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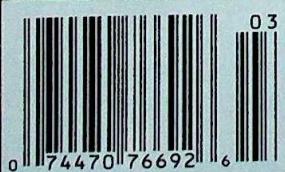
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VOL.28 NO.6

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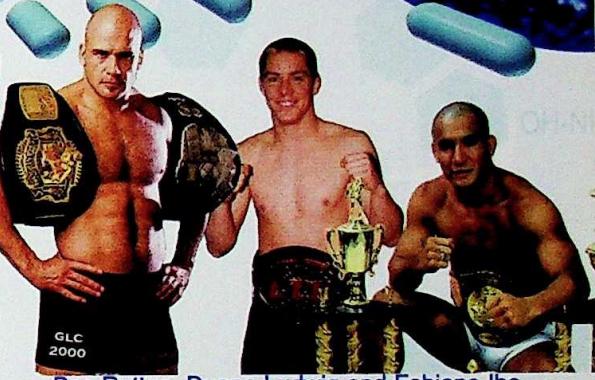
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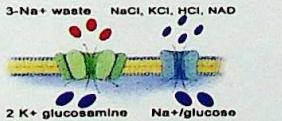
Todd Margolis, Rob Fletcher and Relson Gracie

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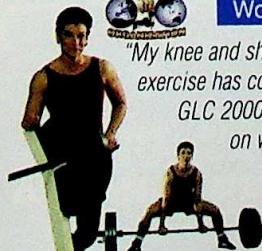
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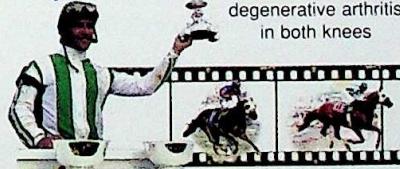
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Powerlifting USA

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MUSCLE MENU

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ON THE COVER - Ryan Kennelly popped up the winning lift at the Fit Expo, came up with an explosive bloody nose when he tried more, and bussed promoter Scot Mendelson when he collected his \$5000 prize (photographs are by Leon Josaitis)

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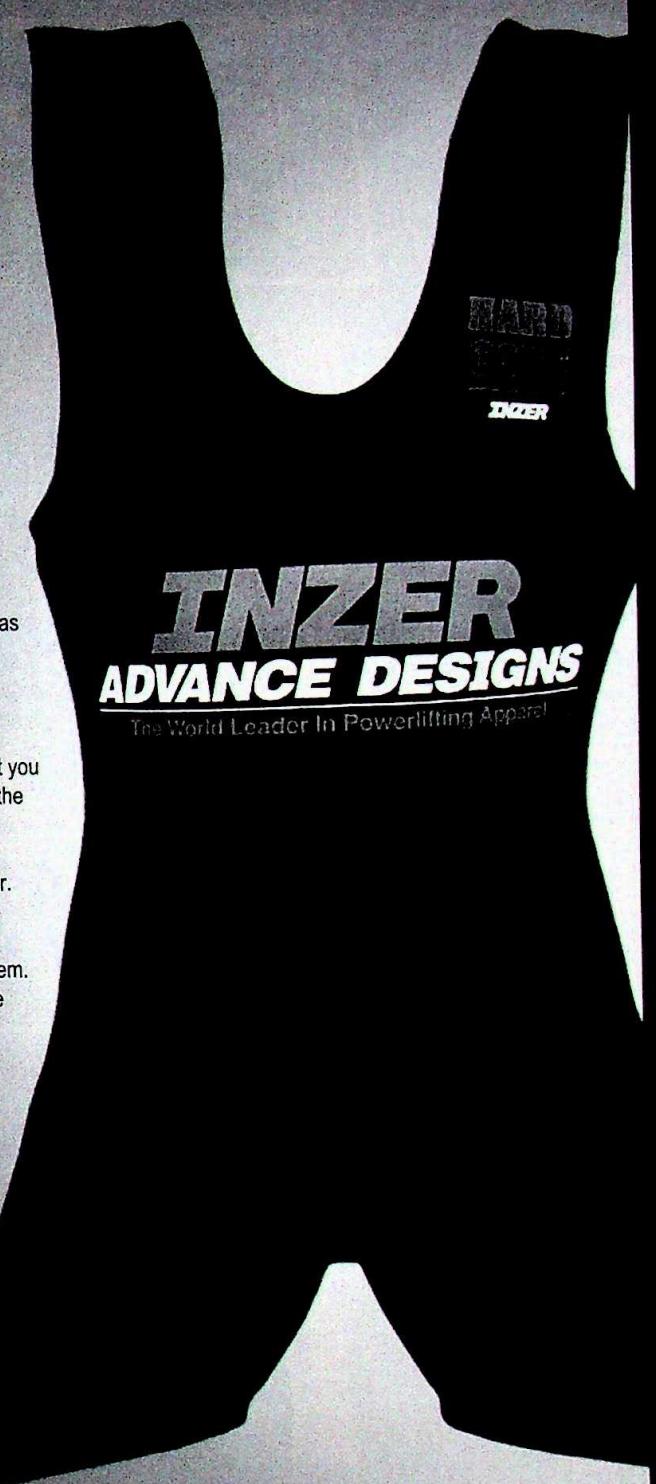
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The 2nd Fit Expo event in Pasadena, California had a bigtime powerlifting component this year, with the USPF Western USA full power meet being held on Saturday, February 19th, and the Scot Mendelson Bench Press Classic Amateur and Professional bench competitions being held on Sunday. Though obviously anchored by the Iron Man bodybuilding competition, the Fit Expo also featured a broad range of physical activities, including fitness and figure contests, strongmen competition, olympic lifting, aerobics and group exercise, dance, and a particularly wide range of related speakers and presentations. The healthy array of supporters for the event, put together by National Fitness Productions Executive Director Erin Ferries, Marc Missioreck, and Warren Wanderer included title sponsor Muscletech, as well as Subway, MetRx, Worldwide, NPC News, Labrada, Bodybuilding.com, Prolab, Iron Mind, Gaspari Nutrition, Ergopharm, MuscleMag, 24 Hour Fitness, Obusforme, Max Muscle, Ultimate Nutrition, Flex, Planet Muscle, Oxygen, Muscle Milk, Powerlifting USA, Ivanko, IronMan, Nellie's Exercise Equipment, and MonsterMuscle.com. When not cruising the aisles and checking out the products and services, (and collecting a bag full of free samples!), Fit Expo visitors could attend any of dozens of seminars, many involving huge names in bodybuilding and the strength world, all for the price of a \$13

FIT EXPO BENCH WAR! THE MENDELSON CLASSIC

as seen by PL USA editor Mike Lambert



Andy Fiedler had only one shot at glory (Josaitis)

ticket. You can sense a wave of interest in this event gaining momentum fast, with many people kicking themselves for not going to this year's event, despite the torrential rainfall experienced that weekend, and marking next year's event on their calendar (February 17-19, 2006).

While the Western USA event and the amateur division of the Mendelson bench press classic were held in the adjoining annex to the main exhibition building, the Pro division competition took place on the main stage within the Exhibition Building, drawing maximum fan attention. In the event program, 10 invited competitors for the pro event were listed: Garry Frank, Andy Fiedler, Ryan Kennelly, Mike Miller, Chris Taylor, Joe Ladnier, Tiny Meeker, Steve Wong, Chris Cooke, and Brian Siders. At meet time, the \$5,000 winner-take-all prize opportunity saw Fiedler, Kennelly, Meeker, and Siders ready to rumble. Ned Low, of POW!ERLIFTER Video (who taped the event!) pointed out that for the purposes of the fans, four competitors were no problem, as the contest itself went quickly and maintained everyone's rapt attention.

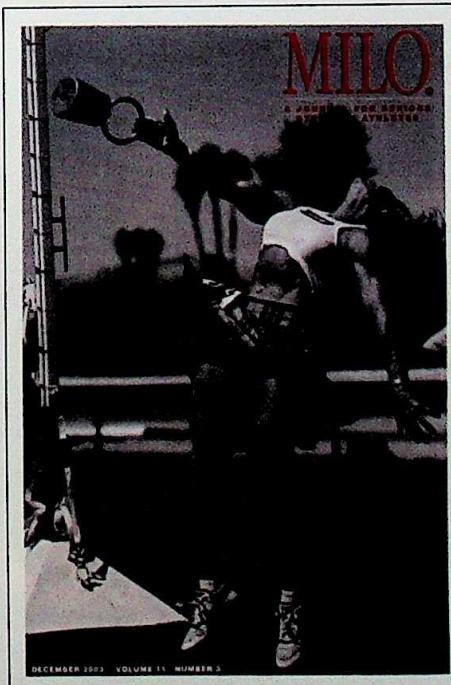
Scot Mendelson's first stab at meet promotion went nicely, thanks to lots of experienced help, and he was very good on the microphone while introducing the competition to the fans. He couldn't help but assert his belief that he is the strongest bench presser in the world, but since Scot's

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

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

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

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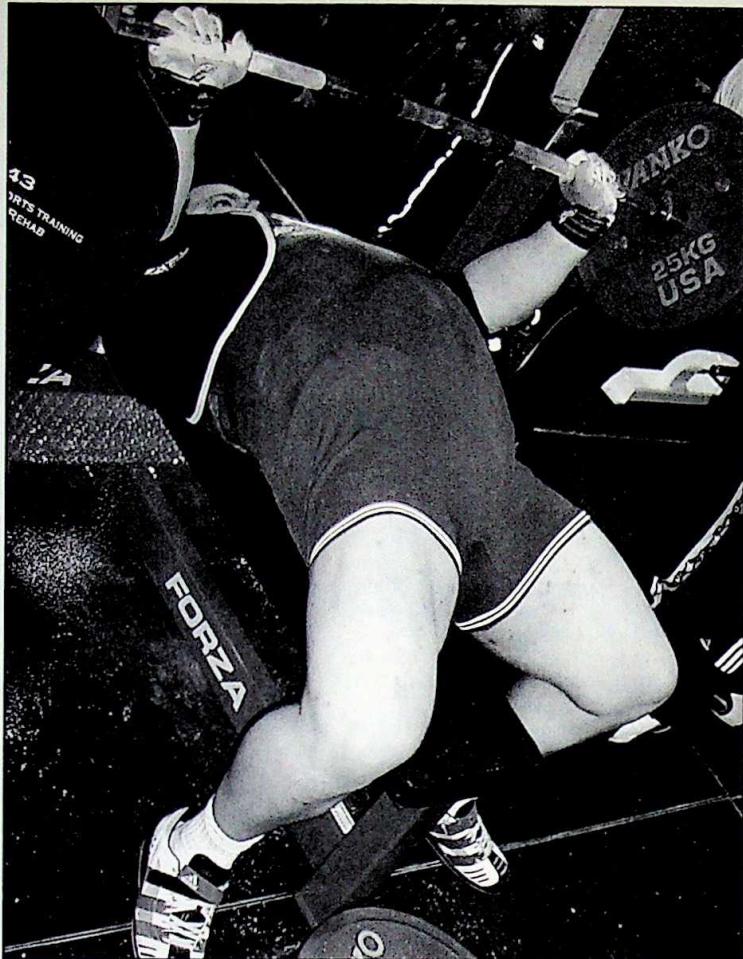
ankle had been crushed in a serious car accident just a few weeks earlier, he wouldn't be demonstrating such on this occasion. (It was revealed that he had done a raw 750 BP in prior training, however). Taking over the announcing duties for the competition was Sean Katterle, whose unique style fired up the crowd and impressed some seasoned PL observers.

This wasn't your regular bench press contest ... this was bench press war. The \$5000 first prize was for first place ... only ... nothing else counted, and these guys behaved accordingly. Look at those starting attempts! Everybody, except Kennelly, was starting with more, sometimes way, way more, than they had ever made in a meet.

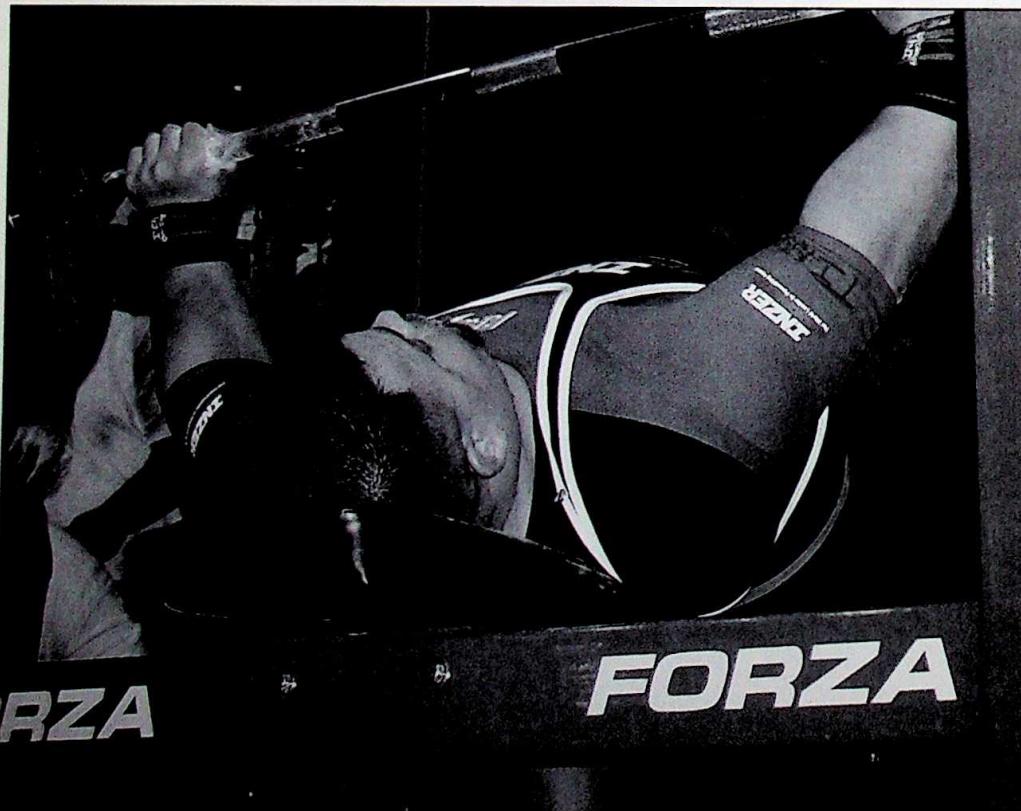
Andy Fiedler - lean, sculpted, tanned - could have been mistaken for one of the big name bodybuilders wandering the Expo hall, weighed in at 275, but Herb Glossbrenner heard he went up to around 290 after the weigh-in. He slowly resisted his incredible 854 lb. opener down to his touch position there it hovered, before flopping down across his stomach. There it seemed to sit for a terrible time, while spotters and others scrambled to take the load. The crowd didn't know what to think, and Andy got up very slowly and exited the stage with assistance, not to return from his injury, which thankfully appeared to not be that serious.

Paul "Tiny Meeker" came in at 138.5 kilos and was all business on the platform. No weight scared him, and he fought each attempt and the circumstances that surrounded them like a warrior. He actually had six attempts with well over 800 lbs. in this meet, in a short period of time. His 832 opener was not touched, but moved up well. He got his 2nd attempt 854 over again, due to platform slippage, and was close with it. An 865 3rd attempt was taken over as well, and he even went on to a 4th attempt at 876. None were successful, most were tantalizingly close, though.

Brian Siders is brazenly charging through the record books. After re-writing IPF history with his 744 bench press and 2529 total at the latest Men's Worlds in South Africa, it is no longer a question of what this man can do in strength, you have to try to figure out what it is he possibly can't do. He tried a 793 bench at the IPF Worlds, and reportedly had been hitting 810 or so prior to this meet, in a bench shirt he was used to, despite a



Brian Siders almost locked and then lost some huge PRs of 865 and 881



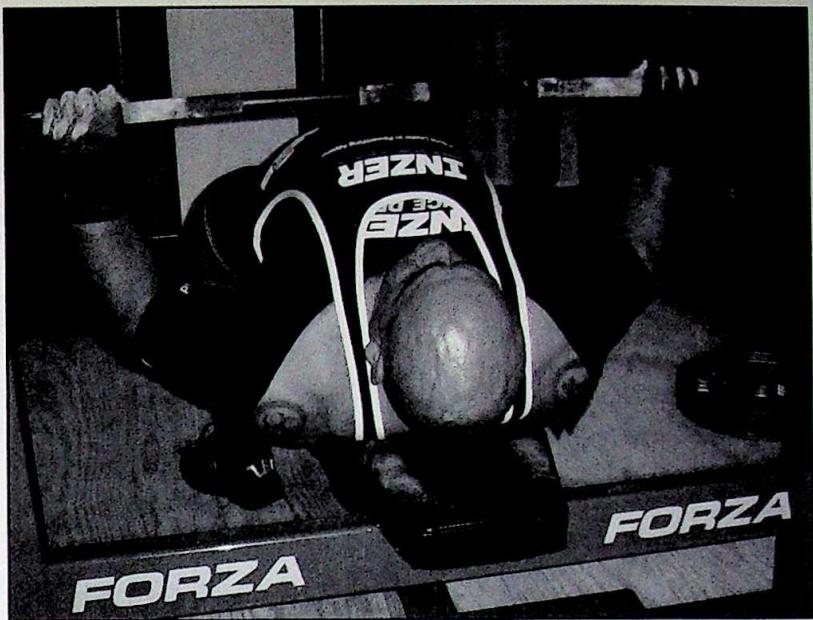
Tiny Meeker had no shortage of determination, but could not put one successful lift on his scorecard.

recent concentration on strongman competition. An 865 opener is quite the statement, even for Brian, but the way he handled it was stunning. He only had a month to prepare for this meet and he knew he was stronger in his new shirt, but there was a hitch. He rammed his opener up, but it was up and down en route to the finish and no good. It was almost the same with his 2nd shot at 865 and a final at 400 kilos (881) ... shockingly blown up to just about lockout and then they came down again. Sean Kattler analyzed it Brian hadn't had enough workout time to push his lockout power past the 800 mark. Kennelly, he noted, has been taking the time to do hold-outs with 1000 in training, despite how draining they are, so that when he tries 900 it seems "manageable".

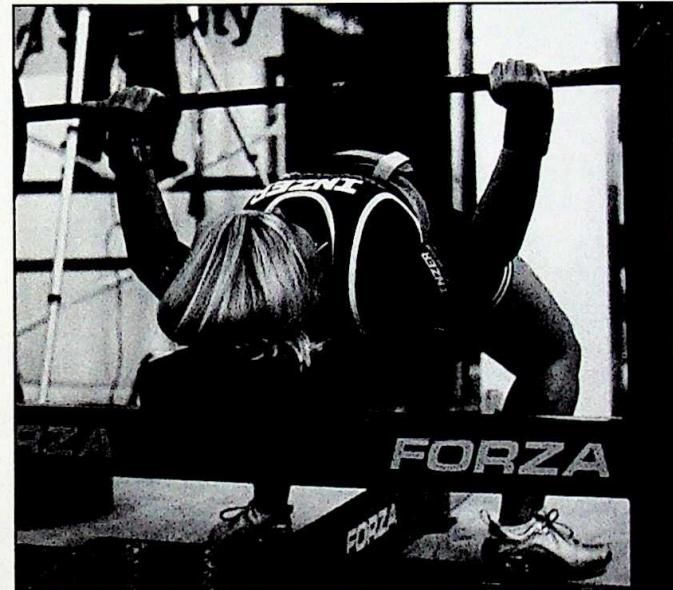
Ryan Kennelly is likely the most successful big bencher of all time he has been 700 plus in competition much more often than anyone else, and his performance record in the biggest of bench contests has been consistently productive. In this rarified atmosphere of New Age benching, he is just as smart

a lifter as he is strong a lifter. His opener at 832 was conservative, compared to the other three, and it was smooth and easy ... it just didn't touch. A relatively modest jump to 854 resulted in an easy success, the only successful effort of this entire competition. On 876, he fought hard and missed, and he jumped up with his face striped with crimson, from an unusually explosive nosebleed. When the result was already decided, he went on to a 4th attempt at 903 that was close, but not quite there. With his shoulders massively bruised from dealing with his bench shirt, and his eye blackened (from a "stimulating" slap in the face by Kara Bohigian?), this Knight of the Iron emerged on top to claim \$5000 of Scot (and his wife's) money.

In the Amateur Women's competition, highlights included three almost identically smooth, record setting drives with 275, 303, and 325 (all deftly handed off by bodybuilding guru Charles Glass) by almost 148 lb. Mari Asp. In the Men's competition, LA police officer Alberto Franco was an absolute stunner. At 275, this Scot Mendelson protege was in his first meet, and opening with a mere 677! Setting up for that first lift, his psyche had to have been interrupted when his associates stopped him to spray stickum on his shoe bottoms. Instead of losing focus and missing badly, as might have been expected, he totally crushed this massive weight. A big jump to 727



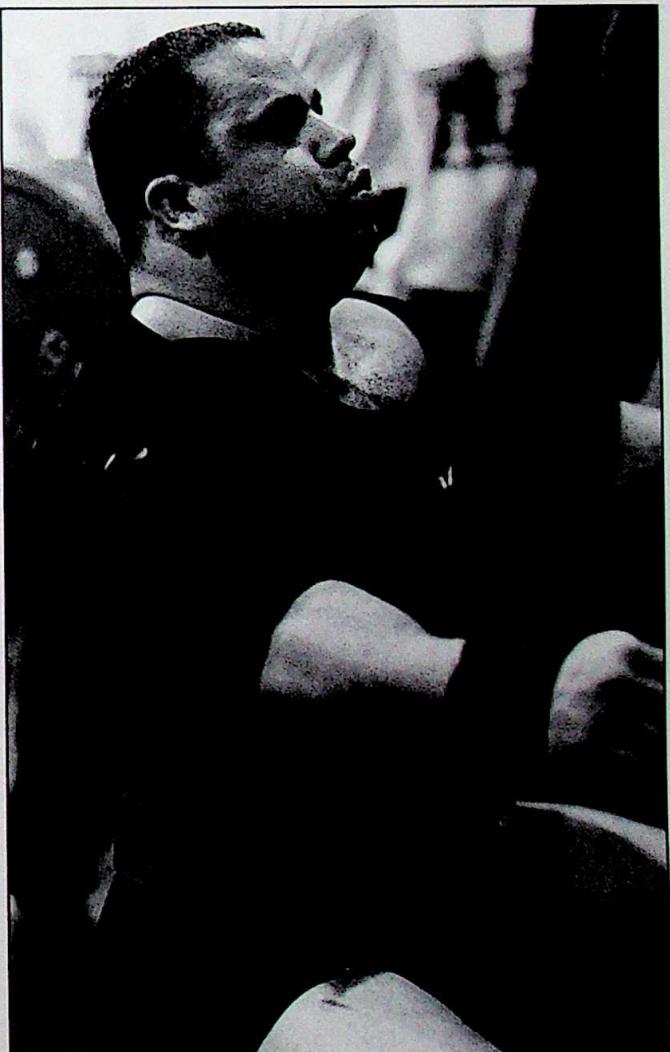
Alberto Franco debuted as the biggest bench presser in law enforcement today.



Mari Asp knows how to use the Inzer bench shirts she was selling

was a hard fought miss, but he came back to grind it out impressively on a 3rd! Is he not the very first 275

lb. human to successfully hit over 700 in his first meet? Put him in the pro division next year!



A True Pro Ryan played his cards the right way to win the \$5000

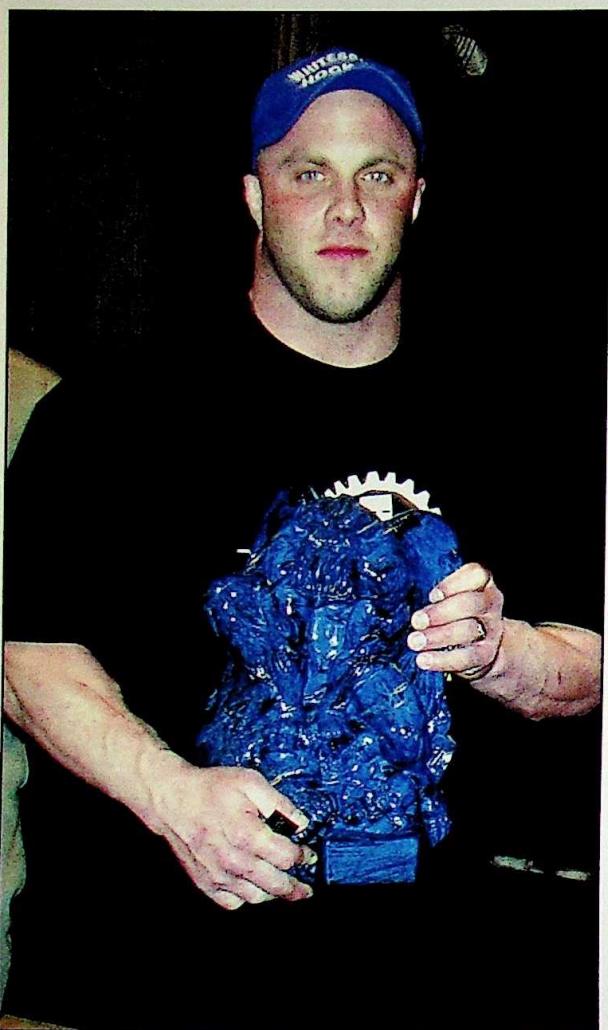
SCOT MENDELSON APF BP CLASSIC

20 Feb 04 -Pasadena, CA

Glossbrenner

	bwt.	1st	2nd	3rd	4th	Rating
Men Amateur						
Franco, Alberto	124.20	307.5	327.5	327.5		178.929
Meek, Brian	129.00	220	227.5	235		171.733
Dexter, Cory	97.80	225	237.5	245		143.766
Perkins, Ron	120.50	192.5	220	230		132.724
Evans, Bob	100.00	172.5	180			132.562
Vastine, Bob	99.20	130	137.5	145		128.085
Robideau, Darrell	81.20	145	145	152.5		99.323
Sparango, Leo	82.50	120	130	137.5		88.632
Smith, Dan		200	210	215		
Women Amateur						
Asp, Mari	69.40	125	137.5	147.5		130.058
Bogart, Laddie	143.50	120	130	137.5		84.602
Men Pro						
Kennelly, Ryan	143.10	377.5	382.5	397.5	410	204.818
Siders, Brian	153.60	392.5	392.5	400	400	
Fiedler, Andy	125.00	387.5				
Meeker, Paul	138.50	377.5	387.5	387.5	392.5	

Jim Kilts Bench Presses a New All Time Record of 665 lbs. @ 181!



On an opening attempt, Jim Kilts benched 665 @ 181 at the Candy Azz Classic in Tribes Hill, NY on Feb. 19th. He missed at 685, but his training partner, Joe Ceklovsky, got his own all time record with a 520 at 148. We have an interview with Jim for the next issue of PL USA. (photograph courtesy Jim Kilts)

NEW PRODUCT

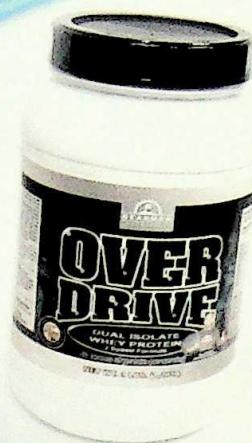


Gearman Nutrition has formulated a new joint complex pack

in which the capsules and pills are enclosed in heat sealed packets. According to Gearman, "This is the most complete joint care formulation available, featuring megadoses of glucosamine sulfate, chondroitin sulfate, shark cartilage, green lipped sea mussel, and msm. Also included are 23 additional joint healthy ingredients. Gearman Nutrition is a powerlifting based company based in Tampa, FL. Gearman products can be ordered at (813) 843-7652 or view website gearnutrition.com

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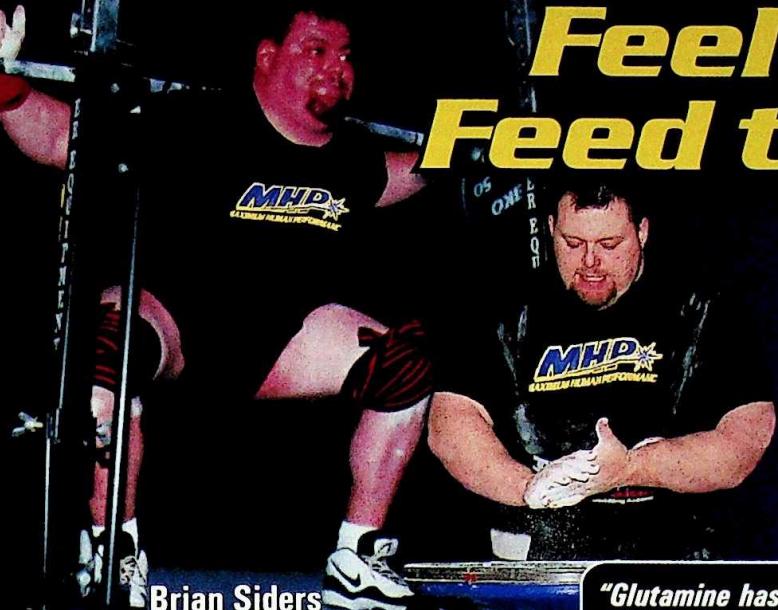
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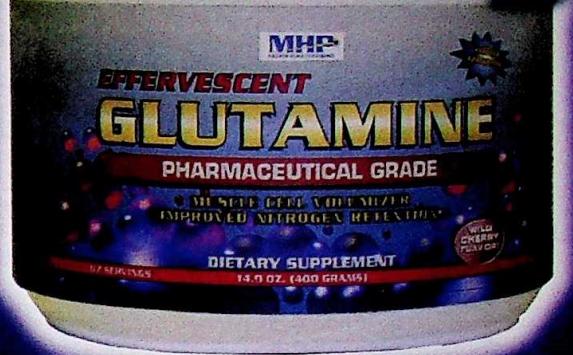


MHP's Effervescent Glutamine:

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Brian Siders
IPF, USAPL and
USPF World Record Holder
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"Glutamine has played a critical role in my training. Since I've started using MHP's Effervescent Glutamine, I've noticed a HUGE IMPROVEMENT over regular Glutamine in the speed of muscle recovery between training sessions! This allows me to fully recover for each workout and go 100% Balls to the Wall!"

NEW BICARBONATE TECHNOLOGY IMPROVES ABSORPTION 400%!

If you want to hit BIG numbers, you have to push to the limits at EVERY training session. MHP's Effervescent Glutamine will help you do it. Brian Siders broke a 23-year old powerlifting record by training hard, not one day of the week, but time and time again! Lightning fast muscle recovery provided by MHP's Effervescent Glutamine made it happen.

Glutamine's multi-functional role and involvement in various biochemical processes makes it one of the most important amino acids for powerlifters interested in maximum strength performance. But many of glutamine's positive effects can be negatively affected by bio-availability and absorption issues, because in its raw form, L-Glutamine is very susceptible to the harsh acid environment of the stomach.

MHP RESEARCH AND DEVELOPMENT FINDS THE SOLUTION

Good News. MHP's team of biochemists has formulated a glutamine product that neutralizes the acidic gastric medium and improves bio-availability. In fact, studies show that a pharmaceutical grade bicarbonate delivery system, as used in MHP's Effervescent Glutamine, improves glutamine uptake by almost 400%!

Utilizing pharmaceutically proven sources for gastric alkalization, MHP's Effervescent Glutamine takes advantage of the acid neutralization power of the bicarbonate ion (HCO_3^-), which binds with excess hydronium ions produced by the HCl acid to form carbon dioxide and water. Using a physiologically correct blend of potassium bicarbonate, sodium carbonate and micronized potassium carbonate, the effervescent formula actually adjusts stomach pH to the optimum level for amino acid utilization. This allows for a buffered state to exist in the stomach and permits more L-Glutamine to pass into the intestinal tract where it can be absorbed and utilized by intestinal cells. This ultimately leads to more glutamine absorption by muscle cells.

EFFERVESCENT GLUTAMINE FOR HIGHER HGH LEVELS!

Improving absorption and bio-availability will potentiate the many benefits of glutamine. One major finding was illustrated in the landmark Welbourne Study in 1994, which was published in the American Journal of Clinical Nutrition. In this study, only 2.5 grams of L-Glutamine administered in a bicarbonate delivery, like MHP's Effervescent Glutamine, was found to improve the uptake of glutamine and significantly increase IGF-1 and Growth Hormone levels. Improving glutamine bio-availability with MHP's Effervescent Glutamine will also:

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- Improve Nutrient Absorption!
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TRAINING

ACCOMMODATION *as told to Powerlifting USA by Louie Simmons*

Everyone should know what accommodation is. Accommodation causes your performance to stagnate or decrease. Zatsiorsky stated that the response of a biological object to a given constant stimulus decreases over time.

For example, a football team will practice for hours and hours, but when game time arrives, there are off-sides, holding, missed tackles, and fumbles. Why? Could it be they practice the game too much and not the parts of the game that cause the difficulties on game day?

How can a high school basketball player like LeBron James be the number 1 pick in the NBA? Is it because they have forgotten the fundamentals of basketball and

merely play the game as a whole? Now a junior high school player from Indianapolis is projected to be the top NBA pick after graduation next year. How? Are they concerned only with the entertainment value of the game and nothing else? Perhaps.

Is that why we can't win Olympic gold with superstar millionaires?

The U.S. Olympic lifters have a technique day. Why? The last world record by a male U.S. lifter was in 1969, Joe Dube. Olympic lifters, like ball players, repeat the same activities over and over, only to stagnate after a short time. I had to mention Olympic lifters so I can receive my fair share of hate e-mail. I always have the door open at Westside for them, but only Glen

Pendlay has made the trip.

Of course, all of us can experience becoming stale. How can we train the squat without experiencing accommodation? At Westside we box squat, but we change the box height occasionally or use a soft box (hassock) instead. Most of us change the width of our stance during the same workout or point the feet at different angles. Everyone carries the bar at the same place on the back. We instinctively do this to take advantage of our best leverage. This is, in itself, good. However, what about the muscles you avoid training by doing this? How can they be trained?

Using different bars can train neglected areas. We use a 3-week pendulum wave, going from 50% to 60% in 3 weeks, then returning to 50%, etc.

A Safety Squat bar may be used for 3 weeks. A second loading may be done with a cambered bar for the next 3 weeks. Then perhaps a straight bar or even a Manta Ray can be used for a wave.

To reduce accommodation to a greater extent, one must include methods to accommodate resistance. This is done by including chains, bands, or weight releasers

"... to never adapt to training is to adapt to training ..."

Ben Tabachnik,
Inventor of
the track
parachute

to provide a contrast method.

Accommodation can also occur if only one strength is developed.

At Westside, squat day is Friday. We focus on speed strength, near-maximal strength, and absolute strength on this day. This is determined by the amount of barbell weight on the bar or the



Chuck Vogelpohl at Westside Barbell Club, with some of the equipment mentioned in this article in the background. (Randy Bumgarner)

amount of bands and chains added to the barbell weight. A combination of bands, chains, or weight releasers with different amounts of each must be used as well.

Another proven method of changing the amount of work being done is to change the length of the rest time between sets. This is reflected by the intensity zone being used. Speed strength rest intervals can vary from 30 to 90 seconds between sets. For circ-max weights the rest can be 60 seconds to 2 minutes and 30 seconds. This max depends on your GPP.

For bench pressing, the same procedure is used. For dynamic benching, one can use chains, bands, weight releasers, or a combination of the three. Instead of the regular bench press for speed work one can floor press. This breaks up the eccentric/concentric chain.

A different method is to do speed work by lowering the bar to power rack pins, relax the muscles on the pins, and then press up. The type of bar used can also disrupt the process of accommodation. You can use a fat bar, a Buffalo bar, or a MacDonald bar with a 5-inch or 3-inch camber.

Every time you change something and master its performance, you become a better lifter or athlete.

The deadlift can be trained by doing box deadlifts off a 2- or 4-inch box, or you can do rack pulls varying from having the plates 2

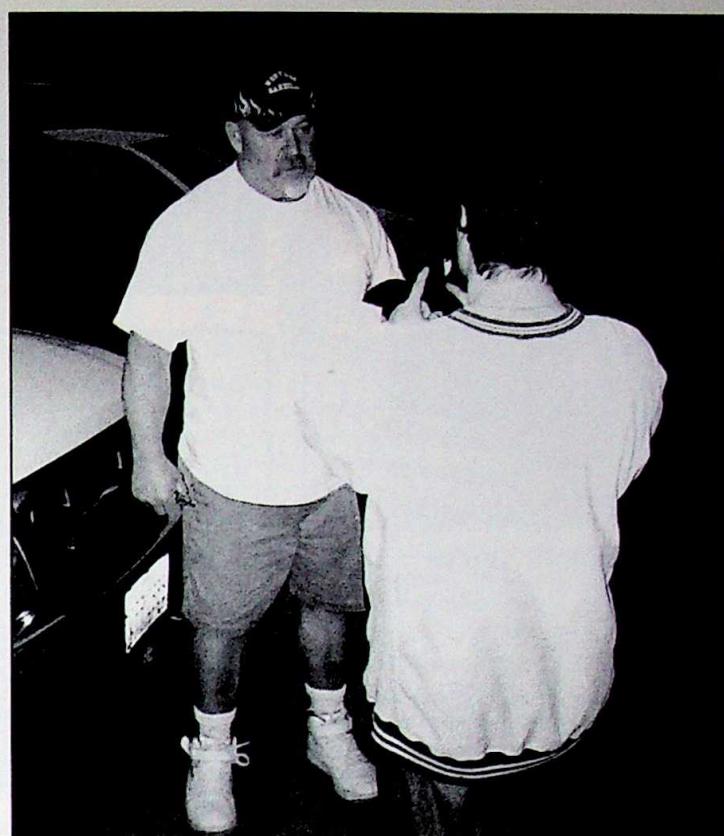
inches off the floor to having the bar set at knee height or slightly higher. It is important to do both sumo and conventional styles.

The deadlift can be done with Jump-Stretch bands over the bar. A doubled mini-band adds 220 pounds at the top and about 100 pounds at the floor level. A monster mini-band will add 280 pounds at the top and 125 at the start. For more top-end tension, a single light band adds 100 pounds mostly at lock-out.

The lightened method is also used frequently at Westside. This is done by suspending the bar in strong bands 5 feet off the floor. This reduces the bar weight by 135 pounds at the floor level. At lock-out the entire bar weight originates from the bands. This creates a different type of speed of resistance. Don't forget good mornings of different types.

Finally, let's look at the Olympic lifts. We know because of accommodation that it is not advised to use standard exercises for a long cycle. The loading system must change as well. We have found that a 3-week wave works best.

A note to college coaches: a full clean & jerk is two lifts: a front squat and the jerk. If one simply



Louie Simmons making one of his videotapes, outside Westside Barbell Club. The videographer is Amy Weisberger (Randy Bumgarner photo)

tries to increase the C/J, it is only a matter of time before failure strikes. A lifter may be quick to jump under the bar, but may not be able to recover from the squat. The front squat must be pushed up, not by front squatting, but by doing special exercises for the front squat. For example, back squat off a low box with a full 2-second relaxed pause or front squat off a box with a long relaxed pause. Use a variety of bars, e.g., Buffalo bar, 14-inch-cambered bar, Safety Squat bar, in addition to the Reverse Hyper machine, pull-throughs, 45-degree hypers, heavy glute/ham raises, inverse curls, belt squats, weighted sled pulls, and pistol squats. Use bands and chains, plus weight releasers. For pulling, use at least two grips for cleans and snatches. Stand on a 2-inch platform for power-cleans and power-snatches. Do straight-leg power-cleans and power-snatches. Use kettlebells with one or both hands. Do functional isometric pulls adjusted with bands. This is just a small list.

It must be said that in the beginning proper form

should be taught early in the training of novices. Then more exercises for strength are added to the training. This is the conjugate method, where special exercises will correct technical flaws. Most of the exercises I have talked about are close in form to the classical lifts.

The training volume must greatly differ from workout to workout. This means total volume as well as intensity zone.

Ben Tabachnik, inventor of the track parachute, said, "to never adapt to training is to adapt to training." And this is our philosophy also.

There are 35 men who have totaled 2400 or more. At Westside we have 25 members and five of them total over 2400. They have accomplished this by not falling into the trap of accommodation. You must plan for specificity, which means whatever will raise a particular lift. It seldom is possible to just do this lift. I believe that is why power-lifters are the most successful of all weight sports. Just think for a minute how many special training devices powerlifters use for each lift. There must be 20 for each. For this, I applaud all my powerlifting friends all around the world.

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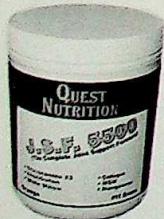
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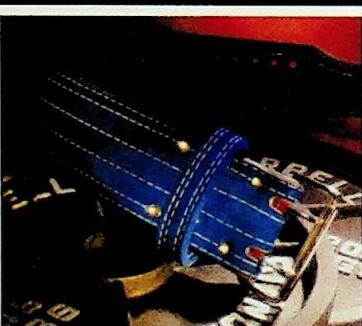
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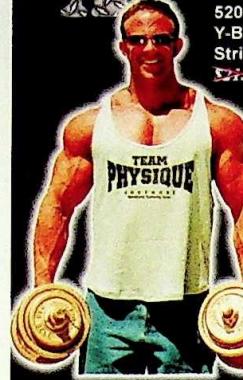
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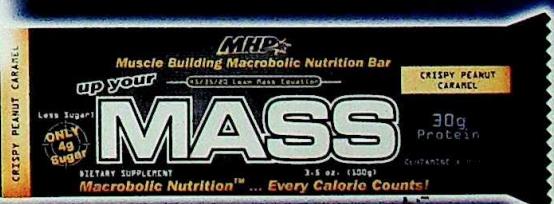
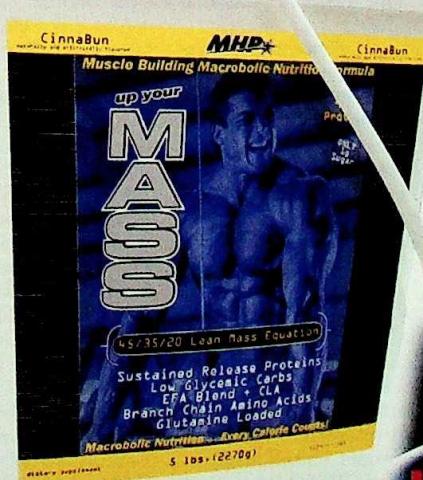
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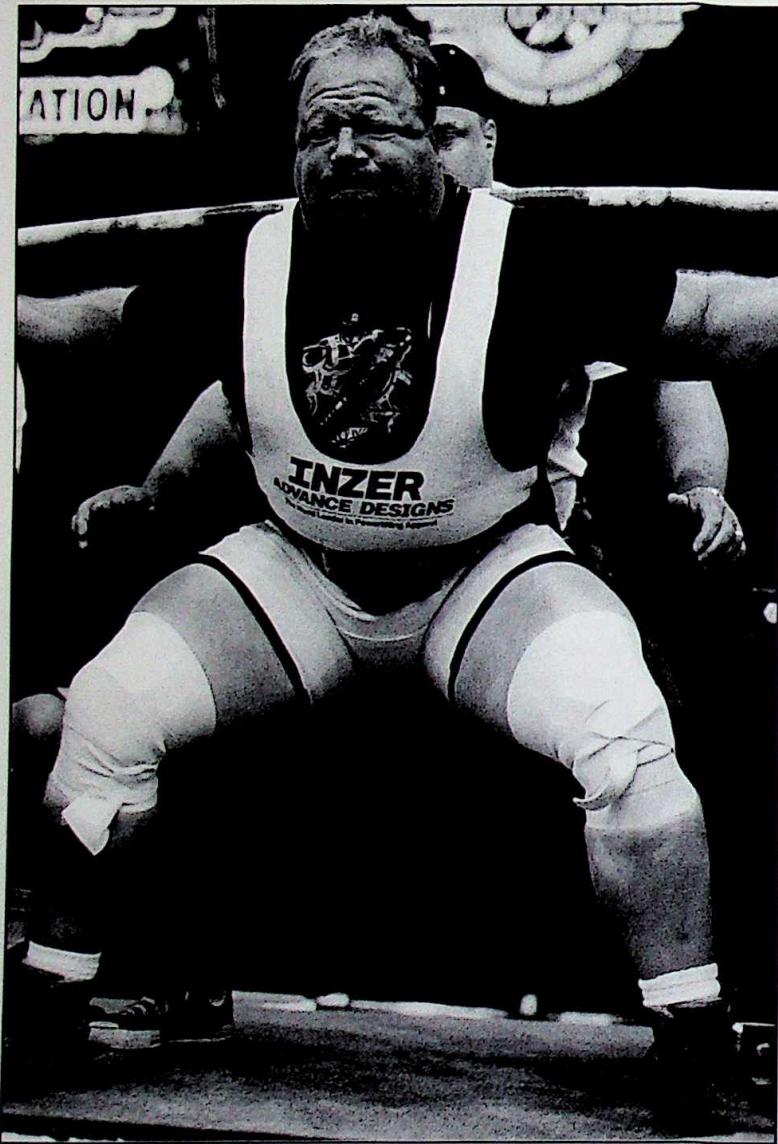
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WORKOUT OF THE MONTH

Brent Mikesell's Squat Routine *as told to Powerlifting USA by Brent Mikesell*



The following is a squat training cycle that should help a novice to intermediate powerlifter make some modest gains. It is written for a 600 pound squatter and numbers can be adjusted by multiplying percentages to your own max. Before I get into percentages and poundages, there are a few basic principles that I hold very dearly that are necessary in order to be a good squatter. First, back strength is essential to staying

in position while squatting. In particular, lower back and erector strength. Second, your feet and glutes must be in line with the bar so all three points are pushing together. This is usually accomplished by widening your stance. Third, leg presses are not necessary, as there is no transfer of strength. Finally, don't spend a lot of time doing extensions and leg curls.

This training cycle is a 10

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).

week progressive training cycle and should be done in the middle of the week in between your bench and deadlift workouts. I do not believe in training the deadlift and squat on the same day. For the assistance exercises, some of these should be performed on your deadlift day and some on your squat day. Pick the ones that you like best to do after each deadlift and squat workout and make sure the assistance exercises are performed once per week. My reasoning for doing the Smith Machine squats is that I feel the specific movement needs to be trained and that the Smith squat is the closest movement to doing that. In addition, it takes added strain off so you don't have to balance the weight.

The only drawback is - if you are a heavyweight like me — getting into the machine is less than fun.

Remember, if you are not making progress, you need to evaluate your calorie intake, the amount of rest you are getting at night and the actual poundages you are using. If the poundages are being achieved easily on this program then do not alter them. However, if the poundages are too difficult then slightly modify them and lower the weight.

Week 1: Squats 135x8, 185x5, 225x5, 315x5, 380x1 (on this set the minimum # of reps is 1 but you should try to get at least 3) Use wraps on your last set ONLY. Smith Machine Squats: Do these following your squat work and get 2 sets of 5. These five reps should be easy at the 10 week period and become increasingly difficult towards contest time. To begin with go: 240x5, 260x5. Assistance Exercises: Reverse Hypers or

Hyperextensions - 2 sets of 10, Adductor and Abductor Machine - 2 sets of 10, Heavy Seated Calf Raises - 2 sets of 8-10, Stiff-Legged Deadlifts 2 sets of 6. DO THESE EVERY WEEK EXCEPT THE LAST TRAINING WEEK.

Week 2: Squats 135x8, 185x5, 225x5, 275x5, 315x5, 390x1. Smith Machine Squats: 250x5, 270x5

Week 3: Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 410x1. Smith Machine Squats: 260x5, 280x5

Week 4: Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 365x1, 430x1. Smith Machine Squats: 270x5, 290x5

Week 5: Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 365x2, 450x1. Smith Machine Squats: 280x5, 300x5 **Week 6:** Squats: 135x8, 185x5, 225x5, 275x5, 315x5, 365x3, 470x1. Smith Machine Squats: 290x5, 310x5

Week 7: BRIEFS ARE ON FOR ALL SETS. PUT SUIT ON FOR LAST SET ONLY WITH WRAPS. Squats: 135x5, 185x4, 225x4, 275x4, 315x4, 365x3, 415x1-3, 510x1. Smith Machine Squats: 300x5, 320x5

Week 8: BRIEFS ARE ON FOR ALL SETS / PUT SUIT ON FOR LAST SET ONLY WITH WRAPS. Squats: 135x5, 185x4, 225x4, 275x4, 315x4, 365x3, 425x1-3, 550x1. Smith Machine Squats: 310x5, 330x5

Week 9: BRIEFS ARE ON FOR ALL SETS / PUT SUIT ON FOR LAST TWO SET ONLY WITH WRAPS. Squats: 135x5, 185x3, 225x3, 275x3, 315x3, 365x3, 435x1-3, 580x1. Smith Machine Squats: 320x5, 340x5

Week 10: THIS WORKOUT SHOULD BE NO LATER THAN TUESDAY OF THE MEET WEEK. BRIEFS ARE ON FOR ALL SETS. PUT SUIT ON AFTER YOUR 5th SET. WRAP LAST TWO SETS. Squats: 135x5, 185x3, 225x1, 275x1, 315x1, 365x1, 445x1, 535x1, 610x1. Smith Machine Squats: None Meet Day: 1st ATTEMPT: 570; 2nd ATTEMPT: 610; 3rd ATTEMPT: 625-635

Best of luck to you and your training - and remember, if you're sitting on you ass dreaming of a big squat, someone else is sitting in the hole and actually doing it!!!

BRENT MIKESELL

Last month we visited Python Gym, where Tee Meyers runs his snaky madness. I mentioned that we would soon find out what a 'poor man's grizzly' is. Do you know?

We have lots of rattlesnakes in Texas, and everybody knows that snakes are loads of fun! But there is even more fun to be had! I've heard it said of parts of Texas; that everything that grows in the ground has thorns, and everything that walks on the ground will bite or gore you! Getting snake bit is fun for everyone, but being gored is even more fun. It's an absolute wonder that there aren't more movies about it. Why should vampires (biters) get all the fun, when there are so many WILD HOGS?

Most of you Southern boys will know about wild hogs, and a few of our boys from the North of the Mason Dixon line have seen 'em too! I saw some little ones mounted in a Bass Pro shop in Florida, but they grow BIG. I read about a few that supposedly topped 1000#, and have seen pictures - but I've never seen a real wild hog over 400#. Even that is HUGE. Forget the cute pink piggies you see in the Wilbur movies. Imagine a 400# creature with coarse black hair, thick muscular body (not fat), and 4-5" long 'cutters' to rip and slash you. These cutters are actually long teeth (like a vampire), but wild hogs don't use them to bite their food - they use them to cut and slash opponents.

Any decent wild boar (male hog) can cut you to the bone with a quick flip of his head. People that hunt wild hogs with dogs plan to lose a few every once in a while, since a cornered wild hog can disembowel a hunting dog quicker than you can say 'Redneck Sport.'

I've got friends who trap wild hogs for a living, and I've seen plenty of great wounds and scars. This is potentially so much fun for the whole family that I buy the smaller wild hogs from trappers to stock our land with. I just love dangerous animals! Of course, don't tell my country neighbors that we are stocking our place with wild hogs, 'cause they would shoot me. Why? Wild hogs are not content to just kill dogs and other critters, they also destroy crops by rooting up the ground.

They don't just dig it up like a mole or a gopher; wild hogs leave craters big enough to get a tractor stuck in. It just adds to their unique appeal as far as I'm concerned, but farmers and ranchers hate them.

Wild hogs injure or kill their opponents, and destroy their environments. Like a drunken rugby team on spring break. Is this a great animal or what? Brian Dobson (Metroflex Gym) generally smokes a few wild hogs to serve during his powerlifting meets - and we all love 'em! As he says "Lift like a Beast - then eat one!"

But even wild animals need a place to train, and this brings us to Hawg's Barbell Club in Glendale, Arizona. I'll let Lawrence DeAlva (not associated with Bloody Lawn Gym) tell his story:

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Crazy Apartment Life

astoldtoPowerliftingUSA by Rick Brewer, HouseofPain



Hawg's Barbell Members/Visitors: back row, l-r, Dr. Leonard "Doc" Lense, Marty Einstein, Brian Thompson, Mark "Mongo" Govoni; front row, left to right, Mike Early, Lawrence De Alva Sr., Evan Davidson, and Josh Harrison.

