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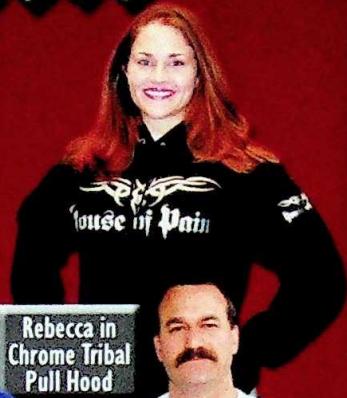


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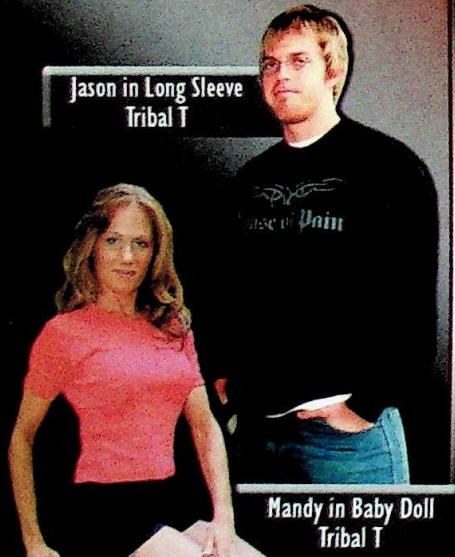
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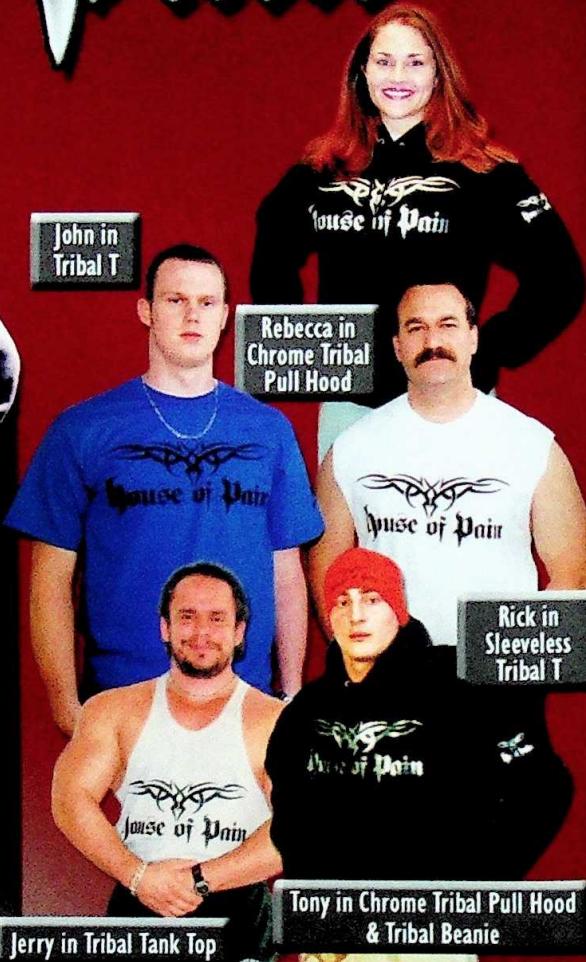


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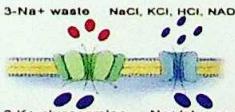
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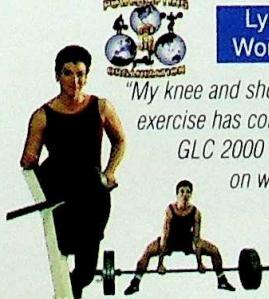
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# Powerlifting USA

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Publisher Mike Lambert

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# MUSCLE MENU

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*ON THE COVER - Champions from WPO events held at the Arnold Classic in Columbus, OH, include Markus Schick, Ron Palmer, Travis Mash, Steve Goggins, and Donnie Thompson*

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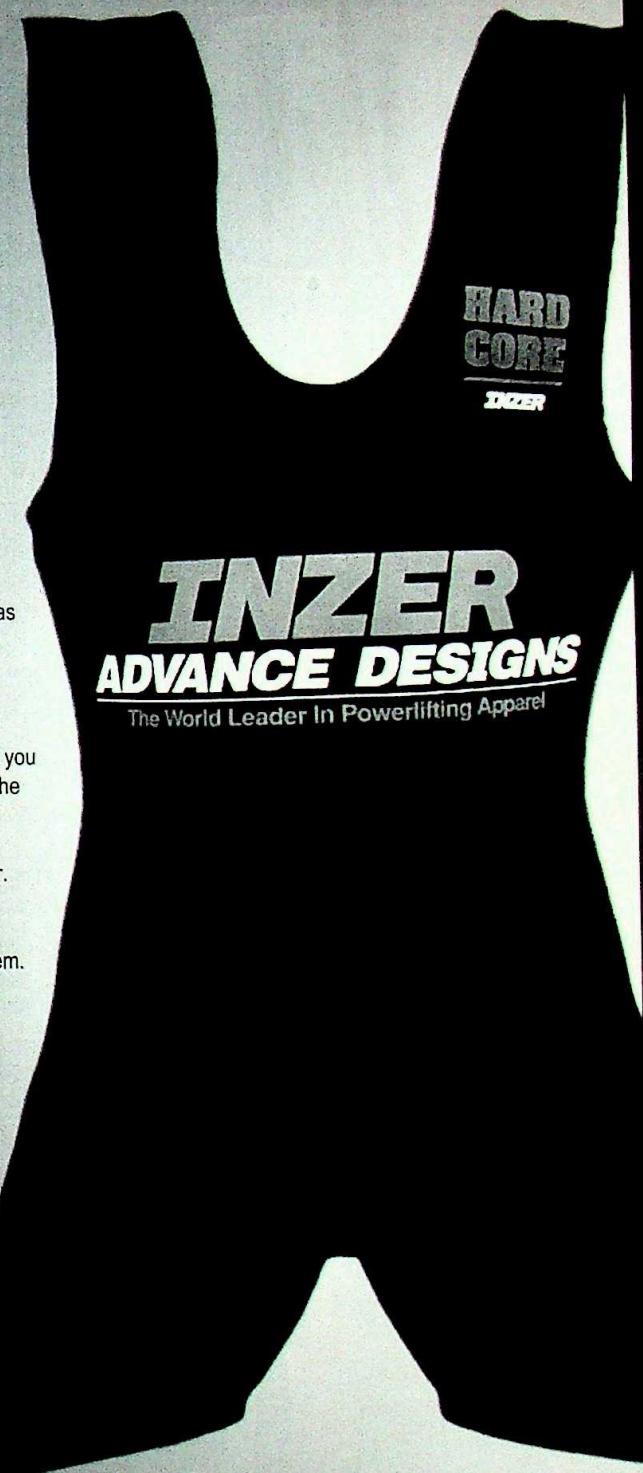
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The main expo hall again crowded to capacity for the WPO World Record Bench Bash at 2PM on March 5th. In 2004 the WPO Powerlifting event ceased following everyone's bench presses, while the Bench Bash took place, but that was delayed 3 hours by the strongman competition and then the speech by Arnold. This year's Bench Bash took place while the Powerlift event continued without interruption. The officials for the Bench event were Russ Barlow, side judge, Gordon Santee, head referee, and Wayne Pullum, side official. They, along with Pam Clayton, WPO Secretary (in charge of the score table) left right after the WPO powerlifters finished squatting at 1PM to get setup. This left Lisa Dennison, Bob Sweeney and Ken Wheeler to officiate the PL with APF/WPC Secretary Amy Jackson from Frantz Fitness Sports to run the score table. Everything ran smoothly onstage. Phil Harrington was there as expeditor. Pam kept the scoretable running. I helped her keep the cards in proper sequence, and I helped Kieran Kidder get an instant conversion of kilos to lbs., and still managed to dash up to get a clear view of key lifts.

**THE LADIES** -Kara Bohigian, a true Georgia peach who turns

## WPO BENCH BASH as told to PL USA by Herb Glossbrenner



**Middleweight Bench Bash Winners:** (left to right) Scott Rabine, Vitaliy Ponomarenko, WPO Prez Kieran Kidder, and Brad Hein.

30 this year, hoped to hit the big 402 BP she'd been training for. This wasn't her day. Unlike the WPO Powerlifters who were

allowed all the three attempts in each of their individual lifts this year, the benchers still were held to the "miss twice - yer outta here"

rule. Kara's shirt had given up its ghost and didn't work; she missed twice with 363.8 and was finished. Becca Swanson, 31, who'd experienced severe back cramps and had to postpone her day in the powerlifting event, benched here to test herself. She made 462.9 on a first lift. That's more than any other female on planet earth has ever done. She stalled on tries w/ 479.5 and 490.5. She will eventually surpass her incredible 501.6 lift she performed in the WPO P/L arena last year. Tarja Rantanen, 47, from Finland is pretty amazing herself. She's a WPC WR holder (40-44) w/ 352.7 BP, 468.4 DL and 1212.5 TOT! Now she specializes in the BP. When push comes to shove nobody can match the Rantanen family (her son Tomi, 24, has done 749.6 @ 308!) Mama proved she still has it, hitting 352.7, then 380.3, with a close miss w/ 391.3. Becca scored 146.149 GWF (Glossbrenner Women's Formula) pts. today. Rantanen, with the McCullough age correct factor figured in, scored an amazing 140.982! The fact that she can play in the same ballpark with the World's Strongest Woman speaks for how good she is!

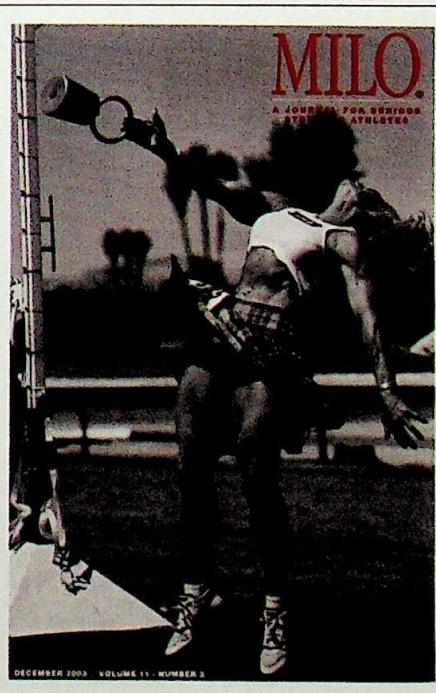
(article continued on page 90)

## 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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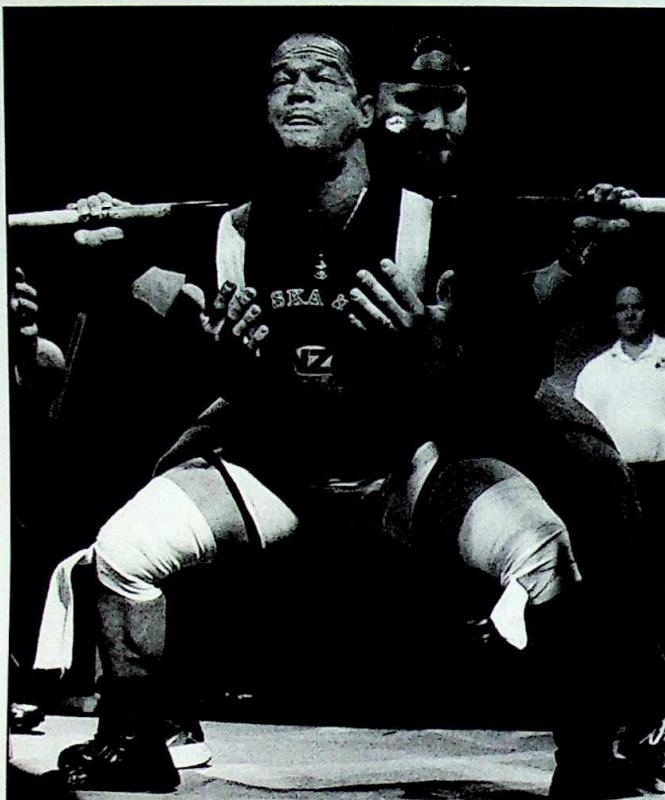
# 2005 WPO SUPER OPEN CHAMPIONSHIPS

## as told to Powerlifting USA by Herb Glossbrenner

MARCH MADNESS not only describes the hysteria about basketball which takes place this time of year, but also another spectacle of human prowess, this being the 3rd year that POWERLIFTING has rocked the foundation of the gigantic Convention Center in Columbus, OH. The Arnold Schwarzenegger Expo Fitness Weekend took place on March 4-6. A multitude of sports were featured, but make no mistake about it the WPO Super Open Powerlifting Championships had the big exhibition hall crammed to capacity both days. Kieran Kidder's dream of putting powerlifting on the map has become a full-fledged reality. The WPO (World Powerlifting Organization) has grown to monstrous popularity. The circus-like atmosphere, blaring music, pyrotechnic lighting, gorgeous card girls waltzing across the catwalk; gigantic screen views of the lifter performing, (this year a smoke machine was added for visual effect) all combine to stimulate the lifter to bring forth their best. Cash prizes for the champions went up to \$6500 this year - \$3000 for 2nd, \$1500 for 3rd, and \$750 for 4th. Why else would star performers like Ron Palmer of Indiana put themselves through the torturous ordeal of making drastic bodyweight drops and then rehydrating themselves in a carefully contrived plan to be at maximum capacity for this one great moment. Kidder has unselfishly put his whole life into this pet project, including untold dollars from his own bank account for his dream to succeed and it has paid great dividends - elevating the unheralded sport of



A Target? ... Liz Willet heard she was dropped from the World Games team after the WPO meet.



788 at 148!! ... Nick Hatch is still a TEENAGER!!! (Lambert photo)

powerlifting into an attraction that captivates the World. For this we owe a debt of undying gratitude. We are seeing lifts performed routinely today that no one in their right mind would have dreamed humanly possible, as little as 5 years ago. We are in an age of technological advancement. Evolution is running rampant. The face of change is upon us and there is no turning back. Enuff monologue - let's get on with it!

Three of the best female phenoms in PL today showcased themselves in exhibition, as they draw closer to their imminent destiny of cash awards just like the men. Rockin' girls to shock the world! Amy Weisberger, a hometown girl, is 40, but looks a decade younger. Within scant lbs. of becoming the only woman in history to total 10 times her own bodyweight, Amy had milked all she could at 132. She's 148 now - for good - with great expectations: she made a 518 SQ opener here, with effort, but two tries @ 562, though deep enough, kept her down! She benched a big 325.2 PR, but missed 352.7 twice, a big increase! DL of 473.9 came right up - 496 wouldn't budge. 1400+ is just a few meets away, and perhaps a wake up call for Kara Bohigian. A newcomer to the WPO was Liz Willet, 32, jolly - by golly -

to be here weighing a robust 338 lbs. of power packed mass. Liz was a former WR holder at 198+ in the IPF arena. She owned a huge 1521.2 TOT as well as the No. 2 biggest Women's Hwt. SQ All-Time with 661.4 (next to Becca). Her best BP 413.4 is 4th All-Time best. All great lifts done in the single ply gear and super strict forum of USAPL/IPF competition. Liz struck up a warm camaraderie with Becca Swanson, 31, who was rehabbed and ready to return to action after tearing both biceps last year, in separate incidents. Swanson made a stupendous impression at this meet last year: 760 SQ, 501.5 BP (first and only woman over 500), 650 DL, and a nine lift TOT of 1895.98. Becca'd done a tune up meet recently testing herself @ 220 bwt. (804.6, 462.9, 567.7, 1835.2), but a big cramp-like pain in her upper back readying for her huge 804.6 SQ opener here made her forgo the effort, and drop out rather than risk further injury. Willet, all smiles, started SQ w/ 606.27. She also negotiated 672.4 and also 705.4 on following attempts, both a tad high. She took a token 137.8 BP to save her shoulders for the WL competition she decided to try the next day. (Editor's Note: she snatched 110 and clean and jerked 154). She cut loose on the DL: her

opener at 451.9 was a mere toy, followed by 501.6 to equal her PR. She topped it off with an her best ever pull of 512.6, and clapped her hands with glee afterwards.

### MEN'S LIGHTWEIGHTS

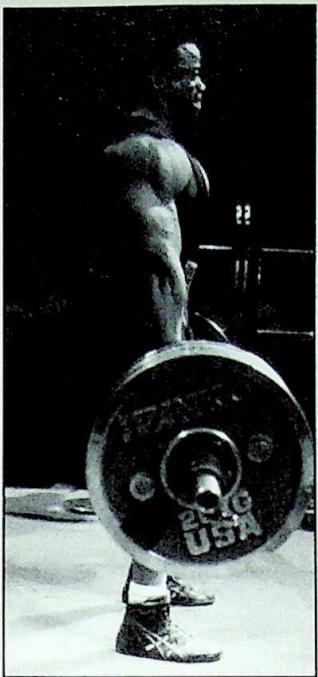
(This division included men in the 132, 148 and 165 lb. class bodyweight divisions.)

7th: RICH HAWTHORNE, only 21, is one of the youngest APF/WPC/WPO super-talents skyrocketing to his place among the PL Elite. In APR last year, in his quiet and unassuming manner, he posted a 1455.1 TOT @ 123-3rd highest of All-Time that class. Equipped with tendons as strong as steel cables, he opened huge w/ 650.3 SQ - cut depth - repeated good! Shooting the moon with 673.5, going for a thousand bucks in WPO World Record money, he got pinned. Improved in the BP, he popped a PR 314 to pave his way for his magnificent deadlifting talent. First 512.6, then 562.1 (which garnered him 215.181 GMF(Glossbrenner Men's Formula) pts. the best of anyone in the whole meet at any bwt.) This prepared him for a shot at 600.7. It only cleared the deck, which caused Richard to scowl in self-disdain. TOT - 1526.7. The All-Time best TOT of 1631.42 by the Russian Ravil Kazakov(IPF) will eventually be overtaken by Richard.

6th: BRIAN STRICKLAND, 35, @ 164.9 from Lakeland, FL, made his 650.3 SQ opener look EZ - 3W. He looked strong w/ 694.4 also - but 716.5 stopped him. Three good BPs to 424.4. DL 573.2, an initial effort, for a TOT 1692.04! Two pulls w/ 611.78 were too heavy today.

5th: DAN PETRILLO, 25, of Whippany, NJ, drops from almost 190# (ala Palmer) to make the 165s (but less drastically). His 661.4 SQ start was perfect! Up to 705.4 - good depth - but no recovery - twice! Dan's shining talent lies in his BP. He tuned up w/ a 457.4 - SMOKE JOB - to 507.1. Bang! He does it, breaking his own WPO 165 class WR of 503 - worth \$1000. This makes the sacrifices in dieting well worth it - SWEET! He hoped to push the record higher, but 518 stalled halfway up! He pulled 529.1, then 573.2, for a P/R 1741.65 TOT. Big jump to 622.8 - his 3rd - just too heavy!

4th: NICK HATCH, 19, weighed @ the limit - 148.81, from Big Iron Gym in Omaha, NE. If wily coach RICK HUSSEY can be considered as BATMAN, then Hatch is truly his boy wonder - ROBIN! The big match up between reigning 148 WPO kingpin Brian Schwab, 30, never materialized. Schwab owns WPO WRs in BP (503.75) and TOT 1765.9, 4th on the All-Time World list. First 655.8 pinned Brian twice, followed by a 661.4 last ditch effort. Last



The Magnificent Physique of Arnold C. moved all time weights

Oct. Nicky SQ 735.2, an all-time World best and WPO WR. Then Jaroslaw Olech, POL, bumped the ceiling up to 749.6 at the IPF Worlds a month later. Nick came out w/ 750.67 on the bar to start. Whoops - 2R for depth. I was worried that maybe he'd bitten off more than he could chew. "Not to worry," coach Rick told me when Nick went up to an insane 788.1 for his 2nd "he's doubled 800 in practice!" I thought Hussey's leg swelling had traveled up to his brain. Nick came out, hit good depth, and ground it up. GOOD lift! Holy smoke - Batman! Kidder had the crowd worked into a frenzy beforehand, but I seriously doubt if more than a dozen people in the whole place realized the magnitude of what just happened. It broke the All time World best lift by 38.5 lbs., rated 267.553 GMF points - the best of the WHOLE MEET squatwise, and was also the 6th greatest SQ in the whole History of PL by anyone of any bodyweight. He wasn't done yet. Nicky stormed the big one - 804.6. He took it down and back up, but was ruled too shallow. Still a TEENAGER until this coming Oct. 19, Hatch will become - next time out - the lightest person in history to SQ over 800. In BP Nicky is almost as amazing - 462.9, 479.5 both good, but 490 stalled. Nick broke Schwab's WPOWR TOT twice; w/ 507.0 opener (1774.12), then 518.1 (1785.74), and earned \$750 for his 4th place LIGHTWEIGHT CLASS finish,

plus another \$2000 for his WR SQ & TOT. Talk about an EXTREME TEEN!

A three way battle ensued for 1st: ANGELO BERARDINELLI, 39, Painesville, OH; RON PALMER 32, of Indianapolis, IN; and the defending WPO Lightweight champion of the World - the "old man" of the group, TONY CONYERS, 46, from Tampa, FL. What a tussle this promised to be. Two years ago, Palmer dropped 25 lbs. in 10 days, rehydrated in the 48 hour WPO weigh-in time period, and hit an unbelievable 1951.09 TOT via 788, 474, 688, to win over Conyer's 1879 and Berardinelli's 1873! Nobody in their right mind would try this drastic weight reduction again, right? True, but remember we're talking about Mr. "Push the Envelope" Palmer. Last year it was the same terrific trio going at it tooth & nail. Conyers was "red hot" with an 810 3rd SQ and an All-Time 832 4th attempt that put him 28 ahead. Anthony's 683 final deadlift pushed his TOT to an astronomical 1978. Palmer was 2nd w/ 1934 and Angelo again 3rd at 1840. These same three ultrastars went head to head for the 3rd time. Tony trailed both men after the SQ (782 2nd round). Palmer got all 3: 705.4, 766 and finally a gut busting 799.1 PR. Berardinelli's 804.6 2nd attempt was the TOP SQ. He and Conyers both tried to beat the WPO WR with 833.3 - too much this year for either man. In the BP

Conyers made fast work of 451.9, on his 2nd, but stonewalled w/ 479.5. Palmer paced perfectly: 451.9, 473.9 and then 490.5. Berardinelli assaulted WR tries with 508.2 and 523.6 after a 462.9 opener that "flew Up". Nolift - both times. Palmer wanted a potshot at the BP record took 508.3 on a 4th to eclipse Petrillo's newly created mark, but couldn't get it. Into the DL, Palmer led Angelo by 22, and Conyers trailed by 55. Angelo's sumo style was crisp and strong: 600.7, and 644.8 a personal best w/ power to spare. His 655.8 was slightly misgrooved - didn't go. Final TOT 1912.5 - his best ever! Conyers aced 600.7, a birdweight; next yanked up 672.4 and a clean looking 683.4 for 1918.02 which secured second. Palmer looked unbeatable! He pulled 628.4, 661.4 and 672.4 for 1962.11. But why the conservative 3rd attempt? Seems there was a misunderstanding. Palmer believed he could take a 694.4 lift on a 4th to beat the WPO TOT mark Conyers had made last year to get 900 kg. (1984.16). Frayed Knot! 4th attempts are allowed for tries at records in the individual lifts only. To break the TOT mark Palmer would've had to take 694.4 on his 3rd attempt. No matter, he'd taken back the WPO Lightweight Championships belt. The real man to thank is Palmer's behind the scenes platform coach who picked all his lifts absolutely perfectly. That would be Phil Harrington of Toccoa,

GA (birthplace of Paul Anderson). Phil has relocated from South Carolina and trains at the North Georgia Barbell Club in Atlanta. He exemplifies what I call "Smart strength". Phil is always there to lend a helping hand. Speaking of Phil, two weeks following this event at the APF Georgia State meet Phil (@ 181) broke the All-Time SQ record he already owns (855) not once but twice - first 865, then a smoked 900-3W, the lightest man in history to achieve the "big Niner" WOW! Phil also got 495 BP(reverse grip) and 620 DL for 2010 TOT.

### MEN'S MIDDLEWEIGHT (181, 198, 220 classes)

7th: ARNOLD COLEMAN, 40, Blacklick, OH (a Columbus suburb). Arnold's placing was only due to the fact that he was going against men as much as 40 lbs. heavier. It was his day to shine. It couldn't have happened to a nicer guy. He might very well be the most selfless, soft spoken, polite, kindest gentleman I've ever known. He has it all, 181.22 lbs. of the most massively muscled, rock hard, physique I've ever seen on a powerlifter. He rivals the greatest bodybuilders in history of his size and frame. His strength is even more phenomenal! He came out the starting blocks a man on a mission: SQ 771.6, 821.2 low and EZ, then 844.37 a new WPO WR executed in magnificent style! BP - a laughable 523.6 was triceped up. Next came another WPO WR - 551.1 - surpassing the

547.84 lift by Solovyev done last Oct. at the WPO finals. Coleman put his horseshoe triceps, grapefruit delts and armor plated pecs to full output and muscled up 573.2, another fantastic WR. He dared to try 600.7 on a 4th and almost got it. He opened w/ 310.5 (684.53) which gave him a new WPOWR TOT of 2102.1. He went to a 699.94 2nd attempt and boosted his TOT to 960.5 (2117.54) to shatter the 17 year old ALL-TIME mark of 2110.9 held by the great Gene Bell from Gus Rethwisch's famous WR Breaker meet in Honolulu. How can you top that? Well, you can't. Satisfied with a perfect 8-8 day that yielded 5 WRs, Arnold waived his 3rd pull, having earned 3 grand for the SQ, BP and TOT WRs he'd smashed.

6th: BRANDON CASS, 30, Oakgrove, MO, 218.7, a top lifter in other federations who made the transition to WPO last year, seemed to be out of sync. It took him all 3 to secure his 848.7 SQ opener. BP: he did 529.1 easily, then 551.1 His 578.7 tilted for no lift. Brandon pulled

(article continued on page 92)

### WPO SUPER OPEN/4-5 MAR 05/Columbus, OH(kg)

CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	
<b>LIGHTWEIGHTS</b>											
R. Palmer	320	347.5	362.5	205	215	222.5	285	300	305	890.0	
				4TH-BP-230							
T. Conyers	310	355	378	187.5	205	217.5	272.5	305	310	870.0	
Berardinelli	340	365	378	210	230	237.5	272.5	292.5	297.5	867.5	
N. Hatch	340	357.5	365	210	217.5	222.5	230	235	240	810.0	
D. Petrillo	300	320	320	207.5	230	235	240	260	282.5	790.0	
B. Strickland	295	315	325	182.5	190	192.5	260	277.5	277.5	767.5	
R. Hawthorne	295	295	305	130	142.5	150	232.5	255	272.5	692.5	
Weisberger	235	255	255	147.5	160	160	200	215	225	597.5	
L. Willett	275	305	320	62.5	—	—	205	227.5	232.5	570.0	
<b>MIDDLEWEIGHTS</b>											
T. Mash	420	440	455	275	300	320	335	365	365	1095.0	
				4th							
D. Blue	410	455	455	227.5	272.5	282.5	295	310	320	1002.5	
M. Cartian	365	392.5	413	265	282.5	297.5	275	300	307.5	995.0	
K. Patterson	365	392.5	392.5	300	325	340	272.5	287.5	297.5	978.0	
H. Selsam	380	425	455	290	230	255	305	322.5	327.5	977.5	
B. Cass	365	385	385	240	250	262.5	330	340	347.5	965.0	
A. Coleman	350	372.5	383	237.5	250	260	310	317.5	—	960.5	
				4th-BP-320							
<b>HEAVYWEIGHT</b>											
S. Goggins	473	473	474	250	260	272.5	65	372.5	375	1121.5	
M. Bartley	460	470	480	310	317.5	327.5	320	320	320	1117.5	
J. Stafford	395	412.5	425	302	320	327.5	340	365	375	1105.0	
A. Solovyov	400	400	410	290	300	310	320	300	380	1020.0	
				4th-BP-320							
C. Castile	395	417.5	417.5	255	267.5	275	305	330	335	992.5	
<b>SUPER HEAVYWEIGHTS</b>											
D. Thompson	465	465	490	327.5	345	365	347.5	372.5	375	1182.5	
M. Smith	455	477.5	487.5	300	320	327.5	342.5	365	372.5	1180.0	
P. Childress	467.5	495	—	300	330	335	335	365	377.5	1160.0	
A. Bolton	455	482.5	510	260	260	295	355	390	412.5	1182.5	
<b>OUT</b>											
B. Swanson	—	—	—	—	—	—	—	—	—	—	
B. Schwab	297.5	297.5	300	—	—	—	—	—	—	—	
T. Avola	375	375	375	230	230	230	—	—	—	—	
C. Vogelpohl	452.5	452.5	452.5	—	—	—	—	—	—	—	
P. Urchick	417.5	417.5	417.5	—	—	—	—	—	—	—	
G. Frank	480	480	—	—	—	—	—	—	—	—	
B. Moore	442.5	475	487.5	320	320	320	—	—	—	—	
				4th-SQ-510							

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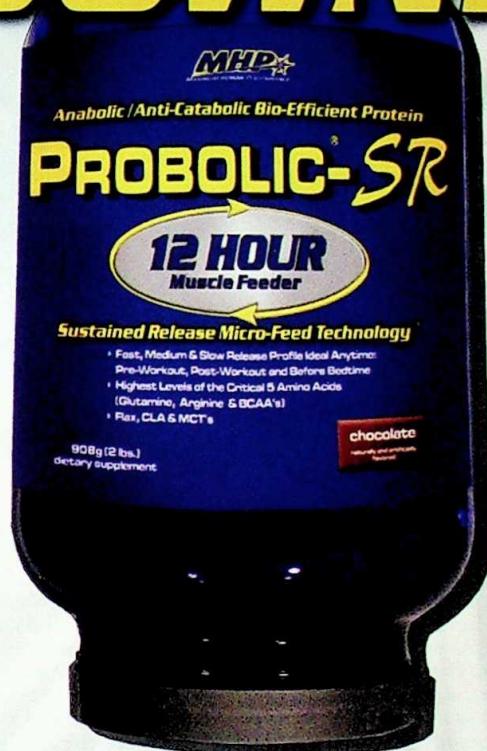
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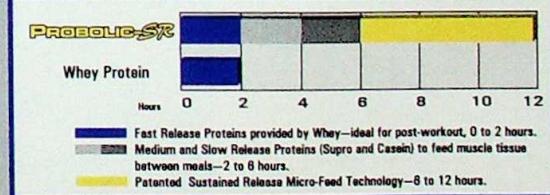
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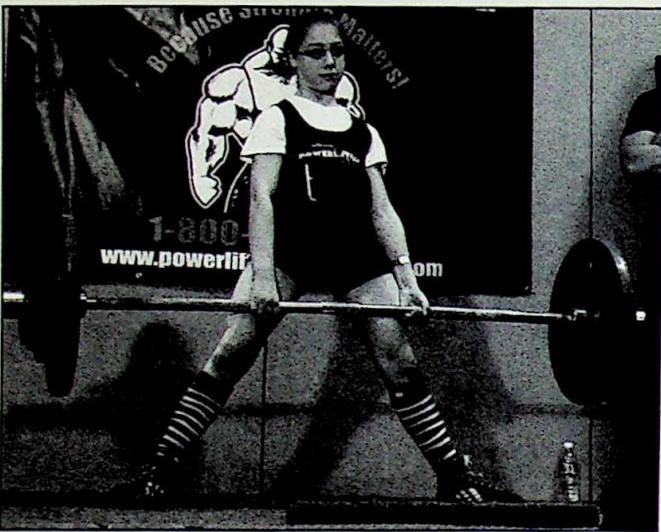
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## 2005 USAPL Women's Nationals as told to Powerlifting U.S.A. by Disa Hatfield



**Kendra Miller** - a "youth" who could have lifted open. (Hatfield)

Relatively warm weather and the annual Mardi Gras celebration greeted the 158 women that came to St. Louis for the 2005 U.S.A.P.L. Women's National Championships. Dawn and Harold Gaines hosted this meticulously planned meet, and more than went out of their way to provide for the athletes. Of note were the custom made medals designed by Rick Fowler, who was also spotted throughout the weekend as well as running the platform, loading, and passing out chocolate chip cheesecakes.

This year featured 5 youth lifters competing in various weight classes. Lifting in with just wraps and a belt, these young ladies exhibited composure, form, and-of course-strength that belied their age. The youngest lifter of the meet, Beth Block, put up a very nice 331 lb total. The other 4 young competitors lifted in the 12-13 year age group and were led by the 88lb Kendra Miller whose 590 lb total would qualify her for the 97 lb Open class. She was followed in total by Katie Swanson (397 lb total), Sarah Faye Biddle (380 lb.), and Marlena Daniel (331 lb.). Like last year, the youth lifters were a crowd favorite and their exuberance and love for the sport were noted by the older competitors.

The 97 lb class was a close race (subtotals for the top 3 were 396, 396, 402!) At the finish, the top 3 were only separated by 16 lbs. Going 8/9, Cheryl Anderson led the group with 3 white light squats and a strong 3<sup>rd</sup> attempt deadlift of 297 lb to stay ahead of second place winner Barbara Seips by only 6 lbs. Junior World Team member Erin Dickey rounded out the top 3 with a 677 total and also walked away with the Jr. class gold

medal and an American Jr. bench record. Cathy Solan took 4<sup>th</sup> with a 655 total and New England's Donna Aliminosa kept her cool after falling back and timing out of her second attempt squat to finish with a 562 total. Cathy was also entered as a 45-49 competitor and Donna was entered as a 50-54, both strong additions to our Masters World team. The Open ladies were joined by T1 lifter Melissa Werner who finished with a 396 total and T2 Jackie Miller (418.)

With Jenn Maile moving up to the 114s, one would think the 105s would be anyone's guess. However, 14 year old Caitlyn Miller swept in, took over, and claimed her spot in her first Open Nationals

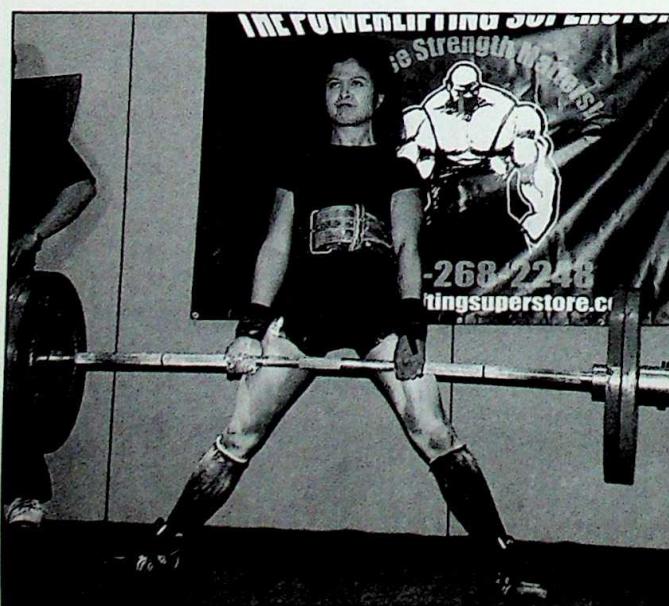
appearance, snagging an American T1 Deadlift record of 336 lbs and wowing the crowd with her 799 total. At this young age, Caitlyn is already a powerlifting role model, with an 8/9 performance and picture perfect technique to back that statement up. She was followed by Jonna Ocampo, who turned in another fine performance and a 650 lb. total. M3 competitor Ann Leverett struggled a bit, only going 3/9, but still turning in a 716 lb. total. Ann actually attempted several M3 records, but just didn't have her best day. In the Master's 60-64 division, Judy Gedney proved she can still grind those pulls out and ended a fine day of lifting with a 270 lb. deadlift and a 644 total. Judy was inducted into the USAPL Women's Hall of Fame last year, and her devotion to the sport as a lifter and a judge serves as an inspiration to many rookies. T2 and T3 lifters Miranda Mueller and Lauren Guidry won their respective age groups.

The 114s were pretty much the topic of most pre-meet debate chatter. 2003 World Champion Siouz-x Hartwig came back this year from a neck injury and deadlift phenom Jenn Maile was there to greet her. The two began their battle in the squat, both only getting one lift in. Moving on to the bench, Jenn went 3/3 ending with an easy looking American Open record of 220lbs. With Jenn 22lbs ahead at subtotal, Sioux-z just wasn't able to keep up with Jenn's tremendous 400+ lb deads. Siouz-x ended up pulling her hamstring (which she tells me is much better now) and passed on her third. Jenn went on to equal her best pull of 402lbs. to round out her 964 total. Both of them have spots on the

Open World team, and we can expect a great rematch in May. Taking 3<sup>rd</sup> and 4<sup>th</sup> were teenage sisters Leah and Lora Marietta. Leah also edged out Jamie Beebe in T3 division with a nice 799 total. Younger sis Lora looks like she might be catching up to her though, and with a 727 total beat out the hair-goddess Stevie Cross, Sara Beebe, and Megan Hampton to take the T3 class. Rounding out the Open were Maura Shuttleworth and Deb Hairston (who also won the 50-54 class and benched an American Mater's bench record of 154 lbs.) Also competing were 55-59 class lifters Sally Bowers (who pulled an American Master's record 309 lbs.) and Joann Clough, who unfortunately didn't total due to a bad day in the squat, 40-44 class winner Linda King (446.) T1 Kelly Sullwold (584 lbs) and Jr. Ashley Matherne (793.)

The 123s was convincingly won by Junior World Team member and last year's Open 114 winner Ashley Awalt. Ashley took a shot at her own Jr. World bench record on her third attempt, but missed. Despite a few missed lifts, "Peanut" still put some poundage on her squat and won by 176 lbs. She was followed by Janel Brown, Kristen Yukness, Leigh Heaines, and Patricia Tidmarsh. This year, we were again honored to have a few members of the British squad guest lift, and their first appearance in the meet was represented by Heather Hampson, who put up a 799 lb. total. Natalie Wood took second in the Jr division. This weight class also saw several promising teen lifters compete, with notable performances by Kim Douglas in the 14-15 class, who put up a 727 total. She was followed by Ashley Taylor and Linsey Probst. Katie Van Dusen won the 16-17 class, followed by Kristen Thernes and Courtney Langhoff. Katie had a few missed lifts, but her 755 lb. total shows great promise. Jessica Stewart and Heidi Gregory battled until the last deadlift in the 18-19 class, with Heidi missing her final deadlift to give Jessica the win. The 123 class is also home to several veteran Masters World Team members. Diane Siveny kept her crown and beat out Leigh Haines and Shawn Warren in the 40-44 class, while Kate Dingle-Craig came out on top of her own Master's World team assistant coach Lannette Lopez in the 45-49 class. Against every cardinal powerlifting rule there is, Kate competed in a half-marathon only a few months before the meet! The ever-outrageous Ellen Stein came back after a year off and took her place in the 50-54 class.

Noticeably absent from competition was Bettina Altizer. However, Bettina was our 2005 Women's Hall of Fame inductee,



**Cheryl Anderson** atop the 97s in just a few years ([www.ftvideo.com](http://www.ftvideo.com))



Larry Maile, Bettina Altizer, & Judy Gedney

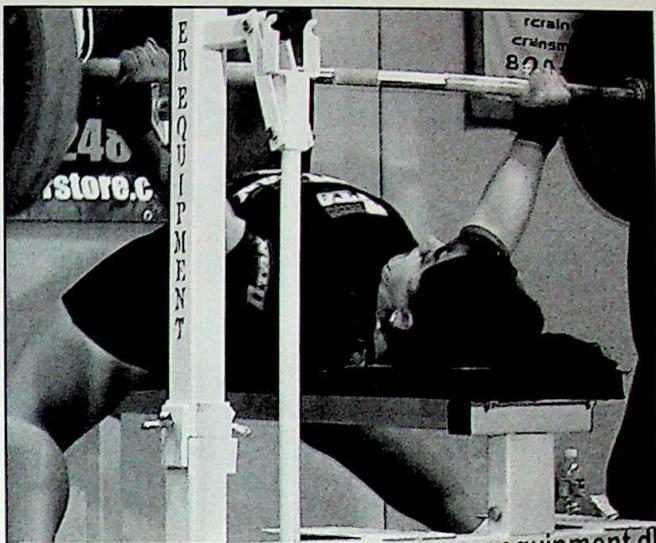
and was there for the ceremony and to help judge and keep the rest of us in line. Bettina's long time commitment as an official, executive committee member, and world-caliber athlete is truly inspiring. With Bettina taking a year off, previous 123 lb. Open winner Carly Nogle stepped up. The 18 year old Carly only missed her second squat, and finished the day with a tremendous Open American record deadlift of 435 lbs. Carly is a product of Tod Miller's Plainwell, MI team (along with fellow Open winner Caitlyn Miller) and you get the feeling there is far more to come from this young champion. Carly was followed by bench press specialist Jennifer Thompson. Jennifer had a bad day in her signature lift, needing 3 attempts to get her 286 lb. opener in. She tried a world record on a 4<sup>th</sup> attempt, but didn't have it in her. Still, her total was high enough to earn her second. Jennifer Rey returned from a year off to take 3<sup>rd</sup> with an 8/9 day. She was followed by open competitors Rachel Churchward, Christina Henesian, Veronica Aguilera, Megan Jovanovich and Darla Merrival. Christina won the Jr. class, getting only one squat and bench in. However, she was able to pull a 374 lb. American Jr record on her second attempt. Coming in behind Christina was Texan Shay Stone and Rebecca Rich. Kami Schroer came in first in the 14-15 class over Katie Kneifl, Kylie Borer, and Elizabeth Houle. The T2 class was deep, hosting 5 lifters, and only had an 88 lb. difference in totals between 1<sup>st</sup> and 4<sup>th</sup> place! Amanda Baum came out on top with a bodyweight win over Katherine Gregory. Rachel Probst, Bridgett Jones, and Richelle Sorensen followed. Carly Nogle led an equally deep T3 group. Jenna Farel took second and Megan Jovanovich took third. They were followed by Ciji LeBlanc, Aviance McLaruen, and Brooke Nellor. Veteran Angela Simmons won the 40-44 class, while Gina Stapleton won the 45-49 class. Barb Zintsmaster placed first in the 50-54 class, followed by Jill Sellers. Everyone's favorite retired WA state Supreme Court

Judge Faith Ireland had a bad day in the bench and was unable to total. Faith is a multi-time Masters World team member and she will be back next year. Plus, no one looks better in leather pants than Faith.

The 148s were again dominated by the 2004 World Champion Priscilla Ribic. Priscilla continues to

improve, putting up PRs in the squat, bench, and total, upping her own American records in the squat and bench. She narrowly missed the World Record total, but looks to be in shape to recapture her World title this May in Finland. Priscilla is an example of the unbeatable combination of dedication, smart training, and good coaching - a combination that has put over 400 lbs. on her total since her first appearance at USAPL Nationals in 2001. However, Priscilla's dominance in this class did nothing to sway others from coming to compete. Her WA state-mate Paula Houston came in 2<sup>nd</sup> with a 9/9 day and 4 M1 American records! She was followed by the Jr. class winner Alyssa Hitchcock, who squatted her way to a Jr. American record. Erin Walterman came in 4<sup>th</sup>, and was followed by veteran lifter and 45-49 class winner Ruth Welding and Jane Larsen-Welborn. Rita Carlson and Sasha Meshkov also competed, but both were unable to total. Bev Salerno won the 55-59 class. Paula Houston took home a gold medal in the 40-44 class to go with her Open silver medal. She was followed by Donna Marts and Caryn Daniel. Terry Lee took the M3 class, and an M3 American bench record of 181 lbs. Ashley Millet earned silver in the Jr. class, while T1 Kasa Schoer matched her twin sister Kami's 132 T1 gold. In the T2 class, Molly Dennany's 427.5 total was a convincing victory over Hallie Hetzler, Kristin Van Meter, and Chelsi Mundy. Molly took home 3 T2 American Records and an IPF Sub-Jr bench press record of 233 lbs on a 4<sup>th</sup> attempt. Angelle Matt came out on top in the T3 class, followed by Rachel Pidcock, Megan Hogmire, and Lisa Gory.

A tough class last year, the 165s looked to be shaping up for some great competition again. Lynne Nelson came out on top in the open, compliments of her tremendous 462 lb. deadlift. She was followed by last year's 181 class winner Katie Ford, Laura Stryland, Gilly Martinez, and Holly Geersen. Open lifters Taryn Cowan and our second British guest lifter Marian Gibson weren't able



Priscilla Ribic in position to defend her IPF World Title (P. Ribic)

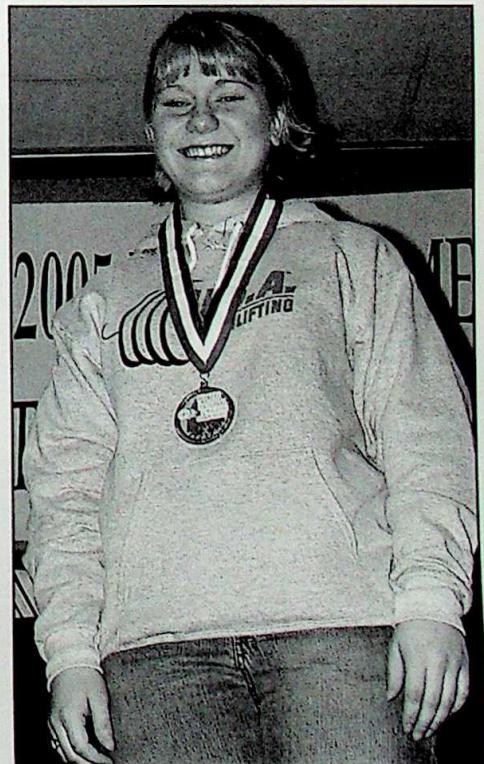
to get squats in for a total, but did finish the meet thanks to the new IPF rule. Katie Ford took the Jr. class in her last year as Junior. She was followed by Dekeshia Anderson and Dana Mauriello. In the T2 class, the bench phenom Devan Doan proved she could also squat and pull, putting up 363 lb. squat and 352 lb. deadlift on her way to a T2 American record total. Devan is coming off of hip surgery, after which she was told she might never squat again, which makes her numbers even more impressive. Oh, by the way, she also had an IPF Sub-JR. World record bench of 2867 lbs. to go with those lifts.

Also competing in the T2 class were Jenna Barrett and Samantha Hood. Jenae Jindra took the win in the T3 class. MI lifters Rhonda Clark and Laura Stryland provided some competition for each other, with Rhonda coming out on top compliments of a big deadlift. Open winner Lynne Nelson also competed in the Maters 45-49 class, beating out Teresa Merrick. To go with two shiny gold medals, Lynne now also has all 4 M2 American records in her name. Masters World Team Members Marsha Serre (55-59 class) and everyone's favorite southern belle Regina "The

Inzer Lady" Hackney (65-69 class) reclaimed their titles, while Leah Smith took the 50-54 class. Sonja McKinlay outlifted Dana Backiel to win the 60-64 class with an impressive M5 American total record of 739 lbs.

181er Liane Blyn made a come-back appearance after a few years off from powerlifting. She spent her time well, though, competing in and placing 5<sup>th</sup> in the World's Strongest Women competition. She was up against Disa Hatfield (who was working on her 3<sup>rd</sup> weight class in as many years,) and Malinda Baum. Disa

(continued on page 86)



Devon Doan has three lift promise (P. Ribic)

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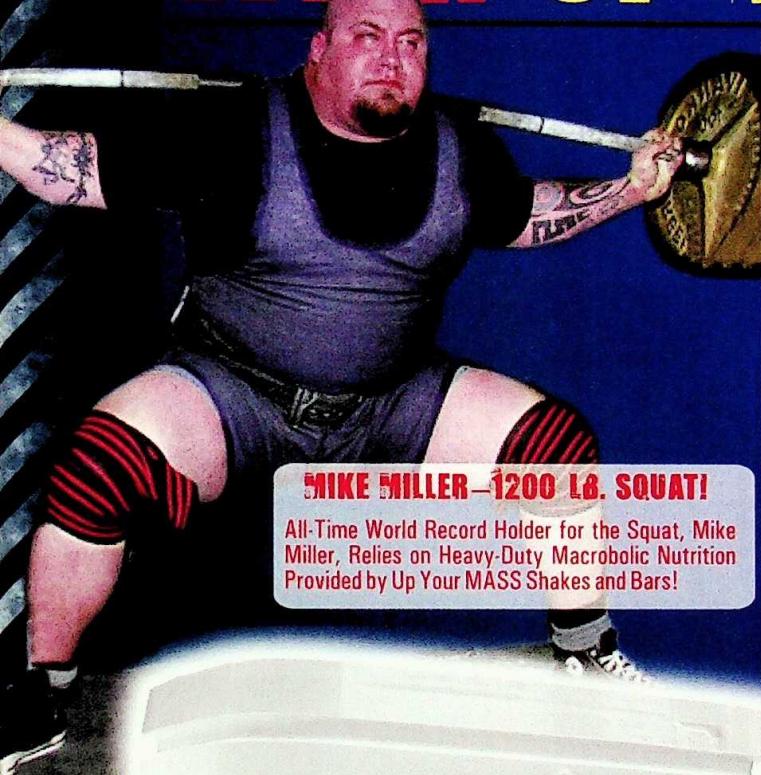
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# INTERVIEW

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

## JIM KILTS

interviewed by Greg Jurkowski

Speaking with Jim Kilts, one of the strongest, pound for pound, bench pressers in the world. Jim benched 617 at 181 last September, and recently hit the all time best at 181 with 665. Rumor has it that he completed 680 in the gym also. Congratulations on those great numbers, Jim. Let me ask you a bit about your personal background first.

**Greg:** How old are you?

**Jim:** 33.

**Greg:** Can you tell me a little about your family?

**Jim:** I have a wife, Robin, and a stepson Brandon.

**Greg:** Where were you born and raised?

**Jim:** I was born and raised in Utica, NY. I live in Whitesborough now, which is not far from Utica, about 5 miles.

**Greg:** I know for a fact that your wife gives you great support in your lifting. Can you tell me about that?

**Jim:** She's always supported me; making sure I eat right, always there when I bench, coaching me, tells me what I'm doing right or wrong. She goes to every meet with me.

**Greg:** And, she's an aerobic instructor now?

**Jim:** Yes, she teaches aerobics.

**Greg:** And, she's competed in the past in a bench contest herself?

**Jim:** Yes, she's done 180 at a bodyweight of about 121, about two years ago.

**Greg:** Let's go back to your younger years. What was your sport of choice as a young man?

**Jim:** I would say wrestling, in high school. Before that, baseball and football.

**Greg:** Seems like a lot of wrestlers turn into powerlifters later in life.

**Jim:** Maybe because it's a similar sport. Wrestling and powerlifting are not really team sports. They are more individual. They both take a lot of dedication. You always try to keep a certain bodyweight. You've got to be strong to do both of them. To do the wrestling you gotta have strength, same with benching. You gotta have good technique for wrestling and good technique on the bench. They're kind of similar.

**Greg:** I think your early wrestling coach had a good influence on you. Is that true?

**Jim:** Yes.

**Greg:** What's this I hear about the "three Ds"?

**Jim:** He always told me you gotta have Desire, Dedication, and Discipline. I always try to go by that.

**Greg:** Did wrestling lead you to weightlifting?

**Jim:** Actually I weightlifted before wrestling. When I was 11 or 12, I fooled around a little bit with weights. When I was about 13 I got my first real set of weights, with a bench and dumbbells and all that.

**Greg:** Were any of these the plastic weights filled with cement?

**Jim:** When I was 11 and 12 they were plastic with cement. When I was 13 I got the steel weights. They were a little bit better.

**Greg:** When did you first compete?

**Jim:** I was 16.

**Greg:** Do you remember how much you benched?

**Jim:** Yes, I did 250 and I weighed about 125.

**Greg:** That's a great start.

**Jim:** Yeah, there were no bench shirts around then.

**Greg:** Back to the bench press for now. What type of shirt do you use?

**Jim:** Karen's Shirts.

**Greg:** Denim or poly?

**Jim:** Denim.

**Greg:** Double denim?

**Jim:** Yes.

**Greg:** They've got a good reputation for making some fine equipment.

**Jim:** Yes, I like her shirt a lot. It works good. I've been wearing that one for a couple years now. I like it.

**Greg:** Do you have a special diet you follow?

**Jim:** I try to eat a lot of protein, a lot of carbs. I try to keep my fats down a little bit. I'm not a big junk food eater. I try to get a lot of protein, and a lot of carbs. I try to eat at least seven times a day with my protein shakes and all.

**Greg:** How about supplements?

**Jim:** Yes. I get them

from Gearman Nutrition. The protein mix tastes great, shakes up really easy. You don't need a blender. It's a lot more convenient. Put it in a shaker, shake it right up, and it's good to go. I take the shakers to work with me all the time, in the lunch pail.

**Greg:** Do you need a lot of sleep for your body to heal?

**Jim:** Yes, that's probably one of the most important things. You've gotta get enough sleep. I try to get at least eight hours a night. I like 8 to 9, sometimes 7. Anything under that it and it catches up with you, like if you go a few nights only getting six hours sleep. You may not really feel tired, but you are tired and your strength's down.

**Greg:** What is the length of your training cycle?

**Jim:** Usually I like to keep it around 8-12 weeks. I try not to do more than two in a row. Sometimes you have to, though. If I have one on a certain date, I'll start training at least 10 weeks out. Then you have to give your body a break. I'll take a good 2-3 months off from benching. Not from training, just from benching. I'll do everything else, more dumbbells, more machines. It gives your body a little break, especially your joints, because when you're benching for three months at a time your joints need a break. Sometimes I'll just do some lighter stuff on the machines.

**Greg:** That's a good training philosophy.

**Jim:** That's how I've been doing it. In the past I didn't do it like that. I used to just come back and go heavy. That kind of hurts you. You got to give it a break, a little bit, you know?

**Greg:** What type of form do you use when you bench?

**Jim:** I take a wide grip on the bar. I get a big arch. I put my feet back underneath me. I keep my feet flat. I'm not one to bench on my toes. I try to drive with my hips, from low on my chest. I try to drive with everything: my legs, shoulders, tris, pecs. I try to use my legs a lot.

