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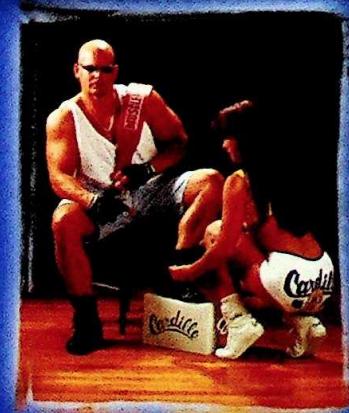
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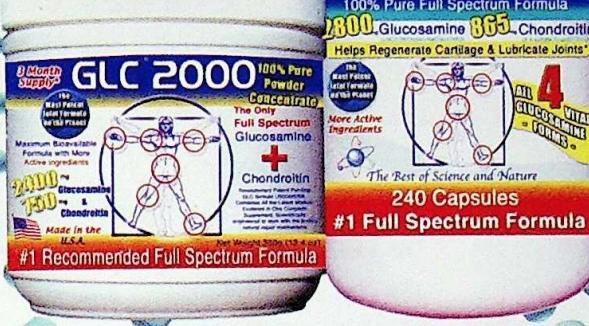
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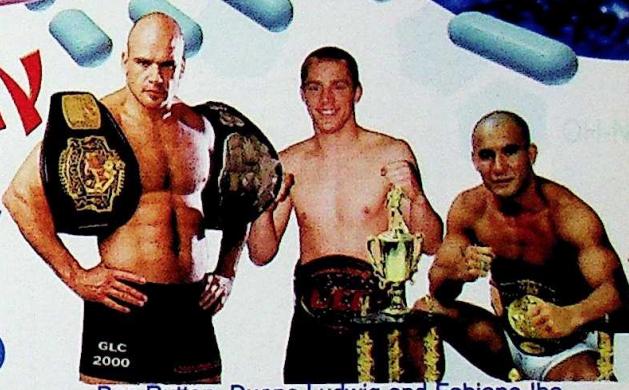
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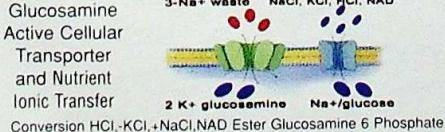
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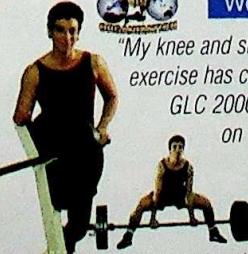


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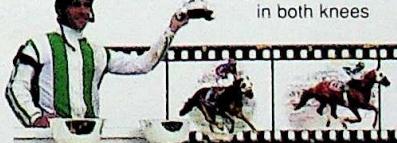


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Post Office Box 467
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
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First Class Mail, USA, 1 yr...\$54.00
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ON THE COVER (upper left) Jim Grandick - Best Open Male Lifter at the WPC Worlds; (upper right) Tom Eiseman with a 744 pull at the WABDL Nationals (Namea photo), and (bottom) Horace Lane with a 700 BP, the biggest lift at the BA Worlds (courtesy Mukite)

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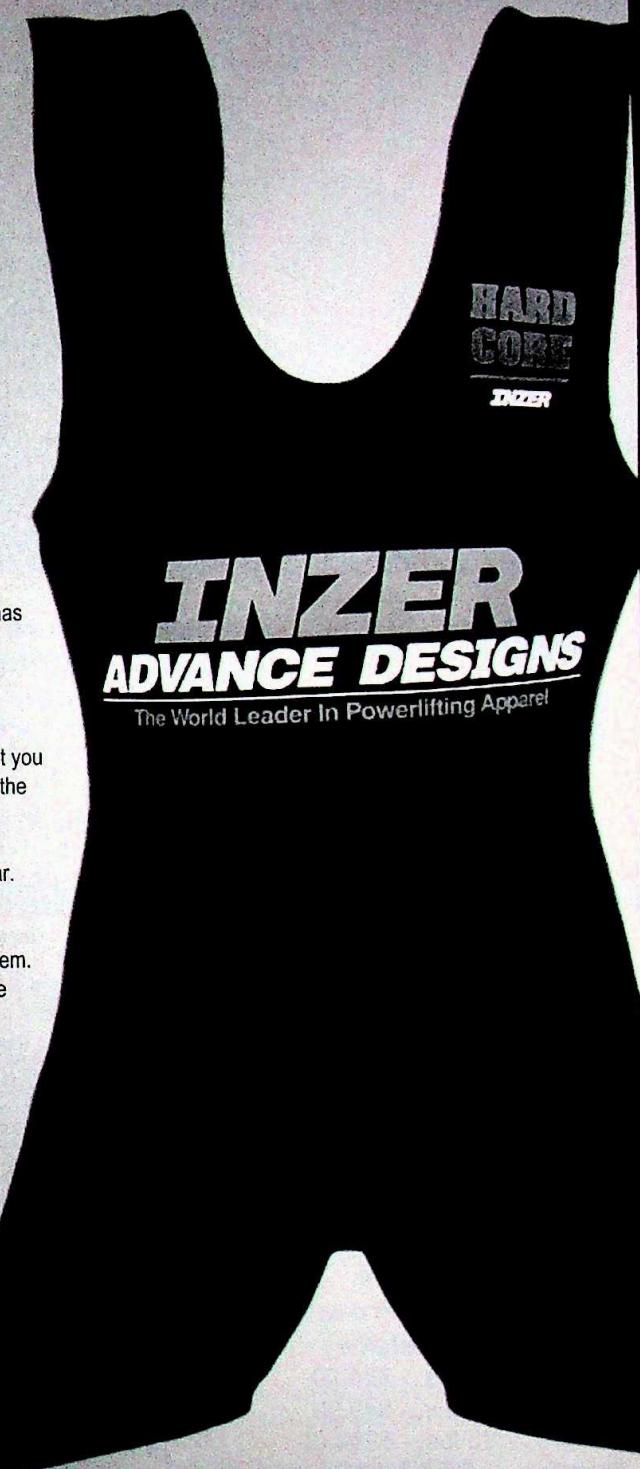
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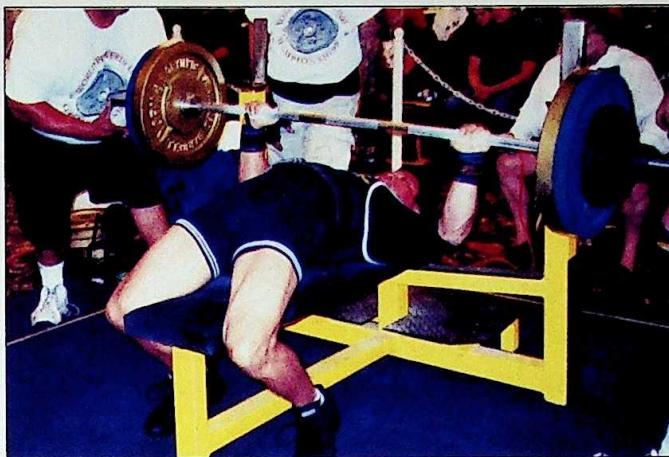
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A total of 43 benchers participated in the World Powerlifting Congress - World Bench Press Championships, which took place the first two days of the week long competition; Tues., Oct. 12 and Wed. Oct 13 '04 at the University Piccadilly Inn Hotel in Fresno, CA, USA.

WOMEN - Natalya Erkan, 26, RUS (145.94) lifted 176.36 taking 1st in the 67.5 kg. (148.81 lb.) class Women's Open. Katarina Murancanova, 25, SLO (171.95) made all 3 lifts (286.59) winning the 181.88lb. Women's Open category. Tammy Thomas, 34, a former world ranked racing cyclist who's turned to PL, has suffered injuries recently. She tried a shirt she'd never used before at this meet which resulted in her bombing out. Tammy has a bright future coming next year. I predict it. The Open women's +90 over 198.41 lb. bdwt. category had two entries which rounded out the very small group of women. Veteran Finnish PLer, now a BP specialist, Tarja Rantanen, 47, weighed only 201.5, but shattered the 45-49 Women's 45-49 age group single lift twice with 157.5 kg. (347.22), then 167.5 (369.27). Despite a bad case of food poisoning, Maricelle Mendelson sucked it up and got her opening lift of 125 kg. (275.59) on the board the second time around,

World Powerlifting Congress World Bench Press Championships *as told to PL USA by Herb Glossbrenner*



Doug Van Affelen of the USA, with a 187.5 kg. bench. (Herb photo)

but missed her final with 142.5 (314.15). This gave her 2nd place in a World Championship in only her second meet. Raising three kids and putting up with the tribulations of her hubby Scot makes her success even more noteworthy.

MEN - Masters lifted in the afternoon. Gary Bobrovitz, 52, CAN,

made his 60 kg. bwt. late Monday night (132.27) right on the nose, but was cramping so bad the day of the competition he opened with a mere 82.5 (181.88) shirtless to insure the win. Then he tried his new shirt with amazing results popping up 350-54 age group WRs in a row: 123.0 (271.16); 127.5

(281.08), then on a 4th attempt he got 130.0 (286.59). Gary had busted his own record by 16 lbs. When push comes to shove, this Canadian T.V. news anchorman has it! Surrender Dhah, 56, toyed around and took the Masters 55-59 victory doing two token lifts (154.32) This former World Class OLer from India could lift some big weights if he spent more time in Kym's Gym. The 75 kg. (165.34) wt. categories saw Alexander Martyniak, 19, UKR, @ 160.05 hoist the gold with 150 kg. (330.69). Nick Marinis, 41, duplicated the "nil" he got at the Nationals by starting too high, with 192.5 (424.38) being his 3rd strike. Yours truly lifted sans shirt with a partially torn right rotator cuff and went to 2/3, with a last lift of 225.97 completed, but not to the satisfaction of two of the officials. New kid on the block, Robert Mattison, 67 of San Rafael, CA (USA), benched 231.48 for the 65-69 win, a warmup for the full power meet later on Thursday. Iron Game legend Dick Giller, 77 of Florida duplicated his 125 kg. (275.59) WR lift he'd done in FL last year and almost got 127.5 (281.08) on a 4th trying to better his untouchable mark. Dick was 1955 OL National Champ and still can make the same wt. class 49

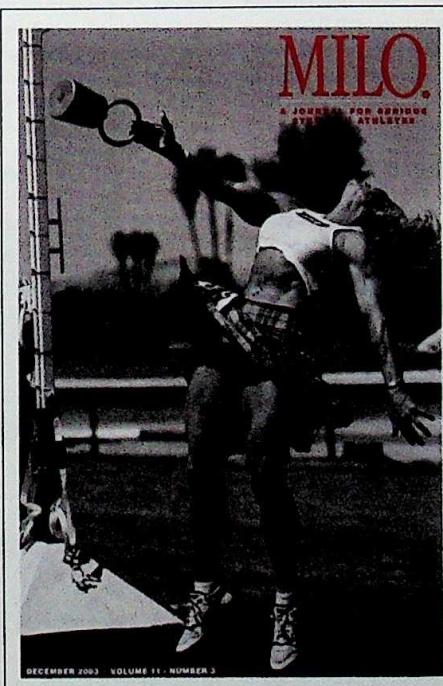
(article continued on page 84)

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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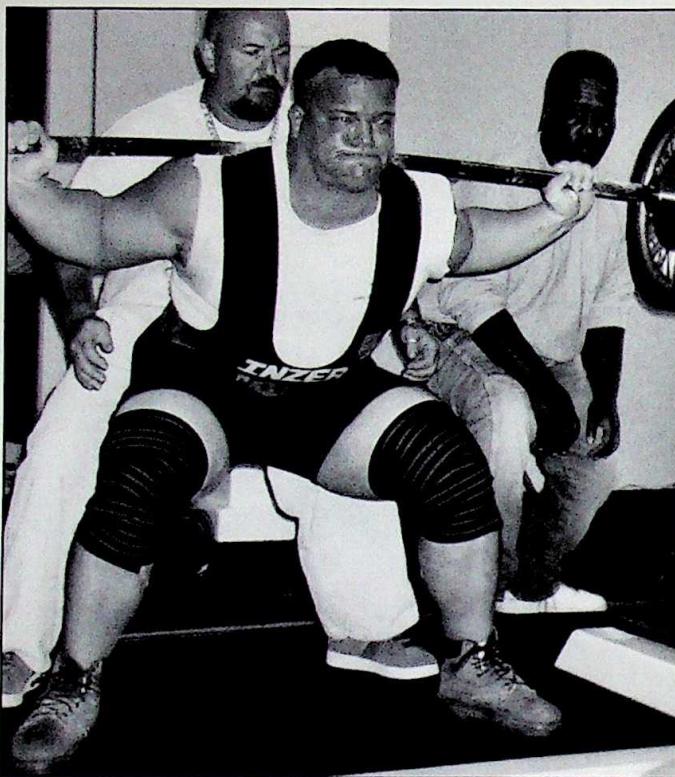
This year's WPC Worlds was held Oct. 13-17, 2004 at the University Piccadilly Inn Hotel in Fresno, CA (USA). Bob and Kim Packer, proprietors of Kym's Gym, served as co-meet directors. Wheeler's Exercise Equipment of Fresno served as top sponsor. The Powerlifting competition took place Thursday, Oct. 14 through Sunday, Oct. 17. It was a good venue, with many places to dine within a couple of blocks walking distance. Instead of the traditional gold, silver, and bronze medals, awards were beautiful large plaques designed by Kym Packer herself, suitable for mounting on the wall or placing in one's home trophy case. Although the number of participants was abnormally low, as well as the number of countries participating. The two WPC World Superpowers of FIN and RUS sported full teams, as well as a small group from CAN, and several participants from as far away as Australia, Germany, Slovakia, and the Ukraine. There was a total number of 101 lifters who hoisted the biggest iron they could muster in the four day three lift competition. Bob Packer drove all the way to Las Vegas to pick up an extra Monolift - a big task in itself. Al Garcia of Sacramento loaned Bob his as well. There were two in the backroom and one on the competition platform. A successful meet with happy lifters is a reward in itself. Thanks to Bob and his crew for everything. The meeting of the WPC Executive Committee, presided over by Kieran Kidder, took place Oct. 16, Sat. evening. One big change was the unanimous passage of the new Herb Glossbrenner Powerlifting Formula to replace the Reshel Formula for the APF and WPC. A new rule was passed that elbow wraps may be worn for the squat and deadlift, if a lifter so chooses, but are not allowed for the bench press. Another rule was passed that the bar is not allowed to touch the lifting belt when executing the bench press.

The powerlifting competition actually began Oct. 13th, Wed. afternoon, Session 4, with all Teens and Junior Men; with one female lifter in this group. Taylor Ladnier, 14, at 60



Taylor Ladnier, spotted by her Dad Joe on a great day for both (Joe L.)

WPC World Championships as reported for PL USA by Herb Glossbrenner



Scott Weech tries a ponderous new 308 18-19 World Record - 931 (Herb)

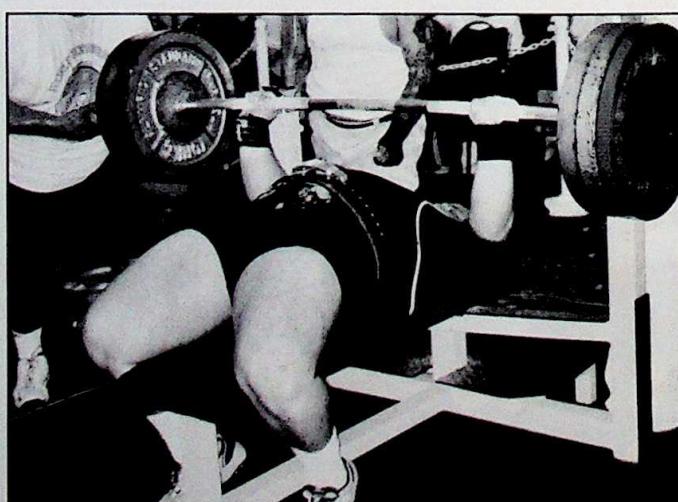
kg. (132) was hotter than a pepper sprout, stroking the hapless barbell into submission with her surprising strength. She gets her genetic superiority from her famous dad, Joe. Nine lifts and no misses, a perfect day for this amazing young lady. She set no less than 9 WPC WRs in her 13-15 age group bracket. She broke the SQ record thrice (374), the BP WR twice (171) and her final DL was a WR also (286). She created a TOT record with each DL she took. Final Tally - 832 - outstanding!

Also at 132 in the Juniors (20-23) was Shant Sheklianian, 21, USA, who TOT'd 1069.24 via 396.8 SQ, 264.6 BP and 407.85 DL, going 8-9. At 148, Blake Sumner, 15, from Oregon demolished his own 13-15 WRs setting no less than 8 WRs himself. All 3 SQs were WRs (501.55), BP - two more (314.15), and add his 402.34 3rd DL for a 9-9 perfect day. All 3 TOTs broke his own WR, scoring 1218.05 ultimately. His daddy, formerly known as Lord Greystoke, was delirious with joy, jumping up and down. At 220, Tyson Orwoll, 21, USA won the Juniors (20-23) with 6/9, TOT 1377.88. Also at 220, Robert Fredette, 17, USA, had well balanced lifting with successful lifts of 650.36 SQ, 396.83 BP, 611.78, TOT 1658.97. Robert gave us a big scare when his legs buckled trying a WR 16-17 SQ of 749.56. He pitched forward, but the spotters averted a serious injury. Christian returned unscathed and finished with no misses thereaf-

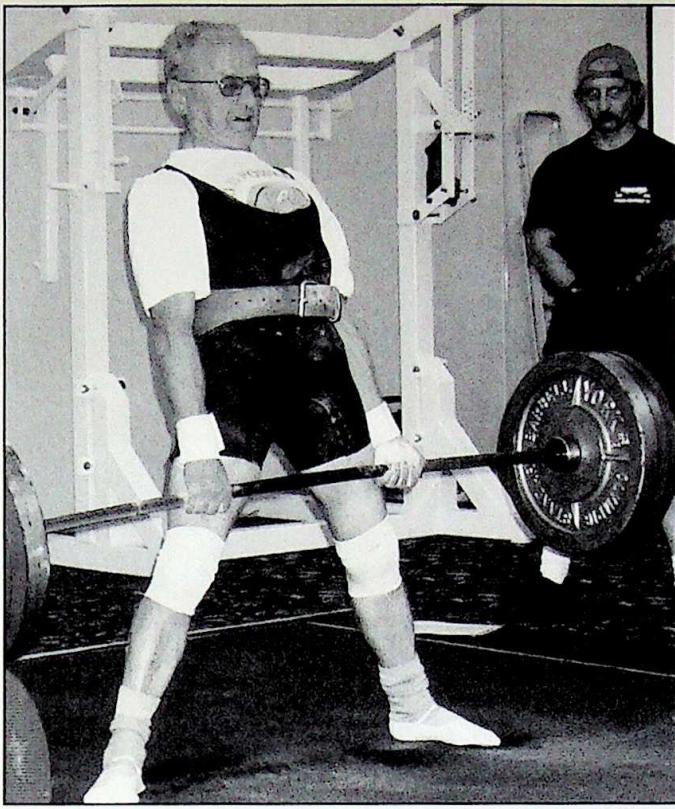
ter. At 275, Daniel Macri broke 6 (13-15) World age group records belonging to himself, with 507.06 SQ, 319.66 BP, 485.01 DL and 1311.75 TOT. Dan came all the way from Australia and was a real favorite with the crowd. Max Tooker, 19, USA, took the 18-19 title with good lifting - 1548.73. He was so happy with his performance, especially since his dad had kept him awake snoring loudly the night before his competition. At 308 a couple of USA powerhouses showed that our future generation is getting stronger. Max Higgins, 21, USA is a CAL boy who is built along

the lines of a Brinks truck. He SQed 826.73, 2nd att., following his missed opener. His BP was out of sight as he hit 600.75 on a 2nd attempt. This set him up for a successful WR of 283 kg. (623.90) on his final lift which rocked the house. Max is a good puller too - 633.82 gave him a big win - 2083.36 TOT. Unfortunately, there was one fatality - Justin Graham, 19, USA missed all SQs @ 573.19. This left the spotlight to shine on the Florida Leviathan, Scott Weech, who shattered 7 WR on his way to the 18-19 308 title. He broke the SQ record twice: with an 854 opener, then a picture perfect 903.89. He tried 931 on a 3rd, but got pinned. BP - Scott fought out two WRs: 540, 2nd attempt, and a refusing to quit 3rd w/ 551.15! After pulling a 672.4 2nd DL and setting a WR TOT of 2127.43 he tried 705.4 to lay claim to the DL record also. It hung up and refused to lock out, inches from the top.

Oct. 14 Session 5 convened Thursday morning with the Master Men 114 thru 198 going in the Morning, and the 220s and 242s having at it that afternoon: 132 - Scott Richey, 47, won unchallenged - 1041.67 TOT in 45-49s. Lots of good lifting in the 148s! Vince Tanabe, 41, is always game. He won the 40-44s with a token BP, due to injury, but SQed and DLED well: 473.99 and 501.54 respectively for a 1168.43 TOT. Tim Judge, 45, a former APF open Champ from Ohio, who has rehabbed serious injuries, pulled himself up by the bootstraps and refused to throw in the towel, despite such adversity. He broke the 45-49 WR BP twice (352.73) and TOTed a respectable 1284.17 for his win. Masters 50-54 saw Gary Bobrovitz, 52, of CAN come in at 139.33, as he had vacated the 132 class forever. Still cramping badly from his ordeal of making weight for the BP competition, Gary tokened in SQ and DL, but popped a huge WR BP first time out in his new weight category (310.84!) At 55-59, Ted Feight, 57, USA from Michigan had a banner day: 9-9 with PRs in all the lifts



Max Higgins with a 20-23 308 World Record 283.0 kg. BP (Glossbrenner)

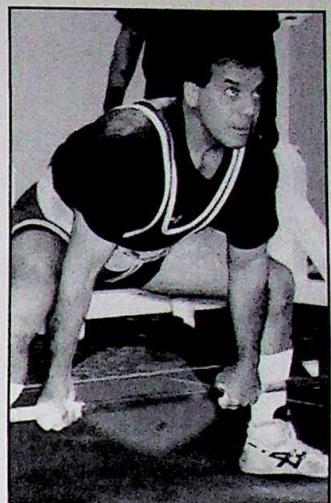


Joe Stockinger (CAN), with a 440 pull at 70-74, 148 lbs. (Glossbrenner)

352.73 SQ, 225.97 BP, and 363.75 D/L, for a 942.46 TOT, for his first ever World title and it was most deserved. His runnerup, Mr. Dhah, 56, USA tokened only and "Surrendered" to Ted's superiority. At 70-74 a real standout newcomer was Joe Stockinger, 74, from Canada. This former IPF competitor tried his skill in WPC for the first time and shocked everyone with his fire, spirit, and unbelievable strength. Joe's 339.66 SQ, and 242.50 BP are amazing enough, but the surprise of the whole meet was his DL ability. He literally pulled up two WR DLs of 418.9 and 440.92 like the plates were made of a aluminum. This busted Frank Richey's record and that is saying something. Joe's TOT of 1003.89 is quite an accomplishment. Richey was present, but injured and didn't lift. Stockinger may well get Richey's 363 SQ record, 270 BP record, and 1019.6 TOT record in the future, but Frank might have something to say about that. At 165, Richard Cirigliano, 49, claimed victory. His frequent travel keeps him living out of a suitcase. He trains at whatever gym he can, wherever he can, whenever he can. His 573.19 DL gave him a 1372.36 TOT. Robert Mattison, 67, USA, just keeps getting better and better. His first 3 lift meet was back at the Nationals, as he formerly did BP only, until I talked him into trying all three. Mattison got 2nd place here with big improvement in all lifts: SQ 330.69, BP 242.50 - 11 more than he did winning the BP title earlier on, and a 374.78 2nd attempt DL. TOT 947.97 - run-

ner up in the 65-69, 165s. I must say I thought Richards 3rd DL of 385.8 looked good. The 65-69, 165 champ is probably the best Master PLer on earth. Richard Flores, 67, from IL, on top of his game here setting incredible 65-69 World age group records of 523.59 SQ and 529.10 DL to go with his 264.55 BP. His 1317.24 TOT, also a WR, is just utterly fantastic. He won the outstanding Master lifter award over Mr. Stockinger. Another tough ole customer is Martin Garry, 75. Martin broke more World Records than anyone in the whole meet - ELEVEN! (Macii set 11 also, but lifted twice to do it) His Masters 75-79, 165 class records will last for a long, long time: SQ 336.2 (4th), BP 220.46, DL 424.4 (4th), and TOT 947.97. At 181, the 40-44 title went to the man everybody calls "MR.

CANADA". Vince Graham goes a bit overboard with his cardiovascular work! A 25 kilometer walk over rough terrain is all part of his conditioning. Vince loves fresh Canadian outdoor air and hates the treadmill, so he sez. His rugged conditioning program may have taken place too close to his lifting date. Vince's strained himself beyond belief to finally secure his do or die 3rd SQ of 661.3 to stay in the competition. His BP was sharp (418.87), and he looked good for 11 more. A DL of 573.20 gave him 1653.45. The 45-49 World Champion is Kent Richardson, 45, who missed only one lift (a 385.8 BP) in his nine trips to the platform. A prison guard back in Michigan, I'd dubbed him the Michigan Mauler in one of my previous articles. This resulted in all the bad boys behind bars giving him a wide berth: SQ 578.7, BP 363.76, DL 600.75, and 1543.22 - a best ever performance. In 2nd place was Bob Fabiano, 47, who was the biggest bencher of the trio (402.37). My Iowa buddy Doug Peterson, 49, had been nursing a lot of injuries, but came and delivered a 1410.94 TOT for third place honors. Masters 50-54 saw Greg MacMillan, 52, score 1421.96 TOT for the win. A proud pappa, still exulting over his son's performance, managed 1295.2 TOT as runner up. I'm speaking of Greg Sumner, the Oregon wild man. By the way, we wish a speedy recovery to Gordon Olson who had undergone quadruple bypass surgery, I'm told. The Masters 65-69 saw a CA PL legend Coy Sanders emerge from retirement, to set a WR 275.57 BP and win as well. At 198, David Fleming, 42, USA, topped Chris Mullen (not the NBA star) 1736.12 to 1493.61 in the 40-44s. At 45-49, USA & Golden State great Keith Kanemoto lifted well (710.98 squat and 1692.03) for runner-up. Winning in an overwhelming manner washardcore legend, Marc Caplan, 46, who spent about 20 some years rehabbing himself from terrible injuries back in 1982, when he was in his 20s. At the Nationals, he electrified everyone with his stellar comeback, especially his superb 810.2 SQ. He SQed 749.56 (2nd attempt) here



Richard Flores the Best Master Lifter of the Meet. (Glossbrenner)

then leapt to a mind boggling 826.7 on his final try. A bit too much this day for mighty Marc. Add in a good 435.41 BP and an outstanding 639.33 DL gave him an 1824.30 TOT. At 50-54 Kent Bush, 52, used the power of his mighty back (once a 738 DLer) to secure a 655.87 SQ and pull 589.73 DL for a TOT of 1499.12, and an unchallenged victory. Jim Razor, 55, also USA, topped the next group with his solo flight TOT 1135.38. At 65-69 it was that indomitable Pete Wilson, just taking it EZ, coasting to a 1201 TOT. He's unbeatable, and a youthful looking 68, at that. At 220, Mike Taylor, 42, a Big Iron boy from Omaha, NE set a new AR TOT of 1967.6 which included a 760.6 SQ in the 40-44s. At 50-54, it was Charlie Maxwell, 50, from Michigan, with a 749.56 SQ and 1818.79 TOT. Runner-up was Robert Olinger, also USA, with a 1421.96 TOT. At 55-59, John Burgard, 56, USA scored 1372.36 to top Ron Birch, 58, a real affable fellow from AUS whose 5/8 TOT of 1234.57 for runner-up. Terry Lancaster, 61, of USA, played a game of Solitary in the 60-64s, and came out a winner - 1405.43. Floyd Irons, 68, from the Los Angeles Lifting Club, had lots of aches and pains and a bad case of vertigo (from an inner ear infection). He was staggering all over the place, but hung in there to become World Champ in the 65-69s. At 242, Randall Ward, 40, couldn't register one of his 661.38 SQ tries, so this year's 40-44 242 class has no claimant to the title. The 45-49, 242 group was hotly contested. Duane Fuss, 47, braved the trip from CAN and finished 4th with 1714.07. In 3rd place was Dennis Montenbault, 48, USA. Dennis couldn't deliver the monster SQ that he shocked us with a couple of years ago, but did manage the biggest of the four men, producing 755.07 as well as a good 1730.62 TOT. Mr. Thomas Bowman, 48, also USA, did some fine lifting with a 612.4 SQ, the biggest BP w/501.54, (article continued on page 86)



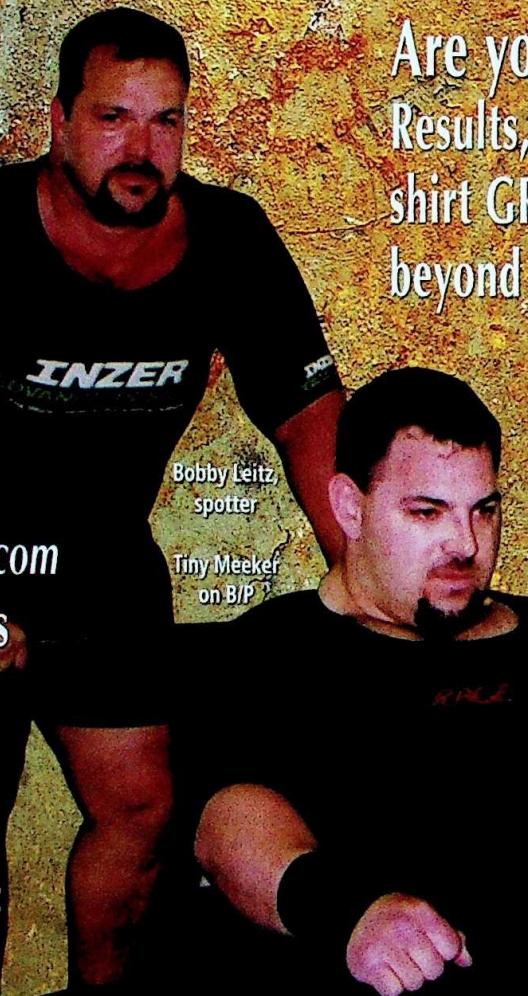
Kent Richardson, 45, USA, benching 363 on his 2nd attempt (Herb. G.)

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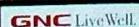
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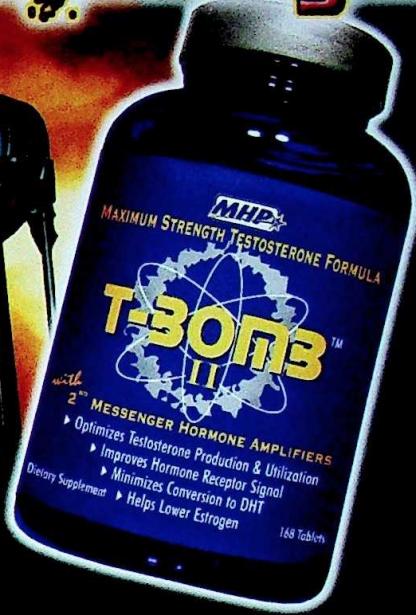
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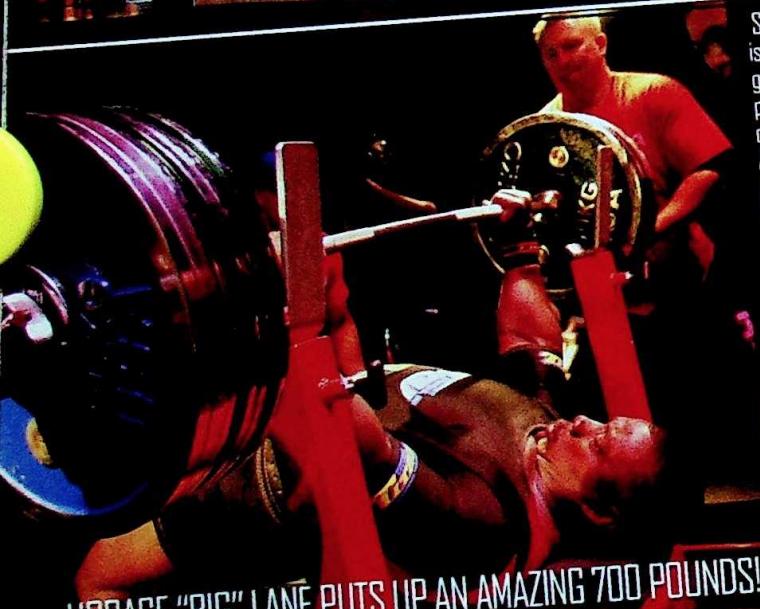
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HORACE "BIG" LANE PUTS UP AN AMAZING 700 POUNDS!

October 10th - BenchAmerica has done it again! For the third time, Joe Mukite and company have pulled off a top shelf powerlifting production and, this time, one of global proportions! Coming off the highly successful BA and BAI, the promoters decided to pit five of their current champs against elite, five lifter teams from three other nations in a world cup setting. Benchpress teams came from Russia, Japan and the Czech Republic to take on the Americans and it was white knuckle action from the opening attempt! As the iron gladiators psyched themselves up for each lift, the coaches number crunched and strategized and the stage crew piled on plate after plate. And through it all, the beautiful Chicago Rush Dancers paraded across the stage displaying the attempt cards, the DJ cranked up the audio inspiration and the Chicago fans raised the rafters! Each attempt saw a new lifter or team jockeying for the lead and the fate of the nations' best rested on the bending bar time and time again! And when the dust had settled, the Japanese Samurai walked away with the team victory, but Team USA had the biggest lift of the meet in both the men's and women's divisions! Horace Lane, Brad Kelley, Ralph Young, Joe Smith and Jennifer Thompson did our country proud.

Benchpressing's return to American television is both very welcome and long overdue. Powerlifting is one of the fastest growing sports in our country and it has also built a strong following abroad, especially in Europe. The IPF is now over 90 nations strong and when they hold a world championship in Europe, the Eurosport television network airs a one hour highlights show in 68 countries and in 18 different languages!

Some critics have written off powerlifting's chances of getting into The Olympics. But, the reality is that it is very likely that powerlifting will soon be joining the Olympics' roster of competitions. To get a sport into the Olympics requires diplomacy, integrity and perseverance. Fortunately for powerlifting's Olympic hopefuls, IPF President Norbert Wallauch has all three of those characteristics in aces. Wallauch is in regular contact with the International World Games Association and the IOC Recognized Sports Federations. Furthermore, the IPF is a member of the General Association of International Sports Federations and they are the sanctioning body that handles the powerlifting at the World Games, which is the sports festival from which The Olympics drafts its new additions. To make the situation even more promising, the Olympics obviously wants to include all sports that are popular and with BenchAmerica now regularly airing prime time in the USA, powerlifting has just made a great leap forward in that respect! Mr. Wallauch understands this and, even though BenchAmerica is not an IPF sanctioned competition, he was gracious enough to make the trip over from Europe to attend the competition and to give his highly valued insights and advice.

Currently, the BenchAmerica.com website is being totally upgraded and you will soon be able to browse thru picture galleries, download video clips and get all the results of past competitions and news briefs on upcoming ones. BAIII will be taking place in the fall of 2005 and all rules and qualifying requirements will be posted on the website before January 1st so all lifters will have ample time to get on board and have the opportunity to qualify. The website building will be an ongoing process so keep checking back and watch for official contest updates in future issues of Powerlifting USA.

This international undertaking would have been incredibly difficult were it not for the assistance of Inzer Advance Design's Peter Thorne; powerlifting ambassador extraordinaire and analyst for BenchAmerica's broadcast team. Mr. Thorne went into overdrive making arrangements with top IPF coaches, organizing championship caliber competitors into national teams and securing safe passage across the Atlantic and Pacific for all who would make the journey to Chicago and we greatly appreciate his professionalism and service to the sport.

The sport of powerlifting is sweeping across the nation and we'd like to say thank you to the thousands of people who are making this happen. From the parents organizing high school federations, to the promoters hosting sanctioned meets in their states, to the lifters competing and teaching others how to train and to the companies that sponsor powerlifting; you have built benchpressing into the success it is today. Thanks to all of you, powerlifting is back on television and it's recapturing the hearts of our nation's sports fans. A special thanks to Inzer Advance Designs, House of Pain, Powerlifting USA, Red Bull, Panasonic, Strongarm Sports, Jeff Everson, Holiday Inn, Sherman Health, Prairie Rock Bar & Grill, Courier News, the judges, spotter/loaders and production crew and to the City of Elgin for officially hosting the competition.

The inaugural BenchAmerica vs. The World was an awesome display of power and it will be airing nationwide via Fox Sports Net this March! The production and marketing crews will be working round the clock creating the broadcast and it is going to have you riveted to your seats! The specific dates and times will be listed in the next issue of Powerlifting USA, so keep the pizzeria on speed dial and invite your lifting partners because benching is coming back to your living room this spring!

Stay Strong,
Seanzilla Katterle
HardcorePowerlifting.com



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WOMEN							
YUKAKO FUKUSHIMA	JAPAN	103	1.015	254.00	270	292.00	297.405
VALENTINA NELYUBOVA	RUSSIA	137	0.8258	265.00	292	309.00	255.172
JENNIFER THOMPSON	USA	134	0.8402	303.00	303	309.00	254.581
MARCELA BALOGOVA	CZECH	109	1.0299	198.00	209	220.00	215.249
LIGHTWEIGHT							
HIRO ISAGAWA	JAPAN	131	0.8594	397.00	419	440.00	378.136
JOE SMITH	USA	144	0.7901	424.00	424	440.00	335.002
VALERI BOGDANOV	RUSSIA	147	0.7747	397.00	419	440.00	324.599
RUDDOLF BOHM	CZECH	146	0.7813	308.00	331	342.00	267.205
MIDDLEWEIGHT							
DAIKI KODAMA	JAPAN	166	0.7099	551.00	551.00	551.00	391.155
ALEX VOROBIEV	RUSSIA	190	0.6515	551.00	573.00	584.00	380.476
MARTIN KOSNAR	CZECH	218	0.6103	463.00	485.00	496.00	302.709
RALPH YOUNG	USA	219	0.6096	601.00	601.00	604.00	0.000
HEAVYWEIGHT							
BRAD KELLY	USA	246	0.586	628.00	628.00	635.00	368.008
SHIGEKI MINAMI	JAPAN	240	0.5897	595.00	606.00	606.00	350.872
ZBYNEK KREJCA	CZECH	247	0.5849	557.00	557.00	562.00	325.789
VICTOR SHABANOV	RUSSIA						0.000
SUPER HEAVYWEIGHT							
HORACE LANE	USA	281	0.5674	672	688	700.00	397.180
DAISUKE MIDOTE	JAPAN	307	0.5606	678	694.00	695.00	389.617
VLADMIR MAXIMOV	RUSSIA	293	0.5632	639	672.00	683.00	378.470
TOMAS SARIK	CZECH	277	0.5689	573	595.00	595.00	325.980

Team Standings

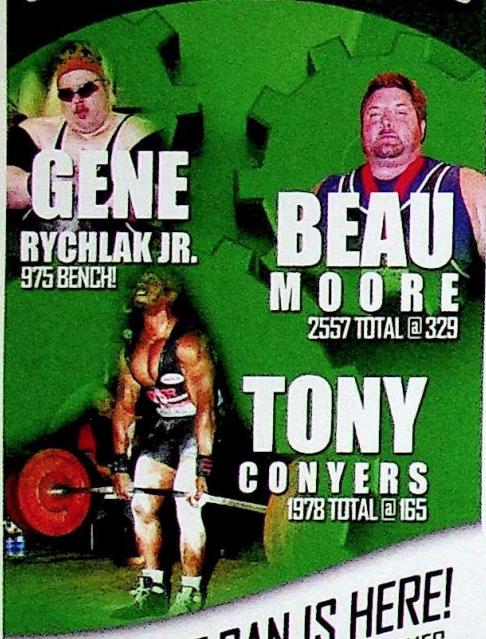
- 1st Place Japan 1807.184
- 2nd Place Czech Republic 1436.93
- 3rd Place USA 1354.77
- 4th Place Russia 1338.72

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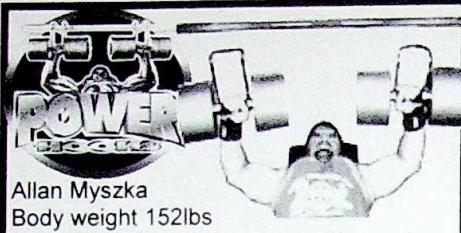
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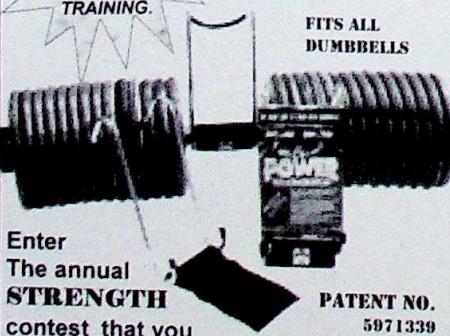
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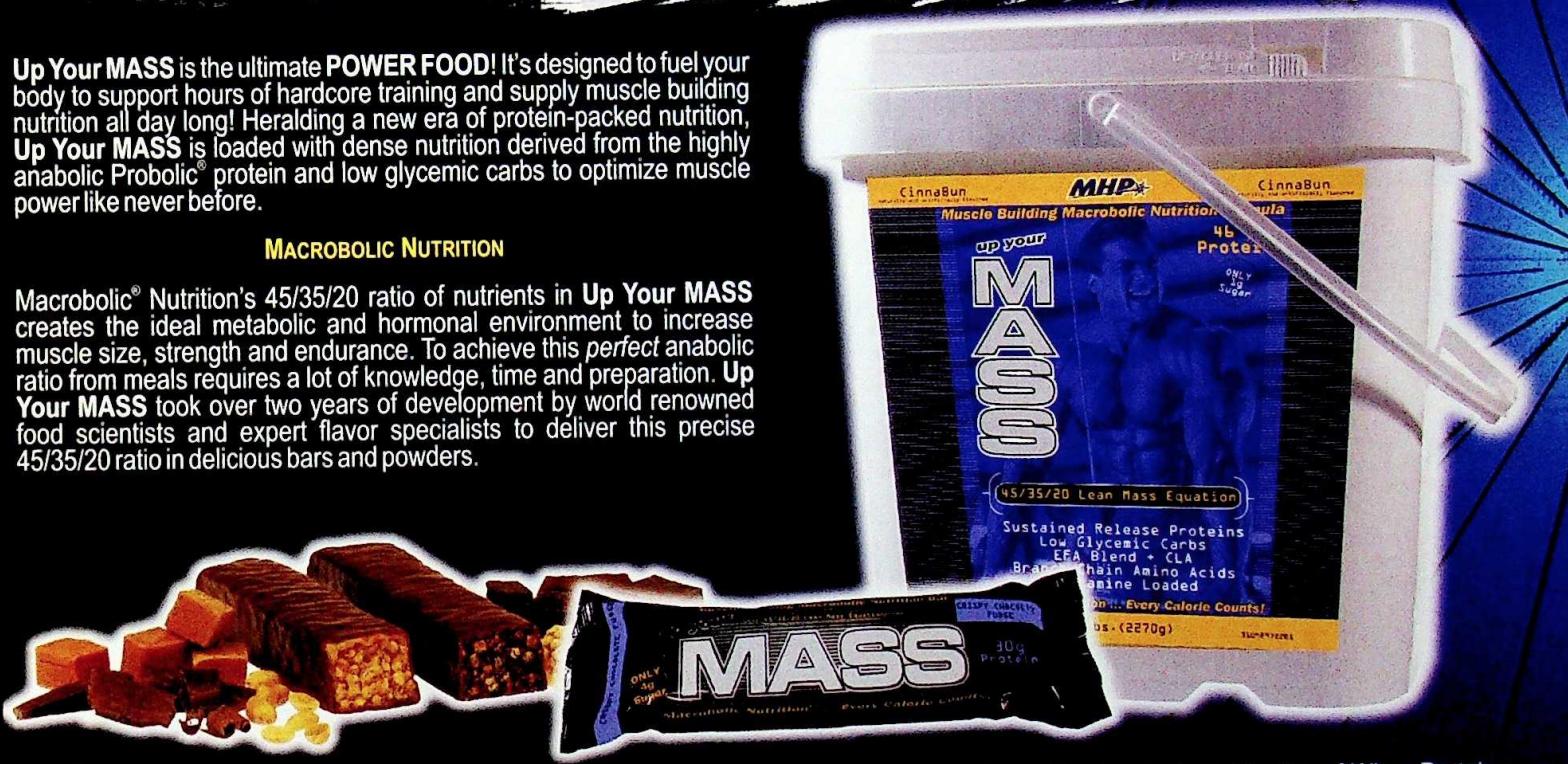
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TRAINING

SPEED WORK as told by Louie Simmons

At Westside we have a speed day for squatting, deadlifting, and benching. This is also referred to as the dynamic method. That is, we use submaximal weights with maximal speed. It is designed to develop a fast rate of force in a minimal time.

Dr. Ben Tabachnik, Ph.D., has said that it is common for athletes to become easily adapted to quickness exercises. This must be addressed either by varying intensities or by changing the apparatus you are using.

We do both, by using a 3-week pendulum wave, mostly with weights of 50%, 55%, and 60%. This also entails changing part of the resistance by adding chains or bands. This is essential to completely develop speed strength, i.e., starting and accelerating strength.

Speed Bench

Speed Bench with Bands: These should be done for 8 or 9 sets of 3 reps. Use 45% of your 1-rep max on floor press. The bands should provide 40 pounds of tension on the chest and 85 pounds of tension at the top.

Speed Bench off Power Rack Pins: Set the pins at chest level. Lower the bar to the pins, relax for a second, and then blast the bar to completion. This is relaxed-overcome-by-dynamic work. Use bands or chains.

Buffalo Bar: The same can be done with a Buffalo Bar. It has a 2-inch camber. Bill Gillespie of the Seattle Seahawks used this method and the previous one to their fullest and so far has a 782 bench in a poly to prove it.

Floor Press: Chuck Scherza uses the floor press for his dynamic work. His bench has gone from 525 to about 700 with this method. By the way, Chuck had triceps surgery after he did the 525 bench.

Incline or Decline Press: Incline and decline press with a bar can also be used. Use Jump-Stretch bands to accommodate resistance and to build starting and accelerating strength. You can even use bands with dumbbells by placing the band around your back and looping the ends over your palms before you pick up the dumbbells, like Clay Brandenburg does.

Lightheaded Method: This is done by attaching bands at the top of a power rack or Monolift to reduce the bar weight at the chest. We attach Jump-Stretch bands at the top of a 7-foot rack. Blue bands reduce the weight by 150 pounds at the chest, green bands 95 pounds, and purple bands 65 pounds. Chains can also be used. Weight releasers can be used on dynamic day.

Ballistic Benching: This is a very productive method to develop starting and accelerating strength. To do ballistic benching with barbells or dumbbells, simply lower the bar as fast as possible and reverse it as fast as possible. Do these only on speed day not on max effort day. Do not touch your chest.

Here are some guidelines to follow for speed work for the bench. Rest 45 seconds between sets. Use proper form. Use bands, chains, or weight releasers to cause a reactive method effect. Although you pause on floor presses and on power rack pins, never pause on your chest. When resting a bar on your chest, many of the muscles will retain muscle tension. This will dampen the stretch reflex. When the bar is resting on power rack pins after an eccentric phase, the entire body can relax, then explode, much like a boxer throwing a jab.

Speed Pulls

Bands: The most common method is placing mini-bands over the bar. Depending on how explosive you are, train with a bar weight between 50 and 55% with about 100 pounds of band tension at the start and 220 at lock-out.

Light Bands: Again use bands over the bar, but use a band tension that is light at the start and roughly 100 pounds at the top. Bar weight is 70% at the start.

Lightened Method: Attach blue bands over the power rack pins at 5-6 inches off the floor. This will cause the bar weight to be close to zero at the start. At lock-out, the true bar weight will be realized. Use 70% of a 1-rep max.

Chain Pulls: Attach 5/8-inch chains to only the front of the platform and drape 5-foot lengths of chain over the bar. This will provide a movable static-overcome-

by-dynamic effect. Set the chain evenly over the bar. Adjust it to fall off the bar at your mini-max. The bar weight should be 60% of a 1-rep max.

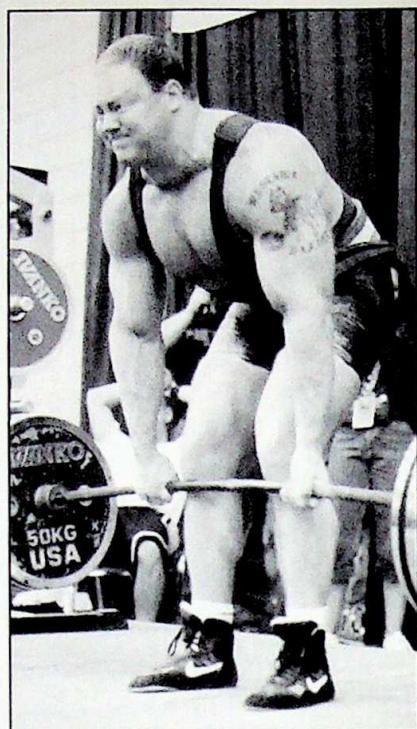
All speed work should be very fast. If a Tendo unit is available, 0.9 to 1.2 m/s is optimal.

Speed Squatting

For speed squatting we, of course, use the box squat method. Usually we train with 50-60% of a 1-rep max in a 3-week pendulum wave; that is, we jump 5% a week, then return to 50% and start again. Bands or chains are always used.

Bands: Attach the bands to a regular squat bar for 8-12 sets of 2 reps. The weight is basically 40% of the total load. The band tension is 10% on the box and 25% at the completion of the lift.

Chains: Attach 120-160 pounds of chains to the bar. (See the Reactive Method video for the correct setup.) The chain will deload while you are sitting on the box. Set the chain to reload at or near your mini-max. This will teach you to explode through that sticking point.



One of the speediest Westsiders is John "Chester" Stafford. Yes .. that is a Westside Barbell Club tattoo on his shoulder.

Bands and Chains: The combination of bands and chains gives a completely different feeling. The bands provide an over speed eccentric phase and an equally engaging resistance. The chains provide an abrupt loading.

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Weight Releases: This is an excellent reactive method. Increasing the eccentric load causes one to reverse the action on the concentric phase with the same force, but with less resistance. Lower the bar with 25-30% more supplied by the weight releases.

Other bars can be used on speed day. I use the Safety Squat bar on speed day quite often, as does Dave Tate and others at Westside. Gritter Adams uses the Safety Squat bar exclusively for his training, including the circa-max phase. Paul Childress, a 1124 squatter, uses our 14-inch cambered bar for long periods of training to give his shoulders a rest. The Buffalo bar, the MantaRay, and Dave Draper's device can also be used, as well as belt squats. Remember to switch exercises often to prevent adaptation to training.

To supplement speed training, a variety of jumps should be used. Westside's Plyo Swing, standing long jumps, bounding on one or both feet, 10-yard sprints, and box jumps are also a good warmup for squatting or deadlifting as well as a method of developing explosive power. I suggest that

every serious lifter buy books on jumping ability. Two that I recommend are *Explosive Power and Jumping Ability* and *The World Atlas of Exercises for Track and Field*. These books will show exercises that are related to Olympic lifts. I am not fond of the Olympic lifts for power because at points of the lifts there is no muscle tension. However, the track atlas shows many valuable exercises that will benefit all lifters as well as other athletes.

A college freshman in track who visits Westside can jump on a 49-inch box. This is in large part due to the fact that he can sit on his heels and jump to his feet with 225 pounds, at 6'3" and 230 pounds.

Weights are first in training. One should squat 2 times bodyweight before doing all-out plyos. I am proud to remind many football strength coaches that we can jump with them, but they can't lift with us. Explosive weight training with a variety of exercises will boost plyos as much as plyos will boost sports excellence.

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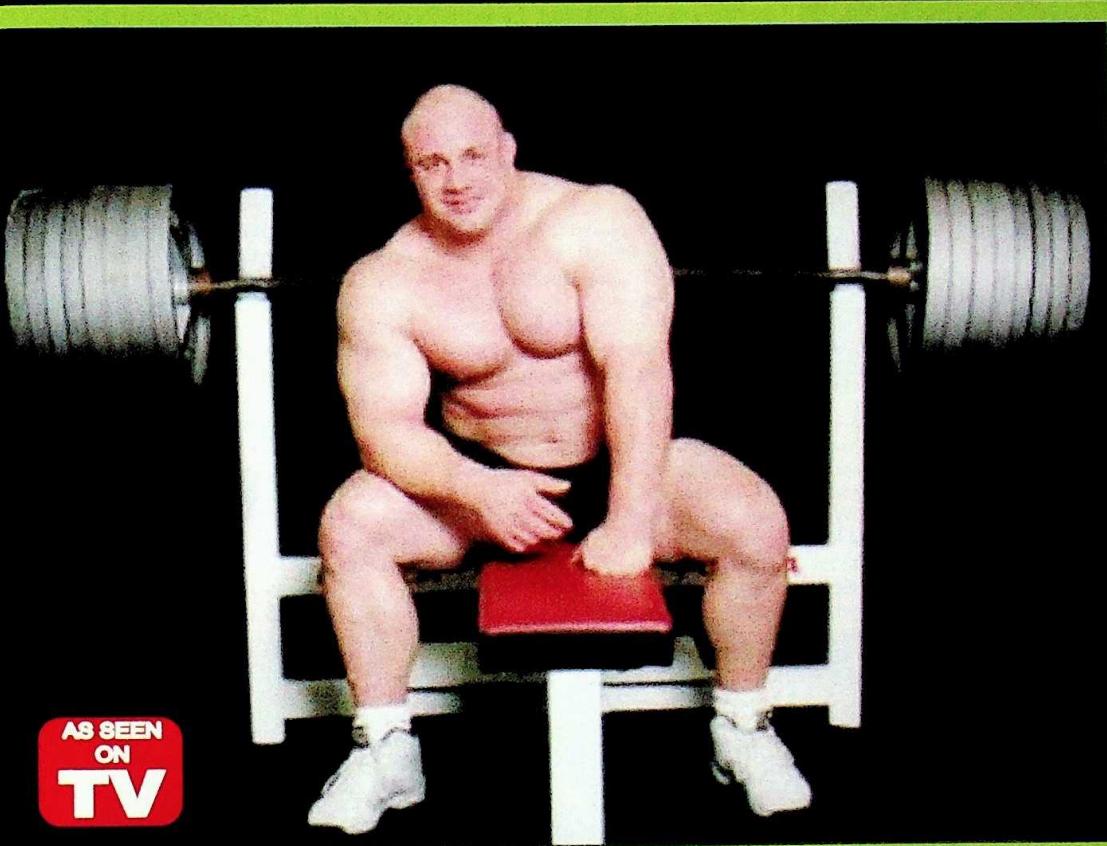
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Scot Mendelson is an NYU graduate and the world's top bench-presser, with 9 world records and a 875.6 lb. bench-press in competition. He has bench-pressed over 1,000 lbs. in training, more than many professional athletes can squat and deadlift combined.

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For aspiring bench-press specialists, Scot offers the following 5 tips for building world-class upper-body power:

(continued at bottom left)

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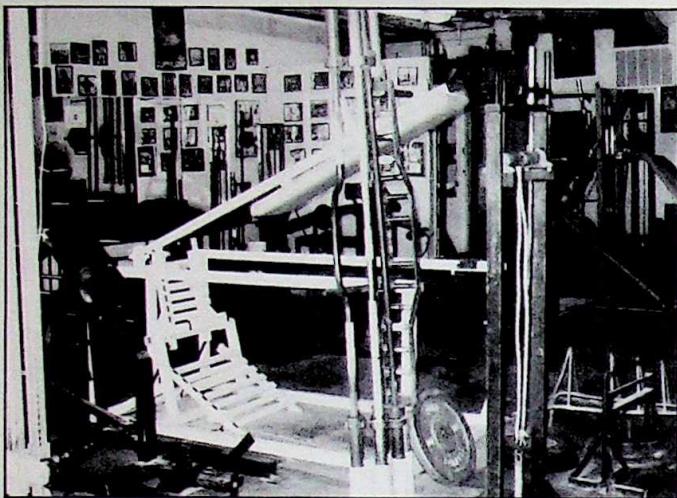
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**THORBECKE'S ... That Magical Place
Where A Brick is Human ... Hardcore in
Tempe, AZ... as told to PLUSA by Rick Brewer**



Pure ambience at Thorbecke's. (Photographs courtesy of Marty Vogt)

We skipped around over the last few months; measuring the neck of Ken Snell, the neck of Joe Ladnier, the head of Vincent Dizenzo, and then we even had a little outdoor bloodshed. Bleeding is generally good, but always more fun outside - where 'wimmen-folk' don't complain about the carpet and stuff.

Reminds me of a story that we were talking about last night. It was a fun day we had in the country a couple of years back. The main thing you need to know is that NO MOMS WERE PRESENT. My brother-in-law (Scott C.) and I had taken all of our varmints to the country. He had his 4 boys and I had taken my three kids (2 girls and 1 boy). We were shooting guns and fireworks, riding 4-wheelers, driving the truck fast with kids in the back, and looking for snakes and wild hogs. All at the same time. As I said, NO MOMS WERE INVOLVED.

Anyway, there we were, enjoying our relaxing day in the woods, when my youngest nephew Nicky (age 4 at the time) got slammed into the back of a pick-up cab, hard enough that his teeth came through his cheek. No big - you can't die from that - but we did have to rush him to the ER for a 10-hour ordeal of stitches (inside and outside his mouth). He lived, and it probably built character. Or pain tolerance. (Something good.) When the wives heard about this they cried out "Who was driving the truck and why were they going so fast?!" I explained that it wasn't Pip's fault, because she couldn't see over the dash, and couldn't reach the pedals. (My daughter Callie - AKA Pip - was 8 years old at the time.) My wife looked at me like I

was speaking a foreign language. "Why was Pip driving if she couldn't see or work the pedals?!" Well, naturally we had put a small child in the floorboard to work the pedals with their hands. At this reasonable explanation, my wife turned white as a sheet. I think she gets too much calcium, or caffeine, or something. She spoke very slowly; WHEN YOU SAW that this crazy idea was going to end in a crash, WHY DIDN'T YOU TAKE CONTROL OF THE WHEEL? Sensing that the mental anguish was affecting her, I explained slowly; BECAUSE I WASN'T IN THE TRUCK AT THE TIME.

At this point the strain of her day became too much, and she lost control of her arms. For that matter both moms (my wife and Scott's wife) became totally unreasonable, and probably said things that we cannot repeat here. You know how crazy wimmen-folk can get for no apparent reason. But the point is, Bloodshed is not always bad, and Bricks are not always for masonry construction.

