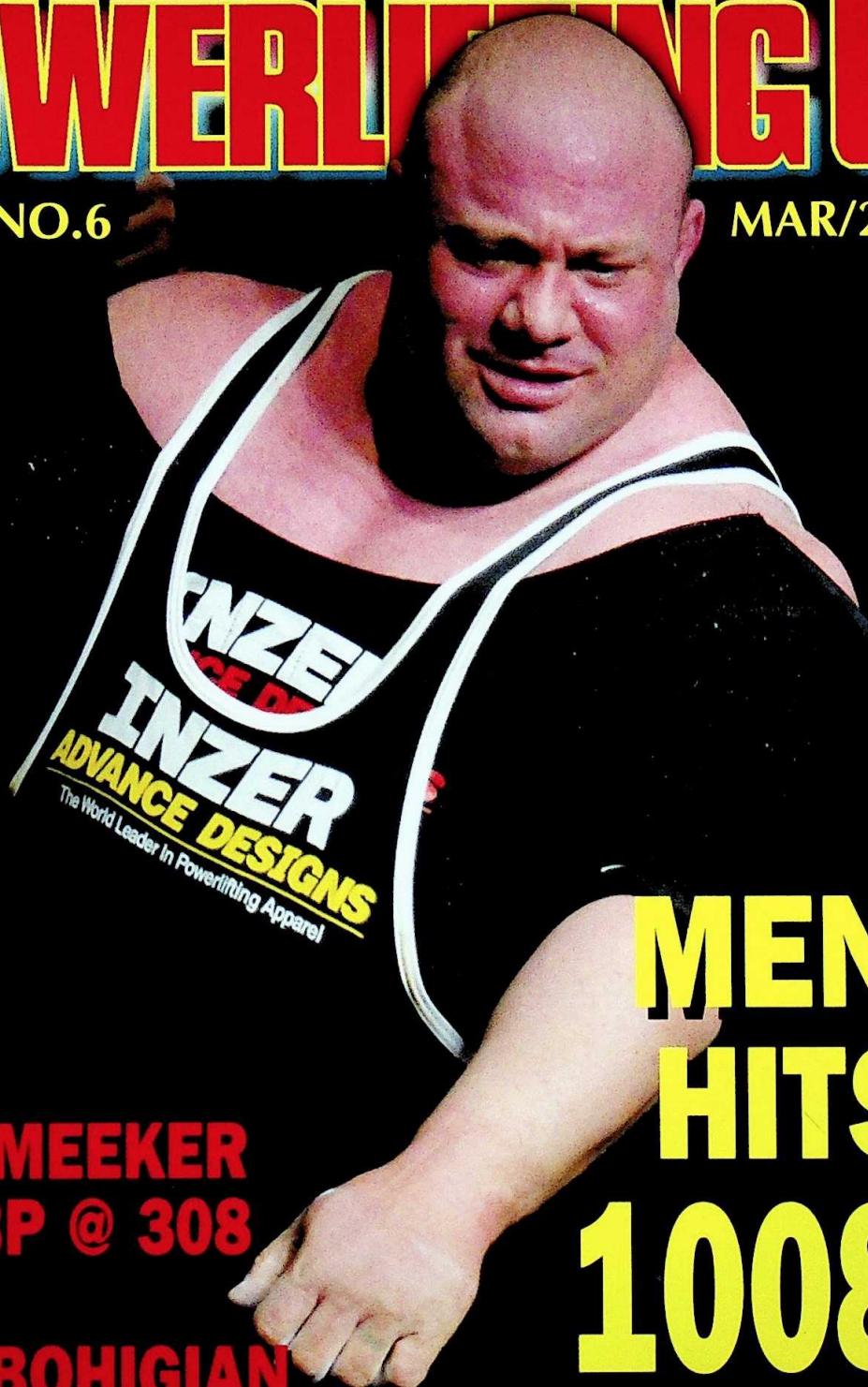


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942 BP @ 308

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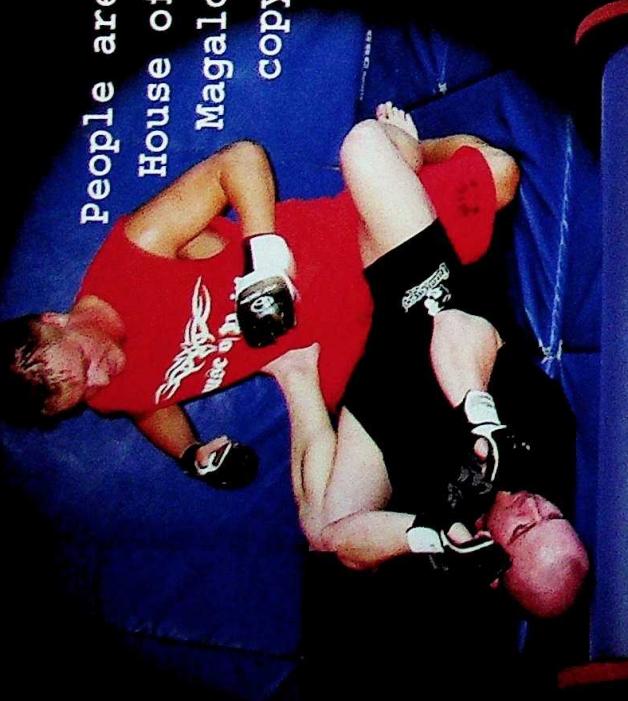
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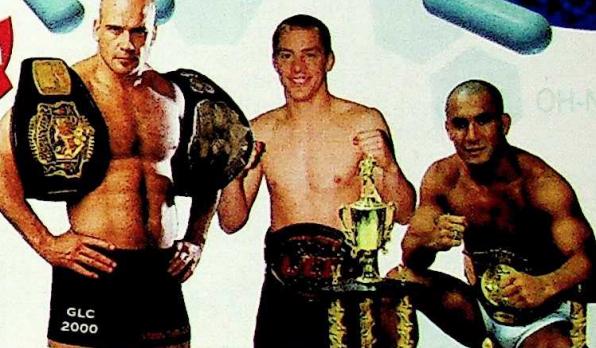
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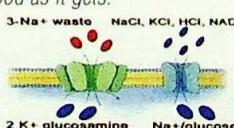
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*ON THE COVER - Scot Mendelson basking in the glory of his successful 1008 lb. opener in the bench press, following the Iron Man bodybuilding contest. The next day he gave away 5 figures worth of prize money to Tiny Meeker, Jason Jackson, and Kara Bohigian at his invitational bench press contest*

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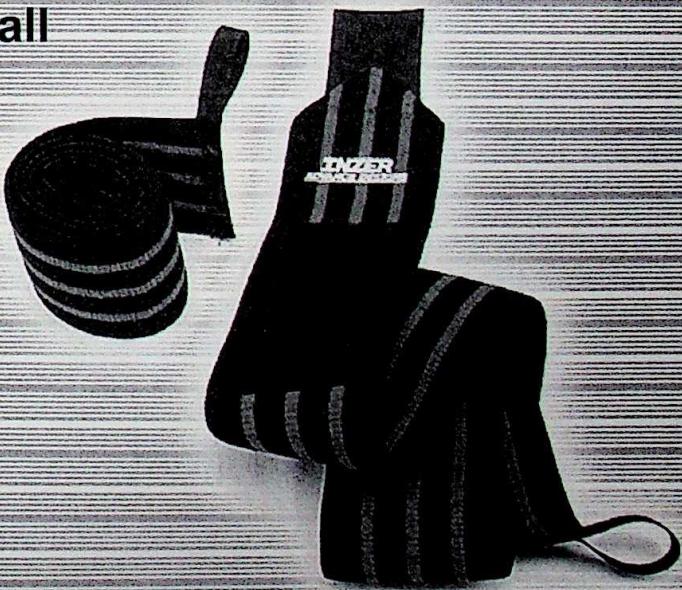


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-Jay "Big Game" Taylor  
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I am 36 years old and I can bench 315lbs for 5 reps. From 275lbs for 3 reps to 315 for 5 is way cool!

-Mark Stavely  
Owings Mills, MD.

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

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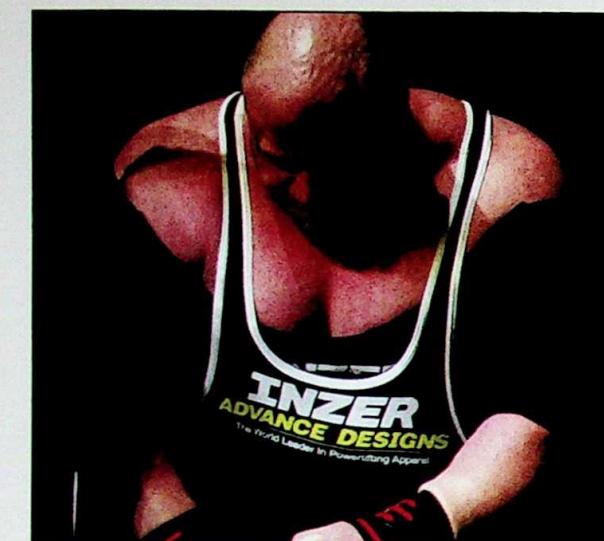
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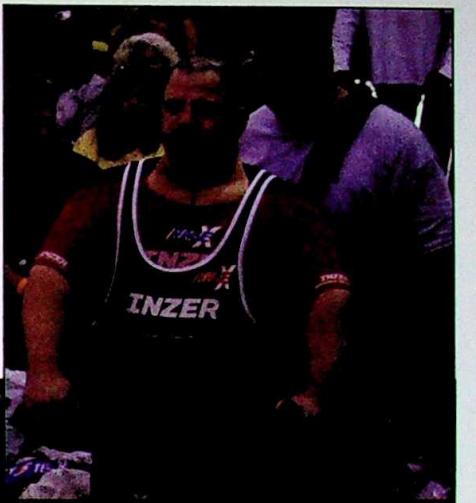
# Mendy Benches 1008 lbs.!



Not long after some thought he would never lift again (a car accident crushed his ankle, and it still remains in a brace, despite several surgeries) Scot Mendelson returned to competition to achieve his ultimate goal of benching over 1000 lbs., on Feb. 18, 2006, following the IRON MAN bodybuilding competition at the Pasadena Civic Auditorium. After hitting 1008 twice in his final workout, Scot decided to open with that same all time bench press poundage. It took quite a while to clear the stage, get the equipment in place, and finish his warmups, but he drove up the weight strongly for three white lights from the referees. His effort had not been promoted in advance, but about 2/3s of the IRON MAN crowd witnessed the event. He then took 1030 on a 2nd attempt, and had it moving, but it fell forward, out of the groove. On his final, stunning attempt he went to 1049 lbs., and was bringing it down, when his shirt began to rip and the spotters took the bar. Weighing a huge 351, Scot basked in the glory of the moment and then set out to prepare to run his Bench Press Classic the next day at the neighboring Fit Expo facility.

# Tiny Meeker Goes 942 @ 308!

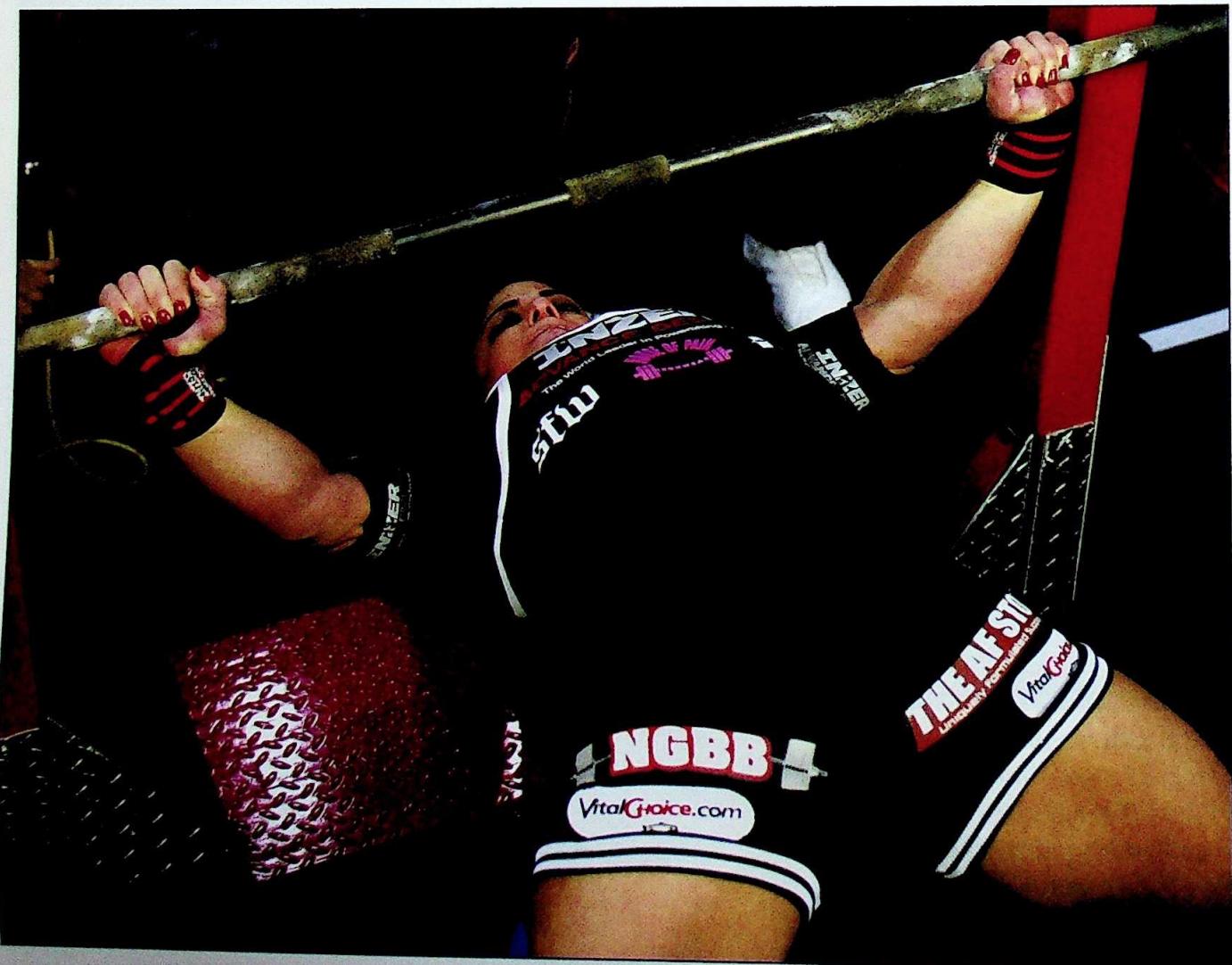
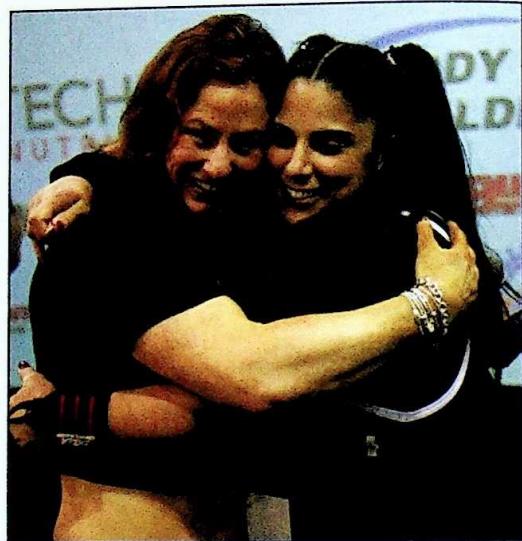
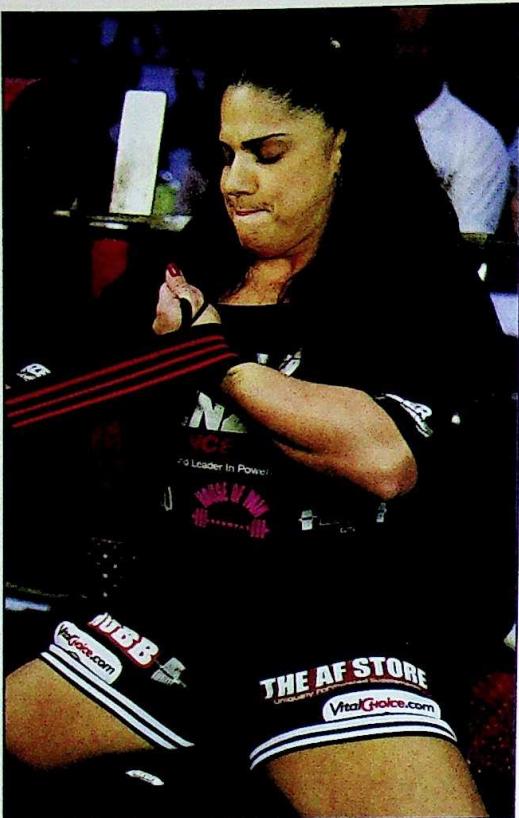
Paul "TINY" Meeker, 5' 9" and 307.5 lbs., opened his bench efforts at the Scot Mendelson Bench Press Classic at the Fit Expo in Pasadena, CA with 887, a successful PR. Missing at 916 on a 2nd, he boldly jumped to 942, and drove the weight up smoothly. After some confusion about the rack signal was resolved, the lift was approved 2-1. This makes Tiny the heaviest triple bodyweight bench presser in history, along with the all time record in the 308 lb. class.



**The Brotherhood of the Bench ...** Scot Mendelson challenged Tiny to break his own all time record, as well as coaching several other lifters to PRs. Both are reportedly going to the WPO Bench Bash at the Arnold Classic. Tiny plans to bust 1000 lbs., drug free, sometime during 2006.

# Kara Bohigian Blasts 430!

Despite having her knee in a brace, Kara "BENCH PRESS BARBIE" Bohigian went up to the 165s and added a new dimension to the lift .. you've heard of wide stance squatting, and wide stance deadlifting .. now it's wide stance benching. With her grip at the max and feet widely flared to the sides, she opened with 374, and went 402, 418, and - after a brief delay - hit a fabulous 4th attempt at an all time world record of 430, all of which were smooth, solid, and easy, earning the sincere congrats of M.C. Shawna Mendelson.



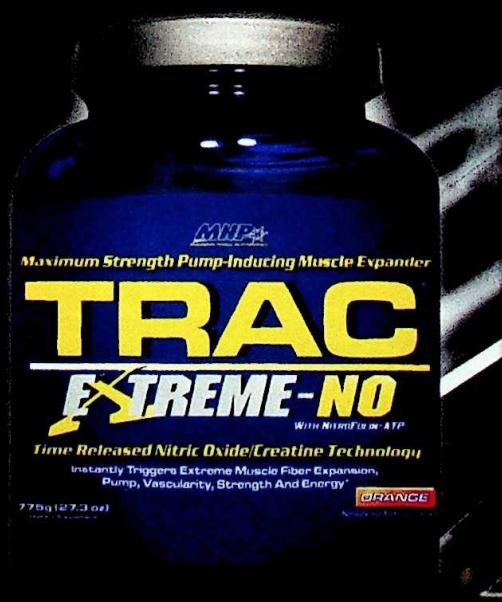
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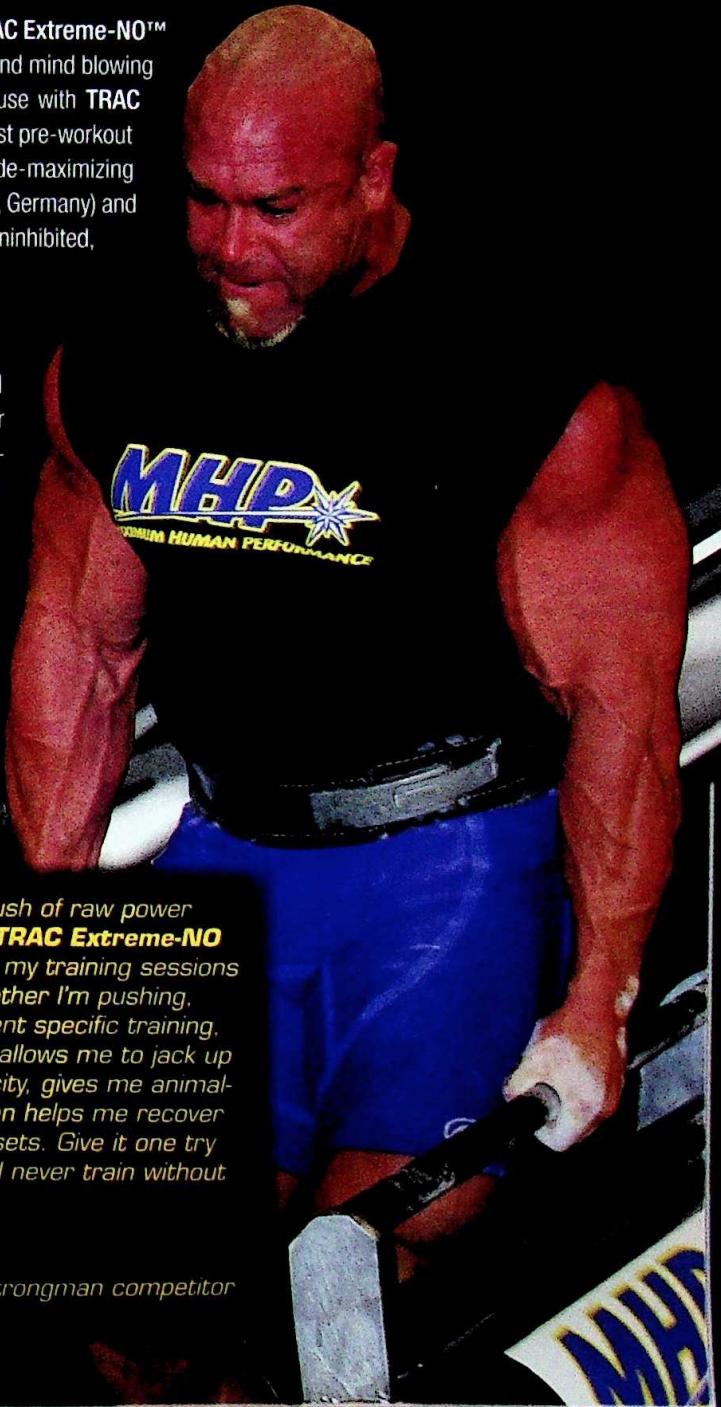
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*Jon Andersen  
- Top-ranked pro Strongman competitor*



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# TRAINING

## WESTSIDE BENCH PRESS PROGRAM as told to Powerlifting USA by Louie Simmons

I am frequently asked to write personal workouts for a fee. However, I don't have the time to do this. Westside makes training tapes on all matters of training. Plus, I write articles for Powerlifting USA almost monthly. This way we can reach a large audience. Besides not having the time to do personal workouts, if I can't see you in person, I can't tell your weaknesses, which could be a muscle group or bad form.

It takes years to learn the powerlifts. After 13 years of training, I realized I knew very little about it, even after making Top 10 lifts in all categories from 1972 to 2002.

I was eighth in the bench press in 1980 without a bench shirt, so I know how to raise a raw bench. I was sixth in 2002 with a bench shirt, but very weak. Shortly after that, I received a new shoulder socket, bicep surgery, and a second shoulder operation.

I started to understand bench

press training in 1993 after 23 years of continuous training. Back then, Westside had three 600 pound benchers, all juniors. Now, after 25 years, I am beginning to understand more fully how to bench. As of 2005, Westside has produced 16 700+ benchers and one 800+ bencher. In addition, 25 650+ benchers, with the lightest being Jason Fry, who did 650 at 180 pounds.

### 6 WEEK GENERAL PROGRAM

The following is a 6 week general program that Westside follows. Incidentally, all the men I write about, train at Westside. Anyone is welcome to visit. Just set up a date, as we are not open to the public.

Speed work, or the dynamic method, will develop a fast rate of force. Maximal strength comes from special exercises. On Saturday, or Sunday, do speed work. After a good warm up, do 9 sets of 3 reps. John Stafford's bench is 733 at 275. his weight on the bar

is 205-225. This is 45% of his 1-rep max on floor press. This formula works for everyone. The grips are 3 sets with the index finger touching the smooth part of the bar, 3 sets with the thumbs extending from the edge of the smooth part of the bar, and 3 sets with the little fingers on the power ring. You must use mini-bands or 2 or 3 sets of chains, Westside style.

This simple method will build all major muscle groups. Press the bar in a straight line, not over the face. This is the safest way to bench, and remember, the shortest distance between two points is a straight line. Lower the bar as fast as possible to create a strong stretch reflex for reversal strength. Your speed with your worst grip should be at least 0.7 meters/second.

After benching, choose a bar triceps exercise -- J.M. Press, straight-bar triceps extensions, or football bar extensions -- 3-6 reps per set, working up as heavy as possible on that particular day. Then choose a second triceps exercise with dumbbells, e.g., extensions with elbows out to the sides or roll-backs with palms facing, working up in weight, or choosing a weight and do multiple sets. Dumbbell reps are in the 6-12 range, 40-70 total reps. The triceps are the prime bench press mover. They must fire first. To do that, they have to be the strongest muscle group. At the first sign of staleness, change the barbell or dumbbell exercise or both, so progress can continue throughout the year.

Next, do lat work. Again, choose one or two exercises: barbell or dumbbell rows, chest supported rows, lat pull-downs, etc. Your lats help place the bar on the chest, by helping you to lower the bar. Reps and sets, as for all exercises, are based on your level or preparedness.

Last, work the side and rear delts, upper back, and biceps with hammer curls. Do pre-hab work for pecs and rotators.

On max effort day, work up to a max single. It may not be an all-time record, but it must be a current max doing sets of 2 or 3 reps with weights about 90% known as the

method of heavy efforts. Please remember, the volume is high, but the intensity can be higher. If you train at 85, 90, or 95%, you are really only using 85, 90, or 95% of your muscle potential, not 100%. Your technique must be built by singles.

Limit the top lifts, after a good warm up, to 3. The first weight should be at 90% or so, the second near a record or just above, then possible one more single. For example, for a floor press record of 500 pounds, the first attempt might be 450, the second 490., and the last, 505.

This workout should occur on Wednesday. This allows 10 days off heavy weights before meet time. This also is 72 hours from the last extreme bench workout.

I will now outline a 6 week program. The sequence can change to fit your preference, and you can add or replace the core exercises in this program.

**Workout 1:** Do floor press with 200 pounds of chain draped over the sleeve. Next, add weight to the bar until a max on that day results. George Halbert' best is 445 with 200 pounds of chain. This is how George works up to his best:

135 plus chains for 5 reps  
225 plus chains for 3 reps  
275 plus chains for 3 reps  
315 plus chains for 1 rep  
365 plus chains for 1 rep  
405 plus chains for 1 rep

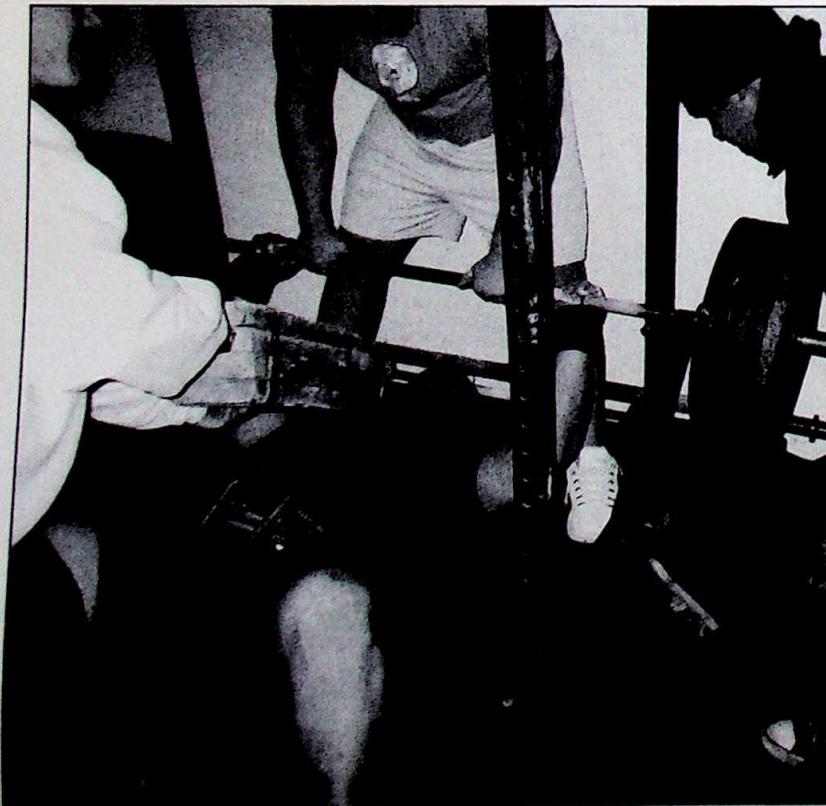
Try a new max or the most on this day. Then, as a speed day, do triceps lats, upper back, and rear and side delts.

A 300-350 pound raw bencher should use 3 sets of chains. A 350-450 pound bencher should use 4 sets of chains, although anyone can use any amount of chain to set a record. If you use two different grips with all three chain weights, you have five workouts to choose from.

**Workout 2:** Do overhead band presses, or the lightened method, by attaching a Jump-Stretch band at the top of a power rack. You can reduce the weight at your chest by 155 with a strong set of bands. A medium set will reduce the weight at your chest by 95 pounds. A light set will reduce the weight by 65 pounds. After warming up, work up to a max single.

My personal records were 580 with strong bands and 520 with medium bands. This was right on with the 60 pound difference between the band strengths. Amy Weisberger has a 370 bench and mostly uses the medium and light bands.

This is very close to duplicating the value of a bench shirt without using one. Get a PR with a close grip and a wide grip with three different band strengths and two different grips. This represents five completely different workouts.



Inside Westside ... Amy Weisberger handles the boards as Matt Smith trains the bench press. (this photograph provided by the courtesy of Randy Bumgarner)

Always follow with triceps, lats, upper back, and rear and side delts.

**Workout 3:** do football bar presses. This bar allows the palms to be facing each other. We work up to a new PR for 3 reps or a 1 rep max. The bar has different width grips to choose from: close, medium and wide. We use it by itself or with mini-bands, light bands, or a set(s) or chains. During the workout, at least two grips are used. This bar works the triceps hard. Then flat, incline, or decline presses are done the J.M. Press is performed at times also duplicating the groove of a bench press shirt. It is very effective, although it hits the triceps very hard. You must again work extensions with dumbbells, with the elbows in or the roll-back variety. Then do lat work. Always rotate exercises that work the same muscle groups, but in a slightly different way. Last, do upper back, rear and side delts, and hammer curls.

Again, look at the possibilities: two different band tensions, three chain weights, and three grips to choose adds up to eight different workout PRs to break.

**Workout 4:** Do illegally wide benching. Take a grip outside the power ring, wider than allowed at a contest. Work up to a max 6 reps. I got this from Bill Seno, a great bencher and bodybuilder from the 1960s through early 1980s. You can also work up to an 8 rep max and even a 10 rep max. This was Bill's intention for me, but I didn't like 8 or 10 reps. It simply took too much energy. Sorry, Bill. But those wide 6s gave me a top 10 bench in 1980. If you never trained for a raw bench, you would never know how to get one. I'm sure Scott Mendelson will have good tips for a raw bench.

On the day after benching, do dumbbells on an incline or decline for several sets. This is primarily a hypertrophy day. Most dumbbell presses are done with palms facing each other. A few sets can be done with the thumbs facing each other because that simulates taking the bar out of the rack. As always, do triceps first, then lats, upper back, and rear and side delts. Note: We don't work front delts directly too often due to over training. I observed that the guys who do a lot of front delts are not our best benchers. As you can see, max effort day can be replaced with a repetition day to increase muscle mass. No one method will work; you must use all proven methods.

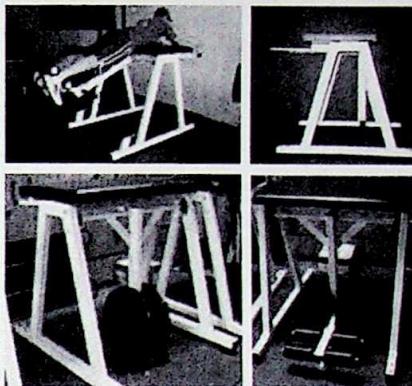
**Workout 5:** Do band presses by attaching bands to the bottom of your neck. You can build a fast start and a strong lockout. A mini-band attached to the bottom of our power rack (see the Bench Workout DVD) will add 40 pounds at the chest and 85 pounds at the lockout. A monster mini-band will add 50 pounds at the chest and 110 at lockout. A light band doubled up at the bottom will add 100 pounds at the chest and 200 at the top.

Halbert, Wolf, and Winters, guys who bench over 600 raw, use medium and strong bands and even multiple bands. Work up to a single. Full range is mostly used, but sometimes we press off power rack pins or boards. Your band tension may vary, depending on how you hook up the bands. Use two grips: a wide grip and also a close grip. This will result in two PRs. Don't forget to do triceps, lats, and so forth.

**Workout 6:** Do board presses. I did board presses in 1970. The Culver City Westside guys were doing them at that time. I got very little out of them. Why? I had weak triceps. Larry Pacifico said I had to work my triceps if I ever was to bench big. He was right. In 1993, Jesse Kellum said I should use them again. Now we were training our triceps very hard. After our success, everyone is doing board presses and everyone's an expert.

Here's the truth about board presses. They are not a tricep builder if you start the lift with your pecs. Many do just that. Start the

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motion with the arms. I watch a lot of people do board presses thinking that they will build a strong lockout. I saw people do board presses with bench shirts continuously, and two

of them lost their lockout at the meet by 60 pounds. The others were not Top 10 benchers anyway. Remember, the bench is a full range motion. Maybe this is why so many dump the bar on their belly, not practicing full range motion.

The workout is simple. After a warm-up, work up to a max single. One, two, or three boards are used at Westside. Four and five boards are for isolating the triceps.

There are exercises that build strength and those that test strength. Board presses test strength. Have you ever watched point karate? They always stop the punch just short of the face. Well, I believe the board press does the same thing. I hear what so and so did off a board press, only to go to the meet and be unable to touch their chest. I think his name was Curly or Moe. Or maybe it was Larry. But who cares? What a stooge!

These workouts give you a wide variety to choose from. Mix and match any way you want. See you at the meet.

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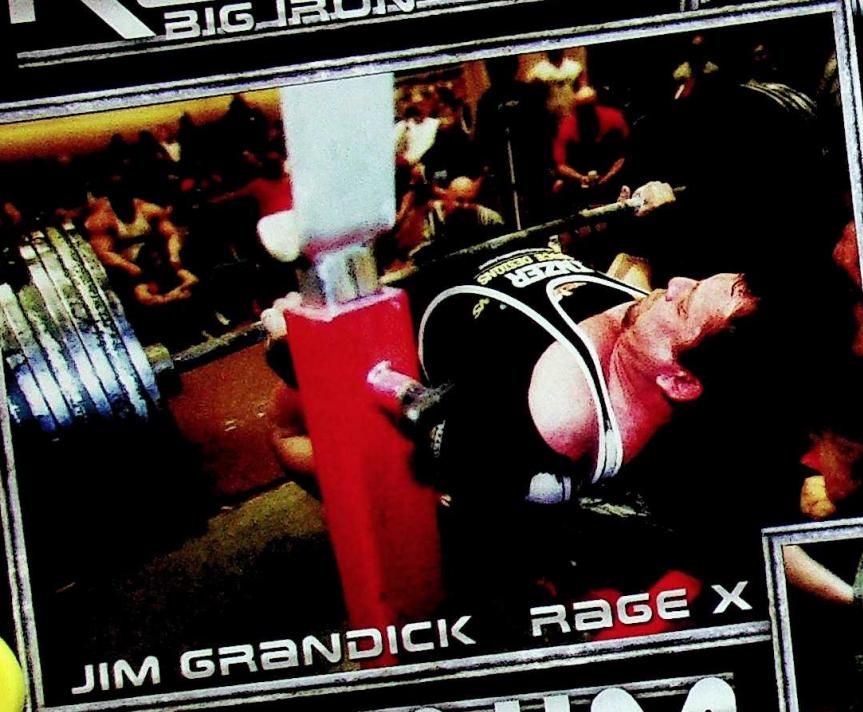
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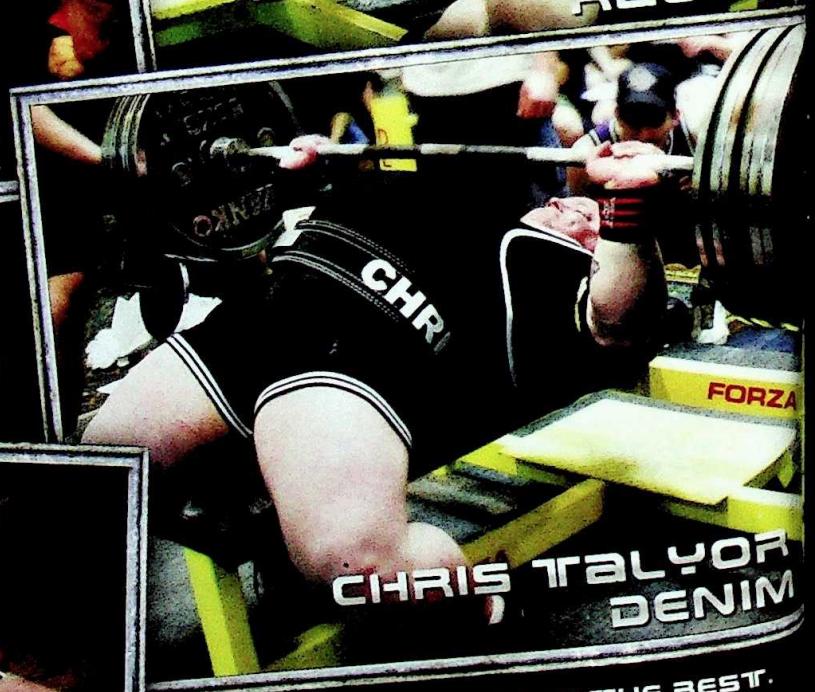


JIM GRANDICK RAGE X

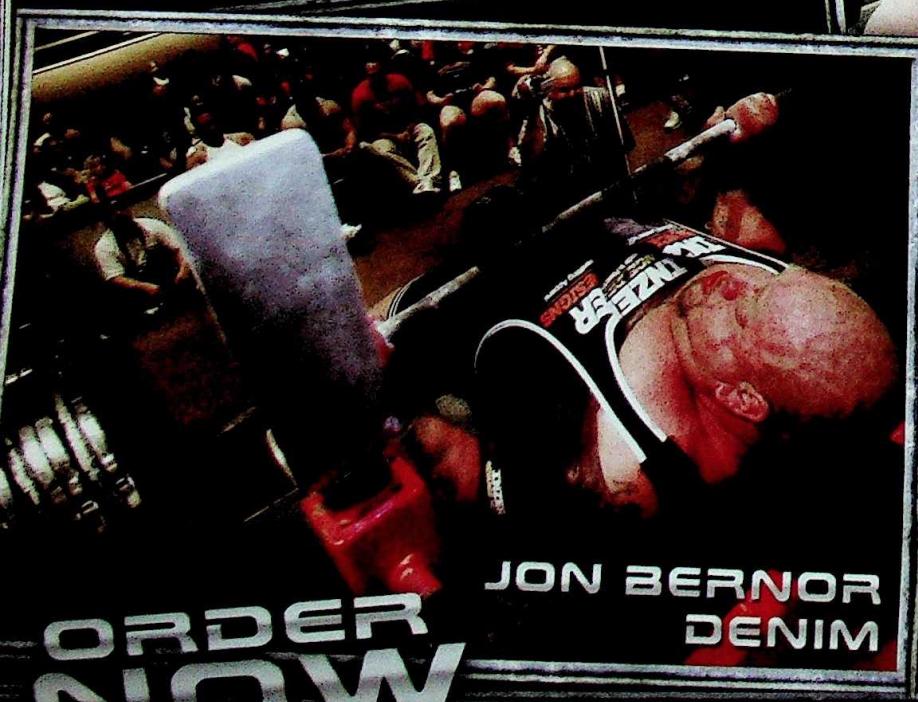
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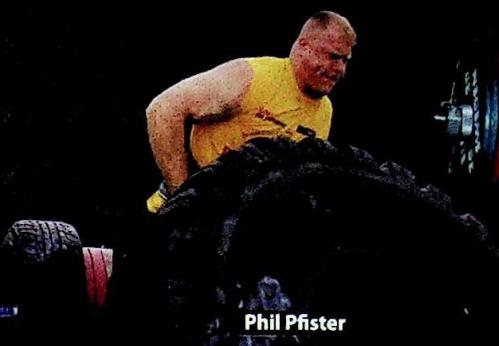
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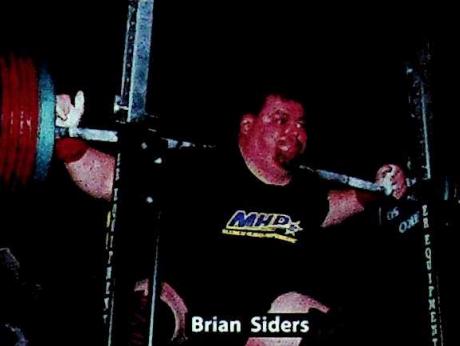
# The Nutrition Breakthrough Behind The Strongest Men in America!



Mark Philippi



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Brian Siders

To get strong, you have to eat big. So, how do strongmen and powerlifters Mark Philippi, Phil Pfister and Brian Siders pack on the mass to hit their mega-human strength lifts? How can you do it, too? Heavy training, of course, but nutrition plays an equally important role... more specifically, dense nutrition, as now provided by the ultra dense calorie power food... **Up Your MASS™**.

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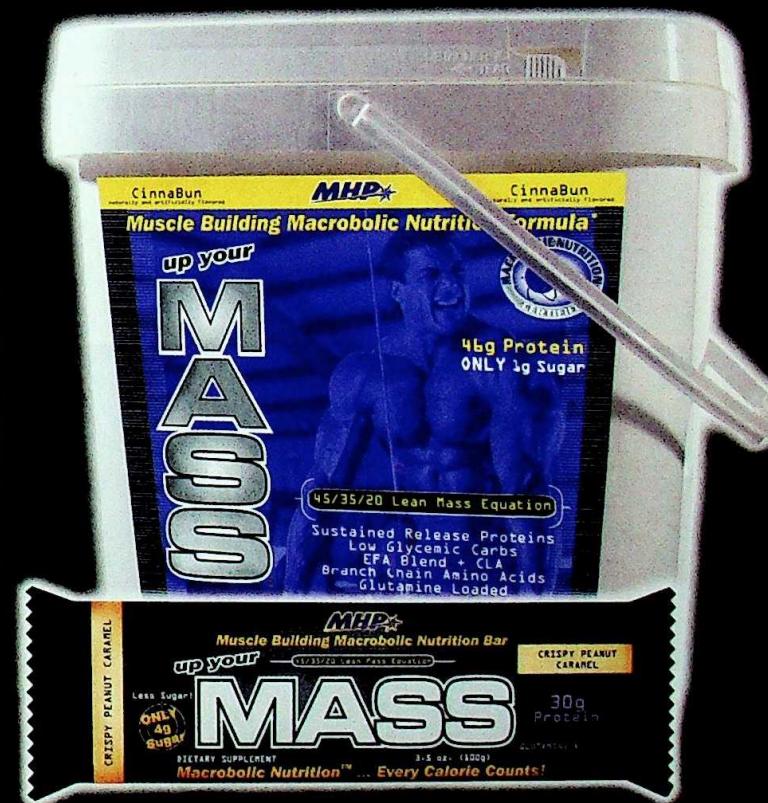
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**Slow Carb™ Glycemix LGI® Carbohydrates:** Made from oats, barley and other energy-rich complex carbohydrates, this precisely formulated low glycemic carbohydrate blend is 'muscle sparing' and fuels you throughout your training session. And while other so-called "weight gainers" are loaded with sugar and maltodextrin, which have a fat-promoting effect on the body, each Up Your MASS shake has no maltodextrin and less than 1 gram of sugar. With Up Your MASS the weight you gain is All Muscle!

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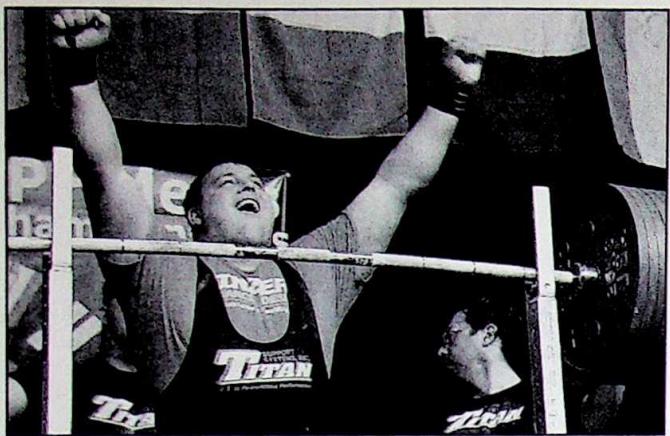
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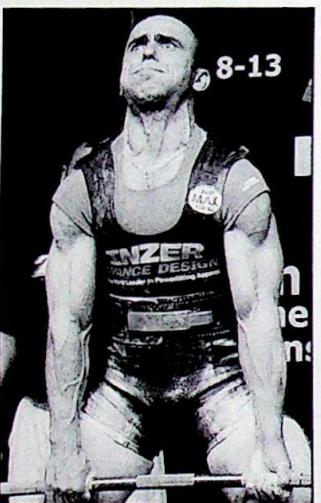
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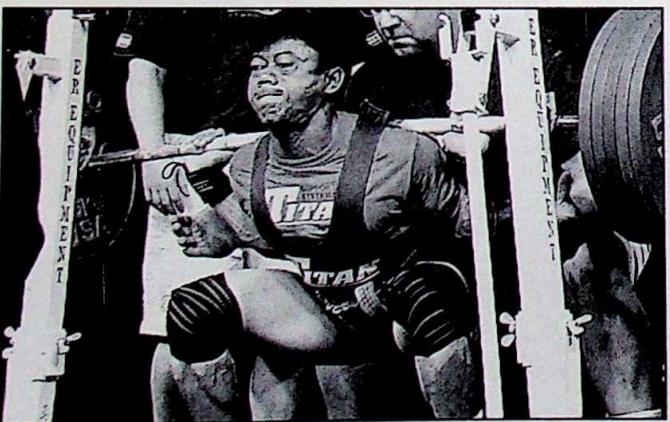
**Bondarenko ... the Russian won the Superheavywt. title with 2436**



**Ervin Gainer Sr. didn't get a DL**



**Olech of Poland ... 700 @ 148.**

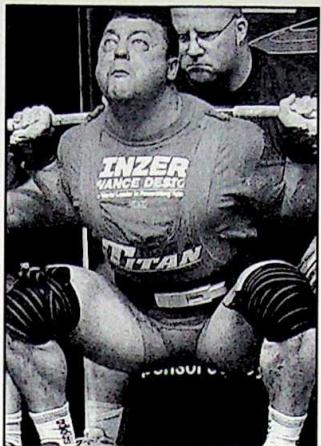


**Sutrisno of Indonesia - 1636 as a Featherweight, an IPF world record**

### IPF 35th Open Men's World Championships 8-13 NOV 05 - Miami, FL

114 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
Romanov-RUS	474	474	496	286	308	319	396	418	440	1256
Hsu-TPE	385	385	402	231	242	248	440	463	485	1135
Burlyev-UZB	374	374	402	198	220	226	352	374	418	1047
Gainer, Sr-USA	396	413	413	264	286	291	474	474	474	—
123 lbs.										
Pavlov-RUS	529	554	551	385	407	407	463	485	507	1422
Holloway-USA	496	518	518	292	303	303	507	540	556	1355
Isagawa-JPN	446	468	479	374	394	396	485	501	512	1355
Lu-TPE	507	507	507	253	264	270	529	556	584	1328
Kondo-JPN	451	485	485	352	374	374	451	485	507	1322
Wszola-POL	507	507	534	349	319	330	418	446	463	1311
Hu-TPE	463	496	507	209	226	—	507	529	540	1245
Kolsovsky-SVK	407	429	440	319	336	336	319	341	352	1069
Beltran-COL	264	297	330	209	220	220	330	352	374	859
Elkomri-EGY	330	330	330	220	242	253	363	385	396	—
Lited-FRA	451	474	—	270	281	270	507	507	540	—
132 lbs.										
Sutisno-INA	584	617	628	396	418	418	554	551	589	1636!
Andryukhin-RUS	573	595	606	352	369	369	551	584	606	1559
Hsieh-TPE	551	562	562	374	407	407	573	573	644	1499
Washington-USA	529	573	584	319	336	336	496	529	545	1438
Forsman-SWE	463	485	485	347	347	369	418	440	499	1273
Tinebra-FRA	440	463	474	281	292	297	429	446	463	1212
Castiblanco-COL	352	352	352	209	220	234	363	385	407	—
148 lbs.										
Olech-POL	639	683	705	407	407	424	628	661	677	1785
							4th-DL-318!			
Kazakov-RUS	683	705	716	474	496!	512!	507	540	556	1785
Selberg-SWE	595	617	628	429	440	446	507	523	534	1592
El Belghitti-FRA	540	573	573	319	330	341	606	666	683	1548
Oishi-BRA	551	578	584	363	385	396	551	573	595	1510
Noppers-CAN	507	534	540	325	341	374	584	622	646	1466
Chiu-TPE	485	516	—	308	330	352	584	589	617	1433
Andersen-DEN	496	518	545	330	352	363	496	496	529	1405
Cevallos-ECU	562	584	584	341	363	363	474	507	507	1377
Ito-JPN	485	518	518	319	330	336	507	507	529	1361
Nagao-JPN	507	529	551	319	330	330	485	507	529	1355
Mihok-SVK	485	507	523	308	330	330	474	496	496	1333
Kepczynski-POL	485	512	534	286	303	308	496	496	523	1311
Ruso-CZE	518	518	518	231	231	231	440	496	512	1262
Rodriguez-PUR	440	446	463	237	237	248	451	501	545	1179
165 lbs.										
Furazhkin-RUS	694	716	—	463	485	496	672	694	705	1907!
Hooper-USA	711	727	—	485	485	44	573	606	639	1840
Spychala-POL	617	639	639	385	402	413	628	639	644	1675
Fukuda-JPN	595	639	666	363	380	394	573	606	622	1670
Nieminen-FIN	578	595	595	380	396	413	639	672	683	1664
Leitner-AUT	551	573	584	358	374	380	578	600	617	1581
Summers-CAN	556	578	578	385	407	424	556	578	595	1559
Rozales-PHI	507	540	551	440	451	451	518	545	562	1543
Kean-CAN	534	556	556	402	418	429	518	545	556	1532
Pall-EST	507	529	529	330	347	347	540	573	666	1449
Muir-AUS	542	529	551	330	347	352	562	595	595	1444
Koitka-AUS	485	501	518	330	341	352	529	551	573	1422
McCormack-NZL	529	529	529	363	380	394	485	496	507	1405
Elkenany-EGY	440	463	474	374	396	407	440	463	485	1311
Marlines-PUR	418	446	446	253	275	275	540	584	584	1212
Hernandes-PUR	418	440	490	319	330	330	418	474	474	1179
181 lbs.										
Bogdanov-RUS	694	716	727	523	545	551	650	661	677	1951
Wegiera-POL	683	716	733	562	584	584	617	650	672	1951
Ricks-USA	666	700	700	451	474	496	666	700	705	1873
Turakhanov-KAZ	666	694	700	396	396	418	655	672	700	1796
Doucette-CAN	556	584	600	479	501	512	606	633	644	1736
Sanchez-ECU	617	650	672	396	407	407	573	600	617	1664
Nurmire-EST	507	529	551	457	457	468	595	628	650	1647
Schnurr-GER	573	617	644	341	358	374	562	606	622	1609
Theuser-CZE	606	628	650	363	363	385	584	584	584	1598
Pardo-ARG	463	507	518	286	308	319	485	529	529	1300
Lopez-PUR	474	512	540	336	336	386	485	529	545	1295
Newton-BAH	314	319	369	231	242	264	352	374	402	953
Ramos-PUR	451	451	451	336	363	394	457	457	490	—
Benvenuto-PER	485	485	485	330	—	—	—	—	—	—
Okamura-JPN	485	540	573	446	451	451	573	573	639	—
Naleykin-UKR	738	760	777	485	507	507	440	—	—	—
Ramsmussen-DEN	374	—	—	407	424	424	—	—	—	—
198 lbs.										
Tarasenko-RUS	760	793	810	507	507	540	705	738	777	2094
Wilk-POL	760	760	793	507	507	529	661	694	716	2039
Romanen-UKR	782	815	827	485	501	518	683	705	705	2039
Verona-KAZ	705	738	755	396	407	413	694	727	744	1912
Turesson-SWE	705	738	738	440	440	451	661	683	700	1840
Kholnazarov-TJK	639	639	639	374	396	418	683	722	760	1818
Green-SWE	661	688	700	424	440	446	617	644	677	1813
Kirketeig-NOR	694	694	744	463	479	490	600	617	633	1807
vd Hoek-NED	628	661	672	463	485	485	606	650	666	1796
Duarte-POR	650	672	683	429	429	429	639	661	664	1774
Recule-FRA	573	606	622	374	396	413	617	661	683	1719
Arakawa-JPN	562	606	628	440	457	457	595	628	644	1697
Araujo-BRA	584	617	647	396	424	424	661	683	727	1692
Hornik-CZE	554	551	647	418	451	468	661	683	705	1686
Jensen-DEN	611	655	677	352	369	380	595	628	644	1675
Butt-CAN	573	595	600	451	468	479	562	589	611	1675
Touma-ECU	617	617	617	418	418	440	595	617	644	1653
Conde-PUR	567	567	567	347	374	402	540	573	573	1482
Yang-TPE	440	661	—	507	529	529	385	551	—	1355
Tibault-ARG	595	617	628	319	319	319	562	—	—	—

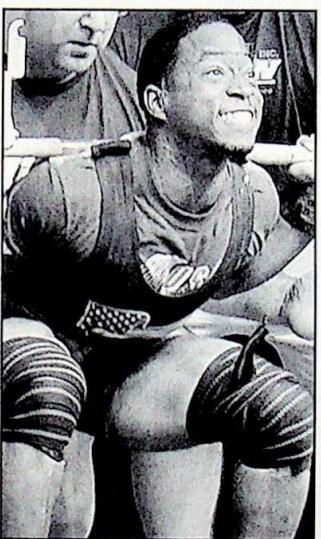
**Wade Hooper - silver medaled for the USA in the Middleweights.**



Tarasenko the Terrible - 198er



Dave Ricks - back in the medals

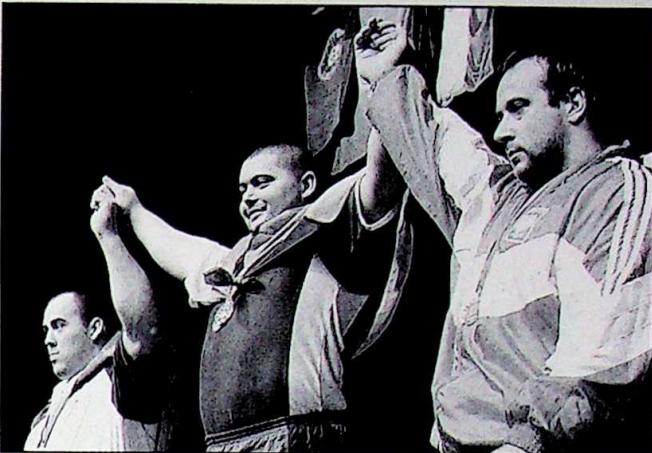


Doc Holloway - 2nd in the 123s

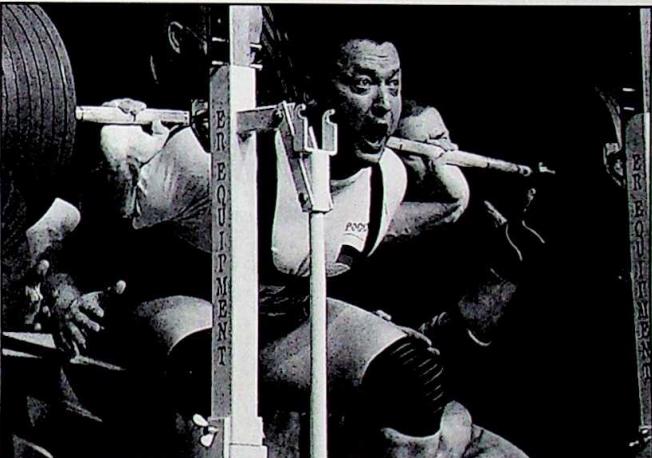


Jason Beck - a 2nd in the 220s.

# IPF MEN'S WORLDS



Yarymbash of the Ukraine - led the way to victory in the 275ers.



242 Champion - Suslov of Russia. (all photographs are by Sioux-z)

Becker-CAN	66+	672	672	—	—	—	—	—	—	—	—
Silbaum-EST	672	672	694	440	440	440	705	727	744	—	—
McInerney-CAY	540	540	540	231	231	231	385	391	496	—	—
220 lbs.											
Freydun-UKR	771	810	832	606	639!	655	749	782	815	2287!	—
Beck-USA	722	755	788	501	529	540	700	738	766	2083	—
Coimbra-LUX	749	777	793	501	512	523	716	738	760	2078	—
Theusser-CZE	716	760	777	474	496	512	639	683	744	1957	—
Weatherbie-CAN	705	749	529	529	545	650	650	650	1884	—	—
Roessen-NED	705	749	766	429	440	451	650	683	—	1884	—
Kurzendorfer-GER	66+	661	716	507	529	534	595	617	633	1869	—
Flood-SWE	639	672	694	463	463	479	661	661	705	1840	—
Gagnon-CAN	738	755	755	429	446	451	595	639	650	1840	—
Djioev-UZB	639	661	683	485	512	534	595	639	664	1836	—
Chida-JPN	628	661	672	507	507	529	562	595	595	1763	—
Dunford-NZL	595	639	661	418	435	435	595	639	639	1671	—
Prieto-ECU	639	672	694	396	396	418	573	595	639	1664	—
Teixeira-POR	562	584	595	374	394	397	639	661	677	1631	—
Dos Santos-BRA	440	485	512!	319	341	352	628	628	661!	1526!	—
Lopez-PUR	529	584	639	275	303	369	440	501	556	1444	—
Brady-CAY	242	242	242	242	242	286	374	451	451	859	—
Johnson-BAH	45+	45+	451	242	270	270	501	501	501	—	—
Succarotte-USA	650	683	705	611	611	639	—	—	—	—	—
242 lbs.											
Suslov-RUS	837	881	903	584	611	622!	771	801	810	2336	—
Fedorchenko-RUS	815	848	865	551	584	600	815	848	870	2314	—
Voroshilin-UKR	793	826	826	529	551	551	771	804	854	2127	—
Harris-USA	749	793	815	485	501	512	727	760	771	2066	—
Salmela-SWE	705	738	738	485	507	518	738	760	799	2006	—
Taksdal-NOR	705	727	738	551	567	573	661	677	688	1984	—
Emberley-CAN	749	771	793	507	523	534	672	683	683	1978	—
Goldin-USA	722	755	755	540	540	562	595	650	700	1934	—
Aguilar-CAN	738	760	760	529	551	551	606	628	639	1896	—
Rodrigues-POR	683	716	738	352	374	385	683	738	755	1868	—
Whyte-BAH	650	650	650	435	463	485	600	650	677	1763	—
Kondo-JPN	617	617	661	440	463	474	551	595	622	1730	—
Minami-JPN	617	628	628	529	551	562	485	507	529	1719	—
Samper-COL	617	617	617	308	314	330	573	573	617	1504	—
Heinila-FIN	771	771	771	573	573	727	793	749	—	—	—
275 lbs.											
Yarymbash-UKR	859	898	925	672	705!	716!	727	749	766	2408!	—
Malanichev-RUS	881	925	959	551	584	606	815	859	859	2392	—

Mirowski-POL    793    826    826    705    705    705    749    749    815    2347  
 Ljungberg-SWE    881    925    942    595    595    617    771    815    824    2309  
 Gayanov-KAZ    793    815    826    573    595    617    683    727    749    2193  
 Pomanu-NZL    793    826    843    540    562    562    749    774    774    2155  
 Cardella-USA    788    821    821    573    573    606    722    749    766    2116  
 Randen-NOR    845    815    837    562    584    584    661    705    711    2105  
 Nicholls-CAN    746    738    760    540    562    573    694    733    755    2044  
 Schroder-GER    661    705    727    540    562    573    672    705    716    1995  
 Wszola-POL    782    815    815    463    485    485    727    749    760    1995  
 Sorig-DEN    760    804    832    485    501    512    650    677    677    1995  
 Hoffman-GER    793    848    848    440    474    474    661    694    716    1962  
 Vaassen-NED    661    705    727    418    440    451    661    705    733    1862  
 Ube-ECU    782    826    826    402    440    468    562    647    647    1813  
 Collart-BEL    683    727    727    463    485    485    573    617    628    1763  
 Conrado-BRA    683    705    738    374    396    396    529    562    578    1664  
 Velasquez-CRC    374    396    418    390    352    374    352    396    418    1190  
 Rui-Nor    793    793    793    551    55    573    —    —    —    —    —  
 275+ lbs.  
 Bondarenko-RUS    903    948    981    606    628    639    826    848    848    2436  
 Midote-JPN    881    914    —    738    738    772!    639    672    683    2336  
 Martikainen-FIN    848    881    881    562    578    589    771    804    810    2270  
 Sandvik-FIN    837    865    876    727    727    744    628    650    661    2270  
 Muravylov-UKR    837    865    865    639    655    666    771    799    799    2265  
 Harris-USA    804    848    848    606    606    644    744    777    810    2221  
 Kondraschw-GER    760    815    815    562    562    595    705    777    777    2061  
 Estrada-PUR    672    727    760    463    485    512    611    661    688    1901  
 Rolle-BAH    600    711    711    396    396    396    600    639    639    1598  
 Zambrano-COL    606    606    611    374    374    407    529    562    606    1581  
 Dewey-CAY    396    396    396    275    330    407    396    440    507    —  
 Svensson-SWE    738    738    738    741    711    733    639    —    —    —  
 !=World Records. Nation Points: 1st-Russia, 72 pts., 2nd-Poland, 51 pts., 3rd-USA, 49 pts., 4th-Ukraine, 46 pts., 5th-Sweden, 37 pts., 6th-Chinese Taipei, 33 pts., 7th-Japan, 32 pts., 8th-Canada, 27 pts., 9th-Finland, 21 pts., 10th-Kazakhstan, 20 pts., 11th-France, 13 pts., 12th-Germany, 13 pts., 13th-Indonesia, 12 pts., 14th-Czechia, 11 pts., 15th-Norway, 11 pts., 16th-Ecuador, 10 pts., 17th-Uzbekistan, 9 pts., 18th-Brazil, 9 pts., 19th-Luxembourg, 8 pts., 20th-Netherlands, 8 pts., 21st-Puerto Rico, 8 pts., 22nd-New Zealand, 7 pts., 23rd-Tajikistan and Austria, 5 pts., 25th-Estonia, 5 pts., 26th-Denmark, 5 pts., 27th-Slovakia, 4 pts., 28th-Colombia and Bahamas, 4 pts., 30th-Philippines, 3 pts., 31st-Portugal, 3 pts., 32nd-Australia, 2 pts., 33rd-Belgium, Cayman Islands, Egypt, Argentina, and Costa Rica, 1 pt. Champion of Champions: 1st-Sutrisno Bin Darimin, Indonesia, 635.2 pts., 2nd-Freydun Ivan, Ukraine, 632.46 pts., 3rd-Olech Jaroslaw, Poland, 629.04 pts.



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## HOW TO KICK ASS IN A ONE CAR GARAGE

I'm not going to write an introduction on why commercial gyms aren't the best equipped or the best atmosphere for powerlifting. It's been beaten to death and we all know it's true. So instead of trying to get you all worked up on another 'Sick of Your Gym' rant, I'm going to tell you how we, The Confederate Barbell Club, did it.

The Confederate Barbell Club was located in Lexington, Kentucky. It began when Kevin Deweese, Jason Adams and I got together and started plotting how the hell we were going to train without the aid of the University of Kentucky. We were used to the plush equipment and temperature controlled atmosphere that the UK gave us. We traded this in for a small, sometimes unpleasant one car garage. I wouldn't have done it any differently.

### The Set Up

Jason rented a one car garage in his apartment complex and this soon became our home. This is what we outfitted the garage with in the beginning -

- Power Rack
  - Dumbbell Bench (to be used inside power rack)
  - Modified Glute Ham Raise (Jason got this at a garage sale and we had to modify and weld the hell out of it; we actually used the wall as a footplate for awhile)
  - Olympic Dumbbell Handles
  - Texas Squat Bar
  - Texas Power Bar
  - Lat Pull Machine
  - A ton of weight
  - A lot of chalk
  - Bands
  - Chains for benching/squatting
  - Chains for suspended good mornings
  - 2, 3, 4, 5 boards for board pressing
  - A couple of vats of liniment
  - Fan
  - Space Heater
  - Sled
  - Stereo
  - Various lat pull handles
  - Plyo box that UK threw out that we commandeered for box squatting.
- Eventually we added these pieces:
- Pro Reverse Hyperextension
  - Power Bench Rack (2x2)
  - Glute Ham Raise
  - Safety Squat Bar
  - Rackable Cambered Squat Bar
  - Jump Stretch Sumo Platform

For those just starting their own place, you really only need the basics. I would start with the following pieces:

- 2x2 Power Rack
- Box Squat Box
- 2, 3, 4, 5 boards
- Chalk
- Flat Dumbbell Bench
- Texas Power Bar
- A lot of weight

After you have this initial set up, I would look into the following pieces. Having talked to hundreds of people that have set up their own home gyms, these are the more popular items that they get to complete their weight room. Remember that some of these are going to be dependant on space or lack thereof.

- Glute Ham Raise
- Reverse Hyper
- Lat Pulldown machine (and some attachments; usually the DD handle, a triceps rope, and a straight bar)
- 45 degree back raise
- Dumbbells or dumbbell handles
- Specialty bars (these include the safety squat bar, rackable cambered squat bar, squat bar, deadlift bar, cambered bench bar)
- Monolift (this can be done!)
- Bands (I recommend getting the band pack as it's probably your best deal)
- Chains (For most lifters, a complete set of chains and one extra pair of the 5/8" chain will work well)

If you have these things, you are well on your way to building your own gym. From there you can expand based on your needs and the space that you have.

So the big pieces in our weight room were the rack, the GHR, the Reverse Hyperextension, the bench rack and the lat pulldown. These 6 items took up the most floor space and everything was stacked around it. During the summer, to make more space, we would move the GHR outside. While this setup seems (and it was) very cramped, it was actually a good thing. Because

we were in tight quarters, everyone was forced to be attentive to each other; coaching form, spotting and giving encouragement. There wasn't an option to wander around and do nothing. Also, because there wasn't a lot of space, whatever max effort lift was being done, everyone did it. It wasn't like one person could do cambered bar good mornings and someone else would be doing box squats or some kind of pull. This also gave us a sense of camaraderie and teamwork. Even during our assistance lifts, there wasn't much deviation from the pack.

So how did we set all this up and make it work? The first thing that Jason did was lay plywood down, covering the entire garage. He stacked 2 (two)  $\frac{3}{4}$  in. pieces of plywood on top of each other. To this plywood, we bolted the power rack, the Reverse Hyperextension, and the Power Bench Rack. Inside the squat rack we stapled thin carpeting. This can be found at any Home Depot and is relatively cheap. We did this to give us traction for squatting and pulling. Carpeting is

the best option for squatting as there is almost no chance of your feet slipping. But it must be thin so as not have too much cushion. I think that we had to replace the carpeting after 6 months of constant use. We also carpeted the area in front of the Power Bench Rack so our feet wouldn't slip on the plywood. We also had an area in front of the squat rack with carpeting for doing pulls.

A word of warning: be sure you have a good layout in your gym BEFORE you bolt anything down. You might look into some feng shui for some tips on setting your weight room up.

### Important points:

- Lay down plywood and screw your equipment down.
- Use carpeting where you are going to place your feet.

### Handling the Weather

Living in Kentucky isn't too bad in the summer or the winter, but it's not like its Hawaii. For the summertime, you must open up the garage door and you must have a fan. Between sets, I recommend going outside for some extra air; it's always cooler out there. You must have a lot of water and Gatorade. A few towels to wipe off the sweat from the bench aren't a bad idea either.

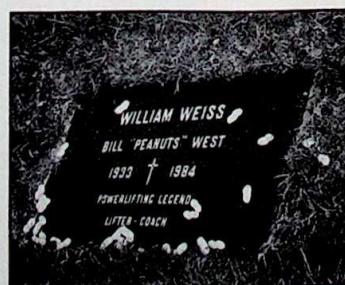
As bad as the warm weather is, nothing can compare to the winter time. The first thing we did was insulate the garage door. This helped quite a bit. A space heater was also gold. It may take awhile

Speaking of 'One Car Garage Gyms' perhaps the most famous such gym in the history of powerlifting was at 4227 Neosho in Culver City, California, which was the residence of Bill "Peanuts" West. As documented in the pages of Joe Weider's *MUSCLE BUILDER/POWER* magazine, some of the greatest strength athletes in the world during the 60s and '70s trained in this tiny facility, and developed not



Bill 'Peanuts' West at the 1969 Sr. Los Angeles contest, spotted by George Frenn, from the Westside Barbell Club, one car garage gym.

only extraordinary physical power, but also some highly innovative training techniques. "Peanuts" was honored, over 20 years after his tragic passing, with a memorial marker installation ceremony at Holy Cross Cemetery on February 4th, 2006. Contributions for the marker had come in from all over the sport of Powerlifting. Actor (and Elder at the Crystal Cathedral) Robert Doqui made a very moving statement about



Bill loved his "namesake" and those at the memorial marker ceremony made sure Mr. West got one last peanut from each of them.

to heat up, but it's well worth it. Make sure you dress appropriately and actually do a warm-up.

#### Important points:

- Get a space heater.
- Get a fan.

#### The Training

So how the hell did we train in here? The most people we could handle at one time were about 4. We've had more than that and it became a nightmare. Because we all did the basic 4 day WSB split, there wasn't a lot of guessing on what we would do on each day.

At the time, none of us had families, so our scheduling worked out fairly well.

**Bench Press:** The biggest challenge that we had to face when training the bench press was not max effort or dynamic work; it was the assistance work afterward.

Because we had limited space and equipment, our assistance work centered on a few key movements. **Shoulders:** Standing Military Press: This was easy to set up and easy to move through quickly. This was probably the main movements for shoulders.

**Incline Press:** All we had was a flat dumbbell bench so we had to raise the end of the bench (using boxes and cinder blocks) to make an incline bench. This wasn't that big of a deal once we learned the correct combination. Because of space, if someone wanted to do these you could not do military presses or dumbbell bench presses.

