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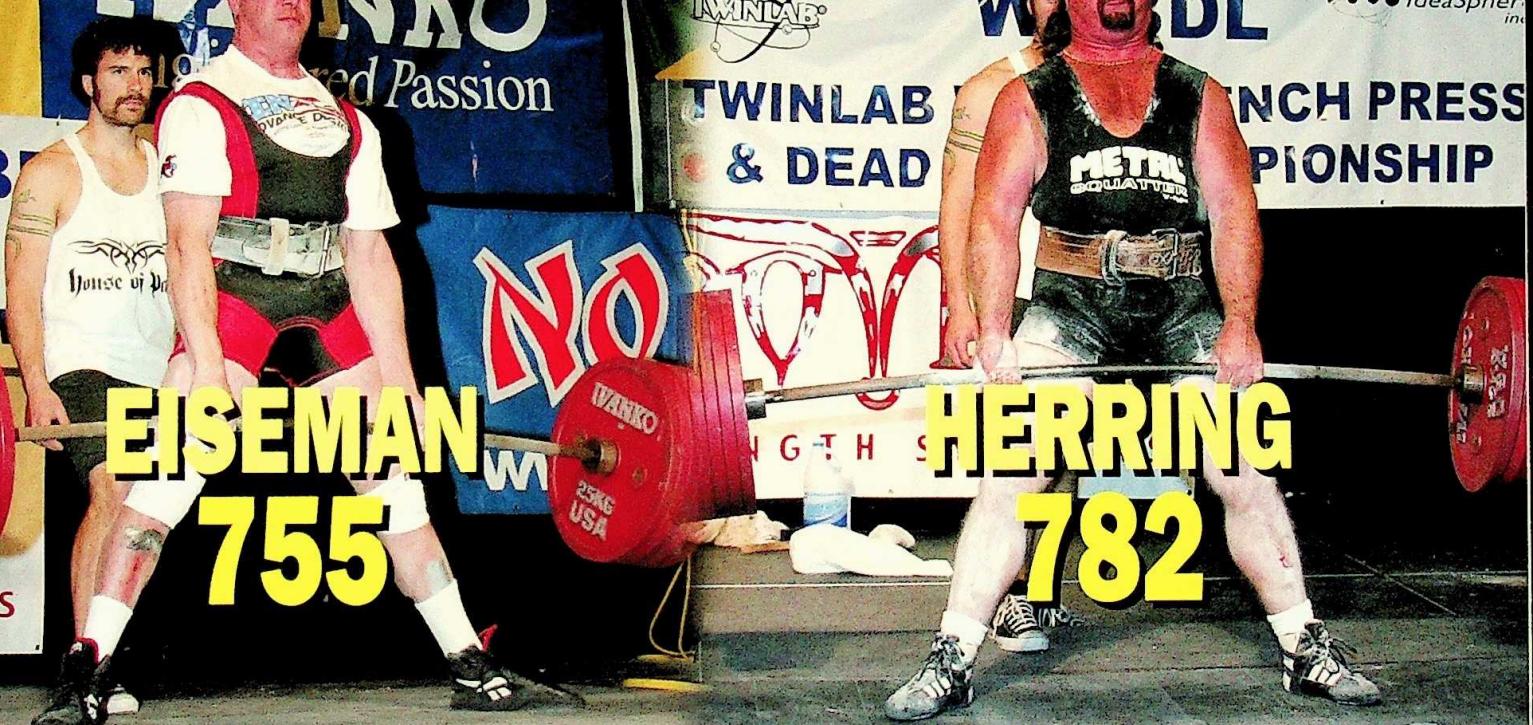
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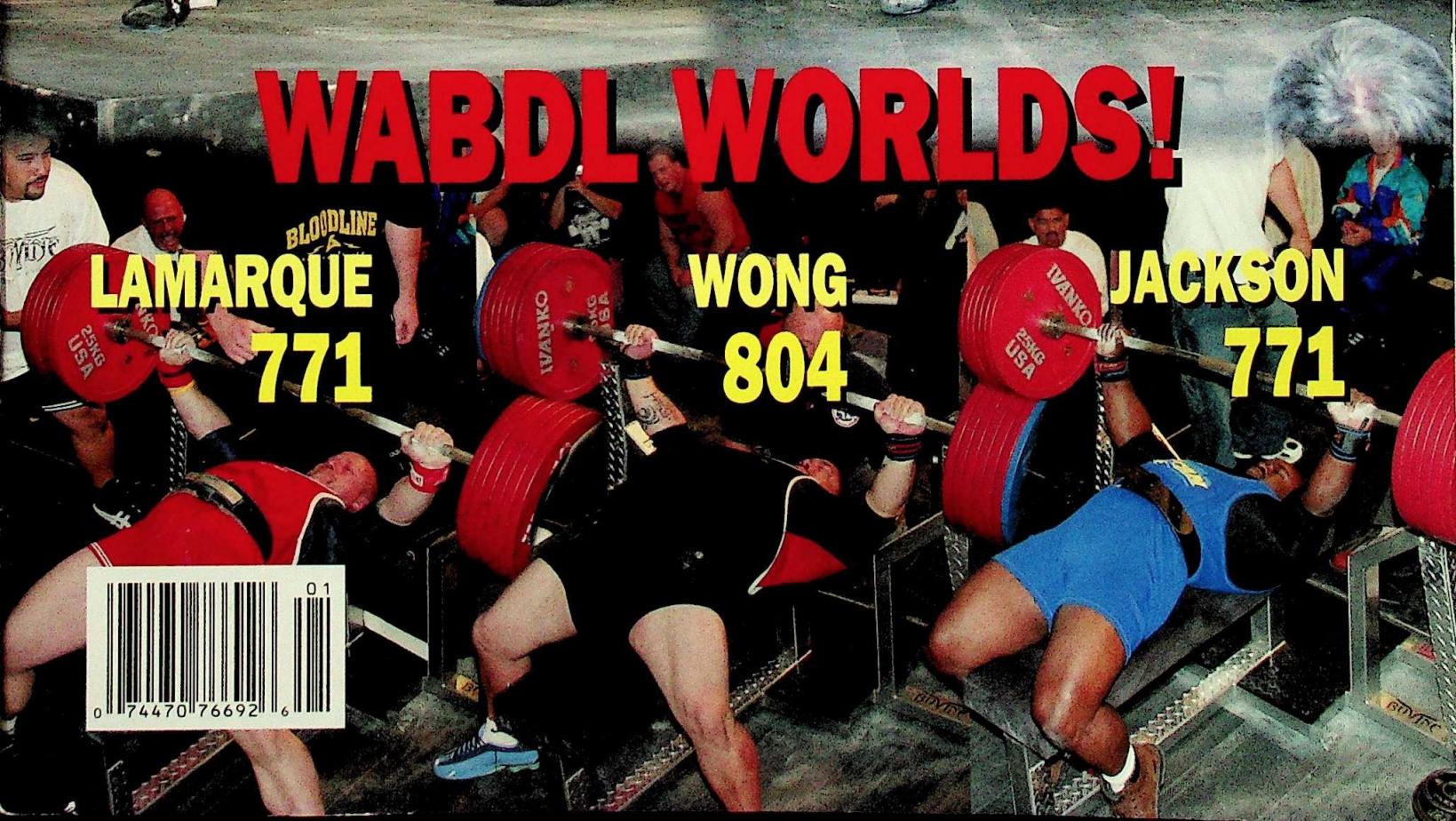
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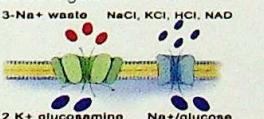
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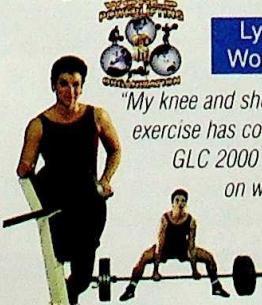


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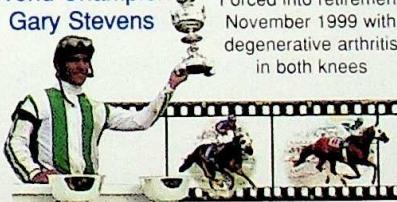
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*ON THE COVER - WABDL Champs Tom Eiseman, George Herring,
Matt LaMarque, Steve Wong, Jason Jackson (Namea Designs photos)*

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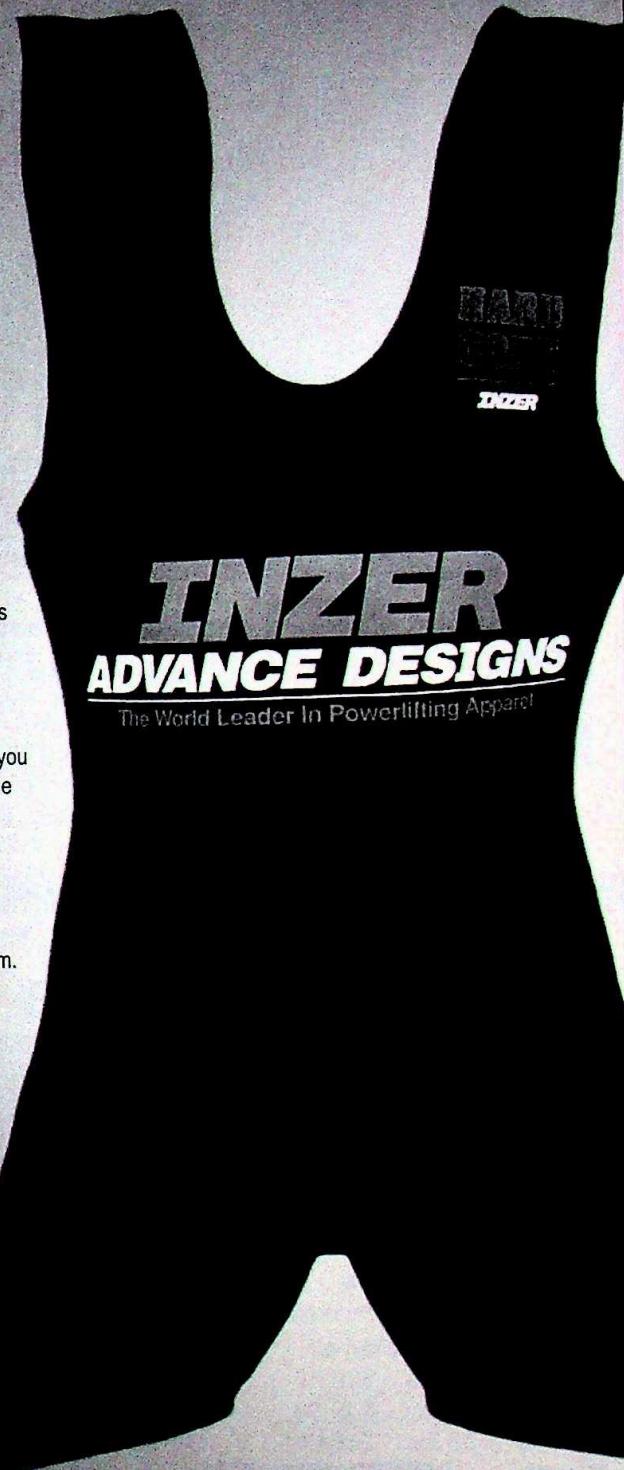
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This was the 8th Annual WABDL World Championships (this year held at the Peppermill Hotel, Reno, Nevada, November 10th-15th). TWINLAB has been the Title Sponsor 5 out of the 8 years. There were 718 lifters who signed up and 682 who actually participated. We had eight more lifters than last year. The progression in years for number of lifters is as follows: 1997 - 290, 1998 - 402, 1999 - 474, 2000 - 520, 2001 - 567, 2002 - 610, 2003 - 674 and 2004 - 682. There were 131 World Records set this year. First, the Deadlift competition report.

In Class 1 Deadlift at 132, Alexander Kang set a Maryland State Record with 374.7#. Tony Pina set a California Record with 507 at 165 - very impressive for any class. Tony Munoz set a Michigan Record with 451.7 at 165 and was 2nd, so Tony Pina won the Worlds with a 56# lead over his closest rival. At 181, Vince Anderson-Lujan was the World Champion with 540. There were 8 competitors. Andrew Kim set an Illinois record with 507 and placed 3rd. Andrew leaves nothing on the platform. He passed out twice from all out pulling at the Nationals in August. Daniel Fischer set an Oregon Record with 462.7 and placed 5th. Robert Staley set a Missouri Record

WABDL WORLDS

by Gus Rethwisch, WABDL President

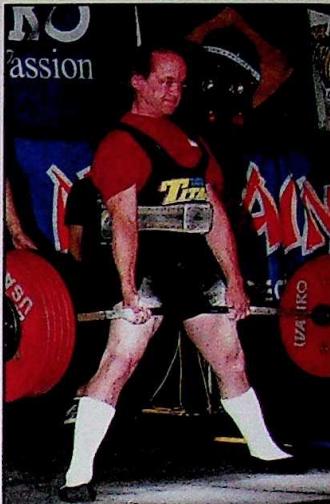
with 380.2 and finished 8th. At 198 there were 6 competitors and Luke Richesson, with only a singlet, won the World Championship with 617 and set an Arizona Record. In 2nd place was an old veteran, Larry Russell, who is 58 and pulled 606 for a Florida Record.

At 220 there were 10 competitors. Doug Tracy of Nevada won the World Championships with 600.7. John Boettger of Missouri was the heavier man and did the same weight, 600.7, for runner up and a Missouri State Record. Dennis Schmidt Jr. was 3rd with a Minnesota State Record 589.5. Lorenzo Nino was 4th with a California Record 585.1. At 242, Carl Erhardt beat out a field of 7 with 622.7 for the World Title. At 259#, Eric Krych set a Minnesota State Record with 677.7 for the World Title. Runner up was Brandon Runnestrand with an Oklahoma Record 672.2. In 3rd Place was Vashon Brumfield with a Washington Record 666.7. Terry Putman of Oklahoma was 4th with an Oklahoma Record 661.2, and Michael Smyser was 5th with a California

Record 529. At 275, Tilden Watson was the World Champion with a Missouri Record 611.7. At Super, David Edgell set a Utah State Record of 688.7 for the World Title.

In Disabled Men, Matthew Taylor was Outstanding Lifter with a 507 at 181. Matthew takes dialysis treatments 3 times a week. At 308, Omar Sanchez set a World Disabled Record with 600.7.

In Junior Men, Stefan Hudson, who lifts for the Washington School for the Blind, set a World Record at 105 with a courageous 214.7 pull. At 132, Quo Le of South Korea set a Korean National Record with 337 and won the World Championships. At 148, Josh Reyes of Illinois won the World Title in a field of four with a 473.7 Illinois State Record. At 165, Ryan Snelling set a Missouri State Record and World Record 606 weighing only 159. Jeremy Benezra was 2nd with 578.5. Blake Richards was 3rd with an Illinois record 486.1. At 181, Andrew Kim won the World Championship with 507 and Bennett Bossert was 2nd with a Minnesota State Record 451.7. At



Dave Edmondson setting a record

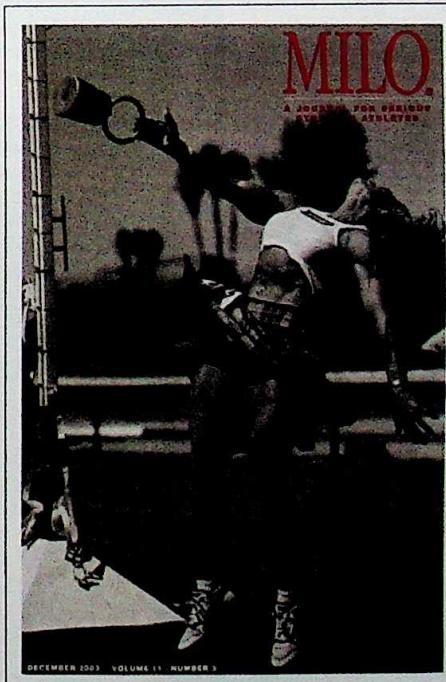
198, Matt Christie of Georgia was the World Champion with 562. At 220, Eric Gunn, the World Record Holder with 723, had to settle for 705 and a World Title. Eric will pull 750 before the year is over. He has a lot of raw talent. Jim Behan of California was 2nd with a State Record 677.7. Steven McShane was 3rd with a Michigan record 611.7. Dennis Schmidt Jr. of Minnesota was 5th with a State Record 589.5 and Davey Silva of Hawaii was 6th with a State Record 562.

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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At 242, Nicolas Lepine won the World's with a 611.7 Illinois State Record and at 259, Ryan Harth set a World Record with a Viking like attitude and a pull of 683.2. At 275, Jerry Pritchett who holds the World Record with 744, had an off day and settled for 650, but it was enough to win the World Championship.

In Junior Women Deadlift, Leslie Guzman of Texas set a State Record with 264.5 weighing only 108#. At 123, Stacie Sakai of Maryland hauled in a huge World Record of 341.5 with the aid of a lot of screaming intensity. At 181, Kristy Scott set a World Record 413.2. Her husband, Mike Scott, also lifted, judged, assisted in the weigh-in room and was extremely helpful in many facets of the meet. He coached her superbly and the result was the World Record. Lisa Elliot of Oregon was 2nd with a State Record, 336. At 198, Francesca Mangaoang-Brodine set a World Record 365.9. She was coached by Bull Stewart. In 198+, Jane Prothman set two World Records, 364.8 and 402.2, and she was coached superbly by Joe Head of Headquarters Fitness. In Law/Fire Master Men 40-47 Deadlift at 148, Dave Edmondson pulled a perfect looking World Record 529. About 3 1/2 times his body weight of 146.8, plus he's 47 years old. At 220, Zach Clark who volunteered to help in the weigh-in room, won Worlds with 644.7 and Yanto Soekardi won at 242 with 655. Both men have pulled 700# in the past.