Arizona lifter Martin Vogt told me that he got stronger by training with a Brick. His exact words: "It's

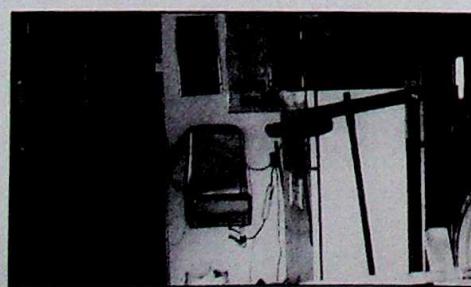
really enhanced my competitive lifts." Since he speaks properly, and trains with a Brick - I'll let him tell the story:

Is that place still open? This is the question I am often asked whenever I wear my Thorbecke's T-shirt to various meets throughout the country. A gym of legendary proportions, it is indeed, very much still open, and perhaps by certain standards might even be considered flourishing. Perhaps an integral factor in the confusion that surrounds its existence can be attributed to its unique location. Some lifters claim Scottsdale as its residence; others feel they're lifting Tempe. Regardless, today's Thorbecke's is located off of Curry Road between McClintock (Hoyden) and Rural (Scottsdale) Roads, just north of the 202. You can't miss it - just look for the sandwich board sign by the auto body shop that says GYM, and turn in. (Unfortunately, if the wind is blowing especially hard that day, the sign may have blown down, and unless persistence is one of your strengths, you may miss a golden lifting opportunity.) Nevertheless, if you've successfully negotiated this first obstacle, then simply follow this road (Stadem Way), and just before it ends, turn right into an alleyway that fronts a number of industrial workplaces housed in garages.

Now, simply follow this alley to the end, and it's the last garage on the left. Once again, you can't miss it, because the letters GYM are prominently displayed above the door; besides which, if you go too far, you'll drive your vehicle into what's affectionately known as the Thor Creek. Upon entering Thorbecke's, be prepared to take a step back in time as this is that gym your dad lifted in; and, if a further comparison is necessary, you'll soon sense the overtones of the gym Apollo Creed took Rocky Balboa to in the film "Rocky III." The owner describes it as a trip through a time warp in the 70's where "if you stay in here you won't grow old." Eclectic would probably best describe its internal atmosphere. To begin with, the weights themselves represent over forty years of accumulation and represent a lifter's dream - they're functional. There are two power platforms (each prominently placed before an American flag), two benches, two squat stations; and to keep it from beginning to exclusively approximate Noah's Ark, incline and decline

benches, supine benches, numerous dumbbells, pulley stations, and all the other necessities one would expect to find a gym in this class. In addition, there is the special equipment: a hack squat/leg press machine reputed to have once been used by American forces for the invasion of Normandy, and inverted leg press (a true antiquity), and one of the most unique push up devices known to mankind. The locker room area is also unique and yet once again befits the term functional. It actually comes disguised as the bathroom. And, then there are the lifters themselves, who represent a socio-economic cross-section of America, which includes: policemen, firemen, engineers, teachers, musicians, executives, laborers, students, businessmen, et al. Nevertheless, regardless of your occupation, overall it is like CHEERS - "a place where everybody knows your name, and they're always glad you came."

At the same time, this is not merely EVERYMAN'S gym; this has been and still is a cathedral for many of America's premier powerlifters - Dave Pasanella, Dave Keaggy, Fred Millan, Bob Calvan, Mike Morris, Marty Einstein, Brick Darrow, Dave Draper, Jack Barnes, Wayne Coleman (aka Superstar Billy Graham), Bruce Wilhelm, Mike Wonyetye, Harold Escobedo, and the legendary Jon Cole - who have all trained at Thorbecke's at one time or another. Similarly, the team itself - albeit presently a more mature group - continues to win powerlifting championships at the state and national levels, having recently earned its 30th team championship in Arizona. But, to return to the concept of EVERYMAN once again, there's yet another special quality to Thorbecke's that's especially evident every Saturday - a BARBERSHOP quality - good dialogue and enthusiastic conversation. For if you ever have the opportunity to come in on a Saturday morning for a workout, in addition to your lifting opportunity (as well as the opportunity for some first-rate instruction), you'll enjoy the passionate discourse, sometimes bordering on pontification, as this particular group revels in not only dissection America's social, political, and economic concerns and issues, but willingly offering solutions to these maladies as well. It's truly enlightening, and always entertaining, to take a break from your workout, get a container of Ralph's special blend of "Thorbecke's" coffee and watch the "competition". Then, there's always the requisite ambiance, yet another unique component of



The locker room/juice bar area at Thorbecke's.

the Thorbecke's lifting experience, as it soon becomes apparent that this is, indeed, not a contemporary "...Fitness" center. Immediately upon entering, the first thing you notice is a comfortable and familiar sound, that of Classic Rock & Roll, the only music Thorbecke's offers. Then, as you enter the garage (oops, facility), listening to hits like "Knights in White Satin" or "Stairway to Heaven", you are immediately next overwhelmed by the walls, On the walls (as well as on the garage door) are, instead of the sterile pastels and motivational signs all too prominent in the contemporary "Spandex" gyms, a memorial to the "who's who" of powerlifting - plaques commemorating the setting and breaking of records, and of award-winning teams, autographed pictures, posters of meets dating back to the 70's, and a visual record of the Power Bowl meets of previous years. Above, and below, and amongst this pictorial array of lifting prowess are trophies - lots and lots of trophies - recording the numerous competitive successes of the gym. And, if you look very carefully, when taking a break between sets, you'll even see a life-size poster of the present-day governor of California in his earlier

lifting days, as well as some treasured photos from Muscle Beach in California. By now, you're probably asking yourself how the members manage to keep this lifting emporium fiscally solvent. Well, there are actually two sources of revenue. First of all, there is the CO-OP perspective, whereby each member contributes a specified amount monthly, which entitles him to a key, thereby making this truly a 24/7, 365 day-a-year facility. But, for those who are only "occasional" lifters, for the modest sum of \$2 (yes, Virginia, much like there is, indeed, a Santa Claus, there is also still a place you can train for \$2 a day) you can work out any day you want when the doors are open, which is usually from 0 dark 30 in the morning until midnight and beyond six days a week.

So, what is it then that holds this lifting Xanadu together? Ironically, it's not glue, it's a brick. Much like any other grandmother, Lucy May Thorbecke looked on her grandchildren as a treasure sent from above. This was especially significant in her feelings towards her grandson Brick (Darrow). In the early 60's, when Brick and his friends were lifting in his bedroom at Grandma's, they began to render the building structurally unsafe as

they increased their poundages. She then moved them to a 12' x 20" cement carport slab outside the house. This, subsequently, remained their headquarters for many years with Grandma functioning as the caretaker for what would serve as the original Thorbecke's. However, as the gym membership grew (from 40 to 250), a larger more permanent faculty was needed; and so, Brick and his cohorts moved to Scottsdale, until rising rent cost next forced them to move to this present location (actually, it's Tempe). Through it all, the one constant has been Brick, an East Valley treasure, who still runs and trains at Thorbecke's, and what's even more ironic is that the journey has now come full circle as he presently mentors his own grandson, Connor, who also trains there. So, if you're ever traveling in Phoenix, more specifically its East Valley, and you're looking for a good place to train amidst many of the legends of power lifting, stop by Thorbecke's, invest \$2, and take a trip back in time. And, remember, in this gym, everybody's "always glad you came."

I don't know about you, but Thorbecke's sounds way cool to me! Next time that I'm in Tempe, AZ -



His Highness (as the members affectionately refer to him) Owner/Manager/Lifter/sometimes spotter, Brick Darrow, who once did a 450 lb. incline press at 220 lbs. in an Odd-Lift Contest at Muscle Beach, CA.

I'm gonna train there (heck, it's only \$2). Next time you're in East Texas come play with us - cause we will have some fun, and we don't quit until someone gets stitches. Next month, we'll meet "The Keeper of Hell's Gate." Stay tuned.

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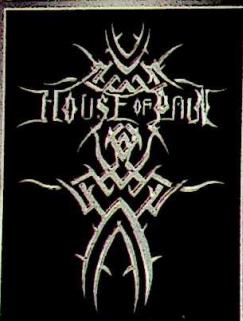
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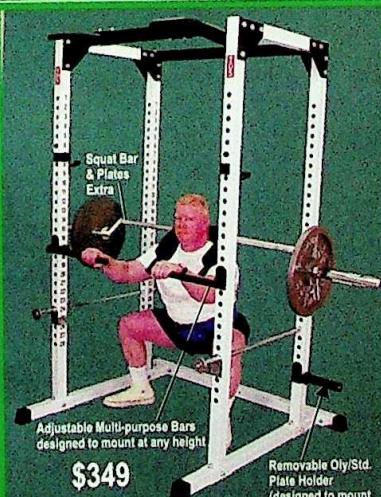
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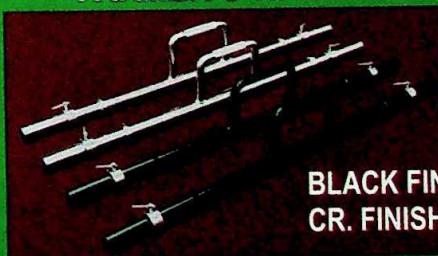
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"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy."

Martin Luther King Jr.

Let me tell you about a friend of mine. His name is Josh McKenzie. He was born in Brush, Colorado in 1974 and was raised on a ranch on the outskirts of the city. His family, although of modest means, was extremely loving and supportive. Even though they were not wealthy, Josh never wanted for anything during his formative years. In fact, as Josh put it, his family did their best to give him the best. In reality, Josh had what most kids his age desire .. love, support, and a future. He also had the aptitude and capacity to have an even better life. He was extremely charismatic, intelligent, and a hard-worker. He seemed to have it all.. a surefire success in the works.

In 1989 though, at the age of 15, he started drinking alcohol. At first it was just a bunch of his friends getting together to drink a little. It wasn't long before his drinking started getting out of hand. "I found myself drinking every time I got a chance," he told me. "I would even skip school and go to the woods and drink by myself." It didn't stop there either; soon he started experimenting with drugs. All kinds of drugs .. LSD, PCP, marijuana, even heroin. He tried anything he could get his hands on. He would even stack drugs if he got a chance. "Drugs became an obsession with me," he confessed. "If I wasn't high, I wasn't happy. I would go to bed at night thinking about drugs, and when I would get up in the morning, the first thing I thought about was drugs. I hate to say it, but I had a love affair with drugs." When he turned seventeen, he left home and moved to the city. That is when his drug habit escalated into a total life addiction. He became completely strung out on every drug you can imagine. Worse yet, he started selling drugs to pay for his own habit. "I was totally out of control," he told me. "People worry so much about being enslaved by prisons and chains, but being enslaved by drugs is a thousand times worse. When you are confined by walls, you at least still have the most essential part of being human .. your mind. You can go beyond prison walls with your mind, but when you are enslaved by drugs, not only is your freedom taken, but so is your mind. There is little hope then, and even that thin line of hope is difficult to discern. That is where I was, totally enslaved, and at the age of nineteen I was already basically "tired" of living. I was ready to die."

That wish almost became a reality. In a botched drug deal, Josh got into a shootout and killed another young man. The way Josh explained it to me is rather poignant. "I was selling drugs to support my habit, which was well over two hundred dollars a day. This guy came to me wanting a pound of methamphetamine. It was an \$8000 deal, so I was really excited about it, but I was also leery because speed-freaks are notorious for double-crossing drug dealers. And that is exactly what happened. We were out in this remote area, and before I knew

DR. JUDD

THE JOSH MCKENZIE STORY as told by Judd Biasiotto Ph. D.



Josh McKenzie (r) with best friend and lifting partner, Seth Lee. Josh has taken up lifting in prison and has squatted up to 700 pounds.

it, we both had our guns pulled. I shot him at point blank range in the chest. The muzzle flash lit up his face. I saw the fear in his eyes, and then he just dropped over dead. I was twenty years old, and I had just killed a man. My head was pounding and voices were screaming in my head, 'Josh, you are no good.' I was scared to death .. not scared of what was going to happen to me. Nothing anyone could do to me at that time could have been any worse than what I was experiencing. I was scared of what I had become. Anyway, I decided to take the meth and run with drugs that I had not paid for yet. About three weeks after I had run, the dealers caught up with me and nearly beat me to death with ax handles. When I was lying there, one of them put a gun to my head and pulled the trigger. The guy must have turned his head or closed his eye, because somehow he missed me. Thinking I was dead, they left me lying there. I went to my sister's, where she cared for me until I could see and walk again. Once my injuries healed, I again went on the run. I was living a life of guilt and anguish, knowing that I had taken another human being's life. Seven months later, I was arrested and charged with murder. I was brought before the judge to be arraigned for first-degree murder. His words still echo in my mind. He said, 'Joshua McKenzie, you are charged with first-degree murder. If found guilty of this charge, you will face life in prison without the possibility of parole, or possibly the death sentence, which here in Colorado is by lethal injection.' At that time, I basically surrendered to the belief that I was going to die. What was crazy is, I was anticipating it. At twenty years old, I had had enough of life: I wanted to die. Six months later, I stood in front of that same judge, the family of the man that I had killed, my family, and numerous strangers

and pled guilty to murder. I held my head up .. looked each person that I spoke to in the eyes and asked for forgiveness. I took full responsibility for my actions, and I was prepared to accept whatever punishment was assigned to me. I stood alone, chained and broken .. it was the hardest thing I've ever done in my life."

Josh's life was spared, and he was sentenced to thirty years in prison at the Colorado Department of Corrections, where he is to this very day. With his mind finally free of drugs, Josh McKenzie has turned his life into a model for humanity. Today Josh is an extremely loving and compassionate person who willingly gives everything he has to others. He is truly a man of God, who has since dedicated his life to helping others. "I regret with my entire heart and soul what I have done," he told me. "I still dream about it. I wake up and I feel all the pain and anguish I have caused others. I wish I could change things, but I know I can't. I thank God for giving me the strength to grow into a better person."

Now, don't misunderstand me; I am not attempting to lionize Josh in anyway, and I am certainly not suggesting that what Josh did is in anyway justified. Taking the life of another human being defiles God's greatest commandment. Simply put, though, it is not my place to judge anyone. I can't tell people what to do or think.. I am not God. Yet, I feel somewhat compelled to express my views concerning the condemning of others. I hope that I can influence a single person to contemplate self-introspection before casting the first stone.

It is often difficult for us to accept the fact that "there, but for the grace of God, go I." In many cases, if the circumstances and situations were different, we "good people" might well engage in hideous and repugnant behavior. If we were, honestly, to examine our lives .. to inspect ourselves the way that we scrutinize others, we would see that each of us engages, almost daily, in some wrongdoing. It might be as simple as taking advantage of someone socially, or it might be as unscrupulous as abusing someone physically, or mentally. For example, I have seen good, loving, compassionate people of all races and creeds, engage in hateful bigotry and discrimination against people who were of a different ethnic group. I have also witnessed devout men of all religions, who see their spiritual teachings as correct and virtuous, feel free to engage in self-righteous condemnation of others who believe differently. For God's sake, sanctimonious, political, and religious leaders have declared wars, which have killed thousands of innocent people. The Crusades, the My Lai massacre, and the World Trade Center bombings are cases in point - all episodes of good people behaving in evil ways.

Interestingly, we readily accept the coexistence of good and evil. We can even see the "good" side and "bad" side of family, friends, and even strangers, but rarely do we acknowledge our own predisposition to sin. Yet, the fact is we all fall short and instead of viewing our lives through rose-colored glasses, we would do well to develop those traits of humanity that distinguish us as civilized. Indeed,

we must learn to empathize with those who have sinned, and thereby cultivate the art of forgiveness. We have to be cognizant of the fact that to be forgiven and to forgive requires the same dynamics. If we hope to be forgiven for our own shortcomings, then we have to forgive others for their transgressions. If we can't forgive others, we should not expect others to forgive us.

With that being said, I think there is much to learn from Josh McKenzie.

First of all, we have to take the responsibility for creating our own destinies. There is no free ride in life. Nikos Kazantzakis says a magnificent thing. He says, "God gave you your brushes, and your colors, you paint paradise, then in you go." Josh on the other hand took his yellows, blacks and greens and painted pure hell for himself, and in so doing he adversely affected the lives of so many others. Just as significant, though, he stood up and took full responsibility for what he had done. Even though there was a chance of him being found innocent and a good possibility if found guilty he would get the death penalty, he still stood up and openly confessed his guilt. He didn't lie about what happened, and he didn't make excuses. He stood in front of the judge with tears rolling down his eyes and revealed

everything that had happened that hellish night. I know a lot of people reading this will say that he was stupid. If he would have kept his mouth shut, he may have won freedom. True, he may have gained freedom physically, but he would have been mentally enslaved with his guilty for the rest of his life. Martin Luther King said something that really fits here. He said: "Darkness can not drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it."

Like Josh, you have a choice; you can paint paradise or you can paint hell, or you don't have to paint anything at all. Regardless of what you paint or don't paint, though, take full responsibility for it. It's your masterpiece - no one else's. Don't blame it on society, your parents, and DON'T blame it on GOD. When you make a mistake resist the tendency to make excuses for your behavior. Offering excuses will only lead to abbreviation of further discussion and criticism. If the criticism you are getting is valid, take responsibility for your behavior. Remember there is nothing wrong with making a mistake. What is wrong is not correcting a mistake and not taking responsibility for

your mistakes.

Another thing I learned from Josh is that no matter how bad things are, no matter what you have done, there is always a light in the darkness... always! I don't care where you are in life right now or what has happened to you, you can make a difference in your life and the life of others. When disaster strikes, you have a choice to either give up or go ahead with life. The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done, no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction. They are disciples of the classic slogan, "When the going gets tough, the tough gets going." Josh put himself in a terrible position, but he didn't let adversity destroy him. He didn't look at why he couldn't do something; rather, he focused on what he could do. So many times we let what we don't have restrict us from using what we do have. Josh took tragedy and made something positive out of it. He viewed his trouble as an opportunity to grow, learn and love. He embraced happiness and love... instead of despair and hatred. Needless to say, the way we view

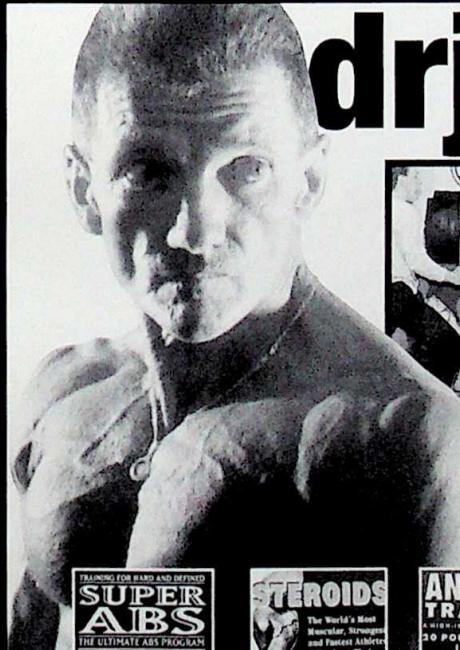


Joshua McKenzie (l) with good friend, SHW Shane Hamman.

the world establishes the world we live in. If we see darkness, we create darkness. If we see light, we create light. If we see love, we create love. I know for a fact that Josh has helped many people since his incarceration. He has literally turned his life around 180 degrees. And this is perhaps the greatest thing I have learned from him... it doesn't matter where you start in life, it's where you end up that really counts. No matter what you are or where you are in life, you can change. You can become all that you can be.

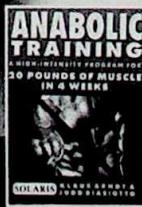
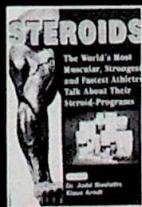
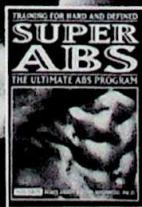


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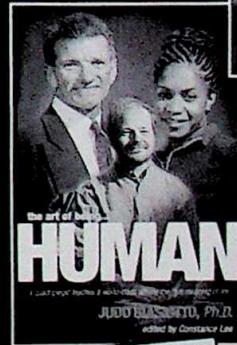
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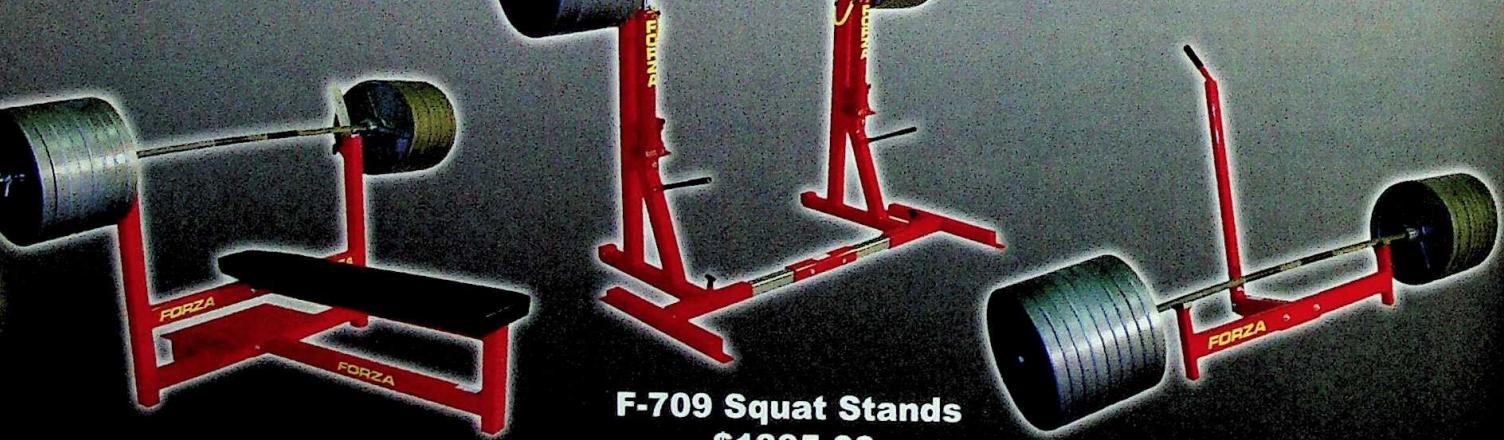


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INTERVIEW

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

TRAVIS MASH

interviewed by Keith Payne

Keith Payne: How about some background information.

Travis Mash: I am 31 yrs. Old. I have a beautiful girlfriend - national figure competitor Julie Childress, a perfect little daughter Bailey Alexandra, and my dog Stella. These three are my life. I competed in powerlifting in high school, along with varsity football and basketball. I played varsity football at Appalachian State University. Afterwards I started powerlifting again. In 1997 I started Olympic lifting, and by the end of 1998 I was at the Olympic Training Center in Colorado Springs with Shane Hamman. Along the way, I was recruited for the United States Bobsledding Team. The WPO lured me back into powerlifting in 2001, and here we are today.

Keith Payne: How and when did you get started in the sport of powerlifting?

Travis Mash: Like I said before, I started in high school. However, I didn't know what I was doing, but in college I met Mike and Linda Higgins, formerly from Hickory, and Grant Pitts, the former Heavyweight Phenom. They were able to give me enough knowledge and encouragement to take it to the next level.

Keith Payne: What organizations have you lifted in?

Travis Mash: USPF, USAPL, IPF, APA, WPA, IBP, APF, and most recently the WPO. I don't care who or what. I just want to go against the best.

Keith Payne: What weight class are you in and do you hold any records?

Travis Mash: I am in the 220 lb. class. I hold the all time record in the total with 2410. I hold several world, national, and state records in other federations. I held the world record bench at the WPO for about 15 minutes, but - thanks to Kenny Patterson - no longer. 15 minutes of bench press fame, oh well!

Keith Payne: What are your best lifts and where have you competed?

Travis Mash: My best lifts are a 948 lb. Squat, a 696 lb. Bench, and a 800 lb. deadlift with a 2410 lb. Total. I have competed all over the United States. I have also competed in Vaasa, Finland in 1996 at the IPF Junior Worlds.

Keith Payne: Can you share your views on drug testing?

Travis Mash: I just think people who are taking shouldn't compete in drug free meets. That is hypocritical and unfair. I like the federations that give both options.

Keith Payne: What supplements do you take? **Travis Mash:** I am sponsored by Bulk Nutrition, and you can see all that I take is on bulknutrition.com in the bi-monthly magazine section, but in a nutshell I totally believe in proper nutrition and supplementation. I think it has been a secret weapon for me. Not to mention meet day nutrition, which is likewise important. People are always asking me what I am taking or eating at meets. Bulk Nutrition has some supplements with equally awesome prices. For beginners, I would recommend a meal replacement, whey protein, and glutamine.

Keith Payne: What does your diet consist of?

Travis Mash: Once again, you can see exactly what I eat at bulknutrition.com, but I cheat. However, I believe the better your diet is, the better your training will be. I learned this long time ago from world famous strength coach Charles Poliquin. I try to keep to it the best that I can. Julie helps me keep in line, and Stella bites me when I cheat.

Keith Payne: What is your workout regimen?

Travis Mash: I basically follow the Westside format, but with a lot of my own twists, but it is basically the conjugate method. You

have an outline, and you change it constantly based on your weaknesses. When I write workouts, I follow the Westside structure really close, but for me I am a fool when it comes to training and percentages. I am trying to break PRs every workout. I don't know what comes over me. I walk into the gym with the intention of following my game plan, and then the pre-training demon takes over, and the next thing you know the bar is full of weights. It has worked so far, but I really need to start toning things down as I get older.

Keith Payne: What are your views on supportive gear?

Travis Mash: I think that the equipment companies are some of the biggest sponsors of our sport, and for that I appreciate all of their work. A lot of the equipment is the reason that lifters are lifting at an elite level for a lot longer. Say what you want, but it protects hips and pec tears without a doubt. On the other hand, I don't care what the rules are because I take a lot of pride in my raw accomplishments as my training partners know. I think a mid 500 raw pause bench press isn't bad at 220.

Keith Payne: What type supportive gear do you wear?

Travis Mash: Metal Squat Suit and briefs, and the Metal Deadlift Suit. I wear a Karin's Bench Shirt. I believe that my equipment is by far the best. Elitefts.com had the Metal Gear, and Karinsextremepower.com has the bench shirts. Both are committed to excellence, and it shows in my performance.

Keith Payne: How do you utilize supportive gear during training?

Travis Mash: It depends on where I am at in my training, but I usually like some light briefs for my hips in the squat. I do a lot of raw training year round, but 10 weeks out I definitely start trying to master my equipment.

Keith Payne: What do you consider to be your greatest accomplishment to date?

Travis Mash: The 2410 total and victory at the WPO Show of Strength.

Keith Payne: You said in an interview a couple of years ago that you were chasing Ed Coan's records. How did it feel to finally break Ed's record?

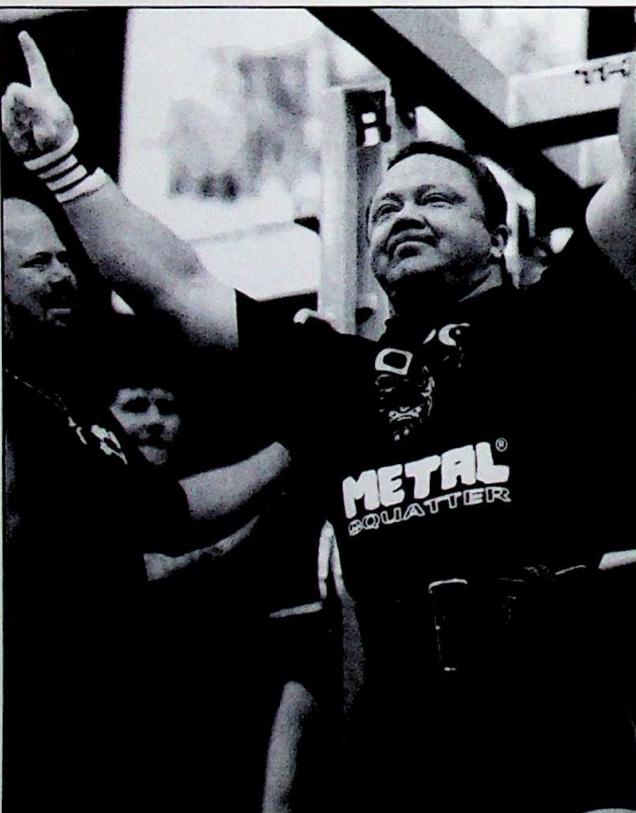
Travis Mash: Unexplainable! I mean you spend your whole life waiting on one moment, and then after 11 years you are there, WOW! I am still trying to let it all sink in. I still see Ed Coan as the King of Powerlifting, along with Steve Goggins, but I hope that I took my seat at the table somewhere with them.

Keith Payne: What goals do you have in the sport of powerlifting?

Travis Mash: 2500 at 220 at the Arnold Classic! Then I am going up to the 242s or 275s to give the big boys a try.

Keith Payne: A 2500 total would be huge. Do you anticipate any significant changes in your approach to this meet as far as training goes?

Travis Mash: A lot more intensity. At this point in my



Travis Mash, triumphant after his squat at the WPO Finals, was well on his way to the history books. His WPO total of 2410 includes his bench record attempt record plate "chips", which traditional scoring would not count in the total, but whether it's 2408 or 2410, it's a new all time total record in the 220s. (Lambert)

career, everyone will be gunning for me, and I don't have any intention of being a one meet wonder. I want to stay on top for a while, if God's willing.

Keith Payne: Who do you consider to be your chief competition at the WPO / Arnold Classic this year?

Travis Mash: As always Chuck V. I am sure that we will be battling for a while, but I don't plan on moving over for anyone. I am sure that he will be training with some crazy intensity this time, just as I did after watching him win the Arnold. That was no fun, and the two of us are the same in the idea that winning is the only acceptable outcome. I think that the Arnold Classic 2005 will be the clash of all clashes.

Keith Payne: Any newcomers out there that we should be watching that could contend for the championship?

Travis Mash: At the WPO you never know who will step up and be a challenger. I would say Dondell Blue surprised a lot of people. Kenny Patterson is steadily improving, so you can't forget about him. His squat has really come around, and I personally believe he is the best bencher in the world (for now). Kyle Robertson from Clayton, NC is the real terror. He is 22 yrs old and has already posted a mid-2000 total, and is capable of 2200, WOW. He is the one that I have my eye on. A guy like that can catch you quick if you are not paying attention.

Keith Payne: What is your opinion of the WPO and the direction it's going?

Travis Mash: I love it. Nowhere else do you have so many champions in one place. The atmosphere is great. I hope that KK is able to get some more sponsors, so that more lifters can share in the money, and the purses could go up more. All I know is that the WPO always packs the house, so interest is there.

Keith Payne: What is your favorite lift?

Travis Mash: The deadlift because it is the purest form of brute strength. I can just imagine a caveman looking at his caveman friend and saying, 'I bet I can pick up a bigger rock than you.'

Keith Payne: Any training tips?

Travis Mash: Open your mind to new ideas. Always keep looking for better ways to do things. Believe me, I am always looking. At the WPO, I probably drive Jim Wendler, Dave Tate, and Louie Simmons crazy trying to dig out information.

Keith Payne: Any funny stories that have happened to you in powerlifting?

Travis Mash: Not really on the

platform, but in 1996 I got lost in the Heathrow Airport in England. I come from a very small town in the mountains of North Carolina, so getting lost in a huge airport on the other side of the world definitely panicked me - big. Big tough powerlifter lowered to sissy lost tourist.

Keith Payne: Anything you would like to see changed in powerlifting?

Travis Mash: Less arguing and more unity! Let's work together, and if we can't unite, let's respect each other.

Keith Payne: Do you have any advice to the younger lifter regarding training and supplementation?

Travis Mash: Start simple and maximize each level before moving on. I mean use straight weight until you plateau, then move to bands. Go raw until you plateau, then go single ply, and finally multi-layer if you want to. Younger people should definitely keep it simple with protein and maybe glutamine. Your own body is full of testosterone, so recuperation and growth is inherent.

Keith Payne: What are some of your interests outside powerlifting?

Travis Mash: Bailey, Stella, and Julie - my family is my life.

Keith Payne: Who are the people you admire and who inspires your lifting?

Travis Mash: I admire Ed Coan, Steve Goggins, Gary Frank, Joe Ladnier, Chuck V., Jesse Kellum, and several of the lifters of the past like Gene Bell, Larry Pacifico, and Fred Hatfield. I am inspired by accomplishments, and I judge myself based on these people. Holding yourself to these standards can drive you crazy at times, but no one said being the best is easy. It's not! It's mentally and physically challenging.

Keith Payne: What is the biggest challenge to your lifting success?

Travis Mash: Time and money! The truth is I have to balance work, family and lifting, and that is a huge challenge. I sometimes fail miserably, but I do my best.

Keith Payne: How important are training partners to you?

Travis Mash: Huge! You have to establish trust with your partners. My partners are Julie, Chris 'Ox' Mason, Mike Lovelace, and Shane Gaydon. I trust all these people with my life. We have several other people at the House of Payne Gym that I trust also, but these are my fulltime partners.

Keith Payne: How do you see the sport of powerlifting in the future?

Travis Mash: I think more and more professional meets will pop up. All it takes is marketing,

and I hope to be a part of that marketing. The common person understands lifting heavy objects, and respects strong people. We just have to tap into that market with a bigger sponsor. I mean if skateboarding can go mainstream, so can we.

Keith Payne: Anyone in closing you would like to mention or thank?

Travis Mash: First, I would like to thank God for my many blessings in life. I would like to thank Julie, Stella, and Bailey for putting up with me. The HOPG Gym rocks - thanks to Keith Payne for having the vision. Believe me, you are going to hear a lot more out of Keith Payne and Iron Boy Powerlifting in the near future. Bulk Nutrition for giving all the support a lifter could dream of, and delivering a product and service to be proud to represent. Elite Fitness Systems and Metal Gear for the best squat and deadlift suits in the world, and all the knowledge any lifter could ask for to improve their lifts. Thanks Jim Wendler for all the time on the phone giving me new ideas and support. Thanks Dave Tate and Louie Simmons for revolutionizing strength training in the United States. Thanks to Karin for producing an awesome bench shirt. Thanks to Independence Lumber Co. in Independence, Va. and

Hometown Furniture in Jefferson, NC for supporting me financially for my traveling expenses. Thanks to Kristi and Chris Mason for being there from the beginning. Thanks to Andrew Shatley, Heather and Mol and the whole crew at Appalachian Fitness Center in Boone, NC for having my back. Thanks to my buddy Sarah Miller for believing in me. Thanks to Joni Farmer for being the best sister in the world, and little Gia for being the best niece. Thanks to my training partners for hanging in there with me. Thanks to Pete, Pete, and Kevin and all the others in Asheville for having my back always. Finally, my childhood best friend Kevin Jones for being my friend even when I can be a jerk. I am sure that I am forgetting someone, but I love you all.

Keith Payne: Any final comments?

Travis Mash: Thanks for the interview! I hope that I can be a part of advancing powerlifting into the future. I can be reached at travismonstermash@yahoo.com, and very shortly travismonstermash.com will be available with lots of information on my views on strength training. If you get a chance, check out one of the Iron Boy Powerlifting Meets in North Carolina. They Rock!

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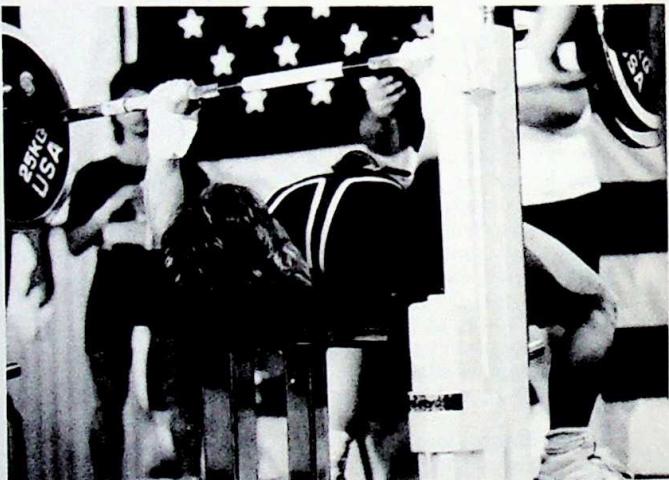
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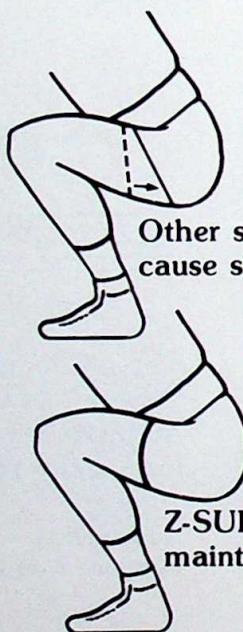
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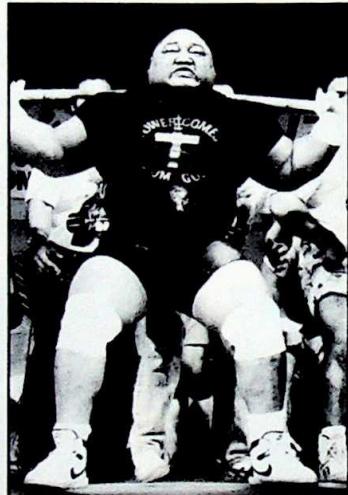
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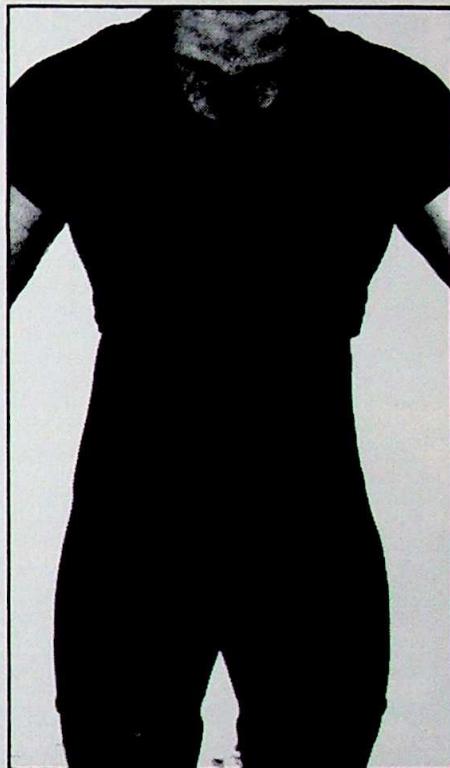
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ASK THE DOCTOR

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. Di Pasquale: In your book "The Metabolic Diet" you mention the issue of insulin resistance. You argue, the metabolic diet would improve insulin sensitivity. On the other hand, to my knowledge, high levels of free fatty acids, like observed on low-carb/high fat-diets can lead to an acute insulin resistant state and over longer periods maybe to chronic insulin resistance, especially when the diet is not associated with fat loss.

You also state that high-fat-diets normally lead to insulin resistance, so the Metabolic Diet in its "radical" low-carb/high-fat-fashion (e.g. <100g carb/day, ~50% fat) should also lead to insulin resistance in the long term. Maybe an acute insulin resistance could be positive because it inhibits glucose oxidation and therefore improve glucose economy. But I think a chronic insulin resistance would be fatal.

Surprisingly, besides this, I have read that low-carb-diets improve glycogen storage. Isn't it a contradiction?

I would be very pleased if you could bring a little more light in that issue.

How do free fatty acids lead to acute and chronic insulin resistance?

What factors are involved? Do lowcarb diets lead to insulin resistance over longer periods? What do you think about the statements of the following website: <http://www.bodybuilding.com/fun/maki5.htm>

Sincerely Yours, Michael Klemm

Hi Mike: Your questions are good ones. Unfortunately the answers to them are not easy to come by. The subject of insulin resistance is extremely complex and there are many facets that we have yet to figure out.

First of all, insulin resistance in someone with a normal phenotype has different manifestations and effects than insulin resistance in someone with specific polymorphisms that have significant effects on carbohydrate, fat and protein metabolism, and predispositions for certain conditions, including diabetes and the metabolic syndrome.

Secondly, insulin resistance as shown by the effects on Glut4 receptors and glucose absorption, may or may not be associated with insulin resistance as far as the effects of insulin on fat and protein metabolism. In some cases insulin resistance as far as glucose metabolism, especially if the effects on protein metabolism are spared, can be a very good thing for someone on a low carb, high protein diet.

As far as the effects of insulin resistance on glycogen storage, in some cases there may be differential effects on glycolysis, glycogenolysis and glycogen formation which may lead to increased rather than decreased glycogen levels in muscle and/or liver.

I'm in the process now of working on a review of insulin resistance that I'm hoping will be published in a peer reviewed journal. In this review I'll be covering the reasoning behind my Metabolic Diet. I can send a draft to you when it's ready as I believe it should answer many of your questions. Send me a reminder in case I

forget.

For now, I've attached a recent review that you should find interesting. I've also attached a recent study on the effects of a low carb diet vs a low fat diet on insulin resistance. Keeping in mind that this study involves a reducing diets and as such the effects of an isocaloric diets may be qualitatively different, it still contains useful information.

I had a look at the article you referred to in your email. The article is a good example of the adage "a little knowledge is a dangerous thing." The article, besides being terribly written, is full of errors and misconceptions. In fact, it's difficult to find any merit in the article at all. Best regards, Mauro

Hi Dr. Di Pasquale: I have been on the metabolic diet for a few months now, actually since I spent the winter on Maui, with Scott Sanchez, as an intern. He was the one who introduced me to your books and products.

Now I am involved in Powerlifting, and trying to qualify for a regional championship in a weight group that I never thought possible of reaching since it is 20 pounds under what I usually am. But with the cutting phase of your anabolic solution for powerlifter, I was able to drop significant weight with most of it being fat. Although my strength -surprisingly- hasn't gone down, the closer I get to my weight, I'm feeling that I will be needing supplements to keep my training weights and level of training to the level I want. So I was interested in Exersol Competition, Creatine advantage and Metabolic, to be able to continue to train at the same intensity I was before I lowered my calorie intake that much.

So my question is, am I going to test positive with any of these products (especially metabolic since I know it contains DHEA).

And my other question is, are any of these products hard on the gastro-intestinal system, since I have minor Crohn's disease, that is -by the way- doing far better since I am on the metabolic diet !!!

And if they are, can I lower the dose at first to see how I do (like for the creatine), would it be all right to take without a loading phase if you think that your creatine could be hard on my digestive system.

I know you are really busy, and I would really appreciate if you would take a little time to answer my question. Thank you so much, aloha. Vincent

Hi Vincent: Men won't test positive with any of my supplements, including Metabolic, even though the DHEA in Metabolic is theoretically a banned substance. There are two reasons for this. First of all there's only 25 mg of DHEA per dose of Metabolic. This level of DHEA has absolutely no effect on the testosterone-epitestosterone ratio. It also has very little effect on the carbon isotope ratio even if this test was used (and it's not) to detect the use of exogenous androgens, androgen precursors and metabolites. In women the use of exogenous DHEA may result in increases in endogenous testosterone levels, but even here the likelihood of a positive test is remote even at if 100mg per dose was used. The reason for that is that DHEA usually raises both testosterone and epitestosterone in women so that the ratio remains in the normal range.

As far as the rest of the supplements, they're all safe and won't result in a positive drug test in men or women regardless of the doses used. All of my products are manufactured in a pharmaceutical grade facility using high quality pure ingredients. There is no chance of cross-contamination not only because of the high manufacturing standards, but also because the facility does not handle any prohormones other than DHEA. It also does not handle ephedrine. As well each batch is tested to make sure that only the ingredients in the formulation are present in my products, and nothing else.

I've attached a simple supplement regimen that I set up for you. It's just a guide and is not fixed in stone.

Creatine Advantage can be taken at one or two scoops per day without a loading phase. It just takes a few weeks longer to get to maximum PC levels if you don't load up initially. Just to be sure, although I don't think taking more would cause you any problems, I'd start out with perhaps 1/2 a scoop twice a day and see how you do. Best regards, Mauro

"... insulin resistance in someone with a normal phenotype has different manifestations and effects than insulin resistance in someone with specific polymorphisms that have significant effects on carbohydrate, fat and protein metabolism, and predispositions for certain conditions, including diabetes and the metabolic syndrome ..."

Dr. Mauro Di Pasquale

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Garry Frank is no other than a living icon in the sport of powerlifting. In the history of our sport there has never been a lifter so strong and more complete. He is the Michael Jordan of powerlifting. He is what Muhammad Ali was to boxing, and what Wayne Gretzky was to hockey. Untouchable in his class, feared by his competitors, Garry Frank is a powerlifting superstar looking to rewrite the history books like never before.

For those of you that have been under a rock for the last couple of years I will let you know that I have been working with Garry as his personal nutrition and supplementation coach. I will have to say that working with him as been nothing short of a pleasure. I am honored to work with the undisputed strongest man that has ever walked the planet! Many people think Garry isn't human at all. They believe he is some type of powerlifting cyborg from another planet looking to wreak havoc on all the mortal human lifters out there. They imagine that Garry Frank is a bad man and if you get in his way he will run you down like a freight train. There are a lot of great lifters who have graced the stages of powerlifting, but none have dominated the sport and done things thought unimaginable like Garry. The purpose of this article is to take a look inside the nutritional practices of this superhuman beast



The "new" Garry Frank started out confident in the squat at the 2002 WPO Semifinals. (M. Lambert)

NUTRITION

THE ROAD TO 2800+ A POWERLIFTING SUPERSTAR THE GARRY FRANK CHRONICLES PART 1

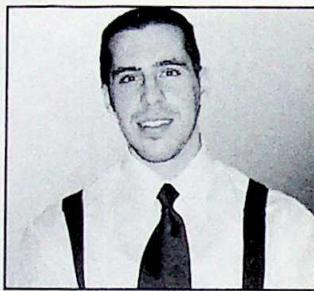
by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

and his secrets for taking his total to unseen heights.

Looking for the Unseen Advantage

I started working with Garry in the winter of 2002. At this time Garry had already done over 2500 pounds in the total. He was no amateur, to say the least. One thing that makes a true champion is that they are always looking for that extra edge. It is these "edges" that most average athletes overlook, only to their loss. Garry knew his training inside out. He had mastered his powerlifting gear working full time with Inzer Advance Designs, but there was still something missing. What was missing in his plan for stardom was the final touch that would help him

more than he ever believed. Garry now looked in the direction of sports nutrition and supplementation. He knew other athletes used the practice to help them increase their performance, but how would it pan out for a powerlifter? Was there such thing as specific nutrition protocols for powerlifters? Heck, the majority of powerlifters just eat what they want, when they want, in no particular order. Just eat when your stomach grumbles and pile in as much as you can. That is not the best method of eating, but until



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

recently that was the sad state of nutrition among the majority of powerlifters, even world champions. In all reality, up until my monthly column in PL USA for Nutrition, there was very little valuable information on sports nutrition for the powerlifter. There was tons of info on nutrition for runners, basketball players and even bodybuilders, but Garry knew that these ideas were going to do little for his performance. What Garry needed was a customized nutrition and supplementation program that was going to get him some real world results. To make a long story short, Garry decided to work with me, one on one, to get that extra edge that he knew many of his competitors were avoiding. It was now time to give the Nutrition XP3 customized program a whirl on a genetic specimen like no other!

The Beginning to Unseen Heights

After the first phone consultation with Garry I knew right away I was working with someone who was more than just a powerlifter. Garry was a true athlete as well. His past professional football history can attest to this. I have worked with numerous world champions, but Garry is truly a one of a kind lifter. As I went through all his background, medical info, and nutritional journal I realized one thing. The Nutrition XP3 program was going to get him some unbelievable results. Garry's diet wasn't as bad as many of the lifters

out there, but he still liked eating some junk foods a little more than he needed. The real shocker that caught my eyes was his appetite. It was nothing. Looking back over his first consult with me, his first journal layouts had him eating just over 4,000 calories a day. Can you believe it? Many of you may say, "Hey, that's a lot of food." Well, from where I stand, Garry was eating as much as some of my athletes in the 132 pound class. Yeah, that's right! The strongest man to ever walk the face of this green earth was eating like a lightweight. I couldn't believe my ears. There was no way he was maximizing his strength eating like that. When I was going through his journal with him on the phone I actually laughed and told him, "You are this strong and you eat like a lightweight. Wait until I am finished with you, and the weights you are lifting now will be your warm-ups in the near future!" Little did we know that in the near future my words would be come a reality!

The Plan of Attack

Not only were his calories way too low, but his macronutrient ratios were also out of whack. We had a lot of other issues to address as well. His micronutrients were severely depleted. With his hard training and hectic work schedule, he was burning his micronutrients off like there was no tomorrow. Another thing we had to take a look at was his metabolic rate. It was way too slow for what he was trying to accomplish. We had to get it running like a Mack truck, if we were going to assault new territory. We not only had to increase his metabolic rate, but I had to get him to process and absorb an increased rate of nutrients if he was going to tackle new frontiers. Increasing his energy output was another factor that we had to address with his new nutrition plan. We had to get his energy level "jacked up" if he was going to be able to maintain his brute strength over long periods of time. These were not all the things that had to be fixed with his nutrition plan, but they were the first "Nutrition Attack" factors we were going to focus on over the next couple training cycles.

Garry's talent and genetic structure were unreal to say the least, but his eating plan was not going to support what he needed to do. I needed to get his body working like a well oiled machine and to fuel that massive structure of muscle I was going to have to design a plan that was going to be unlike anything you could imagine. No longer could Garry simply eat what he wanted whenever he felt like it. I was not only consulting with Garry, but his wife Teresa was on board full time. I worked with her one on one as well in the layout of his nutrition

and supplementation plan. She was his personal chef and "Nutritional Technician". Whatever I laid out for him she guaranteed was going to be eaten. There was no way out for Garry now. He had me in his corner and Teresa "The Enforcer" was going to make sure that he did as I instructed, otherwise she was going to make some serious trouble for him. Garry had no choice but to give it his best. Teresa was fantastic to work with since she prepared all his meals in advance and made sure that his supplementation schedule was on the mark day in and day out. To tell you the truth neither Garry nor I could have made this a success without her. She was that ace in the hole that totally made the difference for my nutritional plans go the distance. No plan will work if you don't give it your best and Teresa made sure that there was nothing less than 100% effort. I know all you other powerlifters must be jealous when you hear about her support of Garry. I know a lot of other lifters wish they had the same kind of support from their spouse when it comes to the iron game. She was a true gem and I am happy to have had her help to make sure that everything went smoothly.

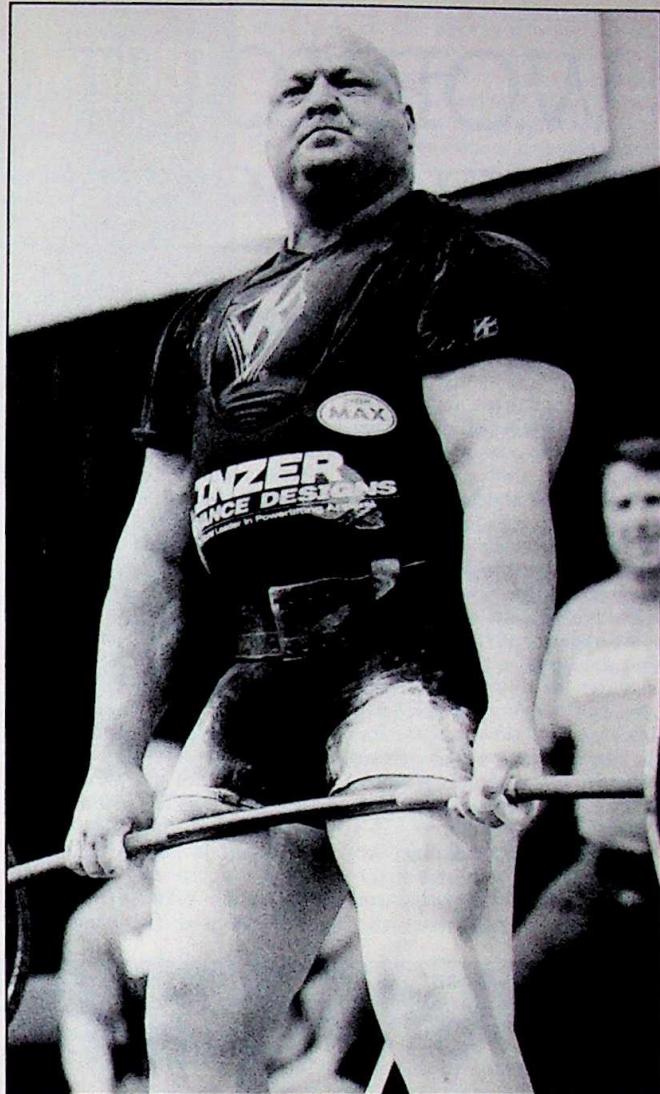
Recreating the Beast

The first major competition that we focused on was the WPO Semi-finals in New Orleans on Nov 8th and 9th 2002. For this show Garry and I put our heads together to make sure we were going to do some major damage. This was going to go down in the history books. For this contest I did some major changes with Garry. One thing that we decided on for this show was to get his weight down. Garry usually hovers between 385 - 405 pounds. We focused in getting his bodyfat level down, while maximizing his lean tissue gain. On contest day Garry weighed in at a svelte 368, down from 395 at the beginning of his training cycle. He was on the cover of the December 2002 Powelifting USA and you can see from the picture that he was much leaner and more muscular than in meets prior to this event. One of the first things that I got him to do is increase the number of meals that he was eating. Heck, Garry was only eating three square meals a day and a little dessert on the side. I told Garry that there were cockroaches in New York that ate more than that. Eating more meals definitely made a huge difference in his overall metabolic rate. I got his metabolism working like a furnace, burning off whatever I fed the engine. If it wasn't going to help Garry burn fat, build muscle, increase anaerobic endurance and make his strength go through the roof, then it wasn't on the plan and it most definitely wasn't going

in his mouth. Teresa made sure that she monitored his junk food intake and made sure he didn't stop by the local 7-ELEVEN for 5 or 6 ice cream bars or chocolate tacos (as he was known for doing in the past). Those days of just wolfing down whatever was his fancy were gone. His body was now running on a well-calculated nutritional program. The Nutrition XP3 plan was going to get the ultimate test - a major competition against some of the best strength athletes from around the world all looking for the gold. One other major things we changed with his diet was his protein intake. Garry had not been eating enough protein to say the least. I had guys less than half his weight eating double what he was. His lack of protein throughout the day was leaving him in a catabolic state, leading to muscle loss. From looking at him, you would think I was crazy, but once he was on his game plan the amount of lean tissue that Garry put on in the last phase of his contest cycle was phenomenal. You guys out there know that I am big on protein, among other things, but now Garry started to realize that I wasn't just blowing sweet nothings in his ear. All my ranting and raving to get his protein consumption up was something that he now truly believed in. He saw the effect immediately, as his strength was going up every workout. His training cycle went extremely well and we knew he was ready for a big day. The contest day was soon upon us and no one was more excited to see how his new nutrition plan was going to perform than Teresa and I.

The War is On!

It was the day of the big meet and you could smell the adrenaline in the air. Garry was pumped and primed to do some major damage. Today, he was not taking any prisoners. He had a few technical glitches, but Garry still hit a 959 in the squat and 672 in the bench press. Could you imagine having a "bad day" after only squatting almost a thousand and benching close to 700? I could use a bad day like that! Since he had lost a good amount of weight, the bench shirt was not dialed in right for his new leaner structure. His squat suit as well was not giving him the support in the right areas due to his changed body structure. Since he didn't get his equipment altered for his new leaner body, this threw off his game plan. Garry is a true champion at heart, and wasn't going to allow a few glitches to get in his way. Just as things were not going his way, the tide turned when the bar hit the floor. The main attraction of the show was the deadlift. As you all know the deadlift record has barely moved in over a decade. The 925 deadlift by Garry Heisey back in



Garry Showed the World... the biggest deadlift in history. (Lambert)

the early 90's wasn't touched until recently when Andy Bolton did a 926 deadlift. Garry was pumped for this show and knew he needed the deadlift record more now than ever. As he battled back and forth with Bolton, he knew that today was the day history was going to be made! Garry knew it was now or never and there was no way this day was going to end on a sour note. Garry's opener flew up like he had 135 on the bar. Heck, he probably could have ripped it up for a good 8 reps. His second attempt flew up just as easily. It was now the time to go for the gusto and set the history books on fire with an attempt that would leave all the super deadlifters of powerlifting past in the dust. Garry called for 931 pounds for his third and final attempt. With the roar of the frenzied crowd in his ears, Garry approached the bar like a machine ready to do what he does best! When all was said and done Garry ripped 931 off the floor like it he was stealing candy from a baby. He held it there long enough to make

sure everyone knew who now was the world's strongest deadlifter. The crowd went crazy with excitement as Garry strolled off the stage with the heaviest all time deadlift number now under his belt.

The Beginning of Something Sweet

Garry had done what most men only dream of. He dropped over 30 pounds of bodyfat, gained close to 20 pounds of lean muscle, and got his deadlift to an all time historical best. Garry's nutritional plan was right on the money for what we were trying to accomplish. Most importantly, it got the job done! From that day forward Garry would embrace the "Nutritional Sciences" as a new weapon in his arsenal for powerlifting greatness. Garry now realized that he was on to something big here with this whole "Nutrition" thing, but I knew that this was just the beginning of what was to come.

If you have any questions or comments I can be reached at: Aricciuto@x-tremepower.com

WORKOUT OF THE MONTH

JON SMOKER'S SQUAT ROUTINE

This routine is a amalgam of various influences and ideas I have encountered in over three decades of squatting, although it was basically established after I took a strength and conditioning course for a couple of weeks in Moscow in 1986. It has proven quite effective for everyone I have put on it, most were typically lifters with a few years of lifting under their belts who had hit a plateau. The increases have been anywhere from 50 to 100 pounds over a sixteen week course. It is based on my firm conviction and guiding principle that strength is a by-product of conditioning with weights, heavy weights. This routine consists of 4 mini cycles and places great emphasis on the training of the quadriceps, because the knee is a fulcrum from which

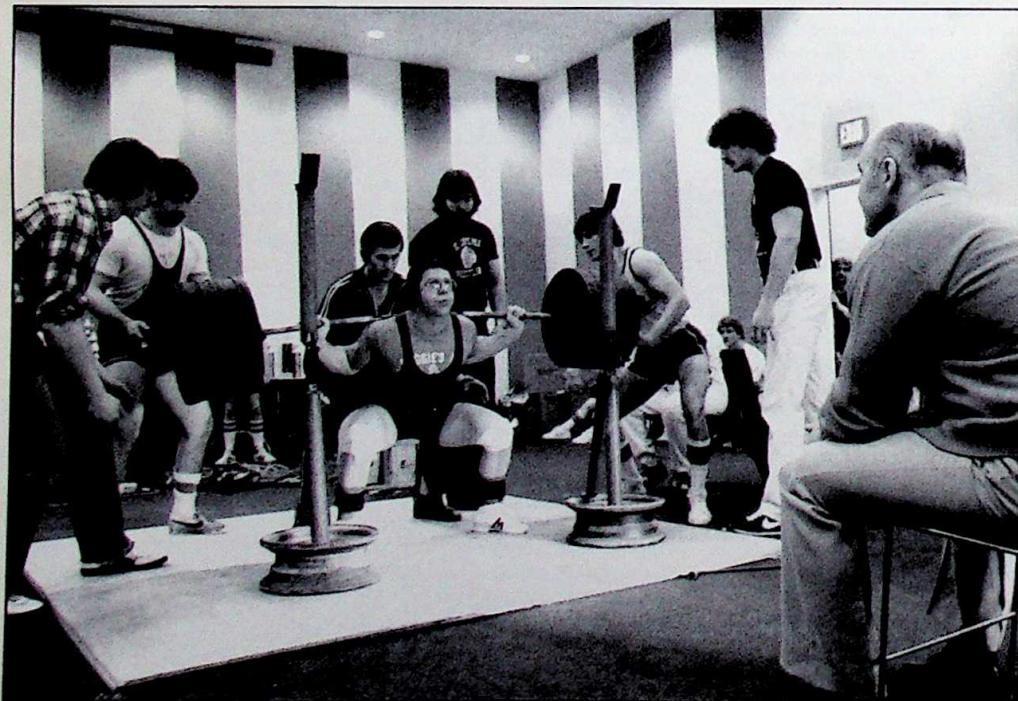
the quadriceps force it to extend once the glutes have gotten the lift started with support from the hamstrings. In other words, when an athlete hits their sticking point in the ascent of a squat, it is the quads which must force it to completion. It is exactly parallel to situation in the bench press, where a second muscle group, the triceps, must complete what the first muscle groups, chest and shoulders, have started. With this in mind, plus the goal of taking the quadriceps conditioning to a new level, this program is designed to ratchet up the intensity of the training, the closer one gets to meet day. The glutes and hamstrings are trained on deadlift day, by the way.

