rick or Becca, 8902 Grant St., Omaha, NE 68134, 402-392-2446, becca@beccawanson.com

2 APR, USAPL Oxman V Teen/Jrs, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

2 APR, 7th annual Wisconsin's Best BP, Glen Woyochik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinsbest.com

2,3 APR, USAPL Pennsylvania State PL (Red Lion, PA) Niko Hulslander, 717-993-8000, www.purepowerlifting.com

3 APR, USAPL Oxman V Open/Masters PL/BP, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

9 APR, ABA Arkansas State BP, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

9,10 APR, APF/AAPF Southwest PL & BP (VEGAS - "Bring it if you got it"), Mark

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DL, PP - Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

26 MAR, APA Blue Springs Classic, Roger Broeg, Box 4122, Topeka, KS 66604, 785-228-9781

1 APR, ADAU 42nd Great Lakes Open (open & all ages - men & women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

2 APR, SPF / WBPLA World Open / Raw Bench Press (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

2 APR (DATE CHANGE), WNPF Western PA PL & Single Lifts (Beaver Falls, PA) Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

2 APR, APF Jacksonville Open PL/BP, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-378-1551, Wayne Pullum, 904-786-2822

2 APR, SLP HARVEY'S GYM OPEN BP/DL CHAMPIONSHIP (Columbia, TN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

2 APR, NASA Texas State, Joe Gremillion, 1320 S. 3rd St., Garland, TX 75046, 972-494-6407

9 APR, WNPF Dungeon Power Works Push/Pull (Three Rivers, MI) Mark Mellinger 269-435-7586

9 APR, APF House of Pain Texas State Open (Round Rock - men & women - open, below 1, masters (5 yr age groups), submaster, junior (2 yr age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.segufitness.com

9 APR, APC Georgia State Open PL & BP (Natl. qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, www.americanpowerliftingcommittee.com

9 APR, W.N.P.F. Powerworks BP & DL, Three Rivers, MI, Mark Mellinger (269) 435-7586

9 APR, NASA Kansas State (PL, BP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

9 APR, USAPL Ironman BP/DL Record Breakers, Joe Morreale, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156

9 APR, Arkansas Benchpress Association (ABA) Arkansas State Benchpress, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

9 APR, SLP PRIMETIME FITNESS BP/DL CHAMPIONSHIP (Crestwood, KY) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9 APR, ABA Arkansas State BP, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

9,10 APR, APF/AAPF Southwest PL & BP (VEGAS - "Bring it if you got it"), Mark

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING Website - members.aol.com/wnpf

**March 5 - WNPF Florida Championships, Brian Burritt, 772-621-8988,
brianburritt@bellsouth.net**

March 19 - WNPF High School, Youth, Teen, Junior Nationals & American Bench & Deadlift (Philadelphia, PA)

March 26 - WNPF Tennessee Championships, Lester Fields, 770-842-2137

**Apr 2 - WNPF Carolina Championships, Troy Ford, 770-997-0589,
wnpf@aol.com**

**Apr 3 - WNPF Georgia Championships, Troy Ford, 770-997-0589,
wnpf@aol.com**

Apr 9 - WNPF Powerworks Bench & Pull, Mark Mellinger, 269-435-7586

Swank 702-245-6852, 702-656-6762 or thegymlasvegas@earthlink.net, entry forms available

9, 10 APR (revised date) Power Palooza #7 (PL, BP, DL) Gene Rychak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

10 APR, APA Bench Press Nationals (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John B rook Rd., Canterbury, CA 06331, 860-546-2091, djslaga@yahoo.com

10 APR, ANPPC Central USA PL/BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensnlpower.com

16 APR (new date), NPA (drug free) Midwest Open BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlife@cs.com

16 APR, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706 790-3806, PYTHONGYM@AOL.COM

16 APR, Northern VA Raw PL & BP Open (Sterling Community Center, Sterling, VA) John James, 703-475-9885, www.northernvarawpower.com

16 APR, NASA Ohio State Champs, PL'ing, BP, Push/Pull & Power Sports, Springfield, OH. Rich Peters, Phone - 405-527-8513, E-mail SBPD@ao.com , P.O. Box 735, Noble, OK 73068

16 APR, APF Louisiana State PL, Garry Frank, Baton Rouge, LA, 386-734-3128, worldpowerlifting.org

16 APR, APF Metal Militia Bench Wars, Glens Falls, NY, Bill Crawford, 386-734-3128, worldpowerlifting.org

16 APR (address correction), Iowa Open State (open to all lifters - BP or DL - teen, novice, open, submaster, master 1 - 2 - 3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
16 APR, SLP ALABAMA PUSH/PULL CHAMPIONSHIP (Northport, Al.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 APR, USAPL Richmond Open PL + BP (55 lifter limit) Phillip Battle, Box 9713, Richmond, VA 23228, 804-301-2196, P_Battle@hotmail.com

16 APR, Open BP Meet, Glenwood Athletic Club, 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250

16 APR, APA Battle of the Carolinas BP, DL, PP Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

16,17 APR, IPA Iron House Classic PL & BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com

17 APR, The Power Gym presents The Beast in the East BP (50 entry limit - all wt. classes/div. - Taylor, PA) Joe Moe 570-562-3642 or mcoeyunj@neiu.org or rhspmore@msn.neiu.k12.pa.us

17 APR, WNPF Maryland Championships (Colora, MD) Lester Fields, 770-842-2137, lesterfields@aol.com

17 APR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-342-1138

17 APR, SLP Big Bench at teh French BP/DL/C (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 APR, 15th AAPF/APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520-8773, snakeriver@yahoo.com

22-24 APR, AAPF National BP & PL, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

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**Information: Scott Taylor
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or

**Wade Johnson
(615) 782-4036**

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Pasanella squat bar,
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23 APR, Red Swaim Memorial IBP NC State DL (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net

23 APR, Kern County High School (Stockdale H.S., Bakersfield, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

23 APR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@ao.com

23 APR, SLP TRUMAN STATE IRON DOGS/JACKSON WEIGHTLIFTING CLUB POWERLIFTING/BP/DL SHOWCASE (Kirksville, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 APR, WABDL North American BP/DL (Holiday Inn, Mesa (Phoenix), AZ) Gus Rethwisch, 503-901-1622 or 763-545-8654

23 APR, 15th Weightlifting Unlimited BP (Winchester, VA) Randy 304-725-8350 or Randy B. 540-667-6288

23 APR, AAU Spring Break Bench Press Classic (Showplace Annex Richmond, Virginia) aausports.org or aaupower@aol.com or Va. Powerlifting Assoc, 1811 Southcliff Road, Richmond, Va 23225 - Barbara Beasley 804-233-9570 after 7pm est

23 APR, APF/AAPF North American Push/Pull (McCormick Place - Chicago, IL, Chicago Health, Fitness & Nutrition Expo) James Goad, james@xtreme-usa.com

23 APR, USAPL North Carolina State & Open PL, Jennifer Thompson, 4408 Lake Shore Rd., N, Denver, NC 28037, 704-483-6332, www.carolinapowerlifting.com

23 APR, APF/AAPF South Carolina Open PL/BP (Charleston Southern University) Will Millman, APF/AAPF SC Chair-

man, 843-886-5366, FAX 843-886-3509, Shelter223@aol.com

23-24 APR, AAU Triple Crown Classic and Va State Championships (Showplace Annex - Richmond, Va) aausports.org or aaupower@aol.com or contact Barbara Beasley, 1811 Southcliff Road, Richmond, VA 23225 or 804-233-9570 after 7pm est

24 APR, WPO "Bench Bash for Cash" (Chicago Health, Fitness & Nutrition Expo, McCormick Place, Chicago, IL - must bench 699 or more in an APF meet to qualify) Kieran Kidder, IRONOVERLORD@aol.com

24 APR, SLP Black River Open BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 APR (revised date), USAPL Illinois State/Great Rivers Open PL & BP, Mark & Susan Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

30 APR, WABDL House of Pain World Cup (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

30 APR, SLP NATIONAL BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 APR, APA Maine State PL/BP, Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajstork@earthlink.net

30 APR, APA Southeast Open PL, BP, DL, PP, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

30 APR, 100% Raw North American BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausaapl.com

30 APR, 26th Annual Raw A.D.A.U. "Power Day Classic" Separate Bench Press and Deadlift Contests Open division and all age group divisions for both men and women. The oldest continually run meet of its kind in the world. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

30 APR, NASA Colorado State, PL'ing, BP, Push/Pull & Power Sports, Loveland, CO. Rich Peters, Phone - 405-527-8513, E-mail SBPD@ao.com, P.O. Box 735, Noble, OK 73068

30 APR, NASA West Virginia State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or e-mail qvh@wirefire.com

30 APR, 1 MAY, WABDL Southeastern USA (teen, open, women, submaster, class I, master, law&fire, disabled - all divisions - over 200 lifters - Atlanta, GA) George Hernig, 770-963-6738

APR, USAPL North Carolina PL, BP & Open State (Charlotte, NC) Jennifer Thompson, 704-483-6332, www.carolinapowerlifting.com

APR, WNPF Maryland PL, Lester Fields, 770-842-2137 or lesterfields@aol.com

6-8 MAY, USAPL Men's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

1 MAY, SLP STEVE "MAD DOG" HOUSTON MEMORIAL IOWA REGIONAL BP/DL CHAMPIONSHIP (Clinton, la.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 MAY (NEW DATE), WNPF Raw Nationals, Powerfest 2K5 & Police/Fire/Military World Games (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-

0589 or wnpf@aol.com

7 MAY, SLP CROSS COUNTY PULL BP/DL CHAMPIONSHIP (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 MAY, NASA N. Carolina St. (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@ao.com

7 MAY, (New Date) APF World Gym

Bench Press Challenge, Columbus OH-

Ken Patterson/PES, 386-734-3128,

worldpowerlifting.org

7 MAY, APF California State PL & BP, Los Angeles, CA, Scot Mendelson

7 MAY, NASA New Mexico State (Rio Rancho, NM) Mike Adelmann, powerlifter@surfbest.net, 505-453-6637

7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, tpxpowerscene@earthlink.net

7 MAY, W.N.P.F. National Bench Press, Lansing, MI, Jeff Buchin, (517) 622-3890

7 MAY, W.N.P.F. CAN-AM Championships, Lansing, MI, Jeff Buchin (517) 622-3890

7 MAY, W.N.P.F. National Deadlift, Lansing, MI, Jeff Buchin (517) 622-3890

7 MAY, 1st annual Reece Jones Memorial Test of Strength Push - Pull (raw and equipped, all ages & classes, men & women - all proceeds to Children's Miracle Network, Children's Hospital of Greenville - held in Kinston, NC, Kinston Livestock Arena, 252-560-1887

7,8 MAY, WPA World Championships (Opryland Hotel, Nashville, TN) Scott Taylor, 941-697-7962, apapresident@apa-wpa.com, or Wade Johnson, 615-782-4036, supersquat800@yahoo.com

14 MAY, 6th annual USAPL Nation's Capital Cup PL/BP, Steve DeBenedictis, 8000 Towers Crescent Dr., Suite A-145, Vienna, VA 22182, 703-761-6094, towerfitness@erols.com

14 MAY, APF Gulf Coast BP(BP for Cash Qualifier - Tampa, FL) Rick Lawrence, 727-376-1707, Bart 727-847-6852

14 MAY, APA West Coast PL, PP, DL, BP (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

14 MAY, NASA KY State PL, BP, PS & Push/Pull Championships (Winchester, KY) Greg Van Hoose RR 1 Box 166 Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com, www.vhpower.com

14 MAY, Super Bench (men, women, teen, Jr., submasater, novice, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

14 MAY, Super Bench Rep Competition - Bodyweight for Reps (men, women, jr., master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

14 MAY, UAPC 3rd annual Quad Cities Push-Pull (Davenport, IA - Holiday Inn) Ed Angstrom, 563-370-3685 (cell), angstrom6@aol.com

14 MAY, NASA Oklahoma State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@ao.com

14 MAY (New Date), APC Excalibur Classic PL & BP (open, novice, master, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy. #100, Birmingham, AL 35216, 205-817-6811/823-4745 (g)

14 MAY, Open BP & DL (sponsored by Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898

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NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14,15 MAY (NEW DATE), WNPF Pan-American PL (Orlando, FL) WNPF, BOX 142347, Fayetteville, GA, 30214 770-997-0589 or wnpf@aol.com

14,15 MAY, APF Master, Junior, Teenage Nationals, Austin TX. Gary Pendergrass, 386-734-3128, worldpowerlifting.org

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

20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

21 MAY, Chickahominy YMCA BP Classic, Phillip Battle or Nancy Burnet, 5401 Whiteside Rd., Sandston, VA 804-737-9622

21 MAY, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@ao.com

21 MAY, SLP GOLD'S GYM OKLAHOMA OPEN BP/DL CLASSIC (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 MAY, WABDL Arkansas State BP/DL (Fl. Smith, AR) William Winkley, 479-646-4022

21 MAY, 8th annual Newman BP (open men, open women, high school, master), Newman High School, 1101 St. Mary's Rd., Sterling, IL 61081, John Ybarra, 815-625-0185, rybarra@natman.com

21,22 MAY, USAPL New York State PL & Northern BP Challenge, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.com

21,22 MAY, IPA Strength Spectacular @ Four

Seasons Fitness, W. Paterson, NJ, www.nazbar.com, deb@nazbar.com, 610-438-2902

21,22 MAY, USAPL New York State, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760

22 MAY, SLP SOUTHEAST MISSOURI BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 MAY (NEW DATE & NAME), USPF West Coast BP/DL (Venice, CA - 2 single lift meets, not total) Steve Denison, pwrfltr@msn.com, www.powerliftingca.com, 661-333-9800

28 MAY, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@ao.com

28 MAY, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-545-8654

28,29 MAY, WDFFP European Single Lift Championships (Pompeii, Italy) jm-gedney@wiu.edu

MAY, NHSP BP Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

MAY, NASA Kentucky State PL'ing, BP, Push/Pull &

Power Sports Greg & Susan Van Hoose, Route 1 Box

166, Raverswood, WV 26164. Call: (304) 273-2283 or

email gvh@wirefire.com

4 JUN, WABDL Great Northern BP/DL (Tacoma Inn, Tacoma, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654

4 JUN, APF South Texas (Seguin - men & women - open, below 1, masters (5 yr age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

4 JUN, SCHS Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

4 JUN, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 JUN, YMCA Maple City Classic BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Hornell, NY 14843, 607-324-5520

4 JUN, Bartlesville BP, DL, PS, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 75006, 918-333-0245, Jim

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Duree, 913-596-0245,
jduree7086@aol.com

4 JUN, SPF Natl. PL & Open BP

(Glenstone Lodge, Gatlinburg, TN)

Jesse Rodgers, 1326 Koblan Dr.,

Hixson, TN 37343, 423-876-8410,

www.southernpowerlifting.com

4 JUN, Pete Lanzi Memorial Push/Pull,

(Cleveland, OH) Gary Kanaga, 440-717-

9624, gary.kanaga@nordoniaschools.org

4,5 JUN, NASA Masters &

Submasters PL & PS (OKC, OK) Rich

Peters, Box 735, Noble, OK 73068,

405-527-8513, SQBPDL@aol.com

4,5 JUN, Raw A.D.A.U. National

Powerlifting Championships Men

and Women of any age, in all weight

classes Meet held in Bigler PA, Siegel

Engraving, 304 Daisy St., Clearfield,

PA 16830, 814-765-3214,

al@pikitup.com

4,5 JUN, APF Senior Nationals PL +

BP (WPO Qualifier), Detroit MI, Jim

Hinze, 386-734-3128,

worldpowerlifting.org

5 JUN, Big Bench at the French BP/

DL/C Class II (Memphis, TN) SLP, 122

W. Sale, Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com,

sonlight@netcare-il.com

10-12 JUN, USAPL Teen/Jr. Nation-

als, Johnny Graham, 1706 Shoemak-

er Dr., Killeen, TX 76543, 254-

526-0779

11 JUN, SLP SUPERMAN CLASSIC

BP/DL CHAMPIONSHIP (Metropolis,

IL) Son Light Power, 122W. Sale, Tuscola,

IL 61953, 217-253-5429,

www.sonlightpower.com,

sonlight@netcare-il.com

11 JUN, AAPF Florida State PL + BP,

Ft. Lauderdale Fla. Kieran Kidder, 386-

734-3128, worldpowerlifting.org

11 JUN, WABDL Sonny's 5th annual

Push/Pull (Kaneohe, HI) Sonny Ronolo,

808-261-4518

11 JUN, WABDL Capitol City Classic

BP/DL (Marriott Hotel, Rancho Cordova

(Sacramento, CA) Gus Rethwisch, 503-

901-1622 or 763-545-8654

11 JUN, APA Gulf Coast Record Break-

ers PL, BP, DL, PP (Ft. Myers, FL) Scott

Taylor, Box 27204, El Jobean, FL 33927,

941-697-7962, FAX 413-828-6102,

scott@apa-wpa.com

12 JUN, WNPF North Americans &

Elite Nationals (Ephrata, PA) WNPF,

BOX 142347, Fayetteville, GA

30214, 770-997-0589 or

wnpf@aol.com

14 JUN, ILM Festival BP, DL, Ironman,

Ron DeAmicis, 6531 New Rd., Young-

town, OH 44515, 330-792-6670

18 JUN, 6th annual New England's Strong-

est Man (5 events) Louie LaPoint, 337

Roxbury St., Keene, NH 03431, 603-

352-8590

18 JUN, USA 'RAW' BENCH PRESS

FEDERATION SUMMER NATIONALS

(Mattoon, IL) Son Light Power, 122

W. Sale, Tuscola, IL 61953, 217-

2 5 3 - 5 4 2 9 ,

www.sonlightpower.com,

sonlight@netcare-il.com

18 JUN, NASA U.S.A. Nationals (PL,

BP, PS - Springfield, OH) Rich

Peters, Box 735, Noble, OK 73068,

405-527-8513, SQBPDL@aol.com

18,19 JUN, USPF Nationals (Los

Alamitos, CA) Steve Denison,

p w r l f t r s @ m s n . c o m ,

www.powerliftingca.com, 661-333-

9800

18,19 JUN, WDFPF European PL

Championships (Grangemouth, Scot-

land) jm-gedney@wiu.edu

20 JUN, Samson SportsFlex Competi-

tion (San Juan, PR) William Rosario, 787-

668-6336, FAX 787-757-8812

25 JUN, AAU-USPF Sooner State

Games, 405-275-3689,

rtrain@charter.net

25 JUN, APF Florida State PL+BP, F1,

Lauderdale Fla. Kieran Kidder, 386-734-

3128, worldpowerlifting.org

25 JUN, WABDL Rocky Mountain Re-

gional BP/DL (Salt Lake City, UT) Randy

Marchant, 801-465-2349

25 JUN, APF Metal Militia Powerlifting

Wars, Bill Crawford. Glens Fall NY, 386-

734-3128, worldpowerlifting.org

25 JUN, APC Central California Open/

Novice, Bob Packer, 559-658-5437, 559-

322-6805, www.calapc.net

25 JUN, SLP Men/Women Teenage &

Open Women's National BP/DL, SLP,

122 W. Sale, Tuscola, IL 61953, 2 1

7 - 2 5 3 - 5 4 2 9 ,

www.sonlightpower.com,

sonlight@netcare-il.com

25 JUN, NASA Missouri Grand (PL, BP,

PP, PS - Joplin, MO) Rich Peters, Box

735, Noble, OK 73068, 405-527-8513,

SQBPDL@aol.com

25,26 JUN, WNPF Drug Free Nation-

als PL & Single Lift, Ron DeAmicis,

6531 New Road, Youngstown, OH

44515, 330-792-6670

26 JUN, USAPL Big Bench Blow-out /

Fireworks in the Rockies, Gary Gertner,

3601 S. Lowell Blvd., Denver, CO 80236,

720-394-6657

26 JUN, APA CT Open BP & DL (Nor-

wich, CT) Donna Slaga, APA CT Chair-

person, 38 John Brook Rd., Canterbury,

CT 06331, 860-546-2091,

djslaga@yahoo.com

JUN, 3rd IPF North American Re-

gional (W. Palm Beach, FL) Robert

Keller, rk@verizon.net, 954-384-

4472, www.geocities.com/

floridausapl

2 JUL, 11th Independence BP Raw &

Assisted, John Shifflett, Box 941,

Standardsville, VA 22973,

valifting@adelphia.net,

www.virginiausapl.com

2 JUL, NASA Houston Grand, PL'ing,

BP, Push/Pull & Power Sports, Alvin,

TX. Rich Peters, Phone - 405-527-8513,

E-mail SBPDL@aol.com, P.O. Box 735,

Noble, OK 73068

8-10 JUL (revised listing), GPC

American Cup PL & BP (Columbia/

USA, Athens, GA) and APC National

PL & BP (Global Powerlifting Com-

mittee World Championships Qualifier)

L.B. Baker, 770-725-6684, mo-

bile 770-713-3080,

lbaker@americanpowerliftingcommittee.com,

www.irondawg.com

9 JUL, APA Granite State BP, DL, PP

(New Hampshire) Scott Taylor, Box 27204,

El Jobean, FL 33927, 941-697-7962, FAX

413-828-6102, scott@apa-wpa.com

16 JUL, World Games

17 JUL, SLP Headquarters BP Classic

(Hazelwood, MO) SLP, 122 W. Sale,

Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com,

sonlight@netcare-il.com

23 JUL, ANPPC WORLD CUP

POWERLIFTING CHAMPIONSHIP

(Tuscola, IL) Son Light Power, 122

W. Sale, Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com,

sonlight@netcare-il.com

23 JUL, SLA ARKANSAS OPEN BP/DL

CHAMPIONSHIP (Glenwood, Ar.) Son

Light Power, 122 W. Sale, Tuscola, IL

61953, 217-253-5429,

www.sonlightpower.com,

sonlight@netcare-il.com

23 JUL, ADAU (Raw) Squat Nation-

als (Catasauqua, PA - all age/wt.

classes & divisions) Nicholas

Theodorou, Nutritional Technologies,

5 Stonecroft Dr., Easton, PA

18045, 610-258-1894,

nutritek@aol.com

23 JUL, ADAU (Raw) Bench Press

Nationals (Catasauqua, PA - all age/wt.

wt. classes & divisions) Nicholas

Theodorou, Nutritional Technologies,

5 Stonecroft Dr., Easton, PA

18045, 610-258-1894,

nutritek@aol.com

23 JUL, ADAU (Raw) Deadlift Na-

tionals (Catasauqua, PA - all age/wt.

classes & divisions) Nicholas

Theodorou, Nutritional Technologies,

5 Stonecroft Dr., Easton, PA

18045, 610-258-1894,

nutritek@aol.com

23 JUL, ADAU (Raw) Deadlift Na-

tionals (Catasauqua, PA - all age/wt.

classes & divisions) Nicholas

Theodorou, Nutritional Technologies,

5 Stonecroft Dr., Easton, PA

18045, 610-258-1894,

nutritek@aol.com

16 JUL, WABDL Great Lakes Regional

BP/DL (Holiday Inn South, Lansing, MI)

16 JUL, APC California State (Teen,

Master, Submaster, Junior, Women,

Open - Center Point Athletic Club, Fresno, CA)

12,13 March - APC California

State (Teen, Master, Submaster,

Junior, Women, Open - Center

Point Athletic Club, Fresno, CA)

26 March - APC West Coast

Bench Press (Teen, Master, Jun-

ior, Women, Open), John Ford

25 June - APC Central Califor-

nia Open and Novice

30 July - APC West Coast Push

Pull (Teen, Master, Junior,

Women, Open)

10,11 December - APC Iron Man

Bob Packer

559-658-5437

559-322-6805

www.calapc.net

nutritek@aol.com

23 JUL, WABDL House of Pain South-

ern Regional BP/DL (Sheraton Dallas

Brookhollow, Dallas, TX) Gus Rethwisch,

503-901-1622 or 763-545-8654

23 JUL (new location), WNPF South

Florida BP, DL, PC (Plantation, FL) Brian

Burritt 772-621-8988 or

bburritt@hatshackcom

23 JUL, APA 2nd annual Jackson Open

Battle of the Bad PL, BP, DL (Jackson,

MS) Scott Taylor, Box 27204, El

Jobean, FL 33927, 941-697-7962, FAX

Cirde, Benton, Ar 72015, 501-860-6851
30 JUL, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

30-31 JUL, AAU Junior Olympics - New Orleans, La - ages 5-21, aausports.org or contact meet director Judy Wood - 804-559-4624 after 7pm est or 804-512-0921 or email: judi6108@aol.com

JUL, NHSP Push-Pull Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

6 AUG, APF Southeast Challenge (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlfrs@msn.com, www.powerliftingca.com, 661-333-9800

6 AUG, WNPf Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPf, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

6.7 AUG, WABDL National BP/DL (Sheraton Airport, Portland, OR) Gu Rethwisch, 503-901-1622 or 763-545-8654

7 AUG, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 AUG, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 AUG, WABDL Deep South BP/DL (Baton Rouge, LA) Reed Bueche, 225-638-3210

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047,

lanceslaughter@yahoo.com, www.usapla.org

13, 14 AUG, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com , P.O. Box 735, Noble, OK 73068

13, 14 AUG, AAU Open Nationals (Massachusetts) Larry Larsen, 781-767-0764, www.aausports.org

14 AUG, 2nd Maryland's Strongest Police/Fire/Corrections PL (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us

14 AUG, WNPF Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890

14 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 AUG, USAPL Virginia State PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

20 AUG, USAPLNJ Bench Press Open, Joe Moreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

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

20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

20 AUG, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-1596

21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP (Springfield, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, WABDL 9th annual Alki Beach BP/DL (Seattle (Alki Beach), WA) Bull Stewart, 206-725-7894

27 AUG, SLP KENTUCKY STATE FAIR BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, SLP STRONGEST BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernlifting.com

AUG (New Date), WNPf Ralph Peace Memorial (Asheville, NC) Lester Fields, 770-842-2137 or lesterfields@aol.com

3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers,

1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernlifting.com

3 SEP, NASA Kansas Grand (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

10 SEP (NEW DATE/LOCATION), WNPF Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@aol.com

10 SEP, USPF Venice Beach PL/BP, Steve Denison, pwrlfrs@msn.com, www.powerliftingca.com, 661-333-9800

10 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 SEP, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

10 SEP, 100% Raw Virginia Staet BP, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

17 SEP, WABDL Hawaii State BP/DL (Waianamalo, HI) Keith Ward, 808-259-5266

17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rloptrs@frontiernet.net

17 SEP (New Date), NPA (drug free) Naational BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitliftedb@cs.com

17 SEP, USA RAW BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 SEP, APF Northern California Open, Bob Packer, 559-658-5437, 559-322-6805, www.calapf.com

17 SEP, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

17 SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbest.net

24 SEP, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-596-7326, jduree7086@aol.com

24 SEP, SLP OPEN NATIONAL POWER LIFTING / B/P / D/L CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 SEP, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

SEP (Date Change), WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770-842-2137 or lesterfields@aol.com

1 OCT, WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268

1 OCT, SLP FALL BENCH PRESS/DEADLIFT CLASSIC (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 OCT, Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

1,2 OCT, 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44415

2 OCT, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, la.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 OCT, SLP OKLAHOMA STATE BP/DL CHAMPIONSHIP (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 OCT, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

9 OCT, SLP MISSOURI STATE BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

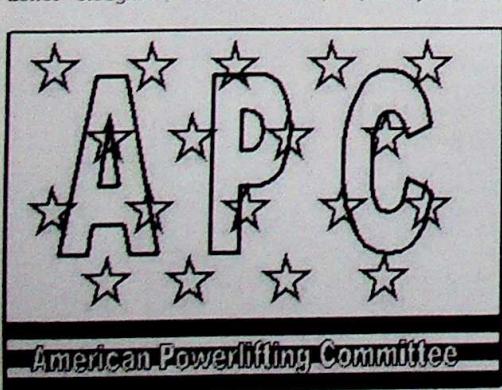
14-15 OCT, AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225

14, 15, 16 OCT, WDFPF Single Lift Worlds (Croatia) jmgdedney@wiu.edu

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 OCT, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906,



APC/GPC: Upcoming meets in the U.S.

April 9, 2005 - APC Georgia State Open:
An APC national qualifier meet.

July 9 & 10, 2005 - GPC American Cup - Canada/USA:
Global Powerlifting Committee (formerly World Powerlifting Committee)
A GPC world championship qualifier meet.