In Law/Fire Master 48+, Charles McFarland pulled an Oregon State Record 584 at 198 and at 259, Manny Burruel hauled in a World Record 622.7. In Law/Fire Women 48+, Camellia Luprete pulled a World Record 236.7.

In Law/Fire Open, Dave Edmondson set another World Record with 529 at 148 and Charles Walker set a World Record 600.7 at 181, a bigger than your average bear pull. At 220, Law/Fire Open, Matt LaMarque won the Worlds with 661. His best is 688. If you put together his best lifts of 700# Squat, 771# Bench, and 688# Deadlift, you have a 2159 total. At 242 Greg Babst of Oregon was the World Champion with 650. William Hamilton was runner up with an Alabama State Record 600.7 and Derek Arredondo was 3rd with a California Record 584.

In Law/Fire Submaster at 148, David Renn pulled 440.7 for the Gold. At 165, Richard Anderson pulled an Alabama State Record of 407. At 198, Steven Pearson hauled in a World Record 600.7. Barran Stone was runner up with a Texas State Record of 502.6. At 220, Lorenzo Nino ripped up Gold with a 585 California Record. At 259, Lance Davis came up Gold



Precious McKenzie ... still going with a 618.3 Utah and World Record.

In Master Men 40-46, at 181, Tom Eiseman set a World Record 755 at age 45 - a huge over-the-top kind of lift when you consider that the heaviest deadlift in the Open Division for 242# and up was 771. Tom had set the World Record at 198 with 767 in May in Minneapolis. His goal is still 800# at 181. At 220, George Herring smoked 783.6 for a World Record. There was no doubt about this one as soon as it left the floor. He tried 800.1, but couldn't quite get it, surprisingly enough. Rick Garcia of Texas was 2nd with 644 and Zach Clark of California was 3rd with a State Record 644, but was the heavier man. At 242, Al Dawson was the World Champion with 650. Darwin English was runner up with a Nevada Record 606. and Mike Bennett was 4th with a Utah Record 556.5. At 259, Bobby Driskell hauled in Gold with 694. At 308, Andy "Conan" Medak set a Washington State Record 722. At Super, Paul Ratsch was World Champion with 661.

In Master Men 47-53 at 181. Leamon Woodley set a World Record 705.2. At 220, Kevin Fisher pulled a California Record 655 for the World Title and was closely pursued by David Stratton who did 650 and Duane Burlingame of Illinois who shot up a State Record 644. At 242, Jerry Capello set his umpteenth World Record with 727.5. At 259, Dan Davidson set a World Record 699.7. At 275, Ted Stewart set a Nevada Record 600.7 for Gold. At 308, Joe Mickelson won the Worlds with a Washington Record 562.

In Master Men 54-60, Ted Feight set a Michigan Record 369.2. Ted was on the warm-up room computer for 6 days and did a fine job. He is the Michigan State Chair for WABDL. At 181, Robert Krowach set a Minnesota Record with 567.5 to beat out 7 contestants. At 198, Larry Russell set a Florida Record with 606.2 to edge out 6 contestants. Bob Hochstein

of Illinois was runner up with 556.5, a State Record. At 259 at age 60, Mike Fryar won Gold with 622.7 - 11# shy of the World Record. At Super, Randy Patterson set a World Record with 633.7 to go along with his 672 World Record in the Bench.

In Master 61-67 at 198, Dave Holmes set a Washington Record 491.6 to win the Worlds - definitely an above-the-norm lift for his age. At 242, Mr. Back - Bud Davis - set a World Record 644.7 at age 62 - unbelievable considering all of his attempts are stiff-legged. At 308. Manuel Herrera of Utah set a State Record 518. Manuel is a cousin of Ted Williams and has given me some unbelievable pictures of Williams when he played for the Minneapolis Millers in Triple A Ball in 1938 when Williams hit .366, had 46 home runs, and drove in 142. At Super, Donald James set a World Record 463.8.



William Mott .. with a huge pull

In Master 68-74, 69 year old Precious McKenzie of New Zealand pulled a World Record 435 weighing 131.6. Precious is in the Olympic Lifting Hall of Fame.

In Master 75-79, George Blue of Indiana set a World Record 479.5 at age 76!! In the 220# Class. He set a World Record earlier in the year with 507 at age 75 in the 242# class!! The only man in the world to dead lift 500 at age 70 or over and he did it at 75!

In the 181# Class. 83 year old Dr. Donald Dreyer of Louisiana set a State Record 253.5 weighing 167. Dr. Dryer is still a practicing physician!! At 259, at age 81, Cal Davis set a World Record 336. In Master Women 40-46. Sandra Stowers of Georgia set a World Record 266.7 in the 97# class - almost a triple bodyweight deadlift. At 148, Suzanne Hedman set a California Record 347 to beat out 5 contestants. At 181, Cindy Webber pulled in 380 for the World Title. Annette Sozzi-Dangel of

California was Runner up with 363.7. In Unlimited, Jane Morales Costa of Brazil was World Champion with 352.5.

In Master Women 47-53, four World Records were set by: Jeanne Marris 225.7 at 105. Sophia Zadubera of California with 292 at 144, Carol Myers with 415.4 at 123, and Marilyn Lewis with 320.6 at 181.

In Master Women 54-60, 105# Mary Pederson set a World Record 187.2.

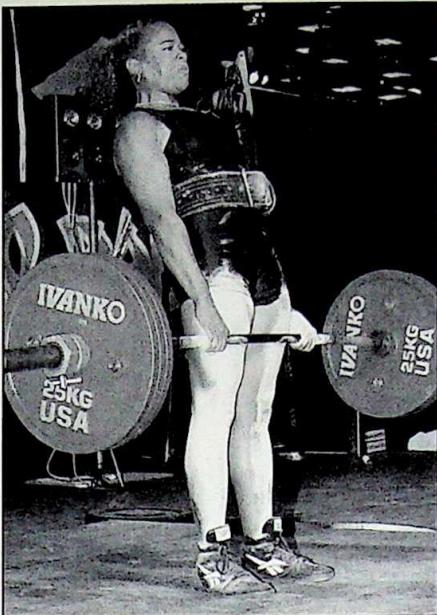
In Open Men, Tom Eiseman and George Herring were the stars with 755 at 181 for Eiseman and 783.2 for Herring at 220, both of them were World Records. At 198, Ryan Lewis was notable with a California Record 705 and Evandro Casagrande of Brazil pulled 727 at 220. At 242, Brent Howard won his 3rd World Title in a row with 733, never underestimate "Sergeant Rock". At 259, Jani Ihalainen of Finland won the World Championships with 705. At 275, Patrick Holloway set an Arizona Record with 766 and got a World Title. At 308, William Mott set a National Record with 771.5. He's about to become an 800# deadlifter. At Super, 400# Brian Oldham won with 744 and David Edgell of Utah set a State Record with 688.7 and finished 3rd.

In Open Women, at 97#, Cheryl Anderson set a National Record 303 with a very gutsy pull and no room to spare. That's more than three times her body weight! At 123, Carol Myers set a World Record 415.4, also more than three times her weight. At 148, Jeanne Watts pulled a California Record 386.8 10 beat out 6 contestants. At 165, Leonetta Richardson pulled a World Record 419.8. At 198, 14 year old, Randalyn Nohara set a Hawaii Record 407. At Unlimited, Dawn Richards of Utah beat a field of 5 with 424.2.

In Special Olympian Men, Jon Shapiro purled 336 at 148 to win Best lifter.



Cheryl Anderson .. going for #1



Jeanne Watts ... (all photos courtesy Namea)

In Submaster Men, World Records were set by Monte Hokoana at 165 with 601.8 and Jeff Ray at 198 with 688.7. The 220# Class was won by Evandro Casagrande of Brazil with 727.5 At 275, Patrick Holloway of Arizona was World Champion with 766 and John Hudson of Illinois was 2nd with a 727 State Record. Dean Munsey won at Super with 705. Flavia Danna of Brazil won 181 with 512.5.

In Submaster Women at 132, Lucia Feraud Montenegro of Ecuador won with 286.5, and World Records were sat by Jeanne Watts at 148 with 386.8 and Teresa Jacobs at 165 with 385.7.

In Teen Men (16-19) 148, Kyle Chiodo of Minnesota set a World Record 540 and was expertly coached by his father. His brother Derek Chiodo pulled 573 at 165 for the World Championships and a Minnesota Record, the only time in WABDL history that two brothers won World Championships. At 308, Nick Heppner of Oregon set a World Record with 700.8 and the 2nd Teenager to deadlift 700 in WABDL. At 259, Jacob Miskimens and Barry Driskell of Washington exchanged World Records at 259 - Jacob winning out with 584.

In Teen Women, World Records were set by: Brittany Braguine of California with 341.5 at (13-15) 148, Randolph Nohara with 407.7 at (13-15) 198, Kayla Tueli with an incredible 462.7 at age 15 in Unlimited, and Marie Rochat with 353.6 In 16.19 148#. Kayla Tueli, again she is only 15, had 501 over her knees!! She is coached by Joe Head. Randolph Nohara, coached by Keith Ward, should deadlift 470# before she turns 20. She is only 14! If Kayla Tueli sticks with it, look for 600# drug free as a teenager!!

Moving on to the Bench Press. In Class 1, Van Williams at 123 set

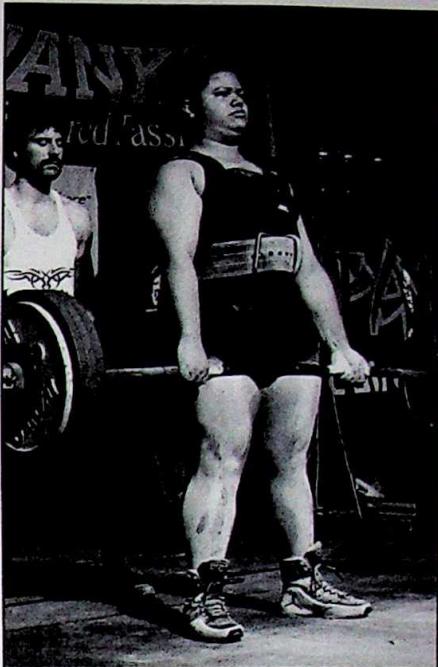
an OK record 187. At 132, Alexander Kang set a Maryland Record 198. At 165, Mark Feldman beat out 5 competitors with the World Title ensured by a Nevada State Record 430.8. At 181, Andrew Kim of Illinois beat out 6 competitors with a State Record 424. At 198, colorful Bill Cox, a biker (Harley, of course), loaded with tattoos and a nice guy and has steadily improved and beat out 6 competitors with a 446 Oregon Record. At 220, Tony Leach tied the Oklahoma Record with 490.5 for the World Title. Doug Tracy was 3rd with a Nevada Record 468. There were 14 contestants. At 242, Janne Heittokangas of Finland won the World Title with 507. He was one of five lifters from Finland. At 259, Michael Smyser of California won the World's with 462.7. Frank Gonzales was 3rd with a Nevada Record 440.7. At 275, Ricardo Nort of Brazil won the Worlds with 573 and Big Jim Presley with 24 1/2" arms cold came in 2nd with 540. At 308, Mario Ceccarelli of Washington set a State Record 523.5. At Super, a Gentleman and Scholar, Leo Contreras benched a PR 440.7 for the World Title.

In Disabled Men, Cody Colchado was Outstanding Lifter with 451.7 at 242.

In Junior Men, Andres Valleza set a Washington Record 380 at 148 for Gold. At 165, John Alves set a California Record with 424 for the World Title. At 181, Stephen Judah set a Florida Record with 485 to beat his closest rival by 60#. Clifton Bonds set an Alabama Record with 402 and Anthony Zaffino set a Georgia Record 396.7 at 181. At 220, Jerame Linnell was World Champion with 490.5. Eric Gunn was 3rd with a Texas Record 451.7. Jason Smith was 4th with an Arizona Record 441.8. At 242, Richard McKeever, who holds the World Record at 220 with 567 won at 242 with 578 and a close shot at 600, but his bench shirt shredded. Richard also helped in the weigh-in room and was a judge. At 259, Michael Womack set a World Record with 601.8. At age 21, he is an up-and-coming star that should hit 700 before too long.

In Junior Women at 123, Erica Haislar, who is the WABDL Illinois State Chair along with John Hudson, set a State Record 176. Jana Prothman set a World Record at Unlimited with 189.4

In Law/Fire Master Men 40-47, World Records were set by Dave Edmondson, Utah, 319.5 at 148, Kenneth Cook, Texas, 447.3 at



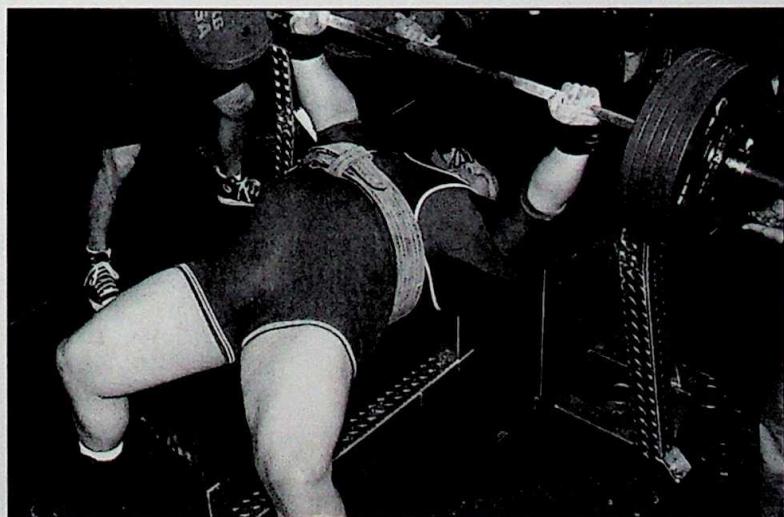
Kayla Tueli ... phenomenal future prospect

165, Reed Bueche, Louisiana, 512.5 at 259, Mike McKenzie, Colorado, 529 at 242, Wayne Watts, Georgia, 601.8 at 308, and Dave Marchant did 650 at Super. Dave Edmondson set 3 World Records in the Bench and Deadlift and also judged. Reed Bueche did a fine job as M.C. for much of the meet and also helped out in the weigh-in room. Mike McKenzie is a lot of fun to get together with and talk about the old days and Wayne Watts is a true Southern Gentleman and huge, 6'5" and 291. For him to bench 601.8 is a major feat of strength. Dave Marchant along with his brother, Randy, are the WABDL State Chairmen for Utah. They put on a WABDL meet every June in Salt Lake City. Next year, the meet is June 25 and it is called the Rocky Mountain Regional.

In Law/Fire 48+, World Records were set by Butch Martinez, California, 429.7 at 220 and Roger Ryan, Illinois, 529 at 259. State Records were set by Kevin Heller, West Virginia, 396.7 at 220, Ed Acey, Utah, 429.7 at 259, Bruce Sabin, California, 479.5 at 275, John Beggs, Illinois, 424 at 275, and John Von Rohr, North Carolina 407.7 at 308. John is the North Carolina State Chair.

In Law/Fire Open, World Records were set by Mark Feldman, Nevada, 430.8 at 165, Charles Walker of California put up a huge 529 at 181, Matt Lamarque, California, put up the highest all-time anywhere in the universe 771.5 at 220, Jason Jackson, Oklahoma, put up the highest all-time anywhere in the universe 771.5 at 242, and Wayne Watts, Georgia, 601.8 at 308.

