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ON THE COVER ..... Travis Mash fighting his way to the all time biggest total at 220, 2408, at the WPO Finals in Atlanta, Georgia

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The WPO Finals ... *seen by PL USA Editor Mike Lambert*

The 3rd annual GNC Show of Strength World Expo took place once again at the elegant Cobb Galleria Centre facility in the northern Atlanta suburbs, and had even more events than last year to entice the fitness oriented crowd the vendors were hoping for. For example, there were *two* strongman contests running concurrently this time (one Pro, one Amateur), and the Total Nonstop Action (TNA) Wrestling Federation tryouts were a very popular new event. This year's overall spectator turnout was better than last, according to HOUSE OF PAIN's Rick Brewer, but the WPO World Powerlifting Finals was the focus of this article, as well as hundreds of fans, who often overflowed the extensive seating area in an SRO tribute to the appeal of this event..

The lifting was distributed over the three days of the SOS, with the WPO superclasses for the lightweights (up to 165) and middleweights (up to 220) competing on Friday, the Heavyweights (242s and 275s) on Saturday, and the Super Heavyweights (308s and true SHWs) providing Sunday's much

Almost 2600! *.. Paul Childress kept his cool amidst ferocious competition and prevailed @ SHW.*

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

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

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***Kara Bohigian** gave a 402 Bench Press @ 148 a convincing try!*

anticipated finale.

"Guest lifters" included two exceptional ladies: Amy Weisberger (not battling the scales to make the 132 lb. class limit this time) and Kara Bohigian (lifting in front of her many appreciative hometown fans). Amy (39) attacked the squat with the advantage of her solid bodyweight increase, and explosively drove up each lift, even an all time record 556 4th attempt. She tokened a 55 lb. bench to secure the record, and then pointed out a shoulder problem that kept her from trying any further pressing. In the deadlift she made an impressive re-take of a 462 deadlift after a clear miss on her initial try.

Kara also rocked in the squat, but not with her 562 3rd attempt, and in the bench press, she stunned lifters and audience with excellent lifts of 374 and 385, before trying a mind-boggling new benchmark of 402 on a 4th, utilizing state of the art technique, including a tremendous arch. Her 501 pull produced a spectacular 1421 total, which will likely rank 20ish on our next PL USA TOP 100 for lightweights.

In the WPO Lightweight division, Angelo Berardinelli was present, but not on the scoreboard, and John Reese of Moscow (Idaho) had the misfortune of believing a schedule typo in the program and missed the Lightweight competition. Due to the error, he was allowed to compete the next day, and showed power of substance in the squat with a comeback attempt at 705 as a 165er, but then got bit by the bombout bug in the bench with an ambitious 457 opener.

Competing within the WPO format at an extreme bodyweight disadvantage, 20 year old Richard Hawthorne made a phenomenal leap up the all time squat list, off his own shoulders, to the rarefied 650 lb. ranks of the immortal Joe Bradley. A bit of BP difficulty was quickly resolved, but he dropped 99 lbs. of potential total, by missing 600 lbs. in the DL twice. Brian Strickland was using this meet to try to qualify for the Arnold Classic, and his missed 727 squat would have been a great help. Dan Petrillo opened with 275 in the bench ... was he injured? Guess not, as he rammed his way to a beautiful 503 4th attempt final for a new WPO World Record (worth $1000!) Nick Hatch can't be 18 ... he performs his lifts with the strength and experience of a man twice that age ... that must be the influence of Coach Rick Hussey of Big Iron Gym in Omaha. After missing a WPO world record 710 squat (his 683 opener was a WR to start with!), he came back and forced it up, and then triumphantly refused to quit with an almost unimaginable 733. He kept it up in the bench ... 485 was a tough miss on his 2nd, but he fearlessly returned to get it on a 3rd, in a very difficult effort, but a further 507 world record was too much, even for SuperTeen. As great as Hatch was, Brian Schwab was greater, trying a (then) World Record squat of 688, then making a new WPO World Record of 503 (exceeding his standing 501) and then even going for an all time world best lift of 520. Tony Conyers had no trouble winning the division, despite not repeating his 800 plus performances in the squat, but he also went for a WPO World Record in the bench, and he confidently broke the 1900 barrier in the total.

In the Middleweight division, Mike Coe had us fearing the worst for a second, when he took 755 down and then kept on going down and forward. After a cautious return to his feet, he didn't appear to be seriously injured, but did not continue lifting. Also running aground early was rugged Kyle Robertson, who seemed at ease with the big weights he was handling, but he didn't get the judge's calls. Mike Roberts got a couple of nice squats, but after a monster 611 BP opener, he did not continue. New Finnish WPO hopeful Ilkka Mursu couldn't get his squat rolling, but Kieran K. let him continue in the BP anyway. Mike Danforth did not get a squat on the board, and Dmytro "Popeye" Soloviov of the Ukraine was able to happily return from a missed opener in the squat to post a massive 547 BP as a 181er (he's got even bigger forearms than his 242 lb. brother Oleksy). Ron Palmer didn't make the journey down the bodyweight scale to the 165s, and - instead - shoved around some monster weights at 181 ... 845 in the squat was just a hair off, and his try to 551 in the bench was moving well, though not finished. He was reportedly off to the Bench America World meet in Chicago, the next day, for an exhibition, before next heading out to Fresno for the WPC World Championships the following week.

Arnold Coleman looked like he was at the wrong end of the venue (the bodybuilding show was at a location far opposite of the lifting), but his muscles remembered how to move big iron, despite a timing out glitch on his 3rd squat. Michael Cartinian, a densely muscled fireplug of a 198 pounder, squatted immaculately, and seemed on track with a gigantic 617 BP attempt, but it wasn't quite there. Finnish WPO veteran Tatu Avola squatted a Coanesque 859 as a 198er, and could have ended up over 2100 with another attempt or two to the good. The bulging thighs of Germany's Harald Selsam broke the 900 lb. squat standard, but a misload issue besmirched his 936 attempt. In his WPO debut, Brandon Cass lifted like a "crain" in the squat, and was solid in the other two lifts as well. He comes to the platform without an entourage of backslappers, and does battle with huge weights on his own. Kenny Patterson has made an excellent conversion to a three lift competitor, and went 10 times bodyweight plus in the process. 881 was a great squat, and in the bench, he went for it ... smashing up a WPO WR 716, and then going for everything on a 4th with an all time mark of 740, that was just too much.

After all that quality lifting, we finally got to the top three in

***Richard Hawthorne's** remarkable ride with a 650 squat at 132!*

***Nick Hatch** could hardly be stopped in the squat - 735!*

the division. Dondell Blue has made the remarkable transition to squatting superstardom, smoothly motoring up with 870, 909, and 942. He made his opening BP shirtless, then went to 589 for a shirted success. Card carrying Powerlifting Warrior Chuck Vogelpohl opened with a WPO World Record of 994 in the squat, missed it oddly, then returned to get it on the board, before missing 1030. 501 was another odd miss in the bench, but was repeated to the good, however, a giant jump to 595 was an awkward and a potentially costly miss. Standing on top of the 220 lb. world was Travis Mash. After recovering from an injury, T.M. came in thick and incredibly strong. He forcibly manhandled his squats, and his bench was better than ever (to a temporary WPO World Record 696). With his first DL of 738, he got another WPO WR in the total, and with his next attempt he did the nearly unthinkable ... breaking the all time 220 lb. total record of Ed Coan, to with 2408.

In the WPO Heavyweight division, Noel Levario seemed ready to join his fellow Illinois lifters in the top rungs, but he fell to the bench bomb disease that affected a disturbingly large number of the heavier lifters. In the WPO, if you miss your first two attempts in any lift, you are not allowed to continue. It is a rule distinction that is deceptively dangerous. Basically, you don't have three attempts .... you have two attempts to make one lift ... after that, your third or even fourth attempt is gravy. Despite the demands of the WPO spotlight to break records and excel overall, the lifters who consistently prevail are those who lift as if they only had two attempts per lift, and then go onward from that point. Chris Mason looked huge at 242, but after three big squats (ending at a big 920!), he struggled on two attempts to get a BP in. J. L. Holdsworth ... definitely "warrior class" and definitely on the way up in the WPO had some thinking he might try as much as

***Tony Conyers** has been on top of the Power Game for decades.*

800 in the BP, but two awkward attempts at 733 turned him into a spectator.

Former IPF competitor Oleksy Soloviov earned the crowd's respect with 7 big lifts, and an almost 633 in the BP. The man who is afraid of no weight, Marc Bartley, left too much weight off the scorecard in the squat to repeat at 2400 plus, like he did at the APF Seniors, and that kept him out of the top three. John "Chester" Stafford has Westside Barbell tattooed on his shoulder, and takes Louie's lessons to heart ... he's superstrong in every lift, and shows astonishing speed in the deadlift, in particular. He fell back on a 931 squat, and missed two other third attempts, but still edged in ahead of the South Carolinian Bartley. Just nudging Stafford was Illinois' Jason Patrick. 986 was a key miss in the squat for J.P., and he had to sniff the trail that Jose Garcia was blazing all the rest of the way. Jose looks lean, even at the enhanced bodyweight of 256, but he doesn't lift lean. His 1008 squat was picture perfect, and he was much improved in the bench as well, just being outclassed by a huge 639 on his 3rd attempt. He missed 782 in the deadlift on a tough effort, but somehow bumped his resolve up on his 3rd attempt to nail it for a sensational 2414 total and a WPO divisional title. (Winners of each division got $3500, followed by $1500 for 2nd, and $750 for third place finishers).

With a ton and a half (plus) of athletes weighing in, the ground was shaking in anticipation of Sunday's Superheavyweight lifting. The opening squat attempt for this Gang of Nine was a mere 959, and four of the openers were over 1000!

Andy Bolton's opener of 970 was easy, and 1058 was hardly more. He then went to a WPO World Record of 1118 and did a dutifully deep dip with it. With a huge squat number under his thick lifting belt, he opened boldly at 600 in the bench, but awkwardly drove it into the racks twice and was - shockingly - out of the meet. Germany's Holger Kuttroff opened badly with 1014, then came back to make the

***Chuck Vogelpohl** was ready for battle in the Middleweight class.*

same weight as if he was a different man altogether. 1058 was too, too much, and ... regrettably ... he tore his pec on his opener 595 BP and was gone. Brent Mikesell had been looking forward to this meet (and the subsequent WPC Worlds) after his disappointing injury at the Arnold Classic. He fell back with 1003 on his first try here, and just couldn't do it on his 2nd and the World's Greatest Squatter was out. WPO newcomer Jonathan Bernor showed real intestinal fortitude by relaunching 1019 for a judge-convincing attempt on his 3rd squat, but neither 705 nor 733 were hit on the right spot in the bench. WPO Prez Kieran Kidder was visibly wincing as lifter after lifter in this division bit the dust in the bench press. Considering the weights involved, the equipment, and the technique(s) employed, hitting a big bench in WPO competition is like jumping up onto a giant, spinning ball bearing, slicked with oil, with a beaker of nitroglycerine in both hands ... if you don't do it just right, it can blow up in your face.

Garry Frank was gigantic and looking so confident ... with no obvious trace of the back problem that he suffered after his 2800 plus all time total record. His opener squat of 1025 was so easy, and 1063 was hardly a limit, but it seemed to be cut just high both times. Garry strode away and returned to the bench after everyone else had finished, to open with the astonishing poundage of 804. He basically threw the weight up, but a bit off line, and it went into the racks, and an increase to ... gosh ... 821 did the same, and the World's Strongest Powerlifter was no longer in the meet either.

Matt Smith was ready to play his solid hand, but a controversy over his technique cost him his opener squat. He repeated it nicely, and then exploded cleanly with 1052, and was going to make it, but fell back with it before he could

(article continued on page 90)

***Jose Garcia** gets ready to spit in the face of the 2400 lb. barrier.*

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Recuperative Modalities

as told to Powerlifting USA by Marc Cavigioli

Other than genetics, four factors, training, nutrition, mental approach and recuperation dictate maximum athletic performance. Recreational athletes often overlook recuperation. Many athletes, especially the young, feel if they get eight hours of sleep per night they've recovered. And while the young can often get away with this approach, even their performance would benefit from a more complete protocol. By the time an athlete reaches his or her middle thirties even the most oblivious notice slowing recovery ability. As one ages it becomes increasingly imperative to focus on and plan recuperative techniques. Theoretically, the greater one's recovery between workouts, the harder and/or more often one should be able to train which in turn should produce greater results.

So what else is there besides sleep that promotes recovery? In answering this question it is important to keep in mind that there are two types of stress from which to recover, mental and physical. Mental stress is easier for the average person to address because it does not require any special services or equipment. Anyone who has trained intensely for a period of time knows the brain can only gear up for maximum effort so often before fatigue and burnout set in. In fact, Bob Lowery, Wisconsin State Powerlifting champion for most of the 1970s, attributed part of training partner Bill Kazmier's greatness to his ability to push himself repeatedly for months on end being less subject to mental fatigue so pervasive at the elite level.

The simplest component of mental recovery is merely thinking of other things when not training. This technique is passive. Concentrating on other "stuff" outside the gym helps keep your mind fresh for training. While it's crucial to keep laser-like focus while training, it's just as important to engage in diversionary recreation. Obsession with objectives and training while outside the gym are sure precursors to burnout. Scheduled time for self-hypnosis or mental rehearsal of upcoming workouts is *not* obsession but rather part of a planned strategy. Aside from these required forays into the all-powerful mind, absorbing hobbies and other recreations provide relief from the white-hot drive required to score new PRs or a big total. Clearing one's mind, through meditation is a more active form of this idea. If you've got no interests other than training and competing, you may be subjecting yourself to greater risk of burnout.

Self-hypnosis itself can be an active form of mental recovery. In this case the hypnotic objective may be to instill a healing sense of relaxation either generally or specific to a problem area. Self-hypnosis can also be used to develop mind-calming techniques that once developed can be available on a moment's notice. For example, just prior to record breaking attempts it can be useful to calm and empty the mind of distractions prior to marshalling one's reserves for the all-out effort.

Physical recovery also falls into two categories, active and passive. Active rest includes physical activities that maintain or improve circulation and lymphatic return. Elevated circulation leads to a restorative perfusion of muscle tissue. This brings regenerative nutrients to the area while clearing wastes the metabolic by-products of training. Active rest includes walking, light running, biking, swimming or other forms of light physical work. Ken Patera walked his dog for active rest while Bob Lowery preferred pickup games of basketball. These should not be taxing so are pursued at low intensity. Active rest can also take the form of light training days provided the weight used does not exceed 55-60% of heavy training weight. Mild cardio-vascular work for fifteen to twenty minutes several times per week is sufficient while unlikely to make incursions into recovery. The former Soviet athletes were famous for their active rest protocols.

Passive rest includes sedentary activities (movies, reading etc.) and sleep. Sleep is a recuperative modality that not only aids physical recovery but also rejuvenates the mind. The correct amount of sleep varies dramatically from individual to individual. Some rare champions function well on five hours of sleep per night while Chuck Ahrens was famous for espousing ten hours of slumber. Each athlete needs to find their own requirements. There have been times during intense training when I've slept almost entire weekends. When feeling significant fatigue it's advisable to concede to the body's wishes or pay the price in performance decrement, illness or injury.

Though it's best to obtain the bulk of sleep during one's regular sleep cycle, short naps ranging from fifteen minutes to two hours can boost recovery. Athletes generally need greater amounts of sleep and should be encouraged to nap. Research discovered introverts often need more sleep while extroverts need less. The exceptions in the study were athletes who often were both extroverted yet required more sleep. Short naps can be just the thing to boost performance/intensity as well as post-training recovery.

Perhaps the most cumbersome form of recovery for the average athlete is active-passive rest, sedentary activity that also improves circulation and lymphatic return. These include massage, whirlpools, hot tubs, ice packs and other common athletic training modalities.

Of these, ice packs are readily accessible to anyone. Steve Sandersen the nine hundred plus squatter packs his back and knees with ice for thirty minutes after training. He passed this practice on to his friend Ed Coan whom he claims uses it to this day. Ice enhances recovery because the

***Author Marc Cavigioli** relaxes in the hot tub as part of his Recuperation Modality (photograph courtesy of Marc).*

cold causes blood vessels to constrict in order to preserve body heat. After some minutes however, vessel *dilation* augments blood flow in order to prevent tissue necrosis of the chilled area. This increased perfusion is generally agreed to reach deeper than heat induced vessel dilation. As such, ice therapy, called cryotherapy, is ideal when nothing else is available. Cryotherapy works best when ice is applied for fifteen to twenty minutes, removed, the area lightly exercised to warm and superperfuse the area followed by another fifteen to twenty minutes of ice.

Of these active-passive modalities, massage is without question the most effective. Soft tissue therapy is not the pleasant sensual experience most people envision. The breaking up of scar tissue, known as deep tissue therapy can be quite uncomfortable if not downright painful. Keep in mind however that Jack Meager the pioneer of athletic massage in this country believes massage should not be overly painful. Of course, everyone's pain threshold is different so level of ideal pressure may differ significantly between people.

As athletes train, particularly strength athletes who repeatedly execute high intensity contractions, they create micro tears in muscles. Healing these tears and then supercompensating against further trauma is the basis of the overload principle. Sometimes however, tears do not heal entirely. As well, scar tissue develops if tearing is greater than ideal. Gradual accretion of scar tissue creates what are called adhesions, bundles of muscle fibers that clump together. This is a chronic condition of which the athlete is usually not aware. Adhesions, being less flexible and mobile than surrounding tissue, become a focal point for further injury. Pulls (which are minor tears) and more significant tears can often occur around these "stuck" bundles. Adhesions left untreated jeopardize training by posing a risk of injury.

Skilled massage therapists are quick to find adhesions. Through use of various techniques such as cross-fiber friction they break up the clusters. Adhesions have been described as "rivers" which can run the entire length of the muscle belly. Within these adhesions certain areas are particularly tight and sensitive. These areas known as trigger points are treated with direct firm pressure held for up to thirty seconds. Attention to trigger points ameliorates tension in the whole adhesion.

Once adhesions have been addressed flexibility is improved or restored. At this point light exercise, stretching and ice can bring back full function though more often than not at least several massage sessions are required.

> ***"As one ages it becomes increasingly imperative to focus on and plan recuperative techniques."***
>
> ***... Marc Cavigioli***

The efficacy of such work cannot be overstated. Some years ago I injured a hamstring while doing high pulls from the floor. My ex-wife, a massage therapist, worked on my hamstring. I did not apply ice or use any other therapeutic modality. One week later I was able to train at full intensity. Despite the injury skilled and timely massage prevented me from loosing even one training session!

Massage therapy can enhance performance when applied immediately prior to an event and will speed recovery if applied immediately after. Anytime is the right time for massage.

To be effective the therapist must be skilled and have sufficient power in his/her hands to break up adhesions. It can be very taxing work. An unskilled, weak therapist is caressing more than anything, from a performance standpoint is basically wasting time.

The biggest drawback of massage is the lack of skilled, powerful therapists and cost. Getting professional massages throughout the week as former Soviet athletes did is cost prohibitive for all but the luckiest athletes. The good news is most of the body is within one's own reach, so read up on technique and start rubbing for higher PRs and fewer injuries. Murphy's Law dictates that the area often in greatest need of massage is one we cannot reach, the back. Athletes without the luxury of a cooperative significant other can make like cows and use objects or furniture to try to break up adhesions. The trick, that which makes a therapist skillful, is finding the adhesions and trigger points. I had a pull in my lat-tri tie-in and massaged it on dipping bars. I've also used to corners of a bench for glute-adductors and doorframes on middle traps. Another technique is to lay and roll on a tennis or racquetball. Ouch! But when no other alternatives are available, worth the pain.

The best way to massage adhesions and spasms in one's back if alone is to insert an adjustable dumbbell bar or wooden dowel (preferably with a rounded end) into the hole of a power rack's upright. The rack is ideal for this because its holes provide plenty of height variation. Push yourself against the end of the bar. With practice you can find the exact trigger points and even follow an adhesion for it's entire length.

For those who have access to a worthwhile therapist or can cut some sort of deal, massage even if only once or twice per month can be worth it.

The next best thing to massage is use of a hot tub, another former Soviet practice. Here too expense is an issue, but once the tub is purchased, maintenance costs, while significant are nowhere near those of massage. I recently purchased a second hand tub. While civilians fawn over the luxury, any performance athlete approaching middle age will attest that facilitating recovery is more a requirement than luxury. After years of battle soaking in a tub becomes a necessary and precautionary restorative along with being a warrior's hard earned spoil.

A hot tub functions similarly to massage though not quite as effectively. The water's high temperature increases blood flow to the skin lowering muscle viscosity and relaxing the mind. We all know how the mind controls the body, right? A high quality tub has powerful jets which can be intensified by adding bubbles to the jet stream. These jets are directed at adhesions and muscles in spasm. The combination of increased blood flow, thoroughly relaxed muscles and aquatic massage can work wonders. After using the tub for two weeks, I eliminated triceps pain that had been undercutting training intensity for over a year. The tub's best feature is long term cost efficiency over frequent massage.

I've mentioned the lifestyle and protocols of former Soviet athletes. It was no accident that when we were sending strictly amateur athletes to the games, their athletes, enjoying the lifestyles and benefits of professionals, were mopping the floor with us in many events. A major benefit of the professional athlete's lifestyle is availability of recovery methods that are increasingly important when pushing one's body to its genetic limit. For the rest of us, we need pay extra attention to making recovery a priority.

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TRAINING

OPTIMAL ECCENTRICS

as told to Powerlifting USA by Louie Simmons

What do we really know about eccentric (lowering) work? The eccentric phase causes most muscular soreness. This causes much of the burn that bodybuilders talk about. The eccentric phase, when performed slowly, greatly contributes to muscle hypertrophy (growth). We also know that in an attempt to raise absolute strength, eccentric training alone fails miserably.

In the late 1970s, Mike Bridges experimented with eccentric bench pressing. He told me that the only result he got from eccentrics was a pec injury. This is confirmed by research that shows that most injuries occur during the yielding, or eccentric, phase.

Vince Anello, *at the 1980 Sr. Nationals, reportedly tried eccentric deadlifts up to 880lbs. in training.*

Vince Anello also experimented with eccentric work, doing eccentric deadlifts with as much as 880. When he returned to conventional deadlifts, to his dismay, his deadlift had decreased. Vince told me that anything will make your deadlift go up -- except eccentrics.

What does this mean? Are eccentrics a waste? Well, yes and no.

Eccentric training alone is a waste. However, a strength-shortening cycle, eccentric training followed by a concentric phase, can be very beneficial when done correctly, i.e" with optimal speed.

When doing pure plyometrics - dropping from a prescribed height - the speed of descent is about 9.8 meters/second, or the speed of gravity near earth. With depth jumps there is an inunediate rebound, causing a powerful stretch reflex produced from the kinetic energy of the dropping phase.

Plyometrics were developed by Verkhoshansky in 1958 after he watched a triple jumper train. He was astonished by the energetic rebounding after each landing in the triple jump. That energetic response was the basis of plyometrics. Plyometrics have proven vital in the training of explosive as well as absolute strength.

It is known that training with heavy weights will add strength potential to muscles and that light weights with a rapid concentric phase will increase speed and explosive strength. It is obvious that without the lowering, or eccentric, phase there would be no sudden stretch preceding a voluntary effort. Kinetic energy is gathered in the eccentric phase. This causes a sudden release of elastic energy stored in the tendons and soft tissues of the body. Heavier weight will not add to the rebound phase as effectively as using an overspeed eccentric phase.

How can this be done? Using Jump-Stretch bands will cause a forced overspeed eccentric phase. This is maximal powermetrics. The combination of eccentric and concentric actions forms a natural type of muscle functioning called the stretch-shortening cycle (SSC) (Norman and Komi, 1979; Komi, 1984).

There is no eccentric phase in a depth jump. By definition, in an eccentric action the muscle must be active during the stretching phase. The energy created by the body dropping is gravitational potential energy. When the body lands on a surface, it becomes kinetic energy, which is transfered in the body as a stretch reflex.

In the calculation of kinetic energy, increasing velocity is much more important than increasing mass. This is because velocity is squared in the equation $KE = (1/2)mv$.

This is why the squat-under in Olympic lifting is so important.

When the lifter falls under the bar, he is producing kinetic energy for reversing the direction of the bar. This dropping under the bar should not be confused with an eccentric phase. For an eccentric phase to occur, muscle tension must accompany the action. The squat-under has no such muscle tension.

We know that 40-50% more muscle can be used during the eccentric phase, and this is where a real problem occurs. As the barbell grows heavier, one tends to lower the bar slower and slower. However, this is counterproductive. When slowing down the eccentric motion, we are limiting the energy that can be stored in the muscles and tendons. The myotactic reflex occurs when a muscle is stretched by an external force. Yes, this causes a stretch reflex, but the faster the eccentric phase, the greater the stretch reflex. This, of course, can have a negative effect on the Golgi tendon reflex. The Golgi tendon reflex helps prevent extremely high and potentially dangerous loads to the tendon. With overspeed eccentrics, we try to override this phenomenon.

In Science and Practice of Strength Training Zatsiorsky states that elite athletes develop very high forces of elastic energy in the tendons rather than the muscles. This should alert us to lower the barbell at an optimal speed as weights grow heavier. If the barbell slows down as the weight grows heavier, the length of the muscle is stretched and the muscle tension increases, which could lead to injury.

Because this myotactic reflex is counterbalanced by the Golgi tendon reflex, an inhibition of muscle action occurs, causing a less than maximal concentric phase. Of course, this limits the potential to overcome heavier loads in training or at meet time.

The answer to this dilemma is to use only enough eccentric muscle tension to control the barbell in the correct path. If, in fact, one uses 40-50% more muscle tension to lower weights, does it not make sense to use only up to 50% of your eccentric strength when lowering

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a weight? This will contribute to a stronger concentric phase, producing a higher result.

Using the Tendo unit, we found that when doing speed strength work in the bench press and squat, the eccentric phase moves at a rate of 0.7-0.8 meters per second (m/s). This is basically the same as the concentric phase. This maximizes the stretch reflex. Simply said, the faster down, the faster up. With near-maximal weight, the same trend was observed: the eccentric and concentric phases were both 0.45-0.6 m/s.

Band and bar weight were used to achieve these results. When all resistance was from barbell and plate weight, the lowering time was considerable longer.

The eccentric phase was 0.4 m/s on speed squat and bench and 0.6 m/s for the concentric phase. With near maximal weight, the eccentric phase was 0.37 m/s and concentric phase was 0.40-0.50 m/s.

This means that bands can play a valuable role in increasing the eccentric phase of barbell lifts. This will teach you to use less eccentric muscle action. As weights grow heavier, the bar speed should find an optimal speed regardless of external resistance.

The above data was collected using eight 900+ squatters and eight 600+ benchers. The results were nearly equal for both phases, each lifter varying less than a tenth of a meter/second eccentrically or concentrically with circa-max weights, I was the slowest by a small margin during both phases. Dave Tate was the fastest. On speed work, the same results were obtained. J. L. Holdsworth was the fastest, and Chuck Vogelpohl was the slowest. Again, only one-tenth of a meter/second separated the eccentric and concentric phase of each lifter. The same results occurred in the bench press.

In the above test, all bench subjects benched in T-shirts. All squatters wore standard groove briefs, no knee wraps, and squatted on a box. All subjects were at the same level of general physical preparedness.

The key to lifting larger weights is concentrating on the eccentric phase, especially with the overspeed eccentric method, i.e., using a large amount of tension. Learn to relax to reduce some muscle tension in the eccentric phase to prevent inhibiting the stretch reflex, and watch your total go crazy. At the 2004 WPO qualifier in Baton Rouge we gained our fifth 2400+ total. The results speak for themselves.

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9 World Records in Powerlifting

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Learn the 5 Secrets of the World's #1 Bench-Presser

FREE Article!

Scot Mendelson: World's #1 Bench-Presser
9 World Records, 875.6 lbs. and 713 lbs. Raw — Speed = Power

It's difficult to imagine a 334 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

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

Although Scot can squat 1,000 lbs., he emphasizes: "I'm a bench-press specialist."

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

(continued at bottom left)

1) Put your back into it:
The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear deltoids. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.

2) Train for triples:
Dedicate one work-out per week to the bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...

For Scot's complete training schedule and full world champion training profiles, visit **www.bodyquicken.com** *today.*

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DR. JUDD

as told by Judd Biasiotto Ph. D.

TRY SOMETHING NEW...*Dr. Judd working on a sculpture. (Photograph courtesy Mike Lambert)*

Ever since I can remember I have had a love affair with powerlifting. In fact, my ex-girlfriend would always say, "Judd, I think you love powerlifting more than you love me." I would reply, "Yes! But I love you more than I love tennis." Needless to say, that is why she is my ex-girlfriend. Still as much as I love powerlifting I have never understood why some athletes will risk life and limb to participate in the sport. I am not talking about guys taking illicit and dangerous drugs either ... although that has always given me reason to pause. What I am talking about are guys who have serious injuries, who day in and day out, crawl under spine-bending weights that could literally cripple them for life so that they can compete in powerlifting ... a sport that they will derive minimal overt rewards from.

My good friend Tom Dorsey is a prime example of what I am talking about. First, let me say that Tom is extremely intelligent and successful. He is a distinguished CNBC and Fox TV business analyst, a celebrated stock market analyst, one of the top master lifters in the world, and the author of a best selling book...*Point and Figure Charting: The Essential Application for Forecasting and Tracking the Markets.* Consequently, Tom certainly does not need powerlifting to define who he is ... or at least I wouldn't think so. Yet, every day he gingerly walks into the gym to train. The reason he walks so tentatively is because he has absolutely no cartilage in either of his knees ... none ... zero ... zilch. He is literally functioning with bone on bone in those knees, and it has been like that since 1997. It is extremely painful for him to make any type of lateral movement; making a flight of winding stairs is excruciating, squatting more than a quarter of a ton ... well that is agonizing just to watch. At the AAU Nationals in Richmond, Virginia, his knees were so swollen they looked like basketballs. When he squatted, you could actually hear the bones in his knees grinding. His knees became so severely distended and impaired that there was a chance he could snap his hip joint if he continued on with the competition. All of his friends and even some of his competitors told him to stop lifting ... it wasn't worth it, they told him. Of course, he didn't listen. He went out and pulled a national record deadlift literally straight legged. He was so bowed over it looked like he was going to rip his spine right out of his back. The pain on his face divulged the torment that his body was experiencing.

If that doesn't freak you out, I am sure this will. The following day CNBC TV came to do a documentary on him, and with his entire body racked in pain, he pulled the same weight that he pulled the day before for the national record. His legs were so swollen he could barely walk, but he just had to do that lift.

The day after that an X-ray revealed that he needed a total knee replacement. His knees were so damaged that the doctor didn't know how he could even walk on them. That was two years ago. He is still walking around on that damaged knee, still lifting backbreaking weight and still living in agonizing pain. INSANITY!

When I asked him why he would put his body through such hell just to win a trophy or break a record he responded, "I like the feeling of being massive and powerful. I like when I walk through a door frame and my shoulders scrap the sides of it. At 56 it just feels good to be stronger than most of the younger guys in the gym. What's pain anyway? It's all relative when you get use to it ... it's normal".

My former coach Ben Lockett is another powerlifter woven from the same cloth. Like Tom, he is extremely intelligent and successful. He has won National and World titles in both Olympic lifting and powerlifting; he was the Southeastern Director of the United States Secret Service, and he is a very prosperous entrepreneur. Like Tom, he doesn't need powerlifter to define who he is, but analogous to Tom he just can't seem to walk away from the sport he loves. Worse yet, over the years, powerlifting has literally twisted, crippled, and disfigured his body. He has had more injuries than any ten men I know. If they took a MRI of Ben's entire body, they would probably find that nothing inside of him is in the right place. He is that mangled up. About six months ago, he had his entire right hip replaced with a porcelain insert. You would think that would be the end of it. No! He is back in the gym lifting heavy weight living on Vioxx and cortisone to kill the pain. His doctor who also works out at the gym has warned him repeatedly that if he continues this madness he is going to end up in a wheel chair, but Ben doesn't or won't pay heed to him. He will shuffle, at times stumble, into the weight room, stack a ton of weight on the bar and then go about brutalizing himself for two or three hours. He is in pain twenty-four seven, but he just won't give it a rest. Like Tom, he indicates that mass and power are his driving force. "I love the feeling of being strong, of being able to do what is a fantasy for most other men. I don't want to lose that feeling."

Remarkably Tom and Ben are not the exceptions to the rule, and, in fact, they may simply be the tip of the iceberg. How deep that iceberg goes I really can't say, but I have noticed over the years more and more powerlifters engaging in this type of INSANITY. In actuality they are exhibiting characteristics of true addiction ... developing obsessive-compulsive behavior in an attempt to achieve their goals. In many cases, these athletes will place a higher priority on their sport than they do on work, family, interpersonal relationships, and even on their own health. They will not stop training, even for a day, to attend to other matters in life or to allow an injury to heal properly. In fact, in an attempt to attain the perfect body and/or performance level, these individuals will actually push their bodies beyond their biological limits to the point of serious injury. For these individuals, sport is not just a game that is played at certain times, rather it is their social life, psychological life, and physical life. They practically surrender their entire lives for that one single purpose ... to be big, powerful, and successful. In fact, these individuals seem quite willing to sacrifice the very essence of life just to achieve physical greatness. In my opinion, that's not sports .... that's blind obsession.

Without question, this type of thinking is a myopic view of what life is all about. I believe in the commitment to excellence in every walk of life, but I do not believe in blind obsession. It is mere insanity and nothing that I would even consider advocating. I don't believe that winning is everything or that winning outweighs every aspect of human welfare. I certainly don't believe that being big and powerful at the expense of injury and suffering is rational. No championship is worth a life or, for that matter human suffering. To think otherwise is in a sense . . . sick. Obviously, this is not the spirit of athletics.

Now, there is nothing wrong with being totally committed to excellence. There is nothing wrong with giving your heart and soul to achieve a goal. There is nothing wrong with pushing your body and mind to the furthermost reaches of which you are capable. There is something definitely wrong, though, when you take it to the point that success in sports, business or politics outweighs every aspect of human interest. When training and/or sports becomes an obsession and a danger to your health and the well being of others, that's when the desire to excel crosses over the line to insanity. That's when the commitment to excellence becomes a disease.

As I mentioned, I love powerlifting, and I enjoy just about all athletics. In fact, sports are a major aspect of my life. In all honesty, there is nothing in my life that I enjoy more than competition. The euphoria and celebration that I receive from participating in sports transcends anything that I have ever experienced. For me, sports are truly a gift from God, and I am sure that for many of you the feeling is mutual. As important as sports are to us, it is imperative that we put them in perspective. I really mean that. Sports are fun, exciting and challenging, but they are just games, nothing more — nothing less.

With that in mind, here are a few suggestions that may help you cope with your sport a little better and hopefully keep you from burning out or killing yourself.

First of all, be realistic. Not everyone can be a world champion; otherwise, everyone would be. Determine the cost-reward benefit of what you are doing. It may not make good sense to sacrifice everything – your money, time, energy, personal relationships, etc., just to have a chance to win a weightlifting contest or look like Magus Ver Magnusson. As I said before, goals that are totally unrealistic will only lead to frustration and failure. Set your goals just out of reach, not out of sight. Most importantly, be honest with yourself about your abilities.

Also understand that although there is a linear relationship between hard work and success, you may eventually reach a point of

diminishing returns where a significantly greater amount of effort will only yield meager results. You sacrifice more, get less in return, and end up totally frustrated and depressed. It may be better to seek a happy medium, or as they say in business, an optimum cost to reward benefit ratio. A long these lines there is going to be a time in every man's life when enough is enough ... especially in powerlifting where the use of massive weight can be detrimental to your health. Know when to say, "No Mas".

Put sports in perspective. The world is not going to end tomorrow if you miss a particular workout. No matter what you lift or what your record is, chances are that it will be forgotten or broken in time. Establish your priorities in life. Remember for all of us there has to be life after sport ... nothing is forever.

Set time aside for other activities. Read, visit a museum, go to a movie, or engage in any other activity you might enjoy outside of the gym. Note that a well-balanced existence will enhance your life and happiness, and in the long run, most likely enhance your performance. One thing that I have found helpful is to pick a new project each month such as sculpting, painting, carpentry, etc. Who cares if you are good at it? The experience is what you are seeking. This will help you become more of a multidimensional person.

Take a couple of days off now and then. Maybe you should even take a couple of weeks off. Break the vicious cycle of training day in and day out. All work and no play make Magnus a dull boy. It will probably make you the same way. Give your mind and body a rest. However, just as you must plan your training cycles, you must also plan for periods of extended rest. With programmed rest periods in your monthly and yearly training schedules, you should be able to prevent burnout.

This is very important. What happens in the gym should stay in the gym. When you train, you should focus solely on your workout. However, when you leave the gym, you should then start focusing on the rest of your life. Good or bad, leave your workout in the gym. It is like the businessman who brings his work home with him. All he succeeds in accomplishing is to make himself, his family and everyone else around him miserable. Every aspect of your life should be distinct. Only then is a balanced and multidimensional life possible.

If you feel like you are on the verge of obsession, or you are already somewhat obsessive and you can't seem to control it, you may want to seek counseling. Total obsession can certainly take you to great heights, but it can also detrimental to your health and well being.

Tim Taylor, Jon Arenberg, and Wade Hooper .... *took time off prior to their competitive efforts at the 1996 IPF Men's World Championships in Salzburg, Austria to tour the original home used as the set in the award-winning "Sound of Music" motion picture including the gazebo, seen behind them, which appeared in the film as well. (Photograph provided by courtesy Lambert)*

Iowa APF State & WPO Qualifier
7 AUG 04 - Dubuque, IA

APF Iowa State
Women
BENCH
Open
105 Class
T. Putchio 143
181 Class
Jackie Ebben 170
198 Class
K. Grandick 225
Junior
148 Class
J. Pauls 137
Men
Open
148
M. Lewis 402
181
Brian Cox 326
198
Mike Brown 485
Brian Jones 314
Nick Simon
Stephen Webb
220
Jay Cravatta 567
Travis Risius 551
Cletus Ward 523
Justin Graalfs 523
Jason Strub 463
Brian Mull 457
D. Gonzalez 446
Roger Ferris 413
242
Rob Luyando 611
Anthony Acome
275
Paul Harris 617
T. Osbourne 496
308
Jeff Leach 661
D. Yannacci 611
Jeff Baker 507
D. Cummings
Teen
165
T. Rhiner 259
275
Andy Lu 485
Junior
198
Dan Herrig 325
242
Todd Kowal 523
Sub-Master
242
Rob Luyando 611
308
Dan Cummings
Master 2
220
Fred Risius
242
Clay Barnett 358
Deadlift
Open
220
Brandon Cass 749
275
F. Luyando 523
Junior
220
W. Danzer 457
Master 2
198
Dan Mellon 523

WPO Qualifier
Lightweight BP
(451# to qualify)
Brad Heck 523
M. Lewis 402
Nick Hatch
Middleweight BP
(551# to qualify)
Brad Hein 678
Richie Briggs 578
Jay Cravatta 567
Travis Risius 551
Heavyweight BP
(699# to qualify)
Andy Fiedler 826
J. Grandick 683
Jeff Leach 661
Keith Parish 573
Noel Lavario 573

IOWA STATE CHAMPIONSHIPS

Push/Pull	BP	DL	TOT
Women			
Open			
198 Class			
Tonya Vaught	198		
Open			
181 Class			
Shawna Mendelson			
Men			
Open			
275			
Frank Luyando	534	523	1056
308			
Chris Bjork	573	551	1122

Powerlifting	SQ	BP	DL	TOT
Open				
148				
S. Wielgos	507	308	451	1265
181				
Matt Bonner	562	462	501	1523
220				
Brandon Cass	848	529	749	2123
Jason Black	628	462	562	1650
Jim Prusha	639	402	573	1611
Dennis Gonzalez				
242				
Don Powers	771	501	628	1897
275				
Brian Durham	903	551	749	2150
Pete Arroya	755	451	600	1804
F. Luyando	308	534	523	1364
Junior				
181				
Tony Runde	451	330	451	1243
Steve Barton	407	314	451	1171
198				
Landon Evans	578	391	451	1512
242				
J. Flammang	534	341	501	1375
Sub-Master				
198				
B. Bachmann	501	303	473	1276
242				
Kevin Thomas	733	540	705	1974
Al Baehr	488	325	473	1402
275				
Job Abraria	633	385	589	1606
Master 2				
198				
Bill Becker	650	231	600	1479
Master 1				
181				
Tom Denton	622	281	501	1314
198				
Chris Maiden				
242				
John Hilburn	545	259	462	1265

WPO QUALIFIER

Powerlifting	SQ	BP	DL	TOT
Lightweight				
165 Class				
John Reese	661	473	529	1661*
Middleweight				
Brandon Cass	848	529	749	2123*
M. Cartinian	843	600	617	2057*
Mike Roberts	733	606	854	2002*
Mike Luckett	683	424	606	1754*
Heavyweight				
Jose Garcia	986	567	799	2352*
Jason Patrick	970	639	738	2347 *
Brian Durham	903	551	749	2150
Kevin Thomas	733	540	705	1974
Noel Levario				
Superheavyweight				
Donnie Thompson				

* met WPO qualifying total.

Andy Fiedler *more than qualified for WPO competition with his 826 BP at 275 lbs. (Photograph provided by the courtesy of Sean Katterle)*

"Along the shore of the mighty Mississippi gathered the mightiest of Iowa's powerlifters. It was time for the iron to ring out and the battle cries to be heard 'cause Dubuque's strongest son, Bill Carpenter, was hosting the APF Iowa State and WPO Qualifier! It was early August and the exhaulted GNC Show of Strength was drawing near. This Iowa competition was to be the last chance for some of the sport's most ambitious to try for a spot amongst the ranks of this year's pros. The city of Dubuque began formation in the 1780's, when French Canadian fur trader, Julien Dubuque settled to conduct fur-trading business with the Mesquakie tribe of Native Americans. Soon after his relocating, however, he discovered that the region's real financial value lay in its lead mines and the lead rush was on! Years later, after Dubuque's passing away, the Mesquakie's would fall into the Blackhawk War with their adversaries, the Fox and Sauk tribes. In 1833, as part of the peace treaty, the Mesquakies ceded the area to the USA federal government, and the City of Dubuque was officially conceived. It is a city pioneered by the strong and so it was a fitting host for this competition of muscle and might! The event took place on August 7th and it was held at the beautiful Grand River Center along the bank of the Mississippi. The Grand River Center's gathering hall has a magnificent stage and room for 3,000 cheering powerlifting fans! Adjacent to the convention center is the luxurious 31 suite Grand Harbor Resort and the 25,000 square foot Water Park (which offers water slides, a loop-to-loop inside/outside water chute, and inner tube lazy river and two gigantic hot tubs.) Post competition, the lifters and fans had their choice of dozens of bars, restaurants and nightclubs (log on to www.dubuque365.com to check out the scene.) My choice of after hours was the thumpin' Underground Sports Bar & Nightclub (loud music, happening college scene, platters of hot wings and $1 pints of Budweiser on industry night! Maybe we can get Bill to host an after show party next time?) and the Diamond Jo Riverboat Casino (I "bombed out" at the Roulette Wheel.) The caliber of lifters at this competition was really impressive! From the monstrous Andy Fiedler benching 826 pounds, to Scot Mendelson taking yet more (unsuccessful, but amazing) runs at 900+ pound presses, to Brandon "C4" Cass totaling 2123 in the 220 pound class, this show was a barn burner! In the squats, we saw Michael Cartinian hit an 843@198, Jose Garcia ram up a 986 in the 242's and superlifting newcomer John Reese destroy a 661 in the 165's! When the bench press bar got loaded, Brad Hein jacked up a 678@220, Jim Grandick won his war with a 683 in the 275's and Brad Heck rocked a 523@165! Then it was time to call for the knuckle draggers as the deadlifting round began. C4 Cass, though still recovering from an injury, let it be shown why he's considered to be one of the best by pulling a 749@220. Jose Garcia solidified his heavyweight division win with a stout 799 in the 242's and Mike Roberts amazed the masses with a psycho strong 854@220! This show was rippin' from start to finish and you can check out all the action on dvd, for only $29.99, by sending in your check/money order to Bill Carpenter at 145 State Street, Dubuque, IA 52003. (Log on to www.apf-iowa.com for details.) A major reason that powerlifting is advancing in popularity and professionalism is the support of the sponsors. I'd like to say thanks to the sponsors of this fantastic competition for making it all possible: Nutri-Bodies (www.nutribodies.com), Inzer Advance Designs (www.inzernet.com), Champion Personal Training (www.apf-iowa.com), Becwar Tile, Bel-Aire, Bricktown Brewery, Chiropractic Rehab Center, Hawkeye Boat Sales (www.hawkeyeboatsales.com), Heartland Health Foods (www.heartlandheathfood.com), Kobush Chiropractic, Phoenix Fitness, Shot Tower Inn, Tan World Dubuque (www.tanworld.com), Paramount EMS, American Trust Bank and Chad Fenwick of the YMCA. Also, thanks to the spotter/loaders (you protect lives every time you're on stage), promoter extraordinaire Bill Carpenter, Becca "The Iron Maiden" Swanson for expediting, Dave Reagan for DJing, the friendly and fair judges Mike Sweeney, Eric Stone and Bob Spaulding and to Kieran "The Iron Overlord" Kidder for both announcing and for bringing me out from the west coast to go beserk on the microphone. Thanks also to Maris Sternberg for running the scorer's table and thanks to all the lifters, friends and fans who showed up to compete, watch and help make the show a success. A special thanks to Powerlifting USA for covering the competition. Powerlifting USA promotes and supports the sport of powerlifting like no other publication and I hope that all powerlifters choose them as their magazine source for the sport". This Meet Report was submitted to Powerlifting USA by Sean Katterle.

Sean Katterle

New Product

The First Energy Drink In a Bar

Promax Nutrition, Inc. (Concord, California) has just introduced Rampage 81, the first ultra-energy bar with Red Bull-like ingredients in a high-protein, meal replacement bar. Rampage is a fusion of mind and energy-enhancing compounds in a nutrition bar, and the only high-protein bar to include caffeine, tyrosine (a building block for important brain chemicals), phenylaline (a free-form amino acid) and Taurine (stimulates Nitric Oxide) for blood sugar regulation (all vital ingredients to boost energy and focus) as well as 28 grams of protein to stimulate muscle growth. Retailers selling Promax bars include Safeway, Albertsons, Trader Joe's, 7-Eleven and other regional and national chains. Suggested retail price for the Rampage bar is $3.19. More information at: www.rampagebar.com

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STARTIN' OUT

A special section dedicated to the beginning lifter

SHOULDER SHRUGS

as told to Powerlifting USA by Doug Daniels

How many times can you remember a lifter losing a deadlift just shy of lockout? He got if off the floor and past the knees, only to not be able to get his back erect to complete the lift. There is no single answer on how this can be overcome, but a basic key to overcoming lockout problems is strengthening the trapezius muscles. The trapezius muscles are keys in all three powerlifts; deadlift lockout power, bench press stability, as well as cushioning and supporting the bar on your back during the squat. Actually, a well developed set of trapezius (traps) are the trademark of a strength athlete. The best exercise I know of to strengthen and build the traps are good old shoulder shrugs. Unfortunately, shoulder shrugs are commonly one of the most inappropriately performed exercises. Fortunately, this can easily be remedied by making some adjustments in execution.

Many lifters bend their arms while shrugging, seemingly trying to upright row the weight up. Relying on the much weaker biceps to do most of the pulling, denies your stronger traps the beneficial training effect of the full load. Think about it, if you can upright row your shrug weight, you're probably using a relatively 'puny' poundage. Use your arms as hooks; shrug or pull the weight up with the traps, while keeping your arms relaxed. Soon, the weights you will be using will exceed your old upright row - sissy shrug. This is a rare time when proper form will actually allow you to lift more weight.

***Jay Rosciglione** ... demonstrating the role of the traps in a properly pulled deadlift.*

Many lifters are not shrugging through the full range of motion. This is especially true with the upright rowers in the previous paragraph. Since the bar seems to be moving upwards, the lifter thinks the traps are being worked. The fact is much of the movement results from bending the arms, while the shoulders hardly elevate. Concentrate on pulling through a full range of motion with just trap power. Shrug your shoulders up to your ears and lower the weight to a stretch position.

Pulling your shoulders back at the top of the shrug is not necessary and is a waste of energy. This extra movement doesn't really work the traps. Here is a case when doing less is more.

While most lifters use a power bar for shrugs, dumbbells or the trap bar can be viable alternatives. They can even provide the advantage of keeping the weight in-line with the trap muscle. This differs from using a barbell where the weight is in front of the body, decreasing leverage. There are also high tech machines that can be used for shrugs. These can lower the stress on the lower back. Whatever apparatus you chose, follow the exercise guidelines in this article, concentrating on full range of movement and pulling the weight with your traps.

Olympic lifters perform a variation of the shrug using a wide or 'snatch' grip. This type of shrug works the traps in a slightly different manner and can be included in powerlifting routines for added variety.

A little leg kick to get a heavy weight moving can be very useful. Just remember to shrug through the full range of motion and to not pull with the biceps. On your last rep, hold the weight at the top for a count of two and, without relaxing, try to pull it even higher and hold for another count of 2. This is a great finisher for the traps.

Include shrugs in your training schedule once or twice a week for 3-6 sets. These are best performed on deadlift or back day. Drop shrugs 2-3 weeks prior a contest to avoid overtraining. Reps are up to you, and may be varied over your training cycle although I would suggest keeping the reps at 3 and above. I suggest using lifting straps while doing any type of shrug. You don't want your grip giving out before your traps do.

Paul Kelso has a great book titled "The Kelso Shrug" that is full of shrug variations, for not just the shoulder shrug, but for lat and chest work, with most designed with the powerlifter in mind. You should be able to find the ad for it somewhere in this magazine. It can prove to be a great resource. (editor's note ... that ad will appear on page 58 of this issue)

Getting the most from your shoulder shrugs can result in better deadlift lockout power as well as increases in the squat and bench press. Well developed traps also can help complete your physique, adding that classic look of power. Remember to let your traps move the weight, although a little leg kick on really heavy weights is okay. Don't bend your arms or try to upright row your shrugs. Try a few variations of shrugs for variety and to stimulate more muscle growth. Shoulder shrugs are definitely one the best assistance exercises for a powerlifter and that's nothing to shrug at.

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

NEVER QUIT!
as told by Joe Ladnier

At some point in your lifting career, you're going to ask yourself how long you'll be able to continue putting your body through these brutal workouts. When is enough, ENOUGH? How old does a person need to be to quit lifting weights? The answer is "NEVER QUIT"!!! Ernie Frantz is 69 y.o.a. and is one of the pioneers of our sport. He has competed in both powerlifting and bodybuilding on national and international levels. Can you believe he squatted over 800lbs when he was 63 y.o.a. and has been lifting for over 50 years? Ernie is just an example, many former champions of iron are still lifting today. Several of my clients are in their 50's and 60's and have told me on more than one occasion that they wished that they had started lifting when they were younger, because of how good they feel today. Research has proven that exercise and healthy eating are the only true ways of feeling and actually being healthy. It is considered today's fountain of youth!

Although you might train like and visually see yourself as a machine, the fact remains that we are not made of stainless steel and we must take proper care of our bodies. Some lifters are fortunate enough not to ever have had any type of major injuries, others of us are not so fortunate. I've been an athlete all of my life and have been lifting for 25 years. During this time, I've seen my share of injuries. In 1986, I ruptured my right patella tendon while doing a 900 lb. close stance squat. While I was squatting, the tendon that attaches the knee to the quad tore completely apart. After reconstructive surgery, I started rehabbing my knee myself. Fourteen months after the accident, I competed in the NPC Jr. Florida bodybuilding contest. The surgeon who had repaired my knee, told me that I'd never squat again. In 1988, I sent him a picture of me squatting over 800 lbs.

My point is that we all make our own decisions, which means that we also make our own limitations! Now physically, I was probably capable of handling the heavy weights again after six months of rehab, but mentally it took me approximately eighteen months before I could squat heavy again. The injury made me realize that I was human and that I wasn't a machine. In 2002, my left shoulder began bothering me. Before and after workouts, I could barely raise my arm, due to the pain. It seemed like during the workout I was fine and could train with minimal pain. It was after winning the APF Senior Nationals and benching my highest ever of 661 lbs., that I had my shoulder checked out. Twenty-five years of wear and tear had finally taken it's toll, and I had to have surgery. The surgeon made a small incision on my front deltoid and scraped a calcium deposit from my ac joint and trimmed some damaged tissue from a torn bicep tendon. He made another small incision on my side deltoid and shaved a worn point of bone from my achromium that was cutting my deltoid every time I raised my arm. The final incision was on my rear deltoid, where he stapled a lesion tear on my rotator cuff. I started my own rehab, three days after surgery. After one week, I had full rotation of my shoulder and began benching again. Two weeks after surgery, I was doing reps with 225lbs. Thirty nine days after surgery, I competed in the 2002 GNC Show Of Strength and benched 589lbs.

In 2003, while training for the Arnold Classic, I stumbled with 875 on my back, fell and tore everything in my right knee again. Only this time, they were minimal tears (except for the ACL, it's completely detached) so surgery wasn't required. This explains the big jump in my bench press. By concentrating mainly on one lift, I have benched 800 lbs. in training and currently hold the WPC masters world bench press record with an official 716 lbs in the 242 lb class.

At forty, I'm stronger in some areas than I was twenty years ago, but I'm also more knowledgeable now than I was then. I've learned to listen to my body and take the breaks I need to recuperate from lifting the heavy weights. Competition is not as important to me now as it was then, I get more enjoyment from helping other lifters attain their goals. My kids are getting into it now and I'm coaching their high school powerlifting team. I may not compete forever, but I will always do some sort of powerlifting, it's part of me....

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***Back in 1983, Joe Ladnier** was crushing the weights and winning the USPF Senior Nationals and trip to the IPF Worlds, against the likes of Fred Hatfield and Jim Cash. (Photograph provided by Mike Lambert)*

***He Won't QUIT!** ... 20 years later, and barely a month after shoulder surgery, Joe Ladnier was back benching big on the WPO platform in 2003. (Photograph courtesy of Mike Lambert)*

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POWER RESEARCH

COGNITIVE CONTROL AND POWERLIFTING PERFORMANCE

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

Introduction

Throughout my career I have been particularly interested in how powerlifters interpret the environment and what happens between their perception of and their action within that environment. Namely, the control that they use or fail to use in order to achieve their goals. In addition to working with and coaching athletes from nearly all aspects of sport, I have competed on a national level in powerlifting for twenty years while overcoming shoulder surgery, facial surgery, radical back surgery, gunshot wounds, seven unsuccessful retinal surgeries, and the loss of my left eye. I am by no means, bragging about my battle scars. What I *am* doing is illustrating the fact that I have learned to use cognitive control to accomplish my goals in the face of severe adversity. I know what it's like to learn to walk again, to learn to drive again, to learn to live again. This is how I connect with people who need my help to achieve their goals. Not by talking about it or by writing about it, but by understanding it. I'm concerned with what works, when it works, how it works, and why it works when it comes to improving powerlifting performance.

Cognitive Control

I use the term cognitive control to incorporate a variety of characteristics such as information processing, self-concept, perceived control, imagery, and self-regulation. These thought processes are based on the powerful belief that you can influence the outcomes and consequences in your life. It sounds crazy, but it's not. You're where you're at right now as a result of thousands of decisions that you've made in the past. Everyone is where they are, who they are, and what they are because of their control over their own circumstances. Some people eat too much and become fat, obnoxious, and lazy. They've lost control over their circumstances. Their shape reflects their attitude. It's funny to hear the excuses when a person loses control...it's always someone else's fault. Without actively accepting the blame and taking *control*, change is impossible. Without busting your ass in the gym and training so hard that you see God and all the Apostles, you will never get to the top of your game. This type of attitude is a function of the mind that requires control.

