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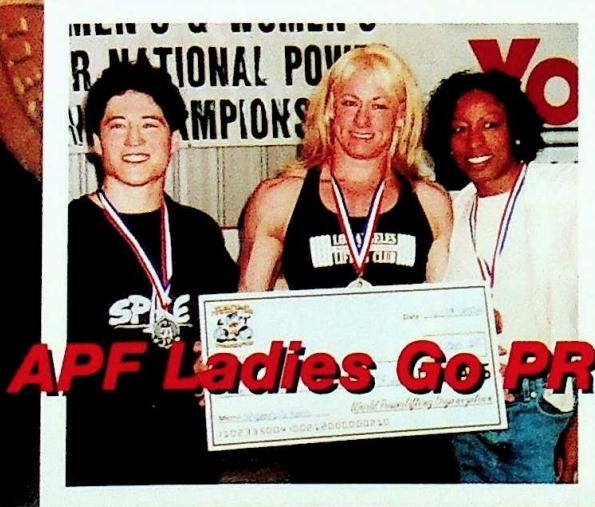
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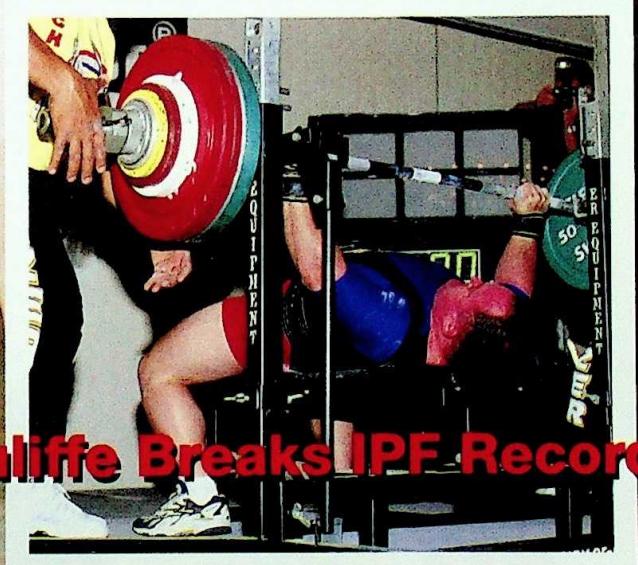
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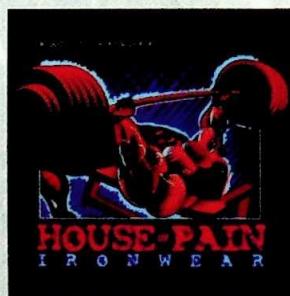
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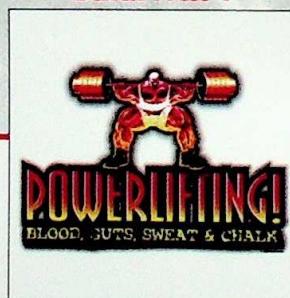
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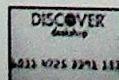
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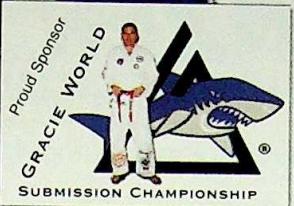
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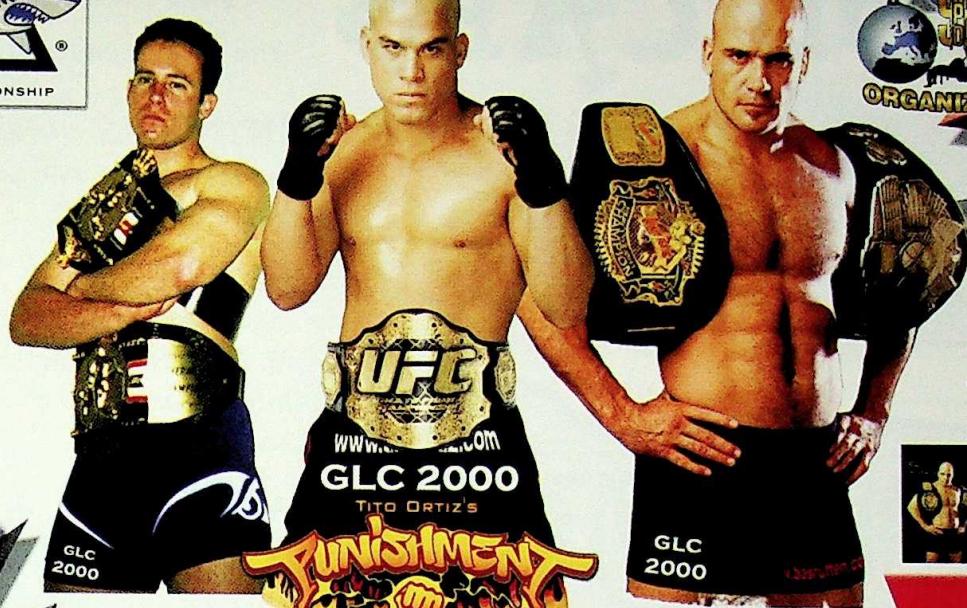
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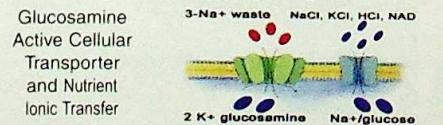
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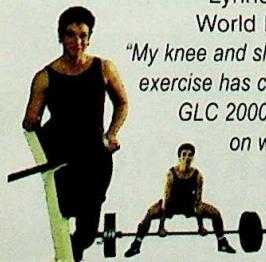


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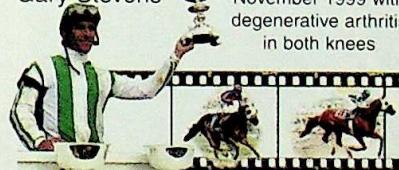
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MUSCLE MENU

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37 years ago, the York Barbell Club, a name synonymous with the lifting of weights, and led by Bob Hoffman - the American Muscle guru, organized and ran the very first Sr. National Powerlifting Championships. On that historic day, September 4, 1965, it was the christening of powerlifting as an organized strength sport. 47 came to participate there, from 17 states. An audience filled every seat of the William Penn High School Auditorium that sunny Autumn day in York, PA, and most remained glued to their seats till the last clang of iron gave way (after a grueling 15 1/2 hour marathon of might) to the wee small hours the next morning. York hosted three more Seniors after that: 1967, '69, and again in 1975. York also hosted the 1st Worlds in 1971 and again in 1974.

The APF Men and Women's Open Senior Nationals for 2002 returned to its roots - where it all began - as it was held June 21-22-23 at the Blast Athletic Arena in York, PA. The majority of lifters who participated in this year's spectacular event hadn't even been born, when the first Sr. Nationals took place so long ago. Others were only small children, not knowing that their destiny would bring them here. It brought back a flood of memories for me, having lifted here in the '75 Seniors, and 1974 was a great occasion for our APF/WPC President and Founder, Ernie Frantz, who won his IPF World title here in York.

Time marches on. Hoffman died in 1985, the same year that Ernie Frantz formed the APF. The famed York Barbell Club facility on Ridge Avenue is no more. The building that housed the training quarters of America's top lifters and the offices where Strength and Health and the first magazine for Powerlifting - Muscular Development - were headquartered are gone. The foundry where York manufactured its barbells and the York Hall of Fame Museum are still there on Highway 83 and many lifters visited those sites over the weekend.

The meet hotel was the beautiful Heritage Hills Golf Resort, about a 15 minute drive to the meet site. It was truly a top notch establishment, one of the nicest places I've stayed at in many a year.

74 of the strongest women and men in America traveled here this weekend to pit their might against each other. A yet unanswered question would be decided: who are the best of the best in the APF for 2002? In conjunction with the APF Seniors was held a qualifying round for the WPO (World Powerlifting Organization) - the brainchild of a former APF champion himself - Kieran Kidder! Kidder has been a breath of fresh life, providing monetary incentive for the top powerlifters since the WPO's inception only four years ago. He handed out over 200 thousand dollars of prize money last year alone, in tournaments held all over the country. The WPO Semi-Finals will be held at the GNC Show of Strength the first week of November, culminating with the Finals where the top qualifiers will compete in March 2003 at the big Arnold Classic in Columbus, OH.

Here, for the first time, Kidder offered prize money for the women who competed for the APF Senior National Titles.

APF SENIOR NATIONALS

as told to Powerlifting USA by Herb Glossbrenner



Nance Avigliano ... with a World Record 3rd attempt squat of 230 kg

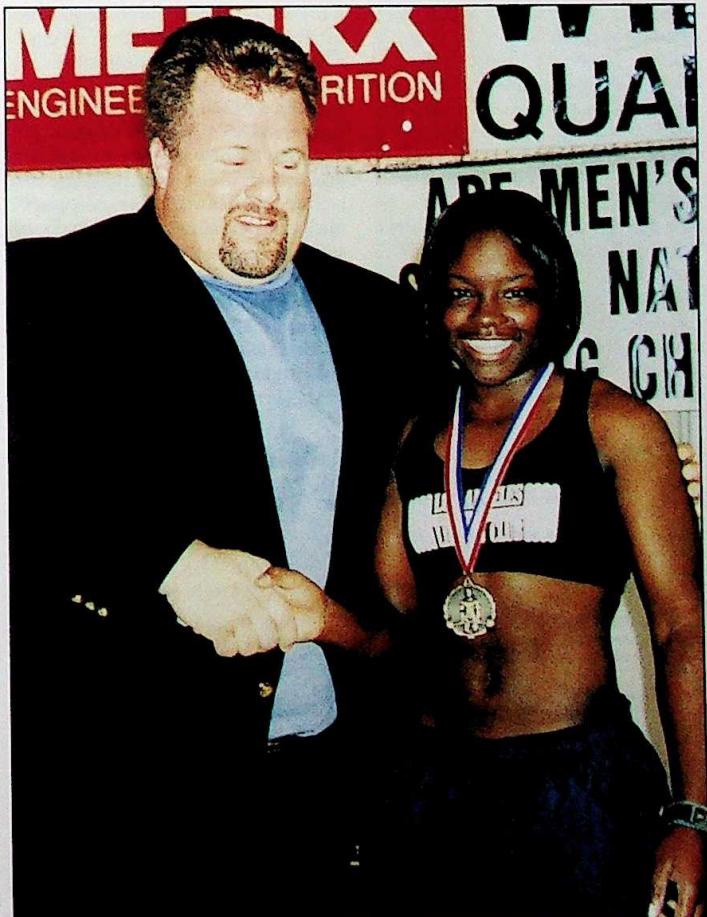
Thus far there are no competitions exclusively for women in WPO, but this provided incentive and hope for the ladies and is a big step for future in that direction. For the Top 3 totals in the women's lightweight (up to 67.5 kg.) and the middleweight (67.51 through +90 kg.) the cash prizes were: 1st place: \$1000, 2nd place - \$500, and 3rd place - \$250. The same amount cash prizes were offered for the top 3 in the Men's WPO divisions: lightweight (up to 75 kg.), middleweight (75.01 kg. through 100 kg.) and heavyweight (100.01 - unlimited). The men could lift in the APF or WPO or both categories if they so chose. With this in mind, let's see how the competition shaped up.

WOMEN: 97 LBS. - Two vied this year in the very lightest category. USPF President Dave Jeffrey was on hand to coach Griselle Ufret, 37, from Florida. Elaine Grimwood, 31, tall and lean for her light bodyweight, came in for the win from PA. Griselle commanded 3 good SQs - 248! She made two of her three BP tries and DLs as well - 137 and 292 - for a 677 TOT - seven great lifts. Grimwood beat the start signal with her 286 opener. She repeated for success, and "Scraps" tried 141 kgs. (310.8 lbs.) going for a WPC WR, but missed it on a 3rd and also on an extra try. Elaine made 3 good benches - to 159 - then pulled two good ones - 303 was her tops, but she missed 319 - TOT 749!

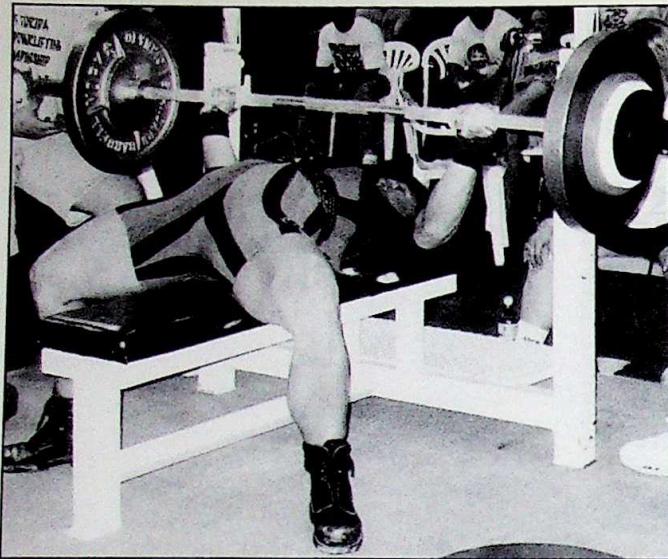
123 LBS. - This year's surprise winner is a young and pretty face. Nichelle Whitfield, only 14, has just graduated from the 8th grade. In the mere year's time that she's been doing PL, Nichelle has already made a indelible imprint on Powerlifting history. She's the pride and joy of coach Joe Avigliano at the Los Angeles Lifting Club in Burbank, CA. Only 3 weeks earlier, in only her third ever competition, Nichelle captured the 14-15 Teen division at the APF Nationals in Fresno and established World Records: 363 SQ, 187 BP, 363 DL, and 914 TOT, and became the youngest athlete in History, male or female, to achieve the

bodyweight, yet this charming little gal isn't yet old enough to have a driver's license! Nichelle doesn't display excited behavior when she lifts. She is calm, slow and deliberate, but make no mistake, she's channels every ounce of her will power into making each lift a success. She BPed 170, then 181, and just missed the 187 WR equaling lift she'd made in Fresno. In the DL, she hoisted 347 to secure her win and become the youngest Sr. National champion in APF History - with a TOT of 903, 61 lbs. in excess of ELITE. Next, it was up to 363 - on a 2nd attempt - going for 920 to shatter her own WR TOT. It stalled midway, and then again on a final attempt. Nichelle won everyone's heart with her outgoing personality. She's a genetic miracle, a coach's dream, a Senior National Women's Champion in only her 4th competition. Can you imagine what stratospheric heights she'll soar to in the coming year?

132 LBS. - This matchup would go down as being one of the greatest female battles of the Century. It was the scenario of an irresistible force (Nance Avigliano, 45, of the LALC in Burbank, CA) clashing with an immovable object (Amy Weisberger, 37, a strongman competitor, National and World Champion, and for 11 years undefeated in PL competition - from Columbus, OH). It was also a battle of strategy and wits for their respective coaches. Nance's coach (and husband) Joe Avigliano of the Los Angeles Lifting Club, who'd accumulated his wis-



Whitfield receives Sr. Nationals Women Gold for winning 56 kg from Kieran Kidder. She's the youngest lifter (14) in PL history to become elite and win the Seniors. (All photographs courtesy of Herb Glossbrenner)



Julia Scanlon ... with a second attempt bench press 150 kg at 75 kg

dom in 4 short years, against Louie Simmons who has been around the game as long as I have (40 years). Lou is the coach of the famous Westside Barbell Club of Columbus, OH. Either the "irresistible force" (Avigliano) would be resisted by Weisberger (who'd defeated Nance in their only previous encounter) or Amy - "the unmovable object" - would be moved by Avigliano. Both opposing coaches and combatants were good friends and had great mutual respect for each other. This made it all the more pleasurable to watch. No one outside the group of lifters who trained at the LA Lifting Club knew that Nance was at the top of her game and had come with the absolute conviction that she was going to win.

Before I give you the blow by blow details of this fabulous matchup, I'll highlight the 3rd place medalist. Vanessa Ware, 38 from Hilliard, OH @ 128.75 bwt. is a gracious lady. She's a former APF champion herself ('95, '96, '97), but conceded beforehand that this contest was not about her. She'd had her past glory and it time for the spotlight to be upon the others. With that noble gesture

said, plain and unabashed, Vanessa went on to do some fine lifting: 358 SQ, 231 BP, and a strong 402 DL - 992 TOT.

Over the past few years Nance and Amy had developed a strong friendship and mutual respect. Last year, Weisberger had totaled 9.48 times her own bodyweight, while Avigliano had achieved 8.49. Using their previous bests as a criteria, Weisberger appeared to be the one to place your bets with. Amy weighed in at the very limit - 60.0 (132.3). Avigliano was 58.40 (128.75) and had the lighter bodyweight advantage. SQ: Weisberger with her ultra wide foot placement got 2R for her 418.9 opener (shallow). A repeat was perfect - 3W! On a 3rd, Amy gutted out a good 451.9! Now it was time for Avigliano to show why she's earned the title "Queen of Extreme". With the bar high on the neck and narrow foot placement, she put on an incredible display of squatting prowess - 451.9 opener - 2W; then 485 - perfect - a new WPC 45-49 age group WR. Her final lift was a monsterous 507, which she took down and up (deep) with power to spare - 3W. She looked good for a 4th attempt at 240.5 (530.2) to exceed Mary Jerumbo's WPC

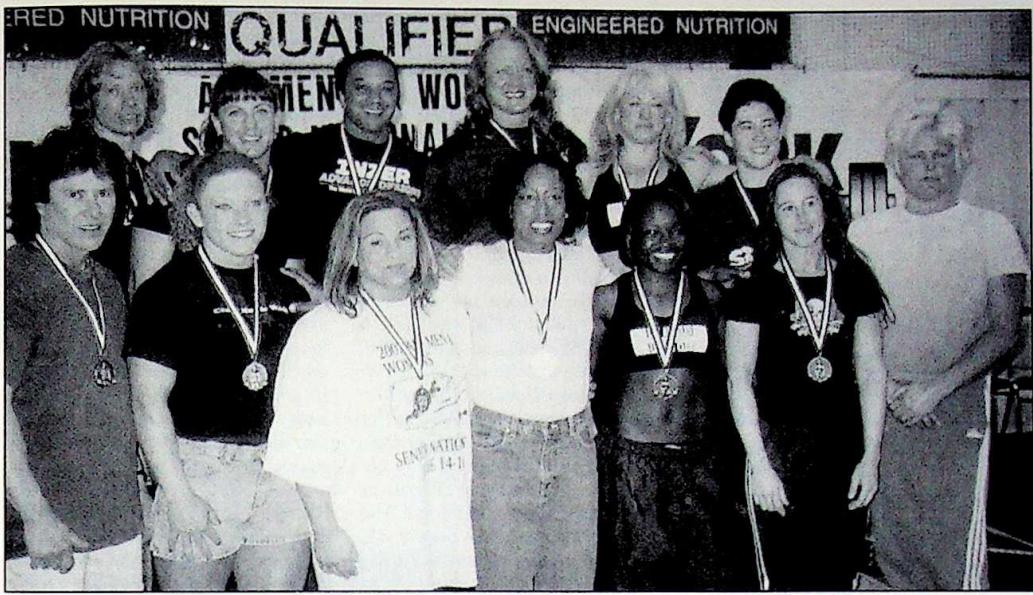
and all time best Women's SQ. That would have to be put on hold because despite a 55 lb. advantage for Nance, Weisberger was vastly superior in the bench press. Nance needed every bit she could get to have any hope of winning. Hampered for the past two years by muscles she'd torn in her chest, Nance opened painfully with 220, and she earned 3W, making it with effort. Up she went to 231 - a miss. She couldn't finish it on a 3rd either. Amy bridged the gap immediately, opening with a shaky 275 (2W) to force the tie. Her best is 314, and Weisberger tried 303 to gain a 27 lb. lead, but missed both times. The DL would decide the outcome. Whoever pulled the most would win. Both seemed evenly matched in pulling prowess, so there was no clear cut winner to predict. The most Nance had done in official competition was 435, but she didn't start first. Louie

and Joe traded off, both using the wire brush to remove excess chalk from the bar for their respective star performers. Amy's 435.4 initial effort looked easy. Joe stepped up, then wire brushed the bar. Then Nance came out for 451.9, and made it. Weisberger was pressured to go to 462 to gain her first lead - but it was a big miss. Her window of opportunity was closing. It was nitty gritty time! Going for the most crucial lift of her life, Nance came out for 462 also. With every ounce of strength she could muster, she pulled in a painstakingly slow, hard fought effort. Knowing that even the slightest of nudges would nullify the lift, she stayed with it, and finally locked it out - perfect - 3W! The ball was back in Amy's corner. Avigliano had and 1190 TOT, with one lift remaining. For her last lift, Weisberger went to 468.4. If she made it, she would have the lead with 1196 and force Nance



Rebecca Swanson at 90kg with a squat of 277.5 on her 2nd attempt

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| | Paul Laufer | 227.5 | 237.5 | 227.5 | 195 | 195 | 195 | 422.5 | 227.5 | 255 | 255 | 650 |
| 100 kg | John Wardell | 340 | 365 | 382.5 | 235 | 235 | 242.5 | | | | | |
| | Travis Mash | 367.5 | 385 | 400 | 230 | 242.5 | 242.5 | 630 | 327.5 | 337.5 | 342.5 | 967.5 |
| | Ken Patterson | 345.5 | 370 | 377.5 | 283.5 | 300 | 305 | 675 | 272.5 | 287.5 | 295 | 947.5 |
| | Paul Urchick | 380 | 410 | 417.5 | 230 | 240 | 247.5 | 627.5 | 317.5 | 335 | 335 | 945 |
| | Keith Ferrara | 355 | --- | --- | 220 | 220 | --- | 575 | 320 | | | 895 |
| | Rick Lawrence | 295 | 322.5 | 327.5 | 242.5 | 257.5 | 263.5 | 585 | 250 | 250 | 260 | 835 |
| | S. DuPlessis | 300 | 322.5 | 332.5 | 150 | 172.5 | 177.5 | 505 | 250 | 270 | 281.5 | 785 |
| 110 kg | | | | | | | | | | | | |
| | José Garcia | 365 | 392.5 | 392.5 | 235 | 242.5 | 250 | 642.5 | 310 | 325 | 332.5 | 975 |
| | Brian Weston | 365 | 385 | 400 | 237.5 | 245 | 245 | 645 | 297.5 | 320 | 327.5 | 972.5 |
| | Clay Castile | 335 | 360 | 360 | 215 | 227.5 | 235 | 595 | 292.5 | 312.5 | 320 | 907.5 |
| | Zdenek Voprala | 320 | 337.5 | 352.5 | 205 | 212.5 | 222.5 | 575 | 310 | 320 | 325 | 895 |
| | James Correll | 325.5 | 372.5 | 372.5 | 200 | 210 | 220 | 592.5 | 290 | 300 | 300 | 892.5 |
| | Kevin Thomas | 347.5 | 327.5 | 350 | 222.5 | 237.5 | 240 | 567.5 | 295 | 312.5 | 347.5 | 880 |
| | Joe Avigliano | 342.5 | 350 | 365 | 142.5 | 162.5 | 200 | 507.5 | 272.5 | 282.5 | 292.5 | 790 |
| | Chris Mason | 362.5 | 385 | 395 | | | | | | | | |
| 125 kg | | | | | | | | | | | | |
| | Joe Ladnier | 365 | 375 | 385 | 277.5 | 292.5 | 300 | 685 | 320 | 330 | 330 | 1005 |



Women Participants APF Srs ... Top Row (left to right) Dangerfield, Scanlon, Ford, Swanson, Avigliano, Weisberger, Packer. Front Row (left to right) Liggett, Vaughn, Tacktil, Ware, Whitfield, and Grimwood.

to pull the 473 she'd already committed to for her final to preserve her victory. If Amy missed, Nance would beat her. Amy did miss, and her 1162.9 TOT relegated to 2nd place. It was her first defeat by anyone since 1991. Nance's last lift would've given her 1201.5, a new WPC Women's Open WR. Alas, her energy had waned - no lift! Avigliano had captured her 4th consecutive APF Srs. title and with it had defeated one of the greatest PLers of all time. All this with only 4 years lifting under her belt, and at the age of 45. Amy joined us afterwards for supper, and Nance and her renewed their camaraderie - while pigging out together.

148 LB. - a newcomer in APF Women's Senior competition was Amy Vaughn, 21. From Knightsdale, NC, @ 145.7 she was the lightest of the class. She left quite an impression. She set 3 Jr. WR SQs: 407, 435, and 451 on a 4th. She BPed 209, 226, 231, and then shoved up 242 on a 4th, another Jr. WR. In the DL: she made a 385 2nd, missed 402, then came back on an extra try to

get it, for yet another JR. WR (20-23 group); and ditto for her TOT - 1052! Third place for Vaughn, and a great debut. Second place went to veteran Nancy Dangerfield, 45, from St. Charles, IL. She TOT 1118, lifting in her 10th Seniors. Nancy broke the WPC WR DL twice in her new (45-49) age group - hoisting 211 kg. (465.2 lbs.), and then a tremendous 501.6 2nd attempt. Nancy tried 525.8 to beat her own WPC Open Women's WR by one half kilo (1.1 lb.) but couldn't budge it. This showing gives her 3 1sts, and 5 2nds, in 10 appearances, moving her to 4th of the all time greatest Women's champions of the APF. Mariah Ligget, 43, of Columbus, OH is truly everlasting. She won her 15th APF Women's Seniors in as many appearances. She's never been beaten, and is the winningest Women's champ in APF History. No other organization has a female with a longer string of victories. This year she made an 1185 TOT on a 6-day. SQ 462, BP 286, and all 3 DLs - 435. Bravo!

165 LB. - Julia Scanlon, 26, of Glen

Burnie, MD weighed in at a mere 151.74. She missed making the 148s by 3 lbs., and that might have been a reprieve for Mariah's unbeaten streak. Julia looked virtually unstoppable. She made 5 of her first 6 lifts: SQ - 501 (3rd) and BP - 330. She missed a huge 352 attempt (2.32 x bwt.), but pulled a 451.9 DL opener before missing twice @ 479.5. TOT 1284 - tremendous lifting. Joyce Tacktil, 47, a nurse from Oceanside, NY, is Chris Taylor's favorite performer: SQ - 407, BP - 259, DL - 391 (almost got a PR 407) TOT - 1074. A silver for Joyce. The bronze medal and 3rd place went to Kim Packer, 41, of Oakhurst, CA. It was her first Srs. and Kim rose to the occasion: 391 SQ to go along with PRs of a 171 BP, 358 DL, and 920 TOT. Hubby Bob Packer was proud as punch and rightfully so.

181 LBS. - Krista Ford, 35, from Savannah, GA is the best there is in this division. Hampered by a torn rotator cuff, Krista took token benches (up to an EZ 226). Her other disciplines were fabulous, SQ: 446, 457, then a gigantic

increase to 540 - good! With flawless technique (her trademark), Krista went on a DL rage as well: 446, 501, and finally a huge 540 - another PR (as was her SQ) for a 1306 TOT, yet another PR despite lifting 88 lbs. less than her best in BP.

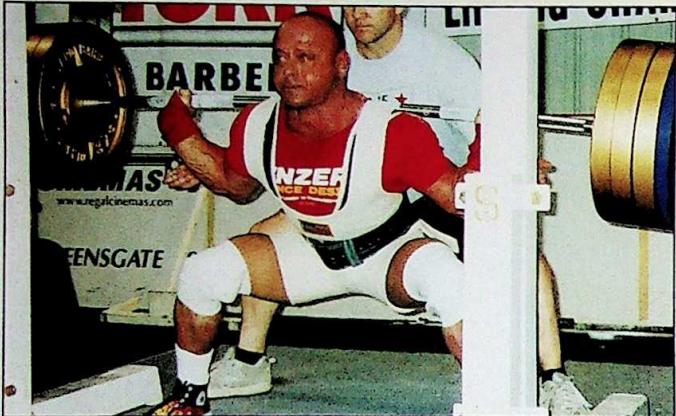
198 LBS. - Reducing from the 227.6 bwt. when she won the WPC Worlds in South Africa last November, Rebecca Swanson, 28, of Omaha, NE entered this category with intentions of breaking records belonging to the late, great hitherto inapproachable Dawn Reshel (b. 1955 - d. 2000)! Reshel owned the All Time Records in this category of: 633 SQ, 604 DL, 1564 TOT. Becca took deadly aim on all 3. SQ: Swanson's depth makes it easy for the officials to render their decision. Like Avigliano she leaves absolutely no doubt - goes low! She buried 584, 3W. Next came an equally deep 611. On a final attempt - 288.0 kg. (635 lbs.) - she made a rousing success for a new Women's Open absolute WPC World Record! Swanson's benches are with a relatively narrow grip, relying mainly on pure tricep and deltoid strength. She did 319, 336, and finally 341, with no misses thus far. She sticks at the three quarter point on a max effort, almost a dead stop, and then with a tremendous surge of power the weight suddenly explodes to lockout. DL: her opener at 573



Chris Leverett w/ 217.5 kg @ 60

| | | | | | | | | | | | |
|---------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| Michael Lanier | 340 | 365 | - | 217.5 | 242.5 | 242.5 | 607.5 | 315 | 327.5 | - | 935 |
| Chris Taylor | 305 | 320 | 327.5 | 280 | 287.5 | 297.5 | 615 | 267.5 | 290 | 302.5 | 917.5 |
| Zach Passman | 327.5 | 340 | 350 | 247.5 | 227.5 | 245 | 577.5 | 295 | 312 | 320 | 907 |
| Zach Hudal | 355 | 355 | 370 | 212.5 | 237.5 | 227.5 | 582.5 | 347.5 | 317.5 | 320 | 902.5 |
| Greg Jurkowski | 317.5 | 342.5 | 347.5 | 192.5 | 207.5 | 212.5 | 560 | 312.5 | 325 | 330 | 890 |
| Noel Levario | 367.5 | 395 | 440 | 242.5 | 245 | 260 | | | | | |
| Mark Swank | 312.5 | 330 | 337.5 | 297.5 | 237.5 | 297.5 | | | | | |
| Steve Goggins | 422.5 | 425.5 | 464 | | | | | | | | |
| 140 kg | | | | | | | | | | | |
| Oan Basson | 377.5 | 390 | 410 | 255 | 265 | 282.5 | 692.5 | 287.5 | 297.5 | 307.5 | 1000 |
| Billy Mimnaugh | 375 | 385 | 440 | 245 | 262.5 | 272.5 | 647.5 | 327.5 | 352.5 | 365 | 1000 |
| Jon Grove | 360 | 377.5 | 377.5 | 252.5 | 260 | 270 | 647.5 | 322.5 | 323.5 | 337.5 | 980 |
| Michael Olmo | 387.5 | 422.5 | 412.5 | 232.5 | 242.5 | 250 | 655 | 200 | 320 | 320 | 975 |
| Adam Howell | 350 | 377.5 | 387.5 | 250 | 272.5 | 275 | 600 | 282.5 | 282.5 | 297.5 | 897.5 |
| Jay Rhyne | 375 | 405 | - | 250 | 265 | 272.5 | 640 | | | | |
| Aaron Ross | 372.5 | 377.5 | | | | | | | | | |
| Aaron Lawrence | 342.5 | 352.5 | | 242.5 | 242.5 | 242.5 | | | | | |
| SHWT | | | | | | | | | | | |
| Garry Frank | 427.5 | 460 | 460 | 302.5 | 327.5 | 337.5 | 787.5 | 385 | 410 | 420 | 1197.5 |
| Matthew Smith | 385 | 422.5 | 435 | 277.5 | 302.5 | 320 | 737.5 | 337.5 | 355 | 372.5 | 1092.5 |
| Craig Gallo | 422.5 | 447.5 | 462.5 | 215 | 252.5 | 262.5 | 715 | 247.5 | 275.5 | 320 | 1062.5 |
| Lee Barry | 365 | 392.5 | 400 | 282.5 | 295 | 695 | 352.5 | 365 | 377.5 | 380 | 980 |
| David Nettles | 410 | 422.5 | 432.5 | 240 | 255 | 265 | 697.5 | 340 | 345 | 347.5 | 1045 |
| Brent Mikesell | 385 | 410 | - | 200 | 252.5 | 260 | 670 | 330 | 365 | 365 | 1000 |
| Kieran Kidder | 440 | 417.5 | 455 | 242.5 | 272.5 | 272.5 | 660 | 287.5 | 312.5 | - | 972.5 |
| Edward Russ | 387.5 | 417.5 | 440 | 240 | 255 | 255 | 695 | 250 | 272.5 | 275 | 880 |
| Thomas Skiver | 440 | 440 | 440 | | | | | | | | |
| WPO DIVISION QUALIFIER RESULTS | | | | | | | | | | | |
| MEN LIGHTWEIGHT (60-75 kg) | | | | | | | | | | | |
| A. Berardinelli | 327.5 | 345 | 352.5 | 182.5 | 197.5 | 205 | 550 | 272.5 | 287.5 | 287.5 | 822.5 |
| TJ Hoerner | 265 | 287.5 | 300 | 142.5 | 152.5 | 152.5 | 442.5 | 242.5 | 260 | 267.5 | 702.5 |

| | | | | | | | | | | | |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| Chris Leverett | 205 | 217.5 | 222.5 | 440 | 115 | 120 | 337.5 | 217.5 | 230 | 230 | 555 |
| Daniel Petrillo | 245 | 245 | 260 | 170 | 182.5 | 187.5 | 442.5 | 252.5 | 252.5 | 265 | 695 |
| Eric Adolf | 200 | 245 | 215 | 130 | 140 | 142.5 | 355 | 217.5 | 230 | 230 | 572.5 |
| MEN WPO MIDDLE WEIGHT (82.5-100 kg) | | | | | | | | | | | |
| Travis Mash | 367.5 | 385 | 400 | 230 | 242.5 | 242.5 | 630 | 327.5 | 337.5 | 342.5 | 967.5 |
| Ken Patterson | 347.5 | 370 | 377.5 | 283.5 | 300 | 305 | 675 | 272.5 | 287.5 | 295 | 947.5 |
| Paul Urchick | 380 | 440 | 447.5 | 230 | 240 | 247.5 | 627.5 | 317.5 | 335 | 335 | 945 |
| Brian Strickland | 265 | 282.5 | 295 | 182.5 | 190 | 192.5 | 472.5 | 252.5 | 272.5 | 272.5 | 745 |
| Rick Lawrence | 295 | 322.5 | 327.5 | 242.5 | 257.5 | 269.5 | 585 | 250 | 260 | 260 | 835 |
| Michael Coe | 295 | 320 | 327.5 | 195 | 205 | 220 | 525 | 250 | 262.5 | 275 | 787.5 |
| MEN WPO HEAVY WEIGHT (100 - 140 kg) | | | | | | | | | | | |
| Garry Frank | 427.5 | 460 | 460 | 302.5 | 327.5 | 337.5 | 787.5 | 385 | 410 | 420 | 1197.5 |
| Matthew Smith | 385 | 422.5 | 435 | 277.5 | 302.5 | 320 | 737.5 | 337.5 | 355 | 372.5 | 1092.5 |
| Craig Gallo | 422.5 | 447.5 | 462.5 | 215 | 252.5 | 262.5 | 715 | 297.5 | 320 | 347.5 | 1062.5 |
| Joe Ladnier | 365 | 375 | 385 | 277.5 | 292.5 | 300 | 685 | 320 | 330 | 330 | 1000 |
| David Nettles | 410 | 422.5 | 432.5 | 240 | 255 | 265 | 697.5 | 340 | 345 | 347.5 | 1045 |
| Brian Weston | 365 | 385 | 400 | 237.5 | 245 | 245 | 645 | 297.5 | 320 | 327.5 | 972.5 |
| D. Thompson | 410 | 442.5 | - | 282.5 | 302.5 | 302.5 | 692.5 | 337.5 | 367.5 | - | 1030 |
| Oan Basson | 377.5 | 390 | 410 | 255 | 265 | 282.5 | 692.5 | 287.5 | 297.5 | 307.5 | 1000 |
| Billy Mimnaugh | 375 | 385 | 440 | 245 | 262.5 | 272.5 | 647.5 | 327.5 | 352.5 | 365 | 1000 |
| Brent Mikesell | 385 | 410 | - | 200 | 252.5 | 260 | 670 | 330 | 365 | 365 | 1000 |
| Jon Grove | 360 | 377.5 | 377.5 | 252.5 | 260 | 270 | 647.5 | 322.5 | 323.5 | 337.5 | 980 |
| Marc Barley | 975 | 375 | - | 250 | 272.5 | 272.5 | 625 | 295 | 320 | - | 920 |
| Edward Russ | 387.5 | 417.5 | 440 | 240 | 255 | 255 | 695 | 250 | 272.5 | 275 | 967.5 |
| Chris Taylor | 305 | 320 | 327.5 | 280 | 287.5 | 297.5 | 615 | 267.5 | 290 | 302.5 | 917.5 |
| Kevin Thomas | 327.5 | 327.5 | 350 | 222.5 | 237.5 | 240 | 567.5 | 295 | 312.5 | 347.5 | 880 |
| Adam Howson | 350 | 377.5 | 397.5 | 250 | 272.5 | 275 | 600 | 292.5 | 282.5 | 297.5 | 897.5 |
| Joe Avigliano | 342.5 | 350 | 365 | 142.5 | 162.5 | 162.5 | 507.5 | 272.5 | 282.5 | 292.5 | 790 |
| Chris Mason | 362.5 | 365 | 385 | | | | | | | | |
| Steve Goggins | 422.5 | 432.5 | 464 | 440 | 242.5 | 245 | 260 | | | | |
| Noel Levario | 367.5 | 395 | 440 | 242.5 | 245 | 260 | | | | | |



Angelo Berardinelli's 2nd attempt 345 kg SQ at 75 kg bodyweight.

was strong. Her 2nd attempt of 589.7 was also good. With this lift she broke Dawn Reshel's WR for the new highest Women's TOT of all time at any bodyweight (710.5 - 1566.38 lbs.)! She tried 600.7 on a final deadlift, but it was not to be. According to the Reshel Formula used in this contest, Swanson got the overall Women's Best Lifter award with 1008.9 pts. to 983.88 for Avigliano, and Scanlon was 3rd over Weisberger 942.485 to 940.532. Altogether I've determined the ladies set 18 WPC World Records: Avigliano (8), Vaughn (6), Swanson (2) with Whitfield and Dangerfield (1) a piece! The men certainly had their work cut out for them to produce as spectacular display of lifting as the feminine gender!

MEN: 132 LBS. - The only competitor @ 132 this year was Christopher Leverett, 30, Pembroke, GA. His famous mother is Ann Leverett who has won major National and World titles in just about every major organization (including 3 APF Sr. National titles). Chris squatted 451 and 479, both with good depth, and then stuck halfway up with 490. BP: 242 - no - for double pumping, then he made good lifts with 253 and 264 - both explosive. DL: he made a 479 opener. He got his 2nd at 507 up, but it was ruled no good for what may have been a slight nudge (2-1 against). The officials were sending a message to the lifters the whole meet, that supporting the weight on the thighs, cranking, racheting, nudging and or hitching would mean NO LIFT! Ditto as far as locking out completely. On a final 507 for Chris, he couldn't budge it. TOT 1223 - his first Senior National title. It's all in the family!

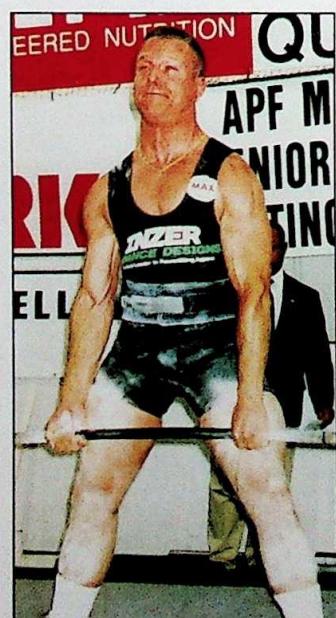
148 LB. - Vincent Centauro, 23, 146.6, was a last hour entry, who secured third with a 441 SQ, 303 BP, and 424 DL for an 1168 TOT. Vince missed his last two pulls attempting 479. In 2nd place was Eric Adolph, 23, from Massapequa, NY, a Chris Taylor protege returning from his debut in last year's Srs. Extremely tall and lanky, Adolph got a menacing look from coach Chris for failing his 473 2nd attempt squat for depth. He sat lower on his last try, and recovered - good this time. BP: his best was 308 and he got a 479 DL for a 1262 TOT. Two tries at 507 were futile. Taking the gold was one of the brightest young upcoming stars in the business. T.J.

Hoerner, 24, from Vidor, TX spent most of a year recovering from a Monolift mishap at the WPO Semi-finals last August in Orlando, FL. Tim took a nasty spill there when one of the support arms was brought back to the locked position too quickly, and he suffered cracked vertebrae. He was the top ranked 148er in nation for 2001 with 1559 via 628 330 601. He was almost back to his best here. SQ: his 584 opener @ a mere 144.62 bwt. was very easy. A 633 2nd lift was deep and strong. On his final, he made a tremendous lift - 300 kg. (661.4)! This great performance ranks him 6th on the Men's World All Time List. He wanted a 4th with 312.5 (688.9) going after the WPO World Record (he was in both the APF & WPO divisions). He was following himself and had only two minutes to prepare, with only one knee wrapped, time expired! BP: he got 314.2, but his elbows flared out @ 336.2 - and he missed twice. DL: not at full strength here he went 534 for the win; and next 573. It went up slow for 2W. His last at 589 didn't go. TOT - 1548 - and a great comeback, for his first APF Srs. title.

165 LBS. - Dan Petrillo, 22, from NJ lifted only in the WPO qualifier: SQ 573, 402 BP and a good DL with 556. A big jump to 622 was too much - 1532 TOT. The only entry for APF Seniors was Angelo Berardinelli, 36, of Painesville, OH. He's a super-star and protege of Louie Simmons and the Westside training methods. Angelo, in the WPO qualifier as well, surprised me with his big 722 opener, in trademark wide foot placement. He got 2R for depth. The real shocker for me is when Angelo, instead of repeating for safety, made a very bold increase to a PR 760.6. Angelo knew exactly what he was doing. Calmly and deliberately, he took it deep and came right up. On his 3rd attempt, he went straight to 777 for a WPC as well as a WPO WR. The WPC record had stood @ 766 since 1996 at the APF Srs. in Atlanta where Jay Rosciglione had set it. The WPO mark was owned by Wade Hooper at 351.0 (773.8), set just this past February at the WPO qualifying meet in Columbus, OH. Angelo made a spectacular success - plenty low enough - to claim #2 best SQ all time this class behind Crain's 800 of Nov. '96. Three whites - magnifico! Plagued by an injury to his AC shoulder joint, Berardinelli BPed cautiously: 402,

followed by a slow 435 - both lifts good, but he couldn't finish 451.9 on a final attempt. DL: his opener with 600.7 came right up, but he couldn't hold on to 633.8 twice coming up - TOT 1813.3 - an excellent result to give him his 6th Srs. title, which coupled with 4 runner-up silvers and one bronze moves him up to 2nd place behind Scott Warman as the winningest champion of All-Time for APF Men. Congrats, Angelo.

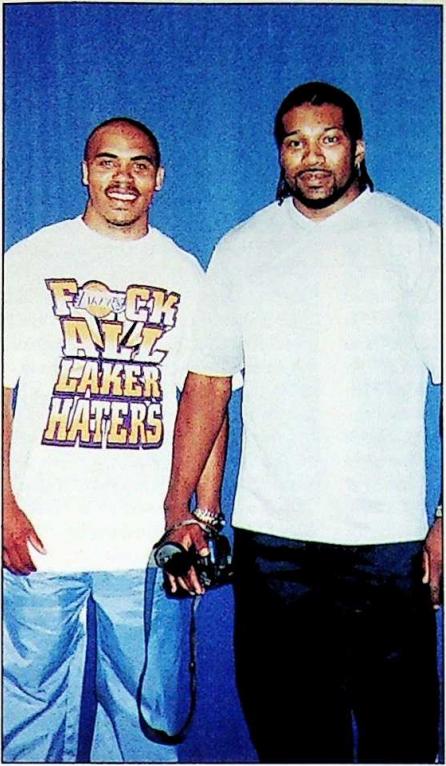
181 LB - In 4th place was Brian Strickland, 32, of Lakeland, FL. Brian registered 6 out of 9 lifts for a 1642.4 TOT. SQ: 584, 622 good, miss at 650. BP: 402, then a cockeyed 418 for 2W. Brian tried 424 and almost dropped it on his head; saved by alert spotters. Tall for the class, he hoisted up a 556 opener, and had 600.7 all the way to the top, but lost his grip before the signal. Hi final was a gut bursting effort - and good! The bronze medal went to Tom Lavelle, 35, out of Cleveland, OH. He was back again and up a category - looking stronger. His canvas suit worked like a charm, as he made 672 on a 3rd following a miss. The BP is Lavelle's forte. He got 473 on a 3rd, and looked good for more. DL: 523, 551, and a 3W 573 for 1725. It was a two man race for the checkered flag, between the 2000 WPC World Champ Joe Daugherty, 31, from Niagara Falls, NY and a young man with huge potential, 29, (and in only his 4th full meet) Ron Palmer of Indianapolis, IN. Both Palmer and teammate Michael Coe @ 198 were handled by the Los Angeles Lifting Club, who had to perform somewhat of a miraculous exchange. The problem was that both Palmer and Coe had one canvas suit which they shared between them. Not only did LA coach Joe Avigliano have to choreograph a great switcharoo in timely fashion but pick the perfect weights for these two. It was a trick that had to be executed not once, but three times. Each time Coe finished a SQ they got the suit off him and on to Palmer. Daugherty opened his SQs with 677 - strongly. Palmer horsed up 683 on his initial effort,



T.J. Hoerner's 260 kg @ 67.5 kg

and had an early lead. Both men chose 722 for their 2nd attempts. Good lift for Joe. Palmer made it also, but received 2R for depth. The pendulum had swung over to the New Yorker's favor. For Palmer's final attempt Avigliano picked 744, a must do lift. Then came the "switch-a-roo" for the 3rd time. It was hilarious to watch, but a masterpiece of execution. Coe had just finished his 3rd attempt and was coming off the platform. With tight wraps still on his knees, he was moving slowly. Avigliano ran it like a carefully executed football play. Nance ran interference, clearing a path before him, as our 308er Basson scooped up Coe under his arms and carried the 200 pounder like a big sack of grain to a clearing, and laid him down on his stomach. The canvas suit was stripped off him. Palmer's knees were already wrapped. Already on deck, Ron got his legs in the suit openings. Basson (308) and Passman (275) - LALC's biggest boys - picked him and literally shook him into the suit like a dog might shake a rag doll. It was perfectly synchronized: speed, timing, and coordination. Working in unison, Palmer's belt was cinched, his lifting straps pulled up and he was set just as his name was called. Sitting more upright this time, Palmer took 744 down with Avigliano calling him up. Good lift. He was still in the race. Daugherty took 749, a PR, for his 3rd - a good lift. Joe had a 5.5 lb. lead, plus he was lighter than Ron (180.78 to 181) as they entered the 2nd phase - the Bench Press - Daugherty's bread and butter lift. Ron Palmer opened at 440.9. Good. Daugherty began with 468.4 and smoked it to increase his lead to 33! Palmer duplicated that same 468 on his 2nd attempt. He watched as Daugherty sought to increase his lead to 66 with 501. He pressed it, but both feet came up - no lift! Palmer needed all he could muster went to 485. He pressed it up - too ragged for the judges to accept. Daugherty, with a chance to put himself in the driver's seat, failed to press his final. Palmer's hopes were still alive. Joe pulled 628 easily. Palmer took over the lead for the first time at 650; up 16. Second attempts were crucial. Daugherty went to 672 - miss! Palmer smelled the scent of blood. With flaring nostrils, he went for the kill. 688, the weight Avigliano selected, would be for the win (1901). It was a long haul, but Palmer never quit. I suppose that is how he got his nickname "Lionheart". Slowly and deliberately he kept it going with nary a nudge. Finally his shoulders rotated back and the weight hung submissively from his hands - good! Palmer had won his first ever big title - the APF Seniors. Daugherty didn't quit, but rather took the 672 over for his final try and courageously made it for an 1890 TOT. Palmer had one attempt remaining and went to 705, but it came up only halfway, as his incentive had waned. No matter, the heroic debut of Ron Palmer had paid golden dividends. "No way could I have pulled this off with out Avigliano. He's the best coach there is." Palmer, along with his teammate Michael Coe, will be moving to Burbank and will join the LA Lifting Club. Palmer's father lives in Burbank.

198 LB - Paul Lauffer, 27, from



(Left to right) Ron Palmer 82.5 kg winner along with Michael Coe who won at 90 kg

Water Valley, KY took three to get a 501 SQ and ditto his do-or die stay alive 429 3rd BP. He finished with a 1433 TOT and got the surprise bronze medal. The projected winner appeared to be John Wardell from Haworth, NJ. John, always a strong squatter, did 815 along with a 2000 TOT as a 220er 6 years ago. Not much as been heard from him since. He resurfaced here with the rumor circulating that he was gunning for Matt Zweng's WPO World Record SQ of 887. I thought this might be so much ballyhoo, until I saw John squat. His foot spacing was so wide that he nearly touched the Monolift's uprights. First attempt - 749 - strong. Up to 804 for another go - deep lift. Wardell presented a strong, athletic, very powerful appearance with rugged good looks and great flexibility. A big 3rd attempt jump - 843. He got it: a fabulous lift. True to his word, John called for a WPC and WPO WR on a 4th attempt effort: 403.0/888.5. His depth was right there, but it proved to be too much to recover with. A big BP opener of 518 caused Wardell's shirt to blow out. He changed shirts for his 2nd - but couldn't touch his chest. Figuring he needed more weight to get it down, he went to 534. This time he raised his hips trying to press it - no lift. A tough break. In second place, when the chalk dust settled, was Lester Maslow, 42, a wily veteran from Bethesda, MD. Les did some nice lifting. SQ: 639, increase to 705 - 2R for depth; repeat almost up when he tilted and the bar dropped lower - no lift. BP: 385.8, then a jump to 413 - but he couldn't touch his chest. Third - more weight - 435 - and he pressed it out, but to unevenly to get credit. DL: 534 starter, followed by a tough 628. It was extremely difficult, but Maslow stayed with it - good lift! He went to 677, final try, but couldn't move it - TOT 1653. The lifts he almost made would've come to 1769, which might have won it all, but didn't. His coach was bitching him out at the breakfast table the following morning for "letting the Big One get away." Lady Luck might have played a part in the surprise win for Michael Coe, 31, a happy go lucky Hoosier who hasn't been in PL that long. With the spectacular switch of the canvas suit with teammate Palmer described earlier, Coe managed to make 705, on a 2nd attempt, but surprisingly couldn't lock his legs after having 722 almost completed, rounding forward for a miss. BP: 429.9, then 451.9,

before failing with 485. Mike deadlifted 551, and 578, but couldn't finish 606 - TOT 1736 - and your new APF 198 National Champion for 2002. The Snow Dog rules! Coe graciously thanks coach Avigliano, along with Dan Jesolva (who came with the team after winning Nationals in Fresno to wrap knees and help) along with all the other team members.

220 LB - The 220s was the final group on Saturday, June 15. Stan duPlessis is a RSA youngster who now makes his home in Aurora, IL - coached by Ernie Frantz. He continued his assault on the WPC record books and continued to register great improvement. Here he re-wrote the WPC record book, again and again: SQ - 733 (3rd) & 749 a 4th, BP - 380 and a missed 385 try. DL - a WR 620.6 3rd followed by another WR 650.3 on a 4th - TOT. 1733.9 - yet another 16-17 age group class WR. This boy is really cooking. Rick Lawrence, 37, has gone from BP only to full meets, and was a returnee from last year's Srs. Three SQs here, to 722. BP - 567, but he missed a 581 record try - close! Hampered by torn bicep, he got a 551 DL - and no more - 1840 TOT - courageous in the face of adversity! Keith Ferrara, 30, of Columbia, SC came in injured. He made a 782 SQ opener, and waived any others. BP: he missed, then made 485 - passed his 3rd. DL - one lift - 705. 1973 TOT - good job under the circumstances. It was a three way matchup to determine the medal placement. In a surprise move Paul Urchik, last year's champ @ 242, dropped weight to lift here, seeking advantage for WPO Middleweight bodyweight limit qualifying purposes. This weakened him in the SQ, where he got only 837. Paul had problems setting up. His 903 was ruled no good for depth, and then he got pinned with a huge 920 try. BP: went well, he got all 3 - 545. DL: after 699, he twice failed to get 738 going - TOT 2072 - 3rd place. Second place was former BP specialist, now full time PLer, Kenny Patterson, 29, of Grove City, OH. He's one of Louie Simmons' Westside boys and was looking good. SQ - 815 (2nd) deep and strong recovery. Final lift - 832 - he stayed down. BP - his showcase lift: He got a WPO Record 623.8 opener; and went to 661.4 - pressed the weight, then waited for an eternity, but never got the down signal from L.B. Baker. Patterson came back to make a difficult to finish but good lift of 672.4 a WPO WR. Old grip problems in the DL surfaced for Kenny again. He got a 600.7 opener, but 633.9 popped loose. A 650.3 3rd attempt - almost - oh no! He dropped it. TOT 2088.9 - gave him 2nd place. Had he made his 3rd attempt, he would've had 970 kg. (2138.5) and won first place. The surprise winner turned out to be the 29 year old Travis Mash from High Point, NC. Travis was 5th ranked nationally in this category this past year with 2022 (799 501 722). He really improved - SQ: 804, then 848 - which prompted him to holler: "there's a new dog in town!" Indeed, he wasn't finished yet, up to 881.9 (400 kg.) and after crossing himself he made a beautiful lift. BP: 507 - okay, but he failed 534. 3rd try - he got it up, but 2R for sinking it excessively into his chest. DL: 722 opener - excellent. Then he followed with 744 - equally good. His final with 755 didn't succeed. No matter, he'd already won the competition - 2132 - a huge result! Not only was he the Senior National, but he got \$1000 to boot for winning the WPO Middleweight Division. Patterson earned \$500 for 2nd with Urchik getting 250 for 3rd. Earlier, the Men's WPO Lightweight Class cash prize claimants were Berardinelli - \$1000 for 1st; Hoerner - \$500 finishing 2nd; and - surprise - Chris Leverett got \$250 for 3rd.

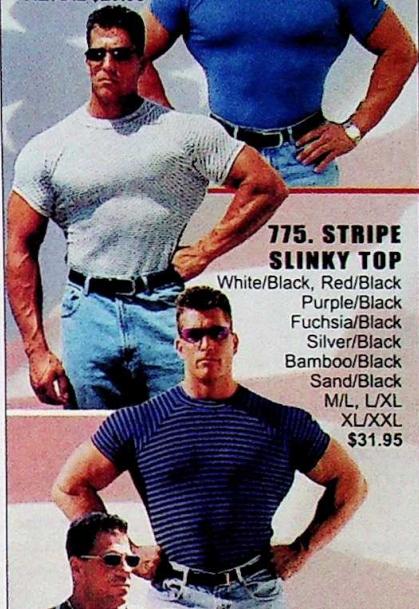
242 LB - Eight lifters contested for 242 honors. Chris Mason, 30, overestimated his SQ strength. "Ox" got stopped in the SQ - 799 was a miss, and he jumped to 848 for two misses. Joe Avigliano, 42, leader of the LA Lifting Club, reduced from 252 and overshot the mark; weighing in at 233 1/4. Despite nursing strained hip flexors, a shot elbow, and being taxed to the max by helping everyone else the last two days: coaching, loading in the warmup room, wrapping knees, pulling on shirts, etc. he came through in the SQ miraculously. His 755 opener was a bit harder than expected (he was wrapped too long), but his 771 was also deep and much

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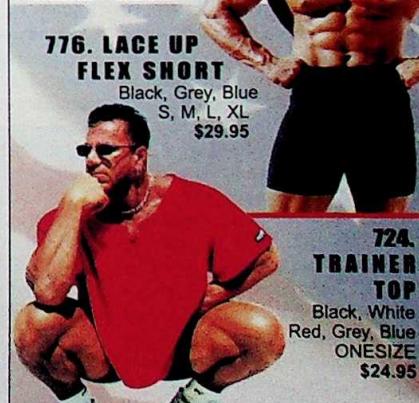
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In the 100 kg class (from left to right) 3rd place Paul Urchick, in 1st place was Travis Mash, of High Point, NC, and 2nd place Ken Patterson.

easier. Finally, the lift he had trained so hard for - 804.6 - was the easiest of the three - well below parallel with Nance calling him up - 3W. BP - 314 sans shirt to assure a total with his unpredictable shirt and elbow problems. His shirt split with 402 near touching, but a spotter touched the bar and they gave him the lift over. He got it up, but too ragged for the officials to pass. On with the double denim - 440 - last try. Joe touched, but was pinned. DL: 600.7, then 622. A PR 644 was almost up, but the suit straps were too tight and he couldn't finish. 1741 TOT - a gutsy display under the circumstances. Joe had his elbow scoped Friday, June 21st, back home in LA. Prognosis is excellent. Elite next year for Joe - if anybody deserves it, he does. Kevin Thomas, 33, from Atlanta, GA trains with Goggins and lifts almost exactly like him. He got a 722 after a missed start, but 2R for 771 with a forward lean like his coach. BP 529 (3rd) - up quick! DL 688 - 3W for 1940 - 6th place. Fifth position finish was Jim Gorrell, 30, of Tulsa, OK. Looking strong - Jim got 815 on a 3rd SQ, following a miss. BP - a clean sweep - 485. DL - made two - 661.4, but missed a 705.4 try - TOT 1967.6. Barely edging Gorrell out to finish 4th was Zdenek Voprada, 27. He's originally from the Czech Republic, but now makes his home in Omaha, NE. Zdenek nearly had a perfect day with a 777 SQ, 490 BP, and a 705 DL. Eight good lifts in a row before missing his last DL with 716 - TOT 1973.1. Capturing 3rd place and bronze medal was Clay Castile, 32, from Acworth, GA. He's a new face in APF Srs. action and looked good. Reminiscent of pro wrestler Jim "Me Anvil" Neidhart (only much taller) with his pointed goatee and flat top haircut, he SQed 793 deep, but got stuck in the hole. With bulldog tenacity, he came back for a solid lift on a 3rd. BP - smart picks: all 3 to 518 - a slow 3W finish. DL: 644, then 688 gave him 2000 TOT. He tried 705 going for 2017, but couldn't complete it. It was a real dogfight, going right down to the wire, for first place between Jose Garcia, 25, from Aurora, IL and Brian Weston, 33, of

Ocean City, MD. Garcia, the taller of the two opened with 365, following Weston, who made the same. Weston, with his blond crew cut, made 848 strongly. Garcia sought an advantage and tried 865, but stuck ascending. Garcia repeated on his 3rd - this time - good. Weston @ 881 made a solid success - 3W. In the BP, Weston did 523. Next came 540, which went up - denied by judges 2-1. Repeat - good this time - moving up slowly inch by inch - complete! Garcia went to work to regain lost ground: 518, 534, and finally 551 - a little tilted but 2W. Garcia was now 2.5 kg. behind. With lighter bwt, to his advantage, Weston opened at 655.8. Garcia's 683.4 brought them even. Weston sumoed his 705.4 2nd attempt for 2127.4. Garcia next hoisted 716.4 to take the lead with 2133. Final round: Weston raised 722 to the satisfaction of the judges and was finished at 2143. Garcia had one chance left. Also employing the sumo style pull, he ripped up 733 for the win (2149.5). He did it so easily it looked like an opener.

275 LB - This class tied with the Supers for having the most entries - 9! Three men dropped out of contention. Steve Goggins, 38, from Marietta, GA needed only to get one SQ on the board to pocket the gold. His tremendous ability is well known. Steve found the bar whippy. He opened with 953, then folded himself over, with his chest on his thighs, and got 2R for depth. Same weight - try again. This time it looked lower, but he lost his balance on the bottom. Steve decided to go for broke. He went after Ano Turtainen's WPO WR of 1014.1, and called for 461.0(1016.33). He had trouble getting set up, losing his balance, and re-racked, and then he took it down. Down, down, deeper than ever! Surely it was good this time! Up, up, he came. Right at the top, he lost position and pitched forward - a genuine shame. Others who dropped out here were Mark Swank, 34, from Las Vegas, in the BP after SQing 744, and Noel Levario, 28, of Elgin, IL. Levario got a 870.8 SQ, but failed all his benches also with 534, 540, and finally 573. Finishing 6th was Greg Jurkowski, 38, of Tampa, FL, on a flawless 9-9 day,

with a 766 SQ, 468 BP and 727 DL for 1962. In 4th and 5th place was the crazy attack of two "Zacks", placing back to back. Earning 5th place was Zack Hudak, 22, Rural Valley, PA, at 265.9 bwt. He walked his 782 opener out, took it deep, but lost it forward recovering. He wears his belt cinched up way high on his midriff. His repeat was good, but 815 got 2R. BP - a thumbless gripped 468 commenced with 3W. Next 501, no - for dipping, but good on his 3rd. DL - he missed, then made, 699, then jumped only to 705 for success - 1989 TOT. Winning the attack of the "Zacks" was Zack Passman, 270.5, from the LA Lifting Club. Three strong SQs yielded 771. BP: 501 looked rough - judges said no. Okay for a repeat, then a huge increase to 540 - he got it. DL: 650 sumo style popped right up. He next made a 688 PR which gave him the magic 2000 TOT he'd wanted. Final try was 705, going for 2017, which was missed forward. Third place went to the pachyderm-like Chris Taylor, 29, from Elmont, NY. At 272.7, Chris is packed with mass. SQ: a much improved 3rd attempt 722 - a PR. BP: his specialty - he got 617, then 633, but missed a PR at 655.8 after he told me he discovered the "shirt secret". Well, almost anyway. DL: Chris surprised even himself ripping right up all 3 - 666 was a PR and done so easily that he sat in his chair stunned afterwards - TOT 2017 - while his teammates rallied around him, patting him on the back. The 275 runner-up proved to be Mike Lanier, 30, 270 from Acworth, GA. Tall and well proportioned, Mike showed good technique and nailed an 804 squat, and stopped there. BP: he started with 479 and a thumbless grip. He leaped to 534, a miss, but came back to achieve it. DL - opener 694, then 722, pass 3rd - TOT 2061. The winner was Joe Ladnier, 38, from Vancleave, MS. He burst upon the scene 19 years earlier as a teen wonder. I was there at the USPF Sr. Nationals in 1983 where he hit a WR TOT of 2110 @ 220 right after Hatfield's 2099 WR hadn't even yet cooled off yet. He became champ that year, also beating another great one - Jim Cash. Reincarnated at 261 1/4, he's an incredible physical specimen. Dense slabs of muscle all over and with perfect proportions. The "Lad" was clad in a black suit and orange shirt, looked like a Halloween demon, released from the underworld to wreck havoc and destruction on the helpless barbell. Opener SQ - 804 - shaky for 2W. He got 826, but 2R for insufficient depth, and then went to 848 - 3rd - nailed it! BP - he was ready for the denim - 611, 644, and finally a smoke job with 661.4 that touched the right spot and was easier than previous attempt with slightly wider hand spacing and pulled down lower on the chest. DL: a 705.4 opener for a 2215 TOT, and an EZ win. He had 727.6 moving up both times, but they snapped loose from his grip, the last one a hair's breadth from being completed. This has to be the comeback story of the new century.

308 LB - 3 of the 8 men fell victim to the bombourt bug. Aaron Lawrence, 32, Falls Church, VA popped two squats (777), but missed all his benches with 534. Aaron Ross, 25, from National City,

CA looked almost svelte, 20 kg. lighter than when I'd seen him last. He blew his Frantz SQ suit in warmups, changed for his 821 opener, and again the stitches split. He got pinned. Second try, his backup suit compromised it's integrity - rip! Aaron panicked, and bailed out, as his hamstring tore, the other one got twanged. It was said he was out of the meet for failing to stay with the weight, but he was unable to continue anyway. Jay Rhyne, 29, of Marietta, GA @ 289.2 got off to a great start. He destroyed his 826 SQ opener but couldn't finish his borderline 892 try. He passed his third as he was hurt. He was able to continue, temporarily, and BPed 584, on a 2nd, but couldn't quite lockout 600.7. I presume he couldn't DL, as he didn't return to the platform. Finishing in 5th place was 25 year old Adam Howell. Adam, at 306.4, was an unknown factor. He started light (771), and jumped big for 2 misses with 832 & a subsequent try @ 854. Howell had no problem with a 551 BP, but his 600 and 606 tries were too heavy. Wearing red knee length socks Adam, tucked his chin on his chest to watch himself pull. He secured 655.8 on his last try - TOT 1978. Michael Olmo, 27, from Trumbull, CT showed lots of heart. At 288, he came in injured, not knowing if he could lift at all, but he did. His injury obviously affected his SQ: opener 854 - 2R for depth. He bravely shot the works, went to a PR 909, but missed again. Facing elimination, on his last try made a courageous good lift to stay in the meet. BP - 512 & 534 successes, before missing 551. Mike was really hurting and came out with a token 440.9 DL to test his back. He then went up to 705.4, pulling out all the stops, but couldn't budge it. I figured he was done. But, out he came, and damned if he didn't do it despite his crippled condition - 2149 TOT for 4th place. Mike, you are truly hard-core! Two mighty mammoths locked tusks in a death struggle to determine the



Jose Garcia - 332.5 kg @ 110 kg

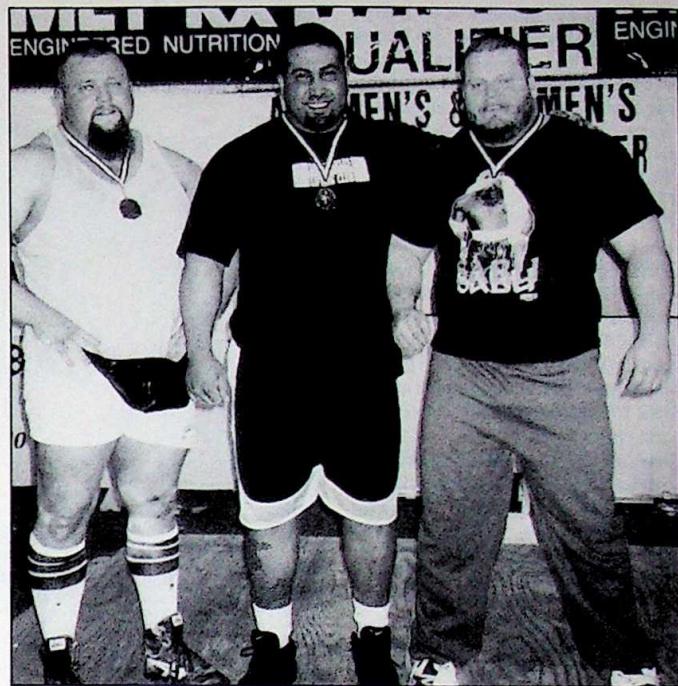


Joe Avigliano - 365 SQ @ 110 kg

308 class winner. It was between Billy Mimnaugh, 28, of Norwalk, CT (Olmo's training buddy) and Oan Basson of Israel, 24, who's been living and training in Burbank, CA, under the wing of coach Joe Avigliano. Oan came to us last August with a best SQ of 600. His progress has been astronomical. Mimnaugh, is pretty amazing himself. Unlike last year, when he struggled, he came in hard and fit, looking improved (dramatically)! Considering the huge 2303 TOT @ 317 bwt. he'd made last Oct. in a Russ Barlow meet (942 573 788) he had to consider the projected winner. Here, Billy struggled to get low with an 826 opener - 2R. Basson sunk a 832 opener, and got 2R, which shocked everyone as he'd buried it. Billy cautiously went up to 848 - good this time. Basson destroyed 859 on his 2nd. Basson came out for a big 903, and powered through it, deep, easy, obviously good for more. Mimnaugh took the same 903 to stay even but was called for depth - not good! BP: Billy looked sharp, opening easily with 540, and then he went to a PR 578 - also good - before getting pinned with 600. Oan commenced with 562 and zapped it! Next he popped 584. Joe picked Oan's 3rd, and didn't tell him what it was - just saying "Do it!" It was not until he was taking it chestward that he heard announcer Russ Barlow declare it was 622! Basson had erased Obradovic's Jr. WR last Dec. with 280.5 (618.5), but hadn't approached it since, nursing a shoulder problem. He made it for a good lift, though it looked difficult. Oan contradicted me afterwards, exclaiming it was "EZ"! Subtotals: Basson - way in front - 1526; Mimnaugh 99 back with 1427. Billy was the vastly superior puller, so the outcome was anybody's guess! The DL is Oan's Achilles Heel, but he rose to the occasion. A PR 633 opener was very EZ - for 2154. Mimnaugh began bridging the gap, and did 722, and with 2149 was right on Oan's tail. 2nd attempts: Basson pulled 655.8, and had 2182. Mimnaugh lifted a near best 777 for 2204. The moment of truth had arrived. With one attempt remaining, both men readied. Avigliano ordered up 677 for his boy, and told Oan, "Pull this - you win - miss and you get 2nd." Basson weighed a mere 200 grams less. Success would force a tie

(2204), and put him in first as lighter man. Out he came, snorting like a rhinoceros. It was 44 lbs. more than he'd done in previous competition. He pulled it up, and was now in top position. However, it's not over till it's over. Mimnaugh had one try remaining. Committed to 804, he went for all the marbles. Could big Billy pull the fat from the frying pan? It was a monumental try, but, no, he didn't do it, twanging his forearm. We'd just witnessed the closest matchup of the whole meet. Mimnaugh was a great sportsman and showed true class. The champ was Israel's armor plated tank of destruction - OAN BASSON.