In Law/Fire Master Women 40-47, World Records were set by Palo Alto, California Police Woman Donna Arndt with 198.2 at

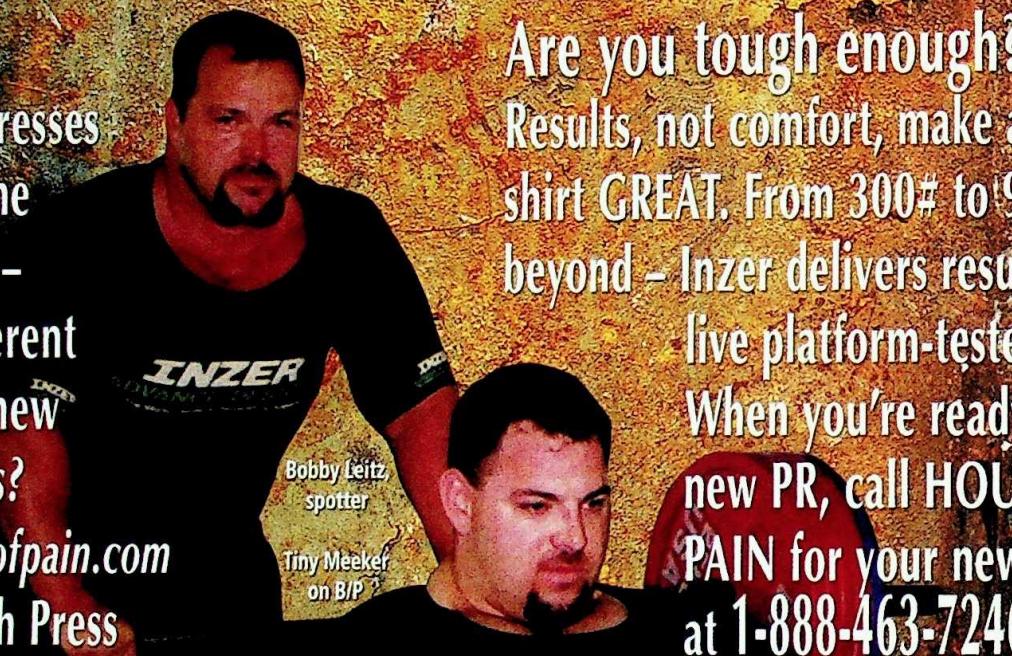


Dave Marchant ... one of the premier bench press competitors at the contest

(continued on page 76)

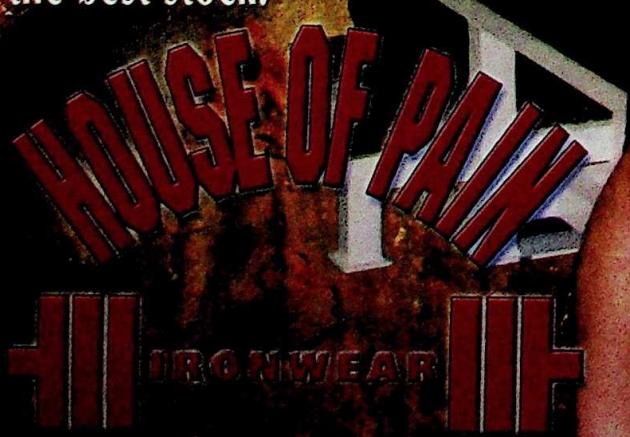
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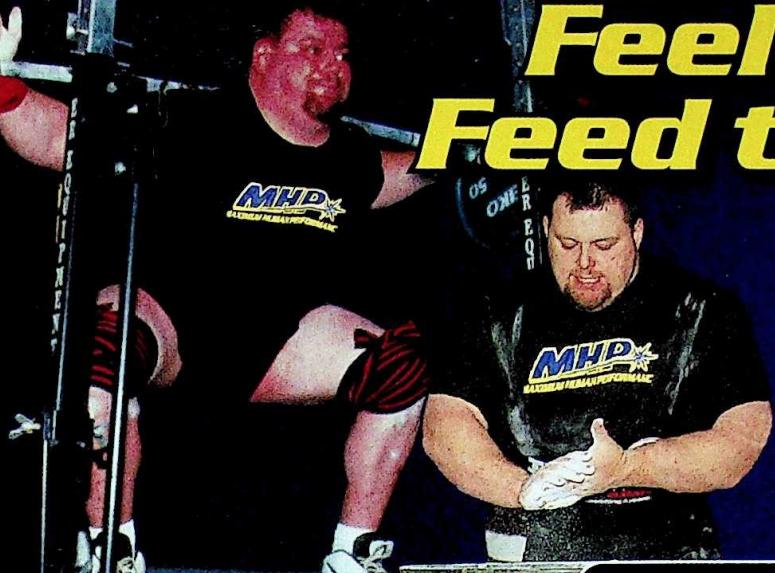
Tiny Meeker benched 800# in a single lift. PAGE X

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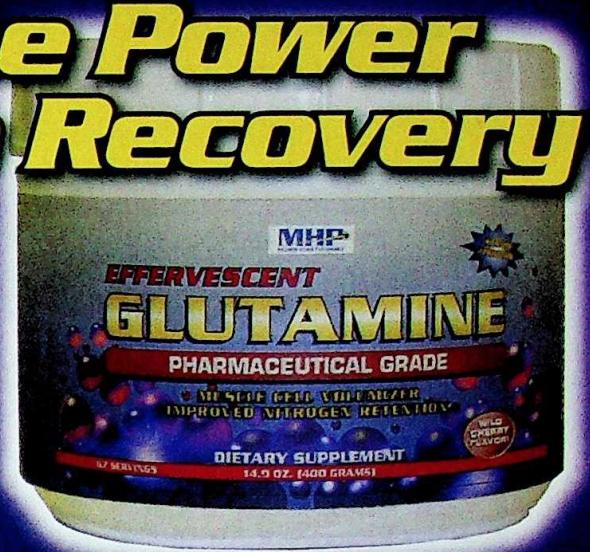
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2004 IPF WORLD MASTERS CHAMPIONSHIPS

5-10 OCTOBER - UDAIPUR, INDIA

by Johnny Graham, USAPL Vice President, Masters Coach/Chairman



At the IPF World Masters Championship - Team USA ... 1st row: Dana Palmer, Paul Houston, Kim Ryman, Gina Stepleton, Faith Ireland, Leigh Haines. **2nd row:** Bill Scully, John Bissen, Dave Clark, Dean Reece, David Bracken, Dan Goodwin. **3rd row:** Will Morris, Johnny Graham, Bill Clayton, Bill Callahan, Jeff Capps, Sean Anderson, Gerry Dally, Bill Collins, Stan Chatis, Bill Helmich, Frank Palmer, Greg Jones (missing from photo: Jim Yeats)

The 2004 World Masters Championships were held in Udaipur, India. Udaipur is known as the City of Lakes, with a population of over 600,000. In India, a population of 600,000 is considered a small town, with the national population of just a little over one billion. I don't know about the rest of India, but in my opinion, Udaipur has to be the Moped capital of the world. You MUST have an operational horn on your vehicle to get around this town. I can't count how many times I thought we were going to run into another vehicle.

Most of the US team members arrived together, either meeting in the Twin Cities or Mumbai (Bombay), India. We were met at the Udaipur airport by the meet director, Subrata Dutta and his staff, and given a ceremonial greeting then bused to the meet headquarters hotel. After a 36 hour trip, we were ready to check into our hotel to shower and rest. The meet staff had other ideas, as they were waiting for us to pay them for our hotel rooms. After some major discussions, and even while most lifters had credit cards to pay for their rooms, we were bused to the hotel and checked in. Two hours later, we were bused back to the meet HQ and then to a local banking office to get cash advances to pay for the rooms.

The US team was housed at the Fateh Prakash, a five star hotel, surrounded by the City Palace. We actually stayed on the same grounds where the King of Rajasthan lived. This place was really prepared for western tourists and we were delighted with the service and the great staff. Everyone involved with the servicing of the hotel was always willing to give us support in whatever we needed. You couldn't ask for a better staff.

After all the rooms were paid for, I had the opportunity to go view the meet site and check out the area. The event was being held at the College of Agriculture, which was about a 15 minute drive from our hotel. I was really surprised when I saw several LARGE posters of Ed Coan all over the area. Ed, are you a master lifter yet? Also, a large background poster of Kirk Karwoski is in every picture taken of the lifters on the platform.

After seeing the warm-up, wrapping, and lifting area, I informed the team that we would be getting very close and personal with our competition. The warm-up area was a hallway with four platforms and the wrapping area about the size of a large bedroom. Needless to say, we were literally walking over each other in the warm-up and wrapping area.

After the technical meeting on Tuesday, we saw a very long traditional Indian cultural show with many dancers. I didn't know a person could dance with 10 feet of bowls on her head while walking on glass and knives. After watching two hours of this, it was time to return to the hotel to prepare and rest for the first day of lifting.

team traveler Gerry Dally were always there to lend a hand and supply great support to the lifters. Working with this dedicated group of veteran lifters made it a lot easier for the newcomers to just do their job of lifting.

As the first day of lifting started, you could see the nervousness of some of the lifters as they were about to perform on the "BIG STAGE". Newcomer Kim Ryman brought a supportive staff with her that was also very helpful throughout the week. Lifting in the 105 lb class, this is one lady that will soon be wearing the Gold medal around her neck. With her coach "Roy" wrapping her knees and keeping her focused, she finished with the bronze with great lifts of 231 sq, 115 bp, and 253 dl. This is one lady to watch out for in the near future as she has only just begun.

Dana (Deutsch) Palmer has really had a hectic two months schedule. After getting married to the best person in the world to help you with bench shirts, Frank Palmer, she was on the team, off the team, and back on the team all within 3 weeks. The new life hasn't sapped her ability as she transitioned into the 114 lb class and gave the team great points with her 2nd place finish. I think her and Frank were still trying to find time to have their honeymoon on this trip, but it didn't happen with all the work they did during the week. She only weighed in at 112 lbs, but was solid on all her lifts. Dana has been on several World Bench Press teams and her bench press powers showed as she won the gold in that lift. Once she gets more comfortable in her new weight class, she will be on the platform with the National Anthem playing. Speaking of the National Anthem, the CD player didn't work, so every time a US lifter won the Gold, the team would sing the National Anthem from the audience. I must admit, we really did sound great singing it.

Leigh Haines is making the transition from a bench press specialist to full powerlifter with great success. After lifting in the Bench Press Nationals three weeks earlier at 114, she went back up to the 123 and garnered much needed team points at 4th place. She proved that her bronze medal in the Masters Bench Press Worlds was no fluke, as she got the silver in her signature lift. I'm sure we will see her on the medal platform soon.

The hardest working person in powerlifting, Gina Stepleton, finally got the chance to stand on the medal platform. As I said earlier, she did an outstanding job before, during, and after the meet, and never had a day's rest. For the past five years, Gina has assisted, lifted, and done whatever was needed to support our teams, and now all her hard work and efforts paid off with a GOLD in the 132 lb. class. As coach for the past five years, I think I was the happiest person in the crowd, as our first Gold medal at this World Championships was awarded to Gina. With John Bissen leading the USA in the singing of the National Anthem, it was an honor to be singing it for Gina and seeing her with her four golds around her neck. A well deserved win for a great person. Washington State Supreme Court Judge, Faith Ireland, has had a run of bad luck at recent world meets, but this year was not the case. After missing her first squat, she came back strong on her second. She was on her way to the silver medal in the 132 lb, M2 class. Faith was our only lifter in the M2 class, but that didn't stop her from some great lifting. She also secured the silver in the squat, bronze in the bp, and silver in the dl. It was nice to see Faith with her million dollar smile on the platform.

What can you say about Paula Houston that hasn't already been said. Now we can add on the title as WORLD CHAMPION. Paula has won many national titles, but fell short at the Worlds, however, 2004 was her year. I have known Paula for many years and this was the biggest smile I have ever seen on her face when she found out she made a clean sweep of the Gold Medals in the 148 lb class. Her only disappointment was once again missing the American record on the bench press. Paula finished up the team lifting for the ladies and with her win, locked up the M1 Women Team title for the USA. This is the 5th straight year that the ladies M1 have won the world title.

As the second day of lifting started, we were always keeping an eye on John Bissen. John is the person most likely to get lost and this was proven as he came a day late from oversleeping in Bombay and missing his plane. When it was time to lift, John was ready and smiling. John was



Gina Stepleton...Assistant Head Coach and 1st place M1 132 lb. (this photograph provided by courtesy of Johnny Graham)



Dana Palmer's ... Silver Medal Winning Deadlift.

also a last minute replacement, as he was given about a three week notice that he made the team and got all the items needed to make the trip on short notice. His hard work paid off as he got the team some very valuable 4th place points and a bronze medal in the squat in the M1 132 lb class.

Not having anyone in the 148 lb M 1 thru M3 was really strange. Not seeing defending World Champions, Lloyd Weinstein and Robert Cortes, with us was very different. But when it came time for the 165 lb class to lift, the coaching staff got busy. David Bracken showed that not only is he a very intelligent man (a nuclear physicist), but also one very strong lifter. David calculates all his lifts down to the ounce for training as he prepares for a meet, along with analyzing years of history on his competition. It must have paid off, as Dave figured his way into 2nd place in the 165 M1 and also took the gold in the bench press. A 606 lb. squat is nothing to forget and he has more where that came from. Look out for some great things from Dave in the future. Jim Yeats brought along his wife, Vicki, with him and I think she put as much work into assisting the team as I did. It was always great to have her there with us and helping whenever we needed it. I guess she knows a thing or two, as Jim is by far one of the best lifters I have witnessed for many years. All his lifts are done with perfect form and it showed with his gold in the deadlift and silver overall in the M3. Jim also walked (flew) back home with the silver in the squat and bench press.

I had to give this guy a story unto himself. A barber from Omaha, NE, with a smile as wide as you can see, at the young age of 72 years, Dan Goodwin was the oldest lifter in the contest. You can't tell he is 72 by the shape of his body. NEVER have I seen someone of his age with as much muscle mass and muscular definition. Dan was in awe at his first world championship. This is a guy who lifts in nothing but a wrestling singlet. His 4th place finish gave us very much needed points as we knew we had a fight for the team title against the always strong team from Japan. This is just the beginning of what he will do in the future.

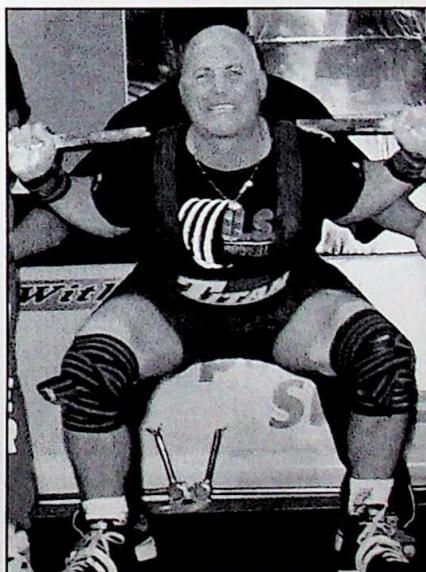
Longtime USA Masters team member Bill Scully had the meet he has been working on for years. I want to make it a point that no one was more proud of him finally standing on the podium with that GOLD medal around his neck than me. Bill has come so close on several occasions, but lost it on the deadlift. Yes, his deadlift also sucked on this day, but he took a commanding lead in the squat and bench press, taking a gold in both events, and just had to sweat out the final

pulls of two Russians for the gold. His New Jersey counterpart, Bill Clayton, pulled triple duty as lifter, referee, and coach during the week. With all this work, he still managed a 3rd place, (Bronze), in the 181 M2. Now let's talk about the dancing deadlift. Only Bill can walk around the platform with the bar in his hand while deadlifting. You have to see it to believe it. Needless to say, Bill Scully didn't let him forget it the rest of the weekend.

Defending 198 lb M1 Masters World Champion Greg Jones didn't have the day he was looking for. Greg is a trucker and being on the road for almost a month and getting into India the day before lifting took its toll on him. Even after enduring so much get there, he still managed a Bronze in the squat, deadlift, and total. Greg was about 60 kgs off his national win and that would have easily secured him his second gold. He will be back.

How Gerry Dally travels, trains, and deals with Bill Scully, and still keep his sanity is beyond belief. Gerry usually lifts in the 198 lb class, but had to move up a class for team points. Gerry is also another guy who was assisting everyday when he wasn't lifting. His knowledge of the sport is well known as he had assisted the Benemerito brothers for years. Gerry had a good showing at his first Masters Worlds with a 5th place. Another longtime World Masters lifter, and former Gold medal winner, Dave Clark couldn't get a squat passed. The judging was very strict during his flight and I'm sure he will be back. Don't ever count out a former Vietnam Veteran Marine, Stan Chatis has traveled the world with the Masters Team several times and he is always a great pleasure to be around. Never is there a dull moment when Stan is around. When he not out on the platform winning World titles, as he did again this year, you can usually find him somewhere with a cigar, just relaxing. Stan is one of those guys who just loves this sport and he has a gold in each lift to prove it.

The 242 lb class was where we felt we had our best shot to take gold in every age group. With Brian Callahan and Jeff Capps leading the way in the Masters 1, we were in pretty good shape. These two guys will have some battles



Bill Scully Squats 584 (Dana Palmer photo)

in the near future, but this time it was Brian's turn to take home the gold. With some solid lifting until the deadlift, Brian had to wait for Jeff's final pull to see if he could hold on. Not only did he have to worry about Jeff, but also Bill Henderson from New Zealand, who missed his final pull to try to overtake Brian. Something about those New Jersey lifters and the deadlift scares the hell out of the coaching staff. Brian collected a gold in the squat, and silver in the bench, just winning by 2 1/2 kgs over Bill. It wasn't finished yet, as Jeff loaded his final deadlift to 310 kgs for the gold. He had the lift all the way up to the top his knees before losing his grip, and then it was a sigh of relief for Brian.

Bill Sindelar was unable to make the trip after injuring his shoulder, so I stepped in for a chance to get team points. Having had double hernia surgery just

14 weeks before the Worlds, I had no idea how I would do. After being told by Asst. Head Coach Gina Stepleton to keep training, and having Lanette Lopez coach me while at home, I was ready to just try to get some good lifts in. All my openers were really low to be safe and not being able to wear the only belt I've used for 20 years made me a little nervous. Maybe it's time for a change, as I had my first 9 for 9 day, and walked away with the gold. I also received the gold in the squat, bronze in the bench press, and silver in the deadlift to finish off the perfect day.

We made a call to move Bill Helmich up to the 242 lb class in the M3 and he had to eat to make the weight. I guess he will continue to eat, as he walked away with a clean sweep of golds. Not only did he win, but he won by over 500 lbs over his closest competitor. I think he just might like this new class.

The 275 lb class was another one where we had all the age brackets filled, and big guys can lift big weights. Bill Collins is a quiet, gentle giant from Wyoming, but don't let that fool you. This guy can lift big weights and proof of it was another clean sweep of the golds for him in the M1 class. Being on the big stage was really making Bill nervous and after some corrections, he went on to record a 644 squat, 501 bench, and 617 deadlift. Dr. Sean Anderson kept us informed of his every move from three months out of the meet and when it was time to perform, he was still at it. Something must have been right, as he went out there and secured a bronze in the 275 M2 class. Sean received a great writeup from the Idaho State U. newspaper for his lifts. Glad to see that the lifters are being recognized for all the hard work they put forth towards this event.

Will Morris has been on the gold medal platform before and he was ready to do it again. One of the best M3 benchers in the world, his other lifts aren't bad either. Showing that he is not just another bencher, he went on to perform a clean sweep as Bill and the others did. He still had to prove that he is a bencher, as he broke the world record (which was already his) with a easy 195.5 kg lift. Just to see Robb Grisham lift is always a good sign. Two years ago, Robb got injured on his way to Argentina for the Masters worlds and was barely able to walk. I can truly say that he is on the way to recovery. Taking 2nd to Will after what he has gone through was truly something. I wish all lifters had the heart that Robb has.

Dean Reece was another one of those lifters that get lucky enough to eat before a meet. We moved him up a weight class to SHW and it once again paid off. Dean was the most surprised person there when he was announced as the gold medal winner in the bench press. With that gold, he also came home with the bronze medal overall, with a fine 785 kg total.

