

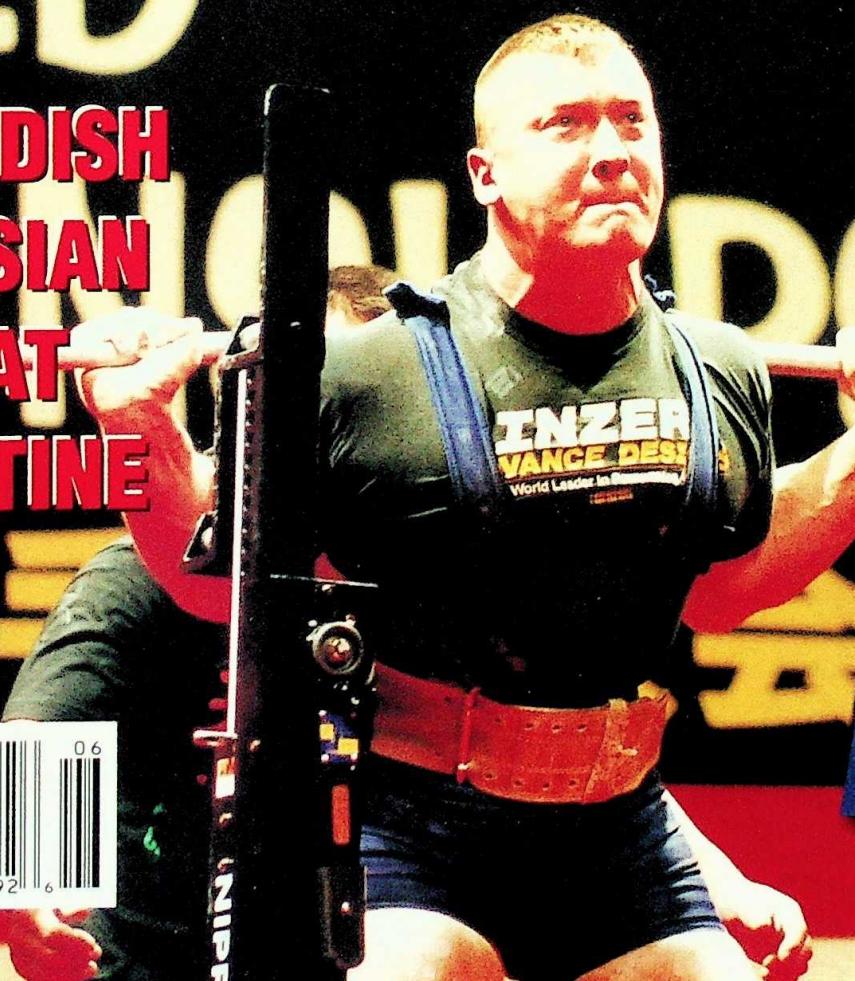
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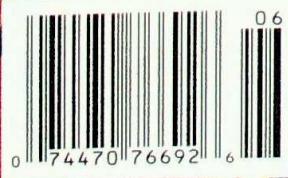
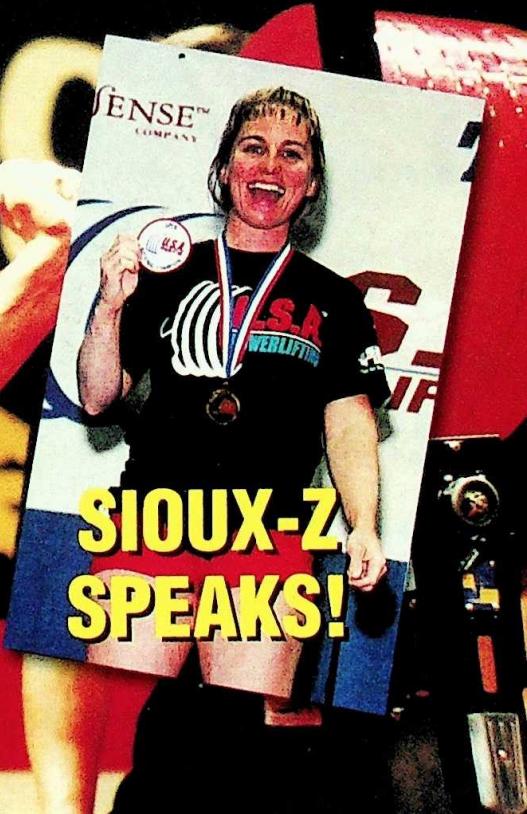
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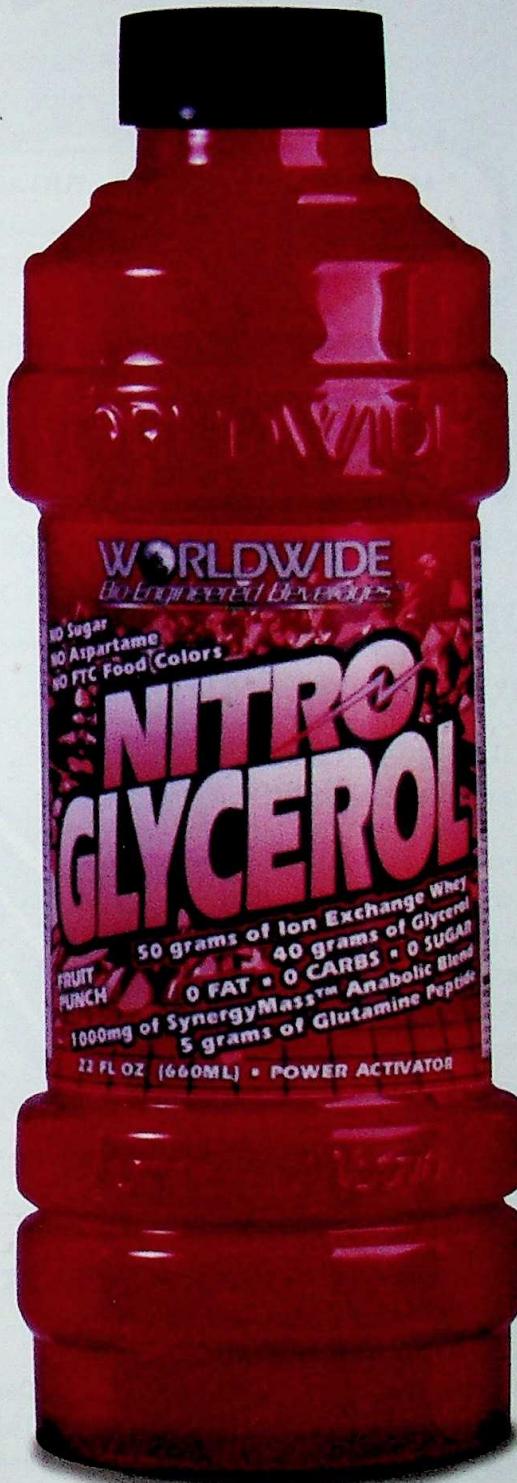
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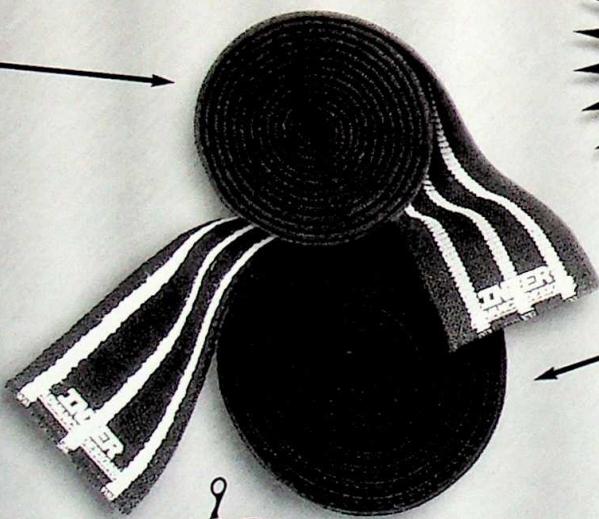
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ON THE COVER.... Westside Barbell Club members (see page 14) and Suslov of Russia, who has squatted 826 at 220 at the IPF Worlds (Shibuya), and Sioux-z Hartwig (interview on p. 8)

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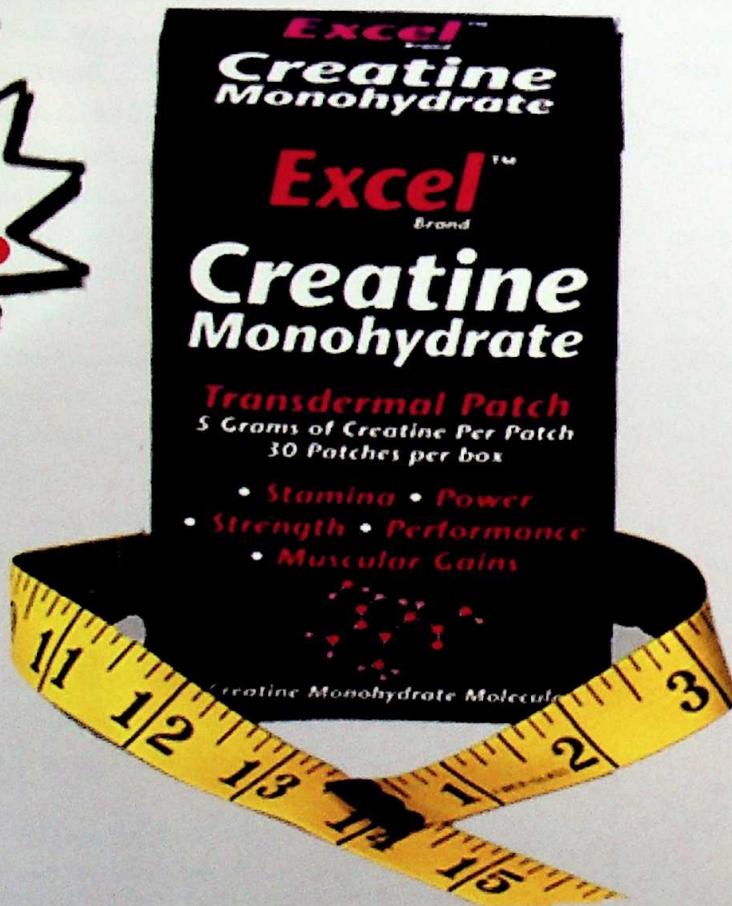
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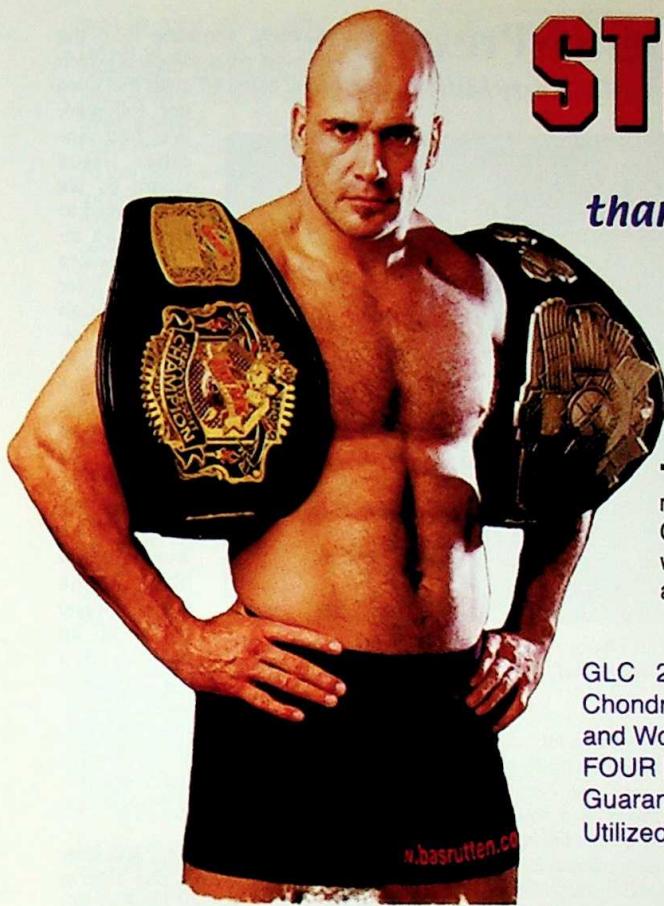


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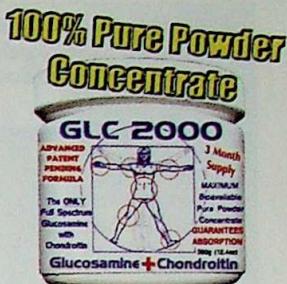
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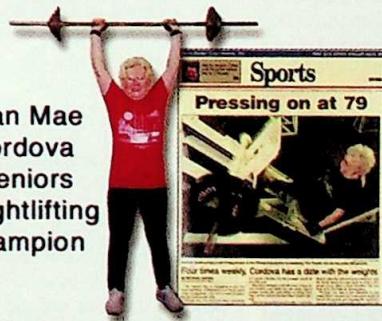
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The first ever IPF Master's World Bench Press Championships were held in Hamm, Luxembourg which has hosted a number of European Championships. The meet director was Gaston Parage, who had quite a challenge with almost 300 lifters registered for the meet. Luxembourg is a small nation bordered by a number of countries including France and Germany. We had a chance to tour the cobblestone city of Hamm which had several small specialty shops. My highlight of the city was the waffles which were topped with a rich whipped cream and strawberries. The only mistake I made was splitting it with coach Steve Spinelli as I ended up weighing in almost 3 lbs too light.

Since the IPF expanded their age categories for competition, it allowed a number of new lifters to compete for an IPF world title. The event was held in the Omnisports center, a fine facility. There was a nice sized platform which allowed for easy access for the lifters and we had as many as 5 coaches/lifters, on the platform at different times rooting on fellow lifters. The warm up area had 4 ER benches and there was a large room in between the warm up area and platform for putting on shirts and for the coaches to congregate and strategize. My biggest relief was seeing a rubber platform. Many European countries use wood platforms which have been problematic for the Americans.

During our team meeting on Thursday night, I told the lifters that this would be different from anything they had experienced in the past since the coaches would take care of all the details for them. Steve Spinelli came with me from Cleveland and did a fantastic job of putting on the shirts and helping encourage lifters on the platform. Kevin Farley from Chicago worked the scorers table and helped with the numbers. Nectar Kirikis came with Dennis Brady and helped in the warm up area and with shirts. Steve Howard from the USAPL Executive Committee accompanied his wife Brenda and helped us wherever we needed. Johnny Graham, who will hold

IPF World Masters Bench Press by World Masters Bench Champion Dr. Larry Miller



USA's Gold Medal Winners included: (left to right) Cathy Van Dyke, Andrea Sortwell, Brad Klinger, Jim Klostergaard, Gregg Zangl, Dr. Larry Miller, Gene Bell, Dan Gaudreau, and Fred Dini. (photos courtesy Miller)

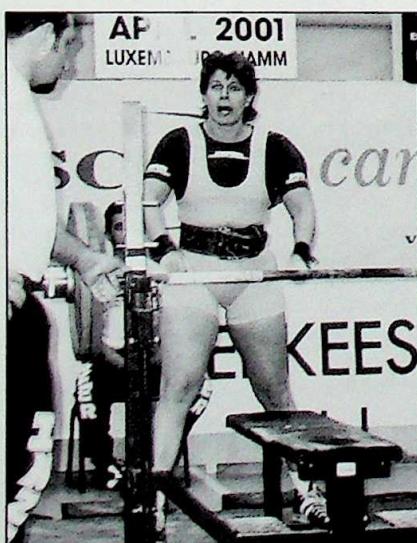
this meet next year, came over to get ready and offered his help on the platform and by helping Kevin with the numbers. Johnny was particularly impressed with one lady who had a thicker mustache than he did.

We had 32 lifters compete with two dropping out due to last minute injuries. Dennis Brady tore a pec, but came over anyway to referee. I got upset when they took him off the jury on day two because he was not a Cat. 1 referee. Some referees had appeared in a number of sessions, but Dennis was not listed anywhere. I complained and he participated as the head referee on Sunday for one session.

The Women's Masters I, age 40-49, reminded me of French class in

elementary school. My teacher used to play the French National Anthem everyday, and the French won 4 weight classes in a row. Our first lifters were in the 56 kg class with Diane Siveny placing fifth with a 60 kg bench and Brenda Howard finishing right behind her with a 57.5 kg lift. Our first medal came in the 60 kg class as Helen Sauer dropped down from the 67.5 class to lift 90 kg and finish 5 kilos behind the winner, Daniele Taret from France. Maureen Post finished fifth in the 67.5 kg class with a bench of 75 kg. She was upset about not getting her third lift which everyone told her was good. Pat Corns finished 6th in the 75 kg weight class with a bench of 65 kg. Our first gold medal came from our

most experienced international lifter and co-team manager Andrea Sortwell. Andrea missed the 75 kg class by .1 kg but still managed a win with a bench of 115 kgs. Andrea attempted a fourth attempt which was a mess. Fourth attempts had to be preceded with about \$225.00 for drug testing fees. The money had been turned in at the scorer's table, but the jury indicated that they thought it should be turned into them. As they were trying to resolve the issue, the clock continued running and by then Andrea didn't know if she was coming or going. There was another issue of the clock running in the 110 kg class when the lifter decided to change the rack height. The clock is supposed to continue to run since it was the lifter's choice to change the setting and chief referee Dennis Brady let the clock run.



"I have paid ze Deutschmarks!!" ... Andrea Sortwell waits for her 4th attempt go-ahead while confusion reigns and the clock runs

Unfortunately, someone from the scorer's table reset the clock which was one of many IPF rules that were not followed. We had another issue where by we were forced to turn in an attempt before another lifter even though our lifter followed that lifter. There were also flights made of more than 14 lifters. Well, back to the meet. The women's best lifter came from Germany in the 90 kg class as Rita Kistenmacher benched 140

kgs. In the 90+ kg class US lifter Cathy VanDyke lifted 115 for the Gold medal. The women's team finished in third behind France and Germany.

Eula Compton was our sole lifter in the 50+ age division. Eula lifted in the 67.5 kg class and finished 5th with a bench of 62.5 kg. Germany and France reversed team championship titles in this age group with Austria finishing third.

I was excited about the Men's Class I division - age 40-49. We had a very strong team and I was looking for gold. We had 9 lifters competing in this division. Our first medal came from John Corsello who finished second and won the silver in the 60 kg class. John finished with a 130 kg bench. I was our second lifter and I competed in the 75 kg class. Someone had messed with hotel scale and I cut my food intake as I thought I was heavy, but I ended up weighing in around 162 lbs. I opened conservatively for the gold with 195 kg., but I missed my second. I repeated 207.5 kg on my third attempt, but it was about 5 lbs. too little to get me best lifter. In the 82.5 kg class, we decided to stuff Greg Zangl in one of my shirts and Gregg outdistanced the Finnish lifter, who was not a gracious loser, as Gregg got all 3 attempts, finishing with 195 kg. The entire team served as baby sitters for the Zangl's 13 mo. old son Ford. By the end of the meet, I was Uncle Larry. I thought Gene Bell was making a mistake by moving down from 100 kg., but it is hard to second guess someone with Gene's experience. Gene lost some 15 lbs in a few days and ended up as the lightest in his weight class at 188.5 lbs. Gene used his lower weight to his advan-

tage by tying with 2 lifters with a bench of 220 kg. but winning on bodyweight. We decided to force the lifter from France to stick with his third attempt of 230 kg., which Gene came very close to locking out. At this point, we had won three gold medals in a row and it was great to hear the national anthem over and over again. In the 100 kg class, Polish lifter Jerzy Furmanek finished with a 245 kg bench which gave him the second overall best lifter. In the 110 kg class, we had 2 lifters, Mark Maher and Greg Chrun. Greg finished fourth with a 210 kg bench. Finishing one place out of the medal hunt always makes for a longer plane ride home. Mark won the silver behind Open Bench World Champion Wieslaw Kruk, who benched 257.5 kg. Kruk missed his first two, but somehow managed to make his third which also got him overall best lifter. Mark finished with a 237.5 kg bench.

In the 125 kg division Brad Klinger battled the Russian lifter Koblov. Brad had to stay one step ahead of the Russian to win and he did by going three for three and finishing with a 240 kg. bench. As of Friday night, we were missing 2 lifters, Nolan Crabbe from Hawaii and Dan Gaudreau from Colorado. Dan was snowed in an extra day and, well, no one ever knows with Nolan. Nolan had to compete outside his normal 110 kg class since we had two lifters in it and he had trouble gaining weight. Every time I saw him he was eating, but his nervous energy seemed to stop him from gaining the weight. He ended up weighing 110.3 kg., but I can't disclose the secret to his success. He finished in 10th with a 200 kg lift. Dan Gaudreau won the gold in the superheavyweight division. The German lifter was a close second, but with the German missing on his third, Dan had the win and went for 265 which he barely missed. In the team competition, we dominated with 5 firsts and 1 second for 69 points, finishing 18 ahead of the Germans. We finished first out of 22 teams. The Team trophy was given to coach Steve Spinelli.

In the Masters II division, 50-59 age category, we had 6 lifters. We finished fourth in the team competition here. Our first team lifter was Jules Pellegrino. Jules finished fifth with a bench of 130 kg. There was only a 10 kg differential between first and fifth place. George Bartotti competed in the 75 kg class and finished 10th with a bench of 127.5 kg. We started to add team points in the 82.5 kg class with world record holder Jim Klostergaard from Texas. Jim was highly favored in the final nominations, but a charge from 2 Finnish lifters made it close. Jim managed to stay ahead of the one Finnish lifter on each attempt and fin-



Brad Klinger wins an official IPF World Championship title in the 275 pound class, in the 40-49 age group

ished with a 187.5 kg lift for the win. Jim was one of many lifters that helped in the back after he finished lifting. Dave Cummerow from California finished second in the 90 kg class with a 177.5 kg bench. They gave Dave the wrong medal, but he wouldn't let it go until he was sure his was available. I can't blame him. In the 110 kg class, Steve Caldwell finished 7th with a 182.5 kg bench in a very competitive division with 5 lifters over 190 kg. In the 125 kg

class multi-national bench record holder Fred Dini dominated his class by lifting 230 kg and finishing 20 kg ahead of his next competitor. Fred's biggest challenge was sleeping with Brad Klinger who, word has it, tends to snore. Fred also finished third for the best lifter in his age group.

We had 7 lifters in the 60+ age group which was good enough to get us third place in the team competition. We won no golds, but we did win a number of other medals which

made for some happy lifters. Our first lifter was Ivan Zwick in the 67.5 kg class. I was told that Ivan was extremely nervous. It seemed as if all the lifters in this group were quite nervous. Ivan won the bronze with a bench of 115 kg. Ivan was responsible for getting us a sponsor for our team t-shirts. The sponsor, Keifer, makes a sports drink which Ivan claims is great. Thanks to Keifer for

(article continued on page 90)

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| Hauser GER | 209 | Wimmer GER | 143 | Sitruk FRA | 347 | Renvoise FRA | 418 | | |
| Herbin FRA | 181 | Ouellet CAN | 121 | Geese GER | 242 | Maliniemi SWE | 407 | 220 | |
| Post USA | 165 | 181 | Hansen DEN | 429 | Cuvelier FRA | 380 | Shubert GER | 440 | |
| Fixemer LUX | 126 | Pittermann GER | 248 | Hansen DEN | 187 | Nygard FIN | 407 | | |
| 165 | | Mens 1 | | Couchy FRA | 424 | Bourisau USA | 374 | 242 | |
| Hohmann GER | 248 | 114 | Kuipers NDL | 396 | Kapoor HUN | 308 | Waldeck SWE | 347 | |
| Takacova CZE | 225 | Ishiwatari JPN | 308 | Brooks GB | 396 | Hansson SWE | 319 | Rantanen FIN | 341 |
| Kobayashi JPN | 225 | 123 | Piron LUX | 363 | Eriksson SWE | 297 | Morris GB | 314 | |
| Spronk NDL | 209 | Yamashita JPN | 264 | Inkinen FIN | 297 | Kromkamp NDL | 297 | Klocek USA | 297 |
| Loch GER | 187 | Kedziora POL | 248 | Bertelsen DEN | 352 | Dini USA | 507 | Leboly FRA | 413 |
| Corns USA | 143 | Frohlich GER | 242 | Hladin UKR | 319 | King GB | 462 | Kristensen NOR | 402 |
| 181 | | | | Pellegrino USA | 286 | Leskinen FIN | 440 | Engebretsen | 396 |
| Sortwell USA | 253 | 132 | 242 | Dabrowski GER | 270 | Hamming LUX | 424 | Frese GER | 374 |
| Speth GER | 242 | Toth HUN | 319 | Kruk POL | 567 | Weber GER | 396 | Weber GER | 352 |
| Conrads SWE | 165 | Corsello USA | 286 | Maher USA | 523 | Bostrom SWE | 286 | Yanovitch USA | 325 |
| Kokkonen FIN | 154 | Hellmich GER | 275 | Katoch JPN | 402 | Suonpaa FIN | 308 | | |
| 198 | | Tollitko FIN | 220 | Jahne GER | 490 | Bonneau CAN | 451 | Levy USA | 231 |
| Kistenmacher | 308 | 148 | | Eriksson SWE | 358 | Voscul GER | 424 | | |
| Calhoun USA | 220 | Kihlstrom SWE | 330 | Chrun USA | 462 | Thomas GER | 347 | 275 | |
| SHW | | 275 | Fartel HUN | 462 | Hansen DEN | 352 | Tuomokoski FIN | 396 | |
| | | | | Doublé FRA | 336 | Kontio FIN | 440 | | |
| | | | | Brooks GB | 435 | Bevan GB | 308 | Schwarz GER | 435 |
| | | | | Kulhanek AUT | 330 | Mens III | | SHW | |
| | | | | Massay GB | 363 | Jaloweczki HUN | 330 | Rumber GER | 440 |
| | | | | Escaleno FRA | 330 | Fushimi JPN | 264 | | |
| | | | | Macrow GB | 308 | | | | |
| | | | | Klinger USA | 529 | | | | |
| | | | | Bartotti USA | 281 | | | | |
| | | | | | 132 | | | | |

INTERVIEW

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

ML: How was it lifting in front of your folks at the last Women's Nationals, and how do you like your new weight class?

SH: It was great lifting with my parents there. I could hear them shouting and getting behind me 100%!! I had actually told them they had to come and be my good luck charms since the last time they came I broke the National and American Records in the squat and only missed one deadlift attempt. My brother and sisters were at that one too (in Lincoln, NE). As far as the weight class ... I have competed in the 114s before, especially at State meets so I would not have to worry about dieting. I started a new rou-

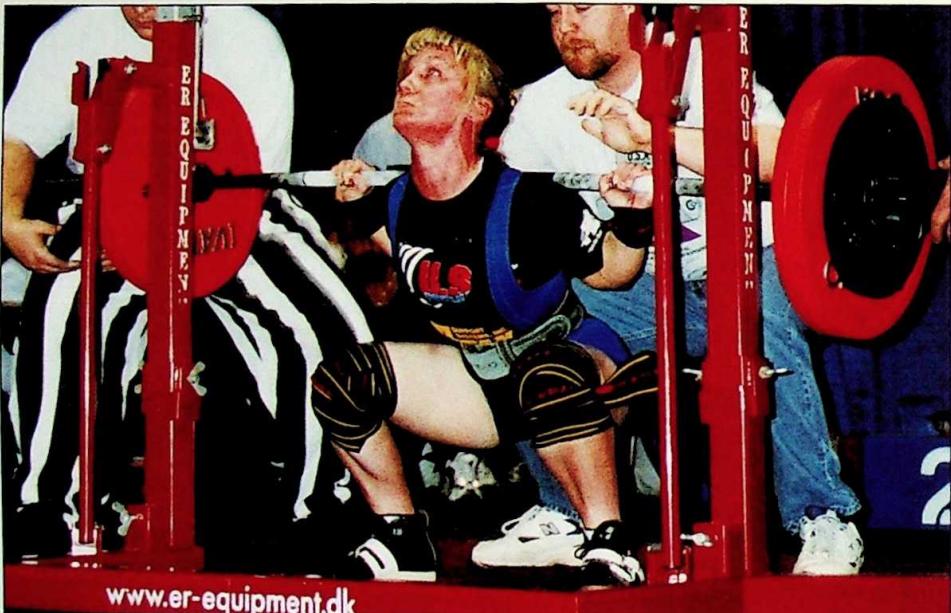
tine though and packed on more muscle as well as strength. I decided it was smartest to go up, at least for this year. I may go back to the 105 class next year. It sure was nice not worrying about my weight the night before, I weighed in at 110.

ML: How many national titles have you won now, and which one has been the best victory so far?

SH: National Championships I have won: 1993 ADFPA @ 104;

SIOUX-Z HARTWIG

as interviewed for Powerlifting USA by Mike Lambert



Isn't That Great Squat Form ... Sioux-z thanks Pete Alaniz of Titan for his 7 years of sponsorship

1994 Lifetime Drug Free @ 111; 1994 USPF Bench Nationals @ 105; 1997 USPF @ 114; 1999, 2000 USAPL @ 105; 2001 USAPL @ 114. 1993 World WDFPF Champion @ 104; 1998, 1999, 2000 and soon 2001 Competitor in IPF Women's Worlds. I placed 5th overall last year and 3rd in the bench press in Argentina.

My first National victory surprised me. I had really only been

training for about eight months (other than a few months in 1991 and a few in 1992 by myself). I had hoped to be in the top three as there were a lot of good competitors, but I was able to win it. This year, however, has to be the sweetest. You can't beat going 9/9 and getting PRs in every lift and I had some strength left over.

ML: Of all the World Teams you've been on, which was the hardest to deal with, and which was the most fun to be on?

SH: The first year was hard at the IPF Worlds, because I did not know what to expect, but I think the toughest was in Denmark. We had to bus to the venue from the "hotel" cabins. Since we were not in a town there was only one restaurant and it was always crowded. It was also the first year that ER Equipment was used and they did not know how to move the racks inward until after my flight; due to this I kept hitting the racks when trying to set up. (Don't get me wrong though, Denmark was nice, friendly people and it was nice having room to get together with a larger group of friends in cabins instead of small

hotel rooms)

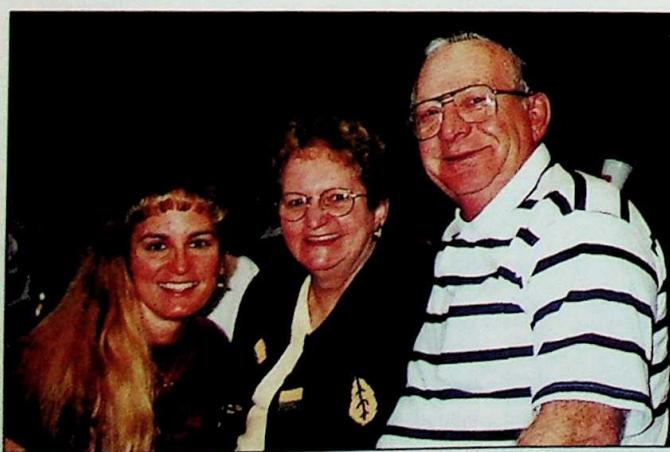
It is hard to say which was best, though last year in Argentina was nice, other than the very small venue. I had great ladies to lift with, Camille D'Amato the team and my personal chiropractor, and the coaches and P.J. who worked very hard for us. I enjoyed 4-wheeling on the beach and sand dunes, dancing my heart out after the banquet (one of my FAVORITE things to do), friendly competitors, sightseeing in Buenos Aires and going to a Tango show.

ML: Do you train with Kirk Karwoski, or does he help out when you're training with some of the other Maryland lady lifters?

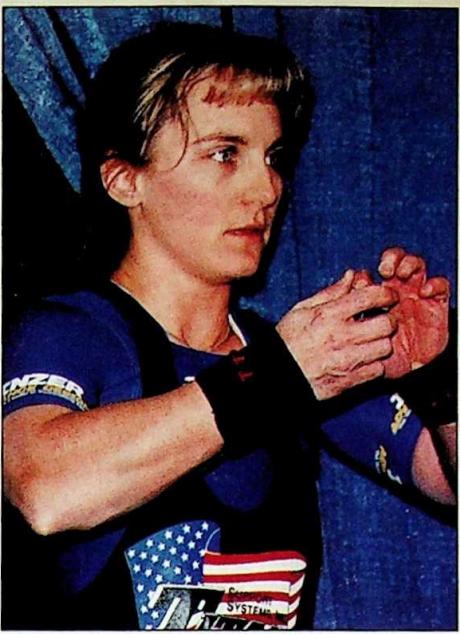
SH: Kirk and I train at the same time, but I usually train on the other side of the gym with Sandy Mobley (123 lb. World Team member). When I get closer to a meet Kirk checks my form to be sure that everything is as perfect as it can be and helps me with my suits and knee wraps. I've been in charge of my own training almost the entire time I have been lifting. I like it that way. I've used different lifting routines from various people but in the end, I make the decisions. Kirk is definitely my technical eye.

ML: Of the Russian women lifters, who has been the most impressive to you? Do you think with USA will ever be able to take the team title away from the Russians?

SH: Svetlana Tesleva, the 97 lb. Russian. She benched over 200 pounds at the last competition and totaled over 900. A woman that can bench over double her bodyweight and total 9 times her weight is incredible. (man or woman - a 9 times but total is awesome!) As far as Team USA taking the title away from the Russians; we are getting stronger every year and I believe you should



Sioux-z with her supportive parents - DeWayne & Phyllis Hartwig



Focusing in on the bench at Women's Nationals

never say NEVER.

ML: What's the wildest episode you've been involved in at one of those post-world championship banquets?

SH: As far as wildest episode, I think that Kirk or Leslie Look would be able to tell you better stories than I. The wildest thing that I've done at the banquet is DANCE, and if you asked the other team members they would probably classify it as a little wild. Other than that, I have had a couple of shots of vodka with the Russians. I am not a drinker, but I have to say that Russian Vodka is very smooth.

ML: What is the single best bench press training tip you've ever come across, and who came up with it?

SH: I think the best tip is training the upper body with more volume and more often. When I started training, sometimes I benched 3-4 days a week, and my bench shot to 170 in the first year. I then started to train my legs also and, being busy, I reduced upper body training to once a week. Over the next 5-6 years I tried many things, but I hit a plateau. Kirk mentioned I should train the upper body twice a week and Larry Malle gave me a routine with lots of volume work.

ML: What is your favorite wine?, color?, weapon?, and cartoon character? just so we can figure out what you're really like?

SH: I don't like wine or most alcohol, however, I love a good strawberry daiquiri or

fuzzy navel. My favorite colors are Columbia blue and purple. Weapon ... that's a hard one, I guess I would have to say rifle since I hunted with my dad a lot growing up. Otherwise, I think the best weapon is your brain ... be a step ahead of your opponent. Cartoon character ... Taz looks cool and is wild and crazy, I could picture him powerlifting. My favorite foods are chocolate mousse cake, shrimp and scallop marinara over angel hair pasta, and Alice's Spring Chicken at the Outback.

ML: How does your rep scheme change as you go through a squat training cycle for a big meet?

SH: Reps decrease as the weights increase. I do as many reps as possible unless I am fighting an injury; in that case I cut back on the reps and sets. I typically end with singles and maybe a double. The most I do is 3 top sets of 15 reps, the least is 1 single.

ML: Do you remember the first day you trained with weights? How did it all come about?

SH: The first day I "trained" was as a sophomore in high school. Our track coach had us bench and squat to see where our strength was. At the time I weighed about 98 lbs. and when they asked how much I wanted to

squat I said whatever was the most any other girl had done. It was 125 lbs. and they thought it was too much, well... by the end of that day I did 165 and the 3rd day I did a 200 lb. squat and a 100 lb. bench. At that time doing triple bwt. In bench and squat combined earned you a "Charger Power" t-shirt and your name on a special wall. About 5-6 guys on the football team would make it

each year, but unfortunately no female had done it before so they did not know what to do for me. They started a wall for girls the year after I graduated. I never made it up there. Maybe now that I have done triple bwt. In the squat alone they will add my name! I didn't lift again or truly start training until my last 3 months of college. The summer before a friend, whom I did a little circuit training with, stated he was transferring to SDSU (South Dakota State U) and was going to join a powerlifting team and maybe I should too. I hooked up with them at the end of the semester, trained about 6 weeks, and then competed in 3 meets before graduating a couple

months later. I did 205, 105 and 205 at the first meet and 3 weeks later did 225, 120 and 250. I was hooked and decided then that I would pursue lifting and compete in the Nationals. I picked up my roots in SD and moved to MD and about 1 1/2 years later started training again. I won the Nationals about 9 months later.

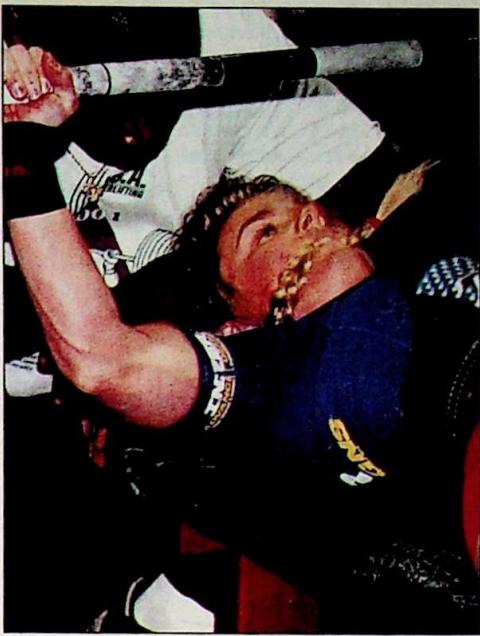
ML: What were the initial words Kirk ever said to you, and tell us they weren't said in the gym!

SH: The first words were probably simply "Hello". We were introduced by Bert Wagner in the gym. Sorry to disappoint you. We were both seeing other people at the time, but mutual friends kept tossing me hints for us to get together. I can tell you that the

first compliments that Kirk and his friends gave me were: 1. That I was "phat", 2. That my legs were "stuck", and 3. that I looked "huge". Coming from SD, these all seemed liked insults to me, but they then explained to me that, in the Powerlifting World, these were great compliments.

ML: If you had one deadlift left to win the world championship, a huge PR, but you knew you could make it if you took a magic pill — which wouldn't make you flunk the drug test — but it would make you die within three years — would you take it?

SH: No way! I love to lift and I LOVE to win, BUT, I really love life and have too many adventures left to die in three years. Also, the victory for me would be a little hollow if I knew the reason I won was because I had a magic pill.



Keeping her hair out of the way ... Hartwig-style.



With World Team Member Leslie Look (all photos courtesy of Sioux-z)

In case you got all starry-eyed and bushy-tailed having read the title beware that you cannot get something for nothing. Either of the two four week loading blocks of the thirteen week Russian cycle pack more work than most American squatters do in a year, no joke. You shall gain, but you shall pay, with sweat, blood, and vomit, Comrade.

The super cycle was designed by Master of Sports S. Y. Smolov and stacks like this:

1. Layoff or maintenance training
2. Introductory microcycle - 2 weeks
3. Base mesocycle - 4 weeks
4. Switching - 2 weeks
5. Intense mesocycle - 4 weeks
6. Taper - 1 week
7. Competition

The introductory microcycle shall bring you up to 90% of your personal best squat in just a week and shall prepare you for the horrors to come.

Every day is a Halloween during the next four weeks. It is worth it; the base mesocycle delivers a 10-30 kg gain for big boys and 5-7.5 kg for lighter lifters.

The 'switching' two-week stretch is dedicated to plyometric and compensatory acceleration training. The idea is to stimulate your nervous system with a different type of stimuli and thus make it more responsive to another round of slow and heavy training. You shall also appreciate the chance to lick your wounds after the base mesocycle.

The intense mesocycle is another cruel and unusual stretch of four weeks. It is good for another 15-20 kg squat gain.

Finally, you shall taper with what you could have interpreted as an overtraining program before you embarked on the Russian cycle, but now will gratefully accept as a vacation.

Week thirteen: enter the platform and dominate.

If you are starting Smolov's super cycle after a major layoff, perform the following two-week introductory microcycle. The Russian lifter and author shows how you can reach 90% of your peak condition in just three days:

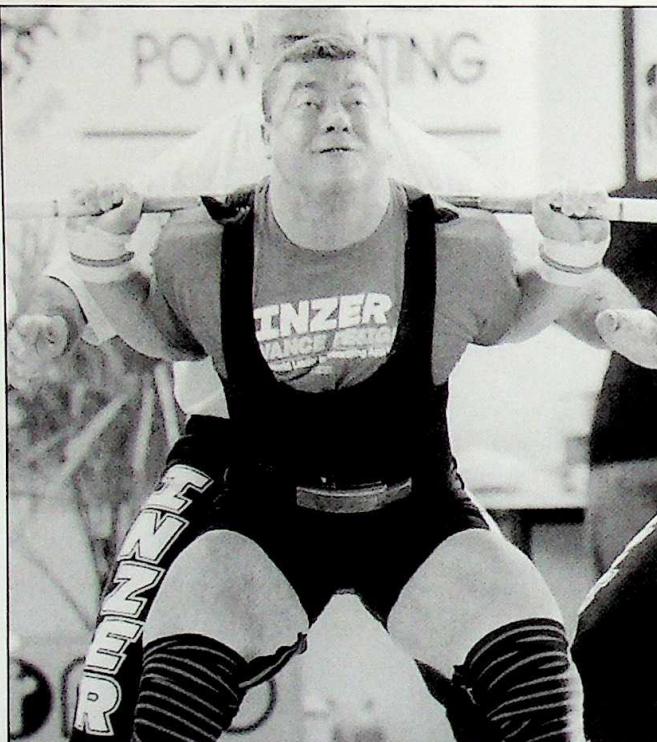
Day 1 - 65% \times 8x3, 70% \times 5, 75% \times 2x2, 80% \times 1

Day 2 - 65% \times 8x3, 70% \times 5, 75% \times 2x2, 80% \times 1

Day 3 - 70% \times 5x4, 75% \times 3, 80% \times 2x2, 90% \times 1

INTERNATIONAL TRAINING

Another Russian Super Cycle: Add up to 100 Pounds to Your Squat in Thirteen Weeks as told to Powerlifting USA by Pavel Tsatsouline, MASTER OF SPORTS



Tarasenko squatted 771 at 198 at the 2000 IPF Worlds. (Isagawa)

The percentages are based on your best suitless squat right before the layoff, not on an estimated current or projected max.

Whatever stage of the cycle you are in, Smolov advises to include

what Russian Olympic lifters know as a *protiyazhka*, or a long pull, in your warmup. A *protiyazhka* is a snatch without any knee dip whatsoever. Smolov plugs it in a time tested combo: a snatch grip long pull x 3-5 reps + a wide grip press behind the neck x 3-5 reps + a squat with the bar on the shoulders x 3-5 reps. I believe that you would do even better if you ditch back squats in favor of overhead squats. The latter are great for developing SQ specific flexibility and enforcing a good technique the hard way. Smolov's warm-up calls for four to five sets of the above combo.

The next three days of the first intro week spend doing lunges with the emphasis on maximal stretching of the thighs.

During week two squat every other day with 80-85% weights. You must be able to work up to one set of five in that percentage range by the end of the second intro week.

Smolov insists on including explosive drills into your introductory microcycle: jumps over various obstacles, broad jumps, jump-ups on a pommel horse, etc. The Russian expert advises that you stay away from depth jumps though; intense plyos can be murder on your knees at your current level of conditioning.

"Abandon hope all ye' who enter here." The inscription on the gates of hell in Dante's *Inferno* could be applied to the four-week base cycle without a shade of exaggeration. It is a Russian program so you would be naive to expect hitting the squat rack on Monday and dedicating the rest of the week to assistance work at McDonalds. You shall squat four times a week, Comrade, whether you like it or not. And in case you are planning on working up to a top set of five or whatever, you've got another thing coming. Expect loading schedules such as seven fives with 80% weights and ten triples with 85% 1RM!

You must have gotten tired just reading the matrix, haven't you?

| Monday | Wednesday | Friday | Saturday |
|---|-------------------------|---|--------------------------|
| Week #1 70% \times 9x4 | 75% \times 7x5 | 80% \times 5x7 | 85% \times 3x10 |
| Week #2 (70%+10kg) \times 9x4 | (75%+10kg) \times 7x5 | (80%+10kg) \times 5x7 | (85%+10kg) \times 3x10 |
| Week #3 (70%+15kg) \times 9x4 | (75%+15kg) \times 7x5 | (80%+15kg) \times 5x7 | (85%+15kg) \times 3x10 |
| Week #4 Rest | Rest | Prikidka (work up to a near max single) | |

This is an off-season program so the percentages are based on your current 1RM without a suit. If you do not know what it is make an estimate. If you do not have kilo plates add twice the recommended number in pounds, e.g. 30 pounds instead of 15kg. Put up your weights at a slow or moderate tempo, as dynamic efforts do not belong in this phase.

In the last session you are supposed to work up to a near max to get an idea of where you are at. The original program does not call for a supersuit, but you may choose to wear it during the final trial session, if you have no problem going for a PR in gear after a long stretch of raw or semi-raw training.

If you do not like the fact that you simulate a contest on a day other than a Saturday you may push the training days one forward: Tuesday, Thursday, Saturday, and Sunday. You may even decide to enter a relatively unimportant meet on the day of the *prikidka* and post very conservative attempts.

The mad Commie who dreamed up this anti-Constitutional cycle promises that once you have survived these four weeks your legs will turn into car jacks. But no matter how inspired you are by the gains, you are to immediately back off after completing the last workout of the base cycle! The regimen pushes you to the limit of your strength and recovery and carrying it on longer than a month guarantees the mother of all overtraining.

A so-called 'switching' semi-mesocycle is now in order to let the body and mind recover before taking on the pre-competition cycle. With the exception of negative squats recommended once or twice a week, all lifts and exercises are now performed with maximum explosion. Series of various jumps and hops, deep squat jumps with a light barbell, etc. are on the 'Party' approved list. So are leg presses with compensatory acceleration and similar drills. Exploding from the sticking point in the squat is another fine exercise for the switching period. "The motto of the switching program is speed, and speed again," explains S. Smolov. For a change of pace as much as anything else.

Following the two-week switching phase the Russian coach instructs the lifter to start another four-week loading cycle. It was designed by weightlifting and powerlifting coach I. M. Feduleyev from Moscow and is responsible for preparing eight nationally ranked lifters in record times. It is good for another 15-20kg on your squat in just a month if you have the balls to take it on. Here is Feduleyev's program in all its Communist glory:

Week # 1: Monday -
65% \times 3, 75% \times 4,
85% \times 4 \times 3, 85% \times 5;
Wednesday - 60% \times 3,
70% \times 3, 80% \times 4, 90% \times 3,
85% \times 5 \times 2; Saturday -
65% \times 4, 70% \times 4,
80% \times 4 \times 5

Week # 2: Monday -
60% \times 4, 70% \times 4, 80% \times 4,
90% \times 3, 90% \times 4 \times 2;
Wednesday - 65% \times 3,
75% \times 3, 85% \times 3,
90% \times 3 \times 3, 95% \times 3;
Saturday - 65% \times 3,
75% \times 3, 85% \times 4,
90% \times 5 \times 4

Week # 3: Monday -
60% \times 3, 70% \times 3, 80% \times 3,
90% \times 5 \times 5; Wednesday -
60% \times 3, 70% \times 3, 80% \times 3,
95% \times 3 \times 2; Saturday -
65% \times 3, 75% \times 3, 85% \times 3,
95% \times 3 \times 4

Week # 4: Monday -
70% \times 3, 80% \times 4,
90% \times 5 \times 5; Wednesday -
70% \times 3, 80% \times 3,
95% \times 3 \times 4; Saturday -
75% \times 3, 90% \times 4,
95% \times 4 \times 3

In case you got excited that the loading cycle number two calls for 'only' three squat sessions a week, you must have wilted as soon as you have read the numbers. Feduleyev's regimen calls for an inhumanely high number of squats in the 81-90% intensity zone: 134 lifts or a whopping 44% of the total load. You are going to top off with three sets of four reps at 95% of your current - not projected - max, and these numbers mean two things. First, you are going to get unbelievably strong, and second, there will be many moments when you shall wish you had stuck to stamp collecting.

Lift at a medium tempo. The choice of equipment is up to you, but full contest gear is encouraged. Calculate the percentages from your new max established two weeks earlier, if necessary with corrections for supportive equipment.

The cycle is designed for a lifter hardened by high volume/high intensity training and you are supposed to completely recover between workouts. Note that every week the Wednesday session calls for the greatest load, which is why it earns two days of rest. If you are not in a good enough shape to handle such a macho work load and you feel very tired by the end of Week Two merciful coach Feduleyev shall let you reduce the weight by 5-7% in all sets without cutting back on the sets or repetitions.

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strength, now you are facing the tricky task of peaking it when it counts. Once you are a week away from the meet Smolov recommends the following week-long podvodka or taper. Wear full contest gear naturally.

Monday - Rest
**Tuesday - 75% \times 4,
85% \times 4 \times 4**

Wednesday - Rest
Thursday - Rest
Friday - Rest
Saturday - Competition

**Monday - 70% \times 3,
80% \times 3, 90% \times 5 \times 2,
95% \times 4 \times 3**
Tuesday - Rest
**Wednesday - 75% \times 4,
85% \times 4 \times 4**
Thursday - Rest
Friday - Rest
Saturday - Rest
Sunday - Competition

session a day back:
If you choose to follow Smolov's peaking plan to the letter push all the sessions one day back to peak on Saturday:

**Sunday - 70% \times 3,
80% \times 3, 90% \times 5 \times 2,
95% \times 4 \times 3**
Monday - Rest
**Tuesday - 75% \times 4,
85% \times 4 \times 4**
Wednesday - Rest
Thursday - Rest
Friday - Rest
Saturday - Competition

The Russian coach promises that the high load in the beginning of the week shall not negatively affect you. That may not be the case with a lifter unaccustomed to Russian style high volume/high intensity/high frequency training. Especially since Smolov's plan is charted out for a Sunday meet, consider skipping the Monday session and pushing the Wednesday

**"Either of the two
four week loading
blocks of the thir-
teen week Russian
cycle pack more
work than most
American squatters
do in a year, no
joke. You shall
gain, but you shall
pay, with sweat,
blood, and vomit,
Comrade."**

You will have to re-schedule the four weeks of the preceding four week cycle accordingly: train on Sundays, Tuesdays, and Fridays instead of on Mondays, Wednesdays, and Saturdays so you will have a day off between the last session of the loading cycle and the first of the peaking one. And if you opt for your pet peaking schedule Smolov will not take it personally. Peaking is an art as much as it is a science.

Give this Russian super cycle a shot if you have what it takes. Comrade Smolov promises that you shall show a result that shall surprise you. Report your gains on dragondoor.com training forum.

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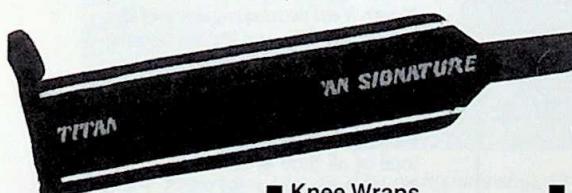
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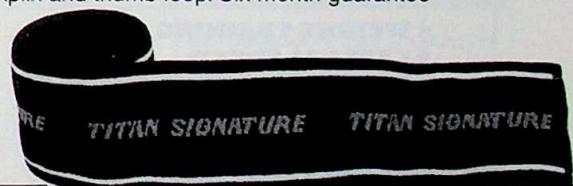
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What is it like to train at Westside? That question comes up a lot when I get phone calls or at meets. Well, it's not easy. We expect a lot, and we get a lot. The Top 10 list at Westside based on coefficients looks like this: The tenth best squat is 905 at 288 bodyweight. The tenth best bench is 672 at 275. The tenth best deadlift is 710 at 198. And 2176 at 242 makes tenth place on the total list. Note that I said tenth, not first. That's the physical part of it, but what about the psychological part?

In the beginning of Westside Barbell's history, in the 1970s and 1980s, I got my ass kicked at most meets, but when I returned home, I was fairly safe from abuse. But that was then.

I had a bad dream one night that I was old, in my 50s, and every time I went into Westside, I got pulverized. My nightmare came true, and I couldn't be happier. It has made it

WESTSIDE LIFTERS SPEAK OUT

as told to PL USA by LOUIE SIMMONS

possible for me to do things I never dreamed possible. I am most proud of my 920 squat at 235 bodyweight, at 52 years old. That lift places me fourth on the coefficient squat list at Westside and sixth on the all-time coefficient list. Presently, I hold the squat record at Westside, but for how long?

Westside is my life. All of my friends and all my memories come from those four walls. Westside has a hard-core attitude. It is much like my favorite movie, and I might add the greatest movie ever made, *The Shogun Assassin*. In the movie, the shogun goes crazy and thinks everyone is out to kill him, including his decapitator, who has chopped the

heads off 135 men. The shogun sends his top ninja to kill the decapitator, but the ninja kills his wife instead, the mother of his baby son Digara. The decapitator places a ball and a sword in front of Digara and tells his son, who cannot understand what his father is saying at such a young age, to choose between the two. If he chooses the ball, he will join his mother, in death. If he chooses the sword, he will follow his father on a bloody road of vengeance. By the way, Digara chooses the sword.

At Westside, if you want to play, hit the road. But if you want to travel the road to the top, Westside's the highway.

Here are some personal profiles

of a few lifters at Westside. Any Weisberger is a very successful lifter at Westside since coming 13 years ago. She has an 1180 total at 123, 34 pounds over a male Elite total. She has a world record bench of 292 at 123 as well. When asked how she handles the pressure at Westside, Amy said, "I don't get too high with the highs or too low with the lows. I learned how to roll with the punches, and stay far away from people who have negative energy." What does Any do during a meet? "Relaxation breathing until it's my turn, then I have my coach yell one cue per lift. The switch does not go on til I grab the bar." Outside the gym, Any does anything she can to maximize recovery. She is careful not to waste any energy.

Jeff "Gritter" Adams has been training at Westside for 7 years. At 43, he has an 1870 total at 198, plus a very good bench - 585. His total was 1470 for years before coming to Westside. How does he cope, at 43, with training and a long list of injuries? Gritter says, "I thrive on pressure. I like to compete and I like the trash talk. The pressure makes me train harder, try harder, and push my training partners harder." What does Gritter feel is expected of him? "I feel I must produce. Effort is great, but we want achievers. I also feel I am expected to help my teammates produce by coaching, pushing, and being a pain in the ass if I have to. At a meet I never expect to miss a lift. Never. Yes I do miss my share of lifts, but I know why and it's not because of doubt or anything remotely like fear."

Rob Fusner, who has trained at the club for 3-4 years, has the top total of all time at Westside. In less than 10 meets he did 2358. He is fairly nonchalant about training, but he has a one-track mind when it comes to his main objective. Rob says "kicking ass" is what motivates him to lift. He handles the pressure at Westside by "kicking ass". He gets ready for a competition by "kicking lots of ass".

Danny Blankenship has been at Westside for 1-2 years. Danny is a very good student of powerlifting and will some day be a good coach as well. He has learned to plan his training very quickly, and I believe that's the key. What motivates Danny to lift? "Motivation is internal; I could not care less what Joe Blow is lifting. I focus on trying to improve myself a little bit each day. Small improvements each workout add up to big gains at contest time." How does he handle the pressure at Westside? "There is one bottom line at WBC: performance. When I was a teen-

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Photo 1: WESTSIDE BARBELL CLUB Members outside the Club. (standing, from left to right, are): Angelo Berardinelli, Rob Fusner, Matt Smith, Louie Simmons, Rich Wenner (Head Strength Coach, Arizona State University), Joe Dougherty, Bob Youngs, Dave Tate, and Kenny Patterson.



Photo 2: (l-r): Josh Gutridge, Danny Blankenship, Chester Stafford, K-Dawg, Danny Dague, Amy Weisberger, Dave Beversdorf, Eskil Thomasson.



Photo 3: (from left to right): Sonny Kerchner, Critter Adams, Mike Valone, Tony Beach, Bob Coe, Joe Jester, Jeremiah Myers. (photos by D. Black)

ager, I lifted in the men's open category; there is no teenage or master recognition. No one cares to hear excuses about being drug-free, hurt, sick, whatever; either you lift the weights or you don't, end of story. If you're afraid there, you will either get over it in a training session or be gone before the end of it. There's no room for half efforts or 'recreational' lifters at WBC. As for the pressure, I love it. I believe that if you can't feed off the pressure, you have no business in powerlifting; many good lifters can't handle the pressure at Westside."

John "Chester" Stafford's total has increased over 300 pounds in 2 1/2 years at Westside, from 1973 to 2280. He transferred from Minnesota to Ohio State University to train at Westside. Most of the time he is stranger than fiction, but I guess that's why he fits in with the very bizarre personalities at Westside. How does John handle the pressure? John says, "The only pressure for me is the possibility of someone either ahead of me making more progress or someone beneath catching up. This pressure always keeps me from becoming satisfied and makes me push myself harder." What does he feel is expected of him at Westside? "I am expected to continually make progress, and if I plateau, to find a way to break it."

Speaking of bizarre people, when training, Dave Tate makes a mental patient look normal. If there is something stable about Zippy (just one of Dave's many personalities), we haven't found it. How does Dave handle the pressure of working out at Westside for the last 9-10 years? Dave says, "What pressure? The pressure to get on the record board? The pressure to make one of the lists? The pressure to beat the other guys in the gym? The pressure to live up to the reputation of the gym? The pressure and responsibility to help my teammates get better so they can beat me? The pressure to stay in the gym? The pressure to live up to the potential Louie sees in us? I have seen less gifted lifters become great by taking control of the pressure. I have also

seen very gifted lifters fall out of sight because they let the pressure take control of them. Westside is as much a state of mind as it is a gym or training program." What does Dave feel is expected of him? "Who the hell knows? This changes all the time. I used to think it was an 800 squat and a 500 bench, and then it became a 900 squat and a 600 bench. Now we have some expected to do a 1000 squat and a 700 bench. I guess whatever you feel is expected of you, add 100 pounds and you may be in the ballpark. As a training partner, it is my job to hate everyone I train with during certain times in my training. For example, if I am squatting with Louie, he is no longer Louie to me. He is the old man I am trying to get crushed or have a heart attack. If it's not him, it will be someone else. We will make up later, but during this

time I hate them all. We all have to become different people in the gym."

Matt Smith has been training at Westside for nearly 2 years and early on showed potential for greatness. In his short time at Westside his total increased from 1833 to 2240. How does Matt handle the pressure at Westside? Matt says, "I don't feel like there is any pressure. The pressures that some might feel at the gym are far less than what I impose on myself." How does he mentally prepare for a competition? "I just set goals that are realistic and then mentally focus on those goals. I don't let anyone or anything change that mindset."

You will notice that Chuck Vogelpohl and I did not present our views. Everyone at Westside agreed they were too radical to publish. But I will tell you a few things. When

lifters want to join Westside, I ask them, what can you do to improve the club? Invariably after every meet we lift in, people want to join us, not knowing what sacrifices must be made.

We always wish our competitors the best. Without the Glen Chabots, the Bill Crawfords, and the Dave Watermans, our top bench pressers would ease off. And our full powerlifters are amazed at people like Garry Frank and the incomparable Ed Coan.

There is constant bickering and feuding about who's on top every day we train. Remember, don't go into battle to get killed, but rather to kill. And that's how training is addressed here at Westside.

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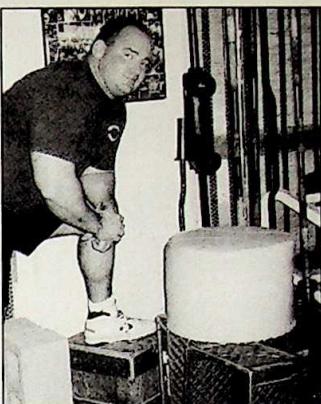
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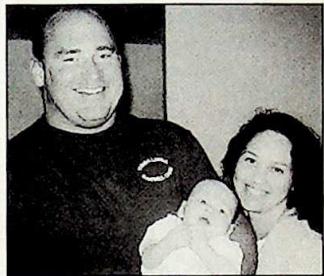
It's June, and that means the start of summer. And for POWER SCENE, a little summer vacation.

But before vacation begins, we do have two items to bring you. Venice, California's Muscle Beach has its annual Bench Press contest on June 9th, and it's a great setting for a meet. POWER SCENE will be there to check out the action, and if you're in the area, you should too.

Second, congratulations to Paul Leonard and his wife Christine on their new arrival, Lou, born in late December. Paul's a big fan of strength sports, and a terrific powerlifter. He's been at it for 15 years,



Paul Leonard at the Yorba Linda Barbell Club with some squat aids.



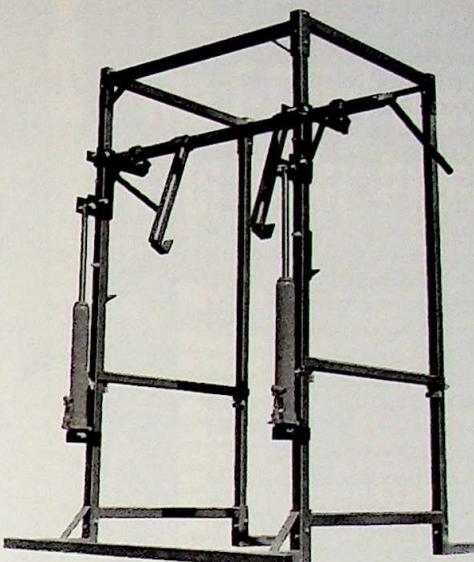
Paul, Lou, & Christine Leonard

and has PRs of 771, 534, and 744. Paul has available a hard core training video with over two hours of big weight training with national level lifters. If you're interested in learning more, you can e-mail Paul at yllen1@aol.com.

Hoping you all have a great start to your summer. Stay Strong.

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Also, add lots of condiments to your food. Carry mayo with you and add lots of it to everything. Same goes for Thousand Island dressing and chocolate sauce. Be creative and never eat anything that you don't add calories to in some way. Melt provolone cheese over your pasta. Put ranch dressing on your pizza. Dip potato chips in honey. I don't care what sick and twisted combinations you come up with, as long as you find it palatable. You wouldn't believe some of the things I've eaten. (Try a bowl full of peanut butter smothered in maple syrup and a stick of butter in the microwave for 30 seconds. Lay two Hershey's bars over it to melt and you'll just start to understand.)