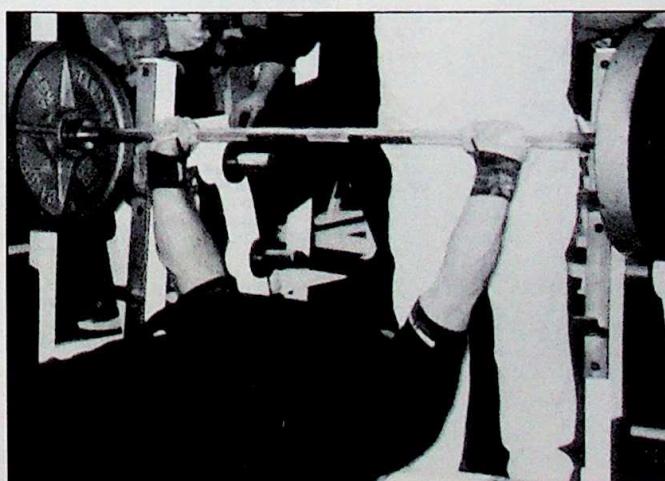
SUPERS - this was an assemblage of the strongest group of Superheavyweights the World has ever seen, all together on one platform at one time. It was positively awesome! Tom Skiver, 36, from Cadillac, MI @ 331.6, had a best TOT of 2345 (900 635 810) at the APF Michigan State Championships in March. Tom had SQ depth problems here with 903, which he easily handled 3 times - eliminated! In 8th place among this incredible group was Ed Russ Jr., 34, @ 356 from Patchogue, NY. In only his 4th ever competition, Ed's short, bald, and stocky, like a compressed version of Gary Frank. An exceptional squatter, Ed handled 854 like a toy. He jumped clear up to 920 and destroyed it! It was deep with a strong recovery. Up to 970, which - astonishingly - he also handled with authority. No question regarding depth! This virtual unknown handled this enormous weight with ease. He benched well also - stroking 529 - missing, then making 562. With body levers not conducive to the DL, Russ did 551, 600 (for a 2132 TOT), then missed 672 going for 2199. In 7th was WPO Prez and Founder Kieran Kidder. Kidder took some time for quality training with Louie at Westside with bands and chains for an assault on the thousand lb. SQ. First try - 903, 2R for borderline depth. Kieran increased to 920 - 2W, good lift. Next he went to 1003, took it down, and motored right up, with power to spare. At the denial, he was very disappointed. A big disappointment, but he'll try it again at Bruce Greig's North American Championships in Late Au-



140 kg medallists - 3rd - Grove, 1st place Basson, 2nd place Mimnaugh

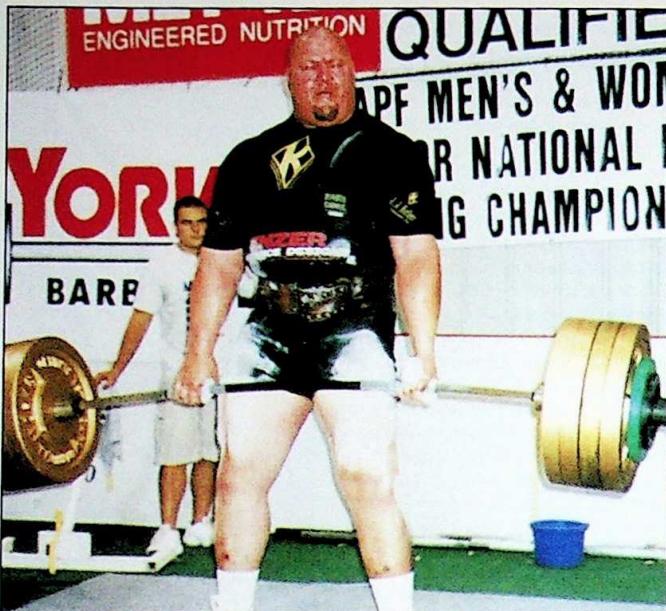
gust. His 534 BP was blasted up. A quantum increase to 600 met with failure twice. DL - two good ones - 633 & 688 - and he passed his last - TOT 2143.9. I believe Kieran will smash the 1000 kg. (2204.6) barrier this year. Due to an untimely last minute injury, the premier squatter on the planet, Brent Mikesell, came in with a damaged wheel. He'd twanged his inner thigh doing 1075 the Tuesday before coming to the meet where he had hoped to assault the 500 kg. (1102.3) barrier. Brent owns the biggest official SQ of all time 1074.8 delivered March 17th of this year in Red Deer, Alberta, Canada. I was there and saw it - deep and positively awesome. Brent, 35, from Spokane, WA did 2303 officially in Canada, but was a hundred lbs. down here. SQ: 848, then 903 to test himself. No more, not wanted to risk further trauma. At 331.6 he easily benched a PR 573 3rd, 3W. DL - 727 was ridiculous for 2204. Two tries @ 804 wouldn't cooper-

ate. Brent could hardly walk that evening. In 5th place this year despite great improvement was Dave Nettles, 33 & 344.3, from Salisbury, MD. For two years in a row Nettles scored 2199 here at the Srs. I chided him about breaking the 2200 barrier, but he bypassed that altogether and went 2303 today! SQ: 953 deep on a 3rd that looked effortless after missing it on 2nd, running out of oxygen and losing balance. Otherwise, he'd have busted a 1000. Huge BP and DL progress with 584 and 766 respectively on thirds. The struggle to determine 3rd place between Lee Barry, 26, of Marietta, GA and Craig Gallo, 30, Ann Arbor, MI was tight as the bark on a tree. Barry scaled 318.9, while Gallo tipped the bar at 323.08. Barry had moved up from 308s where he hit 2253 in February at the WPO Finals. He topped out at 2336 here - 881 - deep SQ, BP: 650 good on a repeat from missed 2nd. DL: 804. He had one lift to upset Gallo and waited to try it. Craig, meantime, was making hay himself. His SQs were tremendous. He used his Frantz canvas suit to put all his SQs precisely into a deep hole: 931, then 986, and finally 462.5 (1019.6) the best of the lot, looking almost effortless, was a new WPO WR (lifting in both divisions). He got on the scoreboard with a 473 opener, and took a big jump to 556, also good. A PR final lift of 578 was almost achieved. DL - Craig pulled 655.8, then 705, and topped out at 766 for a great TOT of 2342.4 - a personal best sum. It was an 8-9 day. Barry wanted the bronze and went after 832, going for 2364.4. He pulled it, looking acceptable to me, but the judges said no, so he was in 4th place a scant 2.5 kg. (5.5 lbs.) behind Craig. Louie Simmons had two prize pulls brought in for display from Columbus, OH. Danny Thompson, 354, was in WPO action only. SQ - 903 good, followed by a huge 975 try which stuck at parallel - couldn't recover - passed his



Joe Ladnier, of Vancleave, MS, with a 292.5 kg bench @ 125 kg class

last. BP - a 622 opener was duck soup. Miss at 666 and again on a 3rd, almost locking it out. DL: a 744 1st for 2270. Up to 810, which was turned down for what may have been the most minuscule of nudges. Great talent with unlimited potential. Matthew Smith, 28, proved he's the real deal. He's as huge as Garry Frank, standing 6'4", and weighing 345.9 here. He's Louie's true successor to the late, great Matt Dimel and he showed his incoming monster 2445 TOT was no fluke. Matt's safe 848 SQ opener was very EZ. His 2nd with 931 was deep & strong. Finally, he took 959 for another perfect lift (also a PR). BP: 611 with effort, then 666 - also good. Matt wanted over 700 and tried 705.4, but couldn't notch his groove. DL - start 744, which gave him 2370 and sewed up 2nd place. Next came 788 - no problem - now he was at 2408. He went to 821 going for 2447, which would exceed his best ever sum. It came up, but not as smoothly as the judges wanted to see - no lift. Has a man ever gone over 2400 and finished 2nd before? An unprecedented dilemma for big Matt, who physically and facially is a dead ringer for Kenny Patterson, only a whole lot bigger! The reason for Matt's dilemma being that the Louisiana Leviathan was here and he is so far ahead of everyone else that you'd think he was from another planet, where the strong gravitational pull there gives you superpowers here on Earth. Actually, Gary Frank, 36, from Baton Rouge, LA is human after all. He just happens to be the strongest of all humans on the planet now, and in all of Powerlifting History for that matter. His performance here defies reason. At 362.88 he was in tip-top form. Injuries that had hampered him earlier in



Garry Frank, Baton Rouge, LA, with a 410 kg. Dead lift for 2640 Total

the year didn't seem to be a factor. His ceiling of 2606 done last December seemed so astronomical, that it didn't seem possible for even him to do more than that. Garry initiated another upward surge here and blew that aggregate away. SQ - 942 - a toy. Up to 1014 - a competition best. It was down and up - no problem. Just to be sure, the judges made him do it again. This time - yes! BP - His technique was subpar today, but despite setting it awkwardly high on his chest, he muscled up a 722 2nd attempt - good - after a 666 opener. Third try at 744 - no

go. DL - Garry had been working his deadlift hard in training, something that paid off, as he usually doesn't practice them often. His 848 opener literally flew up for a monster 2585 total right off the bat. Now the Big One. Garry took 903.9 to crash the 900 barrier, one barrier that has eluded him in the past. He vaporized it! We rubbed our eyes in disbelief as Garry showboated a little, and held it for a long time to punctuate his total dominance, looking from side to side at the officials - asking if it was good enough. Indeed, and laughingly so. His TOT was

now an incredible 2640. Since Garry was competing in both the APF Sr.s, as well as WPO, it established a new WPO WR pull and a WR TOT in both divisions! Only 7 men in History had pulled 900 before him. Garry wanted to claim the biggest pull of all time. Gary Heisey's epochal 925 had remained unscathed up to this point, but GBR's Bolton had raised 921.5 at last year's WPC Worlds. 420kg. (925.9) would've done the trick, but 420.5 (927.04) was loaded instead. Garry got out of position - with hips too high - an anticlimactic effort. It will wait for another day, when I believe he'll do it. Garry continues to narrow the margin - inching closer to the preposterous prediction of 2700 lbs! That's impossible for anyone else to imagine doing, but not for the man who is the one and only true claimant to the title - "Strongest Man on Earth". Stay tuned for this ongoing saga! For his day's effort, Garry collected \$1000, for winning the Men's WPO Heavyweight Division with Matthew Smith collecting \$500. and Craig Gallo taking home \$250.

If you don't think that the WPO is the greatest thing that has ever happened to PL then there must be something wrong with you. At this meet Kidder gave away \$8,750 in cash awards for incentive. The WPO brought out more competitors of top level into APF participation here. This is a positive shot in the arm for our sport. I thought this was the tightest, yet most consistent fair judging I've seen in APF Seniors since I attended my first one in 1995. Winning the team championship this year was the Los Angeles Lifting Club with 5 first place titles. Congratulations to Joe Avigliano and everyone on the roster who participated in this great team effort to forge a dream into reality!

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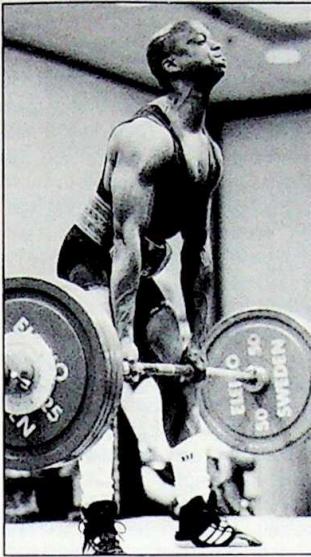
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Ervin Gainer with a 508 lb American Record deadlift @ 114 lbs.

Dennis Brady presented yet another seminar on how to run a National Powerlifting contest (how many has he done at the Lincolnwood venue?). With a well-oiled organization in place, he looks forward to doing the IPF Women's Worlds next year, one of his lifelong goals, and it will be run at the same facility, over a longer period of time.

In the 114s, Ervin Gainer continues to amaze us by getting more and more out of his 114 lb. body. Though he had trouble satisfying the tough squat judging, he pulled

USAPL Men's Nationals as told to PL USA by Mike Lambert

at a 501 deadlift, a weight that was originally posted as his opener. Peter Wong looked like he was born to bench, structurally, and his bench went better as it went up in weight: two reds on his opener 303, 1 red on his 2nd at 314, and no reds on a sensational 325, which actually exceeded the American and National records, held by Freddie Higgins (who was on hand to judge) at 319, but I'm not sure if anyone realized it was a new mark until afterwards. Damarrio Holloway, resplendent in a red, white, and blue Louisiana Tech uniform, had a good look at 2nd place, but he had to hop forward with his 518 final deadlift attempt before finishing. 45 year old Sam Meadows made a very hard 468 deadlift to finish off his day in 4th. Former national and international contender Phil Hile was back, looking strong, but he could not satisfy the judges on three tries at 374 in the squat.

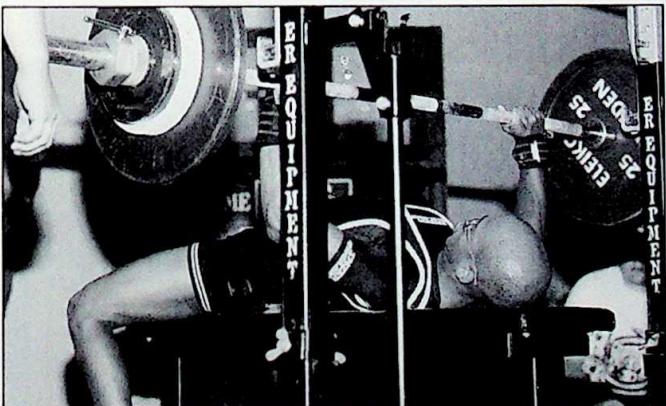
In the 132s, Tim "the Tool Man?" Taylor got stopped with a 473 squat, and seemed like he had a good shot at the 600 deadlift he tried on his final attempt, as he comfortably won yet another national title. Vince Niedoliwka entered the meet at 123, but went up a whole class limit and lifted with much more maturity than his 16



Done!... Tim Taylor had no problem with a 573 deadlift @ 132

training again now that he has been re-born into the masters ranks.

In the 148s, Jeremy Arias was out with an injury and that put Greg Page and Scott Layman head to head. Greg only made openers in the squat and bench, but snapped up all his deadlifts crisply to nose out Scott by 2.5 kilos. Scott was agonizingly close with his two attempts at a 567 squat. Keith Scisney was red hot - all of his squats exploded up with raw power, even the 573 he didn't get passed, and he made all his benches and two of his deadlifts with the same disdain for gravity. His last pull attempt of 551 was the only weight that handled him on this day. Capt. Kirk Karcowski was helping him out, by the way. Lance Slaughter, who has 15 years of movie work in his back-



123's... Allen Whigham's 253 pound bench press was a hard fought success (All photographs of this meet are courtesy of Mike Lambert)

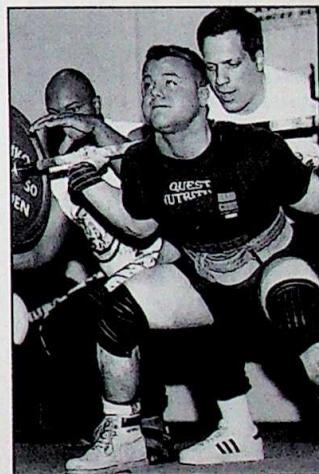
in a new American Record deadlift of 508 on his 2nd attempt, but had likely run out of gas for his 3rd opportunity at 518. Michael Hafnback, 17, out of Yutan, Nebraska, made a very hard effort at a 181 bench, and then almost had either of two spectacular efforts at an American Teenage Record deadlift of 397.

In the 123s, Allen Whigham took the class with balanced strength, missing only his two tries

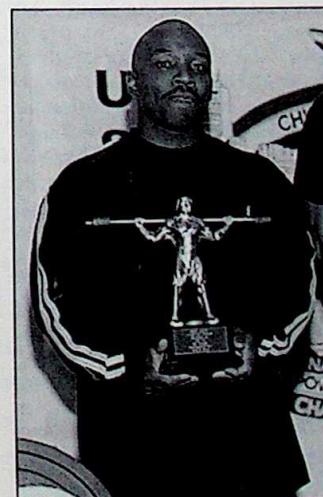
years, and he had even more in him, missing twice at 440 in the squat, and once at an American Teenage Record bench press of 293, as well as a 485 deadlift. Most of the lifters in the meet benefited from the consummate expertise of Eric Curry, the Handoff Man, who has done such a great job at past meets, twice earning standing ovations from the lifters at national meets. Also on hand was master spotter Ed Riley, who has started

ground, showed he is more than a one lift wonder, coming back from a missed 468 to get a 479 deadlift and finish fourth. Mark Sigala, 41, made all his squats easily, but only 451 counted. A slow, hard pull of 606, an American Masters Record, did not go. Paul Wong from St. Paul, Minnesota had trouble in the squats and did not finish.

In the middleweights, Wade Hooper had his way with the competition, but not with the barbell, only making 4 out of 9 attempts, missing twice at easy attempts of 710 in the squat, and on a 451 bench, which he had to re-start for a miss, and also two shots at the nemesis poundage of 600 in the deadlift. Marcus Brandon made only 3 attempts (missing 2 tries at a 628 squat, two tries at a 424 bench, and a 551 DL opener and 556 3rd attempt) but he commanded runner-up status anyway. Erick Nixon had family in the audience (C'mon Daddy!!!) and while he missed a squat at 567 and a bench of 391, he stylishly made a 639 deadlift before missing, barely, the 655 he tried on his final heft of the day. David Bracken of Los Alamos, New



In the 165's Wade Hooper easily handled his squat poundages

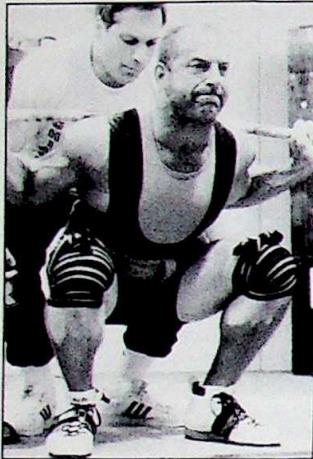


Greg Page won a very tight battle

Mexico had a very fine 9/9 day to finish 4th, and Kenny Davis was 5/9 in 5th. Sean Dicataldo and Jerry Hill took 6 identical attempts through the squats and benches, and then Sean took off in the deadlifts to finish up 6th over Coloradan Chris Hughes. Connecticut's Tom Taylor shook violently with his final 573 deadlift, but it was good enough to get him 8th in this very competitive class. Hill ended in 9th, over Hawaii's now very blonde Fernando Corpuz, who missed weight in the 148s, and took 3 tries to get a 501 squat on the board. Speaking of Hawaii and Powerlifting, P.J. Couvillion received the well deserved Brother Bennet award for the year, apparently at the same approxi-

mate moment as when he was going into the hospital in Hawaii to deal with some serious health problems.

In the 181 lb. division Rob Wagner was in a class virtually by himself, missing only a 424 bench and a 661 deadlift (on grip) for another national title. Josh Decker is a young Michigan lifter, laden



Wagner dips and pops right out of the bottom of his 733 squat

with slabs of muscle, who missed only a 413 BP and a 628 DL. Shawn Frankl took tries at a 567 squat and 429 bench as part of his 3rd place performance. Former World Team member John White had to struggle to get his opener 523 squat in, but thereafter only missed a 622 deadlift. Jim Brown of Scranton, PA, made only 4 attempts in his 5th place showing.

At 198, there was a classic confrontation between Ray Benemerito and Mike Mastrean. Ray went down a weight class from last year, and the shocked silence after his wickedly difficult opener in the squat at 683 was exceeded only by the shocked silence in his own head at how hard it was. He then dipped

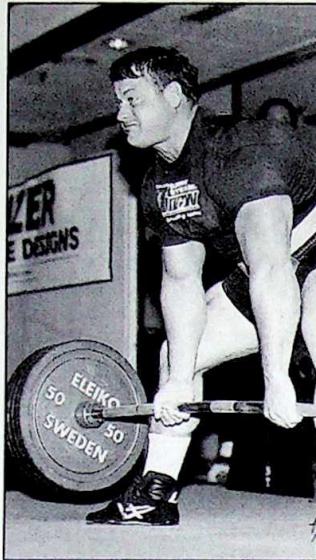
699 twice, much more easily, but apparently high, and he knew he'd dug a hole for himself. He missed a 490 BP attempt, but hugged spotter Ed Riley after his made 496 on a 3rd. In the deadlift he put the pressure on Mastrean with attempts at 705 and 727, before missing a 749 after he had already won the class. Mastrean was confidently bold after missing his opener 716 squat, jumping to 727 and a 749 that his bulging thighs easily managed. In the bench he got 468, but not his 3rd try at 473, and in the deadlift he made 661, and 683, before trying 705 to force Ray to a difficult effort on his final attempt, but Mike couldn't quite handle it. What a noble effort by two exceptional strength athletes. Ray traded his lifting suit for a business suit on Sunday to sit for his Category II referee's test, and I think I heard that he was successful there as well.

In 3rd place, Craig Terry was set for a try at a new American Record in the deadlift of 783, and off his smooth 749 it looked like he would have a good shot, but it stalled out. Blocky Mark Fanone corralled 4th place with some nice attempts, but he left a 650 squat, 446 bench, and 705 deadlift off his scorecard on his third attempts. Long, tall Nick Tylutki of Melrose, Minnesota took three tries to get his 639 squat passed, then missed his opening 330 BP try, but nothing else thereafter. Portersville, PA's Jason Beck was next up, missing out on a 418 bench press twice, and then came the three Team California lifters. Greg Buffington had the better day, missing only a 424 BP, while Joe Matteo missed out on a 633 squat, 418 bench, and 589 deadlift. Keith Kanemoto was scarred by his troubles in the squat, but he will recover.

In the 220s, many figured Charr Gahagan to be the favorite, but when he just didn't have it with his two tries a 771 in the deadlift, his opener 738 plus his 1124 subtotal gave veteran Tony Succarotte a target, and he had just barely enough in the deadlift to overtake the former Louisiana Tech star with a factual limit 677 deadlift. Angelo Poulich had his own troubles in the squat, but roared up a success with a final 672, and then he lost an attempt to a shirt problem in the bench, before getting his 462 on the board. He then missed 672, before coming back to make it on his last opportunity in the deadlift. Ryan Stills of Racine, Wisconsin styled his way into 4th, missing only one lift - a 661 squat - which he later came back to make. Jason Burnell missed higher lifts of 688 in the squat and 655 in the deadlift, and rugged Shawn Bateman missed bigger lifts

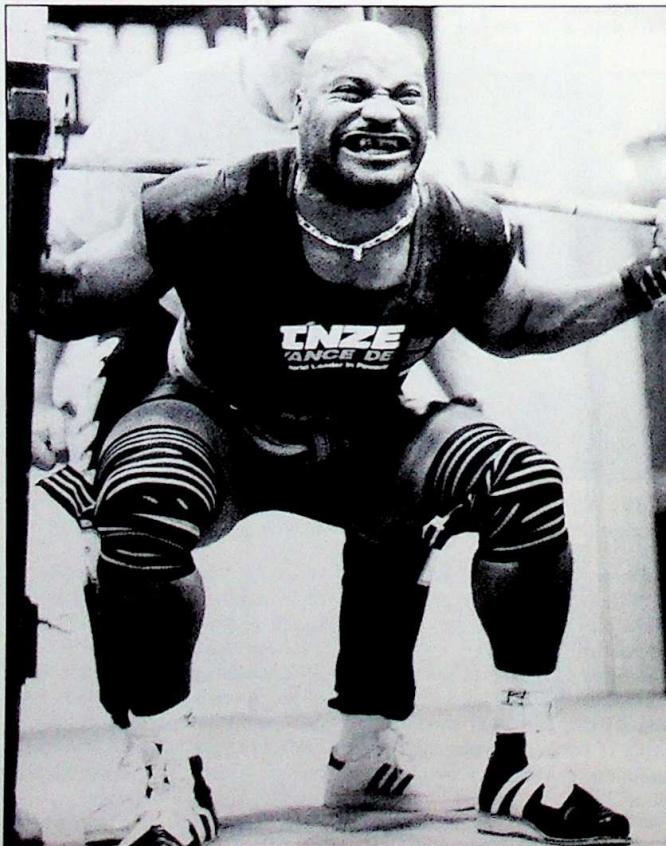
the Battle of New Jersey in the 198s with Benemerito, but injured his back several weeks out and decided to go for a bench record instead. He got his new "Fury" bench shirt from Pete Alaniz of Titan just a few weeks prior to this contest, but really liked it, and used it to try to break Mike MacDonald's long-lived IPF World Record in the 220s (set the year that PL USA started - 1977). An easily done official IPF World Record was his reward. He switched to a tighter shirt on his final try at 600, but could not get the bar to his chest. He thinks he could get that 600 at his next meet. Bart Conklin timed out his first attempt in the squat, and did not ask for any further attempts.

In the 242s, Tony Harris has put his injuries in the past, and had an 8/9 day, cracking the 800 barrier in the squat and the 500 barrier in the bench, (missing just his last attempt 782 deadlift) to produce a very high quality 2072 total. He also judged at the meet, helped out several other lifters, and wasn't shy about flashing his broad smile. The pack behind him had quite a tussle among themselves. Chad Holmes had to work his wide back to less than full capacity, when he missed 716 in the deadlift twice for non-strength related reasons, and then he had to take a safe 722 to preserve 2nd place on his final lift. Matt



Succarotte, in the 220's, had enough with his deadlift to win

of 633, 501 and 677. Mitch Edelstein handcrafted 7/8 attempts to a 1647 total, just ahead of Jason Shoopman, who missed lifts of 606 402 and 705, which would have made a difference. Robert Karacson almost bombed with 606 in the squat, but made it to his best lift, but 2 tries at 705 would not go. Last of the lifters totaling, but first in the hearts of many at the meet was Joe McAuliffe. Joe had hoped to win



Tony Harris was very happy to crack the 800 pound barrier @ 242



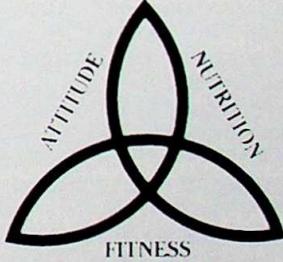
Mastrean (left) and **Benemerito** were both winners in the 198s

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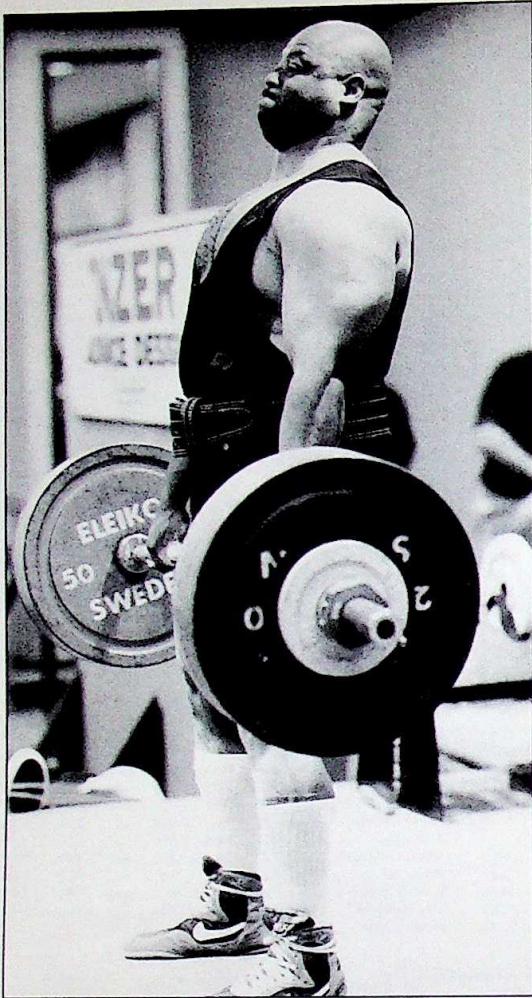
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Kroczeleski went on a 9/9 tear to finish 3rd, and a fit looking John Planas was not far behind. He missed only one lift - a 727 squat. Veteran Shawn Cain ... in his 18th Men's Nationals ... toughed up a 722 deadlift to get 5th over the fine performance of Scott Waits. Illinois' Jay Leinfelder got a nice 705 squat and doubled that up with a 462 bench (miss at 479) and a 666 final deadlift to stuff the 1800 barrier with 1834.

Brian Whitman, who was up halfway from the 220s (at 105 kgs. bodyweight), also broke the 1800 barrier, missing a 727 deadlift on his final try. Mike O'Donnell had the misfortune of blowing out a suit on his first squat, and then blowing his replacement suit on his 2nd attempt, before making his opener on his final try in yet another squat suit. He finished up nicely with a 661 deadlift, however. Erik Steiner was .7 kilos heavier than Mike, and thus a notch back, but ahead of Texan Chris Kahanek. Jon Magendie, with some huge legs, missed lifts of 633 in the squat and 699 in the deadlift.

The 275s were interesting, especially when Willie Croner made an almost tearful 826 third attempt squat and then ran out a string of successful attempts until his final DL of 738. Cardella missed an 804 squat, and then had to take a 534 BP over, before missing 755 in the deadlift for 2nd place. A lot of deadlifts could not be locked out in this class. Massive Greg Wagner, who has been doing some training with the Gillinghams in Minnesota, was 8/8 when he went for the win on his last deadlift with 727, but didn't make it. Still, it was nice to have so many lifters over the 2000 mark, and superthick Tamo "Big Dawg" Williams made it 4 with his 5/9 performance. Travis Rubey led the next group, after his fine 738 DL (he missed at 755), over rough-hewn Doug "Big Bucks" Ballard, and Ryan Goldin (who missed lifts of 540 BP and 672 DL twice). Scott Lade was in the middle of things as well, and his misses at a 760 SQ, 573 BP, 633 DL would have helped.



Willie Croner was able to force Cardella to 2nd place

Brad Madvig had a 7/9 day (tough miss at a 501 BP and a 699 DL), and WNPF star Chris Dippre was an impressive performer, but missed a 777 squat and 688 deadlift (twice). Deron Rogers' 722 squat and 755 deadlift went astray, but Patrick Anderson missed only his final DL try of 644. Dave Villeneuve missed the same 644 twice in the DL, and also had to repeat his 683 SQ and opening 451 BP. Robert Speno missed twice at a 672 SQ and a 644 DL, but got his 473 BP after missing it initially. Dean Reese came up with his squats, but they weren't passed, as was the case with WNPF and WDFPF star Corey Ferrell. Rugged Patrick Johnson painfully missed his three squat attempts as well.

In the Superheavyweights, Brad Gillingham had torn his biceps at the Arnold Classic strongman event 17 weeks prior, had it surgically repaired, and had only a 9 weeks to prepare for this event. When he got his arm out of the cast, it was only 13", but he got it up to almost 20" by meet time. With a fresh scar evident on his arm, he squatted well, missing only at 843 when his suit blew, a first for Brad, and he

wasn't even wearing a tight suit. He benched very conservatively: 556, 567, 573, and his deadlifts were even more conservative: a toy of an opener at 716, then 749, and 771. He flashed his biceps after the last one and declared that he is "back". Ironically, Brad had told his family not to accompany him to the meet in their regular, supportive fashion, because he probably wasn't going to lift, but when a couple of spots became open according to team selection criteria, Brad determined that he had to total 2171 to make the USA team for the IPF Worlds, and that's what he did, to his great satisfaction.

Brian Siders had struck observers in West Virginia with awe some time back, but now he has reached center stage, for everyone to see how great he is. After his impressive performance at the USPF Mountaineer meet, youthful Brian Siders came in as the favorite and proved himself deserving of the honor. After getting called (apparently for depth) on his first two squats, he clearly adjusted his descent on the 3rd to make it. Then, in the bench, he missed, then came back to make an IPF Jr. World Record in the bench at gigantic 644. He deadlifted very nicely to produce a world class total of 2243 and the win. Brian's eyes sparkle... as if he can see just how much stronger he is going to get over the next few years.

Tony Leiato was also consid-

ered a potential winner, and he did make the highest squat of the meet, taking 837 over for a success, but he missed a 606 BP and 749 DL. Sean Culnan had a tough day, missing 799 in both the squat and deadlift, and ended up 4th in this highly competitive division. Exuberant Dennis Hulslander enjoyed the meet as much as the crowd enjoyed him to win 5th position on bodyweight over incredibly stocky Lance Karabel, who had misses at an 810 squat and 705 deadlift. Paul Fletcher bumped up from the 275s (weighing in at just over 286) to finish up ahead of Bruce Lee's 1912 on deadlift superiority. Another former World Team member Mike Anderson went 5/9, missing a 501 bench twice and a 688 deadlift. Ohio's Wade Likens missed only a 661 squat to come up with his 1856 total, just ahead of the other Wade (Hanna) whose double misses at a 485 bench and 699 deadlift cost him a place or two. Van Hatfield of Utah was looking stronger than ever, even though he didn't get credit for squats of 815 and 821, but on his final BP try at 562, his shirt ripped and the bar came smashing down on his chest. Groaning in considerable pain, he lay on the platform for several minutes, undergoing medical attention, before finally walking off under his own power. There was some concern that he might have bruised his heart and further medical observation was recommended. California's Frank Cable could not please the judges with his 705 squat on any of his three tries, and received no white lights.

Best Squat was by Rob Wagner, Best Bench by Brian Siders, Best Deadlift by Ervin Gainer, and Best Lifter Overall by Siders. Next year's meet will be in Rapid City, South Dakota on 18, 19, 20 July 2003, promoted by Steve Howard, who already had a table at this meet to promote the event.



Brian Siders getting ready to launch a WR bench

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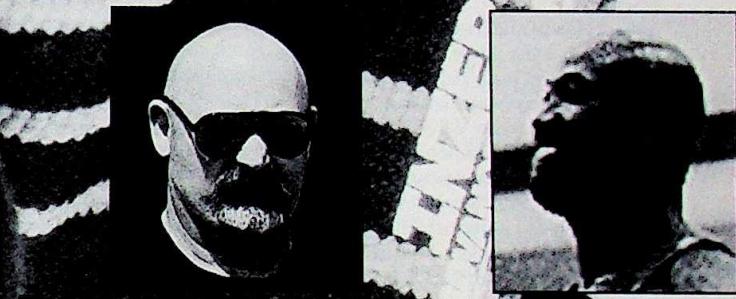
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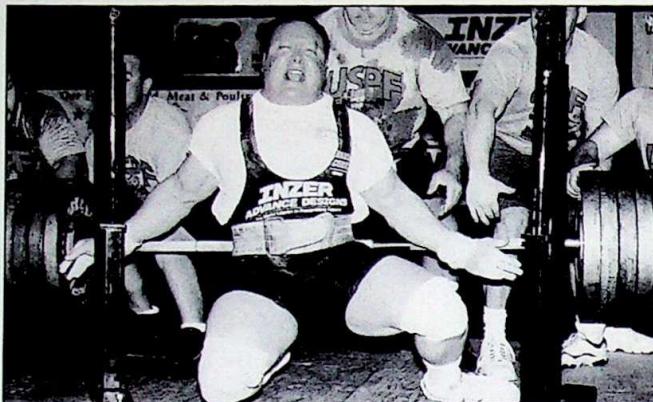
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It's been a while folks, but Mr. Lambert asked me to grab my camera gear and zip over to Wild Wonderful West Virginia to cover the 2002 USPF Men's and Women's Senior and Masters National Championships, and as a bonus the Mountaineer Cup IV was on the same day. So, on June 22, 2002 I found my butt parked on the floor in front of the squat stands again. Before I get into the meat and potatoes of the events, I would like to get something out of the way. Since I am not Herb, Mike, or Marty this article will be lacking any really big words or colorful descriptions. Maybe a few "Bertisms" will be thrown in here or there, but I'll leave the entertaining, insightful, fact-filled writing to the professionals. Since this is my first attempt at writing about any meet I would greatly appreciate it if you didn't give me any crap, I might get my feelings hurt. Okay, let's get down to it.

Nick Busick and his cohorts from the Mountaineer Race Track and Gaming Resort really did a fantastic job orchestrating a very smooth multi-meet event. I really think Nick is going in the right direction with the way he is trying to inject powerlifting into the mainstream as well as making it lucrative to participate in. The Mountaineer's President and CEO Ted Arneau support Nick's vision and has been very generous in helping fund the effort. The meet was held inside "The Harv" which is an ample 5,100 seat theatre and event center. Although not filled to capacity there was a good attendance and a steady line at the concessions stand where various staples like hot dogs, pizza, and sausage sandwiches were made available at a reasonable price.

The combined meets did not have as many lifters as one would have expected. Albeit the Mountaineer is supposed to be limited to 16 lifters, the USPF Seniors was a little thin in comparison to others that I have attended in the past. Nonetheless, most accept quality over quantity and plenty of quality lifting took

USPF Seniors/Mountaineer Cup as told to Powerlifting USA by Bert Wagner



Ed Coan's Injury ... he's going to leave the sport on his own terms and is rapidly recovering. Surgery was on an out-patient basis, and he is getting around in a modified ACL knee brace already, working out in ways that don't affect the injury. (all photographs are by Bert Wagner)

place. I was especially impressed with some of the masters lifters. When I am their age I hope I'm able to feed myself, let alone crank some of the poundage that these folks were throwing around. I also noticed that there were a fair amount of lifters who relied on little or no lifting equipment save for a belt - almost raw.

The lightest lifter of the day was Ann Leverett, lifting in the 48 kg. class. Falling somewhere in the 45-49 age group, Ann just attacks the weight. She was very solid in her squats, getting a 319 lb. third attempt and managing a new American record of 321 lbs. on a fourth. In the bench Ann got her second attempt at 181 lbs., with a close try at 187 lbs. for her third. Ann finished the meet with her second attempt dead of 347 lbs. and a big 848 lb. total. In the 60 kg. master 80-84 class there was Josephine Merrell. What an inspiration. Apparently she and her husband Roger Merrell both were suffering from some debilitating health problems and just recently took up weightlifting to regain some

of their health. Josephine missed her second squat of 60 lbs., but came back and worked hard on her third to nab it. The benches were a little tough for Josephine, getting out of the groove on her 55 lb. second



Altogether! Roger & Josie Merrell

attempt which pretty much depleted her strength to get it on her third. She ended up with her opener of 49 lbs., but then came the time to deadlift. It turns out that Josephine is a pulling machine. She toyed with all three of her attempts, ending her session with a 132 lb. dead, but Josephine wasn't done yet. For a mid-meet treat, Josephine and her husband Roger astounded the crowd with a two person deadlift of 320 lbs! How cool is that? Both of them are in their eighties, both of them had already lifted that day, (matching outfits to boot), and both of them love the heavy iron. I am officially adopting them as my new grandma and grandpa. The third out of the three female lifters was Jackie Ortelli, competing in the 67.5 kg. open class. Jackie finished the meet with a 633 total. She has not tapped her poten-

tial and I think if she can solve her consistency problems, she could leap into the 800 lb. total range very quickly.

Starting off the men's classes was Robert Noseck competing in the 67.5 open class. Robert displayed some balanced lifting, going 8 for 9, and being credited for a 492 lb. squat, 325 lb. bench and 446 lb. dead, ending his day with a 1201 lb. total. I'm going to have to get Robert to teach me how to set up in the bench like he does. He has a unique method of entering the bench from the front, and settling into his arch, which seems to work for him.

In the 67.5 lb. master 40-44 was David Edmondson, who put up a respectable 512 lb. squat, 281 lb. bench, and 462 lb. deadlift, totaling 1256 lbs. It was apparent that David put everything into his lifts, especially his last deadlift attempt, where he pulled until he fell back onto the floor. That's what I call dedication.

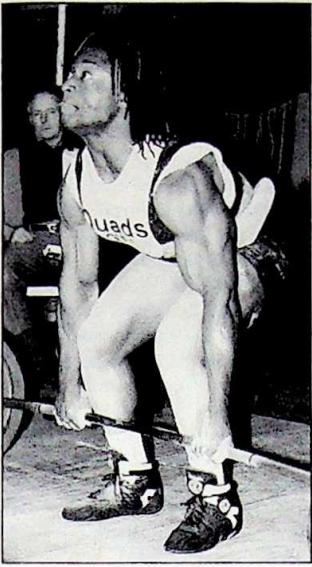
The 75 kg. master 40-44 class gave refuge to none other than Tony Conyers. After a shaky set up and miss on his second attempt with 699 lbs in the squat, Tony gave his golden grin of approval when he came back and received whites on his third. The benches proved to be more difficult than usual for Tony, due to foot slippage on the bare plywood platform. Going into his deads, Tony was armed with his opener bench of 402 lbs. Mr. Conyers had the power to yank up 672 lbs. on his second and third tries, but could not please the judges with his lockouts. He finished the meet with his opener of 633 lbs. and a 1736 total. Tony was also entered in the Mountaineer where he earned 2nd place and a check for one thousand dollars in the "under 200" class. Earning 1st place and five thousand dollars in the under 200 class of the Mountaineer was the phenomenal Matt Zweng. Matt cranked up a large 744 lb. squat, 512 lb. bench and 644 lb. deadlift, totaling 1901 lbs.

Roger Merrell was also lifting in the 75 kg. class, in the masters 80-85 category. Roger was credited with an 88 lb. squat, 66 lb. bench and 137 lb. dead. Roger left a lot of weight on the platform due to technicalities rather than lack of strength. His 292 lb. total is awesome, but not a true measure of his capabilities. We will look for more great lifting from Roger and his wife Josephine.

The coolest hair and first place trophy in the 82.5 kg. open went to Max Solomon. Max was also entered in the Mountaineer where his 1647 total earned him 4th place. It will be interesting to see what kind of numbers he posts if he really goes all out. Earning 2nd place in the 82.5 kg. open and 8th in the Mountaineer was Adam Kwiatkowski with a 501



Ann Leverett remains one of the top benchers in her weight division.



Good Hair Day...Soloman @ 181

squat, 330 bench, and 507 deadlift, totaling 1339 lbs. I think Adam will be posting some really big numbers when he grows into the 198 lb. class. The 82.5 master 50-54 winner was Dennis Pittman who just smoked his squats for a final of 501. His narrow grip bench yielded a 325 2nd attempt which actually was supposed to be 319 lbs. As far as I know, this was the only misload of the meet. Dennis missed his 3rd at 330 lbs., but nailed all three deads for a final of 534 and a 1361 total. Bringing up 2nd place with an 1173 lb. total was Earl Leverett. Earl had some difficulties in the squats, only managing his opener of 418 lbs., but came back and made up some lost ground with a rock steady bench of 330 lbs. Earl had no problems in the deads, finishing with a great 424 lb. pull. The 82.5 kg. master 70-74 class found Ben Creech "the Screech" literally yelling the weights up. Ben relied more on his brute strength, than lifting equipment to total 589 lbs. Bladen McClelland finished up the 82.5 kg. class as a master 75-79. Bladen completed the squats with 181 lbs. and almost did not make it through the benches, due to technical issues. He got it together on his third bench of 192 lbs. and had no real problems with his 282 lb. deadlift to total 655 lbs.

In the 90 kg. open class, Alan Haga smoked his 666 lb. squat, 369 lb. bench and 617 lb. deadlift with the intensity of a madman. Alan's respectable 1653 lb. total earned him 1st in the Seniors and 3rd in the Mountaineer under 200 lb. division. Next in line for the Senior competition was the USPF webmaster Dan Lass. Dan's 1543 lb. total was made up of a 595 lb. squat, 407 lb. bench and a 540 lb. deadlift. Dan was also competing in the Mountaineer and took 4th place in the under 200 lb.

category. In third place was Joe Norman totaling 1526 lbs. Joe's ultra-wide stance 567 lb. squat, easy 369 lb. bench, and solid 589 lb. deadlift garnished him a 6th in the under 200 lb. Mountaineer Cup IV. The 4th place award in the Seniors and 7th place in the Cup went to Matt McCase who lifted 578, 369, 518 to total 1466 lbs.

First place in the 100 kg. open class of the senior competition went to the very muscular and ripped Jason Schottel. Working through some technical issues, Jason got white lights for his 628 lb. squat, 468 lb. bench and 650 lb. dead for a total of 1747 lbs. and a 6th place spot in the over 200 lb. category of the Mountaineer Cup IV. Jason seemed to get better with each of his attempts, which indicates to me that there may be more poundage to add to Jason's total in the immediate future. John Schraub earned 2nd place in the senior competition, but was not off of 1st by too much. John had some depth issues with his squats, but seemed to possess more than enough strength, which was evident when he blew up 683 lbs. A good bench attempt of 402 lbs. and solid deadlifts all the way up to 622 lbs. made for a total of 1708 lbs. The third place trophy was awarded to teenager David Perez who posted a 507 lb. squat, 231 lb. bench and 418 lb. deadlift for a total of 1157 lbs. With a little more experience, David could really hone his abilities into some seriously competitive numbers. The 100 kg. master 40-44 was home to Jamie Thrift who squatted 523 lbs., benched a big 407 lbs., and cranked up a 479 lb. dead. Jamie yanked 501 lbs. to his knees, but just could not squeak it up to better his 1410 lb. total. Courtney Stanley was lifting as a master 55-59 and encouraged on the sidelines by Dave Jeffrey to post a 380 squat, 275 lb. bench and big 529 lb. dead to total 1184 lbs. Very smooth lifting by Courtney; it really looked to me like he had another 25 lbs. in the dead. Leon Stinson was the 100 kg. 60-64 master lifter and displayed outstanding

physical shape. Leon got a 407 lb. squat, 253 lb. bench and 573 dead before he ran out of gas on his third attempt dead of 600 lbs., finishing with a 1234 lb. total. The 70-74 master lifter in the 100 kg. class was Lyndle Taylor. Lyndle displayed a deep squatting technique, being credited with 358 lbs. Some technical issues may have held Lyndle back a bit on his bench and dead, where he ended up with 242 lbs. and 485 lbs., totaling 1096.

First place in the 110 kg. open class went to Emmett Cunnane, who practically ran to the bar on his opener of 650 lbs. His 2nd attempt at 683 lbs. stalled 3/4 the way up, but he came back on his third and got it. A strong 485 lb. 2nd attempt bench and an amazing third attempt deadlift of 650 lbs. earned Emmett a 4th place in the Cup IV. Paul Rodriguez displayed some very consistent, smooth lifting throughout the meet. His 589 lb. squat and 424 lb. bench left Paul with enough power to pull one of the longest sweet conventional deadlifts I've seen in a long time. Paul finished (finally) with a 584 lb. dead and a total of 1598 lbs. Michael Highfield, lifting in the 110 kg. master 50-54, was just shy of a 9 for 9 day, blasting through all three squats, ending with 507 lbs. His benches looked good, hitting 347 lbs. on his 2nd and missing 358 lbs. for no pause. Mike focused his efforts on the dead and smashed a 501 lb. attempt, which adds up to a fine 1355 lb. total. In the 110 kg. master 60-64 Robert Rood did manage a 9 for 9 day and a new American record in the bench of 371 lbs. Robert literally chopped away at each lift, starting with his sweet, deep 529 lb. squat, his record setting bench, to his final solid dead of 523 lbs. Robert's consistent lifting earned him a 1421 lb. total and what most would consider a perfect day.

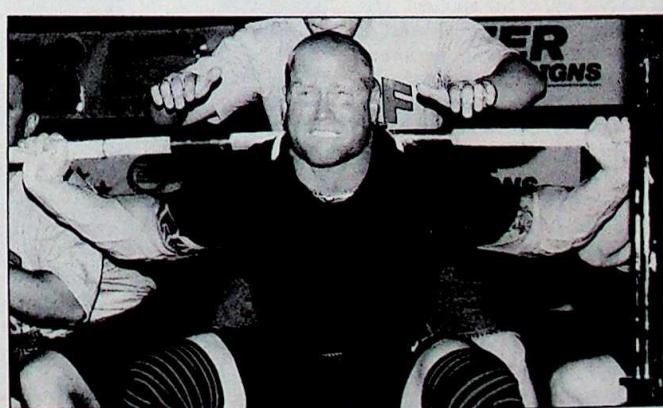
The open 125 kg. class was owned by Randy Boynton, who finished with a nice 672 lb. squat, a 440 lb. reverse grip bench and a great sumo form dead of 606 lbs. Randy's "no-look" set-up for the dead seems

USPF Senior Nationals 22 JUN 02 - Chester, WV

| | SQ | BP | DL | TOT |
|-----------------|-----|-----|-----|------|
| Women/48 kg | | | | |
| Ann Leverett | 319 | 181 | 347 | 848 |
| 4th Am. Rec. | 321 | | | |
| 60 kg | | | | |
| Master 80-84 | | | | |
| J. Merrell | 60 | 49 | 132 | 242 |
| 67.5 kg | | | | |
| Open | | | | |
| Jackie Ortelli | 253 | 126 | 253 | 633 |
| MEN | | | | |
| 67.5 kg. | | | | |
| Open | | | | |
| Robert Nosek | 492 | 325 | 446 | 1201 |
| Master 40-44 | | | | |
| D. Edmondson | 512 | 281 | 462 | 1256 |
| 75 kg. | | | | |
| Master 40-44 | | | | |
| Tony Conyers | 699 | 402 | 633 | 1736 |
| Master 80-85 | | | | |
| Roger Merrell | 88 | 66 | 137 | 292 |
| 82.5 kg. | | | | |
| Open | | | | |
| Max Soloman | 617 | 424 | 606 | 1647 |
| A. Kwiatkowski | 501 | 330 | 507 | 1339 |
| Master 50-54 | | | | |
| Dennis Pittman | 501 | 325 | 534 | 1361 |
| Earl Leverett | 418 | 330 | 424 | 1173 |
| Master 70-74 | | | | |
| Ben Creech | 209 | 121 | 259 | 589 |
| Master 75-79 | | | | |
| B. McClelland | 181 | 192 | 282 | 655 |
| 90 kg | | | | |
| Open | | | | |
| Alan Haga | 666 | 369 | 617 | 1653 |
| Dan Lass | 595 | 407 | 540 | 1543 |
| Joe Norman | 567 | 369 | 589 | 1526 |
| Matt McCase | 578 | 369 | 518 | 1466 |
| Jeff Burge | 451 | | | |
| Submaster 35-39 | | | | |
| Dan Lass | 595 | 407 | 540 | 1543 |
| 100 kg | | | | |
| Open | | | | |
| Jason Schottel | 628 | 468 | 650 | 1747 |
| John Schraub | 683 | 402 | 622 | 1708 |
| David Perez | 507 | 231 | 418 | 1157 |
| Master 40-44 | | | | |
| James Thrift | 523 | 407 | 479 | 1410 |
| 55-59 | | | | |
| C. Stanley | 380 | 275 | 529 | 1184 |
| 60-64 | | | | |
| Leon Stinson | 407 | 253 | 573 | 1234 |
| 70-74 | | | | |
| Lyndle Taylor | 358 | 424 | 485 | 1096 |
| 110 kg | | | | |
| Open | | | | |
| E. Cunnane | 683 | 485 | 650 | 1818 |
| Paul Rodriguez | 589 | 424 | 584 | 1598 |
| Chester Bednar | 225 | | | |
| Master 50-54 | | | | |
| M. Highfield | 507 | 347 | 501 | 1355 |
| 60-64 | | | | |
| Robert Rood | 529 | 369 | 523 | 1421 |
| 4th | 371 | | | |
| 125 kg. | | | | |
| Open | | | | |
| Randy Boynton | 672 | 440 | 606 | 1719 |
| Robert Busick | 507 | 336 | 501 | 1344 |
| Master | | | | |
| Randy Boynton | 672 | 440 | 606 | 1719 |
| 140 kg. | | | | |
| Open | | | | |
| S. Crumbley | 722 | 468 | 584 | 1774 |
| Matthew Jones | 507 | 407 | 485 | 1399 |
| Al Siegel | 341 | 236 | 413 | 992 |
| Master 60-64 | | | | |
| Al Siegel | 341 | 236 | 413 | 992 |
| 4th | 238 | | | |

Mountaineer Cup IV 22 JUN 02 - Chester, WV

| | SQ | BP | DL | TOT |
|----------------|-----|-----|-----|-------|
| Under 200 | | | | |
| Matt Zweng | 744 | 512 | 644 | 1901 |
| Tony Conyers | 699 | 402 | 633 | 1736 |
| Alan Haga | 666 | 369 | 617 | 12653 |
| Max Soloman | 617 | 424 | 606 | 1647 |
| Dan Lass | 494 | 407 | 540 | 1543 |
| Joe Norman | 567 | 369 | 589 | 1526 |
| Matt McCase | 578 | 369 | 518 | 1466 |
| A. Kwiatkowski | 501 | 330 | 507 | 1339 |
| Over 200 | | | | |
| Steve Goggins | 953 | 545 | 821 | 2320 |
| Brian Siders | 848 | 650 | 788 | 2296 |
| Beau Moore | 848 | 644 | 722 | 2220 |
| E. Cunnane | 683 | 485 | 650 | 1818 |
| S. Crumbley | 722 | 468 | 584 | 1774 |
| Jason Schottel | 628 | 468 | 650 | 1747 |
| Randy Boynton | 672 | 440 | 606 | 1719 |
| Ed Coan | 931 | | | |
| Tony Saunders | | | | |



Jason Schottel was the impressive winner of the 220 Open Srs. title.



Matt Zweng continues winning in Pro Powerlifting.

to work well for him, totaling 1719 lbs., and earning him a 7th place spot among the other over 200 lbs. in the Mountaineer. Young Robert Busick displayed some of the deepest squatting, managing to "bip" 507 lbs. out of the hole on his 2nd attempt. Plenty of strength led into his 3rd attempt of 534 lbs., but it was a little out of the groove. His 336 lb. final bench brought him into the deads where he had some grip problems and could manage just his opener of 501 lbs. Robert's total of 1344 lbs. is not a true indication of his strength potential. I'm sure we will see more of him in the future. Finishing up the seniors were the big men of the 140 kg. open class, where Sylvester Crumbley did not crumble at all with his 722 lb. 2nd attempt squat, which he just spanked. His 2nd was all he got. Another reverse grip bencher, Sylvester squeezed out a 468 lb. 2nd attempt, and could only get whites on his opener dead of 584 lbs. His 1774 lb. 1st place Seniors total secured Sylvester a 5th place trophy in the Cup IV competition as well. Bringing up second place was Matthew Jones and his lifts of 507 lbs. in the squat, 407 lbs. in the bench and 485 lbs. in the dead finishing with a 1399 lb. total. Big Al Siegel finished out the 140 kg. open class of the 2002 USPF Seniors earning a third place, squatting 341 lbs., benching 236 lbs. and pulling a 413 lb. dead for a concluding total of 992 lbs. Al was also entered in the masters 60-64 category where he was accredited with a new American record bench of 238 lbs.

The remainder of the heavyweight lifters were going for the big bucks in the over 200 lb. class of the Mountaineer Cup IV. It may as well have been called the clash of the Titans with the likes of Ed Coan and Steve Goggins opening with squats that most normal humanoid powerlifters would like to have as a sub-total, and the battle of the benches between Beau Moore and Brian Siders gave way to poundages that most would consider a great deadlift. Unfortunately, the pace and fervor of the meet was broken due to an injury sustained

by the great Ed Coan. It was during his second attempt squat of 970 lbs. when the unthinkable happened. Merely seconds after Ed got the squat signal, he was descending with the weight when his right patellar tendon gave way. In a split second, the screams of encouragement from the crowd were replaced by the screams of Eddie's agony. Even though there were plenty of spotters on hand, (these guys were good) there was no way for them to react quickly enough. It took only 320 milliseconds from the moment Ed knew he was hurt to his leg giving way under the awesome weight. Just a short 300 milliseconds later, the weight and Ed started downward. Another 320 milliseconds passed, and Eddie's right knee and the weight hit the floor. At that point Ed was catapulted forward, slamming into the squat racks, where he landed on his left side and then rolled onto his back. Luckily, the weight did not land on Ed nor any of the spotters. The other lifters looked on in disbelief as friends and emergency personnel attended to Eddie. Some of the remaining lifters were visibly shaken and more than one man shed a tear for our fallen fellow lifter. The mumbles and murmurs of those who surrounded Ed were drowned out when Eddie, in typical Coan fashion, stated: "Move me out of the way so someone else can lift". A few minutes later a group carried Eddie off to seek medical attention and the meet continued.

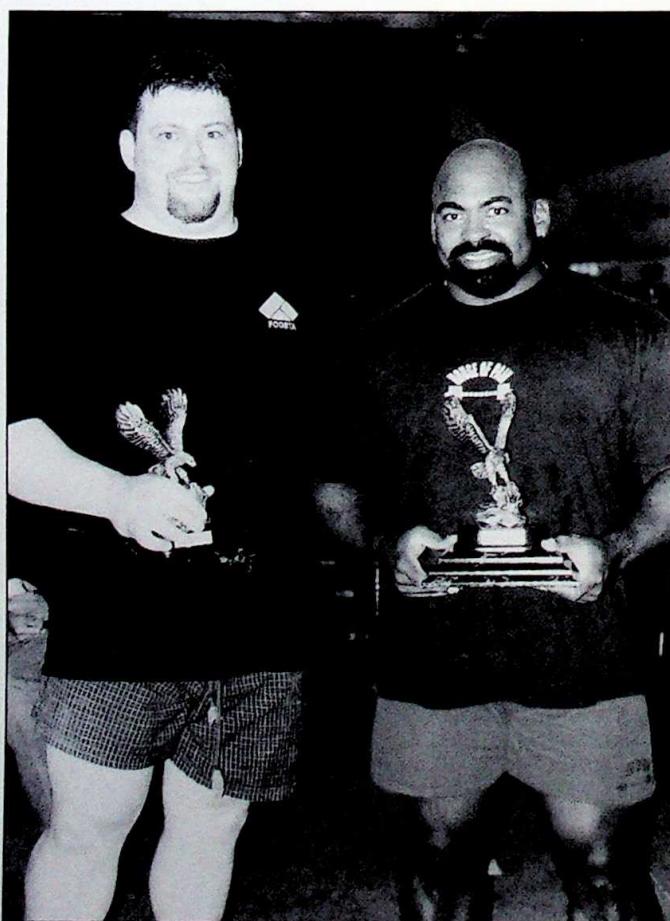
Continue it did, but with more of a solemn feel to it. First place and five thousand dollars in the over 200

class of the Mountaineer Cup IV went to big Steve Goggins. With a quick battle cry and some talking to the bar, it was then down and up, business as usual, for Steve - who opened with 953 lbs. in the squat. Unfortunately, Steve couldn't get more than his opener, which he took deep, missing 992 lbs. on his 2nd, and a 1003 on his 3rd. Steve knew he did not have the 1003 squat on the way down and alerted the spotters who were quick to aid Steve back to the rack. Steve locked out a solid 545 lb. bench on his second attempt and completed the deads with an 821 lb. pull, totaling 2320 lbs. 2nd place honors and a check for one thousand dollars went to Brian Siders. Brian's 804 lb. opening squat was somewhat of a joke. I could not tell what was faster, his descent or ascent. Either way, it really moved fast, as did his 2nd and 3rd attempts. Going into the benches, Brian was fired up and cranked his 1st attempt of 622 lbs. so fast it nearly came out of his hands. Brian spanked 650 lbs. on his 2nd attempt and missed 677 for his 3rd, because the bar dropped back down before lock out. When it came time to deadlift, Brian proved that he wasn't all quads and pecs, when he manhandled a 788 lb. deadlift on his 2nd pull, missing 821 lbs.

for the win. Keep an eye on Brian, this guy is the real deal. Right on Brian's heels was the massive Beau Moore, who also ended up with an 848 lb. squat going into the benches. Beau took 876 for a ride on his 3rd attempt, but petered out about 3/4 the way up. He kept right up on the benches, managing to obliterate 644 lbs. on his 2nd try, but he did not have quite enough for his 3rd attempt of 661 lbs. Beau called it quits after his 722 lb. opener dead, finishing 3rd in the Mountaineer with a 2220 lb. total. I have to mention our good friend Tony Saunders, who opened with 903 lbs. in the squat and obviously possessed the strength, but was unfortunately "depth challenged". Tony moved to a 931 lb. 2nd which stalled at the bottom. He did a repeat for his third, but it was just not there.

A special thanks goes out to all the spotters and loaders, who worked their butts off, including some who had lifted in the morning session. Thanks to all the judges, staff, and sponsors who work so hard to make these meets a reality. Next year's Mountaineer Cup V should be even better so plan a mini-vacation at the resort, watch some great lifting, and maybe even win some money at the slots.

Bert Wagner



Big Guns .. Brian Siders and Steve Goggins won in the 200+ division

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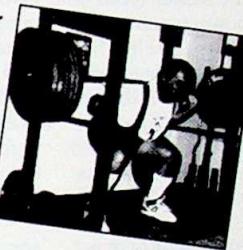
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Last time we learned that a Hardcore gym can have chrome, when we visited Stroud's Fitness in Hurst, TX. I know the guys at Stroud's, and I know they are hard core - but I still have a little trouble with bright, clean gyms. (Just a little.)

Before that we learned that even a Nautilus gym could be hardcore! Freaky! (However, the Nautilus Gym has at least changed the name of their establishment since the article was written. OK, I'll give them that.)

As if to prove that the world can get stranger still, now we'll go through a hard training hallucination to get to another alternate reality. You know the little stars you sometimes see when you over do your deadlift? (Cool, huh?) Imagine the starry world was another realm, and then imagine that in that arena - a tanning gym could do hard core. I know, I know - sounds crazy.

Let's journey to Brookfield, Ohio and visit SUNSATION FITNESS AND TANNING to see if a "tanning gym" can be hard core!

After reading a recent article in Powerlifting U.S.A. magazine I felt compelled to speak of a hardcore gym in Campbell, Ohio. In the eight years that SUNSATION FITNESS AND TANNING has been in business, it has become quite a force in the powerlifting scene. Checklist: Following the "What Makes a Gym Hard Core?" checklist presented in a previous Powerlifting U.S.A. article, here is how Sunsation Fitness and Tanning stacks up.

Most of the die-hards at this gym are hardcore freaks. Hardcore and freak go hand-and-hand. This is not necessarily a bad thing when you want to be the best. Hardcore is someone that will not let outside interference stop them from achieving their goals. If someone wants to be a great powerlifter, then doing what needs to be done should be a way of life, not a chore. Most of the people that powerlift at Sunsation do it for the love, not money since most don't get paid. Since most don't get paid, they have to have careers. Powerlifting takes a lot of time and money of one wants to be good and takes to develop and get to the top. There is a major difference between blowing off your responsibilities and balancing your life to include the things you love and be good at them. Too many look at training like a chore, allow themselves to make excuses and not do what they have to do to be the best at what they choose. Doing what you need to do, training to your ultimate limit, and continually pushing yourself makes you

HARD CORE GYM #14

"Hardcore Gets A Tan"

as told to PL USA by Rick Brewer, of House of Pain

hardcore. Eventually, being hardcore and sticking to it will make you a freak, and that is a great thing. This is what can be seen by others when walking into the gym.

Equipment: The equipment is basic and reliable. Basic is the best thing when it comes to powerlifting because the basics keep you true to lift. Reliable is important also, because it provides you with peace of mind and allows you to completely focus on your lift. Newer types of training don't allow a natural powerlifter to stay true to the lift. They involve not touching the main thing one is competing in. Even though some of the newer techniques work they need to be mixed with old school workouts to get true results. This is what is found in Campbell, Ohio.

Unusual Features: The gym is a true family. There is never any need to bring a spotter, one can be

competitors in Ohio. It took some time, but they have found their way to the Black & Gold, the colors that make up uniforms of the Sunsation Fitness and Tanning Strength Team. Owner Eric Rudiak has had some training in the field fitness of health and he, like many of us, was unhappy with the standard of the local gyms. So Eric and some of his friends leased a building (previously a Dairy Mart) and started a gym. As the years passed, the gym grew and the level of competition increased. Now the gym is very well known, and the inside walls are lined with photos and trophies from many competitions. Rudiak is the now the sole proprietor of the gym and anyone picked for the team is given a uniform to wear.

The powerlifters in the gym are some of the best in the country. Six of the competitors are nationally ranked.



Back L-R: Eric Rudiak (owner), Greg Tarr, Blaise Karlovic, Gary Goodick, Paul Vargo. Front L-R: Paul Prozy, Scott Prozy. (Courtesy Rick Brewer)

found at any time. If you need a spot, ask and someone will be there. Anyone in the gym will bend over backwards to help. This not only goes for IN the gym, but the big boys from the gym are always there to lend a hand at competitions. Whether it is for help with the shirts, or needing a boost with your bench.

Powerlifters: Pick a division and not only will you find one competing there, but winning on a consistent basis. In a short time, Sunsation Fitness and Tanning has been in business, it has become a major force in the sport of natural powerlifting. It seems there are a number of strong

Blaise Karlovic competes in the SHW Open division and has now done 600-pounds (in the Bench Press). He just recently made the move to the SHW. In the 275s he finished his tenure with and impressive 570-pounds. He will be forced to contend with the future considering Blaise is still young. Always impressive Jeff Peshek is a World Champion Bench Presser who competes in the open / sub-master and has now passed the 625-pound mark on the bench. Jeff is in the 275-pound class and always shows up to compete. He is also a very good at all around powerlifter with an impressive squat and deadlift. Mitch Zupko also con-

tends in the 275 pound class in the police/ fire division with a mid 500's bench. Mitch is also a great all around powerlifter with an impressive squat. Paul Vargo, another World Champion Bench Presser seems to be coming into his own now passing the 560-pound bench in the 242-pound Open class. He will with no doubt take another world title this year. Greg Tarr is the 198 pound lifter. He competes in the police/ fire open division and has done as much as 465-pounds in the division. Greg always shows up and stays consistent with a good bench. We have a few young-uns up and coming. Paul Prozy competes in the 181 - pound teen division and has benched 400 pounds. This kid is the one to watch. One would remiss not to mention the 148 - pound bencher, Brian Abled He is banging an impressive 330-pounds ... oh yea, he is doing it raw. (Note: let's put a shirt on Brian and see what happens!)

Sunsation Fitness and Tanning is a place that people look forward to going everyday. Working out is tough to do, and let's face it, making it to the gym to complete you routine everyday is tough. The pressures of life sometimes make you feel as though training and reaching your goals is impossible.

Sunsation is a place where it is easy to attain your goals. Rudiak has created a place "where everybody knows your name." It doesn't matter what your goals are: records in powerlifting or just general fitness. The people in the gym will not only drive you, but also be there to help you attain your goals, naturally.

Among the powerlifters, the push is the greatest. The 'ball-busters' in this gym are among the best. It continues constantly and serves as great motivation. All the while, though, you know these guys are backing you 110%. Once the flight sheet goes up, the time for fun and games is over. Every person gets what they are capable at the contest.

If you doubt the hardcore nature of the gym, just look around. If the tow chains hanging off the bar, or bands tied to the car in the parking lot with someone running on the other end, or five guys yelling at one another to get that last rep aren't enough ... don't finish "what you put on your plate for dinner" and see what the boys have to say about it. You da man E!

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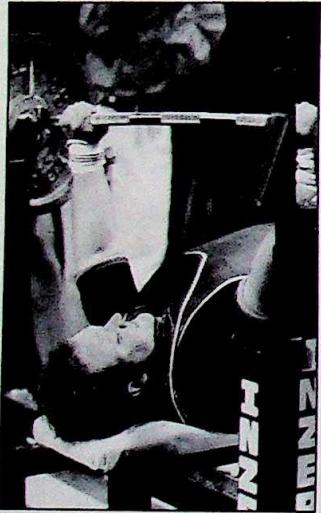
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ADVANCING FORCE TRAINING INTO THE 21ST CENTURY

The BENCH

Get The Most Out Of Your Bench Shirt as told to Powerlifting USA by George Halbert

Probably the biggest change in the bench press in the past 15 years has been the bench shirt. This piece of equipment can either be your best friend or your worst enemy. Back in 1995 while training for the Greatest Bench Press in America me and my training partner Kenny P. took a weight after our speed workout. On that day I benched my first 600 lb raw bench and he hit a 590. A couple of months later at the meet I benched a p.r. 650 lb. bench and he hit a world record 711 lb bench. After getting my butt kicked I had the choice of either complaining about the equipment and not competing in the big meets or better my bench press with a shirt. Well, since I train at Westside and I like to compete against the best in the world the decision was easy.



George Halbert @ the Greatest Bench Press in America - 650 lbs.