At the award ceremony, Team USA walked away with the Women M 1, Men M 1 and Men M 2 team title. With one of the smallest teams we have had in years, all the lifters did an OUTSTANDING job with all their hard work. All lifters were assigned jobs when they weren't lifting, and it made for a wonderful FAMILY of lifters. Looking forward to seeing many of them at the Women's and Masters Nationals in 2005. (see page 86 for results of this contest)



Johnny Graham on the I.P.F. victory stand

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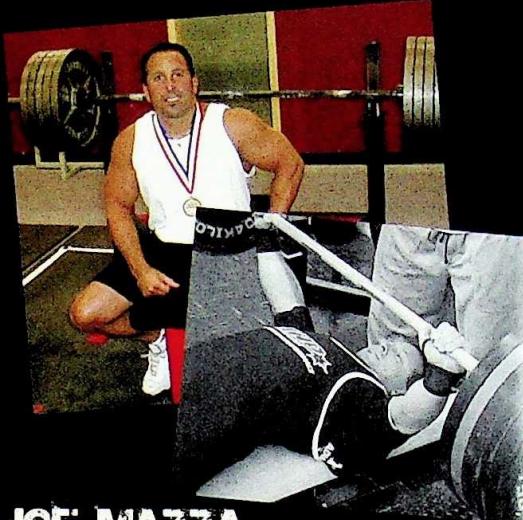
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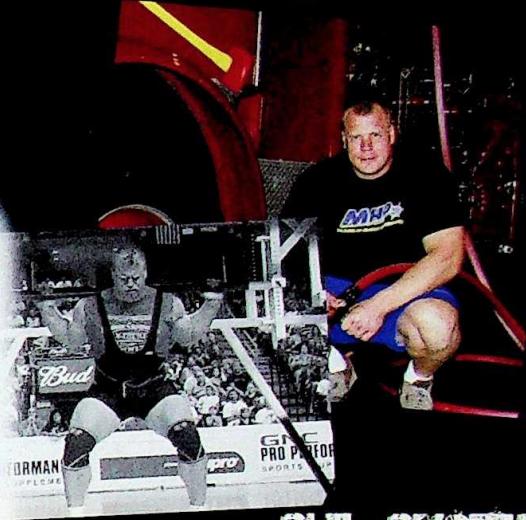
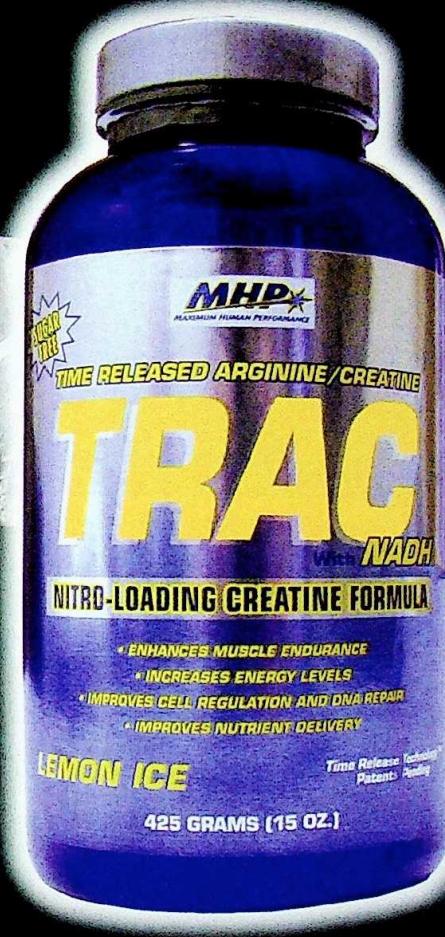


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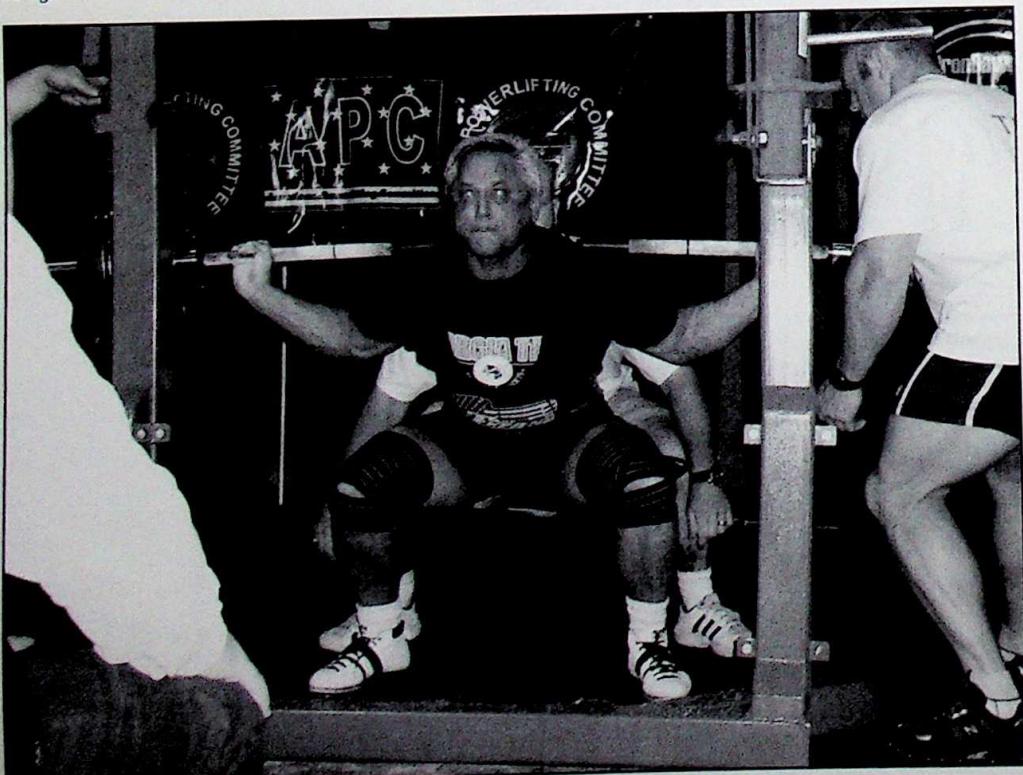


Al Mehan of Canada topping off a 1035 kilo total in the 275 lb. division (photos courtesy L. B. Baker)

GPC Worlds

by L.B. & Nadine Baker

F.	Relief	ISA	190	200	210	210
P.	Scogin	USA	205	217.5	220	205
	125 kgs.					
Powers	USA	207.5	227.5	240	227.5	
Paden	USA	217.5	237.5	250	217.5	
A. Strobl	AUS	160	170	180	180	
	140 kgs.					
J. Mentula	FIN	305	305	310	—	
Master	(40-44)					
	75 kgs.					
J. Butler	IRE	130	135	140	140	
	82.5 kgs.					
Hofmeyer	ISA	110	120	130	120	
	90 kgs.					
L. Banks	USA	202.5	217.5	220	202.5	
	100 kgs.					
J. Pukkila	FIN	200	215	215	200	
	125 kgs.					
J. Chenin	FRA	250	252.5	256.5	256.5	
Seminatore		225	235	240	235	
A. Hunter	USA	190	190	205	190	
Master	(45-49)					
	60 kgs.					
Bradley	USA	97.5	107.5	112.5	107.5	
	75 kgs.					
M. Fauque	FRA	135	145	145	135	
	82.5 kgs.					
A. Mattei	FRA	150	155	160	155	
B. Morgan	IRE	140	150	155	140	
	100 kgs.					
S. Lee	USA	205	217.5	227.5	217.5	
	110 kgs.					
Slosarek	GER	200	225	235	200	
	140+ kgs.					
Ramsay	USA	217.5	227.5	232.5	232.5	
Master	50-54					
	60 kgs.					
Bobrovitz	CAN	60	113!	120!	120	
	4th		125!			
	75 kgs.					
D. Hamby	USA	177.5	180	180!	180	
	82.5 kgs.					
O. Pitman	USA	160	170	180	160	
	90 kgs.					
K. Kruger	GER	200	210	215	215	
R. Glenn	USA	140	150	160	160	
	100 kgs.					
Y. Howah	USA	210	225!	230	225	
	110 kgs.					
D. Douet	FRA	145	152.5	157.5	152.5	
Master	(55-59)					
	100 kgs.					
Newsome	USA	182.5	187.5	190	190	
Master	(60-64)					
	75 kgs.					
R. Peters	ISA	85	95	107.5	107.5	
	82.5 kgs.					
T. Dillon	IRE	120	130	140	140	
	90 kgs.					
F. Taylor	USA	155	165	177.5	165	
	100 kgs.					
Hachenberger	150	160	165	160		
Master	(65-69)					
	75 kgs.					
K. Merta	GER	100	110	—	110	
	82.5 kgs.					
I. Morris	ISA	80	100	110	100	
	100 kgs.					
LeBolay	FRA	177.5	185	187.5	187.5	
	110 kgs.					
M. Verges	FRA	155	165	170	165	
	125 kgs.					
L. Detter	AUS	150	155	155	150	
Master	(80-84)					
P. Pothee	FRA	60	65	70	70	
	WOMEN					
	Open					
	52 kgs.					
L. Watson	GBR	57.5	60	62.5	62.5	
	56 kgs.					
L. Bohse	GER	72.5	77.5	77.5	72.5	
	67.5 kgs.					
V. Pukkila	FIN	105	110	115	110	
	Michaels	BEL	90	90	105	90



Squatting at the Global Powerlifting Committee World Championships was 48 year old **Tom Bowman**

The Global Powerlifting Committee (formerly World Powerlifting Committee) World Powerlifting and Bench Press Championships were held at the Classic Center in beautiful downtown Athens, GA. I want to

thank all the spotter/loaders, judges and everyone else who helped out with running the meet. A special thanks to Cybex International for their sponsorship and displaying equipment. Thanks also to Titan and Ken Anderson for their sponsor help and for bringing shirts, suits and other powerlifting goods to the contest. In 5 days there were no misloads and the bar didn't touch the floor until it was supposed to in the deadlift. There were 60 benchers in Session One bench press day, and the USA was the team champion with France as runner up. Michael Gacek was the lone 13-15 entrant in the 82.5 kgs. class. David Lee won the 82.5 kgs. class in the 18-19 class. In the 18-19 teenage class Steven Faulkner of Gainesville, GA, won over Jean Botha of South Africa with a world record 205 kgs. In the junior division it was Richard Brown over his teammate from Great Britain with 140 kgs. The lone competitor in the 125 kgs. junior class was Andre Conrad from Germany with a European record of 262.5 kgs. Jason Jackson of the US was the star of the open men's division with a 320 kgs. bench at 109.8 bodyweight in the 110 kgs. class earning him best lifter for the bench division. Jeremy Zimmerman became the strongest Canadian bencher ever with 300 kgs. taking 2nd to Jackson followed by Jani Ihalainen of Finland in 3rd place with 250 kgs. In the 125 kgs. open it was Heath Powers over teammate Robert Paden of the US followed by Alois Strobl of Austria. Marc Chenin of France in the (40-44) 125 kgs. master's division had a European record of 256.5 kgs. and Gary Bobrovitz of Canada had a world Record 120 kgs. in the 50-54 in the 60 kgs. class. Frank Taylor of the US had a World Record with a 4th attempt 177.5 in the 90 kgs.. master 60-64 division. In the women's division Virpi Pukkila of Finland made a European Record 110 kg winning her best lifter in the Women's Division. Session two brings the teenage division with Michael Gacek of the US leading the way in the 13-15

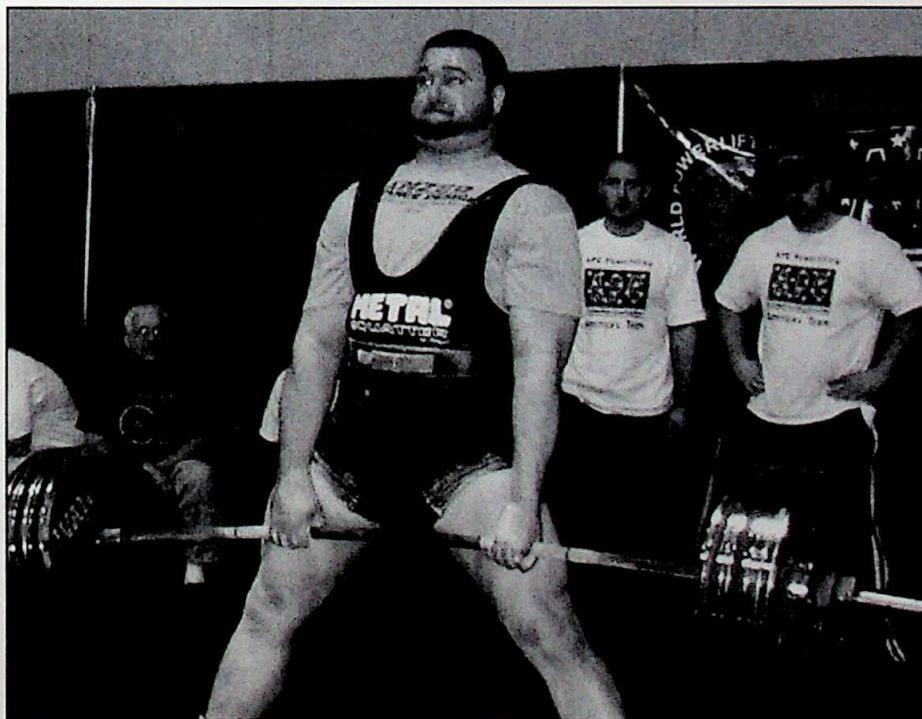


The Women Lifters at the competition in Athens, Georgia (see above) represented six different countries

division and Jean Botha of South Africa winning the (18-19) 100 kgs. class. In the Junior division Pieter Calus of Belgium won the 67.5 kgs. class with Benna Bartsch of Germany in the 75 kgs. class over Kieran James of England. Ben Williams of England won the 125 kgs. class. Lightweight masters 40-44 division was led by Gerry

McNamara of Ireland in the 67.5 kgs. class followed by Jim Butler of Ireland in the 75 kgs. class. Gary Bobrovitz of Canada took the 50-54 age group in the 67.5 kgs. class with Danny Thompson of the US taking the (55-59) 75 kgs. class. Budgie Mullen of England won the 60-64 light men's division in the 67.5 kgs. class followed by Roger

Peters of South Africa in the 75 kgs.. class. Session three begins with JJ Dunne of Ireland winning over Erie Hoffmeyer of South Africa in the 82.5 kgs. master 40-44 class. Robert Lovelace of the US led the way in the 82.5 kgs. 50-54 class. Thomas Dillon of Ireland won in the master 60-64 class followed by Ian Morris with first in the (65-69) 82.5 kgs. class. Ian is from South Africa but was lifting with his native lads from Ireland. In the 90 kgs. class we lead off with James Slyk of Canada in the 40-44 age group followed by L H Dunn of the Republic of South Africa in the 50-54 class. Master 55-59 was won by Robert Laroudie of France over Frieder Hachenberger of Germany. The 110 kgs. class was won by Tom Bowman of Powder Springs, GA, USA over Alan Gilbert of England. Master (55-59) 110 kgs. class was won by the one and only Bill West of England. Going to the 125 kgs. class 40-44 age group Lee Marshall won over teammate Gary Boulton of England in 2nd place with John O'Neil of Ireland in 3rd. Ronnie Baker, of the US, Krustian Slosarek of Germany, and Roy Gilbert of the US all



Jeffrey Vaughn of the United States of America won the SHW division, with a WR 644 BP

(cont. on pg. 74)

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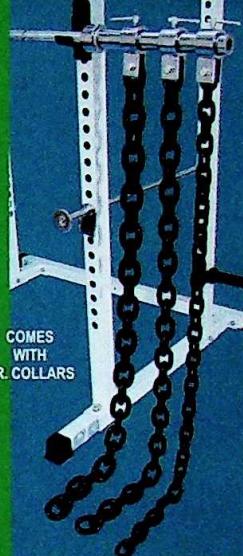
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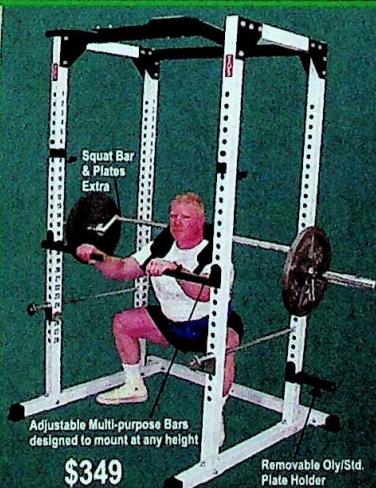
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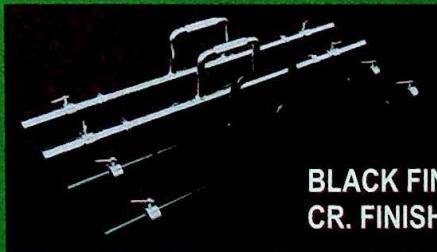
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TRAINING

GENERAL PHYSICAL PREPAREDNESS

as told to Powerlifting USA by Louie Simmons

What is general physical preparedness (GPP), why do you need it, and why should you increase yours? One must be fit to work out.

Your GPP must be raised to train and compete. As your strength grows, so does your GPP. If it doesn't, your training will have an ill effect on your body. This leads to

overtraining or forces you to lower your workload, leading to a detraining period. By raising your GPP, you can train more often and more intensely, leading to a higher standard. This is essential for the powerlifter.

Years ago, I would take it easy on Monday if I had planned to take a heavy weight on Friday, but not after reading literature from former Soviet countries. I am now prepared to train as heavy and intensely as possible and often enough to make top lifts in my 50's.