Carry food with you. Always have a jar of peanuts in your car. Carry Pop Tarts, Slim Jim meat snacks, candy bars, anything handy that travels well and needs no special preparation. Never get caught away from food. Put it in your desk, your locker, your gym bag, your brief case, hell, carry some around in your pockets if you have to! Never miss a meal because you couldn't eat. What's that? Couldn't eat? It takes less than 50 seconds to eat two candy bars. That's over 500 calories. Even if you have to sneak it on the job, go to the john and wolf them down. You must never be without food. Take some with you. Never say you didn't have time (50 seconds?!?) or opportunity. Find time or make time.

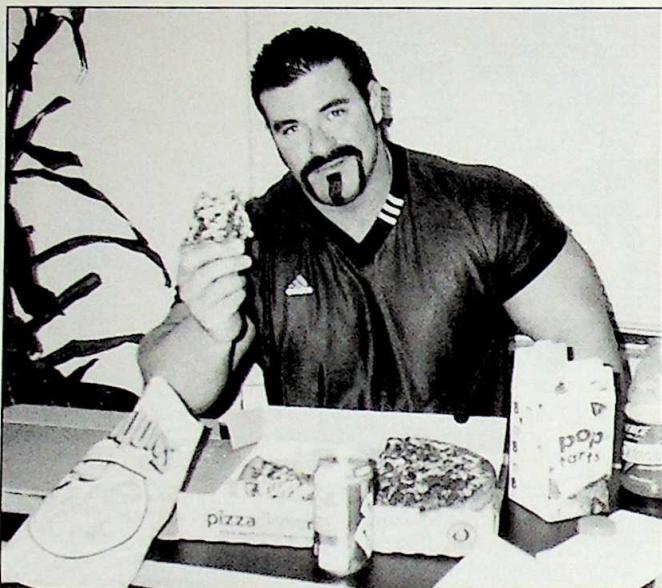
Eat immediately upon arising. Start right away. You lost time when you were sleeping ... because you weren't eating! Fill up first thing in the morning. Don't wait! You went several hours without any food. The longer you wait the less time you have to get all the food you're supposed to eat down. If you wait long enough it will be impossible to make it. You'll run out of time. Get off to a solid start. Minimum first meal calories: 1200. Eat over a grand right away and the rest of the day will be easier. Eat less, and you'll be playing catch-up all day long.

Eat just prior to bed. You are

TRICKS OF THE TRADE

The Big Boys Menu Plan

as told to Powerlifting USA by J.M. Blakley



Picking Up Where He Left Off Last Month ... J.M. Blakley continues with his treatise on how to gain lots of functional bodyweight quickly.

going to go for hours without food ... so, fuel up! This is your last chance to feed your body for a long time, so give it one last push. This is uncomfortable for many, but with practice you will adapt and be able to eat a good calorie load before retiring. Shoot for 600 calories minimum.

Try foods that you used to dislike or have never eaten before. After several weeks of overeating, everything begins to taste the same. Even your favorite foods lose their flavor. You exhaust your repertoire of choices. Open it up. Go for the calamari or the shark fin soup. Try a quiche. Eat at an ethnic restaurant. Find new favorites that you can eat lots of. I hated cottage cheese as a youngster, but now I mix it in with spaghetti and dump it into soups! I even eat the fat free variety on a reducing diet! You will surprise yourself. Don't be afraid to try. You may still dislike salmon, but you may get a taste for artichoke after all.

Drink regular soda pop (possibly caffeine free) and whole milk. Never drink any fluids that don't have calories. No tea without sugar, no coffee

without cream and sugar, no diet beverages whatsoever. No plain water! Canned soda pop is an excellent source of purified water, but it also has precious calories. Gatorade is fine and has electrolytes as well. 108 ounces a day is the minimum. But don't fill your stomach without puffing some calories in along with. A 12 oz. can of soda pop has about 150 calories. Quench your thirst and give your body more calories at the same time. (I'm not knocking water, folks, I'm just illustrating that you can hydrate yourself and get calories in the bargain.)

Count your calories. You may think you are consuming an abundance of food, but you're probably giving yourself too much credit. It is very hard to eat over 5000 calories every day for weeks on end. And, if it's 7 or 8,000 you think you're getting in every day I think you'd better check that. Often a trainee will eat 6,000 calories on Monday, but then stoop to 3500 or so for the next two days. Then Thursday, maybe he'll get 5500 and follow that for two days of 3000. All the while they believe that they are eating 6000 every day. Avoid this kind of fluctuation. Keep a solid average. And keep track. At least for a series of days every now and then. A few days a month check up on yourself. If your goal is 5500 calories a day, add it all

up and make sure you're actually doing what you think you are. You'll soon get better at estimating and you won't have to go through this so much. Take my advice, if you are not seeing the scale move the way you think it should be moving, double check your count. You most likely are overestimating your intake. This process gives you feedback so you can make adjustments. Even if you're an old pro at calorie counting it's a good idea to take account every so often.

Issues and Precautions

This kind of diet is admittedly not the most conducive to your overall health. But we should get one thing straight - you are not doing it for health reasons, you are doing it for better performance in your chosen sport. This is one of those "quality of life" issues. You choose to pursue powerlifting because of reasons other than improved health such as challenge, personal pride, self esteem benefits, sense of strength, or any other of a basketful of psycho/emotional reasons, not to mention the sheer fun of it! There are plenty of health benefits to the sport of powerlifting and weight training, in general, which have all been outlined many times before. I acknowledge those, of course, but I'm just saying that if you are competing and trying to bulk up, you probably have more personal motives for continuing to put so much into this sport. And those motives most likely supersede any bodyweight related health benefits.

Having said that, let me turn the table back on your health. This style of diet can have very serious effects on your body. One effect is a dramatic improvement in your strength, but another effect is an increase in your blood cholesterol level! It would be irresponsible of me to ignore the "down side". So I'll give a few suggestions of what I feel is prudent and responsible behavior that would accompany such an eating program. (It's all common sense, anyway!)

Have your cholesterol checked before you begin. Get a baseline. If you have high levels, you may want to reconsider and see your doctor about options to lower it.

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"If you want to beat the man, you've got to out-eat the man!"



Gathering Energy ...J.M. Blakley before an attempt at Carlos Moss' '98 IPA Maryland State Meet

Check your cholesterol every 15-20 pounds that you gain, or every 10 weeks on the diet. Set a limit with your doctor as to how high you will permit it to rise and still remain on the diet. If it goes above such-and-such a number, abort.

Do some form of cardiovascular exercise for a minimum of 3 days per week. I know you don't want to spend the precious calories on cardio, but the cv exercise will help keep the cholesterol down as well as abating some of the inevitable sluggishness that comes with weight gain. I've done it both with and without cv and I feel much better with a daily walk. And you can eat just one more snickers bar to cover it. All the while your heart gets some exercise and your metabolism doesn't get so loggy.

Check your blood pressure at the start and then every four days while on the diet. Get your own monitor or find one of the countless free places that you can have it taken for you. Use the same equipment every time. Expect some increase in BP. Consult your doctor and make a decision as to what you both will tolerate. If your BP goes past the limit you have set, abort.

Issues of sleep apnea can develop. This is a tough disorder in which you interrupt your breathing for a few seconds all through the night and wake up in the morning exhausted from gasping for 8 hours! This affects a huge number of people in the US, but commonly is made worse by gaining weight. If it affects you, you may not know it ... you're asleep while it's going on. Sooner or later someone will tell you, your wife, your girlfriend, your next-door neighbor. It's often confused for a bad case of snoring, but after a couple of weeks of full nights rest and an accompanying deep fatigue, you will begin to suspect something is wrong. I wish I had some sort of fix-it for this, but the only advice I can give is to try propping yourself up at a slight incline when you sleep and put up with it as much as your significant other will allow. If it is too much of a problem, seek medical attention and decide what else to try. If you must, abort the diet. You won't see the progress you want in your training if you're not getting the rest you need.

Have a full blood work-up done (this will most likely accompany your cholesterol test, but ask for it any way. These days health care professionals are cutting costs and if you ask for cholesterol values that may be all that gets run!) Of special interest are: triglycerides, liver enzymes, thyroid levels – especially T-4 and TSH, and any values having to do with pancreatic function. These can become upset with drastic changes in dietary habits and will need an eye kept on them.

Measure your bodyfat percentage. Set a limit as to how high you will let it go. Re-measure it every 10 pounds you gain. See how many pounds are muscle and how many are fat. A good bargain is 1 pound of muscle for every 2-3 lbs. of fat.

If you are a master lifter, consider your medications and consult your doctor about the effect weight gain may have on any of them, especially heart meds. Your dosage may need to be adjusted.

Remember that the weight gain is to be temporary. You should plan a reducing diet to follow at a specified time in your training. This is where you attempt to maintain most of the new strength you amassed during the bulking phase while lowering your bodyfat to the same level you had when you started the process. You are not training to get stronger in this phase, only to hold the strength you have while dropping the excess weight. Commit yourself to the goal of returning to your starting level of bodyfat and see how much of the new strength you've kept. If you diet right, it should be above 80%. That is your true gain. The gain you keep after gaining and losing the excess bodyfat is what counts. If you gain 20 lbs. on your bench and lose 15 when you diet, you missed the point. If you gain 20 lbs. on the bench and keep 15, you've achieved something and done it correctly. Now repeat this process as necessary! I suggest that you only hold your weight heavy for no longer than 5-6 months before you diet back down. Each time you repeat this process, you will hold more strength and have more muscle mass than before. Avoid staying heavy too long. It is only temporary!

These things will help you minimize the risks

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associated with the rigors of bodyweight manipulation. Competitive sports all have risks. Every high schooler who puts on a football helmet on Friday night and knocks heads with the crosstown rivals takes on the risk of spinal injury. Risks are unavoidable and usually increase with the level of play. Just be responsible. Take care of yourself within the risks. Do what you can to minimize them. Pay attention. If you don't watch your blood pressure, how do you know if you might not be begging for a stroke? For Christmas' sake, at least know what you're levels are. You can always decide to do what is right for you. Continue or stop. Or continue on a different course. At least do the best you can to stay as healthy as you can.

Remember – If you want to beat the man, you've got to out-eat the man!

Good eating, J.M.

Victor Naleikin, at 48 years of age, is one of the top Superheavyweight Powerlifters in the World. He defines the term 'Old School'. He is a man of few words who lets his lifting speak for itself. He chooses to wear minimal equipment, and rarely lifts with a belt. In fact, he has squatted over 900 and deadlifted over 800 on multiple occasions without a belt. The use of very little or no equipment is quite common with the Eastern Europeans. Access to supportive gear, wraps, and belts is difficult in these countries due to financial and location considerations.

Victor's build is very stocky with large legs. He is massive, but his musculature is not overly defined. He does not lift explosively, but rather slowly and methodically. He appears to grind out each attempt as if he had no more in him, but he then increases the weight with his next attempt and miraculously grinds out another. He is one tough individual who does not know the meaning of quit.

Victor is a celebrity in the Ukrainian sports community. I witnessed this first hand in 1998 at the IPF World Championships held in Cherkasy, Ukraine. The 2,500 capacity auditorium was packed to the rafters. The spectators spilled out into the hallway of the venue where they watched his lifting via closed circuit television. In unison, they chanted "Victor, Victor, Victor" every time he approached the platform. He is a two time IPF World Champion, and a constant fixture on the medal platform. In 1999 he traveled to the USA and won the Mountaineer Cup. He has been inducted into the EPF (European Powerlifting Federation) Hall of Fame. I have gotten to know Victor very well through competition with him on numerous occasions. With the translation help from Vadeem Safronov, Kiev City Powerlifting Federation Webmaster, I recently interviewed Victor for this feature on one of the IPF's legendary stars.

BG: Victor, please give us some biographical information on yourself.

VN: I live in Kiev, Ukraine. My job is coaching powerlifting. I am married and have a son and a daughter.

BG: What other sports have you been active in?

VN: I have competed in running, javelin, discus throwing, shot putting, swimming, and skiing.

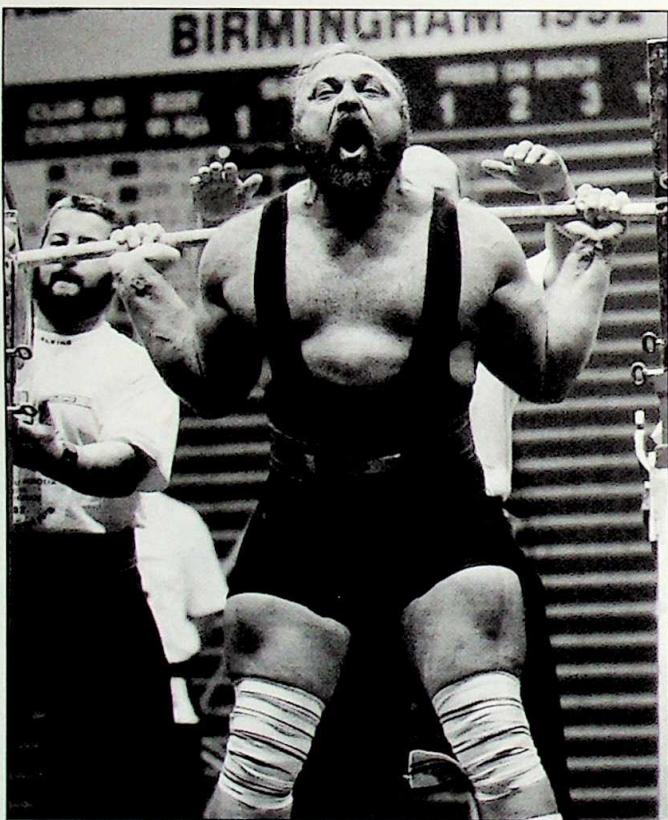
BG: Please elaborate on your Olympic style weightlifting experience.

VN: I was Absolute Champion of the USSR Agricultural Universities Championship 4 times. I was

INTERNATIONAL INTERVIEW

(Personal dialogue between PL USA Magazine
and the Sport's Greatest International Lifters)

Two Time IPF World Champion VICTOR NALEIKIN as interviewed by 2000 IPF World Superheavy Champion BRAD GILLINGHAM



Victor Naleikin has fought up some amazingly tough squat attempts.

2nd at the Championship of Ukraine. My best results in weightlifting were: snatch - 170 kg, clean and jerk - 220 kg (weight class - up to 100 kg).

BG: How did you get started in powerlifting?

VN: I had to go out of weightlifting because of my age, but I wanted to train, so I came into powerlifting. That was 1988.

BG: Do you have any other hobbies?

VN: I almost have no free time. All I do is train and spend time with my family.

BG: You have been a top International Powerlifter for a number of years. Tell us about some of the

titles you have won.

VN: IPF World Champion 1994, 1997, IPF Silver Medalist 1990, 1991, 1992, 1993, IPF Bronze Medalist 1998, 1999, European Champion (EPF) 8 times.

BG: What are your best lifts?

VN: Competition: Squat 410 KG, Bench 240 KG, Deadlift 380 KG. Gym: Squat 430 KG, Bench 240 KG, Deadlift 370 KG

BG: How is the sport of powerlifting viewed by the athletic community in the Ukraine?

VN: It's very popular, but we need more advertisement.

BG: In 1997, the year that you won the IPF World Championship in the 125+KG Class, the Ukraine team

captured the IPF World Team Championship. What did this mean to the people of the Ukraine? Was it viewed as a big event in the sports community?

VN: Of course, it was a great achievement for us. It was first time for our team.

BG: How many members are there in the Ukraine Powerlifting Federation?

VN: About 3000

BG: What is your most memorable experience in the sport of powerlifting?

VN: The World Championship in Prague, last attempt deadlift. Our team was shouting so loud...

BG: Please talk about the Ukraine National Team and how it works.

VN: We do not have one coach for whole team. All our sportsmen are training where they live. The team is selected by the results of National Championship.

BG: In 1999 you traveled to USA and won the Mountaineer Cup and then returned to compete in 2000. Please talk about these experiences.

VN: As for me, the rules were the same as IPF. I don't like the decisions of arbiters in 2000. They were not objective.

BG: How do you train?

VN: It's harder and harder to keep training with the years passing. I train 5 days a week, one day for squat, one day for bench press, one day for deadlift and two days for other exercises.

BG: What is your diet?

VN: I do not have such word as diet. I eat all.

BG: Do you think Powerlifting will become an Olympic Sport? What are your views on this subject?

VN: As I think, powerlifting should have been in the Olympics a long time ago. It's easy for all, and a very democratic sport!

BG: Victor at 48 years old you are one of the best and most respected lifters in the World. You are both in the EPF and IPF Hall of Fame. What are your future goals in the sport of powerlifting?

VN: Now my aim is to heal my knees and to take part in competitions more. My other aim is to coach my son.

BG: You are currently coaching your son. Could you elaborate on this? How is his progress?

VN: He has already squatted 315.5 kilos. He's training not long (since 1998) and he's at a very light weight for his height.

BG: Do you have any sponsors?

VN: Now I don't have a sponsor.

BG: Who would you like to mention or thank who has supported you in achieving your goals?

VN: I'd like to thank a friend of mine, Oleg Moiseev, who helped me in my sports career.

World Powerlifting Organization News (TM)

What's the Difference? #4

We at the WPO (TM) recognize the fact that in order to build a strong professional organization, we need to find a common ground on the equipment issue. I think every powerlifting enthusiast would agree that much of the equipment allowed (bench shirts, squat suits, briefs) has gotten a bit out of hand. I have even heard lifters using this "beefed-up" equipment saying the allowances have become too liberal. With this in mind, however, if the rules of an organization allow the "liberal beefed-up" equipment, it would be foolish for a lifter to go to the meet with substandard attire. In other words, it's like going to a gunfight with a squirt gun. Kieran and I believe that every elite powerlifter in the world would like to come together once each year for a professional (WPO (TM)) World Championship where the competition is fierce, the rules are consistent and the prize money is worth the hard work.

PERSONAL EQUIPMENT REQUIREMENTS

1. Squat Suit

A lifting suit of basic design illustrated shall be worn. It must be an individual full-length polyester or canvas fabric. What is allowed?

- A. Polyester single ply (double ply brief)
- B. Polyester double ply (single ply brief)
- C. Canvas single ply (double ply brief)
- D. Canvas double ply (single ply brief)

* Brief will be made of polyester material and will not exceed top of navel and will not exceed bottom of lifter's squat suit.

2. Bench Shirt

One double polyester or double denim bench shirt can be worn. It must be an individual article of cloth fabric. Its construction may consist of double plies, but must, as a whole, be a singular component. The thickness(es) shall not be designed to increase, enlarge or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competition.

* A patch shall not exceed 16 square inches. Any material exceeding these dimensions will be considered an extra layer.

* Canvas bench shirts are not allowed!

3. Deadlift Suit

A lifting suit of the basic design illustrated shall be worn. It must be an individual full-length polyester or canvas suit. Refer to personal equipment requirements section 1: the deadlift brief requirements are the same as the squat.

4. Briefs

See personal equipment require-

ments #1 squat and #3 deadlift.
5. Undershirt or T-shirts

One undershirt (of a consistency with what is commonly called a t-shirt) with or without sleeves may be worn under the lifting suit. The shirt must be of a singular component. The thickness shall not be designed shall not be designed to increase, enlarge, or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not bear the name of any other Powerlifting Federation, whether tested or non-tested, nor portray indecency or be offensive to the spirit of the competition.

We realize a powerlifting purist (raw or single ply advocate) will not see these equipment rules as acceptable. However, in order for lifters to find common ground, one must give a little to get a little for the progression of the sport. Example: a lifter who lifts in a single ply organization and one who lifts in anything goes organization are always attempting to compare their feats of strength. Kieran and I believe with the WPO (TM) rules on equipment and strict enforcement, this is the perfect venue to find out who is really the best. Also, we realize that the equipment an athlete provides judges at the check may not be the actual gear he will use in the contest. To combat this possible problem, we have instituted the "roaming Judge policy." In the WPO (TM) we have the traditional

Kieran Kidder on Garry Frank and Ed Coan: "I must reiterate how astonishing it was to witness Garry Frank orchestrate the Pinnacle of powerlifting excellence by surpassing the 2500 total barrier with conviction! His lifts were exercised to perfection, 970 squat, buried! 694 bench, smoke show! 970 pull! (buttaa) Locked out? NO DOUBT! There was absolutely nothing to question. He handles the weight like it doesn't even exist! The scariest part is Garry is just getting started and will most likely exceed 2600 lbs. total barrier at the WPO Semi-Final at Universal Orlando. The reality of the giant putting together 1003 squat, 710 bench, 903 deadlift, in the same contest totaling 2616 would make him the first to do so. Yes, there are lifters out there that are stronger pound for pound than Garry and out lift him in individual lift, who cares! The sports main objective is to composite a total, which seems to me has escaped the modern day powerlifters mind set. During his 2535 performance he was looking out 713 bench and his foot came off the floor, his 903 deadlift on his third attempt was only six inches or so from lockout. If he had made those lifts he would have totaled 2586. Anyone that has witnessed Garry lift knows that 2600+ is in the cards. Don't think just because Garry is the new kid on the block means the rest of the powerlifting world is ready to hang it up! I know Steve Goggins who just happens to be the WPO Super Open HWT Champion, and 1000 lbs. + squatter isn't going to give up his belt without a fight. If you think Ed Coan is going to back down from Garry, you guessed wrong! I saw him at the Arnold Classic and Ed personally told me he would be in Orlando this July. The WPO invaded Columbus, Ohio and elevated the prestigious bench press competition generating a response from the crowd like never before. Before the contest started I had the WPO Heavyweight Belt in my hand close to the warm-up area while myself and a card girl were awaiting our cue to go out on the stage and parade the belt around to hype up the 5000+ capacity crowd moments before I handed the belt to the card girl. I looked over at Ed Coan (who was coaching a lifter) purposely holding the belt in his line of sight, and I said "Eddy this is what you will be gunning for this November". Ed's reply was "no that's what I'm going to be wearing around my waist this November"! Right then the hair on the back of neck stood up, because I knew the WPO's Master plan was about to go into high gear!"

three platform judges plus a fourth that will roam periodically checking lifting equipment.

Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we

grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO (TM) rule book. Remember: Stay Hardcore! (Thanks to Russ Barlow, WPO (TM) Technical Director)



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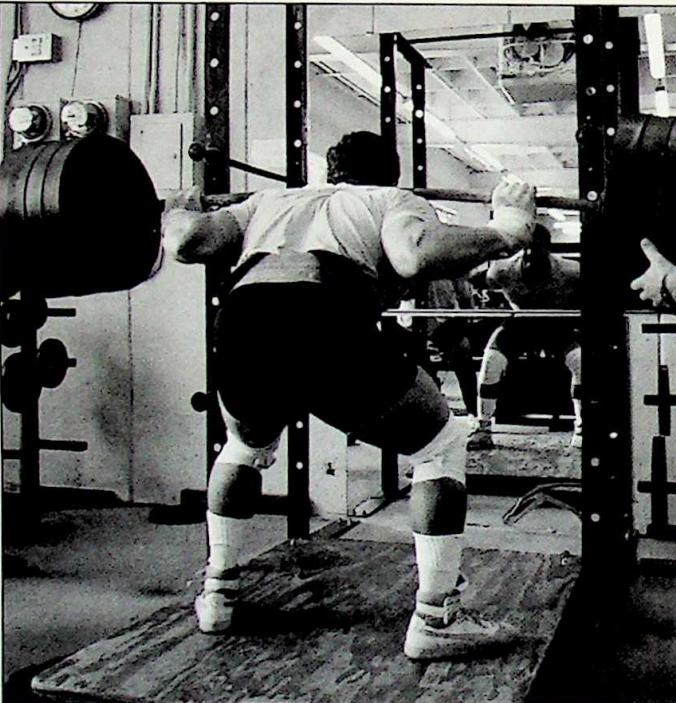
How many times have you heard a coach at the contest screaming a long list of instructions to their lifter immediately prior to the execution of the squat? Guess what? It doesn't work! In fact, it's often too complicated, the athlete cannot readily process it, and it's more of a distraction than anything else. Let's face it, if your lifter doesn't know what to do 30 seconds before his or her opener.... it's too late! Thought precedes language. Unfortunately, some coaches seem to have very big mouths and very small brains. This is always a bad combination. More coaches should realize that they are not the center of attention, the lifter is. Instead of screaming a paragraph of useless information, coaches should limit their instructional cues to a few positively charged syllables of proper technique and encouragement.

Introduction

The purpose of this article is to present a multifaceted understanding of the processes underlying psychological modeling and their relationships to learning the free weight squat exercise. In order to benefit from the favorable training adaptations afforded by the barbell squat, performing the exercise with proper technique is absolutely crucial. Proper visual demonstration or modeling is vital for learning a complex motor skill such as the squat. Visual demonstration conveys a vast array of informational cues that are far more relevant to facilitate an observer's motor skill acquisition than information conveyed through verbal instruction. Successful performance of the squat exercise depends on the ability to hold visual symbols in memory for a short interval of time and maintain internal descriptions of the relevant biomechanical factors necessary to execute the motor task efficiently. In the following study, subjects who performed the squat after exposure to a video-taped demonstration of proper technique exhibited significantly higher scores in both the accuracy of their cognitive representation of the modeled action, as well as in

Psychological Modeling, Cognitive Representations, and Learning How to Squat

as told to Powerlifting USA by Peter Catina Ph.D.



Ed Coan Certainly Knows How To Squat ... despite working out in front of a mirror during this training session in Santa Barbara in 1987

performance technique than subjects who performed the squat without exposure to video-taped demonstration. These data suggest that visual demonstration of the squat is a positive factor in enhancing the performance of novice lifters. There are, of course, many factors that influence motor skill acquisition.

Upon visiting almost any fitness center, at least two things will be evident. Either people do not perform the squat at all, or many of those who do, perform it incorrectly. This is due to false information and improper instruction. Another problem is that people learn to squat while looking at their reflection in a mirror. Although mirrors do provide a modicum of necessary feedback as to how one is progressing in terms of appearance, they are an inappropriate orientation for observing the execution of a motor task, especially one as

complex as the squat. You wouldn't teach someone how to approach a bowling lane while facing a mirror, or demonstrate a tennis serve while facing the learner. Learning to squat in front of a mirror is not consistent with the notion of acquiring a cognitive representation through observational learning.

These concepts are easily recognized by standing in front of a mirror and raising your right hand. The image in the mirror seems to raise its left hand. Write a word on a piece of paper and hold the paper so that the word can be seen in the mirror. The word seems to be written backwards. Mirrors change what you see. When light strikes the reflection of a lifter in a mirror, only a small part of that light travels in the correct direction to reach that lifter's eyes and the paths to each eye cross over to the other side

before they reach their destinations. To get to the lifter's eyes, light from every point on the reflection takes a different path. Light from the highest point ends up lowest after being reflected by the mirror. Likewise, light from the lowest point ends up highest after being reflected.

Squatting in front of a mirror is one of the most counterproductive practices I have ever witnessed, especially for a beginning powerlifter. What a shock it must be for a novice lifter to arrive at the contest and find that there are no mirrors! Few things are more important than simulating contest environment during training sessions. I've even gone so far as to bring newspaper and tape to the gym and cover up the mirror where I squat. Whatever works for you, comic strips, a poster of Shania Twain, or a picture of the meanest, ugliest, strictest head-referee on the planet (which is the most likely thing you'll see at the actual contest). Think of it as a surefire way to keep those pesky bodybuilders away from the rack when you're squatting. Try it sometime, just cover up the mirrors, and watch all the bodybuilders disappear, along with their reflections. The intent of this article is not necessarily to condemn mirrors (they're great for shaving), but rather to show that proper visual demonstration is an effective method for motor skill acquisition.

Since the squat is a full-body exercise, it elicits one of the highest hormonal responses provided by all resistance exercises. Hormonal actions that influence the adaptations to the squat exercise include, but are not limited to, improved force production, stimulation of cartilage growth, and enhanced size (Fleck & Kraemer, 1987).

Performing the squat exercise with proper technique is crucial in order to benefit from these favorable adaptations. Teaching proper form to a student requires visual demonstration by the instructor. The literature in the area of motor skill performance as it relates to or is affected by modeling primarily considers visual perception of the modeled information as a mediating variable on behavior, but what ensues between perception and behavior does not appear to be fully addressed. Apparently, a myriad of intermediary components is essen-

tial in transforming the patterns of movement demonstrated by the model into appropriate actions to be accomplished by the learner.

Psychological Modeling

Modeling is an effective means of conveying relevant information to facilitate an observer's motor skill acquisition (Gould & Roberts, 1981). The literature in the area of modeling primarily considers visual perception as a mediating variable on behavior. Visual demonstrations of motor tasks are retained by the learner in the form of internal messages, which are recorded and saved in the pre-frontal cortex of the brain for future retrieval (Goldman-Rakic, 1987). It is evident that the observer somehow retains the modeled action and can later replicate what was seen in the absence of verbal instruction (Williams, 1994).

The significance of the modeling process lies in its effect on the behavior of the observer. The observer does not merely watch the action passively, but perceives the environmental information rather actively. According to Gibson (1968), the observer must differentiate the information within the optic array into its most useful dimensions. In other words, particular events and attributes are singled out

for observing and describing what exactly ensues between perception and action. So, it is crucial to demonstrate proper technique to the observer in the most effective manner, especially when one considers the many people in various weight rooms that are using bad technique, thereby setting a bad example to those observers. When a coach gives too many verbal cues, it causes the lifter to think about too many things. This may result in confusion and attenuate performance. Too many instructions make it difficult for the student to totally isolate one strategy from another. In doing so, some of the information is lost. It may be that the student is using various combinations of strategies and cannot be focused into using the most effective one. Therefore, it is important that verbal instruction be as clear and parsimonious as possible. The coach should first demonstrate the squat with the learner standing behind him or her. This type of visual modeling facilitates motor skill reproduction. However, there is a multiplicity of variables and co-factors that are linked to observational learning which will be expounded upon within the remaining sections of this article.

Bandura (1986) suggests that behavior is mediated by exposure

to the model and that repeated exposure to the model will improve the quality of the cognitive representation which will, in turn, facilitate performance. The concept of modeling is presumed to be controlled by four sub-components: "Attention", a conjecture that people cannot learn much by observation unless they attend to, and perceive accurately the significant features of the modeled behavior. "Retention", where it is submitted that people cannot be influenced by observation if they do not remember it. "Motor reproduction process", which is the conversion of symbolic representations into appropriate actions. "Motivation" which proposes that people are more likely to adopt a modeled behavior if it results in rewarding consequences. According to Martens, Burwitz, and Zuckerman (1976), the successfulness of the modeling process is limited by the difficulty of the motor task. This relationship between modeling and performance is predicated on two circumstances: an accurate perception of what is to be accomplished by way of strategy or technique, and the ability of the learner to reproduce the demonstrated action. The instructor should give immediate visual feedback by demonstrating the movement with an emphasis on correcting existing

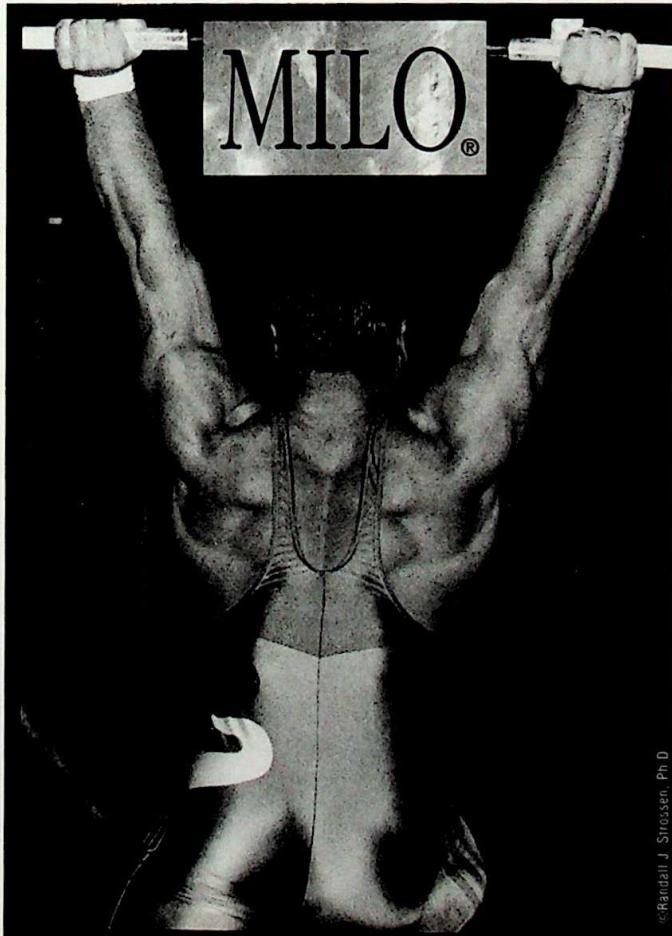
mistakes or replaying videotape of the student's performance, thereby providing visual assessment of the motor task in a timely manner. This will give the student a reference point from which he or she can improve performance.

According to Adams (1986), this knowledge of results enables the observer to correct errors in movement technique. The greater the accuracy of the cognitive representation of the modeled action, the greater the skill acquisition will be in the subsequent reproductions of it. This is consistent with the schema theory proposed by Schmidt (1975), which states that sensory consequences and actual outcomes, for a given set of initial conditions, could be related by the subject.

Cognitive Representations

Cognitive representations may be construed as "mental blueprints" comprising an essential link between perception and action. The brain not only categorizes these non-language representations; it also builds successive layers of categories such as shape, movement, and sequence. In this way, the learner organizes visual information, events, and their relationships.

(article continued on page 66)



We Have A Different Perspective

O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thing—what you can do, not what you look like.

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Not a PeeWee ... "Little Calvin" Burgess trains at Austin Gym in Rumford, Maine, and he deadlifts 80 pounds weighing 40 pounds at age 7. He wants to be a champion powerlifter someday, like gym owner Dick Austin and his dad Calvin Sr., who supplied photo.

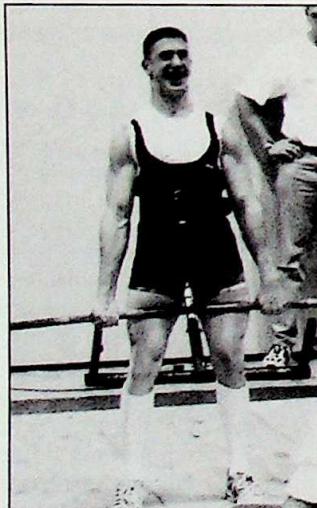


Nate Vasquez achieved incredible athletic accomplishments at the precocious age of 8! In his first powerlifting meet, he squatted 95, benched 50, and deadlifted 125 for a total of 270 at a body-weight of 58 lbs. At a bodyweight of 66 lbs., he subsequently deadlifted 158 lbs. Nate is also a wrestler, both freestyle and collegiate style. He won the Washington State Freestyle Championship in 1999 and was 2nd in the state collegiate championship. You might recognize Nate's spotter in the squat as the legendary bench pressing star Jeff Magruder. Nate's parents Vince & Bea Vasquez give their special thanks to Jeff for the support & spot. (This photograph was provided courtesy of Vince Vasquez to Powerlifting USA).

YOUNGER POWER PEOPLE



Randi Fizer started training in May of 2000 and competed in her first meet at the NASA Arizona State Championship, in the teenage division, 170.8 lb. class, where she won 1st place and set Arizona State records. She next competed in the NASA Arizona Regional meet on Nov. 18th, where she set three American Records in the 170 lb. class: a squat of 110 kilos, a deadlift of 110 kilos, and a total of 275 kilos. (photo and information supplied by Randi's father Greg)



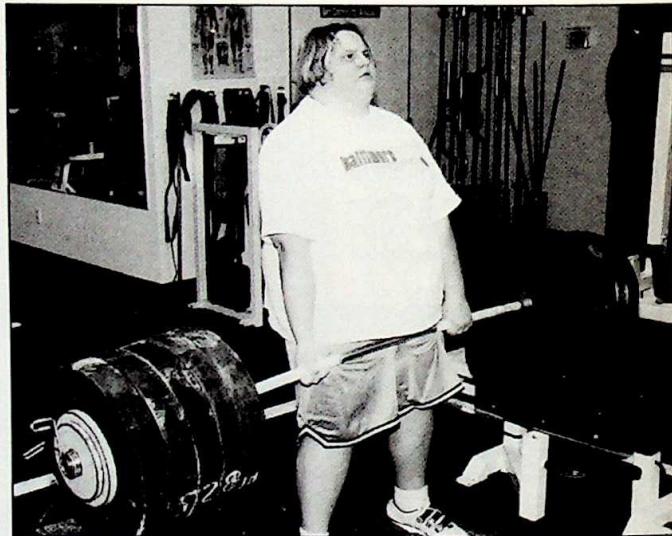
The photo above shows Matt Noctor with his PR (at the time) Deadlift of 490 lbs. at the USPF Pennsylvania State Championships of 1999. At the 2000 Pennsylvania State Teenage Championships at Upper Perkiomen, East Greenville, PA Matt won "Best Lifter" in the 14/15 age group and set new meet records in the deadlift (470) and total (1150) at 148 lbs. body-weight. He also made a 240 lb. bench and a 440 lb. squat, and took a shot at a 500 lb. deadlift on his 3rd attempt miss. (Photo and information by Timothy Noctor)



Robert G. Morris, wrestler, football player and powerlifter, competed in the NASA Texas State at 13 yrs. old and took 1st in the 154 lb. division with a 402 squat, a barrier that apparently no 13 year old has ever broken weighing 148.



Brigid Aileen Steele is the daughter of Joseph and Kimberly Steele and at age 10 months and weighing 26 lbs., she was already showing interest in the Iron Game, preferring to play with weights instead of her toys. (By Joe Steele)



Jenna Bussard, 14, is doing some great lifting, deadlift 335x4 and locking out 461 lbs. after an 8" pull seen above. She front squats 300, back squats 315 for reps, benches 200 for reps, inclines 170 for sets of 4. Richard Sorin of Sorinex Exercise Equipment, determined that the all time record for women aged 14 to 18 is 396, and he predicts that she will "crush this in her first meet" (Photograph and info by Richard Sorin).



Three year old Jo Jo Woodward is getting an early start on his powerlifting career in the home gym of his grandfather, James Dunn, of Ridge, New York. (This photograph provided courtesy of James Dunn).

POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Few dietary supplements have generated more animated and polarized debate than creatine. Proponents hail it as a safe and effective supplement with a plethora of benefits, while naysayers claim that no long-term research has been conducted and that creatine might actually cause health problems. The following represents a comprehensive review of the literature and answers some commonly asked questions concerning creatine and its use as a dietary supplement.

Unlike chemically derived food additives that are unknown to the body, creatine is a naturally occurring compound produced in the liver, kidneys and pancreas from the nonessential amino acids arginine, glycine and methionine. Creatine is also found in relatively high amounts in meat, fish and poultry. In fact, adults and teenagers who regularly consume these foods typically eat between one and two grams of creatine per day. Vegetarians who do not con-

CREATINE REVIEW

as told to PL USA by Timothy N. Ziegenfuss, PhD

sume meat or fish have been reported to have reduced body stores of creatine (18). Interestingly, when these individuals are fed creatine, they are able to retain more of it in their body (in comparison to non vegetarians), suggesting that creatine might actually be "essential" to a normal diet. In a 154 pound adult male, about 120 grams of creatine are found in the body, 95 percent of which is in skeletal muscle (3).

Upon ingestion, creatine monohydrate powder is absorbed into the bloodstream through the small intestine and reaches peak levels 60 to 90 minutes later. Following its transport and uptake into skeletal muscle, creatine is thought to serve at least four vital functions (12,18). 1) it serves as an energy capacitor, storing energy that can be used to regenerate adenosine triphosphate (ATP); 2) it enhances the capacity for energy transfer be-

tween the mitochondria and muscle fibers; 3) it serves as a buffer against intracellular acidosis during exercise and 4) it activates glycogenolysis (glycogen breakdown) during exercise. Collectively, these effects underscore creatine's central role in energy metabolism and explain why it has been the subject of intensive study.

Creatine was first discovered almost 100 years ago and since 1993, more than 150 research studies have been published specifically on creatine supplementation in humans (18). To put this into perspective, only one other compound has been more thoroughly investigated for its effects on performance - carbohydrate. The longest creatine study to date has examined up to five years of continuous use in athletes (14). For the most part, creatine research has been conducted on

adult men between the ages of 18 and 35 representing mixed training backgrounds. However, studies on women and older men are beginning to accumulate (18,20).

A commonly used analogy by scientists is that creatine is to the weight lifter/sprinter what carbohydrate is to the distance runner. Of the well-controlled human trials on creatine, about two-thirds have shown benefits from its use. Depending on the initial fitness level of the subjects, these have included: (12,18)

* Increased dynamic strength and power (approximately 5-15 percent)

* Increased body weight and lean body mass (by approximately 2-5 percent)

* Increased sprint performance (approximately 1-5 percent)

In general, creatine is considered beneficial to weight lifters and athletes involved in sports requiring short, repeated bursts of high power (e.g., wrestling, rowing, sprint running/swimming/cycling, football,



"Creatine is to the weight lifter or sprinter what carbohydrate is to the distance runner" — that's what Timothy Ziegenfuss, PhD, chief scientific officer for Phoenix Laboratories and associate research editor for www.virtualmuscle.com, says about this well researched substance

and lacrosse).

Recently, creatine has also been used in a variety of medical conditions: (2,12,16-18,21,22)

- * Use as a cardioprotective agent during open-heart surgery
- * Use in preventing brain damage following traumatic head injuries

* Use in the treatment of myocardial infarction (heart attack) and myocardial ischemia (lack of adequate oxygen)

- * Use in the prevention of post-surgical lean-mass wasting
- * Use in improving muscle function in congestive heart failure
- * Use in improving "activities of daily life" in patients with muscular dystrophy

* Use in treating infants who have an inherited defect in creatine biosynthesis

- * Use in improving leg strength after knee surgery

Also, a relatively recent research trial reported that creatine ingestion reduced total cholesterol by 6 percent and triglyceride levels by 23 percent in patients with hyperlipidemia - an impressive effect that merits additional study (4).

As of this writing, the only consistently reported "side effect" from creatine supplementation in humans has been weight gain (8,12,13,18). Despite media reports of a potential link between creatine use and muscle cramps/pulls, dehydration/heat exhaustion, kidney/liver disorders and cancer, none of these effects have been documented by research. To the contrary, studies that have looked for these effects have either reported no effect (on kidney/liver function) or an improved response from creatine use (lower incidence of muscle cramps/pulls) (8,12,18). Intuitively, any natural food, nutrient, additive or compound has the potential to create an adverse event from acute or chronic ingestion in susceptible people. Common examples include saturated fat and heart disease, simple sugars and diabetes, dairy products and lactose intolerance and aspartame and phenylketonuria. Therefore, just as those individuals with kidney disease are directed to steer clear of too much dietary protein, so too should certain individuals refrain from creatine use without prior consultation with a medical professional. These would include people with known or suspected kidney disease, pancreatic disorders, liver abnormalities and, just to be safe, pregnant/lactating women. Despite these caveats, some individuals and organizations appear to hold creatine use to a higher standard than other foods or dietary supplements consumed on a daily basis. For

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Ergogen Labs has released the first products in its new line of athletic functional foods, the Creatine Cup (TM) and Cookies 'n Creatine (TM) nutrition bars. Each contains 5 grams of creatine, and they also feature L-glutamine and taurine. The bars provide ideal ratios of protein, carbohydrate, and fat to create the perfect anabolic environment. Suggested retail price is \$3 for each 100 gram (3.52 oz.) bar. They are now available at www.asimba.com or at fine health clubs worldwide.



instance, many people have no problem consuming beverages containing saccharin despite compelling research showing this substance can have harmful effects. However, when it comes to a supplement like creatine, many want a guarantee of safety.

Because creatine does not work through hormonal mechanisms and has been used clinically in infants, many scientists and physicians who are well versed in creatine research consider low dose use (3-5 grams per day) in teenagers to be of limited risk. However, because no long-term research has been conducted in healthy, growing teens (and for ethical reasons it is unlikely it ever will) others do not recommend routine creatine use (at any dose) in this age group. In theory, it is possible to double a teen's daily intake of creatine by having them ingest extra meat. However, depending on the quantity and type of meat eaten, this could lead to potentially harmful increases in saturated fat intake. In addition, there is some speculation that cooking destroys a large portion of food-borne creatine, converting it to a metabolically inactive metabolite. Ethically speaking, emphasizing the use of any supplement other than a multivitamin-and-mineral formula may not be a good lesson for a young person to learn. However, it could also be argued that the body weight and strength gains garnered from creatine use in an underweight high-school football player, for example,

might reduce his risk of injury. Clearly, this is one area with no easy answers.

Although creatine was initially portrayed as the culprit in the deaths of three college wrestlers, a Center for Disease Control review performed later concluded that creatine did not play a role in the untimely demise of three collegiate wrestlers who died in 1997 - a fact that somehow escaped widespread media coverage. Unfortunately, many people are still unaware of the actual cause (excessive fluid restriction, hyperthermia and vascular collapse) and incorrectly assume that creatine was involved. In one case, the wrestler was attempting to lose 20 pounds in just four days by wearing a rubber suit over his sweats while exercising in a sauna. Soon after these terrible tragedies, the National Collegiate Athletic Association (NCAA) responded by implementing a rigorous set of new guidelines to help accurately determine minimal wrestling weight including body-fat testing, dehydration testing and changes to the timing of the weigh-in.

In regards to the recent report issued by the French Agency of Medical Security for Food (AFSSA) that creatine use constitutes a "potential carcinogenic risk", this is an unfortunate case of widespread, indeed global, misinformation. As pointed out by several notable creatine researchers, there is absolutely no credible scientific evidence that creatine supplementation in humans

increases the risk of cancer (this is obviously why the report does not supply any references in humans to substantiate its claims). In contrast, at least five studies have been published since 1993 that reported anti-cancer effects of creatine in animals (1,7,9,11,15). Unfortunately, because of this patently false, inflammatory report, many individuals who could potentially benefit the most from creatine supplementation, namely those suffering from neuromuscular and/or neurometabolic disorders, may now refrain from use and/or participating in research. This also highlights why the news media should consult subject-matter experts prior to publishing reports of this impact. Minimally, the AFSSA's claim that "creatinine is of little benefit to athletes hoping to improve the performance" should have instantly placed the credibility of their report in question.

Creatine is available in powder, liquid, pill, gum and candy forms. Effervescent creatine, the kind that fizzes when dropped into a glass of water, is also available. In general, 99 percent of the research that has been conducted thus far has used powdered creatine monohydrate (creatine attached to one molecule of water). Newer versions of creatine are also available (e.g., creatine phosphate and creatine citrate), however, despite marketing assertions to the contrary, currently there is absolutely no research to substantiate the superiority of these new forms over regular creatine monohydrate in humans.

Although many consumers believe that "creatine is creatine", this may not be true. For instance, in one lay article published on the Internet, a comparison of 28 creatine distributors revealed that more than half were selling products containing contaminants. Although the overall purity of each product averaged about 90 percent, there were dramatic differences in the amount of several potentially toxic impurities. Therefore, consumers considering creatine use should only purchase it from reputable manufacturers who are able to provide a Certificate of Analysis that includes most of the following information: (10,12)

- * Appearance (should be white to pale cream)
- * Assay (should be at least 95 percent via HPLC or HPCE)
- * Moisture content (should be less than or equal to 12.5 percent)
- * Residue on Ignition (should be less than or equal to 1 percent)
- * Microbial/pathogenic contamination (should be negative for *E. coli*, *S. aureus*, and *Salmo-*

nella)

* Yeasts and molds (should be less than 50 per gram)

* Poisons/heavy metals (should be less than 10 ppm for lead and mercury)

* Other contaminants (should be less than 3 ppm for arsenic, 30 ppm for dicyandiamide and non-detectable for dyhydrotriazine)

Initial recommendations for creatine use stemmed from early research using five to seven days of "loading" with 20 to 30 grams per day (divided into between four and six equal, five-gram doses) (5). Based on new research, refinements have been made to this strategy and now many athletes consume only one five-gram dose approximately 60 minutes prior to training (exercise is known to enhance creatine uptake by about 10 percent). Because it is now also known that the uptake and storage of creatine is augmented when blood levels of insulin are high (>100 mU/L), many athletes also ingest carbohydrates with each dose (6).

Following a four to eight week period of use, most trainees then refrain from ingesting creatine for one month. Intuitively, this lower-dose approach seems more likely to minimize any potential side effects that might be uncovered years down the road (although the likelihood of

this happening with these doses is low). In addition, the "cycling" strategy is supported by studies showing that once muscle stores of creatine are full, they can remain elevated (and performance enhanced) for an additional four to five weeks without supplementing at all (6,20).

In this regard, athletes who continue to use creatine after their muscle stores are "topped off" are probably wasting their money - creatine that is unabsorbed by the muscles is excreted in the urine. Urinary creatinine (the byproduct of creatine) levels are commonly used as a marker of kidney function. Individuals who ingest creatine will frequently have elevated creatinine levels - this is perfectly normal and represents an increased rate of muscle-creatine degradation to creatinine rather than an abnormality of kidney function.

Finally, a common misconception is that caffeine use can block creatine's positive effect(s) on performance. This is based on data from a single study that has never been duplicated and may have design flaws (19). In contrast, many of the original studies performed in the early 1990s that established the performance-enhancing properties of creatine dissolved each dose in hot coffee or tea. Therefore, it is highly unlikely that caffeine inges-

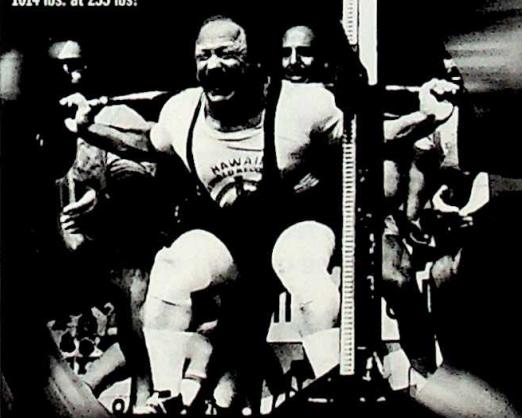
tion interferes with creatine's performance-enhancing effects (18).

Ultimately, the decision about whether to use creatine (or any supplement, for that matter) is an individual one. As with anything in life, absence of evidence is not necessarily evidence of absence. In other words, a lack of adverse effects is no guarantee of safety, particularly in all people during all types of use. However, prudent use (i.e., low doses that utilize a cycling strategy) does seem to have a number of benefits in most individuals. Is creatine a "magical" substance that will have you dunking like Jordan, passing like Elway or sprinting like Johnson? Of course not; but proper use may tweak your engine just enough to keep your butt from perennially riding the bench. And given all the fakes in the supplement world, that's not a bad deal.

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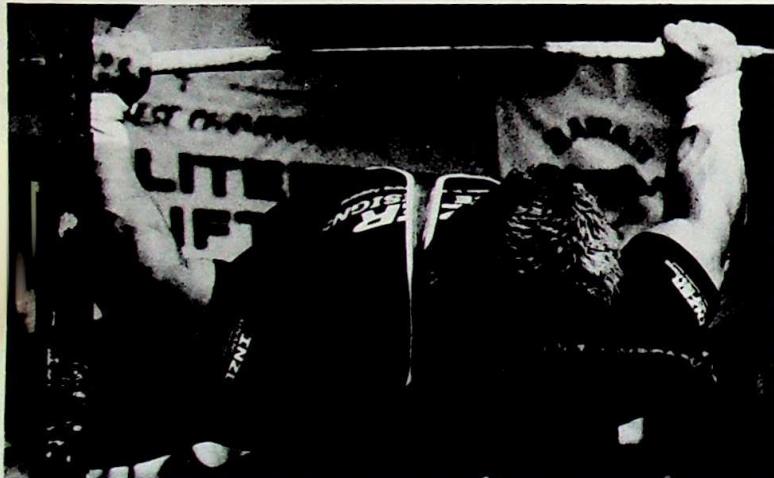
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Remember that time you were training in the winter, and the gym was pretty chilly? You whined and moaned, and finally went to the front desk to scream at 'Rod' until he turned the heat up - so you could warm up and work-out without injuring yourself. What did they take you for, a polar bear?

It is to laugh!

Flash forward to a snowy 10 acre farm near Louisville, Ohio. Sitting in the snow is an uninsulated cinder block building designed to house pigs. Until 1990, it had pigs in it - and they were cold in the winter. With very few modifications, this building now holds much fiercer animals - Powerlifters.

This is Slaughterhouse Gym! The motto of the gym is "Be Intense, or Be Somewhere Else."

The Slaughterhouse Gym was formed in 1990 by the late Dennis Dougherty on his mother's farm. The gym is 24 ft. long by 15 ft. wide, for a total area of 360 square feet! (Compare this area to your gym, and decide if you have any wasted space before you suggest an expansion.) Nick "Merci" Mercerelli reports that it is a bit crowded with all of their mission essential equipment - but it is still the perfect gym!

The focal point of the gym is the power rack immediately in front of the double doors. Slaughterhouse Gym is also stocked with a lat pull-down, hyperextension, and plenty of free weights including the well-worn set of dumbbells shown in the photo. The walls have a few mirrors, several motivational/babe posters, and not much else.

There is just not enough room for 'fluff', although Nick reports several unknown species of spiders and wasps in the summer. [Reminds me of the painful duty I had at a gym I used to work at when I had to knock a 2' diameter hornet nest down (while wearing shorts and a tank top) so we

HARD CORE GYM#4

**Slaughterhouse Gym; Where Hell Freezes Over!
as told to PL USA by Rick Brewer, of House of Pain**

could spray and kill all the hornets. The guy who was "helping" me from a safe distance still laughs about it - but it wasn't too funny to me! (Hi Dave!!) Whoops, all this caffeine makes me ramble. Back to Slaughterhouse.

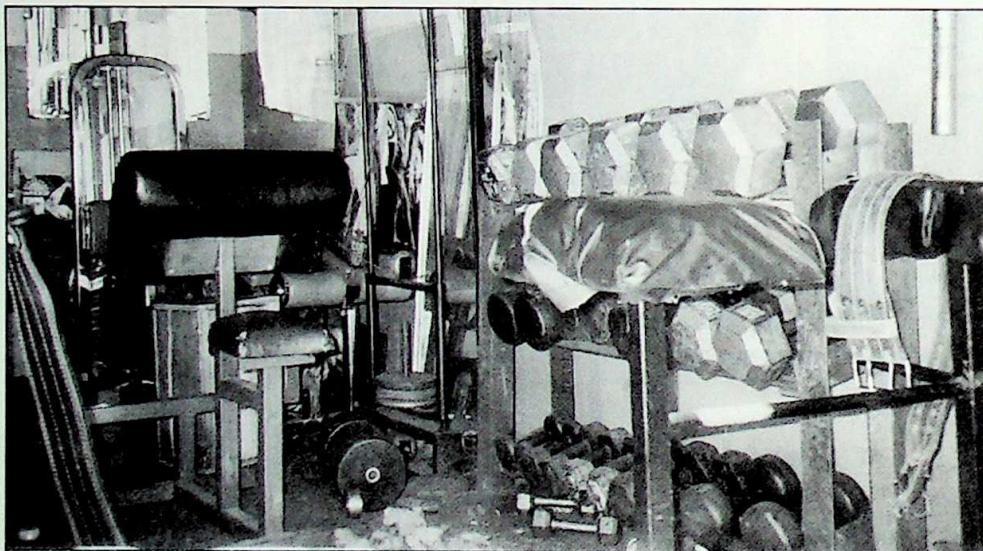
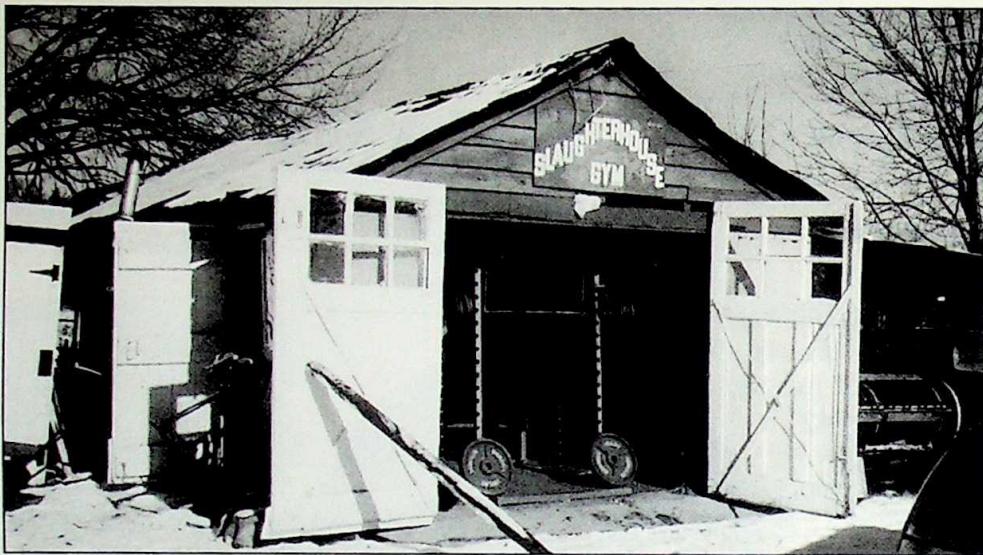
Although the gym does have electricity, (so they have music!), it has no indoor restroom, and the only heat comes from a four-foot pot-bellied stove. But just plain old cold weather doesn't make a gym hard-core. Lifters are the heart and soul of any hard-core gym. What about the lifters?

There are five regular members of the Slaughterhouse Gym that are driven in their quest for strength. Two 2000 WNPF national champs: 165# Nick Mercerelli and 242# Rob Burress (left to right in front row of photo). Dave Coleman @ 275#, SHW Dave Bosler and 275# Rob Rastetter round out the team. All compete with normal powerlifting supportive gear except for Rob Rastetter, who competes raw. All 5 men train with the Westside Barbell method, and all 5 have appeared in PL USA's Top 100. Cool.

How convenient is your gym? All 5 members drive 25 minutes to the frozen countryside for this gym. Bob Youngs of Westside Barbell has even made the drive to Slaughterhouse Gym. Maybe someday I can visit...

Hell freezes over at Slaughterhouse Gym, and it happens in a very small space! Where do you train? Write and tell us about it. Next month, we'll move across country to get back to some warmer weather. A lot warmer...

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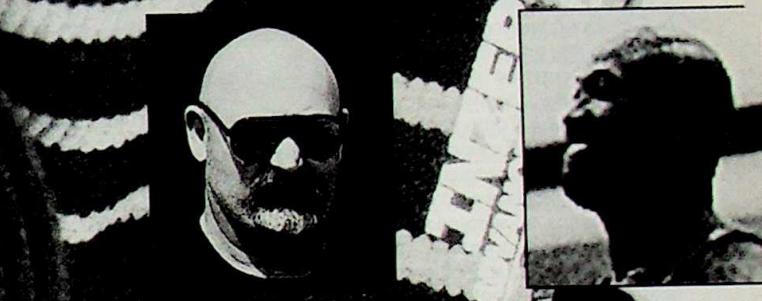
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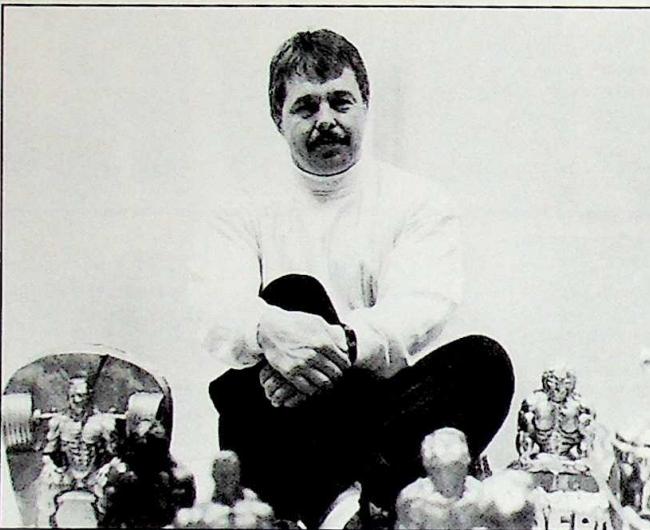
Douglas Horton of Chaffee County, Colorado, has recently completed a 25 year goal in the sport of powerlifting. He has competed in all 50 of the United States of America. Like many youngsters growing up in the 1970s, Doug began his weight training in his bedroom with a 110 pound "Sears" weight set. You know, the one where the weights that are filled with sand or concrete. Doug then progressed to a Universal Machine while in junior high school. He got to the point where he could bench press 190 to 200 pounds on the machine and only weighed about 97 pounds. He would also do a lot of dips and pull-ups and at that time he was definitely "bitten by the iron bug."

Doug also got involved in sports in junior high school in Torrington, Wyoming, and soon realized although his stature was small the added strength advantage enabled him to start in football, wrestling, and track. In fact, Doug was on a mile relay team in eighth grade that set a state record. Although he was an above average runner, he was not fast enough to make Torrington's high school track team. Torrington had a phenomenal track program at the time winning eight or nine state championships in succession. He also realized that in order to play football at the high school level he had to work about three times harder than most kids who often out-weighed him by close to 100 pounds. Then he met Bob Monahan, who was a coach in the Torrington school system. "I really admired Mr. Monahan," Doug said. "He was a 300 plus bencher at about 145 pounds, which was what I weighed at that time. He took me under his wing and really showed me the ropes. He probably really spent no more time with me than any one else, but I absorbed every word he said like a sponge."