**Greg:** I notice you're a lifter that doesn't raise his head as the bar descends. A lot of lifters are doing that these days.

**Jim:** Yes, a lot of people do that. I will only do it if I really have to. I try to get the bar down without doing it. If you have a bigger stomach, you can raise your head, bring it to your belly, and try to drive it straight back towards the rack. If I lift my head, my arch kind of slants out a little bit. I don't have that belly there to try and hit, so I try to go that much further with the bar. For some people it's good, some people like it. If I get stuck and the bar won't go down, I'll lift my head a little bit and try to get it to touch. Other than that, I keep my head flat.

**Greg:** How about a little bit on your routine? Do you use any bands or chains or anything?

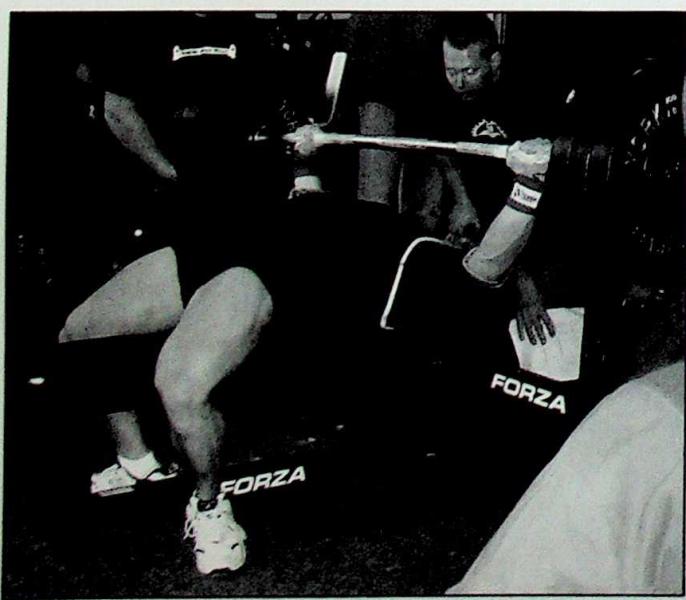
**Jim:** No, I've never tried that. I don't know a whole lot about them. I've heard that people use them. I can't say it would help me because I never really tried it.

**Greg:** How many weeks do you wear the shirt before the meet?

**Jim:** I used to bench raw for six weeks, then bench with a shirt for 4-6 weeks. Now, I start wearing it a lot to try and get used to it. If I'm training ten weeks out, I'll wear it for like ten weeks.

**Greg:** Do you just do singles in the shirt?

**Jim:** Yes. I used to do some doubles and triples, but I got out of that. I've just been doing singles. On bench night I'll do 315, and once I get to 405 I'll put it on, then I'll go up to 500 or more, then I use one board. When I get up to around 635 or 650, then I'll take one board away and do a couple heavy singles with that. I try and concentrate more on that one rep. The only rep that



Jim Kilts with the 665 bench he made at 181, a new all time record.

really counts is that first one. If you think about doing two or three reps then you're not focusing on that first rep, so I just try to focus on one rep. Even if it's not the best rep, I'll rest and take a few minutes break, and come back and try and do the weight again, rather than try and do another rep right then.

**Greg:** Do you do a down set after the singles?

**Jim:** No, not usually. If I hit the number that I want to hit with my shirt on, I'll take my shirt off and move onto something else like dumbbells or one of the Hammer strength machines. I'll do 6 to 10 reps, 4 sets, just to get some reps in without the shirt.

**Greg:** So, maybe, one exercise of an accessory bench press movement, 8 rep range?

**Jim:** Yes, when I'm training for a meet that's usually how I'll do it. I'll just bench, and I'll do another exercise for chest, and that's it.

**Greg:** Do you have any advice for the beginning lifter?

**Jim:** If you want to be a great powerlifter you've got to have the 3 Ds: Desire, Dedication, Discipline. I think that's great advice for a lifter. Desire - you've got to want to do it. If you're trying to be a powerlifter and you don't really want it, you're probably not going to be that great. You can't really make yourself do it.

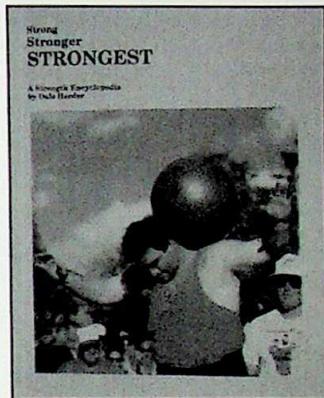
You've got to want to do it. Dedication - you've just got to devote a lot of your time to training. Some guys don't want to put the time in at the gym, they just want it to come easy. You got to devote a lot of time. Discipline - you got to give it all you got every time you're in the gym. You can't go in when you're a little tired and just take it easy. You've got to be disciplined and give it your all every time you train. 100%.

**Greg:** Is there anyone you'd like to thank?

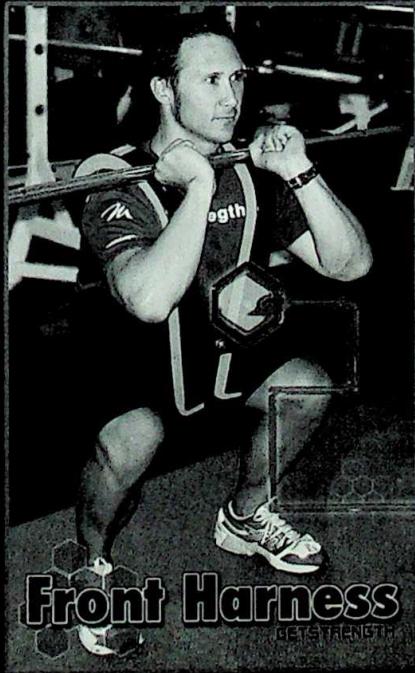
**Jim:** I got to thank my wife. She's always there for me and helps me out. I got to thank my training partners, Sean and John, they're always there with me in the gym. I got some great spotters, and you need them when you're benching heavy: Chris, Rich and Kevin. My Chiropractor, Dr. Dave Kingwater's done a great job on me. When my joints get sore, my shoulders, elbows, my back, he does a lot of muscle work on me and helps me out a lot. Gary Klein gives me great bench shirts and wrist wraps. Greg from Gearman has great supplements, especially the protein shake I talked about earlier. Tastes great and mixes up easy. I have to thank my stepson Brandon. A lot of times he comes to the gym and helps out. Sometimes he likes to watch and film me. He's the camera man.

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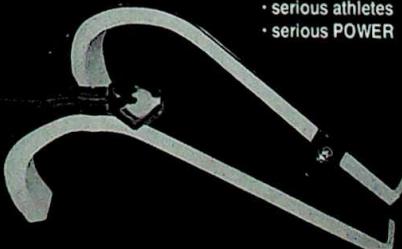
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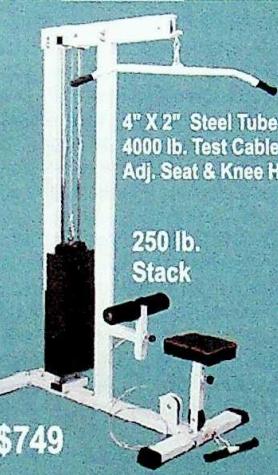
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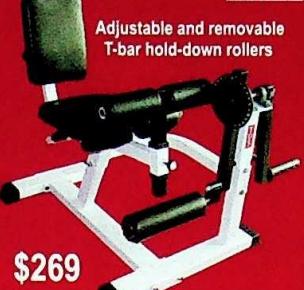
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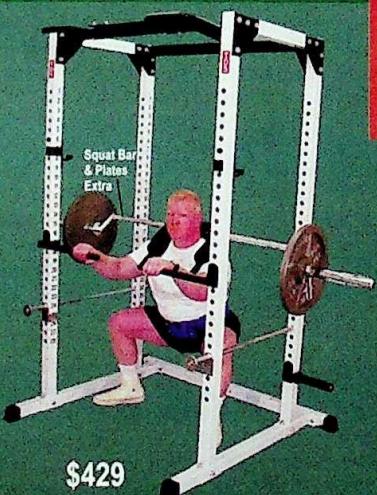
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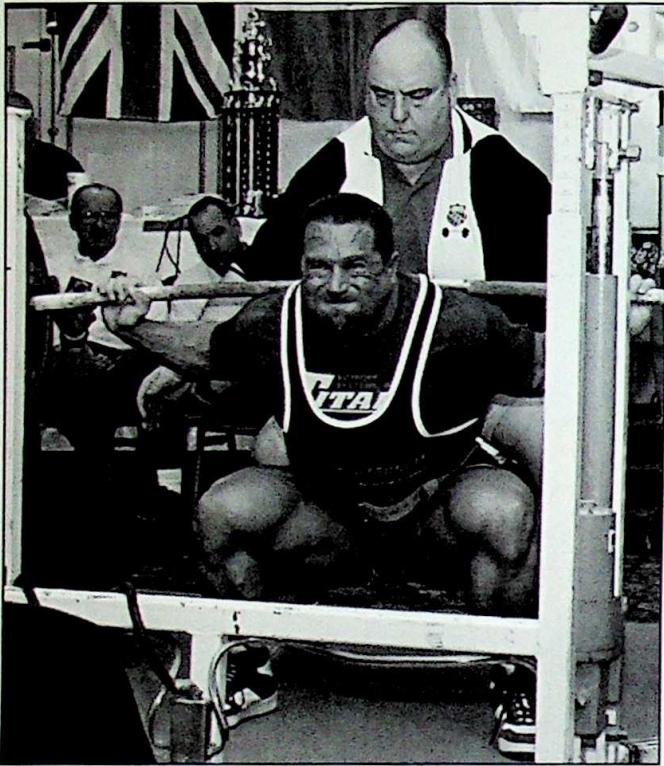
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# KARWOSKI RE-EMERGES

as told to Powerlifting USA by Marty Gallagher



Captain Kirk Karwoski goes deep at the AAU World Championships

I've seen my share of great lifters and great lifting over the past forty years ... I watched Paul Anderson squat 900 pounds for reps wearing a bathing suit, no lifting belt and, oddly, black socks without shoes. This was at the Silver Spring Boys Club in 1966. He then put on his combat boots without bothering to tie the laces and worked up to a clean and press (sloppy power clean, lightning fast press) with 420, this when Yuri Vlasov's world record stood at 418. At Gonzaga High School in Washington, DC in spring of 1968 I saw a tall and unbelievably athletic-looking Ernie Pickett press a world record 446. Minutes later I saw Bob Bednarski exceed that with his first world record, a press of 451. In June of that same year I saw the Bob (the Woonsocket Wonder) press 456 for a world press record, snatch 340 as a token lift and then clean & jerk 486 for a second world record. This was the most weight anyone had lifted overhead at the time. This took place at the 1968 National Championships. Thousands of people crammed into the York auditorium on Saturday and as John Fair wrote in his superb book, "that night Bednarski turned in a performance that bordered on miraculous. His final lift could not have been more dramatic. Just as I took a breath..." I was about to throw the jerk overhead,

Bednarski recalled, 'there was a big flash of lightning and a thunderclap that shook the building.' The pure drama threw us strength aficionados in the audience into pure rapture. The cheering went on and on as they weighed the barbell on stage.

That same day I had the honor of watching Bill March and Russ Knipp lift. Fred Lowe looked massive and had the physique we all wanted. 17 year old Jack Hill put on a quick lift workshop. Holbrook, Hise, Hirtz, Rawluk and Dube all saw action ... it was a heady weekend and we had seats right up front ... I saw Bill "Peanuts" West ignominiously bomb-out at the 1969 powerlifting championships in York. A triumphant George Frenn later lifted and won at 242. During the trophy presentation Frenn grabbed the microphone from MC Morris Weisbrodt and proceeded to call forth a massively embarrassed Peanut from backstage. Frenn then launched into a fifteen minute "Ode to Peanut" soliloquy that no one in attendance will ever forget. I witnessed Mark Chaillet deadlift 880 weighing 270 when he and I were training alone at his ultimate power gym located over an auto parts store one gray overcast Thursday in Temple Hills in the mid-eighties. One massively muscled man, one huge barbell, one perfect rep with 880-pounds,

smooth as glass, just he and I and three or four disinterested gym rats as witnesses.

I stood twenty feet from Lee Moran when he squatted 1003 at a Pacifico competition in Dayton. This was when powerlifting had only one national and world championship and the competitions meant something. Lee had a disastrous previous attempt when he came within an inch of being blasted in the kneecaps by five hundred pounds. A collar had not been tightened in the rush to get the weight ready for the world record attempt and as Lee stepped back and set up his side-to-side movement caused the loose collar to break away and the weights slid off one side before anyone could do jack about it. The heavy left side, suddenly without counterweight, whipped downward around Lee's neck, a stumpy 22-inch fulcrum. The net effect was pure chaos and I had the perfect vantage point. After the 25 pound plate and then the 45 pound plate fell to the ground with the collar, four gold hundred-pound plates fired off the spinning bar. The whirling barbell slung gold plates slingshot style over Lee's head. In rapid succession plates were catapulted in the general direction of the audience. You have never seen people scatter so fast. By the time the 1<sup>st</sup> hundred pound plate landed there wasn't a human being within thirty feet. The 330 pound Hell's Angel leapt backward with the agility of Mikhail Baryshnikov executing a leaping twirl during the Nutcracker. He had to or he would have been slammed in the knees with the still secured 500 pounds. The 45 pound bar whizzed around his neck and grazed a spotter's head. After the pandemonium had died down, MC Tony Carpino, in classic powerlifting style, said to the packed auditorium, "WHAT THE F\*&K JUST HAPPENED!" Lee composed himself and came back and made the lift on his subsequent attempt.

I worked with Doug Furnas on successive occasions when he became the 1<sup>st</sup> man to total 2400 twice. At the first competition we basked on Maui and at the second we froze in Minnesota. Doug was a lifting machine. I worked with the incomparable Coan for a decade and assisted him in whatever way he deemed appropriate. We worked together at national and world competitions. You 'assist', you don't 'coach' men like Coan, Furnas, Chaillet, Karwoski, Jacoby, Lamar or Mike Hall. I assisted Ed when he posted the highest total ever (at the time) regardless of bodyweight. Ed was the greatest lifter I have ever seen with the possible exception of Anderson. I have assisted all-time great lifters

like Lamar Gant, Dan Wohleber, Dan Austin, Joe Ladnier, Mike Hall, Dave Jacoby, Phil Hile, John Black and Bob Bridges during national and international competition. The point is – I've been around. I'm jaded and tough to impress, and thought my time was over insofar as bearing witness to truly amazing strength occurrences. I was wrong. Through a weird combination of chance and circumstance I bore witness to yet another absolutely incredible, all-time strength feat. It was an amazing display of pure freaking hellacious strength.

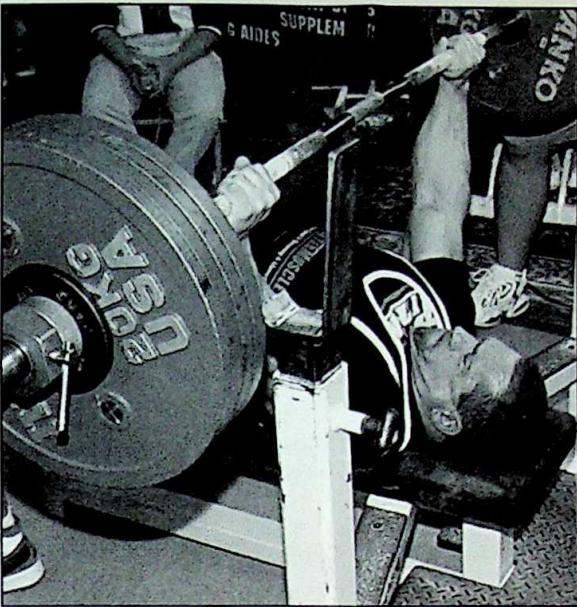
On December 9<sup>th</sup>, 2004 I assisted Kirk Karwoski when he totaled 2066 in the three power lifts wearing nothing but a lifting belt. It was a retro-throwback powerlift festival starring Captain Kirk Karwoski in his first public lifting appearance in eight years. Physically he has never looked better: he lifted in the 242 pound class and was shredded and ripped. Through a combination of muscle maturity and low bodyfat, his arms and legs rippled and roiled with every step. Like a lifting Ulysses, Kirk had been away from powerlifting for nearly a decade and everything changed in the interim. At this competition, the AAU World Championship held in Laughlin, Nevada, Kirk went backwards in time and rather than 'gear up' decided to 'gear down.' He made eight out of nine lifts and started things off with a squat exhibition. In staggering succession he made 749, 804 and finally an explosive 826 pound effort. He wore a loose t-shirt and a wrestling singlet. Kirk experienced a severe thigh pull on his final squat with 826. On the previous 804 he barely averted a total wipeout. He lost concentration and tension on the descent for a split second and his lapse caused him to be pushed downward past his normal turnaround point. He caught himself and through sheer willpower and guts pushed 804 to completion. His post-lift analysis was that he had 'set up' with his feet slightly narrow. This gut-buster lift took a lot out of him and the selection of 826 pounds was conservative. Had the 804 gone the way it should, 840 would have been the realistic 3<sup>rd</sup> attempt. The 826 actually went a whole lot better than 804. As Chuck Deluxe would say, using another of his endless football analogies, "Kirk 'jus needed to get the snot knocked out of him to clear his head."

Karwoski took the 826 down quickly and exploded it upward from 3 inches below parallel to 3/4's erect when his vastus internus on his right thigh tore. He actually heard a noise. He recalled that, "I heard it [the thigh muscle] go 'pop' – but I was through the sticking

point and I was not going to lose this weight after getting past the hard part." This lift was a thing of beauty; pure athletic poetry in motion, 8-and-a-quarter squatted deep and explosive by a guy weighing 240 and wearing a lifting belt and nothing else. This was as fine a lift as I'd ever witnessed by anyone anywhere. In the bench press Kirk made an explosive 446 opener and a fine 462 second b e f o r e experiencing his only miss of the entire competition: a 479 3<sup>rd</sup> attempt bench press. He

had trained hurt. "I had been nursing a torn rotator cuff for the last ten weeks. It was a work-related injury, nothing to do with training and before injuring it I had bench pressed 500 with a pause without a shirt," Kirk said. "I had hoped for a double bodyweight 480-pound bench press." This was not to be. The deadlift would be touch and go on account of the thigh injury. He decided to dramatically curtail the number of deadlift warm-ups. Julie Scanlon and myself, his handlers, applied ice to the injury, but it would be anyone's guess if he would be able to deadlift effectively. He felt confident of being able to pull 705 regardless how bad the leg hurt. The competition was dragging on and on and fatigue was becoming a real factor. His opening 705 deadlift "felt better" than his final warm-up. His second attempt with 749 felt better than 705. The thigh injury would not a factor but fatigue might be his undoing. Kirk took his first squat at 10am and pulled his final successful deadlift, 771 pounds, at 7pm, a full nine hours later.

I remember way back when Kirk was campaigning as a 242 pound lifter, going against Hall of Fame guys like Dave Jacoby, Willie Bell and Thor Kritsky. Kirk was a young man trying to break into the ranks of the true champions and we were in shock-and-awe over the poundage these men were lifting. Clean legal lifts wearing single ply squat suits, standard length knee wraps and single-ply bench shirts. That was twelve years ago. Kirk is now matching those awesome lifts made by those awesome men - but without wearing any supportive gear. At age 38, Karwoski's lifting was truly transcendental. I first met Kirk Karwoski when he and I trained at



*Kirk had to do his bench press around a rehabilitating injury*

Joe Polvinale's basement gym in rural Maryland in the early 1980's. Kirk was a college football player who'd decided he was too short for ball and wanted to get serious about powerlifting. Gradually and systematically, he worked his way up the powerlifting feeding chain. It was not an easy path. In his first USPF national championships Kirk bombed out in the squat. In his second national championships he was red-lighted on his first two attempts. His third attempt lift was passed by two judges and flunked by the third. That poundage was 804, a junior world record. Power impresario Mike Lambert called this attempt, "the hardest lift I have ever witnessed." Karwoski told me prior to this competition that if he bombed out again, he would quit the sport altogether. We came within one redlight of losing this future hall of fame lifter.

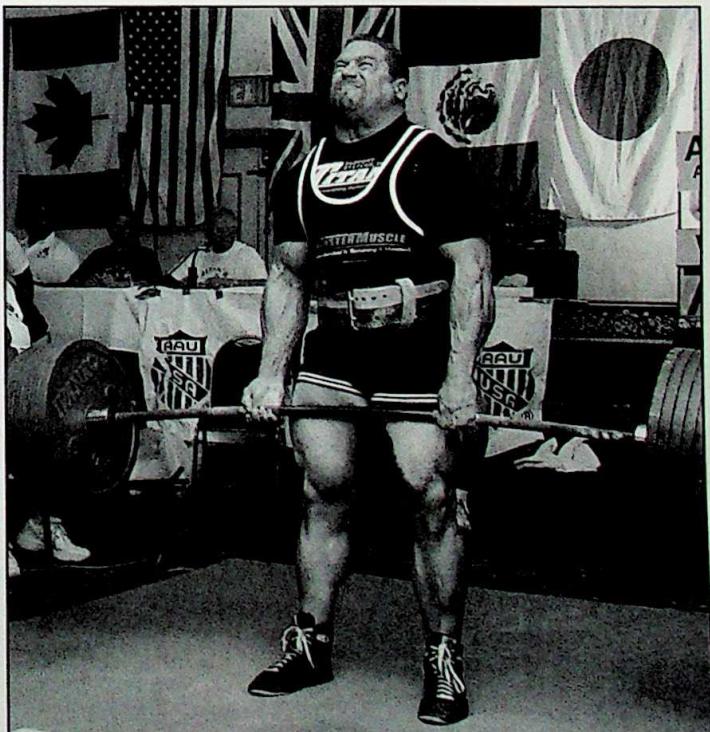
The following year he let his bodyweight increase and weighed a full 275 pounds. When superheavyweight champion Mike Hall unexpectedly dropped out of the national championships at the last minute, Kirk and I thought our chances would be better in the supers instead of lifting against Calvin Smith, the national champ at 275. Karwoski captured his first national championship as a superheavyweight. At the 1990 IPF world championships, Smith and Karwoski switched classes and Kirk lifted against The Fearsome Finn, three-time world champion, Kyosti Vilmi. Karwoski electrified the crowd and US team coach Sean Scully called it 'one of the most exciting lifting performances I've ever witnessed.' Vilmi pulled his final

deadlift to beat Kirk by a scant 5 pounds. I kicked myself in the ass for passing on the trip; I felt my presence would have been good for 5 pounds and vowed to make the trip the following year. In Orebro, Sweden the very next year, I was present as a US team coach when Karwoski easily captured the first of six straight IPF world titles, including one at 242. The other five were as a 275-pound lifter. Kirk won seven straight national titles, including one at 242 and one as a super heavyweight.

I was his coach at every national championship,

including his final when he squatted 1003 and totaled 2303. Both were world records. After winning his sixth straight world title, circumstance and boredom caused him to retire from powerlifting. He went into business with his parents. He had worked a union job for nine years and leapt into the private sector and the 60 hour workweeks that go with it. I remember long-time training partner Bob Myers and myself trying to talk Kirk into going for his seventh world title. We tried every enticement and inducement we could think of. The title was his for the taking. He was

literally untouchable by anyone in the world at that juncture. We were babbling on when Karwoski silenced us with a wave of the hand, "Why in the hell do I want to put myself through all that aggravation for? So I can do this?" He wet his left index finger and drew an imaginary seventh line on an imaginary chalkboard. End of conversation. In the subsequent years he contented himself by training and coaching. He made several trips abroad with the US female powerlifting team. I saw him about six months ago and thought he looked really good at his reduced bodyweight and suggested that he consider posting a 'raw' total. The idea of lifting raw intrigued him, but he did not want to compete. "I have zero interest in competing against others or winning titles or trophies. I would like an opportunity to lift in front of strict judging without wearing power gear of any type." Martin Drake, the meet organizer for the AAU World Championships thought a Karwoski raw exhibition would be a splendid idea and the table was set. Per usual, Karwoski came through. Future plans? "I have nothing on the horizon." Let us hope that we haven't seen the last of Karwoski's exploits. I think he has room for improvement. On a good day after an injury free training cycle I could see him hitting an 850 squat, a 500-pound bench press and 800 in the deadlift. All without supportive gear and weighing 242 pounds - that'd be one hell of an accomplishment, I think you'd have to agree.



*A Muscular 242 lb. Kirk Karwoski deadlifted 771 (CSS Design photos)*



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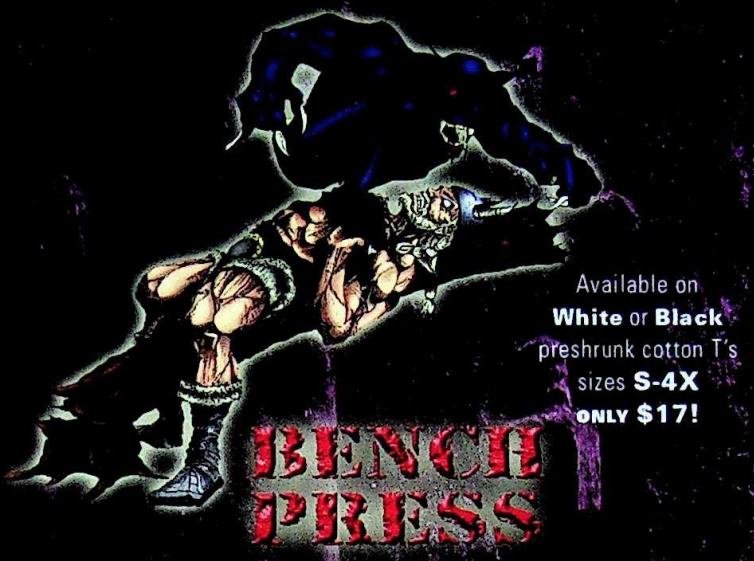


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# POWER - RESEARCH

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

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

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

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

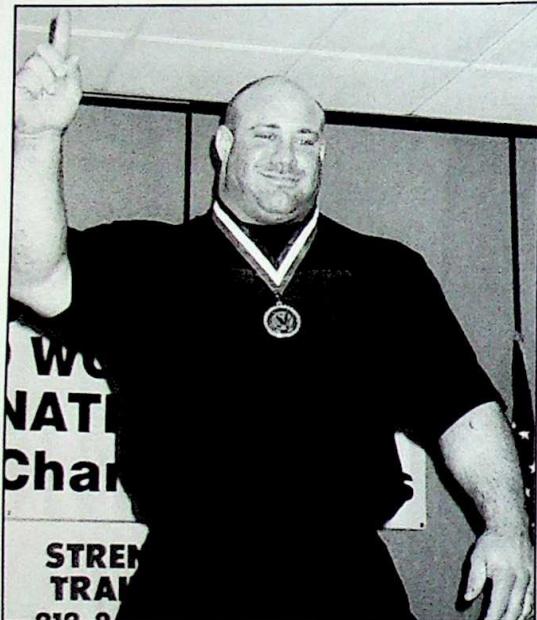
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

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

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

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

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

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

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

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

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

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

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

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

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

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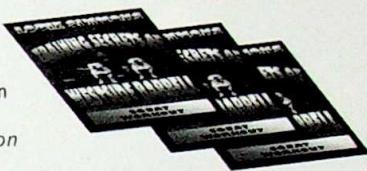
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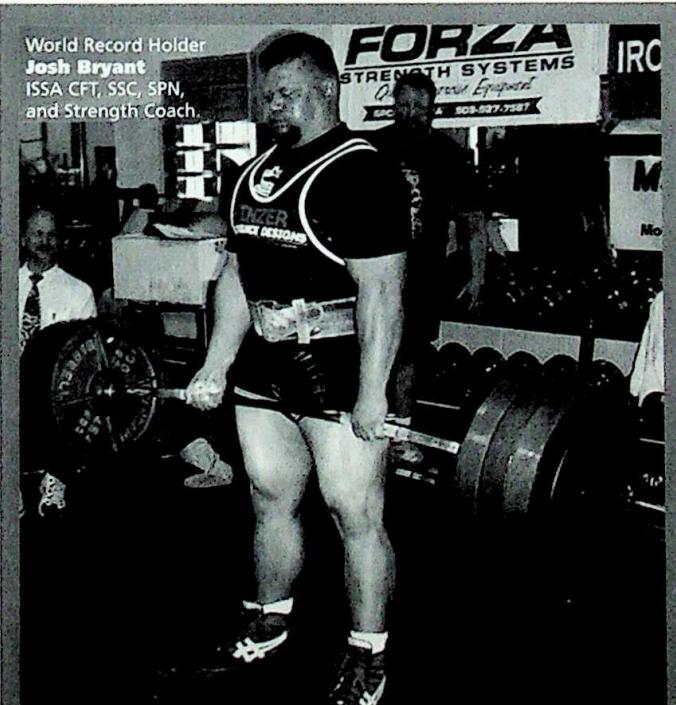
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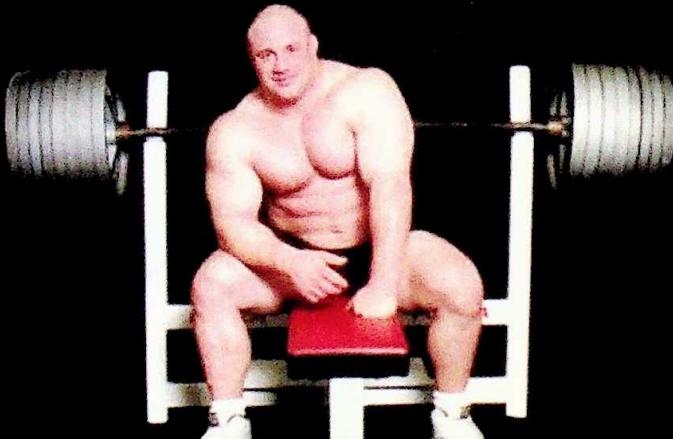
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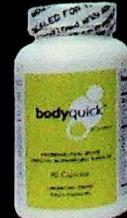
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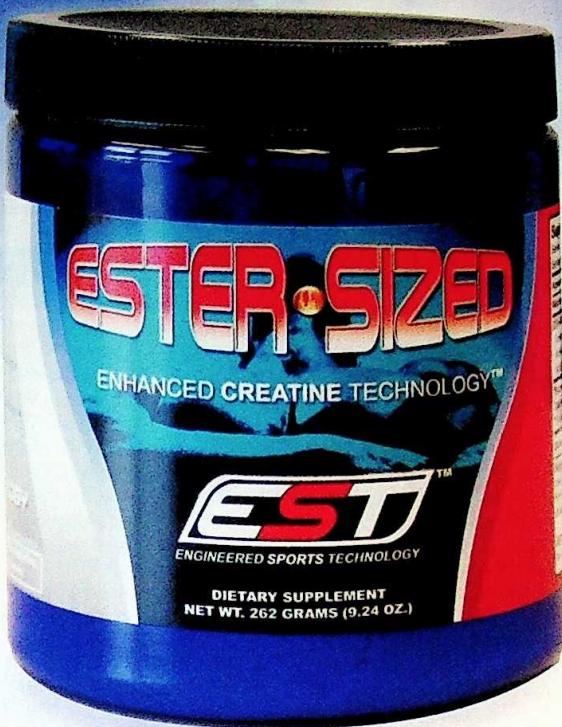
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We get thousands of questions each month on our Q/A, over the phone and our personal e-mails regarding some very simple but important questions. Here are answers to the frequently asked questions regarding dynamic effort squatting.

**Question:** What kind of stance is used on dynamic squat day?

**Answer:** Usually a stance that is wider than shoulder width. Most will go slightly wider than their competition stance. This does not mean that you should be doing the splits, though.

**Question:** What is a basic squat cycle that I can do with just straight weight?

**Answer:** When using straight weight (no chains or bands) the following cycle can be used:

Week 1: 8x2 @ 55%  
Week 2: 8x2 @ 60%  
Week 3: 8x2 @ 65%

Once you are done with week 3, repeat the cycle starting with week 1. The percentages are based on your best 1 rep max at a meet (free squat).

**Question:** What is the basic squat cycle that I can do with chains and how many chains do I need?

**Answer:** When using chains, the percentages and sets remain the same as when you are using straight weight. The percentages are based on your best 1 rep max at a meet (free squat).

Week 1: 8x2 @ 55%  
Week 2: 8x2 @ 60%  
Week 3: 8x2 @ 65%

The amount of chains can be varied throughout the training cycle, but is not necessary. For example, during the first three week phase, three chains can be used. During the second three week phase, four chains are used. During the third cycle, five chains are used. Another variation is to start with three chains per side and add a set of chains after every two sets. A lot of people ask how many chains are used for a beginner or average lifter. The answer to this is that most people will use 2-3 chains per side.

**Question:** What is a basic band squat cycle?

**Answer:** Listed below is an 11 week band squat cycle. Notice how the bands increase every fourth week. Weeks 10 and 11 are deload weeks and are designed to help you recover. The percentages are based on your best free squat. You do not add in the additional band tension as part of your bar weight.

1. 8x2 @ 47% + Average Band
2. 8x2 @ 50% + Average Band
3. 8x2 @ 53% + Average Band
4. 8x2 @ 47% + Strong Band
5. 8x2 @ 50% + Strong Band
6. 8x2 @ 53% + Strong Band
7. 6x2 @ 47% + Strong/Light Band
8. 6x2 @ 50% + Strong/Light Band
9. 6x2 @ 53% + Strong/Light Band
10. 6x2 @ 50% + Strong Band
11. 6x2 @ 47% + Average Band
12. Test Day

based on experience of working with athletes with different training backgrounds. Remember to use these as a reference point and adjust accordingly. If you understand the purpose and goal of this day, then you will have a better understanding of what kind of bar weight to use. If you are new to this kind of training, stick to the given percentages. Once you have become more experienced, you will have a better understanding of what to do and what works best for you. It does take some time so be patient and listen to your body.

**Question:** How much tension is at the top and bottom of the squat when using bands?

**Answer:** This is almost impossible to answer because everyone sets up the bands differently and the height of the lifter will vary the tension of the bands. But here are the approximate numbers for a 5'10" lifter that has choked the bands under the legs of a Monolift. This is approximately a 4x4 base.

Band	Top	Bottom
Strong	235	185
Average	190	135
Light	115	95

Remember that these numbers are approximate. In fact, if you understand the how and why of dynamic squatting, the tension becomes inconsequential.

**Question:** If I squat 400 with a choked strong band, how much will I squat?

**Answer:** There is no way of answering this question. There is not a direct correlation. In order to find out how much you can squat, either test it or go to a meet.

**Question:** What do you mean by "choking" a band?

**Answer:** To choke the bands, place the bands around the base and pull one end of the band through the other. Take the free end and put it around the sleeve of the bar. This is how we set up the bands for squatting.

**Question:** I don't have a Monolift. How can I use bands when I squat?

**Answer:** Necessity breeds invention. For many years, I did not have access to a Monolift and had to use a power rack to perform all of my squats. There are several ways to set up the bands when using a power rack. The easiest way is to have a power rack with band pegs built into the rack. These are the kinds of racks that we build at Elite Fitness Systems; we were the first company to introduce band pegs on power racks and it seems to have caught on, though most companies seem to have done an extremely poor job. Our racks have 8 band holes per side and allow for a variety of different settings and band tensions. This allows for an easy way to set up bands. Another way to do it is to place two heavy dumbbells on each side of the power

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rack. The bands are choked around the handles of the dumbbells and place on the sleeve of the barbell. You will have to wedge some lighter weight plates around the dumbbells to prevent them from rolling around. The last way to set up the bands is to build a platform under your power rack and attach two metal hooks (they look similar to suitcase handles) per side to the platform. Be sure that they are very secure as the added band tension will put an amazing amount of stress on the handles.

When using bands, walking out the bar can be very difficult. To combat this, we came up with a way to "Monolift" the bar out of the rack. Set up the bar in the j-hooks so that the bar is at about chest height. Set up the bands so they are slightly behind the lifter. If looking at the rack from the side, the floor and the bands (when attached to the bar) will form an obtuse angle. Place your feet exactly where you want to squat, position the bar on your back and arch the weight out. The bands will pull you back slightly and put you in perfect position. There will be little distance between you and the j-hooks, but do not worry about hitting them. Once you are finished with your set, simply fall forward into the j-hooks. Obviously this is going to take some time to get used to and to find the perfect set-up.

**Question:** What kind of powerlifting equipment is used when performing dynamic squats?

**Answer:** Most will wear a pair of squat briefs or a suit with the straps down. If you are going to squat with a wide stance, it is recommended that you wear some kind of support for your hips. A belt is also used on this day. We all wear some kind of flat soled shoe, similar to a Converse Chuck Taylor. Also, many people will wear wrist wraps and elbow sleeves to prevent wrist and elbow pain.

**Question:** I have a hard time getting off of the box, but my speed is good throughout the rest of the lift. What should I do?

**Answer:** The cause of this problem is almost always a technique flaw. This could be several different things including; bar placement on the back, elbow positioning in relation to the bar, if your abs are pushed out, arch in the lower back, head positioning and if you are staying tight throughout the lift. Too many times people will look to a muscle group as being a problem when usually it is a breakdown in their form. Also, you may want to take some bar weight off or raise the box a  $\frac{1}{2}$  inch. This will ensure that you are fulfilling the purpose of this day.

**Question:** How often do you work up and attempt a heavier weight on this day?

**Answer:** This is usually done 1 or 2 times per month. This is done to check your form with heavy weights. This is very important because it will show if you can maintain proper technique with a heavier weight. This should be done with approximately 90% of your best box squat, but this number is (again) a guideline. You can also try to break your best box squat

on this day if you are feeling good. Remember to slowly work up to the 90% to avoid injury. While the lighter weights will help reinforce good technique we all know that it is easy to squat 60% of our max with correct form then it is to squat 90%.

If you are looking for a more definitive answer, I would schedule to work up to a heavier weight every other week.

**Question:** I don't compete in powerlifting and don't wear any powerlifting gear. What changes should be made?

**Answer:** If you are not wearing any equipment, be sure to use a narrower stance. Without the support of squat briefs or a squat suit, a wide stance would be a nightmare for your hips. You can also adjust the percentages by adding 5-10%. This is because you are not getting the carry over from the equipment.

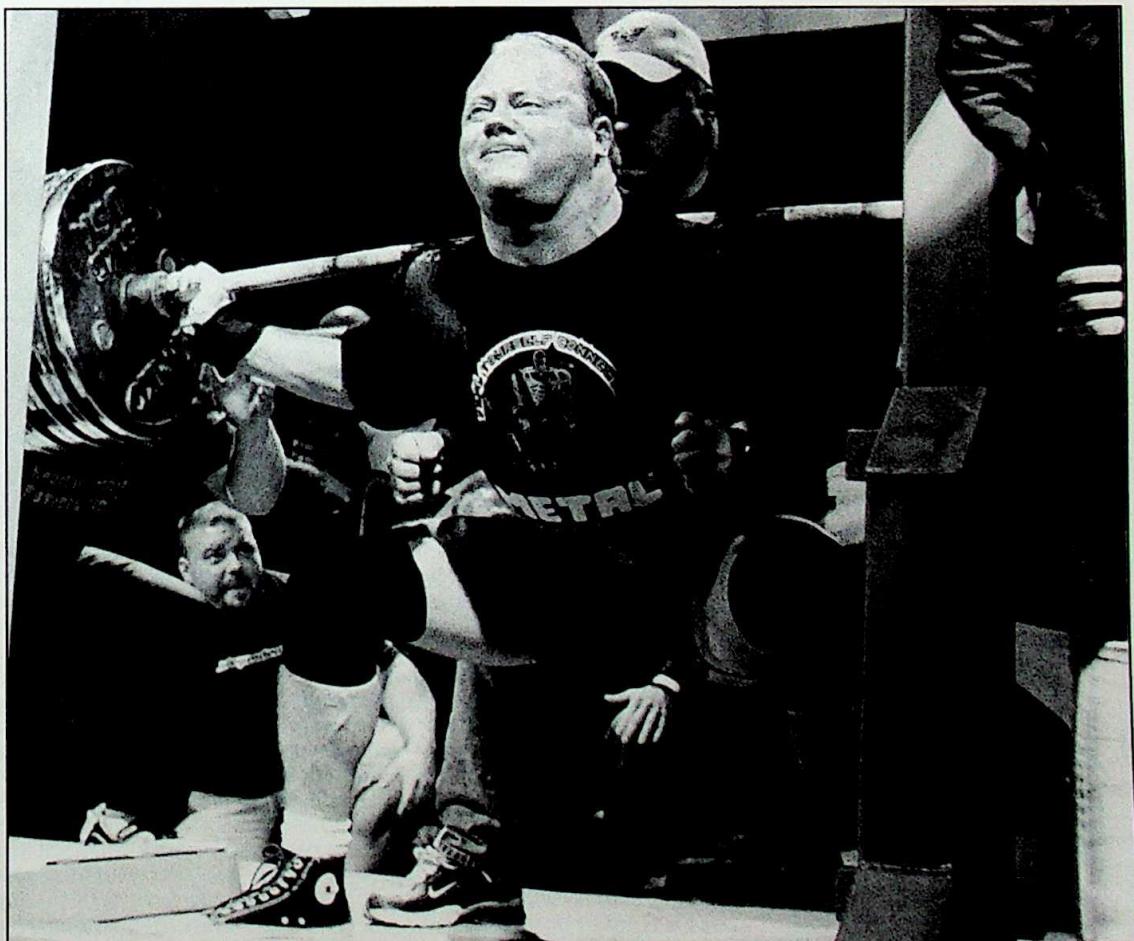
**Question:** I have a hard time understanding what "releasing the hip flexors" means when box squatting. What does this mean and how do I do it?

**Answer:** This is a hard question

to answer through writing. Whenever people ask this question I always advise them to simply sit on the box for 2 seconds before coming up. To understand what "releasing the hip flexors" means and how it looks, I suggest getting the Westside Squat Workout Tape and watch some live footage of box squat workouts. These tapes are sold on our website.

I hope this answers many of your questions regarding dynamic effort for the squat. 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. If you have any questions regarding the form on your squat, I highly recommend that you get this video.

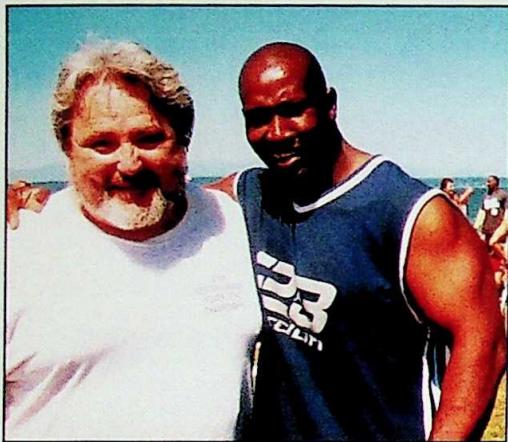
For more information regarding training, the most hardcore racks and equipment, apparel, Metal powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit [www.EliteFTS.com](http://www.EliteFTS.com).



John Stafford utilizes many of the Force Training principles in his preparation for events like the WPO Super Finals.

# GREAT MASTER BENCHERS OF WABDL

as told to Powerlifting USA by Gus Rethwisch, WABDL President



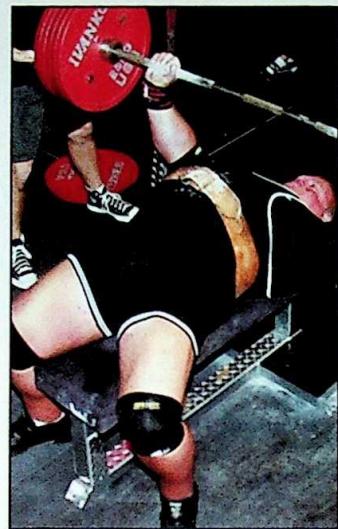
**Robert O. Smith...** of Vancouver, Canada (seen with Bull Stewart) was the first man in any federation to bench 500 at age 60 or older. He is 62 now and benched over 500 12 times in 2004 at the ages of 61 and 62. In Tacoma, Washington, on June 19 he benched 501 and 507 in the 308# class. In Seattle on July 17 as a Super he benched 500, 510 and 514.7. In a USA Powerlifting meet in Seattle on July 25 he benched 500 and 505. At the WABDL Nationals in Portland on August 6, 7 he benched 501 and 512 at 308. In Reno at the WABDL World's on November 11 he benched 501 and 507 and four days later in Chilliwack, British Columbia at an IPF meet he benched 501.

His first contest was in 1961 when the powerlifters were called the odd lifts and at the age of 16 in China Beach, California, he squatted 390 and deadlifted 570 at 198. He also was an Olympic lifter and at age 15 in 1960, he

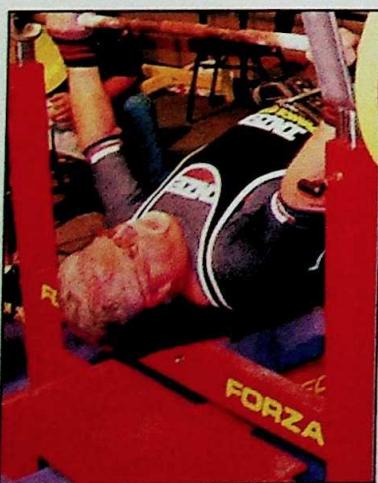
clean and jerked 325. He retired in 1963 at age 18 and didn't compete again until 1983. Since then he has competed in 164 contests and in 1998 he did 16 contests.

Robert O. has been a member of the Screen Actors Guild since 1974. He has appeared in speaking roles on Wonder Woman. He has done numerous voices for cartoons and is the voice for the Amazing Superbuddies, a cartoon that's getting worldwide distribution. He's been the voice of Quizno Subs and also Street Fighter cartoon on USA cable. He was the voice of Grunt in the G.I. Joe cartoon, and he just landed the voice role of Gravity Man in the Megaman NT Warriors, a WB network animation. He's been married and has a 33 year old daughter in Phoenix and a 19 year old son in Seattle.

The most amazing aspect of all six of these great Master lifters is that as they get older, they get better. First Ron Hood at age 58 did his best bench of 551. Sean Finnegan at age 54 did his best bench at 617. Randy Patterson at age 57 did his best bench of 672. Sonny Ronolo a year ago at age 80 did 370 weighing 170 in the gym. His best in a contest is 325 weighing 160 at age 79. George Nelson did 610 at age 57 and locked out 601 one year ago at age 60, but it was turned down because his butt was off the bench and Robert O. Smith never benched 500 in his life and finally at age 61-62 in 2004 he benched it 12 times. As I've always said, keep lifting weights and you will be young forever.

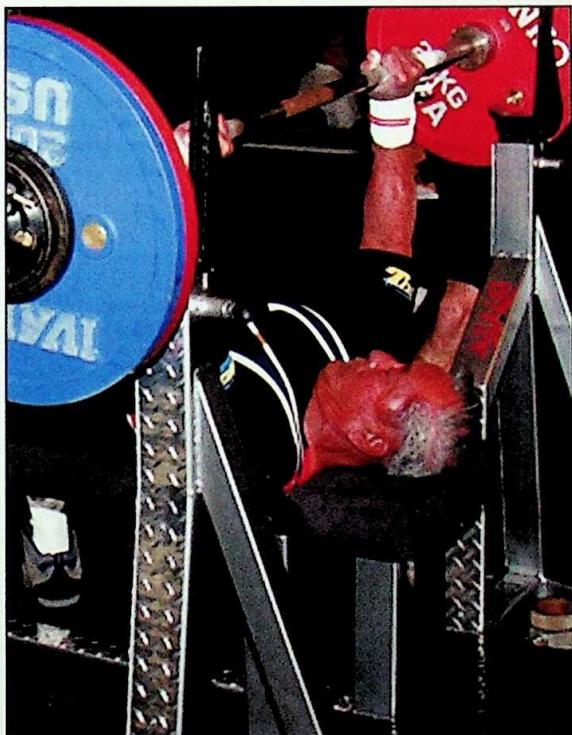
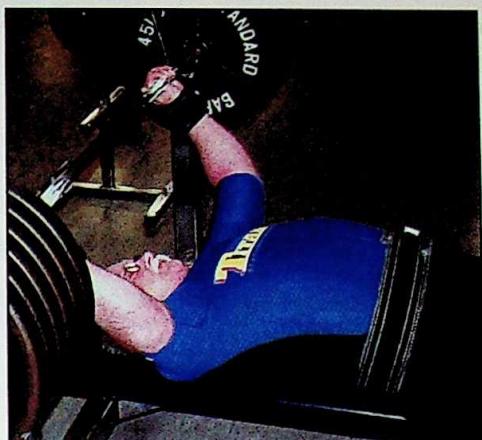


**Randy Patterson...** of Salem, Oregon is 57 and was a competitive powerlifter from 1981-1991. He weighs 343. Now he just competes in bench and deadlift due to knee and hip injuries from squatting. His lifts as a Superheavy powerlifter were 914 squat in a single ply squat suit, 584 bench with a blast shirt, and 749 deadlift. At the WABDL World's in Reno November 12, 2004, Randy benched 672 and just missed 700 at age 57 – a World Record in a single ply shirt. His deadlift was also a World Record 633.7. He will probably be the first man in the world to bench 700 at age 60! That is huge if he was 30. At 60 it is mind boggling. Randy works as a correctional officer in Salem where he is a Sergeant at the Oregon State Prison. He has a 23 year old son and a 17 year old daughter. Randy has competed in a total of 88 different contests.

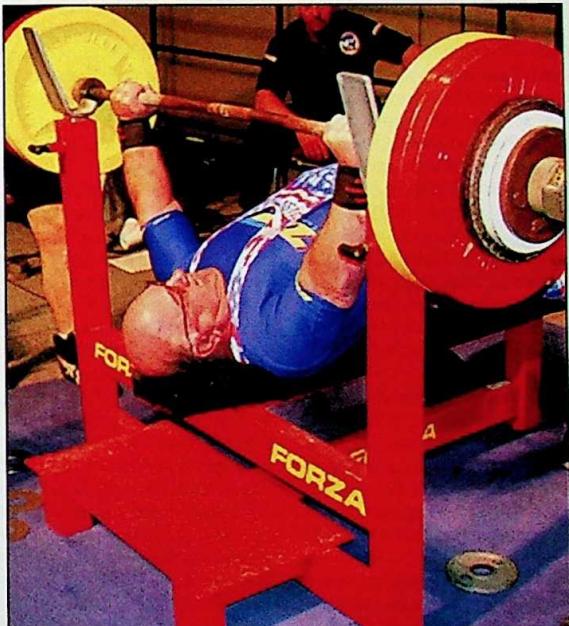


**George Nelson...** of Salem, Oregon is 60. He's married and has a 1½ year old boy and two other children, a daughter 34 and a son 31. He started his own logging company at age 24 and was in the logging business until age 54. He's opened a couple of gyms since then and manufactures weightlifting equipment under a company called N-Shape. He loves hunting and has been known to go on two and three week elk hunts and also hunts pheasants and ducks. He didn't start competing until 1993 at age 49. In his first meet in April of 1993 he benched 310 in the 220# class. Since then he has competed in more WABDL meets than anybody – 66. He has competed in 78 meets all told. It took him three years to bench 400, 5 years to bench 500 and 8 years to bench 600. His best bench in a non-sanctioned meet was 615 weighing 258 and 610 weighing 261 in a sanctioned meet. He also benched 600 in two other meets. He had a solo cover on Powerlifting USA once. He has set 21 World Records. Sean Finegan has broken two of them and Joe Harms has broken one. George still holds the 47-53 242 with 562 and the 54-60 275# with 610. George also competed in the Arnold Classic when the winner was determined by co-efficient and finished 2<sup>nd</sup> and 4<sup>th</sup> and 5<sup>th</sup> on two other occasions. George has been dealing with a bicep shoulder injury for about a year. He thinks he will be back shortly and look for him to bench 540-560 at age 60 and at the World's in November he will be in a new class 61-67. I really believe George will bench 500 at age 70. George has bench pressed 500 lbs. or better in 38 contests.

**Sean Finnegan...** of Dallas, Texas is 54. He began lifting in late 1969 and put up a 405 at 165 which was right around world record poundage. He trained with the legendary Ronnie Ray at that time. He quit lifting in 1996 and then Ken Anderson convinced him to resume competition in 1998 and he benched 403 weighing 217. Lately he has been on a tear and broke George Nelson's World Record in Master Men 54-60 at 242 with 567 in Dallas on July 24. Then he moved up to 259 where Nelson's record was 573. Sean did a staggering 617 to blow it away at the World Championships in Reno on November 11. The only Master lifter over 50 to bench more than Sean is 345# Randy Patterson who did 672. Sean passed his drug test and is now shooting for George Nelson's record of 610 at 275. Sean is the co-owner of a business that provides security systems for airports, universities and hospitals. It is a multi-million dollar volume business. He logs 50,000 travel miles a year, which I'm sure takes a toll on Sean's lifting. He credits training partners Ken Anderson, Tom Ekenberg, Jamey Mauldin and Jim Snodgrass with spurring him on to lifting greatness. Sean is married and has 4 children aged 19-35 – 3 daughters, one son. He has 2 grandchildren. Sean will probably bench press 650 pounds by age 56.