Monolift coming soon! Oh yeah, I cannot not forget about the radio we use to blast tunes from Metallica, Hatebreed, AC/DC. We'll put in whatever it takes for a lifter to lift a weight. What's your choice?

This gym is truly HAWG heaven. In the summer it's hotter than hell in here, but we don't like to hear people bitch about how hot it is to train. If that's the case, go home and be cool in your air conditioning. We have about 15-20 members and regular visitors. We have even conducted seminars for other gyms. We just recently did a seminar for Thorbecke's Gym in Tempe, AZ. It was an honor for us to be asked to do this for them. Their powerlifting history speaks for itself. We try to attend all the meets here in AZ. We welcome anyone who is willing to put themselves through hell and help to make us all better lifters!

This gym all started in a 3 bedroom apartment. (Apartment skanks are people too, like Trailer Trash and Wild Hogs. Rick). We had 2 power racks, ghr, d-bells, refrigerator, and bars all in a small apartment bedroom. It was the master bedroom so we had lots of room. Ha ha ha! Hell, we even had 2 tractor tires at my apartment's front door! People thought we were NUTS! My 6 year old son Lawrence De Alva Jr. would watch us flip tires and laugh and sometimes go for a ride as we did sled work. People really thought we were crazy. Deadlift days were always a blast in the apartment. I always wondered what the neighbors were thinking when the bar

powerlifter needs. We have sleds, bands, about 40 sets of chains, boxes for box squats, hassock boxes for squatting, boxes for plyo jumps, weight releasers, manta ray, Forza dead lift jack, deadlift platform for use with bands, a variety of bars (15 to be exact), 1500 # Jesup bars, Texas power bars, pro reverse hyper, glute ham raise with a wide foot plate, leg press, smith machine that collects dust and dirt, 2 power racks (1 of our racks I had specially made to use with band squats), lat pulldown machine, land mine, Grappler, variety of grip machines, dumbbells up to 150#, Fat bar dumbbells, 45 degree back raise, boards for board presses, incline bench, 6000+ pounds of free weights!

We also have 2 tractor tires for tire flips! We even have a refrigerator!



One of the Flippin' Tires in front of the apartment. (courtesy Rick)

would hit the floor? People who would come over to train for the 1st time could not believe it, and - no - they never had a hard time finding the apartment with the 2 tires in front. Those were the good ole days of HAWG'S Barbell Club. We now have it in a garage and I do hope to have HAWG'S Barbell Club in a nicer facility one day soon.

We currently use a Westside Template for the squat and dead lift. But we have found that all cannot handle a Max effort squat/ dead day and dynamic effort squat/dead day, so I decided that it would be a good idea for some of our members to do one week Max effort and one week dynamic effort for the squat and deadlift, using every Friday as an assistance day.

Our bench program is a little different. We do lots of board presses and rack lockouts. We usually work anywhere from 5 boards down to 2 boards, sometimes working up in boards (2,3,4,5). Some of our lifters do speed work for the bench every other week instead of every week. On Max Effort day we will switch the volume from high to low depending on how we feel.

We're always looking for ways to advance in training knowledge.

We currently have a member named Mike Derosures who is chasing a 600 pound bench @ 220! The sky is the limit for this guy. We also have a 165er Evan Davidson who just benched 446 @ 165 and is going to get 500 @ 165! Mark Govoni is a visitor here to HAWG'S Barbell Club, and he has done an 854 squat, 534 bench, a 715 deadlift, and his top total is 2077, all this in the 275s! I myself am chasing a 500 pound bench also. I just recently hit it in the gym fairly easy. I must do this in a meet to make it official.

We feel anyone can bench 500 pounds, that is why I want a 600 pound bench @ 220!

We have a motto here at HAWG'S Barbell Club "if you believe you can, or you believe you can't, you're right either way"! So we always take the attitude of believing we can. We don't allow negative people in the gym.

I have made the journey all the way to Glenn Falls, New York to train at Bill Crawford's Adirondack Barbell Club. I learned quite a bit from Bill Crawford and Sebastian Burns. I personally feel that everyone should make this journey.

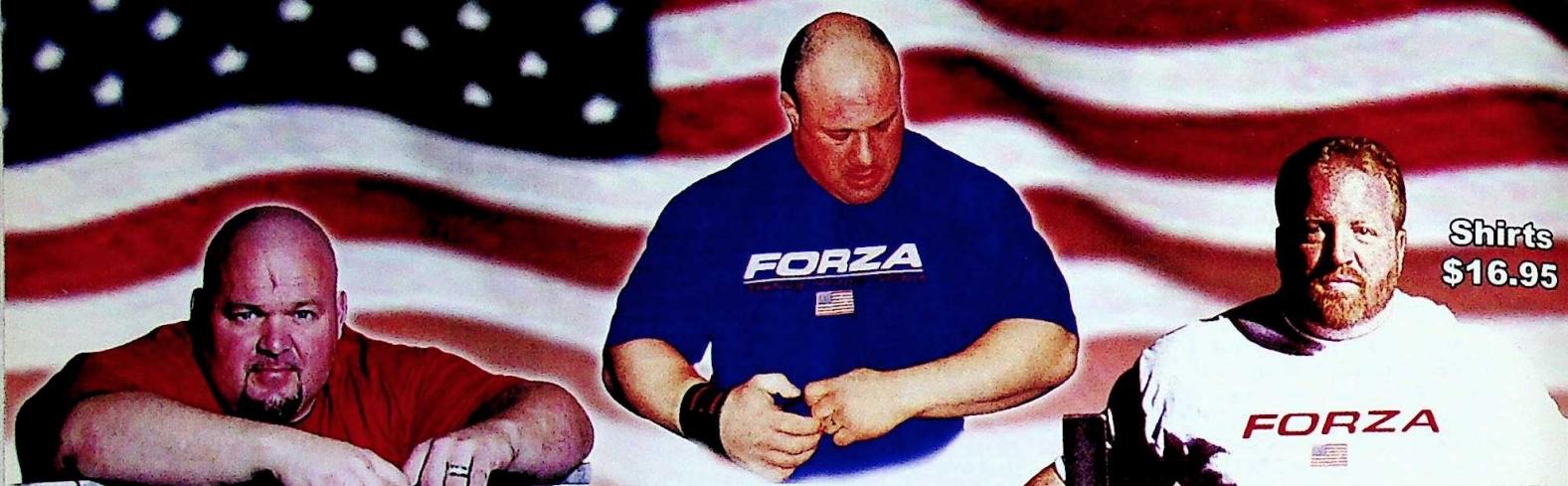
In closing; Lawrence wants to thank God, his son Lawrence Jr (who rode the sled and put up with dad), his Mom, all visitors and members, and Louie Simmons (who spent countless hours with Lawrence on the phone). If anyone wants to train at Hawg's Barbell Club, feel free to contact Lawrence via phone (623-937-5396) or e-mail: dealvapower@aol.com.

If anyone wants to hunt wild hogs, just come to Texas. Next month, we'll look at the kind of name conflict that arises when you use a generic name for your gym.

Comments and wild hog stories?
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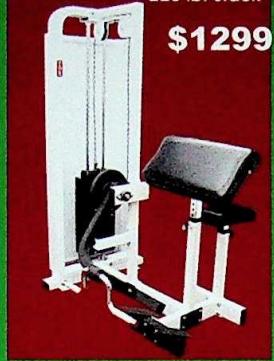


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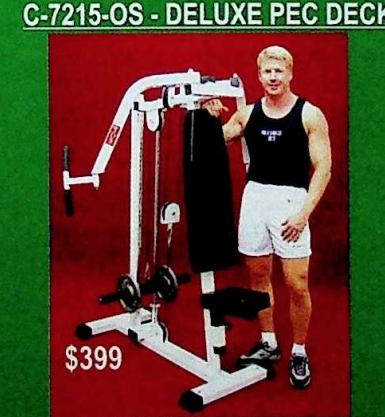
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DR. JUDD

SOME OF THE MOST INFLUENTIAL MEN IN THE HISTORY OF POWERLIFTING

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

I have been associated with powerlifting for almost four decades. During that time I have encountered some really amazing men and women, individuals who have gone beyond the call of duty to promote and advance the sport of powerlifting to a greater level of distinction. These individuals have literally dedicated their lives for the betterment of the sport ... Ernie Frantz, Jan Todd, Fred Hatfield, Conrad Cotter, Rickey Dale Crain, Louie Simmons, Eddie Coan, Lamar Gant, Marty Gallagher, Ken Leistner are just a few names that come to mind. However, when it comes to making contributions that have significantly influenced the sport of powerlifting, a few stand alone on top of the mountain. I believe these men have done more to steer the direction of powerlifting than any other individuals in the history of the sport.



BROTHER BENNET

Choosing Brother Bennett was my most difficult selection. Although he contributed significantly to the sport of powerlifting in many different ways, I was cognizant of the fact that there were a number of other individuals who were every bit as important to the sport as Brother Bennett. Actually, his selection may reflect a little bias on my part because I knew

Brother Bennett extremely well. He was so good-hearted and so benevolent and so full of magnificent things to share - his entire life was one of giving. He gave so much of himself to others and to the sport he loved - powerlifting. I will say this too - a lot of his contributions to the sport can not be documented in any record book. He literally gave all his time, energy, and money to promote the sport. In all candor, my selection of Brother Bennett was not based so much on the contributions he made to powerlifting, but rather on how his contributions reshaped the sport.

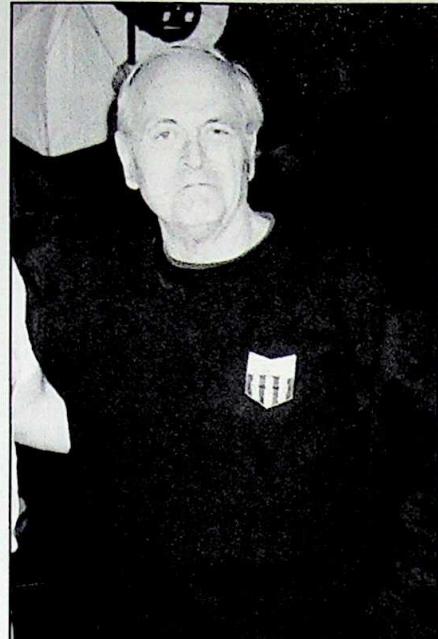
In 1981 Brother Bennett founded the American Drug Free Powerlifting Association, an organization that was designed to give drug free powerlifters a chance to compete among themselves.

At the time breaking away from the parent USPF organization was a bold and unprecedented move. It was the opinion of most powerlifting experts that the ADFPA would fail miserably. Initially, it looked like it would fail. There were financial and legal problems, and major issues with drug testing. Worse yet during the first year the ADFPA had less than 200 card-carrying members. Through hard work, perseverance and sheer determination, Brother Bennett took the ADFPA from relative obscurity to national prominence in less than three years. In so doing the organizations membership increased tenfold.

The separation of the ADFPA from the USPF opened the floodgates. Within no time organizations sprang up throughout the country. Today we have over 25 different powerlifting organizations in America alone. As a result, powerlifting is experiencing extreme factionalism, which in my opinion has significantly weakened the sport and could very well lead to its destruction. Of course, this remains to be seen. Either way Brother Bennett has significantly influenced the history of the sport and consequently is one of my choices as one of the most influential people in the history of the sport.

HERB GLOSSBRENNER

Herb Glossbrenner, is perhaps the most un-celebrated, but by far one of the greatest contributors to the sport. Powerlifting, over and above most sports, is about numbers. Statistics are the sport's lifeblood. We study meet box scores, compare lifters' totals, memorize the record books, and scrutinize Powerlifting USA's rankings month after month. If you ask Mike Lambert, he will probably tell you that one of the major selling points of Powerlifting USA is its ability to bring the reader the most up to date statistics and/or lifts that are recorded around the world. Herb Glossbrenner has provided this service for powerlifters for more than five decades, and he has done it with the precision



and care of a neurosurgeon. In this respect, Herb Glossbrenner is the gatekeeper of powerlifting statistics.

Glossbrenner's work, although rigorous, prudent, and insightful, languished for many years in obscurity, largely ignored by the lifting world, but in the past few decades, thanks to Powerlifting USA, numerous lifters and supporters of the sport have started to take his work more seriously. Shrewd observers of the sport seek understanding not through commentaries or editorials, but from the statistics that accrue over years and years. Analyzing those statistics allows one to make a more informed and intelligent decision as to which lifters are better than others or what the best strategy might be against a certain athlete. Through his work Glossbrenner has given the powerlifting world these advantages and in so doing he has changed powerlifting immeasurably. More significantly though, without Glossbrenner, powerlifting would not have a legitimately documented history. For this reason, every person associated with the sport is greatly indebted to Glossbrenner.

JOE WEIDER

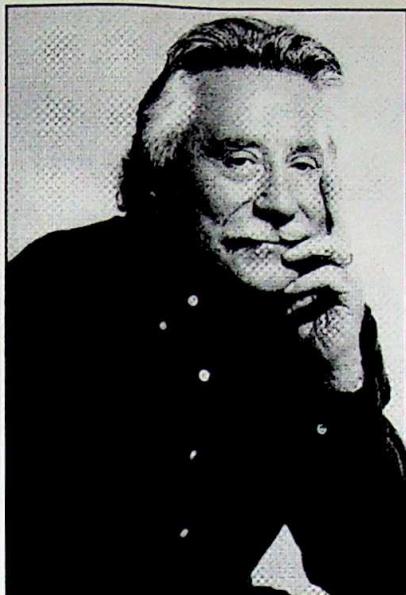
In brief, Weider is the father of bodybuilding. He literally took a marginalized activity that was viewed by the general population as a joke and turned it into a competitive and mainstream sport. In so doing he also created a billion-dollar industry. Weider has organized, subsidized, and conducted all of the major bodybuilding championships in the world. He has been, in addition, the publisher of the major magazines in the field. As a result of his strong beliefs in the concept of liberty, he has done more to open up the sport of bodybuilding to all people, notably, women and ethnic minorities. This in itself is a dramatic contribution.

He is also to a great degree responsible for revolutionizing how athletes trained in all sports. During the 1950s, sports teams rejected weight training as a method for building strength. Coaches and physical fitness experts of the time believed that weightlifting would decrease an athlete's speed and flexibility and would render him musclebound and uncoordinated. Through scientific research presented in his publications, he squelched those myths and presented hard

evidence to show that weight training significantly enhanced athletic performance.

It could also be argued that no other individual in the world has done more to promote the spirit of physical fitness to the world market. His fitness magazines such as Shape and Men's Fitness have created a new health and lifestyle for literally millions of individuals. In this respect, he could in addition be considered the father of the fitness boom in America too. As a side note, he is likewise responsible for helping Arnold Schwarzenegger achieve world class status as an athlete, entertainer, and a political figure.

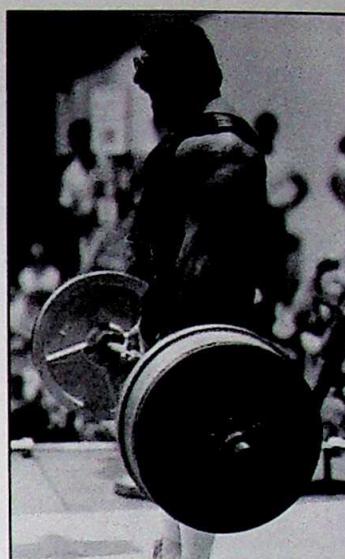
The aforementioned is basically common knowledge to anyone who is even remotely interested in physical fitness. What you might not know is that Weider was primarily responsible for introducing powerlifting to the world stage when it was basically a backyard sport. In its infancy powerlifting was basically an unknown activity, and for the few individuals who did know about it, it was more of a joke than



bodybuilding. Through his publications Weider introduced the sport to millions of readers throughout the world and in so doing gave the sport instant credibility. Over the years he has consistently promoted the sport. In all candor powerlifting might never have evolved into a legitimate sport if it weren't for the efforts of Joe Weider. His contributions were that significant to the sport.

LARRY PACIFICO

Larry Pacifico is the only world class lifter to make this brief list. Pacifico was, without question, powerlifting's first real superstar and is still one of the greatest lifters of all-time. In fact, considering everything ... the weight classes he competed in, the lifters he competed against, his world records and world titles ... it could easily be argued that he is the greatest lifter of all time. In his prime, there was no one who could even come close to challenging his greatness. He could compete in any weight class he wanted too, in world class competition, and still walk away unchallenged. He was just that great. His achievements in the iron game are literally legendary. During his career, he won a total of 102 competitions and set 54 world records. He won nine straight world powerlifting championships during a time when a world championship truly signified that the champion was the best lifter in the world. He was literally a powerlifting demigod, a legend in his own time. In the years that he competed, he not only became the greatest powerlifter who ever lived, but he was also one of the most recognized strength athletes in the world. Perhaps more importantly though



he handled his fame with a grace and dignity that has transcended the sport and made the name of Pacifico a household name among individuals who didn't know much about the sport of powerlifting. It has been suggested that no single lifter in the history of the powerlifting has drawn more individuals to the sport than Larry Pacifico. Even today two decades removed from his competitive years, Pacifico is still one of powerlifting's greatest ambassadors.



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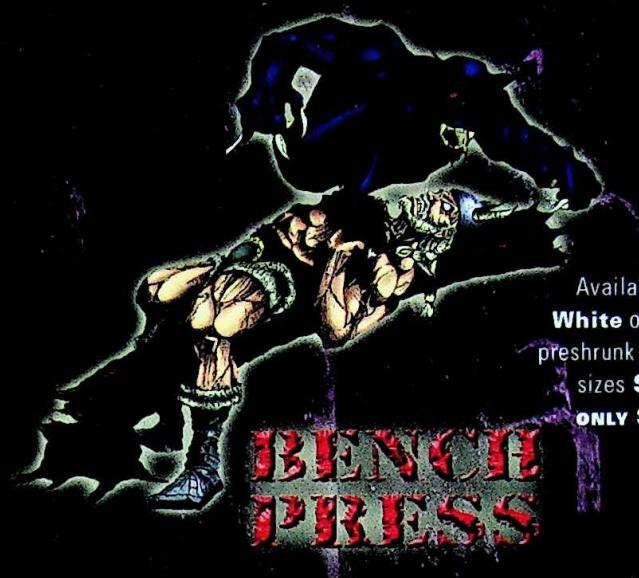


Mike Ruggerio 2516 lb Total



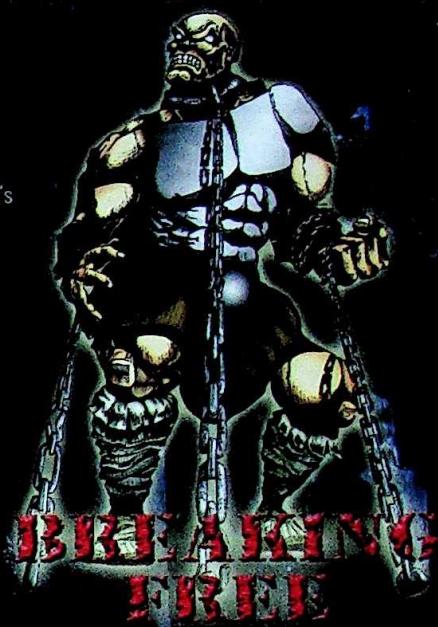
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular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

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

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

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

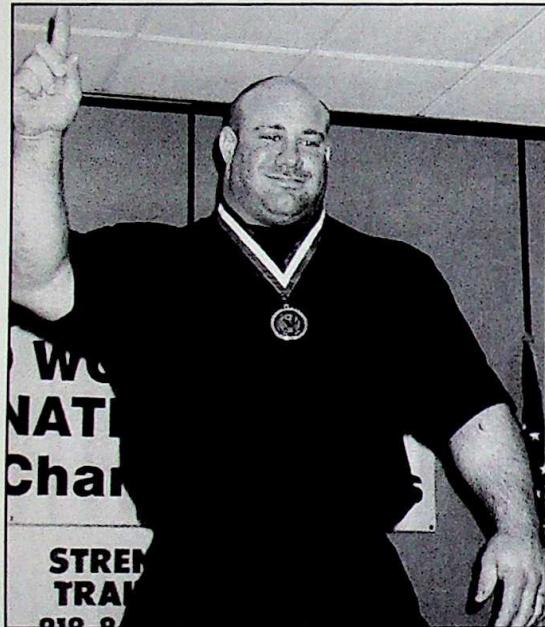
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

This is of particular value within larger

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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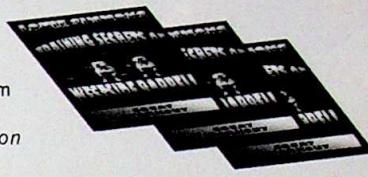


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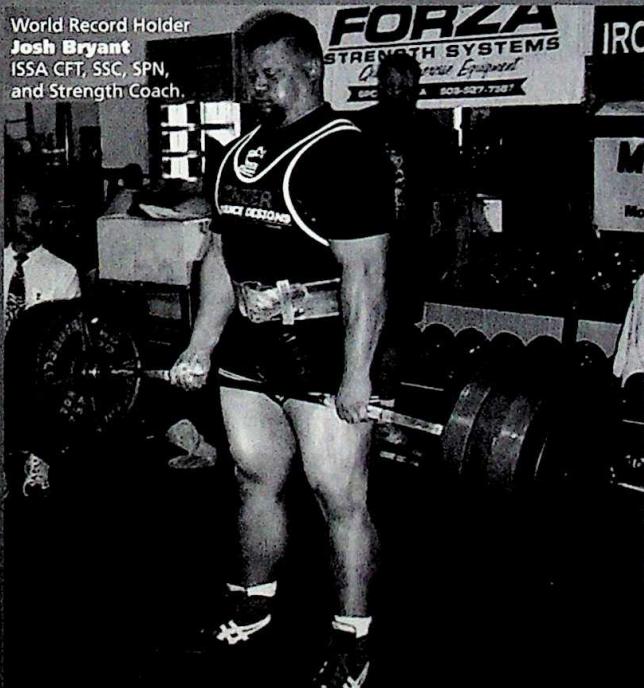
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There are several popular and effective bench press assistance exercises that can be of use to the powerlifter. Among them are variations of the regular flat bench; incline and decline presses. Inclines are performed on a bench that has the lifter's head and torso inclined above parallel to the floor. Declines are the opposite; they position the lifter's head and torso angled below parallel to the floor. They each have different benefits and each have their own challenges. To get the most out of these exercises, I'd like to point out how to properly execute each one as well as explain common exercise pitfalls that stop lifters from getting max results. In addition, I will provide some alternatives and caveats. Let's proceed.

Incline presses are an extremely popular exercise for bodybuilders. The foremost benefit of inclines is developing the upper portion of the pectoral muscles. However, many lifters do not perform inclines in the most effective manner. First of all, if the angle exceeds 30 degrees, most of the work is done by the delts, not by the chest. Another flaw

many lifters practice while inclining is they raise their butt off the bench while pressing, in essence, making the incline press a flat press. This takes away emphasis on the targeted area; the upper pec. Lower the bar high on the chest and press upwards, keeping your butt on the bench, with your back flat on the inclined bench support.

Decline presses are also widely used. Their forte is opposite of inclines; emphasizing the lower pec region. The major execution flaw is lifters tend to hit the bar closer to the waist than the chest, essentially doing a 'belly bounce'. This considerably shortens the range of motion. This explains why some lifters claim to decline press more than they do on the regular flat bench. Less distance means that more weight can be lifted; simple physics. For declines, lower the bar to the lower part of the pecs and press upwards. In both cases, lifters too often deviate from proper form over time to lift more weight and get more reps.

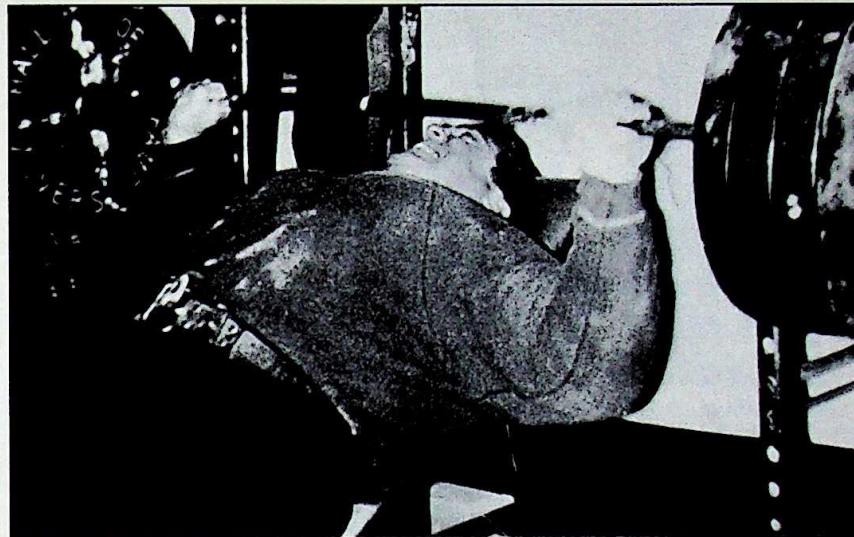
Another complication is while many lifters may want to work their upper and lower pecs, they don't have access to incline or decline benches; no problem! For working the upper pecs, try benching on a flat bench with a wide grip lowering the bar to a point high on the chest, towards the head. The pecs can be emphasized more if your elbows

STARTIN' OUT

A special section
dedicated to the
beginning lifter

INCLINE AND DECLINE PRESSES

as told to Powerlifting USA by Doug Daniels



Pat Casey, the first man to bench press 600 lbs., trained the incline press as well and set an unofficial world record (above) of 523 lbs. back in 1967. (from Myers Badura)

are kept at right angles to the body. This really puts stress on the upper pecs and is actually more effective than inclines. Be careful when starting to use this exercise. If you dive in to heavy weight too quickly, you can easily pull a muscle. Start with lighter weights and warm-up and stretch slowly with this movement. The stretching of the pecs and shoulders is a drawback to this exercise. If you experience any pain or soreness, don't go as high towards your neck as you were, decrease the weight or drop the exercise altogether.

To target the lower pec area, try the opposite of the above example. Hit the bar lower on the chest, slightly below your nipple line. Also as in the previous example, keeping your elbows at right angles to the body will also add to developing additional pec strength. The regular flat bench works the lower pecs hard already.

Integrating these assistance exercises into your routine is last. Inclines can be a wise choice on your light bench day, replacing regular flat benches. Of course, benches high to the chest can be substituted, especially if you lack an incline bench. Cease most, if not all, assistance work for the bench the last 2-3 weeks prior a meet. Concentrate on assistance

work prior to this time and during your off-season period. Dumbbells can be used instead of barbells for variety and stressing the stabilizing musculature.

Inclines and declines are two of many assistance exercises available to the powerlifter. You can also get most, if not more, benefit from these flat bench variations I discussed in this article if you do

not have an incline or decline bench. Full range of movement is essential for best results in any exercise, but on the other hand, extreme range of movement can be risking injury. Work into any new exercise slowly with light weights, never compromising form as you increase the weight. As with any assistance exercise, remember their end goal is to increase the powerlifts. Use proper form and the most effective exercises in the most effective manner and your lifting totals will be on a steady incline and that's an offer too good to decline.

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The meet site was Del Webb's Kuilima Hotel. He was owner of the New York Yankees then, and Micky Mantle used to visit with Billy Martin and I'd sit around drinking beer and listening to their war stories. I was in charge of security on the graveyard shift. I worked there from December of '75 to July of '77. Most of my job involved dealing with the fighting in the bar after midnight. I never thought I'd live more than a few months. We were not armed and the bad guys were. I stayed in an entertainer's room for the entire 19 months. The room was in the bowels of the hotel - right off the kitchen - a good place to be if you were an aspiring powerlifter.

I'll relate two life threatening episodes which should have made me quit this job. The first involved a hit man that a mafia head had directed to send me a message. He had been shot 7 times in a fight and lived to tell about it. He was one of the most evil looking people I had ever seen - about 6', 260#. I slept during the day, but was awakened about noon and informed this guy wanted to talk to me and he had a gun wrapped up in a towel. Keep in mind, haoles (Caucasians) weren't the most popular race in Hawaii and the vast majority of surfers, hippies, rich children of California businessmen were getting their ass kicked on a regular basis. Well, I was going change that perception. The best way to do that was to become a powerlifter and I went from a 6'4" 240# first baseman for the University of Hawaii to a 290# powerlifter in 6 months. I ate everything in sight: 36 eggs a day, 2 gallons of milk, 1/2 gallon of ice cream, 2 steaks, 3 cans of tuna fish and 3 cheesecakes a day - cakes not pieces of cake.

Back to the hit man. I said, "If he's got a gun, why did you tell him where I was?" My wife had just divorced me, as she should have, since my only interest was lifting and getting big as fast as I could. I could only see my two daughters for 4 hours once a week. I had been in law school in Oklahoma City in 1974-75, but was kicked out because of a couple of incidents I'll explain later. Because of these personal issues, my main interest was just becoming huge (I was 310 at the time) and I didn't give a damn about anything else. I had no fear. I went to the guy in the bar. "You looking for me?" He swiveled around with the towel all wrapped up. He seemed surprised. We walked outside. I knew I was the biggest haole (white guy) he

Legends of Powerlifting

March 11, 1977 - the first Hawaii World Record Breakers Meet by Gus Rethwisch



Gus Rethwisch lifted in and promoted his meets with an fierce intensity that had to be seen to be believed. He created a scope of competition that no one else even imagined to be possible back in the 1970s and 80s

had ever seen. "My boss wants me to give you a message: you need to quit this job because you're beating up too many good people."

I said, "You mean the A... brothers?" - they were real tough guys. They had beat up on a 65 year old guy in the bar while one of them was grabbing his 35 year old wife the whole time." He said, "Look. I'm not here to fight you, just to give you a message."

I said, "Any f___ idiot could figure that you have a piece in that towel," and I said, "I think I can do a lot of damage before you unwrap it." He said, "How much do you bench?" I said, "F___ the bench. I only do 500, but I deadlift 900 on a good day." He said, "What's a good day?" I said, "One filled with rage. You see, I'm just an average fighter, but with my strength and rage, I black out and I do amazing things." That was the end of the conversation.

My boss was a Tongan guy named Sione Filipe or John Phillip. He had finished 2nd at the 1975 JPF Worlds. He was a great training partner. He benched 580 raw, squatted 800 raw and deadlifted 700. He could kick a football 75 yards on the fly in his street clothes. He had been a state wrestling champ for four years. Anyway, we were training and this hit man showed up again, because I didn't quit the job like I was supposed to. We were facing off and John Phillip said to him, "You're making a mistake. He has nothing to live for

and he's insane half of the time".

He charged, and I charged, and I went to take a swing when John Phillip came out of nowhere to drop him with the most vicious punch I have ever seen. Trust me, Mike Tyson and George Foreman had nothing on John Phillip. The guy got up and John backed him up with wicked "just to let you know I'm here" slaps for 200 feet. I asked John why he intervened. He winked and said, "Don't think I'm your good friend now, I just didn't need to lose my chief of security because of a broken hand or broken jaw. You'll probably have two fights tonight at work and I want you to be fresh. It's just business, Gus."

Then we went back to our squatting and I tripled 700 in a singlet and he did the same. That night I did have a fight at work in the bar. At 2:00 a.m. John and a bunch of fellow Tongans brought in a pig cooked in an "imu" (an underground pit covered with taro leaves). We put it on the hood of my car and we ate the whole thing, with no silverware.

The reason I got the job with John was that I had been bouncing in the two most dangerous bars in Waikiki - Opehrs and Midnight Cowboy. I had thrown a 275# Samoan 30 feet through the air off a landing. Two cops witnessed it. One cop was 6'6", 275# or so. He said, "How the hell did you do that." I said, "I don't know. I was scared spitless and I went into rage mode and blacked out on my feet."

Six months later, the same Samoan and his buddies wanted revenge. They found out where I lived and threatened to do something to my daughters. I was standing on a six-step landing and they were on the main drag, yelling threats at me. I was a very fast runner. I used to race guys for \$20 in the lobby of the Sheraton Waikiki and ran a 4.9 forty-yard dash. I charged off those steps and hit his compact Datsun on a dead run and tipped it over. The driver was trapped inside and I crawled in through the window and dragged him out and put a few dents in the car with his head. Traffic was backed up five blocks.

One of my fellow bouncers was Wayne Bouvier, who had benched 617 raw. We were rooming together at the University of Hawaii football dorm. The only

problem was ... we weren't football players and we weren't supposed to be there. So, the football coach put a huge steel latch on our door. Wayne and I came back from a night on the town and saw the latch and Wayne kicked it in with one shot. The next day, a football player delivered a note from the coach saying we had to leave. We told him to tell the coach to deliver it personally. He never did.

Then John Phillip showed up where I bounced and offered me the job at the Kuilima. All of the aforementioned incidents led directly to the first Hawaii World Record Breakers meet. Prior to the bouncing job, I had about \$100 to my name and I was living out of my car, sleeping on the beach. I slept in back of the bar where the entertainers kept their band instruments. I made a bed out of plywood and 2x4s draped over two safes. I slept there for three months, then at the dorm at the University for the other three months.

The reasons I got kicked out of law school were threefold. #1, I only was interested in Powerlifting. The feeling of lifting big weight was highly intoxicating. #2, I was playing intramural basketball and I decked a guy who kept talking trash to me. I wasn't used to it. I had been All Conference in high school, but only weighed 185, and everybody just let their play speak for itself then. Then, #3, the freshman law school played the second year law school in football and they had an All Conference center from North Carolina State.

The day of the game he wore a T-shirt with 'Vicious' written on the back of it. I'm sitting in the cafeteria minding my own business and he comes over to me and slams his fist on the table where I was eating and turned around, I guess to show me what his T-shirt said. He walked away. He never said a word and neither did I. On the first play of the game, I broke his sternum and I was on my way out of Law School. My grades weren't the best either, but I didn't like school anyway and all I did was train. My training partner there was Walter Thomas - a great lifter and good friend.

My most memorable moment in Law School was when a flash flood was going down the parking lot outside my dorm. A yellow Volkswagen was being washed away at about 6:00 a.m. and I ran out in my boxer shorts and picked up one end and pulled it off the parking lot onto the higher grass area. I got a standing ovation from all the dorm students who were awakened by the owner of the Volkswagen, a young lady, screaming that her car was being washed away.

Back to my job at the Kuilima. It was a beautiful 600 room hotel on the North Shore of Oahu. I

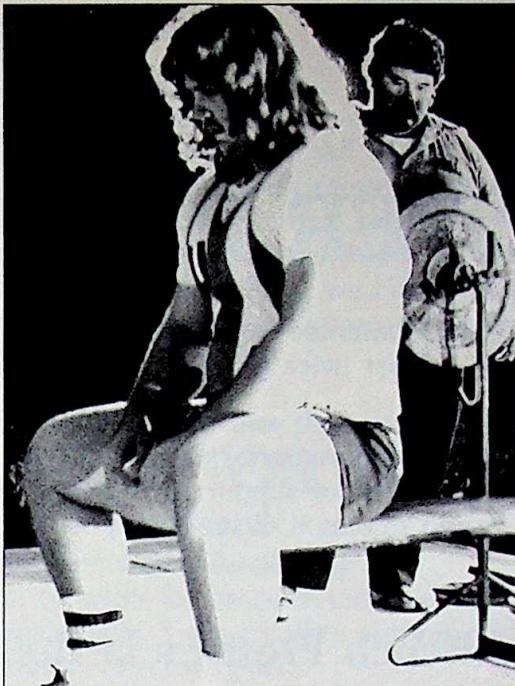
started dreaming of putting on a meet there. I was disillusioned with going to meets with no spectators. I went to the '74 National Collegiates with Wayne Bouvier at Long Beach State. There were only 100 spectators with over 200 contestants. Bouvier won, at age 19, with a 480 bench, 700 squat and 620 deadlift. No knee wraps—just a small leather belt. Wayne was attending USC on a track scholarship and he was a 63' shot putter. We were staying at a motel and didn't have any money to go to a restaurant. In the three days prior to the meet, we drank four gallons of milk and ate five pounds of hamburger raw. My lifts were 360 bench, 490 squat, and 660 deadlift.

A couple more items to develop the background of the participants for the First Annual World Record Breakers. When I went to law school in Oklahoma City, Walter Thomas and I trained and went to meets together. One memorable moment was when we had a pancake eating contest in Texas on the way to a meet in Shreveport. Walter weighed 165 and I weighed 295. Walter won and I was feverishly trying to keep up. I also went to Walter's church, the only white member in an all black church. They were great people and every Sunday after church they had a picnic with fried chicken, ribs, etc. It was the best food I ever had.

When Wayne Bouvier was only 20, a brothel in Windsor, Ontario, Canada hired him to arm wrestle the best that the Detroit mafia had to offer. What Wayne didn't know was that \$10,000 was riding on the match. Wayne smoked him. He had 10" wrists. He could do power cleans for triples at 385 and he never trained them.

Another exploit was the Hawaii qualifier for the World Arm Wrestling Championships in Milwaukee sponsored by Miller Beer. You had to win two matches to get to the final. One of Wayne's opponents was some big 360 pound Hawaiian from Maui who had been featured in "That's Incredible" with John Davidson. He had held up the back end of a 1957 Chevy while a driver had it in reverse and the tires were blowing smoke everywhere. He tried to intimidate Wayne. Wayne was a baby faced kind of guy. Wayne smoked him and broke his arm in the process.

Then to the final. An iron worker from Los Angeles came to Hawaii to avoid going up against



The Late Wayne Bouvier with his USA lifting suit, contemplating a 610 pound bench press attempt at the first Record Breakers meet. Wayne was a hard to miss icon in Waikiki, weaving in and out of traffic on a minuscule Honda 50 that you could hardly make out underneath his 300+ lb. bulk, wearing a too-small crash helmet, with his long hair streaming out behind

the legendary Cleve Dean, a 460 pound behemoth. Wayne and this guy jockeyed for position for at least 10 minutes – more than the legal time allowed, I'm sure. This tournament was held at the Pearl Ridge Mall. At least 1,000 people were watching. Everyone expected a battle. They were very disappointed. Wayne put this guy's arm down fast enough where he yelled in pain.

Wayne Bouvier was planning on going back home to Michigan in December of 1976 for Christmas. I talked him into staying in Hawaii until March 12, the day after the first World Record Breakers. That's a story in itself – I had no money and he had no money, so I stowed him away in the hotel for 2 1/2 months. I had a good relationship with the staff and being in security, I had a master key to every room. I would simply check with housekeeping and I think Wayne probably switched rooms 10 times. He would eat with me in the employee cafeteria and then every night at about 2:00 am we would eat filet mignon steaks, papayas, gallons of milk and at least 2 or 3 cheesecakes apiece.

Now to the meet. The biggest attendance in history at a powerlifting event at that time had been about 1500 at the IPF Worlds in Birmingham, England in '75. The attendance at the first World Record Breakers was over 1700. We

turned away over 100 people, including one who sued me. Walter Thomas and Wayne Bouvier were the main stars. I almost had this meet televised. I had become friends with Clark Gable's stepson. He introduced me to an independent TV sports producer named Larry Lindberg. Lindberg was at the hotel filming a Smirnoff Surfing Championship at the Pipeline.

He offered \$5,000 and it was going to be on NBC. I made the mistake of telling Clay Patterson, of the IPF, who insisted I ask for \$50,000 and Lindberg backed off. However, that meeting laid the basis for the first ever Powerlifting meet on TV, the '77 IPF Worlds in Perth, Australia. Terry Todd got involved and talked sense into Clay Patterson and NBC signed a deal with

the IPF for three years. \$5,000 in 1977 (exactly what Lindberg had offered), \$7,500 in 1978, and \$10,000 in 1979.

Getting back to the meet. The hotel only had 1,300 chairs and was held on a Monday because that was the day I could get the ballroom free. At 4:00 p.m. the meet started, but at 5:00 p.m. I drove over to the BYU Hawaii college campus and borrowed 400 more chairs. I had them in the back of the hotel produce truck. A cop was following me. They were on those portable, wheeled chair holders. Well, it wasn't long and 400 chairs had fallen into the street right in front of the cop ... somehow, he helped me load them back up and by that time the meet was already two hours old. Those extra 400 chairs filled up fast. We had a physique contest run by Bill Nelson, still the NPC Chairman today. We also had the best bikini contest you could imagine. Bill Grant, a big name bodybuilder was guest poser. We had 30 lifters total.

Now on to the lifting. At 132#, Albert Andrade had the distinction of setting the first World Record ever at the World Record Breakers, a 343 bench at 132, raw, of course, on a fourth attempt. Al was a good friend, but he ended up doing 14 years in prison for some serious felonies. I used to visit him every Sunday. When he was transferred to Kauai, I did my last

big deadlift in an exhibition at the prison – 840. I hadn't deadlifted in a month, but with 600 inmates watching, there was no room for weakness.

I was warming up when Walter Thomas squatted 650 weighing only 170. The audience went berserk and I had chills from the excitement of that roar from the audience. He squatted 650, benched 405 and deadlifted 655, for 1710. This is 1977. Today at the WABDL World's, 655 would come in 3rd. Two years ago he would have won. He went on to do 821 at 198 and 722 at 181.

Wayne Bouvier smoked 580 on an opener. He had doubled 605 in training, but I think the stress of being a stowaway in the hotel was too much and he had lost about 12 pounds. He went to 610 for the World Record – no go twice. He was wearing a USA flag suit and hadn't cut his hair in a year. Like Samson, he felt that he got strength by not cutting his hair. He squatted 760 without knee wraps, benched 580 raw and deadlifted 700 for a 2040 total. I was his competitor. I had done 705 x 4 in training in the squat, but I only got 680 with a 475 bench and a 770 deadlift. I locked out 800, but hitched it. I was wasted from promoting the meet.

Doug Young, Jon Cole, Marvin Phillips, and Paul Wren were no shows. When the TV fell through, they were gone. The judges were Dennis Burke, Dick Burke and Rodney Hurt, all IPF card holders. Dick Burke, about 70, did 15 one arm pushups with a 100# plate on his back. I had my first taste of promoting – not just directing — a powerlifting meet. I was hooked.

About three months later the A... brothers and their friends, drunk on their butts, stormed the hotel at about 3:00 a.m. with rifles and shotguns in revenge for me kicking their butts. The guard at the entrance alerted me. We only had three of us on duty, no guns, and the A... brothers were friends with the local cops. I crawled on my belly on the golf course for about three hours with 3 A... brothers and two of their friends looking for me with flashlights. The cops never even arrested them, and I saw the handwriting on the wall. I left the Kuilima and started working security at the Sheraton Waikiki in July of 1977. It had 1950 rooms, 33 stories, right on Waikiki Beach and the biggest ballroom in the world. Every chance I got I would sit in a chair in the dark in that ballroom dreaming about putting on a meet where I could fill that seating capacity of 3,600. Next time, I will talk about the second Hawaii World Record Breakers, the 1978 version which had an unbelievable turnout in spectators.

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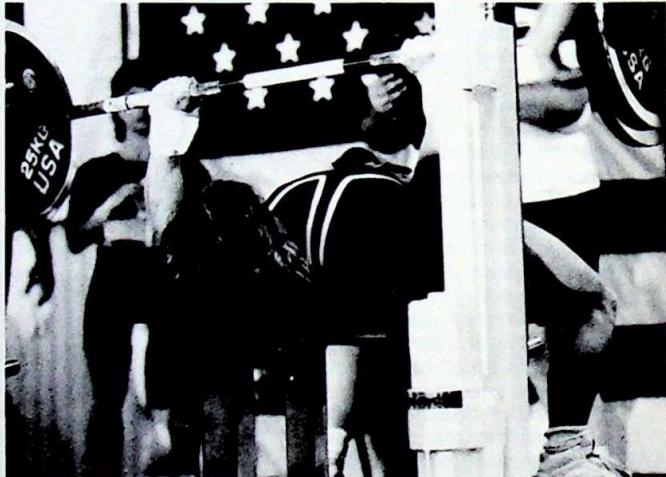
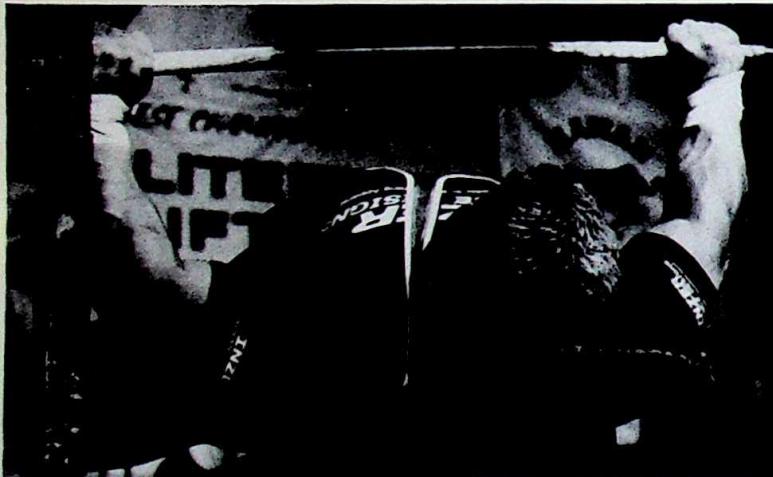
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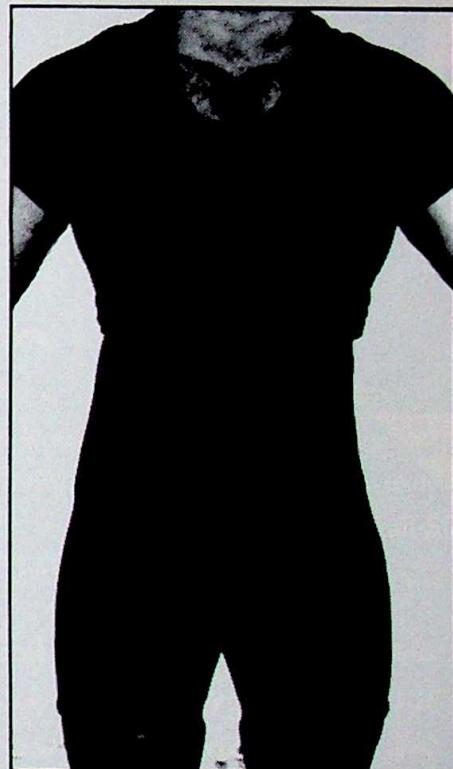
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ASK THE DOCTOR

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.)

HI DOC: I'm a 33 year old powerlifter. I have a very successful powerlifting career for the past 6 years with best lifts of 280-200-295-765. While preparing for the 2003 Nationals I encountered some low back pain and subsequent diagnosis revealed a grade 1 spondylolisthesis at the L5-S1 level. I believe that forcing an exaggerated arch while benching has to some degree led to my problem. I am currently doing prescribed lower back stretching and lower back stabilization exercises but am at the point where I have so much lower back pain that I cannot squat or deadlift effectively. In the November, 2003 issue of PL USA I read of a lifter named Steve who, with your advice, resumed successful lifting after being diagnosed with an L5-S1 herniated disk. If this lifter resumed training after a herniated disk, is there some chance I will ever resume lifting again? Yours truly, **Rob**

HI ROB: I received your letter about your grade 1 spondylolisthesis. This is a difficult issue to discuss with you without having examined you and watching your lifting technique. In general, however, I can tell you that I've seen lots of lifters do very well with a grade 1 spondylolisthesis, although there have been others who gave up on heavy squats and deadlifts. The hallmark of dealing with the problem is to thoroughly strengthen the entire torso including the abs, and the hamstrings, prior to getting back into the heavy lifts. I had one experienced powerlifter in his late thirties who developed severe back pain, was diagnosed with grade one spondylolisthesis, and then started working his abs hard and did lots of lat pulldowns, chins, reverse hyperextensions, and lots of hamstring work over about a one year period. About half way through he started doing deadlifts and squats again. He changed his style going to sumo in the deadlift, keeping his back very straight to decrease the pressure and the tendency for slippage, and widening his stance in the squat and keeping straighter here as well. He also decreased his arch in the bench, and contracted his abdomen and hamstrings more when he did arch. By the end of the second year he breezed by his previous max lifts. Now I'm not saying that everyone with spondylolisthesis can do this well. However, the presence of spondylolysis or spondylolisthesis by themselves doesn't have to be an insurmountable problem for a lifter as long as he or she is aware of and listen to their bodies, and takes things slow. It's very important to be seen, treated, and then followed up on a regular basis by a therapist who knows what he or she is doing when it comes to dealing with spondylolisthesis and how to deal with the problems it represents to powerlifters. I'm not familiar with any out your way but one of the best where I am is Ken Kinakin, a sports chiropractor who incidentally just put out a book that was published by Human Kinetics. I'd also recommend that you take my Joint Support (you'll find it in the store at <http://www.metabolicdiet.com> or call 905-372-1010) on a regular basis as this will help strengthen the tissues involved. As well, it'll be useful for not only the pain you're experiencing now but also to help you to train more effectively. The other day I received this comment, which I cut and pasted, from a lifter who was ordering Joint Support: joint support is an excellent product. I simply can work out more intensely without the muscle soreness that accompanied previous workouts without this product. Let me know if you have any questions, and of course how things go. Best regards, **Mauro**

DEAR MAURO: Hello, I was wondering if you could give me any details

on the formulation of your 'Amino' product and how it compares to other products on the market. I know that you are a leader in the supplement field and I hear that your supplements are the best out there. On the other hand in reading the various ads it seems like some of the other products out there are good as well. **Jim**

DEAR JIM: There is no comparison between Amino and any other product currently on the market. If you want the details have a look at the Amino product page, especially the Nutritional Panel and the pdf information file. There are specific reasons for each of the amino acids, other ingredients and dosages in Amino, some of it according to what I wrote in my book *Amino Acids and Proteins for the Athlete, The Anabolic Edge*, published in 1997 by CRC Press, and much of it from recent research and other information I've accumulated since writing the book (which I'm presently revising). The amino acid array in Amino, plus the patent pending proprietary formula is optimized for maximum muscle gains by way of increased insulin and growth hormone signaling, protein synthesis, and anticatabolic action. The array is also optimized for absorption, not only because the Amino tablets break apart almost instantly upon hitting the gastric secretions, but also because I've included hefty doses of glutamine peptides, as well as individual amino acids. Studies have shown that the peptides are actually absorbed faster than the individual amino acids. As a caveat, don't believe everything out there. Most supplement companies are all about hype and not providing quality supplements that work. In fact if you're interested I've just written a short ebook on the ins and outs of the supplement industry. This ebook is available to PL USA readers for free from www.MetabolicDiet.com. Go online and enter your email address and the code PLUSA and we'll send it out to you. **Mauro**

DEAR MAURO: A compound that is getting a lot of attention is citric acid. I cannot find a lot of information on anything except sodium citrate and unfortunately do not understand the larger picture with its supplementation. Is sodium citrate the same as citric acid? How does this work to enhance sports performance (primarily aerobic?), **Carl**

HI CARL: Citrate and citric acid are the same thing. It's an intermediate in the Krebs Cycle but in my view is not nearly important as some of the other intermediates. In fact, if taken in excess it can actually increase fat formation. If you want some of the details let me know. BTW I have citrate in the new Creatine Advantage as part of the Proprietary Complex that also includes malate, fumarate, succinate, aspartate and glutamate, all are important for TCA flux and aerobic energy production. **Mauro**

DEAR MAURO: I was wondering if you could recommend any exercises or supplements I could use to help aid the repair of my pec rupture. Training is going excellent, I have gained 17 pounds in 4 weeks, but I am wondering if I am spinning my wheels since I could be doing something else to help aid the repair of my injury. Your feedback is always appreciated.