It is important to begin a program for 8-13-year-olds; this is when quickness, power, speed, coordination, flexibility, and mobility can be best developed. There are many athletes who are in the wrong sport but don't realize

it until it's too late. One must become fit by general physical training, then choose the sport that fits best their physical, mental, and emotional characteristics.

I have been asked why weightlifters and powerlifters need to increase their GPP. I have watched lifters who do squat sets and then cannot do a single deadlift or even exercises for the squat and deadlift. They are in poor physical condition. How can they increase a lift that is already lagging by not doing anything for it, while everyone else is placing as much emphasis on the deadlift as the squat? The training must be as dense as possible, that is, performing as much work as possible in a time limit, for example 1 hour. For powerlifting our GPP may appear like SPP to the reader, but for other sports it's GPP. If you played, say, football once a week but were not physically able to practice, you would not be a starter for sure, and perhaps you would not play at all.

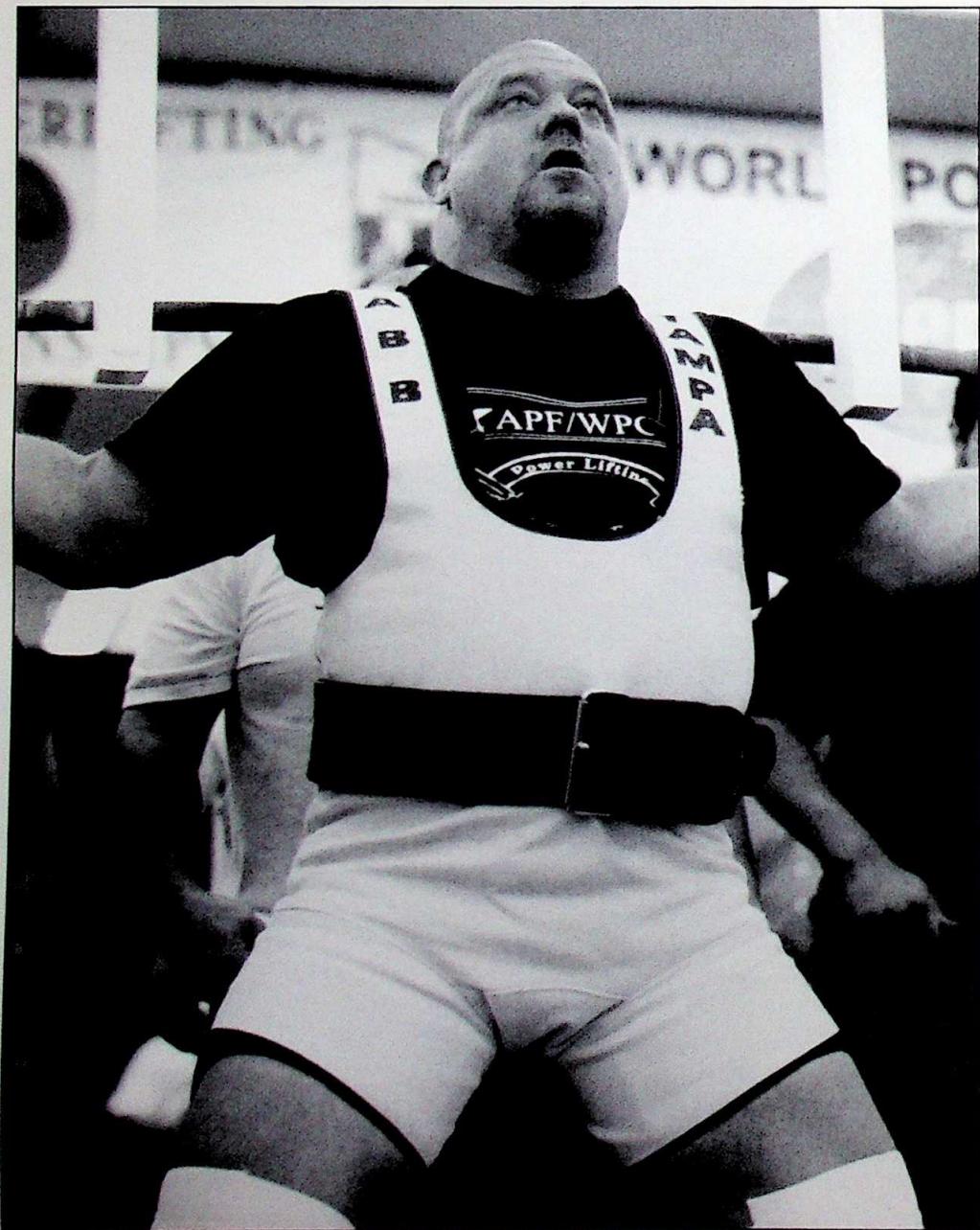
The following are GPP exercises -

Sled Pulling: Pull a weighted sled hooked to your power belt. Use the interval method: pull 200 feet, rest 20-60 seconds, then repeat. I have pulled 90 pounds on a sled for 26 trips of 200 ft. This represents the longest distance. I pulled 180 pounds on a sled for 6 trips of 200 feet with a rest period of 60 seconds. This is the shortest distance. Pull each step vigorously. Don't pull a distance so great that it causes you to use less force on each step. Pulling builds the entire posterior chain and raises your anaerobic capacity.

Backward Sled Pulling: This works the front of the hips and the knees quite well. Sled work is a great rehab tool for the knees. Sled pulling helped me to fully recover from a complete patella tendon tear, to squat 920 pounds at 52 years old at a body weight of 235. This was 100 pounds more than I had done before the injury. John Bolt made similar progress after the same injury. The most spectacular comeback was Jim Hoskinson, who ruptured both patella tendons only to come back from a previous best of a 744 squat to an unbelievable 1003 in the 308 class.

Sled Pulling for the Upper Body: Walk forward with a second strap held in the hands. You can do countless upper body exercises. You can simulate curls, upright rows, pec flys, etc. You can walk forward or backward for variety.

Medicine Ball Throwing: While you are outside, throw a medicine ball into the ground. This has helped



Jim Hoskinson was able to rehabilitate himself fully and come back to squat with way over a Grand!

my mobility. Lift the ball overhead and throw it down to the front or to the left or right. Do 50-200 throws. You could also throw the ball from between the legs, sumo style, throw for height, or throw overhead to the rear.

Squatting for Time: The great Russian Vasily Alexeyev would do pulls or squats or a combination of both for a prescribed period of time. We have experimented with the method of time under long muscular tension and have had great success. Squatting for 1, 3, or 5 minutes or longer will hit every muscle fiber that is involved in squatting.

Deadlifting for Time: This is similar to the above. When either squatting or deadlifting for time, you can also hold at different positions, use different styles, or do good mornings, side bends, or torso rotations. For deadlifts, hold just off the floor, at the top, or at mid points. This will hit the grip and all the muscles of the body.

Good Mornings for Time: This is similar to the above.

Timed Dumbbell Press: This is best done on a stability ball. During this exercise you can hold the dumbbells at the top, bottom, or halfway up. Hold them to the sides with the elbows out. Hold them down at the waist like a curl. Hold them with the palms near the head. Basically, hold at any positions;

don't press up and down continuously. However, for the time limit to be valid, you must press the dumbbells up to complete the set. Hold heavy dumbbells (e.g., 100's) up to 2 minutes, medium weight (e.g., 60's) for 5 minutes, and light weight (e.g., 30's) for 10 minutes or more.

Torso Rotations for Time: Do these for time (1-5 minutes) or for a set amount of reps.

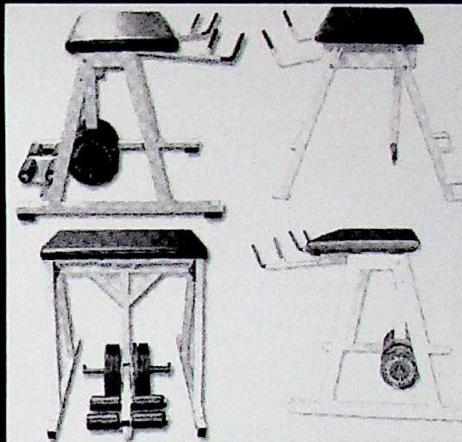
Grappler for Time: Use the Grappler to press, row, squat, shrug, any movement you want, for 1-5 minutes. Do work that will increase the work capacity of the muscles that are involved in the classical lifts.

For beginners, a short, brisk walk several times a week will start the process. High-rep band work will do wonders for muscle conditioning. This will increase your cardio capacity as well.

Don't forget flexibility. You must be able to squat below parallel at will, get in proper position to deadlift using any style, and be able to place a bench bar on any part of the body from the neck to the low abs. Do mobility exercises for hips, shoulders, and lower back. Mobility is often overlooked. It was brought to Date Tate's and my attention by the Cleveland Browns strength coach Buddy Morris that ball players must have great flexibility and mobility. A powerlifter may not need as much, but they need it

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nonetheless.

Learn the basics of nutrition. Don't eat like a bodybuilder, but clean up your diet. Cut down on breads, sugar, and dairy products, and stop eating late at night.

Remember that a bodybuilder is his smallest and weakest at contest time, and a powerlifter is his biggest and strongest at contest time.

Let's look at restoration methods of a different sort.

Water Therapy: Ice baths, whirlpools, and hot tubs are effective therapies.

Chiropractics and Massage Therapy: These are essential in our sport.

Oxygen Therapy: Oxygen baths or injections are great if a homeopathic center is near by.

Prolotherapy: Prolotherapy injections have benefited both me and George Halbert. This is great for tendon and ligament problems and, for me, to prevent vertebral disk pain. My friend Dr. Bill Nucklos has administered this treatment on several occasions.

Accupressure: Dr. Phan Chou in columbus has helped many at Westside with his accupressure treatments.

Acupuncture: Dr. Shixi Chen, also in Columbus, sees many Westsiders including Chuck Volgelpohl and Amy Weisberger, who have lifted at Westside for 18 years.

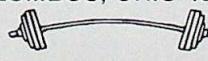
Chelation Therapy: I have benefited greatly from chelation. This involves a customized intravenous cocktail of vitamin C and DHTA, which cleans the circulatory system, reducing plaque and removing heavy metals and other harmful toxins.

Many of these therapies have enabled Chuck and Amy to compete at or near the top for 18 years.

As you can see, there are many methods to raise work capacity of individuals who engage in heavy training. You must raise muscular endurance, some cardio fitness, flexibility, mobility, and anaerobic capacity, in addition to making sure your vertebrae are in alignment to reduce back pain, arthritis, sciatica, and so forth. The healthier you are, the more intensely you can train and compete.

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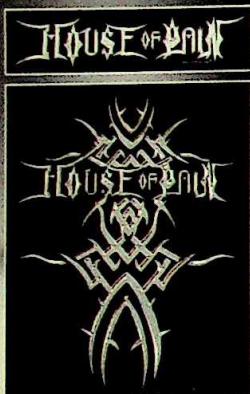
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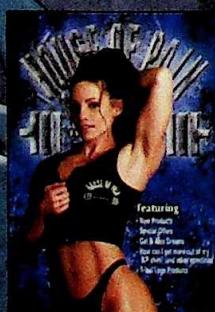
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DISCOVER

FORCE TRAINING

by Jim Wendler and
Elite Fitness Systems

Looking over the EliteFTS Q/A, answering questions on the phone and performing seminars, it is easy to see what part of training has received the most focus; dynamic effort training. This has been the cause of a lot of talk ("When do I use the circa-max phase?", "What percentages should I use?" etc.), a lot of frustration and a lot of excitement amongst coaches and lifters. Unfortunately, most people are missing the boat.

When developing a training program for a lifter, the dynamic effort method is one of the last pieces of the puzzle, but it seems to have become the starting point for most people. With the emphasis on speed in sports, people have seemed to have forgotten the simplest way to become faster: become stronger (the max effort method). One of the many reasons why this has escaped the minds and programs of many coaches is because it's not the "in" thing to do. Of course, many sport coaches will say that taking a 700 lb. squatter to 900 lbs. will not necessarily make him faster. He is correct. But if the coach takes a 225 lb. squatter and brings him up to 500, both athlete and coach will be pleasantly surprised.

One of the positive effects of max effort training is intermuscular and intramuscular coordination. To make things simpler—intermuscular coordination is the combined effort of different muscles to perform a movement. For example, when performing a squat there are several different actions that your muscles must perform in order for the weight to be lifted. If coordinated correctly, the squat looks and feels flawless. It is a combined effort and executed to perfection.

Intramuscular coordination is (again to make things simpler) the ability for your muscles to recruit as many muscle fibers as possible to execute a task. No one will ever be able to recruit 100%, but (and this is depending on who and what you read) a very well trained lifter may be able to recruit as much as 85% while a novice may be able to recruit only 60%.

So with that explanation and knowing that max effort work (again lifting weights 90%) can help increase inter- and intramuscular coordination, you can see how important it is to perform maximal effort work in your training. You will learn how to recruit more muscle fibers and learn how to coordinate your body to

perform a task (a bench, squat and deadlift, for example) with precision.

Ask any novice lifter to perform an explosive or dynamic set of bench presses or squats and you will find Nemo. Meaning, they look as out of sync as a fish out of water; arms flying, head moving side to side, legs wobbling, fingers moving, grip faltering. All of this is done in a great effort to move a barbell as quickly and explosively as possible. But, they are not doing it efficiently. These lifters have yet to learn how to coordinate their movements into a single explosive and concentrated effort.

Obviously, a beginner can't start his training with max effort work, but to prepare for the max

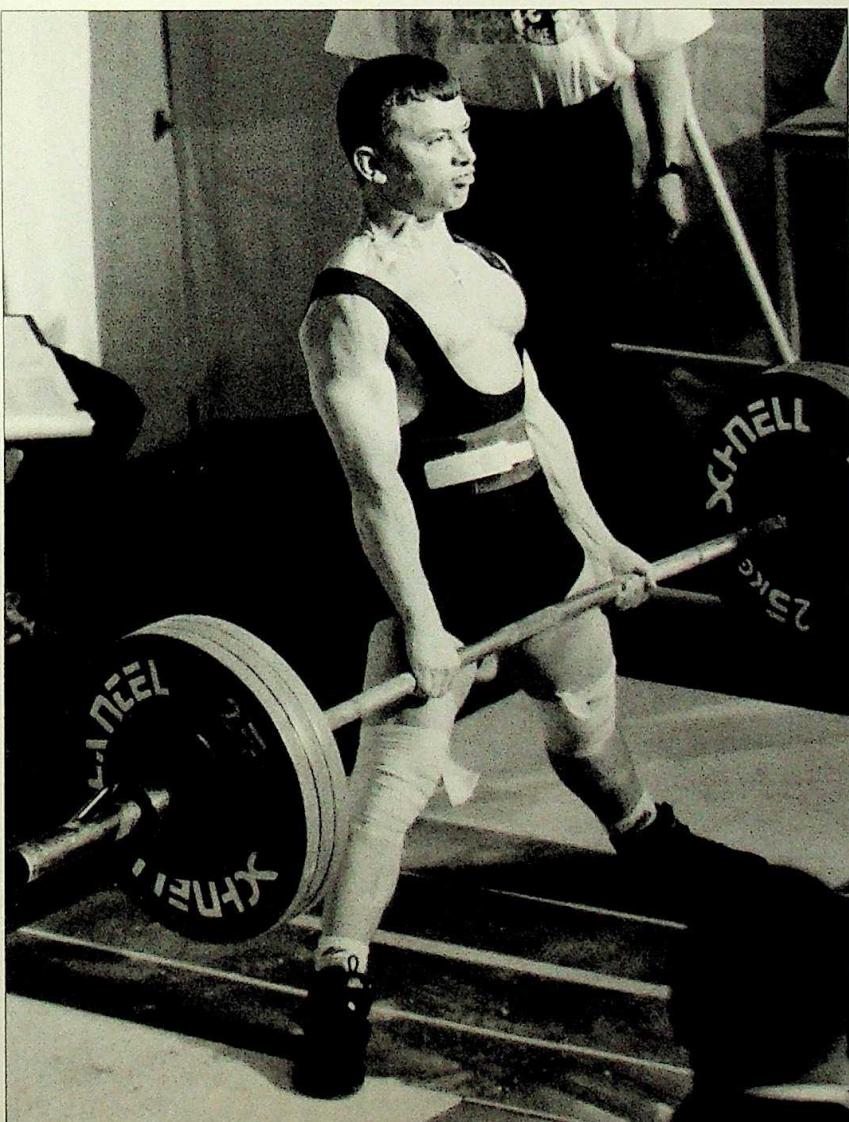
effort method, one must prepare using the repeated effort method as well as increasing physical fitness. It should be noted that the repeated effort method does not have to be to failure as this can lead to poor form and often injury. In fact, in preparing their young lifters for the rigors of training, the former Soviet Union coaches would have them perform the classical lifts and their variations with sets of 3-4 reps with a weight that can be confidently lifted 5-6 times. This would demonstrate good form, attention to detail as well as not eliciting an incredible amount of muscle soreness, which can impede future workouts and motivation. Preparation of the muscles through sub-maximal lifting as well as learning a variety of different movements and teaching proper form is essential. Special attention should be paid to the abdominals and lower back to ensure that these muscles can handle the activity and loads of weight training. Activity outside of the weight room (physical fitness) is also essential in the form of sports, running, jumping, etc. This will develop an incredible amount of coordination, mobility, flexibility, agility, body awareness as well as refreshing the mind and body. All of these things will also help develop the ligament and tendon strength needed to handle heavier training loads. The next obvious question is when to start implementing max effort training. There is no set guideline for this. This will vary greatly and must be done with some guidance from a coach.

So in review, let's examine how to get to the dynamic effort method for a beginner.