Granted, a great deal of athletic ability is predetermined, but one thing that is not predetermined is how well you develop your resources. Cognitive control is what separates elite athletes from their non-elite counterparts. Using cognitive control teaches you to think effectively. Thinking, at least critical thinking has become a lost art. Most people let someone else or the TV do the thinking for them because they don't want to spend the time and energy on thinking for themselves. When they actually *do* something, they do it wrong and then they waste energy on correcting their mistakes. Some people produce a lot of garbage that way. *You* must learn to produce things that result from superior thinking which is a by-product of cognitive control.

The Self-Concept

If you wish to maximize your potential, you must know the content and meaning of the self. It's important to understand that the self is divided into two parts, the public part that everyone else sees and the private part that only you see. It's the core of your personality. It's the internal mechanism that takes what I'm writing and translates it into action on the powerlifting platform. This is the part when you're alone, examining your conscience. Since we're all "actors upon a stage" to some extent, then the public self is the costume and the mask we wear when we're playing a particular role in a particular situation. The private self is when we go backstage and take off the costume and the mask. The word personality is derived from the Greek root "persona", which means mask. It's only when we take off the mask that we tap into our minds. Too often, we get caught up in playing the role that we never get a chance to take off the mask. Being peacefully alone is when we are in contact with the *real* us. That is the time when we must re-program our minds for success. Cognitive control enhances the self-concept by increasing confidence. Consequently, the more resources and means to goal-attainment, the stronger perceived control and the stronger your chances for success become.

Imagery

According to Suinn (1976), imagery is a well-controlled copy of experience, a sort of body-thinking similar to the powerful dreams we have while sleeping. Cognitive control is linked with mental imagery by changing your perception of the environment. Imagery facilitates sustained levels of performance by increasing your confidence to succeed. The brain stores categories of shape and movement. Sport performance tasks are cognitively stored as internal forms. These internal forms become "mental blueprints" comprising an essential link between perception and performance. Using imagery teaches you to mentally rehearse the events of training and of competition in order to *control* your performance in both domains.

Conclusions

After reading this paper, you can now use cognitive control to guard you against failure and pull you toward success. Failure becomes a challenge, an incentive to try harder, to persist. By using

Mike Miller *had to use cognitive control to come up with 1100 pounds in the squat at Gene Rychlak's Northeast Regional, and he even tried 1175! (Photograph provided by the courtesy of Mike Miller)*

these concepts, you'll learn to accept the reality of competition, and make the best of it by growing from the experience. You must take direct action to solve your problems, and focus on coping strategies when things get tough.

Lastly, I'm providing four analogies that will allow you internalize these concepts and increase your powerlifting performance:

1. Act Like a Thermostat

Thermostats regulate temperature. They have a pre-set internal standard, say 70. When the environment (the room) gets below that standard, the output of the thermostat turns on the furnace and then shuts it off when the room reaches 70 degrees. Likewise, you must regulate your output in the environment (the world). Pay attention to the input of the environment and then compare it with your internal standard, constantly adjusting your mental thermostat through cognitive control. Your output should mirror your thinking in such a way that you continually raise your internal standard to increase your performance level in your environment.

2. Think Like a Mechanic

Mechanics troubleshoot the problem then use the right tools to fix it. That's what you need to do.... isolate the problem, and then fix it. Through a better understanding of your self-concept you gain a better understanding of the problems you might need to fix. After fixing the car, the mechanic takes it for a test run to further clarify and to make sure it's fixed. That's what you need to do, constantly test yourself so that you can monitor your performance and make sure you are using the right tools. Also, the mechanic uses an internal standard (just like a thermostat) with which to compare the test run. He or she has a clear idea of how the car should perform. You too must have a clear idea of your performance.

3. Control Your Imagery

If you focus on an idea or successful event regularly, you increase its potential to become reality. Cognitively controlling mental rehearsal can decrease pre-contest anxiety by increasing the mental familiarity of the event, especially a powerlifting contest. But, be careful when applying this strategy because some people actually become worse after using imagery. That's because they are mentally rehearsing failure. By visualizing mistakes, you not only mentally rehearse them, you magnify them, reinforce them, and increase the probability of their occurrence. Cognitive control allows you to replace the mistake with the correct response. Thereby re-programming the brain for success. If you compete in any sport long enough, sooner or later, you're bound to get the snot kicked out of you, and you can't keep that image in your mind. Missing a huge lift in competition causes negative emotions because your ego has been threatened. It is then that you must use cognitive control to rise above the ashes. Practice organizing the visual information of successful events so that you can recall categories of *correct* biomechanics and movement sensation in your imagery.

4. Become a Gold-Miner

To be at the top of your game, you must act like a miner who pans for gold in a stream by sifting through the rocks and minerals to obtain the precious metal. Sift through your experiences with the world and judge their value. If a new viewpoint is obtained, analyze it, just as the gold miner analyzes what's trapped in the pan. Surround yourself with people and things that make you feel successful. Ask yourself, is what I'm doing right now going to make me a winner or a loser? Everything and everyone that doesn't help you obtain your goals must be looked at as a distraction. If you've ever sat next to some bozo at a powerlifting meet who complains about the judging and complains about the environment and complains about the other lifters and complains about why he missed a lift, then you know exactly what I'm talking about. This is the last thing you need to be hearing when you're wrapping your knees and your name is being called on deck. If you're trapping nonsense and garbage, then it must be thrown out from your mind just as the gold miner throws out the rocks from the pan. This is extremely important when examining what you think as a powerlifter. You have developed a precious relationship with yourself. Self competes with self. Your goals should be set by your *self*...not by others. Cognitive control is paramount for success. If it is lacking, then powerlifting ceases to be an effective means for personal growth.

Reference: Suinn, R. M., (1976). Body thinking: Psychology for Olympic champs. *Psychology Today*, July, 38-42.

Acknowledgment: I'd like to thank Mike Lambert for giving me the opportunity to share my research experiences with the readers of *Powerlifting USA*.

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Ask the Doctor

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

Hi Dr. Di Pasquale: First of all, I want to thank you for taking the time to answer back. It is much appreciated. My goal is to reach 75 kilo for a competition this November and to be able to lift a total that will enable me to qualify for the Seniors after only one years of powerlifting.

Like I told you on the last email, dropping from around 90 kilo down to 80 kilo was very easy, because of the Metabolic Diet, and I even found out that at some point I was losing body fat and gaining weight and muscle mass!!! But from 80 down was another story since I had lower my calorie intake from basically 4000 cal to merely 1800 cal. to get lower. And 1800 cal. didn't seem to be nearly enough to get my training done. That is why I decided to start your recommended supplementation.

I have been taking EFA+, Exersol Power Competition Workout System and Creatine Advantage now for 1 week and the results are just incredible. I was able to train harder and longer, and I could recover faster then ever. I will order today the rest of the products you suggested me because I feel like I will need all the help I can get to reach my goal!!!

About the supplement regimen you did for me, I have a few questions before I order the products you recommend. First I would like to say that I react quite well to the Creatine Advantage, a lot more than the straight creatine I was using, and that it does not bother me at all. And I would be willing to take more than 1 scoop per day, but I don't want my weight to go up to much as I need to be within a kilo of 75 kilos so that I can easily make the weight for the competition in November.

Also, about Metabolic, Nitabol and Creatine Advantage, is there a period of latency between the moment you start taking those supplements and the time they start acting and increasing your performance and recovery, and if there is one, how long is it.

Thank you very much for your time I am looking forward to see how well I can do with all your supplements! **Vincent**

Hi Vincent: *You could go up to two scoops of Creatine Advantage per day. At that level you would maximize your energy stores on the various levels as described in the Creatine Advantage info that's available on line at http://www.metabolicdiet.com/store_admin/customers_all_cc.asp.*

All three products that you mentioned, and many of the others in my line up, have both immediate and ongoing effects that build as you take them. The immediate effects are due to the changes in the activity and sensitivity of various hormones and signaling systems in the body and to the correction of any deficiencies/problems, whereas the ongoing effects are due to the long term presence of the anabolic, anti-catabolic, fat burning, energy providing environment that leads to accumulated increases in various factors that effects body composition, performance and health. Let me know how you do. Best regards, ***Mauro***

Hi Mauro: Just wanted to let you know that things are on track. I just finished a four week workout cycle and basically hit all my PRs for those workouts. This was on around 1500 cals/day and 30 aminos. I've never been able to eat that few calories and in addition gain strength. For example, my last deadlift workout consisted of 430/4, 460/3, and 492/2 without accessories. That's simply the best I've ever done for that workout either dieting or no dieting. I'm leaning out and should hit the stage better than before.

Have you ever thought about marketing the Aminos to AIDS, cancer, and burn patients? It might be really beneficial for them in terms of maintaining or even gaining whatever lean mass they have. I'd be interested in your thoughts on this since I'm in a medical setting at work. Thanks. **Gene**

Hi Gene: *I'm glad things are working out so well. The Amino, and many of the other supplements, especially the ones I've reformulated in the last year, are complex formulations and a quantum leap from the other nutritional supplements on the market today. In each of the supplements I've researched the pathways that are the most likely to give the desired results, and then searched out the combination of ingredients that would act both additively and synergistically affect those pathways.*

There's a lot more to the formulations than I've put into the information pieces. However, I'm updating these to reflect some of the thinking that went into making them. For example I never really explained the reason why I added AMP and the TCA cycle intermediates until you asked about Amino. I then incorporated that information into the new Amino information that is on line at http://www.mdplusstore.com/pdfs/amino.pdf.

As far as recommending Amino for cachectic states such as AIDS, cancer and burn patients, as well as sarcopenia, I've thought of it but haven't acted as yet. However Amino, and some of the other supplements, including, and especially the new ReNew, would be very useful for patients suffering from catabolic states. I'm going to approach a few people I know about trying a combination of three or four supplements for some of these conditions. Let me know if anyone there might be interested as well.

BTW the new ReNew just came in today. It's an extremely complex formulation and is very useful for regenerating/protecting the body. Among other things, it will be the main supplement in the new Anti-aging/Longevity Pak that I'm adding to the MD+ lineup.

I'm working on an info piece right now for ReNew. I've attached the new nutrition panel that I took off the label and which unfortunately is not really sharp although you can make out the ingredients.

In the meantime I've written down some of the effects of some of the ingredients in ReNew (there's more). I know it sounds like a panacea for whatever ails you, but there's backup for all of it. I've started taking it already. Maybe this is why I'm writing this at 3:00 AM with not even a thought of going to bed.

In any case the best time for you to use it is right after training as it would enhance the training effect as well as provide the advantages outlined below. For those that are really going through a rough time it can be used twice and even three times a day as an induction phase before getting results and then cutting back to a lower dose.

I'll send you the full info piece as soon as it's in presentable form. Best regards, ***Mauro***

Effects Of Some Of The Ingredients in ReNew

- *Immuno stimulant properties.*
- *Neuroprotective.*
- *Decreases neuronal stress and damage.*
- *Decreases neuronal apoptosis.*
- *Increases cognitive function.*
- *Organ and tissue protectant and also increases regeneration and repair.*
- *Decreases mental and physical symptoms of overtraining.*
- *Decreases stress induced anxiety and the effects of stress on the body.*
- *Maximizes mitochondrial function.*
- *Increases nutrient delivery to stressed tissues*
- *Has nutrient partitioning effects and thus improves body composition.*
- *Adaptogenic properties and enhances recovery from training.*
- *Increases insulin sensitivity.*
- *Enhance vitality, strength and stamina.*
- *Increases cardiovascular health.*
- *Hepatoprotective.*
- *Protective against harmful effects of heavy metals and other chemical contaminants. pollutants and chemicals in our food and water supply, decreasing their effects on the body including pesticides, cell and DNA damage.*

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NUTRITION

THE TOP 10 POWER NUTRITION TIPS *FOR YOUR CLOSEST COMPETITOR*

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

Powerlifters have really gotten into the Nutrition side of powerlifting as of late. I get so many e-mails on a daily basis that I have a hard time keeping up with all the work. One of the questions I am asked is "What are some of the best tips to follow for nutrition without making things too complicated." Another favorite question is "What should I eat so that I have a major advantage over my competition." Well, the following article will be perfect for those out there who are too lazy to stick with a proper meal plan, but at the same time don't want to see their closest competitor gaining on them because they are eating like a champ. So, for all those helpful powerlifters out there here are some valuable nutrition recommendations that you can give to your closest competitor in your class.

#1: Eat only once per day

The first piece of valuable nutrition advice to tell your closest competitor is to eat only once per day. You see eating once per day is the single best way to get stronger. When you only eat once per day your body will absorb all the nutrients you feed it. Not only that it will also help lower your body fat as well. Isn't this the way that our ancient ancestors the cave man ate? Heck, he wouldn't eat for days and until he killed himself a brontosaurus, then he could munch down and get a super feeding. We have to get back to our roots and there is no better time then now. Forget about that eating 5 or 6 times per day crap. Who the hell has the time do something as stupid as that. All we have to do is look at nature to realize that just eating once per day is all that you need. Let's take a look at the lion. He eats once per day when he runs down some poor antelope and her babies. Once he has ripped them to shreds it's now time to devour every morsel. Mr. Lion doesn't just sit there and space out his meals every 3 hours. He eats it all at once in one big massive feeding. If it's good enough for Mr. Lion, then it's good enough for him. The lion is the king of the jungle so if you want to be king of the powerlifting world then follow in his footsteps and eat big.

#2: Eat carbs alone

That's right, don't listen to all these nutrition gurus or medical studies that are currently out there. Eat your carbs alone without protein or fat. Carbs are king and if you let these low carb freaks tell you what to do you will never have the gold. Eat as many carbs as you can and when you can't eat any more, go and have some more! A few top recipes would be white flour, maple syrup and some sugar-laden fruit punch drink. Put it all in a blender and – voila — you have yourself the ultimate meal. We got your ultra-refined carbs, some simple sugars and that hint of fructose from the healthy fruit punch drink. Boy, is that refreshing! Just remind him that to keep his energy high at all times he should no doubt eat tons of High Glycemic Index carbs. Yes, they get into your bloodstream the fastest and, hey, they may cause low blood sugar down the road, but instead of worrying about that just have some more. When the blood sugar gets a little low suck back some more potato chips, bagels, pastries, doughnuts, Cheezies, and any other refined carb snack. Avoid low glycemic index carbs, as they are good for endurance athletes like marathon runners. Since no powerlifter I know is planning to run, (except to the bathroom after eating a bad fajita), the best carbs to take in would be ones that drive our insulin and blood sugar levels into the stratosphere. A constant high blood concentration of not only insulin, but also sugar, is no doubt the best thing you can do to keep you energized all day long. Remind him that we are not bodybuilders so watching the carbs we take in is of no concern to us. We are powerlifters and we can eat what we want, when we want, and that is truly why bodybuilders don't like us- they are just jealous!

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

#3: Don't drink water

The next piece of advice you should give him is to tell him to lay off the water. Why drink water when there are so many other better drinks out there like beer, sugary fruit drinks, coffee and those ice slushy drinks that are so good on a hot summer day. Don't you remember those days back when you were a kid when the ice cream truck would start playing that hypnotizing music drawing all the kids in the neighborhood into a gyrating frenzy chasing after the truck. Remember how the nice man would make you those awesome snow cones or those Italian icies. Man, those were the days. It feels just like it was yesterday. Oops, sorry, I got lost in a time warp there for a minute. Tell him that water is for babies, so let all the pretty boys drink their water. Explain that water is way overrated and if he really wants to be a powerlifter he should avoid water and have some hard liquor instead. Tell him that you only live once so give it your all on the platform and at the local pub as well. What really is water? Hell, he probably doesn't have a clue so why would you want to drink tons of something when you don't even know what it is? At least he knows beer is made of barley, hops and other natural ingredients.

#4: Avoid protein at all costs

Now, don't get me wrong. I am not saying you should avoid it completely since there are a lot of really tasty power foods out there that do contain protein. These include pepperoni, sausage, deli meats, bacon, pork ribs and more. The key here is to stay away from those lean cuts of protein like the chicken breasts, lean steaks, tuna, turkey, veal, salmon and all those tasteless foods that all those health freaks eat all day long. The main reason for eating the deli meats and sausage and such is not for the protein, but for the healthy fat they contain. Yes, it is a saturated fat and all those dieticians out there will tell you this is the bad fat. But hey, who are you going to believe nowadays anyway? Today they say its bad, tomorrow the will say its good for you. I say go with your stomach. There is no better natural indicator for what is good or bad for you. If your little tummy wants some baby back ribs dripping with extra thick barbecue sauce, then go crazy and eat yourself into an oblivion.

#5: Don't use supplements — they are a waste of money

In this day and age when natural supplements are all the rage one sound piece of advice for your friend would be to avoid them at all costs. Let's take a look at multivitamins. Who the hell needs them? Remind him that if he really gets a micronutrient deficiency he will know right away. With his awesome nutrition plan that he is currently following how could he have any type of deficiency? Heck, if he were lacking any nutrient he would know from how he felt. Just because he got scurvy a couple times doesn't mean he really had a deficiency. Protein powder is another waste of money. Explain to him that most out there now is made from whey. If he doesn't what that is then explain to him how the dairy companies years ago used to dump it into the rivers to get rid of it because they thought it was a waste product. And now all these suckers are drinking it. Protein is way overrated these days and it is just a fad nutrient at best. Tell him how you saw some outdated studies from the early 50's that said how too much protein could make you blow out your kidneys. Wow, scary stuff! If you eat at least once per day you won't need anything else.

#6: Eat at the local buffet the morning of your contest

Now competition day nutrition is the most important day of the year so make sure that you guide him in the right direction. With this whole "Nutrition" thing taking off in the Powerlifting mags, many powerlifters are actually preparing their own meals on the day of the competition. Tell him — why go against the grain, food is food, and as long as it fills your stomach then it doesn't matter. The best place to eat would be no doubt at the local greasy restaurant that your hotel competition site has in the lobby. What could be better then a super duper buffet right before he goes on and does his squats. That a boy, put some of those pancakes on your plate sky high, yep, don't forget that greasy sausage, and last throw in some bacon just dripping with oil. Now that's a power packed meal that is going to no doubt help him hit a PR. The main thing here is to reinforce in his mind, over and over, that the more he eats before his squats, the more he will lift. Eat more- lift more, it makes sense to me! Tell him to ignore those guys in the warm up room who are eating those chicken breasts and yams. Those are for losers. Tell him that if you eat like a fitness model you will end up

lifting like one so make sure he doesn't forget at least one stick of butter on his pancakes to get in some of those healthy fats. One last thing, make sure that he doesn't just go up to the buffet just once. Make sure he hits at least 3-5 full rounds before he retires his cutlery. Since he is going to eat nothing for the rest of the competition he better increase his energy reserves as much as possible to get him through his big day.

#7: Drink Soda and other Sugar Loaded drinks on competition Day

Hydration is another key factor and you want your competitor to make sure he is perfect for the day of the competition. Tell him to avoid those super hydrating glucose polymer nutrient-partitioning drinks that those smarty pants lifters are drinking. Tell him there is nothing better than an ice cold cola. Heck, not only is it refreshing, but it will cut his thirst like never before. Make sure he has at least 4 liters of this energy elixir on hand for the competition. He should drink it before each major lift and in between attempts. When his energy is getting low and when he starts falling into a diabetic coma tell him to shrug it off and have another glass of cola. Real powerlifters don't let diabetes get in their way of that big squat, so make sure he is all sugared up before his lifts. What is a better energy stimulant than sugar? It's the best out there. Sugar has been around since the beginning of the earth so what better energy aid could outdo this powerful nutrient? What's good about it is its easy accessible. Just go down to your local supermarket and you can find it in tons of different foods. And for you hardcore powerlifters out there, don't play around with just a little in your foods. Pick yourself up a 5 pound bag and go to town. I guarantee that if you finish that whole bag before the contest you will be as jacked up as Tony Montana in the last part of Scarface. If he doesn't believe you, just remind him that when your little boy Joey drinks 4 or 5 cans of cola, he can play outside all day long without getting tired. He runs around like a little wild animal doped up on PCP and he barely breaks a sweat. If that isn't proof, then I don't know what is. If it works for Joey, then it will no doubt work for this powerlifting superstar!

The Inimitable TEE MEYERs ... *is a client of Anthony Ricciuto's. (Photo Lambert)*

#8: Don't Eat your Fruit and Vegetables

Oh boy, just saying those words makes me sick. Fruits and vegetables are also overrated foods. Now maybe if you were a cow or a giraffe then this should be a main staple in your diet but we are powerlifters. We aren't some type of herbivorous animal, we want real food. What does eating broccoli have to do with improving your deadlift? Absolutely nothing, so throw it away and have yourself a big piece of white bread with peanut butter and jelly slapped on there like it was a piece of art. Now that's a meal, baby! Wash it down with a big glass of Chocolate milk and, voila, we got ourselves everything a powerlifter could ever want. Fruits and vegetables are a powerlifting no no. Maybe this whole anti-fruits and vegetables thing dates back to my childhood where I was forced to eat loads of cauliflower and green beans because I couldn't get dessert if I first didn't eat those nasty green vegetables. Tell your newfound friend that vegetables are not going to do anything to help you lift more so what is the purpose of torturing yourself by eating them.

#9: Skip Your breakfast

There are a lot of people out there who say that breakfast is the most important meal of the day, but why should we go with what society tells us to do. Tell your closet competitor that this is nothing but a ploy to make sure that you can't think for yourself. In this time and age when time is of the essence who the hell has time for breakfast. Powerlifters don't need to eat first thing in the morning. If you get up and your stomach is growling, have some coffee. Why would you want to load your body down with food when in reality it will just slow you down. Get yourself a big pot of coffee, brew it real strong and there you go... the ultimate powerlifter's breakfast. To make this even more of a Nutrition Powerhouse add in at least 7-9 tablespoons of sugar and as much cream as the cup will hold and ... voila... a breakfast made in powerlifting heaven. It has all the nutrients you need to keep you going. The sugar will give you the initial blast of energy and just as you start coming off the downward insulin spike you have the huge dose of caffeine to give you that jolt to keep you going all day long. Who wants to sit through a boring breakfast of egg whites and oatmeal. That sounds like a big waste of time!

#10: Don't Work with a Professional

Now this is the biggest waste of time. Tell your closest competitor that working one on one with a professional sports nutritionist will do absolutely nothing for his performance in the least. Why would he want to take the time to go for all the consultations and then on top of it have to follow some customized program. Hell, that sounds like a prison term in itself. What the hell do these nutritionist guys know anyway? They quote this study and that study, but in the end who really cares? Food is food and if it tastes good that's all that matters. Tell him not to get scared with all those health warning they all seem to give out. Hey, people 500 years ago didn't have people telling them what to eat, so why should we start now. Powerlifting is a sport about lifting, not eating, so there is no point to all the nutrition mumbo jumbo that seems to have taken center stage in powerlifting circles. So what if eating badly gives you a little diabetes or angina. Heck, real powerlifters don't get scared of a little chest pain and a tingling sensation down their arm. Most guys don't die from their first heart attack anyway. Eating for health is way overrated, not to mention eating for performance. Don't waste your time trying to follow some customized plan. You only live once so make sure you eat what you want when you want and don't let anybody tell you any different!

Conclusion

Here you have it the top 10 nutritional tips for your closest competitor. Since you are too lazy to follow a nutrition plan to increase your performance, you can at least try and sabotage your closest competitor's nutritional plan, so he won't get ahead either. At least with him following your nutritional guidance, as laid out in this article, you can be sure that he won't be reaping any of the benefits that you yourself are missing out on. This will at least keep things on a level playing field and, best of all, you won't have to feel bad about you not sticking to your nutrition plan. So, until next month, misguide your competition as much as possible and, most importantly, don't take any of your own advice!

If you would like to know more about the Nutrition XP3 Customized Nutrition Kit or have any questions please feel free to contact me at Aricciuto@Xtremepower.com.

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HARD CORE GYM #35

The Bloody Lawn Gym as told to Rick Brewer

The Bloody Lawn Gym was first a backyard gym. The owner Nico Feliciano was deadlifting one Saturday afternoon when the temp was around 116 degrees and slammed the bar a bit too hard against his shin, to the point of bleeding, and blood got all over the lawn, hence the name BLG. The heat never stopped us from training. At times the bar got so hot we had to wear 2 shirts not to get burned when we squatted.

The BLG experienced training evolutions. From Bodybuilding to PL and within PL it evolved from Progressive overload to Dino training/Strongman to its current training protocols: Westside training and Metal militia training.

The BLG has now moved in to a small one car garage in Surprise, AZ. BLG is always looking under all stones for ways to get strong and leaves no stones unturned. BLG founder Nico Feliciano has made the journey to Westside Barbell Club and to the Metal Militia compound in NY. Currently the BLG is the Southwest chapter of the Metal Militia (strongest benchers in the world). Nico Feliciano says "WS has assisted me with bringing my squats from a 475 to 700 and Metal Militia has taken my bench to close to 600 (over 600 in the gym)."

Many have come and visited the BLG on occasion. We all compete NASA and WABDL here in AZ.

Members include: Nico Feliciano - 308 State and submaster national champion; Robert "Puke" Clark - 220 state competitor and charter member of the BLG; Lawrence DeAlva 220 Champ; Don Kralovetz SHW state and submaster national champ with an 810 squat; Tom Burke 242 state and National champ; and Jay T Gunz Powersport champ.

While limited on space, the BLG is not limited on determination and equipment. We have GHR, reverse hyper, Crepensek Power Rack, Manta Rays, and all kinds of bars, boards, bands, chains, etc.

BLG founder Nico Feliciano works as a Data Tech for a large telecommunications company and works long hours, and sometimes pulls night hours when needed, thus making workout time very difficult, but sometimes you can hear the CD player in the garage at midnight playing the tunes of Iron Maiden, Saxon, Falconer, Hammerfall, Metallica and Motorhead along with the loud banging of the plates. The name BLG is becoming synonymous with Powerlifting in AZ and we have promoted powerlifting by conducting seminars and helping out.

BLG would like to thank HOP for the opportunity and BLG would like to also thank NASA for coming to AZ 4 times a year and supporting powerlifting and would like to thank all my training partners for their help.

BLG is powerlifting in AZ!

Rick: *Does anyone still bleed?*
BLG: Robert "Puke" Clark gets nosebleeds during his Westside Max-Effort SQ
Rick: *Good enough. How did he get his nickname?*
BLG: "Puke" got his nickname the first time he worked out with me. We were doing lots of Dino-stuff then and I had him do sand bag carries at about 100 degrees outside and he went the distance, collapsing several times. When done, he was about to go "lights out" and suddenly started to puke. He said he was puking tuna, so I named him Puke.
Rick: *What does vomited tuna smell like? Never mind. Tell us more of the interesting Dino-training techniques; for the readers who came late to the party.*
BLG: We used to do sand bag carries, bottom position squats, keg lifts, power rack isometrics, used to lift stones and carry for distance. 20 rep squats. Trap bar deadlifts, etc.
Rick: *Tell us more about your current workouts - have they evolved?*
BLG: Since 2002, we follow a basic Westside template for SQ and DL. We do box squats, bands, chains. We do two Westside workouts a week - one for dynamic effort and one for max effort. We pull a sled. I even made the trek to Westside to meet Louie Simmons and have become friends with some of the Westside Lifters.
Rick: *Cool. Tell us more about yourself.*
BLG: Who am I? 38 year old father of 2 (15 and 6). I work for a telecommunications company, working long hours, including night work at times. I am a several times NASA state champion and have won the Submaster Nationals on the bench as well as the Western Nationals for the 3 powerlifts.
Rick: *Can you give us your favorite heavy metal tunes and/or lyrics?*
BGL: We listen to lots of heavy metal here to keep us going. Most fav are Iron Maiden, Saxon, Falconer, and Hammerfall. From AC/DC we like "If you want blood, you got it" (bloody lawn gym.. .get it?). From Maiden we like "if you are going to die, die with your boots on."
Rick: *Cool quote - we all want to die with our boots on! Anything else you want to tell the readers?*
BLG: I would like to include in the article a big thank you to God, my family, Louie Simmons, Sebastian Burns, Bill Crawford, NASA, all my training partners and to HOUSE OF PAIN for the chance to spread the blood to the readers of PL USA.

"Spread the blood?" Is this guy cool or what?! Until next month, stay away from Tuna Fish vomit, and 'spread the blood.' Speaking of that, we'll look into a bloody good story next month!

Questions/Comments
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Rank	Pts.	Lifter	YOB/Nat.	Lift/kg.	Bwt./kg.	Date	Sanction
1	303.475	Stanaszek, Andrzej	71POL	300.5	50	05NOV03	IPF
2	275.250	Goggins, Steven	63USA	500	120.45	01MAR03	WPO
3	272.735	Mikesell, Brent	67USA	517.5	145	30NOV03	WPC
4	270.497	Vogelpohl, Chuck	65USA	464.93	99.80	29MAR02	IPA
5	266.633	Coan, Edward	63USA	471	107.60	12AUG01	WPO
6	266.512	Karlsson, Magnus	67SWE	320	60	020CT99	IPF
7	265.425	Bolton, Andrew	70GBR	505.5	147.5	08NOV03	WPO
8	264.428	Turtianinen, Ano	57FIN	490	130.70	01MAR03	WPO
9	261.601	Childress, Paul	71USA	492.5	140	06MAR04	WPO
10	259.927	Conyers, Anthony	58USA	377.5	75	05MAR04	WPO
11	259.020	Wessels, William	63USA	455.5	106.1	11NOV95	APF
12	258.401	Kellum, Jesse	65USA	443	99.20	07NOV03	WPO
13	257.039	Shestakov, Igor	69RUS	370	74.10	29NOV03	WPC
14	255.091	Pasanella, David	62USA	467.5	124.80	28MAY89	APF
15	254.863	Hatfield, Fred	42USA	460	117	23MAR87	APF
16	253.379	Lowe, Gregory	57USA	458.13	117.93	14NOV98	FCI
17	252.212	Palmer, Ronald	73USA	357.5	72.62	08FEB03	WPO
18	252.051	Olech, Jaroslaw	74POL	332.5	66.5	05NOV03	IPF
19	252.005	Hoerner, Thomas J	78USA	325	64.80	05JUN04	APF
20	251.530	Basson, Oan	781SR	471	136.70	01MAR03	WPO
21	250.884	Hoskinson, James	69USA	4690	125	28MAR04	APF
22	250.571	Frank, Garry	64USA	492.5	170.5	04APR04	APF
23	249.999	Karwoski, Kirk	66USA	455	121.45	23JUL95	USPF
24	249.856	Crain, Rickey	53USA	362.87	75	23NOV96	IPA
25	249.634	Bartley, Mark	68USA	457.5	124.80	06JUN04	APF
26	249.548	Urchick, Paul	59USA	435	103.42	11APR98	APF
27	248.342	Mehan, Allen	74CAN	460	130.45	30NOV03	WPC
28	248.064	Berardinelli, Angelo	65USA	358.5	74.5	28FEB03	WPO
29	248.043	Kamand, Anthony	61USA	383.29	81.98	28MAR93	APA
30	247.975	Kemp, Peter	71GBR	250	50.80	15AUG99	IPF
31	247.092	Gallo, Craig	62USA	465	139.75	09NOV02	WPO
32	247.019	Ruggiera, Michael	67USA	476.27	156,04	04APR04	IPA
33	246.559	Bell, Gene	56USA	382.5	82,50	08APR88	APF
34	246.559	Harrington, Phil	73USA	382.5	82,50	05MAR04	WPO
35	246.269	Zweng, Matthew	72USA	402.5	90	24FEB02	WPO
36	246.068	Fumas, Douglas	58USA	446.79	120.20	16NOV86	WPC
37	245.690	Bradley, Joseph	56USA	295	60	07NOV80	IPF
38	244.948	Bridges, Michael	57USA	380	82.5	11JUL82	USPF
39	243.928	Kuttroff, Holger	69GER	459	139.70	06APR03	WPC
40	243.687	Hutson, Anthony	62USA	471.71	159	10AUG03	IPA
41	243.675	Fedosienko, Serge	82RUS	250	51.60	05NOV03	WPF
42	242.770	Bailey, Charles	63USA	440	119.20	07DEC03	APF
43	242.579	Mash, Travis	73USA	417.30	100	22MAR03	APF
44	242.388	Nichols, William	58USA	430.91	110	18APR87	APF
45	242.113	Kazakov, Ravil	82RUS	290	59.85	12MAR04	IPF
46	242.056	Passillo, Hark	60USA	454.5	138.35	30OCT99	APF
47	242.032	Hooper, Wade	70USA	351	74.85	24FEB02	WPO
48	241.776	Waddington, David	57USA	454.95	139.70	13JUN81	USM
49	241.541	Dimel, Matthew	60USA	458.13	144.7	03MAY86	USM
50	241.354	Jackson, Jesse	USA	322.5	67.5	28JUL90	APF
51	241.204	Green, John	65USA	442.25	125	16NOV03	IPA
52	241.022	Kidder, Kieran	69USA	455	141.5	260CT02	WPC
53	240.992	Laine, Jarmo	66FIN	350	75	24FEB02	WPO
54	240.407	Clark, Anthony	66USA	460.39	151.27	28MAR93	APA
55	239.983	Rosciglione, Jay	56USA	347.5	74.70	31MAY96	APF
56	239.836	Starov, Mikhail	73UKR	426.38	110	07JUL96	IPA
57	239.786	Bailey, Jerome	USA	412.5	100	01JUN96	APF
58	239.673	Allocco, Michael	78uSA	437.5	122.95	01MAY04	APF
59	239.665	Moran, Lee	55USA	453.79	143.60	08JUL84	USPF
60	239.481	Badenhorst, Gerrit	62RSA	450	138.80	140CT90	WPC
61	239.233	Wohleber, Daniel	60USA	435.45	121.56	12DEC82	USM
62	238.948	Selsam, Harold	68GER	410	99.40	05APR03	WPC
63	238.926	Perez, Jose	60USA	347	75	20NOV94	APF
64	238.914	Hammerton, Kevin	66GBR	411	100	JUL00	WPC
65	238.757	Pavlov, Konstantin	73RUS	267.5	56	12MAR04	IPF
66	238.6J2	Warman, Scott	57USA	437.5	125	07AUC93	APF
67	238.52	Primich, Neville	67RSA	370	82.5	22JUN01	IPF
68	238.317	Moore, Beau	66USA	455	149.20	06MAR04	WPO
69	238.199	Griffin, Michael	75USA	432.5	120.20	06JUN04	APF
70	238.016	McNamara, Gerald	63IRE	320	68	22APR01	IPF
71	237.969	Wardell, John	68USA	408.23	99.35	16NOV02	IPA
72	237.797	Smith, Matthew	74USA	457.5	154.5	06MAR04	WPO
73	237.656	Garcia, Jose	77USA	422.5	110	08NOV03	WPO
74	237.627	Luckett, Larry	58USA	317.52	67.5	24FEB88	FCI
75	237.572	Levario, Noel	73USA	432.5	121.60	08NOV03	WPO
76	237.267	Alexander, Ausby	56USA	341	73.94	02APR89	APF
77	237.110	Sivokon, Alexei	73KAZ	316	67.30	16NOV00	IPF
78	236.768	Simmons, Louie	47USA	417.31	106.82	16JUN00	IPA
79	235.552	Coleman, Arnold	65USA	365	82.35	24FEB02	WPO
80	235.424	Hatch, Nicholas	85USA	320	68.90	08MAY04	APF
81	235.132	Booker, Michael	81USA	227.5	49	03NOV00	AAU
82	235.094	Ivanenko, Vladimir	56UKR	417.5	109.60	18NOV00	IPF
83	235.019	Bailey, Oonald	USA	430.91	125	17JUN00	IPA
84	234.843	Wetler, Michael	65AUT	417.5	110	080EC02	WPC
85	234.835	Inaba, Hideaki	44JPN	243	52	15JUN86	IPF
86	234.724	Sutrisno, Oarimin	75INA	280	59.60	04NOV03	IPF
87	234.704	Hu, Chun-Hsiung	74TPE	261	55.60	01NOV97	IPF
88	234.528	Rychlak, Eugene	68USA	455.86	162	13APR03	IPA
89	234.478	Isaac, Timothy	61USA	442.5	141.5	JUN89	USM
90	234.352	Cunha, Joseph	59USA	242.5	52	17OCT81	USPF
91	234.163	Henry, Clive	66GBR	427.5	123	11MAY03	IPF
92	234.081	Lapshin, Maxim	65AUT	310	66.8	02OCT03	IPF
93	233.908	Herring, George	59USA	362.87	82.5	26MAR88	USPF
94	233.885	Forbes, Theodore	71USA	427.5	123.60	06JUN04	APF
95	233.883	Ihalainen, Jani	75FIN	415	109.25	01MAR03	WPO
96	233.631	Taylor, Layne	USA	435.45	133.87	01DEC90	FCI
97	233.409	Russ, Ed	67USA	447.5	168.35	08JUN03	APF
98	233.374	Papazov, Vitaly	80UKR	430.5	128.2	12MAY02	IPF
99	233.339	Malanichev, Andrei	77RUS	430	127.7	02MAR03	IPF
100	233.199	Tregloan, Peter	57GBR	457.5	169	08DEC02	WPC

Mike Allocco *will probably be moving up this list in the years to come. (Photograph courtesy of Mike Lambert)*

Tony Kamand *shocked the world with his 845 squat at 181 in '93. (Photograph courtesy of Mike Lambert)*

Sweden's Magnus Karlsson 705 at 132 *is a spectacular achievement. (Photograph courtesy of Mike Lambert)*

World All-Time Best Women's Squats

by the new "Glossbrenner Formula" ***compiled by Herb Glossbrenner PL USA***

Rank	Pts.	Lifter	Yr.Born/Nat.		Lift/kg.	Bwt./kg.	Date Sanction
1	251.010	Avigliano, Nance	56USA	252.5	59.5	25AUG02	WPC
2	247.925	Swanson, Rebecca	73USA	352.5	104.78	15NOV03	APF
3	239.219	Lafina, Olesya	79RUS	215	51.70	10MAR04	IPF
4	238.308	Warman, Mary	58USA	240	59.60	10NOV96	WPC
5	237.462	Zurcher, Andrea	78SWI	250	63	04MAY03	IPF
6	235.563	Filimonova, Inna	76RUS	225	55.80	26FEB03	IPF
7	231.828	Tatarova, Irina	75RUS	230	58.5	10MAR04	IPF
8	231.334	Weisberger, Amy	65USA	233.60	59.80	08AUG03	IPA
9	228.098	Kudinova, Marina	77RUS	260	69.90	02MAR01	IPF
10	227.612	Scanlon, Julie	76USA	272.5	74.65	05MAR04	WPO
11	227.150	Borodkina, Viktoria	79RUS	250	66.65	10MAR04	IPF
12	2Z7.058	Sommers, Kimberly	65USA	205	52	04JUL98	APF
13	226.750	Bohigian, Kara	75USA	250	66.80	07NOV03	WPO
14	226.494	Mills, Jill	71USA	282.5	80	29NOV03	WPC
15	225.004	Vandeveghe, Stefanie	55USA	267.5	74.34	13DEC98	APF
16	224.933	Eltsova, Tatyana	78RUS	215	55.85	10MAR01	IPF
17	223.400	Grimwood, Tamara	64USA	281.22	81.19	15APR95	IPA
18	222.530	Nikolaenko, Svetlana	81RUS	200	51.70	26FEB03	IPF
19	221.828	Hyser, Victoria	73RSA	212.5	56	09NOV0l	WPC
20	221.064	Ivanova, Zhanna	84UKR	235.5	65.5	05JUN04	IPF
21	220.489	Gibson, Vanessa	69GBR	210	55.60	09NOV96	WPC
22	219.367	Reshel, Dawn	55USA	287.12	86.64	15MAY88	APF
23	219.199	Abramova, Irina	72RUS	220.5	59.5	02DEC00	IPF
24	219.032	Potselueva,Galina	80RUS	220	59.40	10MAR04	IPF
25	218.244	Dodd, Laura	USA	257.5	73.5	21NOV9l	WPC
26	218.133	Liggett, Mariah	58USA	240.5	66.80	07NOV00	WPC
27	218.114	Zaugolova,Yu1ia	81RUS	255	72.5	11SEP03	IPF
28	217.133	Shafer, Ruth	59USA	231.33	63.96	22Nov83	USM
29	217.050	Pisarenko, Viktoria	79RUS	240	67.05	05JUN04	IPF
30	216.724	Phelps, Rebecca	77USA	255	73.20	05JUN04	APF
31	215.468	Koskinen, Raija	63FIN	171	43.90	28NOV03	IPF
32	214.796	Kanutkina, Veronika	79RUS	202.5	55.45	10MAR04	IPF
33	214.581	Tokarena, Natalya	84RUS	185	51.80	10MAR04	IPF
34	213.588	Dedulya, Svetlana	75RUS	255	74.80	24MAY03	IPF
35	213.380	Thomas, Lesley Jane	66GBR	200	54.5	05DEC03	WPCOM
36	213.121	Yakovleva, Anastasya	83RUS	232.5	65.9	11MAR04	IPF
37	212.651	Ribic, Priscilla	73USA	235	67.'00	09JUL04	USAPL
38	212.373	Parrish, Shannon	62USA	188.24	50.80	12ApR03	IPA
39	212.404	Guminska, Lesya	80UKR	235	67.10	28FEB03	IPF
40	210.949	Tesleva, Svetlana	75RUS	177.5	47.5	10MAR04	I PF
41	209.865	Fomina, Elena	69RUS	212.5	60	02MAR01	IPF
42	209.850	Zhukova, Elana	72UKR	246	72.80	22MAY99	IPF
43	209.472	Vaughn, Amy	80USA	230	66.45	08MAR03	APF
44	209.426	Jeffrey, Mary	60USA	200	55.79	16JUL88	APF
45	209.052	Ivanova, Larisa	63UKR	232.5	67.5	09NOV00	IPF
46	208.624	Mazaylova, Evgenya	82RUS	260	79.90	111MAR04	IPF
47	208.149	Taranova, Yulia	79RUS	175	47.44	26FEB00	IPF
48	207.885	Ortega, Melissa	77USA	230	67.10	29NOV03	WPC
49	207.669	Revva, Maria	77RUS	210	59.90	05JUN04	IPF
50	207.396	Amdahl, Beatte	69NOR	210	60	04APR94	IPF
51	207.396	Malyugina, Nadezheda	80UZB	210	60	01MAY03	IPF
52	207.365	Chan, Cien-Ming	76TPE	19J.5	55.60	99	IPF
53	207.207	Omytruk, Olena	83UKR	192.5	53.90	02MAR04	IPF
54	206.841	Kehanen, Virpi	79FIN	195	55.45	09MAR03	IPF
55	206.662	Sarala, Shetty	59IND	250	76.30	03MAR01	IPF
56	206.657	Chen, Kuan-Ting	77TPE	175	47.90	20AUG01	IPF
57	206.518	Murasheva, Alexandria	83RUS	260	81.20	11MAR04	IPF
58	206.164	Belova, Oxana	75RUS	185	51.60	26NOV99	IPF
59	205.811	Comette, Stephan	75FRA	177.5	51.80	23MAY03	IPF
60	205.459	Pavel, Petra	RSA	182.5	52	09NOV96	WPC
61	205.420	Nelubova, Valentina	66RUS	207.5	59.40	24MAY03	IPF
62	205.395	Stiklestad, Anne	75NOR	245	74.70	20JUN97	IPF
63	204.870	Costanzo, Lorraine	54USA	285	98.88	22NOV87	IPF
64	204.679	Shapovalova, Natalya	83RUS	172.5	47.60	30MAY02	IPF
65	204.537	Iskandarova, Valida	74KAZ	217.5	63.80	02MAY03	IPF
66	204.221	Rohal-Byland, Terry	60USA	242.5	74.20	26JAN85	USPF
67	204.175	Abdulina, Vita	67UKR	192.5	54.90	29NOV03	I PF
68	204.155	Nikulina, Elena	77RUS	195	55.80	10MAR04	IPF
69	204.177	Mendelson, Shawna	72USA	255	80.20	05JUN04	APF
70	204.109	Altizer, Bettina	62USA	202.5	58.5	07MAY95	I PF
71	203.366	Tanakova,Ekatarina	64RUS	225	67.10	28MAY94	IPF
72	203.114	Boudreau, Carrie	67USA	191.5	54.90	21JUL95	USPF
73	202.893	Sjostrand, Lisa	68SWE	225	67.30	01MAR97	IPF
74	202.845	Puzanova, Tatyana	74RUS	242.5	74.95	01MAR01	IPF
75	202.702	Pavlovskaya, Kira	83RUS	.192.5	55.40	10MARD4	IPF
76	202.630	Thysse, Petra	RSA	170.5	47.5	07NOV92	WPC
77	202.519	Frangi, Irene	64ARG	222.5	66.5	26MAY00	IPF
78	202.165	Marx, Ingeberg	70BEL	202.5	59.20	29NOV97	IPF
79	202.041	Earney, Debra	54USA	237.5	73.10	31MAY96	APF
80	201.916	Orsini, Antonette	64ITA	220	65.80	19MAY99	IPF
81	201.882	Saski, Oxana	82UKR	202.5	59.30	23FEB00	IPF
82	201.552	Dmytruk, Oxana	83UKR	170	47.65	10SEP03	IPF
83	201.512	Laha, Sumita	IND	235	72.30	24JUN91	IPF
84	201.337	Karpova, Gallna	68RUS	295	116.40	11MAR04	IPF
85	200.926	Barybina, Natalya	83RUS	220	65.25	10MAR04	IPF
86	200.570	Ford, Krista	66USA	255	82.5	05JUN04	APF
87	200.117	Steenrod, Victoria	49USA	190.87	55.70	28JAN84	USPF
88	199.773	Chen, Chun-Ju	82TPE	157.5	43.5	25MAY00	IPF
89	199.713	Chuvileva, Olga	79RUS	215	64.80	11MAR04	IPF
90	199.651	Ignatenkova, Elena	71RUS	252.5	81.80	27MAY00	IPF
91	199.635	Millen, Cathy	67NZL	241.5	76.30	02NOV91	IPF
92	199.017	Kurina, Yulia	81RUS	270	85.90	27FEB03	IPF
93	198.539	Hare, Monica	72USA	235.	73.85	30NOV02	USAPL
94	198.59	Burkey, Jennifer	70USA	188.24	55.30	08AUG03	IPA
95	198.485	Prymenchuk, Tetyana	72UKR	90	55.95	02MAR04	IPF
96	198.341	Ustinov, Olga	84RUS	190	56	10MAR04	IPF
97	198.240	Haapoja, Paivi	65FIN	197.5	58.80	24MAY03	IPF
98	197.780	Matejova, Oava	75SLO	200	59.90	30NOV01	IPF
99	197.440	Savola, Pirjo	68FIN	197.5	59.10	30NOV02	IPF
100	197.188	Toropovska, Nina	81UKR	235.0	74.60	02MAR04	I'PF

The Mighty Russian... *Svetlana Dedulya at the 1993 IPF Women's Worlds. (Photograph by Lambert)*

Still #1 .... *Nance Avigliano (Glossbrenner photo)*

Melissa Ortega ....*was very impressive winning the 2003 APF Seniors. (Photo courtesy of Glossbrenner)*

Someday I will...

EQUIPMENT SEMINARS FORUMS Q&A ARTICLES

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

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WORKOUT OF THE MONTH

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

10 Week Deadlift Routine

by World Record Breaker Troy Hicks

Troy Hicks (below) was one of the great deadlifters in the history of the lightweights, setting a world record of 639 pounds, before moving up the the Middleweights to make history in that class as well. (photograph by Mike Lambert, at the 1984 Senior Nationals)

I feel you could improve your deadlift as much as 30 to 50 lbs on this routine, which assumes a 500 lb. starting deadlift capability coming in. It's a 10 week cycle, in which the first 8 weeks involve pure training, week 9 is dedicated to working on form and maintaining the feel of the weight, and Week 10 is for mental preparation and rest before the meet.

Recommended Stretching Exer-cises - 1) Hang from chin bar with toes pointed down and 2) Lay on back, touch toes to floor, and reach back over your head to stretch the lower back.

I recommend hyperextensions for conditioning the lower back. Also, standing on a box 6 inches high and doing deadlifts helps condition the lower back and I believe helps you to move the bar off the floor quicker to help get through your sticking points.

Doing lockouts with the bar at the knees with training straps, shrugs with Olympic bar and t-bar rows are done to strengthen the traps and upper back for the lockout.

After the first 4 weeks drop all assistance exercises except hyperextensions, so that you don't over work your back, which does not recover as quickly as other body parts. Do hyperextensions throughout the complete routine to keep your lower back muscles stretched and flexible.

I also think that some high bar squats should be included, as I feel they help with the drive off the floor.

Consistency and hard work are the keys to achieving your goals.

Week 1:

DL: 135x8; 225x8, 315x5. 405x5, 455x5.
DL (6"box): 225x5, 225x5, 225x5.
DL no rack, from knees, w/straps: 450x5, 500x5.
Shrugs w/Olympic Bar: 3x225x5.
T-Bar Row: 125x5, 175x5, 225x5.
Hyperextensions: 2x25.

Week 2:

DL: 135x8, 225x8, 315x5, 405x5, 475x3.
DL (6"box): 225x5, 275x5, 315x5. DL no rack, from knees, w/straps:
475x5, 515x5.
Shrugs w/Olymptc Bar: 3x225x5.
T-Bar Row: 125x5, 175x5, 225x5. Hyperextensions: 2x25.

Week 3:

DL: 135x8, 225x8, 315x5, 405x5, 485x3.
DL(6"box): 225x5, zte^ 315X5
DL no rack, from knees, w/straps. 500x5, 525x5.
Shrugs w/Olympic Bar: 3x225x5.
T-Bar Rows: 125x5, 175x5, 225x5. Hyperextensions: 2x25.

Week 4:

DL: 135x8, 225x8, 315x5. 405x5, 495x3.
DL (6"box): 225x5, 275x5, 315x5. DL no rack, from knees, w/straps:
525x5, 550x3.
Shrugs w/Olympic Bar: 3x225x5
T-Bar Rows: 125x5, 175x5, 225x5. '-'I'Derextensions: 2x25.

Week 5:

DL: 135x8, 225x5, 315x5, 405x5. 505x3, 515x1. Hyperextensions: 2x25.

Week 6:

DL: 135x8, 225x5, 315x5 405x3, 505x3, 525x1. Hyperextensions: 2x25.

Week 7:

DL: 135x8, 225x5, 315x5, 405x3, 505x1, 525x2. Hyperextensions: 2x25.

Week 8:

DL: 135x8, 225x5, 315x5, 405x3,
505x1, 525x3. Hyperextensions: 2x25.

Week 9:

DL: 135x5, 225x2. 315x1. 405x1. Hyperextension: 2x25.

Week 10:

Meet Attempts: 525, 550, 565.