DEAR READER: The exercises I would recommend are the ones where you can precisely control the movement and make adjustments if necessary. Machines are great for that, with some obviously better than others. For example, the Hammer Strength upright bench machine would allow you to do that. You can vary the grip and motion to suit the amount of pec you want involved in the movement, and the tracking is precise enough that there are no surprises. It's also easier to back off if you get a twinge that something is giving way. I'd also recommend that you really work on strengthening your triceps, delts and lats. All three, along with strengthening the torso - something that will help your stability, will help you in the bench and will decrease the amount of work your pecs have to do. If you're looking for supplements to help you heal and build up, then I'd use the following, in order of importance. You can read up on all of them at the MD+ store at <http://www.metabolicdiet.com/>. 1. And most important - Joint Support - use on a regular basis. Here's what one chap wrote today when he ordered it: "...the joint support is an excellent product. I simply can work out more intensely without the muscle soreness that accompanied previous workouts without this product. Customer: Al"2. GHboost and Myosin Protein - both are used before bed and will increase GH/IGF-I and help the healing process. You can use both with TestoBoost (all three are my Nitabol mix). Best regards, **Mauro**

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Q: I just read your column about the guy who did a liver cleanse program. Are those pics for real? They were quite disgusting to say the least. It's hard to believe that those things can be lodged up inside your organs. Well, after taking a look at those pictures it sure has made me think twice about what I stick in my mouth. That was a real shocker to say the least. You had my attention with that column that's for sure. I know that you do a lot of cleansing with your athletes to keep them healthy and get rid of toxins. I was wondering if it was possible for me to get hooked up with such programs. I heard on the Internet that you are launching a new cleansing system for powerlifters and I am interested in knowing more. Sincerely, Vito Dicenzo

A: Those nasty pics that you saw were the real deal my man! Yes, those are the sweet little toxic stones that you build up from eating like a garbage disposal and not properly monitoring your "Pharmaceutical Enhancement" program. I have gotten tons of emails about this one and I should have considering it was one heck of a shocker for a lot of powerlifters. I have gotten tons of lifters contacting me wanting to know what they can do to cleanse their bodies of all the impurities they have built up from their unhealthy lifestyle. The Power Cleanse XP3 program is one system that you have never seen before. It is designed for the strength athlete looking to cleanse different organs of impurities and toxins that have built up over the years. Year after year of eating those greasy hamburgers and fries can take a toll on your organs. Let's not forget those that use pharmaceuticals to enhance their performance. Those "Enhanced Lifters" out there should also keep in mind all the nice toxins that can build up over the many cycles you have done. The Power Cleanse XP3 is a unique system that will help you attain a better level of health and wellbeing. Not to mention it will no doubt have a positive affect on your performance as well. When different organs in the body like your colon and liver and polluted to the max from toxins and impurities, they cannot work at their optimal rates. What this means for you is that you won't absorb your food, supplements, or that "Pharmaceutical Arsenal" nearly as effectively as those who get rid of toxins. It is a compilation of different cleansing protocols along with a multitude of detox programs to keep you healthy and improve your performance on the platform. These unique systems will layout different protocols for cleansing different organs in the body guiding you along the way to a healthier body. I know that some of

NUTRITION

POWER NUTRITION Q & A

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

you guys out there probably doubt me, but take a closer look at the pictures that were in the Liver Cleanse column and you will think again about what I have to say. The Power Cleanse XP3 program is unlike any other system out there geared for the competitive strength athlete. It will address the needs of those who are looking to purify their body from a lifetime of bad eating habits as well as those who are chemically enhanced. I know many of you will think that this program is some new age mumbo jumbo crock, but that is not the case. If you are a hardcore powerlifter who cares about his performance and long-term health then the Power Cleanse XP3 is just what you need to get the job done. For those interested take a look at my website www.nutritionxp3.com for more info.

Q: I would like to tell you how much I liked your "Power Nutrition Recipes to get you Jacked" article. I tried many of the recipes out and I will have to say that they were fantastic. Those Buffalo wings were great and the Guilt Free Banana Cream Cheesecake was just what the doctor ordered. I am a big fan of yours having read all your articles over and over. There is so much valuable information in your column that it's hard for me to remember it all. I do try to apply your nutritional ideas to my eating plan, and I have made some very good results, not only in my lifting, but the way I look as well. Hey, I am no bodybuilder, but just because I am a powerlifter I don't want to be labeled a "Fat Guy". I think the reputation of powerlifters being big, fat lethargic individuals has to change. With your column and ideas I see that you don't need to sport the extra spare tire to lift big. What is your idea about not having to hold that extra roll of flab to get the new PR. Sincerely, John Ovalty

A: John, I couldn't have said it better myself. If you take a look at lifters now compared to twenty years ago you will see that they carry a lot less fat. Fat will give you more leverage in some circumstances like in the squat, but it can really hurt other lifts like your deadlift. Powerlifters are getting leaner and leaner all at the time



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

and their lifts are still going up with records being broken all the time. A few good examples would be some of my private clients. This would include Ron Palmer, Phil Harrington, and Hennis Washington III just to name a few. Phil is between 5-8% body fat year round and he is closing in on a 900 pound squat in the 181 class. How is that for strength? You don't have to sport a spare tire to lift big. That is a big misconception that needs to be re-evaluated because not only will it not have a positive affect on your lifts, but it will also increase your chances of negative health conditions down the road. Don't get me wrong here. A thick dense midsection is not the same as a big roll of flab hanging over your belt.

I am not talking about keeping a tiny bodybuilding type waistline here, but I am talking about it being void of layer after layer of adipose tissue. There is a big difference between a thick dense powerlifting core waistline and a spare tire and love handles that make you look like a couch potato not a strength athlete. Muscle is a lot more effective than fat for lifting heavy weights any day. The science of nutrition is at the forefront of why strength athletes are getting in better shape year after year. Strength athletes are getting stronger, faster, and leaner and the majority of this has to do with their nutritional regimens. Many may argue that it is the new power gear that is out on the market or a new drug program that has done wonders for higher totals. The fact is the nutritional programs have changed like night and day in our sport over the last decade and even more over the last couple of years. The science behind sports nutrition

has greatly improved the strength athlete's performance to unseen heights. These new ideas have taken their bodies and have turned them into fine tuned machines, not fast food depots. If you are guilty of bad nutritional habits, put down that pint of ice cream and get on track because your powerlifting success is depending on it.

Q: You are the Man! I love the way you told off that fat jerk that sent in a picture of himself in a previous issue. What's up with his ignorant attitude? I am sure that you get tons of emails from idiots trying to disprove your theories. I am a big believer in your ideas because I have seen them work first hand. You put him down so good I couldn't believe it. You really spice up this magazine that's for sure. I love your "tell it like it is" attitude especially when you are giving it good to some ignorant moron who thinks he knows everything. I have to give it to you. Not only are you informative, but you are funny as hell. I like the way that you tackle new and off the wall topics like the liver cleansing column. Wow, those pics were disgusting! Keep up the good work because you add a new dimension to not only this great magazine, but the sport of powerlifting as well. I heard that you just launched your nutrition web site. Can you give me some more info about it?

A: Thanks for the kind words. I am glad you liked the way that I told off "Mr. Furball". Generally, I am a really nice guy to people, but when I have to deal with a pure moron like that guy then it's going to be a different story. I guess there are a lot more idiots out there than I thought. In regards to spicing up the magazine with my column I appreciate your compliments. I try really hard to keep powerlifters on the cutting edge of the nutritional sciences to improve their performance and help them take their total beyond what they ever thought possible. I try to breakdown the entire scientific lingo and put it into words that you the powerlifter can understand. At the same time I try to inform you how to incorporate all these ideas into your current nutritional plan. What good is it to give you a textbook full of scientific info if you don't know what the hell I am trying to say and then not having a clue how to apply it to your powerlifting needs? It would just be a waste of paper at best. I try to put everything I write into real world situations that you can use to jack up your total. I try to give powerlifters a new outlook on sports nutrition as well as the insight of some of my own ideas on what powerlifters need to do to constantly raise the bar higher. If any of you out there have any topic

suggestions for articles or anything you would like addressed in a future issue please email me and let me know.

In regards to the website, yes, it is finally up and running. You can find it at www.nutritionxp3.com. You will really like the site that's for sure. There is a complete section for the Nutrition XP3 Power Transformation Contest. It will also cover some of my top athletes and how they have improved their performance through my nutritional programs. Another exciting thing about the site is that there will be a comprehensive message board for all strength athletes. It will not just contain nutrition topics, but from everything from training to injuries to supplementation. This will no doubt be the best board out there for the serious strength athlete. I invite everyone out there to become a member and get involved with their input on a variety of topics. For those of you out there who are specialists in a specific field, I am looking for moderators for the different sections to help me out with all the traffic. If any of you are interested please feel free to contact me. It will provide a ton of info from many different topics to help educate lifters as well. Feel free to sign up for the free newsletter to find out the latest cutting edge info. I know that this will be the most popular board out there so get involved and learn a lot in the process.

Q: Your column has really got lifters thinking about the whole nutrition thing not only about their performance but also from a health perspective. I too got lost in the "Need a Bigger Total" tunnel vision that so many powerlifters suffer from, but that all changed when my training partner who is 46 years old had a heart attack. This shocked the hell out of me because it happened right in front of me in the gym. The rush of the paramedics, the lifeless look on his face, and the whole shock of it all really sent me for a loop. I am happy to say that he survived the heart attack, but the doctor said he was very lucky since most people that have such a severe attack die before they hit the floor. It has really opened my eyes and made me really think about life differently. I hope this doesn't sound soft, but it really scared me when that happened to my partner. He has 2 kids and a wife and a whole life outside powerlifting ahead of him. I myself suffer from high cholesterol and high blood pressure so this has made me take a better look at what I need to do to improve my health. I just had my bodyfat checked

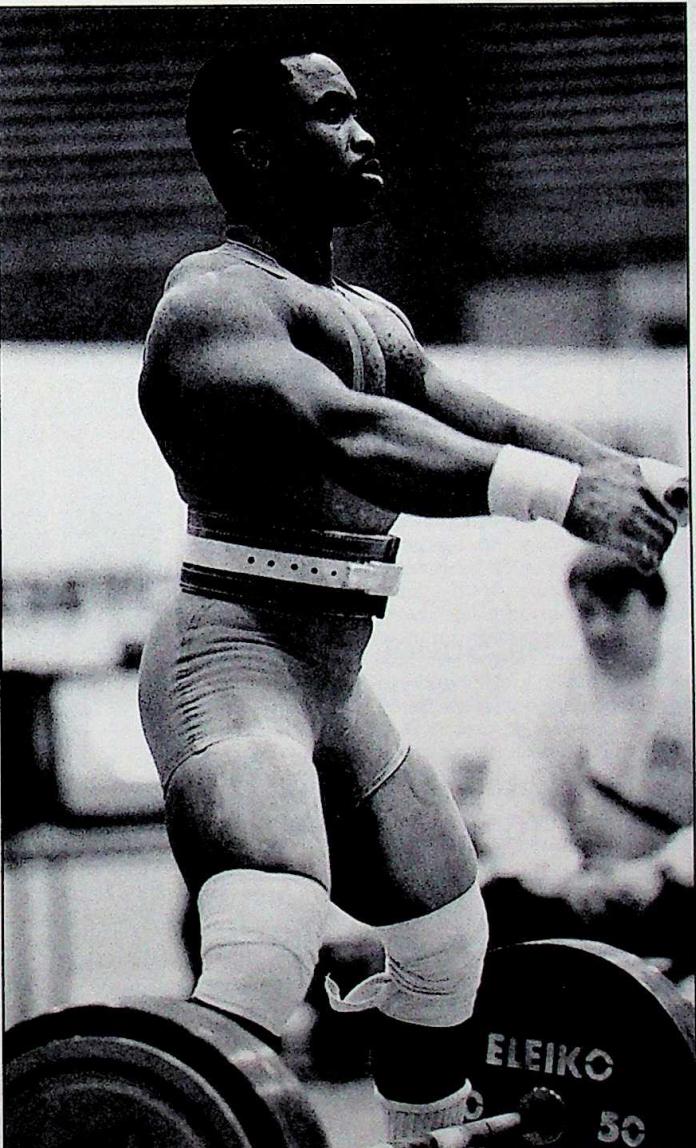
and I am at 36%. I weigh 268 pounds right now. This means that I am carrying 96.5 pounds of pure fat on my body right now. This scared the hell out of me because I know this can't be good for my heart in the least. I know this is way over the limit and is a cardiovascular nightmare just waiting to happen. I would like to work with you for program design to help get my health on track. I want to make some changes before I end up in the same boat as my friend. The sad thing is I might not be as lucky as him. Please consider taking me on as one of your private clients because I want to make it to be a grandfather one day and if I keep up with the way I am going I know I will just be another American Heart Attack Statistic. Please contact me as soon as possible because I want to get started right away. Andrew Wong

A: I can fully understand where you are coming from with what happened to your friend. I work with a lot of top level athletes and many times the only thing that is in their mind is to be the best. Now, don't get me wrong, if you are going to be a champion at any sport you have to have this attitude or you will never make it to the top. The fact is you can't sacrifice everything to get to the top only to fall off the scene of stardom just after getting there because of health conditions. I get tons of emails from people in the same situation as you. They suffer from medical conditions like high cholesterol, Type II Diabetes or high blood pressure and yet they do nothing to fix the problem. Yes, they throw back some meds that their doctor prescribed them, but that's it. Believe me there is a lot more to optimal health than using drugs to

bring down your cholesterol, while you are sucking back fast food and donuts like the world is going to end. I see people like this all the time and it makes me shake my head in amazement because they don't realize what they are doing to their long term health. Hey, I am not saying that you can't cheat here and there with your diet, but the way a lot of powerlifters eat it is a non stop 24 hour-7 days a week gorging feast of foods that ultimately lower your life expectancy. There is a fine line between enjoying yourself once a week to a cheat meal and living a life of fast food, processed junk foods, refined carbs, saturated fat and unlimited amounts of sodium on a daily basis.

Your friend is very lucky that he survived such an ordeal because there are thousands every year that are not so lucky. I have tried time and time again with my column to open the eyes of the powerlifting community to the importance of sports nutrition not only for performance enhancement but also for preventative health maintenance. I know a lot of you die-hard powerlifters will read this and think, "Hey this nutrition guy is a real wuss." The fact is a heart attack can take you from the stardom of powerlifting success to a guy lying in a hospital bed with tubes stuck in his nose and arms just to keep him alive. You may think, "Hey, that won't ever happen to me I can squat over 900 pounds, I am a beast" but think again. You are only as strong as your weakest link and if your cardiovascular health is that weak link then you are setting yourself for some big trouble down the road. I guarantee it! Just look at all the different powerlifters that you see dying at a young age. All you have to do is look at many of the different issues of PL USA to see a dedication of different lifters that passed way before their time. It's situations like the one you mentioned above that really make you appreciate things and look at life in a bigger picture of things. I love powerlifting as much as the next guy, so if you want to increase your performance and live long enough to lift as a masters competitor then cleaning up your nutrition plan should be priority number one. Contact me and we will set up a phone consultation so that we can go through some things about your customized program design. I look forward to hearing from you and taking your performance and health to new heights.

For those interested in the Nutrition XP3 Kit or those with any questions please feel free to contact me at aricciuto@x-tremepower.com.

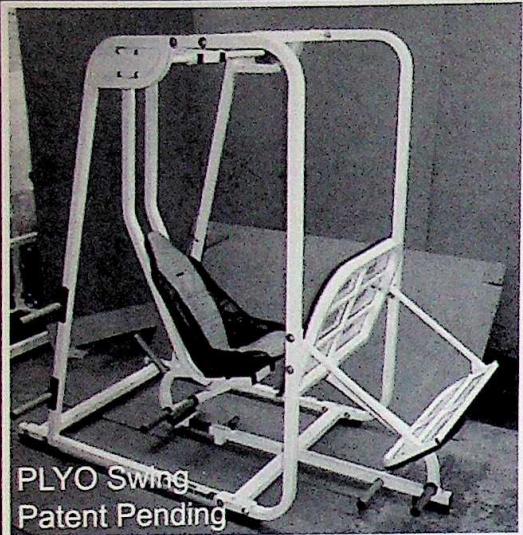


World Champion and all time world record breaking athlete GENE BELL is one of Anthony Ricciuto's new clients. (Lambert photograph, from the 1987 IPF World Championships in Fredrickstad, Norway)

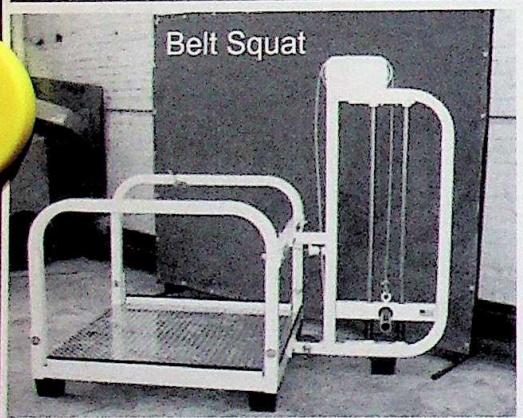
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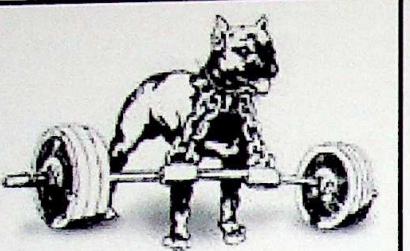
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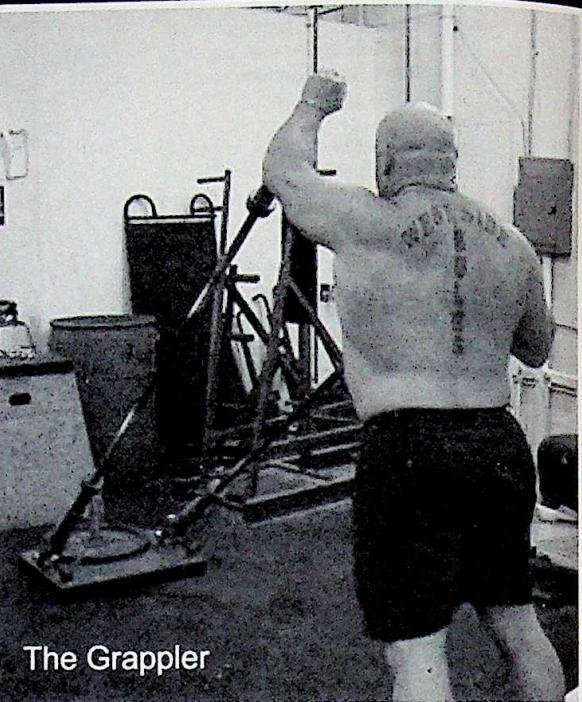
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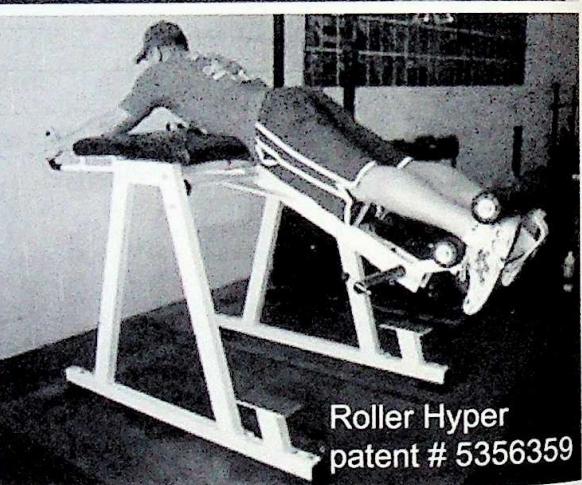
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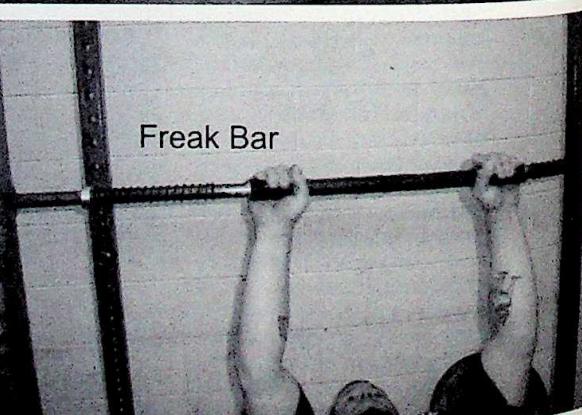
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APPLYING THE LESSONS FROM POWERLIFTING TO SUCCEEDING IN THE DESERT IN OPERATION IRAQI FREEDOM

as told to Powerlifting USA by Joe Walden

For over 20 years, my primary personal focus was competition on the powerlifting platform. Although non-lifting related injuries forced me to retire from competition in 1996, the lessons I learned in powerlifting were beneficial to me when I deployed to Kuwait in February 2003 to support Operation Iraqi Freedom.

What could be the relation between competing in powerlifting and preparing for combat support operations in a war zone? Let's take a look at what I learned from powerlifting that helped in preparing for wartime support and what I learned from the Army that will benefit your training and competition preparation.

Here are some of the lessons that I learned from powerlifting:

1. Establish a good plan which includes incremental and long-range goals.
2. Discipline
3. Keep a log of activities.
4. Perseverance
5. Dedication
6. The importance of a good training partner.
7. It always takes longer than planned.
8. Know your limitations.

Let's look at how each of these lessons benefited me in establishing the first ever Theater Distribution Center within a theater of war. This involved designing, establishing, and operating a multi-million square foot distribution center to receive, store, and issue all of the supplies needed in support of the Armed Forces in Kuwait and Iraq.

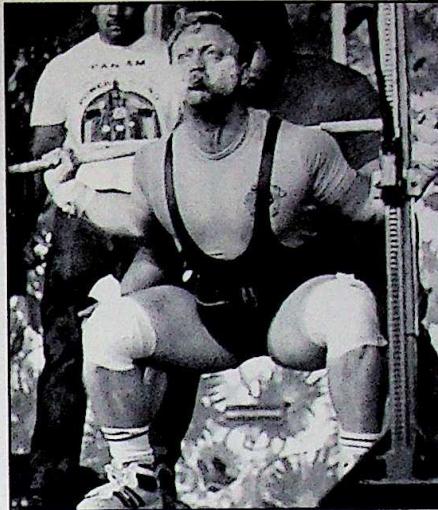
Establish a good plan that includes setting incremental and long-range goals: On the first day the Theater Distribution Center was "functional," we were already about eight days behind in getting supplies to the units and there were lots of supplies still arriving daily. The US Military moved the equivalent of 150 Wal-Mart Super Centers into Kuwait in late 2002 and early 2003. Just as it is necessary to have a sound plan in preparation for a meet, it was also important to have a plan in place on how to organize the distribution center. A good training cycle has incremental goals. When I was competing, I had a goal for each meet based on the accomplishment of the weekly goals that comprised my training plan. My training plan

detailed every set of every workout. The planning for distribution operations in Kuwait was no different, we set daily goals for the execution of getting the supplies to the soldiers.

Discipline: Preparing for a meet required me to watch what I ate, how much sleep I got, getting to the gym, and trying to train the lifts with the same strictness I would expect of the judging at a meet. I also trained to meet the time limits for competition to prepare me mentally for the stress of the meet. If you cut corners during training, it will show at the meet. For example, if you squat high in the gym, you will probably squat high at the meet. If you do not train your bench with a pause you may very well find yourself missing lifts at the meet. It was the same principle for us in Kuwait, if we did not have discipline in our supplies ordering and distribution, soldiers might not get what they need - which could have larger, more serious implications than missing a lift.

Keep a log of your activities: When I was competing, I learned from Mike Scott and Gary Watanabe at the Power Pit in Pearl City, HI, to keep a record of every workout. I would plan the workout down to the sets and reps, write it down in a notebook and then make notes during the workout if something went well or not. I found these notes valuable in planning future workouts, adjusting the original plan, and preparing myself mentally. I did the same thing in Kuwait. I logged what we planned for each day's activities and at the end of the day, I compared what we planned to what we actually accomplished, and my thoughts as to why something did or did not work and ideas to fix that. Just like my training notes, these were not excuses, but reasons which could be worked on for improvement the next day.

Perseverance: I bombed out of my first National Championships in 1982 and then repeated the act again on a different lift a few years later. The lesson here is that I could have easily quit after the embarrassment of bombing out, but instead I learned from the experiences and continued to compete. This same lesson in perseverance kept me going in the desert in the face of seemingly insurmountable odds to make



Joe Walden, who recently retired from the US Army, squatted 840 as a 198 pounder back in 1987 to lead the TOP 100 rankings.

operations work. There are worse things in life than missing a lift, but it does not seem like it at the time. The key issue is to determine why you missed the lift. Be brutally honest with yourself, fix it, and persevere in preparation for the next meet. Rarely is it the judges, the spotters, or the equipment that causes you to miss the lift. It might be poor training, which can be fixed, or an overlarge ego which is usually remedied by bombing out. Determine the real reason and adjust your plan accordingly for the next time - do not get discouraged and quit.

Dedication: How many lifters have you seen that lack this critical requirement? Over my lifting career, some of the lifters with the most potential either did not have the dedication to reach their potential or spent more time looking for short cuts. Just like lifting, there is no shortcut in providing support to soldiers in a foreign country getting ready for war. The dedication to doing what is right in the face of adversity leads to success in lifting and was critical to all those I worked with to ensure success in Operation Iraqi Freedom.

The importance of a good training partner: Over my lifting career, I had a number of training partners - including some of the best lifters in the sport at the time - Lonnie Keyes, Barry Walker, Magic Dent, John Gamble, Rock Urekis, Jim Drapal, and Francis Silva. Your training partner is there for motivation, advice, guidance, and to keep you focused. In Operation Iraqi Freedom my "training partners" were the soldiers who worked with me - they were there to provide motivation, give me advice, and help set the goals for each day's work. Be careful in choosing your training partners so you have someone who will be honest when

you ask questions and need advice.

It always takes longer than planned: In Kuwait things seemed to take longer than we planned for supplies to arrive and then get out to the units. In lifting, my experience taught me that success can take longer than planned. I have seen some folks who insist on sticking to the plan even when lifts are being missed in the gym. Plans are starting points for the training cycle and just like the plans in Kuwait, they can be altered to adjust for unexpected occurrences such as missed lifts, minor injuries, or over ambitious expectations.

Know your limitations: Just as you would never try to lift something beyond your limitations just to see what happens, it was important in Kuwait to know what limitations we had. Exceeding your limitations can result in injury. In Kuwait, exceeding limitations could result in needlessly putting someone in danger. In the gym you are only limited by the limitations of your mind. The first time I squatted 800 in the gym was after several weeks of walking out of the racks and setting up with 800 pounds and then walking back in. The feel of the weight on my back convinced me that I could indeed squat that weight and with that psychological limit erased, the lift was actually much easier than I envisioned it would be.

Let's take a quick look at some of the lessons I have learned in the Army that carried over to my lifting. The most important lesson is do not forget the basics. This is as important in military operations as it is in the gym. Don't get fancy, just stick with the basics. Pay close attention to details. When you stick to the basics and pay close attention to the details of the basic lifts, you will see greater gains. Don't get discouraged when your plan doesn't go as you thought it should. Military plans are only as good as the preparation up to the first round down range. Lifting plans are the same - create a good plan for your training cycle, but remember to adjust the plan as you go along. Sometimes you may find your plan was too conservative or that it was too optimistic. Train the lifts, not the plan.

When you apply the lessons from lifting that helped my military career and apply the military lessons that helped my lifting you will find a new outlook on your training and start making new PRs. Joe Walden

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POWER SCENE

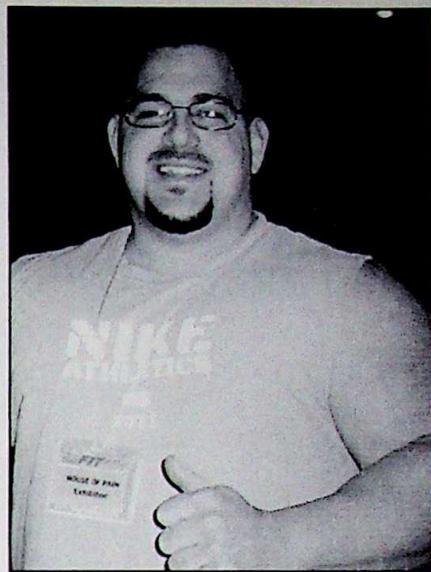
POWER SCENE spent the President's Day weekend - a very rainy weekend - at Pasadena, California's Fit Expo, as did a lot of top powerlifters, along with many top strongmen, bodybuilders, and figure competitors. Day One (of three) was spent visiting booths, and at the House of Pain booth we found their new West Coast distributor, Richard McKeever, who recently moved to California from Oklahoma. Richard lives near Monterey and does his PL training with Matt LaMarque. Helping in the booth was Texas' Tiny Meeker, who was getting ready for Sunday's big bench meet.

Star powerlifters Mari Asp and Kara Bohigian were at the Inzer booth, selling t-shirts and wraps, and getting lots of requests to have their pictures taken. Scot Mendelson and his training company, FIT, had a booth, and Scot was busy planning and prepping for the BP meet he was putting on for Sunday afternoon.

Saturday was the USPF Western USA Cup, promoted by state chair Steve Denison, and that meet saw some great lifting. In the lighter weights, Scott Layman hit a 1499 total at 148, going over 10x bodyweight. At 242, Tony



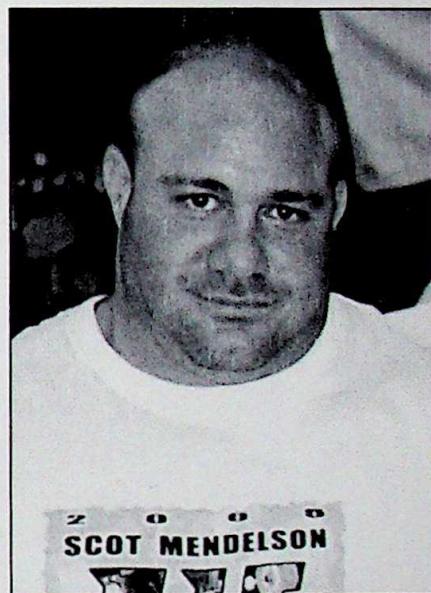
Serious Mass ... strongman champion Brian Schoonveld, pro bench division winner Ryan Kennelly, and IPF World Champion and record holder Brian Siders at the Inzer booth.



Fierce Warrior in the pro meet, Tiny Meeker also helped out at the House of Pain booth.



Beautiful Bench Press Power ... Kara Bohigian has reportedly hit over 400 in training, while Mari Asp punched up 325 in the amateur meet on Saturday. Both of them did a great job in the Inzer booth as well. (photographs courtesy of Ned Low)



Scot Mendelson - will he be coming back?

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Hardridge had a 710 SQ. Brian Meek and Josh Bryant, in the 308s, had big numbers. Brian hit 705, 507, 633 for an 1846 total; Josh put up 628, 540, 738 for a 1906.



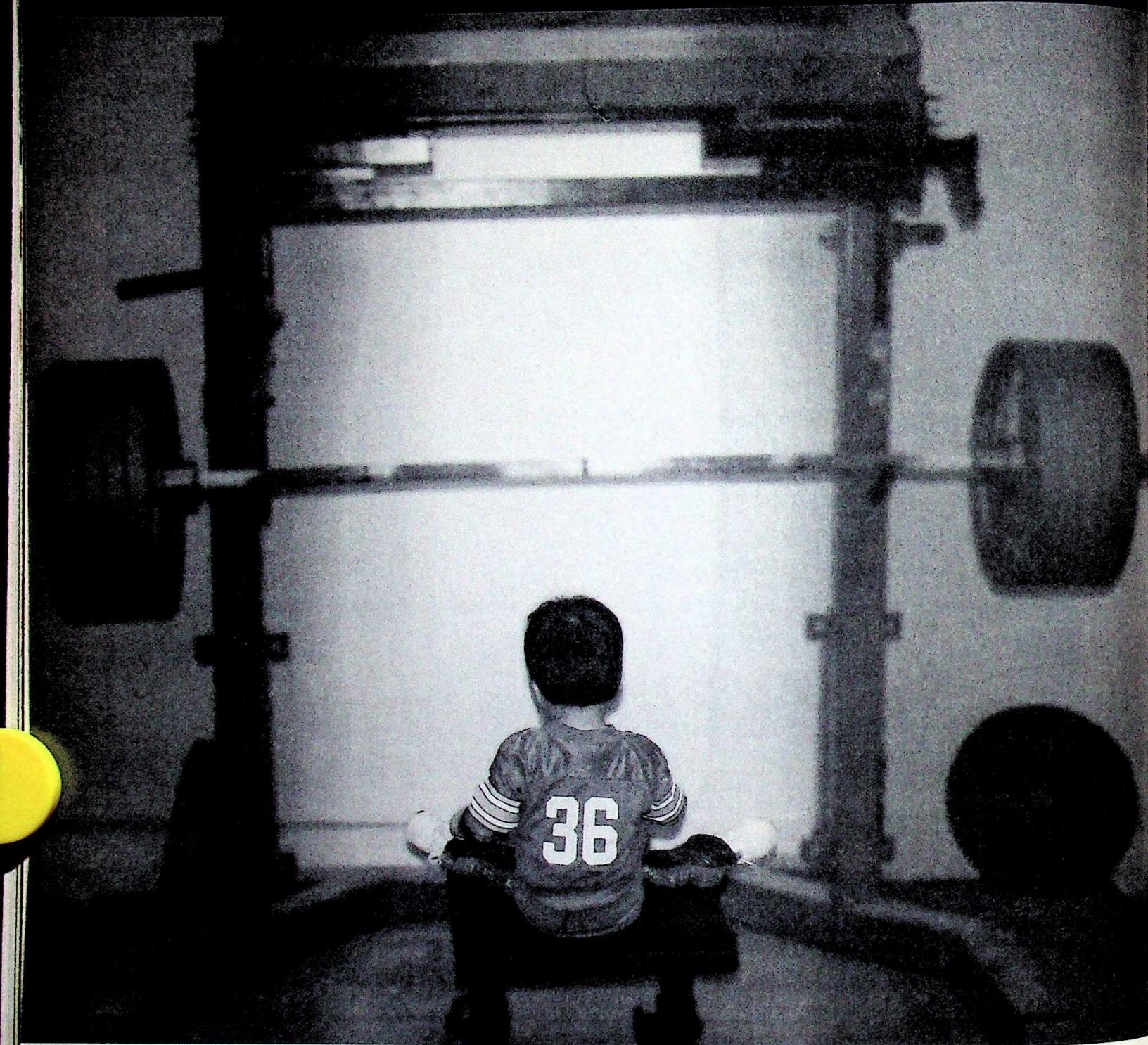
Steve Denison ... he's for POWERLIFTING, regardless of the federation it involves.

Sunday brought the final events of the strongman show, won by Indiana's Brian Schoonveld, and then the Expo's closing event, the Scot Mendelson Bench Press Classic. Tiny Meeker, Andy Fiedler, Ryan Kennelly, and Brian Siders had all flown in to compete in this invitation-only, \$5000 winner take all contest, and they all went for broke. Ryan's 854 took the money, and the crowd got to see a fast-paced, high-energy BP show. **POWERLIFTER VIDEO** and **PL USA** were on stage covering the action, along with Keith Lemm's CSS and Wayne Gallach of Australia's GMV Productions, so there should be lots of pictures and video footage available.

In between all the powerlifting and strongman competitions, there was lots of bodybuilding and fitness, plus many talks, demonstrations, and seminars. The Fit Expo is already scheduled for next February, 2006, in Pasadena, so think about checking it out.

Hoping you're having a great start to Spring, and staying healthy and strong. See you on video. **NED LOW**

Someday I will...



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Someday I will perform to my best ability.
Someday I will prevail.**

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Men's 25 All Time Best Bench Press as compiled For PL USA by Herb Glossbrenner

114 lbs.		
402 Stanaczek, A	POL	04Nov03
386 Ikeda, N	JPN	02Oct04
374 Ridulis, A	LAT	01Dec03
374 Fedosienko, S	RUS	12Mar04
350 Booker, M	USA	01Dec01
338 Ishiwatari, H	JPN	01Sep01
336 Yanagida, K	JPN	12Dec99
336 Kazakov, R	RUS	13Nov02
336 Wrona, K	POL	02Dec04
330 Khadroui, K	SWE	02Jun00
330 Hollyfield, C	USA	16Oct92
325 Dunbar, C	USA	07Jul84
325 Watanabe, S	JPN	18Nov99
325 Culp, L	USA	23Sep00
322 Cunha, J	USA	19Jul82
321 McDonald, D	USA	09Apr89
320 Klein, C	GER	08Nov03
320 Grabowski, J	USA	27Jul91
319 Escobedo, H	USA	05Jun82
319 Schick, M	GER	06Oct93
319 Podpalny, A	RUS	17Aug96
319 Kurihara, A	JPN	13Jul03
319 Romanov, A	RUS	18Jun04
319 Phah, H	USA	02Dec04
316 Ikei, C	USA	07Apr91
123 lbs.		

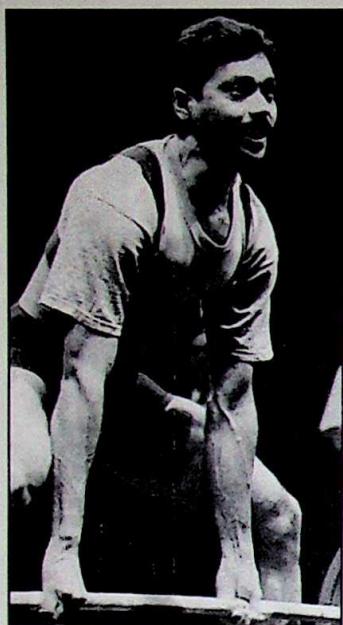


Says Herb "I've assigned 25 pts. for top spot each weight category deducting 1 pt. for each successive lower placing - ending with 1 pt. for 25th. On the basis of this criteria, the all time best benchers are as follows:

(1) Schick 102, (2) Halbert 71, (3) Kenelly 70, (4) A. Clark 67, (5) Warr 60, (6) Kazakov 59, (7) Patterson 56. "above is top BPer Markus Schick.

418 Ohtsubo, H	JPN	03Jun00	198 lbs.
414 Isagawa, H	JPN	04Nov03	
414 Pavlov, K	RUS	26Aug04	
413 Karlsson, H	SWE	14Nov96	
407 Miyazuki, V	JPN	01Dec02	
407 Mukhamatyayev	RUS	02Oct03	
402 Booker, M	USA	20Jun04	
396 Kazakov, R	RUS	13Jun03	
391 Parnian, T	NDL	03Dec04	
386 Stanaszek, A	POL	20May00	
374 ButerbAugh, D	USA	11Nov95	
374 Unten, K	USA	15Nov98	
374 Nakayama, V	JPN	07Dec03	
370 Clark, A	USA	10Jul99	
370 O'Neil, C	USA	21Nov92	
369 Celin, J	SWE	05Jun99	
365 Ortiz, D	USA	24Jul93	
363 Schick, M	GER	20Aug94	
363 Fedosienko, S	RUS	20May04	
360 Wright, C	USA	13Apr96	
358 Owainy, K	POL	06Aug99	
358 Rudulis, A	LAT	19Aug00	165 lbs.
355 Grabowski, J	USA	13Mar93	
352 Asabin, N	RUS	12Mar04	
352 Culp, L	USA	14Mar04	
132 lbs.			
462 Matsumoto, K	JPN	02Oct04	
457 Zakiyev, A	RUS	17Sep04	
457 Kazakov, R	RUS	10Nov04	
453 Isagawa, H	JPN	07Dec01	
451 Kawakami, T	JPN	01Sep01	
451 Clark, A	USA	08Nov02	
440 Parnian, T	NDL	08Aug03	
429 Fokken, R	USA	16Sep00	
425 Unten, K	USA	09Aug03	
424 Warr, G	USA	09May99	
424 Nakayama, H	JPN	07Dec02	
418 Schick, M	GER	27Apr96	
418 Karlsson, M	SWE	30Nov96	
415 Ito, K	USA	23Jul94	
410 Heath, D	USA	07Mar98	
407 Bogatov, V	RUS	03Oct02	
396 Bradley, J	USA	06Dec30	
396 Mukhamatyayev	RUS	12Dec99	
396 Pavlov, K	RUS	27Feb03	
396 Zolov, A	RUS	11Sep03	
396 Hermann, M	POL	07Aug04	181 lbs.
396 Hsieh, T	TPE	10Nov04	
396 Sutrisno, D	INA	10Nov04	
390 Detore, P	USA	11Jan92	
386 Wu, T	TPE	07Dec01	
148 lbs.			
518 Schick, M	GER	24May03	
510 Warr, G	USA	04Jun94	
503 Schwab, B	USA	08Oct04	
501 Clark, A	USA	01Mar03	
496 Ito, K	JPN	29Jun02	
485 Hatch, N	USA	08Oct04	
479 Sivokon, A	KAZ	09Dec00	
470 Bullock, D	USA	25Apr92	
468 Zolov, A	RUS	12Mar04	
465 Heath, D	USA	15Nov02	
464 Ito, D	USA	28Apr95	
462 Sokolov, N	RUS	30Jul04	
462 Moroe, M	JPN	02Oct04	
460 Manfredi, J	USA	10Aug02	
457 Bogdanov, V	RUS	07Jun03	
457 Matsumoto, O	USA	09Dec03	
457 Pracownik, P	POL	06Aug04	
455 Mukite, J	USA	13Apr02	
451 Karlsson, H	SWE	15Jun03	
447 Morishima, E	USA	03Sep88	
730 Fields, R	USA		17Apr04
722 Ladnier, J	USA		13Oct04
715 Capozzolo, R	USA		08Jun02
705 Wardell, J	USA		26Nov03
705 Kelley, S	USA		02May04
705 Buechlein, G	USA		18Sep04
701 Patterson, K	USA		09Oct99
700 Stussy, S	USA		18Sep04
700 Bayles, J	USA		20Nov04
681 Confessore, C	USA		03Nov04
681 Hein, B	USA		07May04
672 Golmohammad	IRN		04
666 Luyando, R	USA		22Jan05
661 Wessels, W	USA		22Jun97
661 Blakeley, Jim	USA		09Oct99
661 Biermontd, H	GER		04Apr03
661 Zimmerman, S	CAN		03Nov04
660 Burns, S	USA		06Apr02
660 Conner, S	USA		27Mar04
656 Lain, K	USA		01Sep91
650 Smith, S	USA		19Apr99
275 lbs.			
826 Fiedler, A	USA		07Aug04
800 Crawford, W	USA		06Mar04
767 Dizenzo, V	USA		13Dec03
765 Kenelly, R	USA		06Sep03
755 Putnam, R	USA		21Nov04
740 Coulter, M	USA		10Jul04
728 Patterson, K	USA		11Nov95
727 Holdsworth, J	USA		06Jun04
725 Burns, S	USA		10Aug02
722 Zemmin, J	USA		10Nov02
722 Franco, A	USA		19Feb05
716 Meeker, P	USA		08Jun03
711 White, B	USA		27Sep03
711 Lane, H	USA		02May04
710 Toranlo, J	USA		21May01
705 Tokarski, C	USA		20May94
705 Obradovic, J	USA		24Feb02
705 Meszaros, L	HUN		05Dec04
705 Chabot, G	USA		26Jun99
705 Key, P	USA		29Feb04
701 Peshek, J	USA		13Nov04
700 Hicks, A	USA		21Sep02
700 Riley, B	USA		21Jun03
700 Stafford, J	USA		04Apr04
705 Lade, S	USA		02May04
308 lbs.			
902 Kennelly, R	USA		04Dec04
875 Mendelson, S	USA		12Jul03
804 Wong, S	USA		12Nov04
800 Meeker, P	USA		26Jun04
785 Crawford, W	USA		22Feb03
775 Holdsworth, J	USA		24Apr04
761 Leitz, R	USA		24Jul04
755 Key, P	USA		12Jun04
751 Kovacs, D	USA		27Sep03
749 Toranzo, J	USA		06Mar04
749 Rantanen, T	FIN		11Jul04
749 Hamalainen, H	FIN		07Nov04
735 Fusner, R	USA		08Sep01
735 Brown, P	USA		21Nov04
735 Dizenzo, V	USA		05Oct02
730 Tokarski, C	USA		04Jun95
727 Taylor, C	USA		17Apr04
722 Chabot, G	USA		24Oct190
722 Gillespie, W	USA		02May04
720 Hickey, R	USA		22May99
720 Zemmin, J	USA		23Feb02
715 Cooke, C	USA		17Apr04
711 Burns, S	USA		17Sep03
711 Hein, B	USA		02Oct04
700 Albano, S	USA		06Mar04
705 Ponomarenko, V	UKR		04Sep04
705 Robertson, K	USA		22Jan05
700 Nealy, D	USA		03Mar04
700 Mash, T	USA		03Mar04
665 McVicar, J	USA		02Jul03
665 Pfrauner, F	GER		13Dec97
662 Confessore, C	USA		20Nov03
661 Stewart, C	USA		06Mar04
661 Imesch, R	SWI		25Sep04
656 Gould, J	USA		10Apr04
639 Butenko, A	CAN		07Nov04
639 Vinni, E	FIN		07Nov04
635 Scott, G	USA		24Apr04
633 Carter, M	USA		06Mar04
633 Freydun, I	UKR		13Nov04
630 Smith, C	USA		24Apr04
630 Cook, V	USA		21Nov04
626 Tuita, K	USA		28Nov96
624 Siders, B	USA		14Nov04
624 Kallio, K	FIN		11Dec04
622 Hamalainen, M	FIN		03Dec03
620 Williams, W	USA		27Sep03
620 Martin, S	USA		10Aug03
616 Sandvik, K	FIN		05Jun04
242 lbs.			

Men's 25 All-Time Best Deadlifts as compiled for PL USA by Herb Glossbrenner



Bhaskaran pulled a big 573 @ 114

114 lbs.

573	Bhaskaran, E	IND	93
551	Fedosienko, S	RUS	11Mar04
545	Lu, S	TPE	13Apr98
540	Ambu, N	IND	16Nov00
540	Hu, C	TPE	15Nov01

534	Thios, D	INA	01Sep90
523	Inaba, H	JPN	15Jun84
518	Gorburunov, V	RUS	20Jun98
518	Gainer, E	USA	09Jul04
512	Watanabe, H	JPN	21Sep80

512	Green, B	USA	11Jul97
512	Prakash, G	IND	18Nov99
507	Zhuravliev, S	RUS	29Feb92
507	Wijaya, A	INA	08Nov92
507	Chopovsky, Y	RUS	96

507	Thompson, R	USA	26Jul97
507	Loganathan, V	IND	11Nov98
507	Constantine, P	GBR	09Nov04
501	Madsen, J	NZL	18Aug84
501	Maxwell, J	GBR	26Jun04

498	Seng, T	INA	15Dec88
496	Male, V	+INA	10Oct88
490	McKenzie, P	NZL	01May75
490	Hile, P	USA	29Jul94
490	Skeen, L	AUS	13Aug82

123 lbs.			
639	Gant, L	USA	10Jul82
595	Hu, C	TPE	13Nov97
587	Ahbu, N	IND	17May02
578	Komarudin	INA	24Jun94

573	Sahu, K	IND	99
573	TPE	14Nov02	793
573	Hawthorne, R	USA	17May03
570	Holloway, D	USA	17Jan04
562	Talambanua, N	INA	17Sep87

562	Taylor, T	USA	28Oct89
562	Hsieh, T	TPE	14Nov02
556	Paltaway, D	USA	28Jul90
556	Bochkovsky, A	UKR	00
551	McKenzie, P	NZL	02Nov79

551	Devega, A	COL	03Aug90
551	Thios, D	INA	08Nov92
551	Rakhmukulov	UZB	16May02
551	Kupperstein, E	USA	06Mar04
549	Cross, M	USA	30Aug74

548	Clark, A	USA	19Feb72
545	Defaria, L	FRA	19Nov92
545	Yang, S	TPE	12Nov88
540	Joseph, P	IND	23Nov84
540	Castro, H	USA	19Nov88

534	Milian, E	USA	21Nov87
683	Gant, L	USA	11Nov88
633	Defaria, L	FRA	20May90
623	Sutrisno, D	INA	17May02
622	Yang, S	TPE	18Nov99

620	Lee, Y	TPE	03Nov97
620	Carr, JD	USA	15Nov86
619	Sawant, S	IND	17Aug92
611	Lampela, K	FIN	97Mar79
610	Montgomery, E	USA	24May98

607	Williams, M	USA	31Mar03
606	Pengelly, E	+GBR	24Apr17
606	Vedro, F	USA	09Jan82
606	Talambanua, N	INA	08Oct88
606	Taylor, T	USA	12Aug03

606	Andryukhin, M	RUS	05Nov04
601	Bukalka, V	KAZ	Oct93
601	Hsieh, T	TPE	11Nov04
600	Bradley, J	USA	07Apr79
595	McNamara, G	IRE	09Sep00

589	Chetin, G	RUS	02Mar92
589	Castro, M	USA	12Nov94
589	Hu, C	TPE	13Apr98
580	Hawthorne, R	USA	14Dec03
578	Vanwemmel, E	BEL	23Nov84

578	Lawson, C	USA	06Jul85
148 lbs.			
705	Austin, D	USA	01Aug92
699	Conyers, A	USA	20May00
699	Olech, J	POL	09May03

697	Sivokon, A	KAZ	12Nov98
688	Valineva, R	FIN	19Dec81
683	Bridges, R	USA	06Jul85
677	Alexander, A	USA	23Mar87
661	Crain, R	USA	07Nov80

661	Podsosny, N	UKR	04Oct92
661	Baranov, V	RUS	17May95
661	Sacco, R	ITA	08May02
661	Elbeghiti, H	FRA	13May04
656	Nieminen, S	FIN	09Mar03

650	Pengelly, E	+GBR	27Jun82
650	Kuzhamatov, S	KAZ	20Sep94
650	Hypolite, R	GBR	17May95
650	Sigala, M	USA	12Sep99
650	Bryant, T	USA	25Mar00

644	Hicks, T	USA	21Apr97
644	McCarty, J	USA	25Apr82
644	Finch, J	USA	06Jul85
644	Carr, JD	USA	07Dec85
644	Wilczynski, J	POL	14Nov96

644	Dolgov, E	RUS	04Oct12
644	Huang, L	USA	11Sep84
644	165 lbs.		
644	165 lbs.		
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644	165 lbs.		

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644	165 lbs.		

644	165 lbs.		