For more info: <http://www.americanpowerliftingcommittee.com>
lbbaker@ironawg.com 770/725-6684; 770/713-3080

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PYTHONGYM@AOL.COM
15 OCT, NASA West Texas State (PL,
BP, PP, PS) Rich Peters, Box 735,
Noble, OK 73068, 405-527-8513,
SQBPD@aol.com

15 OCT, USPF Central California Open
& Novice PL & BP (Modesto, CA) Steve
Denison, pwrlfrts@msn.com
www.powerliftingca.com, 661-333-9800
16 OCT, SLP Big Bench at the French
BP/DL/C Classic III (Memphis, TN) SLP,
122 W. Sale, Tuscola, IL 61953, 217-
253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

22 OCT, NASA Colorado Regional (PL,
BP, PP, PS) Rich Peters, Box 735,
Noble, OK 73068, 405-527-8513,
SQBPD@aol.com

22 OCT, SLP MID-AMERICA OPEN
BP/DL CHAMPIONSHIP (Metropolis,
IL) Son Light Power, 122W. Sale, Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

22 OCT, 23rd Annual Raw A.D.A.U.
"Central PA Open" Powerlifting Championships
Open and All age Groups for both men and women. The longest continually conducted DRUG-FREE meet in Pennsylvania. Meet held in Bigler PA,
Siegel Engraving, 304 Daisy St., Clearfield,
PA 16830, 814-765-3214,
al@pkitup.com

23 OCT, SLP HARD CORE OPEN II BP/
DL CHAMPIONSHIP (Chicago, IL) Son
Light Power, 122 W. Sale, Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

29 OCT, ANPPC NATIONAL
POWERLIFTING CHAMPIONSHIP
(Tuscola, IL) Son Light Power, 122
W. Sale, Tuscola, IL 61953, 217-
2 5 3 - 5 4 2 9 ,
www.sonlightpower.com,
sonlight@netcare-il.com

29 OCT, NASA North Carolina Regional
(PL, BP, PP, PS) Rich Peters, Box 735,
Noble, OK 73068, 405-527-8513,
SQBPD@aol.com

30 OCT, SLP Midwest Open BP/DL
(Indianapolis, IN) SLP, 122 W. Sale,
Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

31 OCT, USAPL Blue Ridge BP Raw &
Assisted, John Shifflett, Box 941,
Stanardsville, VA 22973, 434-985-3932,
valifting@adelphia.net

OCT, WNPF Michigan State and Open,
Benton Harbor, MI, Richard Van Eck (269)
521-4031

OCT, NASA Big River Classic, Tobey &
Daryl Johnson, Blytheville, AR

OCT, NHSP PL Championship, Jamie
Fellows, NUTRITION 101, 865 Second
St., Manchester, NH 03102,
AmericanPowerlifting.com,
NHBodybuilding@yahoo.com

OCT, NASA Kentucky Regional PL'ing,
BP, Push/Pull & Power Sports,
Louisville, KY. Greg & Susan Van Hoose,
Route 1 Box 166, Ravenswood, WV
26164. Call: (304) 273-2283 or e-mail
gwh@wifire.com

5 NOV, APF Texas Cup (Dallas - men
& women - open, below 1, masters (5 yr.
age groups), submaster, junior (2 yr. age
groups), police, fire, single lifts) Seguin
Fitness, 256 W. Court St., Seguin, TX
78155, 800-378-6460,
www.seguinfitness.com

5 NOV, APF 4th annual Battle of the
Badasses BP, DL, PP (Georgetown, SC)
Scott Taylor, Box 27204, El Jobean, FL
33927, 941-697-7962, FAX 413-828-
6102, scott@apa-wpa.com

5 NOV, NASA Iowa Regional (PL, BP,
PP, PS) Rich Peters, Box 735, Noble,
OK 73068, 405-527-8513,
SQBPD@aol.com

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out. Call Mike Lambert at
800-448-7693 for details.
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typesetting for you -
F R E E !**

5 NOV, USAPL California State (PL, BP
- Dublin, CA) Jason Burnell, 510-232-
4755, deepsquatter@deepsquatter.com,
Lance Slaughter, 310-995-0047,
lanceslaughter@yahoo.com, www.usapl-
ca.org

5 NOV, USA 'RAW' BENCH PRESS
FEDERATION WORLD
CHAMPIONSHIP (Tuscola, IL) Son
Light Power, 122 W. Sale, Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

12 NOV, SLP OHIO STATE BP/DL
CHAMPIONSHIP (Hamilton, Oh.) Son
Light Power, 122 W. Sale, Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

12 NOV, NASA Arizona Regional, PL'ing,
BP, Push/Pull & Power Sports, Rich Peters,
Phone - 405-527-8513, E-mail:
SQBPD@aol.com, P.O. Box 735, Noble,
OK, 73068

12-13 NOV, WNPF World Bench,
Deadlift, Ironman & Powercurl (At-
lantic City, NJ) WNPF, BOX 142347,
Fayetteville, GA 30214 770-997-
0589 or wnpf@aol.com

13 NOV, SLP Central Illinois Open BP/
DL (Hillsboro, IL) SLP, 122 W. Sale,
Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

15-20 NOV (NEW DATE) - IPF Men's
Worlds (W. Palm Beach, FL) Robert
Keller, 954-384-4472,
r h k @ v e r i z o n . n e t

www.geocities.com/floridausapl
15-20 NOV, IPF Pan-American Men's
& Women's PL (W. Palm Beach, FL)
Robert Keller, rhk@verizon.net, 954-
384-4472, www.geocities.com/
floridausapl

18-20 NOV, WDFPF World PL Cham-
pionships (Turin, Italy) jm-
gedney@wiu.edu

19 NOV, SLP KENTUCKY STATE BP/
DL CHAMPIONSHIP (Louisville, Ky.) Son
Light Power, 122 W. Sale, Tuscola, IL
61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

26 NOV, NASA Kansas Regional (PL,
BP, PP, PS - Salina, KS) Rich Peters,
Box 735, Noble, OK 73068, 405-527-
8513, SQBPD@aol.com

NOV, WSA Men & Women Worlds,
USSA, Box 844, Wewoka, OK
74884, ussapl@hotmail.com

3 DEC, APF Rio Grande Valley
(Harlingen - men & women - open, be-
low 1, masters (5 yr. age groups),
submaster, junior (2 yr. age groups), po-
lice, fire, single lifts) Seguin Fitness, 256
W. Court St., Seguin, TX 78155, 800-
378-6460, www.seguinfitness.com

3 DEC, SLP CHRISTMAS FOR KIDS
BP/DL CHAMPIONSHIP (Mattoon, IL)
Son Light Power, 122 W. Sale, Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

3, 4 DEC (NEW DATE), WNPF Drug
Free for Life/Battle of the Countries
Championships (Orlando, FL or At-
lanta, GA) WNPF, BOX 142347,
Fayetteville, GA 30214 770-997-
0589 or wnpf@aol.com

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

4 DEC, 13th Annual Raw A.D.A.U.
"Coal Country" Classic Separate Bench
Press and Deadlift contests Open divisions
and all age groups divisions for both men
and women. Meet held in Bigler PA,
Siegel Engraving, 304 Daisy St.,
Clearfield, PA 16830, 814-765-3214,
al@pkitup.com

10 DEC, SLP KANSAS CHRISTMAS
OPEN BP/DL CHAMPIONSHIP
(Glenwood, Ar.) Son Light Power, 122 W.
Sale, Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

10 DEC, NASA Missouri Regional (PL,
BP, PP, PS - Joplin, MO) Rich Peters,
Box 735, Noble, OK 73068, 405-527-
8513, SQBPD@aol.com

10 DEC (date change), WNPF New
Jersey State/Open (Bordentown, NJ)
WNPF, BOX 142347, Fayetteville, GA.
30214, 770-997-0589 or wnpf@aol.com

10 DEC, NASA Novice Nationals PL
& PS (Springfield, OH) Gary Scholl,
GSat2950@aol.com

10 DEC, USAPL Christmas BP Raw &
Assisted, John Shifflett, Box 941,
Stanardsville, VA 22973,
valifting@adelphia.net,
www.virginiausapl.com

10, 11 DEC, APC Mr. Iron Man, Bob
Packer, 559-658-5437, 559-322-6805,
www.calpc.net

11 DEC, SLP Turner Classic BP/DL
(Sallisaw, OK) SLP, 122 W. Sale, Tuscola,
IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

31 DEC, SLP THE LAST ONE™ BP/DL
CHAMPIONSHIP (Tuscola, IL) Son Light
Power, 122 W. Sale, Tuscola, IL 61953,
217-253-5429, www.sonlightpower.com,
sonlight@netcare-il.com

JAN 06 - AAU World Championships
(three lifts)
aaupower@aol.com or Va Powerlifting
Assoc., 1811 Southcliff Road,
Richmond Va 23225

APR 06, USAPL Collegiate Nationals
(Nova Southern Univ. - Ft. Lauderdale,
FL) Robert Keller, rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl

APR 06, IPF Pan-American Men's &
Women's Open BP (W. Palm Beach,
FL) Robert Keller, rhk@verizon.net,
954-384-4472, www.geocities.com/
floridausapl

APR 06, IPF World Masters BP (W.
Palm Beach, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl

26-28 MAY 06, WDFPF European
Single Lift Championships (Varese,
Italy) jm-gedney@wiu.edu

MAY 06, USAPL Men's Nationals PL
(W. Palm Beach, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl

JUL 06, USAPL/USOC Palm Beach
County Tropical Games BP & DL (W.
Palm Beach, FL) Robert Keller,
rhk@verizon.net, 954-384-4472,
www.geocities.com/floridausapl

14, 15 OCT 06, WDFPF Single Lift
Worlds (Bendigo, Australia) jm-
gedney@wiu.edu

10-12 NOV 06, WDFPF World PL
(Cork, Ireland) jm-gedney@wiu.edu
P.S. when writing include a Stamped,
Self-Addressed Envelope. (USA
meets only). If you phone, please
note if there is a specific time to call
and DO NOT CALL COLLECT.

USA POWERLIFTING CORNER

National Office

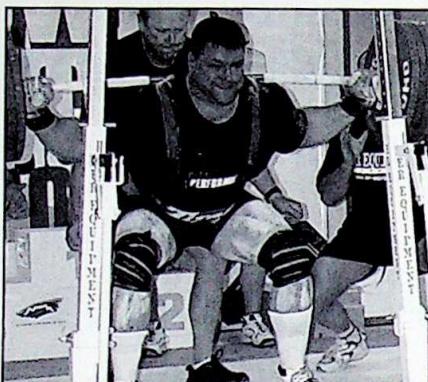
P.O. Box 668
Columbia City, IN 46725
Administrator: Barbara Born

Website: www.usapowerlifting.com

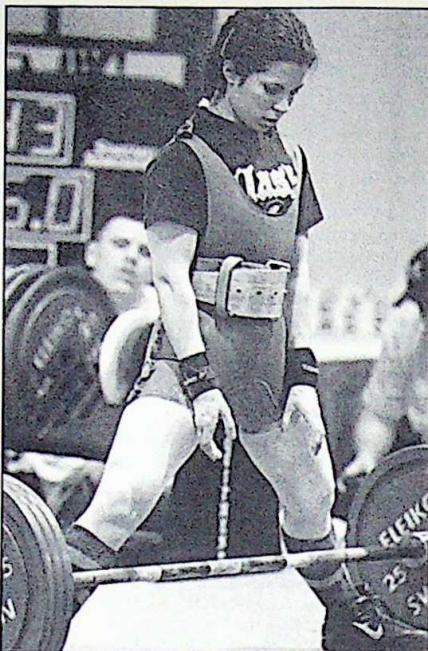
Email: USAPLADMIN@skynet.net

President: Larry Maile, Ph.D.
Email:
L-MAILE@usapowerlifting.com

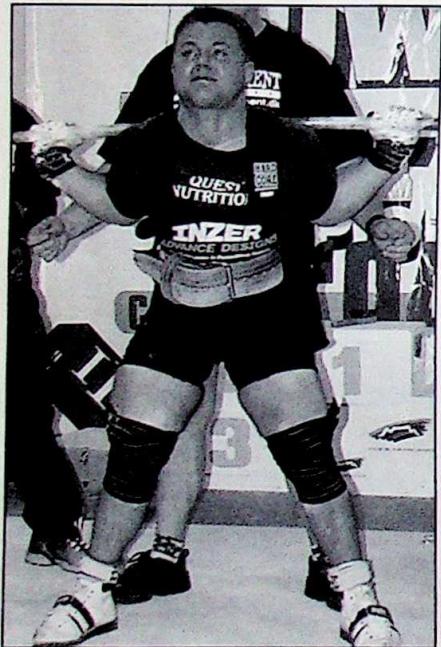
Vice President: Johnny Graham
Email: jtruck52@hotmail.com



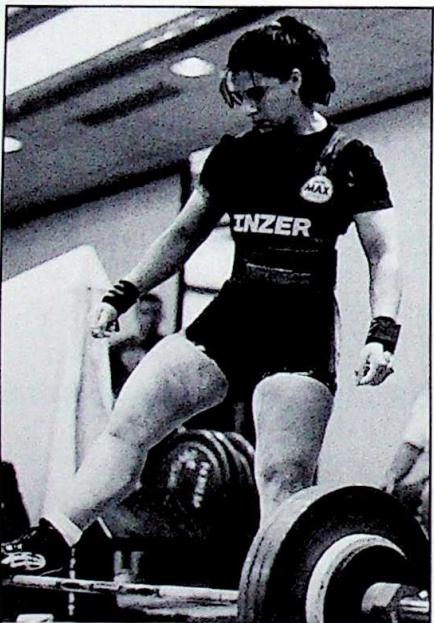
Brad Gillingham will be competing in yet another prestigious World Games contest.



Jenn Maile will appear in her second Games.



Wade Hooper returned to the IPF Gold Medal Platform this year in Capetown, South Africa. Wade is appearing in his first World Games.

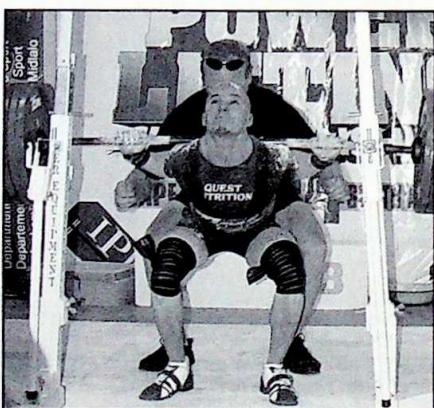


Priscilla Ribic won both the Bench Press and powerlifting World Championships in 2004.

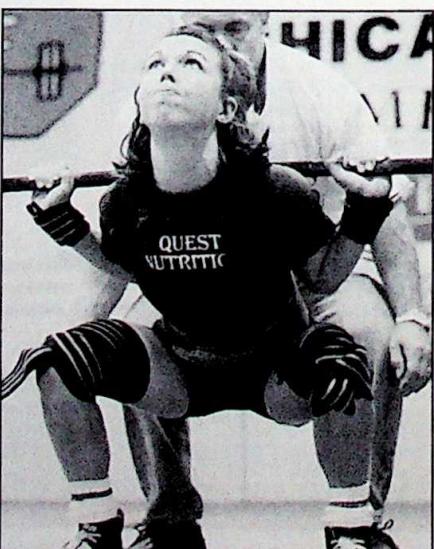
measured in the 3.5 million hits on the Official Website over the past three months. In the Games, and different from usual powerlifting under International Powerlifting Federation rules, there are reduced weight classes. Whereas men's competition usually includes 11 weight classes, and women's 10, competitors will contest three weight classes, and placement within them is determined by the Wilks formula (bodyweight equivalency).

This Games, there are six women and six men offered lifting positions, and one male and one female alternate. They are:

Women: Ashley Robbins (52 kg.), Jennifer Maile (52 kg.), Carly Nogle (67.5 kg.), Priscilla Ribic (67.5 kg.), Jessica Watkins (over 67.5 kg.), Liz Willett (over 67.5 kg.); **Men:** Ervin Gainer (67.5 kg.), Brian Siders (over 90 kg.), Caleb Williams (67.6 kg.), Wade Hooper (90 kg.), Ray Benemerito (90 kg.), Brad Gillingham (over 90 kg.).



Caleb Williams is one of the fine lifters coming out of the USA Powerlifting Junior program. Caleb is the 2002 IPF WORLD Sub-Junior CHAMPION OF CHAMPIONS.

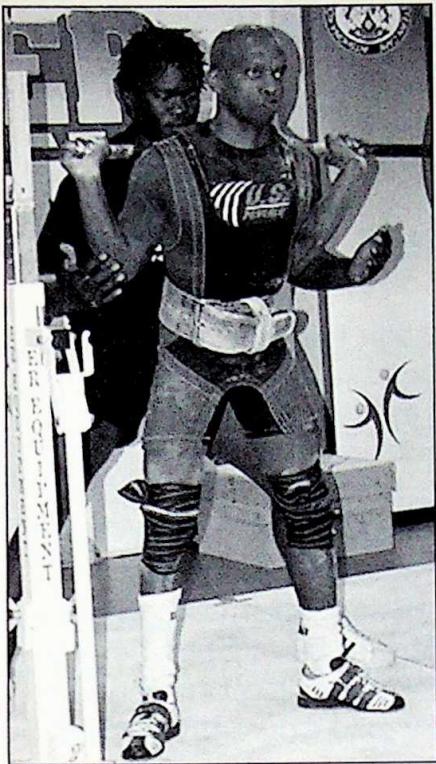


Ashley Robbins earned her Games slot at the 2004 Women's World Championships

President's Message: Celebrating our World Games Competitors

This July 16 and 17, the world's very best powerlifters will compete in the 7th World Games, held under the patronage of the International Olympic Committee. As many of you know, the World Games because one component of the Olympic program in 2001, and the Olympic Rings flew for the first time during a powerlifting competition. This year's competition marks even closer cooperation and formal working relationships between the IOC and the International World Games Association.

This year's competition, held in Duisberg, Germany will include more than 3,000 competitors, and more than half a million spectators are expected over the course of the 2 week event. The interest in the Games can be



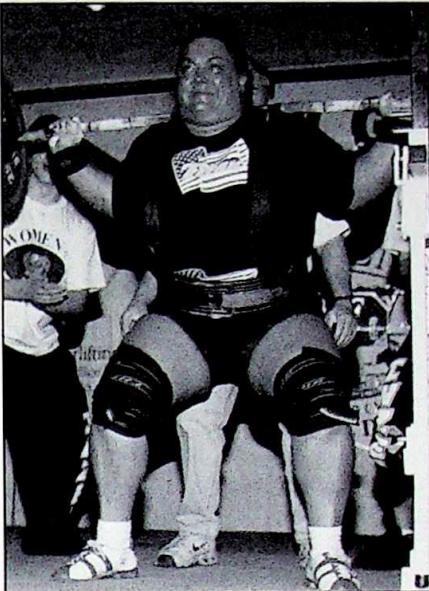
Ervin Gainer has been a very consistent competitor in the 52 and 56 kg. classes over the past 5 years, in the USAPL and the IPF

Merchandising

The USA Powerlifting Merchandising program continues to be a source of pride for our organization (<http://www.usapowerlifting.com/merchandise/index.shtml>). Your response has been gratifying as you show your pride wearing the logo of USAPL. We have quarterly specials and will have an end of the year membership special as well. Check it out! You can join USA Powerlifting via the e-store, or donate to support our programs.



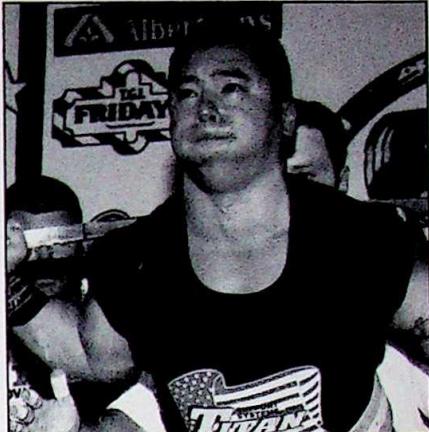
Brian Siders is the 2003 and 2004 IPF World Champion, and he has done the biggest total in IPF history.



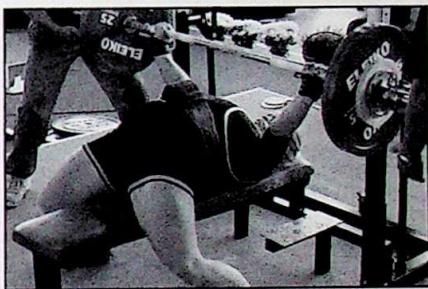
Liz Willett has squatted more weight than any other woman in IPF competition history

Top Twenty

This month, we feature the top 20 women at 56 kg. (123 lbs.) and the top 20 men at 60 kg. (132 lbs.). To search the lifter data base, or for the complete 2003 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>. The 2004 Rankings will be available within the next few weeks at the same url.



Ray Benemerito's outstanding total at the 2004 North American Regional Championships earned him his second opportunity to compete at the World Games



Jessica Watkins is the 2003 IPF Junior World Champion and the World Record holder.

Women's 123 class				
Name	Squat	Bench	Deadlift	Total
Ashley Awalt	347	265	375	987
Carly Nogle	342	199	403	943
Codi Grubis	353	182	336	871
Leah Marietta	342	171	325	838
Alayna Cunningham	287	187	303	777
Diane Siveny	265	171	320	755
Dana Deutsch	292	143	309	744
Dianelle Moore	259	182	303	744
Andrea Motter	325	149	259	733
Janel Brown	276	143	309	728
Lora Marietta	265	171	276	711
Demeter Picciotti	245	140	305	690
Jasmine Brewer	254	127	303	684
Leigh Haines	248	176	254	678
Tiffany Medeiros	281	116	281	678
Darla Merrival	226	143	292	661
Kendall Buffington	226	143	286	655
Jamie Beebe	235	145	270	650
Shary Lynne Stone	248	132	265	645
Phylis Racek	231	121	287	639

Men's 132 class				
Name	Squat	Bench	Deadlift	Total
Caleb Williams	601	336	535	1472
Allen Whigham	540	259	540	1339
Timothy Taylor	463	342	518	1323
David Villafranca	397	292	457	1146
Tim Smith	419	259	468	1146
Derrick Sheppard	419	265	441	1124
Shea Melancon	408	287	424	1119
Malick Derstine	408	254	458	1119
Aaron Phillips	424	248	441	1113
Thomas DiRenzo	375	259	446	1080
John Hunn	402	265	408	1075
JD Benjamin	364	221	474	1058
Josh Oliver	414	210	430	1053
Jimmy Kavarnos	364	237	441	1042
Mike Wiley	369	215	446	1031
William Lee	386	198	441	1031
Chris Bourgoigne	386	243	397	1025
Sam Lidester	375	193	441	1009
K. Jones	385	230	390	1005
Robert Trujillo	358	209	419	987



Carly Nogle assured her World Games slot as a result of her excellent performances at the 2004 IPF World Championships as well as the North American Regional Championship contest.

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ADVANCE DESIGNS presents:

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- * new arm lock design
- * extra tricep support
- * extra reinforced construction
- * guaranteed more results than any other shirt
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Improved Heavy Duty

- * tight tough fit
- * strong support off chest
- * extra comfort built in
- * great immediate results

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Qty. Color _____

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relaxed measurements of shoulders _____
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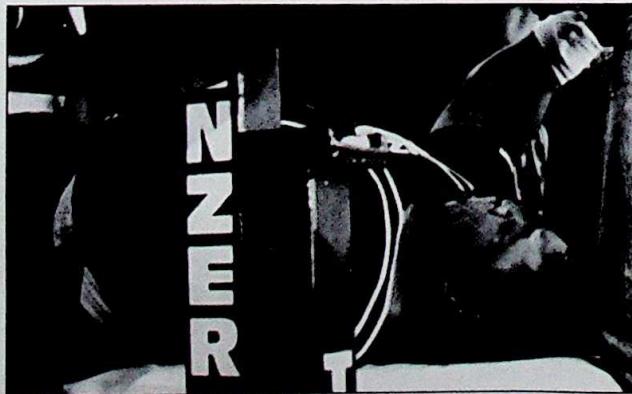
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 - * more tricep support
 - * extra reinforced construction
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HPHD & EHPHD, the secret experimental technology that assisted:



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... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

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USPF Central California
21 NOV 04 - Modesto, CA

BENCH PRESS

WOMEN

Open

123

M. Dodson 143

181

Kelly Womack 270

198

Nicki Lanson 137

MEN

123

Open

Kevin Luu 165

181

Novice

G. Enriquez

198

Novice

M. Molletta 264

Open

T. Robinson 341

220

Novice

A. Contreras 242

Open

Luis Castillo 413

4th 418

M. Marriott 385

Robert Gloria 242

242

Open

Mike West 391

275

Novice

Jose Rivas 391

Open

Mike Womack 551

Mike Lutz 507

4th 512

WOMEN SQ BP DL TOT

Open 165

N. Choiniere 242

165

Novice

Leslie Nelson 253

Chris Clements 242

Novice

Mike West 501

275

Open

Rick White 589

440

573

1603

Novice

Ricardo Costa 435

451

501

1388

MASTER MEN 40-49 by formula

K. Kanemoto 672

451

534

1658

Bryan Uyeoka 402 286 473 1162

Mike Koufos 407 264 462 1134

MASTER MEN 50-59 by formula

Bradley King 650 413 639 1702

MASTER MEN 60-69 by formula

Shane O'Neill 457 308 479 1245

State Powerlifting Records set: Bryan

Uyeoka - 148 Master 45-49, 402 squat,

286 bench, 1162 total. Keith Kanemoto -

198 Master 45-49, 451 bench. Bradley King

- 220 Master 50-54, 650 squat, 639 deadlift,

Clinton Sims 462 60-64, 457 squat, 1245 total. State Single

Lift Bench records set: Marlene Dodson -

123 Master Women 50-54, 143 bench.

Kelly Womack - 181 Junior Women 20-23,

270 bench. Kevin Luu - 123 Junior Men

18-19, 165 bench. Luis Castillo - 220 Jun-

ior 20-23, 418 bench. Mike Womack - 275

Junior 20-23, 551 bench. Mike Lutz - 275

Master 45-49, 512 bench. Frank Beeler -

308+ Master 50-54, 600 bench. Steve

Tamerius - 148 Master 55-59, 225 bench.

Larry Maggard - 275 Master 60-64, 429

bench. State Single Lift Deadlift records

set: Rick White - 275 Junior 20-23, 573

deadlift. Matthew Carter - 308 Master 40-

44, 501 deadlift. Clinton Sims - 242 Mas-

ter 45-49, 650 deadlift. American Single

Lift Bench records set: Marlene Dodson -

123 Master Women 50-54, 143 bench.

Kelly Womack - 181 Junior Women 20-23,

270 bench. Kevin Luu - 123 Junior Men

18-19, 165 bench. Luis Castillo - 220 Jun-

ior 20-23, 418 bench. Mike Womack - 275

Junior 20-23, 551 bench. Mike Lutz - 275

Master 45-49, 512 bench. Frank Beeler -

308+ Master 50-54, 600 bench. Steve

Tamerius - 148 Master 55-59, 225 bench.

Larry Maggard - 275 Master 60-64, 429

bench. American Single Lift Deadlift records

set: Matthew Carter - 308 Master 40-44, 501

deadlift. Clinton Sims - 242 Master 45-49,

650 deadlift. Thanks to all of our valuable

help at the meet: Steve Denison, National

referee, meet director; Victor Elliott,

National referee; Jim Merlino, National

referee; Pete Wilson, National referee;

Rob Meulenberg, State referee; Scott

Cartwright, State referee; Chuck LaMantia,

National referee, Announcer / MC;

Dave Cummerow, ast meet director. Spot-

ter/Loaders: Gabe Cunha, Joel Huber,

Aaron Thurman. Scorekeepers: Tina

Denison, computer Lisa Woods, score

cards Will Satherwaite, bar loading pro-

gram Rob Meulenberg, bar loading pro-

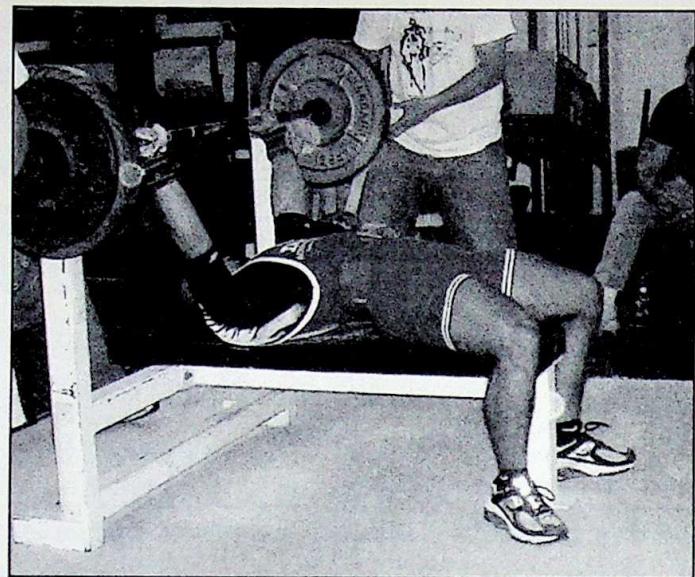
gram. Vendor/Sponsors: Steve Carr, Phy-

sique Protein Cookies Wayne Bovee,

Quixtar Products Keith Lemm, CSS Photo

Design Austin DiPirro, Fitness Factory

(thanks to Steve Denison for the results)



Jeff Wincoitch setting up at the Halloween Havoc meet (Granko Sr.)

Halloween Havoc BP
31 OCT 04 - Taylor, PA

BENCH	B. Legg	100	Open	242 lbs.	
WOMEN	Master (64-69)	220 lbs.	A. Miller	170	
123 lb.	P. Hubbard	120	J. McClatter	100	
Teen	Master (50-54)	Open	242 lbs.		
C. Kirpatrick	52	R. Burnett	182		
148 lb.	137	E. Bronko	177		
Master	165 lbs.	J. Bertocki	167		
N. Hill	132 lbs.	A. Mort	132		
MEN	100	220 lbs.	E. Robinson	155	
114 lb.	120	Master (45-49)	275 lbs.		
Teen	181 lbs.	J. Bertocki	167		
123 lbs.	Open	B. Donnelly	182		
Teen	181 lbs.	J. McGowan	160		
132 lbs.	87	SHW			
J. Keller	55	J. Cianelli	155		
132 lbs.	L. Ventrulla	D. Vest	220		
Teen	60	Lightweight Best Lifter:	Z. Paige.		
132 lbs.	C. Cinicola	Heavyweight Best Lifter and Overall Champ:	A. Miller.		
Teen	87	Another Great Meet!	Lifters like Joe Cianelli and Jeff "Wink" Winkovitch did some great lifting! Many thanks to all who were involved in the set-up tear down crew with New Dad Stew Mitchell (500 lb. close grip), Mike & Scott Gavin (USAFL PA. Teenage champ and great in football), Dr. Phil, C.T. Wink, Joe C. It's great lifters like Joe Lukowski 385 lb. B.P. @ 168 lb. head judging without any loading incidents. Mr. Vito Moe and C.T. Turrel, who incidentally hit a 420 lb. B.P. prior to this meet handled the side judging. Without a doubt the spotters and loaders did a superb job with Brian (Dr. Phil) Donahue, Scotty G. and of course Carl (The Truth and Big Squatter) ensuring the safety of all lifters. The scoring table with the flawless announcing of R.J. Calvey, a Mother and Son team, Toni and Jamie (USAFL Weightlifting champ and is a great bodybuilder) keeping the scoring table secure. Kathy Moeyunas handled the Admissions and we are very thankful for her help. Well Joe Moe, another great meet because of you. You are truly a great powerlifting coach and a inspiration to all that make your your acquaintance and a honor to gain your friendship. May God Bless all that are involved in this wonderful sport of Drug Free Powerlifting! (Thanks to Bob Granko for providing the meet results to PL USA)		

USAPL Longhorn Open (kg)

20 NOV 04 - Austin, TX

WOMEN	SQ	BP	DL	TOT
44 kgs.				
T1				
I. Campos	70!	32.5!	77.5!	180!
48 kgs.				
T2				
K. Edmonds	60	42.5!	92.5!	195!
52 kgs.				
B. Vallejo	87.5	47.5	110	245
V. Robledo	82.5	45	95	222.5
J. Romeo	80	52.5!	110!	242.5!
J. Kirk	80	45	105	230
Jr				

If Under 18 have Parent Initial _____

C. Davenport	70	32.5	92.5	195
56 kgs.				
T1				
B. Kestler	92.5!	42.5!	102.5!	237.5!
C				
60 kgs.				
S. Stone	127.5	72.5	122.5	322.5
A. Hatcher	100	32.5	122.5	255
T1				
B. Cepak	110!	45!	120!	275
T2				
A. Baum	107.5!50	97.5	255	
M. Smith	92.5	45	115	252.5
67 kgs.				
C				
D. Guerra	85	0	0	0
B. McDade	117.5	60	127.5	305
T2				
H. Whited	130	87.5	140	357.5
K. Ramos	42.5	42.5	102.5	187.5
75 kgs.				
M2				
D. DeSandre	120	52.5	152.5	325
O				
S. Brilliant	55	42.5	72.5	170
T1				
G. Martinez	117.5	50	117.5	285
V. Espinosa	115	50	110	275
K. Burnett	105!	42.5	127.5!	275!
C. Ortiz	107.5	45	102.5	255
T2				
E. Fucik	140	55	150	345
M. Govea	115	52.5	120	287.5
S. Villegas	107.5	45	132.5	285
A. Villegas	97.5	55	95	247.5
82.5 kgs.				
O				
K. Youngblood	105	50	110	265
T1				
B. Murrieta	80	—	—	—
90 kgs.				
C				
L. Arnold	125	47.5	125	297.5
UNL				
O				
J. Dickens	147.5	102.5	147.5	397.5
T1				
J. Reyes	125!	60!	105!	290!
L. Zarate	120	55	110	285
T2				
A. Garcia	90	62.5	90	242.5
MEN				
35 kgs.				
Y1				
M. Gremillion	45	27.5	55	127.5
J				
E. Resendez	—	82.5	—	—
56 kgs.				
D. Dodds	125	65	142.5	332.5
J. Scruggs	75!	115!	220!	510!
60 kgs.				
J. Hagendorf	160	105	155	420
M. Contreras	160	85	150	395
67 kgs.				
C				
B. Hyson	210	132.5	227.5	570
B. Casteter	150	102.5	155	407.5
O/M1				
R. White	172.5	112.5	192.5	477.5
T1				
J. Smith	122.5	70	137.5	330
T2				
A. Davila	157.5	100	160	417.5
J. Jarratt	157.5	77.5	165	400
75 kgs.				
O				
H. Tan	225	152.5	227.5	605
T3				
T. McPherson	190	125	207.5	522.5
G. Webemick	170	100	165	435
T. Munford	122.5	85	125	332.5
82.5 kgs.				
C				
J. Smiley	217.5	157.5!	200	575
B. Warren	200	142.5	185	527.5
K. Schielack	190	127.5	205	522.5
M4				
R. Contreras	185	147.5	240	572.5
O				
C. Green	230	165	242.5	637.5
T2				
K. Bryan	180	100	192.5	472.5
T3				
C. Coker	182.5	82.5	185	450
90 kgs.				
C				
J. Le	242.5	135	237.5	615
J. Johnson	227.5	152.5	207.5	587.5
O				
H. Scholnick	260	192.5	262.5	715



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

ANNUAL MEMBERSHIP DUES

	Regular Fee	*AB* Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton, Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

MEMBERSHIP CATEGORY	CHECK ONE:	Athlete	Coach	Official	Volunteer
ONE:		Youth Program	Adult Program	Added Benefit	Yes No
Club No.:		Club Name:		E-Mail:	

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

Date of Birth	Ago	Sex □ Male □ Female	Application Date	Social Security Number
First	Middle	Last		
Address				
City		State	Zip Code	
County		Phone (With Area Code)		
Member's Signature		Parent/Guardian Signature		



Chad Kerley, 29, from North Carolina, in the Open 165s of the AAU Assisted Nationals (photograph was provided by the courtesy of Barbara Beasley)

AAU Assisted Nationals (kg)

22,23 MAY 04 - Richmond, VA

MEN	SQ	BP	DL	TOT
114 lbs.				
Youth (12-13)				
C. Blake	70	37.5	100	207.5
132 lbs.				
O. Mueller	70	40	100	210
165 lbs.				
C. Kerley	237.5	137.5	235	610
Youth (12-13)				
E. Morrow	82.5	45	105	232.5
E. Mitchell	52.5	37.5	80	170
181 lbs.				
D. Parsons	137.5	120	147.5	405
T. Trevorah	137.5	115	182.5	435
Master (70-74)				
T. Trevorah	137.5	115	182.5	435
198 lbs.				
Youth (12-13)				

ASSOCIATION OFFICE COPY

► This is a membership application form. Complete all areas and return Part One to the address shown.