To incorporate the Weider principle of overloading, heavy box squats are used. This is the classic

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).

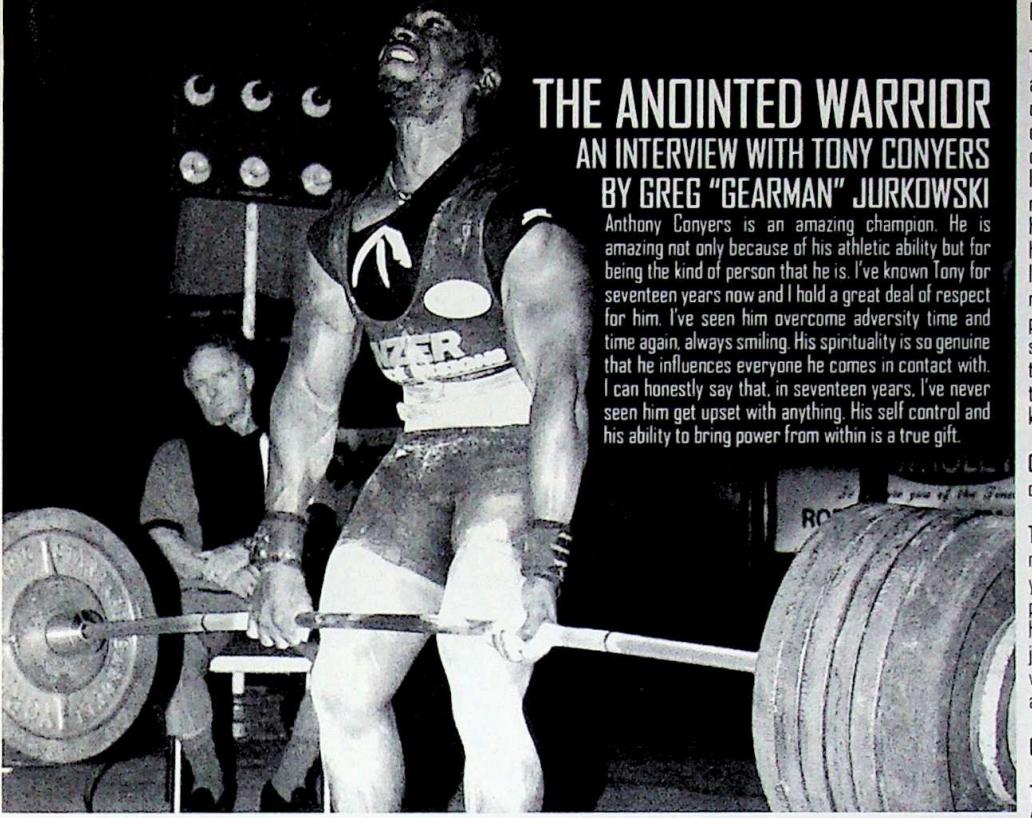
can do for a single with a one ply supportive suit. After a few workouts, the athlete should be able to do about ten reps with this amount of weight. I would recommend doing these in a power rack and setting the catch pins high for the sake of safety.

Every other week a high intensity workout is employed and these change after 2 workouts because Russian research has shown that the body adapts quickly and a third workout with the same schemata will produce little result. The mind has to stay one step ahead of the body and constantly throw new wrinkles at it. The first workout in this series of 4 is non lockout high bar squats. I like to call them Platz squats. They are done with the bar high on the back, feet shoulder width apart and rock bottom depth. When Tom Platz first hit the scene I searched for anything about his training I could find to discover what was behind his phenomenal leg development. I know in one of his first training manuals he mentioned doing squats without locking out at the top because of the constant tension it keeps on the quads. I know I did not make this up, but he later seemed compelled to deny this in his lectures and I never understood why, because this is a very effective method. Workout 2 employs another Weider principle, pre-exhaustion. Here, the Platz squats are preceded by leg extensions in a super set. Workout 3 consists of tri-sets with leg extensions, Platz squats, and leg presses. This workout has been very popular with some bodybuilders who have seen me using it over the years. Why should that matter to a powerlifter, you might ask? Because the bodybuilders were very interested in muscle growth and so should any powerlifter be, because one cannot add muscular size without also getting stronger. This is a primordial fact about the Iron Game. Incidentally, all the exercises on Wednesday's workouts should be taken to failure. I have indicated this in the workouts by the approximate reps the athlete should be getting at the point of failure. Workout 4 involves what I have dubbed Russian cage squats and they really help to pull everything together while taking



Jon Smoker has been a notable squatter for decades, setting numerous records in many federations. His current "pedigree" includes 2 Masters records in the AAPF (165, 181 @ 55+) and a WNPF Record (181). "The AAPF record at 165 I consider a legit American record, 512, because it exceeds the records for my age and wt. for all drug free associations (10 kgs. higher than the USAPL record). He still uses some of the principles explained in this article in his own training, but he trains much more by how he feels now. He no longer employs box squats ("my skeletal structure just can't take them anymore") In their place he now uses a weight system for middle distance runners, to push his conditioning level even higher. "I'm in far better shape now than when I was younger." (photo courtesy of Jon Smoker)

(article continued on page 91)



THE ANOINTED WARRIOR

AN INTERVIEW WITH TONY CONYERS

BY GREG "GEARMAN" JURKOWSKI

Anthony Conyers is an amazing champion. He is amazing not only because of his athletic ability but for being the kind of person that he is. I've known Tony for seventeen years now and I hold a great deal of respect for him. I've seen him overcome adversity time and time again, always smiling. His spirituality is so genuine that he influences everyone he comes in contact with. I can honestly say that, in seventeen years, I've never seen him get upset with anything. His self control and his ability to bring power from within is a true gift.

Greg: Let's keep it simple and establish credibility in the easy way. Tony, what were your numbers in your last meet?

Tony: Well Greg, first of all it's an honor to be here with you as a friend and I would like to give God all the glory and praise before we get this interview started. I never do anything without giving Him thanks and acknowledging Him. In my latest meet, I was able to put together a 1978 total. I squatted an 832 for a new WPO world record, I benched a PR of 462 and my deadlift was a 683 which gave me the win.

Greg: Just for fun, what were the numbers from your very first powerlifting meet and how long ago was that?

Tony: Oh man, now we're going way back. We're going back probably 19 or 20 years now. Actually, I totaled elite in the very first competition I entered. I think that I squatted like a 430, I benched a state record of 380 and my deadlift was around 410. That was a long time ago! Because remember, the first meet I actually did was with Ed Gilly and Buzz and them at the high school.

Greg: So that first meet was 1984, which was 20 years ago. Have you always been a champion and can you tell me your beginnings as an athlete?

Tony: Back when I was in junior high school I went out for football but I was a little too light to play because the weight that I had to be at was 110 pounds and I didn't even weigh that, so it was disappointing. I was tipping the scale at about 93 pounds. I had rocks in my pocket and still didn't make the weight and for Coach Able I know forgiveness. Thank God for this man because it was this man who encouraged me to start lifting weights. After that I started lifting and when I moved on to high school I was able to make the football team because there wasn't a weight minimum. I weighed about a hundred and twenty pounds at the time. During the course of training over that summer from 9th grade to 10th grade I'd gained weight. Then, when I walked up to the coach and asked him about the weight requirement he informed me that there wasn't a minimum, so he told me that I could play regardless of my weight. But, previously, during the football season that I didn't qualify for, he noticed me in the weight room lifting. I think I had about 180 pounds on the military press machine and he was impressed enough that he took me inside and he asked me to come up for wrestling.

Greg: So, what position did you play on the football team?

Tony: In football, I went out for running back. I played running back, but they also stuck me in corner back every now and then.

Greg: Did you have a lot of speed or did you mainly rely on strength through your time in football?

Greg: Better with age? You're not kidding! You've been amazing me for years. I know that you're heavily involved in your church. Can you please elaborate a little bit on that?

Tony: Well, back in 1996, after I'd won the ADFPA championships, posted an 1783 total, and competed in about every federation I could think of, I could feel the void that was in my life and I couldn't fill that void up. And one day, being heartbroken and down with myself, suicidal. I wanted a change. I got tired of living the way I was living and I had a calling on my life and God reached down and scraped me up and I decided to go into the ministry and I decided to put God first before anything else. So, what happened was I got into the ministry and I started reading the Word, hearing the Word and doing the Word and it made a great impact in my life, greater than anything I'd ever achieved. It made a greater impact on my life than my 1783 total at 165. And, from there I just stepped out of powerlifting and into the ministry. After three years of not competing, God sent me back out and the main purpose is to go out in fellowship, share the Gospel with others and share what God has been doing for me and that's why I actually out there. My powerlifting is only a cover up, you know, so that God can get the glory. Amen. (Smiling)

Greg: I know that you're a family man; your beautiful wife Debra, and how many children do you have Tony?

Tony: Well together, we have a blended family. We have eleven total. I won't name them all. We just had a new baby, Takeyus Conyers, he's two and a half years old and smart. The reason why I'm just naming this one is because I prayed to God that we can do it right this time and God allowed Debra and I to have a baby through our marriage, instead of being out of wedlock and God has just blessed us with this boy and shown us thanks through him; a thanks that we had never experienced. So, I just thank God for that. Our new child is two and a half years old and, already he's simulating the squat and the benchpress.

Greg: Just for fun, going back a few years, tell me about Five Guys Gym.

Tony: I tell you man, that's the place where it all started. I call my friends from that gym "family." Years ago, four of my friends and I decided to get together and open up a gym. There were five of us and we were trying to think up a name and I said "There are five of us, so just call it Five Guys' Gym." (laughing) And talk about some great powerlifters that have come through there! It seemed like, when Five Guys opened up, everybody who knew about powerlifting in Tampa, Florida came: James Jacobs, Beau Moore, Pro Wrestling's The Rock, Hennis Washington, you, myself and so many others!

Greg: I remember squatting in there, one Sunday morning, and going outside the gym in the sun, in Florida, to cool down after a set. It got a little warm in there! I don't know if the air conditioner worked as well as it could have. Tony, I remember about six months ago we were in the gym with a group of ten lifters on deadlift night. Five of these guys were brand new lifters and never deadlifted before. So, as part of the training we were showing them how to deadlift: stay on your heels, head up, etc. We were trying to correct their form and get them as strong as possible and it occurred to me that we were passing the torch at that very moment. It was kind of a strange feeling. But the next week, none of the new guys showed up and we're still carrying on with new PR's. That's what it's all about.

Tony: Amen.

Greg: What kind of advice can you give a powerlifter who's just starting out in the sport?

Tony: Well, the advice that I mostly give young powerlifters is to first believe in yourself. And I never tell them to rely on their own ability. I always ask them if they believe that God can do all things through them. And, if they can believe that, then God will take them to a whole new level. But you have to have PMA - Positive Mental Attitude. I always tell new lifters that what you sew into others' lives will be sewn back into your life. Like when you had that vision that we were passing the torch, Greg. You were right because we have to pass the torch to the next generation, especially to new powerlifters and the young powerlifters. We need to show them the right technique, perfect their form and teach them how to execute a lift so they'll avoid injuries and overtraining and to help them to believe in themselves and to build up their courage.

Greg: Is there anybody you'd like to thank?

Tony: Oh man, there's a whole bunch of people that I can thank. I'm not going to go into everybody, but I like to thank Mike Lambert with Powerlifting USA, Seanzilla and Leon with HardcorePowerlifting.com, Greg Jurkowski with GearMan Nutrition, Mark Realtors, NDC, Pasadena Liquors, Richard Mertz with Tampa Bay Fitness, Team Dungeon, John Inzer with Inzer Advance Design, Kieran Kidder with the WPO, Ken Snell and Louis Baltz with All American Gyms, Mark Hamburg, Revealing Truth Ministries, Ron Palmer, Misty Fish and Bill Herring, my mother, my beautiful wife Debra, my manager and handler, and best friend Bill.

BLOCKING YOUR PULL

as told to Powerlifting USA by Wade Johnson

The Deadlift is the most unforgiving lift of the big three in the sport of powerlifting. Missing one little facet of form and technique can make a lifter fail miserably. If everything is right, huge weights seem almost effortless. If you are like most, the deadlift is a struggle. I am not built for the deadlift, as I have short arms and a long torso. In my zeal to try to improve, I have frequently overtrained and, subsequently, my pulling has not improved as I feel it should.

I have tried it all. Training the deadlift only occasionally left me without the form I needed. Training from the floor every week left my lower back overtrained. I have pulled from the rack and it simply did not transfer to a bigger pull. So what to do?

This brings me to my pal, Bob Shaefer. I would like to share with you what I was taught and perhaps those of you who are not gifted pullers can take something away from this. For those that are gifted, I am very envious and admire you, but maybe there is something here for you as well.

Let me explain block pulls. The idea is to pull weight that is resting on blocks. This way it more closely mimics pulling from the floor, as opposed to a power rack type of pull. From the blocks, there is no bend in the bar. We do this movement for reps and not as an overload type movement. We will also use straps when necessary to save the hands. I do this mainly because I am incorporating the hook grip into my training and the plan is to eventually, sooner than later, to use this grip exclusively. Either way, use straps as you need to as the reps are of the most importance and grip can be trained later. The difference in the rack pull is the bar will have a bend in it and a lifter simply alters form to get better leverage. Pulling from the blocks, the bar is still straight and your form, just like pulling from the floor, is paramount. Pulling in the rack as an overload movement just tears the lifter apart and you simply do not recover enough before having another training session.

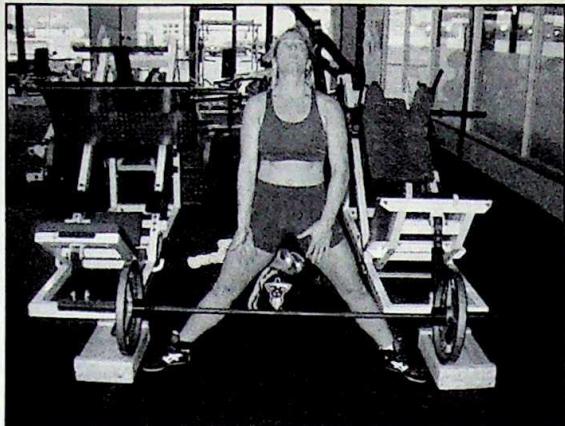
We use 2x8 blocks primarily. This puts the bar just below the knee. This is the typical sticking point for most pullers, especially me.

The blocks are easy to make and fairly inexpensive. For the 2x8 blocks, you will need roughly three, 8-foot 2x8's. I cut mine into twenty inch pieces and simply screwed them together with two-inch coarse thread drywall screws. Once I had two blocks worth, I used 1x2 stripping on the sides, top and bottom, to keep the wood from moving and coming apart and then stripping of the same size on the tops of the blocks that would keep the barbell from rolling off the blocks. These are pretty rough, but do the job and hold up very well. I have seen straps break and 600+ pounds

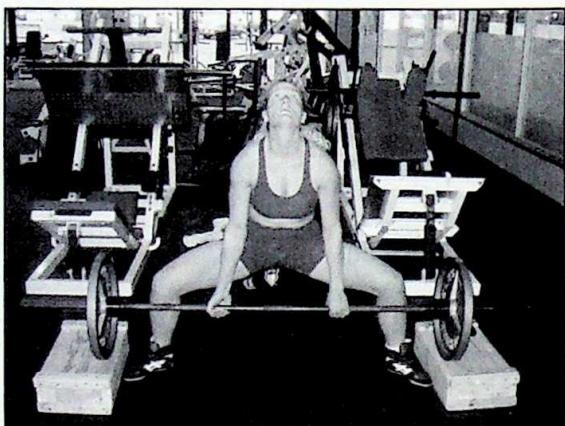
come smashing down on the blocks and the blocks hold up with no issues.

The program is as follows and, keep in mind, there are no percentages or magical numbers. If you need to think progressive, think in the progressive image of consistent sessions. Each rep will make you stronger. Do not try to add weight each week, as you will simply overtrain and get away from the goal of the method. Now to the program at last. I will do sets of six reps on all warm-up and working sets. Using my training as an example, I will start with 135 and add 45's until I do my final warm-up with 495 for 6 reps. I will usually start at 545 for 6 and, depending solely on how I feel, I will add anywhere from 10-50 lbs and do another set. Most times however, I just do another set at 545. I will occasionally, (again totally by how I feel on a given day), do a third set. The important thing is to keep the weight on your heels. If I can get the weight to my knees when pulling from the floor and my form is in good shape, I usually pull the weight to lock out. However, it is usually at this point that if you have flawed technique, the weight is more likely to be on the toes and stopping you from locking out, hence the sticking point in the knee area. Pulling from the blocks makes me keep the weight on my heels and lets me focus on form for reps.

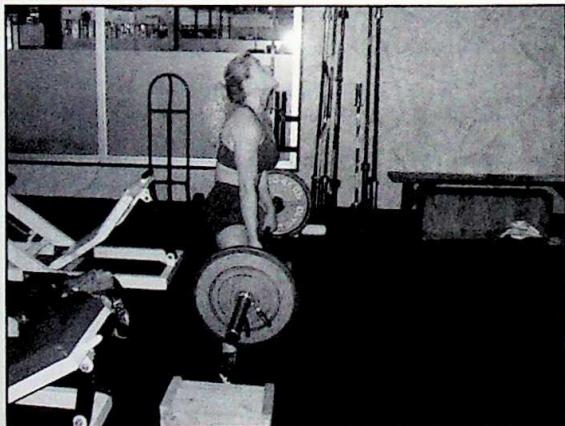
Another method of using block pulling is a descending block method. To explain, I will use my wife's training recently as an example. Kris is a naturally strong puller. She uses sumo and has issues with the weight getting out in front of her at maximal weights. This is very typical. As I have watched her pull thousands of times, I would tell her that the weight was moving away from the body and the weight was also on the toes and not the heels. We have used video and several different methods to remedy this. We started with the same 2x8 blocks that I use. With Kris's training, we did use a percentage of her max. The first 5 weeks was 4 sets of 8 reps with the percentages of 65%-80%, with set one being 65%, then set two would be 70% and so on. As long as she got all of the reps, the following week, she would add 5 lbs to each set. The second 5 weeks, we went to 5 sets of 5 reps with the percentage range of 70%-90%. Kris would then use 2x6 blocks and add 5 lbs. to each set each week of the phase. The last phase we use 5 sets of 3 reps and the percentage range was 75%-95%. Keep in mind with the adding 5 lbs. each week the percentage actually went up. When she was done with a phase, she would use the actual percentage and, in effect, would wave the weight. For each rep in all phases the focus was to lift with bar against the legs and keep the weight on the heels. Also, learning to use the hips and push through at the top was crucial for Kris. At the end of each phase, she would pull a few heavy singles from the floor to get a feel of pulling from the floor again. Her results were quite good. Roughly a



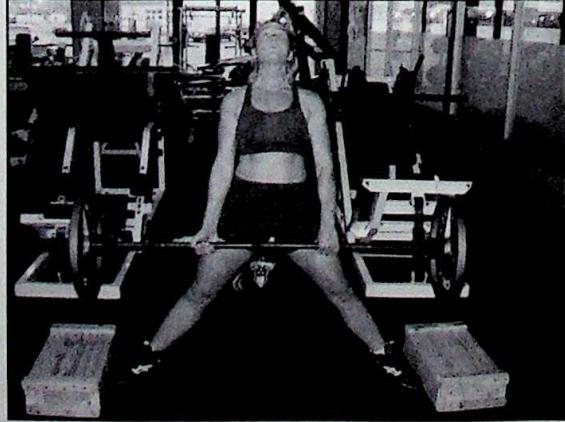
Setup Kris Johnson prepares to pull off the blocks.



Start Kris assumes her efficient pulling position.



Midway through Kris maintains a strong position.



Finish of the Pull Kris has her weight on her heels.

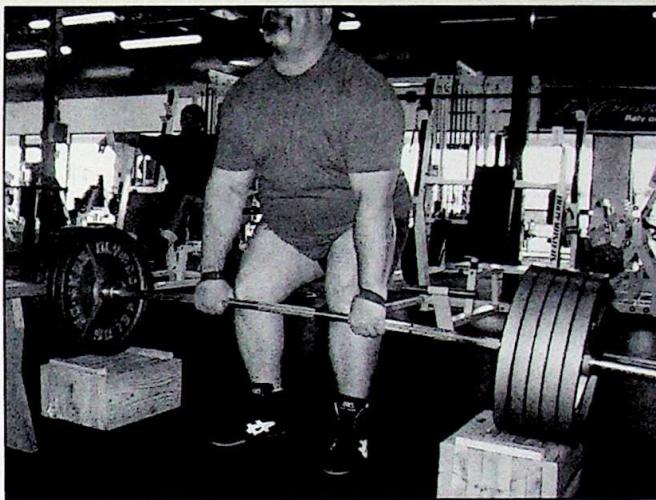
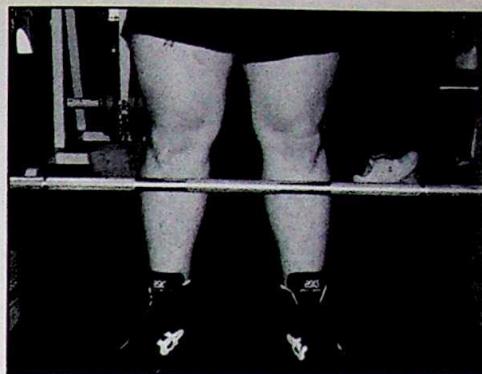
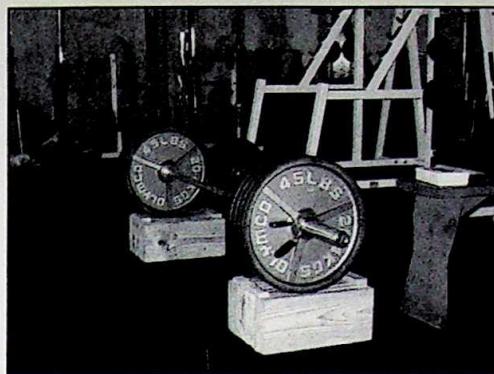
year ago at a bodyweight of 165, Kris pulled 353 in a meet using a suit and belt. This past July weighing right at 140, she pulled 355 with a belt only. After losing 25 pounds in a year, using no equipment save a belt, she was able to maintain her strength and save the lower back by pulling from the blocks. What Kris was able to learn from the blocks was feeling the weight on her heels as the blocks forced that issue. I would explain even as she watched the video, but until she felt it, we could not come up with a solution to improve her form.

Also, Kris works on her feet all day and after pulling sessions, she would pay for it for a couple of days and I had to find a way to get the work in and still save her back. The blocks accomplished this: She has little to no back discomfort and is stronger now than she was 25 lbs. of bodyweight ago. Now that Kris is down to 135, she again tested in gear that fit at 165 and pulled 360. The focus again was primarily on saving the lower back, but getting more reps in pulling.

So to review, those of us in my training group that have gone the block pulling route have seen gains in strength while saving the lower back. If you have troubles with your pulling, give the block pulls a try. The blocks are cheap and easy to build and, make a great place to sit in the gym should you need it.

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

Wade



Upper Left Wade Johnson makes his own blocks by bundling up 2x8s... **Upper Right....** blocks of this size put the bar just below the knees, which is the sticking point for many lifters. **Left** Wade is not opposed to using straps in this movement, particularly since it is done for reps, and not maximum weight, and also because he is working on developing a hook grip. (all photographs provided by Wade Johnson)

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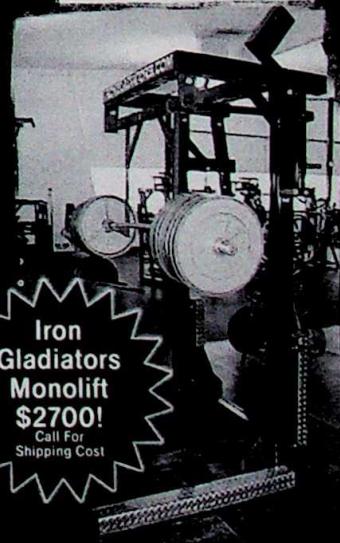
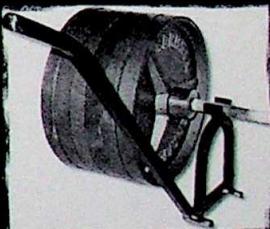
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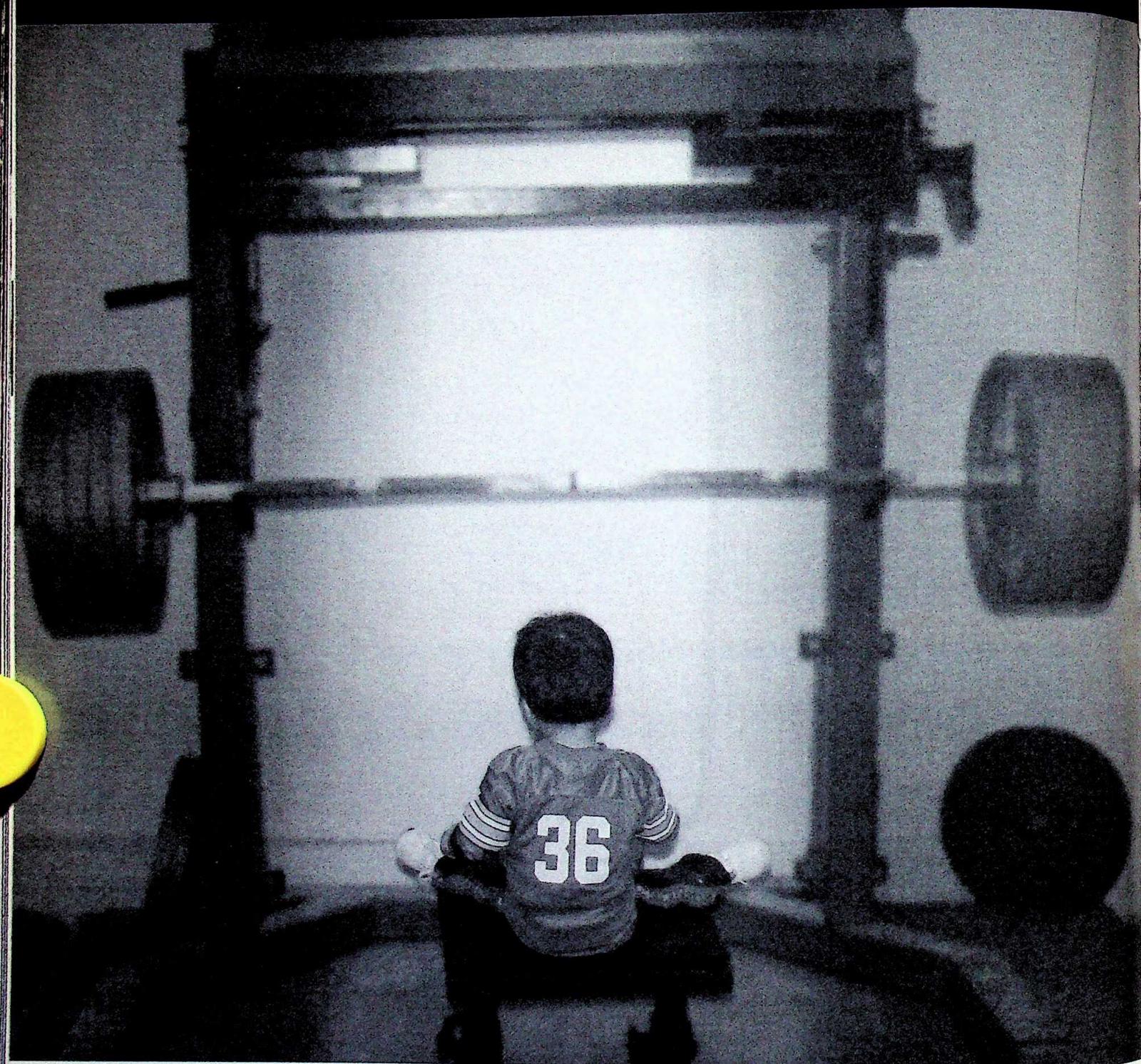
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Boxers have cornermen; golfers have caddies, Batman has Robin. When it comes down to the actual competition, the boxer, golfer, and the Caped Crusader have to come through on their own, but their assistants play a key role in their success.

The powerlifter is out on the platform alone and that's all between the lifter, the weight, and gravity, but for best results at a meet, each lifter needs some specialized and dedicated support and that comes from his meet assistant. This support extends far beyond just yelling encouragement to the lifter on the platform. This is where an individual sport gets some team flavor.

In past articles I presented several checklists for lifters to review before and after a meet. The goal of those checklists was to help ensure a lifter was prepared for all items leading up to a meet as well as to learn from each meet's successes and failures. This checklist will lay out the job description of the meet assistant. To do this, I have broken out the checklist by categories: pre-meet, each lift, and miscellaneous.

STARTIN' OUT

A special section
dedicated to the
beginning lifter

ASSISTING AT THE MEET

as told to Powerlifting USA by Doug Daniels

Pre-Meet

1. Submitting opening attempts
2. Weigh-in assistance
3. Get understanding of meet rules
4. Ensure all lifting gear, etc., is good-to-go

Squat

1. Bar height and rack in/out setting for each attempt
2. Assist putting on squat suit for each attempt
3. Belt tightening
4. Knee wrapping
5. Knee wrap re-rolling after attempts
6. Assist loosening equipment between attempts
7. Chalk and powder application on lifter

Bench press

1. Assist putting on and removing bench shirt
2. Adjust bench shirt between attempts

3. Chalk application on lifter
4. Belt tightening
5. Foot platform location (if needed)
6. Hand off, if allowed

Deadlift

1. Assist in putting and removing lifting gear
2. Belt tightening
3. Powder application to lifter's legs

Miscellaneous

1. Warm-up room help
2. Keeping track of lifting order
3. Location of lifting gear
4. Assist in determining next attempts
5. Communicating next attempts to scorer's table
6. Quick check if bar is at least symmetrically loaded for attempt
7. Ask for spotters to clean excess chalk, etc., from platform and bar
8. Check lifter's standing during meet
9. Food and beverages
10. Critique lifting technique

11. Taking meet photos or videos

As you can see, the assistant's job description is substantial. I'm sure there are other duties you could add through brainstorming, so this list could easily grow. On the occasions when I was an assistant, I've felt as exhausted as the lifter I was helping. You cannot underestimate the value of a competent aide at a meet. I've seen lifters not even take the platform for an attempt because they were not aware it was their turn to lift. That's a costly and unnecessary mistake. This should never happen with competent meet support.

The combination of critiquing lifting technique, realistic attempt selection, proper and timely lifting gear application, and paying attention to what's going on at the meet can mean the difference between a successful meet and a disaster. Without good meet assistance, lots of hard work can go right down the drain. Of course, shouting encouragement to your lifter is just as critical as any item on the list above. An effective meet assistant can make an individual sport a successful team event.

Doug Daniel's Web address:
[members.aol.com/
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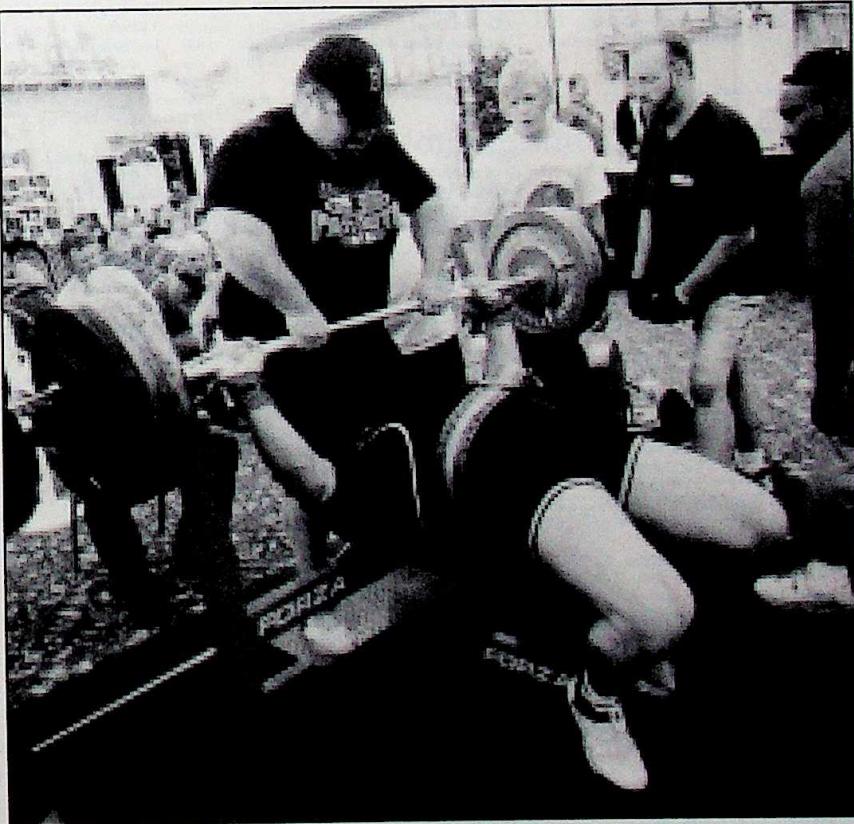
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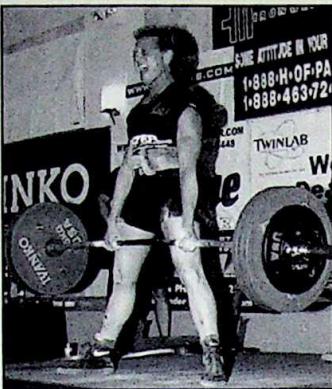
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WPO President Kieran Kidder assisted James Hoskinson with his lifts at the WPC World PL/BP Championships in Fresno, California. (photograph by Mike Lambert)

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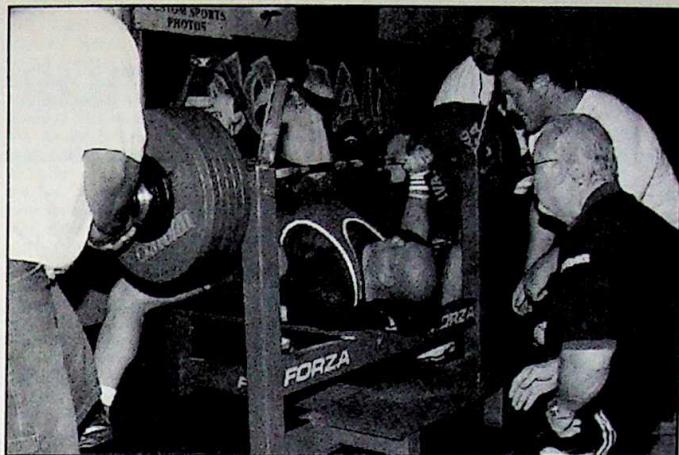
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K. Bond#	J. Imamura#	374	J. Castorina	435 D. Schmidt,Jr 363
198 lbs.	B. Kunkel	325	K. Bohdan	369 4th-314*
F. Mongaogang	Hilderbrand,Jr	304*	R. Solar	325 242 lbs.
199+ lbs.	M. Feldman	385*	P. Davi	600
J. Prothman	188*! 181 lbs.		F. Hofer	473
S. Kribs	A. Kim	369	E. Krych	451
Law/Fire	M. Wells	242	M. Connor	518 4th-462*
Master			J. Steffens	385
123 lbs.	198 lbs.		G. Domminga	374 4th-402*
L. Christopher	J. Castorina	435	259 lbs.	275 lbs.
Master (40-46)	B. Adams	352	I. Soekardi	501 T. Angelo 551*
	R. Solar	325	257 lbs.	D. Groves 529
148 lbs.	4th-336*		T. Hawes	473 308 lbs.
H. Gantz	203	220 lbs.	S. Wong	727
4th-209*	M. Watkins	418	D. Merchant#	611 309+ lbs.
S. Hedman	R. Ortal	402	622* T. Corwin —	
4th-203*	M. Sinner	402	J. Place	534* D. O'Neill 429
B. McGowan	170 D. Finkenstadt	402*	Master (47-53)	Submaster (34-39)
L. Powell	160* T. Sybouts	391	148 lbs.	148 lbs.
D. Dammings	154 242 lbs.		A. Evangelista — R. Hilderbrand	304* 4th-319*
165 lbs.	M. Landon#	507*	C. Wong	220* 165 lbs.
S. Klocke#	226 259 lbs.		M. Feldman	386*
N. Huxley	176* J. DuBois	485	E. Ansberry	264 A. Somera 352
A. Thomson	E. Krych	462*	198 lbs.	4th-314*
P. Michaels-O	149 4th-451		M. McCormack	181 lbs.
4th-154*	T. Chun	451	A. Agamao	473*
199+ lbs.	J. Fernandez	369	L. Anderson	— D. Sugimoto —
K. Sandoval	220 275 lbs.		K. Beseda	440 A. Planchon 485*
4th-231!	C. Wimmer	462	M. Sinner	402 242 lbs.
Master (47-53)	309+ lbs.		T. Sybouts	391 D. Jacobson 473
105 lbs.	F. Delatorre	552*	R. Fisher	402
V. Kosak	121 J. Place	534*	M. Landon	507 259 lbs.
4th-126*	Junior (20-25)		F. Hofer	473 J. Steffens 385*
114 lbs.	132 lbs.		K. Eyre	457 132 lbs.
C. Schwarz	143* C. Snider	292*	4th-462*	A. Stewart 143
A. Hooson	99 165 lbs.		M. Ward	358 Teen (16-19) 148 lbs.
J. Morris	93 J. Luther	473*	D. Ward	358 Teen (16-19) 148 lbs.
123 lbs.	J. McWalter	231	T. Wright	292 198 lbs.
D. Ruff	165 181 lbs.		4th-309*	S. Mahoney 319
K. Olson	115 S. Judah	473*	308 lbs.	220 lbs.
148 lbs.	A. Kim	369	D. Stevens	429 C. Anderson# 429
L. Lastufka	115 220 lbs.		309+ lbs.	4th-451*
E. Diane	88 J. Hoyt	451	D. Hawkinson	352* R. Segura
165 lbs.	D. Schmidt,Jr	363	B. Hill	325 187.2
N. Carpenter	165 4th-374		198 lbs.	C. Anderson 154
198 lbs.	242 lbs.		T. Camp	— 4th-160*
M. Huston	170 P. Davis#	600	242 lbs.	165 lbs.
4th-177*	259 lbs.		M. Magruder	435 M. William 143
K. Cash	154 R. Harth	402	D. Ward	358 Teen (16-19) 148 lbs.
4th-159*	C. Sacher	—	T. Wright	292 198 lbs.
199+ lbs.	Master Law/Fire		4th-309*	S. Mahoney 319
C. Crampton	148 Master		308 lbs.	220 lbs.
J. Mongaogang	132 259 lbs.		D. Stevens	429 C. Anderson# 429
Master (54-60)	D. Bodenstab	502!	309+ lbs.	4th-451*
123 lbs.	I. Soekardi	501*	R. Patterson#	611*! 309+ lbs.
G. Camp	104 275 lbs.		Master (61-67)	T. Corwin —
148 lbs.	K. Eyre	457	165 lbs.	DEADLIFT
B. Anderson#	165*! 4th-462*		D. Barden	314 WOMEN
198 lbs.	309+ lbs.		4th-319*	Junior
P. Robey	165 D. Marchant	611	181 lbs.	123 lbs.
Master (61-67)	4th-622!		D. Hawkins	303 S. Sakai 326*
123 lbs.	R. Patterson#	611!	4th-308*	165 lbs.
M. Hopkins	93! Law/Fire		D. Holmes	325* 4th-385*
Master (68-74)	Open		198 lbs.	1881 lbs.
165 lbs.	181 lbs.		R. Smith	512! K. Bond 253.5
G. Cloninger	104* C. Walker#	490*	309+ lbs.	D. James 501* 198 lbs.
Master (75-79)	R. Harris	462*	4th-111	F. Mangaogang 325
132 lbs.	D. Carr	391	148 lbs.	4th-352*
M. Whinston	73.7* 198 lbs.		L. Vincent	270*! 199 lbs.
Open	S. Boyle	479*	Master (75-79)	S. Kribs 225*
97 lbs.	242 lbs.		181 lbs.	J. Prothman 352
C. Neely	— D. Arredondo	501	A. Whinston	110 4th-363*!
165 lbs.	259 lbs.		4th-111	Law/Fire
S. Klocke	226* A. Porter	512	132 lbs.	Master (40-46)
C. McEwen	176 D. Bodenstab	502*	C. Snider	292 132 lbs.
198 lbs.	275 lbs.		148 lbs.	K. Kennedy 275
K. Cash	154 G. Sutton	501	A. Evans	413* 148 lbs.
4th-159	308 lbs.		J. Mamura	374 J. Rayburn 319
199+ lbs.	J. Cisneros	529	165 lbs.	S. Hedman# 325
D. Richards	214 4th-540*		181 lbs.	H. Gantz# 402
4th-215*	309+ lbs.		259 lbs.	4th-418*
R. Mongaogang	126 F. Delatorre	552*	225*! 123 lbs.	Open
Submaster	Law/Fire		C. Davis	Open
165 lbs.	Submaster		132 lbs.	L. Christopher 270
T. Jacobs	176 181 lbs.		C. Snider	292 132 lbs.
181 lbs.	A. Agamao	473!	148 lbs.	K. Kennedy 275
J. Steele	165 275 lbs.		A. Evangelista	413* 148 lbs.
4th-176*	T. Angelo	551!*	J. Mamura	374 J. Rayburn 319
Teen (13-15)	G. Sutton	501*	165 lbs.	S. Hedman# 325
123 lbs.	308 lbs.		181 lbs.	H. Gantz# 402
A. McEwen	71 J. Taylor	496	181 lbs.	4th-418*
Teen (16-19)	4th-501!*		259 lbs.	Open
E. Ansberry	132* Master (40-46)		C. Walker	490 165 lbs.
181 lbs.			R. Harris	462 A. Thomson 220
			D. Fisher	292 B. Workman 270



Jo Walker deadlifted an amazing 440 lbs., best ever pull on formula.

J. Taylor	562* 259 lbs.
Master (40-46)	C. David# 330!*
148 lbs.	148 lbs.
V. Fernandez	352 Open
181 lbs.	148 lbs.
A. Zorbas	457* A. Evangelista 485*
D. Suches	540 165 lbs.
T. Eisenman#	744! R. Godard 551
242 lbs.	181 lbs.
A. Stewart	303 D. Fisher 440
G. Damminga	507 C. Walker 523
A. Dawson	650 D. Trovis 661
259 lbs.	L. Woodley 694*
I. Soekardi	700* T. Eiseman
308 lbs.	744!*
A. Medak	705 220 lbs.
J. Place	551 J. Anthony 551
4th-590*	D. Schmidt,Jr 584
Master (47-53)	M. Lamarque 661
148 lbs.	242 lbs.
C. Wong	468 A. Stewart 303
A. Evangelista	485* J. Payne 523
165 lbs.	J. Capello 705
C. Smith	501 P. Davis# 710
181 lbs.	259 lbs.
E. Ansberry	402 R. Harth 628
L. Woodley#	694* C. Stumbo 633
198 lbs.	E. Krych 666
M. McCormack	J. Fernandez# 716*
507	275 lbs.
242 lbs.	J. Hudson 705*
M. Landon	545 308 lbs.
G. Prothman	573 A. Medak 705
J. Capello	705 309 lbs.
259 lbs.	D. O'Neill 562
K. Smith	451 D. Edgell 666*
Master (54-60)	Submaster (34-39)
181 lbs.	242 lbs.
D. Hawkinson	424 R. Fisher 501
198 lbs.	259 lbs.
T. Green	402 J. Fernandez 716*
M. Stevens	501 275 lbs.
242 lbs.	J. Hudson 705*
T. Wright	358 Teen (13-15)
4th-369*	97 lbs.
308 lbs.	308 lbs.
D. Stevens	600* 4th-203*
309 lbs.	114 lbs.
R. Patterson	622! J. Fernandez 209
Master (61-67)	4th-214*
198 lbs.	148 lbs.
D. Holmes	468 R. Segura 347
4th-490	C. Luna 396*
R. Smith	551! (16-19)
Master (68-74)	181 lbs.
148 lbs.	J. Scheid 440
L. Vincent	358* 198 lbs.
Master (75-79)	S. Mahoney# 540
148 lbs.	220 lbs.
A. Whinston	132* M. Prothman 440
Master (80-84)	
! - World Records. * - State Records. # - Best Lifters. This was the first time the WABDL Nationals has been on the West Coast and it was the biggest one ever with 230 lifters and 365 benchers and deadlifters. The two day attendance was 723. Starting in class-1 bench, Jason Imamura of Hawaii was best lifter in lightweight with 374.7 at 148. Ron Heilbrander, who is handicapped, set an Oregon state record in class-1 with 304.5 at 148 and came in third. At 165, Mark Feldman of Nevada set a state record 386.8. At 181 Andrew Kim of Illinois won with a 369.2. At 198 Reid Solar of Arizona set a state record with 336 but came in third. Brian Adams of Idaho was second with 352 and Joe Castorina of California won with a 435.2. At 220, Dan Finkenstadt set an Illinois state record with 402.2 to come in fourth. Mike Watkins of Oregon won with a 418.7. At 242 Marv Landon set an Oregon state record with 507. At 259, Eric Krych of Minnesota set a state record with 462.7, but Jason DuBois of Oregon won with a 485. At 275 class-1, Carl Wimmer of Utah set a state record 462.7 for the national title. At Super Frank Delatorre of California beat Jeffrey Place, a former NFL player for the New England Patriots, 552.1 to 534.5. Delatorre's lift was a California state record and Place's lift was an Oregon state record. Best lifter for heavyweight was Marv Landon. In junior men, Chuckie Snider of Texas set a Texas record at 132 with a bench of 292. At 165 Joe Luther, one of the best lightweight benchers in the world, hit a world record 473.7. At 181, Stephen Judah of Florida set a state record with 473.7. At 220 Jason Hoyt of Oregon beat Dennis Schmidt Junior 451.7 to 374.7. Schmidt's lift was a	

Minnesota state record. At 242, Phil Davi of California was best lifter with a 600.7 at 242, but he failed in his efforts to get world record back and missed a 629. In junior women, Francesca Mangaon set a Washington state record with 126.7 at 198. Jana Prothman set a world record with 188.3 at 198+. In law/fire master 40-47, Don Bodenstab set an Oregon and world record with 502.6 at 259 to edge out Yanto Soekardi who also had broken the world record with 501.5. At 275, Ken Eyre set a Utah record 462.7. At superheavy, the WABDL state chairman, Dave Marchant, set a world record 622.7. Big Dave, who weighs 329, is a police sergeant for the Murray, Utah police department. In law/fire master 48+, 56 year old Randy Patterson set a world record at super with a 611.7. Randy could become the first 60 year old to bench 600 if he stays healthy. He was also named best lifter in law/fire master. In law/fire open, Charles Walker was named best lifter with 490.5 at 181, which was also a California record. Ryan Harris of Oregon was second with a state record 462.7. Darren Carr of Utah set a state record 391.2 for third place. At 198, Sean Boyle of Washington set a state record 479.5 for the victory. At 242 Derek Arredondo won with 501.5. At 259 Andrew Porter won with a very aggressive 512.5, but couldn't beat his current state record of 529. Don Bodenstab was second with 502.6, an Oregon state record. In law/fire open 275, George Sutton won with 501.5. At 308, Joseph Cisneros set a California state record with 540 and at super Frank Delatorre set a California record with 551. Cisneros and Delatorre are nice guys, but they are big and tough looking. They would make Pancho Villa's gang look like the Bobsey Twins. In law/fire submaster women, Lynda Christopher set an Arizona record with 132.5 at 123. In law/fire submaster men at 181, A. J. Agamao set a world record 473.7. He is one of Matt Lamarque's lifters. Matt's team, called "The Iron Society", won the team title. They also won the team title at the Worlds. They have the best hard core gym I've ever seen. Great equipment from Louie Simmons and other hard core equipment companies. Great attitude, great atmosphere and they go about their business quietly and effectively. If you were to have a fight between gyms, the six toughest from each gym, I would put my money on them. Why? Because they don't act tough, they just are! At 275, Ted Angel set an Oregon state record with 551. In second was George Sutton with a Washington state record 501.5. At 308 James Taylor set a world record 501.5, breaking his own record of 473. In master men 40-46 at 132, Kajohn Southwood set a Washington record of 271.1 for the win. At 181, Alex Zarbas of Minnesota set a state record with 363.7. At 198 there were 5 competitors and Fil Denna III easily won with 457.2, a Nevada state record. At 242 newcomer Mike Connor set an Oregon state record with 529. At 259, Yanto Soekardi won with 501.5. At 275, Terry Hawes of Utah put up a PR 473.7. At superheavy, Utah police sergeant Dave Marchant rammed up a Utah state record 622.7. Former New England Patriots Football Player Jeffrey Place was second with an Oregon state record 534.5. In master men 47-53 at 148, Chuck Wong of Minnesota set a Minnesota record with 220.2. At 242, Marv "Buzz" Landon, who brought a team from the Boardman-Hernston, Oregon area, jumped into the 500# club for the first time with 507. He has been following Ryan Kennedy's training advice. At 259, Steve Shipley powered up 573, way short of his world record 600.7. At 275 Joe Harms broke George Nelson's world record of 575 for the second meet in a row with 578.5. Joe had done 576 in Tacoma, June 19 at the Monster Muscle Great Northern. In second place, was Ken Eyre of Utah with a 462.7, a state record. In master men bench 54-60 at 181, my training partner Dan Hawkinson and the Minnesota WABDL chairman set a state record 352.5. At 242, Mike Magruder, the brother of the legendary Jeff Magruder



Matt Lamarque broke through another barrier ... to an all time best 738 lbs. at 220 lbs. (All photographs are courtesy of Namea Designs)

who benched 639 at 242 raw, put up a respectable 435. At super, former powerlifting great Randy Patterson (914 squat in a single-ply suit - no canvas for him, 585 bench raw and 780 deadlift raw) blitzed 611.7 for a world record at age 56. He will be the first man in the world to bench 600 at age 60. In master 61-67, Donald Barden set a Washington state record with 319.5 at 165. At 181 Daryle Hawkins set an Oregon record with 308.5. At 198 Dave Holmes set a Washington record with 325. Robert O. Smith is a member of the Screen Actors Guild - the only powerlifter in the world other than Gus Rethwisch to be a member of the guild. (Gus has had his SAG card since 1978 and has been in 11 movies, Magnum PI, Hawaii 5-0 and even did a play with Juliet Prowse called Kismet in 1988 at the Pasadena Civic where the Emmys are held). Roberts O. has been in numerous movies and TV shows and does voiceover for many video games and cartoons. Now, on to Robert O.'s latest accomplishment, a 512.5 world record at age 61, he was the first man in the world to bench 500 at age 60 in June 19 in

Tacoma. He set this record at 308. He also holds the world record at super with 515. At super, Don James became the second man in the world to bench 500 at age 60 with 501.5, and he came close with the world record of 518. In master (75-79) Arthur Winston, age 79 and still practicing law, set an Oregon record of 111.1 at 148. In master 80-84 Bob Woods who was in "retirement" for four years, came back and set an unbelievable world record of 303. The first man in the world to bench 300 at age 80, he weighed 214. At 259, at age 80, Cal Davis benched 225.7 for a world record. In master women 40-46 at 148, Heidi Gantz set an Oregon record 209. Suzanne Hedman coached by Rene Nelson came in second with a California record 203.7 Gantz was coached by Jerry Capello, the great master deadlifter. At 165, Sheri Klocke of Oregon won with 226.8 and in second was Nadine Huxley with a Washington state record 176.2. At 181, Pamela Michaels-Olson set a Washington record with 154.2. At unlimited Kelli Sandoval set a world record with 231.2. In master women 47-53 at 105 Vivian Kosak set a Washington

record with 126.7. At 114 Carolyn Schwarz set a California record with 143.2. At 198 Margie Huston set a world record with 177.3. Kathy Cash was second with an Oregon record 159.7. In master women 54-60, Barbara Anderson set a world record 165.2 at 148. In master women 61-67 Martha Hopkins set a world record 93.5 at 123. In master 75-79 at 132 Melicent Whinston set a world record with 73.7. In open men at 148 Alfredo Evangelista set an Oregon record with 413.2. At 165, Joe Luther, who was the greatest teenage bencher with a 413 at 151# at age 17, is also making his mark in junior, blew up 473.7 at 161 for a world record in junior as well as winning the Nationals in the open. At 198 Gus Warrington upped the world record to 584 with a picture perfect stroke as well as winning best lifter for the lightweight division. At 220, Matt LaMargue, who has passed three drug tests, including at this meet, did the most perfect "big weight" bench I have ever seen, 738 pounds. He was slow and controlled coming down, slow and controlled off the chest, slow and controlled in the middle of his stroke, slow and controlled at the end and a perfect lockout. Drug free, no stupid 3-ply or 4-ply or who knows what the hell some of these lifters are wearing and no split neck or completely open back. It was a 2-ply denim. 738 beats Jesse Kellum and George Halbert, it beats everybody in any federation! Many lifters are very jealous of Matt Lamarque and his training partners Phil Davi and Steve Wong, who also are drug free and have passed two drug tests each. Davi has benched 628 at Junior 242 and Wong has benched 760 at 285, in a single-ply shirt. Matt's comment to me was if whoever is complaining about either illegal shirts or drug usage call him and have the guts to list your name and tell him over the phone or better yet, face to face. His cell phone is 831-277-4766. I've received a few phone calls, letters and e-mails from two, maybe 3 or 4 people who have threatened me in a veiled sort of way, i.e. "I'm surprised you're still alive." I've received calls from other people who themselves have been accused of steroid usage, complaining about Matt LaMarque or Bill Gillespie. Success will always breed contempt or jealousy. Back to open 220



Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		Y N		
Street Address		Club Name		
City		State	Zip	Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Master I II III IV	World National State	Y N		M F

Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH

PRESSERS AND DEADLIFTERS

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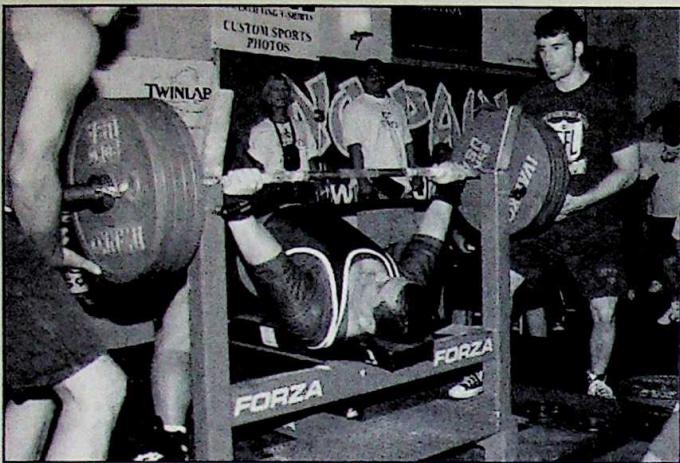
Golden Valley, MN 55427

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

Signature _____



Gus Warrington won one of the Best Lifter awards with 584 @ 198.