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**APF/AAPF S. Carolina Champs
11 DEC 04 - Columbia, SC**

BENCH	(40-49)	P. Horn	440
MEN			
Junior	242 lbs.		
Teen	(40-49)		
165 lbs.	E. Hubbs	480	
C. Tucker	365	W. Williams	385
M. Effner	310	Open	
220 lbs.	198 lbs.		
B. Williams	225	T. Ishill	390
Master		220 lbs.	
181 lbs.	B. McRavin		
(70-79)	SHW		
W. Milner	220	C. Cooke	—
220 lbs.			
MEN	SQ	BP	DL TOT
Junior			
Teen			
220 lbs.			
M. Rufail	—	—	—
275 lbs.			
P. Deaver	505	325	440 1270
Master			
181 lbs.			
(40-49)			
M. Steck	415	295	400 1110
(50-59)			
R. Layman	450	215	425 1090
(70-79)			
G. Camacho	255	200	315 770
198 lbs.			
(40-49)			
S. Clark	505	350	440 1295
(60-69)			
T. Walters	390	190	330 910
220 lbs.			
(60-69)			
B. Jordan	405	225	415 1045
242 lbs.			
(50-59)			
R. Bell	485	335	430 1250
275 lbs.			
(40-49)			
B. Sturdivant	685	530	600 1815
T. Shook	575	350	525 1450
J. Holland	560	415	450 1425
Open			
132 lbs.			
D. Carpenter	395	285	455 1135
165 lbs.			
J. Gordon	650	385	585 1620
M. DeFee	405	350	455 1220
W. Anderson	425	305	425 1155
181 lbs.			
B. Waites	650	500	550 1700
G. Crook	645	430	525 1600
J. Blankenship	505	300	405 1210
198 lbs.			
M. Brandon	705	555	630 1890
T. Kelly	650	500	525 1675
K. Brown	590	430	450 1470
M. Waldron	495	365	565 1425
B. Bozard	540	355	515 1410
J. Pettenger	525	385	500 1410
220 lbs.			
C. Hendrix	565	385	500 1450
P. Johnson	505	335	515 1355
B. Bleau	405	275	405 1085
E. Washington	340	265	325 930



Best Lifters ... Marcus Brandon and Wanda Burnette .. at the APF South Carolina Championships ... (photographs by Bill Numberger)

242 lbs.	M. Hemlepp	560	430	500	1490
C. Vogt	575	365	525	1465	
J. Culliton	473	350	500	1325	
G. Austin					
275 lbs.	G. Campbell	805	620	660	2085
J. Lawson	725	455	800	1980	
J. Floyd	800	450	600	1850	
J. Bruff	600	480	570	1650	
R. Kelly	500	450	525	1475	
C. O'Cain	505	435	500	1440	
J. Thompson	640	505			
308 lbs.	J. Manly	870	600	650	2120
A. Pickens	905	450	630	1985	
J. Grove	880	500			
SHW	S. Henderson	940	555	715	2210
Police/Fire					
220 lbs.	J. Couick	650	430	550	1630
J. Sisler	450	315	465	1230	
242 lbs.	B. Warren	825	475	625	1925
WOMEN					
Master 97 lbs.					
W. Burnette	225	170	275	670	
165 lbs.	B. Roby	200	135	210	545
Open					
123 lbs.	D. Austin	275	165	350	790
148 lbs.	S. Finley	250	140	275	665

Best Female Lifter: Wanda Burnette. Guest Lifter: Jon Grove. Best Male Lifter: Marcus Brandon. Wow! What a great meet! We had

a two day meet in one day! With the help of Donnie Thompson, Marc Bartley and Mike Johnston we were able to feature sixty-one ready, willing and able powerlifters for our final meet of 2004 which was held for the benefit of "Special Olympics". The venue was fabulous. The Strom Thurmond Wellness and Fitness Center at the University of South Carolina in Columbia, under the watchful eye of Director Herbert Camp, could not have been better. This meet was attended by some big names in the world of powerlifting: Travis Mash, Steve Goggins, Jon Grove (North Georgia Barbell, our guest lifter) and North Carolina APF/AAPF State Chairman, Ron Shirley. Lifters from North and South Carolina, Georgia and as far away as Virginia traveled to compete in the 2004 South Carolina Championship. Joe Deaverville from SciFit of Georgia was our head referee with Brian Mac and Lee Ray Encarnacion from Charleston as side refs. With Jason Alderman as platform manager and teams of spotters and loaders from Jungle Gym and Total Gym in Columbia, we had a smooth, SAFE meet. After an extensive rules meeting, Marc Bartley took the mike and got the lifting started at 1 DAM sharp. We started the squat competition with Master lifter Barbara Roby down to a svelte 161 lbs., but leaving her state records at Women's Masters 181 intact, now lifting @ 165. Opening with 140 lbs. she worked her way up to 200 lbs. on her third attempt (which she had to work hard for but got it). She benched 135, deadlifted 210 for a 545 lb. total and 1st

place in WM 165 and 4 new State records. Next up was 72 year old AAPF MM 181 SC State Champion George Camacho lifting after VERY recent hernia surgery. He posted a 255 lb. squat (besting his old record of 248), and a 242.5 bench (equal to his past record). After making his 315 deadlift opener. He put down his 2nd attempt of 330 lb because, as he later told me, "I thought I felt a little something". Well, we all hope that it wasn't "a little something". George's new squat record, along with his previous SC State records, qualify him for the MM 70-79 AAPF American record. Congratulations George! Wanda Burnette, 54 years young, the lone WM @ 97 lbs. (that's right, 97 lbs.) amazed the lifters, referees, spectators alike with her incredible lifting and super-woman effort. A little nervous in front of the large crowd she was unable to make her 1st squat attempt but, back in her groove, she easily made the 225 on her 2nd attempt and just missed 245 on her 3rd. She benched 170, dead lifted 260 followed by a big 275 and then lit up the crowd with an AWESOME display of effort, which got everyone to their feet and then voicing their disappointment at the red lights, no lift of 290 lbs. @ 97 lb. bodyweight. Wanda's lifts were good for 1st place and "Best Female Lifter". Susan Finley, the current SC State Champion in WO 148, (under the watchful eye of Marc Bartley) opened with a good 250 lb. squat but could not get down with 270 in her next 2 attempts. She benched 140 and deadlifted 275 for a 665 lb. total and 1st place WO 148, breaking her own SC State record in the squat, bench press and total pounds. At 123 Dana Austin from Charlotte NC was our next WO lifter. She opened with an easy 275 lb squat but struggled with her 2nd @ 305 and couldn't make it as the spotters moved in to prevent an injury. A little gun-shy from her 2nd attempt she did not get low enough for a good 3rd lift. After a successful bench press of 165 she gave a great effort attempt at 185 but had to settle for the 1st lift. Dana is a big deadlifter. Opening with an easy 300 lbs. she moved up to 350 for a successful 2nd lift but was stuck with her last attempt of 360. She totaled 790 lbs. for 1st place in WO 123. Eddie Washington in MO 220, a newcomer to powerlifting, quickly became a crowd favorite with his contagious enthusiasm. He posted lifts of 340 squat, 265 bench and 325 deadlift for a total of 930 lbs. Many thanks to Michael Shealy for mentoring Eddie during this, his 1st meet. Our next lifter, Bill Jordan MM 220 from Virginia, had perfect progression with his squats, successful with all 3 attempts (315, 375, 405). His opening bench of 225 was good but he got red-lighted for getting up off the bench on the other two attempts. He deadlifted another perfect series (but only after getting into his "I will not quit" mode and with inspiration from Wanda's last deadlift attempt) with lifts of 375, 405 and

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFFP 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 Ward 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 198s, 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/ADFPAs Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s

Nov/94... WDFFP Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s

Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/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 Natls., Overtraining or Adaptation?, Greg Ward 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



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"put some weight on that bar" cheered him up to 450 lbs. On his 1st bench @ 300 lbs. he was red-lighted forgetting up off the bench, but came back strong on the next attempt to make 315 and then just miss 330. He dead lifted 465 for a total of 1230 and a 2nd place trophy. Anthony Kelly, the 1st of the Waites Fitness lifters in MO 275 had squats of 425, 470 and a good, strong 500 lbs. He benched a hard 450 after smooth attempts @ 375 and 415. He deadlifted 525 on his 2nd attempt to total 1475 lbs. Chris O'Cain from Jungle Gym had a good day of lifting going 9x9 with squats of 405, 455, and 505. He had solid bench presses of 365, 405 and 435 lbs. and 3 deadlifts up to 500 lbs. to total 1440 lbs. in our biggest category MO 275. While the spotters stripped the bar down to start the 2nd flight, Mike Johnston introduced the Hooters girls (who filled the bill as card girls) and recognized all of our valuable sponsors. Donnie took the mike and got the lifting started again. The 2nd flight squat round opened with Jeffrey Culliton, from VA, an accomplished body builder, lifting in MO 242. He started with an easy 430 lb. squat which he upped to 475 for a good, strong lift, but could not make his 3rd attempt of 535. He had 3 nice bench presses up to 350 lbs. Then, opening with a smooth deadlift of 450 lbs., he upped the ante to 500 and had a great pull. Going up to 540 proved to be too much, even with his super effort. He totaled 1325 lbs. and a 3rd place trophy. Next up was MM 242 Robert Bell, also from Waites Fitness. Without knee wraps he opened with a 440 lb. squat, pushed it up to 485, then to 500, which was too heavy in spite of his hard effort; Another thanks to great spotting. He worked his bench up to 335 but could not push up 350. Slow getting his deadlift in the groove he missed with 420 and 430, but, came back with a great effort and made the 430 lbs. He totaled 1250 and won a trophy in MM 242 50-59. Steve Clark, having competed in all of our meets and training at Maximus Barbell, is the current SC record holder in MM 198 (40-49). After an opening squat of 325, he just missed 350, but, came back strong on the 3rd attempt to get it. In the bench press he again hit his 1st, missed his 2nd, but, got his 3rd @ 350 lbs. He deadlifted 440 for a total of 1295 lbs. For 1st place and new State records in each lift and total lbs. Mark Rufail, lifting in Jr/Teen 220, just couldn't get in his groove today. He struggled with his 1st attempted squat of 455 only to be red lighted. In his 2nd and 3rd tries he needed the help of the spotters. He was the first lifter to bomb out but we know he'll be back strong. In MO 220 Phillip Johnson posted a good opening squat of 455, slow, easy, perfect! He struggled with 505 on his next attempt but could not get it. On his 3rd attempt, slow and easy, he got it! He had to settle for 335 in the bench but had 3 good pulls up to 515

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415 lbs for a total of 1045 lbs and. And 1st place in his division. Thanks for making the trip down, Bill. Dan Carpenter, "132 lbs. of steel" from Savannah GA was our next lifter. He is currently rated #14 in the top 100 132lb USA lifters for his 1124 lb. total. He easily hit his 1st squat attempt of 360 but lit up the red lights on his 395 lb. try only to come back on his 3rd attempt and nail it! He benchpressed 285 but couldn't keep down on his 305 try. Dan's deadlift show was only short of awesome! He opened with a solid 455, on to 505 (which seemed to stick no matter how high he got it). What an effort... but no go... Again on the 3rd attempt @ 505 another superman try, but, no way, not today. The crowd was as exhausted as Dan was. He totaled 1135 for 1st place in his division and a bump-up from his Top 100 total. Tom Walters, the current Master Olympic 2004 USA and PanAm champion, is 66 years old and lifted in MM 198 60-69. He squatted 370 and then 390, had 3 smooth successful bench press attempts of 170, 180, and 190 and dead lifted 330 for a total of 910 lbs. and 1st place in

his division. He knows the magic formula that keeps one young and strong. Billy Anderson, a strength coach at USC, lifted in MO 165. He had 2 successful squat attempts of 375 and 425. His 3rd attempt called the spotters into play with another cool save. He benchpressed 275 and 305 before getting stuck on a 320 attempt. Good with all 3 deadlifts up to 425 he totaled 1155 lbs. for 3rd place in MO 165. Michael DeFee from Clemson University at 20 was the youngest lifter in MO 165. He buckled under his 1st squat attempt, found his groove on his 2nd attempt of 375 made it and then moved on to 405. He benched 315 and 350 before his 375 attempt needed a spotter save. His deadlifts of 400 and 445 flew off the floor but he was challenged at his attempt of 465... and he won!, totaling 1220 lbs. and 2nd place in his division. "Tattoo, Tattoo" roared the crowd, as Brian Bleau got to the platform. 26 years old in MO 220 he opened with 385 and then 405 in the squat. A little bounce got him red lights for a 435 attempt. He missed 275 on his 2nd bench press attempt but came back

strong on his 3rd attempt. He deadlifted 405 for a total of 1085 lbs. and a 3rd place trophy. Michael Steck MM 181 and current SC State record holder in 40-49 had best lifts of 415 squat, a 295 bench (barely missing a 305 attempt which just seemed to "stick"). He worked hard to get dead lifts of 385 and then 400. He totaled 1110 lbs. for 1st place and a new SC State record squat of 415 lbs. Rick Layman from Total Gym in MM 181 50-59 had 3 hard squats at 400, 435, and 450... perfect! He struggled with his bench posting.. 215 as his best of the day. Missing 400 on his 1st deadlift attempt he came back to muscle it up to 425 for a total of 1090 lbs. and a 1st place trophy in his division. Next up was John Pettenger lifting in MO 198. He opened with 3 nice squats up to 525 lbs. His benchpress attempt of 400 lbs. just wouldn't go and he settled for 385. Two good deadlifts up to 500 lbs. but 525 was just too much today. He totaled 1410 in a tough division. Jeremy Sisler, the 1st of our Police/Fire lifters is 28 years old @ 220 lbs. His 1st squat looked too easy. Smiles, and

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, IPFWorldMasters, 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. Natl's, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by

Louie S., FIBO Show, TOP 100 123s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natl's, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug

Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW/Mineral Orotate, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltws.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best

IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed.

lbs. and the best deadlift in this division and a new SC State dead lift record. He totaled 1355 lbs. for a 2nd place trophy. Latecomer Michael Waldron made us all glad that he was able to compete today. His close leg, very deep, fast squats were real crowd pleasers. He easily made his 475 opener, his 2nd @ 495 but his attempt @ 505 needed the spotters. He worked his bench up to 365 but ran out of gas @ 375 lbs. He powered up 545 and 565 in the deadlift but could not make 585, even with his super effort. He totaled 1425 lbs. in a tough MO 198 division. We look forward to seeing Mike again. Bryant Bozard from G7, currently holding 3 State records in MO 198, was our 1st 500 lb. squat attempt of the day, but, unfortunately he could not get low enough. He did, however, come back with a great 2nd squat of 540 lbs. His 3rd attempt, this time with 565, needed the spotters help. He benched 330 and 355 but couldn't quite get 375. Deadlifting smoothly up to 515 he lost his grip on his last attempt of 545. He totaled 1410 lbs. Tommy Holland, also from G7, lifting in MM 275 (40-49), started with a perfect squat of 500 lbs., a big jump to 560, but 620 for his 3rd attempt was no good. He had 2 nice bench presses up to 415 with 440 being too much today. He missed his opening deadlift of 400 lbs. but came back to make 450. Totaling 1425 lbs. earned him a 3rd place trophy. A strong Michael Hempllepp from Total Gym topped the MO 242 category with squats of 500 and 560 only to be stopped @ 615 lbs., needing the spotters help. He benched 360 and then up to 430 but not quite to 465. His 500 lb. deadlift was enough to total 1490 and 1st place in this division. Beef! Beef! At 19 years old and 272 lbs. Preston Deaver is a big Jr/Teen but not as big as he was at our last meet when he lifted in Jr/Teen 308. His opening squat of 505 was as good as it gets today. He benched 325 but at 335 he needed help from the spotters. The 1st deadlift of 415 was shaky but he got it and moved up to 440 on his 2nd attempt. A big try @ 500 lbs. was too much. His total was 1270 lbs. for 1st place and new SC State records. Up next was Todd Shook out of Maximus lifting in MM 275 (40-49). He made his opening squat of 505 but couldn't find his groove @ 550. He slowed down to squat a steady 575 on his 3rd attempt. He benched 350, had 2 smooth deadlifts up to 525 but, was stopped @ 550. Totaling 1450 lbs. he won a 2nd place trophy. Jeremiah Blankenship, also from Maximus, is 26 years old and lifts in MO 181. He had a nice, slow, steady opening squat of 505 lbs. but that was it for today. His next 2 attempts @ 525 needed the spotters. He bench pressed 300 lbs. getting red lights on his next 2 tries @ 315. An easy 405 deadlift raised his spirits and upped his challenge to 505 (100 lbs. more) which proved to be too much today. He totaled 1210 lbs. He did better 3 of his



Tex Henderson tries a 1000 lbs., closely watched by head referee Joe Deverville, and closely spotted by WPO champ Donnie Thompson

previous State records but it was not enough to retain those records. Next, from Waites Fitness, was Kevin Brown in MO 198. Kevin worked his squats up to 590 but couldn't quite get 600 lbs. as the spotters moved in to help. He had a nice opening bench of 430 but his jump up to 485 proved to be too much. He progressively deadlifted 375, 400 and 450 to total 1470 and 3rd place trophy. Collin Voigt, another strength coach from USC, lifting in MO 242, started with a good 525 lb. squat, needed the spotters help with his 2nd attempt of 575, but came back on his 3rd attempt, to make it. He blew 315 off his chest for his 1st bench, had a good, solid 365 for his 2nd, but couldn't make his final attempt at 405 lbs. He deadlifted 525 for a total of 1465 lbs. and a 2nd place in his division. Chris Hendrix from Total Gym, powerlifting for only 1 year, was the last and best competitor in MO 220. He made 2 nice, steady squats up to 565, but did not make his attempt @ 580 lbs. (after a great effort). He benched 385 on his 3rd attempt and deadlifted 500, for a total of 1450 lbs. and a 1st place trophy and a bump up on his 3 SC State records. Tommy Kelly, "Mr. South Carolina 2004", from Jungle Gym, a body builder trying his hand at powerlifting, was a crowd favorite in MO 198. Starting with 2 good squats up to 650 lbs., his 3rd attempt @ 700 was too much, but the spotters were there to prevent injury. He benched 450, 485, and then 500 lbs. looking real strong. Making his opening deadlift of 525 he barely missed his at-

tempts @ 600 despite a great effort on his part. His total was 1675 lbs. which was enough for 2nd place in a big division, and 3 new SC State records @ 198. We hope to see more of Tommy in the future. Jared Bruff, having lifted in our previous meets, was well known to this crowd. At 275 in MO he opened with a 575 lb. squat, easily moved up to 600 but didn't get low enough with 625. He benched 450, 465, and then with a super effort he pushed up 480 lbs. He pulled 525, 550, and 570 lbs. to total 1650 lbs. in our most crowded division. Lifting in MO 181, Greg Crook chased Brantley Waites with good, hard squats of 580, 620, and 645. He benched up to 430 lbs. but could not get 450 on his 3rd try. He deadlifted 525 on his 1st attempt but had to be satisfied with that because, despite his great effort, that was it today. His total was 1600 lbs. and a 2nd place trophy. Lifting in Police/Fire was Capt. Jonathan Couick of the Charlotte Fire Dept. He started with 3 powerful squats up to a big 650 lbs. He benched up to 430 but could not get 450. He deadlifted 550 on his 1st attempt but 620 was just too much. His total of 1530 lbs. was good for 1st place in this division, and, 4 new SC State records. During a short break, I took the mike to pay tribute to the super powerlifting performance by Travis Mash at the WPO finals last October. Travis is now the "Strongest Man of All Time" @ 220 lbs." He broke the unbreakable record set by Ed Coan in 1991 with a new total of 2410 lbs. Congratulations Travis from all of us with the APF! As

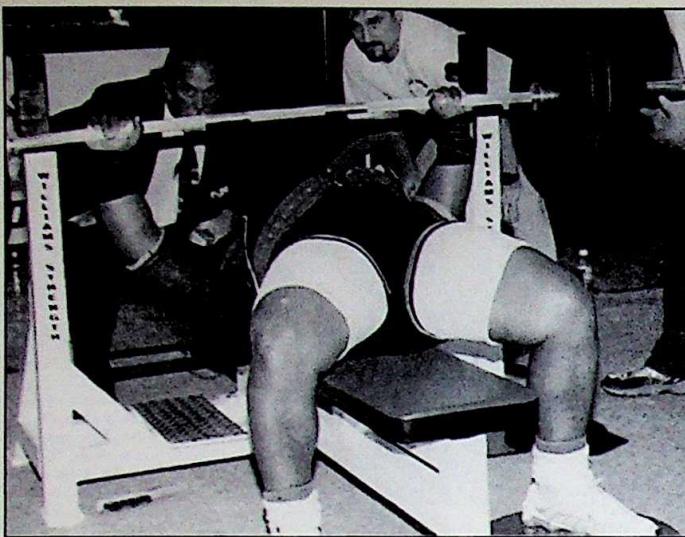
Donnie moved to the platform to help spot the bigger lifters, Marc got the 3rd flight started. Jon Gordon from NGBB, a great young lifter, 24 years old, and training for only 2 years opened with a good 585 lb. squat. He moved up to a 625 and then powered up a big 650. What a great lift for a 165 lb. man, almost 4x his body weight. He benched 385 and then deadlifted 585 to total 1620 lbs. and a big 1st place win in MO 165. Brantley Waites, head of the Waites Fitness team, was obviously the man to beat in MO 181 as he was the 1st squatter to open at 600 lbs. which he "just stood up with". Getting 625 on his 2nd he got a big 650 lbs. on his 3rd attempt, for the best squat in his division. It took him 3 tries at 500 to make this big bench but he got it! His 550 deadlift gave him a 1700 lb. total, 1st place in this division and posted all new SC State records in MO 181. Good job, Brantley! And now, Marcus Brandon the #1 lifter in MO 198 and our "Best Male lifter". He is a great example of NGBB's contribution and dedication to powerlifting. He had 3 strong squats up to 705 lbs. Out of his groove on his 1st bench attempt he went on to make his 2nd and then up to a big 555 on his 3rd. His 630 lb. deadlift was over 100 lbs. heavier than his 2nd place rivals, bringing his total up to 1890 lbs., which would have been just 9 lbs. short of qualifying for the 2004 WPO finals. That's POWER LIFTING! The strongest of our Master lifters, Barry Sturdivant MM 275, was up next. He opened with a good 640 lb. squat, moved up to 685 on his 2nd but didn't get low enough on his 3rd attempt @ 720. His bench presses got better as he progressed. First, missing at 475 and then making it, and then on to a big 530 lb. lift on his 3rd. Opening with an awesome 500 lb. deadlift he powered up all 3 attempts to 600 lbs., for a total of 1815 lbs., way ahead of the crowd. He earned a 1st place trophy and a new SC State record Bench Press. Next up was "The Married Man", Josh Thompson from Maximus in Columbia. Josh is a big 23 year old lifting in MO 275. He blew out his suit on his 1st squat @ 640, but made it anyway. Not being used to the new suit, he had difficulty @ 700 lbs. and needed the spotters for his next attempts. He opened with a 455 smooth bench but stalled with his 2nd attempt of 505. With a great effort he made it on his 3rd attempt. He just wouldn't let it stop him. That bench proved to be a SC State record. Good job! He just couldn't get his deadlift today, (or should I say tonight?) Maybe a 10 hour meet was taking its toll on the lifters. Donnie said it best, "He's out of gas". Our next lifter in MO 275, weightlifting for 15 years, was Jason Lawson from The Compound. He had an easy opening squat of 640 lbs. "Put some weight on the bar". Even after 2 more smooth squats up to 725, he looked like he had plenty more left. It took 2 attempts but he got 455 and just missed his big try of 475

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 "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s Oct/99 ... USP Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s. Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls., Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00 ... IPF Worlds, WABDL Worlds,

Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Jun/00 ... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting

in the 800s and 900s, TOP 100 114s Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls., IPA Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s Sep/00 ... USP Srs., IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s. Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC



Greg Campbell had the biggest bench press of the meet, 620 pounds

in the bench press. But, he is a deadlifting man! Smoking all 3 big lifts up to a meet-topping, crowd screaming, SC State record of 800 lbs. His total of 1980 lbs. was good for a 2nd place trophy in his division. Our next lifter, Greg Campbell, was "The Man" in our biggest division, MO 275. He is currently a powerlifting champion and it shows. A little high with his 1st squat attempt @ 700 lbs. he blew up 750 for 3 white lights and destroyed 805. He was not steady with his bench attempt @ 600 but came back to get 620 lbs. on his next attempt. A great effort at 650 just didn't go. His 3 deadlifts were solid all the way up to 660 lbs. for a total of 2085 lbs. and a 1st place trophy. Grant Austin, at only 242 lbs. from Charlotte NC opened with a big, big 725 lb. attempt (triple body weight) but could not get it. He tried again and again @ 750 but not today. Don't count Grant out. He is a strong lifter and fierce competitor. Our final Police/Fire competitor was Billy Warren a 242 lb. lifter opening with a 750 lb. squat attempt which he gets... easy!! Moving up to 800 and then to 825 getting them both, WOW! Almost 3% x body weight. He had 2 solid benches @ 440 and 475 only to be stopped @ his 500 lb. attempt. He muscled up his dead lifts to 625 lbs.. Having a great lifting day, going 8x9 totaling 1925 lbs., he earned a 1st place trophy and set all new SC State records in P/F 242. Jay Floyd from GA lifting in MO 272 opened with a 750 lb. squat, and then up to 800 after some smack "psyching up". A 3rd attempt with 825 just wouldn't go. He smoked all of his bench presses up to 450 lbs. His 1st deadlift @ 575 was easy for him as was his 2nd with 600,

but a stab @ 615 wasn't enough today. His total was 1850 lbs. and 3rd place in his division. Next lifter was big John Manly assisted by his wife Stacey (the current SC State record holder in WO 181). He had 3 great squats of 750, 800 and 870 lbs. A record breaking 600 lb. bench on his 2nd attempt was as solid as a rock, but he was stopped @ 625... great effort... so close. His opening dead lift of 650 flew off the floor, but, that was it. He could not make his next 2 tries of 730. He posted the highest total of the meet for now @ 2120 lbs. and broke his SC State record bench press by almost 50 lbs. He earned a 1st place trophy in MO 308. Jon Grove, "Mr. NGBB", and a champion powerlifter was our guest lifter @ 308. Jon's big lifting brought out some extra beef from Jungle Gym to help our spotters stay safe. He planted a kiss on the bar and ripped it from the rack, down and up, slow and easy, just like that with 820 lbs.! Up to 880 on his 2nd attempt, but not quite with "925" on his last attempted squat. A big opening bench attempt of 500 lbs. brought shouts of, "Oh, yeah", from the crowd. Jon makes it look easy. 630 lbs. on his next 2 attempts just would not go. He opted out of the deadlifts, but received the crowds approval for his efforts. Thanks, Jon. North Georgia Barbell is always welcome at our meets. Aaron Pickens, a big 25 year old from Spartanburg, working out with Donnie in Columbia is the current SC State record holder in the squat @ 308. He began his lifting with 870 lbs., which he made look easy. He went up to 905, smooth and slow, only to be stopped at his final attempt of 940 lbs. He benched up to 450 but 500 lbs. was too much today. His

1st deadlift attempt of 630 came up smooth and easy, but that was it. He totaled 1985 lbs. for 2nd place in MO 308 and little bump up for his new SC State record squat to 905 lbs. And now, "the big man", everyone's favorite, Tex Henderson. At 390 lbs. he is truly a gentle giant, as we all could see as he held my new twin grandchildren in his big arms. With Steve Goggins, a world class powerlifting record holder at his side, he started a little high on his opening squat attempt with 905, but came back to get 3 white lights with a big 940 lb. on his shoulders. Steve got the crowd up for Tex's attempt with 1000 lbs., "go, go, go" shouted the crowd... close, but, no go. Do not fear, "He'll be back" to get the "1/2 ton" in the near future. A little out of his groove with his 1st bench attempt of 555 he came right back to make it on his 2nd. His opening deadlift of 715 looked easy, but that was it. He totaled 2210 lbs., the highest in the meet for a 1st place trophy MO SHW, and four new SC State records. Ron Shirley took the mike and got everyone ready for the "Bench Only" category which featured 10 lifters. First up was "Lil" Killer Williams, 17 years old, making his 1st attempt with 205 lbs. He could not get his 2nd, but with lots of encouragement from Dad, he made the 3rd attempt with 225 lbs. for 1st place in J/T 220. Up to 74 year old Bill

Milner lifting in 181, benching an easy 210 in his 1st. He was stuck with 220 on his 2nd attempt but got it on his 3rd to earn a trophy in MM 181 (70-79). Mike "Hulk" Effner, our only Charleston lifter in J/T, 165 lbs. opened with 310 and had a good lift. His attempts @ 340 were too much today. He was 2nd place in this division. Up next was Chad "Big Nasty" Tucker holder of many powerlifting records @ 148, lifting today @ 165 lbs. He opened with a big 350 lb. bench press. Up to 365 for his 2nd attempt, he could not get 375. His effort earned him a 1st place trophy in J/T 165. Brian McRavin, from Darlington, lifting in MO 220, opened with a good 375 lb. lift. He moved it up to 390 on his 2nd attempt. A 3rd attempt of 400 was just out of range today. He won a 1st place trophy. "Johnny B. Good", known to us as Killer Williams lifting in MM 242 (40-49) @ a body weight of only 222, is the current SC State record bench presser in MM 220. He smoothly beats that with his opening attempt of 385 lbs. but could go no higher and placed 2nd today. A crowd favorite, everybody knows when "the Killer is in the house". Our next lifter, Tom Isbell who has more bench press records than I can list, is competing with the APF for the 1st time. Making his 1st attempt with a solid 390, he could not get up to his best today, but we



Jason Lawson had the best deadlift — 800 lbs.

Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

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

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

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

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

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

Aug/01 ... Garry Frank Goes 2601 - APF

Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, TOP 100 123s

Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. 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 Arms, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s

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

Feb/02 ... WABDL DL Worlds, IPF BP

Worlds, WNPF Worlds, WPC Worlds, Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikessell Interview, TOP 100 132s

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

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

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

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

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

Sep/02 ... Kennelly BPs 800, American

Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s

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

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

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

Mar/03 ... Brad Gillingham Comeback,

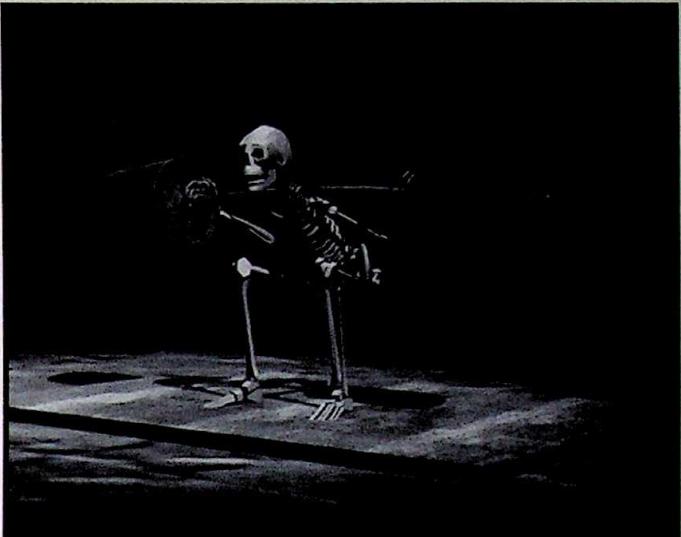
know that he will next time. He won a trophy in MO 198. Phil Horn, from Lyman SC, a strong 44 year old 220 lifter also a holder of many bench records, started with a "smoking" good lift of 425 lbs. He worked his way up to 440 and a 1st place trophy. Next up was Eric Hubbs, down from 275 he lifted in MM 242. Eric is a big bencher and a heck of a guy, helping us with the meet as day progressed into night. He opened with a solid 425 lb. attempt and worked it up to 480 on his last attempt after just missing it on his 2nd try. He won 1st place (40-49). The final bench presser Chris Cooke amazed the crowd when we announced his opening attempt @ 840 lbs.! That's the kind of bench that only a handful of lifters in the world would attempt. The man they call "The Head" gave it a heck of a try, but just couldn't get it. Again, he tried the 840 but no go. Then he called for the bar to be loaded to 905 lbs. (the biggest attempt we have ever seen). He pushed and pushed but, not today. Even though he didn't make his benches it was awesome for us to witness these "super human" efforts. A special thanks to Marge, Phyllis, Brett, and everyone else who helped with this long, long meet. Lynn, who helped me write this article with her notes during the meet; the Special Olympics crew; our sponsors; USC; photographer Bill Numberger; Chiropractor Shane Conner; LMT Secca Shealy; Warren, Michael and Eric for their unsolicited help wherever needed; the guys in Columbia; the APF; and all of the great lifters who competed in this our final meet of 2004. (results from Will Millman and Bill Numberger)

USAPL Arizona State (kg)					
2 OCT 04 - Queen Creek, AZ					
	WOMEN	SQ	BP	DL	TOT
Master					
148 lbs.					
S. Meshkon	155	70	157.5	382.5	
123 lbs.					
J. Froeschle	127.5	60	130	317.5	
Open					
181 lbs.					
L. Blyn	185	105	187.5	477.5	
M2					
148 lbs.					
S. Meshkon	155	70	157.5	382.5	
123 lbs.					
J. Froeschle	127.5	60	130	317.5	
Teen					
148 lbs.					
C. Mundy	95	47.5	100	242.5	
T2					
165 lbs.					
B. Greene	60*	50*	80	190	
MEN					
Master					
220 lbs.					
B. Schmidt	282.5	175	282.5	740	
165 lbs.					
J. Gragula	105	90	137.5	332.5	
Open					
165 lbs.					

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 Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.

C. Lloyd	142.5	105	155	402.5
181 lbs.				
N. Miceli	155	140	185	480
K. Conlogue	167.5	115	180	462.5
220 lbs.				
S. Liabe	250	177.5	227.5	655
275 lbs.				
A. Watson	262.5	195	265	722.5
D. Wadekamp	240	115	137.5	492.5
BENCH				
M2				
242 lbs.				

Mark Brown 125 — — —
*=State records. Meet Director: Jim Sullivan, Rich Wenner. Judges: Lanett Lopez, Jim Sullivan, and Rich Wenner. Sponsored By: Rebuild II, Titan Support Systems, and PL USA. Women's Open Best Lifter: Liane Blyn. Women's Masters Best Lifter: Sasha Meshkov. Women's Teen Best Lifter: Chelsi Mundy. Men's Open Best Lifter: Shilo Liabe. Men's Master Best Lifter: Bill Schmidt. We had several lifters qualify for National Championship competition. Master lifter Jan Froeschle qualified for Women's Masters and Women's Open Nationals, 2003 Worlds Strongwoman competitor and part time powerlifter Liane Blyn qualified for Women's Open Nationals. It would be scary to see what Liane could do if she concentrated on the powerlifts. High school junior Chelsi Mundy qualified for Women's Teen and High School Nationals. First time competitor Joe Gracula qualified for the Master's Nationals and junior lifter Shilo Liabe qualified for the Men's Junior Nationals. High school lifter Briana Greene established the Women's T2 State records n the Squat, Bench, Deadlift, and total. Briana had never seen a Powerlifting meet before the day of the competition. Not bad for learning on the run the day of the meet. I would also like to thank the lifters who traveled from out of state. Sasha Meshkov traveled in from California. Former ADFPA open and world champion and long time friend Bill Schmidt came in from North Carolina. Andy Watson has traveled from Las Vegas to several of our meets now and we look forward to him returning in the spring. I would also like to thank Nicholas Miceli for making the trip from Tucson. Nick competed for the first time in the USAPL last spring. It's a commitment like Nick's that will make Powerlifting grow throughout the state. We also had several lifters new to the USAPL. Briana Greene, Mark Brown, Shilo Liabe, Chris Lloyd, Joseph Gracula, Damien Wadekamper, and Kevin Conlogue. Damien had to fight through some injuries to be able to compete but will be more than ready next time around. Kevin has only been training for Powerlifting for a couple of months and has yet to try any gear. Queen Creek High School and Coach Todd Workman deserve a big thank you. The venue was perfect and the help that Coach Workman provided to assist with the setup, spot, load and tear down was second to none. The loaders even provided their assistance in the



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warm-up room. As Bill Schmidt put it, I've never competed in a meet where I didn't even have to load a bar in the warm-up room. I would also like to thank Tim McClellan for announcing. Tim was a long time member of the ADFPA, National referee, and the first world team coach for the ADFPA. Also meet director for several Lifetime National Championships, along with the Collegiate National Championships. My partners who have been a large part of building the USAPL back up in the state. John Pena and M2 2004 National

Champion Jim Sullivan. Also Lanette Lopez for really showing us the administrative ropes the day of the meet. Lastly the sponsors, Titan Support systems; not only does Pete make great equipment he is a true supporter of the sport, Mike Lambert and Powerlifting USA, and Gary Lewellen with Rebuild II. Rebuild II has been a very popular supplement among NFL and NBA teams and is slowly making its way into the strength sports. You can get more info on rebuild n at www.rebuilddi.com (Thanks to USAPL for providing these meet results)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

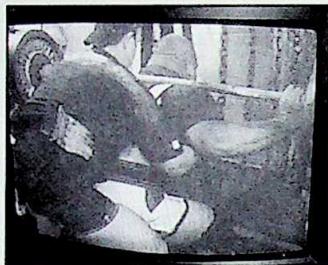
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)

USAPL MA/RI States Open				
20 NOV 04 - Warwick, RI				
WOMEN	SQ	BP	DL	TOT
Special Olympics				
J. MacDonald	285	140	315	740
Teen				
N. Pierce-17	155	110	215	480
Master				
T. M-Ward-41	200	100	245	545
D. Farrar-48	220	110	225!	555
Grandmaster				
D. Lehan-52	255	150	325	730
J. Clough-57	200	100	285	585
Open				
Hatfield*-177	460!	290!	375	1125!
T. Schiffer-156	280	160	300	740
J. Clough-110	200	100	285	585
MacDonald-192	285	140	315	740
C. Towne-157	250	135	265	650
MEN				
Special Olympics				
S. Burns	220	175	270	665
M. Kardok	—	190	305	495
Junior (20-23)				
M. Petrarca	450	280	475	1205
D. Poulos	500	325	525	1350
D. Fragoja	380	275	420	1075
Y. Kahn	400	295	530	1225
J. Carpenter	450	340	450	1240
C. Clifford	465	320	430	1215
B. Lanoue	255	55	645	955
K. Gilbert	—	—	—	—
Master-1 (40-44)				
B. White	565	415	680	1660
K. Rossi	530!	420	535!	1485!
S. Michelson	535	335	545	1475
R. Johnson	500	250	405	1155
S. Bowen, Sr.	260	145	365	770
Master-2 (45-49)				
Montembault*	650	400	580	1630
D. Schuman	520	325	490	1335
J. Ricci	600	370	540	1510
B. Topol	435	360	465	1260
B. Lelson	325	265	430	1020

Masters-3 (50-54)				
P. Mears	420	245	470	1135
J. Wild	305	160	345	810
B. Troiano	—	—	—	—
Masters-4 (55-59)				
D. Mansfield	575!	290	540!	1405!
J. Medeiros	475	365	465	1305
J. Rizza	400	155	355	910
Masters-5 (60-69)				
D. Allen	375	260	435	1070
J. Marchionda	350	170	330	850
E. French	265	160	360	785
Master-6				
Archambault	350	210	410	970
Open				

For Review .. the new issue of *POW!ERLIFTER Video* is out (#41) and it has some monster workout footage from Mike Miller's Nazareth Barbell Club ... big bench phenoms like Shawn Lattimer and Joe Mazza (and many others!) work out and share lifting tips (like big time board pressing!), then it's off to Iron Island Gym in New York where some mighty big boys go through a humongous squat routine.



From there this issue goes to the man who has been in *POW!ERLIFTER Video* far more than anyone else, widely considered among the PLVID staff to be the best looking and most charming powerlifter ... for great workout insights and training footage. Check out the *POW!ERLIFTER VIDEO* ad on page 38 of this issue or call 1-800-BARBELL (1-800-227-2355) to order directly.

Also available visually are the DVDs of Jill Mills and Becca Swanson ... first off is a fear-

some bench workout, with 300 lb. weights being toyed with, in which both learn how to master the use of the denim bench shirt, through the instruction of coach Rick Hussey of Big Iron Gym. The image quality of this tape is extraordinary. Their second offering is a hardcore workout video where they both hit full squats, rack squats, deadlifts, olympic lifts, and they even get into a one arm snatch contest, and top it off with a revealing one on one interview. The imagery of two of the World's Strongest women doing raw reps with weights many (including men!) can't do for max singles will not be soon forgotten. You can order the tapes at www.jillmills.com or www.beccaswanson.com or through Becca Swanson, 643 N. 98 Street PMB 176, Omaha, NE 68114. The bench DVD is \$24.99 + \$5 S/H, the training DVD is \$39.99 + \$5 S/H, or you can order both for \$55.00 + \$8 S/H.

2005 CALIFORNIA POWERLIFTING HALL OF FAME INDUCTION CEREMONY

DATE: Saturday, March 19

TIME: 8:30 AM (39th CA USPF State Meet to follow)

LOCATION: Joint Forces Training Base Gym, Los Alamitos

INDUCTEES:

- Len Ingro (Kingsburg)
- Denny Thompson (Huntington Beach)
- Gene Estrada (San Luis Obispo)
- Tom Harris (Ontario)
- Jack Hughes (Los Angeles)
- Rudy Lozano* (Garden Grove)
- Paul Love (San Jose)
- Jim Waters* (Santa Clara)
- Willie Kindred* (Tempe, AZ)
- Bill Whitting (San Clemente)
- Marv Phillips (Kirkland, WA)
- Bob Burke (San Clemente)
- Mike Musto (Benicia)

* Member of the 1967 Zuver Power Team, Costa Mesa; special recognition.

S. Michelson 535 335 545 1415 SHW
 G. Ziriaik 700 — — —
 *=Best Lifters. !=Records set. Held at Northeast Training. Meet Directors: Greg Kostas and Rene Moyen. Women's Overall Best Lifter: Disa Hatfield. Men's Overall Best Lifter Session I: Dennis Montembault. Men's Overall Best Lifter Session II: Eric Kipperstein. Team Standines: 1st - Next Level Fitness - RI. 2nd - Powerzone - NH. CT State Records: Disa Hatfield - Women's 181 lbs. Div. - 460 Squat. 290 Benchpress, 1125 Total. Mass State Records: Eric Kipperstein - Men's 132 Div. - 575 Deadlift. Gene Marshall - Men's 165 Div. - 415 BP, 560 Deadlift, 1505 Total. Dave Mansfield - Masters IV 220 lb. Div. - 575 Squat, 540 Deadlift, 1405 Total. RI State Records: Dianne Farrar - Women's Masters 123 lb. Div. - 225 Deadlift. Mike Campbell - Men's 198 lb. Div. - 630 Squat. Kevin Rossi - Men's 198 Masters - 530 Squat, 535 Deadlift, 1485 Total. Officials: Greg Kostas - MA National, Joe Wencis - MA State, Eric Cordiro - MA State, Rene Moyen - RI State, Joe Peters - RI State, Disa Hatfield - CT State, Mike Laliberte - ME State, Sam Tyler - ME State, Scan DiCataldo - MA State. Meet Highlights: Disa Hatfield - Women's Open: 460 Squat - 290 Benchpress - 375 Deadlift - 1125 Total. Bill White - Masters I: 565 Squat - 415 Benchpress - 680 Deadlift - 1660 Total. Kevin Rossi - Masters I: 530 Squat - 420 Benchpress - 535 Deadlift - 1485 Total. Dennis Montembault - Masters II: 650 Squat - 400 Benchpress - 580 Deadlift - 1630 Total. Dave Mansfield - Masters IV: 575 Squat - 540 Deadlift - 1405 Total. Fred Archambault - 81 yrs. Old: 350 Squat - 410 Deadlift. Eric Kipperstein - Men's 132s: 485 Squat - 260 Benchpress - 575 Deadlift

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

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

26 MAR, USAPL Maine State, Ed French, 2 H Street, Bangor, ME 04401, 207-944-3460.

26 MAR, USAPL New Mexico State, Doug Lees, 1216 N. Bennett St., Silver City, NM 88061, 505-538-8806.

26 MAR, North Carolina Strongman Bench Press Championship (Charlotte, NC) www.moneymikeproductions.com.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2 APR, Maryland Strongman Bench Press Championship (Baltimore, MD) www.moneymikeproductions.com.

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

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

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

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

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

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

2-3 APR, GPC Canadian Nationals, Canada Olympic Park, Calgary, AB, CAN, Brian Johnston, KiFitness@telus.net, 403-215-4549, www.independentpowerlifting.com

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

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

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

3 APR (New Date), WNPF Georgia PL (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA. 30214 770-997-0589 or wnfp@aol.com

3 APR, USA 'RAW' BENCH PRESS 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

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

9 APR, USAPL Dave Martin Memorial Qualifier, Greg Simmons, 100 E. Miller Dr. #65, Bloomington, IN 47401, 812-330-1012

9 APR, USAPL Ketchikan PL, Doug Gregg, 1225 S. Higgins Rd., Ketchikan, AK 99901, 907-247-8463

9 APR, South Carolina Strongman Bench Press Championship (Greenville, SC) www.moneymikeproductions.com.

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

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

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

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

9 APR, SLP PRIMETIME FITNESS BP/DL CHAMPIONSHIP (Crestwood, Ky.) Son Light Power, 122 W. Sale, Tuscola,

COMING EVENTS

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

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

9,10 APR, APF/AAPF Southwest PL & BP (VEGAS - "Bring it if you got it"), Mark Swank 702-245-6852, 702-656-6762 or theygymlasvegas@earthlink.net, entry forms available

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

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

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

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

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

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

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

16 APR, NASA Ohio State Champs, PL/ing, BP, Push/Pull & Power Sports,

Springfield, OH. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

16 APR, Tennessee Strongman Bench Press Championship (Nashville, TN) www.moneymikeproductions.com.

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

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

16 APR (address correction), Iowa Open State (open to all lifters - BP or DL - teen, novice, open, submaster, master 1 - 2 - 3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

June 25th: APF Central California

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

(worldpowerlifting.org)(worldpowerliftingcongress)

rhpvmore@msn.neiu.k12.pa.us

17 APR, WNPF Maryland Championships (Colora, MD) Lester Fields, 770-842-2137, lesterfields@aol.com
17 APR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-342-1138
17 APR, SLP Big Bench at the French BP/DL/C (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

23 APR, Central Pennsylvania BP, Chip Aumiller, 4243 US Hwy 522 S., McBeytown, PA 17051, 717-899-7629, caumiller@pa.net

23 APR, Central Wisconsin BP, John Easterly, 734 Deerborn Dr., Grand Marsh, WI 53936, 608-339-3977

23 APR, USAPL Nebraska State & Maple Creek Powerthon, Jenae Jindra, 2490 Rd 9, Clarkson, NE 68629, 402-892-3295

23 APR, Ronnie Coleman Strength Extravaganza, Brian Dobson, c/o Metroflex Gym, 2921 S. Cooper St., #109, Arlington, TX 76015, 817-465-9337, briandobson57@comcast.net

23 APR, 3rd Tupelo Fitness Max Gym Bench Press (Tupelo, MS) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601. Dennis George 608-787-5693 or 662-841-0297.

23 APR, Kern County High School (Stockdale H.S., Bakersfield, CA) Steve Denison, pwrlifters@msn.com, www.powerliftingca.com, 661-333-9800
23 APR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, 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

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

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

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

23 APR, USAPL North Carolina State & Open PL, Jennifer Thompson, 4408 Lake Shore Rd., N, Denver, NC 28037, 7 0 4 - 4 8 3 - 6 3 3 2 , www.carolinapowerlifting.com

23 APR, APF/AAPF South Carolina Open PL/BP (Charleston Southern University) Will Millman, APF/AAPF SC Chairman, 843-886-5366, FAX 843-886-3509, Shelter223@aol.com

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

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

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

30 APR, APF Ohio Cashed or Crushed Bench for Cash (Middletown, OH) Tom

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Hypes, 513-464-8363, hyper242@sbcglobal.net, ohioapf.com

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

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

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

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

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

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

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

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

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

30 APR, 26th Annual Raw A.D.A.U. "Power Day Classic" Separate Bench Press and Deadlift Contests Open division and all age group divisions for both men and women. The oldest continually run meet of its kind in the world. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pk1up.com

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

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

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

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

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

1 MAY, SLP STEVE "MAD DOG"

HOUSTON MEMORIAL IOWA REGIONAL BP/DL CHAMPIONSHIP (Clinton, IA) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 MAY (NEW DATE), WNPF Raw Nationals, Powerfest 2K5 & Police/Fire/Military World Games (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

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

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

7 MAY, APF/AAPF NYC Coliseum Impact Push-Pull for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 750971st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

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

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

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

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

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

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

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

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

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

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

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

7,8 MAY, WPA World Championships (Opryland Hotel, Nashville, TN) Scott Taylor, 941-697-7962, apapresident@apa-wpa.com, or

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

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

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

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

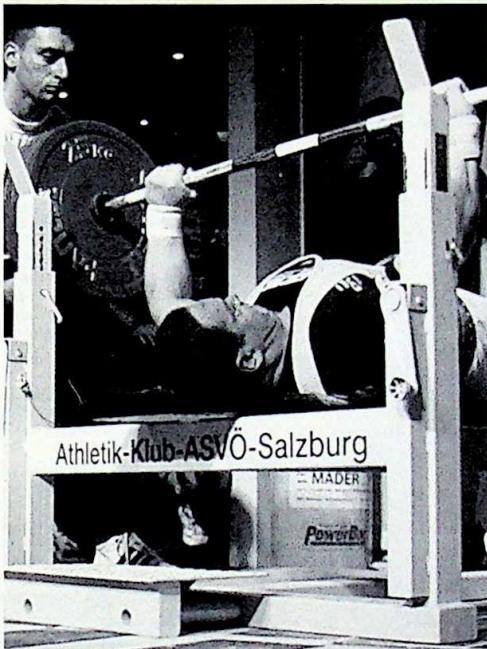
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4. All contestants must pay a \$50 dollar entry fee.

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**Wade Johnson, 615-782-4036,
supersquat800@yahoo.com**

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

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

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

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

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

14 MAY, Super Bench Rep Competition - Bodyweight for Reps (men, women,

jr., master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

14 MAY, Money Mike's East Coast National Strongman Bench Press Championship (Charlotte, NC) www.moneymikeproductions.com.

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

14 MAY, Bench Blast for Cash (Harrisburg, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

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

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

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

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

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

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

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

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

21 MAY, Chickahominy YMCA BP Classic, Phillip Battle or Nancy Burnet, 5401

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May 7 & 8

**Information: Scott Taylor
(941) 697-7962
apapresident@apa-wpa.com**

**or
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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

21 MAY, USAPL Pennsylvania State BP/DL (Freedom H.S., Bethlehem, PA) Terri Kunsman, 610-662-8336, tkunsman@rcn.com

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

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

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

21, 22 MAY, IPA Strength Spectacular @ Four Seasons Fitness, W. Paterson, NJ, www.nazbar.com, deb@nazbar.com, 610-438-2902

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

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

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

28 MAY, NASA East Texas State (PL,

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Ford Sheridan, 608-249-4227

4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

4 JUN, Pete Lanzo Memorial Push/Pull, (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org

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

4,5 JUN, Raw A.D.A.U. National Powerlifting Championships Men and Women of any age, in all weight classes Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

4,5 JUN, APF Senior Nationals PL + BP (WPO Qualifier), Detroit MI, Jim Hinze, 386-734-3128, worldpowerlifting.org

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

10-12 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

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

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

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

11 JUN, Summer Push Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-660311 JUN, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

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

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

11 JUN, WABDL Capitol City Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

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11 JUN, APA Gulf Coast Record Breakers PL, BP, DL, PP (Ft. Myers, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

11-12 JUN, AAPF Police & Fire Nationals (Frantz Gym, Aurora, IL) Ernie Frantz & Amy Jackson, amyjackson@aol.com

12 JUN, WNP North Americans & Elite Nationals (Ephrata, PA) WNP, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnp@aol.com

17-19 JUN, 3rd IPF/NAPF North American Regional and USAPL International Open PL (18th) (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

18 JUN, 6th annual New England's Strongest Man (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

18 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMERNATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

18-19 JUN, AAU Raw National PL and AAU North American Bench, Deadlift and Push Pull (San Diego, CA) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM.