**Sonny Ronolo...** of Kailua, Hawaii is 81 years old and benched 370 one year ago at age 80 with a single ply shirt weighing 168. A week later he had open heart surgery! His best ever in a meet is 325 at age 79 weighing 165. At the Reno WABDL World Championships in November 2004 he benched 270 weighing 160 at age 81. Sonny is the most amazing lifter I have ever seen. He is very courageous and tough. He lost a daughter, wife and son to diabetes. His daughter, Jocelyn, is very devoted to Sonny and she also is very helpful at the last four WABDL World Championships. Sonny didn't start competing until he was 69. He used to help load thousands of pounds of weights for the Hawaii World Record Breakers. I saw him in the hospital the day after open heart surgery and he was already walking around as if nothing had happened. Sonny is a good friend. He wants to lift at the 2005 WABDL World's and bench 320 at 165# at age 82



**Ron Hood...** of Muskogee, Oklahoma is 59. He did a 551 bench at the World Championships in Las Vegas in December of 2003 at age 58 weighing 261 in a single ply shirt. He didn't start competing until 1983 at age 39. In his first meet at the Oklahoma State Fair he benched 400 weighing 210. He benched 500 for the first time in the 220# class at age 48. He has benched 500 or more in every meet he has been in since 1991 (24 meets). He has been in a total of 70 meets and doesn't compete as often anymore to prevent injuries. His goal is to bench 600 at age 60. For the present, the highest bench at age 60 is Robert O. Smith of Canada who has done 514.7 and was the first to do 500 at age 60. Ron is a correctional officer with the rank of Sergeant. He works at the Jess Dunn Prison facility which houses 1,000 inmates. The prison was named after a warden who was killed in a prison uprising. Ron deals with danger every day, but he is very laid back and in control of his environment. When I interviewed him, Ron indicated that he, on numerous occasions, is in a prison cafeteria with 230 inmates all by himself.

### **What's the Deal On Creatine?**

**Q:** I would first like to let you know that I really like your column. I am very happy that you are part of the writing staff at PL USA because your articles are a huge contribution not only to the magazine but the entire powerlifting community as well. You are no doubt the "Power Nutrition Guru" and I really trust your advice. Your Garry Frank series was one of the best articles that I have read in a long time. It really had me on the edge of my seat and I couldn't wait until the next issue would come in the mail to find out more about this powerlifting superhero. Anyway enough babbling from me, I do have a question to ask you. What is your take on creatine? I have never heard you say much except for in your articles on Garry. You obviously recommend it since Garry was using it in his program, but I was wondering if you could give us a little more info on it. Sincerely, Pete Japro

**A:** Hey Pete, it's good to hear from you. I am glad that you liked my article series on the undisputed strongest man that ever walked this earth! Now in regards to your question on creatine, yes, I do recommend it for my athletes. I am not going to go super in depth here as I do have a series on creatine and its performance enhancing benefits coming up in the near future so I will save all the scientific info and studies for that article. I will just touch the surface on this supplement to give you a better understanding of what it does. To give you just a brief sample of the benefits that creatine can have on the powerlifter I have laid out the table below.

- Creatine can increase lean tissue (muscle) growth due to its ability to increase protein synthesis.
- Creatine can help in the recovery phase of your training. This means that it will help you heal up faster from the intense training sessions that you are doing.
- Creatine will help you become stronger. This is of great importance since the main goal of powerlifters is to continually lift heavier and heavier weights.
- Creatine will help you increase your strength endurance. You will be able to do more repetitions with a particular weight. This will allow you to increase your volume workload which you most likely know will increase your strength.
- Creatine will also help you to recover faster in between your sets. This is due to the fact that it will help you replenish your ATP stores faster.
- Creatine is also a very potent cell volumizer. What this means is that creatine will help increase the amount of water, amino acids, glucose into your muscle cell. This will lead to increased muscle pumps as well as in increased rate of protein synthesis.
- Another benefit that I have found with creatine with my athletes is that they suffer from less joint pain while on it. It may be due to the fact that there could be more water around the joint providing more comfort.

# **NUTRITION**

## **POWER NUTRITION Q & A**

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

Now here are just a few of the benefits of creatine and why I recommend it for my athletes. Creatine is a very complex topic no doubt and many areas of study concerning it. Different areas including proper cycling techniques, loading parameters, insulin mediation and mimickers, quality of creatines, different types and forms of creatine and much more. I just gave you a quick look at this nutrient as I plan on doing a series on this very important natural supplement that has taken the sports world by storm. All in all this is one supplement that is no doubt not a waste of money. I will go very in depth in the upcoming series to help you better understand this nutrient and how it can be used to help take your total to new heights.

### **The 411 on the Nutrition XP3 Program**

**Q:** Hey Anthony, keep up the good work man, I love your column. The way you told of "Mr. Furball" had me dying in laughter. I don't know where these idiots come from, but they are no doubt as ignorant as they are uneducated. Brush these morons off as they give true powerlifters a bad rap. You see, we are all not just a bunch of mullets, there are a lot of us that have really turned our nutritional habits around thanks to you and your innovative and result producing theories. I have kept my eye on your athletes over the last couple of years and they have made some huge, huge results in their lifts. I mean a lot of your guys have put some massive numbers up after working with you and they have steadily increased them contest after contest. This is even happening with the guys that are at the top of their game. This is unheard of before because if you at most elite lifters their total goes up little by little, especially when they are totaling in the range of 2400. But your athletes seem to continually get stronger and stronger contest after contest. I will be honest I am not into the science thing, but favor real world results and you have no doubt proven yourself time and time again. I would like to become one of your clients and would like to know exactly what comes with your Nutrition XP3 program. I know that you can only take a limited number of clients, but I would be honored to work with you. I am no Garry Frank or Gene Rychlak but please consider taking me on. Sincerely, Mike Husenberg

**A:** Mike, I am happy to hear that you



**Anthony Ricciuto .....** this is the Man Behind x-tremepower.com

have turned your nutritional habits around because of my writing. I like to know that I may be responsible not only for increasing powerlifter's performance, but even more importantly known for improving their health and helping them live longer. At the present time I do have a few openings in my schedule so if you are serious then I can take you on as one of my private clients for program design and consultation. I get a lot of e-mails wondering what the Nutrition XP3 program offers, so I have laid out what it consists of. You will notice it is no generic system or book trying to get the whole strength world on one single nutritional dietary theory. Since I work so closely with each athlete, monitoring them constantly, revamping their program, and consulting with them, this is the reason why I cannot take on tons of people at the same time. This is, of course, a lot more time consuming for me and guarantees me a ton more amount of footwork; but it is what I have chosen to do because this is how phenomenal results are made. Even though my work days are 12 hours or more, I still only have so many hours to take care of the entire strength sport community. Below is a brief description of what the Nutrition XP3 program offers in its basic 12 week introductory program.

The Nutrition XP3 Customized Nutrition Package contains the following items:

### **Nutritional Analysis**

This analysis will take a look at what nutrition mistakes you are making. Your background history, Training program, Health and Medical conditions, Nutrition History, Physiology of your current Nutrition situation, Efficiency Rating and Nutritional Prescription. This will also include a comprehensive review of your medical blood work and how it

will play a role in the construction of your plan. This is a very important part of everyone's nutrition plan since everyone's body and personal physiology is different. This is a major difference that differentiates a customized nutrition plan and just a cookie cutter type of plan that is thrown at everyone no matter your personal needs.

### **Natural Supplementation Analysis**

This analysis will take a look into your current supplementation program, and supplement history information so that your program can be designed to best suit your needs. This too is very important in the design of your plan to make sure that it works synergistically with your nutrition plan.

### **Customized Nutritional Programs**

This will consist of a 12 week customized Nutritional Plan based around your background info and will be geared towards helping you accomplish your performance and health goals. This will not just be one detailed plan throughout the 12 weeks. Instead there will be 3-4 phases in which after the first phase is completed a reanalysis is then again performed. From these observations and your results from the last phase a new program is designed. This will optimize your results because from the progress of your first phase will be used to develop your next part of the plan.

### **Customized Natural Supplementation Programs**

This will consist of your 12 week customized natural supplementation program to focus in on improving your health and performance through the use of many different natural supplements. Again this will compliment your nutrition plan and will also be broken down into 3-4 different phases to make sure you get maximum results.

### **Contest Day Nutritional Plan**

This will consist of a customized nutrition and supplementation plan for the biggest day of the year- Contest Day. It will include what to eat before, during and after the competition. It will include what supplements to take to maximize your performance. This is no doubt one of the most important parts of the program since contest day is the day of reckoning so everything has to be dead on.

### **Contest Cutting Weight Protocols**

Cutting weight for your contest day can be one of the most frustrating times of your life. The fact that you left it to the last minute to try and get into your proper weight class is something that can cause a major decrement in your strength. Doing this by just going in the sauna, spitting in a cup, or using diuretics can prove not only to be a disaster for your performance, but it is also a health hazard just waiting to happen. With the nutrition XP3

System you will receive different ways to help you cut weight and get into your desired weight class without having to resort to dangerous tactics that will leave you dehydrated and cramped up while on the platform. Many lifters cause major decrements in their strength by not understanding the science to making weight. No longer will this be a mystery and with the Nutrition XP3 Program you will be well ahead of the game. You will not have to try crazy and drastic measures to get into your weight class only to find out that it zapped your strength like no other or lead to a muscle tear which is common place in our sport due to the electrolyte imbalance you caused by your foolish contest prep. This set of protocols alone could save you from disaster come contest day and we all know how important this really is.

### **Contest Rehydrating Protocols**

Now that you have made weight and have qualified for your particular class it is now the time to put the weight back on plus more. By optimizing your Rehydrating Program you will notice a huge difference in your strength and power when its time to step on the platform. Don't go up for your first squat feeling flat and defeated before you even unstack the weight. With the Nutrition XP3 Rehydrating Protocols you will be fuller, stronger, and more energetic when you step up to do battle. No longer will you have to wonder what you should eat and drink to regain back valuable weight. This will make sure that you are primed and ready to set that PR you came to conquer.

### **Post Workout Nutrition Plan**

Post workout nutrition is a major factor in optimizing your results. If you are overlooking this valuable variable in your nutrition program then you are leaving pounds in the gym. It will play a major role in your increased strength, recovery from your training session, prevent catabolism, and help induce protein synthesis, create an anabolic environment and much more. If you have just finished your workout and don't have a game plan to maximize your post training hormonal environment then you my friend have just thrown the results of that workout right out the window. Post Workout Nutrition is a key variable in your success so you should make sure that you take advantage of this critical time period.

### **Post Workout "Secret" Formula**

This formula is the "Secret" that has been written about in the pages of Powerlifting USA magazine over and over. It is what has fueled the power beasts like Garry Frank, Dave Tate, Gene Rychlak, Phil Harrington, Steve Goggins, John Stafford, Travis Mash and numerous other Nutrition XP3 Elite athletes. This special formula will be given to you so that you can

optimize your post workout hormonal cascade and make sure that you get the most out of the blood, sweat, and tears that you just shed in the gym. This secret formula will help you build more muscle, drop fat, increase protein synthesis and help you recover from your training by up to an extra day in advance. This extensive formula was only available for Anthony's Elite Champions, but it is now available to you so that you can see the difference it will make in as little as 7 days.

### **Holistic Health Protocols**

Are you plagued by high cholesterol? Are your triglyceride levels out of control? Do you suffer from Type II Diabetes? Do you suffer from elevated liver enzymes because of your "Pharmaceutical Enhancement" program? If you do have any of the above problems or a cascade of other ailments then you can benefit from the Holistic Health Protocols that will be designed for you according to what conditions that you suffer from. You can help control and reverse many different ailments from specific nutrition and supplement protocols. This is why the Nutrition XP3 System has included this very valuable opportunity for its clients. Many lifters suffer from a slew of different conditions due to their horrible nutrition and lifestyle choices. The Nutrition XP3 System can help manage some of the problems that you suffer from. Remember you are only as strong as your weakest link and if your health is that weak link then it will come and take you down when you least expect it. The Nutrition XP3 System is not only concerned about getting you in the best shape of your life but also to make sure that you are the healthiest as well.

**Insulin Sensitivity Analysis**  
This will be a set of protocols to follow after the nutrition and supplementation analysis to further help customize the right macronutrient ratios for your customized nutrition plan so that you will get maximum results. This is another very instrumental part of your plan as this will allow me to understand your personal physiology make up and how efficient your hormonal balance is.

### **Phone Consultations**

Here you will be able to consult with me one on one to go over your plan, ask questions and to provide valuable feedback necessary to get the results that you deserve. Here you can cover all you need to make sure that everything is on the mark as I guide you through your plan and ultimately to your new results.

### **E-mail Support**

Got a quick question about something you didn't understand? Send over an e-mail in regards to your inquiry and get a personalized answer from me within 48 hours. This way you won't have to use up your phone consultation time for just a few quick questions that may have arisen along your journey

for a bigger total.

### **Nutritional Journal**

Here you will be able to log down your daily nutrition and supplementation diary to make sure you stay on the ball. This will also be used by me as a reference when designing future plans. This will be completed on a daily basis and then will be sent to me during each phase so it can be used in the construction of your next phase.

### **Training Journal**

To full compliment your Nutritional Journal the Nutrition XP3 Kit has included a 12 week Training Journal as well to make sure that you are keeping an accurate record of your training progress along with your nutrition plan.

### **Nutrition XP3 Power Manual**

This manual is over 100 pages of very valuable power packed nutritional info. It is filled with tips and tricks that have been proven on National and World powerlifting stages. Here you will learn some more about my theories and nutritional methods used by the strongest men and women. It covers a wide array of applicable knowledge that will be understood by even the beginner Power Nutrition enthusiast.

### **Nutrition XP3 Transformation Booklet**

Here you will be able to log all your progress with sections for before and after photos, measurements, fat percentage changes, health benefits and your individualized stats. This way the results will be plain to see.

### **Nutrition XP3 Tools of the Trade**

This part of the kit will contain valuable tools to monitor your progress. This includes a fat caliper to measure your current body fat percentage. A measuring tape to take accurate measurements to monitor your progress throughout the duration of the plan

### **Supplement Scam Watchdog**

**Q:** I have e-mailed a few times before and you have given me some really good advice on some of my questions. I have been a powerlifter for the past 11 years and I will admit that my nutrition plan has not been what it should be. I have cleaned up my act taking your great ideas from your articles and have applied to my new clean eating lifestyle. My question is about supplements. I don't know what is good and what is just a waste of money. I know there are a lot of scam supplements out there but you have mentioned that there are a lot of good ones as well. Can you give us the 411 on different supplements that we can apply to our programs and at the same time give us the lookout on which ones are just snake oils trying to rip us off?

**A:** I have gotten numerous emails from powerlifters just like you. One of the things that I will be including in my Power Nutrition Q&A column is more info on supplements. The natural supplement scene is very big and not just with bodybuilders. Athletes of all sports have turned to supplements to give them a natural edge in competing and to increase their performance. Just as I have watched out for the powerlifter, helping you to increase your performance through nutritional protocols and have stuck my head out there answering questions on how to improve your health even in relation to chemical enhancement. I will now give you the honest 411 on natural supplements so that you won't get ripped off when you go down to the local health food store. I will include real world results, scientific information on the particular ingredient in question, reference to scientific studies when available, as well as recommend different companies that have reputable products. This will no doubt put me in the good books of some companies that do produce quality products, and in the black books of others that produce knock off scam supplements looking to squeeze your hard earned dollars from your pocketbook. I will be the "Powerlifting Supplement Watchdog". I will also give those products that I feel worthy of true benefit to the powerlifter my personal, "Power Nutrition Seal of Approval". When you see this symbol in my column or near a specific products picture, this will let you know this is one of the products that I recommend. Just to let you know this will not be supplements from just one company. I will cover numerous different companies and tons of different products. Since I have used numerous different products from dozens of different companies I will let you know just because a specific company makes one great product, it doesn't mean that their next formula is also awesome. So if I like a antioxidant formula from XXX brand, it doesn't necessarily mean that I will recommend their joint support formula. With the supplements that I will give my seal of approval to you can be sure that they are ones that produce results. One last thing to remember on supplements is that even if there is a very effective supplement like creatine monohydrate for example, that has been proven by countless scientific studies and real world results with tens of thousands of athletes it still doesn't mean that it will give you results. The reason behind this is that some individuals will be known as non-responders. This has been found with creatine as well as pharmaceutical drugs as well. One very popular drug that comes to mind is the erectile dysfunction drug Viagra. Now I got everyone's attention eh? Even with Viagra it will only work on about 80% of those who try it. The other 20% will not respond. This is just to let you know and understand how very individual each person's body chemistry is. This section of my column will not only educate you but will make sure your Benjamin's are not being wasted on snake oil supplements.

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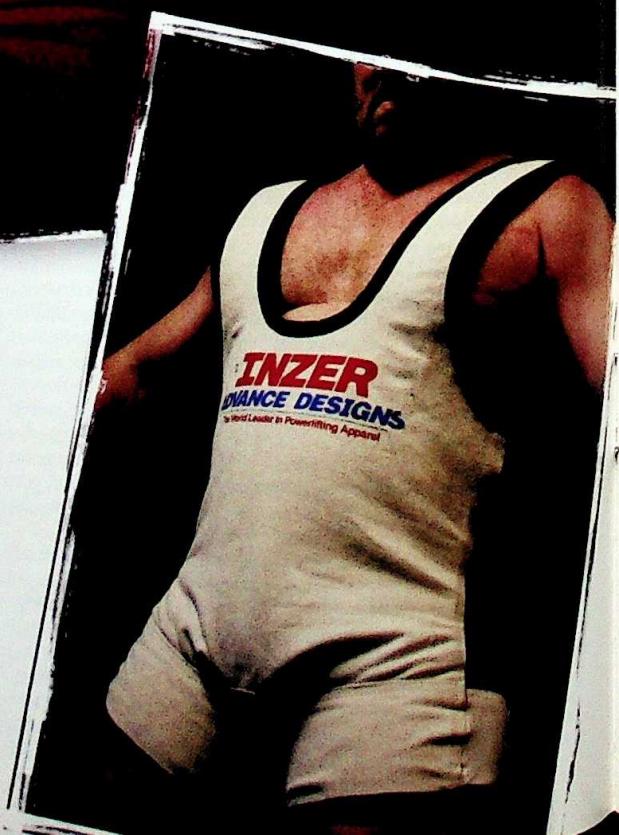
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# WORKOUT OF THE MONTH

## George Herring's 800 Lb. Deadlift Routine

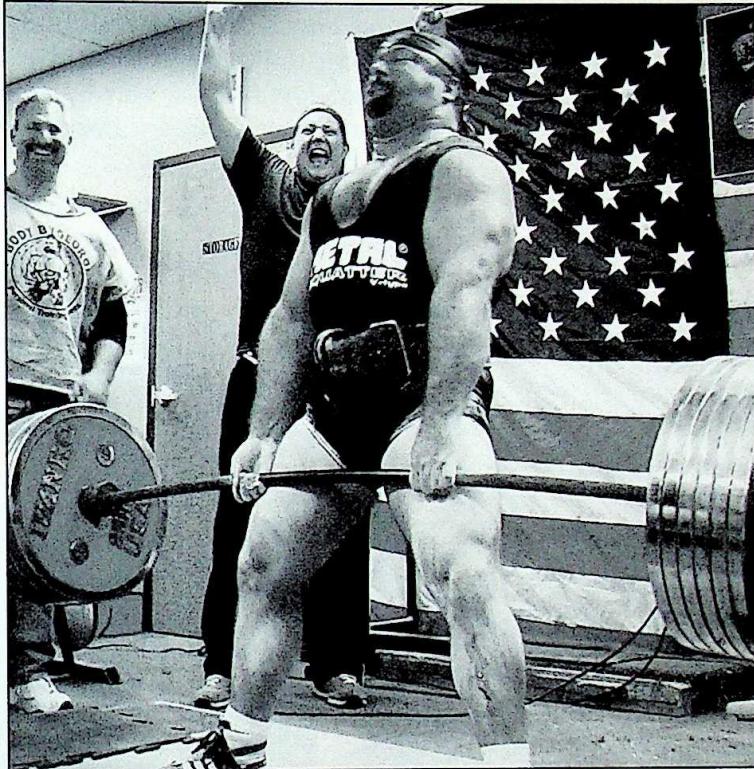
Despite the recent evolution in powerlifting apparel, the deadlift has remained virtually unaffected. Certain advances, however, both in training techniques and gear will be discussed in this article.

In my 25 years of deadlifting, I have heard just about all of the info out there. At Auburn University, I trained with the greatest deadlifter - Lamar Gant - and one of the greatest coaches Terry Todd, and the Man Mountain - Kaz! The most important thing I have learned is everyone is a little different. My philosophy has been the take all of the info I have amassed and formulate it into my own training regimen.

My best pulls have come of late. I attribute these gains to advances in deadlift suits - mainly the Metal v-type squat suit built for sumo lifters and the Inzer DL max suit. These suits allow me to sink my hips and rock back before I explode off the ground and the second factor would be training variations. To begin with, I have opted for a very wide stance leg press almost one inch beyond my normal DL stance to strengthen the bottom of the lift. All heavy wide stance work is done with a training suit on to protect the abs and abductors. On all of my movements I really concentrate on explosion.

My next deviation (on the advice of Sherman Ledford - USA coach) was to change my rack work to band work. In training for my drug free 800 DL, I was hitting about 830 for 3 reps just below the knees in the rack, however, starting in the rack just wasn't the same position as coming up from the floor. Besides that, it was really taxing on my body. In the power rack I hooked up bands from about 4 feet up and to the bar on the floor. Now that same 830 X 3 reps was done from the floor in natural position throughout. This technique also induces speed off the floor as well as a natural position during the second half of the lift.

The last significant change was



George Herring with a new WABDL Open and Masters World Record Deadlift of 800 lbs. in the 220 lb. class. (photograph courtesy of Herring)

in the rotation of my lifts. As many before me have alluded, overtraining the deadlift will EAT YOU UP, so I elongated my training period to 1 DL workout every 5 days, as described below. Note the various movements that rotate every 5 days. My actual floor DL may not occur but once every 15 days. On day 50 and beyond, I add a training suit with straps down. On day 65 and beyond I add the straps.

As we all know, the DL is a mental lift. Constant taping, visualization, reviewing the tape, etc. Many times, we do not mentally grasp the movement when it is time to perform. When I lifted at the IPF Worlds years ago, I went 26 for 26 in my attempts because I took the time to practice my mental training - internal and external visualization - and psyche trying to reach beyond myself in that moment of truth. If you ever get to see Mike Bridges or the "Skinny Man" (Tee Meyers) lift they are great at getting

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

- 3 sets of 10 reps with 1000 lbs. Light Rack Work (Hole 3)  
- 2 sets of 5 reps with 650. Floor DL - 2 sets of 5 reps with 600. Leg Curls - 3 sets of 12 reps with 150. Block DLs (Off 2" Blocks) - 3 sets of 5 reps with 450. Leg Ext. - 3 sets of 12 reps with 250. D Bar Traps - 3 sets of 12 reps with 225

**Day 20:** Leg Press (Wide Stance) - 3 sets of 10 reps with 1100 lbs. Med. Rack Work - 2 sets of 5 reps with 700. Floor DL - 2 sets of 4 reps with 630. Leg Curls - 2 sets of 12 reps with 150. Block DLs (Off 2" Blocks) - 3 sets of 4 reps with 475. Leg Ext. - 3 sets of 12 reps with 260. D Bar Traps - 3 sets of 12 reps with 235.

**Day 35:** Band DLs - 3 sets of 4 reps with 730. Med. Leg Press (Reg. Stance) - 3 sets of 10 reps with 900. Floor DLs - 2 sets of 3 reps with 660. Leg Curls - 3 sets of 12 reps with 170. Block DLs (Off 2" Blocks) - 3 sets of 3 reps with 495. Leg Ext. - 3 sets of 12 reps with 270. D Bar Traps - 3 sets of 12 reps with 245.

**Day 50:** Band DLs - 3 sets of 3 reps at 760. Med. Leg Press (Out Stance) - 3 sets of 8 reps with 1000. Floor DLs - 1 set of 1 rep with 750 and 2 sets of 3 reps with 680. Leg Curls - 3 sets of 12 reps with 180. Block DLs (Off 2" Blocks) - 3 sets of 2 reps with 530. Leg Ext. - 3 sets of 12 reps with 280. D Bar Traps - 3 sets of 12 reps with 265.

**Day 65:** Some Assistance Work Dropped. Band DLs - 2 sets of 2 reps with 800 and 1 set of 1 rep with 850. Leg Press - 3 sets of 5 reps with 1200. D Bar Traps - 3 sets of 12 reps with 275. Floor DL w/suit - 1 set of 1 rep with 770 and 2 sets of 2-3 reps with 700. Leg Curls - 3 sets of 12 reps with 200.

**Day 80:** Med. Leg Press - 3 sets of 6 reps with 1000. Band DLs - 700x1, 800x1, 900x1, 800x3. No other lifting

**Day 87:** Wednesday Before Meet. Last Single DL with Suit - 135x3, 315x1, 495x1, 620x1, 710x1, 770x1, 820x1

**Day 97:** Compete. Open - 705; 2nd - 755 WR; 3rd - 800.1 WR; 4th - 840.2 Close.

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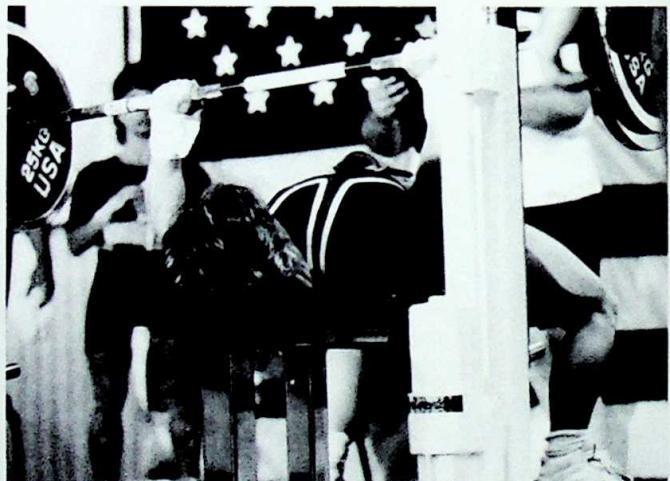
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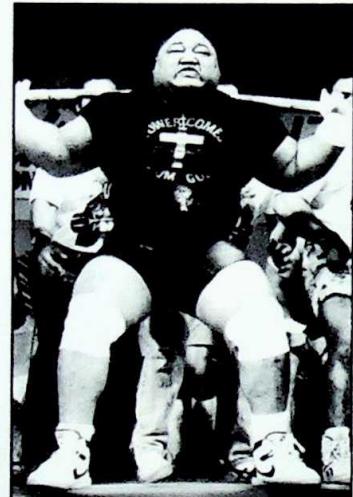
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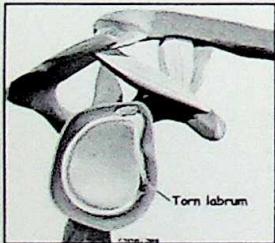
# ASK THE DOCTOR

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.)

**DEAR DR. PASQUALE:** I do not know if you remember me, but I was the one who had the pectoral rupture last summer. It is doing well and getting stronger, still taking it easy. However, I had a MRI on my right shoulder and it was discovered that I have a labral tear, the shoulder was in pain for 2 weeks, but I have not felt any pain since then, I have been pain free for about 3 weeks. The doctor (Peter Simonian) recommended that if I feel that is not bothering me, then I should not have the surgery, but if it is, then have the surgery. For a labral tear do you think it is necessary? Will it get worse being a competitive powerlifter? I am only 28 yrs old and another surgery to my right side seems like a little much for my age. Thank-you for any feedback. God Bless. **Matthew.**

**Hi Matt:** A labral tear can be a problem at times and not a problem at other times. Keep in mind that the labrum is basically just a cuff of cartilage that deepens the socket that the arm bone (humerus) moves within and makes the shoulder joint much more stable. I've copied a picture below (from <http://www.orthogate.com/index.php?module=subjects&func=viewpage&pageid=50>) of the inside view of the shoulder joint with the humerus removed so you can see inside the joint. As you can see a labral tear only affects a small portion of the shoulder and doesn't have a problem. Usually unless the tear is large, it will heal. Getting shoulder normal is helped substantially by the rotator cuff muscles that support the shoulder joint. Having any pain in the shoulder joint is not that substantial and should be allowed to heal on its own and the shoulder rehabilitated. As far as surgical treatments, your doctor is right and I'd try and stay away from them unless things deteriorate markedly and/or the shoulder becomes unstable, and even then it's a point of contention right now as to how much and what kind of surgery is best. You can get more basic info on labral tears and about the MRI and the surgical end from <http://www.orthogate.com/index.php?module=subjects&func=viewpage&pageid=50>, <http://uconnsporthsmed.uchc.edu/patientinfo/whathurts/shoulder/>, <http://www.hopkinsmedicine.org/orthopedicsurgery/labrumtear.html>, and [http://www.med.umich.edu/1libr/sma/sma\\_labtear\\_sma.htm](http://www.med.umich.edu/1libr/sma/sma_labtear_sma.htm). You might also want to get a copy of one of the papers that cover this subject. I've copied a few citations and abstracts below that might be of interest to you.

The way I deal with labral tears, unless they're major tears secondary to violent dislocations of the shoulder, etc., is to first of all deal with any pain and inflammation and then to treat it conservatively, building up the muscles I mentioned above. After a few weeks of rest I gradually start the process of strengthening all the muscles in and around the shoulder, starting off at first with simple movements, usually under a therapist, and building up over a few months to using some substantial weights in exercises that work and develop the muscles of the rotator cuff and upper back. Even after things are back to normal, as a preventative measure I have lifters devote part of one workout each week to the various shoulder and upper back muscles, using exercises such as bent over rowing,



specific rotator cuff exercises, lateral raises, high incline bench presses etc. I have them keep away from any movements behind the neck, including lat pulldowns behind the neck and presses behind the neck. These exercises are too stressful on the shoulder joint, and neck areas.

On the nutritional end, to help things get back to normal faster and improve shoulder functioning, I usually put athletes on 10 tablets a day of my Joint Support for a minimum of 3 months while the shoulder is healing. For more information on Joint Support have a look at <http://www.mdplusstore.com/pdfs/jointsup.pdf>. As you can see from the heavily referenced information piece, I formulated Joint Support to maximize all the various pathways that lead to enhanced healing, protection and strengthening of musculoskeletal tissues. It doesn't take a rocket scientist to see by the ingredients that it's head and shoulders above all of the other "joint support" products on the market today. Because of its effectiveness for helping to treat and prevent injuries, it's widely used by the more competent and knowledgeable sports medicine doctors, therapists, chiropractors, coaches and athletes. I hope that this info helps. And let me know how the shoulder comes along. Best regards, **Mauro**

**CLIN SPORTS MED. 2004 JUL;23(3):321-34, vii.**

Return to play for rotator cuff injuries and superior labrum anterior posterior (SLAP) lesions.

Park HB, Lin SK, Yokota A, McFarland EG.

**DIVISION OF SPORTS MEDICINE AND SHOULDER SURGERY, DEPARTMENT OF ORTHOPAEDIC SURGERY, THE JOHNS HOPKINS UNIVERSITY, 10753 FALLS ROAD, SUITE 215, LUTHERVILLE, MD 21093, USA.**

The shoulder is a frequently injured joint in athletes, and the most common injuries in active patients include instability, rotator cuff injuries, and superior labrum lesions. These three types of injuries often involve different mechanisms of injury, variable methods of surgical repair, and different considerations in rehabilitation and return to play. This article focuses upon rotator cuff injuries and superior labrum lesions, treated nonoperatively and operatively. Return to play with these injuries depends upon many factors including upon the age of the patient, the severity of the pathology, the type of treatment rendered, and the expectations of the patient.

**AM J SPORTS MED. 2003 SEP-OCT;31(5):798-810.**

The diagnosis and treatment of superior labrum, anterior and posterior (SLAP) lesions.

Nam EK, Snyder SJ.

**SOUTHERN CALIFORNIA ORTHOPAEDIC INSTITUTE, VAN NUYS, CALIFORNIA 91405, USA.**

The advent of shoulder arthroscopy, as well as our improved understanding of shoulder anatomy and biomechanics, has led to the identification of previously undiagnosed lesions involving the superior labrum and biceps tendon anchor. Although the history and physical examination, as well as improved imaging modalities such as magnetic resonance arthrography, are extremely important in understanding the abnormalities, the definitive diagnosis of superior labrum, anterior and posterior lesions is best made through diagnostic arthroscopy. Treatment of these lesions is directed according to its type. In general, type I and III lesions are debrided, whereas type II and many type IV lesions are repaired. The purpose of this article is to review the anatomy, biomechanics, classification, diagnosis, and current treatment recommendations for these lesions, as well as to review the literature.

**CLIN ORTHOP. 2002 JUL;(400):77-87.**

Disorders of the superior labrum: review and treatment guidelines. Parentis MA, Mohr KJ, ElAttrache NS.

**KNEE CENTER OF WESTERN NEW YORK, BUFFALO, NY, USA.**

Advancements in shoulder arthroscopy have led to a better understanding of the anatomy and disorders of the superior labrum biceps tendon anchor complex and the role that lesions of the superior labrum anterior and posterior lesions play in pain and instability of the shoulder. Various injury mechanisms have been suggested and studied and it is likely that different mechanisms produce different types and areas of damage to the superior labrum. Classification systems have been proposed to describe the specific pathoanatomy of lesions of the superior labrum anterior and posterior lesions and to guide treatment. Presenting symptoms often are nonspecific and physical examination maneuvers have varying degrees of sensitivity and specificity making diagnosis challenging. Diagnostic ability is enhanced by the ultimate diagnostic test, arthroscopy. A clear appreciation for the various lesions and the potential resulting joint dysfunction is necessary to determine the appropriate treatment of this complex region of the shoulder. The current authors review the anatomy, classification, presentation, evaluation and treatment results of superior labrum anterior and posterior lesions, and includes novel evaluation methods and treatment guidelines useful in treating these lesions.

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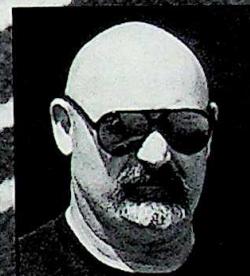
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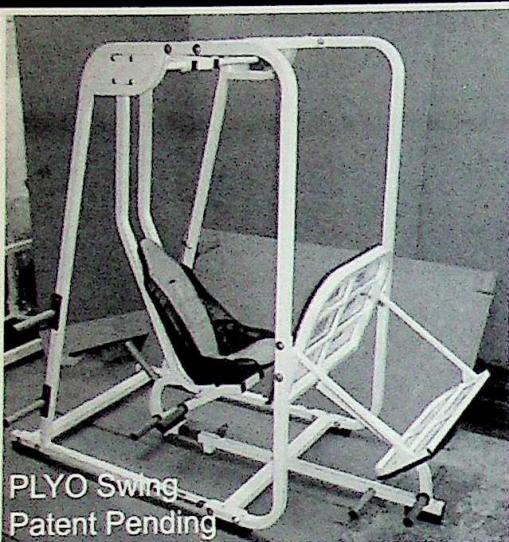
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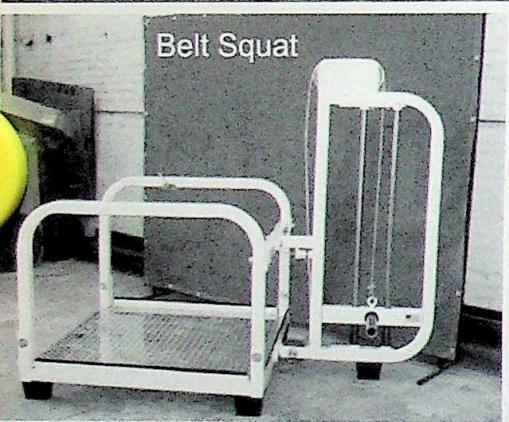
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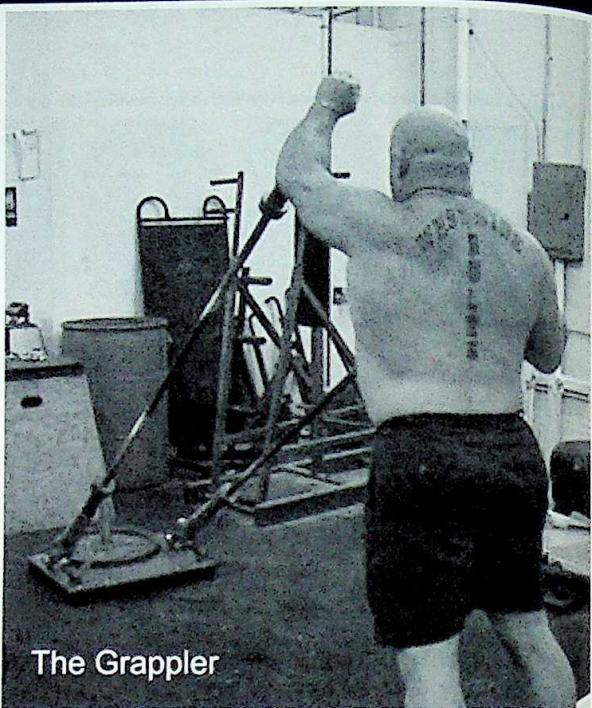
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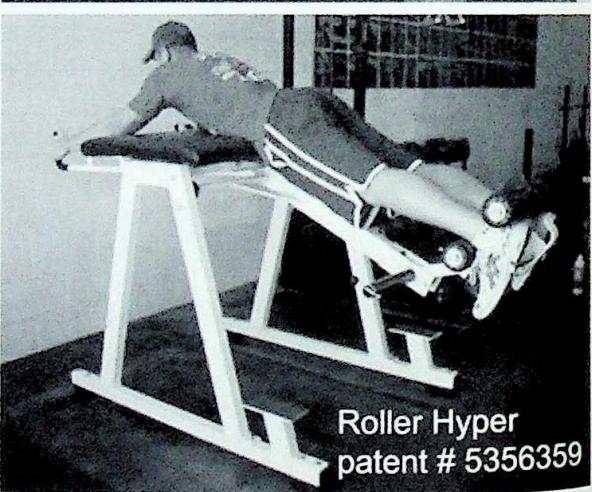
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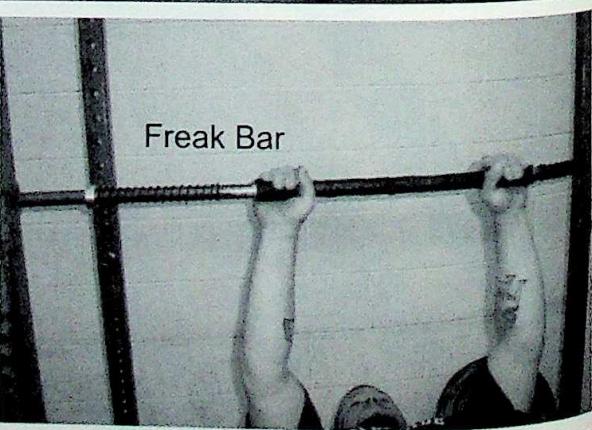
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Set and rep selection are the cornerstone of every lifter's training. Every lifter's goal should be to train in the most effective and efficient manner, getting the best workout possible. In order to achieve that, all aspects of your training - from exercise selection and performance, nutrition, to sets and reps should be constantly evaluated for their effectiveness. One aspect I think that deserves another look is your choice of set and rep schemes. I believe a majority of the set/rep schemes used by lifters are not efficiently and logically designed to produce the highest level of results. You may not be getting back as much from your training as you desire.

To demonstrate my point, I'd like to analyze a few of the most popular set/rep schemes like the 5 sets of 5 reps and the 'add weight while you cut reps'. I will analyze each method and propose ways that these schemes can be made more efficient and hopefully, more result producing.

Let's start with the '5 sets of 5 reps' scheme. One way of doing a '5 x 5' routine is to use the same weight for all sets (warm-up not included):

225 x 5, 225 x 5, 225 x 5,  
225 x 5, 225 x 5

Another "5 x 5" variation is to increase the weight on each succeeding set, peaking out on the final or fifth set:

185 x 5, 200 x 5, 215 x 5,  
230 x 5, 245 x 5

I'm the first to agree that if you work hard and increase the weights used when you are able, you will progress. So what's wrong with that? I say by logically analyzing these two progressions and applying my suggestions, we can easily increase results.

In the first example, if you got that fifth set with 225 pounds, what good were the first four? Likewise, in the second example, the last and heaviest set was the most heaviest and most beneficial. The four previous sets only tired the lifter out and lowered the amount he would be capable of for the fifth set. These two methods are simply a waste of time and energy. Luckily the solution is unbelievably simple.

A better, more efficient way of doing a '5 x 5' scheme that would result in a much higher level of intensity and results could look like this:

200 x 5, 225 x 5, 255 x 5,  
240 x 5, 225 x 5

With this more efficient scheme, you would peak out weight-wise on the third set with 255 pounds and then as you tire and

# STARTIN' OUT

A special section dedicated to the beginning lifter

## ANOTHER LOOK AT SETS AND REPS as told to Powerlifting USA by Doug Daniels

your strength decreases; drop the weight a bit on each of the succeeding sets while maintaining a high level of intensity. This new 5 set workout now becomes a much more intense, result-producing workout. More weight is also lifted during this efficient scenario over the original, inefficient one.

Proper warm-up is still important and my examples provide necessary warm-up for most weight trainees without expending valuable strength and energy needed later on work sets. Of course, some lifters may require an additional set or two of increasing sets. Don't waste time and energy performing unnecessary low intensity, marginally effective sets. Save your strength and energy for the work sets. These are the sets that result in size and strength gains.

Now let's look at a typical add weight/cut rep each set scheme:

185 x 12, 205 x 10, 225 x 8,  
245 x 6, 265 x 3, 285 x 2,  
305 x 1

Here, my same basic principle applies. Too many light warm-up and intermediate sets and reps result in the lifter being able to lift less on the critical top set.

A better add weight/cut rep scheme for the same lifter would look like this:

185 x 12, 225 x 6, 255 x 2,  
285 x 1, 315 x 1, 295 x 3,  
265 x 5

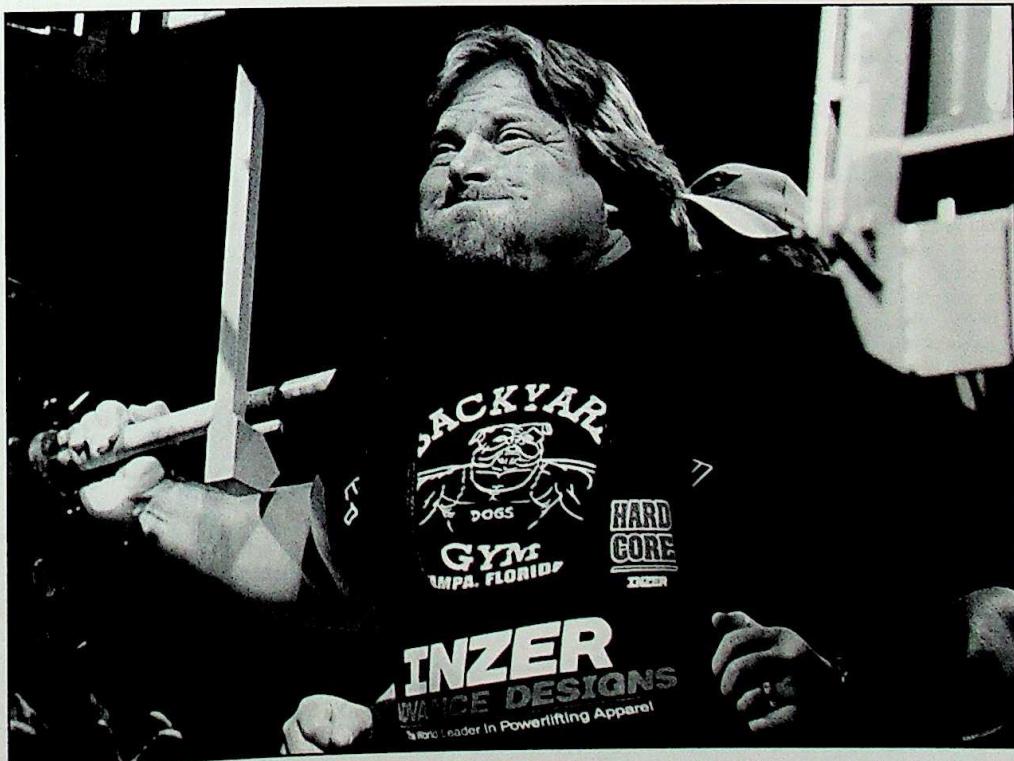
As you can see, this results in a substantially higher amount of weight used over the workout while also providing adequate warm-up. The down sets in my example, as in my '5 x 5' scheme; allow the lifter to maintain intensity as his strength and energy level decreases. In addition, the lifter would now be capable of a 2-5% higher top set! That may not sound like much, but over the medium and long term, this really adds up. A good rule of thumb is to drop the weight 5% on each succeeding set after the top set. This may require some adjustment for each individual, but

this is a good number to start with.

Another benefit is potentially better exercise performance. Usually, as a lifter becomes tired or fatigued, exercise performance suffers. Increasing the weights used while fatigued greatly increases chances for injury. By performing the heavier sets sooner and then decreasing the weights as fatigue sets in, intensity can be kept high and proper exercise performance can be better maintained. This is a win-win scenario.

This principle can apply toward other set/rep schemes like the 3 x 10, 4 x 8, 6 x 6, etc. The weights you can use on the system may not be exactly in proportion to my examples and may require a little modification and experimentation on your part.

I am very confident that if you compare your current practices to my suggestions, you can immediately make all your workouts safer, more efficient and result producing without requiring any changes to the selection of exercises or any other training methods you currently employ. That's the beauty behind this simple principle. You may wonder why you have not tried this before. As I wrote earlier, your choice of set/rep schemes are cornerstones of your training and critical to your progress. Take another look at your sets and reps and better results will follow.

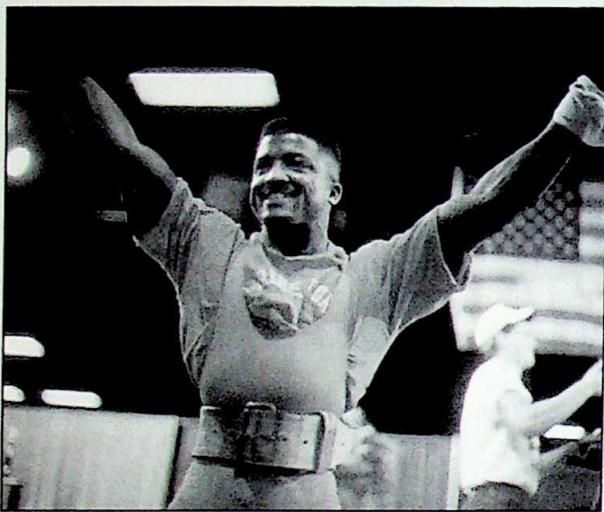


**Sets and Reps Do Matter!** ... especially if you expect to be carrying 1125 lbs. on your back, like Beau Moore, did in the WPO Super Finals at the Arnold Classic. We hope to have an interview with Beau, a Gearman Nutrition athlete, including information on his sets & reps, in an upcoming issue of PL USA.

# DR. JUDD

## DON'T WORRY ... BE HAPPY!

as told to Powerlifting USA by Judd Biasiotto Ph. D.



**One of the Most Positive Minds in Powerlifting ... Ausby Alexander showed his attitude after setting a new IPF 165 lb. World Record in the squat at the '89 Seniors. Ausby would conduct hilarious conversations with the likes of Sly Anderson throughout otherwise very serious training sessions as well.**

When I was young my father took me to York, Pennsylvania to listen to the great Paul Anderson speak. I sat at his feet totally captivated. I didn't understand a word he said, but I loved every minute of it. It was magical. Approximately two months later my father took me to Philadelphia, Pennsylvania to attend a talk presented by Arnold Schwarzenegger. I really didn't understand a thing he said either, but I loved that, too. What I did understand was that these two men were not only great lifters, but also very special human beings. Even a small child knows greatness when he sees it. I also grasped something else. Both of these men possessed a charming sense of humor. They weren't just informative; they were entertaining. They would poke fun at the audience and themselves, and at times would literally crack up with laughter themselves. It was obvious that they enjoyed what they were doing and that everyone there loved them.

As time went on and I became an adolescent, I learned that both Anderson and Schwarzenegger used the same humorous approach in their weight training. They were serious about what they were trying to accomplish, but they always had a moment for a smile or little joke. Having fun was a big part of their training. In fact, Schwarzenegger credits his sense of humor for driving him through the rough grind of training. "I believe," relates Schwarzenegger, "that the ability to laugh and have fun in training is every bit as important as training intensity. If you don't have a positive up-beat attitude in the gym, you're not going to get maximum benefits from your training. Humor can help you cope psychologically with the rigors of training."

your labors, you will never become all that you can become. Laughter is a tool for achievement. Reality isn't always motivating. We need a few good laughs now and then to keep attacking our goals - particularly in an activity like weightlifting, where a high level of stress is part of the game. In the gym, there are losers and winners. The winners are nearly always the athletes who have a positive attitude and a cheerful disposition. Happiness produces winning spirit and a winning spirit produces success.

Besides the use of humor to cope with the psychological rigors of training and competition, a good laugh may actually enhance your health. In fact, laughter may be the best medicine, and certainly the cheapest. Although the actual connection between laughter and healing is still rather sketchy, a growing amount of evidence indicates beneficial effects from laughing. Doctors studying links between laughter and health are finding new evidence that laughter helps ward off sickness.

Recent studies at the National Institute of Health indicate that laughter helps the brain produce higher levels of chemicals called neuropeptides, which increase the number of macrophages, the disease-fighting cells of the body. It's also hypothesized that laughter may cause the brain to block the manufacture of cortisone, a common immune system suppressant. In fact, it may be entirely possible that laughter speeds up the production of endorphins, an immune enhancer. Of course, the stronger your immune system, the less your chance of contracting an illness and the greater chance of recovering from illness.

Aside from the theoretical effects on the immune system, laughter produces some effects

Interestingly, many members of the weightlifting establishment are coming around to that same type of thinking. "Joking around and laughing a lot can significantly enhance your training," says Ausby Alexander - National and World Powerlifting Champion. "It just makes sense that when you are happy, you are going to perform better. Humor can be the difference between a good workout and a great workout." Look at the guys in the gym who are really successful; they're the guys who are really enjoying what they are doing. A positive attitude brings positive results. Like Alexander, four-time world champion Curtis Leslie is sold on the benefits of humor. Says Leslie, "Laughter can help an athlete become more successful in both his personal and professional life."

Humor is a mood elevator that can create a feeling of confidence and power. Humor should definitely be an important part of your life. If you're not happy in life, you'll never reach your zenith. The same is true in the gym. If you are not happy, if you are not experiencing the true joy of

that can be measured unequivocally. According to William Fry, a Stanford University researcher who has studied the beneficial effects of laughter for over 40 years, "Laughing 100 to 200 times a day is equal to about 10 minutes of rowing. It speeds up heart rate, elevates blood pressure, accelerates breathing, and increases oxygen consumption. A hearty laugh gives the muscles of the face, shoulders, diaphragm and abdomen a vigorous workout. With convulsive or sidesplitting laughter, the legs and arms even get involved." It's what Fry calls "internal jogging." After you've had a good laugh, muscle relaxation and a drop in the aforementioned levels occur. Fry feels that, like exercise, laughter may reduce the risk of heart disease, depression, and other stress-related conditions.

Interestingly, many corporate businesses are conducting workshops to help their employees find their funny bone in an effort to reduce stress and enhance health. Alan Linn, a corporate journalist, says that "humor consultants are proving that humor in the workplace, once thought to be the antithesis of the American work ethic, can help companies run smoother, cut medical costs, increase sales and production, keep employees, and even polish the company's public image." Obviously, humor and laughter can foster a positive attitude, which will make us less likely to give way to depression and stress. Humor can give us a sense of control in our life: it gives us a feeling of confidence and power. When we are able to laugh at what troubles us, we empower ourselves to cope with the stresses of life. Like Linn says, "Humor is power — it's good medicine."

Whatever the physiological reasons for laughter's benefits, laughter can free you of anxiety, fear, embarrassment, hostility and anger — according to Vera Robinson, head of nursing at California State, Fullerton. She goes on to say that laughter gives a person a different perspective on life. "We've found that when you reduce an individual's anxiety and fear, they recuperate better and faster. It's simply the mind-body connection." Of course, it doesn't take Sherlock Holmes to figure out how such benefits apply to lifting. We know that the real growth of muscle occurs not during the workout at the gym, but rather during the healing, resting, and recuperative period between workouts. And there is no debate that injuries and disease can obstruct an athlete's progress. Consequently, anything that promotes healing is worthy of the athlete's consideration. Also if stress and negative emotions can cause decrements in performance, why can't laughter and feelings of hope and well-being enhance performance, even promote physical development?

The question arises, how can we get more laughter into our lives? Here are a few suggestions.

Surround yourself with happy, positive people. It's a well-known fact in social psychology that as human beings, we tend to adopt the same personality characteristics as the people with whom we interact. If you surround yourself with negative, depressed people, you'll tend to become negative and depressed. Conversely, if you surround yourself with positive and happy individuals, you'll tend to be positive and happy. In fact, even if you're somewhat negative and

**"Humor is mankind's greatest blessing."**

**Mark Twain**

have a hard time laughing, by associating with happy people, you can learn to laugh and enjoy your life. In an attempt to bring "laugh-minded" people together, several humor clubs have been organized throughout the United States. Members of these clubs attend comedy presentations, read humorous books, and tell funny jokes and stories. Some clubs even bring in laugh experts to teach them how to laugh.

Three-time World Strongest Man Magnus Ver Magnusson has actually made humor a training tool. "The pressure of international competition is so great," he says, "that I realized early in my career that if I wasn't enjoying what I was doing I was going to burn out quickly. Consequently, I decided to make a conscious effort to incorporate humor and laughter into my training sessions." Magnusson started out by wearing humorous shirts and shorts to the gym. When that initiated laughs he started wearing funny outfits to train in. He also started putting playful notes and cartoons in his training partner's gym bag, on the gym mirrors and on the locker room doors. The rest of the people in the gym picked up on Magnusson antics and before long everyone was joking around. Like comedian Victor Borge has said, "laughter is the shortest distance between two people." Magnusson's course of action created a more cheerful and relaxed atmosphere for the gym and everyone in it. "There is no doubt in my mind," states Magnusson "that humor helps me train more successfully. It's changed my whole outlook on training and life." It can do the same for you, too.