► For information on registration and program, call 1-800-AAU-4USA.

► AAU membership provides each member with an opportunity to participate in AAU events.

Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.

Specific details on coverage can be obtained from your local AAU Association.

Regular Fee *AB* Fee

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

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

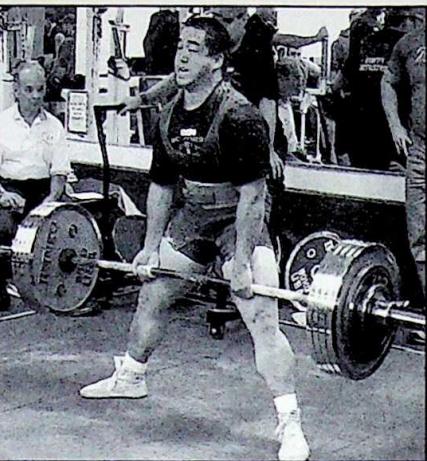
I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I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

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

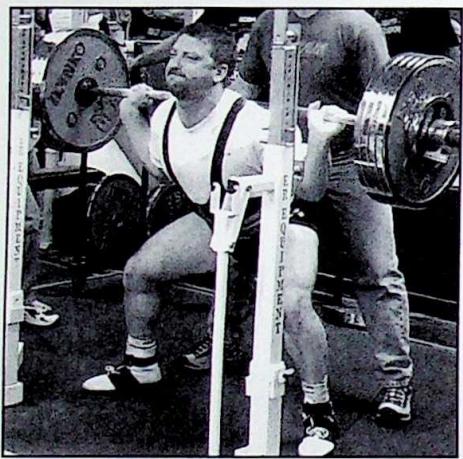
USAPL New Jersey State (kg)				
06 NOV 04 - Rockaway, NJ				
WOMEN	SQ	BP	DL	TOT
Open				
148 lbs.				
K. Marmion	65	37.5	102.5	205
165 lbs.				
D. Muriello	105	57.5	105	267.5
198 lbs.				
E. Olsen	102.5	47.5	110	260
MEN				
Open				
148 lbs.				
J. Golba	182.5	140	155	477.5
165 lbs.				
M. Krimsky	190	137.5	192.5	520
181 lbs.				
D. Nemow	237.5	177.5	260	675
J. Dalessio	237.5	160	255	652.5
M. Salandra	127.5	127.5	160	415
D. Pora	85	107.5	145	337.5
C. Welsch	182.5	—	—	
198 lbs.				
D. Chin	189	240	175	500
665				
M. Moylen	197.6	260	157.5	427.5
665				
220 lbs.				
J. Rosinski	219.6	275	182.5	565
722.5				
R. Kruszely	217.4	230-	197.5	655
227.5				
242 lbs.				
K. Stephens	192.5	—	—	—
275 lbs.				
J. Louder	245	165	250	660
N. Luciano	250	—	—	—
SHW				
J. Weiss	312.5	172.5	300	785
By Formula				
Junior				
J. Schwertman	262.5	192.5	260	715
J. Brudzinski	215	107.5	215	537.5
537.5				
R. Simmons	140	125	187.5	452.5
E. T Horbatuck	—	—	—	—
Raw				
J. Brown	235	175	237.5	647.5
647.5				
T. Jones	160	125	212.5	497.5
497.5				
Teen				
B. Conover	70	40	105	215
J. Mariani	102.5	—	—	—
Lifetime				
A. Cavello	152.5	160	205	517.5
M. Salandra	127.5	127.5	160	415
WOMEN				
Out of State				
J. Brown	125	65	140	330
A. Avery	90	42.5	92.5	225
MEN				
Out of State				

C. Dippire	365	190	320	875
T. Price	220	152.5	220	
S. Salyer	187.5	142.5	210	540
A. Meoli	102.5	142.5	165	410
R. Hamilton	127.5	110	165	
Masters				
J. Wolff	125	82.5	177.5	385
D. Chin	240	175	250	665
M. Washer	217	170	280	667
A. Avery	162.5	102.5	222.5	
M. Donnelly	142.5	85	170	
R. Ingraveria	—	—	—	—
Guests				
E. Stein	102.5	57.5	130	290
M. Rosenwald	25	25	25	75
Submaster				
K. Lair	185	165	227.5	577.5
A. Cavello	152.5	160	205	517.5
G. Johnson	70	67.5	125	262.5

NJ was one of the original signers of the ADFPA (now USAPL) constitution. This state championship has occurred annually without missing a year going back to 1983. It may well be the longest, consecutively held state championship in ADFPA/USAPL organization and the country. Many of nearby states and New Jersey's finest lifters have used this meet as preparation to go on to successfully compete at national and international level meets. As in the past, this years forty two lifters competed well and showed the kind of sportsmanship that has become a part of this competition. James Golba, Matt Krimsky, Jason Louder & Jim Weiss all lifted well and took home NJ state titles. In the 181, the new & still



Doug Chin locks out a nice deadlift attempt



James Brown at the USAPL New Jersey State Championship (photos courtesy Bill Clayton)

much lighter Daren "Captain" Nemow fended off John Dalessio to win the title. The 1980's saw the return of two lifters who had not been competing in some time. Doug Chin, formally of Vermont and now a master lifter, edged Michael Moylen to take the title via having the lighter body-weight. In the 220's, John Rosinski & Rich Kruszely both of Pro Fitness battled with John winning out to take the state title home. The Women lifters at this meet were a spirited group. Ellen Stein made a guest appearance, lifted well without taxing herself too much. Katrina, Dana & Erika all lifted soundly making the most of their attempts and lifting well. The divisions were all competed by formula. Jack Wolff did himself well by winning the Masters division with 6 strong, younger lifters chasing him for the title. Kenneth Lair, James Brown, Brian Conover, Anthony Cavello added (in order) the Submaster, Raw, Teen, Lifetime titles to their hardware collections. Jeff Schwertman lifted well to take the Juniors division. The Out of State

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

(219) 488-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

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

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

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

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

Name: _____ Phone: _____ E-Mail: _____

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

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

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

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

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

High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

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

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

• White Referee Designation Polo - \$30.00(s-x) \$32.50(xd & up) (size ____ qt. ____)

• Lifter Classification Patch - \$5.00 (qty. ____)(must provide meet results) • Navy Sweatshirt - \$30.00(s-x) \$32.00(xd & up) (size ____ qt. ____)

• Logo Patch - \$5.00 (qty. ____)(Shpg for patch: .50)

• Hats - \$15.00 (qty. ____)(colors: white, navy, black)

Check/Money Order # _____ Credit Card: Visa-Mastercard-Discover Exp. Date: _____ Card # _____ Cardholder Signature: _____

All memberships expire 12 months from date of purchase.



Membership Price: \$ _____

Merchandise Total: \$ _____

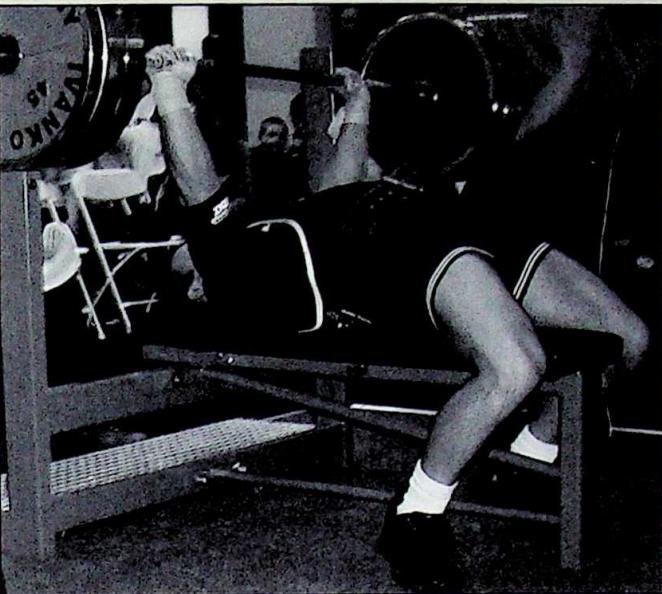
Merchandise Shipping: \$4.00

Total Purchased: \$ _____

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

7th Fred Rogers/Paul Smart Classic
30 OCT 04 - Clyde, NY

DEADLIFT	N. Peters	315
181 lbs. (45-49)	220 lbs. Lifetime	
J. Carioti	415 Raw	
242 lbs. (40-44)	D. Herbst	340
M. Peters	380 Equip.	
132 lbs. Raw (11 & under)	J. Mitchell	425
V. Becker	L. Cicchelli	420
BENCH	242 lbs.	
181 lbs. (55-59)	170! (45-49)	
Equip.	Equip.	
J. Hopf	M. Arcarisi	280
295! Equip.	275 lbs. (40-44)	
198 lbs. (20-23)	M. Hancock	450
Raw	Equip.	
Baumgartner	J. Becker	350
Raw	308 lbs.	
R. Barber	400 (40-44) (18-19)	
Equip.	Equip.	
S. Rogers	450	
IRONMAN	IRONMAN	
165 lbs. (14-15)	BP DL	TOT
Raw	.	
E. Houseknecht	125 225	350
181 lbs. (12-13)		
V. Lukazonas	175 285!	460
(16-17)		
M. Ehler	225 410	635
242 lbs. (40-44)		
Equip.		
M. Harrison	390 550	940
242 lbs. (14-15)		
J. Brown	280 450!	130
275 lbs. (18-19)		
Raw		
D. Sager	200 295!	495
308 lbs. (16-17)		
Raw		
B. Teeter	215 345!	560
!=American records. The 7th Annual Fred Rogers/Paul Smart AAU sanctioned bench press/deadlift Classic was held at Donselaar's Partyhouse in Clyde, New York. A total of 8 American Records and 13 New York State AAU records were set. AAU American Records were set by Vincent Lukazonas, Mark Harrison, Dave Sager, Jeremy Brown, Bill Teeter, James Carioti, Vincent Becker, John Hopf, and Leo Cicchelli. AAU NYS records were set by Vincent Lukazonas, Mark Harrison, Matt Ehler, Dave Sager, Jeremy Brown, Erik Houseknecht, Bill Teeter, Vince Becker, John Hopf, Frank Baumgarter, Marshall Hancock, and James Becker. It was great to see all these drug free records set. As always, I need to thank my guys, Terry Stafford, Jason Stafford, Rich Molisani, Brett Wells, and Mark Howell for all their help to set up and tear down. To Brett and Mark great job spotting as always. To my wife, Michelle, thanks for all you do on meet day and throughout the year maintaining the records and all the AAU paperwork. Thanks to Scott Molisani and Rich Donselaar of Donselaar's Partyhouse for a great lifting venue and great food. The AAU New York State Bench Press/Deadlift Championship is scheduled for February 19, 2005. Until then, train hard and drug free. (Thanks to Steve "Big Dawg" Rogers, AAU New York State Chairman, 500# bencher, for results)		



Joe Bianchi Sr. with a WPA record 525 bench press at 198, at the APA Connecticut Open Bench Bash. (photo courtesy of Donna Slaga)

B. Raybuom* 620 165 lbs.
Master I J. Jones 530
PUSH-PULL BP DL TOT
123 lbs.
Teen J. Scott 115 215 330
165 lbs.
Open J. Tallman 235 365 600
Novice C. Carbon 280 355 635
181 lbs.
Teen A. Maynes 235 440 675
198 lbs.
Novice A. Klein 280 485 765
220 lbs.
Master III L. Goering 255 370 625
Novice J. Garcia 270 465 735
242 lbs.
Open J. Jobe* 400 500 900
*=Outstanding Lifters. !=State records.
Loyd English: 71 years old; started lifting again after a 12 year layoff. Luke Goering: 60 years old; second meet. Thanks to all

the competitors, judges, and support staff.
Special gratitude and unending thanks to John Jones for his great advice and help.
(Thanks to Keith Machulda for the results)

APA New York Open BP
06 NOV 04 - Sidney, NY

MEN	Submaster (35-39)
Open	148 lbs.
148 lbs.	C. Byrnes 340
181 lbs.	C. Byrnes 340 Master (60-64)
Teen	198 lbs. J. Wood 400 A. Kirby 410!
198 lbs.	275 lbs. J. Wood 400 A. Kirby 410!
Novice	275 lbs. M. McCarthy —
A. Klein	275 lbs. M. McCarthy —
220 lbs.	308 lbs.
Master III	B. Paoletti —
L. Goering	!=World Records. Although we had a light turnout, the numbers were great. Josh Wood of Walton, NY, set a new 198 lb. 20-23 yr. junior state record 410 bench press. Alfred Kirby, 62 years of age, set anew world record at 275 lbs., with a 410 bench press. Another meet is in the works. (Thanks to Mike McCarthy for providing these meet results to Powerlifting USA)
Novice	410! 4th-410
J. Garcia	410! 4th-410
242 lbs.	410! 4th-410
Open	410! 4th-410
J. Jobe*	410! 4th-410

APA Connecticut Open BP
28 MAR 04 - Canterbury, CT

BENCH	(Formula)
WOMEN	Mattson-198 460
165 lbs.	VanAlstyne-275 515
Novice	Vardine-326 525
Master II	C. Berg-112 110 Petrino-284 500
L. Jess	(Formula) J. Abel-207 425
T. Fuller	275! Teen D. Graves 240
MEN	Middleweight J. Milne-216 425
165 lbs.	T. Mayer-139 205 Bruneau,Jr-240 435
Open	Heavyweight Master (50-59)
C. Carbon	(Formula) Gearin-145 165 R. Cole-220 430
220 lbs.	Master (40+) F. Taylor-193 365
Master IV	(Formula) McComb-122 150 (Formula)
220 lbs.	C. Carl-133 140 A. Kirby-241 415
220 lbs.	S. Silvia-128 115! Casatelli-180 325
220 lbs.	J. Poirier-111 100 4th-345!
220 lbs.	MEN Colonis-177 320
220 lbs.	Teen (13-15) McGuire-267 340
220 lbs.	(Formula) 4th-360
220 lbs.	Anneser-174 315! Open
220 lbs.	N. Badge-197 235! 148 lbs. 4th-245! F. Pacheco 335
220 lbs.	Staples-135 150 4th-340
220 lbs.	Bateaman-225 200 T. McNabb 315
220 lbs.	Teen (16-17) 165 lbs. (Formula) P. Shafer 300
220 lbs.	J. Culley-198 315 181 lbs. (Formula) J. Lapier 400
220 lbs.	Teen (18-19) Dubenetsky 362
220 lbs.	Hitchcock-198 400 4th-370
220 lbs.	Kielczewski-170 300 M. Ioannou 360
220 lbs.	Schnieder-237 — S. Rittucci Jr. 355
220 lbs.	Junior (20-23) 198 lbs. (Formula) J. Bianchi Sr. 525!
220 lbs.	Marama-194 500! R. Marama 500
220 lbs.	Galtatsato-200 385 C. Hitchcock 400
220 lbs.	Wasniews-247 380 S. Dussault 325
220 lbs.	P. Shafer-164 300 220 lbs. Submaster (33-39) Minichiello 515
220 lbs.	(Formula) R. Hess 505
220 lbs.	F. Gomes-352 650! J. O'Toole 500
220 lbs.	O'Toole-219 500 T. Tesiero 430
220 lbs.	Chimble-260 465 242 lbs. K. Brion-185 415 R. Putnam 650
220 lbs.	L. Cruz-204 400 P. Barrett 590!
220 lbs.	Mancini-198 — R. Bailey 445
220 lbs.	Master (40-44) J. Kelleher —
220 lbs.	(Formula) 275 lbs. Minichiell-219 515 J. Knobler 575
220 lbs.	Fornaro-341 570 E. Fetzer 425
220 lbs.	B. Tucker-299 520 B. Poland 415
220 lbs.	Pacheco-148 335 Wasniewski 380
220 lbs.	4th-340 308 lbs.
220 lbs.	Ioannou-181 360 R. McCray 570
220 lbs.	Humphrey-198 315 B. Ford 480
220 lbs.	B. Kemoff-180 295 SHW 4th-315 F. Gomes 650
220 lbs.	Galligan-337 — A. Fomaro 570
220 lbs.	Kelleher-224 — V. Vardine 525
220 lbs.	Master (45-49) M. Zawilinski 500
220 lbs.	!=WPA World Records. Team Winner: Power Plant. 29 State Records. 9 WPA World Records. 66 lifters. (Donna Slaga)

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
------------	-----------	----------------	--------------

Street Address	City	State	Zip Code
----------------	------	-------	----------

Telephone Number	E-Mail address	Date of Birth
------------------	----------------	---------------

Sex	Social Security Number	Signature (Parent if under 18 years old)
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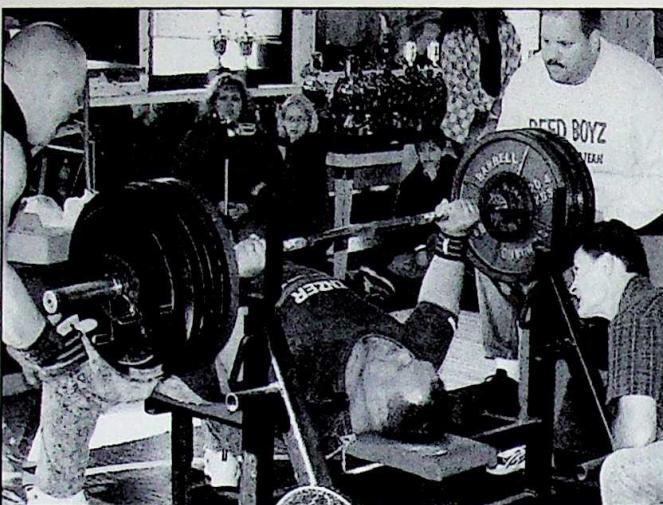
\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

Nebraska State/Omaha Open	
20 NOV 04 - Omaha, NE	
BENCH	L. English 285!
WOMEN	242 lbs.
165 lbs.	Lifetime
Master II	S. Peterson* 335
L. Jess	200! 275 lbs.
T. Fuller	275! Teen
MEN	D. Graves 240
165 lbs.	DEADLIFT
Open	Open
C. Carbon	280 165 lbs.
220 lbs.	J. Delgado 400
Master IV	220 lbs.

17th Elkhart BP Classic			
04 DEC 04 - Elkhart, IN			
WOMEN	A. Reed	580	
123 lbs.	Masters (50+)		
A. Rowen	140	242 lbs.	
Teen	T. Horvath	330	
123 lbs.		275 lbs.	
A. Hanegraff	80	T. Striverson	480
MEN	Natural		
Teen (14-15)	165 lbs.		
123 lbs.	D. Clark	330	
I. Flage	115	220 lbs.	
181 lbs.	A. Reed	580!	
J. Molewyk	180	K. Herron	380
Teen (16-17)	L. Bontrager	300	
148 lbs.	J. Krick	355	
J. Smoker	115	C. Lambersie	335
198 lbs.	J. Gray	460	
G. Hines	—	R. Moore	
Teen (18-19)	G. Leeliifano	600	
S. Pelon	280	SHW	
Novice	S. Jarausch	630!	
165 lbs.	Open		
H. Adkins	180	242 lbs.	
181 lbs.	A. Storm	430	
S. Riley	255	J. Krick	355
242 lbs.		275 lbs.	
M. Davis	275	J. Martinez	630
Masters	C. Wisnieski	—	
220 lbs.	G. Leeliifano	600	

=Meet records or Central Bench Press League records. Best Lifter: Al Reed. Special thanks to: Carol Smoker, Jon Gabriel Smoker, Stevie Stutzman, Dan Martin, Al Robinson, Brendan Yoder, Al Reed, Rob Reed, Mike Bogart, Anson Wood and my excellent judging crew; Gary Krueger, Dick Van Ech and Mike Wider, who were fair and consistent all day. The thing about this meet that pleased me the most was the way the lifting community in this area came together to make this a very well spotted meet and hence safe for everyone involved. Even little things like Brendan Yoder coaching a lifter whose support people didn't show, just really helped to make this an enjoyable experience for everyone involved. I promote a lot of meets, but I will remember this one for a long time because that kind of help allows me to relax and put on the best meet I'm capable of. And this in turn creates conditions for the lifters to do their best as the results show. This meet certainly has become a bellwether for the advances in bench pressing. I remember when we thought it was really something when we'd get 4 guys benching 500 or better. At this meet we had 3 guys at 6 or better with another, Al Reed, coming close in the 220 lb. class no less! Speaking of the latter he was the star of the show as he has been many times in



Steve Jarausch with his Elkhart Classic meet record 630 bench press



George Leeliifano gets ready for his 600 BP at the Elkhart Classic. (photos courtesy of Jon Smoker)

the past and now, even more impressively, he's doing it as a master as well. Although he got only his opener, that alone gave him all the marbles: a Central

Bench Press League record, a meet record, best lifter, personal best, probably a top 20 lift and one that will put him somewhere in the mix of the top 5 for the master's 220. His training partner Steve Jarausch also had a fantastic day. He had to repeat his second attempt because it was turned down for beating the signal. So on his 3rd attempt with 630 he held it for a couple extra seconds after the signal and then rammed it to completion for a pr and a lift that will be close to the top 50. Now that's confidence! He also turned to one of the side judges and asked rhetorically, "was that long enough?" No offense intended and none taken; it was just one of those things blurted out by a lifter feeling IDS oats on his strongest day ever. Since I've been around forever I couldn't help but think of the great middleweight deadlifter Tom the 60's and 70's, Joe Spack, who used to say to the judges after a successful lift, "3 white please." Another guy who had a great day was John Martinez who came over from Ohio. With the help of a nutritionist he had cut down to the 275's with no appreciable loss of strength. He really looked together in his technique and pushed a fantastic 630, which will land him in the top 30. Way to go John! Our 3rd 600 bencher was the always exciting, charismatic George Leeliifano who lifted in his first meet after about a year away because of a stress

fracture in his forearm. He certainly looked healthy and strong, albeit a little rusty. His opener flew up and then he jumped to 660. Although he couldn't get the bar to his chest, it was amazing how many seconds he struggled with it just an inch or two off his chest and still had enough energy left to ram it back up easily. His last attempt with 700 was no go, but you had to wonder if he could have made it bad he not wasted so much energy on his 2nd attempt. I don't know if I've ever seen someone come back after being away for 17 years, but that's what Angie Rowen did, and did so impressively, getting a nice 140 at 123 without a bench shirt and sporting a physique that would put her in a bodybuilding contest. In the 165's Dan Clark was impressive, getting a double bodyweight 330. By far the lifter who got the biggest response from the crowd was masters phenom, Ted Striverson. Going shirtless in the 55+ category he pushed an easy 480 and just brought the house down. Ted, I got to say, you the man! Well, that wraps up the 17th edition of this meet. To those of you were thinking about coming and didn't, man did you miss a good one. (Results provided by Jon Smoker)

Physical Culture One Man Meet 3 JAN 05 - Wyoming, MI

MEN	SQ	BP	DL	TOT
220 lbs.				
Master (50+)				

J. Jeurink 825 405 570 1800
Physical Culture held a special meet for Jim Jeurink, a lifter with a 20+ year powerlifting career, whose current job does not allow him to attend other meets. He had been training with increased fervor lately, and this paid off with PRs in both the squat and the bench. (thanks to Lynn Boshoven for providing these meet results)

1st annual Battle of the Bench 21 NOV 04 - Buffalo, NY

WOMEN	J. Wink	456
Open	SHW	
123 lbs.	T. Delormiere	440
J. Jitomer	155	Submasters
132 lbs.		198 lbs.
M. Giallanza	75	P. Tout
148 lbs.		320
S. Millar	135	220 lbs.
C. Stillman	90	T. Schmidt
165 lbs.		550
F. Vicks		275 lbs.
K. Baber	95	SHW
MEN	A. Williams	440
Teen	Masters (40-50)	
E. Denk	225	220 lbs.
Open	R. Petrie	365
148 lbs.	D. Herbst	360
A. Jackson	340	P. Tantillo
M. Panzarella	320	242 lbs.
165 lbs.	K. Naslund	455
P. Zakzewski	320	M. Arcarisi
198 lbs.		300
J. Green III	365	SHW
E. Carter	315	W. Anderson
P. Hall	300	Masters (50+)
220 lbs.		185 lbs.
J. Marsala	550	D. Brochey
T. Dermott	340	181 lbs.
242 lbs.	F. Colantuono	185
M. Rydelek	500	SHW
275 lbs.	J. Green	350

The Battle of the Bench was a great success. Al Lewis, WNPF Powerlifting Champion, was the promoter of the meet, with the help of the Jewish Community Center and Mark Becht and his crew. There were over 200 spectators that attended the show. Jean Jitomer, weighing 123 lbs., won best lifter in the women's division with a 155 lbs. bench. Tom Schmidt, weighing 217, won best lifter in the men's division, with a 550 lbs. bench press. Both lifters were awarded \$100 worth of supplements from Jim Bartley, the owner of Hi Performance Sports Supplements. They also won a weightlifting belt from Patrick Hall, the owner of Personal Best Personal Training. Thank you to the following sponsors who donated to the contest: Richard Clark, Richard Gordon, Lisa Henning, Joe Boyler, and special thanks to the volunteers who helped out. (results courtesy Albert Lewis)

World Natural Powerlifting Federation (WNPF) Membership Registration

LASTNAME _____ FIRSTNAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREACODE, TELEPHONE: _____ DATE OF BIRTH: _____

AGE: _____ SEX: _____ CHECK ONE: LIFETIME DRUGFREE: _____ 5YRS MIN: _____

REGISTRATION FEE

\$10.00 SPECIAL OLYMPICS
\$20.00 HIGH SCHOOL
\$40.00 ADULTS
\$30.00 SENIORS (65+)

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(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.