As a high school junior in 1977, he found a flyer that had information about an upcoming powerlifting meet called the "Rattlesnake Open" being held in Scottsbluff, Nebraska. Coming off of the wrestling season Doug's weight was down to 132 pounds. He had no idea what powerlifting was, but decided to take a chance and sent his entry fee in to the meet director, Dean Behling. Somehow, he obtained information that the American squat record was about 450 pounds in the 132 pound weight class. Doug was so naive that he actually thought he was going to break this record. Of course, he found out just beforehand that he was squatting about eight inches too high. He was credited with a whopping 185 pound squat in this meet after a very rude awakening to the rules of the sport. He finished dead last in his weight class, but was absolutely hooked. He was totally in

Dr. Doug Horton lifts in all 50 States!

as told to Powerlifting USA by LaDona Horton



Dr. Horton with some of the awards he has won. (photo by Dolan Potts)

awe of the experienced lifters and the poundages they were handling. In addition, Mr. Behling took Doug under his wing with words of encouragement. Mr. Behling went on to win the Junior National title in the early 1980s, a time when the title actually meant something. Doug went on to compete in several meets in Wyoming and Nebraska in the late 1970s.

Doug enrolled in college at the University of Idaho in 1980. He thought he was going to be a Forest Ranger and actually pursued that discipline for three semesters. He loved the subject matter, but absolutely hated Moscow, Idaho, a place where the ratio of men to women was about eight-to-one. One good thing did come out of this era. Doug competed in powerlifting meets in Idaho and in Washington. He also competed in Oregon at one of Doyle Kenady's meets. "I remember telling the giant of a man that my goal was to compete in all 50 states. He told me he thought that was an awesome goal," Doug remembers. However, after Doug bombed in the squats with only three competitors in his weight class, Mr. Kenady probably thought he was still pretty naive. He did come back that summer to win his first powerlifting meet in Casper, Wyoming. At this meet, he met Bob and Linda Madzey, two outstanding powerlifters who influenced him greatly. He also proposed to his wife, LaDona, and they were married the following year in Casper.

In 1981, Doug joined the Casper

Boys' Club powerlifting team. This was probably the single greatest step he undertook which influenced his powerlifting progress. Along with Bob and Linda Madzey (Linda had the national bench press record and was on television for one of her meets), Doug also worked out with nine or ten other guys. The Casper Boys' Club weight room was a tiny, dingy, little room with one bench and one squat rack and a bunch of old weights. However, the intensity was incredible and the competition was even better. There were several of the best 148 pounders in the state all working out in the same gym, doing the same workout day in and day out. "It was really cool, because when it was squat night everybody in the gym did squats," Doug recalls. "The same for bench night and deadlift night." Craig Wilson and Tim Hardy, both competitors from the Boys' Club and in Doug's weight class, ended up being Doug's good friends and were actually groomsmen in his wedding. Doug competed in meets in Utah, Colorado, and one in Montana where he and his wife were caught in a nasty blizzard and almost did not make it home.

Doug started winning meets on a regular basis, usually totaling around 1200 pounds with little or no equipment and absolutely no drugs of any kind. He met a new rival from Gillette, Wyoming, by the name of Loren Gill. Loren really pushed Doug during the early 1980s. During this time period Doug won the North Central United States Open a couple of times. These

were very big wins for him. He decided to trade the cold winds of Casper, Wyoming, for the college life at the University of Northern Colorado in 1982. He and his wife were so incredibly poor during this time they could only afford one gallon of milk each month. Needless to say, he was unable to compete very often during 1983 and early 1984. "A couple of memorable things did happen in Greeley, Colorado, when I was there," Doug recalls. "I ended up training with the incredible Lamar Gant, who was unbeatable during this era and is a powerlifting legend. I also learned that hard work and dedication pay off in school as well as in the weight room." Doug ended up graduating Summa Cum Laude with a B.A. from the University of Northern Colorado in 1983. He also earned a Masters Degree in 1984, graduating with a 4.0 gpa, and a Doctorate Degree in 1992, also with a 4.0 gpa. "I am particularly proud of these accomplishments because of the sacrifices that I had to make financially, socially, and mentally in order to complete them," Doug said.

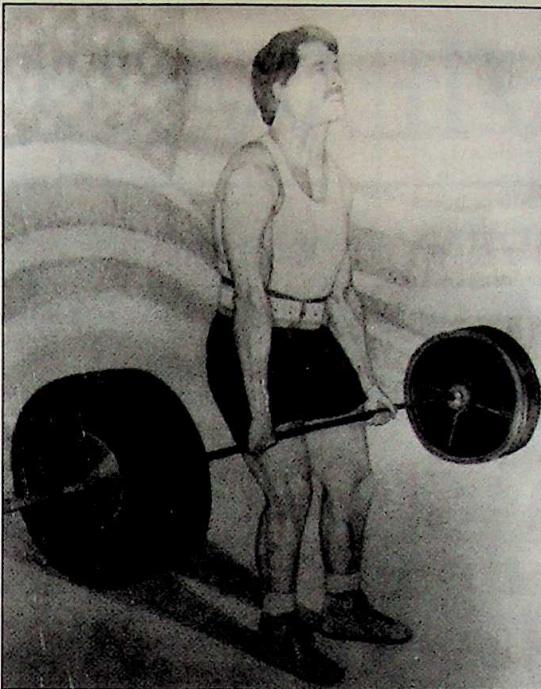
After obtaining his Masters degree from UNC Doug was offered and accepted a science teaching job in Brush, Colorado. It was an incredible experience for him. "Brush is one of the ugliest places on earth with some of the most beautiful people on earth," Doug laughs. He also coached football and wrestling for the junior and high schools. "We just never seemed to lose in those sports," he recalls. "In fact, my first year we went 13-0 and won the state championship in football." Also, one of Doug's former wrestlers, David Vondy, just won the 165 pound 2001 College Wrestling National Championships, an accomplishment that makes Doug very proud. Working out in the high school weight room was a lot of fun for Doug. He remembers the tough workouts but the great camaraderie. He had a couple of articles published in various magazines during this time, including *Powerlifting USA*, about rural America powerlifting and building powerlifting programs in small schools. He competed in Texas in 1985 with a couple of his high school football players and with his wife in Kansas in 1985. He also competed in Belfast, Maine, in 1986 while visiting his wife's brother in New Hampshire. He drove from Brush, CO, to Des Moines, Iowa, in 1987 with a buddy to lift. During this time frame he was competing heavily in Colorado, as well as Nebraska and Wyoming.

"One of the most influential things that has ever happened to me happened in 1988," Doug said. "My oldest son DJ was born on my birthday, totally unexpected and several days after his due date. Obviously, as

many of us know, priorities changed and my life no longer centered around my powerlifting training." Unfortunately, Doug also suffered his first serious powerlifting injury. He ruptured a disc in the lower lumbar region while squatting. He could barely walk for several months and could not do any lifting. He has never really been able to squat competitively since this injury. The strange thing, however, was that he could still deadlift after the mishap without much pain. He, therefore, began concentrating on deadlift training. The summer of 1988 really solidified Doug's quest to compete in all 50 states. A group of his science students and athletes from Brush Junior High and Brush High School held a carwash as a fund raiser to help cover the costs of flying to and competing in the USPF Deadlift National

Championships in Lansing, Michigan. Doug was touched by their generosity and support. He placed 3rd at the tournament and this gave him the desire to compete more often at the National level, while "bagging" additional states in the meantime. "This was the only time that I did not pay for one of my own trips, the total of which I estimate has cost over \$50,000. I often worked several jobs to pay for the meets," said Doug. "I obtained my real estate license and sold real estate and also taught college courses at night to subsidize the money it cost for plane tickets, motels, rental cars, and entry fees. The funny thing is I have given away most of my trophies. The only trophies that I have kept were National Championship trophies."

During the late 1980s, Doug was concentrating on his Doctorate Degree and just competed locally. He also started to put on weight. He weighed about 190 pounds on a 5' frame. His wife mentioned that he should think about shedding some pounds after trying on a Christmas gift. The sweater was nice, but looked awful on him. At that time, Doug went on a very low fat diet and rode a stationary bike religiously. He published his diet in a magazine. The amazing thing was – it worked! With the cardio workout and low fat diet he dropped to the 132 pound weight class and maintained a deadlift of over 450 pounds. He and his family went to Disneyland in 1991 and Doug lifted in a very fun meet on Venice Beach, California. He lost to Dr. John Arenberg in a close contest. Later, he flew to White Plains, New York to compete in the 1991



Artwork of Doug Pulling a Deadlift... by Simeon Brandon.

ADFPA National Deadlift Championships. He finished fourth in his weight class after struggling to make weight and quite possibly had one of his worst outings. He drove to the Dakotas in 1992 competing in MDSA meets in Pierre, SD, and Minot, ND. It is there that he met Roy Mason, the 70 plus year old lifting sensation. The meet was held outside in a park and Mr. Mason was running laps around the area before competing. Later, Roy pulled a 500 pound deadlift. Doug lifted very well in 1993 and pulled a 490 deadlift in the 132 pound weight class in Albuquerque, NM. He also won the APA National Deadlift Championships the same year in Florida. He flew to Reno and lifted in a meet in Carson City, Nevada the same year.

In 1994 Doug and his younger sister, Kim, drove to Wilkes-Barre, Pennsylvania, and competed in the 1994 ADFPA National Deadlift Championships where Doug won the submaster division. He suffered his second major injury in this meet, rupturing his biceps tendon while pulling a deadlift. "I was told I would never deadlift again," Doug recalls. However, only one head of the biceps was torn and it reattached itself, enabling Doug to resume the sport he loved. That biceps, however, has always been significantly weaker. He went through extensive rehab for the injury and was able to compete in and win the 1995 Deadlift Nationals (ADFPA) in the submaster division in St. Louis, MO. He also won the 1995 American Powerlifting Federation Deadlift Nationals in Elmhurst, Illinois. It was here that Doug met Louis Simmons, the lifting guru. Mr.

Simmons gave a seminar at the meet and Doug was extremely impressed and has remembered a lot of what he had to say that day. This is also the time period that Doug began teaching and coaching in Salida, Colorado, a mountain community located in Chaffee County. Chaffee County is unique because it has more 14,000 foot plus mountain peaks than anywhere else in America. This introduced Doug to his current passion of climbing "14ers" as they are called. There are 54 14,000 foot peaks in Colorado and Doug has climbed 42.

In 1996 Doug won an MDSA "Go for the Gold" national deadlift meet in Minnesota and was runner-up in the AAU National Deadlift meet in Tempe, AZ. "I always tried to make a mini-vacation out of my meet experiences," Doug said. "I caught a Twins baseball game in Minnesota and an Arizona Cardinals football game in Tempe." In 1997, he drove to Tulsa, OK, and again competed in the 132 pound class. He was also lucky enough to catch the World Freestyle Wrestling Championships in Stillwater before the meet. 1997 also found Doug competing in and winning the submasters division in the USA Powerlifting Deadlift Nationals in Bedford Heights, Ohio. Scott Taylor of the APA was a tremendous help with Doug's competitions. He is a super promoter and Doug competed in a slew of his meets including a great meet in Slidell, Louisiana, at which he pulled a 500 pound deadlift after driving for 24 hours. He competed with a former athlete that he had coached at Salida High School named Adrian Jiron, who now is a nationally ranked collegiate wrestler. Adrian ended up winning a world deadlift championship along with Doug in 1998.

Doug won the 1998 APA World Deadlift title in the drug free category, submasters division, and the open division in Florence, South Carolina. Scott Taylor also promoted the APA National Deadlift Championships in Rutland, Vermont, at which Doug took the submasters title. He also competed in APA meets in Georgia and Tennessee that same year. The highlights of his 1998 season, however, were competitions

in Juneau, Alaska, and in Honolulu, Hawaii. Doug and his wife, LaDona, spent a week on Waikiki Beach after the meet doing the tourist "stuff."

The busiest year of Doug's 50 State tour was 1999. Doug won his last national deadlift title in a NASA powersport meet in North Carolina. Doug also competed in Rhode Island, Alabama, Delaware, Maryland, New Jersey, Virginia, Wisconsin, and Kentucky. He also competed in Indiana with a group of wrestlers. They all took a major cross country road trip. It was no surprise that Doug had to sell a mountain parcel that he owned in order to pay for the travel costs incurred in 1999.

The year 2000 started off well for Doug, but it did not end well. He began the year by winning the deadlift division in an APA meet in Connecticut. Then, Doug and his oldest son, DJ, drove to Arkansas and competed in a meet as a father and son dual entry. He then flew to West Virginia while battling pneumonia, but still won the deadlift division. If that was not bad enough, Doug's lifting world seemed to come to a screeching halt. He had a climbing accident while climbing the 14,000 ft. peak Mt. Elbert. Doug ruptured his ACL and shredded his lateral and medial meniscus coming off the mountain. The accident was so violent that Doug's tibia was bleeding and he had to wait several weeks before his major knee reconstruction surgery. Doug bench pressed in Doc Rhodes' meet in Mississippi after his accident and before his surgery. He also benched in Massachusetts in the 7th Annual Ed Jubinville Memorial Tournament.

While still rehabbing his surgically repaired knee, Doug finished his last state in Manchester, New Hampshire, on March 24, 2001. Much like a roller coaster ride at a Six Flags theme park, the very beginning of Doug's lifting career and the very end of his career were anti-climatic. However, the ride in the middle was thrilling. "I met a lot of interesting people, made some great friends, and visited some of the most beautiful country in America," Doug explains. "I also witnessed some of America's finest lifters, and I felt fortunate to compete alongside with America's best when I was in my prime, I am very proud of the fact that I remained drug free throughout my career, even in this result oriented society."

So what is next for Doug? "I am basically retired from competitive powerlifting," he says. "I will continue to train with lighter weights and high repetitions. I also plan to finish climbing all 54 fourteen thousand foot peaks in Colorado. I am also making plans to hike the 500 mile Colorado trail. Oh yea, and there is always powerlifting in Canada."

INTERVIEW

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

GB: What is your occupation?

DS: I'm in the Air Force.

GB: What motivated you to undertake the sport of powerlifting?

DS: I started off just trying to lose weight and get in shape. My first goal was to lean up enough to enter into a bodybuilding contest, which I did. My trainer at that time (Pat Hall) tried very hard to get me into powerlifting. I finally decided to give it a try in April of 98.

GB: How long have you been training and competing?

DS: I've been training since January 1997 (for bodybuilding). I started training for powerlifting specifically in January of 1998.

GB: What are your best training lifts in the gym?

DS: Squat - 285x2, Bench - 150x3, Deadlift - 335x2.

GB: What are some of the records and titles you hold?

DS: I hold the records for North Dakota in the 114 and 123 weight class for all lifts. In 2000, I was Military National champion, North Dakota State Powerlifting Champion, and North Dakota State Bench Press Champion.

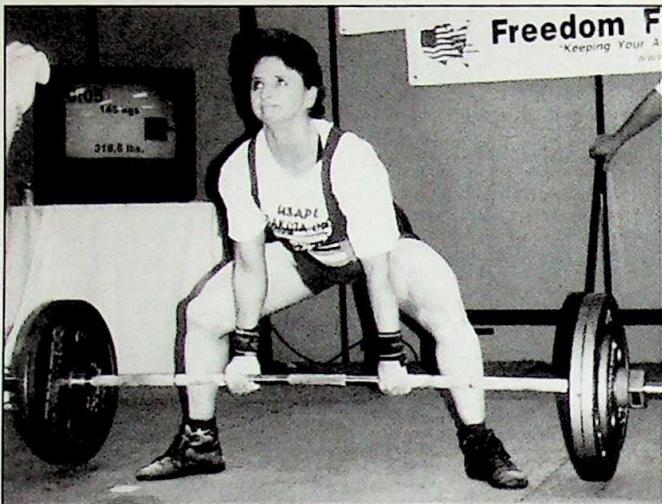
GB: What are your lifting goals for the near and distant future?

DS: I would like to reach 185 for my bench, 300 for my squat, and 375 for my deadlift. Winning a national and world title in powerlifting is my long term goal.

GB: Who are some of the lifters who got you started and where? Do you have any role models in the sport?

DS: Pat Hall (who is living in Georgia now) got me started. Pat introduced me to you (Gene Bell),

DIANE SIVENY by Gene Bell



Diane Siveny deadlifting at the Minot Open. Diane won the 40-44 title in the 123s at the 2001 USAPL Women's Nationals. (Gene Bell)

and you influenced me to stay in powerlifting even though I still compete in bodybuilding. My role model is definitely you. I don't think I have to say why.

GB: What type of training program do you utilize for off-season and contest training?

DS: For off-season, I use a progressive pyramid-training program. I start the season with 50 percent of my target goal and start with 6 to 8 small sets (5 reps). As the weight gets easier, I increase the weight of the set and decrease the amount of sets. The largest set I do is 10 reps. When that gets easier, I increase the weight and start over. As the season progresses, I fall into in-

stinctive training. Contest training consists of heavy weight (85 to 90%) and small sets, with plenty of auxiliary exercises (which I do in the off-season as well).

GB: What are your views on the different powerlifting federations?

DS: I'm pretty new to the sport, so I really don't have anything intelligent to say except for this: for any of the federations, as long as they keep political and power issues out of the administration, powerlifting will remain a sport of integrity.

GB: What are your leisure time activities?

DS: I love water sports, sunbathing, partying, and camping with my husband Alan and son Devon.

I also enjoy coaching kids, especially Special Olympics athletes.

GB: What are your plans for the future? (Both career-wise and athletically)

DS: Even though I have turned 40 last September, I still have visions of grandeur: 1) I want to make Chief Master Sergeant in the Air Force. 2) I want to qualify for the Nationals in bodybuilding. 3) I want to become one of the top athletes nationally in powerlifting (masters division).

GB: What are your views on training, and what keeps you motivated in the gym?

DS: For an individual to get results of any kind (either weight loss or muscle gain/strength), they have to have a plan; for eating, weight-training and cardiovascular activity. You have to have all the pieces of the puzzle for it to work. Competing keeps me motivated in the gym, even if it's competing with myself. Powerlifting taught me this.

GB: What type of advice would you give a novice, or to someone who has reservations about participating in the sport?

DS: That's a hard question, especially if the novice is a woman. I currently have a training partner who would rather be a bodybuilder. I convinced her by showing her that powerlifting will help her build muscle. Once you get someone through a couple of months of training, and they see their progress, then it's easier to convince them to go further. They also need a lot of encouragement. This is not an overnight sport.

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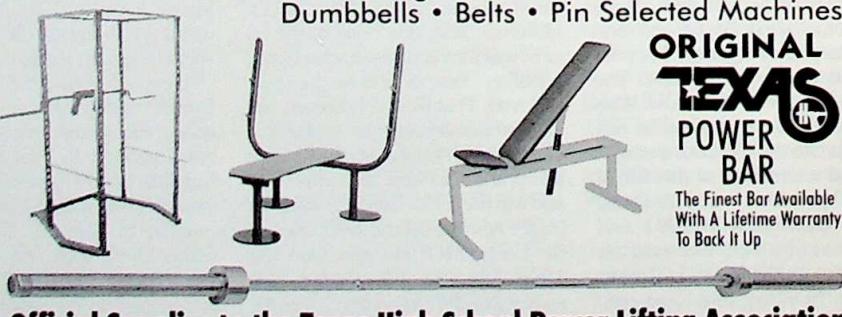
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WORKOUT of the Month

This is the deadlift routine that I have used since 1987. In November of 2000 at the USPF U.S.A. Nationals in Burbank, I pulled 804 1/2 lbs. at 51 yrs. of age.

The cycle is composed of three sections. The first is 5 weeks of stiff-legged deadlifts off of blocks at 10 reps. The second is 6 weeks of regular deadlifts off blocks at 5 reps. The third is 6 weeks, going into the contest, and is comprised of regular deadlifts off the floor.

The last workout should be 1 week prior to the contest. This routine seems to add more than others, but is also harder. If you come into this routine with a 600 lb. personal record, you should go up approximately 40 lbs. at the contest, with recommended attempts of 1st - 600, 2nd - 628, 3rd - 644.

We bench on Monday, deadlift on Wednesday, and squat on Saturday. The light deadlift workout is done after squatting on Saturday.

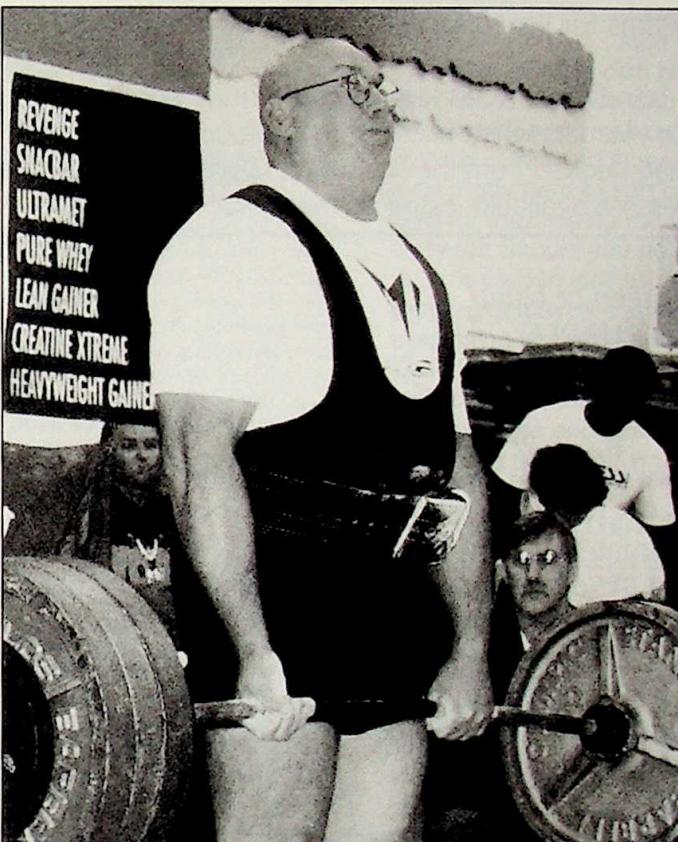
On Wednesdays, we deadlift heavy, then hit heavy barbell shrugs. This is low reps and heavy weight - we work up to 1000 lbs. for 3 reps. Then we do heavy dumbbell rows 3x6, reverse grip pulldowns (close grip) 3x8, heavy seated calf raises, and lots of ab work.

This is a rough routine, but it strengthens the back and the shrugs are necessary for a strong finish.

Use this cycle only twice a year

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George Brink Deadlift Routine



George Brink recently broke the 800 barrier in the deadlift over the age of 50! (photo courtesy of Brink)

at most, as it demands a lot from you.

The deadlift begins at the bottom and you come up as a spring straightens out. As we say - at the start - "Butt down, head up", and remember "The fun don't begin 'til the bar starts to bend."

Phase One (10 reps, off blocks, stiff legged)

Week 1: Heavy Day - 205x10, 225x10, 250x10, 270x10, 205x10. Light Day - 205x10, 225x10x3.

Week 2: Heavy Day - 205x10, 250x10, 270x10, 290x10, 250x10. Light Day - 205x10, 225x10x4.

Week 3: Heavy Day - 250x10, 270x10, 290x10, 315x10, 250x10. Light Day - 250x10x4.

Week 4: Heavy Day - 250x10, 270x10, 290x10, 315x10, 250x10. Light Day - 250x10x4.

280x10, 300x10, 325x10, 250x10. Light Day - 250x10x4.

Week 5: Heavy Day - 250x10, 280x10, 315x10, 335x10, 250x10. Light Day - 250x10x4.

Phase Two (5 reps off blocks - Weeks 4, 5, 6 have 1 set of 2 reps)

Week 1: Heavy Day - 250x5, 310x5, 360x5, 395x5. Light Day - 250x5, 280x5x4

Week 2: Heavy Day - 250x4, 345x4, 395x5, 430x4, 345x5. Light Day - 250x5, 300x5x4.

Week 3: Heavy Day - 250x5, 345x5, 395x5, 430x5, 450x5, 345x5. Light Day - 250x5, 300x5x4.

Week 4: Heavy Day - 250x5, 345x5, 445x2, 470x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Week 5: Heavy Day - 250x5, 345x5, 440x2, 480x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Week 6: Heavy Day - 250x5, 345x5, 440x2, 485x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Phase Three (regular deadlift off the floor)

Week 1: Heavy Day - 250x5, 345x3, 440x2, 500x1, 530x1. Light Day - 250x5, 345x5x4.

Week 2: Heavy Day - 250x5, 345x3, 440x2, 545x1, 570x1, 490x2. Light Day - 250x5, 345x5x4.

Week 3: Heavy Day - 250x5, 345x3, 440x2, 545x1, 590x1, 500x3. Light Day - 250x5, 345x5x4.

Week 4: Heavy Day - 250x5, 345x3, 440x2, 545x1, 590x1, 605x1, 500x3, 445x3. Light Day - 250x5, 370x5x4.

Week 5: Heavy Day - 250x5, 345x3, 440x2, 530x1, 590x1, 615x1, 505x3, 445x3. Light Day - 250x5, 370x5x4.

Week 6: Heavy Day - 250x5, 345x3, 440x2, 510x1, 555x1, 600x1, 620x1, 520x3. Light Day - 250x5, 345x3, 445x1x3.

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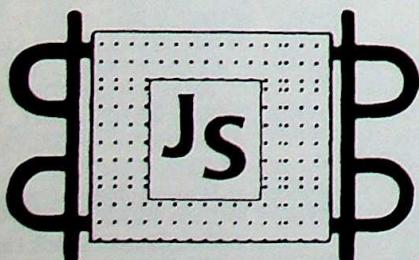
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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: Thank you for getting back to me with some excellent advice. I really agree with you when you said that T.U.T. can really be a pain in ass to measure, but it's easy to use intensity, and maximum effort since it comes so naturally. It can't be explained any better, "You're a genius Dr. D." That is a great bench at 165, did you achieve that just using the method you sent to me, no power rack use or anything? I know you competed as heavy as 198, did you bench more? With the 18 week bench method, how do you incorporate squats, and deads into the equation. How would the program be laid out during the week? I am assuming it would be a 4 days per week program. Do you keep your reps pretty low all year round even outside the last 18 weeks? I know you are very busy, and I can understand if you don't have the time to get back to me. I do really appreciate you getting back to me in the first place. It's exciting, and a great experience having the opportunity to learn from you.

Best Regards, Rob

P.S. Also, are you still squatting, and pulling over 600!

DEAR ROB: I did bench more at the heavier weights, but was by far most efficient at 165 lbs. My bodyweight maxed out at 210 lbs. and at that weight I could do a max single at 475 lbs. I think the problem was that, first of all, I didn't train at the heavier weights all that long and secondly I had about 12% bodyfat at the heavier weights whereas I was about 6% at 165 lbs.

It's always been my opinion that in any weight class, except the supers, it's best to maximize muscle mass and minimize bodyfat so that you can be most efficient and strongest at any weight class you lift in. It's also my opinion that while an efficient powerlifter may be almost as lean as a competitive bodybuilder, having too much of a bodybuilder type of physique is counter productive. The excessive hypertrophy seen in bodybuilders doesn't translate into strength in the three lifts, and the extra weight (even though it's muscle, some of it is excess baggage) lowers the efficiency of a lifter in any one weight class.

As far as incorporating the rest of the workout, it wasn't a problem for me since I only squatted and deadlifted once a week and sometimes once every ten days. I needed more work on the bench and less time to recuperate, so I worked the bench twice a week. My routine would be something like this:

Monday I would squat, bench and deadlift and the whole workout would take between three and four hours. The squat and deadlift were both really heavy and I rarely did more than three reps with the heaviest sets (actually in the squat and bench I always kept it to three reps or less with the heavy weights). I'd also do some incline benches after I did the big three.

Wednesday I would do some rowing and light triceps and delt work. Workout usually took no more than one hour.

Friday I would bench (flat and incline) with the workout taking no more than one and half hours.

As far as my present shape, I hate to admit that prior to three weeks ago I took over 15 months off training. I was traveling so much and was so busy that my training just disappeared. I thought I'd have to start at square one again and was pleasantly surprised, to say the least, that within three weeks I was squatting and deadlifting 450 lbs. for reps and benching 300 for reps (BTW I weight about 180 lbs. right

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now with about 10% bodyfat). Thank God for muscle memory and the many years of hard training. I'm as amazed as anyone with my progress. However, I think that getting the next 20% is going to be much tougher and will take me a few months and likely more. All the best in your training. Mauro Di Pasquale MD

DEAR MAURO: I am a 17 year old male training for the upcoming baseball season. I'm considering going on Twinlab Nor Andro Fuel. Could you please tell me what side effects might occur. I'm a little concerned because the bottle says "do not take if under the age of 21". And how long after I stop taking it will it show up on a drug test? Thank you for your help, Tim H.

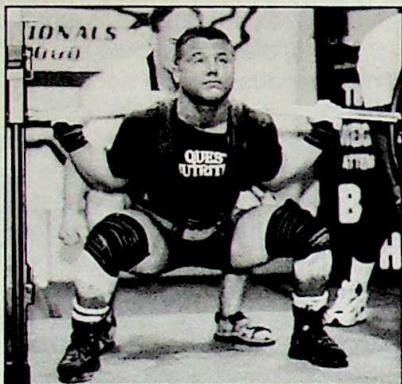
DEAR TIM: NorAndro Fuel can cause increases in estrogen levels in your body and as such I wouldn't recommend it to any male who is still growing. I wouldn't even waste my money on these products since several studies have shown that they do not increase either testosterone or nandrolone in the body, have no beneficial effects, and have significant side effects, including increased estrogen levels that can be counterproductive for both enhancing athletic performance and for men in general. All the best, Mauro Di Pasquale MD

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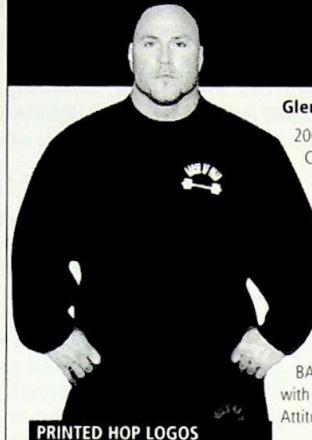
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Mental intensity is the hardest part of training. Being able to push your muscles to the point that they will adapt and get stronger every workout is hard. Getting stuck at the bottom of a heavy squat or bench press is scary. We tend to be careful after we have been in this position. Safety is very important. That is why we should always have good spotters. However, if we don't work our muscles very hard we won't make much progress. There are a number of very good ways to work muscles for good results. You can do heavy triples, you can do 50 to 60 percent of your max for sets of ten with little rest between sets. There are routines that will work for you and others that won't. We are all different. Don't be afraid to experiment. Change is needed so your muscles won't get in a rut. Change is also needed so you won't get mentally stale.

The brain, by way of the nervous system, makes the muscles work. Any distraction, be it noise, fatigue, fear, or whatever, will hurt your workout. We can turn-off or tune out the noise. We can get into our workout and adrenaline will take care of the fatigue. Fear is another thing. Fear is the greatest obstacle to success. Each rung of the ladder to being a champion is going where you have never gone, lifting a weight you have never lifted. This is scary. I know, I

Using "THE ROPE" by Kit Price

have been there and I am still improving, so I still face fear in my workouts. Fear in small doses is not bad. It can be exciting. When you get past the fear your self esteem soars. Fear will help get your adrenaline going. Too much fear becomes terror. Terror can make you want to give up lifting. Anytime you give up, you will feel bad about yourself.

I think God inspired me to invent "The Rope" about twenty five years ago. I know I am not smart enough to have figured it out by myself.

"The Rope" uses leverage not load [weights, springs, bands etc.] to work the muscles. By using leverage there is nothing to crush you. You can work your muscles harder than with weights. You can go until your muscles cannot do another rep without fear of getting stuck.

Let's see how a good powerlifting workout could go using "The Rope". Here is a workout that I and many of the people I have trained, including world champions, have used. We use weights first and then "The Rope" to really blast the muscles.

Monday and Wednesday we work squats. We do singles up to our working weight in the squat, which is about 30 lb. below a heavy single,

not a max single, just a heavy single. Then we do 3 sets of 3 reps - that is it for the weights. Not too scary is it? Now the workout really begins. We use "The Rope" to kill our legs. This usually takes about ten minutes. Then a little back up set with "The Rope". All done. Every third workout add 5 lb. to your 3 sets of 3 reps.

Tuesday and Thursday we work bench press. Again we do singles up to our working weight in the bench press. This is 30 lb. below a heavy single, then 3 sets of 3 reps. This finishes the weight part of the workout. Now "The Rope" is used to work the chest, triceps, and biceps. "The Rope" part of the workout should take about fifteen minutes. Every third workout add 5 lb. to your 3 sets of 3 reps. Friday is deadlift day. You guessed it. Go up to 30 lb. below a heavy single, then 3 sets of 3 reps. Now work your lats, with "The Rope" and you are finished for the week. Every third workout add 5 lb. to your 3 sets of 3 reps.

It is easy to keep mental intensity for 3 sets of three so you will not get burnt out on this workout. "The Rope" is a great addition to any workout and since it will fit in a 10 inch by 11 inch plastic bag, you can

take it with you when you travel, so you won't get behind in your workouts. You will only get out of it what you are willing to put into it.

"The Rope" will work your muscles very hard if you use it properly. "The Rope" is a great advantage for anyone who is willing to work hard and wants to speed up their progress with they are a beginning powerlifter or have won world championships. It is my secret and without it I don't think I ever would be able to squat over 800, bench press in the high 500s to low 600s or deadlift in the 700s at 198 lbs.

One parting thought. Working out alone will not get you very far if you don't get enough rest and don't feed your body right. We all know how much rest we need and that we should supplement with vitamins, minerals and extra protein. Also, I highly recommend Bodybuilder. I could write a long article on Bodybuilder, it is the most fantastic supplement I have ever used. See the ad next to mine and give them a call. There is not a supplement I know of that even comes close to Bodybuilder.

If you have any questions please e-mail me at kit.price@prodigy.net or phone or write.

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Last month, I outlined a method that can help decrease the possibility of hitting a peak in your strength level prematurely; that is, before the meet. The meat of that article involved tracking trends in your training by using a log. By identifying trends when your strength tends to peak out and then decrease, you could design your contest training to coincide with the contest. The method mentioned even dealt with differences in peaking in each lift. That's all well and good and hopefully the ideas in that article can be of use to your training, but there's one thing missing; what do you do when you are a few weeks prior a meet and you feel that premature peak is already peeking at you? There are extra steps you can take to prevent the pre-peak. Enter Premature Peaking - The Sequel.

If you're looking for a hi-tech training method, look elsewhere. This issue can be addressed using good old common sense. Let's use the example of a lifter who is 4 weeks away from a meet and is noticing some leveling off or a decrease in strength in one or more of his lifts.

The best approach to take, in my opinion, is to back off on your training. I would suggest dropping your weights by about 5-10% while maintaining the same set and rep scheme that you were scheduled to perform. Dropping the weights allows the lifter to stay on the rep plan to better peak for a meet. In my opinion, it is critical that a lifter gear his training toward performing a max single attempt. That is best done by following a routine that leads a lifter to finishing his cycle using singles as his top sets. Max or near max singles are vastly different in execution and mentality than even sets of reps two. Staying with the planned rep scheme maintains the continuity of your training routine.

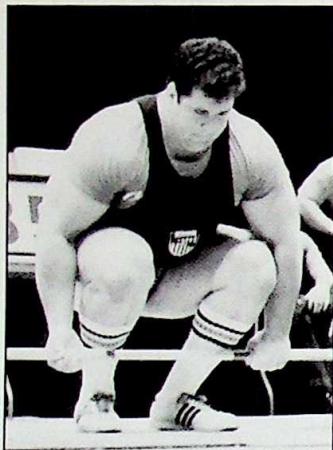
I would also re-evaluate how often you train each lift weekly. If you are benching twice a week, reduce to once per week, and this would hold the same for the squat. The deadlift is usually trained no more than once a week anyway, but the period between deadlift workouts could be expanded to 10 days with a 14-day max span.

If you've read some of my past articles you will be familiar with my recommendation to drop most, if not all, assistance work (except for abs), 2-3 weeks prior a meet to avoid overtraining. In essence, the leveling off or decrease in strength you are experiencing is really a sign of overtraining. The human body, even with the aid of steroids or the latest nutritional breakthrough, cannot hold up against intense levels of physical activity forever. The best action to take is to decrease the level and amount

STARTIN' OUT

A special section dedicated to the beginning lifter

Premature Peaking: The Sequel as told to Powerlifting USA by Doug Daniels



Top Lifters need to develop techniques to avoid the 'premature' peak

of activity to what the body can handle for the time remaining. Many lifters "try" to solve the problem by going the opposite route and doing more work when the body is clearly saying "back off!"

Since the meet is only a few weeks away at this point, maintain the lower training frequency levels and reduced assistance work for the rest of your cycle. If your strength starts to come back, increase the weights in the time available, again staying with the planned rep scheme. As I mentioned in the previous article, one lift may be creating concerns while the others are on schedule. In this case, the situation may only require training adjustments for that specific lift.

As we know, minor illness can definitely effect your strength levels, but a cold, etc. may only be temporary and your strength levels should return within a matter of days. If you go into a workout under the weather, I would suggest backing the weights off by about 25% or more. This can help prevent injury and not ruin your confidence by watching your lifting tail off. You might even want to reconsider lifting at all. Consume plenty of water to replace fluid loss due to the illness.

Another action to take is to examine some simple nutritional tips that can really help. One of them is drinking enough water. We all know

that the body is mostly water, but many people do not drink enough water to support optimal health. Water is essential to the body's recuperative processes which, in turn, is key to preventing premature peaking. If your body gets more of what it needs to thrive, so too will your lifting. The standard recommended intake is around 8 glasses day. That can be a lot to get down but there are many user-friendly ways to increase your water intake. A really simple method is to buy a pre-filled one-liter water bottle at your local grocery store. I would suggest drinking half and leaving the other half in the bottle. Freeze the remaining water in the bottle in your freezer overnight. Before you leave for work or the gym, fill the rest of the bottle up with cold water, yeah - right out of the tap. The frozen half (ice) will act as an ice cube making the water more refreshing. Drink it throughout the day, refilling it as needed. The ice could last for 3-6 hours. Add a squirt of lemon for a citrus tang and you have one less excuse to not drink your 8 glasses per day. Refill it throughout the day with water on hand. Empty it out and rinse once a day. I would warn you that, at first, you may develop the need to use the restroom more frequently. As time goes on, your body will get more accustomed to the higher fluid intake. Minimize your water intake into the evening to prevent midnight potty stops. Sipping water during your workout is also a good idea. Science has shown the body gets 'thirsty' before your normal thirst triggers tell you.

Post workout food can also help to keep the premature peak at bay. The body needs carbs and fluids to replace the glycogen and water losses during exercise. Recovery will be enhanced on a high carb diet of 250 to 550 grams a day, depending on your bodyweight and level of energy expenditure. Muscles store more glycogen immediately after exercise than they do later. This is just another reason why those high protein, low carb diets do not cut it for power athletes. Juices work better than sports drinks as after workout refreshment due to their higher carb

content. Even an apple or banana or two would work nicely. Oh yeah, drink water. Protein is appropriate about 2 hours after the workout to repair and build muscle tissue. What you eat after your workout is also important to your performance the next day, so set the stage right. Many lifters rely on the latest hi-tech protein bars, which provide concentrated nutrition.

Pre-workout food should be hi-carb in nature about an hour prior to lifting. Protein right before a workout could slow digestion and hurt performance. A blender drink of fruit juice and fresh fruit would work well.

Reduce whatever activities you can prior the meet to conserve energy and help the body re-group. Obviously, work and family matters would come first, but cut back on partying and staying up late. The last few days are extremely critical.

I may have included more nutritional stuff in this article than you first may have anticipated, but if you provide your body with the right amounts of water, carbs and proteins, it can function at a higher level for a longer period of time. This may enable you to train at pre-meet intensity without hitting a premature peak prior the meet. This does not even take into consideration the overall health benefits of such a practice. Training adjustments are also necessary even if you are not peaking out too soon. Drop most assistance work 2 to 3 weeks prior the meet to help avoid overtraining. Reduce the frequency of your workouts also. I believe very little more strength will be built the last 2-3 weeks anyway. More can be lost than gained, during this time, due to overtraining. Devote the last weeks to developing contest form and execution of your lifts. Readjust your contest training for next cycle if necessary.

By combining the charting of your strength trends, pre-meet training adjustments, and by following a few nutritional practices, you can help decrease the possibility of peaking out before the meet. Too many lifters leave their best lifts in the gym. The best place to leave them is the meet results section in the back section of this magazine.

Doug's Web address:
members.aol.com/ddanil12345/default.htm

When I was a freshman in high school my science teacher gave our class a good two hour lecture on why it is impossible for a bumblebee to fly. He presented an overwhelming amount of scientific evidence which clearly indicated that from an aerodynamic stand point, the bumblebee is not structurally designed for flight. "No way the thing can fly," he said. "It's impossible. He would never get off the ground." I had to ask - if it is impossible aerodynamically for the bumblebee to fly - why does he fly? My teacher responded "That's simple, the bumblebee doesn't know the first thing about the principles of mathematics, physics and aerodynamics. He flies because he doesn't know any better."

That stuck with me for a long time. Do you know what I have found over the years? Most of the people that I have met who have made the seemingly impossible possible were too dumb to realize that what they did was impossible. Like the bumblebee they did the impossible because they didn't know any better.

Which brings me to Russia's Alexander Karelkin. Karelkin is universally considered the greatest Greco-Roman wrestler of all time. Over a span of 13 years he never lost a single match in international competition. Altogether he won nine world titles and three Olympic gold medals. It is estimated that his wrestling record is somewhere in the neighborhood of 887 wins and two losses.

If you think that is extraordinary, listen to this. Over the last ten years of his career no one ever scored a point against Karelkin. That would be like Pedro Martinez having a lifetime ERA of zero, or Muhammad Ali never losing a single round in his boxing career. It is almost beyond comprehension.

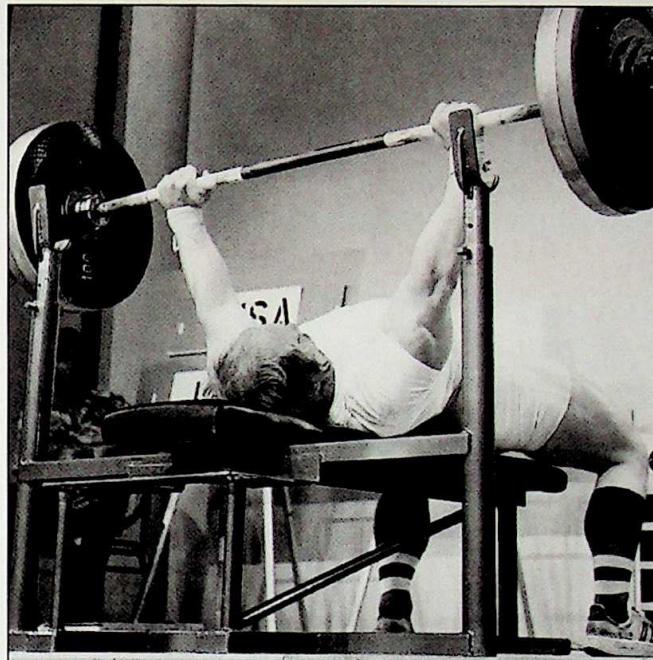
If you have ever seen Karelkin, you have a good idea why he was so successful. First of all he is absolutely menacing looking. He gives you the impression that he alone is in control of the planet. He is an emotional predator whose image suggests suppressed rage, madness, and the threat of savage brutality.

Even more terrifying is the fact that the guy is mammoth. At 6'3", 287 pounds, the guy literally looks like he was cast out of concrete. The guy also possesses superhuman strength and endurance. In fact, he is so powerful that once he carried a refrigerator up seven flights of stairs rather than ask someone for help. There is no doubt in my mind that with minimal training he would easily win the biggest titles as an Olympic lifter or a powerlifter.

There is a move in Greco-Roman wrestling called a reverse body lift. The movement is executed by lock-

Dr. JUDD

POINTS TO PONDER - PART IV as told to PL USA by Judd Biasiotto Ph.D.



No one expected the late Jerry Jones to win the 220 lb. class at the '87 APF Seniors, but he did when Ed Coan bombed out in the deadlift.

ing your arms around your opponent's waist in bear hug fashion. Once you have him good and secure you lean backwards and hoist him up over your head. You then twist your body to the side and drive your opponent into the mat. The maneuver requires so much strength to perform that no superheavyweight has ever attempted it, except Karelkin. He uses it on a constant basis. It's his signature move.

Karelkin's physical presence along with his stare that is as icy and frightening as the winters in his native Siberia literally terrorizes his opponents. World-class wrestlers literally tremble at his sight and many of them actually avoid competition with him.

Karelkin is like a machine. His training definitely borders on obsession. He has been known to carry huge logs under his arms through waist-deep Siberian snow for hours when the weather prevented him from getting to the gym. Karelkin is the prototype of the world's greatest athlete ... big, powerful, and highly skilled.

Now let me tell you about America's Rulon Gardner. Actually

there is not too much tell. Rulon had never won an NCAA championship. He had never won a medal at the world championships and he has never won a medal in international competition. In fact, his best finish in world competition had been fifth place. Physically speaking he is essentially the antithesis of Karelkin. He is big, about 300 pounds, but he looks soft. He looks more like a guy who trains at the International House of Pancakes rather than the Olympic Training Center. He is not exactly a wimp, but he's certainly no Dan Gable. He definitely doesn't have the skill or brute strength that Karelkin possesses. Nor does he have the menacing look. In fact, he is about as scary looking as a ride on a merry-go-round.

Now what would you think if these two guys were matched up against each other for Olympic gold? The world thought there would be no chance in hell for Gardner to survive such a match. Such a match would be analogous to King Kong taking on Cheetah. Actually they had competed against each other once before. In that match Gardner almost got killed. Karelkin reversed

body slammed him three times, breaking two ribs in the process.

As we now know, Karelkin and Gardner were paired against each other once again in the finals of the 2000 Olympics. When the two men went out and faced each other on the center of the mat my friend, a former Olympic Greco-Roman referee, turned to me and said, "This is going to be a massacre." I felt sorry for Gardner. He looked like a little boy next to a Goliath. When the match started, it became immediately evident that there was no fear in Gardner's eyes. He was there to win. Without question he was the only person in the world who thought he could win. Even his coach didn't think he could win. Of course, Gardner was the only person who had to believe he could win.

During the first two periods Karelkin pushed Gardner from one end of the mat to the other, but he couldn't score on him. Gardner was taking a pretty good pounding, but he stood up to it. Half way through the third period, Karelkin seemed to tire. He started taking fewer and fewer scoring chances. Right at the last minute Gardner broke Karelkin's hold on him and was awarded that one point ... the only point that had been scored against Karelkin in almost a decade and a half. Still there was time for Karelkin to pull out the victory, but fatigue had robbed him of his great power. Finally, with about eight seconds left, the truly impossible happened. The Great Russian quit wrestling, dropping his hands and conceding the first international defeat that he had ever sustained. Gardner had pulled off the biggest upset in Olympic history by defeating Karelkin 1-0. The miracle of miracles had come to pass.

For Gardner this was his moment in time. He had gone beyond what others thought and succeeded. There is no amount of money, no amount of power or status, and no position in life that can equal the experience.

How did he do it? Gardner explained, "I kept saying, 'I think I can. I think I can.' More importantly though I never quit. I never gave in," Gardner said. "The coaches kept saying, 'He's tired. He's mentally tired,' but I didn't listen to them. I couldn't. I knew that if I let up for even a split second, I would be doomed."

Everyone thought that it was impossible for Gardner to beat Karelkin. Well, I'm here to tell you that nothing is impossible if you believe in yourself. In fact, I'm convinced that nothing is hopeless, nothing is impossible, and that there are no boundaries for man. The truth is that we are limitless. We have the power to do what ever we want to do. Nothing is beyond the scope of man.

G.N.C. NUTRITION UPDATE

GAINING MUSCLE THE RIGHT WAY by Jeffrey Stout, Ph.D.

The most common nutritional strategy for promoting mass gain is over-feeding. While this method has been shown to be effective, typically 60 to 70% of the weight gain may be fat! In the United States, we call that the Homer Simpson fitness diet.

In a perfect world, power-lifters seeking to gain weight would like to increase their body mass while not getting fat. GNC scientists have designed the MEGA MRP (Meal Replacement Powder) with this thought in mind.

While many people take sports nutrition supplements, they often do not completely understand the science and ingredients behind the products. The following outline should help you in making a decision on whether or not this type of supplement is right for you.

Creatine - Creatine is a natural component of muscles and is present as free Creatine and as Creatine phosphate. Creatine phosphate is the primary high-energy fuel of skeletal muscle during high intensity exercise. It has been repeatedly shown that oral supplementation with Creatine significantly increases performance in high intensity exercise.

Glutamine - Glutamine, you might say, is the ultimate amino acid. Glutamine is one of the most abundant amino acids found in skeletal muscles, serves as fuel for the immune system, provides an anti-cata-



Dr. Jeffrey Stout (seen in photo above) is the Director of Sports Science for GNC's Pro Performance(R) line.

bolic effect and is involved in protein synthesis. Prolonged high-intensity exercise has been shown to decrease glutamine levels. By supplementing glutamine in your diet, you may be able to prevent glutamine loss.

BCAA - The three Branched-Chain Amino Acids (BCAAs) are Leucine, Iso-leucine, and Valine. BCAAs compose 30-35% of muscle tissue and provide 70% of free nitrogen to the body. They can promote protein synthesis if taken in adequate amounts, and spare the loss of glycogen.

BCAAs make up a large percentage of a person's muscle protein, and therefore are the proteins most depleted during intense training. Consequently, it makes sense to replenish BCAAs as soon as possible after training. Your ideal BCAA supplementation program would include quality protein supplements such as whey protein, which is high in BCAAs, and Meal Replacement Powders (MRPs) that contain a protein blend that is high in BCAAs.

Whey + Egg + Casein protein proprietary blend
- Nitrogen balance is achieved

when your body takes in at least as much nitrogen (proteins contain nitrogen) as it eliminates in waste. Workout enthusiasts should strive for a positive balance (taking in more nitrogen than you eliminate).

A combination of proteins in MEGA MRP is specifically designed to produce a quick rise in amino acids (Whey protein) in addition to providing a slow sustained increase (the egg and casein). It is also fortified with a complete array of vitamins, minerals, and carbohydrates to support overall health.

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USPF New England Powerlifting
24 Mar 01 - Manchester, NH

| | WOMEN | SQ | BP | DL | TOT |
|-------------------|-------|------|------|-------|-------|
| Junior | | | | | |
| M. Roose-113 | 205 | 105 | 225 | 535 | |
| 4th | | | 230 | 540 | |
| Open | | | | | |
| A. Rogers-112 | 225* | 150* | 280 | 655 | |
| 4th | | | 290* | 665* | |
| M. Ferrara-113 | 140 | 110 | 200 | 450 | |
| 4th | | 160* | 210* | 480* | |
| C. Khoury-146 | 175 | 110 | 205 | 490 | |
| 4th | | 190* | 210* | 525* | |
| Submaster | | | | | |
| M. Ferrara-113 | 140 | 110 | 200 | 450 | |
| 4th | | 160* | 210* | 480* | |
| Master | | | | | |
| C. Khoury-146 | 175 | 110 | 205 | 490 | |
| 4th | | 190* | 120* | 215 | 525* |
| C. Day-166 | 95 | 100 | 190 | 385 | |
| MEN | | | | | |
| Submaster 181 lb. | | | | | |
| J. Morrison | 405* | 310* | 455* | 1170* | |
| 198 lb. | | | | | |
| J. Pettigrew | 450 | 325 | 515 | 1290 | |
| J. Bourque | 440 | 300 | 530 | 1270 | |
| 275 lb. | | | | | |
| J. Bourgault | 605 | 440 | 610 | 1655 | |
| SHW | | | | | |
| T. Saunders | 820* | 475* | 135* | 1430* | |
| Master 220 lb. | | | | | |
| D. Montembault | 575 | 410 | 560 | 1545 | |
| J. Goncalves | 440 | 275 | 485 | 1200 | |
| B. Bailey | 400* | 300 | 450 | 1150 | |
| 4th | | | 310* | 470* | 1180* |
| Open 148 lb. | | | | | |
| C. Rogers | 365 | 205 | 410 | 980 | |
| 165 lb. | | | | | |
| D. Sonne | 475 | 305 | 560 | 1340 | |
| K. Manning | 455 | 280 | 465 | 1200 | |
| 181 lb. | | | | | |
| B. Kobrenski | 495 | 335 | 620 | 1450 | |
| J. Morrison | 405 | 310 | 455 | 1170 | |
| G. Monmaney | 330 | 320 | 425 | 1075 | |
| J. James | 200 | 285 | 340 | 825 | |
| 198 lb. | | | | | |
| J. Ascani | 520 | 370 | 600 | 1490 | |
| G. Sousa | 515 | 360 | 550 | 1425 | |
| D. Jensen | 500 | 335 | 560 | 1395 | |
| J. Bourque | 440 | 300 | 530 | 1270 | |
| 220 lb. | | | | | |
| D. Montembault | 575 | 410 | 560 | 1545 | |
| M. Ahern | 535 | 425 | 545 | 1505 | |
| H. Kemp | 425 | 350 | 500 | 1275 | |
| 242 | | | | | |
| D. Whalen | 600 | 440 | 640 | 1680 | |
| 275 | | | | | |
| S. Sequin | 620 | 355 | 580 | 1555 | |
| N. Arvanites | 460 | 325 | 550 | 1335 | |
| S. Grey | 585 | - | - | - | |

R. Discipio 555 — — —
SHW
T. Saunders 820* 475* 135* 1430*
*-USPF NH State records. Referees: Jamie Fellows, Rod Roy, Dave Miller, Dave Follansbee, Announcer: Rocco Boulay, Expeditor: Carole Fellows. Submaster Men, and Masters Men divisions are listed by lifters weight class for Powerlifting USA Ranking, and not necessarily by placement at the competition. This years contest was held at the Comfort Inn in Manchester, NH. A great venue conveniently located off of Exit 4 on Interstate 293, it hosted one of the best contests I've ever seen! It was a little overcrowded, but we made due and had much exceptional lifting! And, my apologies to the lifter who complained to everyone (except me) about the lack of music (and everything in general), but this is powerlifting, not the Fitness America... With such a diverse group of lifters from Mass, New York, Connecticut, Pennsylvania, and abroad, the camaraderie between everyone was outstanding! Never in my eight years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! And to those crazy, hardcore Rhode Island guys who went home that night to get up and compete at the USPF Rhode Island State the next day, you're all a bunch of Supermen! Even WMUR Channel 9 came by to check out the action this year and broadcasted the event at 6 and 11 pm on March 24! They have also told me that they plan to return again next year! This truly was a breakthrough year in New Hampshire powerlifting! We had an exciting day with many New Hampshire records being set by many incredible athletes! In the junior women's division, Meighan Roose set the record book on its ear and established many new state records which will stay for many years to come, I'm sure! Watch for her to come back to the stage again next year! In the senior women's division, Marcy Ferrara set the record book on its ear and established many new state records which will stay for many years to come, I'm sure! Watch for her to come back to the stage again next year! In the master women's division, Carol Khoury dominated the women's open and Sub Master and Masters divisions, breaking many records with them. Carol destroyed her own records established back in January at the Granite State Championship in Concord and pulled an easy 215 deadlift which had escaped her back in January and Marcy came back to re-establish all of her records as well. And to think Marcy was on a Caribbean cruise just 2 weeks before the contest and entered on a whim! Wish I could set records after a vacation! Jeff Morrison returned to the platform to break not only 9 year old submaster squat and deadlift records, but his own bench record set back in 1999, and he destroyed the total record to boot by 135 lbs!

Ibs.! Jeff is coached by 5-Time World Champion Rocco Boulay and should have that bench in the 400s in no time! Way to go, Jeff! In the Master Men's division, Bill Bailey, not only set the records, but he destroyed them! In the men's 220 lb. 60-64 age division, Bill set some big numbers like 400, 310, 470 (I) that I'm sure will stand for many years, unless Bill decides to come back next year to take another crack at his new marks! In the men Open, 2000 USPF Sr. National SHW Champ Tony Saunders annihilated the SHW squat record with his big 820 lb. opening attempt that seemed incredibly easy! 820 lbs. broke Matt Jurkovic's record of 685 set way back in 1991. A jump to 880 proved to be a bit much and provided him with a bit of a quad injury, but Tony has done an official 903 at last years seniors, so he'll be back better than ever! Even with a injury, Big Tony still had enough in him to also break Dan "Tank" Tanguay's record of 445 with a strong 457. Get better soon, Tony! Also of special note was Mass lifter Brandon Kobrenski's super easy 620 lb. deadlift in the Mens Open 181 lb. class. Man, you gotta add more weight to that bar! We saw great lifting all day all of my lifters truly are champions! Special Thanks go out to Rocco Boulay, Jamie and Carole Fellows, Rod Roy, Lance Taylor, Jeff and Eric, Marc Jacobs, "Fat Rat", Wayne Bowling, and rest of the gang at Europa Sports who support my USPF powerlifting contests, Dale "Squirrel" Murdough (next year, buddy, next year), Jeff Morrison, Dave Miller, Mom and George, William Dugay, Don Papiak and Steve, Ron Walsh, and everyone else for all of their help! Also, to our sponsors: NUTRITION 101, Europa Sports Products. We are also looking for quality people who want to get involved in powerlifting and get qualified for referee status. Contact me at 603-626-5489 to schedule a competition to test at. Remember, to see what's happening in New England



USPF NH State Chair Dave Follansbee with **USPF New England Women's Powerlifting Champion** Marcy Ferrara. (Provided by Jim Dodge).

powerlifting and for NH State Records, check out our USPF NH State website: www.AMERICANPOWERLIFTING.com or www.USABODYBUILDING.com See ya all next year! (Thanks to Dave Follansbee, NE State Chair, for providing these competition results).

USAAPL Ketchikan Gateway
24 Feb 01 - Ketchikan, AK

| | 123 lb. | SQ | BP | DL | TOT |
|-----------------|---------|------|------|-------|-----|
| T. Gregg-16 | 105 | 80 | 115 | 300 | |
| 105 lb. | | | | | |
| D. Harney-44 | 160 | 95* | 165 | 420 | |
| 148 lb. | | | | | |
| J. Anglin-44 | 160 | 105 | 225 | 490 | |
| 198 lb. | | | | | |
| J. Slanaker-31 | 415 | 190 | 345 | 950 | |
| 123 lb. | | | | | |
| A. Gregg-14 | 175* | 105* | 235* | 515* | |
| 148 lb. | | | | | |
| H. Laws-15 | 235* | - | 320* | 555 | |
| 148 lb. | | | | | |
| D. Wilson-17 | 300* | 135 | 365* | 800* | |
| 198 lb. | | | | | |
| Z. Boles-17 | 275* | 205* | 405* | 885* | |
| 220 lb. | | | | | |
| J. Lisac Jr.-17 | 405 | 235 | 465* | 1105* | |
| 181 lb. | | | | | |
| B. Wallin-18 | 275* | 185 | 400* | 860* | |
| 165 lb. | | | | | |
| D. Gregg-45 | 450 | 270 | 425 | 1145 | |
| 198 lb. | | | | | |
| M. Oftedahl-47 | 315 | 245 | 360 | 920 | |
| C. Jones-51 | 300* | 275* | 405* | 980* | |
| 319+ lb. | | | | | |
| H. Gravier-58 | 230 | 200 | 250 | 680 | |
| 220 lb. | | | | | |
| G. Wyman-65 | 375 | 200 | 375 | 950 | |
| 275 lb. | | | | | |
| J. Lisac Sr-40 | 625* | 375 | 625* | 1625* | |
| 242 lb. | | | | | |
| M. George-45 | 500 | 330 | 625* | 1445 | |

*Record. Meet Highlights: Best Overall Male Lifter: Jeff Lisac Sr., Best Overall Female Lifter: Julie Slanaker. Judges: Head Judge Ira Rosen, assisted by Judges John Cote and Bill Harney. Spotters and Loaders: Tom Wolfred, Mike Smith, Roger Fawcett, Dean Henderson, John Rymer. Equipment moved by Scott Heitman of North America Air Van Lines. Podium help and statistics: Arlindo Machado, Janet Spear, Karen Jones, Chase Saucia, and Judge Doug Green. Meet Director & Announcer: Lisa Machado, Parks & Recreation Program Supervisor. This annual event is sponsored by Borough Parks & Recreation, and co-sponsored by The Gym. Congratulations to all the lifters, and many thanks to all the helpers. We look forward to our February 2002 event! (Thanks to USAAPL).

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| Club Name | | | | | | | | | | | |
| City | | | State | Zip | Area Code/Telephone | | | | | | |
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| Elite-Master I | II | III | IV | IPF Cat 1 | Cat 2 | Nat | State | Y N | Y N | Y N | Y N |
| Current Collegiate | | US Citizen | Date of Birth | Sex | Today's Date | | Card Issued by | | | | |
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| In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests. | | | | | | | | | | | |
| If Under 18 have Parent Initial _____ Signature _____ | | | | | | | | | | | |



Brice Gimbel with the biggest deadlift of the meet: 701 lbs. weighing 272. (Photo was provided courtesy of Todd Becroft to PL USA).