Develop a humor file. It's not always easy to access our lighter side, especially in today's dynamic, fast paced world. Many times we are so immersed in the problems of the day that we forget all about comic relief. There is also the problem of getting a good laugh when we need it. This is particularly true for those of us who are humor impaired or who suffer from terminal seriousness. Developing a humor file can help eliminate such problems. Start a collection of materials that will tickle your funny bone ... humorous stories, jokes, videotapes, and anything else that will make you laugh. Then when things get a little difficult, escape to your humor collection to cheer yourself up. Such a collection may take some time and work, but in the long run it will be well worth the effort.

Smile as much as possible. Make a conscious effort to smile even if you don't feel like it. Researchers have found that when people smile, even when they are not happy, their brains secrete an assortment of chemicals that not only boost

their immune system, but also gives them a physiological lift ... a mind elevator, if you will. Even more amazing is the fact that people who are instructed to just smile get the same physiological benefits. In other words, just by pretending to be happy, you can make yourself healthier and happier. Annette Goodheart, a Santa Barbara, California psychotherapist, explains it this way. "Laughter triggers the diaphragm. It's like putting a key in a car ignition," she explains. "The engine catches and turns over. Much the same thing happens with a fake laugh. Your diaphragm interprets this as a real laugh, and your body responds appropriately."

Incorporate humor and laughter into every day of your life. Arnold Schwarzenegger once told Joe Weider that although he was the greatest entrepreneur he had ever met, he never wanted to be like him because Weider was too serious. Arnold said, "I can't do anything unless I'm having fun doing it." Years later, do you know what Weider said? "I taught Arnold a little bit about business, and he taught me a lot about laughing." Isn't that great? Laughter is an aptitude we all can acquire, because it comes naturally. But it's also a skill that has to be developed and nurtured. Do whatever you can to ensure that you get a daily dose of humor in your life. Seek out happy people, listen to spirited music, watch exhilarating movies,

and experience gala times. As pop singer Bobby McFerrin says, "Don't worry, be happy." If possible, set one or two hours aside just for having fun. As mentioned, you are a product of your environment. If you surround yourself with happy people, pleasant surroundings, and merriment, you will eventually be consumed by such euphoria. In short, the more humor you have in your life, the better off you're going to be.

Laugh when things get tough. Comedian Bill Cosby has said that "Once you find laughter, no matter how painful your situation might be, you can survive it. Through humor, you can soften some of the worst blows that life delivers." At last year's Georgia Ironman Championships, Willie Coleman attempted a 500 pound bench, weighing a meager 198 pounds. Halfway through the lift, his right arm snapped in half, and the weight crashed down on his face. Everyone in the auditorium was in shock. When I reached him, he was a bloody mess. "Are you OK?" I asked. "I don't know," he responded in obvious pain. "Was the lift good?" Everyone in the place cracked up. By seeing the humor in his own unfortunate plight, Willie made the situation easier for the rest of us. Through humor, he made a terrible situation more bearable.

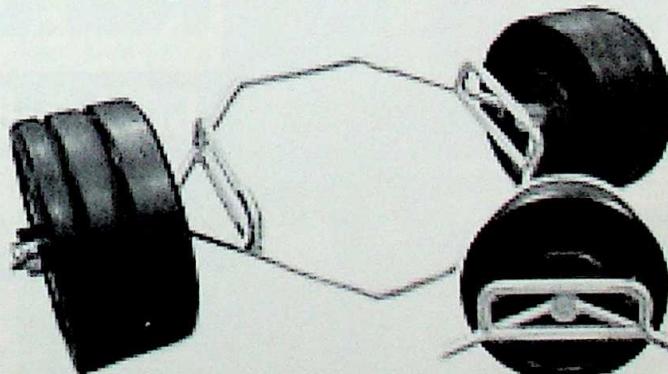
Humor can even help when it comes to death. A couple of years ago, I went to visit my grandmother,

who was on her deathbed. I was really upset. When I sat next to her bed I started crying. She looked over at me and said, "What are you crying about?" "I don't want to lose you," I replied. She reached out and gently squeezed my hand. Then she looked into my eyes and said, "Judd, I'm 96 years old and do you know something, when I die I won't have an enemy in this world. After all these years, there's not a single person who can say anything bad about me. When I'm dead and buried, you won't find a single person who hates me or who will slander my name." I was astonished by her announcement so I said, "That's incredible, Granny. How did you accomplish that?" In a soft voice she replied, "I outlived everyone of those SOBs. that's how." When she said that, I literally fell on the floor laughing. I couldn't help but laugh. In that one moment she changed my whole outlook on death. She demonstrated to me that everything was going to be all right. Through humor my grandmother made her death easier for me. Again humor can ease tension and make even the worst situations bearable.

Obviously, it pays to laugh. The mere act of smiling can yield powerful results that can set you on the road to health, happiness and success. Humor is critical to our well-being. It is one of God's greatest gifts ... don't miss it. Oh Yeah! One more thing, "He who laughs ... lasts."

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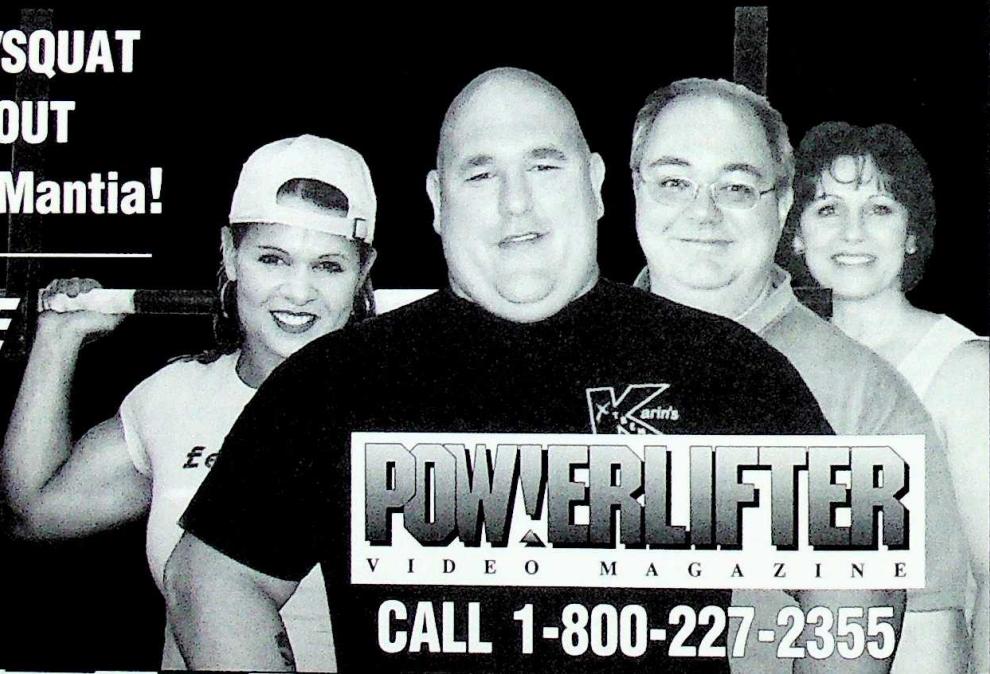
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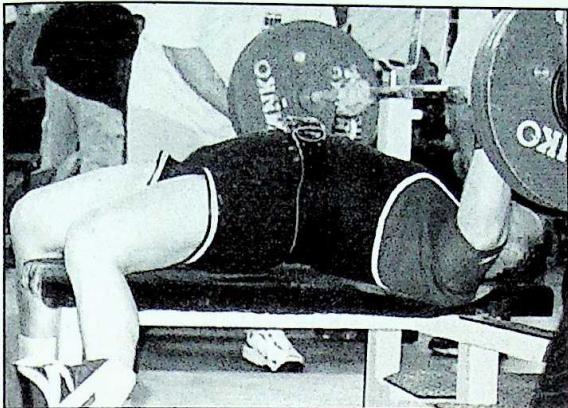
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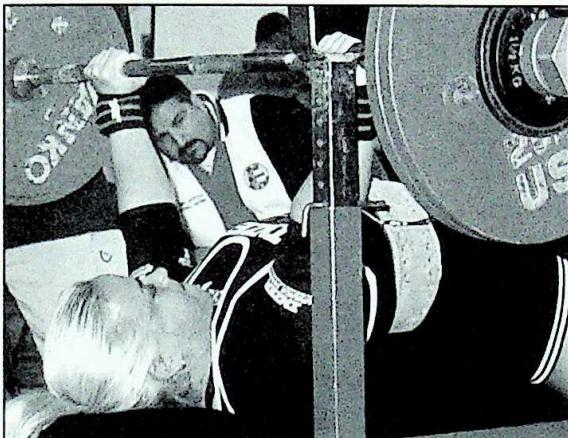
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# POWER SCENE



*Bob Evans has been doing quality lifting in his age group*



*Mari Asp is going from strength to strength, barely a 165*



*Big Gary Garcia (photographs provided by courtesy of Ned Low)*

2005 USPF PL & BP Championships. Hosted by Steve Denison, the meet saw lots of great lifting, and we snapped pictures of some of the lifters we so often see at Southern California meets. Big Gary Garcia hit a 606 SQ, 578 BP, and 710 DL. Bob Evans, in his late 50s, squatted 490, benched 385, and dead lifted 341. Daniel Smith III popped a 363 bench. Lisa Denison hit a 363 squat. Mari Asp, after 3 good benches, stepped up for a fourth attempt, and hit a 330, a new PR for her, and an American record (USPF) in the 165 lb. class, and Mari was way under the 165 limit.

[www.powerliftingca.com](http://www.powerliftingca.com) has a list of lots of upcoming USPF meets in California and Arizona, including the USPF Nationals, June 18-19, in Los Alamitos, plus lots of other info, including records, meet results, the California Powerlifting Hall of Fame, and more. Check it out.

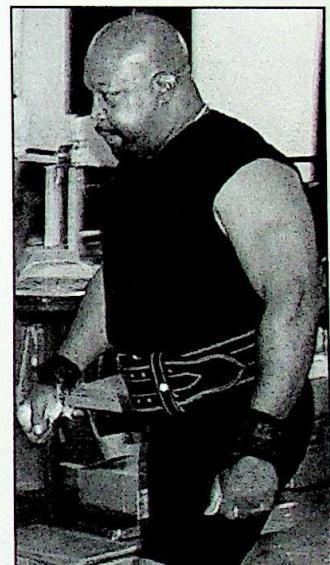
As for Mari, she'll be aiming for even higher BP numbers. Mari does her training at Gold's Gym/ Venice, the flagship gym of the famous worldwide gym chain. Gold's has been a supporter of *POWER SCENE* for many years, and many top PLers have been featured in *POWER SCENE* and/or *POWERLIFTER VIDEO* doing PL training at Gold's. Anthony Clark, Ted Arcidi, Chris Confessore, Garry Frank, and Glen Chabot (and Mari Asp) are just some of the great lifters we've shot and interviewed at Gold's.

This year is the 40th anniversary for Gold's, and we wish them a very Happy Birthday! If you're interested in visiting Gold's/Venice, or any of the hundreds of Gold's all over the world, check out their website, [goldsgym.com](http://goldsgym.com)

Finally, even though *POWER SCENE* did not make its usual trip to the Arnold Classic, we want to congratulate Steve Goggins, Ryan Kennelly, Markus Schick, and all the other Arnold and WPO champions. (We also heard great things about the this year's triple-width Inzer booth, which featured bench press demos and powerlifting stars Kara Bohigian and Ielja



*Lisa Denison is always smiling.*



*Daniel Smith III prepares to BP*

Strik.)

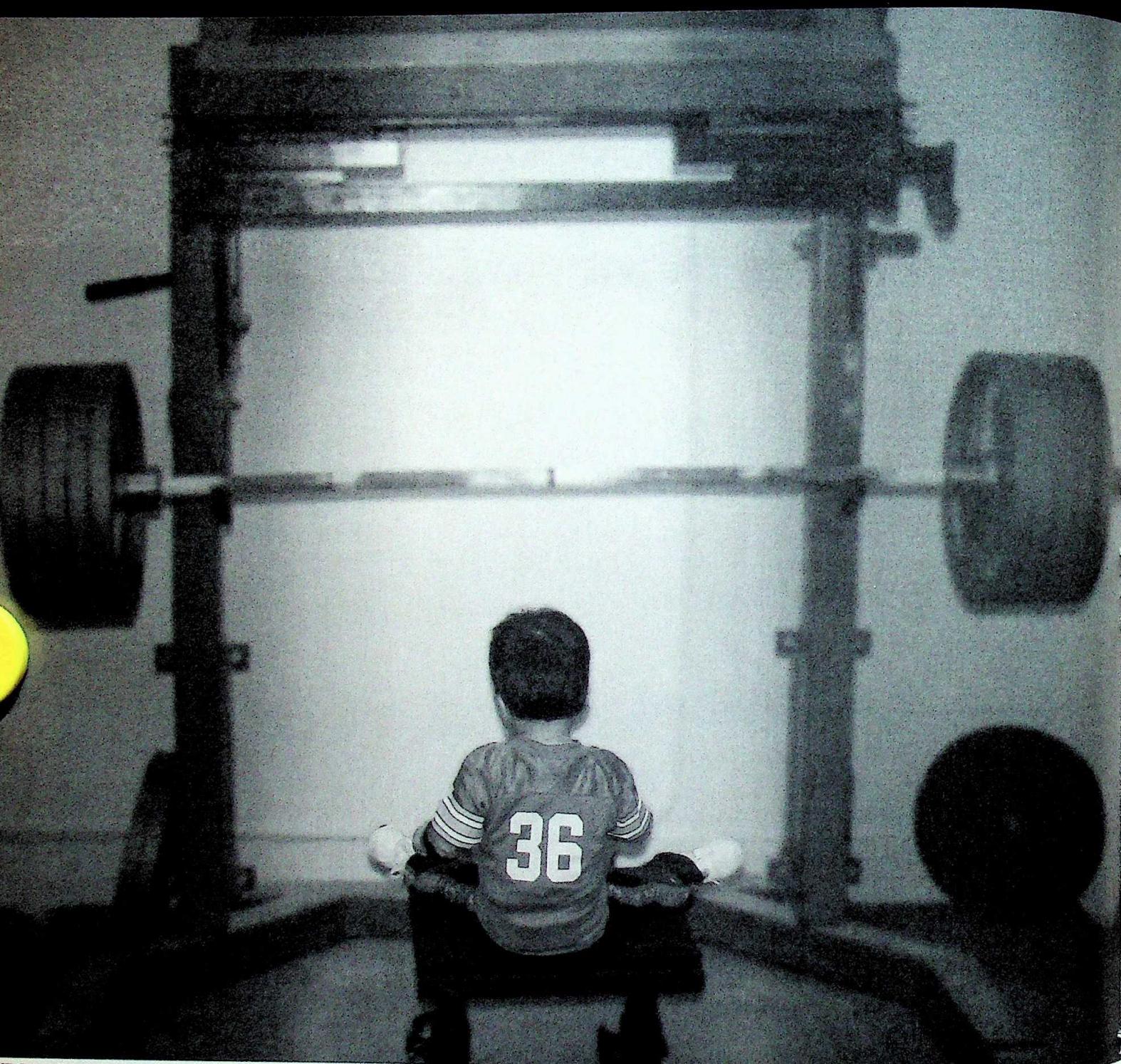
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Stay strong and healthy.

Ned Low



*2005 California Powerlifting Hall of Fame Inductees included (left to right) Bob Burke - LAPD PL administrator/lifter, Tom Harris - LA Sheriff's Office Mr. Powerlifter, Mike Musto - CA's premier PL Firefighter, Paul Love - Power/Bodybuilder, Robert Doqui - actor/invocation, Louie Hernandez - Pomona PD Powerman, Denny Thompson - PLer Extraordinaire, Rudy Lozano - 5 decades of lifting, Willie Kindred - "Dr. Squat", Tom Overholtzer - '04 Inductee, Len Ingro - "Top Middleweight", Bill Witting - "60s Record Setter", Jack Hughes - lifter/referee, Jim Waters "Pyramind Power" 6 of the 1968 National Champion Zuver's Gym Team were present (5 of them in uniform!): Overholtzer, Witting, Ingro, Kindred, Waters, and Lozano. (Mike Lambert photograph)*

# Someday I will...



EQUIPMENT

SEMINARS

FORUMS

Q&A

ARTICLES

**Someday I will prepare with everything I have.  
Someday I will perform to my best ability.  
Someday I will prevail.**

Elite Fitness Systems will be there every step of the way providing the most advanced training, information and equipment the world has to offer.



ELITE FITNESS SYSTEMS

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Last month, we looked at Wild Hogs, and Hawg's Barbell Club. Thanks for all of the comments and e-mails. It's great to have a humorous moment every day. For example, here is an actual e-mail received in response to our 1 Rep max Calculator on the houseofpain.com website. (The calculator is designed to give lifters an easy way to get their current max, even if they only have their top double or triple to work with - as might be the case if you train alone for a while.) The actual email:

*Your web site says that if I can lift 10,000 lbs. in three reps at age twelve that I should be lifting 1,119,999,999. Is this true cause I do not want to hurt myself?*

Actual response: If you can lift 10,000 pounds for 3 reps at age 12, you have a promising career as a powerlifter - or a human crane. I can't teach you anything. Keep up the good work, and try to enter a few of the powerlifting meets listed in PL USA - the world is waiting.

But some of the e-mails are serious. Like this one from Ironworks, or Flexhouse, or The Gym in Wisconsin:

*The place that I train at is simply named, "The Gym" and it has evolved a lot over the past two and a half decades! It is in La Crosse, Wisconsin and has only been open for a little over a year. It's in a warehouse building at a location that used to have the Flexhouse Gym that I helped open and was owned by a 181 Masters World Record Holder in the squat - Bill Becker. The Flexhouse has been closed for about 4 years now and for a while the powerlifters kinda went into hibernation. Prior the Flexhouse, Bill had a gym called the Ironworks Gym for years with a couple of other guys. This gym is where Bill turned out several PL wins in the USPF and APF and the Ironworks/Flexhouse also turned out 7 Mr. Wisconsin Bodybuilding Class Winners.*

Kevin, that sounds great to me. Do you know anyone else that you want to mention?

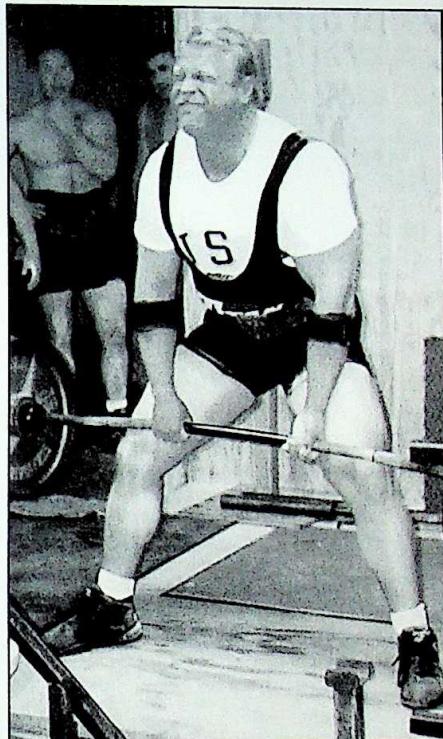
Lot's of muscleheads 'round here, like former Arena Football Pro Lineman Rick Schaf playing with a broken neck or just recently squatting with 700 pounds the day before having double hernia surgery, yes, his insides where popping out at the time!

*When I was in Corpus I mainly trained with Paul Barbee at the Corpus Christi Athletic Club where he worked and I was doing my Internship for my Exercise Science Degree, but I did get in a few workouts over at Gold's Gym which was down the road. Saw Gaugler tear both hamstrings pulling deads just before the '91 USPF Seniors! Rick and Milo (Mills) taught me a lot about technique. They probably wouldn't remember me since this was 1991 and I was just a little 23 year old 215*

# HARD CORE GYM #40

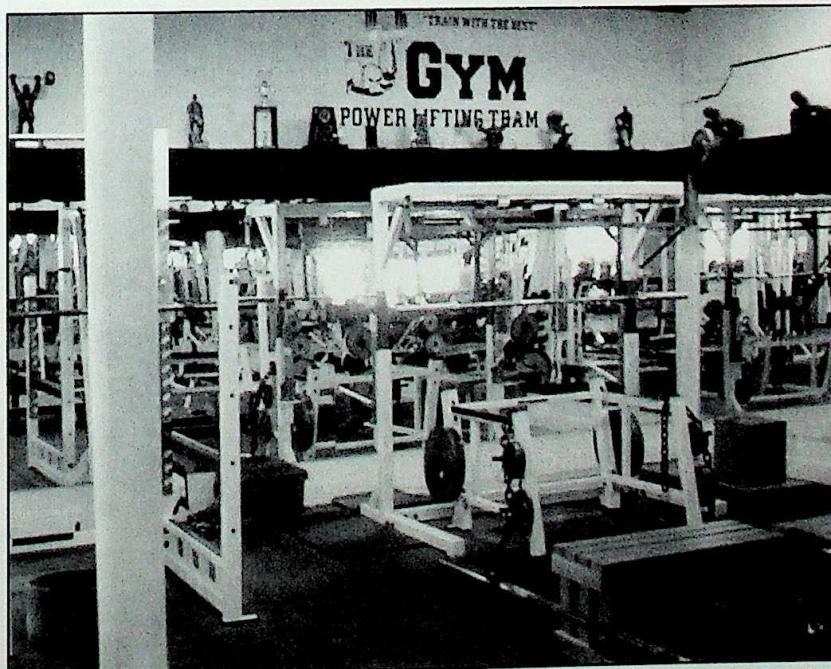
## WHAT'S IN A NAME?

TWO HARDCORE Gyms - WITH THE SAME NAME  
*as told to Powerlifting USA by Rick Brewer, House of Pain*



**Kevin Kneuppel**, who trains at The Gym in Lacrosse, Wisconsin, pulling an SLP State and National record 720 deadlift in the 308s.

Ib. wannabe, but I still keep in touch with Paul! Milo might remember me though, we were kind a after the same girl down there and



**The Gym in Plymouth, MN** is loaded with quality, hard core equipment and lifters.

he actually passed out on his third attempt 760# (if I remember that weight right) deadlift that stalled out about 2 inches from lockout that he held there until he collapsed, at the 1st Barbee Classic meet that Paul, myself and Allison put on as part of our Internship at CCAC.

Sounds like they're doing a great job at the Gym. But doesn't that generic name (The Gym) confuse people? For example, here is another email from a different state (MN):

I'd like you to consider featuring The Gym in Plymouth, Minnesota for your HARD CORE GYMS article in PL USA Magazine. But first, I'd like to tell you what features make a "hard core gym" for ultimate training facility for powerlifters in our area. You won't see chalk flying, (is chalk allowed?) and you're going to see families training here for fitness, but you will find a lot of serious powerlifters that have been training here for years, and national champions that mentor beginners. There's a group of guys yelling at each other and training with chains and bands. This is the one training center that's produced more champions than any other gym in the state of Minnesota - in powerlifting and bodybuilding (and all the champion bodybuilders who originally trained here were on powerlifting routines). Rick, I wish you could visit this place - the names of powerlifting champions are all over the walls.

You might want to check [www.thegymusa.com](http://www.thegymusa.com) for some info. Visit this site! The Gym has over 35 members who have benched 500 or more - some who benched over 600.

It has 9 benches (2 competition Forzas), 8 squats (2 competition hydraulics), 2 deadlift platforms, 4 complete sets of dumbbells (2 sets go up to 150 lbs.) Meets have been held here, and powerlifting clinics are starting (with some support from PL USA) at The Gym. There is an emphasis on getting new faces into the sport.

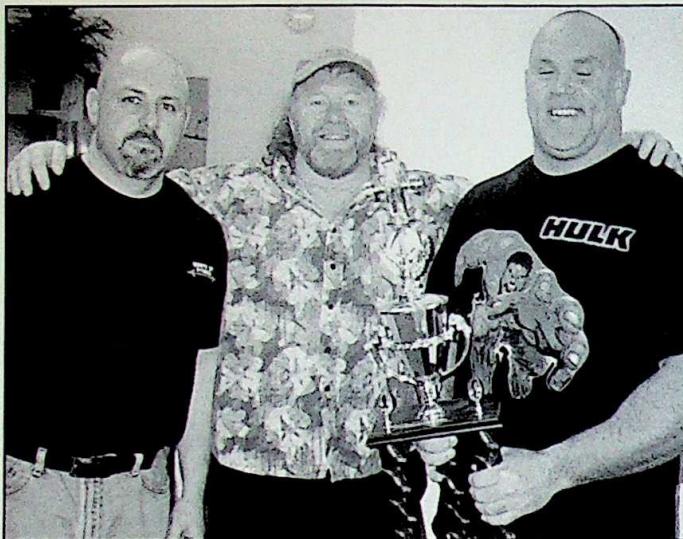
The owners are Jim Yungner, a former state powerlifting champion, and Joe Laurinaitas and Mike Hegstrand - professional wrestlers

Animal and Hawk of the Road Warriors (aka Legion of Doom). Joe was also a state powerlifting champion. Jim is a member of the 500 bench press club, Joe's a member of the 600.

The Gym enabled me to break a national bench press record and two state BP records in a 6 month period of time - after years of not lifting.

Thanks, Cheryl, everyone loves a pat on the back. Even if it comes from a gym with a generic name! Seriously, we love The Gym! Next month, we'll look at a totally different type of name conflict. Until then; lift big, sleep big - and repeat often.

Comments?  
[rick@houseofpain.com](mailto:rick@houseofpain.com)  
or  
**HOUSE OF PAIN**  
PO Box 333  
Fate, TX 75132



**Meet Host ...** the owner of Route 29 Fitness: Joe Tabit and Best Lifter Mike Geiger (rt.) flank meet promoter Dr. Darrell Latch at the SLP meet in Athens, IL (photographs provided by courtesy of Dr. Darrell Latch)

#### SLP Central Illinois Winter 15 JAN 05 - Athens, IL

BENCH	220 lbs.	D. Bragg	360!	M. Geiger	700
MEN	J. Andris	Police/Fire	Open	B. Woods	535
Teen (18-19)	41b-295!	Open	242 lbs.		
275 lbs.	Police/Fire	275 lbs.			
J. Hassinger	340	Open			
Junior	275 lbs.				
275 lbs.	M. Geiger				
E. Powers	350	Open			
Submaster	242 lbs.				
275 lbs.	B. Woods				
R. Schuecking	275	DEADLIFT			
41b-315	MEN				
Master (45-49)	Junior				
275 lbs.	275 lbs.				
M. Lawless	350	E. Powers	530		
Master (55-59)	Master (45-49)				
181 lbs.	198 lbs.				
R. Carlson	290	M. Raya	550		
Master (70-74)	Master (55-59)				
220 lbs.	181 lbs.				
D. Bragg	210!	R. Carlson	420		
Police/Fire	Master (70-74)				
(60-64)	220 lbs.				

D. Bragg 360! M. Geiger 700  
Police/Fire Open  
Open 242 lbs.  
B. Woods 535  
!-Son Light Power Illinois state record.  
Best Lifter Bench: Mike Geiger. Best Lifter  
Deadlift: Mike Geiger. The first annual  
Son Light Power Central Illinois Winter  
Bench Press Deadlift Championship was  
held at Route 29 Fitness in Athens, Illinois  
on January 15, 2005. Thanks to owner Joe  
Tabit for hosting this event and to Richard  
Carlson for all his help promoting this  
competition. In the bench press event first-  
time competitor Joe Hassinger did well,  
taking the 18-19/275 class with a solid 340,  
just missing his final attempt with 375. In  
the junior division Eric Powers had some  
problems with his shirt, taking the 275  
class with just his 350 opener. Another new  
lifter, Ron Schuecking, won at submaster  
275 with 275 before coming back with a  
successful fourth of 315. Merl Lawless,  
who finished third in last year's World  
Scottish Highland Games, won at 45-49/  
500

275 with 350. This was Merl's first  
bench press competition. Richard  
Carlson took the 55-59/181 class  
with 290, just missing his final two  
attempts with 305. Dave Bragg,  
warming up for the National Senior  
Olympics later this month in  
Tucson, Arizona, won at 70-74/  
220, setting a new state record  
there with 210. John Andris, state  
record-holder at police & fire 60-  
64/220, broke his own state record  
there with 290, then a fourth with  
295. Best lifter Mike Geiger won at  
police & fire/275 with an easy 505,  
though 525 was close, getting just  
a little out of the groove. Training  
partner Blaine Woods got a new  
personal best with 385 and the win at  
242 open. In the deadlift competition  
Eric Powers won his second  
title of day at junior 275, finishing  
with a personal best 530. Ever  
consistent Mike Raya, won at 45-  
49/198 with 550. Richard Carlson  
won his second title at 55-59/181  
with a solid 420 pull. Dave Bragg  
set his second state record of the  
day at 70-74/220 with 360 while  
best lifter Mike Geiger won at  
police & fire/275 again with his  
700 opener. Mike probably had  
740 in him but had some problems  
gripping the thinner bar we used.  
Then at 242 open was Blaine Woods  
with 535. Thanks again to Joe and  
best of luck with Route 29 Fitness  
and to our trophy girl, Treacie  
Powers (Eric's wife). And last, to  
my son Joey for all he does for me  
and the sport of powerlifting. See  
you all again this fall! (Meet re-  
sults courtesy of Dr. Darrell Latch)



**Dave Bragg** with a state record deadlift  
of 360 in the 70-74/220 lb. class done  
at the SLP Central Illinois Winter Classic.

#### APF Texas Cup 6 Nov 04 - Plano, TX

BENCH	198 lbs.	R. Oxner	518
Open	J. Hendrix	D. Blackmon	479
165 lbs.	220 lbs.	SHW	Open
R. High	308	T. Tremper	D. Weatherly 314
198 lbs.	275 lbs.	R. High	545
J. Hendrix	396	M. Delaval	SHW
275 lbs.	308 lbs.	J. Jackson	501
M. Delaval	308 lbs.	W. Koval	407
M. Espinoza	SHW	V. Pierce	407
308 lbs.	R. Oxner	165 lbs.	
B. Houston	275 lbs.	C. Elliot	331
T. Meeker	220 lbs.	D. Brooks	SQUAT
220 lbs.	181 lbs.	M. Allen	MEN
D. Blackmon	479	A. Ellis	220 lbs.
			W. Koval 374

## PL USA BACK ISSUES

**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93...** ADFPA Men's Nats., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**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. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s  
**Jun/94...** NASA Natural Nats., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s  
**Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
**Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s  
**Sep/94...** ADFPA Men's, USPF Men/Women's, 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's 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 Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s  
**Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s  
**Jun/95...** Antonio Kravet, USPF Collegiates/Bench Nats., Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95...** Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level

Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.  
**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
**Jan/96...** IPF/WPC/WDFPF Worlds, 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, '96 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s  
**Aug/96...** ADFPA Men's, APF Sr. Nats., "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.  
**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s  
**Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Nats., Formula for Success, Making Weight, USPF Biography, TOP 100 220s  
**Apr/97...** Clark Benches 800 - Waterman

MEN	SQ	BP	DL	TOT
Open				
198 lbs.				
A. Markham	181	170	3003	654
181 lbs.				
J. May	606	407	457	1470
J. Hamilton	512	352	540	1404
C. Golden	396	319	435	1150
198 lbs.				
K. Kirkland	617	446	651	1714
D. Madere	573	380	529	1482
J. Jackson	—	—	—	—
242 lbs.				
J. Weatherly	738	523	683	1944
220 lbs.				
P. Roberts	644	407	633	1684
G. Bradshaw	606	363	529	1498
242 lbs.				
P. Wylie	710	485	705	1900
S. Donegan	722	501	633	1856
G. Tillinghast	699	451	633	1780
C. Billings	651	429	611	1691
275 lbs.				
M. Griffin	1003	601	799	2403
M. Espinoza	705	512	562	1779
Junior (13-15)				
143 lbs.				
L. Dunlap	165	110	221	496
Junior (16-17)				
114 lbs.				
L. Soto	369	181	341	891
123 lbs.				
C. Martinez	325	192	331	848
132 lbs.				
A. Davila	336	236	369	941
D. Ryan	275	198	297	770
165 lbs.				
T. Johnson	314	192	363	869
A. Castelman	214	192	347	753
198 lbs.				
S. Martin	385	225	413	1023
242 lbs.				
J. Garcia	424	297	402	1123
Junior (18-19)				
148 lbs.				
J. Marshall	468	286	473	1227
181 lbs.				
L. Howard	347	192	391	934
N. Sultemeier	347	203	347	897
242 lbs.				
D. Rogers	639	457	584	1680
275 lbs.				
M. Hilliard	473	325	518	1316
Junior (20-23)				
123 lbs.				
J. Scruggs	402	259	501	1162
181 lbs.				
J. Gonzales	424	275	501	1200
198 lbs.				
W. Streck	501	352	551	1404

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, ADFFA 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., ADFFA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s.  
**Sep/97**... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEWMineral Orotates, Progressive Overload, TOP 100 132s.  
**Oct/97**... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.  
**Nov/97**... US. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.  
**Dec/97**... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men -Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s.  
**Feb/98**... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Speed Strength, TOP 100 220s.  
**Mar/98**... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage.  
**Apr/98**... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.  
**Jun/98**... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.  
**Jul/98**... Kirk Karwoski, Angelo Berardinelli, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
**Aug/98**... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.  
**Sep/98**... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s.  
**Nov/98**... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100

Middlewts., Isoflavones.  
**Dec/98**... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF WorldMeets, 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 Santee, 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 "MuscleTown 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**... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Joe Dube, Jackie Davis, TOP 100

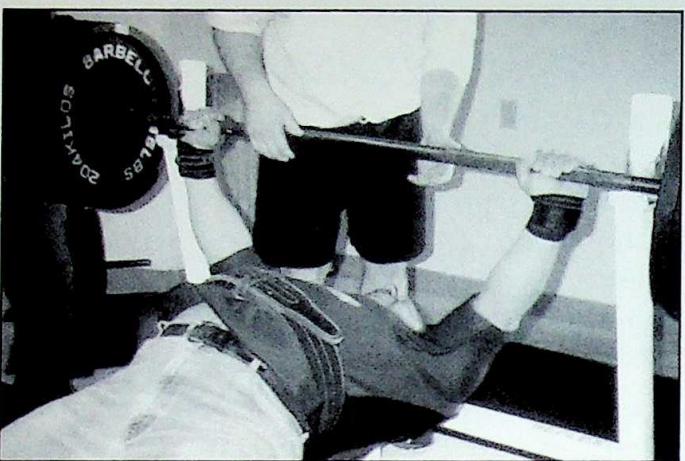
J. Rogers	154	71	148	373
148 lbs.				
S. Gutierrez	159	77	192	428
165 lbs.				
K. Burnell	221	105	264	590
181 lbs.				
B. Murrieta	159	82	176	417
SHW				
J. Reyes	225	132	221	578
Junior (16-17)				
105 lbs.				
B. Vallejo	198	110	236	544
V. Robledo	203	99	203	505
V. Perez	99	71	159	329
132 lbs.				
C. Bustos	176	115	198	489
148 lbs.				
M. Smith	209	99	225	533
165 lbs.				
M. Govea	253	110	259	621
V. Fuentes	221	115	236	572
V. Villegas	203	115	209	527
181 lbs.				
S. Villegas	253	99	281	633
N. Cavazos	203	110	231	544
S. Galindo	192	88	231	511
198 lbs.				
S. Perez	281	137	303	721
Masters (40-44)				
105 lbs.				
Macelfresh	99	66	159	314
198 lbs.				
L. Yeager	341	176	331	848
Masters (65-69)				
123 lbs.				
S. Clark	143	88	187	418
148 lbs.				
S. Clark	148	99	248	495
Below Class-1				
105 lbs.				
K. LaCour	203	110	231	544
132 lbs.				
L. Hill	176	126	209	511
165 lbs.				
D. DeSandre	—	—	—	—
Best Lifter Men: Michael Griffin Open Men 275, Best Bench Men: Mike Delaval Open Bench 275, Best Squat Men: Michael Griffin Open Men 275, Best Deadlift: Jeremy Scruggs Junior Men 123, Best Lifter Junior Men: Jeremy Scruggs Junior Men 123, Best Lifter Masters Men: John Tyree Masters Men 181, Best Lifter Women: Kelly Lacour Below-1 105, Best Bench Women: Diana Weatherly Open Bench 181, Best Squat Women: Lisa Yeager Masters Women 198, Best Deadlift Women: Valerie Pierce Open Deadlift 132, Best Lifter Junior Women: Barbara Vallejo Junior Women 105. (Thanks to Seguin Fitness for providing the results)				

Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99**... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.  
**Dec/99**... IPF World Masters/Juniors, USAPL/AAU BP Nats, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
**Jan/00**... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s  
**Feb/00**... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPN Nats, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s  
**Mar/00**... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons  
**Apr/00**... Arnold Classic,WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
**May/00**... Dennis Cieri,J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
**Jun/00**... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.  
**Jul/00**... WPO Pro Championships,

**SLP Lock out at the Lock up**  
16 JAN 05 - Taylorville, IL

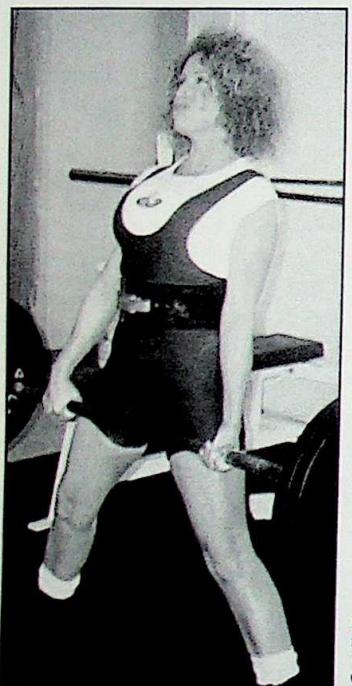
BENCH	(45-49)	
MEN	275 lbs.	
Teen (16-17)	R. Ryan	515
198 lbs.	Open	
E. Minter	295	220 lbs.
220 lbs.	W. Prose	455
C. Adams	295	275 lbs.
Teen (18-19)	B. Rogers	425
275 lbs.	DEADLIFT	
D. McCoy	425	WOMEN
4th-435	Master (40-44)	
Junior	132 lbs.	
SHW	L. Ashley	225
L. Mateer	515	MEN
Submaster	Master (45-49)	
220 lbs.	242 lbs.	
M. Smothers	455	A. Ashley
Police/Fire	505	

The Son Light Power Lock Out at the Lock Up Bench Press/Deadlift Championship was held January 16, 2005 at the Lock Out Gym in Taylorville, Illinois. Thanks to



132 lbs.	J. Smith	425!	
(14-15)	220 lbs.		
L. Winas	230	(14-16)	
MALE		M. Roth	
165 lbs.		300! Police/Fire	
(14-16)		S. Deardowski 405!	
E. Shaffer	290!		
198 lbs.			
Open			
IRONMAN		BP DL TOT	
Equipped			
FEMALE			
(20-23)			
S. Schaffer	140	260	400!
148 lbs.			
Open			
C. Venturella	355	375	730!
165 lbs.			
Open			
A. McVaney	355	525	880!
198 lbs.			
(50-59)			
J. Phillips	405	510	915!
220 lbs.			
(50-59)			
R. Verdi	405	410	815!
B. Schaffer	290	450	740!
Police/Fire			
R. Verdi	405	410	815!
242 lbs.			
(35-39)			
B. Baghull	475	625	1090!
275 lbs.			
(40-49)			
M. Reese	400	600	1000!
SHW			
B. Lenzi	510	585	1095!
R. Luklan	490	600	1090
Police/Fire			
C. Cline	420	605	1025!
B. Mackey	330	480	810
IRONMAN			
Raw			
D. Wenzel	305	380!	
(35-39)	J. Vega		
Z. Perez	270	R. Villani	365
220 lbs.	E. Shaffer	160	
(35-39)	B. Adams	145	
M. Keiser	450!	B. Gibson	230!
(50-59)	(17-19)	198 lbs.	
B. Kolling	370!	(14-16)	
S. Popovich	350	M. Roth	170!
(40-49)	242 lbs.	Open	
(17-19)	(17-19)	J. Smith	425!
M. Madjar	315	220 lbs.	
(40-49)	Police/Fire		
W. Valentine	355	S. Deardowski	300!
275 lbs.	242 lbs.		
(17-19)	(40-49)		
D. Wenzel	305	J. Vega	380!
(35-39)	R. Villani	365	
T. Gibson	550!	SHW	
Open		Open	
P. Subeto	515	D. Hardic	395!
Police/Fire	(40-49)	(14-16)	
J. Begue	500!	D. Hardic	395!
C. Dinardo	415	Police/Fire	
M. Reese	400	D. Hardic	395!
SHW		DEADLIFT	
(40-49)	Equipped		
J. Peshek	705!	165 lbs.	
B. Lenzi	510	Open	
Police/Fire		A. McVaney	525!
C. Cline	420!	275 lbs.	
B. Mackey	330	Police/Fire	
BENCH		M. Reese	600
148 lbs.		SHW	
Open	181 lbs.	Police/Fire	
C. Venturella	355!	(14-16)	
(40-49)	J. Burke	300!	
C. Venturella	355!	L. Winas	115!
(40-49)	165 lbs.	B. Mackey	605!
165 lbs.	J. Fiumara	MALE	
(17-19)	198 lbs.	DEADLIFT	
		FEMALE	
		Raw	

**Roger Ryan** with an SLP state record 515 BP in the P&F/45-49/275 lb. class at the Lock Out at the Lockup meet. (photos Dr. D. Latch)



**Loretta Ashley** with a state record 225 DL in the 40-44/132 lb. class at the Lock Out in Taylorville, IL.

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 Natls., 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** ... Garry Frank Goes 2500, WPC

Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.  
**Mar/01** ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP  
**Apr/01** ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midori, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s  
**May/01** ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's  
**Jun/01** ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs  
**Jul/01** ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Aug/01** ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit., TOP 100 123s  
**Sep/01** ... WPO Semis, "No Deadlift"

Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s  
**Oct/01** ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.  
**Nov/01** ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s  
**Dec/01** ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02** ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s  
**Feb/002** ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s  
**Mar/02** ... USAPL Women's Natls, 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 Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Recods 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 Natls, Powerhouse Grains, The Positive of Negatives, Bench Shin 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

lbs. class as well as winning the open division in the ironman. 165 lbs. teenager Antonio Reno set a new record in the teen division and also won the open division. In the 181 lbs. classes teenager John Burke set a new meet record and master Joe Fiumara did a strong lift winning the division again this year 198 lbs. lifter Zac Perez took the open division and 220 lbs. submaster Mark Geyser set a new meet record winning the 220 lbs. class. In the 220 lbs. Masters division, Bill Kolling edged out Father Steve Popovich for the win. Strong lifts were put up by teen Matt Madjar and master William Valentine winning in the 242 lbs. classes. The 275 lbs. class proved to be a competitive division this year with teen Dan Wenzel and submaster Terry Gibson winning their divisions with Gibson setting a new meet record. Open lifter Paul Subeto put up a strong lift in the open division and Jeff Begue set a new meet record winning the police and fire division. In the SHW classes Jeff Pesek put up the heaviest lift of the day setting a new meet record and winning the masters division. Chane Cline and Brian Mackey battled against each other all day in the police and fire divisions, with Cline setting a new meet record, in the bench, deadlift, and ironman divisions. In the raw divisions Bill and Sarah Schaffer brought a fine group of teenagers to the meet with all doing a great job in their first meet. In the 132 lbs. class teen, Lauren Winas put up a strong lift setting a new meet records in both the bench and deadlift divisions as did Frank Costello in the teen 165 lbs. class, followed closely by Elliot Shaffer who set a record in the deadlift only and Bryan Adams. Teen lifters Ben Gibson and Matt Roth also set records winning their weight classes as did open lifter Jason Smith, who also set a meet record in the deadlift. 220 lbs. lifter Steve Deardowski set a new record in the Police/Fire division. And 242 lbs. Lifter John Vega set a new record edging out Ron Villani in the masters division. Dave Hardic went home with three new records in the SHW division. In the ironman equipped all lifts were new meet records with female Sarah Schaffer setting the pace for future females in the 148 lbs. class with a strong total. 165 lb. male Allen McVaney turned in a strong total winning the open division, also setting a meet record in the deadlift only division. John Phillips took the 198 lb. masters division and Ron Verdi edged out Bill Schaffer in the 220 lb. masters division. Ron also won the police/fire division. 242 lb. lifters Brian Bagnall put together a strong total winning the submaster division as did Mark Reese in the 275 lb. class masters division. Mark also set a meet record in the deadlift. In the SHW division a close battle occurred between Bill Lenzi and Rich Lukian with Lenzi

edging out the win. Rich's son Rich Lukian Jr. did a strong total, winning in the teen raw division at 148 lb. Teens Quintan Kale and Tim Luchini did strong lifts winning their divisions as did 220 lb. lifters will Allison and Steve Deardowski. A special thanks to all the lifters, my crew and father Popovich who makes this meet a success every year. (These results by Ron Deamicis)

#### SPF Southern BP/DL 29 JAN 05 - Bristol, VA

BENCH	S. Sexton	200
RAW	Masters (60-64)	
Teen	220 lbs.	
165 lbs.	C. Wooten	355
J. Hayden	245	Masters (65-69)
181 lbs.	242 lbs.	
M. Stowers	205	C. Weichold
198 lbs.	225	242 lbs.
J. Whitt	225	E. Jones
220 lbs.	135	Best Lifter
B. Ratheal	135	M. Porter
B. Martin	95	Open
242 lbs.	215	WOMEN
D. Sessor	215	123 lbs.
Juniors	130	G. Duty
181 lbs.	265	181 lbs.
L. Neese	265	B. Barr
220 lbs.	135	198 lbs.
C. Jordan	305	H. Arnold
MEN	148 lbs.	MEN
M. Porter	330	198 lbs.
165 lbs.	325	D. Lowe
L. Dyles	325	A. Campbell
198 lbs.	315	220 lbs.
T. Broyles	315	A. Brown
220 lbs.	435	259 lbs.
L. Ridenough	435	D. Asher
D. Willis	385	Police/Fire
308 lbs.	308	242 lbs.
T. Cunningham	275	G. Taylor
Submasters	200	A. Penn
198 lbs.	242 lbs.	Submasters
J. Dishman	390	259 lbs.
A. Penn	350	D. Asher
308 lbs.	181 lbs.	Masters (40-44)
T. Cunningham	275	T. Hinchee
198 lbs.	315	Best Lifter
A. Hunt	200	D. LOWE
Masters (40-44)	165 lbs.	DEADLIFT
242 lbs.	165 lbs.	
A. Hayden	355	T. Hill
275 lbs.	181 lbs.	275
J. Dishman	300	D. Childress
Masters (50-54)	220 lbs.	250
220 lbs.	220 lbs.	B. Ratheal
T. Baroody	335	WOMEN
242 lbs.	132 lbs.	G. Duty
W. Sexton	255	Masters (45-49)
Masters (55-59)	242 lbs.	242 lbs.
220 lbs.	405	A. Penn

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

## California

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Masters (50-54) B. Morgan 500  
308 lbs.  
The SPF Southern Bench Press and Deadlift was held at the Holiday Inn. Kenny Burkett, owner of the Bristol Barbell Gym, was the meet Director and a special thanks goes out to him for a terrific job well done. He was also the announcer at the meet. Also thanks goes out to Rick Posey, (Head Judge), from Chattanooga, TN, Nicky Peoples (Side Judge) from Chickamauga, GA, and Paul Waters (Side Judge) from Ringgold, GA, and Victoria Rodgers (my wife and records keeper). Everyone done a great

job. The SPF would like to say thank you to Kenny Burkett and Team Gladiators for presenting the SPF and Jesse Rodgers (President of the SPF and Promoter) with an Excellence Award, which was an extremely nice award and greatly appreciated by all the staff of the SPF. The SPF would also like to thank everyone who came out to the event, in spite of the ice storm that covered the city. A lot of people couldn't make it to the event this year because of the ice, but we will try to pick a better date next year. (Thanks to SPF President, Jesse Rodgers, for the results)

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

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

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

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

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

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

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

**Dec/04** ... Rychlak BPs 1005, 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

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

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

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**Steve Pena** is a blind athlete who competes quite successfully in APA full power meets. Here he prepares for a 480 deadlift at the APA North California Open. (photo by courtesy of Scott Taylor)

APA Northeast United States 19 FEB 05 - Keene, NH		
BENCH	Open	R. Miller
MEN	N. Moretto	185 300 485
148 lbs.	275 lbs.	165 lbs.
Drug Tested	Open	Master II
A. Haase	245	J. O'Connell
Master II	308 lbs.	Junior
A. Haase	245	B. Cram
181 lbs.	480	198 lbs.
Junior		Drug Tested
Kielczweski	320	R. Liatres
Drug Tested		J. Matta
VanVranken	435	P. Bennett
M. Ioannov	380	Open
M. Ioannov	380	J. Sadano
Master I	181 lbs.	Teen (16-17)
M. Ioannov	380	D. Anneser
198 lbs.	Submaster	Master III
Teen (18-19)	J. Badure	P. Bennett
W. Eichhorn	465	Junior
Drug Tested	Drug Tested	J. Getz
R. Marrama	475	225 385 610
J. Matta	420	242 lbs.
4th-440		Open
T. Stuke	—	M. Ahern
Junior	220 lbs.	Submaster
R. Marrama	475	M. Ahern
Submaster	C. Grant	275 lbs.
T. Stuke	—	Drug Tested
Master I	525	T. Wright
S. Lee	445	F. Veilleau
220 lbs.	Master I	Deadlift Best Lifter: Mark Swatling.
Submaster	S. Bowen	Deadlift Drug Tested Best Lifter: John
N. Hughes	375	Badurek. Push-Pull Overall & Drug Tested
242 lbs.	K. Harrington 600	Best Lifter: Russell Liatres. Bench Press
Junior	Submaster	Overall & Drug Tested Best Lifter: Rick
N. Moretto	420	M. Swatling 755
Submaster	308 lbs.	WOMEN
P. Herrick	345	BP DL TOT
148 lbs.		
(40-49)		
S. Keddy	175	
MEN	365	
148 lbs.	540	
Teen (16-17)		

R. Miller	185	300	485
165 lbs.	235	420	655
Master II			
J. O'Connell			
Junior			
B. Cram	225	365	590
198 lbs.			
Drug Tested			
R. Liatres			
J. Matta			
P. Bennett	225	385	610
Open			
J. Sadano	305	500	805
Teen (16-17)			
D. Anneser	365	315	680
Master III			
P. Bennett	225	385	610
Junior			
J. Getz	335	500	835
242 lbs.			
Open			
M. Ahern	425	620	1045
Submaster			
M. Ahern	425	620	1045
275 lbs.			
Drug Tested			
T. Wright	350	605	955
F. Veilleau	475	135	610
Deadlift Best Lifter: Mark Swatling.			
Deadlift Drug Tested Best Lifter: John			
Badurek. Push-Pull Overall & Drug Tested			
Best Lifter: Russell Liatres. Bench Press			
Overall & Drug Tested Best Lifter: Rick			
Marrama. This turned out to be a very			
successful event with an audience of very			
enthusiastic spectators to cheer the lifters			
on. Lifters from Florida, New Jersey, New			
York, Rhode Island, New Hampshire, Mass-			
achusetts, Connecticut, Vermont and			
Canada showed up to compete. The grand			
finale of the day was when Mark Swatling			
attempted to deadlift a huge 805 after			
already pulling a monster 755 deadlift.			
Lifting quality was fantastic. Special thanks			
to the spotters and loaders who put in a long			
hard day, Ken Mattson and Norm MacKay			
for officiating all day and conducting			
weigh-ins, the staff of Gold's Gym for all			

their help, and James Ruggiero owner of Gold's Gym of Keene, New Hampshire, for providing a great meet site, staff, and spotting for the lifters the entire day. The APA is running several meets in all the New England states so there will be plenty more to report on in New England. (Thanks to Scott Taylor, AP A President, for results)

#### SCI Graterford BP/DL 4 DEC 04 - Graterford, PA

BENCH	N. Glover	1280
Thomas-229	550	Revels
Glover-239	520	Draper
Brookins-199	465	S. Thomas
Revels-147	345	Cartair
Sivera-258	440	Perry
Ulkowski-262	440	Moss
Draper-220	410	Melson
Delong-221	405	Brown
Perry-1-239	410	Morningwake
Cartair-221	390	M. Briggs
Adams-200	350	Wheeler
Briggs-147	275	Garris
Mayer-353	405	
Brown-180	295	
Melson-203	315	
Morning-122	205	
Moss-1-208	290	
Garris-145	220	
Wheeler-173	235	
BENCH/DEADLIFT		
Overall		
Brookins	1245	

!-Master lifters. 1. Graterford Muscleboyz Record 2. Outside Guest. Lightweight Bench Press Winners: M. Revels 345, M. Briggs 275, R. Brown 295; Overall Total: M. Revels 500-845, R. Brown 575-870, Morningwake 390-595. Heavyweight Bench Press Winners: S. Thomas 550, N. Glover 520, J. Brookins 465; Overall Total: J. Brookins 780-1245, N. Glover 760-1280, M. Draper 675-1085. The competition was officiated and scored based upon the Schwartz Formula, which assigns a coefficient to every body weight.