Dennis Schmidt Jr. finished fourth but set a Minnesota record 374.7. At 259 Eric Krych of Minnesota set a state record 462.7 for first place and Phil Davi benchend 600.7 at 242 for first. At 308 open Steve Wong had to settle for 727 on an opener. He locked out 788 twice, but his butt was off the bench about an inch both times. 788 would have beaten Bobby Leitz's world record of 761 and would have beaten Bill Gillespie's 782 at super for the highest bench in WABDL. In open women 165, Sherri Klocke set an Oregon record with 226.8. At 198 Kathy Cash set an Oregon record with 159.7. At unlimited Dawn Richards set a Utah record with 225.7. In submaster men Ron Hildebrand at 148 set an Oregon record with 304.1 his second state record of the day having already broken the class-1 record. At 165 Mark Feldman who returned from a five month tour of duty in the Air Force in Iraq, set a state record at 165 with 386.8. In second place was Andrew Somera of Washington who set a state record 374.7. At 181, A. J. Agamao of California and who trains at Matt LaMarque's Iron Society, put up a California record 473.7. At 198 Andre Flanchon also of the Iron Society, set a California state record 485. At 242, David Jacobson got a PR 473.7. At 259, Jason Steffers set a Minnesota state record with 402. At super, 410+ Vince Eldridge, who has a world record dead in submaster super with 451, put up a huge 540, a Washington state record. A year ago, he was benching 451, but as with many lifters lately, found the beauty of the single-ply rage and fury shirt to be better than many double denims and he put on 90+ almost instantly. In submaster women at 181, Jodi Steele set a Washington record with 176.2. In teen men 13-15 148# class, Cesar Luna set a Washington record with 231.2. Cody Anderson of Minnesota set a Minnesota record with 160.8 to finish third. In teen 16-19 220, Chad Anderson set a Washington record 451.7 and was named best teenage lifter. In all, 25 lifters benched over 500#, 5 benched 600# or more and two benched over 700# and 20 world records were set in the bench press. Now moving on to the deadlift. The big story was Tom Eiseman opening with a world record deadlift at 181# with 727, a world record in both open and master 40-46. Then he jumped to 744 and smoked it and then to 771 which he locked out, but hitched when he tore a callous. He want 800 at 181 and I think he will get it. Tom Gustavo Warrington and Matt Lamarque were drug tested and all passed. In class-1 deadlift, Mike McGrath of Illinois at 198 set a state record with 507. At 259 Clayton Gillespie of Oregon was fourth with a state record 628, Carl Stumber of Washington was third with 633, Washar Brumfield of Washington was second with a state record 650.2 and Eric Krych won with 666.7, a Minnesota record. At 275, Carl Winman of Utah pulled out a narrow win over Daniel Martinez 590.6

to 589.5 and got a Utah record besides. At super, David Edgell set a Utah record with 666.7 and Jeffrey Place was second with 590.6. Barry Kunkel, who pulled 468.2 at 148, was best lifter in the lightweight and Eric Krych was best lifter in heavyweight. In junior deadlift, Andrew Kim set an Illinois state record at 181 with 474.8 and Nicolas Lepine also of Illinois set a state record 606 at 242. Both are students at the University of Illinois and are coached by John Hudson, who deadlifted 700 for the first time. Phil Davi of California won at 242 with a 710.7 and was named best lifter. At 259, Jesse Word set a Washington record with 490.5. In junior women at 123, Stacie Sakai set a Maryland and world record with 326.1 and was named best lifter. At 165, Kristy Scott set a Maine state record with 385.7. At 198, Francesca Mangaoang set a Washington record with 352.5. In unlimited Jana Prothman set a world record 363.7. She is coached by Joe Head of Headquarters Fitness, whose team tied Bull Stewart's team for second place and his team also tied for first at the 2004 World Championships in Las Vegas. In law/fire master 40-47, Yanto Soekardi ripped up 700.8 for a world record and best lifter at 259. He's coached by Matt LaMarque and his Iron Society Team who won the team title. Don Bodenstab was second with an Oregon state record 534.5. Randy Patterson set a world record at master law/fire 48+ with 622.7 at age 57. Lynda Christopher set an Arizona record at law/fire master with 270 at 123. In law/fire open at 220 Matt Lamarque pulled 661. In law/fire open 242, Greg Babst pulled a PR 644.7 for the national title and Derek Arredondo was second with a California record 573. In law/fire submaster James Taylor pulled an Oregon record 562 at 308. In master 40-46 at 181, Alex Zorbas pulled a Minnesota record 457.2. At 181, Tom Eiseman pulled a phenomenal 744 for a world record and probably the best deadlifter in the world today, pound for

pound, at age 46 no less. Yanto Soekardi pulled 700.8 at 259 for a California state record and only 10# shy of Bob Vessel's world record. At super, Jeffrey Place pulled an Oregon record 590.6. In master 47-53, Freddie Evangelista pulled 485 at 148 for an Oregon record. At 181, Leonor Woodley set a world record 694.2. He was tested once last year once the year before and passed both. He was tested in Tacoma on June 19 and passed, and we are waiting for the results from a meet in Aberdeen, Washington, shortly after this meet. At 242, Jerry Capello pulled 705, which was a bad day for him. He's usually around 745-750. In master 54-60, Dan Stevens and Randy Patterson pulled world record of 600.7 and 622.7 at 308 and super respectively. In master 61-67, Dave Holmes pulled 490.5 for a Washington state record. In 61-67, 308, Robert O. Smith of Canada pulled a world record 551. He has set 5 world record over the last 12 years in bench and deadlift. In master 68-74, Larry Vincent set an Oregon record of 358 at 148#. In 75-79, Arthur Whinston set an Oregon record 132.2 at 148. And, Cal Davis at age 80 pulled 330.5 for a world record, in the 259# class. In master women 40-46,

Heidi Gantz pulled a world record 418.7 at 148. At 165, Nadine Huxley pulled a Washington record 347. At unlimited, Kelli Sandoval pulled an Oregon record 391.2. In master women 47-53 at 198, Margie Huston yanked a 286.5 world record. Kathy Cash hauled in 314 on a very long pull for an Oregon record at 198 to beat Margie Huston. At 54-60, Pat Robey set a Washington record 254.6. In master 61-67, 63 year old Jo Walker pulled an unbelievable 440.7, weighing 128.4, which has to give her the highest deadlift coefficient of all time, and therefore she is the best female deadlifter of all time! 78 year young Melicent Whinston pulled 152#, weighing 131 for a world record. Jo Walker's 440.7 broke Carol Myers open world record by 16#. In open men, Tom Eiseman, Jerry Capello, Phil Davi, Joe Fernandez, John Hudson and Andy Medak all pulled over 700#, with Eiseman being the lightest at 181#, pulling the most at 744#. John Hudson, who brought at team from Illinois and who is taking my coaching advice, pulled 705 at 275 for an Illinois record. Joe Fernandez pulled 716 for an Oregon record at 259. At super David Edgell set an Utah record with 666.7. In submaster 259, Joe Fernandez set an Oregon record with 716 and John Hudson set an Illinois record at 275 with 705.2. In submaster 259 women, Jennifer Taylor set a world record 402.2 at 181. At 114, Tami McGonagle set an Oregon state record 303 and Jodi Steele who was runner-up to Jennifer Taylor pulled a nice Washington record 363.7. Tami McGonagle was best lifter, pulled 303 at 110#. Sean Mahoney was best lifter for teenage with 540 and Marie Rochat was best lifter for teen women with 319.5 at 148 and an Oregon state record to boot. I want to thank Gary and Elma Thomas for running a perfect weigh-in room, and doing the computer work. Joe Fernandez and Vaughn Fernandez for bringing in the warm-up weights. James Partch and Andy Harding did a great job of spotter loading. They did 94 flights in 6 days at the world and the flights averaged 17 lifters. Dr. Don Bell was the M.C. Gary Thomas and Christi Hansen were the scorekeepers. The judges were Donna Delleere, Brian Baertlein, Don James, Terry Luehrs, Ken Anderson, Gus Warrington. Platform weights were provided by Ivanko and the competition bench was by Forza. Mike Scott was a judge and did some M.C. duty. The sponsors were Michelle Kampen of the Powerlifting Superstore, and Wes Kampen of Monster Muscle the magazine, Rick Brewer of House of Pain, Mike Lambert of Powerlifting USA, Roberts Walker of Twinklab, Jim Starr and Neal Spruce of Apex Fitness Group, Jim Wendler and Ave Tate of Elite Fitness Systems, Karin Klein of Karin's Extreme, Pete Alaniz of Titan Support Systems, Chet Grosskreutz of Ivanko Barbell, Wolf Werner of Morgan Distributing, Sean Madore of GLC Direct the best joint formula on the planet, Chris Hansen of Parr Lumber, Steve Zusman of Metro Metals, Bob Hill of LoPrinz's Gym, and Laura Lee Grizzel of High Cascade Emu Oil. (thanks to Gus Rethwisch for results)

NEW PRODUCT



The new Adjustable Grip is a great tool for anyone enjoys sports where having a strong grip is important. The Adjustable Grip's new patented design features interchangeable weight resistance caps. The caps come in weight increments of 30, 35 and 40 pounds. The caps are easily changed by pulling the handles apart, pulling up gently on one end of the cap, and then the other. To change the weight, simply select a weight resistance cap of another weight increment and place one end of the cap on the top of the handles, then slide the opposite end into place until it clicks. The Adjustable Grip's ergonomic thermoplastic handles are designed to comfortably fit any size hand. The outside of the handles feature bright yellow aerospace cushioning inserts that are molded into the handles for added comfort. The Adjustable Grip retails for \$15 and is available at most major, independent and specialty sporting goods retailers nationwide. For more information on Harbinger visit www.harbingerfitness.com.

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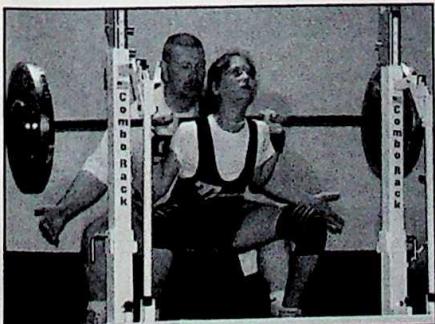
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President's Message: Working at the Grassroots Level

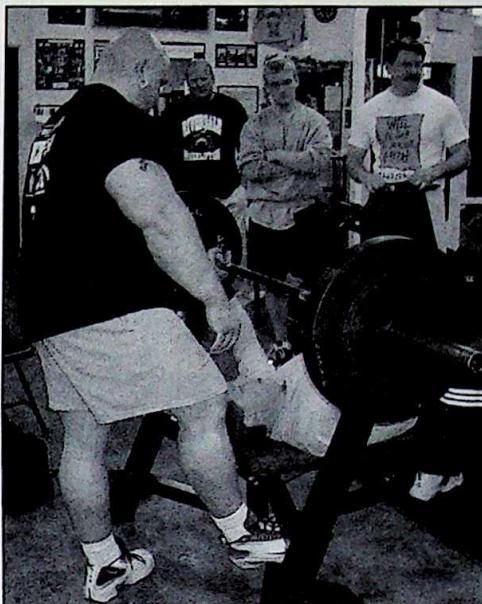
I've mentioned before that there are many different aspects of outreach to our grassroots level lifters occurring in USA Powerlifting. While we are proud of our elite-level athletes, no program can focus entirely on its very accomplished members without a focus on development of talent and values at every level. Over its history, USAPL has been an organization of normal people who add powerlifting to their lives to enrich them. Because we want you to be involved in USA Powerlifting wherever you are, we continue to develop meet promoters in every location and at every level. The lessons learned at the National and International level translate down to the local competition.

One area where a number of people have worked extensively recently is in providing training camps and seminars to increase the knowledge of novice and non-elite level lifters so that their progress is accelerated and success maximized.

Over the next year, USA Powerlifting members will be hosted in a number of cities including Killeen, Texas, Baton Rouge, Louisiana and others. These have been very well received by the membership and give our more accomplished athletes and officials an opportunity to share their expertise with those less experienced.



Caitlin Miller, who started lifting in the Youth Division, garnered the Silver Medal at the IPF Sub-Junior World Championships this year.



Bench Press National Champion, Lance Karabel assists at a recent training camp. (Photographs provided to PL USA courtesy of Dr. Larry Maile)

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.

American Open: Philadelphia, December 11-12, 2005

Just a quick update on the 3rd American Open: This competition is shaping up to be a premier event for lifters who haven't achieved an elite total. It incorporates every aspect of an Open National

Championships in a low-stress, friendly environment. This year, look for many of our elite athletes to participate as "guest lifters," showcasing their lifting, attempting American and World Records, and tuning up for National and World meets. They will also be available for seminars, a press conference, and question and answer sessions. For more information, see the link on the USAPL Calendar page: <http://www.usapowerlifting.com/schedule.shtml>. Plan to be in Philadelphia this December.

2006 Women's Nationals, St. Louis, February 5-6, 2006

The 22nd USA Powerlifting Women's National Championships in St. Louis, Missouri continues to get top billing in our calendar. This is the largest women's strength exhibition in the world. This is the second year of our Youth Division lifters participation in the Nationals, and they proved to be one of the highlights of last year's competition. The Open and Master athletes could not help showing their pride in their accomplishments to these young athletes. We expect to top 140 participants this year. Don't miss this show in St. Louis in February!

Top Twenty

This month, we feature the top 20 women at 44 kg. (97 lbs.) and the top 20 men at +125 kg. (Superheavyweight). To search the lifter data base, or for the complete 2003 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

2004 Top 20-97 lb. Class Women

	2004 Top 20-97 lb. Class Women	Class	Men	2004
1.	Ashley Robbins	331	154	314
2.	Tina Carder	287	138	298
3.	Caitlin Miller	276	138	292
4.	Erin Dickey	265	148	265
5.	Barb Seips	253	137	286
6.	Cherly Anderson	231	143	292
7.	Catherine Solan	237	132	292
8.	Donna Aliminosa	215	110	255
9.	Sarah Deville	210	100	243
10.	Stevie Cross	193	105	231
11.	Valerie Naymick	175	105	215
12.	Abby Shields	187	99	204
13.	Katie Somers	176	93	214
14.	Miranda Mueller	176	66	203
15.	Jade Gealreaux	150	90	200
16.	Stephanie Sitkawitz	154	88	187
17.	Kalyssa Maile	154	93	165
18.	Evelyn Newton	110	80	205
19.	Brandi Morales	143	66	176
20.	Krystal Hernandez	148	72	165

2004 Top 20- Superheavyweight Class Men

	2004 Top 20- Superheavyweight Class Men	Class	Men	2004
Brian Siders	937	700	816	2453
Brad Gillingham	871	634	838	2342
Randall Harris	827	623	755	2205
Dennis Huslander	849	606	716	2172
Nick Minnetti	840	555	775	2170
Lance Karabel	838	584	722	2144
Brian Laudadio	805	623	623	2111
Kory Wnuk	777	617	700	2094
Josh Chovanec	805	579	694	2078
Jason Christus	805	601	639	2045
Mike Neal	760	615	635	2010
Tony Saunders	928	452	623	2001
Harry Archer	854	457	678	1990
Jeff Peshek	705	634	645	1984
Scott Ward	739	540	661	1940
Cory Rideout	750	450	735	1935
Paul Fletcher	745	470	705	1920
Greg Collins	722	485	694	1901
Daniel Gaudreau	650	612	639	1901
Ken Ryder	639	507	705	1852

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POW!ERLIFTER VIDEO

MAGAZINE

OUR HOT NEW ISSUE 40!

**★ HEAVY DUTY TRAINING @ JON GROVE'S
NORTH GEORGIA BARBELL CLUB!**

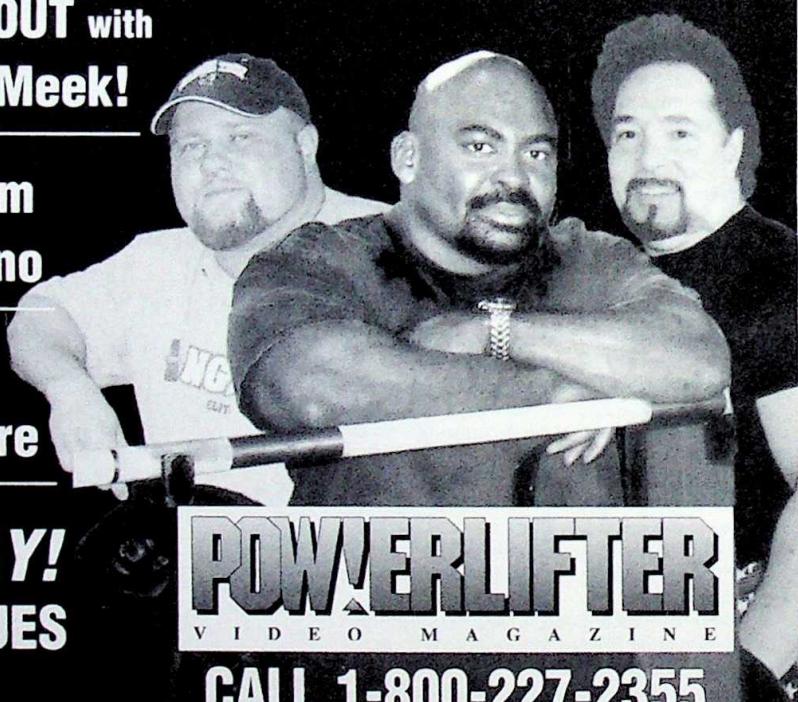
Kara Bohigian, Steve Goggins & Scott Albano

**★ STAR DEADLIFT WORKOUT with
Masters Champ Brian Meek!**

**★ BENCH PRESS TIPS from
Big Bencher Tom Manno**

**★ CHECK-IN with
Scot Mendelson & More**

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POWER SCENE

POW!ER SCENE finally got to stay in L.A. for awhile, and we visited with star bencher Scot Mendelson, who's been busy recently, moving to a new home, building his personal training business (FIT), doing his own training, and appearing in two national TV commercials. But that's not all -- Scot is now promoting a big invitational BP meet, scheduled for next February's LA Fit Expo. Five grand in prize money, and lots of big benchers from across the USA.

Scot himself won't be in the meet, since he's running it; he'll be benching the day (or night) before during the IRONMAN bodybuilding show. Check out www.scotmendelson.net and www.thefitexpo.com for more info.

Powerlifter Lance Slaughter is a campaign director for the Leukemia & Lymphoma Society, and we caught up with Lance at one of their events, the Light the Night Walk. Lance tells us these walks occur all over the country, and raise millions of dollars. We saw Lance busily attending to lots of set-up stuff, and we saw our **POW!ERLIFTER VIDEO** co-host Chuck LaMantia, in a big tent, deejaying the event.

The Leukemia & Lymphoma Society helps fund research and treatment for blood cancers, and provides information, treatment, and sometimes even supplemental financial support for afflicted people. You can visit their site at www.lls.org. Like Scot Mendelson, Lance is also busy meet promoting, and he has a big one coming up -- the USAPL Masters Nationals, in Palm Springs, CA from May 20-22, 2005. You can learn more at www.usapl-ca.org.

Next year, Lance will be back on the lifting platform, starting his second decade as a lifter in competition. Currently, his PRs are 475 SQ, 424 BP, and 485 DL, all at 148. We'll see what next year brings.

POW!ERLIFTER VIDEO's other co-host, Vicky Hembree, has been taking the year off from competition, but she's still in the gym training and staying strong. Last time Vicky took some time off, it lasted 18 years, from 1981 to 1999. This lay-off will probably be a lot shorter.

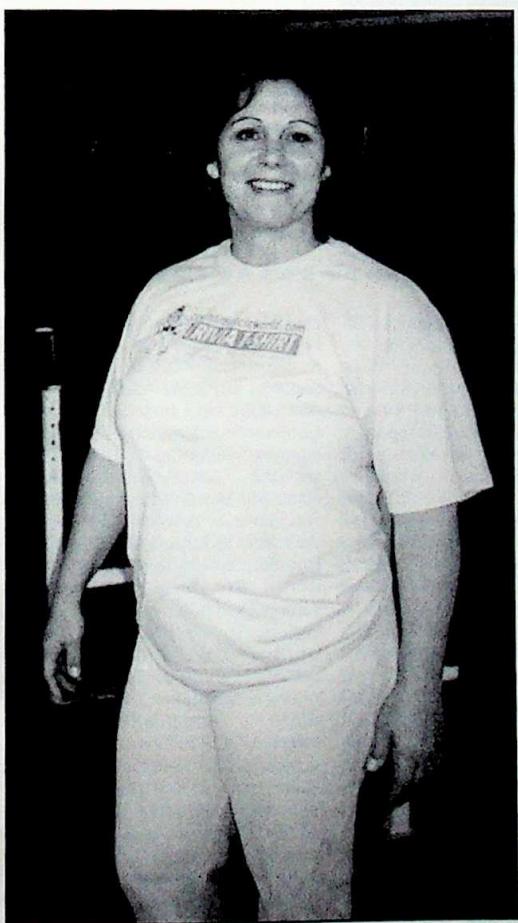
For everyone else out there, we hope all your lay-offs are short, and by choice.

'til next time, stay strong and healthy, and we'll see you on video.

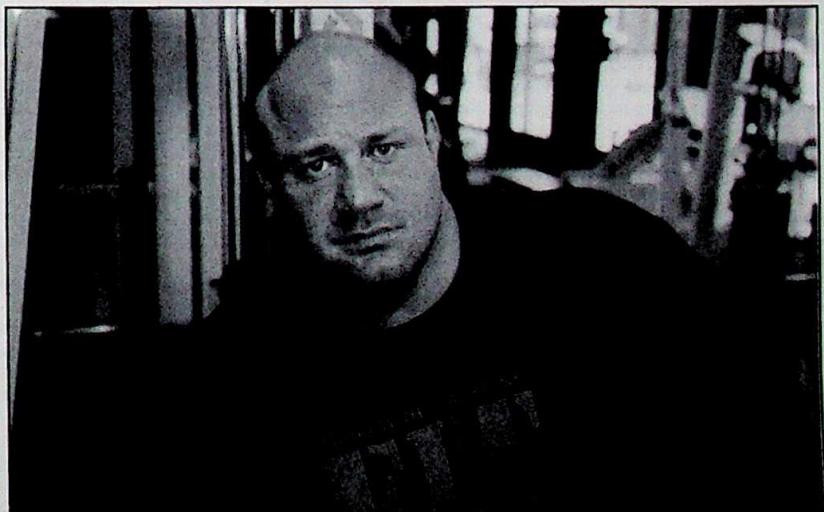
Ned Low



Lance Slaughter is totally committed to his philanthropic work, with our co-host, Chuck La Mantia (seen at left).



Vicky Hembree not only keeps herself in great form but stays busy as **POW!ERLIFTER VIDEO'S** Co-host.



Star Bencher Scot Mendelson... is leading a very active and fulfilling life these days.

NASA Missouri Grand (kg) 26 JUN 04 - Joplin, MO									
Bench Only Win Smith 112.5									
hs	bpm4	114	Zach Hensley	17.5	27.5	60	105	E. Steck	132.5 62.5
148	220	Push/Pull					N. Pfost	125 75	
J. Sentlinger	102.5 Earl Evatt	127.5	Ryan Cannon	147.5 205	352.5	A. Jindra	125.5 65		
m3	bppm	(Thanks to Richard Peters for the results.)				J. Bahn	137.5 70		
198	220	242				J. Bossier	122.5 70		
Win Smith	112.5 Earl Evatt	127.5	USAAPL High School Nationals	19-21 MAR 04 - Racine, WI				A. Bordeaux	117.5 57.5
m4	bpp		GIRLS	SQ	BP	DL	M. Martin	112.5 55	
220	198		Varsity 97 lbs.			K. Longwell	107.5 55		
Earl Evatt	127.5 Win Smith	112.5	S. Deville	95	45	B. Fritsch	107.5 50		
mp	bpp		S. Cross	87.5	47.5	A. Brush	97.5 62.5		
220	220		K. Somers	80	42.5	I. Ray	102.5 52.5		
Earl Evatt	127.5 Earl Evatt	127.5	S. Sitkawitz	70	40	A. Krahm	102.5 50		
nov	cm1		105 lbs.			R. Tridle	102.5 50		
242	181		A. Karpowski	112.5 47.5	135	N. Christensen	90 50		
John Boettger	227.5 T. Bowland	67.5	C. Richard	102.5 55	117.5 275	M. Karow	100 47.5		
pure	cyyouth		A. Seeruck	105	42.5	165 lbs.			
198	123		G. Sampson	97.5	60	M. Dennany	150 100		
Win Smith	112.5 Devin Peters	15	M. Bruschart	100	52.5	T. Walls	137.5 62.5		
pure	dlnov		S. Beebe	72.5	50	B. Lambert	147.5 55		
220	181		K. Parker	87.5	40	S. Sonnenberg	135 65		
Earl Evatt	127.5 Robert Staley	150	102.5 230			S. Manning	132.5 57.5		
sm2	dlyouth		114 lbs.			J. Neff	120 57.5		
165	123		L. Marietta	112.5 70	132.5 325	J. Barrett	115 60		
Bryan Whitt	182.5 Devin Peters	50	L. Houle	122.5 65	130 317.5	K. Ward	130 50		
wpure	sqhs		C. Lewis	117.5 50	120 287.5	C. Reihl	1007.5		
97	148		B. Carlson	87.5 55	117.5 260	H. Brenengen	110 45		
C. Wingert	32.5 J. Sentlinger	175	J. Beebe	75	62.5	A. Headrick	102.5 45		
Power Sports	sqhs		L. Willis	92.5	47.5	A. Hay	100 40		
bpm3	220		R. Touchet	90	42.5	A. Prill	92.5 35		
198	Kilongkilng	180	M. Kaan	87.5 40	102.5 235	181 lbs.			
Powerlifting	Curl/SQ	BP DL TOT	K. Kneisler	72.5 47.5	107.5 227.5	T. Till	160 87.5		
hs			T. Haeuser	87.5 45	92.5 225	A. Morse	160 85		
114			L. Geske	70	30	A. Hocutt	147.5 95		
B. Williamson	117.5 77.5	130 325	H. Lehmen	85	40	T. Batiste	122.5 60		
James May	77.5 47.5	102.5 227.5	S. Meyers	67.5 35	102.5 205	J. Harvey	125 60		
jr			J. Sabin	72.5 37.5	92.5 202.5	B. Strawn	137.5 60		
Aaron Norris	210	157.5 255	123 lbs.			L. Lebakken	100 65		
m2			C. Nogle	155! 90!	182.5 1427.5	M. Newcomb	137.5 77.5		
275			J. Brewer	115	57.5	J. Swanson	125 45		
J. Anderson	195	125 200	S. Medeiros	127.5 52.5	102.5 20 132s	K. Gregory	85 35		
nov			S. Balcer	105	65	L. Slivinski	85 35		
242			J. Schooley	105	45	E. Headrick	195 87.5		
Robert Crane	235	160 232.5	H. Schaufenbil	102.5 50	182.5 465	S. Hatzler	112.5 57.5		
hs			H. Baumann	92.5 50	107.5 260				
114			J. McDonah	90	42.5				
B. Williamson	40	70 115 225	L. Bennett	80	37.5				
220			S. Jenson	80	50				
M. Kilngkilng	45	90 160 295	N. Brablit	70	35				
242			M. Jovanovich	137.5 65	130 332.5				
Chris Hughey	45	85 187.5 317.5	B. Mire	125	57.5				
275			S. Docken	107.5 72.5	137.5 320				
James Brock	45	77.5 120 242.5	A. Welcome	107.5 47.5	130 285				
m1			K. Robichaux	92.5 45	117.5 255				
198			A. McDaniel	90	52.5				
Herb Hensley	60	135 187.5 382.5	A. Matt	165	85				
nov			K. McCauley	127.5 75	150 352.5				
198									
Louis Taylor	60	112.5 187.5 360							

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 War 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 Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s
 Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP

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 Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
 Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s
 Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP

Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s
 Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s
 Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s
 Feb/95... World's Strongest Man, 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 Kravest, 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, '65 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

Paul Kelso's

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T. Flaherty	115	60	125	300
B. Shreiner	110	60	122.5	292.5
A. Brenneman	115	55	120	290
H. Ruhland	110	55	117.5	282.5
B. Black	105	55	107.5	267.5
H. McLaren	107.5	47.5	112.5	267.5
J. Nelson	92.5	55	97.5	245
D. Halverson	90	40	85	215
165 lbs.				
J. Heemeyer	110	52.5	130	292.5
L. Urbina	117.5	47.5	122.5	287.5
J. Molitor	115	40	120	275
S. Hood	110	42.5	110	262.5
A. Southard	0	0	0	0
E. West	0	0	0	0
181 lbs.				
H. Block	120	55	125	300
J. Rychecky	105	40	112.5	257.5
L. Smerud	105	57.5	0	162.5
J. Stupecky	0	0	0	0
198 lbs.				
K. Marsh	115	47.5	122.5	285
198+ lbs.				
A. Lee	127.5	57.5	152.5	337.5
Varsity 114 lbs.				
E. Kratz	112.5	80	155	347.5
T. Baines	122.5	80	137.5	340
M. Crapsey	120	65	150	335
C. Baldwin	117.5	70	142.5	330
M. Molosso	122.5	67.5	137.5	327.5
D. Walther	117.5	65	142.5	325
R. Bachorcz	117.5	72.5	132.5	322.5
J. Liner	110	60	135	305
N. Norwood	100	70	117.5	287.5
E. Kim	100	75	0	175
123 lbs.				
T. Cross	182.5	107.5	157.5	447.5
J. Hile	170	85	167.5	422.5
J. Conner	137.5	80	167.5	385
K. Dahl	137.5	77.5	162.5	377.5
C. Williams	137.5	72.5	150	360
D. Nitzken	125	72.5	132.5	330
132 lbs.				
D. Sheppard	190	120	200	510
J. Benjamin	165	100	215	480
J. Oliver	187.5	95	195	477.5
S. Lidester	170	87.5	200	457.5
T. Ouradnik	162.5	90	190	442.5
N. Slasted	162.5	85	192.5	440
P. Doyle	155	85	172.5	412.5
B. Kammueller	132.5	90	162.5	385
A. Blessinger	145	67.5	142.5	355
D. Albus	127.5	65	160	352.5
J. Cefalu	115	70	145	330
148 lbs.				
V. Niedoliwka	232.5	157.5	260	650
W. Veal	207.5	140	262.5	610
S. Mikulecky	195	122.5	240	557.5
J. Thomas	187.5	115	202.5	505
J. Norwood	175	132.5	182.5	490
J. Welch	170	92.5	202.5	465
M. Schlies	157.5	110	185	452.5
C. Domrowski	155	95	190	

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440	S. Lee	140	130	152.5	422.5
	K. Brady	142.5	105	172.5	420
	Q. Moller	132.5	87.5	197.5	417.5
	N. Sharpless	142.5	67.5	165	375
	D. LePert	210	142.5	215	567.5
165 lbs.	G. France	227.5	112.5	225	565
	R. Calderone	217.5	110	232.5	560
	T. Kibler	207.5	110	235	552.5
	M. Hastie	210	120	210	540
	R. Hanley	185	142.5	207.5	535
	D. Starkey	197.5	122.5	215	535

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
Jan/97 ... IPF Worlds, WPC Worlds, Step by Step Training by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEWMineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Step by Step Training by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austin DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men-Teen-Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 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 World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99 ... The ED COAN Book, Why Whey?, Gordon 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 "Muscle Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99 ... USAPL Men's, APF Srs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East

Z. Taylor	227.5	142.5	237.5	607.5
J. Howard	230	135	242.5	607.5
A. Reid	212.5	137.5	247.5	597.5
J. Jarred	217.5	152.5	215	585
C. Weiter	212.5	152.5	197.5	562.5
B. Blandin	210	135	202.5	547.5
A. Prevost	195	115	185	495
275+ lbs.				
J. Newsome	929.5	145	277.5	715
J. Switalski	252.5	197.5	265	715
D. Krupp	272.5	142.5	205	620
C. Anderson	252.5	120	212.5	585
M. Hecht	270	187.5	255	525
Junior Varsity	114	lbs.		
M. Knight	127.5	67.5	135	330
Z. Karbula	112.5	60	142.5	315
T. Conner	117.5	60	112.5	290
B. Zagone	92.5	75	122.5	290
C. Taylor	110	57.5	115	282.5
T. Harris	115	52.5	112.5	280
R. Costillo	90	57.5	130	277.5
J. Dahl	105	60	105	270
B. Webb	85	40	105	230
123 lbs.				
J. Badagliacco	130	85	175	390
N. Johnson	120	62.5	132.5	315
K. Geske	112.5	67.5	117.5	297.5
B. Stacker	112.5	52.5	132.5	297.5
132 lbs.				
M. Derstine	130	85	175	390
J. Townsend	152.5	77.5	165	395
B. Mikulecky	137.5	67	177.5	380
K. Spiekemann	130	67.5	137.5	335
148 lbs.				
J. Raehl	185	97.5	212.5	495
J. Ruohomaki	160	105	172.5	437.5
M. Carpenter	147.5	105	185	437.5
J. Maffett	175	77.5	185	437.5
T. Olson	147.5	95	182.5	425
J. McKell	157.5	80	175	412.5
T. Wallace	117.5	92.5	172.5	382.5
J. Diaz	142.5	85	152.5	380
165 lbs.				
J. Tuinstra	172.5	125	197.5	495
C. Nagy	175	92.5	192.5	460
J. Williams	150	97.5	185	432.5
S. Fuller	152.5	105	172.5	430
M. Brady	155	925	167.5	415
181 lbs.				
M. Sharpless	182.5	90	207.5	480
S. Thompson	165	92.5	215	472.5
R. Thomas	172.5	95	205	472.5
D. Roggenbuck	162.5	105	195	462.5
W. Harris	162.5	105	182.5	450
B. Bardin	127.5	97.5	195	420
T. Dowers	162.5	110	0	0
198 lbs.				
B. Bishop	185	117.5	227.5	530
D. George	185	95	205	485
R. CanZealand	160	102.5	205	467.5
A. Harrison	165	97.5	187.5	450
220 lbs.				
R. Summers	195	157.5	227.5	580
B. Fiebigger	217.5	112.5	215	545
D. Flonta	210	132.5	200	542.5
N. Bocik	187.5	120	217.5	525

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, IPA Nats, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s
Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00 ... Arnold Classic, 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 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From

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lifters where a "NO SHOW", still there were a dazzling number of powerlifters moving iron & the competition was well spirited. The performance in the lightweight class was awesome 114 class - "Calderon", set the tempo with a outstanding deadlift of 430 lbs., along with a 240 lbs. squat, & 225 lbs. bench, totaling 895 lbs. taking 1st place in the 114 lbs. with a marvelous 868.15, Schwartz. Followed by "Lewis", who also did great in the 114 lbs. class, taking 2nd totaling 785 lbs., 200 lbs. squat, 225 lbs. bench, 315 lbs. deadlift. 123 lbs. class - won by "Cabeza", who totaled 740 lbs. 200 lbs. squat, 225 lbs. bench, 315 lbs. deadlift. "Goolsby", conquered the 132 lbs. class, with an outstanding 440 lbs., deadlift a 315 lbs. squat & a 180 lbs. bench, to total 935 lbs., Schwartz 807.84. 148 lbs. class was won by "Gonzalas", whom displayed a awesome performance, a powerful 420 lbs. squat, a strong 375 lbs. deadlift & a 250 lbs. bench. He took this class by storm, totaling 1045 lbs. (Schwartz) = 843.31. The middle weight class 165 lbs. was ruled by "Grayson", once again this year. He put up a 1330 lbs. total & a marvelous Schwartz of 929.67, dunking a beautiful 540 lbs. squat to perfection along with a strong push of 315 lbs. in the bench & a 475 lbs. deadlift. "Bowers" / totaled 975 lbs. on the 165 lbs. class with 315 lbs. squat, 210 lbs. bench, 450 lbs. deadlift. 181 lbs. class was held down by "Garner" who showed great strength in his strong 500 lbs. squat, & 500 lbs. deadlift, he made a 305 lbs. bench which ended his day with a 1305 lbs. total. The heavyweight division started off with "Leone", taking 1st place in the 198 lbs. class with a 500 lbs. squat 400 lbs. bench & 500 lbs. deadlift, totaling 1400 lbs. "McCoy", lifted 255 lbs. squat, 280 lbs. bench, & a strong 500 lbs. deadlift a total of 1035 lbs. in 198 lbs. class. In the 220 lbs. class this was a scene of history being made at Sullivan. "Brodie", took 1st place in 220 lbs. & was MVP OF THE MEET displaying extraordinary strength in his powerful 775 lbs. squat, 415 lbs. bench, 750 lbs. deadlift, totaling 1940 lbs. at 218 lbs. body weight & a 1165.96 the highest squat & deadlift in Sullivan. 242 lbs. class was easily crushed by "Moore", this year who lifted with vengeance the most powerful bench press in the meet was easily pushed by "Moores" 440 lbs. bench. "Moore" took 625 lbs. deep in the bucket & rocketed up to completion also, a 600 lbs. deadlift, he ended his day with a awesome 1665 lbs. total & a Schwartz 874.12. Rollings did great in the 275 lbs. class taking 1st place with a 500 lbs. squat, 365 lbs. bench & a powerful 600 lbs. deadlift 1465 lbs. total. Unlimited was represented by "Greene" who squatted a powerful 500 lbs., but twitched his back. Still, like a

242 lbs.			
J. Taylor	205	127.5	247.5 580
K. Weiss	212.5	107.5	215 535
T. Bland	175	110	232.5 517.5
M. Larson	190	107.5	217.5 515
A. Schmelzle	0	0	0 0
275 lbs.			
A. Gilde	250	172.5	272.5 695
J. Stommel	165	115	175 455
275+ lbs.			

N. Ludwig 295 192.5 232.5 720 ! World Record. (results courtesy USAPL)
2004 Power Lift
1 MAY 04 - Sullivan, NY
On Saturday May 1st, Sullivan's extravaganza of power took place in the gym once again. This year although some expected

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 Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00 ... USPF Srs., IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Emic 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 Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nats., Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... 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 Corseillo Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Gary Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/02 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nats, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifier/Arnold

champ, he continued to push a 400 lbs. bench, & a 400 lbs. deadlift totaling 1300 lbs. Salutes to all you men for performing and displaying pure heart, fire, & strength! THE NO SHOWS & CONTINUOUS TALKERS NOW SEE THAT THEY MUST COME WITH FIRE OR FACE REALITY & RETIRE. THIS YEAR THE STAKES WERE HIGH. MAY THE POWER REMAIN. CONGRATULATIONS ALL! (Thanks to A. Brodie results)

5th NHSP Annual Bench Blast 8 May 04 - Concord, NH

Mens	BP	Mark Drouin	400
165		Joe Fogg	390
Allen Eason	265	SHW	
Joe O'Connell	235	Chris Sirrell	455
181		Womens	
J. Panteledes	380	E. O'connell	110
198		Submasters	
R. Duquette	320	S. Newman	400
Joel Smith	300	R. Duquette	320
P. Bennett	230	Don Beatty	330
220		Allen Eason	265
S. Newman	400	K. Mountjoy	275
Paul Kulas	390	Masters	
242		Paul Kulas	390
D. Koehler	350	Mark Drouin	400
Don Beatty	330	Don Koehler	350
Ismael Cintron	315	Gerry Gotsch	300
J. Monsonyi	305	Paul Mancini	305
Paul Mancini	305	Grandmaster	
Gerry Gotsch	300	Pete Bennett	230
K. Mountjoy	275	Joel Smith	300
275		Joe O'connell	235
B. Reynolds	525		

It was a great day for benching! An amazing eleven (11) NH state records were set in the various weight and age brackets. The day started off with the 165ers taking the platform. Allen Eason was able to capture the division with a 265 lb lift. Joe O'Connell came in 2nd, totaling 235 lbs. Next up were the 181's. John Panteledes made the jump up from his normal 165 lb and showed that he would dominate at this weight also. He was able to put up a very impressive 380 lbs and set the trend for the record setting day. He shattered the old mark of 330 lbs and just missed his 400 lb attempt. It looks like he is at this weight class to stay. Randy Duquette pressed 320 lbs to take the 198 lb class. He was followed by a couple of impressive grand masters; Joel Smith put up 300 and Pete Bennett pressed 230 lbs to round out the top three. Steve Newman, who seemed a little off his game, had enough to take the 220's with a 400 lb bench. Paul Kulas, who gets better with each meet, finished 2nd at 390. Steve better hit the weight room a little harder if he wants to hold on to that 220 lb title.

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 Natsl, USPF Srs/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.

Sep/02 ... Kennelly BP 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 Natsl, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

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

Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF Subjrs. Worlds, Fred Hatfield, Louie on

The 242 lb class saw the most competition of the day with seven lifters going for the title. First time meet lifter Don Koehler was able to capture the division with a very impressive 350 lb lift. Don Beatty (normally a 198er) made the big two class jump and finished 2nd with a 330 lb lift, and another first timer, Ismael Cintron, took 3rd with a 315 lb bench. The big boys were up next, and they did not disappoint! Brian Reynolds, who was dialed in on the 460 lb state record, crushed that, with a 525 lb effort. Goes to show what hard training can do for you. At this meet last year Brian put up 455 lbs in the 242's! Nice job Brian. Mark Drouin hit his 400 lbs on the first attempt and opted out of the rest of meet saying his shirt is only good for one lift. Fortunately for him, the 400 lbs was good enough for 2nd. Joe Fogg, who was competing in his first meet, hit a 390 for 3rd. We are expecting to here a lot more from this guy. He was very impressive for his first time out. The next record to fall came off the chest of Chris "Big Belly" Sirrel (ee), who set the 308 lb class mark of 455 lbs. In the women's junior class, first time competitor (at least inside the walls), Erin O'Connell took the title with a 110 lb lift. In the sub-master class, Steve Newman (400 lbs) took first, Randy Duquette (320 lbs) captured 2nd, and Don Beatty (330 lbs) captured not only 3rd, but also a state record for the 242 sub-masters. He looked for the open slot packed on 32 lbs., and went right for it! Nice job! Allen Eason, who finished 4th, set the state mark at the 165's with his 265 lb lift. Paul Kulas set the state mark in the Masters class 220's with his 390 bench, Mark Drouin followed suit with state record in the 242 masters (400 lbs.), and Don Koehler would not be out done, setting the mark in the 45-49 age, 242's with his 350 lbs. The most impressive lifts of the day came in the Grand masters class. Pete Bennett won the division and set a state record with his 230 lb lift. What makes this lift so impressive is that he is 66 years young and competes at more meets per year than anyone I have ever seen. Finishing 2nd and establishing a new state mark at age 50 in the 198's was Joel Smith with a very nice 300 lb lift. And rounding out the day, taking 3rd place, and setting a new record at age 51 in the 165's was Joe O'Connell with a 235 lb bench. Once again, NHSP would like to thank Jamie Fellows and Dave Follansbee for their continued commitment in ensuring that the competition inside the walls is a good as the competition outside. They help the inmates to prove that, given the opportunity, they can compete with anyone willing to come in and give them the shot. (Thanks to Jamie Fellows for providing the results).

Explosive Strength, TOP 100 181

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

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

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

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

May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.

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

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

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Brent	225	Hall
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Garza	185	Green
165 lbs.	242 lbs.	
Jones	275	Thomas
Chapman	275	Garcia
181 lbs.	Westfall	295
Whitaker	325	275 lbs.
Little	315	Hayes
Worth	290	Jackson
Garcia	265	SHW
198 lbs.	Carter	250
Young	335	

NOTE: "The truth Ain't but one!" concerning everyone else who signed up, and did not lift. They just plain chickened Out! Consider yourself punked out! To all of those of you who competed. All of you are winners! You answered the bell! And stood your ground. Nice lifting fellas! ELY is the best lightweight lifter. Big Chuck Hayes is the champion of champions of Bench '04 Blast 5 LCF records were set the meets over" Get to work! Or in other words, back on your heads! The meet director did an excellent job, "Tee you did good too! The spotters always do a remarkable job." Thank You, Mr. White you, and, Mr. Tee Young made the meet happen. The judges were fair. The lifter's earned their lifts. Ricky Hill, you really should retire Ha! Results compiled By: Mr. Tee Young and Mr. Bruce White. (Thanks to Bruce White for providing these results)

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

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

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

by Louie, TOP 148s

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

Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max

Effort Day, Mabel Rader, TOP 165s

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

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

Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes,

Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

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

Min. Injury Solution, Delayed Transformation by Louie S.

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

Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie

Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs

Sep/04 ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big

BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s

Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 100 123s

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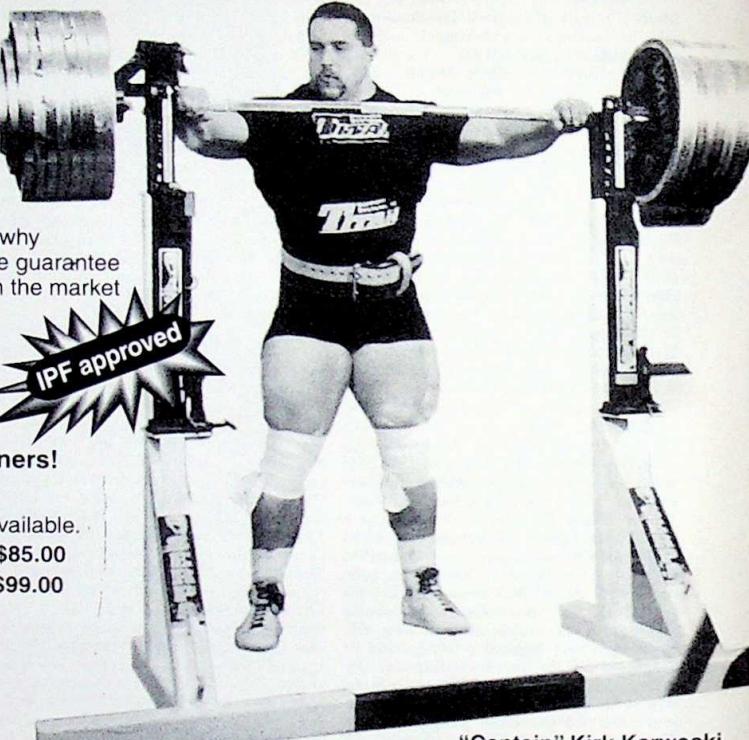
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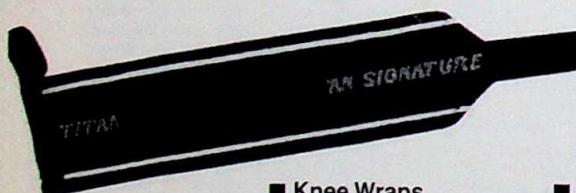
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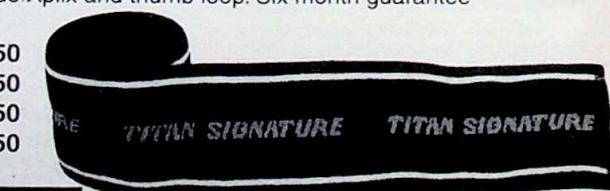
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19-21 NOV (NEW DATES), IPA Senior National PL & BP (includes a raw div.), Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet, 717-495-0024, chaillet@uscom.net or Ellen Chaillet, echaillat@aol.com

20 NOV, USAPL Hoosier Qualifier, Greg Simmons, 100 E. Miller Dr. #65, Bloomington, IN 47401, 812-330-1012

20 NOV, USAPL University of MD Meet, Mark Daniel, 6621 Carlinda Ave., Columbia, MD 21046, 410-997-1172

20 NOV, APA YMCA Midwest, Jared Beard, Ottumwa YMCA, 611 N. Hancock, Ottumwa, IA 52501, 641-684-6571, beard@ottumwaymca.com

20 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd., Austin, TX 78744, 512-385-5420

20 NOV, Omaha Open BP, DL, Push/Pull, A. V. Sorensen Rec. Ctr., 4808 Cass St., Omaha, NE 68132, Keith Machulda, 402-444-5596

20 NOV, NASA Arizona Regional (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

20 NOV, APA Magnolia Open PL, BP, DL, P-P (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

20 NOV, SLP Kentucky State BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20-21 NOV (revised dates), WDFPF World Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com

**20,21 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714
21 NOV, 1st Battle of the Bench Albert Lewis, 716-886-3145 ext 476, JCC, 787 Delaware, Buffalo, NY 14209**

21 NOV, USAPL Tri-Service Meet, Massey Wolfe, CO E4 Bldg 745-C, West Point, NY 10996, 845-515-4487

21 NOV, APA Nutmeg State Open BP & DL (Norwich, CT) Donna Slaga, 38 Johnbrook Rd., Canterbury, CT 06331, 860-546-2091

21 NOV, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrlfrs@msn.com, www.powerliftingca.com, 661-333-9800

21 NOV (NEW DATE), SLP Central Illinois Open BP/DL (Hillsboro, IL) Son Light Power, 122 W. Sale,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
21 NOV, IPA Gorilla Warfare II (Holiday Inn, Johnston, NY) Rich 857-8637, Mike 654-9110, www.gorillapackpowerliftingteam.com, gorillawarfare2@yahoo.com

27 NOV, NASA Kansas Regional (PL, BP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

27 NOV, Raw Bench Press Meet (\$300 for 1st place by formula, 2nd & 3rd place trophies. \$30 registration fee, Nov. 13th deadline, weigh-ins @ 6:30pm) Forum Fitness, Glen Carbon, IL, 618-288-9150, Forum_Fitness@msn.com, or mpost57@sbcglobal.net

27 NOV, APF Galaxy Gym Invitational PL/BP, Jamie Fellows 17 Circle Dr., Meredith, NH 03253, 603-279-0758, fellows03220@yahoo.com

27 NOV, Gym Warriors presents Push Pull BP/DL Raw, Big Lou, 31st Ave., Peabody, MA 01960, 978-538-3910

27 NOV, NASA W. Texas Regional (PL, PB, PS - Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

27,28 NOV (date assigned), USAPL Virginia State PL/BP (raw & assisted), John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

28 NOV, USAPL Life Time Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com

NOV, 100% Raw World BP, Paul Bossi, 252-339-5025

NOV, NASA WV Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

1-5 DEC, IPF World Bench Press (Cleveland, OH)

3-5 DEC, AAU Drug Tested World PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

4 DEC, USAPL Kentucky State/ Open/Raw, Shane Bosaw, 225 Kentucky Ave., Providence, KY 42450, 270-667-7140

4 DEC, APA Holiday Classic V (Nashville, TN) Wade Johnson, 404 Willis Pass, Mt. Juliet, TN 37122, 615-782-4036, supersquat800@yahoo.com

4 DEC, NCAAU Red Swaim Memorial Open presented by Johnnie Howie and the Enterprise Workout Center, 704-289-4940, jfhowie@carolina.rr.com, www.ncaaau.org/powerlifting/pages/entryfordec4.pdf

4 DEC, 21st Southeastern Cup PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 (gym), bduke@southlink.us

4 DEC, APA West Coast PL, BP, DL, P-P (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

4 DEC, APC Excalibur Classic PL &

COMING EVENTS

BP (Birmingham, AL - open, novice, masters, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy, Suite 100, Birmingham, AL 35216, 2050817-6811, 823-4745 (gym)

4 DEC, Big Bench Shootout (men, women, teen, jr., submaster, master, all ages - 1st 50 lifters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

4 DEC (NEW DATE), USAPLI-100 Rock Solid Push/Pull, Tom Murray, 380 Pine Tree Rd., Ithaca, NY 14850, 607-279-7554

4 DEC (New Date), AAU Larry Garro Memorial Raw BP, DL, Iron Man/Iron Woman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below 1, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

4 DEC, 2nd James B. Larusso Bench Press Meet (teen, women, masters, and all wt. classes) Muscle World Gym, 401 Hand Ave., Cape May Court

House, NJ 08210, 609-465-4723

4 DEC, 17th Elkhart BP Classic, Jon Smoker, 30174 CR 16, Elkhart, IN 46516, 574-674-6683

4 DEC, SLP Christmas For Kids BP/DL (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429 - 5429 , www.sonlightpower.com, sonlight@netcare-il.com

4,5 DEC APF Southern States Powerlifting+ Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

5 DEC, (New Meet) SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 DEC, APF/AAPF South Carolina (1st meet in Columbia, SC in 20 yrs.) Strom Thurmond Wellness & Fitness Center, Will Millman, APF/AAPF S. Carolina State Chair, 843-886-5366, FAX 843-886-3509, shelter223@aol.com

11 DEC, APA Western States Open (CA - tentative) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

APF/AAPF/WPO Schedule

12-4+5-04 APF Southern States Powerlifting+ Bench Press Open. Location TBA. (Kieran Kidder)

03-19+20-05 APF Maine State PL & BP. (Chris Wiers)

03-19+20-05 APF Jr. National BP & BP. (Chris Wiers)

04-22+23+24-05 AAPF National BP & PL (Russ Barlow)

Dates and location are subject to change? More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org) or (worldpowerliftingcongress.com)

11 DEC, APA Sunshine State Open PL, BP, DL, PP(Bradenton, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com
11 DEC, USAPL The Holiday Classic, Emilio Saldierna, Box 3176 Tech Station, Ruston, LA 71270, 318-267-1320
11 DEC (new date), WNPF World Record Breakers + Lifetime Drug Free Single Lift Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com
11 DEC (NEW DATE), 5th annual MPA Christmas Bench Classic (The Gym in Elk River (MN)), Dave harrison, 763-441-4232
11 DEC, WLOP C.T. Classic BP (raw & drug free) WLOP, 7238 S. Painter

Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com
11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-427-8055, www.nebraskapowerlifting.com
11 DEC (New Date), 2nd Bench Press & Deadlift Classic, Robt. Eckhart, 319 N. 2nd St, Lehighton, PA 18235, 610-377-5852
11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964
11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasasports.com
11 DEC, 4th Pocket Samson's Toys for Tots Christmas BP (male - female,

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11 DEC, USAPL River's Edge PL & BP (St. Louis, MO) Rick Fowler, 1713 Garfield, Granite City, IL 62040, 618-451-4737

11 DEC, USAPL Ketchikan Record Breakers, Doug Gregg, 1225 S. Higgins Rd., Ketchikan, AK 99901, 907-247-8963

11 DEC, 2nd annual Body by George Mini-Meet (Lawrenceville, GA - all classes) George Herring, 770-963-6738

11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifit@virginiausapl.com

11,12 DEC (NEW DATE), USAPL American Open, Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl/ / 2004AmericanOpen

11,12 DEC, 51st APF Iron Man PL/ BP & Mr. Iron Man/Ms. Iron Woman, Bob Packer, 559-322-6805(w), 658-5457(h), www.calapf.com

11,12 DEC, USAPL Colorado PL/ BP, Dan Gaudreau, 155 S. Dearborn Dr., Aurora, CO 80012, 303-475-3366

12 DEC, SLPTurner Classic BP/DL (Salisaw, OK) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 DEC, 2nd Christmas Cup BP/DL (W. Lafayette, OH) John Blackstone, 740-545-0840 or 740-545-6577

12 DEC, 12th Raw "ADAU" Coal Country Classic (SQ, BP, DL - separate events, no total, open & all age groups - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com

18 DEC (2nd new date), WNPF

11,12 December 2004

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18 DEC, SLP "The Last One" BP/DL (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

18 DEC, Immaculate Heart of Mary Holiday BP, DL, Ironman, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

18 DEC, APA E. Coast Record Breakers BP, DL, P-P (Bristol, VA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, squat@foryou.net

8 JAN, (tentative) APA Iowa Battle of the Bad (PL, BP, DL, PP - Coralville, IA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

8 JAN, APF/AAPF Windy City Ironman (Leaning Tower YMCA, Niles, IL) Eric Stone, 630-892-7793, thestone@chicagopowerlifting.com

8 JAN (NEW DATE), USAPL New York State BP/DL, Brewster Health & Fitness, 1620 Rt. 22, Towne Centre, Brewster, NY, Bruce Swanson, 845-279-3246, www.geocities.com/brucewanson500/files/1204USAPLBENCHDEAD.htm

8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

15 JAN, NASA E. Texas Open (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

15 JAN, Glenwood Athletic Club Open BP, G.A.C., 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250

15 JAN, PPL Augusta Drug Free Open, Tee Meyers, 2250 Lumpkin

Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 JAN, APA Battle of Gettysburg Push/Pull (Gettysburg, PA) Kim Newman, Kim@moveitfitness.com
15 JAN, SLP Central Illinois Winter BP/DL Classic (Athens, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 JAN, USAPL Nor Cal Winter Classic (PL, BP, DL - Livermore, CA) Dr. Rob Meulenbergh, 925-803-5029, rwmeulenbergh@hotmail.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

15 JAN, YMCA/White's Truck Stop Winter BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com

16 JAN, SLP LOCK OUT AT THE LOCK UP BP/DL CHAMPIONSHIP (Taylorville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 JAN, SLP HESTER'S FAMILY FITNESS WINTER BP/DL CLASSIC (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 JAN, Iron Boy Push-Pull (Mocksville, NC) Keith Payne, 336-

7 6 6 - 3 3 4 7 , keith@ironboypowrlifting.net

22 JAN, APA Louisiana Record Breakers, Matt Walter, Southeastern LA Football, SLU 10309, Hammond, LA 70402, 985-549-5795, Mwalters24@hotmail.com

22 JAN, APA Yellowhammer Open BP, DL, P-P (Chatom, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

22 JAN, AAU-USPF Oklahoma Winter Sports Festival BP-DL, Crain's Muscle World Ltd., 405-275-3689, rcrain@charter.net

22 JAN, SPF Alabama State Push/Pull, BP (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

22 JAN, APF Johnny Perry Memorial (Clayton, NC) Ron Shirley, 919-868-2631, shir4613@bellsouth.net, www.lilfirecracker.com, www.jeffmcvicar.com

23 JAN, SLP LEO'S INDIANA OPEN BP/DL CHAMPIONSHIP (Beech Grove, In.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 JAN, SLP A COLD DAY IN TUSCOLA BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 JAN, SLP A COLD DAY IN TUSCOLA BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 JAN, 100% Raw Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com

29 JAN, Smoker's Iron Works 14th annual Winter Classic & DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@e-normous.biz, www.e-normous.biz

29 JAN, USAPL Fitness Factory 1st annual PL Open (Charlotte, NC) Eileen Jones, 704-371-4660, fitnessfactory@bellsouth.net

29 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

29 JAN, Boardwalk Gym BP (Winona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601

29 JAN, APA Patriot Challenge, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCallough, txpowerscene@earthlink.net

29 JAN, USPF Cold Iron Gym's Deadlift Shootout (Tombstone, AZ) Danni Eldridge, 520-457-3955, www.ColdIronGym.com

29 JAN, SPF Southern BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson,

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January 29, 2005

For further Info, contact:
Danni Eldridge 520/457-3955

www.ColdIronGym.com

TN 37343, 423-876-8410,
www.southernlifiting.com

5 FEB, SLP CHAIN O' LAKES BP/DL CHAMPIONSHIP(Waupaca, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5,6 FEB, USAPL Women's Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044

12 FEB, 6th NASA High School Championships (BP, PL, PS - 1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

12 FEB, NASA National Awards Banquet (OKC, OK) Rich Peters

12 FEB, W. Va State High School (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

12 FEB, APA North California Open PL, BP, DL, PP (Sacramento) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

12 FEB, USA 'RAW' BENCH PRESS FEDERATION WINTER NATIONALS(Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 FEB, 14th New Castle BP (men, master, women, teen) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

12,13 FEB, NASA Natural Nationals (PL, BP, PS - OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

13 FEB, WNPF Ohio PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

13 FEB, USAPL Florida State (Clearwater, FL) Vincent Lombardi, Lombardistrength@yahoo.com, 813-685-3498

13 FEB, SLP CHICAGO'S HARDCORE OPEN BP/DL CHAMPIONSHIP (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

19 FEB, AAU Missouri State (X-Treme Sports & Fitness, Union, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63039, 636-742-4537, daringilley@aol.com

19 FEB, APF/AAPF Illinois State (Frantz Gym - Aurora, IL) Ernie Frantz, 630-892-1491

19 FEB, APA Northeastern U.S. BP, DL, PP (Keene, NH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

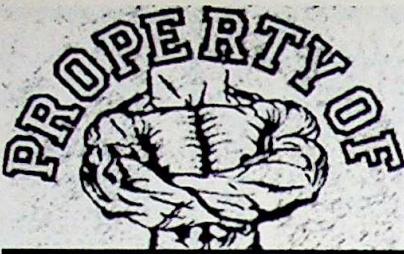
19 FEB, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

19,20 FEB, USPF Western USA Cup (Mountain Cup Pro Qualifier - FitExpo - Pasadena, CA) Steve Denison, pwrfltr@msn.com, www.powerliftingca.com, 661-333-9800

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

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

26 FEB, AAU-USPF Oklahoma State, 405-275-3689, rtrain@charter.net



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

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

FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-

5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidelbc.org

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

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

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

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

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

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

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

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

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

19 MAR, USPF 30th W. Va State PL, SQ, DL & Holley Open PL & DL (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

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

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

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

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

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

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

26 MAR, NPA (drug free) Midwest Open BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@cs.com

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

26 MAR, USAPL Virginia Open PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941,

527-8513, SQBPDL@aol.com

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

5 MAR, USAPL Kansas Ironman & BP Open, W. David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

5 MAR, NASA BP Nationals & Rocky Mtn. PS & PP (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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Stanardsville, VA 22973,
valifting@aol.com,
www.virginiausapl.com

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

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

26 MAR, USPF California State PL/
BP (Los Alamitos, CA) Steve Denison,
pwlfrs@msonline.com,
www.powerliftingca.com, 661-333-
9800

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

2 APR, SPF Nationals, Push/Pull
& Raw BP (Glenstone Lodge,
Gatlinburg, TN) Jesse Rodgers,
1326 Koblan Dr., Hixson, TN
37343, 423-876-8410,
www.southernpowerlifting.com