Oregon APF Rage for Records 24 Mar 01 - Newport, OR

| | | |
|-----------------|-----------------|---------------------|
| BENCH | Sekernestrovich | 451* |
| WT. Lifted | 181 lb. (55-59) | |
| WOMEN | D. Eva | 220 |
| Open 123 lb. | | |
| S. Radcliffe | 203 | MEN |
| 132 lb. | | Teen (14-15) |
| A. Ferschweiler | 154 | 114 lb. |
| 165 lb. | | R. Griggs 225 |
| Master (40-44) | | WOMEN |
| Wurdinger-Kelly | 181 | 165 lb. |
| 198+ lb. | | Master (40-44) |
| Master (45-49) | | Wurdinger-Kelly 283 |
| L. Hagelanz | 165 | 198+ lb. (45-49) |
| MEN 114 lb. | | L. Hagelanz 314 |
| Teen (14-15) | | MEN |
| R. Griggs | 137 | Teen (16-17) |
| 198 lb. (18-19) | | 181 lb. |
| C. Fisher | 275 | S. Willis 374 |
| Junior (20-23) | | WOMEN |
| 220 lb. | | Open 165 lb. |
| S. Mickelson | 385 | J. Havelka 413 |
| Novice | | MEN |
| 242 lb. | | Novice 308 lb. |
| T. Mosley | 347 | D. Anderson 402 |
| Submaster | | Master (50-54) |
| 165 lb. | | 198 lb. |
| E. Lumpkin | 369 | R. Ward 501* |
| 220 lb. | | Open 242 lb. |
| M. Conner | 462 | M. Barney 534 |
| 242 lb. | | Master (40-44) |
| B. Read | 363 | 308 lb. |
| Master (40-44) | | R. Uhl 578 |
| J. Harms | 446 | Junior 220 lb. |
| 308 lb. | | L. Crump 600 |
| R. Uhl | 319 | Open 275 lb. |
| (50-54) 181 lb. | | B. Gimbel 701* |
| L. McAllister | 429 | Junior 198 lb. |
| 220 lb. | | S. Manley 622 |
| REPS | Lifted | Reps |
| WOMEN 1/2 bwt. | | |
| S. Radcliffe | 60 | 57 |
| A. Ferschweiler | 65 | 34 |
| A. Kalisher | 67.5 | 22 |
| P. Read | 70 | 40 |
| D. Durkee | 75 | 21 |
| Wurdinger-Kelly | 75 | 43 |
| J. Havelka | 80 | 66 |
| MEN (bwt.) | | |
| R. Griggs | 110 | 12 |
| E. Lumpkin | 165 | 32/24 |
| R. Alldridge | 165 | 32/27 |
| A. Lewis | 185 | 16 |
| C. Fisher | 190 | 14 |
| D. Patten | 190 | 27 |
| M. Hassett | 202.5 | 13 |
| M. Conner | 215 | 38 |
| B. Read | 222.5 | 18 |
| P. Sherman | 240 | 17 |

*Oregon state new record. Special thanks also goes to Jo Walker and Tom Feeney, along with Bill Cox. The spotters and loaders were a great help as usual. And thanks much to Rick McClung for organizing the meet and for getting great trophies for everyone. Thanks also to Monster Muscle.com for their support. The APF Rage for Records took place at the Hallmark Inn in Newport Oregon on March

24, 2001. The lifting started at 10:00 AM with 2 flights of bench press, followed by one flight of deadlifts. There was a large crowd, even with the meet being relatively small. The benching started with 15 year old Randall Wayne Griggs, who set a new state record with every attempt he took - finishing with a 137 lb. bench press weighing only 109 lbs. Amy Ferschweiler was up next and completed a nice 154 lb. bench press in the 132's. Lisa Hagelanz came in next and got a strong 165 lb. bench in the unlimited master (45-49) class. Cindy Wurdinger-Kelly was happy with her 181 lb. bench press weighing 150 lbs. The bench press phenom of the women was Shelly Radcliffe, who easily pressed 203 lbs. weighing a mere 122 lbs. She earned the best female bencher award for her accomplishment. Don Eva did quite well for his first meet. He bench pressed a strong 220 lbs. weighing only 175 at age 59! Good job Don. Chris Fisher did well benching 275 in the 198 teen (18-19) division. The second flight had some impressive benchers. Eric Lumpkin got 369 weighing only 164. Scott Mickelson was pleased with his 385 bench press in the 220 Jr. class. Mike Conner and Joe Harms did well with their lifts of 462 at 220 and 446 at 242,

respectively. The battle for the men's best lifter award in the bench press was tight - Bill Sekernestrovich beat out Leonard McAllister with his 451 bench press weighing 220 at age 54. Leonard benched 429 weighing 174 at age 50. Bill won by a mere 6 points using the Reshel formula. On to the deadlifts. Randall Wayne Griggs was the first to lift in the Right of deads. He got all four of his attempts and finished with a strong 225 lb lift. Remember, he only weighed 109 lbs.! Cindy Wurdinger-Kelly got a strong 283 at 150. Lisa Hagelanz was impressive with her easy 314 deadlift in the 198+ master (45-49) class. She told us that she had only been deadlifting for a couple of months. Shawn Willis got 347 in the 181 teen (16-17) class. Dean Anderson lifted in the novice 308 lb. class and got the 402 deadlift that he was wanting for his first meet. Julie Havelka was up next and also got what she had trained for. Julie has always competed in the 181 lb. weight class, but decided to train for this meet in the 165's. She pulled a strong 413 deadlift, which was also a state record, weighing only 161 lbs. This also earned her the best lifter award for the female deadlifts. Robert Ward was happy with his 501 deadlift, weighing 196 at age 51. This was also a new state record: Mike Barney pulled a strong 534 at 242 open. Ron Uhl was strong with his 578 in the 308 master's (40-44) class. Lucas Crump was impressive with his 600 pull weighing 202. It was also a new personal record for him. The battle for the men's best lifter trophy came down to Brice Gimbel and Steve Manley. Brice pulled 701 in the 275 open class (he's only 22 years old). Steve pulled 622 in the 198 Jr. class. Steve won the best lifter award by only 5 points by Reshel formula. It's always good to see people pushing themselves in friendly competition. The highlight of the day was the Rep Rage - bench press your bodyweight for reps for the men, 1/2 bodyweight for the women. This was a great show for the audience; they really got into the excitement of it. The women went first, there were 7 women who competed. The most impressive were Shelly Radcliffe, Julie Havelka and Cindy Wurdinger-Kelly. Shelly went first and got an incredible 57 reps with 60 lbs. Julie took this as a reason to get in there and really push herself. She came out with 66 reps with 80 lbs to take the win. Cindy got 43 reps with 75 lbs. The men really got into the rep contest,



Bill Sekernestrovich benched 451 in the master men 50-54 220 pound class. This was a new Oregon State record. (Photograph provided courtesy of Brian Baertlein).



Julie Havelka deadlifted 413 lbs. which was a new Oregon state record in the 165 lb. open. (Photograph provided by Brian Baertlein).

too. First place went to Mike Conner who got a daunting 38 reps with his 215 lbs of bodyweight. Second came to a tie between Eric Lumpkin and Russ Alldridge. So the meet director, Rick McClung made them go again! They both initially benched 32 reps with their bodyweight of 165 lbs. So when they came back to do it again, it was Russ who out-repped Eric by getting 27 reps over Eric's 24. The crowd cheered them on and everyone had a good time. Since the men competed against the women for the most overall reps, Julie Havelka went home with the dvd player, which was the grand prize in the rep contest. All in all, the meet was a huge success. Promoter Rick McClung has the Hallmark Inn reserved for the West Coast Open Powerlifting Championships for June 23-24 also. This is a great meet site, with an ocean front view in every room, as well as in the warm up room. Special thanks also goes to Jo Walker and Tom Feeney, along with Bill Cox. The spotters and loaders were a great help as usual. And thanks much to Rick McClung for organizing the meet and for getting great trophies for everyone. Thanks also to Monster Muscle.com. (Thanks to Tod Becroft, APF state chairman for Oregon, for these meet results).

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

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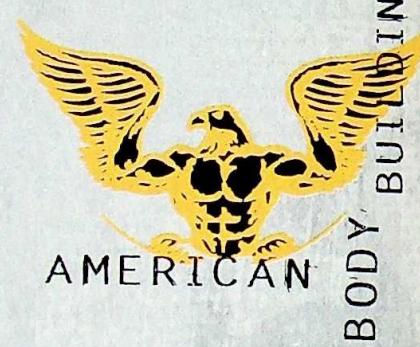
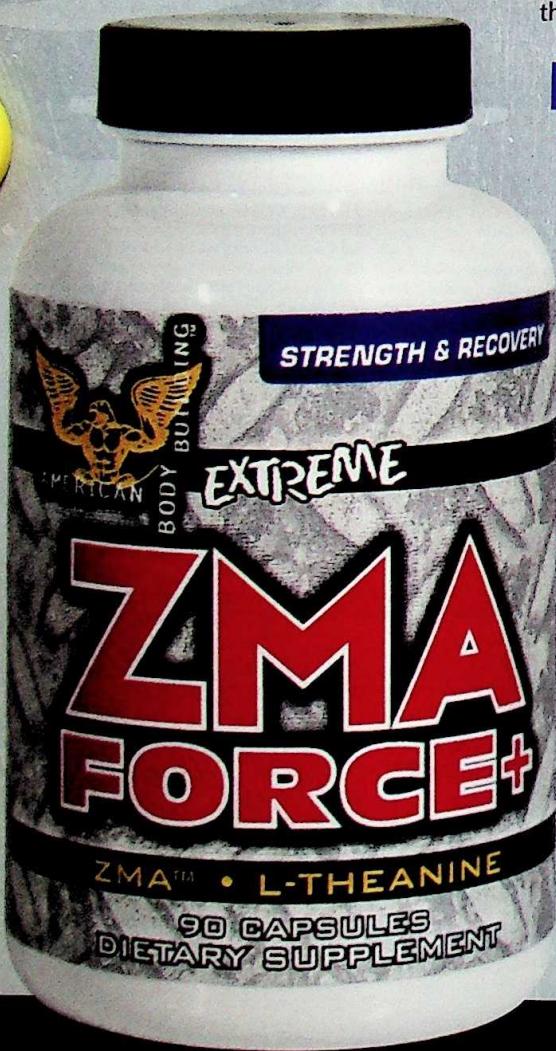
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ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

L.R. BRILLA¹ AND VICTOR CONTE²

¹Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and

²BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength. *JEPonline*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with ZMA (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml) 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml; 19.68 to 18.04 µg/ml), respectively (P<0.001). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements and functional power were assessed with a Biomedex dynamometer. Differences were noted between the groups (P<0.001): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.

Key Words: vitamin B₆, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

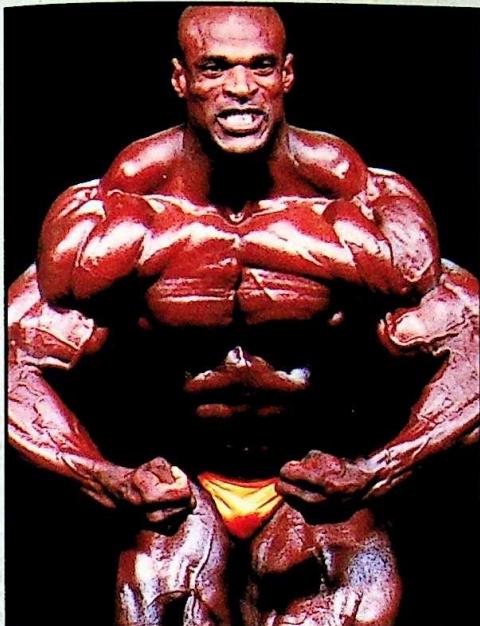
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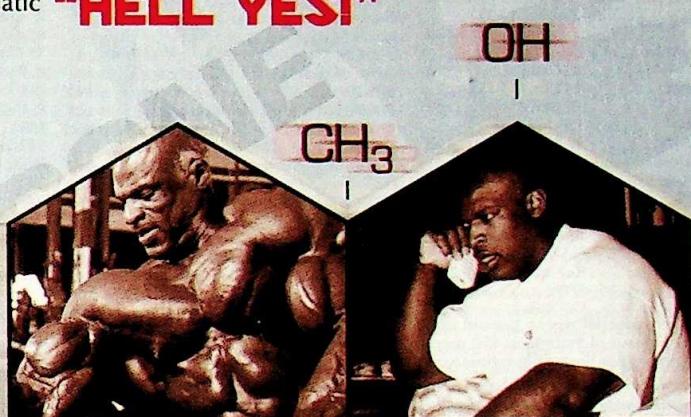
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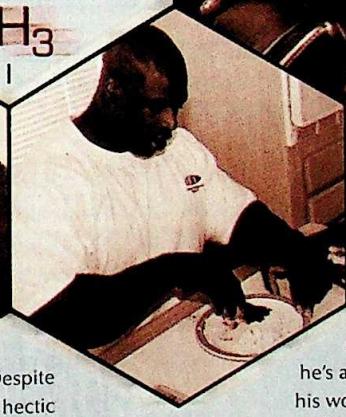
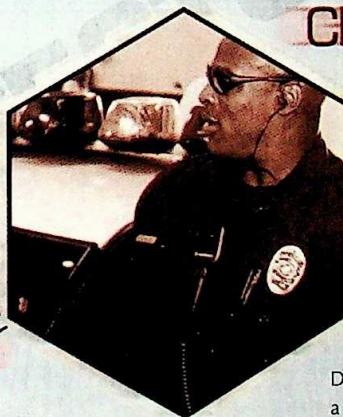
THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

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OH

CH₃



Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery and an anabolic environment.

Despite a hectic schedule that included a full-time job on the weekdays and traveling for guest appearances on weekends, Ronnie constantly maintained a healthy diet of whole foods and supplementation in order to get his daily total of six meals and 600 grams of protein for packing on and maintaining his enormous amount of lean muscle mass.



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| Maximum Fitness BP | | | |
|---------------------------|-----|-----------------|-----|
| 17 Mar 01 - Bluefield, WV | | | |
| MEN | | J. Brezenksi | 140 |
| Open 132 lb. | | 132 lb. (14-15) | |
| A. Phillips | 215 | S. Short | 135 |
| 165 lb. | | (16-17) | |
| D. Williams | 310 | C. Gillespie | 130 |
| S. Ciamparella | 250 | 148 lb. (14-15) | |
| 181 lb. | | S. Bennett | 225 |
| D. Mitchell | 335 | J. Brooks | 130 |
| 198 lb. | | (16-17) | |
| C. Fullen | 415 | J. Vaught | 235 |
| 220 lb. | | J. Ernest | 220 |
| M. Horton | 380 | J. Brooks | 155 |
| K. Ruble | 345 | (18-19) | |
| 242 lb. | | J. Lockhart | 225 |
| K. Mackey | 445 | Z. Perkins | 200 |
| B. Haga | 410 | 165 lb. (14-15) | |
| J. Davis Jr. | 380 | T. Hall | 120 |
| 275 lb. | | (16-17) | |
| T. Gallemore | 375 | M. McGraw | 200 |
| WOMEN | | P. Cole | 185 |
| 148 lb. | | 181 lb. (16-17) | |
| J. Robinson | 150 | J. Lookabill | 150 |
| 181 lb. | | E. Crandall | |
| Master (60-64) | | (18-19) | |
| K. Samples | 225 | W. Winter | 250 |
| 198 lb. (50-54) | | 198 lb. (16-17) | |
| B. Samples | 300 | N. Hayes | 240 |
| (60-64) | | (18-19) | |
| W. Bostic | 260 | T. Keim | 315 |
| T. Rapp | 250 | 220 lb. (14-15) | |
| (65-69) | | S. Keim | 280 |
| D. Robbins Sr. | 245 | (16-17) | |
| 220 lb. (45-49) | | K. Creasy | 290 |
| D. Callahan | — | 242 lb. (14-15) | |
| (60-64) | | D. Berry | 290 |
| J. Gibson | 245 | (16-17) | |
| SHW (45-49) | | K. Kirk | 350 |
| C. Robertson | 420 | (18-19) | |
| Teen 114 lb. | | B. Ernest | 305 |
| (14-15) | | 275 lb. | |
| T. Goins | 145 | (14-15) | |
| J. Peery | 135 | C. Matthews | 260 |
| C. Traylor | 75 | (16-17) | |
| 123 lb. (14-15) | | R. Kinzer | 240 |
| B. Riffe | 115 | SHW | |
| (16-17) | | G. Davis | 255 |

We were very pleased with a turnout of 50 lifters, and a crowd of more than 150 spectators. Our competition hosted lifters from North Carolina, Virginia, and West Virginia. Bench pressers competing in this contest ranged from 14-67 years of age. Despite the age differences a fun time was had by all. Many thanks to our friends and family for all your hard work and dedication, in helping to make this competition a success. (Thanks to Donald Robbins Jr.).



Open and Master Division lifters at the Maximum Fitness Bench Press. (Photograph provided courtesy of Donald Robbins Jr. to PL USA).

Carolina, Virginia, and West Virginia. Bench pressers competing in this contest ranged from 14-67 years of age. Despite the age differences a fun time was had by all. Many thanks to our friends and family for all your hard work and dedication, in helping to make this competition a success. (Thanks to Donald Robbins Jr.).

USAPL Military Nationals 04 Mar 01 - Killeen, TX

| BENCH | | B. Hibbert | 147.5 | 198 lb. |
|-------------|-------|-------------|---------|--------------------------------|
| WOMEN | | T. Nerlin | 137.5 | P. Calhoun |
| 132 lb. | | A. Laszacs | 92.5 | MEN |
| J. Fenti | 60 | 198 lb. | 123 lb. | |
| 148 lb. | | N. Callahan | 195 | H. Harvey |
| D. Ryan | 52.5 | W. Thacker | 182.5 | 132 lb. |
| MEN | | M. McCann | 155 | J. Carr |
| 148 lb. | | J. Holien | 112.5 | 148 lb. |
| J. Bizmudez | 125 | 220 lb. | 123 lb. | |
| MAS (40-44) | | S. Petersen | 160 | 165 lb. |
| 165 lb. | | V. Cardwell | 212.5 | 145 217.5 575 |
| F. White | 127.5 | R. Gains | 200 | 200 127.5 232.5 560 |
| 181 lb. | | SHW | 190 | G. Donahue 190 137.5 210 537.5 |
| J. Martinez | 177.5 | J. Seyer | 227.5 | H. Taylor 142.5 112.5 170 425 |
| WOMEN | SQ | BP DL | TOT | C. Harvey 142.5 110 165 417.5 |
| 105 lb. | | | | 165 lb. |

| MAS (40-44) | C. Lewis | 242.5* | 155 | 245* | 642.5* |
|---|--------------|--------|--------|--------|--------|
| F. White | 200 | 127.5 | 232.5 | 560 | |
| 181 lb. | | | | | |
| T. Stepnay | 235 | 157.5 | 280 | 672.5 | |
| A. Hambrick | 230 | 162.5 | 260 | 652.5 | |
| B. Hibbert | 247.5 | 147.5 | 237.5 | 632.5 | |
| T. Nerlin | 170 | 137.5 | 220 | 527.5 | |
| J. Perez | 160 | 122.5 | 200 | 482.5 | |
| 198 lb. | | | | | |
| N. Callahan | 262.5 | 195 | 285 | 742.5 | |
| J. Kearney | 205 | 132.5 | 237.5 | 575 | |
| M. McCann | 185 | 155 | 165 | 505 | |
| R. Cummings | 172.5 | 145 | 185 | 502.5 | |
| J. Holien | 165 | 112.5 | 187.5 | 465 | |
| 198 lb. | | | | | |
| MAS (40-44) | R. Baxter | 275 | 172.5 | 265 | 575 |
| 220 lb. | | | | | |
| G. Bell | 327.5* | 227.5 | 287.5 | 842.5* | |
| J. Reape | 292.5 | 182.5 | 272.5 | 737.5 | |
| M. Taylor | 255 | 187.5 | 265 | 707.5 | |
| F. Schuetz | 252.5 | 185 | 262.5 | 700 | |
| D. Schoemaker | 237.5 | 170 | 272.5 | 680 | |
| A. Jones | 240 | 185 | 250 | 675 | |
| S. Petersen | 227.5 | 160 | 250 | 637.5 | |
| 220 lb. MAS (40-44) | G. Bell | 327.5* | 227.5 | 287.5 | 842.5* |
| P. Mueller | 220 | 152.5 | 205 | 577.5 | |
| 242 lb. | | | | | |
| D. Hughes | 222.5 | 200 | 260 | 682.5 | |
| R. Flores | 185 | 180 | 237.5 | 602.5 | |
| 242 lb. MAS (40-44) | G. Pamplin | 287.5 | 207.5* | 240 | 735* |
| M. Boone | 217.5 | 192.5 | 205 | 615 | |
| 242 lb. JRS. | T. Arterburn | 250 | 217.5 | 272.5 | 740 |
| 275 lb. | C. Thompson | 295 | 210 | 295 | 800 |
| R. Gains | 272.5 | 200 | 255 | 727.5 | |
| 275 lb. MAS (40-44) | G. Ramsdell | 215 | 177.5 | 205 | 597.5 |
| SHW | J. Seyer | 272.5 | 227.5 | 282.5 | 782.5 |
| *Military National Record. Outstanding Lifters WOMEN: Lt Wt: Cathy Conway, Hy Wt: Rhonda Clark. Men Outstanding Lifters: Lt Wt: Victor Cardwell, Mdwt: Nelson Callahan, Hy Wt: Gene Bell. Team Points: Phantom Corps 113, Minot AFB 107. (Thanks to USAPL for providing the results of this contest to PL USA). | | | | | |

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AAU Virginia Open BP/PL
3 Mar 01 - Herndon, VA

| | | |
|---|----------------|-------------------|
| BENCH | D. Adams-220 | 410* |
| Open Raw | Asst. (40-44) | |
| J. Lugo-132 | 135* | S. Doke-220 405 |
| S. Plunkett-181 | 225* | Z. Rhodes-242 540 |
| (45-49) | Raw (40-44) | |
| J. Burkett-114 | 100 | McQuade-242 365 |
| B. Beasley-132 | 140* | Raw (46-49) |
| Asst. | J. Baggett-165 | 340* |
| Padukiewicz-276215 | Asst. (45-49) | |
| MEN | M. Baker-181 | 340 |
| Raw Open | Raw (45-49) | |
| S. Gay-148 | 300 | J. Alston-181 265 |
| J. Coleman-198 | 375 | Raw (50-54) |
| Assisted (35-39) | D. Winder-220 | 350 |
| S. Jaffe-165 | 335 | Raw (55-59) |
| Raw (35-39) | W. Barnett-198 | 225 |
| Open | SQ BP DL TOT | |
| Raw | | |
| J. Lugo-132 | 205 | 135* 305* 645 |
| Open Asst. | | |
| D. Pagram-181 | — | 170 300 470 |
| Mil Asst. (35-39) | | |
| E. Disler-165 | 320 | 155 345 820 |
| Raw (40-44) | | |
| M. Cahill-97 | 75 | 75* 175 325 |
| J. Meads-148 | 280 | 135 290 705 |
| GIRLS | | |
| Raw (8-9) | | |
| Oglethorpe-66 | 75 | 40 95 210 |
| Asst. (14-15) | | |
| S. Dodson-132 | 135 | 85 160 380 |
| Asst. (16-17) | | |
| Fraunfelder-132 | 100 | 100 150 350 |
| Raw (16-17) | | |
| M. Trudell-148 | 160 | 70 175 405 |
| Asst. (16-17) | | |
| Lagleavailable | 175 | 120* 225 520 |
| Raw (16-17) | | |
| S. Moran-181 | 150 | 116* 240* 506 |
| Asst. (18-19) | | |
| J. Seyfried-165 | 225 | 135 200 560 |
| BOYS Raw (10-11) | | |
| J. Cahill-88 | 75 | 50 130 246 |
| E. Mauler-132 | 135* | 75* 175* 385* |
| (12-13) | | |
| T. Carter-114 | 170 | 110 250 530 |
| Asst. (14-15) | | |
| R. Green-102.5 | 130* | 85 160 370 |
| J. Reuter-123 | 135 | 105 195 435 |
| K. Hughes-132 | 220 | 170 210 600 |
| Raw (14-15) | | |
| G. Kirby-132 | 225 | 130 270 625 |
| J. Berned-181 | 190 | 135 200 625 |
| T. Seyfried-220 | 365 | 165 410 940 |
| J. Hooper-242 | 160 | 135 250 545 |
| Asst. (16-17) | | |
| S. Ferguson-148 | 330 | 315 450 1295 |
| J. Scanlan-148 | 230 | 165 265 660 |
| Raw (16-17) | | |
| B. Burngardner | 300 | 190* 370 860 |
| T. Feller-165 | 290 | 175 350 815 |
| Glovinazzo-181 | 350 | 180 430 960 |
| A. Taylor-199 | 275 | 180 320 775 |
| S. Payne-198 | 375 | 250 450 1075 |
| MEN Raw Open | | |
| G. Kelchner-242 | 520 | 416 575 1511 |
| J. Coleman-193 | 450 | 375 500 1325 |
| J. Jones-198 | 285 | 260 400 945 |
| (35-39) | | |
| J. Lineman-165 | 350 | 280 540 1170 |
| K. Garrett-198 | 425 | 315 — 740 |
| Mil/Law (35-39) | | |
| K. James-276 | 525 | 310 610* 1445 |
| M. Mauler-275 | 450 | 400 500 1350 |
| Raw (35-39) | | |
| B. Dixon-319 | 700 | 450 600 1750 |
| Asst. (40-44) | | |
| T. Holland-198 | 540 | 385* 540 1465 |
| D. Runner-220 | 520 | 320 520 1360 |
| Raw (40-44) | | |
| McQuade-242 | — | 365 470 835 |
| 1670 | | |
| (45-49) | | |
| S. Foster-165 | 250 | 170 350 770 |
| J. Alston-181 | 415 | 265 565* 1245 |
| J. Hannah-198 | 450 | 260 560* 1270 |
| B. Cahill-198 | 375 | 275 — 650 |
| (50-54) | | |
| R. Coppins-220 | 440 | 300 550 1290 |
| (50-54) | | |
| T. Dorsey-275 | 425 | 300 520* 1245 |
| (65-69) | | |
| J. Miller-165 | 125 | 135 240 500 |
| "American Record, BOYS Team Award: St. Mary's of Ryken's. This event was the first AAUPC Sanctioned meet held on Virginia soil in three years. It included a full powerlifting and bench press championship with Junior Olympic and National qualifying rankings. | | |

Many thanks to the endless efforts of Billy D. Calhoun the AAUPCA Chairman, Rudy Garcia past Chairman, Angela Wynne-Brice, Tommy Dorsey, Roger Ernest, Wes Estes and the Chosen Few Inc. and Wolfgang's Gym Crew, the championship was a great success. The AAU is proud to announce the re-establishment of True Drug Free and Drug Tested powerlifting. All-American record holders were drug tested and the strict drug test point system was used to determine other testing candidates. (Thanks to AAUPCA for providing these meet results).

SLP Primetime Fitness BP/DL
8 Apr 01 - Crestwood, KY

| | | |
|-----------------|-------------------|------|
| BENCH | D. Nealy | 525 |
| WOMEN | 220 lb. | |
| Open 123 lb. | C. Poore | 485* |
| A. Kulmer | 135* 4th | 505* |
| MEN | P. Tracey | 370 |
| Teen (13-15) | 242 lb. | |
| 114 lb. | P. Zimmerman | 470* |
| Bryan Guffy | 125* 4th | 485* |
| (18-19) 165 lb. | S. McIntyre | 430 |
| K. Snider | 265* S. Jones | 425 |
| 198 lb. | 275 lb. | |
| J. Dietrich | 370* J. Jesse | 475* |
| 4th | 385* DEADLIFT | |
| Junior 165 lb. | MEN | |
| R. Morley | 225 Teen (18-19) | |
| 275 lb. | 198 lb. | |
| K. Onan | 405* J. Dietrich | 450* |
| Submaster | Submaster | |
| 275 lb. | 165 lb. | |
| R. Richey | 425* R. Guffy | 325* |
| Master (45-49) | 275 lb. | |
| 148 lb. | R. Richey | 560* |
| M. Evans | 260* Open 148 lb. | |
| 242 lb. | M. Evans | 425* |
| P. Zimmerman | 470* 165 lb. | |
| 4th | 485* J. Sikes | 380 |
| Open | 220 lb. | |
| 181 lb. | P. Tracy | 650 |
| T. Tingle | 440* 242 lb. | |
| 198 lb. | B. Kelly | 475 |

*Son Light Power Kentucky State record. Best Lifter BP: DEWAYNE NEALY. Best Lifter DL: PAULTRACY. The SLP Primetime Fitness Bench Press/Deadlift Classic was at Primetime Fitness. A big thanks to owner Lewis Oliveras for all his hospitality. In the bench press competition lone women's competitor Agnus Kulmer set a new Kentucky state record in the open 123 class, finishing with 135. Bryan Guffy also got a state record in the teenage men 13-15 age group, getting 125 @114. Kyle Snider continues to get stronger as he finishes here with a state record 265 teen 18-19/165. Kyle came close with a final attempt of 285, stopping just short of lockout. Jonathan Dietrich, in that same age group but at 198, did the same by tying the existing state record of 350 on his second attempt, then shattering it with a 370 third and 385 fourth attempt. In the junior division Richard Morley did well. In his first competition to finish with 225 and the win at 165. Kyle Onan set two state records at 275 with his opener of 385 and a second at 405, weighing in at a light 255. Randy Richey, creator of Omega Force Christian Strength Team of Scottsville, Kentucky, was elated with his 425 state record bench in the submaster 275 class. Due to a pec injury Randy had not been able to bench for nearly two years, and even came close with 500 here on his final attempt. That's great! Mark Evans showed he was more than just a great deadlifter by capturing the master 45-49/148 title with a strong state record 260. Phil Zimmerman came down from Ohio to set two Kentucky state records, first in the master 45-49/275 class then the open 275 class. Phil got in four strong lifts to finish with 485, this being his first competition in over a year, and could have easily gotten 500 on the day! In the open division Troy Tingle broke the record at 181 with a solid 440! Dewayne Nealy, who owns the record at 198 with 550, was only able to get his opener of 525, missing 560 twice. But that was still more than enough to capture the best lifter title for the competition. Clint Poore had the biggest lift of the meet with his 505 fourth attempt at 220. Clint had finished with a 485 third attempt, both being state records in that class. Second place at 220 went to Paul Tracy, who finished with 370. Behind 242 winner Phil Zimmerman was second place finisher Stacey McIntyre who finished with 430. Third place went to Shawn Jones who finished with 425. 275 winner Jack Jesse broke his existing state



Best Lifters at the SLP Primetime Fitness Bench Press/Deadlift Classic: (left) Dewayne Nealy - bench press (right) Paul Tracy - deadlift. (Photograph was provided by Dr. Darrell Latch to Powerlifting USA).

Lane C. C. 1st Raw Novice BP
5 Mar 01 - Eugene, OR

| | |
|-----------|-----------|
| BENCH | 148's |
| WOMEN | Toney |
| 114's | Michel |
| Simmons | — 165's |
| 132's | Adair |
| Pemberton | 115 181's |
| 148's | Lee |
| Gaul | 110 198's |
| Stookey | 105 Keene |
| MEN | Gibson |

Comments: This was a pure novice event open only to students of Lane Community College that have never competed in any bench press competitions before. This was also a "raw" meet where only a lifting belt was allowed. The goal of the competition was to introduce the sport of powerlifting in a fun and positive manner. Overall Winners: Tara Pemberton lifted 115 lbs. weighing 122 lbs. on the Women's side. Cory Adair pressed 275 lbs. weighing 165 just edging out Lyle Keene (325 at 198) who just missed his 3rd attempt at 360 lbs. to take dip. Men's Overall. (Results by LCC Athletics).

POWER PEOPLE



Left to right, Bill Reagan, Bill Swift, Steve Houston, Rex and Jean Reinhart, owners of Jesup Gym, Jesup, Iowa, invited Bill Reagan to give a bench pressing exhibition at their re-grand opening on January 27th, 2001. At a bodyweight of 275 pounds, and before a crowd of around 500 people, Bill Reagan bench pressed the following: 135x12, 235x12, 325x12, 400x12 (held the 12th rep for a 10 count pause), 450x12 (held the 12th rep for a 10 count pause), 505x8, 555x2, 600x1, 400x24, 300x48. Tragically, Bill's coach, Steve Houston was killed in an automobile accident only two weeks afterward. Bill has dedicated his lifts in honor of his late coach, Steve Houston. (Swift)

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2 JUN, Fitness Zone Bench Press, Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252, lynn@TheFitnessZone.com

2 JUN, APA Los Banos Open BP/DL (Los Banos, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

2 JUN (new date), WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503

2 JUN, Extreme Gym & Fitness Extreme Bench Press Meet, Bob or Jack, 15767 Jefferson Hwy. (Rt. 33), Bumpass, VA 23024, 540-872-5416

2 JUN, Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-49, 50-59, 60+) men & women - non-residents allowed, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Gneere (E) 763-753-6064

2 JUN, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

2 JUN, APF Florida State Open PL, Huge Iron, 910S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

2,3 JUN, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com

2,3 JUN, NASA Masters & Submasters, BP

only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 JUN, Curwood Day BP (men, women, master, teen) Justin, 515 Main St., Owosso, MI 48867, 517-725-8136

3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wplg.org.

9 JUN (amended date), WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

9 JUN, MDSA Open/Closed "Scoot to the Loot" North American Games (Esco), Darwin Jacobson, Box 1031, Willmar, MN 56201 or Dayvid Gillogly 218-879-8180

9 JUN, APA Southern States (Montgomery, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

9 JUN, Best on the Bench (Northern H.S. - Durham, NC) Gloria Knight, 8502 Polaris Dr., Bahama, NC 27503, 919-477-9467 or Willie Lynch 252-478-8191

9 JUN, Shenandoah Valley Strongman/woman, Tony Walters, 5749 Wengers Miller Rd., Linville, VA 22834, 540-896-3332 before 9PM, Rottshuh@aol.com

9 JUN, 8th Miller's Ironhouse Natural Bench Press (teenage, raw, women, open, 3 masters divs., sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777-

0644, benniller@hereintown.net

9 JUN, USPF Region III (open, class II, women and masters divisions) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575, e.leverett@att.net

9 JUN, WABDL Arizona Regional BP/DL (Holiday Inn, Mesa - world championship qualifier - drug tested) Steve Farmworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

9 JUN, USPF S. Texas (Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. increments to 70+) Bench, Police/Fire, awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6450, www.seguinfitness.com

9 JUN, NASS Tennessee State Strongman (open, teen, masters) Bubble Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubble@aol.com

9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9 JUN, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775

9 JUN, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

10 JUN (new date), Midwest open (PL, BP, DL - drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

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

10 JUN, AAU Mo-Kan BP/DL (raw & equipped @ Extreme Fitness, Union, MO; 9 June - Jeff Lewis Seminar) Darin Gilley, 2820 Grey Summit Rd., Pacific, MO 63039, 636-742-4537

10 JUN, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

15-16 JUN, York Barbell Strength Spectacular & IPA Works, Ellen or Mark Challeter, York Barbell, 3300 Board Rd., York, PA 17402, 800-358-9675, emchalleter@yorkbarbell.com

16 JUN (new phone number), INSA USA

Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams)

INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness 817-268-3488

16 JUN, APA Old Line State PL & BP (Laurel, MD) Scot Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

16 JUN, 5th Pasco Power Team King of the Bench (\$1000 in prizes - sculptured trophies) Rick Lawrence, Box 3089, Holiday, FL 34690, 727-942-7894 or Mike (863-2228)

16 JUN, I.S.A. Clean/BP/DL & State BP (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv

16 JUN, USPF LA East Fitness BP/DL (Beckley, WV) Kevin Deiss, 304-252-7000

16 JUN, Big Bench Shootout III (men, women, teen, junior, submaster, master, novice - deadline 6/2/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8591

16 JUN, 2nd annual USAPL "Thunder at the Beach" Power Meet, Body Image, Betty Milby / Art Margulies, 457 Route 95, Little Egg Harbor, NJ 08028, 609-294-3600, Ascen2me@aol.com

16 JUN (NEW DATE), 6th AAU Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Snace@hotmail.com or Nick Theodorou (610-258-1894)

16 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683

16 JUN, WABDL N. Dakota & Minnesota State BP & DL (world championship qualifier - drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141

16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

16 JUN, USA "RAW" Bench Press Federation Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

16 JUN, USAPL Eastern USA Open BP, USAPL National Squat, John Shiflett, Box 941,



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World Mens/Women's Masters I.P.F. Powerlifting Championships

October 18, 19, 20, 21st

Heritage Inn - Moose Jaw, Saskatchewan, Canada
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Fax: 1-306-692-5660
e-mail: moosejaw@heritageinn.net

Meet Director: Wayne Cormier, phone: 1-306-446-1330,
Fax: 1-306-445-2829 OR Jeff Butt, phone: 1-306-694-5262/
1-306-692-0688, fax: 1-306-694-5034
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Stanardsville, VA 22973, 804-985-3932 before
9pm, valitling@aol.com
22-24 JUN, Mountaineer Cup III & 37th
USPF Men & Women's Sr. Nationals, Nick
Busick 304-387-8186 (Mountaineer Cup)
or Dave Jeffrey (USPF Nationals) 304-489-
2428

23 JUN, SLP Iron House Open PL/BP/DL
Classic (Hoopeson, IL) Son Light Power Gym,
122 W. Sale, Tuscola, IL 61953, 217-253-
5429, www.sonlightpower.com
23 JUN, Illinois Strongest Man (Bourbonnais,
IL) Tony Soucie, Box 459, St. Anne, IL 60964
23 JUN, LSTA 5th Grant A Wish Charity BP

(NSA Westbank Fitness Center - New Orleans,
LA - men & women open, police/fire, 14-16, 17-
19, 40-49, 50+, special olympics - Anderson Art
Sculptured Trophies) Tpr. Arnd C. Hansell, 504-
471-2775(w), 504-365-6382 (pager),
Hercules@aol.com
23 JUN, NASA WV Open PL, BP, PS
(Buckhannon, WV) Greg Van
Hoosie, Rt. 1 Box 166,
Ravenswood, WV 26164, 304-
273-2283, gvh@wifire.com
23 JUN, APF Central California
Open & Novice PL/BP (Fresno,
CA) Bob Packer, 559-439-4394
23 JUN, WNPF Roanoke Open
PL (Roanoke, VA) WNPF, Box
142347, Fayetteville, GA 30214,
770-996-3418, wnpf@aol.com
23,24 JUN, USAPL Men's
Teen & Jr. Nationals B&W
Gym, 5920 N. Ridge, Chicago,
IL 60660, 773-561-9692
23,24 JUN, AAU World BP
(Rancho Buena Vista Perform-
ing Arts Center, Vista, CA -
open, lifetime, masters, life
masters, jr., submasters, law/
ml, physically challenged for
men and women. All classes
for raw and equipped. Youth
teen raw only. Entry deadline
5/30/01) Martin Drake, Box
108, Nuevo, CA 92567, 909-
9 2 8 - 4 7 9 7 .
NTRLPWR&PE.NET

23,24 JUN, APF Senior Na-
tional, Huge Iron, 910 S. At-
lantic Ave., Ormond Beach,
FL 32176, 904-677-4000,
www.hugeiron.com

23,24 JUN, WNPF Lifetime
Nationals, Huge Iron, Ron DeAmicis,
6531 New Rd., Youngstown,
OH 44515, 330-792-6670 af-
ter 5pm

23,24 JUN, West Coast Open
(Ocean Front Hallmark Resort) Big
Bear Gym, 136 SE 1st, Newport,
OR 97498, 541-574-4507,
dozer2000@hotmail.com

24 JUN, APA Iron Barbarian PL, BP, DL
(Orlando, FL) Scott Taylor, Box 27204, El Jobean,
FL 33927, 941-697-7962,
apapresident@angelfire.com

24 JUN, SLP Muscle Corporation Summer
Sizzle BP/DL Classic (Springfield, IL) Son Light
Power, 122 S. Sale St., Tuscola, IL 61953, 217-
253-5429, www.sonlightpower.com

24 JUN, NASS Thick Bar Works (open,
teen, masters, men & women - Hurst, TX)
Bill Holland, 300 W. Northern Ave.,
Saginaw, TX 76179, 817-847-6082,
wuhillyh@swbell.net

24 JUN, WNPF Ralph Pace Memorial BP/DL &

IronMan, WNPF, Box 142347, Fayetteville,

GA 30214, 770-996-3418, wnpf@aol.com

30 JUN, Int'l. Bavaria Cup DL (women, men, jr.,
master, team) Karl Greiner, Flurstr. 25, 84032
Landshut, Germany 0871-77575, greka@t-
online.de

JUN, I.S.A. Int'l. Strength Challenge Power Clean/
BP/DL & State BP, I.S.A., 6510 N. Sweetwater
Rd., Lithia Springs, GA 30122, 770-739-0184,
866-Push/Pull or IronAthletics@aol.com or Keith
770-949-9299

3 JUL, Iowa/Midwest Open Touch and Go BP
(Sigourney, IA - Open, Novice, Team, Submas-
ters, Master, Women) Wayne Hammes, BOX
433, Oskaloosa, IA 52577, 575-673-5240.
7 JUL, 2nd Gold's Gym & USAF BP/DL (open,
teen, women, masters, submasters, police/fire/
military - top 5 trophies - Gold's Gym - Allentown,
PA) Ed Miller or Gary Helm 610-797-
6800

7 JUL, APA House of Pain Bench Press Open
Challenge to the Biggest Benchers in the World
(cash prizes: below 198, 198 plus - Mon Valley
Fitness Center, PA) 724-483-2438

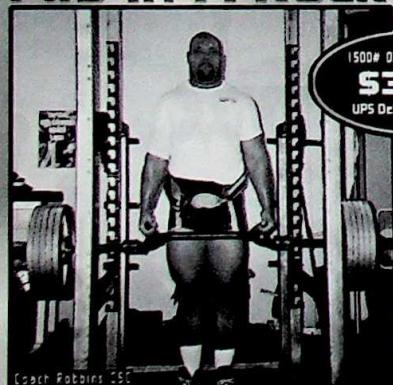
7 JUL, APA Tennessee Open BP/DL (Nashville,
TN) APA, Box 27204, El Jobean, FL 33927,
941-697-7962, apapresident@angelfire.com

7 JUL, NASA Tennessee Classic (Nashville)
NASA, Box 735, Noble, OK 73068, 405-527-
8513

7 JUL, WNPF USA BP/DL & Ironman
(Bordentown or Atlantic City, NJ) WNPF,
Box 142347, Fayetteville, GA 30214, 770-
996-3418, wnpf@aol.com

7 JUL, APF Florida Push/Pull in Memory of
Lawrence Monberg, Huge Iron, 910 S. Atlantic
Ave., Daytona Beach, FL 32176, 904-677-

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Oct. 6 Westside Seminar
Oct. 7 Mastering the Bench
Dec. 8 Westside Seminar
Dec. 9 Mastering the Bench

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July 28th Jim Heintz

Sacramento, CA

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Reno, NV

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4000
 7,8 JUL (updated date), USPF High School, Teenage & Junior Championships PL/BP, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com
 7,8 JUL (new contact info), Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR - world championship qualifier - drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067
 8 JUL, WNPF Can-Am PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 12-15 JUL, USAPL Men's Nationals (Omaha, NE), James Hart, Box 28264, Lincoln, NE 68501, 402-470-3672
 13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-322-0766, strongman1nyc@aol.com
 14 JUL, The Fitness Zone Natural Bench Press Classic (open, raw, women, police & fire, teenage, masters, team) Lynn Smith, 4500 Carr Drive, Fredericksburg, VA 22408, 540-889-1252, lynn@thefitneszone.com
 14 JUL, INSA/INSA SW USA Powerlifting (Ft. Worth, TX) Kirk Stroud, 416 W. Bedford Euless Rd., Hurst, TX 76053, 817-268-3488
 14 JUL (corrected date), 17th ADAU Raw Drug Free "No Boys Allowed" (Pennsylvania - women's men submaster, men master state PL meet - residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
 14 JUL, I.S.A. Limestone Classic BP/DL (Bedford, IN) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv
 14 JUL, Allentown Sportsfest V BP/DL (men, women, masters) Fred Glass, 811 N. Jordan, Allentown, PA 18102, 610-770-9333
 14 JUL, 2nd New England's Strongest Man - Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
 14 JUL, 3rd Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
 14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail: wvlyh@swbell.net
 14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775

14,15 JUL, Georgia Games PL/BP, George Games, 1415 Barclay Circle Suite F, Marietta, GA 30060, 770-528-3580 or David Hall, 678-290-1882
 15 JUL, New York State Strongman-woman (Kingston, NY) Brad Klinger, 845-339-4865, Pat Carroll 845-339-6381
 15 JUL (new date), WNPF USA PL Championships Youth, Teen, Jr., Subs, Masters & Sr. Open Nationals (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 21 JUL, USAPL Commonwealth Games of Virginia PL & BP (men & women) Bettina Altizer, VaPurwun@aol.com, 540-725-8545, commonwealthgames.org
 21 JUL, USAPL Mid America BP (St. Louis Area) Kurt Richardson, 1420 Rojoja Dr., Arnold, MO 63010, 636-464-5520
 21 JUL, USPF Eastern BP Nationals, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, USPFehorton@aol.com
 21 JUL, Georgia State Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
 21 JUL, The Training Center's 2nd annual Bench Press (open men & women - New Castle, Delaware) 302-328-5438
 21 JUL, USPF California State PL/BP, Kevin Fisher, 151 S. Ontario, Santa Barbara, CA 93105, 805-963-3439, Kfisher54@aol.com
 21 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183
 21 JUL, NASA Tri-State Natural (Monolift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST
 21 JUL, USAPL 4th BP & DL Battle on the Beach (BP, DL, IronMan - Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-813-9866
 21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513
 25-29 JUL, AAU Jr. Olympics (Portsmouth, VA) Rudy Garcia, 404-441-7120, rleegarcia@hotmail.com
 27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
 28 JUL, RGVPF 8th Border Classic Bench Press, Tito's Gym, 78 Creekbend, Brownsburg, TX 78521, 956-504-3242
 28 JUL, Northeast Canadian Championships BP/DL (Matane) Roberto St. Pierre, 418-562-9176
 28 JUL, USPF Gulf Coast (Orange, TX - Men/Women: Open, Below 1, 13-23 in 2 yr. age groups, submaster, master in 5 yr. groups to 70+) BP, Police/Fire awards (all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
 28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594, Jackie_jeff1@msn.com
 28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
 28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
 28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
 28,29 JUL (new contact info), Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL - world championship qualifier - drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067
 29 JUL, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 lifter limit - entry deadline 7/2/01) Preston Olsen, 847-948-9111 ext. 330 or polsen@bannockburn.com
 JUL, Muscle Bound Fitness "Summer Heat" BP and/or DL (men, women, master, submaster, teen & raw) John or Kayleen Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840
 JUL, I.S.A. 3rd Limestone Classic BP/DL (Bedford, IN) Boys Club

HUGE IRON Powerlifting Schedule YEAR 2001

June 6,7, 2001 - AAPF National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

Aug 12, 2001 - WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

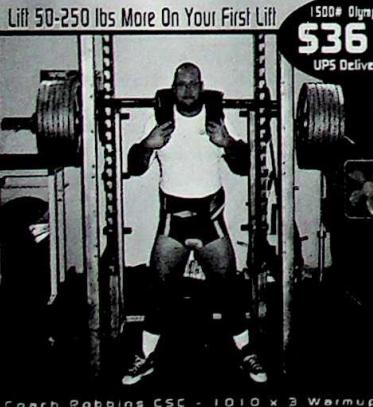
November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

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I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Steve 812-279-3187
 JUL, Madison Co. Fair Strongman/woman, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594, Jackie_jeff1@msn.com

28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
 28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

28,29 JUL (new contact info), Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL - world championship qualifier - drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

29 JUL, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 lifter limit - entry deadline 7/2/01) Preston Olsen, 847-948-9111 ext. 330 or polsen@bannockburn.com

JUL, Muscle Bound Fitness "Summer Heat" BP and/or DL (men, women, master, submaster, teen & raw) John or Kayleen Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

JUL, I.S.A. 3rd Limestone Classic BP/DL (Bedford, IN) Boys Club

11 AUG (new phone number), INSA North American Championships (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness 817-268-3488

11 AUG, Lincoln Summer BP (Lincoln, NE - open, teen, master, P&F, nouice, women) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, tlmarderson@hunet.net

11 AUG, APA Midwest Regional BP/DL/Push Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

11 AUG (new date), APF Vench Beach Push/Pull PL, Vench Beach Rec. Ctr., 310-399-2775

11 AUG, 6th APF Granite State Open BP 5th Granite State Open DL (men, women, teen, jr.,

submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
11 AUG, 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obriente@iserv.net, www.apfmichigan.com
11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-3277.
11 AUG, WABDL All Beach BP & DL & Strongman Contest (world championship qualifier - drug tested), Bull Stewart,
11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Standardville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
12 AUG (new date), WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
17-21 AUG, IPF World Games PL (Akita, Japan)
18 AUG, AAU East Coast World Qualifier & North Carolina State Assisted (Randaleman Sr. High School) Sandy Lemonds, Box 704, Randaleman, NC 27317, 336-672-5433
18 AUG, 5th King Fitness Pound for Pound (Most reps/total tonnage - open & 20 and under) Matt Kelly or Ralph Lara, 3253 Hwy 35 N., Hazlet, NJ 07730, 732-335-0911
18 AUG (new date), APA Bench Press Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
18 AUG, USAPL Power Surge 2001 PL & BP, Michelle James, 1239 Duncan, Alliance, NE

69301, 308-762-7043, Michelle@bbc.net
18 AUG (new date), WABDL Utah State (Holiday Inn, SLC - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037
18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
18,19 AUG, 8th AAPF/APF Snake River PI & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7, 208-523-0600, apf_id_mhiggins@yahoo.com
19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
19 AUG, WNPF Tarheel Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
24-26 AUG, WDFPF World Single Event Championships (Community Center, Taber, Alberta, Canada) Randy Sparks, 403-223-2479
25 AUG, 1st Annual Carolina Bench Meet (Monroe, NC) Danny @ Box 2524, Matthews, NC 28106, 704-764-2145, 283-5587
25 AUG, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090
25 AUG (new contact info), WABDL Budweiser Summer Strength Festival (Bend Riverside Motel) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067
25 AUG, 11th Endless Summer BP & DL Classic (Elkhart, IN) Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471
25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
25 AUG (modified date), USAPL Lifetime Nationals, John Shifflett, Box 941, Standardville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
25,26 AUG, AAU Raw Nationals & North American BP (Radisson Hotel) (San Bernardino, CA - Open, Lifetime, Masters, Life masters, junior, youth, teen, submasters, law/ml, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrpw@pe.net
26 AUG (new date), USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Standardville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
26 AUG, WNPF Grand Canyon Open BP/DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
AUG, USPF New York Bench Press (open, law enforcement, fire & military), Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com
AUG, NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH) Nick Osborne, 614-481-9839, nick@phostralning.com
AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sina.com
1 SEP, WABDL Southern States BP & DL (Houston, TX) Bob Garza 281-820-5923
1 SEP, NASS Oklahoma Strongman Contest (Tulsa, OK - open men & women, teen) Sean Baker & James Griggs, 918-834-6376
2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
8 SEP, NASS Tri-State Strongman (open men - Canton, MO) Pete Hettinger, 217-231-7076, phettinger@culver.edu
8 SEP, ADAU Single Lift Nationals SQ, BP, DL - Open & All age groups both men & women, lift in 1, 2, or 3 events - no total, Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 or al@pilkittup.com
8 SEP, WABDL N. California BP & DL (San Francisco, CA (world championship qualifier - drug tested) John Ford, 650-757-9506
8 SEP, USAPL Deadlift Nationals (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-8513
15 SEP, 3rd Annual Deadlift on the River, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683
15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031
15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513
15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
16 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, Jay.Toth@fredonia.edu
16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306

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402-470-3672 The deadline for entry is June 12th. The NGB meeting
 will be held on Thursday July 12th at 1:00 PM central time.

22 SEP, 3rd Sci-Fit BP Championships (open, novice, women, master, teen) Joe Deuerle, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005
22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513
22 SEP, SLP OPEN NATIONAL POWER-LIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464
23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
24 SEP, APA Arizona State PL, BP, DL (Tucson, AZ) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
29 SEP (new date), 1st Fall Strongman Challenge, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahamb@libertybay.com
29 SEP (new title), AAU East Coast Drug Free PL & BP (raw & assisted, youth, teen, men & women, masters, deadline 9/15/01) Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456, rlerms@aol.com

29 SEP, WABDL Washington State BP & DL (Hoquian, WA - world championship qualifier - drug tested) Don Bell, 360-533-5711
29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513
30 SEP, SLP NATIONAL 'RAW' POWER-LIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
23 SEP, I.S.A. Regional BP & BP bodyweight for resps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull or IronAthletics@aol.com or Keith 770-949-9299
SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513
SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
6 OCT, USPF Central California, Gene Estrada, 526 Dana #4, San Luis Obispo, CA 93401, 805-544-0155
6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
13 OCT, NASS North America's Strongest Man (Euless, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), wuilly@subbell.net
13 OCT, 5th Pennsylvania Power BP/DL Power Challenge, Eugene Rychak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
13 OCT (new contact), NASA Big River Classic PL/BP (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094
13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513
13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
16-21 OCT, IPF World Masters (Moose Jaw, Canada) Wayne Cormier, 10929 Scott Dr., N. Battleford, Saskatchewan, Canada S9A 3N2, 306-446-1330 or fax 306-445-2829
27 OCT (new phone number), INSA World Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness, 817-268-3488

27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com
27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513
27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
28 OCT, Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophy - Social Hall, McMurray, PA) Steve Swiak, 724-941-7270
OCT, USA/Icelandic Strongman Challenge, Huge Iron Gym, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-hug-iron, www.hugiron.com
OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wuilly@subbell.net
OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
3 NOV, USAPL West Coast Open Push/Pull, John Planas, 234 W. Fairlawn Ave., Glendale, CA 91202, 818-242-1906
3 NOV, Iowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240
3 NOV, USPF Texas Cup (Austin-Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.segufitness.com
3 NOV, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031
3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513
3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
3 NOV (new description), USBF Raw BP & USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellaatlantic.net
3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
10 NOV, USPF BP & DL Meet, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-

2001 AWPC WORLD POWERLIFTING/BENCH PRESS CHAMPIONSHIP

Meet Director: Jim Rouse & James (Radar) Capehart (972) 253-8575

Date: August 10 - 12, 2001
8/10 Session 1 (9am) - Jr./Teen Men & Women
Session 2 (2pm) - Bench Press Only
8/11 Open/Submaster/Master Men to 198# & All Women
Session 3 (9am) - 105# thru 148#
Session 4 (2pm) - 165# thru 198#
8/12 Open/Submaster/Master Men 220# Thru SHW
Session 5 (9am) - 220# thru 242#
Session 6 (2pm) - 275# thru SHW

For competition info contact
AMY at 800-537-5532

Weigh-Ins:
8/9 Session 1 9am - 10:30am
Session 2 2pm - 3:30pm
8/10 Session 1 7am - 8:30am
Session 2 12noon - 1:30pm
Session 3 9am - 10:30am
Session 4 2pm - 3:30pm
8/11 Session 3 7am - 8:30am
Session 4 12noon - 1:30pm
Session 5 9am - 10:30am
Session 6 2pm - 3:30pm
8/12 Session 5 7am - 8:30am
Session 6 12noon - 1:30pm

Entry Fee: ALL ENTRIES MUST BE IN AMERICAN CURRENCY
\$70 first division, \$55 each additional division
\$25 returned check fee will be collected at weigh-in for NSF charges

Entry Deadline: July 27. Late fee of \$25 to be paid by weigh-in. NO EXCEPTIONS.
Entries received after August 3 will be returned.
APF card must be presented at weigh-in (new cards will be available - \$25 fee).

Meet/Hotel Site: Crown Plaza, 7050 Stemmons Freeway, Dallas, TX 75247 (214) 630-8500
Mention 'AWPC Powerlifting' to receive \$69/night room rate.
\$5 shuttle coupons available at hotel if you use 'Discount Shuttle' from airport.

Awards for 1st thru 3rd place will be presented in all weight classes and divisions.

Mail Entries To: J. R. Capehart, 1700 Coral Rock Ct., Irving, TX 75060

In consideration of my entry, I hereby waive all claims for myself, my administrators, and my heirs against any/all officials, sponsors, or organizations connected with the AWPC World Championship Meet, Jim Rouse, James R. Capehart, APF/AAPF, or Crown Plaza, which may occur while participating in this competition.

NAME _____ DATE OF BIRTH _____ SEX _____
ADDRESS _____ PHONE () _____
CITY _____ STATE _____ ZIP _____ DL# _____ APF CARD # _____
DIVISION(S) ENTERED 1) _____ 2) _____ 3) _____
WT. CLASS _____ T-SHIRT SIZE M L XL 2XL 3XL ENCLOSED \$ _____
QUALIFYING TOTAL _____ WHERE QUALIFIED (Meet/City) _____ DATE QUALIFIED _____
SIGNATURE (Must be parent or guardian if lifter is under 18) _____

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10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10, 11 NOV, USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 NOV, ISA Gold's BP Challenge & Texas State BP (Gold's Gym - Amarillo, TX) Teresa @ 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-Pull, www.lsapower.tv

11 NOV, Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104

11 NOV, I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Teresa 806-359-5438

11 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

11 NOV, USAPL Ohio PL & BP State Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King

13-18 NOV, IPF World Mens (Sotkamo, Finland)

15-19 NOV (new contact info), 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

16-18 NOV, IPA Nationals (Columbus, OH - Holiday Inn Worthington 614-885-3334) Elite Fitness Systems, Dave & Traci Tate, 740-845-0987, www.elitefitnesssystems.com

17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

NOV, USPF Greater Buffalo BP Classic, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com

1 DEC, Y.E.S. Inc. Association PL & BP

- Nationals, Trend Dashiell, 4627 Coulburn Mill Rd., Salisbury, MD 21804, 410-742-9201, 749-9101, ask for Trend, Jimmy, or Fred**
- 1 DEC, USPF Winter Classic BP/DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, Kostas@frazmtn.com or Steve Denison, 661-664-7724
- 1 DEC, Estriens Championships (PL & BP - Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).
- 1 DEC, "Miller Chev" Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freepart Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gneffe (E) 763-753-6064
- 1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillh@swbell.net
- 1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
- 1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513
- 2 DEC, SLP Rhinos Fitness BP/DL Classic (Roscoe, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 6-9 DEC (expanded contact information), IPF World Bench Press, John Clark, Box 1572, Christchurch, New Zealand, jhclark@thug.co.nz, +64 3 3653051
- 8 DEC, USAPL Midwest Sr. State PL & BP (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@huntel.net
- 8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394
- 8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Standardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
- 9 DEC, YMCA High School Winter Bench Press (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@huntel.net
- 9 DEC, ADAU 9th Raw Drug Free "Coal Country" BP & DL Classic (separate meets - no total - open, teen, Jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkitup.com
- 12-16 DEC (new date), 100% Raw World Championships (men & women, all age/ wt. classes) Dr. Spero Tashontikida, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
- 15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Standardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
- 30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

19 JAN, APF Michigan Bench for Cash (cash prizes for top 5 by Reshel Formula) Jim Harbourne, 1018 Cooldige Ave., Clawson, MI 48017, 248-588-2114, Jimharbourne@home.com

JAN, Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

2 FEB, USPF New York State PL/BP Championships, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com

9 FEB, ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

2 MAR, All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

2 MAR, 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 19446, Steve Unrath, 215-369-1601 ext. 230

9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 5406 Kirkwood Dr., Grove City, OH 43123, 614-877-1391

17 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

6-7 APR, Power Palooza IV PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

14 APR, 16th Olympic Bench Press Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

10-15 SEP 02, IPF World Juniors (Venezuela)

9-13 OCT 02, IPF World Masters (Cordoba, Argentina)

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

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

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

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

P.S. when writing include a Stamped, Self-Addressed Envelope . (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT. P.P.S. italicized entries in this listing are new competitions or updates to previous entries.

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WNPF Pennsylvania State
7 Apr 01 - Lancaster, PA

| | | |
|----------------------|-----------------|-----------------|
| BENCH | Copenhaver | 425 |
| 148 lb. | Fields | 380 |
| Open Raw | (33-39) | |
| Farien | 255 | 380 |
| 165 lb. Open | Fields | 380 |
| Manzo | 255 | 345 |
| DEADLIFT | Morra | 345 |
| 165 lb. (40-49) | (40-49) | |
| Manzo | 365 | 300 |
| Legg | 340 | 300 |
| Open | 275 lb. | |
| Legg | 340 | Open Raw |
| Open Raw | Edwards | 450 |
| Legg | 220 | Lifetime Raw |
| (40-49) | Edwards | 450 |
| Manzo | 255 | SHW |
| (40-49) Raw | Lifetime | Raw |
| Seiger | 250 | Hilderley |
| Legg | 220 | Police |
| Police | Legg | 340 |
| Legg | 220 | 198 lb. Open |
| (33-39) | Herbein | 520 |
| Gattinella | 300 | (40-49) |
| (50-59) Raw | Christini | 475 |
| Freed | 460 | Kelhefner |
| 320* | (60-69) | 460 |
| 198 Lb. (33-39) | Rosenfield | 430* |
| Handlin! | 420 | 242 lb. (40-49) |
| (40-49) | Althouse | 470 |
| Kilhefner | 385 | Punday |
| Butz | 340 | 455 |
| (40-49) Raw | 275 lb. (33-39) | |
| Rosenfield | Szymanski! | 630 |
| 320* | SHW (40-49) | |
| (60-69) Raw | Gursky | 455 |
| Rosenfield | (40-49) | |
| 300* | Hilderley | 375 |
| (60-69) | Gursky | 290 |
| Miozza | 235 | (50-59) |
| 220 lb. Open | Schoekoph | 300 |
| WOMEN | SQ | BP DL TOT |
| 97 lb. Open Raw | | |
| Snyder | 130 | 125* 160 415 |
| 114 lb. (33-39) | | |
| Frailey | 185 | - - - |
| (20-23) Raw | | |
| Alderton | 155* | 120* 185* 460* |
| 123 lb. (33-39) | | |
| Torres | - | - - - |
| (60-69) | | |
| Winkelblech | 185* | 90* 270* 545 |
| 148 Lb. Open | | |
| Smith | 210 | - - - |
| 165 lb. Open | | |
| Musser | 360* | 220* 380 960 |
| (20-23) | | |
| Martin | 200 | 125 265 590 |
| MEN 148 lb. Open Raw | | |
| Farren | 290 | 255 365 910 |
| (50-59) | | |
| Rood | 330 | 210 350 890 |
| 165 lb. (20-23) | | |
| Barnes | 430 | 330 450 1210 |



Left to right: 3 first place finishers at the WNPF PA State Championships held in Lancaster, PA on April 7, 2001. Son Brad Rosenfield (1st 198 BP Submasters); father Burt Rosenfield (1st BP 198 60-69) and John Herbein (1st 198 DL Open). (Photograph provided by "Pearl").