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**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**, APF Ohio Cashed or Crushed Bench for Cash (Middletown, OH) Tom Hypes, 513-464-8363, hypes242@sbcglobal.net, ohioapf.com

**30 APR**, Virginia Strongman Bench Press Championship (Norfolk, VA) www.moneymikeproductions.com.

**30 APR**, USAPL Zumbro Valley Open, Steve Johnson, 405 4th St. NW, Kasson, MN 55944, 507-634-4730

**30 APR**, USAPL No Frills, Karen Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814.

**30 APR**, USAPL FL State BP & DL/State Collegiate BP/State H.S. PL, (Nova Southeastern University, Ft. Lauderdale, FL) Robert Keller, 4262 Vineyard Circle, Weston, FL 33332, 954-384-4472, rhk@verizon.net, www.geocities.com/floridausapl

**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, alstork@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.virginiausapl.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@pkitup.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**, AAU 1st annual Harford Open (Edge Fitness Center, Forest Hill, MD) Brian Washington, Brian@usbf.net, 410-265-8264

**30 APR**, AAUPA State Push/Pull (youth and adult) Zeke Wilson

**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 Herring, 770-963-6738

**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**, Iron Mike's BP/DL (touch 'n go - Clarion Hotel, 3536 Secor Rd., Toledo, OH - men, women, master, teen) 419-841-4653

**1 MAY**, SLP STEVE "MAD DOG" HOUSTON MEMORIAL IOWA REGIONAL BP/DL CHAMPIONSHIP (Clinton, IA) 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 (Borden-town, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@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**, APF/AAPF NYC Coliseum Impact Push-Pull for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

**7 MAY**, USAPL Rocky Mtn States PL/Big Cat BP (Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

**7 MAY**, World Gym of Cape May BP, World Gym, 3845 Bayshore Rd. N., Cape May, NJ 08204, 898-3800

**7 MAY, (New Date)** APF World Gym Bench Press Challenge, Columbus OH. Ken Patterson/PES, 386-734-3128, worldpowerlifting.org

**7 MAY (NEW DATE)**, Bartlesville Classic BP, DL, PS, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 75006, 918-333-0245, Jim Duree, 913-626-1141 or 626-1142, jduree7086@aol.com

**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, txpowerscene@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**, AAU Clarion, Venango, Westmoreland, Butler, Mercer, Lawrence & Forest Counties Youth PL(Clinton H.S., PA) Zeke Wilson

**14 MAY**, ADAU Bench Press Meet (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

**14 MAY**, NASA KY State PL, BP, PS & Push/Pull Championships (Winchester,

# COMING EVENTS

**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 wnfp@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, lance.slaughter@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**, USAFL Pennsylvania State BP/DL (Freedom H.S., Bethlehem, PA) Terri Kunsman, 610-662-8336, tkunsman@rcn.com

**21 MAY**, WABDL Arkansas State BP/DL (Ft. Smith, AR) William Winkley, 479-

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

**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. Gary Pendergrass.**

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

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

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

**June 11th: AAPF Florida State PL+BP, F1. Lauderdale Fla. Kieran Kidder.**

**June 25th: APF Florida State PL+BP, F1. Lauderdale Fla. Kieran Kidder.**

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

**June 25th, APF Central California**

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

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 MAY**, USAPL Midwest Open PL Championships, Jim Hart, 4418NW50th, Lincoln, NE 68524, 402-470-3672.

**21-22 MAY**, USAPL New England States Open PL Championships, Greg Kostas, PO Box 113, Whitman, MA 781-447-6714.

**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**, 2nd annual Atlantis New England BP Classic (Palladium, Worcester, MA - trophies, cash prizes, cash bonus plan, hosted by 12 time World Champion Ed Coan) 508-885-3686

**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**, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@AOL.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 MAY**, AAU Crawford, Erie, Warren Counties Youth PL (PA) Zeke Wilson

**28 MAY**, APF/AAPF Back Bay Bench Bash (Biloxi, MS) Joe Ladnier, 1185C

Gorenflo Rd., D'Iberville, MS 39540, 228-669-4240, www.joeladnier.com

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

**29 MAY**, Gold's Gym Herrin Fest BP/DL (Herrin, IL) Son Light Power, 122W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

**MAY**, NASA Kentucky State PL/BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, 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., Homell, NY 14834, 607-324-5520

**4 JUN**, West YMCA Open PL, BP, DL, PP, 7502 Maple, Omaha, NE, Roger or Machia 402-393-3700

**4 JUN**, SRPA Georgia Ironman (Tucker, GA) Mark Fain 770-935-4998,

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**4 JUN**, Capital City Challenge Strongman, Ford's Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford Sheridan, 608-249-4227

**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**, AAU Military Nationals (Little Rock AFB, Jacksonville, AR) Larry Kye, LKYK@NETSCAPE.NET, 501-982-7668

**4 JUN**, Pete Lanzi Memorial Push/Pull, (Cleveland, OH) Gary Kanaga, 440-711-7-9624, gary.kanaga@nordoniaschools.org

**4, 5 JUN**, NASA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@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@pkitup.com

**4, 5 JUN**, APF Senior Nationals PL + BP (WPO Qualifier), Detroit MI, Jim Hinze, 386-734-3-3128, 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. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

**11 JUN**, SLP SUPERMAN CLASSIC BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**11 JUN**, AAU Jefferson, Armstrong, Indiana Counties Youth PL (PA) Zeke Wilson

**11 JUN**, 12th Miller's Ironhouse All Natural BP (open, women, high school, raw, teen subs, masters, grand masters) Allegany High School, Cumberland, MD, 301-777-0-644, Millersiron@hereintown.net

**11 JUN**, USAPL Minnesota Push/Pull, Fran Huston, 2801 Flag Ave. #319, New Hope, MN 55427, 763-591-0067.

**11 JUN**, AAPF Florida State PL + BP, Ft. Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org

**11 JUN (REVISED NEW DATE)**, USPF West Coast BP/DL (Venice, CA - 2 single lift

meets, not total) Steve Denison, pwrfltrs@msn.com, www.powerliftingca.com, 661-333-9800

**11 JUN**, Summer Push Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6603

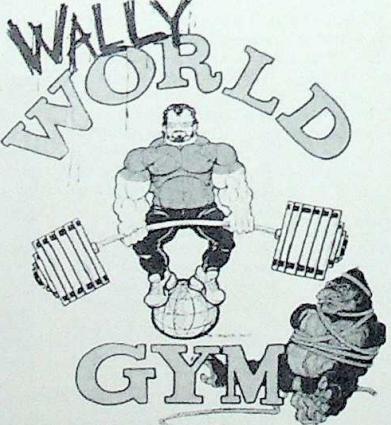
**11 JUN**, WABDL Sonny's 5th annual Push/Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

**11 JUN (NEW DATE)**, 15th AAPF/AP Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520-8773, snakeriverp@yahoo.com

**11 JUN (revised date)**, IIM Festival BP, DL, Ironman, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**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 Breakers 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



The Friends of Wally Strosnider present The Second Annual Wally World Bench Press Championship. This will be a Drug Free "Raw" Bench Meet. Sunday, June 26th at Forest Park Community College, 5600 Oakland, St. Louis, MO 63110, Weigh In from 9:00 a.m. through 11:00. Lifting begins at 12:00 noon. TEENS, OPEN, WOMEN, MASTERS AND POLICE & FIRE. Bench shirts optional for masters, Wrist Wraps & Belts are acceptable for all. There will be a Savings Bond awarded for the best TEENAGE lifter - Girl & Boy! Proceeds to be donated to the American Diabetes Association. Entry forms will be available on the web at: [www.wallyworldpower.com](http://www.wallyworldpower.com), [www.usaplnationals.com](http://www.usaplnationals.com), [www.sonlightpower.com](http://www.sonlightpower.com). For more information e-mail or call: [wallywld@nothnbut.net](mailto:wallywld@nothnbut.net) Nancy at 314-832-6465, [popeyeddf@aol.com](mailto:popeyeddf@aol.com) Jim Bell at 314-894-1532, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com) Darrell Latch at 217-253-5429

## UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

Website - [members.aol.com/wnpf](http://members.aol.com/wnpf)

**May 7 - Bench & Deadlift Nationals, Can-Am Powerlifting Nationals - Jeff Buchin - Lansing, MI - 517-622-3890**

**May 7 - Raw Nationals, Powerfest 2K5, Police/fire/military Games, Bordentown, NJ, Troy Ford, 770-997-0589, wnpf@aol.com**

**May 14-15, Pan-Am PL, BP, DL, SQ, PC - Orlando, FL - Troy Ford, 770-997-0589, wnpf@aol.com**

**June 12 - North American Championships (PL, BP, DL PC) Ephrata, PA - Troy Ford, 770-997-0589, wnpf@aol.com**

**Jun 25-26 - Drug Free Nationals, (PL, BP, DL, PC) Youngstown, OH, Ron Deamicis, 330-792-6670**

### ALL WORLD QUALIFIERS

**WNPF, PO BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com**

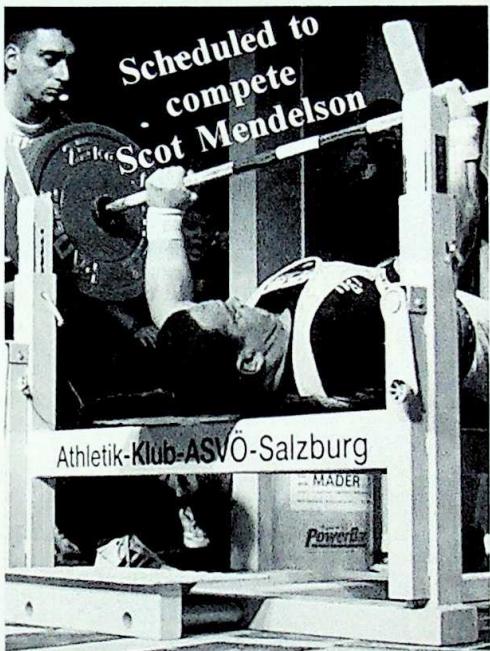
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4. All contestants must pay a \$50 dollar entry fee.

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All proceeds go to the Worcester Boys & Girls Clubs

11-12 JUN, AAPF Police & Fire Nationals (Frantz Gym, Aurora, IL) Ernie Frantz & Amy Jackson, amyljackson@aol.com  
 12 JUN (NEW DATE), USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com  
 12 JUN, WNPF North Americans & Elite Nationals (Ephrata, PA) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com  
 17-19 JUN, (new website) 3rd IPF/NAPF North American Regional and USAPL International Open PL (18th) (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com/napf  
 18 JUN, 6th annual New England's

Strongest Man (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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 JUN, WABDL Emerald Coast Classic BP/DL(Destin, FL) Rick Hagedorn, 256-545-8654

18 JUN, SLP Wisconsin's Strongest BP/DL (Waupaca, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

18 JUN, USAPL Great West PL/BP, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

18 JUN, USAPL Kansas State Open, Wayne David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

18-19 JUN, AAU Raw National PL and AAU North American Bench, Deadlift and Push Pull (San Diego,

#### 5 Weight Classes

- 180 lbs. and under
- 181 lbs. - 210 lbs.
- 211 lbs. - 245 lbs.
- 246 lbs. - 280 lbs.
- 281 lbs. and over

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\* \* \* \* \*

www.rawpowerlifting.com, rawlifting@aol.com

25 JUN, AAU-USPF Sooner State Games, 405-275-3689, rcrain@charter.net

25 JUN, APF Florida State PL+BP, F1. Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org

25 JUN, WABDL Rocky Mountain Regional 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, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

25 JUN, Mountaineer Cup VII Strength & Sports Expo Powerlifting, Mountaineer Race Track & Gaming Resort, Rt. 2 South, Chester, WV, 304-387-8185, 387-8174, mlollini@mtrgaming.com

25 JUN (DATE CHANGE), ADAU 1st Annual RAW "Sports Connection" Challenge (SQ, BP, DL) Drug Free & 100% RAW. (Hagerstown, MD) Kevin Prosser (Meet Director) 301-573-7853 or Alan Siegel: www.pikitup.com

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, APF Central California

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 Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 JUN, Wally World Bench Press (drug free raw). St. Louis, MO), www.wallyworldpower.com, www.usapnationals.com, www.sonlightpower.com, wallywld@nothnbt.net, Nancy, 314-832-6465, popeyedlf@aol.com, Jim Bell 314-894-1532, sonlight@netcare-il.com, Darren Latch, 217-253-5429

26 JUN, APA Space City BP Extravaganza, Health Clubs of America, 14900 Westheimer, Houston, TX 77082, Tom McCullough, tommc56@earthlink.net

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 (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

2 JUL, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, 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 (Canada/USA, Athens, GA) and APC National PL & BP (Global Powerlifting Committee World Championships Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, lbbaker@americanpowerliftingcommittee.com, www.irondawg.com

9 JUL, APF/AAPF Chicago Summer Bash II, Velocity Sports Performance, Willowbrook, IL. Eric Stone - Sport Commissioner, 630-892-7793, Thestone@chicagopowerlifting.com, www.chicagopowerlifting.com

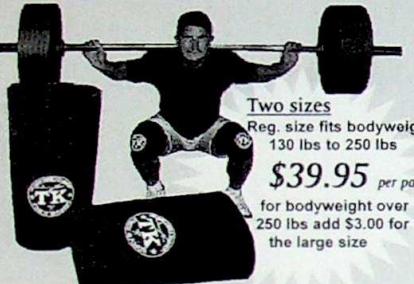
9 JUL, APA Granite State BP, DL, PP (New Hampshire) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-pwa.com

9 JUL, USAPL Mid Atlantic PL, BP,

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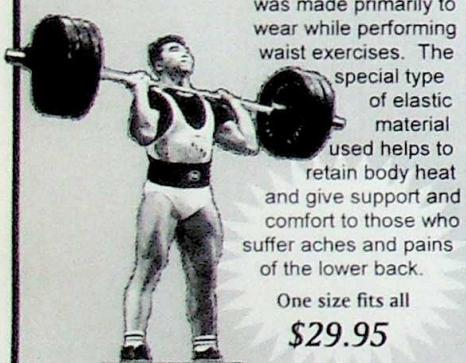
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Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com  
**9 JUL**, SLP FT. HAMILTON DAYS BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**9 JUL**, NASA Western States Nationals, PL'ing, BP, Push/Pull & Power Sports, Mesa, AZ. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

**10 JUL**, WNPF USA Open Championships & Women's Nationals (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com  
**10 JUL**, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**16 JUL**, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 503-901-1622 or 763-545-8654

**16 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

**16 JUL**, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**16 JUL**, P.L. BP on the Ohio Reiver (open, teen, women, masters - Huntington, WV) Willie or Chris Williams, 307 Shorr St., Huntington, WV 25702, 962-5129

**16 JUL**, World Games

**16 JUL**, USAPL Forum Fitness BP (women, teen, masters, open - Glen Carbon, IL) Maureen Post, 618-616-5260, mpost57@sbcglobal.net

**16 JUL**, AAU Tioga, Lycoming, Centre, Blair, Cambria, Huntington, and Clearfield Counties Youth PL (PA) Zeke Wilson

**16 JUL**, AAU Comhusker State Games (Lincoln, NE) Howard Huffman, Don McElravy

**16 JUL**, APF/AAPF Firecracker (Push/Pull), The Gym, 2411 Western Ave., Las Vegas, NV. Mark Swank: 702-245-6852 or Carol Upton 7 0 2 - 6 5 6 - 6 7 6 2 , thegymlasvegas@earthlink.net.

**16-17 JUL**, IPA World Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet echaillet@aol.com or Mark Chaillet at 717-495-0024, chailfit@suscom.net.

**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**, SLP 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**, USAPL Iron Works Bench and Deadlift, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-837-8700, powerlifter@charterinternet.com.

**23 JUL**, ADAU (Raw) Squat Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

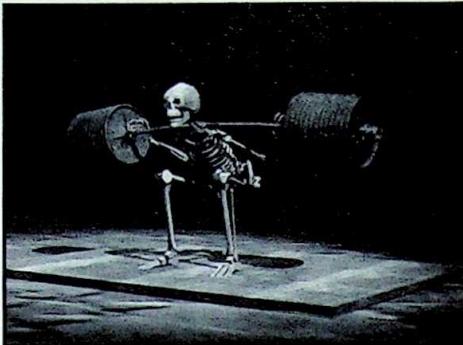
**23 JUL**, ADAU (Raw) Bench Press Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

**23 JUL**, ADAU (Raw) Deadlift Nationals (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**, WABDL House of Pain Southern 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 burritt@hatshack.com  
**23 JUL**, APA 2nd annual Jackson Open Battle of the Bad Pl., BP, DL, PP (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apawpa.com

**23 JUL**, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) 941-697-7962, FAX 413-828-6102, scott@apawpa.com



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**23 JUL**, AAU Larry Garro Memorial BP - DL - Ironman - Ironwoman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@tblf.net

**23-24 JUL**, USAPL PL Championships at the Tropical Games of the Palm Beaches, Robert Keller, 4264 Vineyard Circle, Weston, FL 33332, 954-384-4472.

**24 JUL**, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**30 JUL**, WABDL Rocky Mountain Classic BP/DL (Holiday Inn Airport, Boise, ID) Gus Rethwisch, 503-901-1622 or

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**30 JUL**, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK 73068

**30 JUL**, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

**30 JUL**, Arkansas Benchpress Association (ABA) Central Arkansas BP & DL (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

**30 JUL**, SLP Open World 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

**30 JUL**, APF West Coast Push-Pull, John Ford, 650-303-7518

**30 JUL**, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

**30 JUL**, Vermont State Open BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, Rick Poston, 802-865-3068

**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**, 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, pwrlifters@msn.com, www.powerliftingca.com, 661-333-9800

**6 AUG**, Florida State BP Championship, Dwayne Kouf, Stacey Motter, Ed Rectenwald, or Bob Youngs 561-718-9877, Southsidebarbell@hotmail.com

**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) Gus 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 STATEFAIR 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.usapl-

ca.org

**13 AUG**, APF/AAPF Mississippi State PL/BP (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd, D'Iberville, MS 39540, 228-669-4240, www.joeladnier.com

**13,14 AUG**, WABDL Can Am Cup (Okotoks (Calgary), Alberta, Canada) Bruce Greig, 403-938-3067

**13, 14 AUG**, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@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**, AAU World Qualifier (youth & adult, PA) Zeke Wilson

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

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

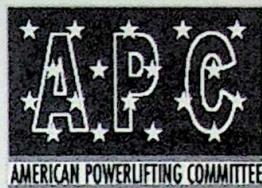
**20 AUG**, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

**20 AUG**, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, IL 61968, 405-527-8513, SQBPDL@aol.com

**20 AUG**, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millitary, 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



AMERICAN POWERLIFTING COMMITTEE



**25 June - APC Central California Open and Novice (Teen, Women, Junior, Masters, Open - APC National Qualifier to go to the GPC Worlds), Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net**

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**, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

**27 AUG**, WABDL Scandinavian BP/DL (WABDL World Qualifier - Tampere, Finland) Sakari Selkainaho, 358-14-423-856

**28 AUG**, Central BP League & E-nomous PL 15th Endless Summer Class Push/Pull (Granger, IN- Fit Stop) Anson Wood, 574-903-4586, www.e-nomous.biz

**AUG**, WNPF AL-MS-LA State Championships- Lester Fields, 770-842-2137 or lesterwfields@aol.com

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

**3 SEP**, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-842-2137 or lesterwfields@aol.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 State BP, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932,

## 100% RAW Powerlifting Federation Membership Application

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ INT. \_\_\_\_\_

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By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

valifting@adelphia.net

**11 SEP**, United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th \$30,000, free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117.

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

**17 SEP**, Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250

**17 SEP (New Date)**, NPA (drug free) Naational BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@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, John Ford, 650-303-7518

**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

**17 SEP**, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

**24 SEP**, 100% Raw Tri-ZState Pl (Hagerstown, MD) www.rawpowerlifting.com, rawlifting@aol.com, litjohnraw@aol.com

**24 SEP (New Date)**, WABDL Hawaii State BP/DL (Waimanalo, HI) Keith Ward, 808-259-5266

**24 SEP**, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-626-1141 or 626-1142, jduree7086@aol.com

**24 SEP**, SLP OPEN NATIONAL POWERLIFTING / 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

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

**30 SEP-1 OCT**, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY"), info@benchamerica.com.

**1 OCT**, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

**1 OCT (NEW DATE)**, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

## UPCOMING SLP COMPETITIONS

**30 APRIL** - SLP National BP/DL Championships (Tuscola, IL)

**14 MAY** - Lifetime Natural Powerlifting Nationals (Tuscola, IL)

**11 JUNE** - SLP Superman Classic BP/DL Championship (Metropolis, IL)

**12 JUNE** - USA 'RAW' Bench Press Federation Summer Nationals - World Qualifier (Mattoon, IL)

**25 JUNE** - SLP Teenage Men/Women & Open Women's BP/DL Nationals (Tuscola, IL)

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

**29 OCT (corrected date)**, USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

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

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

**29 OCT**, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377. Seeper67@tds.net

**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

**OCT**

USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

**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

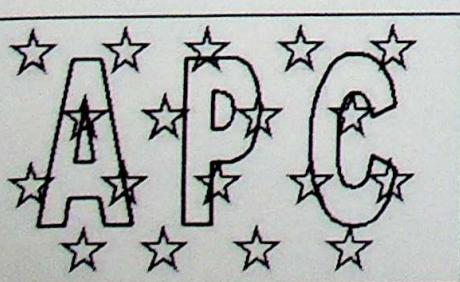
**OCT**, NASA Kentucky Regional PL'ing, BP, Push/Pull & Power Sports, Louisville, KY. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or e-mail gvh@wirefire.com

**3-6 NOV**, WPC Worlds, Helsinki, Finland

**5 NOV**, APF Texas Cup (Dallas - men & women - open, below 1, masters (5yr. 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**, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jebean, 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,



American Powerlifting Committee

## 2005 APC / GPC Meets

**May 14:** APC Excalibur Classic Powerlifting and Bench Press (Alabama State Meet)  
Jeff Green: 205/817-6681; 205/823-4745

**June 25:** APC California Open and Novice Powerlifting and Bench Press  
Bob & Kim Packer: 559/322-6805; 559/658-5437

**July 9 & 10, 2005:** GPC American Cup - Canada/USA and APC Nationals Powerlifting and Bench Press Nationals: Open, Submaster, Master, Junior Teen. Athens, GA LB Baker 770/713-3080; 770/725-6684

**Aug. 13 & 14:** APC Region I PL and BP Championships, Dayville, CT - Scott Lee, 860/779-0673

**Aug. 27:** APC Region III PL & BP Championships. Athens, GA LB Baker 770/713-3080; 770/725-6684

**Sept. 17:** APC Northern California Open - Bob & Kim Packer 559/322-6805; 559/658-5437

**Oct 17-23:** Global Powerlifting Committee (GPC) World PL & BP Championships, Dessau Germany

**Dec 11:** 2nd Annual Iron Man. Fresno, CA. Bob & Kim Packer 559/322-6805; 658-5437

OK 73068, 405-527-8513,  
SQBPD@aol.com  
**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.usapla.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

**5 NOV**, NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141 or 626-1142, jduree7086@aol.com

**5 NOV**, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

**5 NOV**, AAU Star City Classic (Lincoln, NE) Howard Huffman

**12 NOV**, ADAUBP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

**12 NOV**, USAPL Ohio BP/PL, Ed King,

24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.

**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 SBPD@aol.com, P.O. Box 735, Noble, OK 73068

**12-13 NOV**, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnfp@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

**8-13 NOV (REVISED NEW DATE - new website)** - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rkh@verizon.net, www.ipfw.com

**8-13 NOV (REVISED DATE)**, IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rkh@verizon.net, 954-384-4472, www.geocities.com/floridausapl

**16-21 NOV**, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654

**18-20 NOV**, Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillat@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.

**18-20 NOV**, WDFPF World PL Championships (Turin, Italy) jm-gedney@wi.edu

**19 NOV**, 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

**19 NOV**, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775

**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

**NOV**, APF Northern California, John Ford, 650-303-7518



... dozens of photos and references to legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Peanuts West, and a special section on the legendary Zuver's Gym ... \$24.95 a copy plus \$4 shipping and handling to PL USA, Box 467, Camarillo, CA 93011

**NOV**, Mass/Rhode Island State Open PL, Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com.

**2-5 DEC**, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM

**3 DEC**, USAPL Ed Nellar Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

**3 DEC**, Ed Nellar Memorial Collegiate Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

**3 DEC**, APF Rio Grande Valley (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

**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 Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnfp@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@plkitup.com

**9-11 DEC**, USAPL American Open PI/Invitational BP (Philadelphia, PA) Rob-

ert Keller, rk@verizon.net, 954-384-4472

**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, 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 wnfp@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**, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calpac.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

**11 DEC**, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calpac.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

**11 DEC**, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com

**27-29 JAN 06** - AAU World Championships (three lifts) : aaupower@aol.com or Va Powerlifting Assoc., 1811 Southcliff Road, Richmond Va 23225

**JAN 06**, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48013, 313-610-2019. Jimharbourne@comcast.net.

**MAR 06**, Mass State Open High School Powerlifting Championships, Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com.

**MAR 06**, USAPL Florida State PL

(Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

**19-23 APR**, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

**19-23 APR**, IPF World Masters BP (Miami, FL) Robert Keller, rk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

**MAY 06**, New England States Open Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com.

**JUL 06**, USAPL Men's Nationals PL (Miami, FL) Robert Keller, rk@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, rk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

**OCT 06**, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

**1-5 NOV, 2006 GPC World PL/BP (Genk, Belgium)** LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

or www.americanpowerliftingcommittee.com

**10-12 NOV 06**, WDFPF World PL (Cork, Ireland) jm-gedney@wi.edu

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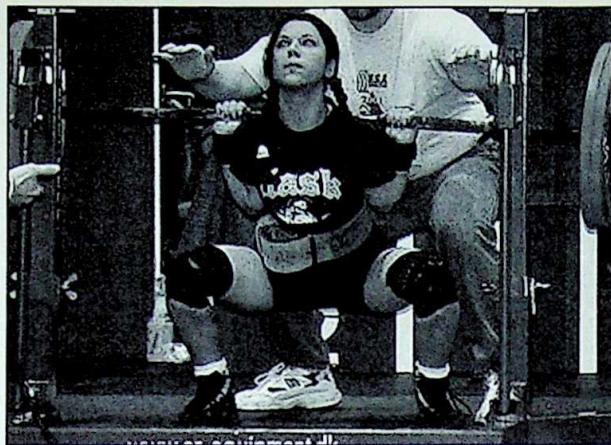
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President  
Larry Maile, Ph.D.  
Email:

L-MAIL@usapowerlifting.com

Vice President  
Johnny Graham  
Email: jtruck52@hotmail.com

organization, USA Powerlifting tries to be of service to our members wherever they are. To that end, we held our first USAPL Military Nationals out of the country in Heidelberg, Germany, central to many of the forces deploying to Iraq and Afghanistan. This allowed Army, Air Force, and Marine Corps lifters to attend and lift. The team competition was won by Ramstein Air Base (Air Force) dethroning the perennial winners, the Ft. Hood Phantom Warriors (Army). USAPL Vice President, Johnny Graham held discussions with the officials responsible for Morale, Welfare, and Recreation in Europe and Southwest Asia.



JENN MAILE

114lb. Age: 21 Squat: 363 Bench: 220 Deadlift: 403.5

We discussed joint plans to further powerlifting outlets among our overseas troops and to bring drug tested competition to powerlifters wherever they are. Results from this competition may be found at: <http://www.estripes.com/article.asp?article=27722>. The article was published in the European edition of Stars and Stripes, and the competition was televised by the Armed Forces Network.

### Service to Our Military Members

Much is made of our commitment to our Armed Forces members. Everywhere you look, there are "Support Our Troops" banners and flags on cars, houses, and people. More Americans are flying the flag now than before Operation Iraqi Freedom, expressing their pride in our great country. Those who bear the brunt of our military operations worldwide are the armed services members, and their families. Many are far from home, being deployed forward to staging points (Europe, Asia), and to combat theaters themselves. Armed Forces powerlifting has suffered lower participation as a result of the deployment of many of our fellow athletes. They are just unable to attend competitions in the continental U.S. As a service

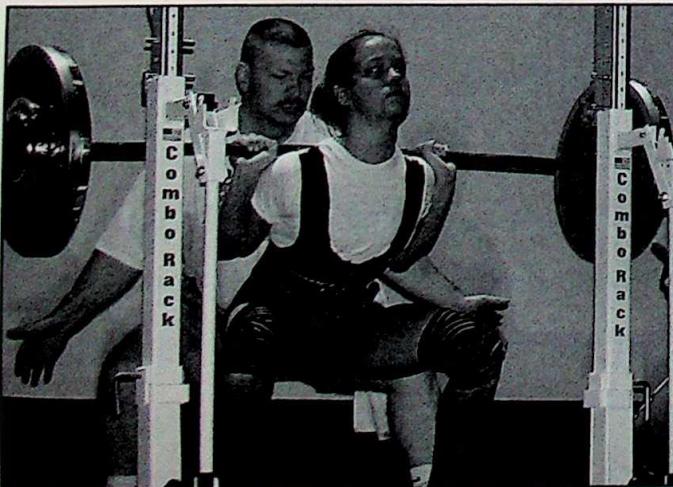


HARRIET HALL

198+ Age: 56 Squat: 540 Bench: 341 Deadlift: 502

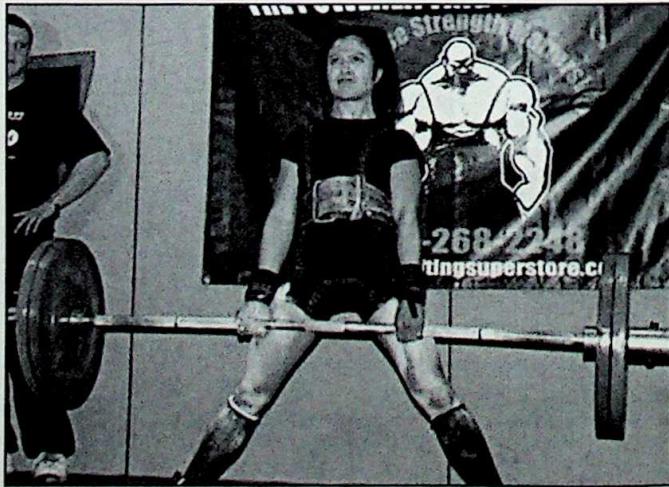
### Meet the USAPL Women's National Team

The 2005 USA Powerlifting Women's National Team was selected at the Women's Nationals held in St. Louis in February. This team, made up of ten of the nation's best will travel to Ylitornio, Finland for the International Powerlifting Federation Women's World Championships at the end of May. Looking at these bios, you can see that this is a very accomplished team and sure to do well. Give them your support as they prepare to represent the USA this spring.



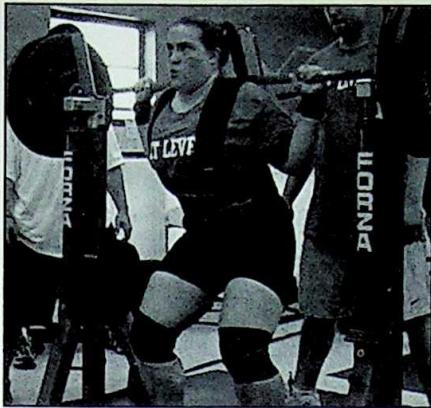
CARLY NOGLE

132lb. Age: 18 Squat: 400 Bench: 225 Deadlift: 435

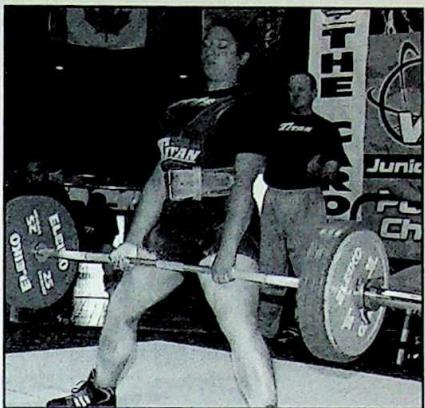


CHERYLANDERSON

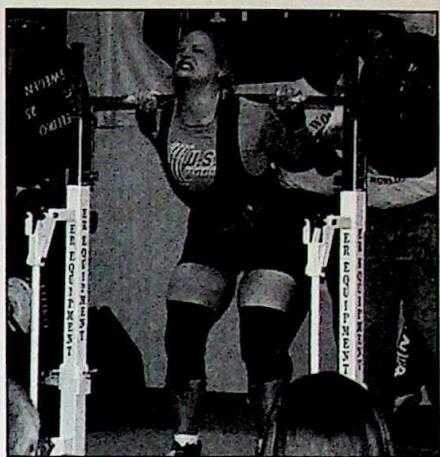
97lb. Age: 30 Squat: 237 Bench: 161 Deadlift: 303



**DISA HATFIELD**  
181lb. Age: 30 Squat: 468 Bench:  
303 Deadlift: 391



**BONICA BROWN**  
198lb. Age: 16 Squat: 468.5 Bench:  
265 Deadlift: 456.5

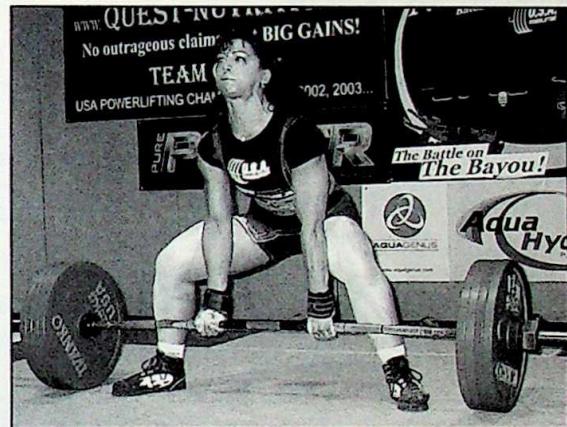


**JESSICA (WATKINS) O'DONNELL**  
198lb. Age: 24 Squat: 551 Bench: 330  
Deadlift: 507

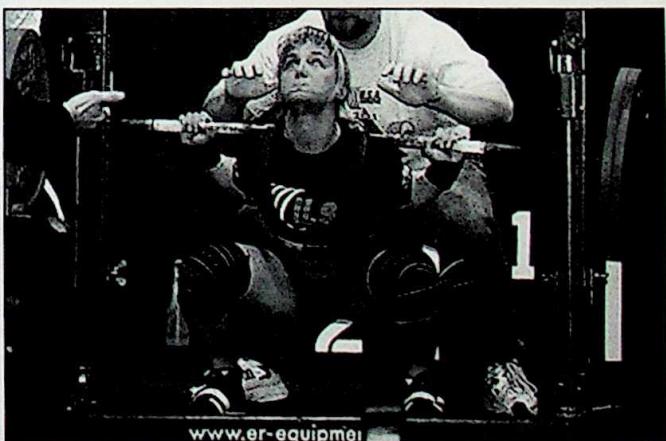


**CAITLIN MILLER**  
105lb. Age: 14 Squat: 360 Bench:  
160 Deadlift: 380

**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.



**PRISCILLA RIBIC**  
148lb. Age: 32 Squat: 523 Bench: 341 Deadlift:  
545



**SIOUX-Z HARTWIG**  
114lb. Age: 36 Squat: 369 Bench: 220 Deadlift: 369

**Coaching Staff:** Head Coach - Larry Maile, Assistant coaches: Ivan Ribic, Matt Gary, Mike O'Donnell, Jim Hart, Tod Miller.

#### Top Twenty

This month, we feature the top 20 women at 67.5 kg. (148 lbs.) and the top 20 men at 75 kg. (165 lbs.) To search the lifter data

base, or for the complete 2004 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

Women's 148 class				
Name	Squat	Bench	Deadlift	Total
Priscilla Ribic	518	331	546	1389
Lea Foreman	455	255	470	1180
Paula Houston	370	235	390	995
Jan Morello	391	215	397	987
Alyssa Hitchcock	369	193	369	931
Christy Newman	347	276	309	931
Angelle Matt	364	187	369	921
Molly Denney	342	209	369	921
Donna Slaga	300	235	375	910
Erin Waltermann	342	220	347	909
Laura Styrlund	309	209	375	893
Jennifer Franklin	331	215	342	887
CiCi Smith	315	195	370	880
Amania Silvas	342	204	325	871
Ruth Welding	325	176	364	865
Ronny Melancon	330	190	330	850
Nicole Hartman	364	165	320	849
Cyndey Smith	300	185	360	845
Tunde Szivak	320	165	347	832
ShaVernon Thomas	331	121	369	832

Men's 165 class				
Name	Squat	Bench	Deadlift	Total
Wade Hooper	728	503	606	1835
Erik Nickson	617	413	650	1648
Eric Holmes	550	330	680	1560
James Benerito	562	402	568	1532
David Hammers	568	413	551	1532
David Bracken	606	380	529	1516
Todd Straub	545	400	560	1505
Gene Marshall	530	415	560	1505
Josh Rohr	562	314	606	1483
Robert Wood	540	380	551	1472
Monte Hokana	540	369	551	1461
Jamie Stark	573	342	546	1461
Mark Sigala	535	342	579	1455
Clint Edwards	535	380	535	1450
Mike Cagiola	540	419	485	1444
Pat Keenan	551	342	540	1433
D. Cagnolatti	510	380	535	1425
Bijon Ahmadzadeh	524	325	573	1422
Joe Braca	507	303	606	1416
Mark Richmond	507	441	468	1416

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# The Inzer **HEAVY DUTY** Series Blast Shirts

## High Performance Heavy Duty

- \* extended power support range
- \* new arm lock design
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- \* extra reinforced construction
- \* guaranteed more results than any other shirt
- \* recommended for experienced powerlifters only

## Improved Heavy Duty

- \* tight tough fit
- \* strong support off chest
- \* extra comfort built in
- \* great immediate results

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Qty. Color \_\_\_\_\_

Heavy Duty Blast Shirt \$58

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relaxed measurements of shoulders \_\_\_\_\_  
chest \_\_\_\_\_ arm \_\_\_\_\_

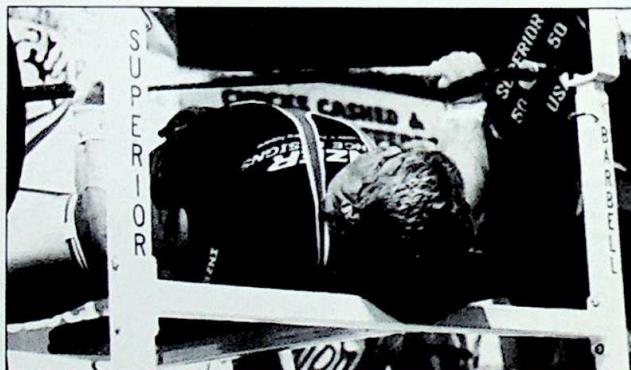
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Lever Belts**

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  - single or double prong • any color • made in USA • lifetime guarantee ..... \$70.00
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  - suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality.... \$29.00
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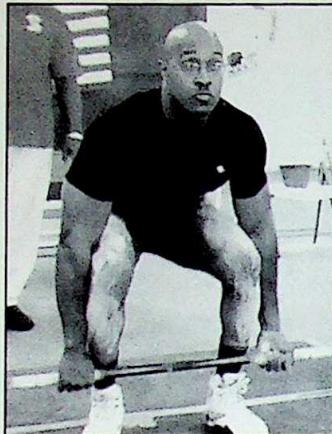
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**VIDEOS**

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**Python Augusta "Drug-free"**  
15 Jan 05 - Augusta, GA

BENCH	Subs	G. Bartley	425
105 lbs.		B. Chatham	450*
(14-16)			
L. Brown	75*	(50-59)	
148 lbs.		P. Newsome	400
PFM	SHW		
(40-49)	Subs		
L. Powell	180*	J. Casteel	500
MEN	Juniors		
181 lbs.	R. Neal	405*	
B. Kinnersley	385*	DEADLIFT	
198 lbs.	276 lbs.		
Junior	(50-59)		
R. Gilbert	405*	W. Morgan	555*
Novice	SHW		
T. Rich	410*	(40-49)	
220 lbs.	K. Tillman	650	
IRONMAN	BP	DL	TOT
148 lbs.			
(40-49)			
G. Gascue	125	150	275*
165 lbs.			
A. Duncan	240	260*	500*
Subs	4th-DL-275		
D. Dessau	295	330	825*
220 lbs.			
(40-49)			
B. Bridges	300	415	715*
(35-39)			
J. Haynes	425	550	975*
FULL POWER	SQ	BP	DL
181 lbs.			
Juniors			
B. Barnes	335*	195*	370*
198 lbs.			
(40-49)			
R. Visokay	455	275	455
Subs			1185
J. Burgreen	535	420	560
220 lbs.			1515!
PFM			
D. Hickman	505	385	585
(40-49)			1475
M. Bennet	535*	350	680
S. Calandra	500	285	515
			1555
			1300



**Mike "Big Timer" Bennett at the PPL Augusta Drug Free Open.**  
(photo by courtesy of Tee Meyers)

242 lbs.  
(14-16)  
B. Skinner 285\* 250 375\* 910\*  
275 lbs.  
J. Hill 525\* 410 550\* 1485\*  
!=Best Lifter. \*New PPL Records. It was  
the first of the year, and we got off to a great  
bang! The guys from Blairsville, Georgia,  
Dearing, Georgia, and the 'Bama Boys put  
on a good ole fashioned slug fest! Some of  
the new stars, such as Laswann "Swan"  
Brown, Ben Skinner, Big John Hill, and  
many more were there to do their thang!  
The best bench press award went to new-  
comer Brian Kinnersley, but the big dog, or  
shall we say, the "big timer" was Michael  
"Big Timer" Bennet of Fort Lee, VA. He  
took 1st in his division, best deadlift,  
biggest deadlift, and the heaviest total! He  
had some trouble with his back, but still did  
well. The competition was fierce, and the  
atmosphere was electric. It was a great day  
for powerlifting, and we can't wait for the  
next one!

be "da man". We also had a "Body Challenge" competition with Jimmy "Dark and Lovely" Haynes and Greg "Half-Naked" Bartley tying for 1st place! Lifters of the year:  
Teens - Jason "Skinny boy" Luster,  
Legends - Bruce "Mr. Mongo" Bridges,  
Ladies - Rhonda "Big Kuntry" Sams, Open  
- Jason "Bama" Burgreen, Deadlifter -  
"King" Karl Tillman, Bench - Kenny "Lil  
Train Cain" Martin, Spotter - Willie  
"Soupbone" Morgan, Judge - Sandra "Co-  
coca" Walker. (Results by Tee Meyers)

**Peach Days PL/BP**  
18 SEP 04 - Peay, UT

BENCH	82.5 kgs.	
Open	Cunningham	185!
67.5 kgs.	100 kgs.	
P. Wach	82.5	K. Smith 120!
82.5 kgs.	J. Putnam	—
C. Sandberg	137.5	140 kgs.
(20-23)	K. Mooseman	235
C. Peters	92.5.	(45-49)
4th-102.5!	S. Fredine	175
90 kgs.	(60-64)	
J. Adams	135	J. Herrera 167.5
J. Barrett	130	4th-170!
100 kgs.	SHW	
A. Stever	177.5!	(40-44)
SHW	D. Marchant	260!
D. Marchant	260!	
Teen (18-19)		
90 kgs.		
J. Gallup	150!	
100 kgs.		
R. Gonzales	105	
Masters (40-44)		
67.5 kgs.		
P. Wach	82.5	
Open	SQ	BP DL TOT
76.5 kgs.		
P. Wach	—	—
90 kgs.		
C. Thomas	235	142.5 250 627.5
100 kgs.		
A. Stever	237.5!	177.5 212.5 627.5
Teen		
100 kgs.		
R. Gonzales	—	—
Masters (40-44)		
67.5 kgs.		
P. Wach	—	—
82.5 kgs.		
R. Cormus	765	515 625 1905
Submaster		
220 lbs.		
J. Alessandro	840	475 590 1905
P. Tongiani	500	360 520 1380
MO 275 lbs.		
M. Evans	800	— — —
SHW		
R. Cormus	765	515 625 1905
Submaster		
220 lbs.		
J. Alessandro	840	475 590 1905
Master (40-44)		
220 lbs.		
C. Blough	630	390 560 1580
(Thanks to Gene Rychlak, Jr., for results)		

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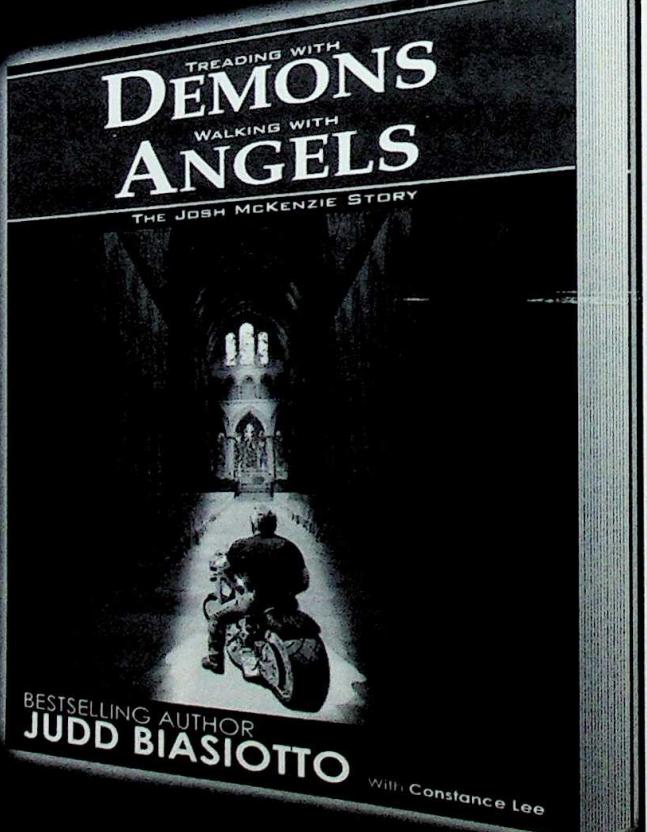
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**SLP Superman Classic**  
12 JUN 04 - Metropolis, IL

BENCH	Police/Fire	
WOMEN	Submaster	
Master (40-44)	198 lbs.	
181 lbs.	C. Hilliard	485!
C. Crossland	300! Police/Fire	
4th-310!	Open	
Open	220 lbs.	
148 lbs.	S. Thelford	425
L. Watson	165 4th-440	
Wheelchair	242 lbs.	
114 lbs.	R. Stewart	370
H. Logsdon	210! 308 lbs.	
Novice	B. Robinson	425
181 lbs.	4th-455	
K. Taylor	225! Open	
198 lbs.	198 lbs.	
C. Nunley	335 P. Hester	350
220 lbs.	220 lbs.	
K. Champion	375! A. Carter	475
275 lbs.	242 lbs.	
R. Gilmore	380! J. Crader	480
4th-400!	275 lbs.	
Teen (13-15)	J. Carter	535
114 lbs.	R. Mangrum	355
L. Hobbeck	125! 308 lbs.	
4th-130!	J. Dawson	550
148 lbs.	4th-560	
C. Randen	180 DEADLIFT	
242 lbs.	MEN	
T. Jackson	165 Novice	
Teen (18-19)	132 lbs.	
242 lbs.	D. Chandler	200!
A. West	320 308 lbs.	
Junior	D. Chandler	475!
132 lbs.	4th-500!	
J. Ferry	180 Teen (18-19)	
181 lbs.	220 lbs.	
D. Salzmann	225 M. Thomas	450
4th-235	4th-475	
220 lbs.	Junior	
G. Parquette	285 132 lbs.	
Submaster	J. Ferry	250
220 lbs.	220 lbs.	
J. Hall	455 G. Parquette	465
Master (40-44)	Master (40-44)	
198 lbs.	198 lbs.	
D. Darnell	270 D. Darnell	430
275 lbs.	4th-450	
R. Richey	525! Master (45-49)	
Master (45-49)	242 lbs.	
181 lbs.	C. Price	550
R. Furey	385 Master (55-59)	
198 lbs.	165 lbs.	
R. Ozbourne	440 L. Greer	330!
242 lbs.	4th-360!	
C. Price	535! Open	
4th-550!	242 lbs.	
Master (60-64)	J. Gaddis	475
308 lbs.	275 lbs.	
J. Duckett	335! J. Carter	700!