WNPF World Championships
6-8 AUG 04 - Piscataway, NJ

SQUAT
132 lbs.
(40-44) Raw
Hockeborn 255*
(45-49) Raw
Spano 165*
181 lbs.
(50-54) Raw
Cinelli 270*
220 lbs.
Lifetime Raw
Aludauri 550*
Caffrey 450
242 lbs.
Lifetime
Maltezos 685*
Open
Maltezos 685*
(45-49)
Lovejoy 575*
275 lbs.
Lifetime Raw
Kristoff! 660
(45-49)
O'Neill 660*
BENCH
123 lbs.
(45-49)
Proctor 145*
(17-19) Raw
Fitzpatrick 110*
132 lbs.
Open Raw
Hockeborn! 205*
(40-44) Raw
Hockeborn 205*
(45-49) Raw
Spano 105*
148 lbs.
(40-44) Raw
Rosenthal 85
165 lbs.
Lifetime Raw
Kossak 155*
MEN
100 lbs.
(9-10) Raw
Diekel 80*
114 lbs.
(9-10) Raw
Lewis 70
123 lbs.
(17-19) Raw
Claypatch 180*
132 lbs.
(40-44)
Helms ---
148 lbs.
(13-16) Raw
Cawley 205*
(13-16)
Cawley 250*
Open Raw
Love! 355*
4th 360*
Mosier 195
(35-39)
Dessau 270
(55-59)
Morrison 220*
165 lbs.
(20-23) Raw
Merabishvili 225
(20-23)
Myers 205
Lifetime
Venturella 350
Open
Venturella 350
(40-44)
Venturella 350#
Caliguri 320
Lifetime Raw
Claypatch 270
Legg 220
(35-39) Raw
Lara 300
(50-54) Raw
Wooten 305*
Legg 220
(45-49) Raw
Claypatch 270
181 lbs.
(13-16)
Swanson 275*
(17-19) Raw
Fabozzi 275*
Snouffer 265
Lifetime
Ryan 455*
Mann 410
Open Raw
Massetti 330
Lifetime Raw
Martin 420*
(40-44)
Mann 410
Foltz 320
(35-39) Raw
Ross 350
Kampo 315
(60-64) Raw
Freed 325*
(65-69)
Lozano 275*
198 lbs.
(17-19) Raw
Kemble 335*
Turner 225
Lifetime
Matta 400
Jachim 365
(35-39)
Swanson ---
(40-44)
Jachim 365
(45-49)
Dunn 335
Williams 300
(60-64) Raw
Churchman ---
(60-64)
Churchman 325
(70-74) Raw
Rosenfield 275*
(70-74)
Rosenfield 305*
220 lbs.
(17-19) Raw
Hafiz 310*
(17-19)
Rogers 325
Open
Feehan! 505
Tiger Sr 450
Campanella 445
Storey 420
Ehrhardt 405
Diciano 400
Lifetime Raw
Davis! 495
Shaw 455
Aludauri 425
(35-39) Raw
Shaw 455*
Stalica 410
Caffrey 300
Open Raw
Shaw 455
(40-44)
Mellinger ---
(45-49)
Ehrhardt 405
(50-54)
Tiger Sr 450
Brown 430
(55-59)
Cote 430*
Shales 420*
4th 430*
(55-59) Raw
Shales 375*
(60-64)
Davis 275
242 lbs.
Open
Brown 475
Wilkerson 415
Anderson 410
Lifetime
Brown 475
Jmuhadze 420
Copenhaver ---
(40-44) Raw
Erb 330
(50-54) Raw
Levine 315
(50-54)
Levine 315
(60-64) Raw
Bidinotto 300*
(60-64)
Bidinotto 360*
Police
Stears 430
275 lbs.
(13-16) Raw
Moody 210*
(17-19)
Andrews ---
Lifetime
Cawley! 595*
Lewis 515
Kalfrin ---
Open
Norris 570
(35-39)
Allen ---
Lifetime Raw
Mamedov! 460
(40-44)
Cawley 595*
Norris 570
Dupont 365
(75-59) Raw
Romero 135*
SHW
Lifetime
Jmuhadze 400
Lattimer ---
Lifetime Raw
Montano 400
(40-44)
Mackey ---
(45-49) Raw
Brown 240*
DEADLIFT
123 lbs.
(20-23)
Ferguson! 390*
(17-19) Raw
Fitzpatrick 235*
Hoxworth 190
(40-44) Raw
Klaassen 260*
132 lbs.
(40-44) Raw
Hockeborn 255*
(45-49) Raw
Spano 280*
MEN
100 lbs.
(9-10) Raw
Diekel 185*
114 lbs.
(13-16) Raw
Zambelli 180*
148 lbs.
(13-16)
Richardson 400
(13-16) Raw
Hoxworth 310*
165 lbs.
(13-16) Raw
Erb 260*
(17-19)
Space 415
165 lbs.
(20-23) Raw
Merabishvili 420
Myers 315
(55-59) Raw
Hoxworth! 500*
(50-54) Raw
Legg 325
Police Raw
Legg 325*
Lifetime Raw
Legg 325
181 lbs.
(17-19)
Space 455*
Lifetime Raw
Rijos-Soto 575*
(55-59)
Conway 540
(65-69) Raw
Jenkins 500*
198 lbs.
Lifetime
Matta 470
(40-44)
Jachim 370
(45-49)
Meyers! 735
(45-49) Raw
Skinner 510*
Police Raw
Skinner 510*
Police
Skinner 525
220
Lifetime Raw
POWERLIFTING
TOT
WOMEN
123 lbs. (40-44) Raw
Larson 140 80 180 400
(45-49)
Caffrey 500
Marshall 450
Aludauri ---
(55-59)
Cote 530
242 lbs.
(20-23) Raw
Finland 530
(40-44) Raw
Erb 490*
(45-49)
Anderson 555
Open
Cooper! 705
Wilkerson 450
(55-59)
Dusenbury 505*
275 lbs.
Lifetime Raw
Olaaje 630*
(45-49)
O'Neill 640
Finland ---
SHW
(40-44)
Mackey 480
(45-49) Raw
Brown 375*
Lifetime Raw
Lattimer ---
PWRCURL
123 lbs.
(40-49)
Klaassen 70*
132 lbs.
(40-49)
Spano 70*
MEN
148 lbs.
Open
Dessau 130
Mosier 100
165 lbs.
(17-19)
Slagus 135*
Open
Edwards 150
Merabishvili 130
Legg 85
(40-49)
Edwards! 150*
(50-59)
Legg 85
181 lbs.
Open
Wilhelm! 170
Massetti 165
Saralidze 150
(40-49)
Wilhelm 170
(50-59)
Cinelli 115
198 lbs.
(17-19)
Turner 140
Open
Seunarine 140
(40-49)
Carr 165*
Dunn 155
Williams ---
220 lbs.
Open
Aludauri! 210*
Diciano 170
Marshall 160
(40-49)
Feehan 185*
Loomis 155
Campanella 150
242 lbs.
Open
Jmuhadze 180
(40-49)
Slagus 165*
(50-59)
Levine 145*
275 lbs.
Open
Mamedov! 190
SHW
Open
Jmuhadze 210*
Opio 140

One of the female competitors at this year's WNPF World Championship (photos courtesy of Troy Ford, except where noted)

	SQ	BP	DL	
Whidden	255	155*	280	690
132 lbs. (40-44) Raw				
Hockeborn	255*	205*	255*	715*
(45-49) Raw				
Spano	165*	105*	280	550*
148 lbs.				
Lifetime Raw				
Musser!	340.	190*	350*	880
Vega	255	130	350*	735
SHW				
Lifetime Raw				
Theodoropoulos		325	155	365
845				
(40-44) Raw				
McGee	150	120	280	550
MEN				
100 lbs. (9-10) Raw				
Litowsky	90	55	125	270
114 lbs. (11-12) Raw				
Bomberger	190*	90*	170*	450*
Foltz	125	65	170	360
(13-16)				
McAvoy	265	190	280	735
132 lbs. (20-23)				
Molinaro	360	225	375	960
148 lbs. (13-16)				
Richardson	345	160	400	905
(45-49)				
Corsi		370	250	450
1070				
165 lbs. (13-16) Raw				
Klaassen	300	165	330	795
(17-19)				
Heilman	370	220	410	1000
Space	300	175	415	890
(20-23) Raw				
Dimura!	425*	265	485*	1175*
(45-49) Raw				
Cantrambone	325	260*	410	995
(55-59) Raw				
Hoxworth	400*	225*	500*	1125*
(65-69)				
Wolff	290*	190*	385	865*
181 lbs. (17-19)				
Space	395	230	455	1080
Open Raw				
Rock	475	315	510	1300
Lifetime				
Alongi	405	365	385	1155
(35-39) Raw				
Lombardo	315	275	420	1010
(40-44)				
Catina	455	265	460	1180
(50-54) Raw				
Cinelli	270	235	340	845
(55-59)				
Conway	455*	245	540*	1240
Dennison	430	235	530	1195
198 lbs. (13-16)				
Tidy	355	135	350	840
Lifetime Raw				
Kadle	450	330	560*	1340*
Mangine	475	350*	510	1335
Seunarine	520*	300	505	1325
Weaver	340	240	405	985
Lifetime				
Edwards!	590	430*	550	1570
Ruscitelli	555	430*	550	1535
Gorman	500	350	500	1350
Givens	520	380	425	1325
40-44				
Ruscitelli	555	430*	550	1535
Sadiv	445	---	---	---
(40-44) Raw				
Kliefoth	540*	315*	530	1385*
(50-54)				
Givens	520	380*	425	1325
Police				
Givens	520	380*	425	1325
220 lbs. (20-23)				
Boston	535	375	540	1450
Lifetime Raw				
Davis!	565	495*	600	1660*
	4th-BP-500*			
Fleming	565	375	560	1500
Schaffer	500	390	480	1370
Caffrey	450	300	500	1250
Aludauri	550	425	---	---
Open Raw				
Fleming	565	375	560	1500
(40-44)				
Loomis	350	260	440	1050
(50-54)				
Brown	570	400	510	1510
242 lbs. (13-16)				
Bartos	550*	325*	550*	1425*
(17-19) Raw				
Hammond	460*	335	525	1320
Lifetime Raw				
Miller	470	410*	545	1425
Lifetime				
Perrotta!	675	400	560	1635
Killen	525	410	500	1435
(40-44) Raw				
Bradley	550	395*	525	1470
(45-49)				
Lovejoy	575	410*	535	1520
275 lbs.				
Lifetime Raw				
Kristoff!	660	400	600	1660
Open				
Reyes	630	375	575	1575
SHW Lifetime				
Yawn	610	400	540	1550
Theodoropoulos		600	405	500
1505				
(35-39)				
Yawn	610	400	540	1550

***Joe Alongi** with his 1st place award in his first WNPF World Championship, after 12 years and 17 competitions. He won in the 181 lb. lifetime division with lifts of 405, 365, 385 for 1155, after enduring the death of his girlfriend's son just a week before the meet, during which time he lost 7 pounds of bodyweight, to 173. Under the circumstances, no PRs were possible, but Joe looks forward to the 410 lb. world record in this division as a goal for next year. (photo by Joe Alongi Sr.)*

James Davis (220 class) was the Best Lifter in the Raw Division.

Police
Yawn 610* 400" 540*
1550*

! - Best Lifters. * WNPF World Record. # - Tied World record. Team Champions: Powerlifting - Ephrata. Bench Press - Ephrata. Deadlift - Hoxworth Gym. Powerlifting (Teenage) - Calvary. Hello to all, for World Meet Number Thirteen for the WNPF. I can remember the very first one where we had 422 lifters, the biggest meet in powerlifting history. I hope we never have another one of those, but that meet put the WNPF on the map. This contest was moved from its original time in the fall to the summer. We ended up with 208 total lifters for a summer time World Championships. We were very happy with this turnout. We will move the Worlds back to the Fall in 2005 and we will be in Orlando, Florida. I want to thank all of the lifters that attended this event, from the lifters in the USA to the lifters that came from the Republic of Georgia. We had a total of seven countries attend this year championship. I want to thank my staff for a wonderful job. They are: Lester, Denise, Annette, Ron Ehrhardt, Ron Deamicis, Herman, Moses, Bryan, John, Kenny, Perry, Thomas, William, Moms, Steven, Jamie, Buddy, Jim, Adrian, Perry and Tee Meyers. Again, there were a few lifters that were not happy with the judging at the Worlds, but this happens every year. Our judges do a very good job. They are tough but fair to each and every lifter. There is no favoritism in the WNPF. Our spotters caught every lifter on every attempt and there was only one misload the entire weekend. We also held our Annual World Strongman Championships on Sunday and Matt Keller won this event again for the second time in a row. We held our annual WNPF banquet on Saturday with many awards given out to the top lifters of the year. A WNPF Hall of Fame was started and Annette Schneidmill was the first inductee. This hall of fame is for past WNPF superstars. The requirements are you must be out of the sport for five years and you must be a past WNPF record holder and champion and also a good sportsman. Other past lifters were also inducted but we will give out these awards later this year. Now on to the meet. We will not be able to talk about every WNPF lifter at the Worlds because Mike Lambert will kill us for taking up too much space in this magazine. In the women's division Lynnie Whidden won her weight class and set a new WNPF world bench press record. Koley Hokeborn set several WNPF full meet and single lift world records and her first WNPF world title. Koley is a top WNPF female lifter. She benched 205 pounds RAW in the 132 class. In the 148s we were waiting for this battle with Musser and Vega. Musser got out to a big lead in the squat 340 to 255 and then she got an even bigger lead after the bench 190 to 130. She was now up by 145 pounds and going into the deadlift. Denise and Melissa tied in the deadlift with 350 pounds. Denise won another best lifter award and her first WNPF raw world title. A.T. won her first WNPF World title in the SHW open raw division. Bomberger won his second WNPF world title over Foltz in the youth division. Molinaro won his first title in the 132 junior division. Tony Dimura won his first title and set a few WNPF records also. Gary Hoxworth is still going strong, with over 40 years experience. Gary set four world records and he also won the best lifter award in the deadlift only division. Rock, Catina, Alongi, Cinelli and Lombardo all won WNPF World titles in the 181 class. Ray Dennison and Tom Conway battled in the masters 55-59 division with Tom coming out ahead by 55 pounds. In the 198's Terry Edwards won the lifetime equipped division over four competitors with a 1570 total. Joe Ruscitelli took the masters class and set a new world masters bench press record in the 198's. Kadle won by five pounds over Mangine in the raw division. In the 220's James Davis won his first WNPF title with a 1660 total and 500 bench. James is new to the sport with only one year of experience under his belt. He is very strong but he has a long way to go as far as learning how to powerlift Imagine once he learn how to lift where his total will be. Wayne Kliefoth won the masters 198 and set several records. Chris Loomis and Ralph Brown won their classes in the 220 masters. Floyd Givens took the masters and police divisions even though he suffered an injury in the squat event. Bartos and Hammond lifted superbly in the teenage divisions with Bartos setting four new world records. Miller and Kristoff won their raw classes in the 242 and 275's. John Perrotta won the 242's over Joel Killen. Joel actually could have lifted in the masters but be chose to lift in the open for the competition. Jeff Bradley set a new World bench record in the masters 242 class. Mr. Reyes and Mr. Yawn won their first titles in the WNPF. Teddy T. was off in the deadlift and bench over wise he would have gave Mr. Yawn more of a battle. In the Bench only divisions all of the women set new world records except for Rosenthal. Ms. Rosenthal actually lifted in her first world meet and did very well. Now for the big boys. Diekel, Lewis, Claypatch and Cawley lifted well and most of them set records. Mr. Love did a RAW 360 in the 148's. This guy is strong, very strong, and he showed it with his first WNPF World title. Dessau won the submasters division and Morrison took the Masters over 50 class. Claypatch, Wooten and Charles V. won their classes in the 165's. John is an amazing lifter, he has no legs on the lower part but he balances himself on the bench without any problems and pushes his benches up strong. Bob Legg, always dependable and consistent, is one of those guys who just love the sport. He comes to the meet to have fun and to try and set personal records. We are happy to have Bob as a WNPF member. Little Bruce Swanson won the 181 teenage division. Fabozzi beat out Snouffer by 10 pounds. They battled until the last attempt. Ryan improved to 455 this year from 420 last year. Martin hit 420 raw in the 181 lifetime class and he also set a new record. Mann took first in the masters and second in the lifetime division. Bill Ross beat out John Kampa in the subs 181 raw division and Rudy Lozano came from CA to take the masters 65-69 division. Jamie Matta won the lifetime division and Chruchman won-the masters 60+ division. Burt Rosenfield won both the masters raw and equipped divisions in the 198 70+ division. We had a good battle in the 220 class raw and equipped divisions. John Feehan from Ireland won the masters and open divisions with a 510 bench. This was his opener and today this was all that he needed to win. As you can see the other five lifters were not very far apart with their lifts. Davis beat out Shaw in the raw class but Shaw won the open and submasters division in the 220's. Mellinger had an off day but I'm sure he will come back stronger next year. Tiger Sr. (Republic of GA) won the masters class and Roland Cote and Shales were very close in the master's 55-59 divisions. Jimmy Brown won two divisions and his first WNPF title in the 242's. Erb, Levine, Bidinotto and Stears won their classes. Bidinotto set two new world masters classes. In the 275 class, what a day. There were so many lifters that bombed or passed on lifts in this class including the SHW lifters. We sat there and watch uneven lockouts, seesawing, butts rising up and foot movement by many lifters. Three of these lifters finally got their third attempts Lewis, Cawley and Norris to stay in the meet. Memadov won the 275 raw division and set a new world and republic of Georgia record. In the deadlift Maria Ferguson showed out. She has to be in the top three deadlift in the women's 123 class. She pulled 390 pounds and missed 410. Tracy Fitzpatrick won her first WNPF title and dedicated her meet to her dad who got in a car accident a few months earlier. Jim was also a WNPF lifter and he trained Tracy hard for this world meet and thanks to Joe Careri she continued her training for this meet. Zambelli, Howorth and Erb all set new WNPF records. Merabishvili won over Dan Myers in the junior 165 class. Space set a new WNPF record, Rijos Soto won the raw division and Jenkins took the masters 65-69 division with a lift of 500 pounds. Andy Skinner from Canada set several Canadian records as well as new WNPF World records. Tee Meyers put on his usual show with a 735 deadlift. He came up to New Jersey to judge, sell clothes and entertain. I thank Tee for all of his help this weekend. Caffrey won the lifetime raw division over two competitors, one from Canada and the other from the Republic of Georgia. Finland took the junior division 242. Jeff Anderson from N.J. won the masters 242 division. Big Cooper pulled 705 in the 242's. He's good for 760-770, but not today. The giant Olaaje pulled 630. John is 6'8" tall. Jim Dusenbury from N.Y. set a new record and he's always very complementary about the WNPF meets and staff. Terry O'Neill from England hit 640 pounds in

World Natural Powerlifting Federation (WNPF) Membership Registration

LASTNAME_____ FIRSTNAME_____ INT._____

STREETADDRESS_____

CITY,STATE,ZIP_____

AREACODE,TELEPHONE:_____ _____ DATEOFBIRTH_____ _____ _____

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

REGISTRATION FEE
$10.00 SPECIAL OLYMPICS
$20.00 HIGH SCHOOL
$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE/PARENTS SIGNATURE IF UNDER 18_____
DATE _____ _____ _____ (memberships 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.

the masters 45-49 class. Big Irv Brown set two new WNPF records in the SHW class. The highlights in the World Squat Championship include the Russian Aladuari posted a 550 with a win over Cafftey and Nick Maltezos, coming back after breaking his arm last year, when he squatted 685 and missed 700. In the Power Curl Worlds the Russians dominated. Brian Edwards won both the masters and open divisions and the best lifter award on day one. Mark Wilhelm took the title home in the 181's over Massetti. This was a very close contest between Wilhelm and Massetti. In the 198 masters newcomer Carr defeated Dunn and Williams. Aludauri defeated USA's Diciano and Canada's Marshall in the 220's. Both Tim and Mike Slagus put on excellent performances and they both set new world records. We want to give thanks to Tom Conway and Team Calvary for attending and doing so well. Also Team Ephrata for bringing a team and thanks to Barry Erb. Thanks to Lynnie Whidden and her team ITom Orlando. Thanks to team Hoxworth also. Lifters please keep in mind that the WNPF is here for you to have fun. We're not out to bash anyone, play favoritism or to get people upset to the point where a fight may start, or violence and obscene language is used. We had an incident at the Worlds where one lifter will no longer be allowed to participate in the WNPF and it's a shame that this had to happen, but no one - and I mean no one - is bigger than the WNPF organization - not the lifters, staff, officials or administrators. Anyone who thinks for a moment that this person was right for what he did, well, we don't want you in the WNPF, and this includes the people that talk on the internet forums and the people who heard one side of the story and people who weren't there. We are here to do the best job that we can in putting on these meets. We don't make millions of dollars doing this and if you knew how much it cost to put on one of these meets I'm sure lifters would look at things a little differently. We do it because we like to and we like making people happy and we want people to go home with good memories. If you get a red light, try not to look at it like we don't want you to get the lift. That is the last thing we want. We felt very bad that many lifters bombed on Sunday. If there were no rules and if this was an anything goes league, I'm sure people would still find something to bash us about. We try to have the lifters do the lifts correct or as close to correct as possible at Worlds. This is not to say that any officials are perfect because that they are not, they do make mistakes. Lifts look different depending on where you are seated or standing. Most of the people in the audience believe they can see the calls on the platform, but - trust me - they can't. Lifters think they can see everything from the warm-up room, trust me - they can't. I've said this before and I will say it again. I challenge any lifter, spectator or coach to sit down in the CHAIR with the switch and you will see the difference in the lifts on the platform. You will feel the pressure to make the correct call. Try it once - please! I challenge you to sit down in the chair. The 2005 Worlds will be split up next year with the full meet in November in Ohio or Michigan and the single lift championships in Orlando, Florida or Atlanta some time in November or December. Make sure you qualify at a WNPF event in 2005. Until next year, stay strong, stay healthy and stay clean. (Thanks to the WNPF and Troy Ford for providing this meet report)

WNPF World Competitors *from the Republic of Georgia, along with the WNPF Staff and other lifters.*

Buddy Cawley*, 275 pound master lifter, benching 595 pounds at the WNPF World Championships.*

BOOK REVIEW..... Dr. Mauro DiPasquale's "THE ANABOLIC SOLUTION ... the Definitive Metabolic Diet, Training & Nutritional Supplement Book For Recreational & Competitive Powerlifters" distills the essentials of Dr. Mauro's very effective Metabolic Diet and applies them to the rigors of a powerlifter's regimen. The diet is tailorable, with "set point" determination being adaptable to the genetic makeup of each individual. The purpose of this approach is to make your body burn fat as it's primary energy source, and everything he postulates is supported by clinical research ... as Dr. M. likes to say "hysteria is not my stock in trade". There are extensive graphs and understandable explanations of the rationale behind this approach to diet and lifting performance, and because Dr. DiPasquale is a former World Champion Powerlifter, he knows whereof he speaks from both ends of the spectrum. You can literally think positively about dropping a weight class and retaining your strength with this type of approach, so if that's of interest, check out the ad on page 81 of this edition of PL USA. (Mike Lambert)

SLP Harrodsburg Open BP/DL
27 Mar 04 - Harrodsburg, KY

BENCH
WOMEN
Junior
148 lbs.
M. Templeton 180*
4th 200*
MEN
Teen (13-15)
181 lbs.
B. Francis 150
4th 165
242 lbs.
T. Jackson 155
4th 165
Teen (18-19)
148 lbs.
G. Shubert 265*
Submaster
D. England 315
4th 320
242 lbs.
J. Kathman 420
Master (40-44)
275 lbs.
R. Richey 570*
Master (50-54)
SHW
S. Matzek 375
Open
220 lbs.
D. Nealy 600
B. Templeton 410
242 lbs.
A. Carter 405
4th 425
M. Cox 405
308 lbs.
W. Beach 460
4th 470
DEADLIFT
MEN
Teen (18-19)
148 lbs.
G. Shubert 405*
Master (40-44)
275 lbs.
R. Richey 550
Master (55-59)
165 lbs.
L. Greer 340*

*=Son Light Power Kentucky state record. Best Lifter Bench Press - DEWAYNE NEALY. Best Lifter Deadlift - GREG SHUBERT. The Son Light Power Harrodsburg Open Bench Press/Deadlift Championship was held March 27, 2004 at Bluegrass Fitness Center in Harrodsburg, Kentucky. Thanks to owner Todd Darland and to manager Becky Barry for allowing us to host this event at their gym. Thanks also to my son Joey, Randy Richey and everyone else who helped out with the competition. In the bench press event Miranda Templeton won at junior 148, setting the Kentucky state record there with 180. A fourth attempt gave Miranda her first 200 bench! In the teenage men's 13-15 age division Blake Francis won at 181 with 150, followed by a 165 pr fourth. Terry Jackson won at 242 with 155, then a great 165 fourth. Greg Shubert broke the existing Kentucky state record at 18-19/148 with his 265 second attempt, just missing his final with 275. David England won at submaster 148 with 315 before a successful fourth with a new personal mark of 320. Joe Kathman captured the title at 242 with 420. In the master men's 40-44 division it was Randy Richey with a new state record of 570 for the win. Big Steve Matzek won at 50-54/shw with his opener of 375, just missing a personal best 400. In the open division best lifter Dewayne Nealy got an easy 600 opener for the win at 220. Weighing in at just 208 Dewayne changed shirts for his final attempt at 700, a weight he had gotten in competition two weeks before. Dewayne locked out the weight but missed his chest by about a half an inch! Second place at 220 went to Billy Templeton, who finished with 410. Taking the win at 242 was Adam Carter, who finished with 405, A fourth with 425 was also good. Mike Cox (Mr. Miller Lite), who seemed a little off his game on this day, also got 405, but at a heavier bodyweight. William Beach had a good day at 308, finishing with 460 before making a pr 470 fourth. In the deadlift competition Greg Shubert set his second state record of the day at 18-19/148 with a 405 pull. Randy Richey won at 40-44/275 with 550, making just his opener. Randy is always busy helping everyone else, which doesn't always leave much energy for himself. And, of course, there is always the John Stephens Curse to deal with! Also setting a new Kentucky state record was 55-59/165 winner, Larry Green. Larry finished with a new personal and state record of 340! The' best lifter award went to Greg Shubert. Thanks also to "the girls behind the counter" at the Bluegrass Fitness Center and especially to "Miss Mountain Dew"! (Meet report by Dr. Darrell Latch)

Best lifters Greg Shubert and Dewayne Nealy *with Bluegrass Fitness managers Becky Barry at the SLP Harrodsburg Open on March 27, 2004. (Photograph provided by courtesy of Dr. Darrell Latch)*

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President's Message: Fine tuning our programs

Here at USA Powerlifting, we continually try to improve our programs. As many of you know, and consistent with our mission, we strive for upgrades that solidify our leadership in the area of drug testing. One of the concerns of our members has been that while we publish a list of those who fail drug tests, we haven't let the public know about our successes. We are proud of our lifters and we want you to be as well. Because of this, we have initiated a searchable data base that lists ALL of those we drug test. You may access this information at: http://www.usapowerlifting.com/committees/drugtesting/drugtestingdb/index.php . One thing has come to light: our collectors need instruction in managing the paperwork. To meet this need, USA Powerlifting has developed a Drug Testing Officer Certification process. This will be launched by the end of 2004, and will assure the highest standards of quality in our testing program.

Merchandising

The USA Powerlifting Merchandising Program is alive and well! Since opening our e-store (http://www.usapowerlifting.com/merchandise/index.shtml). You can now purchase USAPL merchandise online. You will also see our dedicated volunteers at every National Championships offering t-shirts, sweats, hats, and kids' gear. Check out the e-store for our monthly special. You can also join USA Powerlifting via the e-store, or donate to support our programs.

American Open: Philadelphia, December 11-12, 2005

The 2004 American Open will be held in Philadelphia the second weekend in December. This competition provides national-level production and competition for those who have not yet hit an elite total. There will also be a number of other athletes attending to guest lift, attempt records, and to contest friendly "grudge matches." Plan to attend. It looks to be a great production and a great time. For more information, see the link on the USAPL Calendar page: http://www.usapowerlifting.com/schedule.shtml.

IPF Bench World Championships, Cleveland, December 2-5, 2005

The 15th IPF Open Bench Press World Championships for men and women will be held in Cleveland, Ohio this December. This year's meet promises to be a great venue, and to have some hotly contested classes. The meet will be held at the Holiday Inn Ballroom, with three days of competition starting with the lighter men and women. There will also be tours to the Rock and Roll Hall of Fame and the Cleveland Rain Forest. For further information, go to Invitations at www.powerlifting-ipf.com.

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

The 22nd USA Powerlifting Women's National Championships will be held in St. Louis, Missouri in early February. There are several things the will make this one of the highlights of the USAPL calendar. First, and maybe most significantly, the USAPL Women's Nationals is the LARGEST women's strength event IN THE WORLD. Last year, 130 women ranging in age from 10 to 66 contested one of the most exciting meets of the year. This meet is the selection meet for women for the Master Bench Press World Championships, Open Women's World Championships, and Junior and Sub-Junior World Championships. In addition, this will be an opportunity for our Women's Champions to interact with and mentor young women and girls who may join our sport. St. Louis has the largest Girl Scout Council in the United States. Meet promoters Harold Gaines and Rick Fowler have arranged for assignment of girls to each returning champion to escort them, assist with equipment, and for sightseeing. It should be a great experience for both the lifters and their "shadows."

Junior/Subjuniors Return Victorious

The 2004 IPF Junior and Subjunior World Championships were held in Pretoria, South Africa September 8 – 12. This was the first year of the combined Jr. and Subjunior Divisions. Previously, these had been separate championships had been separated, but are now combined to better resources and to give similar-aged people the chance to see each other compete and to interact. U.S. lifters placed very well. The Subjunior Women won the Gold Team Medal, the Junior Women the Silver, and both the Subjunior and Junior each won the Bronze Team Medal.

Individual Overall Medals –

Subjunior Women:
Caitlin Miller, 48 kg., Silver Medal Lora Marietta, 52 kg., Bronze Medal Carly Nogle, 56 kg., Silver Medal Molly Dennany, 67.5 kg., Silver Medal Angelle Matt, 75 kg., Silver Medal Bonica Brown, 90 kg., Silver Medal Erika Headrick, +90 kg., Silver Medal Shea Wallus, +90 kg., Bronze Medal.

Subjunior Men:
Mathew Knight, 52 kg., Silver Medal Timothy Cross, 56 kg., Bronze Medal Cory Saltzman, 90 kg., Bronze Medal Jon Krogman, 110 kg., Gold Medal Kyle Harvey, 125 kg., Gold Medal Justin Newsome, +125 kg., Bronze Medal.

Junior Women:
Tina Carder, 44 kg., Gold Medal Ashley Mathern, 48 kg., Gold Medal Desirae Arelliano, 52 kg., Bronze Medal Ashley Awalt, 56 kg., Silver Medal Codi Grubbs, 60 kg., Silver Medal Alyssa Hitchcock, 67.5 kg., Broze Medal Kimmie Everett, 75 kg., Silver Medal Kelly Louque, 90 kg., Bronze Medal Jamie Johnson, +90 kg., Bronze Medal.

Junior Men:
Jeremiah Welch, 52 kg., Bronze Medal Mike Hafenbrack, 56 kg., Silver Medal David Hammer, 75 kg., Bronze Medal Steve McLawchlin, 82.5 kg., Gold Medal Josh Chovanec, +125 kg., Bronze Medal.

Great job, everyone. The U.S. is proud of you.

Top Twenty

This month, we feature the top 20 women at 90+ kg. (more than 198 lbs.) and the top 20 men at 125 kg. (275 lbs.) This month, we start with 2004 totals, to date. To search the lifter data base, or for the complete 2003 Top Twenty lists, please see: http://www.usapowerlifting.com/newsletter/ranking/rankings.html.

2004 Top 20-275 Men				
1. Lowe	955	515	800	2270
2. Tony Cardella	827	612	766	2205
3. Greg Wagner	849	568	689	2105
4. Scott Lade	772	672	628	2072
5. Emilio Saldierna	849	535	678	2061
6. William Ferguson	805	551	694	2050
7. Sean Culnan	755	562	716	2034
8. Matt Wenning	816	551	667	2034
9. Mike Anderson	799	518	689	2006
10. Scott Ward	744	557	672	1973
11. Chris Dippre	832	441	683	1957
12. Deron Rogers	744	441	744	1929
13. Kelvin Hayes	750	510	660	1920
14. R. Meulenberg	744	485	689	1918
15. Brad Madvig	700	500	705	1905
16. Pat Anderson	722	529	645	1896
17. David Gonzales	750	496	645	1890
18. Jon Defoor	705	502	661	1868
19. James Toland	672	540	639	1852
20. Scott Schoen	645	480	716	1841

2004 Top 20-198+ Women				
1. Liz Willet	634	391	485	1510
2. Harriet Hall	524	321	485	1329
3. Jamie Johnson	408	281	441	1130
4. Jeri Shepherd	419	220	397	1036
5. Sandra Sebastian	402	215	419	1036
6. Gracie Espericueta	424	220	386	1031
7. Erika Headrick	429.9	192.9	402.3	1025.1
8. Shea Wallus	363.8	259	358.2	981
9. Sue Hallen	353	287	331	970
10. Jade Dickens	364	226	380	970
11. G. Espericueta	397	187	386	970
12. Jade Dickens	375	231	342	948
13. Shea Wallus	342	254	353	948
14. Kate Ahlers	336.2	226	352.7	914.9
15. Elise Moran	374.8	181.9	347.2	903.9
16. Tamara Walter	402.3	143.3	358.2	903.9
17. Robyn Lupton	347	204	336	887
18. Iilani Taylor	364	187	331	882
19. S. Dzurnak	336	231	314	882
20. Tani Walter	358	154	342	854

Dr. Pat Anderson, *who wrote up the USAPL Men's Nationals in our August issue, is among the top-ranked lifters in the USAPL 275 lb. class rankings, seen at left. (Photograph by Mike Lambert)*

USAPL Nation's Capital Cup
14 May 04 - Oakton, VA

Bench				
148				
40-44				
Anita Kellogg	185			
165				
55-59				
C. Braun	125			
148				
14-15				
Trey Angle	180			
165				
D. Maorury	—			
181				
Tony Ware	355			
40-44				
Stephen Jaffe	360			
114	SQ	BP	DL	TOT
45-49				
Kathi Muttart	175	105	240	520
123				
50-54				
D. Picciotti	245	140	305	690
148				
J. Welther	235	135	240	610
148				
40-44				
Rene Bybee	160	100	190	450
45-49				
Lynne Nelson	350	200	450	1000
14-15				
Trey Angle	305	180	360	845
198				
George Welsh	340			
50-54				
Al Statman	290			
220				
40-44				
John Shifflett	355			
242				
B. Prediger	475			
45-49				
Greg Bunch	430			
40-44				
Chris Felix	480			
55-59				
W. Halbert	315			

181				
Michael Jones	510	315	450	1275
Mike Ippolito	375	270	355	1000
Steve Banowit	280	—	—	—
16-17				
Kevin Smith	325	575	375	950
198				
16-17				
Dustin Montana	245	185	335	765
50-54				
Al Staman	400	290	485	1175
220				
50-54				
M. LaMartina	245	235	325	805
242				
Chris Mathews	545	405	540	1490
Dan Johnston	500	405	520	1425
275				
College				
Ramsey Miller	145	145	550	840
Open				
Stuart Dean	500	400	525	1425
18-19				
Bryce Miller	520	310	500	1330
SHW				
40-44				
John James	510	330	600	1440

Male-Best Lifter: Chris Mathews, Best Bench Press: Brian Prediger, Best Masters Lifter: John James, Most Improved: Trey Angle. Female-Best Lifter: Joanne Welther, Best Bench Press: Anita Kellogg, Best Masters Lifter: Lynne Nelson Most Improved: Demeter Picciotti.(from USAPL)

USAPL Texas State (kg)
15-16 MAY 04 - Killeen, TX

MALE	SQ	BP	DL	TOT
114 lbs. Youth-1				
I. Bell	137.5	70	172.5	370
M. Gremillion	57.5	35	105	197.5
Teen-3				
D. Summers	155	102.5	170	427.5
123 lbs. Teen-1				
C. Martinez	135	85	150	370
Teen-3				
J. Giorno	1 20	80	142.5	342.5
148 lbs. Master-1				
R. White	165	115	182.5	462.5
Junior				
F. Hernandez	115	62.5	160	337.5
Teen-3				
B. Phifer	125	75	150	350
A. Hinkley	117.5			
Master-3				
P. Wong	97.5			
Teen-1				
R. Deleon	145	bomb		
165 lbs. Teen-2				
C. Hargett	175	122.5	197.5	495
R. Rendon	175	110	185	470
Master-1				
V. Martinoi	125	102.5	150	377.5
Open				
T. Riffe	230	150	232.5	612.5
H. Tan	215	150	232.5	597.5
P. Papaleo	227.5	137.5	202.5	567.5
181 lbs. Teen-2				
J. Pritchard	220	125	222.5	567.5
A. Vasquez	172.5	100	185	457.5
Junior				
M. Wade	262.5	187.5	285	735
J. Shirley	227.5	152.5	250	630
D. Chavez	217.5	155	262.5	605
Open				
C. Green	227.5	160	235	622.5
D. Middleton	bomb			
198 lbs. Teen-1				
D. Lesak.	190	85	167.5	442.5
A. Allen	127.5	87.5	137.5	352.5
Teen-2				
B. Fariasi	190	132.5	175	497.5
Junior				
I. Chapa	237.5	155	257.5	650
Open				
D. Dent	205	122.5	220	547.5
220 lbs. Youth				
R. Duvall	270	157.5	290	717.5
Teen-3				
D. Widman	140	[05	140	385
Junior				
M. Rojas	265	187.5	272.5	725
Open				
D. Johnson	282.5	175	300	757.5
J. Williams	215	185	240	640
B. Propst	210	167.5	220	597.5
Master-1				
K. McFarland	205	182.5	235	622.5
A. Fortunato	185			
Junior				
A. Franks	255	150	bomb	
242 lbs. Disabled				
C. Colchado	215	180	227.5	622.5
Junior				
M. White	227.5	160	250	637.5
Open				
D. Broseman	287.5	157.5	267.5	712.5
J. Gremillion	190	145	222.5	557.5
Master-2/open				
G. Pamplin	297.5	240	230	767.5
275 lbs. Teen-1				
T. Workman	240	105	182.5	515
Teen-2				
M. Lara	235	145	245	625
J. Borger	230	[20	2[5	565
C. Vidal	220	J27.5	197.5	545
Open				
E. Mann	300	197.5	255	752.5
M. Espinoza	—	197.5	—	—
SHW Disabled				
O. Sanchez	227.5	195	227.5	650
Junior				
W. Lee	265	220	245	732.5
Master-4				
E. Surrelli	305	170	240	715
Master-1				
C. Bryant	bomb			
FEMALE				
97 lbs. Youth				
B. Morales	65	30	80	180
Teen-1				
K. Hernandez	67.5	32.5	75	175
105 lbs. Teen-2				
H. Brolding	77.5	47.5	90	215
M. Boepple	80	37.5	85	205.5
Teen-1				
V. Roblendo	70	32.5	85	187.5
114 lbs. Teen-2				
J. Fox	107.5	47.5	132.5	287.5
J. Kirt	80	40	97.5	217.5
123 lbs. Teen-1				
D. Parks	102.5	45	125	272.5
A. Baum	105	40	90	235
R. Mendozai	80	40	97.5	217.5
C. Scobey	77.5	35	87.5	200
Teen-2				
B. Vallejo	97.5	52.5	112.5	262.5
Raw				
P. Farley	90	60	117.5	267.5
132 lbs. Teen-2				
S. Neal	97.5	40	117.5	255
Teen-1				
C. Shoemate	95	40	77.5	212.5
Raw				
A. Litras	105	65	125	295'
Master-1				
H. Hughes	132.5	62.5	167.5	362.5
148 lbs. Teen-1				
D. Torres	110	45	115	270
B. Eycepak	100	42.5	95	237.5
V. Abila	100	42.5	95	237.5
M. Reinhard	92.5	37.5	102.5	232.5
M. Smith	95	47.5	95	232.5
Teen-2				
A. Sasilvas	155	92.5	147.5	395
H. Widted	127.5	75	127.5	330
K. Wilson	125	52.5	140	317.5
T. Holcomb	122.5	70	112.5	305
165 lbs. Teen-1				
K. Dickens	82.5	45	107.5	250
A. Garza	110	50	85	245
K. Burnett	90	35	110	235
Teen-2				
K. Karl	125	52.5	145	312.5
E. Fitzpatrick	112.5	50	115	277.5
M. McLennan	112.5	37.5	120	270
E. Benitez	97.5	55	102.5	255
181 lbs. Teen-1				
D. Hypolite	125	60	147.5	332.5
C. Carson	112.5	60	125	297.5
Teen-2				
S. Perez	110	50	130	290
Teen-3				
J. Harvey	167.5	70	160	397.5
A. Locklear	—	90	—	—
198 lbs. Teen-2				
A. Pearson	132.5	52.5	105	290
L. Burdick	147.5	75	137.5	360
B. Burdick	132.5	80	132.5	345
Open/Master-1				
M. Baum	145	97.5	155	397.5
SHW Open				
J. Dickens	170	105	155	
430				
Teen-2				
S. Sebastian	182.5	97.5	190	470
Teen-1				
A. Garcia	Bomb			
P. Calhoun	—	100	—	—

(Thanks to USAPL for providing results)

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in *Powerlifting USA*, or any other publication that USAPL so chooses.

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: (_____)_____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

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High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May31 Special Olympian

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•White Referee Designation Polo - $30.00(s-xl) $32.50(xxl & up) (size ___ qty. ___) •Logo Patch - $5.00 (qty. ___) (Shpg for patch: .50)
•Lifter Classification Patch - $5.00 (qty. ___) *(must provide meet results)* •Hats - $15.00 (qty.___)*(colors: white, navy, black)*

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Credit Card: *Visa-Mastercard-Discover* Exp. Date: _____
Card # _____ - _____ - _____ - _____
Cardholder Signature: _____
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Merchandise Total: $ _____
Merchandise Shipping: $4.00
Total Purchased: $ _____

(White Original – National Office • Yellow – Seller's Copy • Pink – Lifter's Copy)

NASA WORLD CUP (kg)
14,15 AUG 04 - OKC, OK

BP Only
bphs
148
Mikey Hall 55
165
Derek Board 105
181
Taylor Mills 65
Stephen Simpson
275
D. Blackwell 82.5
bpm1
165
Tal Crim 107.5
181
Larry Dennis 150
bpm2
148
R. Tinkman 82.5
198
Herb Heald 115
220
Gene Runge 120
242
P. Hollinger 132.5
bpm3
198
Win Smith 110
bpm5
148
R. Tinkman 82.5
181
Larry Dennis 150
bpmp
198
Win Smith 110
220
Joe Dentice 155
bpp
165
Tal Crim 107.5
bpsmp
shw
Carl Causin 220
bpteen
165
B. Cooper 97.5
Curl Only
cm2
198
Herb Heald 52.5
220
Gene Runge 55
242
Neil Miller 70
P. Hollinger 67.5
cm4
198
J. Blackwell 45
cmp
220
Joe Dentice 62.5
cnov
242
John Cagiano 82.5
cp+f
242
Neil Miller 70
cpure
165
Ruben Lopez 52.5
Deadlift Only
dlm1
165
Tal Crim 175
dlm2
198
Herb Heald 145
242
P. Hollinger 272.5
dlnat
309
Jack Gossard 182.5
dlp
165
Tal Crim 175
Bench
hs
148
Mikey Hall 55
int
198
Troy Stuart 200
181
David Torrez 182.5
jr
148
J. Crawford 95
m1
181
Larry Dennis 177.5
198
G. Martin 185
220
Nick Dwinell 192.5
S. Grayson 165
Michael Hearing
242
Lee Elliff 230
Mike Stumbo 220
275
Steve Cyranoski
308
Tom Manno 318.5
M. Adelmann 252.5
m2
181
J. McDermott 157.5
220
Tony Leach 192.5
Bill Helmich 165
275
E. Carlson 175
m3
198
Win Smith 110
John Palumbo 105
242
Jerry Jones 175
308
J. McIntyre 190
m4
165
Harold Hager
181
Larry Dennis 177.5
J. McDermott 157.5
242
Bobby Wilson 205
308
Tom Manno 318.5
nat
242
Trent Gunter 175
309
Tom Manno 318.5
nov
181
David Torrez 182.5
p+f
242
Mike Stumbo 220
pure
165
Ruben Lopez 137.5
220
M. Romero 250
242
A. Childers 227.5
275
Rich Kahle 252.5
J. Ransbottom 250
308
Tom Manno 318.5
Jack Gossard 162.5
sm1
220
Joe Thompson 235
242
Trent Gunter 175
sm2
165
S. Wingert 140
smp
181
Ray Widdison 157.5
198
Job Hou-sey 142.5
Droegemeir 140
242
John Cagiano 207.5
275
Rich Kahle 252.5
teen
114
A. Eubanks 65
Women's BP Only
198
A. McTighe 105
wjr
98
C. Wingert
32.5
wm1
149
Mary Hetzel 100
wm2
132
Storm Sermay
47.5
165
M. Welch
113.5
198
A. McTighe 105
wm5
148
Mary Hetzel 100
wmp
165
M. Welch
113.5
wsm1
132
T. Adelmann
107.5
wsmp
114
R. Hedrick 50
youth
132
Devin Peters
22.5
Squat Only
sqm2
132
Gary Landess 90
181
J. McDermott 125
sqm5
181
J. McDermott 125
sqmp
275
Rick Newton 205
sqp
148
Jeff Phillips 165
275
John Werner
282.5
PS Women's
BP Only
wbpm3
165
Jo Ann Petray 40
PS Women's
Curl Only
wcm3
198
Jo Ann Petray 25
PS Women's
DL Only
wdlhs
165
Jesse Hayes 135
wdlm2
PowerSportCurl/SQ
Full Meet
hs
148
D. Watkins 52.5
165
Derek Board 52.5
181
Taylor Mills 35
275
D. Blackwell 47.5
int
220
Eric Freeman 77.5
jr
148
Matt Qualls 67.5
J. Crawford 62.5
242
Daniel Davis 77.5
m1
181
Eric Coutu 70
198
Tony Hill 50
220
Jerry Linder 60
242
Neil Eddins 85
308
Jack Gossard 57.5
m2
132
Gary Landess 40
198
A. McTighe 97.5
wdlm5
198
A. McTighe 97.5
wdlteen
165
Jesse Hayes 135

	BP	DL	TOT
Jack Thomas	52.5	127.5	195	375
Herb Heald	52.5	115	165	332.5
220				
Gene Runge	55	120	177.5	352.5
242				
P. Hollinger	67.5	132.5	272.5	472.5
m3				
181				
David Brady	35	105	137.5	277.5
m4				
198				
Bill Lumpkin	55	135	172.5	362.5
m5				
148				
Bill Anderson	62.5	112.5	187.5	362.5
275				
Rick Newton	55	110	212.5	377.5
308				
Jack Gossard	57.5	162.5	182.5	402.5
nov				
181				
J. McDougal	65	162.5	237.5	465
242				
Chris Morse	92.5	172.5	280	545
p+f				
220				
J. McDaniel	67.5	145	255	467.5
242				
Kory Bauer	87.5	182.5	250	520
275				
David Bevis	92.5	187.5	212.5	492.5
308				
B.McGlothlin	77.5	147.5	220	445
pure				
148				
Jeff Phillips	68.5	125	227.5	421
181				
Bryan Kimble	67.5	140	200	407.5
275				
John Werner	90	187.5	305	582.5
sm1				
181				
Robert Maggi	47.5	135	150	332.5
sm2				

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PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points , TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/ Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

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

Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... Triple SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Jul/96... AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.

Oct/96... WDFPF Worlds, Ed Coan/Kirk

148
Jeff Phillips 68.5 125 227.5 421
220
Terry Tucker 85 160 292.5 537.5
308
John Crone 70 187.5 265 522.5
smp
181
J. McDougal 65 162.5 237.5 465
Bryan Kimble 67.5 140 200 407.5
220
Terry Tucker 85 160 292.5 537.5
242
R. Storment 70 120 212.5 402.5
sqjr
148
J. Crawford 137.5
teen
114
C. Anderson 25 35 77.5 137.5
165
B. Cooper 52.5 97.5 155 305
PS Women's Full Meet
whs
165
Jesse Hayes 42.5 82.5 135 260
wjr
97
C. Wingert 21 32.5 70 123.5
wm3
165
Elaine Waugh 30 42.5 97.5 170
wsqm3
165
Elaine Waugh 52.5
PS Youth
youth
55
Q. Wingert 12.5 17.5 47.5 77.5
K. Kimble 10 15 45 70
88
C. Anderson 20 27.5 62.5 110
132
Devin Peters 12.5 22.5 62.5 97.5
148
M. Samarron 25 40 85 150
Men's Powerlifting
hs
114
B.Williamson 105 75 135 315
148
D. Watkins 140 87.5 150 377.5
165
K. Jones 212.5 107.5 225 545
J. Sentlinger 147.5 105 160 412.5
220
C. Anderson 220 177.5 245 642.5
Greg Steele 215 137.5 215 567.5
int
181
David Torez 272.5 182.5 227.5 682.5
220
Jake House 280 182.5 272.5 735

242
Jeff Blaine 280 177.5 287.5 745
jr
165
J. Lassley 215 147.5 215 577.5
242
S. Donahue 290 160 220 670
m1
148
T. Hedrick 177.5 125 201 503.5
181
Terry Perkins 307.5 167.5 237.5 712.5
Charles Gray 237.5 150 222.5 610
Larry Dennis 185 177.5 200 562.5
Danny Black 207.5 137.5 200 545
198
Jon Dotson 215 155 205 575
220
R. Tavanello 227.5 162.5 205 595
242
Bobby Wilson 305 205 282.5 792.5
Rick Chavez 312.5 175 257.5 745
275
Steve Cyranoski
m2
132
Gary Landess 90 75 150 315
181
J. McDemott 125 157.5 157.5 440
198
Steve Miscoi 157.5 112.5 142.5 412.5
275
E. Carlson 60 175 137.5 372.5
m3
220
Bill Helmich 217.5 165 252.5 635
Ronnie Finch 200 125 200 525
308
C. Clonce 252.5 160 225 637.5
shw
H. Heyman 180 115 200 495
m5
148
T. Hedrick 177.5 125 201 503.5
181
Larry Dennis 185 177.5 200 562.5
J. McDemott 125 157.5 157.5 440
198
Jon Dotson 215 155 205 575
220
David Brown 240 165 230 635
Michael Hearing
242
Bobby Wilson 305 205 282.5 792.5
Rick Chavez 312.5 175 257.5 745
Ed Lytle 140 102.5 150 392.5
nat
165
M. Fleming 222.5 150 260 632.5
nat
181
Danny Black 207.5 137.5 200 545
220
R. Baker 212.5 122.5 225 560
242
Rick Chavez 312.5 175 257.5 745
275
J. Ransbottom 347.5 250 332.5 930
J. Samarron 285 160 262.5 707.5
308
R. Samarron 317.5 182.5 300 800
nov
181
David Torez 272.5 182.5 227.5 682.5
220
R. Baker 212.5 122.5 225 560
G. Gonzalez 152.5 115 182.5 450
p+f
220

Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Jan/97 ... IPF Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s

Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

Apr/97...Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs

Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99 ... Muscle Beach Lives, East

R. Tavanello 227.5 162.5 205 595
242
Jeff Blaine 280 177.5 287.5 745
pure
132
Robert Pope 110 77.5 135 322.5
181
Terry Perkins 307.5 167.5 237.5 712.5
220
Joe Thompson 322.5 235 322.5 880
Jake House 280 182.5 272.5 735
Michael Romero
242
Rick Chavez 312.5 175 257.5 745
275
J. Ransbottom 347.5 250 332.5 930
sm1
165
M. Fleming 222.5 150 260 632.5
181
Robert Maggi 145 135 177.5 457.5
275
J. Ransbottom 347.5 250 332.5 930
shw
J. Freeman 272.5 220 242.5 735
sm2
148
Faren Stroh 185 115 200 500
165
R. Jackson 210 152.5 202.5 565
S. Wingert 177.5 140 212.5 530
198
Job Hou-sey 192.5 142.5 175 510
275
J. Samarron 285 160 262.5 707.5
sm5
148
Faren Stroh 185 115 200 500
smp
198
Droegemeir 217.5 140 197.5 555
Job Hou-sey 192.5 142.5 175 510
308
R. Samarron 317.5 182.5 300 800
teen
114
B.Williamson 105 75 135 315
Women's Powerlifting
114
Heather Fry 135 52.5 120 307.5
want
148
D. Manno 120 70 117.5 307.5
wint
114
Heather Fry 135 52.5 120 307.5
wjr
97
C. Wingert 50 32.5 70 152.5
wm1
148
Mary Hetzel 166 100 155 421
D. Manno 120 70 117.5 307.5
165
S. Bagby 125 65 127.5 317.5
wm2

132
Storm Sermay 80 47.5 80 207.5
wm3
148
Kay Lamb 90 47.5 90 227.5
wm5
148
Mary Hetzel 166 100 155 421
wpure
114
Heather Fry 135 52.5 120 307.5
132
L. Anderson 72.5 52.5 110 235
148
Mary Hetzel 166 100 155 421
shw
M. Garrett 192.5 77.5 145 415
wsm1
132
T. Adelmann 157.5 110 142.5 410
wsm2
132
L. Anderson 72.5 52.5 110 235
wsmp
114
R. Hedrick 90 50 115 255
wteen
165
Schwaninger 130 75 147.5 352.5
Push / Pull BP DL TOT
m1
165
Tal Crim 107.5 175 282.5
181
Larry Dennis 177.5 200 377.5
220
Todd Campbell 160 272.5 432.5
242
Neil Eddins 177.5 272.5 450
275
Scott McReynolds 172.5 272.5 445
m2
132
Gary Landess 75 150 225
181
Jim McDermott 157.5 157.5 315
198
Jack Thomas 127.5 195 322.5
m3
220
Bill Helmich 165 252.5 417.5
m4
198
John Blackwell 97.5 150 247.5
m5
181
Larry Dennis 177.5 200 377.5
Jim McDermott 157.5 157.5 315
308
Rick Dench 182.5 257.5 440
pure
181
Bryan Kimble 140 200 340
sm2
165
Shawn Wingert 140 212.5 352.5
smp
198
Chris Droegemeir 140 197.5 337.5
Women's Push / Pull
wjr
97
C. Wingert 32.5 70 102.5
wm3
148
Kay Lamb 47.5 90 137.5
wpure
132
Laura Anderson 52.5 110 162.5
wsm2
132
Laura Anderson 52.5 110 162.5
wsmp
114
Robbin Hedrick 50 115 165
wteen
165

German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s

Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s

Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

May/00 ... Dennis Cieri,J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s

Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

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

Apr/02 ... WPO Finals/Qualifer/Arnold

B. Schwaninger	75	147.5	222.5	

(Thanks to Richard Peters for the results)

USAPL Florida Powerlifting
14 MAR 04 - Clearwater, FL

WOMEN	SQ	BP	DL	TOT
123 lbs. Open				
J. Rotzinger	265	155	330	750
L. Whidden	255	135	300	690
Masters-1 (40-49)				
132 lbs. Collegiate				
R. Monfort	210	130	210	550
Master-1 (40-49)				
C. McKenzie	150	100	210	460
148 lbs. Collegiate				
C. Schlomer	225	150	260	635
T. Thomoson	170	160	255	585
165 lbs. Open				
K. Dakoskl	—	—	—	—
Collegiate				
J. Bryant	200	125	245	570
Master-1				
C. Mette	225	150	250	625
K. Dakoski	—	—	—	—
198+ lbs. Teen (14-15)				
A. Kolba	300	135	250	685
Open				
N. Edelson	305	155	445	905
Master-1				
N. Edelson	305	155	445	905
N. McGee	—	—	—	—
MEN				
148 lbs. Open				
R. Grayes	505	345	540	1390
D. Taylor	535	—	—	—
Collegiate				
P. Gallagher	255	305	340	900
D. Harvey	290	190	405	885
165 lbs. Collegiate				
J. Jordan	325	235	390	950
J. Hutchings	215	200	365	780
Master-3 (60-69)				
B. Player	415	305	415	1135
181 lbs. Master-1 (40-49)				
A. Byas	525	320	620	1465
Master-3 (60-69)				
L. Cramer	400	260	380	1040
198 lbs. Open				
F. Ricon	350	300	405	1055
T. Edwards	620	425	570	1615
J. Ulvang	—	—	—	—
Collegiate				
C. Wilcoxson	480	330	435	1245
A. Simons	380	300	400	1080
J. McNeill	285	230	385	900
Teen (16-17)				
J. Harris	460	245	500	1205
Master-1 (40-49)				
J. Ulvang	—	—	—	—
Master-2 (50-59)				
M. Hamburg	275	275	400	1075
J. Klostergaard	455	420	145	1020
N. Sinardi	405	230	565	1200
220 lbs. Open				
M .Ferrantelli	700	450	670	1820
J. Bell	635	415	610	1660
Collegiate				
T. Nelson	420	335	450	1205
R. Hayne	365	325	400	1090
Teen (16-17)				
B. Lawrence	490	245	455	1190
Master-1 (40-49)				
T. Caffery	380	340	440	1180
242 lbs. Open				
C. Hesse	775	405	650	1830
J. Jordon	605	390	570	1565
Collegiate				
M. Manzo	420	350	475	1245
Master-1 (40-49)				
J. Bradley	510	390	515	1415
Master-4 (70-79)				
J. Yanovitch	220	275	305	800
275 lbs. Open				
M. Schumacher		—	—	—
C. Armiger	415	400	530	1345
SHW Open				
R. Yawn II	—	—	—	—
Junior				
C. Marsh	450	315	460	1225
Collegiate				
J. Schultz.	435	—	—	—
Teen (16-17)				
J. Kolba	450	250	460	1160
Teen (18-19)				
J. Marala	360	220	410	990

Outstanding Women's Lifter Open - Jenn Rotzinger. Outstanding Women's Lifter Masters - Lynne Whidden. Outstanding women's Lifter Teen/Junior - Amy Kolba. Outstanding Men's Open Lifter - Mike Ferrantelli. Outstanding Men's Master Lifter - Aaron Byas. Outstanding Men's Teen/Junior Lifter - Chris Armiger. The USAPL is alive and well in Florida. We held our first State Powerlifting Championships in several years. A great crowd showed up at Clearwater High School to see some outstanding lifting at all levels, High School through Masters. With the wealth of talent in Florida, we were not surprised to have several past National and World Champions fighting it out in many divisions. The fans really enjoyed the Open 220 lb. division watching former World Champion Mike Ferrantelli, and former USAPL National Champion Joe Bell battling it out for the title. Other notable performances included USAPL Blind World Champion Nick Sinardi, who ended the day with a 565 lb pull. Rick Grayes hit a 505 lb. squat and just missed @ 520 lb. squat in the 148 Open class. Bill Player was there as a warm-up to the IPF North American's where he is planning to break a few Masters American Records. Aaron Byas, at 50 years old and a bodyweight of 179, squatted 525 and deadlifted 620. He gave 655 a heck of a ride before losing his grip Terry Edwards squatted 620 lb. and bench pressed 425 lb. @ 198. Jim Klostergaard came all the way from Texas to guest lift, and benched a huge 420 @ bodyweight of 186 in the Masters II. Also, a huge 775 squat, and 1830 pount total was turned in by Chef Christopher Hesse! Now for most people, battling cancer would be all you could handle, but not for Joe Vanovitch. At 70 years young, Joe battles the iron in his spare time Joe squatted 220, benched 275, and pulled 305. Wouldn't it be nice to still compete at 70. Not to be outdone, the ladies put on a heck of a show. Nancy Edelson, a Masters I lifter, showed how it is done with a day ending pull of 445 lb. Teenage sensation Amy Kolba, squatted 300 lb. and she is only 15! Look for her to have a great future in powerlifting. Jenn Rotsinger totaled 750 lb. @ 119 lb. bodyweight in her first full Meet! And then came the phenoms, 3 highly recruited junior football players at Clearwater High School Brice Lawrence, Jason Harris, and Jeff Kolba. In their first Meet, Brice squatted 490 lb., Jason Harris deadlifted 500 @ 189 lb. bodyweight, and Jeff Kolba battled cramping all day to go 8 for 9. Two new Collegiate teams have joined the ranks in Florida, with Florida Gulf Coast university headed by Jim Dundon, and Palm Beach Atlantic University, headed by Demitrius Kleine. Both brought several lifters and have a bright future in powerlifting. Look for them to make some noise next year at Collegiate Nationals. Special thanks go out to two guys who made a great day possible. Meet Director Vince Lombardi, who through his hard work and diligence kept the Meet running smooth and made it enjoyable for all of the lifters. Also to Julian Ulvang, who drove up from South Florida with plans to compete, but due to an emergency had to fill the Head Judge's chair all day. (Results by Terry Caffery)

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Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s

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

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

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

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

Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

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

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

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

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

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

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

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

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

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

Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back,TOP 100 132s.