"Peanuts" as did all who were present at the proceedings, which were organized by Bill Ennis and his wife Evelyn. A record breaking squatter and national champion, Bill West influenced thousands through his coaching, training insights, and charismatic personality. To the Powerlifting community, he had been lost, for many years, but now he has been found again. As the ceremony began, one final couple trudged up

#### Dumbbell Bench Press/Incline Press:

We did have Olympic dumbbell handles but when training in a group of 4 guys, this can be a huge pain in the ass to change the weights. If one of us were going to use the dumbbell handles, only one other guy usually trained with him. As a side note, when using Olympic dumbbell handles for bench pressing or incline pressing do NOT use spring collars. These will kill your legs when you set the dumbbells on them. I highly recommend using some kind of flat, simple collar that doesn't stick out too far. Also, make sure that it's very strong and tight. The last thing you want is the plates falling off and tearing your shoulder or smacking your head. This was not a big part of our shoulder training arsenal.

**Triceps:** We did some pin lockouts but stuck to doing 4 and 5 board presses with and without bands. We rarely did extensions. Not because we didn't have dumbbells but because they didn't work very well.

**Lats:** We did have a lat pulldown machine but it wasn't the best and it was a little shaky. For the most part, we did a lot of dumbbell rows, bent over rows and pull ups for our lat work. We also didn't have a chest supported row machine, which is my favorite lat movement. A couple of times we would incline the dumbbell bench and perform chest supported dumbbell rows on it. This is a great movement and I highly recommend it. Another great way to do pulldowns is to

attach two bands to the top of the power rack, sit on the ground and tug away. Our rack was about 7 feet tall, so average bands worked well.

**Upper Back:** For upper back work, we stuck with band face pulls, rear laterals (holding plates, not dumbbells), seated DB cleans (we also held plates when doing these). This wasn't too much of a challenge.

#### Important points:

- The standing shoulder press, bent over row and pull-up are your friends.
- Olympic dumbbell handles are great, but can be hard to divvy up amongst friends.

#### The Squat/Deadlift Dynamic Squat

The big day for us was Friday. This was the start of the weekend but only after we got done squatting. Because we had only one squat rack and four guys, we all would take a turn squatting. We never had a set order; we went when we felt good. But here is how we did this:

- One guy squatted, two guys spotted/changed weights, one guy warmed up (this means dynamic flexibility work, glute ham raises, abs, etc.) and helped coach. Everyone was very involved in each other's workout.
- The lifter never did anything but lift; he did not change weights, chains or bands.
- Someone always watched the clock.

• There was constant coaching and positive and negative feedback.

- Once you were done, you remained as a coach. You could still do some assistance work during this time.

• After everyone was done squatting, hamstring, low back and abdominal work was done. If the weather wasn't bad, we brought the GHR outside to give us more room. 99% of our assistance work involved the GHR, the reverse hyperextension and weighted sit ups.

- After all training sessions, there was a lot of talking. We bounced ideas off of each other and learned a lot of great information. This is the male version of the beauty salon.

#### Max Effort Squat/Deadlift

Because of the tight quarters, everyone did the same max effort lift. We never mapped anything out, but the

majority of our max effort work was:

- Cambered bar box squats
- Safety squat bar box squats
- Cambered bar suspended good mornings
- Deadlifts off elevated platform
- Rack deadlifts

These 5 lifts comprised the majority of our deadlift training. Again, we always had three spotters during the lift for safety and for coaching.

We also had a dry erase board in the gym that had all of our max effort lifts on it so we always had an accurate record.

#### Assistance lifts

Because we had a reverse hyperextension and a glute ham raise, this made up the majority of our assistance work. We also did a lot of sled work when there wasn't a ton of ice on the street. There is really nothing that we couldn't do, outside of machines such as a Power Squat or leg press, in regards to assistance work for the squat and deadlift.

We were very limited with space, so lunges were certainly not done unless they were done outside.

#### Important point:

- You must work as team.

#### How to Win Friends and Not Get Kicked Out

When we decided to start this gym our initial fear was that we were going to be kicked out because of the loud music and all the noise. So in order to combat this we simply weren't assholes to people. We helped people move into their apartments numerous times. We also befriended the grounds crew and most of the neighbors that were in the general vicinity of the garage. We also made friends with the crazy guy next door who could weld or bolt anything. We developed good relations with just about everyone so when the music or the noise got too loud we were never "turned in". Even the loud sled dragging never became an issue.

#### Important point:

- Don't be an ass and you will be rewarded.

So if you are looking to start up your own garage gym, here are the most important things you need to know:

1. Get a space
2. Use plywood and carpet
3. Account for the weather
4. Get the minimum equipment and expand from there
5. Get reliable training partners

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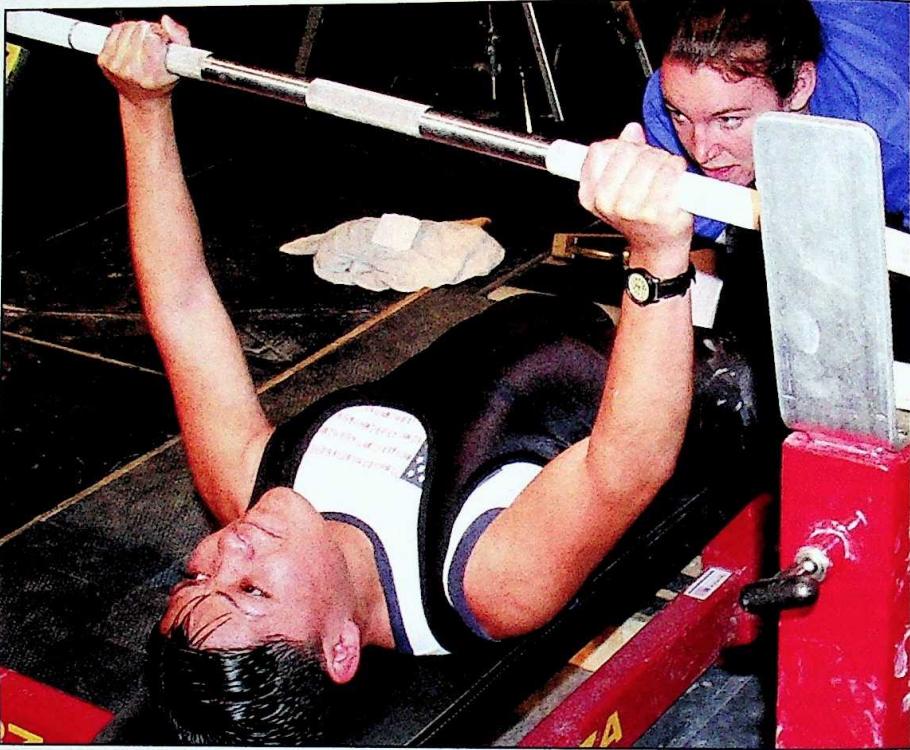


Bill's Hall of Fame certificates from both the California State and the USPF National Hall of Fame were on hand for the event.

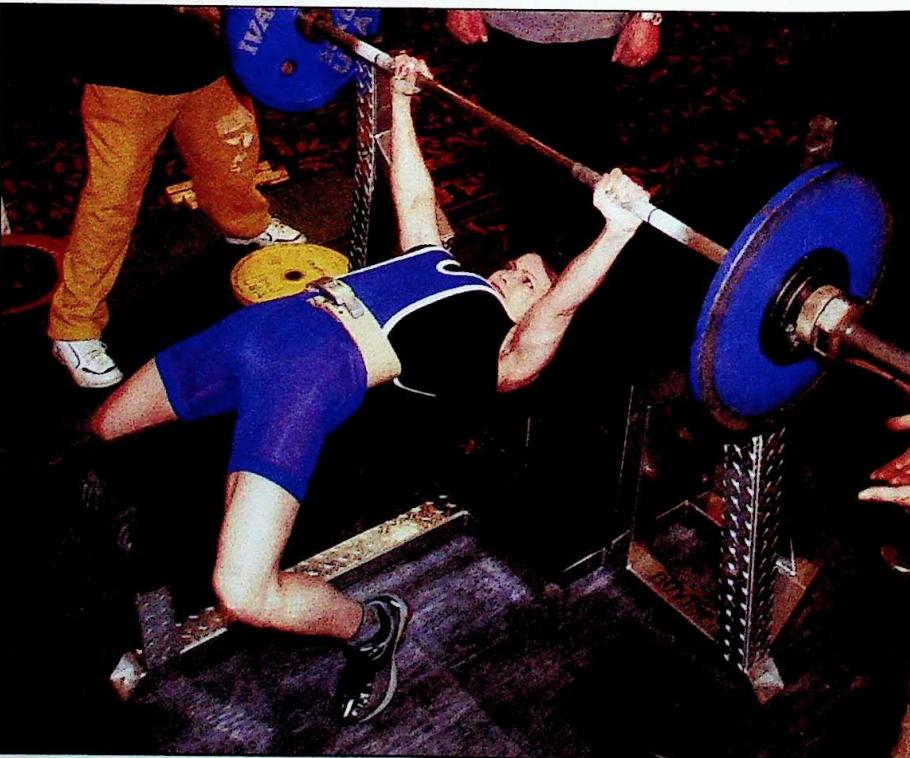


Lynn and Josh West shared a photo album full of memories of Bill "Peanuts" West and his brother Bert with event organizer Bill Ennis.

# MORE PHOTOS FROM THE WABDL WORLDS HELD RECENTLY IN RENO, NEVADA



**Soledad Rosas** was one of the most inspirational lifters at the competition, getting to the platform on a walker, and then proceeding to bench a world class 126 lbs. at 105 bodyweight. (photo provided to Powerlifting USA by CSS Photo Design)



**Christine Moorman** did some exceptional bench pressing at the WABDL Worlds in Reno, Nevada. (this photograph was provided by courtesy of Gus Rethwisch)

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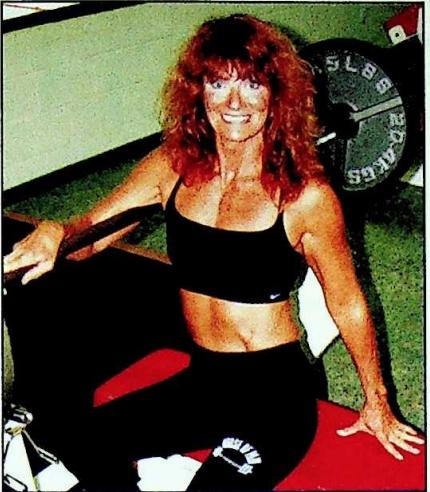
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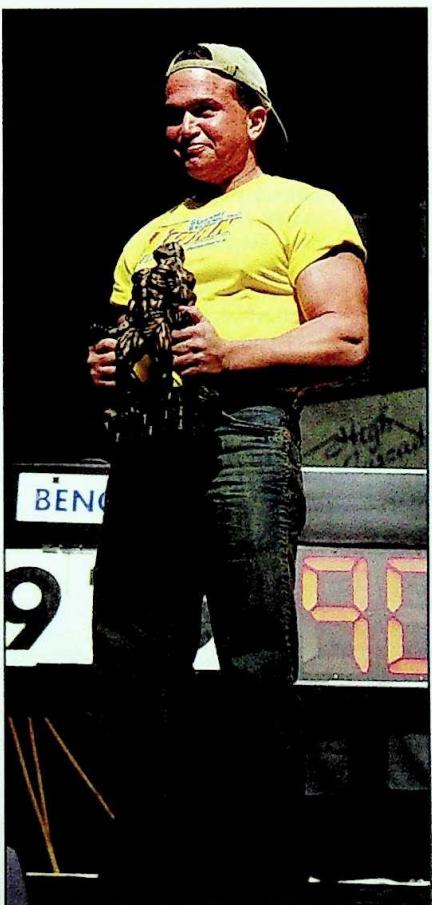
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Betty Lafferty is a terrific example of the benefits of weight training (photograph courtesy of Gus Rethwisch)



Chuck Venturella got a 40-46 Masters 148 lb. world record of 392.3 pounds

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

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

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

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

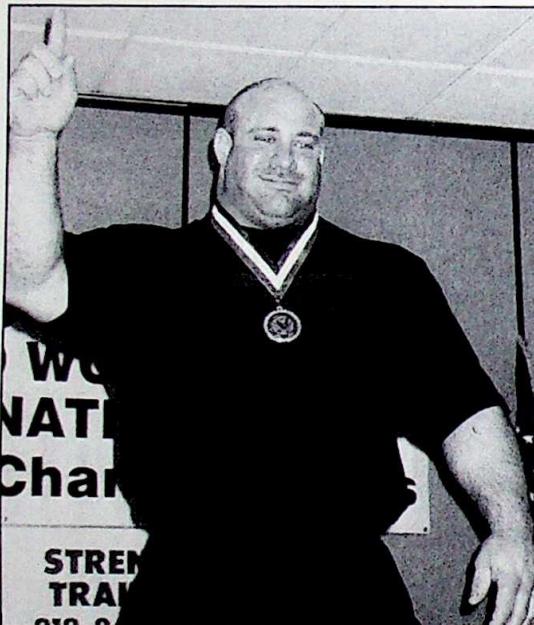
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect.

That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

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

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

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

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

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

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

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

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

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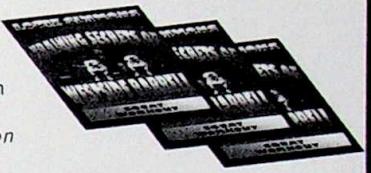


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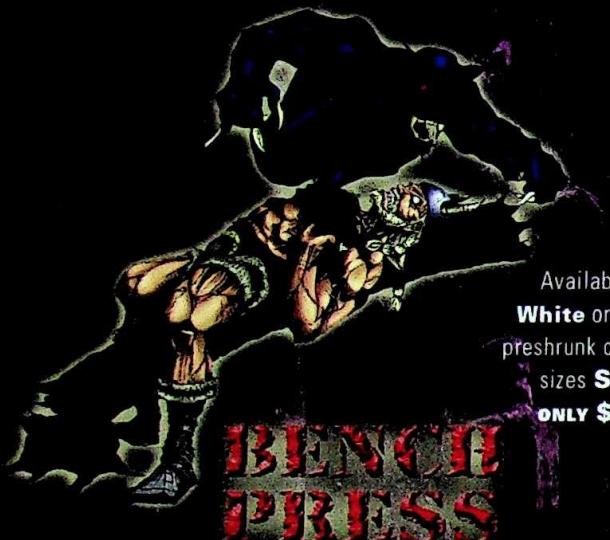
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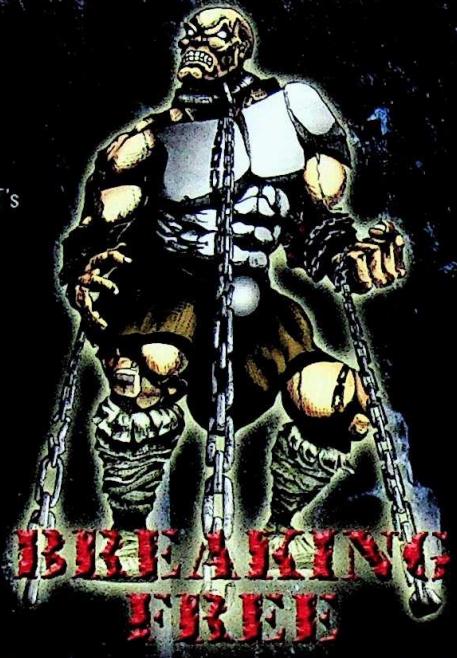
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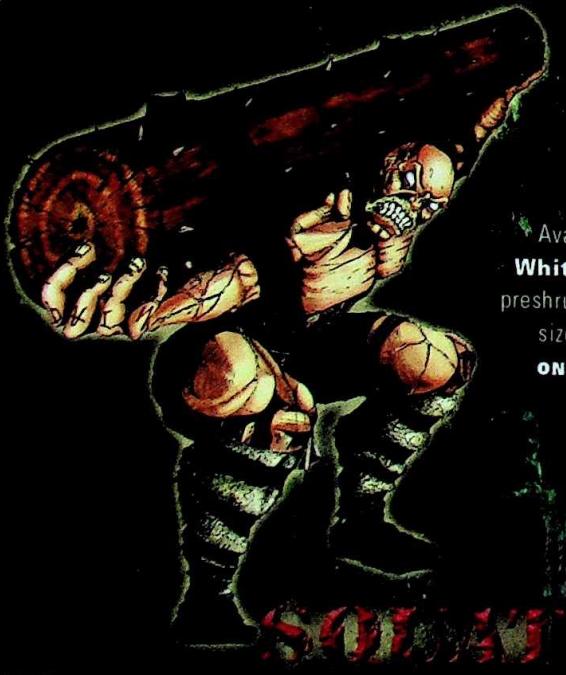


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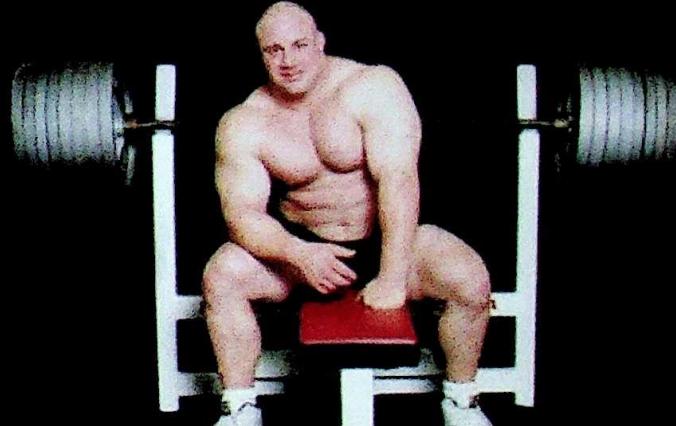
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9 World Records in Powerlifting

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# WORKOUT OF THE MONTH

## Joe Ceklovsky's 4xbodywt. BP Plan as told to Powerlifting USA by Tim Ferris



**Joe Ceklovsky drove up a world all time best 520 at 148 in Feb. 2005**

"Then I do overhead triceps extensions with a 130 lb. dumbbell for 8-10 reps." Joe added nonchalantly. I paused and took a second to digest what I'd heard. Doesn't he only weigh 147 lbs?

Joe Ceklovsky, age 31, is the best bench presser you've never heard of. Quiet and reserved, more than a few have missed his meteoric rise to the top of the lifting world. Six years ago, when he started training at 113 lbs. bodyweight, his bench was a respectable 175. Three months later, after consuming 20x his bodyweight in calories daily and following a program of basics — 6-8 rep sets of bench, squat, deadlifts, weighted dips, and dumbbell triceps extensions — he topped off at a lean 142 lbs and was ready to take the stage. On February 19<sup>th</sup> 2005, with only three meets spread over one and a half years, he broke Markus Schick's all-time bench press record at 147.5 lbs. by locking out an unprecedented 520 lbs. In 2006, Joe is aiming for 550 and the seemingly mythical quadruple bodyweight bench. How could this all happen in such a short period of time? He took time to explain it all.

This article includes all three facets of his regimen: technique, nutrition and supplements, in addition to exact workout exercises and poundages.

Joe is a bench specialist and no longer performs squats, due to the stress they place on the elbows, nor deadlifts. He focuses instead on primarily triceps training and technique, in addition to building leg

drive with squat alternatives.

The weekly regimen is: Mondays: Bench Press; Tuesdays: Legs; Wednesdays: Off; Thursdays: Arms; Fridays: Back and Shoulders; Saturdays: Off; Sundays: Off

Joe's daily nutritional schedule on training days is simple and consistent: 7am: wake; 7:15am: protein shake; (7:30am-5pm: work); 9:15am: yogurt and oatmeal; 12:15pm: cold cut sandwich; 3:15pm: protein shake; 5pm: work ends; 5:30pm: protein shake or sandwich (light snack before workout); Immediately post-workout: protein shake; Post-workout dinner: pasta, chicken, steak, baked potato

Joe does not use many supplements, but there are two that he has used with consistent and dramatic improvements in recovery and performance: BodyQUICK® (Cognamine) as a pre-workout product and Overdrive Gearman protein powder as a meal replacement and post-workout product.

"I've been using BodyQUICK since before I broke the all-time record, and I would not work out without it. If I take three capsules with grapefruit juice about 30 minutes before a workout, not only do I move more weight, but I literally don't tire between sets. It's like your whole nervous system is upgraded."

Overdrive Gearman protein is exactly what a protein should be: simple, pure, and effective. With the volume necessary for a record-breaking bench, protein is one of my

highest priorities, and this is the best product I have found for filling my high protein needs."

The bench press is reserved for Mondays following two days of complete rest. Joe's technical checklist for each lift is as follows:

1. Set grip width with bar rings between the middle and ring fingers
2. Roll shoulders back and place the trapezius, not rear deltoids, on the bench for maximum elevation and arch

3. Walk feet towards the bar and underneath body until they are under the hips and the heels are approximately 6" apart. Joe does not set the feet first and then slide the hips forward, but does exactly the opposite.

4. Ensure that the glutes are in full contact with the bench prior to the hand off

5. Perform every lift, including warm-ups, with the "press" and "rack" commands from your training partner. It is critical to train under contest conditions, which corrects two primary errors of bench press athletes: beating the press command and losing control of the bar at full extension prior to the rack command.

The weight progression for three weeks from contest date is detailed below, with rest periods in parentheses. Notice how Joe tapers in maximum training weight as he approaches the scheduled meet:

Three weeks from contest, assuming a max attempt of 550 in the meet: 135 x 12 (30s.), 185 x 10 (30s.), 225 x 8 (30s.), 255 x 5 (30s.), 275 x 2. Add shirt — Joe uses only Inzer gear after an equipment failure with a max PR attempt. Using three 2x4 boards vertically on the chest: 315 x 3 (2 min.), 365 x 2 (2 min.). Using two 2x4 boards vertically on the chest: 405 x 1 (2 min.), 440 x 1 (5 min.), 520 x 1.

For two weeks out, the last set of 520 is dropped to 515 and then again to 500 the last Monday workout prior to the Saturday meet. Joe will only train up to his opening lift in the week prior to competition. Incline dumbbell press: 4 sets of 8 reps, 100 lbs. (2 min.). (Alternated with Hammer plate-loaded flat bench).

TUESDAYS - LEGS: Cybex Leg-Press (Feet parallel and 3" apart, bringing knees to chest): 400 x 12 (1.5 min.), 600 x 12 (1.5 min.), 800 x 10 (2 min.), 1000 x 10 x 2 sets (4 min.), 1100 x 10 x 2 sets (4 min.); Icarian Hacksquat (Thighs to parallel): 145 x 10 x 2 sets (3 min.), 195 x 10 (4 min.), 315 x 10 x 3 sets (4 min.); Leg extension: 60 x 10 (warm-up), 140 x 12 x 4 sets (4 min.)

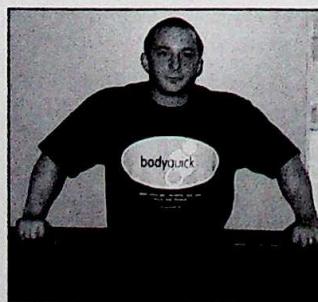
THURSDAY - ARMS: Dips with Weighted Belt: BW x 12 x 3 sets (1 min.), 90 x 10 (1.5 min.), 135 x 10 (3 min.), 160 x 10 (4 min.), 170 x 8 (4 min.), 180 x 6. Dips are alternated weekly with board extensions using three 2 x 4 boards for lock-out development. The same rest progression for Monday is used: 135 x 12 x 2 sets, 225 x 10, 275 x 10, 315 x 8 x 2 sets, 340 x 5, 365 x 3, 375 x 2, 385 x 1 x 2 sets; Dumbbell Triceps Extension behind Head with Two Hands: 80 x 12 (1

min.), 100 x 10 (1 min.), 120 x 10 x 2 sets (2 min.), 130 x 8 x 2 sets (2 min.), 140 x 6 (DB extensions are alternated weekly with reverse-grip cable pressdowns for 4 sets of 10 reps); Seated Dumbbell Curls (non-incline, 1.5 min. rest between all): 25 x 10, 35 x 10 x 3, 40 x 10, 45 x 10; Straight Bar Curls (1.5 min. rest between all): 70 x 10, 100 x 10 x 2, 120 x 10; Hammer Preacher Curl (1.5 min. rest between all): 135 x 10 x 2, 185 x 10 x 2

**FRIDAY - BACK AND SHOULDERS:** Unlike some bench specialists, Joe emphasizes NOT to direct much work to the shoulder musculature: "Don't go crazy. Conserve recovery ability for the bench." This is imperative for maximum performance on Mondays. Use 1.5 minute rest intervals for all exercises and sets. T-Bar Rows (performed by placing the end of an Olympic bar in a corner and using the V attachment for pulldowns): 90 x 12 x 2 sets (weight does not include weight of bar), 135 x 10, 180 x 10, 225 x 10, 250 x 8; Pulldowns to Chest using V Attachment (pause at chest): 80 x 10, 120 x 10, 160 x 10, 200 x 10; Hammer Row (weights indicated by poundages on either side): 90 x 10, 115 x 10, 135 x 10, 160 x 10 (Hammer Row is alternated weekly with DB rows: 100 x 6 x 1 set, 120 x 6 x 2 sets, 130 x 6 x 1 set); Dumbbell Front Raises: 20 x 10, 25 x 10, 30 x 10, 35 x 10, 40 x 10; Seated Dumbbell Lateral Raise (to 4" above parallel): 25 x 10, 30 x 10 x 2 sets, 35 x 10; Body Master Reverse Pec Deck for Rear Deltoids: 40 x 10, 50 x 10, 60 x 10 x 2 sets; Dumbbell Shrugs: 70 x 15, 85 x 15, 100 x 15, 120 x 12.

This may be the first feature article about Joe Ceklovsky in PL USA, but it will certainly not be the last. He is built for benching and ready to take on the world, one pound at a time.

Timothy Ferriss is a guest lecturer at Princeton University, in addition to being a member of American College of Sports Medicine (ACSM) and the Institute of Food Technologists. Additional interviews with world-class athletes and world champion powerlifters can be found at [www.adaptagenix.com](http://www.adaptagenix.com) under "articles". He has been interviewed and featured in media worldwide, ranging from the New York Times to MAXIM magazine and MTV. Tim can be reached at [timferriss@gmail.com](mailto:timferriss@gmail.com)



**Joe Ceklovsky** has found BodyQUICK to be beneficial in his training program. (T. Ferriss)

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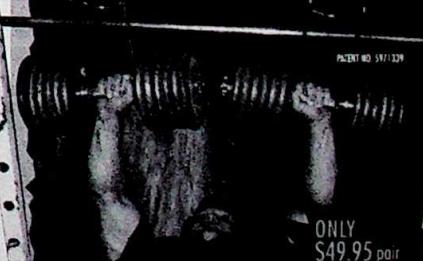
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# INTERVIEW

## JEFF LEWIS

interviewed by Bruce Citerman

**BC:** What is your full name?

**JL:** Jeffrey Michael Lewis

**BC:** What are your age, bodyweight, and occupation?

**JL:** I am 35 years old. I am 6'3", and 539 lbs. I went up 12 lbs. for my last meet. Not on purpose, I just didn't keep up on my cardio. I am a Territory Manager for Simplicity Vacuums, at the Tacony Corporation, in Fenton, MO. I am responsible for 11 states and 160 accounts.

**BC:** What are your best lifts?

**JL:** My squat is 1201.5 with a Boss suit and briefs, and 959 with a single-ply Titan. My bench is 788 with a 2-ply Fury, 705 with a single-ply Fury, and my Bench America best is 738 with a single ply Fury. My deadlift is 733. My total with a single-ply is 2342, and with a double-ply it is 2679.

**BC:** How long have you been lifting, and where?

**JL:** I joined a gym in 1991, the St. Louis Weightlifting Club, shortly after my 21st birthday. I was working full time and going to college. I have always been active in organized sports, and love the thrill of competition. I have lifted in ADFPA, USPF, NASA, SLP, WPO, IPF, USAPL, and a few non-sanctioned events.

**BC:** What style of training do you use?

**JL:** I have been using Westside style for about ten years, although I started out using progressive overload.

**BC:** What type of equipment do you use, and how do you get the most out of it?

**JL:** I am currently using Titan gear, Boss suit and briefs, and Boss bench shirt. I use an Inzer Hardcore squat suit to deadlift, when I pull Sumo. I like to keep it simple with the equipment, so I use it every two weeks during the last eight weeks of the cycle. I am still learning to use the bench shirt, so I rely on my training partners, who have had some experience with the double-ply shirts, to help me increase my bench. The squat suit is pretty easy, get it tight and supportive, but not restrictive to the point that you can't hit your groove. I do most of my training without a belt.

**BC:** What is your background?

**JL:** Needless to say, I have always been a big guy. I played baseball, soccer, and basketball as a kid. When I got to high school, I started to play select indoor soccer. I played for three different teams, and I was the starting goalie on all three teams. I have always been light on my feet for a big guy and I loved the challenge of the fast little guys thinking I was too slow to dive for balls, and make kick saves and get right back up for the rebounds. I had a lot of practice because my brother was really fast and weighed about 165 lbs., and he was a fantastic soccer player. I am married to Patti Lewis, for nine years, my wonderful wife, and we have one child and he is seven years old. His name is Justin.

**BC:** Where do you train?

**JL:** I train at Alpha Strength Systems in Festus, MO. We are located about 30 minutes from downtown St. Louis, MO. This place has three power racks, two benches, two reverse hypers, belt squat machine, Mono-lift, two glute-calf-ham machines, and the best power atmosphere anywhere, bar none.

**BC:** Who do you admire in the sport?

**JL:** Joe Scalzitti - the man who got me started in the sport, my friend, mentor, and my father figure. I love you, Dad. Pat and Mike Anderson - these guys have been with me through thick and thin. Two of the best training partners for which a person could ask. Their knowledge of the sport and technical advice is unsurpassed. Kurt Richardson, my coach, he knows numbers like no one else. Ed Coan, with his intensity. Captain Kirk with raw power. Also Gene Bell, Brian Siders, Scott Smith, Shane Hamman, Big Clay Brandenburg, Garry Frank, and Dave Ricks.

**BC:** Do you see any up and coming lifters you'd like to acknowledge?

**JL:** Yes, there is Justin Newsome, Josh Kirsch, Ben Kuvor, and Rodney Wood.

**BC:** How did you start lifting?

**JL:** Joe Scalzitti and Mike Anderson helped me with my first training cycle and took me to my first meet. I have to mention my friends and training partners from the old club, Doc Joe, Mike, Pat, Beer, Hub, Pete Kammerer, Gene Finnichio, Wide Willy, and Darren Gilley.

**BC:** What lifting technique suits you best in each of the three lifts, and what do you concentrate on most during your lifts?

**JL:** For my squat, I use a slightly wide stance. For my bench I keep my elbows in, and for my deadlift I use a Sumo stance. When I am lifting, I think about my form, technique, and complete explosive power.

**BC:** Please list your training bests in some of the more common movements.

**JL:** Squat: 10 sets of 2 at 455, with 50 seconds rest, and done with all equipment.... 1085 single. Bench with a Boss bench shirt, 800 with a single, 855 on a 3-board, for one rep, 905 for 1 rep rack lockouts. Deadlift with a Hardcore squat suit, 800 for 2 five inch block.

**BC:** What is your training routine?

**JL:** Monday: squat and pull: 2 1/2 hours.

Wednesday: speed bench 1 1/2 hours. Thursday: deadlift and squat assistance 1 1/2 hours. Saturday: heavy bench 2 hours. I also walk for 40 minutes, five days a week.

**BC:** What specific exercises do you believe have been effective in increasing your bench, squat, and deadlift?

**JL:** Squat: Raw box squats. Bench: board presses. Deadlift: Nothing yet.

**BC:** Have you ever reached a plateau on any of your lifts?

**JL:** My deadlift is a work in progress.

**BC:** What has gotten you to your current level?

**JL:** Great coaching and consistent training.

**BC:** Have you ever had any injuries?

**JL:** Nothing too serious. I stretch and I see a chiropractor regularly.

**BC:** How do you feel about what you've accomplished so far and what are your goals?

**JL:** When I retire, that will be the time to look at accomplishments. For now, I don't put any limits on what I can do. I just go out and compete as hard as I can and use the tools with which God has blessed me.

**BC:** How do you intend on continuing to progress?

**JL:** Hard work, dedication, and great coaching.

**BC:** What do you recommend non-elite lifters should concentrate more on in training?

**JL:** Keep it simple. Find what works for you and build your core strength. Don't worry about the equipment until you have built a solid foundation.

**BC:** Describe your nutritional plan.

**JL:** Breakfast: 5 eggs, 2 bagels, and 1 cup oatmeal. Mid-morning snack: Protein shake. Lunch: 2 turkey sandwiches on wheat bread, green beans or peas. Mid-afternoon snack: Protein shake, 2 apples. Dinner: Steak or chicken, 2 red potatoes, salad, and vegetables. Late night: Protein shake and protein bar. I also eat plenty of tuna and mixed nuts. I am going to start working with Anthony Ricciuto, the Nutritionist, because I am trying to drop some weight. I would like to get under 500 lbs. and see what happens.

**BC:** When and where is your next meet?

**JL:** March, in Columbus, Ohio. The WPO meet at the Arnold Classic.

**BC:** Anyone you would like to thank?

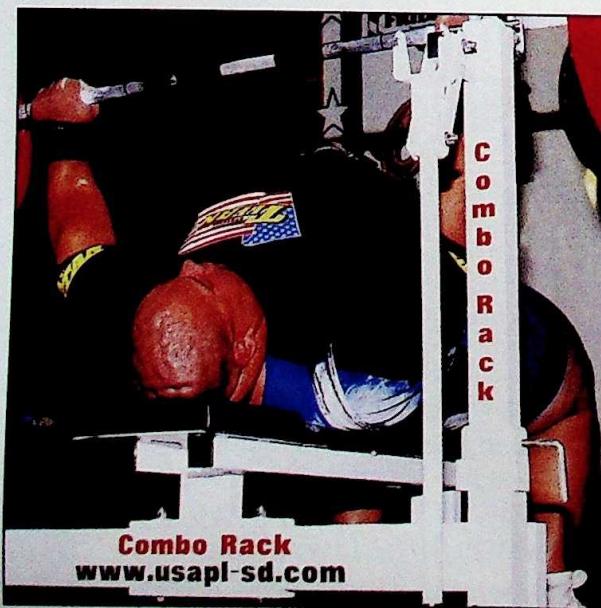
**JL:** I thank God for giving me the strength to lift these weights. My training partners and friends, Kurt Richardson, Mike and Pat Anderson, Doc Joe, Joe Scalzitti, Wide Willy Lamere, Tilden Watson, Kevin Hahn, Charlie Rico, Darren Gilley, Rick Fowler, and the whole Missouri USAPL crew, the Harold Gaines family, my mom, Kathy Lewis, has always been in my corner, Patti, my beautiful wife, as she puts up with me while I'm getting ready for a meet, and thanks for all the cooking you do, I love you. My son, Justin, for understanding what dad has to do, I love you, son. My brother, Buddy, Theresa, Skyler Rob, Nita, Don, Kim and Ronni, Cris Mark, Jenny, Missy, and Titan, and anyone else I missed, thank you for all of your support. I could not do this without you.

**BC:** What keeps you going?

**JL:** The desire to be number one and to dominate the sport like no one ever has.

**BC:** Other than powerlifting, what are your other hobbies?

**JL:** Spending time with my family, and helping coach my son's teams, and swimming.

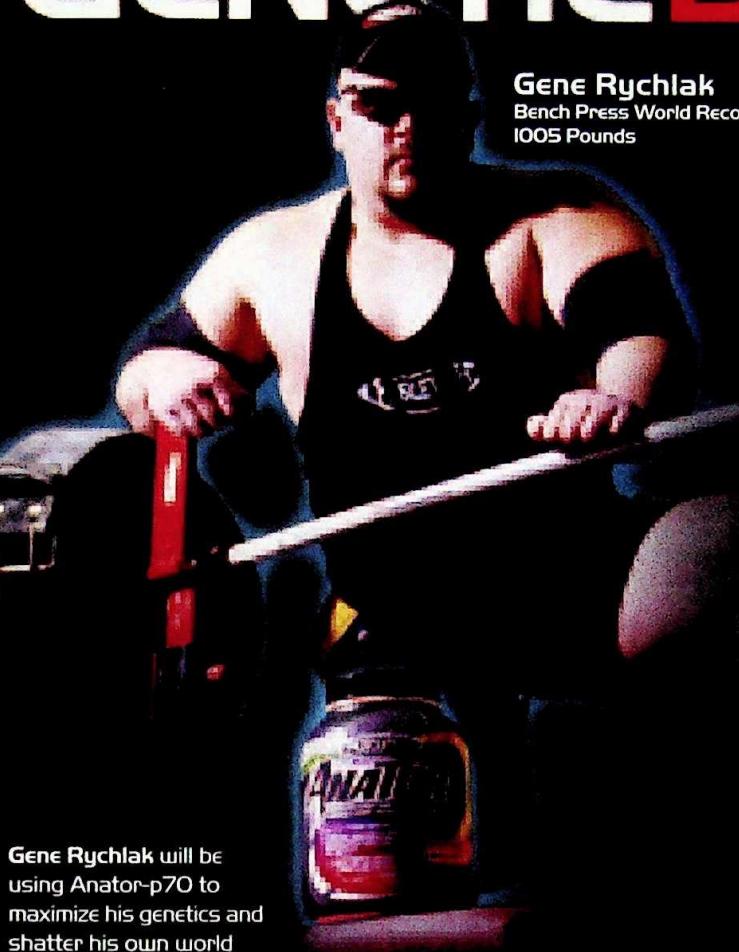


Big Jeff Lewis at the '03 USAPL Men's Nationals held in SD.

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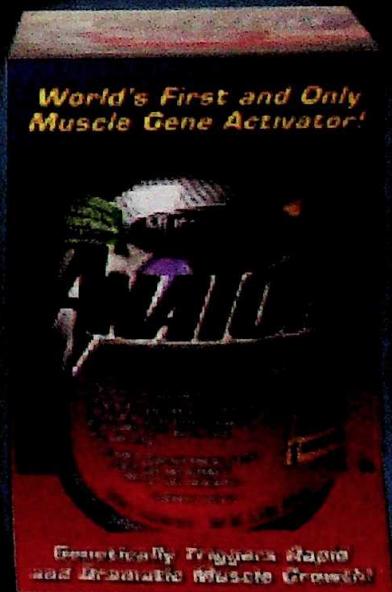
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# DR. JUDD

## FAN FANATICS ... The Response as told by Judd Biasiotto Ph.D.

After writing for Powerlifting USA for more than quarter of a century I am convinced that there is no such thing as total agreement on any issue. Since truth is so often perceived differently by each of us, it would seem that the only hope for harmony among us is if we settle for co-existence. For all those who have good reasons for using equipment in powerlifting, there are as many who feel that it will and/or has significantly impaired the sport's credibility. Hundreds of lifters feel that the use of drugs in powerlifting is justifiable and acceptable, and as many are certain that the use of drugs is unprincipled and morally wrong. I am certain that if someone asked us the color of a red rose at which we were all looking, there would be some of us who would clearly see it not as red but wine, purple or magenta, and they would be willing to argue the point to the bitter end.

Amazingly, such disagreements have jeopardized friendships, caused major subdivisions in the sport, and on a more frightening scale, brought about physical conflicts. Why do we have to be in agreement with people in order to respect them? Put in other terms, why does everyone have to think the way we do in order for us to accept them? An opinion about something is simply a point of view, a unique way of viewing the world. Each of us is a product of our past. Consequently, each of us has a personal view of the world, but our value as a human being transcends any single opinion. A good relationship with others need not be contingent upon total compatibility. In fact, I believe it is good to seek out individuals who have diverse opinions. In my own life such individuals are most often responsible for my changing attitudes and views. They are the ones who force me to evaluate continually my beliefs. They are the ones who most challenge my mind and encourage my growth. In this respect, they are one of God's greatest gifts to me.

Again it might well be remembered that a relationship need not be based on total agreement. We all can continue to coexist with respect for each other as long as we continue to keep dialogue going. Perhaps if you see something as white and I see that very same thing as black, there maybe a meeting point, a gray area upon which we might be able to find common ground. And perhaps from this common ground we can extend the parameters of agreement. We may never fully agree, but hopefully we can come to understand that there are many ways of seeing the world we live in.

With the aforementioned in mind, I would like to respond to a number of e-mails sent to me concerning my articles on fan fanatics. A reader

of this column also sent me an e-mail about an online bulletin board containing a discussion on the same topic. Note that I will only respond to links or e-mails sent via my website drjudd.net or directly to judd@drjudd.net.

NAME: BILLY MIMNAUGH

SUBJECT: DOES DR. JUDD GET ANYTHING RIGHT?  
Sat, Dec 17 2005 at 11:01 pm

MESSAGE: Once again, this \*\*\*\*\* a\*\*\*\*\* has it wrong, wrong, wrong. In this months PLING USA, his article deals with sports fanatics and paints us as losers living through our teams accomplishments. Now, granted, not everyone is as dynamic a human being as Judd, I mean most of us aren't artists, poets, basketball superstars, borderline professional bodybuilders, intellectuals and just plain smarter, more sensitive and more insightful than everyone else, but most of us sports fans aren't living through our teams success anymore than we are living through Jerry Seinfeld's life while watching Seinfeld. Most of us are just working stiffs trying to scratch out a living and raise good families [by the way is Judd married or does he have kids or is he such a dynamic human that no man or women is quite his match] but some us are, as Judd notes, sports fanatics simply because we "fell in love" with a team and we have stuck by it through thick and thin and it lets us forget about our realities while we watch them.

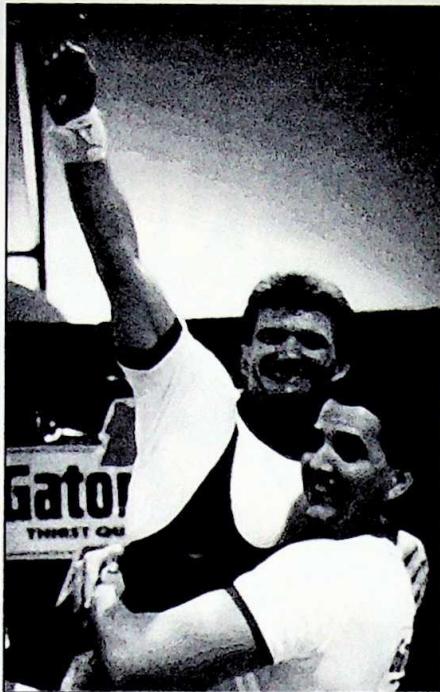
He uses the tired, idiotic argument that "if our team wins we don't make a dime off of it". Excuse me, but other than a VERY small group, how many of us make a dime off powerlifting. Any money in touch football leagues? or softball leagues? or going to a bar and drinking, or playing with your kid? Apparently, all that is a waste of time because there is no money in it. Most of us root for teams and get emotionally involved with our teams because it makes the game worth watching. Why the f\*\*\* does Judd think that there is billions bet on pro and college football every week? Its because guys need a rooting interest. Those of us who root for a team, don't need to bet, our rush comes from throwing our emotional support behind our team.

Judd claims many fans use terms such as "us" and "we" when speaking about their teams and then he says "you have NOTHING" to do with your teams success. Really? Then how does he explain the tremendous winning percentages of home teams in the NFL, NBA, college basketball and football? Apparently the fans actually do have something to do with the success of their teams.

Judd also rips guys who wear team gear. Funny, but I see guys wearing Inzer and Titan gear all the time, most are not sponsored, are they idiots? By Judd's logic, we should only wear our family crests or work emblems on our t-shirts.

Yes, once again, Judd has proven that he is the least in touch writer in the history of the sport. He has no idea who his audience is, and is so stuck in his effeminate ways that he is a sure candidate for a sex change.

Dear Billy: First of all, I wasn't talking about a fan who cheers for his favorite team. I was talking about fan fanatics. Fanatics are individuals who are extremists. Just because you like a team, wear their gear, and root for them passionately does not make you a fan fanatic. Sports psychologists have investigated every aspect of the sports fan and have found that passion, particularly when coupled with perspective, the key word here perspective, is a healthy thing. Research also shows that a high level of identification with a sports team is generally related to lower levels of depression, higher



Dr. Judd... after a record setting squat attempt.

levels of self-esteem, less aggression and lower levels of loneliness and stress. It's clearly associated with physical health. There is also evidence that sports strengthen relationships of all kind, give a chance to meet new people and help them benefit socially. In short, being a sports fan is a good thing. I wasn't trying to suggest that all sports fans have physical and mental issues. What I was talking about in my article *Fan Fanatics* was...well...fan fanatics.

Fan fanatics are individuals who strongly and obsessively identified with a team. This is where you get your violence, mental addiction, your elevated blood pressure, postgame depression and where sports becomes a means to an end...a blind obsession. This is the dark side of being a fan...when the cheering turns ugly, when a fan steps over the line, even to the extreme of stalking a player or beating up another fan. Bob Andelman, the author of the book *Why Men Watch Football*, acknowledged sports can be an addiction nearly as difficult to deal with as drugs, alcohol, or overeating. Then in his book he proceeds to show with scientific studies that this is so. This is what I was talking about, not the average fan. Unfortunately, this type of addiction, this fan fanaticism, is becoming more and more commonplace in the American culture. That is what I was trying to convey to my readers. Not that every fan is a lunatic.

Now as I mentioned in my article I believe that as important as sports are to us, myself included, it is imperative that we put them in perspective. I really mean that. Sports are fun, exciting and challenging, but they are just games, nothing more — nothing less. Anyhow, I appreciate your comments.

NAME: JOHN MORGAN

SUBJECT: YOU DON'T HAVE TO READ HIS ARTICLES  
Sun, Dec 18 2005 at 7:26 pm

MESSAGE: To figure out Dr. Judd is a J\*\*\*-O\*\*. Just look at the gay pictures of himself he puts in PLUSA. His hair is enough to convince me he's a f\*\*.

Dear John: Yes, this is a Dear John letter. First of all I don't select any of the pictures for my articles in Powerlifting USA. Every picture that has been placed in my articles over the last 25 years were put there by the editors of Powerlifting

"If anyone is looking to play follow the guru with me they will be lost, for they will find that I am as confused as they are. The difference may be that I know it."

USA .... every one of them. I have absolutely no say as to what picture will appear in my articles in the magazine. Now what bothers me most about your letter is the reference to sexuality ... not for the reason you may think.

Here is just a little advice, you can take it or leave it. I think it is a good idea to free yourself of labels. Labels are distancing phenomena. Timothy Leary once said something I will never forget. He said, "Labels are the freezing of reality." We teach our children the meaning of labels before they are truly ready to understand them and fight against such myopic vision. And in these labels we teach fear, we teach prejudice, we teach all kinds of things. And all someone has to do is say this guy is a \_\_\_\_\_ and everything he says after that is filtered through this label. His words take on entirely different means.

And so it is with "Black men," with "Italians," with "Iranians," with "Puerto Ricans," with "Jews," with "Catholics," with "Protestants," with "Muslims," with "homosexuals," with "heterosexuals" etc, etc., etc. All you have to do is hear someone label another human being and then you think you know all about him. You fail to even ask, "Does he cry?" "Does he feel?" "Does he hope?" "Does he love?" Labels!

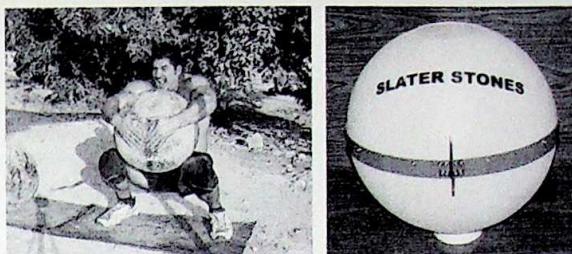
If you are truly a loving person, you will rule labels - not let labels rule you. Just a thought you might be interested in ... just for the record I am not gay, but my girlfriend thought your commentary was rather comical.

**NAME: GREG  
SUBJECT: RE: YOU DON'T HAVE TO READ HIS ARTICLES**

SUN, DEC 18 2005 AT 10:26 PM

**MESSAGE:** What bothers me most (other than his hair) is that he is taking up a spot in PL USA that could be of great benefit to the sport. I

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I think that an editorial would be great if done by someone who wants to further the sport. Not some never-was c\*\*\* l\*\*\* who hates powerlifting. I also can't stand that he writes letters to himself and then answers them. What a crock of s\*\*\*. He acts like his articles present some sort of new ideas. Weightlifters are using steroids, holy f\*\*\*\*! Call the press! Wait, they are illegal, well I'll be double f\*\*\*\*\*! And why the f\*\*\* is there an article about "fan fanaticism"? I'm sure Chuck Vogelpohl can't go to the mall anymore after his numbers at Chicago contest. I didn't read the article but I like to draw inferences based on the titles. "Well duh, we know that people are using steroids for an edge, tell me something I didn't know."

Dear Greg: Actually, I did tell you more than the simple fact that steroids are being used and that they are illegal. I explained the social, psychological legal and health implications of taking such drugs. Of course, you didn't know that because as you said you didn't read the articles, which is rather revealing, considering your comments on the articles. It might also be noted that just about every major sports magazine in the country wrote numerous articles on the subject of steroids and sports in the year 2005, and just about every sports radio and television show did literally weeks of coverage on the issue of steroids and sports during the year. Obviously, I was not the only one who considered the subject of steroid use newsworthy. Here is a point to consider ... just because YOU are aware of the "truth" about steroid use and abuse there are a lot of upcoming lifters who have NOT been exposed to the reality of the industry. Many times we make the assumption that because we know, the world knows. Also what happens when people stop talking about the truth? Does it become an allegory or something much worse ... a barrier? The reality is that while the awareness level of steroid use is up (due to Congress mainly), the negativity of such use is not discussed as openly.

**NAME: BATooH**

**SUBJECT: THERE ARE TWO GUYS I'D LOVE TO KICK THE S\*\*\* OUT OF**

SUN, DEC 18 2005 AT 7:38 AM

**MESSAGE:** Bill Lambeer (or however you spell it) and Judd. He is a true c\*\*\*.

Dear BATooH: I am really flattered; of all the guys you would love to kick s\*\*\* out of...Osama bin Ladin, Scott Peterson, O.J. Simpson...you select Bill Lambeer and me. I am really impressed.

**NAME: IPA JUDGE**

**SUBJECT: 3 WHITE LIGHTS!!! OPINION OF JUDD IS GOOD!!**

SUN, DEC 18 2005 AT 5:20 PM

**MESSAGE:** 3 White Lights!!! Opinion of Judd is good!!

Dear IPA Judge: Thanks for the support ... I am glad someone can judge depth.

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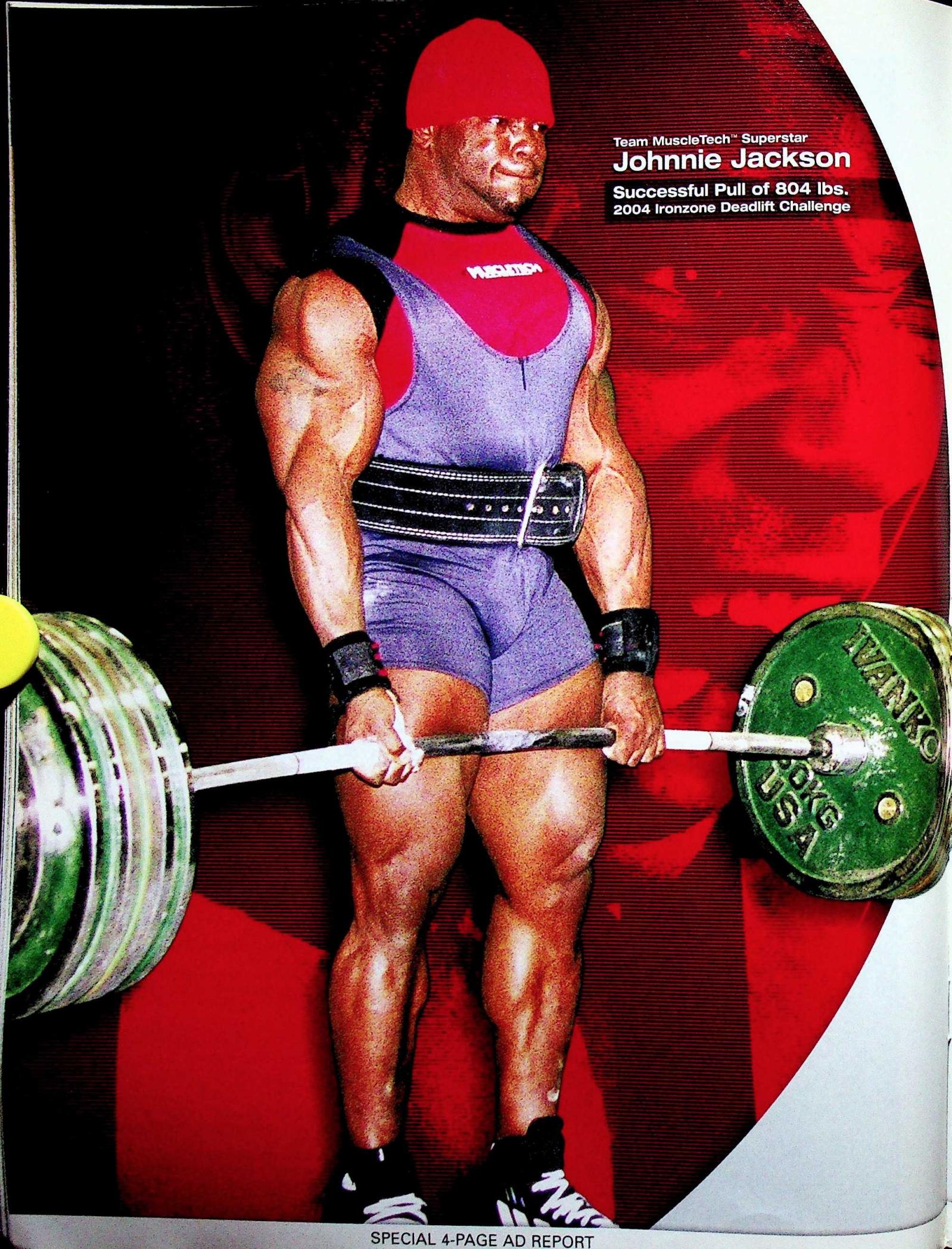
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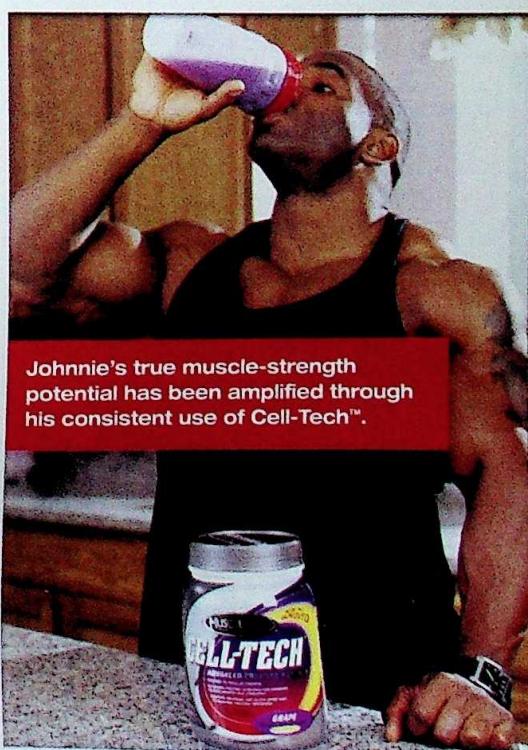
A world-record deadlift: Countless men strive to attain it, but few manage to ever achieve it. Johnnie Jackson is a man on that mission, and he won't stop until he tears that weight away from the earth. But how is he going to do it? The plan involves sick lifting using tried and true periodization principles and advanced supplementation including the world's most powerful strength-building supplement, Cell-Tech™!

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**Johnnie has his sights set on a new PR in the deadlift, and nothing is going to stand in his way!**

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**Johnnie Jackson**



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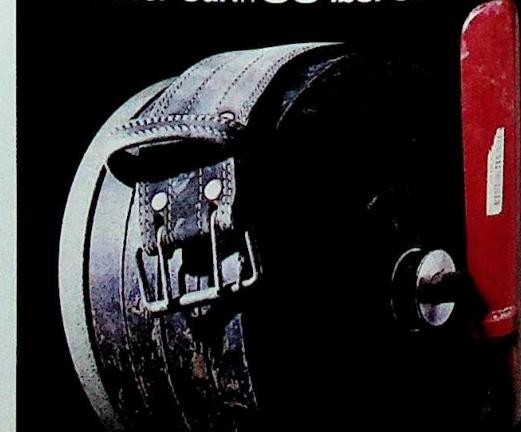
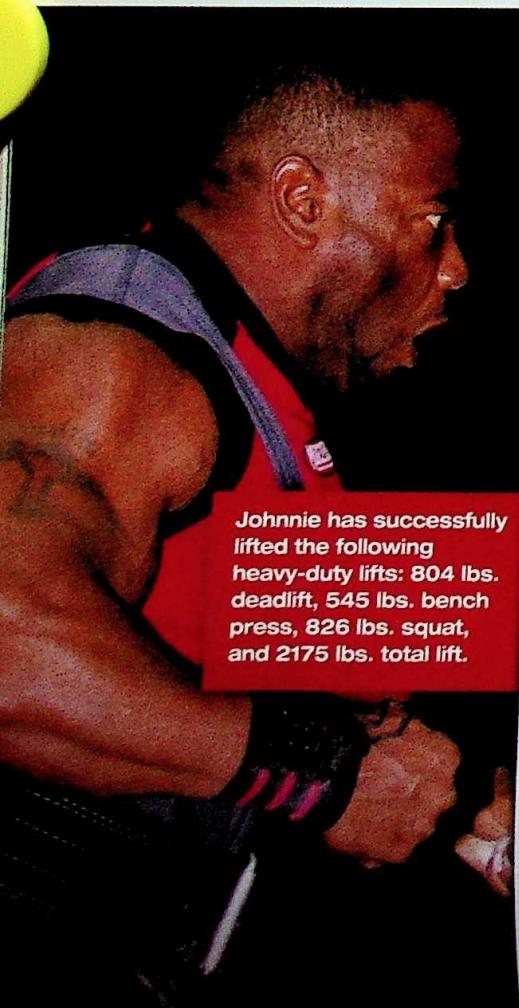
optimal level capable of forcing extremely high amounts of creatine into the muscles and is also patent protected. Some supplement companies might tell you that this is too much. Too bad they didn't do their homework. Without this dextrose-induced insulin spike, creatine does not enter the muscle efficiently.

The last key component of the strength-building breakthrough is Lipoic-Tech™, which contains 200 milligrams of alpha lipoic acid (ALA). ALA sensitizes the muscles to insulin, which supersaturates the muscles to absorb more creatine [see diagram]. As a matter of fact, Cell-Tech's formula and ingredients are backed by an amazing 44

**In an 8-week study, subjects who combined Cell-Tech with weight training got the following serious strength gains:**

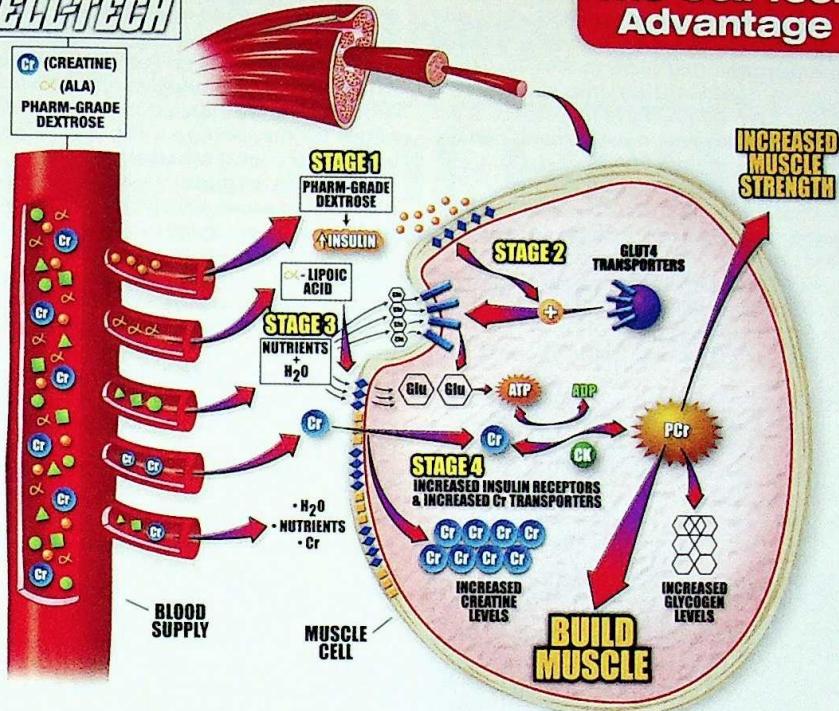
<b>Bench Press ...</b>	<b>32 lbs. Gain</b>
<b>Leg Press .....</b>	<b>213 lbs. Gain</b>
<b>Barbell Curl.....</b>	<b>48 lbs. Gain</b>
<b>Preacher Curl..</b>	<b>35 lbs. Gain</b>

**Johnnie has successfully lifted the following heavy-duty lifts: 804 lbs. deadlift, 545 lbs. bench press, 826 lbs. squat, and 2175 lbs. total lift.**



**CELL-TECH**

**Cr (CREATINE)**  
**ALA (ALPHA LIPOIC ACID)**  
**PHARM-GRADE DEXTROSE**



## The Cell-Tech Advantage

They use a global approach to researching and experimenting with unique compounds. Their mission is to craft the most potent and effective supplements in the world so that you'll perform at your absolute strongest every time you tackle the iron.

**Cell-Tech™ contains a patented delivery system that is clinically proven to be 26 times more powerful than regular creatine!**

To harness tremendous strength and raw power, you need the most effective strength-training program and brutally intense workouts, as well as the most powerful creatine available – Cell-Tech. Johnnie Jackson knows what it takes to break PRs, and he will always rely on Cell-Tech as he continues his assault on the deadlifting world record. If you're serious about jacking up your best lifts, you need to give Cell-Tech a try. Nothing works faster for developing explosive strength!

For more information on Cell-Tech or to buy it online, just visit [www.MuscleTech.com](http://www.MuscleTech.com). Or rush to your nearest GNC or local fine health-food store.

**Cell-Tech's state-of-the-art formula drives maximum amounts of creatine into the muscle, resulting in explosive strength.**



### References:

- Tarnopolsky, M., et. al. (2001). *Med Sci Sports Exerc.* 33:2044

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### STAGE 1: Cell-Tech's Powerful Insulin Response

Immediately after your first serving of Cell-Tech, 75 grams of pharmaceutical-grade dextrose goes to work in the bloodstream, creating a powerful insulin spike.

### STAGE 2: Insulin Stimulation of GLUT 4

Within minutes, insulin stimulated by Cell-Tech binds to the receptors on the surface of each muscle cell. This creates a surge of chemical reactions, stimulating the movement of intramuscular glucose transporters called GLUT 4.

### STAGE 3: Optimal Nutrient Uptake

The movement of GLUT 4 within muscle cells subsequently increases the number of active insulin receptors, maximizing nutrient uptake. The efficiency of nutrient uptake within the cells is supercharged by the addition of 200 milligrams of alpha lipoic acid (ALA) delivered in each serving of Cell-Tech's advanced creatine formula.

### STAGE 4: Ready for Power

Primed by the insulin spike, your hardworking muscles are now able to take in creatine optimally. Creatine is rapidly carried into the muscle cells by a specialized transporter called the creatine transporter. Once transported into your muscles, Cell-Tech's creatine blend will ignite powerful strength through conversion to phosphocreatine (PCr), helping you train hard toward setting new lifting records!

clinical studies and abstracts. In fact, Cell-Tech™ is so powerful that one 28-study proved it to be 26 times more effective than regular creatine for gains in mass (4.34 vs. 0.16 lbs.). No other product gives you gains like Cell-Tech does, period. In an 8-week study that combined Cell-Tech with diet and weight training, test subjects gained an average of 32 pounds on their max bench, 213 pounds on their leg press, 48 pounds on their standing barbell curl, and 35 pounds on their maximum preacher curl.<sup>1</sup> Those are some hardcore strength gains!

### Team MuscleTech™: The World's Top Researchers and Athletes

MuscleTech® supplements have been scientifically tested and proven by the world-famous Team MuscleTech™ researchers and by the elite powerlifters who use them, such as Gene Rychlak and Johnnie Jackson. Team MuscleTech™ researchers are the most innovative supplement scientists in the world. They dedicate themselves to using key scientific findings to develop patents and formulate the most groundbreaking products the world has ever seen.

# INTERVIEW

## MARK SWANK

interviewed by Ned Lowe

POW!ERSCENE made a couple of recent trips to Las Vegas, where Mark Swank is a big part of the powerlifting scene. We got Mark to give us some of his time to answer our questions.

**NL:** Tell us a little about your lifting career. Include best lifts, what weight class, and how long you've been lifting.

**MS:** My lifting career began in the late 80's, in Pittsburgh, PA (go Steelers). Throughout the years I have had the privilege socializing and competing with and against some of

powerlifting's greatest. Mr. Tim Bentley was my first influence, Tamara Grimwood, Ernie Frantz, Jeff Wright, and the list goes on and on. Now that I am competing on the national level and promoting meets in Sin City, I have the luxury of picking the minds of the best of the best. I am very lucky in this aspect. Most of my lifting has been done in the 275-308s. So far to date, my best lifts are 804 squat, 617 bench, 672 deadlift, and 2039 total at 268. Now that I have dropped to the 242s, my first meet at that weight will most likely be in May. I have done a 606 bench at 239.

**NL:** What are your lifting goals for 2006?

**MS:** My lifting goals for 2006 at 242, total Top 10, bench 650, and pull 700.

**NL:** What's your favorite of the three lifts, and why?

**MS:** Well Ned, I really don't have a "favorite" lift. Let me explain. I love to squat. There is nothing better than pushing yourself to the complete limit with a max on your back. Having the feeling that you are going to pass out, but something inside you says 'don't,

finish the lift you sissy'! To finish that lift is so self gratifying, having proven to yourself you had the guts to stand tall after staring directly into the eyes of fright and self doubt. I love to bench, because it comes pretty easy to me. Just put the weight on the bar. I love to deadlift. It is the hardest of the three disciplines for me. Setting a PR in the deadlift gives me the most satisfaction.

**NL:** You've got a gym in Vegas. Tell us about it.

**MS:** I have a power pit called Sin City Barbell. Right now, we are trying to relocate, but other than that I have a real great group of lifters that workout at Sin City Barbell. We take from all lifting disciplines, Westside, Ernie Frantz, and Metal. Right now we are doing Sheiko workouts.

**NL:** What's the best part of running a gym?

**MS:** Watching the excitement on a lifter's face after hitting a PR. Knowing that you were a part of that, is just great.

**NL:** What's the hardest part of running a gym?

**MS:** Paying the bills.

**NL:** You're putting on a lot of meets. Tell us what's coming up on your meet director schedule.

**MS:** I have been putting on meets here in Vegas for the last couple of years. We put on a great competition. Ask anyone who has lifted in one of my meets. The meets for 2006 look like this March 25, 26, the Southwest Powerlifting Championship, combined with the Police & Fire Nationals. June 2, 3, 4, the Senior Nationals, and that is going to be huge. Believe me, enter early and reserve your room and flights early. I'm expecting 200 lifters over the three days. This will be the best Senior Nationals ever, guaranteed. September we have the 2nd Sin City Powerfest.

**NL:** Where can lifters get more information on these meets?

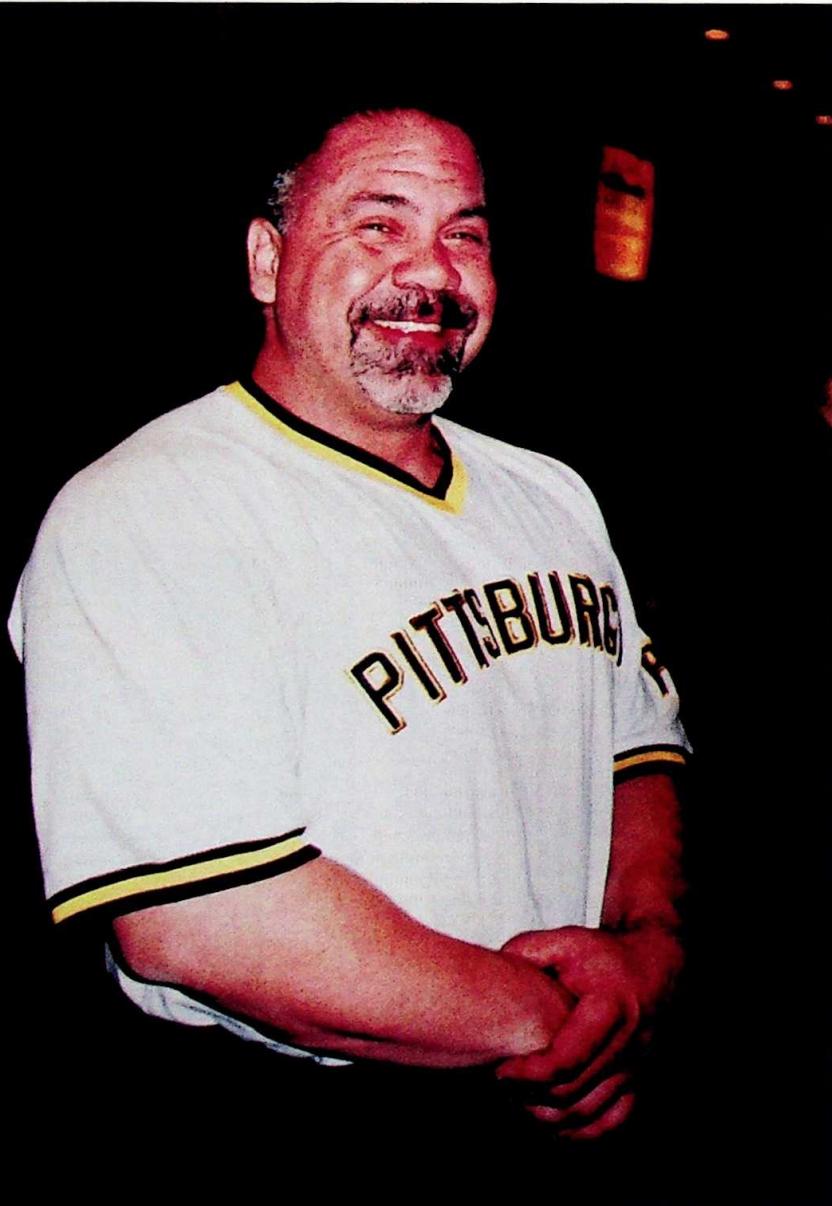
**MS:** [sincitybarbell.com](http://sincitybarbell.com), [markswank@yahoocom](mailto:markswank@yahoocom), 702-245-6852 cell.