A bench press shirt more or less enables the lifter to lift more weight off of their chest than they could normally lift, however as the weight gets farther off of your chest the less the shirt helps until at near the top the lifter is on their own again. So to increase your bench press with a shirt you can improve your lockout power or you can become faster off of your chest which will enable you to use momentum to finish off the lift. When I first started to use a shirt I used speed off of the chest to enable me to lockout the top. This was because I had good speed off of my chest and had no lockout power. So when I took a weight with a shirt

it was either smoke or I would miss it; there was no inbetween. So my choice to get better with a shirt was simple: increase my lockout power.

Increasing your lockout can be done in several ways. My favorite two methods are the floor press with chains or bands and the board press with bands. The reasons one uses chains is to make the weights get heavier near the top of the lift to accommodate your bodies better leverages at the top. The reason one uses bands is accommodating resistance also and to negate momentum. Of the two methods bands are superior, however chains are a nice break on your body. For more on the lockout see previously written article "Unlocking Your Lockout".

Increasing your speed off of your chest is another way to improve your bench press with a shirt. I once had a training partner who could bench 450 without a shirt and 470 with a shirt. I remember he used to train with 315 on his speed day and he had no speed. After watching his workouts I suggested that he try training with 275 on speed day. On his next workout he trained with 275 and he learned what speed meant. He then stayed at 275 in training all the way up to his meet and he benched 520. Now without changing his workout in any other way than training with less weight on speed day he increased his bench press 50lbs. The speed workout is the number one way to increase the speed of the bar off of your chest (See last month's article "Speeding Up Your Progress"). Another method is using weight releasers which drop weight off of the bar when the bar hits your chest which makes the bar explode upwards.

Another method to improve your bench press with a shirt is to practice in one. You have to come to understand the groove of your shirt. If you stray from the groove you will lose the shirt's support and miss the lift. Just recently I showed one of my new training partners how to use a shirt. Now I could tell by working out with him for several weeks that he would bench well with a shirt because he has a strong lockout. I projected him about 600-640 bench but his best on his own was 520. He made 500 and then missed 545. I explained to him how he misgrooved his lift and explained the proper

adjustments. He listened and instead of getting frustrated he believed and ended up the day with a solid 605 bench press. So, what is the groove of the shirt you may ask. Well, each shirt has a little different groove according to the style, whether it be close back, open back or radical. You must try to push the bar straight upwards (only slightly back towards your face) and keep your arms underneath the bar with your elbows at the same angle in relation to your body at the top of the lift as with the bar on your chest. If your elbows are at 45 degrees in relation to your body on your chest you had better be really close to 45 degrees when you lockout

Once again I have touched very briefly on a very big subject. However these examples and pointers will lead you down the correct path for future success with a shirt. Like it or not bench press shirts are here to

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George Halbert explains the Brave New World of Bench Pressing and the Five Goals of his Video:

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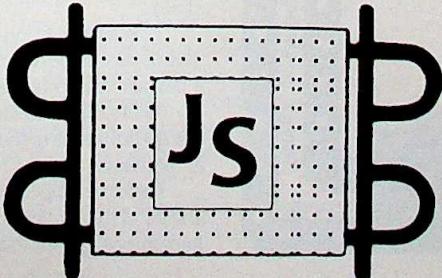
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It was around 1970, and I was reading Muscle Power Builder and articles by members of Westside Barbell in Culver City, CA. George Frenn was discussing how important strong legs were to breaking squat records. He recommended several exercises and methods that he and Bill "Peanuts" West had developed over the years. They pushed box squatting on different height boxes, good mornings, and even calf work to develop their immense back strength. They were responsible for the first 800 pound squat, by Pat Casey.

I realized they knew what they

legs.

Incline Squats. Do these with a MantaRay or on a flat surface.

Safety Squat Bar. Do these on an incline or on a flat surface.

Regular Barbell Squats.

Front Squats. Free Squats. Do these for high reps: 50-500 reps.

Hindu Squats. This is a variety of wrestling squat.

One-Legged Squat. Do these with one leg supported behind you on a bench. This is also called a sprinter's squat. You can also hold on to a support for a little resistance. The hardest one-legged squat is done by balancing yourself un-

TRAINING

Strong Legs for World Records

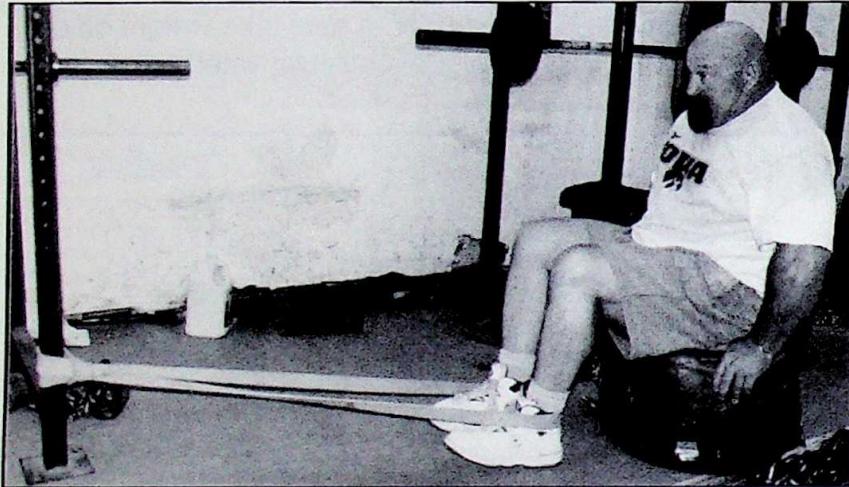
as told to Powerlifting USA by Louie Simmons

this places the work more on the quads. Also squat as deep as possible. Depending on the amount of resistance, the reps are 5-12 per set. All of the above squats can be accomplished by holding a barbell or dumbbells.

There are many more squats to choose from that don't isolate the leg muscles, but are valuable to raising the squat as well as the deadlift.

One of these is Zercher squats. Their inventor, Ed Zercher, in-

tended for the bar to be lifted off the floor in the crook of the elbows. At 181, I made 320 off the floor and



Leg Curls... with a band, while seated (All photographs in article are courtesy of D. Black)

were doing. An old friend, Roger Estep, made the trip to Culver City and gained priceless knowledge. He brought back what he learned and shared it with a West Virginia group, later known as the Wild Bunch: Luke Iams, Jack Wilson, Chuckie Dunbar, and the rest of the guys in New Martinsville, WV. After talking to Roger, I was convinced.

About 30 years later, we at Westside in Columbus, OH, continue to improve on what Bill West's boys were doing by adding science and technology to the system.

We know that the best way to squat is to box squat, but what about building brute leg strength?

Belt Squatting. This requires a special belt-squat belt. The weight hangs from the belt, allowing only the lower body to do the work. You may have seen our belt squat machine in our squat video. Belt squats can also be done on an incline; don't lock out your

assisted.

When doing any type of squat, wear shoes with heels occasionally;

tended for the bar to be lifted off the floor in the crook of the elbows. At 181, I made 320 off the floor and

an official deadlift of 670 in 1973. But at 198, I could no longer bend over far enough to hook the bar in my elbows. At that point, I placed the bar on the power rack pins and squatted from there.

Squatting can also be done to develop flexibility.

Lateral Roll Squat. Start by squatting down as deep as possible. Next, roll your bodyweight to the right leg in a lunge position, then shift to the left leg, and stand up. Squat down again and repeat in reverse.

Frog Squat. Squat down with your hands over your head. Then place your hands between your legs and touch the floor.

Side-Stepping Squat. With a jump, step out laterally with both feet while descending. Stand up and repeat.

Uneven Squat. While squatting, place one foot on a box about 6 inches high and do full squatting.

The variety of squats presented here are intended for flexibility and agility. Something that most lifters are lacking. Many of these squats are illustrated in Twisted Conditioning by Bud Jeffries (1-866-STRNGER). This book has training tips for powerlifting, strongman competitions, and no-holds-barred fighting, such as Vale Tudo, of which I am a big fan.

Other leg developers are pushing cars forward or backward and walking with a heavy wheelbarrow. Jesse Kellum likes this type of training at certain times of the year, and his legs are just about as strong as I have seen. At Westside we use sled pulling extensively.

Here are more exercises for the posterior chain.

Walking Lunges. These can be done with a barbell or dumbbells.

Glute/Ham Raises. We do hundreds of these at Westside.

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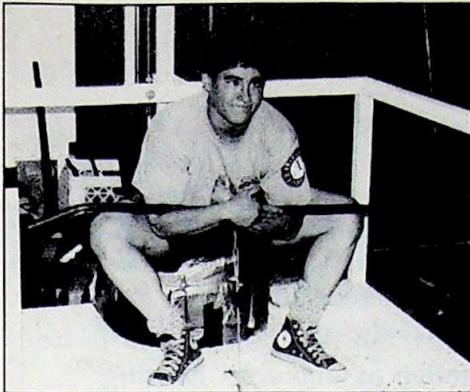
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Inverse Curl. This is a form of glute/ham raise. The glute/ham bench is elevated in the back by about 30 inches. Do a partial leg curl and a back extension at the same time. Hold at the top position (do not push with the toes). This exercise works the hamstrings at the hip and knee insertions simultaneously. A standard leg curl will not do the same.

Leg Curls with Bands. Do these seated on a bench in front of a power rack. Secure a band to the bottom of the rack, hook the band with the back of your ankles, and pull your feet under the bench.

Pull-throughs. Use a low-pulley machine with a single handle. Grab the handle with both hands facing away from the machine. Walk out until there is tension and squat down. Let your hands go through your legs. Remember to keep your arms straight. Then stand up and repeat. This is a great hamstring and glute builder. If done with straight legs, it will build incredible lower back strength.

Dimel Deadlifts. Use a shoulder-width stance and grab the bar with your hands outside your legs. First stand up with your back straight and arched. Maintain this position and drop the bar to just below knee level by squatting down. Quickly return to the top. Do 15-20 reps for 2 sets. These can be done up to 4 days a week, but only for 2 weeks at the most. These are named after my dear friend Matt Dimel. They pushed his 820 squat, which was stalled for over a year, to 1010 in 16 months. The same exercise raised Steve Wilson's deadlift to his all-time best of 865.

Deadlifts behind the Back. This will build great leg strength for deadlifting. If you have large hamstrings, this exercise may be difficult. And, the great Finn, is experimenting with these to get some leg drive back into his deadlift.

Wall Squats. Jesse Kellum suggested that I try these. This is static

squat where you slide your back against a wall to an angle where you want to work your legs and hold from 15 to 60 seconds.

Plyometrics and Jumping. Paul

Anderson was doing jumping exercises in the 1950's. He would jump onto boxes of different heights to build explosive leg power. Norm Schomanski, our great Olympic lift-

ing champion, also did a lot of jumping. He was reputedly able to jump onto a 4 foot high bar top at a local tavern. The benefits of kinetic energy on the lowering phase is that it produces a phantom loading effect on the landing. I highly suggest you do a lot of research on plyometrics before using them in your training. They must be used correctly.

I hope some of the exercises mentioned here can raise your squat and deadlift. Some of the exercises are very old, and some are relatively new, but all are proven to work. It's up to you or your coach to place them where they can do the most good.

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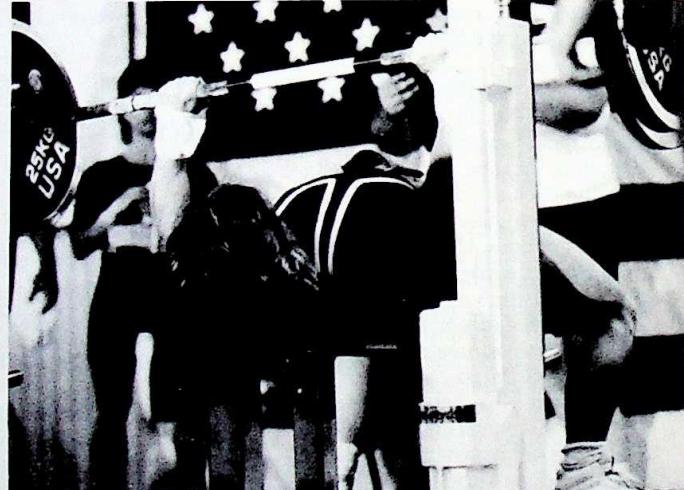
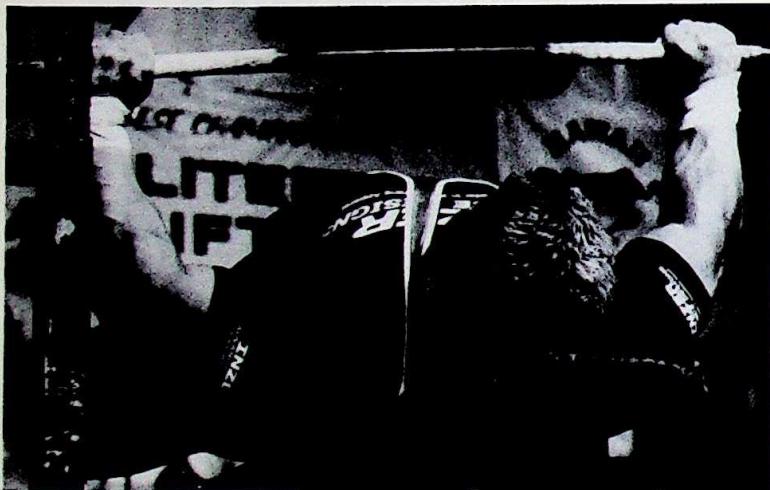
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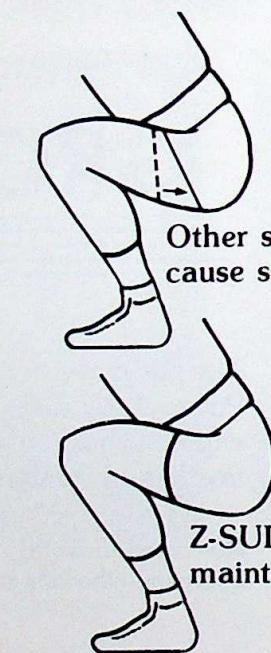
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The purpose of the Carbohydrate Manifesto series is to shed some light on the topic of carbohydrates and how they play a major role in the powerlifter's meal plan. The carbohydrate is the most hotly debated macronutrient. Dieticians and scientists around the world are always looking for new research about carbohydrates and how they affect our health and athletic performance. Carbohydrates could be known as the mystery macronutrient. Some dieticians praise them as being the best nutrient under the sun, while others hold them responsible for the majority of disease and obesity in the United States. Who is right?

Before we can judge specific diets or meal plans, we have to know the roles of carbohydrates and how they affect us as powerlifters. In the first part of this series I laid out the educational base for this article. I introduced what carbohydrates were, their types and where they can be found. I also included some of the major roles and functions of carbohydrates for athletes. In this second installment of the Carbohydrate Manifesto, I will explain how they affect our performance and why. I will also break down some of this science mumbo jumbo into something we can use to better our performance in the gym and on the platform.

METABOLISM OF CARBOHYDRATES

Once carbohydrates are consumed they enter the stomach and then the small intestine. It is here that the majority of the digestion occurs. Here, the major types of enzymes that break down carbohydrates into simple sugars are the amylases. These simple sugars are then absorbed through the lining of the small intestine and are transported to the liver through the portal vein. In the liver, all the different simple sugars are then converted into glucose. This is important since glucose is the only usable form of simple sugar in the human body. At this stage in digestion, the liver releases glucose into the bloodstream to raise blood sugar levels to the appropriate level. If your blood sugar level gets too high, which is the case when you wolf down a candy bar or two (you know who you are), the excess glucose must be eliminated from your bloodstream. It is the pancreas that is responsible for the hormone insulin. This powerful hormone is released to transport the excess glucose to body tissues when your blood sugar level gets too high. The first place insulin carries glucose to is your muscle tissue. Insulin acti-

NUTRITION

The Carbohydrate Manifesto, Pt. 2

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

vates receptor sites on muscle cells to allow glucose uptake to replenish depleted muscle glycogen. When glucose has entered the muscle cell, it can now be used for two things. It can be used for energy, or the excess can be converted to glycogen to form a stored source of energy for working muscles. Your muscles can store approximately 325 grams of glycogen. Since glucose can only be absorbed by muscle cells at a gradual rate, any excess glucose in your bloodstream will be stored in the liver. The liver uptakes glucose at a gradual rate as well. The liver has the ability to store approximately 110 grams of glycogen. Liver glycogen is mainly used for brain function and endurance aerobic exercise.

Now here is the part every powerlifter does not want to hear. Yes, you and I alike wish this wasn't true, but it is. When muscle and liver glycogen stores are saturated, and there is still an excess amount of glucose in the bloodstream, it will be carried off and stored as fat in adipose cells. These cells are not muscle cells but fat cells. To make this even worse, adipose cells absorb this excess glucose at a rapid rate. That's really fair. Our muscle cells can upload glucose at a slow and gradual rate, while good old "Mr. Fat Cell" sucks up glucose like it was going out of style. Simple sugars and carbohydrates that are low in dietary fiber are taken up into the blood stream very quickly. This is in direct relation with the Glycemic Index (G.I.), which I will explain shortly. When simple sugars and high G.I. carbs are consumed, the pancreas reacts by releasing an abundance of insulin. The amount of insulin released is more pronounced than when lower G.I. or high fiber foods are consumed. Now that we know that muscle and liver tissues up load blood glucose at a slow and gradual rate, the excess will bypass both of them. The glucose will now be quickly stored in our adipose or fat cells. Another down side of this insulin war is the effects it will have on how you feel. Since the massive surge of insulin will eliminate glucose from the blood stream within 30 minutes, your

blood sugar level will fall below the needed level. This will result in low blood sugar levels or what is known as hypoglycemia. This condition will play havoc on not only your brain function, but also your performance. You will feel lazy and sleepy. This is the last thing you want to feel just before your opening squat.

THE GLYCEMIC INDEX

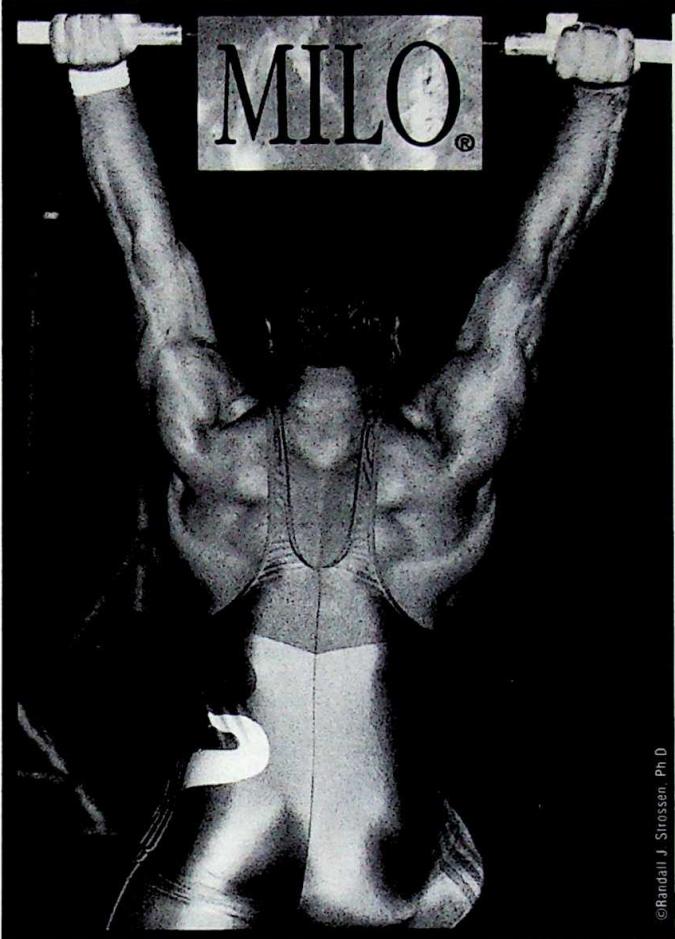
The purpose of the G.I. chart was to rank different sources of carbohydrates and the effect that they have on blood sugar levels. It is based on carbohydrates since foods high in protein and fat don't have that much of an effect on your blood sugar levels. This reference chart was initially devised to help diabetics better control their blood sugar levels. So why should a guy putting 700 pounds on his back need to consider the G.I. of the food

he eats? The G.I. plays a major role in the performance of the powerlifter. Eating the wrong foods at the right time can decrease your performance drastically. Refer to my article in the April issue of *PL USA*, "Powerful Nutritional Tactics for Meet Day" to get a few examples of what I mean. The G.I. refers to how quickly carbohydrates turn to blood sugar. The higher the number ranking, the quicker the carbohydrate will turn to blood sugar and the more effect it has on the release of insulin. The lower the G.I., the slower the carbohydrate turns to blood sugar and there is a less pronounced effect on insulin release.

Eating lower G.I. foods will help you maintain a more stable blood sugar level. Nothing will shoot down your performance like a bout of hypoglycemia. The G.I. can be used as a powerful weapon to help increase our performance, maintain our blood sugar levels, increase our endurance, build muscle, burn fat and increase recovery. It can also help prevent the onset of diseases including Type II Diabetes. Now do you think it has a role in the powerlifter's meal plan? The G.I. chart will help you choose what types of foods to eat at what time, and the metabolic effect it will have on your body. I have outlined a G.I. ranking of several different foods in Chart 1A to help you.

CHART 1A

| GLYCEMIC INDEX | FOOD |
|--|----------------|
| Fast Acting G.I. Carbohydrates 70-100+ Rating | |
| 110 | Maltose |
| 100 | Glucose |
| 98 | White Potato |
| 97 | Parsnips |
| 92 | Carrots |
| 87 | Honey |
| 80 | Cornflakes |
| 72 | White Rice |
| Moderate Acting G.I. Carbohydrates 40-69 Rating | |
| 69 | White Bread |
| 66 | Brown Rice |
| 62 | Banana |
| 59 | Sucrose |
| 51 | Bran |
| 51 | Sweet Potatoes |
| 50 | White Pasta |
| 49 | Rolled Oats |
| Slow Acting G.I. Carbohydrates 10-39 Rating | |
| 40 | Oranges |
| 39 | Apples |
| 36 | Chick Peas |
| 32 | Skim Milk |
| 29 | Lentils |
| 26 | Grapefruit |
| 20 | Fructose |
| 13 | Peanuts |



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INSULIN- YOUR FRIEND YOUR FOE

Did you know that many experts believe that insulin is the most

anabolic hormone in the body? The powerful effects insulin has on our body and performance cannot be overlooked. Insulin is a hormone that is like a double edged sword. It can help make you big and strong,

or it can make you big and fat. Take your choice!

So what is insulin and what does it do? Insulin is produced by the liver, the exact area is known as the Islets of Langerhans. I know, I know,

it sounds like some island of the coast of Great Britain. Well, it's not! The beta cells are responsible for the production of insulin. I have outlined the qualities and functions of insulin in Chart 4A. As I explained earlier, the main functions of insulin is to clear excess sugar from the blood, and to transport glucose and amino acids inside the muscle cell. Now we know what it does, so how do we take advantage of this so it can make us strong and muscular, not fat and lazy?

Hyperinsulinemia is when the body releases too much insulin into the bloodstream. Insulin resistance and sensitivity refer to how much insulin is needed to transport glucose into the muscle cells. If you are insulin sensitive then little insulin is needed to get nutrients inside of your muscle cells. Insulin sensitivity is highest first thing in the morning and directly after your workouts so this is something that you should take advantage of. If you are insulin resistant you will have a high blood glucose concentration. This will cause even more insulin to be released until glucose is taken up by your muscle cells. This is caused by a malfunction at the receptor site. This will cause the uptake of glucose into the fat cells and reduce insulin sensitivity for muscle cells.

CHART 2A

ANALYSIS OF CARBOHYDRATE BREAKDOWN

| FOOD | AMOUNT | GRAMS OF CARBOHYDRATES |
|------------------|---------|------------------------|
| Rolled Oats | 8 oz. | 152 |
| Sweet Potato | 8 oz. | 55 |
| Potato | 8 oz. | 57 |
| Flax Bread | 1 slice | 18 |
| Pasta | 8 oz. | 68 |
| Brown Rice | 8 oz. | 58 |
| White Rice | 8 oz. | 55 |
| Bagel | 1 | 60 |
| All Bran Cereal | 4 oz. | 84 |
| Corn Flakes | 4 oz. | 97.5 |
| Apple | 4 oz. | 17 |
| Banana | 4 oz. | 26.5 |
| Grapes | 4 oz. | 20 |
| Raisins | 4 oz. | 90 |
| Skim Milk | 8 oz. | 10.9 |
| Yogurt | 8 oz. | 43.2 |
| Corn | 8 oz. | 21.5 |
| Carrots | 8 oz. | 23 |
| Mixed Vegetables | 8 oz. | 12 |
| Tomatoes | 8 oz. | 9.84 |
| Lentils | 8 oz. | 45.83 |

CHART 3A

ANALYSIS OF FIBER BREAKDOWN

| FOOD | AMOUNT | GRAMS OF FIBER |
|-----------------------|---------|----------------|
| All Bran Cereal | 1/2 cup | 34 |
| Rolled Oats | 1 cup | 25 |
| Whole Grain Cereals | 1 cup | 16 |
| Shredded Wheat Cereal | 1 cup | 25 |
| Carrots | 1 cup | 15 |
| Mixed Beans | 1 cup | 15 |
| Prunes | 1 cup | 22 |
| Lentils | 1 cup | 11 |
| Brown Rice | 1 cup | 4 |
| Banana | 4 oz. | 2 |
| Apple | 4 oz. | 3 |

Insulin resistance can increase your chances for heart disease, diabetes, high blood pressure and stroke.

PUTTING THIS ALL TOGETHER

There is more to carbohydrates than you probably thought. In fact, we are just scraping the surface. Everyone wants to know how much carbohydrates they should consume. The fact is everyone is different. It will vary for each individual in relation to their insulin sensitivity or resistance level. Powerlifting diets can range from 15-50% of their daily calories consumed from carbohydrates. As with all plans this can vary, as it can change under different circumstances. Many powerlifters ask me, what are the best sources of carbohydrates, and when to consume what type? Spiking your insulin levels all day long will just make you fat and tired. Spike them at the right times and you will increase the uptake of valuable nutrients inside your muscle cells when they are needed most. The best

time to do this is directly after your workout. At this time you want to consume high G.I. foods or liquids to get the job done. Yet this is not the case throughout the day or pre workout. Eating low G.I. carbs before a workout is better as it will increase performance and prevent hypoglycemia. The grams of carbohydrates that should be consumed at each meal is dependent on bodyweight, the number of meals eaten per day, present goal-weight gain or loss, insulin resistance/sensitivity level, time of the day, and what you will be doing in the next 3 hours.

First off bodyweight and present goals should be analyzed. If you are trying to gain weight, than shoot for 1.5-3 grams of carbs per pound of bodyweight. If you are cutting weight, reduce them to 0.5-1 gram of carbohydrates. This can be adjusted in accordance to specific plans, or for an individual's ideal needs. Most Americans are deficient in their fiber intake, consuming an average of 12 grams per day. This low level of fiber consumption

non-soluble fibers. This will keep you regular and help get rid of excess toxins. The reason for the carbohydrate range intake is because people vary in their degree of insulin resistance and sensitivity. If you notice you gain fat easily from carbs, than you are probably somewhat insulin resistant, so you should use the lower range above. If you can consume a lot of carbs and stay full and vascular then you most likely have a high degree of insulin sensitivity and can use the higher range above. The best way to find your level of insulin resistance or sensitivity is through a fasted glucose and insulin blood test by your doctor.

Aerobic vs. anaerobic training also plays a factor in the equation. Since powerlifting is mainly anaerobic, and we don't perform a tremendous amount of cardio, this will not have too much of an effect into the equation. Endurance athletes need more carbohydrates than strength athletes to help them perform at their optimal level. I recommend for my clients to consume fibrous carbohydrates at least three times per day. Refined carbs can have their role in specific plans, but I recommend avoiding them since they offer little in terms of health or performance. The majority of carbohydrates should come from low G.I. starches. This includes yams, rolled oats, whole-wheat pasta, brown rice and baked potatoes. Simple sugars should be avoided except directly after your workout or early in the day as this will prevent them from converting to body fat. Your carb intake should be distributed throughout your six meals per day, without over consuming them at any one time. The times to increase your carbs would be first thing in the morning and directly after your workouts. They will be less likely to be stored as fat

and will help in the post workout recovery period. Carb intake should also be in accordance to what you will be doing in the next three hours. If its breakfast time and you will be hard at work with your laborious job in the next three hours, eat more carbs. If you are retiring for the night or taking a nap reduce your carbs. For example, a 200 pound lifter who is insulin sensitive, and trains 4 days per week. He eats 6 times a day, spread out every 2.5 to 3 hours. He is consuming 400 grams per day, or 2 grams of carbs per pound of bodyweight. His breakfast will contain 75 grams of carbohydrates, and after his workout he will consume 100 grams of simple carbs. The other 225 grams of carbs will now be spaced out over these 4 meals. This will give him approximately 55 grams of carbs per meal. You can use Chart 2A to organize the carbohydrate content of different foods in the right amounts for your plan. Since he is highly insulin sensitive he will not have to reduce his carbs latter in the day, but it would be the opposite for those that are insulin resistant. He would now breakdown the carbohydrate content of his 4 meals to 60% low G.I. carbs and 40% fibrous carbs. His morning meal will be 70% low G.I. carbs and 30% simple carbs. The post workout meal will consist of 100% simple carbs to spike his insulin and shuttle valuable amino acids, glucose and nutrient partitioning agents inside of his muscle cells.

This will give you a basic example of what I have done with one of my athletes. The above can be altered and each individual should be analyzed accordingly to several training and lifestyle factors. As you can see, eating the right carbs at the right time is a little more complex than you probably thought. The effort will be well worth it, not only for your health, but your performance as well.

CONCLUSION

With this installment of the Carbohydrate Manifesto I hope I put together and explained some of the questions you had about incorporating carbohydrates into the powerlifter's meal plan. No longer can powerlifters just shove loads of any type of carbohydrate down their throats and expect optimal performance on the platform. The use or misuse of carbohydrates in the powerlifter's diet can either take their performance and recovery to the next level, or take it to three red lights. The choice is yours!

If you have any questions or comments please write me at powertrainer45@hotmail.com

CHART 4A

FUNCTIONS AND QUALITIES OF INSULIN

- * Increases anabolism
- * Has anti-catabolic properties
- * Inhibits muscle breakdown
- * Drives amino acids and glucose into muscle cells
- * Decreases glucose concentration in blood stream
- * Plays major role in cell volumization
- * Stimulates glycogen synthesis in the liver
- * Plays major role in lipid and carbohydrate metabolism

Ever since I can remember I have had a love affair with baseball. If I wasn't out playing baseball, I was somewhere watching a game. Wherever you found me, I had a ball and glove in my hands or I was swinging a bat. I was a walking encyclopedia on baseball statistics. I knew baseball inside and out. When I graduated a miracle took place. The Kansas City Royals hired me as a sports psychologist.

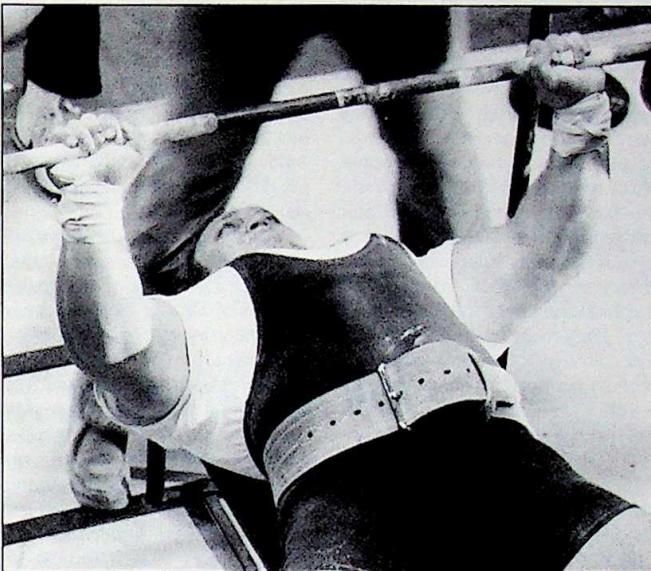
I wasn't in professional baseball more than a year when I realized that the sport was significantly flawed ... statistically speaking. In case you are not aware of it, in professional baseball none of the fields have standardized dimensions. For example, in some parks the outfield fences were more than 50 feet shorter than in other parks. A home run in one ball park is not the same as a home run in another ball park. It also became quite clear to me that where you played had a lot to do with the statistics you put up. For example, when Andre Dawson played for Montreal, I think the most home runs he ever hit was 23. Then he was traded to the Chicago Cubs, and his first year at Wrigley Field he hit a league high 49 homers. What was the difference? Well, it wasn't Andre Dawson. Along these same lines, Pete Rose would never have had over 4,000 hits if he played anywhere else besides Three River Stadium ... a field that was so spread out that it significantly favored a singles hitter.

For a sport that put so much emphasis on statistics, these are flaws of monumental proportions. Literally, you can't use stats to compare one ball player against another. Well, you can, but such comparisons are really not valid. It's like comparing the statistics of a basketball team in the NBA who plays on a court that has a three-point line that is five feet closer than the rest of the league.

Recently, baseball added insult to injury. After the baseball strike a few years ago, baseball was on the verge of losing a lot of its fans, and television ratings were at an all time low. Baseball needed something to draw fans back to the ball parks. They knew exactly what to do ... increase the offense. This was initiated by moving in the outfield fences. Some ballparks moved their outfields in by as much as 25 feet. Next, they started wrapping the balls a lot tighter. According to Keith Barr, a research physicist, the modern day baseball will travel approximately 7 feet farther than the baseballs used a decade ago. Next they introduced lighter, but harder, maple bats with thinner handles. This significantly increased bat velocity and impact power. Some

Dr. JUDD

Old School by Judd Biasiotto Ph.D.



Kaz made this double bodyweight 661 bench in a t-shirt back in 1981

baseball analysts have said that hitting a baseball with a maple bat has almost the same effect as hitting it with an aluminum bat. They did a few other things too, like adding body armor, narrowing the strike zone, and building Coors and Enron (nicknamed home run field) stadiums.

All of this has translated into a game that looks more like home run derby than baseball. Until five years ago, only a handful of ballplayers in the 100 year history of the sport hit more than 50 home runs. In the last three years, the 50 home run barrier has been broken on a regular basis. The 60 home run barrier has been broken 7 times and the 70 home run barrier twice. Think about this, Barry Bonds never came close to hitting 50 home runs until he hit 73 homers last year. Sammy Sosa, and Mark McGwire never hit more than 49 home runs until the aforementioned alterations were made in the sport.

The game is not the same as it was a decade ago. The reason is that baseball, a sport I love, has prostituted itself in order to add a little bang to the game. For the guys from the "old school" and millions of diehard baseball fans, this is a slap in the face. Not surprisingly, baseball attendance and interest are down substantially.

Why am I telling you all of this in a powerlifting magazine? Because

it has become crystal clear to me that over the past decade and a half, powerlifting, the other sport I love, is doing the same thing that baseball is guilty of, only more so.

Recently, I had the opportunity to review Michael Soong's all-time greatest powerlifting list. The tremendous poundages that are being lifted today by competitive lifters are almost beyond the comprehension of most men and women who are not associated with strength sports. To think that some athletes are now capable of tripling their bodyweight in the bench press is down right frightening - as recently as a decade ago a double bodyweight bench press was considered phenomenal.

Today, even a mediocre lifter can push more iron than the world-class athletes of a decade ago. Month after month, world, national, and state records are being smashed with predictable regularity. Can you believe 1100 pound squats, 800 pound bench presses, and 900 pound deadlifts? Definitely Barry Bonds-type numbers, but are these lifts valid?

In 1983, there was factionalism between athletes who were using drugs to enhance their performance and those who were drug free. This eventually led to the establishment of the ADFPA, and ultimately to a prolific number of other organizations. The result was that the equip-

ment and rules differed somewhat from one organization to another. I didn't realize how skewed the playing fields were until I visited meets sanctioned by different organizations. At some meets the rules were strictly enforced while at other meets there was an obvious absence of rules. Consequently, a lift made in one organization was not the same as a lift made in another organization. Where you lift has a lot to do with the statistics you are going to put up. Does this sound familiar?

Recently, powerlifting added insult to injury. Apparently they needed something to impress people, so they went about creating circumstances where heavier lifts could be made, by developing equipment ... shirts, suits, and wraps ... that would significantly enhance performance. According to some experts, such equipment can increase your lifts by as much as 20% in the bench press and the squat. If you can bench press 300 pounds without a shirt, you might be able to bench press 360 with a shirt. If you can squat 500 without a suit, you might be able to get as much as 600 pounds with one.

Next, they introduced denim shirts, then double denim shirts, then triple denim shirts. This significantly increased the support and acceleration off the chest. They did a few other things too, like decreasing squatting depth, allowing lifters to alter the equipment, and letting them arch up on their toes in the bench press. Not only is the equipment used to make the lifts different, but in some cases the rules are different.

All of this has translated into mind-boggling lifts. Today a 600 pound bench press is run-of-the-mill, the 700 pound barrier has been broken more than 50 times. I know guys who never bench pressed 400 pounds under strict conditions consistently benching 500 pounds under current conditions.

Stick a healthy Bill Kazmaier in all this equipment and let him lift under the conditions and rules of today and 800 pounds would definitely fall in the bench, and I am not too sure he wouldn't hit 850 or more.

Like baseball, powerlifting has prostituted itself in order to add a little bang to the game. Worse yet, the image of powerlifting is a bunch of guys who are wrapped in more rubber than a model out of *S & M Quarterly*. For the guys from the "old school" and millions of diehard lifting fans, this is a slap in the face. Powerlifting in America has already lost most of its credibility overseas, and it is quickly approaching an all time low here in the States. Something needs to be done.

DR. DARYL JOHNSON SQUATS 601 AT AGE 71!

as told to Powerlifting USA by Bob Tabaka

It is a well known fact in the world of sports that an athlete's reputation is based on the ability to literally go where no one has gone before and achieve what was previously thought impossible. Those revered the most and remembered the longest are usually the first ones to conquer the unconquerable. Dr. Daryl Johnson's name can now be added to that list of distinguished athletes. On June 9th at the NASA Masters and Submasters Nationals held at the Opryland Hotel in Nashville, Tennessee; he became the first septuagenarian to officially squat 601 lbs.. This unbelievable lift is an all time world record achievement that is the highlight of a lifting career spanning almost 36 years!

Daryl set that record on a 4th attempt having already squatted 505, 540, and 575 pounds. He then went on to do a 314 pound bench, a 553 pound deadlift, post a successful 10 for 10 lift day, and achieve the 11th highest lifting coefficient in the meet without taking into account the age factor! Not bad considering he was 71 at the time and only about two months away from his 72nd birthday!

"Drugs," you ask? Nope! Daryl is very proud of the fact that he is a lifetime drug free lifter. He has always believed that drug free is the only way to go if you want a long and healthy lifting career. It is also why he has chosen to compete in NASA believing that they do an excellent job in enforcing their drug free policy.

It's probably accurate to say that most who read Powerlifting USA do so with the hope of learning some new secret or training routine that will turn them into the next Ed Coan. There are, in fact, a lot of variables in our sport that just can't be controlled. One that is inevitable is aging. In powerlifting you either learn to sensibly deal with it or you retire. If heavy lifting is what you do and who you are, then quitting is not an option. So, when an athlete of Daryl's caliber and age achieves this kind of record breaking success it's only natural to ask, "How'd he do that?"

Daryl would be the first to tell you that there aren't any "secrets". He is a firm believer in keeping things simple. I've heard him repeatedly state that, "Powerlifting isn't bodybuilding. You need to stick to the basics and direct the majority of your efforts and energy into training the three lifts."

For Daryl that currently means

squatting on Mondays followed by leg curls and heel raises. On Wednesdays he benches and supplements that workout with one arm dumbbell rows, concentration curls, and dumbbell kickbacks. Fridays are heavy sumo style deadlifts followed by dumbbell shrugs and more leg curls. As you can see, he does do some auxiliary work but usually keeps the sets for those exercises at 2-3 and the reps around 10-12. A heavy dose of abdominal work is also done at each session usually consisting of weighted crunches for 2-4 sets of 25 reps. Daryl believes in keeping the abdominal region strong because it helps to support the heavy weights used in the squat and deadlift while also serving to protect the lower back.

Daryl has always been a big advocate of cycling the three powerlifts. He recommends and uses the conventional form of cycling in which the lifter begins with lighter weights done for a greater volume of work (i.e., more sets and reps). Gradually, over the course of the cycle, the poundages are increased while the volume of work is decreased until a peak is reached at contest time. He believes that a properly planned cycle helps the body, mind, and central nervous system properly recuper-

ate. Daryl says, "You cannot continue to handle your maximum poundages all the time. Taking a week or two off after a meet or peaking out won't hurt anyone. If you left off at 460 lbs. for a set of 5 reps don't try to start back with 450 lbs. for 5. Cut the weight back to 315 lbs. or so and do more sets and reps with it, maybe 3 sets of 6 reps. Gradually work up and past your previous best over the course of your cycle." As we age recuperation becomes more difficult which makes cycling the lifts a must for the Masters lifter. In Daryl's case his cycles usually run about 12-15 weeks depending on his starting strength levels.

Being properly warmed up for each workout becomes more critical too. Like a lot of lifters Daryl may do 2-3 sets of 10 reps with just the bar before starting to pile on the weight. This helps him to loosen up and establish the proper groove for the lift. Along with this he will perform stretching movements prior to and during his workouts to ensure a proper range of motion. He strongly cautions against stretching cold muscles because that can lead to injury, "Don't stretch too far and don't do anything that causes you pain. Make sure you work out the kinks before subjecting your body to heavier stresses or workloads."

In addition to properly warming up, Daryl has found it helpful to cut back a little on the reps. In his earlier years of training the strength building phase of his cycles usually included reps in the 5-6 range. He has

now reduced those to 3-4. In the peaking phase of his cycle he used to do a lot of triples. Now he does more doubles and singles. By reducing the reps he is able to minimize excessively stressing or irritating the joints while still being able to use heavy weights. Along with this, Daryl does not believe in training to absolute failure. He usually stops a set at the point where he feels he could have completed one more rep if he had to.

Daryl never did much aerobic work during his earlier years of competition. Now he feels that at least a little is beneficial. About twice per week he will try to include a half mile walk following his workout. Staying motivated to lift heavy iron and compete at the top year after year is no small feat. We all know it can be very taxing mentally and physically. Daryl credits his training partner, James Hodges, for keeping him motivated and pushing him to be his best. They have trained together now for many many years. Interestingly enough, if you ask James what keeps him doing 650 lb. squats and 740 lb. deadlifts he will tell you its Daryl. Obviously there is something to be said for having the right training partner.

A lot has been written recently about diet, longevity, and athletic performance. In Daryl's case there are no secrets here either as he pretty much eats what he wants. The only supplements he has been taking are creatine and glutamine. He is no glutton but he doesn't shy away from the desert table either.

I mentioned earlier that Daryl cycles his workouts. His has always favored a very calculated and methodical approach to training. Every set, rep, and weight for his entire cycle are planned and written down in advance on individual workout sheets. As Daryl puts it, "I consider every daily workout sheet to be a contract with myself" He feels he is cheating himself out of the progress he hopes to make in the time frame allowed if he doesn't honor each of those contracts. (see Workout of the Month, at right)

Daryl has definitely made his mark in this sport. How do you describe an athlete who has so consistently and repeatedly performed at a championship level for over three decades? Sometimes the most appropriate accolades come from the most unexpected sources. A couple of years ago my 3 year old grandson, Tyler Zuber, met Daryl and took quite a liking to him. Our families were out eating one evening at a crowded restaurant when, quite unexpectedly, Tyler stood up on his chair, pointed at Daryl, and shouted loud enough for all to hear, "You da man, Daryl! You da MAN!" No one could say it any better.



Dr. Daryl Johnson ... squats a world record achievement of 601 pounds at age seventy-one (Photograph is courtesy of Bob Tabaka)

WORKOUT of the Month

(excerpted from the article
on Dr. Johnson, at left)

Of course, goals are reasonably set. He is not going to take his squat from 600 lbs. to 650 lbs. in 12 weeks. Cycles are set up based on his current strength levels, the poundage he hopes to peak at based on past performance, and the time frame needed to reach those goals. Add in a heavy dose of consistency and hard work and you now have Daryl's formula for success.

What follows is the exact training cycle he used for the squat prior to his history making performance. Years ago, Daryl would wrap his knees at the 400 lb. mark and put on his lifting suit when he reached 500 lbs. He now wears the knee wraps more frequently due to some soreness in one knee and to keep that area warm and injury free. Sometimes he will put the wraps on loosely at 225 lbs.. He then gradually tightens them as the weights get heavier. Daryl always wears his lifting belt to give him support and to keep his lower back warm. Here is exactly how things went as recorded in his training log.

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

Dr. Daryl Johnson's 10 Week Workout as told by his friend Bob Tabaka to Powerlifting USA

Week 1: 145x6, 145x8,
235x5, 235x5, 325x4, 325x4,
415x2

Week 2: 145x8, 145x6,
235x5, 235x5, 325x5, 375x3,
415x3

Week 3: 145x8, 145x8,
235x5, 235x5, 325x5, 375x3,
415x3

Week 4: 145x8, 145x8,
325x6, 325x5, 375x3, 415x3,
445x3

Week 5: 145x8, 145x8,
235x5, 325x5, 415x3, 445x3,
475x3, 500xl

Week 6: 145x8, 145x8,
235x6, 325x5, 415x3, 475x3,
500xl

Week 7: 145x8, 145x8,
235x6, 325x3, 415x3, 475x2,
505xl

Week 8: 145x8, 145x8,
235x6, 325x3, 415x3, 475x2,
525xl

Week 9: 145x6, 145x8,
235x6, 325x3, 415x3, 475x3,
525x2

Week 10: 145x8, 145x6,
235x5, 325x3, 415x3, 475x3,
540xl, 540xl

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INTERVIEW

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

BC: Kent, give us some personal background about yourself.

KJ: I'm 46 years old. I was born in Mexia, Texas, and now I live in Woodinville, WA. My wife's name is Pam. I have 4 sons; Kody, Clay, Cade and Kole. I am the head strength and conditioning coach for the Seattle Seahawks.

BC: What is your athletic background?

KJ: In high school I played football, basketball, tennis, and ran track. At Stephen F. Austin College I played defensive back on the football team.

BC: How did you get into weight lifting and strength coaching?

KJ: I started weight lifting in high school and throughout college. I started coaching in 1978 at Teague high school in Texas. I was a position coach and the strength coach. In 1979, I was defensive end and strength coach at Northwestern Louisiana State College. In 1980-81 I was assistant defensive back coach and strength coach at Northeast Louisiana. In 1982, I was defensive back coach and strength coach at Willis High in Texas. In 1983-1986 I went to the University of Alabama. I started as a graduate assistant coach. I got my Master's degree in physical education. I coached the defensive backs and was the assistant strength coach, and then after 2 years I became head strength coach. From 1987-91 I was strength coach of the Green Bay Packers. From 1999 to the present I'm the strength coach for the Seattle Seahawks.

BC: You just came out with a video and a manual, tell us about it.

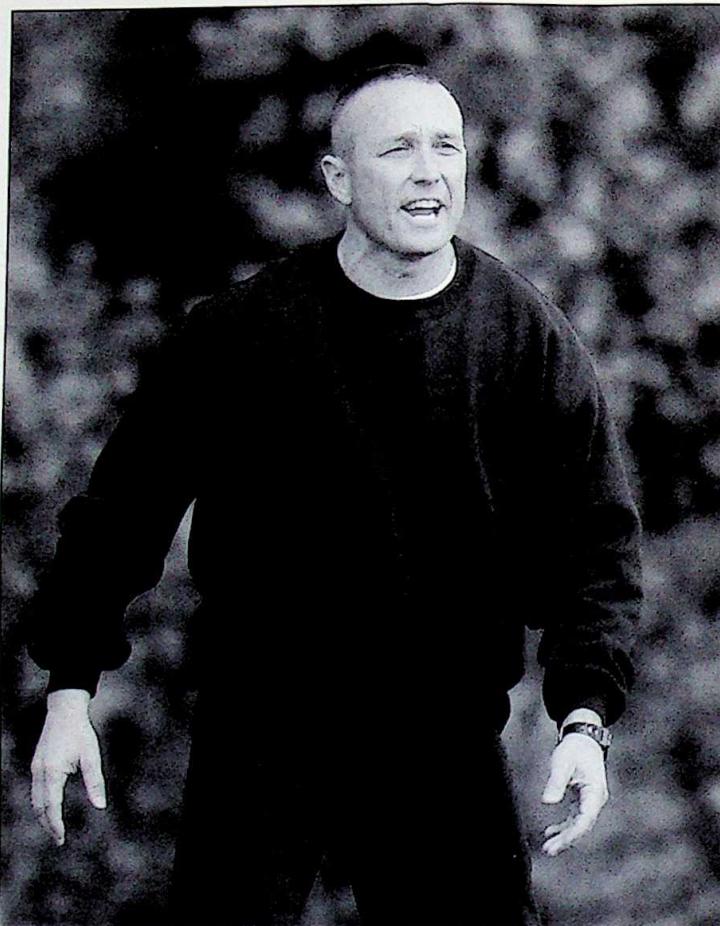
KJ: The video and manual are called "Force Training." When I was with the Green Bay Packers, I read articles about Louie Simmons' methods of weightlifting, and I used his methods for my own program. The video shows how to use Louie Simmons' methods and the Manual has different weightlifting programs for different sports using Louie Simmons' methods of weightlifting.

BC: What is your weightlifting program for the Seattle Seahawks?

KJ: Our program is based on the athlete's needs. One athlete might train 3 days a week or 4 days and

KENT JOHNSTON

as interviewed for PL USA by Bruce Citerman



Kent Johnston - Strength Coach of the NFL's Seattle Seahawks (Corky Trewin)

even 5 days. We use different phases in our training, meaning we change the exercises, reps, and sets every 2 to 3 weeks. 2 of the routines we do are max-effort day and dynamic day. Max-effort day is 3 to 5 sets, 1-5 reps, and 80%-100% of max lift. Dynamic day, 8 to 12 sets, 2-3 reps and 50%-70% of max. The exercises - thighs: regular squats, box squats with different heights of the boxes, box squats with chains with wide base, squats with bands, we use the buffalo bar, and the Oakly bar. We use a bar where you can change the positioning of the weights, the sleeves of the bar can move in front or above the lifter. We also do safety bar

squats, bottom rack squats, quarter squats, power squats, front squats, dumbbell squats, single leg squats, step-ups, leg presses, leg extensions, leg curls, we use the abductor and the adductor machine, we use a specialized leg machine called the power runner and glute-ham raises, sled lunging, crucifix lunges, vest lunges, Russian lunges, dragging, hamstring dragging, tractor push and burpees. Calves: single leg width dumbbell, single leg with body-weight, single leg on a calf machine, calf raises with bands, seated calf raises. Chest: regular bench press, lockouts, dumbbell bench press, incline bench press, floor bench press, JM press, bench

press with board on chest, dumbbell incline press, dips, push-outs, push ups, pull-overs, single-arm dumbbell press. We use different types of grips when bench pressing, the athlete will grip the bar closer or wider than his normal grip, cable rows, narrow-grip cable rows, stand up high rows. Shoulders: standing and seated military presses, behind the neck presses, seated dumbbell press, upright row, clean shrugs, dumbbell shrugs and snatch shrugs. Total body: deadlifts, good mornings, rack deadlifts, Romanian deadlifts, clean high pull from knee, clean high pull from knee and snatch, high pull from floor. Biceps: barbell curls, dumbbell curls and Zottman curls. Forearms: reverse curls and hammer curls. Tricep: close-grip bench presses, tricep extensions with dumbbells and rope, also dips. Grip work: towel hold from pullup bar, sandbag lift and toss, we use grippers, wrist rollers, Titan's Telegraph which is a finger exercise, and wrist curls. We also put in karate exercises for cardiovascular capacity and coordination. Also boxing exercises - hitting the speed bag and heavy bag for upper body size and strength. Plyometrics: we do 50 different plyometric exercises, and here are some examples: plyometric pushups, box jumps, double leg and single leg hops, bounding, single leg box jumps, lateral box jumps, depth jumps, hurdle hops, Russian lunges. Abs: weighted situps, crunch pull-down, weighted leg raises, weighted crunches, half sit-ups, top resist down sit-ups, sit up with no weights, scissors kicks and side to side sit-ups; we use medicine ball exercises: wood-chopper, side bends, big circles, side toss, sit-ups, waist twist, hammer throw, squat and push, underhand toss, overhead sit-ups, leg raises with ball, knee-ups with ball and overhead push.

BC: What kind of vitamins or supplements do your athletes take?

KJ: We use Advocare and Musashi products.

FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

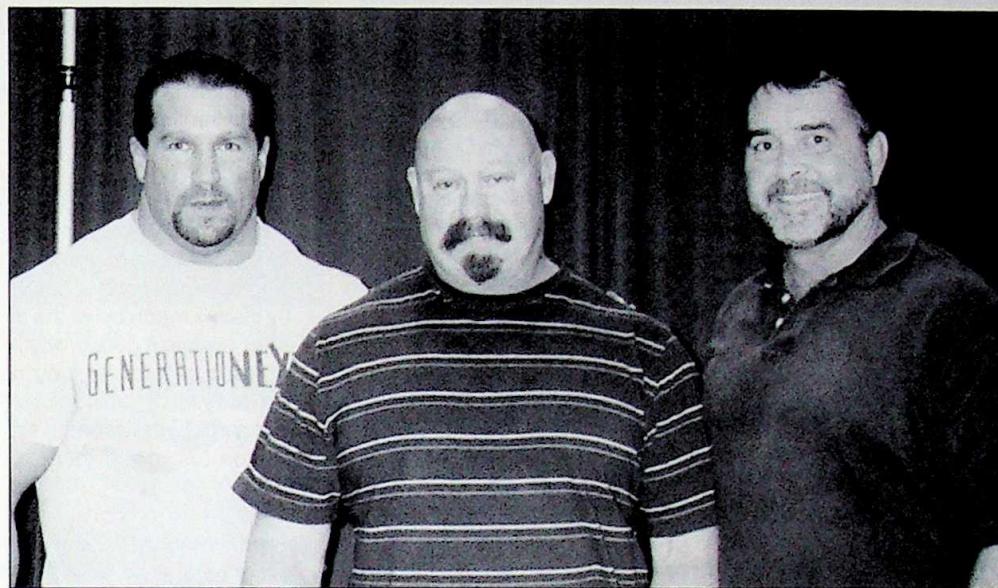
Question: I do not have access to a reverse hyper or a glute-ham raise. Can I still do the Westside program without these two pieces of equipment? What can I do in place of them?

Answer: The reverse hyper and the glute-ham raise are the two best accessory movements to improve both your squat and deadlift. Can you do the Westside program without them? Yes. Remember that at the core of our program are the Dynamic, Repetition and Maximal Effort Method. Here are several options. In place of the Reverse Hyper, pull-throughs and back raises can be done. The pull-throughs should be done for higher reps (15-20). In place of the glute-ham raise, Deadlifts, Romanian Deadlifts, band leg curls and partner leg curls can be done. The key is to find exercises that work for you and that you have access to. Do not use the lack of equipment as a cop out to not succeed. I highly suggest saving your money to buy both pieces of equipment or trying to convince your gym owner to invest in them. While the above exercises can be substituted for the reverse hyper and glute-ham raise, they can never truly be replaced. If you have any questions on how the exercises are performed check out the exercise index at www.EliteFTS.com for a complete description.

Question: I've been following the Westside Training methods for about two years now and my total has gone up almost 200 lbs. and I am getting close to my Elite. Because of the emphasis on triceps work, my lockout has improved greatly, but I still feel weak off the chest. What can I do to remedy this problem?

Answer: Congratulations on your success! This question is one of the most often asked questions. I've devoted an entire article to this, which can be found in the articles section at www.EliteFTS.com. While I won't rewrite the entire article, here are the some of the most common ways to take care of this problem.

1. Speed. This can be accomplished by using the Dynamic Effort Method. Generally, we take 50% of our competition max and perform 8 sets of 3 with 45 seconds rest between sets. The percentage is just a guideline. We



Westside Barbell's Louie Simmons is flanked by former IPF/USPF World and National Champion Kirk Karwoski (left) and USPF President Dave Jeffrey, at the APF Senior Nationals in York, PA (Herb Glossbrenner)

have found that some of our most experienced lifters have used much less than the prescribed percent and novices will use much more. The key on this day is to push with force and to generate bar speed.

2. Work on your lats. To illustrate the point, try this: in a standing position, hold your arms in the bottom bench position; now flare your lats. What happened? Your arms moved forward. This is part of the same movement that happens when you bench press. Bringing up your lats will also help you to stay tight and strong during the bench.

3. The weight is too heavy. This may seem too simple, but often times it's the harsh truth. Often, lifters will take a weight that is much too heavy and it will plaster them to the bench. I don't call this being weak off the chest; this is just being honest with yourself.

4. Learn how to use a shirt. Getting a shirt to fit correctly and to learning how to push with the shirt is almost an art form. I suggest taking some time to learn how to use a shirt.

There are several more points that I have left out of this brief explanation, but the above are the most common ways to correct the problem. Also check out the article "Bench Press 600 lbs." for

more tips on how to bench correctly.

Question: How do you guys deal with a disappointing lift? Throughout your training cycle, your speed is great and your max effort work is going up. You take the time to put on the bench shirt just to get squished with a weight you did months earlier without a shirt. After the feelings of despair, anger and feeling like a wimp, what do you guys do to regroup?

Answer: You get used to it. This happens to everyone. It does not mean you are going backwards, but can very well mean you are laying the ground work (or base) for the next big jump. Very few (if any) lifters put a consistent 5 pounds on each lift every 4 to 8 weeks. It is more likely that you will remain stagnant for 4 to 5 months and then suddenly a 20 lbs. jump. Think back to your past progress and I bet it worked that way.

Many times people think that just one variable can put a quick 20 pounds on a lift. In reality, it was the past training plus that one thing that made the difference. You should really get a little excited when things don't go well. This means you may now be willing to try some different things you may not have been willing to try sooner. When things are going

good many of us are hesitant to try new supplemental, accessory, or max effort work. Now that you are getting to your wits end you may begin to start trying new things such as extra workouts or more band tension to see if they will make the difference. Many things such as injury, poor equipment, overtraining, illness, mental state and new weaknesses can cause a bad lift, month, or year. Go back over your training and see if you tried something different and get back to those things that will make a difference. For us, we just keep plugging along trying different things. Sooner or later you will find the missing link and you lifts will skyrocket again, only to get stuck again, but at a higher level. No one ever said it was an easy road ... just a road that must be traveled.

For more information on training, books, equipment, supplements, clothing, Westside seminars, and over 7000 archived question and answers go to www.EliteFTS.com.

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Ask the Doctor

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

DEAR MAURO: My 11 and 12 year old sons want to start training with weights. What are the benefits/risks of starting a weight training program for pre-pubescent youths? Thank you. **Debbie**

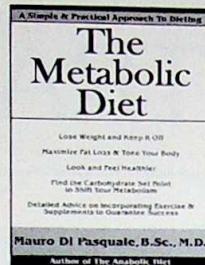
DEAR DEBBIE: In theory, the concern with weight training is that heavy loads may induce premature sealing of the growth regions of bones. This hasn't been supported by science even in prepubescent children. In the latest position paper by the National Strength and Conditioning Association, they "support the premise that many of the benefits associated with adult resistance training programs are attainable by prepubescents and adolescents who follow age-specific resistance training guidelines. The NSCA has based this position statement paper on a comprehensive analysis of the pertinent scientific evidence regarding the anatomical, physiological, and psychosocial effects of youth resistance training."

In my opinion, there's nothing to worry about as long as the youths are instructed and supervised properly, and they follow an appropriate progression in the volume and intensity of training. In fact, under these conditions, training with weights can provide substantial benefits.

I've included a few citations and abstracts below that should also help assuage any fears you might have. Best regards, **Mauro**

Pediatr Rehabil 1997 Jul-Sep; 1(3):147-57 "Efficacy of strength training in prepubescent to early postpubescent males and females: effects of gender and maturity." Lillegard WA, Brown EW, Wilson DJ, Henderson R, Lewis E. Orthopedic Department, Center for Sports Medicine, Duluth, MN 55805, USA. There has been considerable debate concerning the benefits of children participating in weight training programs. With the potential benefits of such training in specific rehabilitation regimens, the safety/efficacy of weight training is a topic in need of scientific study. Fifty-two experimental and 39 control subjects participated in this study. A 2 x 2 x 2 (gender by treatment by Tanner stage) ANOVA was used to examine pre- to post-test differences in six strength measures, eight anthropometric measures, five motor performance measures, and one flexibility measure associated with participation in a 12-week progressive resistance programme. In addition, safety of the weight training programme was examined. For strength differences, there were two significant main effects favouring strength gains in males and four favouring the experimental group. For anthropometric changes, 3-way interactions occurred that were not easily explained. However, the predominant main effect was treatment; the experimental group generally experienced gains in body segment girths with decreases in skinfold thickness. For motor performance, the experimental group had greater improvements in three of five parameters. The experimental group also had significantly greater gains in flexibility. The weight training programme was associated with only one injury. These findings support the general observation that physical benefits can be gained safely by children who participate in a weight training programme.

Med Sci Sports Exerc 2000 Oct; 32(10):1698-703 "Is prepubertal growth adversely affected by sport?" Damsgaard R, Bencke J, Matthiesen G, Petersen JH, Muller J. Department of Growth and Reproduction GR, Rigshospitalet, Copenhagen, Denmark. rasmus@rh.dk. PURPOSE: To study the effect of genetic factors, birth weight, early childhood growth, sport, hours of training, and pubertal status on the stature and body mass index (BMI) of children aged 9-13 participating in sports at a



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competitive level. METHODS: A total of 184 children (96 girls, 88 boys), competing in swimming, tennis, team handball, and gymnastics, were investigated, assessing their height, weight, pubertal development, and BMI. Of these, 137 (76 girls, 61 boys) returned a questionnaire, which enabled us to determine height and BMI at age 2-4, birth weight, and parental heights. RESULTS: Significant differences in standard deviation scores (SDS) for actual height and for height at age 2-4 were found in both sexes between the four sports. In girls, BMI SDS was significantly different between the four sports, whereas no difference was found in boys. Each sport investigated separately showed no

(this response by Dr. Di Pasquale is continued on page 88)

SNAKE RIVER BENCH/DEADLIFT

20 APR 02 - Idaho Falls, ID

| | | |
|------------------|-------------------|--------------------------|
| BENCH | Jerry Fisher | 281 |
| Teen Women: | 242 | |
| 132 | Marc Santo | 358 |
| Kaila Fairchild | 121 | 275 |
| Novice Women: | D. Thompson | 503* |
| 123 | Joe Thompson | 462 |
| Frannie Taylor | 121 | Master Men: 40-44 165 |
| 148 | Robert Hughes | 303 |
| Marsha Keister | 77 | Junior Women: 181 |
| 148 | Kent Sampson | 259* |
| Jessie Thiel | 137* | 198 Lbs |
| Open Women: | Bob Baker | 341 |
| 114 | | 242 |
| Karen Walker | BL 143* | Terry Hawes 308 |
| 123 | | Gary Brower BL 512* |
| Frannie Taylor | 121 | 45-49 |
| Master Women: | 242 | |
| 40-44 | David Wolf | 341 |
| 123 | | 50-53 |
| Shari Sampson | 99 | 198 |
| 46-49 | Andy Scardino | 286 |
| 148 | DEADLIFT | |
| Marsha Keister | 77 | Teen Women: 13 |
| Teen Men: | Kaila Fairchild | 225* |
| 132 | Novice Women: | |
| Kyle Shephard | 165* | 114 |
| Kyle Thompson | 121 | Karen Walker 209* |
| 14-15 | | 123 |
| 148 | Frannie Taylor | 259* |
| Jeremy Fairchild | 154 | 148 |
| 16-17 | Jessie Thiel | 264* |
| 132 | Sub-Master Women: | |
| Neville Roberts | 154* | 123 |
| 148 | | |
| Justin Murdock | 159 | Laura Brinkley 99* |
| Ben Stevenson | 159 | Open Women: 16-17 yrs |
| 181 | Frannie Taylor | BL 259* |
| A. Johnston | 253* | Youth Men: 9 |
| 198 | | 71 |
| Dustin Laub | 292 | David Penny 115 |
| D. Thompson | 248 | Teen Men: 13 \ 123 |
| 220 | | Rob Hughes 225* |
| Grady Holt | | 148 Lbs |
| 18-19 | | Kyle Thompson 203* |
| 148 | Zack Kresser | 214 |
| 198 | 14-15 \ 148 | |
| J.T. Jicha BL | 308 | Jeremy Fairchild 242 |
| Craig Howard | 264 | 16-17 |
| Junior Men: | D. Thompson | 248 |
| 148 | 18-19 \ 148 | |
| Jeremy Brower | 198* | Zach Kresser |
| 198 | BL 380* | 148 Lbs |
| Patrick McGee | 319* | Junior Men: 148 |
| 275 | Jeremy Brower | 402* |
| Jonah Galvin | | 181 |
| Super's. | 391 | Adam Korenke 507* |
| Phil Colbun | | Junior 198 |
| Novice Men: | 418* | Patrick McGee 402* |
| 148 | | Novice Men: 165 Lbs |
| Jake Hart | 126 | Cliff Janikowski 380* |
| 198 | 181 Lbs | |
| Scott Crabtree | 303 | Shawn Birch 380 |
| 220 | 198 | Scott Crabtree 424 |
| Tony Romero | 270 | 242 |
| 242 | Bruce Anderson | 578* |
| Terry Hawes | 407 | Open Men: 165 |
| Lucas Coon | 385 | J. Cunningham 424 |
| Open Men: | | 198 |
| 165 | B. Sullivan | 485 |
| Cunningham BL | 418* | 220 |
| Eric Jackson | 319 | Jim Zolynski 611* |
| Robert Hughes | 303 | 242 |
| 181 | Benji Hill BL | 683* |
| Lance Ackerman | 319 | 308 |
| 198 | Gary Brower | 584 |
| B. Sullivan | 330 | Super's: |
| Jake Gray | | Greg Pearce 633* |
| 220 | | Submaster Men: |
| Jim Zolynski | 402 | 165 |
| Jim Weber | 352 | J. Cunningham 424* |
| 242 | | 220 |
| Benji Hill | 407 | Jerry Fisher 451 |
| Marc Sowder | 341 | 275 |
| 275 | J. Thompson | BL 701 |
| D. Thompson | 503* | Master Men: 40-44 |
| Bryan Longie | 286 | 308 |
| 308 | | |
| Gary Brower | 512* | Gary Brower BL 584* |
| Blaine Berger | 374 | 45-49 |
| Super's: | | 242 |
| Greg Pearce | 402 | David Wolf 512* |
| Sub-Master Men: | | 275 |
| 165 | Les Brinkley | 374* |
| Cunningham BL | 418* | 50-54 |
| 220 | | 198 |
| Gary Hughes | 363 | Andy Scardino 501 |



Benji Hill best deadlift - 683 at



Adam Korenke ...with a DL of 507 lbs also helped set up and played the violin with his brother Kirk a real 'ho down' entertainment made the day turn out great for everyone (But the YMCA brings Families together.)