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

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

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

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

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

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

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

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

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

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

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APA Iron Bash BP/DL Push-Pull
19 JUL 04 - Lincoln, ME

BENCH
MEN
Open 181 lbs.
Osgood, D 535
Hennessey, B 455
(16-17) 148 lbs.
Willey, J 260
165 lbs.
Lusby, A 260
242 lbs.
Belyeu, C 265
Campbell, D ---
(18-19)
Wells, K 305
Junior 181 lbs.
Osgood, D 535
Decker, C 290
Master 220 lbs.
Skillings, W 275
275 lbs.
Ducette, N 480
308 lbs.
Petrino, T 540
SHW
Roberts, F 325
Master 198 lbs.
Taylor, F 365
Bolduc, J 315
220 lbs.
Hennessey, B 455
242 lbs.
Schulz, R 250
275 lbs.
Clevette, M 500
308 lbs.
Petrino, T 540
Submaster
242 lbs.
Schulz, R 250
275 lbs.
Clevette, M 500
WOMEN
132 lbs. (13-15)
Campbell, T 115
DT 123 lbs.
Morong, P 130
132 lbs.
Cannon, M 165
UNL
Campbell, K 275
Master-1 UNL
Campbell, K 275
Open 114 lbs.
Mayo, K 95
DEADLIFT
Junior 275 lbs.
Lanoue, B 670
Master 181 lbs.
Sanders, J 400
242 lbs.
Howard, B 700
Open 165 lbs.
Pond, T 375
WOMEN
123 lbs.
Morong, P 280

Push-Pull	BP	DL	TOT
Junior 220 lbs.			
Bailey, G	335	485	820
Master-1 198 lbs.			
Morong, D	365	525	890
Master-3 165 lbs.			
French, E	160	350	510
Open 198 lbs.			
Morong, D	365	525	890
165 lbs.			
Pond, T	205	375	580

The APA Maine Iron Bash was a great success thanks to the organizational skills of Al and Jane Stork, and Lynn Athearn, plus some great judges, spotters and loaders. This was a great meet and was loads of fun. A great crew manned the score table and Jane Stork did an outstanding job announcing. She is one of the best I have ever seen. Too many names to mention, but everybody did an outstanding job, running one of the best meets to ever take place in Maine. Beautiful Swords were presented to each lifter and Battle Axes to best lifters! Several records were set including: Women's 105 Open - 95 lb. bench press by Kimberly Mayo (Maine Record). Women's 123 Drug Tested - 130 lb. bench press by Pamela Morong (Maine Record). Women's 132 Teenage 13-15 Drug Tested - 125 lb. bench press by Tiffany Campbell (Maine Record, American Record, WP A World record). Women's UNL Open - 295 lb. Bench Press by Karen Campbell (Maine Record). Women's UNL Drug Tested - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (American Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (World Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's 123 Drug Tested - 280 lb. Deadlift by Pamela Morong (Maine Record). Men's 165 lb. Master 60-64 Open - 350 lb. Deadlift by Edward French (Maine Record). Men's 165 lb. Master 60-64 Drug Tested - 350 lb. Deadlift by Edward French (Maine Record). Men's 198 lb. Master 40-49 Open - 525 lb. Deadlift by Doug Morong (Maine Record). Men's 220 lb. Junior 20-23 - 485 lb. Deadlift by Grant Bailey (Maine Record). Men's 275 lb. Drug Tested Junior 20-23 - 670 lb. Deadlift by Brian Lanoue (Connecticut Record). Men's 148 lb. Teenage 16-17 Open - 260 lb. Bench Press by Jaren Willey (Maine Record). Men's 148 lb. Teenage 16-17 Drug Tested - 260 lb. Bench Press by Jaren Willey (Maine Record). Men's 165 lb. Master 60-64 Open - 160 lb. Bench Press by Edward French (Maine Record). Men's 165 lb. Mastcr60-64 Drug Tested - 160 lb. Bench Press by Edward French (Maine Record). Men's 181 lb. Open - 535 lb. bench press by Damian Osgood (Maine Record). Men's 181 lb. Junior 20-23, Open - 535 lb. bench press by Damian Osgood (Maine Record). Men's 181 lb. Junior 20-23, Open - 535 lb. bench press by Damian Osgood (American Record). Men's 181 lb. Junior 20-23, Open - 535 lb. bench press by Damian Osgood (WPA World Record). Men's 181 lb. Junior 20-23 Drug Tested - 290 lb. bench press by Corey Decker (Maine Record). Men's 220 lb. Junior 20-23, Open - 335 lb. bench press by Grant Bailey (Maine Record). Men's 198 lb. Teenage 16-17 Open - 305 lb. bench press by Kyle Wells (Maine Record). Men's 198 lb. Teenage 16-17 Drug Tested - 305 lb. bench press by Kyle Wells (Maine Record). Men's 198 lb. Master 55-59 Open - 365 lb. bench press by Frank Taylor (Maine Record). Men's 198 lb. Master 55-59 Drug Tested - 365 lb. bench press by Frank Taylor (Maine Record). Men's 220 lb. Master 45-49 Drug Tested - 275 lb. bench press by Warren Skillings (Maine Record). Men's 220 lb. Master 45-49 Open - 275 lb. bench press by Warren Skillings (Maine Record). Men's 242 lb. Teenage 16-17 Drug Tested - 265 lb. bench press by Chris Belyeu (Maine Record). Men's 242 lb. Teenage 16-17 Open - 265 lb. bench press by Chris Belyeu (Maine Record). Men's 242 lb. Teenage 18-19 Open - 465 lb. bench press by Kyle Davis (Maine Record). Men's SHW Master 45-49 Drug Tested - 340 lb. bench press by Franklin Roberts (Maine Record). Men's SHW Master 45-49 Open - 340 lb. bench press by Franklin Roberts (Maine Record). As you can see, a lot of outstanding lifting took place. We look forward to the next Al Stork/Lynn Athearn production to take place in the state of Maine soon! (These meet results provided by Scott Taylor)

Pamela Morong *nears lockout with a successful 130 bench attempt at the APA Maine Iron Bash. (Photograph provided by Scott Taylor)*

Brain Lanoue *sets a drug tested Connecticut Jr. Record with a big 670 pull at the APA Maine Iron Bash. (Scott Taylor photo)*

APA Iron Barbarian Championships
24 April - 04 Coralville, IA

Womens	SQ	BP	DL	TOT
148				
DT				
D. Tucker	235	125	235	595
H. Popejoy	285	—	—	—
L. Laughlin	225	120	250	595
Jr.				
C. Peters	—	180	—	—
181				
13-15				
Amber Ferns	155	85	225	445
Men				
165				
16-17				
N. Nicholson	415	285	405	1105
18-19				
Jared Burns	405	315	500	1220
DT				
Jared Burns	405	315	500	1220
Open				
Wes Keith	—	250	465	715
181				
Jr.				
Alex King	360	330	475	1165
198				
Troy Crigger	575	380	610	1565
J. Pumphrey	580	375	515	1470
Jared Beard	550	425	—	—
DT				
Merchlewiter	610	425	550	1585
Josh Power	585	455	500	1540
Open				
Brian Rue	—	295	—	—
220				
Chris Belshe	750	450	640	1840
4th	780			
T. Harrington	365	295	500	1160
Chuck Marbes	—	295	465	760
R. Nygaard	—	350	—	—
242				
Chad Crigger	735	405	650	1790
B. Oudenhoven	—	425	475	900
DT				
242				
DT				
Joel Anderson	—	325	—	—
Open				
R. Luyando	—	565	—	—
Submaster				
R. Luyando	—	565	—	—
275				
Open				
Dan Marbes	505	315	505	1325
Jeff Leach	—	625	—	—
4th		655		
SHW				
Submaster				
Scott Fisher	625	465	580	1670
Open				
B. Dowling	760	610	600	1970
4th		625		

DT denotes drug tested. Chris Belshe: Best Lifter-Full Power, Danelle Tucker: Female Best Lifter-Full Power, Brian Oudenhoven: Best Lifter-Push/Pull, Jeff Leach: Best Lifter-Bench Press. Equipment: Ivanko plates, Forza racks, Forza competition Benches for warm-up and Platform, Forza Deadlift helper. A very special thanks to Brian Allen of Gold's Gym for hosting this event. I would like to thank the spotter/loaders who did a great job and put in a long hard day, and of course the referee's who did an outstanding job with fair and consistent judging. Several state and regional records were set at this competition and lifters from 4 states participated in the event. (Results by Scott Taylor - APA President).

COMING EVENTS

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

29-31 OCT, AAU World BP, DL, Push-Pull, & AAU International Full Power (world and american records can be broken in both meets - Showplace Annex, Richmond, VA) aaupower@aol.com, 804-233-9570

30 OCT, NAP Northern Regional (Burr, IL) Bob Garza, 281-820-5923, www.nappowerlifting.com

30 OCT, APA Last Man Standing Push/Pull, Lebanon, NH, Calvin Frost, Box 612, Windsor, VT 05089

30 OCT, NASA W. Texas Regional PL, BP, PS (Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com

30 OCT, USAPL Albany Strength PL Championships, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-1703

30 OCT, USPF Monster BP and Return of the Living Deadlift, Kevin Meskew, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555

30 OCT, Monster BP/DL, Rolling Thunder Rockhard Fitness, Lake Placid, NY, Dr. John Cerruti, 518-523-7173

30 OCT, 22nd annual Raw "ADAU" Central PA Open PL (open & all age groups, men & women -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

30 OCT, ANPPC National PL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30,31 OCT, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

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

31 OCT, Best of the Southwest Raw BP/DL (Bodytorium Fitness Center, McMurray, PA) Steve Siwiak, 724-941-7270

31 OCT, Halloween Havoc BP (60 entry limit, all wt. classes & divs. - Taylor, PA) Joe Moe 570-562-3642, moceyunj@neiu.org or rhsvpmoe@ns.neiu.k12.pa.us

OCT, APF Full Meet, The Gym in Elk River, MN, 763-441-4232

OCT/NOV, INSA/INSAA World PL/BP/DL/BP rep, David Newingham or Kirk Stroud, 727-492-0723, novafitness@earthlink.net

OCT, 5th NHSP Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220

3-7 NOV, World Powerlifting Committee World PL & BP, L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, 713-3080, lbbaker@irondawg.com, www.wpcworlds2004.com

6 NOV (NEW DATE), APF Mississippi State Powerlifting+Bench Press Open (Casino Magic, Biloxi, MS), Joe Ladnier, The Power Pit Gym, 11185c Gorenflo Rd., D'Iberville, MS 39565, 228-669-4240, 228-826-1132, theladinc@bellsouth.net

6 NOV, USAPL Southeastern USA BP/PL (Nova Southeastern Univ., Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

6 NOV, USAPL N.J. State, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

6 NOV, APA Rise of the Titans BP (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

6 NOV, USAPL Alaska State PL, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996

6 NOV, USAPL Northwest Women's Regional PL, Paula Houston 4709 S. Hudson St., Seattle, WA 98118, 206-760-8724

6 NOV, APA New York State Open BP (Sidney, NY) Chris Byrnes, 607-563-8580, 607-437-2436 (cell) ctbyrnes@stny.rr.com

6 NOV, Atillis Gym BP (Wildwood, NJ) Mike Charnik, 856-228-7180, or The Gym 609-729-2050

6 NOV, USAPL Dakota Open PL/BP Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

6 NOV, APF/AAPF BP/DL Classic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014, FAX 516-594-9426, Flwrpwr@msn.com

6 NOV, Northern VA Raw PL & BP, (Sterling Community Center, Sterling, VA) John James 703-475-9885

6 NOV, APA Ironslingers Battle of the Mid-West Push-Pull, BP, DL (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

6 NOV, APF Texas Cup (Dallas - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6 NOV, USA 'RAW' BENCH PRESS FEDERATION WALLY STROSNIDER MEMORIAL GRAND NATIONALS (Tuscola, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6,7 NOV, NASA Iowa Regional (PL, BP, PS - Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

6.7 NOV, USAPL University Cup (Baton Rouge, LA - Holiday Inn on Airline) John Magendie, jonmagendie@hotmail.com

6.7 NOV, USAPL I-100 Rock Solid Push/Pull, Tom Murray, 380 Pine Tree Rd., Ithaca, NY 14850, 607-279-7554

7 NOV, New England Raw PL & BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, www.reevesnutrition.com, 401-437-1728, Joemusclehead@cs.com

7 NOV, SLP Vermillion County Show of Strength PL/BP/DL (Danville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9-14 NOV, IPF World Men's (Capetown, SA)

10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

13 NOV, APF/AAPF Region 6 (Frantz Gym - Aurora, IL) Ernie Frantz, 630-892-1491

13 NOV, USAPL Michigan State PL, Mike Poirier, 1279 103rd Ave., Plainwell, MI 49080, 269-685-5614

13 NOV, AOL Columbus's BP & DL, AOL Columbus Fit. Ctr., 5000 Arlington Ctr. Blvd., Columbus, OH 43220, Pete Urda 614-538-3636

13 NOV, 3rd APA Battle of the Badasses PP, BP, DL (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 NOV, USPF TX Cup and Mountaineer Cup VII Pro Qualifier, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasuspf.net

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

13 NOV, NAP Texas Mid-State Record Breakers (Waco, TX) Bob Garza, 281-820-5923, www.nappowerlifting.com

APF/AAPF/WPO Schedule

10-30+31-04, APF Pine Tree Powerlifting Open. Lewiston Maine. (Russ Barlow)

11-06-04, AAPF Southern States Powerlifting+ Bench Press Open. (Kieran Kidder)

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

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

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

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

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

13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 NOV, NASA Southeastern States Regional (PL, BP, PSs - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

13 NOV, NASA Kansas City Regionals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

14 NOV, SLP Lynne Boshoven Classic BP/DL (Wyoming, MI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 NOV, ADAU Connecticut State Open PL+ BP, Rob Delavega, Powerhouse Gym 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phgbrookfield@aol.com

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

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

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

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

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

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

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

20,21 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714

21 NOV, 1st Battle of the Bench Albert Lewis, 716-886-3145 ext 476, JCC, 787 Delaware, Buffalo, NY 14209

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

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

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

21 NOV, IPA Gorilla Warfare II (Holiday Inn, Johnston, NY) Rich 857-8637, Mike 654-9110, www.gorillapackpowerliftingteam.com, gorillawarfare2@yahoo.com

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

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

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

27 NOV, Gym Warriors presents Push Pull BP/DL Raw, Big Lou, 3 1st Ave., Peabody, MA 01960, 978-538-3910

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

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

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

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

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

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Weigh in: 9:30 a.m. • Competition starts at: 10:30 a.m.

Singlett preferred

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Name: _____ Tel: _____

Street: _____ City: _____ State: ____ Zip: _____

I know that my participation in WLOP activities is potentially hazardous and can cause bodily injury or death. I understand that by involvement in WLOP sports activities, I assume all risk for any injury resulting therefrom.

X _____ Date: _____ ☐ Check here if already a member.
Member's Signature Participants can bring own music for their lifts.
Parent's/Guardian's Signature (If member is under 18 tears old)

** We Would appreciate receiving your application **by 11/10/04** **

gvhl@wirefire.com
1-5 DEC, IPF World Bench Press (Cleveland, OH)
3-5 DEC, AAU Drug Tested World PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net
4 DEC, USAPL Kentucky State/Open/Raw, Shane Bosaw, 225 Kentucky Ave., Providence, KY 42450, 270-667-7140
4 DEC, NCAAU Red Swaim Memorial Open presented by Johnnie Howie and the Enterprise Workout Center, 704-289-4940, jfhowie@carolina.rr.com, www.ncaau.org/powerlfiting/pages/entryfordec4.pdf
4 DEC, 21st Southeastern Cup PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 (gym), bduke@southlink.us
4 DEC, APA West Coast PL, BP, DL, P-P (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
4 DEC, APC Excalibur Classic PL & BP (Birmingham, AL - open, novice, masters, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy, Suite 100, Birmingham, AL 35216, 2050817-6811, 823-4745 (gym)
4 DEC, Big Bench Shootout (men, women, teen, jr., submaster, master, all ages - 1st 50 lifters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
4 DEC (New Date), AAU Larry Garro Memorial Raw BP, DL, Iron Man/Iron Woman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net
4 DEC, 5th annual MPA Christmas Bench Classic (The Gym in Elk River (MN)), Dave harrison, 763-441-4232
4 DEC, WNPF World Record Breakers + WNPF International Single Lift Championships (Atlant, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com
4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
4 DEC, 2nd James B. Larusso Bench Press Meet (teen, women, masters, and all wt. classes) Muscle World Gym, 401 Hand Ave., Cape May Court House, NJ 08210, 609-465-4723
4 DEC, 17th Elkhart BP Classic, Jon Smoker, 30174 CR 16, Elkhart, IN 46516, 574-674-6683
4 DEC, SLP Christmas For Kids BP/DL (Mattoon, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4,5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org
5 DEC, (New Meet) SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 DEC, APF/AAPF South Carolina (1st meet in Columbia, SC in 20 yrs.) Strom Thurmond Wellness & Fitness Center, Will Millman, APF/AAPF S. Carolina State Chair, 843-886-5366, FAX 843-886-3509, shelter223@aol.com
11 DEC, APA Western States Open (CA - tentative) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823
11 DEC, WLOP C.T. Classic Bp (raw & drug free) WLOP, 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com
11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com
11 DEC (New Date), 2nd Bench Press & Deadlift Classic, Robt. Eckhart, 319 N. 2nd St, Lehighton, PA 18235, 610-377-5852
11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964
11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com
11 DEC, 4th Pocket Samson's Toys for Tots Christmas BP (male - female, all wt. classes, all divs., raw or assisted - New Oxford Gym, New Oxford, PA) 717-624-8570
11 DEC, USAPL River's Edge PL & BP (St. Louis, MO) Rick Fowler, 1713 Garfield, Granite City, IL 62040, 618-451-4737
11 DEC, USAPL Ketchikan Record Breakers, Doug Gregg, 1225 S. Higgins Rd., Ketchikan, AK 99901, 907-247-8963
11 DEC, 2nd annual Body by George Mini-Meet (Lawrenceville, GA - all classes) George Herring, 770-963-6738
11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
11 DEC, NASA Missouri Regional (PL, BP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
11,12 DEC (NEW DATE), USAPL American Open, Robert Keller, rhk@verizon.net, 954-384-4472, http://mysite.verizon.net/rhk
11,12 DEC, 51st APF Iron Man PL/BP & Mr. Iron Man/Ms. Iron Woman, Bob Packer, 559-322-6805 (w), 658-5457(h), www.calapf.com
11, 12 DEC, USAPL Colorado PL/BP, Dan Gaudreau, 155 S. Dearborn Dr., Aurora, CO 80012, 303-475-3366
12 DEC, SLP Turner Classic BP/DL (Salisaw, OK) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
12 DEC, 12th Raw "ADAU" Coal Country Classic (SQ, BP, DL - separate events, no total, open & all age groups -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com
18 DEC (2nd new date), WNPF IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC - Bordentown, NJ, 770-997-0589, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214
18 DEC, SLP "The Last One" BP/DL (Tuscola, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
18 DEC, APA E. Coast Record Breakers BP, DL, P-P (Bristol, VA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, squat@foryou.net
8 JAN, APF/AAPF Windy City Ironman (Leaning Tower YMCA, Niles, IL) Eric Stone, 630-892-7793, thestone@chicagopowerlifting.com
8 JAN (NEW DATE), USAPL New York State BP/DL, Brewster Health & Fitness, 1620 Rt. 22, Towne Centre, Brewster, NY, Bruce Swanson, 845-279-3246, www.geocities.com/bruceswanson500/files/1204USAPLBENCHDEAD.htm
8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

11,12 December 2004

APF 51st Annual Iron Man Open Powerlifting & Bench Press Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer 559-658-5437, 322-6805

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Saturday November 6th, 2004
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15 JAN, NASA E. Texas Open (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

15 JAN, PPL Augusta Drug Free Open, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

22 JAN, Iron Boy Push-Pull (Mocksville, NC) Keith Payne, 336-766-3347, keith@ironboypoewrlifting.net

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

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

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

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

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

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

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

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

29 JAN, SPF Southern BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southerpowerlifting.com

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

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

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

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

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

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

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

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

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

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

26 FEB, UAPC National BP (Gainesville, GA - AWPC World qualifier)www.amateurworld powerliftingcommittee.com, L.B. Baker, 770-725-6684, mobile 770-713-3080, LBBAKER@irondawg.com

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

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

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

FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

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

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

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

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

12 MAR, NASA PowerSports (Raw) National Championship (Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

Interested in raw, drug tested powerlifting?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

9 APR, APF House of Pain Texas State Open (Round Rock - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

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

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

16 APR, NASA Iowa State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-

8513, SQBPDL@aol.com

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

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

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

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

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

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

23 APR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 3068, 405-527-8513, QBPDL@aol.com

PR, USAPL North Carolina ., BP & Open State (Char- tte, NC) Jennifer Thompson, 04-483-6332, ww.carolinapowerlifting.com

PR, USAPL Richmond Open PL BP (55 lifter limit) Phillip Battle, ox 9713, Richmond, VA 23228, 04-301-2196, Battle@hotmail.com

PR, PPL Georgia Drug Free ate, Tee Meyers, 2250 Lumpkin d., Augusta, GA 30906, 706-90-3806, YTHONGYM@AOL.COM

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

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

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

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

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

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

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

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

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

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

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

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

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

11 JUN, USPF Venice BP/DL (2 single lift meets, not total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

18,19 JUN, USPF Nationals (Los Alamitos, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

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

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

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

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

16 JUL, World Games

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

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

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

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

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

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

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

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

6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

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

27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

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

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

10 SEP, USPF Venice Beach PL/BP, Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

17 SEP, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

15 OCT, NASA West Texas State

APC

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lbbaker@irondawg.com 770/725-6684; 770/713-3080

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

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

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

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

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

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

5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

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

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

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

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

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

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

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

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

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

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

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

MAY 06, USAPL Men's Nationals PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

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USAPL Mississippi State
21 AUG 04 - Gulfport, MS

BENCH				
Submaster				
319 lbs.				
J. Bishop	505			
Master (60-64)				
275 lbs.				
S. Sison	425*			
Junior				
132 lbs.				
J. Morrow	315*			
Open 220 lbs.				
C. McMullen	400			
275 lbs.				
P. Andrich	455			
Teen (16-17)				
C. Anderson	185			
Powerlifting	SQ	BP	DL	TOT
132 lbs. (14-15)				
K. Douglas	370	165	330	865
181 lbs. (16-17)				
M. Smith	435	260	485	1180
(18-19) 148 lbs.				
G. France	500	260	460	1220
181 lbs.				
D. Amond	465	250	440	1155
Master (40-44) 198 lbs.				
J. Robles	480	330	530	1340
319 lbs.				
R. Fletcher	745	470	705	1920
Master (45-49)				
R. Smith	550	425	505	1480
Master (50-54) 165 lbs.				
A. Sheen	225	200	330	755
Master (55-59) 198 lbs.				
J. Wold	430	300	500	1230
Open 181 lbs.				
D. Cagnolatti	565	400	560	1525
198 lbs.				
A. Serio	650	365	625	1640
242 lbs.				
E. Hacobs	225	300	435	960
275 lbs.				
P. Andrich	655	455	625	1735
WOMEN				
Teen (14-15) 105 lbs.				
C. McCord	190	95	250	535
Master (45-49) 165 lbs.				
M. Creel	200*	140*	230*	570*

*=MS State Records. Best Lifters: Open - Adrian Serio. Master - Paul Fletcher. Teen - Glen France. Scorers: Jo Moore & Lisa Crain. (Thanks to USAPL for the results)

5th Big Bench Shootout
08 Dec 03 - Swanzey, NH

MEN	
Open 132 lbs.	
C. Brown	215
148 lbs.	
J. Hadad	325
C. Grenon	305
J. Floyd	260
165 lbs.	
B. Durant	310
181 lbs.	
M. Ioannu	380
P. Soto	330
F. Quirk	315
C. West	310
198 lbs.	
J. Bianchi!	515
W. Clark	425
M. Folini	420
E. Jackson	415
220 lbs.	
R. Pursell	450
M. Sirois	440
J. Joyce	420
C. Stoey	390
242 lbs.	
J. Boughton	500
J. Cross	380
275 lbs.	
L. Miles	425
A. Currier	415
S. Neil	410
M. Currier	370
SHW	
J. Laclair	420
Teen (13-15)	
148 lbs.	
L. Wardner	235
Teen (16-17)	
D. Kirby	250
258 lbs.	
K. Madden	260
Teen (18-19)	
165 lbs.	
K. Ellis	245
Junior (20-23)	
Marrama-189	495
J. Cahoon-192	405
C. Grenon-148	305
J. Witham-132	265
I. Moody-166	315
C.Hoffman-214	360
C. Frost-220	360
K. Fisk-198	340
J. Frazier-197	250
Submaster (33-39)	
R. Pursell-204	450
J. Hadad-146	325
L. Miles-257	425
B. Durant-157	310
P.Wardner-165	215
Master (40-44)	
M. Folini-198	420
M. Sirois-214	440
M. Ioannu-181	380
Desautelle-181	335
Master (45-46)	
F. Quirk-181	315
M. Vainas-192	305
Master (50-54)	
B.Borofsky-260	315
Master (55-59)	
C. Frost-198	410
B. Blow-195	285
Master (60-64)	
P. Soto-170	330
Novice	
J. Cross-242	380
C. West-175	310
J. Floyd-148	260
S. Greene-195	315
D. Kirby-148	250
WOMEN	
Open 123 lbs.	
N. Cotnoir!	170
J. Minor-123	145
Junior (13-23)	
T. Willis-123	140
Master (40+)	
E. Narkum-121	125

!=Best Lifter. Highlights: Jeff Hadad did a nice 325 at 148 to win the opens and take 2nd at submaster, with an APF record. Cliff Grenon was close behind at 148 open with 305. Bill Durant was alone at 165 with a fine 310. Bill also was 4th at submaster with a state record at 165. Mike Ioannu got 380 and just missed 400 at 181 for the win. Mike also got 3rd at 40-44. The big show of the day was Joe Bianchi out of Clinton, MA, weighing 193, smoked a 515 for first place and the best lifter award. Wayne Clark, Mike Folini, and Eric Jackson were all fighting for 2nd with Wayne coming out on top with 425 to Mike's 420 and Eric's 415. Mike Folini's 420 was also a masters state record. Mike is 43 and a police officer with the Peterborough NH dept. Justin Boughton easily won the 242s with 500 and near miss with a state record 515. Rick Marrama did a strong 495 at 189 lbs. and only 21 years old to win the Jr. division. Super job Rick. James Witham, a 132 lb. junior lifter, broke a 15 year old record with 265. 57 year old Calvin Frost from Winsor VT benched 410 at 198 to win masters best lifter. In the women's open Nicole Cotnois benched a state record 170 at 123 lbs. to win best lifter. In the women's junior division Tanya Willis did a nice 185 at 165 lbs. for a Jr. state record. Meet Director: Louie LaPoint. Head Table: Dave Miller. Judges: Phil Thomsen, Charlie Lane, Lyle Fisk, Joe Ascani, Bill Durant. Spotters: Phil Thomsen, Lyle Fisk, Allen Madden. Website: www.geocities.com/armstrength Till next time. (Thanks to Louie LaPoint for results)

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Henry J. Knight Memorial 2
24 JUL 04 - Galt, CA

BENCH		DEADLIFT	
MEN		MEN	
Teen (13-15)		Youth (7-9)	
(Raw)		(Raw)	
198 lbs.		98 lbs.	
T. Knight	315*	D. Knight	135*
Open		Open (Raw)	
242 lbs.		242 lbs.	
M. Knight	585*	D. Skeva	600
Master (45-49)		M. Knight	500
242 lbs.		275 lbs.	
M. Knight	585*	N. Gomez	550*
		Master (45-49)	
		242 lbs.	
		D. Skeva	600
		M. Knight	500

=Personal Record. The Henry J. Knight Memorial BP/DL Classic 2 was held on Saturday, July 24, 2004, at the Dungeon Gym, in Galt, CA. Henry Knight would have been 80 years old on July 24, 2004, but passed away on March 22, 2003, from Lou Gehrig's Disease. In the Teenage 198 lb. division, 15 year old Tony Knight bench pressed a huge 315 raw for a new personal record! Tony currently holds the APA California State, American and World Records in the bench press, having set them on May 8, 2004, in Sacramento, CA. In the Open and Master 242 lb. division, 46 year old Mike Knight opened up with an easy 425 raw bench press, and after putting on his Inzer double-denim bench shirt, proceeded to blast 545 and 585 for a new PR! All of the dead lifts in this competition were done raw. In the Youth 98 lb. division, 8 year old David Knight tied his PR with a big 135! David wanted to compete, and pulled without training, just natural strength. He's got a bright future in powerlifting. In the Open and Master 242 lb. division, 45 year old Darryl Skeva, originally from Chicago, home of Ditka and "DaBears", pulled a huge 600 deadlift! Darryl proceeded to give a little deadlifting demonstration at the completion of the competition, by doing 505 for 8 easy reps! In the Open 275 lb. division, from San Jose, Nito Gomez pulled a huge PR 550. Nito weighed in at a light 246 lbs. and had recently torn a pec in training, so opted to do the deadlift only. Nito is a bodybuilder and former pro wrestler, having wrestled on televison in the WWF (WWE) for a time in the late 1980's, against "Ravishing" Rick Rude, "Mr. Perfect" Curt Hennig, Akeem, Bad News Brown, and other superstars of professional wrestling. Nito is 39 years old. I'd like to thank the spotters, loaders, judges and Powerlifting USA Magazine. (results courtesy of Kurt Heath)

APA Great Lakes Open
7 AUG 04 - Waukegan, IL

WOMEN	BP	DL	TOT
PUSH-PULL			
Open UNL			
A. Watson	350i!*	455	805
	4th	475i!*	
MEN			
Teen (18-19) 165 lbs.			
M. Burns	300i	430i	730
198 lbs. Drug Tested			
S. Ermel	385	485	570
BENCH			
S. Ermel	385	—	—
V. Levin	355	—	—
DEADLIFT			
S. Ermel	—	485	—
BENCH			
220 lbs.			
D. Potempa	390	—	—
PUSH-PULL			
Junior 242 lbs.			
J. Ditzer	350	630i!*	980
C. DaLoia	370i	480	850
BENCH			
Open			
P. Rodriguez	480	—	—
T. Wilke	375	—	—
PUSH-PULL			
Open			
J. Ditzer	350	630i	980
275 lbs.			
N. Zostautas	420	615	1035

*=World Record. i=Illinois Record. !=American Record. (results courtesy Scott Taylor)

APA Blue Springs Meet
12 JUN 04 - Blue Springs, MO

BENCH				
181 lbs.				
Submaster				
D. Liles	---			
148 lbs.				
Teen (18-19)				
S. Clark	240			
M. Keafer	235			
181 lbs.				
N. Gentges	435			
J. Falcon	---			
198 lbs.				
Master (40-44)				
B. Stevens	375			
Master (45-49)				
DEADLIFT				
MEN	SQ	BP	DL	TOT
165 lbs.				
Master (40-44)				
I. Clark	460	310	425	1195
		4th	445	
Teen (18-19)				
N. Nicholson	500	335	450	1285
T. Wallach	450	330	460	1240
		4th	495	
181 lbs.				
Teen (16-17)				
B. Vasquez	455	260	440	1155
		4th	465	
198 lbs.				
Teen (13-15)				
N. Falcon	390	250	460	1100
Master (45-49)				
M. Boyer	500	375	525	1400
		4th	530	
MT(18-19)				
Z. Talbot	540	320	570	1430
Open 220 lbs.				
C. Belshe	745	455	640	1840
B. Cass	845	550	775	2170
4th	880			
242 lbs.				
MO/M(45-49)				
J. Hilburn	540	260	475	1275
		4th	495	
Open				
S. Kelly	500	300	500	1300
Submaster				
S. White	600	475	575	1650
Open 275 lbs.				
J. Humbyrd	600	445	585	1630
UNL				
B. Dowling	825	600	610	2035
Submaster				
S. Fisher	635	515	600	1750
WOMEN				
114 lbs.				
V. Robbins	125	90	195	410
		4th	200	
132 lbs.				
S. Wood	185	120	240	545
	4th	125		
S. Yanez	235	85	265	585
4th	235		280	
181 lbs.				
D. Mitchell	300	180	350	830
4th	310		355	
198 lbs.				
Teen (16-17)				
A. Klock	205	120	290	615
		4th	300	

Teen (18-19)				
181 lbs.				
N. Crafton	500			
220 lb.				
Open				
B. Cass	775			
Junior				
D. Schroeder	298			
4th	550			

Brandon Cass *squatting big (845 lbs. at 217 bodyweight!) at the APA Blue Springs Championships. (Photograph was provided by the courtesy of APA Blue Springs Meet Director, Mr. Rodney Wood)*

The APA/WPA returned to Blue Springs, MO on June 12, 2004. The meet was held at World Gym and directed by Rodney Wood. There were approximately 30 lifters present, and the crowd was huge, leaving standing room only for anyone who may have arrived a little late. Outstanding lightweight lifter was hotly contested between Nate Nicholson and Zeke Talbot. Nate came out with an American Records in the squat for the 1655 18-19 year old division and the outstanding lightweight lifter award. Zeke, in his first real outing at 198, broke the DL American record, actually shattered it by 20 lbs. for the 18-19 age division. Both of these lifters competed in the drug free division, and we look forward to seeing more from both of these outstanding lifters. Nathan Gengtes, Team Midwest Barbell, won outstanding Bench Press by formula, with an American and World record at 181 (18-19) division with a strong press of 435 and not too far off from hitting a 455. Nathan also competed in the drug free division. The very talented and strong Dina Mitchell won outstanding Women's lifter by Formula, from Team Midwest Barbell. She hit a squat 310, Bench 180, and DL 350. All of her numbers were either MO or Midwest regional records. There were a total of 5 ladies competing, all of whom competed in the drug free division. Biggest Bench Press Award went to none other than Bryon Dowling AKA Bubba for a very clean and strong press of 600. The amazing part was after 600 we went straight to 700 and came real close to locking it out both times. Given a few more months to train and Bubba will be joining the 700 club. Bubba also hit an 825 squat and totaled his first 2000 lbs., finishing with a 2035 total. In the Father-Son Division, we had John and Nick Falcon battling against Ira and Seth Clark. These guys really got after it, but the father son championship went to new comers Ira and Seth Clark. All four of these guys are real class acts and have a great deal of potential as lifters. This award was fun to give out and we look forward to seeing more father and son combos in the upcoming meets. Brandon Cass was definitely the showstopper for the day! Brandon had an incredible day of lifting beginning with an opening squat of 750, went straight to 810 easy, and then followed It with an incredible lift of 845. He still had more left in him and took a fourth attempt at 885 and just barley missed it. You will see Brandon hit 900 before he is done. This of course won the Biggest Squat of the Day Award. In the bench, Brandon put together a very nice 550 lb press, which was kind of lost as Bubba was trying to hit the 700, but this 550 paid off later in the meet. In the Deadlift, he won the Biggest Deadlift of the meet lifter hitting a 750 second attempt. After some mathematical calculations, Brandon decided to give the crowd a day to remember by hitting a 10X body weight total. He needed to hit 775 on his third attempt, and like money in the bank he nailed it. Brandon's total of 2170 at a body weight of 217 earned him Outstanding Heavy Weight lifter of the meet. His total was also World and American records. Other notable lifters Included Chris Belshe with a very strong day in the open 220 class with a total of 1840 lbs., teenager Allison Klock set American and World records in the women's 198 16-17 age division, Sonya Yanez had a great day in her second meet totaling 585 in the open women's 132 division, and Stephen White totaled 1650 in the 242 men's Submasters division. They say that the third time is the charm, and it seems like that was the case at BS3. There were many Missouri and Midwest Regional records broken, and the lifters were all class acts. The crowd was huge, the lifters all competed very hard, and the judging very consistent. A special thank you goes out to World Gym for hosting the meet. Not a huge meet as far as number of lifters, but the quality of the lifting was as good as you can find anywhere. If you missed this one you missed a great meet and the lifters are the ones that made this one a meet to remember. Thanks to all the spotters, loaders, judges, coaches, and the people behind the scenes that make meets like this possible. (Thanks to Rodney and Stephanie Wood, Missouri APA, for this meet report)

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Bob Legg 220
181 Teen(18-19)
P. Nicholson 330
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Teen(18-19)
Ryan DeLong 425!
220
Amateur Open
Ryan DeLong 425!
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John Ramsey 500
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Aaron Svera 475
308
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John Doherty 540
308 Pro Open
John Hart 600
Matt Bash 425

Full Power	SQ	BP	DL	TOT
Women				
114 Teen(16-17)				
J. Andiorio	200!	120!	270	590
123 Amateur Elite				
Jenny Burkey	450	230	300	980
123 Pro Open				
J. Faraone	315	290!	345	950
148 Teen(18-19)				
Nicole Lach	55	170	135	360
165 Teen(18-19)				
Sarah Baird	235	145	270	650
165 Pro Open				
Elena Seiple	500	285	470	1255
Hulsberg-Lee	535	265	405	1205
Men				
114 Teen(14-15)				
T. McAvoy	255	185!	315	755
132 Teen(16-17)				
S. Lagravenis	330	160	370	860
148 Teen(14-15)				
A. Puglisi	350	220!	375	945
148 Teen(16-17)				
C. Rufolo	265	185	335	785
165 Teen(16-17)				
J. Manolio	315	190	350	855
Brian Blazak	185	125	265	575
165 Amateur Elite				
Brian Crowe	700	460	570	1730
181 Teen(16-17)				
Daniel Wong	480	245	510!	1235
181 Teen(16-17)				
Mike Barkosi	500	275	450	1225
J.J. Gilly	410	240	435	1085
181 Pro Open				
Brad Vargeson				
198 Amateur Masters 55-59				
Paul Kane	605	350	505	1460
220 Amateur Open				
J. Seabrook	625	455	600	1680
220 Amateur Masters 40-45				
Rory King	510	285	450	1245
275 Teen(16-17)				
C. Andrews	555	430	555	1540
Men				
242 Amateur Open				
Phillip Wylie	750!	500	650	1900
Jon Mayes	705	460	575	1740
Dan Wowak				
242 Amateur Submasters				
Phillip Wylie	750!	500	650	1900
242 Masters 45-50				
B. McIntire	650	550!	600	1800
242 Pro Open				
Brian Weston	1000	560	635	2195
S. Donegon	740	480	630	1850
Luis Aguilera	145	475	525	1145
275 Amateur Submaster				
David Linton	585	460	525	1570
Robert Feeney				
275 Pro Open				
Bob Youngs	820	500	695	2015
C. Petricari	800	505	625	1930
M. Stuchiner	730	500	620	1850
308 Pro Open				
M. Bossowski	750	365	600	1715

! - World Record. This year's strength spectacular was held at the comfort suits in Bethlehem, PA and hosted competitors from as far away as Canada and Texas. The first day started of with a bang as the powerlifting team from Monsignor Donovan high school hit some big pr's Johanna Andiorio totaled 590 at 144lbs body weight. Teammates Nicole Lach and Sarah Baird ended the day with big pr's as well. The Metal Militia's Jenny Burke, Coached by bench press guru Bill Crawford, hit a huge 450 squat, 230 bench and 300 lb deadlift for a 980 total in the women's 123 am elite class. Jenny has been on the powerlifting scene for a few years now and proves that you don't have to be big to move some big weight. New on the powerlifting scene were Nazareth Barbells 165 Lb. pro women, Elena Seiple and Heather Lee Hulsberg. This was the first full meet for both ladies and they did it with some big numbers. Both women are professional Body Builders who started powerlifting with the Nazareth crew back in January of this year. They wanted to use powerlifting as a means to increase overall body mass and muscle growth and have done so with great success. Both of the women were coached by Nazareth Barbells head coach Mike Miller. Elena set the stage with a strong and powerful 500Lb. squat a 285Lb bench and a massive 470 Lb deadlift. Elena took 500 for her 3rd attempt and had it to her knees. Elena finished the day off with a 1255 lb total!!! 149 lbs away from the women's all time total 165 lb world record...not bad for a first meet. 155 lb heather was up next and topped her teammate's squat by 35 lbs. giving her a 535 lb squat. Heather then went 265 on the bench and 400 lbs. on the deadlift for a huge 1205 lb total. Keep an eye on these two you will see big things from them next year. If that weren't enough Bonnie Graube and Kelly Felske set records in the bench press in the 165lb class. Bonnie set the women's Pro-Master WR 45-49 with a 305 lb bench and Kelly Felske set the women's 165lb pro masters 50-54 bench record. Kelly is the first women over 50 to bench press 300 lbs. Both women were coached by John Graube. Brian crow showed the 165lb men how it was done by squatting 700 lbs. benching 460 and hitting a 570 d/l for a huge 1730 total way to go Brian!!! Best lifter on the bench went to Nazareth Barbell's own John Ramsey who hit his first official 500 at a body weight of 220 and 44 yrs. of age.

Day 2 brought out the freaks with Brian Weston mashing a 1,000lb squat at a body weight of 233, Brian went on to bench 560 and d/l 635 for a 2195 total, not bad for a guy who didn't train for the meet Brian was inspired to lift by the $1,000.00 booty that was up for grabs. Brian Ulrich of Living arts Tattoo in New Hope PA. Offered a $1,000.00 cash prize to any man who had the minerals to squat a 1,000 at 242lbs or less body weight, insane Brian Weston met the challenge. Next on the list we have Southside barbells own Bob Youngs who hit a personal PR at this meet bob hit an 820 squat on his 3rd attempt a 500 lb bench and a 695 lb d/l . Bob ended the day with a 2015 total. Mike Stuchiner. AKA Mike Francini had a good day with a 730 squat 500 lb bench and a 620 d/l ending the day with an 1850 total. Nazareth Barbell newcomers Chris Petricari and Mark Bossowski showed their stuff. Chris hi and 800 lb squat a 505 bench and a 625 lb deadlift giving him a 1930 lb total just 16lbs shy of elite. Mark squatted 750 hit his opener on the bench, which was a raw 365 and pulled 600 on the dead as soon as we get marks shirt issues resolved we should see some big numbers. (Results provided by Nazareth Barbell.)

***Brian Weston** squats 1000 weighing only 233 at the IPA Nazareth Barbell Strength Spectacular. (Photograph courtesy Mike Lambert)*

Georgia Games Powerlifting
17 JUL 04 - Adel, GA

BENCH
148/BO
G. Bradley 225
165/BO
Thomas Giese 270
165/BO
Doc Roudebush
181/BO
Erik Kaminski 365
198/BO PFM
A.Abercromie 290
242/BO PFH
Joe Franklin 325
123/BOJ 13
P. Darby 105
220/BOJ 14
C. Vaughen 275
308/BOJ 16-17
Nick Helms 330
275/BOJ 16-17

Joe Darby
308/BOJ 18-19
Shawn Ford 380
165/BOJ 20-23
Thomas Giese 270
165/BOM 40-45
Doc Roudebush
198/BOM 50-54
Garry Glenn 320
220/BOM 55-59
S. Schwarzer 390
181/BOM 55-59
Howard Sauls 205
220/BOM 60-65
K. Rowan 260
275/BOM 65-69
Sheldon Shultz
181/BOS 35-39
M. Moulder 275

Powerlifting	SQ	BP	DL	TOT
123/JB 13				
P. Darby	235	105	240	580
181/JB 14				
S. Pybus	450	235	505	1190
220/JB 14				
C. Vaughen	315	275	385	975
308/JB 16-17				
Nick Helms	310	330	450	1090
275/JB 16-17				
Joe Darby	405			
308/JB 18-19				
Shawn Ford	405	380	525	1310
165/M 40-45				
Doc Roudebush				
181/M 55-59				
Howard Sauls	255	205	300	760
242/M 60-64				
R. Hewitt	325	280	360	965
220/M 60-64				
Gerald Hagen				
198/M 65-69				
Jack Sanders				
181/MW 50-54				
Susan Hill	225	110	290	625
181/N				
Howard Sauls	255	205	300	760
242/N				
Marvin Mays	435	335	525	1295
165/O				
Doc Roudebush				
181/O				
Erik Kaminski	485	365	400	1250
198/WS 35-39				
S. Jackson	315	240	370	925

Female Sportsmanship Award Susan Jackson. Male Sportsmanship Award Spencer Pybus. (Results from Buddy Duke)

International Powerlifting Association
"Lifting for Lifters"

Application for Registration

Last Name _____ First _____ Initial _____ IPA # for Renewal _____

Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

Telephone _____ Date of Birth _____ Age _____ Sex _____ Pro _____ Am _____ Elite Am _____

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

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, 190 Arsenal Rd., York, PA 17404, www.ipapower.com

Wisconsin's Best BP
02 APR 04 - Independence, WI

Pre-Teen	
148 lbs.	
Russett, A.	110
GIRLS	
Teen 114 lbs.	
Cross, S.	110
123 lbs.	
Gorka, B.	115
Schaufenbil,H.	110
132 lbs.	
Docken, S.a	165
Woodcock, A.	135
Maloney, C.	95
Olson, L.	95
148 lbs.	
Holzem, B.	130
Cook, B.	110
Maloney, C.	100
WOMEN	
Open 114 lbs.	
Frank, R.	175
132 lbs.	
Rudrud, J.	165
148 lbs.	
Lemier, K.	160
Submasters	
132 lbs.	
Daniels, S.	150
BOYS	
Teen 114 lbs.	
Dahl, J.	145
123 lbs.	
Dahl, K.	185
Kampa, C.	140
Bingham, G.	125
132 lbs.	
Cross, T.	250
Kottke, K.	230
148 lbs.	
Fox, J.	235
Parsons, B.	225
Woodman, J.	150
Brady, K.	—
165 lbs.	
Timm, C.	300
Komperud, M.	250
Hager, B.	225
Dachel, N.	195
181 lbs.	
Cady. J.	400
Fritsch, C.	315
Nelson, K.	300
Koxlien, B.	295
Thronson, M.t	205
Wundrow, T.	190
198 lbs.	
Wundrow, D.	245
Ward, B.	225
220 lbs.	
Steinmetz, B.	315
Hazuga, S.	195
242 lbs.	
Tuschel, E.	270
Sonsalla, C.	240
Cook, C.	235
Trippler, B.	220
S1rangfeld, J.	—
275 lbs.	
Harvey, K.	385
Kane, S.	300
Andersen, C.	225
308 lbs.	
Anderson, C.	315
Isaacs, D.	165
SHW	
Garza, S.	475
MEN	
Open 148 lbs.	
Komperud, E.	250
Theyer, T.	245
165 lbs.	
Stinson, T.	410
Draeger, D.	320
Sippel, W.	210
181 lbs.	
Mauel, A.	350
Jacobs, E.	310
198 lbs.	
Jenkins, T.	390
Butler, W.	310
Foley, B.	305
Gillette, M.	275
Dixon, D.	—
220 lbs.	
Gould, J.	640
McFarland, T.	500
Nielsen, M.	490
Levenance, E.	455
Talcott, T.	415
Kromroy, K.	385
Johnson, J.	365
Fuchs, R.	—
242 lbs.	
Fleisner, B.	555
Seitz, T.	480
Hanson, C.	475
Turner, M.	390
Husom, C.	295
Strangfeld, J.	—
275 lbs.	
Wilburn, D.	560
Franco, J.	540
Hemnann, K.	450
Easterly, J.	390
Pechmiller, B.	—
308 lbs.	
Kester, J.	515
Knueppel, K.	500
SHW	
Riggs, J.	395
Kadrlik, C.	350
Submasters	
242 lbs.	
Wahl, S.	405
Kulig, K.	380
308 lbs.	
Knueppel, K.	500
Bromeisl, S.	425
Masters-1	
165 lbs.	
Christopherson, T.	
225	
181 lbs.	
Brandli, J.	240
198 lbs.	
Woodman, L.	295
220 lbs.	
Jensen, A.	475
True, M.	360
Carlson, S.	335
Maloney, M.	335
242 lbs.	
Rasmussen, V.	375
Jacobs, J.	320
275 lbs.	
Kaufmann, M.	450
Reiter, D.	410
Masters-1	
181 lbs.	
Tafelski, R.	285
242 lbs.	
Elting, J.	500
Willette, P.	415
275 lbs.	
Brodt, R.	320
SHW	
Nelson, T.	425
Masters-3	
198 lbs.	
Roffler, C.	215
220 lbs.	
Soifakis, G.	390
275 lbs.	
Murphy, D.	280
Police/Fire	
242 lbs.	
Becker, S.	520

On Saturday April 3rd 2004, 111 entries competed in the 6th Annual Wisconsin's Best Bench Press In Independence, WI. In the Pre- Teen Division the lone contestant Austin Russett benched 110 lbs. in the 148 class. In the Teen Women's Division Stevie Cross benched 110 to take first in the 105 lb. class. The 123's sow Brittany Gorka edge Heather Schaufenbil by 5 pounds 115 to 110 to take first. In the 132's Sheila Docken benched a nice 165 to take first Oller Alisha Woodcock Third went to Cassie Maloney with 95 pounds. The 148 pound teen women's class went to Brittany Holzem hitting 130, Brilta Cook came in second with 110 pounds. The Women's open classes had three liners all unopposed in their classes. Rene' Frank benched 175 lbs. at 114, Jana Rudrud went 165 at 132 lbs., and Kristina Lemier went 160 at 148 pounds. In the Submasters women Sarah Daniels lined 150 as well to take first place also unappeased. In the Teen Boys Division, Josh Dahl was the lone competitor in his class taking home a nice 145 pound bench. In the 123's, it was Kyle Dahl hitting 165 to Corey Kampa's 140 to get the win. In the 132# class, Tim Cross hit a nice 250 to take first over Kevin Kottke and his 230 pound bench. The 148's went to Jeremy Fox as he edged Bill Parsons by 10 pounds, 235 to 225 to get the win. Chip Timm led the 165 pound class as he bested the field by fifty pounds with a 300 lb. bench. Coming in second was Mike Komperud at 250 pounds. The 181 pound class was dominated by Josh Cady as he benched 400 to beat second place Cole Fritsch who did hit a nice 315. The 198's went to Dan Wundrow as he edged out Brandon Ward by 20 pounds, 245 to 225. Ben Steimetz benched 315 pounes to take the 220 pound weight class. The 242 pound class was won by Elvin Tuschel as he benched 270 pounds to beat second place Crain Bonsalla who managed a 240 bench. Kyle Harvey in the 275'5 bested the field by 65 pounds, as his 365 beat Scott Kane's 300. In the 306 pound class, Chris Anderson benched 315 to get the win. In the Superheavy weight class Santiago Garza put up a huge 475 to win as he was uncontested. In the Open Division the 148's were a close race as Eric Komperud got by Travis Thayer 250 to 245 pounds. Todd Stinson showed his strength as he blasted a 410 pound bench in the 165's to beat Dave Draeger's 320 pound bench. The 181 pound class was won by Aaron Manuel, as he benched 350 pounds. Eric Jacobs was second at 310 pounds. The 198 pound class was won by Tanner Jenkins as he benched 390 pounds to Waylon Butlers 310. The 220 pound class saw Jeff Gould blast a huge 640 pound press to take first. Tim McFarland placed second with a nice 500 bench. Brian Fleisner wowed the crowd with his 555 bench as he took home first place over Tom Seitz and his second place bench of 480. The 275 pound class prooved to be tough as Donnie Wilburn put up 560 pounds for the win over J.C. Franco and his second place 540. In the 308's Jon Kester benched 515 to edge Kevin Knueppel's 500. Finally in the Supers it was Jon Riggs getting by Charles Kadrlik by 45 pounds 395 to 350. In the Masters One Divisions the 165, 181, and 198 pound classes had only one entry each. Taking first were Tom Christopherson with 225. Jim Brandli benching 240, and Leonard Woodman throwing up 295 In the 220's Andy Jensen went 475 to beat Mike True's 360. The 242 pound class had Venyn Rasmussen benching 375 to win over Joel "Tool Man" Jacobs' nice 320. Finally in the 275's Mike Kaufmann benched 450 to win Dan Reiter's 410. In the Masters Two Division the 181 pound class had Rod Talelski unopposed, taking first with a 285 pound bench. The 242's belonged to Jeff Eiting, as he threw up 500 to get the win over Paul Willette's second place 415. In the 275 and 308 classes, new Hall of Fame inductees Bob Brodt and Tom Nelson were alone in their weight classes. Bob went 320 and Tom went 420 to take first place. The Masters Three Division had three lifters all taking first by being the lone entry in their weight classes. They were Chris Raffler benching 215, George Solfakis going 390 and Don Murphy putting up 280. In the Police and Fire Division, we again had one entry. Shawn Becker blasted 520 pounds to take first place. Many thanks to all our sponsors locally and nationally Powerlifting USA, Inzer Advance Designs, Tilan Support Systems, Crain's Muscle World, Monster Muscle Magazine, Magnum Fitness, and House of Pain to name a few. Also, to all the volunteers who helped make this meet what it has become. I thank you all. (Results courtesy Glen Woychik)

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SLP Guy Carlton Memorial
Illinois State Fair BP/DL
22 AUG 04 - Springfield, IL

BENCH PRESS
open women
148
K. Turner 165
(4th) 180
teenage men 13-15
105
Nick Raburn 165*
teenage men 18-19
165
Ali Aliabadi 245
181
Cole Bensa 420*
(4th) 430*
junior men
181
J. Amsbury 325
198
B. Griffith 450
Mike Grim 285
220
M. Alvarado 330
275
J. Dillman 370
308
Lee Mateer 425*
(4th) 500*
submaster men
165
Jeff Beaudry 340
181
Nick Darland 380
Tim Seats 355
198
Craig Long 340
242
Tom Oberle 400
shw
Robert Vick 525*
master men 40-44
275
Greg Gordon 500
D. Swanberg 400
master men 45-49
165
J. Amsbury 315
198
D. Newman 500*
E. Anderson 315
master men 50-54
132
Jack Bellmer 195*
master men 55-59
181
R. Carlson 285
master men 60-64
198
Jim Hussey 315
242
G. Morgan 405
police & fire/60-64
198
John Andris 280
police & fire
181
Anton White 415
(4th) 430*
275
T.y Harrison 675
John Hurtado 375
shw

S. Edwards 350
open men
148
Travis Liles 260
165
Bill Bunch 380
A. Gallagher 375
181
Jason Carson 420
R. Leverton 405
198
Tom Ragusa 470
R. Alvarado 365
Robert Mann 280
220
Robert Young 475
D. Hammond 420
198
G. Parquette 275
242
Ed Clark
(4th) 625
S. Parkhurst 500
Corey Mann 400
shw
Erik Foggey 550
DEADLIFT
open women
165
Buffy Gordon 475*
novice men
198
Jacob Green 575*
junior men
198
Mike Grim 460
(4th) 500
submaster men
242
Tom Oberle 580*
master men 40-44
198
Leo Welch 655*
master men 45-49
198
Mike Raya 575
police & fire
220
W. C. Guy 525
(4th) 550
shw
S. Edwards 525*
open men
181
S. Hedger 490
(4th) 500
198
Leo Welch 655
R. Richardson 525
Robert Mann 420
220
D. Hammond 500
G. Parquette 465
242
Larry Best 640
Ed Clark 560
2-man/junior men
308
John DeFreitas/
Eric Powers 900*

Team: The Gladiators - Chicago, Illinois. Best Bencher - lt. wt. - JASON CARSON. Best Bencher - hvy. wt. - TOMMY HARRISON. Best Deadlifter - lt. wt. - BUFFY GORDON - Washington, Illinois. Best Deadlifter - hvy. wt. – LEO WELCH - Springfield, Illinois. * Son Light Power Illinois state record. The Son Light Power Guy Carlton Memorial Illinois State Fair Bench Press/Deadlift Championship was held August 22, 2004 at the Special Events Tent on the fairgrounds. Another great event with even greater lifters, old friends and new ones as well! In the bench press event Kristyle Turner won the open women's 148 class with 165 before locking out an all time personal best 180 for her fourth! First-time competitor Nick Raburn took the teenage men's 13-15/105 title with a new Illinois state record of 165. Ali Aliabadi won the 18-19/165 class with 245 while Cole Bensa took the honors at 181 with 420. A fourth with 430 was also good, both being new state records for the class. Jerry Amsbury got a new personal best at junior 181 with his final attempt of 325 while Brad Griffith got a big 450 pr with his win at 198. Mike Grim was second at 198 with 285. It was Maicol Alvarado for the title at 220 with 330, making just his opener. Jason Dillman was the winner of the 275 class with a personal best 370 while Lee Mateer won at 308 with a new state record of 425. Coming back with a strong fourth, Lee got his first official 500 bench with ease! Jeff Beaudry was the winner in the submaster 165 class, finishing with 340 while Nick Darland won a close one over Tim Seats 380 to 355. Lifting in his first competition, Craig Long took the title at 198 with 340 while Tom Oberle failed to get more than his opener of 400 for the win at 242. Big Robert Vick set the state record at shw with 525, just missing his final attempt with 565 at lockout. Greg Gordon is coming back strong from a bicep tear, taking the 40-44/275 class with 500. Darrell Swanberg was second at 275 with 400. James Amsbury got a new personal best of 315 as he moved up to the 165 class, taking the 45-49 division there. Dave Newman finally got the 500 bench he has been looking for, locking out that weight on his second attempt for the win and a new state record for the 45-49/198 class! Eric "The Fox" Anderson was second at 198 with 315, nursing an injury to his right forearm. Jack Bellmer set the state record for the 50-54/132 class with a solid 195 while Richard Carlson won at 55-59/181 with his opener of 285. In the 60-64 age group Jim Hussey won at 198 with 315 while Gerald Morgan took the win at 242 with 405, making just his opener. John Andris looked strong at police & fire/60-64, taking the title at 198 with 280. In theopen police & fire division Anton White got a new personal mark at 181 with 415, then came back with a new state record of 430 for a fourth! Best heavyweight lifter Tommy Harrison had some problems finding the groove, making just his opener of 675, but missing his final two attempts with 705. John Hurtado finished second behind Tommy, making a new personal record of 375. In the open division Travis Liles won at 148 with 260 while Bill Bunch took the 165's with 380. Andrew Gallagher was a close second at 165 with 375, lifting in his first meet! Best lifter in the lighter classes, Jason Carson, won at 181 with 420. Placing second at 181 was Ryan Leverton, who finished with a 405 personal best. Tom Ragusa won the 198 class with a personal best 470 while Rommel Alvarado finished second with 365 and Robert Mann third with a personal best 280. Robert Young returned to competition after seven years away from the sport to take the 220 class with 475. Robert won his class lifting without a bench shirt! Second place at 220 went to David Hammond, who finished with a personal best 420. Gary Parquette was third with 275, making just his opener. Ed Clark won at 242 with 600 before taking a fourth with a personal best 625, which he made with a struggle. Steve Parkhurst was second at 242 with a picture-perfect 500 while Corey Mann was third with his opener of 400. Big Erik Foggey won at shw, making just his opener of 550, after missing 600 twice. Erik, who locked out 600 at the fair two years ago, has got to be one of the strongest 'raw' lifters in the world! In the deadlift competition Buffy Gordon stunned the crowd with a great personal best 475 pull for the title at open women 165. This was not only a new state record for Buffy but also earned her the well-deserved best lifter title for the lighter lifters! She even gave a go at 500, just missing at lockout! Wow! In the men's novice division Jacob Green won at 198 with a new state record of 575. Mike Grim won at junior 198 with 460, followed by his first ever 500 pull! Tom Oberle finished a great day with a solid 580 personal best and state record pull at submaster 242. Leo Welch, best lifter for the heavier classes, won at both the 40-44/198 and open 198 classes, setting the state record for the master's division with 655. Mike Raya looked strong at 45-49/198, pulling an easy 575 for the win. First-time puller W. C. Guy did great with a 525 third and a 550 fourth pull and the win at police & fire/220. Stirling Edwards got a strong 525 state record with his win at shw. In the open division it was Starkey Hedger with a new personal best 500 fourth attempt, after finishing with 490. Second pace at 198 went to Dr. Rob Richardson who got a strong personal best 525. Third place at 198 went to Robert Mann with 420. David Hammond got a pr 500 with his win at 220, followed by Gary Parquette, who finished with a personal best 465. Larry Best looked strong at 242 with 640 for the win while Ed Clark finished with his opener of 560. In the two-man event the team of John DeFreitas and Eric Powers pulled a state record 900 at junior 308. The team title once again went to The Gladiators from Chicago, Illinois! This annual event was held in memory of Guy Carlton, 1984 Olympic Bronze medalist in weightlifting. Guy was a gym owner and trainer and several times national olympic lifting champion who passed away in 2001. Guy left a family and many friends, as well as the hundreds of lifters he influenced throughout the years. We celebrate his spirit on this day. See you all again next year! (Results courtesy Dr. Darrell Latch)

Steve Parkhurst *with 500 @ open 242 at the SLP Illinois State Fair BP/DL Championship. (Photograph courtesy of Dr. Darrell Latch)*

AFTER THE TERROR (Tales of Terrorism: Revenge and Retribution)... is the title of a new book, published by Hats Off Books and written by Joe Pyra, the veteran powerlifter and official, who recently has been recovering from a triple bypass operation in April of this year. The book is a 213 page collection of 15 short stories which revolve about the theme "what's goes around, comes around" when it comes to the acts of terrorists, both in today's context, and earlier. None of the stories have anything to do with the sport of Powerlifting (except for a reference to a certain individual, whom many PLers will instantly recognize as a well known lifter/official who is still active in the sport), but considering our current international climate, several of them are particularly relevant. Published under the name "A. Pyra" AFTER THE TERROR (ISBN 1-58736-6-364-X) is $17.95 in paperback and is available on the internet at Wheatmark.com/bookstore, Bookpublisher.com, BarnesandNoble.com, Amazon.com, Booksamillion.com and from Borders, or it can be ordered from your favorite bookstore.