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

2,3 APR, NASA High School Na-
tionals PL & PS (OKC, OK) Rich
Peters, Box 735, Noble, OK
73068, 405-527-8513,
SQBPDL@aol.com

3 APR (corrected date), 6th Pitts-
burgh Monster BP & DL (men &
women, all div., all classes, cash prizes
- Holiday Inn Airport) Mike
Barraecchio, 301 Spring Water Ct.,
Moon Township, PA 15108, 724-457-
2708

3 APR, USA 'RAW' BENCHPRESS
FEDERATION SPRING
NATIONALS (Tuscola, Il.) Son
Light Power, 122 W. Sale,
Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com,
sonlight@netcare-il.com

8,9 APR, USAPL Texas State, Joe
Gremillion, 1320 S. 3rd St., Garland,
TX 75046, 972-494-6407

8, 9 APR 05 Power Palooza #7 (PL,
BP, DL) Gene Rychlak Jr., 143 2nd.
Ave., Royersford, PA 19468, 610-
948-7823

9 APR, APF House of Pain Texas
State Open (Round Rock - men &
women - open, below 1, masters (5
yr. age groups), submaster, junior (2
yr. age groups), police, fire, single lifts)

Seguin Fitness, 256 W. Court St.,
Seguin, TX 78155, 800-378-6460,
www.seguinfitness.com

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

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

9 APR, SLP PRIMETIME FITNESS

BP/DL CHAMPIONSHIP

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

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

12 APR, WNPF Western PA PL &
Single Lifts (Beaver Falls, PA) Ron
DeAmicis, 6531 New Road, Young-
stown, OH 44515, 330-792-6670

16 APR, WABDL Florida State BP &

DL, All American Gym, 309 W. Main

St., Lakeland, FL 33815, 863-687-

6268, kensnelli@powerlifting.com

16 APR, NASA Iowa State (PL, BP,
PP, PS) Rich Peters, Box 735, Noble,
OK 73068, 405-527-8513,
SQBPDL@aol.com

16 APR, Iowa Open State (open to
all lifters - BP or DL - teen, novice,
open, submaster, master 1 - 2 - 3,
women) Wayne Hammes, Box 403,
Oskalossa, IA 52577, 641-673-5240

16 APR, SLP ALABAMA PUSH
PULL CHAMPIONSHIP (Northport,
Al.) Son Light Power, 122 W. Sale,
Tuscola, IL 61953, 217-253-5429,
www.sonlightpower.com,
sonlight@netcare-il.com

16 APR, USAPL Richmond Open
PL & BP, Phillip Battle, Box 9173,
Richmond, VA 23228, 804-737-
9622, 301-2196,
www.Virginiausapl.com,
P_Battle@hotmail.com, Nick Minetti,
804-262-7892 before 9PM,
SACRIGEN@hotmail.com

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

16,17 APR, IPA Iron House Classic
PL & BP (Newark, OH) Mike Maxwell,
7 4 0 - 7 0 4 - 4 7 4 7 ,
www.ironhousezanesville.com

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

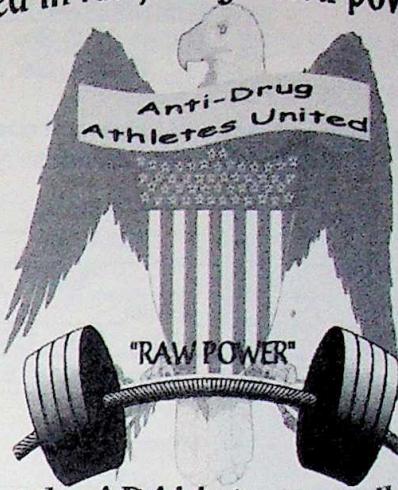
WNPF World Record Breakers & Lifetime Drug Free Single Lift Championships - Atlanta, GA - Dec. 11, 2004

WNPF Sarge McCray & Ironman Nationals - Bordentown, NJ - Dec. 18, 2004

WNPF, PO Box 142347, Fayetteville, GA
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23 APR, Red Swaim Memorial IBBP
NC State DL (Winston-Salem, NC)
Keith Payne, 336-766-3347,
keith@ironboypowerlifting.net

23 APR, Kern County High School
(Stockdale H.S., Bakersfield, CA)

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

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

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, 100% Raw North Ameri-
can BP, John Shiflett, Box 941,
Stanardsville, VA 22973,
valifting@aol.com,
www.virginiausapl.com

APR, USAPL North Carolina PL,
BP & Open State (Charlotte, NC)
Jennifer Thompson, 704-483-
6 3 3 2 ,
www.carolinapowerlifting.com

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

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

6-8 MAY, USAPL Men's Nation-
als, Johnny Graham, 1706 Shoe-
maker Dr., Killeen, TX 76543,
254-526-0779

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, 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

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,
SQBPDL@aol.com

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

7 MAY, APA Summer Bash, Paul Re-
vere Middle School, 10502 Briar
Forrest Dr., Houston, TX 77049, Tom
Mc Cullough,
txpowerscene@earthlink.net

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

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

14 MAY, LIFETIME NATURAL
POWERLIFTING SOCIETY
NATIONALS (Tuscola, Il.) Son
Light Power, 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 Re-
sort, Palm Springs, CA)
www.usapl-ca.org, Lance Slaugh-
ter, 310-995-0047,
lanceoslaughter@yahoo.com

21 MAY, Chickahominy YMCA BP
Classic, Phillip Battle or Nancy Bur-
net, 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, SQBPDL@aol.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

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

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

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

4 JUN, APF South Texas (Seguin - men & women - open, below 1, mas-

ters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

4 JUN, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-

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Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. 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 UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UAPC/AWPC has approved in its rules and regulations and drug testing procedures. If I do test positive for 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 member of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC 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 UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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Membership Prices: (please circle all that apply) • Adult - \$30.00 • High School Division (Full year: any meet) - \$15.00 • Special Olympian \$10.00

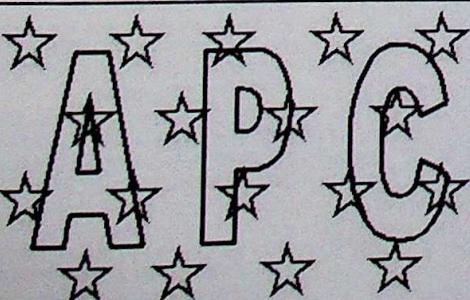
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<http://www.americanpowerliftingcommittee.com>
 lbbaker@irondawg.com 770/725-6684; 770/713-3080

8 4 1 0 ,
www.southernpowerlifting.com
 4,5 JUN, NASA Masters &
 Submasters PL & PS (OKC, OK)
 Rich Peters, Box 735, Noble, OK
 73068, 405-527-8513,
SQBPDL@aol.com

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

18 JUN, 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

18 JUN, NASA U.S.A. Nationals (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

18,19 JUN, USPF Nationals (Los Alamitos, CA) Steve Denison, p w r l f t r s @ m s n . c o m, www.powerliftingca.com, 661-333-9800

20 JUN, Samson Sportsflex Competition (San Juan, PR) William Rosario, 787-668-6336, FAX 787-757-8812

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

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

JUN, 3rd IPF North American Regional (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

2 JUL, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com

9 JUL, USAPL Mid Atlantic PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, 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

9-10 JUL, WPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (WPC World Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, www.irondawg.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, ANPPC WORLD CUP POWER LIFTING 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, World Games

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, 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

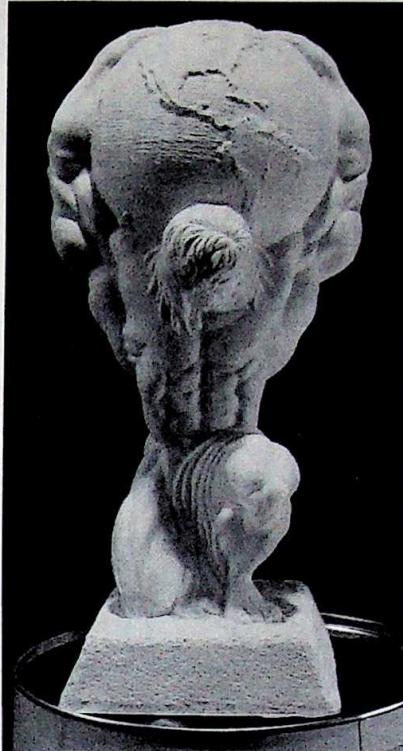
30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lessmitty@bspeedy.com

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

30 JUL, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 , www.seguinfitness.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, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Au-



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

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

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

6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, p w r l f t r s @ m s n . c o m, www.powerliftingca.com, 661-333-9800

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

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

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-9 9 5 - 0 0 4 7 , lanceslaughter@yahoo.com, www.usapl-ca.org

14 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122

W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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, 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

3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

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

26 SEP, NPA (drug free) National BP&DL, Fitness Lifesty whole, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlife@cs.com

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

2 OCT, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, IA) Son

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

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

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

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

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

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

15 OCT, USPF Central California Open & Novice PL & BP(Modesto, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

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

23 OCT, SLP HARD CORE OPEN 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 POWER LIFTING CHAMPIONSHIP(Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

5 NOV, APF Texas Cup(Dallas - men & women - open, below 1, masters(5 yr. age groups), submaster, junior(2 yr. age groups), police, fire, single lifts)

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Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

5 NOV, NASA Iowa Regional(PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@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.usapl-ca.org

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

12 NOV, SLOHIO 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

13 NOV, SLP Central Illinois Open BP/DL(Hillsboro, Il.) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-

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

15-20 NOV (NEW DATE) - IPF Men's Worlds(W. Palm Beach, FL) Robert Keller, 954-384-4472, r_h_k@verizon.net, www.geocities.com/floridausapl

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

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

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

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

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

3 DEC, APF Rio Grande Valley(Harlingen - men & women - open, 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

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

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

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

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

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

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

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

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

MAY 06, USAPL Men's Nationals PL(W. Palm Beach, 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

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



Joe Humbyrd with a PR 590 @ Open 308 at the SLP Missouri State meet. (Darrell Latch photo)

**SLP Missouri State BP/DL
26 SEP 04 - Springfield, MO**

BENCH PRESS open men
novice men 308
165 Joe Humbyrd 455
Mike Keafer 275* DEADLIFT
submaster men submaster men
275 275
Paul Keelan 325 Paul Keelan 515
master men 55-59 open men
242 308
Bill Gresham 325* Joe Humbyrd 590
Best Bencher - JOE HUMBYRD. * Son Light Power Missouri state record. The Son Light Power Missouri State Bench Press/Deadlift Championship was held September 26, 2004 at St. John's Fitness Center in Springfield, Missouri. Thanks again to fitness director Belinda Mercer for her continued support. In the bench press event Mike Keafer broke the novice 165 state record with his personal best 275 second attempt. A third with 280 was close, but he's still working with a new shirt and should hit 300 by the end of the year. Paul Keelan hadn't competed since 1992, but opened strong with an easy 325, then passed on his last two attempts. Paul was lifting in the submaster 275 class. Bill Gesham looked strong at 55-59/242, weighing in at just over the 220 limit. Bill finished with a new state record of 325 after just missing a final attempt with a new personal best 340. At open 308 it was Big Joe Humbyrd with a solid personal best 455. Joe was also awarded the best lifter trophy for the bench meet. In the deadlift event Paul Keelan only got in his opener of 515 for the win at submaster 275. Joe Humbyrd got his second win of the day along with his second pr of the day at open 308 with his 590 final pull. Thanks to my son Joey, Ken Jackson and Martin Hodges for helping out. See you all again next year! (courtesy Dr. Darrell Latch)

**USAPL Iowa/Hawkeye Open
22 AUG 04 - Sioux City, IA (kg)**
WOMEN SQ BP DL TOT
97 lbs.
C. Anderson 105 65 122.5 292.5
Teen 123 lbs.
L. Marietta 120 77.5 125 322.5
A. Taylor 77.5 55 102.5 235
132 lbs.
M. Laetsch 102.5 47.5 117.5 267.5

Open	D. Merrival	122.5	85	130	337.5	220	Police/Fire	Rick Garza	562
S. Wilde	75	55	90	220	Joe Guerra	535	Police/Fire	Rick Garza	562
K. Eslick	130	57.5	142.5	330	C. Rollins	502	Sub 35-39	Jerry Duvall	557
Open 148 lbs.	N. Craig	100	62.5	127.5	279.5	Master 40-44	Deadlift Only	Sub 35-39	Master 40-44
Teen	K. Swenson	70	37.5	92.5	200	J. Campbell	480	Women	Master 40-44
A. Crowley	80	60	122.5	262.5	Ted Bruner	391	Master 40-44	Lisa Yeager	320
T. Goergen	—	67.5	—	67.5	Master 45-49	Master 45-49	Master 45-49	J. Sullinger	276
MEN	K. McFarland	353	Master 65-69	Open Women	Open Men	Open	Open Men	John King	623
Open 132 lbs.	T. Schmidt	—	127.5	—	125.5	Cliff Manis	Dena Shirley	C. Saunders	755
Master 148 lbs.	J. Balomenos	142.5	87.5	195	425	Gene Bell	579	Open Men	308+
165 lbs.	J. Ochs	147.5	95	167.5	410	Open Men	Sub 35-39	R. McCoy	606
Open	M. Shane	—	165	—	165	Open Men	David Renn	Open Men	Open Men
Master 181 lbs.	J. Trenhaile	167.5	117.5	182.5	467.5	James Lewis	375	Joe Guerra	535
Open	T. Craig	230	137.5	245	Teen 198 lbs.	Javier Torres	369	Open Men	165
A. Sherrill	107.5	82.5	110	300	Master	Master 40-44	Master 45-49	Master 45-49	Master 45-49
Master	G. Goergen	—	110	—	110	Open Men	Ernie Padilla	M. Mosley	463
Open 242 lbs.	D. Berger	—	210	—	210	Open Men	181	Jason Garcia	429
275 lbs.	N. Schluter	185	142.5	—	235	Open Men	Open	Cedric Green	540
W. Hammes	270	190	267.5	727.5	SHW Open	Open Men	Karl Smith	402	Police
S. Logan	285	210	282.5	777.5	(Thanks to USAPL for providing results)	Open Men	A. Garcia Jr	468	A. Garcia Jr

**USPF National BP & DL
28 AUG 04 - Austin, TX**

Bench Only	Open Men
Women	Van Williams
Junior 18-19	276
K. Torkildsen	132
Master 40-44	Junior 16-17
M. Sheffler	237
Police/Fire	D. Harleaux
Master 45-49	Sub 35-39
J. Sullinger	105
Master 45-49	M. Mosley
C. Richardson	292
Sub 35-39	Open Men
C. Anderson	160
Open Women	Ruben Lopez
Mari Asp	281
Open Women	181
Open Women	Cedric Green
Open Women	342
Open Women	Master 40-44
Dena Shirley	265
Men	R. Espinoza
123	198
F. Yanez	303

Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1	IPF Cat. 2
State Nat.	State	State
Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth
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Sex	Today's Date	Card Issued By
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Y N	Y N	Y N	Y N	Y N
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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.

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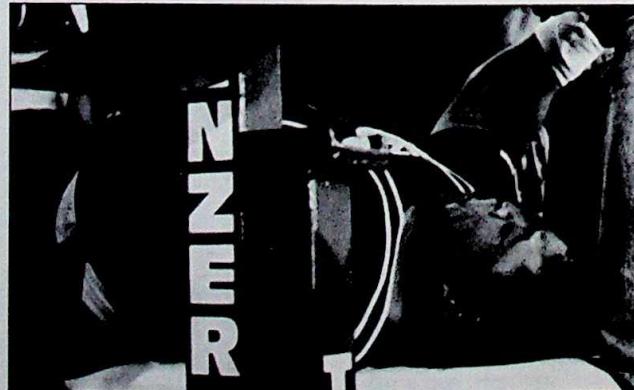
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... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

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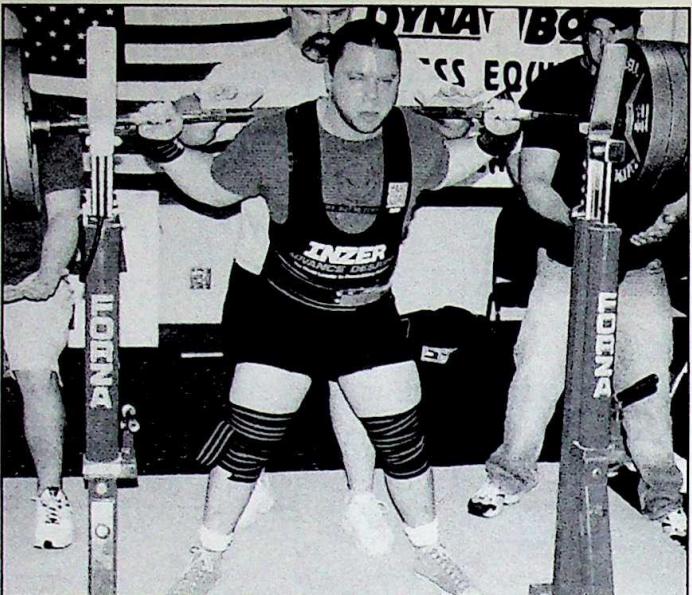
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APA California Open
21 Aug 04 - Sacramento, CA

198		4th	310c
Junior 20-23		55-59	
B. Galena	300	40-49	
40-49		Mike Lutz	—
T. Robinson	300	Drug Tested	
Drug Tested		Mike Lutz	—
T. Robinson	300	Deadlift	
220 Open		165	
Jarrod Mills	400	16-17	
40-49		John Keller	400
H. Williams	275	40-49	
242		Philip O'Neil	365
Open		198	
Steve Pena	525	50-59	
Drug Tested		Kenneth Kirk	305
Steve Pena	525	4th	315c
D. Pelott	405	55-59	
60-69		242	
M. Bonifield	325	60-69	
275		Gerald Lively	290
Drug Tested		SHW	
Len Webb	510	40-49	
SHW		Art Ramsey	570
Open		50-59	
L. Contreras	425	L. Contreras	465
Drug Tested		Drug Tested	
L. Contreras	425	L. Contreras	465
50-59		Open	
L. Contreras	425	Art Ramsey	570
T. Galina	300	L. Contreras	465
Men PL	SQ	BP	DL TOT
220			
16-17			
A. Contreras	185	255	360 775
Submaster			
T. Weston	335	300	450 1085
242			
40-49			
C. Sims	500	450	625 1575
4th		460c	
50-59			
D. Robinson	365	305	365 1000
60-69			
G. Lively	305	225	290 780
SHW			
50-59			
L. Contreras	405	425	465 1210
4th	405c		1245c
Drug Tested			
L. Contreras	405	425	465 1210
4th	405c		
Open			
L. Contreras	405	425	465 1210
4th	405c		
242			
Push/Pull			
60-69			
G. Lively	225	290	495
SHW			
Open			
50-59			
L. Contreras	425	465	840
Drug Tested			
L. Contreras	425	465	840
50-59			
L. Contreras	425	465	840



Justin Vititoe sets up for a 700 lb. squat attempt at the APA US Open.

c denotes California Record. Special thanks to Chip Conrad for providing a great facility and helpers for this meet. Referee's for the event were Scott Cartwright, Chip Conrad and Scott Taylor. Judging and spotting were excellent. All competitors received beautiful swords mounted on display boards as awards. We look forward to the next upcoming APA California meet. (Thanks to Scott Taylor for results.)

R. McClure 515# 325 550# 1390#
198 lbs. Teen (13-15)

R. Walter 255# 185# 310 750#
4th 355#

b=Best Lifter. !=World Record. *=American Record. #=State Record. (Thanks to Ryan Cidzik for providing these results)

APA Battle on the Bayou
17 JUL 04 - Ruston, LA

WOMEN				
(40-49) DT	American	SQ	BP	DL TOT
BENCH	Master (40-49)			
WOMEN				
165 lbs.	B. Carter	400#	P. Burnett	230 150 260 640
Open				
Teen (13-15)				
A. Tucker	195# T. Smith		D. Agostini	470 320 460 1250
MEN				
148 lbs.	Master (45-49)		D. Willis	405 290 440 1135
Teen (16-17)	K. Taylor	480#	(40-49) DT	
K. Simms	250# Master (50-59)		L. Walker	420 330 415 1165
165 lbs.	Open		Submaster DT BP	
Teen (16-17)	R. Nelson	530#	J. McElveen	— 325 —
A. Kerai	245# 275 lbs.		Open DT	
Junior (20-23)	Submaster (33-39)		J. Ball	— 255 —
V. Welch	360# J. Micka-b	590#	Submaster DT DL	
220 lbs.			J. McElveen	— 365 —
UNL	SQ	BP	181 lbs. Open DT	
JR (20-23)			G. Sesler	550 340 510 1400
T. Williams	280# 180# 350# 810#		J. Finlayson	515 310 495 1320
181 lbs. Open			Open BP	

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



First Name _____ Last Name _____ Middle Initial _____ Today's Date _____

Street Address _____ City _____ State _____ Zip Code _____

Telephone Number _____ E-Mail address _____ Date of Birth _____

Sex _____ Social Security Number _____ Signature (Parent if under 18 years old)

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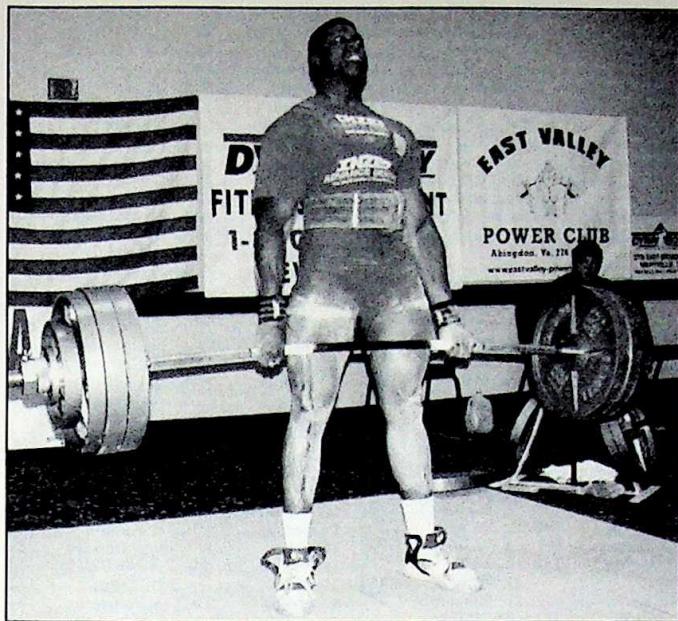
W. Mann	—	405	—	—
D. Hahn	—	—	—	—
(40-49) DT				
W. Mann	—	405	—	—
198 lbs. Open	US			
D. Czadzack	500	430	555	1485
American				
B. Highnote	500	—	—	—
Open DT				
B. Highnote	500	—	—	—
BP				
W. Stover	—	280	—	—
220 lbs. (16-17) DT	American			
B. Carson	525*	345	480*	1350
(18-19) DT				
M. Williams	450	405	600	1435
S. Hunter	485	—	—	—
Open DT				
S. Hunter	485	—	—	—
US				
J. Gosey	550	340	540	1430
Open BP				
G. Wilson	—	420	—	—
(16-17)				
B. Williams	—	205	—	—
(18-19)				
J. Whearly	—	360	—	—
(50-59)				
G. Wilson	—	420	—	—
242 lbs. Open	DT US			
J. Vititoe	650	470	540	1660
Novice				
D. Johnson	435	380	475	1290
G. Rollins	405	315	435	1155
Open BP				
E. Hubbs	—	425	—	—
(40-49)				
E. Hubbs	—	425	—	—
275 lbs. (40-49) American				
D. Long	560	385	525	1470
Submaster BP				
S. Cassell	—	415	—	—
(40-49) DT				
J. McNeal	—	375	—	—
Novice				
J. McNeal	—	375	—	—
Open DT				
J. McNeal	—	375	—	—
308 lbs. Open	DT American			
M. Small	650	—	—	—
Open				
M. Small	650	—	—	—
Open DT US				
M. Small	650	—	—	—
Open				
M. Small	650	—	—	—
Open BP				
M. Small	650	—	—	—
Open DT BP				
W. Ferguson	—	350	—	—
M. Small	—	—	—	—
(40-49) BP				
W. Ferguson	—	350	—	—
Open DL				
M. Small	—	—	—	—
Open DT DL				
M. Small	—	—	—	—

*=American Record. Special thanks to the spotters and loaders for doing a great job all weekend, Kenny Burnett of Bristol Barbell and his crew for providing some great equipment and meet help, Dan Levesque and crew for setting the meet up and providing great help throughout the weekend, Wade Johnson for providing some great Forza and Crain equipment and judging all weekend, Jerry Tancil, Len Walker, Jeff Finlayson for judging, House of Pain for setting up a product booth and providing competitors with great equipment and all else who contributed to making this a great event. All competitors received some huge and unique collectors swords as awards. In the American Championships Graham Sesler took best Lightweight honors while Marlon Williams took heavyweight honors. In the Bench Press event Wayne Mann took best lightweight honors while George Wilson took best heavyweight honors. Justin Vititoe took best lifter honors in the US Open event. (Thanks to Scott Taylor, APA, for results)

100% Raw Battle of the Border

20 MAR 04 - Barco, NC

BENCH	M. Bertrand	185*
WOMEN	MEN	
132 lbs.	165 lbs.	
Open	Master (45-49)	
K. Wescott	155# F. Wescott	265
165 lbs.	181 lbs.	



Teenager Marlon Williams ended his day with a 600 deadlift
(Photographs provided courtesy of Scott Taylor, APA President)

Teen (18-19)	Open			
M. Wilson	240	D. Owens	370	
198 lbs.		??2 lbs.		
Master (75-79)	Teen (16-17)			
J. Sheehan	245*	R. Moore	335	
220 lbs.		Master (40-44)		
Teen (14-15)	A. Proctor	450		
B. Hopkins	350	319 lbs.		
Teen (16-17)	Master (45-49)			
S. Hopkins	385	K. Green	335	
WOMEN	SQ	BP	DL	TOT
132 lbs.				
Teen (16-17)				
T. Mercer	160*	105	185	450
SHW				
Submaster				
S. Gurganus	235*	130*	250*	615*
MEN				
123 lbs.				
Teen (12-13)				
B. Corbitt	135	95	210	440
132 lbs.				
Teen (14-15)				
A. Swain	155	135	250	540
148 lbs.				
E. Blalock	275	185	315	775
D. Craft	225	190	250	665
Teen (18-19)				
E. Woolard	370*	205	370	945
Open				
J. Tilley	225	250	345	810
165 lbs.				
Teen (14-15)				
S. Kellerher	185	170	250	605
Teen (16-17)				
C. Balance	320*	230*	415*	965*
T. Brown	285	205	325	815
Teen (18-19)				
B. Hooker	400*	235	435	1070
D. Sylvester	335	250	405	990
D. Paszt	245	195	380	820
Master (40-44)				
R. Young	275	250	325	955
Master (45-49)				
J. Moore	330*	225	400	955
Open				
D. Inman	195	160	335	690
181 lbs.				
Teen (14-15)				
S. Green	295	205	285	785
Submaster				
D. Parrish	450*	275*	475*	1200*
198 lbs.				
Teen (16-17)				
S. Woolard	440*	250	450	1140
J. Woolard	265	235	400	900
220 lbs.				
Teen (14-15)				
C. Freeman	300	200	315	815
Teen (16-17)				
T. Manning	500*	340	560*	1400*
242 lbs.				
Teen (14-15)				
T. Perkins	225	180	275	680

Teen(16-17)				
J. Coltrain	350	205	415	970
275 lbs.				
Teen (14-15)				
W. Gurganus	255	180	320	755
Teen (16-17)				
A. Moore	340	275	425	1040
D. Dunn	250	150	300	700
Police/Fire				
R. Slate	525*	385	570*	1480*
319 lbs.				
Teen (14-15)				
B. Ange	250	225	405	880
P. Glisson	135	125	225	485
A. Crowder	—	200	385	585
Master (40-44)				
C. Caesar	515*	435*	440*	1390*

* State Record. (results from Paul Bossi)

Coal Country Classic BP/DL	430	G. Lewis-34	510
07 Dec 03 - Bigler, Pa			
WOMEN	M. Aldridge-23	380	
Youth 88 Lbs.	D. Lhota-49	380	
T. Vasquez-7	48 M. Labans-44	360	
4th	51 B. Sisko-40	330	
105 lbs.	Lemoncello-46	325	
R. Snyder-40	120 G. Lewis-34	315	
123 lbs.	B. Hullings-42	275	
L. Snyder-38	140 242 lbs.		
132 lbs.	Campiere-48	340	
J. Morrison-39	135 J. Rodgers-40	300	
J. Shearer-21	95 P. Huntley-37	295	
165 lbs.	275 lbs.		
A. Buck-14	120 M. Norris-29	395	
4th	125 D. Stoner-45	355	
Zimmerman-14	105 R. Labans-43	330	
D. Grimm-40	90 319 lbs.		
M. Stack-29	210 J. Lewis-23	480	
4th	240 DEADLIFT		
MEN	WOMEN		
Youth 66 lbs.	97 lbs.		
M. Jubas-8	50 N. Kinard-12	130	
123 lbs.	4th	140	
Claypatch-17	175 105 lbs.		
132 lbs.	R. Snyder-40	160	
S. Snyder-41	200 123 lbs.		
148 lbs.	L. Snyder-38	330	
J. Futhey-22	155 4th	345	
S. Flori-16	135 132 lbs.		
165 lbs.	Zimmerman-35	380	
Claypatch-47	280 J. Shearer-21	245	
G. James-31	265 4th	265	
T. Oimvra-19	265 148 lbs.		
J. Stazer-22	225 B. Peoples-45	305	
A. Parker-19	210 B. Travis-34	275	
A. Snyder-15	135 MEN		
181 lbs.	Youth 97 lbs.		
K. Boyer-29	290 G. Smith-12	200	
L. Howe-29	275 132 lbs.		
Ditzemberger	245 S. Snyder-41	415	
D. Swingle-57	225 148 lbs.		
T. Holt-30	220 J. Futhey-22	390	
J. Cuccia-15	180 S. Flori-16	330	
N. Kinard-15	150 165 lbs.		
198 lbs.	J. Stazer-22	505	
A. Kish-48	380 J. Welch-58	505	
Tonkovich-41	340 T. Dimura-19	455	
J. Herbein-65	245 G. James-31	415	
Kluczynski-18	226 A. Parker-19	360	
T. Cinelli-54	225 A. Snyder-15	250	
Sabatine-22	170 Muscedere-66	200	
220 lbs.	4th	250	
K. Jubas-41	415 181 lbs.		

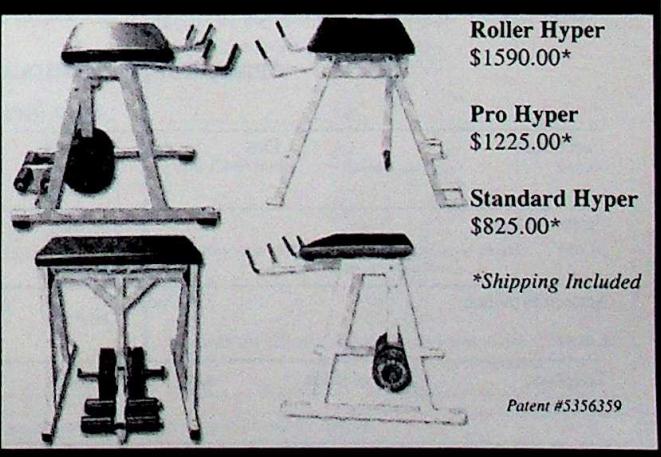
Independence Bench Press/Curl 10 JUL 04 - Stanardsville, VA

Bench Press	D. Burress	450
148	Supers	
Raw	50-59	
Duane Jeter	300 Jack Cox	525
165	CURL	
65-69	181	
Earl Feltner	140 Open	
181	John Self	175
RAW	220	
John Self	355 40-49	
198	J. Thompson	135
Open	60-69	
Chris Jackson	370 PJ Kitchen	135
RAW	242	
John Jackson	325 Open & 50-59	
220	Mike Digges	170
60-69 RAW	275	
PJ Kitchen	230 Open	
275	Allen Lewis	175
Open	40-49	
Scott Kuzma	550 Mike Lester	165
40-49		

It was a fun meet with great lifting. Duane Jeter hit a 300 pound bench press that was double bodyweight RAW. John Self in his first meet ever hit 355 RAW in the bench press @ 174 pounds and did a great 175 strict curl! Chris Jackson got 370 @ 198 to win that class. I look for him to hit 400 latter this year. PJ kitchen 63 years old returned after a 5 year layoff due to injury and did great 230 bench RAW and 135 strict curl! Mike Digges , Allen Lewis and Mike Lester all hit big curls. Scott Kuzma get better each meet hitting a nice 550 in the bench. Special Thanks to Allen Lewis and Mike Lester for judging the bench meet for us. (results John Shifflett.)

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

LOUIE SIMMONS' REVERSE HYPER MACHINE



Meet Director: Louie LaPoint. Judges: Charlie Lane, Bill Durant, Shane Decato, Marilyn Barba. Spotters: Lyle Fisk, Jerry Boucher. Head Table: Dave Miller. Admissions: Parker LaPoint. Till next time!
(Thanks to Louie LaPoint for the results)



Team Weasisay at the Beast of Chrome and Steel Meet. (McCaslin)

Beast of Chrome & Steel 10 JUL 04 - Bedford, PA

BENCH	C. Seifer	505	
WOMEN	275 lbs. Junior		
132 lbs. Open	K. Ruckle	440	
M. Barheight	110	C. Phillips	425
148 lbs.	Open		
Submaster	M. Coulter	740	
T. Daly	155	D. Spry	480
198 lbs. Open	B. Carmack	320	
S. McCaslin	305	Submaster	
MEN	D. Spry	480	
181 lbs. Open	308 lbs. Open		
C. Lambert	350	B. Younker	305
B. Magiera	275	Master (50+)	
Masers	B. Godden	475	
T. Myers	315	B. Carmack	320
198 lbs. Open	SHW Open		
c. Frantz	435	S. Lattimer	850
J. Gibson	310	J. Schroeder	480
Submaster	DEADLIFT		
R. Daly	530	WOMEN	
Master	198+ lbs. Open		
B. Shafer	330	K. Dugas	375
J. Gibson	310	MEN	
220 lbs. Open	123 lbs. Teen		
M. Ferman	600	M. Coulter, Jr.	200
Master (40+)	J. Grove	175	
T. Steinhauer	350	D. Ribner	150
Master (50+)	165 lbs. Teen		
D. Barheight	315	D. Snyder	450
242 lbs. Teen	181 lbs. Open		
D. Lyons	290	C. Lambert	480
Open	Master		
T. Bumgardner	435	T. Myers	610
Master (40+)	220 lbs. Open		

L. Ciccarelli 505 309 lbs. Open
275 lbs. B. Younker 585
B. Carmack 450 SHW Open
Master (50+) S. Lattimer 500
(Thanks to Sandi McCaslin for the results)

2nd IPA W. Metro Auto BP Bash 10 APR 04 - Elk River, MN

148 lbs.	Pro Open		
D. Moore	315	J. Gould	645
J. Tilley	295	242 lbs.	
T. Hague	275	P. Bossi	465
C. Clay	270	R. Smith	430
M. Wilson	270	S. Freeman	390
T. Ostrum	195	C. Pannell	410
B. Swain	195	T. Manning	360
S. Johnson	200	D. Lhota	365
D. Serrell	185	D. Owens	360
R. Tornabene	180	B. Hopkins	350
C. Waggoner	145	M. Leibacher	335
D. Jones	135	J. Fox	410
Q. Thomas	55	J. Hood	250
M. Perry	—	G. Holzmiller	245
D. Rouse	—	J. Bushee	155
M. Neese	—	R. Brideman	—
D. Sylvester	—	242 lbs.	
165 lbs.	K. Burkett	475	
J. Baggett	370	O. Helmer	455
I. Figueroa	275	K. Mallory	440
L. Neese	285	J. Cox	400
P. McClean	250	A. Proctor	420
S. Smith	245	T. Cain	405
J. Hayden	185	J. Bates	405
G. Harrison	165	G. Goad	320
181 lbs.	A. Hayden	315	
S. Redfern	365	S. Duell	300
B. Cross	315	C. Betts	155
A. Biggs	300	275 lbs.	
Y. Summer	275	M. Belk	530
T. Broyels	260	A. Roberts	460

Thanks to all the participants and spectators who came out this year to watch some of the best Bench Pressers in the area and one in the World competition. Hundreds of people came out to watch one lifter in particular lift Andy Fiedler, who competed at 275 lbs. class weighing in at 269 Andy walked away with the best lifter trophy and

was the first 700 bench in MN with a warm-up lift at 715 then opened at 775 very easy lift then 805 went up most in attendance thought it was a good lift but yours truly knew he could do it better so I red lighted and made him redo the lift and it went up easy took a 4th at 810 and again another great lift a triple bodyweight lift. Other honorable mentions are Mike Lewis at 148 lb. class benched 425 and Jeff Gould at 220 lb. class hit 645 opening lift barely missed 660 he will get this in the future. (Thanks to IPA Chair Lloyd Hemenway for results)

100% Raw Worlds 22 NOV 03 - Barco, NC

WOMEN	J. Smith	260	J. Hilliard	445	(16-17)		
D. Flannagan	165	S. Peterson	255	M. Steward	415		
T. Nauman	250	M. Veillux	250	C. Ceasar	435		
S. Baldwin	145	D. Biggs	115	J. Dishman	405		
M. Bertrand	175	A. Roper	—	F. Banks	385		
T. Michie	125	J. Bike	—	J. Spruill	315		
J. Burkett	105	198 lbs.		M. Stidman	—		
G. Woodson	180	W. Lynch	450	R. Staten	—		
H. Hoffler	135	J. McDougald	390	J. Baggett	370		
H. Knupp	100	J. Wright	330	M. Prosser	470		
M. Dishman	85	A. Williams	285	J. Gentry	405		
S. Crichton	140	T. Bell	250	S. Cassell	390		
MEN	J. Whitt	205	W. Ferguson	360	W. Ferguson	181 lbs.	
148 lbs. & Below	J. Sheenahn	—	H. Canada	450	H. Canada	(12-13)	
J. Mukite	335	M. Marsh	—	R. Biggs	370	R. Biggs	115
D. Moore	315	D. Perry	—	M. Turner	360	M. Turner	(18-19)
J. Tilley	295	220 lbs.		J. Lopes	330	J. Lopes	315
T. Hague	275	P. Bossi	465	G. Biggs	—	G. Biggs	Submaster
C. Clay	270	R. Smith	430	T. Hague	275	T. Hague	S. Redfern
M. Wilson	270	S. Freeman	390	B. Cross	315	B. Cross	365!
T. Ostrum	195	C. Pannell	410	J. Fox	265	J. Fox	265
B. Swain	195	T. Manning	360	J. Herman	340	J. Herman	275
S. Johnson	200	D. Lhota	365	D. Flannagan	165*	D. Flannagan	260
D. Serrell	185	D. Owens	360	M. Dishman	85	M. Dishman	255
R. Tornabene	180	B. Hopkins	350	D. Flannagan	165*	D. Flannagan	250
C. Waggoner	145	M. Leibacher	335	(50-54)	D. Biggs	D. Biggs	115
D. Jones	135	J. Fox	410	J. Burkett	105*	J. Burkett	—
Q. Thomas	55	J. Hood	250	J. Sheenahn	145*	J. Sheenahn	—
M. Perry	—	G. Holzmiller	245	M. Dishman	85*	M. Dishman	205
D. Rouse	—	J. Bushee	155	D. Bertrand	175	D. Bertrand	Submaster
M. Neese	—	R. Brideman	—	J. McDougald	390	J. McDougald	390
D. Sylvester	—	242 lbs.		T. Nauman	250	T. Nauman	250
165 lbs.	K. Burkett	475	M. Bertrand	175	M. Bertrand	(75-79)	
J. Baggett	370	O. Helmer	455	Submaster	J. Sheehan	J. Sheehan	245*
I. Figueroa	275	K. Mallory	440	A. McDougald	145*	A. McDougald	450!
L. Neese	285	J. Cox	400	H. Hoffler	135*	H. Hoffler	330
P. McClean	250	A. Proctor	420	SHW	A. Williams	A. Williams	285
S. Smith	245	T. Cain	405	M. Wilson	180*	M. Wilson	205
J. Hayden	185	J. Bates	405	T. Ostrum	195*	T. Ostrum	330
G. Harrison	165	G. Goad	320	C. Betts	195*	C. Betts	195*
181 lbs.	A. Hayden	315	B. Cross	195*	B. Cross	195*	
S. Redfern	365	S. Duell	300	M. Neese	195*	M. Neese	195*
B. Cross	315	C. Betts	155	D. Sylvester	195*	D. Sylvester	195*
A. Biggs	300	275 lbs.		M. Wilson	200	M. Wilson	200
Y. Summer	275	M. Belk	530	T. Ostrum	195*	T. Ostrum	195*
T. Broyels	260	A. Roberts	460	C. Waggoner	145*	C. Waggoner	250
				B. Swain	195*	B. Swain	410
				Open	C. Pannell	Open	390
				B. Swain	195	S. Freeman	365
				C. Waggoner	145	D. Lhota	365
				M. Perry	—	M. Leibacher	335
				148 lbs.	(50-54)	M. Leibacher	335*
				(14-15)	M. Leibacher	M. Leibacher	245
				S. Johnson	200	J. Fox	290
				J. Jones	135	S. Sexton	185*
				T. Hague	275!	(60-64)	
				C. Clay	275	C. Pannell	410
				M. Wilson	270	S. Freeman	390
				D. Rouse	—	D. Rouse	430!
				M. Neese	—	M. Neese	390
				D. Sylvester	—	S. Sexton	185
				Junior	Open	Junior	Open
				D. Moore	315*	P. Bossi	465!
				J. Tilley	295	C. Pannell	410
				(50-54)	S. Freeman	390	
				R. Tornabene	185*	D. Owens	365
				D. Serrell	185*	D. Lhota	365
				pen	T. Manning	T. Manning	360
				J. Mukite	335*	M. Leibacher	335
				D. Moore	315	J. Fox	290
				J. Tilley	295	J. Hood	250
				T. Hague	275	G. Holzmiller	245
				C. Clay	275	S. Sexton	185
				M. Wilson	270	J. Bushee	155
				D. Serrell	185	R. Brideman	—
				R. Tornabene	185	242 lbs.	
				D. Sylvester	—	C. Betts	
				165 lbs.	(14-15)	J. Bushee	155
				(14-15)	J. Cox	400*	
				J. Hayden	185	J. Cox	

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name	First	Initial	IPA # for Renewal
Street Address	City		
State or Province	Zip Code	Country	
Telephone	Date of Birth	Age	Sex
		Pro _____	Am _____
		Elite Am _____	
Sign if above answers are correct. Parents sign if under 18 years.			
Date			
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(25-29)	A. Roberts	460*
O. Helmer	455* J. Dishman	405
K. Mallory	440 F. Banks	385
Submaster	R. Staten	—
T. Cain	405* Open	
S. Duell	300 M. Belk	530
(40-44)	4th	550*
K. Burkett	475 J. Hilliard	445
A. Proctor	420 M. Steward	435
A. Hayden	315 J. Dishman	405
(50-54)	F. Banks	385
G. Goad	320 J. Spruill	315
Police/Fire	R. Staten	—
A. Proctor	420 M. Stidman	—
T. Cain	405 319 lbs.	
J. Sexton	165 (30-34)	
Open	S. Cornick	475*
K. Burkett	475! (40-44)	
O. Helmer	455 G. Briggs	—
K. Mallory	440 (45-49)	
A. Proctor	420 W. Ferguson	360*
T. Cain	405 Submaster	
J. Bates	400 S. Cassell	390
J. Cox	400 R. Biggs	370
G. Goad	320 Open	
A. Hayden	315 S. Cornick	470*
S. Duell	300 M. Prosser	470
Junior	J. Gentry	405
J. Spruill	315 R. Biggs	370
Submaster	W. Ferguson	360
A. Roberts	460 G. Briggs	—
M. Stidman	— SHW	
(40-44)	Police/Fire	
C. Caesar	435* M. Turner	360*
R. Staten	— Open	
(45-49)	H. Canada	450*
J. Hilliard	445* J. Lopes	360
Police/Fire		

* World Record! ! Best Lifter, Best Lifters: Teenage - Trey Manning, Submaster - Doug Parrish, Open - Jason Tilley. Team Champions: Open - The Body Shop Mt Airy, NC. Teenage - Northside High School. Team Champions: Open - Fitness Warehouse, Elizabeth City, NC; Mixed Open - Team Gladiator, Bristol, VA; Police/Fire - Team Gladiator, Bristol, VA; Master - The Intruders, Chesapeake, VA; Best Lifters: Women - Deborah Flannagan, Greensboro, NC; Teenage - Trey Hague, Ayden, NC; Master 1 - James "Corky" Baggett, Chesapeake, VA; Master 2 - Frank "Yogi" Sumner, Greensboro, NC; Master 3 - Byron Swain, Elizabeth City, NC; Police/Fire - Randy Smith, Fayetteville, NC; Junior- Donnell Moore, Elizabeth City, NC; Submaster - Sean Redfern, Charlotte, NC; Open Lightweight - Will "Chill" Lynch, Raleigh, NC; Open Middleweight - Paul Bossi, Elizabeth City, NC; Open Heavyweight - Kenny Burkett, Bristol, VA; This was the best competition we ever had with the 100% RAW Powerlifting Federation. We had over 100 lifters compete in the 1-day event with 38 new world records being broken. The meet was held on the stage of the Currituck Middle School auditorium on November 22, 2003. Lifters had traveled from Chicago, Boston, Florida, Texas, Tennessee, Virginia, North Carolina, South Carolina, Georgia, Pennsylvania, Maryland, Washington DC and California. This meet was non-stop actions with records falling all day long and championships determined on many last lifts. We knew this was going to be a dandy of a meet when we had 6 lifters in the 319 lbs. Open Class. We use the pound for pound method to determine the best lifters awards and the overall World Champion of each weight class. Many classes were won by as little a margin of (.001-.003) of a pound. I would like to thank the helpers, Head Table Pan Balance & Lukaroni Skywalker. Judges: John Nesbitt, Keith Payne, Bill Bateman, Donny Nelson, Bill Francis and Tom Houlroyd. Tom was also our Drug Testing Official WHO TESTED 25 LIFTERS, about 25% of the competition. Results were not received back during the time this was written. Spotters were Donnie Markam, Mike from USCG and Alan Kelly. Paul Bossi was the Meet Director. There were over \$7500 in awards and were supplied by Elizabeth City Trophy and Awards in Elizabeth City, NC. I would like to thank our 13 Sponsors. They are Fitness Warehouse of Elizabeth City, Pro Health Chiropractic of Elizabeth City, Albemarle Astma & Allergy of Elizabeth City, Eliza-

beth City Jaycees, Applebee's of Elizabeth City, Darryl & Vickie Moore of Elizabeth City, MCM Auto Sales of Asheboro, NC, W.T. Francis Electric of Chesapeake, Flex Gym of Virginia Beach, Elizabeth City Trophy & Awards of Elizabeth City, Vann11 Restuarante of Elizabeth City, Bo Dean's Cafe & Catering of Elizabeth City, Byron Swain of Elizabeth City. (Thanks to Paul Bossi for the results)

USAPL West Virginia BP/DL 31 JUL 04 - Wheeling, WV					
YOUTH	SQ	BP	DL	TOT	
105 lbs.					
D. Wrobel	175	95	185	455	
WOMEN					
165 lbs.					
H. Ferns	135	155	135	425	
Masters (50-54)					
220 lbs.					
P. Sutphin	610*	355*	540	1505	
Junior (20-23)					
242 lbs.					
T. Keim	535	360	455	1350	
Open 242 lbs.					
D. Hilliard	350	320	450	1120	
PUSH/PULL					
WOMEN					
97 lbs.					
K. Reed	—	110	185	295	
Masters 165 lbs.					

J. Fremont — 280 290 570
Open 242 lbs.
D. Steltenkamp — 510 585 1095
* West Virginia State Powerlifting Record.
This was a meet put together rather quickly but we had some high quality lifters who traveled a good distance to compete. Paul Sutphin had a great day in the Masters Division with records in the squat and bench. Tom Keim of Bluefield, VA and Dan Steltenkamp of Bedford Heights Ohio had great totals in the 242 as did Jeff Fremont of Poconos, PA, in the Masters 165 division. Our two ladies are multi-sport competitors with Kim Reed also competing in bodybuilding and Heidi Ferns, in her first meet, competes in race walking. We hope to make this an annual summer event. Thanks to the J. B. Chambers YMCA for sponsoring this event. (Meet report provided to POWERLIFTING USA Magazine by Dan Hilliard)

Moore	455	Chapman	455
Smith	385	Zitz	405
Loepke	315	198 lbs.	
Noble	225	J. Moore	645!
arter-X	220 lbs.	Morgan	465
Jackson	525	Smith	445
Lavender	405	Noble	425
275 lbs.	220 lbs.	Norman-El	345*
Jackson	495	T. Young	665!
DEADLIFT	148 lbs.	G. Lavender	665*
		J. Jackson	565*
Garza	345	Williams	505
Briggs	345	Mayo	505
165 lbs.	165 lbs.	Carter-X	485
J. Garcia	405	275 lbs.	
181 lbs.	181 lbs.	J. Jackson	525
Jefferson	465		
Whitaker	465		
K. Mitchell	455*		

A special thank you for Dep. Warden Welke for allowing us to hold the meet and many thanks to Mr. Tee Young. You would not know it but, he is up "there" the old coot! Tee, I love ya like a brother, and proud to be your friend! "Thanks: Oh, Tee Young was the meet director too. The head judge was Rakim. A thanks goes out to all workers. P/A system R. Hill. The meet workers always lift more than anybody! Thanks fellas! You held a first class meet. Results by Wali Allen. (Thanks to Lloyd Tisi for providing this report)

Fun In the Sun LCF Open 25 JUL 04 - Coldwater, MI

SQUAT	Fincher	—
132 lbs.	181 lbs.	
Brent B	— Whitaker	405
148 lbs.	Zitz	375
Garza	255 Chapman	365
Griggs	255 Mitchell	315
165 lbs.	198	

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USAPL Southern Ohio PL/BP						
21 AUG 04 - Moraine, OH						
MALE		SQ	BP	DL	TOT	
52 kgs. Youth (12-13)						
J. Vaprezsan	160	75	170	405		
D. Wrobel	170	90	200	460		
60 kgs. Teen (16-17)						
C. Ault	275	205	360	840		
75 kgs. Teen (18-19)						
N. Royer	420	375	420	1215		
B. Childress	325	260	450	1035		
Open						
J. Caputo	405	265	480	1150		
67.5 kgs.						
M. Buck	465	330	405	1320		
52 kgs.						
D. Cohn	—	265	—	—		
75 kgs.						
F. Newbill	—	390	—	390		
82.5 kgs. Teen (18-19)						
C. Williamson	375	245	445	1065		
Junior (20-23)						
J. Collins	385	275	460	1120		
90 kgs.						
D. Good	405	325	450	1180		
Master-1						
D. Wilke	450	315	520	1285		
Novice						
F. Lucente	475	260	510	1245		
W. Eagle	—	335	—	335		
100 kgs.						
J. Bellanca	555	260	525	1440		
J. Shoopman	—	—	—	—		
Master-1						
J. Raley	—	335	—	335		
110 kgs. Open						
E. McKelvey	540	380	600	1520		
Teen (18-19)						
N. Manciocchi	—	430	—	430		
Open Novice Master-1						
K. Robbison	—	480	—	480		
Open						
C. Hootman	—	475	—	475		
FEMALE						
UNL Novice Master-1						
G. Kelly	115	125	180	420		

60 kgs. Open						
K. Dalton	300	145	265	710		
UNL Open						
S. Waughtel	240	135	275	650		
82.5 kgs.						
D. Eagle	225	180	315	720		
UNL Junior (20-23)						
S. Dzurnak	305	195	315	815		
90 kgs. Open						
J. Watkins	530	285	505	1320		
Side Referees: Cathy Maksteiner and Gary Auerbach. (Thanks to USAPL for results)						

USAPL Indiana High School (kg)						
6 Mar 04 - Indianapolis, IN						
Girls	SQ	BP	DL	TOT		
105						
K. Wheeler	60	35	47.5	142.5		
132						
J. Johnson	90	55	100	245		
Letitia Eason	70	37.5	87.5	195		
148						
Whitney Ball	97.5	70	130	297.5		
T. Shelman	97.5	45	115	257.5		
K. Overby	57.5	52.5	80	190		
165						
B. Winston	95	42.5	102.5	240		
198+						
W. Barnett	102.5	62.5	125	290		
Boys						
114						
C. Baldwin	122.5	77.5	142.5	345.5		
Ramell Tucker	107.5	60	120	287.5		
Mike Green	70	55	105	230		
123						
Julius Mayes	142.5	75	150	355		
132						
A. Johnson	160	97.5	160	417.5		
148						
Jeff Capati	140	77.5	177.5	395		
Chris White	145	80	155	380		
Paul Nyugen	125	75	142.5	342.5		
165						
Tommy Scott	212.5	117.5	170	500		
Marcus Brown	145	87.5	185	417.5		
Scott Dimsen	125	80	145	350		

with great form execution and power. She was a wonderful role model for 1st time 11 year old Marlena Daniel who made 7 of 9 attempts. Referee's were Robert L. Sam, John Mogavero and Matthew Gary. (Thanks to USAPL for providing the meet results.)

USPF West Virginia State 27 MAR 04 - S. Charleston, WV

West Virginia Squat	308					
Women	John Pauley	451				
Teen 16-17	Teen 16-17					
132	SHW					
C. Spieggen	*231	Jeff Johnson	*400			
Boys		W. Virginia BP				
Teen 14-15	Teen 14-15	Teen 16-17				
148		123				
Adam Runyon	*198	Jon Ward	181			
Senior		Masters 45-49				
181		181				
Kwitakowski	*600	Kenny Bolar	264			
Junior		Senior				
220		D. Robbins	501			
Law/Fire		Masters 60-64				
Master 50-54		165				
242		Ken Samples	242			
J. Rubenstein	*501	Senior				
Masters		Danny George	374			
55-59		Master 55-59				
C. Stanley	*451	Bud Sampels	303			
275		Collegiate				
50-54		Dorian Cox	314			
J. Messinger	*600	Sub Master				
59-59		D. Lewellyn	NL			
Mike Highfield	*534	Master 40-44				
Junior		242				
308		C. Bednar	358			
John Pauley	435	Junior				
Teen 160-17		275				
SHW		A. Johnson	402			
Jeff Johnson	402	Senior				
West Virginia DL		SHW				
Women		A. Crawford	407			
Teen 16-17		Holley Open DL				
132		Women				
C. Spieggen	*286	Teen 16-17				
Boys		132				
Teen 14-15		C. Spieggen	286			
148		Teen 14-15				
Adam Runyon	*303	148				
Masters 60-64		Adam Runyon	303			
165		Master 60-64				
Ken Samples	*253	165				
Senior		Ken Samples	253			
181		Senior				
Kwitakowski	529	181				
Junior		Kwitakowski	529			
220		Junior				
Law/Fire		220				
Masters 50-54		Dave O'Brien	402			
50-54		LawFire				
J. Rubenstein	*523	Masters 50-54				
242		242				
J. Messinger	*600	J. Rubenstein	523			
50-59		Junior				
C. Stanley	*562	308				
55-59		55-59				
John Pauley	451	John Pauley	451			
275		Teen 16-17				
M. Highfield	*534	SHW				
Junior		Jeff Johnson	440			
Womens PL	SQ	BP	DL	TOT		
132						
Teen 16-17		231	122	286	638	
C. Spieggen						
148						
Boys						
Teen 14-15						
A. Runyon	198	154	303	655		
Masters 60-64						
165						
K. Samples	105	242	253	600		
Senior						
181						
Kwitakowski	600	385	529	1514		
Masters 45-49						
J. O'Laughlin	55	*385	110	550		
198						
55-59						
Don Hall	143	143	143	429		
220						
40-44						
Rick Perkins	341	380	407	1128		
Collegiate						
220						
Ryan Ray	424	374	573	1371		
Junior						
220						
Dave O'Brien	402	319	402	1123		
Law/Fire						

"Peanut butter sandwiches, pizza, hot dogs, hamburgers, Budweiser, and a lot of each" and his prediction for his own ultimate bench poundage (850+). We had a full report on the WSM (Magnus Ver Magnusson was the winner). Our Workout of the Month was the squat routine of Jesse Kellum and we had a great article on "Evolution Training versus the Other Guys" with Jay Schroeder hooked up to a wild looking electro muscle stimulation machine. Next up, we had an in-depth report on the IPF World Bench Press Championships in ADFPA Nationals Masters we had Jarvenpaa, Finland (James Henderson won the SUPERS), and Louie Simmons had an insightful article entitled "Squatting for the Deadlift", graphically illustrated by Chuck Vogelpohl. ADFPA star Joe Onosai (and future strongman competitor) was interviewed by Bob Gaynor. In Ned Low's POW!ER SCENE we had a couple of interesting photos of Sioux-z Hartwig... lifting and in a "more relaxed pose". Rev. Brad Olson was interviewed by Bruce Citerman ... "I am already older than my memories, but have not yet lived my dreams!" Marty Gallagher reviewed the behind the scenes story of Ed Coan's lifting performance at the just past IPF Worlds in South Africa. Dr. Tom Fahey reviewed Video and Computer Technology and how it can affect the powerlifter in our Power Research column. On our TOP 100 list for the 198s, the top lifters were Tony Kamand (765 squat), Jesse Kellum (584 bench), Leon Humphreys (738 deadlift), and Gene Bell (1917 total). Larry Traub was 89th in the squat (628), Jim Rouse was 86th in the bench press (430), Tony Succarotte was 89th in the deadlift (620), and Walter Thomas was 27th in the total with 1730. In our report of the ADFPA Nationals Masters we had a shot of the previously mentioned Walter Thomas, who won his ADFPA National title only days before he left for the IPF Worlds and yet another Men's Open title. At the top of Herb Glossbrenner's list of All Time Best Deadlifters in the 165 lb. class was John Inzer's 748 with Joe Orengia's 630 coming in 89th. We introduced the world to the "Adaptive Bench Press System" to allow spotterless bench press attempts. For information on how to order this Press System see the listing on pages 48-51 of this edition of PL USA.

the scenes story of Ed Coan's lifting performance at the just past IPF Worlds in South Africa. Dr. Tom Fahey reviewed Video and Computer Technology and how it can affect the powerlifter in our Power Research column. On our TOP 100 list for the 198s, the top lifters were Tony Kamand (765 squat), Jesse Kellum (584 bench), Leon Humphreys (738 deadlift), and Gene Bell (1917 total). Larry Traub was 89th in the squat (628), Jim Rouse was 86th in the bench press (430), Tony Succarotte was 89th in the deadlift (620), and Walter Thomas was 27th in the total with 1730. In our report of the ADFPA Nationals Masters we had a shot of the previously mentioned Walter Thomas, who won his ADFPA National title only days before he left for the IPF Worlds and yet another Men's Open title. At the top of Herb Glossbrenner's list of All Time Best Deadlifters in the 165 lb. class was John Inzer's 748 with Joe Orengia's 630 coming in 89th. We introduced the world to the "Adaptive Bench Press System" to allow spotterless bench press attempts. For information on how to order this Press System see the listing on pages 48-51 of this edition of PL USA.