Ramada is our new home in Lancaster, PA. Although it's not as large as the Days Inn it was still plenty of room for all lifters in the warmup and platform areas. We will be back on October 6th for the East Coast Powerlifting Championships and we are looking for a larger turnout. Thanks to all the lifters that attended, congrats to the lifters that set state records and thanks to the WNPF staff for putting on another fine show. Many thanks to Len Stires and George Thomas for helping us out in our time of need. Thanks to Bob, Lee, Julie, Annette, Joann, Lester, Kenny, Mike, Moms and Dave. Thank you to the 128 people that came to cheer on the 60 lifters also. (courtesy of WNPF)

WNPF Western New York

18 Mar 01 - Niagra Falls, NY

| | |
|---|--------------------------|
| BENCH | 165 lb. (50-59) |
| Assisted | R. Karkoskal# 255 |
| 220 lb. (50-59) | Open 198 lb. |
| S. Shales | 400! A. Lewis! 410 |
| (33-39) | 220 lb. |
| B. Hawk* | 450! E. Howard, Jr.! 325 |
| SHW (33-39) | 275 lb. |
| S. Rogers | 460! (33-39) |
| 198 lb. (20-23) | T. Kristoff! 420 |
| G. Kaifas | 350! DEADLIFT |
| Raw 181 lb. | Open 198 lb. |
| C. Mabry# | 240 A. Lewis! 600 |
| Assisted | SQ BP DL TOT |
| 165 lb. Lifetime | |
| J. Elsberry, Sr. | 430 335 460! 1225 |
| (40-49) | |
| J. Elsberry, Sr. | 430! 335 460! 1225! |
| 198 lb. Lifetime | |
| T. Williams* | 600! 390! 575! 1565! |
| S. Hailey | 530 360 450 1340 |
| (50-59) | |
| R. Doll | 285 175 365 825 |
| 220 lb. Lifetime | |
| M. Rydelek | 560 410 540 1510 |
| (40-49) | |
| D. Berbst | 425 320 515 1255 |
| M. Acarisi | 425 3050 375 1105 |
| (70-79) | |
| H. Huff | 400! 230 430! 1060! |
| 242 lb. Lifetime | |
| G. Hopkins | 600 360 605! 1565 |
| (40-49) | |
| T. Stevenson | 460! 325! 475! 1260! |
| Raw 181 lb. (14-16) | |
| M. Kristoff | 300! 165! 365! 820! |
| 198 lb. Open | |
| A. Lewis | 525!# 410! 600! 1535! |
| I-State record.#-American record.*-Best lifter. | |
| (Thanks to Ron DeAmicis for the meet results). | |

Walker's Gym Bench

3 Mar 01 - Hopewell, VA

| | |
|---|----------------------|
| BENCH | 165 lb. |
| MEN | A. Luellen 315 |
| Open 198 lb. | 181 lb. |
| S. Holden | 350 W. Craig 370 |
| 220 lb. | E. Howell 265 |
| J. Kuhns | 455 198 lb. |
| Auggie | 430 P. Edwards 260 |
| 242 lb. | 220 lb. |
| A. Read | 435 V. Allen 450 |
| D. Royhad | 360 T. Meadows 385 |
| 275 lb. | C. Long 350 |
| K. Gank | 500 L. Mason 320 |
| L. Jennelle | - 242 lb. |
| SHW | J. Fitzgerald 405 |
| M. Ange | 415 275 lb. |
| Open SHW | H. Cross 470 |
| Police/Fire | J. Holmes 335 |
| P. Bates | 460 SHW |
| Open | A. Sukes 500 |
| Master (40-49) | 220 lb. |
| 242 lb. | Master (40-49) |
| J. Giles | 440 O. Williams 370 |
| 275 lb. | C. Long 350 |
| L. Jennelle | - 275 lb. |
| (50-59) | B. Rideout 395 |
| 198 lb. | SHW |
| T. Mitchell | 355 G. Englehart 375 |
| 275 lb. | (50-59) 165 lb. |
| J. VonRohr | 390 D. Taylor 300 |
| (70+) | Police/Fire |
| B. Harris | 290 165 lb. |
| RAW MEN | A. Lellen 315 |
| 0-148 lb. | 220 lb. |
| R. Watson | 320 C. Long 350 |
| C. Neville | 265 K. Hubbard 330 |
| M. Webb | 225 J. Warren 325 |
| Thanks to all of the Walker's Gym staff/members that helped spot, load, expedite, and work the table. (Thanks to Barry Walker for results). | |

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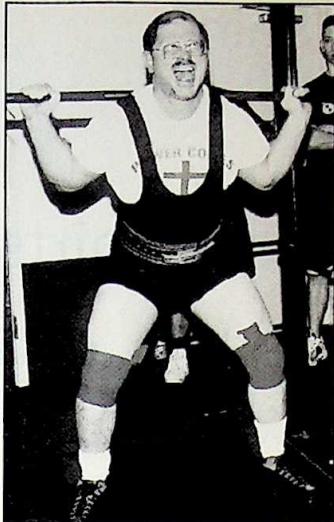
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SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

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

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



"Best Lifter" at the All Church Contest, Gary Lindsey got a personal best 485 squat, also earning him the "Best Squat" Trophy. (Photo courtesy Pastor Pete Amerman).

All Church Contest

10 Mar 01 - Staten Island, NY

| | SQ | BP | DL | TOT |
|---------------|-----|-----|-----|-----|
| WOMEN | | | | |
| J. Jones | 200 | 120 | 205 | 525 |
| K. Zysk | 95 | 90 | 135 | 320 |
| MEN 114 lbs. | | | | |
| J. Nolan | 200 | 135 | 240 | 575 |
| C. Ribe | 180 | 115 | 225 | 520 |
| L. Tjornhom | 115 | 105 | 145 | 365 |
| 123 lbs. | | | | |
| G. Dodd | 215 | 160 | 270 | 645 |
| 132 lbs. | | | | |
| G. French | 220 | 140 | 260 | 620 |
| C. Clark | 170 | 125 | 300 | 595 |
| K. Grandstaff | 180 | 150 | 255 | 585 |
| S. Buck | 185 | 115 | 235 | 535 |
| J. Gilgunn | 95 | 105 | 135 | 335 |
| 148 lbs. | | | | |
| T. Rajkumar | 320 | 205 | 415 | 940 |
| W. Wilson | 280 | 215 | 385 | 880 |

| | | | | |
|---|-----|-----|-----|------|
| E. Yoon | 245 | 200 | 345 | 790 |
| D. McIvor | 180 | 145 | 315 | 640 |
| B. Kruger | 145 | 145 | 225 | 515 |
| 165 lbs. | | | | |
| A. Santino | 320 | 245 | 405 | 970 |
| J. Gordon | 300 | 210 | 315 | 825 |
| D. Jones | 260 | 145 | 325 | 730 |
| J. Clark | 205 | 195 | 300 | 700 |
| S. Megill | 275 | 165 | 250 | 690 |
| K. Bossert | 160 | 140 | 275 | 575 |
| E. Tjornhom | 150 | 150 | 265 | 565 |
| M. Karp | 155 | 100 | 250 | 505 |
| C. Sharrett | 125 | 160 | 185 | 470 |
| E. Mohnenhoff | 0 | 245 | 0 | - |
| 181 lbs. | | | | |
| G. Ribe | 420 | 295 | 385 | 1100 |
| P. Caffrey | 315 | 195 | 460 | 970 |
| M. Robotaccio | 340 | 185 | 435 | 960 |
| J. Dalton | 165 | 140 | 280 | 585 |
| 198 lbs. | | | | |
| G. Lindsey | 485 | 325 | 455 | 1265 |
| J. Sexton | 400 | 325 | 405 | 1130 |
| J. Laguna | 385 | 280 | 380 | 1045 |
| P. Pete | 365 | 275 | 385 | 1025 |
| J. Stoffers | 315 | 300 | 315 | 930 |
| D. Miller | 300 | 255 | 335 | 890 |
| S. McNeil | 300 | 215 | 365 | 880 |
| P. Cresso | 0 | 315 | 0 | - |
| R. McHiverson | 0 | 285 | 0 | - |
| 220 lb. | | | | |
| E. Buck | 350 | 225 | 380 | 955 |
| M. Buck | 325 | 275 | 350 | 950 |
| K. Bell | 250 | 215 | 315 | 780 |
| 242 lb. | | | | |
| S. Neendorff | 455 | 260 | 500 | 1215 |
| J. Watkinson | 320 | 240 | 395 | 955 |
| S. Cleveland | 90 | 100 | 170 | 360 |
| 242+ lb. | | | | |
| P. Tony | 0 | 350 | 0 | - |
| BEST LIFTERS: BEST SQUAT - Gary Lindsey, BEST BENCH - John Sexton, BEST DEADLIFT - Tim Rajkumar, BEST LIFTER - Gary Lindsey. | | | | |
| TEAM RESULTS: 1st Hillside True Strength Club 41 Points. 2nd Bethany Weight Ministry 7 points. 3rd First Presbyterian Church True Strength Club 6 points. 4th St. Mark's Lutheran Church 3 points. 5th Thy Will Be Done 2 points. 6th St. Mary's 1 point. ALL CHURCH OPEN WEIGHTLIFTING CONTEST: 46 lifters representing 6 churches participated in the 6th annual "All Church Open Weightlifting Contest" at Bethany Lutheran Brethren Church. There was some great weightlifting, great fellowship (participants from other teams were even found cheering for their competitors), and great sharing about "Jesus Christ, the Strongest Man that ever lived!" In the Women's division, Jayne Lin Jones won her first ever power-lifting meet, beating Kristin Zysk with a total of 525 vs. 320. Jay Nolan (also his first contest ever) won the 114 lbs. class with a total of 575. Greg Dodd was the lone lifter in the 123 lb. class, but he managed a 645 total, including a personal best 270 lb. deadlift. In the 132 lb. class, Gordon French won with a personal best 620 total. The 148 lbs. class had some pretty intense competition between Tim Rajkumar and Wesley Wilson. Rajkumar won with a total of 940, ending with a personal best 415 deadlift, which earned him the Best Deadlift trophy. The 165's had the most competitors, with A.J. Santino beating out the second place finisher, Josh Gordon, by a wide margin 970 vs. 825. In the 181's, Gary Ribe ended the day with a total of 1,100, including a personal best 420 squat. There was also a tight race for 2nd and 3rd place, with Pearce Caffrey edging out Mike Robotaccio 970 vs. 960. In the 198's, "Best Lifter" and "Best Squat" winner, Gary Lindsey, won with a 1,265 total, including a gutsy personal best squat | | | | |

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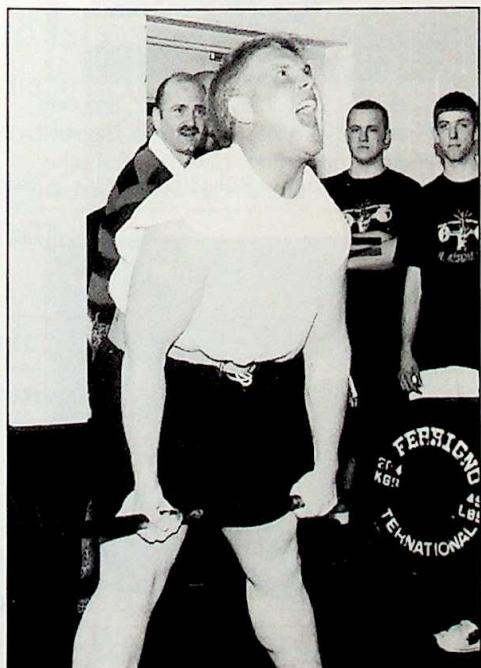
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back view of
dog appears on
back of t-shirt



Steve Niendorff at the All Church Contest got this 500 lb. deadlift to win the 242 lb. class. (Photograph provided courtesy of Pastor Pete Amerman).

of 485. John Sexton won the "Best Bench press" trophy for the meet with a personal best 325 bench, at a bodyweight of only 185 lbs. The 220's featured a "Father-Son" competition, with "Son" Eric Buck beating out "Dad" Marc Buck by only 5 pounds, 955 vs. 950! It came down to Eric's final deadlift 380 which he got for a personal best for the day. The 242 lb. class featured Steve Niendorff, winning by a wide margin with a 1,215 total. It was an incredible day, with an enthusiastic audience of over 250 people in attendance to cheer the lifter's on. Next year's "All Church Powerlifting Meet" will be held on Saturday, March 2, 2002 at Hillside Lutheran Brethren Church in Succasunna, NJ. Contact Pastor Pete Amerman (973) 584-7410 for details. (E-mail: parnerman@worldnet.att.net). (Thanks to Pastor Pete Amerman for the meet results).

thanks to God's grace and the continued support of Iron Warriors Team Leader Jack Tuller and PCC Recreational Director John Tillman. Praise God for all He has done with "100% RAW" and the athletes at Powhatan, and for all He will do during the 2001 season! Our relationship with the Iron Warriors is truly humbling, and I pray that we can continue to serve the Good Lord and their lifters throughout the 2001 season. A SPECIAL THANKS...to "Big Jack" Tuller of the Iron Warriors for his friendship and support of "100% RAW." Jack, you are an inspiration to me and I can't wait to lift with you this summer! ...to John Tillman of Powhatan Correctional Center for his continued support of both the Iron Warriors and the "100% RAW" mission. John is the logistical backbone behind the two meets we do each year at Powhatan, and it is a pleasure to know him and work with him. ...to the Iron Warriors for their friendship, perseverance, and love of our great sport. I PROMISE TO BRING A TEAM OF LIFTERS THIS SUMMER! ...to Barry Walker of Walker's Gym for officiating and encouraging the PCC lifters. It was great to see Barry again, and I look forward to our continued support of the Iron Warriors' program at Powhatan...to Bill Calhoun of the AAUPC for working with me in support of both the "100% RAW" ministry and drug-free powerlifting. I am looking forward to working with Bill in the future both at Powhatan and in our endeavors as contest directors. ...to Brian ...May God be with you as you begin your new walk my friend! I look forward to seeing you on the platform real soon! ...to Edith Gross (Jack's mom), the "Team Mom" of the Powhatan Iron Warriors. Edith is a God-send to the lifters at PCC and a blessing to "100% RAW." Her recent donation to our ministry was utilized to help children in the Congo regain their sight from River Blindness...and to the Good Lord who made this meet and the "100% RAW" relationship with Powhatan Correctional Center possible. Thank you God for each of the lifters, and please bless them richly. God Bless, Spero Tshontikidis. (Thanks to Spero Tshontikidis for providing the results of this competition to Powerlifting USA).

Raw Powhatan Open 10 Feb 01 - State Farm, VA

IRON WARRIORS

| | SQ | BP | DL | TOT |
|--|-----|-----|-----|------|
| 181 lbs. | | | | |
| A. Morton | 400 | 335 | 505 | 1190 |
| I. Boykin | 390 | 245 | 505 | 1140 |
| G. Boney | 305 | 275 | 495 | 1100 |
| 198 lbs. | | | | |
| J. Green | 525 | 335 | 565 | 1445 |
| Edmonds | 425 | 315 | 555 | 1295 |
| Q. Anderson | 400 | 325 | 450 | 1175 |
| T. Deberry | 385 | 235 | 445 | 1065 |
| 220 lbs. | | | | |
| Mundy | 470 | 285 | 550 | 1305 |
| 242 lbs. | | | | |
| M. Reid | 475 | 330 | 500 | 1305 |
| G. Amos | 460 | 320 | 500 | 1280 |
| 275 lbs. | | | | |
| Griffith | 525 | 345 | 585 | 1455 |
| 319 lbs. | | | | |
| D. Bird | 505 | 365 | 505 | 1375 |
| J. Tuller | 435 | 255 | 455 | 1145 |
| 2001 "100% RAW" POWHATAN Open, Powhatan Correctional Center. PRAISE THE LORD! Our second contest at Powhatan Correctional Center was an overwhelming success | | | | |

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| 100% Raw Eastern 3-4 Feb 01 - Rockville, MD | | | | | |
|--|------|------|------|------|--|
| | SQ | BP | DL | TOT | |
| WOMEN | | | | | |
| 105 lb. (8-9) | | | | | |
| A. Gray | 35* | 35* | 75* | 145* | |
| (16-17) | | | | | |
| K. McKenzie | 165* | 85* | 200* | 450* | |
| (20-24) | | | | | |
| K. Bermudez | 160* | 85* | 195* | 440* | |
| 114 lb. (10-11) | | | | | |
| E. Duppstadt | 125 | 65 | 150* | 340* | |
| 4th | 130* | 70* | | | |
| (14-15) | | | | | |
| Y. Ward | 95 | 70 | 145 | 310 | |
| M. Gerima | 75 | 55 | 105 | 235 | |
| (18-19) | | | | | |
| P. Williams | 115 | 80 | 165 | 360 | |
| 123 lb. (16-17) | | | | | |
| C. Ward | 110 | 70 | 155 | 335 | |
| 132 lb. (14-15) | | | | | |
| K. Denison | 100 | 60 | 145 | 305 | |
| S. Fatemi | 100 | 60 | 135 | 295 | |
| (16-17) | | | | | |
| S. Gilberg | 115 | 75 | 145 | 335 | |
| 148 lb. (14-15) | | | | | |
| T. Williams | 145 | 80 | 155 | 380 | |
| (16-17) | | | | | |
| E. Green | 205 | 135* | 245 | 585 | |
| 4th | 220* | | | | |
| L. Syphax | 135 | 70 | 190 | 395 | |
| N. Griffith | 140 | 70 | 175 | 385 | |
| N. Levinson | 135 | 60 | 165 | 360 | |
| (20-24) | | | | | |
| M. Rios | 125 | 70 | 185 | 380 | |
| (30-34) | | | | | |
| L. Highsmith | 185* | 95* | 270* | 550* | |
| 165 lb. (16-17) | | | | | |
| K. Cox | 160 | 80 | 205 | 445 | |
| M. Yancor | 105 | 65 | 135 | 305 | |
| 181 lb. (12-13) | | | | | |
| D. Luff | 145* | 90* | 200* | 435* | |
| (16-17) | | | | | |
| K. Whitaker | 180 | 95 | 250 | 525 | |
| R. Kraft | 150 | 90 | 190 | 430 | |
| MEN 88 lb. (8-9) | | | | | |
| Y. Tshontikidis | 105 | 55 | 150 | 310 | |
| 97 lb. (8-9) | | | | | |

| | | | | | |
|-----------------|-----------------|------|------|------|-------------------|
| J. Reeves | 75 | 50 | 125 | 250 | 220 lb. (14-15) |
| C. Fleggle | 105 lb. (10-11) | 145* | 90* | 185 | J. Pierce (18-19) |
| T. Lyons | 123 lb. (14-15) | 200 | 145 | 335* | C. Desi |
| N. Tran | 132 lb. (14-15) | 150 | 110 | 190 | 4th (30-34) |
| M. Franklin | 148 lb. (12-13) | 200 | 175 | 335* | R. Soto |
| M. Kimmel | 165 (14-15) | 165 | 105 | 210 | P. Bossi |
| D. Sylvester | 165 lb. (14-15) | 285 | 200 | 425* | 4th (45-49) |
| 4th | 300* | | | | J. Jacoby |
| L. Green | 181 lb. (14-15) | 235 | 175 | 300 | 242 lb. (16-17) |
| J. Boyd | 185 (16-17) | 300 | 190 | 415 | G. Gremi |
| D. Nelson | 165 lb. (14-15) | 250 | 165 | 375 | T. Lesveque |
| D. Burns | 165 lb. (16-17) | 160 | 125 | 220 | T. Ruszala |
| J. Riddick | 185 (20-24) | 275 | 215 | 315 | 4th (30-34) |
| D. Williams | 185 (20-24) | 225 | 225 | 325 | J. Deigan |
| N. Guzman | 170 (20-24) | 365 | 240 | 410 | M. Gray |
| 4th | 425* | | | | G. Bartholomew |
| T. Diememmo | 181 lb. (14-15) | 315 | 210 | 365 | 275 lb. (18-19) |
| O. Bermudez | 181 lb. (14-15) | 465* | 385* | 555 | J. Desi |
| 4th | 570* | | | | 430 |
| N. Tshontikidis | 198 lb. (16-17) | 400 | 280 | 475 | 400* |
| 4th | 500! | | | | 525 |
| M. Anson | 198 lb. (16-17) | 300 | 220 | 340 | 550* |
| J. Boyles | 198 lb. (18-19) | 225 | 135 | 245 | J. James |
| B. Robinson | 198 lb. (25-29) | 225 | 170 | 300 | 600* |
| V. Klepadlo | 198 lb. (25-29) | 425* | 330 | 535 | 350* |
| 4th | 560* | | | | 700* |
| J. Hann | 198 lb. (30-34) | — | 420* | — | 1650* |



"100% Raw" 2000 lifter of the year: Graham Bartholomew. (Photograph provided by Kelly Sports).

individual character. Both Robin's and John's mothers were hospitalized during their training for the Regionals. I had the humbling opportunity to counsel both athletes through their fears and share in their joy as God delivered their mothers out of intensive care. God bless you both for your strength and faith! ...to BRIDE and CREED for keeping us all pumped and ready to lift. Their music is not only conducive to lifting, but inspirational as well. ...to my wife Caryn for her support of the "100% RAW" mission and support of my efforts. All of us who are married are well aware of the impact our husbands/wives have on our success and longevity in the sport. What a joy it is for me to have Caryn by my side! ...and to John Polak whose recent donation to "100% RAW" was utilized to save an innocent child from the terror and devastation of leprosy. John, as God rewards you for your donation I pray that your testimony is strengthened as He shows you that it is more blessed to give than to receive. Thank you so much! (Thanks to Spero Tshontikidis for providing the results of this meet).

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USAPL Glen Mills Invitational

27 Feb 01 - Concordville, PA

| | High School | SQ | BP | DL | TOT |
|---------|---------------|-----|-----|-----|-----|
| 114 lb. | S. Khan | 145 | 105 | 145 | 395 |
| 123 lb. | J. Davis | 145 | 105 | 145 | 395 |
| 132 lb. | H. Heckman | 145 | 105 | 145 | 395 |
| 148 lb. | K. Washington | 145 | 105 | 145 | 395 |
| 181 lb. | M. Xiong | 145 | 105 | 145 | 395 |
| 165 lb. | J. Burton | 145 | 105 | 145 | 395 |
| 148 lb. | D. Johnson | 145 | 105 | 145 | 395 |
| 181 lb. | A. Cox | 145 | 105 | 145 | 395 |
| 198 lb. | J. Sweet | 145 | 105 | 145 | 395 |
| 198 lb. | R. Steele | 145 | 105 | 145 | 395 |
| 198 lb. | W. DeShields | 145 | 105 | 145 | 395 |
| 198 lb. | W. Littlejohn | 145 | 105 | 145 | 395 |
| 198 lb. | M. Cosgrove | 145 | 105 | 145 | 395 |
| 198 lb. | J. Johnson | 145 | 105 | 145 | 395 |
| 198 lb. | R. Kimbrew | 145 | 105 | 145 | 395 |
| 198 lb. | R. Hugley | 145 | 105 | 145 | 395 |
| 198 lb. | R. McGrae | 145 | 105 | 145 | 395 |
| 198 lb. | M. Sanders | 145 | 105 | 145 | 395 |
| 198 lb. | O. Araujo | 145 | 105 | 145 | 395 |
| 198 lb. | T. Beasley | 145 | 105 | 145 | 395 |
| 220 lb. | C. Nelson | 145 | 105 | 145 | 395 |
| 220 lb. | M. Sampson | 145 | 105 | 145 | 395 |
| 220 lb. | J. Harris | 145 | 105 | 145 | 395 |
| 220 lb. | R. Arroyo | 145 | 105 | 145 | 395 |
| 220 lb. | A. Brock | 145 | 105 | 145 | 395 |
| 275 lb. | T. Smith | 145 | 105 | 145 | 395 |
| 275 lb. | K. Settles | 145 | 105 | 145 | 395 |
| 275 lb. | V. Santana | 145 | 105 | 145 | 395 |
| SHW | D. Jones | 145 | 105 | 145 | 395 |

(Thanks to USAPL for providing these results).

**32nd FOP Connecticut BP
4 Mar 01 - Hamden, CT**

| WOMEN | R. Rohmer | 300 |
|---|---------------------|-----|
| 105 lb. | J. James | 290 |
| K. Steele* | B. Teschek | |
| 114 lb. | 308 lb. | |
| K. Shaw | J. Perez | 300 |
| MEN 148 lb. | L. Padilla | 275 |
| S. Cannady | 200 Supers | |
| G. Myrdal | A. Gonzalez | 250 |
| 165 lb. | T. Harris | 245 |
| N. Wellins | G. Flores | 240 |
| T. Miller | D. Cruz | 225 |
| 181 lb. | J. Clude | 220 |
| J. Steele | 240 Master (55-59) | |
| A. Jackson | 220 148 lb. | |
| H. Hill | 200 S. Cannady | 200 |
| 198 lb. | 165 lb. | |
| S. Human | 200 N. Wellins | 185 |
| M. Hogan | 355 181 lb. (45-49) | |
| P. Canzanella | 300 J. Steele | 240 |
| J. Morris | 285 275 lb. (65-69) | |
| M. Lavret | 250 R. Rohmer* | 300 |
| 242 lb. | College 220 lb. | |
| P. Sound | 300 P. Canzanella* | 300 |
| A. Woodmen | 295 308 lb. | |
| 275 lb. | J. Perez | 300 |
| *-Best Lifter. Place: World Gym. Time: 2 hours. Meet Directors: Joseph Steele and Mark Hogan. Head Judge: Joseph Steele. Side Judges: Neal Wellins and Andy Bram. Announcer: Andy Bram. Sponsor: The Connecticut Fraternal Order of Police the Greater New Haven Chapter. | | |



At the F.O.P. Connecticut, Ms. Kimberley Steele with her Special Award from the Governor of Connecticut, John G. Rowland. (J. Steele)

ter. Meet Report: The 32nd Annual Connecticut Power lifter of the Year Bench Press and Banquet went very well with a total of 32 lifters taking apart in the meet. The Women's Division was won by Kim Steele with a 80 lb. lift, in the 105 lb. class. The Men's Division was won by Mark Hogan with a 335 lb. lift in the 220 lb. In the Master's Division, Ron Rohmer won with a 300 lb. lift in the 275 lb. class. He is 69 years old. The College Division, was won by Paul Canzanella with a 300 lb. lift in the 220 lb. class. He was representing the Massachusetts Maritime Academy. Awards were given out at the banquet. The 32nd Annual Connecticut Power lifter of the year banquet was sponsored by the Connecticut's Fraternal Order of Police the Greater New Haven Chapter. There was over 300 people in attendance, with several local newspaper and radio stations covering the event. Many local Chamber of Commerce in the Greater New Haven Area, helped with the planning and selling of tickets for the banquet, which was a sellout for the 5th consecutive year. With the help of many local gyms and health clubs, a gift of a desk power lifter clock was given to all people in attendance. The awards presentation took place

of the year. The Chamber of Commerce presented Mr. Mark Hogan with a Plaque for his outstanding service to athletics in the Greater New Haven area. Receiving special recognition was Ms. Kimberley Steele who was presented with a plaque, John G. Rowland, Governor of the state of Connecticut, for her many power lifting accomplishments in the last 15 years. Ms. Steele is a middle school teacher and has served as a role-model, working to improve the quality of life for the inner-city youth of New Haven and Connecticut. (Thanks to Joe Steele for providing the results).

USAPL Minnesota State
17 Feb 01 - Hermantown, MN

| WOMEN | SQ | BP | DL | TOT |
|-----------------------|-----|-----|-----|-----|
| Teen (16-17) 165 lbs. | | | | |
| P. Sharpe | 230 | 150 | 300 | 680 |
| 198+ lbs. | | | | |
| G. Oehlers | 260 | 110 | 310 | 680 |
| (18-19) 132 lbs. | | | | |
| J. Campbell | 200 | 110 | 260 | 570 |
| MEN | | | | |
| Teen (14-15) 123 lbs. | | | | |

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| | | | | |
|------------------|-----|-----|-----|------|
| C. Wong | 320 | 190 | 435 | 945 |
| P. Baer | 425 | 330 | 455 | 1210 |
| 181 lbs. | | | | |
| M. Olson | 245 | 220 | 335 | 800 |
| 198 lbs. | | | | |
| G. Grahm | 410 | 280 | 510 | 1200 |
| 275 lbs. | | | | |
| D. Rgnonti | 615 | 360 | 630 | 1605 |
| SHW | | | | |
| D. Patrow | - | - | - | - |
| (50-59) 165 lbs. | | | | |
| C. Mattson | 290 | 180 | 300 | 770 |
| 181 lbs. | | | | |
| S. Reid | 450 | 265 | 545 | 1260 |
| 198 lbs. | | | | |
| T. Hagenmiller | 420 | 315 | 535 | 1270 |
| 220 lbs. | | | | |
| A. Langdon | 470 | 335 | 520 | 1325 |
| J. Berntsen | 485 | 355 | 555 | 1395 |
| WOMEN | | | | |
| Novice 123 lbs. | | | | |
| V. Nelson | 215 | 105 | 225 | 545 |
| 181 lbs. | | | | |
| T. Fish | 350 | 275 | 350 | 975 |
| MEN | | | | |
| Novice 165 lbs. | | | | |
| J. Gardner | 350 | 215 | 450 | 1015 |
| 181 lbs. | | | | |
| D. Aldrick | 360 | 280 | 400 | 1040 |
| 198 lbs. | | | | |
| E. Sampson | 525 | 350 | 500 | 1375 |
| 242 lbs. | | | | |
| J. McBride | 495 | 275 | 475 | 1245 |
| 275 lbs. | | | | |
| J. Campbell | 520 | 420 | 540 | 1480 |

(Thanks to USAPL for providing the results).

**USAPL Ron Falcone Invitational
17 Mar 01 - Rockaway, NJ**

| | | | | |
|-------------|-----|-----|-----|------|
| 165 lb. | SQ | BP | DL | TOT |
| K. Davis | 520 | 365 | 515 | 1400 |
| 198 lb. | | | | |
| B. Anderson | 505 | 400 | 515 | 1420 |
| Submaster | | | | |
| R. Falcone | 515 | 375 | 475 | 1365 |
| Master | | | | |
| B. Clayton | 185 | 345 | 165 | 715 |
| 242 lb. | | | | |
| C. Neal | 210 | 425 | - | - |

I would like to thank John Corcello, Craig Safran, James Bolba, James Benemerito, Jeff Walker, Jules Pellegrino, Doink, Ray Benemerito and everyone else. Brandt Anderson had a strong outing and qualified for lifetimes. Bill Clayton hardly broke a sweat, with a solid 715 total. (These results by USAPL).

POWER PEOPLE



Brand New West Virginia Hall of Fame Inductees include (left to right) Carmel Hughes, presenter Vincent J. White, and Sue Ann Pack.

(continued from page 23)

The notion of a cognitive representation, although it has been called many different things by many different researchers, has been explored since the origin of psychology as a science. For example, James (1894) characterizes the notion of a cognitive representation when addressing the idea of movement images. More recently, researchers who have described, theorized, and attempted to measure changes in cognitive representations include (Cooper & Podgorny, 1976; Corballis, 1979; Broadbent, 1984; Matthews, 1988; Masson, 1990; Carroll & Bandura, 1990). A cognitive representation has two basic functions. One is to regulate movement production, and the other is to serve as a standard of corrections for the detection of error between the cognitive representation and response-produced feedback (Adams, 1986). While it may be possible to detect error in the movement of a reflection in a mirror, it is impossible to construct an accurate cognitive representation and correct the error through the immediate feedback from a mirror. The learner should be able to use his or her cognitive representation as a reference of correctness in order to form a hypothesis about how to perform the movement better. This is accomplished most effectively by modeling via visual demonstration from the instructor and/or implementing video-taped performance for assessing proper technique in the barbell squat.

Proper Squat Technique

Proper technique for squatting includes, but is not limited to, placing the bar approximately 1-3 inches below the anterior deltoid, which affords more efficient biomechanics by lowering the center of gravity, as long as the bar is not placed exceedingly low on the shoulders. Generally, the feet should be slightly wider than shoulder width. This will increase the availability and usage of the larger and more powerful muscles and enable the lifter to shorten the distance traveled. The lifter should start the descent by leading with the hips rather than with the knees so that the shins are perpendicular to the floor. The heels should be flat on the floor for the entire duration of the lift. Raising the heels up predisposes the knees to injury and shifts the center of gravity forward forcing the lower back to compensate for the displaced load. The lifter should have fully inhaled while starting the descent. The breath should be expelled when the "sticking point" is

reached in the ascent, which is typically around thirty degrees of extension. This technique will increase interstitial leverage and aid in keeping the torso erect by forcing the chest out in front of the bar. As one can see, there is a complex network of movement underlying efficient squat performance.

Arousal Level and Increased Resistance in the Squat

It is bit idealistic to assume that gross motor activities, such as the squat, require high levels of arousal for optimal performance and conversely that gross motor activities are adversely affected by low levels of arousal. The idea should be that optimal levels of arousal are suitable for optimal levels of perfor-

mance. Perhaps an appropriate increase in resistance must be used to elicit an optimal arousal level. This topic is of particular importance to beginning powerlifters because of the driving force of the human ego to place too much weight on the bar before proper technique is developed. Of course, the object of the sport is to lift more weight; after all, powerlifting is the essence of true strength expression, but not at the expense of proper form.

I am currently conducting a pilot study to further investigate the effect of increased resistance in subsequent trials of the squat. So far, the evidence suggests that gradually increasing the weight increases the accuracy of the cognitive representation and actually improves technique. One would think that

making a novel and complex task even more difficult would increase inhibition, but carefully choosing the "correct" increment of resistance is responsible for heightened performance. This seems likely due to psychological factors of knowing that there is more weight on the bar, which may stimulate response behaviors such as increased heart rate, blood pressure, respiration, and most importantly the enhancement of reflexes, force production, and possibly reaction time. This psychological phenomenon seems to manifest itself physiologically by mediating by an increase in catecholamine secretion. According to Davis, Hitchcock, and Rosen (1991), fear or increased arousal may result from activation of a single area of the brain (the central nucleus

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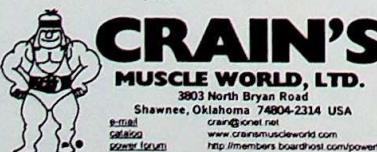
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of the amygdala). The projections from the central nucleus of the amygdala to the ventral tegmental area may mediate stress-induced changes in dopamine synapses located in the frontal cortex resulting in increased vigilance and attention. These alterations in autonomic activity may have a synergistic effect, thereby increasing the subject's ability to perform a gross motor task such as the squat when an appropriate increase in resistance is added to the bar.

Visualization and Imagery

Imagery is a pervasive form of experience and is clearly important for all individuals interested in the acquisition of free-weight lifting skills. The effectiveness of imagery tech-

niques has been demonstrated regarding sport tasks of accuracy, concentration, and strength (Lee & White, 1990). The physiological and psychological benefits from practicing visualization improve athletic performance, and have a direct application to the increase of strength (Murphy, Woolfolk, & Budney, 1988). Imagery rehearsal of the desired sequence of sensory-motor behavior units involved in a good performance has been used both by itself and as a part of multiple models (e.g., visuo-motor behavior rehearsal, which combines imagery, relaxation, and actual performance (Suinn, 1980). An interesting point to consider is that individual differences in imagery ability can influence motor task performance. Subjects with greater imag-

ery ability achieve higher scores in replicating movement patterns than do subjects of lesser imagery ability (Goss, 1986). Experimental research has indicated that "high imagers" exhibited significantly greater recall scores than "low imagers". Visual imagery facilitates the short-term retention of visually presented sequences of movement.

Clearly, it has been demonstrated that mental practice enhances performance (Grouios, 1992). However, there still exists the misconception that once mental practice is learned, it can be used in an appropriate situation with a reliable frequency. Teaching students mental practice techniques is one thing, teaching them to be able to initiate those techniques in specific situations such as learning to

perform the squat exercise requires a close examination of technique and appropriate feedback in order to correct mistakes. Also, since it is possible for a lifter to mentally rehearse the execution of proper technique and retain the image of the correct motor pattern. Likewise, it is possible for a lifter to mentally rehearse the execution of poor technique and retain the image of the incorrect motor pattern. This is important when one considers that nearly all non-powerlifters perform the squat incorrectly, thus setting a bad example for gullible observers.

My research idea was to see if exposure to video-taped demonstration of the squat by an expert model would positively affect performance by increasing the accuracy of the learner's cognitive representation, as well as the level of performance technique in the squat. It was hypothesized that subjects who were exposed to a video-taped performance of the squat by an expert model would exhibit greater scores on the questionnaire analysis, the video analysis, and the three-dimensional figure analysis, than subjects who were not exposed to the video-taped demonstration. The following section is an abbreviated description of the experiment without most of the excruciatingly detailed statistical procedures.

Method

Twenty-four subjects were sampled, half of whom watched a video tape of the model performing a barbell squat. The subjects were randomly allocated into two groups according to individual time slots to undergo the experimental session. Time slots were numbered consecutively one through twenty-four. Odd numbered subjects were assigned to group A, while even numbered subjects were assigned to group B. Criteria for admission into the study were that the subject be male, matched for age, body weight, and height, with no history of chronic knee or lumbar spine maladies, have little or no experience in resistance training with free weights or formal instruction in proper squat technique. Subjects ranged in age (18 to 30 years), bodyweight (150 to 210 lbs.), and height (65 to 74 inches). This screening method normalized severe differences in anthropomorphic measurements.

Design

Three levels of analysis were established among the data with the following variables: the dependent variable was the cognitive representation of the model, and the independent variable was the exposure

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to the video-taped demonstration of the squat. Squat performance technique and cognitive representation were assessed at three levels of analysis. (1) The questionnaire analysis, which measured cognitive representation. (2) The video analysis, which measured squat performance technique. (3) The three-dimensional figure analysis, which measured the degree of similarity between the position of the model and the position of the subjects during the performance task. Multiple levels of analysis were used to clarify treatment effects on cognitive representation and motor performance.

The data analysis required a distribution-free, nonparametric test be used to measure differences between and within the two groups due to the relatively small sample size. The Wilcoxon Matched-Pairs Signed-Ranks Test and the Mann-Whitney U Test were selected. These statistical procedures were used to test the null hypotheses, which stated that there is no difference between scores in group A (exposure to video-taped demonstration) and group B (no exposure to video-taped demonstration). The experimental hypotheses are directional and state that scores will be greater in group A than those in group B. The alpha .05 level of significance was selected for all three categories of analysis.

Instrumentation

A video camera was used to film all performances. The camera was positioned 6.1 meters away and perpendicular to the primary sagittal plane of motion (lateral orientation). The optical axis of the camera was set at 1.5 meters from the floor so that each subject's range of motion could be readily observed, regardless of their differences in height. This format was also used to film the squat performance of an expert model who rendered a technically proper squat for the purpose of visual demonstration. Three orientation aspects were observed: rear, lateral, and 45 degrees (combination of rear and lateral). The following five critical areas of the kinematic pattern were emphasized by stopping the video at specific, pre-selected frames to illustrate the appropriate technique throughout the execution of the lift: the erect position phase, the beginning of the descending phase, the bottom position phase (thighs slightly below parallel), the middle of the ascending phase, and the recovery to the original starting position.

The decision to use an expert model was two-fold. The filming of the expert performance served as

the modeling stimulus for the subjects, and subsequently became a template of proper execution of the motor task, thereby establishing performance criteria. The subject's performances were then compared to the template, and deviations in postural alignment and speed of movement during the lift were used as a mode of scoring.

Changes in cognitive representation were measured by a ten-item questionnaire which evaluated the clearness of the subject's cognitive representation of their performance. The questionnaire assessment was calibrated by using the Betts rating scale (Sheehan, 1969) ranging from (1) "perfectly clear and vivid" to (7) "no discernible image at all". The direction of magnitude in the Betts rating scale was reversed in order to

maintain congruent data. The ten-item questionnaire measuring the imagery associated with performing the squat exercise follows:

1. You are near the barbell, the feel of the floor beneath your feet, the details of the bar and plates. (each item was rated 1 2 3 4 5 6 7).

2. The sound of the buzzer, you grasp the bar, the feel of the knurls, the feel of the weight as you cautiously place it across your shoulders.

3. The sensation of your lungs as you stand motionless, taking your final breath and holding it before the commencement of the lift.

4. Your hips and knees bending as you lower yourself into the descending phase of the lift.

5. The precise moment that you felt you had achieved adequate depth.

6. The explosive force exerted on the bar as you reverse the direction of the movement and initiate the ascending phase of the lift.

7. Your feet still pressing hard against the floor as your legs extend.

8. The sensation of your lungs as you forcefully exhale.

9. The precise moment that you regained the original starting position.

10. The feeling of relief as the weight is released off of your shoulders and you are relaxed.

Changes in cognitive representation were additionally measured by the use of a three-dimensional,

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adjustable, wooden figure. The subjects were required to assemble the wooden figure into a position which they determined to be the best three-dimensional representation of their performance.

Procedure

Each group was presented with the task of performing a barbell squat. Prior to the performance task, both groups thoroughly read the following written instructions:

1. Grasp the bar with your hands in front of you. Align your hands with the orange markings on the bar. This is approximately the correct hand placement.
2. Dip your head under the bar while keeping your hands firmly in

place and position the bar across the upper portion of your shoulder blades.

3. Let the bar settle into the most comfortable and natural position on your shoulders.
4. Take a deep breath and hold it.

5. At the sound of the whistle, gradually bend your hips, then knees, and lower yourself as if you were preparing to sit down in a chair that is very low to the ground. Then reverse the direction of the bar as quickly as possible by pushing your feet very hard against the floor and thrusting your head backwards.

6. Keep your feet as flat as possible.

7. Once you have initiated the ascending phase of the lift, you must forcefully exhale and keep

pushing with your feet until your legs fully extend and you have regained the original starting position.

8. Reposition the bar onto the rack, release the bar from your shoulders, and you may relax.

After the written instruction session was completed, half of the subjects were exposed to the video tape of the model performing a barbell squat while the remaining half were not. Both groups performed a squat with the bar loaded at 1/3 the lifter's body weight. Only one repetition was permitted, thereby reducing the occurrence of motor learning due to repetition. A whistle was sounded, thus marking the commencement of the performance task requirement. Immedi-

ately following each trial, all subjects completed a two-part assessment of their cognitive representation. Part 1 consisted of completing the questionnaire and part 2 consisted of assembling the wooden figure which was then photographed and later compared with the model's assembly of the wooden figure.

Results

As explained earlier, adaptation in cognitive representation was measured using three categories of analysis. The questionnaire scores, the video-taped performance of the squat, and subjects' positioning of the three-dimensional wooden figure. Data were arranged in such a way that differences in paired observations within groups, as well as differences in observations between groups could be readily observed. The experimental hypotheses were directional, meaning that the scores of subjects who were exposed to the video tape were predicted to be significantly greater than the scores of those who were not exposed to the video tape.

Results from the questionnaire analysis:

It was hypothesized that the subjects who were exposed to the video-taped demonstration would have greater cognitive representation scores than subjects who did not expose to the video tape. This hypothesis was supported between groups as the Mann-Whitney test yielded a U value of .50. The null hypothesis was rejected at the $p < .005$ level. Since the first analysis (the questionnaire) revealed a significant interaction for cognitive representation that was characterized by an increase in cognitive representation for trials involving exposure to the video-taped demonstration, a second and a third analysis was conducted to further clarify treatment effects on squat performance technique and cognitive representation.

Results from the video analysis:

A set of ten criteria was used to measure differences between the video-taped performance of the model and the video-taped performance of naive subjects. The examination of the variables was divided into the descending and ascending phases of the lift. The dependent variables observed were:

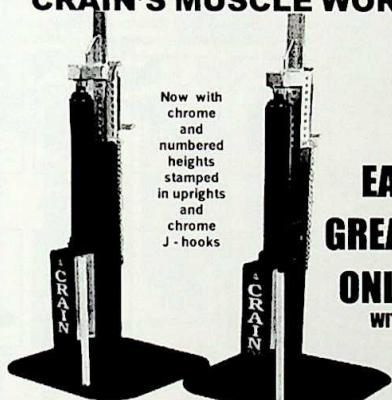
1. Vertical velocity of the bar during the descent phase.
2. Absolute trunk angle during the descent phase.

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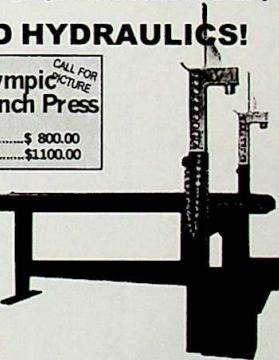
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3. Head position during the descent phase.
4. Backward horizontal hip movement during the descent phase.
5. Forward horizontal knee movement during the descent phase.
6. Forward horizontal bar movement during the descent phase.
7. Vertical bar velocity during the ascent phase.
8. Trunk involvement during the ascent phase.
9. Forward horizontal hip movement during the ascent phase.
10. Knees bowed in or out during the ascent phase.

It was hypothesized that subjects exposed to the video-taped demonstration would have greater scores in squat performance technique than subjects who only received written instruction. The performance scores were derived through objective examination by the researcher and two other elite powerlifters and qualified referees. This hypothesis was supported between groups as the value of U was equal to zero. The null hypothesis was rejected at the $p < .001$ level.

Results from the wooden figure analysis:

A set of seven criteria was used to measure differences between the positioning of the wooden figure by the subjects and the positioning of the wooden figure by the researcher, thereby providing a three-dimensional interpretation of the subjects' performance. The dependent variables observed were:

1. Body-mass distribution.
2. Horizontal bar-ankle distance.
3. Absolute trunk angle.
4. Tibia angle.
5. Femur angle.
6. Foot angle (flat, represented by 0 degrees, or not flat represented by greater or less than 0 degrees).
7. Horizontal knee-bar distance.

It was hypothesized that the positioning of the wooden figure by subjects exposed to the video tape would demonstrate a higher degree of similarity to the model than the positioning of the wooden figure by the subjects who only received written instruction. This hypothesis was supported between groups as the value of U was 4.5 which is significant at the $p < .05$ level.

Conclusion

While it may be possible to detect error in the movement of a reflection in a mirror, it seems impossible to construct an accurate cognitive representation and cor-

rect the error through the immediate feedback from a mirror. The learner should be able to use his or her cognitive representation as a reference of correctness in order to form a hypothesis about how to perform the movement better. According to Adams (1986), this knowledge of results enables the observer to correct errors in movement technique. Although the present study does not directly allow its subjects to receive knowledge of results, the wooden figure presents a problem-solving task that allowed the subjects to construct a more accurate cognitive representation to enhance performance. Even though the subjects in the present study were not given the opportunity to practice the movement, the wooden figure provided

an assessment of movement and produced a plan of action derived from information acquired in the trial. This is consistent with the schema theory proposed by Schmidt (1975), which states that sensory consequences and actual outcomes, for a given set of initial conditions, could be related by the subject.

The free-weight squat is an open-chain, multi-joint, full-body movement, with a higher level of complexity compared to resistance exercises on machines. Therefore, the additional demands on balance, control, and technique make the squat a very challenging skill to acquire and an even more challenging skill to teach. The four modeling processes "attention", "retention", "motor reproduction", and "motivation" outlined above, are necessary

for the learner to acquire proper technique in the squat through observational learning. The learner must understand the purpose of a physical action such as squatting, practice organizing the sequential movements, and receive further demonstration of the same task in conjunction with mental rehearsals in order to enhance performance. The relevant aspects of proper technique are most effectively conveyed to the student by visual demonstration because it provides a complete symbolic representation of the kinematic information in the complex sequential components in the action pattern of the barbell squat.

I hope that my research will benefit both novice as well as elite powerlifters. I wish that I knew this stuff when I first started competing.

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And, even though I'm older, I still approach training and competition with fresh ideas. Always remember that a closed mind is usually empty. It is with great honor and enthusiasm that I share my research with the powerlifters who read this magazine. This is but one piece of convergent evidence, it does not provide conclusive evidence on its own. This is a consequence of the large number of ambiguities that have plagued the understanding of cognitively represented images in the past.

Hopefully, this study has provided new aspects and through the distinctiveness of further research, new possibilities can be intuited. Knowledge of facts is certainly valuable. But, facts conceal ideas. In science, one must search for ideas;

If there are no ideas, then there is no science.

Questions and comments may be sent to the author via email:
Lifheavy@earthlink.net

Acknowledgement: I'd like to thank Mike Lambert for creating this magazine, which provides insightful visions for success in the strongest of sports.... Powerlifting.

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Best BP Lifter: Tommie Harrison. Best DL Lifter: Matt Copot. *Son Light Power Illinois state record. The first annual Pecatonica Fitness Bench Press/Deadlift Classic was held at the club. A special thanks to owner/manager Chad Lender for his efforts and support in making this event a fun one for everyone. In the bench competition first time competitor Anthony Harris started off with a "bang", getting all three of his lifts, setting three records in the teenage 13-15 division. Lifting at 148, Anthony finished with a new Illinois state record 160. Our other teenager, eighteen year old Derek Ridgnal, also posted new state records at 165. Derek finished with 225, but came back with a successful attempt of 245 for his fourth attempt. In the submaster division, another first-timer, Roger Bauer, took the 165 class with 235. Also at submaster was 198 winner Brad Scroggins. Brad is a "raw" lifter, who will soon be up to 400, but had problems here, getting only his opener of 335. At master 40-44/220 it was Al Kennedy over Stuart Coogan 385 to 265. Al, the ring leader of the Gladiators (a misfit group led by their bodyguard, "Baby Oil"), finished with a 410 attempt which would have tied the existing state record. Stuart, one of the great master deadlifters from the state of Wisconsin, made all three of his attempts. In the master 45-49 division, forty-seven year old Otto Szilveszter did his first competition, making all three of his attempts to finish with a new state record 225. Also at 45-49 was 220 winner Wally Haas, who was only able to get in his opener of 325. Tommy Harrison took both the 220 open and police & fire division classes with some fine lifting. Tommy finished with 410, missing 435 on his final attempt, but coming back to get that weight for a fourth. This gave

Tommy a new state record in the police & fire division to go along with the best lifter title he had won earlier. Chris Gholston took the police & fire 275 class with a strong 435. Chris even came close with a state record 460 for his final attempt. All this big guy needs is a few more competitions under his belt and he'll be doing 500! Moving to the open division we come to the 148 winner Otis "Baby Oil" Anderson, the "slickest" competitor I know. I've learned by now to bring extra towels to wipe off the Grecian Formula, oil and God knows whatever else this guy rubs all over his body before he benches. One guy that followed him, on his opening attempt, slipped completely off the bench and we had to delay the competition until the mess was cleaned up. Other than that "Baby Oil" seems to be somewhat of a stable (t) person. (You have to overlook my feeble attempts at humor, after all my wife is going through menopause, so that means I'm going through menopause!). Okay, back to this 148 lifter. Otis was trying to regain his state record which was broken a week ago, and did come close with 255, but had to settle with 225 for the win. At 165 it was Matt Copot for the win with 320. Matt had missed that weight on his second attempt before nailing it on his third. Tommie Gentry only got his opener of 365, but at a bwf of 173 was the second best lift by formula of the meet. Tommie took the 181's, giving a state record 405 a try twice. With three competitors at 198, Tony Coduto came out on top with 360,

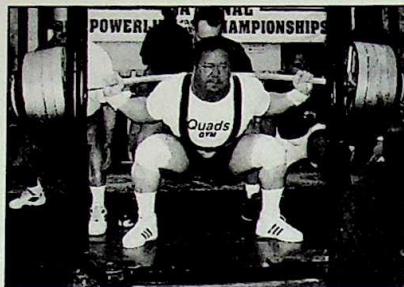
making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's first competition. Bob Hanson was third with 310, making that weight on his third attempt after missing it for his second. Big Marty Smith looked strong as he muscled up a 435 third attempt, then coming close with a 455 fourth on his way to winning the open 275 class. At 308 it was first-timer Jason Underwood finishing with 340 for the win. In the deadlift competition Roger Bauer set a new Illinois state record with his win at submaster 165. Roger finished with 325 after missing a final attempt with a pr 350. Stuart Coogan had the biggest pull of the meet with his 540 at 220 in the master men's 40-44 class. This lift matched Stuart's previous best. But it was Matt Copot's great pull of 530 @165 that captured the best lifter award. Weighing in at the limit, Matt also set a new state record in the open class. Bob Hanson edged out Ezra Reynolds at 198 with another great pull of 500. In Ezra's first meet he finished with a solid 445 for second place. Thanks again to Chad Lender for all his help and a very special thanks to Richard Auxer for coming all the way from Great Lakes, Illinois to help load, spot and judge. Thanks also to my son Joey for all his help. See you all again October 21! (These results by Dr. Darrell Latch).



Best lifters at the Pecatonica Fitness BP/DL:
Matt Copot (DL) and Tommy Harrison (BP).
(Photo provided courtesy of Dr. Darrell Latch).

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Tire Toss 37' 3-1/2", and Deadlift 480. 4th place Paul Mangan: Overhead Jerk 190, Block Carry 51.87 seconds, Cheat Curl 180, Tire Toss 27' 2-1/2", and Deadlift 425. 5th place Lauri Lassila: Overhead Jerk 70, Block Carry 1 minute 16 seconds, Cheat Curl 110, Tire Toss 20' 10-1/2", and Deadlift 370, 215 lbs. Class: 1st place Frank Chiarillo: Overhead Jerk 250, Block Carry 45.78 seconds, Cheat Curl 210, Tire Toss 27' 3", and Deadlift 450. 2nd place Shawn Towne: Overhead Jerk 210, Block Carry 52.56 seconds, Cheat Curl 230, Tire Toss 34" 9-1/2", and Deadlift 625. 2nd place Jeffrey Lynes: Overhead Jerk 250, Block Carry 52.5 seconds, Cheat Curl 200, Tire Toss 37' 6", and Deadlift 520. SHW Class: 1st place Joe Reeves: Overhead Jerk 300, Block Carry 49.44 seconds, Cheat Curl 300, Tire Toss 47' 8", and Deadlift 700. 2nd Joe Ferraro: Overhead Jerk 285, Block Carry 1 minute, Cheat Curl 210, Tire Toss 35' 2", and Deadlift 410. 3rd place (tie) Jeremy Wade: Overhead Jerk 245, Block Carry 51.09 seconds, Cheat Curl 190, Tire Toss 37' 10", and Deadlift 475. 3rd place (tie) Luke Frontier: Overhead Jerk 265, Block Carry 1 minute, Cheat Curl 220, Tire Toss 30' 4-1/2", and Deadlift 455. 5th place Keith Schofield: Overhead Jerk 250, Block Carry 1 minute and 5 seconds, Cheat Curl 200, Tire Toss 28' 3", and Deadlift 500. The New England's Strongest Man Competition went quite well with 15 entries. No women, and no 165 lbs. entries, but the rest of the field was impressive. Highlights: Dan Dore tossing a 14" tie 50 feet 9-1/2". The farthest of the day. Dan only weighed 190 lbs. The 240 class was won by Ron Fortin of Rhode Island. Ron deadlifted 625 quite easily. The star of the day, Joe Reeves, from Riverside, Rhode Island, is very muscular at 260 lbs. He jerked 300 lbs. overhead, deadlifted 700 like nothing with a pulled hamstring. The most incredible lift I have ever seen was Joe curling 300 lbs. Joe was supposed to cheat curl it. But curled it strict. Nice going Joe. Reeves also won the title of NE Strongest Man. The events were: Jerk weight overhead from squat stands. Carry 10 standard cement blocks (about 40 lbs. each) 20 yards. Cheat curl, Tire Toss, and Deadlift. Till next time. (Thanks to Louie LaPoint)

USAPL SWT Invitational

10 Feb 01 - San Marcos, TX

| | SQ | BP | DL | TOT |
|-----------------|-------|-------|-------|-------|
| College | | | | |
| M. Mayfield-20 | 352 | 275.5 | 402 | 1030 |
| J. Etheredge-20 | 562 | 374 | 567 | 1504 |
| 242 lb. | | | | |
| M. Hunter-20 | 396 | 275.5 | 407 | 1080 |
| 220 lb. | | | | |
| S. Tropea-20 | 440 | 270 | 501.5 | 1212 |
| 198 lb. | | | | |
| J. Quincy-18 | 374 | 236 | 435 | 1047 |
| J. Bragg-20 | 374 | 330 | 374 | 1080 |
| Open | | | | |
| R. Geyer-31 | 418 | 259 | 440 | 1118 |
| College | | | | |
| S. Torres-18 | 485 | 297 | 468 | 1251 |
| 181 lb. | | | | |
| D. Florez-21 | 435 | 253.5 | 440 | 1129 |
| 165 lb. Open | | | | |
| C. Harvey-30 | 248 | 236 | 330 | 815 |
| H. Taylor-29 | 330 | 231 | 374 | 936 |
| C. Woods-21 | 352 | 275.5 | 462 | 1091 |
| R. Dawlearn-22 | 413 | 303 | 473 | 1190 |
| 148 lb. | | | | |
| D. Toro-19 | 363 | 203 | 424 | 991 |
| J. Martinez-18 | 418 | 198 | 407 | 1025 |
| 275 lb. Open | | | | |
| R. Purdy-35 | — | 490.5 | — | 490.5 |
| 198 lb. College | | | | |
| B. Preston-20 | — | 281 | — | 281 |
| SHW Open | | | | |
| I. Taylor-37 | 275.5 | 159 | 336 | 771 |
| College | | | | |
| R. Wagner-18 | 325 | 127 | 308 | 761 |
| 123 lb. | | | | |
| D. Bartek-19 | 253.5 | 115 | 281 | 650 |
| 105 lb. College | | | | |
| S. Faile-21 | 132 | 66 | 176 | 374 |
| Open | | | | |
| P. Young-26 | 203 | 99 | 236 | 540 |
| 148 lb. | | | | |
| D. Ryan-35 | — | 104 | — | 104 |

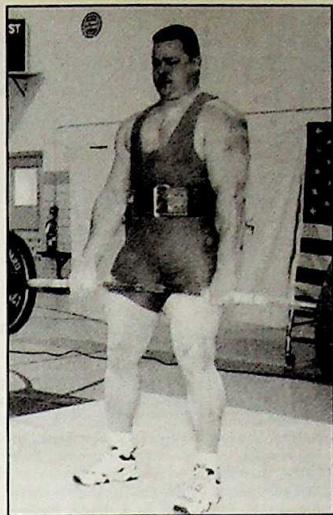
New England's Strongest Man

15 JUL 00 - Keene, NH

This meet took place on 15 July 2000, with Meet Director Louie LaPoint. The Judges were Joe Romano, Bill Duran, and Jim Supry. The Spotters were David Jarvis, Sr., Jerry Boucher, and Phil Thomsen. These are the results: 190 lbs. Class: 1st place was Dan Dore: Overhead Jerk 210, Block Carry 46.04 seconds, Cheat Curl 170, Tire Toss 50' 9-1/2", and Deadlift 510. 2nd place was Bill Brown: Overhead Jerk 245, Block Carry 52 seconds, Cheat curl 185, Tire Toss 40' 3-1/2", and Deadlift 485. 3rd place was Mike Bompape: Overhead Jerk 200, Block Carry 48.87 seconds, Cheat Curl 150, (Thanks to USAPL for providing these results).

NASA Kinross Correctional
27 Jan 01 - Kincheloe, MI

| | RAW | SQ | BP | DL | TOT |
|--|-------|-------|-------|--------|-----|
| 154 lbs. | | | | | |
| Owens-149 | 295* | 225* | 315 | 835* | |
| Bruce-146 | 280 | 200 | 300 | 780 | |
| Musall-146 | 225 | 215 | 325 | 765 | |
| Green-145 | 205 | - | - | - | |
| 170 lbs. | | | | | |
| Byrd-169 | 355* | 300 | 455* | 1110* | |
| Fountaine-166 | 355 | 270 | 390 | 1015 | |
| 187 lbs. | | | | | |
| Drollinger-177 | 315 | 215 | 500 | 1030 | |
| Miller-187 | 265 | 235 | 415 | 915 | |
| 205 lbs. | | | | | |
| Porter-200 | 440 | 350* | 600* | 1390* | |
| Dost-192 | 380 | 275 | 495 | 1150 | |
| Hanner-190 | 320 | 275 | 425 | 1020 | |
| Fernandez-197 | 315 | 280* | 325 | 920 | |
| 227 lbs. | | | | | |
| Faulkner-211 | 450* | 275* | 500* | 1225* | |
| Kutsche-225 | 385 | 275 | 500 | 1160 | |
| 280 lbs. | | | | | |
| Dils-260 | 555* | 365* | 625* | 1545* | |
| Pure 187 lbs. | | | | | |
| Pastino-187 | 440 | 340 | 495 | 1275 | |
| Cushman-182 | 475 | 285 | 490 | 1250 | |
| 205 lbs. | | | | | |
| Pelchat-194 | 440 | 340 | 495 | 1275 | |
| Ambriez-191 | 400 | 270 | 475 | 1145 | |
| Magnuson-197 | 420 | - | - | - | |
| 227 lbs. | | | | | |
| Dozeman-223 | 580 | 345 | 515 | 1440 | |
| Hurley-225 | 570 | - | - | - | |
| Fargo-217 | - | - | - | - | |
| Pure 250 lbs. | | | | | |
| Beaudoin-241 | 725!* | 425!* | 675!* | 1825!* | |
| Mazzola-240 | 680 | - | - | - | |
| 315 lbs. | | | | | |
| Works-304 | 460 | 300 | 560 | 1320 | |
| Pure Novice | | | | | |
| 227 lbs. | | | | | |
| Dozeman-223 | 580 | 345 | 515 | 1440 | |
| Hurley-225 | 570 | - | - | - | |
| 250 lbs. | | | | | |
| Beaudoin-241 | 725!* | 425 | 675! | 1825! | |
| Mazzola-240 | 680 | - | - | - | |
| Intermediate (24-29) | | | | | |
| 227 lbs. | | | | | |
| Dozeman-223 | 580! | 345 | 515 | 1440 | |
| Submasters I (30-34) | | | | | |
| 250 lbs. | | | | | |
| Beaudoin-241 | 725! | 425! | 675! | 1825! | |
| Masters I (40-49) | | | | | |
| 250 lbs. | | | | | |
| Mazzola-240 | 680! | 145 | 145 | 970 | |
| "Kinross Institutional Record. I-NASA State Record. This was our 10th Annual NASA meet, and I first want to thank all of my workers who diligently helped to make this meet successful. There was good participation in the RAW division with 18 KCF records being set. Dan Byrd took first in the 170 pound class and set 3 KCF records. First time lifter Mike Porter at a light body weight of 200 pounds easily won first place in the 205*. With a nice 600 pound deadlift and 1390 total. Third place in that class went to my homeboy "Loco" Hanner who should be recognized for his abilities in powerlifting since he lifts with only one leg. The lone master of that class was 52 year old Don Fernandez who when no lifting is really a comedian. He set a KCF Masters record in the bench with a nice press of 280 pounds. Warren, Michigan Native Roy Faulkner came in with his usual aggressive attitude to take the 227 RAW, beating out first time lifter Tom Kutsche by 65 pounds and by age, 33 years the last time I checked. We've got a situation here in the 280 RAW division. One man, all 260 pounds all of him, "the Dutchman", it seemed like it was his true territory, he owned the platform. Showed up with a Monk's devotion and lifted with religion, intensity. Dutch Dils let his presence be known, 1545 total. Tooth, Nail and Claw. Best way to describe the battle that took place in the 187 pound Pure division between "Paz" Passino and Tony "Undertaker" Cushman, Subtotal "Paz" only up by 20 pounds, after first attempts in the deadlift, Tony by five. Two down and one to go, "Paz" ahead by five pounds. Third lift "Paz" pulled 495 to put things out of reach. It was a sensational battle between two good lifters both motivated by the will to win. 227 pound champ Robby Dozeman felt he had a Ho-Hum day and | | | | | |



At the NASA Kinross PL Chris Beaudoin deadlifting 675 lbs. which was a Michigan NASA Pure record in the 250 lb. weight class. (Photograph by Jim Stevenson).

hoped to do better. A difficult time in the bench and deadlift, but did walk away with a NASA Intermediate squat record of 580 pounds. I met Chris Beaudoin in 1993. He weighed 165 pounds and had a 1060 total. A small puppy who was told to stay on the porch otherwise he might get hurt by the "big dogs" in the yard. Well as you can see by his numbers he is now the "big dog". He tortures his body with a unusual regimen of bodybuilding and powerlifting, the end result 725-425-675 and the highest total ever lifted here at KCF, an 1825 total. Last but not least, Sal Mazzola of "Crime Story" fame got himself off craps at this meet. A 680 squat was a NASA Masters-I record. I want to thank Dave Mastaw, our Club and Meet Coordinator for working with the Kinross Powerlifting Club, your help is appreciated. (Thanks to Jim Stevenson for these results).