Iron House Push\Pull
07 AUG 04 - Newark, OH

BENCH
114 lbs.
Teen
V. Guitieri 190
Open
132 lbs.
T. Storch 140
148 lbs.
B. Augustine 185
165 lbs.
G. McElroy 350
Teen
J. Ashworth 300
A. Sturgil 250
Junior
181 lbs.
A. Rousen 320
M. Lyone 315
K. Bech 210
198 lbs.
J. Smith —
220 lbs.
Master
P. Sutphin 420
Teen
A. Hoff —
242 lbs.
Junior
M. Smith 575
Z. Cole 570
308 lbs.
W. Noble 390
Open
181 lbs.
F. Boldt 575
J. Brock 365
A. Cress 315
C. Planz —
198 lbs.
J. Jasler 525
E. Felts 375
220 lbs.
M. Hill 530
S. Boardman 525
D. Miller 515
M. Serler 510
J. Murphy 425
D. Keens 405
B. Korman 325
J. Watson —
Submaster
S. Frazier —
242 lbs.
Master
H. Wolring 515
Open
S. McGinnis 550
T. Fellow 520
J. Young 450
B. Youst 300
M. Bell —
Submaster
S. Nagle —
K. Wentworth —
275 lbs.
Master
B. Beck 440
K. Kline 400

Open
D. Beversdorf —
M. Blanton —
Submaster
J. Martz 450
308 lbs.
Open
T. Fletcher 635
P. Keys —
SHW
M. Smith —
Submaster
T. Grenager 520
DEADLIFT
Teen
114 lbs.
V. Guaitieri 260
Open
132 lbs.
T. Storch 250
148 lbs.
A. Wiseberger 435
B. Augustine 310
Teen
165 lbs.
J. Ashworth 540
Junior
181 lbs.
A. Rouan 550
M. Lyons 550
Open
J. Brock 500
A. Cress 450
Teen
K. Bech 320
Open
198 lbs.
E. Felts 600
Junior
308 lbs.
W. Noble 500
Master
220 lbs.
P. Sutphin 565
T. Dascoli 385
Open
J. Murphy 625
D. Keene 555
B. Korman 450
Junior
242 lbs.
T. Blank 550
Open
T. Fellure 705
J. Young 640
S. McKimmie 560
B. Youn 545
Submaster
S. Nagle 530
Master
275 lbs.
K. Kline 675
B. Beck 575
J. Mertz 560
SHW
P. Bradshaw 700
Submaster
T. Greninger 670

Best Lifter Bench: Fred Boldt. Best Lifter Deadlift: Todd Fellure. (by Mike Maxwell)

Low Side Iron Man Meet
13 JUN 04 - Deerlodge, MT

Open	SQ	BP	DL	TOT
165 lbs.				
J. Gonzales	350	275	410	1035
C. Coleman	275	225	400	900
181 lbs.				
Master				
K. Anderson	190	185	315	690
B. Wright	205	205	275	685
Golden Master				
T. Hale	235	225	300	760
198 lbs.				
Open				
G. Williams	475	365	460	1300
J. Toth	450	315	455	1220
J. Stroug	185	160	300	645
Master				
A. Peterson	300	235	365	900
Grand Master				
R. Hylton	155	155	225	535
220 lbs.				
Phy. Challenged/Open				
S. TsuJi	325	245	245	815
Open				
C. Rupp	450	365	500	1315
R. Sparks	455	315	455	1225
S. Skold	385	285	425	1090
S. Dyer	315	225	425	965
D. Goss	—	340	500	840
R. Longknife	260	265	300	825
J. Jette	235	225	350	810
Master				
S. Kling	275	255	315	845
Grand Master				
R. Stewart	155	250	315	705
Golden Master				
C. Atlas	185	135	275	580
Golden Oldies Master				
V. Baker	85	75	225	385
242 lbs.				
Open				
R. Wilson	540	405	560	1505
A. Kenmir	315	350	405	1070
D. Foster	205	175	320	710
Master				
D. Sanders	275	300	405	980
Grand Master				
J. Griffin	575	475	610	1660
275 lbs.				
Open				
A. Wigner	475	250	535	1210
S. Walker	410	340	455	1205
Master				
C. Lester	350	315	385	1050
319 lbs.				
Open				
S. Anderson	435	300	500	1235
Master				
E. Wilcock	300	300	400	1000
R. Deavila	200	300	200	700

The Montana State Prison Inmate population in conjunction with the MSP Recreation Department conducted the annual LOW side Powermeet, which included all eligible inmates from the Low Security Compound. This year we reached out to the entire Low Side population encouraging all inmates to attend the event regardless of age, health, or disability. This event promotes health and fitness by encouraging those who attend the meet to exercise and lift weights. This was a non-sanctioned meet however, we used the USA Power Lifting (Formerly ADFPA) rules. and regulations. Per prison policy, inmates competing in the event were not permitted to use supplements, bench shirts or squat suits making this meet by definition, a Raw meet. Thirty-three inmates (33) competed in the competition, the winner being the best in each weight class with the greatest combined total. Up and coming lifter Jesse "Chewy Little Popey" Gonzales performed very well at his first ever power lifting meet in the 165 lb. open class. Jesse's impressive combined total was 1035 lbs. with a body weight of only 162 lbs. Gerald Williams did a great job in the 198 lbs. open class with a bodyweight of 184 lbs. he holds many records in two weight divisions within MSP. In the physically challenged, 220 lb. class, the one and only, the "Hawk" Steven Tsu Ji, established all new records in his weight division. Robert Sparks set a new MSP record in the Squat, at 215 lb. competing in the 220 lb open class, Robert had an impressive 455 lb squat. Charles Rupp broke the old MSP "Total pounds" record in the 220 lbs. Open class with. an impressive 1315 lb. total. This is of course, without the assistance of supplements, bench shirt or squat suit. Vernon Baker was the oldest lifter in the power meet. Competing in the 220 lbs. Golden Oldies Masters weight class, at 205 lbs. At the age of 75 years young Vernon encouraged a lot of the younger lifters in the power meet as well as many of the inmates who did not lift. This was the first time ever that he competed in a power meet and he thanks his personal trainer, Davey Hart. It just goes to show you that you are never too old to lift weights. The "most improved" lifter, Bobby "Bi-Lo" Wilson did a great job breaking the old prison record in the 242 lbs. open class. In the squat with 540 lbs., in the bench with 405 lbs. and a 560 lb. dead lift. With a total of 1505 lbs. This was his second power meet competition. Jack Griffin, age 53 lifting in the Grand Masters 242 lb class broke his old records with a 575 lb squat and a 610 dead lift. Jack also had the greatest total for the meet at 1660 lbs. Andy Wigner, broke a prison record in the 275 lb Open Class with a deadlift of 535 lbs. with a body weight of 261 lbs. Steven Walker, 29, broke a bench record in the 275 lb. Open class with an impressive 340 lb. bench. Steve weighed in at 251 lbs. Collens Lester, lifting in the masters class at age 42 broke all previous records in the 275 lb. weight division. Ernest Wilcock also broke all records in the 319 lb. masters class. I would like to thank the staff who made this meet possible: Our Sponsor, John Derzay for his work coordination our activities, Don Berryman in the Education Department, John Stevenson in the Recreation Department, Security Major Tom Wood, Associate Warden Myron Beeson, Associate Warden Leonard Mihelich, Deputy Warden Ross Swanson and all correctional officers in attendance. I would also like to say thanks to everyone who helped out with this event, our Judges: David Wilson, Tony Leyba, & Farren Galpin. Videographer and camera operators Steve Macomber & Zach Steinberg J Announcer Edison Ross. Spotters: Ken Miller, George Demers, Merlyn Marceau, Jason Tomlin, Terry Feller, Steve Keefe, Barry Besch, Stan Edwards, Sean Wentz, Travis McClees, Attorney Keith Brown, and special thanks to Joseph Anthony for his work in coordination the event and putting the numbers together. (results by Jack Griffin LS-BBC Chairman)

Dont train alone - always use spotters. Don't train when hurt - always consult your Doctor.

GMCF NYS Postal
20 APR 04 - Comstock, NY

165 lbs.	SQ	BP	DL	TOT
H. Thomas*	190	180	320	690
A. Griffin	410	300	500	1210
181 lbs.				
O. Self	470	330	530	1330
198 lbs.				
F. Demeo*	605	280	500	1385
H. Spencer*	440	365	500	1305
220 lbs.				
W. Schurman*	470	300	470	1240
242 lbs.				
C. Adams	705	400	670	1775
275 lbs.				
E. Joseph	590	430	590	1610

Schwartz Formula: C. Adams 924.78, D. Self 917.70, A. Griffin 854.26, F. Demeo* 850.05, H. Spencer* 827.37, E. Joseph 821.10, W. Schurman* 691.84, H. Thomas* 485.07. *=Masters division. (Thanks to Frank Demeo for these meet results)

Frank Demeo (48), *squatting 605 at 198 lbs. at the GMCF NYS Postal (Photo courtesy F.Demeo)*

Back Issue of the Month

The January 1995 edition of PL USA *featured the powerfully sculpted Curtis Leslie on the cover, winning the 242s at the WPC Worlds in Columbus, OH. Mike Mastrean took the 198 Juniors at this meet, with lifts of 733 446 655 1834. 2nd, 3rd, and 4th to Neville Primich of South Africa in the Open 165s were Rickey Crain, Jay Rosciglione, and Angelo Berardinelli. Also featured were the IPF Worlds from South Africa, where USA winners included Dave Ricks (1780 @165), Ed Coan (2281 @ 220), Kirk Karwoski (2160 @ 242), but perhaps the sentimental favorite was Walter Thomas winning the 181s ... after turning 49 just 2 days before the competition, giving Walter at least one open world title in each the last 3 decades. He was joined in celebration by his long time friendly rival, Ron Collins. Louie Simmons told how ... incredibly ... three of the Junior age lifters at Westside Barbell were all benching over 600 lbs.! (Halbert, Obradovic, and Patterson). Krista Ford related her story of personal success in Powerlifting and life after a difficult start in her childhood. Evolution Training Part II carried on the unique training and supplementation program recommended by Jay Schroeder and Vladimir Anisimov. Hal Hudson reported on the IPF World Masters Championships from Bratislava, Slovakia. Our Workout of the Month highlighted the routine of triple bodyweight puller Shirley Scheffler. A real Pioneer of Powerlifting, Jack Keammerer, the 1972 IPF World Champion, was interviewed by Bruce Citerman, and we also interviewed another veteran, who set many IPF World Records in his career, John Redding. Bob Gaynor chatted with ADFPA women's star lifter Michele DeGennaro, but, sadly, we had to report the passing of two great contributors to the sport, Larry Garro, and the founding President of the ADFPA Brother Bennet. Michael Soong did his numbers and declared Andrzej Stanaszek to be the Greatest Squatter of All Time. IPF President Heinz Vierthaler was interviewed by Marty Gallagher regarding Powerlifting's past, present, and future - and was quoted as saying ... "We cannot foolishly dream the Olympic dream; at the moment there is no chance for powerlifting". The reigning IPF Superheavyweight Champion, Karl Saliger of Austria, was profiled by Dr. Judd Biasiotto, and was quoted "A lot of lifts that American athletes claim to have made are absolutely ridiculous. They are totally bogus. They mean nothing!" On the TOP 100 list for 181s, the top lifts were by Rob Wagner (722 squat), Scott Werner (542 bench), Bill Cavalier (716 deadlift), and Walter Thomas (1818 total). Also appearing on the list were Matt Zweng (585 squat ... #66), Dennis Brady (418 bench - #54), Fabian Wambsgans (600 deadlift - #56), and Keith Kanemoto (1543 total - #43). In the results section, James Benemerito was pictured breaking one of his own brother's records ... a 605 deadlift at 148. Herb Glossbrenner's list of the TOP 100 Deadlifters of All Time in the 148 lb. class had Dan Austin at #1 with 705, and Robert Cortes was was 89th on the list for his 575 done back in 1980. Iron Island Gym's Ralph Raiola was honored as one of the APF's top state chairmen for generating the highest increase in membership for one year. You can order this issue, before it sells out, along with many others ... all described in our catalog of Powerlifting collectibilia beginning on page 48.*

SLP The Last One!
27 Dec 03 - Tuscola, IL

BENCH
MEN
Teen (13-15)
105 lbs.
T. Groff 65*
4th 70*
220 lbs.
R. Lister 190
Teen (16-17)
123 lbs.
B. Faught 160*
132 lbs.
J. Lynn 140
181 lbs.
C. Fulscher 275
198 lbs.
A. Groff 240
4th 260
C. Booten 170
4th 180
Teen (18-19)
M. Welsh 300
Junior
M. Bell 330
220 lbs.
M. Fornecker 295
4th 300
Master (40-44)
M. Maxwell 360
R. Patton 275
242 lbs.
D. Haycraft 485
Master (45-49)
198 lbs.
D. Newman 425
4th 440
275 lbs.
K. Hutchinson 445
Master (50-54)
198 lbs.
R. Palmer 305
4th 315
242 lbs.
R. Fornecker 340
275 lbs.
J. Welker 355
J. White 350
Police/Fire
165 lbs.
A. White
400*
181 lbs.
R. Murray 325
220 lbs.
L. Hillard
540*
4th
560*
275 lbs.
T. Harrison
625*
Open 181 lbs.
N. Darland 350
R. Mann 265
4th 270
198 lbs.
D. Newman 425
4th 440
242 lbs.
E. Clark 585
4th 610
DEADLIFT
MEN
Teen (13-15)
220 lbs.
R. Lister
355*
4th
370*
Teen (16-17)
132 lbs.
J. Lynn
345*
4th
360*
181 lbs.
C. Fulscher 490
4th 505*
198 lbs.
C. Booten 280
4th 305
Junior
148 lbs.
C. Jordan 445*
220 lbs.
M. Fornecker 435
275 lbs.
B. Williamson 640*
Master (40-44)
220 lbs.
M. Maxwell 455
Master (45-49)
165 lbs.
D. Belt 560*
198 lbs.
M. Raya 560
Open 242 lbs.
J. King 550
275 lbs.
B. Williamson 540

*=Son Light Power Illinois state record. Best Lifter Bench Press - TOMMY HARRISON. Best Lifter Deadlift - DENNIS BELT. We had a good turnout at the Son Light Power The Last One! Bench Press Deadlift Championship, held at the Son Light Power Gym in Tuscola, Illinois on December 27, 2003. Thanks to all my help; son Joey, wife Susie, Rob Mann, Linda Middleton, Dave Bragg, Matt Welsh, Dave Newman, Jeff Welker and Doug Haycraft for helping with the loading, spotting and judging duties. In the bench press event first-time competitor Ta'shun Groff won at 13-15/105 with a new state record of 70 on his fourth attempt. Ta'shun had finished with 65 for his third. Ryan Lister guest lifted in the 13-15/220 class, finishing with 190. In the 16-17 age division Brett Faught set the Illinois state record at 123 with his 160 second attempt. A final attempt with a personal best 175 failed about halfway up. John Lynn guest lifted in the 132 class, finishing with a personal best 140. Chris Fulscher won at 181 with 275 while Andrew Groff took the 198 class with 240. A fourth with 260 was also good. Second place at 198 went to Cody Booten, who finished with 170, then a fourth of 180. Both of these lifts were new personal records for Cody. Mark Welsh captured the 18-19/198 class with a solid 300 final attempt. This was the first time Mark had gotten 300 in a competition. Matt Bell looked strong with his opener of 330, then switched shirts and went to 415 for his last two attempts. Not real close but definitely will get that weight soon. Michael Fornecker came all the way from Louisiana to lift with his father Randy, who lives within a hundred miles of here. Michael finished with 295 then returned for a successful fourth of 300, another personal record and the win at junior 2201 Mike Maxwell looked strong with his win at 40-44/220, taking that class with 360. Roger Patton was second at 198 with 275, just missing a 300 final attempt. Doug Haycraft only got in his opener of 485 with his win at 40-44/242. Doug is the current Illinois state record holder for that class with 530. Time for a new shirt! Dave Newman won at 45-49/198 along with the open 198 class, finishing with 425, followed by a stronger 440 fourth. Kevin Hutchinson, state record holder at 45-49/275, had some shirt problems and had to settle with his 445 "raw" opener. Kevin walked up to get his trophy with a towel over his head in shame, as the crowd threw anything they could at him. That's a long way from 650, Kevin! But that's okay, he'll be back next year close to 700, after he's had time to dial in his shirt! At 50-54 Rick Palmer kept getting stronger with each attempt, finishing with 305 before making a 315 fourth for the win at 198. Randy Fornecker

Lance Hillard *with state record 560 @ police & fire/220 (D. Latch)*

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis that a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for $14.95 plus $4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

got a big 340 with his win at 242 while Jeff Welker won at 275 with 355. This guy is an inspiration to us all, having had two hip replacements and still just as strong as ever. Jeff is also one of the most dedicated coaches in the sport, having trained many young lifters over the years. Second place at 275 went to John White who finished with a personal best 350. Anton White finally got his first 400 bench on his final attempt and the win at police & fire 165. This was also a new state record for Anton, who had set the record at 380 earlier this year. Robert "Ponch" Murray took the 181class with an easy 325, just missing a personal best 350 at lockout. Lance Hillard, the good-looking one of the brothers, proved he was also the strongest as he pressed out a solid 540 third, followed by a 560 pr fourth at 220. Weighing in at just 211, both of these lifts were new Illinois state records. Tommy Harrison just keeps getting stronger, finishing here with a personal best and new Illinois state record at 275 with 625! Tommy, who also competes at 242, came in and said to me, "I'm just a little over." 258 is a little more than just a little, Tommy! A great lift from a great guy, Tommy also was awarded the best lifter trophy for the meet. In the open division Nick Darland won at 181 with a personal best 350, taking the title over Rob Mann, who finished with 265 and a fourth with 270. Rob's last three attempts were all new personal records. Our final bench competitor was Ed Clark. Ed took the open 242 class with 585 then came back with a personal best 610 for his forth. Ed finished second to Tommy Harrison for best lifter. In the deadlift competition Ryan Lister set a new Illinois state record in the 13-15/220 class with his 355 third and 370 fourth attempts. John Lynn also set a new state record for his class, 16-17/132, finishing with 345 and his fourth of 360. Chrsi Fulscher had a great day, making his third with 490, then coming back with a new state record of 505 for the 16-17/181 class. Cody Booten, lifting in his first competition, pulled a 280 third and a 305 pr fourth at 198. Cody was lifting as a guest lifter. Chris Jordan broke the state record at junior 148 with his 445 final attempt. Chris, who wrestles at EIU, had dropped twenty pounds in bodyweight but still pulled 300 over his bwt. Michael Fomecker got his second pr of the day with his second win at junior 220, finishing with 435. Brandon Williamson regained his state record at junior 275 with his 640 pr final pull, taking also the open 275 class. Mike Maxwell won his second title of the day with a new pr of 455 at 40-44/220. Dennis Belt, undoubtedly one of the best natural master deadlifters in the world, won at 4~9/165 with 560. Dennis set the state record there, winning also the best lifter award for the competition at a 158 bwt. Mike Raya, current state record holder at 45-49/198, won that class with 560. In the open division Jeremy King pulled an easy 550 at 242, locking out 600 strongly, but was called for slight hitching. At least now he knows he can get the weight, needing only to keep the head movement at the top of the lift. Thanks to everyone who helped out and to all the lifters everywhere who made 2003 a great year for Son Light Power. This was our sixty-ninth meet of the year! Hope to see you all again in 2004! (Results courtesy of Dr. Darrell Latch)

AAU Missouri State
7 AUG 04 - Jefferson City, MO

Women	SQ	BP	DL	TOT
148				
Raw 13-14				
Casie Tharp	55	85	175	315
4th	75	90	185	
Open				
K. Reed	135	85	250	470
4th	150		275	
Lisa Boyle	95	85	200	370
4th	120	90	215	
45-49				
P. Fitzgerald	165	105	300	570
4th			310	
Men 13-14				
104				
L. Jones		120		
65-69				
132				
Tom Bishop	225	160	315	700
45-49				
148				
Steve Freides	200	180	325	715
15-16				
165				
Sean Jones		190		
Open				
181				
Darin Gilley	420	265	320	1005
45-49				
198				
Fitzgerald	390	280	450	1120
55-59				
242				
Scott Jones	265			
Equipped				
Open				
198				
Russ Kempen	425	295	510	1230
40-44				
Tim Elletson	495	315	485	1320
220				
40-44				
Bill Clemon	455	255	540	1250
Open				
Richard Brown	525	405	510	1440

Held at York's Fitness. (Thanks to Darin Gilley for submitting the meet results)

Dr. Darrell Latch *with female athlete of the year Erica Haislar & coach of the year Billy Jeffries at the SLP meet in Tuscola, IL. (Latch)*

AAU Marsh Monster BP
18 APR 04 - MA (kg)

148		D. Calhoun	145
Raw open & sub		Equip mast 40-44	
J. Gardella	102.5	D. Broomskin	195
Raw open & sub		Equip mast 55-59	
Phil Parks	120	D. Mansfield	140
master 40-44		242	
RAY Houle	102.5	RAW Open	
165		D.Winchester	175
youth-10-11		275	
E J Cross	37.5	EQUIP SUB	
raw 60-64		Will Baker	187.5
A. Wright	120	equip novice	
181		Dan Driscoll	162.5
raw open		SHW	
C. Peters	157.5	equip mast 55-59	
220		T. Walsh	180
raw open			

(Thanks to Larry Larsen for the results)

Chickahominy YMCA BP Classic
01 MAY 04 - Sandston, VA

123 lbs.		Open Assisted	
Teen (1819) R		G. Ferrell	485
V. Navarre	235*	T. Kontos	370
148 lbs.		Open Raw	
Master (45-49)		D. Mason	360
Assisted		Master (45-49)	
S. Zerbe	375*	Raw	
Teen (16-17)		R. Skelton	280*
E. Shrader, Jr.	235*	Master (45-49)	
(18-19)		Raw	
B. Taylor	230*	F. Slavery	265
Open		(50-54) Raw	
J. Cobb	265*	J. Jenkins	265*
W. Epps	245*	(50-59) Raw	
181 lbs.		H. Gay	265*
Open Assisted		WOMEN	
C. Lawyer	450*	Open Raw	
J. Richard	325	T. Delph	65*
J. Palmer	315	132 lbs.	
Master (65-69)		Master (60-64)	
E. Feltner	150*	B. Feltner	85
Junior (20-23)		148 lbs.	
D. Martin	275*	Junior (20-23)	
Open Raw		M. Condrey	95*
D. Baldwin	280	Open Raw	
J. Alston	270	A. Albertson	130*
C. Gregory	250	M. Condrey	95
Master (40-44)			
Raw			
C. Stumbo	225		
(45-49) Raw			
D. Smith	270		
(50-54) Raw			
J. Alston	270		
198 lbs.			

*=Record. OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all. The Chickahominy Family YMCA Bench Press Classic was held on May 1, 2004. The event was well attended with 54 competitors. The participants ranged in age from 15 to 69 years. This was the fourth year the event was held and 21 course records were set. The highlights of the Classic include: participants that lifted double body weight raw & assisted, pressing 2.5 times body weight, and several lifts over 500 lbs. Several competitors beat their own course records set in 2003. Proceeds from the Bench Press Classic will provide scholarships to summer camp along with financial assistance for members of the community to participate in YMCA programs that otherwise could not be afforded. Special thanks goes out to event sponsors which include Iron House Gyro, Joe's Inn, Mike's Olympic Gym and The Weight Room. (Thanks to Chickahominy Y for these meet results)

ASSOCIATION OFFICE COPY

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

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	**Not Available**
Adult Athletes in the Following Sports: Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball	10.00	12.00
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

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

SPORT CODE ____ ____ ASSOCIATION CODE ____ ____

MEMBERSHIP CATEGORY *CHECK ONE:* ___ Athlete ___ Coach ___ Official ___ Volunteer

CHECK ONE: ___ Youth Program ___ Adult Program **Added Benefit** ___ Yes ___ No

Club No.: Club Name: E-Mail

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

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

Date of Birth | Age | Sex ☐Male ☐Female | Application Date | Social Security Number

First | Middle | Last

Address

City | State | Zip Code

County | Phone (With Area Code)

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.

Member's Signature _____

Parent/Guardian Signature _____

APF Carolina Summer Smash
10 JUL 04 - Charleston, SC

Bench Only Flight
Women's Masters
181
Barbara Roby 57.5
Men's JR Teen
165
Mikey Effner 152.5
Police/Fire
165
K. Beckman 102.5
275
G. Haslam 160
Men's Masters
181
Bill Milner 102.5
220
W. Williams 170

Powerlifting	SQ	BP	DL	TOT
Women's Open				
148				
Linda Jones	130	65	147.5	342.5
148				
Susan Finley	112.5			112.5
181				
C. Roby	115	75	127.5	317.5
Women's Masters				
181				
Barbara Roby	85	57.5	90	232.5
Men's JR Teen				
220				
Mark Rufail	205	137.5	200	542.5
308				
P. Deaver	205	142.5	190	537.5
Police/Fire				
275				
Tim Mast	182.5	182.5	210	575
Men's Masters				
181				
M. Steck	182.5	140	182.5	505
181				
G. Camacho	112.5	102.5	157.5	372.5
198				
Steve Clark	190	137.5	197.5	525
242				
S. Hines	262.5	180	265	707.5
242				
M. Shealy	195	150	142.5	487.5
Men's Open				
181				
J.Blankenship	207.5	132.5	207.5	547.5
220				
C. Hendrix	205	137.5	200	542.5
220				
Brian Bleu	182.5	125	182.5	490
220				
Keith Farrara	365			365
242				
M. Johnston	412.5	227.5	320	960
275				
Carl Griggs	165			
275				
Eric Hubbs	217.5			
275				
D. Ricafrente	187.5			
275				
G. Haslam	160			
Men's Open				
148				
Eric Knight	177.5			
242				
Grant Austin	182.5			
275				
Eric Hubbs	217.5			
275				
J. Williams	197.5			
220				
Carl Griggs	165			
275				
Eric Hubbs	217.5			
275				
D. Ricafrente	187.5			
275				
G. Haslam	160			
Men's Open				
148				
Eric Knight	177.5			
242				
Grant Austin	182.5			
275				
Eric Hubbs	217.5			
275				
J. Williams	197.5			
Troy Brown	272.5	200	252.5	725
275				
Jared Bruff	227.5	192.5	255	675
275				
Jason Lawson	320		337.5	657.5
308				
A. Pickens	410	207.5	292.5	910
SHW				
Donnie Thompson				

The APF's second South Carolina meet,"The Carolina Summer Smash", was held on July 10th, 2004 at Charleston Southern University. Meet director and South Carolina State Chairman Captain Will Millman was again at the helm of his great team with Matt Oesch on the microphone, Wayne Pullam as head referee and Jason Alderman on the platform. POWERLIFTING began with the Women's Open. Catherine Roby @ 181 started the day with an opening squat of 65 kg. Her second squat of 102.5 kg was as easy as her first and the same with her third @ 115 kg. She missed her opening bench at 65 kg but muscled up her second attempt of 75 kg. Her last attempt of 82.5 kg was a little too much for Cat today. Her deadlift went more smoothly making all three attempts up to 127.5 kg giving her a total of 317.5 kg (700 lbs) and first place in her weight class. Linda Jones was next @ 148. She put on a great display of Powerlifting by going 8/9 missing only her last bench press attempt. She finished with a 130 kg squat, a 65 kg bench and a 147.5 kg deadlift to total 342.5 kg (755 lbs) to win the Women's 148 Open and the BEST FEMALE LIFTER of the day. Next up was Susan Finley @ 148 battling with her squat, finally to be successful on her last attempt with 112.5kg. She also had problems with her bench and bowed out after 3 "superwoman" tries. "Big Sue" will be back! The Women's Masters featured Barbara Roby, (Catherine's Mom) 52 years old @ 181. She squatted 85 kg, benched 57.5 kg and deadlifted 90 kg going 7/9 and totaling 232.5 kg (512.5 lbs) earning a first place trophy. The next division, Men's JR/Teen was a look into the future of our sport with two 19 year olds in their first meet. At 220 lbs Mark Rufail squatted 205 kg, benched 137.5 kg, and deadlifted 200 kg for a 542.5 kg (1196 lb) total going 8/9. At 308, Preston "Beef" Deaver squatted 205 kg, benched 142.5 kg and deadlifted 190 kg going 7/9 to total 537.5 kg 1185 lbs). Both lifters won first place trophies and established the South Carolina records in their categories. Hats off to Donnie Thompson and the "Compound" for bringing us these super young lifters. In the Police and Fire , "The Big Dog", Tim Mast (now down to 275 as "The Medium Dog") squatted 182.5 kg, benched 182.5 kg, and deadlifted 210 kg for a total of 575 kg (1267.5 lbs) for first place. This is Tim's first year of Powerlifting and we all look forward to great lifts from him in the future. The Men's Masters division started with 72 year old George Camacho @ 181 squatting 112.5 kg, bench pressing 102.5 kg and deadlifting 157.5 kg to total 372.5 kg (821 lbs) setting a new South Carolina State record in the squat and winning a first place trophy. Michael Steck was our next Masters lifter @ 181. This was the first meet for 47 year old Mike who had a perfect day going 9/9 with a 182.5 kg squat, 140 kg bench and a 182.5 kg deadlift to total 505 kg (1113.3 lbs) and win a first place trophy. He also set South Carolina records with all of his lifts. Steve Clark our 198 lb Master squatted 190 kg, benched 137.5 kg and deadlifted 197.5 kg for a 525 kg (1157 lb) total, first place in his division and posting South Carolina State records for 40-49 Masters. Michael Shealy, 52 years old, who at our first meet set the South Carolina records at 220 lbs, was back @ 242 to do the same. Making only the first attempts in all three lifts he posted a 195 kg squat, a 150 kg bench and a 142.5 kg deadlift to total 487.5 kg (1075 lbs) for a first place trophy. Our last Masters lifter @ 242 was 42 year old Stewart Hines whose 25 years of lifting experience produced some impressive numbers. He opened with a 250 kg squat and then bettered it to 262.5 kg on his last attempt. He pushed his bench up to 180 kg and put on a deadlift show with lifts of 250, 260, and 265 kg rounding out a day of great lifting going 7/9 totaling 707.5 kg (1560 lbs). He won first place in his division and established the lifts to break, as South Carolina State records. The Men's Open was our biggest division with 10 lifters. Brian "Tattoo" Bleu @ 220 (in his first Powerlifting competition) posted a 182.5 kg squat, 125kg bench and a 182.5 kg deadlift to total 490 kg (1080 lbs) to earn a second place trophy. Jeremiah Blankenship, also a first timer was next. At 181 he squatted 207.5 kg, benched 132.5 kg and deadlifted 207.5 kg for a 547.5 kg (1207 lbs) total winning a first place trophy. Next up was Chris Hendrix @ 220 also in his first meet. He squatted 205 kg, benched 137.5 kg and deadlifted 200 kg for a 542.5 kg total (1196 lbs) and a first place trophy. Jared Bruff @ 275 worked his way up to a 227.5 kg squat and followed that with a personal best bench press of 192.5 kg, and a personal best deadlift of 255 kg to finish with 675 kg (1488 lbs) for a second place trophy. Also @ 275, local favorite Troy Brown posted a 272.5 kg squat, a 200 kg bench and a 252.5 kg deadlift to total 725 kg (1598 lbs) for a first place trophy in his

***Troy Brown** bencing 200kg. under watchful eyes. (Photo W. Millman)*

Mike Johnston and Will Millman

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

SIGNATURE X _____

weight class and a new State record in the deadlift. Next up was Jason Lawson lifting in his first Powerlifting meet @ 275. He opened with a 295 kg attempt at the squat and barely missed it coming back with a 295 kg again and then up to 320 kg successfully on his third attempt. He struggled with his bench but blew us away with a 337.5 kg (744 lbs) deadlift on his third attempt for the best deadlift of the meet. At 308 Aaron Pickens posted a big 410 kg squat (second only to Mike Johnston), a 207.5 kg bench and a 292.5 kg deadlift just missing 320 kg. He totaled 910 kg (2006 lbs) for first place in his weight class. Up next was 220 lb Keith Ferrara who opened with an attempt of a(3.6x bodyweight) 365 kg (800 lb) squat. He missed it twice but came back on his third attempt to get "three white lights". He bowed out after missing his bench press but Keith will be back..He is a strong 220 lb. lifter. At 242 lbs, South Carolina Strongman and the best APF male lifter, Mike Johnston stood ready to defend his title. He started with a 392.5 kg squat on his first attempt and powered it up to 412.5 kg (909 lbs) on his next attempt for the biggest squat of the meet. His bench press of 227.5 kg (502 lbs) was also the best of the day. He finished his lifting with a 320 kg deadlift to total 960 kg (2116 lbs) winning the Men's Open division @ 242 and retaining his title as BEST MALE LIFTER in South Carolina". Our guest lifter Donnie Thompson electrified the crowd with squat attempts of 455 kg (1003 lbs) and 460 kg (1014 lbs) just barely missing both but drawing the crowds approval for having witnessed, for the first time at our meets, a mountain of a man standing with over 1000 lbs of iron on his massive shoulders. During our first break we were entertained by Billy McElveen, (Mr. Haney) a 52 year old ex-powerlifter showing us a training routine that he has mastered using 65 lb. kettlebells, tossing them around like they were jelly donuts. The second break was highlighted with a "Rolling Thunder" grip strength competition with the winners, Warren Pernick and Barbara Roby, receiving IRON MIND gift certificates. The BENCH PRESS competition started with the Womens Master Barbara Roby posting 57.5 kg (127lbs) to be our one and only BEST FEMALE BENCH PRESSER. Mikey Effner, a local 19 year old was the lone Mens JR/Teen @ 165. He solidly pushed up a second attempt bench of 152.5 kg (336 lbs) more than enough to earn him a first place trophy. Kenny Beckman, competing in his first meet @ 165 in the Police and Fire division posted a 102.5 kg (226 lb) bench press for a first place trophy. Also in Police/Fire but @ 275 "Big" George Haslan age 56 pushed up a very impressive 160 kg (353 lb) bench press for his first place trophy in Police/Fire and second place in Mens Master. The Men's Masters saw Bill Milner, 74 years young @ 181, bench press 102.5 kg (226 lbs) for first place in his age category. Willard "Killer" Williams @ 220 kept up the level of excitement with his display of energy and power, benching 170 kg (375 lbs) to win his first place trophy. Carl Griggs also 220 started with 160 kg for his first attempt and then up to 165 kg for his second but couldn't quite catch the "Killer" with his third attempt @ 170 kg. He placed second for the day. Next up was Eric Hubbs, no stranger to Powerlifting. At 275 lbs his power was evident as he smashed up a 217.5 kg (480 lb) bench to win first place trophies in Men's Master and Men's Open. He also set new South Carolina records for his lift. Doug Ricafrente, one of our local APF referees and bench presser "par excellence", can still, at age 58 put up a "400 lb bench" 187.5 kg (413 lbs) to be exact. He won a first place trophy and established a South Carolina record. In Men's Open, Eric "Little Superman" Knight brought the crowd to its feet with an amazing 177.5 kg (391 lb)(2.7 x body weight) bench press to win his weight class and BEST MALE BENCH PRESS trophies also setting the South Carolina State record. Grant Austin @ 242 opened with a 182.5 kg bench, passed on his second attempt because of shirt problems, and then called for 255 kg (a 160 lb increase) for his final attempt. He took control of the bar, but only momentarily as the bar pushed his arms down HARD. Only the quick, powerful hand of Jason was between the bar and Grant's neck as the side spotters stopped it cold. After a quick recovery Grant, and the crowd, acknowledged the spotters for a job well done! Our final lifter was (soon to be Dad again)John "Corey" Williams who at 29 years old and 275 lbs had a smooth 197.5 kg (435 lb) bench press for a second place trophy.

Linda Jones, *Best Female Lifter, squatting 130 kg. (Photo Millman)*

Mike Johnston, *Best Male Lifter, deadlifting 320 kg. (Photo Millman)*

I want to acknowledge and thank the rest of my team of friends and family who helped make this meet a success. My wife, Marge; Brian Mac; LeeRay; Lenny; Doug; Donnie; Marc; Leon; Pop, JR and April; Doc; Charlie; Richard; Warren; Diana; Tim; David; Phyllis; Kay; Billy and Chad. A special thanks to our sponsors and the APF for making all of this possible. (Results by Will Millman)

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

SLP Tennessee State Fair BP/DL
11 SEP 04 – Nashville, TN

BENCH PRESS
novice women
148
D. Grimes 105*
(4th) 110*
women 13-15
123
Lauren Greer 95*
(4th) 100*
junior women
165
M. Templeton 220*
open women
148
D. Grimes 105*
(4th) 110*
165
J. Brasseaux 275*
(4th) 285*
novice men
220
Keith Taylor 325*
275
G.d Adams 415*
men 13-15
132
Robert Ervin 165*
(4th) 170*
148
S. Johnson 200*
181
E. Brantley 235*
198
Blake Francis 200*
junior men
181
Jasper Price 365*
(4th) 380*
242
A. Lombardy 350*
submaster men
242
Jeff Weaver 550
master men 40-44
181
Jack Brown 440*
(4th) 450*
198
C. Lankford 350
(4th) 360*
master men 50-54
242
Eddie Akins 400*
police-fire/40-44
198
Enis Jackson 380*
(4th) 395*
police-fire open
242
Keith Johnson 530*
(4th) 550*
open men
198
J. Wheeler 440
220
D. Nealy 700*
Adam Carter 500
242
Jeff Weaver 550
Chris Johnson 455
(4th) 470
275
Harley Timbs 570*
(4th) 605*
shw
M. Jones 430
DEADLIFT
novice men
198
D. McCoig 475*
220
Keith Taylor 450*
242
Mike Baugh 575*
men 13-15
123
D. Chandler 210*
181
E. Brantley 350*
(4th) 365*
men 18-19
308
Russ Morgan 535*
junior men
181
Phillip Jeter 435
(4th) 450
submaster men
198
Craig Paxson 500*
master men 50-54
242
Eddie Akins 500*
master men 55-59
165
Larry Greer 365*
(4th) 380*
open men
242
Mike Cox 605*
308
Deron Rogers 765*
W. Beach 665
shw
M. Jones 670

Best Bench Presser - women - JOHANNA BRASSEAUX. Best Bench Presser - men - DEWAYNE NEALY. Best Deadlifter - DERON ROGERS. * Son Light Power Tennessee state record. The Son Light Power Tennessee State Fair Bench Press/ Deadlift Championship was held on the fairgrounds September 11, 2004. A special thanks out to the folks in Special Events and to Alison Harris of Purity Dairies for sponsoring this event. Also present was Bill Cody of WSM radio where the station did a live-remote taping of the bench press competition. We all had a great time! In the bench press event it was Delores Grimes taking both the novice and open women's 148 classes, setting the state record in each with her 110 final attempt. Before that Delores had finished with 105. It was great to have Delores with us, who came all the way from Ft. Belvoir, Virginia to compete. At teenage 13-15/123 a newcomer, Lauren Greer, set the Tennessee state record there with 95, followed with a personal best 100 fourth attempt. Old "Carrot-Top" did good for her first time out! Another great lifter was 165 junior champion, Miranda Templeton. Miranda finished the day with a new state record of 220! Our final women's competitor was Johanna Brasseaux, winner of the open 165 class and best lifter among the women. Lifting 'raw', Joe finished with 275, before making a fourth with an amazing 285! And this at a 156 bodyweight! In the novice men's division Keith Taylor set the state record at 220 with 325 while Garfield Adams won at 275. Garfield's final attempt with 415 set the state record there. We also had some great teenage lifters at 13-15, all setting state records for their respective classes. First at 132 was Robert Ervin. Robert finished with 165, then came back with an even stronger 170 fourth. Stephen Johnson won at 148 with 200 while Erick Brantley took the 181 class with 235. Finally, it was Blake Francis for the win at 198, finishing with 200. Jasper Price looked strong at junior men/181, setting the state record there with his third (365) and fourth (380) attempts. Anthony Lombardy set the record at 242 with 350. State record holder for the submaster and open 242 classes, Jeff Weaver, took both with 550. Coming back off a triceps injury, Jeff tried a fourth with 600, but failed at the bottom. I'm sure we'll see that 600 before the end of the year, though! Jack Brown had a great day at 40-44/181, taking that class with two new personal and Tennessee state records. Jack finished with 440, then an equally strong fourth of 450! Charles Lankford, lifting in his first competition, tied the state record at 350 with his third attempt, then came back for the record with 360 and the title at 40-44/198! Eddie Akins set the state record at 50-54/242, lifting 400 'raw' on his final attempt! This was a new personal 'raw' record for Eddie. Breaking his own state record at police & fire/40-44/198 was Enis Jackson. Enis finished with 380 before his fourth with 395. In the open police & fire division it was Keith Johnson with 530, followed by an even stronger fourth of 550! Both were new Tennessee state records for the class. In the open division Jamie Wheeler won at 198 with an easy 440, and probably twenty more pounds left in him. At 220 Dewayne Nealy finally got that magical 700 he has been working so hard for the past three years. Opening with an easy 600, Dewayne went straight to 700, and with a near perfect lift-off, took the "press call" and rammed the weight straight up to lock out. No stopping or dipping, this bench would have passed anywhere! And by the way, we had three national judges present plus two other side judges to approve of the lift. Good! Three whites! Dewayne went on to attempt an all-time high 740 @ 220, but the lift off wasn't quite there. Taking second at 220 was Adam Carter, who finished with his first 500 bench! Chris Johnson finished in second place at 242, behind Jeff Weaver with 455, followed by a personal best 470. Harley Timbs had a great day at 275, breaking the state record there with 570 before coming back with a personal best 605 fourth! Then at shw it was the "Clown Prince of the Lifters Club of Oak Ridge, Tennessee", Michael Jones. Mike really got the crowd going each time he came and left the platform. He finished with an easy 430. In the deadlift competition Dustin McCoig set the state record at novice 198 with 475. Also getting a state record (his second one of the day) was 220 winner, Keith Taylor. Keith finished with 450. Mike Baugh, son of legendary lifter, Jerry Baugh, set the record at 242 with 575. Like father, like son! (It was great to see Jerry after all these years.) Dylan Chandler set the state record for the 13-15/123 class with 210 while Erick Brantley got his second state record of the day at 181 with 365. Big Russ Morgan set the state record for the 18-19/308 class with an easy 535. This was Russ' first deadlift competition, remarking, "I've only trained the deadlift a few times!".....someone should take that kid out back and beat him.... what, no takers...he's only 19, 300 lbs. and big as a barn!? Phillip Jeter showed lots of potential with his 450 pull at junior 181. Once he gets his form down, look out! Craig Paxson looked strong at submaster 181, finishing there with a new state record of 500. Eddie Akins also pulled 500, his second state record of the day at 50-54/242! Larry Greer upped his personal best to 380, setting the state record at 55-59/165. Grandpa Greer, you better stay in shape, cause it won't be long before those hairy-legged boys will come a-callin' for yer daughter, Ol' Carrot-Top! In the open division Mike Cox finally had a good day, pulling a new state and persaonal best 605 for the win at open 242. Deron Rogers got a strong 765 at 308, before just missing 800 at the top for the win over William Beach, who finished with a strong 665! Up last was shw winner Mike Jones with a solid 670 pull. The kid had an easy 700 in him but couldn't be persuaded into a fourth. Thanks to my son Joey and Justin Maurer for their help loading and spotting and a special word of appreciation goes out to all the lifters and supporters from The Lifter's Club of Oak Ridge, Tennessee for their continued participation in this event. See you all next year for a very special 100th. Anniversary edition of the Tennessee State Fair with many special awards and surprises for our event! (This meet report provided by the courtesy of Dr. D. Latch)

Dewayne Nealy *with an SLP State Record 700 @ open 220 completed at the Tennessee State Fair BP/DL. (Photograph by Dr. Darrell Latch)*

POW!ERLIFTER VIDEO #40 *... already 40 editions ... man, that's hard to believe. This edition has exceptional video quality, and jumps right into one of the best little (1200 sq. ft) FOR REAL power gyms in the World .. North Georgia Barbell Club. Host Jon Grove gives the tour and introduces us to some of the greats who lift there ... Kara Bohigian is awesome and gives some great tips on her arch technique (can you believe it? ... her big sponsor is not a vitamin company, or a PL equipment manufacturer ... it's a MAKEUP company!) and she has another great tip on how to get a top end bench shirt on quickly and comfortably. The newest toy in the gym (a strongman's "tree trunk" style pressing bar) provides a great new training angle for some of the benchers, and Arnold Classic Champ Scott Albano shows his efficently short stroke in the bench and then offers up a surprising tip on how often he keeps his hips on the bench in training. Then there's the dialog with the incredible .... Steve Goggins .... the first man to squat 1100 in competition. Next segment, Zach Passman shows how to do some nail bending and age group phenom Brian Meek delves into nuances of deadlift training that only a true master of the lift could appreciate and note for your benefit. The Cuban Bull .. Joel Toranzo ... says hello, and Gea Johnson interviews the recovering Tom Manno (upset after missing virtually no workouts for years) and extracts some training gems from Tom's insightful analysis of the bench. Then, it's off to the brand new "digs" of Massive Scot Mendelson's at the FIT facility in Sherman Oaks, California. His 3000 sq. ft. facility caters to a wide range of athletic disciplines .. he even has training classes for kids! Vickee and Chuck tie everything together, as usual, for another great edition of POW!ERLIFTER VIDEO. Check out their ad on page 25 in this issue of Powerlifting USA.*

Jon Grove of N.G.B.B.