**NL:** Do you think a lot of lifters want to do a meet in Vegas so they can vacation for a few days as well?

**MS:** Heck ya, who wouldn't love to come to Las Vegas to compete in the land of 24 hour buffets, showgirls, blackjack, etc. I believe Vegas is the premier venue to hold powerlifting meets in the world. I have been hosting meets here in Vegas for approximately two years. I truly don't think there is a promoter out there who can put on a better show than we do. What I mean by that is, who can compete with the allure of Vegas? No one!

**NL:** What else should our readers know about Mark Swank, the lifter, the gym owner, and the meet director?

**MS:** I think that anybody who knows me knows I am for powerlifting 100%. Powerlifting is my life, and as much as parts of it drive me crazy, parts of it help me keep my sanity. One of the reasons why my meets run so well is that being a lifter myself I really try to focus on the intangibles. I really understand when lifters come to me and ask for 10 minutes more, that 10 minutes is monumental. Stuff like that. One of the many reasons my meets run so well is because of my Assistant Meet Director, Carol Upton, and her husband John. Believe me, when I tell you the meets would not run near as smooth without these two people. They are monumental to the success of the meets. So to them, a very special thank you. Ned, I would like to humbly thank you for this fantastic experience and the opportunity to express myself. Thank you so much.



Mark Swank is happy to be directing the upcoming APF Senior Nationals in Las Vegas  
(Photograph provided to Powerlifting USA by courtesy of POW!ERSCENE'S Ned Lowe)

The most important week of your contest training cycle is the actual week of the meet. Although the majority of your training for the meet is behind you, this final week is more critical than you may imagine. By approaching this week with a concrete plan and proper state of mind, all those previous weeks of training can really pay off. On the flip side, without a plan and the proper state of mind, your meet results stand less chance of being optimal. In a nutshell, meet week should be devoted to finding out where you stand strength-wise, getting some last minute recuperation, testing your meet lifting gear, checking your bodyweight, and building all-important confidence.

In my opinion, meet week should not consist of max lifts or intense training. First off, why risk injury attempting max weights so close to the event? Second, it's best to leave a little for the meet itself and not burn out or peak too soon. Set yourself up to be a little anxious to get those PRs at the meet, not leave them in the gym. Well then, what should meet week look like? For this article's purposes, let's assume a lifter whose opening lifts at the upcoming meet are a 400 squat, 300 bench and 500 deadlift.

First, I strongly recommend going only to your intended meet openers in training on meet week. This allows you to simulate your exact meet warm-up procedure for each lift and verify that your selection of openers is valid. Since the deadlift requires the most recuperation time between workouts, take your last deadlift 10-14 days prior the meet. In this case your last deadlift workout actually occurs the week before meet week. A good progression for a 500 opener would be as follows: 135 x 8, 225 x 5, 315 x 3, 375 x 1, 405 x 1, 450 x 1, then take your 500 x 1. That would be it for deadlifts until the meet. Finish this workout with abs and some stretching. Your last squat workout would be best taken on meet-week Monday. Try this sample progression for a 400 pound opener: 135 x 8, 225 x 5, 275 x 3, 315 x 2, and 365 x 1, then take your 400 x 1. Finish off this workout with ab work and stretching. Your last bench workout would be on Tuesday or Wednesday at the latest. For a 300 pound opener try this progression: 135 x 8, 185 x 5, 225 x 3, 255 x 1, 280 x 1, and 300 x 1. Abs and stretching should be included again as a finisher. That's it; any more would be risking overtraining, which can easily happen so close to a meet.

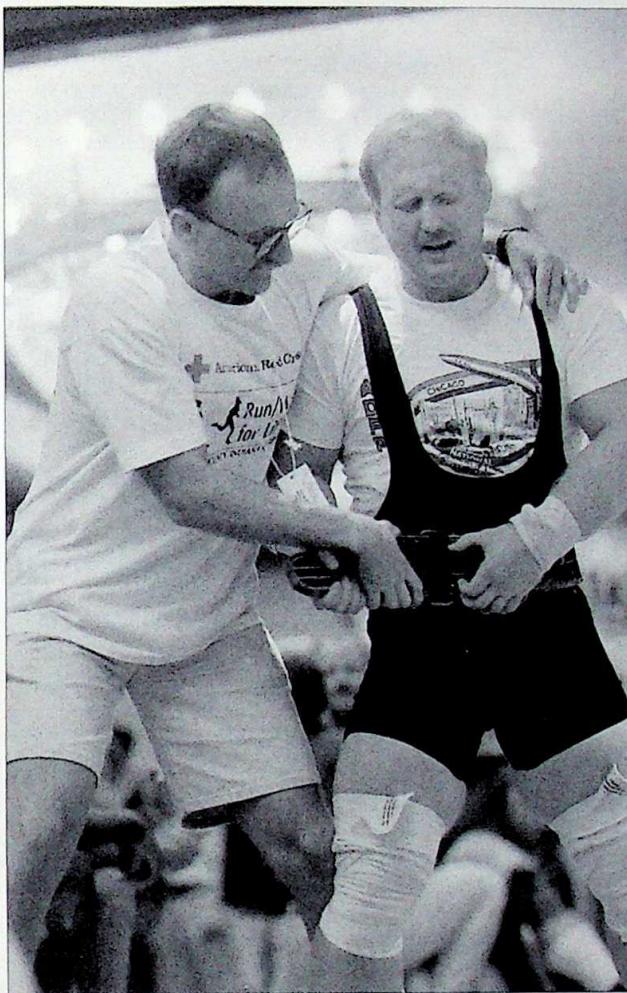
All other assistance work should be dropped on meet week. You won't lose any strength by only working up to opening attempts as weights are still heavy enough to maintain your strength level and not lose your edge. It is key to perform all these attempts according to meet rules, such as squat depth, pausing at

## STARTIN' OUT

*A special section  
dedicated to the  
beginning lifter*

# MEET WEEK

*as told to Powerlifting USA by Doug Daniels*



**Doug Daniels**, seen above helping Jim Vrabel get ready to squat at the 1994 ADFPA Men's Nationals in Chicago, has been guiding lifters to greater progress around the world, through his regular column in POWERLIFTING USA, for 20 years now.

the chest for the bench and a complete lockout for the deadlift. More experienced lifters can get by going up to doubles or triples this week. Seasoned lifters know what to expect on meet day and may not need to simulate their openers before the meet. Take your time between sets to better simulate time allowed in warming-up at a meet. Use the same lifting gear, such as squat suit, bench shirt, etc. this week that you plan to use for the meet. This will prevent any surprises at meet time. Put your gear on for each lift in the same order as you would at the meet during the warm-ups. Use full contest gear for your top

single.

The warm-up attempts I laid out can be adjusted for your own openers via simple arithmetic. These progressions are efficiently designed to save energy and strength for the actual meet attempts. Too many lifters take whole workouts warming up, leaving them with little strength and energy by the time they get to second or third attempts on the platform. I've also seen lifters taking their last warm-up with the same weight as their opener to be sure they can get it. Training the way I've just outlined will eliminate the need to make sure you can get your openers on the

platform. Your meet week training will have already told you if you're capable of that weight, or not. The sooner you shake those bad warm-up room habits, the sooner you will make real progress.

If your openers felt heavy during meet week, consider adjusting them downward 5-10% for the meet. You can increase your second and third attempts if things go better at the meet, but your opener cannot be lowered after you take it. If you need to cut bodyweight during the last week, your strength level may drop further. Don't rely on meet adrenaline to succeed with weights that were tough the week prior. Also, keep in mind the weight set you will be using at the meet may not weigh the same as the set you use in training. High quality meets use certified sets that are right on or at least pretty close. Many gym weight sets are not nearly as dead-on weightwise as advertised and may either be high or low. These small differences can add up noticeably, especially as the weight increases.

There are a few more tips I'd like to throw out to you. Forego partying that final week. Excessive alcohol consumption and long nights out can cause dehydration and strength loss. There will be plenty of time for partying after the meet. Be disciplined and focused that last week. If you have aches and pains, take advantage of whirlpools, etc. if they are available. Extra rest is a great healer. Take it easy that last week. Don't feel guilty about the low training volume this last week. Try to get plenty of sleep and good food. If your weight is a concern, the sooner you start to get it down the better. Crash diets sap strength. Reconsider losing weight if it looks to be unreachable by meet day. As I've said many times, lifting tends to make us bigger and can force permanent moves upward in your weight class. Some meets can be considered 'training meets', which entail no need to make weight in your targeted weight class. Training meets can be used to peak for another more important meet in the near future. Runners use similar strategies to peak for bigger more important races, using smaller running venues to gauge their abilities. Training meets can be used for trial purposes such as using new lifting gear or lifting styles.

Meet week is the most critical week of your training cycle. Your goals and mindset of this week should be unique. Athletes from many other sports use this type of tapering down method to conserve energy and strength prior a major athletic competition. In addition, you'll be hungrier to lift big weights at the meet, where they count. You may need to make some adjustments to fit your own situation, but if you approach it in the manner I suggested, your results will reflect it on meet day.

# THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



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• SOLID SEAM™ technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

# RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

- The combination of several new contours built into the pattern complement the already super RageX system.

- SOLID SEAM™ technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

- RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

- RageX in **DOUBLE LAYER**. Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

- Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

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- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
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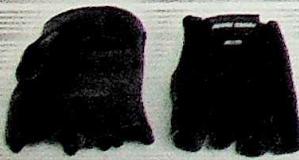
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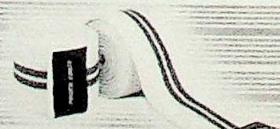
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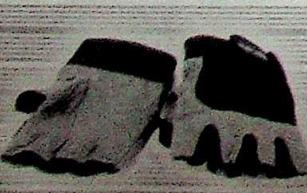
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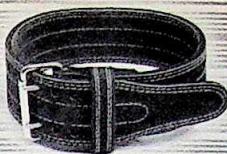
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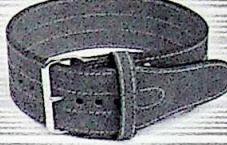
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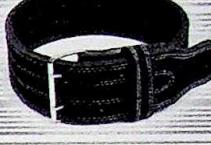
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# ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at [Mauro@MetabolicDiet.com](mailto:Mauro@MetabolicDiet.com). I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

**Mauro DiPasquale MD**

**Q:** Love your column. I was wondering if you could help me out. I was hoping you could tell me if you knew of any schools that were hiring grad assistants for fall 2006? Or if you knew anybody that could possibly point me in the right direction. Also, are there any schools that you recommend to go to for their Master's program for someone who wants to become a strength and conditioning coach at the college level? Thanks, Jason Yun

**A:** I'm afraid I can't help you out as far as giving you some specific direction. Although I do associate with some researchers at various schools I'm really not up on the programs that they have to offer. I stopped teaching at the University of Toronto back in 1998 and haven't been involved in or privy to programs there or any other universities in North America since then. My only advice is to search Medline in areas you're interested in and finding out what institutions are active in those areas and then looking at them to see if they offer what you want. You might also want to contact organizations such as NCAA, NSCA and CSCCa. Best regards.

**Mauro DiPasquale MD**

**Q:** I've heard that eating whole foods is the best way to get the nutrients you need. I'm just wondering where supplements fit in.

**A:** There's no substitute for eating healthy whole foods, especially on an organic level. As well, I believe that eating foods closer to their raw state, without overcooking them, also has advantages. That includes certified pathogen free, organic raw milk. On the other hand, in my view, supplements should be used for specific purposes, and in fact, other than a general vitamin and mineral formulation, should be used for only two purposes. One is for times when you simply are not eating well. At these times some supplements, for example EFA+, can be and in fact should be used. The second purpose is for pharmacological rather than physiological effects. If there's a need, then there should be a formulation that meets that need. This is the basic principle I follow with my supplements.

**Mauro DiPasquale MD**

**Q:** I have been taking the GHboost "only" for about 2 weeks now. You had told me to stop the TestoBoost for the time being and let you know about the effects from the GH boost and then you would set up a regimen. As far as the effects from the GH Boost..... I definitely feel better, (less fatigued), and I am holding on to my body weight as I drop body fat, (which has always been a problem for me-I am 46 years old). My training is going great and I'm getting stronger. I feel more relaxed as well. Since I stopped the TestoBoost I have definitely noticed a decrease, back to normal, in sex drive, (which was never a problem to begin with). I must say the large increase in sex drive did make me feel uncomfortable at times..... maybe lower the dosage of the TestoBoost? So please let me know what you think I should do next..... Again, many Thanks for your help, Scott

**A:** I'm glad you're doing well. As far as the TestoBoost, why not start it up again with only one tablet. If things are OK then increase it to two and so on. Let me know how it goes. Best regards,

**Mauro DiPasquale MD**

**Q:** What is it in the LipoFlush that seems to jazz you up a bit. I took it late afternoon once and woke up at 4 am wide awake. I do notice it perks you up quite a bit. I see there's some caffeine but not that much. Also I've been advised not to take creatine due to the warm Florida conditions and need for too much hydration. What's your take on this? Michael

**A:** LipoFlush has that effect from a combination of ingredients, including

the ones that influence neurotransmitter levels, such as tyrosine, DMAE, mucuna pruriens, choline, etc. As well the coryceps, citrus aurantium, ginseng, green tea, potassium, yerba mate, damiana, guarana, theobroma, and even the high levels of methylcobalamin all can increase energy levels. Have a look at [http://www.mdplusstore.com/pdfs/lipoflush\\_full.pdf](http://www.mdplusstore.com/pdfs/lipoflush_full.pdf) for more information on all of this. I'm actually going to be updating this info soon so that instead of the 37 pages it is now it will be closer to 45 pages. If it gets bigger than this it's going to be a book. As far as the advice you've been given about using creatine, there is a feeling among some people that the use of creatine results in problems with thermoregulation, hydration and decreased performance when exercising in the heat. The literature, however, doesn't bear this out. (see the citations and abstracts below). However, keeping this prospect in mind I added a number of ingredients to offset any possible disadvantages (see <http://www.mdplusstore.com/pdfs/creatine.pdf>), including electrolytes, antioxidants, and cytoprotective agents such as taurine. For example I added taurine in a 3:1 ratio as I consider that ratio ideal to maximize the cytoprotective and anti-stress effects of taurine and to complement the positive effects of creatine. FYI I've not had any athletes complain of any problems while using Creatine Advantage, although I have to admit that I have always recommended to them that they keep well hydrated, especially in the heat. That way you can maximize the ergogenic effects of increased cellular hydration without compromising systemic/extracellular hydration.

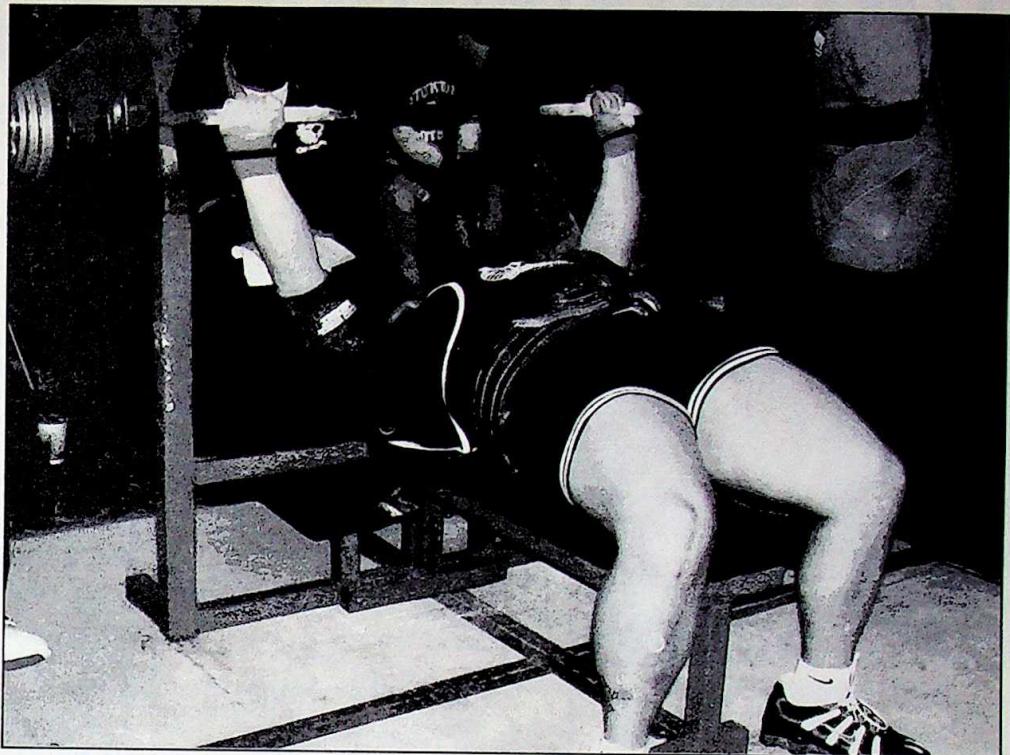
**Mauro DiPasquale MD**

**NUTRITION.** 2005 MAR;21(3):301-7. Effects of creatine on thermoregulatory responses while exercising in the heat. Mendel RW, Blegen M, Cheatham C, Antonio J, Ziegenfuss T. Ohio Research Group, Wadsworth, Ohio, USA. [rwmendel@wadsnet.com](mailto:rwmendel@wadsnet.com) OBJECTIVE: We hypothesized that creatine supplementation would interfere with normal body fluid shifts that occur during exercise in a hot environment due to its osmotic effect intracellularly. This study examined the effects of acute creatine loading (20 g/d for 5 d) on the thermoregulatory response of the body during a bout of exercise at 39 degrees C. METHODS: Subjects (15 men and 1 woman) performed a cycle test of maximum oxygen consumption to determine the proper work rate for the heat-stress test (40 min at 55% maximum oxygen consumption at 39 degrees C) and were assigned to a creatine group ( $n = 8$ ) or a placebo group ( $n = 8$ ) in a double-blind fashion. Each group performed the heat-stress test on two separate occasions: before supplementation and after supplementation (20 g/d of creatine with Gatorade or Solka-floc plus Gatorade). Dependent variables included rectal temperature, mean skin temperature, mean body temperature, and perceived thermal sensation. RESULTS: Repeated measure analysis of variance showed a significant ( $P < 0.05$ ) increase in body weight in the group supplemented with Gatorade. Core temperature was significantly lower after supplementation for both groups combined (before supplementation at 37.85 degrees C and after supplementation at 37.7 degrees C), with no difference between groups. A significant three-way interaction (group x trial x time) was also found for rectal temperature, with both groups having significantly lower rectal temperature after supplementation. Mean body and mean skin temperatures showed no differences. CONCLUSIONS: Short-term creatine supplementation (20 g/d for 5 d) did not have a negative effect on thermoregulatory responses during exercise at 39 degrees C.

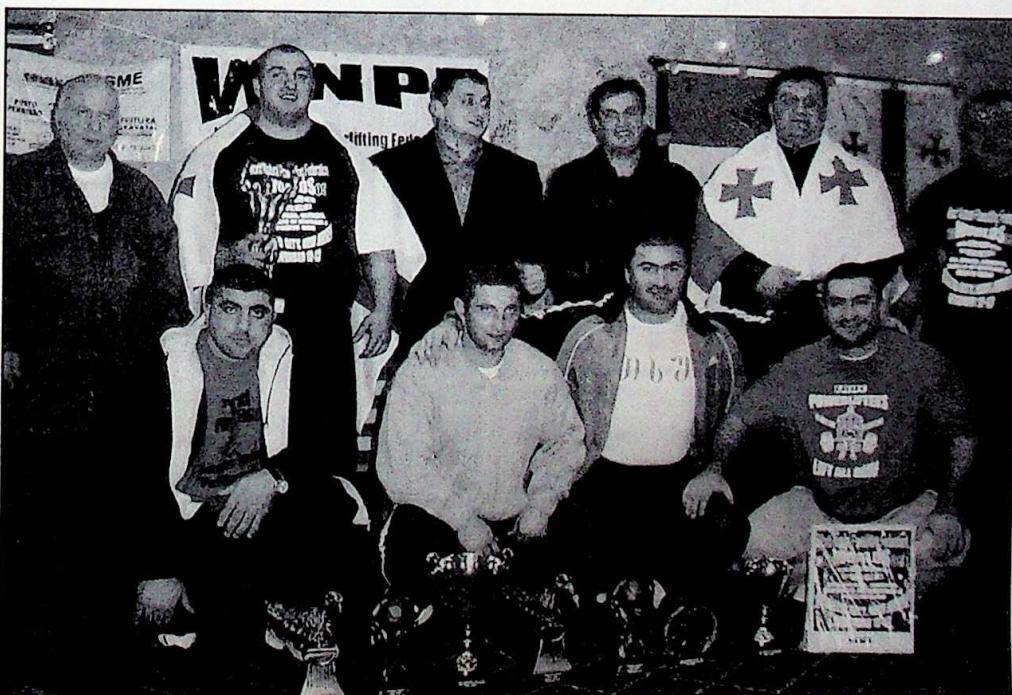
**INT J SPORT NUTR EXERC METAB.** 2004 AUG;14(4):443-60. The effects of creatine supplementation on cardiovascular, metabolic, and thermoregulatory responses during exercise in the heat in endurance-trained humans. Kilduff LP, Georgiades E, James N, Minnion RH, Mitchell M, Kingsmore D, Hadjicharalambous M, Pitsiladis YP. Centre for Exercise Science and Medicine in the Institute of Biomedical and Life Sciences at the University of Glasgow, Glasgow, UK. The effects of creatine (Cr) supplementation on cardiovascular, metabolic, and thermoregulatory responses, and on the capacity of trained humans to perform prolonged exercise in the heat was examined. Endurance-trained males ( $n = 21$ ) performed 2 constant-load exercise tests to exhaustion at  $63 \pm 5\%$  VO<sub>2max</sub> in the heat (ambient temperature:  $30.3 \pm 0.5$  degrees C) before and after 7 d of Cr (20 g x d<sup>-1</sup>) Cr + 140 g x d<sup>-1</sup> glucose polymer) or placebo. Cr increased intracellular water and reduced thermoregulatory and cardiovascular responses (e.g., heart rate, rectal temperature, sweat rate) but did not significantly increase time to exhaustion (47.0 +/- 4.7 min vs. 49.7 +/- 7.5 min,  $P = 0.095$ ). Time to exhaustion was increased significantly in subjects whose estimated intramuscular Cr levels were substantially increased ("responders": 47.3 +/- 4.9 min vs. 51.7 +/- 7.4 min,  $P = 0.031$ ). Cr-induced hyperhydration can result in a more efficient thermoregulatory response during prolonged exercise in the heat.

**WNPF World Championships**  
12,13 NOV 05 - Atlantic City, NJ

BENCH		Open Raw	
123 lbs.	Ramsey	352	
Open Raw	Passman	341	
Benner	187	(40-49) Raw	
(40-49) Raw	Passman	341	
Benner	187	Snow	297
(40-49)		(60-69) Raw	
Whidden	132	Freed	319
132 lbs.		4th-330!	
Open Raw	Subs		
Hockeborn	214!	Kampo	385
(40-49) Raw	(40-49)		
Hockeborn	214!	Caliguri	341
148 lbs.	Foltz	—	
Open	198 lbs.		
Schneidmill	181	(17-19) Raw	
(40-49)	Wharry	341!	
Schneidmill	181!	Turner	237
165 lbs.	Junior Raw		
(50-59)	Snouffer	303!	
Cox	148!	Open Raw	
SHW	Green*	435	
(40-49) Raw	Bachmayer	374	
Gerken	148!	Rolls	325
MEN	Subs Raw		
123 lbs.	Ross	352!	
Open Raw	(70-79) Raw		
Nazgaidze	308!	Rosenfield	292
132 lbs.	(40-49) Raw		
Open Raw	Green*	435!	
Javahishvili*	358!	Twymann	385
Junior Raw	Bachmayer	374	
Javahishvili	358!	T. Bachmayer	270
148 lbs.	Police Raw		
(17-19) Raw	T. Bachmayer	270	
Meehan	281!	Open	
Open Raw	Ryan*	485	
Wilson	308	Subs	
Powell	198	Ross	413
(40-49) Raw	(40-49)		
Wilson	308!	Yeargin	352
Open	Blackburn	352	
Venturella	—	Skinner	248
165 lbs.	(70-79)	Lhota	352
(13-16) Raw	Rosenfield	308!	
Costello	—	Donati	567
Open Raw	220 lbs.	Haley	468
Lara	369!	Rodski	314
Langwell	341	Lifetime Raw	
Leggs	220	Police Raw	
Subs Raw	Givishvili	490!	
Lara	369!	Williams	286
Open	Marshall	242 lbs.	
Artur	352	Shaw	468
Subs Raw	Hess	Shaw	468
Artur	352	Donati	567
(60-69)	Sasagrande	Junior Raw	
Lichtle	275!	Bown	518
181 lbs.	(40-49) Raw	Ocampo	396
Howard	352	Haley	468
		Shaw	—
		Dalessandro	330



*Jeff Begue's claim to fame ... 2005 World Natural Powerlifting Federation (WNPF) World Champion.*



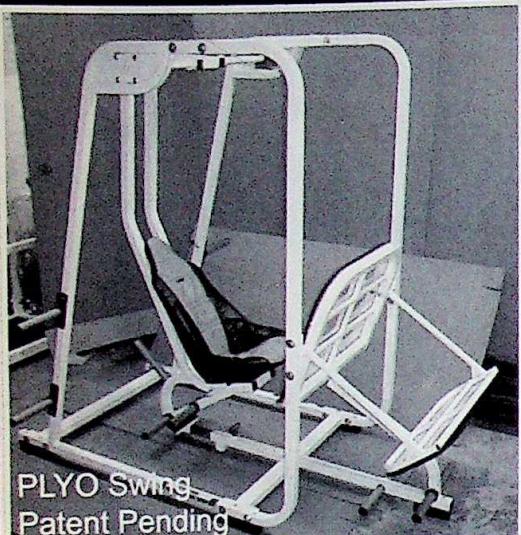
*The Team From Georgia, the Republic of Georgia, that is, came a long way to compete in the Champs*

*(continued on page 80)*

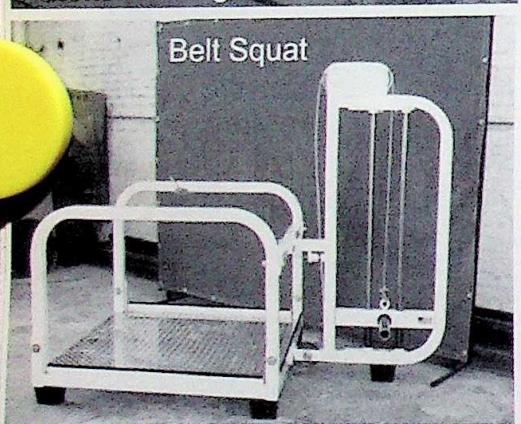
Norris	—	DEADLIFT	Yeargin	573
Police Raw	WOMEN	Haley	402	
(60-69)	123 lbs.	Open Raw	Haley	402
Begue*	—	Open Raw	Benner	(50-59)
Bidinotto	363	Open Raw	270	
Lyons	—	Open Raw	Scaranda	485
Open Raw	Benner	270	220 lbs.	
Namaladze	474	(40-49) Raw	Open Raw	
(50-59)	275 lbs.	Benner	Thomas	672
Chavchanidze	286	132 lbs.	Caffrey	474
Open Raw	Open Raw	Open Raw	Marshall	440
Spano	297!	165 lbs.	Casagrande	716
Mamedov	485	(9-10) Raw	Diciano	540
Hockeborn	292!	Summers	Marshall	485.
Open	Open	352	Slagus	236!
Ramos	485	(50-59) Raw	Subs	
Hockeborn	292!	(40-49) Raw	Casagrande	716!
Dupont	435	165 lbs.	Gerken	275!
Open Raw	Open	(9-10) Raw	Thomas	672!
Summers	352	Open Raw	Cooper*	733!
Subs	—	Open Raw	Ocampo	440
Lewis	—	Open Raw	Monick	137
Sullivan	325	Open Raw	Junior Raw	
Police	—	Open Raw	Wilson	507!
Cline	479	Open Raw	Powell	264
(40-49) Raw	Open	Open Raw	(40-49) Raw	
Dupont	435	Open	Wilson	507
Open Raw	Open	Open Raw	Police	
Open Raw	Open	Open Raw	Ocampo	440
Open Raw	Open	Open Raw	(20-23) Raw	
Open Raw	Open	Open Raw	Slagus	402
Open Raw	Open	Open Raw	Open Raw	
Open Raw	Open	Open Raw	Kiefer	496
Open Raw	Open	Open Raw	(40-49) Raw	
Open Raw	Open	Open Raw	Vellucci	584
Open Raw	Open	Open Raw	Hoxworth	474
Open Raw	Open	Open Raw	Lapointe	369
Open Raw	Open	Open Raw	Leggs	325
Open Raw	Open	Open Raw	Open	
Open Raw	Open	Open Raw	Artur	485
Open Raw	Open	Open Raw	Subs	
Open Raw	Open	Open Raw	Artur	485
Open Raw	Open	Open Raw	181 lbs.	
Open Raw	Open	Open Raw	Open Raw	
Open Raw	Open	Open Raw	Rijos*	584!
Open Raw	Open	Open Raw	(50-59)	
Open Raw	Open	Open Raw	Dennison	562!
Open Raw	Open	Open Raw	Crawford	451!
Open Raw	Open	Open Raw	198 lbs.	
Open Raw	Open	Open Raw	(17-19) Raw	
Open Raw	Open	Open Raw	Turner	435
Open Raw	Open	Open Raw	Open	
Open Raw	Open	Open Raw	Meyers*	722
Open Raw	Open	Open Raw	(40-49)	
Open Raw	Open	Open Raw	Meyerres	722
Open Raw	Open	Open Raw	(40-49) Raw	
Open Raw	Open	Open Raw	Klaassen	551!
Open Raw	Open	Open Raw	Whidden	501
Open Raw	Open	Open Raw	Nichols	60
Open Raw	Open	Open Raw	Open	
Open Raw	Open	Open Raw	Cline	650!
Open Raw	Open	Open Raw	Police	
Open Raw	Open	Open Raw	Cline	650
Open Raw	Open	Open Raw	Cline	650
Open Raw	Open	Open Raw	POWER CURL	
Open Raw	Open	Open Raw	WOMEN	
Open Raw	Open	Open Raw	123 lbs.	
Open Raw	Open	Open Raw	(40-49)	
Open Raw	Open	Open Raw	Klaassen	76!
Open Raw	Open	Open Raw	Whidden	60

# LOUIE SIMMONS' PRESENTS

## "Often Imitated, But Never Duplicated"



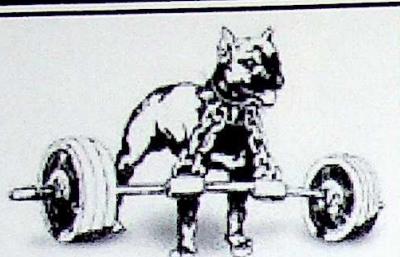
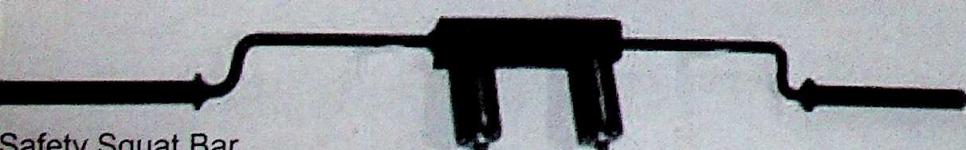
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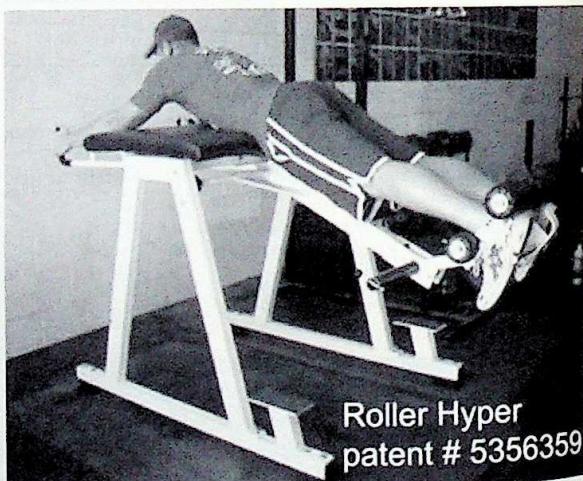
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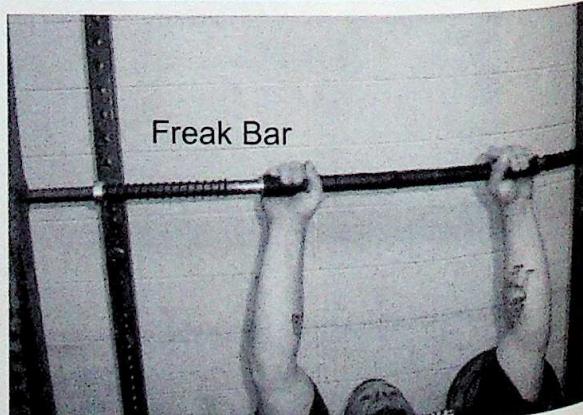
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Last month we saw Marge Simpson training at 'Curves for Cartoon Characters', and then visited 'Headhunter Barbell' in Wadsworth, Ohio. Now we'll head North to steel mill country and find out just how crazy those cold-hearted Yankees can get. They get kind of opinionated up in the frozen north - you'll see what I mean in a minute.

By the way, you might want to know about a deer hunting trip I took up in the frozen tundra years ago. It was a full 20 degrees below zero the entire trip, and NO I don't mean counting the wind-chill. We stayed in an un-insulated cabin, about 40 miles from town, with no water or electricity. It was great! For all of you PETA members, you should know that I harmed no deer on the entire trip. I tried to (harm a deer), but couldn't really find anything I wanted to kill. Well, OK, there was that loud drunk in the local bar, but other than him - I found nothing I wanted to kill. I mostly hunted with a big friend of mine named Billy. I kept him in sight every time we ventured very far into the woods, because if we ever got lost in the snowstorm I planned to kill Billy and live in the carcass. He's a pretty big boy, and I figured I could live in his carcass - crouched in the rib cage, with a small fire, eating the leg meat, at least until the spring thaw. I've got nothing against Billy, but I hate being cold and hungry. I've got nothing against people who live in the cold weather, but I've noticed that they can be very opinionated.

Today, we hear that Joe doesn't really like supportive gear or steroids. Who is Joe? He owns Joe's Gym, of course. He likes Don Reinhoudt, but he has got plenty of real opinions FO SHO. Tell us all about it Joe!

I'll give you some statistics and you can decide if there is any "Hard Core" gym, anywhere, that can compete with "JOE'S GYM OF ERIE, PENNSYLVANIA". If I gave you all the statistics, since our beginning in Powerlifting in 1969, you would have a book as big as a dictionary.

At "JOE'S GYM OF ERIE, PENNSYLVANIA" we have worked with and produced more National and World champions than any other gym, anywhere.

If we go back to the past you may remember some of the people we worked with, when we were in our "Infancy". One name you may recall from the Seventies, when we competed as the "Allegheny Mountain Team" was Don Reinhoudt. Does that name ring a bell.

It should because he was, by far, the strongest lifter of all time, 2420 - "RAW". There isn't a lifter, today, that can touch that total at any "Legitimate" contest.

Over the first ten years (1969 til 1979) we lifted "RAW" and we had literally 100s of competitors pass through our portals, such as: Norb Paterniti - 915 at 114, Gary Hain - 965 at 123, Seth Bloomquist - 1015 at 132, Steve Ubas - 1225 at 148, Mike Lettieri and John Carey -

# HARD CORE GYM #51 GOING NORTH AGAIN

*as told to PLUSA by Rick Brewer, House of Pain*



JOE'S GYM OF ERIE... "you don't have to be the biggest to be the best."

1420 at 165, Tony Fratto and Mike Lettieri - 1600 at 181, Mike Lettieri and Tony Fratto - 1775 at 198, Rich Collarile and Al Veras - 1550 at 220, Al Veras - 1670 at 242. These were members of our A-Team. We have always had a B-Team and a C-Team which we use for back-ups if an A-Team member could not compete. Sort of the "JOE'S GYM OF ERIE, PENNSYLVANIA", went on through the eighties and nineties and even though we had many incredible competitors I don't consider the lifting as good as the sixties and seventies because of the incredible drug use and the ridiculous assistance gear that came into the scene. We've stayed "DRUG-FREE" for the past twenty years (I even drug test my gym members) but we did use assistance gear until 1999 when we decided it was getting too absurd. The competitors were not getting any stronger, the assistance gear was getting more technical. In January of 2000 we started competing in the ADAU (Anti-drug Athletes United) because they are the only legitimate raw and drug tested organization.

The current "JOE'S GYM OF ERIE, PENNSYLVANIA" team consist of around fifty competitors and we are all "DRUGFREE" and compete "RAW" only. Just like in the beginning. We don't experiment with all the "FANCY" chains and rubber bands that the current crop of "So-Called" competitors are using. We use power racks and tons of iron. We do squats, benches and deadlifts, with a few partial movements plus a mixture of about a dozen other major strength movements. That's it. It's not broke. Don't try to fix it. We train smart and safe. We compete in a minimum of three contests and as many as eight contests each year.

Some of our current competitors are National and World Champions and we have been undefeated as an "OPEN" team in the ADFPA, the AAU, and the ADAU since 1995. We were the team champions at the AAU Nationals in 1997, 1998, and 1999.

We also won the team title at

Tim Borgia (40) 1100 at 132, Ramone Cruz(42)-1205 at 148, Ken Zappitella (40)-1075 at 181, Steve Fisher(46)-1075 at 181, Joe Orengeia (56) - 1240 at 181, Dave Heintzel (42)-1205 at 198, Phil Kaufman (46) - 1335 at 198, Al Mangini (50)-1000 at 198, Bugs Bayer (57) - 1345 at 198, Jeff Carlucci(42)-1320 at 220, Leroy Burton (68) - 170 at 220, Al Siegel (63) - 1165 at 275, and Dale Stoner (43) - 1420 at 319.

There are more competitors at "JOE'S GYM" that make up the B-Team and C-Team that we use often for back up at the contests we attend. Twenty-two of them just competed at the "CENTRAL PENNSYLVANIA CHAMPIONSHIPS".

Remember, all our competitors are "DRUG-FREE" and compete "RAW". If we use single ply assistance gear, which we have in the past, we total ten to fifteen percent more.

Yours Strongly,  
JOE ORENGEIA  
COACH

"JOE'S GYM OF ERIE"  
4468 W. 26th Street,  
Erie, PA 16506

I don't want to live in Erie, PA because it's way too cold. But if I ever get trapped there I'm going to work out with Joe (at Joe's Gym)! Of course, if it snows a lot, I'll be on the lookout for a big guy (large framed carcass) to walk home with. And as far as I know PETA might even endorse my actions, because I think they're cool as long as I don't hurt other animals. (I think it's still OK to hurt a human.) Best case scenario; I think it's OK if I kill a human with a small animal (as long as the animal suffers no injury).

Next month, we learn that not everyone is as nice as me, too bad, so sad. We find a whole nest of misfits with a bad attitude!! Stay turned to this same Bat Channel; it's going to be here.

Comments, complaints, and other useless trivia should be emailed to: rick@houseofpain.com (so they can be promptly deleted). Cash contributions should be mailed to: HOUSE OF PAIN, P.O. Box 333 Fate, TX 75132



Here's a shot of the 1999 AAU National Team Champions: JOE'S GYM of Erie, Pennsylvania (Photographs provided courtesy Joe)

An in Depth Interview with owner of "AtLarge Nutrition" Chris Mason ...

In this column I try to let readers know the latest information on the nutrition scene to help you take their totals to new heights. This month, I contacted the owner of AtLarge Nutrition, Chris Mason, to see if he would be interested in doing an interview. He was more than happy to help me out and here I would like to present to you a look into some of the advanced formulas they create and the science behind their formulations. Not only do a lot of my world class athletes use AtLarge products, but I myself use them. I have tried products from dozens of companies with many of them good and many of them horrendous. AtLarge Nutrition goes above and beyond in their formulas and this is one of the reasons why my athletes and I have found them very beneficial.

**Q:** Why don't we start off with you telling us about yourself?

**A:** I am 35 years old and married, with 3 children. I was born in California, but have lived all over the country. I spent 18 years in the Phoenix, AZ area and attended high school and college there. I have a B.S. degree from Arizona State University.

My training roots are probably similar to those of MANY of your readers. I first started training with weights the summer before my senior year in high school. I decided to go out for football, as I had always been quite fast and strong for my size. I did not care for team sports (partially due to my lack of coordination and also because I have always been independent). In the age old story of boys wanting girls I thought that playing football would enhance my social position. I had friends who played and saw the kids they hung out with and decided that was for me.

I trained that summer to get bigger and stronger and went from 5' 11.5" and 163 lbs. to the low 170's over the course of a couple of months, training primarily my upper body with a bit of legs mixed in. Time came at the end of the summer for "hell week" (it truly is in Phoenix, as you are outside in sweltering heat for "2 a days") and my chance to try to make the team. I went through the 2 weeks of hell and was able to make the team.

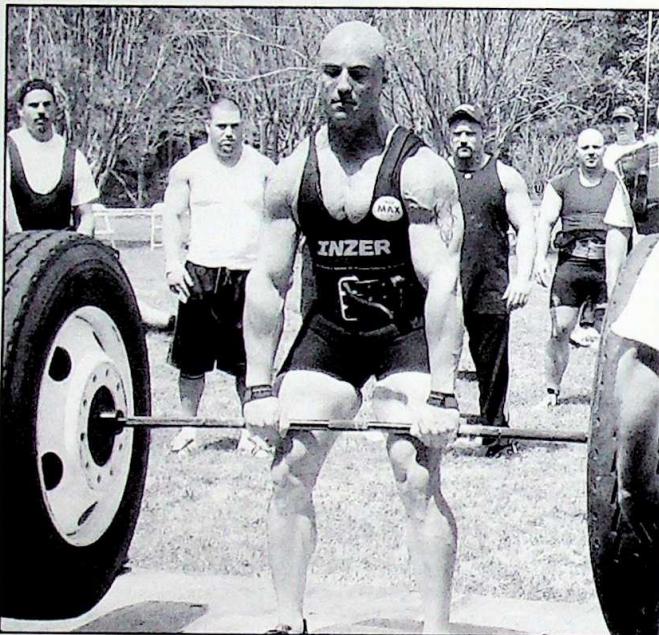
I hated practice. I didn't care for the coach and felt stupid because I didn't know where to position myself for various plays and no one took the time to explain anything. A hint of how bad I had the Iron Bug was that I was resentful of how practice negatively effected my weight training time.

I decided to quit football and try to take my weight training to the next level. I have a bit of an obsessive personality and I became totally immersed in the Iron Game. I bought and read all the bodybuilding magazines I could get my hands on as

# NUTRITION

## The SCIENCE behind Powerlifting Supplements

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



**Brad Cardoza** is a professional strongman on the AtLarge Team.

well as all the books. It is my nature to want to be the master of anything I do and I quickly developed a good working knowledge of training.

I also joined a local gym called Hoppe's, a classic dungeon gym with amazing equipment and a hardcore atmosphere. The owner was Glenn Knerr, a former Mr. America and Mr. World. He was a light heavyweight competitor with absolutely awesome legs and a great overall physique. Mike Ashley, an IFBB pro bodybuilder, trained there regularly as well as other name bodybuilders.

The atmosphere fueled my already obsessive love of the Iron and I entered my first contest while I was only 17 years old. I placed 3rd in my age class at that Teen Arizona without even so much as dieting. Of course, at that age I was quite lean to start with.

Hoppe's shut down a short time later and I moved to a Powerhouse Gym in Scottsdale. One of the owners of that gym was another national level bodybuilder. Myself, my brother, and couple of buddies went with him to Las Vegas to see him compete in the North American Championships. This was a special time as Lenda Murray won in the women's overall and Johnnie Morant won the men's. Our gym owner was 5th or 6th in the lightheavies just behind Ken "Flex" Wheeler (another

name to soon go big). The experience was awesome. Serge Nubret, Jim Quinn, Boyer Coe and many others were present. The excitement of Vegas combined with the glut of bodybuilders just fueled my passion for the Iron even more.

I was so heavily into bodybuilding at this time that I entertained thoughts of going pro. I believed I had the goods and was not yet fully aware of the level of drug use it would require.

Even though I was so into bodybuilding I always loved strength more than appearance. I was more interested in lifting big weights than just being big or looking good. I have always thought that a man who is big should be able to back it up with big lifts. I thought of myself as a power-bodybuilder.

I was able to get myself to a clean 220 lbs., training hard and heavy. I had been heavily influenced by the writings of Arthur Jones and Ellington Darden so I trained to failure with low volume. I would hear nothing of periodization training or anything other than balls to the wall intensity.

I switched gyms and was lucky enough to meet Lance Dreher, a former Mr. Universe and an IFBB professional bodybuilder. I simultaneously learned that the Teen Arizona was going to be in 7 weeks. I decided to give it a go and

Lance was kind enough to help me with my diet. My diet for the show lasted 6.5 weeks and I went from 220 lbs to 186 lbs. I lost a considerable amount of muscle, but still looked pretty good for a drug-free teen. I placed 4th (I thought I should have had 3rd) in a strong field.

It was a highlight for me when a local newsletter called Iron Warrior gave their impression of the show. They said it was the best 18-19 year old division they had seen in years. The winner was named Jason Carlson. He had recently won the AAU Collegiate Overall and was 220 lbs. and shredded (at about 6%). The author of the article was dumbfounded by him. In 2nd place was the recent winner of the Arizona Teenage Natural - Rudy Galaviz. The 3rd place winner was Henry Cruz who was preparing for the Orange County Classic. He was considered one of the best posers in Arizona! The quote about me was: "This young man has a good frame and in time will be a contender in the men's open class."

I was attending college, and during my senior year I met my future wife. Our relationship and a child changed my focus. The realization that I was now responsible for 2 other individuals made me dramatically rethink my goals.

I decided that I had to get out of school and get a job to support my family. I graduated and began to look for sales positions. The job market was quite poor, and while I got a few interviews, no offers were forthcoming. I was looking through the newspaper one day and came across an ad for an Acura car dealership looking for sales reps. Thinking that I could handle selling cars and the big income potential, I went in and applied. The sales manager told me they were looking for someone "more experienced" and referred me to a buddy of his at a Toyota dealership.

The Toyota dealership hired me and that has been my career for the past 10 years or so. I am now a general sales manager of a Honda/Dodge dealership in Virginia in addition to being the co-owner of AtLarge.

The car business requires long hours and hard work. It is a high stress career that does offer solid monetary rewards for performers. The addition of 2 more kids and all of life's stresses would kill most men's desire to train, but not mine. Over the years the fire still burned and I have ALWAYS trained hard and heavy. I never lost my dream to be a force in the Iron Game.

**Q:** How did you get involved in the powerlifting and strength scene?

**A:** As I said, even though I was a bodybuilder first I have always respected strength as well as size. As I have aged I have gained a greater respect for the strength athlete and the true competition involved in strength sports.

Obviously, powerlifting and Olympic lifting are much less subjective than bodybuilding and I feel they are much healthier sports. Sure, lifters need to make weight, but what they go through in terms of bodily abuse with

such things as diuretics and the like is nothing compared to what a competitive bodybuilder will.

I love the history of the Iron Game and when you look back lifting and bodybuilding were synonymous. The best lifters and bodybuilders overlapped quite a bit. To me, training with weights is about size and strength, not just how you look. This is not to say I don't respect bodybuilders, I absolutely do, but I have a greater affinity for strength athletes.

I would have to say Sean Katterle is the man who really got me involved with powerlifting. We came in contact about advertising in Monster Muscle magazine when he was with them. During the course of doing business I got to speaking with Sean and realized he had the same passion for the Iron Game that I do. His contacts combined with my aforementioned passion are what got myself and my company heavily involved in the strength community.

**Q:** Tell us about your company. It is one of the few companies out there that truly caters to the strength athlete and not the bodybuilder. Why is this?

**A:** We want to cover the entire Iron Game, not just one group or the other. We are a company which caters to the dedicated trainee, no matter who they are or whether they compete.

With that said, we do have a soft spot for strength sports. I have a passion for strength and that is naturally going to be reflected in the business.

I want to go on record with one more thing. We do cater to the strength athletes and will continue to do so. I promise that as we grow so will the money we put back into strength sports. I consider it a complete travesty that the strongest men in the world receive virtually no financial rewards for their hard work.

Powerlifting, strongman, and bodybuilding are funny sports when you think about it. The movements basic to each sport such as bench pressing (bodybuilding and powerlifting), squatting (all 3), and deadlifting (bodybuilding and powerlifting with some for Olympic lifting) are used by nearly every athlete in every sport at one time or another in their training. Strength coaches are quite often former strength athletes and their experience in the gym has a direct effect on how such coaches strengthen their athletes for a given sport. Strength training has been the biggest difference in modern athletics (drugs aside) in terms of athletic performance on the field of play. Heck, there was a time when a big lineman was 220 lbs, now that is just a big wide receiver. Yet, the bodybuilding, powerlifting, and strongman world have seen very little of the financial rewards which they have been integral in creating the billions in revenues generated by the sports they have helped improve.

I want to see a day when strength athletes are compensated in a fashion which is more in line with how a champion of any field should be remunerated. I promise your readers the following; if you help my company to grow, you will also help the sport you love to grow. When we become a multi-million dollar a year in gross sales company like some of the big boys on the supplement block we are going to re-invest some of that money into strength sports. We will put on the most amazing meets ever with huge monetary prizes. That truly is one of my goals and has been since I started this company!

**Q:** What made you start the company and get involved in the nutrition and supplement industry?

**A:** There are 3 main reasons I started AtLarge Nutrition, LLC with my partner:

-I was tired of the crap that so many companies sell. I had been burned so many times over the years with the latest wonder supplement that it boggles the mind. I know I am not unique in that experience and I wanted to start a company which was of the highest integrity which only sold products that really work! -I wanted to make the Iron Game my living and not just my all-consuming hobby.

-As I already mentioned, I wanted to be able to put

money into the athlete's hands where it belongs. How many multi-million dollar supplement companies don't give much back to the sports that helped to create them? It's a shame when supplement company owners are flush with millions and record setting powerlifters have to have 2 jobs just to support their family.

**Q:** Let's talk a little about the scientific nature of your supplement line. Why do you go that extra mile when designing a formula?

**A:** We go the extra mile because we want to be known as a company which only sells the best and because we really give a s\*\*\* about our customers. Yes, we want to make money, but we also want to offer a quality product that you can count on.

**Q:** You have a very intense protein on the market called Nitrean. Tell us a little about how you put this formula together.

**A:** We went with a blend (whey, casein, and egg) for several reasons. We looked at the work of Boirie (a protein guru in the scientific community) and others which prove that incorporating various proteins fractions and types are best because they each impart unique benefits to those who consume them. We also looked to nature. Milk is a combination of whey and casein.

Through Boirie's work we realized that postprandial (after you have consumed it) digestion rate of various types of protein is an independent factor in the amount of net protein retention realized. In other words, different types of protein are digested at varying rates and the rate of digestion inversely affects the net retention of said protein. The slower digested proteins such as casein result in a greater net retention than that of something like whey, which is digested very quickly. Obviously, you want to retain as much protein as possible that you have consumed. You also want to experience the varying benefits from different protein types.

I don't want to bore your readers excessively with the theory of it all. Suffice it to say that we wanted the best protein matrix possible and we believe we offer just that with Nitrean and Opticen (our MRP).

**Q:** You also have a very unique formula with your ETS product. Tell us a little about the science behind this product and who may benefit from using it?

**A:** Now you hit my hot-button! Just talking about ETS excites me!

ETS is our newest product and one which is unique to the sports supplement market. The story about how we developed the product is actually quite interesting. I would love to tell you it was my brilliant scientific mind which came up with it but that isn't the case. It was a combination of luck and vision on our part which has brought this product to the market.

When ephedrine was banned (or when it became obvious it would be) we needed to find a replacement to use in our thermogenic product called Thermocin. During our search we came across a company called Humanetics Corporation. They were marketing an interesting product called 7-Keto™. 7-Keto™ is a non-stimulant fat loss agent which looked to be a viable contender to be added to Thermocin to replace ephedrine.

In speaking with my rep at Humanetics about 7-Keto™ he also mentioned MicroLactin™. This was another product his company was offering and it was being sold as a highly effective joint care supplement. I remember telling him that joint care was not really my target market but asked him to send me literature on it as well.

When the literature arrived I perused it. In doing so I noticed a study done on MicroLactin™ which used experienced runners as the subjects. The study showed that MicroLactin™ improved the runner's performance. I was intrigued. I began to wonder if this product might have other benefits to athletes beyond the joint aspect. I especially wondered if this product might be an ergogen for weight trained

athletes.

I quickly asked my rep to send me a sample of the product to try myself. I began using the stuff at a 4g per day dose and began to notice some amazing effects within about 5 days. The most noticeable effect was that my usual DOMS (Delayed Onset Muscular Soreness) almost went away completely! I used to get so sore from a balls-to-the-wall leg session that I would not be able to walk worth a crap for about 4 days after leg training. I would get a little sore the day following training and then tremendously sore 2 days after. With the MicroLactin here was a HUGE difference.

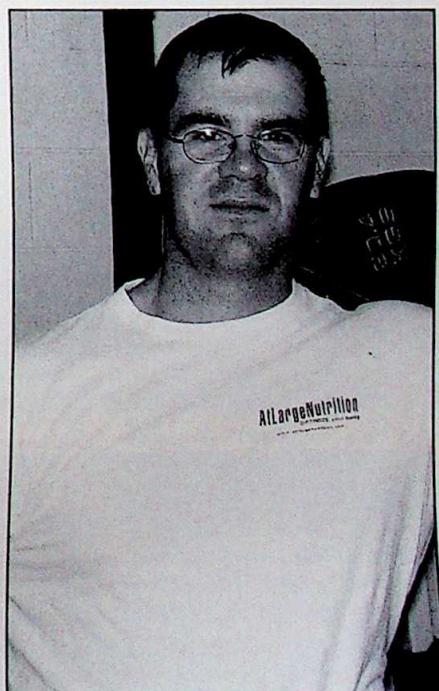
That alone would have sold me on the product but that was not the only effect. I also noticed a nice increase in strength that occurred at about the 5<sup>th</sup> day (I would rate this more of a secondary positive effect of MicroLactin™ alone). In addition, I also began to notice that I would recover MUCH more quickly than usual. I also noticed my bum knees were much happier than normal even with repeated heavy leg workouts.

I cannot even begin to tell you how fired-up I was! Nobody else, not the HUGE megalithic supplement companies, NOBODY was offering this product as a sports ergogen. I knew I had to get this product to market quickly, but I also knew I wanted to make a final product that was even better than MicroLactin™ alone.

So, I began in earnest to look for synergistic compounds that would enhance the recovery and strength promoting effects of MicroLactin™. I ended up settling on the inclusion of zinc and magnesium at specific doses as well as vitamins C and E. The resulting product is ETS (Extreme Training Support).

I had created a TRULY effective sports ergogen which has the additional characteristic of being extremely SAFE! I was sitting on a new revolution in the supplement industry and I cannot tell you how excited I was!

ANY and ALL of your readers need to give this product a try. It is truly a product tailor-made for the powerlifting community. Every lifter who has been training for a few years has some pain in their knees and shoulders and ETS can help. Every lifter would like to recover more quickly so they can train harder and more often, and ETS can help. Every lifter would



Chris Mason .. the "Man" behind AtLarge.

like to be able to prolong the heavy phase of their training and ETS can help!

Do it for yourself, you will be happy you did!

Q: You sponsor quite a few athletes, including my main man Phil Harrington who is the top 181 squatter in the world with a 900. I have worked with Phil for several years now and he is in a realm of his own. When did you take Phil on and how has it been working with such a world class athlete?

A: I took on Phil at the recommendation of Jon Grove about a year to a year and a half ago.

I can honestly say that I am VERY happy to have Phil on our team. He has always done his share in helping to spread the word and his lifting accomplishments speak for themselves!

Phil has been a joy to work with as he is always eager to talk and be of any help he can. He gives me his true opinion on our products and he really uses them. That is one of the most important things to me about sponsorship. I don't want to have any athlete speak for my products unless he/she has tried them and uses them as part of their daily supplement routine.

Q: You also sponsor James "Pitbull" Searcy. He has done an amazing 1000 plus squat drug free. Can you give us a little insight into James and the supplement plan that he uses to handle such weights without the use of pharmaceuticals?

A: James is a GREAT guy and another joy to work with. I have worked with athletes in the past who were hard to get in touch with or just wanted the sponsorship to be a one-way street (us helping them). That just isn't the case with James. Heck, he even sent me a Christmas card!

In terms of James' lifting abilities, he is a FREAK! He is a mountain of a man with truly prodigious power in the squat and deadlift. The guy is able to squat over 900 lbs. for reps with only knee wraps and a belt! I know that sounds like b\*\*\*s\*\*\* but it isn't. James trains in a gym without a Monolift and walks out over 900 lbs!

Before I met James he never even owned a squat suit? When the man squatted 1003 lbs with his suit it was DAYS after having received it and it wasn't even fitting right!!! I know this, because I bought him the suit and I know when he received it. He had no chance to train in it and get used to it. Like I said, the man is a FREAK!

James, like Phil, really uses our products: Nitrean, Opticen, Creatine 500, Multi-Plus, and ETS on a regular basis. If you go to our site ([www.atlagnutrition.com](http://www.atlagnutrition.com)) you can read what James thinks of the products.

I will never say that my products made a champion. My products help champions to be even better and they can help any of your readers in the same fashion.

Q: Dropping fat is a major concern for a lot of lifters. In the sport of powerlifting you see a lot of lifters who are now rock hard and ripped. Ron

Palmer and Phil Harrington come to mind. Tell us a little about your fat burner that you have out now and how it is different from all the others that line the health food store shelves.

A: I think what makes Thermocin different from other products is that it contains the right amount of specific ingredients to work in a harmonious fashion to help its users to lose fat.

When we chose to add a fat burner to our lineup we wanted to make sure that it contained ingredients which have been shown to be viable in humans. A lot of companies include ingredients in their fat burners which have been shown to work in animals, but not humans. What works for a rat may not work at all for humans.

The 4 main ingredients in our product are as follows:

**Synephrine:** is a chemical cousin of ephedrine which has been demonstrated to aid in fat loss in humans. Synephrine is the basis for our SCA stack (synephrine, caffeine, and aspirin). It is generally considered to have a milder effect on the cardiovascular system than ephedrine and most users find our product gives them a "smoother" stimulating effect than ephedra based products.

**Caffeine:** is both a stimulant as well as a proven fat loss agent. Caffeine has been shown in humans to both increase fat oxidation AND to decrease protein oxidation (a good thing for weight trained individuals).

**Green Tea Extract:** is a highly effective supplement for fat loss and good health in general (which cannot be said for most fat loss supplements). Thermocin contains green tea extract in a FULL PROVENDOSE. We looked at the research which shows it to be a potent thermogenic and fat oxidizer and included it in the dose which scientists found to be efficacious. Not all of our competition does this.

**Hydroxycitric Acid:** has been shown to enhance endurance in humans via increased fat oxidation and the concurrent sparing of glycogen. It also has been demonstrated to have an appetite suppression component.

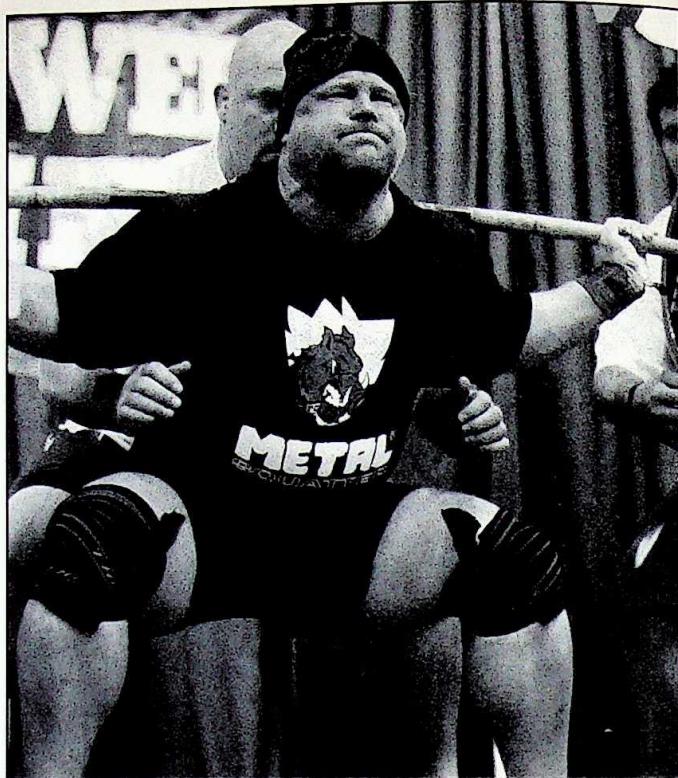
As you can see Thermocin covers all of the bases of fat loss. It is a potent thermogenic, fat oxidizer, and it helps to suppress appetite.

Q: What about using Thermocin as a pre workout or competition stimulant?

A: It has a nice quantity of stimulants at full dose (and we NEVER recommend taking more than the full dose). I think it will give you a better, more controlled stimulating effect than many other products out there. You don't want to be so jacked out of your mind that you get out of the groove on a lift and miss it or get injured. You want a controlled, smooth effect which will heighten your senses and reduce your body's inhibitory mechanisms just enough for you to hit a safe PR. Thermocin will do that for you.

Q: You also have a website. Tell us where we can find it and about some of the content?

A: We have two websites, actually.



The Other Chris Mason .. aka "Ox" is also on the AtLarge Team.

AtLarge's website is [www.atlagnutrition.com](http://www.atlagnutrition.com). We also have a sister website [www.wannabebig.com](http://www.wannabebig.com). Wbb has been on the net for roughly 5 years now and has over 13,000 registered members making it one of the top iron game websites on the net. It has a HUGE amount of content with articles on training, diet, supplements, and just about any other weight training/fitness related topic you can think of. In addition, it has forums which cover bodybuilding and fitness, powerlifting and Olympic lifting, diet, supplements, general health, anabolics, online journals (you can keep a log of your diet and training online), members photos, and general topics of interest. The forums are nicely moderated to keep the trolls to a minimum. Anyone looking for one of the best FREE online sites should check it out.

AtLarge's site obviously covers our products in depth and has an online store where you can purchase them. It also lists our sponsored athletes and tells you a bit about each of them. We have several articles covering a variety of supplement and weight training related topics. Very soon we will be publishing a comprehensive online program which will tell you how to train and eat to get the best results possible in the gym. This program will blow away anything else currently published in that it will give you the tools you need to tailor your own PERSONAL optimum routine (as well as providing pre-set training routines). I can't tell you how excited we are about this program. By the time this interview is published it should be online and ready to view. BEST of all it will be absolutely FREE!

Q: I am a big believer in the power of

creatine. I personally use it in many of the plans of my world class athletes that I design nutrition and supplementation for. Tell us a little about your creatine product and why the quality of the particular creatine that you are taking is so important for results?

A: There are so many variations of creatine available I think most people don't know which way to turn. Contrary to what most supplement companies would have you believe the REAL reason for such a huge variety is that creatine is highly effective and has been on the market for so long that competition has reduced the profit margin on the product to a very minimal level. The "invention" and marketing of these new products is meant to allow the companies to make a larger profit on their "new" products.

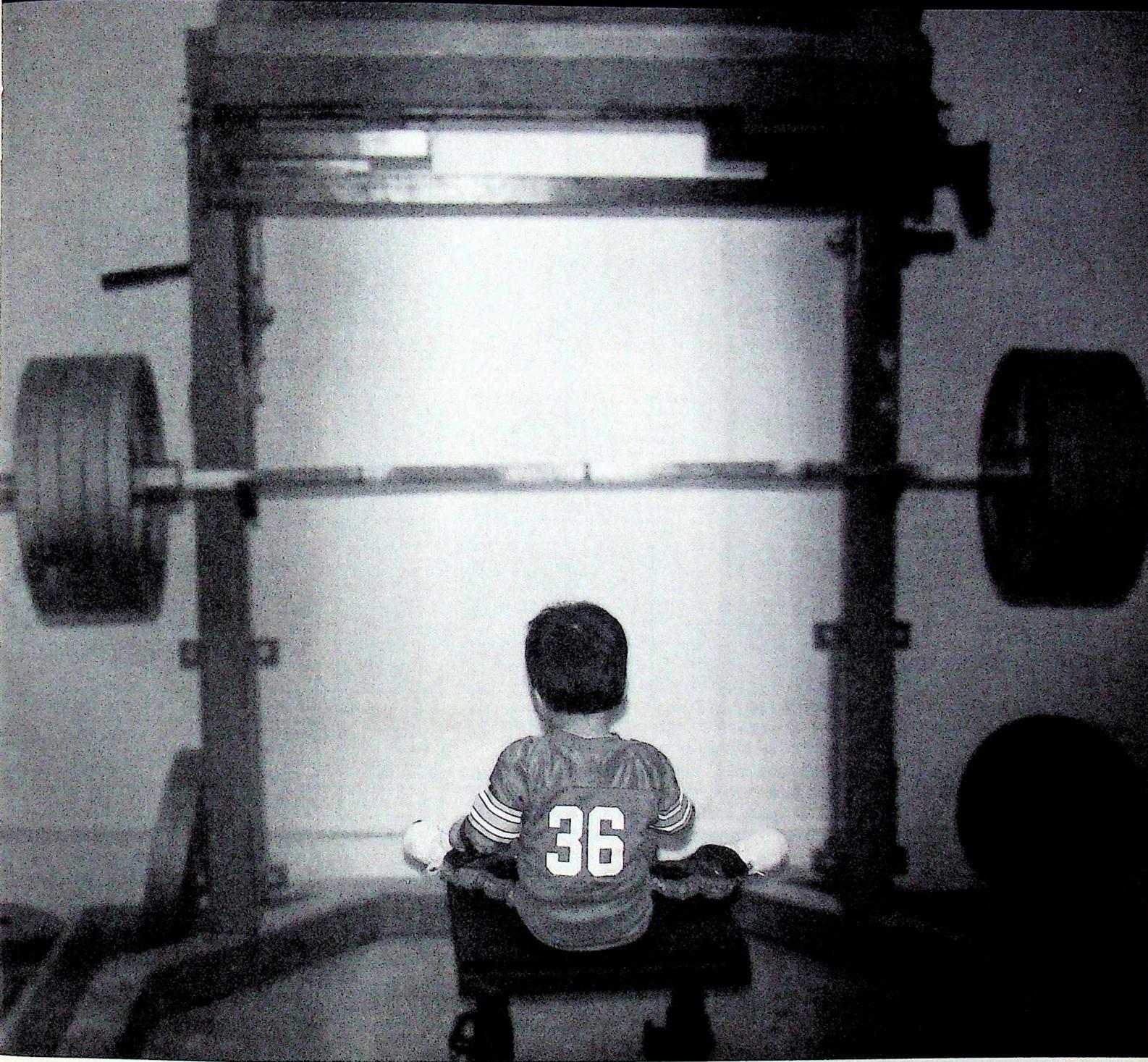
I don't want to create the idea that I think profit is a bad word. We are a business and thus need to make a profit to remain in existence. I don't begrudge another company making a tidy profit. That said, AtLarge does not and will not release a variation of the product simply to make more money.

That is why we still offer creatine monohydrate. We certainly could offer the latest variety, but we don't because we simply are not convinced that they are any better of a product or value for our customers.

Creatine 500 (our product) is comprised of Creapure™ micronized creatine monohydrate. This is a product of SKW Trostberg AG Germany. We use it because we feel it is the BEST micronized creatine monohydrate on the market. We could certainly offer

(article is continued on pg. 88)

# Someday I will...



EQUIPMENT

SEMINARS

FORUMS

Q&A

ARTICLES

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

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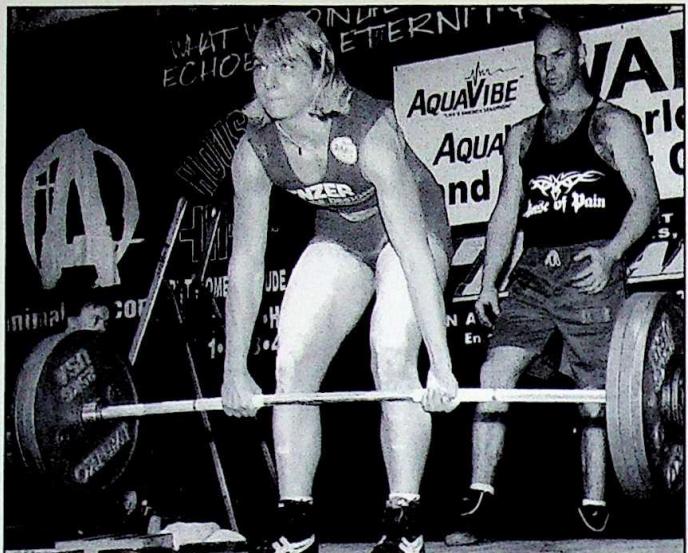
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BENCH	181 lbs.
WOMEN	M. Wadera 66
97 lbs.	198 lbs.
C. Moorman	160* E. Matlack 104
105 lbs.	M. Adkins 93
D. Brown	181 UL
S. Moorman	121 C. Stainbrook 66
114 lbs.	H. Hopps 55
I. Pantilat	198* Submaster
123 lbs.	132 lbs.
D. Moretto	143 J. Watts 225
S. Biddle	110* M. Hudson 159
132 lbs.	R. Unson 159
J. Watts	225 P. Villegas 148
M. Hobbs	187 148 lbs.
D. Hurlbert	170* V. Pukkila 281
P. Villegas	148 165 lbs.
148 lbs.	T. Jacobs 210*
V. Pukkila	281 D. Spencer 115*
E. Stickler	154* 181 lbs.
G. Gentotti	126 G. Cables —
N. Williams	225 K. Mahoney 231
4th-231*	4th-253! UL
165 lbs.	S. Armstrong 255* T. Riley 214
I. Zamora	148 Teen (13-15)
181 lbs.	105 lbs.
K. Mahoney	231 S. Moorman 121
4th-253*	123 lbs.
C. Weber	198* S. Biddle 110*
A. Biddle	137* 181 lbs.
198 lbs.	J. Otto 148*
H. Nohara	314* 198 lbs.
UNL	K. Sua 165*
K. Taueli	325* Teen (16-19)
D. Richards	236* 114 lbs.
T. Riley	214* B. Burroughs 126*!
Special Olympian	K. Callahan 115*
105 lbs.	123 lbs.
S. Rosas	126 K. Phipps 143
114 lbs.	E. Ansberry 143
A. Kaslas	82 148 lbs.
123 lbs.	N. Williams 225
J. Kring	71 4th-231! 181 lbs.
132 lbs.	T. Herrera 77 O'Halloran 176
148 lbs.	A. Biddle 137* 198 lbs.
C. Gunter	6 198 lbs.