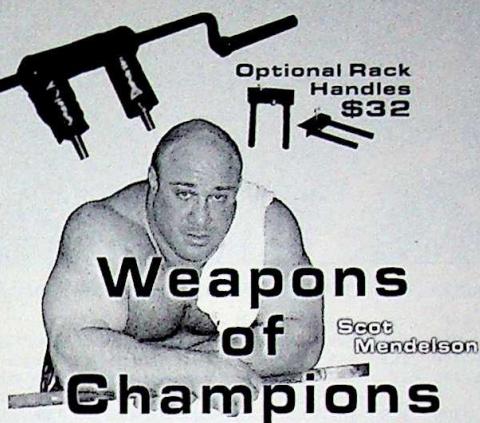
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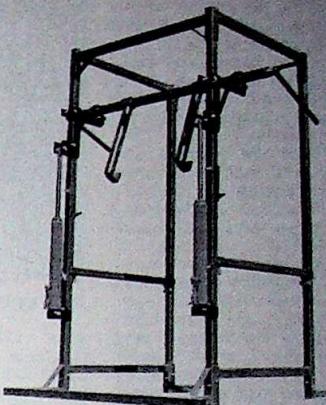
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Masters 45-49

242	B. Reynolds	55	*341	154	550
50-54	J. Rubenstein	*501	*319	*523	

*1343

55-59

C. Stanley	451	363	562	1376	
Senior	Ron Harbert	551	512	551	1614
Tim Hayner	556	358	523	1437	

275

Jim Compon	451	385	540	1376
Masters 50-54				

275

J. Messinger *600 *402 *600

*1602

55-59

M. Highfield	534	363	501	1398
Junior				

308

John Pauley	435	413	451	1299
Teen				

SHW 16-7

Jeff Johnson	402	303	440	1145
This year's Championships again, reflect the hard work, dedication and loyalty of some very high quality folks. Each year				

some very familiar faces and long time friends rally around what has become an annual homecoming, as well as, a venue for some of our state's finest lifters to showcase their strength and skills. Although each and everyone of our competitors are very important to us, there are a few names that are worthy of an extra mention. This year we talked Masters Lifter 60-64, Ken Samples into competing in all three lifts. We did this because Ken's special benching ability needs to be preserved in the record books. Ken's 242 pound bench in the 165-60-64 will fit perfect on the list of outstanding USPF state records. Another Master 181-45-49 lifter who competed in the powerlifting this year in order to post an outstanding bench record was Jerry O'Laughlin. Jerry's 385 pound shattered

the 319 pound record of West Virginia's fine old competitor, John Bayliss. Adam Kwitakowski has shown us all that he is a fine 181 pounder -yet, it will be hard for him to stay at this weight. Adam gets bigger and stronger every time and his potential at 198 or 220 should give West Virginia another National Contender for a title if he continues to improve and grow. Two Masters's lifters that deserve the respect and admiration of all those whose lives they touch are Don Hall and Jim Rubenstein. Don is the only lifter to have lifted in all 29 of our West Virginia USPF State Championships. What makes Don's annual visit to the platform even more special to us is the fact that less than 10 months prior to our contest Don underwent triple by-pass surgery and had a heart valve and heart artery replaced. If you want to see dedication, toughness and an unending desire look no further than Don. Jim Rubenstein set 4 new Law/Fire Masters -50-54 state records in the 242 pound weight class. What makes this even more special is the fact that Jim weighed just a pound or two off the 220 class limit. Read the results. Jim's lifts were very very respectable for any 242 pounder in any age class or division. Jim is a very special person who is always there to help out in any situation. Whether it's working in a meet as an official, helping a fellow lifter, or traveling half way around the world to help a world champion, Jim is always the first to take time from his very busy schedule as Corrections Commissioner here in West Virginia, to lend a hand. Bless you, your wife Linda and your family for always being there for us. The last thing I want to say is how much I appreciated all our lifters and all our Holley Strength team members. You see three years ago, two weeks prior to our annual state championships, I suffered a life threatening stroke. According to doctors my blood pressure went so high while straining during lifting that it bursted a

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blood vessel in my brain and caused a stroke. Lifting and competing suddenly became the least of my priorities. Staying alive and simply walking were the immediate issues. Well, by all medical standards and according to doctors I recovered for all intent and purposes with no noticeable side affects. Ultimately, after almost 3 years away from the platform I consulted my doctors about giving it one more try. I always said that after I turned 50 years old I wanted to make a run for our Masters state record and then call it a career. Well with my doctors half hearted approval, and my promise to cut back on the poundages I was able to make once more trek to the lifting platform. Mission accomplished - 3 attempts, 4 new state Masters records, "RETIREMENT", I think!! Believe me, there is a God, never doubt it, never debate his plan for you, have Faith, no matter how dark the day is, there is and will be light, hope and rewards!! One more note, West Virginia and the lifting community lost one of its all-time greats and characters in April of this year. Luke lams passed away at the age of 55. There will be more to come about Luke in the weeks to follow. Thank you to all our lifters and those who offered help at the contest. Without all of you we just would not make it. Mike Highfield, your efforts and great lifting is not forgotten- great job, you are a special person and lifter! (Thanks to John Messinger for the results.)

Paul Sechser	65	140	140	345
David Lerach	227.5	140	242.5	610
Bob Sainati	160	90	220	470
Jim Gardner	160	110	195	465
181				
Tony Reid	237.5	185	267.5	690
D. Gieske	197.5	187.5	245	630
Jason Eggers	245	130	220	595
Sid Reid	192.5	122.5	217.5	532.5
L. Jaques	180	112.5	222.5	515
D. Roggenbuck	145	112.5	180	437.5
198				
Sean Timonen	265	167.5	282.5	715
Sten Linquist	262.5	167.5	282.5	712.5
Doug Miller	237.5	175	245	657.5
Blake Hanson	245	157.5	255	657.5
Cory Nelson	227.5	172.5	232.5	632.5
Brian Furgala	207.5	—	—	—
S. McDermott	215	—	—	—
220				
C. Macklin	287.5	190	297.5	775
M. Edelstein	260	182.5	275	717.5
Gary Edwards	232.5	177.5	237.5	647.5
242				
Paul Lorentz	305	205	320	830
Rick Kolbeck	275	195	275	745
Trevor Keller	250	190	242.5	682.5
275				
Steve Born	227.5	157.5	257.5	642.5
B. Shelstad	—	—	—	—
SHW				
Greg Collins	327.5	220	315	862.5
E. Edberg	247.5	157.5	262.5	667.5
Richard Olson	142.5	127.5	170	440

(Thanks to USAPL for providing results)

USAPL Minnesota State (kg)				
21 Feb 04 - Hopkins, MN				
Women	SQ	BP	DL	TOT
165				
Jenny Welch	80	42.5	125	247.5
Men				
114				
T. Scheldrup	112.5	112.5	177.5	402.5
148				
Ron Hoff	207.5	122.5	220	550

USAPL Old Guy Qualifier				
14 Apr 04 - Anchorage, AK				
Men PL	SQ	BP	DL	TOT
100 kg.				
Alan Elzzell	60	60	100	220
110 kg.				
M. Lohman	60	60	100	220
Judges: Jennifer Maile; IPF Cat II, Larry Maile; IPF Cat I, Ronnie Burnett; National				
Thanks to USAPL for providing results				

USAPL International Qualifier (kg)

10 Apr 04 - Ft. Lauderdale, FL

Women US SQ BP DL TOT

C. Miller 125 67.5 147.5 340

K. Miller 110 60 107.5 277.5

Men

T. Saunders 421 205 282.5 907.5

D. Rodgers 332.5 190 320 842.5

Jamie Stark 270 137.5 240 647.5

W. Player 175 138 185 497.5

Paul Wong

IPF North American Regional

Women Team 1

P. Ribic 210 142.5 232.5 585

S. Kubik 117.5 72.5 140 330

A. Simons 132.5 107.5 135 375

M. McLean 147.5 80 170 397.5

M. Stonecek 92.5 57.5 112.5 262.5

Team 2

Carly Nogle 137.5 85 177.5 400

Katie Ford 182.5 112.5 187.5 482.5

Leah Marietta 155 77.5 147.5 380

Deb Hariston 112.5 62.5 135 310

Lora Marietta 125 67.5 130 322.5

PR

B. Morales 105 57.5 107.5 270

J. Quinones 100 35 115 250

Anais Velez 142.5 57.5 137.5 337.5

Jessica Pagan 155 70 157.5 382.5

Giselle Costas 185 97.5 217.5 500

V. Collado

Can

Susan Barret

Guate

Brenda Lemus 67.5 70 92.5 230

Venez

Gily Martinez 177.5 92.5 150. 420

Men US

Team 1

B. Gillingham 390 267.5 372.5 1030

Nick Tylutki 347.5 210 330 877.5

Peter Wong 192.5 157.5 202.5 552.5

Ryan Stills 310 210 287.5 807.5

Derek Braxius 242.5 145 247.5 635

M. Anderson 362.5 235 312.5 910

Team 2

R. Benemerito 337.5 230 310 877.5

David Ricks 315 202.5 305 822.5

A. Whigham 222.5 120 240 582.5

E. Nichson 280 180 287.5 747.5

Mike Macri 260

H. Blake 245 202.5 265 712.5

PR

E. Rodriguez 185 85 202.5 472.5

Harold Milan 335 172.5 285 792.5

Adam Ramos 242.5 165 260 667.5

Marino Britto 275 205 282 762

Howard Milan

Lazaro Nieves

Can

Hoang Tran 210 135 205 550

F. Drouin 177.5 112 170 459.5

Remi Fortier



Paul McGeorge...his first official 500 bench at the SLP Open Nationals.

	G. Gagne	265	162.5	240	667.5	junior men	SQ	BP	DL	TOT
	David Bolton	250	152.5	260	662.5	148				
	Dom Fontaine	245				165				
Baha						P. Halverson	375	330	405	1110
	Nat Russell	205	115	187.5	507.5	submaster men				
	Nash Russell	52.5	40	95	187.5	198				

(Thanks to USAPL for providing results.)

SLP Open National PL 25 SEP 04 - Tuscola, IL

BENCH PRESS	242									
open women	P. McGeorge	500*								
	(4th)	132								
	E. Haislar	200*	master men	55-59						
teenage men	13-15	275								
	165		E.T. Williams	320*						
	Jake Dias	295*	police & fire	50-54						
junior men		148			John Beggs	450*				
		220			Joshua Reyes	335*	police & fire	open		
		308				220				
	Matt Bell	415*	Richard Lear	535*						
	Andy Dood	425	open men							
submaster men		181								
		220	Ed Meinders	300						
	L. Peoples	400	308							
		(4th)	415*	John Massey	430					
	Otha Boyd	275	DEADLIFT							
master men	40-44	220								
	308		Matt Bell	580*						
	G. Messenger	480	submaster men							
master men	45-49	308								
		275	K. Kneuppel	720*						
	Roger Ryan	510*	master men	45-49						
master men	50-54	165								
		220	Dave Felton	600*						
	Robert Kuhn	450*								

Best Powerlifter - KEVIN KNEUPPEL. Best

Bencher - RICHARD LEAR. Son Light

Power national record. The Son Light

Power National Powerlifting Championship was held September 25, 2004 at Son Light Power Gym in Tuscola, Illinois. A much smaller turnout than last year, but still some great lifts were seen by all. In the powerlifting event newcomer Steven Peach did well at junior 148 with the win there. Steven opened with a deep 355 squat, followed by a 265 bench. He then finished with a strong 405 pull for a 1025 total. Phil Halverson won at junior 165, setting all new personal records along the way. Phil finished with a 375 squat, got a double-bodyweight bench of 330 and a 405 deadlift for a 1110 total. In the submaster division we had three fine lifters. First at 198 was Steve Arahood. Steve was nursing a shoulder injury, so only took a token lift in the bench, but set national records in both the squat (560) and deadlift (510) on his way to a 1125 total. Tom Oberle broke the national records at 242 for the squat, with a great 685 second attempt and the total with 1715. Tom also got a 450 bench and a great 580 pull. At 308 it was Kevin Kneuppel, who had his greatest day of lifting ever. Kevin finished with a personal best 800 squat, followed by a 515 bench and a 720 deadlift. This gave Kevin his first ever 2000 total, ending with 2035! In the master men's 40-44/242 class it was Mark Chellino with a 1830 total. Mark finished with a 740 squat, a 540 bench and a 550 pull. After a few years off from competition and hip replacement surgery, Mark had a great day with new national records in the squat, bench and total. Great to have Mark back on the platform again. David Anderson had a good day also, taking the win at 45-49/181. David set all new national records for his class, finishing with a 550 squat, 310 bench and 540 deadlift for a great 1400 total. Larry Readman retained his title at 50-54/242 with a 400 squat, 300 bench and 500 deadlift. Larry's national record pull gave him a 1200 total. First-timer Robert Hesterly set all new national marks as well with his win at 60-64/275. Robert, who had a perfect 9 for 9 day of lifting, finished with a 440 squat, followed by a 320 bench and a 450 pull for a great 1210 total. Robert set all new national records for the police & fire/308 class, finishing with a 450 squat, 430 bench and a 450 deadlift. This gave John a great personal best 1330 total. In the open division Steven Gawlik returned for the title at 181, finishing with new PRs in the squat (585), deadlift (550) and total (1470). Steven also got a solid 335 bench on his way to a perfect 9 for 9 day of lifting. Steven Zelmer returned to competition after about a year off, taking the win at 220 with a 525 raw squat, 400 bench and a 475 pull for a 1400 total. Ed Clark had some problems with his depth in the squat, settling with his 750 opener, though locking out with 800. His 630 bench was a new national record and along with his 570 pull gave Ed a solid 1950 total. Taking his second title of the day was Kevin Kneuppel at open 308, shattering all of the records there with that big 2035 total! Kevin was also awarded the best lifter trophy for the powerlifting competition. In the bench press event Erica Haislar got her first ever 200 bench! Lifting in the open women's 132 class, Erica set the national record along with the Illinois state record there. Jake Dias set the national mark at 13-15/165 with a personal best 295, just missing his first ever 300! Joshua Reyes broke the existing national record at junior 148 with 335 while Matt Bell won at 220 with a new national record of 415. Andy Dodd finished second at 220 with 425 raw, after bombing with his new shirt. This was Andy's first meet. At submaster it was Lamon Peoples with 400, before coming back with a great national record 415 fourth. Otha Boyd won at 275 with 450. In the master men's 40-44/308 class, national record holder there, Gary Messenger, finished with 480, getting nothing from his shirt. Roger Ryan set the national mark for the 45-49/275 class with 510, while Robert Kuhn did the same at 50-54/220 with a personal best 450. Paul McGeorge got his first

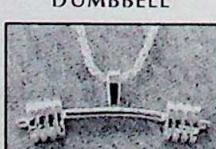
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Kevin Knueppel with a national record and PR squat @ submasters 308 at the SLP Open Nationals (Photos courtesy of Dr. Darrell Latch)

official 500 bench with his win at 50-54/242! A fourth with 520 was also good! E. T. Williams got the record at 55-59/275 with 320 while newcomer John Beggs set the mark at police & fire/50-54/275 with 450. Richard Lear only got in his opener with an easy 535, but it was good enough for a new national record and the best lifter award! Richard went all the up to 645 with his new shirt, trying to get the weight to touch, and even though in each case he could lock the weight out easily, Rich was never able to get the weights to touch his chest! If he ever gets that shirt to work, Rich will be the next 700 bencher! In the open division Ed Meinders won at 181 with 300. John Massey was first at 308 with his 430 personal best. In the deadlift

Matt Bell set the national mark at junior 220 with a solid 580 while Dave Felton pulled an amazing 600 @ 165! Wow, that's 105 pounds over triple bodyweight! Thanks to my son Joey for all his help, Dustin Shum, Joe Dias and a great powerlifter, Bill Centano, for all their help. And a special thank you to my wife for her help with the judging. See you all next year! (Results Dr. Darrell Latch)

USAPL No Frills Teen/Jr. Qualifier
08 May 04 Goodrich, MI
Men SQ BP DL TOT
Teen 1 (14-15)
148
D.Schuessler 370 225 340 935
165

J. Armstrong	350	175	400	925	165
242					A. Wolford
Alan Easton	330	330	380	1040	220
275					Pat Stack
Celso Florez	—	220	400	DQ	450
T2 (16-17)					SHW
J. Sheridan	290	175	355	820	J. Silverthorne 480
148					325 500 1305
E. Olmstead	415	250	415	1080	Trevor Eubanks got off to a rough start with trouble in the squat. He managed to get back his focus and reset the K-High bench press record for his age and weight category and finished with a huge deadlift which was another K-High record. Jim Silverthorne arrived on the ferry from POW in time to put up some great numbers. He added 50 pounds to his squat, 25 to his bench and 70 to his total! Miss Goodwin, competing in her second meet added 35 pounds to her squat with her opener, 25 pounds to her bench and 35 pounds to her deadlift. She had the largest total increase of any of the lifters adding an incredible 95 pounds to the total. She feels she has more to go. Unfortunately she is leaving us! Hopefully she will get hooked up with some lifters in Salem, Oregon and come back in December to visit and lift! Taylor Gregg continued her k-High record breaking streak with new records in the Squat, Dead and Total. She has tied the state record for the bench and her total is now only 30 away from the state record. Next meet she could be a state record breaker!
N. Stevens	305	180	365	850	220
181					M. Johnson 475 225 405 1105
Jason Hesch	365	245	—	DQ	A. Lickliter 395 225 465 1085
198					John Lloyd Jr. 395 225 450 1070
M. Johnson	475	225	405	1105	S. Edwards 375 270 425 1070
A. Lickliter	395	225	465	1085	220
John Lloyd Jr.	395	225	450	1070	M. Bradburn 480 285 405 1170
S. Edwards	375	270	425	1070	275
220					Matt Armon 585 360 510 1455
M. Bradburn	480	285	405	1170	Jake Cannon 515 350 500 1365
275					SHW
Matt Armon	585	360	510	1455	Jon Burns 475 290 450 1215
Jake Cannon	515	350	500	1365	M2 (45-49)
SHW					JH
Jon Burns	475	290	450	1215	B. Edwards 135 135 135 405
M2 (45-49)					Open (24-39)
SHW					181
B. Edwards	135	135	135	405	M. Coleman 135 135 135 405
Open (24-39)					(Thanks to USAPL for the meet results.)

USAPL Spring Recordbreakers					
10 Apr 04 - Ketchikan, AK					
Men/Women	SQ	BP	DL	TOT	
123					
T. Gregg	195	110	215	520	
148					
M. Goodwin	260	135	295	690	
198					
T. Eubanks	200	405	605		
Floyd Frank	405	280	485	1170	

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Foreword by William Kraemer, Ph.D.

in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge

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(770) 996-3418

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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.

WNPF Upstate New York 18 SEP 04 - Clyde, NY

		Lifetime	Raw	MEN	242 lbs.	Police/Fire	E. Dibari	500	385	500	1385
BENCH	Equipped										
MEN		181 lbs.			242 lbs.						
198 lbs.		(70-79)			O. Vanbuskirk	335*					
Lifetime											
C. Hewitt	385*	165 lbs.			E. Dibari	500*	385*	500*	1385*		
		Lifetime			275 lbs.						
220 lbs.					(40-49)						
(40-49)					J. Schiemann	545*	340*	570*	1455*		
J. Mitchell Jr#425*	220 lbs.				Ironman Equipped						
Raw		(35-39)			198 lbs.						
FEMALE					(50-59)						
(14-16)					V. Peterson	—	290	505	795		
K. Grimm	70*	Raw			SHW (40-49)						
220 lbs.					M. Harling	—	450	540*	990*		
Lifetime					#=Best Lifters. !=American Record. *=State Record.						
A. Lewis#	420*	Lifetime			The usual meet held in Waterloo was moved down the road to Clyde, New York into the Lancaster Party House where the atmosphere was great along with the food and lifting. Although the turnout of lifters was down the quality of lifting was						
242 lbs.					as strong as ever, with many state records being set. In the equipped powerlifting divisions female master lifter Carol Winkelblech set all new American records winning her division. We wish Carol great success at the W.D.F.P.F. World Competition in November in Atlanta. In the mens divisions Dennis Brochey turned in another strong total winning the 148 lb.						
(50-59)					masters division as did Tony Williams in the 181 lb. masters who returned after a three year layoff from competition. Tony Williams put up some strong numbers winning the 198 lb. lifetime division and master lifter Vince Peterson set new state records winning his division along with the Ironman division. 220 lb. lifetime lifter Ron Pearson did some strong lifts even on an off day to win his division and best lifter 242 lb. lifter Eric Winter set three new state records winning his division. In the raw divisions master lifter Walt Sedorous set all new state records in the 198 lb. class as did 220 lb. lifetime lifter Albert Lewis who also took best lifter in raw powerlifting and raw bench only. Scott Whitton did some strong lifts in the 35-39 220 lb. division and Ed Dibari set new state records winning the 242 lb. lifetime and police/fire powerlifting divisions and the squat only division. Whitton also took a first in the deadlift only division. John Schiemann set all new state records putting up some strong lifts winning the 275 lb. masters division. Maurice Harling set a new state records winning the shw class in the Ironman division. In the bench only divisions equipped lifters Corey Hewitt and James Mitchell Jr. did strong lifts winning their classes with Mitchell taking best lifter. In the raw divisions all new state records were set with Kayla Grimm						
R. Haensch	250*	MEN									
275 lbs.		181 lbs.									
Lifetime		(70-79)									
D. Lowery	435*	O. Vanbuskirk	120*								
SHW (35-39)		220 lbs.									
J. Hall	450*	(40-49)									
DEADLIFT		M. Peters	140*								
Equipped	SQ	BP	DL	TOT							
123 lbs.											
FEMALE											
(60-69)											
Winkelblech	210!	100!	280	590!							
MEN											
148 lbs.											
(50-59)											
D. Brochey	365	275	360	1000							
181 lbs.											
(50-59)											
T. Williams	480	320	510	1310							
198 lbs.											
Lifetime											
T. Evans	550	350	500	1400							
198 lbs.											
(50-59)											
V. Peterson	460*	290	505	1255*							
220 lbs.											
Lifetime											
R. Pearson#	620	330	580	1530							
242 lbs.											
Lifetime											
E. Winter	635!*	475*	550	1660*							
Raw											
MEN											
198 lbs.											
(40-49)											
W. Sedorus	350*	225*	420*	1050*							
220 lbs.											
Lifetime											
A. Lewis#	530*	420*	560*	1510*							
220 lbs.											
(35-39)											
S. Whitton	430	300	530	1260							
242 lbs.											

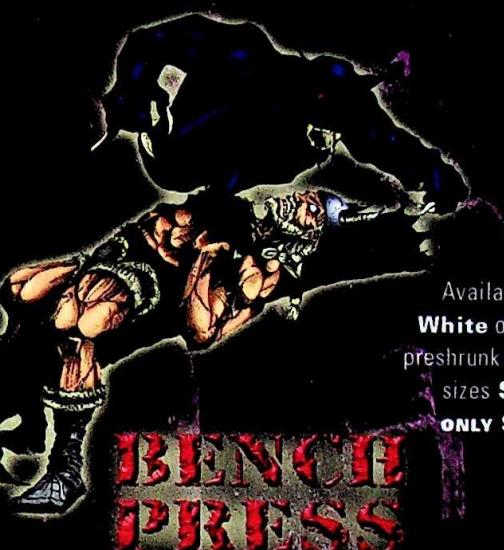
winning the female 13-16 division. Rich Haensch did a strong lift in the 242 lb. masters division as did 275 lb. lifter Dwayne Lowery and SHW lifter Joseph Hall. Shane Woods and master lifter Owen Vanbuskirk. Set new state records in the deadlift only divisions and Vanbuskirk also set a new state record in the Powercurl. Matt Peters also set a state records in the 220 lb. masters Powercurl division. Thanks go out to the owners of the Lancaster Party House for providing a venue with a great atmosphere and food in winch to hold a meet. Thanks to Michelle and Steve and the rest of the crew. And all the lifters for their help in making this another successful meet. As always it's a pleasure to do a meet in New York. (courtesy of Ron Deamicis)

APA Panhandle Open
14 AUG 04 - Mobile, AL
POWER SQ BP DL TOT
148 lbs.
Drug Free (18-19)
G. France 500 235 500 1235
Junior Drug Free
J. Roberson 180 90 285 555

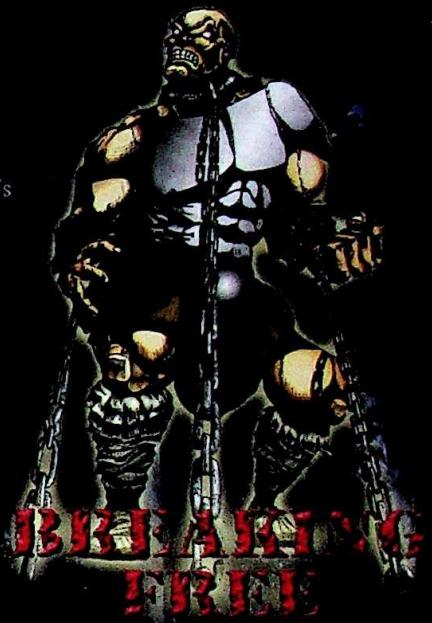


Trophy winners... (back l-r) Pat Savage, Chris Savage, Curtis Wainwright, Kurt Hobden, Jerry Robeson, James Burdette; (front l-r) Dustin Yates, Glenn France, Michael Gacek at the APA Panhandle Open.

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AAU Junior Olympics
31 JUL-1AUG 04 - Des Moines, IA

BENCH
MALE
Teen (14-15)
308 lbs.
K. Tobin 303
Assisted SQ BP DL TOT

MALE
220 lbs.
Junior (20-23)
J. Ferrulle 534 330 540 1405
275 lbs.

Teen (16-17)
J. Culver 363 225 369 959
Youth (12-13)

114 lbs.
C. Blake 165 82 148 396
132 lbs.

O. Mueller 148 99 225 473
165 lbs.

E. Morrow 203 104 231 540
Teen (16-17)
198 lbs.

M. Weicheck 451 264 440 1157
Teen (14-15)
242 lbs.

N. Nickerson 248 154 330 733
Teen (16-17)
M. Farace 567 341 556 1466

Raw
Kids (8-9)
66 lbs.

B. McDonnell 77 49 132 259
4th-SQ-93

Kids (10-11)
77 lbs.
R. Karstendiek 115 77 165 358
4th-SQ-124

Youth (12-13)
M. Cavallaris 143 110 203 457
Kids (8-9)
88 lbs.

C. McDonnell 88 55 143 286
4th-BP-60

Youth (12-13)
105 lbs.
A. Ellis 187 110 220 518
4th-SQ-198 DL-231

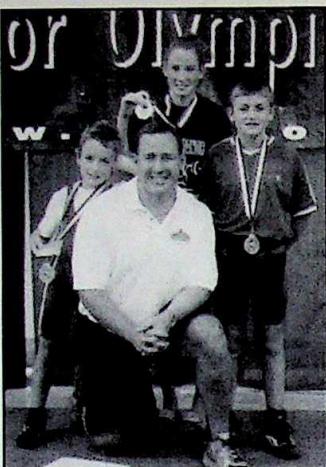
J. Walters 137 77 209 424
Kids (8-9)
114 lbs.

N. Carlin 66 97 154 314
4th-SQ-99

Youth (12-13)
J. Fleming 214 132 271 618
Teen (14-15)
123 lbs.

J. Swilzer 170 154 325 650
4th-DL-330

Teen (16-17)
J. Bosso 242 181 281 705
J. Pagan Jr 93 88 154 336



Young winners at the AAU Junior Olympics ... Bryce and Connor McDonnell, Danielle Peirson with their coach Russ McDonnell.

Youth (12-13)
C. Banzhof 236 148 281 666
4th-DL-292

Junior (20-23)
181 lbs.
A. King 330 319 479 1129

Teen (16-17)
M. Massey 181 203 352 738
198 lbs.

J. Banzhof 236 148 281 666
4th-DL-292

Teen (18-19)

L. Hobbs 380 259 496 1135
Junior (20-23)

220 lbs.
C. Hoffman 435 341 556 1333

Kids (10-11)
P. Collins 165 88 176 429
4th-SQ-176

Teen (16-17)
S. Kreutzer 363 314 523 1201

Teen (18-19)
M. Randolph 479 303 534 1317
Youth (12-13)

T. Proctor 121 82 154 358
Teen (14-15)

242 lbs.
M. Bowne 336 341 424 1102

Teen (16-17)
B. Bobbert 418 297 407 1124

C. Diehl 341 220 462 1025
4th-SQ-84

K. Winters 275 275 424 975
Teen (18-19)
B. Golab 473 352 501 1328

275 lbs.
A. McElhinny 451 319 462 1234

Teen (16-17)
Laudermilch, Jr 490 259 518 1267

A. Wick 347 270 435 1052
Teen (14-15)

308 lbs.
J. Livengood 275 236 358 870

FEMALE
Raw

Kids (6-7)
88 lbs.
V. Vasquez 77 60 110 248
4th-BP-66

Kids (8-9)
97 lbs.

A. Fleming 110 66 137 314
Youth (12-13)

D. Peirson 99 55 143 297
Teen (18-19)

123 lbs.
S. Powell 126 104 203 435

Teen (14-15)
132 lbs.
M. Herrington 115 99 187 402

Teen (16-17)
K. Morris 225 126 319 672
Junior (20-23)

148 lbs.
L. Laughlin 225 132 270 628
4th-DL-281

Teen (14-15)
K. DuFour 192 115 242 551

A. Little 192 110 242 545
Teen (16-17)
T. Cockrell 192 99 236 529

Kids (10-11)
165 lbs.
F. Wilson 88 60 121 270

Teen (14-15)
198 lbs.
K. Casto 270 159 292 722

Teen (16-17)
198+ lbs.
R. Wilcox 253 148 314 716
4th-SQ-270

L. Hannigan 176 104 253 534

They came! They conquered! 74 lifters from 13 states descended on Des Moines, Iowa July 31st-August 1st for the 2004 AAU Junior Olympics. Lifters ranged in age from 7 to 23 years of age. There were 14 girls and 60 boys. Five teams from Pennsylvania, North Carolina, and Virginia provided tight competition till the end. 1st place - Team Lancaster County (Pennsylvania), coached by Russ McDonnell. 2nd place - "Big Zeke's" (Pennsylvania), coached by Connie and Zeke Wilson. 3rd place - Tim King's Gym (North Carolina), coached by Perry Wyrick. 4th place - "Big Zeke's" (Pennsylvania), coached by Connie and Zeke Wilson. 5th place - Team Fredericksburg (Virginia), coached by Mr. Walters. Junior Olympics is the AAU National Youth and Junior Champion-



Robbie Karstendiek totalled 358.

ASSOCIATION OFFICE COPY



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

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton Twirling, Bowing, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

AAU National Headquarters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

Adult Athletes in the Following Sports:

20.00 23.50

Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting

Adult Athletes in the Following Sports:

20.00 25.00

Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports:

Not Available 25.00

Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tai Kwon Do Athletes

20.00 Not Available

Adult Powerlifting Athletes

30.00 35.00

MEMBERSHIP CHECK ONE: Athlete Coach Official Volunteer

CHECK ONE: Youth Program Adult Program Added Benefit Yes No

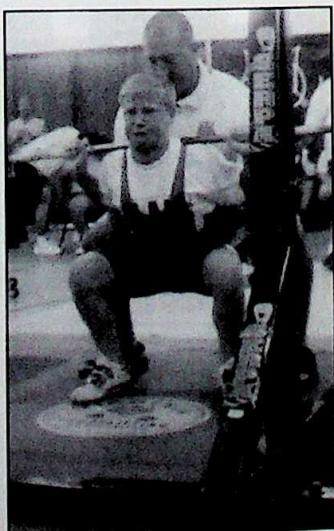
Club No.: Club Name: E-Mail:

Are you already covered with Health & Accident Insurance? Yes No

Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Application Date	Social Security Number
First	Middle	Last		
Address				
City		State	Zip Code	
County			Phone (With Area Code)	
Member's Signature _____				
Parent/Guardian Signature _____				

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

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



Jared Fleming @ the AAU Jr. O.

ships. It provides lifting opportunities for youths, teens and juniors competing in Raw and Assisted Divisions. This year there were 8 Assisted lifters. The heaviest weight lifted during the weekend was done by Michael Farace (Maryland) in the Assisted Division with a total of 1466 lbs. There were 66 raw lifters at the meet. The heaviest weight lifted in the raw division was by Craig Hoffman with a total weight of 1333 lbs. AAU Powerlifting has become sort of a family affair. This year at the Junior Olympics, several lifters were coached by their fathers who also lifted with the AAU and are National and World Champions. There were also a large number of siblings at this year's event. Jordan, Jason, Justin Walters (brothers) from Virginia, Connor & Bryce McDonnell (brothers) from Pennsylvania, Jared, Derrek, Ryan Boss (brothers) from Pennsylvania, Amanda & Jared Fleming (sister/brother) from New York, John & Clint Banzhof (brothers) from Pennsylvania. Plans are underway for an even bigger and better Junior Olympics for 2005. The Virginia Powerlifting Association will be managing the meet. AAU hopes to attract 120+ lifters from across the United States to attend the games in New Orleans, Louisiana. The exact dates have not been identified but, it will be sometime in July. Teams or individuals interested in more information should contact Judy Wood, Meet Director, at 804-559-4624 or email at judi6108@aol.com (courtesy Judy Wood)

USAPL Louisiana Tech Qualifier 19 Feb 04 - Ruston, LA

	Women	SQ	BP	DL	TOT
148	R. Meloncon	330	190	330	850
165	A. Bertram	260	135	235	630
Men					
132	Sekou Toure	310	190	385	885
	D. Villafranca	300	225	365	890
	Z. Cielenski	345	200	340	885
148					

E. Randolph	435	250	400	1085	Chris Alitz	600	365	550	1515
181					W. Zenisek	460	335	475	1270
J. Albritton	455	310	480	1245	(Thanks to USAPL for providing results.)				
Pierre Brown	485	275	505	1265					
Justin Scalfano	430	270	445	1145					
Chris Owen	465	290	510	1265					
220									
David Turnage	540	355	525	1420					
J. Bertrand	470	355	475	1300					
Don White	520	260	495	1275					
Steve Bouyelas	370	245	445	1060					
242									
Matt Walt	470	305	515	1290					
275									
A. Michealis	550	405	530	1485					
(Thanks to USAPL for providing results.)									

USAPL LaCrosse Collegiate Open 28 Feb 04 - LaCrosse, WI

	Women	SQ	BP	DL	TOT
123	H. Mertzig	175	105	200	480
132	Jenna Kraska	225	140	255	620
148	N. Hartman	350	170	325	845
	Jolynn Ennis	310	175	325	810
	N. Gorius	240	135	255	630
	C. Schreiner	250	90	260	600
	Joanna Rush	190	95	215	500
165	J. DesRosier	260	200	270	730
198	C. Warren	225	115	275	615
Men					
148	L. Al-Ghamdi	350	250	425	1025
165	K. Maxwell	330	250	375	955
	Chris Carter	415	290	445	1150
	Peter Nees	415	265	450	1130
	C. Schumacher	415	230	445	1120
181	E. Kozlowski	425	270	450	1145
	Philip Paulsen	370	255	450	1075
	Mark Wilcox	—	275	400	650
198	Ben Roehl	430	360	555	1345
	N. Schlotthauer	410	210	450	1070
	Jeff Heimeri	—	240	370	610
275					

USAPL St. Xavier Qualifier

27 May 04 - Louisville, KY

Men	SQ	BP	DL	TOT
114	A. Miroff	240	125	265
123	A. Thompson	280	150	280
132	B. Hatfield	360	200	380
148	K. Markwell	280	180	270
	T. Redmon	375	235	405
	T. Brangers	360	215	390
	Jordan Shontz	350	205	370
	Erie May	345	185	300
165	Will Schemp	380	220	395
181	J. Stillwell	410	210	350
	Mike Tullis	315	220	425
	Matt Meyer	335	—	—
198	Kenny Higdon	450	375	415
	Joe Hardison	300	200	350
	Adam Bisig	410	330	395
	M. Molestina	340	175	370
220	S. Caldwell	135	250	135
242	P. McCormick	460	305	425
	L. Azai	97.5	87.5	105
	Teen Men	—	—	290
275	Keoki Akina	100	92.5	160
				352.5

Body Confidence Gym BP

03 MAR 04 - Lafayette, TN

Women	BP	N. Furrow	300
M. Templeton	160	G. Emberto	210
High School			198
148		W. Foster	415
Z. Johns	135	G. McClard	370
165		S. Stenstrom	325
J. Atwood	340	220	
G. Shubert	250	D. Nealy	700
E. Johns	200	B. Clark	455
181		B. Templeton	415
C. Santos	270	T. Collins	365
M. Dallas	265	242	
220		J. Cockrell	365
C. Pedigo	240	275	
275		R. Richey	600
R. Everts	405	H. Timbs	550
J. Law	385	T. Jackson	155
Open		SHW	
181		J. Smith	250

(Thanks to Body Confidence Gym and Randy Richey for providing the results.)

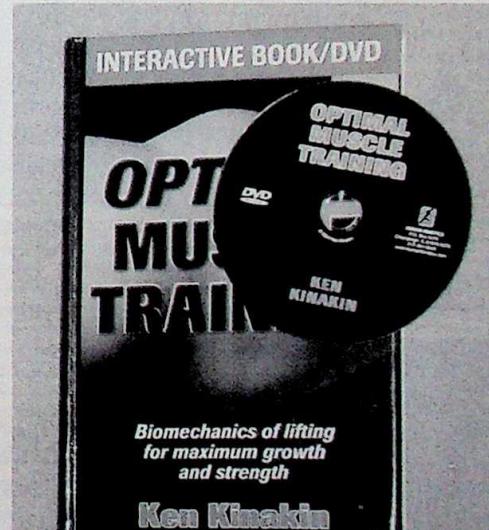
USAPL Hawaii State (kg)

22nd May 04 - Waimanalo, HI

Law & Fire	SQ	BP	DL	TOT
148	L. Azai	97.5	87.5	105
	Teen Men	—	—	290
123				

(Thanks to USAPL for providing results.)

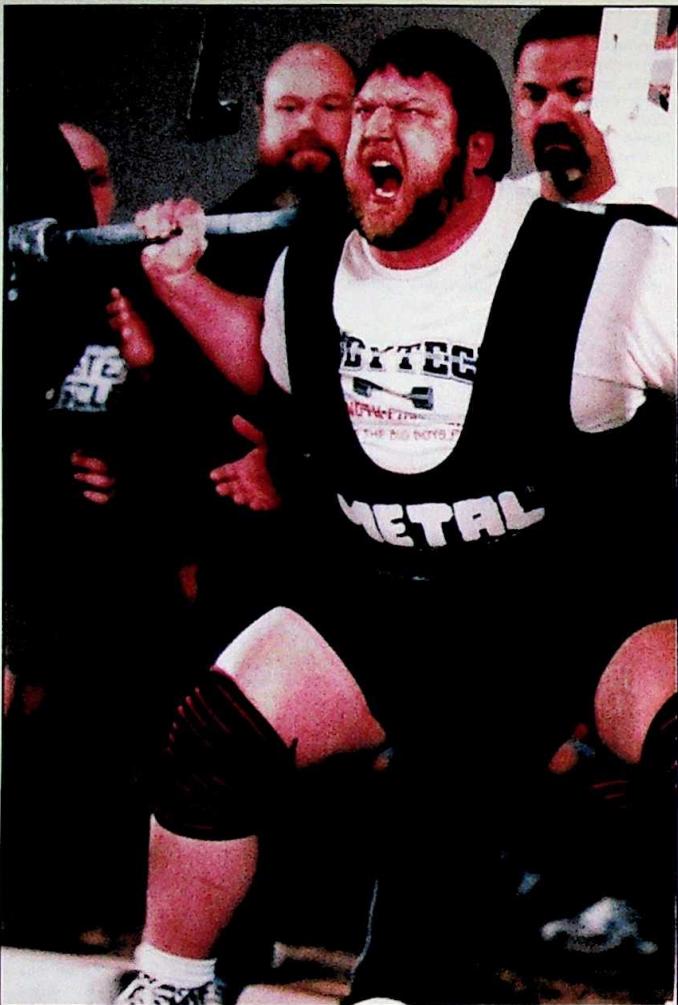
OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a bodybuilder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of **OPTIMAL MUSCLE TRAINING** also receive special access to the 'members only' section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus additional chapters on rest and recovery, and even more beyond that!) **OPTIMAL MUSCLE TRAINING** is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448-7693 (Visa/MasterCard/Check/Money Order, California Residents please add 7 1/4% state sales tax)



USAPLOzark Meet (kg)
24 Jul 04 - St. Louis, MO

Bench Press	SHW
Men/Open	Jary Dawson —
teen	Masters
220	181
K. McNease	167.5 Randy Stone 172.5
198	198
A. Odenwald	147.5 James Clark —
Womens	220
165	Gene King 182.5
Cheryl Gee	102.5 Curt Dreyer 137.5
Mens	
181	
Randy Stone	172.5
198	
Tyson Greene	155
220	
Brady Stewart	202.5
275	
K. Mahendra	202.5
Women	SQ BP DL TOT
123	
L. Gaines	37.5 27.5 70 135
Men/Open	
165	
S. Gaines	40 27.5 72.5 140
Teen	
148	
Ben Cuvar	95 85 150 330
G. Gaines	62.5 42.5 92.5 197.5
T. Stafford	125 97.5 182.5 405
165	
C. Friedman	200 127.5 207.5 535
John Dunlap	140 115 190 445
Josh Kirsh	160 105 160 425
198	
K. Neuling	142.5 135 185 462.5
Tyson Greene	252.5 155 262.5 670
A. Odenwald	205 147.5 215 567.5
220	
K. McNease	227.5 167.5 255 650
Womens	
148	
Kim Smith	115 52.5 117.5 285
Maureen Post	97.5 95 132.5 325
Mens	
165	
Rick Bertel	155 97.5 197.5 450
181	
Peyton Stone	272.5 152.5 227.5 652.5
Randy Stone	260 172.5 250 682.5
198	
James Clark	— — — —
220	
C. Simmons	92.5 112 137.5 342

(Thanks to USAPL for providing results)



Chad Aichs missed 1003 in the squat, but came back to get it, with a roar, at the AAPF Nationals in Las Vegas. (Lambert photograph)



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

Check ONE box that applies below

- AMERICAN POWERLIFTING FEDERATION
 AMATEUR AMERICAN POWERLIFTING FEDERATION
PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES



LAST NAME	FIRST NAME	INITIAL

STREET ADDRESS			DATE OF APPLICATION		

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
A.P.F. \$30	A.A.P.F. \$30	A.P.F. & A.A.P.F. \$40

ATHLETES, fill out card completely, make check payable to and mail with fee to: **A.P.F. OR A.A.P.F.**

ARE YOU A PREVIOUS A.P.F. OR A.A.P.F MEMBER? YES NO

62 S. Broadway
Aurora, IL 60505

For information call: Ph: 630-892-1491 or Fax: 630-892-0909

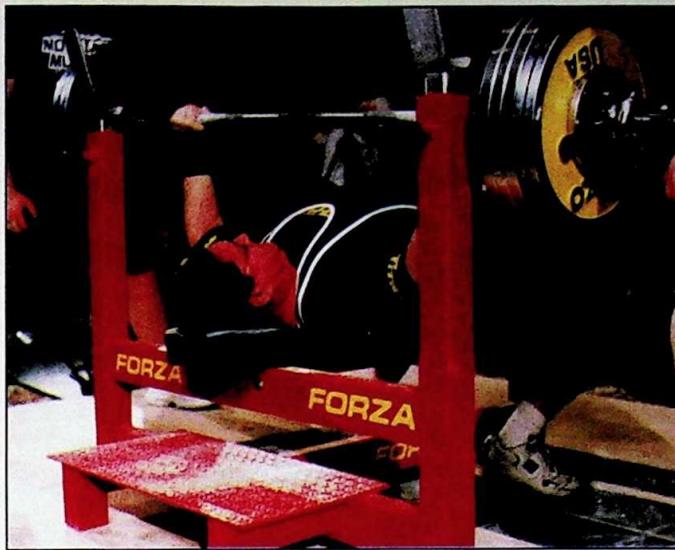
IF UNDER 18,
HAVE PARENT
INITIAL

I IDENTIFY THAT THE ABOVE ANSWERS ARE
CORRECT AND THAT I AM ELIGIBLE IN
ACCORDANCE WITH THE RULES OF THE
A.P.F. OR A.A.P.F.

SIGNATURE X _____

AAPF Nationals	
20,21 MAR 04	- Las Vegas, NV
BENCH	Trey Brewer 220
Women Open	Men Submaster
82.5	75
J. Phillips	102.5 Chris Livolsi 125
90+	90
V. Huddle	75 Kevin Farley 210
Women Teen	13-15 Jeff Rebera 192.5
60	100
Rachel Mayer	52.5 F. Woodson 205
Women	110
Master 45-49	K. Wentworth 197.5
75	140
I. Ciesielski	67.5 D. Guerra 247.5
Women	John Heldt 165
Master 50-54	Men Master 40-44
60	75
Susan Mies	60 D. Naughton 168.5
Men Open	82.5 D. VanAffelen 190
67.5	75
James Love	150 110
75	McConaughey 247.5
Tim O'Neill	167.5 Roger Flynn 220
P. O'Neill	140 Men Master 45-49
82.5	110
D. VanAffelen	190 D. Murphy 195
90	Bob Eickstaedt
Kevin Farley	210 Men Master 50-54
J. Rebera	192.5 90
100	R. Marchant 160
Cory Dexter	220 100
110	Tim Daley 105
Trey Brewer	220 Men Master 55-59
Roger Flynn	220 82.5
125	Tom Wilson 147.5
Peter Kletz	245 90
125	Ronald Cuny 147.5
D. Szymanski	227.5 125
140+	VanBrocklin 157.5
Chad Aiches	282.5 Men Master 60-64
Men Junior	82.5
90	Rudy Lozano 170
Tyson Orwell	142.5 J. Lamboley 147.5
140	90
Michael Christian	Anczerewicz 115
Men Teen 18-19	100
110	F. Kucharski 125
Powerlifting	SQ BP DL TOT
Women Open	56
Kristin Tom	137.5 75 115 327.5
K. Moore	110 57.5 112.5 280
60	
Alison Franciscus	67.5
S. Powell	180 82.5 165 427.5
75	
Brook Curry	210 92.5 167.5 470
Lisa Denison	200 95 172.5 467.5
82.5	
J. Phillips	185 102.5 192.5 480
90+	
J. Conner	215 112.5 187.5 515
Women Junior	60
60	
C. Piatek	122.5 67.5 110 300
Women T 13-15	60
60	
R. Mayer	110 52.5 125 288
Women T 18-19	56
Kristin Tom	137.5 75 115 327.5
Women Submaster	75
Tynwnia Brewton	
Women M 40-44	
60	
Alison Franciscus	90+
J. Connor	215 112.5 187.5 515
Women M 45-49	56
S. Lucchesi	107.5 80 125 312.5
82.5	
Amy Razor	137.5 72.5 130 340
90+	
T. Merenkov	137.5 72.5 130 340
Women M 55-59	52
C. Brigham	87.5 60 130 267.5
Women M 60-64	52
E. Keresy	100 50 130 280
Men Open	67.5
D. Barnes	182.5 137.5 182.5 502.5
75	
Eric Stone	250 155 215 620
R. Rhinehart	215 107.5 242.5 565

82.5				
Joe Wilson	260	172.5	227.5	666
J. Thomas	260	160	230	650
Putt Houston	245	165	225	635
N. Akyempong		217.5	127.5	217.5
562.5				
90				
John Dorsten	297.5	182.5	285	765
Wayne Flesh	305	182.5	247.5	735
J. Rebera	275	192.5	235	702.5
James Proce	242.5	182.5	227.5	632
K. Downey	150	110	165	425
Robert Clark				
Ronnie Paras				
100				
Evan Arntzen	335	190	280	805
Steve Landry	285	210	300	795
M. Szudarek	330	172.5	292.5	795
J. Williams	282.5	177.5	265	705
Jason Howe	272.5	200	230	702.5
110				
C. Eaton	320	227.5	315	962.5
JR Mancini	220	202.5	220	642.5
125				
Mike Allocco	441	272.5	302.5	1015
Jimmy Garza	287.5	205	235	727.5
Pete Arroyo				
140				
J. Vaughn	373.5	233.5	327.5	932.5
140+				
Chad Aiches	455	282.5	295	1032.5
C. Symons	332.5	207.5	255	795
John Magee	327.5	190	227	745
Men Junior				
60				
S. Sheklianian	152.5	105	182.5	440
82.5				
J. Thomas	260	160	230	650
90				
Tyson Orwall	215	142.5	220	500
100				
Justin Fitz	312.5	182.5	295	790
125				
A. Osegueda	297.5	167.5	281	745
Teenage 13-15				
110				
Hunter Beck	170	150	182.5	502.5
Teenage 16-17				
67.5				
J. Bickford	242.5	125	227.5	560
75				
Kyle Southall	207.5	120	192.5	515
90				
Elliott Shults	205	172.5	232.5	587.5
100				
V. Abrego	270	160	227.5	657.5
Eric Hibler	250	137.5	230	612.5
P. Luczkowski	207.5	117.5	202.5	527.5
125				
Max Tooker	260	165	240	665
Teenage 18-19				
90				
Erick Graves	227.5	120	227.5	575
100				
N. Mezera	260	150	237.5	647.5
Men Submaster				
67.5				
C. Morse	210	125	212.5	547.5
82.5				
Scott Nautel	271	161	260	690
90				
Jeff Rebera	275	192.5	235	702.5
James Proce	220	182.5	227.5	632
100				
Kevin Emery	250	170	102.5	522.5
140				
Greg Payne	355	240	332.5	927.5
Joseph Jano	290	205	227.5	722.5
Darrin Guera				
Men Master 40-44				
67.5				
Jim Oswood	182.5	137.5	192.5	512.5
75				
Steve Lumpo	255	140	197.5	592.5
D. Naughton	230	168.5	160	557.5
82.5				
M. Larsen	175	87.5	185	447.5
100				
B. Kelly	307.5	155	277.5	740
Victor Calia	250	190	295	735
P. O'Neil	262.5	182.5	260	705
110				
B. McConaughey	282.5	247.5	217.5	747.5
Rick Roberts	305	182.5	232.5	720
Delbert Shay	240	152.5	207.5	600
140				
David Tooker	242.5	182.5	260	685
Men Master 45-49				
82.5				
R. Ruettiger	275	165	242.5	682.5
Don Graham	265	137.5	235	637.5
90				



Kevin Farley did some nice benching in the 198 lb. class. (Lambert)

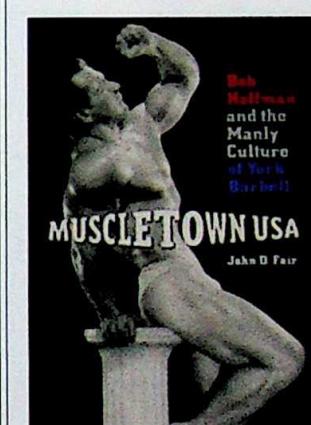
Tracy Frein	240	160	240	640
100				
G. Pessell	317.5	192.5	285	795
140+				
K. Luczkowski	222.5	167.5	205	542.5
Men Master 50-54				
90				
Mario Nigro	245	127.5	195	567.5
Jim Razor	172.5	127.5	165	465
100				
Dick Zenzen	325	170	230	725
125				
G. Ridgeway	295	185	235	715
140+				
John Magee				
Men Master 55-59				
67.5				
Mike Wider	190	100	195	485
67.5				
R. Charles	190	92.5		
82.5				
Tom Wilson	172.5	147.5	195	515
90				
Ed Sapienza	197.5	152.5	197.5	547.5
David Solan	290	160		
Men Master 65-69				
67.5				
Fred Glass	170	67.5	182.5	420
75				
R. Flores	217.5	122.5	217.5	557.5
Men Master 75-79				
60				
N. Kawasaki	150	102.5	182.5	435
(Thanks to the APF for providing results)				

USAPL Plainwell "No Frills"			
24 Apr 04 - Plainwell, MI			
Women	SQ	BP	DL TOT
132 (Teen-1)			
H. Hiemstra	180	115	225 520
Men			
165 (Youth-2)			
Max Tucker	155SR	100SR	215SR
470SR			
Junior			
Matt Bielein	330	200	430SR 960
Open			
Pat Keenan	535	340	525 1400
B. Proxmire	470	360	520 1350
Masters-2			
Greg Guthrie	430	280	510 1220
181 (Teen-1)			
Kevin Hatfield	335	160	375 870
Junior			
D. Whitehead	600	200	525 1325
Open			
R. Salvagni	680	525	
Masters-1			
Jeff Mumaw	485	260	535 1280
198			
Craig Terry	690SR	335	700 1725
220			
G. Dobias	500	320	450 1270
242 (Teen-3)			
N. Rasmussen	625SR	350	650SR 1625
Open			

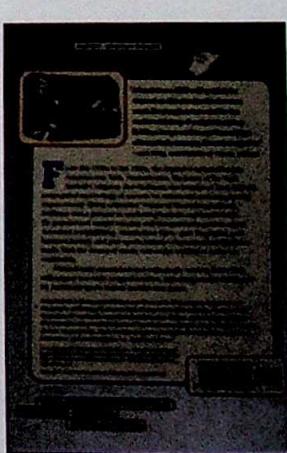
Fitness Max Spring BP 27 MAR 04 - Tupelo, MI

FEMALE	198	lbs.
165 lbs.	K. Maten	290*
J. Gaillard	185*	220 lbs.
MALE	R. Gray	350
Teen	242 lbs.	
148 lbs.	A. Rainey	425
B. Holley	—	440*
165 lbs.	275 lbs.	
E. Minor	285	T. Gaillard 520
198 lbs.	SHW	
E. Bramham	390	Submaster
Open	John Bishop	525
198 lbs	Master-1	
J. Butler	410	198 lbs.
J. Baker	345	B. Cameron 415*
220 lbs.	242 lbs.	
R. Gray	350	R. Erb 550*
275 lbs.	275 lbs.	
P. Andrich	475*	N. Palmer 315*
SHW Open		
C. James	450 *	
Submaster		
181 lbs.		
C. Smith	315	

*=Personal record. The 2nd annual Fitness Max Spring Bench Press Championships was held on March 27th, 2004 in Tupelo, Mississippi. Thanks to gym owner Gary Scott for his continued support of powerlifting and for hosting this DWG Production event. The event sponsors were HOUSE OF PAIN and POWERLIFTING USA, these guys have really been there for DWG. There were 2 flights of lifters totaling 18 in all and setting a combined total of 8 new PR's, what a great day of lifting! (DWG)



MUSCLETOWN USA ... "Bob Hoffman and the Manly Culture of York Barbell" by John D. Fair, Professor of History at Georgia College and State University in Milledgeville, GA, stands out as a profoundly rigorous historical analysis of one of the Iron Game's singularly most influential individuals. Often called the "Father of World Weightlifting", he poured millions of dollars into Olympic Lifting, Powerlifting, and Bodybuilding, among his various sports interests. Dozens of memorable photos and illustrations are woven through the extraordinarily detailed text, which documents a complicated, yet mesmerizing, tale of one man's remarkable power, ego, generosity, and sometimes mystifying whimsy. Where would the International Powerlifting Federation... or the sport of Powerlifting itself ... be now, if it weren't for those enormous early benefactions of Bob Hoffman ... staging the first World



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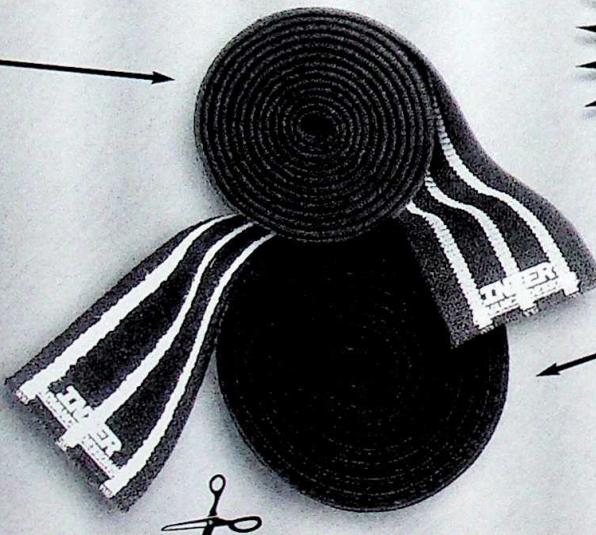
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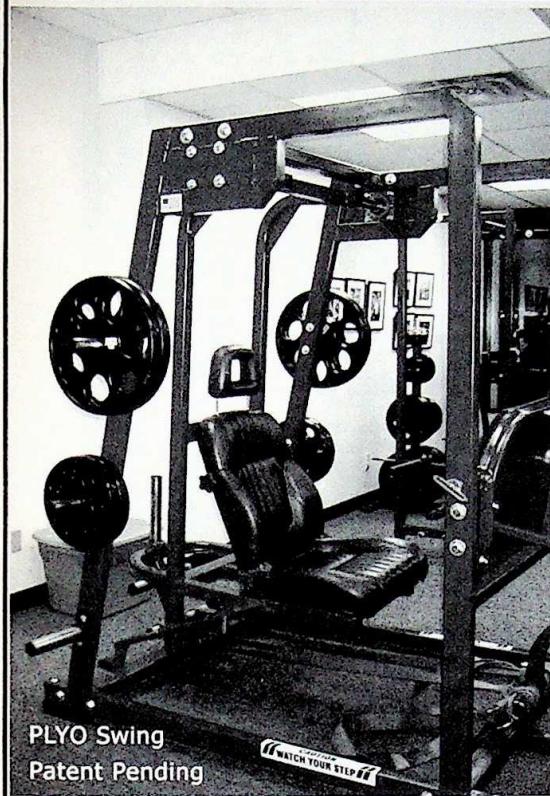
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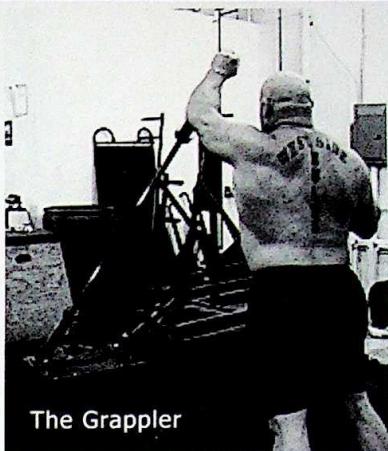
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LOUIE SIMMONS' PRESENTS