Camp Fallujah BP/DL			
06 NOV 04 - Fallujah, Iraq			
WOMEN	BP	DL	TOT
67.5 kgs.			
T. Thomasson	140	245	385
A. Jarboe	80	100	180
82.5 kgs.			
B. Burge	—	250	250
MEN			
67.5 kgs.			
M. Amos	215	320	535
K. Lipscomb	230	300	530
75 kgs.			
J. Celentano	275	370	645
J. Park	245	315	560
J. Maulsby	240	315	555
C. Robinson	295	—	295
82.5 kgs.			
M. Williams	390	525	915
B. Jones	245	420	665
J. Gilbert	215	420	635
J. Bloom	225	405	630
A. Gonsales	225	340	565
S. Chassedey	230	325	555
E. Lovell	225	325	550
90 kgs.			
S. Sheppard	325	510	835
D. Fackho	350	450	800
M. Wagner	305	430	735
R. Montgomery	250	400	650
K. Barber	315	335	650
D. Frey	250	375	625
B. Full	225	350	575
B. Forrest	185	350	535
100 kgs.			
L. Kimmons	400	520	920
D. Williams	215	400	615
110 kgs.			
Grisssinger	365	500	865
P. Adekoya	305	530	835
H. Pollard	395	400	795
T. Harris	320	400	720

This event took place the day before the assault on the insurgents began in Fallujah, and they still got 30 lifters to enter. (Thanks to Zeke Brown for these results)



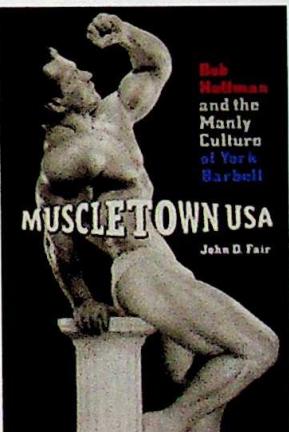
SERVING IN IRAQ ... Tara Thomasson with Crystal Nadeau (rf) at the Camp Fallujah Bench/Deadlift meet. (courtesy of Zeke Brown)

did an amazing 270 lb. deadlift and 175 lb. bench at a bodyweight of 107 lbs.! I would like to thank our staff Moriah & Ronni Jackson, Shayla Brown, Sandra "Cocoa", Rhonda "Big Kountry" Sams, Corey "Skrapz" Russell, Elroy "Milkshake" Drayton, Constance "Church Lady" Johnson, and especially our lord and savior Jesus Christ for without him none of this would be possible. (Thanks to Tee "Skinny Man" Meyers, PPL President, for providing these meet results)	S. Layman	262.5	172.5	235	670
	O	75 kgs.	M1		
	H. Nguyen	50	S. Winters	155	
	O	M4			
	J. Hadden	102.5	O		
	T2		R. Mena	120	
	W. Kepner	62.5	O/M		
	75 kgs..		A. Waldon	205	
	O	M1			
	J. Nguyen	137.5	D. Hayes		
	90 kgs..		202.5		
	M3		R. Sheetz	—	
	L. Vallot	87.5			
	M6				
	L. Manly	122.5			
	O				
	J. Hernandez	160			
	Spec. Olympian				
	60 kgs..				
	N. Bahen	60	92.5	152.5	
	75 kgs..				
	J. Zoul	75	92.5	167.5	
	UNL				
	D. Sampson	110	112.5	222.5	
	FEMALE	SQ	BP	DL	TOT
	O				
	60 kgs.				
	C. Henesian	137.5	77.5	167.5	382.5
	75 kgs.				
	E. Freil	147.5	100	192.5	440
	UNL				
	M4				
	S. Gill	107.5	47.5	105	260
	MEN				
	60 kgs.				
	MO				
	Guarderrama	142.5	120	150	412.5
	T2				
	A. Pagliaro	160	82.5	127.5	370
	67.5 kgs.				
	M1				
	R. Ferron	180	82.5	197.5	460
	M2				
	D. Kinoshita	95	90	115	300
	M6				
	J. Merlino	55	55	55	165
	O				

PPL "Drug-Free" Championships

16 OCT 04 - Augusta, GA

USAPL Southern CA PL/BP (kg)			
13 NOV 04 - Northridge, CA			
BENCH	220 lbs.		
WOMEN	Raw/PFM		
165 lbs.	A. Deck	450	
Open/Raw	SHW		
S. Thompson	140	Open	
MEN	W. Watts	560	
165 lbs.	DEADLIFT		
Open	MEN		
A. Jackson	380	105 lbs.	
(50-59)		(10-13)	
A. Duncan	245	J. Stokely	135
M. Norris	165	148 lbs.	
198 lbs.	Raw		
(40-49)	C. Footman	425	
K. Martin	415	BP	DL
Ironman		TOT	
165 lbs.			
Novice			
M. Bentley	—	—	—
242 lbs.			
(40-49)			
B. Bridges	305	410	715
275 LBS.			
K. Tillman	450	650	1100
Full Power	SQ	BP	DL
114 lbs.		TOT	
(14-18)			
J. Luster	215	175	260
		4th-DL-270	650
148 lbs.			
(17-19)			
D. Luster	245	220	305
198 lbs.			
Open			
D. Reimer	510	325	570
220 lbs.			
(40-49)			
D. Hickman	505	385	600
Novice			
Vandervander	300	225	325
			850
It was the Alan Jackson bench press show as he unseated Kenny Martin as the defending bench press champion! Big Wayne Watts smoked up a 560 lb. bench to take the biggest bench press award and it was "King" Karl Tillman with a massive 650 lb. deadlift for the biggest pull. The stars of the show were Doug "Da Redeemer" Reimer with the best lifter and best deadlift awards. Not to be outdone best teen lifter Jason "Skinny Boy" Luster			

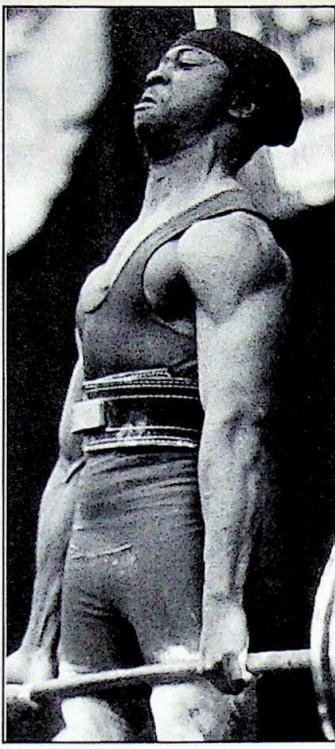


MUSCLETOWN USA ... "Bob Hoffman and the Manly Culture of York Barbell" by John D. Fair, Professor of History at Georgia College and State University in Milledgeville, GA, stands out as a profoundly rigorous historical analysis of one of the Iron Game's singularly most influential individuals. Often called the "Father of World Weightlifting", he poured millions of dollars into Olympic Lifting, Powerlifting, and Bodybuilding, among his various sports interests. Dozens of memorable photos and illustrations are woven through the extraordinarily detailed text, which documents a complicated, yet mesmerizing, tale of one man's remarkable power, ego, generosity, and sometimes mystifying whimsy. Where would the International Powerlifting Federation... or the sport of Powerlifting itself ... be now, if it weren't for those enormous early benefactions of Bob Hoffman ... staging the first World

Championships, sending teams abroad, etc.? The hand of Bob Hoffman touched virtually every great figure in the Iron Game, during his heyday, and every circumstance we experience in our sport today can be tracked back to a connection to York Barbell and Bob Hoffman. From the byzantine financial aspects of York BBC to the unusual personal relationships that Bob cultivated, the true history of an Iron Game Icon is disclosed in this book starting a company in the toughest of economic times, producing an incredible array of World and National champions out of a little lifting club in York, Pennsylvania, followed by a tragic decline this is the story of York Barbell and the Man Who Made it Great... BOBOFFMAN. Paperback edition ... \$24.95 plus \$4 shipping and handling the limited edition hardbound copy ... for the true collector (we only have few copies left!) \$65 plus \$4 s/h to Powerlifting USA, Box 467, Camarillo, CA 93011.



WABDL Riverfest BP/DL	C. Smith	248	L. Coleman	143	D. Thomas	407	220 lbs.
12 JUN 04 - Gadsden, AL	Teen (16-19)	4th-154		309+ lbs.	R. Proctor	374	R. Proctor
DEADLIFT	Master (47-53)	132 lbs.	Master (40-46)	309+ lbs.	B. McConnell	501	242 lbs.
MEN	165 lbs.	4th-385	S. Stowers	115	Disabled		D. Davidson
Class-1	T. Corey	374	181 lbs.	181 lbs.	G. Gibson	148	462
165 lbs.	198 lbs.	C. Crawford	374	Junior (20-25)	B. McKee	529	259 lbs.
B. Ellis	451	181 lbs.	C. Weber	192	Master (54-60)		259 lbs.
181 lbs.	K. Stuart	446	181 lbs.	198 lbs.	J. Leftwich	352	181 lbs.
A. Machristie	501	J. Gonnering	341	181 lbs.	S. Ramey	440!	181 lbs.
220 lbs.	R. Proctor	512	C. Cobb	170	R. Jones	275	198 lbs.
B. Holt	590	4th-352	Master (47-53)	198 lbs.	R. Jones	275	198 lbs.
C. Senese	562	220 lbs.	Master (61-67)	165 lbs.	J. Leftwich	352	198 lbs.
B. Morris	507	220 lbs.	114 lbs.	220 lbs.	S. Ramey	440!	198 lbs.
A. Mellow	473	259 lbs.	4th-501	220 lbs.	R. Jones	275	198 lbs.
242 lbs.	B. McKee	573	C. Bonds	380	J. Nelson	407	198 lbs.
M. Tommie	600	Master (54-60)	Submaster	198 lbs.	E. Free Jr.	154!	198 lbs.
C. White	551	220 lbs.	Open	181 lbs.	T. Bowman	374	Open
4th-574	O. Jordan	600	WOMEN	181 lbs.	Law/Fire		114 lbs.
259 lbs.	T. Burns	457	C. Weber	198 lbs.	Master (40-47)		E. Hodges
J. Nelson	518	Master (80-84)	S. Jackson	114 lbs.	148 lbs.	242!	242 lbs.
Disabled	198 lbs.	Master (40-46)	Submaster	242 lbs.	C. Crawford	391!	148 lbs.
181 lbs.	E. Free Jr.	244	97 lbs.	242 lbs.	—	—	165 lbs.
Open	132 lbs.	123 lbs.	A. Wright	159	A. Jackson	402	165 lbs.
G. Gibson	254	114 lbs.	132 lbs.	220 lbs.	B. Bishop	—	198 lbs.
Junior	R. Hawthorne	551	114 lbs.	132 lbs.	Law/Fire		198 lbs.
B. Martin	518	181 lbs.	T. Rivers	137	T. Butler	402	198 lbs.
Junior (20-25)	B. Ellis	451	181 lbs.	220 lbs.	C. power	308	198 lbs.
165 lbs.	C. Sloan	551	C. Weber	137	R. Anderson	248!	198 lbs.
4th-448	B. Buckingham	529	386!	198 lbs.	M. Green	501	198 lbs.
198 lbs.	P. Ehmen	363!	S. Jackson	—	B. Holt	479	198 lbs.
C. Dunaway	545	Master (61-67)	Teen (13-15)	97 lbs.	W. Brantley	501	R. Rogers
J. Leftwich	462	198 lbs.	K. Jordan	71	259 lbs.	431	259 lbs.
220 lbs.	S. Smith	529	MEN	71	259 lbs.	431	259 lbs.
C. Senese	562	B. Lafferty	176!	Stallworth	451	C. E'Dalgo	567
242 lbs.	G. Herring	705	4th-181	Law/Fire	T. Kesling	540	198 lbs.
M. Tommie	B. Holt	590	Open	181 lbs.	B. McConnell	529	198 lbs.
J. Nelson	534	123 lbs.	D. Hess	148 lbs.	Submaster	(34-39)	198 lbs.
259 lbs.	B. Morris	507	C. Bonds	380	R. Garcia Jr.	270	198 lbs.
A. Guin	473	J. Sverchek	479!	Master (40-46)	Submaster	(34-39)	198 lbs.
Law/Fire	242 lbs.	181 lbs.	A. Garcia	369	R. Garcia Jr.	270	198 lbs.
Open	D. Davidson	722	A. Machristie	359	R. Garcia Jr.	270	198 lbs.
148 lbs.	B. Driskill	622	359	R. Anderson	248!	T. Meeker	744
R. Anderson	374!	Submaster	347	4th-303	309+ lbs.		308 lbs.
4th-578	123 lbs.	198 lbs.	J. Pruitt	347	309+ lbs.		308 lbs.
Law/Fire	T. McCormick	501	R. Champion	314	198 lbs.		308 lbs.
Submaster	198 lbs.	198 lbs.	B. Champion	303	B. Bishop	—	308 lbs.
148 lbs.	J. Ray	622	B. Martin	303	L. Phillips	407	275 lbs.
R. Anderson	374!	Teen (13-15)	308 lbs.	308	K. Overbey	429	K. Overbey
Master (40-46)	S. Smith	529	4th-319	220 lbs.	R. Rogers	431	429
220 lbs.	J. McDuffie	705	198 lbs.	220 lbs.	Teen (13-15)		429
G. Herring	705	148 lbs.	C. Meyers	479	242 lbs.		429
242 lbs.	M. Phillips	606	342	4th-	148 lbs.		429
B. Driskill	622	198 lbs.	C. Senese	501	B. Tindull	—	429
4th-578	165 lbs.	198 lbs.	A. Mellow	402	T. Corey	165	429
Law/Fire	T. McCormick	501	A. Hagan	402	181 lbs.		429
Submaster	199+ lbs.	199+ lbs.	M. Broadwater	451	181 lbs.		429
148 lbs.	K. LaMonica	347	242 lbs.	275 lbs.	E. Boyle	—	429
R. Anderson	374!	Teen (13-15)	P. Dean	435	Teen (16-19)		429
Master (40-46)	165 lbs.	165 lbs.	J. Nelson	407	C. Thompson	485	429
220 lbs.	C. Borden	253	C. White	402	Master (47-53)		429
G. Herring	705	BENCH	259 lbs.	165 lbs.	E. Hodges	242	429
242 lbs.	M. Phillips	606	WOMEN	123 lbs.	R. Slaughter	281	429
B. Driskill	622	Teen (13-15)	Junior	198 lbs.	T. Corey	220	429
4th-578	114 lbs.	114 lbs.	275 lbs.	132 lbs.	S. Greene	264	429
Law/Fire			K. Overbey	429	T. Gonnering	402	429
Submaster							429
148 lbs.							429
R. Anderson							429
Master (40-46)							429
220 lbs.							429
G. Herring							429
242 lbs.							429
B. Driskill							429



The Remarkable Richard Hawthorne did some exceptional lifting at the WABDL Riverfest meet.

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
		Y N		

148 lbs. C. Gray 292

C. Crawford 391 220 lbs.

181 lbs. B. Willisan 363

W. Prater 303 !World Records

198 lbs.

You've heard the "hype", and the "hype" is real! RIVERFEST! In gyms around the country, the word stirs excitement. Some have experienced it; others, simply heard the "buzz". But, everybody knows something BIG is going on each summer in Gadsden on the river. Imagine a festival weekend filled with top name rock and country artist concerts, food and fun everywhere. Hundreds of people screaming and cheering for the stars on stage! Oh, did I mention I'm talking about the lifting stage. Forget the concerts. The bench pressers and deadlifters are now the most popular showmen of the high energy weekend. As usual, records fell in abundance. 12 world records and 77 various state records crumbled as lifters came from Texas to Massachusetts to compete in this now legendary meet. With music blaring to announce each competitor approach to the stage, spectators and lifter alike were in a constant frenzy of excitement as bench presses from 71-744 lbs. and deadlifts of 181-722 lbs. were powered up to the screams and cheers of the appreciative crowd. If you haven't experienced "The Riverfest Meet" yet, you owe it to yourself to come and "get it on down" by the river! Now, for the rundown on the competition: In the deadlift, Brett Ellis won the Class-1 165's with 451.7 lbs. Andrew McChristie took the 181's with 501.5 lbs. Barry Holt, in a good 220 battle with an AL record 590 to Chris Senese's 562 lbs. Third was Brent Morris with a TN record 507 lbs. and Andy Mellow was 4th with 473.7 lbs. Alabama's Matthew Tommie and Carl White were 1st and 2nd respectively, with 600.7 and 551 lbs. in the 242's. Patrick Nelson took the 259 title with 518 lbs. Gregory Gibson of TN won the Disabled Men's 181's at 254.6 lbs. In open women, Indiana's phenomenal 148 Judith Sverchek muscled up a huge Indiana and world record 479.5 lbs. and near missed an enormous 501! In junior men's, Ben Martin won the 181's with 518 lbs. Patrick Griffin took the 165's with 446.2 then did 448.4 on a 4th for an AL record. Casey Dunaway pulled an AL record 448.4 on a 4th for an AL record.



Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)
		Y N		
Street Address		Club Name		
City		State	Zip	Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F

Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS

P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

Signature _____

record 545.5 lbs. to take 1st over Jonathan Leftwich's 462.7 in the 198 class. Chris Senese's 562 pull won him the 220 juniors and gave him an AL record. In the 242's, it was Matthew Tommie with the win at 259 with a 473.7 pull. In junior women, Lisa Coleman took the 114 win with 242.5 and a 4th at 259 for the AL record. In the Law/Fire open men, Richard Anderson won the 148's with 374.7 for an AL record. Wesley Brantly, training partner of WPO superstars, Toni Caprari and Richard Hawthorne, was 1st in the 198's with 584 lbs. and a MS record. 1st at 259 was Randolph Stallworth with 551 lbs. and a 578.5 4th for the AL record. Richard Anderson was also 1st in the Law/Fire submasters 148's. his 374.7 lbs. pull garnered him another AL record and the world record as well! In masters 40-46, powerlifting legend and 13 time world champion, George Herring of Georgia, won the 220's with a hug 705.2 lbs. opener; then made an enormous jump to 782 for the world record. He made two attempts at this weight but both stalled just short of lock-out. At 242, reigning 275 world champion Bobby Diskill won with a 622.7 opener, missing his two remaining attempts. In masters 47-53 the 165 winner was Tom Corey with a GA record 374.7. At 198 it was Kirk STuart in 1st with 446.2 lbs. The 220 winner was Georgia's Ron Proctor, who is a great ambassador for powerlifting, won with 512.5 lbs. Ron is the most helpful, supportive person to other lifters back stage I've ever known. He is a super guy and friend. Big Dan Davidson pulled the biggest deadlift of this year's meet with a 722 lbs. AL and world record at 242 for the win. Harvey Barton of Louisiana was 2nd with 507 lbs. and a state record. At 259, multi world champion Buddy McKee won with his 573 opener, but aggravated an abdominal injury and missed his next two attempts at 600.7. Louisiana's Onnie Jordan won the 220 54-60 masters with a BIG 600.7 pull. 2nd was newcomer Emory Burns of Alabama, with 457.2. He gave 501.5 a good ride but missed it. Watch this bull-riding cowboy; he's gonna make some noise. He's only been training for a few months. At master's 80-84, 198's "Mr. Longevity", Edwin Free Jr., won at 244.7 and a TN record. In master women 40-46, the 97 class winner was Georgia's Sandra Stowers (world record holder) who pulled a big 220.2 lbs. The 114 winner was Tara Rivers of Louisiana with 242.5 lbs. Cindy Weber of Tennessee won the 181's with a state and world record 386.8 lbs. pull. At master women 47-53, Patti Elmer took 1st with an AL and world record 363.7 at 165. In the 61-67 class 114's, Betty Laferly won with 176.2; then broke the AL and world record with 181.7 on a 4th. One of powerlifting's newest superstars, Richard Hawthorne, won the 132 open men's division with a four-times plus bodyweight 551. At only 20 years old, he is already a multi-world champion and world record holder. Bret Ellis took the 165 win with a 451.7 pull. Chris Sloan won the 181's with 551; while Britt Buckingham was 2nd with 529. Jeff Ray took 1st at 198 with a big 622.7 lift. Shaun Smith was 2nd with 529 lbs. Georgia's master winner, George Herring's 705.2 opener also gave him the 220 open win over Alabama's Barry Holt with 551 and 4th was Tennessee's Brett Morris with a 507 save record. Dan Davidson, master's winner, also took the 242 open with his big 722 lift. Bobby Driskell took 2nd with 622.7. Buddy McKee's 573 lbs. opener won the 259 open and set the AL record as well. 308 "Rise of the Dead" champion ND McDuffie, won the 308's, here in his former home town, with 705.2. 2nd at 308 was Tennessee's Mark Phillips with 606.2. in open women, Vicki Johnson took the 123 class win with 187.2 while Cindy Weber pulled a huge 386.8 to win the 181's. In submaster men's 165, 1st place was Toby McCormick with a 501.5 lbs. AL record. Jeff Ray took 1st at 198 with 622.7 lbs. 2nd was Shawn Smith of GA with 529 lbs. JD McDuffie was also 1st in submaster 308 with his 705.2 pull, while TN's Mark Phillips was 2nd at 606.2. Annette Wright of AL won the 123 class submaster

women's with 314 lbs. and a 4th of 319.5 for an AL record. Carol Ann Meyers of FL was 1st at 148 with 342.6 lbs. and the FL record. Susan Jackson at 198 pulled 358 lbs. for 1st and the AL record with LA's Kristin LaMonica rounded out this strong submaster women's division with 1st at 199+ with a pull of 347 lbs. In teen men 13-15 1st place 242 class went to Christopher Smith with 248 lbs. and an AL record. Teen 16-19 132 winner was Phil Duke Jr. with 374.7 and an AL record 4th of 385.7 lbs. The 148 class winner was Cory Crawford with a FL record 374.7. Joshua Gonnering was 1st at 181 with 341.5 and an AL record 4th of 352.5 lbs. 1st at 220 was Jake Taylor with 551 and a GA record 4th of 556.5. The 259 class win went to Patrick Nelson with an AL record 518 lbs., and 2nd was Christopher McDuffie at 462.7. The 13-15 teen women's winner at the 165 class was Camille Borden with an AL record 253.5 lbs. pull.

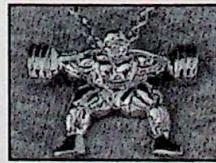
BENCH: In Class-1 men's action, it was Alabama's Ryan Bonds 1st in the 181's with a state record 380.2 lb. press. 2nd was Daniel Hagan at 370.3 lbs. 3rd was Alabama's Abel Garcia with 369.2. 4th was Andrew McChristie, also of AL, at 359.1. 5th was Jason Pruitt with 347, 6th Richard Champion II with 314, and rounding out this hotly contested group in 7th was Ben Martin with 303 (great fight here!). The 198 winner was Chris Powe with 3080.5 lbs. 1st at 220 was Chris Senese with 479.5 and an AL record 4th of 501.5. 2nd was Andy Mellow with 402.2, while 3rd went to Aaron Hagan, also with 402.2. The 242 1st place was Patrick Dean with 435.2 with Josh Nelson 2nd at 407.7. Carl White was 3rd with 400.2. The winner at 259 was Marvin Broadwater, with a GA record 451.7. At 275, Gadsden's Ken Overby took 1st over home town rival, Derrick Thomas, going 429.7 and 407.7 respectively. 1st at SHW was "BENCH" Bubba McConnell, with his 1st over 500 competition press of 501.5 for the AL record. Note: Watch out for Bubba! Tony Meeker got Bubba to try a different shirt in the gym, and 2 weeks later he pushed 650 lbs.! Yes! I said 650 lbs... Bench America, here he comes! In the Disabled men's division, the winner at 181 was Gregory Gibson of TN, with 148.7 lbs. In junior men, the 181 winner was once again, Ryan Bonds at 380.2 and his second AL record of the day. Jonathan Leftwich was the 198 winner with 352.5. Chris Senese won at 220 with 479.5 and an AL record 4th of 501.5. Adam Hix, suffering ill effects from the heat, had an off day, but still managed 2nd with 435.2. Adam later had to withdraw from the deadlift competition. The 242 winner was

Josh Nelson with an AL record 407.7. 2nd was Georgia's Trevor Bowman with 374.7. In the junior women's division, 1st at 114 was Lisa Coleman with an AL record 154.2 on a 4th and a winning lift of 143.2. In Law/Fire master's 48+ men 220 was Ted Butler, with an AL record 402.2. The 148 Law/Fire open winner was Richard Anderson at 248 for the AL record. The 198 winner was Wesley Brantley with a MS record 501.5. At 259 Randolph Stallworth won 1st and set an AL record with 451.7. In Law/Fire submaster men, Richard Anderson was 1st at 148 with an AL and world record 248 lbs. press. In the master's 40-46 division, Ruben Garcia Jr. was the winner with 270 and then a FL record 303 in the 132 class. Winning at 198 was Charles Phillips with a 407.7 AL record. Tennessee's Ken Milliron won the 220's with 501.5 and Roderick Rogers took 2nd with an AL record 431.9. Marvin Broadwater won the 259's with a GA record 451.7. The 275's also saw a GA record fall with Calvin Thompson's 485 lb. winning press. In masters 47-53, Ronald Slaughter was 1st at 165 with 281 lbs. and Tom Corey of Georgia in 2nd with 220.2. Tom Gonnering of AL won the 181's with 402.2 lbs. Georgia's Ron Proctor won at 220 with 374.7. Dan Davidson won the 242 class with a 462.7 lbs. AL record. Five time master's world champion, Buddy McKee, won the 259's with 529 and stalled just short of locking out a world record 541.1. his 529 broke his own AL record. In master's 54-60 181's it was Ron Jones in 1st with 275.5. Steve Ramey of Georgia won the 198's with a 440.7 state and world record. In master's 61-67, the 242 winner was Richard Zareck of FL with 325 lbs. In master's 80-84, 198 class, it was Edwin Free Jr., 1st with a 154.2 TN record. The master's women started with Georgia's Sandra Stowers winning the 97 lbs. class with 115.5 in the 40-46 division. Cindy Weber took the 181 class with 192.7 lbs. ??The 198 winner was Cheryl Cobb with a 170.7 TN record. In 47-53 women's was Patti Ehmen, winning the 165's with an AL record 165.2. Betty Laferly of AL won the 61-67 division 114 class with 148. Ken Overby took the submaster men's 275 class title with 429.7 over Derrick Thomas, who made his 407.7 opener (raw), then had shirt problems and missed his next 2 attempts. In submaster women, 123's, the winner was Annette Wright with a 159.7 AL record. Tammy Bedgood won at 132 with an AL record 137.7. Florida's Carol Ann Meyers won the 148's with a State record 181.7 lbs. In teen men 13-15 148, Trent Corey of GA won with 165.2 lbs. In the 16-19 division, Eric Hodges set a GA and world class

record with his winning lift of 242.5 lbs. Jeremy Leach won the 123's with 187.2. At 132, the winner was Sethe Green with a 264.5 AL record. 2nd was Phil Duke Jr. with 214.7 lbs. Florida's Cory Crawford won the 148 class with a HUGE! FL and world record 391.2 lbs. WOW! Georgia's Wesley Prater won at 181 with 303 lbs. Cody Gray won the 198's and set an AL record at 292. Brannon Willian rounded out the teen men winning the 220's with 363.7. In teen women 13-15 Kelsey Jordan of GA won the 97's with 71.5 lbs. In men's open 165 Alfred Jackson won with a big 402.2 lb. lift. The 198 winner was Charles Powe with 308.5. Michael Green of TX won the 220's with 501.5. Barry Holt took 2nd with 479.5 and Roderick Rogers was 3rd with 431.9. at 259 open (maybe the toughest class in this meet), Chip E'Dalgo won with a GA record 567.5 and near missed 600.7 twice on a 3rd and 4th attempt. Tennessee's Thomas Kesling was second with a PR 540 lb. lift. And master's winner Buddy McKee was 3rd with an AL open record 529. Guest Lifter and 308 competitor Tiny Meeker of TX amazed all present with his winning opener of 744! in a one-ply shirt and then his near miss attempts at 804 (one was mis-loaded to 826 lbs.) He was the male best lifter. [Side Note: Tiny would later make 8005.5 to become the only man in history to hit 800 in a one-ply shirt!] "BENCH" Bubba McConnell doubled up on his Class-1 win with a win in the open SHW with an AL open record 5010.5. The open women 181 winner was Cindy Weber of TN with 192.7. Guest lifting in the meet was WPO stat Joe Ladnier, who came in looking to top the all time 242 bench press history, of 744 lbs. Joe is an impressive specimen who looks like he could bench press a Buick. He easily opened at 683 and 744 plus chips for a 745 plus attempt. The bar shot off of his chest like a rocket but the June heat and humidity was taking its toll on several lifters, Joe included and it stopped just short of lock-out. A second attempt at it looked as impressive but stopped short again. He'll no doubt make this weight soon! As imposing as Joe looks, I was really surprised to find he was a super nice guy. I really enjoyed meeting him and talking with him. Well, that's the run-down on this year's Riverfest meet. With the move from May to June, the heat wa our only real problem. Word is, next years meet will move indoors to Convention Hall, next to the Riverfest venue. So come next year and see for yourself the excitement, same music, same great people, just a different location and cooler temperatures! Come and be part of the hype! See you next year. (report courtesy of Buddy McKee)

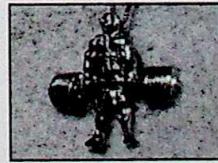
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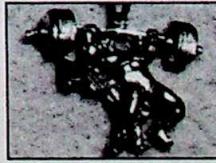
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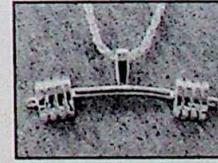
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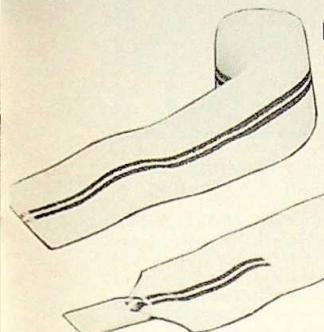
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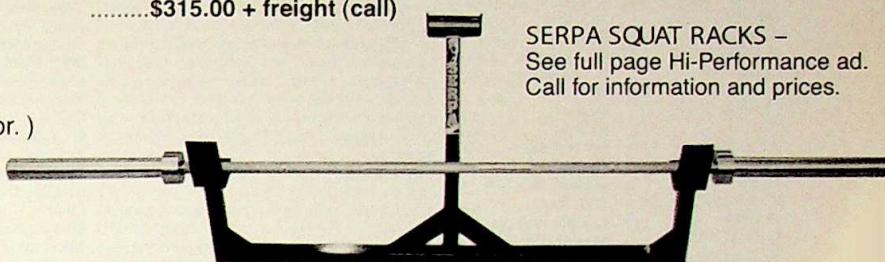


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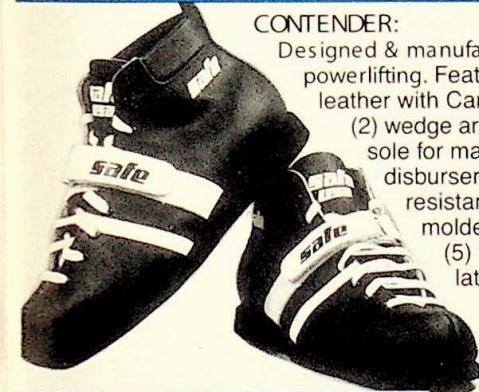


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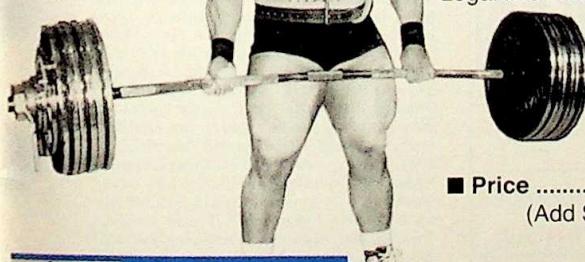
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**AAPF Snake River Championships
21,22 AUG 04 - Idaho Falls, ID**

	SATURDAY	SQ	BP	DL	TOT	MEN
WOMEN	WOMEN					165 lbs.
Youth	Youth					Open
Cunningham!-12 66	B. Durbin-6	10	10	20	40	A. Patterson
132 lbs.	A. Wallace-6	20	20	30	70	336 220 369 925
Novice	132 lbs.					181 lbs.
D. Ho!	D. Ho	159	143	159	462	Open
148 lbs.	D. Marts!	292	170	330	793	C. Wessels
Novice	148 lbs.					374 253 418 1047
M. Zeller!	D. Marts!	292	170	330	793	D. Younger
Open	165 lbs.					308+ lbs.
C. Hoppe	D. Marts!	292	170	330	793	Open
198 lbs.	165 lbs.					G. Garrett
Master	Open					SUNDAY
W. Cadavona	B. Trip!	507				MEN
170	D. Hayden	501				198 lbs.
MEN	G. Garrett	385				Open
Youth	Master (40-44)					R. Williams!
K. Braun-12	J. Cunningham	402				611 347 551 1510
132 lbs.	D. Marts!	292	170	330	793	220 lbs.
Teen (14-15)	D. Marts!	292	170	330	793	Novice
B. Darrington!	220 lbs.					R. Clugston!
148 lbs.	R. Marchant!	374				573 363 478 1415
Junior	242 lbs.					Open
J. VandenEykel	D. Wolf!	358				R. Clugston!
281	T. Myers!	374				573 363 478 1415
165 lbs.	A. Martin-8	45	40	45	130	242 lbs.
Teen (14-15)	D. Durbin-9	30	30	40	100	Open
C. Braun!	SATURDAY					D. Younger*
198	WOMEN					705 424 556 1686
Teen (18-19)	J. Gibson-11	126	82	165	374	308+ lbs.
A. Kippen	T. Durbin-12	50	75	100	225	J. Bravo
192	165 lbs.					501 303 551 1355
Open	Open					308+ lbs.
A. Paterson	C. Hoppe	314				Open
181 lbs.	C. Braun	303	214	325	843	D. Garrett
Teen (18-19)	Open					744 385 650 1780
C. Shefts!	Teen (14-15)					Submaster
341	A. Paterson	336	220	369	925	G. Garrett
Open	B. Darrington	225				AAPF
Cunningham*	181 lbs.					198 lbs.
418	C. Wessels	374	253	418	1047	Open
Master (40-44)	Novice					J. Barrett
J. Cunningham	R. Durbin	385				435 292 512 1240
418	SUNDAY					R. Williams
Master (45-49)	R. Durbin!	440	341	451	1234	611 347 551 1510
B. Baker!	MEN					220 lbs.
336	Submaster					Open
BEAR LAKE	165 lbs.					S. Palmer
POWER-2nd	181 lbs.					655 507 567 1730
C. Braun-15	M. Haynes*	413	314	468	1196	M. Godoy
198	181 lbs.					705 507 584 1796
K. Braun-12	Open					!=Snake River or AAPF records. *=Best Lifters.
99	Open					The 14th bi-annual Snake River
D. Braun-43	198 lbs.					Championships was held for the first time
203	C. Coombs	551				at the World Gym in Idaho Falls, ID. The
R. Williams-38	Master (70-71)					venue was very spacious and accommo-
347	C. Wessels	374	253	418	1047	dating for all the lifters, staff, and guest!
J. Williams-11	Master					Troy Sakota (Manager) and all the World
71	R. Zeller!	228	203	325	757	Gym staff must be commended. As demon-
SUNDAY	APF					
MEN	181 lbs.					
220 lbs.	Open					
Novice	Open					
R. Clugston*	Master (45-49)					
Teen (14-15)	C. Lovell	468				
K. Boatman	Master (50-54)					
187	WOMEN					
Teen (16-17)	242 lbs.					
S. Larson	D. Wolf	507				
330	Master					
	D. Marts	292	170	330	793	