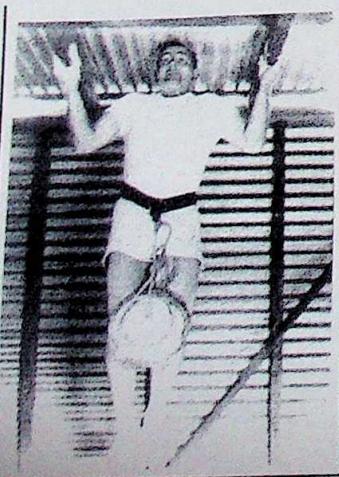
*Kristy Scott set a new WABDL World Record at the WABDL Worlds in the deadlift with 435 pounds. (photograph courtesy of Mike Scott)*

R. Nohara	—	R. Marrama	556*	P. Davi	540	D. Hodges	148
UL		E. Millburn	534*	4th-573		A. Glass	132
K. Taueli	330*!	G. Gibson	518	T. Avola	529	M. Sirard	115
D. Pratt	209	C. Washburn	507	S. Pena	523	L. Lowery	115
MEN		J. Bachmeier	501*	J. Pukkila	479	D. Anderson	110
Open		J. Woods	473	Casagrande	385	181 lbs.	
165 lbs.		O. dosSantos	352	242 lbs.		M. McHugh	203
S. Selkainaho	418	220 lbs.		J. Jackson	793*	M. Powers	154
181 lbs.		B. Bishop	501	B. Dirk	644*	A. Belfils	148
R. Harris	—	M. Lamarque	—	C. Senese	606	N. Denardo	137
B. Hill	—	K. Millrany	—	4th-626*		P. Acavez	137
K. Paivoke	468	M. Green	606	G. Stephens	600	D. Williams	126
K. Daniels	452	4th-617*		4th-633		S. Stainbrook	115
E. Ansberry	303	C. Matthews	595	J. Boettger	562*	198 lbs.	
198 lbs.		M. Cordova	545*	R. Cha	159	APF BENCH	Open
D. Haycraft	579*	F. Schuelz	529*	S. Carter	132	MEN	132 lbs.
Morishima Jr.	563*	J. Bianchi Sr.	578	D. Tubridy	518	Open	
				T. Johnson	286	181 lbs.	
				C. Dalton	220	181 lbs.	
				Z. Tichava	176	181 lbs.	
				E. Wright	644*	APF BENCH	
				J. Laskowski	644*	MEN	
				J. Ihalainen	584	Open	
				J. Hoekstra	584	181 lbs.	
				M. Desrosiers	567*	A. Reese	300
				F. Hofer	518	Junior	
				J. Peshek	688	Master (60+)	
				P. Holloway	622*	F. Gallagher	290
				J. Begue	601	DEADLIFT	
				D. Freeland	584	WOMEN	
				T. Kesling	563*	APF	SQ
				M. Myers	562	BP	DL
				N. Rial	551	TOT	
				S. Palmer	523	S. Antoinette	375
				B. Bankston	507	181 lbs.	
				308 lbs.		D. Deems	450
				M. Womack	—	198 lbs.	
				T. Meeker	870*	R. Celli	705
				S. Wong	815	D. Buyan	675
				J. Hudson	573	C. Dugan	480
				J. Mickelson	529	165 lbs.	
				M. Johnson	424	S. Antoinette	375
				SHW		220 lbs.	
				R. Bradshaw	722*	J. Alessandro	800
				T. Corwin	700*	Teen	
				Crawford III	650	A. Papak	275
				V. Eldridge	512	Master (40-49)	
				Special Olympian	97 lbs.	J. Casciatu	535
				J. Berning	137	WOMEN	
				123 lbs.		N. Schuchert	65
				P. Thao	121	55	280
				E. Renterol	77	400	
				132 lbs.		Thanks to Dan Kovacs for bringing the meet	
				R. Larin	77	bench and warm-up monolift. Besides being	
				J. Shapiro	264	a world class lifter, he is always willing	
				M. Cabalka	209	to help powerlifting any way he can.	
				T. Truscelli	148	Thanks to Bob Olinger and Dave Fleming	
				C. Fowler	148	for judging. Thanks to Jason Batykefer,	
				J. Shaw	115	Doug Maust, and Chuck D., the Allegheny	
				D. O'Keefe	115	Athletic Club, and Ray Neff for spotting and	
				J. Cisneros	93	loading. Also thanks to Leo Wysocki for	
				165 lbs.		announcing, Christina for running the	
				C. VanEck	170	table, and Tim Rump who helped me set up	
					385	the meet. (results courtesy Keith McNeish)	

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S. McGrath	314*	J. Fain	380
242 lbs.		4th-402*	
P. Parnell	—	Teen (16-19)	
F. Wakakuwa	—	123 lbs.	
A. Frazier	462	R. Segura	187
J. Villagas	424	132 lbs.	
B. Mureta	380	A. Ramos	275*
259 lbs.		148 lbs.	
J. Laskowski	639*	Baldassarre	270
S. Hoekstra	584	T. Corey	220
N. Nash	352	C. Cooper	187*
275 lbs.		B. Fraught	165
P. Holloway	622*	165 lbs.	
R. Lincoln	611*	B. Leming	464*
P. Martin	479	A. Singh	385*
308 lbs.		M. Mokau	192
T. Meeker	870*	Teen (13-15)	
S. Wong	815	J. Hedman	303
K. Overby	600*	198 lbs.	
C. Berey	518	E. Millburn	534*
SHW		H. Beall	314*
M. Klindt	—	B. Butko	275
R. Bradshaw	722*	220 lbs.	
S. Jordan	650	S. Demarinis	490
Teen (13-15)		4th-501*	
114 lbs.		A. Gill	402*
J. Voss	88	G. DeClark	380*
123 lbs.		A. Munsey	303
J. Minahan III	193*	A. Contreras	281*
D. Miskinis	154*	A. Kimmel	231*
T. English	132	242 lbs.	
132 lbs.		K. Romano	380
M. DelaCruz	—	J. Pritchett	308*
T. English	165*	259 lbs.	
148 lbs.		S. Carter	414*
T. Belen	253	J. Alvarez	325*
J. Leija	203	275 lbs.	
181 lbs.		C. Barada	507
A. O'Brien	188*	308 lbs.	
A. Lindsey	187	V. Tovar	352*
220 lbs.			

!=World Records. \*=State Records. (These are the balance of the meet results, which were mistakenly not included in the report of the Worlds in the Feb/06 issue of PL USA)

**APF/APA Pennsylvania State**  
6 AUG 05 - S. Park, PA

APF BENCH	Open
MEN	132 lbs.
Open	N. From
181 lbs.	181 lbs.
181 lbs.	F. King

195

J. Gast	—	C. Dalton	220
J. Hunter	650	Z. Tichava	176
E. Wright	644*	B. Brewer	143
J. Laskowski	644*	R. Aranda	115
J. Ihalainen	584	R. Hall	104
J. Hoekstra	584	D. Cooley	82
M. Desrosiers	567*	242 lbs.	
F. Hofer	518	T. Irwin	170
J. Peshek	688	J. Sexton	154
P. Holloway	622*	M. LaBracque	121
J. Begue	601	B. Lord	281
D. Freeland	584	J. Scollard	170
T. Kesling	563*	J. Souza	148
M. Myers	562	C. Tombs	137
N. Rial	551	275 lbs.	
S. Palmer	523	M. Uon	214
B. Bankston	507	R. Johnson	286
308 lbs.		J. Mayes	253
M. Womack	—	K. Klose	187
T. Meeker	870*	Submaster (34-39)	
S. Wong	815	123 lbs.	
J. Hudson	573	V. Williams	243*
J. Mickelson	529	M. Aguanno	132*
M. Johnson	424	165 lbs.	
SHW		R. Anderson	303*
R. Bradshaw	722*	A. Davila	479*
T. Corwin	700*	M. Hokoana	385
Crawford III	650	R. Anderson	303*
V. Eldridge	512	181 lbs.	
Special Olympian	97 lbs.	D. Soto	501
J. Berning	137	4th-524!	
123 lbs.		M. Happach	330
P. Thao	121	220 lbs.	
E. Renterol	77	B. Bishop	501
132 lbs.		J. Shapiro	264
R. Larin	77	M. Nichols	—
J. Shapiro	264	M. Green	606
M. Cabalka	209	4th-617!	
T. Truscelli	148	B. Ludovico	551*
C. Fowler	148	E. Barnes	479
J. Shaw	115	D. Chinn	451
D. O'Keefe	115	F. Salinas	402
J. Cisneros	93	E. Casagrande	385
165 lbs.			
C. VanEck	170		

1125

1925

1655

1350

1205

1205

1030

1395

400

Thanks to Dan Kovacs for bringing the meet bench and warm-up monolift. Besides being a world class lifter, he is always willing to help powerlifting any way he can. Thanks to Bob Olinger and Dave Fleming for judging. Thanks to Jason Batykefer, Doug Maust, and Chuck D., the Allegheny Athletic Club, and Ray Neff for spotting and loading. Also thanks to Leo Wysocki for announcing, Christina for running the table, and Tim Rump who helped me set up the meet. (results courtesy Keith McNeish)

**USAPL Army Navy Maryland St.**

20 NOV 05 - Annapolis, MD

	WOMEN	SQ	BP	DL	TOT
105 lbs.					
Youth (10-13)	M. Daniel	132	82	170	385
114 lbs.	J. Nieland	226	88	270	584
Master (40-44)	L. Dugan	253	181	352	788
123 lbs.	J. Shuitis	214	143	242	600
Collegiate	B. Tilton	181	110	242	534
132 lbs.	B. Perkins	143	88	226	457
Master (40-44)	P. Krawczyk	220	115	226	562
148 lbs.	L. Laughlin	264	159	303	727
Collegiate	S. Scarlato	214	187	342	672
Master (40-44)	C. Daniel	270	159	281	711
165 lbs.	M. Acosta	369	259	440	1069
Collegiate	J. Navarre	347	259	402	992
174 lbs.	J. Piccione	314	220	391	925
Collegiate	F. Roberson	242	242	380	865
183 lbs.	M. Dyer	440	325	479	1245
Collegiate	M. Beebe	358	—	468	1102
192 lbs.	M. McHugh	347	297	402	1047
Collegiate	D. Willis	363	248	435	1047
201 lbs.	S. Shultz	380	—	501	—
Open	D. Willis	363	248	435	1047
Teen (18-19)	K. Liang	424	358	518	1300
210 lbs.	J. Halbert	363	248	440	1052
Collegiate	Master (70+)	165	137	303	606
219 lbs.	L. Atkinson	451	374	578	1405
228 lbs.	G. Nieves	474	325	540	1339
Collegiate	J. Daniel	457	308	529	1295
237 lbs.	J. Major	418	369	490	1245
246 lbs.	E. Martin	402	253	496	1151
Collegiate	W. Spears	385	297	485	1151
255 lbs.	B. Turner	297	275	446	1019
Collegiate	D. McDonald	308	253	402	964
264 lbs.	Teen (18-19)	363	248	435	1047
273 lbs.	K. Liang	424	358	518	1300
282 lbs.	J. Halbert	363	248	440	1052
291 lbs.	Master (70+)	165	137	303	606
300 lbs.	L. Atkinson	451	374	578	1405
309 lbs.	G. Nieves	474	325	540	1339
318 lbs.	J. Daniel	457	308	529	1295
327 lbs.	J. Major	418	369	490	1245
336 lbs.	E. Martin	402	253	496	1151
345 lbs.	W. Spears	385	297	485	1151
354 lbs.	B. Turner	297	275	446	1019
363 lbs.	D. McDonald	308	253	402	964
372 lbs.	Teen (18-19)	363	248	435	1047
381 lbs.	K. Liang	424	358	518	1300
390 lbs.	J. Halbert	363	248	440	1052
400 lbs.	Master (70+)	165	137	303	606
409 lbs.	L. Atkinson	451	374	578	1405
418 lbs.	G. Nieves	474	325	540	1339
427 lbs.	J. Daniel	457	308	529	1295
436 lbs.	J. Major	418	369	490	1245
445 lbs.	E. Martin	402	253	496	1151
454 lbs.	W. Spears	385	297	485	1151
463 lbs.	B. Turner	297	275	446	1019
472 lbs.	D. McDonald	308	253	402	964
481 lbs.	Teen (18-19)	363	248	435	1047
490 lbs.	K. Liang	424	358	518	1300
500 lbs.	J. Halbert	363	248	440	1052
510 lbs.	Master (70+)	165	137	303	606
520 lbs.	L. Atkinson	451	374	578	1405
530 lbs.	G. Nieves	474	325	540	1339
540 lbs.	J. Daniel	457	308	529	1295
550 lbs.	J. Major	418	369	490	1245
560 lbs.	E. Martin	402	253	496	1151
570 lbs.	W. Spears	385	297	485	1151
580 lbs.	B. Turner	297	275	446	1019
590 lbs.	D. McDonald	308	253	402	964
600 lbs.	Teen (18-19)	363	248	435	1047
610 lbs.	K. Liang	424	358	518	1300
620 lbs.	J. Halbert	363	248	440	1052
630 lbs.	Master (70+)	165	137	303	606
640 lbs.	L. Atkinson	451	374	578	1405
650 lbs.	G. Nieves	474	325	540	1339
660 lbs.	J. Daniel	457	308	529	1295
670 lbs.	J. Major	418	369	490	1245
680 lbs.	E. Martin	402	253	496	1151
690 lbs.	W. Spears	385	297	485	1151
700 lbs.	B. Turner	297	275	446	1019
710 lbs.	D. McDonald	308	253	402	964
720 lbs.	Teen (18-19)	363	248	435	1047
730 lbs.	K. Liang	424	358	518	1300
740 lbs.	J. Halbert	363	248	440	1052
750 lbs.	Master (70+)	165	137	303	606
760 lbs.	L. Atkinson	451	374	578	1405
770 lbs.	G. Nieves	474	325	540	1339
780 lbs.	J. Daniel	457	308	529	1295
790 lbs.	J. Major	418	369	490	1245
800 lbs.	E. Martin	402	253	496	1151
810 lbs.	W. Spears	385	297	485	1151
820 lbs.	B. Turner	297	275	446	1019
830 lbs.	D. McDonald	308	253	402	964
840 lbs.	Teen (18-19)	363	248	435	1047
850 lbs.	K. Liang	424	358	518	1300
860 lbs.	J. Halbert	363	248	440	1052
870 lbs.	Master (70+)	165	137	303	606
880 lbs.	L. Atkinson	451	374	578	1405
890 lbs.	G. Nieves	474	325	540	1339
900 lbs.	J. Daniel	457	308	529	1295
910 lbs.	J. Major	418	369	490	1245
920 lbs.	E. Martin	402	253	496	1151
930 lbs.	W. Spears	385	297	485	1151
940 lbs.	B. Turner	297	275	446	1019
950 lbs.	D. McDonald	308	253	402	964
960 lbs.	Teen (18-19)	363	248	435	1047
970 lbs.	K. Liang	424	358	518	1300
980 lbs.	J. Halbert	363	248	440	1052
990 lbs.	Master (70+)	165	137	303	606
1000 lbs.	L. Atkinson	451	374	578	1405
1010 lbs.	G. Nieves	474	325	540	1339
1020 lbs.	J. Daniel	457	308	529	1295
1030 lbs.	J. Major	418	369	490	1245
1040 lbs.	E. Martin	402	253	496	1151
1050 lbs.	W. Spears	385	297	485	1151
1060 lbs.	B. Turner	297	275	446	1019
1070 lbs.	D. McDonald	308	253	402	964
1080 lbs.	Teen (18-19)	363	248	435	1047
1090 lbs.	K. Liang	424	358	518	1300
1100 lbs.	J. Halbert	363	248	440	1052
1110 lbs.	Master (70+)	165	137	303	606
1120 lbs.	L. Atkinson	451	374	578	1405
1130 lbs.	G. Nieves	474	325	540	1339
1140 lbs.	J. Daniel	457	308	529	1295
1150 lbs.	J. Major	418	369	490	1245
1160 lbs.	E. Martin	402	253	496	1151
1170 lbs.	W. Spears	385	297	485	1151
1180 lbs.	B. Turner	297	275	446	1019
1190 lbs.	D. McDonald	308	253	402	964
1200 lbs.	Teen (18-19)	363	248	435	1047
1210 lbs.	K. Liang	424	358	518	1300
1220 lbs.	J. Halbert	363	248	440	1052
1230 lbs.	Master (70+)	165	137	303	606
1240 lbs.	L. Atkinson	451	374	578	1405
1250 lbs.	G. Nieves	474	325	540	1339
1260 lbs.	J. Daniel	457	308	529	1295
1270 lbs.	J. Major	418	369	490	1245
1280 lbs.	E. Martin	402	253	496	1151
1290 lbs.	W. Spears	385	297	485	1151
1300 lbs.	B. Turner	297	275	446	1019
1310 lbs.	D. McDonald	308	253	402	964
1320 lbs.	Teen (18-19)	363	248	435	1047
1330 lbs.	K. Liang	424	358	518	1300
1340 lbs.	J. Halbert	363	248	440	1052
1350 lbs.	Master (70+)	165	137	303	606
1360 lbs.	L. Atkinson	451	374	578	1405
1370 lbs.	G. Nieves	474	325	540	1339
1380 lbs.	J. Daniel	457	308	529	1295
1390 lbs.	J. Major	418	369	490	1245
1400 lbs.	E. Martin	402	253	496	1151
1410 lbs.	W. Spears	385	297	485	1151
1420 lbs.	B. Turner	297	275	446	1019
1430 lbs.	D. McDonald	308	253	402	964
1440 lbs.	Teen (18-19)	363	248	435	1047
1450 lbs.	K. Liang	424	358	518	1300
1460 lbs.	J. Halbert	363	248	440	1052
1470 lbs.	Master (70+)	165	137	303	606
1480 lbs.	L. Atkinson	451	374	578	1405
1490 lbs.	G. Nieves	474	325	540	1339
1500 lbs.	J. Daniel	457	308	529	1295
1510 lbs.	J. Major	418	369	490	1245
1520 lbs.	E. Martin	402	253	496	1151
1530 lbs.	W. Spears	385	297	485	1151
1540 lbs.	B. Turner	297	275	446	1019
1550 lbs.	D. McDonald	308	253	402	964
1560 lbs.	Teen (18-19)	363	248	435	1047
1570 lbs.	K. Liang	424	358	518	1300
1580 lbs.	J. Halbert	363	248	440	1052
1590 lbs.	Master (70+)	165	137	303	606
1600 lbs.	L. Atkinson	451	374	578	1405
1610 lbs.	G. Nieves	474	325	540	1339
1620 lbs.	J. Daniel	457	308	529	1295
1630 lbs.	J. Major	418	369	490	1245
1640 lbs.	E. Martin	402	253	496	1151
1650 lbs.	W. Spears	385	297	485	1151
1660 lbs.	B. Turner	297	275	446	1019
1670 lbs.	D. McDonald	308	253	402	964
1680 lbs.	Teen (18-19)	363	248	435	1047
1690 lbs.	K. Liang	424	358	518	1300
1700 lbs.	J. Halbert	363	248	440	1052
1710 lbs.	Master (70+)	165	137	303	606
1720 lbs.	L. Atkinson	451	374	578	1405
1730 lbs.	G. Nieves	474	325	540	1339
1740 lbs.	J. Daniel	457	308	529	1295
1750 lbs.	J. Major	418	369	490	1245
1760 lbs.	E. Martin	402	253	496	1151
1770 lbs.	W. Spears	385	297	485	1151
1780 lbs.	B. Turner	297	275	446	1019
1790 lbs.	D. McDonald	308	253	402	964
1800 lbs.	Teen (18-19)	363	248	435	1047
1810 lbs.	K. Liang	424	358	518	1300
1820 lbs.	J. Halbert	363	248	440	1052
1830 lbs.	Master (70+)	165	137	303	606
1840 lbs.	L. Atkinson	451	374	578	1405
1850 lbs.	G. Nieves	474	325	540	1339
1860 lbs.	J. Daniel	457	308	529	1295
1870 lbs.	J. Major	418	369	490	1245
1880 lbs.	E. Martin	402	253	496	1151
1890 lbs.	W. Spears	385	297	485	1151
1900 lbs.	B. Turner	297	275	446	1019
1910 lbs.	D. McDonald	308	253	402	964
1920 lbs.	Teen (18-19)	363	248	435	1047
1930 lbs.	K. Liang	424	358	518	1300
1940 lbs.	J. Halbert	363	248	440	1052
1950 lbs.	Master (70+)	165	137	303	606
1960 lbs.	L. Atkinson	451	374	578	1405
1970 lbs.	G. Nieves	474	325	540	1339
1980 lbs.	J. Daniel	457	308	529	1295
1990 lbs.	J. Major	418			

**APF South Carolina State**  
17 DEC 05 - Irmo, SC

	BENCH	Masters		
<b>MEN</b>	165 lbs.	G. Blue	215	
Open	181 lbs.	B. Milner	220	
165 lbs.	198 lbs.	R. Sutton	275	
M. Allah	242 lbs.	275 lbs.		
E. Hubb	515	B. Gunn	485	
W. Murray	620	Junior/Teen		
275 lbs.	165 lbs.	C. Tucker	385	
J. Smith	630	D. Johnson	—	
308 lbs.	275 lbs.			
C. Justice	—	D. Johnson	—	
<b>WOMEN</b>	SQ	BP	DL	TOT
Open				
148 lbs.				
A. Dolan	375	185	3115	875
H. Johnson	245	155	325	725
165 lbs.				
C. Myers	565	250	135	950
S. Baldwin	505	315	425	1245
181 lbs.				
S. Burgess	315	160	350	825
198 lbs.				
S. Derrick	175	120	270	565
SHW				
J. Carlson	360	205	350	915
Masters				
165 lbs.				
B. Roby	175	130	215	520
<b>MEN</b>				
Open				
165 lbs.				
J. Gordon	650	—	615	1265
198 lbs.				
T. Kelly	750	525	550	1825
220 lbs.				
N. Burr	675	480	525	1680
242 lbs.				
Z. Freiwald	600	350	540	1490
M. Derrick	625	375	500	1500
D. McLeod	825	640	510	1975
C. Hendrix	655	450	—	1105
M. Schwank	700	550	690	1940
275 lbs.				
J. Bruff	645	—	540	1185
A. Hartzog	675	470	600	1745
J. Floyd	845	535	620	2000
G. Campbell	—	585	575	1160
308 lbs.				
J. Manly	880	—	700	1580
SHW				
T. Henderson	970	—	—	970
Masters				
181 lbs.				
G. Camacho	250	235	345	830



Sonji "Shorty" Baldwin .. Best Female Lifter .. squatting 505 @ 165.

M. Steck	440	300	405	1145
R. Layman	475	275	—	750
198 lbs.				
T. Walters	65	55	145	265
220 lbs.				
M. Shealy	430	305	360	1095
B. Jordan	480	275	450	1205
242 lbs.				
J. Culliton	625	355	540	1520
B. Warren	840	510	600	1950
275 lbs.				
T. Shook	630	410	500	1540
B. Stirdavant	700	—	—	700
308 lbs.				
J. Pinder	—	565	650	1215
Junior/Teen				
181 lbs.				
S. Eason	565	365	535	1465
Police/Fire				
198 lbs.				
M. Christie	650	415	585	1650
Best Bench Only: William Murray. Best Female Lifter: Sonji Baldwin. Best Male Lifter: Billy Warren. Guest Lifter: Jon Gordon. This championship was hosted by Sorinex Exercise Equipment and Athletes				

Arena, with Jessie Carlson as our "go-to" person. We were looking forward to a great meet with Sorinex being a place where "strength lives". And strong the lifters were! Forty-eight total, with 12 in bench only and 8 female lifters from all over the South-East: Florida, Georgia, North Carolina, Tennessee, and Virginia. What a crowd! They posted 25 new SC State records, two American Records, and 1 new Elite lifter. WPO lifters Donnie Thompson, Marc Bartley, Kyle Robertson (the new NC APF Chairman), Ox Mason, and NAS chairman Mike Johnson were on hand to lend their support. Wayne Pullum, fresh from his two day meet in Florida, was again our head Referee, with Lee Ray and Lenny Encarnacion at the sides. Jason Alderman and a team of local spotters and loaders made for a safe "no miss load" meet. After a thorough rules briefing, we were treated to an inspiring singing of the National Anthem by Elizabeth Kersey. Our "Man on the Microphone", Darrell Duggins, started the lifting with Tom Walters (a Pan-Am Olympic weightlifter and current SC State

Powerlifting Champion) in MM 198 60-69 recovering from recent shoulder surgery but not knowing enough to stop for a little while. He squatted and benched the minimum and then deadlifted 145.. This man doesn't know what it means to take it easy. He told me that competing is what keeps him young and strong. We look forward to seeing Tom back up to full strength for our April 2006 meet. Second was Shelby Derrick competing with us for the first time. She works out here in Athletes Arena and the crowd was hers. Her first squat of 150 lbs. looked like it was just a warm-up. A 2nd attempt of 175 lbs. was a good hard lift. Feeling confident, she moved up to 200 tried hard but just missed it. Three smooth bench presses of 100, 110, and 120 lbs. looked real good! She deadlifted 200, 250 and a big 270 lbs. to total 565 lbs. and 1st place in WO 198. Going 8x9 a good day! Barbara Roby, our current SC State Champion in WM 165 and WM 181, was our next lifter. Her 1st squat attempt with 155 was smooth and easy. Next, with 175 lbs., was a strong lift, also good. A 3rd attempt with 200 lbs. was too much today. She benched 120 and 130 but was stopped at 140 lbs. (not for lack of trying). Deadlifting 185, 200 and 215 she totaled 520 lbs. and earned a 1st place plaque in WM 165. Our next lifter was Hannah Johnson from Greensboro, NC. Under the watchful eyes of Kyle Robertson and Ox Mason, she squatted 225, 245, and barely missed 265 lbs. Exhibiting a high arch, her 1st bench attempt was red-lighted for coming up off the bench. She got that under control and nicely bench pressed 145 lbs. on her 2nd attempt and 155 on her 3rd looking real strong on the bench. Her deadlifts were great; 265, 295 and then with a look of solid determination 325 lbs. for her final attempt. Totaling 725 lbs. she was 2nd place in WO 148. Next lifter was George Camacho. He is the current SC State, American, and World Record holder in MM 181 70-79. He opened with a 225 lb. squat. Missing his 2nd attempt of 250 he came back to make it on his 3rd. He benched 225 and 235 lbs. but was a little short with his 250 lb. attempt trying to break his own SC State record, but not today. Deadlifting 325 and 345 he totaled 830 lbs. for a 1st place plaque. Up next was Suzanne Burgess a local "strong woman" competitor and "computer geek". She lives here in Irmo and had a lot of fans in the crowd. Her 3 squats were strong and solid 255, 305 and 315 lbs. Her opening attempt at the bench

## PL USA BACK ISSUES

**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s  
**Sep/93...** ADFPA Men's Nats., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s  
**Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s  
**Jan/94...** IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.  
**Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg War BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s  
**Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s  
**Apr/94...** Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out, WNPW Worlds, TOP 100 220, ADFPA TOP 20 132s  
**May/94...** USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

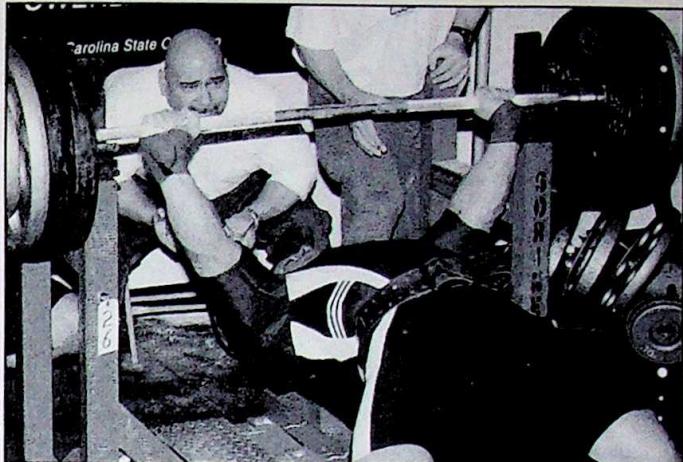
100 242s, ADFPA TOP 20 148s  
**Jun/94...** NASA Natural Nats., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s  
**Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s  
**Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s  
**Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s  
**Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s  
**Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.  
**Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.  
**Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams

705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.  
**Mar/95...** Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s  
**Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s  
**Jun/95...** Antonio Krastev, USPF Collegiates/Bench Nats., Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights  
**Sep/95...** Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.  
**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s  
**Jan/96...** IPF/WPC/WDFPF Worlds,

Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
**Mar/96...** TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
**Jul/96...** AAU Men's, USPF Jrs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s  
**Aug/96...** ADFPA Men's, APF Sr. Nats., "Ban All Equipment", Rest/Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.  
**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s  
**Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Nats., Formula for Success, Making Weight, USPF Biography, TOP 100 220s  
**Apr/97...** Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
**May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
**Jun/97...** J.M. Blakley, Dream Team Pt.

press of 160 lbs. was hers, but she was stopped at 170. Three big deadlifts of 320, 340 and an awesome 350 lbs. brought her total to 825 lbs. for 1st place in WO 181. Jessie Carlson, without whom we could not have had such a well -organized meet, was our next lifter. She is co-owner of Athletes Arena and has been trained by Richard Sorin. Her 3 squats of 315, 335 and 360 lbs. looked easy enough to say that she has more in the tank! Ditto for her 3 bench attempts of 185, 195, and 205 lbs. The 1st deadlift attempt with 310 was nice and smooth and broke her PR. Up to 350 for her 2nd, which took work, but she made it. Her 3rd attempt with 365 finally stopped her. Going 8x9 she totaled 915 lbs. and 1st place in WO SHW. She is a strong lifter and I'm sure we'll see some big lifts in the future. And then the "feared" Amanda Dolan, a world class strength athlete and bodybuilder from Myrtle Beach SC. At 148 lbs. she opened with a 375 lb. squat attempt and just missed it. Again, 375 and this time it was 3 white lights. Up to a big 400 lb. attempt but no go! What an effort!! She bench pressed 185, missed 210 real close, but on her 3rd attempt with 210 she was out of gas...and Jason was right there "Nice catch". Her 1st deadlift attempt with 315 was a good lift. A big jump up to 360 for her 2nd and 3rd attempts were a little too much for her today. She totaled 875 lbs. and won 1st place WO 148. We look forward to seeing more of Amanda at our meets. Michael Steck, one of our sponsors and current SC State record holder in MM 181 40-49, was up next. Michael has lifted in all of our meets and just keeps raising the bar. Three solid squats of 405, 425 and 440 lbs. set a new SC State record. His 1st attempt of 300 in the bench was off course and needed the help of our spotters, but he came back on his 2nd attempt. Up to 310 for a crack at his state record was a little short. His opening deadlift of 385 was no problem. Next, with 405 was also good. He pulled and pulled but his 3rd attempt with 415 was too much. He totaled 1145 lbs., 1st place MM 40-49 and 2 new SC State records. Good job Michael! Our next Michael was Shealy from N. Augusta, SC who has competed in 3 of our previous meets and helps us even when he isn't competing. He is the current SC State champion in MM 220 50-59. His 1st squat with 430 lbs. was good. 2nd attempt with 455 was not quite deep enough and his next try with 455 was too much for him "good job spotters"! He easily benched 305 but

needed the spotters on his 2nd attempt with 320. A 3rd big try, this time at 325 lbs. was also no good. He deadlifted 350 and 360 but could not lock-out 380. He totaled 1095 lbs. for 1st place MM 220. Shawn Eason from Four Oaks, NC was up next. At 19 yrs old he is a strong lifter in Junior 181. He showed us 3 great squats of 450, 500, and 565 lbs. with maybe more in reserve we'll see next time. Shawn has some bench press trophies to his credit and it showed, with a big opener of 365 lbs. no problem. Moving up to 405 was too much today "good spot"? He was amazing with his deadlifts of 450, 510, and a big 535. WOW! Totaling 1465, he earned 1st place in Junior 181. Next up was Sonji "Shorty" Baldwin from NGBB. She was the one to beat today being an APC World Record holder. Slightly out of her groove she missed her 1st squat attempt with 455 lbs., not quite deep enough. Her 2nd attempt with 475 was tough, but not as tough as she was! Up to 505 lbs. for her 3rd, with a look of intense determination. Bam! 3 white lights, good lift. Her 1st bench with 305 was picture perfect. A 2nd attempt with 315 was also strong and good. Only to be stopped at her 3rd attempt of 325 lbs. Missing her 1st deadlift attempt with 425 did not discourage her as she came back to make it on her next try. A 3rd attempt with 440 was just too much and she put it down. Great lifting, "Shorty". A total of 1245 lbs., 1st place WO165 and our "Best Female Lifter". Hope to see you again soon. And now the leader of the "Virginia Rat Pack", Master lifter Bill Jordan. He has competed in 5 of our meets and just keeps getting better and stronger with each meet. Powered by Led Zeppelin, his 1st squat attempt at 455 breaks his PR. A 2nd attempt with 480 lbs. was tough but he got it! His 3rd attempt with 500 lbs. was a no go. Bench presses of 265 and 275 were not a problem, but 290 lbs. just wouldn't go. A 425 lb deadlift was too easy, and Darrell (on the mic) questioned whether the plates were iron or plastic). Bill's 2nd attempt of 450 lbs. (of iron) was a good strong lift, but his 3rd attempt with 480 was too much even though he fought it like the tough guy he is. Good try! His 1205 lb. total earned him 1st place in MM 60-69. As the 1st flight ended, I took the opportunity to introduce our team and thank our sponsors. It was also the time that I had been waiting for to present to Richard Sorin (a long time world class强man and founder of Sorinex) a piece of strength history . It was a heavy



**Best Male Bencher .. Bill Murray locks out 620 @ 242. (Leon Mayes)**

board that Paul Anderson had driven a large nail through with his bare hand, signed and then given to Michael White's Dad in 1979 and then given to me in 2003. I know that Richard will display it for all to see. The 2nd flight began with Rick Layman in MM 181 50-59. He is our current SC State record holder. Opening with a 475 lb. squat attempt, he makes it for a new SC State record. Up to 505 lbs. for his next attempt was close, but no go. Another try with 505 was also no lift. His 1st attempt of 275 lbs. in the bench was off track. Again at 275, still not good. He was going to make that "25 no matter what" and he did on his 3rd attempt! What an effort! Good job! He missed his 1st deadlift attempt at 475. With super determination he ripped the 475 off the floor twice more but still could not lock it out .so close. He was out of the meet. He'll be back. After having just competed in the APF Southern States meet in Florida on Dec.3-4, Carol Ann Myers came to claim an American record in the squat in Women's Submaster 75 kg class. Her 1st attempt with 520 lbs looked smooth and easy; up to 565 for her 2nd attempt and a crack at the record was close, but not quite. Again @ 565 for her 3rd, this time, no question good lift! and a new American record. Great job! She easily benchpressed 250 lbs., but could not make 280 on her next

two attempts. She dropped her opening deadlift attempt from 385 lbs. to 135 (looks like she's hurting) which she makes, to finish the meet and cement her new record. Our next lifter, Zak Freiwald from Decatur GA in MO 242 was lifting for the 1st time with us. He started with a good strong and steady squat with 550 lbs. Up to 600, for his 2nd attempt, looking real powerful and controlled. A try with 620 was too much he just could not get out of the hole. His 1st attempt at the bench with 350 was smooth and strong, but 375 just wouldn't go on his 2nd and 3rd attempts. Three white lights announced his success with attempts of 500 and 540 lbs. in the deadlift. A great try with 560 on his 3rd was just short. He totaled 1490 lbs. in a very competitive division. Mike Derrick, co-owner of Athletes Arena and one of our hosts, was up next. He blew up his 1st squat of 550 lbs. so easily that Jason came around to check the weight on the bar. OK! 550 it is. His next attempt with 605 was also good as was his 3rd with 625 lbs. An opening bench of 375 was all he could master today. Both attempts with 395 were close but needed the help of the spotters. He had a good opening deadlift of 500 lbs. but could not get 565 to lock out almost good try! Mike totaled 1500 lbs. for a 3rd place plaque in MO 242. Thanks for your help with the equipment,

2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s  
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW/Mineral Orotates, Progressive Overload, TOP 100 132s.  
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltws.  
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.  
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s  
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s  
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage  
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.  
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.  
Jul/98... Kirk Karwoski, Angelo Berardinelli, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.  
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s  
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.  
Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPFWorldMeets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s  
Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF

Worlds, Jerry Tancil, TOP 100 198s.  
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.  
May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.  
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs  
Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IFG-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.  
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nats, Meet Information

Management, Maximal Resistance Method by Louis S. TOP 100 181s  
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s  
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nats, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s  
Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons  
Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
May/00 ... Dennis Cieri,J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
Jun/00 ... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.  
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s  
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Nats,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
Sep/00 ... USPF Srs, IPAWorlds, WABDL

Mike. Lifting in P/F 198, 23 year old firefighter and EMT, from Loganville GA, Matt Christie started out a little off key and missed his 1st squat attempt with 600 lbs. Settling down he easily made 625 and then 650 with no problem! He struggled with his 1st attempt at the bench with 390, but got it! Up to 415 for his 2nd was also tough, but he muscled it up. A 3rd try with 440 needed the help of the spotters, good work! He opened with a 540 lb. attempt at the deadlift and made it easily. His 2nd attempt with 585 took all he had, and he made it. Up to 610 for his 3rd was a little too much real close. Totaling 1650 lbs. he won a 1st place plaque in his division.

Up next was another newcomer with us. SSgt Michael "Mr. Breaker" Schwanke from Warner

Robins, GA. Looking big and strong he proved it by getting all 3 of his squat attempts of 600, 650 and 700 lb. deep and easy! He easily made his opening 550 lb. bench, but so close, no lifts on his next 2 attempts with 585 lbs. He is a deadlifting machine, solidly making his 650 opener, not quite locking out on his 2nd attempt, but coming back strong on his 3rd to make it a big 690 lbs.. Totaling 1940 lbs. for 2nd place in the competitive MO 242 division .Stay safe in Korea and come see us again. Todd Shook, a local lifter who trains at Sorinex, has lifted with us before and is one of our APF referees. He missed his 1st 2 squat attempts, but did not let that stop him. A 3rd attempt with 630 lbs. was good for 3 white lights. Good job! His opening bench press with 410 lbs. was good and solid. Two attempts of 430 and 440 just would not go today, but not for lack of trying. A 500 lb. deadlift brought his total to 1540 lbs. for 1st place in MM 275. Our next lifter from Lexington, SC was Jared Bruff in MO 275. Jared trains at Maximus and has lifted in 3 of our previous meets. His opening squat with 615 lbs. was enough to break his previous PR of 600. Another good lift of 645 lbs. on his 2nd attempt looked really strong. Moving up to a big 700 lbs. he was just a little high and got 2 red lights. Again, trying to set a new PR, his 3 attempts at a 500 lb. bench press, just would not go good job spotters. He was out of the meet but we look forward to seeing



**Best Male Lifter ..** Billy Warren tries an AR 870+ SQ

him again! Chris Hendrix, who has competed in 4 of our meets, from Elgin, SC, was up next. He easily made his opening squat of 615 lbs. His 2nd attempt with 655 was also good, but a 3rd attempt with 680 was too much today. He easily blew up his 1st bench press of 450 lbs. Two further attempts at 480 just would not go, but he sure tried hard. It was his deadlifts that did him in today. Two attempts with 550 and then 1 major effort with 595 were not good. He bombed out of the meet but we know we'll see him again. Next up in MO 220 was Nicholas Burr from the Jungle Gym here in Columbia. He made his opening squat with 625 lbs. look easy and then moved up to 675 for another awesome lift. His last attempt with 700 lbs. was too much and the spotters saved the day. He benched 480 lbs with no problem but was stopped attempting 500 and then 515 lbs. An easy deadlift of 525 was his 1st attempt. He struggled with 565 for his 2nd and could not get control of the bar on his 3rd with 585 lbs. He totaled 1680 lbs. and earned a 1st place plaque in his division. The last powerlifter of the 2nd file was Jeff Culliton from Yorktown, VA. He has competed in 4 of our previous meets and scores higher and higher each time. Under the watchful eye of his "Dad" Bill Jordan, he opened with a successful 625 lb. squat looking good! Second and 3rd attempts with 650 and 675 were not deep enough and he was red-lighted. Three smooth bench presses of 320, 340, and 355 lbs. wiped out

his previous PR. A seemingly easy 515 lb. deadlift was followed by lifts of 530 and 540 lbs. to bring his total to 1520 lbs. for 2nd place in MM 242. We mixed in the "Bench Only" lifters starting with "Mean Gene" Blue from Rock Hill, SC. He is the current SC State record holder in MM 165-60-69. He opened with a smooth bench of 205. He struggled with his 2nd attempt with 215 lbs., but got it! His 3rd try was an attempt to break his existing record. He pushed and pushed but no good, not today good job spotters! I'm sure we'll see him in Charleston in April 2006 to go at it again. Next up was Bill Milner (feeling a little under the weather) lifting in MM 181 70-79. He has lifted with us before and is our most senior lifter. A bit unsteady on his 1st attempt with 220 lbs.. he came back to make it on his 2nd attempt, looking real strong. Up a notch to 225 for his 3rd proved to be too much. He left with a 1st place plaque in his division. Ron "Maco" Sutton was our next lifter. He lives and trains nearby in Lexington, SC. His 1st attempt with 250 lbs. was nice and smooth. Moving up to 275 for his 2nd, he pushes it up, slow and steady for 3 white lights! His last attempt @ 300 was not going today but he sure tried hard. He earned a 1st place plaque in MM 198 40-49. Our next bencher was Dave Johnson from Hilton Head, SC. At 16 years old he is our youngest lifter, but by no means the smallest. He competed in J/T 275. He opened with 300 lbs. but couldn't keep down on the bench, 2 red lights. Same problem on his 2nd attempt with 315 lbs. Another try at 315 was too much today. He'll be back. Master Allah, our next lifter, has lifted with us before and has won many Iron Boy and APF awards. At 165 lbs. from Charlotte, NC he opens with a big 325 lbs. and just can't lock it out. Making up for that miss he moves up to 335 for his 2nd and powers it up! Trying to break his PR of 350 lbs., he attempts 360 for his 3rd, but can't quite get it. Next time, I'm sure. He earned 1st place in MO 165. Chad "Big Nasty" Tucker from Monroe, NC lifting in J/T 165 opened with a big 365 lb. 1st attempt. Almost, almost, but he couldn't lock it out, no lift. Back for a 2nd attempt. This time @ 385, a good solid lift! A 3rd attempt with 405 was sooooo close, but no good. He won 1st place in his division. Up

next was Bob Gunn in MM 275 50-59. He is an IPA and WABL World Champion bench presser. He drove down from Burlington, NC and brought us a cool Sornex bench for the meet. Thanks, Bob. He opened with 485 lbs. which he made easily. Up to 530, push, push, push but no good. Next attempt with 550 not today good try! His 485 bench earned him 1st place in his division. "Bid Daddy" Eric Hubbs was our next lifter. Without "Killer" he had to slap the out of himself to get psyched up for his lifts. It took 2 of us to keep Darrell from jumping over the table to do the slapping himself. Eric's 1st attempt was with 485 lbs. which he makes, picture perfect. For his next attempt he calls for 515 lbs. in an attempt to break his SC State record of 505 in MO 242. Bam!! He pushes it up, smooth and solid for a good lift and a new record. A 3rd attempt with 535 was a little too much today. He earned 2nd place in MO 242. Our next bencher was William Murray from Burlington, NC. He is another IPA World record holder and really showed us why today! Three strong, steady bench presses of 550, 605 and then 620 lbs. blew everyone else away. Going 3x3 he earned 1st place in MO 242 and our "Best Bench Presser" of the meet. Great job! Thanks for your help with the bench. Next up was "Coach" Brantley Waites from Lexington, SC. He is our current SC State record holder in full power MO 181. Rehabbing a nagging injury he chose to bench only today. A big opening 560 lbs. almost made it, good effort, but, no go. Up to 570, still not quite. Up again to 575 lbs. and he could just not lock it out. Great effort, Coach come see us again. Joey Smith from Nebo, NC was next. He is an Iron Boy Champion and we expected a big lift from this 268 lb. guy. He gave 610 a good ride, but no good. He moved up to 630 lbs. for his 2nd attempt, and blasted it up real strong. A 3rd attempt with 650 was just short...what an awesome try. His 630 lb. lift was the biggest of the bench only crowd today and he earned a 1st place plaque in MO 275. Last in "Bench Only" but not least was the big man, Chad Justice the current SC State record co-holder with a 600 lb. benchpress in MO 308. At almost 300 lbs. he calls for a 700 lb. opener. Wow! But not today. He just couldn't get control of the bar, and after 3 attempts he bombed out. Training at Waites Fitness, we know that he'll be back. Another short break gave me a chance to recognize the "Best Powerlifter and Best Benchpresser" in South Carolina in 2005. Big Karl Tillman, A Master lifter from Columbia, SC, who at 275 lbs. had totaled 2175 lbs. (featuring a 1010 lb. squat at our

BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

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

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

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

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

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

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

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

**May/01 ...** Ed Coan Interview, Russian

BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals., Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

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

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

**Oct/01 ...** World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

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

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

**Jan/02 ...** IPF Men's Worlds, WABDL BP

Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

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

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

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

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

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

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

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

**Oct/02 ...** 556 squat @132 by Nance

Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

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

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

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

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

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

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

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

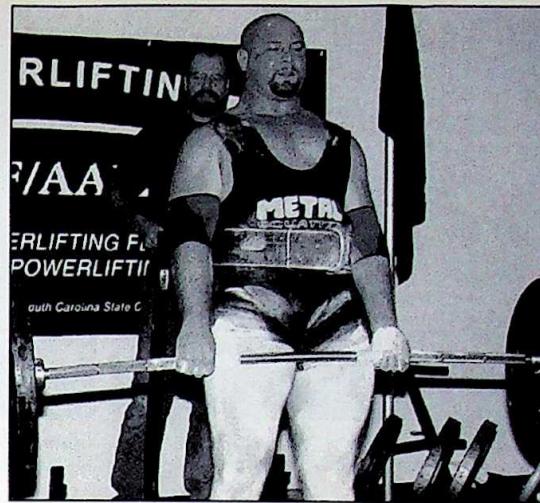
**Aug/03 ...** Mendelson Benches 804,

August meet in Rock Hill) was the #1 powerlifter. "Little Superman", Eric Knight, from Mt. Pleasant, SC, was our best benchpresser of the year. He lifted 420 lbs. at a bodyweight of 143 lbs. (almost triple bodyweight) at our April meet in Charleston. Congratulations to you both we're proud to have you lifting with us in the APF! The last flite began with our guest lifter, Jon Gordon from NGBB. Jon made his mark in Powerlifting at the 2005 APF Senior Nationals, where he was rated the #1 deadlift-man (by formula) lifting 645 lbs. at a bodyweight of 165 lbs. His opening squat attempt with 650 lbs. was good for 3 white lights. A 2nd and 3rd attempts with 705 just would not go today. He passed on the benchpress and got right to the deadlift. Opening with 615 lbs. he got the crowd on its feet, watching a small guy make such a big lift. Darrell summed it up by saying "How did he do that?" He moved up to 650 for his next attempt but just could not steady the bar. We all appreciated the great effort! Art Hartzog from Jungle Gym here in Cayce, competing in his 1st Powerlifting meet, opened with a 675 lb. squat attempt. A little out of his groove, he could not make it. A 2nd try with 675 was right on the money good lift! Moving up to 700 lbs. for his 3rd attempt, he was little cautious and got 2 red lights, not deep enough. He was not able to control the bar on his 1st attempt at the benchpress with 430 lbs., no lift. A 2nd attempt. This time with 450 also was no good. Coming back for a 3rd attempt with 470 lbs. he looked like he could have the bar for lunch BAM he makes it, strong and solid. Today was a deadlift day for Art. Three powerful lifts with 550, 575, and 600 lbs. brought his total to 1745 lbs and 2nd place in MO 275. Pretty good for his 1st meet! Barry "Stirfry" Sturdivant was up next. He is from Belton, SC and works out with Donnie @ the Compound. He has lifted with us before and currently holds the SC State record of a 530 lb. benchpress in MM 275 40-49. His 1st attempt at the squat was with 700 lbs. no problem, down and up, great lift! With lots of determination he grabs 750 lbs. for his next attempt, but not this time, red lights, not deep enough. A 3rd try with big 770 lbs., again, no good but not for lack of trying. It appeared that he popped out a contact lens...let's hope that's all he popped! What a great effort. Today he was stopped at the bench press. Attempts of 500, 535, and 535 just would not go no matter how hard he pushed. He was out of the meet but we hope to see him again. And now "Mr. South Carolina", Tommy Kelly, bodybuilding and Powerlifting champion

from Lexington, SC. He currently holds 3 SC State Powerlifting records and he is here today to raise the bar. Opening with a big 700 lb. squat attempt @ 198 he was a bit anxious and rushed the lift. Red lights, no lift. Another crack @ 700, BAM! Perfect! His 3rd attempt with 750 lbs. was all business, a good lift! What an effort. That breaks his current record by 100 lbs.! His 1st attempt at the bench with 500 lbs. was a good solid lift, for 3 white lights. A 2nd bench attempt with 525 stopped him, but only until he got a 3rd try at it, and then just pushed it up. Breaking his bench record by 25 lbs. He only took 1 crack at the deadlift making 550 lbs. perfectly. He totaled 1825 lbs. for 1st place in MO 198 and 3 new SC State records. Up next was Jay Floyd in MO 275 from Douglasville, GA. He has lifted in 3 of our previous meets and always made some big lifts. Today he was "a man on a mission", to total 2000 lbs. and achieve Elite Lifter status. Opening with a big 750 lbs. he shot it right up. Good lift! Calling for 815 for his 2nd attempt, he blows that up also. Calls of "put some weight on that bar" resounded. And so he did, 845 lbs. for his next attempt. Pumped and powerful, he pushed it up WOW! Looked like he could have lifted the monolift with it! What a great start in his quest. His 515 opening bench was smooth and easy. Good lift. A 2nd attempt with 535 lbs. was powerful, and good. A 3rd try with 550 was just a little too much, no lift. A 1380 lb. sub-total showed that the 2000 lb. total was within reach. An opening deadlift of 600 lbs. was just a warm-up for his 2nd attempt with 620 lbs. and the brass ring. BAM, he makes it look easy, good lift! a 2000 lb. total. Congratulations to our newest Elite Lifter. Our next lifter was 26 year old David McLeod. Only training for 2 years (under Donnie Thompson) he has made good strides with his lifting. He is a powerful guy @ 242 lbs. Three deep, slow and strong squats of 750, 800 and 825 lbs. makes for a great start. He exploded his 3 bench presses of 585, 615 and a big 640 lbs. WOW! Following with 3 easy deadlifts of 315, 400 and 510 lbs., he totaled 1925 lbs. Going 9x9 and winning a 1st place plaque

821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs  
**SEP/03** ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s  
**OCT/03** ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.  
**DEC/03** ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s  
**JAN/04** ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s  
**FEB/04** ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s  
**MAR/04** ... USAPL Women's Nats, Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s  
**APR/04** ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

**JUN/04** ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.  
**JUL/04** ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s  
**AUG/04** ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs  
**SEP/04** ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s  
**OCT/04** ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s  
**JUN/05** ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.  
**JUL/05** ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.  
**AUG/05** ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.  
**SEP/05** ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s.



New Elite Lifter .. Jay Floyd's 620 DL gave him 2000.

in MO 242, our most competitive division he also posted the biggest bench press of the meet with 640 lbs. Great job David! Looking for a new American record in the squat, Officer Billy Warren in MM 242 40-49 from Maximus in Columbia, opened with an 800 lb. attempt in the squat. No problem, strong and solid. Up to 840 for his 2nd attempt, slow and steady good lift! For his 3rd attempt he calls for 870 lbs. plus record breaker plates. When Darrell announced this record attempt, the crowd got on its feet and shouted their encouragement, but, not today. He shouldered it, went down but could not keep it under control...too heavy. What a great effort! He certainly did not let that dampen the rest of his day. He had 3 fast, solid bench presses of 450, 480 and 510 lbs., looking good! A 550 lb. 1st deadlift was way too easy for this pumped up guy. Up to 600 lbs. for his next...Way to go! He was stopped in his 3rd attempt with 650 lbs. Good try. What a day for Billy. 1st place in MM 242 and our "Best Male Lifter" congratulations! Next up was big John Manly from Tennessee. John is still the co-holder of the SC State record bench press in MO 308 of 600 lbs. It's good to see him back on our platform. An opening attempt of 825 lbs. in the squat was real solid, good lift! His next attempt with 880 was a little too much and needed the help of the

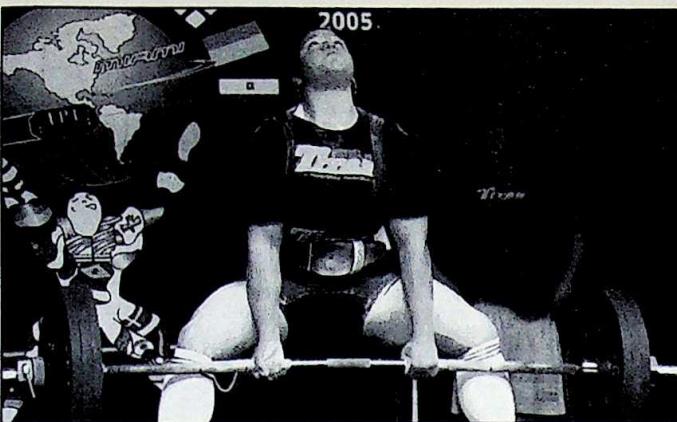
but, today was not that day. His 1st squat attempt with 855 lbs. slid off his back, luckily no injuries. A 2nd try at the 855 was also no lift and he was out of the meet, much to the disappointment of his fans. Our final lifter was "Mighty" Tex Henderson. At 425 lbs. he was the biggest man in the meet. He trains with Donnie at the Compound and is the current SC State MO SHW Champion. An opening attempt of 970 lbs. has the crowd on its feet. He shoulders the bar, gets the squat signal and down and up. WOW! That looked easy good lift! His next attempt of 1040 lbs. (one thousand and forty) had the crowd taking a big breath in anticipation but, OOPS the bar is off his back and he's down down hard! After what seemed like a long time, with the help of 6 guys he's up!! He's OK What a man!! The crowd gave him a roaring round of applause in appreciation of a great effort! What an exciting end to an exciting meet and Tex is OK!! Many thanks to our scribes Jayne Spires and Johnny V, whose notes helped me write this article. A special thanks, as always, to Marge and Jason, Phyllis, Wayne, Lee Ray, Lenny, Warren, Leon, Darrell, our card girls, the expeditor in the pink pants suit, Debbie, Digital Steve and helper, music man and any others that I may have forgotten to name. (Thanks to Will Millman for providing results)

**OCT/05** ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s  
**NOV/05** ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.  
**DEC/05** ... WDFP Single Lift Worlds, Bench America, WPO Semis (1201 squat!), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s  
**JAN/06** ... WPC Worlds - 970 DL, IPA Naitons, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s  
**FEB/06** ... WABDL Worlds, WDFP Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest for the 2000 Total, TOP 100 181s.

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**Harriet Hall, Ann Leverett, and Pam Houston** represented the USA at the 10th IPF Pan American meet (photograph courtesy of Sioux-z)



**Bonica Brown**, who holds all 4 IPF SubJunior Worlds Records, adds the Pan Am crown to her collection (photo courtesy of Pamela Brown)



**Priscilla Ribic** went 1333 @ 148 (Photograph courtesy of Sioux-z)

#### 10th IPF Pan American 9-13 NOV 05 - Miami, FL

	WOMEN	SQ	BP	DL	TOT
97lbs.					
Dickey-USA	275	154	286	716	
Sleps-USA	281	137	292	711	
Serrano-PUR	165	121	220	507	
105lbs.					
Ochoa-ECU	330	154	352	837	
Ocampo-USA	242	137	275	655	
Vasquez-PUR	209	82	237	529	
114lbs.					
Richard-CAN	231	132	248	611	
Constance-ECU	319	55	198	573	
Leverett-USA	—	165	314	—	
123lbs.					
Castro-ECU	369	187	352	909	
Quinonez-PUR	220	104	264	589	
Smith-BAH	259	99	226	584	
132lbs.					
Molina-ECU	341	165	363	870	
Perez-PUR	330	126	297	755	
148lbs.					
Ribic-USA	523	297	512	1333	
Banister-BAH	330	154	314	799	
Diaz-PUR	242	170	292	705	
Ford-USA	—	—	—	—	
165lbs.					
Blynn-USA	440	308	451	1201	
Houston-USA	352	214	391	959	
198lbs.					
Brown-USA	490	231	435	1157	
Vargas-PUR	330	165	352	848	
UNL.					
Hall-USA	529	319	490	1339	
Costas-PUR	485	237	479	1201	
MEN					
114lbs.					
Gainer,Sr-USA	413	286	—	—	

123lbs.  
Holloway-USA 496 303 556 1355  
Beltran-COL 297 209 352 859  
132lbs.  
Washington-USA 573 319 545 1438  
Castiblanco-COL — 220 407 —  
148lbs.  
Oishi-BRA 551 385 573 1510  
Noppers-CAN 540 341 584 1466  
Cevallos-ECU 562 341 474 1377  
Rios-PUR 451 330 474 1256  
Rodriguez-PUR 440 237 501 1179  
165lbs.  
Hooper-USA 727 507 606 1840  
Summers-CAN 578 424 556 1559  
Kean-CAN 556 418 556 1532  
Martines-PUR 418 253 540 1212  
Hernandez-PUR 440 319 418 1179  
181lbs.  
Ricks-USA 700 474 700 1873  
Doucette-CAN 600 501 633 1736  
Sanchez-ECU 650 396 617 1664  
Pardo-ARG 507 308 485 1300  
Lopez-PUR 474 336 485 1295  
Newton-BAH 319 22 402 953  
Benvenuto-PER — — — —  
Ramos-PUR — — 363 490 —  
198lbs.  
Araujo-BRA 584 424 683 1692  
Butt-CAN 595 468 611 1675  
Touma-ECU 617 418 617 1653  
Conde-PUR 567 374 540 1482  
Tibault-ARG 617 — — —  
Becker-CAN — — — —  
McInerney-CAY — — 496 —  
220lbs.  
Beck-USA 788 529 766 2083  
Weatherbie-CAN 705 529 650 1884  
Gagnon-CAN 738 451 650 1840  
Prieto-ECU 672 396 595 1664  
Dossantos-BRA 512 352 661 1526  
Lopez-PUR 639 303 501 1444  
Brady-CAY 242 242 374 859  
Johnson-BAH 451 242 — —  
Succarotte-USA 650 — — —  
242lbs.  
Harris-USA 793 512 760 2066  
Emberley-CAN 771 534 672 1978  
Goldin-USA 722 562 650 1934  
Aguilar-CAN 738 529 628 1896  
White-BAH 650 463 650 1763  
Samper-COL 617 314 573 1504  
Cardella-USA 788 606 722 2116  
Nicholls-CAN 738 573 733 2044  
Ube-ECU 782 468 562 1813  
Conrado-BRA 705 396 562 1664  
Velasquez-CRC 418 352 418 1190  
UNL.  
Harris-USA 804 606 810 2221  
Estrada-PUR 727 485 688 1901  
Rolle-BAH 600 396 600 1598  
Zambrano-COL 611 407 562 1581  
Dewey-CAY — 330 440 —  
Women's Team: USA 69 pts., PUR 52 pts., ECU 45 pts., BAH 17 pts., CAN 12 pts. Men's Team: USA 722

pts., CAN 54 pts., PUT 42 pts., ECU 39 pts., BRA 37 pts., COL 21 pts., BAH 19 pts., ARG 7 pts., CRC 6 pts., CAY 4 pts. (results provided by courtesy of the IPF)  
Submaster (33-39) 220 lbs.  
L. Holmes 540 314 551 1405  
Master (40-44) 242 lbs.  
K. Eddleman 490 413 485 1388  
275 lbs.  
A. Mendez 402 303 441 1146  
BENCH E. Wilkinson 633  
MEN 275 lbs.  
Open R. Jackson 446  
165 lbs. DEADLIFT 198 lbs.  
J. Vasquez 275 MEN 198 lbs.  
198 lbs. Open  
P. Arriaga — 198 lbs.  
Junior (13-19) C. Davis 331  
165 lbs. 220 lbs.  
J. Knott 214 198 lbs.  
Junior (20-23) C. Saucedo 203 198 lbs.  
181 lbs. J. Allen 578  
W. Keenan 363 275 lbs.  
198 lbs. A. Mendez 441 242 lbs.  
J. Robles 479 D. Ortiz 551 336  
SQUAT High School Coach 518 1405  
181 lbs. 275 lbs.  
C. Helton 429 A. Mendez 402 303 441 1146  
Master 242 lbs.  
220 lbs. J. Knott 352 198 lbs.  
WOMEN SQ BP DL TOT 220 lbs.  
Open 242 lbs.  
SHW M. Martin 733 611 639 1983  
S. Dena 325 242 369 936 308 lbs.  
Junior (13-15) 105 lbs.  
165 lbs. J. Ybarra 221 105 242 568 132 lbs.  
B. Cepak 352 154 297 803 D. Hicks 270 165 264 699  
198 lbs. 148 lbs.  
C. Freasier 292 115 248 655 I. Bell 319 137 336 792  
Junior (16-17) 148 lbs. K. Eddleman 259 132 275 666  
165 lbs. 181 lbs.  
K. Eddlemann 286 165 308 759 A. Parks 105 105 187 397  
S. Brown 236 132 248 616 198 lbs.  
165 lbs. A. Havens 225 115 248 588 S. Dinsdale 203 110 221 534 132 lbs.  
181 lbs. C. Gonzales 281 132 297 710 D. Rodriguez 363 221 407 991  
S. Dinsdale 203 110 221 534 Junior (16-17) 165 lbs.  
220 lbs. C. Gonzales 281 132 297 710 B. Molina 441 270 462 1173  
Submaster (33-39) M. Salazar 292 137 270 699 P. Hicks 319 159 374 852  
165 lbs. J. Caddell 165 99 231 495 181 lbs.  
165 lbs. S. Hartley 248 181 264 693 J. Rojas 352 203 424 979  
Master (40-44) 123 lbs. 220 lbs.  
165 lbs. D. Lesak 490 225 457 1172 Junior (18-19) 148 lbs.  
181 lbs. R. Arnold 275 225 314 814 242 lbs.  
181 lbs. K. Eddleman 451 303 490 1244 Best Lifter Men 181 & Below: Ben Molina.  
181 lbs. Best Lifter Men 198 & Above: Mike Marin.  
D. Rawe 192 93 209 494 Best Bench Press: ed Wilkinson. Best Lifter  
Below Class I SHW Women 148 & Below: Janet Ybarra. Best  
198 lbs. D. Shirley 325 242 369 936 Lifter women 165 & Up: Brittney Cepak.  
C. Suggs 214 82 221 517 Junior (20-23) (Thanks to Seguin Fitness for the results)  
198 lbs. T. Reiniger 518 303 556 1377 DON'T TRAIN ALONE.  
220 lbs. J. Allen — — — — ALWAYS USE SPOTTERS.  
242 lbs. J. Suggs 622 402 518 1542 DON'T TRAIN WHEN HURT.  
275 lbs. B. Hill 672 462 551 1685 ALWAYS CONSULT A DOCTOR.

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**25 MAR,** 100% Raw North Carolina State Powerlifting Championships & OBX Bench Press/Arm Wrestling Championships (Jarvisburg, NC) Gene Berry rawlifting@bmfsp.com  
**25 MAR,** Sebastian Burns Metal Militia Bench Seminar, (Carteret, NJ) Henri Skiba, 732-969-1377, astroboy252@mac.com  
**25 MAR,** 26th APF Circleville BBC Central Ohio BP (Circleville, OH) antman517@aol.com  
**25 MAR,** SLP Lift for the Lord BP/DL (Scottsville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**25 MAR,** USPF West Virginia State PL, SQ, DL, Holley Open PL, BP, DL (open to out of state lifters) (S. Charleston HS, S. Charleston, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

**25 MAR,** USAPL Virginia Open PL/BP/ DL/Ironman, Raw & Assisted (Charlottesville, VA) John Shiflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

**25 MAR,** ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight - Hagerstown, MD), Kevin Prosser (301) 573-7853, jkprosser@yahoo.com, www.angelfire.com/pa/bigal

**25 MAR,** USAPL Washington State PL or BP/DL (N. Bend), Bill Stewart, r@burr.com, Richard Schuller, 12916475th Ave. SE, North Bench, WA 98045, (206) 280-8122

**25 MAR,** USPF California State PL/BP/DL (Los Alamitos, CA) Steve Denison, pwrltrs@msn.com, 661-333-9800

**25 MAR,** WABDL Iron Gradiators World Record Breakers Championships (BP/DL - Red Lion Hotel, Pasco, WA) Gus Reithwisch, 763-545-8654

**25 MAR,** APA Eastern USA Powerlifting (PL/BP/DL/PP - Hanover, PA) Scott Taylor, 6055 Boca Colony Dr. #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com

**25 MAR,** NASA Kentucky State Championships (BP/PP/PS - Paintsville, KY) Greg Van Hoose, gvh@wirefire.com

**25 MAR,** NASA Iowa State Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**25 MAR,** AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbfn.net

**25 MAR,** AAU Maryland State Bench Press (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbfn.net

**25 MAR,** AAPF Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268

**25, 26 MAR,** APF/AAPF Southwest Championships PL/BP and AAPF Police & Fire Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762, thegymlasvegas@earthlink.net

**25, 26 MAR,** USAPL 2006 Bench Press Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366  
**25, 26 MAR,** APF Junior & Nationals

# COMING EVENTS

**& Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-3393**

**26 MAR,** SLP Genesis Gym Open Spring BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**26 MAR,** Cabin Fever BP/DL (Granger, IN), www.e-normous.biz, Anson Wood, info@e-normous.biz, 574-903-4586

**26 MAR,** MCI (Norfolk, MA) Dan Pino, Norfolk Prison, 14 Taylor St., Waltham, MA 02452, (781) 894-9386

**26 MAR,** USPF Rhode Island State PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net  
**26 MAR,** USPF Rhode Island High School PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

**26 MAR,** USPF Rhode Island Police & Firemen PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

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

**31 MAR - 2 APR,** USAPL High School Nationals (Omaha, NE) James C. Hart, 4418 NW 50th St., Lincoln, NE 68524, call between 7:30-9:30 AM or 5:00-6:30 PM (402) 470-3672, jmshrt@aol.com

**1 APR,** USAPL David Martin Memorial Qualifier, Greg Simmons, 3488 S. Glasgow Circle, Bloomington, IN 47403, 812-330-1012

**1 APR,** ADAU 43rd Great Lakes Powerlifting Championships, Joe Orenga, 4319 W. 26th St., Erie, PA 16506

**1 APR,** ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

**1 APR,** WABDL 3rd annual Heart of America BP/DL (Gateway Convention Center, Collinsville, IL - 10 minutes East of St. Louis) John Hudson, 217-377-4640, jhudson@uiuc.edu

**1 APR,** APF Jacksonville Open, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-786-2822, 904-378-1551

**1 APR,** Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinsbestbench.com  
**1 APR,** APF Long Island BP/DL, Chris Taylor, pwfrk650@aol.com, 516-860-5584

**1 APR,** 16th Weightlifting Unlimited Bench Press (Sculptured Awards - Winchester, VA) Randy Brooks, 540-667-6288, or Randy Robinson, 304-283-6059

**1, 2 APR,** NASA High School Nationals Powerlifting & Power Sports (Un-equipped, wrist & knee wraps and belts allowed in powerlifting - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com  
**1, 2 APR,** 5th WNPF Can-Am National Teenage, Junior, Open (PL, BP, DL, PC) & 9th Submasters, Masters National Championships (PL, BP, DL, PC-Romulus, MI) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743.