18,19 JUN, USPF Nationals Men & Womens Open, Jrs., Submasters, Masters (Los Alamitos, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

18,19 JUN, WDFPF European PL Championships (Grangemouth, Scotland) jm-gedney@wiu.edu

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, rcrain@charter.net

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

25 JUN, WABDL Rocky Mountain Regional BP/DL (Salt Lake City, UT) Randy Marchant, 801-465-2349

25 JUN, APF Metal Militia Powerlifting Wars, Bill Crawford, Glens Fall NY, 386-734-3128, worldpowerlifting.org

25 JUN, APC Central California Open/Novice, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

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

25 JUN, SLP Men/Women Teenage & Open Women's National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

25 JUN, APF Central California

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

25,26 JUN, WNP Drug Free Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 JUN, APA Space City BP Extravaganza, Health Clubs of America, 14900

Westheimer, Houston, TX 77082, Tom McCullough, tommc56@earthlink.net

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

26 JUN, USAAPL Big Bench Blow-out / Fireworks in the Rockies, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

26 JUN, APA CT Open BP & DL (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

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

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

8-10 JUL (revised listing), GPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (Global Powerlifting Committee World Championships Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, lbbaker@americanpowerliftingcommittee.com, www.irondawg.com

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

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

9 JUL, SLPFT HAMILTON DAYS BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

10 JUL, WNP USA Open Championships & Women's Nationals (Atlanta, GA) WNP, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnp@aol.com

10 JUL, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

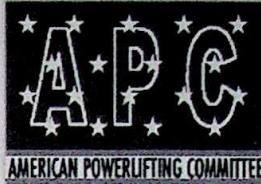
16 JUL, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

16 JUL, World Games

17 JUL, SLP Headquarters BP Classic (Hazelwood, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 JUL, SLPARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,



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10,11 December - 52nd annual APC Iron Man Powerlifting & Bench Press Championships and Mr. Iron Man competition (APC National Qualifier to go to the GPC Worlds)

Bob Packer
559-658-5437
559-322-6805

www.calapc.net

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

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

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

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

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

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

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

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

30 JUL, SLP Open World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

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

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

JUL, NHSP Push-Pull Championship,

THE MOUNTAINEER RACE TRACK & GAMING RESORT

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

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

JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussap@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, pwrflfrs@msn.com, www.powerliftingca.com, 661-333-9800

6 AUG, WNPF Single lift Nationals & Ironman Nationals (Atlantic City,

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

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

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

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

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

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usaplca.org

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

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

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

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

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

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

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

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

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

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

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

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

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

27 AUG, 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

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

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

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

24 SEP, NASA Tennessee Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbeat.net

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

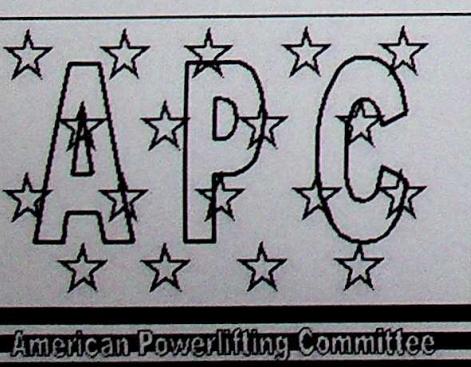
24 SEP, SLP OPEN NATIONAL POWERLIFTING / B/P/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

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



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

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

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

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

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

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

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

1 OCT, Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2212 Misty Circle, Benton, AR 72015, 501-860-6851

1 OCT, 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

2 OCT, ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phgbrookfield@sbcglobal.net

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

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

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

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

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

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

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

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

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.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, pwrlfrts@msn.com, www.powerliftingca.com, 661-333-9800

15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225

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

17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com o www.americanpowerliftingcommittee.com

22 OCT, NASA Colorado Regional (PL, 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

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

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

29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, 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

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

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

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

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

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

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

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

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

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

5 NOV, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scottt@apawpa.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.usapla.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

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

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

12 NOV, USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.

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

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

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

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

8-13 NOV (REVISED NEW DATE) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rk@verizon.net, www.geocities.com/floridausapl

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

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

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

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

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

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

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

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

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

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

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

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

4 DEC, 13th Annual Raw A.D.A.U. "Coal County" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St.,

Clearfield, PA 16830, 814-765-3214, al@pkitup.com

9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rk@verizon.net, 954-384-4472

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

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

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

10,11 DEC, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calpac.net

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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President's Message

Women's Nationals: The Largest Ever!

This year's USA Powerlifting Women's Nationals was held in St. Louis, Missouri the first weekend of February. To say it was a success



Regina Hackey won the best lifter over 60 years of age.

is an understatement. 160 women competed in the Teenage, Juniors, Master's divisions.

As has been said a number of times, what makes the USAPL Women's Nationals unique is the fact that it is a women's only competition. They are not an afterthought or warmup before the men's event. They are the event. And what an event it was. American and World records fell in every division and age group. But what is unique to the Women's Nationals is the camaraderie among the competitors and support staff. The athletes themselves cheer on their competitors. The coaches help athletes who are competing against their own. And most importantly, everyone seems to be having a good time. That may be something that is in short supply in a combined

or men's meet: the low pressure fun.

St. Louis is definitely a powerlifting town. Saturday and Sunday were both tiring days, but the crowd stayed until the very end. Harold and Dawn Gaines and Rick Fowler put together a staff that worked from dawn until well past midnight. They got through the whole weekend without a loading error (almost 1500 attempts) and remained helpful and cheerful the whole time. We will definitely look forward to going back to St. Louis.

Our Traditions: The Commitment of Our Members



Fred Glass, Nick Theodoro, George Hummel, and Dr. Larry Maile at the American Open (photo courtesy of Rob Keller)

This past December, I had the occasion to be spend some time with three of the founders of the ADFPA. Fred Glass, who held the ADFPA Nationals in Allentown, Pennsylvania, Nick Theodoro and George Hummel who worked with Brother Bennet to organize the framework for our organization which provides the structure that we continue to follow. As you know, the ADFPA (now USA Powerlifting) grew out of the vision of these few people in response to the rampant drug use in the sport. George Hummel was at the top of his game on the U.S. powerlifting scene but saw a need to make our sport something that embraced health and longevity. Brother Bennet, an active national meet promoter was concerned with the growing numbers of his competitors who were experiencing health problems. Together, these gentlemen took the risk of forming an organization which has, as its cornerstone, a drug free ethic. It is through the vision of these individuals, and those who signed on shortly after that USA Powerlifting is both the largest and the cleanest organization in the U.S.A.

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.

Top Twenty

This month, we feature the top 20 women at 60 kg. (132 lbs.) and the top 20 men at 67.5 kg. (148 lbs.). To search the lifter database, or for the complete 2004 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

Message from Jacques Rogge

In a letter dated November 29 and addressed to all 202 National Olympic Committees, Dr. Jacques Rogge, the IOC President, emphasizes the importance of the World Games for the future development of sports in general. Dr. Jacques Rogge, President of the International Olympic Committee, follows up earlier correspondence to the 202 National Olympic Committees (NOC) with a letter calling for their support to the national delegations in The World Games 2005

Duisburg. "The World Games play an important role in the framework of the Olympic Movement, providing an invaluable opportunity for athletes from a variety of sports not currently on the program of the Games of the Olympiad to compete in their own elite multi-sport event and represent their countries as members of a national delegation," Rogge writes in the November 29 letter.

In the same letter, the IOC President acknowledges the many efforts made by NOCs already in providing The World Games with their support. He refers to the multi-sports games' history by pointing out that The World Games have enjoyed an exceptional development since their inception in 1981. The 6th World Games 2001 Akita in particular were an outstanding success by every standard. "I am convinced that The 7th World Games 2005, with good collaboration between the International World Games Association (IWGA), the 2005 Duisburg organizers, the 3,000 athletes, and the National Olympic Committees involved, will again be a great success," Rogge expresses his optimism. "I am confident that The World Games will continue to prosper and encourage all NOCs to support this important multi-sport event in Germany next year," Rogge concludes the letter. IWGA President Ron Froehlich met with

Women's 132 class

Name	Squat	Bench	Deadlift	Total
Bettina Altizer	402	309	375	1086
Carly Nogle	400	220	425	1045
Jennifer Rey	320	198	369	887
Jennifer Thompson	276	287	314	876
Codi Grubbs	347	193	320	860
Rachel Churchward	335	180	340	855
Christina Henesian	303	171	369	843
Angela Simons	254	215	314	783
Darla Merrival	270	176	319	765
Kate Dingle-Craig	276	165	320	761
Kitty Dalton	325	150	280	755
Jessica Kralz	281	171	303	755
Pala Ramirez	298	138	320	755
Judy Drenth	259	154	336	750
Veronica Aguila	265	171	298	734
Megan Jovanovich	303	144	287	733
Karlyn Eslick	287	127	314	728
Natalie Hellerstedt	265	171	292	728
Jenna Ferek	287	127	314	728
Kylie Morris	237	132	353	722

Men's 148 class

Name	Squat	Bench	Deadlift	Total
Caleb Williams	656	408	562	1626
Greg Simmons	568	375	540	1483
Scott Layman	579	380	518	1477
Vincent Niedoliwka	513	348	574	1433
Lloyd Weinstein	524	303	584	1411
Casey Brown	529	309	562	1400
Keith Scisney	568	342	491	1400
Paul Wong	491	386	502	1378
K. Wilson	535	300	535	1370
Wayne Veal	458	309	579	1345
Jesse Robles	480	330	530	1340
David Edmondson	485	300	500	1285
Allen Wigham	491	265	529	1284
Brendan Rohan	425	315	525	1265
Bryan Hyunson	463	292	502	1257
Manuel Ruiz	441	259	551	1251
Michael Petracca	475	295	475	1245
Sterling Stinson	468	292	480	1240
Michael Dyer	458	303	474	1235
Steven Mikulecky	430	271	529	1229

the IOC President on Monday, November 29, at the Chateau Vidy in Lausanne, Switzerland. Dr. Jacques Rogge confirmed that he will personally attend the Opening Ceremony of The World Games 2005 Duisburg.-Courtesy of <http://www.worldgames2005.de/en/>.

2005 WORLD GAMES - AN OVERVIEW

In 1980 a group of 12 International Sports Federations (The International Powerlifting Federation being one of these federations) decided to join forces by forming the World Games Council, later to be renamed the International World Games Association (IWGA). The founding meeting was chaired by IOC Executive Board Member Dr. Un Young Kim, who is also the President of the International Taekwondo Federation. The purpose of the new organization was to create a multi-sport event for sports (and/or disciplines of sports) not included in the program of the Olympic Games. This aimed at, among other things, creating more exposure in the media and increased interest from spectators, which would assist the Federations in developing their sports. This initiative came during an era when international sport, including the Olympic Games, were yet to become the great television success - and thus the sponsoring venture - they are today.

2005 WORLD GAMES - AN UPDATE

With the official nominations of 2,063 athletes from 84 nations already in, Germany fields the largest contingent so far: 276 men and women. France is in a rather distant second place: 164 athletes. But the final tally is still subject to major changes.

So far, and with three months still to go to the deadline, 2,063 athletes have been nominated by their International Sports Federations for participation in The World Games 2005 Duisburg.

That is still short of two thirds of what will likely be the final tally! 3,500 at Wetes is the organizers' declared target. And the round figure of 100 would break the previous record of nations entered in The World Games: 93 for 2001 Akita.

One of the smaller delegations is likely to be fielded by India. Only two at Wetes have been nominated to represent the populous subcontinent so far. One of them is India's Sportsman of the Year 2003, the snooker prodigy Pankaj Advani, who will turn 20 on the last day of The World Games 2005. After he already won the 2003 International Billiards & Snooker Federation World Snooker Championships in China, he is one of the top contenders for the World Games title in July.

Some of the other nations entered in The World Games 2005, in the order of nominations received by the 2005 Duisburg organizers: USA 112 entries; GBR 106 entries; and AUS 105 entries. Courtesy of <http://www.worldgames2005.de/en/>.

USAPL Colorado (kg)

11-12 DEC 04 - Colo. Sprgs., CO

BENCH	242 lbs.	B. Wazel	75	50	97.5	222.5	145 kgs.	C. Saunders	295	150	320	765	
123 lbs.	Master-4	165 lbs.					E. Jones	252.5	200	272.5	765		
(14-15)	J. Enenbach	142.5	Open (28)	H. Geersen	137.5	110	157.5	405	T. Dobson	207.5	165	255	627.5
B. Peterson	75	Master-7	T (16-17)	M. Gerlner	107.5	62.5	117.5	287.5	Submaster	100 kgs.			
198 lbs.	C. Dodggett	135	Junior (23)	L. Hanifen	217.5	197.5	220	635	D. Johnson	295	185	295	775
Master-1	275+ lbs.		165 lbs.	B. Beikmann	227.5	145	265	687.5	D. Lesak	205	92.5	195	492.5
Shalkowski	227.5	Master-2	Junior (20)	L. Lopez	100 kgs.			R. Duvall	160	112.5	177.5	942.5	
F. Prutch	155	G. Gerlner	B. McCall	112.5 kgs.				B. McCall	117.5	115	145	377.5	
Master-3		Master-6	Teen (16-17)										
J. Handley	95	J. McIntyre	110 kgs.	B. Brighthurst	200	150	217.5	567.5					
Youth (12-13)	SQ	BP DL TOT	125 kgs.	M. Lara	242.5	152.5	255	650					
97 lbs.			60 kgs.	Master (45+)									
R. Boh	65	32.5 82.5 180	90 kgs.	L. Lopez	102.5	52.5	120	275					
105 lbs.			P. Calhoun	95	95	72.5	262.5						
(10-11)			Mas/Mil (40-44)										
A. Weisigier	70	32.5 90 192.5	75 kgs.	M. Cox	165	105	185	455					
(12-13)			100 kgs.	Military									
A. Wax	70	40 97.5 207.5	82.5 kgs.										
114 lbs.			K. Youngblood	105	52.5	127.5	285						
M. Carter	72.5	42.5 90 205	90 kgs.	D. Collier	—	165	—	165					
N. McCabe	72.5	37.5 85 195	100 kgs.	J. Ennis	177.5	132.5	200	510					
220 lbs.			Open										
J. Zuercher	150	100 150 400	67.5 kgs.	K. Pierce	130	62.5	147.5	340					
Teen (14-15)			K. Pierce										
114 lbs.			Submaster										
R. Maestas	107.5	55 122.5 285	82.5 kgs.	R. Selvedge	—	137.5	—	137.5					
J. Rein	97.5	52.5 115 265	Teen (14-15)										
T. Costigan	57.5	40 85 182.5	60 kgs.										
123 lbs.			B. Cepa	117.5	42.5	127.5	335						
L. Pruned	110	65 120 295	82.5 kgs.	D. Hypolite	132.5	55	147.5	335					
K. McClung	100	57.5 117.5 275	Teen (16-17)										
(16-17)			87.5 kgs.										
M. Hansen	105	50 125 280	A. Bures	120	47.5	132.5	300						
132 lbs.			(Thanks to USAPL for providing results)										
V. Scavuzzo	110	65 117.5 292.5											
J. Posey	85	40 102.5 227.5											
(18-19)													
J. Rein	132.5	75 165 372.5											
J. Giorno	130	85 150 365											
148 lbs.													
R. Theisen	127.5	97.5 152.5 377.5											
D. Weisigier	95	50 100 245											
(16-17)													
B. Hawkins	182.5	110 182.5 475											
J. Bosunga	165	97.5 170 432.5											
S. Estessoro	90	52.5 125 267.5											
165 lbs.													
J. Polakovic	160	87.5 190 437.5											
S. Devlyn	90	72.5 135 297.5											
J. Medina	105	57.5 127.5 290											
A. Cross	107.5	57.5 120 285											
(16-17)													
F. Pruned	142.5	77.5 192.5 412.5											
181 lbs.													
J. Lawrence	107.5	65 150 322.5											
(18-19)													
S. Oakley	200	115 250 565											
J. Peterson	137.5	125 157.5 420											
198 lbs.													
M. Johnson	175	105 175 455											
220 lbs.													
(18-19)													
D. Kelley	227.5	152.5 235 615											
242 lbs.													
M. Littlefield	150	107.5 160 417.5											
(16-17)													
J. Walters	190	152.5 230 572.5											
(18-19)													
B. Schwake	210	122.5 242.5 575											
M. Dionisio	215	142.5 202.5 560											
WOMEN													
123 lbs.													
Teen (18-19)													
A. Stengrim	105	52.5 92.5 250											
M-1 (42)													
O. Sage	60	52.5 82.5 195											
M-1 (40)													
S. Warren	47.5	37.5 72.5 157.5											
132 lbs.													
Open													
J. Rey	145	90 167.5 402.5											

148 lbs.	B. Wazel	75	50	97.5	222.5	145 kgs.	C. Saunders	295	150	320	765	
165 lbs.							E. Jones	252.5	200	272.5	765	
Open (28)	H. Geersen	137.5	110	157.5	405	T. Dobson	207.5	165	255	627.5		
T (16-17)	M. Gerlner	107.5	62.5	117.5	287.5	Submaster	100 kgs.					
Junior (23)	L. Hanifen	217.5	197.5	220	635	D. Johnson	295	185	295	775		
165 lbs.	B. DelBalso	160	100	187.5	447.5	D. Collier	205	92.5	195	492.5		
Junior (20)	K. Leinsll	155	102.5	190	447.5	R. Duvall	160	112.5	177.5	942.5		
B. Beikmann	227.5	145	265	687.5	B. McCall	117.5	115	145	377.5			
Collegiate					Teen (16-17)							
148 lbs.	B. Cooper	190	100	197.5	487.5	110 kgs.						
Master-4	B. DelBalso	160	100	187.5	447.5	125 kgs.						
J. Enenbach	142.5	100	100	100	100	130 kgs.						
C. Dodggett	135	100	100	100	100	132 kgs.						
Tuchscherer	237.5	192.5	307.5	737.5	120 kgs.							
148 lbs.	K. Leinsll	155	102.5	190	447.5	130 kgs.						
Master-1	L. Hanifen	217.5	197.5	220	635	132 kgs.						
Master-1	M. Sigala	242.5	155	262.5	660	134 kgs.						
Master-1	R. Martinez	182.5	160	197.5	540	136 kgs.						
Master-2	R. Keele	155	105	200	460	138 kgs.						
Master-2	A. Clemons	65	55	150	270	140 kgs.						
Master-3	S. Harms	190	147.5	175	512.5	142 kgs.						
Master-5	S. Nelson	227.5	142.5	230	600	144 kgs.						
Master-5	A. Pares	195	132.5	195	522.5	146 kgs.						
Master-1	B. Keogh	242.5	175	260	680	148 kgs.						
Master-1	T. Howell	137.5	90	152.5	380	149 kgs.						
Master-4	T. Howell	137.5	90	152.5	380	150 kgs.						
Master-2	J. Wilson	250	165	250	665	152 kgs.						
Master-2	J. Wilson	250	165	250	665	154 kgs.						
Open						156 kgs.						
						158 kgs.						
						160 kgs.						
						162 kgs.						
						164 kgs.						
						166 kgs.						
						168 kgs.						
						170 kgs.						
						172 kgs.						
						174 kgs.						
						176 kgs.						
						178 kgs.						
						180 kgs.						
						182 kgs.						
					</td							

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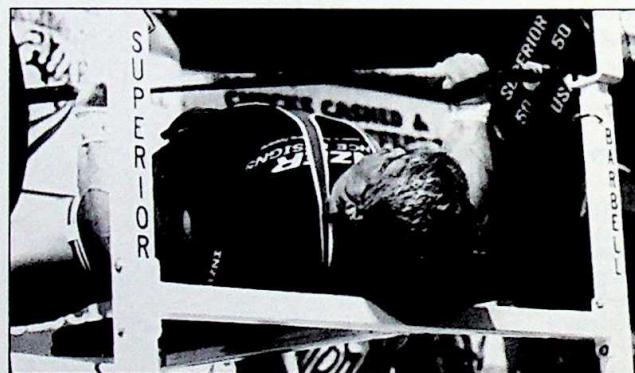
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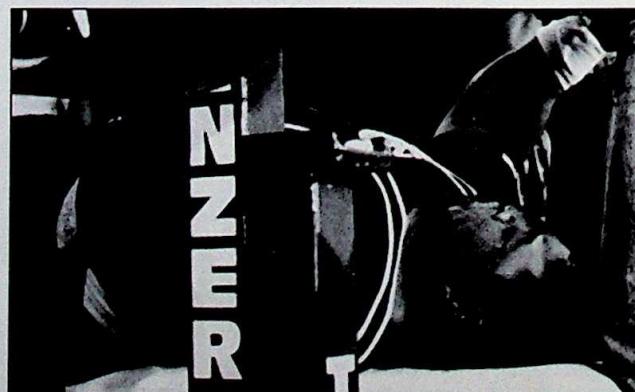
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AAU Maryland Raw
09 OCT 04 - Baltimore, MD

BENCH	220 lbs.
FEMALE	(40-49)
Raw	K. Daily
148 lbs.	330
Open	242 lbs.
K. Dennis!	130
165 lbs.	D. Harris
Open	385
T. Gordon	120
A. Carter	110
MALE	D. Joy
Raw	CURL
114 lbs.	FEMALE
Open	Raw
C. Danzler	55
(10-11)	A. Carter
C. Danzler	75
148 lbs.	T. Gordon
Open	70
T. Mueller	285
(40-49)	A. Lebrun
T. Mueller	125
165 lbs.	C. Tucker
(14-16)	M. Giddings
A. Lebrun	180
(33-39)	D. Joy
M. Fowler	185
(50-59)	J. Witt
A. Fowler	175
Meet Director: Brian Washington. Head Official: Robert Shanks. Judges: Kenneth Davis and Calvin Tucker. Facility Coordinator: Paul Griffiths. Spotters/Loaders: Larry Walker and Tim Guardino. (Thanks to Brian Washington for providing results)	



At the Northern Virginia Raw Competition... we have (front row, left to right) Nick Mercorelli, John Self, Kerri Self, and Kenneth Spitzer; (back row, left to right) Brian Powell, Rueben Weaver, Michael Jacques, and Brian Self. (photo provided by courtesy of John James)

AAU Star City Fall Classic (kg)
6 NOV 04 - Lincoln, NE

BENCH	Equipped	RAW	148 lbs.
WOMEN	181 lbs.	WOMEN	T1
Raw	O	132 lbs.	K. Schroer
165 lbs.	D. Geistinger	T2	97.5 62.5 125 285
T1	152.5	B. Jones	165 lbs.
E. Roelfs	35	42.5 30 82.5 155	T1
MEN	M1	E. Roelfs	K. Schroer
IRONMAN	BP DL TOT	A. Helget	102.5 67.5 129 299
148 lbs.		T1	181 lbs.
M1		T3	O
M. Lofing	90	75 35 105 215	K. Dodge
T2		148 lbs.	135 72.5 130 337.5
C. Spilker	72.5	M1	MEN
B. Chrsensen	57.5	M. Lofing	132 lbs.
198 lbs.	100	137.5 90 162.5 390	T1
T2		T2	J. Hile
W. Heiser	105	C. Spilker	182.5 97.5 160 440
J. Warner	105	92.5 72.5 157.5 322.5	D. Brester
PWRLIFTING	SQ	165 lbs.	148 lbs.
		J. Pelton	92.5 47.5 112.5 252.5
		102.5 70 105 277.5	T3
		181 lbs.	C. Borer
		T2	115 80 137.5 332.5
		D. Attanasio	275 lbs.
		95 80 125 300	M1
		EQUIPPED	J. Kunzman
		WOMEN	262.5 185 255 702.5
		Adult Athletes in the Following Sports:	308 lbs.
		Baseball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events	O
		Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	S. Davenport
		Adult Athletes in the Following Sports:	327.5 235 322.5 885
		Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	Best Lifter: Katie Dodge. Best Bench: Steve
		Adult Athletes in the Following Sports:	Davenport. Meet held at Lincoln Christian School. (results courtesy Howard Huffman)
		Not Available	J. Probasco

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

Regular Fee "AB" Fee Regular Fee "AB" Fee

ANNUAL MEMBERSHIP DUES

Youth Athlete	10.00	12.00	Adult Athletes in the Following Sports:	20.00	23.50
Coach	12.00	14.00	Baseball, Biamlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events		
Volunteer or Official	12.00	Not Available	Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting		
Adult Athletes in the Following Sports:	10.00	12.00	Adult Athletes in the Following Sports:	20.00	25.00
Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball			Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling		

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

Member's

Signature

Parent/Guardian

Signature

Northern Virginia Raw PL/BP
06 NOV 04 - Sterling, VA

BENCH	J. Self	355!
WOMEN	4th	370!
123 lbs.	242 lbs.	
K. Self	135! (35-39)	
MEN	B. Powell	370!
181 lbs.	4th	390!
198 lbs.	SQ BP DL TOT	
N. Mercorelli	450! 385! 485! 1320!	
4th	475! 390!	
220 lbs.		
K. Spitzer	520! 360! 535! 1415!	
4th	535!	
242 lbs.		
B. Self	600! 400! 580! 1580!	
242 lbs.		
(45-49)		
M. Jacques	375! 330! 480! 1185!	
275 lbs.		
(40-44)		
R. Weaver	450 375 525 1350	
319 lbs.		
(40-44)		
J. James	365 280 515 1140	

!=Northern Virginia Raw Power Record.

Best Lifter: Nick Mercorelli. This meet, held on the Saturday following election day, had some great returns. In women's 123, Kerri Self set a record with a 135 lbs. bench press. John Self set a bench record in the 181s of 355 which he shattered on a 4th attempt of 370. Brian Powell did a 370 bench press for a record which he also broke on a 4th attempt of 390 in the (35-39) 242s. Nick Mercorelli was best lifter; He lifted in the 198s, weighed in at 188, and had a 1320 total. Brian Self had the biggest lifts of the meet 600 squat, 400 bench and a 580 deadlift. Kenneth Spitzer did some great raw squats for a 220 pound lifter under less than ideal conditions on his way to a 1415 total. I was happy to see my buddy Rueben Weaver compete again. We used to train at the same gym, The Weight Room, back in the 80s. Rueben went 9 for 9, had a lot of great stories, and was helpful to all the lifters. Thank you to Ron Buch and Len Walker for spotting and loading. Thanks to Mike Lambert and PLUSA. (Thanks to John James for results)

NASA Kansas City Regional (kg)
13 NOV 04 - Kansas City, KS

POWERSPORT	WOMEN
BENCH	132 lbs.
MEN	K. McGowan 85
M-1	148 lbs.
198 lbs.	C. Peters 92.5!
D. Hoag	157.5 MEN
Jrs.	198 lbs.
275 lbs.	M-2
S. Green	147.5 E. White 182.5
308 lbs.	Teen
Pure	J. White 140
J. Gossard	167.5 220 lbs.
DEADLIFT	SM-2
Nat	P. Sullivan 185
308 lbs.	SM
J. Gossard	185 P. Sullivan 185
POWERLIFT	M-2
BENCH	D. Bruce 125
Youth	CR SQ BP DL
66 lbs.	T. Kennedy 10 — 20 50
110 lbs.	D. Hopkins — 50 37.5 65
123 lbs.	C. Henderson — 45 35 92.5
Junior	POWERSPORT
148 lbs.	J. Reick — 62.5 67.5 137.5
275 lbs.	S. Green 40 — 147.5 190
Teen	D. Brandon — 102.5 42.5 120
198 lbs.	M-1
308 lbs.	J. Gossard 60 — 167.5 185
J. Gossard	M-P
415 lbs.	J. Gossard 60 — 167.5 185
POWERLIFT	132 lbs.
M-2	C. Kennedy 155 110! 152.5! 1417.5
C. Kennedy	220 lbs.
M-1	M-1

Police
M. Ficcola
—
American Records. (courtesy Jim Duree)

SLP Arkansas Christmas For Kids

11 DEC 04 - Glenwood, AR

BENCH	D. Brackin	405!	
WOMEN	4th-415!		
Master (45-49)	Master (60-64)		
114 lbs.	165 lbs.		
M. Fryar	70	S. Allen	155
MEN	4th-160		
Novice	242 lbs.		
275 lbs.	J. Turner	355!	
K. Brown	385!	Master (70-74)	
Teen (13-15)	165 lbs.		
148 lbs.	H. Hager	230	
J. Shepard	145!	Police/Fire	
4th-150!	(55-59)		
Teen (16-17)	242 lbs.		
181 lbs.	A. Harris	340!	
J. Shepherd	270!	4th-350!	
Junior	Police/Fire		
181 lbs.	Open		
A. Forga	315	181 lbs.	
308 lbs.	K. Treadway	305!	
L. Duncan	480!	4th-315!	
Submaster	Open		
308 lbs.	181 lbs.		
K. Brown	405!	P. Clark	350
Master (45-49)	220 lbs.		
198 lbs.	J. Fryar	320	
D. Partee	315	DEADLIFT	
4th-320!	MEN		
R. Mace	305	Junior	
4th-315	308 lbs.		
Master (55-59)	L. Duncan	725!	
242 lbs.	(45-49)		
A. Harris	340	198 lbs.	
4th-350!	R. Mace	360!	
275 lbs.	4th-370!		

!Son Light Power Arkansas state record. Bench Bench Presser: LaRodrick Duncan. Best Deadlifter: LaRodrick Duncan. The Son Light Power Arkansas Christmas For Kids Bench Press Deadlift Championship was held at Glenwood Athletic Club in Glenwood, Arkansas. A good turnout and lots of toys collected for the needy children in the area; a big thank you goes out to all the participants and owner Jason Fryar for their help in promoting this annual event. In the bench press competition Marie Fryar returned to the lifting platform, even though she had been fighting a cold, taking the master women's 45-49/114 class with her 70 opener. Three more attempts at a state record 80 was close but not meant to be on this day. First-time lifter Kenneth Brown set the Arkansas state record for the 275 novice class with a solid 385, he too making just his opening attempt. In the teenage men's 13-15/148 class it was J. P. Shepard with new state records for his third (145) and fourth (150) attempts, taking that class in his first competition. J.R. Shepard set the state record for the 16-17/181 class with each of his attempts, finishing with a personal best 270. At junior it was Andy Forga with a strong 315 for the win at 315. This was Andy's first competition also. Then at junior 308, LaRodrick Duncan ran away from the pack, finishing with a new state record 480, after two close calls with 505! LaRodrick was also awarded the best lifter trophy for the competition. Kevin Brown only got in his opener of 405, but it was good enough for the win at submaster 308, also setting the state record there. In the master men's 45-49/198 class there was some friendly but stiff competition between Don Partee and Raymond Mace. Raymond, the past record-holder here, finished with 305 before making a fourth with 315. But Don contin-

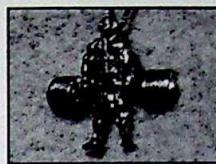
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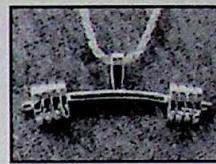
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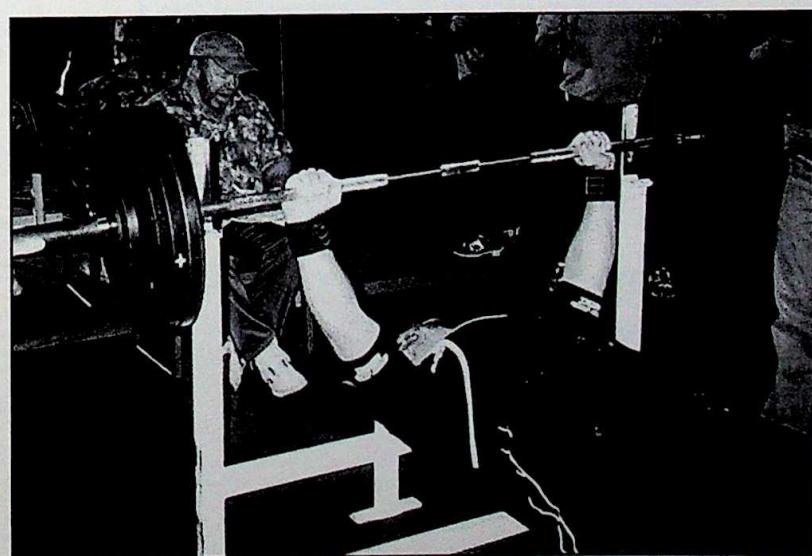
For information, call Michelle at 760 - 371-7898 (8am to 5pm Mon-Fri pst.) Ordering: Send money order, cashiers check or personal check to: Michelle Weiss, 405 Petris Ave, Ridgecrest, CA, 93555. Delivery Time is 4 to 6 weeks, all items in stock. S & H Included.

ued to pursue, taking the title with 315, then finishing with a new state record of 320 for the win. Al Harris looked strong at 55-59/242, taking the title there and tying the current state record with his 350 fourth attempt. Al also broke his own state record for the police and fire division for that age and weight class. Also at 55-59 was 275 winner Danny Brackin. Danny, who came up from Sapulpa, Louisiana, lifted raw, finishing with a personal best and new state record 415, which he made on his fourth attempt. State record holder Steve Allen won again at 60-64/165, finishing with 155, followed by a good 160 fourth while Jim Turner won at 242 with 355, breaking his own state record there. Crowd favorite Harold Hager had another good day, finishing with 230 and the title at 70-74/165. In the open police & fire division first-timer Kris Treadway won at 181 with his 305 third and 315 fourth attempts, both of which were new state records for the class. In the open division Phillip Clark won at 181 with 350 while Jason Fryar took the 220 class with 320. In the deadlift competition Big LaRodrick Duncan put on another show, pulling a new state record and personal best 725 for the win at junior 308. Best lifter again! Our only other dead

lifter was Raymond Mace, who won at 45-49/198, setting the state record there with 370. Thanks to spotters and loaders Jason Fryar and Rob Flowers for doing such a good job. Also a special thanks to Joe Bill Morton who always helps out at every competition he comes to. We appreciate your spirit, Joe Bill! See you all again next year! (Thanks to Dr. Darrell Latch for these meet results)

	132 lbs.	K. Hankins	285	245	385	915
	148 lbs.					
	M. Lawrence	335	210	365	910	
	181 lbs.					
	D. Blackfordi	540	315	500	1355	
	T. Scagliarini	530	345	475	1350	
	D. Rumph	410	305	505	1190	
	J. Ware	475	270	430	1175	
	K. Dickson	475	310	495	1280	
	J. Ellis	385	230	450	1065	
	220 lbs.					
	S. Kounamanis	675	460	605	1741	
	J. Montoya	600	400	520	1520	
	A. Pernice	600	335	615	1530	
	242 lbs.					
	E. McKelvey	500	375	605	1480	
	T. Jenkins	425	285	425	1135	
	275 lbs.					
	D. Rogers	765	415	750	1930	
	K. Hayes	760	475	670	1905	
	J. Gilpin	550	365	540	1455	
	Open Master					
	165 lbs.					
	M. Thomas	435	235	510	1180	
	220 lbs.					
	D. Wallace	545	355	515	1415	
	275 lbs.					
	K. Hutchinson	405	430	405	1240	
	Raw					
	114 lbs.					
	Youth					
	J. Wallace	125	55	160	340	
	123 lbs.					
	D. Hall	230	125	285	640	
	148 lbs.					
	High School					
	K. Wallace	265	155	375	795	
	198 lbs.					
	J. Mortis	450	225	450	1125	
	J. Childers	250	285	440	975	
	R. Pace	340	250	360	950	
	220 lbs.					
	D. Wallace	545	355	515	1415	
	242 lbs.					
	N. Moseley	500	300	405	1205	
	275 lbs.					
	C. Spinney	400	230	430	1060	
	SHW					
	I. Dixon	450	360	440	1250	
	Raw Master					
	198 lbs.					
	R. Utley	200	325	400	925	
	FEMALE					
	Open					
	132 lbs.					
	T. Meyers	260	135	300	695	
	198 lbs.					
	S. Moran	375	160	350	885	
	198+ lbs.					
	C. Shelby	245	115	260	620	
	165 lbs.					
	J. Grady-57	50	100	140	290	

(Thanks to USAPL for providing the results)



Al Harris with a State Record 340 @ Police & Fire/55-59/242 at the SLP Arkansas Christmas for Kids contest. (photograph provided courtesy of Dr. Darrell Latch)

WNPF Teen/Raw/Police Nationals 18 MAY 04 - Edison, NJ							
BENCH	Loomis	150					
123 lbs.	242 lbs.						
Police	Open						
Raw	Muretta	140					
Cintron	260 Frenick	100					
165 lbs. (13-16)	DEADLIFT						
Raw	WOMEN						
114 lbs.							
Parsells	190 Hoxworth	160					
198 lbs. (17-19)	MEN						
148 lbs.							
RAW	(13-16)						
Tumminia	325 RAW						
(40-49)	Hoxworth	300					
Raw	(13-16)						
Green*	440 Richardson	355					
Open	165 lbs.						
Raw	(13-16)						
Green	440 Space	385					
220 lbs.	(50-59)						
Open	Raw						
Caffrey	300 181 lbs. (35-39)	480!					
Raw	(13-16)						
Stalica	390 (17-19)						
Police	Christenson	315					
Raw	Tudisco	505					
Phillips	265 Motichka*	525					
275 lbs. (13-16)	MEN						
Raw	198 lbs. (17-19)						
Moody	205 Open	510					
SQUAT	Skinner	535					
220 lbs.	(40-49)						
Open	Skinner	535					
Raw	Open						
Caffrey	450 Raw						
Johnson	420 Skinner	505					
SHW	(40-49)						
Open	Raw						
Kiefer	700 Skinner	505					
PWRCURL	220 lbs.						
165 lbs. (13-16)	Open						
Raw							
Parsells	115 Johnson	520					
198 lbs. (17-19)	Christenson	320	130	315			
Marshall	510	240	150	330			
Turner	450	380	245	505			
135 Open	Tudisco*						
220 lbs.	Open						
Stalica	150 Open						
Marshall	140 Kifer	—					
40-49)	Lombard	305	285	410			
WOMEN	BP DL TOT						
BP	DL	TOT	Motichka	420	250	525	
198 lbs. (13-16)							
Open	Tidy	335	130	305			
Raw	(17-19)						
Theodoroulos	315 165 315						



In the tradition of olde time powerlifting, Bill Frenick squats raw with a strong 405 at the WNPF Raw Nationals (photo is by courtesy of Lou Tortorelli)

Space (17-19)	420	240	510	JR	275 lbs.
Raw				R. Cannon	155
Tumminia	435	325	470	165 lbs. M1	210
Turner	315	205	420	T. Crim	177.5
Police				Pure	287.5
Raw				T. Crim	110
Rodriguez (35-39)	350	290	400	242 lbs. M1	177.5
Sadie (40-49)	425	325	600	D. Scott	140
Raw				198 lbs. M3	—
Deamicis (40-49)	375	265	525!	W. Smith	112.5
Ruscitelli	515	385	605	181 lbs. SM2	—
Open				S. Wingerl	145
Ruscitelli	515	385	605	PWRSPORTS CR	BP
220 lbs.				DL	TOT
Open				J. Tappendick	—
Fleming	600	360	545	198 lbs. M1	117.5
Caffre	450	300	510	T. Hill	—
(40-49)				220 lbs. M2	120
Loomis	315	270	425	J. Fickel	—
242 lbs.				198 lbs. M3	150
Open				W. Smith	—
Raw				MP	112.5
Piegan*	650	390	640	W. Smith	—
Gonzales	500	375	440	275 lbs. P	—
Frenick (35-39)	405	305	450	J. Johnson	162.5
Raw				148 lbs. INT	—
Tortorelli	470	280	470	J. Tappendick	50
Open				220 lbs. M2	—
Perrotta*	700	470	600	J. Fickel	65
275 lbs. (13-16)				275 lbs. P	—
Raw				J. Johnson	212.5
Hawrylock	230	160	320	66 kgs. Youth	212.5
(17-19)				S. Bruders	—
Schiliro	360	285	370	148 lbs. HS	45
(40-49)				B. Roark	42.5
Raw				165 lbs. HS	67.5
Gisondi	525	355	640	J. Sentlinger	117.5
(50-59)				242 lbs. HS	167.5
Raw				C. Hughey	42.5
Shw				275 lbs. HS	95
Theodoroulos	675	440	495	J. Brock	47.5
!WNPF Records. *=Best Lifters. Team Champs Powerlifting: Calvary Power Team. Team Champs Deadlift: Hoxworth Gym. (Thanks to WNPF for these results)				SHW JR	85
				B. Jacobs	105
				198 lbs. M1	192.5
				T. Hill	55
				220 lbs. M1	120
				J. Linder	62.5
				275 lbs. Pure	117.5
				J. Johnson	80
				105 lbs. WHS	162.5
				C. Winger	22.5
				88 lbs. Youth	35
				C. Anderson	15
				105 lbs. Youth	25
				C. Anderson	27.5
				PL SQ	30
				198 lbs. M3	80
				J. Stovall	200
				165 lbs. NOV	115
				J. Hunn	70
				308 lbs. PURE	127.5
				F. Gant	240
				198 lbs. SMP	197.5
				W. Johnson	202.5
				242 lbs. SO	145
				B. Tanner	220
					137.5
					200
					555

APF Adirondack/Metal Militia
21 AUG 04 - Glens Falls, NY

BENCH	S. Rabine	565
WOMEN	Submaster	
123 lbs.	R. Daly	550
J. Farraone	265	220 lbs.
148 lbs.	J. Ramsey	555
A. Roberts	260	242 lbs.
198+ lbs.	B. Hof	400
K. Currant	180	275 lbs.
MEN	B. White	700
165 lbs.	T. Bruce	650
Junior	SHW	
Koppenhofer	305	S. Lattimer
181 lbs.	DEADLIFT	835
B. Sheldon	240	198 lbs.
198 lbs.	J. Jenkins	500
APF Full Pwr	SQ BP DL	TOT
165 lbs.	P. Nicholson	440
198 lbs.	425	300 440
242 lbs.	P. Gross	750
275 lbs.	600	555
C. Taylor	815	685
B. Minnaugh	840	570
J. Basile	640	705
275 lbs.	405	565
Submaster	H. Sargent	835
	515	775
		2125

(Thanks to Sandi McCaslin for results)

World Natural Powerlifting Federation (WNPF) Membership Registration

LASTNAME _____ FIRSTNAME _____ INT. _____

STREET ADDRESS _____

CITY,STATE,ZIP _____

AREACODE,TELEPHONE: _____ DATEOFBIRTH: _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5YRSMIN. _____

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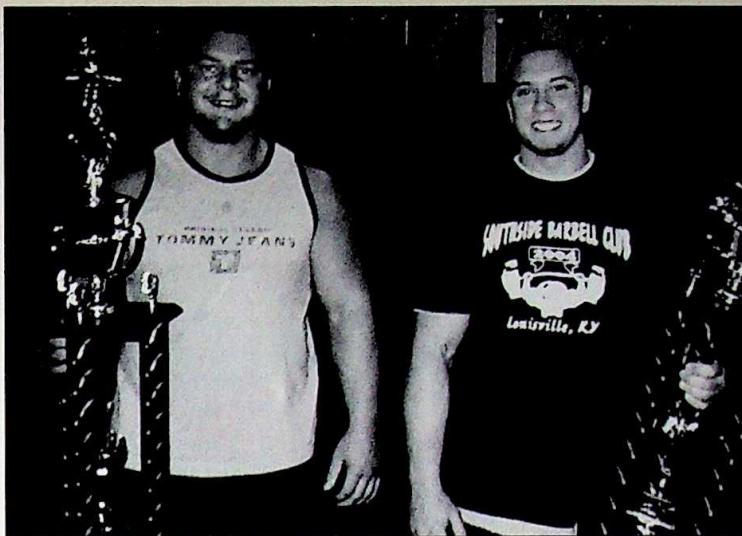
SIGNATURE/PARENTS SIGNATURE IF UNDER 18 _____ DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

**SLP Kentucky State BP/DL
20 NOV 04 - Louisville, KY**

BENCH	Police/Fire
WOMEN	198 lbs.
Master (40-44)	R. Patton 375
165 lbs.	4th-400!
D. Shirley	175! Open
MEN	165 lbs.
Wheelchair	K. Thompson 275
114 lbs.	181 lbs.
H. Logsdon	C. Hamilton 385
Spec. Olympian	198 lbs.
181 lbs.	R. Patton 375
S. Chapala	255! 4th-400
Novice	242 lbs.
165 lbs.	S. Nagle —
D. Curry	345! 275 lbs.
R. Hamilton	245 R. Winter 585!
181 lbs.	308 lbs.
D. Greco	285! J. Jesse 500
198 lbs.	DEADLIFT
T. Holley	375 WOMEN
220 lbs.	Master (55-59)
A. Stallard	405! 181 lbs.
242 lbs.	S. Hunter 315!
D. Anderson	530! 4th-325!
275 lbs.	MEN
C. Carter	405! Spec. Olympian
Teen (13-15)	181 lbs.
114 lbs.	S. Chapala 315!
R. Ford	140! Novice
148 lbs.	181 lbs.
B. Cissell	180 D. Greco 430!
4th-185	220 lbs.
Teen (16-17)	A. Stallard 590!
123 lbs.	275 lbs.
B. Guffy	200 C. Carter 495!
132 lbs.	Teen (13-15)
B. Hemp	185! 114 lbs.
181 lbs.	R. Ford 285!
J. Meador	270! Teen (16-17)
Teen (18-19)	132 lbs.
165 lbs.	B. Hemp 335!
C. Witcher	265! 4th-350!
Junior	181 lbs.
198 lbs.	J. Meador 430!
R. Patton	375 Master (40-44)
4th-400	275 lbs.
242 lbs.	J. Parks 505
Lombardy, Jr	355 Master (45-49)
Submaster	123 lbs.
181 lbs.	B. Lamb 350
K. Robbeloth	365! 148 lbs.
Master (40-44)	M. Evans 430
198 lbs.	Open
D. Thompson	405! 165 lbs.
4th-440!	W. Hemp 480!
275 lbs.	220 lbs.
J. Parks	500 A. Barnes 525
J. Robinson	485 242 lbs.
Master (45-49)	M. Cox —
123 lbs.	308 lbs.
B. Lamb	240! J. Jesse 575
148 lbs.	181 lbs.
M. Evans	230 Hunter/Shirl 600!
220 lbs.	
R. Belanger	325
Master (55-59)	
181 lbs.	
Klinglesmith	315!
Master (60-64)	
242 lbs.	
T. Chapala	315

!-Son Light Power Kentucky state record. 2-Woman. Best Bench Presser: Ronnie Winter. Best Deadlifter: Anthony Stallard. The Son Light Power Kentucky State Bench Press/Deadlift Championship was held at Hester's Family Fitness in Louisville, Kentucky. Thanks to owner Kenny Hester for hosting this event and to his staff for all their help. In the bench press competition Heath Logsdon won again at wheelchair 114, finishing with just his opener of 200. Heath, who holds the Kentucky state records for both the 114 and 123 classes is just coming off his latest promotional tour, since his picture was featured in the October, 2004 issue of PLUSA. In the special Olympics division, state recordholder at 181 and 198, Sam Chapala, broke his own state record at 181 with his 255 final attempt. Diane Shirley looked strong as she captured the women's master 40-44/165 title, establishing a new state record there with 175. (By far the best looking bencher in the competition!) In the novice men's division we had seven lifters, five of which were new competitors. Taking the title at 165 was Doug Curry, who finished with a new state record of 345. Second place at 165 went to Ricky Hamilton with 245. Both were new competitors. David



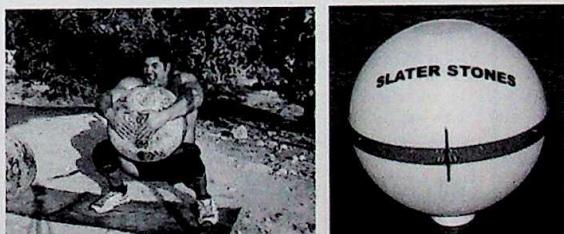
Best Lifters at the SLP Kentucky State BP/DL ... Ronnie Winter and Anthony Stallard (this photograph was provided by the courtesy of Dr. Darrell Latch)

Greco, another first-timer, won at 181 with 285; another state record! Tim Holley won at 198 with a solid 375; his first time out. Then at 220 it was Anthony Stallard, making just his opener of 405, but which was still a new state record for the class. Daniel Anderson took the 242 class with a big state record 530, just missing a final attempt with 550. Craig Carter set the state record at 275 with his 405 opener. In the teenage men's 13-15 age group it was Ron Ford for the win at 114 with a new state record of 140. Blake Cissell won at 148 with 180, followed by a personal best fourth of 185. At 16-17 it was Brian Guffy with his first official 200 bench! This established a new state record at 123. Ben Hemp set the state record at 132 with 185 while Jake Meador did the same at 181 with 270. Cody Witcher tied the existing state record at 18-19/165 with 265. Robert Patton had a great day, taking all three of the classes he lifted in; junior, police & fire and open 198. But even more impressive was that Robert finally got his first official 400 bench, and he did it "raw"! Also at junior was 242 winner Anthony Lombardy, who finished with 355. Kelly Rebbeloth broke the state record for the

submaster 181 class with his 365 opener, just missing 385 twice. At master 40-44, Dale Thompson set the state record at 198 with his 405 opener before finishing with a strong 440 fourth attempt. Jeff Parks settled with just his opener of 500, taking the win at 40-44/275 over James Robinson, who finished with his opener of 485, after missing with a pr 515 final attempt. Bob Lamb broke his own state record at 45-49/123 with 240 while Mark Evans finished with 230 at 148. New lifter Ray Belanger won at 45-49/220 with a solid 325. At 55-59/181 it was Bob Klinglesmith with 315, tying the state record there. Our final master competitor was Tom Chapala, state record holder at 60-64/242 and 275, taking the title at 242 with 315. In the open division first-time competitor Kris Thompson won at 165 with 275. Chris Hamilton won at 181 with 385 while Steve Nagle had some problems with his shirt and failed to get in his opener of 440 at 242. Up next was the big hitter, Ronnie Winter! Just getting used to the bench shirt, this kid is gonna move some real weight some day! Here Ronnie finished with a new state record of 585 @ 275, with over 600 easily within his grasp! Ronnie also won

few off days, making just his opener of 350, after missing with a new state record pull of 425 twice. Mark Evans finished the day with a tough 430 pull at 148, coming up just a few points short of the best lifter trophy. In the open division Wes Hemp broke the state record at 165 with his 480 final pull, after being called with 475 for hitching on his second attempt. Allen Barnes got a new personal record with his 525 pull at 220. Mike Cox, who has been training for strongman contests lately, couldn't seem to find the groove with 575, bombing out. Then at 308 was Jack Jesse, making just his opener of 575 for the win there. Setting the Kentucky state record for the two-woman pull was Sylvia Hunter and Diane Shirley, the two best looking lifters of the day! Pulling in the 181 class, the girls started with 400 and finished with a great 600! The best lifter award for the competition went to Anthony Stallard. Thanks to my son Joey for everything he does, and to Kris Thompson and Robert Patton for helping with the loading and spotting duties. Also to Dustin and Zach Ford for helping with the trophies. See you all again here in January! (Thanks to Dr. Darrell Latch for these results)

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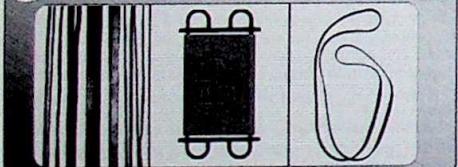
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ST140	14"	Diameter apx weight	116lbs.....\$79.00
ST160	16"	Diameter apx weight	175lbs.....\$99.00
ST180	18"	Diameter apx weight	240lbs.....\$109.00
ST200	20"	Diameter apx weight	335lbs.....\$135.00
ST210	21"	Diameter apx weight	354lbs.....\$149.00
ST220	22"	Diameter apx weight	400lbs.....\$169.00
ST210	24"	Diameter apx weight	476lbs.....\$169.00

APF/AAPF Azz Fest			C. Riedy				A. English	430	276	551	1257	
18 SEP 04 - Tribes, Hill, NY			T. Muntani	360	220 lbs.		D. Atkins	507	402	441	1350	
BENCH	B. Henderson	315	198 lbs.	Open	181 lbs.		S. Heilig	468	303	474	1246	
AAPF	275 lbs.		S. Lewis	425	275 lbs.	Open	K. Orr	413	358	452	1224	
WOMEN	M. Cole	460	275 lbs.	Teen (16-17)	E. Frank	365 425 790	A. Spisak	—	—	—	—	
97 lbs.	AAPF		Open	E. Debus	J. Gannon	305 440 745	J. Wilson	—	—	—	—	
Open	WOMEN		T. Bruce	660 308 lbs.	Teen		Teen (18-19)	C. Cain	507	331	507	1346
K. McCaslin	55	97 lbs.	J. Parish	485 Masters (50-54)	M. Stewart	245 385 630	M. York	485	402	584	1472	
132 lbs.	Teen (13-15)		Submaster	B. Godden	220 lbs.		R. Wess	325	243	369	937	
L. Daly	150	220 lbs.	APF FULL	SQ BP DL TOT	Teen		148 lbs.					
148 lbs.	Junior				M. Stewart	305 430 735	165 lbs.					
Open	M. Behnke	500	Open		Junior		D. Thompson	485	391	524	1400	
J. Ceklosky	440	BENCH	S. Larrisay	710 440 500 1650	L. Ciccarelli	410 550 960	P. Wells	507	353	496	1356	
198 lbs.	APF		198 lbs.		Raw Open		K. Sokolski	424	303	502	1229	
Teen (13-15)	Submaster		Junior		S. Lattimer	825 550 1375	B. Spayd	402	243	463	1108	
R. Daly Jr.	260	123 lbs.	J. Enes	620 350 640 1610	(Thanks to Sandi McCaslin for results)		181 lbs.					
Submaster	J. Faraone	270	220 lbs.				G. Crook	524	364	540	1427	
S. Fisher	415	Masters (40-44)	Open				T. Pardue	568	419	590	1576	
220 lbs.	198 lbs.		B. Serritella	720 380 600 1700	USAPL Carolina State		B. Bozard	491	347	491	1328	
Open	S. McCaslin	305	AAPF Full		8 MAY 04 - Charlotte, NC		J. Cline	342	292	452	1086	
T. Young	455	165 lbs.	165 lbs.		WOMEN	SQ BP DL TOT	M. Christie	480	—	—	—	
242 lbs.	Open		Open		MEN		220 lbs.					
Open	R. Hillyard	360	C. Rodgers	620 340 500 1460	Youth (10-11)		W. Herlocker	650	424	601	1675	
M. Ferlito	400	Submaster	A. Sanseverino	225 455 1035	T. Payne	105 44 171 320	L. Peterson	573	391	700	1664	
DEADLIFT	J. Roberts	430	242 lbs.		J. Daniel	529 325 502 1356	M. Johnson	573	402	529	1505	
APF	181 lbs.		Teen				G. McCulley	540	331	513	1383	
Open	Open		B. Rodgers	415 270 460 1145			T. Bowman	402	265	452	1119	
220 lbs.	A. James	425	AAPF IRONMAN				275 lbs.					