Bob Samuels/David Berger Memorial Meet
23 MAY 04 - New Orleans, LA

BENCH
MEN
Open 132 lbs.
D. Marr 225
242 lbs.
C. Goodwin 325
Teen 220 lbs.
D. Page 210
Special Olympian
R. Remerez 215
Masters (formula)
S. Demberg 400
D. Civello 305
DEADLIFT
Special Olympian
B. Gannett 525
Open
Masters (formula)

	BP	DL	TOT
R. Curtis	220	295	955
C. Dimaggio	175	300	475
A. Sheen	140	365	505
FEMALE			
132 lbs.			
A. Rice	90	185	275
Special Olympian			
123 lbs.			
N. Guillot	180	225	405
132 lbs.			
J. Osherran	135	170	305
P. Pope	235	425	650
220 lbs.			
J. Delaney	135	170	205

B. Hafner 500
L. Cunningham 425
Open 181 lbs.
J. Bozzelle 560
220 lbs.
T. St.Pierre 540
COMBO
Open 181 lbs. BP
DL
J. Bozzelle 395
560
198 lbs.
M. Tusa 315
490
220 lbs.
C. Scott 365
525
Masters (formula)

The Bob Samuels/David Berger Memorial Powerlifting Tournament was held at the Uptown Jewish Community Center. The atmosphere at the very last powerlifting meet ever to be held in the New Orleans Lee Circle YMCA was like that at a funeral. Everyone sensed that the 150-year old historical fixture would soon be demolished. The sixth oldest "Y" in the country and the first in the South, it was also the venue of some of the greatest lifters and lifting contests since the day in 1935 when the late, great Coach Bob Samuels initiated the first iron contests. When it seemed like lifting contests would disappear in the area, an unexpected rescue came in the person of hulking former Temple University varsity lineman, Seth Demberg. Now the director of physical education at the Jewish Community Center complexes, in the true spirit of interfaith brotherhood, Seth invited the former lifters, and particularly Lee Circle's Special Olympians, to have a new home at the JCC. Most appropriately, the old - yet new - meet is named after the man who was the father of competitive lifting in the area, the late Bob Samuels. A man who made the transition from state strongman to a record holding formal lifter, Bob was truly a renaissance man. A businessman who started from nothing and rose to the top, he had been a stuntman and character actor (under the stage name of Bob Stanley), a self-taught scholar and writer, but was most well known as a selfless humanitarian. Bob also started in the middle nineteen thirties both the weight programs at the Lee Circle YMCA and the precursor to the JCC, the YMHA. A friend, lifter for and protege under Coach Samuels was the late David Berger. David was the American who perished so horribly and unjustly at the hands of the Black September terrorists during the tragic 1972 Munich Olympic Games. David died a hero, trying to save not only his own life, but those of his teammates. With terrorism and hostages so much on our minds, we thought it right to remember David in the sport he loved so much with a Best Lifter trophy and by naming the meet for both his coach and himself. In his four years at Tulane University, just a couple of blocks from the JCC, David was part of the community, one of us. The David Berger Best Lifter Trophy went to Dr. Joe Bozzelle. When Joe entered the building, we were surprised when he said he came to lift. Looking scholarly, he seemed dwarfed standing next to the hulking bearded giant Seth Demberg. Yet, he put on an outstanding lifting performance, pulling 560 in the deadlift, and just missing the magic 400 pound bench press by a scant five pounds. Of all the participants, the sentimental crowd favorite was little Charlie DiMaggio. At 71 - the very last active Bob Samuels lifter, Charlie recently had delicate knee surgery. Yet he would not defer competing in a meet dedicated to someone who had been so important in his life as a coach, partner in a hand- balancing act as well as someone who helped him make the transition from boy to man. Charlie came through with some fine lifting, including a double bodyweight deadlift. Another moving story was that of Special Olympian Mark Tusa. His beloved father, Dr. Joe Tusa, passed away unexpectedly a short while ago. Mark, who regularly bests general category lifters, came through again with an outstanding victory, dedicated to his dad's memory. Lovely Allison Rice, the sole female lifter, put on a real display of power. A first time competitive lifter, she underestimated her strength, making her top deadlift with absolute ease. Next year we expect Allison to return with a 300 pound deadlift, owing to the power in her shapely and strong legs. Both Seth Demberg and 72 year old Ray Curtis joined the ranks of Bob Samuels (a 375-pound bench at age 72- Carl Norberg (460 at 70) and Bruno Samartino -- fabulous benches at 70+), as older age outstanding benchers. Terrell St. Pierre (who brought along four generations of relatives from Mandeville to cheer him on) came through with a 540 deadlift. Allen Sheen also chipped in with some fine lifting. It was great to see Bob Hafner in fine deadlifting form, too. Aptly, he pulled a picture perfect 500 pounds, the very same poundage he hoisted in 1988, when he fought his way back from a devastating case of leukemia to lift again as a source of inspiration to us all. In the back of our minds, we could almost hear the booming voice of the late, great Paul Anderson, who stood with Bob during his fight for life, cheering him on. The Bob Samuels/David Berger contest was a triumph, because it proved that when two organizations - one the Christian YMCA and the other the Jewish JCC - got together for the first time some wonderful things could ensue. We hope that this will be just the first of such unions. in which all of us in the community will benefit. To be deeply thanked are Dr. Ben and Dorothy Berger. who generously financed the meet in memory of their only son David. Also, Ray Curtis for his financial assistance in the after meet dining celebration, as well as Doc Smith, Jaymes Burdette and Robert Jenkins. Especially appreciated was the presence as judge of Jimmy Craig. A fellow lifter and friend of David Berger, he probably appreciated the memorial gesture more than anyone present. We're still on the streetcar line and we will have another Bob Samuels/David Berger Memorial Meet next May. Come on down! (Thanks to Allen Smith for providing this meet report)

*71-year old Charlie **Dimaggio** making a big deadlift at the Bob Samuels/David Berger Powerlifting Tournament at the New Orleans Jewish Community Center.*

Central Arkansas Open
07 AUG 04 - Bryant, AR

WOMEN
A. Johnson 140
MEN
Beginner
R. Collins 370
R. Kingrey 280
J. Vint 278
A. McCallister 170
Masters
K. Anthony! 450
R. Hayes 345
A. Harris 310
R. Hafle 220
S. Allen 145
H. Graves —
Teen
A. Johnson 255
D. Scott 150
Open
165 lbs.
R. Raper 295
C. Alexander 275
198 lbs.
T. Loveday 385
220 lbs.
T. Venable* 500
J. Posey 370
E. Nash 325
242 lbs.
R. Hayes 345
275 lbs.
L. Walker 480

* Best Lifter OverAll. ! Masters State Record. The Arkansas Bench Press Association 2004 Central Arkansas Bench Press Championship was held at Bryant Fitness Zone in Bryant, Arkansas on August 7,2004. The meet was small, but had a large group of spectators on hand to watch. We added a new Masters Division. These young men ranged in age from 44 (Kevin Anthony) to 69 (Ralph Halle) years old. The other Masters competitors, Al Harris, Steve Allen, Hal Graves, and Richard Hayes performed well and got some good experience at the meet. The Best Lifter Award went to Terry Venable with a 500 bench press at 213 lb BW. Terry also received a gift certificate valued at $50.00 provided by Performance Nutrition of Bryant, Arkansas. Thanks to Chris Kinzler and Quinn Minton, the owners and operators of Bryant Fitness Zone for the use of their facility. Thanks also goes out to Certified ABA Judges Reid and Jack Nichols for judging the event. Also to Jason Vint and Lee Crow for loading and spotting. And special thanks to my lovely wife Tonya Nichols who helped organize, coordinate, direct and keep scores. Thanks to all the competitors and fans for competing and supporting the Arkansas Bench Press Association. (Results by A.B.A. President, D.D. Nichols)

SPF Georgia State
11 OCT 04 - Dalton, GA

BENCH
Open
Teen (13-16)
R. Whitmore 215
MEN
132 lbs.
J. Love 315*
148 lbs.
K. MacKenzie 225
4th 235
198 lbs.
T. Weller —
G. Dickey 385
242 lbs.
B. Gardner 425
4th 435
275 lbs.
N. Peppers 430
SHW
J. Hall 475
Submaster
G. Dickey 385
B. Gardner 425
4th 435
Master
J. Hall 475
K. MacKenzie 225
4th 235
Grand Master
C. Wooten 335
B. Maples 275
4th 285
M. Harrell 205
CLOSED
MEN
220 lbs.
T. Miller 415
SHW
K. Crump 415
Raw
Teen (17-19)
C. Jordan 275
MEN
132 lbs.
J. Love 315*
148 lbs.
K. McKenzie 225
4th 235
198 lbs.
J. Maples 25
242 lbs.
B. Gardner 425
4th 435
275 lbs.
N. Dunson 350
SHW
E. West 485
Submaster
B. Gardner 425
4th 435
Master
L. Jones 380
K. McKenzie 225
4th 235
Grand Master
C. Wooten 335
B. Maples 275
4th 285
M. Harrell 205
DEADLIFT
Open
Teen (13-16)
R. Whitmore 380
(17-19)
C. Jordan 350
4th 375
MEN
198 lbs.
T. Weller 485
J. Maples 410
242 lbs.
K. Harris 585*
275 lbs.
N. Peppers 630
Master
K. Harris 585*
Grand Master
C. Wooten 400
B. Maples 350
4th 375

(Thanks to Jesse Rodgers for the results)

***Heath Logsdon** with a state record 205 lbs., for wheelchair/114s at the SLP Kentucky State Fair BP/DL. (Photographs by Dr. Darrell Latch)*

SLP Kentucky State Fair BP/DL
28 AUG 04 – Louisville, KY

BENCH PRESS
wheelchair men
114
H. Logsdon 205*
spec. oly. men
181
Sam Chapala 250*
open women
220
Tera Vincent 135*
novice men
165
K. Whitman 205*
198
A. Stallard 405*
242
Craig Carter 365*
men 16-17
132
Ben Hemp 180*
198
Matt French 320*
teenage men 18-19
148
Ben Bertram 285*
junior men
165
Brian Noe 300
198
Robert Patton 375
(4th) 390
Chris Stewart 350
submaster men
181
K. Robbeloth 355*
220
A. Hampton 300
242
R. Shipley 375
master men 40-44
165
Rick Murray 325
198
Mark Johnson 400*
220
Dr. Joe Raley 355
242
C. VanTress 405
C. Bednar 340
Earl Cross 325
275
J. Robinson 500
Randy Richey 135
master men 45-49
123
Bob Lamb 220
148
Mark Evans 230
165
John Keele 405*
shw
Mark Bertram 405
master men 50-54
shw
Steve Matzek 380
master men 55-59
181
B.Klinglesmith 300
220
C. Holsclaw 275
master men 60-64
242
Tom Chapala 340*
police & fire
198
Robert Patton 375*
(4th) 390*
275
Joe Dibert 535*
open men
181
C. Hamilton 350
198
Robert Patton 375
(4th) 390
220
D. Nealy 600
242
R. Schultz 500
Dasan Spires 475
275
Mike Brown 415
Jerry Collins 530
DEADLIFT
spec. oly. men
181
Sam Chapala 305
(4th) 310*
198
S. Currey 300
(4th 310*
novice men
198
A. Stallard 530*
242
Craig Carter 460*
teenage men 13-15
123
D. Chandler 225
teenage men 16-17
132
Ben Hemp 315*
teenage men 18-19
165
Justin Hill 450*
submaster men
308
Simote Katoa 625*
master men 40-44
181
Brad Kemper 505*
198
Mark Johnson 600*
242
C. Bednar 475
Earl Cross 450
275
J. Robinson 680*
master men 45-49
123
Bob Lamb 405
148
Mark Evans 425
open men
148
Mark Evans 425
165
Wes Hemp 430
shw
W. Beach 600*
D. Chandler 500

Team championship: Portland Barbell Club, Hester's Family Fitness. Best Bencher - lightweight men - JOHN KEELE. Best Bencher - heavyweight men - DEWAYNE NEALY.Best Lifter - lightweight men - BOB LAMB. Best Lifter - heavyweight men - JAMES ROBINSON. *Son Light Power Kentucky state record. The Son Light Power Kentucky State Fair Bench Press/Deadlift Championship was held August 28, 2004 at Hester's Family Fitness in Louisville, Kentucky. Thanks again to owner Kenny Hester for hosting this event and to the staff for all their help setting up the platform. In the bench press event Heath Logsdon broke his own Kentucky state record in the wheelchair 114 class with a great 205 effort. Sam Chapala won at special olympics 181, breaking his state record with 250. First-time competitor Tera Vincent set the state record for the open women's 220 class with a fine 135 final attempt. In the novice men's division Korey Whitman won at 165 with 205. Anthony Stallard took the 198 class with 405 while Craig Carter won at 242 with 365. All of these novice winners set the Kentucky state record for their respective classes. In the teenage men's 16-17 age group Ben Hemp won at 181 with a new state record of 180 while Matthew French took the 198 class with a new state record there of 320. Ben Bertram set the state record at 18-19/148 with 285. In the junior men's division it was Brian Noe for the win at 165 with 300. Robert Patton won at 198 over Chris Stewart 375 to 350. Robert then came back with a solid fourth of 390. Kelly Robbeloth broke the state record at submaster 181 by five pounds with his 355 final attempt. Also at submaster was 220 winner Anthony Hampton, who finished with 300, followed by Richard Shipley, who won at 242 with 375. In the master men's 40-44 age group we had the biggest class and the most competitive. At 165 it was Rick Murray for the win with 325. This marked the first time Rick had gotten a double bodyweight bench! Marl Johnson broke the state record at 198 with his first ever 400 bench in competition! Dr. Joe Raley continues to improve on his form, taking the win at 220 with 355. Clint VanTress returned to competition, after two and a half years off, for the win at 242. Clint's 405 won the class over Chester Bedner, who was lifting as a guest lifter, and second place winner Earl Cross, who finished with 325. James Robinson had a great day at 275, finishing with his first-ever 500 bench, which he made in excellent form! Second place at 275 went to Randy Richey, who lost control of his opener at 505, settling with a token lift of 135. At master 45-49 Bob Lamb won at 123 with 220, just missing a final attempt with 230, which would have been a new state record there. Mark Evans took the title again at 148, weighing in at 135 and finishing with 230. John Keele had a great day, breaking his own state record at 165 with 405, winning also the best lifter award for the lighter classes. Mark Bertram had not competed for several years, but returned here for the title at shw. Finishing with 405, Mark just missed a new state record 425 at lockout for his final attempt. Steve Matzek brought along his own personal cheering section, but was only able to make his second attempt with 380 for the win at 50-54/shw. Bob Klinglesmith had some problems at 55-59/181 with his bench shirt, causing his left side to dip, finishing with his opener of 300. Then at 55-59/220 it was Chuck Holsclaw for the win with 275. Tom Chapala broke his own state record at 60-64/242 with 340. Robert Patton won his second title of the day, this one at police & fire 165, finishing with a new state record of 390! Also in the police & fire division was Joe Dibert, who finished

Strong, Stronger, STRONGEST .. A Strength Encyclopedia by Dale Harder represented a difficult series of decisions for the author .. Dale came up with around 200 strength athletes from all disciplines whom he thought deserved consideration in his latest work, but then decided to limit it to a TOP 100, but eventually had to include a few more, and what a collection it is ... only the best, from every domain of strength in the athletic world, compared with neutrality and fairness ... very few of those profiled in this substantial 320 page book will be unknown to most strength athletes, and powerlifters will proudly find themselves very well represented. Almost all of the profiles have accompanying photos ... some of them the classic shots we will always remember these guys from ... and some of them unique images that youlikely have not seen before. The writeups are to the point ... capsulizing the highlights, as well as providing a lot of new information beyond the traditional lore about these greats. From "Ahrens" to "Zhabotinsky" with about 40 PLers in between, this book is a necessity for the true strength fan and equally mandatory for the newbie who doesn't know the history of strength, but wants to learn it all, now. Dale also included all time ranking lifts for the major strength lifts, and chronologies of major strength contests of all kinds in the back of the book. For ordering information, see the ad for Dale's new book in this issue of Powerlifting USA.

with a new state record of 535 and the win at 275. In the open division Chris Hamilton won at 181 with 350. At 198 it was Robert Patton again with Dewayne Nealy capturing the 220 class and the best lifter award for the heavier classes. Even though he only got in his opener, Dewayne came close on his final attempt with 730, weighing in at a full 220. Robert Schultz won at 242 with a personal best 500 while Dasan Spires took second place with 475. At 275 it was Mike Brown with 415 over Jerry Collins, who failed with his opener, but was allowed to make a token lift of 530 for the second place trophy. In the deadlift competition Sam Chapala topped off a great day of lifting with his win at special olympics/181. Sam finished with 305 before coming back with a successful fourth of 310 for a new Kentucky state record there. Steven Currey broke his own state record at special olympics/198 with 310. In the novice division Anthony Stallard won his second title of the day with a great 530 state record at novice 198. This was Anthony's first competition. Also lifting in his first competition was 242 winner Craig Carter. Craig finished here with another state record of 460. Dylan Chandler got a new pr at 13-15/123 and the win there. Ben Hemp broke the state record at 16-17/132 with 315 while Justin Hill took the win at 18-19/165 with a great 450 pull. Ben and Justin were both competing for the first time. Simote Katoa broke the state record for the submaster 308 class with a strong 625 pull. Brad Kemper set the state record at 40-44/181 with 505. Mark Johnson pulled a solid state record of 600 at 198, coming within 10 pounds of the best lifter award. Chester Bednar won at 242 with 475 over Earl Cross, who finished with 450. James Robinson pulled a new state record 680 at 275 for the win and the best lifter award for the heavier classes. Then at 45-49/123 it was best lightweight lifter Bob Lamb for the win at 405. Close to Bob for the best lifter award was 148 champ Mark Evans with 425. In the open division Mark Evans won again at 148 while first-timer Wes Hemp took the title at 165 with 430. At shw it was William Beach with a new state record 600, making just his opener. Second place at shw went to Darrin Chandler, who also had to settle with just his opener of 500. The team award went to Portland Barbell Club of Louisville, Kentucky. The powerlifting club is sponsored by the Ironheads Motorcycle Club of Louisville, and we appreciate their support of the sport of powerlifting! The second place team award went to Hester's Family Fitness. I would also like to mention Mark Bertram and the Charlestown Gym of Charlestown, Indiana who have also come a long way in promoting the sport, especially among the youth. Representing the gym, both Ben Bertram and Korey Whitman were competing for the first time, both setting new state records in their respective classes. Thanks to my son Joey and Dustin Shum for their help loading and spotting and to Chuck Holsclaw and Robert Patton for their continued support. See you all again next year! (by Dr. Darrell Latch)

Dungeon Gym BP Challenge
07 Aug 04 - Galt, CA

BENCH		242 lbs.	
MEN		M. Knight	625*
Open 181 lbs.		275 lbs.	
K. Harrison	300	R. Metz	425*
198 lbs.		Master (45-49)	
L. Mills	350	242 lbs.	
R. Johnson 315		M. Knight-240	625*

*=Personal Record. The Dungeon Gym Bench Press Challenge was held on Saturday, August 7, 2004, in Galt, California. In the open, 181 class, Kevin Harrison benched a nice 300 raw, just missing 325 on his third attempt, he'll get it next time. Larry Mills won in the 198 class, blasting up an easy 350 raw. Ricky Johnson, took second with a 315, he's 39 years old. In the 242 class, 46 year old master lifter, Mike Knight, benched a huge 625 for a new PR! Apparently, Mike just got a new bench shirt "dialed in" for the meet, and it worked. In the 275 class, Roger Metz benched a big PR 425 to close the show. Roger is 28 years old and owns his own security company. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powerlifting USA Magazine. (Thanks to Kurt Heath for providing these results)

Veteran Bob Lamb *with a 405 deadlift in the 123s (45-49) @ the SLP Kentucky State Fair competition, yet another Top 100 ranked lift.*

KCF Powerlifting
20 Dec 03 - Kincheloe, MI

Raw	SQ	BP	DL	TOT
154.3 lbs.				
Ylitalo	255	205	430*	890
Andes	165	175	315	655
170.8 lbs.				
Griffis	305	260	315	880
Gilbert	135	135	315	585
187 lbs.				
Sumler	460	325	605*	
1390*				
Novak	430	340	450	1220
Ritchie	260	205	355	820
205 lbs.				
Broaddus	405	305	435	1145
250.5 lbs.				
Karchefski	245	290	410	1045
280 lbs.				
Munguia	315	315	480	1110
Open 170.8 lbs.				
Mull	500*	245	475	1220
187 lbs.				
Hayes	425	345	475	1245
McCrary	275	255	335	865
205 lbs.				
Cooper!	430	290	480	1200
Boston	375	295	450	1120
227 lbs.				
Whitworth	550	385	610	1545
Wimes	540	465*	405	1410
Merrell	315	275	390	980
250.2 lbs.				
Dozeman	650	480i	550	1680

*=Institutional Record. !=Outside Lifter. KFC Powerlifting club president Chuck Saches put together another great meet! A special thanks to all the referees, spotters and loaders because without them the meet wouldn't be possible. In the raw division, first time lifter Ylitano pulled 430 in the 154 lb. class for an institutional record. At 187, Summer pulled over 3 times his bwt. with a 605 lb. record pull. M2 lifter Ritchie continues to improve going 9 for 9 at 187 as does lifter Broaddus who lifted conservatively in his first meet at 205. In the open division Mull lost over 25 lbs. to make the 170 lb. wt. class and break the former SQ record of 460 with 500! Outside lifter Cooper made the trip from Canada for a win at 205.Whitworth won at 227 with great all around lifting and a impressive 3rd attempt of 650 in the DL which was red lighted for hitching. Also at 227 was Wimes with a big BP of 465 and near miss with 500 which stalled short of lockout. In the 250 lb. wt. class was me and in the SQ it took me 3 tries to get my opener of 650 even though I doubled 685 in training I only slept for 3 hrs the night before. In the BP, I opened with 480 but was unable to negotiate 500. I pulled a PB 550 sumo-style and called it a day. (Thanks to Robert Dozeman for providing results)

Arkansas State BP
27 Mar 04 - Bryant, AR

WOMEN		E. Nash	300
A. Johnson-136	150	220 lbs.	
Beginner		T. Venable*	500
B. Poole-198	230	242 lbs.	
C. Tull-148	165	R. Davis	360
B. Echols-133	145	D. Siler	315
MEN		A. Harris	295
Open 165 lbs.		242 lbs.	
P. Brewer	340	L. Walker	475
4th	350	K. Brown	405
T. Robinson	340		
S. Allen	160		
4th (pr)	165		
198 lbs.			
J. Posey	360		
J. Hicks	320		
T. Kitchens	310		

*=Best Lifter. The Arkansas Benchpress Association 2004 Arkansas State Bench press Championship was held at Bryant Fitness Zone. The meet was small, but had a large group of spectators on hand to watch. We added a new Beginners Division. These young men were 14 and 15 years old and had never competed before. Blake Poole, Bryan Echols, and Craig Tull performed well and got some good experience at the meet. Others, who have competed within the ABA sanctioned meets, surpassed their personal best lifts such as, Alma Johnson, who also broke her own State Record. The Best Lifter award went to Terry Venable with a 500 bench press at 213 lb. BW. Thanks to Chris Kinzler and Quinn Minton, the owners and operators of Bryant Fitness Zone for the use oftheir facility. Thanks also goes out to Earle, Jason Powers, Jason Hay, Chris Kinzler, and Quinn Minton for judging, spotting and loading. And special thanks to my lovely wife Tonya Nichols who helped organize, coordinate, direct and keep scores. Thanks to all the competitors and fans for competing and supporting the Arkansas Bench press Association. (Thanks to A.B.A. President D.D. Nichols for these results)

SLP Indiana State Fair BP/DL
21 AUG 04 – Indianapolis, IN

BENCH PRESS
women 16-17
123
R. Johnson 125*
148
Pamela Bartz 140
(4th) 145
junior women
165
Marie Lyons 125
(4th) 135
novice men
165
Carl Rush 330*
198
Bill Lane 300
(4th) 310
220
C. Holloway 365*
242
Mike Lerma 450*
275
Dasan Spires 475*
teenage men 13-15
181
Greg Hines 350
(4th) 375*
teenage men 18-19
220
Jeremy Hines 505*
(4th) 520*
junior men
198
Paul Turner 225
(4th) 250
220
Brent Oertel 470*
David Dwan 400
submaster men
165
Vince Gartin 385*
220
Bob Wall 415*
master men 45-49
181
Mike Lindsey 350
(4th) 355*
master men 50-54
220
Tom Boyer 480*
242
P. McGeorge 465*
(4th) 470*
master men 55-59
275
T. Striverson 550*
police & fire
165
K. Martin 315
275
Tony Macik 440*
open men
148
Jason May 245
(4th) 250
165
D. Bancroft 200
198
Mike Coe 530*
D. Graves 420
D. Griffin 415
220
Brian Monday 405
242
Chris Staples 375
C. Biddinger 365
Trent Rogers ——
275
Chip Beck 405
DEADLIFT
women 16-17
148
Pamela Bartz 305*
(4th) 320*
junior women
165
Marie Lyons 250*
(4th) 265*
submaster women
165
Tina King 350*
novice women
165
Tina King 350*
open women
165
Tina King 350*
novice men
165
W. Johnston 430*
(4th) 450*
220
C. Holloway 500*
(4th) 525*
junior men
198
J. Nicholson 445
220
Brent Oertel 675*
(4th) 700*
master men 45-49
181
Mike Lindsey 460
open men
148
(4th) 550
man-woman 80-84
132
Roger & Josie Merrell 245*
Jason May 350
198
Joe Ellis 520
275
Chip Beck 525

Paul McGeorge *with state record 470 @ 50-54/242. (Photo Dr. Latch)*

Best Bencher - lightweight men - VINCE GARTIN. Best Bencher - heavyweight men - MIKE COE. Best Deadlifter - women - TINA KING. Best Deadlifter - lightweight men - WESLEY JOHNSTON. Best Deadlifter - heavyweight men - BRENT OERTEL. * Son Light Power Indiana state record. The Son Light Power Indiana State Fair Bench Press/Deadlift Championship was held August 21, 2004 at Monon Fitness in Indianapolis, Indiana. Thanks to owner Kyle Van Osdol for once again sponsoring this event and to Jerry Kemna for donating the tent for the outside competition. In the bench press event Rebekah Johnson set a new Indiana state record for the teenage women's 16-17/123 class, finishing with 125. This was Rebekah's first competition. Pamela Bartz got a new personal mark at 16-17/148 with her 145 fourth attempt and the win there. Marie Lyons won at junior women 165 with 125, but came back with a successful fourth pr of 135. At novice men Carl Rush set the state record at 165 with 330 while first-timer Bill Lane won at 198 with 300, followed by a 310 fourth attempt. Chad Holloway broke the state record at 220 with 365 while Mike Lerma captured the title at 242 with 450. This was also a new state record for Mike. Dasan Spires got his state record at 275 with 475, just missing a bid with 500. Greg Hines struggled with his shirt, making just his opener of 350, but came back with a great fourth attempt of 375 to up his own state record at 13-15/181. Brother Jeremy Hines also had some problems with his shirt, but finished the day with a new personal and Indiana state record of 520, which he made on a fourth attempt after finishing with 505. Lifting in his first meet, Paul Turner finished with 225 before making 250 on a fourth at junior 198. Brent Oertel broke the existing state record at junior 220 with 470 while David Dwan finished second with 400. Best lifter in the lighter classes, Vince Gartin, broke the state record at submaster 165 with a personal best 385. Bob Wall did the same at 220 with 415, taking just his opening lift. Mike Lindsey had the makings of a great day with his win at 45-49/181. Mike finished with 350 before making a fourth with a state record 355. Tom Boyer looked as strong as ever with his win at 50-54/220, finishing with a personal best and new state record 480 before taking a stab at 500, which he should have gotten, but which stalled just at lock out. Paul McGeorge continues to push the limits at 50-54/242, finishing with a new state record there at 470. Ted Striverson won at 55-59 275 again with a new state record of 550. Kendall Martin got a new personal best with his win at police & fire 165, finishing with 315. Then at police & fire 275 it was Big Tony Macik with 440, another new state record for him. In the open division Jason May won at 148 with 245, then a fourth of 250 while Dennis Bancroft won at 165 with 200. Mike Coe broke the state record at 198 with a solid 530, taking also the best lifter award for the heavier classes. Demetrese Graves finished second to Mike with 420, though at the awards program Mike gave his first place trophy to Demetrese. Third place at 198 went to Darnell Griffin who finished with 415. Brian Monday, also lifting in his first meet, got a new pr at 220 with 405. Chris Staples won at 242 with 375 while Chad Biddinger placed second with 365. Trent Rogers, who could have easily won the class 'raw', came to the meet to work on his shirt. Opening with 550, then progressing through 625 and 660, even a fourth with 700 was never able to touch his chest, though he did give a valiant effort to lock out each lift. Then at 275 was Chip Beck who won with 405. In the deadlift competition Pamela Bartz won her second title of the day at 16-17/148, breaking the state record there with her 305 third, followed by a 320 pr fourth. Marie Lyons also posted a new state record at junior 165 with 250 and 265, both of which were also new personal marks. Best lifter among the women was Tina King-Pemberton, who swept the 165 class in three divisions, novice, submaster and open with 350. This set the state records for each of these classes, giving Tina a new personal deadlift record as well. Wesley Johnston set the state record for the novice 165 class with 430, followed

Application for Registration
UNITED STATES POWERLIFTING FEDERATION

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Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

Registration Fee $25.00
Make checks payable to and Mail to:
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NATIONAL HEADQUARTERS
P.O. Box 650
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NOTE: $10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial _____

Signature _____

Brent Oertel *with state record 700 lbs. @ junior 220 lbs. (Dr. D.Latch)*

***Roger & Josie Merrell** with state record 245 @ man-woman/80-84/132 at the SLP Indiana State Fair BP/DL Championship. (Photo Latch)*

by a 450 fourth while "Sand-Bagger"Chad Holloway did the same at 220 with 500 and 525! Wesley also won the best lifter award for the lighter classes. Jason Nicholson won at junior 198 with 445 as Brent Oertel pulled his first 700 deadlift on a fourth attempt to win at 220. Brent not only set a new state record there but also easily won the best lifter title for the heavier classes. Mike Lindsey set his second personal record of the day at 45-49/181, finishing with 460. In the open division Jason May was the winner at 148 with 350 while Joe Ellis took the 198 title with 520. Joe finally pulled his first ever 500 deadlift on his second attempt! Chip Beck won at 275 with 525 before finishing with 550. In a special man-woman event, Roger & Josie Merrell together pulled 245 for a new state record at 80-84/132. Roger, age 84, and his wife, Josie, age 82, are retired Methodist ministers from Michigan and five times world champions. This was the first time they had competed since 2001, both having triple bi-pass surgery three years ago! What a great testimony to health and perseverance! Thanks to my sons D. C. and Joey for all their help and to the staff at Monon Fitness! See you all again next year! (Thanks to Dr. Darrell Latch for providing these results)

17th Picatinny Arsenal BP
19 MAY 04 - Picatinny, NJ

BENCH		J.Lowell	175
115 lbs.		J. Glennon	285
C. Taska	90	D. Ward	250
127 lbs.		220 lbs.	
S. Florsheim	90	J. Lewis	225
127+ lbs.		220+ lbs.	
J. Wade	55	P. Redner	405
L Smith	120	F. Vogel	300
148 lbs.		R. Wade	250
C. Crowley	225		
D. Nguyen	200		
R. Wade Jr.	55		
165 lbs.			
M. Hollis	300		
R. Chaplin	245		
181 lbs.			
B. London	225		
P. Errante	260		
198 lbs.			

The 17th Annual Picatinny Arsenal Bench Press Contest was held at the gym at Picatinny Arsenal, NJ. Eighteen lifters showed up to compete with their peers and co-workers. In the women's division, Claudia Tasca took the 115 lbs. class with a solid 90 lb. bench. In the 127 lb. class, Shannon Florsheim lifted unopposed and also benched 90 lbs. Judy Wade did her first contest, and did a great job! Not only did she get a 2nd place. trophy for her weight class, but she took 1st place in the 40 and over class! I know that her husband, Bob, was prouder than a peacock that his wife (Judy) did so well! Lyn Smith took the over 127 lb. class with a powerful 120 lb. bench! Lynn barely missed 135 lbs., which is more weight then a lot of guys I know can bench. In the men's division, Casey Crowley won the 148 lb. class with a superb 225 lb. bench! Duetri Nguyen took 2nd place with a respectable 200 lb. lift. Robert Wade Jr. benched 55 lbs., but he's only 10 years old and hasn't worked out much for the contest. Mike Hollis took 1st place at 165 lbs. for the second straight year. He lifted an incredible 300 lbs. at a body weight of 161 lbs.! Mike just barely missed 315, which would have put him in the running for best lifter award. Raymond Chaplin benched 245 for 2nd place in a tough weight class. Peter Errante took 1st place in the 181 lb. class with a nifty 260 lb. bench. Pete tried to sneak out the door before signing up for the contest but Jeff "Pops" Lowell grabbed him by the "scruff of the neck" and told Pete: "You aren't going anywhere!" Brian London benched 225 lbs. for 2nd place. Joe "The Legend" Glennon took 1st place in his weight class with an impressive 285 lb. bench. He also took 1st place in the over 40 class for the 3rd straight year, beating out his buddy Fred Vogel with room to spare! One strange thing happened when Joe went to get his trophy. Some guy from the credit union saw him hiding under one of the sit-down benches, and said to Joe: "Are you hiding? Why are you hiding?" I guess Joe was a little shy about getting all those trophies! Daren Ward took 2nd place with a solid 250 lb. bench. Daren told me "Orest" inspired him to compete in the bench contest this year. Jeff "Pops" Lowell took 3rd place with a nice 175 lb. bench. Jeff appeared to discover the "fountain of youth," after retiring several years ago. Jeff looked actually younger since he retired! I hope some of the Picatinny employees who have 35, 40, or even 50 years will take this as an "omen". James Lewis took the 220 lb. class with an impressive 225 lb bench. Especially impressive since he opened with only 90 lbs.! James told me he was a little tired before the contest, because he played his good friend "Jason Kidd" of the NJ Nets on the Monday before in a game of one on one. In the 220 lb. and over division Paul Redner opened with an "awe-inspiring" 405 lb. bench! Paul missed his 200 and 3rd lifts at 425 lbs. by a fraction of an inch. Paul took the men's best overall lift for the 3rd time in five years. Fred Vogel took 2nd place with a 300 lb. bench. It was Fred's 40th powerlifting/bench press contest in the last twelve years. I guess some people don't know when to quit! Bob Wade took 3rd place in the 220 and over weight class with a respectable 250 lb. bench. But what shocked the crowd before Bob went to do his 2nd lift at 265 lbs., was that one of Bob's baby pigs got out of its cage in the back of the gym. The baby pig ran right toward Bob and jumped up onto the Bench Press! John Vidal (the Head Judge) out of force of habit yelled: "Press!" This sent the baby pig to the back of the gym and into its cage! Bob missed his 2nd lift, but still had a big smile on his face! The bench contest was a huge success thanks to Tom Carty who was everywhere and helped out everywhere he could. Joe Wilce who promoted and organized the meet did a great job. The Head judge "John Vidal Sassoon" did a remarkable job for his first time! Thanks to Colonel Seitz for giving out !he trophies, and all of the ladies who helped out at the scorer's table. Also thanks to the lifters, for without them there would be no contest. Everyone had a great time and we hope to see you next year, at the 18th Annual Picatinny Arsenal Bench Press Contest. (Thank you to Fred Vogel for providing this meet report to Powerlifting USA)

24th Central Ohio BP
27 MAR 04 - Circleville, OH

165 lbs.		T. Harold, Jr	660
R. Maynard	425	Master (40-44)	
M. Gillum	285	W. Thomas	510
181 lbs.		H. Wotring	500
J. Elick	440	M. Grimsley	400
R. Stewart	380	Master (45-49)	
T. Williams	365	D. Wilson	550
198 lbs.		D. Shively	400
J. Schroeck	475	Wigglesworth	430
C. Crabtree	475	Master (50-54)	
B. Clark	460	T. Boyer	425
220 lbs.		Master (55-59)	
B. Bodnar	585	M. Brown	365
C. Scott	505	J. Vest	340
M. Chenos	485	E. Caplan	250
242 lbs.		Master (60+)	
S. Conner	660	J. Telljohn	375
T. Baldwin	560	C. Workman	280
M. Bell	525	Teen	
275 lbs.		M. Brown	610
W. Thomas	510	B. Kelly	380
T. Fellure	505	D. Haddox	320
J. Retzler	410	WOMEN	
308 lbs.		K. Hardbarger	130
M. Brown	610	A. Wolf	135
SHW			

Best Lifter-Light: Ron Maynard. Best Lifter-Heavy: Steve Conner. Team: Circleville Barbell Club. (Results courtesy Jon Elick)

MUSCLETOWN USA ... "Bob Hoffman and the Manly Culture of York Barbell" by John D. Fair, Professor of History at Georgia College and State University in Milledgeville, GA, stands out as a profoundly rigorous historical analysis of one of the Iron Game's singularly most influential individuals. Often called the "Father of World Weightlifting", he poured millions of dollars into Olympic Lifting, Powerlifting, and Bodybuilding, among his various sports interests. Dozens of memorable photos and illustrations are woven through the extraordinarily detailed text, which documents a complicated, yet mesmerizing, tale of one man's remarkable power, ego, generosity, and sometimes mystifying whimsey. Where would the International Powerlifting Federation ... or the sport of Powerlifting itself ... be now, if it weren't for those enormous early benefactions of Bob Hoffman ... staging the first World Championships, sending teams abroad, etc.? The hand of Bob Hoffman touched virtually every great figure in the Iron Game, during his heyday, and every circumstance we experience in our sport today can be tracked back to a connection to York Barbell and Bob Hoffman. From the byzantine financial aspects of York BBC to the unusual personal relationships that Bob cultivated, the true history of an Iron Game Icon is disclosed in this book .... starting a company in the toughest of economic times, producing an incredible array of World and National champions out of a little lifting club in York, Pennsylvania, followed by a tragic decline .... this is the story of York Barbell and the Man Who Made it Great ... BOB HOFFMAN. Paperback edition ... $24.95 plus $4 shipping and handling .... the limited edition hardbound copy ... for the true collector .... (we only have few copies left!) $65 plus $4 s/h to Powerlifting USA, Box 467, Camarillo, CA 93011.

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____	Twill Cap ☐ B ☐ C	$12	_____
____	Ironwraps A	$22	_____
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		Total	_____

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WABDL FL BP/DL
17 APR 04 - Lakeland, FL

BENCH
(54-60)
132 lbs.
S. Sermay 105
(40-46)
165 lbs.
S. Thompson 155*
97 lbs.
B. Silk-9 70*
(13-15)
165 lbs.
A. Carpanini 165*
181 lbs.
B. Silk, Jr. 165*
242 lbs.
K. Joyer 215*
(16-19)
220 lbs.
A. Johnson 375*
Class-1
181 lbs.
C. Brawley 250
242 lbs.
A. Mohon 330
Junior
198 lbs.
D. Reio 350
259 lbs.
V. Dubois 425*
Submaster
181 lbs.
R. Birt 425
220 lbs.
B. Burritt 400
K. Stoner 350
242 lbs.
D. Cox 400*
275 lbs.
L. Widener 300*
Submaster
Law/Fire
220 lbs.
K. Stover 350*
Master (40-47)
Law/Fire
T. Lang 450*
Master (48+)
Law/Fire
F. McBride 285*
Open 114 lbs.
S. Beasley 125*
R. Kelley! 460
220 lbs.
B. Burritt 400
259 lbs.
V. Lopez 500*
SHW
D. Chase 500
Master (40-46)
123 lbs.
K. Snell 250
148 lbs.
G. Ford 285*
181 lbs.
C. Mortimer 320
220 lbs.
T. Lang 450*
242 lbs.
A. Mahon 330
SHW
D. Chase 500
Master (47-53)
198 lbs.
K. Conaway 395*
242 lbs.
D. Prevatt 326.5*
(54-60)
220 lbs.
T. Jenkins 395*
242 lbs.
P. Kinser 340*
259 lbs.
F. McBride 385*
(61-67) 181 lbs.
M. Williams 275*
242 lbs.
R. Zareck 345*
275 lbs.
E. Hargrove 270
308 lbs.
F. Flack 400*
(68-74) 165 lbs.
B. Tinkler 235*
181 lbs.
T. Trevoarh 250*
242 lbs.
J. Yong 380
(80+) 181 lbs.
S. Montrose-86
135
198 lbs.
C. Lee-83 240*#
DEADLIFT
WOMEN
Master (54-60)
132 lbs.
S. Sermay 185
(40-46) 198+ lbs.
N. Edelson 435*#
Open 198+ lbs.
N. Edelson 435*
MEN
97 lbs.
B. Silk-9 145*
(13-15) 105 lbs.
J. Daniels 270*
148 lbs.
R. Lynch 280*
165 lbs.
A. Carpanini 277.5*
181 lbs.
B. Silk, Jr. 300*
Class-1 105 lbs.
J. Daniels 270*
181 lbs.
C. Brawley 460
165 lbs.
K. mannchen 375
Junior 198 lbs.
D. Reio 480
259 lbs.
B. Whittington
620*
Submaster 220 lbs.
K. Stover 530
275 lbs.
L. Widener 500*
Submaster
Law/Fire
220 lbs.
K. Stover 530*
Open 165 lbs.
R. Daniels 520*
198 lbs.
J. Cervero 620
Master (40-46)
123 lbs.
K. Snell! 450
242 lbs.
C. Hyde 500*
308 lbs.
T. Mahoney 700*
(47-53) 165 lbs.
J. Lynch 465*
(54-60) 165 lbs.
K. Mannchen 375*
242 lbs.
P. Kinser 510*
(61-67) 181 lbs.
M. Williams 390*
(68-74) 181 lbs.
T. Trevorah 420*
242 lbs.
L. Meyers 430*
(80+) 181 lbs.
S. Montrose 215*#
198 lbs.
C. Lee 375*#

!=Best Lifter. #= World record. *=State record. The WABDL FL State Bench Press and Deadlift Championships started off with over 30 competitors in the bench press. Storm Sermay, vacationing from New Mexico, decided to compete while visiting. Storm competed in the women's 54-60 age group and benched a nice 105 lbs. in the 132 lbs. class. Susan Thompson won the open and 40-46 age group 165 lbs. class with a state record 155 lbs. The youngest competitor was 9 year old Brandon Silk. Brandon competed in the 97 lb. class and benched an impressive 70 lbs. In the 13-15 age group, Anthony Carpanini won the 165 lbs. class with a state record 165 lbs. bench. Brandon Silk, Jr. also benched 165 lbs. for a state record in the 181 lbs. class. Kamran Joyer took the 242 with a state record 215 lbs. Adam Johnson won the 16-19 age group 220 lbs. class with a 375 lbs. state record bench. Carson Brawley and Alex Mahon each won their weight class int eh Class-1 division with 250 lbs. and 330 lbs. respectively. Damon Rieo won the 198 lbs. class junior division with a nice 350 bench and Vladimir Dubois set a state record in the junior 259 lbs. class with 425 lbs. In the submaster division, Ryan Birt won the 181 with a personal best of 425 lbs. Brian Buritt won the 220s with 400 lbs. over Kenny Stover who benched 350 lbs. Kenny Stover is coming back after literally showing his butt years ago when his lifting suit blew out! David Cox benched a state record 400 lbs. in the 242s and Lawrence Wisener benched a state record as well in the 275 lbs. class with a 300 lbs. bench. In the submaster law and fire divisions, "comeback" Kenny Stover benched a state record 350 lbs. in the 220 lbs. class. Tim Lang also benched a state record with an outstanding 450 lbs. in the 220 lbs. 40-47 age group law and fire division. Francis McBride also benched a state record in the law and fire division with a 285 lbs. bench in the 259 lbs. class. Special Olympian, Scott Beasley benched a state record 125 lbs. in the open 114 lbs. class. Ryan Kelly benched an impressive 460 lbs. in the open 198s to win first place and best lifter of the bench press. Brian Burritt won the open 220s with a 400 lbs. bench. Victor Lopez tied for the highest bench of themeet with a state record 500 lbs. to win the super heavy weight class. In the masters 40-46 age group, Ken Snell finished with 250 lbs. for first place. Glen Ford set a state record with 285 lbs. in the 148s. Chris Mortimer won the 181s with a nice 320 lbs. bench after a long hiatus. Tim Lang set another state record in the 220s with 450 lbs. Alec Mahor benched 330 lbs. to win the 242s and David Chase won the super heavys with 500 lbs. In the 47-53 age group, Kim Conaway set a state record with 395 lbs. in the 19 lbs. class. Don Prevatt also set a state record with a 326.5 lb. bench in the 242s. Tommie Jenkins won the 54-60 age group 220 lbs. class with a state record 395 lbs. bench. Palmer Kinser set a state record in the 242s with a nice 340 lbs. bench. Francis McBride also set a state record in the 259 lbs. class with a 285 lb. bench. The 61-67 age group had 4 competitors that started with Marvin Williams setting a state record in the 181 lbs. class with a 275 lbs. bench. Richard Zareck, who came all the way from Pensacola, benched a state record in the 242 lbs. class. Ed Hargrove hoisted-up 270 lbs. to win the 275s and Fred "no slack" Flack rammed-up a whopping 400 lbs. for a state record in the 308 lbs. class. In the 68-74 age group, Bill Tinkler set a state record with 235 lbs. in the 165 lbs. class. Tommy "I'm coming back" Trevorah pushed-up a state record 250 lbs. to win the 181s. Johnny Yong benched an impressive 380 lbs. to win the 242s. In the 80-84 age group, Charles Lee benched an unbelievable world record 240 lbs. in the 198 lbs. class! Most boys 60 years younger would like to do that, and he did it without a bench shirt! Stephen Montrose won the 85-89 age group with a very impressive 135 lbs. in the 181 lbs. class. He tried to break his world record on his 3rd attempt and could not quite lock it out. Both of these gentlemen are true testament and inspiration to the sport of powerlifting. Never can you be too old! The deadlift competition got underway with Storm Sermay pulling a nice 185 lbs. to win the 54-60 age group 132 lbs. class. Nancy Edelson pulled an outstanding 435 lbs. for a new world record in the 198s plus class. Nancy also won the open class and set a state record. The youngster Brandon Silk deadlifted a nice 145 lbs. in the 97 lbs. weight class. Joey Daniels pulled an impressive 270 lbs. to set a state record in the 13-15 age group 105 lbs. class. Ray Lynch also set a state record with a 280 lbs. pull in the 148 lbs. class. Anthony Carpanini pulled 277.5 to set the state record in the 13-15 age group with an impressive 300 lbs. deadlift for a state record in the 181 lbs. class. Joey Daniels also won the 105 lbs. class-1 division with a state record 270 lbs. Carson Brawley deadlifted a personal best 460 lbs. to win the class-1 181 lbs. Kurt Mannchen finished off the class-1 group with a 375 lbs. deadlift to win the 165 lbs. class. Damon Reio won the 198 lbs. junior division with 480 lbs. Blake Whittington, back out of retirement, set a new state record in the 259 lbs. class with a very impressive 620 lbs. Kenny Stover won the law and fire 220 lbs. class with a state record 530 lbs. personal best deadlift. In the open division, Richard Daniels pulled an impressive 520 lbs. for a state record and 1st place in the 165 lbs. class. Jeff Cervero won the 220s with an outstanding 620 lb. pull. In the master 40-46 age group, Ken Snell pulled 450 lbs. at 1123 lbs. to win his class and best lifter honors. Chris Hyde pulled a 500 lbs. state record to win the 242s and big Tom Mahoney pulled the heaviest deadlift of the meet - 700 lbs.! Tom won the 308 lbs. class and set the state record. Jim Lynch won the 47-53 age group with a state record 465 lbs. in the 165 lbs. class. In the 54-60 age group, Kurt Mannchen pulled a 375 lbs. state record in the 165 lbs. class. Palmer Kinser pulled his personal best 510 lbs. for a new state record to win the 242s. Marvin Williams deadlifted a personal best, 390 lbs., for a state record in the 61-67 age group 181 lbs. class. Tommy Trevorah pulled a state record 420 lbs. to win the 181s and Lefty Meyer deadlifted a state record 430 lbs. in the 242 lbs. class. Stephen Montrose set a new world record in the 85-88 age group 181 lbs. class with an outstanding 215 lbs. deadlift! In the 80- 84 age group, Charles Lee deadlifted an incredible 375 lbs. in the 198 lbs. class for a new world record! We hope to see these two incredible lifters for many years to come. A special thank to Louis Baltz, All American Gym, Junk Yard Dogg, BJ Stigall, Joey Satterfield, Tom O'Donnell, Ellen Trevorah, Brett Moorehead, Bubba Hammsek, Dan Jones, Tim Calhoun, Gus Rethweich, and all the lifters and spectators who make these meets possible. (from All American Gym)

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One **KILOGRAM** equals 2.2046 Pounds
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

Revolution Fitness Spring Classic
10 APR 04 - Camp Hill, PA

	SQ	BP	DL	TOT
BENCH				
J. Stahl-275		560		
Plug-181		405		
WOMEN				
123 lbs.				
K. Stuckey	240	160	225	625
148 lbs.				
B. Hood	255	110	215	560
165 lbs.				
M. Kirk	185	200	235	620
MEN				
Open 165 lbs.				
B. Crow!	685	465	570	
1720				
181 lbs.				
S. Lerrisey	660	420	300	
1380				
C. Lambert	420	315	450	
1185				
J. Smith	360	265	430	
1075				
198 lbs.				
B. Young	650	460	550	
1660				
J. Porter	565	405	565	
1555				
E. lennanz	450	350	500	
1300				
242 lbs.				
M. Fausey	635	465	625	
1725				
J. Mayas	700	420	580	
1700				
T. Bumgardner	640	425	560	
1625				
L. Livermore	500	430	550	
1480				
275 lbs.				
S. Manning	700			
308 lbs.				
S. Comareski	650	530	600	
1760				
Teen				
C. Stover-220	445	260	485	
1210				
D. Leitch-220	420	235	525	
1160				
J. Wert -198	450	260	445	
1155				
T. Carl-148	230	185	310	725
T. Bumgardner	out	260	455	

IN MEMORY.... *well-liked powerlifting figure and co-owner of a gym in New Holland, PA, Ashley Boyce was shot and killed in front of her gym this past February, apparently by her ex-boyfriend Benjamin Bottenfield, who was also suspected of strangling his own 13 year old son, William, the same day, however, the elder Bottenfield's barely recognizable body was later found in the remains of a burned out cabin. Both Ashley and Bottenfield's ex-wife had taken out "protection from abuse" orders against him due to previous violent episodes. A month prior to the murders, Bottenfield had given up 8 firearms in response to a judge's order. (Photograph courtesy of Mike Lambert)*

The newly opened Revolution Gym and Fitness in Camp Hill, Pennsylvania along with what could now be called, Dana Howard Productions, once again held its annual Spring PL Meet. Howard, who calmly waltzed onto the PL scene by benching 600 @ 242 in a scant two years has been the meet's organizer since its beginning. Formerly Gold's, the aforementioned Revolution Gym has recently reestablished itself under a new name with new ideas. This gym has found a positive way to integrate powerlifting, bodybuilding, and general fitness in an atmosphere where each discipline can thrive. Make no mistake about it, interspersed among its general members are world, national, and local champion powerlifters and bodybuilders alike. In an area where fitness centers are plentiful, Revolution Gym and Fitness makes it perfectly clear that there's some powerful stuff going on inside their walls! This year's PL meet took on a different look than of years past. The lifting area was moved from the gym floor to a separate room outfitted for powerlifting. Lifters could utilize the gym area for warm-ups before moving to the main room to get down to business. Though having an easily manageable number of lifters and being in a gym atmosphere, tills meet had all of the workings of a national level meet. Multiple monolifts, quality bars, and ample lifting space allowed the lifters to warm-up comfortably. What separates this local meet from most others in the cast and crew who continue to organize the event. With household PL names like Tom Levering at the microphone, the Grimwoods - Bob and Terry - judging, Carl Seeker creating awesome awards and judging, and 97 lb. powerhouse "Scraps" Grimwood working the scorer's table, it's easy to see how this meet had a high caliber feel. It's always great when long time powerlifting personalities get together at meets to share lifting stories of the good 'ol days. However, as lifting friends gathered on this occasion it was with a great sadness. Powerlifting recently lost yet another great champion and even better friend with the tragic and senseless death of Ashley Boyce of RA' S Fitness Factory in New Holland, PA. Many of Ashley's close friends were in attendance, including her daughter Shannon and Terry Grimwood, Shannon's husband. In a final tribute of solemn remembrance before the respectfully silent crowd, the monolift was racked one last time in Ashley's honor. And as usual, she got all white lights. You were a wonderful friend, Ash, you will be so fondly remembered and so sadly missed. As Ashley was found of saying, "Let's go girl!" So in her honor, on to the lady lifters we will go. Three female competitors powered their way through this year's Revolution Gym Spring PL Meet - all posting strong numbers! The woman's 123 lb. class boasted very impressive first timer Kristen Stuckey. "Six" as she is known (she's all of "sixty" inches - north to south) is the real deal - period. Try 240 lbs. in the squat, 160 lbs. in the bench, and a 225 pull! First meet, great form, and loose gear! Yeah, I'd say she's the real deal. Also a relative newcomer, Brittany Hood posted some fine numbers just starting out as well. Another lifter with great form, Brittany @ 146 lbs. b/w easily squatted a 255 opener and just missed 280 on her second attempt. A smooth 110 lb. bench and 215 lb. deadlift gave her a 580 total, rounding out her strong day. Weighing just two pounds over the 148 lb. class was yet another first time full meet litter moving some serious weight. Melanie Kirk got a slow start with her squat, which certainly was not a strength issue. Wearing no gear, her 185 lb. squat and 235 lb. deadlift could have easily been 100 lbs. and 50 lbs. more, respectively, with a suit and a little technical help. Get this though; Melanie's whopping 200 lb. bench is an IPA Jr. World record right now, with no shirt! I'd say it's time to gear up! The men's side of lifting ran the gamut from first time lifters to world-class competitors. Strong lifting was displayed throughout all of the weight classes. All of the new and young lifters handled themselves with poise and control while on the platform. In years to come this focus and concentration will serve them wen if they choose to continue competing. And judging by their efforts, many of them should continue. The individual weight classes were highlighted with fine performances by the following lifters: Much has been written about the outstanding performances of perennial world class Brian Crowe - and much will continue to be. What should be chronicled most, however, is his sincere manner and admirable character. He is a true champion in the most meaningful sense of the word. And oh yes, his numbers at this meet, stratospheric, as usual. 685 fast and strong in the squat. Coming up with 700 on his third attempt as well, only to be red lighted on a very close call. 465 in the bench, just missing 495, and a strong 570 pull, to finish up with a hefty 1720 total and most outstanding lifter award - all at 165 b/w! Newcomer phenom, Shay Larrisey, is making some serious waves on the elite powerlifting scene. And it couldn't happen to a nicer guy. This double Masters Degree lifter listens, learns, experiments, and then excels. A true independent lifter, Larrisey combines various PL training techniques to arrive at his ever-improving lifts. Larrisey used this occasion to prepare for an upcoming meet, choosing to post openers only. And what openers they were! Weighing in 168 (on his way to his usual 165 class), Larrisey posted stout openers of 660 in the squat, a 420 bench, and an easy quick pull of 300 (which is slightly more than half his max!). This new powerhouse has made some deep cuts in the elite 165's, letting the competition know they have their work cut out for them as well. The strong lifting continued with the following lifters winning awards in their respective weight classes. The 181 lb. class saw Chris Lombard taking second place posting 420 in the squat, 315 in the bench, and pulling 450 for an 1185 total. Jeremiah Smith received third place awards with his fine efforts of 380 in the bench, 265 bench, and 430 pull for a 1075 total. Bob Young continues his strong lifting in the 198's taking first place honors on his way to PR's in each lift. Young posted a 650 squat, 460 bench and a 550 pull, ending up with a PR total of 1660. Second place in the 198's went to Josh Porter. Josh's strong 565 squat, 350 bench, and 585 pull were smooth on his way to a 1555 total. Taking third in the 198's was Eric Lennartz. Lennartz's strong day was more impressive in the fact that be only missed one third attempt lift going 8 for 9, His 450 squat, 350 bench, and 500 dead rounded out the top three in the 198's. Mark Fausey and John Mayes fought it out in the open 242's with just 25 lbs. separating their totals! Mays stepped out in front with a 700 lb. squat to Fausey's 635. Fausey fought back with a 465 bench to Mayes' 420. Mayes gave it his all going 3 for 3 in his pulls, but came up a bit short to Fausey's strong 625 for the win. A fine battle, guys. Not far behind in third in the 242's was Terry Bumgardner with a strong 640 squat, 425 bench, and 560 pull efforts, giving him a 1625 total for the day. Big Steve Comeresky has been steadily building up his numbers over the years in the 308's. Well known on the local lifting scene, Steve's excellent form, steady improvement, and congenial attitude make him a fine lifter. Steve's strong 650 squat, 530 bench (just missing 550), and 600 pull earned him top honors in the 308's. Honorable mention goes to rock solid Shannon Manning. Manning's sheer size is matched only by his personality. Usually wearing no gear to speak of, Manning's numbers are always big time. What was big this time, however, was the fact that he was big time sick! After posting a mammoth 700 lb. opener squat, Manning had to bow out gracefully while his body was wracked with some type of virus. In his good-natured fashion, Manning said her would be back soon. No doubt to post some more sick numbers. The Teen lifter division saw tough lifters battle it out for the top four placings. Jason Wert took top honors by formula with his 450 squat, 260 bench, and 3 for 3 pulls ending with 445 and a 1155 total in the 198's. Doug Leitch took second with his fine 420. Within the full meet were bench only lifters as well. John Stahl is no stranger to elite benching circles. At 260 lb. B/w Big John, with his always proper form and set up, calmly powered up 580 before just missing 615. Rounding out the bench only portion was the notorious "Plug". Benching in the 181 lb. Class, Plug opened with a strong 375 before getting 405 on his second attempt, and just coming up a bit short on his third attempt 420. Many thinks go out to all of those individuals who continue to helped make this annual event a success, from the spotters, to the loaders, the scorers table crew, expediters, and all of those at Revolution Gym and Fitness. Most of all, however thanks to the lifters and the audience. Without your competitive efforts and heartfelt support these meets would not be possible. Hope to see you all next year! (report - Bob Grimwood)

ADAU Catasauqua Single Lift Classic
31 JUL 04 - Lehigh Valley, PA

SQUAT	
105	
14– 15	
Ethan Smith	185
4th	194*
123	
14 – 15 / Female	
C.Kirkpatrick	170*
14 – 15	
Jared Keller	165*
Open	
M. Kuhns	485*
132	
16 – 17	
Ben Kunkel	205
148	
14 – 15	
Matt Drury	205
60 – 64	
Italo Bonacci	320*
165	
Open	
Hector Roca	390
181	
14 – 15	
Tim Kunkel	310*
Open	
C.Cirnigliaro	410
Don Kuhns	410*
Special Olympian	
Craig Maurer	170
198	
16 – 17	
Dan Rimbey	400*
40 – 44	
Pat Horan	480
220	
40 – 44	
Paul Felix	350
242	
Open	
Tom Skelly	525*
Chris Kollar	370
40 – 44	
Chris Kollar	370
55 – 60	
Chuck Crider	405
275	
16 – 17	
Ian Shupp	330
4th	345*
319	
Open	
A. Gonzalez	585*
Curt Eckroth	435
BENCH PRESS	
105	
14 –15	
Ethan Smith	120*
114	
18 – 19	
A. Badgujar	140*
123	
14 – 15 / Female	
C.Kirkpatrick	115*
14 – 15	
Jared Keller	130
Open	
M. Kuhns	275*
Tim Tullio	125
55 – 59	
Tim Tullio	125
132	
16 – 17	
Ben Kunkel	165
148	
55 – 59	
Paul Griffith	245*
Barry Pensyl	195
60 – 64	
Italo Bonacci	205*
Special Olympian	
Michael Gaal	145
165	
16 – 17	
B. Rebarchak	305*
Open	
Hector Roca	340
B. Rebarchak	305
Bob Legg	220
50 – 54	
Bob Thomas	255
4th	265*
Bob Legg	220
181	
14 – 15	

Tim Kunkel 290*
16 – 17
V. Gengaro 220
18 – 19
D. Samuels 260
20 – 23 Junior
P. Ferriello 275
Open
David Jones 335
Matt Deibert 270
40 – 44
David Jones 335
50 – 54
V. Gengaro 325
4th 330*
MacGregor 275
Special Olympian
Craig Maurer 165
198
Open
Robert Guth 285
35–39 Sub-Master
Mike Izzi 255
40 – 44
Pat Horan 380*
70 – 74
Al Wurz 210*
Special Olympian
Kyle Miller 210
220
Open
P. Darbouze 390
Brian Ramage 335
35–39 Sub-Master
Dean Lewis 315
40 – 44
Paul Felix 315
45 – 49
P. Darbouze 390
242
Open
Rob Eckhart 400
Mike Cooper 400
55 – 59
Chuck Crider 355
275
14 – 15
McClafferty 215
16 – 17
Ian Shupp 210
35–39 Sub-Master
Paul Owens 315
40 – 44
J. McGowan 365
319
Open
A. Gonzalez 450
S. Shannon 440
David Krieg 440
DEADLIFT
105
14 – 15
Ethan Smith 215
4th
225*
114
18 – 19
A. Badgujar
285*
123
14 – 15 / Female
C.Kirkpatrick
240*
14 – 15
Jared Keller 250
132
16 – 17
Ben Kunkel 310
148
16 – 17
M. Hausman 370
4th
385*
60 – 64
Italo Bonacci
380*
Special Olympian
Michael Gaal 205
165
Open
Hector Roca 500
Grant Neary 440
Bob Legg 320
50 – 54
Bob Legg 320
181
14 – 15
Tim Kunkel
390*
18 – 19
D. Samuels 535
4th
554*
Chad Reis 440
20 – 23 Junior
P. Ferriello 470
40 – 44
David Jones 440
Special Olympian
Craig Maurer 310
198
16 – 17
Dan Rimbey 560*
Open
Robert Guth 440
35–39 Sub-Master
Mike Izzi 475
40 – 44
Pat Horan 475
Special Olympian
Kyle Miller 295
220
Open
Brian Ramage 535
40 – 44
Paul Felix 470
242
Open
Tom Skelly 600
Rob Eckhart 560
Mike Cooper 520
45 – 49
Mark Bowen 500*
55 – 59
Chuck Crider 500*
275
14 – 15
McClafferty 375
Open
Doug Croley 500
35–39 Sub-Master
Paul Owens 565*
319
Open
David Krieg 590
Curt Eckroth 545

* - American Record. Final statistics: 56 participants, 34 ADAU American Records set by 23 individuals. Six people 10% tested plus two "out-of-meet" tests. The 9th Annual Catasauqua Classic Single Lift Championships were held at the Suburban North Family YMCA on Saturday July 31st 2004. Fifty-six athletes entered in 106 events in this ADAU sanctioned contest and raised a total of $2000.00 for the YMCA Youth Scholarship Fund and the Twin City Powerlifting Team! Twenty-three athletes set thirty-four American Records. Six athletes were drug-tested plus two "out-of-meet" tests were conducted. All passed. Congratulations!! Best Squat award went to 2004 USAPL National Champion Michael Kuhns of Whitehall, PA, with a new American Open and 18 – 19 record lift of 484.80 pounds in the 123-pound class. Mike also took the Best Bench award with a Teenage American record lift of 275.3. Best Deadlift went to young Hector Roca with a fine lift of 500 pounds at a bodyweight of only 163.9. Many thanks to our sponsors without whom this meet would not be possible! Title sponsor Nutritional Technologies. Al & Brenda Siegel of Siegel Engraving, who not only supplied the sharp-looking awards but also worked the entire meet. Rob Eckhart of the Lehighton Athletic Booster Club, John Shubert of Rutler Screen Printing, Don Kuhns, Certified Massage Therapist, Louise Tusak of the Bethlehem Special Olympics, Dr. Nalyn Marcus of Marcus Family Chiropractic, Jim Ochse - Speed, Agility & Quickness Specialist, Steve Hrycko of Fitness Central and Mike Lambert of Powerlifting USA.