**wnpf@aol.com**

**1, 2 APR,** Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell (740) 704-4747, www.ironhousezanesville.com

**2 APR,** USA "Raw" Bench Press Federation Spring Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**2 APR,** 7th Pittsburgh Area Monster BP/DL (men, women, all divisions/classes, cash prizes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 264-9996

**7-9 APR,** AAPF Nationals (Baton Rouge, LA) Garry Frank, 225-261-4482

**8 APR (NEW DATE)** WNPF 100% Natural Single Lift Nationals (SQ, ZBP, DL, PC) & 14th Georgia

**Powerlifting Championships & WNPF Georgia Bodybuilding Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**8 APR,** APA Northeast Regional BP, DL, PP, SC (Wallingford, CT) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apawpa.com

**8 APR,** USAPL Montana State, Eula Compton, 230 S. Washington #201, Butte, MT 59701, 406-723-7210

**8 APR,** USAPL North Carolina High School BP Challenge, (Charlotte, NC) Brent Hindman, Conanh@msn.com, 704-234-0016

**8 APR,** 100% Raw 8th "Battle of the Border" Best Press Championships (Currituck, NC) Paul Bossi, rawlifting@aol.com

**8 APR,** USAPL North Carolina Show of Strength PL, (Charlotte, NC) Brent Hindman, Conanh@msn.com, 704-234-0016

**8 APR,** SPF Southern Championships (open or raw BP, P/P, DL - Holiday Inn, Birmingham, AL, I-59, exit 129) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

## APF/AAPF/WPO Schedule

**25 MAR,** 26th APF Circleville BBC Central Ohio BP

**25 MAR,** AAPF Frank Kostyo Memorial

**25, 26 MAR,** APF/AAPF Southwest Championships

**25, 26 MAR,** APF Junior & Nationals & Maine State

**1 APR,** APF Jacksonville Open

**1 APR,** APF Long Island BP/DL

**7-9 APR,** AAPF Nationals

**8 APR,** APF Midwest Open

**29 APR,** APF Delaware Power Classic

**12-14 MAY,** APF Master, Submaster & Junior

**MAY,** APF Teenage Nationals

**2, 3, 4 JUN,** APF Senior Nationals

**10 JUN,** AAPF Florida States,

**17 JUN,** APF Florida States

**26 AUG,** APF Debbie Kruck Police/Firefighters BP

Dates subject to change Call 386-734-3128 for info.  
[worldpowerlifting.org](http://worldpowerlifting.org) ([worldpowerliftingcongress](http://worldpowerliftingcongress))

**8 APR**, USAPL New Jersey State High School PL/BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843

**8 APR**, SLP Harvey's Gym Open BP/DL (Columbia, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**8 APR**, APF Midwest Open (Kansas City) Susan Sharpe-Patterson, 816-668-2005, www.midwestbarbell.com

**8 APR**, WABDL Oklahoma/Arkansas Regional Championships (BP/DL - Days Inn, Ft. Smith, AR) William Winkley, 479-252-0379

**8 APR**, Dungeon Power Works Bench Slam/Deadlift (Three Rivers, MI) Mark Mellinger, 269-506-5386, or 269-435-7586

**8 APR**, NASA "The Bigger One" (PL/BP Only/PS/PP - Green Bay, WI) Job Housen, keeley, statechairman@wisconsinpowerlifting.com

**8 APR**, NASA Kansas State Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**8 APR**, APC Georgia State Open PL & BP, National Qualifier, LB Baker (770) 713-3080

**8 APR**, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2194, keel.billy@add.state.al.us

**8 APR**, WNPF Western Pennsylvania Championships (BP, DL, PC - Beaver Falls, PA) Ron Deamicis, 330-792-6670

**8,9 APR** Power Palooza 9 (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, (610)948-7823

**9 APR**, SLP Primetime Fitness BP/DL (Crestwood, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**9 APR (REVISED DATE)**, New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401)952-9166, joesmusclehead@cs.com, www.reevesnutrition.com

**14-16 APR**, USAPL Collegiate Nationals (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

**15 APR**, 3rd Super Bench (crystal vase awards: men, women, teen, jr., submaster, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**15 APR**, SLP Ultimate Body Fitness BP/DL (Chicago, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**15 APR**, NASA Ohio State (PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**15 APR**, USAPL Richmond Open Powerlifting Championships (PL/BP), Philip Battle, 9576 Atlee Station Rd., Mechanicsville, VA 23116, 804-301-2196

**15 APR (new date)**, PPL Georgia Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@ AOL.com, www.hometown.aol.com/pythongym

**15 APR**, 1st USPF Maryland State BP/DL Championships (Hotel Gunther, Frostburg, MD) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

**15 APR**, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

**15 APR**, United Amateur Powerlifting Committee National Championships / Illinois State Open PL & BP, APC/UAPC National Qualifier, Jim Rouse (815) 727-9147 or Brandon Williamson (815) 325-3365

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**15 APR**, USAPL Richmond Open PL & BP Championship (60 lifter limit, open to all out of state lifters) Phillip Battle, P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P.Battle@hotmail.com

**19-23 APR**, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.ipfworlds.com/mastersbench

**21,22 APR**, IPB Red Swaim Memorial DL & Iron Boy Raw BP Championships (Winston Salem, NC) Keith Payne, keith@ironboypowerlifting.net

**22 APR**, 100% Raw World Gym Full Power (Joliet, IL) Shawn "Bud" Lyte, 312-494-5865, FAX 530-323-8076, Bud@BMFSports.com

**22 APR**, USPF 4th annual Kem County High School (Bakersfield, CA) Dave Boyt & Steve Denison, pwrlifters@msn.com, 661-333-9800

**22 APR**, NASA New Mexico State (PL/Bench Only/PS/PP Un/Equipped - Rio Rancho, NM) Mike Adelmann 505-891-1237, email mike@liftinglarge.com

**22 APR**, WABDL Southeastern Regional Championships (BP/DL - Admiral Birbow Hotel, Suwanee, GA) George Herring, 770-963-6738

**22 APR**, NASA West Virginia State Championships (BP/PP/PS - Ravenswood, WV) Greg Van Hoose, gvh@wifire.com

**22 APR**, NASA New Mexico State (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com

**22 APR**, NASA Tennessee State Championships (PL/BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**22 APR**, Iowa Open State Championships (BP/DL/Trap DL, teen, novice, open, submaster, master 1-2-3, women)

Wayne Hammes, Box 433, Oskaloosa, IA 52577, (641)673-5240

**22 APR**, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268

**22 APR**, SLP John Ware Memorial (Kirksville, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**22 APR**, APA Sacramento Open PL, BP, DL, SC (Pipeworks Gym, Sacramento, CA) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com

**22 APR**, PPL Georgia State Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

**22 APR**, USAPL Ketchikan Meet, Doug Gregg, 1275 S. Pt. Higgins Rd., Ketchikan, AK 99901, 907-247-8462

**22 APR**, 2nd American Fitness Raw BP (all div/all classes - Erie, PA) Mike Goodwin, 814-866-8818 or Dan Swope, 814-774-4860

**23 APR**, 100% Raw Beau Moore Bench Press Classic (Orlando, FL) TBA

**23 APR**, USAPL Florida (Hurricane Open) BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

**23 APR**, 15th WNPF National BP/DL/PC Championships & USSA NJ Strongman Championships (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

**29 APR**, APF Delaware Power Classic (PL, PP, BP, raw & equipped) The Training Center, 807 Churchman's Center, New Castle, DE 19720, Broderick Chavez, 302-858-7465, isquat700@mchsi.com

**29 APR**, SLP National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

il.com, www.sonlightpower.com

**29 APR (date assigned)**, USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881

**29 APR**, 100% Raw North American BP/Curl, John Shifflett, Box 941, Standardville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

**29 APR**, NASA Colorado State Championships (PL/BP Only/PS/PP - CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**29 APR**, NASA Illinois State, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, IL 60714, David Oyler, 847-828-8964

**29 APR**, USAPL Southwestern Regional (Pueblo High School, Tucson, AZ) John Pena, 520-312-2110

**29 APR**, USAPL Zumbro Valley Open, Steve Johnson, 405 5th St. NW, Kasson, MN 55944, 507-634-4580

**29 APR**, 9th Central Wisconsin BP, John Easterly, 734 Deerborn Dr., Grand Marsh, WI 53936, 608-339-3977

**29-30 APR**, USAPL Quest American Invitational George State/Southern States PL, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2194

**29,30 APR**, APC State PL & BP & Region 8 (APC National Qualifier - Fresno, CA) Bob Packer (559) 322-6805 or (559) 323-3892

**29,30 APR**, 1st WNPF USA vs. Brazil Powerlifting Championships, Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

**30 APR**, The Power Gym's Beast in the East Bench Press Championships (limited to 50 entries - Taylor, PA) Mike Moe 570-562-3642, moceyunji@meiu.org

**APR**, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

**5-7 MAY**, USAPL Masters Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

**6 MAY**, New England Record Breakers (full & specialists, invitees only - Mullins Center) 508-885-3686

**6 MAY**, APA National BP, DL, SC (Pasco, WA) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com

**6 MAY**, ADFPF PL/Single Lift, Judy Gedney, 27 Elmo Dr., Macomb, IL 61455, www.adpf.org

**6 MAY**, Erie Community College Football's 5th Open BP/DL Championships (near Buffalo - Orchard Park, NY) Dennis Green (716) 851-1748

**6 MAY**, SLP Cross County Pull BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**6 MAY**, APF San Diego Open, Barret Marum, 619-795-5965, barrett\_marum@yahoo.com

**6 MAY**, NASA Western States Nationals (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**6 MAY**, Bartlesville Push-Pull (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

**6 MAY**, 7th WNPF 100% Natural Carolina States & Ralph Peace Championships (PL, BP, DL, PC - Greenville, NC) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

**7 MAY**, SLP Muscles & More BP/DL (Kennett, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

## UPCOMING SLP COMPETITIONS

**25 MAR**, SLP Lift for the Lord BP/DL (Scottsville, KY)

**26 MAR**, SLP Genesis Gym Open Spring BP/DL (Celina, OH)

**2 APR**, USA "Raw" Bench Press Federation Spring Nationals

**8 APR**, SLP Harvey's Gym Open BP/DL (Columbia, TN)

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**12-14 MAY (NEW DATE), WDFPF European Single Lift Championships (Fagano Ocona, Italy) jm-gedney@wiu.edu  
12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, (207) 225-5070**

**13 MAY, WABDL Rocky Mountain Regional Championships (BP/DL - Salt Lake City, UT) David Edgell, 801-731-0471**

**13 MAY, NASA West Texas State (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com**

**13 MAY, IBPSC Powerlifting Championships (Easley, SC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net**

**13 MAY, APA Fit For Life Day/Baddest Bench In The South (BP only - Expo Hall, Shreveport, LA) Ryan Cidzik (315) 794-1836, RCidzik@yahoo.com, www.apa-wpa.com**

**13 MAY, APA Diamond State Open BP, DL, PP, SC (Dover, DE) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apawpa.com**

**13 MAY, USAPL Albany Strength PL, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-1703**

**13 MAY, 100% Raw Alabama State Bench Press Championships (Mobile, AL) Tony Ford, anthony.ford@us.army.mil**

**13 MAY, USAFL Florida State HSBP & PL ( Ft. Lauderdale, FL) Robert Keller, rk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl**

**13 MAY, Lifetime Natural Powerlifting Society Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**13-14 MAY (date assigned), 6th WNPF Pan-Am Teenage/Junior/Open Subs/Masters Championships (BP, DL, PC) & USSA Florida Strongman Championships (Orlando, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**14 MAY, ADFPF Florida State BP/DL, Vincent Lombardi, 1605 Cresson Ridge Lane, Brandon, FL 33510, lombardistrength@yahoo.com, 813-391-8719**

**14 MAY, USAFL Florida State BP & DL ( Ft. Lauderdale, FL) Robert Keller, rk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl**

**20 MAY, USAFL PA State BP & DL, Erik Steiner, 735 Greenleaf St., Allentown, PA 18102, 814-360-8350**

**20 MAY, USAFL Fitness Factory (formerly Pro Fitness, Rockaway, NJ - BP only - shirted & raw, high school through masters) Iron Man BP & Record Breakers, Troy Lehrer, 201-341-7400, troylehrer@aol.com**

**20 MAY, WABDL Push-Pull National**

State Powerlifting (Currituck, NC) Paul Bossi, rawlifting@aol.com

**MAY, APF Teenage Nationals (Houston, TX)**

**MAY, ADFPF National Powerlifting Championships (All age categories, including Police/Fire/Military - Evansville, IN) Dick Conner 812-867-1736, [www.adfpf.org](http://www.adfpf.org)**

**MAY, New England States Open Powerlifting Championships. Greg Kostas, (781)447-6714 & Rene Moyen, (401)934-2040, (401) 527-3711, [www.newenglandusapl.com](http://www.newenglandusapl.com), [www.nextlevel-fitness.com](http://www.nextlevel-fitness.com).**

**2,3,4 JUN, APF Senior Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762, [thegymlasvegas@earthlink.net](mailto:thegymlasvegas@earthlink.net)**

**3 JUN, SLP Missouri Open BP/DL (Festus, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)**

**3 JUN, USAPL 'The Pete Lanzi Memorial IV' Night of Champions, (Cleveland, OH - huge sword awards) Gary Kanaga, 440-7117-9662, gary.kanaga@nordoniaschools.org**

**3 JUN, WABDL River Country Classic Championships (BP/DL - Gadsden, AL) Brant Bishop, 256-390-4436**

**3 JUN, WABDL Sonny's 2nd Push-Pull (Marriott Hotel and Resort, Honolulu, HI) Jocelyn Ronolo, 808-989-2312**

**3 JUN, Maple Street YMCA Open (75th & Maple St., Omaha, NE) PL, BZP, DL, PP) Bill or Roger, 402-393-3700**

**3,4 JUN, AAU National Raw, Virginia State, Triple Crown, East Coast, BP, (Crowne Plaza Hotel, Richmond, VA) 804-559-4624 after 7PM (EST), [www.aausports.org](http://www.aausports.org)**

**3,4 JUN, NASA Masters & Submasters Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpdl@aol.com](mailto:sqbpdl@aol.com)**

**3,4 JUN, GPC America's Cup PL/BP (Canada vs USA) & GPC Canadian Nationals PL/BP (GBC World Qualifier), Calgary, Alberta, Canada, Brian Johnston, 403-215-4549, [www.independentpowerlifting.com](http://www.independentpowerlifting.com)**

**3,4 JUN, WNPF Drug Free Nationals (Youngstown, OH) Ron Deamicis, 303-792-6670**

**10 JUN, USPF West Coast BP & DL (Venice Beach, CA) Joe Wheatley & Steve Denison, pwrlfrs@msn.com, 661-333-9800**

**10 JUN, Immaculate Heart of Mary Festival (BP/DL/Ironman - Youngstown, OH) Ron Deamicis, 330-792-6670**

**10 JUN, NASA Arkansas State Championships (PL/BP Only/PS/PP Russellville, AR) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpdl@aol.com](mailto:sqbpdl@aol.com)**

**10 JUN, 1st USPF Pennsylvania State BP/DL Championships (Waynesburg High Schools, Waynesburg, PA) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, [mccase@yahoo.com](mailto:mccase@yahoo.com)**

**10 JUN, APA Summer Bash (Sam Houston High School, 9400 Irvington Blvd., Houston, TX 77076, Tom McCullough, webmaster@texasspowerscene.com**

**10 JUN, AAPF Florida States, Kieran Kidder, Ft. Lauderdale, FL, [pamelaclayton@aol.com](mailto:pamelaclayton@aol.com), 386-734-3128**

**10 JUN, SLP Superman Classic BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)**

**10 JUN, ADFPF Men & Women Contest (raw, belt & wrist wraps only - Washington Square Mall) Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736**

**10 JUN, NPA Drug Free Central USA BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame**

**10,11 JUN, 7th WNPF USA Open**

## UPCOMING WNPF MEETS DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)

**1,2 APR, Can-Am Nationals (Romulus, MI)**

**8 APR, 100% Natural Single Lift (Atlanta, GA)**

**23 APR, National BP/DL/PC (Atlantic City, NJ)**

**29,30 APR, USA vs Brazil**

**WNPF, PO Box 142347,**

**Fayetteville, GA 30214**

**678-817-4743 or [wnpf@aol.com](mailto:wnpf@aol.com)**

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

**20 MAY, Chickahominy YMCA Bench Press Classic (open to out of state lifters, raw and assisted - no restrictions on bench shirts, sculptured awards), Chickahominy YMCA, 5401 Whiteside Rd., Sandston, VA 23150, Phillip Battle or Nancy Burnet, 804-737-9622, [P\\_Battle@hotmail.com](mailto:P_Battle@hotmail.com)**

**20 MAY, USAFL Nation's Capital Cup PL/DP, Steve DeBenedictis, 8000 Towers Crescent Dr., Ste. A-145, Vienna, VA 22182, 703-801-4812**

**20 MAY, USAFL 15thannual Rocky Mtn. State PL/Big Cat BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035**

**20 MAY, APC Southern California PL & BP (San Diego, CA) James Kegrice at [kegricegym.com](http://kegricegym.com) or Bob Packer (559) 332-6805 or (559) 658-5437**

**20 MAY, USPF San Jose BP/DL Open, Paul Love, [Paul.Love@sbcglobal.net](mailto:Paul.Love@sbcglobal.net), 408-238-7413**

**20 MAY, WABDL Push-Pull National**

**Championships (Holiday Inn Hotel and Suites, Mesa/Phoenix, AZ) Gus Rethwisch, 763-545-8654**

**20 MAY, NASA Greater Houston Open (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpdl@aol.com](mailto:sqbpdl@aol.com)**

**20 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)**

**21 MAY, SLP Southwest Missouri Open BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)**

**21 MAY, 7th WNPF Elite Nationals & 5th Powerfest 2K6 Teenage/Junior/Open Subs/Masters Powerlifting**

**(BP, DL, PC - Ephrata, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com)**

**21 MAY, ISS Big Bench Open, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, [mikesbench@hotmail.com](mailto:mikesbench@hotmail.com)**

**27 MAY, WABDL AquaVIBE Midwest Regional Championships (BP/DL - Marriott Hotel, St. Louis Park/Minneapolis, MN) Gus Rethwisch, 763-545-8654**

**27 MAY, NASA East Texas State Championships (PL/BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpdl@aol.com](mailto:sqbpdl@aol.com)**

**27 MAY, 100% Raw Pennsylvania State Bench Press & Mid Atlantic Bench Press Championships, Dave Lhota, [lhotamfg@shol.com](mailto:lhotamfg@shol.com)**

**27 MAY, APA Great Lakes Open BP, DL, PP, SC (Old Town Gym, Bay City, MI) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, [scott@apawpa.com](mailto:scott@apawpa.com)**

**MAY, 100% Raw North Carolina Teen**

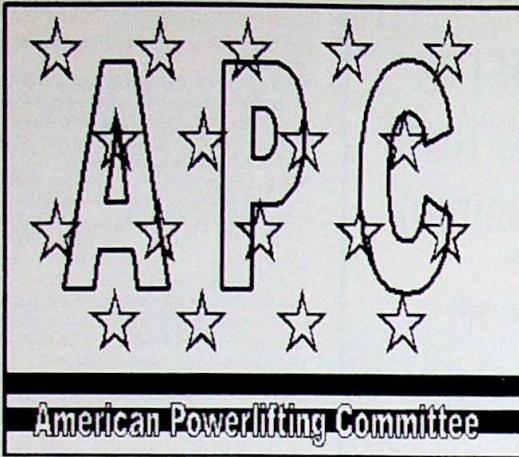
## APC California State & Region 8 PL/BP

**29,30 April 2006 (APC Natl. Qualifier)**

**(open, masters, teenage, women, junior)**

**(Fresno, CA) Bob & Kim Packer**

**559-323-3892, 322-6805**



## American Powerlifting Committee

**Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPF Bodybuilding Championships & USSA Georgia Strongman Championships (Atlanta, GA)** Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com  
**11 JUN, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL)** SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**14-18 JUN, IPF/NAPF North American Regional & Tournament of the Americas (Dorado, Puerto Rico)** Robert Keller, rhk@verizon.net, (954) 790-2249

**17 JUN (date assigned), 10th WNPF 100% Lifetime Drug Free Raw Teen/Junior/Open/Subs/Masters Powerlifting Nationals (BP, DL, PC) & Maryland States (Baltimore, MD)** Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

**17 JUN, WABDL AquaVIBE Great Northern Championships (BP/DL - Red Lion Hotel, Olympia, WA)** Gus Rethwisch, 763-545-8654

**17 JUN, SPF/WBPLA Nationals (open or Raw P/P, BP, DL, River Terrace Hotel, Gatlinburg, TN - right at red light No. 6,** www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

**17 JUN, Summer Push/Pull (Elkhart, IN)** Jon Smoker, 574-674-6683

**17 JUN, APF Florida States, Kieran Kidder, Ft. Lauderdale, FL** pameladayton@aol.com, 386-734-3128

**17 JUN, USAPL New Jersey State High School PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843**

**17,18 JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210**

**17,18 JUN, NASA USA Nationals (PL/BP Only/PS/PP & Unequipped PL/BP - Las Vegas, NV)** Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

**18 JUN, USAPL Florida (Sunshine State Games) BP (Miami)** Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

**24 JUN (NEW DATE), Kansas City Push Pull (Kansas City, KS)** Jim Duree, jduree7086@aol.com, 913-626-1142, www.jenexastrrengthandfitness.com

**24 JUN, SLP Express Fitness Open BP/DL (Benton, AR)** SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**24 JUN, NASA Missouri Grand (PL/BP Only/PS/PP - Joplin, MO)** Rich Peters,

The APC is actively seeking qualified meet directors and state Chairmen  
Call L B Baker 770-725-6684 or cell 770-713-3080

### UPCOMING MEETS

- February 11, 2006 APC Bench Press Nationals, L B Baker, 770-713-3080
- March 4, 2006 APC Southeastern High School Invitational P L & Bench Press Championships, Birmingham, Al.
- April 8, 2006, Georgia State Open Powerlifting and Bench Press Championships
- April 15, 2006 Illinois Powerlifting and Bench Press Championships
- July 7, 8, 9, 2006, APC National Powerlifting and Bench Press Championships, Sacramento, Ca.
- May 6, 2006 Excalibur Alabama Powerlifting and Bench Press Championships, Birmingham, Ala.

For more information; [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
IronDawg Power; [www.irondawg.com](http://www.irondawg.com)

P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

**24 JUN, APA Central Florida Open BP, DL, PP, SC (Main Street Fitness, Zephyrhills, FL)** Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com

**24-25 JUN, AAU North American PL, BP, DL, PP (Rancho Buena Vista Performing Arts Center, Vista, CA - entry deadline 25 MAY)** Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net

**24-25 JUN, IPA World Championships, York Barbell Company, 3300 Board Rd., York, PA 17042, Mark Chaillet, 717-495-0024, chaillet@suscom.net, Ellen Chaillet, echaillet@aol.com**

**24,25 JUN, WDFPF European PL**

(Maromee, France) [www.wdfpf.cc](http://www.wdfpf.cc)  
**24,25 JUN, ADAU Powerlifting Nationals (Raw/Drug Tested - Catasauqua, PA)** Nick Theodorou, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutrite@aol.com

**25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com**

**JUN, ADFPF "The Pit" Barbell Club Open PL/BP Championships (Unequipped only - Washington Square Mall, Evansville, IN)** Dick Conner 812-867-1736, [www.adfpf.org](http://www.adfpf.org)

**JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4th 1/2 Mile Rd., Racine, WI 53402, 262-639-3210**

**JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe**

Orencia, 4319 W. 26th St., Erie, PA 16506  
**JUN, 100% Raw National Bench Press & Powerlifting Championships, Paul Bossi, rawlifting@aol.com**

**1 JUL, Oregon Invitational BP (Portland, OR - Guest Lifter: Ryan Kennelly) Tod Befract, Box 66474, Portland, OR 97290, t m a n 5 1 @ a o l . c o m , www.juliehavelka.com**

**1 JUL, SLP Big Bench at the French II BP/PL (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fwi.com**

**7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL)** Robert Keller rhk@verizon.net, (954) 790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**7 JUL, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL)** Robert Keller (954) 790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**7-9 JUL, APC National PL & BP Championships (Doubletree Hotel, Sacramento, CA)** Al Garcia, 916-482-2868

**8 JUL, WNPF Minnesota Championships (Montgomery, MN)** Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

**8 JUL, YMCA Austin Open & Novice PL/PS (raw, single ply: men & women; all divisions & ages, free meal for lifters)** Les Cramer, Box 300966, Austin, TX 78703, leslifter@netscape.com, 512-329-8528

**8 JUL, USAPL Men's/Women's US (Open) Invitational Bench Press Championships (Miami, FL)** Robert Keller (954) 790-2249, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**8 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**8 JUL, WABDL AquaVIBE Capitol City Classic Championships (BP/DL - Marriott Hotel, Rancho Cordova/Sacramento, CA)** Gus Rethwisch, 763-545-7654

**8 JUL, Allentown Sports Fest (BP/DL - Allentown, PA)** Mike Laudenberger, Allentown YMCA & YWCA, 425 South 15th St., Allentown, PA 18102, 610-434-9333

**8 JUL, NASA Houston Summer Open (PL/BP Only/PS/PP - Alvin, TX)** Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

**9 JUL, WABDL Eastern Seaboard Regional Championships (BP/DL - Best Western Hotel and Conference Center, Westminster, MD)** Brad Myers, 717-471-9177

**15 JUL, WNPF New Jersey States**

## THE BIGGER ONE

Saturday April 8th, 2006  
Green Bay, WI

**POWERLIFTING - POWER SPORTS PUSH/PULL - SINGLE LIFT EVENTS MEN - WOMEN - TEEN - YOUTH(5-12) (featuring The AMERILIFT)**

"At last year's THE BIG ONE, we had almost 50 entries from 4 different states. We anticipate an even larger Meet this year." - Job Hou-Seye, 920-452-5484

FOR A PRINTABLE APPLICATION GO TO:  
[www.wisconsinpowerlifting.com](http://www.wisconsinpowerlifting.com)

**NOTE: The Event will be limited to the first 50 Squatters, and the first 100 Total Lifters, as determined by a mailed, post-marked envelope. Youth lifters (under 13) will not be allowed to participate in Events involving the Squat.**

(Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com  
**15 JUL**, AAU Lary Garro Powerfest (PL, Ironman, BP, PC - Dumbarton School, 300 Dumbarton Rd., Towson, MD 21212) Brian Washington, Brian@usbf.net, 410-265-8264  
**15 JUL**, USAPL Ironworks BP & DL II, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-948-3738  
**15 JUL (revised new date)**, PPL Southeastern Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym  
**15 JUL**, ANPPC World Cup, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**15 JUL**, WABDL Deep South Regional Championships (BP/DL - Holiday Inn Select, Baton Rouge, LA) Reed Bueche, 225-718-2646  
**15 JUL**, WABDL World Cup Championships (BP/DL - Sheraton Airport Hotel, Portland, OR) Gus Rethwisch, 763-545-8654  
**15,16 JUL**, NASA vs. AAU Team Challenge (Official NASA Team Only - Oklahoma City, OK) (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com  
**15,16 JUL**, AAU National Powerlifting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net  
**15-22 JUL**, Gay Games Powerlifting (register by 15 JUL 05 for out of competition testing program - Chicago, IL), info@GayGamesChicago.org,

[www.GayGamesChicago.org](http://www.GayGamesChicago.org)  
**16 JUL (NEW DATE)**, 1st WNPF Life-American Cup & 3rd WNPF New England Teenage/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC - Danbury or Stamford, CT) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com  
**20/21 JUL**, USAPL/USOC Palm Beach Sports Commission Youth & Fitness Festival (W. Palm Beach, FL) Robert Keller, rk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl  
**22 JUL**, SLP Arkansas Open BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**22 JUL**, WABDL Great Lakes Regional Championships (BP/DL - Holiday Inn South, Lansing, MI) Gus Rethwisch, 763-545-8654  
**22 JUL**, NASA Grand Nationals (PL/BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com  
**22 JUL** (corrected phone number/ date), ADAU Raw Single Lift National Championships (Johnson City, NY) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com  
**23 JUL**, Old Heritage BP, DL (Oil City, PA - for cerebral palsy) Chris Snyder, 814-676-3750  
**23 JUL**, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com  
**26 JUL**, NASA Tri-State Regional Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bspeedy.com  
**29 JUL**, Vermont State Open BP (men,



1214 Rickey, Corpus Christi, TX 78412  
tel: (361) 991-6749/ [www.titansupport.com](http://www.titansupport.com)



POWERLIFTING USA

April 29, 2006

USAPL  
Southwestern  
Regional  
(Pueblo High School,  
Tucson, AZ)  
John Pena  
520-312-2110

women, teen, masters, grandmasters) All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, Rick Poston.

**29 JUL**, 100% Raw Strongman 5-Lift Rep Challenge (CR/CU/BP/SQ/DP - Jarvisburg, NC) Gene Berry, dberry90@mchsi.com

**29-30 JUL**, AAU Jr. Olympics PL/BP (Hampton, VA) 804-559-4624 after 7PM (EST), [www.aausports.org](http://www.aausports.org)

**JUL**, 100% Raw New York State Bench Press Championships, Bob Hannington, fhannington@hvc.rr.com

**JUL**, 100% Raw Great American Challenge, Shawn Lyte, rawlifting@bmfsports.com

**JUL**, ADFPF Battle at the Drag Strip (Osceola, IN), Anson Wood, info@enormous.biz, 574-903-4586, www.enormous.biz

**5 AUG**, SPF Georgia State (open - raw P/P, BP, DL - City Club Fitness Center, Lafayette, GA) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

**5 AUG**, USPF Venice BP & DL, Joe Wheatley & Steve Denison, pwrlfrs@msn.com, 661-333-9800

**5,6 AUG**, NASA World Cup Championships (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

**5,6 AUG**, USAPL Rocky Mountain State Games, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

**5-6 AUG**, WNPF International Cup PL, BP, DL, PC (Las Vegas, NV) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

**6 AUG**, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com



BRAIN SIDERS

## Quest American Invitational

### Powerlifting Championships



April 29-30, 2006

Duluth (Atlanta), Georgia

#### Weigh-In Schedule: (At Duluth High School's Gym)

114 – 148 Classes:	Saturday, April 29 <sup>th</sup> :	8:00am – 9:30am Lifting Starts at 10:00am
165 – 220 Classes:	Saturday, April 29 <sup>th</sup> :	12:00pm – 1:30pm Lifting Starts at 2:00pm
242 – SHW Classes:	Sunday, April 30 <sup>th</sup> :	8:30am – 10:00am Lifting Starts at 10:30am

**Awards:** Open: 1<sup>st</sup> through 3<sup>rd</sup> for all weight classes (Class winners will each receive \$500 for traveling & training reimbursement. 2<sup>nd</sup> and 3<sup>rd</sup> place will receive \$250 and \$100 worth of sponsors products or gift certificate respectively)

Additional travel & training reimbursement will be honored for the following records:

USAPL Open American Records\*: \$200 each

IPF Open World Records\*: \$250 each

IPF Junior World Records\*: \$200 each

IPF Master World Records\*: \$200 each

**Best lifters (light, middle and heavyweight):** Each will receive a trophy and nutritional supplements for personal use for a year (\$1,200 value).

\* All records refer to the records maintained till the end of the competition.

\*\* All money and/or product awards will be honored after the drug test results.

For more information, please email Sherman Ledford at [shermanl@quest-nutrition.com](mailto:shermanl@quest-nutrition.com).

United Amateur Powerlifting Committee  
presents the  
**First National Powerlifting Championships  
& the First Illinois State Championships,**  
April 15th at Quality Inn, Bradley, Illinois.

For further information, contact Brandon Williamson  
815-325-3365 or James Rouse, 815-347-4393,  
jsrouse41@aol.com

**World United Amateur  
Powerlifting Championships**  
at the Airport Hilton in  
St. Louis.  
August 11 through 13, 2006

For further information  
contact James Rouse  
jsrouse41@aol.com

**11-13 AUG, World United Amateur Powerlifting Championships (St. Louis, MO) James Rouse, jsrouse41@aol.com**

**12 AUG, USPF National BP/DL Championship in conjunction with the 2nd US Open Strength Challenge (Parkersburg South High School, Parkersburg, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com**

**12 AUG, SPF Open/Raw P/P, BP, DL (Holiday Inn, Birmingham, AL) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410**

**12 AUG, SLP Wisconsin State Fair BP/DL (W. Allis, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**12 AUG, NASA Colorado Grand Championships (PL/BP Only/PS/PP - Denver, CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**

**12,13 AUG, WABDL House of Pain National Championships (BP/DL - Crown Plaza Hotel, Dallas, TX) Gus Rethwisch, 763-545-8654**

**13 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**19 AUG, WABDL Nevada State Championships (BP/DL - Stockmen's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-2374**

**19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginalrawpower.com**

**19 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**19 AUG, USAPL Mid Atlantic Open PL/BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com**

**19 AUG, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528**

**19 AUG, AAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528**

**19 AUG, WNP North Americans (Panama City, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**19 AUG, SPK Kentuckiana Open or Raw P/P, BP, DL (Metro Fitness, Shelbyville Rd. (US 60) Louisville, KY) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410**

**19 AUG, USAPL 3rd annual Southern Ohio PL/BP, Dave Ricks, 8835 Winston Farm Ln, Dayton, OH 45458, 937-435-2127**

**19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com, leslifter@netscape.com, 512-329-8528**

**20 AUG, IPA Long Horn Cup (open) and Texas State (residentsonly) (all age groups and divisions, men & women, amateur, elite, amateur, pro) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com,**

leslifter@netscape.com, 512-329-8528  
**20 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**26 AUG, WABDL 10th Alki Beach Championships (BP/DL - Seattle, WA) Bull Stewart, 206-725-7894**

**26 AUG, ADAU Powerlifting Championship (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 301-573-7853, jkprosser@yahoo.com**

**26 AUG, WNP Raw Nationals & NC State (Winston-Salem, NC) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**26 AUG, Midwest Masters Open (masters only, PL, BP, DL, PP) Keith Machulda, 48084 Cass, Omaha, NE 68132, 402-444-5596**

**26 AUG, APF Debbie Kruck Police/Firefighters BP Challenge, Daytona Beach, FL, pamelaclayton@aol.com, 386-734-3128**

**2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**2 SEP, NASA New Mexico Regional (PL/BP Only/PS/PP - Rio Rancho, NM) Mike & Teala Adelmann, mike@liftinglarge.com**

**9 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**9 SEP, USPF Venice Beach PL/BP/DL, Joe Wheatley & Steve Denison, pwrltrs@msn.com, 661-333-9800**

**9 SEP, WABDL Tennessee State Championships (BP/DL - Manchester, TN) Ken Milliany, 931-454-0935**

**9 SEP, NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame**

**9 SEP, 15th WNP Lifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**9 SEP, Wolf River Day of Strength Strongman and Powerlifting, (New London, WI) Tom Theama, 920-359-90432, ttheama@charter.net**

**9 SEP, 15th WNP Lifetime Drug Free Nationals (Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**9 SEP, 100% Raw Jacksonville Open (Jacksonville, NC) Paul Bossi, rawlifting@aol.com**

**10 SEP, 15th WNP Pennsylvania State (PL, BP, DL, PC - Philadelphia or Ephrata, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117**

**16 SEP, NASA East Texas Regional (PL/BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-528-8513, sqbpd@aol.com**

**16 SEP, 6th Iron Boy BP Classic & IBP Curl Championships, (Winston-Salem, NC) Keith Payne, keith@ironboypowerlifting.net**

**16 SEP, ISS KAC Bench Press Classic, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com**

**16 SEP, APC Northern California Open & Novice PL & BP, John Ford (650) 303-7518**

**16 SEP, SLP USA Raw Bench Press Federation Fall Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**16 SEP, 7th WNPF Michigan Teen/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**16 SEP, WNPF Upstate New York (Clyde, NY) Ron Deamicis, 303-792-6670**

**23 SEP, SLP National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**23 SEP, 100% Raw Pennsylvania State & Mid Atlantic Powerlifting Championships, Dave Lhotka, lhotamfg@shol.com**

**23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com**

**23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr. Don Bell, 360-581-5118**

**24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366**

**30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-8700**

**30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268**

**SEP, 100% Raw Illinois Ironman Championship (Palatine, IL) Shawn Lyte, shawnlyte@comcast.net**

**1st annual APF  
Long Island Bench Press  
Championships and Deadlift Challenge  
4/1/06 - Syosset, New York**

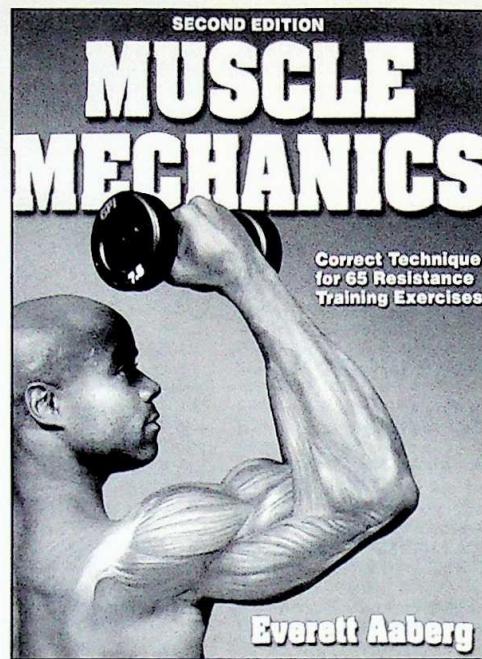
**The Meet Will Have T-Shirts, Free Give-A-Ways, and Prizes. Proceeds Will Benefit Local Charities  
Meet Director: Chris Taylor  
E-Mail: PwrFrk650@aol.com or PowerLifter1450@Gmail.com  
Phone: 1-516-860-5584**

- rawlifting@bmfsports.com **7 OCT**, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe Orenia, 4319W. 26th St., Erie, PA 16506
- 7 OCT**, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 7 OCT**, 100% Raw southern Open BP & Arm Wrestling Championships (Jarvisburg, NC) Gene Berry, dberry90@mchsi.com
- 7 OCT**, USPF Central California Open PL/BP/DL (Modesto, CA) Dave Cumerow & Steve Denison, pwrlftrs@msn.com, 661-333-9800
- 7 OCT**, NASA Ohio Regional (PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 7 OCT**, IBP Carolina Classic Powerlifting Championships (Shelby, NC) Keith Payne 3 3 6 - 7 6 6 - 3 3 4 7 , keith@ironboypowerlifting.net
- 8 OCT**, SLP Big Bench at the French III BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 14 OCT**, SPF/WBPLA Worlds: Open/Raw P/P, BP, DL (Riverview Terrace Hotel, Gatlinburg, TN, turn right at red light #6) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410
- 14 OCT**, SLP Oklahoma State BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 14 OCT**, NASA Colorado Regional Championships (PL/BP Only/PS/PP-CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 15 OCT**, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com
- 15 OCT**, SLP Missouri State BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 20-22 OCT (NEW DATE)**, WDFPF Single Lift Worlds (John Clow, Bendigo, Australia) jmgedney@wiu.edu
- 21 OCT (new date)**, PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
- 21 OCT**, SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 21 OCT**, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net
- 21 OCT**, 100% Raw Virginia State Bench Press/Curl Championships (Stanardsville, VA) John Shifflett, valifting@aol.com
- 21 OCT**, PPL Drug Free Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806
- 21 OCT**, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com
- 21,22 OCT**, NASA 2nd "Genuine" Unequipped Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 27-29 OCT**, 15th WNPF World Powerlifting & USSA World Strongman Championships & WNPF USA Body
- Building Championships & WNPF Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**
- 28 OCT**, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 28 OCT**, 2nd annual Open BP, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452
- 28 OCT (corrected phone number)**, ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
- 28 OCT**, NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- OCT**, ADAU Connecticut State Powerlifting Championships (PL/BP - Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, pghbrookfield@sbcglobal.net
- OCT**, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiaapl.com
- OCT**, USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridaulapl
- OCT/NOV AAU World PL (Virginia) 804-559-4624 after 7PM (EST)**, www.aausports.org
- 1-5 NOV**, GPC World PL/BP (Gent, Belgium) BL Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com
- 4 NOV**, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 4 NOV**, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 4 NOV (NEW DATE)**, NASA Arizona Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 4 NOV**, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com
- 10-12 NOV**, WDFPF World PL
- Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jmgedney@wiu.edu**
- 11 NOV**, SLP Ohio State BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 4 NOV (NEW DATE)**, WNPF Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
- 15-20 NOV**, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rethwisch, 763-545-8654
- 18 NOV**, 100% Raw World Bench Press Championships (Currituck, NC) Paul Bossi, rawlifting@aol.com
- 18 NOV**, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 18-19 NOV (NEW DATE)**, WNPF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
- 19 NOV**, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com
- 25 NOV**, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 25 NOV (New Date)**, SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 1-3 DEC**, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047
- 2 DEC**, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 2 DEC**, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 3 DEC**, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 9 DEC**, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 9 DEC**, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 9 DEC**, USAPL Virginia PL/BP/DL (Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiaapl.com
- 9,10 DEC**, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437
- 10 DEC**, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 10 DEC (corrected phone number)**, ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
- 16 DEC**, NASA Illinois "Christmas" Regional (PL/BP Only/PS/PP - Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com
- 16 DEC**, 9th WNPF Sarge McRay Championships (BP/DL, Ironman, PC-Borden-ton, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com
- 16 DEC**, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmfsports.com
- 16 DEC**, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com
- 16,17 DEC**, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net
- 30 DEC (New Date)**, SLP "The Last One" BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
- 27,28 APR '07**, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc
- OCT '07**, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc
- MAY '08**, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc
- OCT/NOV '08**, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

**MEET DIRECTORS ... there are HUNDREDS of meets for the readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for full details. We will even do the typesetting on your advertisement for you ... FOR FREE!!**

**MUSCLE MECHANICS, 2nd Edition**, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He was won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is super-imposed, in an artist's color rendition, upon the photographic image. The purpose

of this is to provide a visual connection between the human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such as cable rows, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This



book will be available through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-7693.

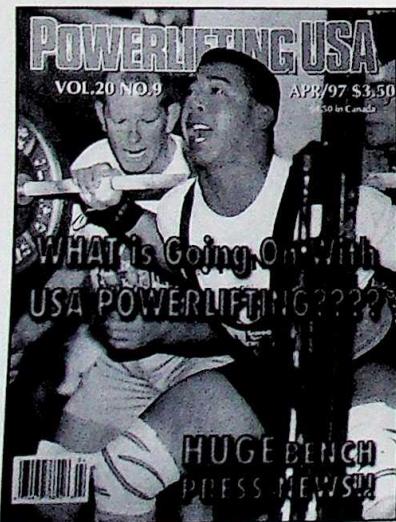
## BACK ISSUE OF THE MONTH

**April 1997 - James Benemerito is squatting on the cover.** Inside we covered the Arnold Classic, where Anthony Clark got an 800 lb. bench attempt passed. This was very controversial, and the video of Anthony's lift was obtained by Ned Lowe of POW!ERLIFTER Video Magazine. We also had an overview of issues confronting USA Powerlifting, beginning with the notion they might become the representative of the USA in the IPF and their relationship with the World Drug Free Powerlifting Federation. We covered the World's Strongest Man Contest from the island of Mauritius, where Gerrit Badenhorst finished third, Riku Kiri second, and the winner was Magnus Ver Magnusson. Also in this issue, Grahame Fong, IPF President, discussed his perspective on gaining IOC recognition for powerlifting. Dr. Judd's presented a survival guide for dealing with injury. We also had an opinion piece by Robert Rogers, concerning the decline of United States Powerlifting.

Among other facts, he notes that in the Women's Worlds, the average American lifter was 11 years older than the average Russian

cated that they might well be taking over IPF powerlifting in every division. Louie Simmons' article concerned "Learning by Asking". He recalled watching Larry Pacifico bench press 530 at 198 and totaling 1900. At the time, Louie's bench press was 320 at 181. Larry told him to train his triceps. Louie tried it, but didn't stick with it, then when he actually started to follow the advice he began to make progress. Herb Glossbrenner brought us his USA All-Time Top 10 Brobdingnagian biathlon, (SQ + DL) The number one lifters were Gant in both the 123s and 132s. Alexander in the 165s, Bridges at 181, and Ed Coan at 198 and 220. Steve Goggins at 242, Dave Pasanella at 275, and the late O.D. Wilson in the Supers. The Workout of the Month was by Jeff

Championships, held in Los Angeles. Winners included John Redding at 114, Julio Nunez at 123, Lamar Gant 132, Mike Bridges at 148, Rick Gaugler at 165, Walter Thomas at 181, Vince Anello at 198, Dennis Reed at 220, Terry McCormick at 242, Bill Kazmaier at 275, and Doyle Kenady at SHW. Herb Glossbrenner also came up with Part Two of the John Ford story. (Part One appeared in the December 1996 edition). Joe Pyra gave us an update on the new DisneyWorld Fieldhouse, where future AAU events were planned. On our Top 100 list for the 242 pound class, Steve Goggins led the squat with 1032, Willie Wessels the bench press with 650, Ed Coan the deadlift with 837, and Goggins took the number one spot in total with 2399. Scott Lade was 96th in the squat with 661, Carl Seeker was 59th in the bench press with 505, Brent Mikesell was 91st in the deadlift with 665, and Mitch Edelstein was 97th in the total at 1750. For information on many other back issues of PL USA and how you can purchase them with a special price break, see our listing on pages 52-55 in this issue of Powerlifting USA.



lifter. Along the same lines, USPF Men's World Team Coach, Sean Scully described his feelings about the "Russians are Coming", and noted that they were actually already here. He indi-

Douglas, not long after establishing an 800 lb. PR in the squat at the 1996 USPF Senior Nationals in the 242 pound class. Herb Glossbrenner continued his series on the 14th Senior National

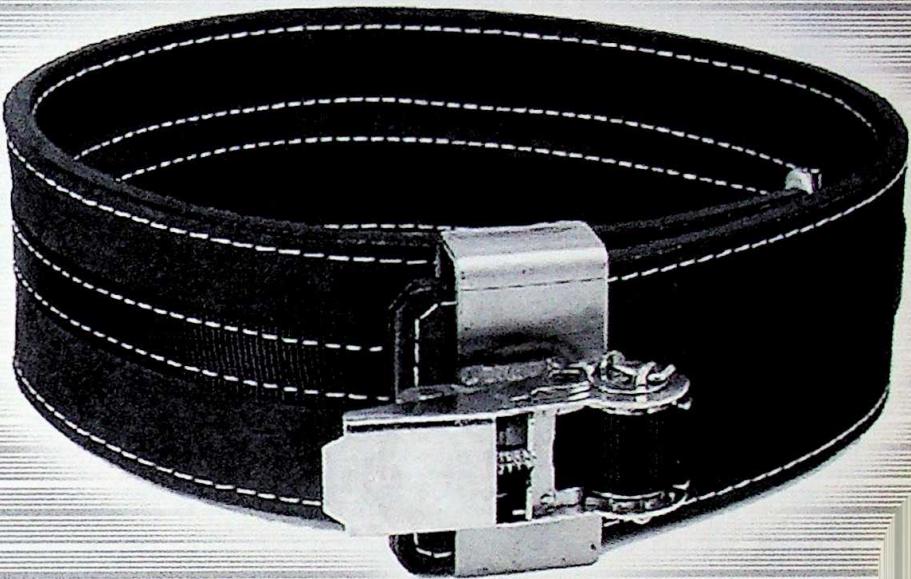
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1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.



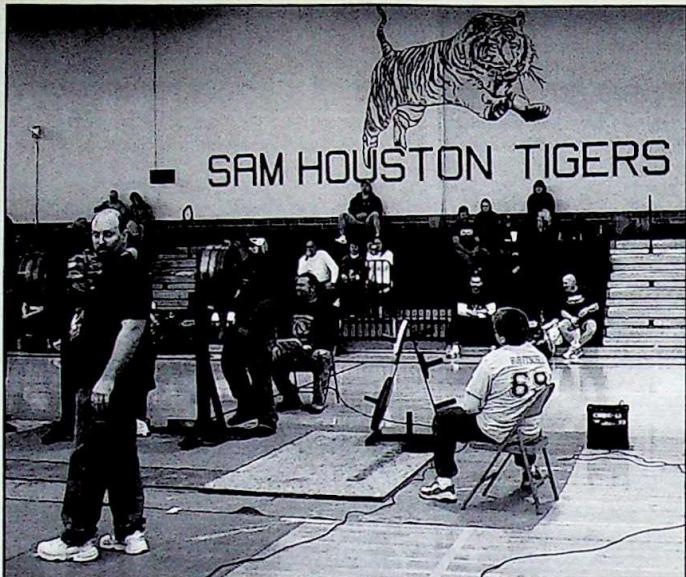
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**ADVANCE DESIGNS**

**APA Sam Houston Open**  
1 DEC 05 - Houston, TX

BENCH	Master (40-44)
WOMEN	Wagenseller 450
181 lbs.	275 lbs.
Drug Free	Open
M. Oeltjen 185	E. Wright 645
BENCH	DEADLIFT
MEN	MEN
181 lbs.	165 lbs.
Master (55-59)	Junior (20-23)
B. Kline 350	R. Belair 310
220 lbs.	WOMEN
Master (50-54)	181 lbs.
K. Barbier 330	Teen (11-12)
J. Gutierrez —	J. Burtschell 275*
242 lbs.	SQUAT
Open	MEN
C. Maylone 355	Master (45-49)
Submaster (33-39)	C. Garcia 645
C. Maylone 355	Master (45-49)
WOMEN SQ	BP DL TOT
132 lbs.	
Drug Free	
D. Morrison 240	170 290 700
MEN	
148 lbs.	
Master (50-54)	
J. Johnson 235	160 265 660
165 lbs.	
Open	
J. Vasquez 600	430 500 1530
181 lbs.	
Master (40-44)	
C. Darby 405	315 405 1125
Master (45-49)	
Routhouska 415	270 405 1090
198 lbs.	
Drug Free	
J. Burdette 620	520 520 1660
220 lbs.	
Open	
S. Jones 700	460 550 1710
M. Wray 445	345 465 1255
Submaster (33-39)	
W. Franklin 520	440 600 1560
Master (40-44)	
D. Moser 505	405 — —
242 lbs.	
Open	
C. Matthews 660	570 700 1930
Submaster (33-39)	
L. Fenti 665	460 625 1860
275 lbs.	
Open	
R. Pike 650	400 655 1705
Drug Free	
M. Fornecker 525	385 450 1375
Junior (20-23)	
R. Sheets 525	320 500 1345
!World Records. *American Records.	
Thanks to Houston ISD and Sam Houston High School for allowing us to put on this meet. Also a huge thanks to judges Steve Burtschell, Brian Kline, and Maria	



The Sam Houston Tigers Gym was the site for the Sam Houston Open

McCullough., spotters and loaders Brian Propst, Heberto Cantu, Chris Ferguson, Joe Ortiz, Andrew Rodriguez, and Benjamin Vallejo. without the hard work of these individuals, the meet would not have taken place. Ne Caney High School assistant principal John Johnson started the day off in the men's masters taking first place with his 660 total. In the mens open 165, Johnny vasques took first place with his 1530 total. In the masters 181, Chad Darby led the pack with a 1125 total and Dr. Glenn Routhouska closely followed with his total of 1090. Dr. Routhouska also walked home with 7 Texas records in the squat and deadlift. James "the priest" Burdette took the drug free 198's with a 1660 total and just missed a 605 bench on his 2nd and 3rd attempts. The Priest ended his day with Texas records in the bench and total. In the 220's Shae Jones ended his day with a huge 1710 total over Matt Wray's 1255. Matt is improving each time he lifts, so watch for a big total out of this young man soon. Shae Jones also took home a Texas record with his successful 700 pound squat. Lifting for the first time ever, William Franklin hit a 1560 total in the 220 submasters taking first place in his division. Franklin also took him three Texas records in the squat, bench and total. Don

Moser, lifting in the master 40-44 division was having a great day until he took his 3rd attempt in the bench at 500. On the way down with the weight there was a loud tearing sound and the weight fell about 1 inch off his chest. After Don was carried off to the hospital he later found out his left upper arm and completely broken. Don is recovering fine and will back on the platform soon. In the 242's there was a war between Chad Matthews and Larry Fenti. Larry won the squat war with his 665 over Chad's 660. In the bench press Chad came back to take the lead with his 570 bench over Larry's 460. Once the bar hit the floor Chad confirmed his lead with a huge 700 pound deadlift. Chad ended the day with a 1930 total and took the best lifter award and Larry ended his day winning the submasters with a 1860 total. Lifting in the drug free 275's Randy Pike had a great day taking 1st place with his 1705 total. Pike also earned 2 Texas records in the squat and deadlift. Also lifting in the 275's, Michael Fornecker finished his day with a 1375 total. In the junior 275's, Robert Sheets had a great day setting Texas records with his 525 and 1345 total. In the squat only division Master lifter Chris Garcia placed 1st in his division and took home a Texas record with his 645 squat.

This was after he missed 645 on his 1st attempt and went backward dropping the weight on his 2nd attempt at 645. In the bench press only division Brian Kline took 1st place and set a Texas record with his opening lift of 350. In the 220 masters, Keith Barbier took first time lifter John Gutierrez with his lift of 330. In the 242 open and submaster, Chester Maylone took 1st in both divisions with 1st attempt of 355. Gene Wagenseller, lifting in the masters took 1st place with his Texas record lift of 450. In the 275's Eric Wright opened up with huge 645 and missed 665 on his next two attempts. In the 181 deadlift only division, 12 year old Jessie Burtschell took 275 for a 4th attempt and got it taking home a new Texas, American and WPA World Record. In the womens division, Dawn Morrison place 1st in the 132's with her 700 pound total. Dawn is also a new Texas record holder with her 170 pound bench press. In the bench press only division 181'er Michelle Oeltjen took 1st with her Texas record bench of 185 pounds. In the deadlift only division, Renee Belair took 1st in the junior 165's with her Texas record of 310. Thanks again to all the lifters who attended this meet and all of the people who dive out to watch. You guys and gals are what this sport is all about. A special thanks to Inzer Advance Designs for supporting this sport and our meets for many years. Also a big thanks to Powerlifting USA who has been there supporting us all for a long time. (Thanks to Tom McCullough for providing results)

**APA Battle of the Badasses**  
5 NOV 05 - Georgetown, SC

BENCH	J. Tancil 525
MEN	D. Ricafrente 400
148 lbs.	Master III
Open	G. Blue 210
E. Knight 415	CURL
181 lbs.	MEN
Drug Tested	181 lbs.
J. Rubio 365	Drug Tested
Open	J. Rubio 135
J. Rubio 365	Master I
220 lbs.	J. Rubio 135
Drug Tested	A. Brenner 125
T. Haraguni 450	Master II
Teen (16-17)	J. Tancil 150
A. Moore 275	Master III
Teen (18-19)	J. May 125
J. Schmidt 300	DEADLIFT
R. Clarke 200	MEN
Master I	Teen (18-19)
J. Rubio 365	M. Driggers 460
Master II	BP DL TOT
MEN	BP DL TOT
Junior	
N. Puorro 410	450 860
275 lbs.	
Drug Tested	
J. Bruff 370	530 900

(thanks to Scott Taylor for sending results)

**APPLICATION FOR REGISTRATION**  
American Powerlifting Association      World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	
<input type="checkbox"/> \$25 Adult Membership <input type="checkbox"/> \$15 High School Student			
Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204			

**NASA Eastern States**  
22 OCT 05 - Wheeling, WV

BENCH	SMP
MEN	J. Straight 463
132 lbs.	CURL
J. Delbert 148	MEN
198 lbs.	181 lbs.
HSP	Master II
Higginbotham 275	J. Alcoff 121
Law/Fire	242 lbs.
K. Baker 380	Pure
J. Vavrek 363	T. Bachman 203
SHW	SQUAT
Novice	MEN
J. Straight 463	242 lbs.
MEN	K. Bardos 30
148 lbs.	BP DL TOT
Master Pure	
D. Dessau 303	402 705
181 lbs.	
Pure	
R. Gregory 286	485 771
Submaster Pure	
R. Gregory 286	485 771
SHW	
Master II	
R. Knicely 380	611 992

WOMEN	CR	BP	DL	TOT
123 lbs.				
Master II				
C. Pennington	55	66	—	121
MEN				
75 lbs.				
Youth				
W. VanHoose	33	33	104	170
148 lbs.				
Master Pure				
D. Dessau	132	226	363	722
WOMEN	SQ	BP	DL	TOT
123 lbs.				
Master II				
C. Pennington	126	66	154	347
MEN				
148 lbs.				
Junior				
A. Burkhart	303	220	429	953
Teen				
A. Burkhart	303	220	429	953
165 lbs.				
Pure				
M. Muchek	507	336	451	1295
Teen				
M. Muchek	507	336	451	1295
181 lbs.				
Master II				
J. Alcock	314	259	418	992
198 lbs.				
HSP				
Higginbotham	325	275	402	1003
4ths-SQ-352				
DL-418				
Master II				
S. Lanneck	617	374	567	1559
Submaster II				
G. Green	661	407	551	1620
Submaster Pure				
G. Green	661	407	551	1620
220 lbs.				
Pure Natural				
A. Blakemore	363	314	501	1179
242 lbs.				
Master I				
K. Bardos	523	330	600	1455
K. Hall	529	407	540	1477
Submaster Pure				
T. Parson	573	479	534	1587
275 lbs.				
Pure				
J. Voelkel	540	369	523	1433
Submaster Pure				
N. Sabatino	584	507	573	1664
SHW				
Master II				
R. Knicely	622	380	611	1614
(Thanks to Greg Van Hoose for the results)				

### NASA Kentucky Regional 15 OCT 05 - Louisville, KY

BENCH	Submaster	Pure
MEN	B. Caudill	198
148 lbs.	220 lbs.	
Master I	Master II	
C. Flowers	325	347
M. Evans	231	347
181 lbs.	M. Shuffett	
Master II	242 lbs.	
J. Hoskins	314	Pure Natural
198 lbs.	R. Cope	292
Pure Natural	275 lbs.	
B. Caudill	198	HSP

One KILOGRAM  
equals 2.2046

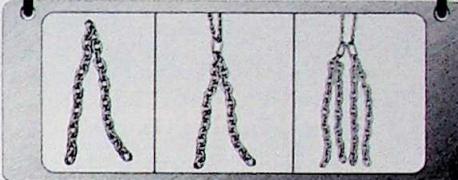
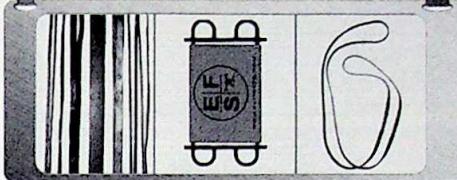
Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

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J. Keathley	330	T. Chapala	330	T. Reed	617	314	451	1493	J. DeMent	250	385	635	
4th-352		Submaster		275 lbs.					MEN	SQ	BP	DL	
Master III		M. Brown	407	Master II					165 lbs.				
MEN	CR	BP	DL	TOT					High School				
Youth					J. Hurle	529	325	474	1328	F. Brown	305	145	315
W. VanHoose	27	33	99	159	Meet Directors: Greg & Susan Van Hoose.					181 lbs.			
148 lbs.									Junior				
Master I									B. Dedas	590	375	580	1545
D. Hopkins	82	137	275	496					Pure				
198 lbs.									C. Stuemke	435	200	455	1090
Master II									Junior				
G. Corbell	104	214	336	655	BENCH				B. Herbener	405	315	475	1195
MEN	SQ	BP	DL	TOT	MALE				J. Phillips	410			
123 lbs.					CURL								
Master II					Novice								
B. Lamb	385	231	402	1019	S. DeMent	200	308 lbs.						
198 lbs.					Master II								
Pure					S. Dement	200	J. Phillips	180					
V. Bowling	507	330	556	1394	308 lbs.		BP	DL	Submaster I				
J. Figg	512	352	490	1355	Push-Pull				T. Wilke	520	375	540	1435
M. Watkins	407	275	440	1124	MALE				Pwr Sprt	CR	BP	DL	
SO					Novice								
S. Chapala	314	270	303	887	S. Hedger	380	555	935					
Master II					198.25								
G. Corbell	303	214	336	854	Submaster I								
220 lbs.					S. Hedger	380	555	935					
Master V					132 lbs.								
N. Benefield	402	275	407	1085	High School								
242 lbs.					J. DeMent								
Submaster					Junior	250	385	635					

(Thanks to Rich Peters for NASA for results)

**SLP Central Illinois**  
13 NOV 05 - Hillsboro, IL

BENCH	Police/Fire
WOMEN	308 lbs.
Submaster	M. Lennix 330
275 lbs.	Open
A. Long	200* 181 lbs.
MEN	B. Schoenman 425
Junior	198 lbs.
198 lbs.	S. Webb —
K. Cress	315 220 lbs.
Submaster	C. Taylor 465
275 lbs.	DEADLIFT
J. Abraria	390 WOMEN
R. Walsh	Junior
Master (50-54)	132 lbs.
198 lbs.	M. Anderson 255
R. Egli	410 4th-280*
Master (55-59)	MEN
275 lbs.	Submaster
C. Barnett	365 275 lbs.
Master (60-64)	J. Abraria 595
198 lbs.	
J. Hussey	330

\*=Son Light Power Illinois State Records.  
Best Lifter: Brian Schoenman. The Son Light Power Central Illinois Open Bench Press/Deadlift Championship was held at Hillsboro Fitness. Thanks again to owners David and Angie Mizera for once again sponsoring this event. In the bench press competition Amy Long set the Illinois state record at submaster 275 with her opener of 200. Her final two attempts with 225 never quite hit the groove, even though she certainly has that weight within her grasp. Kyle Cress got a new personal best at junior 198 with his 315 final attempt. Then at submaster 275 it was Job Abraria over Ron Walsh with his 390 opener. 465 and 475 were just beyond Job's reach on this day. Ron Walsh failed with his opener of 525, with a lighter shirt, passed on his second attempt then failed with his final attempt of 720, never finding his groove. Randy Egli looked strong at 50-54/198, finishing with a strong 410, but just missing 445 at the top for his final attempt. Clay Barnett had some problems getting started, but finished with his opener of 365 at 55-59/275. Jim Hussey also had some problems, never getting beyond his opener of 330 with his win at 60-64/198. Mike Lennix won at police & fire/308 with 330. In the open division it was best lifter Brian Schoenman at 181 with 425. A final attempt of 440 failed just off the chest. Then at 198 it was Stephan Webb, failing to get in his opener of 500.



**Best Lifter at the SLP Central Illinois BP/DL Championships** was Brian Schoenman, seen with two of those big Son Light Power (SLP) trophies. (photo provided by the courtesy of Dr. D. Latch)

Chad Taylor also came close with 500, but settled with his opener of 465 and the win at 220. In the deadlift competition Misty Anderson showed much improvement as she won at junior women 132. Finishing with 255, Misty came back with her strongest pull of the day and a state record 280! Our only other deadlifter was Job Abraria, who won at submaster 275 with a strong 595. Thanks to my son Joey, Kyle Cress, Kurt Hess and all the boys from Pop's Gym for helping with the meet. (Thanks to Dr. Darrell Latch for results)

**SLP Oklahoma State**  
08 OCT 05 - Tulsa, OK

BENCH	Novice
MEN	181 lbs.
Special Olympic	T. Mikles 395*
198 lbs.	4th-400*
D. Thurston	265* 275 lbs.
4th-280*	C. Woods 440*
WOMEN	W. Trenthan 385
Master (40-44)	Teen (13-15)
220 lbs.	181 lbs.
K. Thatcher	120* J. Henson 185
Open	4th-205
275 lbs.	Junior
M. Shirley	265 181 lbs.
MEN	E. Conner 305

Submaster	4th-250*
220 lbs.	Open
J. Warren	325 275 lbs.
Master (40-44)	R. Shirley 550*
165 lbs.	DEADLIFT
C. Chenoweth	320* MEN
275 lbs.	Teen (13-15)
T. Ward	535* 105 lbs.
Master (50-54)	Z. Dwinell 215*
198 lbs.	Junior
R. Weaver	385* 275 lbs.
Master (65-69)	C. Bledsoe 500*
275 lbs.	Master (40-44)
J. Duckett	375* 165 lbs.
4th-385*	M. Pierce 465*
Police/Fire	C. Chenoweth 385
Master (50-54)	Master (55-59)
181 lbs.	275 lbs.
B. Wheeland	210* S. Gates 475*

=Son Light Power Oklahoma state records.  
Best Lifter: Roy Shirley. Best Lifter MALE  
Deadlift: Mike Pierce. The Son Light Power Oklahoma State Bench Press/Deadlift Open  
Championship was held at Platinum Fit ness. Thanks to owner Jim Parham for spon soring this event and to manager J. Trevino Justin Turnbow for all his help setting up, loading and spotting the competition. In the bench press event special Olympic lifter Daniel Thurston broke his own state record at 198 with 265. A fourth with 280 M. Chang was also good. State record-holder Kortney Thatcher broke her record at 40-44/220 A. Ward with 120. Then at open 275 it was Melissa Shirley, taking the title there with 265. At novice 181 it was Travis Mikles with a new state record of 395. A fourth with 400 D. Priepinto marked his first official lift at that level. N. Martinez 330 was a new personal record. First-time Corbett Woods won at 275 over William J. Miller 380. Trenthan 440 to 385. Corbett's 440 marked a new state record there while William's 385 was a new personal record. First-time competitor Justin Henson won at 13-15/ 181 with 185, followed by a fourth of 205. 275 lbs. At junior 181 it was Eric Conner with 305 T. Jackson while Jerry Warren won at submaster 220 M. Bogacz with 325. In the master 40-44 division Chris Chenoweth broke his own state record at SHW 165 with 320 while Tracy Ward won at 275 J. Hall with 535. This was also a new state record for Tracy. Roy Weaver won at 50-54/198 with a new state record of 385. Up next was the legendary Jimmy Duckett, the world's oldest hippy powerlifter. Lifting way beyond his potential, Jimmy finished with new state records at 65-69/275 with 375, followed by a great 385 fourth. Bob Wheeland won at police & fire/50-54/181 with 210. A fourth with 250 set the state record there. In the open division it was Master (40-44)

R. Williams	640* 385 725* 1750*
B. Barnhart	500 345 600 1445
B. Bachofer	365 205 460 1030
J. Hall	425 345 555 1325
T. Jackson	500 475* 550 1525
M. Bogacz	455 385 480 1320
C. Martinez	330 255 455 1040
M. Fisher	405 335 455 1195
R. Williams	640* 385 725* 1750*
B. Barnhart	500 345 600 1445
B. Bachofer	365 205 460 1030
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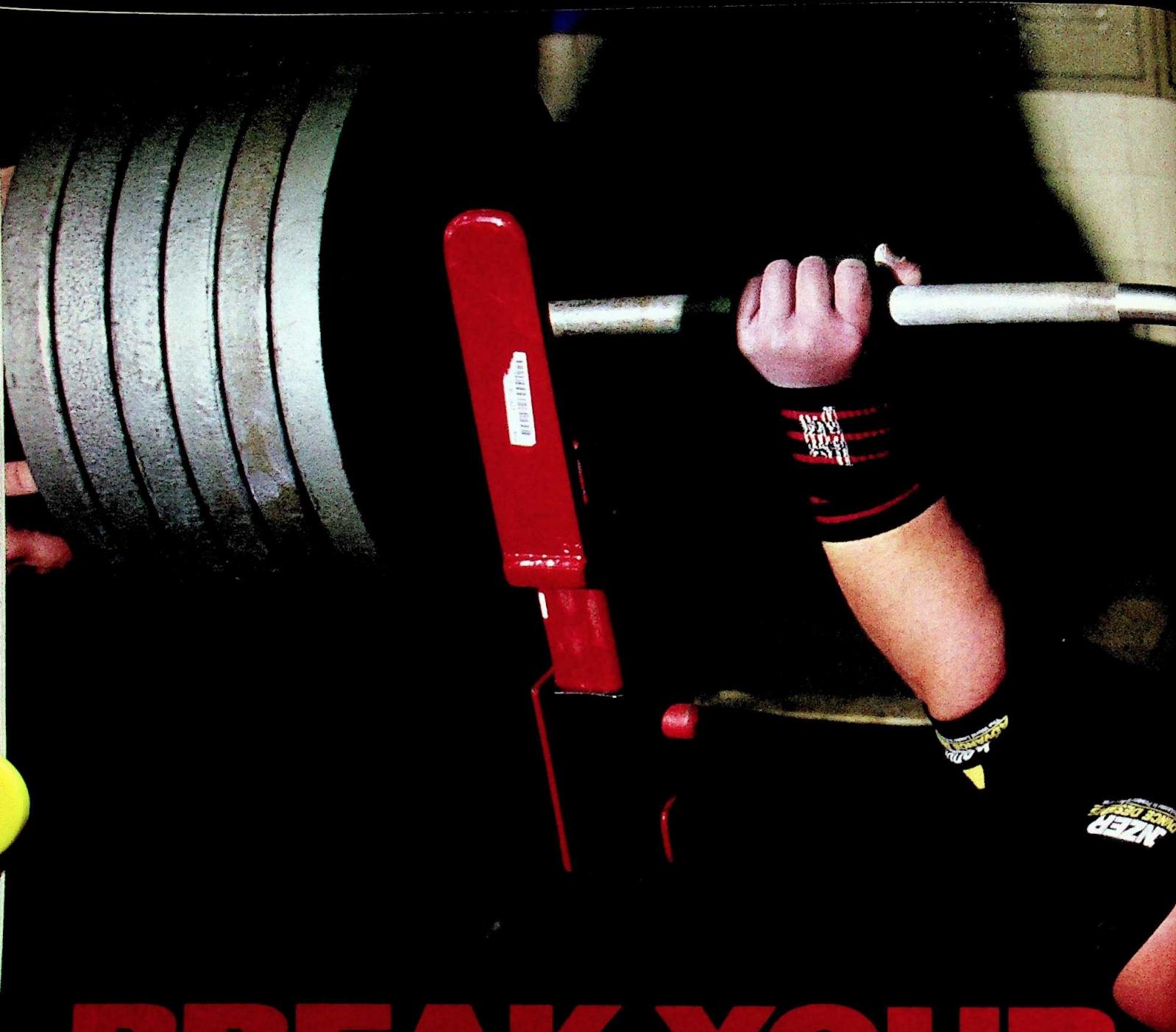
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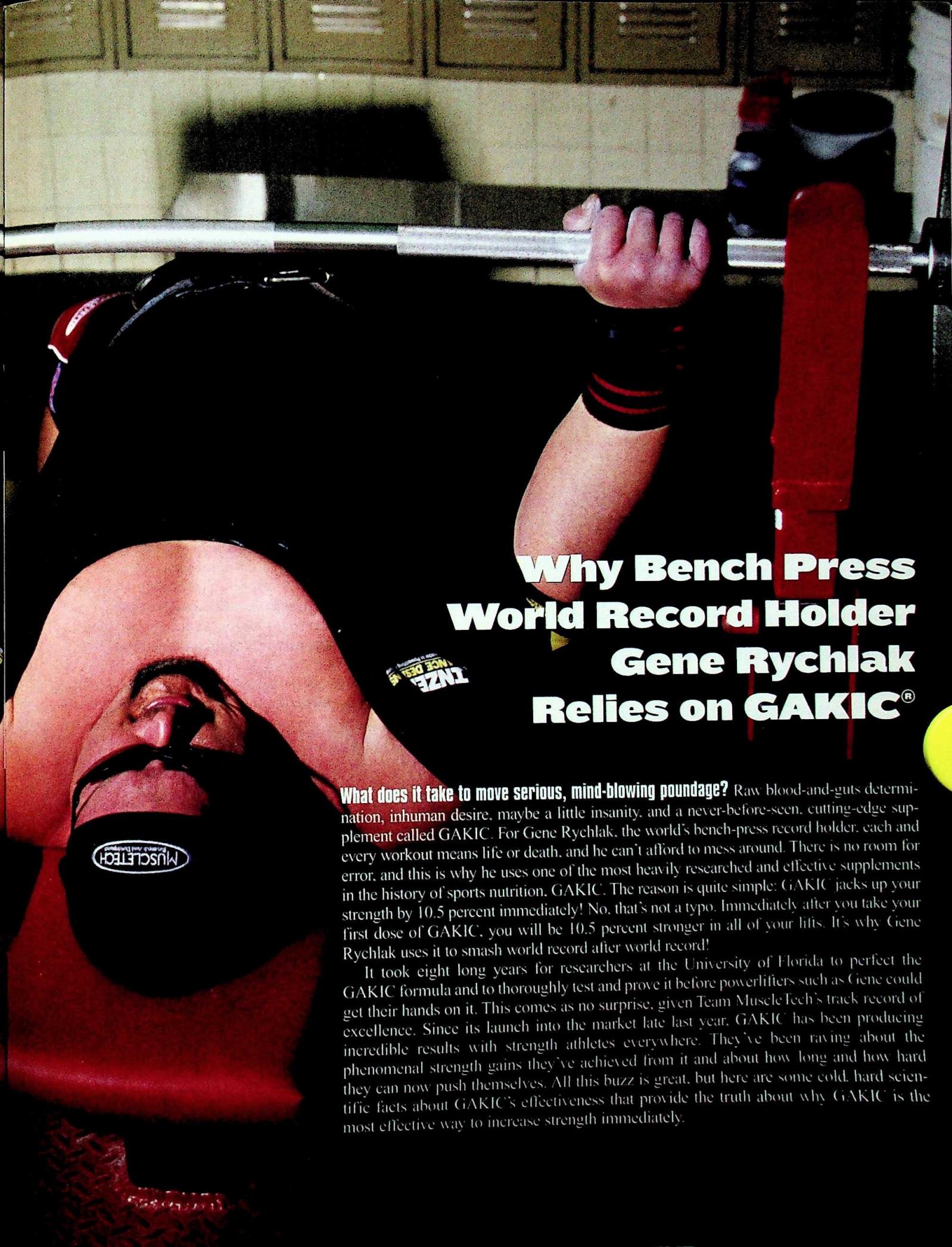
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# Why Bench Press World Record Holder Gene Rychlak Relies on GAKIC®

**What does it take to move serious, mind-blowing poundage?** Raw blood-and-guts determination, inhuman desire, maybe a little insanity, and a never-before-seen, cutting-edge supplement called GAKIC. For Gene Rychlak, the world's bench-press record holder, each and every workout means life or death, and he can't afford to mess around. There is no room for error, and this is why he uses one of the most heavily researched and effective supplements in the history of sports nutrition, GAKIC. The reason is quite simple: GAKIC jacks up your strength by 10.5 percent immediately! No, that's not a typo. Immediately after you take your first dose of GAKIC, you will be 10.5 percent stronger in all of your lifts. It's why Gene Rychlak uses it to smash world record after world record!