BANDS!

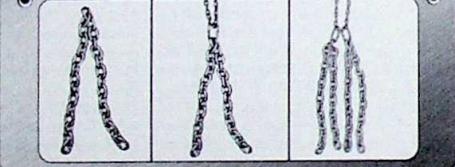
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A. English	430	276	551	1257	
D. Atkins	507	402	441	1350	
S. Heilig	468	303	474	1246	
K. Orr	413	358	452	1224	
A. Spisak	—	—	—	—	
J. Wilson	—	—	—	—	
Teen (18-19)	C. Cain	507	331	507	1346
M. York	485	402	584	1472	
R. Wess	325	243	369	937	
148 lbs.					
165 lbs.	D. Thompson	485	391	524	1400
P. Wells	507	353	496	1356	
K. Sokolski	424	303	502	1229	
B. Spayd	402	243	463	1108	
181 lbs.	G. Crook	524	364	540	1427
198 lbs.	T. Pardue	568	419	590	1576
200 lbs.	B. Bozard	491	347	491	1328
212 lbs.	J. Cline	342	292	452	1086
220 lbs.	M. Christie	480	—	—	—
228 lbs.	W. Herlocker	650	424	601	1675
236 lbs.	L. Peterson	573	391	700	1664
244 lbs.	M. Johnson	573	402	529	1505
252 lbs.	G. McCulley	540	331	513	1383
260 lbs.	T. Bowman	402	265	452	1119
268 lbs.	275 lbs.				
276 lbs.	P. Andrich	661	446	634	1742
284 lbs.	Gewirlzman	612	424	628	1684
292 lbs.	B. Hindman	551	391	463	1405
300 lbs.	SHW				
308 lbs.	H. Archer	854	457	678	1990
316 lbs.	J. Lopes, Jr.	551	485	568	1604
324 lbs.	B. Duncan	—	468	590	1058
332 lbs.	Masters (40-44)				
340 lbs.	B. Nichols	573	386	546	1505
348 lbs.	Gewirtzman	612	424	628	1664
356 lbs.	M. Hunt	551	364	590	1505
364 lbs.	R. Wess	325	243	369	937
372 lbs.	Masters (50-64)				
380 lbs.	W. Alsup	551	364	623	1538
388 lbs.	(Thanks to Jennifer Thompson for results)				

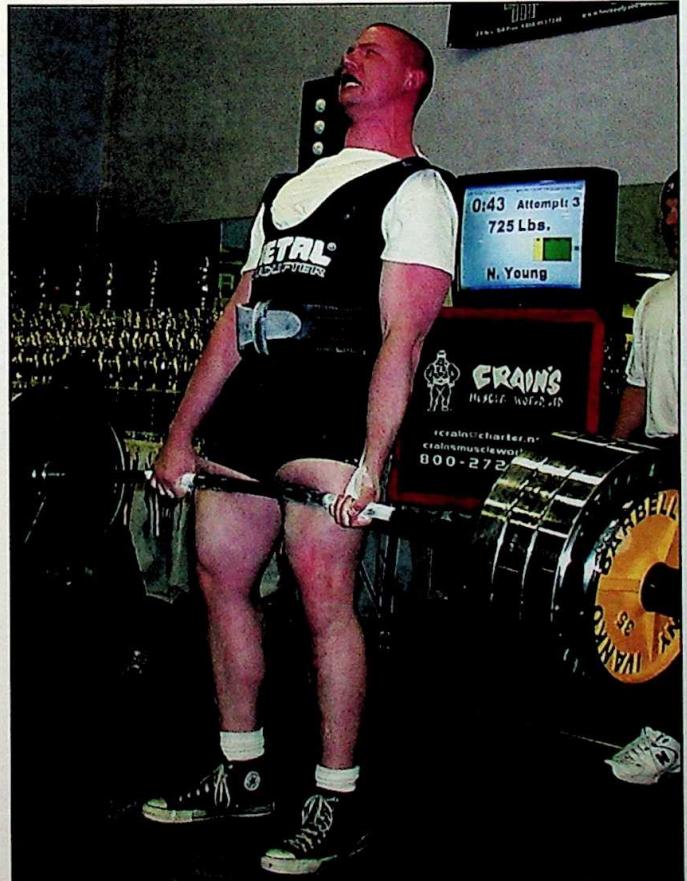
Cutting Edge Fall Classic					
06 NOV 04 - Albany, NY					
FEMALE	SQ	BP	TOT		
Teen					
137 lbs.	R. Mayer-15	271	133	263	667
4th		277	136	277	
Master (55-59)					
122 lbs.	S. McCallion	185	91	217	493
4th		206		230	
MALE					
Special Olympics					
123 lbs.	C. Vooy	188	135	210	533
4th		200			
165 lbs.					
Teen (16-17)	J. Sagor	140	135	235	510
4th		155	150	250	
Master (45-49)					
165 lbs.	G. Sagor	147	135	255	537
4th		160		270	
Master (40-44)					
181 lbs.	D. Naughton	385	408	175	968
4th		453			
Master (65-69)					
220 lbs.	E. Brown	350	260	382	992
The 1st Cutting Edge Fall Classic was a huge success. Three special features highlighted this inaugural meet: 1. Weights could be chosen to the nearest pound, 2. Lifters could choose between 3 types of bars (Okie, Trap, or a special Sumo bar), 3. All lifters were granted out of contest 4th attempts, if wanted. (Thanks to Cutting Edge Sport Sciences for results)					

APA Connecticut Open/BP/DL
27 JUN 04 - Canterbury, CT

BENCH	P. Porcelli	425
WOMEN	DEADLIFT	
Lightweight	MEN	
(Formula)	Teen (13-15)	
C. Berg	120 (Formula)	
Middleweight	Kielczewski 180!	
(Formula)	Junior (20-23)	
D. Gearin	180 (Formula)	
MEN	E. Cressey 500	
Open	4th-510	
132 lbs.	M. Malvesti 545	
J. Staples	155 4th-585	
165 lbs.	T. Pigeon 550	
D. Osgood	515 Wasniewski 600	
J. Strucinski	407 E. Ozarca 500	
P. Shafer	320 T. Irving —	
C. Mehmel	— Submaster (33-39)	
181 lbs.	(Formula)	
M. Limbaugh	330 S. Ryan 590	
G. Uphold	330 Master (40-44)	
J. Arocho	275 (Formula)	
198 lbs.	C. Slaybaugh 660	
K. Mattson	495 Master (45-49)	
S. Lee	465 (Formula)	
M. Guli	350 B. Saenz 560	
J. Tivnan	305 J. Milne 550	
R. Jackson	260 A. Bruneau 530	
220 lbs.	R. Silverstein 425	
G. Ting	475 Master (50-59)	
B. Gialluca	445 (Formula)	
J. Abely	430 G. Barsky 590	
L. Harnois	385 R. Cote 550	
242 lbs.	J. Novak 335	
E. Paskell	520 R. Jackson 400	
M. Peters	475 Master (60-69)	
A. Luneau	475 (Formula)	
D. Durkee	365 J. McGuire 480	
Wasniewski	360 D. Tracy 410!	
R. Bailey	— 4th-412!	
275 lbs.	Master (70-79)	
J. Knobler	600 (Formula)	
G. Jackson	475 E. Rodriguez 395!	
M. Shay	440 4th-410!	
B. Poland	415 Open	
308 lbs.	148 lbs.	
T. Petrino	550 A. Ortiz 405	
E. Fetzer	445 E. DiSessa 345	
	Teen (18-19)	
	4th-355	
	198 lbs.	
	D. Lee 340	
	B. Saenz 560	
	Kielczewski,Jr 300	
	R. Jackson 400	
	Junior (20-23)	
	(Formula)	
	220 lbs.	
	S. Ryan 590	
	D. Osgood 515!	
	242 lbs.	
	T. Pigeon 425	
	N. Young 725	
	C. Miele 355	
	Wasniewski 600	
	D. Shafer 320	
	4th-510!	
	Wasniewski 360	
	E. Cressey 270	
	J. Milne 550	
	M. Malvesti 270	
	T. Irving —	
	E. Fetzer 615	
	C. Mehmel —	
	MEN	
	Submaster (33-39)	



Damian Osgood with a 515 bench @ Middlewt. @ the APACT Open



Nathan Young's APA NY State record at the CT Open (D. Slaga)

(Formula)	(Formula)
R. Cote	430 A. Colanis 330
R. Jackson	260 J. McGuire 355
G. Barsky	285 D. Tracy 220

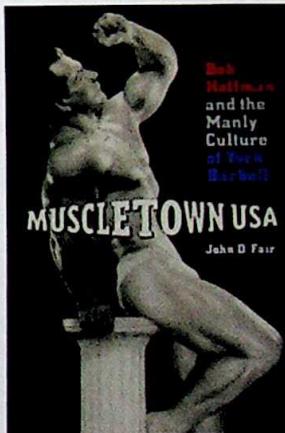
Master (60-69)

!=WPA world records. Team Winner:
World Gym. 28 State Records. 7 WPA
World Records. 83 lifters. (Donna Slaga)

2nd James B. Larusso Memorial
4 DEC 04 - CMCH, NJ

BENCH	J. Digeronimo 315
Teen	R. Snot 290
S. Williams	225 181 lbs.
J. Fulford	225 M. Ciupinski 420
WOMEN	B. Kapral 370
Lightweight	M. Vitale 370
(132 lbs. below)	198 lbs.
B. Benner	190 J. Chesmond 480
C. McKerfery	140 D. Capps 475
D. Delcorio	115 J. Pruszinski 475
MEN	220 lbs.
Lightweight	J. Grassi 545
181 lbs.	M. Crowley 515
M. Ciupinski	420 T. Payne 455
Heavyweight	242 lbs.
220 lbs.	P. Malmgren 555
J. Grassi	545 A. Famiano 550
Master (40+)	I. Cross 510
J. Grassi	545 275 lbs.
B. Ward	470 R. Solomen 550
L. Melillo	450 J. Trombetta 455
Open	E. Albrecht 425
	SHW
	T. Foley 315 (275+)
	L. Hill 275 D. Ramos, Jr. 470
	165 lbs.
	B. Ward 470
	A. Wood 350 L. Melillo 450

(Thanks to Muscle World Gym for results)



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



USPF Southeastern Cup

4 DEC 04 - Adel, GA

BENCH	J. Conyers	295	220 lbs.	W. Kelly	620	415	615	1650
WOMEN	242 lbs.		242 lbs.	J. Hoornstra	600	600	550	1810
M. Vernal	95	W. Russell	235	B. Bullock	600	415	660	1675
MEN	275 lbs.		275 lbs.	J. Demote	630	410	405	1445
Master (40-49)	G. Heaton	415	L. Scott	525	285	415	1225	
198 lbs.	308 lbs.		Police/Fire	L. Scott	525	285	415	1225
K. Martin	430	M. Dame	405	Teen (16-17)				
D. Murphy	—	Open	R. Fender	300	210	310	820	
275 lbs.	132 lbs.		Team 1st Place: Team Tallahassee. Best					
B. Bullock	415	C. Catton	225	Lifter Open: Jeremy Hoornstra. Best Lifter				
Master (50+)	148 lbs.		Novice: Jeremy Hoornstra. (Thanks to					
181 lbs.	T. McCoy	320	Buddy Duke for providing these results)					
H. Sauls	200	198 lbs.						
220 lbs.	S. Harrell	440						
J. Deverville	435	C. Rutherford	405					
J. May	285	220 lbs.						
K. Rowan	285	M. Green	550					
275 lbs.	242 lbs.							
R. Denny	325	J. Hoornstra	600					
Novice	132 lbs.	J. Young	440					
M. O'Steen	265	M. Dame	405					
148 lbs.	308 lbs.							
K. Poitevint	235	Middle	—					
165 lbs.	D. Murphy	—						
B. Hamilton	260	Heavy						
181 lbs.	M. Dame	405						
H. Sauls	200	Teen (18-19)						
198 lbs.	C. Catton	225						
FULL MEET	SQ	BP	DL	TOT	P. Thomesen	330	308 lbs.	
Masters (40-49)					A. Bert	450		
B. Bullock	600	415	660					
Masters (50-59)								
C. Taylor	550	405	600					
R. Denny	300	325	430					
C. Hewitt	430	315	420					
B. Coleman	350	190	325					
H. Sauls	260	200	315					
Novice	132 lbs.		775					
M. O'Steen	315	265	400					
185 lbs.			980					
B. Hamilton	395	260	450					
H. Sauls	260	200	315					
198 lbs.			775					
B. Bradshaw	475	300	500					
J. Hoornstra	660	600	550					
275 lbs.			1275					
G. Heaton	550	415	525					
J. Bowens	400	375	500					
S. Lee	525	285	415					
Open	181 lbs.		1225					
M. Kirkland	470	275	565					
198 lbs.			1310					
M. Christie	500	—	600					
			600					

New England Raw

7 NOV 04 - Warwick, RI

BENCH	Open
MEN	165 lbs.
Teen	J. Macy
N. Chaprales	330 181 lbs.
M. Jones	245 R. Galagher
Submaster	350 C. Worsley
C. Debartolo	500 242 lbs.
J. Macy	310 C. Debartolo!
Master	500 S. Pappas
M. Laz	350 275 lbs.
S. Pappas	350 Lazzareschi
P. Thomesen	330 308 lbs.
	A. Bert
WOMEN	450
D. Lopes	SQ BP DL TOT
Guest	155 80 185 420
B. Saranita	165 130 215 512
MEN	
Teen	
Chaprales-18	500 330 585 1415
A. Manders-19	265 4th-DL-600
Submaster	225 420 910
D. Monty	470 275 580 1325
Master	
R. Tate	345 340 380 1065
Open	
148 lbs.	
T. Roselli!	370 280 460 1110
165 lbs.	
D. Umstead	375 305 410 1090
181 lbs.	
J. Freedman	370 280 470 1120
M. Shustock	390 295 495 1180
198 lbs.	
M. Kluth	405 300 500 1205
220 lbs.	
F. Perry	410 290 500 1200

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J. Gorgone! 600 425 635 1660
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N. Chaprales 500 330 585 1415
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Elite Master I II III IV	IPF Cat. 1 Cat. 2 Natl. State	Y N	Y N	Y N

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If Under 18 have Parent Initial _____

Signature _____

APF Iron Island Winter BP/DL
6 NOV 04 - Oceanside, NYBENCH

181 lbs.	R. Freeman	400
181 lbs.	E. Seltel	600
198 lbs.	S. Scippe	440
198 lbs.	E. Seltel	340
220 lbs.	P. Orlando	425
220 lbs.	P. Susco	645
242 lbs.	L. DePalma	4675!
242 lbs.	R. Renz	455
242 lbs.	G. Getman	450
275 lbs.	L. Hammond	365
275 lbs.	N. Mazan	730
308 lbs.	C. Taylor	635
308 lbs.	Z. McCaslin	500
308 lbs.	S. Culnan	500
308 lbs.	D. Brown	500
308 lbs.	D. Brown	550
308 lbs.	R. McCray	655
308 lbs.	DEADLIFT	SHW
308 lbs.	165 lbs.	FEMALE
308 lbs.	C. Rodgers	Theodoropoulos
308 lbs.	V. Centauro	365
308 lbs.	181 lbs.	
308 lbs.	!=Masters (40-54) AAPF American Record.	
308 lbs.	(Thanks to Iron Island PL Team for results)	

APF Mississippi State (kg)
6 NOV 04 - Biloxi, MS

BENCH	Master			
MEN	100 kg			
Open	T. Holley	205		
75 kg	R. Stopp	175		
D. Richardson	147.5			
110 kg	Open			
C. Simmons!	282.575 kg			
Submaster	C. Brooks	85		
82.5 kg	Master			
B. Permenter	160 52 kg			
R. Jones	130 B. Lafferty	62.5		
Novice	75 kg			
82.5 kg	L. Powell	70		
V. Welch	157.5			
GIRLS	SQ BP DL TOT			
Teen	SQ			
SHW	BP			
C. Joyce	DL			
WOMEN	TOT			
Master				
52 kg				
T. Rivers	77.5 35 110 222.5			
BOYS				
Teen				
67.5 kg				
R. Blunschi	182.5 92.5 205 502.5			
MEN				
Open				
60 kg				
R. Hawthorne	250 137.5 250 637.5			
75 kg				
T. Andrew	287.5 197.5 242.5 727.5			
90 kg				
W. Brantley	320 250 265 805			
T. Buckley	320 175 240 735			
L. Savoie	295 150 237.5 682.5			
100 kg				
B. Myers	335 217.5 265 817.5			
R. Tinney	295 165 245 705			
125 kg				
D. Favre	357.5 245 260 832.5			
SHW				
C. Moore	380 260 272.5 915			
Master				
90 kg				
A. Massie	295 137.5 205 625			
100 kg				
B. Myers	335 217.5 265 817.5			
B. Marotte	290 172.5 230 692.5			
B. Carter	242.5 172.5 245 660			

On November 6th, 2004 at Casino Magic in Biloxi, Mississippi, I held my 2nd annual state powerlifting & bench press championships. For those of you who had planned to lift in the meet that was originally dated for Oct. 16th and didn't due to the date change, I apologize. The date was changed due to a conflict with the WPC World Championships in Fresno, Ca. that my daughter and I lifted in. The emails and phone calls haven't stopped since the meet! Lifters and spectators alike, are thanking me & my family for a great time and a smooth running contest... The set-up started at 8 am on Friday the 5th of November and didn't stop until 2 am Saturday morning! Back at it again, doing last minute weigh-in's Saturday morning at 8 am, we started getting our second wind! One by one, the lifters started piling in for the complementary breakfast offered by Casino Magic. They were not without food or drink all day, because lunch started at 11 am and the food continued until the meet was over around 6pm. With a few minor mechanical errors, everything went according to plan. Garry Frank came over from Baton Rouge, La. and was head referee(suit/coat and all) John Ewing, (Garry's training partner, who is recovering from a broken arm sustained while benching at the WPC Worlds in Fresno, Ca.) was a side judge, along with Wayne Savoie. Big Mike (manager at Lowes), Jerome Adams & Joe Burks(Airman from Keesler Air Force Base) were our spotters and loaders for the day. You guys did an excellent job! Peter Psydo (Powerpit team member who couldn't lift due to doctor's order's) was our score keeper. (Not bad for your first time Petel!) Pete's daughter, Elizabeth, my daughter Taylor, and Taylor's mend-Samantha were our expeditors. Mr. Sandy Ellis from Atlanta, Ga. supplied us with his outstanding sculptured awards and announced the entire contest. My extremely supportive wife, Chrystal and her mend Danita Favre set up the sales tables,

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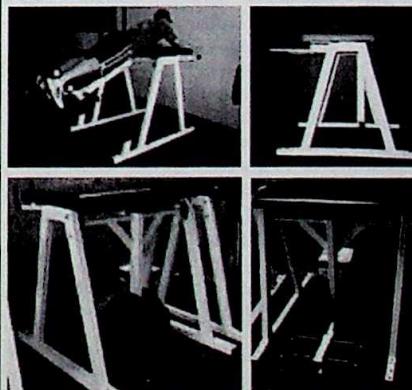
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pictures and banners. My oldest daughter Tiffany Craven, my mother-in-law Mrs. Linda Black and sister-in-law Shannon Black did a great job working the sales table. (They sold my powerlifting/bodybuilding and Universal "Animal" pictures & posters. Inzer Advanced Designs t-shirts, hats, knee & wrist wraps, used bench shirts, squat-suits, meet t-shirts, POWERPIT t-shirts with new logo and also a whole line of HOUSE OF PAIN t-shirts!) Mrs. Cathy Psydo worked the door, along with Brian White doing anything I asked!!! Garry brought his mono-lift over for the warm-up room, but his jack blew a seal. I changed out my jack from the competition mono-lift, so the 1st flight could warm-up. To save time, the second flight warmed-up on the main stage and the crowd really enjoyed it! Mighty Mite-Richard Hawthorn (WPO 132 lb. champion) has started a small recording studio and his guys had some technical difficulties during the first flight, but with the help of Carolann Myers cd player, they were able to get the music banging for the 2nd flight. Tara Rivers started the day out and won the women's open 114 lb. class and best lifter. Charmayne Joyce, the 14 year old super heavyweight, won the girls teenage division with only 4 weeks of training, nearly squatting 429 lbs. her first time in an Inzer canvas suit. Richard Hawthorn had an off day in his squats, but still managed to win the 132's and best lifter in the men's open. Robert Blunschi, the 148 lb. red-headed firecracker from Garry Franks Hardcore barbell won the boys teenage division and had the war wounds to prove it! Timothy Andres was an APF poster child, with his shaved head and tattoo's, he easily won the 165 lb. men's open division. The 198 lb. division was easily won by Biloxi P.D.'s own "BART SIMPSON" a.k.a. Wesley Brantley. The POWERPIT's eldest member of the meet, had an off day in the squats and bench, but pulled thru in the deads and came in second. Luke Savoie, now a veteran lifter with Hardcore Barbell, managed a 3rd. Another POWERPIT team member, Bobby Myers had a PR day, winning the 220 lb. men's open/masters divisions. Ryon Tinney was second with a lot to learn about using equipment. BIG "D" another POWERPIT team member, David Favre was undefeated in the 275 lb. class. Chris Moore, the super heavyweight from Tennessee, looked like one of Louie Simmons guys from Westside barbell with his ultra-wide squat stance, he was also undefeated nearly getting a 903 lb. squat. Although most of the lifters were old enough to lift as masters, their were only 5 to actually do so. Alan Massie, a.k.a. THE MASS (the owner of Sicily's Italian Buffet) and the main sponsor of THE POWERPIT GYM TEAM and this meet, demolished all of his records from last year, easily winning the 198 lb. class. Barry Marotte went up a class and won 2nd place, he's another one

of Biloxi's finest, experiencing his first APF meet and has now switched sides by becoming the newest member of the POWERPIT team. Bentley Carter from Hattiesburg, struggled thru the squats and bench, but pulled big, to a strong third. Ten lifters in the bench only division, competed during the same time as the 3 lift competitors. David Richardson went 3 for 3 and won the mens open 165 lb. class. Billy Permenter had some shirt problems on his opener, but came back on his 2nd and 3rd to win the submasters 181 lb. class. Ron Jones, with only his second attempt, was second in the submasters 181 lb. class. Vince Welch, the only novice entered, was a few ounces over the 181 lb. class, but was easily undefeated in the 198 lb. class. Timmy Holley (our local charter boat owner/captain) disappears up until 4 weeks out from the meet and again won the 220 lb. masters division. Rusty Stopp managed 2nd place

with only his opener. The rising 242 lb. star, Christain Simmons from the POWERPIT team, amazed everyone after missing 666 lb. on his second attempt, making a huge jump to 722 and coming within an inch from locking it out!!! He easily won his class and best bencher of the day. In the women's bench only division, Betty Lafferty from the W ABDL, at 62 years young, stole the masters, winning the 114 lb. class. Lani Powell came all the way from Washington State to win the women's masters 148 lb. class and a spot on the POWERPIT team. Last but not least is Cheryl Brooks, who benched raw on her first 2 attempts, then took a chan-e wearing a bench shirt on her third, breaking her personal best and winning the 165 lb. class. It's never fun to bomb out, especially when you spend all that time and money on your training. With each bomb out though, there's a lesson to be learned. Carolann Myers was the only bomb out in the squats, weighing in about 10 lbs. lighter than her training weight had been, she surprised the crowd (and her husband) with an exploding bloody nose on her third attempt miss. Like the true champ she is, she hung in there and coached her husband Bobby to the win and all new PR's. She will be making her comeback next month, at the APF Southern States meet in Florida. Dwyer Broussard, Paul Fowler and Kristin Lamonica seemed to have opened to heavy in the bench. While Andy Brann @ 275er, smoked a 903 squat that was turned down 2 to 1, opened conservatively light in the bench, but missed the rack signal. He then took a significant jump and missed his 2nd and 3rd attempts. Special Thanks to the following sponsors: Allan Massie - owner of Sicily's Italian Buffet, Tom & Teresa Banish - Power Shock Fitness Products, Richard Hawthorne and friends - Precision Predictions (DJ), BIG MIKE LOWES, Dr. Eve Magarios, Mike Ladnier - owner of 65 Studio's web design, Ken Cook - owner of ABC Auto Salvage, John Inzer - owner of Inzer Advance Designs, Rick Brewer - owner of House of Pain IRONWEAR, Dr. Day McKee - Digestive Health Center. (Report by Joe Ladnier)

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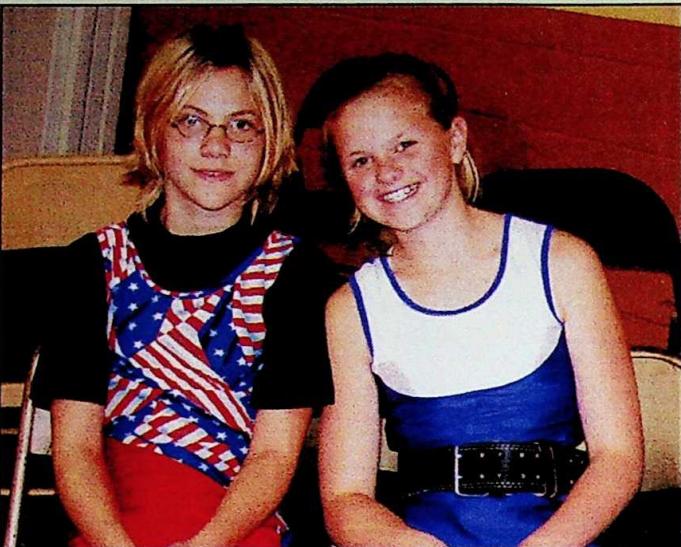
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ADAU Central PA Open
30 OCT 04 - Bigler, PA

	WOMEN	SQ	BP	DL	TOT
97 lbs.	A. Zimmerman	125	75	150	350
105 lbs.	N. Kinard	110	55	175	340
123 lbs.	L. McKeogh	240	95	265	600
148 lbs.	A. Buck	260	140	315	715
A. Miller	135	170	135	440	
	4th-BP-175				
MEN					
123 lbs.	B. Pataky	265	180	340	785
132 lbs.	C. Bloom	280	200	365	845
148 lbs.	B. Pensyl	340	190	370	900
L. Jusino	225	210	320	755	
165 lbs.	D. Calimer	335	195	445	975
K. Boyer	300	275	320	895	
181 lbs.	L. Stires	460	330	450	1240
D. Swingle	290	215	425	930	
E. Krause	225	170	320	715	
198 lbs.	M. Catalino	550	355	545	1450
J. Orengeia	360	265	465	1090	
N. Kinard	275	175	290	740	
S. Hough	—	—	—	—	
220 lbs.	B. Kenner	475	345	575	1395
B. Bayer	550	245	560	1355	
D. Miller	450	315	525	1290	
M. Holbert	385	330	425	1140	
J. Raebiger	360	240	460	1060	
A. Campiere	305	345	375	1025	
B. Rugh	295	180	420	895	
242 lbs.	D. Riffle	575	340	625	1540
C. Amstone	450	345	475	1270	
275 lbs.	D. Raybuck	575	355	590	1520
J. Wilgus	485	375	520	1380	
R. Swope	325	275	375	975	



The Future of Powerlifting is in the hands of our young lifters ... so says ADAU Central Pennsylvania Open Meet Director Al Siegel ... pictured above are friends Adrienne Zimmerman and Natalie Kinard.

A. Siegel 320 225 405 950
319 lbs.
G. Amstone 485 275 415 1175
Outstanding Lifters: Men's Open - Matt Catalino, Erie, PA. Women's Open - Ashley Buck, Clearfield, PA. Teen - Chris Bloom, Clearfield, PA. Master - Bugs Bayer, Rockton, PA. The 2004 Central PA Open PL Championships were held on October 30th at the Bigler YMCA Civic Center. This met is the longest continuously run drug tested meet in the state, having started in 1983. The turnout was a bit down this year from previous years, as only 32 weighed in.

Despite the attendance, there were 18 American age group records set. All lifts done in the ADAU are done without the aid of supportive gear of any kind. Five of the 32 (16%) lifters were urine tested by Quest Labs. All tests were negative. Although the ADAU often uses the modified conventional system to run its meets, the number of lifters here dictated that we use flights instead. Flight A was all the women lifters and the men lifters through the 198 class. Flight B was, the 220 and up men's classes. To promote better competition, all registered lifters competed in the open division. Those that chose to lift in an age group division were able to do that also. Flight A: Our lightest lady lifter was 12 year old, 88 pound, Adrienne Zimmerman. Competing in the 97# open class, "Little A" set 12-13 year old American records in the squat - 125, BP - 75, deadlift - 150, and total - 350. Adrienne now has several years and several weight classes of experience under her little lifting belt. Another 12 year old, Natalie Kinard, competed in the 105 pound class. A relative newcomer compared to Little A, Natalie also set some age group records. Her 4th attempt squat of 115, deadlift of 175 and total of 340 were all records. Competing in the women's 123 class was submaster Lisa McKeogh. Lisa had an off day here, only managing openers in the squat and BP. Lisa is a valuable member of the ADAU family. She has been a big supporter of the ADAU "Help Fund", a fund set up to help lifters in need. She also wants to become a meet director in the Philadelphia area for the organization. In the open 148 class we had two teenagers lifting. One was 16 year old BP specialist Angie Miller. Angie did a great 4th attempt of 175 for the teen record and a second place finish. Ashley Buck, at 15 years old, has only been lifting for about a year, and she broke the teen squat record at 260 on her opener. She then went on to a clutch 315 deadlift and a teen record 715 total. The 315 DL being clutch because it was what she needed to earn the female outstanding lifter sword. A miss at 310 preceded the successful 315! The men's lifting started in the 123's. PA State AAA Wrestling champion and Penn State bound Brad Pataky greatly improved his lifts from last year's meet as he took the teen squat and total records from his teammate, Chris Bloom. Brad added a 4th attempt deadlift of 356 to finish his day. Chris Bloom weighed in as a light 132er so as to not compete against his training partner Brad in the 123's. This did not prevent Chris from having a great 8 for 9 day with PRs all across the board. At 148, we had 2 lifters from opposite ends of the lifting spectrum. First off we had veteran 56 year old Barry

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John Ivy, Ph.D. & Robert Portman, Ph.D.

Foreword by Dr. Lyle Kalena Ph.D.

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**, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

Pensyl winning with his 900 total. In second we had first time lifter, 17 year old Luis Jusino. Luis showed great promise with his solid 210 BP and 3 easy DLs. At 165, teen Daniel Calimer used his big DL of 445 to get the comeback victory over 3-lift neophyte Kevin Boyer. At 181, 52 year old Lennie Stires made his first meet in the ADAU a successful one with American records in the squat, BP, and total. Lennie attended our first drug-free raw meet way back in 1994. In second place was another master lifter, 58 year old NYer Don Swingle. Don made all 3 squats, but could only manage 1 lift in the BP and DL on his way to out-totaling 16 year old first time lifter Eric Krause. In the 198's Erie's Matt Catalina is on his way to returning to his old form by hitting some nice lifts. At 25 years old Matt is a 10 year veteran of our beloved sport! In second place was Matt's old coach and lifting mentor, 58 year old Joe Orengeia. Joe missed making weight for the first time in his 40 year lifting career and had to lift as a light 198er here. Teen Nathan Kinard made 7 lifts to earn his third place finish. Our one casualty of the meet was Stuart Hough, who injured his leg on his opening squat of 450 and couldn't continue. Flight B: Our biggest class of the meet with 7 lifters started things off for the heavy flight. Brian Keener only managed 4 successful lifts to win the class. He's quite a bit stronger than his posted total of 1395 would indicate. In second place was master lifting sensation Bugs Bayer. Bugs broke his own squat record with a 550 and tried a 605 DL to break his record of 601. Not Bugs best day, but good enough for this 59 year old to beat out 5 "youngsters". In third place was balanced lifter Donald Miller of Pittsburgh. 4th place went to Reverend Matt Holbert in his first competition in several years. 5th place went to the 6'7" JR. Raebiger. 6th went to 47 year old Anthony Campiere, just returning to 3 lift competition after an injury. In 7th was another first time lifter, Bill Ruch. At 242 we had our biggest total of the competition. That belonged to Maryland's Don Riffle. Don made 7 lifts on his way to a 1540 total. In second place was Virginia's Carl Amstone who posted a 1270 total while weighing light for this class. At 275 we had 4 lifters competing. Managing a 1520 total on 5 lifts to win the class was submaster Dennis Raybuck. Dennis' closely missed attempts kept him from being over 1600. In second was Jason Wilgus and his 1380 total. Teenager Ryan Swope from Maryland had enough in him to place third. In 4th place was our oldest lifter, and meet director, 66 year old Al Siegel. Al, lifting in the 275's for the first time in several years, broke the squat and DL American records set in 1998. Our final lifter was 31ger Craig Amstone from Pittsburgh. Craig missed some big lifts that would better indicate his steady improvement. Outstanding lifter - Matt Catalino. Outstanding female - Ashley Buck. Outstanding teen - Chris Bloom. Outstanding master - Bugs Bayer. First Place Team - Downtown weightlifting Club of Clearfield, PA. Awards by Siegel Engraving Company. (Thanks to Al Siegel for providing the results to Powerlifting USA)

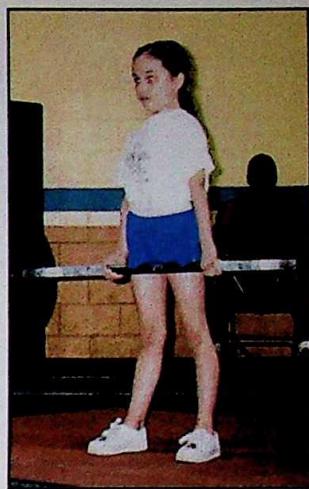
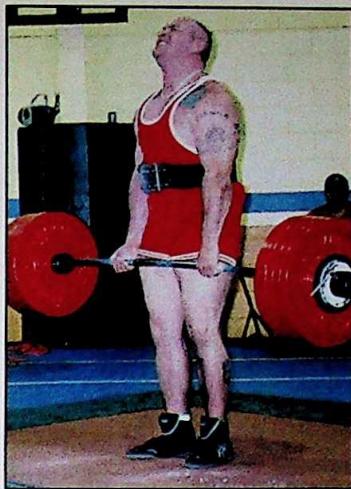
USAPL NW Women's Regional
6 NOV 04 - Seattle, WA

BENCH	WOMEN	WOMEN
M1	M1	
198+ lbs.	198+ lbs.	
A. Davis	80	245
T1	132 lbs.	
198 lbs.	M. Phelps	165
K. Thompson	85	198 lbs.
Y1	K. Thompson	165
198+ lbs.	Y1	
D. Johnson	75	198+ lbs.
Y2	D. Johnson	145
198+ lbs.	Y2	
Carroll-Watts	85	198+ lbs.
DEADLIFT	Carroll-Watts	205
WOMEN	SQ	BP
Open	DL	TOT
97 lbs.	Loukprasong	105
123 lbs.	115	305
P. Tidmarsh	255	650

132 lbs.				
R. Churchward	335	180	340	855
165 lbs.				
J. Wellborn	305	185	320	810
198+ lbs.				
A. Karls	—	165	290	455
M1				
132 lbs.				
S. Mollanen	225	155	280	660
M2				
148 lbs.				
T. Lee	265	180	300	745
M4				
165 lbs.				
D. Bakiel	215	135	300	650
T1				
181 lbs.				
A. Mitchell	175	95	275	545
T2				
165 lbs.				
A. Mohamed	155	75	215	445
198+ lbs.				
S. Sylvester	195	—	295	490

(Thanks to USAPL for providing the results)

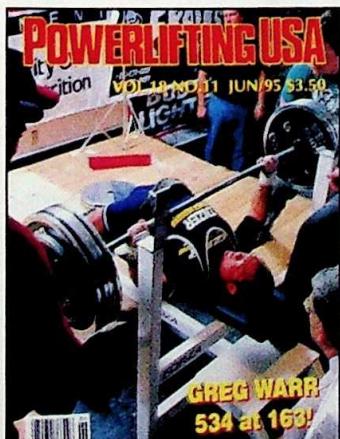
D. Crans	410	Master (40-44)	
BENCH	360	Master (55-59)	
FEMALE	230	I. Canelli	230
97 lbs.		Youth (8-9)	
Youth (8-9)		V. Vasquez	65
105 lbs.		N. Kinard	180
Teen (12-13)		220 lbs.	
N. Kinard	60	Open	
132 lbs.		B. Royer	370
Master (40-44)		Master (50-54)	
G. Pellegrine	370	M. Murphy	125B. Krasinski
148 lbs.		325	242 lbs.
Master (40-44)		Master (50-54)	
R. Souders	135G. Whitaker	R. Souders	380
Master (45-49)	380	Open and	
R. Blowers	125Master (40-44)	R. Blowers	340
Teen (14-15)		B. Silko	
K. Dufour	115Teen (14-15)	K. Dufour	275
Open		J. Shreffler	
V. Howe	140Teen (16-17)	V. Howe	295
MEN		J. Brown	
148 lbs.		275 lbs.	
Master (45-49)	Open		
W. Claypatch	250D. Grandinetti	W. Claypatch	370
Junior (20-23)		J. Prosser	285
Guarding-Hern	180DEADLIFT		
165 lbs.			
Master (45-49)			
J. Polak	325Youth (6-7)	J. Polak	66 lbs.
Open and		H. Clifford	80
Teen (16-17)		4th-85	
B. Rebarachak	32097 lbs.	B. Rebarachak	
4th-325	Youth (8-9)		
Teen (18-19)	V. Vasquez	Teen (18-19)	140
I. Bialy	265105 lbs.	I. Bialy	
Junior (20-23)	Teen (12-13)	Junior (20-23)	
J. Stazer	235N. Kinard	J. Stazer	180
J. Punzone	225 4th-185	J. Punzone	
Master (70-74)	132 lbs.	Master (70-74)	
H. James	150Master (40-44)	H. James	
Open		M. Murphy	315
J. Mangone	— 148 lbs.	J. Mangone	
181 lbs.	Master (40-44)	Open	
C. Mannino	300 4th-315	R. Souders	300
Junior (20-23)	MALE	C. Mannino	
R. Colavito	260114 lbs.	J. Polak	500
Master (55-59)	Youth (6-7)	Junior (20-23)	
A. Perreca	405	A. Perreca	440
Open	D. Swingle	Teen (18-19)	540
J. Stazer	400	B. Royer	540
G. James	395 Master (50-54)	J. Blair	510
		Junior (20-23)	
		J. Punzone	510
		D. Kelly	515
		C. Martin	
		Teen (18-19)	
		J. Manekas	275
		Junior (20-23)	
		N. Kinard	310
		Open	
		A. Paratore	440
		Master (50-54)	
		T. Johnson	435
		C. Mannino	250
		Submaster (35-39)	
		J. Shreffler	375
		J. Prosser	460
		198 lbs.	
		275 lbs.	
		Submaster (35-39)	
		R. Clifford	600
		T. Finland	650
		4th-620	
		!=American Open Records. Outstanding	
		Squatter: Ben Royer, 29 years old from	
		Boyertown, PA. Outstanding Bench Presser:	
		Brian Rebarachak, 17 years old from Weston,	
		PA. Outstanding Deadlifter: Jason Stazer,	
		23 years old from Erie, PA. The following	
		lifters passed the drug tests: Ben Royer,	
		Timothy Clifford, John Polak, Gene	
		Pellegrine, Teddy Finland, and Anthony	
		Perreca. (Thanks to Al Siegel for results)	



Father/Daughter Competing Together ... at the ADAU Coal Country Classic ... Father Tim Clifford pulled a 620, and Daughter Hannah Clifford pulled 85, and has high hopes of breaking 100 lbs. in the deadlift at her next meet. (photos provided by courtesy of Al Siegel)

ADAU Coal Country Classic				
12 DEC 04 - Bigler, PA				
SQUAT	181 lbs.			
114 lbs.	Master (55-59)			
FEMALE	D. Swingle	290		
Junior (20-23)	198 lbs.			
J. Kenny	160	Teen (18-19)		
148 lbs.	B. Lara	275		
Master (40-44)	Master (55-59)			
R. Souders	245	T. Canelli	255	
MEN	220 lbs.			
Open	Open			
J. Martucci	355	B. Royer	515	
Junior (20-23)	Teen (18-19)			
Guarding-Hern	250	P. Varini	275	
Teen (18-19)	242 lbs.			
S. Massey	225	Open		
4th-240		M. Schmidt	530!	
165 lbs.		T. Johnson	380	
Master (45-49)		275 lbs.		
J. Polak	425	Submaster (35-39)		
Junior (20-23)		T. Clifford	495!	
A. Perreca	405	Open		
Open	D. Grandinetti	435		
J. Stazer	400	J. Prosser	420	
G. James	395	Master (50-54)		

BACK ISSUE OF THE MONTH



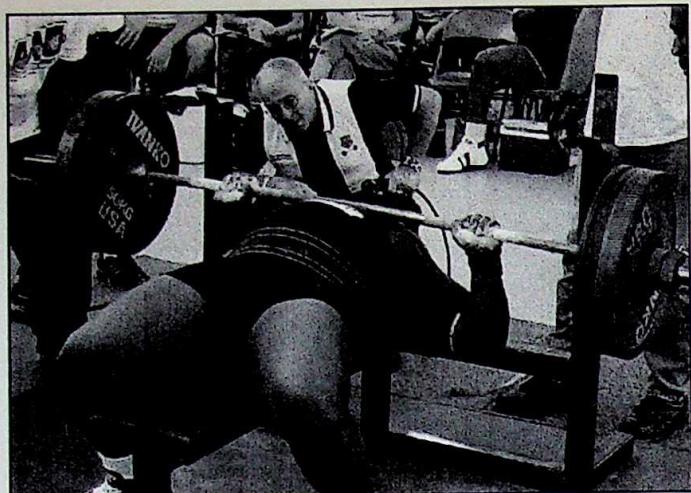
The June 1995 edition of POWERLIFTING USA had Greg Warr on the cover with his new all time World Record bench press of 534 lbs. as a middleweight at Gus Rethwisch's Budweiser Record Breakers in Richland, WA, and inside we had his interview. Also inside, Herb Glossbrenner profiled and interviewed the "Bulgarian Bull" - Antonio Krastev - world record holder in the snatch, who tried his hand at powerlifting at the 1990 IPF World Powerlifting

Championships (see how low he went in the squat!). In closing, Herb asked Krastev if he had anything else to add... "...I also aspire to be World Champ in both armwrestling and backgammon." The Workout of the Month was by one of the most physically impressive (and strong!) powerlifters of all time ... Curtis Leslie ... on his bench press program. Rick Brunner, who studied Russian supplements extensively, discussed "The Use of Special Biodimers During Heavy Load and High Volume Training" (OKG is one of these "biodimers"). Louie Simmons articles was entitled "Overtraining or Adaptation?" with Dave Tate (with hair!) doing a Westside "special" exercise - handle squats. According to Louie "The problem of overtraining really occurs in the mind". Long time Collegiate leader Dr. Billy Jack Talton reported on the USPF National Collegiates, directed by Paul Fletcher in Baton Rouge ... plus, we had a full report on the USPF Bench Press Nationals, where big James Henderson tried at 705 bench in a t-shirt! Dr. Ken Leistner profiled likable officer Ron

Walsh in his column. James Morton, ADFPA powerhouse at 220, was interviewed. Doug Daniels described the practice and technique of close stance squats, as illustrated by Dr. Squat. ADFPA Women's lifting star, Samora Dixon, was interviewed by Bob Gaynor. Dr. Judd Biasiotto profiled Austrian National coach Hannes Rafferstetter... "Americans don't have the work ethic that European athletes have..... I invite the American athletes to train with the Austria team for one month. Then they will see what real training is all about." We also had a full report on the IPA Record Breakers, where Tamara Rainwater-Grimwood became the first woman to produce a 1000 lb. subtotal. On our TOP 100 SHW list, the top names were Shane Hamman (986 squat), Jamie Harris (740 bench), Mark Henry (845 deadlift), and Anthony Clark (2237 total). Elsewhere on the list, Dick Cordial was 99th in the squat (700), Ken Ufford was 80th in the bench press (515), Vince Eldridge was 87th in the deadlift (644), and Vinnie Vardine was 59th in total (1851). On Herb Glossbrenner's

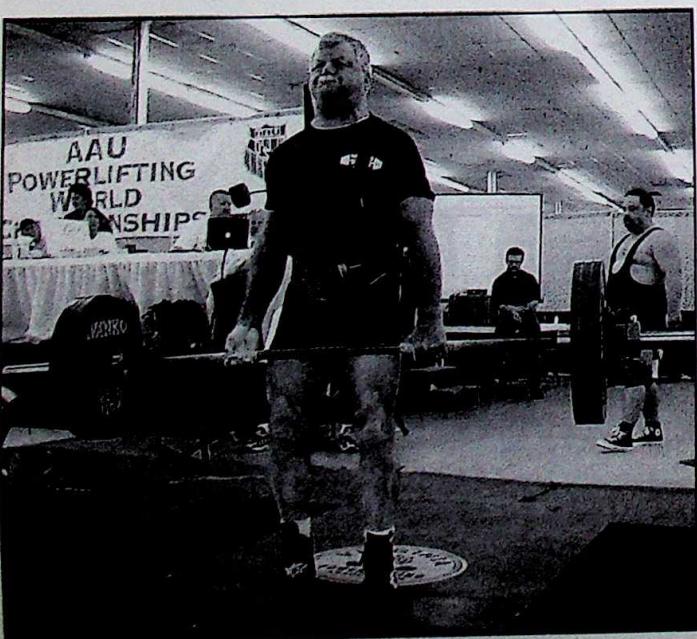
All Time Deadlift list for the 242s, John Kuc's seemingly immortal 870 led the way, and Dave Pasanella's 750 was 99th. In our report of the ADFPA Lifetime Nationals, the winner of the 275s was current day Maryland meet promoter, Brian Washington, with 738 429 655 1824. We also recognized the passing of the 2nd national chairperson for AAU powerlifting circa 1972-1977, Charles Gschwind. We also had a photo of the unique achievement of the Barron family ... 4 members of the family, all of which lifted together for the first time in the same meet, and each won first place in their respective divisions. Current major USAPL SHW contender Niko Hulslander won the Connecticut State Meet back then, with 565 455 585 1605 at SHW. Was it Steve Mann who won the Pennsylvania Teenage Championships at 198 (18-19) with 570 335 515 1420. We still have this particular back issue of PL USA available, see the ordering information near the center of the magazine, on how to order this and dozens of other information packed editions of PL USA.

AAU World BP/DL/Push-Pull		
29-31 OCT 04 - Richmond, VA		
DEADLIFT	B. Myers	336
MALE	Military	
ASSISTED	Junior (20-23)	
148 lbs.	B. Myers	336
Lifetime	181 lbs.	
Masters (45-49)	Lifetime	
J. Warner 501	Masters (55-59)	
4th-535	F. Summer	341
Lifetime	Master (50-54)	
Open	J. Alston	473
J. Warner 501	Master (65-69)	
4th-535	R. Pyatt	341
Masters (45-49)	Teen (14-15)	
J. Warner 504	S. Madrid	363
4th-535	198 lbs.	
Youth (12-13)	Kids (10-11)	
A. McCloskey 440	P. Collins	181
165 lbs.	Master (55-59)	
Lifetime	T. Smith	545
Masters (40-44)	Master (60-64)	
W. Croft 573	O. Rickman	402
Lifetime	220 lbs.	
Open	Masters (40-44)	
W. Croft 573	R. Wilhelm	473
Masters (40-44)	Open	
W. Croft 573	R. Wilhelm	473
Open	Submasters (35-39)	
W. Croft 573	T. Bowman	540
181 lbs.	R. Andrew	468
Lifetime	Youth (12-13)	
Masters (40-44)	T. Proctor	159
M. Puckett 545	275 lbs.	
Lifetime	Open	
Masters (70-74)	B. Prediger	518
T. Trevorah 440	FEMALE	
Open	ASSISTED	
M. Puckett 545	165 lbs.	
220 lbs.	Lifetime/Open	
Open	K. Bowers	369
T. Henriques 677	Open	
275 lbs.	K. Bowers	369
M. Bradley 584	181 lbs.	
308+ lbs.	Lifetime	
J. Orr 573	Masters (65-69)	
RAW	E. Trevorah	380
77 lbs.	RAW	
Kids (10-11)	97 lbs.	
R. Karstdiek 176	Kids (8-9)	
Youth (12-13)	V. Vasquez	132
M. Cavallaris 203	114 lbs.	
105 lbs.	Open	
Kids (10-11)	B. Cabrera	198
C. Dantzler 132	132 lbs.	
114 lbs.	Open	
Open	C. Gervais	214
C. Dantzler 137	165 lbs.	
132 lbs.	Kids (10-11)	
Lifetime	A. McCloskey	220
Master (45-49)	181 lbs.	
M. Schultz 341	Masters (45-49)	
165 lbs.	V. Hood	275
Junior (20-23)	Master (50-54)	



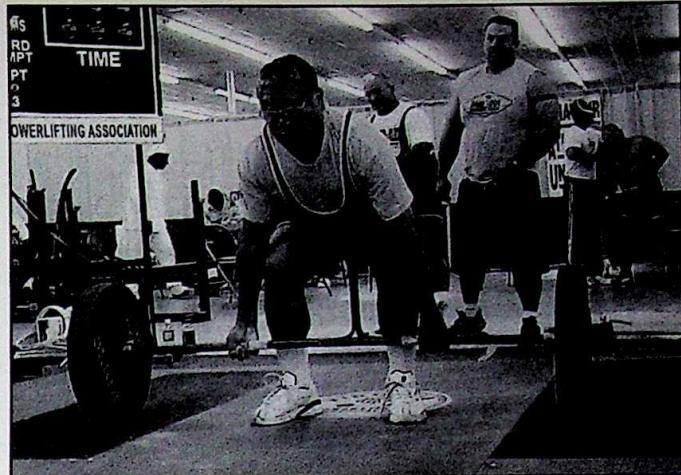
Mike Bradley was the Best Master Bencher in the Heavy category.