1. Develop a base using physical fitness and repeated effort method.
2. Max effort method
3. Dynamic effort method

I do realize that this article isn't incredibly in depth, as far as sets, reps, volume, etc., but it is written so that people understand how certain aspects of training must fit into the overall picture. It seems that everyone wants to start racing a Ferrari before they learn how to put the key in the ignition.

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Konstantin Pavlov mastered the basics before proceeding to advanced techniques.

WORKOUT OF THE MONTH

Jo WALKER'S DEADLIFT

I feel like a grandmother to all you young lifters, so I'm going to tell you a "before workout" story.

Long ago, in the Land of Rain (Oregon), I used to deadlift every two weeks with not bad results, but it could have been better. So, I changed to deadlifting every week ... the more you do the lift, the better you will be ... right? WRONG!!! By doing that something so often, you not only tear down your body, but you create a mental indifference or (dare I say it!) boredom. You don't have that fire you need to lift the best you can. However, you feel you must continue lifting heavy every week or you will lose that tough mindset, and we all know the weight is not going up if your whole being isn't into it. So, what you need to do is a variety of moves that complement the deadlift, and do them HEAVY.

What my husband and I decided to do about 3 years ago was a regime of deadlifts every 3 weeks. The weeks in-between, I would be doing other complementary lifts HEAVY. I have gone as long as 6 weeks without doing a deadlift and have not experienced any bad results as long as I keep whatever lifts I am doing heavy. That way, you're getting stronger, and because of the variety, you're not hitting the wall mentally.

I also started to do fewer reps. Of course, I never did more than 6 reps (that has remained a constant), but on the last 2-3 sets I only do 1 rep. This was quite a change, because previously the only time I would do 1 rep was when I couldn't lift the weight a second time. I was amazed at how much better I felt doing it this way. It doesn't overtrain your body and you can make quicker gains.

One more thing my husband added to the workout was working by percentages. This way, he would tell me what I was going to lift before I even went into the gym. I thought this would be hard because it seemed to take the control of what I was doing out of my hands and that's a hard thing for me to accept. But, because of all the years we've been together

(37), we have truly built up a bond of trust. He would say "You are going to lift ___ today", and by GOD it worked!

Anyway, before you guys completely fall asleep, let's get down to the numbers. Here's the percentages for a 12 week cycle, working toward a 300 lb. deadlift at contest time:

WEEK 1 (80% of 300 = 240)
135x6, 155x5, 175x4, 195x3,
215x2, 225x1, 240x1.

WEEK 2 (85% = 255) 135x6,
165x5, 185x4, 205x3, 225x2,
240x1, 255x1.

WEEK 3 (90%) 135x6, 175x4,
205x3, 225x2, 245x1, 260x1,
270x1.

WEEK 4 (95%) 135x6, 185x4,
225x3, 250x2, 265x1, 275x1,
285x1. Wait 2 weeks and then
the Contest (100%): 135x6,
185x4, 225x3, 245x2, 260x1.
1st attempt - 275, 2nd attempt -
290, 3rd attempt - 300.

These numbers can be massaged to match your needs. If you feel the jumps are too large, go ahead and do 90%, 92.5%, 95%, 97.5%, for instance. Just keep in mind that this makes your cycle longer, so when preparing for the contest include the extra training weeks.

Are you still paying attention? OK! Now, we know it takes at least 85% of our entire musculature to do deadlifts, so it stands to reason that we should train the whole body.

My schedule now is:

Monday: Deadlift (as previously explained) or Box Squats (remember to pause at the bottom .. this is a good hip flexor strengthener) or Racks (3 positions) 1) stand on platform about 3" high or use quarters on the bar instead of 45s - 4 sets of 6, or 2) get in the rack and place the bar just above the normal level - 4 sets of 6, or 3) move bar to knees - 4x6. After doing these a time or two, you'll know where you are at, and you can set a reasonable % and instead of doing 4 sets of 6, you can do fewer reps, as with the deadlifts - KILLER WORKOUT!

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).

After doing whatever main lift you choose, go on to your remedials. I do: SHRUGS - 4 sets of 6 (mix it up ... dumbbell or barbell, front or back or side); SIDE BENDS - 4 sets of 6 (remember HEAVY .. I do 110 lbs.); GOOD MORNINGS: 4 sets of 6 (only on box squat day); ABS - here comes a little lecture, so keep paying attention. Do abs every day you are in the gym. It doesn't matter what you do as long as it is heavy and varied. We are trying to build the center part of your body for a more solid deadlift. I've used the same weight belt since 1980 and have basically weighed the same all those years. Since starting this particular way of working out, I have gone up 5 notches on my weight belt, while still keeping the weight the same. In fact, I need to get a different belt if I get any bigger. Not exactly what most women want, but if you're after big deads, it's what you need. OK, where were we ...

Tuesday: Bench, Triceps, Wrist Curls, and Abs. Because of 2 bad shoulders and 1 detached bicep tendon, I keep my bench workout light now. If you are a deadlifter and a bencher, you might want to

move this workout away from the deads for more recuperation time.

Wednesday: Rest.

Thursday: Again, I vary the exercise each day. Squats - 4 sets of 6, or Smith Machine Squats - 4 sets of 6 (easier on the knees), or 1/4 Squats .. my all time favorite. I do 600 lbs. So, if you are thinking 300 lbs., readjust your thought process. There are two reasons to do this lift. For squatters, it's mental. When you have been lifting and walking out with double what you squat on contest day, your actually squat is going to feel like cake! For us deadlifters, other than stopping the whole gym when you walk out with all that weight (I don't know about you, but that always gets my adrenaline going), the main reason is to build up the middle section of your body. Remember the five holes on the weight belt? This is one of the best ways of accomplishing that.

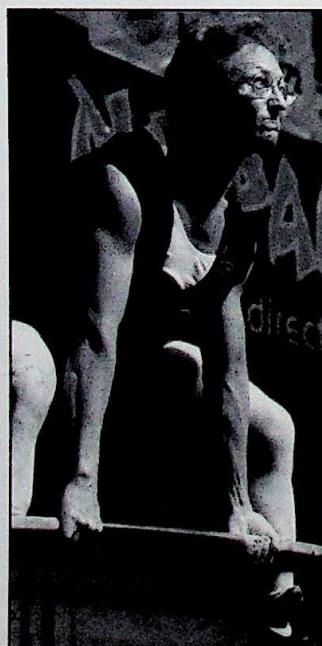
Friday: Shoulders, Upper Back, Biceps, Forearm Curls, Abs. This workout varies for me because of my shoulder and bicep problems. I don't do anything heavy on this day, with the exception of forearms and abs. I'm not saying this to complain. I'm saying this to remind you, if you get hurt you can usually still find a way to compete, if you have the drive. So, for you young, healthy lifters out there, this too is a heavy day.

Saturday & Sunday: Off

Of course, over the years, I not only changed what exercises I did when I came in, but how many days a week I worked out. Do whatever fits your personal schedule. What is important is being there and being focused.

The main theme throughout is .. keep it heavy, if at all possible, and build your core strength. I hope you were listening, because there is a test - it's called Contest Day!

Good Luck, Good Training.
JO WALKER



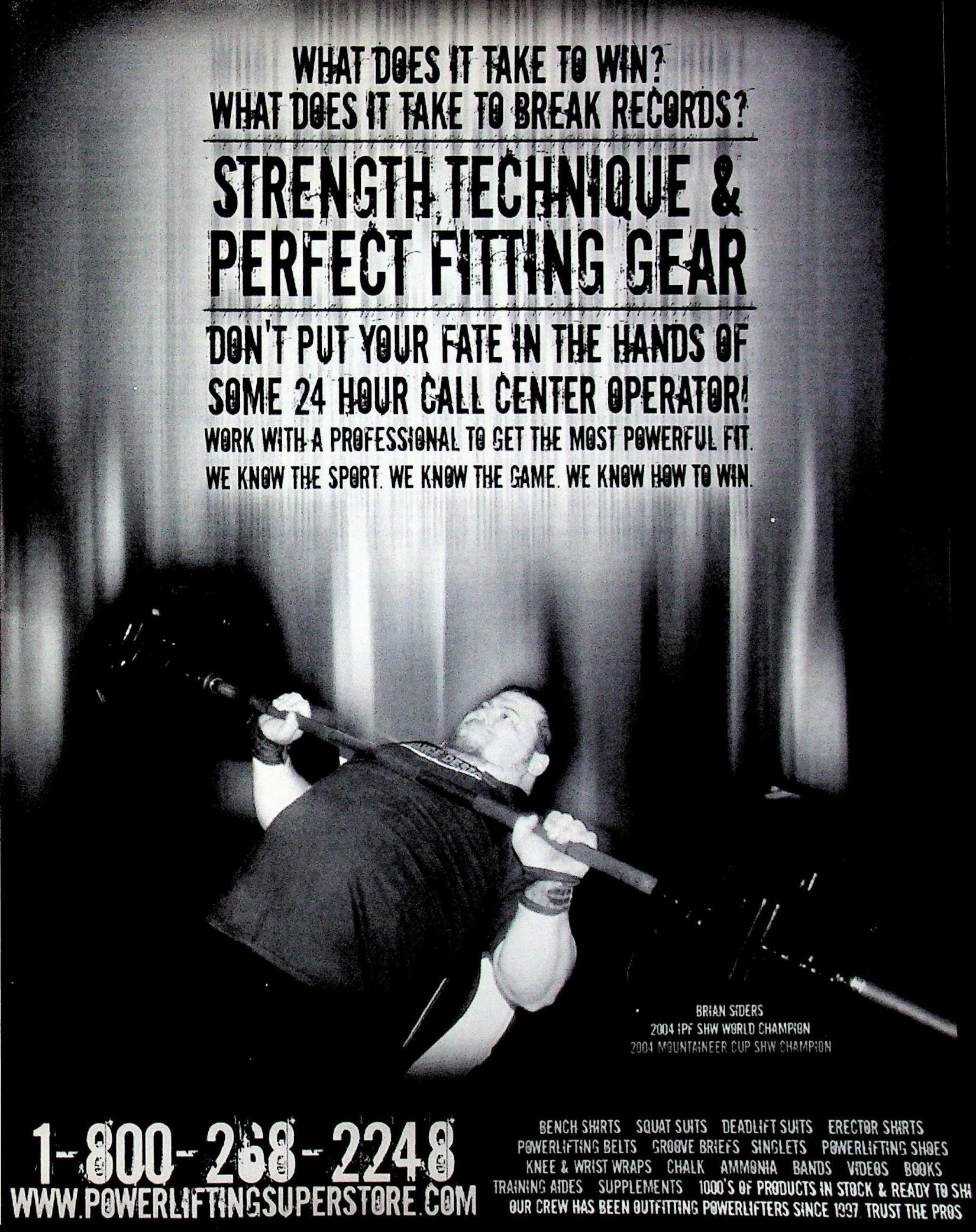
Jo Walker has deadlifted 440 at 131 lbs. and age 63! She suffered a hamstring pull in training before the 2004 Worlds

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HARD CORE GYM UPDATE

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

Last month we went to Hell's Gate, and looked at a few e-mails. Even Jesus only went to Hell's Gate one time - so we don't have to do that ever again. We also looked at a few e-mails, and it's okay to do that again. Here are a few samples:

Q: Why do you make fun of people with big heads? That's not nice!

A: First of all - I have a big head. My hat size is 7 5/8 which is WAY bigger than average. Of course, my head is just full of brains. Plus it may be huge, but it's pretty. Okay, my head isn't pretty on the outside, but I know it's pretty on the inside!

Plus, I just don't photograph well. I know I'm real handsome, but I'm just not photogenic. It's like when vampires don't show up in a mirror - my beauty just doesn't show up in photos!

But, you do bring up a good point - which is that there are plenty of stupid people to make fun of... wait a minute - I never make fun of anyone with a big head - I said that BIG HEADS=BIG BENCHES! I'm so misunderstood...

Q: Why did you make fun of Gym Girls in tight shorts? We don't wear them for the guys - they are for comfort.

A: Another misunderstanding! I just said that beautiful girls in skimpy outfits are distracting. I KNOW I didn't say anything bad about them. Far as I'm concerned - carry on the good work!

Q: When I read the recent article about Southside Gym, I was disappointed that you didn't tell more about the owner Joe Sylvia. Last year he lost 2 1/2 fingers, and is still lifting!

A: Send more info, and send a good photo of Joe, and we'll print an update. Here it is:

Joe Sylvia has been a lifter for over 30 years. He has won numerous local and state as well as age group national championships. He has squatted 650 at 198 pounds, as a master lifter, and had a close miss at 700 at that same meet, but big lifts and titles are not what defines this man. Joe wakes up everyday at 3:00 am and works a 10-12 hour shift, and after this shift he works at the gym and stays until 9:00 pm. This is 5 days a week and weekends are spent working at the gym as well. He does this for very little money, in fact, the gym barely pays for itself, he does this strictly for the love of the sport. Many say they love the sport and many claim to be hard core, but Joe has taken it to an entirely different level.

Last year Joe got a blood clot in his hand, the clot was so severe that his fingers turned gangrene and he had two fingers, plus half his thumb amputated. Later that year he had another blood clot in his intestine that required a large portion to be removed. The average guy would have taken it easy and maybe consider retirement from the sport. Not Joe, in fact, despite the incredible hardship of having the use of only his pinky and ringfinger, he has recently pulled 500 pounds off a two-inch block.

Now that's what real hardcore lifting is about, never letting anything get in the way of your goals. There are many lifters in this sport that can outlift Joe, but few, if any can claim to be as giving to other lifters, as helpful and as truly hardcore as this man. And the members of SOUTHSIDE wanted the powerlifting world to see how fortunate we are to have a guy like Joe on our side.

Thanks, to Southside lifter Billy Mimnaugh for this update! Several lifters (including Vincent Dizenzo) pointed out this oversight to me - hope this helps!

Back to random e-mails:

Q: Did you know that Rafael Guerrero was inducted into the Hall of Fame? We talked about him when you wrote about 'Ironworks' in October 2002. Did you know that the gym fell apart right after the article was printed?

A: No, and No. Bad luck all around. Tell me the sordid tale!

RESPONSE: Nah, it's all good! The story has a happy ending, and here it is: Reember Ironworks, the great old hard core gym in North Lauderdale, opened by Rafael Guerrero in 1978? One month after your column (October 2002) the gym was sold.

The new owner, a good guy, misplaced his trust and his wallet in the hands of a 'management team' of fitness wannabes

and their cronies. These people hit the gym like a piranha. The heavy-duty specialty equipment was reorganized into a 'sales oriented walk-thru' and the equipment was never bolted down again. The ceiling fans were taken out, so the light bill doubled. 'The devil's music' was banned, and the radio was fixed on tutti-frutti doper dance music. The old meet shirts were replaced with shirts advertising an imaginary 'fitness tour', complete with the

wrong phone number. Strawberry smoothies were sold instead of 50g protein shakes.

The Managers scurried in and out avoiding eye contact. Disloyal term members and staff were dealt with harshly, and sometimes cops were called to eject them. I myself was banished for sass back and being loud, unkempt and dangerous. So the herd of fitness lemmings never arrived, hardcore members for many years were all pissed off, and the rent went up.

The gym closed in February 2004 and 30 years of excellence was dead. But within 24 hours the hard core had risen. Mike Schoenthal owns World Gym/East Ft. Lauderdale and is a veteran of Rafael's old chain. His brother-in-laws Adam and Cory run World Gym for him. Adam offered us a new home, but there were conditions:

- We had to bring our own chalk.
- We had to make lots of noise.
- We had to win some gold.
- We had to help him create a hard core gym.

World Gym was already well-equipped with six tons of plates, a full hammer strength line, and power bars brought in by Kieran

Kidder. We didn't need much more than space. Adam cleared a big corner for us around the power rack, up against the wall which looks out over the dock, so the manatees, iguanas, and sharks can check us out. Jim McGlynn brought in his reverse hyper bench and Kelso bar. Rob Keller dropped off two sets of combo racks. Greg Wright brought his jack and deadlift pad. Pat Currey and Tim O'Mallie brought in the chains. The squat boxes and platforms we had built over the years all showed up. So did our hard core members, including five PL World Champions.

Player Coach Kamikaze Dan registered a USAPL team and the gym kicked in black and silver T-shirts like the Oakland Raiders. We made our debut July 7th at the Tropical Games Bench and DL Championship and we did okay. Twelve 1st places, 1 second, and 1 third (in the 198's we went 1-2-3). Greg Wright was champion of champions (601 DL at 165). We won the Masters' Team Trophy. Best of all Rafael Guerrero, the reigning godfather of strength sports in this country, was inducted into the USA Powerlifting Hall of Fame. Rafael came to the meet with his premier trainee and dear friend Ernie Milian, who has more World Championships than he has fingers and toes.

Can Mike's World Gym hope to make it if they hang around with guys like us? It looks like they can! Their spring promotion brought about 500 new members. We have recruited a second team of new lifters who are training for the Southeastern USA in November. Rafael gave us a hard core monument. Mike and his family gave us a hard core corner, but that's all we need. The strong survive, and we're all going to live forever.

And what happened to the management team? Well, their heads finally went so far up their asses that they disappeared completely.

Everyone loves a happy ending! Brings a tear to your eye doesn't it? Okay, until next time : lift big heavy objects for no reason at all. Next month, we'll visit the World's Strongest Grandpa at a real live snake farm!

Stupid questions and comments are always welcome:
rick@houseofpain.com

or
HOUSE OF PAIN
PO Box 333 Fate,
TX 75132



Joe Sylvia, Southside Gym, after the "finger incident".



The World Gym/East Ft. Lauderdale Power Team: (front) Jeff Walker, Jerry Scott, J.D. Clark, Greg Wright, Julian Ulvang; (back) Pat Currey, Mike Brown, George Walker, Kamikaze Dan, Mike Ritter, John Landau, Tim O'Mallie.