With everybody watching, Scott Mecham joined the 500 Bench Press Club at the Snake River competition (photo by Mecham)

strated at the April event, this year begins a new era for the Snake River Championships. New in that, most the competitors are new to the event. So it was only appropriate to have Brent Mikesell, load up the "Iron Gladiator Hummer" and come down to mingle and sell training equipment to the upcoming lifters. Brent came down many times with Agnar, Axel, and Luke, to test their platform strength. Now Brent has the World's Biggest Squat (1170 lbs.) and only competes a few times per year. Thanks again Brent, you're an asset to the powerlifting community! There were 55 competitors lifting, 34 of them set new Snake River records (SRR), and 4 broke AAPF records. The teens and ladies were up first on Saturday. Two ladies were lifting raw to test the waters. Butte, Montana's, Deb Mae Ho at 123 did a very deep and record 159 lb. squat "in the raw"! Deb also benched 143 lbs. raw for another record. "Park City, UT" resident, Mary Brennan also set the 165 lb. record with a 242 lb. squat record, and benched 165 lbs. for a record. Be good to see what see what they do with some nice equipment on next time! Now two-year veteran, Donna Marts, was up for her attempt at 300 lbs. Donna's 275 lb. opener was good, 292 good (AAPF Record), and the jump to 308 lbs. was just a few lbs. too much. Think she'll be retiring that poly suit from contest and using her new canvas suit next time. Will be exciting to watch in April! Donna's 170 lb. bench and 330 lb. deadlift were also records in the Women Masters division, and earned her "Best Female Lifter" of the competition. We welcomed Wilma Cadavona back after a couple years away. She benched 165 lbs. and will hopefully be in full power in April. Becky Johnson keeps busy running World Gym, but managed to jump in for a few practice lifts going, 143 squat, 104 bench, and 176 deadlift. Camrin Braun came over from "Fish Haven", ID, (must be great for fishing in near by Bear Lake!) and set a record in the Teen 14-15 yr. 165 lb. class, squatting a big 303 lbs. Camrin also added a nice 214 lb. bench and 325 lb. deadlift to his day. Rick Durbin (Hayden, ID) broke "P.A." Adam Korenke's '00' squat record with a 440 lb. squat in the Novice 181. Rick also pulled 451 lbs. for a dead lift record. Mike Haynes (South Jordan, UT) received his first "Best Lifter Award" at 165, with his 413 lb. record squat, 314 lb. bench, and 468 lb. record deadlift. So Mike was very happy and coached his 6 yr old son, Adam in the "fun" youth division! Oh, Mike drove up the Sat. before just to check "driving time" from UT! Ha! Ha! Ha! Ron Zeller (UT) was excited to watch in the 70-74 yr division. Exciting in that you never know if the body will stay together with that many years on it! Ron calmly walked up to the bar, focused, took his breaths, and broke three AAPF records, squatting 253 lbs., deadlifting 324 lbs., and totaling 755 lbs. Think you'll see him at the Nationals next spring breaking the world records! After the competition he said, "I didn't know if I could pull 300 lbs. after squatting and benching!". Welcome to Powerlifting Ron! Following the squat the youth took the platform for the fun filled youth event. The cameras were flashing and parents cheering while the youth were smiling through their lifts. Chris Wessels coached 5 yr. old Peyton to perfect form on his 20 lb. squats. Jordan Gibson (11 yrs.) took things a little more serious with his lifting belt and "Best

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Lifter Dad", Jason. Jason was "Best Lifter" in the APF competition on Sunday. Geri Sue Cunningham (12 yrs) benched 66 lbs. Yes, she's the daughter of the Cunningham that has taken "Best Bencher" in so many meets the past couple years, Jon! There were 10 youths in all, and we'll see who comes back as a teenage to lift more than the 5 lb. Styrofoam red, white, and blue barbell. (Manufactured by the Hughes family) Becky Johnson got the bench competition going by breaking Kristine Rovnak's '99 record by benching 104 lbs. Brad Darrington increasing the 132 lb. record to 187 lbs. in the Teen 14-15. Deb Mae Ho broke a Novice 123 record with a 143 lb. "raw" bench. Mary Zeller with only two weeks training benched 115 lbs. for the Novice 165 record, previously held by big bencher Keith Kriemann's wife Robin. Mary Brennemann joined Mary in breaking Robin's record in the 165 with a 165 lb. bench. Donna Marts set the Master 40- 44 yr. 148 record with a 170 lb. lift. Wilma Cadavona benched 170 lbs. in her return for the record in the 50-54. World Champ Jon Cunningham's training was a little off, but he managed a 429 to break the Master 40-44 record. The deadlift competition began with Camrin Braun breaking Kyle Thompson's 165 lb. record with a 325 lb. lift. If Kyle's been training with dad, Joe, he'll be here in April to regain his record! Rick Durbin pulled 451 lbs. for the Novice 181 record. "Best Powerlifter" Mike Haynes finished the day with a 468 lb. pull, for a Submaster 165 record. Now to Sunday, for the "Big Boys" competition, the 198's and up. The Snake River event had Richard Williams (Montpelier, ID) setting a 198 lb. record with a 611 squat. Rod Clugston (Coeur D' Alen, ID) broke Mike Casey's 220, 2001 squat record with a 573 lb. lift. Jorge Bravo (UT) returned after a year away to test his "raw" strength and went 501-303-551. I'm sure Jorge will come loaded with gear next time to show us the real deal! He may be moving in to a vacant membership at the "South Jordan Barbell". Proprietor Scott "500 Bench" Mecham, has a direct connection to training techniques at "Westside Barbell", Hal Hal Speaking of Scott, Scott had a great day going 606-500-573. All were personal records (pr), won him "Best AAPF lifter", and there's rumor he may have a equipment change in the near future! If so, he'll give Donald Younger a little competition for "Best Lifter Awards"! "Younger Dominates Competition", was the local Sunday newspaper headline. Donny was "Best Lifter" in the Snake River Powerlift going 705-424-556. The 705 lb. squat was a record in the Open 242 division. Donny said he missed a lot of training a month before the competition or his 705 may have been more. Local lifter, Greg Sarrett (308+) hit the platform just to see where his strength was after some time off. Greg's 750 lb. squat and 650 lb. deadlift was 50 lbs. off of his usual, but he was glad just to be in the mix. Greg spent a lot of time at Brent's booth, so will see what he comes up with next time. Training partners T.J. Wing, Shane Palmer, and Mariano Godoy always entertain the crowd with their platform energy. Mariano went 705-507-584 and took first in the 275's. Shane went 655-507-567 for second. Congrats to both for joining the "500 Club" in the bench! T.J. Wing went 540-347-512 to take second place in the APF Open 242. First place, and "Best APF Lifter" went to Jason Gibson lifting 755-529-578. Congrat's to Jason for some exciting lifting and recording the "biggest squat and bench of the meet"! Carson Sheets broke Kent Mertens '99 Teen (18-19) 181 record by benching 341 lbs. to get the Sunday bench meet going. Kevin Coombs (Laurel, MT) took first in the Open 198 and broke his record with a 473 lb. lift, which earned him "Best Bencher Awards" for the day. Jon Cunningham, an unusual second place. Scott Mecham took the 220s with his pr 500 lb. lift. Jim Weber second with a pr 363. Congrats Jim! Damien Adams (Billings, MT) was first in the 242 with his 429 bench, Donald Younger second. Brad Trip (SLC, UT) broke Greg Sarrett's +308 record with a 507 lb. bench and took first place. Dennis Hayden (Shelley, ID) second with 501 lbs. Coach Bob Baker (Salmon

Power Team) broke his 45-49 record by 6 lbs., benching 336 lbs. Randy Marchant (Payson, UT) coming off surgery, benched 374 lbs. for a record in the Master 50-54 yrs. 220 class. David Wolf (Rock Springs, WY) benched 358 lbs. for Doug Wards 242 lb. 50-54 yr. record. David's excited reaction makes me think it was a pr as well! Hope Doug reads this, haven't seen him in a while! Tim Myers (Three Forks, MT) benched 374 lbs. for a record in the 50-54 yr 275 lb. class. Greg Sarrett was "Best Deadlifter" in the deadlift competition pulling 650 lbs. for the biggest deadlift of the day! Kevin Coombs was close behind for the award with his 551 lb. pull at 198 body weight. WPC judge, Carl Lovell excused himself from his judging duties to do some pulling. Carl opened with 468 lbs. and went for a record on his second and missed. He'll get it next time, but time goes on and his age may move his up a notch! Good to see Carl on the platform lifting after many years away! Thank's to Greg Biddulph and Casey Huntsman of Biddulph/Huntsman Orthopedics for sponsoring the great trophies! The lifters comment that we give the best! Dr. Greg used to have a big bench when he played for BYU! Someday maybe? Hat's off to our platform crew!

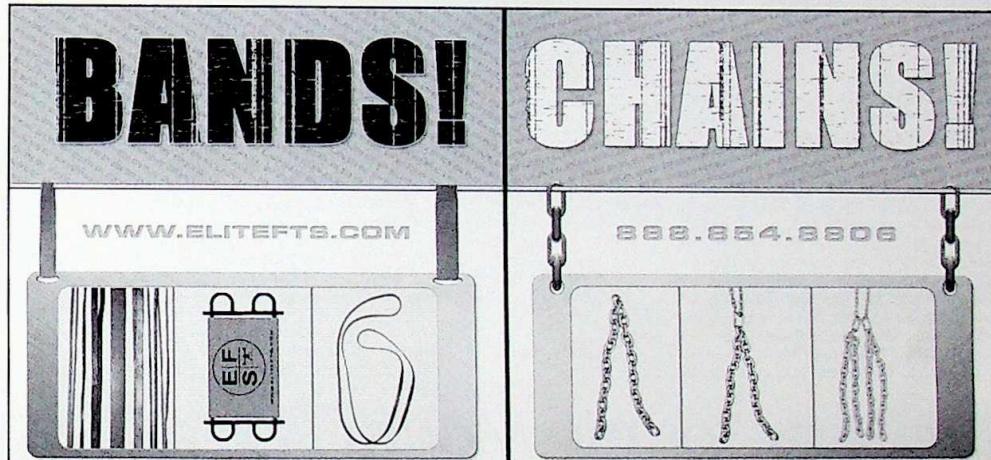
Joel Ward, Technical Officer, ran a tight ship and we had not one miss-load! Joel and Sheldon also entertained the crowd with their "Loading Contest"! Sheldon (+260) put me to shame for quite a tab! (I'll pay up Shell). Think Joel is ready for the famous "WPC England Loading Team", who were actually flown to meets to load. "I've never seen lifters wrapping 3-4 out to be ready when their name was called to lift!" Before the lifter got off the platform the bar was loaded for the next lifter! They could flip the weights in the air while loading! It was incredible to watch that's for sure. Anyway, we appreciate all the help with loading and spotting "very much!" I looked up and World Champ David Edmondson (UT) was spotting the side on the "Big Boyz" squats! Thanks to James "Radar" and Janie Capehart (Dallas, TX) for flying in for the second year in a row, everyone appreciates you professionalism and humor! Jon Cunningham and Carl Lovell were also appreciated by not one lifter complaint! We missed Sean Anderson this time due to illness, but hopefully he'll be here April. Last but by no mean last, Linda made it all happen for a second time. Without the sponsors we couldn't have the great meets, and Linda is commended for that! Hope to

meet more new lifters in April! (Thanks to Michael & Linda Higgins for these results)

USAPL Hoosier Qualifier

20 NOV 04 - Bloomington, IN

	WOMEN	SQ	BP	DL	TOT
Teen (14-15)					
97 lbs.	K. Ireland	115!	90!	200!	405!
132 lbs.	A. Ballard	105	95!	205	435
148 lbs.					
Master (50-54)	M. Kell	175!	125	255	555
MEN					
Open					
123 lbs.	S. Fellows	55	290!	145	490
148 lbs.					
Teen (14-15)	C. Willett	250	150	275	675
198 lbs.					
Master (40-44)	M. Johnson	505	—	—	—
275 lbs.					
Submaster	J. Dibert	515	530	510	1555
!=State records. (results courtesy USAPL)					



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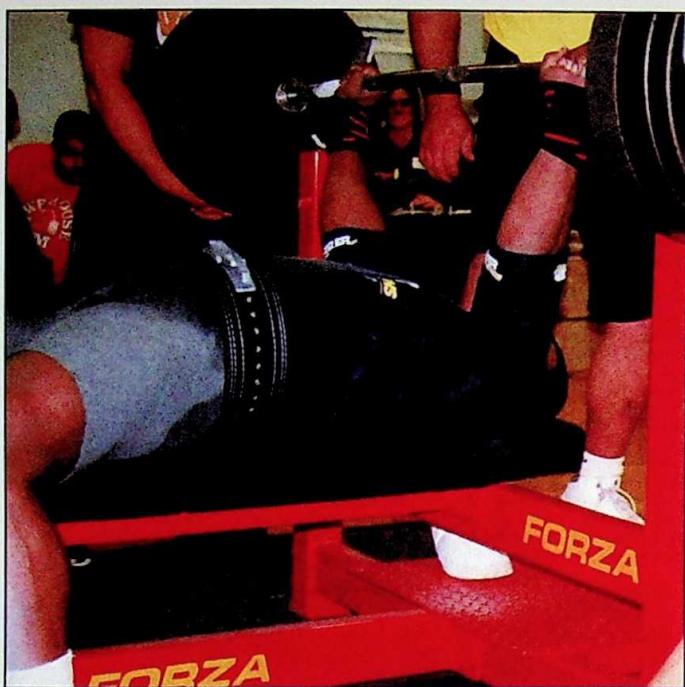
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St. Mary's 5th BP Open 25 SEP 04 - St. Mary's, WV			
Law	J. Pauley	435	
181 lbs.	Raw SHW		
J. Bowie	385	B. Siders!	550
198 lbs.		Master	
M. Eichorn	315	181 lbs.	
220 lbs.	K. Samples	225	
T. Lemasters	350	T. Ballengee	230
P. Parry	—	Throckmorton	300
242 lbs.	198 lbs.		
B. Reynolds	355	M. Walker	180
275 lbs.	220 lbs.		
P. Misandy	450	R. Eastham	345
A. Nedeff	420	L. Warden	325
Open	P. Parry	—	
165 lbs.	J. Rubenstein	320	
J. Wright	345	P. McKeever	310
181 lbs.	S. Massie	345	
D. Davis	340	242 lbs.	
J. Lemasters	345	B. Reynolds	355
198 lbs.	275 lbs.		
E. Bailey	270	K. Burgess	520
A. Houser	—	Teen	
W. Derr	300	123 lbs.	
220 lbs.	C. Walker	70	
T. Haynes	385	132 lbs.	
242 lbs.	J. Porter	105	
T. Kellar	400	165 lbs.	
J. Morgan	515	G. Ballengee	240
275 lbs.	WOMEN		
A. Houser	500	181 lbs.	
K. Burgess	520	S. Rodriguez	155
SHW			

!=Best Lifter. Teams: 1st - Body Progressions, 2nd - Mt. Olive Correctional, 3rd - St. Mary's Correctional Center. This years meet was held in memory of "Big Luke" Hams. He was the honorary head judge at last years meet. Last year Brian Siders attended the meet to help out his friends. But this year he lifted to help motivate lifters and his training partner. Brian made 3 very easy lifts in street clothes and amazed how effortless he made his lifts "ram". Also, Brian took an unofficial 4th attempt @ 605 lbs. raw and dedicated his successful lift to "Big Luke" with plenty left in him. And the ultimate show of sportsmanship, Brian gave his trophy (1st) to 2nd place finisher and friend and train-



Darris Piggee (46) benching 600 at 198 at the APA Northwest Open.

ing partner John Pauley. Thanks to everyone who helped to put this meet on and to the lifters. See you next year! Results by Tim Cochrane. (Provided by Jeff Morgan)

USAPL New Mexico State 27 MAR 04 - Silver City, NM					
220 lbs.	R. Nordbrok	425	275	385	1085
Junior	D. Riley	510	250	550	1310
J. Hierman	242 lbs.				
Open	S. Stripeke	425	315	435	1175
242 lbs.	114 lbs.				
	Master-5				
	G. Winn	100	75	220	395
	Ooen				
	275+ lbs.				
	C. Rhodes	145	—	—	—

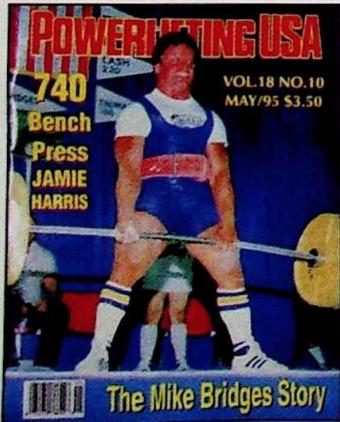
148 lbs. Teen-3
J. Rodriguez 235 — — —
(Thank you to USAPL for providing results)

APA Northwest Open

04 DEC 04 - Kennewick, WA

BENCH	308 lbs.
WOMEN	Open
(40-49)	R. Kennelly 830
148 lbs.	4th 902
D. Daminga	165* Junior
MEN	S. Rickel 515
(16-17)	SHW
181 lbs.	Drug Free
J. Rikkola	— T. Corwin 575
Open	SHW
198 lbs.	Open
D. Piggee	600 R. Patterson 675
B. Owens	— Junior
(40-49)	T. Corwin 575
D. Piggee	600 (40-49)
220 lbs.	P. Ratsch 500
Junior	(50-59)
L. VanDyke	— R. Patterson 675
Open	DEADLIFT
J. Wilson	550 WOMEN
D. Longmire	450 Drug Free
Drug Free	165 lbs.
B. Dirk	455 M. Kampen 365
(40-49)	Open
R. Hyatt	275 198 lbs.
242 lbs.	C. Ruvnak 455
Open	MEN
S. Mathis	485 Drug Free
Drug Free	181 lbs.
S. Mathis	485 D. Travis 625
(40-49)	220 lbs.
S. Mathis	485 Drug Free
T. Pyle	315 R. Petty 510
275 lbs.	242 lbs.
(16-17)	(50-59)
T. Hamilton	375 C. Sandberg 630
(40-49)	Drug Free
P. Morrison	— T. Summers 600
PUSH-PULL	BP DL TOT
MEN	
198 lbs.	
(60-69)	
D. Holmes	335 460 795
SHW	
Open	
R. Patterson	675 640 1315
(50-59)	
R. Patterson	675 640 1315

BACK ISSUE OF THE MONTH

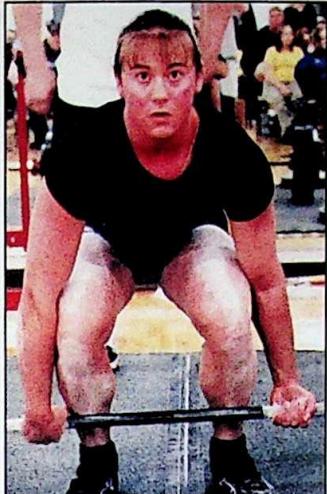


PL USA MAY '95 had a photo we had been saving for almost 13 years on the cover ... on the occasion of Herb Glossbrenner's in depth profile of one of the greatest of the great lifters in PL history .. MIKE BRIDGES, at the 1982 Sr. Nationals, where he finished off the greatest total of his career 2105 at 181. Herb's story starts out with Mike's bold prediction that he would break a world record .. in his first ever competition .. and that's what he

did! Step by step, Herb chronicles this illustrious career, plus you get Mr. G's inside scoop about the Bridges bout with UFOs! Check out the photo of the man who literally stood behind the achievements of Mike and his remarkable brothers .. Al Smithers. Also in his issue was the lightning strike from the blue that put Jamie Harris on the BPing map.. his 740 at the APF Pennsylvania State meet. Dr. Judd Biasiotti profiled another historic bench press figure ... James Henderson .. the first man to bench more than 700 raw. Regarding his future at that time, James is quoted as saying ... "I plan on going as far as I can in this sport - 750, 800, even 900 if the fire is in me." Rick Brunner explained the secrets of the Russian supplement Ecdysterone and other plant sterols. In our report of the USPF Jr. Nationals, see Wade Hooper (with a very different hairstyle) trying a world record squat of 663 at 148. Ernie Frantz was interviewed by Marty Gallagher ... "Some type of formal, face-to-face dialogue amongst the powerlifting organizations might be just the thing to get the re-unification ball rolling..."

Let's find out who is for re-unification and who isn't!" Louie Simmons talked about the critical subject of "When to Change Weight Classes". Bench Press Blaster and NFL Strength Coach Bill Gillespie was interviewed by Brian Blum ... "At 35 people keep telling me I've hit my peak. I'm going to stop getting better, and I'm going to have to back off my training. But I still have those same dreams I had when I was a 21 year old." Joe McAuliffe shared his squat routine in the Workout of the Month, and in an interview with the new USPF President .. Peter Thorne ... regarding conflict of interest in the sport, he stated .. "... if you are speaking of people and companies who are seen to make money in the sport this is not conflict. It is an alignment of interest ... "Joe Pyra presented in depth history of the connection between the sport of Powerlifting and the Amateur Athletic Union (AAU). Glen Chabot went 203 551 203 959 for 3rd place at the APF New York State meet. Bench phenom Rick Weil had the report of his "Pumping for the Poor" meet, in which the entry fee was an item of canned goods to feed the hungry and homeless. Marcel St. Laurent went 625 385 615 1625 at 165, as a master lifter, in the CPA Canadian Open. Tony Conyers won the 165s at the USPF Southeastern Cup with 650 415 600 1665, and Jon Grove took the 275s with 800 470 740 2010. 4th place in the 220s at the ADFPA Minnesota State meet went to Brad Madvig with lifts of 500 340 540 1380. , where Brad Gillingham won the SHWs with 755 530 750 2035. A Mr. Gahagan was Best Lifter and winner of the 198s at the S. Texas Collegiate & Open with lifts of 510 335 620 1465. Bettina Altizer won the 139 lb. class at the Botetourt Fitness BP with a 250 lb. effort. On our TOP 100 275 lb. list, the top names were Scott Warman (947 squat, 832 deadlift, 2298 total) and Craig Tokarski (705 BP). Also showing up on the list were Ted Isabella in the squat (720 - #70), Nick Busick in the bench (505 - #62), Steve Dennison in the deadlift (672 - #51), and Hank Sargent in the total (1840 - #45). Herb Glossbrenner's all time 220 lb. class DL list was headed by Ed Coan (901), with Doug Furnas at #90 with a 738. You can still buy one of the few remaining copies of this class edition of PL USA, and many others... see the list on page of this issue for further information.

POWER MEN	SQ	BP	DL	TOT
Junior				
148 lbs.				
A. Benezra	350	205	415	980
Drug Free				
165 lbs.				
J. Benezra	510	340	570	1420
(13-15)				
C. Luna	330	270	425	1035
4th	350		450	
Junior				
J. Benezra	510	340	570	1420
220 lbs.				
(40-49)				
A. Russo	465	365	540	1410
4th	505			
242 lbs.				
Open				
J. Sandberg	500	365	550	1415
(40-49)				
G. Daminga	550	385	525	1415
275 lbs.				
Open				
R. Rigdon	655	570	575	1800
308 lbs.				
Junior				
W. Rogers	465	320	505	1300
4th	475			



Best Lifter Awards: Jeremy Benezra - Overall Best Lifter and Drug Free Best Lifter. Ryan Kennedy - Overall Best Lifter (Bench Press). Terry Corwin - Drug Free Best Lifter (Bench Press). Randy Patterson - Best Lifter (Push-Pull), Duane Travis - Best Lifter (Deadlift). This was a great contest filled with great lifting. Ryan Kennedy set an all time World Record bench press of 902.5 in the Bench Press. Randy Patterson performed a huge 675 bench press at 56 years old. And, 46 year old Darris Piggee benched a huge 600 at 198 bodyweight. 20 year old Tony Corwin benched a whopping 575. A bunch of other huge lifts were done at this event. Special thanks to the referee's and spotters who did an outstanding job, and to Kelley Mahoney and crew for putting on one great event. We look forward to several more APA Washington events in the new year. (These meet results by APA)

Christine Ruvnak pulled 455 and just missed 507 at the APA Northwest Open. (photographs courtesy of Scott Taylor)

APF Open / NE State				
"Big Ass Bar Bending Battle"				
02 OCT 04 - Omaha, NE				
DEADLIFT	S. White	551		
MEN	BENCH			
Novice	MEN			
165 lbs.	Teen			
J. Delgado	402 198 lbs.			
242 lbs.	L. Lacy	391		
S. Peters	551 242 lbs.			
S. Pauls	584 R. Briggs	567		
Open	275 lbs.			

A. Liu	474	165 lbs.	B. Heck	562
Junior	242 lbs.	220 lbs.		
T. Kowal	523	D. Kunasek	512	
Master-1	198 lbs.	242 lbs.		
B. Stevens	451	B. Carpenter	738	
Open		T. Hein	711	
		T. Acome	523	
Push/Pull		BP	DL	
WOMEN				
Novice				
198 lbs.				
T. Vaught		187	402	
Junior				
148 lbs.				
J. Pauls		170	270	
MEN				
Novice				
220 lbs.				
R. Ferris		435	501	
Teen				
148 lbs.				
C. Willis		231	341	
Master-1				
220 lbs.				
R. Bauer		363	468	
Open				
198 lbs.				
N. Simon		529	672	
220 lbs.				
J. Burnett		292	485	
WOMEN	SQ	BP	DL	TOT
Teen				
132 lbs.				
K. Petersen		319	126	275
181 lbs.				722
A. Huston		463	170	457
198+ lbs.				1091
M. Dudley		600	281	424
Open				1306
132 lbs.				
H. Burke		303	137	304
148 lbs.				745
N. Hatch		711	474	524
Novice				1709
220 lbs.				

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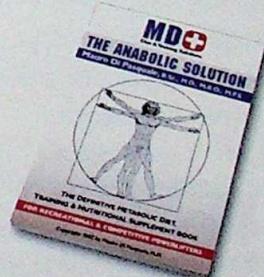
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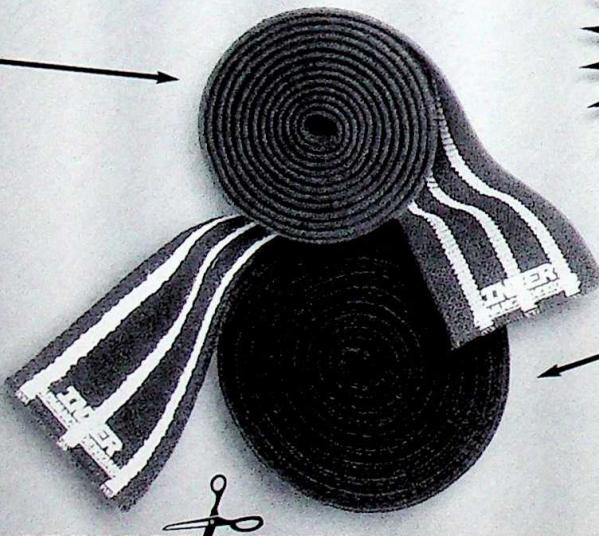
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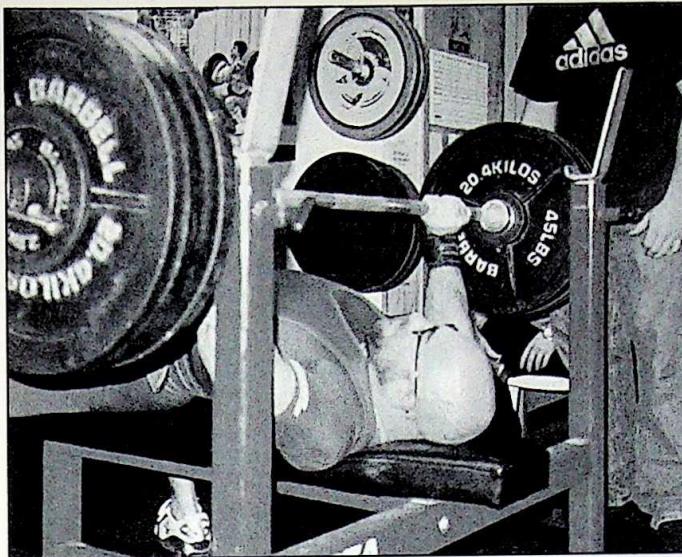
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Steve Beadencup was top BPer at the Kennedy's Gym Christmas Meet

**Kennedy's Gym Christmas Meet
12 DEC 04 - Morgantown, PA**

	MEN	SQ	BP	DL	TOT
77 lbs.	B. McDonnell	90	55	125	270
104 lbs.	C. McDonnell	100	60	150	310
83 lbs.	G. Romett-11	145	75	180	400
WOMEN (12-13)					
105 lbs.	D. Peirson	100	60	155	315
14-15)					
132 lbs.	N. Lykens	150	105	200	455
198 lbs.	A. Cohn	200	115	200	515
SHW	A. Reilly	215	125	300	640
16-17)					
148 lbs.	K. Davies	200	95	205	500
18-19)	V. Ferraro	170	85	215	470
Teen (14-15)					
181 lbs.	J. Diguardi	295	235	335	865
198 lbs.	C. Chwiekko	415	250	385	1050
242 lbs.	K. Haney	350	215	400	965
16-17)					
220 lbs.	S. Rose	320	230	430	980
181 lbs.	Z. Peirson	300	175	325	800
R. DiGuardi	425	265	380		1070
165 lbs.	P. Spatz	280	200	380	860
275 lbs.	T. Rynier	300	160	350	810
A. Wick	335	280	430		1045
(18-19)					
132 lbs.	A. Tran	275	210	325	810
165 lbs.	M. Ferguson	425	290	425	1140
D. Shuman	—	230	—		230
181 lbs.	S. Hetrick	400	330	475	1205
242 lbs.	M. Moore	—	—	410	410
148 lbs.	J. Painter	320	215	390	925
MEN					
242 lbs.	J. Megahey	—	315	—	315
181 lbs.	T. Myer	—	305	—	305
198 lbs.	S. Beadencup	—	450	—	450
165 lbs.	M. Heiland	305	255	350	910
220 lbs.	D. Johnston	500	300	525	1325
Master					
Eberhardinger	—	—	145	—	145