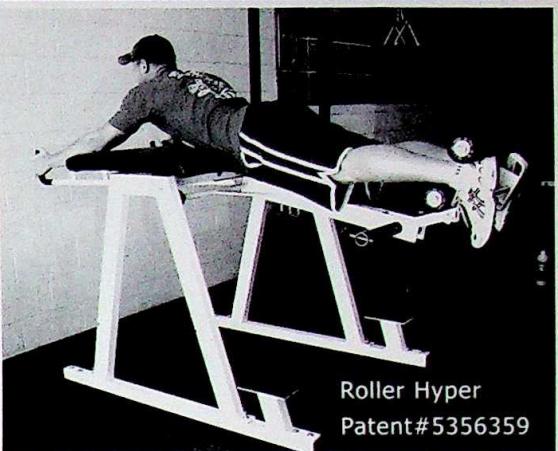
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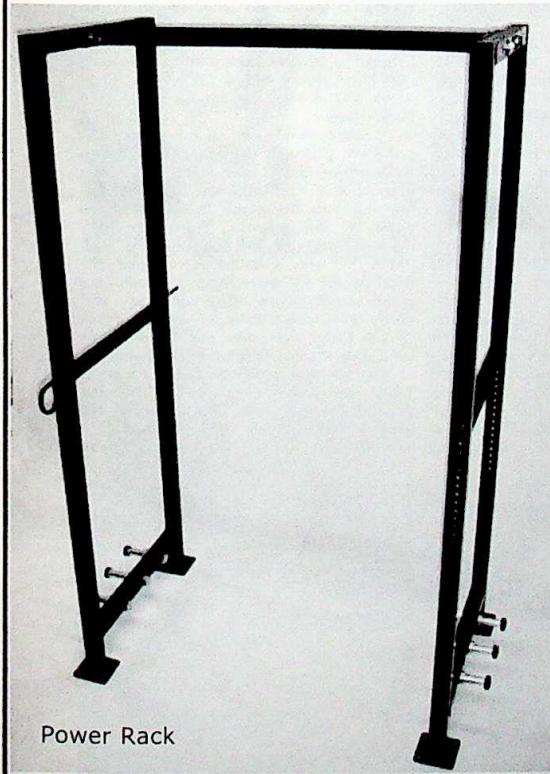
PLYO Swing
Patent Pending



The Grappler

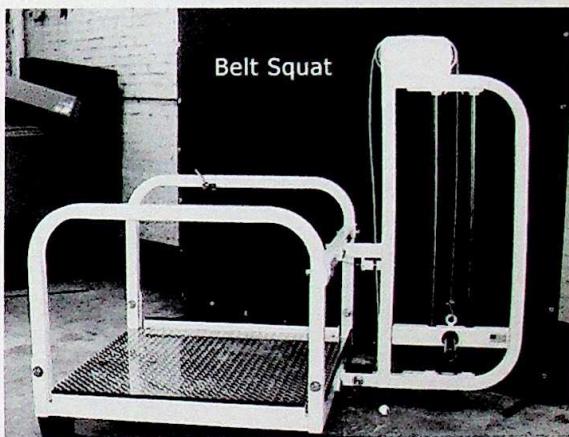


Roller Hyper
Patent#5356359



Power Rack

An illustration of a person performing a PLYO swing exercise.	PLYO Swing \$2,895
An illustration of a person performing a pull-up or similar upper body exercise on a specialized machine.	The Grappler \$300
An illustration of a person using a machine designed for hyperextensions or back extensions.	Roller Hyper Machine \$1,590
An illustration of a person performing a belt squat exercise.	Belt Squat Machine \$2,800
An illustration of a person using a tread sled for resistance training.	Tread Sled \$1,295
An illustration of a safety squat bar, which is a horizontal bar with safety pins attached to a vertical support.	Safety Squatbar \$349
An illustration of a power rack, which is a vertical metal frame used for strength training, often used as a safety cage for squats or as a support structure for other exercises.	Power Rack \$900



Belt Squat



Tread Sled



Safety squat bar

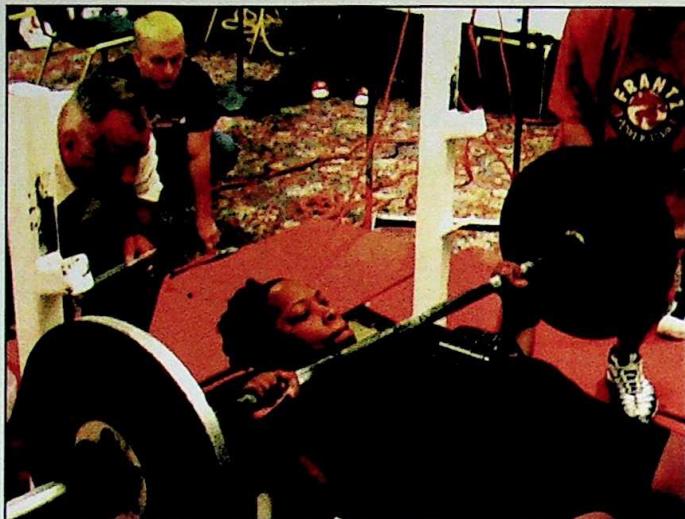
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AWPC WORLD'S (kg)					
21,22 AUG 04 - Chicago, IL					
BENCH PRESS	82.5	Zintsmaster	145		
WOMEN	Open	Men Master	40-44		
67.5	82.5				
Eva Siskova	25	D.VanAffelen	190		
90+	90				
Sidney Thoms	122.5	Tim Wider	1		
Master 40-44	100				
56	Michael Capriotti				
K. Sladek	47.5	110			
Master 45-49	McConaughay	257.5			
48	Men Master	45-49			
C. Krochmal	67.5	82.5			
60	L. Boynton	160			
Jill Simbro	62.5	90			
75	F. Sbalchiero	200			
I. Ciesielski	75	100			
Master 50-54	J. Zintsmaster	152.5			
60	Jim Pinckard	215			
Susan Mies	57.5	110			
90+	D. Murphy	192.5			
Sidney Thoms	122.5	T. Bartolomei	227.5		
Master 70-74	125				
90	Cozy Cozine	207.5			
Betty Tenorio	37.5	Jan Siska	125		
MEN OPEN		Men Master	55-59		
75	90				
Timothy O'Neill	Dan Swift	182.5			
82.5	Ronald Cuny				
D.VanAffelen	190	125			
90	VanBrocklin	147.5			
J. Rebera	217.5	140			
100	Tom Nelson	182.5			
F. Woodson	227.5	Men Master	60-64		
110	75				
K. Wentworth	200	J. Lambole	137.5		
125	90				
D. Szymanski	235	Anczerewicz	125		
140	100				
D. Guerra	237.5	Floyd Kucharski			
Men Junior	Men Master	70-74			
90	90				
Tyson Orwoll	160	B. Rosenfield	150		
Powerlifting SQ	BP	DL	TOT		
Women Open					
52					
M. Kirkland	172.5	77.5	160	410	
67.5					
S. Powell	175	87.5	165.5	427.5	
75					
Fineis Curry	202.5	107.5	172.5	482.5	
Women Junior					
75					
J. Desrosier	157.5	93	137.5	387.5	
Women T 13-15					
60					
R. Mayer	112.5	57.5	95	265	
Women T 18-19					
56					
Kristin Tom	160	75	125	365	
Women M 40-44					
52					
M. Kirkland	172.5	77.5	160	410	
75					
T. Brewton	127.5	82.5	152.5	362.5	
82.5					
Kim Packer	182.5	85	147.5	415	
Women M 45-49					
52					
B.Zintsmaster	107.5	50	135	292.5	
90+					
T. Merenkov	130	85	135	350	
Women M 60-64					
67.5					
E. Keresy	120	65	150	335	
Men Open					
52					
Rob Leoni	197.5	95	200	492.5	
67.5					
C. Morse	192.5	142.5	210	545	
75					
Eric Stone	260.5	162.5	200	622.5	
Erwin Chang					
82.5					
Joe Wilson	245	162.5	227.5	635	
Putt Houston	235	157.5	225	617.5	
90					
James Proce	252.5	187.5	240	680	
J. Rebera	305	215	260	780	
110					
Jason Patrick	425	282.5	342.5	1050	
125					
Mike Allocchio	410	275.5	300	985	
125					
Jimmy Garza	277.5	185	265	727.5	
140					
D. Guerra	255	237.5	290	782.5	
Joseph Jano	327.5	205	227.5	760	
140+					



Sharra Powell bench pressing her way to glory at the AWPC Worlds in Illinois. (Photos courtesy of Fred Meighan, Digital Paradise Studios)

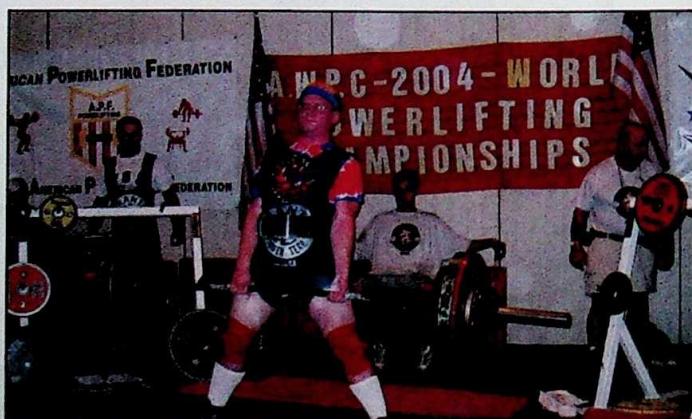
meet and greet all the competitors. Maris kept the meet moving with her inimitable style and flair. But without Ernie Frantz and Amy Jackson at the scorer's table it would have been a very different story.

The meet began with the Bench Press Competition. Eva Siskova traveled all the way from Slovakia to compete. She did an admirable job. As did Carol Krochmal and Sidney Thoms of the USA who took best lifter honors. Sidney made best lifter in the open and Master's divisions. The men's and women's master division proved that you're never too old to have fun lifting. Over 70 year old lifters Betty Tenorio and Burt Rosenfield lifted very well, both of them setting records at the same time, with Burt taking Best Lifter. The open men had some very strong lifts with Fred Woodson taking home best lifter honors. In the master division, Bob McCaughehey took best lifter honors with a fantastic 567.5 at 242. While placing second to Cozy Cozine, Jan Siska was another lifter from Slovakia to make the trip. It was good to see Dave VanBrocklin back after major hip surgery. It's always great to see Walter Anczerewicz. He's my DONUT MAN and I love him dearly!!!

In the full powerlift division the chalk dust settled and there were some minds boggled. Margaret Kirkland totaled 903 in the 114 lb. Class. That was good enough for Best Lifter status and some more great records for her. Other names to watch were Brooke Fineis Curry who totaled 1062 in the 165's. Sharra Powell is going to be a household name in Powerlifting very soon. She totaled 940 in the 148's and she hasn't even hit her stride yet. With her most perfect form she will be lifting super big weights before long. Another woman who you'll always find outstanding in the field is 64 year old Evangeline Keresy. I had the privilege of lifting with her 20 years ago and she's back. And you'd better watch out because she is as strong as ever.

The men's division held no slouches either. Rob Leoni dropped to the 114's for this meet. He's been battling cancer for several years already and still won Best Lifter Light with 1085. One of the most outstanding performances of the century, I think, so far was Jason Patrick who took Best Lifter Heavy with a 2310 total. Chad Aiches was another big totaller with 2370 in the Supers.

Shant Sheklianian, in the Juniors has to be the guy with the worst track record for traveling to and from meets that I have ever seen. At Nationals they lost his luggage and the same thing happened again at this meet! Thankfully they delivered his stuff just in time to lift both times. But who needs the aggravation! His flight for the last three meets I've seen him at all somehow got all screwed up, too! Maybe next time will be the charm. Tyson Orwoll had a very nice day, as did Tony Luna who won his first world championship at this meet. Congratulations Champs! Truly outstanding, Hunter Beck, became the first teenager ever to bench over 400 with his 402.5. He's quite impressive. If he keeps on as he is, he'll become one of



Eric Stone deadlifting at the AWPC World Championships in Chicago.

the all-time stars of our sport.

There were some good battles in the Masters. Bob McLaughney and Rick Roberts had a bit of a fight going, but with his extraordinary bench, Bob picked up the win. Buddy McKee did a great job. Only one successful squat still was enough to get him a Best Lifter crown. Tim Lane in the 308's had a fine performance going 8 for 9 while winning his first World Championship. He is one of the true gentlemen of the sport. Rudy Ruettiger had his usual fine lifting as did Mario Nigro, both multi World and National Champions again. Dick Zenzen helped coach, judge and still had strength to add another World championship to his resume. Jon Smoker set a world record squat he's been working for on the way to his victory. His strength is only eclipsed by his niceness. What looked like it could develop into a close battle were Fred Glass and Rich Gidcumb. These two have been competing against each other for years. This time it could have been close, except for Rich's superiority in the Bench Press. After that Fred could only play catchup which he wasn't able to do. Rich Flores, perennial champion took home world records and Best Lifer in the 65-69 175's. He just gets stronger and stronger.

All in all, I would say that a grand time was had by all. Next year the Worlds will be held in the same place, July 29-31. Also watch for details on AAFF Nationals coming in March in Maine with Russ Barlow and his posse. Until then, stay healthy and stay strong. Maris

USAPL Little Bitty Qualifier Pl.2
13 Mar 04 - Baton Rouge, LA
Men PL SQ BP DL TOT
97 J. Geatreux 150 90 200 440
132 Amy Ingram 195 90 225 510

148	Emily Burnette	145	85	185	415
SHW	Lacey Weaver	300	150	275	725
148	Mike Roy	375	275	375	1025
181	Dan McGhee	415	225	525	1165
198	Ryan Kline	350	225	475	1050
220	Aubey Bolon	430	230	500	1160
John Clay	500	350	475	1325	242
J. Rifenburgh	500	325	465	1290	T. Halphen
T. Halphen	445				(Thanks to USAPL for providing results.)

United We Stand BP/Curl 11 SEP 04 - Stanardsville, VA

BENCH	(60-69)	P. Kitchen	245
FEMALE		275 lbs. Open	
Raw		S. Kuzma	540
123 lbs.			
K. Self	125	CURL	
MALE		181 lbs. Open	
181 lbs.		J. Self	155
J. Self	365	220 lbs. (60-69)	
198 lbs.		P. Kitchen	140
J. Jackson	330	275 40-49	
220 lbs.		M. Lester	155
Remembering 9-11 and what happened to the USA that day, we celebrated freedom and what our great country stands for. Fun time lifting on the day. Kerry Self hit a PR 125 in the RAW bench and gets better each time out. John Self did the same hitting a nice 365 for a RAW PR winning the 181. He added a easy 155 curl to end the day. John Jackson hit a 330 RAW to win the 196's. PJ Kitchen hit 245 in the bench and nail a awesome 145 strict curl to win the 60-69 division. Scott Kuzma nailed a good 540 bench at 275 for the win. He should hit 600 in the 2004-2005 lifting season as he work with the Fury bench shirt. Mike Lester did a great job hitting a 155 strict curl to win			

the 275 weighing in just over the 242 limit. Thanks to all the lifters for a great day. (Thanks to John Shifflett for these results)

USAPL NJ Bench Open (kg) 14 AUG 04 - Rockaway, NJ

BENCH (Formula)

Formula Lite

Master Heavy

S. Krawczy 130 F. Conte-141 32.5

S. Patterson 147.5 Team

R. Hurley 142.5 Pennridge 1

R. Titus-162 122.5 MEN

B. Phillips-205 200 Open 148 lbs.

D. Pora(2)-174 120 M. Ciano 100

Submasters G. Stewart 117.5

J. Young(2)-255 147.5 M. Santiago 170

C. Welsch-175 130 165 lbs.

M. Cooper-242 182.5 D. Ambrosano 142.5

D. Krieg 202.5 M. Hollis

P. Porcelli-276 210 Guest

R. Miller(2) — M. Richmond

Juniors (Formula) 181 lbs.

Robortaccio 137.5 D. Pora(2) 120

J. Zick(2)-191 175 N. Chiaronza 130

C. Nasser-207 182.5 Guest

Schwerdtman 197.5 J. DeMatteo

Raw (Formula) 198 lbs.

J. Youna(2)-255 147.5 R. Hanington 102.5

Robortaccio 137.5 J. Zick(2) 175

V. Yarnall-133 107.5 G. Weber Jr. 205

C. Yarnall-162 130 220 lbs.

C. Neal-245 192.5 F. Vogel 132.5B.

C. Apistar-157 110 A. Meoli 142.5

Teen (Formula) B. Gilbert 172.5P.

M. Ciano-144 100 D. Ceri 277.575 kg.

M. Crocco-127 90 242 lbs.

M. Derstine 127.5 M. Cooper 182.5

S. Turzanski 142.5 T. Lehrer 582.5 kg.

S. Gravesande 155 275 lbs.

P. Godshall 127.5 B. Lombardi

G. Bealo Jr. 87.5 K. Hebert

R. Pachata-220 — SHVY

P. Sabba-121 — D. Krieg(2)

WOMEN R. Miller(2) —

use discount code "Powerlifter"

1st Annual Galesburg Bench Blast

14 Feb 04 - Galesburg, IL

Women BP Tom Reese 475

Ann Park 210 Randy Malone 320

Cindy Blair 135 220

Amy Suddle 155 M. Underwood 480

Beth Malone 120 R. Lombardi 430

Men Joey Vrabel 390

Masters 40-49 242

Tom Reese 475 Tony Nash 470

Randy Malone 320 Jake Sabo 345

50-59 SHW

Jake Sabo 345 Brian Ware 485

Men/Open 165

B. Phillips-205 200 Open 148 lbs.

James Parr 335

Jeff Akin 310

181 Randy Malone 320

John Erthal 290

198

Meet Director: Marty Akin. (Meet results

were submitted by Julie Akin & Jim Malone.)

USAPL Florida Collegiate BP (kg)

15 MAY 04 - Ft. Lauderdale, FL

WOMEN 90 kg.

C. Wilcoxson 145

T. Thompson 70 N. Smith 130

B. Markham 110

60 kg. 100 kg.

R. Hayne 150

H. Boateng —

G. Fils-Aime 112.5

M. Manzo —

S. Bissoon 72.5

182.5 82.5 kg.

J. Simons 137.5

J. Falcone —

237.5N. Trocher —

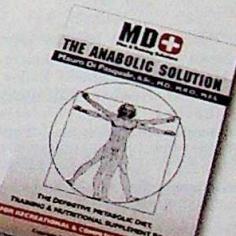
240 Team Scoring: Florida Gulf Coast University - 65 pts. Nova Southeastern University

- Outstanding Lifters: Women - Tiffany Thompson. Men - Chad Wilcoxson.

use discount code "Powerlifter"

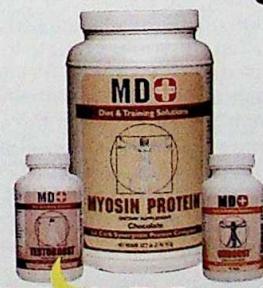


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SPF Tennessee Push/Pull
7FEB 04 - Hixson, TN

	MEN	181 lbs.	R. Lewis	370
308 lbs.	G. Hicks	1225! 165 lbs.	B. Parsley	250
275 lbs.	J. Robinson	1145 148 lbs.	J. Love	325
J. Whisman	960	K. McKenzie	235	
242 lbs.	R Clevenahgen	1110 Teens		
N. Peppers	1045	242 lbs.	T. Brewer	475
B. Bell	905	220 lbs.		
220 lbs.	T. Weller	840 R. McCay	340	
198 lbs.		148 lbs.		
M. Lockley	890	R. Whitmore	190	
181 lbs.	J. Maples	Submasters		
165 lbs.	740	275 lbs.	P. Andrich	465
B. Parsley	705	Masters		
148 lbs.		308 lbs.		
K. McKenzie	590	J. Hall	495	
Teens		148 lbs.		
308 lbs.	K. McKenzie	235		
D. Smith	805	Grand Masters		
165 lbs.		242 lbs.		
Z. Marsh	580	B. Maples	260	
148 lbs.		220 lbs.		
R. Whitmore	610	C. Wooten	340	
WOMEN		198 lbs.		
148 lbs.	B. Grayson	J. Mitsopovlos	340	
132 lbs.		181 lbs.		
C. Thompson	340	M. Harrell	220	
C. Pell	310	Raw		
MEN		MEN		
Masters	308 lbs.	T. Love	425	
J. Bible	1010	B. Pickett	405	
220 lbs.		242 lbs.		
B. Monroe	800	T. Snelling	425	
148 lbs.		220 lbs.		
K. McKenzie	590	C. Jordan	270	
Grand Masters	308 lbs.	198 lbs.		
B. Morgan	870	H. Grisham	370	
275 lbs.		C. Grant	300	
J. Robinson	825	R. Home	285	
242 lbs.	B. Maples	181 lbs.		
B. Maples	660	J. Maples	275	
BENCH		148 lbs.		
Open	J. Love	325		
MEN	D. Deorenovo	265		
	K. McKenzie	235		
Super Heavy	Teens			
E. West	475	220 lbs.		
308 lbs.	R. McCay	340		
J. Hail	495	Masters		
275 lbs.		220 lbs.		
J. Robinson	510	B. Monroe	350	
T. Horn	500	198 lbs.		
P. Andrich	465	R. Home	285	
242 lbs.		148 lbs.		
T. Brewer!	475	K. McKenzie	235	
C. Larnbersie	350	Grand Masters		
E. Pitts	375	220 lbs.		
R. Home	285	C. Wooten	340	

I=Best Lifter. The meet was held by Jesse Rodgers, President of the SPF. Announcer, Rick Posey, Head Judge, Clifford Bailey, Side Judges, Scott Hughes and Billy Abbemathy, Record keeper Victoria Rodgers, Spotters, Lee Roden and Paul Waters, Pictures, David Weithal, SPF gives special thanks to these people for all their help and support. (from Jesse Rodgers)

USAPL Pennsylvania State				
6-7 MAR 04 - Clarks Summit, PA				
	WOMEN	SQ	BP	DL TOT
Open				
52 kgs.	J. Brown	122.5	67.5	137.5 327.5
56 kgs.	S. Kubik	110	67.5	137.5 325
Master-1 (40-49)	P. Bourman-Racek	105	55	130
290				
60 kgs.				
Open	J. Kraiz	127.5	77.5	137.5 342.5
Teen (18-19)	T. Medeiros	120	52.5	127.5 300
Master-1 (40-49)	N. Hill	82.5	57.5	107.5 247.5
67.5 kgs.				
Guest Lifter	T. Kunsman	42.5	110	65 217.5
Master-1 (40-49)	K. Jones	10.5	95	120 317.5

WEST COAST BODYBUILDING SCENE

The Golden Era

DICK TYLER

Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

Police/Fire/Military				
K. Jones	102.5	95	120	317.5
75 kgs.				
Junior (20-23)	J. Streck	92.5	80	127.5 300
Master-1 (40-49)	T. Smith	42.5	57.5	95 195
Police/Fire/Military	T. Smith	42.5	57.5	95 195
MEN				
56 kgs.				
Open	R. Caputo	—	—	—
Master-1 (40-49)	R. Caputo	—	—	—
University	N. Cincolta	130	75	160 365
60 kgs.				
Out-of-State	J. Kavarnos	147.5	92.5	185 425
Open	J. Kavarnos	147.5	92.5	185 425
Master-1 (40-49)				
M. Hastle	195	122.5	200	517.5
Junior (20-23)	J. Beezup	175	102.5	227.5 505
University	B. Ahmadzadeh	237.5	147.5	260 645
Master-1 (40-49)	D. Wilcox	182.5	112.5	172.5 467.5
Master-3 (60-69)	P. Hubbard	40	117.5	65 222.5
82.5 kgs.				
Open	R. Wagner	250	195	285 730
	A. Halko	225	185	272.5 882.5
	T. Dickey	227.5	182.5	227.5 637.5
	C. Mackenzie	—	—	—
Out-of-State	J. Dematteo	227.5	210	220 657.5
	H. Asch	222.5	165	240 627.5
Teen-1 (14-15)	J. Monk	60	112.5	135 307.5
	S. Gavin	157.5	112.5	205 475
Teen-3 (18-19)	R. Schodle	—	—	—
	J. Brudzinski	182.5	122.5	197.5 502.5
University	M. Clupinski	172.5	195	205 572.5
Master-3 (60-69)	J. Monk	60	112.5	135 307.5
90 kgs.				
Open	J. Brown	280	202.5	235 717.5
	R. Toole	257.5	195	262.5 715
	R. Baum	187.5	177.5	2210 575
	E. Feldman	217.5	135	220 572.5
	C. Mackenzie	202.5	165	185 552.5
	A. Miller	202.5	165	182.5 550
	F. Garvey	195	147.5	200 542.5
	S. O'Connor	177.5	142.5	192.5 512.5
	T. Ivanov	100	95	100 395
	S. Baronoski	25	197.5	25 247.5
	T. Braca	—	—	—
OS-Open	C. Nasser	21	160	275 650
Teen-3 (18-19)	S. Baronoski	25	197.5	25 247.5
University	S. Baronoski	25	197.5	25 247.5
4th-BP-198*				
OS-Junior	D. Johnstone	265	—	267.5 532.5
OS-University	D. Johnstone	265	—	267.5 532.5
	C. Nassar	215	160	275 650
Master-1 (40-49)				
E. Feldman	217	135	220	572.5
D. Klein	185	137.5	240	562.5
J. Pinto	172.5	142.5	205	520
Master-2 (50-59)				
J. Nealis	187.5	155	222.5	565
100 kgs.				
Open	R. Ludwig	265	195	255 715
	R. Zsido	252.5	185	242.5 680
	G. Davis	237.5	175	260 672.5
	C. Dickey	237.5	162.5	237.5 637.5
	F. Schuster	185	157.5	230 572.5
	J. Raebiger	172.5	120	220 515.5
	E. Bronko	—	—	—
Out-of-State	R. Hansen	240	170	287.5 697.5
HS Varsity	J. Rehm	235	142.5	195 572.5
Teen-3 (18-19)	B. Casella	165	135	227.5 557.5
Master-1 (40-49)				
C. Ryce	—	—	—	—
R. Ludwig	265	195	255	715
110 kgs.				
Open	N. Williams	300	227.5	310 837.5
	M. Shirev	315	180	295 790
	E. Steiner	320	210	260 790
	T. Skelly	280	192.5	267.5 740
	R. Ebner	287.5	187.5	260 735
	L. Schott	272.5	147.5	245 665
	K. Scott	227.5	—	—
Out-of-State	S. Mann	352	227.5	290 869.5
	OS-Master-1 (40-49)	J. Hirsch	290	222.5 262.5 775
HS Varsity	K. Lynn	240	147.5	247.5 635
Teen-3 (18-19)	J. Kekoanui	217.5	150	275 642.5
	Master-1 (40-49)	M. Bowen	257.5	147.5 227.5 832.5
	B. Zimpfer	160	120	155 435
	Master-3 (60-69)	S. Chatlis	197.5	145 227.5 570
125 kgs.				
Open				

C. Dipore	377.5	200	310	887.5	220 lbs.				
J. Defoor	320	227.5	300	847.5	D. Thomas	181	203	402	787
D. Ratchford	267.5	195	210	672.5	WOMEN				
D. Shiffer	330	217.5	—	—	Teen Lt.				
Teen-1 (14-15)					148 lbs.				
D. Anderson	155	137.5	140	432.5	M. Proctor	220	115.5	303	638
125+ kgs.					165 lbs.				
Open					N. Williams	253.5	148	275.5	677
D. Huslander	365	275	325	965	Master				
R. Scandle	250	212.5	257.5	710	R. Hackney	248	148	303	699
J. Fiss	—	—	—	—	Special Olympicians				
Teen-3 (18-19)					181 lbs.				
W. Zimpfer	212.5	—	—	—	P. Lockmet	—	99	259	358
University					T. Mimms	—	115.5	248	363.5
W. Zimpfer	212.5	—	—	—	This meet was held at Quest Nutrition & Athletics. Coordinator: Sherman Ledford. (Thank you to USAPL for providing results)				

USAPL Georgia & Southern BP
06 MAR 04 - Duluth, GA

BENCH	MBroadwater 407				
MEN					
Open	Teen				
165 lbs.	275 lbs.				
W. Smith	B. Wilson 314				
220 lbs.					
D. Rowe	325				
275 lbs.					
MEN	SQ	BP	DL	TOT	
Open					
181 lbs.					
T. Pardue	545.5	402	556.5	1504	Grandmaster L. Muscedere 225 242 lbs.
C. Wright	485	281	584	1350	Teen (17-19) S. Lewis 630
T. Youngblood	270	242.5	407	919.5	A. Spirnak 330
198 lbs.					E. Sanchez 123 lbs. Junior
M. Brandon	606	440	644	1691	260 L. Daugherty 330
220 lbs.					165 lbs. Teen (17-19)
E. Leverette	551	341.5	540	1432.5	C. Hartle 300 N. Hileman 360
R. Proctor	402	347	523.5	1272	M. Hart 280 S. Strahler 330
A. Johnson	225	352.5	600	1179	Grandmaster Open
Guest					L. Muscedere 225 242 lbs.
Open 242 lbs.					Teen (17-19) S. Lewis 630
R. Goldin	777	578	672	202	S. Antionette 250 M. Lindsay 550
275 lbs.					181 lbs. C. Young 545
P. Anderson	722	529	644	1895	D. Bird 385 A. Williams 485
H. Riley	308.5	231	402	985	T. Torok 340 D. Petrelli 475
Teen Lt.					Novice C. Cregger 325
132 lbs.					D. Bird 385 M. Stas 320
L. Herfor	330.5	214	352.5	897	Y. Harrison 340 Police
Teen Md.					D. Reider 315 A. Williams 485
181 lbs.					S. Kelly 275 C. Slavick 485
B. Brown	341.5	192	374	909	Teen R. Cooper 450
S. Bagley	275.5	187	286.5	749	C. Deep 345 B. Penberthy 300
198 lbs.					J. Cuccia 230 Grandmaster
B. Connell	407	253.5	424	1084	Open M. Lindsay 550
Teen Hvy.					Open B. Penberthy 300
275 lbs.					R. Cooper 450
J. Fralick	451	363	457	1272	T. Barravecchio 340 275 lbs.
SHW					F. Celli 570 Master
M. York	507	429	562	1498	J. Smith 475 R. Cooper 450
Master 181 lbs.					P. Sinicropi 415 Submaster
C. Wright	485	281	584	1350	J. Sheeler 400 A. Williams 485
W. Kellett	330.5	253.5	418	1002	Novice S. Palucka 440
Special Olympians					J. Smith 475 Open
275 lbs.					D. Molnar 335 Novice
L. Maxwell	341.5	275.5	584	1201	T. Bable 300 M. Marzano 450

Submaster	Grandmaster	Grandmaster	Grandmaster
T. Barravecchio	L. Muscedere 300	Teen (17-19)	Teen (17-19)
580	500		
R. Bigrig	450 S. Antionette	670	765
T. Stockham	365 Open	670	680
Junior	181 lbs.	670	765
J. Leonard	450 S. Siwiak	670	765
G. Corso	290 Teen (14-16)	670	765
Open	J. Cuccia 360	670	765
C. Yannacci	C. Deep 325	670	765
S. MacDonald	585 Open	670	765
SHW	B. Gregory 475	670	765
Open	Novice	670	765
D. Maust	J. Smith 525	670	765
C. Walker	G. Woods 525	670	765
D. Maust	600 L. Joyce 485	670	765
F. Mason	525 B. Gregory 475	670	765
Novice	J. Bohinsky 400	670	765
C. Walker	600 Police	670	765
M. Scappe	575 L. Stinson 535	670	765
Police	Grandmaster	670	765
D. Maust	630 L. Stinson 535	670	765
Submaster	G. Woods 525	670	765
D. Maust	630 Master	670	765
M. Scappe	575 T. Bable 440	670	765
WOMEN	Submaster	670	765
Novice	L. Joyce 485	670	765
105 lbs.	Junior	670	765
M. Lindley	65 A. Gavnak 550	670	765
123 lbs.	Teen (17-19)	670	765
K. Faulkner	135 C. Jester 520	670	765
Open	Open	670	765
132 lbs.	220 lbs.	670	765
B. Benner	200 G. Oliver 625	670	765
Master	Novice	670	765
B. Benner	200 J. Vlasic 450	670	765
Submaster	Open	670	765
G. Oliver	635	670	765
S. McKenzie	195 A. Spirnak 505	670	765
Master	Junior (20-23)	670	765
P. Palichat	85 L. Daugherty 400	670	765
Submaster	Teen (17-19)	670	765
J. Vlasic	225 N. Hileman 590	670	765
Novice	Open	670	765
165 lbs.	242 lbs.	670	765
T. Saven	125 C. Young 675	670	765
DEADLIFT	T. Smith 660	670	765
123 lbs.	O. Petrelli 600	670	765
Open	M. Stas 570	670	765
N. Salem	420 Police	670	765
132 lbs.	R. Cooper 630	670	765
F. Principati	260 Master	670	765
Grandmaster	R. Cooper 630	670	765
F. Principati	260 Submaster	670	765
Open	S. Palucka 590	670	765
148 lbs.	Open	670	765
R. Neurohr	450 275 lbs.	670	765
J. Fraze	390 J. Haney 550	670	765
Novice	J. Pavlek 530	670	765
S. Deems	365 Novice	670	765
Submaster	A. Stockham 520	670	765
R. Neurohr	450 Submaster	670	765
Open	A. Stockham 520	670	765
165 lbs.	J. Casciato 465	670	765
M. Hart	530 Open	670	765
C. Hartle	375 308 lbs.	670	765

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

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

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

Address: _____ City: _____ State: _____ Zip Code: _____

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

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Merchandise Total: \$ _____

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(White Original - National Office - Yellow - Seller's Copy - Pink - Lifter's Copy)

(article continued from page 5)

years later. At 181, Doug VanAffelen was best at 40-44 (424.38). At 65-69 CA's Coy Sanders came out of retirement and earned top honors with 264.55 @ 65 years of age. 90 kg. (198.41) - Tyson Orwoll, 21, USA, went 3 for 3 and did 157.5 kg. (347.22). Orwoll had a theory he would've lifted more if held been immersed underwater, but he saved the big dunks for his 3 lift competition later on. At 45-49, Mike Miller, 47, of Akron, OH hoisted 440.92 (200 kg.) on his opener for the win; 7.5 kg. more than he did in winning the Nationals 6 mos. earlier. 110 kg. (220.46); Richard Briggs, 19, an Omaha, NE cornhusker out of Big Iron Gym in Omaha, NE reaped a huge Fall harvest by elevating a 2nd attempt 255.0 kg. (562.17) for an 18-19 WPC WR. He stormed 262.5 (578.70) a last ditch effort - but missed. The Masters 45-49 saw Golden State Great Bob Evans, 58, (219.13) take top honors with his 185.0 (407.85) 3rd attempt. He raised the bar to 200.5 (442.02) to assault the WR on an extra attempt. At a future date, perhaps it shall be his. Terry Lancaster, 61, USA weighed exactly the same as Evans, and had his way in the 60-64 bracket, lifting 3-3, final weight

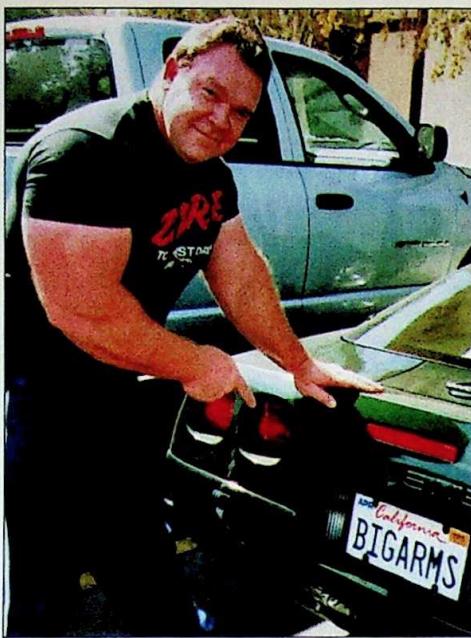
187.5 kg. (413.36). The 70-74 champ is Igor Goldman, 71, the Russian team coach (I think). He broke the WR three times: 130.0 (286.59), 140.0 (308.64) and on a 4th attempt: 145.0 (319.66)! I forgot to mention that David Beckinsale, 61, USA, was runner up to Lancaster with 165.0 (363.75). 110 kg.: (242.50) Junior champ this year (20-23) Christian Fredette elevated 227.5 (501.54) on an opening attempt, and just missed 237.5 (523.59) twice. At 40-44 it was Mark Hennessy, 44, from Huxley, IA (USA) also making 227.5 (501.54) successfully on his 3rd. He made 182.5 (402.33) winning the Nationals. With the same family name of a bench pressing legend (HENNESSY) he's got a lot to live up to even if there is no blood kinship. (Minnesota Monster MEL HENNESSEY did 259 kg.

(571.0) no shirt, @ 221 on 23 AUG '70 in New Orleans, LA at the AAU Sr. Nationals). Runner-up to Mark here was Haim Hissa, 42, of FIN with 210.0 (462.96). 125.0 (275.57): 18-19 - Andrew Liu,

USA, won his age group with 222.5 (490.52). He tried a WR 228.5 (503.75) extra attempt, but didn't get it. Mark Sumner's hopes to become the Juniors (20-23) World Champ faded away, missing all his

tries with an overly ambitious 282.5 (622.79). Mike DaLaval, 42, captured the 40-44 division when he aced a great 285.0 (628.31), then missed one uncooperative stab at 295.0 (650.35), and waived his final try. 140.0: (308.64); Kari Kalilola, 41, went on a tear. He first eclipsed his own (40-44) WR of 273.0 (601.86), which he'd established at last year's Worlds in Calgary, CAN. Right off the bat he commenced with 280.0 (617.28) here - success! Then he leapt big - up to 295.0 (650.35) and got that also. He passed his last saving some for the full powerlift competition. At 45-49, Tom Manno, 46, better known as Captain Bench America has an official 321.0 (707.68) this year. He tried 310.0 (683.42) three times here, but

couldn't lock his arms sufficiently to please the judges. Zero - today, but he'd be back for the Open competition tomorrow. David Dickey, 42, (318.34) was the sole SHW and won the 40-44 Masters World title



Jim Pressley, who was Tom Manno's handoff man at the meet, has an appropriate license plate... his are 24 1/2" cold! (Herb Glossbrenner photo)

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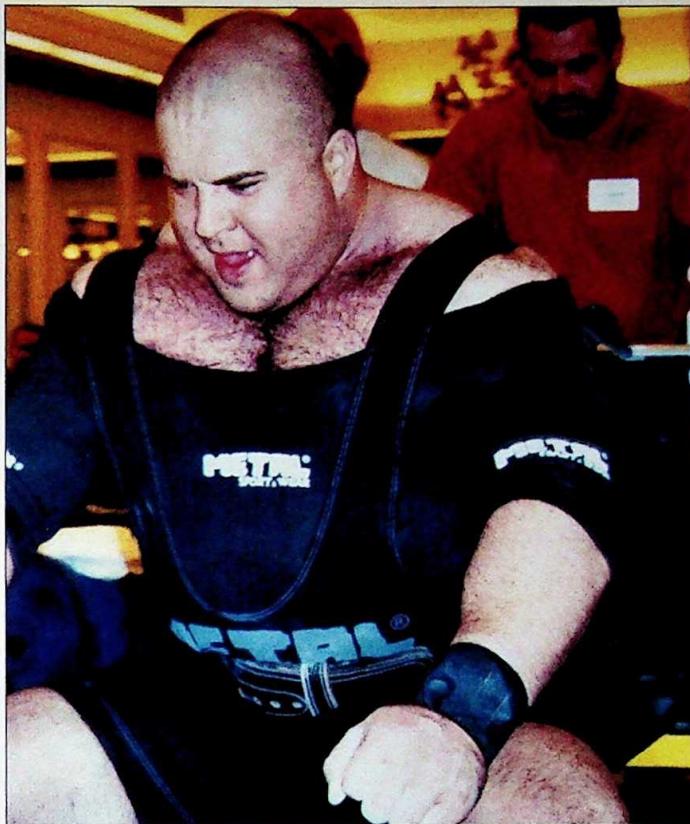
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with a 3rd attempt effort of 250.0 (551.15).

All the Open Men contested on Wed. Oct. 13. Two men weighed twice and lifted twice. Repeat winners included Surrender Dhah @ 67.5 (148.81) and Doug Van Affelen @ 181 who lifted more in his second outing: 197.5 (435.40). A couple of others pulled themselves up by the bootstraps. Nick Marinis opened less auspiciously and got 175.0 (385.80) on the board, and vindicated himself from the previous day's bomb. Tom Manno, 46, in red white and blue, made a "light" start of 282.5 (628.31), which was enough not only to put another notch on his mile long resume, but established a WPC 45-49 WR @ SH in the process. Being HARDCORE doesn't mean START WITH MORE. Right, Tom? At 60.0 (132.27) Russian Anatoly Nefedov was elated not only with his win, but in having no misses: 140.0 (308.64). Good show, bro! The 100 kg. class had four hard hitters in contention! Ryan Gerard, USA, had high hopes that didn't work out. His bold opener: 260.0 (573.19) tilted going up - unfinished. A repeat was up - down, also no lift. His final try was a desperation jump to 275.0 (606.26), but it also failed. Earning 3rd was Yuri Ustinov, 29. He's President of Russia's WPC and WPO, the newly appointed EPC Records Keeper, as well as publisher of glossy cover PL Magazine in Russia. Yuris served as interpreter for Russian team, and his English got better every time I saw him. Yuri lifts smart and made all 3: 225.0 (496.03). Fred Woodson, 37, did himself proud. He'd won the submaster division with 217.5 (479.50) at the Nationals, but here he had no misses for a great 245.0 (540.12). The winner was the powerhouse Ukrainian Vitaly Ponomarenko, 30, 217.81. Vitaly is a former IPF World BP Champ, and last March made a huge impression going head to head with the big boys at the Arnold Classic Bench Bash for Cash. He opened here with a huge 300.0 (661.38), equivalent to his PR, and smashed it right up. He elected to go straight after the WPC Open record (305.0/672.40) record held by Kenneth Patterson. He ordered up 310.0 (683.42) and came ever so close on two tries, the bar tilting and stalling out a near lockout. I'll predict that not only will he break the record next time, but most likely will surpass the 700 barrier. Vitaly Bobdenko, 71, from Ukraine proved that old powerlifters never quit, they just become benchers. Bobdenko lifted 264.6, good enough to finish 3rd @ 110kg. In 2nd place was Oleg Zaitsev, RUS,



Mikko Hamalainen, readies for a shot at 767!! (Glossbrenner photo)

241.62, who manhandled 200 kg. (440.92) on his 2nd round and waived his 3rd. A PL legend of the Eighties, alive and reincarnated, drew top billing here. Joe Ladnier, 41, a living breathing facsimile of the "Farnese Hercules" proved his incredible muscularity is not just a showcase, as he is strong as an ox. Joe opened with a WPC WR, 40-44, (PR also) 327.5 (722.0) and rammed it up like a broomstick. He was inspired to go straight to 348.0 (767.20) and took two potshots, trying not only to up his own mark but claim the biggest lift of all time in this category. George Halbert's 347.5 (766.09) remains intact, but Joe showed he may be the only man capable of beating it. David Coleman, 37, 370.37, gained 20 kg. (44 lb.) since winning the Nats with 227.5 (501.54). Shooting for the moon, he opened with 265.0 (584.21), missed twice; then went up to 272.5 (600.75) for his do or die try.

This left one man to share the limelight with Ladnier. Mikko Hamalainen, 37, weighed in at 136.40 (300.71). He'd posted a 3 lift TOT of 1085 kg. (2392) almost 3 years ago at the WPO Powerlifting Finals in Columbus, OH (USA). That was where he injured himself executing a 355 kg. (782.63) deadlift. His herniated discs had not responded to rehab; and therefore forced him out of action as a top PLer. So, he turned to the BP only, with outstanding results. On Sep. 7,

came back strongly to make it on 2nd attempt. This was a new WPC 33-39 (submaster) WR, besting the record of 310.0 (683.43) set just one year ago by USA's Dan Cummings. Mikko went to 337.5 (744.04) for his final lift and nailed it, but he wasn't done yet. He called for a 4th attempt of 348.0 (767.20). Nikko had hopes of eclipsing the record of another BP legend. The 140 kg. (308.64) record was held by Scot Mendelson, also 347.5 (766.10), established March 17, 2002 in Red Deer, Alberta, Canada at Bruce Greig's CPC Canadian Nationals. Mikko gave it a spirited try, but missed. He had set two World Records, and become WPC World Bench Press Champion. Next year the WPC Worlds will be held on Mikko's home turf as it was in 2002, FINLAND! Will we see one of the Fabulous Finns inaugurate the World 800 Club? We will have to wait and see. As far as the 900 club - that is a barrier that only 175 kg. (385.80 lb.) American Eugene Rychlak has surpassed. Both Kenneth and Mandy have been knocking on that door, but it hasn't opened for either yet. Talks of the 1000 lb. bench are now infiltrating the internet chat rooms. So far only Peter Thorne's forklift record remains out of reach. I hope and pray for his sake that he did it in an Izner shirt.

WPC World Bench Press 12-17 OCT 04 - Fresno, CA

FEMALE	(70-74)
Open	Goldman RUS 308!
67.5 kgs.	4th-319!
Erkhan RUS	176 110 kgs.
82.5 kgs.	(20-23)
Murcanova 286	Fredette USA 501
Thomas USA	— (40-44)
90+ kgs.	Hennessy USA 501
Rantanen FIN	369! Hissa FIN 462
Mendelson	275 125 kgs.
MALE	(18-19)
60 kgs.	Liu USA 490
(50-54)	(20-23)
Bobrovitz CAN 281!	Summer USA —
67.5 kgs.	(40-44)
(55-59)	Dalaval USA 628
Dhab USA	154 140 kgs.
75 kgs.	(40-44)
(18-19)	Kalliola RUS 650!
Martynuk	330 (45-49)
(40-44)	Manno USA —
Marinis USA	— 140+ kgs.
(60-64)	(40-44)
Glossbrenner	214 Dickey USA 551
(65-69)	Open
Mattison USA	231 60 kgs.
(75-79)	Nefedov RUS 308
Giller USA	275 67.5 kgs.
82.5 kgs.	Dhab USA 154
(40-44)	75 kgs.
VanAffelen	424 Marinis USA 385
(65-69)	82.5 kgs.
Sanders USA	264 Vanaffelen 435
90 kgs.	100 kgs.
(20-23)	Ponomarenko 661
Orwell USA	347 Woodson USA 540
(45-49)	Ustinov RUS 496
Miller USA	440 Gerard USA —
100 kgs.	110 kgs.
(18-19)	Lanier USA 722!
Briggs USA	562! Zaitsev RUS 440
(45-49)	Bobdenko 264
Ruiz USA	380 140 kgs.
(55-59)	Hamalainen 744!
Evans USA	407 140+ kgs.
(60-64)	Manno USA 628!
Lancaster USA	413 Coleman USA —
Beckinsale	363 !=World Records.

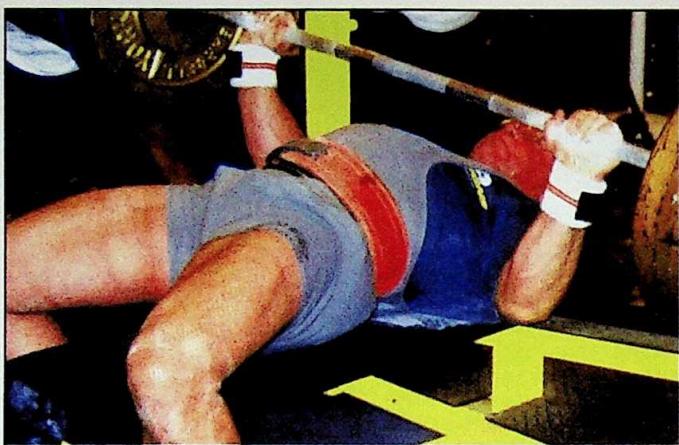
(article continued from page 7)

and a TOT of 1802.26. Tom is a passionate fellow, and tried hard to pull out the win with a 677.9 DL. It didn't pan out. He got upset and then really got demoralized when he was



Larry Mistic trying 766 (Herb G.)

told he was disqualified. Thank goodness Kieran Kidder reversed this harsh decision. Thomas deserves 2nd place and by golly he has it - it's official! I almost forgot Thomas also tried 513.7 W/R BP on a 4th trying to surpass the name of a PL pioneer - Ronnie Ray. He didn't get it, but it is on his agenda. The winner was a legend himself. Larry Mistic, 48, is a household word in Texas PL going back some 20 years. He added the World title here to his long list of accomplishments: 716.49 SQ, 490.52 3rd attempt BP, and a doggone impressive 650.35 DL final, coming back from a missed attempt with 639.4 on his 2nd, TOT 1857.37. 242, 50-54, saw a wounded Ken Wheeler SQing a great 722, and then token out the rest of the meet to avoid further injury, and win 3rd. In 2nd place was Michael Bechard, 51, USA with 1091.27 aggregate. Winning the whole thing (no surprise) was IL police officer Dick (never say die) Zenzen. Dick almost did die a few years back, falling off the roof of his house. It's been a slow recovery and



Mike Taylor, 220s 40-44, trying a 545 bench press (Glossbrenner photo)

he's still not back 100% yet. His SQ is though. His 727.51 is a lifetime best, and I think Dick will reach his life's dream of 800. TOT 1636.91 a fine result. At 60-64 Skip Sandburg, 64, took it easy in the SQ and DL, but was red hot in BP, setting two WPC

WRs with a 451.94 3rd attempt BP, as well as an additional 4th attempt success with 462.9 - TOT 1620.39. The Skipper was feeling chipper! The 275s, 308s and SHWs Masters reconvened Friday morning! Troy Morris, 43, who is almost as tall as a CA redwood earned the 40-44 275 title with well balanced lifting: SQ 667.91, BP 451.94, and DL 650.35, for a 1780.21 TOT. At 45-49, 275, USA's Mike McDaniel prevailed, hitting a big 788.14 3rd attempt SQ, a good 485.01 BP and his opener 595.24 DL, TOT 1868.40. Runner-up to Mike was Pekka Rantanen, coach and big daddy of the Rantanen Finnish clan. Pekka pecked through his 705.47 SQ, coasted home to a 1703.05 final total. In the Masters 50-54 it was a USA sweep: 1-2-3. Mike Moore (1708.58), followed by Gary Ridgeway (1587.32) with good ole Delmar Brown, 51, capturing 3rd place in the worlds with 1532.21. On to the 308 class. Omaha big boy, 42, Dale Pearson, had his way in the 40-44 bracket. Dale smoked his opener 799.16 SQ, but couldn't satisfy the judges depthwise with 854 nor 871. Dale I believe hit a PR BP with his 529.10 (got all 3). He pulled 733.03 DL for his winning 2061.30 TOT, but



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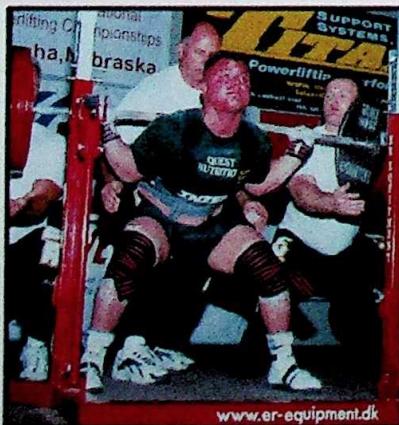
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Marc Caplan closes out in the DL.

missed his final try at 755. David Tooker, 45, followed in the footsteps of his son, who'd won the 18-19 275 title earlier on with his own victory in the 45-49 class. Dave tipped the scales at 296.3. Like father like son - big runs in the family. Tooker went 5-9. SQ 600.75 a 3rd attempt following a miss same weight on his 2nd. He made all 3 BP: 446.43 and yanked a 2nd round 606.26 for 1653.45 TOT. Brian Meek, 58, came in at 290.56, the biggest I've seen him in a while (if ever). He satisfied himself with two SQ's (777.12) and passed his last. Brian tried a new shirt with rousing success hitting a WR 513.67 on a 3rd and looked good for a lot more. Two deadlifts for Meek (644.84) - TOT 1934.53. My biggest task of lifetime as a statistician would be trying to do a Brian Meek Chronology. He's been in over 500 meets. Is that a record that anyone out there can top? Winner at 45-49 and the only Master SHW was all about the Benjamins - Nick that is. He carried the biggest body mass (351.85) and did some nice solid lifting: SQ 705.44 (miss 744), BP 562.17 (miss 633.8) and DL 551.15 failing with 628.3 for 1818.79.

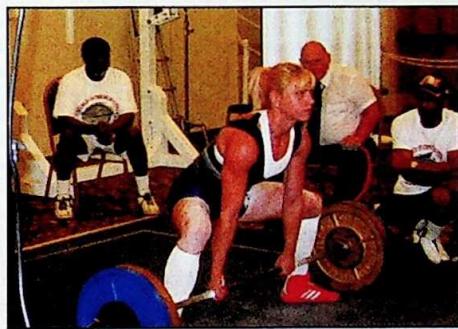
The afternoon of Friday Oct. 15 all the women lifted: Two competed at 123. Laura Wilson, 42, USA won the Masters 40-44 going 8-8 TOT 782.63. In the Women's Open, Susan Rinn, 42, prevailed. She does plyometric leaps before each lift. Susan SQed 352.73 on her opener, missing big tries with 374.8 and 380.3 with her narrow stance style. The BP is Susan's showcase lift. Weighing a mere 118.16, donned in her single-ply "Fury" shirt by Titan, she hoisted a 40-44 World age group mark of 253.53, her lifetime best according to her coach Gary Pendergast who started Susan lifting (I believe he said) 8 years ago. She hails from Seguin, TX. Gary, by the way, will be hosting the 2005 APF National Masters, Junior, Teen age in Austin, TX. Susan DLed 330.69 2nd missed 341.7 for a fine TOT of 936.95. At 132, Heidi Burke, USA, won with a good 325.17 SQ and 777.12 TOT. Kristen Peterson, 17, a Omaha B.I. girl won the 16-17 age group for Team USA with a 722 TOT. At 148 we had a bunch of World Record setters. Bernice Green-Fuss, 47, weighed in light at 143.30, but made good lifts of 358.24 SQ and 347.49. This Canadian damsel is an ex-bodybuilder who was inspired by Nance

Avigliano when she saw her lift in CAN. Bernice BPed 231.4, and almost made a WR 249.12 BP for the 45-49 age bracket, and finished with 936.96, fine lifting in view of the fact she's only been at it for a couple of years. She recently married Duane Fuss who accompanied her and lifted in the Mens Masters, as reported earlier. Evangeline Kiser-Kersey, now 63, came out of retirement and shows she still has the pizzazz that she did when she lifted back in the Seventies and Eighties. Evangeline set no less than 9 WRs, shattering the 148, 60-64 age group records with nearly every lift: SQ 275.57, then even more with 292 on a 4th. In the BP she broke the WR twice (148.81), and in the DL 2 more WRs (347.22). In the TOT it was again 2 more WRs. As amazing as her lifting was her radiant, captivating smile. In the women's open, 2nd place, 26 year old Natalia Erkhan was tall and absolutely drop dead gorgeous! Her lifting wasn't half bad either. The Women's open 148

champ, retaining her title from last year, was Melissa Ortega, 27. The Texas strong woman gave us a few anxious moments taking all 3 to get her big 501.54 SQ on the board. Melissa has a set of thighs that appear to be 26 or 27" in circumference. She BPed 314.15 on a 2nd attempt following a miss, then failed a monster try of 341.7 DL. With her opening DL of 479.5, Melissa established a Women's Open TOT WR of 587.5 (1295.2). This erases the record of 1258.82 held by WPC Women's PL icon Mariah Liggett.. Ortega went on to twice try a 501.55 DL and came ever so close but couldn't lock out. Lisa Denison, 35, captured the World title she'd hoped for in the Women's Open, but not the lifts she hoped for - TOT 1008.60. She did, however, salvage a PR 214.95 BP. Lisa also filled in as emcee, at times, to relieve Maris and Bob. Ali Huston, 18, reduced down to 165 and established 4 WR in the 18-19 age group: SQ 451.94, DL 457.45 and broke the TOT record twice (1107.81). Later, she and the other girls got even with prankster coach Rick Hussey of their Big Iron Gym in Omaha, NE by pouring chili on him while he was sleeping. What did Rick do to deserve that? Kim Packer, 43, took the Women's Master 40-44 at 181 with a good 953.49 TOT. Not bad for all the recent stress she has undergone, what with illness in the family and helping Bob run this meet. Masters 45-49 went to Amy Razor, 48,

(799.17). In the 198s poor Helen Pardi, 57, bit the dust as she'd done in the Nationals, failing to get her 242.50 SQs low enough her to satisfy the judges. Al Garcia's fifty-something duo of Karen Polansky, 57, and Delia Chilgren, 56, from up Sacramento way, both won their respective master age brackets: Karen the 55-59 at 198, and Delia the 55-59 @ 198 plus. Theresa Merenkov, 46, RUS @ 226 bwt TOT 766 to cop the 45-49 Women's Title. 'Tis said that people come from miles around back home to sample her prize winning borscht! Maris Sternberg, 56, tipped the scales at a petite 215.56, and went on a record breaking mission. She topped her own Women UNL (55-59) SQ record twice - with 451.9, then 473.98. They were slow recoveries and painful to watch. She made a 402.3 DL following a good 187.39 BP, but hurt herself a bit trying to get 418.89 up. TOT 1063.37, not quite enough to break her own WR. Everybody had their eyes on Machia Dudley, the 18 year old -- 276 pounder, and the latest wunderkind from the Big Iron stable of limitless lifters in Omaha, NE. Nicknamed "Big Mac" cause she likes to eat a lot of them, Machia sat deep with her 573.20 SQ, following a mis-grooved opener, a new WR. She's done 600.75 officially back home, and I'm told by Rick that makes her the first teenage girl to hit the Big Sixer. Dudley stroked 3 WR benches (270.06 best) and pulled two WR deadlifts (418.87) for a big TOT (broke it twice) WR 1262.13.