Winners ... (from left to right) Jessie, Frannie Taylor, Karen Walker, Shari, Masha Keister | Best Female Bench Team Trophy (Photographs are courtesy of Benji Hill)

smile with his son Jeremy applauding him as he steps off the platform. Gary's friend and training partner, John Hernandez is on the injured reserve with a shoulder problem. Darren Thompson after just winning best bencher a couple weeks earlier, was runner up for best sub

BL-best lifter * Snake River Record With only six weeks notice the 9th annual Snake River Championships was another success. About 62 lifters showed up for the meet which is usually held in March. The ladies and teens started the bench competition. Five ladies were going for the best female bencher trophy, "a sexy golden sculptured Viking". Jessie Thiel, Karen Walker, Frannie Taylor, Marsha Kiester, and Shari Sampson. Karen Walker won the top honor with a 143 lb. bench at 114 lb. body weight. Shari Sampson in her first competition was best master bencher, benching 104 lbs. Ben Stevenson, entered the "first" teen bench team and won. Team members were: Josh Christofferson, David McCure, Andrew Johnston, and Cory Tingey all from ID. Ben and Justin Murdock had the same bench (159 lbs) in the teen 148's. Justin won with lower body weight. J.T. Jicha was best teen bencher of the day, when he jumped in at the last minute with little training. Jonah Galvin, Junior 275's came back to the championships to bench 402 lbs for first place. In the novice division, Lucas Coon (Dillon, Mt.) was best bencher out of five competitors with 385. Lucas third bench was smooth and he may have had more. In the open classes, Jon Cunningham defended his best open bencher title with another 418 lb. personal record. Jon also was best sub master bencher. Big 308 lb. Gary Brower was close behind Jon in open division and won best master with a 512 lb. bench. Gary had a big

with 363 lbs and first in the open 242's. Darren Thompson took first in the 275's with 503 lbs, newcomer Brian Longie (Dillon, Mt) second. Joe Thompson keep's hitting pin with his 462 lb. bench. Greig Spotted at the last meet and couldn't wait to test his meet technique. Greig benched 402 with very little help from his baggy shirt and took the heavy weight class. Gary Hughes (Boise) won the sub masters 220's with a 363 lb. bench, Jerry Fisher second with a 281. After a lunch break with "free food" thanks to the local Albertson's and Sam's Club stores, the deadlift competition started. And start it did, with David Penny, the son of newly crowned world deadlift champion Keith Penny (603 lbs at Master 181). David has lifted several times as a youth and this was the first time for him to put on the big plates! He was happy! 13 yrs. Kaila Fairchild was back to show off her perfect sumo deadlift form, finished 3 for 3 with a 225 lb. lift and power to spare. With good training this summer she should be exciting to watch in August. Frannie Taylor and Jessie Thiel were pulling with all their might for the best female deadlifter award. Frannie pulled 259 lbs while Jessie pulled 264 lbs, and they both left some on platform. Frannie won best lifter awards with the lower body weight. In the men's teen divisions there were five competitors and Zack "Badger" Kresser won best teen lifter with his easy 402 lbs pull at 148 body weight. Bruce Anderson was best novice lifter

with a 578 pull in the 242's, and lost his grip on his 602 lb. lift. Jeremy Brower (son of big 500 lb. bencher Gary) was best Junior deadlifter with his 402 lb. pull in the 148's. Gary did some great coaching and turning on the nitro to get his engine fired up. Should be fun to watch in August! Physician assistant school bound Adam Korenke was runner up for best junior with his 507 lb. pull. Good luck Adam! Benji Hill (Ketchum, Id) won best lifter in the open division with his ammonia blasting 683 lb. pull at 242. Benji will pull 705 in August! Jon Cunningham was runner up. Jim Zolynski returned to the championships after some time away to win the 220's with a smooth 611 lb. pull. Super-heavy weight Greg Pearce did some warming up with a very explosive 633 lb. deadlift. With lockout work this summer Greg should pull 700 in August; if marriage don't get in the way! Ha! Ha! Ha! Big Joe Thompson pulled 701 lbs for biggest deadlift of the day and best sub master. The masters had five competitors and Gary Brower was best master deadlifter of the day with a 584 lb. pull. David Wolfe's new meet day look (shaved beard) fired him up to pull over 500 in the 242's. Les Brinkley, after much appreciated help during the meet managed a 375 pull and first in the 275's. Andy Scardino pulled over 500 for another YMCA Snake River Record, and it looked like he had more! Brandon Sullivan, Scott "Crabby" Crabtree, Patrick McGee, Jon Cunningham, and Benji Hill of High Altitude Fitness won the Best Bench Team Trophy. Coach Robert Mora

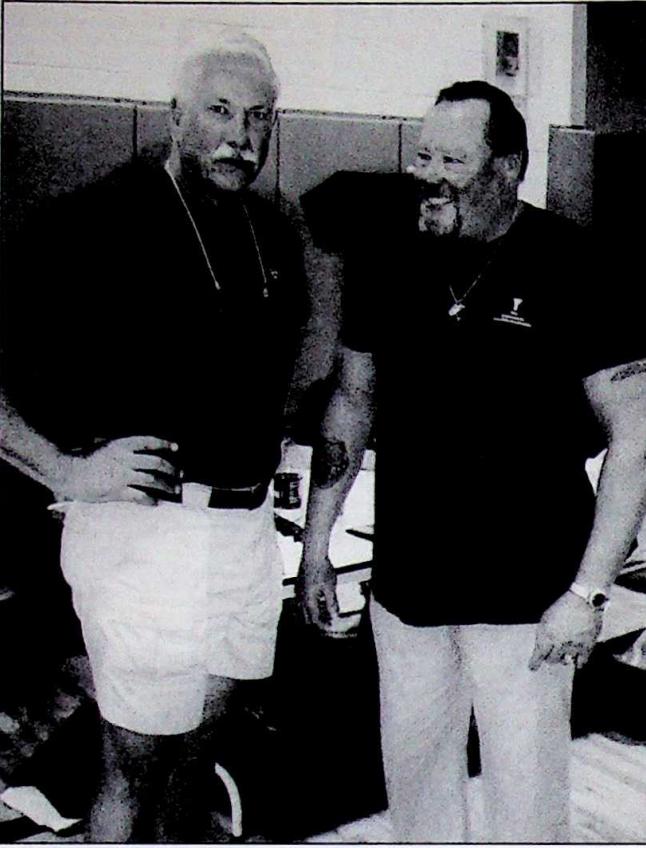
came sporting a arm sling due to a snowboarding accident, we know he wanted to be competing! Robert and Joel Ward have to get together on a come back plan for August! Jessie Thiel, Karen Walker, Frannie Taylor, and Laura Brinkley won and kept the Best Female Team Trophy at the "YMCA". Thanks to all our spotter/ loaders, judges, and helpers that made the meet a great success! Thank's to Teton Orthopedics at Idaho Falls, Teton Outpatient Clinic, YMCA, Sam's Club, World Gym, Apple Athletic, Outback Steakhouse, Albertsons, Fred Meyer, Anderson Lumber, Premier Dentist, Eye Clinic of Idaho Falls, Dave Madden, Screen Graphics, Perkins, and West Coast Hotel for sponsoring our fun competition. Special thank's to our "Ho Down Entertainment"! The Korenke brothers, Kirk and Adam, played guitar and violin to refresh everyone after a exciting day! Hope to see more happy PR's in August and over 100 sculptured trophies weighting down the tables! Take Care (thanks to Michael & Linda Higgins for providing the meet results)

master with a 503 lb. bench. Jim Zolynski won the open 220's benching a meet pr 402 lbs. Jim Weber second with a pr 353 lbs. Benji Hill (High Altitude Team) just returned from getting some training tips at the Arnold Classic and smoked all three of his bench's, finishing

**WPA World Championships & APA
North American BP/DL**
13-14 APR 02 - Lebanon, NH

Men's Drug Tested BP

| | | | | |
|-----------------------------|-----|-----|-----|------|
| 148 | | | | |
| Kurt Bergeron | 270 | | | |
| 165 | | | | |
| Jack Rubio | 365 | | | |
| 181 | | | | |
| Mattahew Lambert | 290 | | | |
| 198 | | | | |
| Brian Highnote | 415 | | | |
| Ken Mattson | 415 | | | |
| Paul Sussman | 400 | | | |
| James Matta | 380 | | | |
| 242 | | | | |
| Bob Therrien | 320 | | | |
| Men's Drug Tested DL | | | | |
| 198 | | | | |
| Mikel Brockway | 505 | | | |
| 275 | | | | |
| Greg Gass | 500 | | | |
| Men's Drug Tested PL | | | | |
| 123 | | | | |
| Rod Bodine | 265 | 185 | 315 | 765 |
| 165 | | | | |
| John Panteledes | 550 | 330 | 515 | 1395 |
| 181 | | | | |
| Rich Podlenski | 455 | 315 | 470 | 1240 |
| Brian Panteledes | | | | |
| 198 | | | | |
| Mike Twitchell | 450 | 400 | 550 | 1400 |
| Mikel Brockway | 405 | 300 | 505 | 1210 |
| 275 | | | | |
| Glenn Russo | 735 | 535 | 565 | 1835 |
| 308 | | | | |
| Wade Johnson | 730 | 535 | 625 | 1890 |
| 308 | | | | |
| Dave Daneault | 700 | 500 | 600 | 1800 |
| 4th | 522 | | | |
| Men's Open Deadlift | | | | |
| 198 | | | | |
| Eddie DiFruscia | | 605 | | |
| 242 | | | | |
| John Birley | | 660 | | |
| Men's Open Bench | | | | |
| 165 | | | | |
| Jack Rubio | 365 | | | |
| Brett Moorehead | 360 | | | |
| 181 | | | | |
| Bill Brown | 355 | | | |
| 198 | | | | |
| Jonathan Saber | 460 | | | |
| Brian Highnote | 415 | | | |
| 220 | | | | |
| Brian Cote | 365 | | | |
| 308 | | | | |
| Billy Tucker | 510 | | | |
| SHW | | | | |
| Bob Adams | 475 | | | |



Carl Wallin (left) & Brian Matchett (right) were among the great master lifters competing. Brian took Day 2 Master best lifter honors

Men's Open PL

| | | | | |
|-----------------|-----|-----|-----|------|
| 181 | | | | |
| Greg Monmaney | 350 | 350 | 510 | 1210 |
| 242 | | | | |
| John Birley | 565 | 350 | 505 | 1420 |
| 275 | | | | |
| Jamie Fellows | 630 | 445 | 625 | 1700 |
| Mark Dimiduk | 675 | 365 | 660 | 1700 |
| 308 | | | | |
| Joseph Percuoco | | 300 | | |
| Deadlift | | | | |
| 165 | | | | |
| Jack Rubio | | 365 | | |
| 198 | | | | |
| 220 | | | | |
| Brian Cote | | 365 | | |
| 308 | | | | |
| Joseph Percuoco | | 300 | | |
| 308 | | | | |
| Wade Johnson | 730 | 535 | 625 | 1890 |

Submaster Bench Press

165

Jack Rubio

365

220

Brian Cote

365

308

Joseph Percuoco

300

Deadlift

165

Jack Rubio

365

198

Eddie DiFruscia

605

Powerlifting

198

Eddie DiFruscia

460

285

605

1350

308

Wade Johnson

730

535

625

1890

Teen 16-17 Bench

148

James Yoshikawa

240

198

Don Rivers

390

220

Dan Rivers

365

Powerlifting

165

Nick Dascoulias

400

210

460

1070

308

F. Turcotte

700

420

550

1670

Women

40-49

James Mioduszewski

285

20-23

198

Mikel Brockway

450

300

505

1210

308

Dave Daneault

700

500

600

1800

40-49 PL

148

Joe O'Connell

260

200

375

835

40-49 DL

148

Jeff Barrows

520

60-69 DL

198

Carl Wallin

430

240

500

1170

220

Joe Salmon

70 plus

BP

220

Joe Salmon

265

Women's Drug Tested PL

148

Beth O'Brien

160

Women's Open BP

123

Jaymie Piper

135

4th

Women's Open

PowerLift

40-49 DL

148

Jeff Barrows

520

40-49 PL

148

Carl McComb

240

165

Vicky Liss

Women's 40-49 PL

123

Carla McComb

100

Women's 50-59 BP

181

Florette Ruggiero

125

Women's 50-59 DL

181

Florette Ruggiero

290

Women's 50-59 PL

181

F. Ruggiero

225

125

290

640

Women's Drug Tested BP

148

Donna Slaga

235

4th

240

Women's Drug Tested PL

148

Donna Slaga

235

4th

240

Women's Drug Tested BP

148

Donna Slaga

235

4th

240

Women's Drug Tested PL

148

Donna Slaga

235

4th

240

Women's Drug Tested BP

148

Donna Slaga

235

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Women's Drug Tested PL

148

Donna Slaga

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4th

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Women's Drug Tested BP

148

Donna Slaga

235

4th

240

Women's Drug Tested PL

148

Donna Slaga

235

4th

240

Women's Drug Tested BP

148

Donna Slaga

235

4th

240

Women's Drug Tested PL

148

Donna Slaga

235

4th

240

Women's Drug Tested BP

148

Donna Slaga

235

4th

240

@123
 Martine S. Jean 315 175 320 810
 148
 Amy Vaughn 375 215 370 960
 4th 400 385

1st place Bench Press Team: Shaper Power Team - White River Jct., Vermont. 1st Place Powerlifting Team: Old Ironsides Gym Power Team - New Hampshire. This year's event was directed by Calvin Frost, who is rapidly becoming one of the biggest meet directors in the Northeast. Precise Ivanko plates were used on the platform. The only problem we had was with the judges light system, which didn't activate until the head judge activated his switch. Unfortunately, there were no off switches and many of us pushed our switch down thinking it was cutting the light off and instead changed the light from red to white. After we caught on with how to work the light system things went smoothly. A very positive atmosphere prevailed throughout the duration of both days with no serious judging discrepancies evident. The best of equipment was available on the platform which added to the quality of the event. Several world records lit up the weekend. The women's divisions saw some great action and the battle for best lifter

Marcel St. Laurent who has been very ill ended up putting on a fine performance with a 520 squat, 315 bench, and 510 deadlift at 59 years of age and at a bodyweight of only 156 pounds! Another outstanding Canadian was 22 year old Dave Daneault who squatted 700, benched 500 and deadlifted 600 for an 1800 total. There must be something in the Canadian water! The meet featured some incredible master and submaster lifters as well. Dennis Montembault of Rhode Island wowed the audience with a 650 squat, 420 bench, and 550 deadlift in the 40-49, 220 class. Dennis had recently won the WPC Masters World Championships and followed suit with a win at the WPA Worlds! Dennis has a calm nature and is a pleasure to have on the platform and to speak with off the platform. He is always there to help others and offer valuable advice to other lifters or those he competes against. Another Mr. Nice Guy Billy Tucker (also from Rhode Island) benched 510 like it was nothing. I got to speak to Billy at intermissions and what an interesting guy he is. This gentle giant is a force to be reckoned with in any contest whether lifting in the masters or open divisions. As always, Mark Dimiduk put on a fine performance. 59 year old Brian Matchett of New Hampshire stole

APPLICATION FOR REGISTRATION American Powerlifting Association

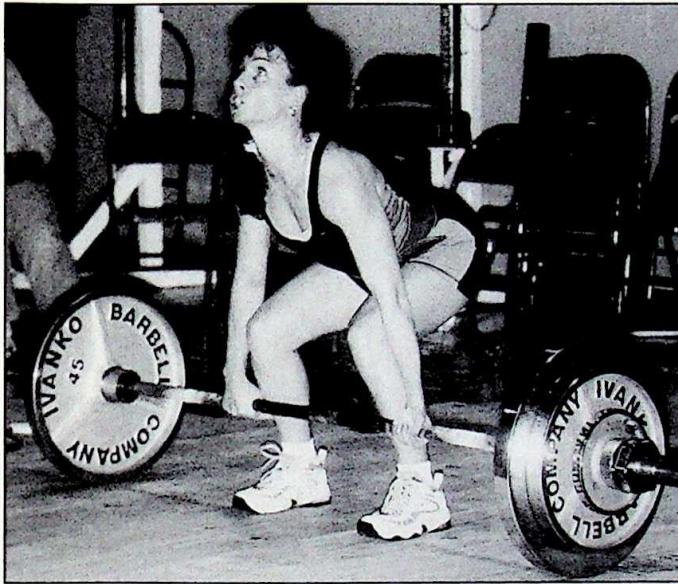
| | | | |
|--|------------|-------------------|--|
| Last Name | First Name | Initial | Date of App. |
| Street Address | City | State or Province | |
| Country | Zip Code | Telephone Number | |
| Date of Birth | Age | Sex | Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927 |
| Social Security Number | | | |
| Registration Fee: \$20 High School Athlete: \$10 | | | |

Parents Initial
 If Under 18 yrs.
 I Certify that
 the above answers
 are correct

USAPL MEET of CHAMPIONS 02 FEB 02 - Ruston, LA.

| | SQ | BP | DL | TOT | 242 | CHOVONEC, PJ | 725 | 430 | 700 | 1855 |
|---------------|-----|-----|-----|------|---------------|--------------|-----|-----|------|------|
| 114 | 170 | 90 | 215 | 475 | WELCH, J. | 675 | 400 | 700 | 1775 | |
| 123 | | | | | BOWEN, J. | 445 | 245 | 470 | 1160 | |
| HOLLOWAY, D | 440 | 210 | 505 | 1155 | WHITE, DON | 400 | 215 | 420 | 1035 | |
| 132 | | | | | 275 | | | | | |
| WILLIAMS,M. | 520 | 265 | 565 | 1350 | HAYES,CHAD | 485 | 330 | 490 | 1305 | |
| KILETICO, M. | 435 | 270 | 510 | 1215 | SHW | | | | | |
| HAMILTON, N. | 225 | 160 | 255 | 640 | WALDRON, TIM | 490 | 345 | 495 | 1330 | |
| 148 | | | | | MITCHELL, J. | 535 | 305 | 485 | 1325 | |
| EDWARDS, C. | 40 | 285 | 425 | 1115 | HOOKER, A. | 335 | 290 | 415 | 1140 | |
| 165 | | | | | 97 | | | | | |
| LEBLANC, P. | 455 | 300 | 505 | 1260 | PORTER, J. | 145 | 85 | 200 | 430 | |
| BROOKS, BEN | 410 | 250 | 445 | 1105 | 105 | | | | | |
| CARTER, HAYES | 390 | 245 | 465 | 1100 | HUNTER, K. | 205 | 105 | 225 | 535 | |
| 181 | | | | | JAUBERT, BETH | 145 | 80 | 170 | 395 | |
| NICOLOSI, JIM | 520 | 300 | 470 | 1290 | JOHNSON, L. | 115 | | | | |
| CAFFERY, C. | 490 | 300 | 485 | 1275 | 123 | | | | | |
| CAFFERY, T. | 415 | 340 | 425 | 1180 | RAMIREZ, P. | 235 | 115 | 300 | *650 | |
| GWIN, KEVIN | 375 | 300 | 405 | 1080 | NEWMAN, S. | 235 | 140 | 275 | *650 | |
| WESTBROOK, K. | 370 | 270 | 420 | 1060 | 148 | | | | | |
| 198 | | | | | TIEMANN, D. | 220 | 110 | 270 | 600 | |
| FAULK, JARRED | 540 | 355 | 575 | 1470 | 165 | | | | | |
| BUCHANON, B. | 475 | 215 | 510 | 1200 | DAY, CHARITY | 290 | 145 | 320 | 755 | |
| CORNELIOUS, J | 345 | 265 | 425 | 1035 | JOHNSON, D. | 275 | 140 | 325 | 740 | |
| 220 | | | | | WILLIAMS, T. | 265 | 125 | 300 | 690 | |
| BALDWIN, BUD | 525 | 325 | 620 | 1470 | 198 | | | | | |
| COATS, ANDY | 445 | 300 | 435 | 1180 | BEARDEN, M. | 300 | 140 | 320 | 760 | |
| CLAY, JOHN | 430 | 300 | 435 | 1165 | LEWIS, VERICE | 220 | 125 | 230 | 575 | |

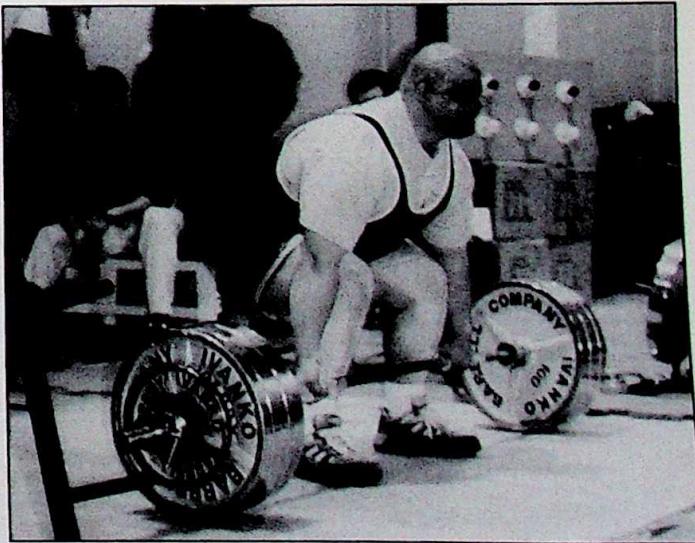
(thanks to USAPL for providing these results)



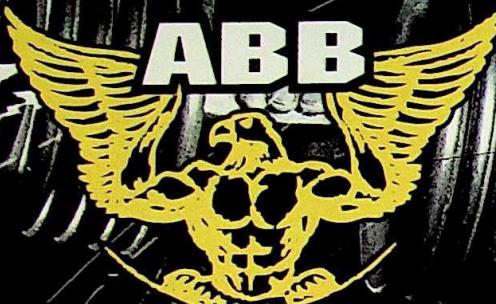
Julie Hautaniemi set a New Hampshire State Record 560 total @ 99.5

was between Martine St. Jean of Canada and 21 year old Amy Vaughan of North Carolina. Martine took best lifter honors with a very narrow margin on formula between the two awesome competitors. Between the two young ladies several Canadian, American, and World records were set. Both gals are fast becoming legends in the powerlifting community. Donna Slaga of Connecticut set a Womens Submaster World Record with an incredible 240 pound bench press. 14 year old Jaymie Piper of Massachusetts set a women's Teenage Record with a nice 140 bench press. She appeared to have a lot more left in her. Florette Ruggiero of Rhode Island was simply incredible. Not only is her name all over the state and National APA record listings but she also ended up listed in the Women's 50-54 category of WPA World Records in the Squat, Bench Press, Deadlift, and total. Outstanding job Florette! Weighing in at a mere 99 pounds Julie Hautaniemi chased some New Hampshire state records out of the books and replaced them with some new records. In the Masters 40-49 class Carla McComb ended up with a new Massachusetts record deadlift of 240 in the women's 123 class while Vicki Lisa took the women's 40-49 165 class in the bench press. Some of the most incredible teenagers anywhere took part in this competition. Francois Turcotte of Canada had just turned 16 and you could hear a pin drop as peoples jaws dropped to the floor in awe at his lifts. At 16 years of age he squatted (and I mean smoked it) 700, benched 420, deadlifted 550 and totaled 1670!!! The Canadians had some incredible representation.

the show for masters heavyweight best lifter honors. The former Marine is still has the Semper Fi spirit when he graces the platform. Wade Johnson of Tennessee was pumped, primed, and ready for action in the 308s. He was right on track for a big ol' total and that he did with a whopping 1890 setting several submaster World Records. Brian Highnote came from Florida on a mission and went home with drug free best lifter honors in the bench press. Highnote looked chiseled as stone and put up a whopping 415. Trailing right behind him in the 198 drug free class was Ken Mattson of Massachusetts who also benched 415. There was a 9 pound difference in bodyweight which was the determining factor between 1st and 2nd place. Trailing right behind in 3rd place with a 400 bench press was Paul Sussman. All 3 men got the job done well and made the division very interesting to watch. Mattson also won the 40-49 category. Eddie Fruscia was fired up for a strong performance in the submaster 198's and coolly powered up a World Record Deadlift of 605 pounds. In closing I would like to thank Calvin Frost who did most of the work putting this meet together. I was having some serious medical problems and ended up flying to Vermont just prior to the event and having surgery in a VA Hospital minutes from the meet site. Calvin took on most of the burden and headaches associated with running an International event and he did a spectacular job. I would also like to thank the spotters/loaders and referees who put in long hours and did a spectacular job. (thanks to Scott Taylor for providing these meet results)



Dave Daneault, Canada, set Jr. records including this 600lb deadlift.



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Champion

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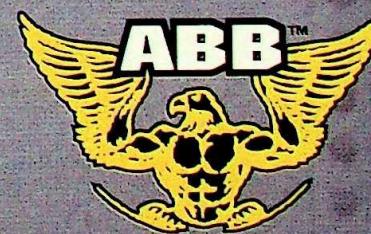
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**12th Weightlifting Unlimited BP
23 MAR 02 - Winchester, VA.**

| | | | |
|---------------------|----------------|-------------------|-----|
| Teenager | Jeff Plummer | 440 | |
| Ryan McMellen | 470 | Buck Carmack | 365 |
| Vernon Haines | 325 | David Reid | 275 |
| Stephen Waite | 230 | Masters (60-over) | |
| Jessie Alderman | 265 | C. Anderson | 270 |
| S.R. Shiley | 85 | George Litos | 220 |
| Matt Haines | 55 | 165 | |
| Sub Masters (35-39) | Jeff Unger | 330 | |
| Geore Ferrell | 440 | Jeff Palmer | 290 |
| Alan Harris | 350 | Stephen Waite | 230 |
| Bill Mears | 365 | 198 | |
| Julian Anderson | 315 | Ryan McMellen | 470 |
| Masters (50-59) | George Ferrell | 440 | |
| Eddie Haines | 425 | F. Richardson | 300 |
| Barry Shafer | 350 | 220 | |
| Frank Nelson | 330 | Jeff Plummer | 440 |
| Jim Shoaf | 75 | Mike Bennett | 400 |
| Open | Hart Pocha | 365 | |
| 148 | Jeff Gibson | 335 | |
| Frank Lupis | 345 | 275 | |
| Scott Zerbe | 310 | Daniel Pullen | 475 |
| Mike Fiore | 245 | Buck Carmack | 350 |
| Robert Clopton | 225 | Raw Heavy Weight | |
| 181 | Mike Bennett | 365 | |
| Carl West | 490 | Rudy Shiley | 315 |
| Charles Hatetter | 350 | 240 | |
| Alan Harris | 350 | Chad Lord | 450 |
| Thomas Comfort | 275 | Randy Robinson | 425 |
| Women | Jake Helgar | 385 | |
| Lisa Lilienfield | 155 | Raw Light Weight | |
| Kath Muttart | 100 | Michael Mullin | 385 |
| S. Waottison | 135 | Jason Baer | 310 |
| Masters (40-49) | Allen Harris | 350 | |
| Carl West | 490 | 267+ | |
| Larry Short | 505 | Larry Short | 540 |

The 12 annual Weightlifting Unlimited Bench Press Championship was held at the Eagles Club in Winchester, Va., with great success. We had a total of 48 lifters. The overall best lifter was Carl West, whose bodyweight was 173 lbs, and he lifted an easy 490 lbs. His 3rd attempt was 500 lbs, and he just barely missed it. The master 50-59 was won by Eddie Haines, who benched 425 lbs, which was an easy lift. He lives in Capon Bridge, WV. Master 60 and over winner was Charlie Anderson, bodyweight 173 lbs, and he lifted 270 lbs. Special thanks to William Thacker, John Shiflet, who comes up to help every year (they own Standardsville Barbell Club). Special thanks to the spotters, Clay McFarland, Bud Drummond, Tony Lafollette and Jeff Palmer. Our head judge was Dave Johnson of Winchester, VA, and Dave Marchette of Martinsburg, WV. Thanks to all the lifters who came this year, I hope to see you next year. P.S.: thanks to all the Weight Lifting Unlimited members who helped with the meet. If it wasn't for them helping we wouldn't be able to put on the meet year after year. Thanks to Mike Bennett Charlie Anderson and Randy Robinson who gathered all our sponsors. (thank you to Randy Brooks for providing these meet results and meet report)

**USAPL NC STATE P/L MEET
09 MAR 02 - Wilmington, NC**

| WOMEN | SQ | BP | DL | TOT |
|----------------|-----|-----|-----|------|
| 97 | | | | |
| Treasure Rich | 130 | 70 | 180 | 380 |
| 123 | | | | |
| D. Garrison | 195 | 105 | 250 | 550 |
| Rebecca Lane | 45 | 154 | 45 | |
| 132 | | | | |
| Lynn Scruggs | 210 | 115 | 225 | 550 |
| 148 | | | | |
| Master (55-59) | | | | |
| Judy Flynn | 45 | 110 | 45 | |
| 165 Open (19) | | | | |
| S. Lunsford | 210 | 115 | 225 | 550 |
| 198 Open (46) | | | | |
| D. Jackson | 250 | 135 | 250 | 635 |
| SHW | | | | |
| S. Wilkerson | 260 | 115 | 259 | 625 |
| MEN | | | | |
| 16-17 | | | | |
| V. Grainger | 405 | 225 | 455 | 1085 |
| 18-19 | | | | |
| Rene Andyade | 335 | 225 | 380 | 940 |
| 181 | | | | |
| 14-15 | | | | |
| Marcus Bowden | 290 | 150 | 305 | 745 |
| 198 | | | | |
| 16-17 | | | | |
| Shawn Rouse | 335 | 175 | 355 | 865 |
| 18-19 | | | | |
| Scott Tiggs | 365 | 245 | 460 | 1070 |



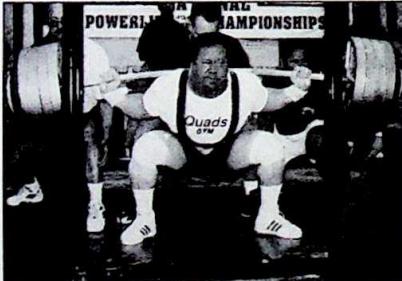
Carl West, ranked #1 in the nation in masters attempts 500 pounds at a body wt. of 173 pounds (photograph courtesy of Randy Brooks)

**USAPL Roxanna High School Qualifier
26 JAN 02 - Roxanna, IL (kg)**

| | SQ | BP | DL | TOT |
|----------------|------|------|-------|-----|
| Girls JV | | | | |
| 165 lb. | | | | |
| Natalie Pfoff | 97.5 | 42.5 | 125 | 265 |
| Girls Varsity | | | | |
| 132 lb. | | | | |
| Athena Stedman | 25 | 45 | 25 | 95 |
| 165 lb. | | | | |
| Haley Meyer | 87.5 | 42.5 | 125 | 250 |
| Erin Bechtold | 100 | 42.5 | 107.5 | 250 |
| Boys | | | | |
| JV | | | | |
| 132 lb. | | | | |
| Jeremy Sands | 92.5 | 90 | 120 | |
| 302.5 | | | | |
| Ben Thackeray | 60 | 42.5 | 80 | |

| | | | | |
|--|-------|-------|-------|-------|
| 182.5 | | | | |
| 148 lb. | | | | |
| Josh Vandergraff | 102.5 | 80 | 157.5 | 340 |
| Jon Adams | 25 | 25 | 25 | 75 |
| 165 lb. | | | | |
| Brandon Graves | 120 | 70 | 147.5 | 337.5 |
| Andrew Bonny | 107.5 | 65 | 142.5 | 315 |
| Trevor Hopt | 100 | 52.5 | 127.5 | 260 |
| 181 lb. | | | | |
| John Decker | 170 | 102.5 | 205 | 477.5 |
| Tim Delbregge | 130 | 102.5 | 147.5 | 380 |
| Chris Smock | 25 | 57.5 | 155 | 237.5 |
| 198 lb. | | | | |
| Tyler Stalcup | 92.5 | 80 | 120 | 292.5 |
| 220 lb. | | | | |
| Zach Cargal | 92.5 | 105 | 137.5 | 317.5 |
| Gregory Van Note | 67.5 | 45 | 107.5 | 220 |
| 242 lb. | | | | |
| Tom Forsythe | 125 | 100 | 182.5 | 407.5 |
| Nathan Grimes | 137.5 | 80 | 167.5 | 385 |
| 275 lb. | | | | |
| R. Toppmeyer | 182.5 | 115 | 230 | 527.5 |
| Mickey Sabolo | 115 | 95 | 172.5 | 382.5 |
| Boys Varsity | | | | |
| 148 lb. | | | | |
| Christian Carter | 167.5 | 102.5 | 157.5 | 422.5 |
| Casey Church | 125 | 97.5 | 160 | 382.5 |
| 165 lb. | | | | |
| Adam Hargis | 147.5 | 125 | 177.5 | 450 |
| 181 lb. | | | | |
| Ryan Cincoski | 152.5 | 127.5 | 202.5 | 482.5 |
| 198 lb. | | | | |
| Adam Wyant | 140 | 107.5 | 200 | 447.5 |
| 220 lb. | | | | |
| Joshua Stedman | 192.5 | 117.5 | 227.5 | 537.5 |
| 242 lb. | | | | |
| Ed Niermann | 227.5 | 165 | 250 | 642.5 |
| Ryan Retter | 167.5 | 125 | 207.5 | 500 |
| Charles Fischer | 105 | 70 | 115 | 290 |
| 275 lb. | | | | |
| Randy Mosier | 135 | 127.5 | 227.5 | 490 |
| Dustin Shoemaker | 180 | 102.5 | 167.5 | 450 |
| Adam LaMarsh | 102.5 | 102.5 | 160 | 365 |
| Kyle Fischer | 120 | 72.5 | 165 | 357.5 |
| SHW | | | | |
| Jake Langhoff | 215 | 125 | 237.5 | 577.5 |
| Best Lifters: JV Girls: Natalie Pfoff, Varsity Girls: Haley Meyer, JV Boys: John Becker, Varsity Boys: Ed Niermann. Lifters Drug Tested: Joshua Stedman, Christian Carter, Ed Niermann. (Thank you to USAPL for providing these meet results). | | | | |

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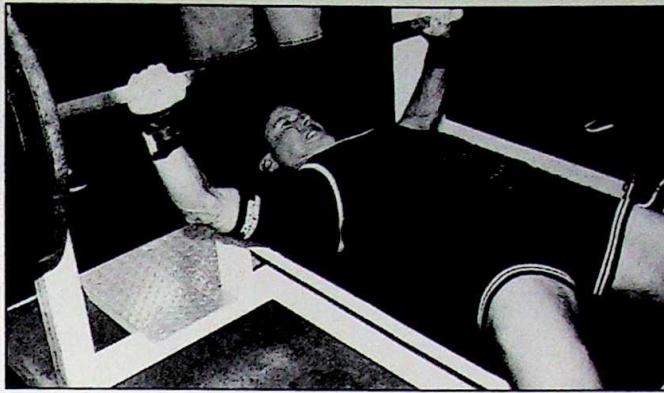
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WABDL Night of Champions BP/DL
22 JUN 02 - Lakeland, FL

| | | | |
|--|------------------|------------------|-----|
| WOMEN BENCH | 198 | | |
| 148 | Kim Conaway | 370 | |
| Open | Rod Douglas | 320 | |
| Ellen Miller | 215 | 220 | |
| Law | Tom Everson | 385 | |
| Ellen Miller | 215 | 242 | |
| 165 | Dan Jonas | 350 | |
| Open | 275 | | |
| Brooke Palmer | 180 | D. Poucher | 405 |
| Diane Allen | 170 | Super | |
| 181 | David Chase | 510 | |
| Sue Pack | 215 | 47-53 | |
| 198 | 220 | | |
| Caryn Baird | 155 | Tommie Jenkins | 380 |
| 198+ | 275 | | |
| Kari Sabin | 300 | Randy Dey | 450 |
| 165 | 54-60 | | |
| 40-46 | 220 | | |
| Lisa Gross | 195 | Jimmy May | 275 |
| Diane Allen | 170 | 242 | |
| 181 | Francis McBride | 280 | |
| 61-67 | 275 | | |
| Sue Pack | 215 | Fred Flack | 400 |
| WOMEN DEADLIFT | | Randy Morris | 285 |
| 165 | 61-67 | | |
| Open | 165 | | |
| Diane Allen | 275 | Bob Nussear | 245 |
| Junior | 242 | | |
| Kelly Noblit | 280 | Ken Anderson | 410 |
| 198 | 68-74 | | |
| Open | 181 | | |
| Caryn Baird | 335 | Bill Tinkler | 215 |
| 198+ | 198 | Law Enf. | |
| Kari Sabin | 425 | Tim Lang | 420 |
| 165 | 40-47 Law Enf. | | |
| 40-46 | 420 | | |
| Diane Allen | 275 | Dan Jonas | 350 |
| MEN BENCH | 48+ Law Enf. | | |
| 123 | Francis McBride | 280 | |
| Open | Randy Dey | 450 | |
| Ken Snell | 280 | Special Olympian | |
| 148 | Nick Cafaro | 270 | |
| Mark Davis | 345 | DEADLIFT | |
| 165 | Open | | |
| Ryan Biet | 400 | 123 | |
| 181 | Ken Snell | 475 | |
| Amp Stevens | 505 | 275 | |
| Brian Strickland | 390 | Greg Jurkowski | 735 |
| 198 | D. Poucher | 685 | |
| Hoss Rhoton | 460 | Class 1 | |
| Ryan Kelly | 415 | 198 | |
| 242 | Tim Calhoon | 505 | |
| Justin Allen | 290 | Damon Reio | 415 |
| 275 | 220 | | |
| Vanlandingham | 475 | Paul Maganello | 650 |
| Greg Jurkowski | 475 | 13-15 | |
| D. Poucher | 405 | 165 | |
| Class 1 | Shawn Lakey | 275 | |
| 181 | 16-19 | | |
| Sean Kearney | 345 | 275 | |
| 198 | Carlos Baixaulli | 530 | |
| Tim Calhoon | 315 | Junior | |
| 220 | 220 | | |
| Scott Lakey | 370 | Paul Maganello | 650 |
| 165 | 242 | | |
| 13-15 | B. Whittington | 550 | |
| Shawn Lakey | 160 | 40-46 | |
| 16-19 | 123 | | |
| Stephen Judah | 370 | Ken Snell | 475 |
| 181 | 132 | | |
| Adam Johnson | 320 | Richard Russo | 435 |
| 198 | 242 | | |
| Clayton Lang | 405 | Dan Jonas | 420 |
| 275 | 275 | | |
| Carlos Baixaulli | 315 | D. Poucher | 685 |
| Junior | Super | | |
| 220 | David Chase | 575 | |
| Bud Fetty | 550 | 47-53 | |
| 242 | 198 | | |
| B. Whittington | 350 | Nick Sinardi | 500 |
| Justin Allen | 290 | 220 | |
| SubMaster | Tommie Jenkins | 505 | |
| 165 | 242 | | |
| Ryan Birt | 400 | Robert Connor | 425 |
| 181 | 275 | | |
| Amp Stevens | 505 | Randy Dey | 615 |
| Sean Kearney | 345 | 40-47 Law Enf. | |
| 40-46 | Randy Morris | 400 | |
| 123 | 40-47 Law Enf. | | |
| Ken Snell | 280 | Dan Jonas | 420 |
| 132 | 48+ Law Enf. | | |
| Richard Russo | 235 | Randy Dey | 615 |
| The WABDL FL State Night of the Champions was a huge success. Lifting started at about 7:30 P.M. with over 50 lifters competing from as far away as Texas, Ohio, West Virginia, and Georgia. In the Women's competition, Lakeland Police Officer Ellen Miller set a law enforcement world record with a very impressive 215 bench weighing only 141 lbs. Brooke Palmer | | | |



Ken Snell with a WABDL Masters 40-46 World Record 280 pound bench press @ 123 pounds(Photograph courtesy of All American Gym)

took 1st in the 165's setting a state record with a 180 bench and Diane Allen came in second with a personal best at 170. Sue Pack, from West Virginia, benched an impressive 215, winning the open and the 61-67 181 lb. class. Caryn Baird did a nice 155 bench to win the 198 lb. Kari Sabin benched a whopping 300 lbs! This is a personal best for Kari and ranks her among the ten drug free women to ever have benched 300 lbs. It was a state record and a 1st place winner. In the masters 40-46 Lisa Gross benched a state record 195 lbs. and took 1st place over Diane Allen. In the Men's Open Ken Snell set a state record with a personal best 280 lbs at 123 bodyweight. Mark Davis benched a 345 state record to win the 148's and Ryan Birt benched an impressive 400 lb. state record at 165 to win that class. Anthony "Amp" Stevens was the man of the meet with a 505 lb. bench at a bodyweight of 181 lbs! Amp went down from the 198 lb. to the 181 lb. to try and set the record. The discipline paid off with a new state record bench, 1st place, best lifter of the bench meet. Brian Strickland tried to make the 165's dieting down from 183 lbs. He was just 3/4 of a lb. shy of it and had to lift in the 181's to take second. Hoss Rhoton won the 198's with a 460 lb. bench. Ryan Kelly placed second with a nice 415. Justin Allen took 1st in the 242's, Scott VanLandingham beat Greg Jurkowski on bodyweight to win the 275's with a 475 BP. Sean Kearney and Tim Calhoon each set a state record in the class 1 division respectively. The youngest competitor, Shawn Lakey, set a state record in the 13-15 year old division 165 lb. class with a 160 bench. In the 16-19 year old division, state records were set by Stephen Judah, Adam Johnson, And Clayton Lang. Carlos Baixaulli benched a personal best 315. Bud Fetty benched an outstanding 550 lbs to set a new world record in the 220 lb. Junior Division. Alabama's Blake Whittington won the 242's and Justin Allen came in 2nd. Ryan Birt benched a state record 400 lbs. in the 165's to win the submaster division. Amp Stevens' 505 lb. bench at 181 lbs. established a new world record in the submasters. He tried 515 on a 4th attempt, but it was just a bit too much. In the masters 40-46 year olds, Ken Snell, who turned 44 two days after the meet, benched a world record 280 lbs. at 123 lbs. Richard Russo, in his 1st bench meet, pushed up a nice 235 for a new state record at 132 lbs. State records were also set by Kim Conway, Tom Everson, Dan "the man" Jonas, and Dwayne Poucher. Tommie Jenkins and Randy Dey also set state record in the 47-53 class. Randy's bench was a personal best at 450 lbs. The 54-60 age group also set some state records with Jimmy May benching 275 at 220, Francis McBride benching 280 at 242 lbs. and Fred Flack benching an impressive 400 lbs. at 275 lbs. Bob Nussear benched a state record 245 at 165 lbs. In the 61-67 year old division, Ken Anderson from Texas benched a nice 410 in the 242's. Ken is a great competitor with a couple of world records to show for it. The oldest competitor, Bill Tinkler benched a very nice 215 at 181 lbs. All Competitors in the Law enforcement / fire division set state records. Tim Lang benched an impressive 420 lbs at 198 lbs. Dan Jonas benched a personal best 350 lbs. at 242 lbs. in the 40-47 law enforcement division. Francis McBride benched 280 at 242 lbs in the 48+ police / fire division, and Randy Dey benched 450 in the 275's. Special Olympian Nick Cafaro benched

an impressive state record 270 in the 181's. The women deadlifters were tearing up the state records with Diane Allen setting two records with 275 lbs in the women's 165 open and 40-46 year olds. Kelly Noblit set a nice 280 lb record in the 165 junior division. Caryn Baird pulled a nice 335 record in the open 198's. The biggest lift in the women's division was hoisted by Kari Sabin in the women's 198+ open. She pulled an outstanding 425 lbs. on her 4th attempt for a new world record! She had a great meet with a 300 lb. bench and a 425 lb. deadlift. In the Men's Open Ken Snell set a state record with 475 lbs, at 123 lbs. He tried 505 lbs, for a new open world record, but it was a bit much. Greg Jurkowski pulled the heaviest deadlift of the meet with a state record 735 lbs. at 275 lbs. Dwayne Poucher came in second with an impressive 685 pull. In the class 1 division, Tim Calhoon pulled a personal best 505 lbs. for a new state record in the 198's. Paul Maganello pulled an outstanding 650 lbs, at 220 lbs. for a new state record. Shawn Lakey pulled a nice 275 lbs. to set a state record in the 13-15 year old 165 lb. class, Carlos "Raheesa" Baixaulli pulled a personal best 530 lbs. for a state record in the 275 lb. 16-19 year olds. In the junior division, Paul Maganello's 650 pull won the 200's and Blake Whittington's 550 pull won the 242's. In the master 40-46 year olds, Ken Snell's 475 lb pull at 123 lbs. set a new world record and earned him best lifter honors. State records were established by Richard Russo with a nice 435 pull at 132, Dan Jonas with a 420 at 242, and Dwayne Poucher with 685 lbs. at 275 lbs. Nick Siwardi; who is blind, proved that "it can be done" by pulling an impressive 500 lbs to win the 47-53, 198 lb class. In the 47-53 year old division state records were set by Tommie Jenkins with 505 at 220, Robert Connor, in his 1st meet, lifted 425 at 242, and Randy Dey with a nice 615 lbs. at 275 lbs. Randy Morris pulled a nice 400 lbs in the 54-60 age group to win the 275 lb class. Dan Jonas set his 4th state record with his 420 lbs opener after months off due to a back injury to with the law enforcement 40-47 age group 220 lb. class. Without even knowing it, Randy Dey set a new world record in the 48+ age group law enforcement division with his 615 lb. third attempt at 275 lbs. Best lifter Bench Press - Amp Stevens. Best lifter Deadlift - Ken Snell. The meet was held at the new facility of the All American Gym to a standing room only packed crowd of spectators. A special thanks to Gus Rethwisch, Ken Anderson, Hoss Rhoton, Junk Yard Dogg, Roy Richardson, B.J. Stigall, Lori Folsom, Rick "red dog" Chappell, Johnny Best, Jerry Williams, Steve Beck, Greg LaBounty, Rick Merts, and Louis Baltzand the All American Gym. Extra Special thanks to all the lifters who helped make this meet a success. (Thanks to All American Gym for providing the meet results.)



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2202 Huge Iron Powerlifting Schedule

11-02-02 AAPF Southern States Powerlifting Championships

11-10-02 WPO Bench Bash for Cash

11-8,9 -02 WPO Powerlifting Semi-Finals
(New Orleans, Louisiana)

11-30-02 APF Southern States Powerlifting Championships (light day)

12-01-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

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17 AUG (new date) USAPL N.C. East

Coast BP/DL, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614
17 AUG, APA World Gym Barbenders BP & DL (Ft. Washington, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
17 AUG, APA Central America BP, DL, Push-Pull (Degraff, OH) Bruce Stotler, Box 348, Quincy, OH 43343, 837-585-5985, apa_ohio@yahoo.com
17 AUG, South Florida Summer Bench

Coming Events

Blast (Lantana, FL) Bob Youngs 561-718-9877, southsidebarbell@hotmail.com

17 AUG (date specified), Virginia's Strongest Man with the METRX/Worldwide Extravaganza (Virginia Beach, VA) Gayle Schroeder, 757-481-6963, strength@eis.net, www.powerandstrength.com

17 AUG, ABF Monster Bench Tour (Tallahassee, FL) Rusty Irby, Box 2335, Bushnell, FL 33513, 352-793-8796, kineticstrength.com

17 AUG, 18th APF/AAPF Snake River BP/PL, YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600, Mike & Linda Higgins

17 AUG, ADAU Single Lift Nationals (3 separate raw, drug free contests) Nick Theodorou, Nutritional Technologies, Box 3368, Palmer, PA 18043, 610-258-1894, nutritek@aol.com

17 AUG, 18th Iowa State Fair BP/DI & Law Enforcement/Fire, Jeff Baird, 6804 Starview St., Des Moines, IA 50320, 515-953-6833, Bairdzz@aol.com

17 AUG, Granite State Open BP/DL (separate contests - men, women, teen, jr., novice, submaster, master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

17 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 AUG, WABDL West Coast BP & DL (drug tested - Rancho Cordova, CA) Jody Woods, 916-417-7647, FAX 916-443-6200

17 AUG, USAPL Mid-Atlantic Open PL/BP, John Shifflett, Box 941, Standardville, VA 22973, valifing@aol.com

18 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24 AUG, North Florida Bench Press (male/female - prizes for top 3 - t-shirts to all competitors, World Gym Jacksonville, 5810-3 Normandy Blvd., Jacksonville, FL 32205, 904-378-1551

24 AUG, USAPL Power Surge PL & BP (Eagles Club, Alliance, NE - Men & Women - open, teen, masters) Michelle James, 308-762-7043 or michelle@bbc.net

24 AUG, Body Factory Power Challenge/BP, Body Factory, 436 Blue Valley Ln., Bangor, PA 18013, Jim Parrish 610-863-1090

24 AUG, WABDL Alki Beach BP & DL (drug tested - Seattle, WA) Bill Stewart, 206-725-7894

24 AUG, SLP Kentucky State Fair BP/DL (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24,25 AUG, North American Powerlifting Championships (Westener Park, Red Deer, Alberta, Host Hotel - Capri Center) 403-346-2091 - reservations by 8/1/02) Bruce Greig, box 4, Okotoks, Alberta, Canada T1S 1A4, 403-938-3067, FAX 403-938-0489
24,25 AUG, USAPL Bench Press Nationals, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed & Frank King, Dr. Larry Miller

24,25 AUG (added competition), AAU National PL (equipped) & Raw USA PL & International BP & AAU National DL & Push/Pull (Convention Center, San Bernardino, CA - last world qualifier for Virginia & Laughlin, NV: Nationals - open, masters, lifetime, jr., mil/law, submasters; Raw USA & BP: open, masters, lifetime, jr., youth, mil/law, disabled, submasters - book rooms @ 909-381-6181) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

25 AUG, USSA Teen, Jr., Submaster, Masters Nationals (Lake City, FL - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number), ussa@bellsouth.net, ussa@bellsouth.net

31 AUG, East Penn Amateur Strongman Open (open to all - trophies to top 3, Tire Flip, Truck Pull, Block/Sled Drag, Keg Toss, Farmer's Walk) Nazareth Barbell,

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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.

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Merchandise Shipping: \$4.00

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610-746-7000 or Nazbar@enter.net
31 AUG, YMCA Bench Press, Elm Grove Chambers YMCA, 55 Lounz Ave., Wheeling, WV 26003, 304-242-8086

31 AUG, USPF Bench Press Nationals (Ocean Dunes Resort Hotel, Myrtle Beach, SC) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFehorton@aol.com

31 AUG, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 SEP, WNP Atlanta Open, Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

7 SEP, APF Maine State Push/Pull, Russ Barlow, 175 Kennebec Tr., Turner, ME 04282, 207-225-5070

7 SEP, NASA VA Regional Qualifier (PL, BP, PS - Charlottesville, VA) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

7 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 SEP, APF West Coast Open BP (Venice Beach, CA) 310-399-2775

10-15 SEP, IPF World Jrs (Venezuela)

14 SEP, WABDL 9th Mad Dog BP (Muskogee, OK - open, teen, masters, jr., submasters, law/fire, women) Ron Hood, 918-681-1112

14 SEP (NEW DATE), WNP Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 SEP, APA California State PL, BP, DL (Sacramento, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

scott@apa-wpa.com

14 SEP, APA Nevada State PL, BP, DL Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, APA Oregon State PL, BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, United we Stand BP (Touch 'n Go - Men + Women - New Castle, PA - Open, Novice, 14-16, 17-19, 20-23, 33-39, 40-49, 50+, Police/Fire, 24th Trophies 1st-5th, \$100 - Best lifter 97-181 + 198-SHW. Portion of Proceeds Donated to help families of 9/11 tragedy.) Charles 724-654-4117

14 SEP, Pittsburgh Legends of the Platform BP & DL, Jamie Harris, 412-384-5051 Ext 1, OATJEZ@AOL.COM

14 SEP, Muscle Beach/APF West Coast BP Championships (open, masters, juniors, spec. Olympians - t-shirts & medals to all participants) Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

14 SEP (correct state), YMCA Challenge 1st Annual Open BP, 19550 N. 10th St., Covington, LA 70433, Linda, 985-893-4800

14 SEP, SLP Village Square BP/DL (Elffingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

14 SEP, Iron Boy Bench Press Classic (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboyenterprises.com

14 SEP, WABDL Washington State BP & DL (drug tested - Hoguian, WA) Don Bell, 360-533-5711

15 SEP, Midwest Open Drug Free PL, BP, DL, Fitness Lifestyles, 641 W. Stevenson St., Freeport, IL 61032, 815-233-2292

15 SEP, 4th Deadlift on the River, Jon

Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu

21 SEP, 3rd Lynch Mob Shirtless Bench Press (Circleville, OH) John Weaver, 740-477-6847, or Jon Ellick, 740-420-3063, antman517@aol.com

21 SEP, NASA New Mexico Regional, Mike Adelmann, Box 44651, Rio Rancho, NM 87174, 505-301-3887

21 SEP, 4th Sci-fit of Georgia BP (Georgia State Farmers Market) Joe DeVerville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005

21 SEP, SLP Open National Powerlifting Championships (Hooperston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22 SEP, ADAU Connecticut Raw Drug Free PL & BP, Robert De La Vega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548

22 SEP, SLP Wisconsin State BP/DL (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP, 9-11 Bench Press (N. Carroll H.S., Hampstead, MD - all wt. classes, age groups, divisions - men & women) Coach David Dodson, 717-359-9594

28 SEP, APA Southeast Coast BP, DL (Winter Park, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

28 SEP, USPF Florida State PL, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

28 SEP, SLP National 'Raw' Power-

lifting Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP (additional contest, change in designation), USBF BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military - wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

28 SEP, NASA Wisconsin Regional PL, BP, PS (Marshfield, WI) SQPBBL@aol.com

28, 29 SEP, IPA Pennsylvania State/Northeast Regional PL & BP, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

5 OCT, 2nd annual Fall Classic BP and/or DL (teen, raw, open, women, submaster, masters) John & Kayleen Blackstone, Muscle Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

5 OCT, Central California PL & BP (open men, teen, 20-23, 35-39, master, women) Lisa & Steve Denison, 5012 Rogue Water Ct., Bakersfield, CA 93313, 661-664-7724, pwrlftrs@powerliftingca.com, www.powerliftingca.com

5 OCT, 100% Raw Nationals, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

5 OCT (date determined), NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

5 OCT, APA Bay State Open BP, DL (Northampton, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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19 October 2002
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Lonnie Anderson
440-964-3013

5 OCT, 2nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 OCT, NASS North American Strongman Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dwes370162@msn.com

5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBBL@aol.com

6 OCT (NEW DATE), SLP Iowa State BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9-13 OCT, IPF World Masters (Argentina)

12 OCT, WPL World Championships (open, women, masters, teenage - Holiday Inn Midtown - Savannah, GA) Ann or Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4574 or 660-1006, e.leverett@att.net

12 OCT, ADAU Raw North Country Open BP & DL (Saranac H.S.) Dr. John Cerruti, 83 River St., Lake Placid, NY 12946, 518-523-7173

12 OCT, WPA World Bench Press Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

12 OCT, APA Northwest Region BP (Kennewick, WA) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

12 OCT (NEW DATE & phone number correction), Olympus Gym Open BP & DL (raw & assisted - men/women open - novice, teen, jrs., submasters, masters, police, fire, military) Vernell Morris, 5470 St. Barbarus Rd., Oxon Hill, MD 20745, 301-505-2255

12 OCT (revised date), APF N. California Open PL & BP (San Francisco, CA) John Ford 650-757-9506

12 OCT, 8th APF Wolverine Open PL & IronMan, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@comcast.net

12 OCT, 4 Seasons Association Fall Bench Press, Kevin Deming, The Four Seasons Association, 904 Four Seasons Rd., Bloomington, IL 61701, 309-663-2022 ext 34 or kevin@4-seasons-club.com

12 OCT, SLP Arkansas State BP/DL (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

12 OCT, NASA Tennessee Regional PL, BP, PS (Nashville, TN) SQPBBL@aol.com

13 OCT, APA Northwest Region DL (Kennewick, WA) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

13 OCT, WPA World Deadlift Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

13 OCT, White's Truck Stop YMCA BP/DL, John Shiflett, Box 941, Standardville, VA 22973, valifit@aol.com

13 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

19 OCT, The Boardwalk Gym Fall Classic BP (Winona, MN), DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or 507-452-7133

19 OCT, Walker's Gym BP Classic (open & raw - men, women, master, teen, po-

lice, military, fire - 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

19 OCT, Ashtabula YMCA BP Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013

19 OCT, Thunder Mountain Open (Barnes Fieldhouse Gym, AZ 85613) Maj. William Wheeler, 520-538-4328, & Kathy Gray 520-533-3180

19 OCT, 11th Muscle Beach Special Olympics Power Lift-Off, Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

19 OCT (updated), Bob Hafner Championship (PL, BP, DL - open, women, teen, master, special olympian) Bob Hafner, 12105 Lake Louise Dr., Gretna, LA 70056, 504-393-9521 or ottohaf@aol.com

19 OCT, USBF Maryland State Bench Press, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustilus, 410-515-1607, Gtdave99@aol.com

19 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

19,20 OCT (additional day), 6th Pennsylvania Power Challenge (BP/DL - 19th, PL - 20th) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

19,20 OCT, NASA Iowa Regional PL, BP, PS (Des Moines, IA) SQPBBL@aol.com

20 OCT (tentative), East Coast Strongman Challenge (Virginia Beach, VA) Gayle Schroeder, strength@exis.net, www.powerandstrength.com

20 OCT, SLP Pecatonica Fitness Fall BP/DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

25 OCT (new address & terms), AAU Richmond International Bench Press (cap of 100 benchers), VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbeeze@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

25-27 OCT, WNPF World PL & SQ Championships (Youngstown, OH - lifters must qualify at a WNPFL national or major championship) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

26 OCT (date assigned), South Florida Halloween Bench Blast, Bob Youngs 561-7 1 8 - 9 8 7 7 , southsidebarbell@hotmail.com

26 OCT, IPA Nazareth Barbell Bench Dead Bash, Mike Miller or Deb Ames, 610-746-7000, nazbar@enter.net, www.bigbenchpress.com

26 OCT, APA Bench Press Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

26 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094

26 OCT, INSA / INSA World Championship (Plano, TX) David Newingham, 4347 Floramar Terrace, New Port Richey, FL 34652, 727-781-0417, StroudsFitness-817-268-3488

26 OCT, 1st annual PPL USA Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

26 OCT, 20th ADAU "Central PA Open" (open and all age groups for both men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

26 OCT, ANPPC Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

26,27 OCT (new address & terms), AAU Raw & Assisted Worlds - (cap of 350 lifters, NO EXCEPTIONS, FIRST COME FIRST SERVE) VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbeeze@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

26,27 OCT (new address), AAU Richmond International Open Meet VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbeeze@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

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26,27 OCT, NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SQPBBL@aol.com

27 OCT, APA Deadlift Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jockey, FL 33927, 941-697-7962, scott@apa-wpa.com

OCT, NASA PA Regional Qualifier PL, BP, PS, Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283
OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

2 NOV, 2nd Body Structure Bench Press (touch and go, 24" trophies 1st-5th, men & women, open, novice, 20-23, 33-39, 40-49, 50+, 14-16, 17-19 - no formulas) Chuck Ventrella, 718 Mabel St., New Castle, PA 16101, 724-654-4117

2 NOV, USPF Texas Cup (Austin, TX - men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

2 NOV, SLP Illinois State BP/DL, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2 NOV, AAPF Southern States PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

2 NOV (added category), USBF Eastern Regionals Raw & Assisted Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

3 NOV, CPA Championnat Quebecois PL

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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 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.

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| Adult Athletes in the Following Sports: | 20.00 |
| Baseball, Biatlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting | 23.50 |

Adult Athletes in the Following Sports: 20.00 23.50

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

Adult Athletes in the Following Sports: Not Available 25.00

Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tae Kwon Do Athletes 20.00 Not Available

Adult Powerlifting Athletes 30.00 35.00

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

| CATEGORY | ONE: | Athlete | Coach | Official | Volunteer |
|------------|--------------------------|---------------|---------------|---------------|-----------|
| CHECK ONE: | <input type="checkbox"/> | Youth Program | Adult Program | Added Benefit | Yes No |
| Club No.: | | Club Name: | | E-Mail: | |

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

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

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

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| First | Middle | Last | | |
| Address | | | | |
| City | State | Zip Code | | |
| County | Phone (With Area Code) | | | |
| Member's Signature _____ | | | | |
| Parent/Guardian Signature _____ | | | | |

(Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc. J1E 2S2, 819-346-9466, marcelstlaurent@sympatico.ca
3 NOV, USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8,9 NOV (NEW DATE), WPO Powerlifting Semi-Finals (New Orleans, LA - Ernest Morial Convention Center) 877-HUG-IRON, hugeiron@logicalcity.com

9 NOV, USAPL Maryland State PL (Laurel Sr. H.S) Mark Daniel, 9413 Squires Ct., Laurel, MD 20723, mdaniel55@comcast.net

9 NOV, APA Longhorn Open PL/BP (Brenham Fitness Center - Brenham, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

9 NOV, 11th Mon Valley Fitness Center BP Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 742-483-2438, MVFC@zcominternet.net

9 NOV, NASA Illinois & Indiana Regional PL, BP, PS (Flora, IL) SQPBBL@aol.com

9 NOV, SLP Fitness One Fall Classic BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9,10 NOV, USAPL New Jersey State PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

10 NOV (NEW DATE), WPO Bench Bash for Cash (New Orleans, LA - Ernest Morial Convention Center)

8 7 7 - H U G - I R O N , hugeiron@logicalcity.com

10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 NOV, Iowa/Midwest Open BP, DL,

Trap DL (teen, novice, open, submaster,

master 1-2-3, women) Wayne Hammes,

Box 433, Oskaloosa, IA 52577, 515-673-

5240

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

14-17 NOV, 100% Raw World Cham-

pionships (all ages, wt. classes, 5 yr.

drug testing period, 10/19 deadline)

Dr. Spero Tshontikidis, 10266 Redtail

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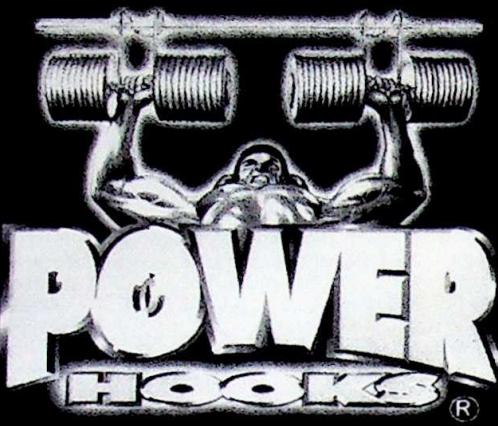
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Judging: Points will be awarded depending on contestants age, bodyweight and total weight of dumbbells lifted for ten reps.

Finalists will be contacted during the first week of November 2002. If an official judge is not available in your area, we will then need a video of you weighing yourself in on a scale and then weighing the dumbbells individually. All finalists will receive a prize. The winner will receive \$1,000.00.



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14-18 NOV, WABDL World BP & DL Championships (drug tested - Peppermill Hotel, Reno, NV) Gus Re-thwisch, 503-762-5066, FAX 503-762-5067

15-17 NOV, IPA Nationals (Holiday Inn Worthington) Elite Fitness Systems, 1695 Itawamba Tr., London, OH 43140, 888-854-8806, www.elitefts.com

16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 NOV, USAPL Rhode Island State PL +

BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, T_Isabella@msn.com

17 NOV, SLP Rhino's Fitness BP/DL Classic (Roscoe, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22-24 NOV (new description), 1st WNPF Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (West Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

23 NOV, Planet Fitness APA Winter Classic (PL, P/P, BP, DL) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, iowaapachair@apawpa.com

23 NOV, USAPL Mass/Atlantic States Open (Warwick, RI) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 (8-10PM)

23 NOV, Eastern American BP (Holiday Inn - Forsyth, GA - I-75 / Exit 186 - Open - Over 40 - Women - Novice - Teen - Police/Fire, Submasters) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 302, 770-474-2633

23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machulka 402-444-5596

23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King

23 NOV, USPF Pan American Bench Press Championship, Dave

Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

23 NOV, USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

24 NOV, APF Pine Tree State Open + National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

24 NOV, USAPL Ohio State PL & BP (2 contests - open mens and women, mens and women raw, mens master, mens masters raw, police & fire, mens teen) Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King.

30 NOV (NEW DATE & INFO), APF/AAPF IronDawg Open PL, BP, (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@irondawg.com

30 NOV, 100% Raw Bench Press Works, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

30 NOV, APA Mississippi Open BP, DL (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

30 NOV, CPA Championnat Quebecois BP & DL, Push & Pull, Curl (Montreal) Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc, J1E 2S2, 819-346-9466, marcelstlaurent@sympatico.ca

30 NOV, APF Southern States (light day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

30 NOV, 1 DEC, 2nd annual YESPA Powerlifting & Bench Press Nationals (Fruitland, MD) 410-749-9101 or 742-9201, ask for Trend or Fred

NOV, NASA WV Regional Qualifier PL, BP, PS, (Ravenswood, WV) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283

1 DEC, The Best of the BP/DL Raw #6

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(sculptured trophies) Body Fitness Center, McMurry, PA, Steve 724-941-7270
1 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

1 DEC, APF Southern States (heavy day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

5-8 DEC 02, IPF World Bench Press (Luxembourg)

7 DEC, APA Patriot Open (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

7 DEC, APF 49th Iron Man Open PL & BP Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805

7 DEC, MPA Miller Chevrolet Christmas BP Classic (Teen 19 & under, open - non-residents welcome, masters 40+, police / fire / military, 40+ police / fire / military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)
7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, <http://www.geocities.com/bruceswan500/index.html>

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7,8 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

7,8 DEC 02, USAPL Virginia State PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

8 DEC, 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

8 DEC, WNPF South Florida BP/DL (single lift or combined) & Power-Curl - West Palm Beach, FL, Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 DEC, CPA Championnat Regional PL & BP (Granby, Quebec) Benoit Brodeur, 450-378-7666, 450-372-0087

14 DEC, Christmas Bench Press, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

15 DEC, WNPF Sarge McCray BP, DL + Ironman (Bordentown, NJ) Troy Ford, Box 142347, GA 30214, 770-996-3418

28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18 JAN (NEW DATE), 3rd APF Michigan Bench for Cash, State BP Championships (cash prizes 1st-5th based on Reshel Formula - \$1000 for 1st place) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@comcast.net

18 JAN, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

JAN, PPI Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@aol.com

1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

8 FEB, APF West Coast Push Pull (San Mateo, CA - Stark's Gym) John Ford, 650-757-9506

Dear APF/WPO Lifter: I would like to start off by saying thank you to all of you who support the APF/WPO. I appreciate the kind words from the lifters I've known, and the new faces I've met at the various APF/WPO contests. Your support motivates me to keep taking powerlifting to new heights. Everything is on track for a major Powerbush Blowout in the Big Easy. New Orleans' Ernest Morial Convention Ctr. will host the WPO Powerlifting Semifinals and the WPO Bench Bash for Cash, both stepping stones to get to the prestigious WPO Finals and the Arnold Classic Bench Bash in Columbus, OH. As excited as I am about the Semifinals, I was hoping to convince some lifters of a possible alternative. If you lifted at the APF Seniors to qualify for the WPO Semis, but came up short, or just barely qualified, you might give some thought to competing at the WPC Worlds in Finland. Ask yourself, "If I lift in the WPO Semifinals am I going to be factor, or just competitive?" I think it is very important to go as far as you can as an amateur. Don't prematurely come into the WPO if you're only competitive. Take me for example. My best total at 308 was 2190, a respectable total, but enough to be a factor in the WPO? If you're a Hwt. you had better be totaling mid 2300s and up to be factor in the WPO. Mwts. should be high 2000s- mid 2100s to be a factor in the WPO. Lwts. 1800s and up to be a factor. If you can't achieve these kind of totals you should really consider lifting in the WPC Worlds in Finland. Ano Turtainen, the WPO Hwt. Champion, and his wife are promoting the WPC Worlds. They are going to do a fantastic job promoting this contest. Due to the strong Nordic heritage in Finland, powerlifters are worshipped like Gods. The Finnish people are powerlifting fanatics! When Ano won the WPO Super Open Title he was given the royal treatment from his Government - the way it should be for Superior Iron Athletes. If you came in the top three at the APF Seniors you are qualified for the WPC Worlds. It would be a lot more respectable to go to Finland and win a World Championship, than to go to the WPO Semis and just be competitive. I can't think of anything more patriotic than to represent your country by going to Finland and lifting your best. I know some people are nervous about traveling since 9-11, but living in fear is not the American way. Thank you, your WPO President, Kieran Kidder

1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

1 MAR, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerma@worldnet.att.net

22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Orentia, 4468 W. 26th st., Erie, PA 16506 814-

833-3727, www.pikitup.com

23 MAR, USPF Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921 T_Isabella@msn.com

29 MAR, APF/AAPF Georgia State Open PL & BP (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.lroudaug.com

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!)

Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com

17 MAY, ADAU "NO druggies Allowed" Squat - Bench- Deadlift Championships

(No total - single lift national qualifier - open + all age groups - men + women) Joe Orentia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitup.com

7 JUN, USPF/AAU Sooner State Games PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

18-20 JUL, USAPL Men's Nationals (Rapid City, SD)

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 DON'T CALL COLLECT.