Chris Cirnigliaro (l) President of the Twin City PL Team presents Patrick Horan with his first place trophy in the squat competition at the 9th Annual ADAU Catasauqua Classic. Horan was the 198 lb. 40-44 age group winner in all three events setting an American Record in the bench with 380 lbs. (Photo courtesy of Nicholas Theodorou)

Special thanks to the judges - Al Siegel, Brenda Siegel, Dean Lewis and Chris Border. And to Don Kuhns, Chris Border and Patrick Horan who went way above and beyond. Also, the members of the Twin City Powerlifting Team (Easton, PA/ Phillipsburg, NJ), Chris Cirnigliaro, John D'Imperio, Ryan Hagenbuch, Mike Hitcho, Branden Pensyl, Barry & Linda Pensyl, Brian Ramage, Ian Shupp, Lori, David and all of the spotters, loaders, expeditors, table helpers – too numerous to mention by name, all who worked so tirelessly to make this a huge success! Thank you! (Thanks to Nicholas Theodorou for results)

New Castle Bench Press
14 FEB 04 - New Castle, PA

WOMEN
D. Harkleroad 90*
J. Ullrich —
MEN
Teen
(16 & Under)
J. Smith 20*
J. Linton —
N. Weisenstein
J. Izzo —
K. Sensesak —
(17-18)
C. Beer 385*
J. Moffie —
T. Guarnieri —
B. Jones —
148 lbs.
D. Dessau 280*
165 lbs.
C. Wittway 300*
P. Gennaro, Sr.
181 lbs.
J. Smith 425*
P. Gennaro, Jr.—
198 lbs.
S. Prozy 430*
M. Keyser —
220 lbs.
D. Dudash 515*
G. Tarr —
G. Langham —
242 lbs.
T. Gibson 560*
R. Cooper —
D. Petrelli —
275 lbs.
N. Rolle 440*
P. Hilliard —
D. Hardic —
SHW
B. Karlovic 705*
B. Lenzi —
B. Powell —
Master 35
D. Dessau 280*
Master 40
J. Peshek 680*
M. Keyser —
P. Hilliard —
Master 45
B. Lenzi 575*
N. Rolle —
D. Hardic —
Master 50
R. Cooper 450*
R. Verdi —
B. Thomas —
Master 55
G. Langham 425*
B. Kolling —
Overall Winner
B. Karlovic 705*
(Thanks to Chuck Ullrich for the results)

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Summer '04 Push/Pull
13 JUN 04 - Granger, IN

BENCH
GIRLS
Teen 132 lbs.
S. Skiver 90
BOYS
Teen (14-15)
148 lbs.
N. Duncan 150
(16-17)
C. Patterson 280
Novice
165lbs.
D. Craigo 250
198 lbs.
J. Taylor 365
242 lbs.
S. Mahl 285
275 lbs.
G. Coy 300
SHW
D. Stouder 440
WOMEN
L. Boshoven 250
Master
181 lbs.
M. Schroen 350
242 lbs.
M. Mellinger 440
275 lbs.
R. Donati 580
M. Flagg 450
Master (45+)
181 lbs.
L. Boynton 337.5
4th 350
275 lbs.
P. VanCamp 345
Master (50+)
220 lbs.
T. Horvath 335
275 lbs.
T. Striverson 515
Master
Open 220 lbs.
T. Sheehan 385
Natural
165 lbs.
R. Langwell 380
198 lbs.
C. Dailing 475*
T. Wallace 420
J. Taylor 365
Open 198 lbs.
T. Wallace 420
J. Balantine 350
242 lbs.
A. Storm 425
T. Sullivan 365
275 lbs.
S. Powell 510
J. Conley 455
Exhibition
198 lbs.
L. Bontrager 300
DEADLIFT
GIRLS
Teen 132 lbs.
S. Skiver 230
Youth 70 lbs.
S. King 135
Teen (16-17)
148 lbs.
C. Patterson 400
WOMEN
165 lbs.
L. Boshoven5 510
MEN
Novice 275 lbs.
G. Coy 405
Master (50+)
G. Heiss5 425
Master (55+)
148 lbs.
M. Wider 425
4th 445
Natural
198 lbs.
C. Dailing 640
220 lbs.
M. King 530
Open 198 lbs.
J. Balentine 500
T. Sullivan 455
275 lbs.
J. Conley 600

*=Central Bench Press League record. Best lifters: Bench press - Raoul Donati, Deadlift - Chad Dailing. Special thanks to: Anson Wood, Larry Boynton, Mike Wider, Lynne Boshoven, Brendan Yoder and Rob Reed. We've been doing this meet since the summer of '92 and it has always produced some stellar lifting. I think a lot of lifters use this meet to bring to fruition the training they have been doing since late winter and on through the spring, before they shut it down for the sununer. The star of this show, as he has been at a lot of meets lately, was Chad Dailing. He got a pr and Central Bench Press League record 475 in the bench to take second in the best lifter there, and hit a phenomenal 640 in the deadlift that will place him way up in the rankings. Best lifter in the bench was the great Raoul Donati who used the meet to work out some bugs with a new shirt, and despite not having it all figured out yet, he got a great 580 at 275. In the Masters division, Mark Mellinger got a great 440 at 242, while Ted Striverson was his usual mind boggling self, getting a good 515 at 275 in the 50 plus. Steve Powell came back after a few years and some non-sport related injuries and took up where he left off, getting 510 and missing closely with 605. Bodybuilder and 50 plus lifter, Tim Sheehan, had his best day ever, getting a strong 385 at 220. He's trained by Lynne Boshoven and that certainly doesn't hurt. Teen lifter Cody Patterson came close to a double bodyweight bench with 280 at 144. Probably his next meet he'll get it. And rounding out an excellent group of Master lifters were two more who got pr's, Mike Schroen and Larry Boynton who both hit 350; Mike at 181and Larry at 45+, 181. Teenager Sarah Skiver (talk about good genes) got the deadlifts off to a great start with a 230 at 132. I can certainly picture her on a National platform in the near distant future. Pre-teen (9) Stephen King got a pr with 135 at 68 lbs. It probably helped that he got to use regulation plates for the first time. Now the sky's the limit. At the other end of the scale, 50+ lifter Gordy Heiss made a pr 425. And Lynne Boshoven weighed in at 165 for the tirst time in years and made a pr at that weight with a strong 510 at 46! And that makes her both a great female and Master lifter. (Thanks to Jon Smoker for these results)

***Carolyn Schwarz** with a WABDL World Record 271 deadlift (114 / 47-53) at the WABDL West Coast meet in Sacramento. (Rethwisch)*

WABDL West Coast BP/DL
06 SEP 03 - Sacramento, CA

BENCH
MEN
Class-1
132 lbs.
C. McFarland 187*
148 lbs.
E. Nahorniak 319.5
N. Mansourion 336
4th 341.5*
165 lbs.
D. Knudsen 248
181 lbs.
S. Evleshin 275.5
R. Lewis 336
M. Balestreri 347
R. Eley 396
4th 407*
198 lbs.
J. Sawyer 242.5
D. McFarland 259
A. Lie 303
M.McCormack 336
J. O'Reilly 424
C. Dexter 440*
220 lbs.
T. Ornduff 407
D. Martinez 418*
M. Hatfield 429
R. Harris 435
242 lbs.
R. Budd 336
J. Kim 451
E. Barnes 462
259 lbs.
Starkweather 473*
T. Ekenberg ---
308 lbs.
L. Contreras 396
Junior (20-25)
165 lbs.
K. Herzik 220
J. Alves 336
181 lbs.
R. Lewis 336
242 lbs.
C. Schwacofer 319.5
259 lbs.
D. Freeland 545.5
4th 556*!
308 lbs.
M. Matheney 479.5*
WOMEN
Junior (20-25)
97 lbs.
C. Fernandez ---
123 lbs.
S. Weber 99
165 lbs.
S. Armstrong 170
MEN
Law/Fire
Master
198 lbs.
D. Weinberg 303
220 lbs.
Z. Clark 457
242 lbs.
I. Soekardi 407
J. Kim 451*
275 lbs.
B. Sabin 402
308 lbs.
J. Minahan 530
309+ lbs.
D. Schultz 451
Law/Fire
Open 220 lbs.
Z. Clark 457
T. Yamanaka 473
259 lbs.
A. Porter 440*
309+ lbs.
D. Schultz 451
Law/Fire
242 lbs.
D. Randa 363
Master (40-46)
165 lbs.
T. Cencich 325*
181 lbs.
B. Levering 462
198 lbs.
J. Cavanaugh 336
220 lbs.
D. Lindsey
264.5
D. Peterson
352.5
G. Phipps 358
R. Harris 435
F. Dena III 440*
242 lbs.
I. Soekardi 407
D. English 413
259 lbs.
Starkweather 473*
R. Sanchez 473
4th 485*
308 lbs.
J. Minahan 530*
Master (47-53)
181 lbs.
E. Ansberry 264.5
220 lbs.
L. Wyckoff 341.5
D. Martinez 418*
308 lbs.
L. Contreras 396
309+ lbs.
B. Phillips 264.5*
Master (54-60)
242 lbs.
S. Kaanapu 303
259 lbs.
T. Ekenberg 402
Master (61-67)
165 lbs.
L. Vincent 281
4th 286.5*
242 lbs.
M. Bonifield 303
Master (68-74)
242 lbs.
J. Peters 198
Master (75-79)
165 lbs.
R. Fornachon 203
220 lbs.
E. Miranda 248
Open 148 lbs.
N. Mansourian 336
C. Balanga 347
T. Tom 413
165 lbs.
T. Cencich 325*
A. Franks 352.5
198 lbs.
A. Lie 303
C. Dexter 440*
A. Planchon 462
N. Bruckner ---
220 lbs.
M. Desrosiers 451
T. Yamanaka 473
G. Stephens 523.5
M. Lamarque 571
4th 600*
M. Ludovico ---
S. Pena ---
242 lbs.
D. Tubridy 451
259 lbs.
D. Freeland 545.5
4th 556.5*
308 lbs.
S. Wong ---
309+ lbs.
C. Aichs 402
Sp. Olympian
198 lbs.
N. Ceglia 236
Submaster (34-39)
181 lbs.
R. Troup ---
198 lbs.
R. Green 385
A. Planchon 462*
220 lbs.
M. Hatfield 429*
M. Ludovico 451*
WOMEN
Submaster (34-39)
114 lbs.
C. Solo 104.5
123 lbs.
J. Braguine 132
J. Green 181*!
132 lbs.
L. Balestrini 159
148 lbs.
L. Saunders 110
J. Watts 187
199+ lbs.
A. VanderPol 192
MEN
Teen (13-15)
181 lbs.
B. Williams 225
Teen (16-19)
165 lbs.
R. Gernert 363
181 lbs.
M. Minahan 264.5
B. Hackett 391*
198 lbs.
C. Cook 242.5
220 lbs.
B. Butka 225
A. Contreras 236
S. Drumm 314
242 lbs.
J. Pritchett 297.5
WOMEN
Teen (13-15)
123 lbs.
K. Phipps 115.5
132 lbs.
K. Brown 88
4th 99*
T. Miller 121*
165 lbs.
M. O'Halloran 132*
Teen (16-19)
148 lbs.
E. Pritchett 110
199+ lbs.
T. Perry 143*
Open 97 lbs.
C. Fernandez ---
105 lbs.
P. Loera 115.5
123 lbs.
L. Christopher 121.2
A. Svendsen 154
4th 159*
132 lbs.
L. Hunter 132
L. Balestrini 159
J. Deuser 187*
148 lbs.
J. Watts 187
165 lbs.
M. O'Halloran 132
181 lbs.
A. Wilkinson 104.5
Master (40-46)
105 lbs.
D. Brown 126
123 lbs.
L. Christopher 121
C. Maha 137
132 lbs.
N. Avilla 110
K. Inlow 148
A. Brisbane 154
4th 181*
J. Deuser 187*
148 lbs.
S. Maher 148
E. Womack 148
S. Hedman 165
165 lbs.
S. Moore 115.5
181 lbs.
C. Ugarte 154*
A. Sozzi 176*
198 lbs.
D. Plank 132*
Master (47-53)
114 lbs.
S. Keathly 88
148 lbs.
K. Andrews 110
165 lbs.
J. Henner 132
4th 143*
199+ lbs.
S. Vaterlaus 176
4th 181*+
DEADLIFT
MEN
Class-1
132 lbs.
C. McFarland 380*
148 lbs.
E. Nahorniak 424*
165 lbs.
S. Tsang 413
D. Knudsen 435
181 lbs.
S. Evleshin 336
A. Pina 468
4th 486*
R. Lewis 584*
198 lbs.
A. Lie 473
J. Sawyer 479.5
M.McCormack 512.5
A. Tortorelli 551
220 lbs.
L. Nino 507
S. Soekardi 600*
242 lbs.
E. Barnes 578.5
R. Budd 578.5*
308 lbs.
L. Contreras 473
Junior (20-25)
165 lbs.
K. Herzik 358
181 lbs.
R. Lewis 584*
198 lbs.
P. McCusker 507
259 lbs.
D. Freeland 634*!
WOMEN
Junior (20-25)
123 lbs.
J. Ansberry 187
S. Weber 203
132 lbs.
C. Luiz 253.5
4th 270*
148 lbs.
G. Gendotti 275.5
4th 303*
165 lbs.
S. Armstrong 292
4th 314*
MEN
Law/Fire
Master 220 lbs.
Z. Clark 633
242 lbs.
I. Soekardi 650*
198 lbs.
C. McFarland 556.5
275 lbs.
M. Burruel 595
Law/Fire
Open 220 lbs.
Z. Clark 633
Law/Fire
Submaster
220 lbs.
L. Nino 507
242 lbs.
R. Russell 556.5
D. Kanda 562
Master (40-46)
220 lbs.
D. Lindsey 440
R. Harris 507
G. Phipps 529
242 lbs.
D. English 567.5
4th 573*
I. Soekardi 650*
Master (47-53)
181 lbs.
E. Ansberry 341.5
198 lbs.
C. McFarland 556.5
259 lbs.
K. Huffer 529
G. Stevens 534.5
308 lbs.
L. Contreras 473
309 lbs.
B. Phillips 451
Master (54-60)
198 lbs.
C. Lundy 451
259 lbs.
T. Ekenberg 622*!
Master (61-67)
165 lbs.
L. Vincent 363
4th 374*
309 lbs.
T. Krachunis 309*!
Open 148 lbs.
C. Balanga 402
165 lbs.
T. Adams 584
A. Franks 618
4th 622*
198 lbs.
A. Lie 473
220 lbs.
M. Desrosiers 562
M. Lamarque 640
4th 650*
242 lbs.
D. Tubridy 473
259 lbs.
T. Ekenberg 622*
D. Freeland 634*
309 lbs.
C. Aichs ---
Sp. Olympian
198 lbs.
N. Ceglia 418
Submaster (34-39)
165 lbs.
S. Tsang 413
181 lbs.
R. Troup 457*
WOMEN
Submaster (34-39)
105 lbs.
A. Vallejo 264.5*
114 lbs.
C. Salo 170
123 lbs.
J. Green 292
J. Braguine 292
4th 314*
132 lbs.
L. Balestrini 341.5
148 lbs.
L. Saunders 198
J. Watts 314
4th 331*
199 lbs.
A. VanderPol 314
MEN
Teen (13-15)
181 lbs.
B. Williams 385
Teen (16-19)
148 lbs.
C. McCormack 341.5
181 lbs.
M. Minahan 451
198 lbs.
D. McFarland 446
220 lbs.
A. Contreras 352.5
S. Drumm 501.5
242 lbs.
J. Pritchett 440
WOMEN
Teen (13-15)
123 lbs.
K. Phipps 214
4th 226!
132 lbs.
K. Brown 192
J. Miller 231
Teen (16-19)

148 lbs.
E. Pritcnett 253.5
199 lbs.
T. Perry 248*
Open 105 lbs.
P. Loera 242.5
A. Vallejo 264.5*
123 lbs.
L. Christopher 242.5
132 lbs.
L. Hunter 259
A. Brisbane 336
L. Balestrini 341.5*
148 lbs.
G. Gendotti 275.5
4th 303
J. Watts 314
4th 331
181 lbs.
A. Wilkinson 203
Master (40-46)
105 lbs.
D. Brown 242.5
4th 260
123 lbs.
L. Christopher 242.5
132 lbs.
J. Deuser 292
E. Inlow 314
A. Brisbane 336
148 lbs.
S. Hedman 275.5
S. Maher 286.5
181 lbs.
C. Ugarte
319.5*
A. Sozzi
330.5*
198 lbs.
D. Plank 253.5
199 lbs.
V. Dell'Acqua 275.5
Master (47-53)
114 lbs.
S. Keathly 154.2
C. Schwarz 271*!
148 lbs.
K. Andrews 132
165 lbs.
J. Henner 242.5
4th
253.5*
199 lbs.
S. Vaterlaus 248*

* State Record. ! World Record. + National Record. The Marriot Hotel in Rancho Cordova, a suburb of Sacramento, has great rooms and a classy ballroom. A great place to have a meet. Jody Woods and his wife Lorraine run a very good meet. Jody is willing to pay for his staff so we have good judges, and enough spotter loaders. He flies me down from Portland, and gets me a rental car. He also pays for my secretary, Elma Thomas, and her husband to help with the WABDL computer program and with weigh-ins. He had 142 bodies and about 206 benchers and deadlifters. It ran a little long, but we were done by 8:45pm. Next year it will be a two day meet. World records in the bench were set by David Freeland, who has passed 3 drug tests. He put up with authority 556.6 in junior 259# class. He's a cross between a Greek God and Brian Bosworth. Julie Green, who is all business on the platform, and is the co-owner of Flex Gym in Sparks, Nevada, put up a world record 181.7 at submaster 123. Sue Vaterlaus set a national record in women's master 47-53 198+ bench with 181.7. World record in the deadlift were set by David Freeland junior 259 with 634.8. Tom Ekenberg out of Texas in master 54-60 259# class pulled 622.7. J.P. Krachun, an ex-pro wrestler, pulled 309.6 at super in master 61-67. Carolyn Schwarz pulled 271.1 in master 47-53 114# and Karina Phipps, in teen 113-15 123# with 226.8. Going back to the bench press, California records were set by: Narbe Mansourian, class-1, 148, 341.5. David Martinez, class-1, 220, 418.7. Tom Starkweather, class-1, 259, 473.7. Tom is at a disadvantage in benching since he's 6 feet 3 inches. Other California record were set by Marcus Matheney, Junior, 308, 479.5. Jeff Kim, law/fire master, 242, 451.7. Andrew Porter, law/fire open, 259, 485. John Minahan, master 40-46, 308, 530.1. John has managed to lose about 30# without losing any strength. More California record were set by David Martinez, master men, 47-53, 220, 418.7. Andre Planchen, 462.7, in submaster 198. Matt Lamarque, open, 220, benched 600.7 and passed his 2nd drug test. Mark Hatfield, submaster, 220, pushed up a California record 429.7, but then Mike Ludovico pushed up 451.7 to break it. California state records also were set by Bobby Hackett, teen 16-19, 181, slammed up 391.2. Nevada records in the bench press were set by: Rick Eley, class-1, 181, 407.7. Cory Dexter, class-1, 198, 440.7. Fil Dena III, master men 40-46, 220, 440.7. Fil has been competing in WABDL for about six years and he steadily upped his bench from the high 390s to 440.7. Other Nevada records were set by Brian Phillips, master 47-53, super 264.5. Jim Pritchett, 16-19, 242, 297.5. Chad McFarland set an Oregon, class-1, 132 bench record with 187. Tom Cencich set Colorado record in open and master 40-46, 165 class with 325. Now, moving on to the ladies. California bench records were set by: Kristy Brown, teen 13-15, 132, with 99#. Margot O'Halloran, teen 13-15, 165, 132.2. Jill Deuser set California records in both master women 40-46, and open with 187.2. Other California records in the bench were set by 6 foot tall Carla Ugarte, master women 40-46, 181, with 154#, which was broken later on in the meet by Annette Sozzi-Dangel with 176#. Diana Plank, master women 40-46, 198, pushed 132.2. Jane Henner locked out 132 in master 47-53, 165#. Nevada women who set bench records were: April Svendsen with 159.75 in open women 123#. Tracy Perry popped 143.2 in teen 16-19 198+. Karina Phipps, teen 13-15, 123, with 115.5. Lynda Christopher benched an Arizona record 121.2 in master 40-46, 123. California records in the deadlift were set by: Eric Nahorniak, class-1, 148, 424.2. Aaron Pina, class-1, 181, 486.1. Ryan Lewis came back to break it with a huge 584. In class-1 220, Ismyanto Soekardi pulled 600.75 for a California state record. In junior men, 181, Ryan Lewis added another state record with his 584. Crystal Luiz set a California record 303 and Sabrina Armstrong at junior 165 set a California record 314. Other California records in the deadlift were set by Ismyanto Soekardi, law/fire master 40-47, 242 pulled 650. At 165 open Allan Franks pulled a California record 622.7. In open 220, up and coming deadlifter Matt LaMarque pulled 622.75 for a California record. Rob Trap set a Nevada deadlift record in submaster 181 with 457.2. Now moving onto the lady deadlifters. They were fantastic. We had about 43 female deadlifters, including the 3 junior female record holders already mentioned, along with the two ladies who set world records. In submaster women, Alexandria Vallejo pulled 264.5 weighing only 105, for a California record. In submaster 123, Jeanne Braguine pulled 314 and a California record. Jeanne Watts, with a very intense demeanor on the platform, pulled a California state record 331.6 and is one of the vocal leaders of the Pacifica Athletic Club Team, along with Alene Bridbane, and coached very ably by Rene Nielsen. In open women, 132, Lisa Balestini pulled a California 341.5 and was named outstanding lifter for open women. In master women, 40-46, 105, Desiree Brown set a world record of 260.1, breaking Vickie McNeeley's record of 259. Vickie is from Birmingham, Alabama. Carloa Ugarte pulled a California state record 319.5 in master 40-46, 181, but again just like in the bench, Annette Sozzi-Dangel broke it a few minutes later with a 330.5 world record. In master women 47-53, 165, Jane Henner pulled a California record 253.5 and Sue Vaterlaus in 47-53 198+, pulled a California record 248. I want to thank Jody and Lorraine Woods, the meet directors. Lorraine did a good job of MC-ing and her sister Dorian Dunlap was the scorekeeper. Elma Thomas did a great job on the computer and getting instant meet results for trophy presentation. Gary Thomas ran the weigh-in room. The judges were Dave Freeland, Russ Lewis, Gus Rethwisch, Jody Woods, Mike Moore, and Jim Sheffield. Pacifica Athletic Club won the team title. Matt LaMarque's Iron Society was 2nd, and Bobby Sander's Mighty Ones, out of Santa Cruz, was 3rd. Next year's event will be a two day meet. (Thanks to Gus Rethwisch for these results)

New Product

LIFT ... A Training Journal for the Powerlifter ... is a neat training log book, specifically dedicated to powerlifters, with a percentage conversion chart, a kilo to pound conversion chart, a set of clear instructions on how to record information on the pre-printed workout pages, followed by custom designed workout record pages for the bench, squat, and deadlift. The mere act of writing down what you do in a training log is a very significant positive act in and of itself, towards your progress in the sport, but this record allows you to go back at any time and check what you were doing in previous workouts ... realistically, you will never remember every detail in your head ... and such information can be vital in pointing your next few workouts in the right direction. Designed by Gerald Herron, there's a great shot of one of PL Sculptor Neils Anderson's creations on the cover, and for ordering information see their ad on page 12 of this issue of Powerlifting USA.

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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee:
Adults $25
Teens $15
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
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Golden Valley, MN 55427

If under 18, have parent initial _____

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

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

Signature_____

NASA Tri-State
31 JUL 04 - Flora, IL

PL BENCH				
Teen				
148 lbs.				
A. O'Brien	140			
Masters-1				
275 lbs.				
M. Aydt	385			
Juniors				
242 lbs.				
J. Evans*	425+			
Intermediate				
308 lbs.				
M. Rose	475+			
Masters-3				
Powerlifting	SQ	BP	DL	TOT
YOUTH				
105 lbs.				
G. Brown*	115	70	155	340
123 lbs.				
S. Maffett	125	70	200	395
132 lbs.				
B. VanNote	140	70	205	425
C. Langhoff	220	95	245	560
181 lbs.				
A. Winkle	300	140	300	740
114 lbs. High School				
L. Harris	170+	80	245+	495+
C. Harris	135	95+	240	470
148 lbs. Teen				
T. Henkel*	340+	165	310+	815+
165 lbs. High School				
R. Bure	305	205	382.5+	892.5
J. Maffett	300	160	400+	860
181 lbs. High Scbool				
K. Monken.	415+	185	435	1035
W. Harris	305	260+	415	980
198 lbs. Masters-2				
K. Pickens	520+	350+	460+	1330+
Teen				
E. Monken	410+	195	370	975
220 lbs. Masters-1				
B. Luebbers	610+	420+	580+	1610+
Intermediate				
B. Turner	490+	255	507.5	1252.5+
High School				
S. Sexton	385	230	435	1050

181 lbs.				
R. Corey	295+			
PS SQUAT				
Masters-2				
242 lbs.				
R. Tabaka	465+			
Masters-3				
275 lbs.				
R. Hesterly	405			
PS BENCH				
Masters-3				
181 lbs.				
R. Corey	295			
242 lbs. Pure				
T. Lowder	535	350+	560!!	1445
Teen				
N. Katsantonis	425	300	445	1170
Pure Novice				
C. Stuemke	475+	215	450	1140

***Bill Luebbers** drops down with his easy opening 530 first attempt. Bill was eight-of-nine with four state records and won the Men's Heavyweight Outstanding Lifter Award at the Nasa Tri-State Meet.*

High School				
S. Hough	365	245	340	950
275 lbs. Intermediate				
J. Sanders	535+	350+	580+	1465+
Teen				
T. Switala	575+	350+	500+	1425+
High School				
Z.y Langhoff	400	230	360	990
SHW				
High School				
T. VanNote	405+	225+	435+	1065+
WOMEN				
114 lbs. High School				
M. Karr	135	75	170	380
132 lbs. Teen				
J. Talbert	185	95	225	505
148 lbs. Pure Novice				
F. Brown*	255+	110	280+	645+
Masters-2				
P. Davis	240+	160+	245+	645+
Power Sports	CR	BP	DL	TOT
YOUTH				
90.25 lbs.				
J. Phillips	45+	80+	165+	290+
GIRLS				
High School 123 lbs.				
C. Welty	62.5+	77.5	170	310
MALE				
198 lbs. Masters-2				
P. Titzer	110	205	375	690
Masters-3				
J. Racklin	110	180	300	590
220.2 lbs. Teen				
J. Lenee	70	135	335	540
Masters-1				
B. O'Dell*	125	305+	475	905
242 lbs. Masters-1				
R. Whitmire	150	450+	375	975
Masters-2				
W. Garland	150	315	405	870
275 lbs. Masters-3				
R. Hesterly	150	280	425	855
Masters-3 187 lbs.				
J. Racklin	105	205	305	615
SHW				
Masters Pure				
J. Phillips	185+	405	460+	1050
PUSH-PULL	BP	DL	TOT	
Submasters-2				

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This Curl Attempt by 44-year old Rick Whitmire didn't go, *but the APF/WBC 1995 World Bench Press record holder still turned in an outstanding day with a solid 150 pound curl, 450 pound state record bench press and a 375 pound deadlift. Watching Rick is Kajo Powerhouse teammate Willis Garland. (Photograph Smitty)*

148 lbs.
J. Olive 235+! 400+! 635+!
Masters-2 220 lbs.
B. O'Dell 305+! 475+! 780+!
242 lbs.
B. Tabaka 225+! 490+! 715+!

!!=Personal Record. !=American Record. +=State Record. *=Outstanding Lifter. The original idea behind the NASA Tri-State Regional Championships was to raise a little money for the Flora High School cheerleaders and to have a little fun. The meet wasn't conceived to be BIG, but more of a neighborhood-type meet. A little bigger than a gym meet, but not a lot. Things began to get tense leading up to this year's meet when the number of entries exceeded the 44 trophies ordered from Niles Anderson. Things settled in with nearly 50 bodies and only a couple participating in more than one division. Still, there was the pressure of pulling it off in a timely fashion, with close, confined space. The "Gill Group" of Danny, Cheri, son Mitch, along with Danny's sister Diana enlisted some outstanding help in the form of Dr. Daryl Johnson and his lovely wife Tobey, along with local powerlifters Kay Lamb, David Riley, Brian Lane, April Smith. Bethany Schwaninger, and Kevin Thies to not only run the meet in a timely fashion (trophies given out before 5 p.m.), but also to make everyone feel comfortable and able to enjoy the meet. Helping with the judging were Dr. Frank Hettiger and co-meet promoter Mable Smith. NASA High School National champion Jordan Wathan used the meet to test judge for her referee's card. But, lifting is what any power meet is ultimately about and with 67 state records broken, the meet was more than successful. There were also several American records either broken, or established. NASA's new Push-Pull Division saw a trio of entries with James Olive, Blake O'Dell, and Bob Tabaka all setting State and American standards for their respective classes. Bob also broke the existing Master's record, and established one in Master's 2 Power Sports squats. The meet drew a half dozen Youth Division lifters with hometown favorite Gabrielle Brown stealing the show and the Outstanding Youth Lifter trophy by amassing 129 out of a possible 135 points. Gabrielle's final dead lift of 155 pounds was right at the NASA limit of 1.5 times the bodyweight for Youth lifters. Keeping things in the family, older sister Felicia turned in an excellent first meet to win the Women's Outstanding Lifter trophy. Felicia, who is also one of the cheerleaders the meet raises money for, capped off a perfect day with a 280 pound deadlift. She and little sister were two of just three lifters to post a nine-for-nine day. The other little with a perfect day was Olney's Bob Tabaka. Felicia's counterparts were a pair of lifters from K&P Gym in Breese. Travis Henkel recorded State Records in the squat, dead lift and total on his way to winning the Outstanding Lifter trophy for the teenage division. Travis's opening squat of 290 pounds cracked the existing mark. He just missed - twice - in an attempt to break the 148 pound bench press record, but came back strong to establish a new standard in the deadlift of 310 pounds for a State Record 815 pound total. Teammate Keith Monken recorded just one state record, but his 1,035 total was more than enough for him to claim the Outstanding Lifter trophy in the Lightweight Division (181 and less). K&P Gym swept the men's powerlifting awards when veteran Bill Luebbers dominated the Men's Heavyweight Division. Bill also broke all the existing State Records of Danny Gill, with Danny serving as a spotter-loader for the meet. Bill's comeback meet saw the 207 pound lifter cruise through squats of 530, 580, and 610 pounds. He was just as impressive with bench attempts of 390, 410 and 410 pounds. The Breese Little was greeted with "Bill! Bill! He's our man! If he can't do it - nobody can!" by the Flora High School cheerleaders as he prepared to step onto the platform for his first deadlift. He ripped the 530 off the floor, but failed to get white lights on his second attempt. He came right back to easily lock out the 580 pound final effort for a 1,610 total and the Best Lifter award. It was Justin Evans, from H&B Fitness in Centralia, IL, claiming Outstanding Lifter honors in the bench press with rock-solid lifts of 400 and 425 pounds - at a bodyweight of 236 pounds. The final Outstanding Lifter trophy went to Blake O'Dell, who made the long trip down from Sycamore in northern Illinois. Blake curled 125 pounds then pushed up a 305 State Record bench press before closing the day with a 475 deadlift for a 905 total. The meet also featured a pair of "Olympic" lifters with Willis Garland, from Decatur, IL and Jon Racklin from Olney, IL participating. Willis, the 2002 World Masters Games champion in the 50-54 age group and four-time National Champion American Record holder in the snatch turned in a huge 150 pound curl and 315 bench in the 242 class. Jon, making his second appearance at the Tri-State and fresh off competing in the Pan-Am Games, curled 110 pounds at a bodyweight of 187 and the age of 67. Team Kajo Powerhouse was well represented with Garland, O'Dell and Rick Whitmire. Whitmire, the 1995 APF/WBC World Record holder, posted a 975 total. Rick has prosthetic legs from just below the knees. The larger than normal number of lifters also set the stage for a team competition with the three teams limited to just six lifters and the order of finished based on average team coefficient. The home team finished a distant third, while the Mustang Power Team placed second with K&P Gym carrying home the big trophy. The excellent turn out generated approximately $2,000 for the Flora High School cheerleading squad, but an outstanding day of those who train to share some time with others who love to challenge themselves and the iron waiting to beat them. Plans are already underway for next year's Tri-State with the decision to limit the size of the meet to the first 50 lifters. Smitty and Mable both want to thank all the lifters, parents. friends, family and spectators who attended the meet. but also want everyone to know without the best support staff in the sport, the Tri-State Regional could never happen. (Thanks to Smitty for these meet results)

12-year old Gabrielle Brown *sets up for her second deadlift at a weight of 145 pounds. Gabby finished with a perfect score of 15AA at a weight of 155 pounds to claim the Outstanding Youth Lifter Award. (Photo courtesy of Smitty)*

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Big Dawg BP/DL Record Breakers
17 APR 04 - Clyde, NY

BENCH
165 lbs.
(12-13)
T. Carroll 135*
SHW
(35-39) R
M. Gerkin 135*
198 lbs. Open
C. Hewitt 380
220 lbs. (40-44) E
J. Mitchell 420
Open R
R. Barber 400
M. Zane 370
242 lbs. (55-59) R
D. Haensch 245*
(45-49)
W. Carroll 400*
275 lbs. R (40-44)
R. Murray 440*
(35-39)
C. Gandino 385
319 lbs. Open
S. Rogers 500*
DEADLIFT
220 lbs. Open
J. Cuyler 615*
181 lbs.
(45-49) R
J. Carioti 440*
275 lbs. Open R
K. Conklin 605

Ironman	BP	DL	TOT
165 lbs. R (12-13)			
E. Houseknecht (16-17)	115*	155	270
M. Ehler (18-19)	200*	335*	535
J. Featherly (35-39)	240	380*	620
J. Sykes 198 lbs. (18-19)	225*	350	575
N. Peters SHW Open	315*	455*	770
D. Valesquez 220 lbs. R (14-15)	125*	250*	375
B. Hanvey (40-44)	265*	400*	665
M. Peters (14-15)	300	370	670
J. Brown 242 lbs. (35-39)	255*	395*	650
M. Harrison Open	370	540	910
D. Eddy 275 lbs.	460	540	1000
C. Houseknecht 319 lbs. (40-44) L	250	400	650
S. Rogers	500*	350	850

*=State record. Steve "Big Dawg" Rogers benches 500 finally! The Big Dawg Bench Press / Deadlift Record Breakers was a terrific day of lifting. 12 AAU NYS bench press records were set and 8 deadlift records were set. Deadlift records were set by: Matt Ehler 165 raw 16-17 335#. Josh Featherly 165 raw 18-19 380#. Nick Peters 198 raw 18-19 455#. Danielle Valesquez SHW raw 250#. Billy Hanvey 220 14-15 raw 400#. Jeremey Brown 14-15 395#. James Carioti 181 Open raw 440#. Jeffrey Cuyler 220 Open 615#. Bench records were set by: Erik Houseknecht 165 RAW 12-13 115#. Matt Ehler 165 raw 16-17 200#. Jamie Sykes 165 raw 35-39 225#. Nick Peters 198 18-19 315#. Billy Hanvey 220 raw 14-15 265#. Jeremey Brown 220 14-15 255#. Richard Haensch 242 raw 55-59 245#. My great friend and training partner R.L. Murray 275 raw 40-44 440#. My quest for 500# has finally ended. What a great day to break the 319 Open 40-44 and Lifetime Steve Big Dawg Rogers benched 500#. This has been a long journey with plenty of shoulder problems and personal hardships, but I finally did it. There has been plenty of support and help along the way. First, my wife Michelle who has loved and supported me through all of this. My guys RL Murray who I have lifted with for 15 years and never let me give up. We always
pushed on together RL. Rich Molisani, my lift off guy, who always told me this would happen and always there on training night to encourage and not let me get down. To my great friend Tom Kristoff, who I have been through a lot with at all of our lifting meets. We have talked endless hours about lifting. To my uncle Terry Stafford, who has supported me on training nights as well as attending 45 out of my 53 meets, thanks for all of your input. To my cousins Jason Stafford and Brett Wells, always there to get my shirt set on training day and meet day. Thanks for making me laugh and supporting me guys. This 500# bench was a team effort, we did it guys. Special thanks to Val Stowell my massage therapist for 11 years. Thank you for keeping my body intact and lifting all of these years. To my chiropractor Dr. James Yadanza thanks for keeping my back together. You two are the best. I would not bench 500 without mentioning my brother Fred Rogers. This lift is dedicated to his loving memory. Thanks to Lancasters Partyhouse the official New York AAU lifting facility. My spotters Mark Howell, Rich Molisani, and Brett Wells. My set up and tear down crew, Rich Molisani, Terry Stafford, Jason Stafford, RL Murray, Brett Wells, Jim Lee and Mark Howell. My wife Michelle for everything you do to make these meets the best. To Christy Wells thanks for taking care of admission. Special thanks to Mark Harrison for announcing the first flight and my 500# bench. Thanks to all of these people, you are the best. (Thanks to Steven Rogers, AAU NYS Chair, 500 bencher!, for results)

***Dave Downey** with a state record 255 BP @ 60-64/165 at the SLP Wolf Pac Championships. (both photographs courtesy Dr. Darrell Latch)*

USAPL Bench Qualifier
18 AUG 04 - Seattle, WA?

Men	BP1	BP2	BP3
SHW			
Open/M1			
B. Gillespie	625	675	pass

(Thanks to USAPL for providing results.)

SLP Wolf Pac BP/DL
18 SEP 04 - Sun Prairie, WI

BENCH PRESS
submaster women
165
Colleen Doll 145*
women 40-44
181
Kim Long 120*
men 16-17
165
Scott Potter 225
junior men
220
A. Mickelson 475
Jeff Zastrow 420
submaster men
242
Bill Morse 405
275
Eric Bauman 410
Gary Gulseth ——
master men 40-44
181
A. Williams 340
master men 45-49
220
Gary Koch 195
men 45-49 (raw)
220
D. George 300*
master men 50-54
198
D. Mickelson 255
men 50-54 (raw)
242
Terry Turner 360*
master men 60-64
165
Dave Downie 255*
open men
165
J. Hemmrich 320
308
Guy Powell 475
Lee Gaffigan 430
DEADLIFT
submaster women
165
Colleen Doll 255*
(4th) 275*
women 40-44
181
Kim Long 305*
(4th) 320*
submaster men
242
Bill Morse 660*
master men 45-49
181
Scott Hubert 560
Jeff Brewer 485
220
Stu Coogan 500
242
Mike Rufflo 580*
open men
308
John Page 715*
Lee Gaffigan 660

Best Bencher - AARON MICKELSON. Best Deadlifter - JOHN PAGE. * Son Light Power wisconsin state record. The Son Light Power Wolf PAC Bench Press/ Deadlift Championship was held September 18, 2004 at the Prairie Athletic Club in Sun Prairie, Wisconsin and sponsored by Celtic Wolf Promotions of Ixonia. Thanks to Kim and Kimberly Long for their assistance in organizing this event and to Sun Prairie Fitness Director Randy Thompson for the set up and everything else he did in making this a successful competition. In the bench press event "the meanest woman" in Sun Prairie, Colleen Doll, was competing for the first time. Lifting in the sub master women's 165 class Colleen set the Wisconsin state record there with a strong 145. Also competing for the first time was Kim Long, who won the master women's 40-44/181 class with a new state record of 120. Our only teenager, Scott Potter, won at 16-17/ 165 with 225, making just his opener. In the junior men's division Aaron Mickelson won at 220 with his 475 opener, failing with 500 twice. Aaron also won the best lifter award for the bench competition. At second place for the 220's was Jeff Zastrow with his 420 opener. Both of these boys have 500 in them! In the submaster division Bill Morse took the 242 class with 405 while Eric Bauman won at 275 with 410 when Gary Gulseth failed with his opener of 520. Anthony Williams finished with 340 and the win at 40-44/181 while Gary Koch won at 45-49/220 with 195. Dennis George, a great meet promoter from LaCrosse, Wisconsin, set the state record for the 45-49/242 'raw' division with 300, coming off of shoulder surgery earlier this year. At 50-54/198 it was Dave Mickelson, having some problems with his shirt and settling with 255. Terry Turner, also competing in the 'raw' division, set the state record at 50-54/242 with 360. Terry is usually over 400, but had lost thirty pounds over the last few months, and it kind of took its toll. Start eating again, Terry! Then at 60-65/165 we had Dale Downie, who went three for three to finish with a new state record of 255! In the open division Jeremy Hemmrich only got in his opener of 320 for the win at 165. Guy Powell, struggling with a slight pec injury, only attempted his opener of 475 @ 308, passing on his final two attempts. Lee Gaffigan finished in second place with 430. In the deadlift competition we saw the return of "the mean one", Colleen Doll. As she approched the platform Big John Page, who weighed in at 290, must have been in her way, so she just knocked him down, also knocking over the lights and both side judges. Boy,

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John Page got his own SLP state record at the Wolf Pac meet with a 715 deadlift at 308 open class.

when she's ready to lift, she's ready to lift! Colleen finished with 255 then came back with a personal best 275 for her final attempt. Both were new Wisconsin state records for Colleen. Kimberly Long also had a great day of lifting, breaking the state record for the 40-44/181 class with her 305 third and 320 fourth attempt. You can sure tell she has been trained by her husband, also named Kim Long, who is recuperating from successful knee replacement surgery, and another great powerlifter. Bill Morse won his second title of the day at submaster 242 with a new state record pull of 660. In the master men's 45-49 division Scott Hubert settled with his opener of 560 for the win over Jeff Brewer, who pulled a successful opener of 485, but also pulled a hamstring muscle and passed on his final two attempts. Stuart Coogan opened with an easy 500, then in typical Stuart fashion, jumped to 560, missing that weight twice. At 242 it was Mike Rufflo with a new state record of 580. In the open division John Page, visibly shaken by his encounter with Colleen Doll, was only able to manage 715, which was still a new Wisconsin state record for the class. John was also awarded the best lifter trophy for the competition. Of course, Colleen felt she was entitled to the best lifter trophy and even threatened to "wrestle" John for it! Like I said, "the meanest woman" in Sun Prairie! Second place at 308 went to Lee Gaffigan, who finished with 660. Sun Prairie Athletic Club is the biggest health club in Wisconsin, with 10,000 members and 350 employees. But everyone, including the staff were just some of the the friendliest people I have ever met! One such person was Jerome Domain, who is a native of Dominica Island. Jerome, one of the trainers at Sun Prairie, competed as a long jumper in the 1996 Olympics, winning the bronze medal at the 1995 World Games. A special thanks to my judges Jack Twet, Kim Long and Jeff Brewer, the spotters and loaders, Casey Long and John Schmied and to Vicki Preuss, who took some great pictures of the meet. See you all again next year! (results provided by Dr. Darrell Latch)

USAPL Rage-X Houston Qualifier
18 July 04 - Houston, TX (kg)

Men	BP
Adam Watson	90
125	
Marc LeBlanc	157.5
100	
Steve Rosenberg	120
Charlie Turco	197.5
125+	
Paul "Tiny" Meeker	337.5
Bobby Leitz	182.5

(Thanks to USAPL for providing results)

USAPL New England Open
15 May 04 - Warwick, RI

Powerlifting	SQ	BP	DL	TOT
Special Olympics				
Sight Impaired				
M. Yontz-190	440	310	415	1235
WOMEN				
D.Hatfield!	440*	285*	385*	1110*
D. Siaga-147	300	235	375	910
D. Aliminosa	215*	95	255*	565*
G. Parisi-112	225	115	265	605
F. Ruggiero	300*	160	325	785*
Masters				
D. Slaga-147	300	235	375	910
D. Farrar-122	220*	100	210*	530*
L. Roderick	195*	115*	230*	540*
Grandmasters				
D. Aliminosa	215	95	255	565
G. Parisi-112	225	115	265	605
S. McKinlay	290	185	295	710
F. Ruggiero	300*	160	325	185*
MEN				
Teen/High School				
C. Leuth-160	420	255	470	1145
R. Fasano Jr	385	220	400	1005
M. Penza-129	275	215	340	130
Z. Abrama-263	460	290	500	1250
E. Tomolilo	420	210	370	1000
M. Ball-173	305	115	385	875
Junior				
M. Petrarca	475	295	475	1245
C. Wasniewski	525	350	625	1500
D. Poulos-179	425	305	540	1270
J. Carpenter	450	360	465	1275
B. King-244	460	335	485	1280
C. Clifford-274	405	310	430	1145
Master-1 (40-44)				
K. Rossi-193	525*	430	525*	1480*
S. Michelson	480	320	540	1340
Master-2 (45-49)				
D. Schuman	515	320	485	1320
J. Ricci-257	570*	350	550*	1470*
J. Speaks-212	500	375	500	1375
B. Leston-186	125	275	425	1025

!=Best Lifter. Meet Directors: Greg Kostas and Rene Moyen. Women's Overall Best Lifter: Disa Hatfield. Men's Overall Best Lifter: Mike Campbell. Team Sandings: 1st - Next Level Fitness, RI. 2nd - Bally's, RI. 3rd - Xaverian, MA. CT State Records: Disa Hatfield - Women's 181 lb. Div. 440 Squat, 285 Bench press, 385 Deadlift, 1110 Total. Matt Vail - Men's 181 lb. Div. 405 Bench press. NH State Records: Donna Aliminosa - Women's 97 lb. Div. 215 Squat, 255 Deadlift, 565 Total. RI State Records: Florette Ruggiero - Women's Grandmasters 300 Squat, 785 Total. Florette Ruggiero - Women's 181 lb. Div. 300 Squat, 785 Total. Dianne Farrar - Women's Masters 123 lb. Div. 220 Squat, 210 Deadlift, 530 Total. Laurie Roderick - Women's Masters 132 lb. Div. 195 Squat, 115 Bench press, 230 Deadlift, 540 Total. Kevin Rossi - Men's Masters 198 lb. Div. 525 Squat, 525 Deadlift, 1480 Total. John Ricci - Men's Masters 275 lb. Div. 570 Squat, 550 Deadlift, 1470 Total. Mike Petrarca - Men's 148 lb. Div. 475 Deadlift, 1245 Total. Mike Campbell - Men's 198 lb. Div. - 620 Squat, 1660 Total. Keith Lambert - Men's 220 lb. Div. 655 Squat, 1620 Total. Officials: Greg Kostas-MA National. Joe Wencus-MA State. Rene. Moyen-RI State. Joe Peters - RI State. Eric Cordiero-MA State (Ppending). Mike Laliberte-ME State. Disa Hatfield-CT State (Pending). Meet Highlights: Disa Hatfield - Women's Open - 440 Squat - 285 Bench press - 385 Deadlift - 1110 Total. Donna Siaga - Women's Open & Masters - 300 Squat - 235 Bench press - 375 Deadlift - 910 Total. Donna Aliminosa - Women's Open & Grandmasters - 215 Squat, 255 Deadlift, 565 Total. Kevin Rossi - Men's Masters-1 - 525 Squat, 430 Deadlift, 1480 Total. Joe Wencus - Men's Grandmasters - 510 Squat, 350 Beach, 600 Deadlift, 1460 Total. Fred Archambault - Mens Grandmasters, 81 years old - 345 Squat, 400 Deadlift. Mite Petrarca - Men's 148 Div. 475 Squat, 475 Deadlift, Matt Vail - Men's 181 lb. Div. 470 squat, 405 Bench press, 525 Deadlift, 1400 Total. Mike Campbell - Men's 198 lb. Div. 620 Squat, 440 Bench press, 600 Deadlift, 1660 Total. Mike Laliberte - Men's 198 lb. Div. 585 Squat, 380 Bench press, 580 Deadlift, 1545 Total. Keith Lambert - Men's 220 lb. Div. 655 Squat, 400 Bench press, 565 Deadlift, 1620 Total. Guy Ziriak - Men's SHW Div.-715 Squat, 500 Bench press. The following lifters went 9 for 9: Sonja McKinlay, Zachary Abrams. This event featured 60 lifters who came from the following stales: MA, RI, CT, NH, ME and DE. The lifting was excellent once again as the results will attest to the quality of the lifters who compete in the USAPL. This event featured a split session on Saturday with one flight in the morning and the other flight in the afternoon. Even lifters who came by themselves had no problem having a fellow lifter assist them with their gear and with words of encouragement during their attempts. This is what separates the USAPL events from others. Thanks to former RI State Chairman David Roderick, whose wife lifted in the event but found time to assist our sight-impaired athlete during all of his attempts. It was most appreciated. Thanks again to Rene Moyen and Next Level Fitness for hosting yet another successful event. Thank you also to Mike of Northeast Fitness for the continued use of his facility. Thanks to all of the judges, spotters, loaders, table help and everyone who assisted with hosting this event. And of course, thanks to all of the lifters who support our USAPL events - these meets are for you. On a personal note, this event marked my 25th consecutive year of running powerlifting events. I ran my first contest back in May of 1979 at 18 years of age with the help of my "Power1ifting Father" Joe Zarella. For Those of you who are too young to remember, Joe Zarella ran powerlifting events for at least 25 years and kept New England powerlifting going until others could pick-up the torch! Joe was the "unofficial" father of Women's powerlifting back in the 1980's and also brought powerlifting some television coverage as well. Without Joe's help and guidance, I could never have done this alone. And now, with Rene Moyen's help and the members of Next Level, I look forward to at least another 25 years! God Bless, Yours in Powerlifting. (Thanks to Greg Kostas for these results)

11th Miller's Ironhouse Natural BP
12 JUN 04 - Cumberland, MD

BENCH		R. Brooks	415
WOMEN		O. Leatherman	415
C. Crifes	100	G. Masters (55+)	
J. Robertson	250	R. Toby Sr.	225
D. Grimes	90	148 lbs.	
Teen		S. Gregory	265
M. Davis	325	165 lbs.	
D. Walker	210	T. Davis	340
L. Darby	235	M. Davis	325
Raw Lt.		198 lbs.	
D. Walker	210	T. Wharton	395
Raw Hwt.		D. Crites	320
W. Sharpe	500	220 lbs.	
D. Leatherman	415	R. Brooks	415
B. Downey	350	R. Toby Jr.	390
Submaster (35-39)		G. Keller	390
W. Sharpe	500	242 lbs.	
J. Richard	330	R. Robinson	540
J. Palmer	300	R. Shiley	325
Masters (40-49)		275+ lbs.	
R. Robinson	540	B. Clark	510
T. Davis	340	W. Sharpe	500
S. Gregory	265	O. Leatherman	415
G. Masters (50-54)			

Best Lifters: Women - Jennifer Robertson. Raw - William Sharpe. Open Lt. - Tim Wharton. Open H. - Randy Robinson. The 11th Annual Miller's Ironhouse All Natural Bench Press Championships were held at Allegany High School in Cumberland, MD on June 12th. I would like to thank all the lifters who came out to support this event once again. Lifters come for Pennsylvania, Virginia, West Virginia, and all over the state of Maryland. The overall lifter in the men's open was Randy Robinson from Summit Point, WV who lifted 570 pounds in the 242 lb. class. Tim Wharton from Lavale, Md was the overall lightweight lifter with his 395 pound bench in the 298 lb. class. In the Raw division, William Sharpe from Upper Marlboro, Md took the overall honors with his 500 pound lift. Jennifer Robertson from Inwood, WV, once again won the overall women's title with her impressive 250 pound press and weighing only 133 lbs. Thanks for your support. May the Lord protect you and strengthen you for His glory. (courtesy of Miller's Ironhouse)

USAPL New Jersey Qualifier
22 Jun 04 Rockaway, NJ

Men	SQ	BP	DL	TOT
165				
J. Benemerito	525	405	545	1475

Meet Director- Jerry Dally-Meet. Meet Sanction #6-04-5. (results courtesy USAPL)

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Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, regulations and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended and/or denied for my failure to obey UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UACP/AWPC has approved in its rules and regulations and drug testing procedures. If I do test positive for banned substance, I agree that the results of the test are conclusive and I further agree to accept the consequences of that positive test regarding my membership.