USAPL Frank Kostyo Memorial
25 Mar 01 - Lakeland, FL

| | WOMEN | SQ | BP | DL | TOT |
|------------------------|-------|------|------|-------|-----|
| 132 lb. Teen (16-17) | | | | | |
| L. Folsom | 235 | 80 | 275 | 590 | |
| 165 lb. Open | | | | | |
| D. Allen | 185 | 115 | 225 | 525 | |
| 198+ lb. | | | | | |
| K. Sabin | 405 | 250 | 375 | 1030 | |
| N. Edelson | 225 | 135 | 380 | 40 | |
| MEN | | | | | |
| Teen (14-15) | | | | | |
| 148 lb. | | | | | |
| C. Trevorah | 330 | 210 | 360 | 900 | |
| A. Rosenberger | 285 | 180 | 335 | 800 | |
| 181 lb. | | | | | |
| M. Reeder | 365* | 225* | 425* | 1015* | |
| 275 lb. | | | | | |
| L. Barrett | 415 | 185* | 440* | 1040* | |
| 4th | | | | | |
| Junior 181 lb. | | | | | |
| D. Beasock | 400 | 265 | 400 | 1065 | |
| 319 lb. | | | | | |
| J. Clark | 675* | 500* | 600* | 1775* | |
| Open 114 lb. | | | | | |
| S. Beasley | 155 | 115 | 205 | 475 | |
| 165 lb. | | | | | |
| N. Davis | 225 | 250 | 350 | 825 | |
| 181 lb. | | | | | |
| B. Stickland | 630 | 315 | 575 | 1520 | |
| V. Lysobey | 530 | 360 | 500 | 1390 | |
| 198 lb. | | | | | |
| J. Lynch | 570 | 3110 | 530 | 1410 | |
| 220 lb. | | | | | |
| J. McManis | 500 | 330 | 490 | 1320 | |
| J. Pritchard | 520 | 295 | 500 | 1315 | |
| 242 lb. | | | | | |
| J. Jacobs! | 760* | 485 | 700 | 1945* | |
| Master (45-49) 181 lb. | | | | | |
| J. Sansevere | 445 | 295 | 435 | 1175 | |
| (70-74) | | | | | |
| D. Thompson | 200* | 155* | 260* | 615* | |
| (45-49) 198 lb. | | | | | |
| V. Donofrio | 525 | 365 | 535 | 1425 | |

| | | | | |
|-----------------|-----|-----|-----|------|
| (65-69) | | | | |
| T. Trevorah | 235 | 145 | 415 | 795 |
| (60-64) 220 lb. | | | | |
| L. Barry | 410 | 280 | 485 | 1175 |
| (40-44) | | | | |
| P. Ryan | 525 | 270 | 510 | 1285 |
| 242 lb. | | | | |
| D. Poucher | 475 | 350 | 600 | 1425 |

*State record. !-Best lifter. Best Lifter: James Jacobs. Team Trophy: All American Gym. The 5th Annual Frank Kostyo Memorial started off with Lori Folsom lifting her way to first place in the (16-17) year old division. Lori set some personal bests with a 235 squat, 275 deadlift, and a fine 590 total. Diana Allen coming back after surgery did some nice lifting in the 165 lb. class. Kari Sabin won the 198+ with some fine lifting and Nancy Edelson took 2nd. Corey Trevorah won the teen (14-15) division 148 lb. class with some fine personal bests to total 900 lb. Mike Reader and Logan Barrett both won their classes respectively while sitting state records in every category. In the Junior division, Don Beasock and Jeremy Clark each won their class. Jeremy did some outstanding lifts and setting state records in all lifts and the total. In the Men's open Scott Beasley took the 114 lb. and Neale Davis won the 165 lb. class. In the 181 lb. class Brian Strickland totaled this meet and won over Vincent Lysobey with some fine lifting. Jeremy Lynch won the 198 lb. class and a hard fight battle in the 220 lb. class was won by John McManis over Jason Pritchard by 5 lbs. James Jacobs was again the man of the meet. James squatted a state record 760 lbs. and set another state record with a 1945 lb. total in the 242 lb. class to earn the best lifter of the meet award. The men's master division saw some very fine lifting. Ton Trevorah who is now in the 5th decade of powerlifting competition, did a qualifier for the Masters Nationals. Leon Barry won the 220 lb. (60-64) division and Patrick Ryan won the 220 lb. (40-44) division DeWayne Poucher won the 242

lb. (40-44) division. Special thanks to the City of Lakeland Parks and Recreation Dept., Marcobay Construction (our t-shirt sponsor), Tom & Ellen Trevorah, Tom O'Donnell, Pat Rhoton, Kim A., Junkyard Dogg, Johnny Best, Bill Beckly, Louis Baltz, all our judges, spotters and loaders, All American Gym, and everyone else who helped make this meet possible. (Results provided by Louis Baltz, Coordinator).

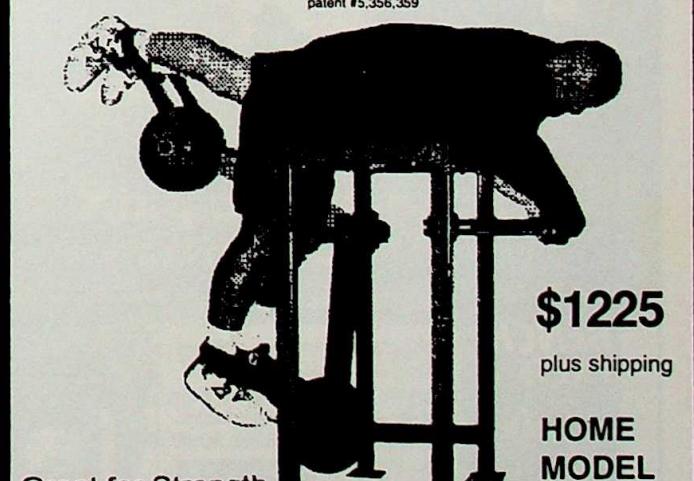
APA East Coast Powerlifting

24 Mar 01 - Chincoteague, VA

| | | | |
|--|-------|----------------|--------------|
| BENCH | | 198 lb. Teen | |
| 148 lb. (55-59) | | Williams | 1351 |
| Hart | | 117.5! 308 lb. | |
| 181 lb. | | Frisby | 250!* |
| Hickman | | 125! | |
| WOMEN | SQ | BP | DL |
| Master | | | |
| 148 lb. | | | |
| Lewis | 60! | 35! | 85! |
| 165 lb. | | | |
| Birch | - | - | - |
| 181 lbs. | | | |
| Master (40-44) | | | |
| McMullen# | 97.5! | 62.5 | 97.5! 257.5! |
| Open | | | |
| McMullen# | 97.5! | 62.5! | 97.5! 257.5! |
| MEN Teen 148 lb. | | | |
| Hickman | 150 | 122.5! | 182.5 455 |
| Markee# | 195! | 117.5 | 212.5! 525!* |
| Open | | | |
| Hickman# | 150 | 122.5 | 182.5 435 |
| 220 lb. | | | |
| Cronin | 180 | 115 | 227.5 522.5 |
| Jones | 245 | 177.5 | 275 397.5 |
| 275 lb. Master (50-54) | | | |
| Morgan# | 215 | 122.5 | 227.5! 565! |
| SHW Open | | | |
| Nettles# | 385!* | 215 | 330! 930! |
| #-Best Lifter. I-APA VA State Record. II-APA National Record. Many thanks to my outstanding staff, judges, spotters/loaders, and Reggie Stubbs for sponsoring the meet. A very special thanks goes out to Fred Vanderveen for lending us the monolift. (Thanks to Gayle Schroeder, Meet Director, for providing the meet results). | | | |

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March Madness BP/DL 10 Mar 01 - Mattoon, IL

| | | |
|-----------------|-------------------|---------|
| BENCH | 275 lb. | |
| MEN | M. Mitchell | 455* |
| Teen (16-17) | Open 220 lb. | |
| 242 lb. | T. Nixon | 465 |
| B. Bush | 245* | 242 lb. |
| Teen (18-19) | E. Pool | 450* |
| 148 lb. | SHW | |
| D. Frost(GL) | 155 L. Betzer | 350 |
| (18-19) 165 lb. | DEADLIFT | |
| D. Frost | 170* MEN | |
| 4th | 175* Teen (16-17) | |
| Master (40-44) | 123 lb. | |
| 165 lb. | D. Toothman | 275* |
| D. Philippe | 285* 4th | 285* |
| 242 lb. | (18-19) 148 lb. | |
| C. Price | 400 D. Frost | 225* |
| SHW | 4th | 250* |
| L. Betzer | 350* 165 lb. | |
| (45-49) 242 lb. | D. Frost(GL) | 275 |
| E. Pool 450* | 4th | 300 |

Best BP Lifter: Tony Nixon. *Son Light Power Illinois state record. The seventeenth annual March Madness Bench Press/Deadlift Classic was once again held at the Cross County Mall. Many thanks again to the Mall Association for their continued support of the sport of powerlifting. Well we had a smaller crowd than usual but we all still had a great time and with a good number of SLP Illinois state records set. In the bench press competition we began with a first-time competitor, Brandon Bush. Taking the teenage 16-17 division of the 242 class, Brandon set a new state record with a strong 242 second attempt. A third with a pr 265 stopped short of lockout. Duane Frost lifted as a guest lifter in the teenage 18-19/148 class, to finish with 155, matching his previous best. Twin brother Dennis got all three of his attempts in, to finish with a new Illinois state and personal record 175. Doug Philippe set the record at 165, taking the master 40-44 class with a strong 285 second attempt. A third with 305 is definitely within reach, but fell short on this day. Training partner Charles Price only got his opener of 400 in, missing a pr 420 twice. Charles won at master 40-44/242. Loren Betzer came all the way from Leavenworth, Kansas to lift, taking both the master 40-44 and open SHW classes with 350. That lift at master was a new state record for Loren. Eddie Pool was



Eddie Pool locks out PR 450 at master 40-44/242 pound class at the March Madness BP/DL. (Photo provided by Dr. Darrell Latch).

also a double class winner, taking the titles at master 45-49 and open 242 classes. Eddie had a great day, setting three state records in each class to finish with a personal best 450. Eddie is sponsored by Fit Club out of Springfield, Illinois, and wishes to thank everyone there for their support. Marvin Mitchell was our other master winner, taking the 45-49/275 class with a new state record of 455. Our best lifter was Tony Nixon, who took the 220's with a personal record 465 for the win. In the deadlift competition it was David Toothman taking the 16-17/123 teenage class with some great pulling. David finished with 275 before coming back with a successful fourth at 285. Both were new state records at 123. Duane Frost also set a new state record with his win at teenage 18-19/148. Duane also got all four of his attempts in to finish with a personal best 250. Brother Dennis lifted as a guest lifter in the deadlift, but pulled a great 300 @ 165, lifting in the 18-19

age class. Thanks to my sons D. C. an Joey, my wife Susie and Linda Middleton for their help. (Thanks to Dr. Darrell Latch for providing the results of this competition to Powerlifting USA).

Dungeon Gym BP Challenge 3 Mar 01 - Galt, CA

| | | |
|--------------|---------------------|------|
| BENCH | J. Weiss, Jr. | 25 |
| WOMEN | Youth (12) | |
| Open 132 lb. | 132 lb. | |
| P. Knight | 95 T. Knight | 175* |
| MEN | Open 220 lb. | |
| M. Knight | 530 K. Heath | 365 |
| Youth (9) | 275 lb. | |
| 66 lb. | M. Knight | 530 |
| T. Knight | 175* Master (40-44) | |
| Youth (10) | 275 lb. | |
| 77 lb. | M. Knight-265 | 530 |

*Personal Record. The Women's 132 lb. division was won by first time competitor, Patricia Knight. She bench pressed 95 lbs. RAW. That's impressive, considering she prefers to run, rather than lift. Good job. Next, was 9 year old Mike Knight, at 63 lbs. BWT, bench pressed 55 lbs. RAW. Good lift. In training, Mike has performed 10 full chin-ups! In the 10 year old division, weighing 70 lbs. bwt., Joe Weiss, Jr., bench pressed (for the first time ever) 25 lbs. It's a good start, the strength is there, he just needs to practice the lift. Good job! Next up was 12 year old, Tony Knight, at 132 lbs. BWT, bench pressing 175 lbs. for a new PR! The lift was flawless! Congratulations, Tony. In the 220 lb. class, Kurt Heath, driven by emotion, over the recent death of NASCAR Legend, Dale Earnhardt, blasted up a big 365 lbs. It's huge, considering Kurt hasn't even "looked" at a barbell in over 1-1/2 years! Unreal. Rest In Peace #3. The last lift of the day, Master (40-44) lifter, Mike Knight, at 265 lbs. BWT, armed with only a singlet and a single ply poly bench shirt, took 530 lbs. out of the rack, by himself, without a lift-off, paused it, and blasted it up, easily! The lift was strictly performed, and would have been judged a good lift by any federation or organization. I'd like thank the judges, Brian, Jackie, and Joe, and all the spotter & loaders that helped make this event possible. STAY DRUG-FREE. (Thanks to Joseph Weiss for providing the results of this meet).

Power Photos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.

Oswego State Bench 11 Feb 01 - Oswego, NY

| | |
|-------------|-------------------|
| BENCH | 275 lbs. |
| 114 lbs. | D. Miller |
| R. Molinari | 105 J. Behari |
| 148 lbs. | J. Becker |
| T. Pafumi | 225 SHW |
| M. McMillan | 185 D. Fortune |
| 181 lbs. | D. Urigo |
| K. Bedore | 390 Teen |
| R. Hillyard | 390 J. Pierce |
| J. Collazo | 305 N. Towsley |
| 198 lbs. | M. McMillan |
| C. Conte | 395 Light Masters |
| S. Rowe | 395 J. Collazo |
| T. Ravesi | 335 T. Radford |
| 220 lbs. | T. Pafumi |
| W. Carroll | 345 HWT Masters |
| S. Prucnal | 340 D. Urigo |
| M. Ferlito | 335 W. Carroll |
| 242 lbs. | S. Prucnal |
| D. Eddy | 415 WOMEN |
| G. Dingman | 340 C. Turcotte |

*Co-Eff. TEAMS: 1. Jake the River Dragons - 1295.72: J. Roberts (269.57), Kelly Bedore (250.38), Cindy Turcotte (182.60), Dave Miller (288.85) and Doug Fortune (304.32). 2. Fitness and Health Personal Trainer Team - 942.14: Dan Virso (208.87), Tony Pafumi (171.68), Jim Becker (183.12), Steve Prucnal (192.34) and Mike Ferlito (186.13). 3. Fulton YMCA - 926.69: Dave Eddy (228.42), Juan Collazo (191.78), Mike McMillan (142.12), Tim Radford (164.04), Josh Pierce (200.33). Pound x Pound Best Lifter: Doug Fortune 304.32. Meet Director Frank Paino would like to thank everyone who attended the meet, for such a nice success at our 8th Annual Bench Show! (Thanks to Frank Paino for providing the results of this contest).

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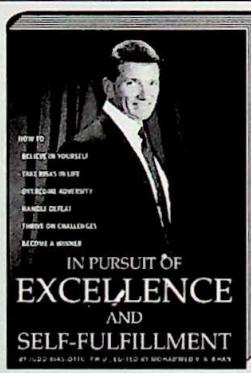


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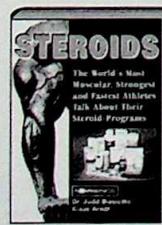
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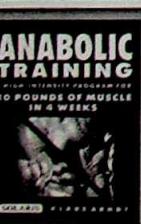
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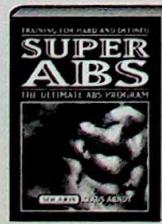
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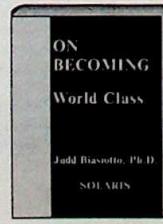
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NASA Ohio State

12 Jan 01 - W. Liberty, OH

| BENCH | HSP | |
|---|------------------|-----|
| Int 101 lb. | M. Bailey | 303 |
| C. Smith* | 82 O. Andy | 253 |
| Teen | | |
| H. Maxwell* | 88 M. Holeak | 253 |
| 119 HSP | | |
| K. Eschbaugh | 104 D. Clayton | 385 |
| 127 lb. Pure | K. Ankeney | 314 |
| L. Lowery | 137 SM2 | |
| M1 | B. Snapp | 358 |
| L. Lowery | 137 M1 | |
| 154 lb. Nat | B. Jakeway | 374 |
| M. Beasleyl | 176 T. Boyer | 363 |
| SM1 | M3 | |
| M. Beasley | 176 H. Yakel | 275 |
| Teen | C. Workman | 242 |
| C. Coffman* | 126 M5 | |
| 170 lb. | T. Boyer | 363 |
| A. Eichelberger | 115 W. Cyrus | 341 |
| HSP | Pure 227 lb. | |
| J. Wasserman* | 154 J. Ritzier | 435 |
| 187 lb. Teen | HSP | |
| E. LaFollette | 121 C. Mitchell | 242 |
| SHW Teen | JR | |
| H. Glaspell* | 126 R. Wood | 303 |
| 138 lb. HSP | Int | |
| S. Carter | 110 C. Underhill | 418 |
| Nat | SM1 | |
| R. Peters | 319 L. McClellan | 352 |
| M2 | L. Boyer | 303 |
| B. Parker | 198 SM2 | |
| 154 lb. PN | J. Ritzier | 435 |
| R. Maynard | 270 R. Jordan | 385 |
| PN | M1 | |
| T. Mangan | 253 D. Goble | 380 |
| HSP | M5 | |
| C. Warvel | 214 M. Young | 462 |
| 170 lb. | PN | |
| J. Gonzales | 248 D. Dungeon | 308 |
| B. Horn | 187 Pure | |
| JR | I. Thomas | 479 |
| B. Girard | 319 D. Horvath | 402 |
| JR | HSP | |
| C. Maynard | 220 M. Hess | 286 |
| SM2 | T. Lamb | 137 |
| L. Wilcoxon | 319 JR | |
| R. Matheny | 308 S. Bugarcic | 319 |
| M3 | SM1 | |
| J. Klein | 220 I. Thomas | 479 |
| 187 lb. Pure | J. French | 352 |
| J. Simpson! | 413 M2 | |
| Nat | D. Schultz | 352 |
| J. Simpson | 413 PN | |
| HSP | D. Long | 325 |
| J. Wheeler | 203 SM2 | |
| R. Ornsbee | 159 P. Aracri | 446 |
| Teen | 315 lb. HSP | |
| A. Cruz | 192 C. Heimeri | 270 |
| SM2 | PN | |
| J. Simpson | 413 M. Gifts | |
| B. Bishop | 374 336.2 | |
| M. Poland | 286 SHW SM1 | |
| M1 | N. Beckner | 501 |
| A. Zimmerman | 281 M3 | |
| M5 | J. Telljohn | 358 |
| A. Zimmerman | 281 M5 | |
| 205 lb. PN | M. Wigglesworth | |
| C. Kaspasak | 275 336 | |
| C. James | 236 G. Matheny | 380 |
| Nat | SM | |
| B. Jakeway | 374 S. Cook | 314 |
| The 2001 NASA Sanctioned Bench Press Championships went off with a hitch, 92 entries lifting started right at 10:00 and we were home by 3:00. 6 American records were set and several state records were smashed. The big three barbell club from Millersport Ohio won the open team trophy and the West Liberty Salem boys team won the high school division. This meet is a fund raiser for the West Liberty Lifting Program and all money goes right back into lifting, meets like this one can't go on with out good help and sponsors we were very lucky to have some great sponsors this year and I would like to say thanks to them they were H&R Block of Urbana, Peoples Savings of West Liberty, Champaign Bank of Urbana, Bobby Fisher Distributor of Springfield, Trees Third Base Drive Thru, Perpetual Savings of Urbana, Ohio Caverns, the Big Orange Shoe Shop of West Liberty, and All Around Awards. I would also like to thank Greg, Susan and Will Vanhoose who came up from West Virginia to help out, my brother Carl and my good friend Mike Baumgardner who loaded and spotted all day, John Klien, Russ Dodson, Mike McGonagle, Art Wootten, Mike Boettcher, Tony "White Lights" Lawrence, Ray Sickles, Mark Woodworth a big thanks to you for judging all day. Ned Bailey for helping with sponsors and | | |



NASA Ohio State Best Lifters:
Marsha Beasley (kneeling), Mike Young (Heavy), Dick Cordial (Meet director), Joey Simpson (Light). (Photograph provided by Dick Cordial to Powerlifting USA).

working the door, my Mom, Diane Baumgartner, Kendra Hunt and my wife and daughters for working the food and tee shirt tables. But most of all I would like to thank the lifters for lifting and making this meet work, hope to see everybody back next year the same weekend in January. Thanks again. (Thanks to Dick "Spanky" Cordial for these meet results).

USAPL Maine Holiday Classic

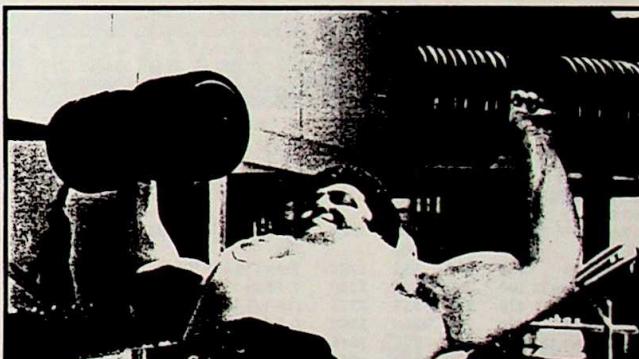
16 Dec 00 - Union, ME

| BENCH | 198 lbs. | |
|---|----------------|------|
| MEN Teen | W. Moore | 405 |
| P. Laite | 265 M. Lloyd | 380 |
| T. Mitchell | 175 D. Grodder | 315 |
| Submasters | | |
| C. Kienzle | 355 C. Kienzle | 355 |
| S. Drake | 365 275 lbs. | |
| Masters | N. Doucette | 500 |
| D. Rafuse | 275 B. Bruno | 465 |
| J. Leon | 275 S. Reardon | 165 |
| Grandmasters | | |
| G. Duckworth | 245 Masters | |
| Police/Fire | N. Laite | 90 |
| D. Groder | 315 114 lbs. | |
| 148 lbs. | M. Madore | 130 |
| D. Gurney | 240 165 lbs. | |
| 181 lbs. | D. Dow | 155 |
| J. Cronkite | 335 181 lbs. | |
| M. Magnusson | 275 K. Grant | 145 |
| WOMEN | SQ BP DL | TOT |
| Teen | | |
| C. Gray | 220 100 245 | 565 |
| Open 148 lbs. | M. Guenther | |
| 165 lbs. | 250 155 300 | 705 |
| D. Dow | 305 155 335 | 795 |
| MEN Teen | | |
| T. Mitchell | 250 175 365 | 790 |
| P. Duprerry | 415 265 440 | 1120 |
| Submasters | | |
| C. Kienzle | 265 355 385 | 1005 |
| Police/Fire | | |
| E. Hafener | 475 375 520 | 1370 |
| T. Morton | 400 260 450 | 1110 |
| Open 181 lbs. | | |
| T. Morton | 400 260 450 | 1110 |
| 198 lbs. | | |
| M. Lloyd | 510 380 545 | 1435 |
| 220 lbs. | | |
| M. Laliberte | 610 370 530 | 1530 |
| WOMEN'S BEST LIFTER BENCH PRESS: Mary Madore. MEN'S BEST LIFTER BENCH PRESS: Noel Doucette. MEN'S BEST LIFTER: Mike Laliberte. WOMEN'S BEST LIFTER: Daine Dow. TEAM BENCH PRESS: Point Lookout. MBNA TEAM POWERLIFTING: Champions. The meet Directors were Mark Cleevette and Lynn Athearn. This was a small meet but that is what we were after. We wanted to have a meet for all our loyal lifters who always show up at our meet. We also had a few new friends as well. There was some great lifts as always. I think that the lift of the day was Noel Doucette's 500 lbs. bench. Noel had hurt his shoulder prior to the meet and you could tell that he was in pain after his first lift. But he smoked all three lifts ending with 500 lbs. Noel told me that he will | | |

do over 500 at the state meet. We would like to thank everyone who helped with the meet. Leslie Look, Sonia Ray, Amy Cleevette, Mike Kalter, Mike Eugley and also a big thanks to former USPF New England Powerlifting Champion and current NPC Mr. New England Bodybuilding Champion Allen Holmes for helping us judge. I think Allen had a great time. He got to see a lot of friends that he hadn't seen in sometime as well as make some new friends. Thanks again, Allen! (Results by Mark Cleevette).

MEN Teen 170.8 lb.

| | | | | |
|--|------|------|------|-------|
| M. Jarrett | 415* | 300* | 480* | 1195* |
| K. Owen | 220 | 250 | — | — |
| High School 154 lb. | | | | |
| B. Jenkins | 200* | 150* | 280* | 630 |
| 170.8 lb. | | | | |
| M. Jarrett | 415* | 300* | 480* | 1195* |
| R. Spainhower | 400 | 225 | 360 | 985 |
| T. Osborne | 380 | 210 | 300 | 890 |
| R. Donnelly | 225 | 225 | 360 | 810 |
| 187 lb. | | | | |
| S. Quinrall | 325* | 240* | 320* | 885* |
| 205 lb. | | | | |
| L. Masters | 400* | 260* | 390* | 1050* |
| 227 lb. | | | | |
| C. Ring | 390* | 260* | 425* | 1075* |
| Pure 205 lb. | | | | |
| M. Line | 400 | 305 | 410 | 1115 |
| Pure Novice 227 lb. | | | | |
| S. Donegan | 490* | 320* | 485* | 1295* |
| Natural | | | | |
| T. Campbel | 515* | 360* | 600* | 1465* |
| 127.8 lb. Intermediate | | | | |
| E. Laubach | 340* | 275* | 390* | 1005* |
| 205 lb. SM1 | | | | |
| D. Pratt | 315* | 250* | 435* | 1000* |
| 170.8 lb. M Pure | | | | |
| K. Boren | 460* | 200 | 430 | 1090 |
| 205 lb. | | | | |
| J. Lynn | 345 | 290 | 350 | 985 |
| 170.8 lb. M1 | | | | |
| L. Coxsey | 390 | 265 | 480* | 1135* |
| 227 lb. | | | | |
| K. wood | 315 | 250 | 410 | 975 |
| 250 lb. 2. | | | | |
| F. Baja | 615* | 345* | 630* | 1590* |
| 315 lb. | | | | |
| M. Soboleski | 460 | 375 | 495 | 1330 |
| 205 lb. M2 | | | | |
| J. Lynn | 345 | 290 | 350 | 985 |
| 227 lb. | | | | |
| J. Ponzi | 530* | 360* | 540* | 1430* |
| 154.3 lb. M3 | | | | |
| L. Balaz | 310* | 145* | 380* | 835* |
| "State record, Meet Directors: Neal Miller & Jim McDermott, Team Champions: Horizon High School. (Thanks to J. McDermott for providing the results of this meet to PL USA)." | | | | |



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| | WOMEN | SQ | BP | DL | TOT |
|------------------------|-------|-----|-----|---------|-----|
| Open 105 lb. | | | | | |
| A. Hickey-17 | 125 | 75 | 225 | 425 | |
| 123 lb. | | | | | |
| G. Litteck-44 | 145 | 100 | 210 | 455 | |
| 132 lb. | | | | | |
| M. Matuszewski-33 | 200 | 135 | 370 | 705 | |
| 705 | | | | | |
| S. Elchynski-42 | 165 | 115 | 245 | 525 | |
| 148 lb. | | | | | |
| K. Woodside-23 | 205 | 150 | 260 | 615 | |
| SHY | | | | | |
| S. Ogden-17 | 280 | 175 | 345 | 800 | |
| 4th | 300 | | | | |
| Teen (16-17) 105 lb. | | | | | |
| A. Hickey-17 | 125 | 75 | 225 | 425 | |
| SHY | | | | | |
| S. Ogden-17 | 280 | 175 | 345 | 800 | |
| 4th | 300 | | | | |
| Junior (20-23) | | | | | |
| K. Woodside-23 | 205 | 150 | 260 | 615 | |
| Master (40-44) 123 lb. | | | | | |
| G. Litteck-44 | 145 | 100 | 210 | 455 | |
| 132 lb. | | | | | |
| S. Elchynski-42 | 165 | 115 | 245 | 525 | |
| MEN Open 114 lb. | | | | | |
| B. Elchynski-11 | 135 | 90 | 185 | 410 | |
| 4th | 201 | | | | |
| C. Stoner-9 | 115 | 65 | 155 | 335 | |
| 4th | 156 | | | | |
| D. Perhacs-11 | 115 | 75 | 140 | 330 | |
| 4th | 120 | | 155 | | |
| 148 lb. | | | | | |
| R. Cruz-40 | 420 | 265 | 475 | 1160 | |
| 4th | 437.5 | | | | |
| M. Allgeier-22 | 380 | 245 | 500 | 1125 | |
| J. Martucci-33 | 325 | 245 | 430 | 1000 | |
| 165 lb. | | | | | |
| M. Catalino-22 | 455 | 335 | 510 | 1300 | |
| R. Martucci-32 | 370 | 310 | 465 | 1145 | |
| A. Hersperger-18 | 370 | 290 | 465 | 1125 | |
| M. Skal-28 | 340 | 320 | 450 | 1110 | |
| J. Folmar-17 | 385 | 250 | 475 | 1110 | |
| A. Soety-34 | 365 | 245 | 460 | 1070 | |
| R. Hanes-18 | 315 | 230 | 435 | 980 | |
| J. Wakeman-17 | 250 | 210 | 350 | 810 | |
| F. Todorich-18 | — | — | — | 181 lb. | |
| D. Teeter-29 | 470 | 325 | 560 | 1355 | |
| R. Chariton-36 | 350 | 305 | 500 | 1155 | |
| D. Heintzel-40 | 360 | 280 | 495 | 1135 | |
| S. Fisher-44 | 350 | 255 | 455 | 1060 | |
| K. Zappitella-38 | 345 | 250 | 450 | 1045 | |
| J. Stempka-18 | 325 | 235 | 480 | 1040 | |
| M. Woods-20 | 350 | 265 | 385 | 1000 | |
| K. Ohmer-22 | 320 | 240 | 430 | 990 | |
| M. Fiorelli-16 | 305 | 225 | 405 | 935 | |
| 198 lb. | | | | | |
| A. Brown-19 | 505 | 290 | 590 | 1385 | |
| 4th | 600 | | | | |
| D. Smith-42 | 500 | 330 | 550 | 1380 | |
| M. Matthews-32 | 500 | 290 | 540 | 1330 | |
| B. Bayer-55 | 475 | 245 | 555 | 1275 | |
| S. Wright-18 | 380 | 220 | 460 | 1060 | |
| Engelskirger-18 | 360 | 230 | 455 | 1045 | |
| B. Hulings-39 | 330 | 255 | 450 | 1035 | |
| S. Randall-16 | 330 | 230 | 425 | 985 | |
| T. Phan-15 | 260 | 210 | 325 | 795 | |
| J. Pancher-26 | — | — | — | 181 lb. | |
| 220 lb. | | | | | |
| B. Givler-39 | 500 | 390 | 510 | 1400 | |



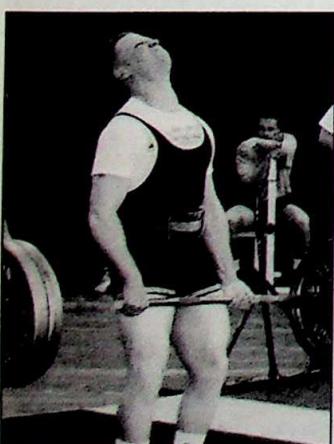
Ken Howard earned a nice award

| | | | | |
|------------------------|-----|---------|-----|------|
| B. Hulings-39 | 330 | 255 | 450 | 1045 |
| 220 lb. | | | | |
| B. Givler-39 | 500 | 390 | 510 | 1400 |
| P. Huntley-35 | 385 | 300 | 450 | 1135 |
| 242 lb. | | | | |
| J. Lawson-36 | 375 | 290 | 485 | 1150 |
| Master (40-44) 148 lb. | | | | |
| R. Cruz-40 | 420 | 265 | 475 | 1160 |
| 4th | 437 | | | |
| 181 lb. | | | | |
| D. Heintzel-40 | 360 | 280 | 495 | 1135 |
| S. Fisher-44 | 350 | 255 | 455 | 1060 |
| D. Smith-42 | 500 | 330 | 550 | 1380 |
| 319 lb. | | | | |
| D. Stoner-42 | 500 | 370 | 485 | 1355 |
| 198 lb. | | | | |
| B. Bayer-55 | 475 | 198 lb. | | |
| Master (55-59) 198 lb. | | | | |
| B. Bayer-55 | 475 | 245 | 555 | 1275 |
| 220 lb. | | | | |
| D. Fleming-58 | — | — | — | — |

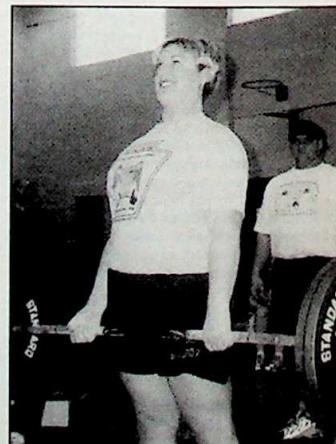
Outstanding Lifters, WOMEN:

| | | | | |
|--|------------------------|--|--|--|
| Michelle Matuszewski | | | | |
| MEN Lightweight | Matt Catalino | | | |
| Heavyweight | Ken Howard | | | |
| TEAM Champions | North East High School | | | |
| 37th Annual A.D.A.U. Great Lakes Powerlifting Championships | | | | |
| Meet Directors Report: Drug - Free Raw lifting is alive and well, awarproven at the Great Lakes Powerlifting Championships. Once again, as they will continue to do as the lifters and the public realized that drug-free and raw is the healthiest and safest route to take. My highest appreciation goes out to the many, many volunteers that showed up to help. Two dozen members from "Joe's Gym of Erie" lent a hand for the two day event that was over by 3 p.m. on both days, giving everyone a chance to spend some time in town, or get home early. The judging was handled by International and National Officials Al and Brenda Siegel, Nick Theodorou, Matt, Catalino and myself plus State Officials Steve Rogers and Terry Johnson. | | | | |
| By having the contest run over two days, Catalino and Johnson also got a chance to compete. The nice thing about a drug-free, raw contest is how smoothly and quickly it runs. No wrapping or fighting to get assistance gear on, no blow outs and there wasn't even any blood to clean off the bar. Raw lifters know what they can handle and don't take any chances with weight that will crush them. Adrienne Hickey started off the women's division with her win at 105 pounds, which included teen American records in the deadlift with 225 and total with 425. Georgia Litteck won gold in the 123 class open and Masters. Michelle Matuszewski had trouble finding depth in her squat after getting her opener in with 200, but made up for it with a 135 bench and an American record deadlift of 370 to win Gold at 132. The Silver went to newcomer Sherry Elchynski who won gold in the masters division. At 148 Katie Woodside took first in the open and juniors. Her total included a junior record in the bench with 150. Sarah Ogden, who competed in and won a field event the day before, set a teen American record squat with a raw 300 pounds on her way to the Gold in the heavy weight open and teen division. THE MEN: The 114 class was won by Bryan Elchynski with all new American youth records in the 97 pound youth division, while second place at 114 went to Chris Stoner with all new youth records in the 88 pound class, and third went to Doug Perhacs with youth records in the 77 pound class. What a future these kids have! At 148 pounds, A.D.A.U. National Champion, Ramone Cruz squatted 437-1/2 for an American record and the Gold while Mike Allgeier pulled a Junior record in the deadlift with 500 pounds to miss the Silver. Junior National Champ, Matt Catalino ran away with the 165 class with his 1300 total that won him the lightweight Champion of Champions award. Adam Hersperger won the teen 18-19 division and Jim Folmar won the 16-17 teen division with a teen American total record of 1110. Don Teeter won the 181 class with Raw 1355 total and Roy Charlton took the silver while winning the submaster division. Other winners at 181 were Dave Heintzel (master 40-44), Jeremy Stempka (teen 18-19) Mike Fiorelli (teen 16-17), and Mike Woods (junior). In the 198 class, teenager Andy Brown was the standout with his Gold medal performance, which included a teen American deadlift record of 600 pounds. Master lifter Dennis | | | | |

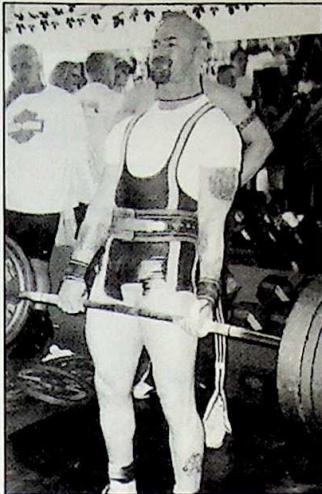
Smith pushed him all the way, placing second by just 5 pounds, with Mike Matthews close behind for the Bronze. Also at 198, Tyler Phan won the teen 14-15, Seth Randall won teen 16-17, Sam Wright won teen 18-19, Brent Hulings won submasters, and the incredible Bugs Bayer won the master 55-59 with a 1275 "RAW" total that included an American master record squat of 475 and record deadlift of 555. Bugsy couldn't go wrong with the infamous Don Reinhardt in his corner. Don had bypass surgery a month before this contest and he looked great. He is still considered the strongest powerlifter of all time because of his "RAW" total of 2405. No one else has ever done that and I don't think anyone can. If Don had used the gear that is being used today he would have totaled between 2700 and 2800. That's a fact. Brant Givler was the winner in the 220 class (open and submaster). His total included a submaster bench record of 390 pounds. The awesome Ken Howard put together raw lifts of 700 American record squat, 360 bench and an American record 740 deadlift for an 1800 pound record total to run away with the 242 GOLD medal and the heavyweight Champion of Champions award. Ken's lifts looked easy and smooth. Look for some even bigger lifts for Ken at the Nationals in Pittsburgh, in May. Gary Lewis had a good day for the silver and teenager Matt Magyar took the bronze along with the teen 16-17 GOLD. Magyar set ten American records in the squat with 540 and deadlift with 585. First place in the juniors went to Pat Hartig and submasters went to Jeff Lawson. The 275 class went to Matt Kantz from Ohio with the Junior champion, Bryan Moody taking a very close second. Bruce Pacolay won Gold at 319 with Bob Blanchard going Silver while Master Champion, Dale Stoner took the Bronze. Tony Byerly won the teen 16-17 title. Super Heavy went to Ray Wills with the teen 16-17 champ taking silver. Northeast High School, coached by Drug-Free World Champion, Bart Wood, put a great team together for the first time and was awarded the Team Championship for their outstanding determination and great lifting. They hoisted some great weights and came away with no injuries and no bomb outs. Congratulations Northeast High. I love holding powerlifting contests but without the help of the volunteers there would be none. There are about a dozen of my competitors, that lift for Joe's Gym of Erie, that are always there when you need them and I want them to know that they are appreciated. This year I started what I call "The Joe Orenia Power Lifter Plus Award". The Siegel Engraving Company donated two beautiful pen holder awards that were presented to two of my dear friends, Steve Fisher and Keith Massing. Thanks again guys. The final award for the contest was also designed by some more of my dear friends, Brenda and Al Siegel, and it was presented to submaster World Champion and the Love of my Life, Sondra Lee Villo. Al Siegel announced the presentation and I held the trophy out to Sondra Lee. The double tiered trophy had a little box between the tiers and was engraved with the words "Will you marry me?" Sondra Lee was speechless at first but eventually said "Yes!" Watch this space for further news. See you in Pittsburgh in May, at the Nationals. (Thanks to Joe Orenia for these meet results).



Matt Catalino (Orenia photos)



Sarah Ogden locks out a deadlift

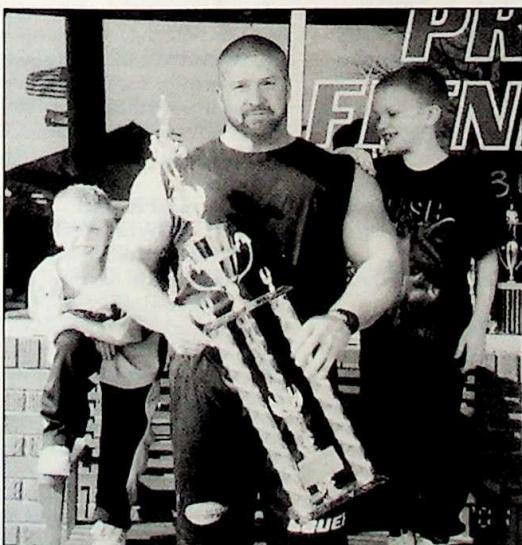


Todd Dearing at the Heath Clifton Memorial with PR & SR 545 in submaster 181 lb. class. (Photo provided by Dr. Darrell Latch).

Heath Clifton Memorial BP 17 Mar 01 - Rector, AR

| | | |
|-----------------|---------------------|------|
| BENCH | M. Whitworth | 400* |
| WOMEN | M. Meeker | 375 |
| Junior 148 lb. | 275 lb. | |
| M. Robinson | 140* D. Nichols | 550 |
| Master (40-44) | DEADLIFT | |
| 114 lb. | Youth | |
| T. Morris | 95* S. Dearing-7 | 115 |
| Teen (16-17) | 4th | 125 |
| 165 lb. | WOMEN | |
| J. Stratton | 330* Master (40-44) | |
| Submaster | 114 lb. | |
| 242 lb. | T. Morris | 250* |
| J. Hicks | 315 MEN | |
| Master (45-49) | Junior 220 lb. | |
| 148 lb. | M. Fisher | 525* |
| H. Wakefoose | 210* 4th | 550* |
| (50-54) 242 lb. | Submaster | |
| L. Kirby | 370* 181 lb. | |
| DEADLIFT | T. Dearing | 545* |
| MEN | Master (45-49) | |
| Open 148 lb. | 148 lb. | |
| L. Khoan | 275 H. Wakefoose | 325 |
| 165 lb. | MEN | |
| G. Thomas | 315 Open 165 lb. | |
| P. Morris | 280 P. Morris | 425* |
| 181 lb. | 242 lb. | |
| C. Sorrentino | 315* J. Schenck | 475* |
| 198 lb. | M. Guthery | 420 |
| R. Coggins | 385* SHW | |
| 220 lb. | C. Rannals | 740 |

*Son Light Power Arkansas state record. Best



Best Lifter-BP; D. D. Nichols with sons at the Heath Clifton Memorial. (Photograph by Dr. Darrell Latch).

BP Lifter: D.D. Nichols. Best DL Lifter: Chris Rannals. The Heath Clifton Memorial Bench Press/Deadlift Classic was held once again at Pro Fitness. This competition celebrated the life and lifting career of Heath Clifton; power-lifter, gym owner, husband and father who was remembered again on this day by his family and friends. In the bench competition twenty year old Mikka Robinson returned to set a new personal record in the junior Women's division. Mikka's 140 was also a new Arkansas state record as she captured the title at 148. Terry Morris dropped down into the 114 class, master women 40-44, setting a record there with 95. Justin Stratton wasn't sure he wanted to compete after a heavy workout the day before, but came through with a personal best and new state record 330, taking the teenage 16-17/165 class. Jay Hicks was going for his own state record at submaster 242 but fell short, finishing with 315 for the win. Harry Wakefoose took the master 45-49/148 class with 210, a new state record there. This was also a new personal record for Harry. Up next was "The Great One" himself, Lonnie Kirby. Working through a recent injury, Lonnie stalled after his second attempt with 370. Oh sure, it was my fault, not Lonnie's. Sorry. In the open division, Lay Khoan won at 148 with a clean 275, missing only his final attempt with 290. Glen Thomas had some problems with his lift-offs and was only able to get his opener of 315, after missing his two final attempts with 345 and 350. Second place at 165 went to Parrish Morris, who ended up with 280 after missing his third attempt with a pr 300. Chris Sorrentino set a new record at 181 with 315, erasing his old mark of 310 set last year. Two more tries at 320 and 330 were close, both failing just at lockout. Ricky Coggins had his best day ever, finishing with a personal best and new state record 385 to capture the title at 198. Matt Whitworth set a new state record at 220 with a solid 400, coming close with a pr 420 on his final attempt. Second at 220 was Mike Meeker, who finished with 375, a new personal mark for him. Up last was the "big guy" D. D. Nichols. D. D. had been having some shoulder problems and had not been able to train consistently the past several months, but he still managed an easy opener of 550. A second attempt with 600 fell just short of lockout, and D. D. passed on his final attempt. D. D. knew he wasn't up to his normal strength but wanted to be here to remember his old friend and training partner Heath. Taking the open 275 title as well as the best lifter award, D. D. donated his trophy to the gym in memory of Heath. In the deadlift competition seven year old Seth Dearing competed for the first time. At a seventy-three pound bodyweight Seth locked out all four of his attempts, finishing with 115 on his third and a fourth with 125. Seth's dad, Todd, also won his class, taking the submaster 181's. Todd, who holds the state record at 165, set the record here with a 545 personal best. Like father, like son. For the women, Terry Morris continued her winning ways, capturing the master 40-44/114 class with a big state record 250! Matt Fisher showed some of the best form in the competition as he took the submaster 220 class with 525, followed by a 550 fourth attempt state record. In the mastermen's 45-49/148 class Harry Wakefoose finished with 325, a little below his current state record of 350. Parrish Morris won the open 165 class with a great 425 state record pull, which he made on his second attempt. At 242 it was James Schenck over Mike Guthery 475 to 420. James pull was a new personal mark for him, breaking his existing state record by five pounds.

Mike continues to improve with each new competition, coming close with a pr 445 third attempt. Chris Rannals once again won the title at SHW as well as the best lifter award, even though he was less than pleased with his lifting. A solid 800 puller, Chris settled here with a state record 740, which looked more than strong, just missing a lockout with 750 on his final attempt. A special thanks to Pro Fitness owner Kevin French, to the loaders and spotters and to my two little helpers, Taylor Clifton and Levi Hicks. See you all October 13 for the SLP Arkansas State Championships! (Thanks to Dr. Darrell Latch for these results).

what each lifter was ultimately credited with. First time competitor, Michelle Zimmer set 3 personal records, went 9 for 9, and set several state records. Michelle has only been training for a few months and shows great potential for improvement. It's also noteworthy that Michelle was nearly raw, in that she wore knee wraps but no bench shirt or tight suit. Not bad for a 17 year old. Kodya and Herbst lifted in the 220 open class of the assisted division. Herbst lifted well within himself until the deadlift, where he made some very heavy attempts after his 515 opener. Both men were among those affected by the mis-loads. In the raw division, Crowley lifted in his first meet in 17 years and set several personal records. Jim was also affected by the mis-loads. He hit 445-300-440 and will improve on those numbers in the near future. Welcome back, Jim. Lowell and Gunthorpe both lifted in the Masters Raw division in their respective classes. Lowell lifted at 220 Masters (50-54) and hit several personal and state records. Not bad for a guy who didn't even feel like lifting when he got to the meet site. Gunthorpe lifted at SHW Masters (45-49) and hit the biggest squat at the meet, as well as personal records in every lift. Nice job, Tom. Both masters were affected by the mis-load. To get proper perspective on their lifting, keep in mind Gunthorpe and Lowell are both over 45 years old and squatting 435-445 raw. This would be a hell of a lift for someone half their age. Thanks go out to Steve and Erin for providing the meet site and most of the equipment used. Tom Gunthorpe also provided equipment and designed the certificates that were given as awards. Jeff and Steve were the loaders / spotters and were appreciated by all. Referees, Dwight, Steve Rogers, and Terry were strict but fair. Steve Rogers brought his wife, Michelle, and she and AJ worked the scorers table. Their help was greatly appreciated. The AAU States will be in Oneida in 2001. We look forward to seeing AAU lifters from around the state there. For info on that meet call Tom Gunthorpe (315-363-2171), Mark Kodya (315-363-6084), or Jack Lowell (315-363-8161). (Thanks to Tom Gunthorpe for these results).

AAU Skaneateles Invitational

17 Dec 00 - Oneida, NY

| | SQ | BP | DL | TOT |
|----------|----|----|----|-----|
| 148 lbs. | | | | |

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| Zimmer, M | 240 | 105 | 300 | 645 |
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| MEN 220 lbs. Open | | | | |
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| Herbst, D | 435 | 320 | 515 | 1270 |
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| Submaster | | | | |
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|----------|-----|-----|-----|------|
| Kodya, M | 435 | 360 | 355 | 1150 |
|----------|-----|-----|-----|------|

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| Raw Master (50-54) | | | | |
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|-----------|-----|-----|-----|------|
| Lowell, J | 435 | 285 | 450 | 1170 |
|-----------|-----|-----|-----|------|

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|-------------------|--|--|--|--|
| 275 lbs. Raw Open | | | | |
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|------------|-----|-----|-----|------|
| Crowley, J | 445 | 300 | 440 | 1185 |
|------------|-----|-----|-----|------|

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|------------------------|--|--|--|--|
| SHW Raw Master (45-49) | | | | |
|------------------------|--|--|--|--|

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|--------------|-----|-----|-----|------|
| Gunthorpe, T | 445 | 300 | 440 | 1185 |
|--------------|-----|-----|-----|------|

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| The first ever AAU Skaneateles Invitational | | | | |
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| Power Meet was a small meet and provided an | | | | |
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| opportunity for several veteran powerlifters | | | | |
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| and newcomers to the sport to set personal | | | | |
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| records under the watchful eye of certified | | | | |
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| judges. Most of the lifters did, in fact, set | | | | |
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| personal records. The only negative of the | | | | |
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| meet actually turned out to be a positive for the | | | | |
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| lifters affected. There were 2 errors on the | | | | |
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| loading chart which resulted in significant | | | | |
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| overloads at 375-390 and at 575. Since the | | | | |
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| problem with the chart was discovered too late | | | | |
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| to give the lifters opportunity for further at- | | | | |
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| tempts, each lifter was given credit for the | | | | |
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| actual weight on the bar, where there had been | | | | |
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| an overweight mis-load. These results reflect | | | | |
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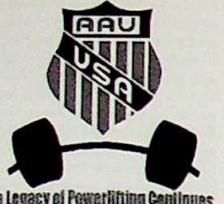
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AAU POWERLIFTING UPDATE

There have been some recent changes in AAU Powerlifting. First, we have adopted a new logo. Credit for this new logo is due to Tom and Aaron Pete. They took into consideration the past history of AAU Powerlifting and its roots and where Powerlifting started. Again, our THANKS to Tom and Aaron Pete for their artistic service.



The Legacy of Powerlifting Continues.

Secondly, we would like to announce that as of March 1, 2001 AAU Powerlifting has in place the insurance that has been required of the sport for drug testing. Yes, it has taken us a while to get this completed. We have worked with Frank Uryasz from The Center for Drug Free Sports to develop our substance abuse program, so that it meets the standards and requirements of the parent organization, the AAU. We also, have worked with Marla Peters, Vice President of Risk Management from American Specialties Insurance Company to first, educate the Company, and then to fulfill their requirements to qualify for a policy to cover our substance abuse and testing program.

So when an adult lifter comes to participate in a sanctioned AAU Powerlifting meet they are agreeing to abide by the "Athletes' Code of Honor", "I promise upon my word of honor that I will not take unfair advantage of an opponent, that I will be courteous in word and demeanor to opponents, officials and spectators, that I will observe the rules of the game in spirit as well as in letter, and that I will constantly strive to uphold the ethics of amateur sports". This code can be found on the backside of the membership application. Plus, they are agreeing that they can be drug tested, and if they fail, and have gone through the review process, that their names can be published for that drug test failure. This is included in the Waiver and Consent forms that will be issued at all meets. Thus, all adult athletes participating in AAU Powerlifting sanctioned events are subject to drug testing, and their entry into an AAU Powerlifting event constitutes their consent to the testing procedures and penalties.

EXECUTIVE COMMITTEE

AND MEMBERSHIP MEETINGS

For all AAU Powerlifting members who are interested, an Executive Committee meeting is scheduled for Friday afternoon May 18, 2001 at the Little Rock Air Force Base, the site of the Combined Nationals. Also, following the weigh-ins that day there will be a membership meeting in the gymnasium (site of competition) approximately 7:30 PM. Any one wishing to submit an agenda item for either meeting should forward the information by May 11, 2001 to: Nancy Halverstadt, AAUPC Secretary, 3756 Toronto Road . Cameron Park, CA 95682 530-676-9729 E-mail: hcwkds@jps.net

ELECTION NOTICE

Once again it is time for our sport to conduct its election of Executive Committee members and officers. It has been three years since our last election and according to our by-laws the term of office is three years thus it is time to conduct elections. Mr. Larry Larsen, Law and Legislation Chair, will be conducting the election of new Executive Committee members. He will be seeking nominee's for the offices of: Chairman, Assistant Chairman, Secretary and Treasurer. If you are interested in becoming involved and are willing to volunteer your time and effort to help our sport grow, please contact him at:

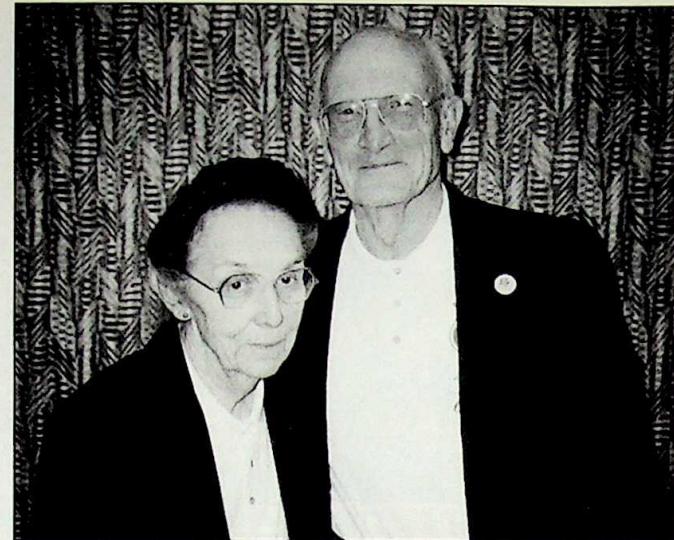
Larry Larsen
155 Belcher Street
Holbrook, MA 02343
781-767-0764

BIDS FOR NATIONAL AND INTERNATIONAL MEETS

Bids for National and International meets for 2002 and beyond are now being accepted. The applications for 2002 are due by May 15, 2001, if you are interested in hosting a meet beyond 2002 they will also be accepted. If you are interested in receiving a bid packet please contact: Harry Halverstadt Chair AAU Powerlifting 3756 Toronto Road Cameron Park, CA 95682 530-676-9729 E-mail: hcwkds@jps.net

JUNIOR OLYMPIC POWERLIFTING EVENT

Each year the AAU conducts the Junior Olympic Games and this year they are being held in the Hampton, Virginia area. The AAU Junior Olympic Games are unique in that no other organization in the United States is allowed to use the term "Olympics". This annual event is full of pageantry, with opening and closing ceremonies, the involvement of many, many sports and activities.



Don and Fran Haley: Recipients of the Brother Bennett Memorial Award. (Photograph provided courtesy of Harry Halverstadt to PL USA).

The Powerlifting event is scheduled for Norcom High School in Portsmouth, VA. This is our National Youth, High School and Juniors National Championships. The age groups are: Kids Strong-5 and under, 6-7, 8-9, 10-11; Youth 12-13; High School (Teenage): 14-15, 16-17, 18-19; and Juniors: 20-23. Weight classes are 66 and under, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198 and 198+ for women. Weight classes for males they are: 66 and under, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 319 and 319+. We encourage teams to come and compete for there are team trophies as well as medals for the individual lifters.

We encourage lifters under the age of 14 to lift RAW and those who are 15 and older have the option of either Equipped or PAW. Please note that a lifter cannot lift in both the Equipped and RAW divisions, they must declare one or the other. This year the meet Director is Rudy Garcia and Bruce and Maureen Cahill are the Assistant Meet Directors. Information about the Powerlifting event is available through the AAU National office. The contact persons are: Jessica Ruppel or Alex Lineras and they can be reached at: 407-934-7200. Their e-mail addresses respectively are: Jessica; jessica@ausports.org, and Alex's is: alex@ausports.org.

WE HOPE TO SEE YOU THERE!!!

BROTHER BENNETT MEMORIAL AWARD

This past September at the annual AAU National Convention in San Diego, CA AAU Powerlifting had the opportunity to recognize two individuals who symbolize the commitment of Brother Bennett. Brother Bennett is recognized in our sport as a champion of sportsmanship in competition and was a leader in the fight

to prevent substance abuse.

These two individuals have deep roots in the AAU. Our first recipient has been a member of the AAU since 1940 and a Life Member since 1964. He is the first AAU Life Member from Powerlifting. He is an International official in Powerlifting and Weightlifting. In fact he helped write the first rules of competition in our sport. Besides his extensive involvement in the AAU, he also officiates, reviews and revises the rules for many lifting organizations. He is a member of Powerlifting, Physique and Olympic Weightlifting's Hall of Fame. He volunteers a plethora of hours for our sport.

Our second recipient has been a member of the AAU since 1942. She is an International official, recognized in both Powerlifting and Weightlifting and the only woman to be inducted into both the Powerlifting and Olympic Weightlifting's Hall of Fame. She also volunteers a plethora of hours for our sport.

Together our recipients are a team. As a side note they are married and their first date was attending a Weightlifting meet. It gives me great pleasure to present to you the Brother Bennett Memorial Awards Recipients....DON and FRAN HALEY.