P.P.S. *Italicized entries in this listing are new competitions or updates to previous entries.*



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WPC German Nationals 6,7 APR 02 - Dessau (kg)

| | | | | | | | | | | | | | | | | | | | | |
|-------------------|------------------|--------------------|------------------|-----|------------------|------------------|-----------------|--|-------|--------|-----------------|-----------------|-----------------|---|--|-----------------|-------|--|--|--|
| Bench Press | Sharam Forulan | 195 | Andreas Mrosek | 230 | M50-54 | Jurgen Kerlinski | 165 | M. Schroder | 200 | M55-59 | F. Hackenberger | 230 | 155 | 190 | 575 | MEN | 60-69 | | | |
| Women | Markus Antoni | 187.5 | Manfred Theiss | 145 | 140 Kg | 110 Kg | | | | | | | | | | 181 | 198 | | | |
| 56 Kg | M40-44 | | Claus Hansen | 150 | Open | Open | | | | | | | | | | Jason Haines | 345 | | | |
| 40-44 | Dielmar Rien | 120 | Franz Dytkiewicz | 220 | Holger Kultroff | 265 | Reiko Kruse | 320 | 60 | 290 | 670 | Wallace Barnet | 270 | | | 198 | 70+ | | | |
| Christina Hansen | M45-49 | | | 220 | Uwe Frey | 255 | 125 Kg | | | | | Carl Tiller | 365 | 165 | | | | | | |
| 60 Kg | C. Morawski | 155 | | | Harald Kraft | 242.5 | Junior | | | | | Kenny Parker | 310 | Jack Miller | 135 | | | | | |
| 18-19 | Thomas Wagner | 107.5 | | | M40-44 | Peter Ackermann | 180 | Sven Lorenz | 250 | 172.5 | 242.5 | 665 | Lee Shepherd | 275 | 220 | | | | | |
| Kristin Lorenz | M50-54 | | | | 125 Kg | | Open | | | | | Deranda Mason | 275 | Morris Skelton | 295 | | | | | |
| 67.5 Kg | Marek Morawski | 167.5 | | | Open | Steffen Hayn | 330 | 190 | 325 | 845 | | Jason Smith | 275 | POLICE/FIRE (RAW) | | | | | | |
| 40-44 | M60-64 | | | | Andre Reiners | 242.5 | Eckhard Doppler | 310 | 220 | 250 | 780 | 220 | S. Freeman | 395 | F. Freeman | 395 | | | | |
| Hildegard Weinelt | M65-69 | 50 | | | S. Hosumbeck | 220 | Klaus Seeger | 260 | 150 | 232.5 | 642.5 | | Larry Mason | 335 | Kirk Hubbard | 300 | | | | |
| 50-54 | Konrad Hogg | | | | Dielmar Stau | 210 | 140 Kg | | | | | Kirk Hubbard | 300 | 242 | | | | | | |
| Gisela Diecks | M65-69 | | | | Open | Holger Kultroff | 420.5 | 265 | 335 | | | 275 | Albert Proctor | 435 | | | | | | |
| 65-69 | Philipp Crusius | 145 | | | M40-44 | | 1020.5 | | | | | Anthony Roberts | 415 | 275 | | | | | | |
| Eva Kusau | Nalegh Andam | 130 | | | Mario Bottcher | 260 | Uwe Frey | 380 | 260 | 300 | 940 | WOMEN (RAW) | | Anthony Roberts | 415 | | | | | |
| Open | 90 Kg | | | | BP | DL | Open | Harald Kraft | 335 | 237.5 | 320 | 892.5 | 131+ | MILITARY (RAW) | | | | | | |
| A. Morawski | 98 | Lutz Gayek | 235 | | TOT | | Eric Hohnel | 310 | 217.5 | 285 | 812.5 | | Michele Betrand | 160 | 181 | | | | | |
| Christiane Neue | 60 | Andreas Talje | 195 | | Men | | Peter Ackermann | 220 | 190 | 250 | 660 | | TEENAGE (RAW) | 148 | OPEN | | | | | |
| 18-19 | Torben Vogel | 190 | | | 60 Kg | | Andre Reiners | 290 | 245 | 285 | 820 | | Chris Kerns | 110 | 220 | | | | | |
| Johanna Becker | 80 | Robby Trost | 175 | | Open | Open | | Bench Press: Markus Schick kept his shape from | | | | | 181 | Kevin Jones | 450 | | | | | |
| 82.5 Kg | Holger Lindinger | 167.5 | | | 67.5 Kg | | | the Arnold and went 245.5 kg at 165 for a WPC | | | | | Mike Piagram | 215 | Frank Schuetz | 435 | | | | |
| 40-44 | M45-49 | | | | Open | | | WR. He narrowly missed 25.5 at lockout. Marie | | | | | 220 | 242 | | | | | | |
| Heidi Graage | 90 | Klaus Krnger | 180 | | Uwe Werner | 170 | | Biermordi got 270 kg at 242 and tried 283 kg for | | | | | Bret Switzer | 250 | Adann Read | 450 | | | | |
| 45-49 | M50-54 | | | | Mathias Feige | 150 | 170 | a new European record, but couldn't finish it. | | | | | 242 | John Mize | 315 | | | | | |
| Ingeborg Hagge | 95 | Wolf Portner | 135 | | 52.5 | 120 | 180 | Frank Pfraumer missed all 3 with 265, 275, 285 | | | | | Jessie Hood | 245 | 275 | | | | | |
| Men | M55-59 | | | | 45-49 | | | and bombed. In the PL section we saw Holger | | | | | MASTERS (RAW) | | Hunter Cross | 585 | | | | |
| 60 Kg | Roland Gotz | 152.5 | | | M40-44 | | | Kultroff return to the platform after a nagging hip | | | | | 40-49 | | SHW | | | | | |
| 18-19 | 100 Kg | | | | Wolfgang Bzdok | 257.5 | 165 | injury. He made a huge squat with 420.5. After a | | | | | 242 | Mike Ange | 405 | | | | | |
| Simon Quitzau | 102.5 Open | | | | M45-49 | 260 | 260 | fine 265 kg bench and a 335 pull, he had established | | | | | 242 | Albert Proctor | 435 | Caroll Thornton | 385 | | | |
| Open | Frank Schoele | 210 | | | Manfred Geipel | 192.5 | 127.5 | a 1020 kg total. Both his squat and total are the | | | | | 242 | Rick Staten | 335 | MASTER (OPEN) | | | | |
| Reno Karkuschke | 125.5 | Rainer Grassinger | 207.5 | | M40-44 | 190 | 510 | highest marks ever made in Germany. Harald | | | | | 242 | SHW | 40-49 | | | | | |
| 67.5 Kg | Olaif Kupzyk | 165 | | | Markus Antoni | 200 | 190 | Selsam had to qualify for the Europeans so he | | | | | 242 | Gene Englehart | 360 | 198 | | | | |
| Open | M40-44 | | | | 90 Kg | 230 | 620 | competed despite an injury. This did not stop him | | | | | 242 | 50-59 | Jim Norton | 205 | | | | |
| Uwe Werner | 170 | Ulrich Woelk | 192.5 | | Open | | | from trying a 383 kg squat, after he had 350 kg on | | | | | 242 | 181 | 220 | | | | | |
| 50-54 | M45-49 | | | | Oezkan Savran | 280 | 190 | his second. He got it up, but not to the judges | | | | | 242 | Chuck Hughson | 325 | David Stanley | 345 | | | |
| J. Winterscheidt | 92.5 | Michael Gnnther | 150 | | Holger Lindinger | 245 | 175 | approval. His total was down due to his shoulder | | | | | 242 | Danny Taylor | 300 | Reuben Weaver | 440 | | | |
| 75 Kg | M50-54 | | | | M40-44 | 260 | 130 | injury, which limited his bench to 180 kg. (results | | | | | 242 | Keythe Hancock | 295 | 60-69 | | | | |
| Open | Heribert Bossert | 165 | | | Georg Haake | 260 | 280 | were provided to us by courtesy of Thomas Klose) | | | | | 242 | Bobby Rideout | 365 | Gus Holzmiller | 270 | | | |
| Markus Schick | 245.5 | M55-59 | | | 100 Kg | 260 | 670 | | | | | | 242 | TEEN (OPEN) | | 0-148 | | | | |
| 40-44 | F. Hackenberger | 150 | | | Junior | 150 | | | | | | | | 242 | Chad Rollins | 150 | | | | |
| Berold Rien | 145 | 110 Kg | | | Junior | 150 | | | | | | | | 242 | WALKER'S GYM would like to thank the gym | | | | | |
| 45-49 | | | | | Marco Grosser | 260 | 205 | members that helped to make our meet a | | | | | 242 | members that helped to make our meet a | | | | | | |
| Manfred Geipel | 125. | Stanislaw Turulski | 190 | | 265 | 730 | | success. Due to our staff's efficiency and 2 | | | | | 242 | platforms, the meet began at 12:00 noon and | | | | | | |
| 60-64 | Ringo Stoiber | 190 | | | 730 | | | | | | | | | 242 | was over at 12:55. The awards were presented | | | | | |
| Willy Sinn | 125 | Open | | | | | | promptly and the contestants were on their | | | | | | 242 | way home by 1:15. (results of this competition | | | | | |
| 82.5 Kg | Mario Biermordi | 270 | | | | | | were provided courtesy of Walker's Gym) | | | | | | 242 | | | | | | |
| T18-19 | Reiko Kruse | 210 | | | | | | | | | | | | 242 | | | | | | |
| Steve Knheis | 100 | L. Hippmann | 170 | | | | | | | | | | | 242 | | | | | | |
| Open | Andreas Faber | 150 | | | | | | | | | | | | 242 | | | | | | |
| Roy Berndt | 200 | M40-44 | | | | | | | | | | | | 242 | | | | | | |
| | Michael Gnnther | 230 | | | | | | | | | | | | 242 | | | | | | |
| | | 150 | | | | | | | | | | | | 242 | | | | | | |
| | | 220 | | | | | | | | | | | | 242 | | | | | | |
| | | 600 | | | | | | | | | | | | 242 | | | | | | |

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Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP

100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European 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 Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
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Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '95 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

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... the information found in previous issues of PL USA ... interviews, meet results, ranking lists, these all put what you read in new issues of the magazine into a richer context. With the perspective you get from finding these PL USA "gems", current affairs will have much more meaning to you. Also, a great training article or Workout of the Month, that you haven't read already, could well be just as valuable to you now, as it might have been if you had read it long before. Check out the synopses of these issues, and remember, we give you a better price on multiple orders.

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Grossbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wren profile, TOP 100 165s
Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Training by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, 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 Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Paisano Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, 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 Enrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gauger 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

ADAU RAW DRUG FREE OPEN 13 MAR 02 - Staten Island, NY

| | | Men | BP | DL | TOT |
|------------------|-----------------|----------------|------------|----|-----|
| BENCH | Women | 165 | Open & 30+ | | |
| SubMaster | Noah Meyer | 190 | | | |
| Sondralee Villa | James Roccaiano | 300 | | | |
| Open | 181 | | | | |
| Kaleena Iszkuila | 120 | Open & Masters | | | |
| WOMEN | Michael Kuane | 265 | | | |
| 114 Teen 18-19 | | | | | |
| Jill Kenny | 65 | 170 | 235 | | |
| 132 | | | | | |
| Veronica Trevino | 85 | 205 | 290 | | |
| 148 Junior | | | | | |
| K. Gillings | 115 | 275 | 390 | | |
| 165 | | | | | |
| Sub. Master | | | | | |
| Sondralee Willo | 130 | 265 | 395 | | |
| Open | | | | | |
| Kaleena Iszkuila | 120 | 295 | 415 | | |
| MEN | | | | | |
| 132 Teen 18-19 | | | | | |
| Matt Pepitone | 185 | 200 | 385 | | |
| 148 | | | | | |
| Teen 12-13 | | | | | |
| Nicholas Barresi | 55 | 115 | 170 | | |
| Teen 18-19 | | | | | |
| M. Hernandez | 185 | 330 | 515 | | |
| 165 | | | | | |
| Open | | | | | |

Noah Meyer 190 335 525
Junior 235 375 610
Milhadi Adonis 220 385 605
Anthony Perreca 280 350 630
Fred Cosentino Sub. Master 205 315 520
Scott Colombo 181
Teen 18-19 270 405 675
N. Bourboulis Open 175 330 525
Matt Dillon 198
Teen 18-19 Stephen Coronia 280 440 720
Anthony Partore 190 430 620
30+ 265 375 640
Arthur Korsun Open 340 550 890
Mario Bower 242 Junior C. Bazzolo 330 600 930
Lifters came from as far as Pennsylvania and as near as Brooklyn to participate in the first Annual ADUA New York City Open Beach/Deadlift for total Championship. Most notably from Brooklyn were the fine athletes who composed the St. Frances College Powerlifting Team. St. Frances went unopposed for best team honors. Congratulations to Coach Frank Caramico on a job well done. The lifters for St. Frances also did well as individuals with lifters such as Kimberly Gillings who was awarded best overall female lifter. Best male lifter was a tight race between 198 Mario Bowers and 226 Christopher Bazzolo. Mario took best overall male lifter by formula. Chris should also be congratulated for setting a new ADUA American record for a Deadlift of 630. Also setting records were Sondralee Villa and Kaleena Iszkuila for the women's submaster and open division respectively. Both ladies did a great job representing the state of Pennsylvania. Making his powerlifting debut in the Teen 148 class was Nicholas Barresi of Staten Island. Nick established the ADUA American record with a deadlift of 147. Overall 11 new ADUA American records were set at this meet. Extra special thanks to everyone who made this meet a success: Joe Pyra, Al Siegel, and Joe Orenta who did such a great job of judging the meet. Don Helt, Jeff Norton and Dan Weber our overworked and underpaid spotters/loaders. Laurie Stiga, who handled all the record keeping. Finally, thanks to Mike, Steve, and Frank of Dolphin Fitness Center who let us use the gym on a busy Saturday Morning. (thanks to Peter Sanzio for providing results)

Men AAPF Phil Halliwell 755 479 578 1813
Mike Eugley 661 402 661 1725
Tim Lane 711 374 672 1758
David Wilcox 661 358 705 1725
Robert Tonini 655 452 551 1659
Tom Sunshine 369 237 413 1019
Kevin Inman 485 330 501 1317
Louis Deutsch 148 562 148 859
Men JR Josh Higgins 501 352 534 1389
Rob Trundy 551 391 551 1493
Joseph Sylvia 490 363 441 1295
Men Master (40-49) Phil Halliwell 755 479 578 1813
Cal Burgess 551 363 611 1526
Tim Lane 711 374 672 1758
M. Toderico 611 319 584 1515
Tom Sunshine 369 237 413 1019
Kevin Inman 485 330 501 1317
Louis Deutsch 148 562 148 859
Men Master (50+) Men Master (50+) Richard Austin 551 358 474 1383
Richard Delgallo 363 203 374 942
Doug Brown 358 253 358 970
James Boulos 369 253 402 1025
Men Open 132 1/4 Richard Delgallo 363 203 374 942
Men Open 148 3/4 Tom Sunshine 369 237 413 1019
Men Open 165 1/4 Men Open 165 1/4 Al. Cayer 573 374 617 1565

MAINE STATE CHAMPIONSHIP 04 MAY 02 - Turner ME

114 SQ BP D TOT

| | | | | | | | | | | | | | | | | | | | |
|------------------|-----|-----|-----|------|------------------|---------|-----|-----|------|---|-----|-----|-----|------|------------------|-----|-----|-----|------|
| Charlie Kanavas | 501 | 325 | 540 | 1367 | Erica Blanchard | 270 | 115 | 248 | 633 | Watt Westcot | 429 | 281 | 441 | 1152 | WOMAN | SQ | BP | DL | TOT |
| Men Open | 181 | 1/4 | | | Women Open | 181-3/4 | | | | James Boulos | 369 | 253 | 402 | 1025 | 105 | | | | |
| George Sotirakos | 507 | 429 | 540 | 1477 | Michelle Roy | 303 | 176 | 314 | 793 | K. McLaughlin | 385 | 242 | 452 | 1080 | Casey Knott* | 170 | 72 | 170 | 413 |
| Greg Brochu | 413 | 314 | 463 | 1190 | Erica Blanchard | 270 | 115 | 248 | 633 | Brian Amadei | 308 | 237 | 402 | 948 | Barb Sieps | 121 | 77 | 159 | 358 |
| Randy Pushard | 402 | 301 | 468 | 1174 | Michelle Roy | 303 | 176 | 314 | 793 | Doug Brown | 358 | 253 | 358 | 970 | 123 | | | | |
| James Boulos | 369 | 253 | 402 | 1025 | Pat Damon | 325 | 187 | 281 | 793 | Peter Guoba | 402 | 253 | 452 | 1108 | Gina Stepleton* | 176 | 94 | 242 | 512 |
| Brian Amadei | 308 | 237 | 402 | 948 | Cindy Wyatt | 264 | 121 | 270 | 655 | Troy Conquest | 226 | 341 | 319 | 887 | Linda Birman | 170 | 72 | 165 | 407 |
| Men Open | 198 | 1/4 | | | Debra Dahms | 187 | 132 | 226 | 545 | louis Deutsch | 148 | 562 | 148 | 859 | 148 | | | | |
| Cal Burgess | 551 | 363 | 611 | 1526 | Nick Jose | | | | | Nick Jose | | 281 | | | Lora Rezek | 176 | 72 | 209 | 457 |
| Edmund Nesti | 562 | 358 | 573 | 1493 | Ron Dayton | 815 | 501 | 749 | 2067 | Best lifter Male: Ron Dayton. Best Female lifter: Erica Blanchard. Team: Total Fitness/World Gym. I would like to thank my table: Norm Guay, Lynne Barlow, Michelle Curtis and Monique Cote, my spotters/loaders: Chris Wiers, Scott Blanchard, Billy Mirnaugh, Brian | | | | | Rita Carlsson | 181 | 99 | 236 | 518 |
| John Westleigh | 501 | 336 | 523 | 1361 | Al. Cayer | 573 | 374 | 617 | 1565 | Blanchard, Matt Aube, Ryan Bourgois and Josh Cooper, My judges: "Iron" Mike Scott, Marty Joyce, Scot Worthing, and Steve Smith, my set up crew: Time Lane, Frank Ventriglia JR, Frank Ventriglia SR, Chris Wiens, Scott Blanchard and the boys from South Side Gym CT. for without your help there would be no meet. (These results provided by Russ Barlow.) | | | | | Bettina Scurlock | 203 | 132 | 281 | 617 |
| Men Open | 220 | 114 | | | Jason Miller | 727 | 562 | 633 | 1923 | Katie Ecker | 176 | 99 | | | Katie Ecker | 176 | 99 | 225 | 501 |
| Jared Elston | 463 | 303 | 562 | 1328 | Mike Mitchell | 683 | 512 | 705 | 1901 | Men | | | | | 148 | | | | |
| Frank Ventriglia | 429 | 242 | 485 | 1157 | Phil Halliwell | 755 | 479 | 578 | 1813 | Mike Werner | 303 | 187 | | | Mike Werner | 303 | 187 | 352 | 843 |
| Men Open | 242 | 1/2 | | | Charlie Kanavas | 501 | 325 | 540 | 1367 | James Engel | 336 | 181 | 407 | | James Engel | 336 | 181 | 407 | 925 |
| Phil Halliwell | 755 | 479 | 578 | 1813 | Mike Egley | 661 | 402 | 661 | 1725 | Jim Balomenos | 297 | 198 | 429 | | Jim Balomenos | 297 | 198 | 429 | 925 |
| Mike Egley | 661 | 402 | 661 | 1725 | G.Sotirakos | 507 | 429 | 540 | 1477 | Brent Knust | 314 | 214 | 369 | | Brent Knust | 314 | 214 | 369 | 898 |
| Robert Tonini | 655 | 452 | 551 | 1659 | Tim Lane | 711 | 374 | 672 | 1758 | Jerry Ochs | 330 | 220 | 352 | | Jerry Ochs | 330 | 220 | 352 | 903 |
| Men Open | 275 | 1/4 | | | Cal Burgess | 551 | 363 | 611 | 1526 | Dave Clark | 562 | 330 | 633 | | Dave Berger | 451 | 413 | 485 | 1350 |
| Ron Dayton | 815 | 501 | 749 | 2067 | David Wilcox | 661 | 358 | 705 | 1725 | Tony Caresley | 275 | 187 | 479 | | Tony Caresley | 275 | 187 | 479 | 942 |
| Jason Miller | 727 | 562 | 633 | 1923 | Robert Tonini | 655 | 452 | 551 | 1659 | 220 | | | | | 220 | | | | |
| Mike Mitchell | 683 | 512 | 705 | 1901 | Peter Orino | 672 | 468 | 573 | 1714 | Mike Werner | 187 | | | | Dave Berger | 451 | | | |
| Peter Orino | 672 | 468 | 573 | 1714 | Mike Kalter | 622 | 330 | 705 | 1659 | 242 | | | | | Tony Caresley | 275 | 187 | 479 | |
| Mike Kalter | 622 | 330 | 705 | 1659 | Josh Higgins | 501 | 352 | 534 | 1389 | 242 | | | | | 242 | | | | |
| Terry Frost | 578 | 402 | 600 | 1582 | Edmund Nesti | 562 | 358 | 573 | 1493 | Barb Sieps | 77 | | | | Barb Sieps | 77 | | | |
| Gary Quirion | 573 | 374 | 507 | 1455 | Richard Delgallo | 363 | 203 | 374 | 942 | Casey Knott | 72 | | | | Casey Knott | 72 | | | |
| Troy Conquest | 226 | 341 | 319 | 887 | Rob Trundy | 551 | 391 | 551 | 1493 | 123 | | | | | 123 | | | | |
| Men Open | 308 | | | | Terry Frost | 578 | 402 | 600 | 1582 | Bob Frankl | 336 | | | | Bob Frankl | 336 | | | |
| Tim Lane | 711 | 374 | 672 | 1758 | C. Fredelle | 567 | 363 | 540 | 1471 | Don McIntyre | 132 | | | | Don McIntyre | 132 | | | |
| C. Fredelle | 567 | 363 | 540 | 1471 | M. Toderico | 611 | 319 | 584 | 1515 | Rita Carlsson | 99 | 220 | | | Rita Carlsson | 99 | 220 | | |
| Gary Quirion | 573 | 374 | 507 | 1455 | John Westleigh | 501 | 336 | 523 | 1361 | 181 | | | | | 181 | | | | |
| Patrick Begin | 501 | 275 | 551 | 1128 | Randy Pushard | 402 | 303 | 468 | 1174 | Bettina Scurlock | 132 | 210 | | | Bettina Scurlock | 132 | 210 | | |
| Doug Geis | 501 | 303 | 457 | 1262 | Tom Sunshine | 369 | 237 | 413 | 1019 | Men | | | | | Men | | | | |
| Matt Westcot | 429 | 281 | 441 | 1152 | Gary Quirion | 573 | 374 | 507 | 1455 | 148 | | | | | 148 | | | | |
| K.McLaughlin | 385 | 242 | 452 | 1080 | Richard Austin | 551 | 358 | 474 | 1383 | Travis Risius | 429 | | | | Travis Risius | 429 | | | |
| Peter Guoba | 402 | 253 | 452 | 1108 | Greg Brochu | 413 | 314 | 463 | 1190 | Justin Sheer | 220 | | | | Justin Sheer | 220 | | | |
| Nick Jose | 281 | | | | Jordan Inman | 485 | 330 | 501 | 1317 | Cary Mitzel | 413 | | | | Cary Mitzel | 413 | | | |
| Women Master | | | | | Jared Elston | 463 | 303 | 562 | 1328 | Eric Carlson | 192 | | | | Eric Carlson | 192 | | | |
| Pat Damon | 325 | 187 | 281 | 793 | Patrick Begin | 501 | 275 | 551 | 1328 | Frank Ventriglia | 429 | 242 | 485 | 1157 | 352 | | | | |
| Cindy Wyatt | 264 | 121 | 270 | 655 | Joseph Sylvia | 490 | 363 | 441 | 1295 | | | | | | | | | | |
| Debra Dahms | 187 | 132 | 226 | 545 | Doug Geis | 501 | 303 | 457 | 1262 | | | | | | | | | | |
| Women Open | 114 | 1/2 | | | Frank Ventriglia | 429 | 242 | 485 | 1157 | | | | | | | | | | |

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, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
 Mar/98... Mark Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
 Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundation Training by Louie, TOP 242s.
 May/98... Ed Coan's Suspension, Pro Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Bench Press, TOP 100 275s.
 Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
 Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
 Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantams.
 Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
 Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
 Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middleweights, Greg Blount, World's Strongest Man, Louie Simmons, TOP 100 165s.
 Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
 Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
 Feb/99 ... WPC Worlds Pt. 2, Coan goes

2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
 Apr/99 ... The ED COAN Book, Why Whey?, Gordon Sante Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
 May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
 Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs.
 Aug/99 ... the Rubber Band Man, the "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
 Sep/99 ... USAPL Men's Nails., APF Srs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s.
 Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s.
 Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
 Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, 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 S., Close Grip BP, Strongman II, TOP 100 198s.
 Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S., TOP 100 220s.
 Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons, TOP 100 242s.
 Apr/00 ... Arnold Classic, WPC Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s.
 May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara

Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
 Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press 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 Flyweights.
 Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s.
 Sep/00 ... USPFSeniors, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s.
 Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
 Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights.
 Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies.
 Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s.
 Feb/01 ... Garry Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training 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 Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP.
 Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, 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 275s.
 Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, LIST THE ISSUES YOU WAN (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, 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, Lifting Belts, TOP 100 123s.
 Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s.
 Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corcello 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 Simmons, TOP 100 165s.
 Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, 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, Louie on Training the Lockout, TOP 100 198s.
 Feb/02 ... WABDL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s.
 Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barron, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method".
 Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtia interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s.
 Jun/02 ... Meet Scott Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.
 Jul/02 ... Kennelly Bench 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

USPF West Virginia Championships

23 MAR 02 - Institute, WV

| | | | | |
|-----------------|-----|---|---------------|-----|
| SQUAT | 181 | Don Hall | 440 | |
| Collegiate | | Senior | Doug Currence | 606 |
| A. Kwitakowski | 485 | Master 45-49 | 242 | |
| Seniors | | Jim Rubenstein | 529 | |
| A. Kwitakowski | 485 | 308 | | |
| 198 | | Collegiate | | |
| Juniors | | Brian Siders | 766 | |
| Davin Carney | 451 | Senior | | |
| 220 | | Brian Siders | 766 | |
| Master 40-44 | | HOLLEY OPEN | | |
| Brian Reynolds | 363 | BENCH PRESS | | |
| Master 50-54 | | 123 | | |
| Don Hall | 463 | Senior | | |
| 242 | | B. Deweese | 170 | |
| Master 45-49 | | Eddie Walsh | 352 | |
| Jim Rubenstein | 529 | Teen 14-15 | | |
| 308 | | Dustin Briscoe | 226 | |
| Collegiate | | 181 | | |
| Brian Siders | 776 | Collegiate | | |
| Seniors | | Dan Coshron | 303 | |
| Brian Siders | 776 | Master 60-64 | | |
| DEADLIFT | | Ken Samples | 237 | |
| 123 | | 198 | | |
| Teen 14-15 | | MAster 50-54 | | |
| Cody Gallagher | 226 | Bud Samples | 325 | |
| 148 | | Seniors | | |
| M. Loudermilk | 308 | John Carte | 363 | |
| Teen 16-17 | | Seniors | | |
| Josh Edens | 330 | Dave Lewellyn | 413 | |
| 165 | | 220 | | |
| Senior | | Master 55-59 | | |
| J. Blakenship | 424 | Jack McClung | 336 | |
| Teen 16-17 | | Master 60-64 | | |
| Herbert Maynard | | John Carte | 363 | |
| 181 | | Seniors | | |
| Collegiate | | Dion Wamsley | 314 | |
| A. Kwitakowski | 501 | Seniors LF | | |
| Seniors | | Dion Wamsley | 314 | |
| A. Kwitakowski | 501 | SubMaster | | |
| Teen 16-17 | | Mike Aartzell | 358 | |
| Justin Good | 391 | Master 50-54 | | |
| 198 | | Mike Highfield | 490 | |
| Senior | | Master 70-74 | | |
| Darven Carney | 440 | Ron Harbert | 529 | |
| 220 | | H. Fitzsimmons | 55 | |
| Master | | Seniors | | |
| 40-44 | | Ron Harbert | 485 | |
| Brian Reynolds | 463 | Junior | | |
| Master 50-54 | | Dave Shelton | 396 | |
| FEMALE | SQ | Chris Bower | 303 | |
| 165 | | Teen 14-15 | | |
| Teen 16-17 | | Bob Life | 253 | |
| Misty Clark | 192 | Collegiate | | |
| MALE | | Brian Siders | 776 | |
| 114 | | Seniors | | |
| Teen 14-15 | | Brian Siders | 776 | |
| Josh Lambert | 121 | Teen 16-17 | | |
| 132 | | C. Matthews | 402 | |
| Brandon Riffe | 242 | SHW | | |
| Hank Weese | 154 | Juniors | | |
| Teen 16-17 | | Aaron Crawford | 303 | |
| Jacob Brezinski | 248 | HOLLEY OPEN | | |
| 148 | | FEMALE | | |
| Teen 14-15 | | Pam Kusar | 325 | |
| Zach Jennings | 176 | 123 | | |
| Dylan Griffith | 132 | Senior | | |
| Teen 16-17 | | Teen 18-19 | | |
| Josh Vaught | 385 | Aaron Helms | 385 | |
| Jason Brooks | 203 | 165 | | |
| Salim Wali | 165 | 198 | | |
| Teen 18-19 | | Juniors | | |
| Jason Fowler | 248 | Derrick Hinkle | 407 | |
| Chris Traylor | 148 | Mark Rexroad | 303 | |
| 165 | | Master 40-44 | | |
| Aaron Helms | 385 | Jerry Kusar | 628 | |
| Teen 16-17 | 220 | Sub Master | | |
| Kerik Hamn | 192 | Keith Boltz | 578 | |
| 181 | | Master 40-44 | | |
| Collegiate | | 1328 | | |
| A. Kwitakowski | 485 | 1328 | | |
| Seniors | | As in past years the turnout for our contest was good in both numbers and quality. Our teenagers have proven again that our future is insured to have quality lifters to continue our great tradition here in W.Va. Our Junior and Senior Divisions also produced some top notch performances. The Holley Open competition also brought in some great talent. We are always glad to see all our competitors and look forward each year to all the quality performances. Congratulations to Dan Hall for being inducted into our USPF Powerlifting Hall of Fame. This honor is legitimate and is not to be confused with any other honor made up to feed someone's own feeble ego. We have tried to make the USPF a lifters organization, especially at our Holley Strength System sponsored state meet. Our outstanding Senior lifter award went to Brian Siders whos 2200 lb total was truly a legitimate effort. Brian has no rivals on the platform here in W.Va. - "BUT" look out | | |
| A. Kwitakowski | 485 | 341 | 501 | |
| Matt Ranson | 440 | 341 | 501 | |
| SubMaster | | 336 | 402 | |
| George Bryant | 352 | 259 | 440 | |
| Teen 14-15 | | 1052 | | |
| J. Shrewsbury | 264 | 167 | 374 | |
| 198 | | 815 | | |
| Juniors | | Davin Carney | 451 | |
| Seniors | | 319 | 440 | |
| Tim Hayner | 374 | 1212 | | |
| 220 | | 275 | 451 | |
| Master 40-44 | | 1102 | | |
| Rick Perkins | 314 | 380 | 418 | |
| Brian Reynolds | 363 | 286 | 463 | |
| Master 50-54 | 463 | 303 | 440 | |
| 242 | | 1207 | | |
| Juniors | | | | |



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UNITED STATES POWERLIFTING FEDERATION**

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| | | | | |
|-----------------------------|-------------|---------------------------|---------------------|-----------------------------|
| Last Name | First Name | Initial | Renewal | Current Card # (If General) |
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| Street Address | | | Club Name | |
| City | | State | Zip | Area Code/Telephone |
| Current USPF Classification | | Referee Status | Current High School | Special Olympian |
| Elite Master | I II III IV | IPF Cat 1 Cat 2 Nat State | Y N | Y N |
| Current Collegiate | | U.S. Citizen | Date of Birth | Sex |
| Y | N | Y N | / / | M F |
| Today's Date Card Issued By | | | | |

Registration Fee \$25.00
Make checks payable to and Mail to:
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P.O. Box 650
Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

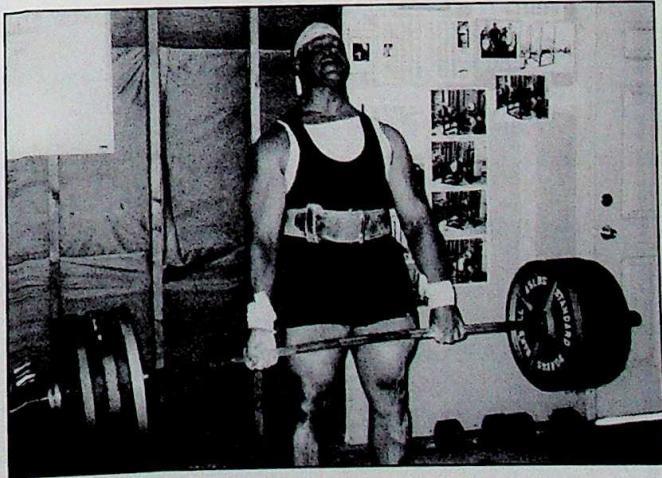
If Under 18 have Parent Initial _____ Signature _____

Brian - some of our hungry young lifters at our contest have visions of someday down the road giving you all you can handle - right Tim and Adam. Three "P" is out there! Thank you to all our competitors for your excellent efforts. And a special thanks you to all our Holley Strength members and their families for another great effort. I don't want to forget our loaders and spotters for their hard work - you make our contest the great success that it is. (Thanks to John Messinger for meet results.)

DUNGEON GYM BP/DL
13 MAY 02 - Galt, CA

| MEN | SHW | |
|------------|-----------------|--|
| Youth (13) | W. Faulkner | 405 |
| 165 lbs. | DEADLIFT | |
| (Raw) | | |
| | MEN | |
| T. Knight | 240* Youth (11) | |
| Open | 66 lbs. | |
| | (Raw) | |
| 275 lbs. | T. Knight | 120* |
| | 565 M. Knight | |
| SHW | Open | |
| | W. Faulkner | 405 242 lbs. |
| | Master | 600 |
| (40-44) | D. Skeva | |
| | Master (40-44) | |
| 275 lbs. | M. Knight | 565 D. Skeva (242) 600 |
| | | *Personal Record, The Dungeon GYM BP/DL |
| | | challenge was held on Saturday, May 11, 2002 |
| | | in Galt, CA. First up, was 13 year old, Tony |
| | | Knight, who bench pressed a huge RAW 240 |

lbs. at 165 lbs, bodyweight. It was a new PR and the most weight ever bench pressed by a 13 year old, at any bodyweight (as 232 was the previous unofficial "record"), according to the book "Strength", by Dale Harder. Next up, master lifter, Mike Knight, who weighed in at a light 264 lbs., bench pressed a big 565! In the SHW division, master lifter, Walt Faulkner, from Salinas, CA, bench pressed 405 at 279 lbs. bodyweight, just missing a new PR 425 at lockout. Walt is normally a squat /deadlift specialist, who came up to "tune-up" his bench - as he was saving his 800 squat and 700 deadlift for the upcoming APF nationals in a couple of weeks. Walt is about as wide as they come - at 6'1 and 275-295, his shoulder width makes a good case for widening the "standard" doorway. In the deadlift competition, first time deadlifter, 11 year old, Mike Knight, deadlifted a huge RAW 120 lbs. at only 66 lbs. bodyweight! He was completely raw, no belt, nothing but chalk on his hands. Mike took a break from skateboarding to hit this PR. Mike has relatively long arms for his height, with large hands, a good grip, and a load of tendon strength! Good job, Mikey. To close the show, originally from Chicago, home of DA Bears and DA Bulls, now residing in Sacramento, 43 year old, Darryl Skeva, deadlifted 600 lbs. at 242 lbs. bodyweight! Darryl just missed 650. He'll get it next time. I'd like to thank the spotters, loaders, and judges, Joe Weiss, J. and K. Heath. Thank you to Powerlifting USA. (Thanks to Kurt Heath for providing results.)



Darryl Skeva, at the Dungeon Gym BP/DL Challenge, with 600 @ 242

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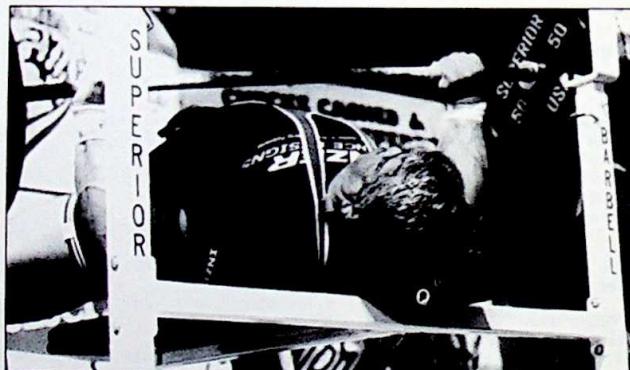
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SLP IRON HOUSE OPEN
2 MAR 02 - Hooperston, IL.

| | | | | |
|--|------------------|-------------------|-------|-------|
| BENCH PRESS | master men 45-49 | | | |
| teenage men 16-17 | 165 | | | |
| 132 | Allen McCredie | 300* | | |
| Keith Koch | 130* | 181 | | |
| 4th | 135* | Dave Newman | 420* | |
| teenage men 18-19 | 275 | | | |
| 148 | Bill Lanham | 355* | | |
| Matt McCredie | 235* | police & fire | | |
| 4th | 240* | 181 Mike Louck | 390* | |
| 220 | open men | | | |
| Enrique Ramirez | 275* | 181 | | |
| 242 | Dave Newman | 420* | | |
| Victor Munoz | 330* | DEADLIFT | | |
| 4th | 340* | teenage men 18-19 | | |
| master men 40-44 | 198 | | | |
| 181 | Wes Kauffman | 400* | | |
| Rick Espinoza | 275* | open men | | |
| 198 | 198 | | | |
| Mike Maxwell | 365 | Kenny Garrett | 650 | |
| class/name | SQ | BP | DL | TOT |
| submaster men | | | | |
| 198 | | | | |
| Mike Hinders | 500* | 390* | 485 | 1375* |
| | 4th | 500* | 1390* | |
| Jeffry Archer | 430 | 335 | 465 | 1230 |
| master men | | | | |
| 40-44 | | | | |
| 198 | | | | |
| Mike Maxwell | 450 | 365 | 365 | 1180 |
| 242 | | | | |
| Stanley Doris | 600* | 335* | 550* | 1485* |
| open men | | | | |
| 105 | | | | |
| Alonzo Munoz | 135* | 75* | 160* | 370* |
| 4th | 150* | | 385* | |
| 181 | | | | |
| Jason Sturtevant | 430 | 340 | 450 | 1220 |
| 4th | 450 | 460 | 1250 | |
| Craig Blackwell | 400 | 280 | 460 | 1140 |
| 198 | | | | |
| Kenny Garrett | 700* | 410 | 650* | 1760* |
| 242 | | | | |
| Mark Struck | 475* | 400* | 600* | 1475* |
| Steven Zellmer | 480 | 315 | 405 | 1200 |
| * Son Light Power national record. The Son Light Power Iron House Open Powerlifting Championships were held February 2, 2002 at Iron House Gym in Hooperston, Illinois. A special thanks to our hosts Gary and Donna Catron for all their help in promoting this competition. In the powerlifting event Mike Hinders held off Jeffry Archer for the submaster 198 title, setting all new national records in the process. Mike finished his squat with a personal best 500, followed by a solid 390 bench. Mike pulled a 485 third attempt deadlift, then came back with a pr 500 fourth for a 1390 total. Jeff started with a great 430 pr squat, followed by a 335 bench, then finished with a 465 deadlift for a 1230 total. Mike Maxwell got all new prs, lifting in his first full meet and winning the master 40-44/198 title. Mike went 450-365-365-1180 with a solid day of lifting. Stanley Doris came up from southern Missouri to capture the title at 40-44/242. Stanley got a big pr 600 squat which along with his 335 bench and 550 pull gave him a great 1485 total. All | | | | |

were new national record for that class. In the open division eleven year old wonder Alonzo Munoz had yet another great day of lifting. Breaking all of his own national records at 105, Alonzo finished with a 135 third attempt squat, followed by a 150 fourth, a 75 bench and a 160 deadlift for a 385 total! All this at a ninety-two pound bodyweight! Jason Sturtevant got all new prs with his win at 181, finishing with 430 (450) - 340 - 450 (460) - 1220 (1250). Craig Blackwell was second at 181, finishing with 400 280 460 1140. Craig got new prs in the bench, deadlift and total. The big lifter of the day was our 198 winner Kenny Garrett. Kenny came for and got a big pr 700 national record squat, followed by another pr in the bench with 410. Making just his opener deadlift of 650 (still another national record), Kenny finished the day with a pr and national record total 1760. At 242 it was Mark Struck, getting all new prs on the day, which were also new national records for that class. Mark finished with a 475 squat, 400 bench and a 600 deadlift for a great 1475 total. Steven Zellmer finished second to Mark with a pr 480 squat, 315 bench and a 405 pull for a 1200 total. The best lifter award went to Kenny Garrett from Charleston, Missouri. In the bench press event Keith Koch won at teenage 16-17/132, establishing the national record there. Keith's third attempt with 130 and his fourth with 135 were also new prs for him. Matt McCredie also posted new prs and national marks, along with new Illinois state records with his win at 18-19/148. Matt finished at 235 along with a 240 fourth for the title. Enrique Ramirez captured the 18-19/220 title with a new national record of 275. At 18-19/242 it was Victor Munoz who finished with 330, followed by a 340 fourth for the win there. Both were new national marks for Victor. Rick Espinoza broke his own national record at 40-44/181 with a great pr 275 while Mike Maxwell won at 40-44/198 with a solid 365. This was also a new pr for Mike. Allen McCredie came down from Madison in the snow to take the master 45-49/165 class, tying the national record there with 300 while also setting the Illinois state record. Dave Newman dropped down to the 181 class for the win at 45-49 and the open classes, finishing with new national and state marks there with 420. Dave also won best lifter honors for the bench press competition. At 45-49/275 it was Bill Lanham for the win with a new national record of 355. This was Bill's first competition. Mike Louck set both a state and national mark with his win in the police & fire/181 class. Mike had a perfect day of lifting, finishing with 390. In the deadlift event, Wes Kauffman broke the record at 18-19/198 with a strong final pull of 400, while Kenny Garrett finished the day with 650 for the open 198 title. Thanks again to Gary for spotting and loading to the gang at Iron House Gym and to my son Joey, the "Hardest Working Teenager in the Sport of Powerlifting". (thanks to Dr. Darrell Latch for providing these results)



Best lifter ... Kenny Garrett (left) with Dr. Darrell Latch SLP Iron House Open PL Championships (photo courtesy Dr. Darrell Latch)

APF NE STATE/MIDWEST OPEN

23 MAR 02 - Omaha, NE

WOMEN SQ BP DL TOT

| | | | | |
|---------------|-----|-----|-----|------|
| Full | | | | |
| Teen | | | | |
| 165 | | | | |
| Taylor Rice | 314 | 121 | 314 | 749 |
| Master 1 | | | | |
| 181 | | | | |
| Bobbie Ruhs | 187 | 110 | 237 | 534 |
| Bench | | | | |
| Teen | | | | |
| 132 | | | | |
| Samy Kress | | 104 | | |
| Open | | | | |
| 198 | | | | |
| Becca Swanson | | 319 | | |
| MEN | | | | |
| Full | | | | |
| Novice | | | | |
| 198 | | | | |
| Doug Ruse | 374 | 314 | 440 | 1129 |
| 242 | | | | |
| Randall Ward | 628 | 402 | 606 | 1636 |
| Ron Ruhs | 451 | 341 | 468 | 1262 |
| Teen | | | | |

148

| | | | | |
|---|-----|-----|-----|------|
| David Petersen | 319 | 203 | 363 | 887 |
| Open | | | | |
| James Engel | 374 | 187 | 407 | 970 |
| 242 | | | | |
| Zdenek Voprada | 677 | 435 | 661 | 1774 |
| 275 | | | | |
| Will Ramsey | 705 | 435 | 600 | 1741 |
| Sub-Master | | | | |
| 148 | | | | |
| Doug Abbey | 479 | 286 | 468 | 1234 |
| 165 | | | | |
| Randall Ureste | 264 | 264 | 336 | 865 |
| 220 | | | | |
| Mark Will | 683 | 501 | 644 | 1829 |
| Jerry Boukal | 490 | 319 | 523 | 1333 |
| DJ Saftersfield | 424 | 308 | 468 | 1201 |
| 242 | | | | |
| Jim Grandick | 622 | 490 | 644 | 1758 |
| 275 | | | | |
| Joe Kunzman | 523 | 341 | 540 | 1405 |
| 308 | | | | |
| Dale Pearson | 854 | 474 | 727 | 2055 |
| Master 1 | | | | |
| 198 | | | | |
| Terry Grindstaff | 463 | 303 | 418 | 1185 |
| 242 | | | | |
| Jeff Anderson | 633 | 402 | 540 | 1576 |
| Master 2 | | | | |
| 181 | | | | |
| John Kohl | 407 | 264 | 429 | 1102 |
| Men | | | | |
| Push Pull | | | | |
| Novice | | | | |
| 181 | | | | |
| Jason Bobier | 259 | 418 | 677 | |
| 220 | | | | |
| Jim Burnett | 226 | 440 | 666 | |
| Joe Secord | 319 | 474 | 793 | |
| Teen | | | | |
| 198 | | | | |
| Todd Kowal | 341 | 501 | 843 | |
| David Kress | 281 | 479 | 760 | |
| John Petersen | 275 | 474 | 749 | |
| Open | | | | |
| 220 | | | | |
| Dan Kunacek | 424 | 551 | 975 | |
| Bench | | | | |
| Novice | | | | |
| 242 | | | | |
| Tom Young | 363 | | | |
| Rick Koehrsen | 463 | | | |
| 308 | | | | |
| Mike Sissel | 529 | | | |
| Teen | | | | |
| 132 | | | | |
| Nick Hatch | 314 | | | |
| 181 | | | | |
| Dominic Reed | 275 | | | |
| Open | | | | |
| 165 | | | | |
| Mike Dowling | 358 | | | |
| 181 | | | | |
| Steve Auxier | 341 | | | |
| Pete Hornig | 341 | | | |
| 198 | | | | |
| Rico Caruso | 418 | | | |
| 220 | | | | |
| Bradley Hein | 463 | | | |
| 242 | | | | |
| Aaron Wilson | 501 | | | |
| Jeremy Hauger | 451 | | | |
| Bill Simet | 396 | | | |
| 275 | | | | |
| Tom Holzapfel | 540 | | | |
| Dan Cummings | 551 | | | |
| Master 2 | | | | |
| 165 | | | | |
| Terry Fuller | 248 | | | |
| 220 | | | | |
| Clyde Garmong | 308 | | | |
| Deadlift | | | | |
| Teen | | | | |
| 181 | | | | |
| Jesse | | | | |
| 242 | | | | |
| Dana | | | | |
| Open | | | | |
| 132 | | | | |
| Scott | | | | |
| Hansen | | | | |
| 200 | | | | |
| John | | | | |
| McClaren | | | | 578 |
| There was a National Squat Record set by fifteen-year-old Taylor Rice. Best Lifters were: | | | | |
| Heavyweight Bench - Dan Cummings, Lightweight Bench - Nick Hatch, Heavyweight Push/Pull - Todd Kowal, Heavyweight Full - Dale Pearson, Lightweight Full - Doug Abbey, Teen Deadlift - Dana Maher. (Thanks to BIG IRON GYM for providing these meet results and the report). | | | | |

Last Name

First

Initial

New

Renewal

Street Address

City

State or Province

Zip Code

Country

Telephone

Date of Birth

Age

Sex

Pro _____ Am _____

Elite Am _____

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

Date

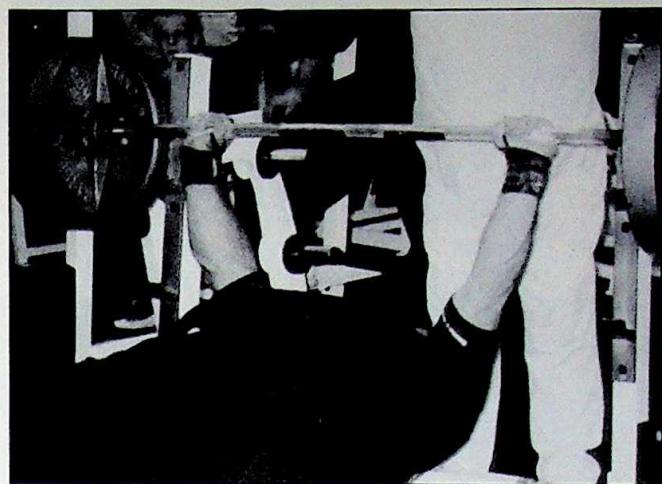
Registration Fee: Adult \$25 ~ High School and Special Olympics \$15

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

**SLP Iron Slamma-Jamma BP/DL
3 MAR 02 - Indianapolis, IN**

| | | | |
|-----------------|--------------|---------------------|------|
| BENCH PRESS | 181 | Ron Palmer | 485* |
| submaster women | 148 | 4th | 500* |
| Missy Shaber | 150* | 198 | |
| master women | 55-59 | Michael Coe | 440 |
| 132 | Jesse Pryor | 410 | |
| Dora Whitaker | 120* | 4th | 420 |
| open women | 181 | Dennis Smith | 475 |
| Hollie Britney | 175* | 275 | |
| teenage men | 16-17 | Jasen Coldiron | 425 |
| 165 | DEADLIFT | | |
| Chad Warvel | 295* | youth | |
| junior men | 198 | Devon Inman | 55 |
| Andre English | 115 | junior men | |
| David Hanson | 425* | 242 | |
| Nick Polley | 315 | Nick Polley | 405 |
| submaster men | 220 | submaster men | |
| Keith Nicholson | 405 | Keith Nicholson | 575 |
| master men | 40-44 | master men | |
| 165 | 40-44 | 165 | |
| Bruce Baldridge | 300* | David Whitaker | 360 |
| David Whitaker | 275 | master men | |
| 181 | 60-64 | 220 | |
| Tracy Conner | 415 | Gene Keesy | 410* |
| 220 | 242 | | |
| Robert Jones | 390 | Tom Richardson | 330* |
| master men | 45-49 | open men | |
| 242 | 198 | | |
| Jim Helsley | 500* | Michael Coe | 580 |
| master men | 60-64 | 220 | |
| 242 | Steve Mendel | 535 | |
| Tom Richardson | 275* | Jasen Coldiron | 550 |
| master men | 65-69 | 2-man | |
| 220 | Gaylord Good | 198 | |
| master men | 70-74 | Anderson/Mendel | |
| 220 | 860 | | |
| Allen Glass | 280 | 220 | |
| open men | 165 | M. Coe/K. Nicholson | 1035 |
| Vince Gartin | 340 | | |

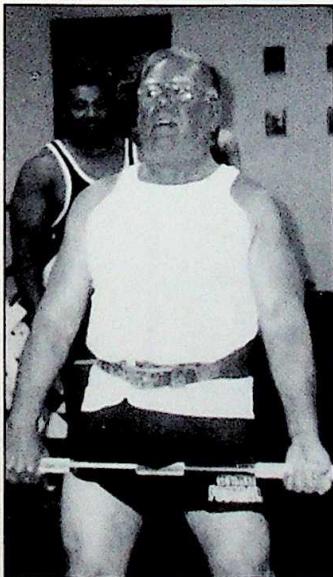
* Son Light Power Indiana state record. The Son Light Power Iron Slamma-Jamma Bench Press/Deadlift Championships were held March 3, 2002 at Powerhouse Gym in Indianapolis, Indiana. A very special thanks goes out to owners, Larry and Pat Darling for hosting this event and to Rob Coffman for his help organizing, spotting, loading and judging this event. In the bench press competition, first-



Jim Helsley ... prs 500 at 45-49/242 @ SLP Iron Slamma - Jamma

Indiana state record with 175. Lone teenager Chad Warvel captured the win at 16-17/165 with a great 295 pr, which also established a new state record there. It took David Hanson three attempts, but he finally got his opener of 425 in. David was struggling with a new shirt, though he was still able to set the state record at junior 198. Nick Polley got a pr 315 for the win at junior 242, this being his first competition. Keith Nicholson won at submaster 220, finishing with a new pr of 405. Bruce Baldridge got his first ever 300 as he won at master 40-44/165. This was also a new state record for Bruce. David Whitaker was second with 275. Tracy Conner had lost about fifteen pounds in the last two weeks, and it showed, as he struggled with just his opener of 415 to win the master 40-44/181 title. Robert Jones returned to competition after about a year and a half for the win at 40-44/220. Robert finished with a personal best 390. Jim Helsley finally got that 500 bench he's been working so hard for! Opening with 475, Jim did not hesitate with his second attempt at 500, which he made with ease. A third with 520 was even close. Tom Richardson looked strong at 242, taking the master 60-64 title with a personal best and Indiana state record 275. Gaylord Good, along with helping out so many other competitors, won again at 65-69/220 with an easy 300. Our last master lifter was the great Allen Glass, powerlifting and bodybuilding extraordinaire, who won at 70-74/220 with a personal best 280. This also broke Allen's own Indiana state record for that class. In the open division Vince Gartin won at 165 with a personal best 340. At 181 it was Ron Palmer, fresh off his third place finish at the Arnold Classic, with his first 500 bench. Ron had finished the day with a 485 pr then called for 500 on his fourth. This lift would have passed in any federation, for Ron held the weight a full two seconds after he got the press call. Great job, Ron. At 198 it was Michael Coe, who finished with 440 after missing a final attempt with a pr 465. Second place at 198 went to Jesse Pryor who got two new prs with his 410 third and 420 fourth attempt. Dennis Smith won at 242 with a solid 475, just missing a pr third attempt with 500. Then at 275 there was Jason Coldiron for the win with a new personal record of 425. The best lifter award went to Ron Palmer whose state record 500 was done at a 180 bwt. In the deadlift competition, first time lifter, and our youngest lifter to date, Devon Inman, age 4, pulled a solid 55 for the lightweight youth title. Older brother Andre English, an old pro by now at age 8, pulled a pr 115 for the middle-weight youth title. Nick Polley finished his first competition with his second win of the day at junior 242 with a pr 405. Keith Nicholson won his second title at submaster 220 with 575, failing on his final attempt with a personal best 605. David Whitaker got a pr with his win at master 40-44/165, finishing with 360. In the master 60-64 division we had two great lifters who both finished with new state records for the day. First, at 220 it was Gene Keesy who finished with 410 followed by Tom Richardson who won at 242 with 330. In the open division it was Michael Coe for the win at 198, pulling a solid pr 580 and just missing 600 for a fourth attempt. Steve Mendel won at 220 with 535,

missing only his final attempt with a pr 560. At 275 it was two-time winner Jasen Coldiron finishing with a personal best 550. In the 2-man event Luke Anderson and Steve Mendel pulled 860 for the win while Michael Coe and Keith Nicholson guest lifted 945, then 1035 on their fourth attempt. Michael Coe was awarded the best lifter title, pulling 580 @ 198. Thanks to all the lifters, spectators and helpers, and especially to my son Joey for all his help. (thanks to Dr. Darrell Latch for these results)



Gene Keesy, 60-64/220 winner, locks out state record 410 at the Iron Slamma-Jamma BP/DL Champs (photos-Dr. Darrell Latch)

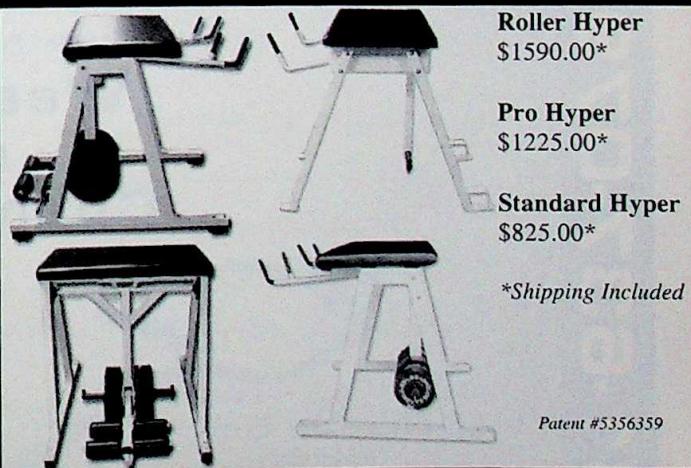
timer Missy Shaber had a great day, finishing with a new state record 150 as she captured the title at submaster 148. Dora Whitaker got a new pr along with a new state record at master 55-59/132 with her 120 final attempt. Another first time competitor, Hollie Britney, captured the open 181 title, also setting a new

| | | | | | |
|-----------------------|------------|-------|-------|-------|-------|
| 40-49 RAW | Housworth | 185 | 137.5 | 162.5 | 485 |
| 220 Novice RAW | Brodsky | 205 | 152.5 | 225 | 582.5 |
| 35-39 | McCray | 275 | 200 | 280 | 755 |
| SHW-Lifetime RAW | Turley | 242.5 | 172.5 | 240 | 655 |
| BENCH | | | | | |
| WOMEN123 OpenRAW | Higibaugh | 57.5 | | | |
| Novice RAW | Bayerlein | 40 | | | |
| 148 Lifetime RAW | 148 | 37.5 | | | |
| Ford | 57.5 | | | | |
| Novice RAW | Curtin | 45 | | | |
| 165 Novice RAW | 165 | | | | |
| Edwards | 37.5 | | | | |
| MEN 148 Lifetime RAW | Tam | 95 | | | |
| 198 Novice RAW | 198 | | | | |
| McCray | 175 | | | | |
| 220 Teen 17-19 RAW | Lewis | 132.5 | | | |
| 40-49 RAW | Bayerlein | 110 | | | |
| 242 | Liudson | 192.5 | | | |
| Novice RAW | 40-49 | | | | |
| Fowler | 192.5 | | | | |
| SHW 40-49 | Cunningham | 227.5 | | | |
| DEADLIFT 181 40-49 | White | 232.5 | | | |
| 198 | Meyers | 332.5 | | | |
| 220 17-19 RAW | Lewis | 160 | | | |
| IRONMAN 198 17-19 RAW | Allison | 105 | 180 | 285 | |
| 242 40-49 | Fowler | 192.5 | 252.5 | 445 | |
| POWER CURL 148-WOMEN | Curtin | 45 | | | |
| MEN | Tam | 110 | | | |
| 198 17-19 | Allison | 130 | | | |

(Thanks to Troy Ford for results of the meet.)

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DR. MARK'S 1ST BP CLASSIC
04 MAY 02 - Columbus, Ohio

| | | |
|--------------------|-------------|--------------------|
| 123 LBS. | S. WILLIAMS | 375 |
| Phil Hile | 260 | KRIS HAINES 265 |
| 132 LBS. | | 220 LBS. DIVISION: |
| Dustin Bahas | 205 | STEVE CONNER 525 |
| 148 LBS. | | CARLTON RAND 405 |
| DOUG HEATH | 450 | D. MORTON 330 |
| D. OANCEA | 290 | 242 LBS. DIVISION: |
| JASON NORRIS | 235 | PAUL VARGO 550 |
| 165 LBS. DIVISION: | | TERRY ZORNES 400 |
| CYCLE BRENTON | 315 | KEITH KOVAL 300 |
| 181 LBS. DIVISION: | | 275 LBS. DIVISION: |
| ANDY FURNAS | 425 | PAUL KEY 585 |
| DAVID HOOVIER | | JEFF PESHEK 580 |
| 198 LBS. DIVISION: | | EDGIL WEAVER |
| B.GIAMMACCO | 450 | SHW DIVISION: |
| S. PITTRIDGE | 385 | M. WHITE 250 |
| STAN RALPH | 375 | |

The overall winner was awarded to Mr. Doug Heath in the 148 lbs. division who took the \$1000.00 in cash prize money. CONGRATULATIONS! Yes, there will be a 2nd annual event next year. I hope to see all of you there and please tell others. Let's make it a day to remember and a day to move some big mountains!!!! I would like to sincerely thank all of you who competed in this first year contest and hope that you enjoyed yourself I will be sending out questionnaires to be filled out in regards to your opinion and ideas for next show. Your input is important. This show is about healthy competition that is to benefit all competitors. Updates will be made to the website of DOGBOD.COM. We are currently checking locations for next years location and will announce time and date once available. DOGBOD.COM is also planning an all "OHIO high school" meet for sometime next year. Again, thank you very much for your participation and do hope to hear or see all of you very soon. (Thanks to Mark Matvey for the results.)

APA Navasota Open
05 MAY 02 - Navasota, TX
Guest Lifter SQ BP DL TOT
Amanda Harris 120 50 125 295
Junior - Formula
Nick Krupa 525\$ 375\$ 560\$ 1460\$



| 50-59 BP | Brian Kline | 285 | 4th | 290*m | 285 |
|-------------------|-------------|-------|-------|-------|-----|
| 60+ BP | Jim Royce | | | 200*m | 200 |
| WOMEN'S Open | | | | | |
| PL 105 | Selina Webb | 175 | 95 | 245 | 515 |
| FORMULA | | | | | |
| Women's Master BP | | | | | |
| Hilary Reech | | | 95 | | 95 |
| Women's teen PL | | | | | |
| Ashley Wirt | 260# | 135# | 315# | 710# | |
| J. Hightower | 325#* | 190#* | 360#* | 875#* | |
| Candis Smith | 150# | 95# | 240# | 485# | |

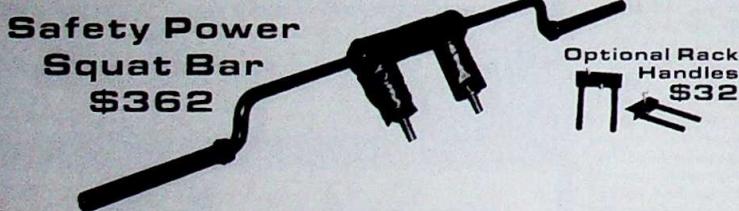
* denotes World Record, m denotes Texas Master Record, \$ denotes Texas Junior Record, # denotes Texas Teenage Record. Contest equipment furnished by Tom McCullough, Mark Harris, & Navasota Fitness Factory. Meet Director: Jim Royce. Officials: Scott Taylor, Jim Royce, Tom McCullough, Mark Harris. The day went well and event was very organized thanks to Jim Royce who put a lot of hard work into making this a great and well planned contest. Special thanks to Tom McCullough and Mark Harris who provided some great equipment for the competition. Special guest lifter was Amanda Harris who at 10 years of age put on an incredible performance. Lots of great lifting took place especially among the teenagers. Among spectacular teens was 19 year old AJ Gonzalez. Three outstanding female teenagers competed and battled it out in the Women's Teenage class which was run by formula and several Texas records were set at this event. 15 year old Cleveland Archie just missed a 525 squat at 151 bodyweight which really wowed everybody in the audience. 15 year old Elias Charles also wowed everybody with a 500 pound squat. Due to a shoulder injury that was flaring up he had to pass on bench press and deadlift attempts which was unfortunate. Another incredible teenager was Caleb Rowton who deadlifted a teenage world record 570. 13 year old John Tollackson competed in the Open 148 class as did 13 year old Justin Kubricht. Both put on a great performance. Thanks to all the spotters, loaders, and referee's for making this a great event with lots of quality. (Thanks to Scott Taylor for the results.)