242 lbs.	D. Holtz	325	220 lbs.	P. Tongiani	375	515
S. Thomas	575	Pro Open	242 lbs.	M. Newcomb	315	480
J. Baer	535	165 lbs.	181 lbs.	D. Koberstein	420	525
275 lbs.	J. Mazda	605	B. Ramberger	455	580	
A. Pierson	500	4th-615	Pro Master (40-44)	B. Ramberger	455	580
L. Gravish	475	308 lbs.	M. Mazzullo	450	505	
4th-485	J. Menne	525	Best Lifters BP: AM - Pete Hubbards. PM - Joe			
J. Miller	415	J. Sanders	Mazda. Grand Champion: Joe Mazda. Best			
Pro Submaster	DEADLIFT	460	Lifters Ironman: AM Men's Open - Bill			
J. Sanders	AM Master (80-84)	725	Romanelli. Pro - Brian Ramberger. Raw &			
Pro Law/Fire	J. Dorylis	725	Grand Champion - Ralph Rodriguez. (results			
J. Menne	Pro Open		provided by Gene Rychlak Jr., Meet Director)			
J. Sanders	220 lbs.					
Pro Master (45-49)	C. Morris					
IronMan	BP DL					
FEMALE						
Teen (16-17)						
139 lbs.	T. Cockrell	120	225			
132 lbs.	K. Morris	125	330			
176+ lbs.	L. Hannegan	110	250			
R. Wilcox	130	310				
MALE						
Teen (14-15)						
148 lbs.	R. Feldman	140	270			
165 lbs.	C. Banzhof	160	280			
181 lbs.	J. Carl	105	240			
(16-17)						
123 lbs.	123 lbs.					
T. Pagan	115	275				
181 lbs.	R. Spatz	180	350			
198 lbs.	M. Barkasi	335	455			
(18-19)						
198 lbs.	L. Hobbs	265	530			
Raw Middleweight						
181-220 lbs.	R. Rodriguez	415	700			
M. Saboi	250	415				
AM Submaster	Raw Middleweight					
J. Pierson	500	181-220 lbs.				
BENCH	J. Murphy	405				
Amateur	AM Master (60-64)					
Teen (16-17)	M. Dennis	135	315			
148 lbs.	AM Master (65-69)					
M. Briggs	280	P. Hubbards				
AM Open						
M. Briggs	Raw Middleweight					
A. Neidlinger	122 lbs.					
Master (45-49)						
148 lbs.	B. Phillipi	280	525			
M. Saboi	Master (40-44)					
N. Hill	115	255				
AM Junior						
K. Adams	335					
AM Law/Fire	J. Devlin	405	500			
J. Murphy	AM Open					
405	Open					
AM Master (40-44)	198 lbs.					
R. Janus	148 lbs.					
R. Furnas	350	M. Dennis	335	440		
345	220 lbs.					
AM Master (45-49)	B. Romanelli	181 lbs.				
B. Bowlin	420	J. Talarico	345	535		

**AOL BP/DL Meet
13 NOV 04 - Columbus, OH**

BENCH	B. Adams	—				
MALE	E. Weaver	—				
132 lbs.	308 lbs.					
P. Hile	270	P. Aracri				
165 lbs.	165 lbs.	M. Sabatomp				
R. Donley	410	475				
A. Sturgill	380	P. Bradshaw				
J. Rodeo	335	A. Cline				
181 lbs.	215	M. Milan				
G. Clayman	405	130				
R. Hamsher	345	J. Routzong				
E. Wright	340	132 lbs.				
R. Cline	335	N. Calland				
B. Clark	—	130				
198 lbs.	198 lbs.	MALE				
J. Ellick	475	DEADLIFT				
G. Benford	485	132 lbs.				
A. Swauger	430	P. Hile				
P. Sinciropi	415	475				
M. Barkasi	500	B. Routzong				
N. Chanos	500	550				
P. Sengos	460	R. Hillnshier				
C. Workman	300	490				
J. Sippie	250	S. Boardman				
K. Bardos	242 lbs.	540				
T. Baldwin	580	198 lbs.				
R. Freiwald	500	M. Bounique				
J. Obradovich	500	585				
W. Thomas	485	K. Hall				
K. Hall	415	560				
M. Bardos	400	T. Harrison				
M. Bounique	395	450				
T. Harris	385	J. Sippie				
275 lbs.	275 lbs.	440				
J. Voeikel	275	B. Coleman				
		275				
		Best Male Lifter Award: Seth Boardman. Best Masters Award: Gary Benford. Best Female Lifter Award: Janet Routzong. (Thanks to Pete Urda for FAXing these meet results)				

International Powerlifting Association

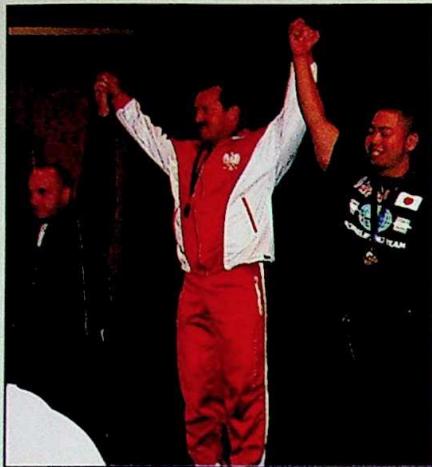
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Last Name	First	Initial	IPA # for Renewal
Street Address	City		
State or Province	Zip Code	Country	
Telephone	Date of Birth	Age	Sex
			Pro _____ Am _____ Elite Am _____
Sign if above answers are correct. Parents sign if under 18 years. Date			

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

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



181 Medals Narolsky, Wegiera, Watanabe

(continued from page 7)

medal with a lift of 155 kgs, which was below what he was hoping to do. In the 67.5 kg division, powerlifting legend Alexey Sivokon from Kazakhstan hit all of his attempts and won the gold with his opening attempt. He finished with 210 kgs. Second place was determined on bodyweight as both Niklas Jonsson from Sweden and Pawl Pracownik from Poland lifted 195 kgs, with Jonsson the lighter lifter. US lifter Trey Collins only managed to get his opening attempt of 190 kgs, which was good for fourth place. After the 75 kg class was over, I was glad I was meet director and not lifting.

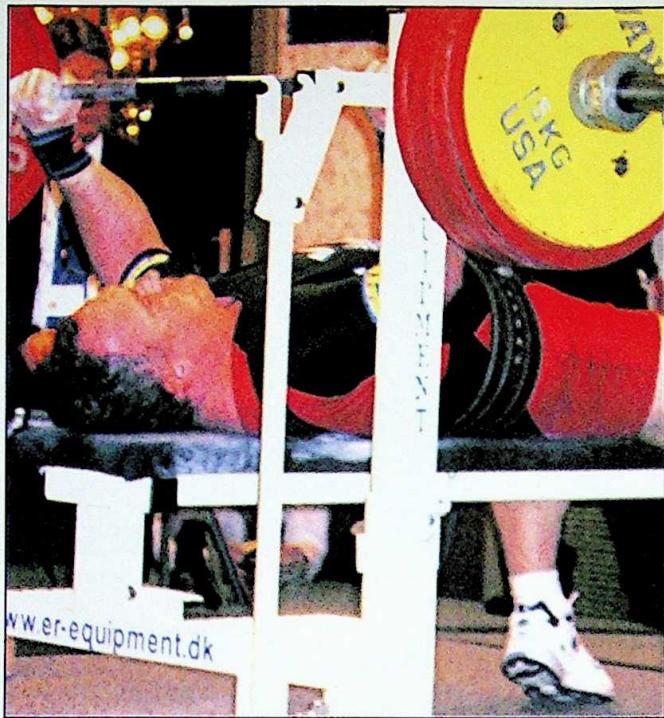
Daiki Kodama from Japan could not satisfy the judges with his unique set up on his first two attempts, which was argued by his coach and my friend Susumu Yoshida. He finally got his opening lift of 250 kgs, (yes, that's a 551 lb opener!) on his third attempt. He went for a fourth attempt of 265 kgs (584) and got it without difficulty. In the past, I have thought his butt was off the bench, but he was perfect at this meet. Russian lifter Sergey Knyazev was impressive with his silver medal lift of 240 kgs and finishing in third from the Ukraine with a lift of 215 kgs. was Roman Zuzuk. US veteran lifter Mike Hara looked strong, but was not sound technically as the judges refused each of his attempts. Jan Wegiera from Poland won the 82.5 kg class with a 255 kg best just 2.5 kgs. ahead of

Japanese lifter Yuji Watanabe. Wegiera had a fourth attempt world record lift of 260 kgs passed. Taking the bronze was Volodymyr Narolsky from the Ukraine who finished with 237.5 kgs. I knew the 90 kg class would be a battle. Alexey Vorobyev from Russia, who has been world champion in the 75, 82.5 and 90 kg classes, was going toe-to-toe with US lifter Joe McAuliffe. Joe had a nice crowd in the front row cheering him on. Jan Bast from Germany was also in

the hunt for the gold as he opened



100 kg. winners (left to right) ... were Young, Kupcsik, Sohlman



Joe McAuliffe giving it a go in a ferocious competition at 90 kgs.

with 250 kgs to stay even with Vorobyev. Joe opened 2.5 kgs. Behind, but was very explosive. All three went 255 on second attempts and all received whites. Everyone was jockeying during third attempts

and McAuliffe and Bast elected to have Vorobyev lift for the win. Vorobyev, who doesn't often miss, didn't. With all three lifters getting their third attempts, the final results had Vorobyev winning gold,

IPF World Bench - Men (kg) 2-5 DEC 04 - Cleveland, OH

	NAT	1st	2nd	3rd	Nochnoy	RUS	225	235	240	Giffen Jr.	CAN	255	260	272.5
52 kgs.					Urban	SVK	225	230	235	Nilsson	SWE	255	265	270
Ikeda	JPN	165	170	170	Olynyk	UKR	180	200	210	Kircher	GER	245	250	270
Wrona	POL	147.5	152.5	165	Ranonis	LTU	180	192.5	200	Cosmo	RSA	225	240	250
Pham	USA	135	140	145	Ris	DEN	180	180	187.5	Emberley	CAN	220	230	237.5
Klein	GER	140	142.5	147.5	Rasmussen	DEN	180	180	180	Hegedus	HUN	267.5	267.5	275
56 kgs.					Harutyunyan	ARM	130	130	130	Leesman	EST	245	220	220
Isagawa	JPN	175	182.5	182.5	Kircher	USA	232.5	232.5	232.5	125 kgs.	Meszaros	320!	325	330
		4th-185.5!			90 kgs.	RUS	250	255	262.5	Lade	USA	290	297.5	302.5
Parnian	NED	177.5	177.5	182.5	Vorobyev	USA	247.5	255	260	Lehto	FIN	280	280	300
Owsiany	POL	155	160	165	McAuliffe	GER	250	255	257.5	Furesund	NOR	255	262.5	280
Wong	USA	150	150	160	Bast	LAT	235	247.5	255	Krejca	CZE	252.5	257.5	262.5
60 kgs.					Zubriks	SWE	247.5	247.5	257.5	Gayanov	KAZ	232.5	240	247.5
Zakiev	RUS	190	200	202.5	Jader	JPN	245	255	265	Hoen	GER	230	240	250
Kolosovsky	SVK	147.5	155	175.5	Kishimoto	UKR	232.5	240	247.5	Bang	DEN	235	242.5	245
Petrenack	USA	150	155	160	Pevnev	NOR	200	200	210	Royer	CAN	170	180	187.5
Matsuimoto	JPN	195	195	205	Farstad	DEN	187.5	190	197.5	Brown	CAN	255	255	255
67.5 kgs.					Brunhoej	IND	147.5	147.5	155	Sandvik	FIN	310	315	322.5!
Sivokon	KAZ	200	205	210	Thoegersen	CAN	147.5	147.5	155	Mirowski	POL	345	320	325
Jonsson	SWE	195	195	207.5	Pigozzo	IND	110	130	—	Midote	JPN	310	317.5	322.5
Pracownik	POL	195	195	195	Sharma	HUN	280	280	285.5!	Svensson	SWE	297.5	297.5	312.5
Collins	USA	190	192.5	192.5	100 kgs.	FIN	265	270	282.5	Suberlak	CAN	270	270	287.5
Nikkila	FIN	182.5	187.5	192.5	Kupcsik	USA	260	260	270	Karabel	USA	285	297.5	300
Bretton	FRA	170	177.5	182.5	Tagra	KAZ	235	247.5	252.5	O'Halloran	CAN	282.5	290	297.5
Rheume	CAN	150	157.5	162.5	Panfilov	UAE	250	250	260	Fjoren	NOR	255	260	260
Bahitcevanov	BUL	150	160	160	Al Omari	SVK	240	247.5	260	Lagrange	RSA	220	222.5	247.5
75 kgs.					Flimel	POL	245	245	260	Ehlinger	GER	270	270	285
Kodama	JPN	247.5	247.5	250	Gasiennina-Ma	JPN	225	240	240	Maximov	RUS	340	310	310
		4th-265!			Chida	CAN	210	217.5	222.5	Staerkjaer	DEN	322.5	322.5	322.5
Knyazev	RUS	230	237.5	240	Butt	BUL	200	220	220	Wahlqvist	SWE	305	305	305
Zuzuk	UKR	215	225	225	Ivanov	IND	160	172.5	177.5	World Records.				
Pokyko	FIN	197.5	202.5	217.5	Georgiev	CAN	160	190	200	Teams: 1. Japan 62, 2.				
Nebola	CZE	195	202.5	207.5	Giffen Sr.	IND	160	—	—	U.S.A. 54, 3. Poland 50, 4. Russia 47, 5.				
Cucuzella	FRA	195	202.5	202.5	Tagra	RUS	260	260	265	Finland 46, 6. Hungary 36, 7. Ukraine 31,				
Liimatainen	FIN	190	200	205	Volkov	JPN	270	280	282.5	8. Sweden 28, 9. Kazakhstan 24, 10. Canada				
Kean	CAN	172.5	180	185	Mayer	USA	272.5	280	295.5	21, 11. Germany 20, 12. Slovakia 19, 13.				
Mahlakwane	RSA	155	162.5	170	Kosone	JPN	270	280	282.5	Norway 13, 14. Czechia 12, 15. France				
Hara	USA	232.5	232.5	232.5	Kushnarev	RUS	267.5	272.5	275	10, 16. Netherlands 9, 17. Denmark 9, 18.				
Takahashi	JPN	245	250	250	Makrushyn	UKR	265	275	275	Latvia 7, 19. U.A.E 6, 20. Bulgaria 5, 21. S.				
82.5 kgs.					Minami	JPN	260	265	265	Africa 5, 22. Lithuania 3, 23. India				
Wegiera	POL	245	253	255	Pfeifenroth	HUN	260	260	272.5	2, Armenia, Estonia. Champion of				
		4th-260!			Hirvonen	SWE	260	270	280	Champions: 1. Meszaros 184.48, 2. Kodama				
Watanabe	JPN	245	245	252.5						179.32, 3. Sandvik 178.43.				
Narolskyy	UKR	230	237.5	242.5										
Juhasz	HUN	235	235	240										

McAuliffe winning silver and Bast getting bronze. In the 100 kg class, Laszlo Kupcsik from Hungary was impressive with a gold medal lift of 285.5 kg world record lift. In a distant second was Finnish lifter Jarmo Sohman who lifted 265 kgs. US lifter Ralph Young moved down from the 110 kg class to compete in the 100 kg class and finished with a lift of 260 kgs for the bronze. Ralph has been having shirt problems, which I hope may be solved with the Titan F-6. Kevin Mayer came to my gym about a month prior to the meet to get help with his shirt. Kevin hit a 290 kg lift, which although a bit uneven, looked solid off his chest and at lockout. Kevin worries

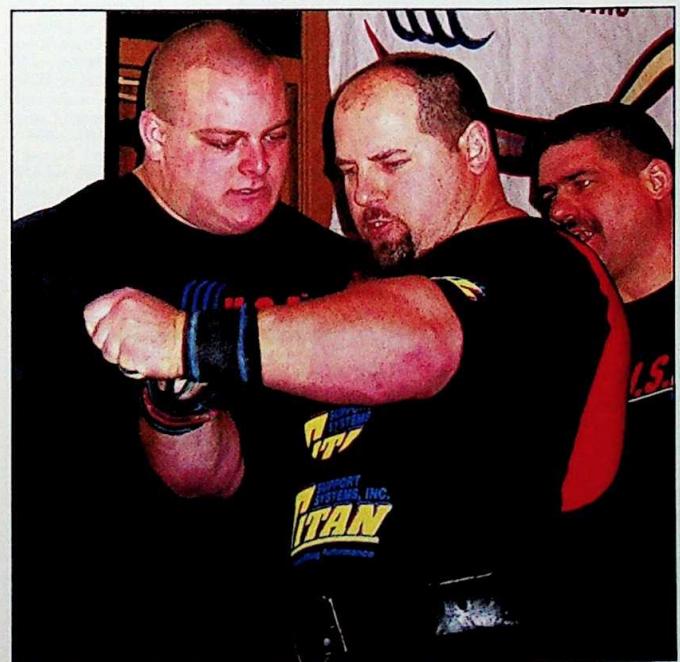
about everything, so our biggest concern was getting him to concentrate on his lift. Kevin won the gold on his opening attempt of 272.5 and then did a solid 280 kg lift on his second attempt. His third attempt lift of 295.5 kgs for a new world record was close, but he couldn't quite lock out one arm. Finishing in second place from Japan was Shinichi Kosone who finished with a bench of 270 kgs. Russian lifter Oleg Kushnarev won the bronze with a lift of 267.5 kgs. Hungarian powerhouse Laszlo Meszaros was back looking as strong as ever. He opened with a

world record lift of 320 kgs, which went up smoothly. He mysteriously timed out on his second attempt and returned in time for his third attempt lift of 330 kgs, which was a bit too much. Finishing a distant second was US lifter Scott Lade who went three for three. Scott finished with bench of 302.5 kgs. If you ever go to the banquet following the competition, I highly recommend you sit at Scott's table. His group has more fun than any other. Everyone else is a distant second. Scott further entertained us at the banquet with his hula hoop skills. I think he set the world

record for the hoop hitting the ground. In third place from Finland with a lift of 300 kgs. was Ove Lehto. In the superheavyweight division Finnish lifter Kenneth Sandvik went three for three and set a new world record with a gold medal lift of 322.5 kgs. In a close battle, Dariusz Mirowski from Poland finished 2.5 kgs back for the silver. In third place from Japan was Daisuke Midote who only got his opening attempt lift of 310 kgs. US lifter Lance Karabel in his first international meet finished in sixth place with a bench of 285 kgs. Japan won the team championship with 62 points followed by the US with 54 points and in third place was Poland with 50 points. Best lifter went to Hungarian lifter Laszlo Meszaros with 184.48 points followed by Kodama of Japan with 179.32 points and in third place was Kenneth Sandvik from Finland with 178.43 points.

We had a number of individuals help with the running of the meet. Al Siegel served as Technical Secretary for the meet and Al's wife Brenda helped announce at the scorer's table. Al also provided the

IPF World Record of 710 for Kenneth Sandvik in the Superheavyweight competition



Scott Lade gets ready to rumble in the 275 lb. class competition.



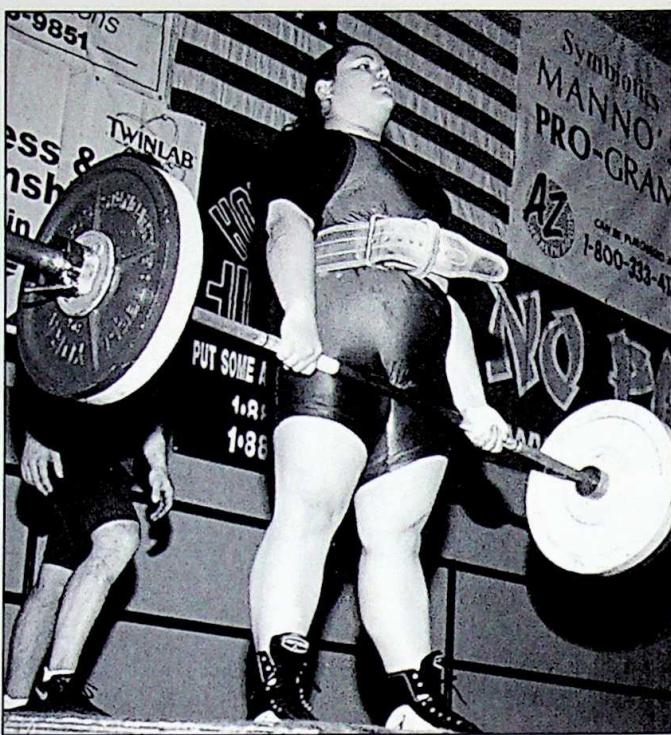
IPF World Champion at 242, Kenneth Sandvik and his wife. (photographs courtesy of Kenneth Sandvik)

team awards best lifter award also had Edan brother-in-law announce on Saturday and Sunday. I prepared by the names in of the company Vince White from West Virginia help the score which freed me some other Following the Saturday and Sunday, we had Simmons do a as well as the Band Man, Mark Hartzell. Local popular throughout weekend and a favor by joining organization a competing meet that he can do without entering meets. Many international enjoyed meet as well as the local

All in all, it was a successful meet. The very great, the banquet, which Mark Frieman, kept entertained. The banquet excellent and I can't remember, but we had quite a few new world records. You can't have a meet like this without the support of family and friends and plenty help us out from each families. I look forward to another IPF world meet in the future.

WABDL Washington State	
25,26 SEP 04 - Aberdeen, WA	
DEADLIFT	R. Martens 534
WOMEN	308 lbs.
Junior	W. Carpenter 606
132 lbs.	Junior (20-25)
M. Lefave	209 148 lbs.
181 lbs.	A. Benezra* 402
L. Elliott	297 165 lbs.
Law/Fire	J. Benezra 551
Master (40-47)	198 lbs.
132 lbs.	L. Harison 523
T. Hall	187 220 lbs.
Master (40-46)	B. Parsons 462
132 lbs.	K. Hauser 336
K. Franks	242 lbs.
Master (47-53)	C. Hegge 512
Law/Fire	148 lbs.
105 lbs.	A. Evangelista 451
J. Morris	203 165 lbs.
4th-214!	R. Straker 453
198 lbs.	198 lbs.
M. Lewis	319 J. Harper 595
Master (75-79)	Law/Fire
165 lbs.	Open
M. Prothman	121! 220 lbs.
Open	R. Niemritz 512
R. Churchwood*	220 lbs.
341	R. Niemritz 512
M. Hobbs	286 J. Herr 292
148 lbs.	Master (40-46)
R. Panza	303 165 lbs.
181 lbs.	K. Cunningham 473
M. Kampen	391 220 lbs.
4th-402	L. Benner 573
199+ lbs.	M. Straley 501
K. Carpenter	336 B. Wellborn 407
C. Six	352 242 lbs.
Submaster	D. Beener 501
114 lbs.	G. Damminga 507
R. Sexton	254 259 lbs.
148 lbs.	J. Pugh 600
R. Panza	303 275 lbs.
Teen (13-15)	R. West 540
199+ lbs.	308 lbs.
K. Taeli	435 A. Medak 655
MEN	Master (47-53)
Class-1	148 lbs.
181 lbs.	A. Evangelista 451
B. Boruff*	540 D. Jamison 325
R. Saenz	451 198 lbs.
C. Hague	352 L. Woodley* 633
259 lbs.	R. Segura* 363
	S. Jamison 325
	Open

G. Prothman	578	165 lbs.
D. Seath	479	E. Flay 330
R. Martens	259 lbs.	181 lbs.
S. Smith	629	S. Franks 402
W. Carpenter	606	K. Smith 473 S. Clandaniel 352
Junior (20-25)	Master (54-60)	198 lbs.
132 lbs.	165 lbs.	A. Clovsky 385
M. Lefave	148 lbs.	M. Jameson 220 lbs.
181 lbs.	A. Benezra* 402	M. Prothman 462
L. Elliott	297 165 lbs.	Master (68-74) 259 lbs.
Law/Fire	J. Benezra 551	G. Johnson, Sr. 325 J. Miskimins 574
Master (40-47)	198 lbs.	BENCH
132 lbs.	L. Harison 523	123 lbs.
T. Hall	187 220 lbs.	WOMEN
Master (40-46)	B. Parsons 462	123 lbs.
132 lbs.	K. Hauser 336	Junior
K. Franks	242 lbs.	123 lbs.
Master (47-53)	C. Hegge 512	4th-347
Law/Fire	148 lbs.	T. Smith 225
105 lbs.	A. Evangelista 451	4th-231!
J. Morris	203 165 lbs.	D. Jameson 352 132 lbs.
4th-214!	R. Straker 453	M. Lefave 110
198 lbs.	198 lbs.	L. Woodley 633 Law/Fire
M. Lewis	319 J. Harper 595	220 lbs.
Master (75-79)	Law/Fire	Master (40-47)
165 lbs.	Open	
M. Prothman	121! 220 lbs.	
Open	R. Niemritz 512	
R. Churchwood*	220 lbs.	
341	R. Niemritz 512	
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199+ lbs.	M. Straley 501	
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148 lbs.	J. Pugh 600	
R. Panza	303 275 lbs.	
Teen (13-15)	R. West 540	
199+ lbs.	308 lbs.	
K. Taeli	435 A. Medak 655	
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Class-1	148 lbs.	
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B. Boruff*	540 D. Jamison 325	
R. Saenz	451 198 lbs.	
C. Hague	352 L. Woodley* 633	
259 lbs.	R. Segura* 363	
	S. Jamison 325	
	Open	



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132 lbs.	R. Niemritz 462	T. Furusho 435	123 lbs.
148 lbs.	R. Churchward 176	J. Bachmeier 402	T. Clendaniel 110
C. Hansen	—	N. Lane* 600	132 lbs.
		391 D. Chinn	V. Vasquez 121
		220 lbs.	T. Priebe 187
181 lbs.	Submaster	T. Tilford 451	165 lbs.
N. Andrews	115 220 lbs.	259 lbs.	
198 lbs.	R. Niemritz 462	N. Lane 600	220 lbs.
M. Ichiyama	270 J. Herr 225	308 lbs.	B. Seath 275
1994 lbs.	259 lbs.	259 lbs.	
K. Carpenter	137 J. McMullen 485	Submaster (34-39)	Teen (16-19)
C. Six	187 Master (40-46)	165 lbs.	123 lbs.
Submaster	220 lbs.	G. Dizol 319	G. Arnold* 220
114 lbs.	L. Benner 429	198 lbs.	M. Zuidema 137
R. Sexton	110 M. Straley 369	T. Furusho 435	R. Segura 192
Teen (13-15)	B. Wellborn 308	D. Sugimoto 391	S. Jamison 143
148 lbs.	242 lbs.	369 B. Wieburg	181 lbs.
A. VanZandt	137 D. Benner 275	259 lbs.	S. Franks 225
1994 lbs.	T. Pennella 402	259 lbs.	S. Clendaniel 187
K. Taeli	248! G. Domminga 347	J. McMullen 485	198 lbs.
MEN	J. Pugh 429	275 lbs.	T. Lee 303
Class-1	259 lbs.	L. Haywood 485	A. Crowley 275
148 lbs.	T. Christensen 552	308 lbs.	259 lbs.
H. Dizol	281 R. West 413	V. Alega 501	C. Barada —
181 lbs.	Master (47-53)	Teen (13-15)	J. Miskimins 281
B. Boruff	— 148 lbs.	MEN SQ	BP DL TOT
T. Swisher	275 A. Evangelist* 407!	Junior (20-25)	
C. Hogue	275 D. Jamison 203	148 lbs.	
	165 lbs.	A. Benezra 341	192 402 935
T. Tabbets	391 J. Richardson 265	165 lbs.	
B. Wieburg	369 198 lbs.	J. Benezra 451	330 551 1332
T. Pennella	402 242 lbs.	374 Teen (13-15)	
259 lbs.	220 lbs.	132 lbs.	
J. Lake	501 B. Martin 468	V. Vasquez 214	121 275 610
R. Martens	451 M. Sinner 468	123 lbs.	
T. LeFars	297 242 lbs.	132 lbs.	
308 lbs.	259 lbs.	132 lbs.	
R. Chinn	— 259 lbs.	132 lbs.	
J. Ceccarelli	512 K. Smith 358	132 lbs.	
4th-519	T. LaFors 297	198 lbs.	
W. Carpenter	457 275 lbs.	R. Segura 225	192 363 780
Junior (20-25)	J. Harms 579	148 lbs.	
148 lbs.	Master (54-60)	165 lbs.	
A. Benezra	192 181 lbs.	R. Bonduarant 350	303 407 1060
165 lbs.	M. Tomlinson 303	181 lbs.	
J. Benezra	330 259 lbs.	T. Swisher 352	275 374 1001
198 lbs.	M. Magruder 363	308 lbs.	
J. Bachmeier	402 Master (61-67)	W. Carpenter 677	457 606 1740
J. Hoyt	429 308 lbs.	Law/Fire	
Law/Fire	D. James 468	Master (40-47)	
Master (40-47)	G. Johnson, Sr. 319	198 lbs.	
165 lbs.	Open	J. Harpe 507	595 1102
R. Stroker	248 148 lbs.	Master (40-46)	
198 lbs.	A. Evangelista 407	220 lbs.	
J. Harpe	325 D. Jameson 165	242 lbs.	
Law/Fire	165 lbs.	181 lbs.	
Open	R. Boudurant 303	181 lbs.	
198 lbs.	T. Swisher 275	198 lbs.	
T. Tebbets	391 T. Swisher 275	259 lbs.	
220 lbs.	198 lbs.	J. Pugh 551	429 600 1580

WOMEN				
Junior				
132 lbs.				
M. LaFaive	203	110	209	522
Open 199 lbs.				
K. Carpenter	336	137	336	809
Submaster				
114 lbs.				
R. Sexton	181	110	254	546

=World Records. *=Best Lifters. I hate to brag, but we had one of the most rockin' meets on the planet. Right off the bat I have to thank John Inzer, and the great folks at Inzer Advanced Designs, along with the Power Lifting Superstore. Thanks to John we were able to not only pull a few kids off the street, but also put them into an Inzer shirt and show them a little about the sport and competition; Now these kids are walking into my club like they own the damn thing with the confidence and discipline it takes to succeed, and hey, some of them are even doing their homework, go figure. I would also like to thank Wesley at Monster Muscle and Mike Lambert at Powerlifting USA. Barleens flux oil, Star Bucks coffee, Paratex, Liquid Health, Budwieser, Brady's Oysters, and Coke for there help and sponsorship. Joe Head from team Headquarters, Donna Delaree, and Larry Benner were named and awarded for the coaches awards at the contest for their tireless efforts in coaching several of their liners simultaneously. Last years recipients were Vince Vasques and Todd Christiansen; On behalf of our staff and myself I would like to thank all the coaches: Joe Head, Larry Benner, Todd Christiansen, Vince Vasques, Bill Carpenter, Donna (Barbarian Babe) Dellaree, Jeff Magruder, and Terry Luhres. For not only helping their own lifters, but also unselfishly helping folks they don't even know, just cuz they love the sport. To me that's what its all about. I would also like to thank my entire staff for their tireless help! Mike Lund, Dad and Linda, Mom and Dave, Don Beatty, John Smith, Keith German, Jan and Jim Richardson, Bill and Karla Carpenter, Steve Hodge, Tim Preibe, One L, Jason Lake, Bode Martin, and of course my sister Tami, who without her bossing me around this event would not even get off the ground. Judges were Terry, Donna, Gustavo, Christy, Jeff and of course Gus. It should be noted at this time that even though he may deny it, Gus ate at least three cinnamon rolls over the course of the two-day event. We decided this year to have a two day event in order to have enough time to have an organized cookout. Saturday night we kept about a hundred live crab in a tank till the morning of the contest and then cooked 'em along with 80 lbs. of prime rib and 40 lbs. of pork tenderloin. It was a lot of fun to sit around and BS with everyone and chow down. Last year we had Guest lifters Ryan Kennedy and Brent Mikesell pick up a thousand a piece by paying them both a pound for what they guest lifted, this year we decided we needed to eat. The Joe Costa Award this year was given to Turbo Tom Swisher. Joe was a lifter that past on several years ago that, was "a never give up" kind of deadlifter and also a real cool person. So in his honor, we hand out an award every year to a person that gives

it their all in the dead lift regardless of weight on the bar.
Saturday morning

best lifter went to Geoff Arnold with a 220 lb. press in the 123s,	J. Halbert	330	225	462	1019
Junior (21)	198 lbs.				
D. Reily	341	220	402	764	
Master (51)	319	264	407	992	
P. Driscoll	220 lbs.				
Junior (22)					
D. Williamson	435	286	440	1162	
Open					
J. Cirola	402	231	518	1151	
G. Faulkner	606	473	595	1675	
242 lbs.					
D. Peluso	402	380	512	1295	
Master (58)					
L. Harrod	225	225	314	766	
Open					
J. Besche	501	418	595	1515	
275 lbs.					
Open/Master					
C. Felix	297	440	297	1036	
FEMALE					
132 lbs.					
Open					
V. Aguilera	264	170	297	733	
148 lbs.					
Open/Master					
C. Smith	220	132	132	485	

not
shabby!