It took eight long years for researchers at the University of Florida to perfect the GAKIC formula and to thoroughly test and prove it before powerlifters such as Gene could get their hands on it. This comes as no surprise, given Team MuscleTech's track record of excellence. Since its launch into the market late last year, GAKIC has been producing incredible results with strength athletes everywhere. They've been raving about the phenomenal strength gains they've achieved from it and about how long and how hard they can now push themselves. All this buzz is great, but here are some cold, hard scientific facts about GAKIC's effectiveness that provide the truth about why GAKIC is the most effective way to increase strength immediately.

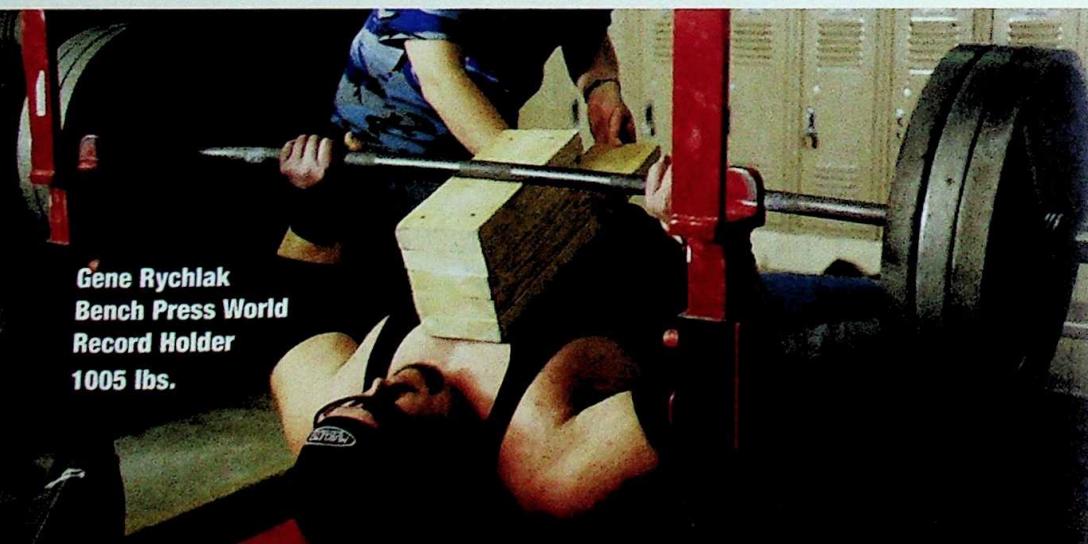
## GAKIC® Is Scientifically Proven for Immediate Strength Gains

Led by GAKIC inventor Dr. Bruce Stevens, scientists set out to prove that GAKIC was every bit as good in real life as they expected it to be. To accomplish this, they set up a double-blind, placebo-controlled study. This is the gold standard of studies in the scientific community. If a supplement passes a gold-standard test, there can be no doubt as to its effectiveness.

A group of 13 healthy test subjects were first given GAKIC, and in another session they were fed a placebo (an isocaloric carbohydrate drink). Subjects were then hooked up to an isokinetic dynamometer machine to measure muscle power and strength. Measurements were taken during both sessions and yielded some startling results. When the athletes used GAKIC, they exhibited an amazing 10.5 percent average increase in strength and were able to do significantly more work than when they were fed a placebo. This meant that GAKIC could increase a person's strength by 10.5 percent immediately!

**"GAKIC® will immediately jack your strength up by 10.5% and increase your fatigue resistance by up to an amazing 28%!"**

A second shocking conclusion was also drawn. Significant changes in time to fatigue of up to an average of 28 percent were recorded in the GAKIC group, compared to the placebo. In other words, when subjects took GAKIC before exercising, they increased their fatigue resistance by up to an amazing 28 percent! Never before in the history of supplementation had such incredible real-world results been achieved.

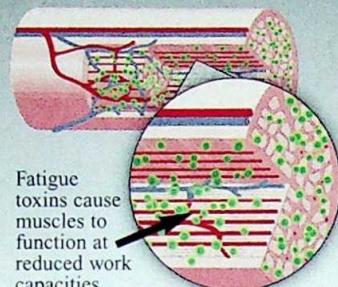


Gene Rychlak  
Bench Press World  
Record Holder  
1005 lbs.

**"Gene Rychlak relies exclusively on one of the most heavily researched and effective supplements in the history of sports nutrition - GAKIC®."**

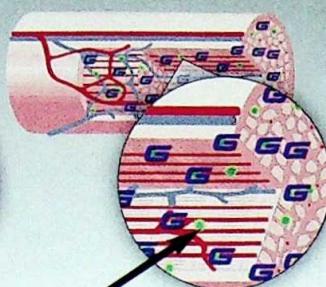
## GAKIC and Muscle Function

### Fatigued Muscle Fiber



● - FATIGUE TOXIN  
G - GAKIC®

### Stronger Muscle Fiber with GAKIC



GAKIC neutralizes fatigue toxins to increase muscle function. The result is an immediate increase in muscle power, explosive reps and performance, and a 10.5% increase in strength.

Repeated muscular contraction causes a buildup of fatigue toxins such as ammonia in the muscle. When these toxins reach a critical level, contraction becomes impossible and you'll have to stop your workout. GAKIC solves this problem by reducing fatigue toxins in muscles, enabling you to continue training beyond failure!

In another gold-standard study at Truman State University, subjects were given either GAKIC or a placebo 45 minutes prior to exercise. After subjecting participants to repeated bouts of anaerobic exercise, results showed GAKIC treatment significantly decreased the time to failure and kept subjects' power output higher.

### Increasing Your Strength Immediately with GAKIC®

When you have the man who holds the world's bench-press record relying on GAKIC, you know this cutting-edge supplement

means business. As one clinical study proves, GAKIC can immediately increase your strength by 10.5 percent and increase your fatigue resistance by up to an amazing 28 percent! There is no other supplement available on Earth that can give you results anywhere close to this. GAKIC's effects are experienced from the first dose, unlike other supplements that take days or weeks to produce noticeable results. GAKIC® works the first time you take it and every time after that!

When Gene Rychlak is destroying the gym with the help of GAKIC®, it ensures he trains as ultra-heavy as possible.

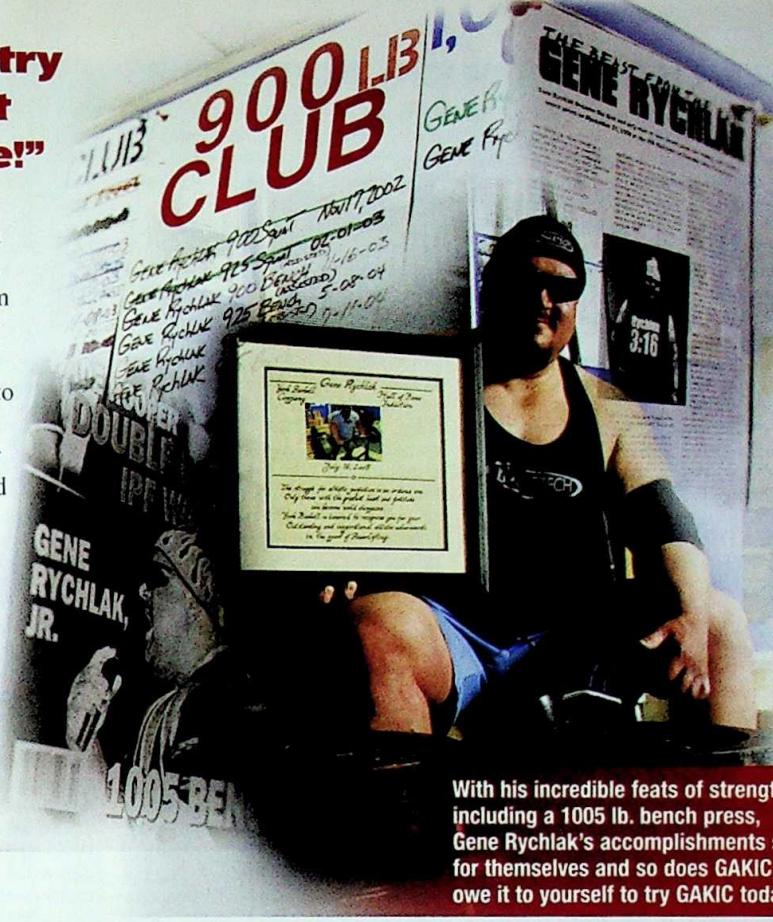
**"You owe it to yourself to try  
GAKIC® for the quickest  
strength gains of your life!"**

The benefits of GAKIC® cannot be understated when you're trying to improve your strength in all of your lifts. GAKIC works by removing toxins such as ammonia from the muscles. These toxins build up during muscular contractions and prevent your muscles from contracting beyond a certain point. But with GAKIC, you'll be able to continue training long past the time your muscles would normally fail. This means you'll be able to maintain your superstrength with explosive authority for a longer period of time. This is a huge deal that goes a long way toward helping you peak at the right time for competition.

**"Break out of frustrating  
strength plateaus and  
put your progress  
months ahead of  
schedule from the first  
day you take GAKIC®!"**

The fact that GAKIC will enable you to lift heavier weights for a longer period of time increases the stress on your muscle fibers. The longer and harder those muscle fibers are stressed, the more they will adapt by increasing your muscle strength. This is how GAKIC can help you achieve your powerlifting goals. You'll now be able to break out of frustrating strength plateaus

**When you hold the world record for bench pressing, there is no room for error. Gene Rychlak knows he must perform at his best and beyond every workout, and this is why he chooses GAKIC as his go-to weapon.**



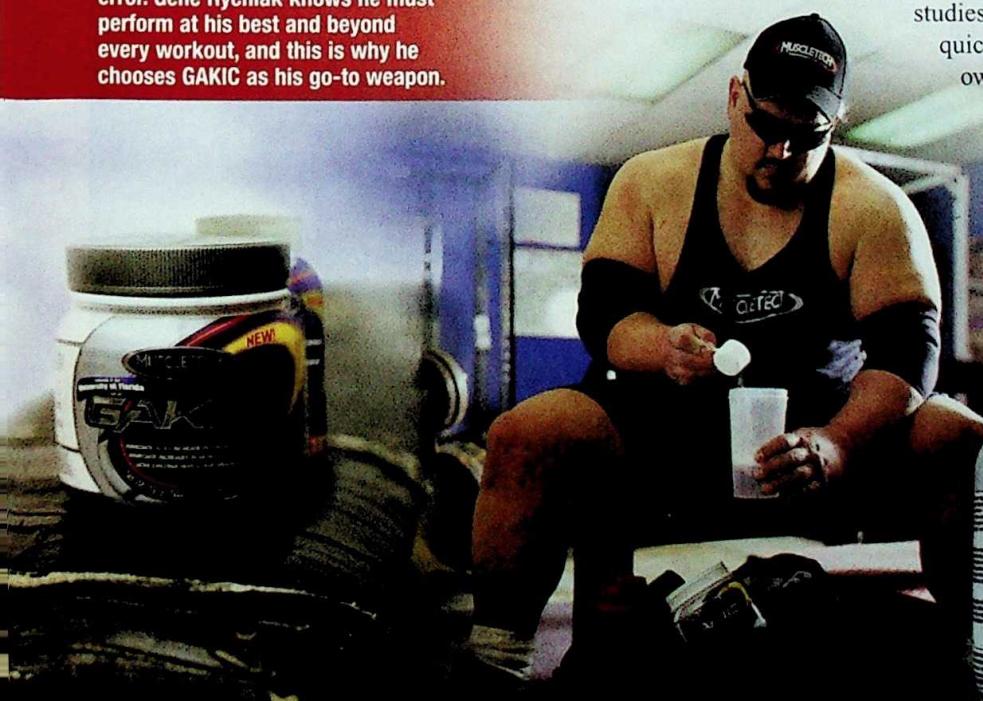
With his incredible feats of strength including a 1005 lb. bench press, Gene Rychlak's accomplishments speak for themselves and so does GAKIC. You owe it to yourself to try GAKIC today!

and put your progress months ahead of schedule from the first day you take GAKIC!

**"GAKIC® works the first  
time you take it and  
every time afterward."**

Considering the amazing numbers coming from clinical studies, you owe it to yourself to try GAKIC for the quickest strength gains of your life! Start breaking your own benching barriers with GAKIC today!

*To experience the incredible power of GAKIC, pick it up at your local GNC store. ©2006 Iovate Copyright Ltd. All rights reserved. All trademarks are owned by their respective trademark owners and are used with permission. For more information about GAKIC, visit [www.GAKIC.com](http://www.GAKIC.com).*



## NEW ENGLAND RAW RECORD BREAKERS

On May sixth the thunder will roll at UMASS' Mullins Center as the Atlantis Foundation New England Raw Record Breakers will explode. Forget small venues, forget esoteric weight classes, Atlantis is pulling out all the stops, using IPF weight classes in a classic powerlifting meet to see who the strongest powerlifter in the world really is.

If you are like Bruce Derosier, founder of Atlantis, you're sick and tired of all the BS, the various federations each with differing rules, each with their own brand of suit this and wrap that. Atlantis is dealing cards raw. That's right, raw. See what a man can do by himself, on his own. For this occasion the enormous Mullins Center has been booked. Both full meet and venue for specialty lifters, the New England Raw Record Breakers will deal out cash prizes to weight class winners as well as specialty lifters.

Organized with help of iron symphony conductor Dave Cosnati and sponsored by Troy Barbell, at 10 AM the wagon train moves out. A fitness extravaganza, supplement, and equipment companies will be holding giveaways and raffles from display booths. As if that's not enough before the dust settles, bring out the hot bodies. A bikini model search just to ensure the perfect blend of estrogen is mixed into this

testosterone-fueled atmosphere. Then, UFC-style mixed martial arts competition will throw their own lightning bolts in the evening program.

Wielding cannons to rival anyone, massive professional bodybuilding star Mo Anouti will be firing his guns to make us all question ours.

The lifters? This is whom we've got so far. The fire breathing dragon, Beau Moore, who posted a staggering 2080 raw on December 11<sup>th</sup> 2005. And superheavy powerhouse Sean Culnan. We've got the granite man himself, Sean Colbeth coming straight from the hills of Vermont. He won over the crowd a few years back posting jaw-dropping numbers in meet. He came to watch but his training buddies egged him on to compete with no preparation whatsoever. In overalls and work boots he made us wonder what's in the water up there.

We have powerlifting's bad boy, Mike Miller eager to put pie in the face of his critics and set the record straight. And just who might be receiving pie at the hands of Miller? Well, we won't mention any names but sshh, between you and me he's mentioned that he wouldn't mind facing off against, in no particular order, Billy Minnaugh, Tim Brunner, Jeff Lewis, Gary Frank, Tommy Fannon, Brian Siders, Andy Bolton, Donny

Thompson, Paul Childress, Matt Smith, Brad Gillingham, Scott Mendelson, Jeff Lewis, Mike Ruggeria as well as most of the name attending. Miller says anyone who thinks they're man enough to lift in this crowd should step up.

Now a couple guys've told me Mike talks big then doesn't show so let's see who, pie thrower or pie taster's got the 'nads to make it there.

I'll tell you what. One guy who'll show is our last strongman champion, top shelf superhero Josh Bryant, the guy who push pressed 445 overhead and shrug bar deadlifted 840 like it was paper mache. Also Vinnie Dizenzo, the guy backs down from nothing, wide as a house and drive to match. With a grin and a shrug he locks iron hands on the bar and competitors shake in their shoes. For the first time we've also got a couple of entrants from the fabled Westside Barbell Club. From those vaunted halls Mike Wolf and Nick Winters will be carrying the chained dog standard for Louie Simmons.

We'd also really like to see Gary Frank in fact anyone who wants to roustabout with nothing between them and the barbell but iron drive and a whole lot of guts. We'd also really like to see Conyers and some of the other lightweight wolverines.

One lift specialists? Well, how about Captain Kirk firing up those ginormous thighs to challenge the

gods on the squat platform. He'll show us how it's done sans the wraps and belt. Speaking of raw power Jeremy Hoornstra will be back up from Tallahassee. Yup, this is the guy who tipping the scales at 237 jumped from 315 to 495 while warming up on the bench. Banging out an easy triple Eddie Coan figured Hoornstra was good for 8. He'll be chasing Mike McDonald's bench record. In our last raw meet he benched 605 three times though each red lighted on a technicality.

Crown Jewel in the specialists is none other than Andy Bolton who predicts he'll be pulling and even grand, that is 1000 pounds, in the deadlift.

To keep the lions from shredding each other will be the legendary lion tamer Eddie Coan as head judge. The redoubtable maestro of metal Bill Kazmaier will be MC-ing on the mike. These guys will be checking knee sleeves and wrist wraps to make sure none of the lions are clowning around.

May sixth at the Mullins Center UMASS, Amherst promises to be a thermonuclear meltdown. I'll be calling the battle from the safety of the announcing table; you can't keep me from this type of gladiatorial combat. Aw who am I kidding, I'm not into lifting, just there for the bikinis. How about you? Iron, flesh or fists? Take your pick.

**Marc Cavigioli**

## Crepinsek Strength Equipment

for monthly specials ... Call for monthly specials ...

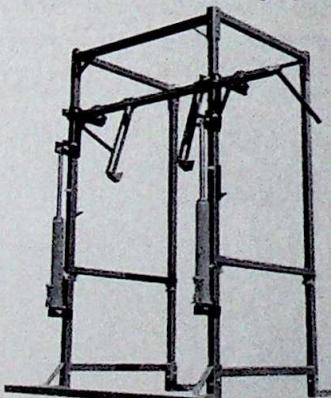
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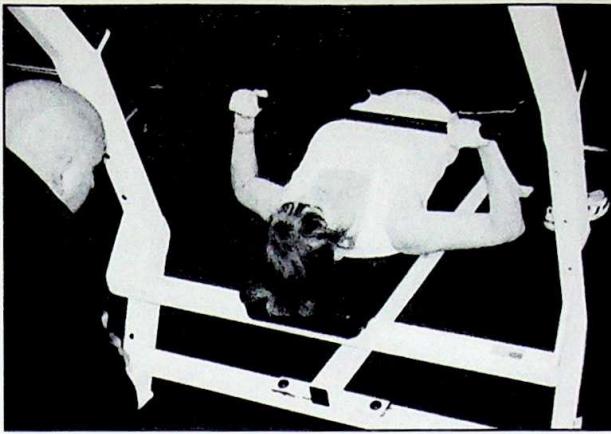
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**Mrs. Kathy Brayton** making a strong 85 lb. bench press at the 5th annual "Pocket Samson" Christmas bench press to earn her Best Lifter - Female award. (photograph provided by Glenn Murphy Jr.)

#### 5th Pocket Samson's Christmas BP

10 DEC 05 - Grasonville, MD

		MALE
BENCH	A. Calabrese	240
WOMEN	Junior (19-23)	
132 lbs.	B. Myers	265
Master (40-44)	Open	
K. Brayton	85	J. Richard 350
MEN	220 lbs.	
114 lbs.	Open	
Master (45-49)	P. Cropp 420	
G. Murphy, Jr.	Master (40-44)	
200	R. Robinson 475	
148 lbs.	Master (50-54)	
Master (40-44)	R. Barley —	
S. Gregori	255	275 lbs.
165 lbs.	Master (40-44)	
Opn	S. Kuzma 460	
M. Hodge	245	Master (70-74)
181 lbs.	D. Joy, Sr. 325	Collegiate

Best Lifter Female: Kathy Brayton. Best Lifter Male: Randy Robinson. I praise the Lord for all 12 lifters at my 5th Annual "Pocket Samson's" Christmas Bench Press Championship. This year's event was held at the Island Athletic Club in Grasonville, MD. One female and 11 men competed. Mrs. Kathy Brayton made two of three lifts, just barely missed the lock-out on getting her final attempt of 95 lbs., as her husband cheered her on. I made an easy 175 opener, and then squeezed out a 200 lb. press, before passing on my third and final attempt. Kent Island High School graduate Andrew Calabrese had a nice three for three day. The Don Joy, Sr., had a three for three day also, as he benched 325 lbs. with a sore arm at a young ripe age of 74. Our "big three" lifts of the day were by Randy Robinson at 275 lbs., Scot Kuzma at 460 lbs., and Petey Cropp at 420 lbs. I'd like to thank Mr. and Mrs. John Murphy, of Island Athletic Club, for the use of their beautiful gym, all the lifters who competed, to mom and dad, Mr. And Mrs. Glenn and Treva Murphy, and especially Mr. and Mrs. Mike Lambert of Powerlifting USA magazine, "The" one and only powerlift magazine. Merry Christmas and Happy New Year! (Thanks to Glenn Murphy for the results)

#### USAPL MA/RI States Open 19 NOV 05 - Warwick, RI

BENCH					
MALE					
M. Levine	255				
J. Hadad	315				
J. Bourgault, Sr.	—				
FEMALE	SQ	BP	DL	TOT	
Teen					
A. Saccoccio	275*	125	250	650	Master
T. Ward	205	100	260	565	
D. Crosby	220	125	215	560	
L. Roderick	215	130	245	590	Open
J. Perry	320*	200*	325*	845*	
A. Saccoccio	275*	125	250	650	
T. Cowan	145	200	145	490	

181 lbs.		Master (50-59)	SHW			
B. Brown	415	265	555	1235	B. Kolling 400!	Open
E. Cordeiro	475	300	425	1200	S. Popovich 370	DEADLIFT
S. Ritucci	415	350	—	—	242 lbs.	MEN
198 lbs.		Teen (13-16)	198 lbs.			
M. Kluth	530	275	535	1340	E. Gasinowski 385	Master (50-59)
E. Gasinowski	485	285	525	1295	B. Shreffler 365!	Master (40-49)
R. Cowan	420	330	460	1210	D. Dirienzo 1400	McLaughlin 480!
220 lbs.		W. Valentine 350	220 lbs.			
McDonough	545	370	575	1490	SHW	Master (40-49)
K. Rossi	525	425	535	1485	Open	S. Berishko 370
D. Dirienzo	500	400	500	1400	J. Peshek 700!	242 lbs.
F. Perry, Jr.	470	325	525	1320	R. Boyer 350	Open
F. Kluth	365	325	435	1125	Master (40-49)	R. Skaris 450
242 lbs.		J. Wilson 350	Raw			
B. Maton	610*	370	600	1580	Master (50-59)	FEMALE
C. Grady	520	420	585	1525	R. Boyer 350	165 lbs.
R. Peabody	500	450	560	1510	Raw	Open
275 lbs.		S. McKenzie 365!	S. McKenzie 365!			
A. Bert	500	500*	700*		Open	MEN
1700*		165 lbs.	132 lbs.			
*=RI State Records. Women's Overall Best		S. McKenzie 185!	Teen (13-16)			
Lifter: Jennifer Perry. Men's Overall Best		132 lbs.	R. Cooke 275!			
Lifter: Steve Beaupre. 9 for 9: Garrett McDonough. Officials: Greg Kostas, Joe Wencus, Rene Moyen, Disa Hatfield, Sean DiCalaldo, Joe Peters. Meet Directors: Gerg Kostas, Rene Moyen, and Disa Hatfield. This event featured 47 lifters, including multiple entries, which are those lifters who entered in more than one division. The lifters came from across New England to compete in this contest. This event featured a multitude of quality USAPL lifters of all ages, both men and women, this time with one session and three flights. Thanks once again to Rene Moyen, Disa Hatfield, and Next Level Fitness for hosting another successful event. Thanks again to Mike of Northeast Fitness for the continued use of his excellent facility, which features four warm-up platforms! Thanks as always to all our judges, spotters, loaders, table help, sponsors, and everyone else who assisted with hosting this event. And of course, thanks to you, the lifters, who continue to support our USAPL events! In closing, I hope that everyone enjoyed the contest and I look forward to seeing everyone in the spring. God Bless, Yours in Powerlifting. (Meet results provided by Greg Kostas, MA State Chairman)	Teen (17-19)					
		A. Ciccone 225	Teen (17-19)			
		B. Novotny 155	I. Bialo 455!			
		Teen (13-16)	Open			
		M. Lyden 270!	D. Alvarez 550!			
		F. Costello 255	R. Dickson 540			
		181 lbs.	Police/Fire			
		Open	D. Averez 550!			
		L. Spiratos 350!	220 lbs.			
		L. Heeter 315	Teen (17-19)			
		J. Leone 285	A. Ciccone 410!			
		220 lbs.				
		Teen (17-19)				
		A. Ciccone 285				
		Ironman	BP DL TOT			
		165 lbs.				
		Sp. Olympian				
		b. bissett	135 245 380!			
		Master (40-49)				
		d. Dessau	320 365 685			
		198 lbs.				
		Master (50-59)				
		r. Barna 260	260 385 645			
		242 lbs.				
		Open				
		W. Allison 450	450 620 1070!			
		Raw				
		165 lbs.				
		Teen (17-19)				
		A. Debonis 225	225 365 590!			
		181 lbs.				
		Teen (17-19)				
		A. Ciccone 360				
		J. Fiumara 198 lbs.				
		148 lbs.				
		Master (50-59)				
		C. Venturella 400!				
		R. Barna 260				
		220 lbs.				
		Teen (17-19)				
		C. Venturella 400!				
		Master (40-49)				
		A. Ciccone 285	285 410 695!			
		S. Berishko 350	(Thanks to Ron DeAmicis for the results)			

#### Immaculate Heart of Mary

10 DEC 05 - Youngstown, OH

BENCH	J. Fiumara	360
MEN	198 lbs.	
148 lbs.	Master (50-59)	
165 lbs.	C. Venturella 400!	
S. Beaupre	600	385
B. Puccio	550	385
R. Mettivier	430	260

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

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

STREET \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

AREA CODE, TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE: \_\_\_\_\_ 5 YRS. MIN. \_\_\_\_\_

REGISTRATION FEE  
\$10.00 SPECIAL OLYMPICS  
\$20.00 HIGH SCHOOL  
\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:  
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214  
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

DATE: \_\_\_\_\_ (memberships are valid for one year)

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

**SLP Ohio State**

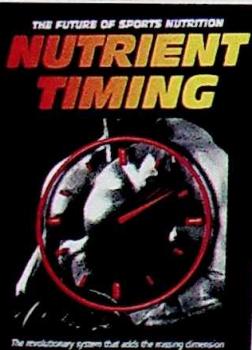
**12 NOV 05 - Hamilton, OH**

BENCH	Master (60-64)
WOMEN	198 lbs.
Teen (18-19)	Smallwood 430*
148 lbs.	220 lbs.
B. Hammons —	P. Carman 300
Master (55-59)	Police/Fire
165 lbs.	Master (40-44)
M. Harmon 100	308 lbs.
4th-110*	P. Newton 380
Novice	Open
148 lbs.	148 lbs.
D. Pfeiffer 75*	D. Pfeiffer 75
4th-85*	4th-85
275 lbs.	165 lbs.
R. Kirby 415	B. Wheeler 325
Teen (16-17)	4th-340
165 lbs.	S. Blue 275
S. Lenegar 350*	181 lbs.
Junior	D. Meng 400
181 lbs.	J. Cole 375
M. Adams 315	220 lbs.
SHW	A. Angel 325
A. Angel —	J. Pfeiffer 325
Submaster	242 lbs.
242 lbs.	J. Trusty 500
A. Walker 405	308 lbs.
Master (40-44)	J. Sager 525
220 lbs.	4th-540
J. Pfeiffer 325	SHW
242 lbs.	D. Nieman 500
R. Manns 605*	4th-515
4th-615*	Raw
J. Ritzler —	Master (45-49)
275 lbs.	242 lbs.
S. Vickery 675*	D. George 310*
Master (45-49)	Police/Fire
198 lbs.	275 lbs.
G. Clayman 415	T. Baker 330*
Master (50-54)	Open
181 lbs.	181 lbs.
D. Sparks —	K. Kimbrell 405
198 lbs.	242 lbs.
G. Benford 480*	A. Waterfield 405
220 lbs.	DEADLIFT
B. Sellman 370	WOMEN
Master (55-59)	Master (55-59)
165 lbs.	165 lbs.
K. Hampton 170	M. Harmon 210*



**Special SLP Awards:** to Darris & Cathy Sparks and Scott Vickery, at the Ohio State BP (Dr. Darrell Latch)

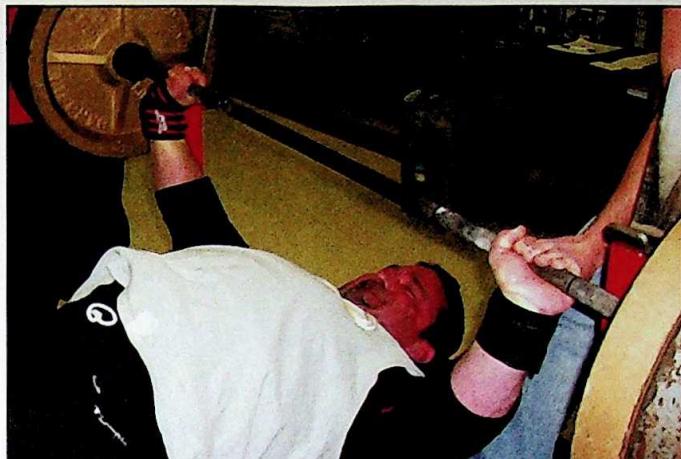
cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.



Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into

got a new personal best and Ohio state record at 60-64/198 with 430! Paul Carman won at 220 with 300. Paul Newton settled with his opener of 380 at police & fire/308 after missing with a PR 410 twice. Dustin Pfeiffer won his second title of the day with his 85 at open 148. Bryan Wheeler won the 165's with 325 over Stephen Blue, who settled with 275. Bryan went on to get a big 340 fourth attempt. Danny Meng got his first official 400 bench with his win at 181. Jeff Cole took the 198's with 375 while John Pfeiffer won at 220 with 325. J.J. Trusty pressed a strong 500 for the win at 242 while Jerome Sager took the 308's with 525. Jerome followed that with a great PR 540 fourth. Big Dave Nieman got his first official 500 bench at shw, but returned for a 515 fourth that locked out just as easily. In our raw division, Wisconsin's own Dennis George set the state record at 45-49/242 with 310. Tim Baker did the same at police & fire/275 with 330 while Kris Kimbrell won at 181 with 405. For the open 242 class it was Alan Waterfield with 405. In the deadlift competition Marianne Harmon continued her winning ways, setting a new state record at 55-59/165 with 210. Dustin Pfeiffer also continued at novice 148 with another new state record there of 175. Newcomer Richard Carman pulled a great PR and new state record at 16-17/198 with 370. For the submaster division Ray Tyo won at 242 with 570, followed by a great PR 600 fourth. John Pfeiffer took the 40-44/220 class with 365 while Kenny Hampton got another PR at 55-59/165 with 240. Tom Hall, after pulling a career-best 500 national record two weeks ago at the ANPPC Nationals, locked out his opener of 455 for a new state record at 65-69/220! In the open division it was Dustin Pfeiffer again at 148 with 175 while Bryan Wheeler won his second title at 165 with 425. John Pfeiffer took the 220's with 365. For the 242 class it was Ray Tyo for the win over Stephen Baker (555) and Alan Waterfield (475). Ray was also awarded the best lifter trophy for the deadlift meet. At the beginning of the competition special awards were given to Darris and Cathy Sparks and Scott Vickery for their dedication to the sport of powerlifting and to the many lifters they have trained and lives they have touched through the years. Thanks to Darris Sparks, Bill Sellman, Charles Peer and Jim Briege for their help loading, spotting and judging. See you all again next year! (from Dr. Darrell Latch)

SCI Meet				
12 DEC 05 - Georgetown, DE				
MALE	SQ	BP	DL	TOT
132-142 lbs.				
C. Pagano	—	250	—	250
148-158 lbs.				
J. Bolden	295	300	465	1060
T. Mackey	255	265	420	940
R. Keiser	—	210	—	210
165-175 lbs.				
C. Marvel	320	265	425	1010
A. Biasi	365	235	405	1005
G. Hall	335	250	405	990
A. Francis	255	285	410	950
D. Wayman	315	300	320	935
C. Spooner	275	250	350	875
I. Shy	315	320	—	635
M. Kling	320	255	—	575
C. Vasquez	—	255	—	255
181-191 lbs.				
V. Davis	320	305	405	1030
D. Glover	315	305	350	970
J. Blackburn	315	230	405	950
R. Barlow	300	205	350	855
R. Satchell	225	175	315	715
198-208 lbs.				
T. Ardes	410	310	475	1195
R. Jacobs	410	330	425	1165
R. Brown	250	225	330	805
C. Clark	315	—	—	315
L. Hawkins	—	—	—	—
220-230 lbs.				
G. Samuels	230	380	225	835
242-252 lbs.				
T. Garrison	240	335	405	980
A. Bolling	225	340	315	880
275-285 lbs.				
M. Rogers	450	325	450	1225
W. Scott	425	350	—	775
W. Perry	495	455	525	1475
SHW 309+ lbs.				
R. Williams	505	535	570	1610
We would like to give a big thank you to the following people: Thanks to all the lifters who took part in this years powerlifting meet. Your hard work shows with your results. Thanks to Bruce "The				



**Tony Ashley:** his first official 500, @ 45-49/242 in Mattoon. (D. Latch)

Keeper of Scores" Mitchell, and thanks to the spotters and loaders, "Big Will" Scott, Mike "Ab Man" Brittingham, Mr. Tony Drummond, and Bey-Bey "The Boar" Watson. The judging was great and thanks to Warren "Mandingo" Perry for organizing and judging this meet, along with Judge Joe "The Beast" Powell, who did an outstanding job with crowd control. Thanks to Scott "The Weasel" Morgan, and Tom "Where's the Stash" Carver for allowing this event to take place. Thanks to our great warden and all the SCI staff for their cooperation in this matter. Lift on! A big thank you to Mr. Warren Perry, who has worked in this glorious place for the last 27 years, with such a good attitude. Also, Mr. Perry was our guest lifter and placed well. Thanks to all. (results - Mike Clough)

#### SLP Illinois Christmas for Kids 3 DEC 05 - Mattoon, IL

BENCH	K. Farley	525
MEN	4th-540	
Teen (13-15)	DEADLIFT	
242 lbs.	WOMEN	
D. Sargent	220	Junior
4th-230	181 lbs.	
Teen (16-17)	L. Carr	245*
132 lbs.	MEN	
Gutierrez, Jr. 245*	Teen (16-17)	
Master (45-49)	132 lbs.	
242 lbs.	Gutierrez, Jr. 365*	
T. Ashley	500	Junior
Master (50-54)	148 lbs.	
275 lbs.	D. Frost	245
M. Ferguson	405	Master (40-44)
Open	220 lbs.	
220 lbs.	Mocilan, Jr.	570

\*=Son Light Power Illinois state records. Best Lifter Bench: Kevin Farley. Best Lifter Deadlift: Mike Raya. The Son Light Power Christmas for Kids Bench Press/Deadlift Championship was held at the Cross County Mall. A special thanks to the Mall Association for their continued support of this annual event. In the bench press competition, first-time lifter Dalton Sargent won at 13-15/242 with 220, followed by a successful fourth of 230. At 16-17/132 it was Adrian Gutierrez, Jr. with a new Illinois state record of 245. Tony Ashley got his first-ever 500 bench at 45-49/242! Local attorney Mark Ferguson did well at 50-54/275, taking that class with 405. Then at open 220 we had best lifter Kevin Farley. Kevin finished the day with new personal bests for his third (525) and fourth (540) attempts. In the deadlift competition it was Laced Carr for the win at junior women/181. Lacea, who came down from Holland, Michigan with her brother T.J., finished with a state record 245. Adrian Gutierrez, Jr. set his second state record of the day at 16-17/132 with his 365 opener. Duane frost returned to competition after a year off to capture the title at junior 148 with 245. Steve Mocilan, Jr. won at 40-44/220 with 570, but came back with a strong PR state record 600 fourth attempt! Mike Raya once again captured the best lifter award of the deadlift competition with a solid 550 at 45-49/198. Then at 50-54/242 it was the "world's strongest Roto-Rooter Man" James Ewing. James finished with 450. In the open division T.J. Carr set the state record at shw with 580. Thanks to my son Joey and grandson Daniel for all their help. See you all again next year. (Thanks to Dr. Darrell Latch for providing these contest results)



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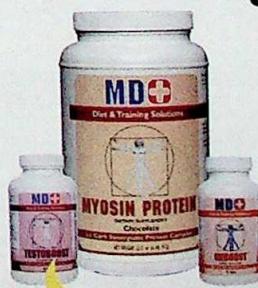
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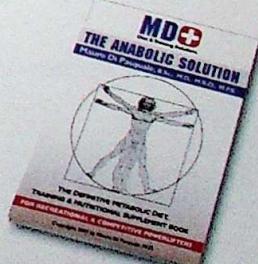
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**USAPL Dakota Open**  
4.5 NOV 05 - Rapid City, SD

BENCH		Master		
WOMEN		242 lbs.		
Teen (12-13)		R. Lang	402	
123 lbs.		275 lbs.		
C. Merrival	77	K. McKnight	568	
Teen (14-15)		Master (60-69)		
123 lbs.		165 lbs.		
A. Pond	99	J. Oohs	198	
148 lbs.		Master (70-79)		
D. Michello	104	G. Handley	192	
Teen (16-17)		Open		
K. Carlow	135	181 lbs.		
Open		M. Shane	210	
123 lbs.		242 lbs.		
D. Merrival	154	R. Lang	462	
MEN		G. Elliott	401	
Teen (16-17)		275 lbs.		
132 lbs.		J. Tetreault	440	
D. Clifford	132	SHW		
198 lbs.		D. Pearce	365	
D. Michaud	242			
WOMEN	5Q	BP	DL	TOT
Teen (12-13)				
132 lbs.				
C. Merrival	110	82.5	187	379
Teen (14-15)				
105 lbs.				
V. Baldwin	176	77	220	473
148 lbs.				
D. Michello	83	93	236	423
Teen (16-17)				
105 lbs.				
K. Carlow	115	93	170	379
Master (40-49)				
123 lbs.				
J. Mach	220	104	236	561
Master (50-54)				
165 lbs.				
D. Killuero	242	132	247	621
Open				
198 lbs.				
J. Canfield	242	187	291	720
MEN				
Teen (12-13)				
165 lbs.				
A. Meyer	132	110	176	418
Teen (16-17)				
123 lbs.				
Jealousofhim	143	115.5	247	506
132 lbs.				
D. Clifford	182	126	247	506
148 lbs.				
D. Michaud	264	247	352	869
220lbs.				
C. Herrmann	440	242	500	1182
Teen (18-19)				
181 lbs.				
C. Tabor	330	225	423	979
Master (40-49)				
198 lbs.				
F. Steinbach	500	846	484	1351
242 lbs.				
Martinmaas	225	291	352	869



In his first meet - Cyril Martinmaas @ the YMCA Dakota Open (Craig)

B., Ron R., George E., Kevin M., Dianne M., Tim H., Aaron M., Chad O., Danielle P., Brenda H., Star M., my mom & dad, Mary & Key, Jamie, the best boss ever, Emily W., our fantastic state chair, Steve Howard, and my husband without whom I wouldn't know anything about powerlifting, Todd. See you all in the spring. (Nicole Craig)

**USAPL TN/Appalachian Open**  
3 DEC 05 - Elizabethton, TN

BENCH	SHW
MEN	Master II
220 lbs.	J. Bible 430
Open	
A. Campbell	295
MEN	SQ BP DL TOT
132 lbs.	
Teen I	
J. Barrett	290 165 280 735
L. Clifton	215 125 245 585
148 lbs.	
Teen II	
M. Hollingsworth	270 205 305
780	
165 lbs.	
Teen II	
L. Birchfield	375 200 420 995
Open	
M. Weller	470 — — —
181 lbs.	
Teen II	
J. Evans	320 185 345 850
220 lbs.	
Teen I	
R. Burt	135 200 575 910
College	
M. Doty	550 340 600 1455
242 lbs.	
Open	
J. Vitatoe	600 440 550 1590
J. Robertson	470 300 500 1270
275 lbs.	
Open	
J. Bailey	350 375 405 1130
SHW	
Master II	
J. Bible	600 430 610 1640
The first USAPL state championships, in more than six years, was held in Elizabethton, TN. There was a good mix of young and old lifters to get the USAPL off the ground again, in the state. There were only two bench only competitors and John Bailey won the match-up with his nice 430 raw, beating out Alex Campbell with a 295 opener. In the full meet competition, there was lots of great lifting from the high school competitors. Jordan Barrett nudged out a win by way of his nice total of 735 over Logan Clifton, who managed a 585 total as a freshman. Jordan also managed to qualify for USAPL High School Nationals. In the 148 class, Mark Hollingsworth posted a nice 780 total, and all of his lifts were raw.	

Logan Birchfield hit a super total of 995, with plenty to spare. That fine total earned him the best lifter award for the teenage division. He also posted a High School National qualifying total. Jeff Evans won the 181 class with a good 850 total. Then Rees Burt followed with a win in the 220 class. Rees tokened in the squat due to injury, just missed an attempt with the American record in the BP, then came back to rebreak his American record DL twice, with 55 and 575. He will also be attending High School Nationals by virtue of his previous total. For all of the teenage lifters, except Rees Burt, it was their first sanctioned competition and they all did a great job and are eagerly training for their next opportunity. Matt Doy took the win in the 220 collegiate class. Matt is a great young lifter with lots of promise, as his 1455 total shows. In the open full meet, there was also some fine lifting. In the 165s, Michael Weller hit a nice squat before bombing in the BP. It was his first meet back since a bicep tear and he made a valiant effort. He will be back stronger than ever, really soon. Jason Robertson took second in the 242 class with a nice total of 1270, considering all of his lifters were raw. Justin Vitatoe posted a fine 1590 total to win the 242 class. He also won the best lifter award for the open classes. John Bailey also hit a nice total of 1130, with all raw lifting to win the 275 class. John Bible was entered in the open and masters classes at SHW. He notched a nice squat and a good bench that was raw. His DL gave him a nice 1640 total to qualify him for USAPL Master's Nationals. In all, it was a great day for powerlifting in the state of Tennessee. Five teen lifters got to see their first official competition, three are now qualified for high school nationals, and two American records were broken. In the adult classes, many guys enjoyed their first USAPL competition, set new PR's, and made some new friends. Not to mention that since the Tennessee USAPL is just starting to structure its state records that most of the lifts were also state records. I would like to say a special thanks to the judges: Billy Keel, Steve Grubbs, and Vincent White. The judging was fair and consistent. A special thanks also needs to go out to the gym owner, Rick Baughman, who let the meet be held in his gym, without there would have been no TN state championship this year. Jake Jenkins, Mickey Hunsinger, and Thomas Isaacs; the spotters and loaders also did a great job. No complaints from the lifters and one life saving grad. Dr. Keel did a great job running the table, along with my wife, Brittnie. Also, a big thanks to Nathan Ball for his use of the great Ivanko bar. Alex Campbell, Meet Director. (from USAPL)

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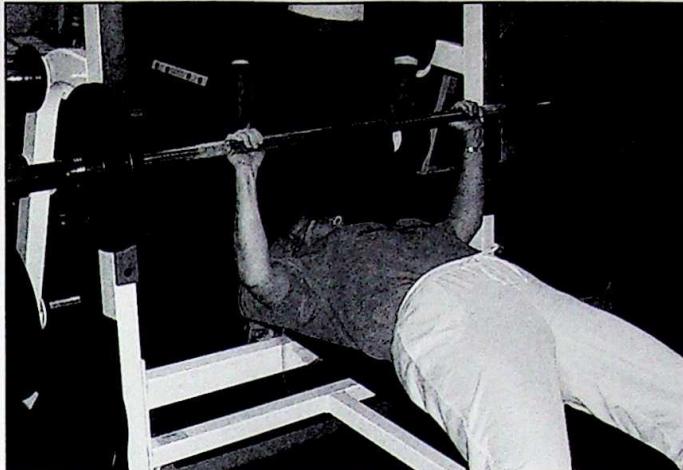


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**SLP Midwest Open**  
30 Oct 05 - Indianapolis, IN

BENCH	4th-165
WOMEN	Master (60-64)
Master (55-59)	242 lbs.
165 lbs.	G. Gulley 340*
M. Harmon	105*
MEN	DEADLIFT
Novice	WOMEN
242 lbs.	Master (55-59)
R. Carlile	165 lbs.
4th-290	270 M. Harmon 205*
Teen (13-15)	MEN
148 lbs.	Novice
K. Fetter	220 B. Newby 405
242 lbs.	Teen (13-15)
M. Ladd	255* 148 lbs.
Teen (18-19)	K. Fetter 400
148 lbs.	Teen (18-19)
J. Beasley	210 148 lbs.
165 lbs.	J. Beasley 315
L. Ruiz	335 Submaster
Submaster	198 lbs.
242 lbs.	J. Ellis —
C. Holloway	350 242 lbs.
275 lbs.	C. Holloway 570*
R. Allen	425 4th-580*
Master (40-44)	Master (40-44)
198 lbs.	308 lbs.
T. Conner	500* R. Nicodemus 550*
308 lbs.	4th-575*
R. Nicodemus	490* Master (55-59)
Master (45-49)	165 lbs.
198 lbs.	K. Hampton 210
D. Goble	425* 4th-220
Master (55-59)	Master (60-64)
165 lbs.	242 lbs.
K. Hampton	160 B. Donovan 475*

\*=Son Light Power Indiana state records.  
Best Lifter Bench: Tracy Conner. Best Lifter Deadlift: Kevin Fetter. The Son Light Power Midwest Open Bench Press/Deadlift Championship was held at Fitness Unlimited. Thanks to owners Pat and Larry Darling for once again hosting this event. In the bench press competition Marianne Harmon set the state record at 55-59/165 with a personal best 105. In the novice men's 242 class it was Richard Carlile,



**Marianne Harmon - with an SLP IN State Record 105 @ 55-59/165.**

lifting raw and finishing with 270, followed by a 290 fourth. At teenage men 13-15, Kevin Fetter won at 148 with 220 while Mike Ladd took the 242's with a new state record 255! For the 18-19 division Joseph Beasley won at 148 with 220 while Luis Ruiz took the 165's with 335. Luis was also lifting "raw". Chad Holloway won at submaster 242 with 350 while Rich Allen won at 275 with a solid 425. This was Rich's first competition. Best lifter Tracy Conner broke the state record at 40-44/198 with his 500 second attempt. A final with a personal best 520 slipped out of the groove at the bottom. Big Ron Nicodemus came close to his own state record at 308 with 490, just ten pounds away. Dan Goble broke the state record at 45-49/198 with 425 while Kenny Hampton got a new personal record at 55-59/165 with 165. Our final lifter was Gary Gulley, who set the state record at 60-64/242 with 340. In the deadlift competition Marianne Harmon won again at 55-59/165 with another new state record of 205. Newcomer Bill Newby did well at novice 220, finishing with 405. In the teenage 13-15/148 class it was Kevin Fetter and an amazing 400 at a 137 bodyweight. Best lifter! And only a fifteen year old kid! Joseph Beasley won his second title of the day at 18-19/148 with a new personal best 315. Joe Ellis failed with a new state record 560 three times for the submaster 198 class, dropping out of the competition. Chad Holloway set two new state records at submaster 242 with his 570 third and 580 fourth attempts. Ron Nicodemus, lifting in his first deadlift competition, also set two new state records with 550 and a 575 fourth attempt. Kenny Hampton got another personal record at 55-59/165 with his 220 fourth attempt.

Next was 60-64/242 winner Barry Donovan with a new state record 475. Thanks to my son Joey and others who helped with the loading, spotting and judging duties. (Thanks to Dr. Darrell Latch for the meet results)

**USAPL Albany Strength**  
01 OCT 05 - Albany, NY

**BENCH Only**

**MALE**

J. Zincke	440
M. Moore	350
WOMEN	SQ BP DL TOT
Open (Formula)	
C. Smith	360 220 375 955
Windhaussen	305 165 300 770
W. Slicor	125 115 205 445
MEN	
Open	
148 lbs.	
J. Chromczak	305 280 395 980
T. Decamp	125 80 175 380
T. Albano	— — — —
181 lbs.	
L. Gibson	630 460 660 1750
T. Piazza	460 300 500 1260
K. Turi	380 290 405 1075
J. Collazzo	340 240 350 1000
P. Armlin	235 250 370 855
Special Olympian	
D. Decamp	250 160 300 710
198 lbs.	
A. James	450 315 550 1315
220 lbs.	
R. Cancelino	550 385 600 1535
R. Hansen	525 380 625 1530
C. Solynta	500 330 610 1440
242 lbs.	
K. C.	510 455 540 1505
F. Panaro	485 300 590 1375
275 lbs.	
F. Tisco	675 525 645 1845
C. Infuma	605 365 530 1500
J. Bogart	450 450 440 1340
T. Buzzeo	450 345 480 1275
SHW	
J. Zincke	440 380 550 1370

(Thanks to USAPL for providing results)

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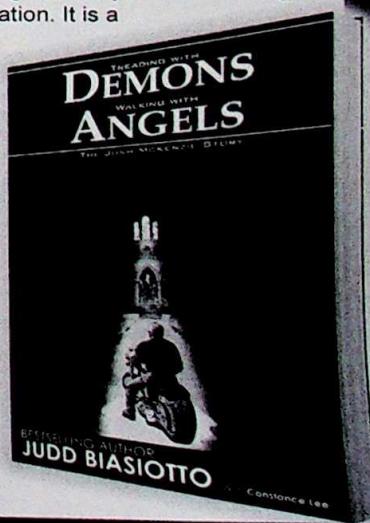
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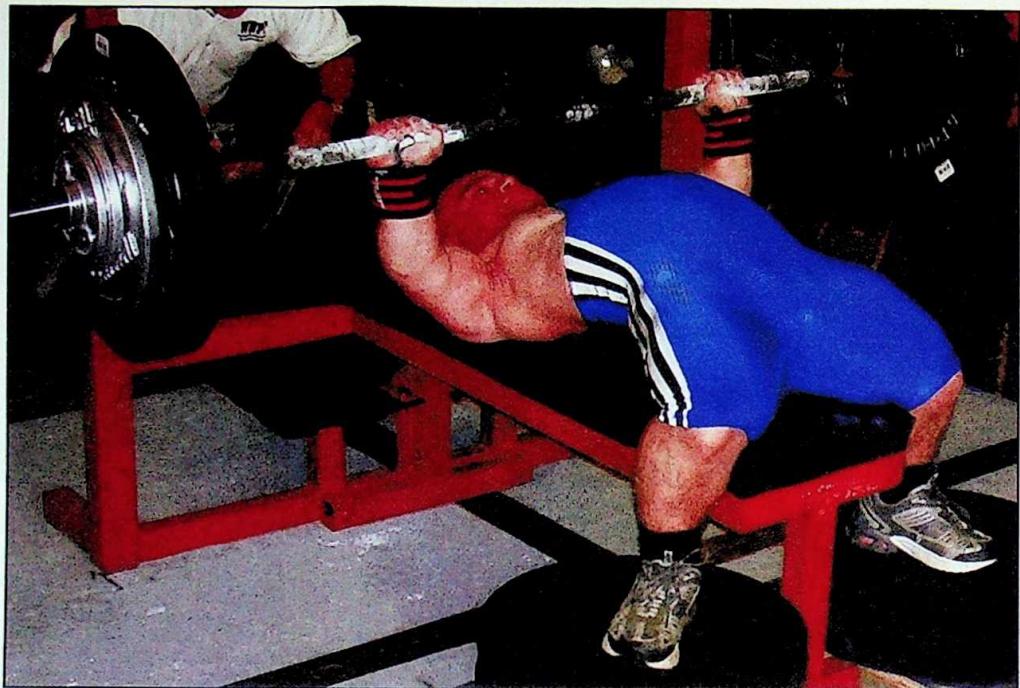


(continued from page 43)

132 lbs.	(40-49)		
Open	Carr	162	
Hockeborn	94!	Skinner	140
(40-49)	T. Bachmayer	135	
Hockeborn	94!	Haley	129
Spano	69	(17-19)	
165 lbs.	Turner	140!	
Open	McCaffrey	76!	
Digrazia	91!	(50-59)	
MEN	Scaranda	129!	
148 lbs.	220 lbs.		
Open	Open		
Powell	129	Casagrande*	179
165 lbs.	Diciano	173	
Open	Marshall	151	
Lara*	162!	(40-49)	
4th-168!	Thomas	179	
Lichtle	146	4th-190!	
Artur	140	Williams	146
Slagus	125	Howard	146
(50-59)	(60-69)		
Hoxworth	114!	Turner	125
Leggs	82	242 lbs.	
(60-69)	(40-49)		
Lichtle	146!	Slagus	185!
181 lbs.	SHW		
Open	Open		
Wilhelm	173!	Jmukhadze	185
(40-49)	Ramos	—	
Wilhelm	173!	(40-49)	
198 lbs.	Wanner	129	
Open			
Carr	162		
Skinner	140		
Haley	129		
Ironmaiden		BP	DL
123 lbs.			TOT
Open Raw			
Benner	187!	270	457
(40-49) Raw			
Benner	187!	270	457
132 lbs.			
Open Raw			
Hockeborn*	214	292	507
(40-49) Raw			
Spano	110	297	407
Ironman			
148 lbs.			
Open Raw			
Wilson*	308	507	815
(40-49) Raw			
Wilson*	308	507	815
165 lbs.			
Open Raw			
Legg	220	325	545
(50-59) Raw			
Legg	220	325	545
181 lbs.			
Open			
Zimmerman	391	457	848
Subs			
Zimmerman	391	457	848
Open Raw			
Rijos*	270	584	854
(50-59) Raw			
Crawford	281	451	733
198 lbs.			
(50-59)			
Scaranda	231	485	716
220 lbs.			
(17-19) Raw			
Kemble	380!	440	821
Open			
Diciano	413	540	953
Open Raw			
Caffrey	319	474	793
(60-69) Raw			
Turner	181!	303!	485
242 lbs.			
Open			
Famiano*	540	573	1113
Cathie	451	523	975
Open Raw			
Haddaway	363	529	892
275 lbs.			
Open Raw			
Datukishvili	418	551	970
(40-49) Raw			
Vellucci	391	584	975
SHW			
(40-49) Raw			
Wanner	314	474	788
Brown	231	402	632

!=WNPF World Records.

\*=Best lifters.  
Team Champs Bench Press: 1st-USA Power Team, 2nd-Iron Raiders, 3rd-Ephraim Power Team. Team Champs Deadlift: 1st- USA Power Team, 2nd-Ephraim Power Team. Team Champs Powercurl: 1st-USA Power Team. The 2005 WNPF World Bench Press, lb. class with a 92 lb. curl. Schneidmill,



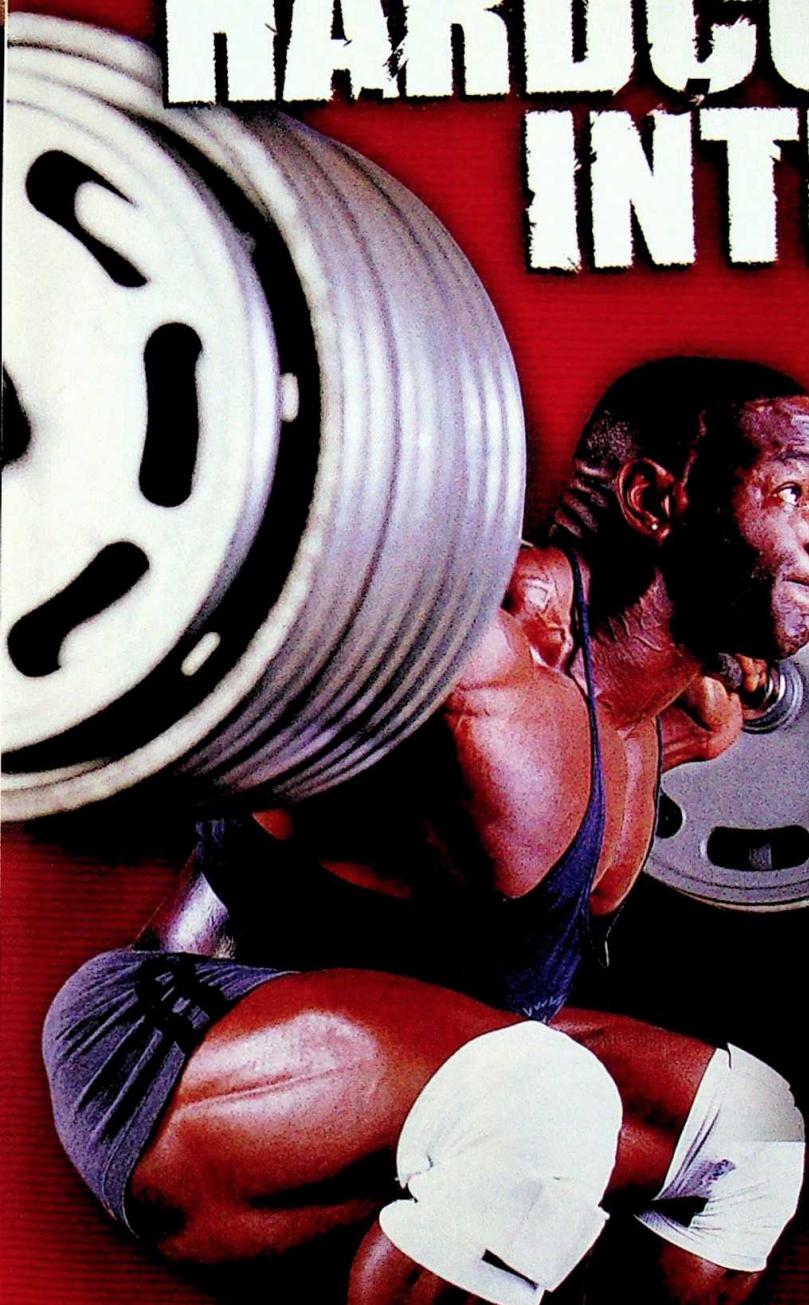
Nazgaidze benching 308 lbs. at the WNPF World Championships. (photos courtesy of Troy Ford)

Deadlift, Powercurl and Ironman/Maiden Championships was a huge success. We had lifters from the USA, Canada, Puerto Rico, Brazil, Republic of Georgia. We want to thank the lifters that traveled from so far away to attend our annual championships. We hope that you and many more lifters from other countries will attend the 2006 championships. We invite lifters from other countries to attend, as long as they are drug free. Speaking of drug free, two lifters tested positive and one lifter is appealing the test results at this time. Lifters, we are serious about testing! If you are not drug free, then do not attend our events. There are plenty of other federations that will love to have you. The venue was kind of small, but we made the best of it with two sessions each day, and this worked out pretty good. We will move our 2006 event to another meet site in this place. We will also host two other international meets in Las Vegas and Orlando in 2006. I want to personally thank the following people for all of their help at this meet: Denise Musser, Cindy Yeargin, Jim Poinsett, Bryan Sessions, Julie Dolci, Bob DeRisi, Joe Panzarelli, Dina DiGrazia, Lynnie Whidden, Annette Schneidmill, John and Kenny Wallace, Mikey, Perry Thomas, Joe Niclosi, Buddy Schweder and his team of strongmen, Steve Yeargin, Tee Meyers, Laly Janus (Republic of Georgia interpreter) Roberta Ford, and Steven Jerrell. If I did forget anyone please forgive me, it wasn't intentional. We also had a Hall of Fame ceremony when we honored six people on Nov. 12. They are Jimmy Judge, Annette Schneidmill, Cathy Falconio, Ralph Robustelli, Jimmy McCrea and Bob DeRisi. The strongman contest took place on Nov. 13 and the overall winner was Georgia native. Thanks to the many spectators that attended. The venue was packed both days and they were cheering the entire time. Thanks to all of the lifters that made this meet a success, we appreciate each and every one of you. The awards were outstanding! We had Atlas awards and large eagles for first place. Now on to a few of the highlights of the event. In the women's division Koley Hockeborn set new records in the bench press and powercurl events. She posted the biggest numbers in both events and she lifted in the 132 pound class. Maria Spano set a new WR in the deadlift and won her class over Hockeborn in the open division. Team Champs Powercurl: 1st-USA Power Team. The 2005 WNPF World Bench Press, lb. class with a 92 lb. curl. Schneidmill,

Klaassen and Gerken all set new WR in their classes. In the men's classes both Nazgaidze & Javahishvili set new WNPF WR's in the 123 & 132 classes. Both of these men came from Georgia and they were both very impressive lifters. Javahishvili looked so small but this guy was powerful hitting 369 lbs. in the bench at 132 lbs. Meehan from Ohio won his first WNPF world title along with David Wilson from VA. Lara from NJ won both the raw open and subs in the 165 class and he also won the open powercurl division. Carlos Artur from Brazil won his third WNPF world title in the Submaster and open classes. Lee Lichtle won his first world title in the masters 60+ bench and curl and he placed second in the open powercurl division. Ramsey won his first title also in the 181 open raw division. Passman took the masters 181 raw division class and Stan Freed set a new WR bench with at 331 in the over 60 division. Bill Wharry defeated Matt Turner from Canada in the 198 teenage division. Bill Ross took the subs raw and equipped Divisions (198). Al Green the strongest master raw lifter in this meet hit 435 lbs. Burt Rosenfield set new WR in the over 70 division and the brother team (Bachmayer) both did an outstanding job in the first WNPF World meet. Mr. Givishvili from Georgia set a new WR in the open raw 220 class with a 490 lb. bench. Mr. Howard from NJ, Mr. Horvath from Indiana, Mr. Lhotak from Penn, and Mr. Brodski all won their first WNPF World titles. Mr. Horvath told me this was his last meet. I hope not! Tony I hope to see you in Michigan in April. Raoul Danti from Indian hit a 567 bench and took three classes in the 242 lb. class. It took Raoul three tries at this massive weight. He has a major problem with his arm where he cannot lock out and this causes his bench to be slightly off at the top. Raoul told the officials this before the event and he saved the best for last and made his last lift. The officials red lighted him but after a short discussion they reversed the call the be fair to the lifter because he did mention this problem before hand but all of the officials weren't aware of the situation. Mr. Brown hit an all time high of 518 lbs. and placed second. Jimmy is one of the favorite lifters in the WNPF. Dale Glenney set a WNPF World Record in the 242 pound masters over 50 class with a lift of 429 lbs. This record meant a lot to Dale being that his dad past away recently and he had some recent health problems. Jeff Begue from Ohio had the highest bench in the meet with a 584

lb. bench. Jeff set a new WR in the police division and won three divisions in this meet. There were quite a few lifters in this class that either started to high, locked out uneven or seesawed their lifts. We never want to see lifters bomb out of meets so we hope that these lifters will correct their mistakes and come back strong in 2006. Mamendov defeated Ramos by bodyweight. These two guys both hit a 484 bench but Mamendov weighed less. Summers, Cline and Sullivan all won their classes in the SHW. Onto the deadlift, David Wilson set new WR's in both the masters and open raw 148 lb. divisions with a 507 lb. lift. Carlos Rios from Puerto Rico won the best lifter award with a 584 deadlift and because the original winner failed the drug test. Dennison set a new WR with a 562 lb. lift in the masters 50+ division. Tee Meyers hit a 722 lb. deadlift and won both the open and masters classes. Tee will be 50 soon and his goal is to deadlift 700 pounds at 50 years of age. Steve Yeargin won the masters 40-49 raw division with a 573 lb. deadlift. The 220 class was interesting with Casagrande from Brazil there setting a new WR with a 716 lb. lift and Perry Thomas hitting a RAW 672 lb. deadlift. David "The Giant" Cooper hit the highest deadlift in the meet with a 733. Mike Spahr made a 529 deadlift with room to spare. Irv Brown set a new masters WR with a 402 lb. lift and Chane Cline hit 650 in the SHW division. We started the powercurl a few years ago and we had no idea what was going to happen with this new event. This event is growing every year with new lifters taken on the challenge to see who has the strongest arms in the WNPF. Ralph Lara took the 165 class and set a new WR in the process. Mark Wilhelm went unopposed in the 181 class but Mark is a many time WNPF champion and he has beat most of his opponents over the past few years, he hit a 174 lb. curl. Pat Carr took the open and masters 198 class with 163 pound curl. Ocampo from Brazil had the highest curl of the meet with a 204 lb. curl. In the Ironman division Bob Legg, Lee Zimmerman and Bill Crawford all won their classes in the Ironman division. Tom Kemble set a new WR in the bench and won his class in the 220 teenage division. Mike Diciano won his class with a 954 lb. total. Al Famiano took home the best lifter award and the highest Ironman total with a 1113 pound total. Roger Wanner defeated Irv Brown in the masters 40-49 raw class to win his first world title. (Thanks to the WNPF for providing these results)

# HARDCORE INTENSITY!



Achieve maximum intensity immediately with Hydroxycut Hardcore.

**Intensity:** Without it, there are no personal bests or broken records. Even the pros will tell you that getting psyched is the key part of moving heavy steel. Now you can get more intensity immediately, any time you want it. This isn't another periodization or wave-training program. It's a product that will jack up your intensity for huge presses, pulls, and lifts. It's called Hydroxycut® Hardcore.

Hydroxycut Hardcore is supported by 10 years of study, including metabolic research at the prestigious University of Laval. That's a full decade of research, including multiple clinical studies backing its status as a potent stimulant and metabolic enhancer. In a groundbreaking clinical study, key ingredients found in Hydroxycut Hardcore were shown to increase norepinephrine, a key hormone responsible for getting you psyched up for big lifts, by up to 40 percent!

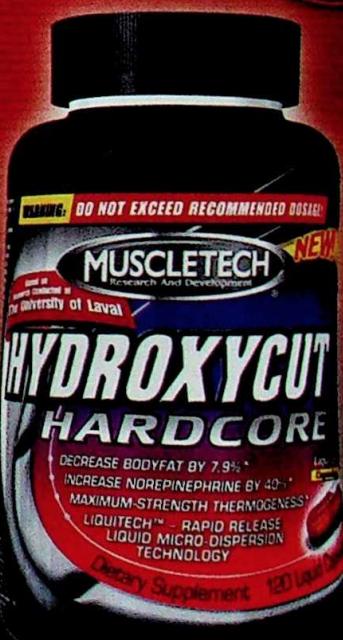
Hydroxycut Hardcore gives you the kick in the ass you need to blast through your best lifts. It also helps you drop useless fat while sparing precious muscle as your poundages get heavier, allowing you to easily make your weight class. For real results, kick your intensity up a notch with maximum-strength Hydroxycut Hardcore.

Hydroxycut Hardcore is the only stimulant that contains LiquiTech™ – a rapid-release liquid micro-dispersion technology that gives you immediate intensity!



Johnnie Jackson,  
Team MuscleTech™  
Superstar  
2004 Ironzone  
Deadlift Challenge  
Champion

- ✓ Jack up intensity!
- ✓ Increase norepinephrine by up to 40%!
- ✓ Decrease bodyfat by an average of 7.9%!
- ✓ Key components proven by multiple clinical studies!



GNC LiveWell

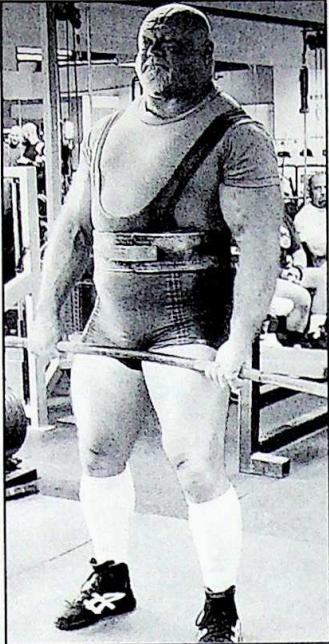
The Vitamin Shoppe

VITAMIN WORLD

MuscleTech.com

The difference in the change in total fat area (measured in square centimeters) between subjects taking the key ingredients in Hydroxycut Hardcore versus those in a control group was 7.9 percent. For more information, visit [www.HydroxycutHardcore.com](http://www.HydroxycutHardcore.com). Read the entire label before use and follow directions. © 2006 Iovate. Copyright Ltd. All rights reserved. All trademarks are owned by their respective trademark owners and are used with permission. Hydroxycut Hardcore is patent-pending.