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 E-mail: alex@ausports.org

AAU Arkansas High School Meet 3 Feb 01 - Jacksonville, AR (kg)

| FEMALE | SQ | BP | DL | TOT |
|---------------|------|------|-------|-------|
| 97 lbs. | | | | |
| A. Tucker | 35 | 20 | 52.5 | 107.5 |
| 105 lbs. | | | | |
| A. Wallace | 42.5 | 25 | 70 | 137.5 |
| 114 lbs. | | | | |
| E. Hartmeier | 70 | 50 | 87.5 | 207.5 |
| K. Morrison | 45 | 35 | 65 | 145 |
| 123 lbs. | | | | |
| L. Castell | 47.5 | 30 | 65 | 142.5 |
| 132 lbs. | | | | |
| J. Williams | 70 | 32.5 | 107.5 | 210 |
| B. Stafford | 65 | 35 | 92.5 | 192.5 |
| S. Rawls | 42.5 | — | — | — |
| 148 lbs. | | | | |
| J. Murphy | 70 | 42.5 | 100 | 212.5 |
| L. Smith | 75 | 47.5 | 90 | 212.5 |
| 165 lbs. | | | | |
| L. Swindle | 75 | 57.5 | 110 | 242.5 |
| S. Fonticella | 75 | 52.5 | 110 | 237.5 |
| S. Matthews | 60 | 30 | 102.5 | 192.5 |
| 198 lbs. | | | | |
| J. Norton | 160 | 60 | 172.5 | 392.5 |
| MALE | | | | |
| 114 lbs. | | | | |
| C. Carroll | 82.5 | 62.5 | 120 | 265 |
| J. Furnaux | 80 | 72.5 | 102.5 | 255 |

| R. Bratton | 75 | 57.5 | 117.5 | 250 | J. Bradley | 112.5 | 75 | 142.5 | 330 |
|----------------|-------|-------|-------|--------|-------------------------|-------|-------|-------|----------|
| W. Phenis | 77.5 | 50 | 102.5 | 230 | M. Blasengame | 102.5 | 67.5 | 145 | 315 |
| Y. Youngblood | 72.5 | 40 | 112.5 | 225 | C. Carmichall | 97.5 | 60 | 147.5 | 305 |
| 123 lbs. | | | | | J. Williams | 100 | 60 | 142.5 | 302.5 |
| M. Resendez | 102.5 | 65 | 130 | 297.5 | 198 lbs. | | | | |
| A. Kulbeth | 102.5 | 60 | 132.5 | 295 | T. Davis | 177.5 | 110 | 205.5 | 493 |
| C. Carlisle | 85 | 75 | 125 | 285 | J. Thompson | 160 | 85 | 227.5 | 472.5 |
| T. Morgan | 87.5 | 57.5 | 127.5 | 272.5 | J. Jones | 170 | 102.5 | 175 | 447.5 |
| N. Yarbrough | 75 | 55 | 117.5 | 247.5 | T. Chung | 165 | 82.5 | 200 | 447.5 |
| B. Ramn | 80 | 62.5 | 100 | 242.5 | A. Valley | 155 | 102.5 | 170 | 427.5 |
| 132 lbs. | | | | | D. Crutchfield | 142.5 | 102.5 | 180 | 425 |
| A. Ward | 122.5 | 90 | 145 | 357.5 | J. Rogers | 140 | 97.5 | 165 | 402.5 |
| J. Hoyt | 125 | 80 | 150 | 355 | B. Goodman | 132.5 | 102.5 | 160 | 395 |
| C. Burkhardt | 107.5 | 77.5 | 137.5 | 322.5 | R. Faughn | 122.5 | 97.5 | 175 | 395 |
| T. Matthews | 100 | 67.5 | 150 | 317.5 | W. Busby | 117.5 | 75 | 182.5 | 375 |
| J. Bir | 82.5 | 92.5 | 132.5 | 307.5 | C. Hall | 115 | 85 | 170 | 370 |
| G. Scifries | 92.5 | 67.5 | 137.5 | 297.5 | D. Prevatte | 137.5 | 77.5 | 152.5 | 367.5 |
| J. Holland | 85 | 60 | 125 | 270 | K. Hughes | 142.5 | 70 | 150 | 362.5 |
| C. Matthews | 90 | 52.5 | 102.5 | 245 | J. Hunt Jr. | 115 | 85 | 150 | 350 |
| C. Young | 75 | 55 | 105 | 235 | J. Dutton | 117.5 | 80 | 130 | 327.5 |
| S. Parker | 72.5 | 40 | 107.5 | 220 | S. Stroble | 92.5 | 80 | 137.5 | 310 |
| 148 lbs. | | | | | J. Highfill | 105 | 52.5 | 115.1 | 272.5 |
| R. Rodgers | 175 | -110 | 175 | 460 | J. Shirey | 85 | 60 | 125 | 270 |
| I. Huante | 130 | 85 | 180 | 395 | J. Venable | 105 | 0 | 170 | — |
| B. Peeples | 137.5 | 95 | 155 | 387.5 | J. Klar | 135 | — | 195 | — |
| D. Labert | 120 | 82.5 | 170 | 372.5 | 220 lbs. | | | | |
| C. Young | 125 | 75 | 170 | 370 | J. Snow | 185 | 105 | 220 | 510 |
| J. Birch | 137.5 | 62.5 | 167.5 | 367.5 | J. Stephens | 200 | 102.5 | 142.5 | 445 |
| C. Brandon | 132.5 | 75 | 155 | 362.5 | A. Shelton | 142.5 | 97.5 | 182.5 | 422.5 |
| B. Peeples | 120 | 80 | 152.5 | 352.5 | M. Moore | 142.5 | 92.5 | 185 | 420 |
| B. Lewis | 105 | 67.5 | 172.5 | 345 | S. Jackson | 120 | 85 | 170 | 375 |
| J. Kulbeth | 117.5 | 72.5 | 155 | 345 | S. Tillman | 95 | 87.5 | 147.5 | 330 |
| C. Biggs | 117.5 | 70 | 137.5 | 325 | C. Boggs | 92.5 | 165 | — | — |
| J. Carson | 90 | 67.5 | 137.5 | 295 | J. Burks | 192.5 | 102.5 | 242.5 | 537.5 |
| J. Judkins | 97.5 | 56.5 | 137.5 | 291.5 | D. Farr | 155 | 97.5 | 192.5 | 445 |
| C. Gasaway | 97.5 | 52.5 | 135 | 285 | B. Nesbitt | 165 | 95 | 177.5 | 437.5 |
| A. Sipes | 87.5 | 65 | 122.5 | 275 | G. McCullough | 145 | 75 | 147.5 | 367.5 |
| D. Bradley | 65 | 75 | 107.5 | 247.5 | J. Rice | 107.5 | 77.5 | 155 | 340 |
| D. Paradise | 82.5 | 52.5 | 112.5 | 247.5 | S. Todd | 110 | 0 | 155 | — |
| C. Allison | 120 | 0 | 150 | — | S. Williams | 122.5 | 0 | 130 | — |
| 165 lbs. | | | | | J. Jenkins | 150 | 0 | — | — |
| S. Carpinio | 167.5 | 87.5 | 220 | 475 | 275 lbs. | | | | |
| T. Bratton | 142.5 | 107.5 | 192.5 | 442.5 | J. Ray | 192.5 | 122.5 | 230 | 545 |
| A. Echlin | 162.5 | 87.5 | 190 | 440 | M. Brown | 205 | 17.5 | 220 | 542.5 |
| J. Joyner | 135 | 120 | 182.5 | 437.5 | C. Johnson | 187.5 | 115 | 215 | 517.5 |
| B. McMurry | 142.5 | 105 | 187.5 | 435 | C. Herrington | 125 | 97.5 | 172.5 | 345 |
| A. Sowards | 122.5 | 95 | 180 | 397.5 | E. Bateman | 137.5 | 90 | 192.5 | 319 lbs. |
| C. Herrington | 125 | 97.5 | 172.5 | 395 | D. Boling | 140 | 72.5 | 172.5 | 385 |
| J. Rodgers | 52.5 | 62.5 | 125 | 240 | K. Cobb | 142.5 | 87.5 | 152.5 | 382.5 |
| E. Immel | 95 | 0 | 145 | — | S. Pearsc | 117.5 | 75 | 155 | 347.5 |
| 181 lbs. | | | | | K. Owen | 117.5 | 67.5 | 157.5 | 342.5 |
| T. Brown | 152.5 | 100 | 215 | 467.5 | C. Jenkins | 97.5 | 75 | 152.5 | 325 |
| J. Mills | 155 | 115 | 197.5 | 467.5 | J. Rodgers | 52.5 | 62.5 | 125 | 240 |
| R. Williams | 172.5 | 97.5 | 192.5 | 462.5 | E. Immel | 95 | 0 | 145 | — |
| K. Lidge | 155 | 90 | 182.5 | 5142.5 | 181 lbs. | | | | |
| M. Winklepleck | 152.5 | 77.5 | 177.5 | 407.5 | P. Pape | — | 147.5 | 160 | — |
| L. Bynum | 137.5 | 82.5 | 180 | 400 | Open Submaster 181 lbs. | | | | |

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.

| Regular Fee | "AB" Fee | |
|--|---------------|---------------|
| Adult Athletes in the Following Sports: Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting | 20.00 | 23.50 |
| Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling | 20.00 | 25.00 |
| Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate | Not Available | 25.00 |
| Adult Tae Kwon Do Athletes | 20.00 | Not Available |
| Adult Powerlifting Athletes | 30.00 | 35.00 |

MEMBERSHIP CHECK
 CATEGORY ONE: Athlete Coach Official Volunteer
 CHECK ONE: Youth Program Adult Program Added Benefit Yes No
 Club No.: Club Name: E-Mail:

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 <input type="text"/> | State <input type="text"/> | Zip Code <input type="text"/> |
| County <input type="text"/> | Phone (With Area Code) <input type="text"/> | |
| Member's Signature <input type="text"/> | | |
| Parent/Guardian Signature <input type="text"/> | | |

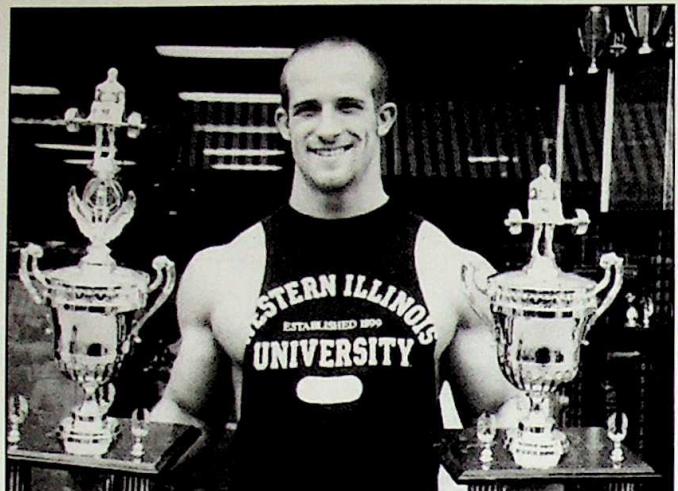
**IPA Woodmen of the World BP
14 Apr 01 - Moncks Corner, SC**

| | |
|---|----------------------|
| BENCH | 242 lb. |
| AM Teen (14-15) | T. Houlahan 400* |
| 198 lb. | 198 lb. |
| M. Effner | 250* D. Dennis 405! |
| 148 lb. | Masters (50-54) |
| A. Piper | 225* 198 lb. |
| 198 lb. (16-17) | D. Conway 300 |
| T. Haslam | 205* Police 198 lb. |
| Junior 148 lb. | D. Conway 300 |
| C. Diggers | 290* Masters (50-54) |
| Open 220 lb. | 275 lb. |
| G. Nobles | 310 G. Haslam 316 |
| Police 220 lb. | 245 lb. |
| G. Nobles | 310 G. Haslam 315* |
| Open 242 lb. | PRO |
| J. Manley | 500* (40-44) 220 lb. |
| 198 lb. | T. Burris 400! |
| E. Bell | 390* Open 308 lb. |
| Submaster (33-39) | D. Thompson 580* |
| *-State record. I=NC record. (Thanks to Floyd Powe, IPA South Carolina Chair, for results). | |

**USA Raw BP Spring Nationals
7 Apr 01 - Tuscola, IL**

| | |
|----------------|----------------------|
| MEN | 198 lb. |
| Open 165 lb. | W. Strosnider 375 |
| A. Spielman | 395* 4th 380 |
| 198 lb. | R. Carney 350 |
| B. Scroggin | 360 220 lb. |
| 220 lb. | D. George 340 |
| L. Wolff | 350 242 lb. |
| SHW | Steve Markham 420* |
| L. Betzer | 330 275 lb. |
| Teen 123 lb. | Mark Wittier 350 |
| M. Gamble | 135 SHW |
| 4th | 140 Loren Betzer 330 |
| 165 lb. | Master (50-59) |
| M. Collins | 280 220 lb. |
| 4th | 300 H. Collins 440 |
| P. Kuntz | 205 Submaster |
| Junior 181 lb. | 198 lb. |
| D. Zaworski | 375 T. Coduto 375 |
| Master (40-49) | 4th 385 |

Best Lifter: ANDY SPIELMAN. *-National record. The USA "RAW" Bench Press Federation Spring Nationals were held at Son Light Power Gym. With just sixteen competitors who came from Illinois, Missouri, Wisconsin and Kansas, we still had a great meet filled with positive energy. In the teenage men's division, first-time competitor Mike Gamble did well at 123. Mike finished with 135, followed by a 140 personal best fourth attempt. At 165 it was Marell Collins over Paul Kuntz 280 to 205. Marell's 280 was personal best, as was his great 300 fourth attempt. Paul had just come off of his win at the Missouri State "Raw" Powerlifting Championships two weeks before. In the junior men's division, Dave Zaworski retained his title at 181 from the Winter Nationals, finishing with 375. A final attempt with a national record 390 (which would have



Best Lifter at the USA 'Raw' Bench Press Federation Spring Nationals: Andy Spielman with a 395 pound bench press in 165 open. (Photograph provided courtesy of Dr. Darrell Latch to Powerlifting USA).

surpassed his own mark of 385 was close, but failed to lockout. Tony Coduto kept getting stronger with each new attempt, taking pr's at 375 and 385 in stride and even coming close with 400, winning the submaster 198 class for his second national in a row. In the master men's 40-49 division we had our biggest class with six competitors. At 198 it was a close race, with Wally Strosnider the winner over Russell Carney 375 to 350. Russ had gone for 380 for the win, and would have gotten it, if it weren't for a bad wrist. Wally then went on to get a fourth with 380, seemingly easier than his 375 third attempt. Dennis George came all the way from Wisconsin to take the 220 title, finishing with a strong 340. At 242 Steve Markham had a great day, getting two new pr's with a 405 second attempt and a 420 third. Mark Wittier continued his dominance at 275 with his win there, finishing with a strong 350. At SHW Loren Betzer won both the master and the open classes with a best of 330. Loren came all the way from Leavenworth, Kansas to compete. In the 50-59 division Hank Collins once again won the title at 220. Always consistent, Hank finished here just five pounds off his own national record of 445. Andy Spielman looked strong as he powered up 395, to tie the existing national record set by Jason Carson three years ago. Weighing in at 157, Andy also earned best lifter honors for the competition. Brad Scogin (always late) tied his personal best with 360 for the win at 198 open. Brad almost got a pr when his final attempt with 370 came within inches

of lockout. A newcomer to the sport, Lance Wolff, did great in his first outing, finishing with a personal best 350 and the title at open 220. Thanks to my son Joey and Daniel Moutria, for their help. (Results by Dr. Darrell Latch).

USAPL Wisconsin State

20 Jan 01 - Green Bay, WI

| | WOMEN | SQ | BP | DL | TOT |
|---------------|---------------|-----|-----|-----|------|
| Open | | | | | |
| | 132 lbs. | | | | |
| | M. Burton | 240 | 135 | 315 | 690 |
| | 148 lbs. | | | | |
| | N. Wilson | 255 | 100 | 275 | 630 |
| | 165 lbs. | | | | |
| | L. VanBuskirk | 300 | 215 | 355 | 870 |
| | SHW | | | | |
| | C. Reynolds | 350 | 185 | 275 | 810 |
| MEN | | | | | |
| Open 148 lbs. | | | | | |
| | B. Tafelski | 290 | 275 | 360 | 925 |
| | 165 lbs. | | | | |
| | L. Kirchner | 480 | 405 | 470 | 1355 |
| | 181 lbs. | | | | |
| | J. Wolter | 550 | 400 | 555 | 1505 |
| | G. Zangl | 465 | 415 | 570 | 1450 |
| | B. Huelsbeck | 510 | 325 | 545 | 1380 |
| | 198 lbs. | | | | |
| | R. Stilis | 580 | 355 | 605 | 1540 |
| | B. Miller | 500 | 390 | 550 | 1440 |
| | C. Lull | 490 | 325 | 500 | 1315 |

| | | | | |
|--------------|-----|-----|-----|------|
| R. Berg | 405 | 230 | 550 | 1185 |
| 220 lbs. | | | | |
| M. Becker | 660 | 450 | 590 | 1700 |
| J. Halverson | 620 | 355 | 600 | 1575 |
| K. Pingel | 515 | 360 | 580 | 1455 |
| B. Vivier | 220 | 365 | 550 | 1445 |
| K. Belisle | 570 | 380 | 495 | 1445 |
| C. Emmott | 540 | 300 | 550 | 1390 |

| | | | | |
|----------------|-----|-----|-----|------|
| 242 lbs. | | | | |
| P. Andrich | 655 | 415 | 655 | 1725 |
| F. Nowak | 615 | 440 | 600 | 1655 |
| B. Salscheider | 625 | 395 | 625 | 1645 |
| D. Heyerdahl | 555 | 380 | 565 | 1500 |

| | | | | |
|-----------|-----|-----|-----|------|
| 275 lbs. | | | | |
| J. Troxel | 635 | 405 | 675 | 1715 |
| S. Schoen | 575 | 380 | 655 | 1610 |
| SHW | | | | |
| J. Eddy | 605 | 405 | 575 | 1585 |

| | | | | |
|------------------|------|-----|-----|------|
| Masters 181 lbs. | | | | |
| G. Zangl | 465 | 415 | 570 | 1450 |
| B. Sullivan | 470 | 300 | 475 | 1245 |
| E. Piwoski | 405* | 300 | 440 | 1145 |
| D. Felton | 360 | 250 | 545 | 1155 |

| | | | | |
|-----------|-----|-----|-----|------|
| 198 lbs. | | | | |
| B. Dove | 415 | 280 | 480 | 1175 |
| B. Miller | 500 | 390 | 550 | 1440 |
| B. Briggs | 410 | 290 | 425 | 1125 |
| R. Hanson | 400 | 310 | 505 | 1215 |

| | | | | |
|--------------|-----|-----|-----|------|
| K. Parron | 300 | 175 | 310 | 785 |
| 220 lbs. | | | | |
| B. Vivier | 530 | 365 | 550 | 1445 |
| R. Littman | 405 | 245 | 450 | 1100 |
| C. Cornelius | 405 | 330 | 425 | 1160 |

| | | | | |
|-----------|-----|-----|-----|------|
| R. Morton | 380 | 270 | 420 | 1070 |
| 242 lbs. | | | | |
| G. Steele | 565 | 360 | 620 | 1545 |
| S. Coogan | 465 | 225 | 535 | 1225 |
| 275 lbs. | | | | |

| | | | | |
|--------------|-----|-----|-----|------|
| R. Sadowski | 435 | 270 | 520 | 1225 |
| Guest Lifter | | | | |
| 242 lbs. | | | | |
| S. Cain | 600 | 465 | 650 | 1715 |
| Disqualified | | | | |

| | | | | |
|-------------|---|---|---|---|
| 148 lbs. | | | | |
| J. Nowak | — | — | — | — |
| 132 lbs. | | | | |
| S. Campbell | — | — | — | — |
| 165 lbs. | | | | |

| | | | | |
|--|---|---|---|---|
| J. Manning | — | — | — | — |
| Best Lifter MALE: Jacob Wolter. FEMALE: Lisa VanBuskirk. New State Record Holders: Greg Zangl (age 40), 181 Masters, Bench Press 415 lbs., Deadlift 570 lbs.; Shawn Cain, 242 Masters, Bench Press 465 lbs. TEAM Places: 1ST Neena/menashi YMCA, 2nd Ford's Gym, 3rd Team Flex. (Thanks to USAPL for providing the results of this competition to Powerlifting USA). | | | | |
| | | | | |
| | | | | |
| | | | | |

USAPL 4th Apple's Idaho State

17 Mar 01 - Idaho Falls, ID

| | | |
|----------------|-------------------|----------------------|
| BENCH | Wettach, E. | 250 |
| WOMEN | 220 lb. (55-59) | |
| Open 132 lb. | Unione, A. | 270 |
| Wettach, C. | 105 | 242 lb. (55-59) |
| 148 lb. | Davis, B. | 340 |
| Compton, E. | 150 | 275 lb. (55-59) |
| Stevens, T. | 105 | 255 Acey, E. (40-44) |
| MEN | | |
| Open 132 lb. | Eyre, K. | 340 |
| Holbrook, M. | 200* | DEADLIFT |
| Emmitt, T. | — | WOMEN |
| 165 lb. | Open 132 lb. | |
| Crosby, A. | — | Wettach, C. |
| 181 lb. | 148 lb. | 255 |
| Baker, B. | 330 | Stevens, T. MEN |
| 198 lb. | 370* | Open 132 lb. |
| 220 lb. | 220 lb. | Holbrook, M. 315* |
| Leavitt, A. | 430* | 220 lb. |
| Nielson, R. | 365 | Haskett, P. 560 |
| Cook, B. | 335 | Nielson, R. 450 |
| 242 lb. | 275 lb. | |
| Thompson, D. | 440 | Thompson, P. 575 |
| 275 lb. | 275 lb. | Stewart, B. 530 |
| Thompson, P. | 360 | Teen (16-17) |
| Stewart, B. | 310 | 198 lb. |
| 319 lb. | Thompson, D. 360* | |
| Marchant, D. | 50 | Master (60-64) |
| Belap, R. | 380 | 181 lb. |
| Teen (16-17) | Wettach, E. | 460 |
| 198 lb. | 242 lb. (55-59) | |
| Thompson, D. | 225* | Davis, B. 650 |
| Master (40-44) | 275 lb. (40-44) | |
| 181 lb. | Davis, B. | 275 lb. (40-44) |
| Baker, B. | 330 (40-44) | Schultz, S. 535* |
| (60-64) | Eyre, K. | 510 |

| | |
|----------------|------|
| Street Address | City |
| | |

| | | |
|-------------------|----------|---------|
| State or Province | Zip Code | Country |
| | | |

| | | | | | |
|-----------|---------------|-----|-----|----------------|----------|
| Telephone | Date of Birth | Age | Sex | Pro _____ | Am _____ |
| | | | | Elite Am _____ | |

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

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

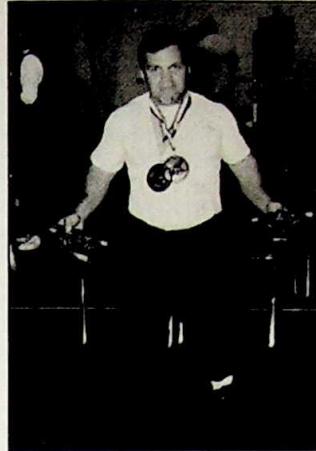
| | |
|--|---|
| Payment is accepted in the form of cash or money order only. | Payment can be made to your state chairman. |
| | |

| |
|--|
| Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402 |
| </ |

ISA 2001 Nationals

24 Mar 01 - Douglasville, GA

| | | | |
|-----------------|---------------------|------|--|
| BENCH | Open | | |
| 148 lb. Teen | J. Jackson | 520! | |
| A. Rowell | 200! W. Dix | 425 | |
| D. Threlkeld | 185 (35-39) | | |
| Open | G. Daniel | 380 | |
| T. Thompson | 315 308 lb. (40-44) | | |
| 165 lb. Open | D. Randall | 500 | |
| D. Hamby | 425! SHW Open | | |
| B. Bradley | 215 J. Heard Jr. | 540 | |
| (45-49) | (35-39) | | |
| D. Hamby | 425! J. Heard Jr. | 540 | |
| 181 lb. Teen | DEADLIFT | | |
| G. Taylor | 300 148 lb. Teen | | |
| J. Barton | 275 A. Rowell | 350! | |
| Open | Open | | |
| J. Hudson | 430 J. Thompson | 525! | |
| H. Bull | 365 181 lb. Open | | |
| C. Coffman | 355 W. Tracey | 520! | |
| D. Hagan | 315 (40-44) | | |
| (35-39) | A. Thyron | 475 | |
| H. Bull | 365* 4th | 500* | |
| (45-49) | (45-49) | | |
| G. Glen | 295 G. Glen | 450* | |
| J. Phillips | 265 (50-54) | | |
| (50-54) | L. Hill | 450* | |
| L. Hill | 275 198 lb. Teen | | |
| 198 lb. Open | K. Smith | 360 | |
| A. Cheatham | 420 4th | 370 | |
| B. Corley | 375 Junior | | |
| J. Barron | 350 T. Allen | 365 | |
| Junior | Open | | |
| J. Barron | 350 T. Allen | 365 | |
| (50-54) | 220 lb. Open | | |
| L. McCormick | 310! A. Biangasso | 585 | |
| (55-59) | S. Morgan | 585 | |
| J. Shoaif | 305! (45-49) | | |
| 220 lb. Teen | T. Bowman | 500 | |
| A. Hagan | 250 242 lb. Open | | |
| Open | J. Keating | 500 | |
| J. McGhee | 425 Junior | | |
| S. Morgan | 390 J. Keating | 500 | |
| A. Biangasso | 365 275 lb. Open | | |
| (40-44) | G. Daniel | 665! | |
| R. Daniel | 375! B. Smith | 550 | |
| (45-49) | (35-39) | | |
| T. Bowman | 360! G. Daniel | 665! | |
| 242 lb. Teen | B. Putnam | 510 | |
| J. Parish | 325! (40-44) | | |
| (40-44) | P. Ciaravello | 575* | |
| M. Murphy | 375 4th Attempts | | |
| (50-54) | 198 lb. Teen | | |
| J. Grizzel | 280 T. Sheffield | 500* | |
| (55-59) | (55-59) | | |
| C. Rice | 235 H. Pate | 470* | |
| 275 lb. Teen | 242 lb. Teen | | |
| S. Ford | 370! J. Bentley | 450* | |
| 97 lb. Pre-Teen | BP DL TOT | | |
| G. Zachary | 47 115* 162* | | |
| R. Fowler | 42 105 147 | | |
| C. Lumpe | 32 60 92 | | |
| 123 lb. Teen | | | |
| G. Zachary | 47 115* 162* | | |
| R. Fowler | 42 105 147 | | |
| C. Lumpe | 32 60 92 | | |
| 148 lb. Teen | | | |
| A. Rowell | 200 350 550! | | |
| Open | | | |
| J. Thompson | 315 525 840! | | |
| (50-54) | | | |
| D. Thompson | 235 400 635 | | |
| A. Dion | 210 350 560 | | |
| 181 lb. Teen | | | |
| M. Shepherd | 225 300 525 | | |
| Open | | | |
| D. Hagan | 315 470 785! | | |
| (45-49) | | | |
| G. Glen | 285 365 650* | | |
| (50-54) | | | |
| L. Hill | 275 450 725* | | |
| 198 lb. Teen | | | |
| T. Sheffield | 240 450 690* | | |
| T. Rhinehart | 250 340 590 | | |



Darrell Hamby at the ISA Nationals. He competed in the open and masters 165 lb. class and won 1st place in both divisions. He was also best lifter with a 425 bench which was his opener. He also bench pressed his bodyweight 42 times and won first in the bench press rep contest too. (Photo courtesy Darrell Hamby).

| | | | | |
|--------------|---------------|------------|------|------|
| Open | H. Pate | 290 | 460 | 750 |
| 220 lb. Open | S. Morgan | 390 | 585 | 975 |
| | A. Biangasso | 365 | 585 | 950 |
| | R. Keith | 350 | 525 | 875 |
| | J. Smith | 315 | 540 | 855 |
| | L. Batchler | 255 | 400 | 655 |
| (35-39) | | | | |
| | A. Fowler | 310 | 450 | 760 |
| | R. Keith | 350 | 525! | 875! |
| | 242 lb. Teen | | | |
| | D. Gilbert | 275 | 415 | 690 |
| | J. Bently | 250 | 400 | 650 |
| | | | | |
| | B. Sturdivant | 335 | 575 | 910! |
| | | | | |
| | B. Smith | 275 | 550 | 825 |
| | | | | |
| | G. Daniel | 380 | 665 | 1045 |
| | B. Putriam | 315 | 510 | 825 |
| | D. Allen | 285 | 450 | 735* |
| | | | | |
| Open | B. Bell | 370 | 455 | 825* |
| | BP/BDWT. | Bdwt. Reps | | |
| | D. Hamby | 165 | 42 | |
| | J. Bugg | 200 | 33 | |
| | J. Thompson | 145 | 30 | |
| | A. Cheatham | 195 | 28 | |
| | W. Dix | 260 | 22 | |
| | A. Biangasso | 220 | 22 | |
| | J. Barton | 170 | 21 | |
| | W. Tracey | 180 | 18 | |
| | R. Smith | 240 | 15 | |
| | J. Keating | 230 | 15 | |
| | J. Smith | 215 | 15 | |

*New National record, !=Breaking National record. \$140 Cash Prize in this event went to Darrell Hamby for benching his own weight 42 times! 60 new records set. 69 total competi-

tors. More than 60 records were broken on the first anniversary of the International Strength Association, during the I.S.A. 2001 Nationals. Every time we have an event lately the competition seems to get better and better, both from new people, and our own original members from our first meet one year ago. The meet started out with our new division, the Pre-Teens. In this new division it is required that the lifter complete ten reps of the chosen weight in order to make a successful attempt. We do this in an effort to prevent the damage 1rm could possibly do to a youngster. Grant Zachary came out on top with a 47x10 Bench Press and a 115x10 Deadlift at 10 years old. Roy Lee Fowler (10) followed Grant, and Clay Lumpre came in third with a 32x10 Bench Press and a 60x10 Deadlift at 6 years old! At 14 teen, Adam Rowell took first Place and Broke the Deadlift, Total, and Bench Press records with 200, 350, and 550 at 17 years old. J.T. Thompson competed in the 148 Open and put his Deadlift up to 525! After the successful attempt he walked off of the platform, turned and smiled, and then passed out. Anthony Biangasso had the quick reflexes to catch him before he hit his head on the weight trees, and we thank God for that. Since all of this happened off of the platform he was credited with the lift. Danny Thompson entered into the 148, 50-54 division and set new records for all of the lifts. He is definitely one of our greats, holding 7 national records in our organization. Darrell Hamby stormed into the 165 Open and 45-49 and nailed his 425 opener Bench Press. He had a near miss with 440, and later went on to rep his bodyweight 42 times. In the 181 we had Jeffrey Hudson take first place and a record with his 430 Bench, and William Tracey took the Deadlift record with 520, 198 had Anthony Cheatham running away with the Bench record at 420. The next 198 match-up will be exciting as two of our other 198's opened up with over 400 and bombed. They'll want revenge. 220 Class was 6 deep in the Open, and Sean Morgan ended up as the one on top, winning with his Bench press over second place Anthony Biangasso. 242 had Barry Sturdivant pulling 575 at the subs, and at the 275 our two big standouts were James Jackson Jr. and George "Cat" Daniel. James posted a 520 Bench take the Open record, and George pulled 665 for the Open and Sub record. Paul Ciaravello took the 40-44 with a 575. One of the people most talked about at the meet was definitely David Randall. David competed in his first meet in March, and he's decided to give

this a try instead of national level arm wrestling. He came in at about six feet six and 44 years old, 291 pounds, and very lean. Huge shoulders and arms. David had been sick the day before the meet so he came in with a modest 425 opener. 465 was next, then 500. All of these attempts reminded me of warming up with the bar! He took a jump to 550 and just missed it on a fourth attempt. Next time he plans to get 550 or better and is going to be giving a Bench Press Shirt a try. John Heard Jr. was the best bencher of the day with his 540 opener, and he did no more. We handed out over \$600 in gift certificates good for meet entry and other items to our winners and record breakers, along with the \$140 cash prize to Darrell Hamby, and this is only the beginning. To find out about upcoming events, get meet entry forms, see the records, rules, or learn how to contact us visit www.isapowerlift.com. We'd also like to thank POWERHOUSE GYM of Douglasville, GA, FLEX GYM of Villa Rica, GA, TOTAL FITNESS of Lithia Springs, GA, and THE GYM of Bremen, GA for their support, along with all of the event staff and lifters of the 2001 I.S.A. Nationals. (Thanks to ISA for providing the results of this contest to PL USA).

NMCP-NNSY Bench Press Meet 15 Feb 01 - Norfolk, VA

| | | |
|--|-----------------|-----|
| BENCH | Bellard-175 | 325 |
| WOMEN | Huston-175 | 350 |
| Open | Hall-177 | 290 |
| Schultz-128 | 140 185-199 lb. | |
| Page-198 | — Burrage-186 | 280 |
| Lewis-144 | 135 Lee-193 | 170 |
| MEN | Walker-196 | 315 |
| Master | Isaac-196 | 380 |
| Gaskins-260 | 400 200-214 lb. | |
| Clark-200 | 340 Clark-200 | 335 |
| Jordan-215 | 325 Coxwell-208 | 315 |
| 139 lb. & Under | Medlock-206 | 395 |
| Callos-130 | 205 215-229 lb. | |
| 140-154 lb. | Garys-224 | 455 |
| Mowery-152 | 240 Jordan-215 | 325 |
| Maloy-152 | 260 Gank-260 | 440 |
| 155-169 lb. | Tate-244 | 275 |
| Washington-164 | 285 Gaskins-260 | 405 |
| 170-184 lb. | McMillan-238 | 315 |
| Overall Division Winners - Schwartz Formula | | |
| Totals: 139 & under: Callos, 140-154: Maloy, 155-169: Washington, 170-184: Houston, 185-199: Isaac, 200-214: Medlock, 215-229: Gray, Men's 40+: Gaskins, Women's: Schultz. (Thanks to Ron Grays for providing the meet results). | | |



At the NMCP-NNSY BP, William Mowery (Men 140-154) 2nd with bench of 240; Bryon Grays (215-229) 1st with bench of 455; Derek Bellard (170-184) 2nd with bench of 325. (Photo by Valerie Wright).

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Dave Ricks' Top Ten list of Powerlifting Tips provided by Rick Fowler.

A 5 time IPF World Champion, Dave has the most IPF titles among lifters who are still active. A Commander in the United States Navy, Ricks conducts himself with the highest level of professionalism, both on and off the platform. Specifically, his lifting is mighty impressive! He owns 3 Open National records between the classes of 165 and 181, and appears to have a secure lock on the 181 title for as long as he wants it. He is currently stationed in Japan, and has recently begun directing meets at his base. USAPL NATIONALS.COM thanks Dave Ricks for his contribution to the Top Ten list!

2001 USAPL NATIONAL MEET SCHEDULE

Jun 10, USAPL Teen/Junior National Powerlifting Championships, Chicago, Illinois, Dennis & Sandi Brady - 773-561-9692.

Jun 16, USAPL Squat Nationals, Culpeper, Virginia. John Shifflett - 804-985-3932.

Jul 12, USAPL Men's National Powerlifting Championships - Lincoln, Nebraska, James Hart - (402) 470-3672, e-mail: JMSHRT@aol.com

Aug 25, USAPL Lifetime Drug Free National Powerlifting Championships, Culpeper, Virginia, John Shifflett - 804-985-3932.

Sep 22, USAPL Bench Press Nationals, Bedford Heights, Ohio, Ed King - (440) 439-5464.

Oct 7 USAPL Deadlift Nationals, Newark, New Jersey, Bill Claton - (908) 496-4172.

Nov 00, USAPI Police & Fire National Powerlifting Championships, Culpeper, Virginia, John Shifflett - 804-985-3932

intense like during your meet training.

7. Competition - When you compete at a meet, do not get all concerned who is in your weight class. Try to focus on your goals and let the numbers speak for themselves. I have seen lifters who get so psyched out by their competition before the meet begins.

9. Simple Workout - Each workout in training for a meet should focus on the key lifts and some assistance exercises. Ideal training period should be 8 to 12 weeks. The assistance exercises should be done for high reps but not peaking. If you train all exercises to peak like a bodybuilder you will overtrain your muscles.

8. Off-Season - I consider the off season is a period when I do not have a meet in the next 3 to 4 months. This is a great opportunity to try some different training routines and give your mind and body a mental break by not going as

5. Mental - You want to be very focused when you train and who you compete. Your mental intensity is just as important as your physical training. Your body can do amazing things if it is channeled in the right direction.

4. Balance - Remember the world does not totally revolve around Powerlifting. Keep your family, faith, work, and powerlifting in proper perspective. Do not put so much effort into powerlifting and have the other aspects of your life go down the tubes.

3. Partner - Try to get a good training partner. This should be someone who can give you mental support and push you to the gains.

2. Equipment - Invest in a good weight belt and shoes. As you get more seasoned, then get a bench shirt and squat suit.

And, the number 1 strength tip from Dave Ricks

1. Fun - Overall, the whole idea of training and competing is to have fun, enjoying yourself, and meeting fellow powerlifters.

USAPL National Contest Qualifying totals

| Women | 97 | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 198+ |
|----------------|-------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Open | 496 | 540 | 595 | 650 | 710 | 760 | 793 | 832 | 876 | 898 |
| Lifetime's | 496 | 540 | 595 | 650 | 710 | 760 | 793 | 832 | 876 | 898 |
| Collegiate's | 365 | 391 | 418 | 440 | 462 | 507 | 545 | 589 | 640 | 655 |
| Teen (14-19) | 335 | 358 | 385 | 407 | 435 | 479 | 518 | 562 | 610 | 625 |
| Junior (20-23) | 360 | 385 | 413 | 440 | 462 | 512 | 551 | 600 | 655 | 672 |
| Master (40&up) | A Total in a USAAPL Sanctioned Meet | | | | | | | | | |
| High School | A Total in a USAAPL Sanctioned Meet | | | | | | | | | |

| Men | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 319 | SHW |
|-----------------|-------------------------------------|-----|------|------|------|------|------|------|------|------|------|------|
| Open | 845 | 955 | 1070 | 1275 | 1400 | 1500 | 1575 | 1660 | 1700 | 1735 | ---- | 1775 |
| American Open | 760 | 860 | 965 | 1145 | 1260 | 1350 | 1420 | 1460 | 1500 | 1530 | 1585 | 1585 |
| Collegiate's | 655 | 760 | 885 | 1025 | 1075 | 1145 | 1250 | 1275 | 1290 | 1305 | ---- | 1325 |
| Teen (14-15) | 585 | 680 | 730 | 825 | 875 | 925 | 950 | 975 | 1020 | 1045 | ---- | 1070 |
| Teen (16-17) | 630 | 730 | 800 | 925 | 995 | 1035 | 1070 | 1135 | 1150 | 1190 | ---- | 1215 |
| Teen (18-19) | 645 | 750 | 875 | 1015 | 1065 | 1135 | 1240 | 1265 | 1280 | 1295 | ---- | 1315 |
| Junior (20-23) | 695 | 810 | 940 | 1095 | 1200 | 1250 | 1365 | 1380 | 1400 | 1425 | ---- | 1450 |
| Master (40& up) | A Total in a USAAPL Sanctioned Meet | | | | | | | | | | | |
| High School | A Total in a USAAPL Sanctioned Meet | | | | | | | | | | | |

NOTE: All Nationals now have only 275 lb. and SHW weight classes as these meets are now IPF World qualifiers and follow IPF rules; the American Open (formerly Lifetime Drug Free Nationals) has not IPF Worlds and therefore currently has 319 lb. and 319+ lb. classes as can ALL local, state and regional meets.

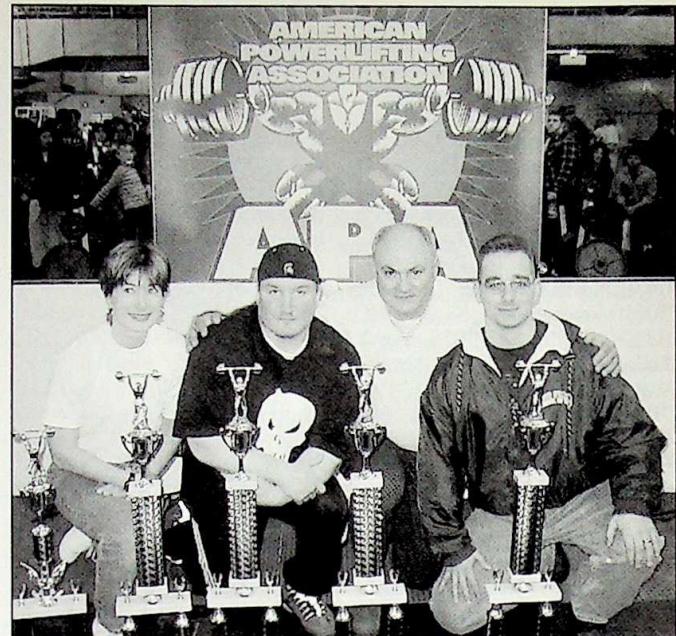
NOTE: National Meet Qualification Total must be in a USAAPL-sanctioned meet on or after Jan. 1 of the year before the meet in which the National meet is being held.

USPF Central CA Open (kg)
7 Oct 00 - San Luis Obispo, CA

| | | |
|----------------|-------------------------|---|
| BENCH | Master | 275 lb. |
| Open 148 lb. | (40-44) | M. Sanchez 262.5 150 225 637.5 |
| A. Contreras | 42.5 A. Ramsey-342 | D. Brown 227.5 182.5 227.5 637.5 |
| 181 lb. | Kanemoto-195 | 308 lb. |
| R. Lopez | 132.5 R. Lopez-181 | P. Leonard 330.5 205 227.5 765 |
| 198 lb. | M. Sanchez-244 | C. Knutson 240 180 272.5 692.5 |
| K. Kanemoto | 207.5 (45-49) | SHW |
| M. Reifkind | 162.5 S. Brown-308 | G. Brink 322.5 200 337.5 860 |
| G. Nishida | 145 L. Contreras-310 | D. Dallmeyer 272.5 172.5 272.5 717.5 |
| 220 lb. | 190 G. Nishida-184 | Submaster (35-39) |
| S. Pena | 202.5 (50-54) | B. Waybe-198 220 147.5 240 607.5 |
| E. Soto | 150 R. Tsutsui-192 | J. Oswood-143 145 125 187.5 437.5 |
| M. Womelsdorf | 137.5 B. Evans-220 | C. Beltramo-298 265 175 207.5 647.5 |
| 242 lb. | (55-59) | C. Smeland-198 160 137.5 187.5 485 |
| R. Kitani | 242.5 E. Riffel-183 | Master (40-44) |
| D. Robuck | 197.5 (60-64) | Kanemoto-195 275 207.5 240 722.5 |
| 275 lb. | J. Merlino-165 | J. LaGrill-232 247 167.5 245 660 |
| N. Simon | 205 (65-69) | J. Hayes-181 365 292 474 1130 |
| R. Magni | 155 S. Colella-197 | C. McGuire-362 132.5 150 250 552.5 |
| 308 lb. | Teen | Womelsdorf-207 170 137.5 170 477.5 |
| L. Contreras | 190 Lightweight | Ridgeway-264 240 182.5 240 662.5 |
| W. Garvey | 172.5 A. Moreno | S. Brown-279 272.5 205 250 727.5 |
| SHW | 100 A. Contreras | D. Brown-259 227.5 182.5 227.5 637.5 |
| A. Ramsey | 257.5 WOMEN | Arredondo-212 212.5 162.5 215 590 |
| | M. Jacobson-151107.5 | G. Stevens-245 237.5 130 225 592.5 |
| Open | SQ BP DL TOT | J. Santana-198 67.5 |
| 132 lb. | | G. Brink-306 322.5 200 337.5 860 |
| O. Rogel | 157.5 85 190 440 | R. Tsutsui-192 235 175 200 610 |
| 148 lb. | | Dallmeyer-310 272.5 172.5 272.5 717.5 |
| S. Layman | 257.5! 162.5 245 665 | B. Evans-220 225 167.5 225 617.5 |
| 165 lb. | | MacKenzie-219 195 115 205 515 |
| G. Covarrubias | 210 110 250 570 | (55-59) |
| C. Balanga | 192.5 160 215 567.5 | D. Dienalt-210 265 182.5 260 707.5 |
| F. Mulhair | 190 140 222.5 532.5 | T. Miller-152 405 209 468 1085 |
| B. Pearson | 152.5 145 172.5 470 | E. Hill-175 204 270 314 788 |
| T. Walker | 107.5 80 137.5 325 | C. Haflisch-234 160 117.5 182.5 460 |
| 181 lb. | | (70-74) |
| R. Lopez | 165 132.5 215 512.5 | R. Smeland-194 157.5 120* 187.5 465 |
| W. Jenson | 122.5 87.5 167.5 377.5 | Lightweight |
| 198 lb. | | Keli-123 167.5 100 172.5 440 |
| G. Jones | 297.5 197.5 297.5 792.5 | C. Bullara-114 120 62.5 130 312.5 |
| K. Kanemoto | 275 207.5 240 722.5 | D. Hines-132 80 47.5 102.5 230 |
| H. Becerra | 232.5 160 232.5 625 | Middleweight |
| V. Calia | 160 122.5 205 487.5 | S. Waits-134 115 60 120 295 |
| S. Waits | 335 200 285 820 | J. Santana-148 102.5 67.5 122.5 292.5 |
| J. Burnell | 322.5 200 292.5 815 | K. Mulhaar-137 95 67.5 100 262.5 |
| P. Hopkins | 297.5 175 275 747.5 | Heavyweight |
| P. McNeil | 260 175 230 665 | L. Baldridge-192 85 50 115 250 |
| L. Rector | 230 172.5 227.5 630 | Teenage Lightweight |
| R. Arrendondo | 212.5 162.5 215 590 | O. Rogel-131 157.5 85 167.5 440 |
| J. Mancini | 197.5 150 202.5 550 | I-Ties State Record. *-Master State Record. |
| 242 lb. | | Anderson-203 295 147.5 240 670 |
| R. Kitani | 290.5 242.5 262.5 797.5 | M. Higgins-238 277.5 167.5 237.5 682.5 |
| R. Meulenberg | 247.5 160 260 667.5 | M. Dudley-213 230 137.5 230 597.5 |
| J. LaGrill | 247.5 167.5 245 660 | Outstanding Lifters: Greg Jones and George Brink Team: Huge Iron, from Las Vegas. Thanks to Jim and Sue Lem, Steve and Lisa Denison, and all the loaders and spotters. (Thanks to Gene Estrada for providing these meet results). |
| T. Hunt | 252.5 147.5 240 640 | |
| K. Westbrook | 212.5 160 182.5 555 | |
| M. Frutoz | 137.5 — — — | |

APPLICATION FOR REGISTRATION
American Powerlifting Association

| | | | |
|--|------------|---|---|
| Last Name | First Name | Initial | Date of App. |
| Street Address | City | State or Province | |
| Country | Zip Code | Telephone Number | |
| Date of Birth | Age | Sex | Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927 |
| Social Security Number | | | |
| Registration Fee: \$20 High School Athlete: \$10 | | | |
| Parents Initial If Under 18 yrs. | | I Certify that the above answers are correct X | |



Best Lifters at the APA Connecticut Open: (left to right) Lori Stiegler, Erik Cormier, Roland Cote, Daren Altieri. (courtesy of Donna Slaga)

APA CT Open BP
18 Mar 01 - Willimantic, CT

WOMEN after missing it on a 2nd attempt. Well done, Mike. In the 17-19 division, Josh Beaudry came out on top with a great 325 on a nice 3 for 3 day. Rich Abely, son of CT State Record holder Jim Abely, proved "like father, like son" as he wrote his name in the CT State Records as well with 310. In the Junior division, Allen Donovan was the winner with a new CT State Record of 335 followed by first time competitor David Held, who set a CT State Record as well, in the 165 lb. class. The Men's Submaster division was a tough class with everyone going over 400. MA's Al Murray came nut on top with a rock solid 430. Brendan Ford set a new CT State Submaster's Record with 465 and looked good for more. In the Master's 40-49 division, CT State Record holder Jim Abely was our winner followed by David Wilcox Sr. who smashed his own CT State Record with a really nice 405. The Master's 50-59 division featured perennial winner, Roland Cote who gave an APA Master's World record a ride. It wasn't meant to be on this day, but we'll be seeing it soon enough. Roland walked out with the Master's best lifter trophy. Joe Mugovero made his return to the platform in style with a new CT State Master's Record of 430. I know I'll be seeing him break that again soon. The Master's 60+ division was won by Gerry Beals who just turned 60. Gerry looks like he's in his 40's, I think he has a fake ID. The Men's 123 lb. champion was Vincent Pichay. Vincent weighed in at a light 118 and just destroyed an APA World Master's Record of 225. Vincent came ever so close with an incredible 240 as well. Jason Strucinski, lifting in his first meet, had a great day in winning the 148 lb. class and getting a nice 305 PR. Tom Taylor, always a force in the 165's, made a fine 325. Daren Altieri won the 181 lb. class and took home the lightweight best lifter trophy. The 198 lb. class was won by Tom Stucke with a 410. He looked good for another 15 lbs. The 220 lb. class featured Erik Cormier. Erik broke a 9 yr. old CT State Record with his 480. He also took home best lifter honors. Brian Sisk won the 242's with an easy 500. The 275 lb. class was won with a 460 by James Toland who came ever so close with 470. Brendan Ford who already had set a CT State Record, took home first place honors in the 308 lb. class as well. Last but certainly not least was big Al Fornaro. Al won the SHW division by blasting tip 455 like it was 135 but just couldn't quite finish with 505. Next time Al, I'd like to thank all of the lifters for coming out and showing their support. We had 12 state records and 3 world records set, as well as a large number of personal records thanks to a large, enthusiastic audience. I thanks to all and we'll see you at the next one! (Thanks to Donna Slaga for providing us with the results)

123 lb. J. Mugovero-269 430*

R. Altieri-195 340

L. Stiegler-42 165 Master 60-69 (formula) Jim Abely, proved "like father, like son" as he wrote his name in the CT State Records as well with 310. In the Junior division, Allen Donovan was the winner with a new CT State Record of 335 followed by first time competitor David Held, who set a CT State Record as well, in the 165 lb. class. The Men's Submaster division was a tough class with everyone going over 400. MA's Al Murray came nut on top with a rock solid 430. Brendan Ford set a new CT State Submaster's Record with 465 and looked good for more. In the Master's 40-49 division, CT State Record holder Jim Abely was our winner followed by David Wilcox Sr. who smashed his own CT State Record with a really nice 405. The Master's 50-59 division featured perennial winner, Roland Cote who gave an APA Master's World record a ride. It wasn't meant to be on this day, but we'll be seeing it soon enough. Roland walked out with the Master's best lifter trophy. Joe Mugovero made his return to the platform in style with a new CT State Master's Record of 430. I know I'll be seeing him break that again soon. The Master's 60+ division was won by Gerry Beals who just turned 60. Gerry looks like he's in his 40's, I think he has a fake ID. The Men's 123 lb. champion was Vincent Pichay. Vincent weighed in at a light 118 and just destroyed an APA World Master's Record of 225. Vincent came ever so close with an incredible 240 as well. Jason Strucinski, lifting in his first meet, had a great day in winning the 148 lb. class and getting a nice 305 PR. Tom Taylor, always a force in the 165's, made a fine 325. Daren Altieri won the 181 lb. class and took home the lightweight best lifter trophy. The 198 lb. class was won by Tom Stucke with a 410. He looked good for another 15 lbs. The 220 lb. class featured Erik Cormier. Erik broke a 9 yr. old CT State Record with his 480. He also took home best lifter honors. Brian Sisk won the 242's with an easy 500. The 275 lb. class was won with a 460 by James Toland who came ever so close with 470. Brendan Ford who already had set a CT State Record, took home first place honors in the 308 lb. class as well. Last but certainly not least was big Al Fornaro. Al won the SHW division by blasting tip 455 like it was 135 but just couldn't quite finish with 505. Next time Al, I'd like to thank all of the lifters for coming out and showing their support. We had 12 state records and 3 world records set, as well as a large number of personal records thanks to a large, enthusiastic audience. I thanks to all and we'll see you at the next one! (Thanks to Donna Slaga for providing us with the results)

165 lb. G. Deals-199 225

L. Cannamela 120 123 lb.

V. Pichay 225

C. Calkins 135 148 lb.

K. Ryan 105 J. Strucinski 305

MEN

165 lb. T. Taylor 325

D. Rivers-171 320 D. Altieri 345\$

M. Marik-144 265 A. Donovan 335

D. Rivers-158 275 198 lb.

Teen 13-16 (formula) T. Stucke 410

J. Beaudo-170 325 M. Taylor 370

R. Abely-215 310* 220 lb.

Exarhoulias-157 250 E. Cormier 480*\$

M. Bessette-158 245 J. Sprague 460

J. Retkowski-202 260 A. Murray 430

Junior (formula) J. Abely 400

A. Donovan-169 335* M. Rampino 325

D. Held-151 210* 242 lb.

B. Sisk 500

Submaster (formula) A. Murray-214 430

M. Bryne-275 450 J. Toland 460

B. Ford-307 465* M. Bryne 450

A. Fornaro-310 465 T. Toland 440

Master 40-49 A. Tuller 430

(formula) J. Mugovero 430

J. Abely-202 400 308 lb.

D. Wilcox-239 405* B. Ford 465

Master 50-59 J. Maninges 450

(formula) SHW

R. Cote-220 430 A. Fornaro 465

I-APA World Record. -CT State Record. #NY State Record. \$-Best Lifter. The APA CT Open Bench Bash was held at the Willimantic YMCA Health & Fitness. Thanks to Harry Carboni for hosting this event and many thanks, to Mark Slaga, Janet Arel, Gary Larson, Bill Grim, Lon & Dawn baker, John Dugas, Lynn Cannamela and Andy Mectea for all of their help. The ladies set the tone of the meet early. NY's Lori Stiegler benched an APA World Master's Record 165 and came ever so close with 170 while winning the lightweight division and best lifter. Next time the 170 will go Lori, no doubt. Lynn Cannamela won the middleweight division and set a CT State Record in the submaster division. The teenage class is growing meet to meet with 8 battling it out for the top spots this time around. In the 13-16 division, twin brothers Dan and Don Rivers and Mike Marik put on quite a show. Dan Rivers won the division with a very impressive 320 at only 171 lbs. Don Rivers got even with his brother though by breaking Dan's state record 3 times. Mike Marik wasn't about to be outdone and came back to break the APA World Teenage Record

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PROTEIN ISOLATE (MPI) CONTAINS ABOUT 80 PERCENT CASEIN AND 20 PERCENT WHEY PROTEINS. IN OTHER WORDS, YOU GET THE BEST OF BOTH WORLDS IN THAT WHEY SUPPORTS YOUR BODY'S OWN MUSCLE MACHINERY AND THE CASEIN HELPS SLOW DOWN THE ABSORPTION OF THE WHEY FOR SUSTAINED AMINO ACID RELEASE.★ To BOLSTER MPI, WE ADDED MORE PROTEIN IN THE FORM OF WHEY PROTEIN CONCENTRATE (WPC) AND CALCIUM CASEINATE. THIS ADDS TO THE TOTAL PROTEIN CONTENT AND PROMOTES THE BENEFICIAL ACTION OF THE WHEY AND CASEIN.

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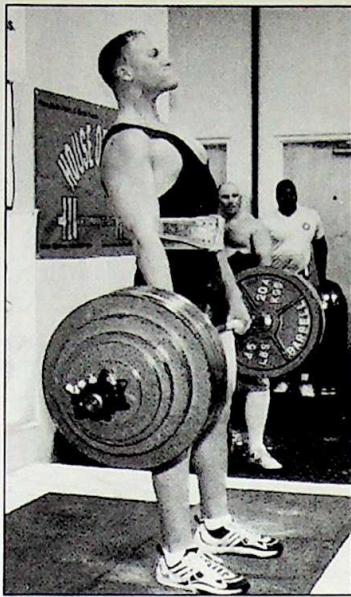
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WABDL Southeastern BP/DL
27 JAN 01 - Pensacola Beach, FL

| | | | | | | | |
|---------------|-------------|-----------------------|--------------|---|--------------|---------------|-----|
| BENCH | B. Bishop | 385 | 198 | C. Gale | 270 | L. Langlinais | 485 |
| MEN | 220 | | 4th | 285 | J. Skip Hall | 560 | |
| LAW/FIRE | J. Rogers | 465 | Open | | Master 61-67 | | |
| Master 48+ | M. Davis | 220 | T. Roberts | 260 | J. Padgett | 300 | |
| 198 | 242 | | 148 | | Master 68-74 | | |
| L. Tilley | 295 | C. Bates | 420 | M. Pritzl | 350 | 148 | |
| 220 | 4th | 430 | 165 | C. Bailey | 210 | C. Bailey | |
| T. Butler | 370 | R. Padgett | 400 | T. Collins | 365 | Submaster | |
| Open | 275 | | S. Hilton | 275 | 198 | | |
| 198 | R. Ferr | | MEN | | G. Goff | | |
| R. Chambliss | 370 | Teen 13-15 | 165 | | 220 | | |
| 220 | 114 | S. Scardina | 181 | R. Kornis | 520 | | |
| T. Jeter | 485 | R. Caprari | 242 | | | | |
| J. Rogers | 465 | Teen 16-19 | T. Hayes | R. Padgett | 625 | | |
| 242 | 198 | | 198 | | 650 | | |
| D. Simonson | 420 | R. Hubbard | J. Rey | 640 | Class I | | |
| Master 40-46 | 220 | | 220 | | 181 | | |
| 165 | B. Gravlee | 225 | P. White | 620 | J. Merritt | 460 | |
| S. Scardina | 410* | Open | J. Rogers | 590 | 4th | 470 | |
| M. Motes | 132 | C. Holston | 585 | 198 | | | |
| 181 | D. Tiffany | 315 | 4th | 595 | B. Bishop | 480 | |
| D. LeSage | 165 | | 242 | | | 505 | |
| 220 | M. Motes | | P. McCahon | 710 | 242 | | |
| T. Syverson | 310 | 181 | 4th | 730 | C. Bates | 580 | |
| Master 47-53 | D. LeSage | | G. Martin | 640 | 4th | 605 | |
| 198 | 198 | J. Skip Hall | 560 | Junior | | | |
| L. Tilley | 295 | B. Bishop | 275 | 181 | | | |
| 220 | 220 | A. Kaschack | 545 | T. Hayes | 620 | | |
| M. Davis | 220 | Master's Law/Fire 48+ | 220 | J. Bowers | 485 | | |
| 275 | T. Jeter | 485 | 198 | L. Tilley | 515 | P. White | 620 |
| E. McConnell | 335 | C. Holston | 220 | T. Butler | 560 | P. McCahon | 710 |
| Master 54-60 | 242 | P. White | 220 | Open Law/Fire | 4th | 730 | |
| 198 | G. Martin | 510 | 220 | | | 630 | |
| L. Langlinais | 270 | P. McCahon | 375 | T. Syverson | 515 | R. Caprari | 620 |
| Master 61-67 | 275 | | Master 47-53 | 198 | Teen 16-19 | | |
| 148 | R. Ferr | | | L. Tilley | 515 | B.J. Rodgers | 315 |
| J. Padgett | 160 | WOMEN | | 308+ | 198 | | |
| Master 68-74 | Submaster | | | C. Rethwisch | 550 | R. Hubbard | 425 |
| 148 | 165 | S. Hilton | 115 | Master 54-60 | 4th | 462 | |
| C. Bailey | 115 | Master 47-53 | 198 | B. Gravlee | 355 | | |
| Submaster | 181 | | | This is a must meet if you want to take your wife or | | | |
| 132 | K. Callahan | 80 | | girlfriend or if you're a female lifter and want to | | | |
| D. Tiffany | 315 | Open | | take your husband or boyfriend on a nice romantic | | | |
| 198 | 340 | 148 | | getaway. This meet is two long bridges removed | | | |
| J. Ray | 300 | M. Pritzl | 510 | from Pensacola at the Clarion Hotel which is a | | | |
| G. Goff | 165 | | | series of bungalows right on the beach - Great | | | |
| 275 | R. Ferr | T. Collins | 175 | seafood restaurants near by. Next year meet will | | | |
| Junior | 175 | Junior | | be in February - on to the beaches, I mean the | | | |
| 148 | 198 | | | benches. In law/fire master, Larry Tilley at 48+198 | | | |
| D. Weekly | 280 | C. Gale | 135 | lb. set a Florida state record with 295. Ted Butler set | | | |
| 181 | DEADLIFT | | | a Florida state record with 370 in the 220 lb. 48+ | | | |
| J. Bowers | 275 | WOMEN | | division. In open men's law/fire Richard Chambliss | | | |
| J. Merritt | 275 | Master 54-60 | | set an Alabama state record with 370 at 198 lbs. | | | |
| 220 | 181 | | | Ted Jeter opened with a big 485 at 220 for a Florida | | | |
| P. White | 400 | M. Hughes | 275* | state record - however 500 wouldn't go. John | | | |
| 242 | 4th | | 285* | Rogers was second with a North Carolina state | | | |
| G. Martin | 510 | Submaster | | | | | |
| P. McCahon | 375 | S. Hilton | 275 | | | | |
| Class I | | Junior | | | | | |
| 198 | | | | | | | |

record of 465. David Simonson set an Alabama state record of 420 in the 242 lb. class. In the master's division bench 40-46 age group, Mike Motes set a Florida state record 165 with 320 lbs. Sid Scardina set a world record of 410 lbs. as well as a Louisiana state record. Sid is one of the best master benchers in the world. At 220, Thomas Syverson set a Florida state record of 310. In masters 47-53, Larry Tilley set a Florida state record with 295 lbs. in the 198 lb. class. Larry is also an International Judge in WABDL. At 220, Mike Davis opened with 220 and jumped 105 lbs. to 320 and missed it. Mike is from Texas. At 275, Eddie McConnell from Gadsden, Alabama won with a 335. In master 54-60, Louie Langlinais set a Mississippi state record with 270 in the 198 lb. class. In master 61-67, Jake Padgett set a Georgia state record with 160 at 148 lbs. and Clyde Bailey set a Georgia state record with 115 lbs. In master 68-74 148 lb. class. Outstanding lifter was Sid Scardina. In submaster bench, Darrell Tiffany did 315 and missed a world record 340 at 132 lbs. Gary Goff put up 300 at 198 but Jeff Rey set an Alabama state record of 340 for the win. In junior men's bench, Daniel Weekly set a Florida state record of 280. At 181, Jason Bowers won with 275 and Jay Merritt was second with the same weight but was the heavier man. At 220, Patrick White set a Florida state record with 400 lbs. At 242, Gabriel Martin put up a huge 510 for a Florida state record. In class I, Brant Bishop set an Alabama state record at 198 with 385. John Rogers set a North Carolina state record with 465 at 220. At 242, Craig Bates set a Florida state record with 430. Rick Padgett of Georgia was second with 400. In teen men 16-19, Bly Gravlee set an Alabama state record with 225 in the 220 lb. class. In open bench, Brant Bishop set an Alabama state record of 385 at 198. Jed Jeter set a Florida state record with 485 at 220. Chip Holston the owner of Chip's Gym in Gulf Breeze, Florida was second with 425. At 242, Gabriel Martin set a Florida state record with 510. Ted Jeter was named outstanding lifter in the open division. In submaster women, Susan Hilton came in first with 115 at 165. In master women age group 54-60 181 lb. class, Karen Callahan set a Florida state record with 80 lbs. In open women, Marie Pritzl set a Florida state record with 210 at 148 lbs. Tina Collins set a North Carolina state record with 175 at 165. In junior women, Christina Gale set a Florida state record with 135 at 198 lbs. Marie Pritzl was named outstanding female lifter. Now onto the great separator, the deadlift. In master women Marion Hughes set 3 world records ending up with 285 at age 59 in the 181 lb. class. In submaster women, Susan Hilton pulled 275 at 165. In junior women Christina Gale set a Florida state record with 285 lbs. at 198. In open women, Tammy Roberts set a Florida state record of 260 at 132 lbs. At 148, Marie Pritzl pulled a big 350 for a Florida state record and Tina Collins came close with 395 and had to settle for 365 for a North Carolina state record. In open men's deadlift, Tyrese Hayes pulled 620 at 181 and gave 650 a good ride. At 220, there was a 3 way battle



Pat McCahon setting the junior world record 731 pounds in the 242 pound class at the WABDL Southeastern Regional (courtesy of Gus Rethwisch)

with Patrick White coming out on top with 620 and a Florida state record. John Rogers was second with 590 and a North Carolina state record and Chip Holston was third with 585. At 242, there were 3 good lifters. Skip Hall, one of the Nation's best martial arts experts and a winner of many ultimate fighting contests, set an Alabama state record with 560 in master 54-60. Skip is 55. In second was Gabriel Martin with 640 and the winner was Pat McCahon with a world record 731, a very up and coming deadlifter. 800 drug free will be in his grasp within 18 months. At 198, Jeff Rey pulled an Alabama state record of 640 and at 275 lbs. Andy Kaschak set a Florida state record of 545. In master law/fire 48+, Larry Tilley set a Florida state record of 515 at 198 lb. and Ted Butler set a world record of 606 in addition to his Alabama state record and was named the outstanding deadlifter of the meet. In open law/fire, John Rogers set a North Carolina state record at 220 lbs. with 590. In the master division 40-46, Thomas Syverson set a Florida state record of 515 at 220 lbs. In master 47-53 198 lb. Larry Tilley set a Florida state record of 515. In master 54-60, Louie Langlinais set a Mississippi state record of 485. He was ably coached by one of the greatest deadlifters of all time - Vince Keyhea who has done 770 at 198. At 54-60 242 lb. Skip Hall set an Alabama state record of 560. In master 61-67 148, Jake Padgett set a Georgia state record of 300 lbs. Clyde Bailey set a Georgia state record of 210 in master 68-74 148. Gus Rethwisch, in his first meet since January of '86 when he squatted 905, benched 510 and deadlifted 865 for a 2280 total. The deadlift of 550 lbs. was for a world record in master 47-53 super. In submaster 220, Rick Kornis set an Alabama state record of 520 and Rick Padgett set a Georgia state record of 650 in submaster 242. In class I deadlift, Jay Merritt set a Georgia state record of 470 at 181 lbs. Brant Bishop set an Alabama state record of 505 at 198 and looked good for 20 more pounds. At 242, Craig Bates set a Florida state record of 605. In junior deadlift, Tyrese Hayes pulled 620 at 181. He trains with Caprari at 705 at 181 and Tyrese just missing 650. At 220, Pairick White set a Florida state record of 620. At 242, Pat McCahon set a junior world record of 731. He only weighed 226. Watch for the guy, he's a hell of a puller. In teen men 16-19 148, BJ Rogers pulled 315. At 220, Bly Gravlee set an Alabama state record of 355 at 220 and Rex Hubbard set a Georgia state record of 465 at 198. I want to thank Don Belanger of Belanger Powersports for putting this WABDL event on. He is a tireless worker. The scorekeepers who were excellent, Rhonda and Marion Hughes. The judges were Bobby Hughes, Larry Tilley, Mel Ferguson, Joe Destefano, Dan Belanger, and Rick Hagedorn. The expeditor was Jason Bower. Chip's Gym supplied the weights. Mel Ferguson supplied the judging lights, the M.C. was Gus Rethwisch. Drug testing was done by Gus Rethwisch. Christina Gale, Marie Pritzl, and Karen Callahan assisted Dan Belanger. The main sponsor were Twin Lab, Muscular Development Magazine, Inzer Advance Designs, Chip's Gym, House of Pain, Alliance Physical Therapy, and the Pensacola Sports Association. (Thanks to Gus Rethwisch for providing results).