It's always been my opinion that there is no one best rep scheme for the powerlifter. Sets of 8s, 5s, 3s or 1s are all good choices, but I feel the lifter can get best results if he works many different rep schemes over the training year. This philosophy does not allow the muscles to adapt to the stimulus, continually keeping them off balance, forcing them to grow to survive. This is also a 'cover all your bases' approach, because I'm just not smart enough to know which scheme is best. My training philosophy is based around varying your work set reps every 3-4 weeks. Perform 12 rep worksets for 3-4 weeks, then drop to 10s for 3-4 weeks, then to 8s, 5s, 3s, then finally 1s to prepare for the contest.

However, these suggestions have generally focused on the 3 powerlifts themselves, but what about assistance work like presses, curls, rows, etc? Is it best to follow the same scheme on your assistance work as you are for the 3 powerlifts? That is if you are doing 8s in the bench, do you do 8s on overhead presses? If you're doing singles in the deadlift, do you do singles on curls? Or should a lifter follow a completely different rep plan.

Although I feel it's a good idea

to vary your reps on assistance exercise as you do on the powerlifts, it is not always best to follow the exact rep scheme. For example, it makes little sense to single with curls, pulldowns or pressdowns. For assistance exercise, I suggest following either the same rep scheme or a slightly higher one. For example if you're on 8s for the powerlifts, use 8-12 reps on assistance. See the chart below for guidelines.

Work reps on the powerlifts

12
10
8
5
3
1

Work reps on assistance work

12-15
8-12
5-10
5-8

no assistance work

DUMBBELL REPS FOR 10 and a One Grand Prize!!!! ... Graziano Dominici from Bra, Italy received \$1000.00 from Country Power, Inc. for winning its 3rd annual 10 reps Dumbbells with Power Hooks Bench Press Contest. Graziano, at age 26, with a body weight of 218 lbs. performed 10 reps with 145 lb dumbbells. He stated that using Power Hooks has increased his normal dumbbell weight lifting ability by over 80 lbs. in just four months. Seventy-two lifters entered this year's contest including three from foreign countries. Country Power thanks all contestants for their participation and invites them to enter next year's and future contests. (Previous winners are ineligible.) Information and rules on the contest are provided with each set of Power Hooks purchased. In addition, entrants may perform their ten reps anywhere and anytime during the year. (Cutoff date is October 1.) Ensure that you video your lift and weigh yourself and dumbbells. Hold onto your video until called for;

just send a card or letter stating what you can do. When you make your video: 1. Don't stop the video when you weigh the lifter; show him standing on the scale, then read the scale. During view of the video, if something doesn't look right it may be cause for disqualification. 2. Do not short stroke the lifts: you must break at least 90 degrees on each rep. Country Power points out that it is physically impossible to clear or kick up the dumbbell weight that you can actually press. Many lifters do not get maximum strength gain training when pressing dumbbells because they do not work out with the amount of weight they are capable to press due to the difficulty of getting heavy dumbbells into the lifting position. However, with Power Hooks you can work out with maximum weight because the dumbbells are preposition overhead at the lifting point. Thus, eliminating the need to clear or kick up the dumbbells. The possibility of injuries normally caused by struggling to lift the dumbbells from the floor is also eliminated. In addition, working with heavy dumbbells using Power Hooks will improve your bench press better than working with chains, bands or any auxiliary exercise / equipment. The price of a pair of Power Hooks is \$49.95 plus \$6.75 shipping and handling. To order by credit card call toll free 1-888-669-6316 or send check or money order to: Country Power, Inc. 85-979 Farrington Highway, Waianae, Hawaii 96792. This is one contest where sets of tens definitely pay off!

STARTIN' OUT

A special section dedicated to the beginning lifter

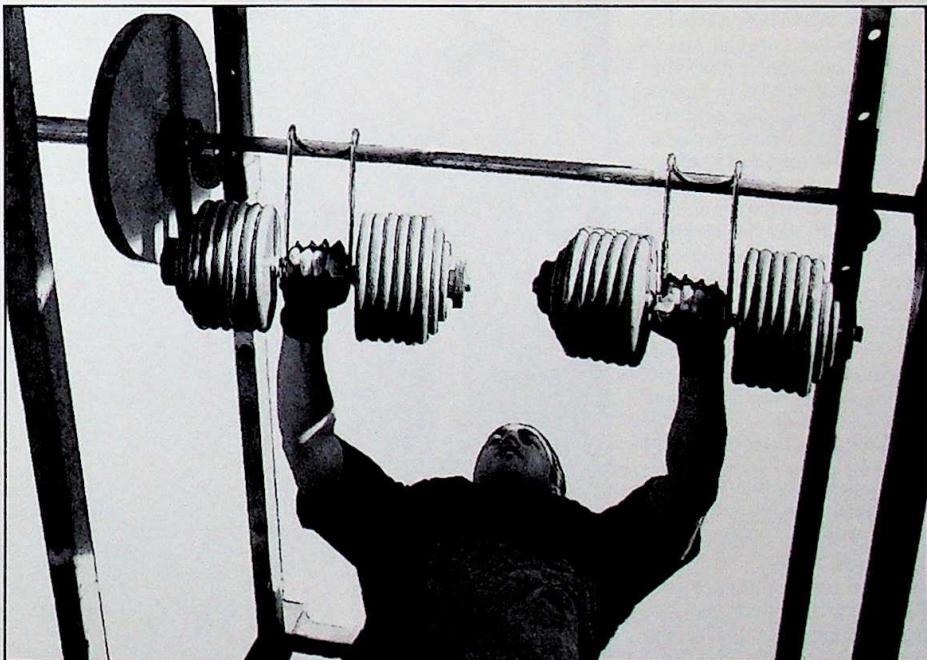
REPS FOR ASSISTANCE EXERCISE *as told to Powerlifting USA by Doug Daniels*

while you are doing 10 reps on the powerlifts and so on. I do not think you should go below 5 reps in assistance exercise. Low reps increase the chance of injury and overtraining. Avoiding overtraining is especially important the last 2-3 weeks prior a meet. Doing heavy, low rep assistance work can add up on your recovery abilities. That's why I suggest no assistance work, outside of abs and stretching, during that final period.

Obviously, you must include some warm-ups. I don't think you need as many warm-ups on some of the assistance as you do on the powerlifts, especially if you are exercising a body part or muscle group that you had already worked. For example, if you had just finished benching, you do not need to do more than a 1-2 warm-up sets on

tricep work such as close grips or tricep pressdowns. Back work is a little different as the lats and biceps are not directly worked or warmed up by the deadlift work preceding it. Perform just enough warm-up work to get accustomed to the feel and range of movement of the assistance exercise.

As I always stress, the purpose of assistance exercise is to improve your powerlifts. They are not an end to themselves. At the meet, no one cares how much you can curl or upright row. Your strength is measured on the platform. In summary, I believe there is no best rep scheme (or at least I'm not smart enough to know). Cover all your bases and add variety to your routine by varying reps on both your powerlifts and assistance work during your training cycle.



"All of us are looking for some sort of miracle, a magic little pill, something to make you great. You work so hard and you want it so bad that you will do just about anything. In the sports world you always want that edge that makes you a little better than the competition - whether it makes sense or not."

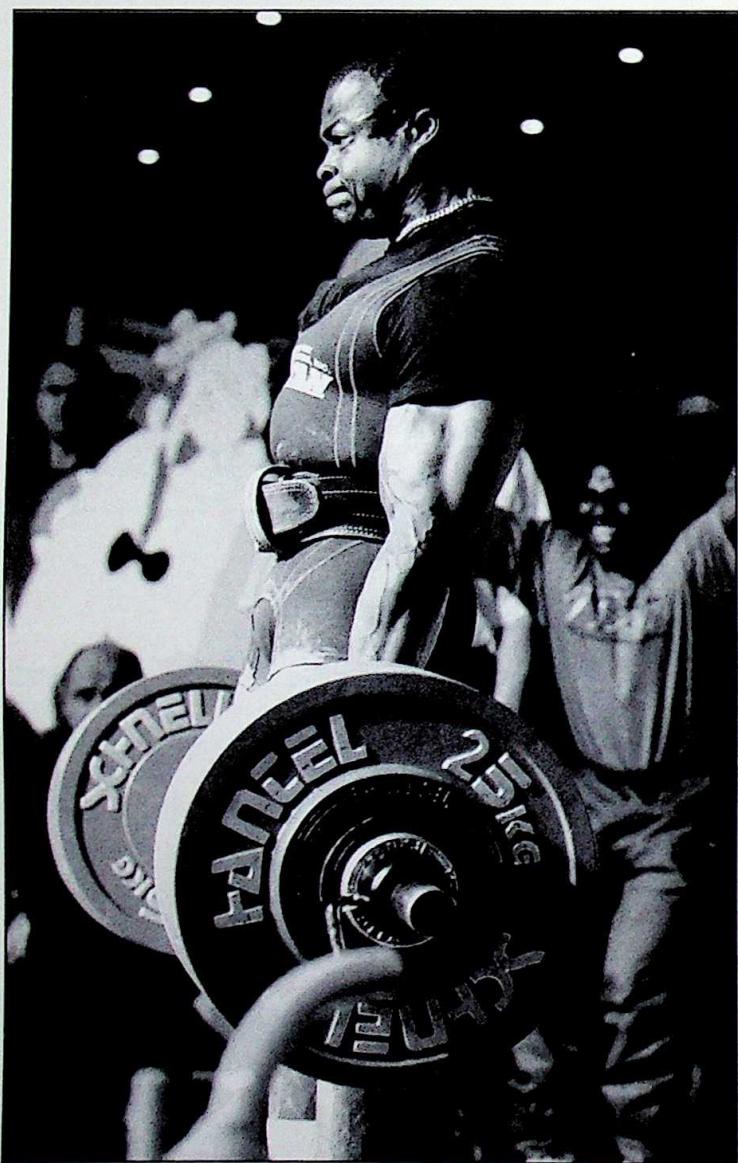
Jamie Craddock

The Boston Red Sox's curse is over. Yes! Hell has frozen over, cows do fly, and a Volkswagen can win the Indianapolis 500. And all of that has come to fruition by virtue of my good friend Susan Nelson. That's right, if it weren't for Susan, a snowball's chance in hell would still get you one in infinity odds in Vegas. Let me explain why. Susan is a die-hard Boston Red Sox's fan. She lives and dies with the Red Sox. Cut her, and she will bleed Boston red and blue. Over the years she has died an awful lot pulling for the Sox, and she will be the first to tell you that her misery is directly related to the curse of the Bambino. Conversely, I love the New York Yankees. When I was a little boy I lived Yankee baseball. I had a Yankee hat, lunch pail, shirt and jacket. I even had a Yankee bedspread and pajamas. Heck, I even had Yankee underwear. I never went anywhere unless I was in pin stripes. Yes, it is true still to this very day I have my Yankee hat, lunch pail, shirt, jacket, bedspread, and pajamas. Okay, I still have my Yankee underwear too. I can't help it; I am a die-hard Yankee fan.

Consequently, you can only imagine what kind of arguments and debates Susan and I have every baseball season. Of course, year in and year out, I have had the pleasure of watching my beloved Yankees kick Boston's bootie in every game of major consequence. Of course, Susan contributes my Yankee's dominance over Boston, not to their superior playing ability, but rather to "the curse." This year when the Yankees jumped out to a three-nothing lead in the American League Championship Susan was ready to put a gun to her head. Then something happened that changed the Boston Red's fate forever ... according to Susan. What was it? Susan got her teeth cleaned. I am serious. The day before the fourth game Susan showed up at the gym and told everyone who would listen that Boston was going to win the game that night. She said, that while she was getting her teeth cleaned she had this spiritual transcendence in which she saw the Reds beating the Yankees. She also said

DR. JUDD

CURSES, HEXES AND SUPERSTITIONS...PART 1 *as told by Judd Biasiotto Ph. D.*



Kevin Woodside of the Bahamas ... voodoo?? ... or is he just plain bull strong!

that she was totally confident that the curse was over. Well, she was perfectly right; the Red Sox came back after trailing the entire game and beat the Yankees in extra innings. That was the beginning of Susan's exorcism of the Boston curse. Convinced that Boston's win was contingent on her teeth cleaning, Susan went back to her dentist each day that Boston played to get her teeth cleaned. She even had her dentist, who is also a Boston Red Sox's fan and a good friend, clean her teeth on the Saturdays

and Sundays when the games were being played. As you are probably aware Boston swept the Yankees four straight and then went on and swept the Cardinals four straight. Susan had her teeth cleaned on all eight games. Not only did she have her teeth cleaned, but she also wore the same clothes, ate the same food, and performed the exact same routine that she did the first day that Boston beat the Yankees. She is now totally convinced that if it were not for her teeth cleaning Boston would still be under the curse of the Bambino.

Of course, Susan is not the only person on the planet that believes in curses, hexes and superstitions. In fact, she is like a lot of sports participants, both players and fans that feel like their destiny is in the hands of ... well, fate. Just look around whenever there is an important competition, and you will see some of the craziest rituals that athletes, fans, and coaches engage in to ward off evil spirits and bring about a winning karma. Some players and coaches will wear the same socks for days on end; others don't shave or wash, and still others will perform the same daily routines that they performed on the days they were successful. I have even heard of guys tattooing "power symbols" on their bodies in order to enhance their chances of success. I suppose there is some value in not bathing and wearing stinky socks and shirts in a game pitted against others; it just might help keep the opposition at a distance, and it may explain why such behaviors have a positive effect.

Being the skeptic that I am, I would have to say that if there's a possibility of tipping the psychic odds in one's favor its origin is most likely in the mind ... more specifically in belief. Certainly, superstition can be a powerful form of belief. And there is one thing I would never underestimate is the power of believing in what ever you believe. When you believe in something, you can bring about magic, curses, hexes, whammies, evil eyes, even a Boston Red Sox's victory.

Consider psychosomatic illness. This is simply an illness that originates in the mind but takes on physiological symptoms. In other words, it's someone who makes himself sick simply by believing that he is sick. The American Medical Association has recently indicated that more than 60 percent of the illnesses in the United States are psychosomatic in nature. Doctors even treat such an illness by prescribing medication in the form of a placebo. I am sure you know what a placebo is, but just in case you

don't, it is an inert substance, such as a sugar pill, which contains no medicinal value. Its power lies in belief (there is that word again). The placebo is given to the patient to make him believe he has taken powerful and appropriate medicine for his symptoms. Here is the real kicker, they work, with some individuals, like magic.

In fact, placebos have a psychology of their own. Psychologists have found that as a pill, a placebo works better when it is large and brown, or small and red. It also works better when it tastes slightly bitter. The one thing that makes it work best is its price. The more you pay for this fraudulent pill, the better the results. It is also better when injected intravenously rather than taken orally. And, of course, as with any other medication, whether real or imagined, two placebos work better than one placebo.

Another interesting aspect of placebos is that they can be used to work on specific parts of the body. Subjects who were suffering from asthma experienced bronchial dilation, or easier breathing, after receiving a placebo. Subjects who were given a fake stomach pill responded appropriately when they were told that the pill would increase gastric activity. When they were given another placebo (a

different color this time) and told that their gastric sensations would decrease, once again the appropriate response was elicited. Who says there's no magic in believing?! Think about what I am telling you here.

An even more astonishing example of how belief can affect behavior is often seen among those who practice voodooism. In some primitive cultures it is believed that the witch doctor has magical or voodoo powers that are strong enough to kill or cure members of their tribe. If someone in the village angers the witch doctor, he may cast a spell on the person. This is usually accomplished by pointing a bone or magic wand at the person while muttering some dreadful curse or incantation. If the individual believes that the witch doctor has the power over life and death, he may actually die within a few days after the spell has been cast. Researchers who were highly skeptical of voodoo deaths actually went to such countries as Haiti and Egypt to investigate such deaths. Guess what? In less than two years they were actually able to confirm more than 50 "Voodoo deaths".

These Africans and Haitians are convinced that if a spell has been cast upon you, it will come to pass. This is somewhat like the "nocebo effect", the opposite of

the placebo, where a negative expectation becomes a "self-fulfilling prophecy." In other words "as we think, so we become." For instance, if you are of the opinion that accidents come in threes, and you have had two already and you believe you are destined to have the third accident, get ready because there is a good chance you will have it.

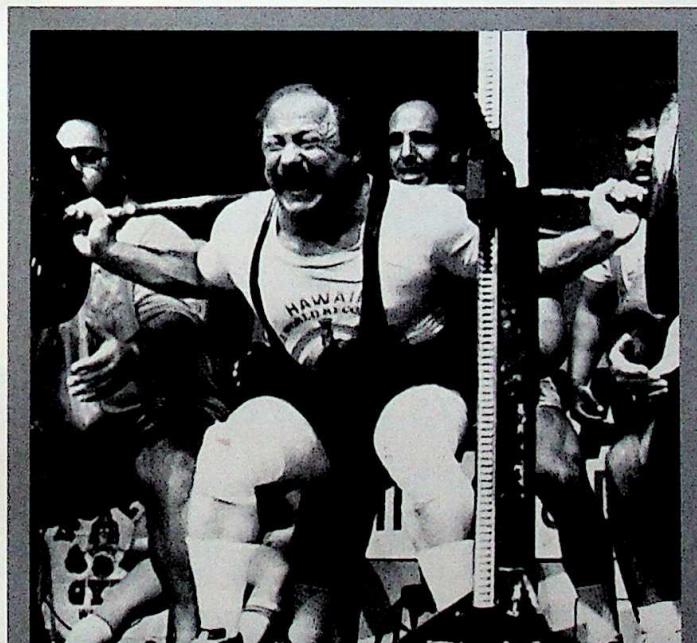
I know what you are thinking, "No way would I be that gullible." Right!