M. McQuade	380	Open		
Lifetime		C. Gervais	93	
Open		148 lbs.		
A. Belfield	385	Lifetime		
Master (40-44)		Open		
A. Belfield	385	E. Manning	176	4th-181
Master (45-49)				
M. McQuade	380	Lifetime		
Master (70-74)		Open		
R. Gunton	192	D. Grimes	110	
Open		Lifetime		
M. Belkanater	567	Submaster (35-39)		
M. Steward	418	C. Parker	71	
M. Steward	418	Military		
A. Selfield	385	Open		
Submaster (35-39)		D. Grimes	110	
S. Gonzalez	358	Military		
308 lbs.		Submaster (35-39)		
Lifetime		M. Vaughter	99	
Master (40-44)		Open		
W. Marrow, Sr	264	E. Manning	176	
Lifetime		D. Grimes	110	
Master (45-49)		Special		
W. Ferguson	352	Open		
Open		D. Handy	148	
W. Ferguson	352	165 lbs.		
T. Rapier	429	Kids (10-11)		
FEMALE		A. McCloskey	99	
ASSISTED		Military		
Lifetime		Master (40-44)		
Open		J. Johnson	170	
165 lbs.		181 lbs.		
K. Bowers	214	Law/Fire		
Open		Open		
K. Bowers	214	M. Robbins	165	
181 lbs.		4th-181		
E. Trevorah	132	Master (45-49)		
198+ lbs.		V. Hood	192	
Open		4th-209		
S. Gibson	231	A. Henderson	143	
RAW		J. Bell	126	
114 lbs.		198 lbs.		
Open		Military		
B. Cabrera	88	Master (45-49)		
Submaster (35-39)		L. Hawkins	137	
R. Moore	143	198+ lbs.		
132 lbs.		V. Crowell	192	
PUSH/PULL		BP DL TOT		
MALE				
ASSISTED				
123 lbs.				
Master (45-49)				
B. Lamb	220	402	622	
	4ths-225	418		
148 lbs.				
Teen (18-19)				
D. Douglas	192	418	611	
165 lbs.				
Master (45-49)				
M. Wicker	259	396	655	
	4th-DL-402			
Master (50-54)				
R. Smith	248	457	705	
Military				
Junior (20-23)				
B. Myers	248	336	584	
Military/Open				
C. McCool	248	352	600	
	4th-DL-385			
181 lbs.				
Lifetime/Master (70-74)				
T. Trevorah	264	440	705	
	4th-BP-270			
C. Castaneca	209	418	628	
198 lbs.				
Lifetime/Submasters (35-39)				
G. Green	396	551	947	
Master (40-44)				
L. Nichols	391	551	942	
Master (60-64)				
M. Scott	292	531	823	
Military/Master (60-64)				
M. Scott	292	531	823	
Open				
S. Chaitin	424	512	936	
220 lbs.				
Master (45-49)				
S. Dokes	374	573	947	
2 Open				
T. Henriques	347	677	1025	
Teen (18-19)				
R. Douglas	297	485	782	
242 lbs.				
Law/Fire/Master (40-44)				
C. Edwards	358	451	810	
	4th-BP-369			
Lifetime/Open				
M. Haumesser	429	600	1030	
C. Edwards	358	451	810	
	4th-BP-369			
Master (45-49)				

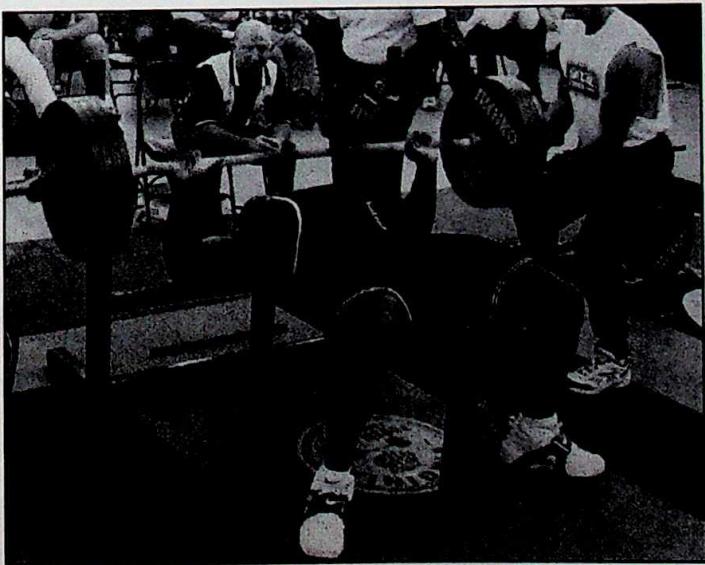


Oscar Rickman, 62, of North Carolina, pulling 402, weighing 185.

D. Runner	341	551	892	M. Roten	341	132	473
Open				Open			
M. Haumesser	429	600	1030	M. Roten	341	132	473
275 lbs.				Submaster (35-39)			
Master (50-54)				J. Lovelien	369	551	920
R. Strauss	392	462	855	Teen (14-15)			
Teen (18-19)				M. Bowne	325	429	755
T. Shaffer	143	363	507	275 lbs.			
308 lbs.				Junior (20-23)			
Open				M. Jackson	385	501	887
A. Shields	628	611	1240	Open			
308+ lbs.				M. Jackson	385	501	887
Junior (20-23)				308 lbs.			
S. Casto	303	473	777	Master (50-54)			
Open				F. Vanderveen	303	473	777
J. Orr	479	573	1052	308+ lbs.			
RAW				Master (45-49)			
105 lbs.				Z. Wilson	341	451	793
Youth (12-13)				FEMALE			
A. Ellis	121	248	369	ASSISTED			
114 lbs.				148 lbs.			
Open				Masters (50-54)			
C. Dantzler	55	137	192	P. Frock	159	352	512
Youth (12-13)				4th-DL-363			
J. Fleming	138	275	414	165 lbs.			
123 lbs.				Lifetime/Open			
Teen (14-15)				K. Bowers	214	369	584
M. Manley	121	236	358	Master (45-49)			
Teen (16-17)				L. Nelson	203	451	655
J. Pagan	126	270	396	4th-BP-209			
132 lbs.				K. Bowers	214	369	584
Lifetime/Master (45-49)				181 lbs.			
M. Schultz	203	341	545	Lifetime/Master (65-69)			
Lifetime/Master (50-54)				E. Trevorah	132	248	380
G. Landess	148	325	473	4th-BP-137			
Master (50-54)				198+ lbs.			
G. Landess	148	325	473	Open			
Teen (14-15)				S. Gibson	231	352	584
T. Johnson	165	358	523	4th-BP-236			
165 lbs.				Teen (16-17)			
Lifetime/Master (40-44)				M. Santiago	165	363	529
R. Barth	286	451	738	105 lbs.			
Master (40-44)				Lifetime/Master (55-59)			
R. Barth	286	451	738	E. Newton	82	192	275
Teen (14-15)				Master (55-59)			
T. McNeely	192	341	534	E. Newton	82	192	275
C. Banzhaf	154	303	457	114 lbs.			
181 lbs.				Open			
Master (55-59)				S. Cabrera	88	198	286
B. Rich	242	303	545	123 lbs.			
Teen (14-15)				Submaster (35-39)			
S. Madrid	192	363	556	S. Fosdick	110	203	314
Teen (16-17)				132 lbs.			
M. Pedillo	259	424	683	Teen (16-17)			
198 lbs.				K. Morris	132	336	468
Junior (20-23)				4ths-181			
N. Roten	347	556	903	E. Manning	176	275	451
Lifetime/Master (50-54)				Submaster (35-39)			
P. Aulicino	352	518	870	C. Wilson	110	220	330
Lifetime				Teen (14-15)			
Master (60-64)				K. DuFour	123	242	365
W. Barnett, Jr.	236	374	611	4th-DL-259			
Master (40-44)				Teen (16-17)			
T. Williams	336	606	942	T. Cockrell	110	242	352
4th-DL-633							
Master (50-54)							
P. Aulicino	352	518	870				
Master (55-59)							
T. Smith	270	545	815				
Master (60-64)							
W. Barnett, Jr.	236	374	611				
N. Roten	347	556	903				
T. Williams	336	633	942				
198 lbs.							
Submaster (35-39)							
W. Pennell	380	606	986				
Teen (18-19)							
L. Hobbs	264	540	804				
220 lbs.							
Lifetime/Master (55-59)							
J. Roten	330	584	914				
Master (50-54)							
M. Gallagher	286	490	777				
Master (55-59)							
J. Roten	330	584	914				
Open							
T. Brightwell	429	573					
1003							
W. Nurse	352	529	881				
R. Jones	308	462	771				
Submaster (35-39)							
R. Dishman	407	421	892				
4th-BP-421							
Youth (12-13)							
T. Proctor	77	159	236				
242 lbs.							
Lifetime/Master (55-59)							
G. Prue	352	396	749				
Lifetime/Open							



Candelario Castaneda is 70 years of age, and representing Mexico



Michael Belk was the Best Raw Heavy Bench Presser (photos Beasley)

181 lbs.
Kids (10-11)
F. Wilson 66 121 187
Teen (14-15)
J. Outman 137 242 380
198+ lbs.
Teen (16-17)
R. Wilcox 143 314 457
L. Hannegan 110 248 358
World DEADLIFT Best Lifters MALES: Best Raw Open Heavyweight - Brain Preiger, Best Raw Master Lightweight - Tom Smith, Best Raw Master Heavyweight - Ralph Welheim, Best Assisted Open Lightweight - William Croft, Best Assisted Open Heavyweight - Timothy Henriques, Best Assisted Master Lightweight - Tom Trevorah, Best Assisted Master Heavyweight - Michael Bradley. FEMALES: Best Raw Open - Belvis Cabrera, Best Raw Master - Avis Henderson, Best Assisted Open - Karen Bowers, Best Assisted Master - Ellen Trevorah. World BENCH Best Lifters MALES: Best Raw Open Lightweight - Mark Richmond, Best Raw Open Heavyweight - Michael Belk, Best Raw Master Lightweight - Lewis Brodie, Best Raw Master Heavyweight - John Kumar, Best Assisted Open Lightweight - Tommy Holland, Best Assisted Open Heavyweight - Andrew Shields, Best Assisted Master Lightweight - Larry Cardon, Best Assisted Master Heavyweight - Michael Bradley. FEMALES: Best Raw Open - Erika Manning, Best Raw Master - Vannessa Hood, Best Assisted Open - Karen Bowers, Best Assisted Master - Ellen Trevorah. Men's Bench Press World Team 1st - AAU, 2nd - NASA. Combination Bench Press World Team: 1st - NASA, 2nd - AAU. World PUSH/PULL Best Lifters MALES: Best Raw Open Lightweight - Tommy Williams, Best Raw Master Lightweight - Pat Auclino, Best Raw Master Heavyweight - Jack Roten, Best Assisted Open Lightweight - Scott Chatting, Best Assisted Open Heavyweight - Andrew Shields, Best Assisted Master Lightweight - Tom Trevorah, Best Assisted Master Heavyweight - Michael Bradley. World Push/Pull Best Lifters FEMALES: Best Raw Open - Erika Manning, Best Raw Master - Evelyn Newton, Best Assisted Open - Karen Bowers, Best Assisted Master - Lynn Nelson. 2004 AAU TEAM TROPHIES: Men's Push/Pull World Team: 1st - NASA, 2nd - AAU. Combination Push/Pull World Team: 1st - NASA, 2nd - AAU. The 2004 AAU World Bench, Deadlift and Push/Pull started out with a big bang! Great fun, new friendships and awesome lifting by done by all. We have over 220 lifters from all over the United States as well as Team Puerto Rico and Team Mexico. This year we invited Rich Peters - NASA Powerlifting Federation to send us the "best of the best" and well I for one can say - they certainly did. They were won coached by Greg Van Hoose, Bo Castro and Oaty Scholl. The NASA lifters are very fortunate to have such supportive and encouraging coaches. And yes, even Gary because he would not even give up the legal pad for one minute (ha, ha). We loved all the NASA lifters and made a whole new set officially in NASA. They won 3 first place team trophies and AAU won one. Both teams had a fun time competing against each other and as well as setting many new AAU world and american records. I hope we can continue to send each other teams in the future because we did an enjoyed it. This was the first year that the Virginia Powerlifting Association. (Judy and Steve Wood, Bill Mead and Barbara Beasley) hosted this event and we are happy to say we had over 60% new members to AAU. We hope that each of these new lifters, as well as the old members, will continue to support us in the future for the upcoming events in 2005. For a calendar of events go to : www.aausports.org for a list of the upcoming year. We want to thank all of our volunteers, families, AAU referees, Team NASA, Henrico Fire Department, and Project Lift and American Family for their great and careful spotters and loaders. We also want to thank - you the "LIFTERS" for without you, we would not have the meets. See you all in April- Triple Crown and Spring Break, October - National Bench, Deadlift and Push/Pull and January 2006 - for the 2005 AAU World Three Lift Championships. Virginia Powerlifting Association. (report provided to Powerlifting USA by courtesy of Barbara Beasley)

WABDL Capitol City Classic
5 JUN 04 - Sacramento, CA

DEADLIFT	MEN
WOMEN	Class-1
Junior	148 lbs.
G. Gendotti	275 165 lbs.
Law/Fire	E. Nahorniak 451
Submaster	T. Pina 485
199+ lbs.	K. Herzik 380
D. Myers	J. Mayes 341
Master (40-46)	A. Tortorelli 551
105 lbs.	220 lbs.
D. Brown	248 L. Nino 573
114 lbs.	D. Tracy 573
C. Salo	225 242 lbs.
132 lbs.	M. Ozaeta 633
J. Deuser	303 R. Hebler 600
148 lbs.	D. Arredondo 568
S. Maher	342 SHW
S. Hedman	303 L. Contreras 473
185 lbs.	Junior (20-25)
S. Moore	181 165 lbs.
198 lbs.	J. Alves 402
D. Plank	264 Law/Fire
J. Hue	259 Master (40-47)
UL	165 lbs.
T. Merenkov	308 L. Esquivel 336
Master (47-53)	220 lbs.
UL	Z. Clark 644
S. Vaterlaus	225 242 lbs.
Master (54-60)	I. Soekardi 689!
165 lbs.	4th-700
J. Petrey	231 275 lbs.
Master (68-74)	R. Huizar 573
165 lbs.	Law/Fire
G. Cloninger	270! Master (48+)
Open	220 lbs.
148 lbs.	D. Imrie 512
G. Gendotti	275 M. Burriel 600!
Submaster	P. Goodwin 540
123 lbs.	4th-552!
J. Green	292 Law/Fire
132 lbs.	Open
R. Jones	264 181 lbs.
165 lbs.	C. Walker 545
P. Carroll	231 220 lbs.
UL	Z. Clark 644
D. Myers	418! 242 lbs.
Teen (13-15)	D. Arredondo 568
148 lbs.	275 lbs.
B. Braguine	225 D. Martinez 540
Teen (16-19)	Law/Fire
123 lbs.	Submaster
K. Phipps	231 198 lbs.
198 lbs.	S. Pearson 468
L. Vaterlaus	214 220 lbs.



Donna Myers ... 6'4" and 405 pounds, has the potential .. says Gus Rethwisch ... to deadlift 600 pounds. At the WABDL Capitol City Classic she benched 220 and deadlifted 418. (CSS Photo Design)

**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:	Today's Date	Card Issued By
Elite Master I II III IV		World National State	Y N		M F		

Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:

**WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427**

If under 18, have parent initial _____

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

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

Signature _____

G. Phipps	529	165 lbs.
275 lbs.		M. Feldman 374
R. Huizar	573	K. Saleman 352
Master (47-53)		A. Davila 348
198 lbs.		4th-352
G. Alves	407	K. Herzik 238
T. Robinson	253	J. Mayes 225
275 lbs.		181 lbs.
T. Stewart	562	J. Gammon 407
SHW		B. Alvarez 303
L. Contreras	473	220 lbs.
Master (54-60)		A. Bautisti 429
242 lbs.		S. Sames 424
R. Spikes	523	D. Tracy 418
4th-540		R. Yost 380
Overholtzer	507	242 lbs.
Master (61-67)		R. Hebler 402
198 lbs.		J. Gaudem 374
R. Eriksen	462	A. Herrera 336
Open		259 lbs.
165 lbs.		J. McMurray 424
T. Adams	633	R. Budd 358
181 lbs.		P. Daane 473
220 lbs.		B. Alex 451
I. Soekardi	817	SHW
275 lbs.		F. Delatorre 518
D. Freeland	639	L. Contreras 429
Junior (20-25)		165 lbs.
SHW		J. Alves 402
N. Tuffanelli	800!	4th-407
Submaster (34-39)		308 lbs.
181 lbs.		R. Cisneros 512
R. Troup	485	Law/Fire
242 lbs.		Master (40-47)
V. Shaw	485	Teen (16-19)
181 lbs.		181 lbs.
J. Neufeld	407	R. Lopez 413
4th-429		198 lbs.
198 lbs.		R. Chavez 374
B. Williams	424	220 lbs.
4th-440		Z. Clark 429
220 lbs.		259 lbs.
A. Contreras	358	S. Bloom —
BENCH		275 lbs.
WOMEN		R. Huizar 462
Law/Fire		308 lbs.
Submaster		J. Tovar 578!
UL		J. Minahan 540
D. Myers	220!	SHW
Master (40-46)		D. Schultz —
105 lbs.		Law/Fire
D. Brown	137	Master (48+)
114 lbs.		259 lbs.
C. Salo	132	SHW
132 lbs.		P. Goodwin 485
R. Briggs	—	Law/Fire
J. Deuser	187	Open
148 lbs.		181 lbs.
S. Hedman	176	C. Walker 501!
S. Maher	165	4th-513
165 lbs.		242 lbs.
S. Moore	137	D. Arredondo 507
198 lbs.		259 lbs.
J. Hase	214	J. Tolle —
D. Plank	159	A. Porter 518!
UL		4th-529
T. Merenkov	187	308 lbs.
U. Gaman	148	J. Cisneros 512
Master (47-53)		Law/Fire
165 lbs.		Open
S. Vaterlaus	215!	SHW
Master (68-74)		D. Schultz —
275 lbs.		F. Delatorre 518
G. Cloninger	99!	Law/Fire
Open		Submaster
105 lbs.		198 lbs.
C. Neely	203	S. Pearson 341
4th-220!		220 lbs.
132 lbs.		D. Randa 424
J. Deuser	187	4th-446
Submaster		T. Onduff 413
123 lbs.		259 lbs.
J. Green	165	J. Tolle —
R. Patten	159	Master (40-46)
132 lbs.		181 lbs.
R. Jones	143	B. Levering 451
UL		D. Brekke 270
D. Myers	220	T. Onduff 413
Teen (13-15)		198 lbs.
148 lbs.		F. Dena III —
B. Braguine	126	J. Woods 137
Teen (16-19)		220 lbs.
123 lbs.		D. Peterson 341
K. Phipps	115	242 lbs.
198 lbs.		D. English 512
L. Vaterlaus	170	259 lbs.
MEN		R. Ludlam 551
Class-1		J. McMurray 424
148 lbs.		275 lbs.
E. Nahorniak	330	R. Huizar 462
Nhamnhouane	253	Master (47-53)
		181 lbs.

P. Janoff	330	220 lbs.	J. Neufeld	209	220 lbs.
D. Rene	325	G. Stephens	198 lbs.	A. Sinclair	440
198 lbs.		—	B. Williams	281	A. Contreras
G. Alves	391	R. Kitsnl	584	259	4th-303
T. Robinson	303	J. Hunter	545		
220 lbs.		E. McLaughlin	479		
L. Wyckoff	347	259 lbs.	R. Ludlam	551	
R. Carbo	—		A. Porter	518	
275 lbs.			4th-529		
M. Johnson	325		275 lbs.		
308 lbs.			S. Cartwright	545	
J. Minahan	540		D. Freelander	518	
SHW			S. Wong	760	
L. Contreras	429		N. Rial	512	
Master (54-60)					
181 lbs.					
R. Tsutsui	319				
259 lbs.			J. Sheffield	573	
E. Olson	330		T. Ornduff	413	
275 lbs.			R. Exum	363	
VanBrocklin	231		R. Kitani	584	
Master (61-67)			E. McLaughlin	479	
181 lbs.			J. Villegas	336	
G. Hawkins	270		S. Cartwright	545	
198 lbs.			S. Wong	760	
R. Eriksen	266		Teen (13-15)		
242 lbs.			J. Minahan III	115	
M. Bonifield	314		4th-132		
Master (68-74)			165 lbs.		
165 lbs.			K. Brott	214	
R. Goodman	242		259 lbs.		
242 lbs.			V. Tovar	363	
E. Anderson	341		Teen (16-19)		
Master (75-79)			R. Chavez	270	
220 lbs.			Ru. Chavez	264	
E. Miranda	242		181 lbs.		
Open					
148 lbs.					
J. Imanura	341				
165 lbs.					
S. Dias	407				
181 lbs.					
C. Walker	501				
4th-513					
P. Deane	248				
198 lbs.					
T. Robinson	303				
R. Gloria	220				

believe before the year is over, Viktor will bench 400 as a 15 year old. I also believe Steve Wong will bench 800 before the year is over and 850 before he's done. Only boredom will slow him down. If he can be hungry, the sky is the limit. Steve tends to be very laid back.. Notable state records in the deadlift included Donn Inrie with a California state 5125 in law/fire master 220, Charles Walker with a California record 545.5 in law/fire open 181#, Zach Clark 644.7 in law/fire open 220. Derek Arredondo a California record 568.8 in law/fire open 242. In master men 40-46 242, Yanto Soekardi had a California record 700.8 and Darwin English had a Nevada record 600.7. In master men 47-53 275 Ted Stewart had a Nevada record 562. In master men 54-60 242 deadlift, Ron Spikes set a California state record 540. In master men 61-67 198 Roy Erickson set a Nevada record 462.7. In master women 40-46 148, Silvia Maher set a California record 342.6. In open 165, Tobias Adams put up a Tony Capriati-type lift 633.7 for a California record. Notable state records in the bench were Josh Gammon 407.7 California record in class-1 181#, Darwin English 512.5 bench for a Nevada record in master 40-46 242. Frank Delatorre class-1 superheavy 518 California record and law/fire open California record. John Alves came up big with a junior 165# bench 407.7 for a California record. Greg Alves put up a California record 391.2 in master 47-53 198# class. Russell Kitani in open men 242 benched an above average 584. Rich Ludlam at 259 open put up 551. Mark Feldman benched a Nevada Record 374.7 in submaster 165 and Bryan Williams benched a 303 Nevada record in teen 16-19 198#. Big Jim Sheffield put up 573 at super and he should be ready for the big 600 soon. In want to thank the meet directors Jody and Lorraine Woods. Lorraine does a great job as MC. Gary and Elma Thomas did the weigh-ins and

computer. The judges were Jim Sheffield, Mike Moore, Ken Anderson, David Freeland and Jody Woods. There were 160 lifters and the meet was held in the ballroom of the beautiful Marriott Hotel in Rancho Cordova, a suburb of Sacramento. (These results were provided to POWERLIFTING USA by Gus Rehwisch)

USAPL Florida Collegiate 17 OCT 04 - Ft. Myers, FL

WOMEN	SQ	BP	DL	TOT
114 lbs.				
Hitchcock-N	—	—	—	—
123 lbs.				
A. Jones-F	180	105	250	535
132 lbs.				
R. Monfort-F	230	125	260	615
148 lbs.				
J. Wiersma-F	150	—	—	—
MEN				
114 lbs.				
K. Schepp-F	230	145	315	690
132 lbs.				
B. Creel-F	345	235	345	925
148 lbs.				
B. Korman-N	185	270	205	660
165 lbs.				
P. Gallagher-F	—	—	—	—
181 lbs.				
J. Falone-F	340	315	445	1100
M. Banach-F	280	235	265	780
N. Troucher-N	225	205	275	705
198 lbs.				
Wilcoxson-F	485	340	420	1245
A. Simons-F	—	—	—	—

J. McNeil-F 300 — — —
B. Markham-F 330 280 520 1130
242 lbs.
R. Hayne-F 440 350 415 1205
G. Alme-N — — —
School Key: F= Florida Gulf Coast University. N=Nova Southeastern University. Head Referee: Mike Licciardi. Left Referee: Karen Licciardi. Right Referee: Dan Mathews. (These results by USAPL)



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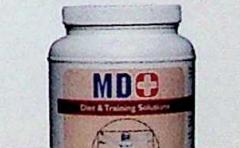
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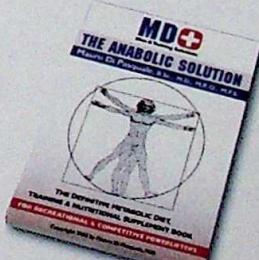
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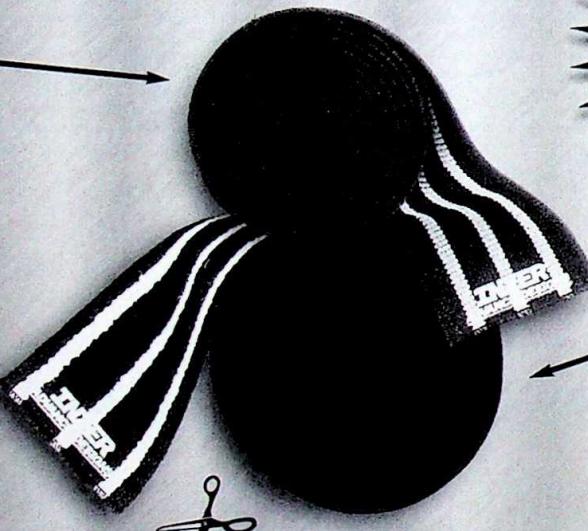
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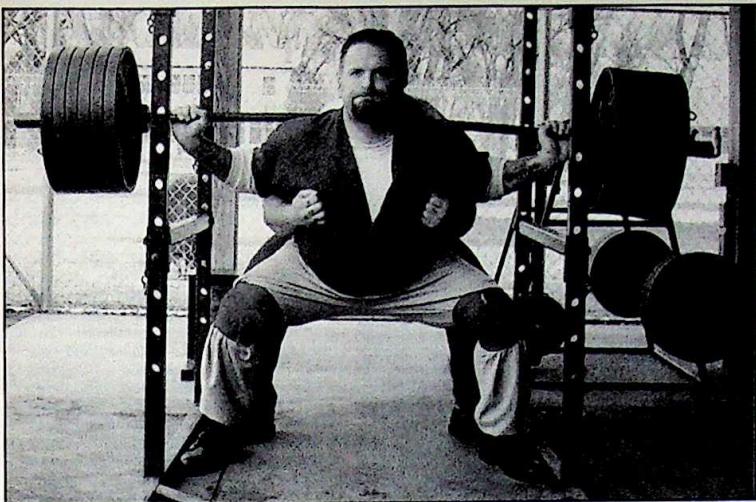
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Top National Competitor,
World Record Holder

A PARADIGM SHIFT IN KNEE WRAP DESIGN!



Phillip "PJ" Pfleghardt attempting a 585 squat at the FLCF Meet. (McKenzie)

FLCF Inaugural Powermeet 22 DEC 04 - Ft. Lyon, CO				
	SQ	BP	DL	TOT
181 lbs.	335!	225!	425!	985!
A. Lopez	335!	225!	425!	985!
198 lbs.				
J. Brown	365!	365!	550!	1280!
275 lbs.				
N. Ward	475!	365!	585!	1425!
SHW				
P. Pfleghardt	500!	305!	525!	1330!
Guest Lifters				
198 lbs.				
J. McKenzie	550	355	590	1500
220 lbs.				
Masters				
J. Capps	365	285	385	1035
!=Facility records. Swartz factor determined overall placement and best lifter.				

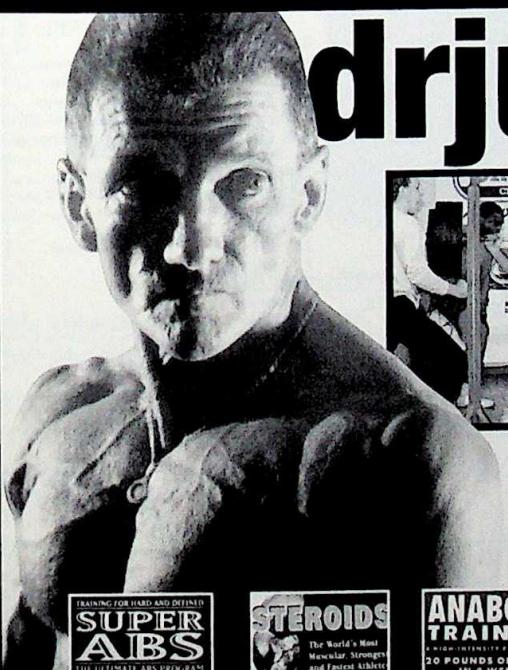
All lifts were performed without the aid of squat/deadlift suits or bench shirts. Only the truly hardcore showed up for the Fort Lyon Inaugural. The dedicated stormed the outside weight pile at 8:00 am, the temperature on the platform was a bone numbing 25! Who knows what the wind chill was... COLD! "Big PJ" Phillip Pfleghardt had the biggest squat of the day, dunking his 500# opener with ease. Plenty to spare, just not to be on this cold of a day. Alex Lopez went 9 for 9 in his first ever powerlifting competition! He is capable of much more and will be joining the 1,000 pound club very soon! Nick Ward lifted in true dinosaur fashion! Belt only, and put up some impressive numbers. At a solid 250#, and only 23 years old, expect to see

MASSIVE numbers from him in the future - as the iron bug has completely consumed him! And finally, this days champ - "KC" (J. Brown) who aside from missing two of his squats, had an incredible day. At only 182#, watching him lift is reminiscent of world champion Lamar Gant! This guy is crazy strong for his size. A lot of heart and dedication to the sport of powerlifting was demonstrated today. It was a privilege and an honor to take part in this meet. See you guys in the March 05 rematch! Thanks to PLUSA, the greatest Powerlifting mag ever, for running our meet results, and the results of all the other meets around the world! HAIL TO POWERLIFTING! A big thank you goes out to FLCF recreation staff, Sgt. Castillo, c/o Burns, and c/o Daniels for all your help and encouragement. Without you guys pulling for us, this meet or the pictures would have never happened. (Thanks to Chief Referee and Coordinator, Joshua R. McKenzie, for the meet results)

USAPL Rock Solid Push Pull 4 Dec 04 - Ithaca, NY

BENCH	Teen			
WOMEN	220 lbs.			
Teen	K. Young	370		
114 lbs.	Open			
T. Holmberg	110	148 lbs.		
Youth	R. Brothers	275		
T. Decamp	60	181 lbs.		
MEN	P. Reif	335		
Spec. Olympian	L. Archielo	300		
D. Decamp	185	198 lbs.		
Teen	H. Saucedo	500		
198 lbs.	220 lbs.	400		
J. Wood	285	B. Pavelka		
W. Sessions	280	242 lbs.		

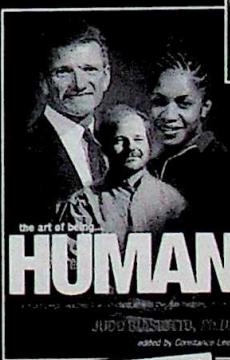
Best Lifter Bench: Kevin Johnson. Best Dead Lifter: Cary Solyona. (Thanks to USAPL for providing these meet results)



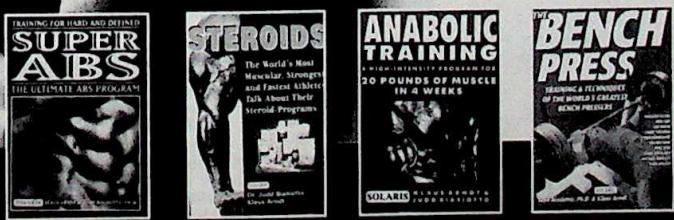
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APA Sunshine State

11 DEC 04 - Bradenton, FL

BENCH	Submaster			
MEN	M. Flyan	405		
Drug Tested	275 lbs.			
132 lbs.	Open			
B. Goetz	365	G. Jurkowski	490	
148 lbs.	J. McNealy	370		
(13-15)	Drug Tested			
J. Christian	215	T. Gainer	460	
165 lbs.	(16-17)			
Open	G. Biggs	370		
B. Carleton	280	(40-49)		
181 lbs.	J. McNeal	370		
Submaster	(50-59)			
A. Weiner	425	T. Gainer	460	
(40-49)	L. Ford	375		
D. Agostini	375	SHW		
198 lbs.	Open			
(60-69)	S. White	600		
J. Conzole	370	DEADLIFT		
(70-79)	220 lbs.			
B. Rosenfield	305!	(40-49)		
4th-315!	T. Smith	500		
220 lbs.	275 lbs.			
Drug Tested	Open			
M. Mitchell	405	G. Jurkowski	800	
242 lbs.	(50-59)			
Open	T. Gainer	475		
R. Lawrence	620			
WOMEN	SQ	BP	DL	TOT
(40-49)				
123 lbs.				
M. Kirkland	325	185	355	875
Drug Tested				
148 lbs.				
S. Sweeney	315	145	320	780
165 lbs.				
(13-15)				
C. Kirkland	185	100	200	485
MEN				
114 lbs.				
Youth (11-12)				
C. Viles	—	110	180	295
165 lbs.				
Open				
J. McElroy	615	380	610	1605
181 lbs.				
Drug Tested				
V. Lysoboy	600!	365	510	1475
(16-17)				
J. Squicciarini	330	300	430	1060
198 lbs.				
Drug Tested				
B. Highnote	570	460	470	1500
D. Bennett	380	275	365	1005
Junior				
Walguarnery	540	365	470	1375
(50-59)				
J. Sansevere	500	275	460	1235
(40-49)				
T. Ware	—	335	410	760
(40-49)				



Gearman Goes 800! ... Greg Jurkowski, main man of Gearman Nutrition, pulled an 800 deadlift at the APA Sunshine State Championships (photograph courtesy of APA President Scott Taylor)

J. Durrell	730	420	640	1790
B. Kelly	730	375	650	1755
Open				
K. Mackey	570	385	600	1555
G. Lutz	605	405	525	1535
Drug Tested				
J. Pritchard	575	310	525	1410
Junior				
S. Ribaudo	—	420	555	975
242 lbs.				
(40-49)				
P. Ryan	520	295	500	1315
Open				
J. Bellemare	—	385	600	985
!=Florida records. Best Lifter Awards:				
Jason McElroy - Overall Best Lifter. John Durrell - Drug Free Best Lifter. Brian Goeltz - Drug Free Best Lifter Bench Press. Rick Lawrence - Overall Best Lifter Bench Press. Greg Jurkowski - Best Lifter Deadlift. Sal Ribaudo - Best Lifter Push-Pull. The APA Sunshine State Championships was held at Body Works of Bradenton, Florida. Special thanks to our referee's, spotters, and loaders for doing an excellent job throughout the day. Some great lifting took place and several records fell. Margaret Kirkland did some awesome lifting at 123 bodyweight with a 335 squat, 185 bench, and 355 deadlift! Her 14 year old daughter Carl also lifted and did an outstanding job. The most eye popping lifts of the day had to be Brian Goeltz bench of 365 at 131.5 bodyweight, Rick Lawrence benching 620 at 236 bodyweight, Shannon White's 600 bench, Vince Lysoboy's 600 squat at 176 bodyweight, Jason McElroy's 615 squat and 610 deadlift at 162.5 bodyweight and Greg Jurkowski's 800 pound pull! Some incredible lifting took place indeed. The APA has several events planned for 2005 in Florida. Stay tuned as we post them in Powerlifting USA and on our website www.apa-wpa.com Special thanks to Mike Lambert and Powerlifting USA magazine for sponsoring this event and other past APA events. (Results of this contest were provided to PL USA by Scott Taylor, APA President)				

USAPL River's Edge (kg)

11 DEC 04 - Granite City, IL

BENCH	Teen			
MEN	K. McNease	160		
Open	J. Newsome	172.5		
148 lbs.	Brandsmeier	107.5		
I. Zwick	122.5	Master (40-49)		
198 lbs.	D. Rosenzweig	207.5		
Drug Tested	197.5	M. Porter	192.5	
220 lbs.	G. King	175		
B. Stewart	207.5	B. Masuoka	147.5	
T. Stanley	175	(50+)		
M. Wolf	167.51.	Wick	122.5	
275 lbs.	M. Lawson	127.5		
P. Anderson	272.5			
SHW				
J. Dawson	—			
WOMEN	SQ	BP	DL	TOT
Open				
R. Zona	90	37.5	100	227.5
MEN				
Open				
165 lbs.	K. Bolen	215	142.5	230
198 lbs.	K. Richardson	260	155	247.5
B. Wangard	227.5	147.5	195	570
220 lbs.	M. Bauman	257	165	247
T. Smallwood	245	150	260	655
B. West	227	147.5	262.5	637.5
275 lbs.	M. Anderson	367.5	247.5	315
Teen				
K. McNease	240	160	272.5	672.5
A. Odenwald	220	162.5	237.5	620
K. Neuling	137	135	180	452.5
Brandsmeier	105	107.5	177.5	390
B. Cuvat	92.5	92.5	155	340
A. Hall	182.5	—	—	—
T. Stafford	—	—	—	—
Master (40-49)				
D. Winkler	220	162.5	245	627.5
K. Bolen	215	142.5	230	587.5
T. Oberle	272.5	172.5	255	700
B. Masuoka	217.5	147.5	237.5	602
G. King	—	—	—	—
Best Lifter Men Full: Michael Anderson.				
Best Lifter Men Bench: Patrick Anderson.				
(Thanks to USAPL for providing results)				

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)

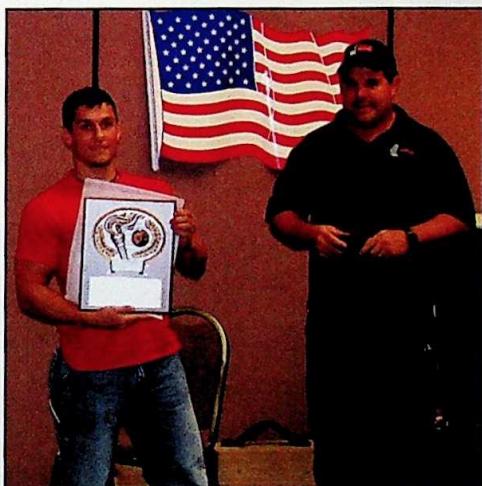
\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

USAPL LA Fall Classic University 6,7 NOV 04 - Baton Rouge, LA					
FEMALE	SQ	BP	DL	TOT	
97 lbs.					
E. Ellis	180	95	200	475	
105 lbs.					
A. Matherne	270	200	305	775	
L. Guidry	200	110	250	560	
J. Gautreaux	190	130	235	555	
114 lbs.					
S. Williams	260	130	300	690	
S. Loebig	100	70	135	305	
123 lbs.					
N. Wood	185	95	200	480	
J. Morello	380	185	380	945	
J. Fark	275	170	340	785	
S. Wods	260	135	280	675	
C. Leblanc	225	130	280	635	
A. Maclaren	260	125	250	635	
J. Worley	230	105	255	590	
C. Gallien	170	95	220	485	
148 lbs.					
A. Matt	340	200	380	920	
B. Mire	310	180	320	810	
A. Millet	270	165	300	735	
R. Pidcock	270	180	285	735	
K. Anderson	145	195	145	485	
A. Sanders	390	190	385	965	
181 lbs.					
L. Picou	350	180	350	880	
L. Ferrer	225	150	365	740	
A. Duplessey	200	110	280	590	
198 lbs.					
K. Louque	385	280	400	1065	
S. Sebastian	370	210	385	965	
B. Sisson	315	165	330	810	
J. Johnson	450	290	430	1170	ar
G. Espericueta	450	210	365	1025	
L. Arnold	385	165	380	930	
B. Kean	290	140	225	755	
M. Alderman	275	200	275	750	
MEN					
114 lbs.					
D. Summers	365	230	355	950	
M. Molosso	290	160	285	735	
123 lbs.					
J. Brown	300	190	375	865	
G. Montes	250	150	400	800	
132 lbs.					
C. Melancon	385	325	375	1085	
C. Bourgoyne	415	235	375	1025	
I. Moreno	385	205	425	1015	
K. Seals	345	255	405	1005	
B. Gulotta	365	220	405	990	
F. Kalil	315	205	380	900	
S. Toure	—	—	—	—	
148 lbs.					
J. Olcsvary	500	360	465	1325	
M. Ruiz	465	255	550	1270	
M. Houston	450	300	500	1250	
M. Jenkins	390	260	425	1075	
S. Caraway	380	215	430	1025	
W. Hobbs	360	230	435	1025	
M. Gibbens	345	215	405	965	



The 2004 ULL Powerlifting Team: (Front seated l-r) Jennie Hollier, Corrie Gallien, Ashley Sanders, (middle kneeling) Chayse Melancon, Kipp Duplechaine, Scott Miller, Melissa Alderman, Charles Sarver, Jeff Olcsvary, Jarell Brown, (Back standing) Dontrell Davis, Willie Smith, Daniel Hutchinson, Coach Travis Werner, Ryan Welty, Brady Duplechaine, Mitch Alderman. Matt Gibbens absent from photo.



Jeff Olcsvary
BestLightweight
Lifter (1325 @
142), with Meet
Director Paul
Fletcher(left)
and Mitch
Alderman
(below) at the
2004 University
Cup held in
Baton Rouge, LA.



165 lbs.					
N. Gutierrez	520	335	500	1355	
D. Davis	435	255	530	1235	
L. Rivers	435	250	510	1195	
B. Brooks	435	280	480	1195	
C. Fuller	430	265	475	1170	
D. Credeur	435	255	470	1160	
A. Whitacker	375	275	470	1120	
J. Griffin	385	270	450	1105	
S. Coker	315	235	390	940	
T. Valentine	330	210	385	925	
E. Messinger	225	230	300	755	
J. Holloway	215	150	330	695	
181 lbs.					
T. Godawa	520	360	545	1425	
J. Hodges	485	360	510	1355	
S. Reidl	450	295	525	1270	
J. Albritton	475	340	450	1265	
D. Magehee	420	220	480	1120	
W. Smith	435	215	460	1110	
198 lbs.					
L. James	575	270	580	1425	
T. Benett	525	335	560	1420	
B. Holmes	545	295	555	1395	
R. Kline	390	245	505	1140	
G. Stein	300	225	325	850	
C. Sarver	—	—	—	—	
D. Hutchinson	—	—	—	—	
J. Do	475	400	525	1400	
R. Generoso	530	350	485	1365	
B. Hoffman	500	345	450	1295	
D. Higgins	425	350	500	1275	
T. Halphen	440	295	500	1235	
R. Scott	380	250	500	1130	
R. Welty	275	235	340	850	
S. Miller	685	515	655	1855	
B. Drapekin	600	400	465	1465	
A. Michaelis	460	325	560	1345	
D. Cressonne	555	390	550	1495	
M. Alderman	475	365	525	1365	
M. Walt	500	330	475	1305	
K. Duplechaine	405	370	465	1240	
C. Nicholls	355	275	465	1095	
J. Sporrer	525	—	—	—	
J. Arevalo	585	450	600	1635	
J. Davis	500	325	525	1350	
Fall Classic					
Teenage:					
J. Dansby	235	150	285	670	
G. France	545	280	505	1330	
J. Taylor	300	250	350	900	
Open					
K. Ford	350	220	340	910	
D. Cagnolatti	550	430	555	1535	
C. Welch	430	305	485	1220	
S. Jacobs	—	—	—	—	
Bench Only					
T. Babcock	—	—	—	—	
Masters					
M. Jones	390	225	360	975	
B. Callahan	370	205	465	1040	
J. Leblanc	350	315	350	1015	
J. Lyons	385	265	360	1010	

(Thanks to USAPL for providing results)

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

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

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

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

Name: _____ Phone: _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

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

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year; any meet) - \$30.00 • Special Olympian - \$10.00

* High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qt. ____)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)

• Polo Shirt - \$35.00(s-xd) \$37.00(xd & up) (size ____ qt. ____)(colors: navy, white)

• White Referee Designation Polo - \$30.00(s-xd) \$32.50(xd & up) (size ____ qt. ____)

• Logo Patch - \$5.00 (qt. ____) (Shpg for patch: .50)

• Lifter Classification Patch - \$5.00 (qt. ____) (must provide meet results) • Hats - \$15.00 (qt. ____)(colors: white, navy, black)

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Cardholder Signature: _____

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Membership Price: \$ _____

Merchandise Total: \$ _____

Merchandise Shipping: \$4.00

Total Purchased: \$ _____

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

2nd annual BP/DL Contest
11 DEC 04 - Lehighton, PA

BENCH	T. Ivanov	505
WOMEN	B. Fahrenfeld	375
123 lbs.	Teen (16-17)	215
B. Benner	190	Master (50-54)
A. Neidlinger	115	J. Jacoby
Master (40-44)		285
B. Benner	190	Open
132 lbs.	242 lbs.	
J. Klein	150	Wannamaker
MEN		460
Teen (14-15)		M. Geougier
J. Keller	150	440
Open		C. Russo
F. Garvey, Sr	285	425
Spec. Olympian		J. Howick
148 lbs.		360
M. Gaal	145	Teen (18-19)
Teen (12-13)		F. Ruch
J. Keller	95	450
(14-15)		275 lbs.
S. McGonigal	190	D. Embanks
Open		480
Bahchevano	360	319 lbs.
Master (50-54)		B. Trois
165 lbs.		350
B. Legg	220	DEADLIFT
Open		WOMEN
W. Kelly	265	123 lbs.
B. Legg	220	B. Benner
Spec. Olympian		290
181 lbs.		A. Gonzalez
K. Miller	210	525
C. Maurer	180	J. Schwartz
Teen (12-13)		405
C. Pinicola	135	B. Trois
(14-15)		350
M. Rambo	185	DEADLIFT
Open		WOMEN
198 lbs.		123 lbs.
R. Baum	405	B. Benner
P. Horan	400	290
C. Meile	380	A. Gonzalez
P. Bartlett	375	J. Schwartz
F. Garvey, Jr	335	405
Open		B. Trois
220 lbs.		105 lbs.
		123 lbs.
		(12-13)
		Raw
		140
		Raw
		90



At the Lehighton BP/DL ... special olympians with their 1st place trophies (left to right) Craig Maurer, Michael Gaal, Kyle Miller, Coach Barry Pensyl, and Meet Director Rob Eckhart (who supplied photo)

M. Deacy	415	Brian Fahrenfeld. (results from Rob Eckhart)
c. Pinicola	300	148 lbs.
Bahchevano	540	242 lbs.
(14-15)		Wannamaker
M. Rambo	315	580
Open		C. Russo
198 lbs.		590
B. Legg	325	J. Howick
165 lbs.		450
R. Baum	470	198 lbs.
Open		Moser
P. Horan	420	500
W. Kelly	405	FEMALE
C. Meile	420	123 lbs.
P. Bartlett	500	Open
B. Legg	325	114 lbs.
Spec. Olympian	220 lbs.	Raw
181 lbs.		(12-13)
K. Miller	655	A. Gonzalez
Open		525
220 lbs.		K. Self
C. Maurer	305	450
		MEN
		D. Cheese
		140
		Raw
		90
		123 lbs.
		(12-13)
		Raw

Christmas Classic BP/CR

11 DEC 04 - Standardsville, VA

RAW	M. Chavis	85
D. Harris	105	(14-15)
132 lbs.	Raw	Raw
(10-11)	D. Taylor	240
Raw	D. Richardson	145
M. Lewis	60	Open
148 lbs.	S. Holden	380
(12-13)	242 lbs.	(50-59)
Raw	275 lbs.	Raw
C. Cannady	80	Raw
D. Richards	75	S. Dellinger
(14-15)	275 lbs.	405
Raw	Raw	Open
S. Talley	110	A. Lewis
Open	275	380
C. Larue	275	(35-39)
L. Clement	225	Raw
165 lbs.	M. Canniff	400
(12-13)	(35-39)	S. Kuzma
Raw	570	570
T. Warren	95	(40-49)
181 lbs.	Raw	Raw
(14-15)	R. Weaver	390
Raw	(40-49)	Supers
M. Jones	100	Open
Open	M. Lester	335
Raw	Raw	Open
J. Self	365	S. Strong
(35-39)	275 lbs.	480
T. Comfort	275	CURL
Open	148 lbs.	L. Clement
(40-49)	242 lbs.	135
R. DiBattista	380	Open
198 lbs.	(50-59)	M. Digges
(13-14)	275 lbs.	165
Raw	Raw	220 lbs.
K. Glover	140	Open
Open	A. Lewis	160
J. Wooten	325	(40-49)
220 lbs.	M. Lester	160
(12-13)	Raw	
		What a great day for a meet. Many new young lifters from Team Lift in North Carolina doing a great job under Coach William Hawkins. Many old friends doing a great job lifting in the season ending Christmas Classic. (courtesy John Shifflett)

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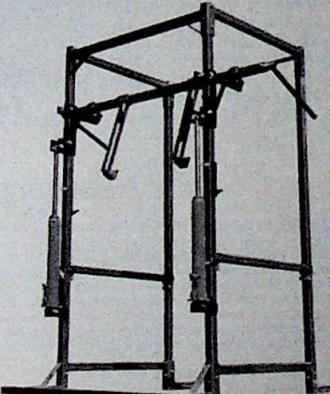
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Midwest Open

23 OCT 04 - Oskaloosa, IA

BENCH	M. Hraby	205
WOMEN	Novice	
123 lbs.	198 lbs.	
A. King	150 C. Alvarez	320
198 lbs.	K. Kemp	280
A. Olson	155 Open	
MEN	198 lbs.	
Teen	R. Hennigar	430
114 lbs.	C. Alvarez	320
A. John	155 Master-1	
B. Frank	95 198 lbs.	
C. Crandell	75 R. Hennigar	430
L. Schultz	60 Masertr-2	
123 lbs.	F. Sergio	330
T. Frank	115 Master-3	
132 lbs.	198 lbs.	
S. Schwartz	200 S. Gustafson	250
L. Niles	160 Novice	
A. Crumes	135 220 lbs.	
148 lbs.	D. Mosley	355
T. Moen	195 J. Steen	340
165 lbs.	A. Lichman	260
K. Bergemann	275 Submaster	
181 lbs.	220 lbs.	
S. Schwaber	300 B. Phillips	370
198 lbs.	J. Steen	340
B. Whaley	260 Open	
J. Simonsen	215 220 lbs.	
220 lbs.	J. Power	450
J. Hennigar	350 Master-1	
L. Doty	275 220 lbs.	
Master-1	T. Weikert	410
148 lbs.	G. Townsell	410
R. Finger	255 D. Mosley	355
Master-2	Master-2	
148 lbs.	220 lbs.	
M. Shuger	195 T. Sallis	300
Novice	Novice	
165 lbs.	242 lbs.	
K. Bergemann	225 T. Frank	405
181 lbs.	K. Grams	350
J. Robak	230 Open	
Master-1	242 lbs.	
181 lbs.	J. Donels	525
R. Dexter	340 Submaster	
B. Cartough	315 242 lbs.	



Double Bodyweight Benchers.. at the Midwest Open included Roger Hennigan(left) and Josh Power(right). Photograph by Wayne Hammes.

For meet information contact Wayne Hammes at 641-673-5240. (Thank you to meet director Wayne Hammes for results)

MACC Bench Press

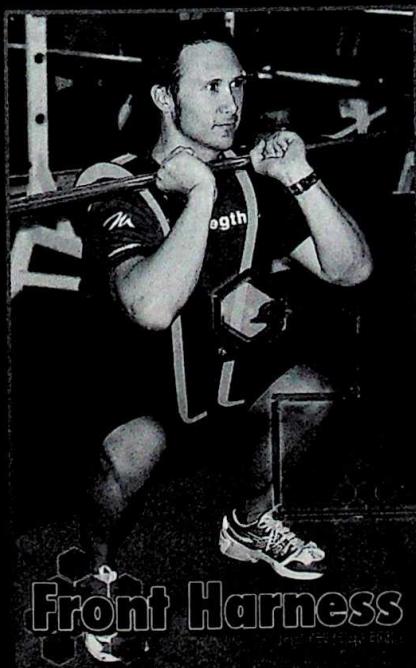
28 AUG 04 - Beaver Springs, PA

WOMEN	MEN
Open	74 lbs.
275 lbs.	123 lbs.
S. Hudson	181 lbs.
TRAP DEADLIFT	500
DEADLIFT	
Teen	
114 lbs.	165 lbs.
C. Crandall	Novice
L. Schultz	150 181 lbs.
Master-3	
148 lbs.	S. Hawk
M. Shuger	225 275 lbs.
Novice	A. Ihnen
Steve Thompson Top New Zealand Powerlifter	500
Note: Double body weight benches by Jeff Donels, Josh Power and Roger Hennigan.	
	198 lbs.
	S. Feathers
	—
	D. Imes
	A. Clinger
	335 165 lbs.