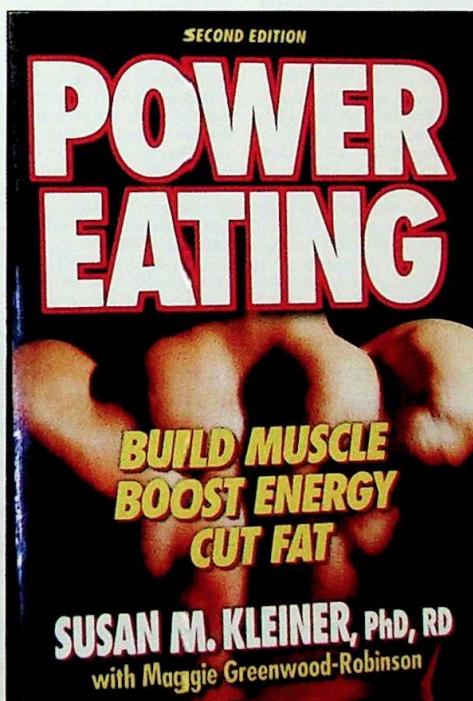
=Son Light Power Illinois state record. Best Lifter Bench: Chuck Price. Best Lifter Deadlift: Joe Carter. The Son Light Power Superman Classic Bench Press/Deadlift Championship was held June 12, 2004 at Metropolis, Illinois, the home of Superman! Thanks to Lars Linquist for all his help organizing this event and for the use of his facility, The Metropolis Athletic Club & Spa. In the bench press event Heath Logsdon had a great day, breaking his own Illinois state record in the wheelchair/114 class with a great 210 final attempt. A great lifter and an inspiration to us all, in the master women's 40-44/181 class Cyndi Crossland is making a comeback! Taking the class with a great 300 final attempt, Cyndi came back with a solid 310 fourth to break the state record there by 175 pounds! Lisa Watson, lifting in her first competition, had a great day, finishing with a personal best 165 and the win at 148 open. Lisa actually locked out 170 but was called for hitching the bar. In the novice men's division Keith Taylor had a good day, setting the state record there with just his opener of 225. Chris Nunley won at 198 with 335 while Kevin Champion broke the state record at 220 with 375. In the novice 275 class Ron Gilmore prevailed with a great 380 third, followed by his first official 400 bench, made with his fourth attempt! Both were new state records for the class. It was the first competition for both Kevin and Ron! In the teenage men's 13-15 age group Levi Hobbeck set the state record for the 114 class with 125, followed by a great 130 fourth attempt. Brother Cody Randen won

his class, 148 with a solid 180. Both were lifting in their first competitions. Terry Jackson got a new personal best with his 165 final attempt and the win at 242. In the 18-19 age division Austin West won at 242 with 320. This was Austin's first competition also. Jonathan Ferry got a new pr with 180 and the win at junior 132. At 181 it was another first-timer, Daniel Salzmann, finishing with 225 then a 235 fourth. Gary Parquette won at junior 220 with 285. In the submaster 220 class it was Junior Hall with an easy 455 for the win. A fourth with 500 was right there, just missing the lockout! In the master men's 40-44 division David Darnell won with 270 while Randy Richey took the win at 275 with a new state record of 525. Randy handled the highest weight of the meet with his 605 final attempt, which he gave a good effort to, strong triceps, just not enough shirt from the chest! Rob Furey won at 45-49/181 with just his opener of 385 while Ron Ozbourne won at 198 with 440. In the 45-49/242 class Chuck Price had his best day yet, finishing with a personal best 535, then returning for a great 550 fourth. At a 239 bodyweight Chuck earned his first best lifter award ever! Moving to the 60-64/308 class Jimmy Duckett set the state record there with 335, just missing a final attempt with 365. Supposedly released from some kind of Institute (mental or penal, or both) in Oklahoma for the weekend, Jimmy seemed to leave in a "hurry" after he received his trophy. I just hope nothing is missing! In the police & fire/submaster division Chad Hilliard broke the state record at 198 with a strong 485, just missing a personal best 500 twice at the top. In the open police & fire division, with 335, then a fourth with a

Supposedly released from some kind of Institute (mental or penal, or both) in Oklahoma for the weekend, Jimmy seemed to leave in a "hurry" after he received his trophy. I just hope nothing is missing! In the police & fire/submaster division Chad Hilliard broke the state record at 198 with a strong 485, just missing a personal best 500 twice at the top. In the open police & fire division, with 335, then a fourth with a

first time competitor Shannon Thelford won at 220 with 425, then a fourth with a double bodyweight 440! Richard Stewart finished with 370 and the win at 242 while Brad Robinson set the state record at 308 with 425, then a fourth with a big 455 personal best! In the open division it was Patrick Hester at

198 with 350, followed by Adam Carter at 220 with 450, then a personal best fourth of 475. 500 ain't too far off! Jason Crader just missed his first 500 bench, settling for his 480 second attempt and the win at 242. Joe Carter got a new personal best at 275 with 535, taking the win from Roy Mangrum, who finished with 355. At 308 it was big Gary Dawson with 550, making a fourth with an even easier 560 for the win. In the deadlift competition Dylan Chandler set the novice men's 132 state record with his final pull of 200. This was also a new personal best for Dylan. Darrin Chandler got 475 at novice 308, but came back with a personal best 500 fourth attempt pull. Another new state record! Mark Thomas won at 18-19/220 with 450, then a great 475 fourth. Jonathan Ferry pulled 250 for the win at junior 132 while Gary Parquette won at 220 with 465. In the master men's 40-44 division David Darnell won his second title of the day at 198 with a personal best 450 final pull! Chuck Price finished a great day with a personal best 550 pull at 45-49/242! Then at 55-59/165 it was Larry Greer who set new state records with each of his pulls. Larry finished with 330, then came back with a personal best 360 fourth attempt. Oh, shoot, I accidentally loaded the bar to 360 instead of the 350! Larry thought he pulled! In the open division Jarrod Gaddis won at 242 with 475 while Joe Carter tied the state record at 275 with his 700 opener. This also gave Joe the best lifter award for the competition. Thanks to my son Joey and to Justin Maurer for their help loading and spotting and to Jessica Carter for serving as our trophy girl. See you all next year! (Thanks to Dr. Darrell Latch for these meet results)



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Heath Logsdon with a state record 210 @ wheelchair men/114 at the SLP Superman Classic. (photo provided by Dr. Darrell Latch)

**Saratoga YMCA Bench Press**  
4 SEP 04 - Saratoga, NY

BENCH	Junior	
RAW	P. Campbell	275
MEN	SHIRTED	
131 lbs.	WOMEN	
Junior	132 lbs.	
J. Kendall	215 Teen	
165 lbs.	L. Daly	150
Open	MEN	
J. Yorshak	300 165 lbs.	
M. Murphy	255 Submaster	
Junior	M. Fosmire	282
J. Kopenhofer	315 181 lbs.	
M. Goodenot	275 Submaster	
181 lbs.	W. Fosmire	300
Open	198 lbs.	
R. Kinney	315 Open	
D. Dedonatis	285 S. Rabine	640
198 lbs.	220 lbs.	
Open	Master	
A. Jackson	355 L. Bagnoli	295
Masters	275 lbs.	
T. Quinn	315 Open	
220 lbs.	B. White	700

(Thanks to Sandi McCaslin for the results)

APF Rio Grande Valley  
4 Dec 04 - Harlingen, TX

BENCH		DEADLIFT						
Open		Open						
114 lbs.		165 lbs.						
B. Wolf	132	J. Kosarek	402					
181 lbs.		181 lbs.						
J. Vasquez	391	V. Delosantos	352					
R. Espinosa	358	220 lbs.						
198 lbs.		A. Gonzales	551					
T. Mata	380	Junior						
220 lbs.		198 lbs.						
J. Guerra	567	N. Bailey	225					
242 lbs.		123 lbs.						
J. Ramirez	479	C. Pina	275					
Junior (13-15)		181 lbs.						
165 lbs.		D. Trevino	308					
C. Cuellar	176	Masters						
198 lbs.		165 lbs.						
N. Bailey	126	M. Mosely	462					
Junior (16-17)		220 lbs.						
148 lbs.		R. Garcia	644					
O. Salinas	198	D. Swander	644					
181 lbs.		275 lbs.						
K. Villarreal	270	A. Mendez	441					
Masters (40-44)		WOMEN						
165 lbs.		Open						
M. Mosely	270	148 lbs.						
275 lbs.		B. Chapa	148					
A. Mendez	303	SQUAT						
Masters (45-49)		MEN						
198 lbs.		Open						
T. Mata	380	275 lbs.						
275 lbs.		D. Swander	639					
R. Jackson	418	R. Jackson	551					
Masters (50-54)		M. Hoff	462					
275 lbs.								
A. Gonzales	407							
MEN	SQ	BP	DL	TOT				

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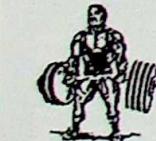
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CITY		STATE	ZIP CODE					
AREA CODE	TELEPHONE NUMBER	MO	DATE	YEAR	AGE	SEX	US CITIZEN	
							YES    NO	
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)		REGISTRATION NUMBER			E-MAIL ADDRESS			
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CORRECT AND THAT I AM ELIGIBLE IN  
ACCORDANCE WITH THE RULES OF THE  
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SIGNATURE X

Best Lifter Men: Roman Garcia Open Men 123, Best Bench Men: Joe Guerra Open Men 220, Best Squat Men: Travis Werner Open Men 242, Best Deadlift: Roman Garcia Open Men 123, Best Lifter Junior Men: Jeff Allen Junior Men 220, Best Lifter Women: Pat Metcalf Open Women 114, Best Bench Women: Pat Metcalf Open Women 114, Best Squat Women: Pat Metcalf Open Women 114, Best Deadlift Women: Pat Metcalf Open Women 114, Best Lifter Junior Women: Marissa Garza Junior Women 148. (Thanks to Seguin Fitness for providing these meet results to PLUSA)

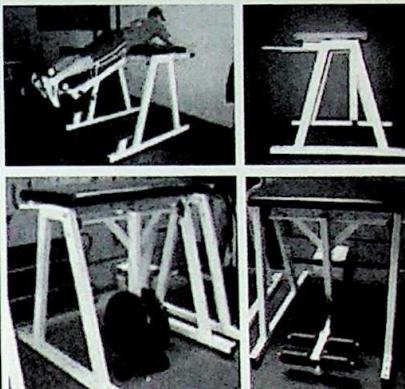
WNPF Sarge McCray

18 DEC 04 - Bordentown, N J			
PWRCURL	Raw	Cardullo	250! 365! 615
148 lbs.	Desbiens	75!	198 lbs.
Open	165 lbs.	Lifetime	
Mosier	(11-12)	Uphoff	260 420 680
198 lbs.	110 Raw	Lifetime	
(40-49)	McClosky	Raw	
Williams	125!	Mangine	360 530 890
(50-59)	MEN	Bowers	315! 540! 855
Caranda	140 148 lbs.	(40-49)	
Open	(17-19)	Raw	
Bettini*	120 Raw	Careri	300 555! 855
220 lbs.	140! 165 lbs.	Careri	
(40-49)	(13-16)	220 lbs.	
Howard	120 McClosky	Open	
275 lbs.	230	Diciciano	400 550 950
Open	(40-49)	Bolf	335 580! 915
Madera	180 Raw	Pagano	405 465 870
DEADLIFT	180 Robinson	(40-49)	
105 lbs.	175!	Sadiv	340 610! 950
(40-49)	Raw	Subs	
Desbiens	165! Snouffer	242 lbs.	315 510 825
165 lbs.	Subs	Open	
(11-12)	Kampo	Famiano*	560! 600 1160
Raw	198 lbs.	Malmgren	510 490! 1000
McClosky	135! Open	Reichin	405 540 945
MEN	Klazas	Lifetime	
100 lbs.	405 Haddaway	275 lbs.	
(11-12)	Subs	(13-16)	
Raw	Klazas	Raw	
Litkowsky	405 (40-49)	Diamond	175! 350! 525
165 lbs.	150! Raw	Bowers	100 200! 300
(13-16)	Meyers*	Open	
McClosky*	475! Williams	Pac	480 600! 1080
Subs	—	Subs	
Raw	220 lbs.	Madera	400! 540! 940
Johnson	405 (17-19)	(40-49)	
Open	Raw	Schweder	435 600 1035
Neary	470! Raw	(50-59)	
Open	Hafiz	Adler	250 330 580
Raw	460 Subs	Levers	315
Neary	Raw	!=WNPF Records. *Best Lifter. What a meet this was. This had to be in the top ten best meets of the WNPF. What made it so great was the lifters, the audience and the atmosphere. Everyone seem to have a great time, setting records and just lifting and having fun. Drug test results are pending at this writing. We had sculptures for the adults for awards and championship cups for the kids. Best lifter awards were plaques. We ended up with 55 lifters from 6 states and an audience of 70. We started playing music again while the lifting is going on and it seem that many thought that was a nice touch. We have several meets lined up in New Jersey for 2005. We start off in Piscataway in February and we'll be back in Bordentown in May. Atlantic City in August and for the worlds in November. We will also host a meet in Piscataway in September and the 2005 sarge meet will be back in Bordentown in December. I want	
Novice	460! (40-49)	Raw	
Raw	Howard	Howard	350!
Cardullo	365 242 lbs.	405	
198	(40-49)	Raw	
(50-59)	470! Campanella	425!	
Scaranda	Raw	Open	
220 lbs.	Campanella	Raw	
Subs	425	Campbell	
Raw	510! 275 lbs.	Lifetime	
Levers	Open	Dupont	
Open	550 (40-49)	425	
Diciciano	550 Dupont	Dupont	
242 lbs.	425	425	
Open	Russo	Adler	
Russo	550 (50-59)	250	
Subs	550 SHW	Open	
Russo	550 Adler	Raw	
275 lbs.	250	330! Ramos	495
(50-59)	Raw	Montano	425!
Adler	330! Theodoropoul	Open	
BENCH	405!	Theodoropoul	
105 lbs.	BP DL TOT		
(40-49)			
Raw			
IRONMAN			
165 lbs.			
(11-12)			
Raw			
McClosky	125 135 260		
SHW			
Theodoropoul	225! 315! 540		
MEN			
100 lbs.			
(11-12)			
Raw			
Litkowsky	65 150 215		
148 lbs.			
Open			
Mosier	180 310 490		
Foley			
(13-16)			
Raw			
Bowers	90! 145! 235		
165 lbs.			
(13-16)			
McClosky	230 475 705		
(17-19)			
Kim	225 455! 680		
181 lbs.			
Lifetime			
Zimmerman	380 475 855		
(50-59)			
Raw			
Cantrambone	280! 450! 730		
(50-59)			
Dennison	265 540 805		
Novice			

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to thank all of the lifters that attended this meet and a big thank you to all of the WNPF members for your support in the 2004 lifting season. We hope to see all of you back in 2005 with friends and family. I must say again this meet signified what powerlifting is all about. Good lifting, drug free and an absolutely good time. I must give a big thank you to my staff before I get started on the highlights. Thanks to my judges Ron Ehrhardt, Jim Poindexter and Bob Derisi. Thanks to my spotters John "Diesel" Wallace, Kenny Wallace & Perry Thomas. Thanks to Annette and Lester at the score table and thanks to mom's, she's been there for 18 years at the door and my uncle Steve. These people have been at just about all of the events in the northeast for years they are very dedicated and dependable and we appreciate all of them for helping us out when we need them. I want to thank my other staff members in the north also for being there for us. Pete Mo, Al Green, Bill Frenck, Lou Tortorelli, Big Joe Panzarelli, Leo Ryan, Dennis Foltz, Wayne Kiefer, Herman Hensen, Denise Musser, Joe Ruscitelli, Shawn Lattimer, Lee Zimmerman and if I forgot someone please forgive me we thank you also. (Thanks to WNPF for providing these competition results)

### World Natural Powerlifting Federation (WNPF) Membership Registration

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(770) 996-3418

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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.



Jackson of Oklahoma opened with 699.7 at 240# and put up 745, but was just shy of complete lockout. He did 733 on July 24 in Dallas. He's one of the top five benchers in the world. Kevin Heller set a West Virginia record of 403.3 in law/fire 48+ at 242# in the bench. Pennsylvania records were set 1 the bench by Steve Gee with 270# in master 47-53 132#. Rudy Hillyard in open 165 put up 380.2. Illinois records in the bench were set by Jonathan Ferry who did 203.7 in junior 132#. Josh Reyes pushed 303 in junior 148. Kevin Khan in junior 125 slammed up 347. Erica Haislar in junior women 132 put up 192.7. Erica is the WABDL Co-Chair woman for Illinois. John Beggs in law/fire 48+ 275# pushed 385.7. all of the above lifters are coached by John Hudson out of the University of Illinois, where John is working on his doctorate in writing linguistics and also teaches at the university. He has a team of over 50 lifters ad has deadlifted 722. Tennessee bench records were set by Curt Notingale in junior 198 with 369.2; Matt Bradford with 330.5 in junior 220, Daniel Meeker in law/fire open 259 with 264.5, Jack Brown with 435.2 in master 40-46 181#, and Joe Rutherford with 380.2 in master 40-46 242#. Other Tennessee records were set by Shane Sowers with 523.5 at 242 open, Thomas Kesling was very impressive with 551 in open 259, Mike Beatty did 451.7 in open super. Brandon Leming, who has a 4.0 grade point average in high school, put up 385.7 in teen 16-19 165. Matt Adcock put up 264.5 on a 4th in teen 16-19 198#. Corey Garner popped 159.7 in teen 13-15 114#. The ladies of Tennessee did well also - Cindy Webber gracefully put up 198.2 in master 40-46 181# to go along with her world record deadlift of 391.2. Cheryl Cobb launched 187.2 in master women 40-46 198. Thomas Eskins set an Ohio record with a fine looking 303 in master 68-74 198#, another example of weight training has no age boundaries - anybody can do it any time, anywhere, and you will notice immediate health benefits. Alabama records in the bench were set by Juan Negron with 276.6 in junior 165, Casey Dunaway with 396.7 in junior 198, which was subsequently beaten by Jonathan Leftwich 407.7. Richard Anderson put up 253.5 in law/fire open 165, Ronald Slaughter got 308.5 in master 47-53 165 on a 4th attempt, Alfred Jackson got 402.2 in open 165, which reminds me that Jim Rouse had the world record in the IPF in 1976 with 413 in open 165 - so any 165# lifter hitting 400# or better is exceptional, especially if they are over 40. Brant Bishop who is the WABDL chairman for Alabama put up an Alabama record 501.5 at open 198 and submaster 198. Brant is going to physical

therapy school and his wife is expecting a baby boy in a couple of months. Brant gives one week of his time at the WABDL Worlds to help out with the computer, weigh-ins and expediting. Other Alabama records in the bench were set by big Bubba McConnell, the friendliest heavy equipment operator in the south, who with great coaching by Tiny Meeker, is closing in on 600#. He had to settle for 578.5 at this meet, but look for him to do 650 in a year. The Alabama ladies set some bench records too: Patti Ehmen racked 187.2 on a 4th in master 47-53 148#; Susan Jackson got 242.5 in open 198 - good poundage in that category; Tammy Bedgood in submaster 132 hit 154.2 and one other male Alabama record was set by Erin Boyle with a very credible 303 in teen 13-15 181#. Missouri bench records were set by Lisa Watson with 154.2 in open women 148. Keith Waugh hit 231.2 in teenage 16-19 242#. Georgia state records in the bench were set by Justin Saunders in junior 220 with 281#; Justin Hall hit 363.7 in junior 259; Alan Taylor in master 40-46 181 elevated 336; Gary Lands in master 40-46 242 was above average with 457.2; Ann Wolverton was good to go with 170.7 in women's master 40-46 165; Kevin Crump managed 418.7 in submaster super. Jesse Fain got 264.5 in teen 13-15 198#. Dalton Wilson hit a very respectable 413.2 in teen 16-19 198#. Rabun Proctor got 325 in teen 16-19 259#. Josh Stevens slammed 374.7 in teen 16-19 308#. Christina Cline got 110# in teen women 13-15 132#; and Amanda Proctor put up 127.8 in teen 16-19 148#. Moving on to state records in the deadlift, Tilden Watson of Missouri yanked 600.7 in class-1 275# and his wife Lisa Watson pulled 225.7 in open 148. Another Missouri lifter, Keith Waugh pulled 501.5 in teen 16-19 242#. Deadlift records set by Illinois lifters were set by Ouro Le 336 in junior 132, Josh Reyes 462.7 in junior 148, Yuri Nikonchuk 650.2 in junior 220, that's getting up there; Erica Haislar got 292 in junior women 132, Jeff Sougah got 611.7 in submaster 198, Trent Silver hit 374.7 in teen 13-15 242, and Brett Faught got 336 in teen 16-19 148#. Tennessee records in the deadlift were set by Dorry Millraney 473.7 at 165, Daniel Meeker hit 429.7 in law/fire open 429.7, Joe Rutherford hauled in 507 in master 40-46 242#, Jim Franklin got 303 in master 54-60 220, Brent Morris got 523.5 in open 220, David Blackburn got 606.2 in open 275, Mike Beatty ripped up 633.7 in open super. Other Tennessee records in the deadlift were set by Craig Payson in submaster 198 with 440.7 and Matt Adcock with 369 in teen 16-

Bishop brought a kilo set all the way from Gadsden, Alabama. Also, House of Pain ad their distributor Mark Phillips, was a sponsor. I want to thank John Hudson of Illinois and George Herring of Georgia who brought about 45 lifters between them. The crowd was overflow and loud - over 300 spectators. (Gus Rehwisch)

### Iowa Open Bench Press 3 JUL 04 - Sigourney, IA

BENCH	Master-1	
181 lbs.	M. Hruby	225
Teen	198 lbs.	
B. Colman	320	Open
D. Bensmiller	235	N. Holmes
198 lbs.	R. Hennigar	380
Teen	T. Anderson	355
B. Whaley	280	Master-1
J. Simonsen	195	R. Hennigar
220 lbs.	J. Swank	350
R. Mosbah	290	Novice
J. McLaughlin	260	D. Mosley
242 lbs.	Open	
Teen	C. Ward	500!
J. Brown	275	Master-1
HWT	D. Mosley	315
Teen	Master-2	
E. Freihage	375	R. George
148 lbs.	242 lbs.	305
Master-1	Novice	
M. Shuger	205	D. Friedline
165 lbs.	275 lbs.	240
Novice	Master-1	
D. Hutcheson	300	J. Matthews
181 lbs.	HWT	430
Open	Submaster	
J. Towsley	325*	P. Harris

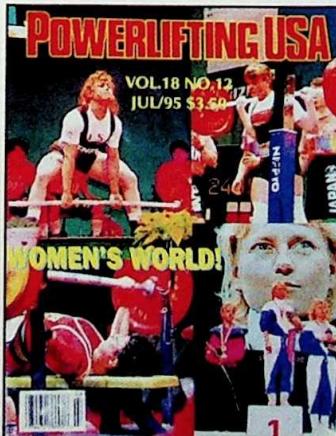
=PR. !=Double bodyweight. Thanks for all who made the 7-3-04 Iowa Open Bench Press meet a success. Brad Colman put up a big 320 at 181 teen. Ben Whaley is a youngster who looked good at 198 teen. Ramy Mosbah was 30 pounds better than McLaughlin at 220. Eric Freihage is one of the strongest teenagers in Iowa with a 375. Jeremy Towsley had a personal best 325 while Nathan Holmes looked strong in the 198 open. Roger Hennigar is one of Iowa's strongest master lifters and did double bodyweight at this meet. Jake Matthews put up good numbers at 275 while lifting partners Cletus Ward and Paul Harris were big benchers of the meet. (Thanks to Iowa Open Weightlifting for meet results).

### APF Georgia BP Bash 2 OCT 04 - Marietta, GA

BENCH	Gunter-198	473
MEN	Gutmet-220	374
220 lbs.	Flynn-242	518
Hancock-220	275	Grove-308
Gordon-181	402	Albano-242
Hicks-198	402	

(Thanks to Malcom Gunter for the results)

## BACK ISSUE OF THE MONTH



The Women's World Championships (Carrie Boudreau was a winner for the USA) graced the cover of the July 1995 edition of

POWERLIFTING USA, one of the most memorable of such events, held in splendor in Chiba, Japan, and reported by Paul Kelso. We also reported the sad passing of one of Powerlifting's most beloved pioneers, ERNIE NAGY. Louie Simmons provided the details of what he considers a successful squat routine, and Nick Lavitola (820 DL at 242 to lead the TOP 100) laid out his deadlift routine. Rick Brunner, developer of the unique Atletika line of supplements, talked about what makes glutamine such a special supplement, and John Waple described the use of aloe vera as a training supplement. We had interviews with ADFFPA stars Joe McAuliffe and Yueh Chun Chang. Doug Daniels detailed how to train in the off season, and Marty

Gallagher described the powerlifting training program of Ultimate Fighting Championship Finalist Dave Beneteau as well as revealing Tony Fitton's inside view of the Frantz lawsuit against the IPF, which kept that federation out of the USA for two decades. There's a terrific photo of Louie Simmons literally "in the face" of Jamie Harris at the WPC World Record Breakers BP meet. Lifting veteran Paul Sutphin ("the Bluefield Barracuda") was extensively profiled by Herb Grossbrenner. Check out the Hawaii Record Breakers results ... Tony Harris tried a 799 squat and 760 as a 198 pounder! On Herb G's TOP 100 275 lb. class DLers of All Time, Danny Wohleber led the list with 904 and John Ford was 95th with 755. On our TOP 100 list for 114s, Phil

Hile led every category with 451 286 4901 1201. Former Women's World Champ Ginger Lord was 51st in the squat with 265, Lori Jeffrey (daughter of Dave) was 61st in the bench with 170, Sioux-z Hartwig was 48th in the DL with 314, and Doris Simmons (wife of Louie) was 24th in the total with 810. As reported on page 67, Anthony Conyers posted the highest lightweight total in history at the ADFPA Region III meet with 675 435 630 1740. This is just one of many back issues of PL USA still available. Check out our extensive listing on pages 48-51 of this issue, and the details on ordering back issues. There are some great deals on quantity orders, and you can call in orders to 800-448-7693 with your Visa or MasterCard.

USPF Utah State (kg)  
27 MAR 04 - Brigham City, UT

BENCH WOMEN 56 kgs.	SHW S. Tausinga 205	D. Shock 215 137.5 210 562.5 140 kgs. (60-64)
J. Hansen 67.5	90 kgs. A. Albright 135	M. Herrera 185 137.5 207.5 530 Full Meet Best Lifters: Women - Jake Hansen. Teen - Tyler Roessler. Open - Jason Gibson. Master - Dennis Shock. Bench Best Lifters: Ladies - Jake Hansen. Best - Kyle Moosman. Teen - Al Albright. Masters - Kyle Moosman. (courtesy RMAC)
B. Montague 155	90 kgs. E. Reyes 172.5	4th Pocket Samsons Christmas BP 11 DEC 04 - New Oxford, PA
J. Adams 135	125 kgs. (40-44)	BENCH B. Gilbert 400
J. Gibson 215	K. Moosman 232.5	WOMEN M. Levin 365
125 kgs.	(45-49)	S. Bixler 350
K. Moosman 232.5	S. Fredine 160	T. Garcia 160 P. Kirstner 345
L. Davis 165	(60-64)	MEN 242 lbs. 114 lbs. R. Robinson 550
140 kgs.	E. Acey —	G. Murphy,Jr 230 J. Staub 500 198 lbs. E. Robinson 350
M. Herbert 212.5	140 kgs. (60-64)	R. Williamson 225 275 lbs. 220 lbs. B. Drummond 450
M. Herrera 150	M. Herrera 137.5	C. Herman 410 D. Joy,Sr 360
WOMEN 56 kgs.	SQ BP DL TOT	Praise the Lord for the thirteen lifters at the 4th Annual "Pocket Samson's" Christmas Bench Press at New Oxford Gym. God blessed us with a crowd of fifty spectators. My artwork of baby Jesus on the program cover was complimented by many. The contest opened with Miss Tracey Garcia's bench pressing a strong 165 lbs. I had a three-for-three day and bench pressed a drug free 230 lbs. @ 114s. A week prior, I'd won the gold medal at the AAU World Powerlift, 123s, 45-49, lifetime drug free, 303-225-275-804 total, 4 AAU world records. Randall Williamson bench pressed 225 lbs. in the 198s and was trained by 3 time AAU world powerlifter champion Gary Shanholtz. 2003 AAU world champion powerlifter Scott Bixler bench pressed 350 lbs. in the 220s. Chuck Herman's three-for- three day was highlighted by a raw 410 lb. bench press in the 220 lbs. class. Bruce Gilbert benched 400 lbs. in the 220 lbs. class. "Dr." Michael S. Levin benched a strong 365 lbs. in the 220s and narrowly missed his third attempt at 380. Pete Kirstner benched 345 in the 220s. Randy Robinson had the big bench press of the day, in the 242s, with a press of 550 lbs. Jeremy Staub bench pressed 500 lbs. in the 242s. Mr. Earl Robinson bench pressed 350 lbs. in the 242 lb. class at the youthful age



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In recognizing the need for drug-usage detection, I agree to submit to  
any testing procedures deemed appropriate by the USPF or its agents  
and shall accept the results and consequences of such tests.

Signature \_\_\_\_\_



The Competitors .. at the Pocket Samson Christmas Bench Press Championship include Glenn Murphy Jr. in the "Lord's Gym" t-shirt, Gary Shanholtz at right of Murphy in the middle of the photo, with Best Lifter Don Joy Sr. seated beside Murphy, and Tracy Garcia is seated in the front row. (photograph provided to us by Glenn Murphy Jr.)

Murphy Jr. (Thanks to Glenn for results)

Top Dawg Powerlifting

12 DEC 04 - Deer Lodge, MT

	Open	SQ	BP	DL	TOT
132 lbs.	C. Bourdeaux 160	175	250	585	
148 lbs.	A. McDougall 350	285	405	1040	165 lbs.
J. Gonzalez 405	300	475	1180		J. Watson 355
T. VanHaele 275	225	300	800		Akane 330
181 lbs.					235 350 915
A. Bailey 500	350	525	1375		
N. Miller 275	245	350	870		
Master					
181 lbs.	L. Killsontop 350	325	425	1100	
Golden Master					
181 lbs.	T. VanHaele 275	225	300	800	
Open					
198 lbs.	J. Henson 450	350	525	1325	
T. Jones 350	295	485	1130		J. Keys 365
L. Whaley 160	165	290	615		475 1080
220 lbs.	J. Buck 455	380	600	1435	
E. Holquin 455	390	505	1350		J. Middlemiss 405
J. Middlemiss 405	380	460	1245		M. Sincell 405
M. Sincell 405	300	525	1230		A. Fisher 405
A. Fisher 405	365	450	1220		M. Barnaby 405
M. Barnaby 405	300	500	1205		
K. Woman 315	325	450	1090		
J. Ellis 355	290	415	1060		S. Hernandez 375
S. Hernandez 375	315	375	1005		Camarillo 300
Camarillo 300	275	430	1005		D. Pittman 325
D. Pittman 325	250	350	925		Handicap
220 lbs.	S. Tsuji 315	245	250	810	
Master					
220 lbs.	B. Rardon 365	275	425	1065	
L. Schmitz 275	230	370	875		J. Maggare 340
J. Maggare 340	205	425	970		D. Foster 215
D. Foster 215	200	430	845		Master
242 lbs.	C. Rave 560	365	600	1525	
B. Mesa 380	290	480	1150		E. Hall 400
E. Hall 400	320	405	1125		J. Maggare 340
J. Maggare 340	205	425	970		D. Foster 215
D. Foster 215	200	430	845		Master
242 lbs.	R. Schaff 405	375	430	1210	
T. Kelly 315	225	405	945		

If Under 18 have Parent Initial \_\_\_\_\_

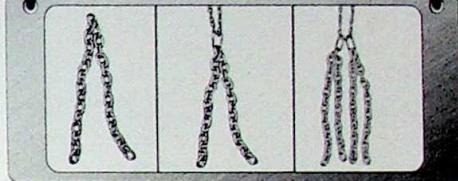
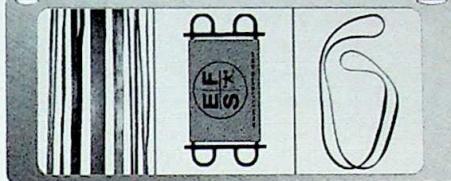
**Grand Master**  
 242 lbs.  
 J. Griffin 575 465 500 1540  
**Open**  
 275 lbs.  
 W. Randolph 500 410 525 1435  
 R. Hasson 405 375 510 1290  
**Open**  
 319 lbs.  
 J. Black 315 280 385 980  
**Master**  
 319 lbs.  
 E. Wilcock 350 315 385 1050  
**Master**  
**SHW**  
 D. Black 405 325 405 1135

The Montana State Inmate Population in conjunction with the MSP Recreation Department conducted the annual Low Side and High Side Crossover Powerlifting meet, which included all eligible inmates from both the low and high security compounds. For this years event, we reached out to the entire inmate population encouraging all inmates to attend the event regardless of age, health, or disability. The purpose of this event is to encourage and promote health and fitness by encouraging those who attend the meet to exercise and lift weights. This was a non-sanctioned power lifting meet however, we used the USA Powerlifting (formerly ADPFA) rules and regulations. Per prison policy, inmates competing in the event were not permitted to use supplements, bench shirts or squat suits making this meet by definition, a "raw meet". Fourtyseven (47) inmates competed in the competition, the winners being the best in each weight class with the greatest combined total. Mike McDougall did a great job in the open 1481bs. class. By breaking all previous crossover powermeet records with an impressive combined total of 1040 lbs., with a body weight of only 145 lbs., Jesse "Chewy Little Popeye" Gonzalez lifting in the open 165 lbs. class also did an awesome job. Jesse broke three records in his weight class and increased his total by 145 lbs. from his last meet just six months ago. This was only his second competition. Great things to come from this kid, he has great potential. Philip Bailey in the open 181 lbs. class did an awesome job by breaking squat, bench, deadlift, and total lift records (in his weight class). Pound-for-pound, Philip was really strong. In the master 181 lbs. Class, Lester Killson top did a great job with a total of 1100 lbs. at a bodyweight of 178 lbs. At 63, Tom Vanhale was the oldest lifter competing in this years crossover powermeet, competing in the golden master 181 lbs. weight class. Tom had an impressive 800 lbs. total. Using the Schwartz Coefficient & Schwartz Master Formula he would have come in second for the best lifter in the powerlifting meet. Joe Buck, lifting in the open 220 lbs. class, age 27 weighing in at 208 lbs., broke all previous records in his weight division. The "most impressive" lifter, Chad Rave, did a great job breaking the old prison crossover records in the 242 lbs. open weight class. In the squat with 560 lbs., 365 lbs. bench and an impressive 600 lbs. deadlift. Chad had a huge 1525 lbs. total. This was Chad's second powerlifting competition. Jack Griffin, age 53, lifting in the grand master 242 lbs. class injured himself just days before the powerlifting meet while deadlifting. However, Jack still managed the greatest total for the meet at 1540 lbs. 29 year old William Randolph in the open 275 lbs. class had an awesome 1435 lbs. total which broke all previous records for the 275 lbs. open class. I would like to thank the prison staff who made this meet possible. Our sponsor, John Derzay for coordinating our activities. John is no longer at this facility, however, his positive influence remains. The High Side sponsor, William Sanders, director of rehabilitative services Don Berryman, Security Major Tom Wood, Associate Warden Myron Beeson, Associate Warden Leonard Mihelich, Deputy Warden Ross Swanson, Warden Mike Mahoney and all correctional officers in attendance. I would also like to say "thanks" to everyone who helped out at the event: our judges, correctional staff members Terry Wilkerson, Terry Cochrane and Dave Pentlan. The

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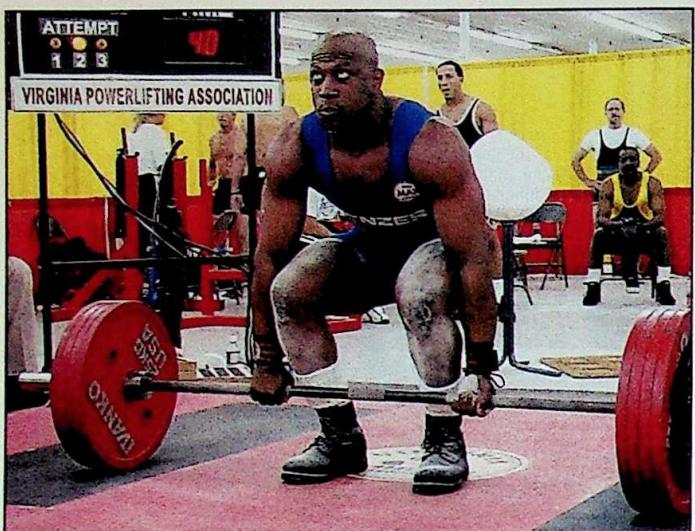


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inmates who helped as spotters, Paul Seybert, Dewy Coleman our Announcer, George Roan, and special thanks to Keith Brown for the assistance he has provided for the Low Side Barbell Club. Finally, special thanks to Joseph Anthony for helping coordinate the powerlifting meet. (Thanks to Jack Griffin, Chairman LS BBC, for providing these meet results to PL USA)

**WNPF Southern USA**  
 25 Sep 04 - Fitzgerald, GA

BENCH	(13-16)	Mack	340	Cawley	485	Raw	242 lbs.
WOMEN	Raw	198 lbs.		Raw	485!	Marsh	505 (40-49)
114 lbs.	Dunn	155		Cawley	Open	Kite	455 Walker
(13-16)	148 lbs.			Rutherford	DEADLIFT	Kite	500
Raw	Open			(40-49)	WOMEN	242 lbs.	
Padgett	Raw			Martin	123 lbs.	Open	
MEN	Venable	185		(50-59)	(40-49)	Padgett*	640
60 lbs.	165 lbs.			Gaskin	Raw	Subs	
(9-10)	(20-23)			220 lbs.	Lewis	Padgett	640
Cardin	Raw			Open	MEN	(40-49)	
80 lbs.	181 lbs.	340		Moore	60 lbs.	Walker	480
(9-10)	Raw			Subs	(9-10)	SQUAT	
Padgett	Raw			Raw	Raw	PWRLIFTING	
105	Raw			Cardin	120	SQ	
MEN	Venable			80 lbs.	114 lbs.	BP	
60 lbs.	165 lbs.	185		(9-10)	(13-16)	DL	
(9-10)	Open			Padgett	Raw	TOT	
Cardin	Raw			148 lbs.	150	Dunn	
80 lbs.	181 lbs.	55		(20-23)	Dunn	200	
(9-10)	Raw			165 lbs.	198 lbs.	155	
Padgett	Raw			Open	(40-49)	265	
100	Raw			Raw	Lara	405	
114 lbs.	Raw			181 lbs.	SHW	245	
				Raw	(17-19)	315	
				Raw	Raw	965	
				Raw	Castleberry	430	
				Raw	330	455	
				Raw	1215		
				Raw	=WNPF American Records.		
				Raw	=Best Lifters.		
				Raw	Team Champs: Hammer's Gym, Fitzgerald, GA. (Thanks to WNPF for these results)		



**Robert Hickman MD** competed in the 242 Open category (all of the meet photographs were provided by the courtesy of Barbara Beasley)

**AAU Richmond International  
29-31 OCT 04 - Richmond, VA**

	MALE	SQ	BP	DL	TOT
ASSISTED					
132 lbs.					
Master (45-49)					
J. Kavarnos	374	225	462	1063	
Open					
J. Kavarnos	374	225	462	1063	
148 lbs.					
Youth (12-13)					
A. McCloskey	396	220	440	1058	
165 lbs.					
Master (45-49)					
M. Wicker	286	259	402	942	
	4th-SQ-303		DL-402		
Masters (50-54)					
R. Smith	418	248	457	1124	
Military Open					
C. McCool	363	248	352	964	
	4th-DL-385				
181 lbs.					
Lifetime					
Master (60-64)					
D. Parsons	330	259	352	942	
	4th-SQ-352				

	Masters (70-74)	C. Castaneca	418	209	418	1047
			4th-SQ-440			
Open						
M. Jones	578	352	551	1482		
220 lbs.						
Junior (20-23)						
T. Dallam	534	385	514	1435		
Masters (45-49)						
M. Baker	473	330	440	1245		
Masters (60-64)						
N. Gregory	479	275	429	1184		
Military/Masters (40-44)						
M. Bennett	496	396	672	1565		
Open						
M. Baker	473	330	440	1245		
N. Gregory	479	275	429	1184		
242 lbs.						
Lifetime/Masters (45-49)						
R. Chavez	705	363	551	1620		
Lifetime/Open						
R. Chavez	705	363	551	1620		
Masters (45-49)						
R. Chavez	705	363	551	1620		
D. Runner	578	341	551	1471		
Open						

R. Chavez	705	363	551	1620	105 lbs.
R. Hickman	529	380	501	1410	Kids (10-11)
N. Nickerson	330	165	325	821	C. Dantzer
275 lbs.					55 60 132 248
Lifetime/Open					4th-DL-145
J. Wright	446	363	485	1295	Youth (12-13)
Masters (45-49)					A. Ellis 209 248 261 578
M. Bradley	—	—	—	—	4th-SQ-220 DL-261
Masters (50-54)					114 lbs.
R. Strauss	446	392	462	1301	Teen (14-15)
Teenage (16-17)					D. Eckel 209 126 242 578
J. Culver	352	259	391	1003	Youth (12-13)
RAW					J. Fleming 231 138 275 645
77 lbs.					4th-DL-286
Kids (10-11)					132 lbs.
R. Karstendiek	110	85	176	372	Teen (14-15)
	4th-SQ-132		DL-187		T. Johnson 253 165 358 777
Youth (12-13)					4th-DL-369
M. Cavalariis	148	126	203	473	148 lbs.
	4th-BP-126				Special Open



**Carla Perez** represented Puerto Rico and won the Best Assisted Lightweight Woman Lifter award. She squatted 358 pounds at 132 lbs. bodywt. and 14 years of age.



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- > 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

**Regular Fee**

Adult Athletes in the Following Sports: 20.00  
Baseball, Biatlon, 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  
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports: Not Available  
Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Taekwondo Athletes 20.00  
Adult Powerlifting Athletes 30.00

Not Available  
35.00

MEMBERSHIP CHECK  
CATEGORY ONE: \_\_\_\_\_ Athlete \_\_\_\_\_ Coach \_\_\_\_\_ Official \_\_\_\_\_ Volunteer

CHECK 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 \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Application Date \_\_\_\_\_ Social Security Number \_\_\_\_\_

First \_\_\_\_\_ Middle \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Country \_\_\_\_\_ Phone (With Area Code) \_\_\_\_\_

Member's Signature \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

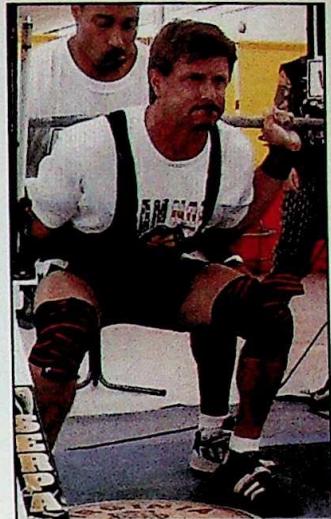
**One KILOGRAM**  
equals 2.2046  
Pounds

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.

M. Roten	578	341	132	1052
275 lbs.				
Open				
J. Rauch	705	473	688	1868
Teen (18-19)				
G. Salinas	440	330	451	1223
308 lbs.				
Junior (20-23)				
C. Burnett	556	418	551	1526
4th-SQ-600				
M. Baggett	540	380	562	1482
Open				
T. Rapier	473	429	529	1432
FEMALE				
ASSISTED				
97 lbs.				
Teen (16-17)				
R. Vazquez	203	77	231	512
105 lbs.				
Teen (14-15)				
C. Vazquez	231	88	225	545
114 lbs.				
Teen (14-15)				
Y. Aristud	236	99	242	578
123 lbs.				
Teen (14-15)				
X. Velez	214	82	248	545
123 lbs.				
Teen (16-17)				
J. Quinones	220	99	292	611
Teen (18-19)				
V. Collado	220	110	259	589
132 lbs.				
Open				
C. Perez	325	148	319	793
4th-SQ-358				
DL-325				
Teen (14-15)				
C. Perez	325	148	319	793
4th-SQ-358				
DL-325				
Teen (16-17)				
D. Pagan	214	110	270	595
148 lbs.				
Junior (20-23)				
A. Velez	303	132	314	749
Master (50-54)				
P. Frock	248	159	352	760
4th-DL-363				
Open				



**Jason Rauch**, 31, of South Carolina, with a 705pound squat. He won Best Lifter in the Assisted Men Heavy category.



**Robin Smith**, 51, of North Carolina represented Team NASA, in this AAU competition.

weight - Jack Roten, Best Assisted Open Lightweight - Michael Jones, Best Assisted Open Heavyweight - Rick Chavez, Best Assisted Master Lightweight - Candelario Castaneco, Best Assisted Master Heavyweight - Nestor Gregory. Richmond International Best Lifters Females: Best Raw Open - Frances Baez, Best Raw Master - Susan Renzulli, Best Assisted Open Lightweight - Carla Perez, Best Assisted Open Heavyweight - Gisselle Costa, Best Assisted Master - Lynn Nelson. (These results courtesy Barbara Beasley)



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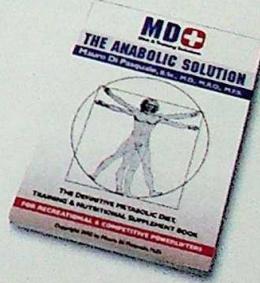
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**A PARADIGM SHIFT IN KNEE WRAP DESIGN!**

USAPL Kansas Ironman/BP 5 MAR 05 - Hutchinson, KS						
BENCH	M. Bradley	330	T. Nique Teen-3	126	281	407
MEN	Open		A. Neukirch Open	275	534	810
165 lbs.	C. Bell	402	J. McFadden Master (45-49)	352	429	782
Master (45-49)	220 lbs.		S. Bronoski Master (45-49)	187	418	606
R. Broeg	259	Open	R. Richards	270	446	716
181 lbs.	S. Craig	341	220 lbs.			
Teen-2	Master (60-64)					
H. Osborn	314	T. White	358			
Open	Determinant	275	B. Elder Open	336	523	859
T. Mason	253	242 lbs.	S. Stout	385	589	975
B. Hernandez	198	Master (50-54)	S. Craig	341	490	832
198 lbs.	D. Joiner	352	SHW			
Teen-2	Open		J. McCure	248	440	688
B. Marietta	253		242 lbs.			
T. Nique	126	C. Espinosa	Teen-3			
Teen-3			C. Glenn	264	534	799
Ironman			Open			
WOMEN			J. Wurtenberger Master (40-44)	220	380	600
97 lbs.			M. Elder	490	633	1124
Teen-1			275 lbs.			
M. Werner	94	198	Open			
114 lbs.			J. Kramer	380	534	914
Master (40-44)			SHW			
L. King	115	209	Open			
123 lbs.						
Teen-2						
L. Marietta	170	303	473			
Teen-3			T. Stout	402	611	1014
L. Marietta	165	308	473			
H. Gregory	115	242	PL Qualifier	SQ	BP	DL
Open			WOMEN			TOT
L. Marietta	165	308	473			
L. Marietta	170	303	473			
132 lbs.			M. Werner	55	94	198
Teen-1			MEN			347
K. Borer	88	242	220 lbs.			
148 lbs.			Teen-3			
Teen-1			B. Elder	534	336	1394
K. Schroer	154	270	(Thanks to Meet Director, Wayne David			
165 lbs.			Herl, for providing these contest results)			
Teen-1						
K. Schroer	159	292	451			
181 lbs.						
Open						
K. Dodge	181	308	490			
MEN						
123 lbs.			BENCH	K. Karsten	—	
Teen-1			MEN	Over 198 lbs.		
D. Brester	104	286	391	Under 198 lbs.	(Formula)	
148 lbs.				K. Belsile	212.5	
Teen-3				D. Colbath	142.5	S. Johnson
C. Borer	170	341	512	142.5 R. Edinger	215	212.5
165 lbs.				J. Kluver	132.5 R.	Edinger
Teen-3				B. Moe	122.5 Haggemiller	110
R. Prusa	192	374	567	WOMEN	SQ	BP
181 lbs.			Open	DL	TOT	
Teen-3						
R. Hart	319	485	804	132 lbs.	J. Drenth	117.5
J. Fettters	159	242	402	72.5	157.5	340
C. Laing	270	440	710	J. Berge	90	62.5
198 lbs.			148 lbs.	112.5	260	
Teen-2			Walterman!	155	105	165
B. Marietta	253	374	612.5	J. Welcorn	127.5	82.5
181 lbs.			165 lbs.	145	345	
Teen-2			J. Furgala	100	70	137.5
			MEN			285
			Open			
			165 lbs.			
			P. Castillo	172.5	95	195
						455

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USAPL Weight Room Qualifier 16 JAN 05 - Richmond, VA						
SHW	SQ	BP	DL	TOT		
Open						
(bwt. 348)						
S. Slaughter	650	540	585	1775		
Open						
(bwt. 350+)						
T. Slaughter	680	545	580	1775		
Open						
275 lbs.						
G. Emrich	650	430	645	1735		
This was a small meet inspired by a "misunderstanding" that lead to one of this meet's participants missing the 275 lbs. USAPL Men's Nationals qualifying total by a mere 5 pounds. To give this lifter another shot to make up for this and the fact that two other gym members were also very close to qualifying we decided to throw a qualifier meet at our gym, thanks to Chris Lawyer, the gym owner. What friends will do for one another! Our best lifter, by Wilke's Formula, is Gary Emrich. Congratulations to the lifters, who all posted qualifying totals for this year's men's nationals. Thanks go to Chris Lawyer, Phillip Battle, Kevin McKloskey, Tim Durrett and OX - all of whom blew off the playoffs to help their powerlifting peers. (Thanks to USAPL for providing these meet results)						

### USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

(219) 248-4889 • (219) 248-4879 fax • [www.adfpa.com](http://www.adfpa.com) • [www.usapowerlifting.com](http://www.usapowerlifting.com)

**Conditions Of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I 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-xd) \$37.00(xd & up) (size \_\_\_\_ qt. \_\_\_\_)(colors: navy, white)  
• White Referee Designation Polo - \$30.00(s-xd) \$32.50(xd & up) (size \_\_\_\_ qt. \_\_\_\_)  
• Lifter Classification Patch - \$5.00 (qt. \_\_\_\_)(must provide meet results)

Check/Money Order # \_\_\_\_\_ Credit Card: Visa-Mastercard-Discover Exp. Date: \_\_\_\_\_

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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)



**APA North California Open  
12 FEB 05 - Sacramento, CA**

<b>BENCH</b>	<b>MEN</b>
<b>WOMEN</b>	<b>165 lbs.</b>
<b>Drug Free</b>	<b>Master-1</b>
<b>105 lbs.</b>	<b>P. O'Neil</b> 365
<b>C. Fujisaki</b>	<b>155 181 lbs.</b>
<b>MEN</b>	<b>Submaster</b>
<b>198 lbs.</b>	<b>C. Conrad</b> 410
<b>Master-1</b>	<b>198 lbs.</b>
<b>T. Robinson</b>	<b>315 Master-2</b>
<b>Drug Free</b>	<b>K. Kirk</b> 325
<b>T. Robinson</b>	<b>315 4th-330</b>
<b>242 lbs.</b>	<b>242 lbs.</b>
<b>Master-1</b>	<b>Master-2</b>
<b>M. Bonifield</b>	<b>330 C. Ferris</b> 400
<b>S. Williams</b>	<b>— D. Robinson</b> 350
<b>Drug Free</b>	<b>Master-3</b>
<b>S. Williams</b>	<b>— G. Lively</b> 300
<b>SHW</b>	<b>SHW</b>
<b>A. Ramsey</b>	<b>550 Open</b>
<b>Master-2</b>	<b>L. Contreras</b> 440
<b>L. Contreras</b>	<b>410 Master-1</b>
<b>T. Galena</b>	<b>315 A. Ramsey</b> 550
<b>Open</b>	<b>Master-2</b>
<b>L. Contreras</b>	<b>445 L. Contreras</b> 440
<b>Drug Free</b>	<b>SHW</b>
<b>L. Contreras</b>	<b>445 Drug Free</b>
<b>DEADLIFT</b>	<b>A. Ramsey</b> 550
<b>PUSH-PULL</b>	<b>L. Contreras</b> 440
<b>WOMEN</b>	<b>BP DL TOT</b>
<b>Drug Free</b>	
<b>181 lbs.</b>	
<b>M. Fontaine</b>	<b>155 285 440</b>
<b>198 lbs.</b>	
<b>Submaster</b>	
<b>N. Ianson</b>	<b>185 230 415</b>
<b>MEN</b>	
<b>SHW</b>	
<b>Master-2</b>	
<b>L. Contreras</b>	<b>445 440 885</b>
<b>Open</b>	
<b>L. Contreras</b>	<b>445 440 885</b>
<b>Drug Free</b>	
<b>L. Contreras</b>	<b>445 440 885</b>
<b>WOMEN</b>	<b>SQ BP DL TOT</b>
<b>165 lbs.</b>	
<b>Master-1</b>	
<b>P. Skelton</b>	<b>145 100 205 450</b>
<b>181 lbs.</b>	
<b>Drug Free</b>	
<b>M. Fontaine</b>	<b>— — — —</b>
<b>MEN</b>	
<b>148 lbs.</b>	
<b>Teen (18-19)</b>	
<b>M. Gallegios</b>	<b>425 205 425 1055</b>
<b>181 lbs.</b>	
<b>Teen (16-17)</b>	
<b>J. Riekkola</b>	<b>425 — — —</b>
<b>220 lbs.</b>	
<b>Submaster</b>	
<b>T. Waston</b>	<b>345 275 470 1090</b>
<b>Teen (18-19)</b>	



**Susan Keddy of Canada put up a 175 bench and a 365 deadlift at the APA Northeast US Open (all the photographs by Scott Taylor)**

<b>S. Pena</b>	<b>430</b>	<b>475</b>	<b>480</b>	<b>1385</b>
<b>4ths:</b>	<b>460</b>	<b>500</b>	<b>1435</b>	
<b>Open</b>				
<b>S. Pena</b>	<b>430</b>	<b>475</b>	<b>480</b>	<b>1385</b>
<b>4ths:</b>	<b>460</b>	<b>500</b>	<b>1435</b>	
<b>Master-2</b>				
<b>D. Robinson</b>	<b>350</b>	<b>—</b>	<b>—</b>	<b>—</b>
<b>Master-3</b>				
<b>G. Lively</b>	<b>360</b>	<b>250</b>	<b>300</b>	<b>910</b>
<b>SHW</b>				
<b>Master-2</b>				
<b>L. Contreras</b>	<b>410</b>	<b>445</b>	<b>440</b>	<b>1295</b>
<b>Open</b>				
<b>L. Contreras</b>	<b>410</b>	<b>445</b>	<b>440</b>	<b>1295</b>
<b>Drug Free</b>				
<b>L. Contreras</b>	<b>410</b>	<b>445</b>	<b>440</b>	<b>1295</b>
<b>*=World Records. Best Lifter: Mike Gallegios. Best Lifter Bench Press: Art Ramsey. Best Lifter Deadlift: Jon Rickkola. Best Lifter Push-Pull: Leo Contreras. This event was held at Bodytribe Fitness in Sacramento, California. Special thanks to Chip Conrad, the referee's, spotters &amp; loaders and all who made the event a success. Lots of great lifting took place and a few state records and World records were broken. (Thanks to Scott Taylor, APA President, for providing the results)</b>				



**Mark Swatling of New York had the biggest pull of the day at the APA Northeast Open with a 755. He went on to attempt a big 805.**

**5th MPA Miller Chevrolet BP  
11 DEC 04 - Elk River, MN**

<b>BENCH</b>	<b>Masters (50-59)</b>
<b>WOMEN</b>	<b>J. Bentsen</b> 415
<b>148 lbs.</b>	<b>G. Soifakis</b> 365
<b>K. LeMeir</b>	<b>190 220 lbs.</b>
<b>181 lbs.</b>	<b>Open</b>
<b>Masters</b>	<b>J. Hirdler</b> 405
<b>S. Gaudette</b>	<b>110 Masters</b>
<b>MEN</b>	<b>B. Norton</b> 225
<b>132 lbs.</b>	<b>242 lbs.</b>
<b>Teen</b>	<b>Open</b>
<b>J. Erickson</b>	<b>160 M. Siegler</b> 650
<b>165 lbs.</b>	<b>D. Sutliff</b> 435
<b>Teen</b>	<b>275 lbs.</b>
<b>M. Talbert</b>	<b>265 Masters (40-49)</b>
<b>181 lbs.</b>	<b>E. Knudsen</b> 355
<b>Open</b>	<b>Masters (50-59)</b>
<b>M. Norman</b>	<b>295 R. Schubert</b> 370
<b>198 lbs.</b>	<b>308+ lbs.</b>
<b>Masters (40-49)</b>	<b>Masters (40-49)</b>
<b>T. Hirdler</b>	<b>320 S. Kivistö</b> 405

The 5th Annual Miller Chevrolet Bench Press Classic saw a lot of new faces. In the women's 148 class Kristina LeMeir only got her opener of 190. Newcomer and very nervous Sherri Gaudette (43) benched a strong 110. In the men's teenage 132 class 15 year old Josh Erickson went 2/3 benching 160. In the 165 class another teenager Matt Talbert (19) benched a very strong 265. Matt Norman missed his second attempt but came back to get it on his third benching 330. Master's 198 (40-49) Jifter Troy Hirdler(40) also went

2/3 benching a solid 320. In the Master's 198 (50-59) Joel Bentsen won the class with a very strong 415. George Soifakis (59) took second with a 365 (Both Joel and George went 3/3). Jason Hirdler also had a perfect day and won the open 220 class with a 405. Master lifter Billy Norton benched a 225 in a bench shirt that was as old as he was. The 242 Open Class saw Mike Ziegler (36) bench 650. This was the easiest 650 I have ever seen! Dan Sutliff (34) took second with 435. The Master's 275 (40-49) winner was Eric Knudsen (45) with 355. The Master's 275 (50-59) Champion was Ron Schubert(57) with a strong 370 third attempt and a perfect day. The Master's 308+ Champion was Scott Kivistö who only got h his opener of 405. I would like to thank all the workers at this meet who made it another great event. Special thanks to our sponsors' Miller Chevrolet in Rogers, Harrison Chiropractic, Buffalo Wild Wings, The Gym of Elk River, Dave Harrison, Brenda Harrison, Jerry Gneffe, and the Minnesota Powerlifting Association. Hope to see you all at the MPA Bench Press Championships held in June 2005. (Thanks to The Gym in Elk River for the results)

**ABA Central Arkansas Open  
8 JAN 05 - Bryant, AR**

<b>BENCH</b>	<b>Master (50+)</b>
<b>Novice</b>	<b>D. Williams</b> 285
<b>E. Taylor!</b>	<b>450 Washkowiak</b> 275
<b>R. Kingrey</b>	<b>275 Open</b>
<b>Beginner</b>	<b>220 lbs.</b>
<b>S. Markham</b>	<b>330 T. Venable</b> —
<b>C. Moore</b>	<b>355 275 lbs.</b>
<b>C. Norwood</b>	<b>225 C. Newsom</b> 425
<b>Masters (40+)</b>	<b>SHW 275+ lbs.</b>
<b>K. Brown</b>	<b>410 K. Brown</b> 410

!=Best lifter over-all. The Arkansas Benchpress Association 2005 Arkansas Open Benchpress Championship was held at Bryant Fitness Zone. The meet was small, but had a large group of spectators on hand to watch. We added a new Masters Division. We now have the Masters 40+ and the Masters 50+. The Best Lifter Award went to Ed Taylor with a 450 benchpress at 257 lb. BW. Thanks to Chris Kinzler and Quinn Minton, the owners and operators of Bryant Fitness Zone for the use of their facility. Thanks also goes out to Certified ABA Judges Reid and Jack Nichols for judging the event. Also to Dennis Washkowiak, Chris Moore and Ryan Kingrey for loading and spotting. And special thanks to my lovely wife Tonya Nichols who helped organize, coordinate, direct and keep scores. Thanks to all the competitors and fans for competing and supporting the Arkansas Benchpress Association. (Thanks to A.B.A. President, D.d. Nichols, for meet results)

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)

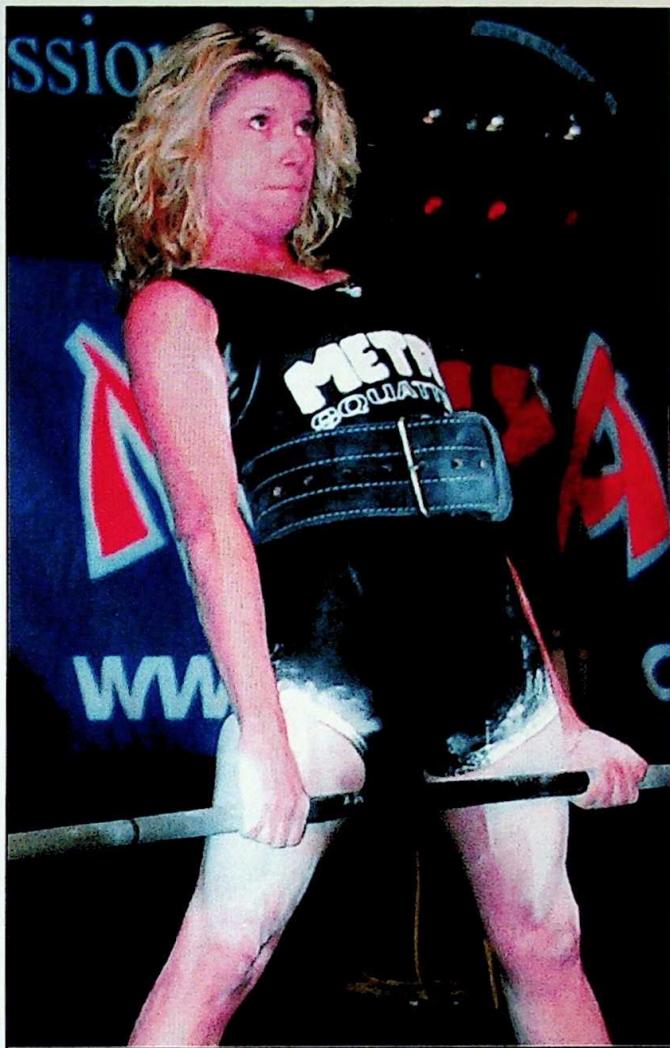
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**WABDL Georgia State BP/DL**  
12 DEC 04 - Lawrenceville, GA

BENCH	Open	
(13-15)	M. Hayes	203
148 lbs.	148 lbs.	
T. Corey	264	A. Whitton 121
165 lbs.	Submasters	
A. Brown	71	198 lbs.
220 lbs.	S. Jackson	281!
S. Gowen	264	Masters (40-46)
Super		97 lbs.
J. Vanover	181	S. Stowers 115
(16-19)		198 lbs.
123 lbs.	C. Cobb	203
A. Ramos	220	4th-214
181 lbs.		Master (54-60)
S. Grizzle	275	G. Dougherty — DEADLIFT
198 lbs.		(13-15)
M. Cook	270	105 lbs.
259 lbs.		
C. Proctor	358	J. Jackson 165
Super		(16-19)
P. Nelson	303	198 lbs.
Junior		B. Brown 242
181 lbs.		Submasters
Anthony Z.	402	S. Jackson 369
220 lbs.		Open
J. Saunders	275	132 lbs.
Submaster		M. Hayes 402
T. Retter	303	4th-441!
242 lbs.		Masters (40-46)
P. Lindstrom	314	97 lbs.
308 lbs.	S. Stowers	209
V. Overbey	501	MEN
S. Ford	446	(13-15)
Master (40-46)		148 lbs.
181 lbs.	T. Corey	374
T. Carter	325	(16-19)
198 lbs.		242 lbs.
B. Reece	330	M. Cline 451
220 lbs.		308 lbs.
G. Herring	575!	P. Nelson 501
242 lbs.		Junior
R. Moore	424	242 lbs.
Super		C. Cason 485
K. Crump	451	4th-501
(47-53)		308 lbs.
165 lbs.	S. Ford	600
T. Corey	225	4th-622
181 lbs.		Class-1
G. Bonner	248	198 lbs.
T. Hallmark	220	M. Christie 606
198 lbs.		242 lbs.
R. Glenn	358	R. Proctor 534
220 lbs.		C. Cason 485
Y. Howah	473	Open
259 lbs.		181 lbs.
J. Romano	303	R. Wright 600
J. Saunders	270	220 lbs.
(54-60)		G. Herring 800!
220 lbs.		4th-840!
N. Edwards	501!	A. Johnson 611
J. Hendricks	220	Submasters
Open		242 lbs.
220 lbs.		P. Lindstrom 369
G. Herring	575	Masters (40-46)
275 lbs.		181 lbs.
R. Padin	551	T. Carter 523
Class-1		220 lbs.
181 lbs.		G. Herring 800!
Anthony Z.	102	242 lbs.
198 lbs.		L. Moore
B. Tacto	424	(47-53)
M. Christy	418	165 lbs.
220 lbs.		T. Corey 396
J. Rowland	507	242 lbs.
4th-523		R. Proctor 534
308 lbs.		220 lbs.
K. Overby	501	J. Franklin 358
A. Ford	446	(69-75)
WOMEN		259 lbs.
(13-15)		
132 lbs.		
T. Cline	110	H. Lindstrom 424!