The First place winners. Some notables, second from left in the back row - Paul Vargo (550 lbs bench @ 242 body wt. Middle of back row - Dr. Mark Matvey, meet promoter. 4th from left back row, Paul Key (585 lb bench @ 275 - lbs body wt). 2nd from the left front row, Doug Heath (450 lbs bench @ 148 lbs bodyweight.) (photo - Mark Matvey)

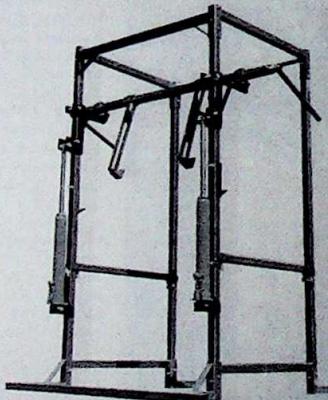
| 181 | Submaster PL FORMULA | | | | | |
|----------------------|----------------------|-------|------|-------|-------|--|
| Men's BP Open | Davis Flemming | 550 | 440 | 560 | 1550 | |
| Frank Powell | Steve Burtscell | 500 | 405 | 500 | 1405 | |
| 308 | Michael Kubricht | 445 | 345 | 525 | 1315 | |
| AJ Gonzalez | Roy Hardy | | | | | |
| 148 | 16-17 | | | | | |
| John Tollackson 230 | Austin Bider | 540#* | 250 | 475# | 1265# | |
| Justine Kubricht 190 | Elias Charles | 500# | | | | |
| 165 | 18-19 | | | | | |
| C. Archie 400 | Caleb Rowtown | 525# | 365# | 570#* | 1460# | |
| 220 | Nolan Meyers | 500m | 350m | 500m | 1350m | |
| G. Wagenseller 275 | Mark Harris | | | | | |
| John Williamson 565 | G. Wagenseller | | | | | |
| | | | | | | |

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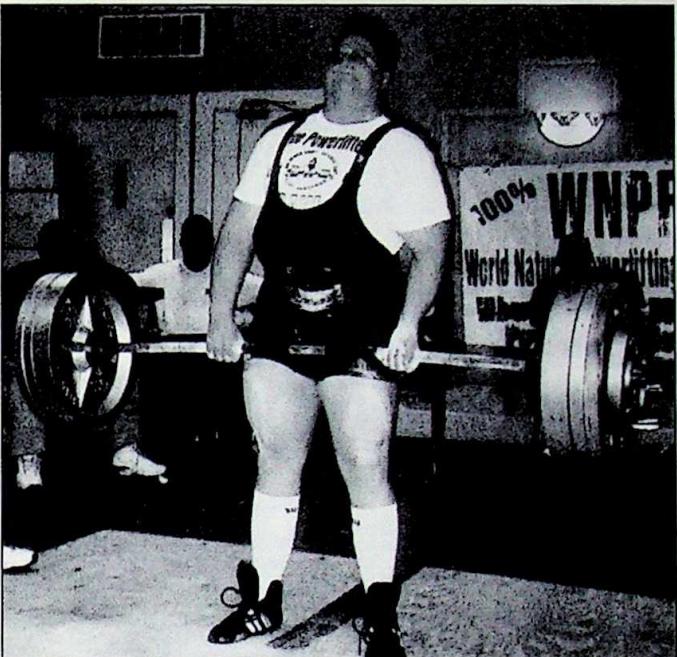


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WNPF NATIONALS
03 MAR 02 - Bordentown, NJ.

| | | | | | |
|--------------|--------------|--------------|-----------|-------------------------------------|--|
| SQUAT | LIFETIME | OPEN RAW | SHW | 198 | SCI-Graterford Fall BP/DL |
| MEN | KIEFER | RAMOS | OPEN | SCARANDA | 27 OCT 01 - Graterford, PA |
| 114 | 40-49 | OPEN | KEILITZ | 50-59 RAW | BENCH PRESS Trice |
| Youth Raw | HENDERSON | 600* | 430 | CINELLI | Brookins 435 Surratt |
| HASTINGS | 140* | 40-49 RAW | LATTIMER | 550 | Harris 470 Brandyburg |
| 148 | FARRELL | 350 | 40-49 RAW | EDWARDS | Revels 330 Short |
| 5059 | | 230 | CANTRELL | 14-16 RAW | Jackson 455 Al-Ziebawi |
| GRIFFITH | FATTA | 385 | BOYD | FRITZ | Wilson 435 Bruney |
| ROOD | 198 | OPEN | SHW | OPEN | Perry 420 Barefield |
| 5059 RAW | | 350 | 350 | EDWARDS | Womack 425 Garris |
| GRIFFITH | DALZELL | 450 | LIFETIME | 515 | Trice 360 Farmer |
| 181 | 35-39 | 40-49 RAW | KEILITZ | OPEN | Akers 380 Wood |
| 4049 RAW | HANDLIN | KOehler | 355 | SEMMON | Draper 390 Wheeler |
| MANZO | 405* | 420 | 40-49 | 450 | Moss 360 Womack |
| 198 | LIFETIME | | GRANT | BLOCKER | Brandyburg 350 OVERALL |
| 4049 | DALZELL | 450 | 242 | ZNACZKO | Barefield 380 Brookins |
| HENSEN | 220 | | | 242 | Bruney 305 Wilson |
| 5059 RAW | JUNIOR 20-25 | | | | Surratt 240 Revels |
| CINELLI | PAPERNICK | 460 | | | Cabey 320 Draper |
| 5059 | 310* | WALLACE | | | Farmer 275 Moss |
| SCARANDA | 410 | LIFETIME RAW | | | Williams 250 Harris |
| 220 | WALLACE | 450 | | | Wheeler 250 Perry |
| BENCH | CARERI | 340 | | | Garris 205 Jackson |
| WOMEN | OPEN RAW | 450 | | | Short 190 Trice |
| 105 | WALLACE | 450 | | | Wood 150 Cabey |
| LIFETIME | 40-49 RAW | 40-49 | | | Al-Ziebawi 965 Williams |
| PROULX | IURATO | 330 | | | DEADLIFT Brandyburg |
| OPEN RAW | 50-59 RAW | 300 | | | Brookins 790 Surratt |
| PROULX | 145* | WALLACE | 450 | | Wilson 775 Barefield |
| 148 | IRONFIELD | 400 | | | Moss 675 Bruney |
| LIFETIME RAW | OPEN | 400 | | | Draper 690 Womack |
| AVALLONE | 105 | BARRETT - BL | 570* | | Revels 480 Short |
| 181 | 40-49 RAW | | | | Perry 650 Farmer |
| DICLEMENTE | 100 | MANZO | 405 | | Cabey 645 Garris |
| MEN | 198 | | | | Williams 505 Wheeler |
| 114 | HASTINGS | 95* | 35-39 | | Harris 625 Wood |
| 148 | GILLETTE | 430 | | | Jackson 625 |
| 5059 | 40-49 | | | | "LB for LB Best." That's what we called our |
| ROOD | 210 | BUCHBAUER | 475 | | Bench and Deadlift Meet of October 27, 2001. There was no hiding in weightclasses, weaklings didn't stand a chance. Using the Schwartz Formula to determine the winners in each category and the best overall, the lifters went at it. The whooping going on between the little guys and the giants was hilarious. John "Omega Crush" Brookins took each event and the overall, again proving his muscle. The 790 lbs he ripped off the floor is a USA Powerlifting record, unfortunately it won't go on the books as it was not a sanctioned event. Brookins is the baddest 198 lb lifter in the land, and our next sanctioned meet will prove it. Roger "Mountain" Wilson, 240 lbs, placed second in the deadlift and overall. Maurice "Little Man" Revels, 144 lbs, was third in the bench and third overall. Mark "Atomic Bomb" Draper, 218.25 lbs, showed in the deadlift and overall. Telly "Rhino" Harris, 259 lbs, was second in the bench. Steve "The Crane" Moss, 201.75 lbs, was third in the deadlift. Grady "The Legend" Jackson, 275 lbs, placed fourth in the bench. A special thanks to the coach, Bob Kowalczyk, and all the other support people for putting on a super meet. (Thanks to Bob Kowalczyk for providing the contest results). |
| 165 | CALIGUARI | 325 | HUGHES | 500 | |
| FARRELL | 245 | OPEN RAW | 500 | | |
| SUBS 3539 | IRONFIELD | 600 | | | |
| CALIGUARI | 325 | BROWN | 575 | | |
| DEADLIFT | OPEN | LITTLE | 475 | | |
| WOMEN | 242 | | | | |
| 105 | LIFETIME RAW | OPEN | | | |
| PROULX | 210 | POINSETT | 650 | | |
| 165 | LIFETIME | | | | |
| OPEN RAW | SZYMANSKI | 620 | IRONMAN | BP DL TOT | |
| WALL | LIFETIME RAW | 620 | 114 | LIFETIME RAW | |
| MEN | COOPER - BL | 730 | YOUTH | BELLE | 300 450 750 |
| 114 | BELLE | 450 | 11-13 RAW | OPEN | |
| YOUTH | OPEN RAW | | HASTINGS | POINSETT | |
| HASTINGS | 210* | SMITH | 95 | 445 | |
| 165 | MORRA | 575 | 123 | SMITH | 405 650 1055 |
| 4049 RAW | 35-39 | 480 | 14-16 RAW | SCHWEDER | 400 575 975 |
| FARRELL | 375 | GIRODANO | 95 | 300 | 40-49 |
| 181 | NEAL | 550 | 60-69 RAW | SERRITELLA | 385 540 925 |
| OPEN | SERRITELLA | 425 | 60-69 RAW | 300 425 725 | |
| EISEMAN | 198 | ROOD | 210 | "NEW WNPF AMERICAN RECORD, BL | |
| SKINNER | OPEN | | 375 | BESTLIFTER.(RESULTS FROM TROYFORD). | |
| 40 49 | DALZELL | 160* | | | |
| SKINNER | 220 | | | | |
| CURL | OPEN | | | | |
| WOMEN | BLOCKER | 180 | | | |
| 105 | WALLACE | 165 | | | |
| OPEN | DEMERS | 120 | | | |
| PROULX | 242 | | | | |
| 165 | OPEN | | | | |
| OPEN | SZYMANSKI | 170 | | | |
| WALL | ZACKEO | 160 | | | |
| MEN | 275 | | | | |
| 165 | OPEN | | | | |
| 4049 | KIEFER | 185* | | | |
| FARRELL | 275 | | | | |
| 145* | WALLACE | 450 | | | |
| OPEN | BROWN | 400 | | | |
| QUELLIN | 242 | | | | |
| 165 | OPEN | | | | |
| MAXWELL | MAHER | 535 | | | |
| 4049 | MALTEZOS | 500 | | | |
| SKINNER | SMITH | 400 | | | |
| LIFETIME RAW | 130* | | | | |
| RONFIELD | LIFETIME | | | | |
| OPEN | MALTEZOS | 500 | | | |
| LITTLE | O'BRIEN | 405 | | | |
| 242 | LIFETIME RAW | | | | |
| 35-39 | GLENNEY | 375 | | | |
| NEAL | 60-69 RAW | 375 | | | |
| LIFETIME | SERRITELLA | 300 | | | |
| MALTEZOS | OPEN RAW | | | | |
| OPEN | 70-79 | 375 | | | |
| MALTEZOS | MCGUIRE | 270 | | | |



Lance Koehler, at the WNPF Nationals, with 525 lbs. @275 weight class

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

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STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

AGE: _____ SEX: _____ CHECK ONE: LIFETIME DRUGFREE: _____ 5 YRS. MIN. _____

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(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE: _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

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

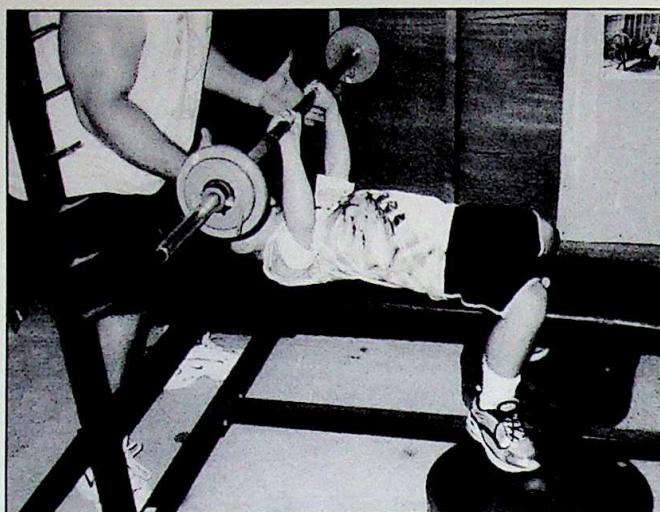
Dungeon Gym BP/DL Challenge
13 APR 02 - Galt, CA.

| | |
|----------------|------------------------|
| BENCH | Master (40-44) |
| MEN | SHW |
| Youth (5) | M. Knight (277) 555 |
| 66 lbs. (Raw) | DEADLIFT |
| D. Knight | 35* MEN |
| Youth (13) | Open |
| 165 lbs. (Raw) | 242 lbs. |
| T. Knight | 200 D. Skeva 605 |
| Open | Master (40-44) |
| SHW | 242 lbs. |
| M. Knight | 555 D. Skeva (242) 605 |

*Personal Record. This meet is dedicated to Rosemary Knight, who celebrated her 75th birthday today. She is a great mom and grandmother. First up was 5 year old, David Knight, who weighed in at 53 lbs., and benched a new PR 35 lbs.! Next, was Tony Knight, 13 years old, at 163 lbs. bodyweight, blasted up 200 lbs. so fast, it looked like an empty bar! He went to 240, but just missed it. Next, was SHW, master lifter, Mike Knight, weighing 277 lbs., blasted up 555 lbs.! To close the show, master lifter, Darryl Skeva, at 242 lbs. bodywt., pulled a huge 605 deadlift, but just missed 640. Next time it will go. There were several "no shows" from the Bay area - hopefully we'll have a bigger turnout next time. I'd like to thank the spotters, loaders, and judges, J. Weiss, K. Heath, and J. Heath. Thank you to PL USA. (results provided courtesy Kurt Heath).

4th USAPL MICHIGAN MEET
02 MAR 02 - Bangor, MI

| | SQ | BP | DL | TOT |
|----------------|-----|-----|-----|-----|
| Teen 14-15 | | | | |
| Harley Alerman | 105 | 85 | 165 | 355 |
| Tyler Brown | 215 | 130 | 225 | 570 |
| 123 | | | | |
| Teen 16-17 | | | | |
| Luis Barajis | 100 | 165 | 215 | 480 |
| Mark Packoco | 150 | 105 | 215 | 470 |
| 132 | | | | |
| 14-15 Teen | | | | |
| Aaron Austin | 200 | 135 | 235 | 570 |
| 148 | | | | |
| Josh Freeman | 185 | 145 | 255 | 585 |
| Jesse Sallak | 225 | 150 | 320 | 695 |



David Knight, age 5, with BP 35 @ 53 BWT (photo by Kurt Heath)

| | | | | | | | | | | |
|------------|----------------|-----|-----|-----|-----|------------------|-----|-----|-----|------|
| Teen 16-17 | Charles Dailey | 185 | 165 | 275 | 625 | Jestin Cease | 195 | 150 | 295 | 640 |
| | Chad Palmer | 230 | 200 | 300 | 750 | Curtis Williams | 225 | 225 | 315 | 765 |
| | Stefen Pacheco | 175 | 150 | 290 | 615 | 198 | | | | |
| | | | | | | Teen 14-15 | | | | |
| | | | | | | Dustin Gordan | 250 | 185 | 365 | 800 |
| | | | | | | Shawn Moore | 180 | 155 | 280 | 615 |
| | | | | | | Patrick Morrison | 115 | 125 | 200 | 440 |
| | | | | | | 220 | | | | |
| | | | | | | Levon Mock | 135 | 210 | 330 | 675 |
| | | | | | | BJ Anderson | 240 | 145 | 350 | 735 |
| | | | | | | Teen | | | | |
| | | | | | | 16-17 | | | | |
| | | | | | | Ryan Pilch | 155 | 205 | 315 | 675 |
| | | | | | | Joel Segura | 210 | 135 | 280 | 625 |
| | | | | | | Brant Stevens | 275 | 255 | 360 | 900 |
| | | | | | | 181 | | | | |
| | | | | | | Dustin Teter | 280 | 230 | 415 | 925 |
| | | | | | | Female | | | | |
| | | | | | | Kim Jennings | 120 | 95 | 155 | 370 |
| | | | | | | Teen 18-19 | | | | |
| | | | | | | Nick Topa | 315 | 270 | 450 | 1035 |
| | | | | | | Randy Murray | 275 | 275 | 400 | 950 |

| | | | | |
|---|---------------------------|-----|-----|------|
| 275 | | | | |
| Teen | | | | |
| 14-15 | | | | |
| Taylor Bardin | 220 | 155 | 320 | 655 |
| 319 | | | | |
| Teen | | | | |
| 18-19 | | | | |
| Heath Shull | 405 | 280 | 465 | 1150 |
| Jake Pletcher | 415 | 265 | 435 | 1115 |
| Junior | | | | |
| 181 | | | | |
| Justin Ware | 375 | 200 | 350 | 925 |
| Mike Robertson | 390 | 250 | 505 | 1145 |
| Nick Lewis | 485 | 295 | 555 | 1335 |
| Torry Stott | 650 | 475 | 650 | 1775 |
| OPEN | | | | |
| 165 | | | | |
| Matt Smith | 500 | | 450 | 950 |
| WOMEN | | | | |
| 181 | | | | |
| Kim Jennings | 120 | 95 | 155 | 370 |
| High School Ranks: | 1st Place Team Bangor-45. | | | |
| 2nd Place Team Waterville-23. | | | | |
| 3rd Place Teams Covert-13, Niles-13. 5th Place Team-5. | | | | |
| Adult: 1st Place Team Ball State-10. 2nd Place Team West.Mich.-5. Outstanding Male Lifter-Torry Stott. Female- Kim Jennings.(Results - USAPL) | | | | |

TECH COLLEGIATE QUALIFIER

19 MAR 02 - Ruston, LA

| FEMALE | SQ | BP | DL | TOT |
|------------------|-----|-----|-----|------|
| 197.0 | | | | |
| Verice Lewis | 255 | 125 | 260 | 640 |
| MALE | | | | |
| 102.25 | | | | |
| Jeremiah Welch | 225 | | | |
| 178.25 | | | | |
| K. Westbrook | 405 | 280 | 460 | 1145 |
| 179.25 | | | | |
| Kevin Gwin | 435 | 290 | 420 | 1145 |
| 195.0 | | | | |
| Jariel Cornelius | 375 | 260 | 415 | 1050 |
| 198.25 | | | | |
| Ben Buchanan | 485 | 240 | 525 | 1250 |
| 212.75 | | | | |
| Andy Coats | 455 | 305 | 455 | 1215 |
| 217.75 | | | | |
| Jeremy Bowen | 405 | 240 | 445 | 1090 |

(thanks to USAPL for providing these results)

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SLP MARCH MADNESS BP/DL
9 Mar 02 - Mattoon, IL.

| | |
|-------------------|-------------------------|
| BENCH PRESS | junior men |
| teenage men 16-17 | 198 |
| 165 | Ben Venturini 475* |
| Brodie House | 200 master men 45-49 |
| 275 | 181 |
| Chris Ramsey | 305 * Tyrone Carson 240 |
| teenage men 18-19 | 275 |
| shw | Mark Ferguson 420 |
| Matt Coartney | 350 * 4th 41h 435 |
| junior men | master men 50-54 |
| 148 | 181 |
| Dennis Frost | 200 Richard Carlson 255 |
| 4th | 215* master men 55-59 |
| 165 | 275 |
| Jim Cousin | 250 Mike Gordon 360 |
| 4th | 260 open men |
| 198 | 181 |
| Ben Venturini | 275 Jason Carson 410 |
| police & fire | 198 |
| 198 | Brian Bunch 400 |
| B. Hutchinson | 310 220 |
| master men 40-44 | Tony Nixon 475 |
| 242 | master men 45-49 |
| Clinit VanTress | 460 198 |
| DEADLIFT | Steve Vollmer 530 |
| teenage men 18-19 | 242 |
| 148 | James Ewing 500 |
| Duane Frost | 360* |

The seventeenth annual Son Light Power March Madness Bench Press/Deadlift Championship was held March 9, 2002 at the Cross County Mall in Mattoon, Illinois. Thanks again for the continued support of the Mall Association and manager Mike Witwicki. In the bench press event newcomer Brodie House won his first title, lifting in the teenage men 16-17/165 class, finishing with 200. Chris Ramsey, another first-timer, set the Illinois state record at 16-17/275 with a solid 305. Our final teenager was Matt Coartney, who finished with 350, another state record for the 18-19/shw class. Dennis Frost continues to improve with each new competition, upping his own state record to 215 in the junior 148 class. Dennis had finished with 200 before making his fourth with 215. Jim Cousin got two new prs with his win at junior 165, a 250 third followed by a 260 fourth attempt. Ben Venturini also got a pr, taking the junior 198 class with 275. Benny Hutchinson lifted 'raw' but still pressed 310 for the title at police & fire/198. Clint VanTress came up from southern Indiana for the title at master 40-44/242, finishing with a strong 460. Clint also lifts 'raw'. Tyrone Carson, lifting in just his second competition, got a new pr with 240, taking the title at 45-49/181. Returning to competition after a two year layoff was Mark Ferguson, who won at 45-49/275. Mark finished with 420 but came back with a successful fourth at 435. Richard Carlson dropped down to the 181 class winning the 50-54 division with 255. Our final master lifter was Mike Gordon, winner of the 55-59/275 class. Mike finished with a pr 360. In the open classes Jason Carson won at 181 with 410, missing a big pr with 450 for his final attempt. Cousin Brian Bunch won at 198 with an easy 400, while the biggest lift of the meet went to best lifter Tony Nixon. Tony finished with a personal best 475 for the title at 220. In the

deadlift competition Duane Frost, lifting in the teenage 18-19/148 class, again broke his own state record with a final pull of 360. Junior 198 winner Ben Venturini set the state record there with 475, just missing the lockout with a 500 fourth attempt. Best lifter Adam Grimes, lifting in his first competition, pulled a great 600 third attempt, then followed with a clean 620 fourth. This established a new state record for that class. Another returning competitor was Steve Vollmer, who won the master 45-49/198 class. Lifting with perfect form, Steve pulled a great 530 for the win. Our final competitor was James Ewing, the strongest "Roto-Rooter Man" in the world. Jim had kind of an off day, but even with back problems he pulled a clean 500 for the win at 45-49/242. Thanks again to all who participated, and a special thanks to Benny Hutchinson, Jim Cousin and my son Joey for all their help. (thanks to Dr. Latch for meet results)

MONTANA HS BP CHAMPS
05 MAY 02 - Anaconda, MO

| | | |
|--|---------------|-----------------------|
| Girls | Ryan Marchion | 205 |
| Julie McFarland | 135 | Eric Makelky 175 |
| Jill Kuzma | 120 | Aaran Makelky 170 |
| Patricia Reiser | 155 | 173 |
| Emily Davis | 185 | Jeremy Allen 300 |
| Boys | | Tanner Coccirelli 300 |
| 123 | | Erie Marcille 230 |
| Greg Smith | 145 | 181 |
| 132 | | Jake Morkeber 270 |
| Ben Frankforter | 200 | Matt O'Leary 255 |
| Justin Davis | 180 | Chris Gorder 210 |
| 140 | | Garret Garrels 210 |
| Mark Auer | 250 | Jim Verlanic 210 |
| Curtis Leishman | 230 | 189 |
| Zachary Styren | 190 | Michael Lewis 340 |
| 148 | | Dan Jones 300 |
| Curt Norman | R Rasmussen | 170 |
| T. Montgomery | 205 | 198 |
| Matt Paul | 175 | Tim King 250 |
| J D Caddell | 175 | Aaron Green 235 |
| 156 | | Douo Rekstad 280 |
| Travis Clark | 270 | 220 |
| Steve Willis | 245 | Tony Tajalle 305 |
| M. Waldguberg | 240 | Grady Holt 280 |
| David Knobel | 235 | J. Chenoweth 275 |
| Teddy Arts | 215 | Pete Lorello 250 |
| 165 | | Derick Budd 235 |
| Brodie Darlow | 235 | Ryan Eamon 200 |
| Dan Alexander | 225 | Hwyl |
| Mike Derry | 220 | Jared Koskela 340 |
| Jesse Ernsberger | 205 | J. Feliciano 330 |
| Best Lifter under 165 - Travis Clark. Best Lifter over 165 pounds - Michael Lewis. Most Improved Lifter - Jim Verlanic. Most weight Lifted - Michael Lewis. Judges: Eulah Compton, Mark Palgi, Ray Dayton, Ed Dulaney. Head Scorer: Ron Hanson. Assistant Scorer: Frank Moreni. Spotters: Steve Jorgenson, Spank Sanders, Dave Galle. Weigh In: Merrick Morgan. Russ Marchion, Score Board: Safron Marchion, Sara Lueck, Ashley Bennett. Announcer: George Paul. 50 lifters competed in the fourteenth annual Montana State High School Bench Press competition held in Anaconda at the Memorial Gym on May 5th. Julie McFarland, Emily Davis, and Patricia Reiser set state records in each of their weight divisions. Mike Lewis added 20 pounds | | |

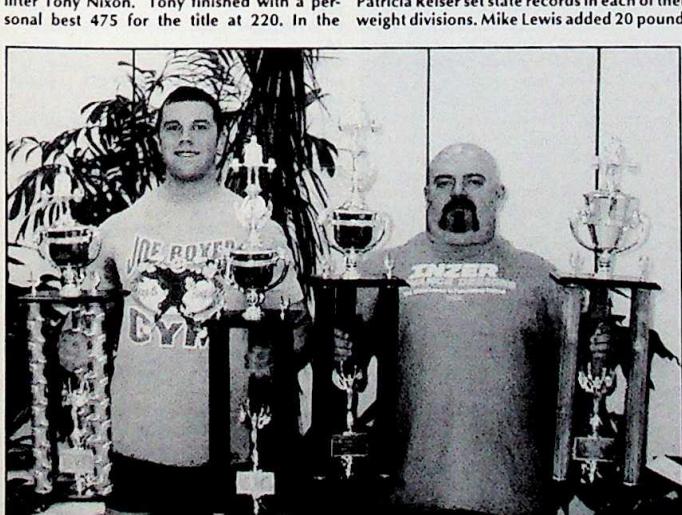
10 Years Ago in Powerlifting USA In the August 2002 issue of PL USA, we had the report of the ADFPA Men's Nationals held at the \$17,000,000 facility of the Moore Lake Racquet, Swim, and Health Club in Fridley, MN where the winners included Doan Nguyen (114), Dave Weiss (123), Ron Hoff (132), Eric Kupperstein (148), Martin Beavers (165), Greg Jones (181), Steve Scialpi (198), Shawn Cain (220), Bull Stewart (242), Bruce Gjerno (275), and the late Bob Dempsey (SHW). Future APF star Willie Wessels was 2nd at 220, and future USAPL/IPF star Brad Gillingham was 4th at 275 with an 1879 total. The IPF Women's Worlds coverage celebrated USA winners Mary Jeffrey at 114, Sarah Robertson at 165, and Juanita Trujillo at SHW. The TOP 100 275s list had Number One lifts by Kirk Karwoski (942 squat), Ken Lain (670 bench), Mark Chaillet (840 deadlift), and Scott Warman (2248 total). Ken Leistner addressed the issue of whether an IPF drug test ban should keep a lifter from competing in the USPF Nationals. Titan Support System's ad celebrated its 10th year of doing business, and our National Masters coverage showed prolific author Marty Gallagher winning the 40-44 220s. We also showed how ex-powerlifter Marcus Henry made the Olympic Team in weightlifting. Dawn Sharon (former Dawn Reshel) described how she hit four top totals in one year, over several weight classes. Steve Goggins got credit for the Number One total of 2325 in Herb Glossbrenner's All Time TOP 100 242s in the US list.

to his bench which made him unbeatable in the 189 pound class and allowed him to repeat as best lifter over 165. He also added the Most Weight Lifted to his trophy case. Eight freshman and eleven sophomores competed and many of them show promise to be very good for next year's contest. (Thanks to Chris Marchion for providing the results and report.)

| | | | | | | |
|----------------|-----------------|-----|-----|------|------|--|
| 45-49 | Linda Zingg | 240 | 140 | 275 | 655 | |
| 181 | | | | | | |
| 45-49 | Michelle Fadely | 275 | 165 | 315 | 750 | |
| M. McLean | 285 | 135 | 355 | 775 | | |
| MEN | | | | | | |
| 148 | | | | | | |
| 16-17 | Josh Dunbar | 250 | 210 | 315 | 775 | |
| 165 | | | | | | |
| 16-17 | Josh Brothers | 370 | 240 | 430 | 1040 | |
| 55-59 | Larry Eggleston | 370 | 185 | 425 | 980 | |
| 181 | | | | | | |
| 198 | Bill Thompson | 425 | 310 | 586 | 1235 | |
| MEN | S. Stawderman | 365 | 270 | 425 | 1060 | |
| 114 | Police & Fire | | | | | |
| 14-15 | Carl Riggelman | 275 | 200 | 305 | 780 | |
| Austin Johnson | 95 | | | | | |
| 165 | Matt Fleming | 315 | 200 | 355 | 890 | |
| 40-44 | Daron Dodson | 440 | 300 | 440 | 1180 | |
| 181 | John Dressler | 375 | 300 | 475 | 1150 | |
| 198 | Todd Shelton | 525 | 385 | 635 | 1545 | |
| Police & Fire | Glen Leaks | 515 | 350 | 570 | 1435 | |
| Carl Riggelman | 450 | 365 | 480 | 1295 | | |
| 198 | Steve Horton | 255 | 330 | 535 | 1120 | |
| 20-23 | K. McCloskey | 500 | 415 | 535 | 1450 | |
| D. Funkhouser | 365 | 335 | 400 | 1120 | | |
| 20-23 | Chance Frey | 475 | 325 | 565 | 1365 | |
| 35-39 | Bill Mears | 475 | 350 | 510 | 1335 | |
| Gilbert Keller | 365 | | | | | |
| 45-49 | Don Silveuss | 455 | 275 | 435 | 1165 | |
| Al Statman | 305 | | | | | |
| 55-59 | J. Mitsopoulos | 320 | | | | |
| 220 | Jim Hannah | 145 | 145 | 580 | 870 | |
| 16-17 | Jim Harnan | 350 | 310 | 470 | 1130 | |
| Brandon Tabler | 385 | | | | | |
| 40-44 | Armed Forces | | | | | |
| Joe Cox | 365 | | | | | |
| Steve Bortello | 325 | | | | | |
| 45-49 | Edgar Bautista | 300 | 245 | 390 | 935 | |
| Carroll Lucas | 320 | | | | | |
| 242 | John Viggiano | 435 | 335 | 450 | 1220 | |
| Jeff Christian | 385 | | | | | |
| 40-44 | Steve Batello | 220 | 135 | 325 | 635 | |
| Guy Loretta | 430 | | | | | |
| Ken Ryder | 505 | | | | | |
| Women | SQ | BP | DL | TOT | | |
| 114 | | | | | | |
| 35-39 | Bill Lindsey | 500 | 385 | 485 | 1370 | |
| Kim Ryman | 240 | 115 | 290 | 645 | | |
| 123 | HD Campbell | 505 | 295 | 505 | 1305 | |
| 20-23 | Doug Taylor | 705 | 450 | 575 | 1730 | |
| A. Rammal | 215 | 105 | 275 | 595 | | |
| 40-44 | Ryan Horton | 565 | 390 | 620 | 1575 | |
| Cindy Beasley | 180 | 115 | 230 | 525 | | |
| 55-59 | David Rohay | 620 | 335 | 555 | 1510 | |
| Paula Buresh | 140 | 80 | 190 | 410 | | |
| 132 | John Besche | 455 | 380 | 540 | 1375 | |
| 35-39 | Barry Rickards | 365 | 300 | 500 | 1165 | |
| Gloria Updyke | 145 | 90 | 210 | 445 | | |
| 148 | 60-64 | | | | | |
| 40-44 | Robert Rood | 550 | 365 | 480 | 1395 | |
| Tami Callahan | 255 | 220 | 310 | 785 | | |
| 165 | Ken Ryder | 635 | 505 | 650 | 1790 | |
| OPEN | Marla Winslade | 290 | 180 | 350 | 820 | |
| 165 | Joe Gourley | 525 | 270 | 575 | 1370 | |

| | | | | | |
|-------|--|--|--|--|--|
| 55-59 | | | | | |
| 50-54 | | | | | |
| 275 | | | | | |
| 40-44 | | | | | |
| 165 | | | | | |
| 55-59 | | | | | |
| 60-64 | | | | | |
| 275 | | | | | |
| 40-44 | | | | | |
| 165 | | | | | |
| OPEN | | | | | |
| 165 | | | | | |

(Thanks to USAPL for providing these results)

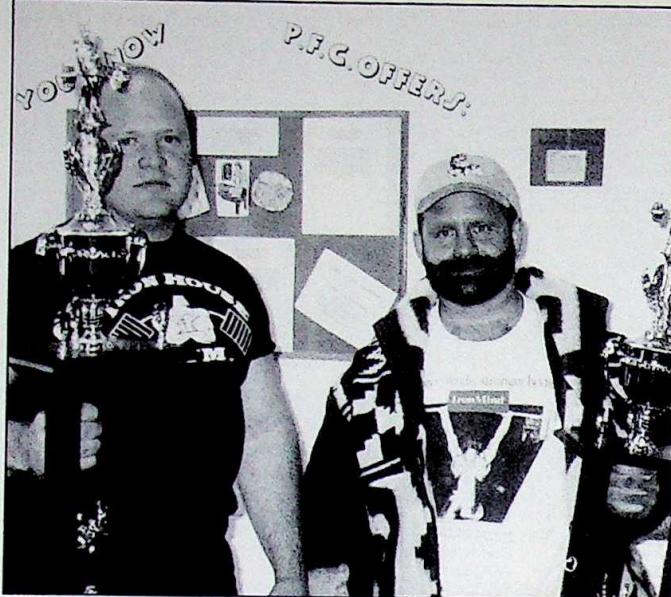


Best Lifters (Left to Right): Adam Grimes (DL) and Tony Nixon (BP) @ the March Madness Meet (photograph courtesy Son Light Power Gym)

SLP PECATONICA BP/DL
10 MAR 02 - Pecatonica, IL

| | | |
|---------------------|-------------------|--------------------|
| BENCH PRESS | Scot Swanson | 250 |
| women police & fire | master men 45-49 | |
| 132 | 165 | |
| Mary Ruckert | 140 | Allen McCredie 290 |
| 4th | 145* | 220 |
| teenage men 13-15 | Wally Haas | 325 |
| 165 | 242 | |
| Travis Morgan | 145 | Alex Javerick 335 |
| James Crozier | 135 | master men 55-59 |
| 198 | 165 | |
| A. Dahlstrom | 215* | John Ball 215* |
| 4th | 225* | master men 70-74 |
| 275 | 198 | |
| Scott Nanner | 225 | Peter Jensen |
| teenage men 16-17 | police & fire 148 | |
| 132 | Mike Hoffman 245 | |
| Keith Koch | 125 | 242 |
| 148 | David Walker | 510 |
| Daniel Redlin | 160 | DEADLIFT |
| 165 | teenage men 16-17 | |
| Erik Naselius | 180 | 132 |
| 220 | Keith Koch | 190* |
| Richard Stange | 270 | 4th 200* |
| shw | teenage men 18-19 | |
| Eddie Saenz | 360* | 148 |
| teenage men 18-19 | M. McCredie | 300 |
| 198 | 4th | 325 |
| D. Hendrickson | 170 | 242 |
| 220 | Shane Wanner | 350* |
| E. Ramirez | 275 | 4th 405* |
| 242 | master men 40-44 | |
| Shane Wanner | 240 | 181 |
| submaster men | Hugh Perrone | 510* |
| 220 | 242 | |
| Mark Hinkston | 285 | Scot Swanson 340 |
| 242 | master men 45-49 | |
| David Walker | 510 | 242 |
| master men 40-44 | Alex Javerik | 405 |
| 20 | master men 70-74 | |
| Craig Gordon | 475 | 198 |
| 42 | Peter Jensen | 355* |

The Son Light Power Pecatonica Fitness Bench Press/Deadlift Championships were held March 10, 2002 at the club in Pecatonica, Illinois. We had a great turnout with several new younger lifters added to powerlifting's sumini. A special thanks goes out to owner/manager Chad Lender for hosting this event. In the bench press competition we started with st-time lifter Mary Ruckert. Mary won the women's police & fire/132 class with four heat attempts. Mary finished with a 140 third and a 145 fourth attempt, both new Illinois state records. In the teenage 13-15 division we had four fine lifters. At 165 it was Travis Morgan for the win, finishing with 145. Jaymes Crozier was second with 135. Andrew Dahlstrom won at 198, finishing with a 215 rd attempt and a 225 fourth. This estab-



Best Lifters (Left to Right) Daivid Walker (Bench Press) and Hugh Perone (Dead Lift) at the SLP Champs. (photos from Son Light Gym)

lished the state record for that class. Scott Wanner took the 275 class with 225. Travis, Jaymes and Scott were competing for the first time. At 16-17 we had five lifters, all winning their respective classes. At 132 it was Keith Koch, finishing the day with 125. Daniel Redlin won at 148 with 160, while Erik Naselius took the title at 165 with 180. Richard Stange came just to watch, decided to lift and won at 220 with 270. Then at shw Big Eddie Saenz showed plenty of power as he set the state record there with a solid 360. David Hendrickson took the title at 18-19/198 with 170, while Enrique Ramirez won at 220 with 275. Shane Wanner, another first time competitor, won at 242 with 240. Junior winner Mike Strom won again at 181, though making just his opener of 320. At submaster it was Mark Hinkston with 285 and the win at 220, while David Walker finished with 510 for the 242 title. Craig Gordon continues to battle for that elusive 500, finishing here with 475 for the win at master 40-44/220. Scot Swanson won at 40-44/242 with 240, this being his first competition also. Allen McCredie, who is co-holder of the state record in the 45-49/165

class, finished with 290 for the win here, just missing a record 305 final attempt. Wally Haas took the 45-49/220 title with 325 while Alex Javerick won at 242 with 335. John Ball set the record at 55-59/165 with 215, lifting with his usual consistency. Then at 70-74/198 was the great Peter Jensen. Peter also set the state record for his class with a solid 215. In the police & fire division Mike Hoffman had a great day, finishing with a state record 245 for the win at 148. This was Mike's first meet. David Walker took the 242 title with 510, giving him the best lifter title as well. In the open division Eric Wochnicka captured the title at 220 with 445 while Robert Houghton finished a close second with 435. John Ricchio won at 242 with 420. Both Robert and John, who are lifting partners, are potential 500 benchers, and I encourage them to get better shirts to realize that. In the deadlift competition Keith Koch set a new state record, as well as a new pr, with his win at 16-17/132. Keith pulled a 190 third followed by his first 200 deadlift for his fourth attempt. Matt McCredie got two new prs with 300, then 325 with his win at 18-19/148. Shane Wanner pulled for

the first time ever and finished with a state record 405 as he won the 18-19/242 class. Hugh Perrone won at master 40-44/181, breaking his own state record there with 510. Weighing in at just 169, Hugh also won best lifter of the competition. At 242 Scot Swanson took the win with 340, his second win of the day. Scott's training partner Alex Javerick also won for the second time on the day, taking the 45-49/242 title with 405. Both were competing for the first time. Then at 70-74/198 the "Ageless Wonder" Peter Jensen again broke the state record, finishing with a personal best 355. Thanks again to all the competitors who helped out and to my son Joey for all his help. (thanks to Dr. Darrell Latch for providing the results)



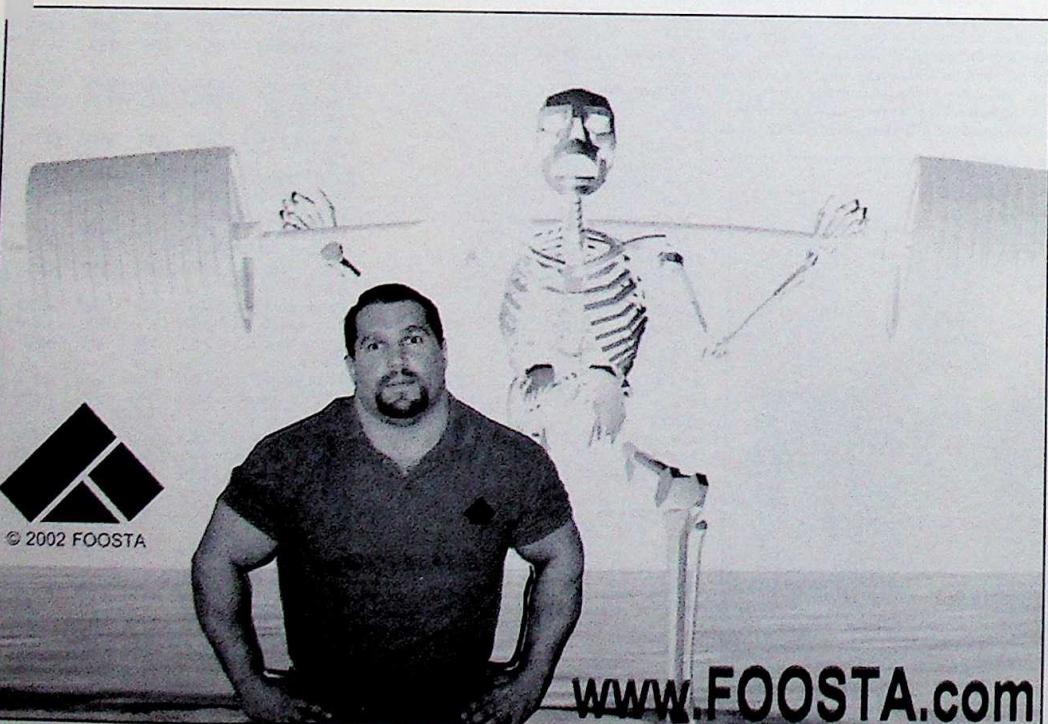
Peter Jensen locks out at PR 335 @ Pecatonica in the 70-74/198s.

USAPL No Frills Qualifier

27 APR 02 - Plainwell, MI (kg)

| | WOMEN | SQ | BP | DL | TOT |
|-------------|------------------|-------|-------|-------|-------|
| 148 | | | | | |
| Open | Valerie Micham | 102.5 | 52.5 | 100 | 255 |
| 165 | | | | | |
| Open | K. Chaisson | 97.5 | 47.5 | 102.5 | 257 |
| 181 | | | | | |
| Master | Sandy Britton | | | 40 | 40 |
| MEN | | | | | |
| 165 | | | | | |
| Open | Brian Gallagher | 165 | 117.5 | 192.5 | 475 |
| | Rich Salvagni | 240 | 210 | 205 | 655 |
| | Matt Smith | 202.5 | 127.5 | 210 | 540 |
| Teen | D. Whitehead | 202.5 | 152.5 | 215 | 570 |
| 181 | | | | | |
| Open | Jeff Steele | 237.5 | 190 | 255 | 682.5 |
| Teen | Thomas Visser | 187.5 | 115 | 242.5 | 545 |
| 220 | | | | | |
| Junior | Kurt Christie | 217.5 | 187.5 | 250 | 655 |
| 220 | | | | | |
| OPEN | Jason Gady | 215 | 160 | 270 | 645 |
| | Robert Karacson | 295 | 160 | 300 | 755 |
| | Jason Shoopman | 272.5 | 175 | 307.5 | 755 |
| 242 | | | | | |
| | Andy Adams | 287.5 | 147.5 | 250 | 685 |
| | Matt Kroczaleski | 315 | 205 | 325 | 845 |
| 275+ | | | | | |
| | Thomas Allred | 227.5 | 145 | 230 | 602.5 |
| | Wes Hanna | 300 | 192.5 | 292.5 | 785 |
| Open | | | | | |
| Teen | Chad Walker | 290 | 190 | 300 | 780 |
| Bench Only | | | | | |
| 198 | Brad Whitley | | | 172.5 | 172.5 |
| 220 | | | | | |
| | Robert Lipinski | | | 192.5 | 192.5 |
| C. Polinsky | | | | | |
| 275+ | | | | | |
| | Ralph Soffredine | 150 | | | 150 |

(Thanks to USAPL for providing these results.)



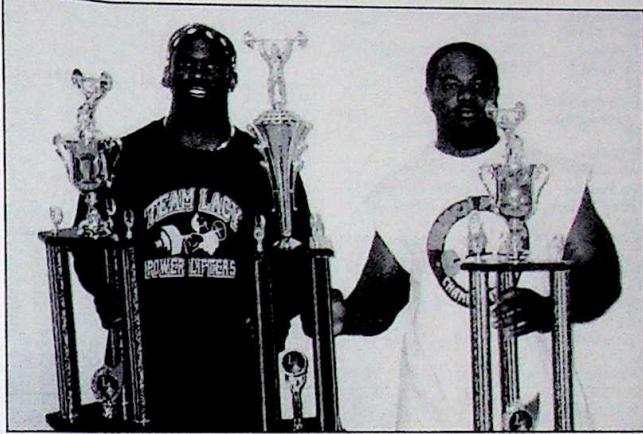
www.FOOSTA.com

**100% RAW NORTH CAROLINA
STATE CHAMPIONSHIP
? MAY 02 - Elizabeth City, NC**

| | | | | | | |
|-------------------|-------|------------|--|-------|-------|-------|
| BENCH | | 319 | T. Harris | 350 | 260 | 425\$ |
| 105 | | 1035\$ | (16-17) | | | |
| H. Bateman | 100\$ | 148 | D. Sylvester | 385\$ | 240 | 460\$ |
| 148 | | 1075\$ | | | | |
| S. Riddick | 215 | 165 | J. Weaver | 315\$ | 215 | 320 |
| C. Kems | 125V | 181 | | 865\$ | | |
| 165 | | 242 | J. Hood | 300V | 275V | 400V |
| K. Lacy | 340\$ | 275 | | 975V | | |
| 181 | | M. Lovgren | 230 | 225 | 360 | 915 |
| D. Bray | 250 | (20-24) | D. Melson | 350 | 225 | 450 |
| 198 | | | | 1025 | | |
| T. Bell | 230 | 198 | | | | |
| 220 | | | J. Thompson | 320 | 180 | 425 |
| K. Mallory | 405 | | | 925 | | |
| J. Rascoe | 375 | R. Biggs | 450\$ | 390\$ | 450 | |
| D. Young | 365 | | | | | |
| 242 | | J. Moore | 335 | 225 | 395 | 955 |
| R. Staten | 335 | 319 | R. Blackwell | 600V | 430V | 600V |
| 123 | SQ | 319 | | | | |
| A. Morris | 140 | BP | 160V | | | |
| 132 | DL | 230 | | | | |
| B. Zak(BL) | 265m | TOT | 1290\$ | | | |
| T. Lyons | 225 | | (40-44) | | | |
| P. White | 170 | | 165 | | | |
| J. Morris | 180 | | J. Moore | 335 | 225 | 395 |
| 148 | | 198 | | 955 | | |
| D. Sylvester (BL) | 385m | 240 | R. Blackwell | 600V | 430V | 600V |
| 1075m | | 460m | | | | |
| B. Everett | 250 | 160 | 1630V | | | |
| J. Whitehurst | 190 | 160 | (55-59) | | | |
| J. Stephens | 205 | 150 | 181 | | | |
| D. Biggs | 100 | 85 | A. Crenshaw | 225\$ | 250\$ | 340\$ |
| 165 | | 210 | | 815\$ | | |
| J. Moore (BL) | 335 | 225 | G. Holzmiller | 265V | 255V | 325V |
| J. Weaver | 315 | 215 | (Open) | 845V | | |
| L. Williams | 160 | 135 | B. Zak | 270\$ | 215 | 390 |
| 181 | | 290 | | 870 | | |
| D. Bryant | 330 | 310 | D. Bryant | 330\$ | 310\$ | 425\$ |
| C. Ballance | 300 | 215 | 1065\$ | | | |
| J. Tiller | 250 | 200 | 920 | | | |
| P. Bowers | 300 | 170 | 319 | | | |
| A. Crenshaw | 225 | 250 | R. Blackwell | 600V | 430V | 600V |
| C. Harmon | 185 | 185 | 1630V | | | |
| J. Bushee | 195 | 135 | (Police/Fire) | | | |
| 198 | | 230 | 132 | | | |
| J. Thompson BL | 320 | 180 | P. White | 170\$ | 130\$ | 280\$ |
| S. Young | 225 | 195 | 148 | 580\$ | | |
| 220 | | 360 | J. Thompson | 320\$ | 180\$ | 425\$ |
| G. Holzmiller | 265 | 255 | 125\$ | 925\$ | | |
| B. Brooks | 175 | 170 | \$-NC State Record. | | | |
| 242 | | 265 | V-Va State Record. | | | |
| J. Hood | 300 | 275 | Meet Record. | | | |
| L. Brown | 265 | 250 | BL-Best Lifter. | | | |
| A. Nowitzky | 220 | 145 | Elizabeth City | | | |
| 275 | | 295 | was once again host to the 2002 100% RAW | | | |
| M. Lovgren | 230 | 225 | power-lifting state championships. We saw | | | |
| 319 | | 555 | the return of many veteran lifters, and we are | | | |
| R. Blackwell | 600m | 430 | always pleased to see a host of new lifters. The | | | |
| 1630m | | 600 | meet director was Carl Elliott, who did a great | | | |
| R. Biggs | 450 | 390 | job. Every time we got short of plate-loaders, | | | |
| T. Harris | 350 | 260 | you could see his kids trying to avoid his gaze. | | | |
| D. Melson | 350 | 225 | There is simply nothing tougher then loading | | | |
| WOMEN | | 450 | weights ... period. I want to thank the judges | | | |
| 148 | | | of Tom Holroyd, Carl Elliott, Perry White, Joey | | | |
| J. Zak BL | 160m | 115 | Thompson, Jennifer Zak, and of course Ricky | | | |
| 4905m | | 215\$ | Young. Ricky hurt his back about a week | | | |
| 181 | | | earlier, and unfortunately was unable to de- | | | |
| S. Williams | 170 | 120 | fend his 165 state title. I want to thank our | | | |
| 5505m | | 255\$ | table help of Charmaine Lyons, Dawn Sawyer, | | | |
| N. Goode (10-11) | 125V | 125V | and Dawn Lee Nelson. Dawn mentioned in- | | | |
| 123 | | 225V | terest in learning to become a judge, but it'll | | | |
| A. Morris | 140\$ | 130\$ | never happen ... I said it once ... I'll say it again, | | | |
| 148 | | 230\$ | she's the best announcer in NC, and the most | | | |
| D. Biggs (12-13) | 100\$ | 85\$ | organized, and we want to keep her right | | | |
| 132 | | 210\$ | where she's at. Finally I have to thank Paul | | | |
| J. Morris | 180 | 110 | Paul was the man behind the scenes | | | |
| 181 | | 245 | that kept thing happening at this meet, as well | | | |
| J. Bushee (14-15) | 195 | 135 | as keeping us involved nationally. How help- | | | |
| 132 | | 230 | ful is he? Well, in October you can thank him | | | |
| T. Lyons | 225 | 180 | for bringing the Nationals, and in November | | | |
| 148 | | 355 | the Worlds to Elizabeth City. Considering | | | |
| B. Everett | 250 | 160 | Paul's last little bench meet drew almost a | | | |
| J. Whitehurst | 190 | 160 | hundred lifters ... well, we expect many good | | | |
| J. Stephens | 205 | 150 | things. On to the meet. As always there are | | | |
| 165 | | 260 | many divisions for each lifter, but for the sake | | | |
| L. Williams | 160 | 135 | of time, and because everyone always likes to | | | |
| 181 | | 290 | know... I will write about who the best lifter is | | | |
| C. Ballance | 300 | 215 | each weight class was. At 123 the meet got off | | | |
| C. Hannan | 185 | 185 | with a bang as Alex Morris set four state | | | |
| 198 | | 345 | records on his way to a 500 pound total, | | | |
| S. Young | 225 | 185 | which is huge considering he's only eleven | | | |
| 220 | | 360 | years old. At 132 we had defending 100% | | | |
| B. Brooks | 175 | 170 | RAW state champions Ben Zak, as well as two | | | |
| 242 | | 265 | time defending AAU Champion Timmy Lyons. | | | |
| L. Brown | 265 | 250 | Ben Zak would open with a state/meet record | | | |
| A. Nowitzky | 220V | 145V | 265 squat which would lead him to his second | | | |
| | | 295V | strait title with a 870 total, and his second | | | |
| | | 660V | strait Best Lifter (20-34). Timmy had a strong | | | |
| | | | performance as he ended with a teen dead-lift | | | |
| | | | record of 355 on his way to a 760 total. In my | | | |
| | | | opinion we simply had the best teen perfor- | | | |
| | | | mance ever at a state championship at 148. | | | |
| | | | Daryl Sylvester who was defending state cham- | | | |
| | | | pion in both the AAU and 100% RAW started | | | |

with a meet, state, and unbelievably open solid 240 bench, followed by a rock meet record 460 deadlift for a whopping 1075 state/meet record. It earned him best lifter teen honors ... again ... and it wasn't even close. 2000 State Champion Jack Moore had missed repeating in 2001 by mere pounds, but he returned this year to post a 955 total and regain his title, while earning the Best Lifter Master award. Chris Ballance was defending state champ at 181, and had a solid day finishing second out of seven lifters. We saw Derrick Bryant for the first time a month ago, as he placed well in a bench press competition. Derrick proved that he was equally adept at powerlifting as he went 9-9 sweeping the (25-29) state records and total-

bench, a 600 meet dead-lift, for a 1630 meet/state record total, and trust me these lifts didn't even cause him to break a sweat. Ronnie Biggs returned to the powerlifting platform after five years, and managed three state records (35-39) on his way to second place overall. In the woman we had three lifters vying for best lifter honors. Jennifer would open with a meet record 160 squat, finish with a state record 215, and end up with a state/meet record 490 total to earn Best Lifter. Solita Williams would squat a teen state record 175, and pulled a state/meet record 215 to finish in second with a 550 state/meet record. Finishing in third was Natalie Goode who was very helped by Rick Staten. Natalie would set four Virginia State records. There are a number of other lifters that deserve special



Best Lifters Honors went to K. Lacy (left) @ 165 and K. Mallory @ 220

ing 1065 for his first state title. Derrick looked like he was playing with the weights, so hopefully we will see what he's really capable of next time. Last year at the B/P and D/L state meet we said new face Joey Thompson would be a contender, and he proved us right setting four Police/Fire state records with a 925 total, and earning both the best lifter Police/Fire award and the sub-master best lifter award. At 220 we had a nice twist as 60 year old Gus Holzmiller would set four master state records, and become our oldest overall state champion yet. Gus brought a kid named Jessie Hood, who would set four teen state records in the 242 class, and had a lot left in all his lifts as he totaled 975 for the 242 class state title. At 275 it was Maurice Lovgren who would capture his first title with a 915 total. We had four lifters in the 319 class, but Rod Blackwell would take a mere 6 attempts, sweeping the state records, with a 600 pound squat, a 430

recognition for setting state records. Perry White would set four state records 132 (Police/Fire), Daniel Biggs would set four state records 148 (10-11), Johnathon Weaver would set two 165 (16-17) and Tremaine Harris would finish with two records in the 319 (14-15) class. In the team competition the top teams just seem to get stronger. Winning their fifth strait title, in the Middle School Division was River Roads Middle school coached by Carl Elliott. In the High School division winning their third strait state title was Pasquotank High School coached by Paul Bossi. Winning the open division for the second strait year was Beach Boys Barbell Club coached by Ben Zak. The top three teams overall, although it's not and actual award, was brutally close. Beach Boys Barbell Club finished in first with 68, River Roads Middle School in second with 66, and Pasquotank High School in third with 63. (Thanks to Ben Zak for the meet results.)

20 Years Ago in Powerlifting USA the Senior Nationals promoted by Larry Pacifico in Dayton, Ohio highlighted this issue of PL USA. Winners included Chuck Dunbar (114 - 1218), Lamar Gant (123 - 1383), Claude Hansord (132 - 1322), Jay Rosciglione (148 - 1543), Rickey Crain (165 - 1719), Mike Bridges (181 - 2105), Walter Thomas (198 - 2000), Jim Cash (220 - 2072), Dave Schneider (242 - 2061), John Gamble (275 - 2193), and the late Wayne Bouvier (SHW - 2149). George Herring was 4th at 165 (1669), Dan Austin was 3rd at 148 (1488), and Doug Heath was 3rd at 123 (1041). The Man who held the IPF Superheavyweight Record in the squat for a long time, Dwayne Fely (981), was interviewed by fellow Hawaiian Ed Douglas. We had coverage of Bill Kazmaier's win at the World's Strongest Man competition at Magic Mountain amusement park in California. In the "Message From the President" it was reported that the USPF had registered 7108 members, 180 clubs, and 214 meets to that point, and a monthly salary of \$600 was approved for the position of USPF President. On the TOP 100 list for Flyweights the top positions were Joe Cunha (534 squat), Harold Escobedo (319 bench), Norb Paterniti (460 deadlift), and Cunha (1201 total). Ken Ufford won the "Almost Nationals" promoted by Rich Peters in Norman, OK with lifts of 523 352 650 at 242. Rich Sandlin went 820 510 740 2070 at 275 in the Birmingham Open. A new powerlifting suit from "Angelwear" was advertised by John Angelo of Hazelwood, MO. T-shirts designed by Cory Kneuer (subsequently to become many time Ms. Olympia as Cory Everson) were also advertised. Jeff Magruder's quest to set an official IPF World Record came to be at the Body Expo, where he managed a lift of 595 (15,000 fans viewed the 2 day event).

USAPL Great West PL & BP
23 FEB 02 - Rapid City, SD

| | | |
|---|-------------------|---------------------|
| Bench Press Meet | Todd Koenigs | 435 |
| Open Division | Bench Press Meet | |
| 132 | Formula Divisions | |
| Marsha Balsley | 171 | Master Men 40 - 49 |
| 165 | | 275 |
| Brad Rilling | 331 | Bill Collins 474 |
| Phil Spizzirri | 303 | Mike Bridge 424 |
| 181 | | 220 |
| C. Marchiando | 314 | Randy Lang 408 |
| Todd Craig | 248 | 181 |
| Ken Leisinger | 231 | Neil Backous 276 |
| 198 | | 242 |
| Jeff Blindaue | 413 | Kevin McKnight 309 |
| TJ Barthman | 369 | Master Men 50 - 59 |
| J. McKnight | 303 | 181 |
| 220 | | Ken Leisinger 231 |
| Randy Lang | 408 | Master Men 60+ |
| Stuart Junker | 391 | 220 |
| Jeff Brown | 369 | Gerald Handley 193 |
| Ty Wagoner | 353 | Teenage Men 14 - 15 |
| 242 | | 114 |
| Aaron Marshall | 375 | Peter Wong 364 |
| B. Hutchinson | 358 | 309 386 1058 |
| 275 | | Josh Craig 121 |
| Bill Collins | 474 | Teenage Men 16 - 17 |
| Mike Bridge | 424 | 165 |
| Dale Pearce | 369 | Spencer Hergert 287 |
| Wesley Turner | 320 | Brendon Hurley 193 |
| SHW | | 198 |
| Dan Gaudreau | 562 | S. Patterson 204 |
| OPEN | SQ | BP DL TOT |
| 123 | | |
| Peter Wong | 364 | 309 386 1058 |
| 148 | | |
| J. Chapeau | 441 | 248 457 1146 |
| 165 | | |
| Brad Rilling | 430 | 331 485 1246 |
| Adam Suedel | 353 | 237 386 976 |
| Lynn Tucker | 325 | 215 413 953 |
| 181 | | |
| Todd Craig | 402 | 248 485 1135 |
| Matt James | 402 | 254 463 1119 |
| Clay Hansen | 325 | 270 369 965 |
| 198 | | |
| Jeff Blindaue | 480 | 413 540 1433 |
| 220 | | |
| John Bokker | 518 | 364 529 1411 |
| Stuart Junker | 441 | 391 518 1350 |
| 242 | | |
| Edward Wendel | 551 | 375 639 1565 |
| Brian Briot | 441 | 303 524 1268 |
| 275 | | |
| Greg Wagner | 788 | 507 650 1946 |
| Bill Collins | 551 | 474 601 1626 |
| SHW | | |
| Jim Thompson | 661 | 452 667 1780 |
| Powerlifting Meet - Formula Divisions | | |
| PL-M40 (Master Man 40 - 49) | | |
| 275 | | |
| Bill Collins | 551 | 474 601 1626 |
| 165 | | |
| Lynn Tucker | 325 | 215 413 953 |
| PL-M50 (Master Men 50 - 59) | | |
| 181 | | |
| Ken Leisinger | 209 | 231 353 794 |
| PL-M60 (Master Men 60+) | | |
| 165 | | |
| Jerry Ochs | 309 | 220 380 909 |
| PL-TM1 (Teenage Men 14 - 15) | | |
| 114 | | |
| Zadarius Clark | 292 | 182 281 755 |
| 148 | | |
| Joey Saul | 215 | 143 287 645 |
| 181 | | |
| Manuel Bayona | 226 | 182 309 716 |
| 148 | | |
| Wesley Starr | 182 | 116 204 502 |
| 123 | | |
| Ricky Fatland | 159 | 116 154 429 |
| PL-TM2 (Teenage Men 16 - 17) | | |
| 181 | | |
| Riley McManigal | 424 | 287 485 1196 |
| 220 | | |
| Jonathan Fliehs | 408 | 325 457 1190 |
| 148 | | |
| Bryce Pfeifle | 325 | 193 336 854 |
| 165 | | |
| Brendon Hurley | 303 | 193 303 799 |
| 198 | | |
| Ben Fox | 193 | 127 331 650 |
| PL-TM3 (Teenage Men 18 - 19) | | |
| SHW | | |
| Jay Christensen | 518 | 353 568 1439 |
| PL-WOMEN | | |
| 148 | | |
| Erica Willis | 215 | 138 303 656 |
| OUSTANDING LIFTERS: Master Bill Collins - 40. Open LL w.t.- Jeff Blindaue - 32. Open Hwy w.t. Dan Gaudreau - 41 Powerlifting Meet - | | |

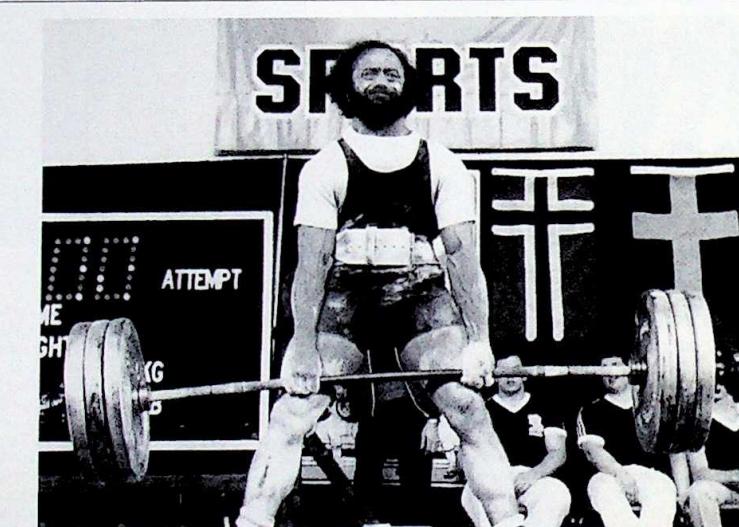
Master Jerry Ochs - 64. Open LL w.t. Peter Wong - 23. 123 Open Hwy. w.t. Greg Wagner - 29. (thanks to USAPL for providing the results)

USAPL OxMan Classic II
20 APR 02 - Denver, CO (kg)

| | |
|-----------------|---------------------------|
| BENCH | 100 |
| WOMENS | Chris Monn 170 |
| 181 | 110 |
| Open | Blake Hutchison 170 |
| Kathy Morthez | 75 125 |
| C. Amrstrong | 82.5 James Whithead 197.5 |
| Master 40-49 | 40-49 |
| 123 | James Shires 132.5 |
| Jeanne Heme | 60 Jon Lujan 185 |
| 181 | 60-49 |
| OPEN | Paul Predecki 137.5 |
| 90 | 70-79 |
| Keathy Morthez | 95 Ernie Tauck 130 |
| Joseph Rostvedt | 165 50-59 |
| 56 16-17 | H. Blackmon 160 |
| Kate Vaedimon | 42.5 35 55 132.5 |
| 67.5 | Robert Minshew 155 |
| Phoenix Miller | 95 57.5 105 257.5 |

| | | | | |
|----------------|-----------------------|-------|-------|-------|
| 75 18-19 | Beth Mitchell 85 | 47.5 | 117.4 | 250 |
| 90 16-17 | M. Gertree 115 | 75 | 147.5 | 337.5 |
| MEN | Dave Korras 125 | 75 | 152.5 | 352.5 |
| 56 | 60 | | | |
| 14-15 | Drew Hunnell 110 | 65 | 115 | 290 |
| 16-17 | JD Stout 117.5 | 75 | 152 | 345 |
| Roy Bogon | 140 | 85 | 172.5 | 397.5 |
| 18-19 | | | | |
| Aaron Smith | 177.5 | 107.5 | 195 | 480 |
| Simon Mitchell | 182.5 | 102. | 225 | 510 |
| 100 | | | | |
| 14-15 | Ernesto Bernabese 210 | 140 | 212.5 | 565.5 |
| 16-17 | John Jakzy 180 | 90 | 192.5 | 462.5 |
| M. McFarlae | 227.5 | 130 | 260 | 617.5 |
| 18-19 | | | | |
| Zac Pleer | 162.5 | 107.5 | 197.5 | 467.5 |
| 16-17 | John Jakzy 180 | 90 | 192.5 | 462.5 |
| 14-15 | Howard Nutt 180 | 90 | 192.5 | 462.5 |
| 16-17 | Ed Cordova 45 | 50 | 95 | 95 |
| Richard Chase | 55 | 85 | 140 | |
| 90 | | | | |
| James Reed | 70 | 70 | 70 | |
| SO | | | | |
| 82.5 | | | | |
| Howard Nutt | | | | |
| Ed Cordova | | | | |
| 67.5 | | | | |
| Richard Chase | | | | |
| 90 | | | | |
| James Reed | | | | |
| SHW | | | | |

| | | | | | |
|----------------|-----------------------|-------|-------|-------|-----|
| 18-19 | Jaunito Lujan 90 | 137.5 | 130 | 157.5 | 425 |
| 14-15 | J. Richardson 115 | 60 | 132.5 | 307.5 | |
| 15-17 | Austin Able 125 | 82.5 | 145 | 352.5 | |
| 16-17 | | | | | |
| Aaron Smith | 177.5 | 107.5 | 195 | 480 | |
| Simon Mitchell | 182.5 | 102. | 225 | 510 | |
| 100 | | | | | |
| 14-15 | Ernesto Bernabese 210 | 140 | 212.5 | 565.5 | |
| 16-17 | John Jakzy 180 | 90 | 192.5 | 462.5 | |
| M. McFarlae | 227.5 | 130 | 260 | 617.5 | |
| 18-19 | | | | | |
| Zac Pleer | 162.5 | 107.5 | 197.5 | 467.5 | |
| 16-17 | John Jakzy 180 | 90 | 192.5 | 462.5 | |
| 14-15 | Howard Nutt 180 | 90 | 192.5 | 462.5 | |
| 16-17 | Ed Cordova 45 | 50 | 95 | 95 | |
| Richard Chase | 55 | 85 | 140 | | |
| 90 | | | | | |
| James Reed | | | | | |
| SHW | | | | | |



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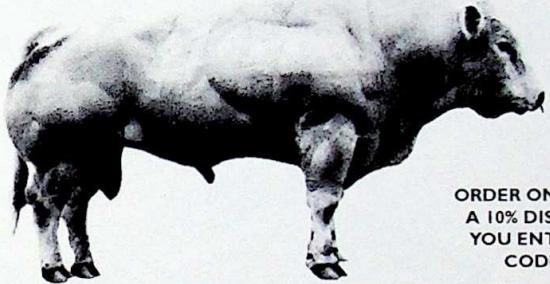
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| 123 | | | | | |
|----------------------------|-------|-------|-------|--------|--|
| Christina Cruz | 130 | 90 | 170 | 390 | |
| Sarah Gilberg | 125 | 80 | 160 | 355 | |
| Jane Sanford | 125 | 70 | 160 | 355 | |
| Sadia Fatemi | 205 | 65 | 180 | 350 | |
| 132 | | | | | |
| Quintae Ballard | 155 | 80 | 210 | 445 | |
| Susanna Ashley | 90 | 80 | 260 | 330 | |
| Imani White | 225 | 70 | 135 | 320 | |
| 148 | | | | | |
| Kharin Spears | 120 | 80 | 200 | 400 | |
| 165 | | | | | |
| Natasha Griffith | 170 | 95 | 245 | 510 | |
| Rachel Kraft | 175 | 95 | 225 | 485 | |
| Misty Clark | 170 | 85 | 220 | 475 | |
| Martha Yancor | 135 | 85 | 200 | 420 | |
| C. Hawkins | 180 | 100 * | 235 | 515 | |
| 181 | | | | | |
| Elizabeth Ide | 75 | 65 | 135 | 275 | |
| 198 | | | | | |
| Solita Williams | 175 * | 115 * | 255 * | 545 * | |
| 198+ | | | | | |
| Kinika Bryant | 150 * | 110 * | 255 * | 515 * | |
| Erin Owens | 225 | | 325 | | |
| Men's Division: | | | | | |
| 88 | | | | | |
| Y. Tshontikidis | 135 | 70 | 190 | 395 | |
| 97 | | | | | |
| A. McCloskey | 185 | 105 * | 255 * | 545 * | |
| 105 | | | | | |
| Blake Swyck | 125 | 75 | 180 | 380 | |
| 114 | | | | | |
| Kevin Angus | 155 | 120 | 195 | 460 | |
| M. Lehrman | 80 | 65 | 235 | 280 | |
| Andrew Bryson | 160 | 130 | 300 | 590 | |
| 123 | | | | | |
| Alex Morrisite | 135 | 115 | 225 | 465 | |
| Cl. Walker | 240 | 95 | 225 | 460 | |
| Kitt Schwart | 115 | 85 | 200 | 400 | |
| Troy Goin | 240 * | 180 * | 305 * | 725 * | |
| M. Kindervatter | 110 | 105 | 200 | 415 | |
| 132 | | | | | |
| Jovan Morris | 185 | 100 | 275 | 560 * | |
| 148 | | | | | |
| Ryan Harbaugh | 140 | 60 | 200 | 400 | |
| Timmy Lyons | 240 | 175 | 365 * | 780 * | |
| Brandon Riffe | 225 | 165 | 330 | 720 | |
| J. Simmons | 200 | 100 | 275 | 575 | |
| Jacob Brezinski | 245 | 165 | 360 * | 770 | |
| Jason Brooks | 205 | 260 | 300 | 665 | |
| Josh Levinson | 265 | 205 | 215 | 485 | |
| 148 | | | | | |
| Aaron Hykes | 260 | 160 | 300 | 720 | |
| Brandon Everett | 235 | 170 | 325 | 720 | |
| Jesse Whitehurst | 190 | 160 | 270 | 620 | |
| Jared Stevens | 190 | 140 | 240 | 570 | |
| John Boyd | 380 | 235 | 450 | 1065 * | |
| John Vaught | 360 | 265 * | 435 | 1060 | |
| 4th | 385 | | | | |
| Darryl Sylvester | 365 | 200 | 445 | 1010 | |
| Patrick Cook | 165 | 225 | 205 | 495 | |
| Rich Sannasardo | 290 * | 225 * | 465 * | 980 * | |
| Jason Fowler | 250 | 265 | 400 | 810 | |
| Sawo Jones | 205 | 280 | 305 | 690 | |
| 165 | | | | | |
| J. Strickhauser | 65 | 60 | 140 | 265 | |
| Mark Franklin | 225 | 215 | 375 | 825 | |
| Adam Hill | 220 | 270 | 330 | 720 | |
| Leon Williams | 190 | 135 | 295 | 620 | |
| Danny Thau | | | 350 | | |
| Donny Nelson | 250 | 185 | 400 | 835 | |
| Jason Sisk | 200 | 145 | 300 | 645 | |
| 181 | | | | | |
| Quatrrell Hoffer | 300 | 200 | 375 | 875 | |
| J. Shrewsbury | 250 | 260 | 375 | 785 | |
| Carl Neverson | 325 | 205 | 375 | 905 | |
| Matt Ashley | 205 | 260 | 350 | 725 | |
| Josh Riddick | | 205 | | | |
| Jason Billings | 390 * | 260 * | 135 | 785 | |
| 198 | | | | | |
| Jeff Pierce | 275 | 200 | 475 | 950 | |
| Matt Echave | 245 | 155 | 375 | 740 | |
| D. Norman | 375 * | 260 * | 525 | 1160 * | |
| 220 | | | | | |
| Brent Brooks | 165 | 150 | 260 | 555 | |
| Kemp Peterson | 275 | 215 | 420 | 910 | |
| Renard Byers | 345 | 210 | 410 | 965 | |
| 242 | | | | | |
| Aaron Chamblee | 180 * | 110 | 260 * | 530 * | |
| Juan Claros | 225 | 170 | 300 | 695 | |
| Tieo Doyle | 190 | 160 | 325 | 675 | |
| Matthew Wright | 265 | 220 | 375 | 860 | |
| 275 | | | | | |
| C. Mathews | 450 * | 285 | 500 | 1235 * | |
| A. Townsley | 250 | 130 | 300 | 680 | |
| Keith Cole | | 330 | | | |
| Santo Buzzanca | 325 | 260 | 445 | 1030 | |
| 319 | | | | | |
| Tremaine Harris | 375 * | 225 | 450 * | 1050 * | |
| Women's International Open | | | | | |
| 114 | | | | | |

| | | | | |
|--------------------|------|------|------|------|
| Claudia White | 115* | 55 | 175* | 345* |
| K. McKenzie | 175 | 100* | 195 | 470 |
| A. Strickhauser | 120 | 60 | 155 | 335 |
| Asia Scales | 145 | 90* | 190 | 425* |
| 4th | 155 | 4th | 205* | |
| Torrey Campbell | 90* | 55* | 135* | 280* |
| Sherry Driver | 115* | 85 | 265* | 465* |
| 123 | | | | |
| Christina Cruz | 130 | 90 | 170 | 390 |
| Sarah Gilberg | 125 | 80 | 160 | 355 |
| Jane Sanford | 125 | 70 | 160 | 355 |
| Sadia Fatemi | 205 | 65 | 180 | 350 |
| Sarah Muise | 85 | 60 | 125 | 270 |
| S. Anderson | 125 | | | |
| 132 | | | | |
| Quintae Ballard | 155 | 80 | 210 | 445 |
| Susanna Ashley | 90 | 80 | 260 | 330 |
| Imani White | 225 | 70 | 135 | 320 |
| Janice Sturino | 45* | 130* | 285 | 460* |
| 4th | 300* | | | |
| 148 | | | | |
| Kharin Spears | 120 | 80 | 200 | 400 |
| Stacie Ramsburg | 108* | 95 | 135 | 410 |
| H. Goldenman | 125 | 85 | 145 | 335 |
| Ruth Souders | 109* | 100* | 250 | 540* |
| 4th | 260* | | | |
| Debbie Schenkel | 75* | 70* | 150* | 295* |
| Joise Merrell | 50* | 35* | 80* | 165* |
| 165 | | | | |
| Natasha Griffith | 170 | 95 | 245 | 510 |
| Rachel Kraft | 175 | 95 | 225 | 485 |
| Misty Clark | 170 | 85 | 220 | 475 |
| Martha Yancor | 135 | 85 | 200 | 420 |
| C. Hawkins | 180 | 100* | 235 | 515 |
| Brenda Smith | 75* | 45* | 115* | 235* |
| 181 | | | | |
| Elizabeth Ide | 75 | 65 | 135 | 275 |
| M. Stevenson | 135* | 85* | 200* | 420* |
| Candi Ramsburg | 105 | | | |
| 198 | | | | |
| Solita Williams | 175* | 115* | 255* | 545* |
| Vickie Marchner | 75 | | | |
| 198+ | | | | |
| Kinika Bryant | 150* | 110* | 255* | 515* |
| Erin Owens | 225 | | 325 | |
| Jennifer Sheller | 280* | 175* | 350 | 805* |
| 4th | 370* | | | |
| Tammy Ford | 215 | 120* | 260* | 595* |
| 4th | 230 | | | |
| SENIOR | | | | |
| 165 | | | | |
| Jerry Hill | 460* | 315 | 525 | 1300 |
| John Polack | 460* | 4th | 550 | 535* |
| 1345* | | | | |
| Roger Merrell | 90* | 65* | 140* | 295* |
| 181 | | | | |
| Doc Junkins | 280 | 235 | 385 | 900 |
| 198 | | | | |
| Scott Kotarides | 385 | 320 | 450 | 1155 |
| Paul Simmons | 330 | 225 | 475 | 1020 |
| 220 | | | | |
| Shawn Boylan | 535 | 325 | 550 | 1400 |
| S. Tshonikidis | 450* | 290 | 555* | |
| 1295* | | | | |
| Jim Jacoby | 285 | | | |
| 242 | | | | |
| G. McCommon | 520* | 280 | 450 | 1240 |
| Chuck Miller | 390 | | | |
| Graham Bartholomew | | | 635 | |
| Dan Maticic | | | 450 | |
| Jay Bechtel | 450 | 325 | 550 | 1325 |
| 275 | | | | |
| Ben Cangelosi | 690* | 495* | 690* | |
| 1845* | | | | |
| 319 | | | | |
| Wardell Sewell | | | 600 | |
| SHW | | | | |
| John James | 550 | 350 | | |