USAPL LA Tech Holiday Classic

11 DEC 04 - Ruston, LA

Collegiate	SQ	BP	DI	TOT
97 lbs.				
E. Melvin	180	85	190	455
114 lbs.				
C. Grubbs	160	120	160	440
220 lbs.				
D. White	550	255	530	1335
275 lbs.				
J. Spohrer	525	255	525	1305
—				
Meet Director: Emilio Saldierna. (Thanks to USAPL for providing the meet results)				

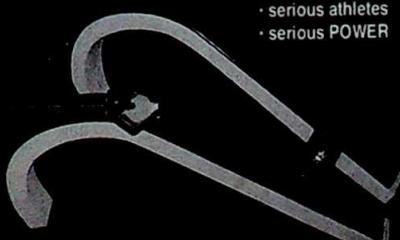


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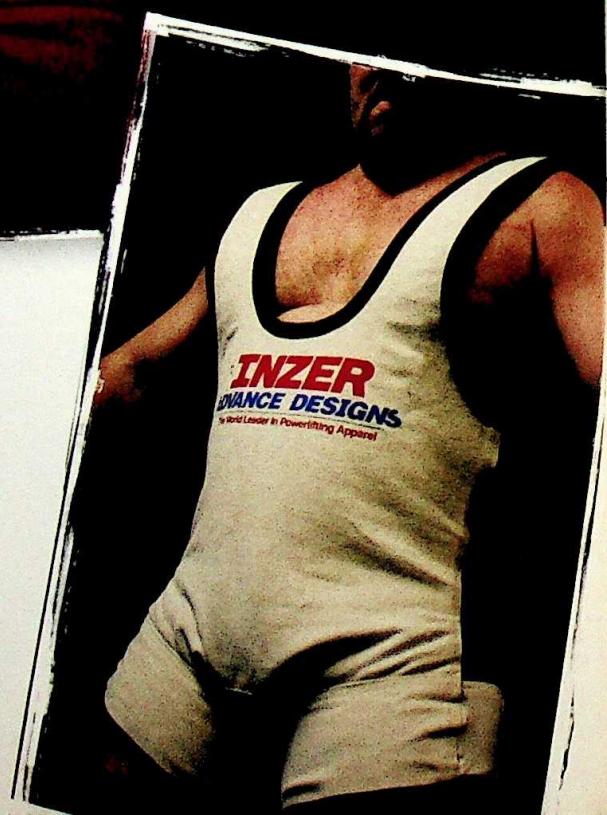
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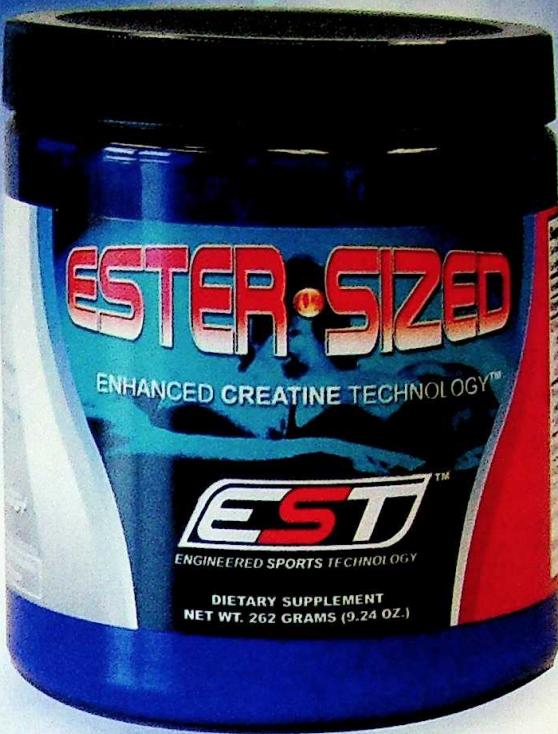
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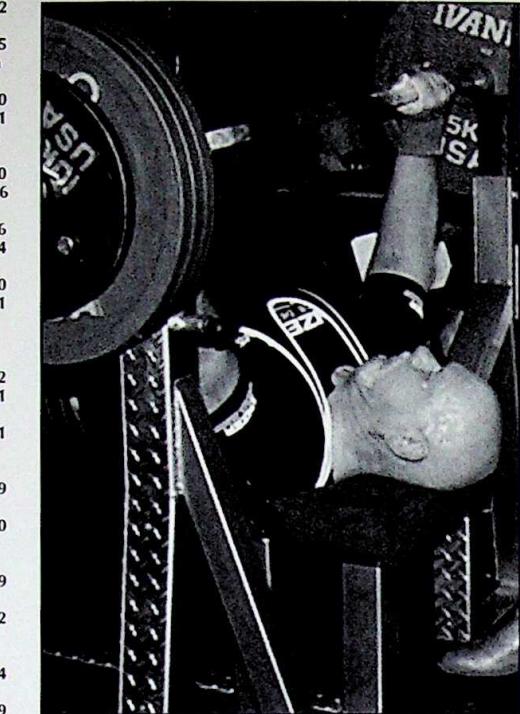




Bud Davis, one of the best master lifters around, pulled big at the WABDL Rocky Mountain meet.

**WABDL Rocky Mountain BP/DL
25-26 JUN 04 - SLC, UT**

BENCH PRESS	4th	352
Class 1	220	
148	Ray Whatley	
D. Edmondson 154	242	
198	Mike Bennett 429	
Joe Hawk 391	4th 440	
Jason Rooney 385	S. Marbery 418	
Mike McEwen 220	259	
Bruce Nichols 430	F. Gonzales 424	
Adam Stever 419	4th 430	
M. Berteaux 407	K. Moosman 507	
J. Martin 352	T. Hawes 308	
242	Brad Tripp 485	
Tim Prince 413	SHW	
Robert Bills 402	D. Marchant 551	
259	B. Gillespie 424	
F. Gonzales 424	4th 430	
4th 430	Teen Men 16-19	
Lance Davis 380	S. Karapetyan 209	
275	132	
Steve Fredine 363	A. Karapetyan 242	
David Blanke 352	148	
Carl Wimmer 308	B. Watson 253	
308	4th 264	
M. Hebert 451	E. Reyes 137	
Junior Men 181	165	
Stephen Judah 418	Eric Milburn 479	
198	C. Braun 225	
Joe Hawk 391	4th 501	
Jason Rooney 385	Jordan Gallup 303	
220	198	
Jamie Bennett 413	Ernest Reyes 402	
242	R. Marchant 347	
Blankenship 347	M. Berteaux 407	
A. Drecksel 308	R. Lopez 330	
Law/Fire 40-46	G. Anderson 407	
SHW	Ken Eyre 54-60	
D. Marchant 551	Stefan Lemire 285	
Law/Fire 48+	4th 292	
259	Peter Herdt 369	
Ed Acey 424	Peter Herdt 639	
Law/Fire W 40-46	61-67	
123	Ed Acey 424	
L.Christopher 132	4th 154	
Law/Fire Men 242	Open Men	
Tim Prince 424	148	
Rick Mayo 385	B. Montague 358	
Blankenship 347	Pablo Wach 187	
Carl Wimmer 165	165	
Law/Fire Women 123	E. Milburn 380	
L.Christopher 132	J. Cunningham 429	
Law/Fire Sub Men 181	4th 451	
Darren Carr 391	Darren Carr 391	
242	Ernest Reyes 402	
Rick Mayo 385	M. McEwen 374	
Master Men 40-46	N.Westerlund 231	
148	220	
Pablo Wach 187	Adam Stever 418	
D. Edmondson 154	P. Anderson 413	
181	4th 425	
J. Cunningham 429	J. Martin 352	
4th 451	242	
198	J. Trunzo 413	
Ray Clift 341	J. Trunzo 413	



Ed Acey benched 424 at 61 years of age (photographs provided courtesy of Namea Designs)

of directing this meet. The hotel was a five-star hotel. Dave and Randy spent a lot of money to put this meet on. They had 84 lifters, excellent judging and good camaraderie among the lifters. First in the Bench Press, Bill Gillespie, set World Records of 761 and 782. He had lifted the day before and bombed out in the Masters division and he had trouble with his shirts blowing out. Bill is one of the strongest drug-free benchers in the World and the strongest bencher in the world over 40. His World Record was set at Super in the Open class. In Open, Carl Rogers set Utah and World Records at 259 ending up with 600.7. Carl bombed in the Submaster. At 148 Open Brad Montague set a Utah record with 358. At 165, Eric Milburn set a Utah record with 380.2. At 181, Jon Cunningham was very impressive with a Utah record 451.7 in Open. In Open Women, Jill Yamashita set a Utah record at 123 in the Bench with 199.4. In Submaster Men, Bruce Nichols set a Nevada record with 430.8 at 220 and beat Philip Anderson who set a Utah record with 425.3. In Master Men's Bench 40-46 181, Jon Cunningham set a Utah record with 451.7. He has done as much as 462 where he was ranked 48th in Powerlifting USA Top 100. At 259, Frank Gonzales set a Nevada record 430.8 and at 275, Kyle Moosmann set a Utah record with 507. In Master 47-53 198, Ernest Reyes set a Utah record with 402.2 and in Master 54-60 165, Stefan Lemire set a Utah record with 292 and also in Master 54-60 Super, Peter Herdt set an Idaho record with 369.2. In Master 61-67, Ed Acey set a World Record at 259 with 424.2 and in 61-67 308#, Manny Herrera set a Utah record 369.2. In Master Women 47-53 114#, Hedy Miller set a Utah record 154.2. In Teenage 13-15 165#, Camrin Braun set an Idaho Bench record with 225.7. At 123 Sarkis Karapetyan set a very respectable Utah record in 16-19 age group with 209. In 16-19 181#, Jordan Gallup set a Utah record with 325 and Joseph Trunzo at 242# put up a huge 429.7 at age 17. At 165, Eric Milburn was equally as impressive with 380.2 in 16-19. Moving on to the Deadlift, Bud Davis was as impressive as ever with a 639.2 World Record in 61-67 242# class. Bud is the best Master lifter in the world over 50. In 16-19 97#, Amanda Anderson set a World Record with 253.5. close to three times her body weight in her first meet! In 13-15 123#, Chelsea Winegar set a World Record with 232.3 in her first meet

who always does a great job of scorekeeping. She was assisted by Randy Merchant and Tammi Shimabukuro who both manned the computer. Carl Wimmer, Tim Prince, Mike Blankenship and Roger James loaded the weights from Dave Merchant's home gym and then brought them back. The spotter loaders were Mark Wimmer, Mike Blankenship, Justin Prince, Tim Prince and Roger James. The Judges were Dave Edmondson, Dennis Shock, Carl Wimmer, Bud Davis, Randy Merchant and Dave Merchant. The M. C. was Gus Rethwisch. The sponsors were Monster Muscle, Summit Fitness, and USAMA Nutrition Products and again a big thank you for Dave and Randy Merchant who both have stressful jobs and a family, but still take the time to put on a great meet. (This report provided by Gus Rethwisch)



Carl Rogers had a nice 1233 BP/DL total at the WABDL Rocky Mountain Regional (Rethwisch)

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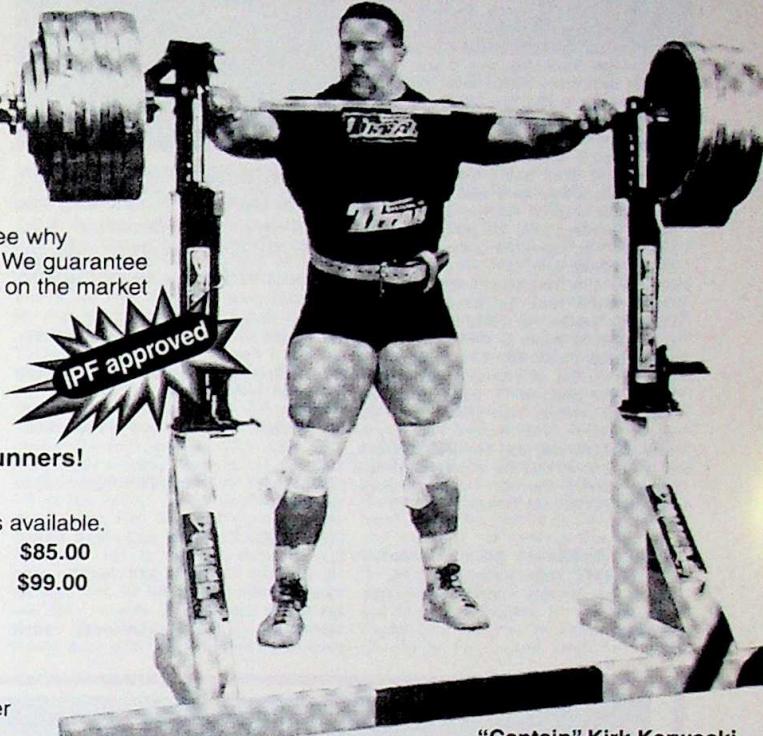


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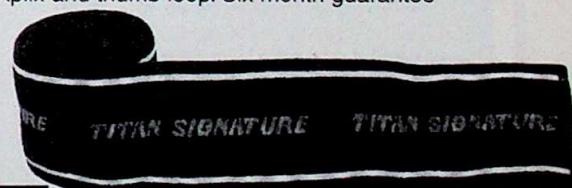
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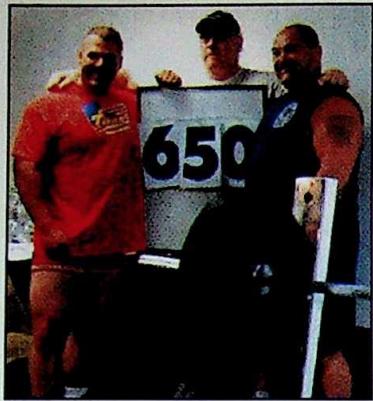
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Bar Benders BP/DL
10 JUL 04 Kingston, NY
 On July 10, 2004, the Bar Benders Bench/Deadlift Competition was held at Fitness Unlimited in Kingston, NY. This contest was a "who's who" of benchers with Brad Klinger (Benchzilla) and four times Master Gold medalist assaulting the bar benching 650 lbs. in the Men's 275 lb. Class. "Big" Lou Saviano was the special guest lifter in the Men's 242 Open finishing with a 600 lb. bench. Sheldon Levy, in the Men's Master-4 and at 72 years young, benched 245 lbs. Bob Coisson (Iron Man) who is just coming back from injury, took 1st place in Men's 132 lbs. (Bobby's back!). Fred Dini (Men's Master Gold medalist) took 1st place doing a 560 lb. bench. "Big Daddy" Dan Cease (Iron Man) took 1st place while lifting like a wild man! John Rusk (Men's Novice State Record Holder) took 1st place in Men's 181 lb. Open. Ed Gorlowski (Men's 198 lb. Raw) took 1st place in Men's 198 Iron Man. Michelle Dedominicis took 1st place in Women's Bench. We would like to give a special thanks to Cliff Tallman who gave great hand-offs, Craig Applegate and Ed Vertillo of Fitness Unlimited for hosting the competition, Joe O'Brien who was head referee, Tom Albano who was guest referee, The Fitness Factory, Al Kent of Mink Ink, and Meldesa Beharry, of Chic's Sport Bar, for a great barbecue party. Patrick Carroll - Meet Director, USAPLSTRONGMAN@AOL.COM



At the Bar Benders BP/DL.. from left, Big Lou Saviano, Cliff Tallman, and Brad Klinger, who benched 650. (thanks to Patrick Carroll for providing this report and the above photograph)

USAPL Ketchikan Record Breakers
11 DEC 04 - Ketchikan, AR
 MEN SQ BP DL TOT
 198 lbs.
 M (50+)

	B. Hewitt	225	285!	225	735
M (45+)	F. Frank	405	290	465	1160
(16-17)	J. Pfeiffer	185	200	300	685
123 lbs.	T. Gregg	200	117!	235	552!
(18-19)	220 lbs.	335	235	435	1005
O	T. Eubanks	500	370	600	1470
M (45+)	P. Stack	405	250	425	1080
D. Gregg					

	181 lbs.	O	K. Johnson	385	265	450	1100
WOMEN	114 lbs.	(14-15)	E. Harney	155!	80!	225!	460!
148 lbs.	O	M. Goodwin	265	160	300	725	!-State records. Best Female Lifter: Missy Goodwin. Best Teen Lifter: Trevor Embanks. Ketchikan celebrated 12 years of powerlifting competition with more record setting performances! Elizabeth Harney, at the 114 pound class, in her first powerlifting meet, set 4 state and 4 K-High records. Her 150 squat, 80 bench press, and 225 dead lift for a 460 total established her as another K-Town lifter to be proud of. At 14 years old she has potential to be setting many more records over many years. Taylor Gregg, at the 123 pound class, in her last meet as a teen, finally broke the state record for bench press with a 117.5. She went on to a personal best in all three lifts and a new state total of 552.5. She plans on returning as a junior lifter in upcoming meets. Bob Hewitt, one of our pillars in the powerlifting community, set a new state record in the over 50, 198 pound weight class with 285. His total qualifies him for the Master's Nationals next May. Doug Gregg, another master lifter, at 165 pounds had to have his personal best total adjusted for body weight and age to edge out Pat Stack by 1.5 pounds for the Best Lifter honors in the meet. Doug also qualifies for the Master's Nationals. Pat Stack, second best lifter overall, when adjusted for body weight age, put up a huge total of 1470. His awesome squat of 500, huge bench of 370, and monster dead of 600 had the crowd stomping and cheering. Pat put 50 pounds each on his squat and deadlift since the last meet! Pat has taken to this powerlifting like a fish to water. Missy Goodwin was the meet's Best Female lifter when adjusted for body weight and age. She was showing the teens what to look forward to. Her squat of 265, bench of 160 deadlift of 300, and 725 total may be her last lifts in Ketchikan as she is moving South. We will all miss her and hope we can talk her into a return trip to visit and compete. Floyd Prank, another master lifter and meet sponsor, totaled 1160 to qualify for the Master's Nationals. Floyd, Bob, and Doug are making plans to be in Palm Springs for the event. Trevor Eubanks took Best Teen Lifter with his 335 squat, 235 bench, and 435 total. He broke the 1,000 pound total with a 1005! Trevor has shown incredible improvement in his form over the last couple years and should be moving up from here. Jason Pfeiffer, another teen and first time competitor, cut to 148 for the meet his squat of 185, 200 bench, 300 deadlift, and 685 total is a great starting point. He definitely had more in the dead and hopefully will be back to show us how much. Kevin Johnson returned for his second meet and improved tremendously. His 385 squat, 260 bench, and 450 dead, gave him his goal of 1100 in the total. He trained hard this cycle and it showed on the platform. We couldn't have the meet without the hard work of Floyd, Doug, and Bob setting up and tearing down. Our spotter loaders included: Charley Jones, long time K-town lifter and state record holder, Steve McLaren, Greg Gass, Sal Benildi, Geoff Harney and John Stack. Lisa and Arlindo Machado at the podium and scoreboard assisted by Mary Gregg kept everything moving along. Julie Sianaker, Deborah Harney, Bob Hewitt, and Doug Gregg judged. The volunteers who give their time are what it takes to make the event a success. Thanks also to Floyd's Carpentry, The Get Fit Stay Fit Gym, and Ketchikan Parks and Recreation for sponsoring the meet. (Thanks to USAPL for providing these meet results)

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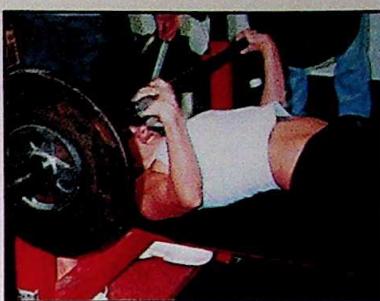


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SLP Turner Classic BP/DL	5. Smith	385!	D. Legg
12 DEC 04 - Sallisaw, OK	242 lbs.	T. Poindexter	575!
BENCH	Submaster	J. Turner	405!
WOMEN	132 lbs.	Submaster	2-Man (16-17)
Teen (18-19)	V. Williams	SHW	242 lbs.
123 lbs.	225!	R. Lepley	620!
T. Poindexter	165 lbs.	Master (40-44)	J. Turner
4th-120!	115!	198 lbs.	B. Philpot
Novice	J. Stultz	198 lbs.	4th-825!
132 lbs.	355!	S. Harrison	365!
C. Flanagan	S. Harrison	Open	2-Man
4th-135!	250!	308 lbs.	220 lbs.
MEN	220 lbs.	S. Springer	B. Brown
Novice	K. Brownfield	Man-Woman	715!
165 lbs.	545!		4th-800!
J. McInerney	275 lbs.		165 lbs.
4th-350!	C. Smith		Son Light Power Oklahoma state record.
242 lbs.	495!		Best Bencher: Mike Hamby, Best Deadlifter:
B. Pepi	SHW		Ray Lepley. The Son Light Power Turner
275 lbs.	660!		Classic Bench Press/Deadlift Lift Champion-
J. Quickie	M. Hamby		ship was held at Turner's Chiropractic &
Teen (13-15)	Master (45-49)		Fitness Center. We had a great turnout
165 lbs.	198 lbs.		with forty lifters and almost one hundred
T. Gusan	430!		spectators cheering on the competitors,
Teen (16-17)	D. Smith		making it a great first-time event. In the
198 lbs.	315!		bench press competition Tasha Poindexter
S. Cook	242 lbs.		won at 18-19/123 with 115, followed with
4th-330!	J. Luce		a 120 pr state record fourth attempt. Cindy
220 lbs.	465!		Flanagan also set the state record for her
M. Worthen	Master (50-54)		class, finishing with 125, then a 135 fourth
242 lbs.	220 lbs.		for the win at novice women 132. Both of
B. Philpot	T. Leach		these ladies were competing for the first
Teen (18-19)	4th-500!		time. In the men's novice division James
181 lbs.	475		McInerney won at 165 with 340. A fourth
B. Sheffield	Master (60-64)		with 350 was also good. Bret Pepi took the
A. Sutton	325!		242's with 430 while Justin Quickie bunched
275 lbs.	198 lbs.		the same at 275. All three lifters set
R. Moreno	T. Barth		Oklahoma state records for their respec-
308 lbs.	295!		tive classes. Taylor Gusan won the 13-15/
J. Quickie	242 lbs.		165 class with 150, establishing a new
Junior	C. Sherwood	450!	state record there. At 16-17 it was Steven
181 lbs.	Open		Cook finishing with 325, before coming
K. Hixon	425!		back with a successful 330 fourth for the
198 lbs.	198 lbs.		title at 198. Max Worthen won at 220 with
S. Burge	D. Legg	475!	225 while Bubba Philpot was the winner at
4th-335!	308 lbs.		242 with 365. All three of these teenagers
220 lbs.	S. Springer	305!	set new state records for their classes. At
R. Smith	SHW		18-19/181 Beau Sheffield won over Austin
405!	220!		Sutton 340 to 320, Beau's lift being a new
	S. Trotman	460!	state record. Robert Moreno set the record
	4th-550!		at 275 with 425 and Josh Quickie got a big
	315!		
	DEADLIFT		
	MEN		
	Teen (16-17)		
	405!	198 lbs.	

500 state record at 308 for the win there. Another new competitor was Kenneth Hixon, lifting in the junior division, who won at 181 with 220. Scotty Burge finished with 315 at 198, before making a fourth with 335 while Robert Smith took the 220's with 405. All of the junior competitors set new state records for their classes. In the submaster division, Van Williams took the 132 class with 225 while Jerry Stultz won at 165 with 355. Both were also new state records. Steve Harrison, lifting in his first competition, won at 40-44/198 with 250. Kim Brownfield, one of Oklahoma's finest, finished the day with 545 and the win at 220. Calvin Smith, with his new bench shirt, finished with a personal best 495 at 275 while Mike Hamby won at shw with his 660 opener. Two close attempts with a new personal best 700 failed just at the top. Mike was also awarded the best lifter trophy for the bench competition. David Smith took the title at 45-49/198 with 315 along with Tony Luce, who won at 242 with 465. Tony Leach finally got his first 500 bench on his fourth attempt, after finishing with 475 and the title at 50-54/220. Tom Barth returned to bench competition after a few years layoff for the win at 60-64/198. Tom finished with 295. Jim Turner came over from Arkansas for the title at 242 and 350, while the infamous Jimmy Duckett won at 275 with 335, followed by a sloppy fourth of 355. (The boy just hasn't been right since he cut his hair!) All of the master lifters established new records with their lifts. In the police & fire division it was Cale Sherwood with 450 and the win at 242. In the open division Daryl Legg won at 198 with 475 while Scott Springer took the title at 308 with 305, both new state records. Then at shw it was Big Steven Trotman, breaking his own state record there with 460, followed by an even



Tasha Poindexter with a state record 120 @ 18-19/123 at the SLP Turner Classic (photograph courtesy of D. Latch)

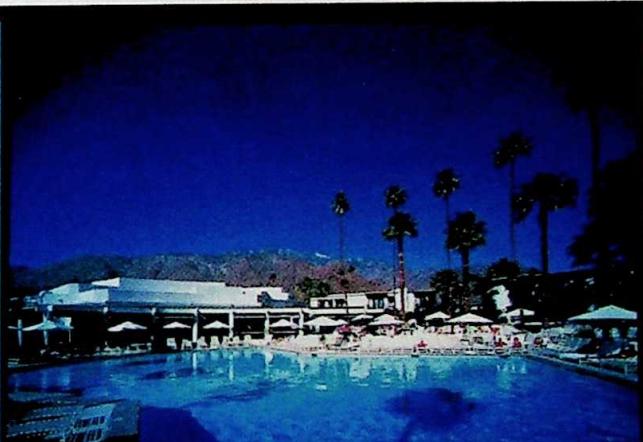
stronger 550 fourth attempt. In the deadlift event Scott Smith won at 198 with 385 while Jadon Turner took the title at 242 with 405. Big Ray Lepley won the title at submaster shw along with the best lifter award with his 620 state record pull. Steve Harrison won his second title of the day at 40-44/198 with 365 along with Scott Springer, who did the same at open 308, also pulling 365. In the man-woman event Daryl Legg and Tasha Poindexter set a new state record at 165 with 575. In the 2-man event teenagers Jadon Turner and Bubba Philpot set the state record for the 16-17/242 class with a great 800 pull, then returned for a successful fourth of 825! Our final 2-man team set the state record at 220 open. Bobby Brown and Blake Sanders finished the day with 715 before making a fourth with 800. Thanks to Dr. Jim Turner and his staff for hosting this event, to Robert Linneberry for taking pictures, to Jim Flynn, Boyce Rogers, Dana Mattox and Dave Smith for loading and spotting, and to Larissa Edgmon for serving as our trophy girl. See you again next year! (Thanks to Dr. Darrell Latch for results)



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For standard 198 lb./90 kg. USA lifters in results received from November/03 thru December/04

PL USA Top 100 Achievement Awards



SQUAT	BENCH	DEADLIFT	TOTAL
1 900 Kamand, T..12/13/03	685 Rabine, S..9/25/04	777 Terry, C..11/1/03	2072 Cartinian, M..10/9/04
2 860 Harrington, P..7/10/04	645 McVicar, J..12/21/03	767 Eiseman, T..5/29/04	2050 Coleman, A..10/9/04
3 859 Cartinian, M..10/9/04	633 Wolfley, M..9/25/04	735 Meyers, S..8/7/04	2030 Harrington, P..7/10/04
4 815 Coleman, A..10/9/04	606 Daly, R..9/25/04	727 Jackson, A..8/28/04	2006 Frankl, S..11/29/03
5 810 Frankl, S..11/29/03	600 Cartinian, M..8/7/04	705 Caprari, T..12/12/03	1955 Kamand, T..12/13/03
6 810 Caplan, M..5/8/04	600 Pigge, D..12/4/04	705 Lewis, R..11/13/04	1945 Coe, M..11/8/03
7 804 Coe, M..11/8/03	595 Frankl, S..2/04	700 Henriques, T..12/6/03	1935 Tracy, B..6/26/04
8 788 Nesti, E..10/31/04	585 Schmalz, C..2/21/04	694 Beck, J..7/10/04	1934 Benemerito, R..4/10/04
9 785 Tracy, B..6/26/04	584 Warrington, G..8/22/04	694 Kegrice, J..10/16/04	1912 Nesti, E..10/31/04
10 755 Thomas, J..10/23/04	573 McAuliffe, J..12/04/04	690 Saltzman, C..3/20/04	1890 Brandon, M..12/11/04
11 750 Maxwell, M..7/10/04	570 Einflat, L..12/21/03	688 Benemerito, R..11/8/03	1862 Beck, J..7/10/04
12 750 Lavelle, T..11/20/04	570 Celli, R..3/28/04	688 Ray, J..11/13/04	1857 Warren, C..4/3/04
13 749 Warren, C..4/3/04	570 Gugino, M..5/22/04	683 Mastrean, M..11/30/03	1845 Caplan, M..5/8/04
14 744 Benemerito, R..4/10/04	562 Coleman, A..10/9/04	683 Thompson, J..2/15/04	1845 Gugino, M..7/10/04
15 733 Pena, J..1/10/04	555 Heck, B..11/8/03	677 Frankl, S..11/29/03	1833 Maxwell, M..7/10/04
16 733 Kegrice, J..4/24/04	555 Brandon, M..12/11/04	672 Warren, C..4/3/04	1825 Neff, C..4/4/04
17 710 Gugino, M..7/10/04	551 Brantley, W..11/6/04	672 Simon, N..10/2/04	1813 Pena, J..1/10/04
18 710 Kanemoto, K..10/13/04	540 Jester, J..4/4/04	672 Coleman, A..10/9/04	1810 Lavelle, T..11/20/04
19 705 Mastrean, M..11/30/03	540 Morishima, E..11/13/04	666 Linn, T..8/14/04	1807 Terry, C..11/1/03
20 705 Norman, J..4/3/04	535 Swanson, B..12/6/03	660 O'Reilly, J..3/6/04	1807 Mastrean, M..11/30/03
21 705 Chalmers, S..6/26/04	535 Whitney, J..11/13/04	660 Nulman, A..3/21/04	1807 Brown, M..10/2/04
22 705 Brown, M..10/2/04	534 Hill, R..11/29/03	655 Sotirakos, G..3/28/04	1820 Thompson, J..2/15/04
23 705 Brantley, W..11/6/04	530 Coe, M..8/21/04	655 Welch, L..8/22/04	1802 Sotirakos, G..3/28/04
24 705 Buckley, T..11/6/04	530 Bianchi, J..9/26/04	650 McNeish, K..11/28/03	1796 Kegrice, J..4/24/04
25 705 Brandon, M..12/11/04	529 Simon, N..10/2/04	650 McShane, J..12/13/03	1780 Einflat, L..12/21/03
26 700 Brown, J..4/4/04	525 Tracy, B..4/4/04	650 Coe, M..3/6/04	1774 Evans, C..4/3/04
27 700 Hailley, S..4/4/04	525 Planchon, A..11/13/04	650 Boyd, J..B..3/20/04	1774 Brantley, W..11/6/04
28 700 Aubuchon, S..11/20/04	523 Evans, C..4/3/04	650 Garrett, K..3/20/04	1769 Norman, J..4/3/04
29 699 Evans, C..4/3/04	520 Dixon, D..12/6/03	650 Neff, C..4/4/04	1765 Thomas, J..10/23/04
30 694 Divine, N..11/8/03	520 McNutt, R..12/20/03	650 Harrington, P..7/10/04	1745 Jester, J..11/20/04
31 694 Beck, J..7/10/04	520 Merchelwiter, J..4/24/04	650 Lemarie, S..7/10/04	1736 Fleming, D..10/13/04
32 690 Terry, C..4/24/04	520 Harrington, P..7/10/04	650 Givens, G..7/24/04	1730 Divine, N..11/8/03
33 683 Jay, J..3/28/04	512 Wood, R..5/2/04	650 Kirkland, K..11/6/04	1730 Brown, J..4/4/04
34 680 Einflat, L..12/21/03	512 Alvarado, J..7/10/04	650 Bischoff, M..11/13/04	1720 McNutt, R..4/4/04
35 675 Fox, E..4/3/04	510 Williams, R..10/23/04	645 Slaybaugh, C..12/6/03	1720 Aubuchon, S..11/20/04
36 675 Neff, C..4/4/04	507 Shalkowski, B..12/12/03	645 Moore, J..7/25/04	1719 Rebera, J..8/22/04
37 672 Flesh, W..3/21/04	507 Kanemoto, K..12/12/03	644 Brandon, M..3/6/04	1713 Kirkland, K..11/6/04
38 672 Sotirakos, G..3/28/04	507 Lane, G..4/3/04	640 Shelton, T..2/28/04	1710 Hailey, S..4/4/04
39 672 Rebera, J..8/22/04	507 Benemerito, R..4/10/04	640 Timonen, S..3/6/04	1708 Solomon, M..8/14/04
40 672 Fleming, D..10/13/04	505 Brown, J..4/4/04	640 Rendon, C..3/27/04	1703 Chalmers, S..6/26/04
41 670 Ingravera, R..11/20/04	503 Gardner, J..11/13/04	640 Jordan, S..5/15/04	1700 Gibson, T..3/13/04
42 661 Duorcher, S..3/27/04	502 Thomas, P..3/21/04	640 Dailing, C..6/13/04	1697 Duorcher, S..3/27/04
43 661 Wisenbaker, J..4/3/04	501 Lichtenberger, M..4/3/04	640 Smith, C..7/31/04	1692 Kanemoto, K..10/13/04
44 661 Knutson, J..5/8/04	501 Jones, O..5/2/04	639 Dorsten, J..12/14/03	1686 Dorsten, J..3/21/04
45 661 Van Cleave, M..8/7/04	501 Baker, B..7/24/04	639 Olsen, S..3/27/04	1686 Jones, G..5/1/04
46 655 Dorsten, J..3/21/04	501 Bishop, B..8/14/04	639 Norman, J..4/3/04	1686 Clark, R..10/31/04
47 655 Rendon, C..3/27/04	501 Arrendell, M..9/11/04	639 Placek, M..5/8/04	1685 Lunsford, R..3/20/04
48 655 Bush, K..10/13/04	501 Brown, M..10/16/04	639 Caplan, M..10/13/04	1685 Crigger, T..10/23/04
49 650 Jester, J..4/4/04	500 Ramos, T..11/1/03	639 Nesti, E..10/31/04	1681 Wisenbaker, J..12/7/03
50 650 Scott, J..4/4/04	500 Cotillo, C..11/8/03	639 Clark, R..10/31/04	1681 Willett, M..4/17/04
51 650 Young, B..4/10/04	500 Marrama, R..3/28/04	635 Beechum, K..3/27/04	1681 Villarreal, J..10/16/04
52 650 Willett, M..4/17/04	500 Neff, C..4/4/04	633 Hinrichs, J..3/27/04	1675 Baker, S..9/18/04
53 650 Becker, B..8/7/04	500 Bellanca, D..4/17/04	633 Woodley, L..9/26/04	1675 Kelly, T..12/11/04
54 650 Serio, A..8/21/04	500 Vance, B..4/24/04	633 Williams, T..10/30/04	1665 Ingravera, R..11/20/04
55 650 Baker, S..9/18/04	500 Lowe, D..6/26/04	630 Gibson, T..12/6/03	1664 McNeish, K..11/28/03
56 650 Massie, A..11/6/04	500 Kielczewski, R..6/27/04	630 Enes, J..4/17/04	1660 Young, B..4/10/04
57 650 Schmidt, J..11/20/04	500 Watts, S..8/8/04	628 Hermann, S..12/12/03	1660 Campbell, M..5/15/04
58 650 Reece, H..11/20/04	500 Stevens, A..9/25/04	625 Kamand, T..12/13/03	1658 Jay, J..3/28/04
59 650 Kelly, T..12/11/04	500 Hartlaub, S..11/20/04	625 Tracy, B..4/4/04	1658 Lichtenberger, M..4/3/04
60 644 Solomon, M..8/14/04	500 Lavelle, T..11/20/04	625 Davis, C..4/24/04	1647 Buffington, G..7/10/04
61 644 Wade, T..8/14/04	500 Kelly, T..12/11/04	625 Serio, A..8/21/04	1642 Green, G..2/15/04
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66 635 Lunsford, R..3/20/04	486 Jewett, T..11/13/04	622 Schmidt, B..11/30/03	1636 Williams, B..7/10/04
67 635 Rowe, B..11/28/04	485 Gianetti, A..11/27/03	622 Woods, J..12/14/03	1636 Linn, T..8/14/04
68 633 Rhoades, D..11/9/03	485 Ferrell, G..5/1/04	622 Lingquist, S..2/21/04	1635 Soule, J..12/11/04
69 633 McNeish, K..11/28/03	485 Hansen, C..5/16/04	622 Wisenbaker, J..4/3/04	1631 Baker, E..10/31/04
70 633 Jones, G..5/1/04	485 Dechicko, N..9/11/04	622 Cervero, J..5/1/04	1625 Schmidt, J..11/20/04
71 630 McNutt, R..4/4/04	485 Lopez, R..9/18/04	622 Williams, B..4/8/04	1620 Kratz, E..11/30/03
72 630 Campbell, M..11/20/04	485 Nesti, E..10/31/04	622 Brown, M..6/6/04	1620 Flesh, W..3/21/04
73 628 Matteo, J..11/30/03	485 Vining, J..1/17/04	622 Douglas, J..5/15/04	1620 Rendon, C..3/27/04
74 628 Fletcher, H..8/7/04	485 Coleman, M..12/11/04	622 Solomon, M..8/14/04	1620 Buckley, T..1/16/04
75 628 Villarreal, J..10/16/04	480 Hailey, S..5/15/04	622 McCase, M..8/14/04	1615 Henriques, T..12/6/03
76 625 Bostrom, T..12/6/03	480 Banks, L..7/17/04	620 Lee, R..3/27/04	1615 Edwards, T..3/14/04
77 625 Gibson, T..3/13/04	480 Chesnoff, J..12/4/04	620 Gugino, M..7/10/04	1615 Givens, F..7/24/04
78 625 Beck, S..5/15/04	479 Pena, J..1/10/04	620 Aubuchon, S..11/20/04	1614 Belanger, D..12/6/03
79 622 Gianetti, A..11/27/03	479 Thompson, J..2/15/04	620 Ingravera, R..11/20/04	1614 Knutson, J..5/8/04
80 622 Fredette, B..J..3/28/04	479 Goode, B..4/3/04	617 Divine, N..11/8/03	1603 Schmidt, B..11/30/03
81 622 Placek, M..5/8/04	479 Farley, K..5/2/04	617 Green, G..2/15/04	1603 Garland, T..4/3/04
82 622 Williams, B..5/8/04	479 Dussault, S..5/2/04	617 Jones, R..4/3/04	1600 Walters, G..12/6/03
83 622 Baker, E..10/31/04	475 Reese, T..2/14/04	617 Willett, M..4/17/04	1600 Thomas, S..2/9/04
84 620 Edwards, T..3/14/04	475 Spinelli, S..3/13/04	617 Richesson, L..11/13/04	1600 Fox, E..4/3/04
85 620 Griffin, A..4/4/04	475 Schrock, J..3/27/04	615 Dave, N..6/5/04	1600 Griffin, A..4/4/04
86 620 Weller, T..6/26/04	475 Crabtree, C..3/27/04	615 Maxwell, M..7/10/04	1598 Saltzman, C..3/20/04
87 620 Enes, J..9/18/04	475 Power, J..5/2/04	615 Crigger, T..10/23/04	1598 Hinrichs, J..3/27/04
88 617 Rouse, J..12/6/03	475 Dalling, C..6/13/04	615 Legard, J..11/20/04	1598 Flickinger, W..4/10/04
89 617 Kirkland, K..11/6/04	475 Young, B..7/10/04	611 Belanger, D..12/6/03	1598 Fletcher, H..8/7/04
90 611 Evans, L..3/27/04	475 Smith, C..7/10/04	611 Dally, J..3/20/04	1598 Cooper, D..11/20/04
91 611 Williams, R..8/22/04	475 Miller, M..8/8/04	611 Jones, G..5/1/04	1595 Shelton, T..2/28/04
92 611 Buffington, G..11/13/04	475 Gentges, N..9/18/04	611 Fleming, D..5/8/04	1595 Smith, C..7/31/04
93 610 Walters, G..12/6/03	475 Scoppe, S..11/6/04	611 Canton, J..8/24/04	1590 Jordan, S..5/15/04
94 610 Merchelwiter, J..4/24/04	475 Elck, J..11/13/04	611 Buffington, G..11/13/04	1587 Blaudauer, J..2/21/04
95 610 Gentges, N..9/18/04	475 Pruszkinski, J..12/4/04	611 Blaudauer, J..12/10/04	1587 Olsen, S..3/27/04
96 606 Jackson, E..11/2/03	475 Capps, D..12/4/04	610 Campbell, M..11/20/04	1585 Merchelwiter, J..4/24/04
97 606 Gove, C..2/15/04	475 Legg, D..12/12/04	607 Elchour, J..5/19/04	1585 Beck, S..5/15/04
98 606 Lichtenberger, M..4/3/04	473 Burdette, J..11/29/03	606 Nasser, C..3/7/04	1576 Burdette, J..11/29/03
99 606 Flickinger, W..4/10/04	473 Omura, W..12/12/03	606 Villarreal, J..5/8/04	1576 Timonen, S..2/21/04
100 606 Baker, D..11/30/04	473 Sotirakos, G..3/28/04	606 Ulvang, J..7/17/04	1576 Toole, R..3/7/04

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 220s

CORRECTIONS ... Glen Thomas should have been included in the TOP 100 rankings for the Middleweights in the Dec/03 issue of PL USA for his bench press of 380 lbs. This was our mistake and we are sending him a free ranking certificate to make up for our oversight. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Post Office Box 467, Camarillo, CA 93011 and we will do the research to resolve any questions. Sometimes we don't receive the results of meets in time to make the compilation of a list.

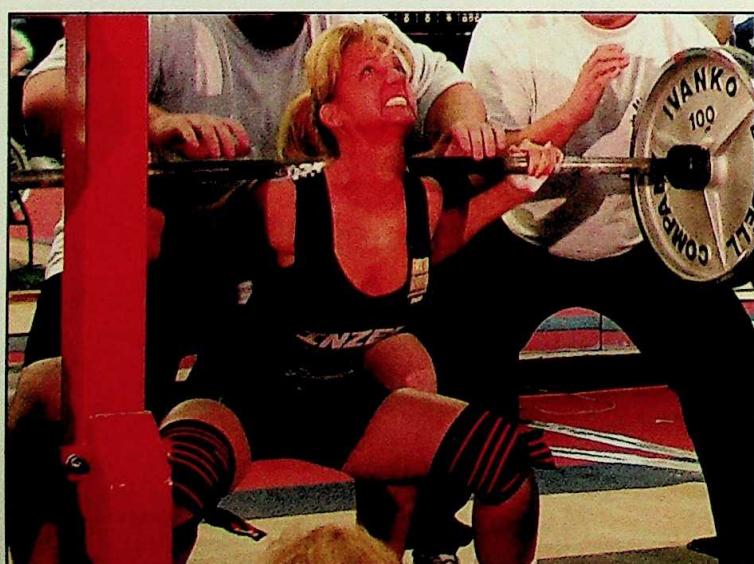
ATTENTION: Masters, Teens, Women ... the 2004 TOP 20 rankings for those categories will be coming up in the May issue of POWERLIFTING USA ... if you haven't seen your results in PL USA yet, give us a call so we can pre-verify your accomplishments and include them in the lists.



9 year old Jeremiah Llewelyn pulling a 110 lb. PR at the APA Holiday Classic (photographs provided by the courtesy of Wade Johnson)

APA Holiday Classic V
4 DEC 04 - Nashville, TN

		Open				
DEADLIFT		M. Tuminello	510	L. Henderson	475	310
198 lbs.		C. Nunley	405		475	1260
Junior				220 lbs.		
K. Mask	580	242 lbs.		Junior		
Open		R. Himes	705	M. Himes	705	1885
D. Minks	550	Junior		Open		
242 lbs.		R. Wood	685	R. Wood	525	1800
Junior		(45-49)		B. Campbell	525	355
F. Dorsey	605	Open			425	1305
BENCH		B. Kelley	605	D. Witty	410	300
165 lbs.		SM			425	1135
(40-49)		B. Kelley	605	D. Witty	(50-59)	
C. Smith	360	275 lbs.		B. DeWalt	701	365
198 lbs.		C. Summers	270		480	1546
Open				C. Stanley	500	390
M. Pritchard	350	Open			525	1415
Open		J. Crader	525	J. Gerhardt	665	400
D. Minks	340	SHW			500	500
SM		(18-19)		B. Claiborne	500	330
M. Pritchard	350	J. Ward	550		510	1340
220 lbs.		B. Kelley	730	Open		
Youth	SQ	BP	DL	B. Barnabas	650	410
66 lbs.					650	650
J. Llewellyn	75	40	110	J. Gerhardt	665	400
LADIES				T. Johnson	470	360
123 lbs.					480	1310
Open				J. Maggert	635	—
S. Talley	301	165	310		—	—
132 lbs.				Sub		
Master				J. Maggert	635	—
K. Tallion	275	170	275		—	—
UNL				Open		
Junior				J. Maggert	635	—
N. Dorsey	340	215	420		—	—
MEN				Sub		
148 lbs.				J. Maggert	635	—
Teen (16-17)					—	—
R. Johnson	340	235	420	Open		
C. Etherton	580	300	581	M. Beatty	650	450
181 lbs.				600	600	1700
Open				Best Lifter Female: Sherry Talley. Best		
G. Sesler	581	350	530	Lifter Lightweight: Michael Himes. Best		
J. Finlay son	520	325	520	Lifter Heavy Weight: BJ Barnabas. Best		
198 lbs.				Squat Lightweight: Michael Himes. Best		
Teen (16-17)				Squat Heavyweight: Bill Dewalt. Best Bench:		
J. Carpenter	355	215	430	Bart Kelley. Best Deadlift: Michael Himes.		
Teen (18-19)				Blue high light signifies American and		
Z. Talbot	580	310	560	World record. This year was the 5th APA		
Open				Holiday Classic Meet. We had 50 lifters		
S. Whaley	580	350	580	from Tennessee, Kentucky, Missouri, Alabama,		
D. Minks	560	340	550	Indiana, Arkansas & South Carolina.		
W. Sesler	510	325	500	20 American and world records were		
Sub				broken and state records fell often and		
J. Burgeen	550	415	550	were too numerous to hope to		
S. Leo	385	285	395	list. Thanks to House of Pain and		
				Crain's Muscle world for sponsoring the		
				event and all the efforts these two companies have		
				put in to out training, competing,		
				and meets. Thank you Powerlifting USA for providing magazines for the lifters. The meet		
				was hosted by the World Gym in Goodlettsville, TN and thanks to gym manager Rob Ferguson for providing the venue and hosting the event. Thanks to judges Chuck Forseman, Jim Ingram, Brad and Bart Kelley, Carl Summers, Kate Tallion, Jeff Finlayson and platform staff Zee Woodward, Tommy Hooker, Chad Etheridge, Fallon Dorsey, Jeff Dwyer, Frank "Cheese" Phillips, Ryan Brown and "Big" Wes Johnson. Table staff was Kris Johnson, Linda Wienk, Katie Woodward. There were so many lifters that pitched in and helped with unloading and loading the gear, pitching in with spotting and loading, etc. These are the reasons Kris and I run meets. We are already planning the Holiday Classic VI for next year, so please stay tuned. (courtesy Wade Johnson)		

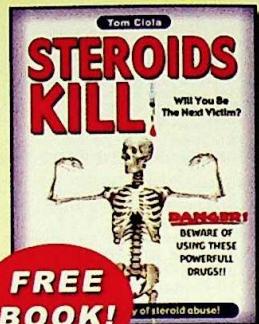


123 lb. Sherry Talley, a master lifter, with a WPA World Record 310 SQ.

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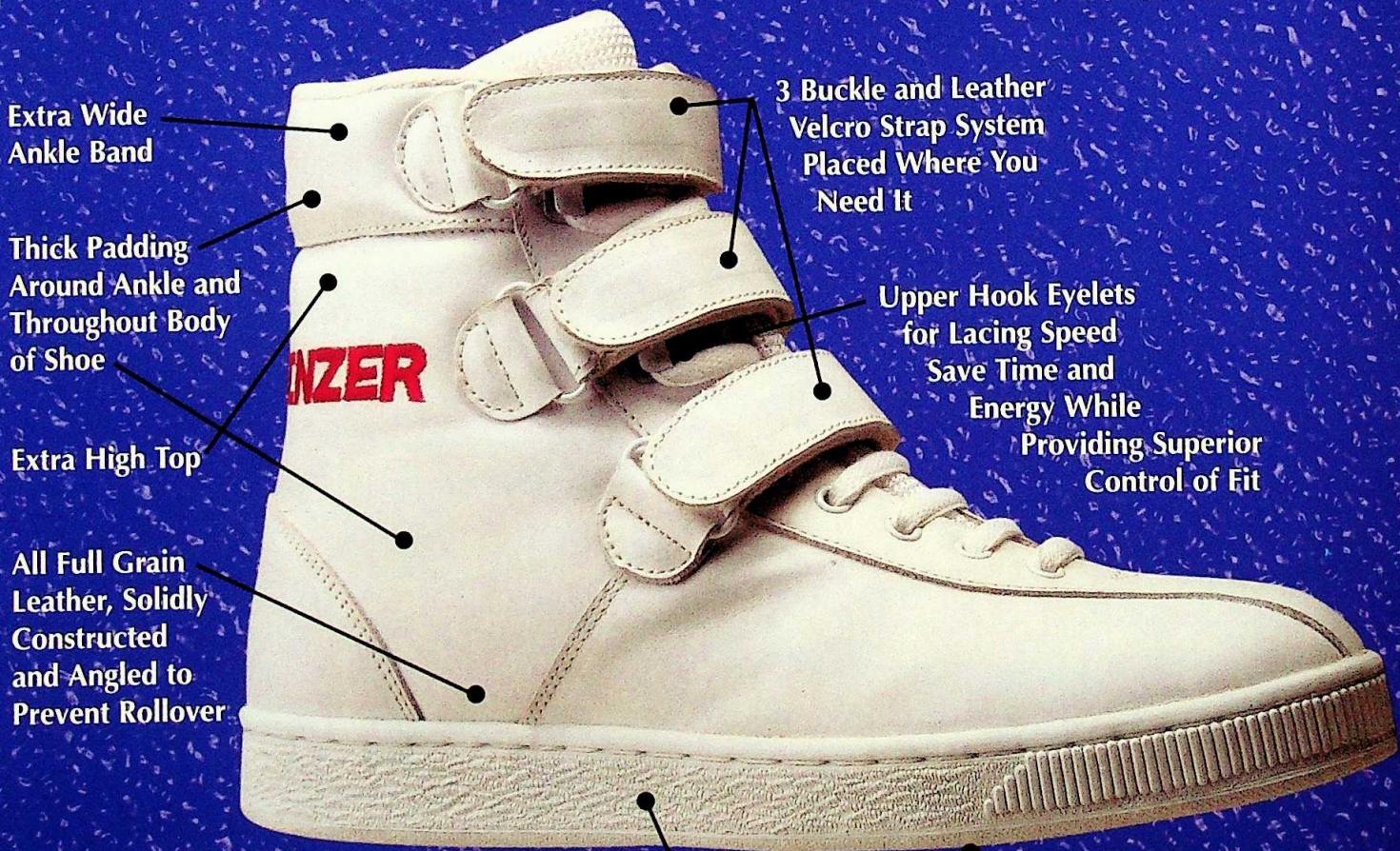


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