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| City | | State | Zip | Area Code/Telephone |
| Current WABDL Classification | Referee Status | U.S. Citizen? | Date of Birth | Sex |
| Elite Master I II III IV | World National State | Y N | | M F |
| Today's Date Card Issued By | | | | |

Registration Fee \$20.00

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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.

If under 18, have parent initial _____

Signature _____

**APF Mountaineer Barbell/BP
24 Feb 01 - S. Charleston, WV**

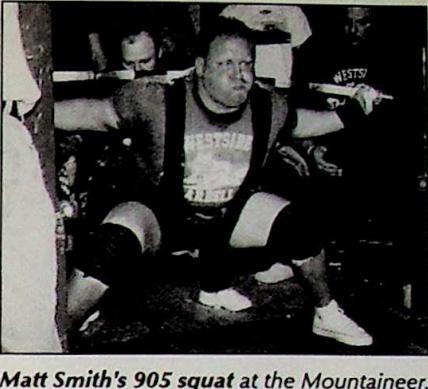
| BENCH | Open | 148 lb. | 148 lb. | 245 | D. Revels | 245 | 220 lb. | 181 lb. | 290 | S. Knighton | K. Samples | 260 | Master (60-64) | D. Robbins, Sr. | 255 |
|---|-------|---------|---------|-------|-----------|-----|---------|---------|-----|-------------|------------|-----|----------------|-----------------|-----|
| 148 lb. | | | | | | | | | | | | | | | |
| D. Revels | 245 | | | | | | | | | | | | | | |
| 220 lb. | | | | | | | | | | | | | | | |
| S. Knighton | 290 | | | | | | | | | | | | | | |
| Master (60-64) | | | | | | | | | | | | | | | |
| 181 lb. | | | | | | | | | | | | | | | |
| K. Samples | 260 | | | | | | | | | | | | | | |
| Masters (65-69) | | | | | | | | | | | | | | | |
| D. Robbins, Sr. | 255 | | | | | | | | | | | | | | |
| (50-59) 198 lb. | | | | | | | | | | | | | | | |
| B. Samples | 310 | | | | | | | | | | | | | | |
| WV Open | | | | | | | | | | | | | | | |
| 220 lb. | | | | | | | | | | | | | | | |
| M. Horton | 380 | | | | | | | | | | | | | | |
| Masters (45-49) | | | | | | | | | | | | | | | |
| D. Callahan | 440 | | | | | | | | | | | | | | |
| Open | | | | | | | | | | | | | | | |
| 181 lb. | | | | | | | | | | | | | | | |
| M. Maxwell | 660 | 365 | 600 | 1625 | | | | | | | | | | | |
| D. Blankenship | 725 | 450 | 650 | 1825 | | | | | | | | | | | |
| M. Burrows | 680 | 405 | 615 | 1700 | | | | | | | | | | | |
| J. Jester | 550 | 400 | 500 | 1450 | | | | | | | | | | | |
| R. McNutt | 500 | 425 | 505 | 1430 | | | | | | | | | | | |
| R. Fortsen | 500 | 300 | 550 | 1350 | | | | | | | | | | | |
| B. Sullivan | 450 | 350 | 550 | 1350 | | | | | | | | | | | |
| S. Kerchner | 520 | 430 | — | — | | | | | | | | | | | |
| 220 lb. | | | | | | | | | | | | | | | |
| G. Austin | 560 | 485 | 555 | 1600 | | | | | | | | | | | |
| J. Akers | 550 | 380 | 540 | 1470 | | | | | | | | | | | |
| J. Jenkins | 600 | — | 610 | — | | | | | | | | | | | |
| 242 lb. | | | | | | | | | | | | | | | |
| J. Manly | 700 | 450 | 650 | 1800 | | | | | | | | | | | |
| L. Angle | 710 | 450 | 605 | 1765 | | | | | | | | | | | |
| T. Fouts | 600 | 460 | 555 | 1615 | | | | | | | | | | | |
| C. Miller | 600 | — | — | 600 | | | | | | | | | | | |
| G. Reitter | — | — | — | — | | | | | | | | | | | |
| 275 lb. | | | | | | | | | | | | | | | |
| D. Dague | 700 | 460 | 660 | 1820 | | | | | | | | | | | |
| L. Jennelle | 600 | 435 | 550 | 1585 | | | | | | | | | | | |
| P. Tedrick | 650 | 300 | 600 | 1550 | | | | | | | | | | | |
| D. Beversdorf | 700 | — | 605 | — | | | | | | | | | | | |
| S. Brooks | 630 | — | — | — | | | | | | | | | | | |
| 308 lb. | | | | | | | | | | | | | | | |
| D. Thompson | 850 | 550 | 730 | 2130 | | | | | | | | | | | |
| J. Gutridge | 650 | 530 | 670 | 1850 | | | | | | | | | | | |
| SHW | | | | | | | | | | | | | | | |
| M. Smith | 905 | 560 | 775 | 2240 | | | | | | | | | | | |
| K. Holshuer | 800 | 600 | 700 | 2100 | | | | | | | | | | | |
| J. Phillips | 600 | 500 | 620 | 1720 | | | | | | | | | | | |
| ELITE 181 lb. | | | | | | | | | | | | | | | |
| M. Maxwell | 660 | 365 | 600 | 1625 | | | | | | | | | | | |
| 198 lb. | | | | | | | | | | | | | | | |
| D. Blankenship | 725 | 450 | 650 | 1825 | | | | | | | | | | | |
| 220 lb. | | | | | | | | | | | | | | | |
| C. Young | 750 | 500 | 650 | 1900 | | | | | | | | | | | |
| P. Supthin | 710 | 340 | 550 | 1600 | | | | | | | | | | | |
| 275 lb. | | | | | | | | | | | | | | | |
| G. Daniels | 740 | 565 | 775 | 2080 | | | | | | | | | | | |
| J. Myers | 760 | 525 | 730 | 2015 | | | | | | | | | | | |
| T. Beech | 740 | 570 | 700 | 2010 | | | | | | | | | | | |
| 308 lb. | | | | | | | | | | | | | | | |
| D. Thompson | 850 | 550 | 730 | 2130 | | | | | | | | | | | |
| SHW | | | | | | | | | | | | | | | |
| M. Ruggeria | 1000* | 560 | 750 | 2310* | | | | | | | | | | | |
| J. Willoughby | 850 | — | — | — | | | | | | | | | | | |
| T. Hulson | 825 | — | — | — | | | | | | | | | | | |
| Junior 198 lb. | | | | | | | | | | | | | | | |
| J. Murphy | 670 | 335 | 580 | 1585 | | | | | | | | | | | |
| Master 198 lb. | | | | | | | | | | | | | | | |
| R. Fortsen | 500 | 300 | 550 | 1350 | | | | | | | | | | | |
| 220 lb. | | | | | | | | | | | | | | | |
| P. Supthin | 710 | 340 | 550 | 1600 | | | | | | | | | | | |
| 275 lb. | | | | | | | | | | | | | | | |
| L. Jennelle | 600 | 435 | 550 | 1585 | | | | | | | | | | | |
| 198 lb. | | | | | | | | | | | | | | | |
| R. Fortsen | 500 | 300 | 550 | 1350 | | | | | | | | | | | |
| 220 lb. | | | | | | | | | | | | | | | |
| C. Young | 750 | 500 | 650 | 1900 | | | | | | | | | | | |
| P. Supthin | 710 | 340 | 550 | 1600 | | | | | | | | | | | |
| 242 lb. | | | | | | | | | | | | | | | |
| L. Angle | 710 | 450 | 605 | 1765 | | | | | | | | | | | |
| C. Miller | 600 | — | — | — | | | | | | | | | | | |
| SHW | | | | | | | | | | | | | | | |
| J. Phillips | 600 | 500 | 620 | 1720 | | | | | | | | | | | |
| GUEST LIFTERS: JR. Lifter Dana Walker of VA Deadlifted 285 @ 123. Rodney Kenley Deadlifted 365 (PR). LOCATION: Ramada Inn, South Carolina, West Virginia. MEET DIRECTORS: Mike Hill (West Virginia Powerlifting Committee), and Chad Miller of Charleston, WV. OFFICIALS: Mike Hill, Louie Simmons, Todd Brock SPONSOR: Westside Barbell of Columbus, Ohio. TABLE SCORERS: Teresa Phillips, Terri Clark, SPOTTER/LOADERS: Donald Robbins, Jr., and volunteers. SPEAKER/ANNOUNCER: Jerry Conrad. SPECIAL THANKS: Bob Hill, Paul Supthin, and many others who (for their love of the Sport) contributed to the overall success of the meet. LIFTER/STATISTICS: 37 Powerlifters, | | | | | | | | | | | | | | | |

9 Bench Pressers, Seven (7) Totals over 2000 including 1 @ 2310 & 1 @ 2240! Mike Ruggeria's 1000 lb. SQUAT! Highlights & Contest Report: The Mountaineer Barbell Powerlifting and Bench Press Championship was held February 24th, 2001 before a packed house at the Ramada Inn in South Charleston, West Virginia. There were thirty-six (36) Powerlifters lifting and eleven (11) Benchers. There were 6 Squats over 800, including Matt Smith's 905 and the incredible one-ton lift by Mike Ruggeria. Among the Bench Presses, there were 11 over 500, including Kevin Holshier's 600. The Deadlifts included 16 that were 650 or over, including 7 over 700. Several Totals over 2000! The meet drew lifters from all over the Northern, Eastern, and Southern parts of the United States. Many thanks to LOUIE SIMMONS and the Westside Barbell for their help and support given to this meet. When it was learned that the Westside Invitational would not be held in 2001, this contest was scheduled. The "Westside is the best side", as it is said by many folks in Charleston, West Virginia and throughout the world. And as many of us lifters know, these guys can back it up! Now, on with the meet. We'll begin in the 123 lb. class where female Jr. lifter Dana Walker pulled a 285 DL. There were no Powerlifters in the 132 lb. class. Teenager Dave Revels from Oak Hill, WV BP'd 245 at the age of 17 in the 148 lb. class. In the 181 lb. class, MIKE MAXWELL of Zanesville, Ohio squatted a 660, benched 365 and deadlifted 600 for a 1625 Total. Like his father Charlie, this guy is going to be a great lifter. WV Masters Benchers Donald Robbins, Sr. set a new WV Record in the 65-69 age group @ 255. Also among the Master's Division Benchers was Ken Samples of Charleston, WV who BP'd 260 while Rodney Kenley did a PR DL of 365. The 198 lb. class had Westside Barbell's DAN BLANKENSHIP who TOTALED 1825, nearly 100 lb. over ELITE STATUS! Dan's SQ of 725, BP of 450 and DL of 650 were great lifts. MARK BURROWS came in 2nd with a good SQ of 680 and TOTAL of 1700. JOSH MURPHY won the JR. Division with a 670SQ, 335BP, and 580DL for a 1585 TOTAL. One of my training partners at Mountaineer Barbell, RICHARD FORTSEN, lifted well to win the Master's Division. He squatte 500, benched 300, and deadlifted 550 for a 1350 Total. He has made great strides since coming to the Mountaineer Barbell Club. SONNY KERCHNER, who had the flu, had a pretty good day going with a 950 Subtotal but elected to withdraw and not deadlift. Jerry Swanker came to Bench and did a 530 even though he only made his opener. Pretty good opener, huh? Other performances in the 198 lb. class were those of JOE JESTER, ROB MCNUTT, and BRIAN SULLIVAN from Connecticut. Joe Totaled a 1450 with some nice lifts of 550-400-500. Rob was close behind with a Squat of 500, Bench of 425, Deadlift of 505 for a 1430 Total. Brian Sullivan, who came all the way from Connecticut, did a Squat of 450, Bench of 350 and a 500 Deadlift for a Total of 1350. Local Bench Bud Samples lifted 310 for a win in the WV Division. CHRIS YOUNG of Mountaineer Barbell Club in Charleston, WV went 750-500-650 for a 1900 TOTAL... well over the minimum standards for Elite. GRANT AUSTIN from VA posted a 1600 TOTAL and also won the BP Division. Mike Horton and teammate Dave Callahan lifted 380 and 440 respectively. Callahan's 440 is a new WV Master's Record in the 45-49 age group in the BP Division. Teenage lifter from Charleston, Shawn Knighton Benched 290. Shawn has also done a 325 at 242, which is an All-Time WV Teenage BP Record. 242 for the 16-17 age group. He is also a regular at Mountaineer Barbell. This was Shawn's second meet at 220 and only the third competition he has lifted in. Other 220's were JEREMY AKERS and JOE JENKINS. Jeremy's 550 Squat, 380 Bench, and 540 Deadlift posted a 1470 for Jeremy. JOE JENKINS was off to a good start in the Squat with 600, although he missed 2 attempts at 700. Joe's bad luck that he encountered in the Bench Press robbed him of what would've been a great Total for this day as he went on to complete 3 strong Deadlifts at 500-550-610. In the 242 lb. class, JOHN MANLY from South Carolina, TOTATED a solid

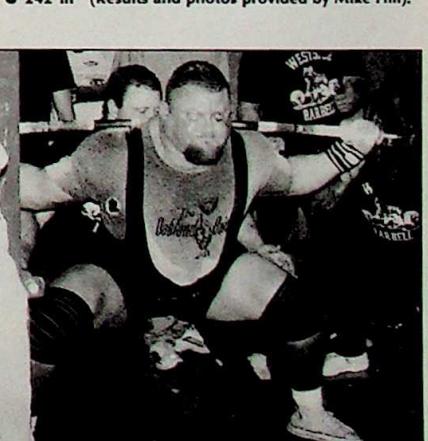
1800 with 700-450-650. John's missed attempts - a 725 SQ, 500 BP, and 675 DL would've given him 1900! LEE ANGLE of West Virginia was not happy with his lifting, but looked very strong and placed second with his 1765 Total which included a huge 450 PR Bench Press. TIM FOUTS finished 3rd with 1615. CHAD MILLER of Mountaineer Barbell had problems negotiating his 600 opening squat due to equipment problems. He withdrew from the contest, and helped run the rest of the meet. This is an easy weight for Chad and he should do some good lifting in the future. Continuing in the 242 lb. class, GABE REITTER could not make his opening SQUAT @ 765. He would have

won the class with nearly a 2000 TOTAL with just his openers. Gabe is a good friend and outstanding lifter from the Westside group in Columbus, Ohio. He will definitely be back with a vengeance, I'm sure. Gabe also had a bit of the flu bug that took something out of him. In the 275's, GABE DANIELS went 9 for 9 and TOTATED 2080! Weighing in at 270, his 740 SQ and 565 BP in addition to the 775 DL were done with power to spare. JEREMIAH MYERS TOTATED a 2015 with a 760 SQ, 525 BP, and a 730 DL. TONY BEECH went 9 for 9 going 2100 with a 740 SQ - 570 BP - 700 DL. DAN DAGUE went 6 for 9 totaling 1820. Master's lifter LEWIS JENNELLE only completed 3 lifts but TOTATED 1585! PAUL TEDRICK did some respectable lifting including a 650 SQ and a 1550 TOTAL. DAVE BEVERS DORF (Dr. Dave) did not exactly have the day he wanted as he completed only one SQ - 700 and missed all of his BP's. He was allowed to DL and he completed 3 strong ones - 540, 585, and 605. SHAWN BROOKS completed only one SQ and "bowed out" after missing 2 BP's @ 500. JIM DANISON came to BP but 610 proved to be too much for this day. In the 308 class, DONNIE THOMPSON from South Carolina began his victory day with a 775 SQ and then completed 825. This was not enough as he finished @ 850! His BP - 550 and 730 DL produced an outstanding TOTAL of 2130. JOSH GUTRIDGE TOTATED 1850 but his missed attempts of a 500 BP and 700 DL would've given him a 1920! Now, for the SHW's. MIKE RUGGERIA of Westside Barbell, really "rocked" the crowd by performing an easy opener @ 900 on the SQUAT. His 2nd attempt at 1000 lbs. looked just as good. Personally, I can't figure out why 1020 stopped him! Of course, most people haven't squatted over 1000 lbs.; so, who could figure it out? But, I'm sure that 1050 somewhere in the future is not unreasonable to expect. Mike also benched a strong 560 and pulled an easy 750 DL. Mike missed a Bench of 575 and a Deadlift of 810, which he is very capable of making. So, he ended up Totaling 2310. Seems to me that a 2400 plus Total is just around the corner. Mike has unlimited potential and is a great guy. He is definitely a force to be reckoned with! Mike's Squat and Bench were personal bests, and the 1000 lb. Squat was the 2nd heaviest Squat ever made in WV. [Note: Ed Coan, SQ'd over 1000 @ 242 in Weirton, WV in June of 2000] Continuing in the SHW's, MATT SMITH, also of Westside, had an awesome performance, hitting a huge 905 Squat, 560 Bench Press, and 775 Deadlift. Matt is truly an amazing lifter who could very easily Total over 2300; but, today settled for 2240, setting PR's in the Squat and Deadlift. Had Matt not had the problems with his Bench shirt, he could have easily Benched over 600 lbs. I'm sure that the 630 Bench and 800 Deadlift Matt is shooting for is going to come. KEVIN HOLLSUER made only 5 for 9 but still TOTATED a 2100! His 800 SQ, 600 BP, and 700 DL were well within his limits. JOHN PHILLIPS of Charleston, WV, another Mountaineer Barbell product and training partner of

mine, is really improving. His 600 Squat, 500 Bench Press, and 620 Deadlift were all personal bests. John is going to be a great lifter. His next goal is to Total ELITE in the Super Heavyweight Class. He should have no problem in doing so. He has a very bright future in the sport. He finished with a 1720 Total. TONY HUTSON Squatted 825 before missing 540 in all 5 attempts in the Bench Press. JED WILLOWBY came to just to Squat. He made a 775, an 850, and nearly Squatted 900, but it proved to be just a bit too much. Next time, I'm sure he will get this lift. In closing, I would like to thank all of the lifters, fans, sponsors, judges, spotters, loaders, and all the other help that we received at this year's event. They are the ones who make the contest what it is. I would especially like to thank, individually, LOUIE SIMMONS and the Westside Barbell Club, for coming all the way from Columbus, Ohio with their help and support. If not for them, this meet would not have been possible. They have always been great to me. If not for them, my meets and my lifting would have never reached the next level. Here are the names of some others who deserve individual recognition: CHAD MILLER, MR. & MRS. JOHN PHILLIPS, MR. & MRS. RICHARD FORTSEN, BRENT TRACY, PAUL SUPTHIN, CHRIS & KELLY YOUNG, DONALD ROBBINS, JR., SHAWN KNIGHTON, MIKE ALLEN, BOB TRIBBLE & SON, JERRY CONRAD, KERRI CLARK, TODD BROCK, and ALL OF THE GUYS MATT SMITH BROUGHT TO HELP, ALL THE SPONSORS, THE APF, AND EVERYONE ELSE WHO ATTENDED AND HELPED AT THIS MEET. AS ALWAYS, I WOULD LIKE TO THANK MY FATHER, BOB HILL, AND MY WIFE CYNTHIA - YOUR SUPPORT NEVER GOES UNNOTICED. If I have forgotten anyone, I apologize. This was the third Powerlifting meet of caliber that we have held in WV since August of '99. The next meet will be in 2002. We hope to draw even more lifters from throughout the U.S. This meet is for the lifters. There are no politics here! We want to take West Virginia Powerlifting back to what it once was. So, come be a part of something we think is going to be special and grow even bigger in meets to come. If you have questions, please call me (Mike Hill) at (304) 344-1928 or write to me: Mike Hill, 1007 Dartmouth Avenue, Charleston, WV 25302. (Results and photos provided by Mike Hill).



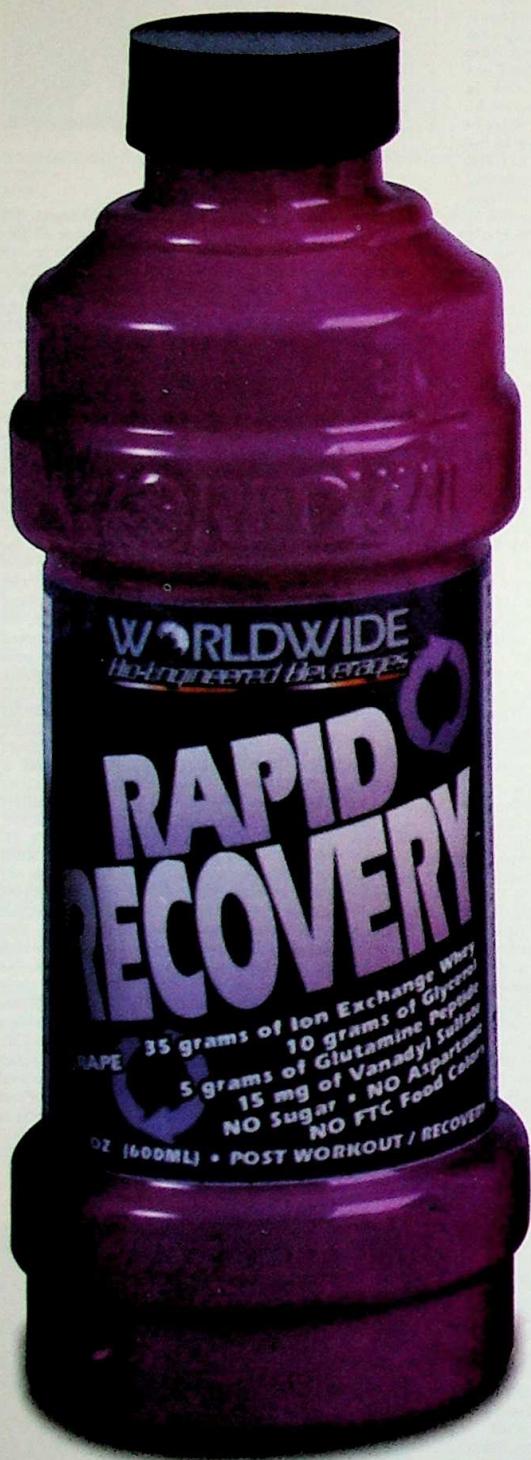
Matt Smith's 905 squat at the Mountaineer.



Mike Ruggeria cracks the 1000 pound barrier!

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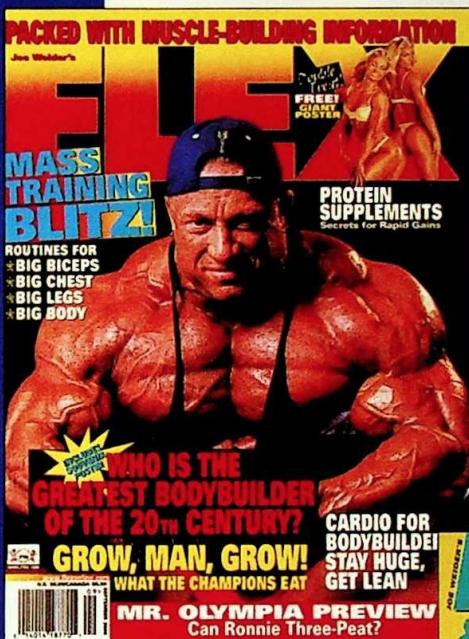
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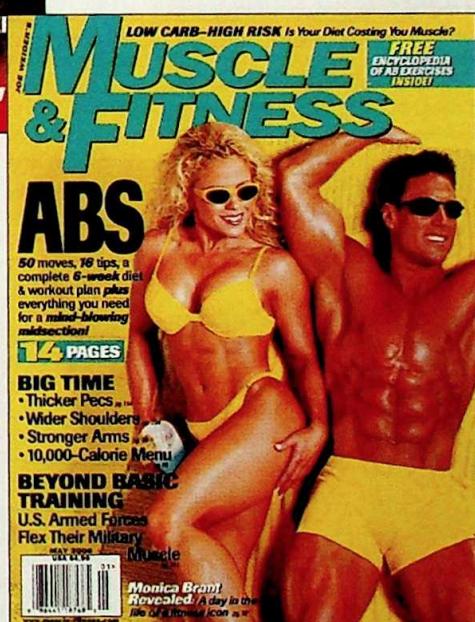


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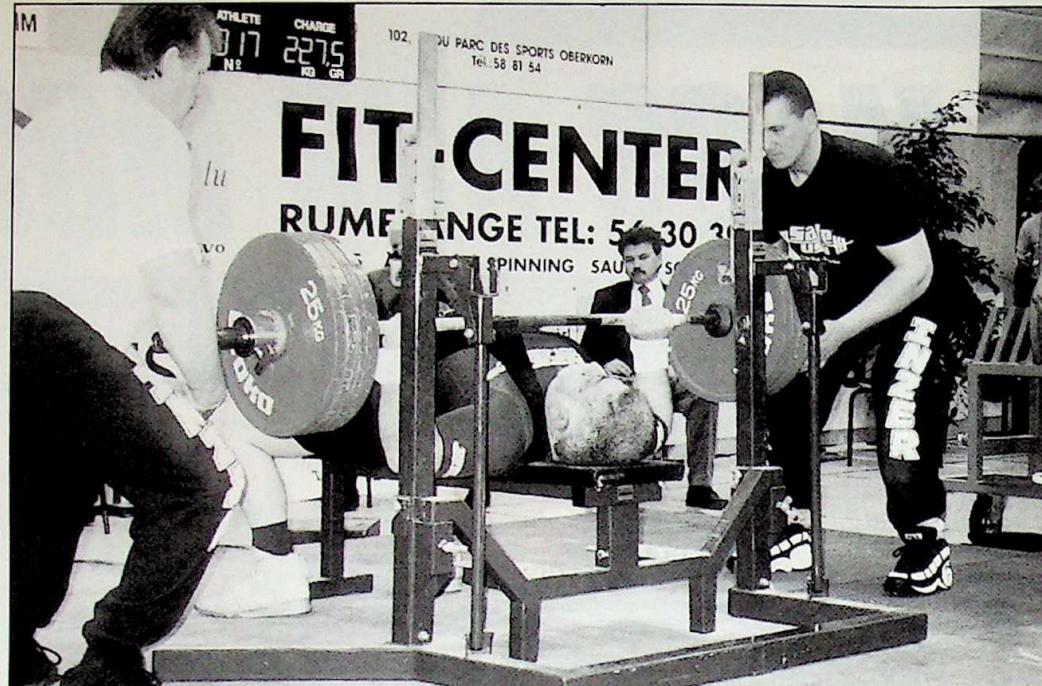
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(article continued from page 7)



"Uncle Larry" with Ford Zangl.

their support. Hurley Meeks also finished third with a bench of 120 kg in the 75 kg class. His wife Ilona helped take pictures for me on day one. Joe McDermott finished out of the medal hunt in fourth with a 147.5 kg bench in the 82.5 kg class. Dennis Ballen won the silver with a lift of 160 kg in the 90 kg division. Dennis is a little hard of hearing and would have won the gold for holding the bar the longest after the start command. Jim Bourisaw will have his medal, I am sure, with him everywhere he goes for quite a while. Jim came in from St. Louis with Greg Chrun and finished third in the 100 kg class with a lift of 170 kg. Jim was 2.5 kilos out of second which I am sure he will be thinking about for quite a while. Ray Klocek also competed in this class and finished 7th with his opening attempt of 135 kg. Joe Yanovitch and Sheldon Levy



Fred Dini went three for three and was third in the Best Lifter calculations for the Masters II 275 lb. class.

were two of the older lifters in their age group and finished 6th and 8th respectively with lifts of 147.5 kg and 100 kg. Sheldon's wife Joan helped with pictures also, but unfortunately exposed some of mine. Sheldon's daughter Susan came in from California to root for her dad.

I honestly don't believe that we would have finished nearly as well as we did without all the help from our coaches. Again a special thanks to Steve S., Kevin F., Nectar K., Johnny G., and Steve H. A number of our lifters got free bench shirts from John Inzer, so a special thanks to Inzer Advance designs who appeared to be a major sponsor of this meet and from what I was told will be helping out at next year's championship in Killeen, Texas. Saturday night after the competition, I went out to dinner with Norbert Wallach, IPF President and Heiner Koebrich, IPF General Secretary. Based on the discussions, it appears that the IPF has the inside lane to Olympic recognition. We have a number of organizations within the US many having world competitions. I don't believe that any compare to the IPF. Within the many organizations we have a number of great lifters. If you think that you are the best then you will have your chance to prove it. The 2002 Master's Bench Press Worlds will be held in Killeen, Texas, with Johnny Graham as the meet director. This year's

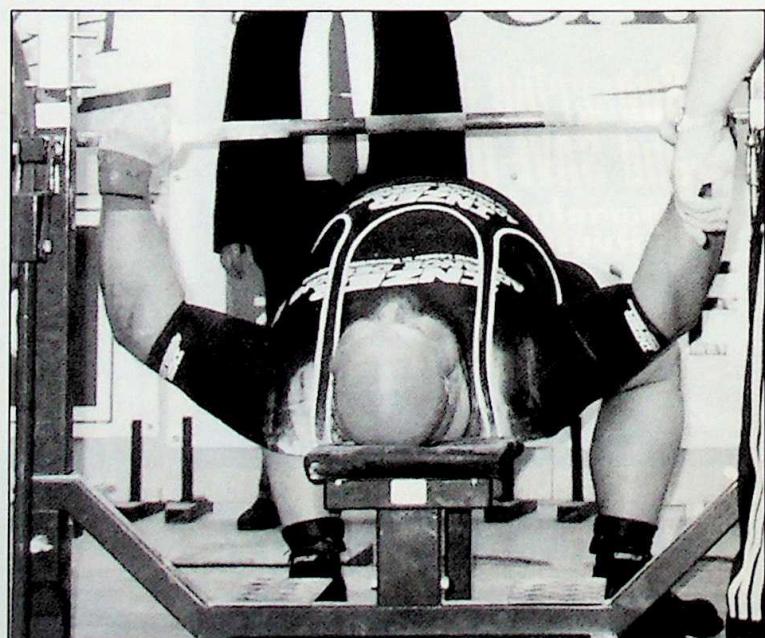
meet had some 25 countries compete. With the IPF returning to the US, it will give all athletes a legitimate chance to prove how good they actually are. To qualify for the first IPF meet to be held in the US for quite a while, you can compete at the Masters Nationals or the Bench Press Nationals.

I was told of one unfortunate incident involving one of our lifters which caused embarrassment to the US team. It appeared to me and many others that we do not get much of a break when we compete overseas. Many lifters, coaches and

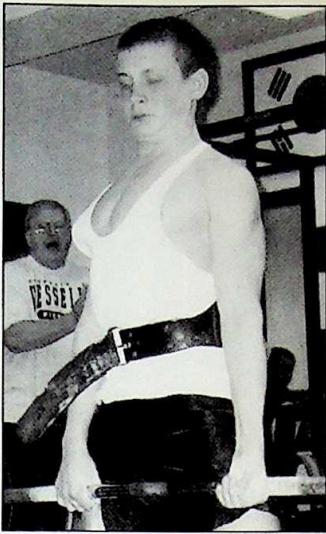
spouses of team members did not feel that we received the courtesies which we are accustomed to in the US. During the Technical meeting I was told by our 2 coaches that the person handing out the packets of information was reluctant to give the US theirs even though it had been requested a number of times. It is unfortunate that politics has infiltrated our sport as it has many others. Many of us felt that we were rudely treated, but there is no excuse for the actions of one of our lifters and I apologize on behalf of the US team. Dr. Larry Miller



Jim Klostergaard, whose bench pressing roots go all the way back to the era of the original Westside Barbell Club, waves to the crowd after receiving his IPF gold medal.



Big Dan Gaudreau with the biggest bench press of the entire USA contingent.



1st time competitor, Elliott Hieronymus locks out SR & PR 270 at 13-15 /132. (Photo provided courtesy of Dr. Darrell Latch).

242 lb.
J. Edmonds 405 355 540 1300
"Missouri State "Raw" Powerlifting record.
Best PL Lifter: John Vacca, Best Lifter Raw BP: James McEwen. The 2001 Son Light Power Missouri State "Raw" Powerlifting Championships were held at Vessell's Fitness. A very special thanks to owner Peggy Chirban for graciously hosting this event and to Dave Roberts and Don Schaffer for all their help organizing the competition. In the powerlifting competition we had some great teenage lifters, starting with the 13-15 age group. For the women we had three current record holders, who were also defending champions in their respective classes. Alicia Roberts retained her title at 123, posting all new records there. Alicia got a 95 squat and bench, then finished with a 175 and a fourth attempt 180 pull for a great 370 record total. Shanna Gillardi repeated at 165 with another great effort. Shanna shattered all of her existing records with a 185 (200) squat, 110 bench and a 200 deadlift for a 510 total. At 198 it was Hannah James, again with all new records, squatting 130 (150), benching 110 and pulling 200 for another record total of 460. Great lifting, girls! In the mens 13-15 age group, first time competitor Elliott Hieronymus got all new marks at 132. Elliott squatted 240, benched 150 (160) and pulled 270 for a 670 total. Nick Lustrate, also at 13-15 took the crown at 198, again with all new records. Nick went 390-275-430-1095, a great total for that age group. Paul Kuntz won the title at 16-17/165, going 230-205-315-745, making eight out of nine of his attempts. At 242 it was Michael Green with a 1165 total. Michael got a solid 450 squat, a record 330 bench and a 385 deadlift; a great day for this strong young lifter. Also at 16-17 was 275 winner Steve Birdsong. Steve set all new state records there going 405-315-425(445)-1165. Steve looked especially strong on his fourth attempt deadlift with 445. Dave Roberts captured the submaster 275 class with a great day of lifting. He started with a 415 squat, then a great 420 bench. Dave finished with a strong 505 pull for a 1340 total, all new Missouri State "Raw" records for that class. Our only master lifter was Tom Roberts, who took the 50-54/242 class, again with all new state records in the process. Tom got the second biggest squat of the meet with 485, benched 275, then tied the biggest pull of the competition with a solid 540 for a 1300 total. In the open classes, Rick Betel posted all new records at 148, going 300-200-375-875 for the win. At 181 it was Jody Need with a record breaking 420 squat, along with a 275 bench, 350 pull and a 1035 total for the win. Jody just missed a 285 record bench on his final attempt, coming just inches of lockout! John Vacca, the originator of the Missouri "Raw" Federation, went away with the best lifter title, as well as the win at 220. John got the biggest squat of the meet with a strong 500, follow by the biggest bench with 435. This came within ten pounds of John's existing record of 445. Finishing with a 525 pull, John also had the biggest total of the competition with 1460! Last up was 242 class winner Joe Edmond. Joe is a great deadlifter, as was evident by his strong 540 pull. Joe also had a respectable bench of 355 to go along with his 405 squat to finish with a 1300 total. In the bench press competition it was Elliott Hieronymus for the win at 13-15/132, making 150, then following up with a state record 160 fourth attempt. Also in the 13-15 age group was 198 winner Nick Lustrate, who finished with a state record 275. Jack Tankersley had a great bench at 165, in the 16-17 age class, finishing with a new state record 280, all at a bodyweight of 156. Also in the 16-17 age group was first-time competitor Chad Paxton. At 1308, Chad did good, finishing with three new state records and 255 to his credit. In the 18-19 age group was 308 winner Chris Lustrate. Big Chris showed plenty of strength, finishing with a new Missouri state record 370. The biggest lift of the day came from submaster SHW winner Chris Lowe. Chris set a record with each of his lifts to finish with a personal best 475. Steve Hazen, who holds the master 4044 record at 242, now holds the 220 record also, ended the day with a strong 350. We had three lifters in the 50-54 division, two at 198 and one 242 competitor. Curt Poling, Sr. won the 198 class with a new state record of 300. Second at 198 was Bill Harris with 270. Ed Coates had lost about sixty pounds but still came through with a strong 275 to capture the title at 242. Win Smith set the record at 55-59/181 with four

great presses, finishing with a new state record 265 for the win. Big Don Schaffer, undoubtedly the top bencher in the world at 65-69/308, ended the day with a state record 410. And this 67 year old kid had plenty more left in him! In the open division, Brian Kleffner won at 181 over defending champion Quentan Rogers by bodyweight. With just one pound difference, both lifters finished with 325. Jackie Sutton took the 198 title with a record 385. At 220 it was D.J. McFadden, taking the title with 360, another new state record. Winning at 242 and also taking the best lifter title was James McEwen. Jim's final attempt with 425 was still another state record for that class. At 275 it was Rick Fortner for the win, finishing with 360. Cash Bliss won at 308 with a strong state record 350. In the deadlift competition we only had three competitors, but all set new state records in their respective classes. In the teenage men's 13-15 division Elliott Hieronymus got 270 at 132 and Nick Lustrate got a 415 third attempt followed by a 430 fourth at 198. Then with the biggest lift of the meet was Cash Bliss with a great 625 in the open 308 class. A special thanks to our loaders and spotters, Doug Salmon and Phil Balter, to my son Joey and to Dave and Don once again. See you all next year! (Thanks to Dr. Darrell Latch for providing the results of this contest).



67 year old, Don Schaffer locks out an easy 410 in the 275 lb. class at the Missouri State PL. (Photograph provided courtesy of Dr. Darrell Latch to PL USA).

Missouri State 24 Mar 01 - Rolla, MO

| | BENCH | W. Smith | 255* |
|----------------------|----------------------|----------|------|
| MEN | 4th | 265* | |
| Teen (13-15) | (65-69) 308 lb. | | |
| 132 lb. | D. Schaffer | 410* | |
| E. Hieronymus | 150* MEN | | |
| 4th | 160* Open 181 lb. | | |
| 198 lb. | B. Kleffner | 325 | |
| N. LaStrada | 275* Q. Rogers | 325 | |
| (16-17) 165 lb. | 198 lb. | | |
| J. Tankersley | 280* J. Sutton | 385* | |
| 308 lb. | 220 lb. | | |
| C. Paxton | 250* D. McFadden | 360* | |
| 4th | 255* 242 lb. | | |
| (18-19) 308 lb. | J. McEwen | 425* | |
| C. LaStrada | 370* 275 lb. | | |
| Submaster SHW | R. Fonner | 360 | |
| C. Lowe | 450* 308 lb. | | |
| 4th | 475* C. Bliss | 350* | |
| Master (40-44) | DEADLIFT | | |
| 220 lb. | MEN | | |
| S. Hazen | 350* Teen (13-15) | | |
| Master (50-54) | 132 lb. | | |
| 198 lb. | E. Hieronymus | 270* | |
| C. Poling, Sr. | 300* 198 lb. | | |
| B. Harris | 270 N. LaStrada | 415* | |
| 242 lb. | 4th | 430* | |
| E. Coates | 275 Open | | |
| Master (55-59) | 308 lb. | | |
| 181 lb. | C. Bliss | | |
| WOMEN | SQ BP DL TOT | | |
| Teen (13-15) 123 lb. | | | |
| A. Roberts | 95* 95* 175* 365* | | |
| 4th | 180* 370* | | |
| 165 lb. | | | |
| S. Gillardi | 185* 110* 200* 495* | | |
| 4th | 200* 510* | | |
| 198 lb. | | | |
| H. James | 135* 110* 200* 445* | | |
| 4th | 150* 460* | | |
| MEN | | | |
| Teen (13-15) 132 lb. | | | |
| E. Hieronymus | 240* 150* 270* 660* | | |
| 4th | 160* 670* | | |
| 198 lb. | | | |
| N. LaStrada | 390* 275* 430* 1095* | | |
| (16-17) 165 lb. | | | |
| P. Kuntz | 230 205 315 745 | | |
| 242 lb. | | | |
| M. Greeno | 450 330* 385 1165 | | |
| 275 lb. | | | |
| S. Birdsong | 405* 315* 425* 1145* | | |
| 4th | 445* 1165* | | |
| Submaster | | | |
| D. Roberts | 415* 420* 505* 1340* | | |
| (50-54) 242 lb. | | | |
| T. Roberts | 485* 275* 540* 1300* | | |
| Open 148 lb. | | | |
| R. Bertel | 300* 200* 375* 875* | | |
| 181 lb. | | | |
| J. Neef | 410* 275 350 1035 | | |
| 220 lb. | | | |
| J. Vacca | 500 435 525 1460 | | |

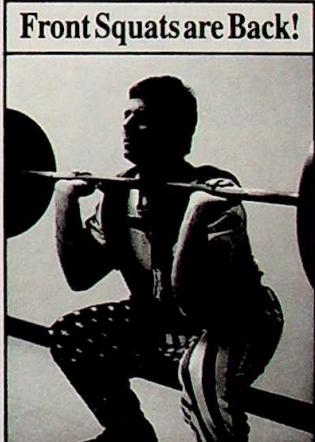
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|-----------------|-----|-----|-----|------|
| J. Piner | 425 | 280 | 495 | 1200 |
| B. Mears | 450 | 340 | 490 | 1290 |
| 220 lb. Open | | | | |
| B. Whitman | 645 | 410 | 700 | 1755 |
| Class-2 | | | | |
| G. Shoemaker | 450 | 300 | 450 | 1200 |
| Armed Forces | | | | |
| S. Battista | 450 | 340 | 520 | 1300 |
| 242 lb. Open | | | | |
| D. Taylor | 705 | 405 | 600 | 1710 |
| D. Donohoe | 460 | 340 | 550 | 1350 |
| (55-59) | | | | |
| M. Nichols | 390 | 265 | 505 | 1160 |
| R. Rood | 540 | 360 | 555 | 1455 |
| 275 lb. Open | | | | |
| P. Battle | 640 | 445 | 610 | 1695 |
| J. Madden | 605 | 415 | 525 | 1545 |
| S. Brookshire | 565 | 390 | 575 | 1530 |
| (20-23) | | | | |
| P. Battle | 640 | 445 | 610 | 1695 |
| 319 lb. (20-23) | | | | |
| B. Siders | 780 | 640 | 730 | 2150 |

(Thanks to John Shifflett for these meet results)

USAFL Virginia Open 10 Mar 01 - Charlottesville, VA

| | | | | |
|---------------------|-----------------|--------------|-----|--|
| BENCH | 181 lb. (20-23) | | | |
| FEMALE | A. Mamola | 400 | | |
| 114 lb. Open | 198 lb. (35-39) | | | |
| A. Mamola | 145 | J. Christian | 365 | |
| 132 lb. Open | | (50-54) | | |
| B. Altizer | 255 | W. Brothers | 250 | |
| 181 lb. (55-59) | | 220 lb. | | |
| G. Leader | 175 | Armed Forces | | |
| MEN | | S. Battista | 340 | |
| | | (50-54) | | |
| 148 lb. (14-15) | | J. Clinton | 320 | |
| J. Dunbar | 205 | | | |
| 165 lb. Open | | (45-49) | | |
| T. Robinson | 250 | A. Statman | 315 | |
| (55-59) | | | | |
| L. Cardon | 360 | 242 lb. Open | | |
| FEMALE | SQ BP DL TOT | M. Blackwell | 290 | |
| 132 lb. Open | | | | |
| B. Altizer | 380 | 255 320 955 | | |
| 165 lb. (40-44) | | | | |
| B. Hayes | 275 | 190 355 820 | | |
| 198 lb. (20-23) | | | | |
| M. Fadeley | 225 | 160 325 710 | | |
| MEN 148 lb. (14-15) | | | | |
| J. Dunbar | 260 | 205 300 765 | | |
| 165 lb. Open | | | | |
| C. Lee | 430 | 415 475 1320 | | |
| B. Carroll | 400 | 360 475 1175 | | |
| (20-23) | | | | |
| C. Lee | 430 | 415 475 1320 | | |
| Class-2 | | | | |
| B. Carroll | 400 | 300 475 1175 | | |
| (40-44) | | | | |
| S. Lutz | 420 | 240 400 1060 | | |
| (55-59) | | | | |
| L. Cardon | 150 | 360 155 665 | | |
| 181 lb. Open | | | | |
| S. DeBenedittis | 405 | 270 405 1080 | | |
| (20-23) | | | | |
| C. Chattin | 415 | 315 420 1150 | | |
| (35-39) | | | | |
| D. Silveus | 455 | 270 440 1165 | | |
| (50-54) | | | | |
| H. Gutnick | 400 | 285 500 1185 | | |
| (55-59) | | | | |
| C. Jackson | 305 | 225 435 965 | | |
| Police/Fire | | | | |
| C. Riggelman | 280 | 190 315 785 | | |
| (16-17) | | | | |
| B. Leonard | 355 | 205 405 965 | | |
| (18-19) | | | | |
| K. Robertson | 440 | 335 500 1275 | | |
| Open | | | | |
| T. Linn | 605 | 355 625 1585 | | |

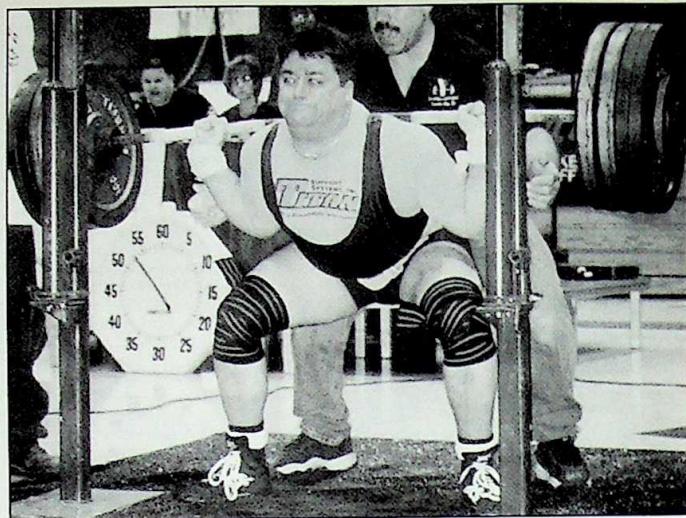
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USAPL Illinois State Great Rivers

27 Mar 01 - Harrisburg, IL

| | | | | | | |
|----------------------|-----|-------------------|----------------------|---------|------|------|
| BENCH | | M. Hunt | 200 | 140 | 300 | 640 |
| 132 lb. | 330 | B. Rhine | 170 | 95 | 235 | 500 |
| T. Taylor | | G/R Teen (18-19) | 181 lb. | | | |
| 165 lb. | | L. Atkinson | 235 | 90 | 280 | 605 |
| B. Gibbons | 315 | Open | 97 lb. | | | |
| R. Tirado | 305 | T. Smith | 80 | 70 | 145 | 295 |
| 181 lb. | | C. DeVillez | 130 | 85 | 255 | 470 |
| P. Beebe | 355 | 148 lb. | | | | |
| 220 lb. | | D. Schlattman | 132 lb. | | | |
| T. Corsi | 430 | M. Frizzell | 181 lb. | | | |
| K. Hazlett | 395 | G/R Open | J. Johnson | 165 | 100 | 225 |
| 242 lb. | | 198 lb. | 198 lb. | 100 | 225 | 490 |
| N. Kirkiris | 365 | T. Corsi | M. Hunt | 200 | 140 | 300 |
| SHW | | 198+ lb. | 198+ lb. | 640 | | |
| D. Schlattman | 375 | M. Frizzell | K. Lawson | 105 | 105 | 210 |
| 181 lb. Teen (14-15) | | 181 lb. | MEN Teen (14-15) SHW | | | |
| A. Gibson | 100 | D. Calloway | J. Newsome | 440 | 245 | 525 |
| 198+ lb. | | 220 lb. | (16-17) 275 lb. | 1210 | | |
| S. Hamilton | 100 | GR Master | M. Stokich | 275 | 205 | 350 |
| 165 lb. (18-19) | | (45-49) | (18-19) 165 lb. | 830 | | |
| R. Vyka | 260 | D. Hall | J. Anderson | 465 | 280 | 440 |
| WOMEN | SQ | B.P. | Master (40-44) | 242 lb. | | 1185 |
| 132 lb. Teen (14-15) | | D. Sallee | T. Sallee | 365 | 225 | 440 |
| S. Ledbetter | 135 | 45-49) | (45-49) 181 lb. | 1030 | | |
| 148 lb. | | D. Wiley | D. Wiley | 605 | 355 | 555 |
| K. Murrow | 85 | 205 | 220 lb. | 1515 | | |
| 181 lb. | | A. Probyn | 220 lb. | | | |
| A. Bush | 165 | 95 | 360 | 415 | 1035 | |
| (16-17) 114 lb. | | WOMEN Police/Fire | 123 lb. | | | |
| G. Milstead | 115 | 255 | | | | |
| 123 lb. | | | | | | |
| A. Jackson | 190 | 115 | | | | |
| L. Walters | 115 | 255 | | | | |
| 132 lb. | | | | | | |
| E. Sweat | 115 | 65 | | | | |
| 148 lb. | | | | | | |
| C. DeVillez | 130 | 85 | | | | |
| B. Bishop | 95 | 255 | | | | |
| 165 lb. | | | | | | |
| A. Olgelsby | 190 | 100 | | | | |
| 181 lb. | | | | | | |
| J. Johnson | 165 | 225 | | | | |
| 198 lb. | | | | | | |
| M. Hunt | 200 | 490 | | | | |
| 198+ lb. | | | | | | |
| B. Rhine | 170 | 95 | | | | |
| (18-19) 198 lb. | | | | | | |
| D. Ital | 215 | 120 | | | | |
| 181 lb. | | | | | | |



Rick Fowler doing a 650 lb. squat. (Photo provided by S&M Fitness).



DeAnn Ital - 4 Illinois State Records in the 198 18-19 teen women class. (Photo provided by S&M Fitness).

| | | | | |
|-------------|-----|-----|-----|-----|
| 198+ lb. | | | | |
| K. Lawson | 105 | 105 | 210 | 420 |
| Open 97 lb. | | | | |
| T. Smith | 80 | 70 | 145 | 295 |
| 114 lb. | | | | |
| G. Milstead | 115 | 85 | 205 | 405 |
| 123 lb. | | | | |
| A. Jackson | 190 | 115 | 255 | 560 |
| 132 lb. | | | | |
| E. Sweat | 115 | 65 | 130 | 310 |
| 148 lb. | | | | |
| B. Bishop | 95 | 90 | 175 | 360 |
| 165 lb. | | | | |
| A. Olgelsby | 190 | 100 | 255 | 545 |
| 181 lb. | | | | |
| A. Bush | 165 | 115 | 255 | 535 |
| 198 lb. | | | | |

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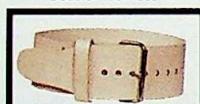
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To Whom it may concern:

On March 17, 2001, Kathleen Conroy witnessed an amazing act of pure strength and determination that she feels must be recognized by all powerlifting fans. During the Great Rivers ILL Meet, Ron Palmer, weighing 171 lbs., started the competition with a squat of 455 lbs. followed with a second lift of 500 lbs. After a slight movement of his foot his third lift of 525 was disqualification leaving Ron 105 lbs. behind the first place lifter. Next came the bench press competition with an opening lift of 375 lbs. and a second lift of 405 lbs. On the third lift, the entire gym was quieted when Ron's wrist turn just before lock out and 435 lbs. came crashing onto his chest. It all happened so quickly the spotters couldn't move fast enough to stop the weight from falling. When Ron raised from the bench everyone thought the meet was over for him, but his pure determination and strength forced him on. Now Ron was 55 lbs. under the first place lifter. The deadlift competition would decide the day's results. I have to say the first place lifter seemed to be breathing easy. Knowing the pain Ron must be feeling in his chest and seeing the ice laying across his wrist, it should be an easy finish. Not the case... Ron open the deadlift competition with 500 lbs. and jumped to an amazing 600 lbs. for his second attempt. Now Ron found himself with a secure second place standing and only 10 lbs. out of first place. Ron did not come to this meet to settle for second. With a final deadlift of 625 lbs. Ron "Lionheart" Palmer took over first place with room to spare. The final results were as follows: First place in 171 lbs. open weight class: squat 500, bench 405, deadlift 625, total 1530.



Timothy Taylor in the 132 lb. class best lifter. (Photo by S&M Fitness).

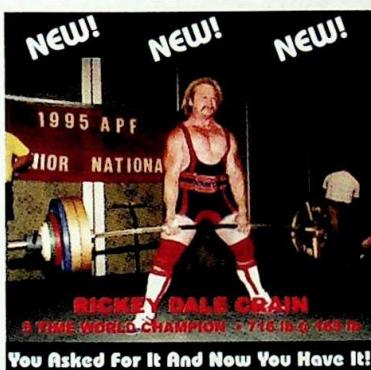
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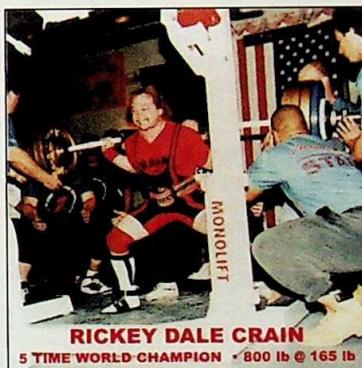
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For standard SHW/ 125+ kg. USA lifters in results received from Apr/2000 through Mar/2001.

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NEXT MONTH... TOP 114s

Corrections... Andy Moreno's California State Junior (14-16 age group) record bench press of 220 lbs. in the 123 lb. class, which was achieved at the USPF California State meet in San Luis Obispo last October 7th, was not reflected on the TOP 20 list for Teenagers for the year 2000, as published in the March 2001 issue of POWERLIFTING USA. In this case, we did not receive the results of the competition in question in time to use in our compilation of that list. Brian Dolan benched 540 at Dr. Darrell Latch's May 13th, 2000 contest. In the tabular results, his bodyweight was not indicated, however, it was mentioned in the text of the meet report, but we didn't catch it and his effort was not reflected on the TOP 100 listing for the 275 lb. weight class. Brian only weighed 250, well below the class limit. We certainly do apologize for any errors that our readers find in the various lists we publish, and we encourage you to please send any corrections to "PL USA ERRORS", Box 467, Camarillo, CA 93011. Sometimes we miss the lifts, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - there are several possible reasons for a mistake. (Sometimes, it takes a while to verify the correction before it is published.)

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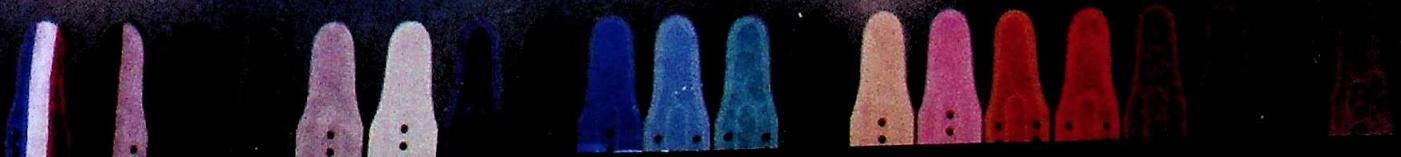
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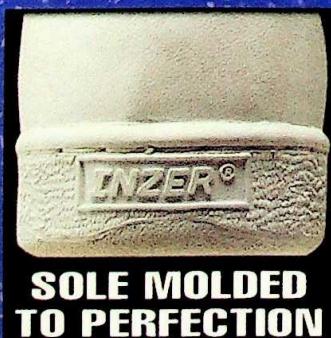
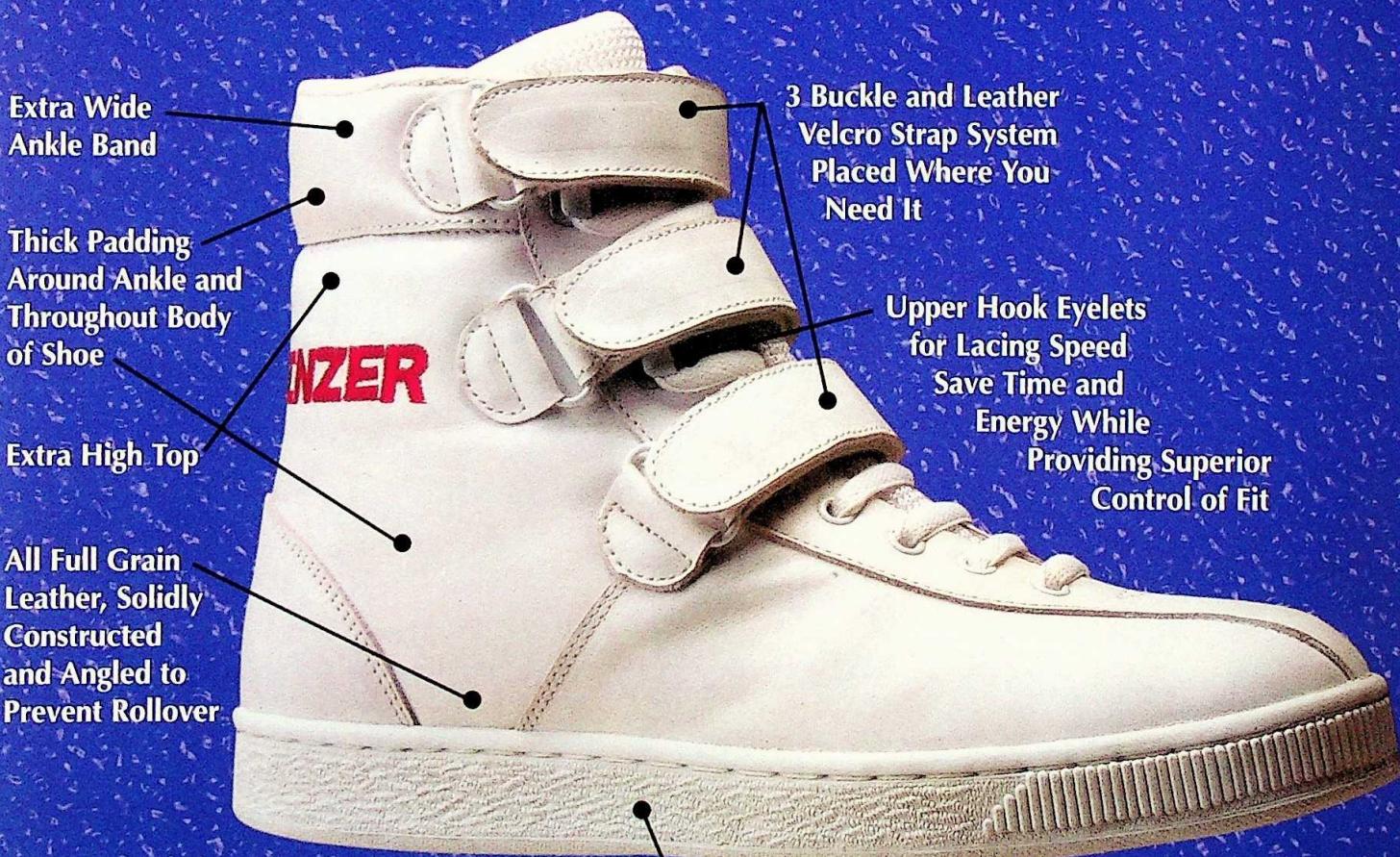


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