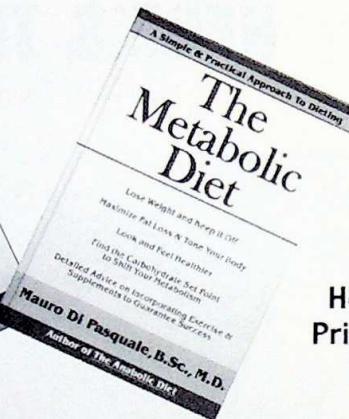
Praise: First and Foremost, let us give praise to our Father in heaven For His loving goodness! As a result of an awesome weekend of drug-free lifting, lives across the globe will be touched by the Master's hand. Prayer: Please pray for a speedy recovery for Teenage World Champion Jason Billings. Jason re-injured his hip while warming up - For the bench, and had to settle. For his opener in the bench and a token deadlift to Post a total -For the meet. Thanks: Please give thanks to God -For John Polak's (injured hip) return to the Competitive platform, as well as For new lifters in our Federation. As a result of John's return and our growth, the good Lord will empower us with greater resources to help those less fortunate. Special Thanks: Words cannot express the gratitude that I have For my -Friends Graham Bartholomew and Wardell Sewell. Graham and Wardell worked the platform both days, supporting close to 80 lifters on Saturday (on one platform!) and

40 more on Sunday. Thanks to their efforts, two sessions were completed at 6:25 P.M. On Saturday (just incredible!) and we were driving the truck away from the "cleaned-up" meet site at 5:00 P.M. on Sunday. Thank You both so much! Many thanks to Graham, Wardell, Dan Maticic, Donny Nelson, Josh Riddick, and Bob McCloskey for spotting and loading; Paul Bossi, Carl Elliott, Paul Griffith, Doc Junkins, Caryn Tshontikidis, Brian, Graham, Wardell, Dan, and Bob For judging; Danny Hubbard Of Kelly sports For videotaping the contest and providing such a great service to our lifters; Paul Bossi Of Elizabeth City Trophy For the awesome cups, medals, plaques, and trophies; Paul Bossi and Graham for announcing and scoring; Jerry Shockley for drug testing (all lifters were drug free!); and the lifters who gladly filled in during the two days! Friday thanks go out to Kelly Edmondson (English), Father Bruno Dablgren (Social Studies), and Coach Nelson, Coach Moten, and Coach Flemming of the Wilson P.E. Department For covering my classes; members of the Wilson CHANGE Program For helping me load the truck; and Bob McCloskey for helping me get the benches off the truck. Saturday and Sunday thanks go out to Gold's Gym of Frederick

general Manager John Mabry For sponsoring the meet; Gold's Gym lifter Joe Gourley For letting us borrow his deadlift jack (ours broke on Thursday and Joe was very supportive!); and all the guys I train with at Gold's For their support. Sunday thanks go to Graham, Wardell, Doc, and Dan for helping Danny and I load our trucks, and Monday thanks go out to Wilson lifters John Boyd and Susanna Ashley For helping me unload the truck. Sunday thanks to all the lifters, coaches, family, and friends! God bless you all! 2002 Teenage Nationals: An awesome weekend Of lifting was experienced by all who attended the 2002 100% RAW Teenage Nationals. Teams -From North Carolina (Elizabeth City Elite and River Road), Virginia (X-Squad), West Virginia (Pikeview Panthers), and Washington (Wilson Powerlifting), as well as unattached lifters representing numerous states competed in the two-day event. Wilson Powerlifting dominated the women's platform, as team members Quintae Ballard ("100% RAW") and Krystle McKenzie ("RAW") won both their class and Best Lifter honors. Strong showings were also recorded by Frederick middle schooler Claudia White, -River Road's Solita Williams, and Pikeview's Misty Clark. Best Female Teenage lifters: '100% RAW' Quintae

Ballard, 'RAW' Krystle McKenzie. On the men's side, youth lifter Anthony McCloskey put on quite a show in the morning session. Anthony moved up to the 97 Pound class, and broke Four World Records in route to his National Title. Wilson's Dangelo Morman and Pikeview's Charlie Matthews kept the crowd Pumped up in the heavy flight to round out the morning session. Those in attendance For the afternoon session witnessed an extraordinary battle between Wilson's John Boyd (Best Lifter, '100% RAW'), Pikeview's John Vaught (Best Lifter, 'RAW'), and Elizabeth City's Darryl Sylvester. John Boyd's final deadlift gave him the victory, however, all three lifters were within .25 points of each other For Best Lifter honors. It was exciting to watch and the lifters carried themselves as true ambassadors of drug-free powerlifting. I am confident that it will be another exciting match-up at the 2002 Worlds! Best Male Teenage Lifters: '100% RAW' Youth Yanni Tshontikidis 'RAW', Teenage John Boyd, 'RAW' Teenage John Vaught. As mentioned earlier, several teams competed at the Teenage Nationals. Wilson Powerlifting captured the overall Mixed title, and X-Squad took the Teenage Mixed crown. Pikeview -

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Finished on top For the overall Men's title, and Elizabeth City took top Teenage honors. River Road swept the Youth titles in both the Mixed and Men's divisions. Congratulations to all the teams on their efforts and accomplishments! Women's International Open: Close to 40 Female athletes competed in the Women's International Open, an extraordinary showing for our Federation! We are very excited about the growth in our Female membership, and hope and pray that it continues! As mentioned earlier, Claudia White lifted -Flawlessly in the youth division, and Quintae and Krystle led the teenage field. Several senior lifters competed as well, with three complete women's teams. Virginia's Sherry Driver rocked the platform, winning her division, Best lifter honors, and breaking three World Records. West Virginia's Ruth Souders went nine-for-nine in her '100% RAW', debut to win her class while setting Four World Records. Finally, Sports Connection veteran Jennifer Sheller was awesome, registering lifts of 280, 175, and 370 (fourth attempt) to win her class. Best Lifters: Teenage '100% RAW' Quintae Ballard, Teenage 'Raw' Krystle McKenzie, Senior 'RAW' Sherry Driver. Wilson Powerlifting captured the Teenage title, Hood College won the Collegiate

division, and Doc Junkins' Sports Connection won the senior title. Congratulations to all the lifters, teams, and coaches - great lifting! SENIOR POWER DAY: An annual event at the Teenage nationals, 17 lifters took the opportunity to get a meet in before the Seniors (June 25 15, 16) and support the kids. Master lifter John Polak, Fully recovered from last year's hip injury, registered lifts of 460, 350, and 353 to capture Best lifter honors. Jerry Hill, a new member of Baptist Nupieri's "Tayoun's Power Team," had an awesome 460 squat, and teammates Shawn Boylan (1400 total) and Ben Cangelosi (1845 total) continued in the team's strong tradition. Best Male Senior Lifters: Light (0-198) - Jerry Hill, Heavy (220-SHW) Ben Cangelosi, Overall John Polak. Several new lifters joined our Senior rank, and I would like to welcome you to our ministry and invite each of you to the Seniors! Thanks for your help, Your support, and Your presence - the kids truly enjoyed the Show! Grandmaster Double Deadlift. Without a doubt, the weekend's most inspirational moment was the 300 Pound double dead lift by Grandmaster lifters Roger (82 years young) and Josie (79 years young) Merrell. Our federation is truly blessed to have these two believers in our ranks, and we

thank God for their enthusiasm for our great sport and their love for each other. We all look forward to lifting with Roger and Josie at the Seniors! Their walk is living proof that "It is more blessed to give than to receive." God Bless, Spero (Thanks to Spero for results)

Wisconsin State High School PL 08 MAR 02 Kimberly, MI.

| FEMALE | SQ | BP | DL | TOT |
|-----------------|-----|-----|-----|-----|
| 97 | | | | |
| Seebruck, Amy | 185 | 65 | 200 | 450 |
| Parker, Kasey | 170 | 75 | 195 | 440 |
| Johnson, B. | 165 | 70 | 200 | 435 |
| 105 | | | | |
| Mikrot, Angie | 215 | 115 | 250 | 580 |
| Sampson, Gayle | 250 | 90 | 240 | 580 |
| Mitchler, Jenna | 195 | 95 | 280 | 570 |
| Karbowksi, A. | 225 | 90 | 240 | 555 |
| Wellzic, M. | 190 | 95 | 240 | 525 |
| Bohn, Kaley | 185 | 90 | 235 | 510 |
| Bohl, Megan | 175 | 85 | 200 | 460 |
| Elder, Caz | 165 | 75 | 200 | 440 |
| Beck, Jenny | 130 | 55 | 180 | 365 |
| 114 | | | | |
| Brewer, Jasmine | 205 | 95 | 270 | 570 |
| Pulvermacher | 205 | 120 | 230 | 555 |
| Cross, Danny | 215 | 95 | 240 | 550 |

| | | | | |
|--------------------|------|-----|------|-----|
| Nick, Stephanie | 190 | 100 | 250 | 540 |
| Houle, Lauren | 195 | 100 | 245 | 540 |
| Carter, Ashley | 200 | 80 | 255 | 535 |
| Pittman, Rachel | 190 | 105 | 230 | 525 |
| Caperson, Sarah | 160 | 75 | 240 | 475 |
| George, Kelly | 165 | 100 | 205 | 470 |
| Pham, Tera | 170 | 75 | 215 | 460 |
| Hetz, Alysa | 160 | 75 | 205 | 440 |
| MacArthy, Amy | | | | |
| Ackman, Bridget | | | | |
| 123 | | | | |
| Hitchcock, Alyssa | 280 | 125 | 325 | 730 |
| Baer, Stephanie | 240 | 115 | 280 | 635 |
| Wolff, Jaclyn | 225 | 105 | 285 | 615 |
| Jacobson, S. | 220 | 110 | 265 | 595 |
| Balcer, Shelley | 200 | 130 | 255 | 585 |
| Lanz, Kristi | 195 | 110 | 265 | 570 |
| Rasmussen, J. | 190 | 90 | 270 | 550 |
| Jovanovic, M. | 240 | 95 | 215 | 550 |
| Holberg, Angie | 210 | 95 | 240 | 545 |
| Greger, Paige | 200 | 85 | 250 | 535 |
| Kaan, Meg | 210 | 95 | 220 | 525 |
| Nelson, Anneline | 205 | 95 | 225 | 525 |
| Gappa, C. | 190 | 105 | 225 | 520 |
| Carlsness, J. | 185 | 85 | 215 | 485 |
| Roberts, Ally | 195 | 90 | 195 | 480 |
| Sandberg, K. | 160 | 70 | 235 | 465 |
| Weinig, Adina | 175 | 70 | 220 | 465 |
| Benedict, Kristin | | | | |
| 132 | | | | |
| Vlachakis, L. | 285 | 115 | 315 | 715 |
| Cable, Libby | 265 | 120 | 325 | 710 |
| Vlachakis, Stacy | 270 | 125 | 310 | 705 |
| Bushmaker, K. | 230 | 130 | 275 | 635 |
| Raab, Jenny | 210 | 115 | 300 | 625 |
| Dahl, Cassie | 230 | 115 | 280 | 625 |
| Tyreil, Katie | 225 | 120 | 265 | 610 |
| Guralski, Jill | 215 | 115 | 275 | 605 |
| Docken, Sheilla | 225 | 120 | 240 | 585 |
| Maatman, T. | 225 | 90 | 230 | 545 |
| Sorenson, Annie | 215 | 110 | 220 | 545 |
| Chielewski, L. | 190 | 110 | 230 | 530 |
| Kern, Elizabeth | 195 | 85 | 250 | 530 |
| Ostrander, Crystal | | | | |
| 142 | | | | |
| Glenn, Jenny | 280 | 145 | 305 | 730 |
| Hasner, Amy | 280 | 105 | 310 | 695 |
| Bergmann, K. | 290 | 135 | 260 | 685 |
| Montour, Sam | 250 | 115 | 290 | 655 |
| Steck, Emily Sue | 245 | 95 | 300 | 640 |
| Bordeaux, A. | 250 | 90 | 300 | 640 |
| Hasner, Emily | 265 | 90 | 280 | 635 |
| Eake, Jessica | 260 | 105 | 265 | 630 |
| Ross, Megan | 225 | 120 | 280 | 625 |
| Ontiveros, Lolita | 200 | 105 | 320 | 625 |
| Smolarek, Bailey | 235 | 115 | 260 | 610 |
| Lambert, Angela | 225 | 95 | 27.5 | 595 |
| Hawkins, C. | 230 | 115 | 250 | 595 |
| Kearns, W. | 235 | 105 | 250 | 590 |
| Tiry, Anna | 225 | 105 | 260 | 590 |
| Oanes, Jenni | 225 | 100 | 250 | 575 |
| Lorenz, Kendra | 170 | 110 | 270 | 550 |
| Nienow, Kellie | 220 | 100 | 220 | 540 |
| Schuette, S. | 165 | 110 | 260 | 535 |
| Longwell, K. | 205 | 85 | 240 | 530 |
| Karow, Megan | 205 | 95 | 225 | 525 |
| Bemowski, S. | 160 | 90 | 250 | 500 |
| Oniiveros, L. | | | | |
| 153 | | | | |
| Urban, Trisha | 290 | 130 | 300 | 720 |
| Proctor, Ashley | 250 | 125 | 300 | 675 |
| Emrott, Lydia | 270 | 130 | 270 | 670 |
| Spraski, Ashley | 260 | 120 | 290 | 670 |
| Strub, Tanna | 245 | 105 | 295 | 645 |
| Schmidt, Amy | 230 | 125 | 280 | 635 |
| Schiff, Jessica | 230 | 135 | 265 | 630 |
| Sonnenberg, S. | 257 | 125 | 245 | 627 |
| Doan, Devan | 220 | 140 | 250 | 610 |
| Rodgers, Abby | 23.5 | 110 | 265 | 610 |
| Martin, Mandy | 220 | 115 | 265 | 600 |
| Laude, Kirby | 205 | 120 | 275 | 600 |
| Bockin, Lindsey | 205 | 100 | 295 | 600 |
| Lorenz, Casey Jo | 200 | 110 | 280 | 590 |
| Staudt, Amber | 235 | 100 | 250 | 585 |
| Brenengen, H. | 225 | 85 | 250 | 560 |
| VanDahm, C. | 195 | 95 | 265 | 555 |
| Rynearson, A. | 190 | 100 | 265 | 555 |
| Martinson, K. | 21.0 | 85 | 230 | 525 |
| Greenwood, K. | 215 | | | 215 |
| Salo, Carrie | | | | |
| 165 | | | | |
| Hocutt, Amy | 285 | 145 | 310 | 740 |
| Brown, Leah | 270 | 110 | 315 | 695 |
| Ecker, Sara | 275 | 135 | 280 | 690 |
| Tennie, Tara | 245 | 145 | 265 | 655 |
| Lebakken, L. | 240 | 100 | 315 | 655 |
| Main, Becky | 255 | 125 | 255 | 635 |
| Jurgens, Laura | 225 | 130 | 275 | 630 |
| Murillo, Erica | 215 | 140 | 255 | 610 |
| Jeffrey, Amanda | 240 | 95 | 270 | 605 |
| Wisniewski, L. | 225 | 100 | 260 | 585 |
| Wegner, Jenna | 230 | 105 | 230 | 565 |

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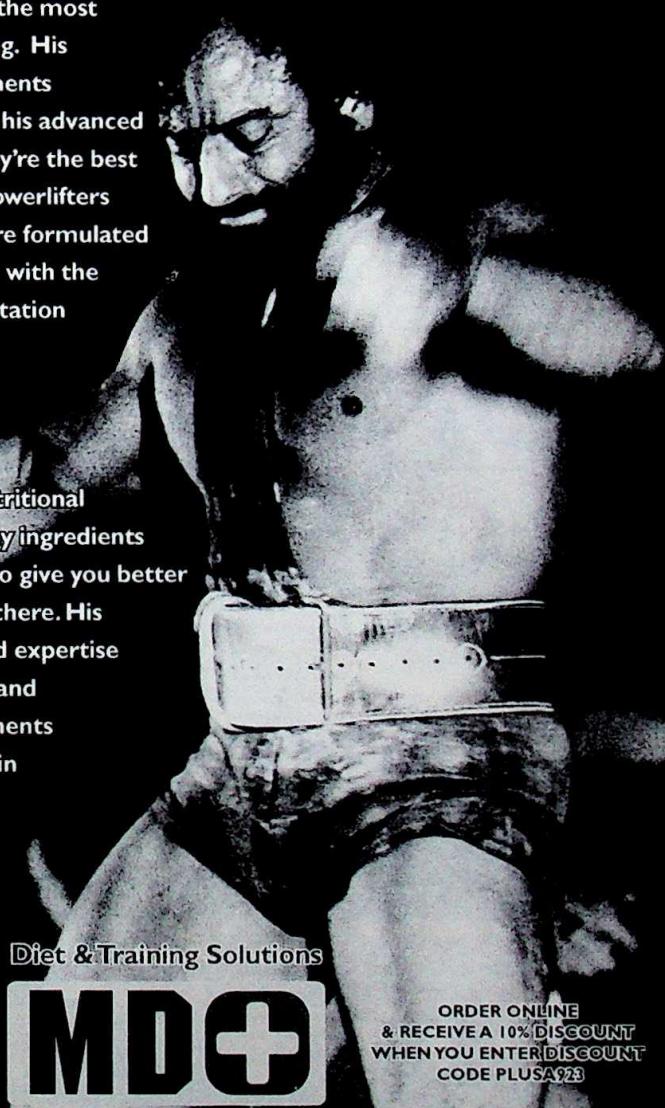
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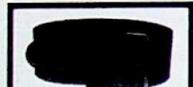
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|-------------------|-----|-----|-----|------|
| Perry, Danielle | 210 | 70 | 200 | 480 |
| Kempen, Jessica | 195 | 90 | 130 | 415 |
| 181 | | | | |
| Morse, Amy | 290 | 135 | 355 | 780 |
| Ebbe, Nicole | 305 | 145 | 315 | 765 |
| Kummer, A. | 315 | 130 | 295 | 740 |
| Lind, Sarah | 300 | 125 | 300 | 725 |
| Set, Amanda | 285 | 110 | 305 | 700 |
| Kuhl, Ellie | 270 | 140 | 265 | 675 |
| Ringersma, B. | 245 | 120 | 225 | 590 |
| Oleson, Amanda | 155 | 110 | 235 | 500 |
| 198 | | | | |
| Bierce, Anna | 340 | 145 | 270 | 755 |
| Hetzell, Michelle | 300 | 135 | 290 | 725 |
| Van Cuyk, Jenni | 260 | 125 | 325 | 710 |
| Stadeie, Kyla | 270 | 125 | 310 | 705 |
| Holmes, Beth | 285 | 110 | 305 | 700 |
| Parpart, C. | 270 | 115 | 305 | 690 |
| Meunier, Aurora | 255 | 120 | 250 | 625 |
| 198+ | | | | |
| Bailey, Erica | 410 | 190 | 420 | 1020 |
| Yetter, Laurie | 475 | 185 | 355 | 1015 |
| Sweet, Kami | 355 | 140 | 350 | 845 |
| Headrick, Erika | 315 | 175 | 355 | 845 |
| Metzner, Karen | 305 | 140 | 350 | 795 |
| Belling, Katie | 260 | 130 | 305 | 695 |
| Bauldauf, M. | 290 | 100 | 265 | 655 |
| Klippel, Heather | 260 | 130 | 250 | 640 |
| Younger, Amy | 230 | 110 | 300 | 640 |
| Hanson, Alisha | 200 | 115 | 300 | 615 |
| Haryo, Ore | 325 | | | 325 |
| MEN | | | | |
| 114 | | | | |
| Cross, Tim | 280 | 155 | 260 | 695 |
| Langel, Chris | 245 | 135 | 285 | 665 |
| Dunn, Jacob | 235 | 125 | 300 | 660 |
| Meyer, Weston | 250 | 145 | 250 | 645 |
| Arquette, Derek | 225 | 105 | 305 | 635 |
| Dahl, Kyle | 230 | 125 | 275 | 630 |
| VanElzen, W. | 235 | 120 | 270 | 625 |
| Fankhauser, C. | 225 | 125 | 265 | 615 |
| Skorczewski, A. | 200 | 115 | 280 | 595 |
| Schuh, Dan | 205 | 105 | 245 | 555 |
| Mikror, Tim | 180 | 120 | 250 | 550 |
| Mikulecky, Kyle | 200 | 100 | 245 | 545 |
| Conner, John | 170 | 100 | 260 | 530 |
| Wang, Anthony | | | | |
| Tyrrell, Chris | | | | |
| 123 | | | | |
| Bowman, Ronny | 340 | 180 | 385 | 905 |
| Oliver, Josh | 300 | 150 | 365 | 815 |
| Kramer, Joe | 270 | 185 | 335 | 790 |
| Koch, Curtis | 265 | 160 | 325 | 750 |
| Miller, John | 280 | 155 | 310 | 745 |
| Radke, Matt | 245 | 150 | 305 | 700 |
| Davis, Andrew | 210 | 170 | 290 | 670 |
| Sharpless, Nick | 225 | 115 | 300 | 640 |
| Munger, Jordan | 150 | 140 | 305 | 595 |
| Brown, Andy | 230 | 145 | | 375 |
| 132 | | | | |
| Nash, Aaron | 360 | 220 | 350 | 930 |
| Phillips, Aaron | 320 | 190 | 375 | 885 |
| Steinmetz, Shea | 315 | 200 | 365 | 880 |
| Zahrte, Darin | 330 | 170 | 355 | 855 |
| Hanson, Bob | 260 | 215 | 360 | 835 |
| Boles, Steve | 295 | 145 | 370 | 810 |
| Edgren, George | 325 | 155 | 330 | 810 |
| Skalski, Matt | 295 | 180 | 330 | 805 |
| Stashek, Craig | 265 | 165 | 375 | 805 |
| Ikest, Eddie | 280 | 175 | 345 | 800 |
| Egger, Jeff | 275 | 150 | 365 | 790 |
| Clark, Ross | 280 | 170 | 320 | 770 |
| Amy's, Alex | 250 | 150 | 365 | 765 |
| Johnson, A. | 265 | 175 | 325 | 765 |
| Moller, Quentin | 235 | 145 | 375 | 755 |
| Pauls, Chad | 275 | 135 | 340 | 750 |
| Chitwood, Mark | 270 | 150 | 330 | 750 |
| Householder, D. | 275 | 135 | 300 | 710 |
| Anders, Greg | 305 | 170 | | 475 |
| Brady, Kyle | 260 | | | 260 |
| Wilbur, Dan | | | | |
| Neusmal, Jake | | | | |
| Labrie, David | | | | |
| Head, Derek | | | | |
| 142 | | | | |
| Kuri, Dayne | 365 | 210 | 455 | 1030 |
| Schiffer, Eric | 395 | 195 | 425 | 1015 |
| Fhlug, Chad | 355 | 210 | 445 | 1010 |
| Zupan, Jeff | 395 | 210 | 385 | 990 |
| Hartman, Travis | 350 | 215 | 425 | 990 |
| Updike, Chad | 375 | 175 | 440 | 990 |
| Mikulecky, Steve | 335 | 180 | 460 | 975 |
| Rice, Jeff | 360 | 230 | 380 | 970 |
| Black, Bill | 350 | 200 | 390 | 940 |
| Gulsvig, M. | 330 | 210 | 400 | 940 |
| Paul, Branden | 325 | 185 | 425 | 935 |
| Hammer, Matt | 290 | 195 | 415 | 900 |
| Welch, Joe | 330 | 190 | 370 | 890 |
| VanSchyndel, K. | 305 | 195 | 370 | 870 |
| Timm, Charles | 310 | 200 | 315 | 825 |
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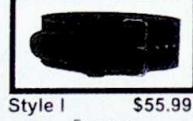
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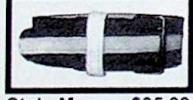
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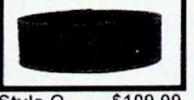
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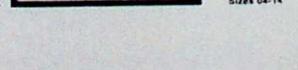
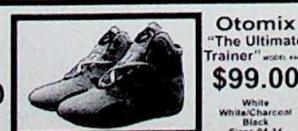


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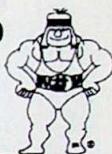
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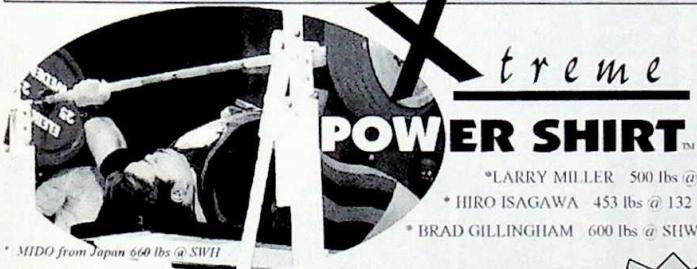


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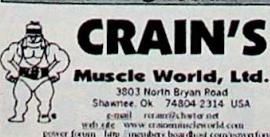
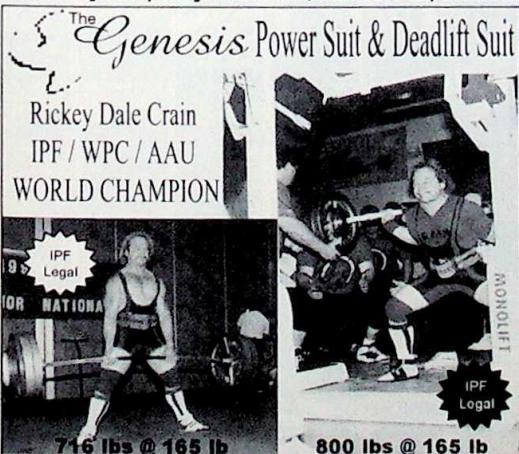


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| | | |
|---------------------------------|--|-----|
| BENCH | Philip Parks | 410 |
| WOMEN | Rob Andrasko | 405 |
| Peggy Scanlon | 145 James Howell | 405 |
| Annette Schotz | 160 Brian Rouzer | 250 |
| Lisa Shefield | 130 Jeff Gibson | 330 |
| Angela Proper | 120 Keith McCall | 325 |
| MEN | MASTERS | |
| 148 | Pete Gulnac | 280 |
| B. Shoemaker | 330 Mike Close | 500 |
| 148 | John Rimer | 380 |
| Glenn Ginther | 265 Barry Schaffer | 340 |
| Jeff Gibson | 180 Doug Hilliard | 360 |
| 148 | Bucak Carmack | 360 |
| Byron Rouzer | 185 Buster Godden | |
| Morgan O'Brien | 160 Tim Reiley | |
| 165 | DEADLIFT RESULTS | |
| Zach Paige | 370 WOMENS | |
| Paul Fleming | 365 Annette Schotz | 265 |
| 181 | MEN | |
| Chris VanCheri | 460 148 | |
| John Eisman | 310 Brian Rouzer | 385 |
| 181 | 148 | |
| David Lake | 230 Morgan O'Brien | 320 |
| Chad Hayden | 230 Jeff Gibson | 305 |
| 181 | Byron Rouzer | 300 |
| Tim Reiley | 165 | |
| 198 | Morris Anderson | 425 |
| Jeff Viplione | 400 165 | |
| John Rimer | 380 Stephen Waite | 400 |
| 198 | 181 | |
| Jeff Gibson | 330 David Lake | 350 |
| Pat McCormick | 300 198 | |
| 220 | Tim Myers | 575 |
| Mike Haviland | 430 198 | |
| Philip Parks | 410 John Rimer | 525 |
| Barry Schaffer | 340 Jeff Gibson | 445 |
| 242 | 220 | |
| Robert Miller | 520 James Howell | 605 |
| Joe Spehar | 485 Mike Haviland | 600 |
| 242 | 220 | |
| Chris Kitchen | 480 Carl Byerly | 600 |
| Jeff Snyder | 460 Rob Andrasko | 575 |
| 242 | Doug Hilliard | 550 |
| Doug Kamer | 400 242 | |
| Joe Ross | 200 Doug Kamer | 600 |
| 275 | D. McCandles | 500 |
| Mark Watts | 500 275 | |
| Mike Close | 500 Sean Costello | 625 |
| 275 | 275 | |
| Denny Martin | 485 Mark Watts | 545 |
| Sean Costello | 410 Doug Mignot | 530 |
| 275 | 275 | |
| Buck Carmack | 360 Buck Carmack | 490 |
| 275 | 275 | |
| Greg Scamati | 330 Toby Sweigart | 425 |
| Toby Sweigart | SHW | |
| 308 | Wayne Amen | 700 |
| Wayne Amen | 630 SHW | |
| 308 | T. Delorimiere | 600 |
| R. J. Stewart | 440 TEENAGE | |
| Buster Godden | Stephen Waite | 400 |
| SHW | Alex Wells | 255 |
| Tex Young | 310 Morgan O'Brien | 320 |
| TEENAGE | SUBMASTERS | |
| Buddy Franklin | 375 James Howell | 605 |
| Larry Covin | 240 Rob Andrasko | 575 |
| Rusty Barr | 310 Brian Rouzer | 385 |
| Josh Marks | 300 Doug Mignot | 530 |
| Stephen Waite | 220 Jeff Gibson | 445 |
| Alex Wells | 140 MASTERS | |
| Paul Andrews | 275 Morris Anderson | 425 |
| Morgan O'Brien | 160 Tim Myers | 575 |
| SUBMASTERS | Carl Byerly | 600 |
| Joe Spehar | 480 John Rimer | 500 |
| Tom Schmidt | 500 D. McCandles | 500 |
| Paul Fleming | 365 Doug Miliard | 550 |
| Len Bishop | 430 Buck Carmack | 490 |
| IPA BENCH PRESS RECORD RESULTS: | Jane Farone 185 lbs. (new World Record) Vinny 550 lbs. (new World Record Masters), Trevor 555 lbs. Sebastian Burns 655 lbs. Bill Crawford 715 lbs. (new World Record) I would like to thank Top Dog Gym, John Rimer, Marcus Coulter, Scott Disney and Tina Seeker for their help. There were some big benches from Butch Shoemaker, Zach Paige, Chris VanCheri, Robert Miller, Wayne Amen, Bill Crawford, Sebastian Burns, Vinny and Jane Farone had some incredible benches. There was quite a few spectators to cheer on the lifters. Thanks to them for helping to push the lifters to do their best. (Thanks to Carl Seeker for providing results to Powerlifting USA) | |

| Finnish BP Nationals (kg) | | |
|-------------------------------|-------|------------------------|
| 06 APR 02 - Ylojarvi, Finland | | |
| MEN | | |
| 52 | | Marko Slavaara 185 |
| S. Kaikkonen | 110 | Henry Joensuu 180 |
| Mika Kinnunen | 107.5 | Jari Kaiho 180 |
| 56 | | Mikko Ojala |
| Jari Kiiski | 122.5 | Niko Järvinen |
| Dmitrij Jakovlev | 117.5 | Lassa Leinonen |
| Pentti Rimpeli | 117.5 | Pasi Karjalainen |
| 60 | | 110 |
| Raimo Kaattari | 155 | Janne Kuuseva 235 |
| Ari Kurjenkallio | 142.5 | Kai Takala 210 |
| Petri Toivomaki | 137.5 | Kauko Savonen 210 |
| Jani Siltala-ho | 125 | Kai Palmros 205 |
| 67.5 | | Marko Etelealahti 190 |
| Jari Airio | 178 | Vesa Korhonen 180 |
| Eerki Rajala | 162.5 | Juha Keskinen |
| Janne Poykio | 160 | Sami Kalkaja |
| Ari Oksanen | 160 | 125+ |
| K. Lundsten | 145 | Ove Lehto 260 |
| Sami Pelkonen | 140 | Kari Vilppola 220 |
| Jouko Kastegren | 140 | Esa Jantunen 220 |
| M. Tuomainen | 135 | Kai Mattila 205 |
| Juha Inkinen | 120 | Sami Helle 200 |
| Valto Mononen | | 125+ |
| A. Liimatainen | | Kenneth Sandvik 232 |
| Marko Korpela | | Pekka Heikkilä 230 |
| 75 | | Pedro Karlsson 220 |
| Kari Veid | 190 | Kari Kallinki 217 |
| Antti Savolainen | 187.5 | Karl Renlund 215 |
| Ville Saaremaa | 177.5 | Juha Puolitaival 210 |
| Osmo Moilanen | 170 | V. Kaunismäki 200 |
| Jari Immonen | 167.5 | Juha Ali-Tolppa 190 |
| Jukka Paanainen | 160 | WOMEN |
| Tero Lehtonen | 160 | 44 |
| Olli Suominen | 160 | Mario Nurminen 62.5 |
| Ilkka Kanerva | 160 | Sanna Apuli 50 |
| Henry Hallfors | 155 | |
| Jani Riekkinen | 150 | Virva Arpala 85 |
| Tomi Raatikainen | 145 | Raija Koskinen 80 |
| Jussi Kaartinen | 140 | I. Vaulakorpi 60 |
| Pasi Lamminisivu | | 52 |
| Toni Vikla | | Ilma Laine 87.5 |
| Hannu Savola | | Mervi Sirkka 87.5 |
| Ville Rytkola | | Mari Jarvela 77.5 |
| 82.5 | | Anu Lotjonen 67.5 |
| Ville Erola | 255 | 56 |
| Timo Parviaanen | 200 | M. Rantamäki 90 |
| Jani Narhi | 187.5 | Raija Toivo 77.5 |
| Olli Rantanen | 185 | Karita Pihala 75 |
| Taisto Paanainen | 180 | M. Hernesaho 72 |
| T. Minkkinen | 175 | E. Kumpuniemi 67.5 |
| V. Vanhamaki | 170 | Paivi Bodbacka |
| Marko Viljanen | 167.5 | 60 |
| 90 | | Eeva Nikander 123 |
| K. Pakarinen | 220 | Pirjo Savola 85 |
| Karri Penttilä | 210 | Eini Virkkila 82.5 |
| Juha Tuononen | 205 | Riikka Pietila 77.5 |
| Keijo Kiiskinen | 205 | 67.5 |
| Pekka Landvik | 187.5 | Pia Rajala 92.5 |
| Pasi Miettinen | 185 | Peltra Orpana 87.5 |
| Antti Koskelo | 185 | Kaisa Karvonen 85 |
| Seppo Sohlman | 180 | Paivi Paanainen 80 |
| Harri Hayrynen | 180 | Inkeri Malassu 75 |
| Ake Koponen | 180 | K. Blinnikke 92.5 |
| Seppo Norpila | 170 | Tarja Sipila 85 |
| Klaus Renfors | | Kirsti Stahl 80 |
| Jussi Ridvall | | Jessika Koski 75 |
| 100 | | 82.5 |
| Tomi Turpenen | 222.5 | Sirpa Kokkonen 75 |
| Jarno Sohlman | 215 | 90 |
| Tommi Jalonen | 215 | Katarina Nokua 105 |
| Markku Patova | 202.5 | 90+ |
| Roger Eriksson | 202.5 | Sari Saksa 120 |
| Hannu Eskola | 195 | M. Suominen |
| Juha Lehto | 195 | 102.5 |
| Janne Syvajarvi | 195 | Merja Mynttilinen 97.5 |

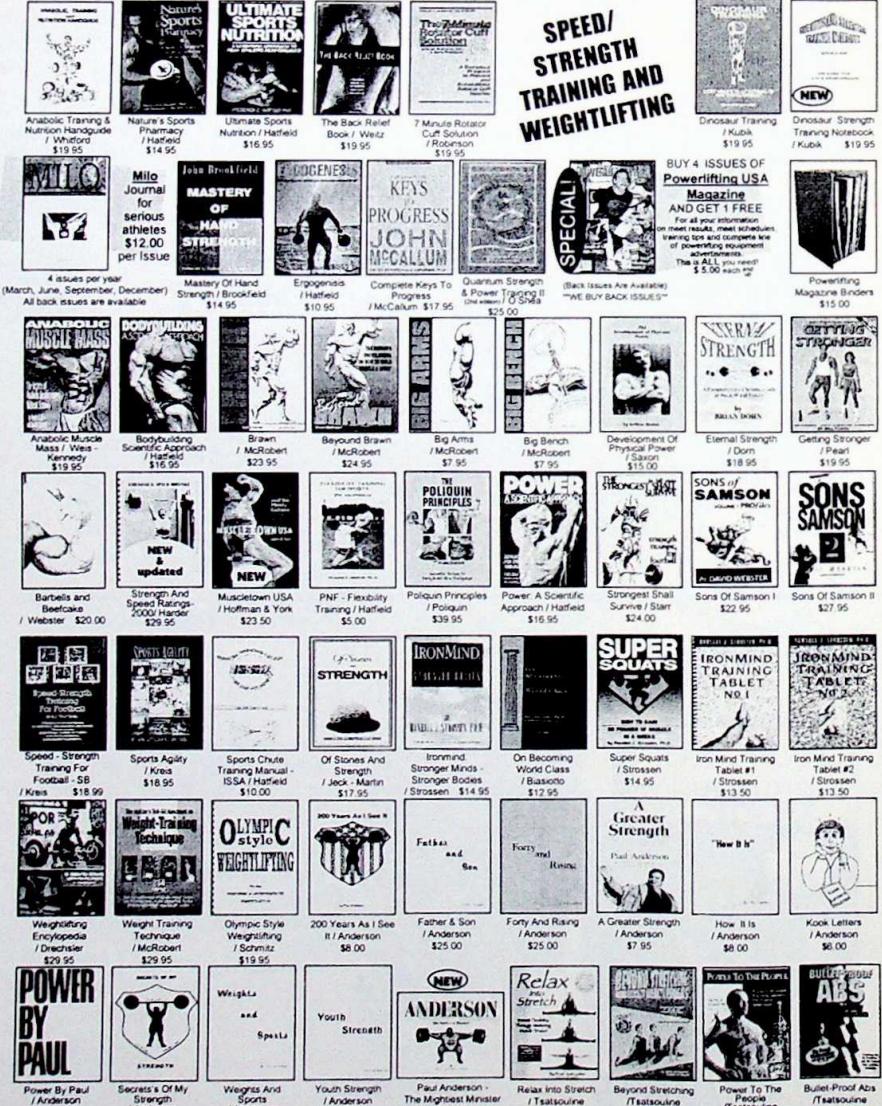
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| 05 | 112.5 | 170 | 387.5 | Jim Brown | 215 | 175 | 227.5 | 617.5 | Frank Schuster 170 |
| | 160 | 215 | 375 | Terry Dickey HS | 175 | 130 | 200 | 505 | OS Troy Gibson 277.5 |
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| George Davis | 250 | 170 | 260 | 680 | Arte Knute | 232.5 | 147.5 | 215 | 595 | Sean Culnan | 300 | 237.5 | 335 | 872.5 |
| Ron Zsido | 250 | 187.5 | 227.5 | 665 | Kain Martin | 192.5 | 137.5 | 192.5 | 522.5 | Best male lifter: Rob Wagner. Best Female lifter: Theresa Kunsman. Open team: Brown's Gym. HS trophy: Clarion HS. (Results- USAPL). | | | | |
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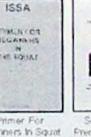
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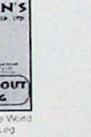
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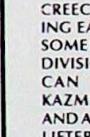
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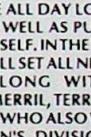
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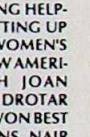
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| Lifetime | | | | |
| Tyler Brennan | 175 | 155 | 175 | 505 |
| 60-69 | | | | |
| Nair Ravindran | 110! | 90! | 185! | 385! |
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| 165 Lifetime | | | | |
| Phic Kenath | 385 | | | |
| SHW | | | | |
| Lifetime | | | | |
| Matt Anders | 485 | | | |
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| Bill Bushey | 460 | | | |
| RAW | | | | |
| FEMALE | | | | |
| 60-69 | | | | |
| Mary Beth Robis | 55 | | | |
| MEN | | | | |
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| 198 40-49 (ASSISTED) | | | | |
| Jerry Marentette | 580 | | | |
| NATURAL RAW | | | | |
| 220 | | | | |
| A. Chimento | 560 | | | |
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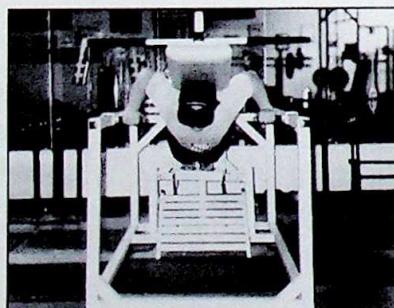
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|--|--------------|--------------|---------------|---------------|-----------|------------|-----|---------|-----|-------|--|
| BENCH | Mitchell | 385 | 360 | 220 | | Open | 220 | 95 | 275 | 590 | Maiden |
| Women | Lifetime | | 40-49 raw | 17-19 raw | | Calais | | | | | WOMEN |
| 123 | Perkins | 415 | 360 | Jones | 580 | 165 | | | | | 123 |
| 17-19 raw | | 35-39 | DEADLIFT | Lifetime raw | | Open | | | | | 17-19 |
| Pagan | 155 | Mitchell | 385 | 123 17-19 raw | | Calais | | | | | raw |
| 132 | Nelson | 335 | Pagan | | | Burgess | 300 | 175 | 330 | 805 | Pagan |
| 20-25 raw | Open Raw | | | | | Men | | | | | MEN |
| Plamer | 125 | Rose | 335 | 210 | | 165 | | | | | 148 |
| Men | | 40-49 | Men | Crain | 440 | 14-16 raw | | | | | 20-25 raw |
| 148 | 40-49 | 148 | 242 | Wade | | 165 | | | | | Greer |
| 20-25 raw | Wade | 425 | 20-25 raw | Open raw | | 40-49 raw | 350 | 215 | 350 | 915 | 165 |
| Greer | 330 | Ray | 400 | Johnson | | Moore | 330 | 220 | 390 | 940 | 50-59 raw |
| Open raw | Caterisano | 350 | Greer | 40-49 raw | | 181 | | | | | Embler |
| Greer | 330 | Ray | 400 | Flynn | 500 | 40-49 | | | | | 181 |
| 165 | 40-49 raw | 165 | 50-59 raw | Yeargin | | 181 | | | | | 40-49 |
| 20-25 raw | Moore | 320 | Embler | Davis | 600 | Pagan | 525 | 320 | 530 | 1375 | Pagan |
| Elrod | 380 | 242 | 275 | 198 | | 198 | | | | | 35-39 raw |
| 20-25 | Open raw | 370 | Open raw | | | | | | | | Patrick |
| Elrod | 410 | Johnson | 181 | 17-19 | | | | | | | 310 385 695 |
| 50-59 raw | Lifetime raw | 330 | 20-25 raw | Short | | Blackmon | 475 | 310 | 470 | 1255 | 198 |
| Embler | 235 | Gilliam | 410 | SHW Lifetime | | 20-25 | | | | | 35-39 |
| 181 | Open | 410 | 485 | Searchy | 650 | Johnson | 400 | 300 | 440 | 1140 | Gardner |
| 20-25 raw | 35-39 raw | 35-39 raw | POWER CURL | LIFETIME | | David | 525 | 375 | 615 | 1515 | 40-49 |
| Pagan | 445 | Jones | 400 | 148 20-25 | | Greer | 140 | Johnson | 400 | 300 | 440 |
| Rayner | 330 | 40-49 raw | 385 | 165 14-16 | | Greedyon | 350 | 265 | 450 | 1065 | Greene |
| Lifetime raw | 50-59 | 198 | 198 | Wade | 70 | 40-49 | | | | | Lifetime |
| Pagan | 440 | Flynn | 370 | 220 40-49 | | Greedyon | 350 | 265 | 450 | 1065 | Raw |
| Redfern | 365 | 17-19 | 220 40-49 | Wade | 150 | Langenfeld | 310 | 245 | 335 | 890 | Blassingame |
| Robinson | 360 | Blackmon | 470 | 140 | 220 | Blackmon | | | | | 325 500 825 |
| 35-39 raw | Open | 470 | Caterisano | 242 Open | | 220 | | | | | 310 470 1255 |
| Patrick | 310 | Lee | 535 | 140 | | Wade | 600 | 425 | 540 | 1565 | 17-19 raw |
| 198 | Lifetime | 535 | 500 | 180 | Open raw | Greedyon | | | | | Jones |
| 17-19 | Lee | 535 | 500 | Rose | 525 | 335 | 465 | 1325 | | 40-49 | |
| Blackmon | 310 | Gardner | 300 | SQUAT ONLY | | Caterisano | | | | | 350 440 790 |
| Lifetime raw | Lifetime raw | 615 | 242 40-49 raw | Open | | 50-59 | | | | | 50-59 |
| Washington | 310 | Belk | 50 | 40-49 | | Jones | 480 | 400 | 500 | 1380 | Crain |
| Blassingame | 380 | 114 | SQ | Fultz | 150 | 242 | | | | | 330 470 800 |
| Lifetime | Open raw | Teen 14-15 | BP | Flynn | 490 | 242 | | | | | 242 |
| Davis | 325 | Short | 410 | BP | 40-49 raw | Open | | | | | Open |
| Shupe | 375 | Tyler brown | 105 | DL | 490 | 40-49 raw | | | | | Raw |
| Greene | 320 | 35-39 | 215 | TOT | | Lewis | 420 | 305 | 600 | 1325 | Johnson |
| 220 | 40-44 raw | 130 | 165 | | | Flynn | 490 | 370 | 500 | 1360 | 275 |
| 17-19 raw | Fultz | 225 | 355 | | | 50-59 | | | | | Open |
| Jones | 295 | Shupe | 335 | | | Davis | 440 | 350 | 600 | 1390 | Raw |
| Open | 40-44 raw | 123 | Powerlifting | | | 275 | | | | | Raynor |
| Perkins | 415 | 50-59 | Women | | | Open | | | | | Short |
| | | 17-19 | | | | Raw | 410 | | | | 410 |
| | | Chambers | 500 | Raw | | Raynor | 610 | 485 | 620 | 1715 | Lifetime |
| | | SHW | 195 | Raw | | Open | | | | | Gardner |
| | | Lifetime raw | 155 | Modica | | Modica | 625 | | | | 300 390 690 |
| | | 50-59 | 20 | | | | | | | | (Thanks to Troy Ford for providing the results.) |

(Thanks to Troy Ford for providing the results.)

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- * In use since 1995.
 - * Designed for powerlifters
 - * Increase your bench press
 - * Perform push-ups with weight.



- * Patent life left 7 yrs.
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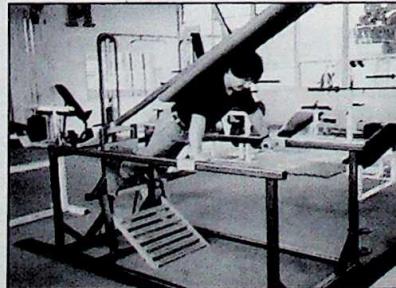
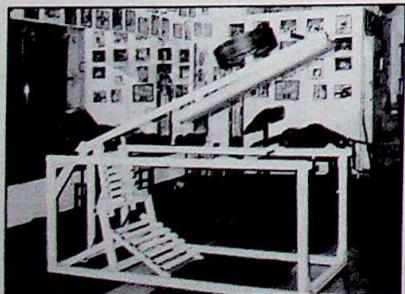
Contact: Harold Escobedo

Phone: 623-878-3614

Email: harley2@Ev1.net

Contact: Art Escobedo

Phone: 480-983-1288

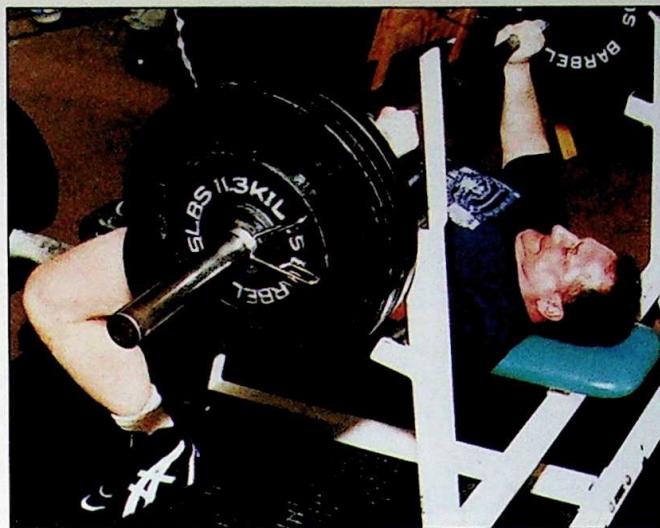


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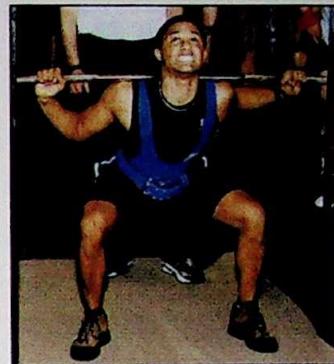
02 MAR 02 - Succasunna, NJ.

| | SQ | BP | DL | TOT |
|---|-----|-----|-----|------|
| 132 | | | | |
| Jay Nolan | 255 | 165 | 335 | 755 |
| Chris Ribe | 225 | 135 | 295 | 655 |
| Josh Kennedy | 140 | 115 | 175 | 430 |
| 148 | | | | |
| Tim Rajkumar | 350 | 225 | 435 | 1010 |
| Chris Rogers | 320 | 240 | 405 | 965 |
| Brian Kruger | 245 | 155 | 365 | 765 |
| Mark Luba | 225 | 185 | 345 | 755 |
| Kevin Grandstaff | 210 | 170 | 325 | 705 |
| Stuart Laughlin | 240 | 205 | 250 | 695 |
| Gordon French | 235 | 145 | 315 | 695 |
| Dennis DiLeo | 155 | 135 | 200 | 490 |
| Shawn Buck | 245 | 135 | 295 | 675 |
| 165 | | | | |
| Mike Abramson | 470 | 260 | 415 | 1145 |
| Mike Tudisco | 340 | 175 | 405 | 920 |
| A.J. Santino | 310 | 230 | 375 | 915 |
| Brad Moritz | 275 | 190 | 325 | 790 |
| Andre Houseman | | 265 | 250 | |
| Dave Jones | 290 | | | |
| Matt Karp | 110 | | 175 | |
| 181 | | | | |
| Mike Robetaccio | 355 | 180 | 440 | 975 |
| Jon Edel | 340 | 185 | 385 | 910 |
| Joel Keenan | 335 | 145 | 390 | 870 |
| Joe Stecz | 260 | 215 | 350 | 825 |
| 198 | | | | |
| Gary Ribe | 475 | 275 | 500 | 1250 |
| Jim Heppner | 475 | 285 | 465 | 1225 |
| Gary Lindsay | 465 | 285 | 435 | 1185 |
| John Sexton | 375 | 300 | 400 | 1075 |
| Jeremy Phillips | 325 | 225 | 425 | 975 |
| Jim Staffers | 300 | 275 | 325 | 900 |
| 220 | | | | |
| Jerry Turner | 315 | 295 | 405 | 1015 |
| Eric Buck | 350 | 215 | 415 | 980 |
| Dan Miller | 320 | 255 | 350 | 925 |
| Chris Regan | 290 | 200 | 385 | 875 |
| Rick Kocher | 285 | 235 | 335 | 855 |
| Peter Grosso | 650 | | | |
| 242 | | | | |
| Brian Connors | 385 | 330 | 500 | 1215 |
| Steve Neindorf | 405 | 225 | 500 | 1130 |
| Marc Buck | 340 | 275 | 395 | 1010 |
| Tom Raney | 350 | 200 | 365 | 915 |
| Jeff Watkinson | 300 | | 405 | |
| 242+ | | | | |
| John Vellucci | 455 | 380 | 500 | 1335 |
| George Searfoss | 365 | 385 | 475 | 1225 |
| V. McDaniel | 375 | 280 | 405 | 1060 |
| Steve Schneider | 225 | 190 | 300 | 715 |
| Nick Leno | 405 | | 550 | |
| Richard Madera | 450 | | | |
| Best Lifters: Best Squat - Peter Grosso, Best Bench Press - Mike Abramson, Best Dead-Tim Rajkumar, Best Lifter - Mike Abramson. Team Results: 1. Hillside LBC - True Strength Club 23 Points; 2. Hope Community Ch. Power Team 7 Points; 3. Calvary Christian Schools Points. 4. (tie) Calvary Church Points; 4. (tie) Grace Church, Netcong 3 Points; 4. (tie) First Pres. True Strength Club 3 Points; 7. Life Center 1 Point. 46 lifters representing 8 churches participated in the 7th annual "All Church Open Weightlifting Contest" at Hillside Lutheran Brethren Church in Succasunna, NJ on Saturday, March 2, 2002. There was some great lifting, great fellowship (participants from other teams were even found cheering for their competitors), and great sharing about "Jesus Christ, the Strongest Man that ever lived". In the 132 lb. class, Jay Nolan won with a 755 total, including a personal best 335 deadlift. Chris Ribe took | | | | |



John Vellucci, winner of the "Supers", with his second bench at 365

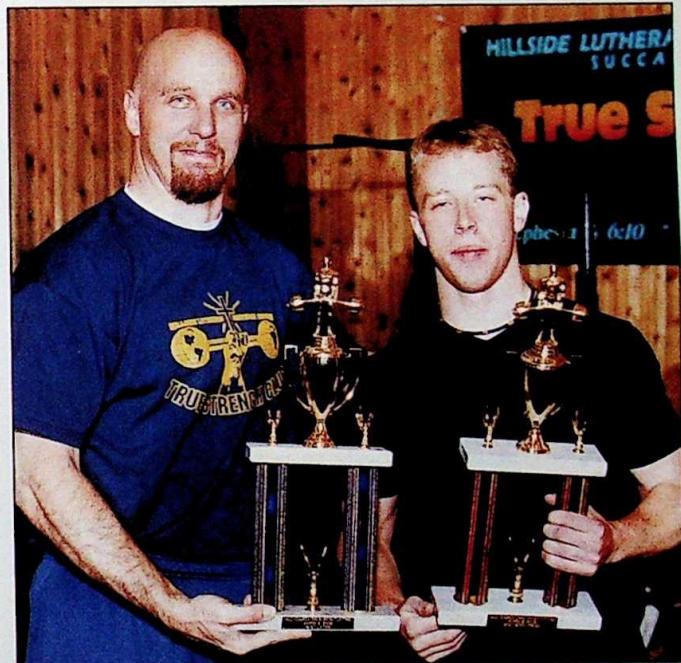
a 455 squat, but still came through with a 380 bench press and a 500 deadlift to lead the pack at 1335 total. Rev. George Searfoss from Hope Community Church's power team finished 2nd with a 1225 total (including the highest bench press of the meet - 385 pounds). 3rd place was



Tim Rajkumar, winner of 148's, with a last squat at 350 lbs (Photos courtesy of Pastor Pete Amerman)

second place with a personal best total of 655. Josh Kennedy was third with a 430. The 148 lb. class had some pretty intense competition between Tim Rajkumar of Hillside's "True Strength Club" and Chris Rogers. Rajkumar won with a total of 1010, ending with a personal best 435 deadlift, which earned him the "Best Deadlift" trophy. Rogers took second place with a 965 total. Brian Kruger was third with a 765. In the 165's, "Best Lifter" Mike Abramson from Grace Church in Netcong won with an 1145, including a 260 bench press (which also earned him the "Best Bench Press" trophy). There was also some great competition for 2nd and 3rd place, with Mike Tudisco of Calvary Christian School edging out A.J. Santino of Hillside 920 vs. 915. In the 181's, Mike Robetaccio from Hillside ended the day with a total of 975, including a personal best 440 deadlift. There was also a tight race for 2nd and 3rd place, with Jon Edel edging out fellow teammate Joel Keenan 910 to 870 (both from Calvary Christian School of Philadelphia). You can tell that these kids from the Calvary are well coached by their coach, Tom Conway. Their technique is flawless, and their weight selection was well thought out. I see all of these kids as future champions as they progress in their powerlifting careers! In the 198s, there was a very tight race for 1st place between Gary Ribe of Hillside, and Jim Heppner of the "Hope Community Church Power Team". Both lifters began with a 475 squat; then, Heppner moved ahead in the bench press with a 285 vs. Ribe's 275. Heppner then opened with a 465 deadlift and missed his next two attempts to finish with a total of 1225. Ribe came through, then, with a 500 deadlift, and also missed his next two attempts, but finished the day with a 1250 total. Gary Lindsay ("Best Lifter" at this meet for the last two years) finished 3rd with an 1185 total. It was obvious that he was not in top form, so we wish him well as he prepares for next year's meet! The 220s featured best

squatter Peter Grosso, who finished with 650 squat, but didn't get his openers in either the bench press or deadlift. Jerry Turner from the "Hope Community Church Power Team" won with a 1060 total, with Eric Buck from Hillside finishing 2nd with a 980 total, and Dan Miller finishing 3rd with a 925 total. The 242 lb. class featured a newcomer to the Hillside True Strength Club's powerlifting team, Brian Conners, who won the first meet that he has entered. He opened with a 385 squat, but



Best Lifter and Best Bench Press trophies ... presented to Mike Abramson and Mark Buck, (Members of the True Strength Club.)

looked good for a lot more. Steve Niendorf, last year's winner, opened with 405, but was called for not going deep enough. He finally got it on his 3rd attempt in beautiful form. Brian then pulled ahead with a smooth and powerful 330 bench press, over against Niendorf's 225. Both men deadlifted 500, with Conners winning with a 1215 total vs. Niendorf's 1130. Marc Buck finished 3rd with a 1010. The Supers had some incredibly big guys, but two of them bombed in the bench press. Nick Leno and Richie Madera. They were still very upbeat and positive, and felt good about being part of the meet. Nick deadlifted the highest lift of the day with 550. John Vellucci from Calvary Church in Philadelphia was injured after the squats after finishing with just holding them, much less walking a few hundred yards with them! They spoke to us about strength principles from the Bible while we were resting in between lifting sessions. The team trophy was won by Hillside's True Strength Club, with Hope Community Church's Power team coming in 2nd, and Calvary Christian School of Philadelphia coming in 3rd. It was an incredible day, with an enthusiastic audience of over 200 people in attendance to cheer the lifters on. Next year's "All Church Powerlifting Meet" will be held on Saturday, March 8, 2003 at Hillside Lutheran Brethren Church in Succasunna, NJ. Contact Pastor Pete Amerman (973) 584-7410 for details. (Email: pamerman@att.net). "Be strong in the Lord!" (courtesy Pastor Pete Amerman)

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| Mid-South P/L and BP | | | | | |
|------------------------------|-----|-----|-----|------|--|
| 02 MAR 02 - Arkadelphia, AR. | | | | | |
| WOMEN | SQ | BP | DL | TOT | |
| 17-19 | | | | | |
| 165 | | | | | |
| Lauren Smith | 215 | 135 | 240 | 590 | |
| 20-23 | | | | | |
| 97 | | | | | |
| Alica Doucet | 95 | | | | |
| 105 | | | | | |
| 20-23 | | | | | |
| Michelle LePitre | 100 | | | | |
| Women | | | | | |
| OPEN | | | | | |
| 181 | | | | | |
| A. J. Porter | 300 | 160 | 300 | 735 | |
| 60-69 | | | | | |
| 132 | | | | | |
| Joyce Watkins | 90 | | | | |
| MEN | | | | | |
| 13-16 | | | | | |
| 114 | | | | | |
| Trevor Taylor | 180 | 140 | 285 | 605 | |
| 123 | | | | | |
| Wesley Phenis | 210 | 135 | 280 | 625 | |
| 132 | | | | | |
| M. Resendez | 245 | 160 | 325 | 730 | |
| D. Dispennette | 155 | 115 | 225 | 495 | |
| 148 | | | | | |
| Lloyd Nelson | 150 | 135 | 225 | 510 | |
| Scott Terell | 120 | | | | |
| 165 | | | | | |
| Mitchell Cole | 310 | 225 | 340 | 875 | |
| Bobby LePitre | 235 | 195 | 355 | 785 | |
| Louis Mace | 230 | 185 | 285 | 700 | |
| Stuart Thomas | 195 | 160 | 250 | 605 | |
| Cody Lee | 250 | | | | |
| 181 | | | | | |
| Aaron Sowards | 345 | 230 | 460 | 1035 | |
| Craig Brandon | 335 | 210 | 420 | 965 | |
| Levi Bynum | 325 | 190 | 435 | 950 | |
| 198 | | | | | |
| Jake Plyer | 315 | 285 | 440 | 725 | |
| 220 | | | | | |
| Jason Janes Lee | 455 | 275 | 500 | 1230 | |
| 242 | | | | | |
| Bradley Pillow | 405 | 235 | 415 | 1055 | |
| 275 | | | | | |
| John McLelland | 405 | 200 | 355 | 960 | |
| 319 | | | | | |
| John Vick | 640 | 330 | 600 | 1570 | |



Jonathan Vick, of Paragould, AR, age 15 with 640lbs at 319+ lbs.

ATTENTION all NATIONAL & WORLD CHAMPION POWER-LIFTERS. Now you can proudly wear a beautiful ring symbolizing the years of training effort that you devoted to achieve the honor of being a CHAMPION. These rings are produced by "JOSTEN'S".



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3. Specify your ring size.
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5. Accompany all orders with full payment by MONEY ORDER ONLY.