On Sat 10/16 the open men started lifting, 114 thru 198 in the morning with 220 and 242 that afternoon. 132-Shant Sheklianian, USA, who'd lifted earlier in the week, was inspired to weigh in again and win the Men's Open Title and try to beat his personal bests from Wed. He had 3 days to rest and did 270.06 PR and a final 413.36 which also upped his best DL mark. Was it worth it Shant? 'You betcha,' he replied! Victorious at 148 was Charles Morse, 38, of IL. Charles TOT 1179.46, but is way tall for this



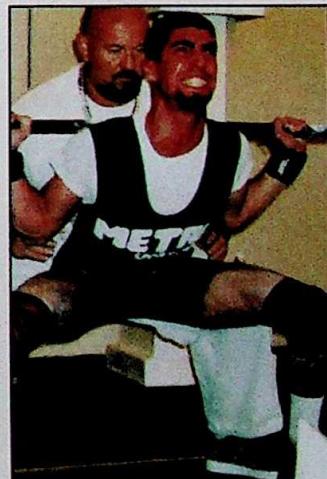
Natalia Erkhan of Russia (Yuri Ustinov photo)

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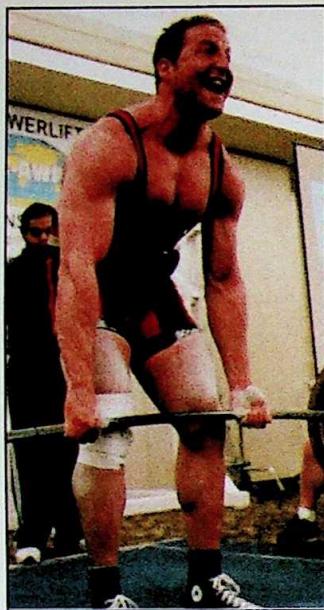


Shank Sheklianian a double winner at the WPC World Championships

class (5'8"). At 198 it was a 1-2-3 sweep for USA. In 3rd place was John Villarreal (1681.00). James Kegrice of San Diego, CA challenged Mike Brown, 27, from Omaha, the reigning APF Srs. Champ. Brown took the lead after two lifts 1179.46 to 1107.81 for Jimmy. Kegrice had the biggest SQ with 694.45, but couldn't sink his 727.5 and 738.6 attempts. Kegrice BPed his 391.31 opener, then failed twice with 402.3. Brown took a substantial lead with his big 501.55 BP, making all 3. It came down to the DL. Brown stopped at 622.80, and had an 1802.26 TOT. This left the door open for Kegrice, a pulling specialist. He pulled 644.8 to assure 2nd place, then drew within striking distance (694.45). One lift would decide it. Kegrice tried 716.5 which would tie Brown's TOT, but since both men weighed in at 198.41, the outcome would necessitate a re-weigh. As it turned out, Kegrice failed his golden opportunity - 2nd place TOT 1780.21. At 220, Brian Mull, 31, USA, latched onto 4th place with his 644.84 2nd attempt DL. He subsequently missed 661.4 - TOT 1835.33. Finishing in 3rd was Adam Driggers, also 31, USA. Adam missed, then made an 826.72 SQ, and then tried 870.8 but couldn't recover. Adam got 3W on his 2nd attempt (518.08) and came very close to locking out 551.1 on his last effort. DL: he pulled 600.75, then passed his 2nd attempt to charge his energy reservoir. Up to 661.4 last try. Couldn't do it - TOT 1945.56. Finishing runner-up was Brian Carroll, 23, also USA. Brian got off to a great start. After an 826.7 SQ open, he went to 854.28 - good - a new 20-23 (Junior) WR. He increased to 876.4. He struggled up, but got 2R for depth. Brian BPed 496.03, moved up to 511.6, and got it up. No lift. Carroll pulled 650.36, which assured runner up spot (2000.67) then attempted 666.9, but it wouldn't go. Having lifted less than a week earlier at the WPO Finals in Marietta, GA, Harald Selsam, 36, of GER, proved his vast superiority. Possessing huge



Harald Selsam - a crowd favorite

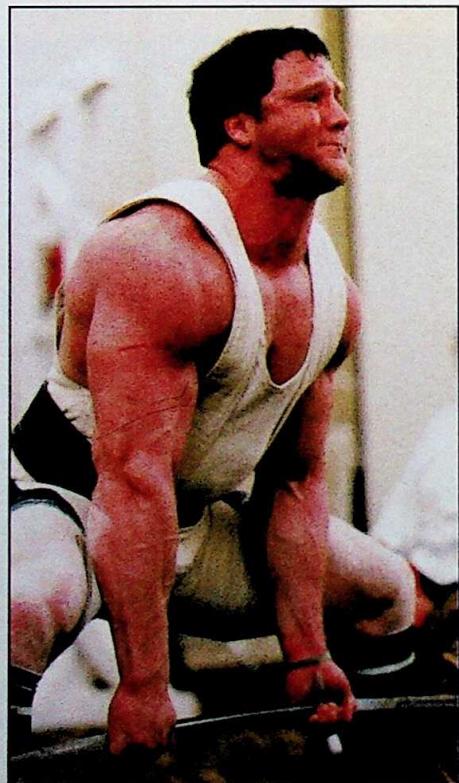


Rozen's Final Deadlift of 749 lbs.

thighs (he's a quad squatter), Harald opened with a nice 826.7 dunk - very strong. He went straight to a PR 415 kg (914.91), got up, but was called on depth. On his last lift he sat deep and powered right up. A splendid lift, and a 33-39 WPC WR. He had trouble finding the groove and missed 462.97, and we thought he might eliminate himself. Not to worry, he smoked it like an empty bar to stay alive. Harald made 3 great DLs, finishing at 727.52 for 955 kg. (2105.39) TOT which was also a submasters WPC WR. The 242s had four strong contenders. Kari Pontinen, FIN, had a big 3rd attempt SQ 837.75, but fell back of the others with only his BP opener (440.92). Kari pulled 672.40 on his 2nd round DL, but could not negotiate the 705.4 lift he tried for his final - TOT 1951.09. Warren Rozen, 25, weighing a mere 221.78, just failed to make the 220 limit and had to go against much heavier opponents. With curly hair and laughing eyes, from down under (Australia), he had his work cut out for him. He opened with a deep, deep 771.61 for a good lift. He went on to a big 826.7, came up, but lost his balance at the top. In the process he tore cartilage in his knee and had to be assisted off the platform. He didn't appear for his 3rd. "What a shame", I thought, "after traveling all that way - he's done". Warren proved me wrong. With his knee bandaged he hobbled out for a token 143.30 BP to stay alive. Then he tested himself further with 352.7. Warren couldn't position his feet back the way he wanted to, which hampered his performance. Still he gamely came out and upped 440.92 on a 3rd attempt, far below his best, I learned later.

Ditto the deadlift. He came out and did a token 143.30 DL to at least assure totaling. Next he surprised me and came out to yank up 661.4 like a broomstick on his 2nd attempt. Courageous, I thought, but it would be impossible for him to lift enough to get a place. He was 66 lbs. behind the FINN. Then, surprise of surprise, and, in what was unquestionably the performance of the whole meet, the bar was loaded to 340 kg (749.56) for his 3rd and final attempt. Rozen limped out, bent over, grasped the bar and stiff legged it to completion using all back. It went up so fast and easy that the audience, including myself, went nuts. This catapulted his TOT to 1962.09, beating out Pontinen for the bronze medal. A week after this meet, I got confirmation that his surgeon had confirmed he did indeed have a cartilage tear and would undergo surgery to repair it. Oh, by the way, Rozen's DL was a PR. Earning the runner-up honors was Oleg Zaitsev, of Russia, whose lifts were 799.16 SQ, BP 551.15 and DL 683.42 (2nd) for 2033.74 TOT. USA's Justin Graafls, 24, another of the Omaha wrecking crew, was looking mighty strong making all 3 SQs no problem (881.84). He BPed 507.05, and led by 38 going into the DL where he pulled 710.98 for 2099.88. His last attempt of 727.5 wouldn't cooperate. Nothing hinged on it, as he'd already won.

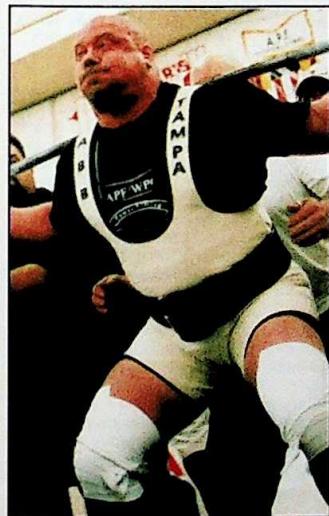
The final day, Sunday 10/17, was finally at hand with the 275, 308 and SHWs ready to go at it. The 275 class saw 15 year old Daniel Macri back in action. He came in at 263.23. Danny wanted to break his own 13-15, 275



Justin Graafls moved big iron for Big Iron Gym

class World Records, which he'd established four days earlier. He exceeded 5 more here to bring his TOT to 11 for the whole meet. Yes, that tops everyone else. On two SQs, 512.6 and 518.08, he horsed right up using an unorthodox "humpback" style. On a 3rd attempt he beat his own BP record with 325.17. In the DL, he busted his own WR with a 490.5 3rd attempt, plus an extra attempt 507.05 also good. His 1333.78 was yet another record for this ambitious young man. He got 3rd in the 275 open. In 2nd was a new face, Ryan Healy, 28, with fine lifts of 749.56 SQ (3rd), BP 551.15 (opener) and 705.47 (all 3 DLs good) - TOT 2006.20. This year the winner was James Grandick, 35, grabbing the 275 World title that had slipped from his grasp in last year's controversy in Calgary. There would be no denying Jim this year. He SQed 854.28 on an opener, but missed twice with 903.9. Coach Rick Hussey picked his benches just right. He made them all: 644.8, 661.4, and finally 672.4, not quite his best, as he'd done 683.4 in a single lift meet in IA last August. Jim had himself primed for a PR deadlift and did just that, hoisting on his final try a 733.03, following successes of 694.4 and 722.1 - TOT 2259.71. 308. Garrett Harper, USA, 28, had the misfortune to miss 804.68 and was out of the competition. Aaron Lawrence, 34, a familiar face to me, made three fine SQs - 837.74! Aaron secured his missed 551.15 BP opener the 2nd time around, but 573.2 stopped him cold. DL: Aaron pulled 738.55 on his 2nd attempt, and passed this 3rd - TOT 2127.46. Kari Kalliola, 41, was at it again. He had lifted in the BP only competition earlier in the week, setting a 40-44 single lift record of 650.3. Kari eases himself down in the SQ slow and controlled. He opened big with 914.91, losing balance on the way up. His 2nd attempt was slow and difficult but he got 3W. Kari tried 947.97 on his 3rd attempt, but got pinned. BP: Kalliola had hopes to BP bigger than ever. Following a 628.3 lift, he leapt to 672.40, missed, but came back for a 40-44 record in full power competition. His previous best had been the 601.8 he'd lifted at the Worlds last year in Calgary, a 71 lb. gain in a year is serious progress. Maybe, he will become the 4th FIN to bust the 700 barrier in the near future. Kalliola raised a 617.29 DL opener which gave him entrance to the 1000 kg. Total Club - 2204.62, but he missed further increases with 661.4 and finally 677.9, and was runner-up. The 308 champ was James Hoskinson, 34, of

WPC World Championships					
13-17 OCT 04 - Fresno, CA					
	SQ	BP	DL	TOT	
FEMALE					132 lbs.
Teen (13-15)	374	170	286	832	
MALE					132 lbs.
Juniors (20-23)	396	264	407		
Sheklianian USA	1069				148 lbs.
Teen (13-15)	501	314	402	1218	
Summer USA	507	319	485	1311	220 lbs.
Juniors (20-23)	518	347	512	1377	
Orwell USA					160 lbs.
Teen (16-17)	562	413	573	1548	
Fredette USA	650	396	611	1658	178 lbs.
Teen (13-15)					
Macri AUS	507	319	485	1311	
Teen (18-19)					
Tooker USA	562	413	573	1548	
308 lbs.					
Juniors (20-23)	826	623	633	2083	
Higgins USA					
Teen (18-19)	903	551	672	2127	
Weech USA					
Graham USA	—	—	—	—	132 lbs.
Master (45-49)					
Richey USA	407	259	666	374	1041
148 lbs.					
Master (40-44)					
Tanabe USA	473	192	501	1168	
Master (45-49)					
Judge USA	479	352	451	1284	
Master (50-54)					
Bobrovits CAN	110	310	137	556	
Master (55-60)					
Feight USA	352	225	363	942	
Dhah USA	143	143	264	551	
Master (70-74)					
Stockinger	319	242	440	1003	
165 lbs.					
Master (45-49)					
Cirigliano USA	473	325	573	1372	
Master (65-69)					
Flores USA	523	264	529	1317	
Mattison USA	330	242	374	947	
Master (75-79)					
Garry USA	325	220	402	947	



Jim Hoskinson - WPC Champ @ 308

Clermont, FL. Jim has a unique story. He's only been PL a short time. A few years ago he suffered a terrible accident which severed both patella tendons in his knee and tore both quadriceps loose from the bone. Doctors said he'd never walk again, but James is one of the toughest guys on the planet. Not only did he turn to PL after he had rehabilitated himself, but

181 lbs.					
Master (40-44)					
Graham CAN	661	418	573	1653	Master (45-49)
Master (45-49)					McDaniel USA
Richardson US	578	363	600	1543	788 485 595 1868
Fabiano USA	501	402	534	1438	Rantanen FIN
Peterson USA	562	314	534	1410	705 468 529 1703
Master (50-54)					Master (50-54)
MacMillan USA		540	319	562	Moore USA
1421					722 385 600 1708
Summer USA	518	319	457	1295	Ridgeway USA
Master (65-69)					655 407 523 1587
Sanders USA	275	275	275	826	Brown USA
198 lbs.					600 429 501 1532
Master (40-44)					308 lbs.
Fleming USA	672	462	600	1736	Master (40-44)
Mullen USA	573	358	562	1493	Pearson USA
Master (45-49)					799 529 733 2061
Caplan USA	749	435	639	1824	Tooker USA
Kanemoto USA	710	451	529	1692	600 446 606 1653
Master (50-54)					Master (55-59)
Bush USA	655	253	589	1499	Meek USA
Master (55-59)					777 512 644 1934
Razor USA	424	424	402	1135	SHW
Master (65-69)					Master (45-49)
Wilson USA	479	479	402	1229	Benjamin USA
220 lbs.					705 562 551 1818
Master (40-44)					FEMALE
Taylor USA	761	545	661	1968	123 lbs.
Master (50-54)					Master (40-44)
Maxwell USA	749	363	705	1818	Wilson USA
Olinger USA	551	363	507	1421	297 187 297 782
Master (55-59)					Open (Seniors)
Burgard USA	562	308	501	1372	Rinn USA
Birch AUS	485	281	468	1234	352 253 330 936
Master (60-64)					132 lbs.
Lancaster USA	479	418	507	1405	Open (Seniors)
Master (65-69)					Kersey USA
Irons USA	407	270	402	1080	275 148 347 771
242 lbs.					Open (Seniors)
Master (40-44)					Ortega USA
Ward USA	—	—	—	—	501 314 479 1295
Master (45-49)					Erkhan RUS
Mistic USA	716	490	650	1857	308 192 352 854
Montenbault	755	424	628	1730	165 lbs.
Bowman USA	672	501	551	1802	Open (Seniors)
Fuss CAN	639	468	606	1714	Dennison USA
Master (50-54)					418 214 374 1008
Zenzen USA	727	396	512	1636	Teen (18-19)
Wheeler USA	722	132	143	997	Huston USA
Bechard USA	407	308	374	1091	451 198 457 1107
Master (60-64)					181 lbs.
Sandburg USA	584	450	584	1620	Ford USA
275 lbs.					578 — — —
Master (40-44)					Master (40-44)
					Packer USA
					413 187 352 953
					Master (45-49)
					Razor USA
					319 176 303 799
					198 lbs.
					Master (45-49)
					Pardi USA
					— — — —
					Master (55-59)
					Polansky USA
					330 176 363 870
					220 lbs.
					Master (55-59)

he has several official thousand pound squats under his belt, plus an official 2303 TOT he'd made 19 JUN 04 in Ft. Lauderdale, FL in APF competition. James is a scary looking dude, and in the past has excelled in the Ultimate Fighting ring, yet in reality, he is very soft spoken, humble and polite. Following his opening SQ of 970.02 - good - Big Jim went straight to 462.5 (1019.62). This would equal the WPC WR held by L.A.C.'s Oan Basson who'd set the record at the 2003 APF Sr. Nationals in LA. The WPC record roster still mistakenly had the record listed at 458.5 (1010.80) belonging to Al Mehan (CAN) from the 2000 WPC Worlds in Las Vegas. He made this lift, but it was ruled shallow. He came out for 465 on his final attempt (1025.14) hoping to be record holder. A misload was discovered - they loaded an extra 20 kg. on the right side. Nobody caught it until Jim told them it was way heavy when he tried to take it out the rack. Then, with the weight correctly loaded, Hoskinson succeeded (2W) for a new WR. BP: he missed, then made, 551.15 BP, but had hip raise trying 589.7. Jim pulled all 3 (710.98) for 2287.30. He's the new 308 World Champion. The SHWs had two big bulls bailing from Baton Rouge, LA. Garry Frank, now

40, is the strongest man on Earth. He had come to put on a real show of strength. He'd brought his protégé, John Ewing, 24, 323.63 with him. Garry weighed in at 374.8 and looked bigger than ever. Ewing opened with 981.04, missed depth, then came back and made it on his 2nd attempt (2W). It looked very hard. Frank opened at 1014.11, made it, but got 2R for depth. Frank went up to 1025.14, the same amount Hoskinson had made. Garry sat lower for 2W this time. He thought the Monolift was wobbly, and therefore aborted his try at 1052.70, not wanting to risk in-



As It Broke John Ewing's wrist.

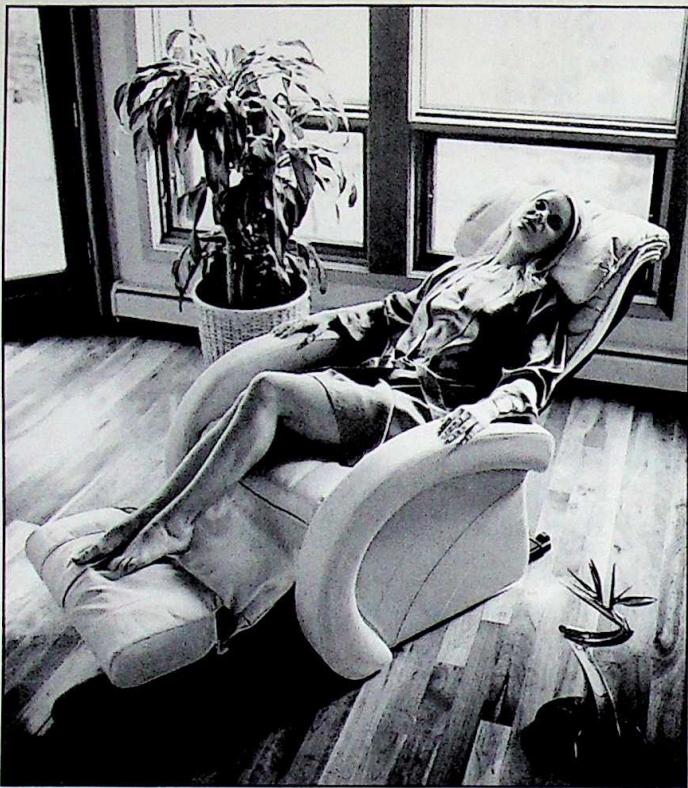
Children USA	209	104	242	556
308 lbs.				
Teen (18-19)				
Dudley USA	573	270	418	1262
SHW				
Master (55-59)				
Sternberg USA	473	187	402	1063
90+ kgs.				
(45-49)				
Merenkov	308	181	275	766
MALE				
132 lbs.				
Open (Seniors)				
Sheklianian US	369	270	413	1052
148 lbs.				
Open (Seniors)				
Morse USA	462	286	429	1179
198 lbs.				
Brown USA	677	501	622	1802
Kegrice USA	694	391	694	1780
Villarreal USA	628	462	589	1681
220 lbs.				
Open (Seniors)				
Selsam GER	914	462	727	2105
Carrol USA	854	496	650	2000
Driggers USA	826	518	600	1945
Mull USA	733	457	644	1835
242 lbs.				
Open (Seniors)				
Graal USA	881	507	710	2099
Zaitsev RUS	799	551	683	2033
Rozen USA	771	440	749	1962
Pontinen FIN	837	440	672	1951
275 lbs.				
Open (Seniors)				
Grandick USA	854	672	733	2259
Healy USA	749	551	705	2006
Macri AUS	518	325	490	1333
308 lbs.				
Open (Seniors)				
Hoskinson USA	1025	551	710	2287
Kalliola FIN	914	672	617	2204
Lawrence USA	837	551	738	2127
Harper USA	—	—	—	—
SHW				
Open (Seniors)				
Ewing USA	981	633	—	—
Frank USA	1025	—	—	—
Best Lifters by the Herb Grossbrenner Formula (replacing The Reshel Formula): WOMEN - Open - Melissa Ortega; WOMEN - Master - Evangeline Keresey; GIRLS - Teen - Taylor Ladnier; MEN - Open - James Grandick; MEN - Masters - Richard Flores; BOYS - Teen - Scott Weech.				

jury. In the meantime, Ewing, despite his intensity, got pinned with his final attempt of 1003. On to the BP, which proved to be disastrous for both men. Ewing opened at 633.82 and missed. It was scary to see his wrists bend way back dangerously, which prompted me to warn him. He got his 2nd attempt at the same weight passed, but it was more of the same problem. Frank couldn't get his shirt to work. His 788.1 opener was a fight. He couldn't make it touch. Up to 810.1 - ditto. In fact, it rolled out of his dumbfounded hands on to his belly. "Get it" Frank shouted at the dumbfounded spotters. They rescued him. Then Ewing came out for 672.4, his final lift. His wrist bent back at near completion. A loud audible pop was heard as Ewing's left forearm bone broke in two. It's a wonder that they were able to keep the weight from crushing his face. Someone called 911 and he was taken to the hospital. It could have been a whole lot worse. After seeing his teammate break his arm, Garry wasn't really in the mood to continue, but went up to 821.2, and missed that also, so this year there will be no Superheavyweight Champion. Next year, the Worlds will be Helsinki, FIN, a good opportunity to get the European countries back in the fold again.

USAPL California State Meet
17 Apr 04 - Napa, CA

Bench Press	220			
Open/Women				
105	Steve Pena	501		
Carin Fujisaki	148	Jason Burnell	402	
114	M4			
K. Aanenson	198	Dave Marba	380	
123	T3	Luis Castillo	369	
Rocky Patten	143	M5		
T3		Raye Girouard	303	
Kevin Luu	137	Open		
Open		Jerry Castro	281	
148	M3			
Scott Layman	380	Don Robinson	231	
Yael Mourad	—	Open		
Open		242		
165	James Hunter	529		
Ian Champeny	319	M4		
M8	Dale Jensen	341		
B. Fornachon	192	M5		
Open		Mike Bonifield	314	
Bob Levering	451	Open		
M1	275			
Bob Levering	451	Eric Johnson	402	
M5	M5			
Rudy Lozano	363	L. Maggard	402	
Open		Open		
T. Robinson	264	Marlan Bacon	385	
M2	M3			
T. Robinson	264	Jim Masten	374	
M5	Rich Ludlum	—		
G. Hawkins	253	M3		
M4	SHW			
198	Leo Contreras	402		
D. Cummerow	347	Open		
Open	242			
Jim Stinson	325	Russell Kitani	578	
Josh Meixner	—	PNF		
Ian Chapman	—	165		
Open	M. Minnetta	—		
Women	SQ	BP	DL	TOT
Open				
K. Buffinton	225	143	286	6
Teen 1				
132				
C. Tremblay	231	132	314	677
M. Cuevas	275	159	303	783
Teen-1				
132				
C. Tremblay	231	132	314	677
Open				
148				
S. Layman	584	380	507	1471
E. Nahorniak	385	325	435	1146
Open				
Women				
148				
M. Cuevas	275	159	303	738
Men				
148				
J. Stanley	—	—	—	—
J. Stanley	—	—	—	—
J. Randazzo	—	—	—	—
Open				
165				
C. Wiltshire	551	330	529	1410
M3				
G. Wiltshire	551	330	529	1410
Open				
George Payne	347	231	407	986
M2				
R. Cirigliano	143	143	540	826
Open				
Fay Schneider	270	132	270	672
181				
Eric Steinley	352	248	457	1058
198				
G. Buffington	551	424	567	1543
R. Whitlock	473	341	490	1306
M1				
Mike Koufos	462	270	496	1229
Open				
C. Roberson	352	325	341	1019
220				
Jason Burnell	210	705	402	661
M2				
Mike Musto	606	413	611	1631
John LaGrill	551	380	584	1515
Donald Davis	540	341	584	1466
Kevin Fisher	507	319	617	1444
Open				
Steve Pena	137	501	303	942
M2				
Wayne Jandoc	451	—	—	—
Open				
242				
Steve Silver	705	507	666	1879
M1				
Robert Ciano	556	407	644	1609
Open				

NEW PRODUCT



NEW LOMI MASSAGE CHAIR MORE THAN JUST FUN FURNITURE

- Next-generation Massage Chair Offers Real Relief for Sports Injuries, Back Pain, Arthritis And Other Common Physical Ailments (PORTLAND, Oregon, October 4, 2004) The Hawaiian Lomi Group today announced the availability of the Hawaiian Lomi Chair, the first massage chair specifically designed to offer real therapeutic aide for pain caused by sports injuries, chronic back problems, arthritis and other physical ailments. The Hawaiian Lomi Massage Chair was originally designed for use by chiropractors and other healthcare professionals in the treatment of patients. The chair's internal mechanisms replicate specific kneading, tapping, rolling and vibrating motions that provide an individually customizable deep tissue massage for the complete body or isolated areas including hamstrings, glut muscles, calves and feet. According Hawaiian Lomi Group president, Ron Loveday, "those that experience this chair can instantly tell that this is not just grandpa's vibrating lounger or yesterday's robotic furniture that simply undulates and pounds. The Hawaiian Lomi Massage Chair recreates the movements and patterns that mirror the ancient Hawaiian art of Lomi massage." Unlike traditional massage techniques that are applied with the fingers and hands, lomi is a deep tissue massage that uses the blunt pressure of the palms, fists, elbows, knees and feet. "I find the therapeutic value of this chair so evident that I have actually incorporated it into my daily practice," said Dr. Peter Cranton, Chiropractor, Peachtree Battle Chiropractic Center, Atlanta, Georgia. "All my patients love it and I find it makes a real difference in their road to recovery." Massage has been proven to help in a variety of physical ailments. According to research published in the Journal of Bodywork and Movement Therapies, January 2000, entitled "High blood pressure and associated symptoms were reduced by massage therapy" hypertensive adults who received regular biweekly massage sessions showed a significant decrease in instances of high blood pressure. The Hawaiian Lomi Massage Chair has been shown to help alleviate other medical conditions as well including fibromyalgia, diabetic neuropathy, poor circulation, head and neck aches, sports injuries, sleeplessness, chronic fatigue, arthritis, bursitis, sore muscles, tired feet, tired legs, and stress. The Hawaiian Lomi Massage chair retailing at \$3,995, is available through select distributors and direct from the Hawaiian Lomi Group. For more information, visit the Hawaiian Lomi Group's web site at www.hawaiianlomi.com.

Doug Carroll	622	374	606	1603
Greg Nolen	600	363	567	1532
M1				
Greg Nolen	600	363	567	1532
Open				
Satterthwaite	435	402	462	1300
M2				
Gary Stevens	501	275	501	1278
T3				
242				
Tim Duran Jr	347	303	435	1085
M3				
275				
M. Burruel	655	363	628	1647
R. Meulenberg	—	—	—	—
M3				
SHW				
Leo Contreras	380	402	462	1245
PL-OOSM - out of state				
T3				
275 (NV)				
M. Bevilacqua	606	363	611	1581
Thanks to USAPL for providing results.				

Dungeon Gym BP Challenge 16 OCT 04 - Galt, CA

BENCH	K. Harrison	315	
MEN	220 lbs.		
Youth (7-9)	B. Campbell	350	
105 lbs.	275 lbs.		
D. Knight	65*	M. Knight	625*
Open	Master (45-49)		
198 lbs.	275 lbs.		
R. Johnson	330	M. Knight-258	625*

*=Personal Record. The Dungeon Gym Bench Press Challenge was held on Saturday, October 16, 2004, in Galt, California. David Knight benched a big PR 65 lbs. raw, in the 105 lbs. class, and only 8 years old. Ricky Johnson benched 330 in the 198 lbs. class, edging out Kevin Harrison who only got his opener, but took a good run a 365 missing it twice, he'll get it next time. In the 220 class, Bob Campbell benched a big 350, just missing 405 on his last attempt. Last up was 46 year old master lifter, Mike Knight, who opened with 605 and then blasted 625 for a new PR in the 275 class. Mike missed his last attempt 650, which is what he was shooting for, look for him to get it in the near future. Mike had just PR'd in August with a 625 @ 242 and was trying to make it 650 @ 275. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powerlifting USA Magazine. (from Kurt Heath)

Malibu Bench Bash

07 AUG 04 - Lewiston, NY			
WOMEN	Novice		
Novice	K. Fillinger	300	
181 lbs.	Open		
R. Coughenour	210	T. Schmidt	545
Open	198+ lbs.	242 lbs.	
J. Putnam	365	Novice	
MEN	P. Clifton	315	
165 lbs.	S. Ragusa	270	
Master	R. Ziolkowski	250	
D. Brochey	280	Master	
Open	A. Kirby	420	
J. Elsberry	365	Junior	
181 lbs.	G. Larson	585	
Master	V. Aloian	500	
R. Penale	275	V. Dean	440
Open			
R. Daly	480	P. Dick	610
198 lbs.	M. Furman	550	
Novice	275 lbs.		
K. Dean	450	Novice	
220 lbs.	B. Dussault	325	

Best Lifters: Ron Daly 0-181 Class, Pat Dick 182-242 Class, Jean Putnam 242+ Class. I would like to thank the spotters and loaders for all the help. Jeff Miller, Shawn Hailey and Matt Rydelek. These three gentlemen did a wonderful job, worked non stop for the entire meet and ensured no injuries. Thanks to Bill Crawford, Sebastian Bums, Zane McCaiglin and Paul Childress for refereeing the contest. I also like to acknowledge Carl Seeker for the top notch announcing and awards and Sandi McCaiglin for the web space in promotion and results. Big thanks to all those who help set up and tear down, some of whom lifted as well. Last but big thanks to Pete Nastasi and Dennis Brochey, without these two guys the meet would never have been possible. (Thomas Delorimiere)

14th Endless Summer BP/DL
29 AUG 04 - Granger, IN

BENCH	242 lbs.
Novice	B. Hoffman 550
165 lbs.	R. Moore 405
S. Conley	250 275 lbs.
181 lbs.	R. Reed 560
W. Mailloux	250 L. Robinson 380
WOMEN	SHW
Open	S. Jarausch 620
165 lbs.	Open
L. Boshoven	250 220 lbs.
Natural	J. Heinz 220
132 lbs.	242 lbs.
B. Soule	110 B. Hoffman 550
165 lbs.	275 lbs.
J. Chapman	85 S. Powell 605
242 lbs.	G. Bolt 445
S. Downs	185 C. Wishieski 410
Teen (14-15)	SHW
132 lbs.	T. Skiver 700
C. Cooper	140 DEADLIFT
148 lbs.	Youth
D. Duncan	155 75 lbs.
181 lbs.	S. King 140
G. Hines	350 Master
Teen (18-19)	220 lbs.
132 lbs.	M. King 500
N. Knunrie	— Master (50+)
220 lbs.	220 lbs.
D. Dwan	405 T. Sheehan 515
Master	Master (55+)
181 lbs.	148 lbs.
F. Stokes	320 M. Wider 455
198 lbs.	WOMEN
D. Horn	350 165 lbs.
Master (50+)	J. Chapman 280
220 lbs.	Open
T. Sheehan	400 148 lbs.
Master (55+)	J. Stefanski 470
G. Fay	265 R. Burris 405
242 lbs.	181 lbs.
G. Washington	315 D. Machak 435
Natural	198 lbs.
148 lbs.	E. Agoanaga 575
J. Stefanski	300 220 lbs.
R. Burris	230 C. Dailings 642
198 lbs.	275 lbs.
E. Agoanaga	435 C. Wishieski 600
J. Whiteman	325 SHW
220 lbs.	T. Skiver —
C. Dailings	470

Best lifter Bench Press: Tom Skiver. Best lifter Deadlift: Chad Dailings. Special thanks to: Mike Wider, Larry Boynton, Anson Wood, Lynne Boshoven, Randy Hull, Rob Reed, Al Reed and Jon G. Smoker. Thanks to Anson Wood's promotion this was the best turnout ever for The Endless Summer BP/DL contest. Tom Skiver showed up and treated those in attendance to some big time lifting as he used this contest as a tune-up trouble spotting meet for a bigger one he had coming up. He started with 700 in the bench but couldn't get the bar to his chest. So he switched to a looser shirt and rammed it up easily. He then tried 800 with the tighter shirt. He handled the weight but still came up about 2 inches short of his chest, but pressed it from that point 13 times easily. This meet was on a Sunday and Tom had just squatted two days before in a workout, so his 800 deadlift came up kind of shaky and he dropped it at the top but the strength was clearly there. As long as Tom has his long time cohort, Steve Powell, around he won't be getting a big head anytime soon. They were sitting close enough to me that I was able to catch the put-down humor he constantly dishes out at Tom. Some of it was pretty funny actually. In between his running comedy roast of Tom he also came up with a big 605 bench himself at 275. Also in the bench, NPC National qualifier in the 50 and over, Tim Sheehan made a pr 400 at 220, proving that his muscles are functional as well as aesthetic. The rapidly improving Brian Hoffman won both 242 divisions with a 550. Also in the 275's Rob Reed came back after hip surgery with a great 560. And also in the SHW's, recent top 100 qualifier, Steve Jarausch, inexplicably missed his opening attempt, only to come back strong with 2 attempts, finishing with a great pr 620 which will put him higher up the top 100 list. It was disappointing to see teen phenom Jeremy Heinz bomb with 500 at

(article continued from page 36)

the legs' conditioning one last step further. These are done in a rack with 2 spotters. The lifter should begin by placing the pins so that when the bar is resting on them, the athlete will be at legal depth when they get under it. The squatter starts in this position from a dead stop to begin the exercise. The athlete should select a weight they will not be able to come up with after approximately 5 reps. When they become stuck at the bottom, the two spotters should help them up, and the spotters should place the pins about a third of the way up. Then the squatter goes to failure again from this position. In step three, the pins are placed two thirds of the way up. Lifting to failure at this position completes the exercise. Every muscle involved in squatting is involved in tandem with this exercise and all of them, including even the upper back, will experience some degree of soreness the next day.

The third workout done once every other week, is practicing a heavy single with all the gear on that will be used at the meet. This is essential. This is practicing your craft. Just as you would not expect a pole vaulter to use a bamboo stick in training and then switch to a fiberglass pole at a meet, so too a lifter must practice using all his equipment. The athlete will not be going to failure. They will work up to a heavy single that is 90-95% of their max single at the time. Maxing out is reserved for meet day.

Putting it all together, box squats are done on Tuesdays and are preceded by a heavy set with 3 reps of power squats as a way to get warmed up. The weight for this triple should be about 100 pounds less than what a lifter can do for a single with a single ply suit. If a lifter is using more advanced equipment, this differential will be greater. A heavy duty deadlift workout is done on Friday. The second week the heavy single workout is done on Monday and the high intensity workouts on Wednesday. A speed deadlift workout is done on Saturday. Based on a previous best squat of 500 pounds, the routine is as follows, however, if the heavy triples and/or heavy singles begin to feel really easy, they can be calibrated upwards as well as the meet day projections:

Week 1: Monday, stretching, warm up, workup to a heavy single with all gear at 425. Wednesday, warm up, stretching, non lockout Platz squats, 4 x 5 x 325

Week 2: Tuesday, stretching, warm up, power squat, 1 x 3 x 350, box squat, 1 x 10 x 450

Week 3: Monday, repeat week 1, heavy squat, 1 x 450. Wednesday, non lockout Platz squats, 4 x 5 x 340

Week 4: Tuesday, power squat, 3 x 370, box squats, 470 x 10.

Week 5: Monday, heavy squat, 1 x 470. Wednesday, super set leg extensions 4 x 8 or to failure x 140 with non lockout Platz squats, 4 x 5 or to failure x 335

Week 6: Tuesday, power squat, 1 x 3 x 385, box squats, 1 x 10 x 485

Week 7: Monday, heavy squat, 1 x 485. Wednesday, super set leg extensions 4 x 8 or to failure x 150 with non lockout Platz squats, 4 x 5 or to failure x 345

Week 8: Tuesday, power squat, 1 x 3 x 395, box squats, 1 x 10 x 495

Week 9: Monday, heavy squat, 1 x 495. Wednesday, trisets with leg extensions 3 x 8 or to failure x 160 and non lockout Platz squats, 3 x 5 or to failure x 355 and leg presses, 3 x 8-10 or to failure x 350

Week 10: Tuesday, power squat, 1 x 3 x 405, box squats, 1 x 10 x 505

Week 11: Monday, heavy squat, 1 x 505. Wednesday, trisets with leg extensions 3 x 8 or to failure x 170 and non lockout Platz squats, 3 x 5 x 365 or to failure and leg presses, 3 x 8-10 or to failure x 365

Week 12: Tuesday, power squat, 1 x 3 x 415, box squats, 1 x 10 x 515

Week 13: Monday, heavy squat, 1 x 515. Wednesday, Russian cage squats, 3 x 5 or to failure at each 3 levels x 400

Week 14: Tuesday, power squat, 1 x 3 x 425, box squats, 1 x 10 x 525

Week 15: Monday, heavy squat, 1 x 525. Wednesday, Russian cage squats, 3 x 5 or to failure at each of 3 levels x 415

Week 16: Monday, power squat, 1 x 3 x 375, box squats, 1 x 10 x 450.

Meet: Saturday, warm up to 440, 1st attempt - 480, 2nd attempt - 530, 3rd attempt - 550

One final note: the box squats also have a great psychological benefit. Before your 2nd and 3rd attempts, you can tell yourself the weight is not going to feel heavy because you have had 525 pounds on your back for 10 reps. Believe me, this works.

If anyone has questions about this routine or my off season training, which is the key to my longevity in this sport (32 years and counting, without surgery), send \$25 to:

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with your phone number

220. But I'm sure as talented a young man as he is, he will come back better than ever. Starting off the deadlift, little Stephen King got a pr 140. Tim Sheehan did the lift for the first time in a meet and pulled a great 515. Not too many body-builders his age are going to top that in the 55+ A WPC champion Mike Wider managed to top his association world record with a smooth 455. Best lifter and the only guy who pulled a top 100 deadlift was Chad Dailings with an excellent 642.5 at 220. (Thanks to Jon Smoker for providing the meet results)

6th Deadlift on the River

19 SEP 04 - Elkhart, IN

Teen (16-17)	Open
148 lbs.	198 lbs.
J. Smoker	250 A. Robinson 430
Novice	Master (55+)
181 lbs.	148 lbs.
D. Sanderson	300 M. Wider 432

Special thanks to: Dan Martin, Larry Boynton, Mike Wider, Larry Boynton and Jon Gabriel Smoker. This outdoor meet was marked by absolutely beautiful weather just on the cusp of fall. Jon G. Smoker made 250 for the first time with room to spare. Doug Sanderson came down from Michigan and made a nice 300 for his first meet ever. A friendly competition developed between Mike Wider and Al Robinson for the best lift of the meet. When Mike made 430, Al countered with a hard fought 432.5. For a little extra incentive Mike decided to try and top his AWPC record of 455 with a 460. He got it moving, but it was not to be. The next Central Bench Press League event will be the granddaddy of them all, the 17th Annual Elkhart Bench Press Classic. Anyone interested should contact Jon Smoker at 800-760-3257. (Thanks to Jon Smoker for these results)

ADAU "No Druggies Allowed" BP

18 SEP 04 - Erie, PA

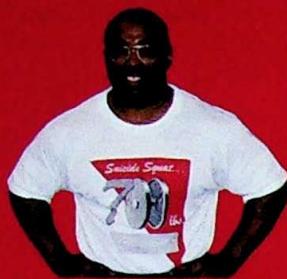
BENCH	M. Anderson 330
123 lbs.	B. Sisko 330
P. Zalar-12	— Junior (20-23)
Teen (12-13)	R. Goodrich 350
P. Zalar	— Master (40-44)
148 lbs.	B. Sisko 330
G. James	255 Master (50-54)
165 lbs.	M. Anderson 330
H. James	145 Master (55-59)
Master (70-74)	J. Kuhar 395
H. James	145 242 lbs.
198 lbs.	D. Grandinetti 355
M. Tonkovich	355 E. Betza 335
S. Jeschenig	325 275 lbs.
N. Rovancek	290 J. Thomas 405
A. Mangini	230 J. Bevelacqua 290
J. Shaffler	— Master (45-49)
Teen (14-15)	J. Bevelacqua 290
J. Shaffler	— 319 lbs.
Master (40-44)	S. Shannon 425
M. Tonkovich	355
Master (50-54)	
A. Mangini	230
220 lbs.	
J. Kuhar	395
R. Goodrich	350

Champion of Champions: John Kuhar. Team Champions - Joe's Gym of Erie. George James came out on top at 148 with 3 successful attempts, ending with a raw 250. Seventy three year old, Barry James, won open and masters in his first contest. At 165 Barry set a new masters American record. Master lifter, Mike Tonkovich, went 3 for 3 for the gold at 198. Be ended up with a raw, 355. John Kuhar (56 years young) ran away with the 220 class when he got 3 whites for his 395 attempt. He was our Champion of Champions. At 242 Dave Grandinetti and Ed Betza battled with Dave winning the gold with his final 355. Jondrea Thomas only got one lift in, but it was enough to win the 275 class. It was a beautiful 405. At 319, Steve Shannon his opener with 425 to win gold. "We confide in our strength without boasting of it, we respect that of others, without fearing it." -Thomas Jefferson. (Meet results courtesy of Joe Orengeia)



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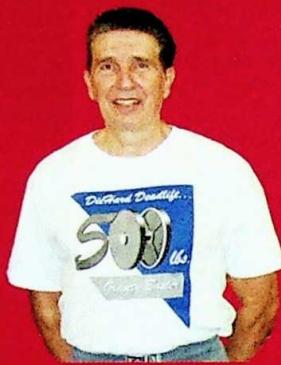
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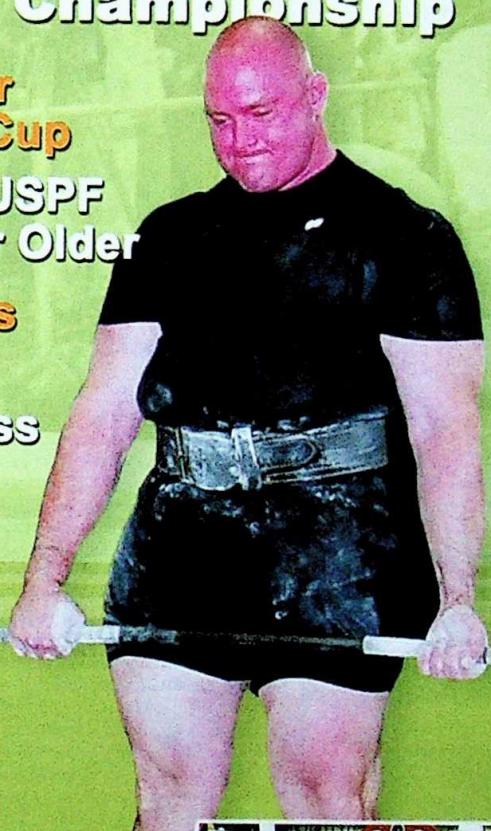
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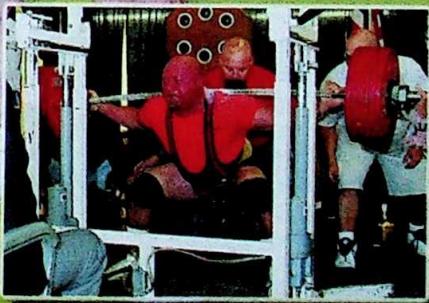
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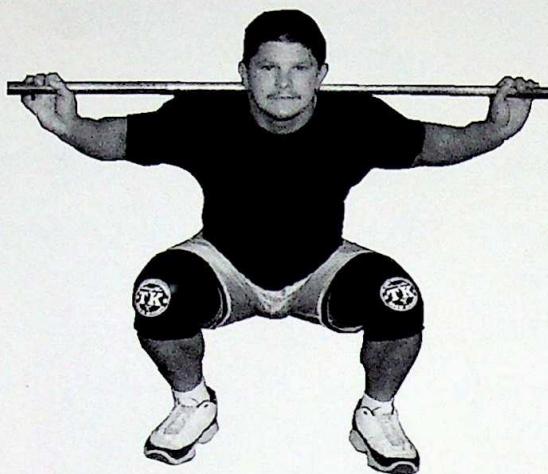
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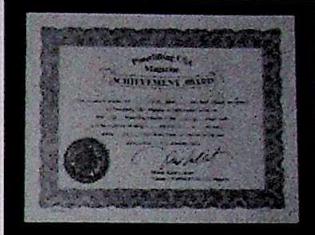


I never had knee problems until I gave an informal demonstration at a Boy Scout Jamboree near Dover, Pennsylvania. I performed a Split-style Snatch of 135 lb. My best Snatch at that time was 297 lb. using the Squat-style so you would think that a measly 135 should not bother me. Well, evidently my forward knee, the right one, must have flexed a little out of alignment for it did not feel right after I gave the exhibition. I did not think anything of it and went on to Warsaw, Poland for the '59 World Weightlifting Championships. At the Championships I tried a World Record lift of 374 lb. in the Clean and Jerk. I shouldered the weight but failed the overhead portion of the lift. The very next day after spending some waking hours moving around, I tried to sit on a chair and found I could not bend my right leg enough to sit correctly. It was stiff and the knee looked swollen. From then on I had a knee problem. Because my right knee was bad I started to favor it and use my left leg more in all my movements, even transferring much of my training load to my left leg. Yes, you guessed it. I had a problem with my left knee too. I was plagued with both knees being bad going to the 1960 Rome Olympics. My once thickly muscled legs, especially right above my knees, started to shrink in size for I could not perform the full knee bends or tax them without being in pain. Sports medicine was unknown and especially in Hawaii such a thing as arthroscopic surgery was nonexistent. I suffered through 4 more years but in early 1964 I created a support for my knees that worked wonders. It kept my knees stable, warm and provided good support. I used it every time I used my legs and that meant for Olympic lifting, of course. It was like having a new pair of knees! If I had these knee bands earlier it would have prolonged my weightlifting career... and I may have even won my third gold medal at the 1960 Olympics. When I was coaching in Mexico I gave a pair to Bob Bednarski at the 1966 World Weightlifting Championships that was staged in East Berlin. He took it back to York and used it in training. It was used by Tommy Suggs, then editor of Strength & Health magazine, and Bill Starr, the assistant editor. It was common for all three to take turns using it because they had only one pair between them. When I developed the knee band, I called it T.K. Knee Bands. When Bob Hoffman of York took over the marketing, he renamed it B.H. Knee Bands. Now, for the first time since then, the original design and material are now available to keep your knees in top shape. These specially developed knee bands are not your typical knee sleeves, knee supporters or knee braces. When you wear them, you know you have something that will protect your knees from injuries. After you have used them in your training and remove them, your knees will feel as if they are well lubricated and feel like new. Your knees will actually be sweating. Because of their special elastic quality, the Regular size will accommodate knees of athletes that weigh 130 lb. to 250 lb. Large size is recommended for those weighing over 250 lb. or for those who have exceptionally large knees. COST PER PAIR \$39.95 FOR REG. \$42.95 FOR LARGE PLUS S/H \$6.75. To order by credit card call toll free 1-888-669-6316 or send check or money order to: COUNTRY POWER INC., 85-979 FARRINGTON Hwy., Waianae, HI 96792

TOP 100

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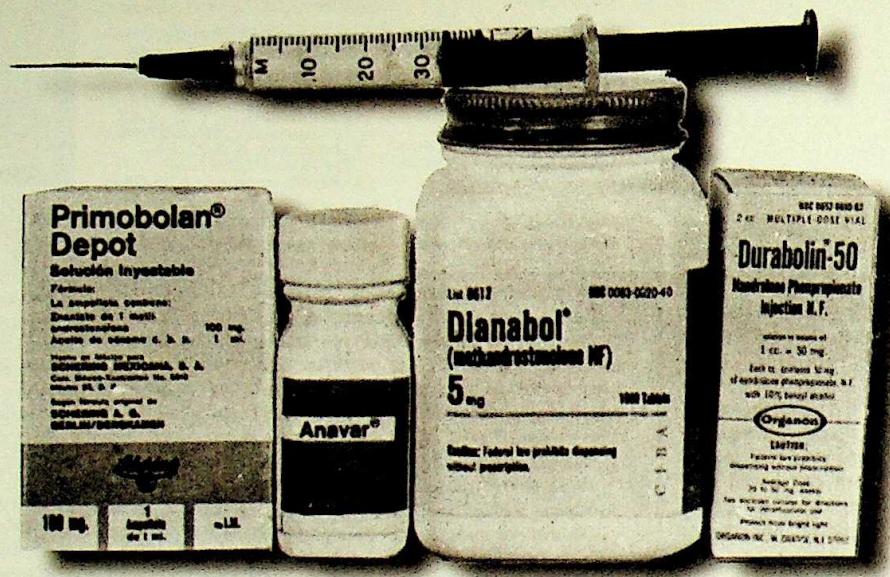
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NEXT MONTH... TOP 148s

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1 600 Williams, C..7/9/04	425 Unten, K..8/9/03	580 Hawthorne, R..12/12/03	1471 Williams, C..7/9/04
2 551 Hawthorne, R..11/7/03	402 Rinehart, T..3/6/04	540 Whigham, A..7/9/04	1405 Hawthorne, R..11/7/03
3 545 Washington,..7/19/03	390 Myszka, A..2/7/04	534 Williams, C..7/9/04	1377 Washington, H..7/19/03
4 540 Whigham, A..7/9/04	385 Goelz, B..4/17/04	512 Washington, H..7/19/03	1339 Whigham, A..7/9/04
5 515 Weisberger, A..8/8/03	380 Smith, J..8/23/03	507 Cunningham, T..7/19/03	1306 Weisberger, A..11/7/03
6 505 Kamp, M..3/27/04	341 Petrencak, S..5/1/04	496 Kupperstein, E..1/25/04	1295 Cunningham, T..7/19/03
7 501 Cunningham,..7/19/03	336 Weisberger,..11/7/03	485 Trejo, D..3/27/04	1200 Tankersley, J.R..3/27/04
8 470 Kuhrs, M..7/19/03	336 Williams, C..7/9/04	473 Benjamin, J.D..3/20/04	1170 Hyson, B..3/27/04
9 465 Tankersley, J..3/27/04	325 Harrison, J..7/17/04	468 Weisberger, A..3/5/04	1160 Moore, T..3/27/04
10 462 Dugosh, B..4/3/04	319 Washington,..7/19/03	468 Smith, T..7/9/04	1157 Kupperstein, E..1/25/04
11 460 Hyson, B..3/27/04	315 McCormick,..9/28/03	462 Ursu, S..10/25/03	1146 Dugosh, B..4/3/04
12 451 Ursu, S..4/3/04	315 Love, J..10/11/03	460 Baffoe, M..3/27/04	1146 Smith, T..7/9/04
13 450 Moore, T..3/27/04	315 Morrow, J..5/8/04	457 Derstine, M..3/20/04	1140 Kamp, M..3/27/04
14 430 Mendez, D..3/27/04	314 Hrenchir, A..4/17/04	455 Burns, G..3/27/04	1124 Carpenter, D..8/15/03
15 425 Kaufman, J..4/3/04	314 Thompson, J..5/1/04	451 Carpenter, D..8/15/03	1124 Sheppard, D..3/20/04
16 424 Bissen, J..12/6/03	308 Altizer, B..1/31/04	450 Tankersley, J.R..3/27/04	1118 Derstine, M..3/20/04
17 424 Phillips, A..1/24/04	303 Corpus, Jon..12/9/03	446 Dirienzo, T..2/7/04	1115 Trejo, D..3/27/04
18 420 Pack, J..3/27/04	303 Garcia, R..6/12/04	446 Dugosh, B..4/3/04	1113 Phillips, A..1/24/04
19 420 Rash, K..3/27/04	303 Kearby, D..7/24/04	440 Phillips, A..1/24/04	1105 Gonzalez, B..3/27/04
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21 418 Sheppard, D..3/20/04	300 Gonzalez, B..3/27/04	440 Lister, S..3/20/04	1095 Burns, G..3/27/04
22 418 Richey, S..5/8/04	300 Surly, B..5/8/04	440 Hyson, B..3/27/04	1091 Richey, S..5/8/04
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24 415 Bernal, R..3/27/04	292 Fellows, S..4/17/04	440 Goolsby, S..5/1/04	1085 Altizer, B..1/31/04
25 415 Gann, C..3/27/04	292 Snider, C..8/21/04	440 Kavarnos, J..7/9/04	1085 Mendez, D..3/27/04
26 413 Oliver, J..3/20/04	287 Vo, D..7/24/04	440 Walker, J..8/21/04	1080 Dirienzo, T..2/7/04
27 407 Derstine, M..3/20/04	286 Cunningham,..7/19/03	435 Diamond, M..11/14/03	1060 Baffoe, M..3/27/04
28 405 Diamond, M..11/14/03	286 Olcsvary, j..11/22/03	430 Myers, S..11/22/03	1060 Polk, M..3/27/04
29 404 Nero, C..4/3/04	285 Johnson, C..7/5/03	430 Medrano, M..3/27/04	1058 Benjamin, J.D..3/20/04
30 402 Altizer, B..10/10/03	285 Tankersley, J..3/27/04	429 Hunn, J..11/15/03	1055 Diamond, M..11/14/03
31 400 Trejo, D..3/27/04	285 Moore, T..3/27/04	429 Oliver, J..3/20/04	1055 Bernal, R..3/27/04
32 400 Gonzalez, B..3/27/04	281 Whigham,..11/29/03	425 Lamb, B..11/15/03	1052 Bissen, J..12/6/03
33 400 Burns, G..3/27/04	281 Corcello, J..4/23/04	425 Moore, T..3/27/04	1052 Oliver, J..3/20/04
34 400 Polk, M..3/27/04	281 Schmidt, T..8/22/04	425 Williams, J..7/0/04	1046 Nero, C..4/3/04
35 400 Brown, C..3/27/04	280 Hale, P..11/1/03	424 Slaaested, N..3/20/04	1045 Nedrano, M..3/27/04
36 396 Carpenter, D..8/15/03	275 Carpenter, D..8/15/03	420 Pack, J..3/27/04	1045 Gann, C..3/27/04
37 395 Randall, G..3/27/04	275 Flowers, C..11/15/03	420 Mendez, D..3/27/04	1041 Kavarnos, J..7/9/04
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39 385 Jones, K..1/17/04	275 Eid, W..6/26/04	420 Shavers, K..3/27/04	1040 Myers, S..11/22/03
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97 315 McDonald, J..4/17/04	230 Rash, K..3/27/04	363 Jankowski, J..8/2/03	870 Goulas, E..3/27/04
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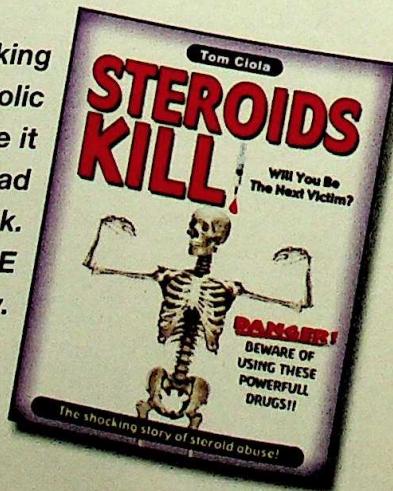
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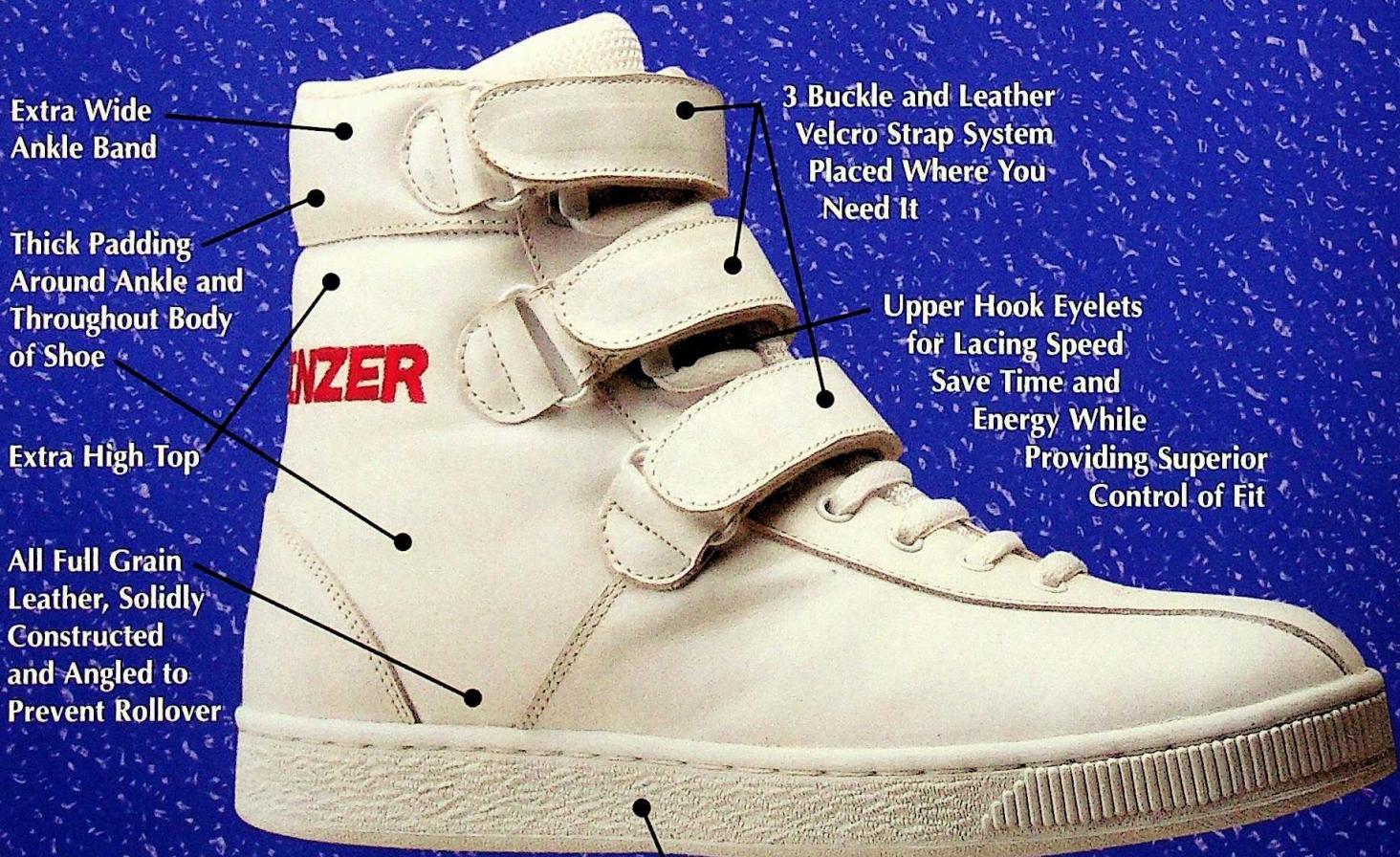
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