Ray Segura

set a record

with a 192 lb. lift

in the 132s. Alison

VanZandt all the way from the big city of Mcleary Washington, set a record with a 137 lb. lift. 15 year old Kayla Taelui cranked out a 248 lb. Bench for a state and world record. I think it would be safe to say this gal has a future in the sport, wadya' think? The deadlift department went as follows: A class-1 record was set by Rob Martins with a 534 lb. pull. Lisa Elliott stood up with a 297 pounder for an Oregon State record in the juniors. In the Law/Fire a record from Robert Straker 453 lb. and Terri Hall 181 lb. In the old fart department there, were several state records earned. Electrical wizard Steve Smith yanked a 630 pounder for a record in 259s. Marilyn Lewis and Kip Hauser also bonused with a 319 lb. And a 347 lb. Two world records were set, one from Jeanne Morris with a 214 lb. in the 105s, and 121 pound pull from 75 year old Marge Prothman. No records were set in the open men's open division, though I should mention that Mr. Joe Fernandez picked up seven hundy, passed out and hit the deck, and was yarded away by the local meat wagon. Luckily he was OK. You will never meet a finer person than big Joe. I don't know what we would ever do without him. In the open women there was a very impressive record 402 lb. stand upfrom Michelle Kampen. Wonder were she gets all that fancy power gear? Totally hot tattoo model Rebecca Sexton captured a record in the submaster 114s with 254 lb. pull. Tim Clendaniel grabbed a teen record in the 123s with 265 lb. yank. Followed by Ray Segura with a 363, and Jacob Miskimins 574 lb. record performance to finish off the teen men. And of course another record from Team Headquarters Kayla Taelui with a 435 lb. assault on the platform. I couldn't be more proud of the coaching and lifting we had both days. Definitely first class performances all the way. (thanks to Dr. Don Bell for providing these results)

We were all pleased to have the MD States Powerlifting Championships take place after the many date and location changes. The competition took place on the University of MD College Park campus. The last competition held at this university was nearly 40 years ago. The Maryland weightlifting club (newly formed club composed of Olympians and powerlifters) had the opportunity to be the hosts for this state meet. The event was a success. Fortunately, everyone came together and contributed to the meet. Thanks to all who were there. Thanks to the university for finally allowing us to powerlift, Mack Daniel and company for the rack system, and administrative help, Ian Burgess for all of the weights, John Mogarero and friends for announcing and reffing, Dennis Remy for reffing, Sioux Hartwig and Matt Gary for helping me always and reffing, Big Bob Myers for chalk stands and great motivation, Carl Seeker for awesome trophies, and last but most important, Phil Link and Alan Jaworski, for building our platform, spotting, loading and everything in between. Also thanks to MD weightlifting club, Pete Jason and all who helped. Great job, guys! This meet was a first for a few lifters and a qualifier for others. It's always great to see the old mix with the new. Powerlifters are a great breed. Our youngest lifter was 10 and our most distinguished was 60. We had 16 lifters in total. Se the comp was short but sweet. Thanks again to everyone and great job lifters. Good luck in future comps. (Thanks to USAPL for the results)

One KILOGRAM equals 2.2046 Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

USAPL Maryland State					
20 NOV 04 - College Park, MD					
MALE	SQ	BP	DL	TOT	
Open/Youth					
97 lbs.					
C. Dantizer	66	61	126	275	
148 lbs.					
Master (60)					
I. Burgess	253	176	330	760	
165 lbs.					
Teen (17)					
K. Liang	303	352	352	958	
181 lbs.					
Teen (17)					

(thanks to "Smokin' Joe" for the results)

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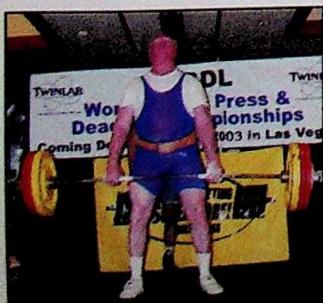
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1,2 MAY 04 - Pasco, WA

DEADLIFT	C. McEwen	369
WOMEN	Submaster	
Junior	114 lbs.	
148 lbs.	S. Ferguson	187
M. Shoup	292 181 lbs.	
Master (40-46)	J. Steele	330
165 lbs.	4th-352	
N. Huxley	342 S. Southwood	303
4th-343	Teen (16-19)	
B. Workman	248 165 lbs.	
181 lbs.	K. Buschke	281
Michaels-Olso	303 MEN	
4th-308	Class-1	
Master (47-53)	114 lbs.	
114 lbs.	V. Vasquez	231
J. Morris	198 4th-242	
4th-209	242 lbs.	
148 lbs.	H. Barrett	600
P. Stone	286 J. Linnell	600
L. Lastulka	259 H. Higgins	584
181 lbs.	259 lbs.	
J. Pope	281 C. Stumbo	622
198 lbs.	275 lbs.	
K. Cash	297 J. Garcia	562
4th-304	308 lbs.	
Open	W. Pontius	833
165 lbs.	4th-644	



Harold Smith in the 68-74, 220s

J. Patterson	611 T. Wright	242	M. Shoup	159 Class-1	4th-255	242 lbs.
309+ lbs.	259 lbs.	242	Master (40-46)	148 lbs.	165 lbs.	V. Starkel
J. Place	589 M. Fryar	833	T. Hughes	170 181 lbs.	R. Mayhak	264 Open
Junior (20-25)	308 lbs.	462	N. Huxley	165 A. Keawe-aiko	181 lbs.	165 lbs.
220 lbs.	R. Hamilton	462	181 lbs.	424	G. Brink	363 R. Hickman
T. Salyers	446 309+ lbs.	589	4th-435	303	198 lbs.	4th-496
Law/Fire	R. Patterson	589	Michaels-Olso	132 R. Saenz	A. Berry	435 165 lbs.
Master (40-47)	Master (61-67)	589	Master (47-53)	303	B. Cox	413 J. Luther
165 lbs.	308 lbs.	589	114 lbs.	413	220 lbs.	181 lbs.
R. Straker	451 G. Johnson	325	K. Dinolfo	347	D. Rodgers	286 I. Furusho
Master (48+)	Master (68-74)	325	A. Hooson	104 220 lbs.	259 lbs.	440
Law/Fire	220 lbs.	325	J. Morris	87.3 B. Webb	P. Morrison	496 A. Keawe-aiko
309+ lbs.	H. Smith	451	4th-93.4	380	275 lbs.	4th-435
R. Patterson	589 Master (75-79)	451	148 lbs.	242 lbs.	T. Christensen	551 198 lbs.
Law/Fire	181 lbs.	451	M. Landon	435	4th-573	P. Plush
Open	C. Anderson	325	P. Stone	121 H. Barratt	309+ lbs.	347
242 lbs.	Open	325	L. Lastufka	104 308 lbs.	220 lbs.	
T. Fryar	872 181 lbs.	325	198 lbs.	309+ lbs.	J. Place	523 T. Martin
Law/Fire	D. Travis	639	W. Pontius	402	Master (47-53)	242 lbs.
Submaster	220 lbs.	639	K. Cash	133 309+ lbs.	198 lbs.	358
308 lbs.	J. Sandberg	600	4th-144	523	B. Turnage	236 259 lbs.
J. Taylor	558 242 lbs.	600	J. Morris	199+ lbs.	220 lbs.	C. Stumbo
Master (40-46)	H. Barrett	600	C. Crampton	148 165 lbs.	R. Dohaniuk	534/275 lbs.
165 lbs.	H. Higgins	584	Master (54-60)	462!	242 lbs.	T. Christensen
R. Mayhak	451 259 lbs.	584	J. Luther	462!	M. Landon	435 4th-573
220 lbs.	C. Stumbo	622	P. Robey	170 T. Salyers	259 lbs.	309+ lbs.
D. Rodgers	551 Submaster (34-39)	622	199+ lbs.	336	B. Dooley	541 J. Crawford
309+ lbs.	148 lbs.	622	4th-341	519	Master (54-60)	584
P. Ratsch	644 F. Ramiraz	402	V. Williams	192 J. Linnell	J. Gillen	468
J. Place	589 275 lbs.	562	Master (61-67)	4th-523	198 lbs.	Submaster (34-39)
Master (47-53)	J. Garcia	562	181 lbs.	Law/Fire	D. Holmes	314 148 lbs.
148 lbs.	Teen (13-15)	562	D. Detlerer	225 Master (40-47)	220 lbs.	220 lbs.
D. Higgins	402 148 lbs.	562	Open	165 lbs.	M. Urrutia	374 F. Ramirez
198 lbs.	R. Segura	341	C. McEwen	116 259 lbs.	242 lbs.	210
P. Plush	563.1 4th-347	341	181 lbs.	D. Bodenstab	181 lbs.	T. Wright
4th-573	Teen (16-19)	341	225 Master (48+)	485!	4th-292	181 lbs.
B. Turnage	391 198 lbs.	551	309+ lbs.	114 lbs.	S. Olson	380
259 lbs.	S. Mahoney	551	R. Patterson	606!	R. Hamilton	198 lbs.
S. Smith	617 4th-562	551	93.4 Law/Fire	606!	309+ lbs.	319 A. Gomez
R. Dunlop	418 A. Clovsky	424	165 lbs.	Open	209 lbs.	429
Master (54-60)	242 lbs.	424	K. Mahoney	203 259 lbs.	R. Patterson	220 lbs.
198 lbs.	A. Roberts	562	4th-209	D. Bodenstab	606 T. Martin	485
T. Henderson	584 BENCH	562	181 lbs.	485!	Master (61-67)	275 lbs.
D. Holmes	468 WOMEN	562	4th-159	J. Steele	308 lbs.	358
220 lbs.	Junior	562	308 lbs.	154 Submaster	J. Garcia	358
B. Dodd	418 123 lbs.	562	165 lbs.	308 lbs.	G. Johnson	325 308 lbs.
242 lbs.	T. Smith	209	Master (40-46)	473!	Master (68-74)	413
C. Sandberg	640 148 lbs.	209	4th-144	K. Buschke	148 lbs.	413
				121 132 lbs.	O. Kuipers	309+ lbs.
				K. Southwood	220 V. Eldridge	518
					220 lbs.	Teen (13-15)
					J. Smith	347 114 lbs.
					4th-358	V. Vasquez
					4th-121	115

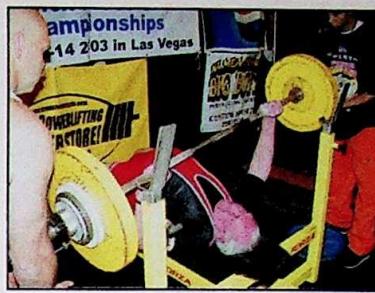
148 lbs.	242 lbs.
R. Segura	110 A. Roberts
4th-116	4th-424
Teen (16-19)	308 lbs.
198 lbs.	T. Corwin
S. Mahoney	314 4th-551
A. Cloovsky	275

!World Records. There were 112 lifters at the contest and it was the 11th year in a row I've done a meet in the Tri Cities, Washington area, which is home to the Hanford Nuclear Reservation - the most famous in the country. They produced enriched uranium for the nuclear bombs used in World War II and for the Cold War thereafter. There were 10 world records set. Starting with Chuck Anderson, at age 78, deadlift 325 at 181. He is a former logger out of Forks, Washington - tough as nails. In junior men 165, Joe Luther set a world record bench 462.5. Joe's parents were told 4 years ago that he would not come out of a coma after he rolled his car 9 times at 5:00 am. Joe is a fighter. He does concrete work for his dad and he is as muscular as a drug free lifter can get. Don Bodenstab set a world record in law/fire master 40-47 259 with 485 in the bench press. In law/fire 48+, Randy Patterson, the veteran of many lifting wars put up a phenomenal 606 in super at age 57. Randy lives for this. This is his life. In law/fire submaster 308, James Taylor set a world record 473.7. In master men 47-53, 220+ class, Ray Dohaniuk slammed up an eye opening 534.5 world record. In master men 47-53, 259, Dennis Dodey set a world record 541.1, the 3rd time he has broken that record in two years. Dennis is all business and he puts on a developmental meet in the Tri Cities that brings lifters to WABDL. In master men 80-84, 82 year old Victor Starkel set a world record bench of 275.5 at 242#. He has 12 children and the youngest one was born 15 years ago. He had a bad motorcycle accident 4 years ago at age 78. He still has an active ranch with 1,000 acres and 2,000 head of cattle. He is from Ronan Montana. In master women 61-67, 181#, donna Delleree benched 225.7 for a world record. Donna is 63 and has a pacemaker and is a WABDL judge. She has been judging for 20 years. She also coaches a female powerlifting team called "Donna's Babes". In teen men 16-19, 308# class, Terry Corwin benched a world record 540 and then 551 on a 4th attempt. Now on to the state records in the deadlift. In class-1 men, 114#, Vince Vasquez set a Washington record 242.5. At 259, Carl Stumber set a Washington record 622.7. At 308, William Pontius set a Washington record 644.7. Josh Patterson, Randy's son, came in 2nd with 611.7. In law/fire master 40-47, 165, Robert Straker set an Oregon state record 451.7. At super law/fire 48+, Randy Patterson set an Oregon record 589.5. In law/fire open, Troy Fryar took a giant leap forward in his pr by 30# with a 672 Oregon record at 242. In law/fire submaster, James Taylor set an Oregon record 556.5 at 308. In master men 40-46, 220, Dave Rodgers was notable with a 551 dead. Paul Ratch pulled 644.7. In master men 40-46, 220, Cliff Sandberg accelerated quickly with a 640 Washington record and Mike Fryer was jubilant with his 633.7 Washington record at 259. He's 58 and his son Troy is 33 and Mike is only 40# behind him. In master 68-74 at 220, Harold Smith set a Montana record 451.7. In master women 40-46 at 165, Nadine Huxley set a Washington record 343.7 with an all out eyeball popping effort. At 181, Pamela Michaels-Olson set a Washington record 308.5. In master women 47-53 at 114, Jeanne "the meanie" Morris ripped up 209.2 for a Washington record. At 198, Kathy Cash barely made 304.1 for an Oregon record. She is ably coached by Buzz Landon. His team won the team title. In open men 181, Duane Travis was impressive with 639.2. Jack Sandberg, Cliff's son, could only manage 600.7 so the old man is out pulling his son by about 40 pounds. I'm sure Jack will narrow the gap. In submaster women, at 181, Jodi Steele set

a Washington record 352.5. In teen men 13-15, at 148, Ray Segura set a Washington record with a very hard fought 347. In teen men 16-19, at 198, Sean Mahoney set an Oregon record with a limit 562. At 242, 16-19, John Ashley Roberts set an Idaho record 562. In class-1 men, in the bench press at 181, Apache Keawe-aiko set a Washington record 435.2. At super, Jeffrey Place, who played two years for the New England Patriots, set an

Southwood set a Washington record 255.7 at 132#. At 275, Todd Christiansen set a Washington record 573. Jeffrey Place set an Oregon record 523.5. In master 54-60, Dr. Thomas Wright, who teaches behavior science at the University of Nevada, set a Nevada record 292. In master men 68-74, at 148, Orville Kuipers set a Washington 220.2.

At 220, Harold Smith was very impressive with a 358 bench at age 71, for a Montana record. In master women 40-46, Pamela Michaels-Olson set a Washington record 133.3. In master women 47-53 at 114, Anita Hobson set a Washington record 104.5. At 198 Kathy Cash set an Oregon record 144.3 and at unlimited Cynthia Crampton set a Washington record 148.7. In open 165, Ray Hackman set an Oregon record 496, which is the 2nd highest bench of all time at 165 in WABDL. At 181, Tolan Furusø set a Washington record 473. At 220, Tim Martin set a Washington record 485. In submaster women, Kelley Mahoney blasted up 209 for a Washington record at 165, and at 181 Jodi Steele set a Washington record 159.7. In teen men 13-15, 148#, Ray Segura set a Washington record 176.2. I want to thank Gary & Elma Thomas who did the computer, weigh-ins and scorekeeping. Roger Nelson, who pro-



Victor Starkel earned a WABDL WR



Joe Luther (Namea Designs photos)

Oregon record in class-1 bench with 523. In junior 220 bench, Troy Salyers set a Montana record with 341.5. At 242 Jerome Linell popped an Oregon record 523.5. In law/fire open, Don Bodenstab set an Oregon record 485 to go along with his world record in law/fire master 40-47. In master men 40-46, Kajohn

Kelley Mahoney blasted up 209 for a Washington record at 165, and at 181 Jodi Steele set a Washington record 159.7. In teen men 13-15, 148#, Ray Segura set a Washington record 176.2. I want to thank Gary & Elma Thomas who did the computer, weigh-ins and scorekeeping. Roger Nelson, who pro-

vided all the weights from Tri City Court Club. The judges were: Donna Delleree, Crian Caertlein, Don James and Gus Rethwisch. James Partch was the platform manager. Platform bench was Forza and the competition bench was provided by Ivanko. The MC was Ted Davis who does a great job. I would like to thank our sponsors: Michelle Kampen of Powerlifting Superstore and Wes Dampen of Monster Muscle the magazine, Robert Walker of Twinlab, Shawn Madre of GLC Direct, The best joint formula on the planet, Rick Brewer of House of Pain, Jim Starr, Neal Spruce and Odd Haugen of Apex Fitness Group, Roger Sergeant of Columbia Basin Raquet Club, Kelley Mahoney of Life quest Fitness Center, Bill Tilton of Pepsi Cola, Giorgio Usai of Forza Strength Systems, Mike Lambert of Powerlifting USA. (Thanks to Gus Rethwisch for the results)



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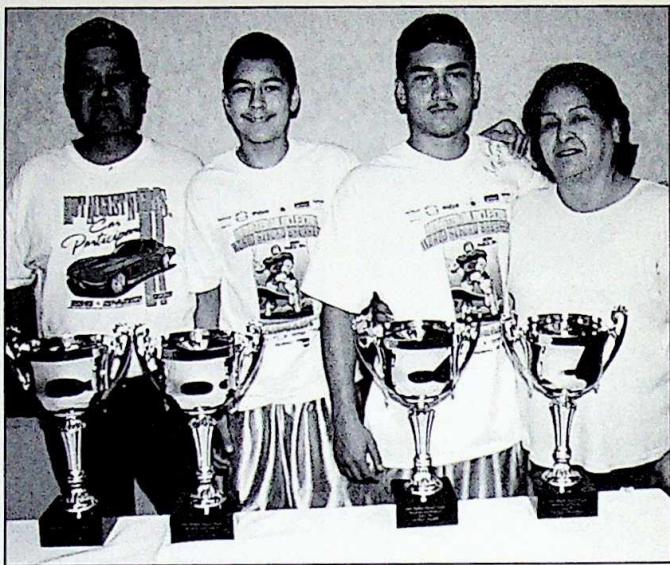
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WABDL Great Northern BP/DL

19 JUN 04 - Tacoma, WA

DEADLIFT	L. Woodley	633	UL	165 lbs.	D. Dellerree	209!
MEN	B. Boruff	518	Master (54-60)	286 Open		
Class-1	198 lbs.		105 lbs.	165 lbs.	A. Thompson	203
165 lbs.	K. Posey	573	M. Pederson	170 Submaster		
N. Jackson	507	275 lbs.	G. Okichich	148 lbs.		
4th-512	A. Medak	722	R. Sexton	114 lbs.		
198 lbs.	Submaster (34-39)		Teen (13-15)	114 lbs.		
J. Woodall	440	165 lbs.	D. Backlel	286 165 lbs.		
220 lbs.	M. Taylor	473	P. Robey	198 lbs.	A. VanZandt	137
J. Williams II	601	181 lbs.		243 UL		
275 lbs.	J. Cranston	567		4th-253	K. Taelui	231!
V. Brumfield	645	4th-584		Master (61-67)	Teen 916-19	
308 lbs.				132 lbs.	165 lbs.	
J. Ceccarelli	600	220 lbs.			L. Tan	203 165 lbs.
W. Carpenter	551	259 lbs.	S. Olson			
Disabled	C. Worth	507	248! A. Bladow			
165 lbs.	306 lbs.		Open MEN			
M. Taylor	473	V. Aleaga	419 123 lbs.			
Junior (20-25)	Teen (13-15)		C. Myers			
198 lbs.	97 lbs.		4th-424!			
J. Woodall	440	T. Potter	V. Vasquez			
Law/Fire	148 lbs.		114 lbs.			
Master (40-47)	R. Segura	336	T. Tebbets			
198 lbs.	4th-264		253 C. Wu			
J. Harpe	567!	T. Clendaniel	281 181 lbs.			
Law/Fire	148 lbs.		M. Hobbs			
Open	R. Segura	336	165 lbs.			
220 lbs.	4th-352		J. Woodall			
R. Niemitz	501	Teen (16-19)	T. Jacobs	380! 220 lbs.		
Master (40-46)	132 lbs.					
165 lbs.	S. Jamison	292	181 lbs.			
L. Mattoni	523	220 lbs.	T. Stark			
242 lbs.	M. Prothman	502	S. Southwood	440		
D. Benner	451	J. Diederichs	325 4th-457			
275 lbs.	4th-518		P. Delgado			
A. Medak	722	259 lbs.	259 lbs.			
R. West	545	C. Gillespie	—			
Master (47-53)	4th-573!		K. Taelui	429! J. Angel		
148 lbs.	B. Driskell	545	429! J. Angel			
D. Jamison	341	4th-568!	BENCH	275 lbs.		
165 lbs.	WOMEN		A. Jensen			
A. Evangelista	473	Master (40-46)	Master (40-46)	424		
181 lbs.	181 lbs.		308 lbs.			
L. Woodley	633!	Michaels-Olso	J. Ceccarelli	485		
198 lbs.	4th-314	309	181 lbs.			
G. Brown	551	198 lbs.	Michaels-Olso	148 4th-501		
F. Martichuski	429	J. Arnow	133 Junior (20-25)			
220 lbs.	4th-424!		4th-1371	181 lbs.		
D. Stratton	650	Master (47-53)	J. Arnow	336		
242 lbs.	114 lbs.		231 198 lbs.			
R. Nelson	501	J. Morris	D. Tatar			
259 lbs.	—		198 lbs.			
K. Smith	462	C. Myers	J. Woodall			
Master (54-60)	4th-424!		242 lbs.			
165 lbs.	148 lbs.		SHW	4th-308		
M. Jamison	424	T. Lee	B. Gillespie	749! 123 lbs.		
Open	4th-308		Master (47-53)	749! 123 lbs.		
165 lbs.	L. Lastufka	304	93 Master (40-47)	Master (47-53)		
A. Evangelista	473	105 lbs.	J. Morris	369		
181 lbs.	181 lbs.		132 lbs.	198 lbs.		
M. Lewis	315		C. Myers	374		
181 lbs.	Master (61-67)		203! J. Harpe	374		

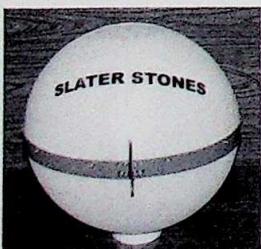


Left to Right: Grampa Vasquez, Vince Vasquez Jr., Ray Segura, and Gramma Vasquez. The two young cousins, Vince Jr. and Ray, have had a great time at several WABDL championships, including the Monster Muscle.Com meet and this one, entering both bench press and deadlift categories (photograph provided by courtesy of Vince Vasquez Sr.).

242 lbs.	275 lbs.	4th-535
E. Brown	402	J. Harms
259 lbs.	Master (54-80)	576!
T. Christensen	551	165 lbs.
N. Brewer	374	M. Jameson
275 lbs.	242 lbs.	286
R. West	402	T. Wright
SHW	4th-308	297
B. Gillespie	749! 123 lbs.	
Master (47-53)	G. Showalter	
148 lbs.	SHW	
D. Jamison	225 R. Smith	507!
165 lbs.	Open	
A. Evangelista	429 165 lbs.	
198 lbs.	4th-435	
G. Brown	352 R. BonDurant	325
242 lbs.	181 lbs.	
S. Mathis	473 R. Harris	457
R. Nelson	325 B. Boruff	330
259 lbs.	198 lbs.	
S. Shipley	600! G. Warrington	578!
K. Smith	374 D. Chinn	407

!=World Records. There were 107 lifters for this first ever WABDL meet in Tacoma. World records in the deadlift were set by John Harpe in law/fire master 40-47 at 198# with 567.5, Leanan Woodley 633.7 at master 47-53 181#, Jill Arnow 424.2 master women 40-46 198, Carol Myers 424.2 master women 47-53 132 - her 6th world record in less than two years. Marilyn Lewis yanked a 319.5 world record at 47-53 181, Sharee Olson hauled in a 248 world record in master women 61-67 132 Carol Myers also set an open women's world record with 424.2 to beat Jo Walker's record of 419. Teresa Jacobs set a world record 380 in submaster women's 165# class. Marilyn Lewis, Carol Myers and Teresa Jacobs are all trained by Joe Head, of Headquarters Fitness in Seattle, who won the team title also. In teen men 16-19 259, Cameron Gillespie and Barry Driskell are both coached by Bill Gillespie. They traded world records twice with Cameron Gillespie ending up with the record with 573 and Driskell 568.6. In teen women, 15 year old Kayla Taelui set a world record in unlimited with 429.7! She's an unbelievable talent and is of Tongan ancestry. In the bench press, Bill Gillespie was the big story. He ended up with the open and master men 40-46 super world records with 749.5. He opened with 722 and it was mis-loaded to 749.5, then he was very close with 800.1 in a single ply shirt. In master men 47-53, 259# class, Steve Shirley set a world record 600.7. Steve has been competing since 1980 and he is the only WABDL lifter to pass an out of contest drug test. At 275, Joe Harms broke George Nelson's world record with 576.3. In master men 61-67 super Robert O. Smith who had become the first man in the world to bench 500 at

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age 60 or over with a 507 world record. In master women 47-53 132, Carol Myers set a world record 203.7 bench. In master women 61-67 165# Donna Dellerce set a world record 209.2 bench. In open men, Gustav Warrington put up a hug 578.5 world record at 198#. He is coached by Terry Luehrs. At 259, Todd Christensen set a Washington record 551. In teen men 16-19 259, Cameron Gillespie got a world record 462.7. He is Bill Gillespie's son and he is one fo the top HS wrestlers in the state of Washington. In teen women 13-15 unlimited, Kayla Tueli benched world record 231.2. Going back to the deadlift, notable state records were set in class-1 by Nathan Jackson of Oregon with 512.5 at 165. John Williams II was ripped and blasted 601.8 at 220. Vashon Brunfield, who is 6'5" a lean 270, set a Washington record 645.8. In master men 40-46 275, Andy Medak rocketed 722. In master men 47-53 220, David Stratton reeled in 650. In master men 54-60 165, Michael Jameson set a Washington record 424.2 deadlift. In master women 40-46 181, Pamela Michaels-Olson set a Washington record 314. In master women 47-53 at 148 Terry Lee, who has been competing for 12 years, set a Washington record 308.5. In 47-53 unlimited, Margie Huston set a Washington record 286.5 deadlift. In master women 54-60 165, Dana Barkiel set a Washington record 286.5 and Pat Robey set a Washington record 253.5 at 54-60 198#. In submaster 181 deadlift, Jody Cranston of Vancouver BC, set a Canadian record 584. At 259 submaster, Charlie Worth yanked 507 for a Washington record. In submaster women, Rebecca Sexton set a Washington record at 114 with a nice looking 253.5. In teen 13-15 at 97#, Tommy Potter set an Oregon record 181.7. At 123 Vince Vasquez levitated 264.5 for a Washington record. At 148, Ray Segura was named outstanding

teen 13-15 lifter with 352.5, a Washington record. In 16-19 220, Mike Prothman had the best pull of the meet and never gave up on a gut wrenching, eyeball popping, nose bleeding 502.6 for a Washington record and the win over J.T. Drederichs. However, on a 4th, J.T. came back and got the Washington record with 518 deadlift. In class-1 220, Todd Stark benched a Washington state record 457. In class-1 308, Mario Ceccarelli set a Washington state record 501.5. Mario has his entire body tattooed and his lifting suit is just as colorful. He's a walking at for high definition T.V. In law/fire master 40-47 198, John Harpe set a Washington record 479.5. At 242, Nathan Lane set a Washington record 518 in his first meet. In master men 40-46, Kajohn Southwood set a Washington record 270 at 132. In master 47-53 165#, Freddie Evangelista came in big with a 435.2 Oregon record. Freddie has set 11 world records in the last 4 years. In master men 54-60 242, Thomas Wright set a Nevada record 308.5. He is a professor of Behavioral Science at the U of Nevada Reno. In open 242 bench, Stead man Mathis put up 473.7 and Todd Christiansen set a Washington record at 259 with 551. In submaster men at super 400#, Vince Eldridge, who hasn't been able to deadlift due to an injury, has brought his bench up to respectability with a Washington record 535.6. He still holds the world record in submaster super in the dead with 751.6. In teen women 16-19 165#, Amy Bladow set an Oregon record 170.7 bench. I want to thank Gary Thomas, who did the weigh-ins - always in a expeditious way with courtesy. Weigh-ins are always the most stressful part of a meet for both the lifters and meet director. Carl Stumbo helped load and unload weights. Gary Thomas also did the score keeping. Dr.