AAU Red Swaim Memorial 3 DEC 05 - Monroe, NC										
BENCH		Master (45-49)	T. Caudle	115	110	170	395	M. Rivers	365	385
WOMEN		165 lbs.	J. Maxey	175	120	265	560	B. Stephenson	290	500
Open		R. Walker	J. Miller	185	110	230	525	220 lbs.	405	1250
123 lbs.		335*	165 lbs.	D. Jackson	210	180	350	D. Allison	65	1830*
G. Benton	145*	D. Campbell	181 lbs.	J. Marrow	300	255*	310	T. Wright	585	1625
Submaster		Master (50-54)	Teen (16-17)	C. Ladd	210	140	295	S. Bowles	550	1455
181 lbs.		308 lbs.	148 lbs.	R. Rosario	135	150	300	C. Smith	420	1080
K. Stone	190	T. Ferguson	132 lbs.	J. Blakeney	145	90	225	242 lbs.	235	1080
Master (45-49)		Master (55-59)	C. Martin	300	240*	415*	955*	E. Gordy, Jr.	650	1630
123 lbs.		242 lbs.	181 lbs.	J. Marrow II	260	480*	1075*	308 lbs.	430	1630
G. Chavis	125	K. Groves	165 lbs.	T. Gordy	335	280	390	M. Lovelace	800*	1825*
MEN		Open	S. Duncan	J. Blakeney	145	90	225	Teen (16-17)	400	1825*
Submaster		198 lbs.	P. Caudle	181 lbs.	181 lbs.		275 lbs.	275 lbs.	625	1825*
198 lbs.		275 lbs.	Teen (18-19)	G. Marrow II	260	480*	1075*	D. Atkins	610*	1635
E. Price	405	308 lbs.	220 lbs.	T. Gordy	335	280	390	Master (40-44)	500*	1635
T. Reid	455	275 lbs.	B. Presnell	J. Marrow II	260	480*	1075*	198 lbs.	525*	1635
Master (40-45)		220 lbs.	275 lbs.	T. Gordy	335	280	390	M. Sunter	405	1090
181 lbs.		275 lbs.	275 lbs.	J. Marrow II	260	480*	1075*	C. Worriax	575*	1590*
B. Upchurch	305*	Raw	SQ	B. Marrow II	260	480*	1075*	Master (50-54)	485*	1590*
WOMEN		BP	DL	TOT	275 lbs.			Master (50-54)	530*	1640
Teen (16-17)					275 lbs.			Montgomery	585	1640
165 lbs.					275 lbs.			Master (60-64)	405	1170
C. Clifton	120*	85*	230*	435*	275 lbs.			F. McCann	330	1170
181 lbs.					275 lbs.			Master (65-69)	405	1170
B. Cox	245*	170*	350*	765*	275 lbs.			220 lbs.	330	1170
198 lbs.					275 lbs.			T. Coble	505*	1390*
A. Morrow	240*	175*	300*	715*	275 lbs.			Submaster	355*	1390*
Open					275 lbs.			242 lbs.	530*	1390*
132 lbs.					275 lbs.			J. Jobes	630	1605
M. Edwards	1160	115	225	500	275 lbs.			R. McMillan	505	1340
148 lbs.					275 lbs.			275 lbs.	325	1340
M. Styne	210	135	270	615	275 lbs.			S. Lockhart	370	1475
181 lbs.					275 lbs.			=NC State records, Best Lifters Raw		
J. Langdon	290*	170*	320*	780*	275 lbs.			Teen/Men Open: Travis Pardue. Best Lifter		
Master (40-44)					275 lbs.			Raw Women: Jamie Langdon & Brandy		
198 lbs.					275 lbs.			Cox. Best Lifter Raw Master: Jimmy Mullis.		
L. Marrow	300*	195	275*	770*	275 lbs.			Best Lifter Assisted Men: Dennis Allison.		
M. Boyles	55	185	210	450	275 lbs.			Best Lifter Assisted Master: Fossill McCann.		
181 lbs.					275 lbs.			Teams: 1st-Enterprise Workout. 2nd (tie)-		
C. Clodfelter	215*	125*	270*	610*	275 lbs.			Caudles/Project Lift. (Thanks to John Howie		
Assisted					275 lbs.			for providing these competition results)		
MEN					275 lbs.					
Open					275 lbs.					
198 lbs.					275 lbs.					
T. Pardue	475	30	540	1315	275 lbs.					
220 lbs.					275 lbs.					
D. Smith	545	300	515	1360	275 lbs.					
242 lbs.					275 lbs.					
J. Simmons	500	250	600	1350	275 lbs.					
R. Strange	330	325	445	1100	275 lbs.					
Preteen (8-9)					275 lbs.					
132 lbs.					275 lbs.					
M. Stevenson	110*	80*	115*	305*	275 lbs.					
Teen (12-13)					275 lbs.					
148 lbs.					275 lbs.					
J. Doss	125	105	225	455	275 lbs.					
Teen (14-15)					275 lbs.					



**Tom 'the TON' O'Donnell, 53 years of age and 274 lbs. of bodyweight, pulled 670 at the APA Southeastern United States Open. (photograph provided by the APA President Scott Taylor)**

#### ASSOCIATION OFFICE COPY

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

Specific details on coverage can be obtained from your local AAU Association.

#### ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee		Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00		20.00	23.50
Coach	12.00	14.00			
Volunteer or Official	12.00	Not Available			
Adult Athletes in the Following Sports:	10.00	12.00			

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

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

SPORT CODE

ASSOCIATION CODE

MEMBERSHIP CHECK  
CATEGORY ONE:  Athlete  Coach  Official  Volunteer

CHECK ONE:  Youth Program  Adult Program  Added Benefit  Yes  No

Club No.:  Club Name:  E-Mail:

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

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.

City	State	Zip Code
County	Phone (With Area Code)	
Member's Signature		
Parent/Guardian Signature		

165 lbs.	20.00	23.50
181 lbs.	20.00	25.00
198 lbs.	20.00	25.00
212 lbs.	20.00	25.00
220 lbs.	20.00	25.00
238 lbs.	20.00	25.00
242 lbs.	20.00	25.00
250 lbs.	20.00	25.00
260 lbs.	20.00	25.00
270 lbs.	20.00	25.00
280 lbs.	20.00	25.00
290 lbs.	20.00	25.00
300 lbs.	20.00	25.00
310 lbs.	20.00	25.00
325 lbs.	20.00	25.00
340 lbs.	20.00	25.00
360 lbs.	20.00	25.00
380 lbs.	20.00	25.00
405 lbs.	20.00	25.00
420 lbs.	20.00	25.00
440 lbs.	20.00	25.00
460 lbs.	20.00	25.00
475 lbs.	20.00	25.00
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540 lbs.	20.00	25.00
560 lbs.	20.00	25.00
585 lbs.	20.00	25.00
600 lbs.	20.00	25.00
610 lbs.	20.00	25.00
630 lbs.	20.00	25.00
650 lbs.	20.00	25.00
670 lbs.	20.00	25.00
690 lbs.	20.00	25.00
710 lbs.	20.00	25.00
730 lbs.	20.00	25.00
750 lbs.	20.00	25.00
770 lbs.	20.00	25.00
790 lbs.	20.00	25.00
810 lbs.	20.00	25.00
830 lbs.	20.00	25.00
850 lbs.	20.00	25.00
870 lbs.	20.00	25.00
890 lbs.	20.00	25.00
910 lbs.	20.00	25.00
930 lbs.	20.00	25.00
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970 lbs.	20.00	25.00
990 lbs.	20.00	25.00
1010 lbs.	20.00	25.00
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1090 lbs.	20.00	25.00
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1890 lbs.	20.00	25.00
1910 lbs.	20.00	25.00
1930 lbs.	20.00	25.00
1950 lbs.	20.00	25.00
1970 lbs.	20.00	25.00
1990 lbs.	20.00	25.00
2010 lbs.	20.00	25.00
2030 lbs.	20.00	25.00
2050 lbs.	20.00	25.00
2070 lbs.	20.00	25.00
2090 lbs.	20.00	25.00
2110 lbs.	20.00	25.00
2130 lbs.	20.00	25.00
2150 lbs.	20.00	25.00
2170 lbs.	20.00	25.00
2190 lbs.	20.00	25.00
2210 lbs.	20.00	25.00
2230 lbs.	20.00	25.00
2250 lbs.	20.00	25.00
2270 lbs.	20.00	25.00
2290 lbs.	20.00	25.00
2310 lbs.	20.00	25.00
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2370 lbs.	20.00	25.00
2390 lbs.	20.00	25.00
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2570 lbs.	20.00	25.00
2590 lbs.	20.00	25.00
2610 lbs.	20.00	25.00
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2650 lbs.	20.00	25.00
2670 lbs.	20.00	25.00
2690 lbs.	20.00	25.00
2710 lbs.	20.00	25.00
2730 lbs.	20.00	25.00
2750 lbs.	20.00	25.00
2770 lbs.	20.00	25.00
2790 lbs.	20.00	25.00
2810 lbs.	20.00	25.

R. Hoover 610 — — —  
Master II  
J. Sansevere 475 335 455 1245  
(thanks to Scott Taylor for these results)

**WABDL Night of the Champions**  
**01 OCT 05 - Lakeland, FL**

BENCH	181 lbs.
FEMALE	M. Willamar 300*
Teen (13-15)	242 lbs.
181 lbs.	R. Zareck 415*
C. Kirkland	130* D. Braverman 405
Teen (18-19)	F. McBride 295
114 lbs.	275 lbs.
S. Balliette	E. Hargrove 300
Junior	Master (68-74)
198 lbs.	198 lbs.
L. Kretschmar	150* T. Trevorah 275
Submaster	220 lbs.
114 lbs.	F. Cummings 135*
T. Kolthoff	105* J. Young 375
132 lbs.	Law/Fire
L. Valentine	95* Master (48+)
Open	F. McBride 295*
M. Kirkland	205* P. Fay 315*
198 lbs.	DEADLIFT
K. Sabin	240* FEMALE
Master (40-46)	Teen (13-15)
105 lbs.	181 lbs.
J. Balliette	95* C. Kirkland 275*
198 lbs.	Submaster
K. Sabin	132 lbs.
MALE	L. Valentine 215*
Teen (13-15)	Master (40-46)
114 lbs.	198 lbs.
E. Steiz	105* K. Sabin 405*
220 lbs.	Open
T. Brown	300* 123 lbs.
Teen (16-19)	M. Kirkland 345*
181 lbs.	165 lbs.
M. O'Donnell	275 J. Vanderhern 220
259 lbs.	198 lbs.
S. Adams	250 K. Sabin 405
Junior	MALE
181 lbs.	Teen (13-15)
S. Judah	475 114 lbs.
220 lbs.	E. Striz 250*
J. Delacruz	385 148 lbs.
308 lbs.	S. Lynch 220
D. Nelson	275 165 lbs.
Submaster	R. Lynch 365*
165 lbs.	Teen (16-19)
R. Birt	410* 165 lbs.
259 lbs.	M. Johnson 505*
L. Widener	335 181 lbs.
Class I	M. O'Donnell 385
181 lbs.	198 lbs.
L. Glenn	410* A. Carpenter 365
242 lbs.	220 lbs.
R. Zreck	415 G. Smith 500*
D. Braverman	405 Junior
G. Raggett	400 181 lbs.
275 lbs.	B. Holton 500
Wetherington	460 308 lbs.
Open	D. Nelson 415*
123 lbs.	Class I
K. Sneli	250 198 lbs.
165 lbs.	J. Light 450
R. Birt	410* 220 lbs.
181 lbs.	D. Peterson 460
S. Judah	475 242 lbs.
198 lbs.	G. Gabbett 450
R. Kelly	460 D. Braverman 445
220 lbs.	259 lbs.
D. Peterson	455 J. Kinalde 550*
275 lbs.	Open
Wetherington	460 123 lbs.
Master (40-46)	K. Snell 460
181 lbs.	198 lbs.
C. Martinez	315 J. Cervero 610
220 lbs.	Submaster
D. Peterson	455* 198 lbs.
242 lbs.	B. Kenyon 465
D. Brown	370* L. Widener 515*
Master (47-53)	Master (40-46)
123 lbs.	165 lbs.
K. Snell	250 C. Fountain 470*
148 lbs.	220 lbs.
D. Johnson	170* D. Peterso 460
198 lbs.	242 lbs.
K. Conaway	370 D. Brown 575
Master (54-60)	Master (47-53)
220 lbs.	123 lbs.
T. Jenkins	405* K. Snell 460!
259 lbs.	148 lbs.
R. Fox	315* D. Johnson 325*
Master (61-67)	181 lbs.
165 lbs.	J. Lynch 485
B. Nussehr	235 SHW

M. Cain	605* T. Trevorah 430
Master (54-60)	220 lbs.
148 lbs.	F. Cummings 175*
L. Casanova	275* Law/Fire
259 lbs.	Open
P. Fay	545* 259 lbs.
M. Ruiz	520 J. Rinaldo 550*
Master (61-67)	Law/Fire
242 lbs.	Master (48+)
D. Braverman	445* 259 lbs.
Master (68-74)	P. Fay 545*
198 lbs.	

Richard Zareck won the 242 lb. class over Don Braverman and Glenn Baggett respectively. Jason Wetherington won the 275 lb class with a 460 lb. bench. Ken Snell won the open 123 lbs. class with a 250 lb. bench. Ryan Birt also set a state record in the 165 open class with his 410 bench. Stephen Judah also won the 181 lb. Open division with his 475 lb. bench. Ryan Kelly, Doug Peterson, and Jason Wetherington all won their weight classes with some time benching. Chris Martinez won the master 40-46 age group with a 315 lb. bench in the 181 lb. class. Doug Peterson benched a state record in the 220 lb. class, with a lift of 455 lbs. Main Street Fitness owner, Dave Brown, benched a 370 lb. state record in the 242 lb. class. A national record was set by Ken Snell in the master 47-53 division with a 250 lb. bench. Dave Johnson set a state record in the 148 lb. class with a 170 lb. bench. Kim Conaway took first place in the 198 lb. class. Tammy Jenkins and Patrick Fay both set state records in the 54-60 division. In the 61-67 division, Bob Nurrear won the 165 lb. class and Marvin Williams set a state record in the 181 class with a 300 lb. bench. Richard Zareck's 415 lb. bench was a state record that earned him first place over don Braverman and Francis McBride in the 242 lb. class. Ed Hargrove won the 275 lb. class with a 300 lb. lift. Tommy Trevorah won the 198 lb. class 68-74 division with a nice 275 lb. bench. Fred Cummings set a state record with a 135 lb. bench in the 220 lb. class and Johnny Yong benched an impressive 375 lb. to win the 242s. Francis McBride and Patrick Fay both set state records in the law/fire division. A great group of deadlifters started out with Cari Kirkland setting a state record in the 181 lb. class 13-15 division with a 275 lb. pull. Lisa Valentine set a state record with a 215 lb. deadlift and Kari Sabin had an impressive 405 lb. state record deadlift to win the 198s. Margaret Kirkland kept in step with her daughter, Cari, by setting a state record with an outstanding 345 lb. deadlift in the 123 lb. open class, which gave her the best female deadlifter trophy. Julie Vandemehern and Kari Sabin won their classes in the open division with some nice lifts. Ethan Striz set state record with a strong 250 lb. deadlift. The Lynch brothers each won their weight classes with Ray pulling a state record 365 lbs. in the 13-15 division. In the 16-

19 division, Marvin Johnson pulled an outstanding 505 lbs. to earn a state record and win the 165 lbs. class. Mike O'Donnell and Anthony Carpini each won their weight classes and Gary Smith pulled 500 lbs. to set the state record in the 220 lbs. class. Bill Holton won the junior 181 lbs. class with a 500 lbs. pull and Dave Nelson's 415 lb. deadlift was a new state record. Class I lifter, John Light, deadlifted 450 lbs. to win the 198 lbs. class. Doug Peterson's 460 lb. deadlift won the 220 lbs. class and Glenn Baggett took first place over Don Braverman to win the 242 lbs. class. Joe Rinaldo set a state record with a 550 lb. pull to win the 259 lbs. class. Ken Snell won the open 123s with a 460 lb. deadlift and Jeff Cervero won the 198s with a 610 lb. lift. The 198 lbs. submaster class was won by Brian Kenyon with a 465 lb. deadlift, and Lawrence Widener won the 259 lb. class with a state record 515 lb. deadlift. Cliff Fountain set a state record with a 470 lb. pull in the 165 lb. class and Doug Peterson and Dave Braverman won their respective weight classes in the masters 40-46 age group. In the 47-53 division, Ken Snell, deadlifted a World Record 460 lbs., which entitled him to the best deadlifter award. Dave Johnson set a state record in the 148s with a 325 pull. Jim Lynch kept up with his two sons, Shelby and Ray, by also winning his class. Big Michael Cain pulled a state record 605 lbs. to win the superheavy class. State records were set by Louie Casanova and Patrick Fay in the 54-60 division, and Miguel Ruiz won the 259 lb. class. Don Braverman set a state record with a 445 lb. deadlift in the 242 lbs. class, 61-67 division. Tommy Trevorah won the 68-74 division with a 430 pull in the 198s, and Fred Cummings set a state record in the 220 lb. class with a 175 lb. deadlift. In the law and fire division, Joe Rinaldo established a state record in the 259 lb. open class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, Patrick Fay pulled a 545 state record. A special thanks to Louis Baltz, All American Gym, Junk Yard Dogg, Gearman Nutrition, House of Pain, BJ Stigall, Nate Dunham, Tim Calhoon, Ann Silk, Brian Silk, Michelle Lucas, Jimmy Vessels, Johnny Best, Tom O'Donnell, Steve Beck, Ellen Trevorah, Gus Rethwisch, and all the lifters and spectators who make these meets possible. (Thanks to Ken Snell, All American Gym, for providing the results)



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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	
Street Address				Club Name
City		State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

**Registration Fee:**

Adults \$25

Teens \$15

Make checks payable to and mail to:

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Golden Valley, MN 55427

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

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

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

Signature \_\_\_\_\_

**USAPL Longhorn Open**  
19 NOV 05 - Austin, TX

	SQ	BP	DL	TOT
WOMEN				
97 lbs.				
Teen I				
M. Fowler	132	104	209	446
Teen II				
A. Cordova	248*	93	259	600
J. Jaynes	203	132	259	595
105 lbs.				
Teen I				
M. McDonald	176	77	154	407
K. Zantjer	165	71	148	385
Teen II				
A. Sandlin	187	93	187	468
114 lbs.				
Open				
B. Harshaw	226	82	253	562
Teen I				
B. Parker	176	71	176	424
Teen II				
J. Lundstrom	187	93	209	490
Teen III				
C. Kerley	159	77	198	435
123 lbs.				
Open				
S. Stone	275	148	286	711
R. Riffe	220	121	237	622
Teen I				
J. Hase	270	126	275	672
J. Harratt	181	77	192	451
Teen II				
Youngblood	203	115	231	551
132 lbs.				
Open				
K. Kana	226	110	242	578
Master I				
T. Kemper	275	170*	341	788
Teen I				
T. Hartley	203	99	220	523
S. Salinas	242	148	275	666
A. Baum	220	115	220	556
148 lbs.				
Open				
S. Thomas	308	126	380	815
Y. Beasley	264	165	314	744
Teen I				
D. Marin	303	137	319	760
165 lbs.				
Teen				
E. Fitzpatrick	270	143	275	666
Teen II				
G. Martinez	303	143	303	749
181 lbs.				
Teen I				
K. Bryan	—	121	275	396
Teen II				
C. Cason	275	154	319	749
198 lbs.				
Open				
S. Sebastian	402	214	424	1041
Master VI				
D. Rawe	143*	77*	242*	463*
UNL				
Open				
D. Shirley	330	248*	385	964*
Teen II				
S. Rosales	352	154	264	771
MEN				
114 lbs.				
C. Messimer	264*	148*	303*	716*
123 lbs.				
Teen II				
N. Reinert	—	248*	—	248
132 lbs.				
Master I				
K. Jones	407	248	402	1058
148 lbs.				
Open				
J. Padro	424	264	556*	1245
Master II/Open				



The Holloways - Warren, Lauren, Chris at SLP's "The Last One" Bench Press/Deadlift Championships in Tuscola, Illinois. (Dr. Latch photos)

**SLP "The Last One"**  
31 DEC 05 - Tuscola, IL

BENCH	181 lbs.	
WOMEN	J. Wood	385
Teen (13-15)	308 lbs.	
148 lbs.	J. Welker	225
L. Holloway	155*	Open
Teen (18-19)	198 lbs.	
148 lbs.	R. Mann	275
R. Gaze	135	
MEN	M. Gugino	—
Novice	220 lbs.	
165 lbs.	D. Schrock	230
L. Lenhardt	242 lbs.	
275 lbs.	E. Ruff	320
McNealy, Jr.	275 lbs.	
4th-245	308 lbs.	
Teen (16-17)	M. Rose	540
181 lbs.	DEADLIFT	
T. Lenhardt	200	
Teen (18-19)	WOMEN	
Master (50-54)	220 lbs.	
148 lbs.	A. Rhodes	285*
Junior	MEN	
242 lbs.	C. Holloway	300
Novice	165 lbs.	
275 lbs.	J. Lenhardt	390*
E. Powers	198 lbs.	
R. Finney	242 lbs.	
Submaster	J. Olive	405*
Submaster	242 lbs.	
J. Olive	T. Roesch	640*
220 lbs.	Open	
W. Holloway	198 lbs.	
Master (45-49)	R. Mann	470
275 lbs.	242 lbs.	
M. Aydt	E. Ruff	470
Master (50-54)	4th-505	
275 lbs.	275 lbs.	
J. White	330	
Master (55-59)	D. Vice	475
=Son Light Power Illinois state records.		
Best Lifter Bench: Mark Rose. Best Lifter Deadlift: T.C. Roesch. The Son Light Power		
"The Last One" Bench Press/Deadlift Championship was held at Son Light Power Gym. This represents our sixth annual event which began with the millennium "scare" of 1999 and my seventy-eighth meet of 2005, which is the most competitions ever promoted by an individual. Gee, after twenty-two years of promoting powerlifting events, you would think it was time for my picture on the cover of Powerlifting USA?!		
In the bench press competition Missouri's own Lauren Holloway wowed the crowd with her 155 state record for the 13-15 age class. And the kid is only twelve years old! Robynn Gaze, in her first meet, won at 18-19/148 with 135. In the novice division Justin Lenhardt won at 165 with 440 while Mark McNealy, Jr. took the 275's with 230, followed with a successful 245 fourth. Tracy Lenhardt won at 16-17/181 with 200 while Adam Rhodes won at 18-19/148 with 255. In the junior men's division it was Chris Holloway, lifting raw and finishing with a great 400 @ 242. Eric Powers got a big pr at 275 with 385 while first-timer Ryan Finney finished second with his 320 opener. James Olive had a good day, starting with his win at submaster 148, where he finished with 250. Warren Holloway, also lifting raw, got 385, but a close miss with 400 at 220. Mark Aydt won at 45-49/275 with 385. At 50-54/275 it was John White with 330. For the 55-59 age division Jerry Wood won at 181 with 385, using his old shirt, while Jeff Welker struggled with his opener, finishing with 225. In the open division Mike Gugino failed with his opener of 610 and bowed out		

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**Jerry Wood ... a Midwest Legend in Masters bench pressing for decades, with his 385 @ 55-59/181 lbs.**

of the competition. This left the title at 198 to Rob Mann, who finished with 275. Dennis Schrock, lifting in his first competition, won at 220 with 230, while

Eric Ruff took the 242 crown with 320. Justin Evans looked strong at 275, taking the title there with 430. Best lifter Mark Rose won at 308 with 540. In the deadlift

competition Margie Vincent broke her own Illinois state record at 50-54/220 with 285. Justin Lenhardt won his second title of the day at novice 165 with a new state

record 390 pull! For the submaster division it was James Olive at 148 with 405 and T.C. Roesch taking the title at 242 with 640. Both were new Illinois state records. T.C. was also awarded the best lifter trophy. For the open division Rob Mann won his second title of the day with his personal best 455 while training partner Eric Ruff did the same at 242 with 470. A fourth with a personal best 505 was also good. In the 275 class it was Justin Evans over Dave Vice 500 to 475. Thanks to my son Joey, Nate Phipps, Eric Ruff and Rob Mann, for handling the loading and spotting duties, as well as the other lifters who helped out on the deadlift. See you all next year! (These meet results provided to Powerlifting USA by courtesy of Dr. Darrell Latch)

#### ADFPF Indiana State 20 NOV 05 - Granger, IN

BENCH	C. Dailing	606		
MALE	SQUAT			
K. Herron	412	MALE		
Raw		C. Dailing		
J. Gray	451	511		
DEADLIFT				
MALE	SQ	BP	DL	TOT
G. Burris	429	253	429	1113
E. Evans	423	374	401	1201
J. Whiteman	474	352	500	1327
B. Berryman	463	269	445	1190

Special thanks to Jon and Dick Van Eck, Jon Smoker, Mike Wider, and Chris Mow. Jeff Whiteman had the kind of day lifters dream about, going 9 for 9 with all PR'S, and getting his first 500 deadlift and 1300 total. His bench tied the ADFPF Police/Fire records and his deadlift broke it unofficially. Mike Evans was his usual amazing self in the bench, with a raw 374 at 160 bodyweight. Jon Gray also made a very nice raw bench with a 451 at 235. In an exhibition squat, Chad Dailing made a PR 512 in the 220 class. (Thanks to Anson Wood for providing these contest results)



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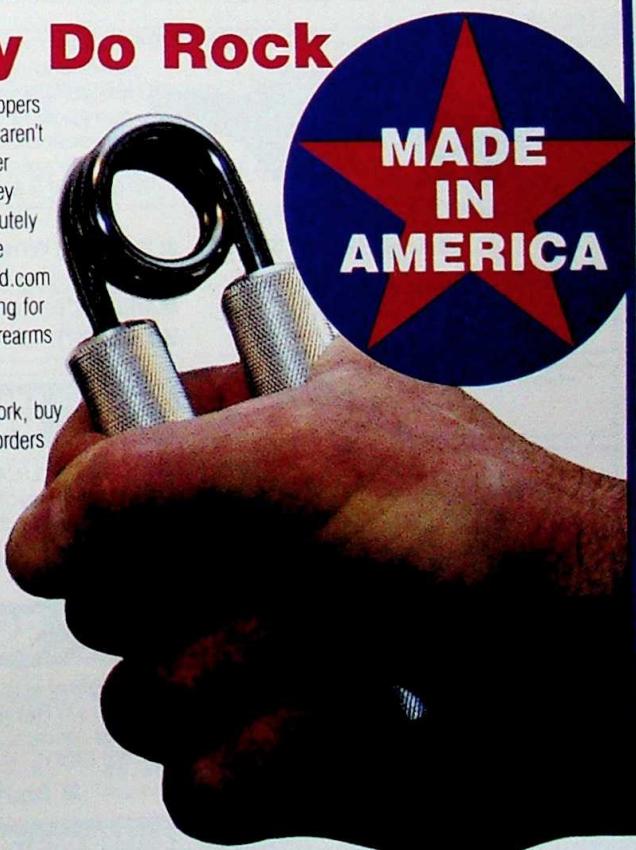
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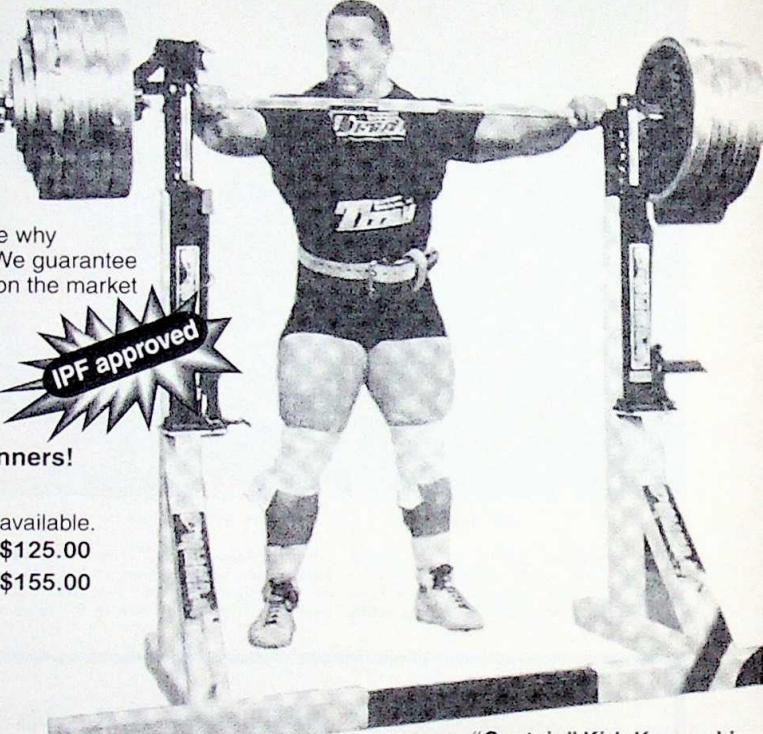
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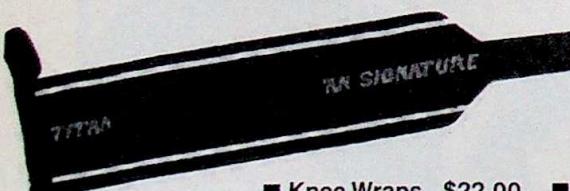
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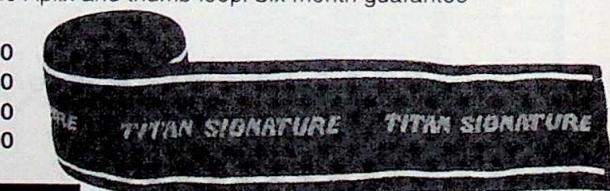
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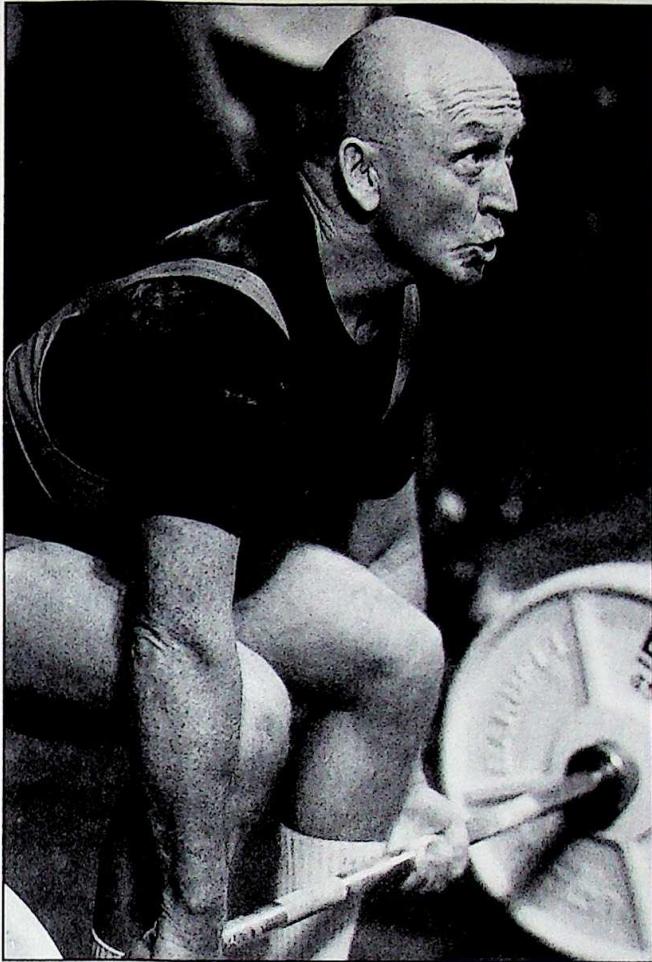
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USPF Central California  
23 OCT 05 - Modesto, CA

BENCH	A. Ramsey	—		
WOMEN	Master (50-59)			
132 lbs.	148 lbs.			
Junior (13-15)	M. Hake	203		
C. LaMantia	66*	308+ lbs.		
181 lbs.	F. Beeler	601*		
Open	L. Contreras	407		
K. Womack	330*!	DEADLIFT		
Junior (13-15)	WOMEN			
M. O'Halaran	159*!	132 lbs.		
Junior (20-23)	Junior (13-15)			
K. Womack	330*!	C. LaMantia 176*		
MEN	181 lbs.			
Junior (13-15)	Junior (13-15)			
132 lbs.	O'Halaran	209*		
M. Molletta	143	MEN		
Junior (16-18)	Junior (16-18)			
132 lbs.	A. Contreras	407		
I. Chicchon	253*	Open		
165 lbs.	165 lbs.			
J. Cummins	253	C. Cements 281		
198 lbs.	242 lbs.			
M. Molletta	314	M. West 534		
X. Rivas	270	Master (50-59)		
220 lbs.	B. Mayock	479		
A. Contreras	286	242 lbs.		
Junior (19-23)	R. Stevens	374*		
220 lbs.	308+ lbs.			
J. Kiss	253	L. Contreras 407		
275 lbs.	Master (60-69)			
J. Rivas	374	242 lbs.		
Open	J. Moore	391!		
220 lbs.				
M. Marriott	385			
242 lbs.				
M. West	418			
308 lbs.				
L. Noa	303			
M. Womack	—			
308+ lbs.				
A. Ramsey	—			
Master (40-49)				
308+ lbs.				
WOMEN	SQ	BP	DL	TOT
198+ lbs.				
N. Ianson	214	181*	270*	666*
MEN				
Junior (16-18)				
198 lbs.				
T. Jimenez	314	253*	424	992
I. Chicchon	236	253*	286	777
Junior (19-23)				
181 lbs.				
M. Mendez	418	286	507	1212
308 lbs.				
K. Pamanian	507	341	496	1344
Open				
165 lbs.				
C. Clements	264	187	281	733
181 lbs.				
L. Nelson, Jr.	270	248	435	953
198 lbs.				
N. Willis	457	308	473	1240
220 lbs.				
J. Combs, Jr.	358	330	391	1080
242 lbs.				
M. West	567	418	534	1521
R. Ingrassia	407	253	501	1162
308 lbs.				
S. Cartwright	—	—	—	—
Master (40-49)				
242 lbs.				
R. Ciano	540	429	611	1581
J. Combs, Jr.	358	330	391	1080
Master (50-59)				
242 lbs.				
R. Stevens	—	—	—	—

=American Records. \*=State Records. Best Lifter Powerlifting Women: Nicki Ianson. Best Lifter Powerlifting Junior: Manuel Mendez. Best Lifter Powerlifting Open: Mike West. Best Lifter Powerlifting Master: Robert Ciano. Best Lifter Bench Women: Kelly Womack. Best Lifter Bench Men: Frank Beeler. Best Lifter Deadlift Women: Catherine LaMantia. Best Lifter Deadlift Men: Mike West. Thanks for all of your valuable help: Steve Denison, National Referee and Meet Director, Chuck LaMantia, National Referee and Announcer, Kelly LaMantia, State Referee and Scorekeeper, Jim Merlino, National Referee, Rob Meulenberg, State Referee, Jason Burnell, State Referee, Mike Koyfus, State Referee, Scott Layman, State Referee, and Mari Asp, Metry Booth. Also the Spotters and Loaders: Modest Barbell Club, and Dave Cumerow. (Thanks to Meet Director, Steve Denison, for providing results)



**IN MEMORY ...** Phil Neyer started powerlifting in 1977, and during his career he won a total of 10 National Masters Championship titles and 2 World Masters Championship titles. In 1987, at the California State Masters Powerlifting Championships, he deadlifted 540 lbs., for a National record. That mark remains on the USPF Masters record books, today, along with 5 other marks in other categories. According to his son, John, a 1995 National Drug Free Powerlifting Champion himself, "I saw my Dad's record lift on VCR. It was an astounding lift. He brought the house down." A teacher in Los Angeles for many years, Phil was born December 22, 1930 and passed away on September 17, 2005 at the age of 75, from the effects of Alzheimer's Disease.



## Application for Registration UNITED STATES POWERLIFTING FEDERATION

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			<input checked="" type="checkbox"/> Y <input type="checkbox"/> N	
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	<input checked="" type="checkbox"/> Y <input type="checkbox"/> N	<input checked="" type="checkbox"/> Y <input type="checkbox"/> N <input checked="" type="checkbox"/> Y <input type="checkbox"/> N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date
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Registration Fee \$25.00

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

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

Signature \_\_\_\_\_

(article continued from pg. 48)

a lower grade creatine monohydrate product for the same money, but that is not what we are about.

**Q:** You also have a multivitamin/mineral formula. Tell us about how it can be applied to the supplementation plan of the hardcore powerlifter.

**A:** Our multi-vitamin product called Multi-Plus was specifically formulated for weight trained individuals. Most multi-vitamin products include a witch's brew of vitamins and minerals many of which are included in such minute amounts as to not be of any consequence to your health or training.

When I formulated

Multi-Plus I reviewed many texts, journals, and did online research and narrowed down the vitamins and minerals to be included to those that I truly felt are of significant benefit to the weight trained individual. I then made sure to include them in significant doses so that their benefits can actually be imparted to the user of our product.

**Q:** One thing that I push with all my athletes is that they should be getting in at least 6 meals per day. With how hectic it can be with a busy lifestyle, that can be a royal pain in the ass. I am a big believer in meal replacement shakes to help make sure that getting in those 6 meals is easy as pie. Tell us a little about your Opticen formula and how powerlifters can incorporate it in their plan?

**A:** Opticen is a truly superior MRP in our opinion. It provides 52g of protein per serving (and we are not talking about a ridiculously large serving size—90g) and 25g of carbohydrates with only 2g of sugars. In addition it includes a broad spectrum of vitamins and minerals.

The protein matrix in Opticen is the same as that in Nitrean (whey, casein, and egg). As I have mentioned this matrix provides for an optimal net retention of ingested protein and concurrent bioavailability of said retained protein. You simply cannot find a better protein on the market today.

Superior protein

content is the most important factor in Opticen's arsenal but far from the only one. If a protein product tastes like crap people won't use it. You won't replace a meal with a gag session. Opticen mixes and tastes as good or better than any product on the market.

**Q:** With the science behind the creation of different supplements what is the future for AtLarge Nutrition?

**A:** Science and the supplementation world is an interesting combination. There is an awful lot of pseudo-science that is bandied about in supplement ads. Too many companies use "big" scientific terms in their ads in the hope of adding some sort of legitimacy to their products.

AtLarge Nutrition uses science in the formulation of our products, but we strive to make sure it is valid science which pertains to human consumption of said products. In other words, we sell what we know works as we claim it does. We strive to be a company on the cutting edge, but only the valid cutting edge.

We would like to see our growth continue in the same explosive manner we are currently experiencing. This continued growth will allow us to become an industry leader which will allow us to help the strength sports (powerlifting and strongman) to grow and become more lucrative to the athletes.

I will see the day when AtLarge

sponsors a strength sports meet which has 6-figure prize money and when the athletes who are on the top of their game will finally receive the financial rewards they so richly deserve.

**Q:** Is AtLarge planning any new formulas?

**A:** We are always looking for the next "big thing" in the sports supplement market. We already have ETS which will be a HIGHLY copied product in the coming months (I guarantee that).

That said, we will NOT release products simply to appear to be cutting edge. We will never offer a product just to have something new and "keep up with the Jones".

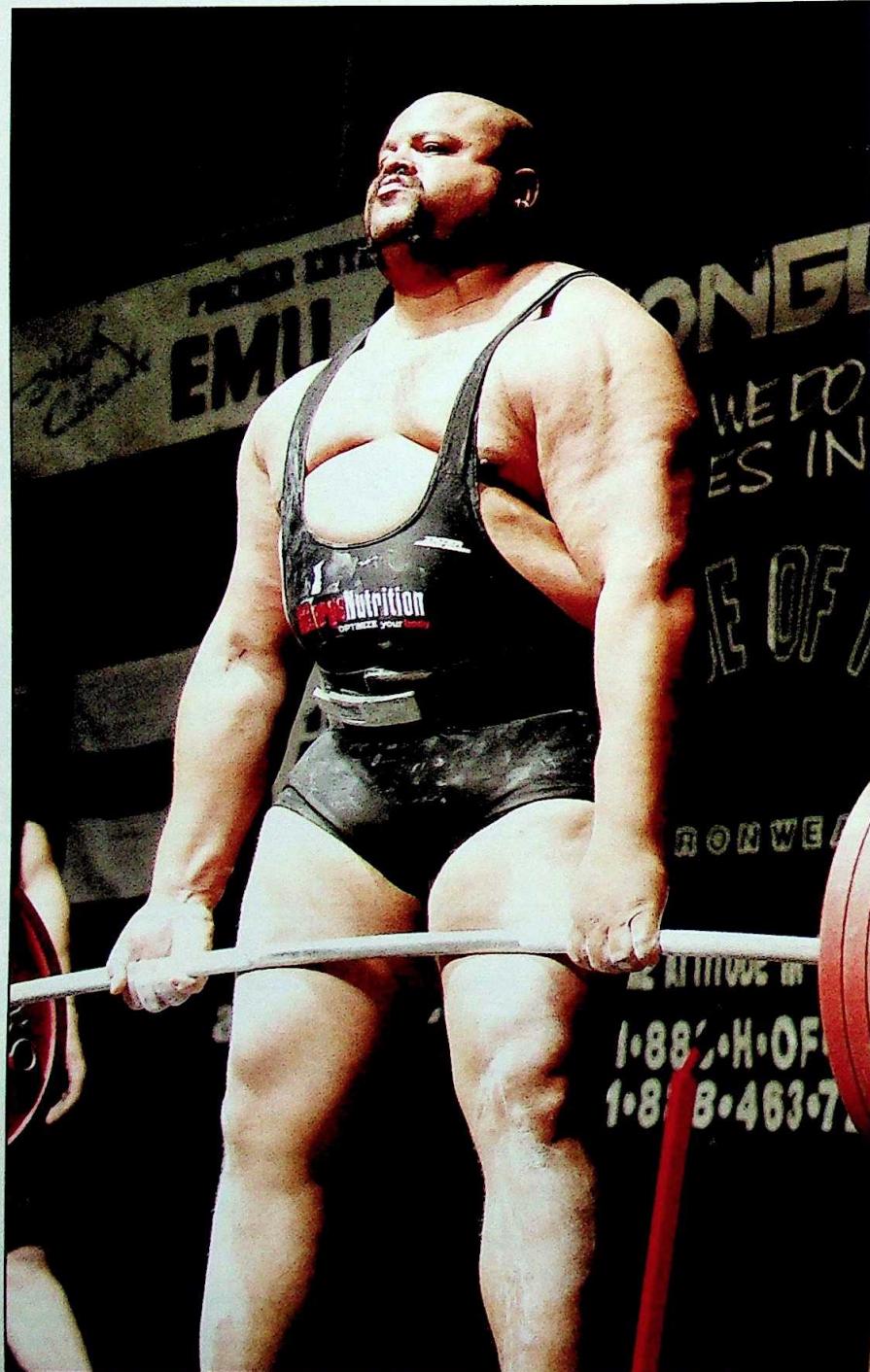
When we find an effective ergogen we will test it and only bring it to market if we are 100% confident in its safety and efficacy.

With respect to what we currently have in the works we have formulated a weight gainer product and a new super-protein product. This new super-protein product will simply be the most effective protein product ever released bar NONE! Of course the cost of the product is quite high to us and it will therefore have to be quite pricey to our customers. We are currently researching the viability of offering such a product at the required price point.

**Q:** In closing I would like to thank you for giving me this interview. I would also like to thank you for contributing so much back to the sport of powerlifting as well as the athletes that make it what it is. Without sponsorship from quality companies like you, many lifters would have a hard time maintaining the amount of supplements they need to stay at the top of their game. Do you have any last words or would like to mention anyone that has helped you along the way?

**A:** I would like to thank you for this opportunity and your readers for taking their time to read this interview. I would also like to thank each and every one of our customers. Without you we are nothing!

I would also like to say one more time that the support of the powerlifting community (i.e. powerlifters buying our products) will be rewarded BIG TIME! As we grow, so will the money pumped back into the sport.



LARGE and part of AtLarge is Brian Oldham, who deadlifted 800 at the WABDL Worlds

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"...I wondered if ETS would enable me to increase the frequency and intensity of my rehab sessions. Well, I'm happy to report that I've made substantial progress in quad strength and size as well as knee stability. I'm training more often with added volume and duration each session."

Kara Bohigian - 148 world record holder in the bench

and deadlift, WPO champion

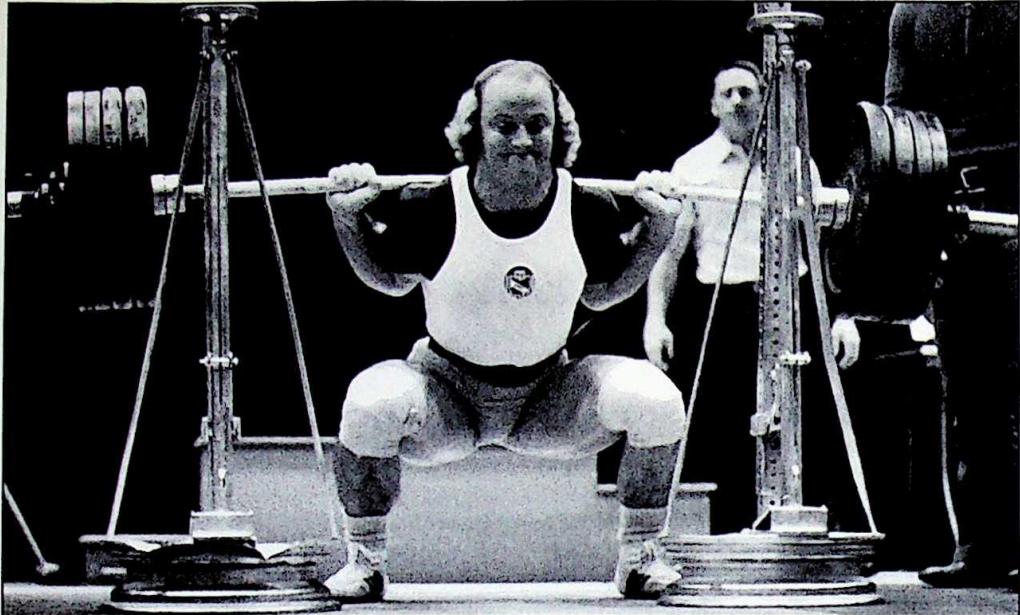
"One protein formula that I like is Nitrean by AtLarge Nutrition. It has the highest biological value as well as the ability to increase nitrogen retention better than all other proteins. This means bigger muscles and better recovery. It also gets into the bloodstream fast with its whey component and then also has a slower released matrix built in with its casein and egg to provide amino acids to your hard working muscles over several hours. Nitrean contains all the essential amino acids and is high in the important branch chain form. It has immune boosting abilities, as well as antioxidant properties. These are just a few benefits of this wonder protein." Anthony Ricciuto

- B.Phed CFT SPN SWM FT SSS

**APF Outlaw Meet**  
**3 DEC 05 - Vancouver, WA**

BENCH	220 lbs.
FEMALE	Master
Master (45)	T. Syouts 420
K. Franks	105 242 lbs.
Master (58)	Open
L. Watson	215 B. Dirk 700
MALE	T. Stark 540
181 lbs.	275 lbs.
Junior	Open
C. Whisler	335 D. Voronov 500
Teen	J. Mcellrath 500
D. Munyon	265 SHW
Open	S. Verduzzo 675
D. Walker	375
FEMALE	SQ BP DL TOT
Teen (13)	
K. Carpenter	225 105 275 605
MALE	
Junior	
148 lbs.	
C. Dingman	165 150 285 600
165 lbs.	
L. Josaitis	645 455 475 1525
198 lbs.	
S. Franks	405 255 480 1140
242 lbs.	
M. Moore	505 365 565 1435
T. Gray	365 185 425 975
275 lbs.	
J. Seath	780 550 670 2000
308 lbs.	
W. Rogers	705 435 505 1645
SHW	
T. Horlitz	605 400 530 1535
Open	
T. Swisher	365 — — 365
275 lbs.	
A. Roerts	905 625 600 2130
B. Rogers	555 550 600 1705
P. Miynarcik	830 600 705 2135
SHW	
W. Carpenter	700 525 600 1825
Master	
275 lbs.	
K. Stewart	815 565 650 2030
308 lbs.	
G. Damminga	765 475 650 1890

It was awesome to see a mother, Kathy Franks, and son lifting. Very cool! Leilah Watson has very consistent lifting, nailing all three lifts. This was Carlin Whisler's first meet using a single poly. I think he's hooked. Donnie Munyon is another great teen that is going to do some damage. Hopefully Don Walker had a good time. He is a good lifter and will be back with 400 soon, I'm sure. It got me excited to see Thomas Syouts hit his 420. He was jacked up getting everyone excited. BJ Dirk did a very clean 700, taking the state record. He'd get 720 easy if he hadn't hit 700 twice. WPO baby! Great guy to top it off. Where are these juniors coming from? Dmitry Voronov lifts were clean watch Matt's deadlift grow, just wait. Todd Gray's lifting was balanced all



**George Crawford has passed away, at the age of 59, following post-operative complications from knee surgery. George was the very first International Powerlifting Federation World Champion in the 165 lb. class, back in 1971, and won the Sr. Nationals twice. Nicknamed "Thunder Thighs" (his legs taped out @ 27"), he was the first man to squat over 600 in the Middleweight division and went on to break the world record in the squat 6 times, ending with a PR of 662. Above, George is squatting at the 1973 IPF World Championships where he set a new WR with 640. (a Jim Pope photograph)**

the way around. Todd's squat depth was amazing. Jeff Seath did 2000 as a junior. What are these kids eating? An Outlaw veteran, Will Rogers, has put almost 300 lbs. on his total since February. Tom Horlitz has the build of a future great. His pull will be something to watch. I see Tom Swisher at every meet, and what intensity! Unfortunately, he had a mishap during bench warm-ups and had to get it checked out. He later returned and was alright. I bet if there was a meet today, he would enter. AJ Roerts is a few inches away from 2200. It is scary to watch the numbers AJ is putting up. His second meet hitting 905 was incredible! Ben Rogers is a class act. He used the shirt twice and hit 500. With a 503 PR, Todd Stark smashed a 540. 600 is coming soon, just wait. Hitting his first 500 in the gym a week before, Josh Mcellrath proved it was no fluke and hit it in the meet. Who knows how far Sal Verduzzo will go. He will be 700+ within weeks. 800? I would

put money on it. It's nice to have some purity among the smelly guys. Karolann Carpenter made us all look good to those watching. I had a chance to talk to Chris Dingman a bit. People like him make this sport have integrity. I looked up the definition of Josaitis. It means freaky strong dude with Ipod. Leon Josaitis hit huge lifts all the way around. Hopefully, Steve Franks wasn't distracted with all the girls at the table staring. Very clean lifting. Steve. His first 3 lift meet, Matt Moore went raw on squats and dead. A 25 lbs. PR on the bench, just wait for the gear war to begin. All the way from the east coast, Peter Miynarcik, what a cool guy. His form is unmatched. Being Metal Militia, what do you expect? It was a pleasure having him here. Great lifter. His first 3 lift meet 2135 WFT! William Carpenter is another cool guy hitting an 1825 total. It was nice bringing him over to our area. Hopefully he will return. Kevin Stewart is a class act. Kevin is

always the first to come up and say hello. I love watching him lift. Depth? Forget about it. Thanks for coming down. Greg Damminga is another Outlaw veteran. Gregg is what powerlifting is all about. His intensity makes you want to get off your butt. His missed attempts were all so close. I can't imagine what the next meet will be for him. Just awesome. (Thanks to William Rogers for providing the results)

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As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/UAWPC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/UAWPC to notify the state chairperson only and the president of UAPC/UAWPC.

**SIGNATURE**

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Address: \_\_\_\_\_

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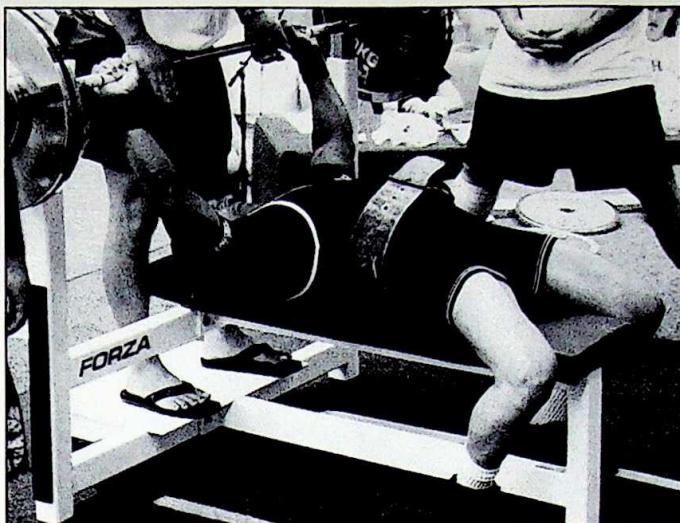


Membership Price \$ \_\_\_\_\_

All memberships expire 12 months from date of purchase.

**USAPL Louisiana Tech Rookie**  
**05 NOV 05 - Ruston, LA**

	SQ	BP	DL	TOT
105 lbs.				
T. Carder	265	185	280	730
E. Ellis	185	125	225	535
132 lbs.				
S. Woods	310	140	295	745
165 lbs.				
K. Everett	435	250	440	1125
K. Nabors	240	90	235	565
181 lbs.				
D. Miller	280	200	295	775
SHW				
T. Walter	390	215	405	1010
A. Wigman	350	215	320	885
MALE				
114 lbs.				
D. Summers	385	240	380	1005
132 lbs.				
S. Caraway	430	205	420	1055
148 lbs.				
Villafanca	475	350	505	1330
M. Reed	400	245	425	1080
C. Accardo	290	225	370	885
165 lbs.				
B. Smoak	385	265	425	1075
L. Corpora	370	260	415	1045
181 lbs.				
S. Meche	530	325	545	1400
198 lbs.				
B. Holmes	580	305	570	1455
J. Jarreau	590	285	550	1425
B. Brooks	465	290	510	1265
220 lbs.				
D. Kitchen	500	290	485	1275
242 lbs.				
D. Bagley	465	300	470	1235
SHW				
J. Arevalo	580	505	580	1665
J. Davis	515	380	555	1450
Meet Director: Zac Cooper. All lifters were collegiate age lifters, ages (17-23). Thanks to USAPL for providing results)				



**WABDL Hawaii Push Pull Meet Director SONNY RONONO** has benched 325, weighing 161, at age 79. (photograph provided to Powerlifting USA courtesy of the WABDL President Gus Rethwisch)

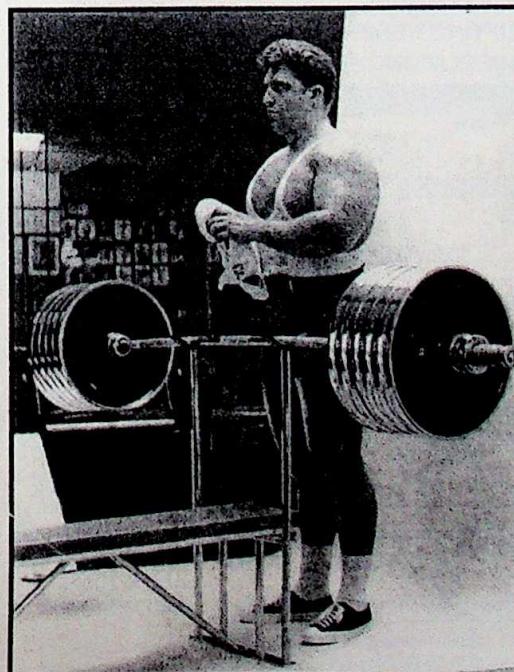
**WABDL Hawaii Push-Pull  
11 JUN 05 - Honolulu, HI**

BENCH	P. Davi	551
WOMEN	259 lbs.	
Disabled	J. Ward	347
97 lbs.	SHW	
K. Todd	88	K. Kekaulike 556*
148 lbs.	Law/Fire	
S. Steinbach	82	Master 940-46)
Junior	220 lbs.	
132 lbs.	C. Nishida	418*
S. Ansberry	132*	242 lbs.
198 lbs.	A. Keanu	490
F. Mangaoang	165*	Law/Fire
Law/Fire	Open	
Master (40-46)	SHW	
148 lbs.	K. Kekaulike	556
L. Anzai	225*	Submaster
Teen (13-15)	242 lbs.	
123 lbs.	F. Wakakuwa	—
S. Rivera	99*	275 lbs.
P. Thomas	71	G. Shibao 518*
Teen (16-19)	Master (40-46)	
E. Ansberry	128	165 lbs.
181 lbs.	S. Kaneshiro	424*
J. Polk	121	G. Espinda
MEN	198 lbs.	—
Class I	Morishima,Jr.	529
148 lbs.	B. Gregory	479
E. Silva	308	W. Omura
165 lbs.	C. Tom-Sun	402
C. Mitsuda	360*	220 lbs.
j. Dicion	369	B. Young
G. Espinda	—	507*
181 lbs.	4th-523	
C. Okimoto	457*	D. Jaggers
198 lbs.	308 lbs.	424
Stranghoener	325*	Cabatigan
220 lbs.	W. Kaaloa	518*
D. Yamada	451	SHW
242 lbs.	J. Mersberg	529*
A. Kimo	462	Master (47-53)
J. Kahula	391	259 lbs.
259 lbs.	R. Kauthola	325*
R. Pactol	501*	SHW
b. Donato	374	L. Kamaka
308 lbs.	Master (54-60)	—
J. Koma	501*	165 lbs.
Disabled	165 lbs.	M. Timbal, Jr.
132 lbs.	181 lbs.	275 lbs.
J. Curtis	121	E. Ansberry
259 lbs.	198 lbs.	314
G. Duff	192	M. Stevens
Junior	242 lbs.	242
132 lbs.	H. Barrett	225
J. Bareng	336*	Master (68-74)
R. Cubi	253	165 lbs.
148 lbs.	Morishima,Sr.	225
S. Silva	341	C. Vause
165 lbs.	Open	225
C. Mitsuda	380*	132 lbs.
198 lbs.	K. Unten	402
Stranghoener	325*	148 lbs.
220 lbs.	J. Imamura	402
N. Pappas	203	165 lbs.
242 lbs.	T. Tom	476*

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<b>USAPL Police/Fire Nationals</b>		
19 NOV 05 - Oklahoma City, OK		
J. Polk	253	K. Quinn, III 562*
MEN		4th-567
Class I		E. Shimomi 551
165 lbs.		Gandeza, Jr. 584
E. Mammano	562*	SHW
198 lbs.		J. Mersberg 501
Stanghoener	457	Master (47-53)
220 lbs.		M. Kelley 380
M. Ako	534	165 lbs.
242 lbs.		D. Kaneshiro 562*
E. Shimomi	551	Master (54-60)
D. Silva	584	181 lbs.
259 lbs.		E. Ansberry 413
B. Donato	523	198 lbs.
R. Pactol	507*	C. DeSoto 540*
4th-534		M. Stevens 523
308 lbs.		220 lbs.
J. Koma	650*	L. Akiyama —
SHW		Master (61-67)
A. Valentin	540	165 lbs.
Disabled		Gandeza, Sr. 446*
132 lbs.		4th-457
J. Curtis	231	Master (68-74)
259 lbs.		165 lbs.
G. Duff	352	Junior
132 lbs.		132 lbs.
J. Bareng	429*	165 lbs.
198 lbs.		E. Mammano 562*
E. Stranghoener	457*	259 lbs.
220 lbs.		B. Donato 523*
N. Pappas	501	M. Elder 650
242 lbs.		Submaster
D. Silva	584*	A. Edralin 418*
259 lbs.		Teen (13-15)
J. Ward	518	H. Lloyd 600
Law/Fire		275 lbs.
Open		220 lbs.
K. Daniels	440*	W. Kaimikaua 363
4th-451		242 lbs.
220 lbs.		B. Kawamoto 622*
A. Iramina	507*	C. Bell 578
4th-518		220 lbs.
242 lbs.		M. LaMarque 661
B. Goda	518	242 lbs.
275 lbs.		R. Kawamoto 622
F. Wakakuwa	—	C. Bell 578
Open		220 lbs.
G. Shibao	518*	M. Elder 650
Teen (13-15)		Submaster
D. Adams	281*	A. Edralin 418*
105 lbs.		Teen (13-15)
C. Valmoja	137*	H. Lloyd 600
181 lbs.		275 lbs.
=World Records. *State Records. (Thanks to Gus Rethwisch for providing the results)		
Simonds. (Thanks to USAPL for the results)		



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**APF MI State/Bench for Cash**  
14 JAN 06 - Harrison Twp, MI

BENCH	A. Vallone, Jr 300
MEN	Master (40-44)
Open	242 lbs.
165 lbs.	A. Vallone, Sr 325
D. Hermans	440* CASH MEET
M. Ryan	365 J. Zemmin 800*
220 lbs.	R. Luyando 755
J. Mireles	450 G. Scott 650
Teen (18-19)	J. Shell 635
308 lbs.	B. Lipinski 600
M. Arman	440* T. Webster 655*
Junior (20-23)	T. Hensley 505*
220 lbs.	C. Tallman 725
R. Mueller	455* J. Martin 510
165 lbs.	

\*=State Records. January 14th 2006 marked the return of Michigan's Bench for Cash meet after a 3 year hiatus. While the number of lifters was smaller than expected, the amount of weight lifted was phenomenal. The first flight was the State meet. David Hermans won best lifter in the open class with a state record 440# in the 165's. Mike Ryan finished 2nd in the 165's with a nice 365 bench. In the 220's, Jose Mireles benched 450 in his first meet. Up and coming Matt Arman hit a state record in the 18-19 age group, with a 440 bench. Matt is still learning his shirt technique and when he gets it down, watch for some nice lifts from this kid. In the Junior class (20-23), Ronnie Mueller sets a state record for the 220's with an impressive 455 bench. He also won best lifter for the Junior/Teen group. Anthony Vallone Jr. lifted in his first meet and hit 300 in the 165 Junior class. He was coached by his dad, Anthony Vallone Sr. won competition for the first time in around 20 years. He ended up with a 325 bench in the 242's. Looks like the son will be catching his father soon! It is always fun to watch the new lifters and the ones returning after long layoffs. This is what keeps our sport growing. On to the Cash part of the meet. The last time this meet was held, Joel Torenzo, sponsored by Inzer, benched an amazing 735 to win it all. This time, nine lifters battled for the top prize but only one would take first place. First place would be determined by bodyweight using the Herb Glossybrenner formula. Joe Martin and Chip Tallman couldn't get a lift in today. Watch for Chip to hit some nice lifts at this year's Arnold Classic. Tim Hensley benched 505 @ 176# for a state record and finished in 7th place. In 6th was Tom Webster who hit 655 @ 350# for a



**John Zemmin cracks his way into the 800 lb. bench press club, weighing 282, at Jim Harbourne's Bench for Cash meet in Michigan**

Junior state record. Tom just missed 700# on his 3rd attempt. Fifth place went to Bob Lipinski who muscled up 600 @ 232.5#. Bob also runs grip strength contests on the west side of the state. Jamie Shell took fourth with 635@289.5# while just hitting his opener. His shirt blew out on his 2nd attempt at 725. Third place went to Ohio's Galen Scott with 650@228.5#. 2nd place went to Rob Luyando with a 755@239# and a National record. Rob, sponsored by Inzer and Nutri-bodies, just missed 770 on his 3rd and is also lifting in this year's Arnold Classic. On to the winner and \$1000 richer after today. If you ever want to watch a lifter psyche up for a lift, John Zemmin is the guy to watch. He can raise any crowd into a frenzy and delivers on the goods when it comes to the lift. He nailed 760 @ 282 on his opener and missed 800 on his 2nd. He took it again for his 3rd attempt and threw it up like a toy. Before this write-up hits the mags, the video of the lift will be posted on the internet so ya'll see how fast and strong the lift was. He tried 830 for a 4th attempt and came within an inch of locking it out. John is now Michigan's 2nd 800# bencher along with Clay Brandenberg. Interestingly enough, both train at Detroit Barbell. Makes ya think

maybe this is a great gym to train in? All day long! The head judge for this meet was World judge Mike Szudarek. I wanted Mike for this job because he is fair but strict and consistent. No gifts would be given with Mike in the head chair and that is what is needed for a credible meet. State chairman Andy Briggs was a side judge along with Martin Howard and JJ Thomas helping out as judges. There were no misleads or dumped bars as Chad Walker, Roger Bailey, and Paul Sazy manned the spotter/loader jobs. This is often the most overlooked job at a meet but probably the most important and these guys did a fantastic job. John Czerwiec manned the admission table to make sure all paid their fair share to watch this event. People sometimes are unhappy about admission fees but this is what helps pay for the venue and everything else included in running a meet. I've yet to find a meet director who paid his mortgage off running meets. The scorers table was in fine hands with Kim Czerwiec and Paul Stratikis running the cards, announcing the lifts and keeping the lifters in the proper order. Chris Harbourne ran the music as the cash lifters each had their own songs to lift to and he had to continually switch out cd's to keep the

sounds booming. I want to thank the sponsors for this meet. Please make sure to visit them and patronize their establishments. Being that our sport is fairly small, it means a lot when sponsors donate product so please repay them by visiting them to say thanks! SportNutrition.com donated a 2# jug of Worldwide Protein powder for all the lifters and Edge Nutrition from Madison Heights, MI. (1411 W 14 Mile Road Madison Heights MI 48071) donated t-shirts and protein powder for the winners of the best lifter awards. Edge has some of the best prices you will find on supplements and a knowledgeable staff that won't try to sell you what you don't need. Check 'em out. The top places in the cash meet also will get a copy of renowned sports author Todd Swinney's latest book. Thanks to Weight Station Gym for allowing me to hold the weigh-ins there. This is one of the few powerlifting friendly gyms around. The benches came from Detroit Barbell which is becoming Michigan's powerlifting Mecca with around 25 different lifters holding state records in the gym. Two 800# benchers in the same gym and the most supportive group of lifters you will find anywhere. If you are serious of powerlifting, you owe it to yourself to make a trip to DBB. I also want to thank Powerlifting USA for providing free mags to the lifters. Have a great year and hopefully the 2007 Bench for Cash will be even bigger. Now its time to train! (Thanks to Jim Harbourne for providing the results)

**IPA Y Nationals/Texas Cup**  
19 NOV 05 - Austin, TX

BENCH	Master (40-46)
WOMEN	220 lbs.
Teen (13-15)	S. Halbert 369
114 lbs.	DEADLIFT
A. Harris	115* MEN
MEN	Open
Master (60-64)	220 lbs.
181 lbs.	A. Jackson 733
L. Cramer	283 275 lbs.
Open	A. Courtney 749
220 lbs.	308 lbs.
C. Martinez	380 C. Saunders 722
GIRLS	SQ BP DL TOT
Teen (13-15)	
123 lbs.	
M. Cook	275* 148* 103* 727*
WOMEN	
Open 165 lbs.	
J. Mills	562 353 507 1422
BOYS	
Teen (13-15)	
123 lbs.	
A. Cook	237 121 226 584
Teen (18-19)	
275 lbs.	
T. Bullock	501 364 551 1416
MEN	
Open	
198 lbs.	
M. Wade	672 485 661 1819
220 lbs.	
R. Nirenberg	430 331 578 1339
B. Finn	463 314 551 1328
242 lbs.	
J. King	622 430 601 1653
275 lbs.	
D. Ortiz Jr.	650 424 540 1614
Master (45-49)	
275 lbs.	
T. Bruner	220 220 746! 1186

!=American Records. \*=State Records. Forty-seven different divisions were contested at the Y-Nationals/Texas Cup. Lifters from the USPF, AAU, APF, APA, IPA, WPO and ADAU and of course the YMCA participated in the come-back meet for this historical event. NASA was successful in blocking or discouraging all their lifters from attending. The fact that the meet was held at all may be successful. From lessons learned, it is tough to combine different competing federations, let alone, raw, single ply and unlimited ply gear. Though many of the rules are the same, philosophical differences will probably prevent powerlifting from ever coming together for one big meet. Lifters were happy with their large gold, silver and bronze plates with the Y logo in the center of the award. As expected, 18 lifters were in their first competition. Most were recruited by Les

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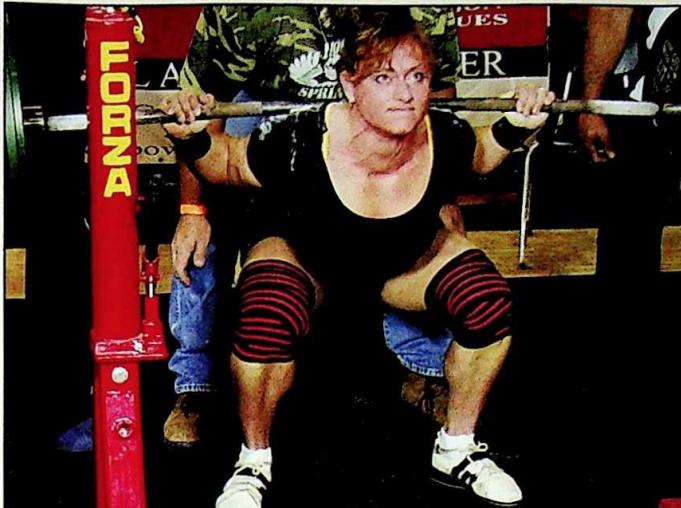
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SIGNATURE X



Jill Mills at the IPA YMCA Nationals (photo courtesy of Les Cramer)

Cramer, the Y meet director. Though all federation lifters were invited, and all federations were offered a free recruiting table, most of the new registered lifters went to the USPF. The YMCA was so pleased with the results of the meet that they scheduled next years meet immediately. Four sponsors and four federations have indicated that they would like to be participants in next years meet. The meet was videoed by Imagine Images and Larry Stephens, the owner and videographer was also the photographer for the still photos. The film was available upon request for instant replay. Only two lifters requested the instant replay, but they did so at the end of their round instead of at the end of their lift. We would like to congratulate the IPA for becoming the first major federation to make instant replay a part of their rules. New Rule for World Bench Press Records: IPA World Records can only be set or broken at the annual world and national meets and any local meet that has a board member judging the attempt. All Open Division, World Record attempts must be videotaped. If the lifter receives one red light out of three judgment lights, the videotape of the lift will be evaluated by all three judges immediately following the attempt. Upon reviewing the tape, if two of the three judges disqualify the lift, the lifter is given another attempt to successfully complete the lift. We also wanted to experiment with a 34" bench grip, but because part of the meet was sanctioned by the USPF, we were unable to use two sets of rules on the platform. Congratulations go out to Troy Ford of the WNPF for being the first federation to officially change their rules to incorporate the 34" bench grip. Though straps were permitted in the deadlift competition, no one choose to use them. The Austin YMCA will further pursue the training and development of young powerlifters when they host their first high school meet in July 2006. A YMCA hall of fame will be introduced at the 2006 meet. Honorary members will be: The class of 1970, all first place winners will be recognized. Nominees for 2006 are: Don Reinhoudt, Rickey Dale Crain, Vince Anello, Lamar Gant, Larry Pacifico and administrative Gary Benford. Now to the lifting. Even though we had two days reserved for the lifting there were only 6 lifters scheduled for Sunday, they were moved into the Saturday session. The first lifts contested were the curls, a part of the power sports division. The lightest lifter was, Michelle Couden at 105#. She took the curl, uncontested, but she missed all of her bench presses as she was lifting in the women's bench press only also. Robin Pearson, a member of the Y Sports power team and her husband, Kevin, is the director of the participating YMCA, and she won the 148# class in the Power Sports Novice division and she also won the bench press and squat in the open division single lift events. Jill Mills, a

former Worlds Strongest Woman winner, from Olympic Gym in San Antonio, Texas was the 'class' lifter of the meet. She normally lifts and trains at a little heavier body weight, but came in at 162# for the Y meet. She made all three of her squat attempts going 507, 525 and 562. She gave everyone a scare in the bench press, missing her first and second attempts with technical problems. She came through like a champion making 353# on her third attempt. She opened with 507 in the deadlift, giving her a 1422# total. Jill was a gracious lifter in the YMCA meet and showed herself to be a true TITAN Champion. In the men's division there were two teenage lifters, both in the 148# class, both were entered in the Power Sports. Eric Gomez took the 14-15 year old division and needed three tries in the bench press to stay in the meet. This was Eric's first competition. Colin Rhodes was on top in the 18-19 year old division of the Power Sports. Also lifting in the 148# class was the YMCA's karate instructor, Caycee Crummer, who at the last minute decided to be part of the team. Caycee really enjoyed himself in taking the Junior division and plans to continue his training as he feels it will benefit his martial arts. John Myrick competing in the Men's open Power Sports did some great lifting in his first competition and took home first in the 181# class. Tim Searles, in the 220# weight class Novice division, showed some awesome lifting and finished first and received the Outstanding Lifters