World Records (WR). The 2nd Annual WABDL Sanctioned "Mini-Meet" will have to change its name as almost 70 entries were contested. This meet is held to help new lifters get their feet wet as well as some experienced set some records they may have missed at WABDL worlds. 8 new world records and over 30 state records were established at this drug tested meet. In the bench, the stand-outs included a world record performance by Ronnie Edwards with a 501.5 @ 220 in the 54-60 group! What a lift! 15-time World Champion George Herring opened with a world master bench record of 575 and just missed 606. Susan Jackson fought a world record up in the submaster with a great 281!



Sandra Stowers - among the record breakers at the WABDL GA St.

Newcomers Romano, Vanver, Monique Hayes, Saunders, and Gowen all looked good. Strong lifts by Roland, Overbee, Crump, Christy, Z. Padin, and Cheryl Cobb! In the deadlift, great lifts by Sandra Stowers, Franklin, Ron, Corey - both, Susan and her daughter, Adrian and Curtis, Matt Christy and Matt Cline, and Pete Lindstrom. The stars of this day were Harry Lindstrom, who came out of a 6 year retirement to set 2 WR @ 69 years young! Monique Hayes, a natural body-building champion has now found a brand new bag as she pulled for the first time - 441 @ 130 lbs! Finally, the host George Herring saved the best for last as he absolutely smoked 800! For a new open and masters WR, it was almost effortless as he then proceeded to attack 840, just missing so close at the top! He will get this in April! Special thanks to Ken Anderson, Brant Bishop, and Steve Ramey for judging. Also Sherman Ledford, Sandra Stowers, and all the LP! Finally, thanks to Gus for a great Federation! (Matt Christy)

**Beyond Fitness Winter Meet**  
JAN 05 - Greenbay, WI

BENCH	C. Majewski	450
148 lbs.	Masters	
C. Majewski	330	T. LaPlant 385
J. Garcia	300	165 lbs.
165 lbs.	Open/Master	
Open/Master	Constantineau	460
Constantineau	355	181 lbs.
181 lbs.	Open	
Open	E. Alholm	600
E. Alholm	410	J. Hilbert 475
198 lbs.	198 lbs.	
Masters	Open/Master	
P. DeGenette	350	T. Conklin 595
220 lbs.	220 lbs.	
Open	Open/Master	
L. Malcomson	585	T. Deprey 600
242 lbs.	275 lbs.	
Open	Open	
J. Mattson	480	B. Ambos 510
275 lbs.	WOMEN	
Open/Master	Open	
D. Balthazor	585	J. Folk 225
WOMEN		
J. Folk	195	
DEADLIFT		
148 lbs.		
Open		

(results courtesy of David Balthazor and David Constantineau of Beyond Fitness)

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If under 18, have parent initial \_\_\_\_\_

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In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature \_\_\_\_\_



was able to establish 6 new state records sweeping the M-1 records, and breaking her own personal open bench and open total state records. The women's meet was capped off by Carol Ann Rausch and Doris Meadows showing your never too old to move the iron by competing at more then 60 and 70, years old respectively. Lifter of the meet awards went to Carly Nogole (Youth/Teen/Junior); Laura Stryland (open), and Barb Zintsmaster (masters). The Light-Weight half of the men was highlighted by Brian Proxmire setting a new bench state record in the 165's, and Ron Ringewold squatting 2-1/2 times body weight at 69 years old in the 181's. Craig Terry wasted no time at his new masters division by setting a new American M-1 standard in the squat and highlighted by an American record 755 deadlift. Long time Michigan lifter (now and Indiana resident) Mike O'Donnell moved up a weight class to 275, and set a new PR with a meet high total of 1870. The men's lifting was capped off by 17-year-old SHW Mike Hect hitting a 1655 total, which included a 465 bench. Lifters of the meet were Cory Saltzman (Youth/Teen/Junior), Craig Teny

(Open), and Greg Guthrie (Masters). Many thanks to all of the judges, spotters, and loaders who worked throughout the day. A tremendous amount of energy was spent to make this meet run smoothly. (Thanks to Mike Poirier for providing the results)

#### USAPL New York State BP/DL 8 JAN 05 - Brewster, NY

BENCH	O/L/Sub	C. Serra	435 M. Ranallo	260
114 lbs.	B. Swanson	M1	181 lbs.	O/M1
Raw	O	J. Skordinski	360 M1	T. Albano
E. Geraghty	115 K. Semon	G. Rendino	520	165 lbs.
T1/Nov	M4	J. McCarrick	290 T1	Raw
M. Ranallo	140 E. Sapienza	242 lbs.	B. Swanson	E. Brown
165 lbs.	335	O/M2/L	198 lbs.	O/Raw
Raw	220 lbs.	L. Soviano	555 O/M4/Team	M. Geraghty
D. Cease, Jr.	M2	M3	C. Lorenzo	Jun
181 lbs.	435 D. Phillippe	D. Cease, Sr.	400 220 lbs.	R. Simmons
T1	420 R. Greenspan	M1/Open	M1	181 lbs.
B. Swanson	400 B. Pavelka	G. Haley	385 C. Slaybaugh	O/Novice
4th-405	365 M3	275 lbs.	242 lbs.	L. Archiello
Raw	425 M. Makofsky	B. Klinger	635 S. Vieira	198 lbs.
C. Ruskie	340 R. Hurley	Sub	600	M1
M1	300 T2	P. Porcelli	475 Jn	D. Lederle
N. DiTommaso	290 B. Phillips	M. Haney	320 3319 lbs.	Novice/Raw
198 lbs.	430 M1/Nov	DEADLIFT	B. Langue	R. Huntington
		T1/Nov	690	220 lbs.
		Ironman	B. Birnbaum	O
		M5	660 lbs.	J. Bellanca
		97 lbs.	Raw	T3/Raw
		T2	BP DL TOT	P. Vieira
		M6		A. Meoli
		M. Albizu	115 185 300	242 lbs.
		O/M2		O

C. Serra	435 M. Ranallo	260	D. Corsi	255
M1	181 lbs.	O/M1	460	715
J. Skordinski	360 M1	T. Albano	345	365
Raw/Nov	G. Rendino	165 lbs.	520	710
J. McCarrick	290 T1	Raw		
242 lbs.	B. Swanson	E. Brown	105	305
O/L/Sub	198 lbs.	O/Raw	410	
L. Soviano	555 O/M4/Team	M. Geraghty	345	475
M3	C. Lorenzo	Jun	820	
D. Cease, Sr.	400 220 lbs.	R. Simmons	275	465
M1/Open	M1	181 lbs.		740
G. Haley	385 C. Slaybaugh	O/Novice		
275 lbs.	242 lbs.	L. Archiello	—	—
B. Klinger	635 S. Vieira	198 lbs.		
Sub	275 lbs.	M1		
P. Porcelli	600	D. Lederle	300	500
T2	690	Novice/Raw	245	400
B. Langue		R. Huntington	645	
B. Birnbaum		220 lbs.		
660 lbs.		O		
Raw		J. Bellanca	345	570
BP DL TOT		T3/Raw		
		P. Vieira	330	515
		A. Meoli	845	
		242 lbs.		
		O		
		F. Peters	320	380
		T3	700	
		G. Koziol	435	600
		Sub		1035
		J. Alon	340	645
		M3/Raw		985
		F. Panaro	290	610
		319 lbs.		900
		M1		
		M. Washer	440	640
		(Thanks to Bruce Swanson for the results)		1080

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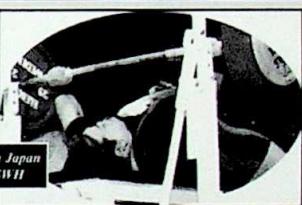
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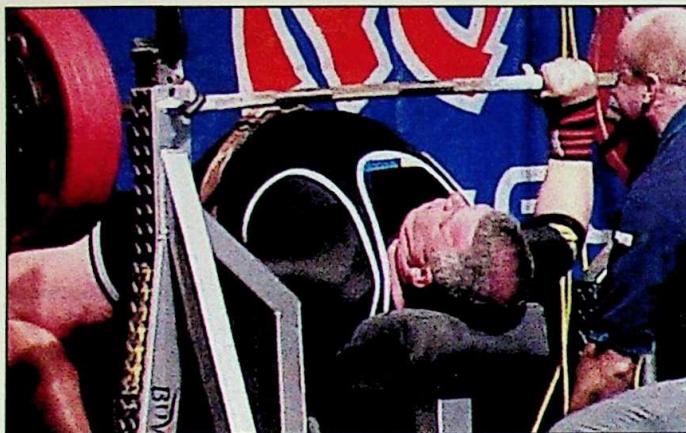
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#### USAPL Police Fire Nationals 12 DEC 04 - Omaha, NE

BENCH	J. Auschwitz	380
MEN	242 lbs.	MEN
165 lbs.	K. Simonds	429
S. Marshall	242	R. Donscheski 407
198 lbs.	—	R. Brown
J. Hillabrand	275 lbs.	J. Hillabrand
220 lbs.	R. Huizar	314
WOMEN	SQ	WOMEN
123 lbs.	BP	BP
K. Yukness	143	DL
MEN	330	TOT
181 lbs.	727	
R. Guerrero	501	
198 lbs.	275	
C. Bell	578	
J. Whiteman	402	
220 lbs.	396	
R. Auschwitz	551	
242 lbs.	578	
K. Simonds	534	
SHW	429	
J. Dalen	534	
148 lbs.	336	
A. Petranillli	308	
198 lbs.	203	
J. Harpe	512	
242 lbs.	330	
M. Elder	622	
275 lbs.	622	
R. Huizar	716	
	578	
	1758	
Best Lifter: Robert Huizar. Best Bench: Keith Simonds. Meet Director: Tim Anderson. (Thanks to USAPL for these results)		

#### NASA West Texas Regional 19 DEC 04 - (kg)

BENCH	E. Hopkins	115
MEN	308 lbs. Nat	
275 lbs. M1	C. Spirrison	195
S. Cyranowski	230	SM2
198 lbs. M2	C. Spirrison	195
PWRSPORTS	CR	BP DL TOT
308 lbs. M2	C. Spirrison	81
	148 lbs. Youth	—
M. Samarron	27.5	45
110 lbs. Youth	15	60
J. Samarron	17.5	45
Powerlifting	SQ	BP DL TOT
220 lbs. Pure	230	172.5 220 622.5
L. Spriggs	165 lbs. Pure	
B. Warren	—	
220 lbs. SM1	G. Alvarado	215 137.5 190 542.5
275 lbs. SMP	J. Samarron	295 102.5 262.5 720
	(Thank you to Rich Peters for these results)	



Buddy McKee was one of the record breakers at the Deep South meet.

### House of Pain Deep South BP/DL 11 SEP 04 - New Orleans, LA

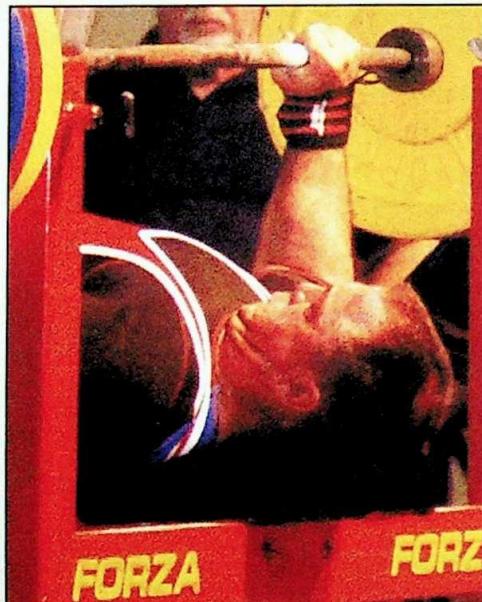
<b>DEADLIFT</b>	181 lbs.	K. Wilkerson	501!	A. Webb	451
<b>WOMEN</b>	J. Boualle	4lb-518	308 lbs.	B. McKee	568!
Maser (54-60)	Submaster (34-39)	Law/Fire	—	Master (54-60)	—
165 lbs.	148 lbs.	Submaster	—	148 lbs.	165 lbs.
M. Coffey	192	D. Renn	275	D. Renn	203
4th-199	BENCH	198 lbs.	198 lbs.	A. Sheen	203
Master (61-67)	WOMEN	J. Whitney	523!	4th-220	413.2
123 lbs.	Law/Fire	4th-534	198 lbs.	J. Snodgrass	—
J. Honeycutt	248!	P. Arriaga	418	220 lbs.	—
4th-259	Open	259 lbs.	259 lbs.	V. Breaux	407
Open	114 lbs.	S. Ross	523!	4th-413	—
199+ lbs.	L. Levine	308 lbs.	308 lbs.	242 lbs.	—
B. Bourg	380	K. Wilkerson	501	C. Lambert	347
4th-392	Master (54-60)	4th-518	259 lbs.	—	—
Submaster	165 lbs.	Master (40-46)	308 lbs.	S. Finegan	—
199+ lbs.	M. Coffey	165 lbs.	165 lbs.	—	—
K. LaMonica	380	Open	198 lbs.	P. Rando	341
MEN	B. Bourg	K. Cook	407	4th-347	—
Class-1	MEN	198 lbs.	198 lbs.	M. Arendell	452
132 lbs.	Class-1	J. Pogue	253	4th-501	Master (68-74)
J. Pogue	341	132 lbs.	220 lbs.	242 lbs.	—
165 lbs.	J. Pogue	253	220 lbs.	C. Phillips	408
McCormick	501	198 lbs.	181 lbs.	J. Longwell	170
220 lbs.	4th-259	K. Millitary	530	J. Frickey	407
G. Thiel	529	242 lbs.	242 lbs.	Master (80-84)	—
C. Siddle	352	T. Ward	523	220 lbs.	—
Disabled	220 lbs.	B. Tindull	435	181 lbs.	—
C. Siddle	352	J. Reed	396	J. Reed	253
242 lbs.	M. Berteaux	275 lbs.	275 lbs.	4th-259	—
A. Doyle	523	G. Thiel	374	J. Stewart	—
Disabled	242 lbs.	F. Schuetz	485	P. Ruiz	LA
242 lbs.	242 lbs.	J. Reed	396	4th-424	—
J. Longwell	154	W. Trentham	314	B. Butler	413
Law/Fire	4th-331	308 lbs.	309+ lbs.	M. Arendell	452
Master (40-47)	308 lbs.	T. McKinney	—	4th-501	—
220 lbs.	B. Butler	Master (47-53)	220 lbs.	220 lbs.	—
S. Norton	407	Disabled	198 lbs.	M. Green	562
Law/Fire	220 lbs.	220 lbs.	J. Mauldin	C. Senese	512
Submaster	C. Siddle	C. Siddle	341	242 lbs.	—
148 lbs.	Junior (20-25)	314	272	T. Ward	523
D. Renn	440	148 lbs.	4th-281	F. Schuetz	485
Master (40-46)	D. Weekly	220 lbs.	D. Brouard	308 lbs.	—
181 lbs.	E. Diaz	220 lbs.	270	220 lbs.	—
E. Diaz	501	C. Senese	512	B. McKe	568
275 lbs.	Law/Fire	Law/Fire	4th-462	R. Boudreux	451
P. Ruiz	473	Master (40-47)	275 lbs.	Submaster (34-39)	220 lbs.
Master (47-53)	220 lbs.	220 lbs.	275 lbs.	C. Scott	385
198 lbs.	S. Norton	198 lbs.	!World Records.	—	—
J. Mauldin	451	242 lbs.	We had 70 lifters for this	—	—
D. Brouard	451	435	event and a good venue in the Quality Inn.	—	—
259 lbs.	B. Tindull	429	World records in the bench press were set	—	—
E. Morgan	650!	L. Holley	by Reed Bueche in law/fire master 40-47	—	—
Master (54-60)	R. Bueche	507!	259# class with 507. Reed also did an	—	—
165 lbs.	Law/Fire	507!	excellent job of MCing. Leslie Levine set	—	—
A. Sheen	330	Master (48+)	a world record in law/fire open 114 with	—	—
198 lbs.	198 lbs.	198 lbs.	132.2, Keith Wilkerson did his world record	—	—
J. Snodgrass	446	220 lbs.	with 518 in law/fire submaster 308#	—	—
242 lbs.	T. Butler	374	class. He broke it twice with lifts of 501.5	—	—
O. Jordan	584	Law/Fire	and then did 518. James Whitney in law/	—	—
275 lbs.	Open	148 lbs.	fire submaster 198# slammed up a world	—	—
T. Morgan	501	148 lbs.	record 534.5. Steven Ross set his 3rd world	—	—
308 lbs.	D. Renn	275	record in the last 18 months in law/fire	—	—
P. Rando	462	165 lbs.	submaster 259# class with a 523.5. Buddy	—	—
Master (68-74)	K. Cook	407	McKee who was drug tested and passed	—	—
242 lbs.	181 lbs.	4th-407	was very impressive with a 568.8 at 308	—	—
J. Longwell	154	B. Angelette	master men 47-53 for another world record.	—	—
Master (80-84)	198 lbs.	402	Buddy brought 800# of warm-up weights all	—	—
181 lbs.	J. Whitney	523!	the way from Gadsden, Alabama in his	—	—
D. Dreyer	248	4th-534	Chevy Malibu. World records in the deadlift	—	—
Open	259 lbs.	523	were set by Eddie Morgan of Arkansas with	—	—
165 lbs.	S. Ross	523	6500.2 at master 47-53 259# class. Eddie	—	—
Mccormick	501	308 lbs.	is built like a deadlifter. Somewhat on the	—	—

lean side and he's about 6'2". He should be able to pull 700 at age 50+, a feat that very

few people have accomplished. Jane Honeycutt also pulled a world record 259 in the 123# class at age 63. There were 18 state Louisiana records set in the bench press. In class-1, Jeff Pogue, at 132# pushed 259. In law/fire master 40-47 220# Sandy Norton lifted 308.5 with room to spare. At 181 law/fire open, Brook Angelette put up 407.7. In master 40-46 275 Patrick Ruiz rammed up 402.2. In the same age group at 308, Bradley Butler smoked 413.2. In master 47-53 220#, Ricky Boudreau, who was coached by Reed Bueche, got state records of 451.7 and 462.7. In master 54-60 165#, Alan Sheen shot up 220.2. at 54-60 220# old timer Vince Breaux showed he can still do it with a 413.2. In 54-60 308#, Paul Rando squeaked up 347. In 80-84 181# class, Dr. Donald Dreyer, who is still a practicing physician at age 83, benched a nice 155.3. Dr. Joseph Bozzelle benched 424.2 in open 181 and Brooke Bourg benched a very

bales of hay or 2-1/2 sacks of cement, at age 83! I'm impressed. In master women, 54-60 165, Mary Louise Coffee pulled 199.3 for a Louisiana record. She has the figure of a woman 30 years younger. If I was president, everybody would have to lift weights 3 times a week for an hour, then there wouldn't be as much need for care for the elderly and nobody would get old - just fade away. Tom Morgan set an Arkansas record 501.5 at 54-60 275. His brother Eddie, as mentioned earlier, pulled 650 for a world record at age 50. Here's two brothers, 50+, healthy, strong, and enjoying the camaraderie of great lifting. Two ladies also set Louisiana state records in the deadlift - Brooke Bourg in open unlimited pulled 392.3 and had 400 in her. Kristin LaMonica in submaster unlimited pulled 380.2. Toby McCormick set two Alabama records in the deadlift with a bust butt pull of 501.5 at 165 in both open and class-1. I want to thank David Armond,

Jr., who helped spot, load and helped carry equipment up flights of stairs to a second floor ballroom, and then helped carry them down. Also, Buddy McKee, for bringing warm-up eights in his Monte Carlo. Also Bobby Myers and Carol Ann Myers for helping load equipment when the meet was over. Bobby Myers was also a judge and did an excellent job in only his 2nd session. Carol Ann Myers also sold tickets. Other judges were Ken Anderson, Jim Snodgrass and Gus Reithwisch. The MC was Reed Bueche, who kept the meet moving at a lively pace. Mrs. Reed Bueche was the scorekeeper. Also, Gus Samuelson and his son helped load equipment when the meet was over. I want to thank our sponsors Rich Brewer of House of Pain, Gus Samuelson of Universal Nutrition, Michele Kampen of the



James Whitney did a gigantic 534 bench at 198.

creditable 283.2 in unlimited. Frank Schuetz set a Virginia record in the bench in open 242 with 485 as well as class-1. Gary Thiel set a Mississippi records with 374.7 at 220. Class-1 Arkansas records in bench were set by William Trentham with 331.6 in class-1 242. Tracy Ward was impressive with 523.5 in master 40-46 242# and also open with the same weight. In master 47-53 198# Mauri Cole set an Arkansas record with 281. In master 47-53 275, Austin Webb, the WABDL State Chairman, slammed up 451.7 in the bench press. Ken Millitary set a Tennessee state record in master 40-46 220 with 530.1. Ken is the WABDL state chairman for Tennessee. Texas records in the bench were set by Kenneth Cook in master 40-46 165#, who went 407.7 at 165, Michael Arendell popped 501.5 in master 40-46 198. Florida state records in the bench were set by Jerry Reed with 396.7 in master 40-46 242# and Michael Green put up an eye opening 562 at 220 open. Michael is not built like a bencher. He's lean and muscular and looks like he ought to bench 400. State records in the deadlift were set by the following Louisiana lifters: Jeff Pogue, class-1 132 - 341.5; Charles Siddle, a liver transplant survivor, pulled 352.5 in class-1 220 and disabled; Sandy Norton pulled 407.7 in law/fire master 40-47; Patrick Ruiz 40-46 275 hauled in 473.7; Alan Sheen, in master 54-60 165, ripped up 330.5. Other Louisiana state records in the deadlift were set by Onnie Jorden with 584 in master 54-60 242#, Paul Rando reeled in 462.7 in master 54-60 in master 68-74 242# and Dr. Donald Dreyer, at age 83, pulled 248 at 181#, which is the equivalent of 3



Jane Honeycutt participated in the WABDL Deep South contest.

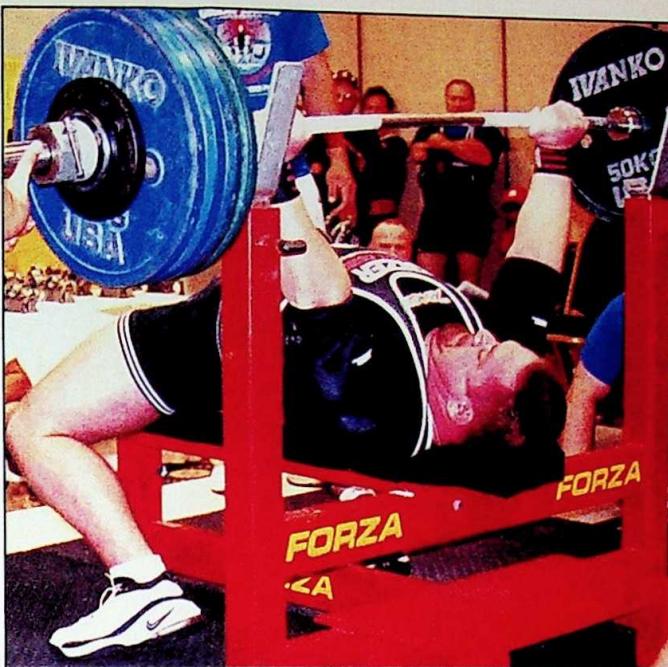
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ALWAYS USE  
SPOTTERS.

DON'T TRAIN WHEN HURT -

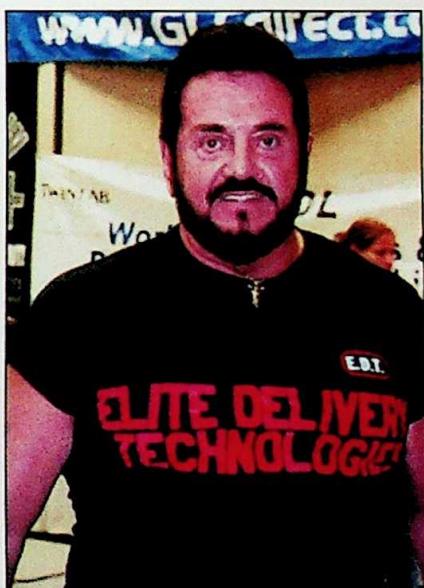
ALWAYS CONSULT  
YOUR DOCTOR

275 lbs.	P. Vargo	628!
R. Soffredine	429	4th-657
Open		308 lbs.
123 lbs.	D. Forstner	—
V. Voeun	203	J. Peshek 672
4th-225		Submaster (34-39)
148 lbs.	C. Venturella	259 lbs.
A. Sharpe	347	R. Duff 363
4th-352		165 lbs. 308 lbs.
198 lbs.	T. Bronson	136 lbs. 315
M. Bell	380	Teen (13-15)
220 lbs.	C. Cooper	132 lbs. 148 lbs.
R. Lipinski	501	Teen (16-19)
J. Swirlpe	440	D. Santarone 325
S. McShane	336	220 lbs.
242 lbs.	P. Shippert	286
T. Gibson	518	275 lbs.
275 lbs.	T. Webster	385
!=World Records. Fifty lifters showed up for this event that was staged in a nice sized 5,000 square foot ballroom at the Holiday Inn South, in Lansing, Michigan. In the bench press, world records were set by Paul Varbo of Ohio, who broke Tiny Meeker's 656.8 in open 275# with 657.9. Paul has struggled through shoulder injuries or he would be benching more. He passed the drug test also. In master 54-60 132, Andrew Bates set a world record with 275.5. Jeff Peschek from Ohio, didn't set a world record in the master 40-46 308#, but he did 672.2 and just missed 700.8 and passed his 3rd drug test. In the deadlift, George Blue was phenomenal. He's 75 and pulled a world record 507 weighing 227!. Nobody over 70 has ever pulled 500!. At 165, the Indiana State Chairman, Martin Montgomery, at age 66 pulled 470.4 for an Indiana record and just missed 502.6 for the world record. In the bench press, Pennsylvania state records were set by Mark Keyser in class-1 220# with 407 on a 3rd and 424.2 on a 4th attempt. Also, Steve Swingle put up 380 at 47-53 198# for a Pennsylvania record and Terry Gibson set a PA record in open 242 with good looking room to spare 518#. Michigan records in the bench press were set by the following lifters: Greg Stewart, Class-1 220#, slammed up 341.5; Michael Newman eked out a 451.7 in class-1 259#; Tom Bronson only benched 315.1 in class-1 308, but it was enough for a Michigan record; Vin Voeun, weighing only 121, benched a Michigan record 225.7 in junior division. In junior 165, Patrick Witherspoon set a Michigan record with 248. Also in Michigan junior division, state records were set by Steven McShane with 336 at 220# and Paul Blackmond with 358 at 259#. In master 40-46 and open 165, Arthur Sharpe set two Michigan records with 352.5. In master 40-46 259, Thomas Crampton set a MI record with 281. In master 54-60 242#, George Joe Washington, set a MI record with 331.6, breaking the old record by 1.1#. In master 54-60 275#, Bob Dustman "dusted" 308.5 for a Michigan record, and in master 61-67 275#, Ralph Soffredine was very impressive with a 429.7 MI record. Robert Lipinski set an open 220# record with 501.5. Tom Webster set an MI record in teen 16-19 275# with a teen-like 385.7. Randy Dugg and Tom Bronson set Michigan submaster records with 363.7 at 259 for Duff, and 315.1 for Bronson at 308#. Bill Bidinotto put up a very respectable 363.7 in master 61-67 242# for a Ohio state record and then at the world championships, Bill upped that to 396.7 at age 66. That's some fantastic lifting. The only two women in the meet set Michigan records in the bench. Heather Johnson put up 126.7 at 114 open and Kristin Riddle put up 128.9 in open 165. New York records were set by a father-son team. Dan Santarone smoked a very impressive 325 at 148 in teen 16-19 and his father was just as laudable with 424.2 at 165 at age 49. Illinois records in the bench were set by Josh Reyes with 314 in junior 165 and Matt Bell with 380.2 in junior 198 and Bells was also an open 198 record. In the deadlift, Mike Bozung reeled in 363.7 in class-1 198 for a Michigan record. Other class-1 Michigan records were set by Randy Duff with 501.5 at 259# and Tom Bronson with 557.6 at 308. Michigan		

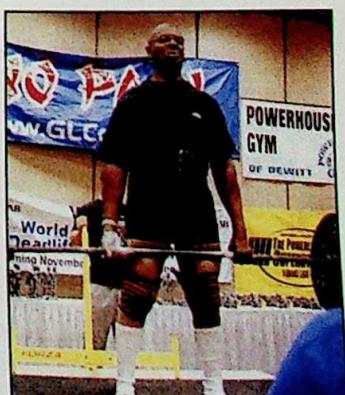


Paul Vargo broke one of Tiny Meeker's records with this 657 at the WABDL Great Lakes meet in Lansing, MI (photo courtesy of Paul V.)

gan records in junior were set by Steven McShane and Ryan Klein with above average lifts of 606.2 at 220 for McShane, and 699.7 for Klein. Klein will hit a 750 within a year. Thomas Crampton hit a 429.7 in master 40-46 259# for a MI record. Gary Rapp pulled 402.2 on a 4th for a Michigan record in master 47-53 259#. Art Wenzlaff proves the theory again that lifters that keep lifting drug free will live a long productive life - he pulled 534.5 in master 61-67 at 242# at age 66. Matt Bischoff pulled a 628.2 in open 198 for a Michigan record and came very close with 677 - it was a call that could have gone either way. Duane Burlingame pulled a strong 650.2 for 4 Illinois records in master 40-46 and open 220. Duane's star won't stop until at least 750. In open 308, Dave Forstner had the highest deadlift of the day with 716, but his Michigan record in 749. I want to thank Ted Day of Powerhouse Gym of Dewitt, Michigan, who supplied the warm-up weights and the spotters. Loaders Dan Koehler, Todd Esp and Rob Bobeda. He also supplied benches. The judges were Rich Edinger and Troy Weippert of Fargo, North Dakota and Ken Anderson of Dallas, TX. Gus Rethwisch was the MC and Ted Feight the WABDL Michigan Chairman was the scorekeeper and was responsible for making it happen. The sponsors were Powerhouse Gym, and Ted Day of Apex Fitness Group with Neal Spruce, Jim Starr and Odd Haugen, TwinLab, Powerlifting Superstore with Michelle Kampen, Rick Brewer and House of Pain, Mike Lambert of Powerlifting USA, Shawn Madore of GLC Direct, the world's greatest joint formula, Chet Groskreutz and Ivanko Barbell, who has supplied 3 kilo sets to WABDL, Ken Anderson and Pete Alaniz of Titan Support Systems, Giorgio Usai of Forza Strength Systems (the Forza bench was the competition bench) and Wes Kampen of Monster Muscle the magazine. (Thanks to Gus Rethwisch for providing these results)



Bill Bidinotto got an OH ST record with a 363 bench press (photograph courtesy Bill)



George Blue, 75, with a 507 DL

**100% Raw Worlds  
DEC 04 - Currituck, NC**

OVERALL	Open		
148 & Below	A. Green	130	
M. Perry	275 (35-39)		
E. Nelliger	235	115	
W. Claypatch	230	165 lbs.	
B. Swain	195	Open	
H. Claypatch	190	B. Patrick	110
L. Gogann	190 (14-15)		
D. Jones	175	B. Patrick	110
B. Zak	165 (50-54)		
K. Westcott	150	B. Roby	135
K. Self	135	SHW	
A. Green	130 (40-44)		
K. Poyner	120	S. Gurganus	170
M. Lesveque	115	MEN	
C. Chalk	115	66 lbs.	
J. Morton	100 (8-9)		
Q. Thomas	65	J. Mims	55
J. Mims	55	88 lbs.	
165 lbs.	(10-11)		
J. Fox	300	Q. Thomas	65
D. Sqroi	300	97 lbs.	
T. Haque	295	(16-17)	
R. Young	295	J. Morton	100
F. Westcott	275	123 lbs.	
J. Maselbas	265		
J. Maselbas	255	E. Nelliger	235!
J. Dunbar	245	H. Claypatch	190!
J. McGourn	200	C. Chalk	135
D. Craft	200 (18-19)		
B. Roby	165	H. Claypatch	190!
B. Patrick	110	C. Chalk	135
181 lbs.	132 lbs.		
W. Lynch*	420	Open	
J. Self	365	M. Perry	280!
G. Passman	340	B. Swain	195
B. Gabbert	290 (65-69)		
J. Neese	275	B. Swain	195
E. Anderson	265	148 lbs.	
M. Wilson	255	Open	
K. Smallwood	240	W. Claypatch	250
J. Hunbar	230	L. Gogann	190
T. Tornabene	220	D. Jones	175
L. Lewis	210	B. Zak	165
D. Daffron	145 (16-17)		
198 lbs.	L. Gagnon	215	
S. Freeman	315	D. Jones	175
J. Hawley	375 (35-39)		
J. Wright	345	B. Zak	165
C. Kennedy	275 (45-49)		
T. Bell	255	W. Claypatch	250!
G. Holzmiller	245	165 lbs.	
220 lbs.	Open		
P. Bossi*	485	D. Sqroi	300
C. Pannell	415	T. Haque	280
S. Hopkins	385	J. Maselbas	265
B. Hopkins	365	J. Dunbar	230
D. Khotra	360	J. McGourn	200
T. Brayliss	315 (14-15)		
R. Spires	300	D. Craft	200
J. Sheehan	245 (16-17)		
J. Thompson	195 (18-19)	J. McGourn	200
K. Burkett	510	T. Haque	295
G. Russell	440	J. Dunbar	245
T. Manning	375 (20-24)		
R. Ernst	350	J. Fox	300
J. Fox	320	J. Maselbas	255
S. Deuel	305 (35-39)		
C. Weichold	245	D. Sqroi	300
J. Benson	225 (40-44)	R. Young	295
SHW		B. Jones	480 (45-49)
B. Jones		J. Hillard	450 F. Westcott
J. Hillard		450 181 lbs.	
J. Rascoe		450 Open	
J. Cox		440	
H. Canada		430 W. Lynch	
J. Dishman		420 J. Self	
R. Beuch		405 G. Passman	
J. Deuel		405 340	
J. Lewis		355 L. Neese	
M. Turner		355 E. Anderson	
J. Dishman		355 S. Passman	
M. Stidham		340! 340!	
T. Cunningham		345 K. Smallwood	
C. Betts		240 L. Lewis	
WOMEN		210 (18-19)	
105 lbs.			
Open			
K. Poyner	120	M. Wilson	245
105 lbs. (45-49)		(20-24)	
K. Poyner	120	L. Neese	275
123 lbs. Open		(40-44)	
K. Self	135	E. Anderson	265
132 lbs. (45-49)		(50-54)	
K. Westcott	150	S. Passman	340!
148 lbs.		(50-54)	

J. Wright 345 D. Lhota 360! (Police/Fire) Open  
 C. Kennedy 275 (60-64) J. Dishmon 420 J. Rascoe 450  
 (Police/Fire) R. Spires 300! (16-17) T. Cunningham 235  
 S. Freeman 385! (75-79) J. Sheehan 245! (20-24)  
 (20-24) Police/Fire 205 M. Stidham 250!  
 J. Wright 360! 242 lbs. T. Cox 440! (50-54)  
 (16-17) Police/Fire 405! R. Beuch  
 S. Freeman 385 J. Benson 225 J. Lewis 3315 SHW  
 J. Hawley 375 (18-19) J. Dishman 255 Open  
 C. Kennedy 275 T. Manning 375! (50-54) H. Canada 430  
 (20-24) Police/Fire 319 lbs. M. Turner 355  
 T. Bell 255 J. Wright 250 \*=Best Lifters. !=World records. Top 3  
 C. Pannell 315 (35-39) J. Deuel 305 Women: K. Westcott 1.144, K. Poyner  
 (60-64) Open K. Burkett 510 Kelly Wescott. Best Lifter Master 1: Kenny  
 C. Pannell 415 G. Russell 440! 1.142, K. Self 1.125. Best Lifter Female:  
 S. Hopkins 315 (50-54) J. Fox 320 Sylvester Freeman. Best Lifter Submaster:  
 C. Weichold 245! B. Hopkins 365! (65-69) John Hawley. Best Lifter Teen: Trey Hague.  
 (40-44) S. Hopkins 385! 275 lbs. 100% Raw Bencher of the Year: Herman  
 C. Pannell 415 B. Jones 480 Official of the Year: Gregg Stott. 100% Raw  
 (50-54) J. Cox 440 Volunteer of the Year: William  
 Bateman. 100% Raw Coach of the Year: Bing Mitchell. Currituck High School was  
 the host to the 3rd 100% RAW bench worlds, and for the third year it was the  
 biggest meet of the year. Lifters all over the East Coast were represented from  
 Massachusetts and New York, down to Florida and Georgia, and of course a lot  
 of North Carolina and Virginia lifters. The quality of this meet has always made it a  
 strong draw. Before I go any further I want to thank the volunteers who made this  
 meet such a success. The hardest job at a meet is spotting, and we were lucky to have Rich Dombroski, DJ Maurie, Anthony White, Tim Stallings, Luke Star and the young Veteran Matt Wilson. The Judges were Greg Stott, Dave Baldur, William Bateman, Chris Kennedy, Donny Nelson, and Tom Holroyd. The set up crew  
 was Coach Bossi's weightlifting class from Currituck High School. The announcers were Cherie Grant and Pam Balance. As always the hardware was incredible, with huge trophies, lots of best lifter plaques, and plaques for everything from coach of the year to volunteer of the year. The best part is for third

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straight year, championship belts were awarded for the top lifters... and folks these belts are unbelievable... and worth any trip to compete for. The meet was 100% natural, which means no bench shirts, and drug testing. I'm not going to preach about the dangers of steroids, my only statement is if you want to use them, please don't enter a drug free meet. The meet started with the biggest class of the day, 148 and under. The class had 17 lifters, but despite giving up 16 pounds, Marvin Perry would find that the third time is a charm as his 275 bench was enough for a world record, and the 148 belt. With the absence of two time 165 world Champ Corky Bogget, the title was up for grabs, and in the end first threw fourth was separated by a mere five pounds. Ricky Young is absolutely one of my favorite lifters, and he told me his goal was 305, 305 would have given him his first world title, but 295 let him in fourth on virtue of bodyweight. Ricky has added thirty pounds in the last two years so I think he has a belt or two in his future. Teen sensation Trey Hague benched 295 for third, and was named best teen lifter

for the second straight year. To cap an extremely close class Dana Sqroi and Jacob Fox would both hit 300, but by a mere 7th of a pound Jacob would win the 165 belt as well as the best Junior lifter award. Only Will "Chill" Lynch could hit 420 at 182 win the best lifter light award, and consider it and off day. It was Wills third straight world title. Sylvester Free man hit second in 2003, third in 2003, but finally in 2004 he broke threw and his 385 bench was enough to win the 198 belt by ten pounds over John Hawley. Since Paul Bossi is my friend, and since he's brought huge meets to our area I could be viewed as a bit biased so judge for yourself. Paul's 485 raw bench press earned him his third world title, and third straight best lifter heavy award. If your still not convinced Paul will be competing at the USA PL bench nationals this year in the open division, and next year in the masters division. And if he doesn't earn the USA and IPF medals this year, I'd bet we see one next year. Shaun Hopkins would hit 385 to win the belt for the best teen lifter, but the most impressive performance (in my opinion) was Ben Hopkins who benched

365 in the (14-15) division. At 242 we saw a new champion as Giles Russel hit a 440 to control the class. In second place was another great Teen lifter as Trey Manning hit a 375 bench. Roger Ernst would hit 350 for third place, but earned a belt for the biggest bench in the master 2 division. In the heavyweight class we saw Bernie Jones hit 480 to win the heavy weight belt. Joseph Hillard would bench a 450 bench for a masters world record, as well as winning the belt for the best bench in the master 1 division. This was the third straight year that Joseph has finished in the top three overall. In the heavy weight division in 2005 Joseph may claim the masters as well as the heavy weight belt. In fifth was Herman Canada who had such a successful year as he earned bENCHer of the year honors. The 165 mens class was close, but the women's class was even closer. The top three lifters by formula were so close enough had to count decimal places. In the end Kelly Westcott would bench 1.144% of her weight over Karen Poyer who benched 1.142%, but Karen Self wasn't far behind with 1.125%. We saw a lot of teen lifters, women lifters, but

by far what impressed me was the fact that we had 26 master lifters, and even more impressively we had six lifters that were in the 60+ division. Special recognition needs to be given to team Gladiators who would win their third straight world title. This meet just keeps getting tougher and tougher, and I hope to see you next year! (Results from Ben Zak)

### WNPF Battle of Countries & Raw 17 OCT 04 - Philadelphia, PA

SQUAT	Levine	310
MEN	(60-69)	
220 lbs.	Raw	275
Open	Davis	
Raw	242 lbs.	
Bricker	475 (50-59)	
Open	Gismonde	375
Diciano	540 (35-39)	
Raw	275 lbs. (40-49)	
Smith*	500! Sullivan	
BENCH	DEADLIFT	
WOMEN	MEN	
114 lbs.	114 lbs. (13-16)	
Subs	Raw	
Raw	Roe	110! Zambelli
MEN	165 lbs. (13-16)	185!
148 lbs.	Raw	
Open	Erb	270!
Raw	Mosier	170 (35-39)
165 lbs.	Raw	
(40-49)	Johnson	460
Raw	181 lbs.	
Alpert	135! (40-49)	
181 lbs. (17-19)	Green	580!
Open	Open	
Townsend	260 Green	580
(40-49)	220 lbs.	
Holtz	345 Open	
(60-69)	Raw	
Raw	Bricker	530
Freed	315 Open	
198 lbs.	Diciano	565
Open	242 lbs.	
Raw	Open	
Gaines*	355 Cooper	685
Bachmeyer	350 Powercurl	
Hicks	300 MEN	
(40-49)	148 lbs. Open	
Raw	Bachmeyer	350 Mosier
Hicks	300 181 lbs. (17-19)	105
Police	Police	
Raw	Townsend	135
Bachmeyer	350 220 lbs. Open	
220 lbs.	Diciano*	165
Open	400 (50-59)	
Diciano	(50-59) Levine	150
Raw		

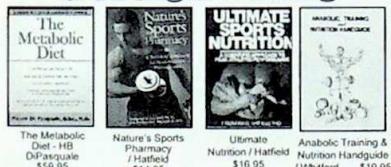
! =World Records. \* =Best Lifters. There were 6 American records and 1 PA record. (Thanks to WNPF for the results)

### Glenwood Athletic Club Open 15 Jan 05 - Glenwood, AR

BENCH	W. Mexzies	300
WOMEN	W. Menzies	250
Open	PB-275	
C. Loudermilk	110 Middle	
M. Fyrar	80 Q. Brock	415
MEN	R. Mace	345
Teen Light	Heavy	
J. Shepard	315 R. Land	365
S. Maestas	185 PB-380	
Feather	D. Threlkeld	340
J. Dubois	PB-350	
LIGHT	J. Forsythe	315
P. Clark	360 Super	
K. Treadway	325 L. Duncan	515
PB-340	K. Coleman	425

Congratulations to all of the lifters that participated in the open bench press. We hope to see all of you again on April 16th. Also, I would like to thank Joe Bill from Pro Fitness for the quick math, and Brandon for the spotting and loading. We had 16 lifters and a good crowd to help cheer on the lifters. After the competition was over we had a little fun. Any lifter that wanted to attempt their personal best, went for it. Some even did their competition lift, I would also like to thank Powerlifting USA for putting our competition in their wonderful magazine. (Results courtesy of Glenwood Athletic Club)

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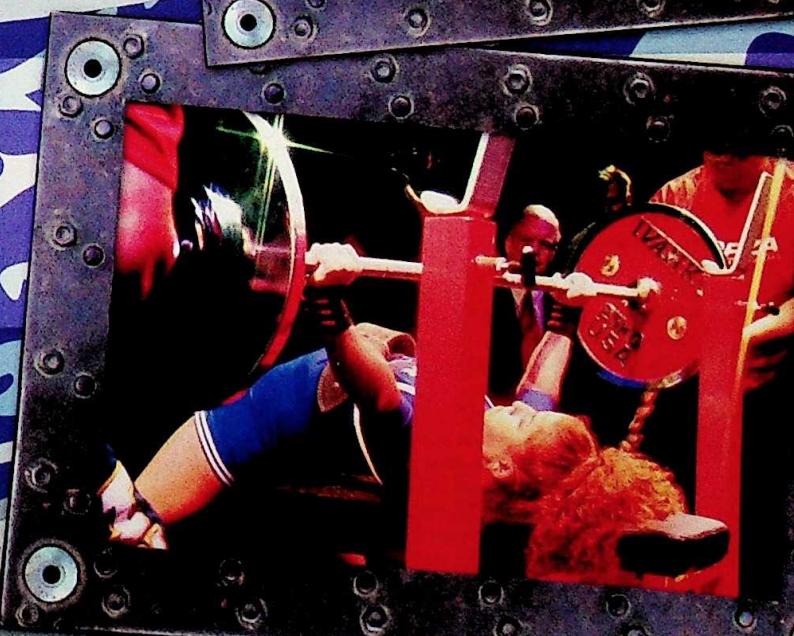
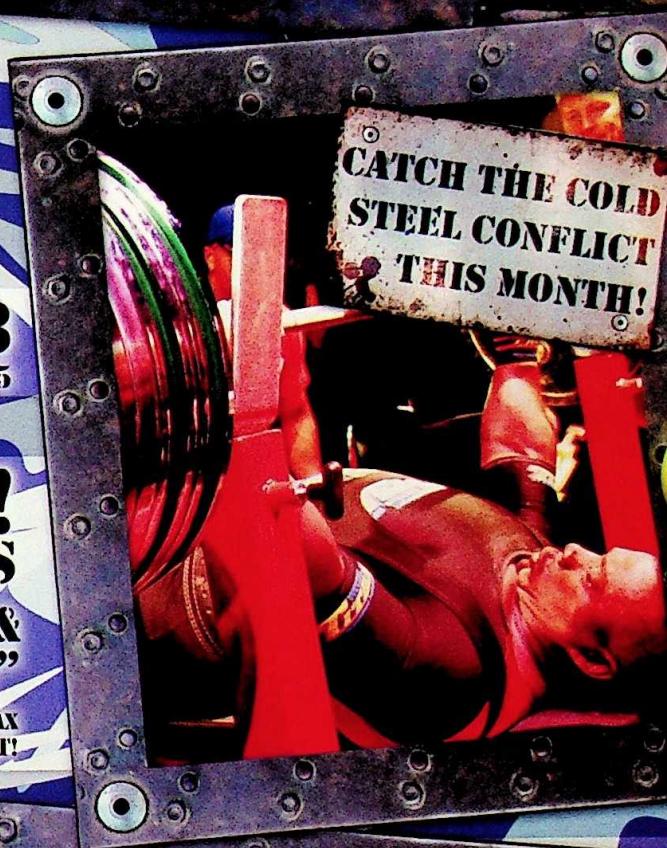
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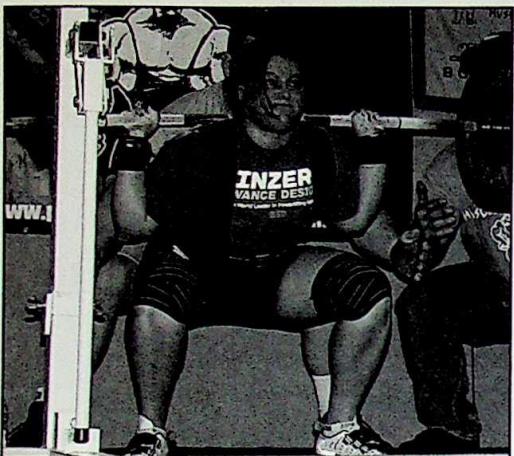
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**Disa Hatfield** came out in first ([www.ftvideo.com](http://www.ftvideo.com))

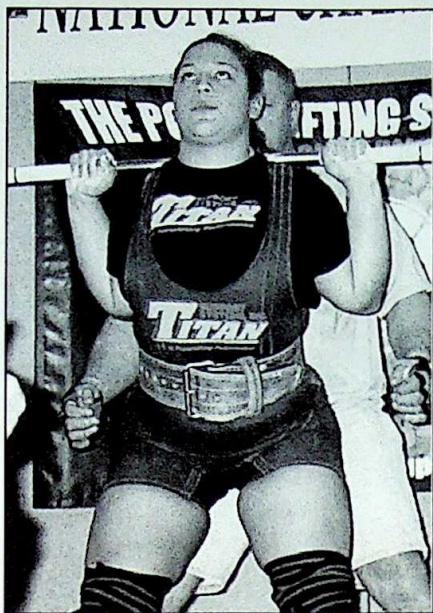
(continued from page 11)

and Liane provided some great competition through the whole meet, as evident by the number crunching going on by their respective coaches, Rene Moyen and Sherman Ledford. Disa was ahead in subtotal going into the deadlifts, however, it's pretty well known that deadlifting is not her strong point and she would need that 82 lb. lead. Liane fought all the way to the last pull, but couldn't get it moving, giving Disa her first win. Malinda had some initial trouble in the squats, waiting to get her opener in on her third attempt, but still finished with a strong 981 lb. total and a win in the 40-44 age class. Lacy Picou beat out Kately Dodge in the Jr. division with a 909 lb. total, and Jordan Stupecky, Jessica Rychecky, and Ashley Duplessey took their respective teen divisions. Jordan took home the only American record broken in this weight class, with a T1 record squat of 308 lbs. British lifter Jennifer Busby had a fantastic day, going 8/9 and ending with a 1080 lb total.