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Don Bell and Gus Rethwisch were the MC. James Partch was the platform manager. Warm-up weights were provided by Dr. Don Bell and Joe Head of Headquarters Fitness. Platform weights provided by Ivanko. Platform bench was Forza Strength Systems. The judges were Don James, Donna Dellerce, Brian Baertlein, Patricia Swab and Gus Rethwisch. I want to thank our sponsors: Wes Kampen of Monster Muscle, Michelle Kampen of the Powerlifting Superstore, Rich Brewer of The House of Pain, Kim McGowan of TwinLab, Shawn Madre of GLC Direct, makers of the best joint formula on the planet, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness Group, Powerlifting USA, Giorgio Usai of Forza Strength Systems, Chet Greskutz of Ivanko. (courtesy of Gus Rethwisch)

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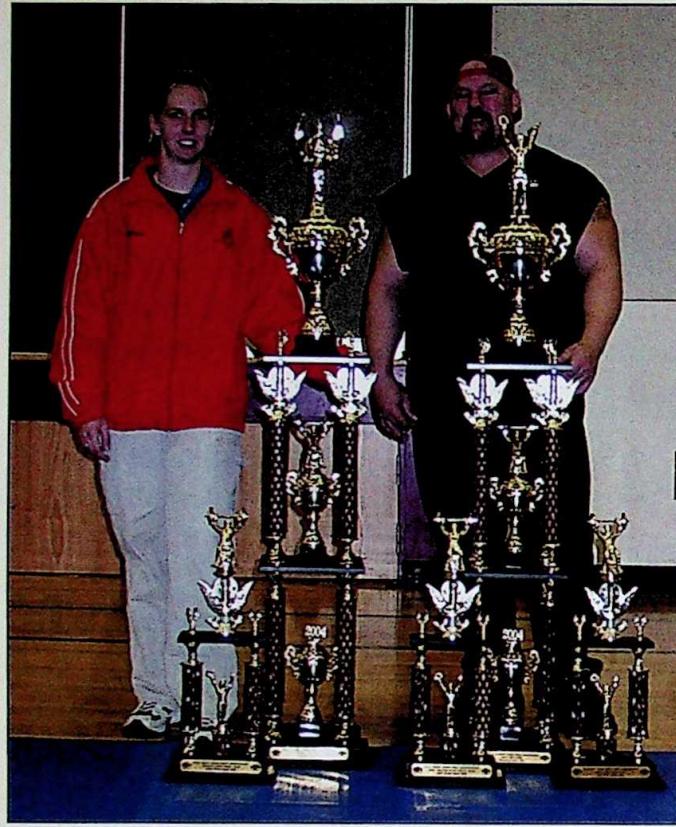
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Best Lifters at the APA Maine Bench Press competition were Marie Cannon and Tony Petrino (photo courtesy meet director Al Stork)

**APA Maine Bench Press
6 NOV 04 - Newport, ME**

BENCH	T. Petrino	600	basketball players volunteered their time
WOMEN	SHW	534	and helped set up, spot, and break down
Open	A. Miller	77	after the meet. We have some of the finest
114 lbs.	Preteen	236	judges in the APA. Special thanks to our
J. Clough	110 T. Harding	336	head judge Ed Flanders and side judges
132 lbs.	(16-17)	303	Kris and Nathaniel Boehmer. Your enthu-
J. Call	93.5 148 lbs.	303	siasm and dedication to the sport of
148 lbs.	B. Berry	352	powerlifting shows in your ability to
M. Cannon	181 (18-19)	352	judge a fine meet. Union Street Athletics
165 lbs.	181 lbs.	352	not only brought a team that took first
J. Hayes	121 D. Trask	352	place in the bench press competition, but
181 lbs.	198 lbs.	352	came through with donated equipment.
Parkhurst-Skal UNL	R. Lupo	352	Thank you JoAnn Clough, Damian Osgood,
K. Campbell	Junior (20-23)	413	one of the strongest pound for pound
(13-15)	220 lbs.	413	benchers in the APA world, did not lift in
148 lbs.	G. Bailey	413	this meet, but was a big help with equip-
T. Campbell	Submaster	413	ment and ref skills. Damian has recorded
Master (55-59)	220 lbs.	413	a 535 lb. lift in 165 and he is only 20 years
S. Reed	4th-424	413	old. Audience and lifters were treated to
114 lbs.	275 lbs.	413	an 8x8 foot projection showing the lifters
J. Clough	S. Tyler	222	name and weight attempt. Tia Fournier,
MEN	M. Clevette	501	Jane Stork and Sue Paige manned a well
Open	Masters (40-44)	501	run scorer's table. (Thanks to Al Stork for
181 lbs.	N. Doucette	567	providing the results to Powerlifting USA)
L. Morrison	(45-49)	567	
198 lbs.	M. Laliberte	396	
198 lbs.	D. Morong	347	Larry Garro Memorial
S. DiCataldo	220 lbs.	347	04 DEC 04 - Baltimore, MD
220 lbs.	W. Skillings	319	PWR CURL (50-59)
S. Reed	308 lbs.	319	WOMEN C. Tucker 160
S. DuFour	T. Petrino	600!	Open (70-79)
275 lbs.	A. Neureuther	600!	R. Debaufre 100
G. Panora	4th-170	600!	P. Maizels 60 "230"
N. Doucette	(75-79)	600!	A. Carter 75 P. Maelts 170
308 lbs.	I. Tuttie	115	"160" Open (50-59)
!World Records, Women's Best Lifter: C. Martin	(40-49)	130	T. Gordon 70 A. Fowler 125
Marie Cannon, Men's Best Lifter: Tony Open	(40-49)	130	MEN "260" Open (40-49)
Petrino, The Maine AP A is fortunate to S. Darling	(180")	135	J. Witt 180 J. Bosley 170
work with the Athletic Department of the K. Carter	(200")	130	D. Capozzoli 150
Sebastico Valley Middle School. Tom "200"			BP DL TOT
Kus, Athletic Director, Fred Johnston, WOMEN			110 185 295
Principal and the SVMS Sports Boosters 114 lbs.			
provide a wonderful location, refreshments IM Open			
and support. The Nokomis High School K. Roe			

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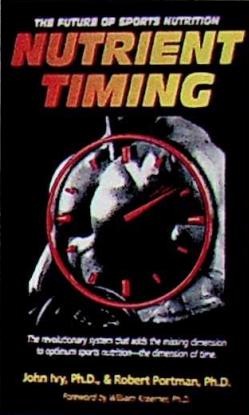
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132 lbs.				
Open				
P. Maizels	—	220	—	
148 lbs.				
IM Open				
K. Dennis	130	210	340	
165 lbs.				
R Open				
T. Gordon	125	—	125	
A. Carter	100	—	100	
MEN				
114 lbs.				
R (10-11)				
C. Dantzler	60	—	60	
C. Dantzler	—	145	145	
Open				
C. Dantzler	—	145	145	
IM (10-11)				
C. Dantzler	60	145	205	
IM Open				
C. Dantzler	60	145	205	
148 lbs.				
R (50-59)				
P. Griffith	240	—	240	
(40-49)				
J. Marchio	—	415	415	
165 lbs.				
R Open				
C. Martin	300	—	300	
R (17-19)				
K. Carr	205	—	205	
R (40-49)				
C. Martin	300	—	300	
R (50-59)				
A. Fowler	235	—	235	
(40-49)				

C. Martin	—	350	350	
Open				
C. Martin	300	350	650	
1m (14-16)				
M. Robinson	165	300	465	
1m (40-49)				
C. Martin	300	350	650	
1m (50-59)				
A. Fowler	235	325	560	
181 lbs.				
R Open				
E. Gainey	270	—	270	
R (14-16)				
A. Lebrun	215	—	215	
(14-16)				
A. Lebrun	—	330	330	
R. Pyatt	—	375	375	
N. Mercorelli	365	475	840	
220 lbs.				
R (12-13)				
T. Proctor	85	—	85	
A (60-69)				
B. Vastine	315	—	315	
Open				
P. Maizels	510	—	510	
(12-13)				
T. Proctor	—	150	150	
Open				
G. Petrides,Jr.	405	580	985	
M. Miller	340	600	940	
A. Smith	330	430	760	
1M (10-11)				
P. Collins	95	195	290	
1M (12-13)				
T. Proctor	85	150	235	
1M (40-49)				
M. Bennett	380	605	985	
242 lbs.				
R Open				
D. Harris	375	—	375	
(40-49)				
T. Quinn	—	550	550	
1M Open				
J. Witt	455	500	955	
275 lbs.				
D. Capozzou	390	—	390	
1M (17-19)				
M. Fisher	170	400	570	

(Thanks to Brian Washington for results)



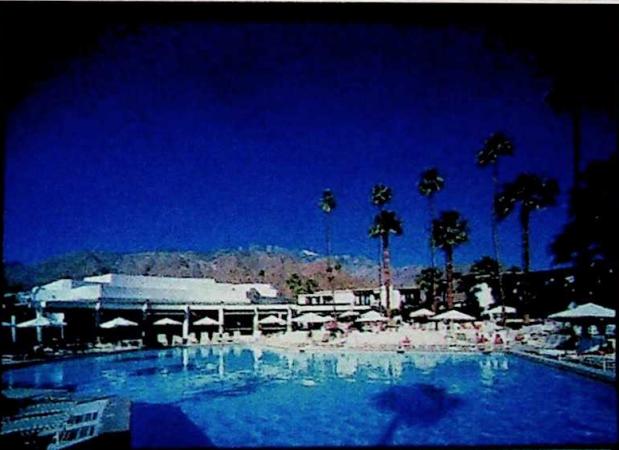
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For standard 181 lb./82.5 kg. USA lifters in results received from Oct/03 through Nov/04

SQUAT	BENCH	DEADLIFT	TOTAL
1 843 Harrington, P..3/6/04	617 Kilts, J..9/25/04	755 Eiseman, T..11/12/04	1978 Harrington, P..11/8/03
2 804 Danforth, M..3/6/04	597 Boldt, F..9/25/04	716 Danforth, M..11/8/03	1962 Danforth, M..3/6/04
3 777 Dougherty, J..11/8/03	595 Savino, G..3/6/04	705 Wooley, L..11/12/04	1956 Dougherty, J..11/8/03
4 760 Palmer, R..10/9/04	567 Schmalz, C..9/25/04	700 Palmer, R..10/26/03	1951 Palmer, R..10/9/04
5 760 Maxwell, M..11/20/04	565 Vargason, B..9/11/04	694 Dougherty, J..11/8/03	1824 McLawchin, S..7/10/04
6 710 Van Alstyne, M..7/10/04	550 Salvagni, R..12/13/03	694 Jackson, A..12/13/03	1818 Bridges, M..10/10/03
7 710 Larrisey, S..9/18/04	540 Burdette, J..8/14/04	683 Ricks, D..7/10/04	1813 Ricks, D..4/10/04
8 710 Rapp, B..11/20/04	535 Osgood, D..7/19/04	683 Decker, J..7/10/04	1810 Rapp, B..11/20/04
9 706 Bridges, M..10/10/03	534 Satterfield, T..11/29/03	677 McLawchin, S..7/10/04	1800 Maxwell, M..11/20/04
10 705 Wamborgans,..11/15/03	530 Ral, R..6/11/04	672 Bridges, M..10/10/03	1765 Vargason, B..11/15/03
11 705 Benedict, R..11/28/03	529 Palmer, R..10/9/04	672 Travis, D..12/10/03	1746 Luckett, M..8/7/04
12 705 Kirschen, D..6/6/04	529 Walker, C..11/12/04	670 Siwiak, S..3/28/04	1745 James, A..11/20/04
13 700 James, A..11/20/04	523 Agamao, A..11/12/04	650 Vargason, B..11/15/03	1735 Kirschen, D..6/6/04
14 694 Ricks, D..4/10/04	518 Coleman, M..5/2/04	650 Redman, B..12/6/03	1718 Alday, L..11/8/03
15 685 Brown, A..10/30/04	518 Kirchner, L..9/11/04	650 Ricchio, K..1/24/04	1708 Decker, J..7/10/04
16 683 McLawchin, S..7/10/04	512 Harrington, P..3/20/04	650 Brown, A..10/30/04	1700 Gibson, L..3/13/04
17 683 Luckett, M..8/7/04	501 DeMatteo, J..5/2/04	640 Fahrenfeld,..10/23/04	1700 Piermattei, F..7/10/04
18 680 Salvagni, R..4/24/04	501 Furusho, T..11/12/04	635 Braca, J..6/13/04	1700 VanAlstyne, M..7/10/04
19 677 Perkins, T..8/15/04	501 Sanks, K..11/12/04	633 Harrington, P..11/8/03	1675 Salvagni, R..11/7/03
20 672 Vaughn, E..6/6/04	500 Lewis, T..11/8/03	633 Garofalo, R..5/1/04	1670 Brown, A..10/30/04
21 665 Piermattei, F..11/20/04	500 Crowe, B..12/13/03	633 White, J..7/10/04	1664 Vaughn, E..6/6/04
22 661 Alday, L..11/8/03	500 Masello, B..3/21/04	630 Gibson, L..12/6/03	1658 Benedict, R..11/28/03
23 650 Roney, J..4/4/04	500 Ellick, J..8/8/04	628 Wagner, R..3/7/04	1650 Larrisey, S..9/18/04
24 650 Urchick, J..7/24/04	500 Proya, T..9/11/04	628 Wade, M..5/16/04	1642 Garofalo, R..5/1/04
25 644 Baker, S..6/6/04	500 Furnas, A..10/10/04	622 White, E..4/3/04	1642 Baker, S..6/6/04
26 633 Bozzelle, J..4/17/04	485 Dougherty, J..11/8/03	622 Buas, A..5/1/04	1626 Ricchio, K..1/24/04
27 633 Graham, D..8/22/04	485 Rodriguez, M..4/18/04	622 Reid, T..7/10/04	1625 Jackson, A..12/13/03
28 622 Pelletier, J..3/28/04	485 Judah, S..11/12/04	622 Fletcher, D..9/19/04	1620 Wade, M..4/3/04
29 622 Denton, T..8/7/04	480 Strom, M..7/17/04	620 Rapp, B..11/20/04	1609 Wagner, R..3/7/04
30 620 Gibson, L..3/13/04	480 Smith, J..9/11/04	617 Cantwell, J..12/14/03	1603 DiCataldo, S..7/10/04
31 615 Vargason, B..11/15/03	480 Rapp, B..11/20/04	610 Derks, A..5/1/04	1587 Smith, C..4/17/04
32 611 Decker, J..11/1/03	479 Roberts, J..10/11/03	606 Lewis, R..12/10/03	1587 Reid, T..7/10/04
33 611 Stone, P..11/15/03	479 Mendoza, B..7/10/04	606 Baker, S..6/6/04	1587 Scully, B..10/8/04
34 611 Smith, C..4/17/04	479 Linerud, D..11/12/04	606 DiCataldo, S..7/10/04	1587 Brochu, G..10/31/04
35 611 Garofalo, R..5/1/04	475 Mamola, A..4/24/04	606 Luckett, M..8/7/04	1570 Wamborgans, F..11/15/03
36 606 Wade, M..4/3/04	475 Conner, T..7/10/04	600 Alday, L..11/8/03	1570 White, J..11/16/03
37 606 Ruettiger, R..3/21/04	473 Danforth, M..11/8/03	600 Wamborgans,..11/15/03	1570 Blake, H..4/10/04
38 606 DiCataldo, S..7/10/04	473 Spires, K..5/2/04	600 Brown, C..2/9/04	1570 Perkins, T..8/15/04
39 600 Kuligowski, J..10/25/03	473 Lopez, R..5/22/04	600 Cirigliano, R..3/6/04	1565 Kuligowski, J..10/25/03
40 600 Mills, J..11/29/03	473 Kirshcen, D..6/6/04	600 Halko, A..3/7/04	1559 Tincher, B..12/7/03
41 600 Adams, B..11/29/03	473 Santarone, N..11/12/04	600 Nemow, D..3/20/04	1559 Bozzelle, J..4/17/04
42 600 Tincher, B..12/7/03	473 Levering, B..11/12/04	600 Moore, R..3/27/04	1545 Roney, J..4/4/04
43 600 Brown, C..2/9/04	470 Menor, M..4/17/04	600 Bell, C..7/24/04	1545 Burdette, J..8/14/04
44 600 Kwiatkowski, A..3/27/04	470 James, A..11/20/04	600 French, B..7/31/04	1545 MacCannell, J..10/23/04
45 600 Nickerson, E..3/27/04	468 Bridges, M..7/10/04	600 Seitz, B..8/8/04	1543 Richardson, K..10/13/04
46 600 Thomas, D..3/27/04	465 Stevens, A..10/18/03	600 Richardson, J..10/13/04	1537 Mills, J..11/29/03
47 600 Cormier, M..3/28/04	465 Mantia, B..6/5/04	600 MacCannell, J..10/23/04	1535 Cagnolatti, D..11/7/04
48 600 Hill, R..4/3/04	462 Cunningham, J..4/2/04	600 Alholm, E..10/23/04	1532 Pullum, W..12/6/03
49 600 Whitehead, D..4/24/04	462 Zangl, G..4/24/04	600 Walker, C..11/12/04	1530 Moore, R..3/27/04
50 600 Shakajian, C..7/10/04	462 McLawchin, S..7/10/04	600 Maxwell, M..11/20/04	1526 Cormier, M..3/28/04
51 600 Torrez, D..8/15/04	462 Ricks, D..7/10/04	590 Motichka,..10/25/03	1526 Hill, R..4/3/04
52 600 Shanebrook, S..9/11/04	462 Banks, L..7/24/04	590 Bartt, M..2/7/04	1526 Bonner, M..8/7/04
53 600 Scully, B..10/8/04	462 Bonner, M..8/7/04	590 Hubert, S..6/5/04	1525 Shahkajian, C..7/10/04
54 600 Brochu, G..10/31/04	462 Harris, R..8/22/04	589 Pardue, T..11/1/03	1521 Scholnick, H..5/15/04
55 595 Gordon, J..4/3/04	460 Piermattei, F..7/10/04	589 Morrison, L..7/10/04	1521 Boyer, B..6/19/04
56 590 Ricchio, K..1/24/04	457 Alday, L..11/8/03	585 Rock,..10/25/03	1515 Voinovich, V..11/16/03
57 589 Stanec, V..10/9/04	455 Moorehead, B..3/20/04	585 Dechicko, N..3/21/04	1515 Kwiatkowski, A..3/27/04
58 585 Moore, R..3/27/04	455 Ryan, S..8/7/04	585 Piermattei, F..3/27/04	1515 Morrison, L..7/10/04
59 585 Foreman, D..3/27/04	452 Campbell, B..12/10/03	585 Nickerson, E..3/27/04	1504 Pardue, T..11/1/03
60 585 Boutte, P..5/8/04	451 Morishima, E..3/21/04	585 Poque, R..4/24/04	1504 Hammers, D..12/13/03
61 585 Gawlik, S..9/25/04	451 Garcia, D..7/24/04	584 Coats, M..12/6/03	1504 Cantwell, J..12/14/03
62 585 MacCannell, J..10/23/04	451 Hines, R..9/11/04	584 Hagedorn, R..12/10/03	1504 Halko, A..3/7/04
63 584 Wiley, D..5/1/04	450 Gibson, L..12/6/03	584 Vaughn, E..2/15/04	1504 Ruettiger, R..3/21/04
64 580 Flowers, K..3/27/04	450 Delgado, J..4/17/04	584 Wright, C..3/6/04	1504 White, E..4/3/04
65 578 Richardson, K..10/13/04	450 Lawler, C..5/1/04	584 Blake, H..4/10/04	1504 Stone, R..7/24/04
66 578 Jones, M..10/30/04	450 Brown, J..9/11/04	584 Scully, B..10/8/04	1504 Torrez, D..8/15/04
67 577 Duran, R..11/6/04	450 Brown, J..9/11/04	580 Felton, D..10/18/03	1504 Brown, C..2/9/04
68 575 Lewis, T..3/20/04	446 Blake, H..4/10/04	580 Thomas, C..2/9/04	1499 Ledoux, R..11/15/03
69 573 Summer, G..11/28/03	440 Lenius, D..11/22/03	580 Teeter, D..3/20/04	1490 Urchick, J..7/24/04
70 573 Jackson, A..12/13/03	440 Wilson, F..1/24/04	580 Joseph, M..3/27/04	1488 Zangl, G..12/6/03
71 573 Wilson, J..3/21/04	440 Ciupinski, M..9/11/04	580 Yeargin, C..4/24/04	1484 Nemow, D..11/6/04
72 573 Thomas, J..3/21/04	440 Larrisey, S..9/18/04	578 Green, R..11/30/03	1485 Nickerson, E..3/27/04
73 573 McMillian, G..5/8/04	440 Stroshine, T..10/10/04	578 Petrus, M..12/7/03	1482 Adams, B..11/29/03
74 573 Scholnick, H..5/15/04	440 Maxwell, M..11/20/04	578 Chavez, D..5/16/04	1482 Jones, M..10/30/04
75 573 Ford, K..6/6/04	435 Benedict, R..11/28/03	578 James, A..6/6/04	1481 Rouan, A..11/20/04
76 573 Mendelson, S..6/6/04	435 Arrendell, M..2/15/04	578 McManus, S..7/10/04	1475 Foreman, D..3/27/04
77 573 Stone, R..7/24/04	435 Keawe-Aiko, A..5/2/04	578 Brochu, G..10/31/04	1471 Redmon, B..12/6/03
78 570 White, J..11/16/03	435 Gentges, N..6/12/04	578 Thomas, D..3/27/04	1471 Pelletier, J..3/28/04
79 565 Voynovich, V..11/16/03	435 Naughton, D..10/31/04	575 Athey, P..6/5/04	1471 Kim, A..6/26/04
80 565 Evans, J..7/24/04	430 White, A..8/22/04	575 Rijos-Soto, S..8/7/04	1471 Graham, D..8/22/04
81 565 Cagnolatti, D..8/21/04	430 Bensa, C..8/22/04	575 Sambianet, N..11/13/04	1470 Fabiano, B..12/13/03
82 565 Tanzy, J..10/30/04	430 Cagnolatti, D..11/7/04	573 Salvagni, R..11/7/03	1470 Bartt, M..2/7/04
83 562 Pullum, W..12/6/03	429 Tincher, B..12/7/03	573 McMillian, G..5/8/04	1470 Gawlik, S..9/25/04
84 562 Stark, J..12/6/03	429 Sussman, J..12/10/03	573 Brennan, E..7/25/04	1467 Durant, R..11/6/04
85 562 Krichner, L..1/24/04	429 VanAffelen, J..12/14/03	570 Voinovich, V..11/16/03	1465 Byas, A..3/14/04
86 562 Boyer, B..6/19/04	429 Wagner, R..3/7/04	570 Becker, J..11/22/03	1465 Thomas, D..3/27/04
87 562 Bonner, M..8/7/04	429 Ward, S..6/12/04	567 Alston, J..11/1/03	1465 Braca, J..6/13/04
88 562 Peterson, D..10/13/04	429 Decker, J..7/10/04	567 Babin, M..11/8/03	1460 Lewis, T..3/20/04
89 560 Williams, P..3/27/04	425 Van Vranken, J..11/22/03	567 Zangl, G..12/6/03	1460 McMillian, G..5/8/04
90 560 Martik, A..7/10/04	425 Birt, R..4/17/04	567 Chiras, D..12/10/03	1460 French, B..7/31/04
91 560 Rouan, A..11/20/04	424 Andres, T..10/18/03	567 Boyer, D..6/19/04	1455 Andres, T..10/18/03
92 560 Wolfe, G..11/20/04	424 Beebe, B..12/10/03	567 Krocwech, R..11/12/04	1455 Whittaker, A..1/17/04
93 556 Reid, T..7/10/04	424 Brown, T..7/24/04	565 Keller, C..2/21/04	1455 Wilson, J..3/21/04
94 555 Yvars, A..11/23/03	424 Jewett, T..7/24/04	565 Talbot, Z..2/28/04	1455 Fields, G..4/4/04
95 555 Serrano, S..5/15/04	424 Luckett, M..8/7/04	565 Hersperger, A..3/20/04	1455 Leslie, M..5/15/04
96 551 Houston, P..10/25/03	424 Kim, A..11/12/04	565 Burton, D..3/27/04	1455 Strom, M..5/15/04
97 551 Nautel, S..11/2/03	420 Cifelli, A..10/25/03	565 Leslie, S..5/15/04	1449 DeMatteo, J..3/7/04
98 551 Hammers, D..12/13/03	420 Goree, D..5/8/04	565 Serrano, S..5/15/04	1444 Houston, P..10/25/03
99 551 Haney, B..1/24/04	420 Martin, S..8/7/04	562 Ledoux, R..11/15/03	1440 Rock, J..10/25/03
100 551 Stumpt, D..1/24/04	420 Carson, J..8/22/04	562 Smith, G..11/15/03	1440 Shanebrook, S..9/11/04

PL USA Top 100 Achievement Awards



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NEXT MONTH... TOP 198s

CORRECTIONS ... Diane Zimmerman should have been credited with a 280 deadlift in the results of the Coal County Classic. Robert McCray's name was misspelled in the results of the Desmond Gym Open. The photo identified as Jeanne Watts in the report of the WABDL Worlds was actually of Teresa Jacobs. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Post Office Box 467, Camarillo, CA 93011 and we will do the research to resolve any questions. Sometimes we don't receive the results of meets in time to make the compilation of a list.

ATTENTION: Masters, Teens, Women ... the 2004 TOP 20 rankings for those categories will be coming up soon .. if yo haven't seen your results in PL USA yet, give us a call so we can pre-verify your accomplishments and include them in the ranking lists.

APA Patriot Open
11 DEC 04 - Houston, TX

BENCH	R. Plunkett	—	181 lbs.	Masters (40-44)					
148 lbs.	275 lbs.	—	R. Jolly	450	349	500	1250		
Teen (13-15)	Open	—	198 lbs.						
B. Leitz	180	C. Maylon	385	Open					
165 lbs.	Masters (50-54)	—	C. Moore	540	349	625	1495		
Teen (16-17)	P. McElroy	385	M. Wray	415	—	425	—		
T. Melton	255	308 lbs.	Master (45-49)						
181 lbs.	Submaster (33-39)	—	G. Routhouka	365	265	385	1015		
Junior (20-23)	T. Meeker	820	Master (50-54)						
J. Johnson	290	B. Leitz	—	B. Kline*	555	385	525	1465	
198 lbs.	DEADLIFT	—	220 lbs.						
Teen (16-17)	198 lbs.	—	E. Adams	340	260	425	1025		
N. Lyons	300	Open	J. Ash	625	—	690	—		
220 lbs.	M. Wray	425	242 lbs.						
Submaster (33-39)	220 lbs.	—	Submaster (33-39)						
R. Perez	400	Open	B. Propst	495	430	520	505		
242 lbs.	J. Ash	645	Masters (40-44)						
Open	R. Gains	650	R. Gains	455	455	620	1725		
MEN	SQ	BP	DL	TOT	WOMEN				
148 lbs.					132 lbs.				
Junior (20-23)					Submaster (33-39)				
A. Muntz	390	230	380	1000	S. Wilson	255	150	295	700



Josh Ash with his 695 squat attempt at the Patriot Open. (McCullough)

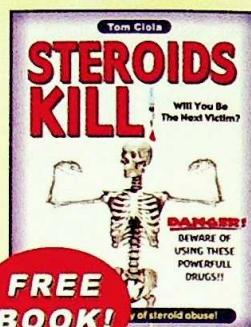


Tiny Meeker and his 910 bench attempt at the APA Patriot Open. He opened with a successful 820. (photos courtesy of Tom McCullough)

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also lifting in the 275's had a fine day with his 385 bench taking home a Texas record. In the 308's Tiny Meeker and Bobby Leitz put on quite a show when Tiny opened with a huge 820 and Bobby 800 pounds. Tiny easily got his opening attempt giving him a new submasters World record, while Bobby just couldn't get the weight to touch the chest. Tiny ended up giving 910, and 935 a try but just couldn't lock either, while Bobby went 830 and 845 unsuccessfully. Great efforts from both of these great athletes. In the deadlift only division 198 Matt Wray took home a win with a 425 deadlift and 220 pound. Josh Ash got an easy 645 with his opener and just missing 695 on his 2nd attempt. In the women's full power division submaster Saba Wilson (132's) took home a win and 2 Texas records and 2 AMERICAN records. Saba had a 255 squat, a 150 bench, a 295 deadlift and a 700 pound total. A special thanks to head judge Mark Harris, side judges Steve Burtshell, Shannon McDougald and our spotters/loaders Brian Nugent and Paul Petrella. Thanks also to our photographer/score keeper Maria McCullough. Through the hard work of these individuals this meet went with no snags. A BIG thanks to Shannon McDougald, Josh Ash, Brian Kline and James Evans for all the help setting up and transportation of the equipment. A final thank to Inzer Advance Designs and PLUSA for their continued support of our meets and the sport. (Thanks to Tom McCullough for providing these results)

Bench Press Mania 24 JUL 04 - Fitzgerald, GA

BENCH	Submaster		B. Cawley	650
WOMEN	122 lbs.		Master (40-44)	
Raw	C. Lewis	90	Bench Women's Best Lifter: Kacie Padgett.	
111 lbs.	MEN		Bench Men's Best Lifter: Buddy Cawley.	
K. Padgett	100	Raw	Deadlift Women's Best Lifter: Catherine Lewis. Deadlift Men's Best Lifter: Rick Padgett. Ironman Men's Best Lifter: Mark Driggers. Bench Hawgs: Austin Padgett, Mark Driggers. (results from Rick Padgett)	
Teen (14-15)	Teen (14-15)			
176 lbs.	181 lbs.			
S. Jowers	95	B. Zerbe		
		180		

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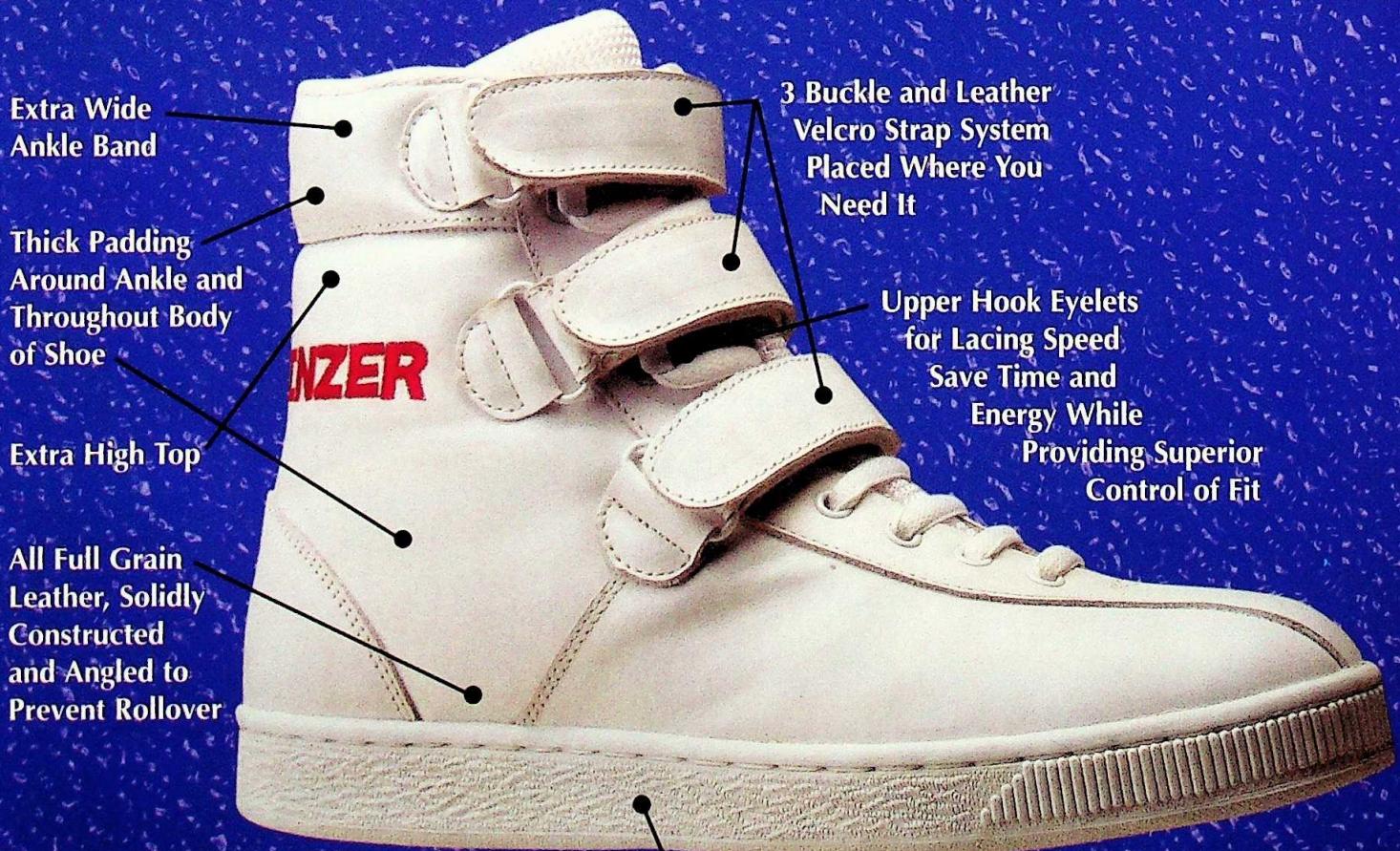
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