Award for the Power Sports Event! Marcus Aurelius came in at a body weight of 260#. Marcus is responsible for much of the organization and training of the YMCA lifters. Marcus is a former Gold's Gym Manager from New Zealand and has found his niche since being introduced to powerlifting. Marcus has between 250 and 300 personal clients that he trains at the East Communities YMCA. He competed in the Men's Masters 45-49 Power Sports and the individual squat event. He finished first in both events. There were no light entries in the Men's Open Powerlifting event. Beginning with the 220# class, Brandon Finn was beaten out by teammate, Ron Nirenberg in the 220# class both competed for the Olympic Gym Team. John King won the 242# men's Open division and also was the Outstanding Lifter in the Powerlifting Event. Don Robinson, traveling to Austin from California, lifting in the Masters 50-54 had bad luck in the bench press and was unable to negotiate a total. Philip Delarosa was the 275# winner and was also a Master Lifter, 40 44 from the Olympic Gym team. Ben Goll was the only entry in the Push and Pull Event and so won the event uncontested with some outstanding lifting. The Men's bench only event saw seven competitors. With the great Joe Ladnier from Mississippi showing up to bench some heavy weights. Believe it or not, Joe is now a Master Lifter, but is still one of the top competitors in the Open Division. Joe's mentor, Larry Plumlee and meet director Les Cramer go way back to the early 70's when they were both AAU Chairmen. Joe traveled the distance by car, with his two teenage children Friday night and had benched a 705# opener two weeks before at a WPO meet in Chicago and developed multiple technical problems and was unable to get a 705# passed by the officials at the YMCA meet. Joe lost his gym to Katrina and has been training at home, basically with no spotters. Joe plans on lifting in some full meets during 2006. Todd Robinson came in with his brother Don from California and faired a little better than did Don and benched 374 in the 220# Masters 45-49 age group. Scott Halbert on the YMCA team, in the 220# Bench only, Masters 40-44 won his division with an outstanding 365# raw bench. The lighter divisions saw three lifters: Jeff Enoch at 148#, Chris Jackson at 165# and meet director at 181#. Chris Jackson was entered in the 55-59, 165# division and has only been lifting for a few years but did a nice raw bench with 225#. With Joe Ladnier out of the race, this left the door open for Les Cramer to win the Outstanding Lifters Award for the Bench Press. After lifting and winning the IPA Masters Nationals the week before in York, PA with a 435# squat and a 280# bench in the 181#, 60-64

division he benched 283# at the YMCA meet. The lift would have also broken the longstanding USPF three-lift bench record. Les however was busy with the meet and the coaching duties for the YMCA team and did not take a token squat or deadlift. He did however earn the Texas State Bench record and the YMCA Outstanding Bench award. The Extreme Lifting Deadlift Event was to be held on Sunday. With only one entry by the dead line date the event was moved to Saturday and was held in conjunction with the regular YMCA deadlift event. The prize money was adjusted in direct relationship to the entries and was agreed upon by all lifters at or before the weigh in. There was one prize and that was for First Place by formula. With the late entries there were 4 deadlifters and all of their starting attempts were over 700 pounds. Carlton Saunders opened with 722, with a body weight of 308#. Then came Adrian Jackson with 744, body weight of 213#. The third lifter was Tim Bruner lifting in the 275# division pulled a 746# deadlift. The highest opening attempt was by Aaron Courtney from Wisconsin with a 749.5# pull with a body weight at 260#. At this point the competition stood, Jackson, Bruner, Courtney, and Saunders. None of the lifters made their second or third attempts. Carlton Saunders missed 777# twice, Adrian Jackson missed 788# twice, and Aaron Courtney actually locked out 810# but could not hold the weight and missed it on his third attempt. Bruner did not take a second nor third lift. Thanks to all that helped out and especially to the East Communities YMCA staff for all their support and help during the long meet day. Thanks to Emily for scheduling all the loaders and door help during the day and for loading the bar herself! That is true team spirit. Special thanks to Marcus Aurelius for his endless hours in preparing for this event. Thank you Larry Stephens for providing the photo's and DVD of the meet. House of Pain for their gear display needs a pat on the back for their professional display and to TITAN for supplying the best equipment in the world of powerlifting. The Texas Cup: Eight lifters showed for this USPF sanctioned event, one of which was the meet director. Nine lifters from the YMCA Nationals also competed in the Texas Cup, which brought the total to 17 entries. The USPF sanctioned Texas meets seem to be falling off for some reason. The 2005 Texas State meet had 31 lifters, the 2005 Bench Press and Deadlift Nationals had 14 lifters and the Texas Cup only drew 8 USPF lifters. Mike Wade won the best lifters award in the Men's Open 198# division. He finished with a total of 1819#. Jill Mills lifted at a lighter weight and had an outstanding performance. (Thanks to Les Cramer for these results)



#### Application for Registration

*Office use only, do not complete*

Last Name	First	Initial	New Member	Renewal	Exp. Date
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Street Address	City
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State or Providence	Zip Code	Country
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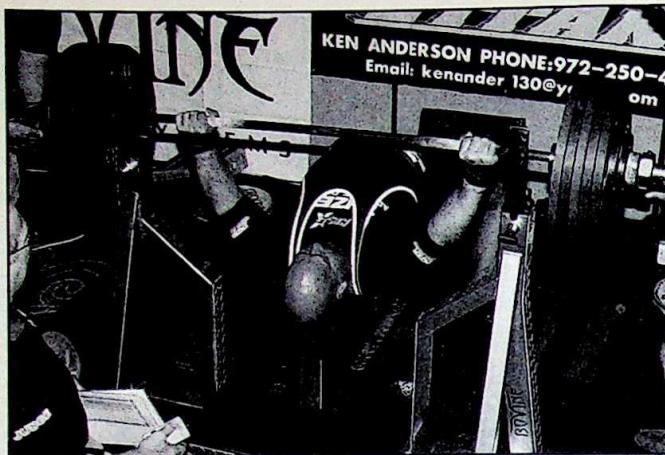
Telephone	Email Address	Date of Birth	Age	Sex
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Pro  Am

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

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

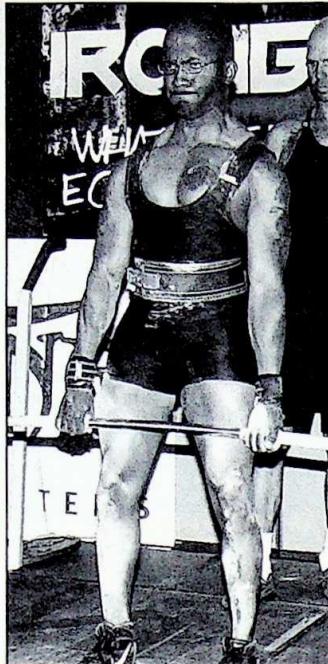
Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.  
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404



**James Hunter** got a 661 bench in Rancho Cordova, weighing just 245. (Photos provided to Powerlifting USA by CSS Photo Design)

### WABDL West Coast Classic 17 SEP 05 - Rancho Cordova, CA

DEADLIFT	Junior (20-25)	Scarborough	369	Junior (20-25)		
WOMEN	198 lbs.	220 lbs.	132 lbs.	N. Riel	540	
Junior	P. Deane	512	WOMEN	E. Ansberry	336	
132 lbs.	V. Karpenko	512	Junior	J. Sheffield	705*	
S. Ansberry	309	M. Minahan	440	220 lbs.	Submaster (34-39)	
Law/Fire	220 lbs.	198 lbs.	L. Vaterlaus	D. Marba	440*	
Master (40-47)	A. Clayton	551	188*	Master (61-67)	165 lbs.	
123 lbs.	309+ lbs.	123 lbs.	4th-501*	A. Divila	445	
Christopher	225	L. Scott	374	181 lbs.	D. Covello	170
Law/Fire	4th-402*	Christopher	126	242 lbs.	D. Russo	353
Open	Law/Fire	Master (40-46)	220 lbs.	M. Bonifield	314	
123 lbs.	Master (40-47)	D. Brown	159	Master (68-74)	309+ lbs.	
Christopher	309+ lbs.	114 lbs.	G. Gibson	R. Bradshaw	705*	
Master (40-46)	D. Schultz	181	480	D. Loves	231	
105 lbs.	545*	309+ lbs.	Teen (13-15)	J. Ketchersid	209	
D. Brown	261*!	E. Womack	—	242 lbs.	J. Minahan III	187
148 lbs.	Master (48+)	—	148 lbs.	J. Peters	209	
S. Maher	325	G. Alves	473	259 lbs.	J. Krachunis	220*!
181 lbs.	4th-485*	A. Sozzi	242*	275 lbs.	J. Leija	196
A. Sozzi	352	Master (40-47)	Master (40-47)	D. Herrera	407*	
4th-376*	275 lbs.	473	473*	Master (75-79)	165 lbs.	
198+ lbs.	M. Burriel	203*	4th-380*	A. Singh	369	
D. Myers	451	1994 lbs.	R. Fornachon	165 lbs.	J. Hunter	661*!
4th-462*!	Law/Fire	S. Vaterlaus	418	181 lbs.	!World Records. *State Records.	
Master (47-53)	Open	—	4th-192*	About 115 lifters showed up for the event, at the ballroom of the Marriott Hotel. The hotel is class, with a good restaurant, a lively lounge, and plenty of good restaurants close by. In the deadlift, Jeff Crow set a California state record 551 at 259 in the Class 1 division. Windell Potier hauled in a nice 479 at 181. In junior men 198, Paul Dean and Vic Karpenko fought it out with a 512, with Dean winning on bodyweight. Arthur Clayton pulled well with 551 at 220. In law/fire master Dennis Schultz pulled a California record 545.5 at super, and Greg Alves pulled a California record 485 at 198 in law/fire 48+. In master 54-60/181, Eric Ansberry pulled a California record 452.8. He put a lot of effort into it and he had a big cheering section. In master 75-79/165, Robert Fonachon set a California record dead of 203.7. James Butler set a California record 110 at 80-84/148. In master women deadlift at 40-46/105, Desirée Brown set a World Record 261, weighing 104. At 181, Annette Sozzi pulled a California record 375.8 and should get 400 sometime in 2006. At 198+, Donna Myers, who is a sheriff and very big, but not fat, about 6'4" and I won't mention her weight. She pulled a World Record 462.7. If Donna stays with it, she could pull 600. In master women 54-60, 93 lb. Sherry Abblett pulled a World Record 190.5 more than twice her weight. She got a huge write-up in her hometown paper. She should do a triple bodyweight deadlift before her career is over. Still in master women 54-60/148, Susan Box set a California record 170.7 and at 165, Judith Petray set a California record weighing 161. In submaster 220, Al Tortorelli set a California record 622.7. In submaster women 132, Jeanne Watts pulled close to a triple bodyweight dead with a World Record 375.8. In submaster 165, Disarie Spencer set a California record 308.5. Moving onto the bench, in class 1/148, Eric Nahorniak set a Nevada record 341.5. In junior 198, Greg Gibson benched a California record 501, weighing 196. At super, Leo Scott set a California record 473.7. In junior women 198, Laruen Vaterlaus set a California record 188.3. In law/fire master 48+, Greg Alves set a World Record 407.7 at 198. He had a big support group of about 6 lifters that inspired him. In law/fire open, Manny Burriel set a California record 435 at 275. Manny has been on the comeback trail for about two years. In master 40-46/165, Ulisses Jara set a California record 315.1. At 275, Rich Ludlam set a larger than average California record 633.7. Rich has got his shirt dialed in and expects to hit 700 in a year. In master men 47-5/181, Edgar Martinez set a California record 385.7. Edgar is formerly from Guatemala. In master 54-60/220, Dave Marba set a California record 440.7. In master 68-74/259, JP Krachunis set a World Record 220.2. JP is a former pro wrestler who was in the ring for 30 years. In master 68-74/275, Danny Herrera set a California		
199+ lbs.	Law/Fire	Master (54-60)	Master (48+)	J. Hedman	325	
S. Valerius	270	97 lbs.	198 lbs.	A. Salhotra	303	
Master (54-60)	Open	Master (47-53)	198 lbs.	J. Arnold	314	
97 lbs.	242 lbs.	D. Tallerico	97 lbs.	220 lbs.	A. Contreras	259 lbs.
S. Abblett	187	Master (47-53)	S. Abbati	220 lbs.	J. Hunter	661*!
4th-190*!	4th-190*!	D. Abblett	73	181 lbs.	!World Records. *State Records.	
148 lbs.	G. Stevens	454	4th-74*!	About 115 lifters showed up for the event, at the ballroom of the Marriott Hotel. The hotel is class, with a good restaurant, a lively lounge, and plenty of good restaurants close by. In the deadlift, Jeff Crow set a California state record 551 at 259 in the Class 1 division. Windell Potier hauled in a nice 479 at 181. In junior men 198, Paul Dean and Vic Karpenko fought it out with a 512, with Dean winning on bodyweight. Arthur Clayton pulled well with 551 at 220. In law/fire master Dennis Schultz pulled a California record 545.5 at super, and Greg Alves pulled a California record 485 at 198 in law/fire 48+. In master 54-60/181, Eric Ansberry pulled a California record 452.8. He put a lot of effort into it and he had a big cheering section. In master 75-79/165, Robert Fonachon set a California record dead of 203.7. James Butler set a California record 110 at 80-84/148. In master women deadlift at 40-46/105, Desirée Brown set a World Record 261, weighing 104. At 181, Annette Sozzi pulled a California record 375.8 and should get 400 sometime in 2006. At 198+, Donna Myers, who is a sheriff and very big, but not fat, about 6'4" and I won't mention her weight. She pulled a World Record 462.7. If Donna stays with it, she could pull 600. In master women 54-60, 93 lb. Sherry Abblett pulled a World Record 190.5 more than twice her weight. She got a huge write-up in her hometown paper. She should do a triple bodyweight deadlift before her career is over. Still in master women 54-60/148, Susan Box set a California record 170.7 and at 165, Judith Petray set a California record weighing 161. In submaster 220, Al Tortorelli set a California record 622.7. In submaster women 132, Jeanne Watts pulled close to a triple bodyweight dead with a World Record 375.8. In submaster 165, Disarie Spencer set a California record 308.5. Moving onto the bench, in class 1/148, Eric Nahorniak set a Nevada record 341.5. In junior 198, Greg Gibson benched a California record 501, weighing 196. At super, Leo Scott set a California record 473.7. In junior women 198, Laruen Vaterlaus set a California record 188.3. In law/fire master 48+, Greg Alves set a World Record 407.7 at 198. He had a big support group of about 6 lifters that inspired him. In law/fire open, Manny Burriel set a California record 435 at 275. Manny has been on the comeback trail for about two years. In master 40-46/165, Ulisses Jara set a California record 315.1. At 275, Rich Ludlam set a larger than average California record 633.7. Rich has got his shirt dialed in and expects to hit 700 in a year. In master men 47-5/181, Edgar Martinez set a California record 385.7. Edgar is formerly from Guatemala. In master 54-60/220, Dave Marba set a California record 440.7. In master 68-74/259, JP Krachunis set a World Record 220.2. JP is a former pro wrestler who was in the ring for 30 years. In master 68-74/275, Danny Herrera set a California		
S. Box	165	4th-170*	Christopher	128	242 lbs.	
165 lbs.	309+ lbs.	Submaster	242 lbs.	D. Talerico	380	
J. Petray	264	407	165 lbs.	275 lbs.	4th-315*	
4th-270*	181 lbs.	Master (54-60)	D. Spencer	94	165 lbs.	
M. Evans	143	E. Ansberry	452*	M. Burriel	435*	
Open	198 lbs.	Teen 913-15	181 lbs.	D. Schultz	—	
105 lbs.	K. Kirk	363	181 lbs.	Master (40-46)	Master (40-46)	
D. Brown	281	O'Halloran	148*	242 lbs.	4th-315*	
Submaster	E. Hasbrouck	303	165 lbs.	D. Talerico	380	
132 lbs.	Class 1	148 lbs.	181 lbs.	275 lbs.	4th-315*	
J. Watts	165 lbs.	E. Nahomia	336	B. Levering	473	
165 lbs.	165 lbs.	336	220 lbs.	4th-315*	165 lbs.	
R. Fomachon	198	4th-341*	220 lbs.	U. Jara	303	
4th-203*	198 lbs.	J. Arnold	314	181 lbs.	MEN	
D. Spencer	264	Master (80-84)	198 lbs.	M. Hatfield	—	
4th-308*	148 lbs.	F. Wagner	341	D. DeGennaro	402	
MEN	J. Butler	110*	220 lbs.	424 lbs.	424 lbs.	
Class 1	Open	F. Salinas	402	A. Clayton	374	
148 lbs.	165 lbs.	T. Annotti Jr.	303	275 lbs.	424 lbs.	
E. Nahomia	424	T. Adams	606	R. Ludham	833*	
181 lbs.	4th-634*	242 lbs.	309+ lbs.	309+ lbs.	309+ lbs.	
W. Pollar	479	J. Laija	468	J. Sheffield	—	
P. DaSilva	48	J. Gaudem	407	Master (47-53)	Master (47-53)	
220 lbs.	220 lbs.	R. Budd	402	407 Master (47-53)	407 Master (47-53)	
T. Annotti Jr.	424	A. Torotelli	518	402 E. Martinez	385*	
242 lbs.	4th-622*	J. Perez	402	402 E. Martinez	385*	
D. Talerico	523	D. Talerico	380	220 lbs.	220 lbs.	
259 lbs.	Teen (13-15)	V. Shaw	462	D. Martinez	418	
J. Crow	551*	J. Crow	435	242 lbs.	242 lbs.	
309+ lbs.	132 lbs.	308 lbs.	435	G. Stevens	347	
L. Contreras	407	J. Scarbrough	225	J. Minahan	523	
165 lbs.	Teen (16-19)	A. Alex	451	523 L. Contreras	429	
165 lbs.	Teen (13-15)	309+ lbs.	309+ lbs.	429 L. Contreras	429	



**Tobias Adams** hauled 634 @ 165



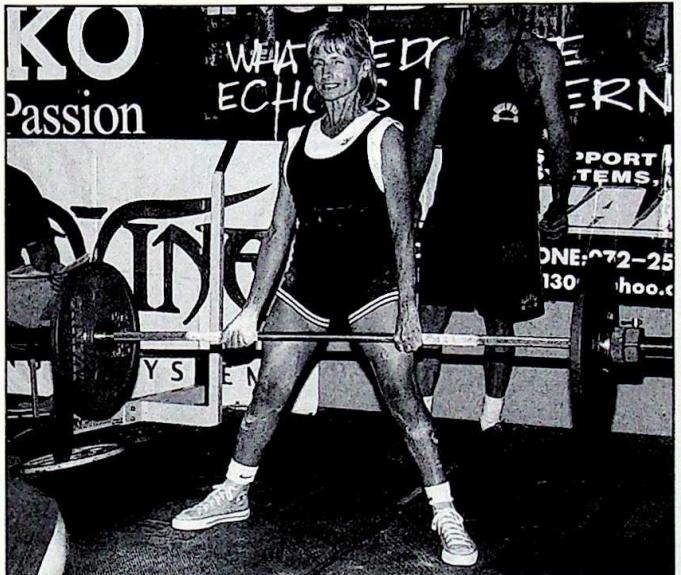
**Desirée Brown** in the process of pulling a WABDL WR with 261.

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Sheri Abblet excelled pulling more than double her bodyweight.

record 192.7, weighing only 116, and that's pretty good weight for a 15 year old. In teen 16-19/165 Amandeep Singh was impressive with a California record 380. In teen women 13-15/181, Margot O'Halloran set a California record 148.7. I want to thank Jim Presley who helped organize the trophies as well as unboxing them. His wife, Peach, and his sister Betty, also helped unbox and organize trophies as well as sell tickets and t-shirts. Mike Moore and Jim Sheffield brought a bench and helped judge. Dave Freeland was responsible for the warm-up weights. Ken Anderson was also a judge. I want to thank our sponsors, Bret Mikesell of Iron Gladiator Distributors of Inzer Gear, Ken Anderson of Titan, Rich Brewer and Susan Jackson of House of Pain, Keith Lm of CSS Sports Photos, Matt LaMarque of Bovine Strength Systems,

Mike Lambert of Powerlifting USA, who gives WABDL great coverage, Neal Spruce, Odd Haugen and Jim Starr of Apex Fitness Group, Jim Wendler, and Dave Tate of Elite Fitness Systems. Gus Samuelson and Mike Rockoff of Universal Nutrition, Shawn Madere of GLC Direct, the best joint formula on the planet, and Chet Groskreutz of Ivanko Barbell. (Thanks to Gus Rethwisch of WABDL for results)

#### ADAU Central PA Open 22 OCT 05 - Bigler, PA

	WOMEN	SQ	BP	DL	TOT
105 lbs.	Zimmerman	150!*	90!*	200!*	440!*
N. Kinard	125	70	195	390	
114 lbs.	D. Huegel	—	—	—	—
					165 lbs.

A. Schriempf	165	70	265	500	R. Lee	—	—	—	—	
MEN					220 lbs.					
114 lbs.	C. Amstone	100!	50!	105!	255!	T. Bollig	—	—	—	
		4th-BP-52.5			242 lbs.					
148 lbs.	N. Amstone	75	36	100	211	J. Ferguson	651	578	705	1934
P. Griffith	355!*	230!*	365	950!*	M. Fornecier	358	314	501	1173	
D. Ruhl	250	195	370	815	R. Tinney	—	—	—	—	
165 lbs.	R. Spaniel	315	310	405	Master (55-59)					
Bookhammar	250	285	400	935	181 lbs.					
181 lbs.	L. Stires	470!*	330	530	P. Boutte	584	331	501	1416	
1330!					Class I					
D. Teeter	475	310	535	1320	198 lbs.					
D. Swingle	300	220	460	980	A. Bell	534	402	523	1459	
N. Heberl	275	265	405	945	242 lbs.					
198 lbs.	S. Hough	480	350	535	M. Dorman	529	501	518	1548	
D. Thompson	330	245	440	1015	242 lbs.					
W. Mason	225	330	350	905	J. Holland	473	275	601	1349	
D. Thompson	270	230	400	900	275 lbs.					
E. Krause	275	185	360	820	C. Radcliff	441	380	424	1245	
220 lbs.	B. Bayer	535!*	245!*	550!*	High School					
1330!	E. Barnbas	405	320	525	1250	123 lbs.				
Schrecengast	405	335	450	1190	C. Doguel	242	170	275	687	
J. Caola	315	260	—	—	J. Christensen	446	270	446	1162	
242 lbs.	B. Keener	535	360	600	1495	181 lbs.				
C. Border	490	330	555	1375	A. Kling	451*	226	435*	1112	
J. Furnell	450	330	565	1345	220 lbs.					
C. Crider	440!*	335!*	65	840	D. Roark	—	—	—	—	
275 lbs.	D. Raybuck	575	360	610	*=State Records. (Results Seguin Fitness)					
M. Minnifield	475	335	500	1310	USAPL 13th Ketchikan					
J. Wilbus	405	325	475	1205	3 DEC 05 - Ketchikan, AK					
C. Miller	350	350	405	1105	FEMALE	SQ	BP	DL	TOT	
319 lbs.	P. Tompkins	500	340	530	1495	123 lbs.				
R. Jeffrey	425!*	315!*	510!*	1370	E. Harney	170	75	230	475	
1250!	J. L. Zimmerman	130	—	—	T. Gregg	170	120	205	495	
!=American Age Records. *=PA Age Records. Outstanding Woman Lifter: Adrienne Zimmerman. Outstanding Men's Lifter: Lenny Stires. (courtesy of Al Siegel)				181 lbs.						
				M. Bruce	165*	90*	235*	490*		
				MALE						
				132 lbs.						
				D. Mann	155	—	300	455		
				148 lbs.						
				D. Gregg	415*	230	430*	1075*		
				198 lbs.						
				P. Stack	450	325	570	1345		
				F. Frank	415	275	450	1140		
				Teen						
				114 lbs.						
				J. Peterson	70*	95*	175*	340*		
				181 lbs.						
				T. Winchester	135	225	275	635		
				220 lbs.						
				K. Pearson	200	150	340	690		
				242 lbs.						
				M. Bruce	350	260	400	1010		
				*=State records. This meet saw 11 lifters pushing the iron. There were three first time competitors and six teens lifting. The meet was broken into three divisions, with three female lifters, four male teen lifters, and four male (not teen) lifters. Two teens set Alaska state records: Joseph Peterson at 114, and Margaret Bruce at 181. And, four of them set Ketchikan High School records: Joe and Margaret as well as Elizabeth Harney and Troy Winchester. Doug Gregg set three state records on his way to best male lifter of the meet. He had a Wilks age formula total of 943, a personal best. Thanks go to our volunteers: Mary Gregg with Arlindo and Lisa Machado on the podium; William Bates, Dave Smith, and Bob Hewitt spotting and loading; referees Julie Slanaker, Bob Hewitt, and Bill and Deborah Harney; and meet director Doug Gregg. Thanks also to our sponsors: Floyd's Carpentry, Get Fit Stay Fit Gym, and Ketchikan Parks and Recreation. (Results by Doug Gregg)						

#### APF Southeast Challenge 30 JUL 05 - Vidor, TX

BENCH	181 lbs.			
MALE	J. Burdette	529		
Open	220 lbs.			
181 lbs.	C. Matthews	688		
J. Burdette	507	242 lbs.	435	
220 lbs.	B. Grant	435		
D. Bell	363	SQUAT		
242 lbs.	MEN			
E. Wright	—	Open		
275 lbs.	C. Matthews	683		
J. Laskowski	—	220 lbs.		
DEADLIFT	242 lbs.			
MALE	C. Garcia	655		
Open	Master			
148 lbs.	242 lbs.			
J. Scott	534	C. Garcia	655	
WOMEN	SQ	BP	DL	TOT
Open	114 lbs.			
C. Kelly	259*	93	264*	616*
High School				
114 lbs.				
A. Harris	214	105	198	517
MEN				
Open				
181 lbs.	D. Cagnolatti	661	463	540
C. Helton	501	407	523	1431
198 lbs.				

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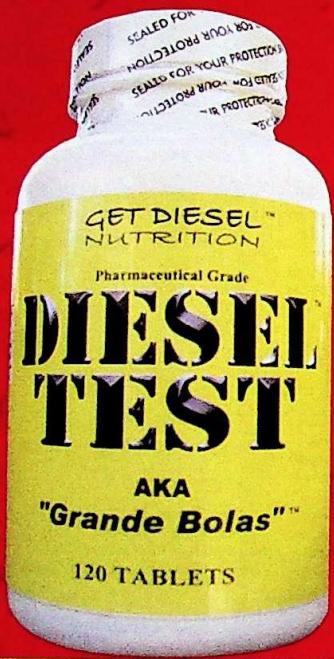
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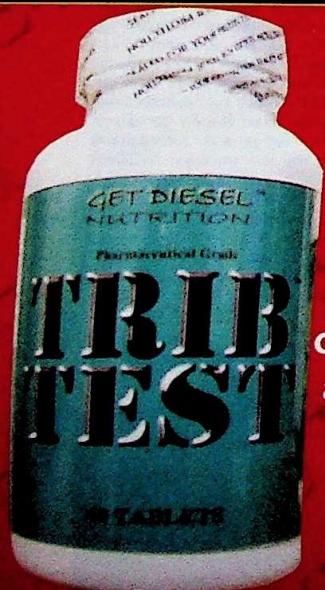
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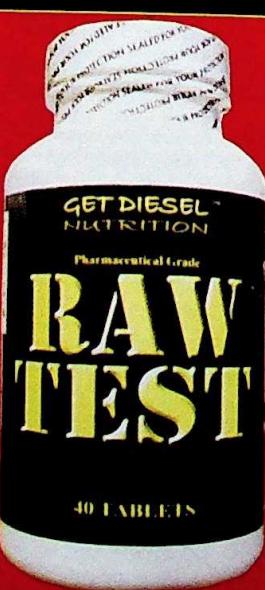
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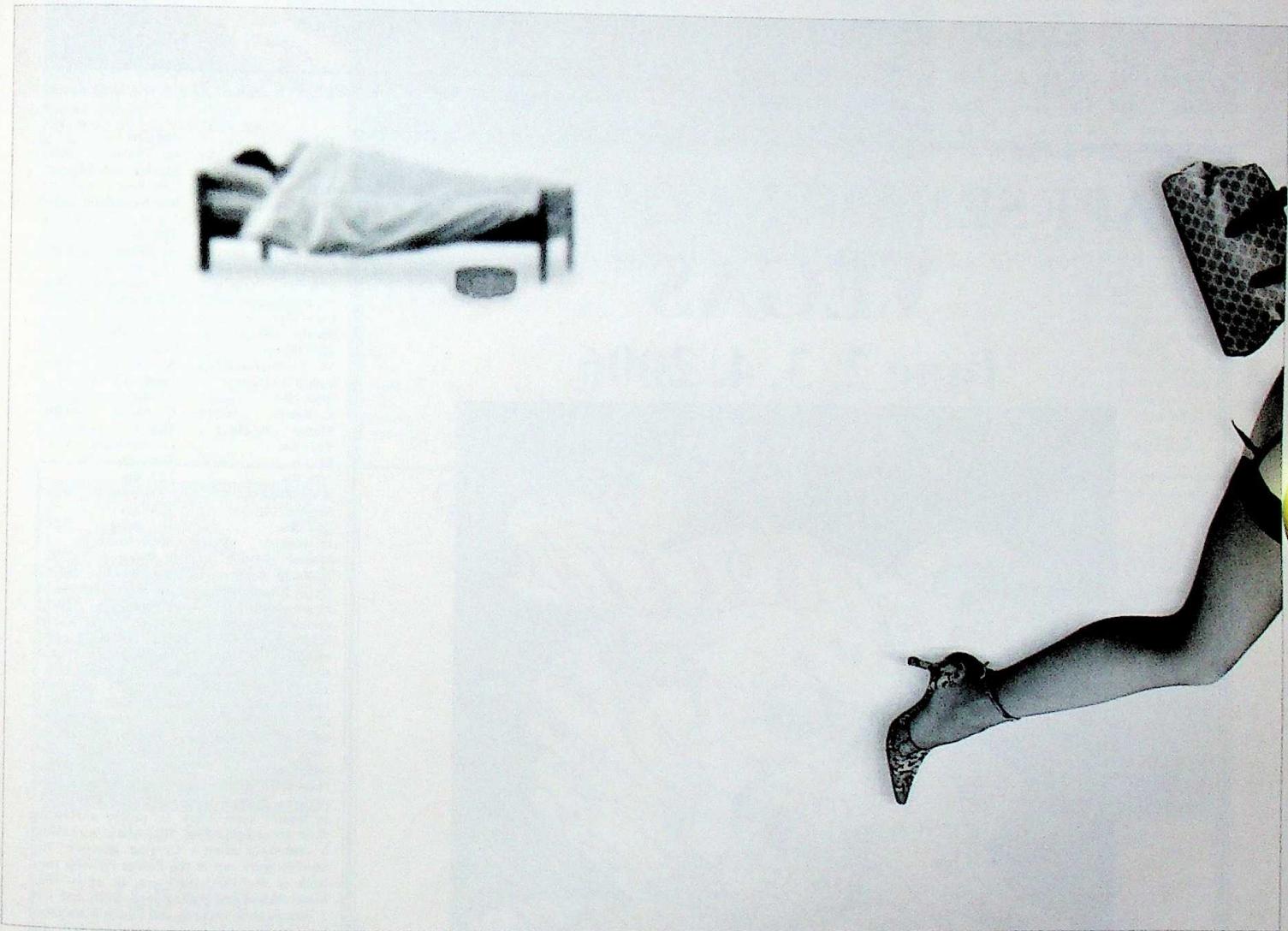


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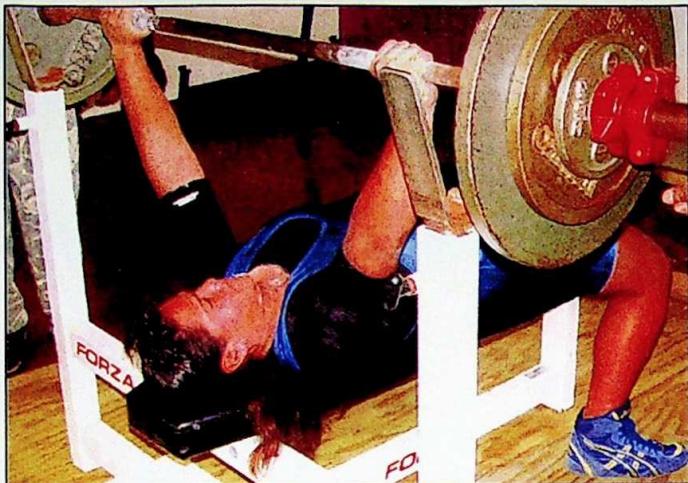
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**WABDL Hawaii State**  
24 SEP 05 - Waimanalo, HI

BENCH		4th-473*	259 lbs.	Teen (13-15)
WOMEN		220 lbs.	M. Rapoza 501*	97 lbs.
Open		C. Holona 435	C. Akina	88
132 lbs.		242 lbs.	Cabatingan 551*	105 lbs.
J. Quinn	121	J. Kahula 424	W. Kaaloa —	105 lbs.
Submaster		259 lbs.	Master (47-53)	181 lbs.
114 lbs.		J. Swope 363	H. Munro 385	121 lbs.
C. Baqui	66	309+ lbs.	L. Kamaka 507*	Teen (16-19)
132 lbs.		K. Reich —	Master (54-60)	123 lbs.
J. Quinn	121*	Junior (20-25)	181 lbs.	148 lbs.
165 lbs.		148 lbs.	M. Timbal 264	148 lbs.
D. Adams	159*	E. Silva 314	Master (68-74)	165 lbs.
Teen (13-15)		198 lbs.	T. Tom 479*	181 lbs.
97 lbs.		E. Solidum 358*	Master (47-53)	97 lbs.
C. Tavares	44	Law/Fire	225	DEADLIFT
199+ lbs.		Master (40-47)	Open	WOMEN
R. Nahara	275	C. Nishida 413	123 lbs.	Junior
4th-286!*		Law/Fire	V. Akina 209	123 lbs.
MEN		Submaster	165 lbs.	D. Nakamura 225*
Class 1		N. Nip 490*	T. Tom 479*	Master (47-53)
148 lbs.		Master (40-46)	242 lbs.	97 lbs.
E. Silva	314	181 lbs.	Ronoimoana 540	K. Arakawa 214!*
M. Thomas	303	M. Lo 352	Submaster 934-39	Submaster
198 lbs.,		198 lbs.	132 lbs.	105 lbs.
I. Gilman	468	W. Omura 62	R. Oshiro 209*	C. Baqui 203
		A. Edralin	MEN	
		352	Class 1	



*Randolyn Nohara, 14, BPeda WABDL WR 286 at 213 (courtesy Gus)*

# APF SENIOR NATIONALS

## VEGAS

### June 2, 3, 4, 2006

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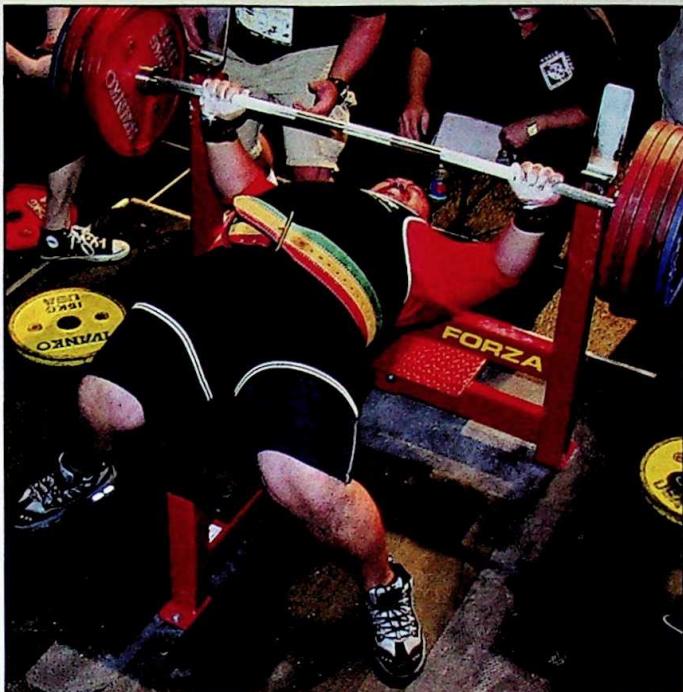
CONTACT: Mark Swank (702) 245-6852  
E-MAIL: the gym lasvegas@earthlink.net

198 lbs.  
I. Gilman 534  
220 lbs.  
D. Decoite 501  
309+ lbs.  
K. Reich 677\*  
Junior (20-25)  
165 lbs.  
E. Mammano 585\*  
198 lbs.  
E. Solidum 479\*  
Law/Fire  
Master (48+)  
220 lbs.  
W. Kaimijaua 330  
Law/Fire/Open  
309+ lbs.  
K. Reich 677\*  
Master (40-46)  
181 lbs.  
M. Lo 462\*  
308 lbs.  
W. Kaaloa 473  
Master (47-53)  
242 lbs.  
H. Munro 529  
Master (54-60)  
J. Bjurgess 507  
!=World Records. \*=State Records. Thirty three lifters competed in this event, held in an elementary school auditorium. World records were set in the deadlift by Karen Arakawa Master 47-53/97, and she topped out at 214. And, in the bench, a World Record was set by Randolyn Nohara in 1-15/198+ with 286.5, and she's only 14! Keoni Reich set a Class 1 Hawaii record in the dead super with 677. Junior records were set by Edwin Mammano at 165 with a very impressive 585, and at 198, Eaal Solidum pulled 479.5 for a Hawaii state record. In junior women, Dyon Nakamura pulled a Hawaii state record 225.7 at 123. In master men, Mark Lo pulled a Hawaii state record 462.7 at 181. Mark is making a comeback after a 13 year absence. He used to work out at the Power Pit with me, back in the 1982-1985 era. In open 123, Keoki Akina was pulling large with 402 for a Hawaii state records and Edwin Mammano hauled in 585 for a state record. In submaster 148, Ata Edralini pulled 446 for a Hawaii record. At 242 submaster, Alexander Arucan pulled a Hawaii record 523.5. In teen 13-15/181, David Nohara pulled a Hawaii record 275. In 16-19, Vernon Keoki Akina pulled a Hawaii record 402. In teen 16-19/220, Aaron Moises pulled a rather large 567.5 for a Hawaii record. And, in super teen 16-19, Joshua Burgess popped a Hawaii state record 507. Moving onto the bench press, Ikaika Gilman set a Hawaii state record in class 1, with 473.7. In junior men, Earl Solidum set a Hawaii record 358 at 198. In law/fire submaster, Nolan Nip was above average with a large 490.5 at 198, which was a Hawaii record. In master 40-46/259, Mark Rapoza put up a 501.5 state record, and at 308, Glenn Cabatingan had the biggest bench in the meet with 551 and a state record to boot. In master 47-53 super, Lule Kanake got a PR and Hawaii state record

507. In open men, Taylor Tom, who has the best arch in history, was huge with 479.5 at 165, for a Hawaii state record. In submaster 132, Reagon Oshiro set a Hawaii record 209. In submaster women 132, Julie Quinn set a Hawaii record 121, and 165 Dawn Adams set a Hawaii record 159.7. In teen men 13-15/105, Chase Valmoja set a Hawaii record 148.7. In teen 16-19, Keoki Akina added to his record collection with a Hawaii state 209 at 123. In 16-19/220, Aaron Moises set a Hawaii record 402 to go along with his Hawaii record 567 deadlift. I want to thank Keith Ward for putting this meet on and flying me out to Hawaii, and giving me a nice beach front cottage to stay in for four days. His local food restaurant is the best, with lots of LauLau, Koluua Pig, chicken long rice, etc. The judges were Ray Verdonck, Kerwin Unten, and myself. Carmella Baquio was the MC. (Thanks to Gus Rethwisch for results)

### WABDL Karl Tyler Classic 10 SEP 05 - Missoula, MT

DEADLIFT		Master 242 lbs.
WOMEN		H. Smith 429
Master (47-53)		Open
198 lbs.		309+ lbs.
H. Oxford	402*	J. Greene 716*
MEN		Submaster (34-39)
Class 1		309 lbs.
181 lbs.		J. Greene 716*
P. Wallace	501*	Teen (13-15)
220 lbs.		114 lbs.
J. Jenkins	446	C. Well 88
M. Salensky	573	4th-99*
		309+ lbs.
		148 lbs.
R. Bunch	308	D. Baldassare 325
Master (47-53)		BENCH
181 lbs.		WOMEN
D. McCarthy	512*	Master (47-53)
309+ lbs.		198 lbs.
R. Bunch	308	H. Oxford 242*
Master (51-67)		Open
165 lbs.		165 lbs.
L. Forbes	303	S. Dutton 178*



Mitch Klindt got a record breaking 562 bench press at the Karl Tyler competition (Photograph provided courtesy of CSS Photo Design)

MEN	242 lbs.	Law/Fire	M. Berleaux 485
Class 1	B. Moretta	Master (40-47)	4th-491*
181 lbs.	380*	275 lbs.	J. Jones 402*
P. Wallace	338	Junior (20-25)	J. Scott 485*
220 lbs.	181 lbs.	Law/Fire	Master (40-46)
J. Jenkins	248	B. Hughes	275 lbs.
M. Salansky	473*	Master (48+)	J. Scott 485
	319*	220 lbs.	309+ lbs.

B. Tripp	578	V. Starkel	276*!
Master (47-53)		Open	198 lbs.
181 lbs.		M. Weil	457
D. McCarthy	303	4th-308*	4th-468
220 lbs.		242 lbs.	
M. Berleaux	485	T. Baldwin	507*
4th-491*		309+ lbs.	
242 lbs.		J. Greene	601
T. Baldwin	507*	M. Kindt	562*
Master (54-60)		B. Tripp	578*
220 lbs.		Submaster (34-39)	
J. Pablo	248	198 lbs.	
Master (61-67)		M. Weil	457
165 lbs.		4th-468*	
L. Forbes	137	242 lbs.	
242 lbs.		J. Pable	303
S. Nummi	303	309+ lbs.	
4th-310*		M. Klindt	562*
Master (68-74)		Teen (16-19)	
242 lbs.		148 lbs.	
H. Smith	341	Baldessarre	275
4th-369*		165 lbs.	
Master (80-84)		M. Menke	275
242 lbs.		4th-266*	

! =World Records. \* =State Records. The event was held at the Karl Tyler Chevrolet Dealership Showroom. An unbelievable crowd of over 400 people showed up to watch 26 lifters put up some good numbers. In the Deadlift Class 1 at 181, Pete Wallace set a Montana record 501.5. At 220, Mark Salansky set a Montana record 584 and a previous Montana record attempt of 573. In master men 47-53, Dave McCarthy set a Montana record 512.5 at 181, which was a very respectable pull since Dave is in the other side of 50. In master women, Holly Oxford was very impressive with a 402 deadlift in master 47-53 198, for a Montana record. In open and submaster, James Greene set a Montana record with a 716 DL in a singlet. In teen 13-18/114, 11 year old Chance Weil set a Montana record 99. Moving on to the bench press in Class 1/181, Pete Wallace set a Montana record 336. At 220, Mark Salansky set a Montana

(continued on page 100)



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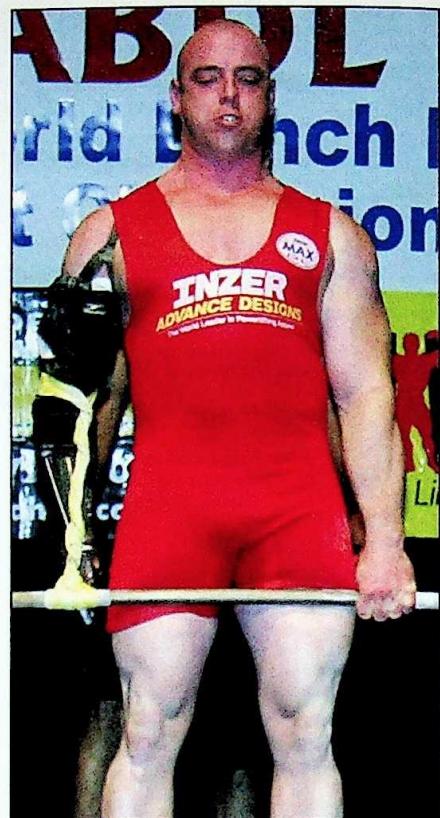
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(cont. from page 99)

record 473.7 with room for 20# more. At 242, Bob Murella set a Montana record 319.5 at 181. In Law/Fire Master 40-47/275, J.D. Scott set a Montana record 485 and was close with 507. In Law/Fire 220/48+, Mike Bertheaux of Colorado set a World Record of 491.6. His previous attempt at 485 was also a World Record. Mike has entered WABDL meets in 9 different states. He's a Sky Marshall. Jeffrey Allen Jones of Nevada set a Nevada record 402 at Law/Fire 220/48+. Jeff is a retired police sergeant who taught defensive tactics as a policeman and is going to open up his own school to teach hotel security, cruise ship security, and teach other forms of law enforcement, how to defend, put handcuffs on, etc. he is originally from Australia and played rugby and boxed as an amateur. He was also a policeman in Hawaii for many years. In master men 47-53/181, Dave McCarthy set a Montana record 308.5 to go along with his 512 deadlift. At 220, Mike Bertheaux set a Colorado record 491.6. At 242, Terry Baldwin set a Montana record 507, and he was as close as it gets with a 523, and that really upset him. Terry brought a bench and all the warm-up weights and also supplied spotter loaders. He was extremely helpful in getting the world out to the Missoula people. In 54-60/220, Joe Pablo set a Montana record 248. Joe is a Flathead Indian and he's part of his tribal council. In master 61-67/242, Sonny Nummi of Idaho benched a 310.6 Idaho record without a shirt at age 66. In master 68-74, Harold Smith at age 73, was unbelievable. He did a 369 bench raw and a Montana record at 242. He's tall, about 6 feet, and he weighed 228, which is definitely not built for benching. In master 80-84, Victor Starkel set a World Record 276.6 at 242. Victor is 82 and owns a 1,000 acre ranch. He has 12 children, the youngest being 17. He had a bad motorcycle crash at 77, so he's slowed down some. In women master 47-53/198, Holly Oxford set a Montana record 242.5 and just missed a World Record 254.6, which was very close. In open men 198, Mel Weil set a Montana record 468. Terry Baldwin set a Montana record with 507 at 242 open. In super 3, big boys went at it. James Greene, who weighed in at 318, put up 501.5 raw. Mitch Klindt set a Montana record 562 and Brad Tripp set a Utah record 578.5 and was close with 600.7. In open women, Shauna Dutton set a Montana record 176.2 at 165. In submaster men, Mel Weil set a Montana record 468.2 at 198. At super, Mitch Klindt set a Montana record 562, his second state record of the day. In teen 16-19/165, Matt Menke set a Montana record 286.5, weighing only 160. The next Missoula meet March 4, 2006, at Ruby's Inn Hotel. I want to thank the judges David Edgell, Jeremy Martin, Don James, and Brian Baerlein. The scorekeeper was Mrs. James Greene. The platform manager was James Partch, who also brought the kilo set, along with Don James. Karl Tyler Chevrolet was the main sponsor and provided the venue. Kurt McDonough made it all happen. (These meet results provided by Gus Rethwisch)



**Jonathan Jenkins** was one of the great inspirations at the Karl Tyler Classic, as well as the WABDL Worlds. An amputee, he lifts very impressively with a prosthesis. (Photograph courtesy CSS Photo Design)

148 lbs.	181 lbs.
D. Dessau	R. Shields
165 lbs.	L. Smith
T. Solomon	310
198 lbs.	350
Grieshaber	380
Goodemote	430
M. Carlin	405
181 lbs.	A. Reese
220 lbs.	360
E. Collins	330
198 lbs.	405
Grieshaber	385
220 lbs.	R. Duleba
M. Keyser	285
242 lbs.	A. Ciccone
S. Prozy	385
C. Carson	285
259 lbs.	J. Henkel
D. Sledge	405
220 lbs.	285
D. Harding	395
Submaster	395
D. Swope	400
B. Lenzi	385
308 lbs.	D. Swope
D. Willaman	600
310	330
SHW	Masters
Open	B. Lenzi
K. Patterson	575
C. Hall	480
Raw	N. Rolle
165 lbs.	415
T. Solomon	415
L. Falconi	395
J. Crosky	330
E. Collins	375
E. Hardin	395
J. Henkel	285

Best lifter light weight division went to Todd Solomon with an impressive 380 lb press @ 165 lbs body weight! Best lifter heavy weight division went to Dan Swope with an equally impressive 600 lb press @ 259 body weight! I would like to thank all of the contestants who participated in the South Side Barbell 1st annual bench press championships. It was our first meet and it was a lot of fun as the DJ was cranking up some serious tunes and set the atmosphere for the lifters. I would also like to thank Powerlifting USA for all their help and support. Iron Chambers Gym and Jeff Bague for all the help and support, and Chuck Ullrich MC. Proceeds were donated to Big Brothers Big Sisters of Lawrence County, PA. any one interested in any information about BBBS can visit [www.bigbrothersbig sisters.org](http://www.bigbrothersbig sisters.org) or call 1-215-567-7000. Thanks Again. (Thanks to Carlo DiNardo for providing the results)

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## NEXT MONTH... TOP 220s

**CORRECTIONS ...** In the FEB/06 article on the IPF Bench Press Worlds, within the report of the 242 lb. class, Oliweir Bryniarski of Poland was incorrectly identified as Oliweir 'Kushnarev'. Within the same article, Alexey Sivokon should have been credited with 7 Gold medals, rather than 6. Darren Nemow should have been credited with a 611 deadlift and 1542 lb. total on the TOP 100 list for the 181 lb. class. In the results of the APF Southern States (FEB/06 PL USA) the Open 220 lbers. were not listed: Brian Carroll 903 584 733 2221, Clint Smith 810 633 705 2149, John Oliksowycz 710 374 490 1576, and the lifters labeled 220 were actually in the 242 lb. class. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.

SQUAT	BENCH	DEADLIFT	TOTAL
1 914 Byrd, S..9/10/05	688 Wolfley, M..10/29/05	770 Terry, C..9/17/05	2204 Frankl, S..11/6/05
2 910 Cartinian, M..3/4/05	677 Frankl, S..10/29/05	768 Eiseman, T..5/28/05	2193 Cartinian, M..3/4/05
3 854 Frankl, S..11/6/05	666 Rabine, S..3/5/05	735 Meyers, T..12/3/05	2149 Byrd, S..9/10/05
4 832 Norman, J..6/5/05	650 Zweng, M..3/19/05	733 Caprari, T..11/19/05	2061 Bell, G..5/14/05
5 826 Luckett, M..9/24/05	635 McVicar, J..4/30/05	705 Kegrice, J..3/13/05	2000 Tracey, B..6/4/05
6 810 Bell, G..5/14/05	622 Cartinian, M..3/4/05	705 Norman, J..6/5/05	2000 Caprari, T..11/19/05
7 804 Coe, M..6/5/05	600 Burdette, J..9/24/05	700 Walker, J..4/9/05	1989 Coe, M..6/5/05
8 804 Lunsford, R..6/5/05	600 Gugino, M..10/1/05	688 Coleman, A..10/29/05	1984 Norman, J..6/5/05
9 804 Coleman, A..10/29/05	589 Bell, G..5/14/05	688 Woodley, L..11/18/05	1956 Lunsford, R..6/5/05
10 804 Caprari, T..11/19/05	585 Daily, R..4/16/05	683 Byrd, S..9/10/05	1940 Rapp, B..5/8/05
11 804 Flesh, D..12/4/05	585 Celli, R..8/6/05	677 Timonen, S..8/13/05	1925 Celli, R..8/6/05
12 790 Rapp, B..5/8/05	585 Koffler, C..8/13/05	677 Frankl, S..10/29/05	1900 Gugino, M..4/17/05
13 788 Tracey, B..3/12/05	580 Piggee, D..4/3/05	675 Brookins, J..10/22/05	1895 Flesh, D..12/4/05
14 777 James, A..6/5/05	580 Kellum, J..4/10/05	672 Clark, R..4/24/05	1880 McVicar, J..6/25/05
15 775 Lavelle, T..11/12/05	578 McAuliffe, J..9/18/05	672 Lunsford, R..6/5/05	1880 Delmo nti, P..11/12/05
16 771 Paras, R..11/19/05	575 Elck, J..11/19/05	672 Decker, J..8/13/05	1851 Hanson, D..6/5/05
17 760 Thomas, J.J..8/6/05	573 Cieri, D..9/18/05	661 Cartinian, M..3/4/05	1851 Belshe, C..9/10/05
18 760 Maxwell, M..11/12/05	573 Coker, J..11/1/05	661 Baker, D..4/17/05	1850 Maxwell, M..3/19/05
19 755 Kuderick, S..9/10/05	563 Morishima, E..11/19/05	661 Bell, G..5/14/05	1845 Terry, C..11/12/05
20 755 Wisenbaker, J..9/24/05	556 Marrama, R..11/19/05	661 Coe, M..6/5/05	1830 Thomas, J.J..8/6/05
21 750 Gugino, M..4/17/05	551 Coe, M..6/5/05	661 Lemarie, S..8/13/05	1829 Benemerito, R..5/8/05
22 750 Bailes, P..7/17/05	551 Byrd, S..9/10/05	661 Wade, T..11/19/05	1825 Bishop, B..4/17/05
23 750 Kelly, T..12/17/05	551 Luckett, M..9/24/05	655 Ray, J..4/16/05	1825 Kelly, T..12/17/05
24 749 Belshe, C..9/10/05	551 Ivanov, T..9/24/05	655 Benemerito, R..5/8/05	1824 Kegrice, J..3/13/05
25 749 Runde, T..9/10/05	551 Whitney, J..10/1/05	650 Schmidt, B..1/29/05	1824 Runde, T..9/10/05
26 733 Hanson, D..6/5/05	550 Vinelli, S..3/12/05	650 Lewis, N..3/19/05	1818 Wade, T..11/19/05
27 733 Hoover, L..6/5/05	550 Jones, B..4/2/05	650 Bishop, B..4/17/05	1815 Lavelle, T..11/12/05
28 727 Nesti, E..6/5/05	550 Brown, J..4/17/05	650 Shelton, T..5/8/05	1802 Wisenbaker, J..9/24/05
29 711 Benemerito, R..5/8/05	550 Mattson, K..6/18/05	650 Lucchetta, M..8/13/05	1802 Paras, R..11/19/05
30 710 Urichick, J..8/6/05	545 Tracey, B..3/12/05	650 Delmonti, P..11/12/05	1786 Clark, R..4/24/05
31 705 Kegrice, J..3/13/05	540 Masello, B..2/27/05	650 Richesson, L..11/18/05	1775 Brown, J..4/17/05
32 705 Buckley, T..4/23/05	540 Hartlaub, S..11/11/05	645 Beechum, K..4/2/05	1774 Bridges, M..5/21/05
33 705 Celli, R..8/6/05	534 Hanson, D..6/5/05	645 Cervero, J..5/28/05	1774 Chalmers, S..7/9/05
34 705 Delmonti, P..11/12/05	534 Milburn, E..11/19/05	644 Tracey, B..3/12/05	1763 Hicks, R..9/10/05
35 700 Hicks, R..3/19/05	530 Lowe, D..1/29/05	644 Ferstler, G..5/21/05	1758 Kirkland, K..4/9/05
36 700 Kirschen, D..6/25/05	530 Handsue, M..3/20/05	644 Safran, C..5/21/05	1758 Nesti, E..6/5/05
37 700 Terry, C..11/12/05	529 Gentges, N..6/5/05	644 Welch, L..7/29/05	1758 Jones, G..10/9/05
38 700 Pennington, B..11/12/05	525 Gentry, R..1/22/05	644 Jones, G..10/9/05	1747 Soule, J..4/24/05
39 699 Garland, T..6/5/05	525 Rapp, B..8/5/05	644 Schoenebeck, J..11/18/05	1741 Rebera, J..4/24/05
40 699 Chalmers, S..7/9/05	525 Delmonti, P..11/12/05	640 Gugino, M..10/1/05	1735 Kirschen, D..6/25/05
41 695 Rebera, J..4/24/05	525 Bishop, B..11/12/05	639 Soule, J..4/24/05	1735 Brookins, J..10/22/05
42 688 Dell, R..5/14/05	525 Kelly, T..12/17/05	639 Morong, D..7/29/05	1735 Bailes, P..11/12/05
43 688 Harrington, P..6/25/05	524 Soto, D..11/19/05	639 Belshe, C..9/10/05	1725 Sotirakis, G..4/24/05
44 685 Ducharme, B..3/20/05	520 Stucke, T..4/10/05	635 Celli, R..8/6/05	1725 Knutson, J..5/14/05
45 680 Brown, J..4/17/05	518 Alvarado, J..4/9/05	635 Linn, T..12/7/05	1714 Haga, A..6/25/05
46 675 Enes, J..3/5/05	518 Stuart, T..6/5/05	633 Bridges, M..5/21/05	1714 Decker, J..8/13/05
47 675 Bishop, B..4/17/05	518 Gibson, G..11/19/05	630 McVicar, J..4/30/05	1708 Welch, L..7/29/05
48 675 Welchcheck, M..7/17/05	515 Lavelle, T..11/12/05	630 Guizzotti, S..8/14/05	1703 James, A..6/5/05
49 675 Buyan, D..8/6/05	512 Coleman, M..5/7/05	630 Garrett, M..12/17/05	1703 Gentges, N..6/5/05
50 672 Clark, R..4/24/05	512 Jones, A..7/16/05	628 Bell, C..4/30/05	1703 Baker, S..11/15/05
51 672 Wade, T..6/25/05	510 Cabrera, J..3/05	628 Serio, A..5/21/05	1700 Ducharme, B..3/20/05
52 672 Jones, G..10/9/05	510 Dussault, S..12/17/05	628 Woods, J..8/6/05	1700 Jester, J..4/17/05
53 672 Dorsten, J..12/10/05	507 Miller, M..5/14/05	628 Ichenour, J..8/13/05	1686 Garland, T..6/5/05
54 670 Pettigrew, D..4/2/05	507 Knutson, J..7/9/05	628 Lynch, R..11/5/05	1685 Delgado, D..11/12/05
55 666 Cole, J..4/17/05	507 Hicks, R..9/10/05	628 Jones, L..11/5/05	1681 Smith, C..8/14/05
56 666 Serio, A..5/21/05	505 Scarincio, C..1/8/05	625 Sinitrh, J..4/3/05	1681 Hodges, L..9/10/05
57 666 Power, J..9/10/05	505 Johnson, P..3/19/05	625 Rapp, B..5/8/05	1681 Kuderick, S..9/10/05
58 661 Bridges, M..5/21/05	505 Sheehan, T..10/30/05	625 Laitres, R..6/26/05	1680 Lewis, N..3/19/05
59 661 Welch, L..7/29/05	501 Maddox, C..2/26/05	625 Legard, J..11/19/05	1669 Schmidt, B..5/21/05
60 661 Smith, C..8/14/05	501 Shalkowski, B..3/5/05	622 Haga, A..6/25/05	1664 Baker, D..4/17/05
61 661 Green, G..10/22/05	501 Sanders, A..4/2/05	620 Myers, T..3/12/05	1664 Baker, E..4/24/05
62 660 McVicar, J..6/25/05	501 Kirkland, K..4/9/05	620 Polk, G..4/23/05	1660 Burdette, P..12/11/05
63 655 Jackson, J..11/5/05	501 Bell, C..4/30/05	620 Faulkner, E..10/16/05	1658 Laitres, R..12/11/05
64 655 Delgado, B..11/12/05	501 Arrendell, M..4/30/05	617 Carter, T..5/1/05	1655 Buyan, D..8/6/05
65 655 Rekas, C..12/4/05	501 Norman, J..6/5/05	617 Blaudner, J..5/8/05	1653 Nelson, C..2/12/05
66 650 Nelson, C..2/12/05	501 Paras, R..6/11/05	617 Olsen, S..6/25/05	1653 Buffington, G..5/21/05
67 650 Stone, P..3/12/05	501 Rebera, J..7/29/05	615 Yeargin, S..4/2/05	1653 Green, G..6/18/05
68 650 Kirkland, K..4/9/05	501 Hodges, L..9/10/05	611 Thomas, J..1/8/05	1650 Pettigrew, D..4/2/05
69 650 Jester, J..4/17/05	501 Benson, J..9/10/05	611 Sotirakos, G..4/24/05	1650 Christie, M..12/17/05
70 650 Baker, D..4/17/05	501 Washburn, C..9/10/05	611 Willett, M..5/21/05	1647 Dell, R..5/14/05
71 650 Biales, P..4/17/05	501 Bachmeier, J..11/19/05	611 Baker, S..6/5/05	1647 Pena, J..8/20/05
72 650 Nichols, B..5/7/05	500 Swanson, B..1/8/05	611 Garcia, R..7/23/05	1647 Power, J..9/10/05
73 650 Evans, J..5/7/05	500 Reese, T..3/5/05	611 Sykora, S..8/13/05	1645 Walker, J..4/9/05
74 650 Haga, A..6/25/05	500 Frantz, C..3/12/05	611 Rhoades, D..11/14/05	1640 Pennington, J..11/12/05
75 650 Soule, J..7/29/05	500 Smith, J..3/26/05	610 Seftel, E..3/05	1636 DiCataldo, S..5/8/05
76 650 Baker, S..11/5/05	500 Owens, B..4/3/05	610 Delgado, B..11/12/05	1636 Willett, M..5/21/05
77 650 Myers, T..11/12/05	500 Jester, J..4/17/05	606 Dendas, B..12/3/05	1635 Enes, J..3/05
78 650 Christie, M..12/17/05	500 Stevens, B..6/11/05	606 Haney, B..1/29/05	1635 Smith, J..5/8/05
79 644 Farid, H..4/17/05	500 Kirschen, D..6/25/05	606 Canton, J..2/12/05	1631 Timonen, S..8/13/05
80 644 Massie, A..4/23/05	500 Driggers, M..9/17/05	606 Kirkland, C..4/9/05	1630 Hailey, S..4/17/05
81 644 Van Cleave, M..5/14/05	500 Conner, T..10/30/05	606 Pena, J..5/8/05	1625 Lernar, S..1/22/05
82 644 Williams, J..6/18/05	500 Hanson, J..12/10/05	606 Yvars, A..5/22/05	1625 Burnell, J..8/13/05
83 640 Yvars, S..1/8/05	497 Bridges, M..5/21/05	605 Triofante, C..3/19/05	1620 Benson, J..9/10/05
84 639 DiCataldo, S..5/8/05	496 Gardner, J..4/30/05	605 Kris., J..11/12/05	1610 Hanson, J..3/19/05
85 639 Hodges, L..9/10/05	496 Pickard, J..11/4/05	606 Wilkerson, D..1/29/05	1610 Griffin, A..4/17/05
86 635 Smith, J..5/8/05	496 Nip, J..9/24/05	600 Lyons, A..2/12/05	1610 McCloskey, K..12/17/05
87 635 Jones, M..7/17/05	496 Flesh, D..12/4/05	600 Dorsten, J..2/19/05	1609 Shelton, T..1/29/05
88 635 Navarro, S..9/17/05	496 Hailey, S..2/19/05	600 Hicks, R..3/19/05	1609 Blaudner, J..2/19/05
89 633 Sotirakos, G..4/24/05	496 Highnote, B..5/28/05	600 Johnson, R..3/20/05	1609 Williams, J..6/18/05
90 633 Payne, C..8/14/05	495 Wade, T..6/25/05	600 Enes, J..3/05	1605 Yvars, A..1/8/05
91 633 Pena, J..8/20/05	485 Power, J..10/29/05	600 Savage, J..4/2/05	1605 H., Kris., J..11/12/05
92 630 Prewitt, M..3/19/05	480 Stroshane, T..3/19/05	600 Gavlik, A..4/3/05	1603 Farid, H..4/17/05
93 630 Halley, S..4/17/05	480 Salter, R..3/20/05	600 White, A..4/9/05	1603 Nichols, B..5/7/05
94 630 H., Kris., J..11/12/05	480 Dean, K..4/17/05	600 Rock, J..4/10/05	1603 Morong, D..7/29/05
95 630 Seftel, E..11/12/05	480 Watts, S..8/20/05	600 DiCataldo, S..5/8/05	1603 Lynch, R..11/5/05
96 628 Baker, E..4/24/05	480 Maxwell, M..11/12/05	600 Knutson, J..5/14/05	1600 Jones, M..12/3/05
97 628 Willett, M..5/21/05	480 Benford, G..11/12/05	600 Dally, J..5/21/05	1598 Kanemoto, K..5/21/05
98 628 Lamneck, S..6/18/05	479 Sotirakos, G..4/24/05	600 Nesti, E..6/5/05	1598 Rekas, C..6/18/05
99 628 Laitres, R..12/11/05	479 Lunsford, R..6/5/05	600 James, A..6/5/05	1595 Myers, T..11/12/05
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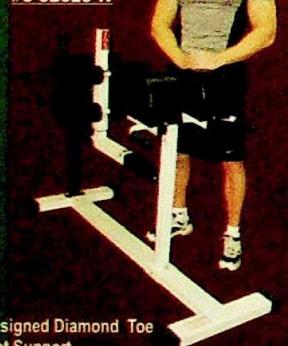


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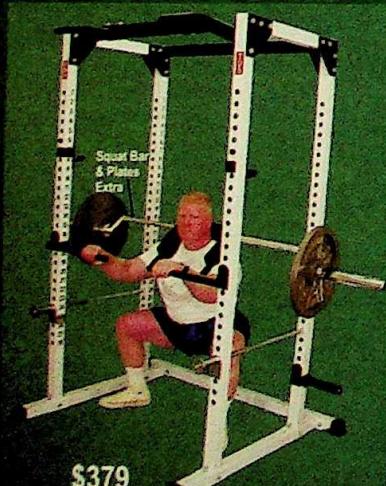
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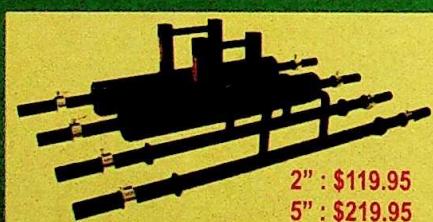
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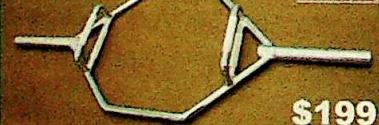


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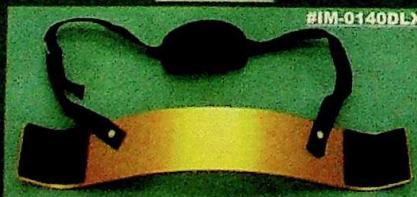


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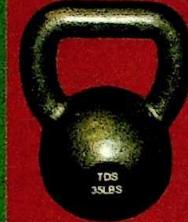


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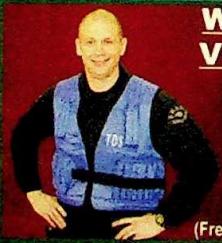
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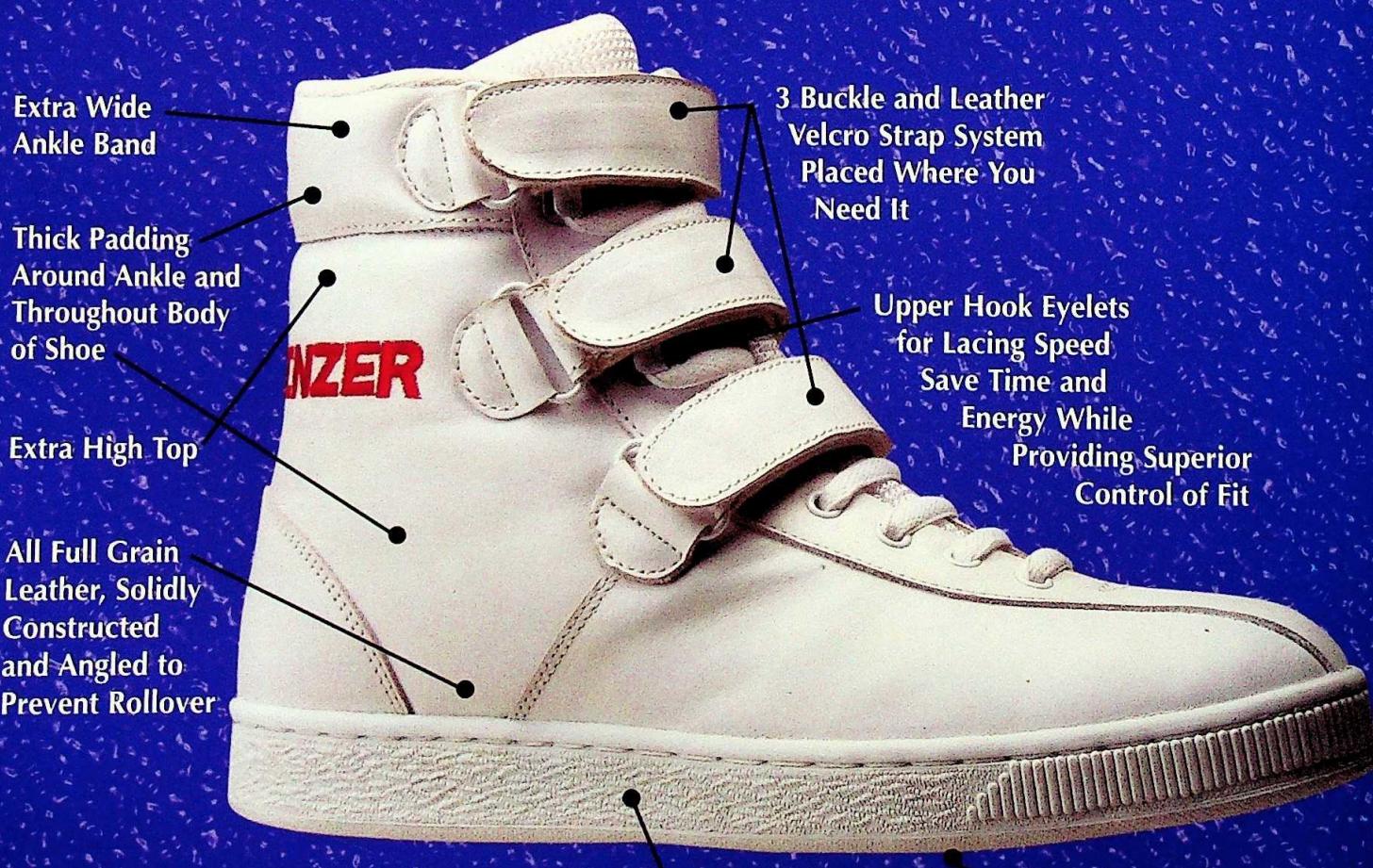
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