The 198s saw the return of Jessica "Squatkins" Watkins, who unfortunately bombed out last year. However, as expected, she came back even stronger than before. Her signature lift was the biggest of the meet, a huge 551 lbs! She continued to rewrite the American record books with a 330 bench and a 501 lb pull. That gave her a 1383 lb total, her fourth Open American record of the day, and the highest absolute total of the meet! Jessica is just coming out of the Jr. ranks, so we can expect many years of records to come from this lady. Second place went to last year's 198 winner Bonica Brown. Bonica is a young T2 lifter, but her experience showed as she ended with that elusive 9/9 perfect day and an 1185 total. Bonica also took home 4 IPF Sub-Jr. World records! Both Jessica and Bonica will be heading to Finland in May for Women's worlds, and we look forward to even bigger numbers from both of them. Also competing in the open was Wendolyn Allen. Louisiana resident Kelly Louque took the Jr. division with a promising 1035 total. Kaitlyn Marsh beat out Hope Block in the T1 class by just 22 lbs., with the competition coming down to the last pull. Susan Gill won the

55-59 class. Leigh Arnnold and Jennifer Swanson rounded out the weight class, with Leigh taking the win in the T3 division.

Missing from the action this year was last year's winner Liz Willet, however, Harriet Hall stole the limelight with her 8/9 day and big bench. In her lifting career, Harriet has broken over 40 IPF Master's World records, and this weekend was no exception. Harriet added a 540 squat, 341 bench, and a 1350 total to her list of IPF 50+ Master's Records. Talk about showing the youngsters up!! This year also saw the return of Jr. lifter Sarah Greenup. Sarah snagged the squat, bench, and total Jr. American records on her way to a 1256 lb total, and left all us wondering what more is to come from her. She has an incredibly bright future in this sport. She'll start with the Jr. Worlds, which is on USA home turf this year. Also lifting was Sue Hallen and Jade Dickens. Sue is a



**Bonica Brown ... what a future!** (P. Brown)

Last - came all the way from Great Britain to flirt with our judges and left with an 881 lb. total.

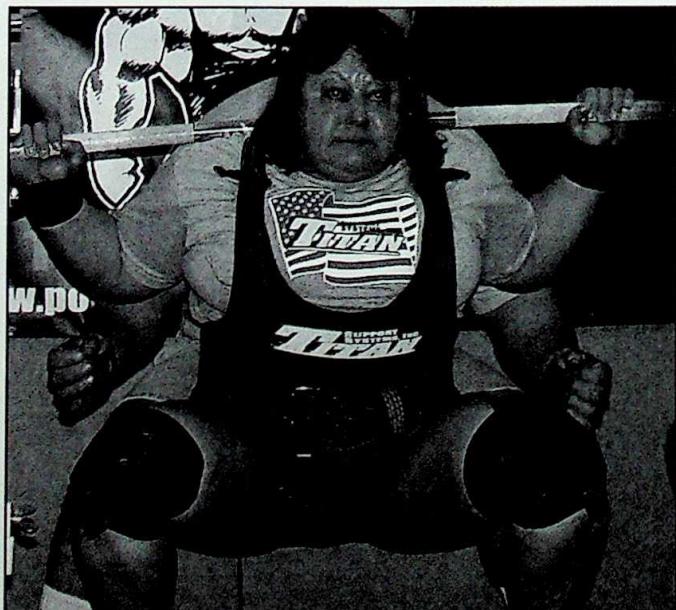
In the Open Team Competition, Team Titan defeated Hart's House of Power. However, Jim Hart's team owned the Combined division, compliments of their strong Teen and Jr. showing (they also won the Jr. Team Division.) The Alaska Iron Maidens just got by Athletes for Christ to win the Masters Team division.

Thanks to all the friends and family members who came to cheer us lifters on. Without their support and the help from our coaches and training partners the multitude of records and PRs broken would not be possible. Special thanks go to the Gaines family for hosting this fantastic meet. Next year, the ladies of the USAPL will have some work to do. Can we top 158 competitors, 55 broken American records, 10 broken IPF records, four 500+ lb squats, four 300+ lb benches, two 500+ lb deadlifts, and one 400+ lb bench? You bet! See ya'll in Denver!!



**Jessica "Squatkins" Watkins is back - Big Time!** (P. Ribic)

veteran lifter on the IPF platform, and will represent the U.S.A. again at Masters Worlds. Deborah Ferrell took the 40-44 class and left her mark with a 40+ Master's World record bench of 407 lbs. Rachelle Hecht and Brittney Kean provided competition for each other in the T3 class, both ending with a 799 total, with Rachelle getting the win on bodyweight. Both lifters left some weight on the platform, missing lifts due to technical errors, so we expect much more from these two in the future. Tami Walter won the T2 class with a 920 lb total, and Allison Mattox came away with the T1 win. The Winker - Suzanne



**Harriet Hall was awesome in the Supers** (Priscilla Ribic photo)



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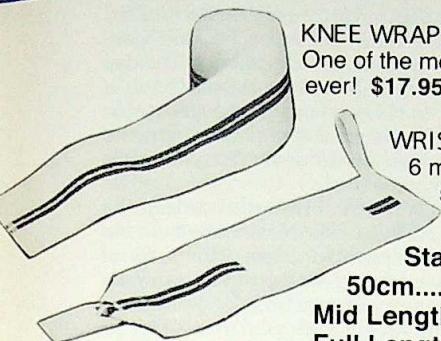
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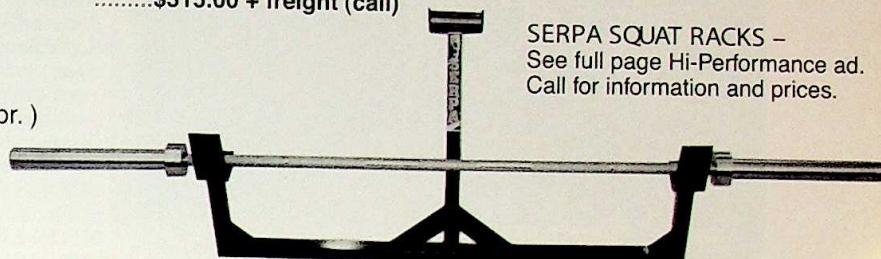


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**Becca Swanson** made the 2nd highest women's bench press ever

(this article is continued here from page 5)

#### LIGHTWEIGHT MEN (132, 148, 165)

- 5th: AUGUST CLARK, JR., 42, was the lightest man in whole competition @ 148.15. August pleads guilty to being the man who started the "hat" trend in WPO, but we won't hold it against him. He proved he still possesses plenty of push: 446.4 initially, followed by a near miss w/ 479.5. He made a leap of faith to 502.65 trying to beat his own 148 Single Lift Record set here just two years ago - real close!

4th: TAYLOR TOM, 28, from Honolulu, HI, weighed 164.68. He did his best w/ 490.52 last Sept. at the WPO Bench Bash for Cash. A 479.5 went well, but two tries w/ 501.5 didn't happen.

3rd: BRAD HECK, 26 @ 164.9, is from Big Iron Gym in Omaha, NE. He owns the 4th biggest BP all time @ 165 w/ 562.17 a lift he made last Oct. His 556.6 opener here went up without a hitch. He failed to improve when two quantum leaps to 584.22 were ruled incomplete.

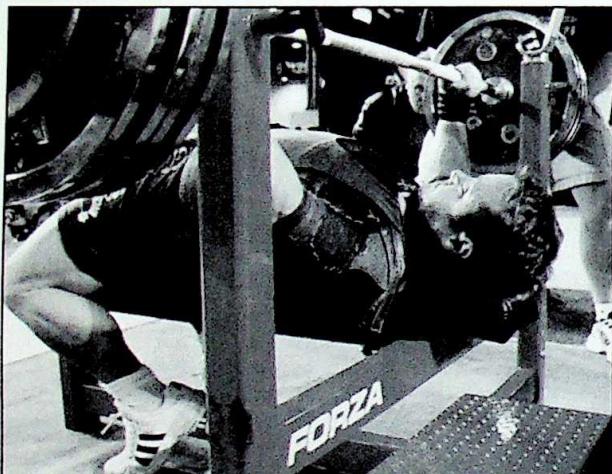
2nd: JOE MAZZA, 38, trains w/ big Mike Miller and Co. at Nazareth Barbell Club in PA. Big Mike, in his Highland Games regalia, handed off for Kara and Joe. Joe gained great notoriety with his fantastic 615 lift last Oct in Leesport, PA. Not only did he crash the 600 barrier, he exceeded Marcus Schick's 608.47 lift. Schick responded with a vengeance late last NOV going first 628.31, then a stupendous 645.95 @ 161.15 bwt. In doing so, the German juggernaut became the first man to bench over 4 times his own bwt. Mazza proved he's the real deal opening w/ 600.75 - and nailing it in front of the World. He went straight to 622.8; but despite two tremendous efforts, couldn't finish it up.

1st: MARCUS SCHICK, 29 from Frankfurt, GER, is short & sweet, full of life and charisma. This is what he does better than anything else - BENCH PRESS. Born with short arms and a chest the size of a 55 gallon drum, he annihilated the WPO 165 class WR. His 617.29 brought the crowd to life assured him of repeating as lightweight champion. He proved that he doesn't need "Eddie to steady" the weight for him to the chest. Up to 628.3, where

Marcus missed the groove, but he blasted it to kingdom come on his 3rd. Weighing 162.9 here he decided to shoot for the moon. On a 4th attempt he nailed yet one more mind boggling WPO WR - 650.36 - his 2nd ever 4x bwt BP. According to my GMF it was the best performance of all benchers that day earning 205.777 pts. Does this make him the GREATEST BENCHER or what?

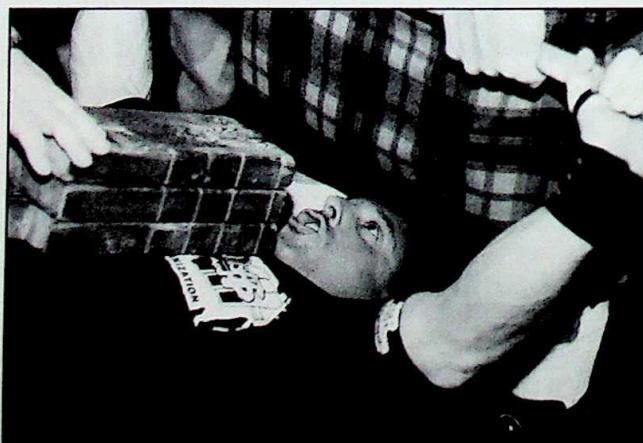
#### MIDDLEWEIGHT MEN (181, 198, 220)

5th: MICHAEL WOLFLEY, just turned 28 the previous Monday. From McClure, PA @ 194.44, he zoomed into prominence at Kidder's WPO Bench Bash last SEP with a huge 633.82 lift. He nailed his opening lift w/ 628.31, and



**Brad Heck** showed that his 562 @ 165 lbs. was not a fluke.

increased to 655.87 but was twice unable to negotiate them. A big name bit the dust in this class. James Kilts, hit a big 617.4 last Sept. took over the #1 spot. Another US lifter, Brad Vargason, surpassed that w/ 620 Dec. 11 in Royersport, PA. That very same day in Germany,



**Joe Mazza** trying to get ready for his opener, doing board presses in what may have been the most congested warm up area in the history of the sport. (a Leon Josaitis photograph)

Schick, bulked up to 170#, popped two monster shoves w/ 628.31, then 663.59, claiming the 181 class best ever lift for himself and became the lightest man in History to go over 300 kg. (661.4). Kiltz came back with a 665 to regain the ultimate distinction as a lightheavy. This day Kilts, brimming with confidence, started w/ a huge 650.36. He hurt himself and was unable to take his 2nd attempt (Editors Note: it appears to have been a shoulder dislocation, and he is back training again).

4th: RENE IMESCH from Switzerland, 41 @ 206.35, is a bona-fide "Master-Blaster"! He can hang and bang with the best of them. Rene was 6th last year w/ 644.8. He was much stronger this year. Opener 661.4, no problem. On his jump to 683.43, and finally up to 694.45, he made neither.

3rd: SCOTT RABINE, 34 & 195.1, owned the All-Time best performance w/ 685.65, beating the 683.4 George Halbert had done on this very stage 4 years before. He made short work w/ 666.89. He advanced to 688.94 to better his own WR, not quite! He prepared for an all out assault on 705.4. He was unable to execute it today, but I'll forecast he'll achieve his dream of becoming the lightest man in History to go over 700, before the end of the year.

2nd: BRADLEY HEIN, 24 and another bench specialist from the famous Omaha, NE Big Iron team roster. Weighing 218.2, Brad is among a short list of lifters who've surpassed the 700 barrier @ 220. He hit a big 711 lift last Oct. before a cheering hometown crowd. He opened high w/ 694.45, a good lift, but that's all he got. Brad's two tries w/ 716.5 to better his own mark wouldn't yield.

1st: VITALIY PONOMARENKO @ 220.46. This mighty Ukrainian was just a couple of weeks away from his 31st birthday. He had finished in 4th last year, but now sits atop the Middleweight throne. He'd terrorized lifters around the World in the IPF before presenting himself in the WPO forum. Feeding off the crowd's energy, his 694.4 opening lift was stroked w/ supreme authority. He mis-grooved 716.4, then came back and punctuated it with a double exclamation mark! Not done yet, Vitaly stormed a WR 738.6 to erase another of George Halbert's magnificent records (late reports have him making this weight 2 weeks before in the Ukraine). It stalled out, but next year watch out! Three prime time players folded their hands early. Esa Vinni, of Finland @ 216.93, had qualified back home w/ 639.34 on Nov. 7 in Helsinki. He got stopped dead in his tracks with two misses with 622.8 here. Chip Stewart, 30, finished 3rd in the Middleweights last year w/ 661.4. Hitting a big 755 in the 242s on Jan 22nd, Chip made the 220 limit here opened way too big at 749.57 and found both tries futile. Last year's champ Scott Albano @ 220.02 is built along the lines of a fire hydrant. He started w/ 661.4 here, but the weight wasn't heavy enough to touch his chest. Scott risked everything trying 744.06. He got it down. Following the signal, he had it too arms length

with a slight glitch at lockout for no lift. A very close call.

**HEAVYWEIGHT MEN (242, 275, 308, SHW)** - 6th: JOE LADNIER, 41, came in prepared to beat the WPO WR that George Halbert had reclaimed in his comeback last SEP having been on the shelf for an extended period with injuries. George lifted 766.1 his best ever there in Orlando. Joe mis-grooved his 727.6 opening attempt here, then jumped to a PR by 11 - 733 - good lift. His 3rd attempt was a record try. It went up to lockout where his right arm dipped ever so slightly (up-down) denying him the lift - tough call.

5th: BILL CRAWFORD, 33, from Queensbury, NY, may be the World's most foremost technician when it comes to making the bench shirt work. He immortalized himself at this event last year with his big 800.27 lift @ 275, becoming then the lightest man in History to do over 800. Bill aced 744.1 which set himself up for two spirited tries w/ 804.6. No go, but he'll be back.

4th: MIKKO HAMALAINEN of Finland is a giant firecracker, born on the 4th of JUL, 1977. He was on the cutting edge of a 2400 TOT when he hurt his back pulling 788 in the WPO in 2002. From then on Mikko was reluctantly forced to give up PL and do BP only. He gained Historical fame in SEPT03 when at a WPC competition, in Turku, FIN, he became the first man, other than a USA lifter, to bench over 700. The Foreign 700 club list now has 11 members. Mikko opened at his best - 749.6. He missed, but drove home the repeat. Up to 771.6, but not today. The big boys today had only one fatality - Chris Cook, who had come from seemingly nowhere with 804.6 at Orlando last SEP to qualify to be here. He made a too high start w/ 815.6, missed twice and was eliminated. This left it a three man battle to determine who'd sit in Rychlak's vacated throne.

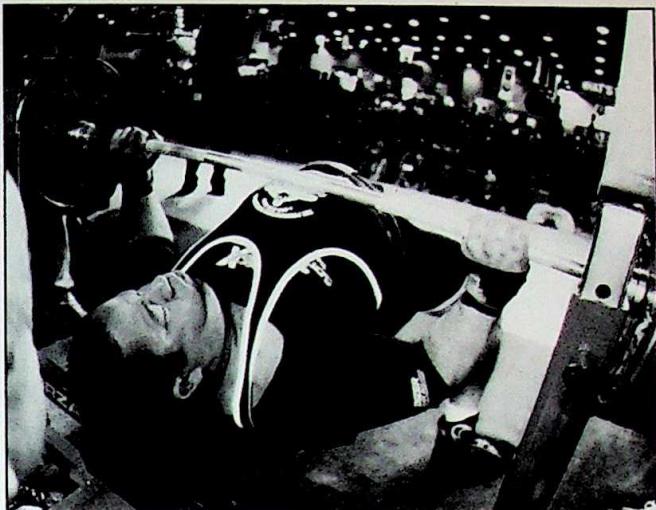
3rd: SHAWN LATTIMER, 28, from New Jersey, is a true Monster, weighing 408.07 this year. His PR was the easy 859.8 he made as runner-up last year, looking good for much more. Shawn assured third with a super safe 815.6 - vaporized it. Confident in his ability, he made an increase all the way to 909.4 for his second attempt seeking to blow his competition away. He manhandled the monstrous weight, rammed it to near completion, but couldn't lock it out. He positioned himself for one last supreme effort to bring home the bacon. His parents were here proudly watching their son. He was going for the win, plus extra cash for a WPO WR. Up it launched - two thirds of the way. It drifted back and he let out a

bellow of pain as the weight collapsed on him. The spotters somehow got the bar off him. He appeared to have suffered a left pec tear. Most unfortunate!

2nd: CLAY BRANDENBURG, 31, 401.24, hails from Michigan. Among his previous wins was APF Sr. Nationals BP title and WPC World BP Champ. In 2001 here he made 655.8, missing 711 and 716.4 going for the win. In 2002 and 2003 he bombed out, so didn't qualify for last year's meet. He spent quality time ironing out problems, seeking training wisdom from the great Louie Simmons, training at Westside Barbell right here in Columbus, got stronger, and worked on his weaknesses. At the WPO Bench Bash for Cash last September in Florida, Brandenburg won it all, with a big 815.7 lift qualifying him to be here today. Big Clay made a big lift to open - 821.2 - a personal best! He went straight to 854.29, a lift that might have won it all for him, but missed by an inch. He stayed with the same weight for his final lift. This time the bar drifted back toward the rack no lift. Second place at the most prestigious Bench showcase on the planet is something to be proud of. Next year this HUMBLE MAN will RUMBLE AGAIN!

1st: RYAN KENNELLY, 30, from Moses Lake, WA. He was the underdog. At 305.34 today; he was giving away no less than a hundred lbs. bodyweight to a pair of ponderous pachyderms. Ryan's track record speaks for itself. He became the Heavyweight champion in this event in 2003,

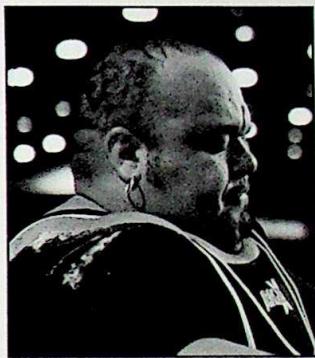
WPO World Record Bench Bash 05 MAR 05 - Columbus, OH (kg)					
BENCH	BP1	BP2	BP3	Best	
<b>WOMEN</b>					
T. Rantanen	160	172.5	177.5	172.5	
B. Swanson	210	217.5	222.5	210	
<b>MEN</b>					
<b>LIGHTWEIGHTS</b>					
M. Schick	280	285	285	295	
	4th-295				
J. Mazza	272.5	282.5	282.5	272.5	
B. Heck	252.5	265	265	252.5	
T. Tom	215	227.5	227.5	215	
A. Clark,Jr.	202.5	217.5	228	202.5	
<b>MIDDLEWEIGHTS</b>					
Ponomarenko	315	325	325	325	
	4th-335				
B. Hein	315	325	325	315	
S. Rabine	302.5	312.5	320	302.5	
R. Imesch	300	310	315	300	
M. Wolfley	285	297.5	297.5	285	
<b>HEAVYWEIGHTS</b>					
R. Kennelly	372.5	385	397.5	385	
Brandenburg	372.5	387.5	387.5	372.5	
S. Lattimer	370	412.5	412.5	370	
M. Hamalainen	340	340	350	340	
B. Crawford	337.5	365	365	337.5	
J. Lattimer	330	332.5	348	370	
M. Hummel	272.5	280	280	272.5	
<b>OUT</b>					
<b>WOMEN</b>					
K. Bohigan	165	165	—	0	
<b>MEN</b>					
J. Kilts	295	—	—	0	
E. Vinni	282.5	282.5	—	0	
S. Albano	300	337.5	—	0	
C. Stewart	340	340	—	0	
C. Cook	370	370	—	0	



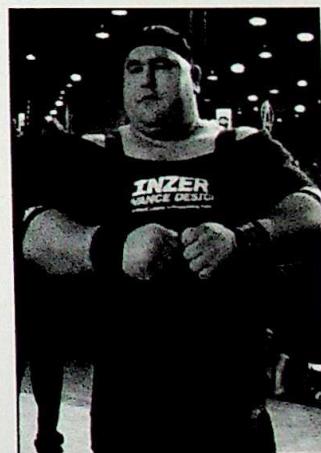
Ryan Kennelly came in the winner again (Leon Josaitis photograph)

winning with 766. The previous year he finished runner-up. Last year Ryan finished 3rd to Rychlak and Lattimer lifting 821.2. Last Dec 4th, he unleashed a monster 902.5 lift @ 307 at Kennewick, WA an APA meet. Two short weeks before this showdown; Ryan beat all challengers at Mendelson FIT Expo BP Classic and collected 5 grand. He had Kara B. give him a couple of slaps before going out for his opener and rammed up 821.2. After Brandenburg followed him at the same weight, Ryan still had the lead as far lighter man. Lifting smart, he took 848.7 which caused a scarlet ribbon of blood to leap from a nostril and splatter his face at the peak moment of exertion. When Clay failed to up the ante (missing 854.2 twice) and with Lattimer jumping to the outer limits, Ryan (who'd already established a WPO 308 WR with his 848.7), felt safe enough to jump to 876.4. All he got for his effort was another squirting nosebleed. No matter, he'd WON, and pulled off his 2nd Arnold Classic Bench Bash victory. After this venture he is by far the most prolific 700 bencher in History, with 41 official 700 plus lifts on record! He's also done over 800 ten times in competition, as well as being the 2nd and by far the lightest man to do over 900. Will Kennelly be able to return next year and emerge once again the undisputed champ? For now I can say with no hesitation that Ryan Kennelly is THE MAN. To be the man you have to first MEET THE MAN - then BEAT THE MAN!

Before closing I must point out that the promoters of Arnold Expo Weekend should realize that the WPO WORLD RECORD BENCH BASH and the WPO SUPER FINALS P/L OPEN meets are among the biggest attractions of the whole weekend. The Bench Bash deserves to be



Clay Brandenburg had a good opportunity to win. (Leon photo)



Shawn Lattimer a very big man.

held on SUNDAY when no other powerlifting activity is taking place. Another point of note is that all of this year's BP BASH winners wore Inzer shirts as well as the majority of the top men. That doesn't come as a surprise does it? See you next year for two of the greatest shows on Earth, thanks to the promotion of Kieran Kidder, his sponsors, and the WPO. It's the greatest thing that has ever happened in Powerlifting! No doubt about it! CU you next year? I hope so.

(article continued from page 7)

800 in AUG 02, but not since. His 727.5 beginning lift was acceptable. Remaining tries at 749.6, then 766.1 were not successful. TOT 2127.46 - below his best, but elite lifting in any arena.

**5th:** Harald Selsam, 37, 216.05 from Germany won the WPC Open Men's World Title last year in Fresno, CA w/ WPC Submaster (33-39) WRs. Harald was improved here. He took a safe opener - 837.7 - picture perfect. Next a 936.9, 2W PR. He jumped huge to 1003.1 but failed to raise it off the Monolift supports. Harald missed his 507.1 BP, but made it look EZ on his next try. Again he pulled out all the stops, and tried a big 562.1 final, but could not achieve touch down. DL: both 672.4 and 711 were nice lifts, but 722 wouldn't go. He had a huge PR 2155.01 TOT thanks to a "hot squat"!

**4th:** KENNY PATTERSON, 32, from Columbus, OH has proved you can make the transition from "bencher only" to top powerlifter if it's in your heart. Ken obtained the higher placing by a mere 1.1 lb. over Selsam via his 2nd attempt successful WR 717.6, worth \$1000. This gave him 2156.12 TOT via his 804.6 SQ and 2nd attempt 633.8 D/L. Ken had two costly SQ misses w/ 865.3. (He'd made a great 881.8 at the finals last fall for 2221.15) Ken aspired to a huge 749.6 BP on a final lift, NO GO!

**3rd:** MICHAEL CARTINIAN, 29, of Cleveland, OH. I hadn't seen Mike for 5 1/2 years, since he'd represented the USA at the AWPC Worlds in Calgary, CAN. There he drew big attention - SQing 760.6 @ 181, which still ranks among my All Time Top 25 in that class. Mike resurfaced last year in a WPO qualifier, and in action at the WPO Finals last Oct. in GA @ 198 he finished 8th w/ 859.9, 589.7 and 622.7 for 2072.3. That lifting was just a drop in the bucket. At almost 197 lbs. of rock hard muscle, he lifted like a cyborg - half man / half machine. The squats were showstoppers - 804.6 shot from a cannon. His 2nd w/



*Cartinian's solid form got the most out of his incredible strength*

865.3 was deep - and a recovery with no hesitation. Going for all the marbles 910.504 was loaded, 1.1 lb. more than the All-Time and WPO WR of 909.4 held by the immortal Jess Kellum. He took it deep and ground it right up - an undisputable lift to be proud of. Mike is a big time bencher, on the board w/ 584.2, a piece of pie. A big 622.75 2nd attempt was also GOOD! He went up to 655.8, 5.5 more than he'd earlier told me he was gunning for, but it was "dead on his chest"! Michael showed great improvement in the DL; got all 3: 606.2, then 661.4, and finally a picture perfect 677.9. His TOTAL was huge (2194.70) putting him 3rd All-time behind Kellum (2234) and Coan (2204). Look for him to be #1 198er in history, totalwise, before the year is over. Mike tells me that he owes it all to the wisdom of his training partner and good friend Angelo Berardinelli. I must mention a couple of big names at 220 who didn't make it through. Chuck Vogelpohl got eliminated here w/ 997.6 SQ after setup problems. A million people, including Louie, have told him his destiny awaits at 242. I'd say he could do 1052.7, 622.7 and 848.7 for 2524.42 for sure. Who could beat him, Mash? Goggins? Maybe, but also maybe NOT! Another big loss in the lineup was 198er Tatu Avola, 32, from Finland. He salvaged an 826.7 SQ on his final try, then hit the skids with 507.1 BP.

**2nd:** DONDELL BLUE, 29, is an awesome force who has made a meteoric climb to the top. He looks a whole lot bigger than his 219.8 lbs. He destroyed his 903.9 SQ opener then made an insane jump all the way up to 1003.1. He stayed down twice, taking a substantial bite of his whole TOTAL pie. Donnell made his

501.5 BP opener look like child's play. Whoops there he goes again. A 99.1 lb. increase - up to 600.7. Whoa, he got it for a PR. His 3rd w/ 622.7 went up halfway. He made all his pulls: 650.3, 683.4 and finally 705.4 - and made them look EZ. TOT 2210.13 which could have just as easily been 2259.73.

**1st:** TRAVIS MASH, 31, Jefferson, NC. Remember the name. It's not every day that an icon comes along. The man who will take over where Eddie Coan left off has arrived. Mash grabbed a piece of immortality at the GNC Show of Strength last Fall, where he won the middleweight division at the WPO finals, surpassing the 2403 aggregate @ 220 that Coan had done 28 JUL 91 at the USPF Senior Nats. Travis pushed himself to his best there w/ 947.9, 696, and 766 for 2410. Having returned from a terrible quad injury, he'd been patient; rehabbed himself meticulously, and waited for that golden opportunity. Travis kicked it up another incredible notch here! He crossed himself, seeking divine blessing, then with great control slowly executed a 925.94 SQ, and followed that with what seemed to be an absolute limit lift of 970 - 2W. He tried 1003.1, but that proved too much. His BP is prodigious 606.2, then 661.4, and then a barrier shattering 705.4. He wanted to top Patterson's newly created WPO WR - gave 722.1 ago. Almost! He locked it out but one side had dipped! A monster TOT was brewing. He pulls palms facing forward w/ hook grip (a la Brad Gillingham); aced 738.6 easily. I figured he'd go to 771.6 to skyrocket his TOT to 2447.13. Instead he chose to shoot the works, went straight to 804.6. He came within a scant of inch of finishing the lift before it stalled out. Ditto

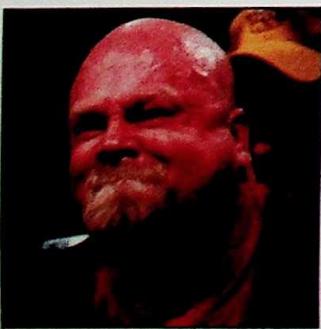
final lift. Close only counts in horseshoes (and hand grenades), but Travis came within scant inches of TOTALING an utterly stupendous 1125 kg. (2480.2) @ 220. This would have given him a GMF rating of 653.96 catapulting him to #1 Spot at the top of the Formula rankings, the GREATEST PLer of ALL TIME! It's his future destiny; not to be denied. 2502 would be a nice 220 TOT for others to shoot for the remainder of the Century.

#### **MEN'S HEAVYWEIGHT (242-275 weight classes)**

**5th:** CLAY CASTILE, 35, @ 258, hails from Kennesaw, GA. This guy with the flat top and pointed goatee is a lookalike for pro-wrestling's famous Jim "The Anvil" Neidhart. He wedged himself under 870.8, dunked it for 2W, but was too shallow twice trying 920.42. He's a powerhouse bencher popping up: 562.1, 589.7 smoothly, and almost getting 606.2 on his 3rd. Clay hoisted his first two DLs (727.6), but missed his last w/ 738.6. TOT 2188.08, dangerously close to joining the exclusive 1000 kg. (2204.62 lb.) CLUB.

**4th:** ALEXEI SOLOVYEV, 30, weighed 238 today. From the Ukraine, Alexei showcased himself as a guest last year, then participated officially at the FINALS in Marietta last OCT to qualify. He'd looked powerful in his debut doing 903.9, 595.2, 804.6 for a huge 2303.7 TOT. Today he had to repeat his 881.8 SQ opener - good this time. He called for 903.9, but then passed it. A \$1000 US Dollar reward goes a long way in the Ukraine. The WPO mark of 628.31 belonged to FIN's Janne Kymäläinen from AUG 01 at the WPO Semi Finals in Orlando, FL. Alexi erased it with his initial effort of 639.4, then he pumped 661.4, 683.4 and finally a fantastic 4th of 705.4, a WR of which to be proud. Alexei pulled up a ridiculous 264.6 DL to assure his record. He went to an equally too easy 661.4. With that out of the way increased to a ponderous 837.7. A bit too much. TOT 2248.69 well under his best but not too shabby. His all time bests add up to 2414!

**3rd:** JOHN STAFFORD, 28, 274.69. John trains at the famous Westside Barbell Club. "Chester" has adapted to married life but not his canvas suit. It gave him problems here, squeezing the life from him in the descent. John got 870.8, then 909.4, but got squashed w/ 936.96. This put him in a bad mood the rest of the day. In the BP, a smoked opener (666.9) set him up for a WPO WR assault - 706.58 - popped up effortlessly; surpassing the 705.4 lift teammate Jerry Obradovic had delivered here three years ago. Up to 722 for another WPOWR - with strength to



*Marc Bartely fears no weight!*

spare. He looked as tho he might have been good for 738.6 or 733.1. He yanked up a mere (for him) 749.6 formality; ditto 804.6. He had a PR TOT of 2436.1, but wanted his final w/ 826.7. It was a surprising miss and he was not a happy camper. He'd wanted to get them all in to win!

A major player was eliminated before he had a chance to even try. Paul Urchik, 45 @ 236.55 from Roseville, MI, was back in action here. Try as he could, three times Paul failed to lift his 920.43 opening weight off the Monolift support arms. Everyone was flabbergasted. I ascertained that since this Monolift was slightly wider than the one to which he is accustomed, the change threw him off and, with his wide stance, he had insufficient leverage to move the weight.

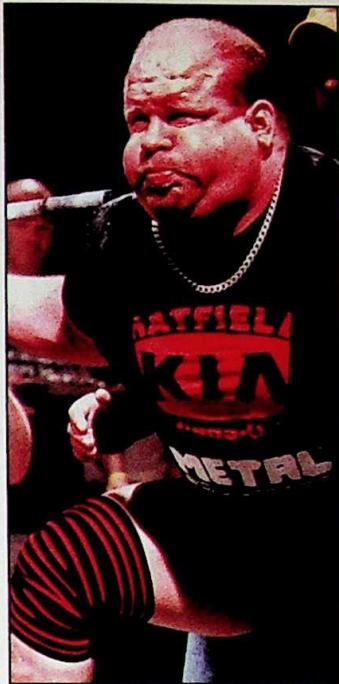
**2nd:** MARC BARTLEY, 36, 275.13, from Clayton, NC, broke through a big barrier at Garry Frank's APF Sr. Nats last June, going 1008.6, 677.9 and 716.5 for 2403. Bartley boldly opened here with 1014.1, a PR, down and up, but judged NO on depth. Undaunted he went to 1036-2W-GOOD! He picked 1058.21 for his final, yet another personal best. He fought it through as if his very existence depended on it. An incredible success! His momentum carried through to the benches. He opened with 683.4, with his lifting belt worn inside his suit rather than on the outside. He missed it. Russ Barlow reminded the officials the belt must be worn on the outside. Supremely confident, Marc went up to 699.94! Good lift. He wanted to "steal" Stafford's still smoldering WR bench, and came out psyched for 723.2. He almost made it - so close! Marc put pressure on himself missing his opening 705.4 deadlift twice. His back to the wall, 3rd time - his charm - good! His big 2463.66 was realized.

**1st:** STEVEN GOGGINS, 41, Marietta, GA @ 241.73. In 2003

at this meet, Goggins shocked the world with history's biggest squat - 500 KG. (1102.3). The rousing success shellshocked everyone (except Steve himself). He went on to BP 551.1 and topped his stunning day off with a huge 881.85 DL for a mind boggling 2535.36 TOT, still the WPO 275 record. Going against the Supers, Goggins tied big Andy Bolton and won the Championship Belt because he was only 265.54 bwt. That was his first Arnold title. In 2004, the Heavyweights and Superheavyweights became two separate categories. Steve came in at 242.28 and dominated by a 181.9 lb. margin, establishing WPO WRs for SQ (1041.7), DL (871.9) and TOT (2481). This year, Steve became the first man ever to win three consecutive Arnold titles. It did not happen without a few anxious moments. His 1042.8W/R opener was risky. Steve admitted to me that he'd started too high. First lift, he lost his groove, then he did it on his 2nd, but got called on depth after struggling up with a real gut buster. The half kilo discs were added to the quarter kilo smaller ones for his do or die try - 474 kg. (1044.991). Putting in everything he had, Steve squeezed it out for 2W, and a WPO WR. BP - he got 551.1 up, but no lift for butt raise. No sweat - he increased to 573.2 - good. Final, the barrier buster he'd waited a lifetime to achieve - 600.75! YES - HE GETS IT! DL Time - he preserved his record with a ridiculous 143.3 lb opener. He increased to 821.2 and squeezed out a good lift. He felt his glutes cramping. Did he have anything left? He got 826.7 up for TOT 1121.5 kg. = 2472.48. He'd hoped for 1135(2502.2). Goggins had hinted of this being his retirement competition, but will he go for the unbelievable No.4 in row?

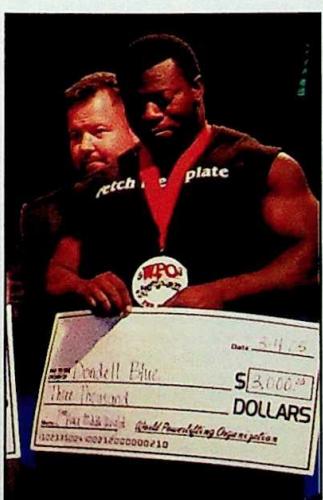
**SUPERHEAVYWEIGHTS  
MEN - (308, and over 308  
bwt.)** This was a lineup of the strongest men ever in the History of Powerlifting, but two tragic bombouts put a damper on the proceedings. Garry Frank, the first man in history to crash 2500, 2600, 2700, and 2805, began suffering from an old football aggravation (pinched sciatic nerve) at the WPC Worlds in Fresno last fall. Hoping he'd recovered, Gary opened big to (1058.2), but lost his balance. Second attempt he got reds for depth. He did not come out for a 3rd attempt. Later we learned he'd separated his shoulder and an MRI verified it. He watched from the sidelines to see who his successor would be. After the squats, we thought it might be big Beau Moore, 39, who at 331.1 made a 975.55 opener look effortless. His huge increase to

1047.2 was a PR by 5.5. He motored up with a big 1074.75 so easily it caused a great stir of excitement in the crowd. British befeer Andy Bolton bombed in the finals but was allowed to lift here, though his results wouldn't count. Andy was into a SQ frenzy blasting up w/ 1003.1, 1063.7, and finally an unofficial record of 1124.35, a 2W success achieved with extreme focus. This inspired Beau Moore to go for an unbelievable 1125.46 on a 4th attempt. To everyone's utter astonishment he made a splendid success for a new WPO SHWT WR. He thanked the Lord Almighty, but his euphoria was short lived when he opened with what seemed a safe BP - 705.4. He had a best of 755.1 officially. Three times he tried, but couldn't finish it. Not only was he eliminated, but it also invalidated his wonderful WR SQ. This left three men to continue the fight with Bolton providing great incentive. Big Don Thompson from High Point, NC, 40 @ 375.88, was the heaviest and had raised his own ceiling to 2551.85, in a 3rd place finish last Oct. in the Finals. Matthew Smith, 30, had posted 2502.25 and was 5th in last years Super Open here. Matt was a few ounces under 355 and was Westside's hope to upset everyone. Paul Childress, weighing a mere 307.11 was the WPO Finals champ with a tremendous TOT of 2579.40. Hailing from Lancaster, NY, and only 34, he is a bona-fide "giant killer". Smith went through his attempts like a red hot knife through butter: 1003.1, 1052.7, a big PR by 41, and finally 1074.75 - a 2W decision! Thompson, whose best ever was 986.6, opened with 1025.1 - missed. No worry, he barreled through it on a 2nd. Childress began w/ 1030.6, then made short work of 1091.3, and passed his last. Thompson handled 1080.26 with great authority, but 3R - not deep enough. Now it was time to lay down and shove. Bolton had problems, mis-grooving 573.2, then he got it. Andy took a giant increase - 650.3, pushed it back toward the rack too fast - lost it! Both Smith and Childress opened and succeeded with 661.4. Childress missed w/ monster tries of 727.6 and 738.6. Matt went on to nail personal bests of 705.4, then 722.1, a huge 55 improvement. Thompson carries a lot of visible muscle, despite his mass. Don risked the highest opener - missed! Undaunted went up to a PR 760.6 - rammed with power to spare! With his pork chop style sideburns remind me of former SH star Don Reinhoudt! Last shove of the day - Thompson called for 805.78, a lift that would erase



Into the 2600 Club ... Matt Smith

Garry Franks WPOWR by 1.1 lbs. He drove it up halfway, then lost it. With one lift to go the subtotals were 1796.76 for Smith: Thompson only 11 back with 1785.74, Childress in 3rd @ 1752.67. Even though Bolton didn't figure in the TOT equation he was still fighting as though he did - 1697.55. Childress went first w/ 738.6 - EZ. Smith began w/ 755.1 - no problem. Thompson manhandled 760.6, while Bolton cat and moused 782.6 (like nothing). Childress finished up first (2557.36) missing w/ 832.2. He secures third. Smith and Thompson now engaged for the WPO Superheavyweight Championship Belt and top prize money. Matt pulled 804.6 to become the second man in history to go over 2600 (2601.45). Thompson went straight to 821.2 and got it to total 2606.96, and brought himself into first place, successor to Garry Frank, as the new WPO Superheavy Champion of the World. Bolton wanted to prove that he could have beaten anybody. After Smith missed 821.2 (trying for 2617.98) and Thompson could not do 826.7 (going for 2612.47) it was Andy's time. He primed himself with an easy 859.9 2nd attempt. I arrived just in time to see him pull up 909.4, BUT ... HE WASN'T REALLY IN, SO HE DOESN'T REALLY WIN. While holding the load in the final locked position longer than needed, he inquired as to "Who's the man?" When it comes to the deadlift - OK - Bolton! Next year, he can try it for real. For this year, let's give Don Thompson the highest accolades - World Superheavyweight Champion of the WPO!



Dondell Blue took home some of Kieran Kidder's WPO bucks!

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MEN	W. Hinkle 400
Teen (13-15)	DEADLIFT
SHW	MEN
D. Kennedy 160!	Teen (13-15)
Police/Fire	SHW
198 lbs.	D. Kennedy 230!
M. Carwyle 340	Police/Fire
220 lbs.	275 lbs.
J. Case 370	W. Hinkle 455
4th-380	

! - state record. Held at Thor's Gym, out thanks to Butch Adams for all his help promoting and setting up this event and to owners Lars and Lila Linguist for sponsoring the competition. In the bench press event first-time competitor David Kennedy had a great day, taking his first of two titles in the teenage men's 13-15 age group superheavyweight class with a new state record of 160. David is a fourteen year old lifter that Butch Adams has been training, and who has made fantastic gains, losing more than fifty pounds in bodyweight in the past six months while continually getting stronger each week. In the police and fire division we had the three remaining competitors. First, in the 198 class, Mark Carwyle had great form off the chest but failed with his final attempt of 360 at lockout. Mark finished with 340. At 220 it was another first-timer, J. R. Case. J. R. finished with 370, then came back with a great personal best 380 fourth attempt! Wes Hinkle won at 275, making his first ever 400 bench in competition! In the deadlift competition David Kennedy won again at 13-15/shw with another state record of 230. Wes Hinkle won at police & fire 275, making just his opener of 455. Thanks to my son Joey for all his help and to everyone else who helped out. See you all next year! (Thanks to Dr. Darrell Latch for results)

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At the USPF/AAU Sooner State Games... best lifters included Charles Gray, Kim Brownfield, and Jennifer Rutledge (courtesy Rickey Crain)

USPF/AAU Sooner State Games		
22 JAN 05 - Shawnee, OK		
BENCH	275 lbs.	
132 lbs.	MMB	
WJB	G. Knight	415
J. Rutledge	135	MOB
181 lbs.	G. Bult	440
MJB	R. Martens	585
S. Smith	230	DEADLIFT
MMB	165 lbs.	
C. Gray	345	MJD
198 lbs.	R. Crain	400
MMB	181 lbs.	
R. Werner	260	MMD
J. Parsons	350	C. Gray
J. Dotson	325	505
WMB	198 lbs.	
T. Frizell	195	R. Werner
242 lbs.	242 lbs.	400
MMB	MMD	
Brownfield	530!	B. Hickman
R. Carlson	400	420
MSB	SHW	
B. Chambers	—	MSD
!=American AAU/USPF Records. Outstanding Men Bench Press - Kim Brownfield. Outstanding Men Deadlift - Charles Gray. Outstanding Women Bench Press - Jennifer Rutledge. (provided by Rickey Dave Crain)		660!

USAPL Wisconsin State				
29 JAN 05 - Racine, WI				
BENCH	D. Johnson	518		
WOMEN	J. Jones	407		
114 lbs.	275 lbs.			
C. Wilson	66	G. Gulseth		
MEN	451	R. Stillman		
148 lbs.	HWT			
A. Olsen	264	T. Smith		
T. Hartman	259*	Master		
165 lbs.	J. Ray	429		
T. Krueger	374			
198 lbs.				
E. Pelky	402			
220 lbs.				
Malcomson	551			
242 lbs.				
Open				
Master				
D. Doan	606			
MEN	SQ	BP	DL	TOT
Open				
123 lbs.				
M. Knight	363	203	369	936
132 lbs.				
A. Phillips	451	264	451	1168
148 lbs.				
S. Mikulecky	424	253	507	1184
Schwalbach	380	236	435	1052
R. Skinner	275	224	424	947
165 lbs.				

P. Banister	198	137	248	584	Teen (16-17)
Junior					165 lbs.
Niederkorn	352	187	358	898	R. Spaly
A. Tsilis	225	88	220	534	Junior (20-23)
S. Langer	220	104	281	606	308 lbs.
Best lifter of Open Div. - light category (114-181 lbs.); Aaron Phillips, Best lifter of Open Div. - heavy category (198 - HWT.); Scott Lade. (results from Bruce Sullivan)					242 lbs.
					242 lbs.
					B. Chad
					700
					475
					665
					1840

APF/AAPF Tri Cities Open					
11 DEC 04 - Grand Haven, MI					
AAPF	SQ	BP	DL	TOT	
WOMEN					
Teen (16-17)					
132 lbs.					
K. Quino	115	105	225	445	C. Mercier, Jr.
148 lbs.					—
K. Czerwic	220	—	—	—	—
MEN					Master (50-54)
Open					220 lbs.
123 lbs.					F. Givens, Jr.
A. Naik	250	165	265	680	520
M. Hardy	450	315	500	1265	420
198 lbs.					620
J. Soule	570	465	600	1635	1560
J. Hanson	550	450	540	1540	165 lbs.
J. Proce	530	450	525	1505	B. Creech
220 lbs.					205
F. Giens, Jr.	520	420	620	1560	110
M. Szudarek	—	—	—	—	245
242 lbs.					560
J. Caporosso	600	545	540	1685	450
C. Tallman	645	—	—	—	525
308 lbs.					1800 lbs.
B. Klaus	835	—	—	—	650
SHW					500
R. Bierschbach	730	470	630	1830	145
Teen (18-19)					1850
165 lbs.					780
S. Mercer	—	—	—	—	2035
Teen (14-15)					—
275 lbs.					—
L. Paul	405	225	375	1070	—
Submaster (33-39)					—
198 lbs.					405
J. Proce	530	450	525	1505	225
L. Paul	405	225	375	1005	375

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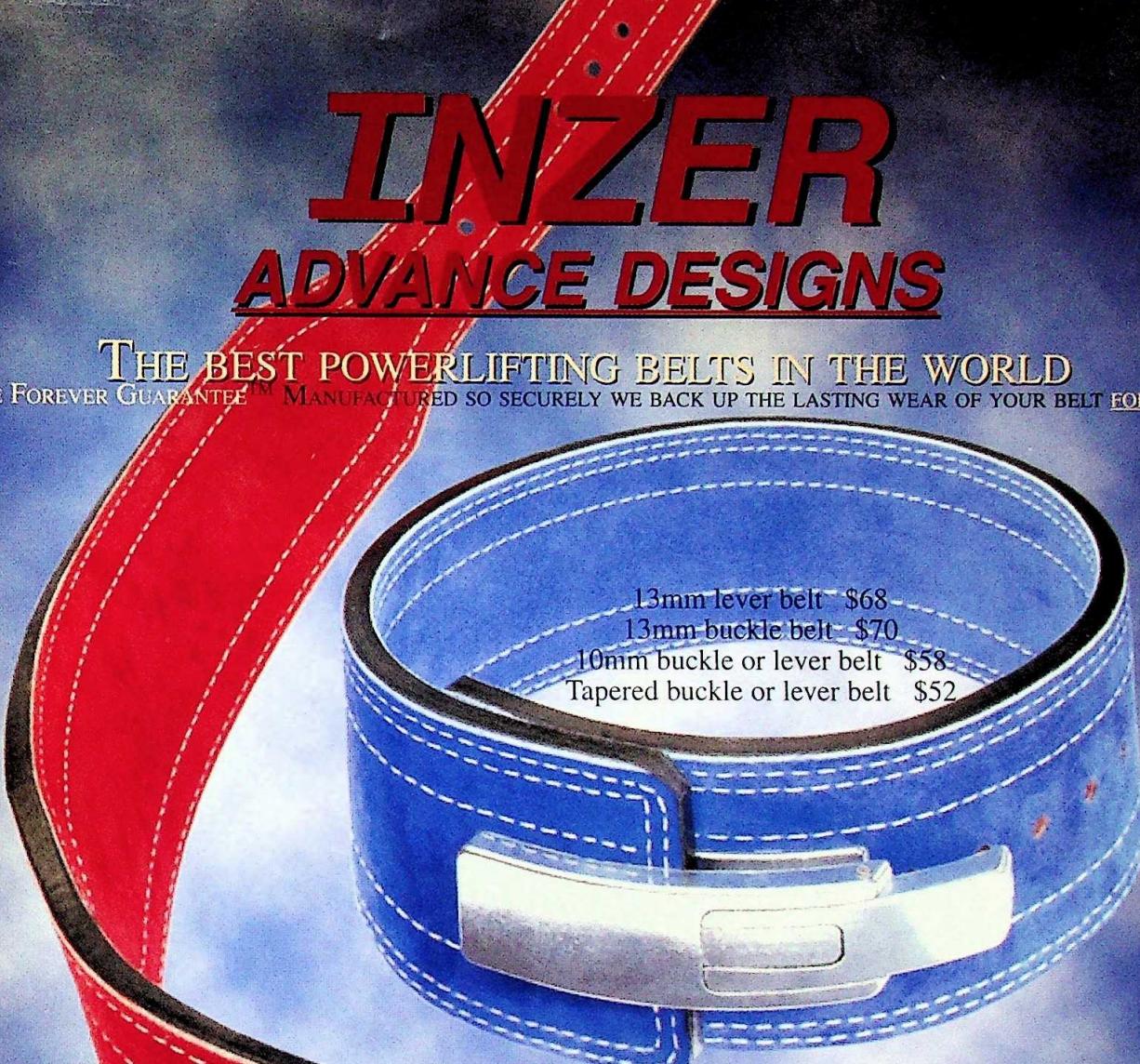
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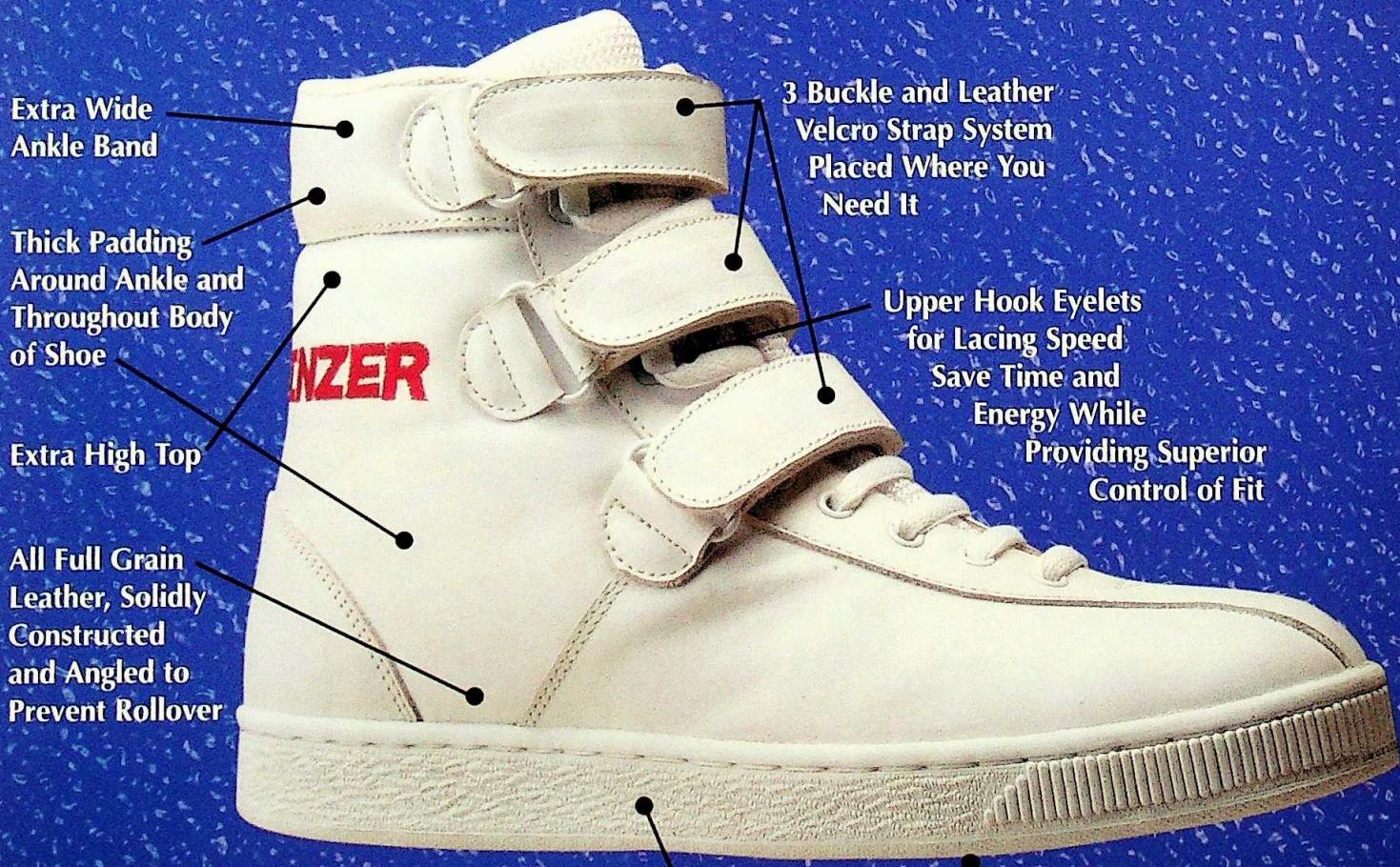
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