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If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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Donnie Thompson *went for 804 while the crowd watched and ref Gordon Santee gave him the signal.*

WPO Finals - GNC Show of Strength - 8-10 OCT 04 - Atlanta, GA

GUEST LIFTERS	wt.	SQ1	SQ2	SQ3	4th	BP1	BP2	BP3	4th	ST	DL1	DL2	DL3	4th	TOT/WPO
Kara Bohigian	148	490	534	~~562~~		374	~~385~~	385	~~402~~	920	424	479	501		1421/1421
Amy Weisberger	148	473	529	545	~~556~~	55	—	—		600	435	~~462~~	462		1063/1063
WPO LIGHTWEIGHT DIVISION															
Tony Conyers	165	672	766	~~810~~		413	451	473	~~507~~	1240	611	661	~~705~~		1901/1901
Brian Schwab	148	633	661	~~680~~		473	490	503	~~520~~	1162	573	600	~~617~~		1763/1765
Nick Hatch	148	685	~~710~~	710	735	468	~~485~~	485	~~507~~	1196	512	529	~~540~~		1724/1749
Dan Petrillo	165	655	~~699~~	—		275	418	468	503	1124	523	573	~~611~~		1696/1732
Brian Strickland	165	650	~~727~~	~~727~~		391	407	418		1068	562	595	606		1675/1675
Richard Hawthorne		132	540	611	650	~~275~~	275	~~303~~		925	501	~~600~~	~~600~~		1427/1427
John Reese	165	639	~~683~~	705		~~457~~	~~457~~								
Angelo Berardinelli		165													
WPO MIDDLEWEIGHT DIVISION															
Travis Mash	220	~~859~~	903	947		639	672	696		1642	738	766	~~804~~		2408/2410
Chuck Vogelpohl	220	~~994~~	994	~~1030~~		~~501~~	501	~~595~~		1493	755	804	~~821~~		2298/2300
Dondell Blue	220	870	909	942		501	589	~~600~~		1532	650	710	~~733~~		2243/2243
Ken Patterson	220	~~799~~	837	881		644	694	716	~~740~~	1598	589	622	~~644~~		2221/2221
Brandon Cass	220	804	804	848		501	534	551		1399	722	766	804		2166/2166
Harald Selsam	220	821	909	~~936~~		452	485	~~501~~		1394	672	710	~~727~~		2105/2105
Tatu Avola	198	815	~~859~~	859		462	490	~~507~~		1350	727	~~760~~	~~760~~		2077/2077
Michael Cartinian	198	777	832	859		551	589	~~617~~		1449	567	606	622		2072/2072
Arnold Coleman	198	705	755	815		523	~~556~~	562		1377	650	672	~~705~~		2050/2050
Ron Palmer	181	760	~~845~~	~~845~~		485	518	529	~~551~~	1289	628	661	~~710~~		1951/1951
Dmytro Soloviov	181	~~683~~	683	699		507	~~529~~	529	547	1229	639	~~672~~	~~672~~		1868/1887
Mike Danforth	181	~~760~~	~~815~~												
Ilkka Mursu	198	~~749~~	~~749~~			507	~~529~~	~~529~~							
Mike Roberts	220	738	771	~~804~~		~~611~~									
Kyle Robertson	220	~~843~~	~~881~~												
Mike Coe	198	755													
WPO HEAVYWEIGHT DIVISION															
Jose Garcia	275	942	~~992~~	1008		606	622	~~639~~		1631	749	~~782~~	782		2414/2414
Jason Patrick	275	936	~~986~~	~~986~~		617	633	650		1586	744	771	~~799~~		2358/2358
John Stafford	275	865	~~931~~	~~931~~		650	683	~~705~~		1548	749	804	~~837~~		2353/2353
Marc Bartley	275	964	~~1030~~	~~1041~~		655	688	~~705~~		1653	694	~~727~~	~~727~~		2347/2347
Oleksy Soloviov	242	837	881	903		595	~~633~~	~~633~~		1499	727	777	804		2303/2303
J.L. Holdsworth	275	~~865~~	865	~~953~~		~~733~~	~~733~~								
Chris Mason	242	815	887	920		~~584~~	~~600~~								
Noel Levario	275	881	947	~~975~~		~~622~~	~~622~~								
WPO SUPERHEAVYWEIGHT DIVISION															
Paul Childress	308	1025	1087	1124		661	683	~~694~~		1807	733	771	~~793~~		2579/2579
Donnie Thompson	SHW	970	~~1014~~	~~1014~~		705	749	~~804~~		1719	744	804	832		2551/2551
Beau Moore	SHW	959	1008	1041		722	755	~~771~~		1796	749	~~804~~	~~804~~		2546/2546
Matt Smith	SHW	~~992~~	992	~~1052~~		633	~~683~~	~~683~~		1625	749	~~843~~	~~843~~		2375/2375
Garry Frank	SHW	1025	~~1063~~	~~1063~~		~~810~~	~~821~~								
Jonathon Bernor	308	975	~~1019~~	1019		~~705~~	~~733~~								
Brent Mikesell	SHW	~~1003~~	~~1003~~												
Holger Kutroff	308	~~1014~~	1014	~~1058~~		~~595~~									
Andy Bolton	SHW	970	1058	1118		~~600~~	~~600~~								

(article continued from page 7)
finish it off. 683 was too much in the bench, as was a very substantial 843 deadlift. He passed his 3rd, but still went 2375 ... on just 3 good attempts.

In recent years, Beau Moore had steadily molded himself into the third highest totaling SHW of all time, and today he wanted even more ... after a 1008 squat, he jumped up to a bigger PR of 1041 for a rousing success. In the bench, he was also on a roll, until a gigantic 771 stalled on him. After a 749 DL, 804 would have given him a 2601 total and at least a temporary lead in this very challenging class, but he dropped it on his first try and chugged to a halt early on his final attempt, just 11 pounds back of his PR total. Donnie Thompson had the best lifting day of his life by far, opening huge and going up from there, and his big 832 deadlift put him into 2nd place.

The class of this class was the mighty 308 pounder Paul Childress .... singularly strong, he carefully crafts his massive totals with precise attempt selection. Opening gigantically at 1025, he then bumped it up to 1087, and then stunned everyone with a jump to 1124 for a spot on good lift, followed by a very emotional celebration. In the bench, his momentum continued, until a tough 694 set him back 11 pounds at subtotal. In the deadlift, he steadily pulled away from his competitors, and on his last attempt, the 2600 barrier was his for the bashing, but 793 was not to be. He emerged as the king, in a battle royale of the biggest names in Superheavyweight history.

TwinLab *continued its very generous sponsorship of WPO Championship PL competitions.*

WABDL Oklahoma State BP/DL
17-18 APR 04 - Tulsa, OK

DEADLIFT
MEN
Class-1
165 lbs.
K. Robles 352
220 lbs.
M. Harness 479
B. Tanner 451
4th 468*
242 lbs.
B. Runnestrand 650*
Junior (20-25)
165 lbs.
R. Lenaburg 485*
181 lbs.
C. Bell 584*
Master (40-46)
198 lbs.
T. Welton 490*
Master (75-79)
148 lbs.
S. Berry 253*
Open 165 lbs.
M. Fleming 584*
198 lbs.
N.LaChappelle 523*
Submaster (34-39)
148 lbs.
T. Eggers 529*!
BENCH
MEN
Class-1
148 lbs.
S. Burpo 308*
181 lbs.
D. Garcia 413
4th 418*
242 lbs.
B. Fleek 451
4th 457*
C. Sherwood 424
B. Tanner 292
4th 314
B. Runnestrand 429*
Junior (20-25)
165 lbs.
R. Coffey 369
4th 380*
R. Lenaburg 308
181 lbs.
Z. Jones 319
308 lbs.
J. Erickson 622
WOMEN
Junior 114 lbs.
M. Leach 159
4th 176*
MEN
Law/Fire
Master (48+)
198 lbs.
J. Guardado 236
259 lbs.
J. Park 425*!
Law/Fire
Open 242 lbs.
C. Sherwood 424
Master (40-46)
198 lbs.
P. Radmilovich 352
242 lbs.
T. Luce 441
4th 456*
T. Ward 501*
275 lbs.
J. Stewart 551
SHW
M. Hamby 622
T. McKinney 562*
Master (47-53)
165 lbs.
G. Baker 462
4th 473*!
198 lbs.
J. Guardado 236
220 lbs.
N. Dwinell 430*
242 lbs.
T. Leach 440
308 lbs.
A. Webb 424
Master (54-60)
198 lbs.
J. Snodgrass 330
259 lbs.
G. Knight 424*
Master (51-61) 181 lbs.
W. Smith 242
4th 248*
259 lbs.
(61-67)
J. Duckett 347
4th 360*
148 lbs.
(75-79)
S. Berry 165
4th 170*
WOMEN
Master (54-60)
198 lbs.
D. Delleree 214
4th 220*!
MEN
Open 132 lbs.
A. Hrenchir 314*
148 lbs.
S. Burpo 308*
165 lbs.
G. Baker 462
4th 473*
R. Coffey 369
4th 380
P. Silva 369
181 lbs.
D. Garcia 413
4th 418
M. Rodriguez 485
198 lbs.
P. Radmilovlch 352
P. Thomas 473
220 lbs.
B. Neal 567
242 lbs.
T. Ward 501*
308 lbs.
J. Erickson 622
SHW
T. McKinney 562
WOMEN
Open 114 lbs.
M. Leach 159
4th 176*
MEN
Submaster (34-39)
198 lbs.
G.. Bullington 424*
Teen (13-15)
E. Howard 320
4th 336*!
Teen (16-19)
132 lbs.
B. Harvey 170
148 lbs.
M. Luce 181
181 lbs.
E. Waltrip 358*
198 lbs.
Z. Homer 358
4th 369*
308 lbs.
J. Quickle 435*

*=State Record. !=World Record. In the deadlift Class-1, Brady Tanner, a special olympian, pulled a Kansas state record 468.2 in the 242# class. Needless to say, he was very happy and so was everybody in the audience. At 259 Brandon Runnestrand set an Oklahoma state record 650.2. In junior men at 165, Ryan Lenaburg set an OK state record 485. At 181 Chad Bell, who was the most exciting lifter in the meet, pulled and ripped a 584 Texas state record. In master men (40-46), Tim Welton of Colorado, who has competed in more different states in WABDL then any other WABDL lifter, set a state record 490.5 at 198. He has competed in Michigan, Illinois, Tennessee, Alabama, Utah, California, Oregon, Nevada, Idaho and Texas. In master (75-79) Sonny Berry deadlifted 253.5 for an Oklahoma record at age 77. In open men, Marchand Fleming pulled a 584 at 165 for an Oklahoma record. At 198, Nicholas LaChapelle pulled a 523.5 Arkansas record. In submaster men, Todd Eggers pulled a world record 529 at 148. A tremendous pull and he had more in him. In the bench press in class-1 Scott Burpo pushed an Oklahoma record at 148 with 308.5. at 181 Dell Garcia set a Texas record with 418.7, and at 242 Brian Fleak was very muscular and popped a 457.2 to set an Oklahoma record and to beat two other lifters by a comfortable margin. Special olympian Brpdy Tanner set a Kansas class-1 record with 314 at 242. At 259 Brandon Runnestrand set an Oklahoma record with 429.7. In junior men Randy Coffee set an Oklahoma record 380.2 at only 165. In junior women, Melissa leach set an Oklahoma record at 114 with 176.2. In law/fire master 48+ at 259, Johnny Park set a world record with 425.3. In master men (40-46) 242, Tracy Ward set Arkansas records in both master and open with 501.5. Tony Luce set an Oklahoma record with 466. In master men (47-53) 165#, George Elliot Baker set world records 3 times with 440, 462.7 and 473.7 in a single fly shirt. At 220 Nick Dwinell set an Oklahoma record with 430.8. In master men (54-60) Gene Knight set an Oklahoma record at 259# with 424.2. In master (61-67), Timmy Duckett at 259# set an Oklahoma record with 170.7 at 148#. In master women (54-60) 198#, Donna Delleree set a world record with 220.2. In open men, John Erickson benched 622 but locked out both 700.8 and 716, but got them turned down 2 to 1. He will bench 750 before the year is over. Hi's very athletic and the bar explodes off his chest. He only weighed 288 and is only 23. In teen men (13-15) 198#, Eli Howard was very aggressive and impressive with a world record 336. In teen (16-19) Eric Waltrip set a world record with 358. At 198 Zach Horner set a world record with 369.7 and at 308 Josh Quickle pushed up 435 and was good for 460. He will bench 500 as a teenager. I want to thank Jeremy Murrell, the meet director. The judges were: Richard McKEefer, Jim Snodgrass and Ken Anderson. After the contest was over, a bench contest for reps based on body weight was staged and George Elliot Baker, who set a masters world record at 165 with 473, did 48 reps at 165 and John Erickson did 42 reps at 295! (results courtesy of Gus Rethwisch)

GENE BAKER ... with a WABDL World Record 473 bench press in Masters 47-53 at the Oklahoma State meet. (photo courtesy Baker)

Johnny Park ... (left) benched 425 for an Oklahoma, National, and World record in the 48+ Law/Fire 259 lb. class and Gene Knight (right) benced 424 for an Oklahoma State record in the 54-60, 259 lb. class. (G. Knight)

USAPL Tropical Games (kg)
17 JUL 04 - W. Palm Beach, FL

BENCH
WOMEN
Open 67.5 kg.
D. Lundgren 102.5
MEN
Open 75 kg.
S. Tsuda 702.5
Master (70+)
B. Tinkler 137.5
Master (60+)
82.5 kg.
P. Currey 167.5
Master (40+)
90 kg.
D. Klein 167.5
Police/Fire
C. Lui 165
100 kg.
Master (50+)
G. Walker 185
Open 110 kg.
M. Rogolino 190
D. Braverman 187.5
Master (60+)
D. Braverman 187.5
Open 125 kg.
C. Dixon 227.5
DEADLIFT
MEN
Open 75 kg.
E. DeLeon 237.5
Master (40+)
82.5 kg.
S. Conlin 227.5
Master (60+)
P. Currey 165
Master (50+)
90 kg.
L. Russell 272.5
Open
100 kg.
D. Peterson 227.5
Master (40+)
125 kg.
S. Bloom 295

COMBINED	BP	DL	TOT
WOMEN			
Master (40+) 48 kg.			
B. Lemus	75	87.5	162.5
Collegiate 60 kg.			
R. Monfort	50	90	140
67.5 kg.			
J. Wiersma	42.5	107.5	150
MEN			
75 kg.			
Collegiate			
K. Stofan	112.5	175	287.5
Master (40)			
G. Wright	155	272.5	427.5
Collegiate			
82.5 kg.			
A. Simons	145	200	345
Master (60+)			
P. Currey	137.5	165	302.5
Open 90 kg.			
J. Ulveng	195	275	470
J. Wilsey	160	237.5	397.5
M. Brown	145	205	350
C. Wilcoxson	157.5	192.5	350
Collegiate			
J. McNeil	122.5	200	322.5
R. Hall	110	182.5	292.5
Master (35-39)			
M. Ritter	137.5	207.5	345
Master (40+)			
M. Brown	145	205	350
T. O'Maile	130	192.5	322.5
100 kg. Open			
J. Landau	187.5	265	452.5
J. Dieffenbach	182.5	260	442.5
T. Nelson	155	215	370
Collegiate			
B. Markham	127.5	230	357.5
110 kg.			
Teen (14-15)			
N. Russell	42.5	100	142.5
Teen 918-19)			
J. Scott	120	130	250
Collegiate			
R. Hayne	162.5	195	357.5
Master (40+)			
J. Clark	182.5	295	477.5
125 kg.			
Master (60+)			
C. Mathews	112.5	170	282.5

Best overall female lifter: Brenda Lemus, from Tropic Gym in Margate, FL. Best overall male lifer: Greg Wright, from World Gym in Ft. Lauderdale, FL. Team Champions: World Gym in Ft. Lauderdale, FL - 1st place masters. 1st place collegiate team: Florida Gulf Coast University (FGCU). (Thanks to USAPL for providing results)

APA Largo Open BP/Push-Pull
22 MAY 04 - Largo, FL

WOMEN	BP	DL	TOT
114 lbs. (18-19)			
L. Lang	145	—	—
Open 123 lbs.			
J. Rotsinger	156	315	466
DT			
J. Rotsinger	156	315	466
132 lbs. Teen (13-15)			
J. Christian	195	—	—
G. Ford	387.5	—	—
165 lbs. M1			
W. Rohr	110	—	—
DT			
J. Ball	255	—	—
198 lbs. M3			
M. Churchman	330	—	—
220 lbs.			
J. May	325	—	—
275 lbs. M2			
T. Gainer	440	—	—
DT			
T. Gainer	440	—	—
308 lbs. Open			
J. Humphrey	432.5	535	—
Teen (16-17)			
J. Humphrey	432.5	535	—
M1			
J. McNea1	330	—	—
Novice			
J. McNeal	330	—	—

W=Women. O=Open. DT=Drug Tested. T=Teenage. M1=Master (40-49). M2=Master (50-59). M3=Master (60-69). Some records that were set at this meet: Jackie Humphrey - 432.5 Bench press, WPA Teenage World record & Florida APA Teenage record. Tallie Gainer - 440 Bench Press, APA Florida Drug Free Master Record. Jimmy May - 325 Bench Press, APA Georgia Drug Free master Record. Glen Ford - 287.5 Bench Press, APA Florida Master Drug Free Record. Jordan Christian - 195 Bench Press, APA Teenage (13-15) National Record and APA Teenage Florida Record. Jenn Rotsinger - 156 Bench Press, APA Womens Drug Free Florida Record. Lyndsey Lang - 145 Bench Press, APA Womens Teenage Drug Free Florida Record. Best Lifter Awards by Formula: Lyndsey Lang - Women's Best Lifter (Bench Press). Tallie Gainer - Men's Best Lifter (Bench Press. Jenn Rotsinger - Women's Best Lifter (Push-Pull). Jackie Humphrey - Men's Best Lifter (Push - Pull). An event only turns out as good as the quality of those helping make it happen and we were fortunate enough to have Henry Nguyen, the owner of Millennium Gym & Fitness as the host of this event and his great staff as spotter/loaders. On the platform as referee's were David Little, Joe Dalton, and Florida State Chairman Brian Highnote. These are the individuals that made this a well run event and they did a great job making this a memorable contest. Not to mention, a crowd of vocal and supportive spectators who cheered many of the lifters. On to state records and personal best attempts. To each of these individuals I say thank you for all of your help and support. Although the turnout wasn't huge the quality was great and several records were set. We look forward to holding another event in Largo soon. A special congratulations to those who set records today. I was amazed at the poundages going up from young teenagers all the way up to men in their sixties! (Thanks to Scott Taylor, the APA President, for providing the meet report to *POWERLIFTING USA*)

Camp Fallujah Powerlifting
21 AUG 04 - Fallujah, Iraq

Powerlifting	SQ	BP	DL	TOT
WOMEN's DIVISION				
165 lb class				
J. Gomez	155	125	240	520
MEN'S DIVISON				
165 lb				
M. Williams	400	385	470	1255
198 lb class				
Rick Collins	585	275	460	1320
J. Atkinson	330	275	400	1005
220 lb class				
Worthington	505	345	485	1335
L. Kimmons	385	380	460	1225
R. Norman	405	335	405	1145
242 lb class				
Chris Helm	520	360	600	1480
275 lb class				
I.Washington	315	335	405	1055

Best Male Lifter: Chris Helms (399 points). Best Female Lifter: Jessica Gomez (231 points) Team Champions: 9th COMM. (results from Meet Director Zeke Brown)

Norfolk Powerlifting Team
27 MAR 04 -Norfolk, MA

148 lb.	SQ	BP	DL	TOT
Santiago, H!	450!	265!	500!	1215!
181 lb.				
Burton, D	440	315	565	1320
Carabello, M	350	315	425	1090
Ortiz, F.	315	265	—	—
198 lb.				
Imbriglio, T	570!	380!	505	1455!
Andrews, J	450	325	475	1250
Came1o, M	445	305	491	1241
Carbonic, C	365	305	435	1105
Santos, C	315	—	—	bmb
Martinez, V	—	—	—	bmb
220 lb.				
Delacruz, A	565	310	505	1380
Lund, M	575	290	485	1320
Hlliams, M	405	360	550	1315
Ward, S	490	290	525	1305
King, W	405	315	525	1245
242 lb.				
Moore, J	450	235	511	1196
Doody, M	435	260	455	1150
275 lb.				
Reed, M	605	485!	550	1640

***Meet Director Zeke Brown and Ms. Gomez** at the Camp Fallujah meet*

(!)= No squat/Deadlift suit, Bench Shirt Record. Bmb= 3 Lifters Didn't Complete Meet/ Earned (Bunker Buster Award). Best Lightweight lifter: H. Santiago. Best Heavyweight lifter: M. Reed. Most Improved (+131 lbs.) Lifter: M. Camelo. Head Judge: Dennis Montembault, WPC, 220 lb. Master's World Record Squat Holder (826 lbs.), And Number One Ranked Master's Lifter In The World. Side Judge: Jim Bourgault, APA, 275 lb. Master's Bench Press Record Holder. Side Judge: Carey "Flesh" Williams, NPT Vice-President (squat Judge). Side Judge: Bob Bianchi (Bench, Dead Lift Judge). Coefficient (Strongest Pound For Pound): Santiago, H. 891.68, Reed, M. 875.26, Imbriglio, T. 866.30, Bulton, D. 833.31, Delacruz, A. 770.04, Lund, M. 760.05, Ward, S. 758.07, Williams, M. 738.63, Andrews, J. 734.87, Camelo, M. 729.58, King, W. 691.72, Calabello, M. 677.32, Carbonic, C. 660.56, Moore, J. 653.85, Doody, M. 628.70. Most Improved Lifter: Manny Camelo +131 lbs. From 9/28/03 Senior Meet. Top Three Squats: 1. Reed, M. 605, 2. Lund, M. 575, 3. Imbriglio 570. Top Three Benches: 1. Reed, M. 485, 2. Imbriglio 380, 3. Williams, M.360. Top Three Dead lifts: 1. Burton, D. 565, 2. Williams, M.550, 3. Wald, S. 525. Top Three Totals: 1. Reed, M. 1640, 2. ImbLiglio 1455, 3. DelacLuz, A. 1380. N.P.T. Meet Notes: I would like to start by saying that this meet was filled by some outstanding lifters. All 18 competitors gave it all they had, and a great time was had by all the lifters and spectators. Hector Santiago was the only lifter in the 148 lb. class, and he was by far the bast lifter of the day. He had a very impressive 450 lb. squat, which is a new "No Squat Suit" record, but he wouldn't stop there; he went on to bench 265, and deadlift 500 for yet two more "No Equipment" records. This guy is amazing, and he has told me that he is looking to break the "All Time" Squat record in May, or September. 480 is a big squat, but I believe he can do it! The 181 lb. class has been lacking great power for the past three meets, but Danny Burton brought some respect back with his 1320 total; squatting 440, benching 315, and with the biggest deadlift of the day; 565. Carabello competed for his third time, and he had personal bests in both his squat and bench. Oriz, a first timer, couldn't complete the meet, and was awarded the Bunker Buster Award. The 198 lbs. class was taken by Tim Imbriglio. Imbriglio broke the "No Squat Suit" record held by Keegan, but not before Keegan wrapped his knees, and spotted him. That's what I call sportsmanship. Imbriglio squatted 570, benched 380 to beat his old "No Bench Shirt" record, and deadlifted 505; he totaled 1455 to break the "No equipment" record. The show that Andrews and Camelo put on for second place was great to watch. Andrews competed for his first time, and totaled 1250. He looks strong, and think we converted another one. Camelo came out of the 181s to compete at a heavier weight, and it seems to have worked for him. Camelo came in this meet with very little training, but he surpassed his total from 9/28/03 by 131 lbs. I would love to see what this guy would accomplish is he took powerlifting seriously. That is, if i could keep him out of the visiting room. The 220 lb. class has dome great competition, but when the dust settled, it was Delacruz who stood victorious; taking his weight class for the first time. Delacruz is another lifter who had limited training, but I hope he gets ready for the May or September meet, so we can see his true potential. The story of the day belongs to Mike Williams. Williams has a prosthetic leg, but that wasn't going to hold him back. He squatted 405, benched 360, and had the second biggest deadlift of the day with a 550 lb. pull. Two

These racks have been copied but never duplicated. Coming to the US this December for the IPF Bench Press World Championships in Cleveland. Contact Larry Miller at DrBenchPR@aol.com.

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- Easy to center bar as it rests on rollers.

Squatting:
- One step walk-outs due to angled supports.
- Easy to bring uprights in or out for those who want hands in or out.
- Easy to hook up rubber bands to angled supports.

Benching:
- Fixed lift off platform.
- Easy to hook up rubber bands to angled supports.

other 220 lb. lifters that should be mentioned are Lund and Ward. Lund, a first time competitor, squatted 575 and Ward had the third biggest deadlift of the day, with a 525 lb. yank. With some experience, and some balance in his lifts, Lund should be a great competitor. The 242 lb. class was won by Jason Moore, and he qualified for the team right on the dot. Doody had some difficulties in training, and it showed. I hope to see some improvements next March. Remember Doody, REDEMPTION! The only lifter in the 275 lb. class was Mark Reed, but that didn't stop him from putting on a show. Reed squatted 605 for a personal best, and benched 485 for a "No Bench Shirt" record. He just missed 515 at the lock out, but I see that going up at his next meet. Thank you to all the men who helped us put this show on. Without you we couldn't do it! (This report from John P. Keegan)

APA Houston Record Breakers
24 JUN 04 - Houston, TX

Bench Press				
148 lbs.				
Teen 18-19				
Adam Watson	205			
Open				
Mike Pawlik	230			
220 lbs.				
Submaster 33-39				
C. Maylone	305			
Open				
C. Maylone	305			
220 lbs.				
Master 50-52				
S. Rosenberg	350t			
Powerlifting	SQ	BP	DL	TOT
Men				
148 lbs.				
Teen 11-12				
J. Burttschell	225w	140w	225	590w
181 lbs.				
Teen 13-15				
Joe Sassie	450w	260t	335	1045w
Junior 20-23				
James Evans	565w	330	485	1380w
Open				
R. Durant*	505	345	530	1380
220 lbs.				
Open				
Donny Adams	445	290	440	1175
Master 45-49				
R. Mitchell	405	275	375	1055
242 lbs.				
Master 45-49				
Wagenseller	450	410t	420	1280

275 lbs.
Master 40-41
Marc LeBlanc 375
4th 400t
SHW
Submaster 33-39
D. Prudhomme
Deadlift Only
105 lbs.
Teen 11-12
C. Burttschell 150t
198 lbs.
Master 50-54
Brian Kline 552w

t - Texas Record. a - American Record. w - World Record. * - Best Lifter. The 3rd Annual APA Houston Record Breakers got off to a start on a hot, humid morning on Saturday, July 24th in Houston, Texas. Meet directors were Tom and Maria McCullough, head judge Mark Harris, and side judges Josh Ash and Ann Harris. Spotters were Mike Pawlik, Brian Nugier, and Chris Tucker. The meet got started with the 148's youth division and 11 year old Jesse Burttschell. Jesse opened up on the squat with a 205 for a Texas record and came right back with a 225 for a World record. One his third attempt Jessie just missed 245. In the bench press Jesse was 3 for 3 going 140 on his third for a World record. In the deadlift Jesse hit 225 on his 2nd attempt putting him at a 590 total for a new world record. There was a three way battle in the 181's between 15 year old Joe Sassie, junior lifter James Evans, ahd 25 year old Ricky Durant. Ricky missed 535 on his 3rd attempt leaving him with a 505 squat, Joe just missed a 500 squat leaving him with a 450 for a teen world record, and James just missed a 3rd attempt at 600 leaving him with a junior world record of 565 on his 2nd attempt. In the bench press Joe ended up with a Texas record at 260, while James got 330 and Ricky nailed a 345 on his 3rd attempt. On the deadlift, Joe ended his day with a easy 335 leaving him with a 1045 total for a new teen world record. James and Ricky ended up with twin 1380 totals with pulls of 505 by James and 500 by Ricky. James total of 1380 was more than enough for a new junior world record. Ricky's 1380 total was enough to give him a slight advantage thus winning him the title of Best Lifter. Donny Adams (25) won the 198's with a 445 squat, 290 bench, 440 deadlift and 1175 total. Master lifter Robert Mitchell (48) won the 220's with a 405 squat, 275 bench, 275 deadlift and a 1055 total. Master lifter Gene Wagenseller (45) had a big day taking the 242's with a 450 squat, a Texas record in the bench of 410, a 420 deadlift, and a 1280 total. In the bench press only division 148'er Adam Watson (18) went 195, 205 and just missed 230. Lifting in his first meet ever, spotter Mike Pawlik took a break from his duties and opened up with a 230 missing it. Once Mike settled down he came right back to easily nail 230. On his 3rd attempt Pawlik missed 235. Welcome to the sport Mike! In the 220's submaster lifter Chester Maylone got 285 on his 1st, 305 on his 2nd and just missed 325. Master lifter Steve Rosenberg (52) nailed 350 on his 1st attempt for a Texas record, but came back to miss 360 and 365 on his 2nd and 3rd. Master lifter Marc LeBlanc (41) had a great day setting 4 Texas records. LeBlanc blew up 345 on his 1st attempt, 355 on his 2nd, 375 on his 3rd and came right back to nail 400 on a 4th attempt. The big man from Louisiana Damon Prudhomme, with a big 530 and was just not able to get the weight to the chest. On his 2nd attempt of 550, once again the weight would just not touch. Damon came back on his 3rd attempt and took 565 and once again he still had problems touching the weight to the chest. Look for some big numbers coming form this new lifter in the future. Lifting in the deadlift only division we had Cody Burttschell and Brian Kline. Cody, only 9 years old, lifted in the teen 11-12 division. This was the first time Cody had ever been in a meet and he easily got a your Texas record with his 2nd attempt of 150 pounds. Not bad since Cody only weighed in at 98 pounds. Master lifter Brian Kline (53) opened with an easy 450 coming right back on the 2nd attempt with 500. On his 3rd Brian needed to break 550 to take a new world record so Brian went 552 and easily pulled it the top taking the record. Thanks to Houston ISD for supporting this sport and allowing us to use their facilities. Another thanks to House of Pain for attending this meet. Hope you guys made some money! Thanks also to Inzer Advance Designs and Powerlifting USA for their continued support of both our meets and the sport. A big hats off to head judge Mark Harris, and side judges Josh Ash and Ann Harris, spotters were Mike Pawlik, Brian Nugier, and Chris Tucker and score keeper Maria McCullough who all worked hard to make this meet happen. (Thanks to Thomas McCullough for these results.)

***Big Damon Prudhomme** with a 565 attempt in his first ever competition. (photographs by Tom McCullough)*

***Brian Kline** (53) with a 552 DL for an APA Masters WR. (Tom M.)*

APF Central CA Open & Novice
24 APR 04 - Fresno, CA

BENCH				
MALE				
52 kg. (13-15)				
S. Corner	50.0			
56 kg. 13-15				
A. Nomez	47.5			
75 kg.				
Novice/Open				
H. Rios	107.5			
82.5 kg. Open				
B. Mendoza	205			
90 kg. Junior				
C. Katsapis	205			
T. Orwoll	155			
Open				
John Alvarado	227.5			
John Deloca	135.0			
T. Johnson	127.5			
(45-49)				
T. Johnson	127.5			
100 kg. Open				
R. Girard	227.5			
M. Greg	215			
D. Pefz	137.5			
(16-17)				
A. Contreras	100			
Novice				
Powerlifting	SQ	BP	DL	TOT
60 lbs. Junior				
S. Sheklanian	165	112.5	185	462.5
75 lbs. Open				
B. Burghand	—	—	—	—
82.5 lbs. Open				
R. Smith	197.5	117.5	207.5	522.5
90 lbs. Junior				
T. Orwoll	227.5	155	235	617.5
Open				
J. Kegrice	332.5	177.5	305	815
T. Weston	147.5	135	192.5	475

D. Pefz
137.5
(50-54)
D. Robinson 117.5
110 kg. Open
J. Smith 215
T. O'Neil —
B. Lincoln, Sr.
125 kg. Open
R. Lincoln, Jr.
272.5
M. Cutz 235
S. Dozier 175
(55-59)
T. Agular 160
140 kg. Open
M. Rios 175
SHW Open
D. Coleman
227.5
S. Garcia 210
L. Contreras 195
(50-54)
L. Contreras 195
(40-44)
A. Ramsey —

J. Mendaie	255	147.5	205	
607.5				
(40-44)				
F. Comelas	192.5	122.5	195	510
(60-64)				
M. Sperling	212.5	160	212.5	585
(65-69)				
P. Wilson	215	155	185	555
100 lbs. (16-17)				
E. Charboneau	137.5	97.5	157.5	
392.5				
(45-49)				
R. Arrendondo	227.5	182.5	227.5	
637.5				
(50-54)				
B. King	307.5	172.5	295	775
110 lbs.				
Novice/Open				
J. Aichela	260	165	240	665
K. Kim	200	145	190	535
T. O'Neill	302.5	—	—	—
(60-64)				
R. Bevendsen	200	145	185	530
S. Burgess	342.5	217.5	302.5	
862.5				
125 lbs. (45-49)				
M. Moore	320	182.5	272.5	775
(50-54)				
M. Burrell	272.5	187.5	227.5	
687.5				
Novice				
R. Rodenburg	157.5	142.5	230	530
140 lbs. (45-49)				
W. Faulkner	—	—	—	—
Open				
R. Healy	322.5	260	300	
882.5				
SHW Open				
L. Contreras	150	195	205	550
Novice				
J. Ginoctean	132.5	162.5	227.5	
522.5				
(40-49)				
J. Sheffield	305	265	240	810
N. Benjamin	295	245	227.5	
767.5				
(50-54)				
L. Contreras	150	195	205	550
FEMALE				
148 lbs. Open				
N. Harvey	102.5	65	115	
282.5				
(40-44)				
L. Ponce	—	—	—	—
(60-64)				
E. Keresy	110	47.5	137.5	295
181 lbs. Open				
A. Groenalz	132.5	102.5	135	370
(40-44)				
K. Packer	190	80	157.5	
427.5				
198 lbs. Open				
E. Lawson	145	72.5	137.5	355
(45-49)				
H. Pardi	125	60	145	330
SHW Open				
L. Baldrige	145	75	130	350
Novice				
L. Baldrige	145	75	130	350

Best Lifters: Masters - Pete Wison, Women - Evangeline Keresy, Teen/Jr - Shant Sheklanian, Open - James Kegrice, Novice - Richard Aichely, Bench - Robert Lincoin. Jr. (results - Wheeler's Fitness Equipment)

3rd Fall Classic
12 OCT 03 - Lafayette, OH

BENCH		T. Lochran	320
Open		275 lbs.	
165 lbs.		A. Nediff	345
S. Higgins	400	DEADLIFT	
Master		Teen	
181 lbs.		148 lbs.	
T. Proya	460	C. Warren	355
Open		Open	
T. Proya	460	165 lbs.	
Raw Open		B. Simmons	385
198 lbs.		181 lbs.	
B. Weingarth	225	S. Jones	425
220 lbs.		275 lbs.	
M. Lahna	380	A. Timmas	400
Submaster			

Best Lifter Bench - Tom Proya. Best Lifter Deadlift - Steve Jones. Winner at rep bench was Tom Proya, 33 reps at bodyweight. Musclebound Fitness would like to thank the following: Judges - John Malet, Ralph Young, and Rusty Block. Score Table - Pam and Wes McKee. (Thanks to Kayleen Blackstone for results)

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Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at $24.95 a copy, plus $4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

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TOP 100

For standard 123 lb./ kg. USA lifters in results received from Jun 2003 thru August 2004

	SQUAT	BENCH	DEADLIFT	TOTAL
1	584 Hawthorne, R..4/17/04	391 Booker, M..6/21/03	573 Hawthorne, R..9/6/03	1454 Hawthorne, R..4/17/04
2	505 Kuhns, M..3/20/04	352 Wong, P..5/1/04	570 Holloway, D..1/17/04	1335 Holloway, D..1/17/04
3	490 Holloway, D..7/9/04	340 Petrencak, S..7/5/03	551 Kupperstein, E..3/6/04	1218 Wong, P..4/10/04
4	460 Burkey, J..5/1/04	336 Zehr, A..5/1/04	501 Scruggs, J..4/3/04	1201 Kupperstein, E..3/6/04
5	435 Wong, P..7/19/03	330 Kuhns, M..10/25/03	485 Sanders, B..6/23/03	1179 Scruggs, J..4/3/04
6	435 Garcia, R..11/15/03	325 Zacht, A..2/21/04	473 Garcia, R..11/15/03	1175 Kuhns, M..10/25/03
7	530 Cheyne, S..3/27/04	315 Jasper, C..7/5/03	462 Meadows, S..7/19/03	1135 Garcia, R..11/15/03
8	430 Medina, D..3/27/04	305 Hrenchir, A..3/20/04	460 Snell, K..3/20/04	1135 Cheyne, S..3/27/04
9	430 Brubaker, D..3/27/04	303 Olcsvary..5/1/04	451 Leoni, R..6/7/03	1129 Sanders, B..6/23/03
10	430 Caputo, R..4/17/04	297 Hawthorne, R..4/17/04	450 Caputo, R..4/17/04	1115 Caputo, R..4/17/04
11	418 Lamb, B..10/11/03	292 Holloway, D..7/9/04	446 Hunter, S..2/7/04	1095 Hafenbrack..11/15/03
12	418 Kupperstein, E..3/6/04	290 Faraone, J..5/29/04	446 Wong, P..4/10/04	1090 Olcsvary..11/15/03
13	415 Hafenbrack..11/15/03	275 Williams, V..8/28/04	445 Cheyne, S..3/27/04	1085 Snell, K..3/20/04
14	415 Snell, K..3/20/04	264 Scruggs, J..4/3/04	440 Snyder, S..4/3/04	1080 Hunter, S..2/7/04
15	415 Hill, M..3/27/04	260 Snell, K..10/18/03	435 Hafenbrack..11/15/03	1080 Medina, D..3/27/04
16	413 Scruggs, J..4/3/04	260 Burkey, J..11/29/03	430 Stein, K..3/27/04	1063 Meadows, S..7/19/03
17	410 Martinez, C..3/27/04	260 Cheyne, S..3/27/04	425 Olcsvary..11/15/03	1058 Lamb, B..10/11/03
18	407 Sanders, B..6/23/03	260 Sanchez, E..3/28/04	425 Hill, M..3/27/04	1050 Hill, M..3/27/04
19	405 Parrish, S..8/8/03	250 Krumrie, N..2/1/04	420 Myers, Q..3/27/04	1045 Brubaker, D..3/27/04
20	402 Hunter, S..2/7/04	250 Ortiz, C..3/27/04	420 Salem, N..3/28/04	1035 Guzman, M..3/27/04
21	402 Cross, T..3/19/04	248 Meadows, S..7/19/03	415 Thomas, B..3/27/04	1030 Leoni, R..6/7/03
22	395 Guzman, M..3/27/04	248 Darling, J..12/5/03	413 Nogle, C..7/03	1030 Ortiz, C..3/27/04
23	395 Caseras, T..3/27/04	245 Kabasakalian, D..6/22/03	413 Lamb, B..10/11/03	1030 Snyder, S..4/3/04
24	390 Martinez, A..3/27/04	245 Hafenbrack..11/15/03	410 Medina, D..3/27/04	1020 Myers, Q..3/27/04
25	390 Snyder, S..4/3/04	245 Helms, J..6/12/04	407 Wiltz, R..4/3/04	1020 Burkey, J..5/1/04
26	385 Myers, Q..3/27/04	242 Culp, L..8/2/03	405 Dupuis, D..10/18/03	1015 Martinez, C..3/27/04
27	380 Stein, K..3/27/04	242 Rinn, S..6/5/04	405 Guzman, M..3/27/04	1005 Melancon, S..11/15/03
28	380 Ponce, J..3/27/04	240 Melancon, S..11/15/03	405 Ortiz, C..3/27/04	1003 Wiltz, R..4/3/04
29	375 Olcsvary..11/15/03	240 Medina, D..3/27/04	402 Myers, C..12/14/03	986 Cross, T..3/19/04
30	375 Ortiz, C..3/27/04	236 Sanders, B..6/23/03	400 Figueroa, C..6/28/03	975 Parrish, S..8/8/03
31	375 Clarkson, C..3/27/04	236 Cross, T..3/19/04	400 Melancon, S..11/15/03	975 Stein, K..3/27/04
32	374 Hile, J..3/19/04	235 Morrison, R..3/13/04	400 Horton, C..3/27/04	970 Clarkson, C..3/27/04
33	370 Griffen, K..3/27/04	235 Guzman, M..3/27/04	395 Brubaker, D..3/27/04	965 Martinez, A..3/27/04
34	369 Nogle, C..7/03	235 Caputo, R..4/17/04	390 Clarkson, C..3/27/04	955 Horton, C..3/27/04
35	369 Wiltz, R..4/3/04	235 Navarre, V..5/1/04	390 Ferguson..8/6/04	950 Knox, J..3/27/04
36	365 Melancon, S..11/15/03	231 Hunter, S..2/7/04	385 Parrish, S..8/8/03	950 Faraone, J..5/29/04
37	365 Knox, J..3/27/04	231 Kupperstein, E..3/6/04	385 Badagliacco, J..3/19/04	945 Thomas, B..3/27/04
38	365 Green, R..7/9/04	230 Lamb, B..7/19/03	380 Hughes, H..2/14/04	942 Nogle, C..3/19/04
39	363 Leoni, R..6/7/03	230 Pichay, V..12/14/03	380 Martinez, C..3/27/04	940 Griffen, K..3/27/04
40	363 Ballard, R..4/3/04	230 Voen, V..5/1/04	374 Nash, M..2/7/04	940 Ponce, J..3/27/04
41	363 Tom, K..8/04	225 Leoni, R..7/5/03	370 Kuhns, M..10/25/03	940 Caseras, T..3/27/04
42	355 Mata, L..3/27/04	225 Siddons, B..8/16/03	370 Martinez, Z..3/27/04	936 Ballard, R..4/3/04
43	352 Meadows, S..7/19/03	225 Garcia, R..11/15/03	370 Griffen, K..3/27/04	931 Hile, J..3/19/04
44	352 Rinn, S..6/5/04	225 Martinez, C..3/27/04	370 Ponce, J..3/27/04	925 Wells, B..3/27/04
45	350 Wells, B..3/27/04	225 Knox, J..3/27/04	370 Garcia, F..3/27/04	920 Mata, L..3/27/04
46	347 Ladnier, T..6/5/04	225 Wiltz, R..4/3/04	369 Hile, J..3/19/04	915 Green, R..7/9/04
47	341 Marietta, Leah..4/10/04	225 Cabeza..5/1/04	369 Conner, J..3/19/04	900 Figueroa, C..6/28/03
48	335 Horton, C..3/27/04	225 Awalt, A..5/1/04	369 Clark, W..4/3/04	898 Rinn, S..6/5/04
49	335 Garcia, F..3/27/04	221 Murphy, G..12/12/03	365 Wells, B..3/27/04	885 Garcia, F..3/27/04
50	330 Kirkland, M..4/17/04	220 Smith, T..11/8/03	364 Gordon, K..4/3/04	875 Dupuis, D..10/18/03
51	330 Faraone, J..5/1/04	220 Brubaker, D..3/27/04	360 Knox, J..3/27/04	865 Burgoyne, C..11/15/03
52	325 Figueraa, C..6/28/03	220 Horton, C..3/27/04	360 Pavlovsky, G..6/12/04	865 Nash, M..2/7/04
53	325 Motter, A..1/31/04	215 Myers, Q..3/27/04	358 Dahl, K..3/19/04	859 Badagliacco, J..3/19/04
54	325 Cooper..3/21/04	214 Ballard, R..4/3/04	358 Ballard, R..4/3/04	848 Conner, J..3/19/04
55	321 Hughes, H..6/21/03	210 Burgoyne, C..11/15/03	358 Rowe, C..6/04	845 Rowe, C..7/04
56	320 Thomas, B..3/27/04	210 Hill, M..3/27/04	355 Burgoyne, C..11/15/03	837 Grubbs, C..1/31/04
57	319 Murphy, G..10/31/03	210 Thomas, B..3/27/04	355 Mata, L..3/27/04	837 Marietta, Leah..4/10/04
58	319 Bonner, T..10/31/03	210 Wells, B..3/27/04	352 Jackson, D..10/31/03	835 Kirkland, M..4/17/04
59	319 Grubbs, C..1/31/04	210 Mata, L..3/27/04	352 Cincotta, N..3/6/04	832 Hughes, H..6/21/03
60	315 McClosky..1/25/04	209 Russillo, R..8/15/03	352 Akina, K..5/22/04	832 Dahl, K..3/19/04
61	315 Palacios, B..3/19/04	209 Magierek, T..12/6/03	350 Caseras, T..3/27/04	830 McClosky..1/25/04
62	314 Mayes, J..3/6/04	209 Pineda, I..3/27/04	350 Kirkland, M..4/17/04	826 Murphy, G..10/31/03
63	310 Cunningham..11/15/03	205 Newark, R..11/8/03	349 Ellis, M..6/6/03	815 Bodine, R..4/04
64	310 Milliorn, A..3/19/04	205 Clarkson, C..3/27/04	347 Yamashita, J..12/20/03	815 Martinez, C..5/15/04
65	310 Davis, S..3/19/04	205 Martinez, A..3/27/04	347 Cross, T..3/19/04	810 Bonner, T..10/31/03
66	305 Dupuis, D..10/18/03	205 Green, R..7/9/04	347 Austin, D..4/3/04	810 Clark, W..4/3/04
67	305 Bourgoyne, C..10/25/03	203 Gilpin, P..8/16/03	345 Faraone, J..5/29/04	810 Tom, K..8/04
68	305 Bodine, R..4/04	203 Arnold, G..9/6/03	345 Green, R..7/9/04	804 Jackson, D..10/31/03
69	303 Jackson, D..10/31/03	203 Ramos, A..4/24/04	341 Booker, M..6/21/03	804 Cincotta, N..3/6/04
70	303 Conner, J..3/19/04	203 Akina, K..5/22/04	341 Pfeifer, T..4/3/04	804 Yamashita, J..4/20/04
71	303 Dahl, K..3/19/04	200 Montano, A..7/20/03	337 Marietta, Leah..12/14/03	793 Williams, C..3/19/04
72	303 Williams, C..3/19/04	200 Logsdon, H..11/15/03	336 Grubbs, C..1/31/04	793 Ladnier, T..6/5/04
73	303 Bell, B..4/3/04	200 Griffen, K..3/27/04	336 Ruff, D..3/13/04	782 Mayes, J..3/6/04
74	300 Ramirez, P..11/15/03	200 Scofield, C..3/27/04	335 Manuel, G..12/6/03	780 Cunningham..11/15/03
75	300 Ybarra, M..12/6/03	200 Snyder, S..4/3/04	335 Bures, K..3/19/04	780 Palacios, B..3/19/04
76	300 Barry, J..3/6/04	198 Schultz, M..10/31/03	332 Bonner, T..10/31/03	777 Akina, K..5/22/04
77	300 Momoh..5/15/04	198 Myers, C..12/14/03	330 Kabasakalian, D..6/22/03	771 Bell, B..4/3/04
78	300 Mollica, T..7/9/04	198 Yamashita, J..12/20/03	330 McClosky..10/31/03	765 Moore, D..10/25/03
79	298 Nash, M..2/7/04	198 Nogle, C..3/19/04	330 Schultz, M..10/31/03	765 Momoh..5/15/04
80	297 Martinez, C..5/15/04	195 Stidham, W..2/21/04	330 Mayes, J..3/6/04	765 Bloom, C..6/12/04
81	295 Moore, D..10/25/03	195 Caseras, T..3/27/04	330 Braguine, J..3/6/04	760 Zagone, B..4/17/04
82	295 Rotramel, T..3/19/04	194 Rowe, C..7/04	330 Rotzinger, J..3/14/04	760 Pavlovsky, G..6/12/04
83	292 Deutsch, D..1/31/04	192 Hile, J..11/1/03	330 Williams, C..3/19/04	755 Cooper..3/21/04
84	292 Yamashita, J..4/20/04	192 Arndt, D..12/14/03	330 Bell, B..4/3/04	755 Giorno, J..5/15/04
85	292 Rowe, C..7/04	192 Nash, M..2/7/04	330 Martinez, C..5/15/04	750 Rotzinger, J..3/14/04
86	290 Kelley, C..11/8/03	192 Clark, W..4/3/04	330 Switzer, J..7/04	749 Deutsch, D..10/8/03
87	290 Anderson, D..3/19/04	190 Ponce, J..3/27/04	325 Haislar, E..3/20/04	744 Schultz, M..10/31/03
88	286 Cincotta, N..3/6/04	190 Wilcox..5/1/04	325 Bodine, R..4/04	744 Casper, P..5/21/04
89	286 Badagliacco, J..3/19/04	187 Sarris, M..12/5/03	300 Momoh..5/15/04	740 Milliorn, A..3/19/04
90	285 Tibbs, A..3/19/04	187 Badagliacco, J..3/19/04	320 Bloom, C..5/8/04	740 Cabeza..5/1/04
91	281 Medeiros, T..3/19/04	187 Martinez, C..5/15/04	320 Pataky, B..5/8/04	735 Barry, J..3/19/04
92	281 Ketzner, T..4/3/04	187 Leech, J..6/12/04	319 Nevarez, J..6/21/03	733 Whidden..6/8/03
93	280 Bures, K..3/19/04	186 Bloom, C..6/12/04	319 Gering, J..11/8/03	733 Navvare, V..10/31/03
94	280 Jones, S..3/19/04	185 Parrish, S..8/8/03	319 Wright, A..6/12/04	733 Motter, A..1/31/04
95	280 Oyervidez, C..3/19/04	185 McClosky..1/25/04	315 Barry, J..3/19/04	733 Ketzner, T..4/3/04
96	280 Thompson, A..5/27/04	185 Dahl, K..4/3/04	315 King, M..3/19/04	730 Ramirez, P..11/15/03
97	275 Whidden..6/8/03	185 Bodine, R..4/04	315 Burkey, J..5/1/04	730 Wilson, L..12/13/03
98	275 Casper, P..10/10/03	181 Ellis, M..6/6/03	315 Cabeza..5/1/04	727 Nitzken, D..3/19/04
99	275 Wilson, L..12/13/03	181 Ray, Jessica..7/26/03	315 Sahanoor, R..6/12/04	727 Austin, D..4/3/04
100	275 Riddle, K..3/6/04	181 Green, J..9/6/03	314 Hall, D..10/4/03	726 Montano, A..7/20/03

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Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 132s

Corrections - On the Women's TOP 20 rankings, Michael Soong has pointed out that Stacy Milbauer anc Melissa Falcon were accidentally listed in the 97 lb. class in the results of the USAPL Decemberfest meet, whilce Stacy was actually in the 132 and Melissa in the 165s. Sioux-z Hartwig should have been credited with 948 total and 369 deadlift on the 123 lb. ranking. In the AAU Jr. Olympics results (7/03), Carly Nogle actually weighed in the 132 lb. class, rather than the 123s. Amy Weisberger actually did her 515 squat on 8/8/03 (132 lb. list). Kari Sabin was actually competing as a SHW on 3/22/03. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Box 467, Camarillo, CA 93011.

What They're Not Telling You About Anabolic Steroids!

Unfortunately, there is a popular misconception in the sports world today that anabolic steroids are relatively harmless drugs whose side effects have been blown way out of proportion. That's pure ***nonsense***! The truth is that steroids can totally destroy your life and even kill you.

Are you currently using steroids or perhaps thinking about starting? If so, you owe it to yourself to read the brand new book – ***STEROIDS KILL!*** – by Tom Ciola. Here at last is the unvarnished truth about the dangers of anabolic steroids and other performance-enhancing drugs. It's full of hard-hitting, bone-chilling facts that will make you think twice about using these drugs. The well-researched information and true stories from athletes are guaranteed to present the steroid controversy to you in a way you've never heard it before.

Lies Of The 'Drug Merchants'

Steroids are BIG BUSINESS and many of the people involved with them are anxious to allure others into their destructive and often deadly trap. That's why they hope you never read ***STEROIDS KILL!*** Here's just a brief sampling of the misinformation going around today:

■ The "drug merchants" will tell you that thousands of athletes are using steroids with very *few* cases of serious side effects. Well this is just pure *RUBBISH!* Not only are many steroid users getting sick from using the drugs, ***some are even dying!*** The reason you never hear about these people is because most of them are not famous, would never compete and will never make it into the muscle magazines or national media. But they're out there having all kinds of health problems – not to mention the emotional, psychological and financial toll the drugs are taking on them. And worse, as this book will show you, some are even paying the ultimate price.

■ They'll also assure you that if you use the drugs properly and have regular medical checkups, there's no danger. This is also total ***BALONEY!*** The main reason is that most people who start using these drugs, will never use them "properly." Quite the opposite! It's a known fact that the average drug dosages used by athletes are *out in the stratosphere* – far exceeding anything close to the recommended and safe amounts. And the worst thing yet is that the dosage levels continue to rise.

And as far as medical checkups are concerned – more wishful thinking! First of all, the majority of athletes who start using steroids will never bother seeing a doctor. And as far as blood tests go, understand that at best, they are like a photographic snapshot. They can only tell you about the *present*. In fact, it's quite possible for you to get a reassuring report from a doctor today on a blood test that a week or two later could show numbers that are off the charts. And just as a point of interest, there have actually been several bodybuilders who *have* used steroids under a doctor's supervision and still ended up in serious trouble.

■ They say that steroids aren't addictive but don't you believe it. Bodybuilders and athletes who start using them have great difficulty quitting. That's because it becomes extremely depressing to see steroid-induced gains in muscle and strength start to dissipate the day you stop using the drugs.

How To Order

So before you become another ***steroid statistic***, you owe it to yourself to read this book. It's available for $19.95 (plus $4.95 S&H). So why not order your own personal copy of ***STEROIDS KILL!*** right now! It just may be the most important book you've ever read. To order by mail, just write the words "Steroids Kill" on a piece of paper with your name and address along with a check or money order for $24.90 and mail it to **Athletes Against Steroids**, 731 Kirkman Road, Dept. SK-PL, Orlando, FL 32811.

For even faster delivery, you can order with a credit card either by calling our toll free number at **1-877-914-9910** or by placing your order on line at www.AthletesAgainstSteroids.org

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