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| | |
|--------------------------|----------|
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| 10K Yellow Gold | \$555.00 |

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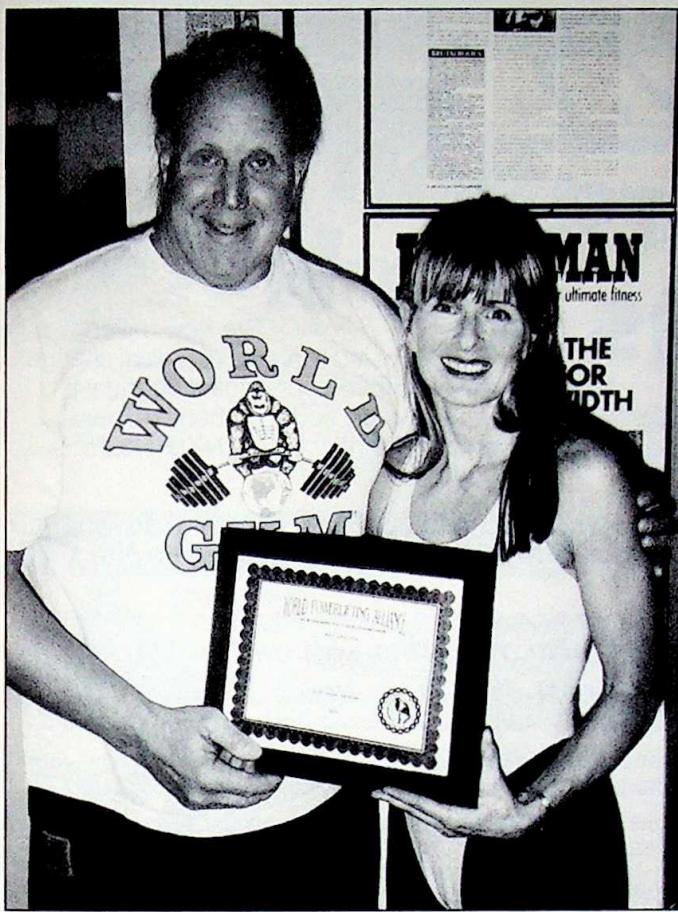
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5th PA Invitational Power Challenge

13 OCT 01 — Leesport, PA

| | |
|--------------------|--|
| BENCH PRESS | 220 lb |
| Women | Luke Hoffman 485 |
| Open | Jeremy Baer 450 |
| 111 lb. | Jeremy Trubilla 355 |
| Rae Lee Fiore | 130 Bob Drum 340 |
| 176 lb. | 242 lb. |
| Deborah Ames | 160 Nick Gadola 445 |
| Women | Brian Ramberger 400 |
| Raw Heavyweight | Paul Ream 240 |
| Michelle Landis | 140 275 lb. |
| Rachel Schmeck | 120 Bill Dougherty 530 |
| Master 50-54 | Paul Walters 430 |
| Ellen Lonnberg | 100 John Sanders 370 |
| Men Teen 14-15 | Jim Walk 330 |
| Daniel Figler | 255 SHW |
| Will Poole | 240 John Doherty 495 |
| Michael Ferguson | 205 Stan Martin 410 |
| Matt Blessing | 170 Les Schoelkopf 320 |
| 16-17 | DEADLIFT |
| Ryan DeLong | 305 Women |
| D. DeAntonio | 210 Open |
| Jascha Jacobson | 240 111 lb. |
| 18-19 | Shannon Parrish 325 |
| Josh Giannott | 305 Rae Lee Fiore 275 |
| John Poole, Jr. | 310 176 lb. |
| Juniors | Deborah Ames 350 |
| John Shemansik | 400 Teen 14-15 |
| Brad Kaschak | 300 Tasha Culpepper 200 |
| Raw Middleweight | Theresa Rowelo 205 |
| David Jones | 320 16-17 |
| Mike Miller | 315 Nisha Dearholt 215 |
| Paul Felix | 315 Men Teen 14-15 |
| J. Nikodemski | 270 Jascha Jacobson 450 |
| Ed Brady | 275 D. DeAntonio 350 |
| Raw Heavyweight | Sam Stettler 515 |
| M. Waldspurger | 415 18-19 |
| Joe Andrius | 355 Pat Curley 550 |
| Curt Eckroth | 355 Pat Delvey 660 |
| David Kope | 320 John Poole, Jr. 500 |
| Submaster | Juniors |
| John Wagner | 430 Ezequiel Cruz 500 |
| Robert Jakus | 310 Luke Dalton 500 |
| 165 | Raw Middleweight |
| Chis Bailey | 290 John Doherty 495 |
| 198 | Jim Murphy 405 Rich Harris 530 |
| Derek Scrivner | 285 Mike Gerkens 305 Ed Brady 505 |
| Men | Todd Evangelista 315 Paul Felix 500 |
| OPEN | John Marino 325 David Jones 445 |
| 165 | Raw Heavyweight |
| Mike LePitre | 365 45-49 |
| 227 | Al Moatz 325 Curt Eckroth 610 |
| Robert Matlock | 285 Bob Avery 270 Gary Benedetti 500 |
| 181 | Jim Walk 330 Men |
| Kevin Coffman | 290 Gerry Gerner 270 Fire & Law |
| 198 | 50-54 Scott Fisher 530 |
| Greg McGill | 230 245 300 775 Dale Ohler 335 Troy Bausher 450 |
| Rusty Stopp | 380 Dutton Boynes 370 Master 40-44 |
| William Huddleston | 360 John Wilmont 210 Bob Phillipi 520 |
| 220 | 55-59 Al Moatz 325 |
| Vemon Stewart | 355 Jack Powell 340 50-54 |
| 275 | Les Schoelkopf 320 Gerry Barsky 500 |
| Lorenzo Walker | 455 John Poole, Sr. 230 John Wilmont 455 |
| OPEN | 70-79 John Dorylis 155 Jack Powell 525 |
| 319 | Men John Poole, Sr. 380 80+ |
| Kris Shinn | 410 Fire & Law Scott Fisher 530 |
| 30-39 | P.Eberherdinger 215 |
| 181 | Joe Mazza 390 Open 123 lb. |
| Mark Fitzhugh | 280 210 400 890 John Doherty 495 |
| 198 | Jim Murphy 405 Ty Gresham 285 |
| David Wolf | 300 Vin Laurentino 340 148 lb. |
| 242 | Scott Fisher 355 Franco Stipa 400 |
| Ray Rice | 390 Open 123 lb. 181 lb. |
| 319 | Larry Jordan 450 Ty Gresham 235 Chris Colodrillo 545 |
| 40-49 | 148 lb. 198 lb. |
| 198 | Raymond Mace 410 275 415 1100 Terrance Pinkett 400 Scott Hoak 600 |
| 220 | Franco Stipa 250 Rich Crane 425 |
| BENCH | 165 lb. 220 lb. |
| Charles Lee | 400 Joe Mazza 390 Luke Hoffman 650 |
| 319 | Dustin Bemp 310 Jason Mink 565 |
| Jeff Daniel | 450 181 lb. 242 lb. |
| 50-59 | Jeff Klein 260 Jim Parrish 680 |
| 165 | Bernard Trice 360 Men |
| Daniel Singleton | 225 Scott Hoak 310 SHW |
| Gus Williams | 300 Kerry Miller 550 |
| 198 | Pete Grohoski 260 Bob Phillipi 520 |
| Rusty Stopp | 380 Kerry Miller 550 Tony Gianotti 545 |
| 220 | Stan Martin 500 |
| Ken Jordan | 315 225 375 915 Best Lifters: BENCH PRESS: Female: Rae Lee Fiore, Male Teen: Josh Gianott, Raw: Mark Mitsopoulos, Masters: John Mitsopoulos, Law & Fire: Joe Mazza, Men Open: Terrane Pinkett, Grand Champion: John Mitsopoulos, DEADLIFT: Female: Shannon Parrish, Male Teen: Pat Curley, Raw: Dave Bartal, Master: Jack Powell, The Men's Open: Luke Hoffman, The Grand Champion: Jack Powell, Powerlifting Teams: BENCH PRESS: Berks County Prison, Worth Penn YMCA, DEADLIFT Powerlifting Team: Body Factory, (Thanks to Eugene Rychlak for providing these meet results.) |
| 220 | |
| BENCH | |
| Leon McLean | 315 |
| 242 | |
| Al Harris | 295 |
| 275 | |
| Jim Hardage | 240 |
| 60-69 | |
| 165 | |
| Harold Hager | 185 |



Mike Katz, former Mr. World, presents Kim Steele with her award at the Women's History Bench Press (photo courtesy of Joseph Steele)

Women's History Month Bench Press

10 MAR 02 - Hamden CT

| | | | | TOMMY BAILEY | 370 | 240 | 405 | 1015 |
|--|--------------|--------------|-----|---------------|-----|-----|-----|------|
| WOMEN | Neal Wellins | 200 | | BO MILLICAN | 340 | 235 | 430 | 1005 |
| 97 | 220 | | | KENZY WEBB | 375 | 260 | 365 | 1000 |
| 40-44 | 45-49 | | | KEITH DEAN | 350 | 205 | 440 | 995 |
| Kim Steele | 70 | Mark Hogan | 275 | S. PATRICK | 390 | 215 | 365 | 970 |
| MEN | 242 | | | 157 | | | | |
| 148 | Jose Perez | 200 | | M. BROWN | 390 | 240 | 490 | 1120 |
| 45-49 | 275 | | | BLAKE HEFFLEY | 420 | 270 | 420 | 1110 |
| Joseph Steele | 225 | 40-44 | | TONY BRUNER | 390 | 195 | 500 | 1085 |
| 55-59 | Jose Rivera | 250 | | RANDAL BATES | 370 | 260 | 425 | 1055 |
| Sam Cannady | 275 | John Eastman | 240 | M. HUDSON | 350 | 250 | 450 | 1050 |
| The Annual Women's History Bench Press Championships went very well with a total of 9 lifters taking part. In the women's Master's Division, Kim Steele took first place in the 97-lb. class and was the Best Women lifter in the meet. In the Men's Master's Division, Sam Cannady took first place with a 275-lb. lift in the 148-lb. class and was Best Male Lifter in the meet. The contest was in honor of Women's History Month, all of the money collected was given to Women's Breast Cancer research. | | | | 168 | | | | |
| Place: World Gym. The Meet Director was Joseph Steele. The Head Judge was Joseph Steele. The Side Judges were Neal Wellins and Mark Hogan. The Announcer was Joseph Steele. The Sponsor was United States Navy's New Haven Recruiting Command. (J. Steele) | | | | T. REDDICK | 425 | 265 | 555 | 1245 |
| | | | | N. MURRAY | 500 | 276 | 420 | 1195 |
| | | | | STEPHEN COLE | 445 | 225 | 475 | 1145 |
| | | | | QUINTER AMES | 405 | 260 | 465 | 1130 |
| | | | | MATT HOLATA | 400 | 290 | 440 | 1080 |
| | | | | 181 | | | | |
| | | | | JOSH BROWN | 460 | 275 | 525 | 1250 |
| | | | | WASHINGTON | 430 | 330 | 490 | 1250 |
| | | | | CODY STACY | 455 | 265 | 500 | 1220 |
| | | | | T. FRAIRE | 425 | 260 | 525 | 1210 |
| | | | | BLAKE KERR | 460 | 280 | 445 | 1186 |
| | | | | 198 | | | | |
| | | | | R. LIPPOLDT | 640 | 296 | 500 | 1335 |
| | | | | CASY VAGUE | 465 | 275 | 600 | 1240 |
| | | | | KEVIN SMITH | 450 | 286 | 485 | 1220 |
| | | | | D.J. MOONEY | 450 | 245 | 490 | 1185 |
| | | | | MILES HILL | 420 | 290 | 470 | 1180 |
| | | | | 220 | | | | |
| | | | | WALTER TATE | 460 | 346 | 580 | 1395 |
| | | | | M FEURGUSON | 515 | 350 | 515 | 1380 |
| | | | | BRIAN KIRBY | 510 | 290 | 536 | 1335 |
| | | | | PIERRE NGO | 610 | 305 | 516 | 1330 |
| | | | | JOSH POLACH | 475 | 305 | 515 | 1295 |
| | | | | 242 | | | | |
| | | | | B. WILLIAMS | 435 | 365 | 540 | 1340 |
| | | | | B. COMPTON | 500 | 280 | 530 | 1310 |
| | | | | J. WHITAKER | 500 | 300 | 510 | 1310 |
| | | | | J. KRAHAM | 425 | 380 | 480 | 1285 |
| | | | | C. MADISON | 490 | 320 | 470 | 1280 |
| | | | | 275 | | | | |
| | | | | M. GRIFFIN | 570 | 340 | 525 | 1435 |
| | | | | W. BEARTRACK | 540 | 340 | 530 | 1410 |
| | | | | HUDDLESTON | 560 | 335 | 485 | 1380 |
| | | | | JON WALKER | 460 | 400 | 450 | 1310 |
| | | | | DETRE LAWS | 430 | 310 | 550 | 1290 |
| | | | | 145 | | | | |
| | | | | SHW | | | | |

**Oklahoma Football Coaches Assn.
Large School Powerlifting Meet**

15 MAR 02 - McCloud, OK

| | MEN | SQ | BP | DL | TOT |
|-----|--------------|-----|-----|-----|-----|
| 123 | JOSH FRANKS | 280 | 215 | 350 | 845 |
| | KEVIN TURNER | 275 | 180 | 320 | 775 |
| | MIKE PACE | 245 | 185 | 306 | 736 |
| | KORY JONES | 265 | 165 | 305 | 736 |
| | M. LJONES | 260 | 165 | 280 | 705 |
| 132 | JAMES BAILEY | 320 | 215 | 380 | 915 |
| | TYLER JONES | 345 | 240 | 330 | 915 |
| | CODY ALLEN | 285 | 190 | 425 | 900 |
| | KYLE MULLINS | 335 | 200 | 355 | 890 |
| | DAVID RYDER | 315 | 215 | 355 | 885 |
| 145 | | | | | |

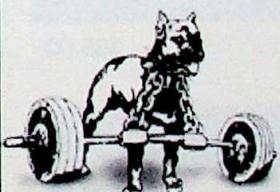
A. WALKER 475 360 475 1310
 DARCY SCOTT 505 315 465 1285
 K. BRANDON 435 350 500 1285
 M. BRIDGETT 435 325 500 1260
 TIM TURNER 550 260 450 1260
 The Oklahoma Football Coaches Association Large School Powerlifting Meet was held March 15, 2002 in McCloud, Oklahoma at the McCloud High School Gymnasium. There were 25 lifters in each weight class. All lifters had to qualify at one of the four Area Meets held March 1st across Oklahoma. The top five lifters in each class from the four Areas were automatic qualifiers; an additional five lifters were taken in each class as at large lifters. All lifters had to be members of their respective schools football teams to be eligible to participate. This meet is a raw meet with only knee wraps being allowed. This year was one of the most competitive meets in the O.F.B.C.A. history of meets. The qualifying teams were competing for 3A thru 6A class state championships. Five state meet records were broken during the course of this meet. John Walker broke the bench press record in the 275 lb class. John smashed the old record of 375 with a press of 400 lbs. And James Graham broke the bench record at 242 lbs with a 380 bench press. Matt Holata of Morris, Oklahoma set a new state meet record with 290 bench press in the 168 class. Ryan Lippoldt from Newcastle made a state record attempt of 585 in the squat and just barely missed. Ryan won the squat in the 198 class with an opener of 540 lbs. Nathan Murray of Sulphur, Oklahoma set a new squat record in the 168 lb class with a squat of 500 lbs. Finally Thurman Reddick of Anadarko set two new records. Thurman's first was a 555 lb. deadlift topping the old record by 5 lbs. Thurman also set a new state meet total for 168 lb class with 1245 lbs. These guys were very impressive to say the least. Outstanding Lightweight squat went to Nathan Murray from Sulphur. The Outstanding Heavyweight squat went to Ryan Lippoldt from Newcastle. The Outstanding Heavyweight bench went to John Walker for Checotah. The Outstanding Lightweight Lifter went to Tommy Bailey from Pryor. The Outstanding Heavyweight Lifter went to Ryan Lippoldt from Newcastle. These young men

did a great job of training and preparing for this meet they are to be commended for their efforts. Some of the results were not available at the time of the writing of this article. In the team competition the battle was hot and heavy all day. After the Squat round the Newcastle Racers were in the lead with 15 points. The Coweta Tigers just behind with 12 points followed by several contenders including Tecumseh, and Seminole with 10 points each. Jay and Tahlequah stayed in the hunt with 9 points each. After the Bench was completed the team points changed dramatically. The Jay Bulldogs jumped ahead with 34 team points they devastated the competition scoring 25 points in the bench press round with a great bunch of bench pressers. They were followed by Newcastle with 29 points and Coweta with 24 points. Next to come was the deadlift and we all know the meet is not decided until the bar hits the floor. The deadlift round was as exciting as the previous rounds. As it turns out the deadlift was where the Seminole Chieftains excelled. They blew everyone away in the deadlift scoring 24 deadlift points. Tecumseh followed them with 12 deadlift points, the rest of the teams getting the leftovers. After the chalk dust was settled, the weights racked and the place points handed out the OFBCA State Championships came to close. The 3A title went to the Newcastle Racers. The Jay Bulldogs coached by Matt Williams won the 4A title. The 5A title went to the Coweta Tigers coached by Darron Hummingbird, Jeff Fousel and Ron McHenry. The Tahlequah Tigers coached by J. Stein captured the 6A title. The McCloud Public Schools are to be commended for hosting this meet as it is a strain on the facilities and the McCloud Administration is greatly appreciated by the O.F.B.C.A. Wayne Jaggers, the meet director, did a fine job of getting all the details organized and in place. A big thank you goes to the McCloud coaching staff for handling all the other responsibilities during the meet. Finally, thank you to all the teams that competed, they did a great job of training and conducting themselves in a championship manner. That says it all for Oklahoma Football. See you next year. (Results compiled by Alan Trussell. Written by Darron S. Hummingbird)

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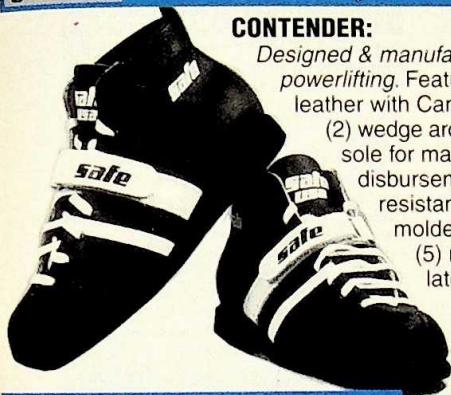


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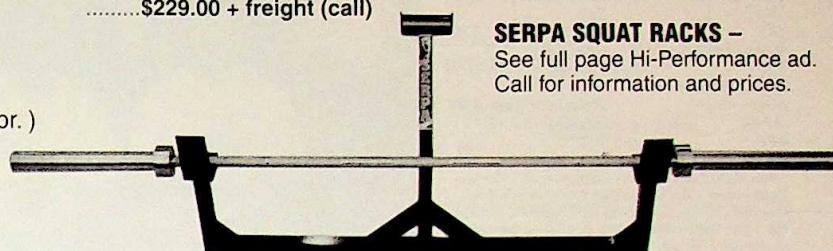
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| Teenage men | Richard awlson | 255 |
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| 132 | 220 | |
| Greg Powers 115 | Wayne Prose | 375 |
| 148 | open men | |
| Wade Duckett 215 | 181 | |
| Teenage men | Jason Carson | 400 |
| 16-17 | 242 | |
| 165 | Don Sprague | 375 |
| B. Woolverton 240* | DEADLIFT | |
| 308 | teenage women 16-17 | |
| Eric Culberson 265 | 181 | |
| Master-men | Victoria Powers 250* | |
| 40-44 | teenage men 13-15 | |
| 242 | 132 | |
| Don Sprague 375 | Greg Powers 200 | |

* Son Light Power Illinois State Record. The Son Light Power Lake Shelbyville Open Bench Press/Deadlift Championship was held April 14, 2002 at the Lake Shelbyville Sports & Fitness Center in Shelbyville, Illinois. Thanks to club manager Tim Culberson for all his efforts in making this first-time event a success. In the bench press event Victoria Powers won the teenage 16-17/181 class with 110, a new Illinois state record! Younger brother Greg won at 13-15/132 with a solid 115. Wade Duckett took the 13-15/148 class with 215. In the teenage 16-17 class it was Brady Woolverton for the win, finishing with 240, setting the state record there. Eric Culberson won at 16-17/308 with 265. All of these teenagers were competing for the first time. In the master men's 40-44 division Don Sprague won at 242 with 375 while Tim Culberson took the 275 title with 380. Richard Carlson captured the master 50-54/181 title with 255, while first-time competitor Wayne Prose won the police & fire/220 class with 375. In the open division best lifter Jason Carson finished with 400 to win the 181 class. Jason was struggling with a work-related injury, which caused him to finish well below his state record raw lift of 425. Don Sprague took his second title of the day with his win at 242. In the deadlift competition Victoria Powers set another state record in the teenage women's 16-17/181



Lake Shelbyville Bench and Deadlift trophy winners... (Left to Right) Back Row - Brady Woolverton, Victoria Powers, Eric Culberson, Wade Duckett, Greg Powers. (Left to Right) Front Row - Don Sprague and Tim Culberson. (Photograph courtesy of Son Light Power Gym)

class, finishing with a strong 250 pull. Greg Powers won the teenage men's 13-15/132 title with 200. Thanks again to Tim Culberson, his son Eric and to my son Joey for all their help loading, spotting and judging. See you all next fall. (our thanks to Dr. Darrell Latch for providing these results to PL USA)

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| 198 | | | | |
| J. BLACKSTONE 510 | 360 | 610 | | 1480 |
| 242 | | | | |
| RUSTY BLACK 630 | 500 | 600 | | 1730 |
| MASTERS MEN 181 | | | | |
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Dr. Judd's Reflections on Sports & Life

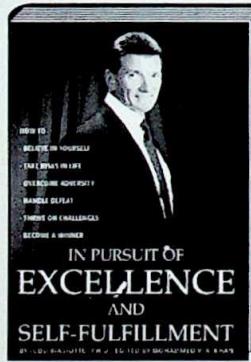
"Reflections" is a treasure-chest of magnificent stories that will warm your heart, enlighten your mind, and inspire your soul to greatness. This book is a magical chronicle of Dr. Judd Biasiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. A splendid manuscript about love, compassion, tolerance, courage and self-assurance. Once you read this book you will look at your life anew. It will give you the confidence to do or become whatever you want. Nasser El Sonbaty, IFBB Pro, Mr. Universe, says: "Simply put: One of the best books I have ever read. I absolutely loved it."



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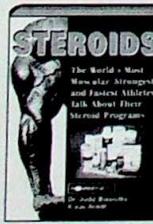
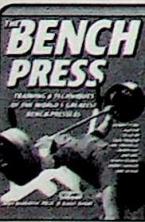


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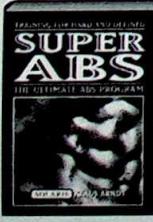
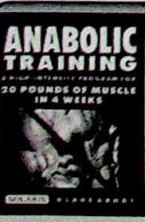
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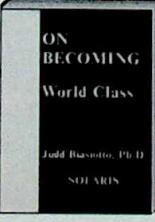
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K. BLACKSTONE 115

* KY state records The KY State Meet scheduled for today was cancelled on Friday by the YMCA in anticipation of a heavy snow storm. However, a group of lifters from Ohio arrived the day before and were ready to lift. By noon Saturday a handful of lifters had assembled at Pro-Fitness center in Prestongburg and decided to go ahead with a gym meet. Of the eight total lifters, 2 were certified USPF and 2 were APF tested judges, so there was no shortage of judges, only lifters. Getting the meet started was Austin Fields, 12 in December, with only 2 months of training. Austin posted lifts of 155,105 and 210 for 470 total, all new state records in the 12-13 age groups. Austin impressed all of the judges, most of all his father, with his composure and easy lifts, only a slight struggle with the second deadlift, the 3rd attempted going much easier. The Ohio lifters were great competitors and posted impressive lifts for their weight classes. Rusty Black pushed a 500lb bench press and John Blackstone pulled a nice 610 deadlift for the big lifts of the day. Kayleen Blackstone did a nice 115lb bench press and barely missed 125. Randy Burruss continues to improve and push his masters state record a little higher, coming close to the 600 deadlift mark. As for myself, gaining 11 pounds to get into the 181 class was enjoyable and produced results but now it's back to the bicycle and racing for the summer. Got to get that weight off but I'll miss the strength that goes with it. Of all the meets I've competed in, this was one of the most enjoyable as there was a good crowd on hand and lots of enthusiasm for the lifters and by the lifters. Everyone had a good time and no one paid an entry fee! Thanks to Jim Allen, an accomplished powerlifter, strongman, and our 5th certified judge of the day, for spotting and helping run the meet. Look out 1st annual Kentucky Strongman contest scheduled for March 09. It will include Farmers walk, log press, tire flip and a special even for overall winner with 4 weight classes should make this a fun event, regardless of the weather. (Thanks to Don Fields. USPF KY Chairman, for providing the meet result and report)

| APF/AAPF ILLINOIS STATE 02 MAR 02 - Park Forest, IL (kg) | | | | | |
|---|-------|-----------------|-------|-------|--|
| | | | | | |
| CH | | Dale Szymanski | 192.5 | | |
| g. | | Master 45-49 | | | |
| men Open | | Barry Blackimon | 194 | | |
| Damiani | 57 | Master 50-54 | | | |
| | | D. Schlattman | 164 | | |
| n | | 140 kg. | | | |
| Mukite | | Teen 16-17 | | | |
| kg. | | Scott Linko | 148 | | |
| Camp Evans | | 90+ Women | | | |
| Beebe | 162 | Valerie Weber | 125 | | |
| 33-39 | | 100 kg. | | | |
| Adams | 159 | Open | | | |
| ster 40-44 | | Malcom J. White | 144 | | |
| Banks | 190 | Sub. 33-39 | | | |
| g. | | Mike Damiani | 182 | | |
| 18-19 | | Master 40-44 | | | |
| Spreading | | Byron Gregory | 227.5 | | |
| n | | Tony Bartolomei | 190 | | |
| Farley | 192.5 | 110 kg. | | | |
| Corsi | 155 | Open | | | |
| Gallick | 155 | Stan Kramer | 210 | | |
| ter 55-59 | | Bill Carpenter | 290 | | |
| Eri Fiene | 137 | Sub 33-39 | | | |
| nczerewicz | 125 | Rick Pasquini | 150 | | |
| kg. | | Master 45-49 | | | |
| Krapf | 220 | Dave Murphy | 159 | | |
| kg | SQ | BP | DL | TOT | |
| 16-17 | | | | | |
| te Douglas | 272.5 | 147 | 65 | 484.5 | |
| 9 | | | | | |
| Myers | 315 | 182.5 | 290 | 787.5 | |



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|---------------------------|-------|-------|-------|-------|-------------------------|-------|-------|-----|-------|--|
| Master 45-49 | | | | | Casey Frizzell | 191 | 105 | 173 | 469 | 75 kg. |
| Bob Kelly | 240 | 162.5 | 230 | 632.5 | Zach Zenzen | 184 | 100 | 182 | 466 | Women Open |
| Dick Zenzen | 240 | 147.5 | 227 | 614.5 | Teen 18-19 | | | | | Buffy Gordon |
| Master 50-54 | | | | | Joe Wilson | 218 | 137 | 237 | 592 | Rebecca Haas |
| John Burgard | 220 | 142.5 | 214 | 576.5 | Eric Stone | 220 | 125 | 193 | 538 | Teen 16-17 |
| 90 kg.+ | | | | | Sub. 33-39 | | | | | Nicholaskinsella |
| Women Sub. 33-39 | | | | | Daryl Eurard | 209 | 164 | 193 | 566 | 227.5 |
| Amy Morrow | 155 | 70 | 159 | 384 | Master 40-44 | | | | | 105 |
| 90 kg. | | | | | Tom Dewton | 275 | 148 | 220 | 643.5 | 209 |
| Teen 13-15 | | | | | Master 45-49 | | | | | 5 |
| A. Kolodzien | 195 | 132.5 | 204.5 | 532 | Duane Winkler | 250 | 159 | 252 | 661 | Master 40-44 |
| Teen 18-19 | | | | | Master 50-54 | | | | | 220 |
| Mike Spradling | 167.5 | 140 | 166 | 473.5 | Mario Nigro | 248 | 118 | 193 | 559 | 141 |
| Billy Simonovich | 245 | 132.5 | 230 | 607.5 | 56 kg. Woman/Teen 13-15 | | | | | 204.5 |
| Josh Frink | 192.5 | 125 | 182 | 499.5 | Teresa Simonic | 680 | 390 | 91 | 198 | 5 |
| JR 20-23 | | | | | 67.5 kg. | | | | | Steve Boyb |
| Rich Olezta | 220.5 | 142 | 250 | 612.5 | Teen 13-15 | | | | | 213 |
| Sub. 33-39 | | | | | M. Lukaszewski | 159 | 89 | 166 | 414 | 145 |
| Rich Williams | 270 | 165 | 236 | 671 | Sub. | | | | | 193 |
| 82.5 kg. | | | | | 33-39 | | | | | 5 |
| Women/Master 40-44 | | | | | Scott Kenworthy | 112.5 | 102.5 | 148 | 363 | Richard Anderson set an American record with 340kg squat. Tom Dewton tied American Dead lift record. Joe Wilson set American record in Deadlift with 236kg. Lukaszewski set all American records with 89 166 & 414kg total. Bill Carpenter set National Record 290 and was best bench press. We had a strong showing at Rich High School with 83 lifters. In order to "move" the meet we went two platforms at the last minute, always everybody "planned" to come, but nobody showed up. So I truly thank all the minute help at all levels. (Thank Mike Sweeney for providing the meet |
| T. Black | 141 | 62 | 118 | 321 | Master 40-44 | | | | | |
| Teen 13-15 | | | | | Milo Robinson | 212 | 124 | 222 | 579 | |

Eric Maroscher deadlifting an America Record 303.5 kg at 100kg body wt. (photo provided by Maroscher Powerlifting Team)



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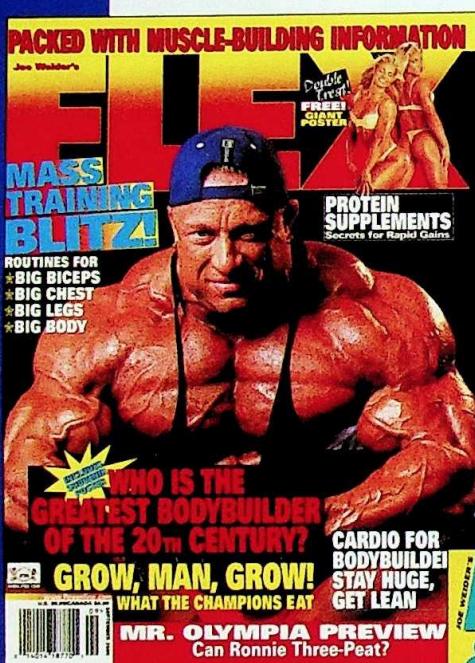
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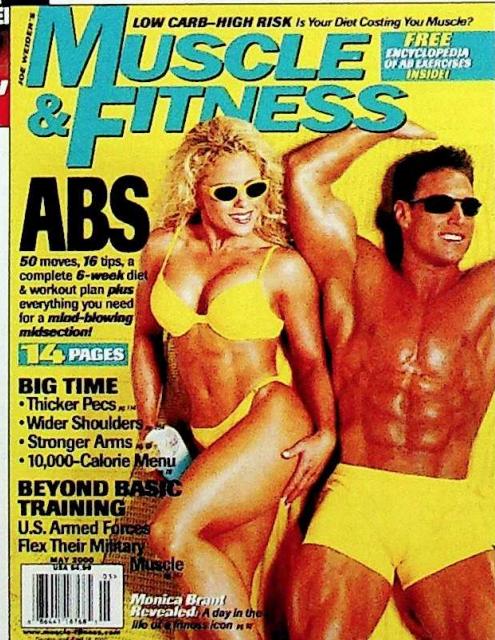


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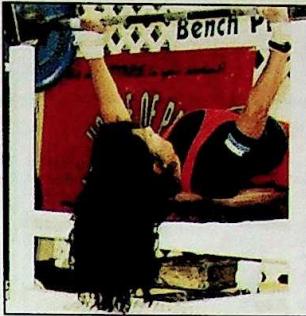
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| | | | | |
|-----------------|-------------------|-------------------|-----------------|------------------|
| DEADLIFT | 148 | Doane Vo | 248 | 181 |
| Sub W 34-39 | Colt Lane Hargett | 148 | Johnny Green | 413 |
| 123 | Tajudeen Oshodi | 165 | Law/Fire Master | 40-47 |
| Heather Hughes | 314 | Gary Neal | 286 | 165 |
| W 40-46 | Brady Bond | 165 | Jesus Hernandez | 325 |
| 181 | John Ryan | 181 | Joe Ojeda | 292 |
| Kristi England | 281 | Ben Baker | 347 | 220 |
| W 61-67 | Teen M 16-19 | Ryan Laplace | 248 | Dwayne England |
| 148 | 148 | Jackson Smith | 242 | 341 |
| Sue Clark | 148 | LeRoy Cedillo | 347 | Law/Fire Master |
| W | Floyd Jackson | Sub M 34-39 | 242 | 48+ |
| UL | 165 | 181 | 220 | Kevin Hamrah |
| La Shenda Smith | Nolan Ogle | 181 | M. Chambers | 292 |
| Jr. M 20-25 | 181 | Jose Marin | 424 | Disabled Men |
| 165 | 198 | Anthony Stevens | 501 | 198 |
| Joe Ojeda | Justin Flanery | 242 | Cody Colchado | 242 |
| 181 | 347 | Bob Zaworski | 402 | Special Olympian |
| Ryan Laplace | 220 | 275 | 181 | John Stewart |
| Jackson Smith | Matt Holl | 181 | 639 | Adam Markham |
| 198 | 418 | Teen M 13-15 | 159 | 159 |
| Tony Caprari | Michael Larid | 114 | 220 | Jonathan Brown |
| Sub M 34-39 | B. Lee-Faulk | Jacob Tyree | 82 | 132 |
| Eric Milford | 429 | 132 | Class 1 Men | |
| 220 | Andrew Rewinkle | 148 | 132 | |
| R. Henderson | 760 | Nick Worley | 143 | Quy Nguyen |
| Bobby Myers | Bruce Johnston | 148 | 148 | 278 |
| 242 | 473 | Donane Vo | 264 | Donane Vo |
| Peter Jackson | M 40-46 | Wade Brown | 176 | 165 |
| Bob Zaworski | 148 | Coly Hargett | 206 | Paul Dunn |
| O Men | Res White | 165 | 165 | 314 |
| 123 | Bobby Worley | Brady Bond | 248 | Joe Ojeda |
| herberth Obbiel | 181 | 181 | 181 | 292 |
| 198 | George Baker | John Ryan | 187 | Ben Baker |
| Tony Caprari | Morloe Mosley | Teen M 16-19 | 198 | 347 |
| Willis Smith | 248 | 148 | Cecil Wood | 242 |
| 562 | Carl Muslari | 165 | 198 | Jeff Barrera |
| 220 | 355 | Floyd Jackson | 154 | 325 |
| R. Henderson | Ed McDonald | 165 | Floyd Jackson | 209 |
| 760 | 209 | Mike Foster | 203 | Robert Reynolds |
| 275 | Nolan Ogle | 220 | 259 | 314 |
| Michael Runnels | Rick Brewer | 198 | Brad Cox | 402 |
| 589 | 440 | 198 | Michael Dorman | 341 |
| Rebert Reynolds | Kevin Bowen | 203 | Nick Melemore | |
| 308 | Reid Solar | James Williamson | 338 | |
| Tom Ekenberg | 286 | 242 | 242 | |
| M 40-46 | 242 | Michael Laird | 336 | Shawn Barnes |
| 148 | Ken Malone | B. Lee-Faulk | 429 | 424 |
| Rex White | 275 | 275 | 275 | Sean Donegan |
| 369 | Eddie McDonald | Nick Mclemore | 281 | 402 |
| 165 | Michael Runnels | David Rogers | 275 | Brad Cox |
| 47-53 M | 413 | 275 | 275 | 402 |
| 181 | 198 | A. Rehwinkle | 303 | 420 |
| Cecil Wood | M 47-53 | 114 | 114 | 420 |
| 198 | 181 | 308 | 308 | 420 |
| Robert Reynolds | 181 | Bruce Johnston | 264 | 420 |
| 468 | John Tyree | Law/Fire Open Men | 220 | 420 |
| 275 | 325 | Heather Hughes | 143 | 420 |
| Michael Runnels | Cecil Wood | 220 | 220 | 420 |
| 589 | 242 | Emilio Carvajal | 407 | 420 |
| 47-53 M | 198 | 275 | 105 | 420 |
| 181 | Mark Mauldin | 275 | Anna James | 148 |
| Cecil Wood | 336 | 275 | 181 | 181 |
| 198 | Gary Mekuly | 275 | 275 | 181 |
| Mark Mauldin | 247 | 275 | 275 | 181 |
| Gary Mekuly | 247 | 275 | 275 | 181 |
| 275 | Byron Sanford | 275 | 275 | 181 |
| Buddy Wright | Gregory McCoy | 275 | 275 | 181 |
| 446 | Buddy Wright | 275 | 275 | 181 |
| 308 | 314 | 275 | 275 | 181 |
| Tom Ekenberg | 308 | 275 | 275 | 181 |
| M 54-60 | 402 | 275 | 275 | 181 |
| 181 | Burt Tyree | 275 | 275 | 181 |
| R. Contreras | SHW | 275 | 275 | 181 |
| 501 | Carl Rosborough | 275 | 275 | 181 |
| 198 | 540 | 275 | 275 | 181 |
| Jim Sondgrass | M 54-60 | 275 | 275 | 181 |
| 490 | 181 | 275 | 275 | 181 |
| M 61-67 | R. Contreras | 275 | 275 | 181 |
| 198 | Steve Hofer | 275 | 275 | 181 |
| Bob Bassman | 468 | 275 | 275 | 181 |
| Disabled Men | 198 | 275 | 275 | 181 |
| 242 | Dan Bell | 341 | 341 | 181 |
| Cody Cochado | Ron Matheson | 341 | 341 | 181 |
| Olympian M | Jim Snodgrass | 330 | 330 | 181 |
| 181 | Ron Hood | 501 | 501 | 181 |
| Adam Markham | M 61-67 | 501 | 501 | 181 |
| 220 | 198 | 501 | 501 | 181 |
| Jonathan Brown | Bob Bassman | 325 | 325 | 181 |
| Law/fire O M | Bernie Miller | 275 | 275 | 181 |
| 275 | 220 | 275 | 275 | 181 |
| Casey Smith | Ken Anderson | 413 | 413 | 181 |
| 644 | M 40-46 | 413 | 413 | 181 |
| Law/Fire Master | 220 | 165 | 165 | 181 |
| 507 | Ronnie High | 286 | 286 | 181 |
| Law/Fire Master | O | 181 | 181 | 181 |
| 507 | Herberth Garcia | 242 | 242 | 181 |
| Law/Fire Master | 123 | 148 | 148 | 181 |
| 48+ | Herberth Garcia | 242 | 242 | 181 |
| M. Chambers | 123 | 148 | 148 | 181 |
| 402 | Herberth Garcia | 242 | 242 | 181 |
| Class 1 Men | 123 | 148 | 148 | 181 |
| 165 | Carl Muslari | 355 | 355 | 181 |
| Joe Ojeda | 165 | Marco Rodriguez | 418 | 181 |
| 181 | Jesus Hernandez | 325 | 325 | 181 |
| Cecil Wood | 181 | Carl Muslari | 355 | 181 |
| 198 | 181 | Marco Rodriguez | 418 | 181 |
| Jeff Barrera | 181 | 181 | 181 | 181 |
| Floyd Jackson | 181 | 181 | 181 | 181 |
| Mark Pearce | 181 | 181 | 181 | 181 |
| Robert Reynolds | 181 | 181 | 181 | 181 |
| 468 | 181 | 181 | 181 | 181 |
| Willis Smith | 181 | 181 | 181 | 181 |
| 220 | 181 | 181 | 181 | 181 |
| Michael Dorman | 181 | 181 | 181 | 181 |
| 451 | 181 | 181 | 181 | 181 |
| Bobby Myers | 181 | 181 | 181 | 181 |
| 611 | 181 | 181 | 181 | 181 |
| 242 | 181 | 181 | 181 | 181 |
| Sean Donegan | 181 | 181 | 181 | 181 |
| 275 | 181 | 181 | 181 | 181 |
| Casey Smith | 181 | 181 | 181 | 181 |
| 644 | 181 | 181 | 181 | 181 |
| Teen M | 181 | 181 | 181 | 181 |
| 13-15 | 181 | 181 | 181 | 181 |
| 132 | 181 | 181 | 181 | 181 |
| Nick Worley | 181 | 181 | 181 | 181 |
| 292 | 181 | 181 | 181 | 181 |



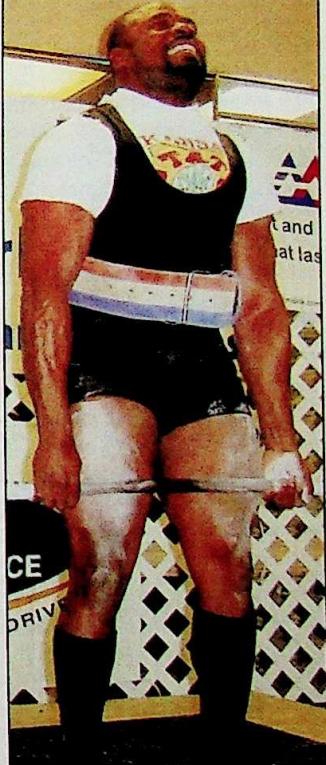
Anna James' 148 @ 105 40-46

Jackson set a world record 70. They than got back on their horses with bodies strewn all over the place and rode out of town with women standing behind store front windows and store owners cracking their doors open ever so slightly. And everybody was saying "who are these guys" - They are a couple of the best drug free lifters in the world that's who they are. Henderson passed his drug test and Tony Caprari passed his 3rd drug test. Also at 220 Bobby Myers set a Florida state record with 611. He's improved his dead lift by 60# in 6 months. In open mens dead lift it's Herbelth Garcia of Guatemala pulled 457 at 123. Tony Caprari pulled 710 at 198 and came close with a world record 735. Willis Smith won 198 with 562 Randall Henderson set a world record with 760 his 2nd World record of the day. Michael Runnels who holds the Texas state record of 606 had to settle for 589 and Tom Ekenberg set a Texas State record 617 at 308. In masters division dead lift at 40-46 age group at 165 Ronnie High pulled a 473 for 1st at 275 Michael Runnels pulled a 589 and Robert Reynolds won at 198 with 468. In masters 47 - 53 at 198 Gary Mekuly set a Texas record with 479. At 308 Tom Ekenberg set a Texas Record with 617. In master 54 - 60 Jim Snodgrass set a Texas record at 198 with 490 and Roberto Contreras pulled 501 at 181 at 57 - very well done. In master 61 - 67 Bob Bassman set a Texas state record with 468 at 198. In Mens Special Olympian Adam Marichan pulled 264 for a special Olympian state record for Texas. Jonathan Brown pulled 314 at 220. In open men law / fire Casey Smith pulled a Mississippi state record 644 at 275. In master men law / fire 220 Dwayne England set a Texas record with 507. In master men law / fire 48+ Michael Chambers set a Texas record at 242 with 402. In class 1 dead lift at 198 Mark Pearce set a Texas record with 584 and Bobby Myers set a Florida State record with 611 at 220 and Edged out Pearce for best lifter 346.86 to 346.60. In teen men dead lift 13 - 15 Coby Cane Hargett pulled 347 at 148 for a Texas record. At 165 Brady Bond pulled 415 for a Texas record and John Ryan pulled a 309 at 181 for a Texas record. In teenage 16 - 19 Kevin Brown pulled 508 at 198 and Michael Larid pulled 540 at 220. Outstanding lifters were Brady Bond in Teen 13-15 and Michael Larid in teen 16-19. Now onto the bench press. In master mens dead lift 40-46 George Baker of Oklahoma set a world record 415 at 165 - a very impressive lift. He's 45. At 198 House of Pain's Rick Brewer - a loyal sponsor - put up a Texas Record 440 and Thomas McKinney put up a Texas record 518 at super. In

master 47-53 Gary McKuly set a Texas record 347 at 198 and by Carl Rosborough put up a Texas record 540 at super. In master 54-60 Dan Bele slammed up a Texas record 347 at 198 and in masters 61-67 220 Ken Anderson put up 413 for a world record. In Master 54-60 275 Ron Hood got his usual 500# bench. He has benched 500 or over in 27 straight meets over the last 7 years and all of these meets were age 50 and over. He's now 57! In open men bench Carl Mustairi set a New York state record with 355 at 132 and Jesus Hernandez set a Texas record 336 at 148. Outstanding lifter was Jesus Hernandez. In submaster bench Jose Marin set a Texas record 424 at 181 and Anthony Stevens set a world record 518 at 198. In 275 Big John Steuart smoked a 639 at 275 to lake best lifter and a world record. In teen men bench 13-15 Jacob Tyree set a Texas record at 114 with 82. Coby Lane Hargett set a Texas record at 148 with 206 and John Ryan set a Texas record at 181 with 187#. Brady Bond was best lifter. In teen men 16-19 James Williamson set a Texas record with 347 at 198 and Brandon Lee Faulk set a Texas record 429 at 220. Brandon Lee Faulk was best lifter. In law / fire open Jeremy Murrell beat out Steven Ross and Keith Wilkerson 473 to 462 and 440 respectively, and he got a Texas state record in the process. In submasters law / fire 181 Johnny Green got a Texas record 418. In master men law / fire George Baker got a world record 415 at 165. In master 40-47 law / fire 198 Mark Dahl set a Texas record 374. In law / fire master 48+ Kevin Hamrah set a Texas record 314. In class 1 bench at 132 Quy Nguyen set a Texas record 278. Shawn Barnes was named outstanding lifter with 424 at 242. Brad Cox hit 402 at 220 and Jeremy Murrell hit a Texas record 473 at 275. In open women law / fire Carol Richardson hit a 154 Texas record at 114. In submaster 123 women Heather Hugges set a Texas record 143. In master women 40-46 105# Anna James set a world record 148 at age 45 - very good form and a beautiful lady. AT 181 Kristi England set a Texas record 121 and 64 year old Sue Clark set a Texas record 82 at 148. I would like to thank Bob Garza the Head Judge and his wife Edi who did an excellent job of scorekeeping other judges were Ken Anderson, Jim Snodgrass and Sean Finegan. Our sponsors were Rick Brewer of House of Pain, Scott Mischnick of Thermo Link, Wes Kamper of The Powerlifting Super Store, John Inzer of Inzer advanced designs, Mike Lambert of Powerlifting USA, Johnny Anderson of Advocate, Chris Reeve of Budweiser, Neal Spruce of Apex Fitness, George USAI of Forza Strength Systems and thanks also to Tim Isaac of Johnston Keay labs.



Carl Rosborough (at Left), 18" forearm, WR 540 bench, John Stewart (at Right), 23" arms WR 639 bench in 275 Submaster division and Greg McCoy 47-53 275 class (All photos are courtesy of WABDL)



Randall Henderson's 760 World Record in the Subs & Open 220

TOP 100

For standard 123 lb./56 kg. USA lifters in results received from June/2001 through May/2002.

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NEXT MONTH... TOP 132s

Corrections... In the "Eight Week Off Season Shoulder Program" by J.M. Blakley in the February 2002 issue of PL USA, there are errors on the captions of the photos on page 28. The bottom caption should be in the 2nd position, and the top caption should be in the bottom position, and the middle caption should be in the top position. Also, in the February issue of PL USA, Kristina Grandick was incorrectly reported as the runner up in the 148 lb. class with lifts of 392 203 402 997, when she was actually world champion in the 165 lb. class with lifts of 396 203 402 1002. Joe Toranzo should have been credited with a 710 bench press on the All Time TOP 50 list for the 275s in the January 2002 issue of PL USA. We recognize the fact that we do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Box 467, Camarillo, California 93011.

| SQUAT | BENCH PRESS | DEADLIFT | TOTAL |
|--------------------------------|-----------------------------|-----------------------------|------------------------------|
| 1 450 Lloyd, M., 3/23/02 | 352 Booker, M., 6/23/01 | 507 Whigham, A., 5/4/02 | 1190 Gainer, E., 8/20/01 |
| 2 450 Kamp, M., 3/23/02 | 330 Petrenck, S., 6/23/01 | 505 Holloway, D., 2/2/02 | 1173 Whigham, A., 5/4/02 |
| 3 440 Snell, K., 6/23/01 | 313 Wong, P., 9/22/01 | 501 Morishige, M., 11/15/01 | 1162 Snell, K., 6/23/01 |
| 4 440 Holloway, D., 2/2/02 | 305 Jasper, C., 4/20/02 | 490 Gainer, E., 8/20/01 | 1162 Kiletico, M., 4/13/02 |
| 5 435 Sutherland, J., 12/1/01 | 303 Morishige, M., 7/7/01 | 485 Kiletico, M., 9/14/01 | 1155 Holloway, D., 2/2/02 |
| 6 424 Kiletico, M., 4/13/02 | 302 Pham, H., 11/3/01 | 485 Snell, K., 5/5/02 | 1135 Sanders, B., 5/24/02 |
| 7 424 Sanders, B., 5/24/02 | 290 Harrison, J., 2/9/02 | 473 Meadows, S., 12/8/01 | 1124 Sutherland, J., 12/1/01 |
| 8 420 Milian, E., 6/15/01 | 285 Cintron, S., 10/27/01 | 462 Niedoliuk, V., 3/15/02 | 1115 Lloyd, M., 3/23/02 |
| 9 420 Niedoliuk, V., 10/27/01 | 281 Gainer, E., 8/20/01 | 460 Thompson, R., 6/9/01 | 1107 Niedoliuk, V., 3/15/02 |
| 10 418 Gainer, E., 8/20/01 | 280 Miller, B., 6/9/01 | 460 Yarbrough, J., 3/23/02 | 1090 Yarbrough, J., 3/23/02 |
| 11 405 Yarbrough, J., 3/23/02 | 275 Kiletico, M., 4/13/02 | 457 Garcia, H., 4/27/02 | 1085 Meadows, S., 12/8/01 |
| 12 405 Hunter, D., 5/4/02 | 270 Snell, K., 6/23/01 | 457 Sanders, B., 5/24/02 | 1060 Hunter, D., 5/4/02 |
| 13 395 Rodea, L., 3/23/02 | 260 Thumann, C., 3/23/02 | 455 Jones, W., 3/23/02 | 1058 Wong, P., 2/23/02 |
| 14 391 Whigham, A., 5/4/02 | 260 Hile, P., 5/4/02 | 450 Hunter, D., 5/4/02 | 1047 Scrubbs, J., 5/18/02 |
| 15 390 Garcia, R., 3/23/02 | 259 Sutherland, J., 12/1/01 | 445 Lloyd, M., 3/23/02 | 1040 Rodriguez, J., 3/23/02 |
| 16 385 Rodriguez, J., 3/23/02 | 259 Barleen, D., 5/4/02 | 435 Rodriguez, J., 3/23/02 | 1036 Barleen, D., 5/4/02 |
| 17 380 Kahane, J., 3/23/02 | 253 Snider, C., 11/15/01 | 435 Williams, T., 3/23/02 | 1025 Jones, W., 3/23/02 |
| 18 380 Hernandez, J., 3/23/02 | 253 Sanders, B., 5/24/02 | 429 Sutherland, J., 12/1/01 | 1010 Rodea, L., 3/23/02 |
| 19 380 Scrubbs, J., 5/18/02 | 248 Niedoliuk, V., 3/15/02 | 429 Snyder, S., 4/6/02 | 1010 Kamp, M., 3/23/02 |
| 20 375 Leoni, R., 8/10/01 | 248 Carpenter, D., 4/13/02 | 429 Barleen, D., 5/4/02 | 1008 Leoni, R., 8/10/01 |
| 21 374 Meadows, S., 12/8/01 | 248 Meadows, S., 5/4/02 | 429 Scrubbs, J., 5/18/02 | 1000 Williams, T., 3/23/02 |
| 22 370 Schmidt, D., 3/23/02 | 245 Ortega, J., 7/28/01 | 415 Garcia, R., 3/23/02 | 995 Garcia, R., 3/23/02 |
| 23 369 Tyree, V., 11/3/01 | 242 Garcia, H., 4/27/02 | 413 Leoni, R., 8/10/01 | 992 Snyder, S., 4/6/01 |
| 24 369 Snyder, S., 4/6/02 | 240 Milian, E., 6/15/01 | 413 Tyree, V., 11/15/01 | 985 Schmidt, D., 3/23/02 |
| 25 365 Jones, W., 3/23/02 | 240 Pichay, V., 3/3/02 | 407 Carpenter, D., 4/13/02 | 975 Amsden, M., 5/30/02 |
| 26 365 Brown, J., 3/23/02 | 236 Radcliffe, S., 5/4/02 | 405 Rodea, L., 3/23/02 | 970 Tyree, V., 11/3/02 |
| 27 365 Gough, R., 3/23/02 | 235 Gresham, T., 10/13/01 | 402 Bowmen, R., 3/15/02 | 970 Kahane, J., 3/23/02 |
| 28 363 Wong, P., 2/23/02 | 231 Rinn, S., 8/4/01 | 402 Hafenbrack, M., 5/25/02 | 970 Carpenter, D., 4/13/02 |
| 29 363 Whitfield, N., 5/24/02 | 231 Whigham, A., 5/4/02 | 400 Cintron, S., 10/27/01 | 955 Offield, R., 3/23/02 |
| 30 360 Garcia, M., 3/23/02 | 225 Nagum, J., 7/28/01 | 400 Cheam, S., 2/9/02 | 953 Bowman, R., 3/15/02 |
| 31 358 Gaines, J., 3/15/02 | 225 Yarbrough, J., 3/23/02 | 400 Schmidt, D., 3/23/02 | 950 Cheam, S., 2/9/02 |
| 32 358 Amsden, M., 5/30/02 | 225 Kahane, J., 3/23/02 | 396 Amsden, M., 5/30/02 | 950 Hernandez, J., 3/23/02 |
| 33 355 Huerta, O., 3/23/02 | 225 Scrubbs, J., 5/18/02 | 395 Hernandez, J., 3/23/02 | 935 Huerta, O., 3/23/02 |
| 34 352 Jarrell, Q., 3/15/02 | 220 Leoni, R., 8/10/01 | 391 Ona, J., 2/2/02 | 925 Hafenbrack, M., 5/25/02 |
| 35 350 Cheam, S., 2/9/02 | 220 Green, R., 10/27/01 | 391 Jarrell, Q., 3/15/02 | 915 Martinez, C., 3/23/02 |
| 36 350 Williams, T., 3/23/02 | 220 Poellinger, B., 2/9/02 | 390 Offield, R., 3/23/02 | 915 Brown, J., 3/23/02 |
| 37 350 Offield, R., 3/23/02 | 220 Beckerich, J., 3/15/02 | 390 Huerta, O., 3/23/02 | 914 Beckerich, J., 3/15/02 |
| 38 350 Thomann, C., 3/23/02 | 220 Lloyd, M., 3/23/02 | 385 Wong, P., 2/23/02 | 914 Whitfield, N., 5/24/02 |
| 39 347 Bowman, R., 3/15/02 | 220 Rodriguez, J., 3/23/02 | 385 Leonard, R., 4/13/02 | 910 Thomann, C., 3/23/02 |
| 40 347 Barleen, D., 5/4/02 | 220 Amsden, M., 4/12/02 | 375 Green, R., 10/27/01 | 909 Jarrell, Q., 3/15/02 |
| 41 341 Hafenbrack, M., 5/25/02 | 215 Severin, M., 6/16/01 | 375 Kamp, M., 3/23/02 | 905 Melancion, S., 12/15/01 |
| 42 340 Martinez, C., 3/23/02 | 215 Coulombe, T., 11/15/01 | 375 Shaulis, J., 5/4/02 | 903 Ona, J., 2/2/02 |
| 43 340 Hernandez, A., 3/23/02 | 215 Franks, J., 3/15/02 | 370 Melancion, S., 12/15/01 | 903 Leonard, R., 4/13/02 |
| 44 330 Melancon, S., 12/15/01 | 215 Williams, T., 3/23/02 | 370 Martinez, C., 3/23/02 | 900 Hernandez, A., 3/23/02 |
| 45 330 Ona, J., 2/2/02 | 215 Schmidt, D., 3/23/02 | 369 Hilton, T., 6/23/01 | 900 Gough, R., 3/23/02 |
| 46 330 Moses, S., 3/15/02 | 215 Offield, R., 3/23/02 | 369 Beckerich, J., 3/15/02 | 895 Garcia, M., 3/23/02 |
| 47 330 Fair, T., 5/18/02 | 210 Holloway, D., 2/2/02 | 369 Trzaskas, N., 5/19/02 | 887 Kusar, P., 3/23/02 |
| 48 330 Trzaskas, N., 5/19/02 | 210 Carroll, S., 9/3/02 | 365 Peterson, E., 6/2/01 | 885 Goble, B., 3/23/02 |
| 49 325 Strickland, W., 11/3/01 | 210 Rodea, L., 3/23/02 | 365 Oliver, J., 3/8/02 | 876 Trzaskas, N., 5/19/02 |
| 50 325 Lewis, P., 3/14/02 | 210 Brown, J., 3/23/02 | 365 Kahanek, J., 3/23/02 | 859 Baltazar, S., 11/3/01 |
| 51 325 Beckerich, J., 3/15/02 | 210 Hernandez, A., 3/23/02 | 363 Dupuis, J., 4/13/02 | 859 Gaines, J., 3/15/02 |
| 52 325 Kusar, P., 3/23/02 | 210 Garcia, M., 3/23/02 | 363 Whitfield, N., 5/24/02 | 859 Fair, T., 5/18/02 |
| 53 320 Goble, B., 3/23/02 | 209 Tyree, V., 11/15/01 | 360 Burgagni, J., 6/16/02 | 845 Burgagni, J., 6/16/01 |
| 54 319 Leonard, R., 4/13/02 | 209 Kusar, P., 3/23/02 | 360 Goble, B., 3/23/02 | 845 Franks, J., 3/15/02 |
| 55 319 Pulchay, P., 4/13/02 | 205 Stokes, M., 4/7/01 | 358 Rini, C., 3/15/02 | 843 Dupuis, J., 4/13/02 |
| 56 314 Baltazar, S., 11/3/01 | 205 Peterson, E., 6/2/01 | 355 Gneire, B., 6/2/01 | 840 Stevenson, R., 2/9/02 |
| 57 314 Maupin, M., 11/12/01 | 205 Melancion, S., 12/15/01 | 355 Beaudoine, M., 10/20/01 | 840 Shaulis, J., 5/4/02 |
| 58 314 Carpenter, D., 4/13/02 | 205 Jones, W., 3/23/02 | 352 Baltazar, S., 11/3/01 | 837 Hilton, T., 6/23/01 |
| 59 308 Douglas, D., 2/16/02 | 205 Martinez, C., 3/23/02 | 352 Kusar, P., 3/23/02 | 830 Heard, K., 2/9/02 |
| 60 308 Brignac, D., 3/15/02 | 205 Gough, R., 3/23/02 | 352 Pulchay, P., 4/13/02 | 826 Rini, C., 3/15/02 |
| 61 308 Miller, J., 3/15/02 | 205 Goble, B., 3/23/02 | 352 Yockey, B., 4/13/02 | 821 Maupin, M., 11/24/01 |
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| 63 305 Byrd, K., 12/15/01 | 203 Bowman, R., 3/15/02 | 350 Douglas, D., 6/23/01 | 815 Byrd, K., 12/15/01 |
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Attention Drug Free Power lifters interested in representing the U.S. within the World Drug-Free Powerlifting Federation: The ADFPF is the US affiliate to the W.D.F.P.F. (the only international Powerlifting federation which requires BOTH laboratory evidence of every member nation's Out-of-Competition Drug Testing Program and full agreement to participate in Target Drug Testing). Current U.S. members of drug tested Powerlifting organizations may register to become ADFPF members and may then apply to fill slots on the various US teams entering the 2002 WDFPF Schedule. Dates & location information concerning the WDFPF 2002 POWERLIFTING WORLD CHAMPIONSHIPS and the 2002 SINGLE EVENT WORLD CHAMPIONSHIPS is listed below. The 2002 W.D.F.P.F. Championships Schedule: Friday, October 18, the 2002 W.D.F.P.F. World congress Held in Edinburgh, Scotland. October 19 & 20: The 2002 WORLD Powerlifting Championships (including both equipped and unequipped Divisions for men and women in the age categories listed above) will be hosted by Hamish Davison in Edinburgh, Scotland. Championships information and entry forms will be mailed to the W.D.F.P.F. registered nations and to selected U.S. Team members in the near future. The venue will be the Marco's Leisure Club in Edinburgh. November 22, 23 & 24: The 2002 single event world championships (Squat World Championships, Bench Press World Championships & Dead lift World Championships) will be hosted by the W.D.F.P.F. - ITALIA in Capiago Intimano Italy (in Northern Italy near Como). Unequipped and equipped championships are scheduled as follows: Friday, Nov. 22 - SQUAT event, Saturday, Nov. 23 - Bench Press event and Sunday, Nov. 20th - Dead lift event. Championships information and entry forms have been mailed to WDFPF International Liaisons, and will be mailed to the selected U.S. team members. Selection of US lifters competing in the 2002 W.D.F.P.F. Schedule will be done via application. The ADFPF hopes to fill an EQUIPPED Division Team as well as an UNEQUIPPED Division Team for men and women in each of the following age categories: Open: Teenage 14-15; Teen 16-17; Teen 18-19; Junior (20-23); Masters' (40-44; 45-49; and so on in 5 year increments). Please contact WDFPF Secretary General for registration and application materials; address follows: Judith M. Gedney; WDFPF Secretary General, Brophy Hall, Western Illinois University, Macomb, Illinois, 61455; U.S.A., Fax: 309-298-2981, Phone: 309-298-1757, E- Mail: <JM-Gedney@wiu.edu>. In 2003, the ADFPF will be hosting a NATIONAL CHAMPIONSHIPS for the selection of a US Team traveling to St. Petersburg Russia. More information on this exciting event will be published in the near future. WDFPF Materials: The following materials are available through the WDFPF Secretary Generals Office (mailing, phone, fax and e-mail addresses listed above). Please consider each of the following items as potential gifts for the Powerlifting friends. When placing orders, send postal address, check or money order made out to the WDFPF, along with quantities of items. WDFPF Logo Emblems: Cost - \$10.00 U.S. per emblem. These beautiful colorful badges are suitable for decorating personal lifting equipment, blazers/clothing, warm-up suits & equipment bags. WDFPF World Record Certificates: Colorful World Record Certificates artistically completed by a professional calligrapher are available to our member nation's record - setting athletes, WDFPF World record Certificates are available in both the EQUIPPED and the UNEQUIPPED Division for Powerlifting and for SINGLE-EVENT competitions. Records may be ordered at a charge of \$10.00 U.S. per certificate. Send name & nation, meet date & title, specify EQUIPPED or UNEQUIPPED specific events and record amounts. WDFPF Record Package: Cost - \$15.00 U.S. per package. Includes all World, European and North American Records for all age categories & weight classes of men & women in the EQUIPPED Division and all world records for all age categories & weight classes of men & women in the UNEQUIPPED Division. This package has been undated though June of 2002. Coaches, athletes and gym owners will appreciate this pertinent information to help athletes train for WDFPF sanctioned events.

(this response by Dr. Di Pasquale is continued from page 40)

change in height SDS and BMI SDS between ages 2-4 and 9-13. A regression analysis showed that target height, height at age 2-4, and pubertal status had a significant impact on actual height. Interestingly, the type of sport and hours of training per week had no effect on height SDS. In boys, BMI at age 2-4 and pubertal status had a significant effect on actual BMI, whereas in girls, only BMI at age 2-4 was significant. CONCLUSIONS: The results suggest that prepubertal growth is not adversely affected by sport at a competitive level and that constitutional factors are of importance for choice of sport in children.

Pediatr Nurs 1993 Jul-Aug;19(4):325-32 "Strength training and the immature athlete: an overview." Metcalf JA, Roberts SO. The developing musculoskeletal structures of the immature athlete are uniquely susceptible to injury, particularly at the physes. These growth plates are present in arm and leg bones, and some may not close until the late teen years. Early literature suggested that weight training might be inappropriate for these athletes. However, recent evidence suggests that, properly done, strength/resistance training may not only be safe, it may also help reduce the risk of injury for the young athletes. Nurses are often called upon to advise coaches of formal and community athletic programs, and need to know the underlying physiology of developing bone and muscle as well as the current recommendations related to training.

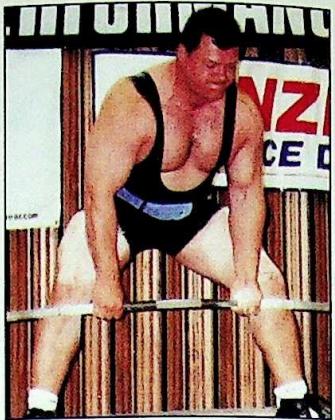
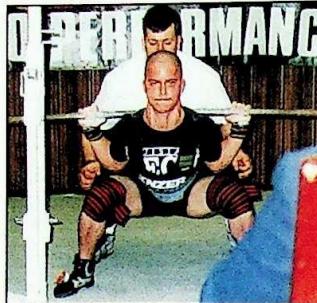
Sports Med 1993 Jun;15(6):389-407 "Resistance training during preadolescence. Issues and controversies." Blimkie CJ. Department of Physical Education, McMaster University, Hamilton, Ontario, Canada. High intensity resistance training appears to be effective in increasing strength in preadolescents. Children make similar relative (percentage improvement), but smaller absolute, strength gains compared with adolescents and young adults in response to similar resistance training programmes. Resistance training appears to have little if any effect on muscle size, and strength gains during training have been associated with increases in levels of neuromuscular activation and changes in intrinsic contractile characteristics of muscle. Although unsubstantiated, improved motor coordination probably also contributes to the increase in strength, especially for more complex strength manoeuvres. On the basis of limited information, training-induced strength gains are lost during detraining, and the decay in strength has been associated with a reduction in neuromuscular activation. Short term resistance training appears to have no effect on somatic growth (height or weight) and body composition, and no proven positive influence on sports performance, injury rate or recovery from injury during preadolescence. Weightlifting has proved injurious to some children, especially when unsupervised and without instruction in proper weightlifting technique and load selection. In contrast, the risk of injury from prudently prescribed and closely supervised resistance training appears to be low during preadolescence. Lastly, short term resistance training appears to have no detrimental effect during preadolescence on either cardiorespiratory fitness or resting blood pressure.

Clin Sports Med 2000 Oct;19(4):593-619 "Strength training for children and adolescents" Faigenbaum AD. Department of Human Performance and Fitness, University of Massachusetts, Boston, USA. avery.faigenbaum@umb.edu. The potential benefits of youth strength training extend beyond an increase in muscular strength and may include favorable changes in selected health- and fitness-related measures. If appropriate training guidelines are followed, regular participation in a youth strength-training program has the potential to increase bone mineral density, improve motor performance skills, enhance sports performance, and better prepare our young athletes for the demands of practice and competition. Despite earlier concerns regarding the safety and efficacy of youth strength training, current public health objectives now aim to increase the number of boys and girls age 6 and older who regularly participate in physical activities that enhance and maintain muscular fitness. Parents, teachers, coaches, and healthcare providers should realize that youth strength training is a specialized method of conditioning that can offer enormous benefit but at the same time can result in serious injury if established guidelines are not followed. With qualified instruction, competent supervision, and an appropriate progression of the volume and intensity of training, children and adolescents cannot only learn advanced strength training exercises but can feel good about their performances, and have fun. Additional clinical trials involving children and adolescents are needed to further explore the acute and chronic effects of strength training on

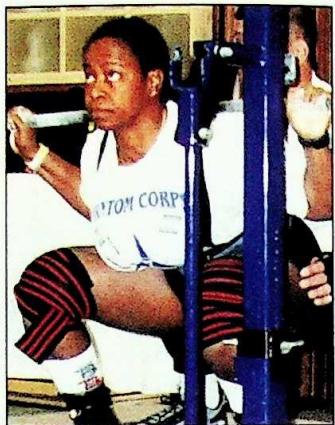
POWER PEOPLE



(Above) Julia Loya with a 402 squat at the USAPL Collegiate Nationals and Micah Kiletico (below) with a big 424 lb squat. (All photos courtesy J. Graham)



Rich Lawton's (top) 606 DL and Paulette Calhoun's 259 SQ (below) @ USAPL Military Nationals.



a variety of anatomical, physiological, and psychological parameters.

J Bone Miner Res 1999 Jul;14(7):1222-30. "Effects of high-impact exercise on ultrasonic and biochemical indices of skeletal status: A prospective study in young male gymnasts." Daly RM, Rich PA, Klein R, Bass S. Department of Human Biology and Movement Science, RMIT University, Melbourne, Australia. Physical activity has been proposed as one strategy to enhance bone mineral acquisition during growth. The aim of this study was to determine whether frequent impact loading associated with gymnastics training confers a skeletal benefit on pre- and peripubertal male gymnasts. We measured broadband ultrasonic attenuation (BUA, dB/MHz) at the calcaneus (CBUA); ultrasound velocity (m/s) at the calcaneus (CVOS), distal radius (RVOS) and phalanx (PVOS); serum osteocalcin (OC); total alkaline phosphatase (ALP) and insulin-like growth factor-I (IGF-I) every 3-4 months over an 18-month period in elite male gymnasts and matched normoactive controls (pubertal stage <=2). Ground reaction forces of common gymnastics maneuvers were determined using a force platform and loading histories of the upper and lower extremities approximated from video recordings. Ultrasound results were expressed as a standardized score (Z score) adjusted for age, height, and weight. At baseline, no differences were detected between the gymnasts (n = 31) and controls (n = 50) for CBUA, although ultrasound velocity at each site was higher in the gymnasts (0.6-1.5 SD) than the predicted mean in controls ($p \leq 0.001$). Over 18 months, CBUA Z scores increased significantly in the gymnasts from baseline (0.3 vs. 1.0, $p < 0.05$, n = 18). In contrast, ultrasound velocity did not increase in either group, although CVOS and RVOS remained significantly higher in gymnasts compared with controls (range $p < 0.01$ and < 0.001). No differences between groups were found for OC, ALP, or IGF-I at any time. Gymnastics training was associated with an average 102 and 217 impacts per session on the upper and lower extremities, respectively, with peak magnitudes of 3.6 and 10.4 times body weight. These results suggest that frequent high-impact, weight-bearing exercise during the pre and peripubertal period may enhance the mechanical competence of the skeleton, perhaps offering an important strategy for osteoporosis prevention if the benefits are maintained.

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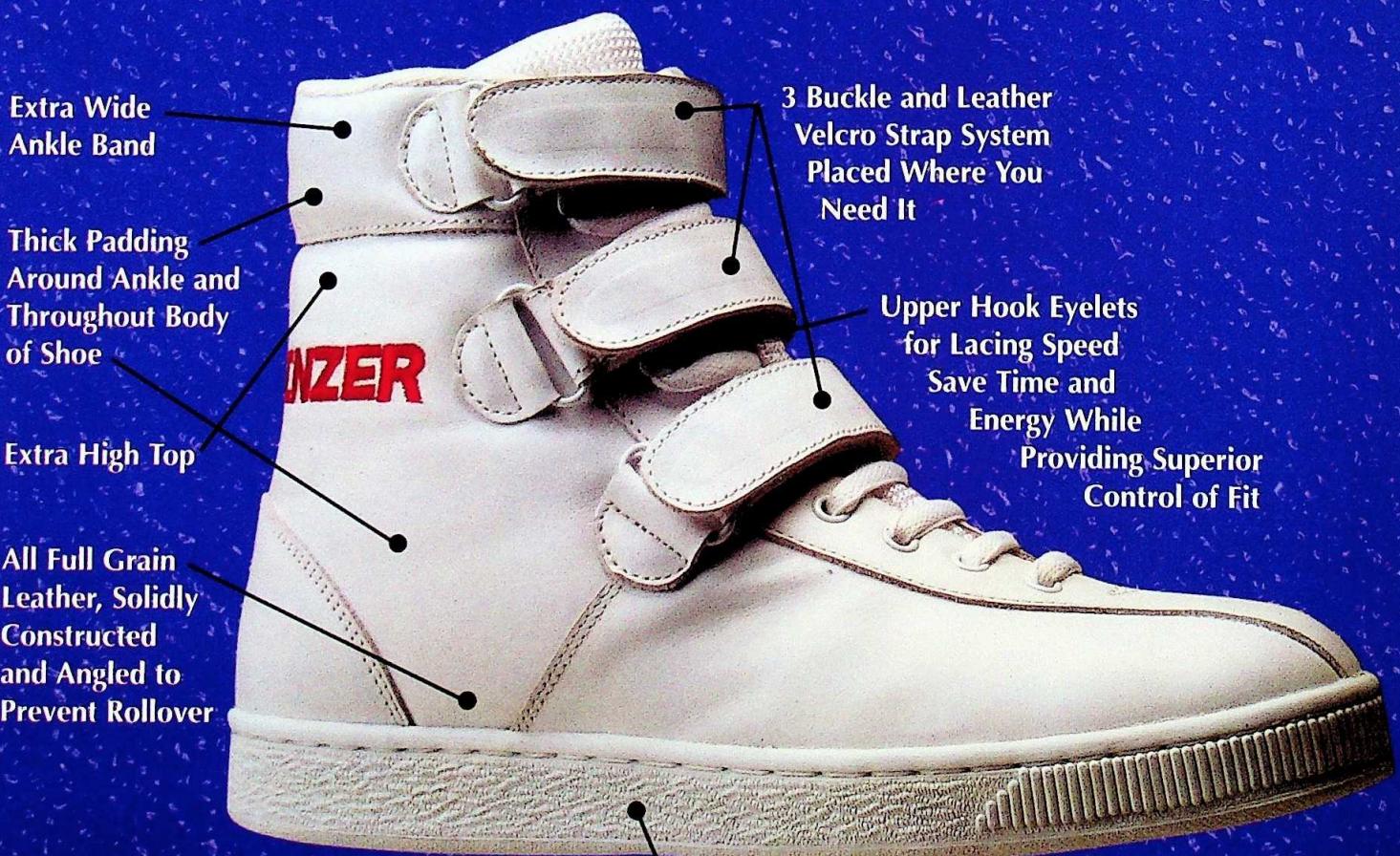
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