Be honest. If you were booking a flight, and you had your choice of departure dates, would you choose to fly on Friday the 13th? Well if you were a triskadekophobic, there is a good chance you would pass on the 13th. And there must be a lot of triskadekophobics floating around in America because few people will fly on that date. In fact, according to travel agencies, the 13th is the easiest days to book a flight. There's always space available, and few people will use it. Do you know you can even get cheaper flights on that date and still no one wants to fly on that date? There's just something about that day that sits in the back of people's minds that something bad is going to happen on the 13th. Of course, this cataclysmic date is supposedly the most ill-fated day of the year. Interestingly, the origin for the

superstition is not even clear. Some people say it comes from the Last Supper, in which the 13th apostle, Judas, betrayed Jesus Christ. Actually, Friday the 13th has a nasty biblical history: it's supposedly the day Eve tempted Adam with the apple; the day Christ was crucified; the day the ark set sail; the day the confusion of tongues struck the Tower of Babel. No wonder the date scares the hell out of everyone ... pun intended.

Sports superstitions are based on the same supposition. If you believe wearing dirty underwear or carrying a rabbit's foot around is going to help you, there is a good chance it will. Conversely, if you believe you are cursed, there is a good chance that you will respond appropriately. In short, power and magic are in superstition and whether we want to admit it or not most of us are somewhat superstitious...athletes even more so.

Is it that sports merely attract the eccentric, or is it something intrinsic to the nature of sports that predisposes athletes to be superstitious? Is it really possible that well educated people let superstitions and curses affect their performance? And exactly why are people superstitious? I will have all those answers for you and more in next month's column. So stay tuned.



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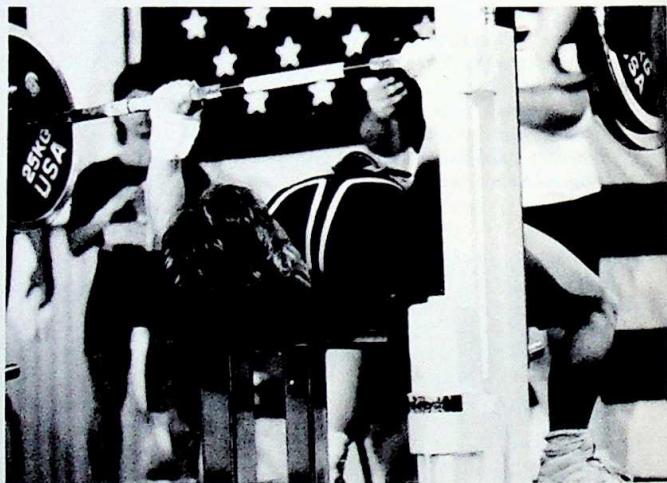


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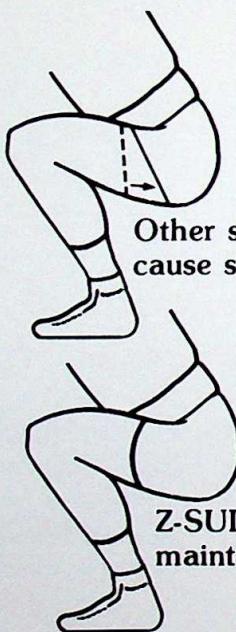
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ASK THE DOCTOR

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

DEAR MAURO: Just a question...I wondered, is there any difference in what's put in your "Resolve" and "Resolve Competition".???? Please advise. Thank you, **Shari**

DEAR SHARI: The distinction between *Resolve* and *Resolve Competition* was much sharper last year than it is right now. That's because in the past year ephedrine was banned and I reformulated the original *Resolve* (that had ephedrine) so that it's now ephedrine free. Since drug tested athletes can't take supplements with ephedrine, I formulated *Resolve Competition*, which is ephedrine free but also low in caffeine and caffeine like products. As such, there is nothing in *Resolve Competition* that will result in a positive drug test for ANY drug tested athlete. However, since the IOC has taken caffeine off the banned list, and *Resolve* no longer contains ephedrine, there is nothing in *Resolve* that will result in a positive drug test for IOC athletes and for any athletes whose sport follows the IOC protocols (this includes most professional sports and amateur sports not in the Olympics such as Powerlifting), which is most amateur and professional sports EXCEPT for the NCAA. For NCAA athletes I still recommend that they use *Resolve Competition* not because they'll necessarily come up positive for caffeine using *Resolve* but because they might if they also take in a lot of coffee prior to the drug test. In reality I've had several NCAA athletes use *Resolve* and not one has tested positive for caffeine. However it's better to be safe than sorry. This explanation is probably as clear as mud but the bottom line is that *Resolve competition* works great for NCAA athletes and for anyone that is sensitive to stimulants, especially caffeine and caffeine like compounds. For almost everyone else *Resolve* is the one to use and the one that will work best to enhance energy and performance, and increase the anabolic and fat burning effects of exercise. Best regards, **Mauro**

DEAR MAURO: Does the guggelsterones in your Lipoflush cause a rebound or any negative side effect to your thyroid? I will also have another blood test and try to check back with you. Thanks again and I think I will give your products a try, but you are right as I sleep at about 12:00 AM and rise about 7:00 AM. I probably have to get my sleep right also. Thanks again. **Eric.**

DEAR ERIC: I've checked the thyroid status of several people before they went on LipoFlush and their diet, while they were on LipoFlush and a month or so after they came off the LipoFlush and their diets. I have to say that there wasn't any significant difference in TSH, T3 and T4 at any of those times. However, keep in mind that while on a diet, thyroid function can go down (especially T3 as the conversion from T4 to T3 is decreased - part of the body's response to "starvation" is to lower the metabolism, partially through a decrease in functional thyroid hormone) but didn't while they were on the LipoFlush. So the LipoFlush did what it was supposed to do as far as supporting thyroid function while on a hypocaloric diet. When they got off the LipoFlush and were on a maintenance diet, thyroid function remained normal so that there was no obvious suppression of the thyroid axis or in thyroid function. Best regards, **Mauro**

DEAR 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**

DEAR 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**

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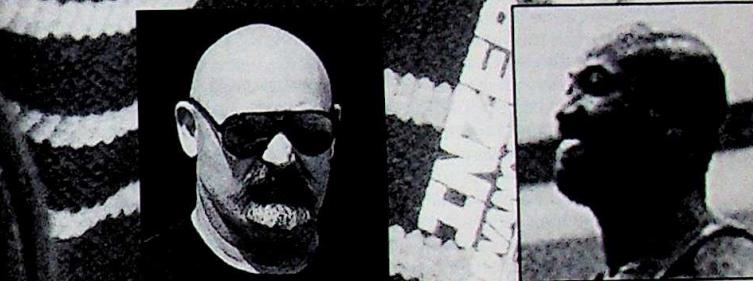
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With all the sweat and toil that Garry had put into his training, and let's not forget his new nutrition and supplementation program, he was primed to do some major damage. Garry has never been so focused and ready to set new standards in the sport of powerlifting. Garry was now determined to set a powerlifting total so unreal it was guaranteed to shock the strength world and have his competitors wishing they took up golf instead. When all was said and done we both knew that the powerlifting world would be amazed at what he was about to accomplish.

The Highest total of all Time

During the next year Garry was hitting some unreal numbers in the gym and on the platform. In his next big contest Garry hit an awesome 2640 total. Once Garry saw that 2600 fell like a piece of cake, he wasn't going to be satisfied until he had a total so unreal it would make even the strongest powerlifters shake their heads in amazement. In no time he bettered his total to a 2667 which he did at the WPO finals in November 2003. Again his assault on 2700 was so close yet no cigar. Then at Joe Ladnier's APF meet he beat his total again with a 2673. Again so close but it wasn't written for him to hit that magic total on this day. Both of us were just itching for it, 2700 was going to go down and we both wanted it in the worst way. Then on March 6, 2004 it happened. Garry came in primed for this contest and he made sure that he wasn't leaving this contest without his 2700. Even if it was going to kill him he wasn't letting it slip from his fingers one more time. This was his day as he hit a 1047 Squat, 804 Bench and a 854 Deadlift for a massive mind boggling total of 2706. When I got the news from Garry about his record we were both excited as he just did what no man had ever done before. But Garry wasn't satisfied. He told me that 2800 was in his bones and it was going down very very soon. I knew he could do it and with a little fine-tuning of his nutrition plan we were on track for his next mega assault. In no less than a few short weeks away on April 3, 2004 Garry did what no man could even imagine. Garry went to the Jacksonville APF Open and smoked a 1085 Squat, 837 Bench and an 881 Deadlift for an unbelievable total of 2805. No one in the history of the sport that was at the top of their class has put so much on their total in such a short time. To go from 2600 to over 2800 in such a small time span in unheard of. Especially when we are talking the quality caliber of a lifter that Garry is. When I found out the good news I wasn't shocked at all because this is what Garry and I had been planning over the last couple years, it just took the time to nail it on the head.

Weapons of Mass Construction

With all the awesome results that Garry has seen over his time working

NUTRITION

THE ROAD TO 2800+ THE GARRY FRANK CHRONICLES PART 3

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

with me one on one, you all must be wondering a little more about his customized nutrition plan also known as The Nutrition XP3 System. Well I thought I would give you a little glimpse into the world of the man that has set the extreme standard in powerlifting, a standard so high that even the strongest of men cry thinking of handling such super back breaking poundage. I know that most of you must be wondering, "What supplements does the strongest man ever to have walked this planet use in his nutrition plan?" Since I get several e-mails per week asking this exact question, I thought I would satisfy everyone that has been hounding me day and night. Here I will give you a brief look into what supplements Garry uses to help him build muscle, burn fat, improve his recovery, and most importantly get stronger.

Protein Powder

Now any plan without a protein supplement is like driving a car without brakes, it's a no brainer. Now with Garry not just any run of the mill protein powder will do. It first must be of the highest quality. There are many good brands out there, but there are also many that I wouldn't line a cat's litter box with so choosing the right quality protein is very important. Next are the types of protein that Garry uses. He uses many different sources which include Micellar Casein, Cross Flow Microfiltered Whey Isolate, 520 Whey Hydrolysate, Egg White, Bovine Serum and more. The reason why he uses a large variety of formulas is that each type of protein has a different amino acid spectrum, Biological Value, and the rates of which they hit your bloodstream. A protein supplement should be part of every powerlifter's meal plan because in today's hectic life there are very few people that can eat the amount of protein they need on a daily basis without using one. That is unless you were born into a millionaire family, who has your own personal chef and the most hectic thing that you have on your schedule is trying to fit in your massage, pedicure, and hair salon appointment all in one day.

Multi Vitamin/Mineral

This is another very important part of every nutritional program. Not using a properly balanced



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

multivitamin/mineral formula is just a plain stupid move at best. Making sure that you don't have any micronutrient deficiencies is a major concern for the strength athlete so this should not be overlooked in the least. Garry uses a formula that hits the entire spectrum of micronutrients in individual tablets and capsules. Each packet has about 12 tablets making sure that you get everything here needed for maximum absorption. This includes fat and water-soluble vitamins, minerals and electrolytes to make sure all the pieces of the puzzle are complete. A deficiency in even just one vitamin or mineral can make a big difference in your performance, recovery and health so avoiding this is a must.

Fiber Supplements

So before you crack any jokes about Garry using a fiber supplement here I better warn you it better be far away from him otherwise he may just twist you into the first human pretzel, and that's if he is in a good mood. Fiber is no doubt the most overlooked nutrient in the powerlifter's meal plan so it should be part of yours as well. Eating enough fiber will help prevent certain cancers and even help reduce your cholesterol level. So before you lay a smart-ass joke or have some stupid comments, think again. Eating enough fiber in your nutrition plan will no doubt improve your strength and performance but even help prevent many health ailments down the road. One fiber supplement that I really like is one called Fiber Works by a company called Ascentra. This is the same company that makes the NutraSea Herring Oil that I am a big fan of. I mentioned this some time back in one of my columns in regards to different fish oil supplements.

Glutamine

This is a very important part of Garry's plan. Glutamine is one of the most important amino acids that you can consume. It has a lot of benefits for the powerlifter. This includes cell volumization, preventing catabolism, increases Growth Hormone release, helps improve your rate of recovery and much more. Garry is a big believer in the power of Glutamine and has been a staple in his supplementation plan. During times of hard training we increase the dose to best suit his individual needs. You will notice that when you are using Glutamine you will not over train as easily as you can while you are off of it. There are two main forms of Glutamine, which include L-Glutamine and Glutamine Peptides. They are both very good but I prefer the Peptide version for my athletes.

Creatine

Now everyone under the sun has heard of creatine. One of the things that I do with Garry is cycle his creatine throughout the year. This is a supplement that Garry never took before I introduced it to his nutrition plan. Creatine will help increase your ATP stores thereby increasing your power endurance. You will notice while on it that you will be able to lift more and your reps at a specific weight will also increase. Another very important thing that creatine does is cell volumization. Here it will draw more water, glucose and amino acids into your muscle cells thereby helping to increase protein synthesis. In layman's terms it will help make you bigger and stronger. Garry uses creatine during his pre contest cycle and stays off of it during his off-season.

Essential Fats

I have praised Essential Fats in my articles for the past 3 years in my column so you must have known that they would most definitely a big part of Garry's nutrition plan. There are 4 main types of Essential Fats that I use with Garry. This includes Flaxseed Oil, Herring or Salmon Oil, Extra Virgin Olive Oil and last an EFA Oil Blend. I cycle them with him and change them up through different parts of his training cycle according to best benefit him. This will give him a balanced and proper ratio of his Omega 3, 6 and 9 fats for optimal health and performance. For those of you who don't use them in your plan this is another big mistake that a large majority of powerlifters make. Your healthy fats not only will improve your performance but they will also help you recover from injuries faster, decrease your bodyfat level, reduce your cholesterol and most importantly increase your testosterone level. AHH, now I have your attention. Not only will this increase your strength but it will have another benefit as well... an increased sex drive. Well now I have your attention. I can mention that it will help prevent diabetes, improve your cardiovascular health and even

help you live longer. You just ignore my words. I mention that it can increase your sex drive and now I can see a line up of powerlifters at the local GNC buying up the stuff by the case load.

Training "Secret Formula"

This is one of the formulas I developed that is to be taken just prior and during training. Sorry, I can't give you the details on this one here but I will tell you that it will make a big difference in your strength and endurance. The purpose of this formula is to provide the body with the right fuels while you train so that your energy reserves won't bottom out during an intense training session. It will also give you a pump like never before. The amount of blood flow that you will get to your muscle being worked is another added feature. It will also provide the body with nutrients that will induce an optimal environment for increased strength and power output. As you can see here this formula is no doubt a very critical part of the supplementation plan.

Post Workout "Secret Formula"

Now with this formula I know you were probably hoping that I would give you my recipe here but I am not! Sorry, but this is saved for my elite clientele. If you ask any of them that have used it they will no doubt let you know that it tastes horrible but the results are well worth it. This is a combination of several different ingredients with many different purposes and actions. These include insulin manipulation, cell volumization, anti-catabolism, protein synthesis, cortisol suppression, hyperhydration and much much more. I know that you are itching for this recipe but I can't give it to you so don't send me a thousand emails trying to pry it out of me. If however you become one of my clients it will no doubt be part of your plan.

Probiotics and Digestive enzymes

Now with all the food that Garry eats on a daily basis making sure he absorbs it is of utmost importance. When you are eating enough food to cause small countries to go hungry you want to make sure you get the most out of it. It's not just how much food you take in per day but how much is absorbed. If you don't think this area of your plan is important then give your head a shake. Probiotics and digestive enzymes are a very important part of Garry's plan. Without them there is no way he could process as much food as he does. When you are packing in

boatloads of food they are a must to help with proper absorption and to maintain a healthy intestinal tract.

Cleansing Herbs

Don't crack any jokes here because you may not make it to your next workout if Garry's hears any smart talk. I have pushed the whole "Cleansing" thing in PL USA for a while and finally some of you more intelligent ones out there are starting to get rid of your old ignorant ways. I know I got a lot of flack at the beginning, but now a lot of you are coming around. Once you heard that Garry gave it the thumbs up then all of a sudden many of you not only became very interested in it but have incorporated it in your nutrition and health plan. Keeping your organs healthy is a very important part of powerlifting. Remember my purpose here is to educate you to take your total higher but even more importantly to keep you healthy so you will live to lift as a master's competitor.

Branch Chain Amino Acids

This is another supplement that Garry is a big believer in. Branch Chain Amino Acids consist of the amino acids Leucine, Isoleucine and Valine. These amino acids are critical to increasing your muscle mass and strength. You probably don't know this but the BCAA's constitute 35% of your muscle mass. They are both anabolic and anti-catabolic in nature. They also have a direct relation with maintaining a proper testosterone and cortisol ratio which if you have read any of my past articles you will know this is very important. Since the human body can't manufacture BCAA's they must be consumed in your nutrition plan. These three amino acids play a vital role in increasing your strength, muscle mass and preventing the cortisol monster taking over and destroying your valuable muscle mass. These are used with Garry in the last 12 weeks of his pre

contest plan to help repair and replenish the damage that occurs during his crazy training sessions.

Alpha Lipoic Acid

If you read my column monthly over the last few years you will know that I am always looking for that extra edge for my athletes. One very important supplement that I am very big on is ALA and R-ALA. Now most of you must be wondering what the hell that is. Well ALA stands for Alpha Lipoic Acid. Now don't get this confused with Alpha Linoleic Acid. This is an essential fat, so these are not to be confused with one another. Now you must be wondering, "What is this thing and if Garry takes it then I better get myself some too?" ALA has many benefits for the powerlifter. One very important thing is that it is one of the most potent antioxidants available. Now if you are not too familiar with this, antioxidants neutralize free radicals in the body, which can down the road, cause disease and illness. One example would be cancer. Now you are getting the picture. There are also a lot more that this super nutrient can do for you. One of the things that I like about this supplement is that it is a power insulin mimicker. It can help increase your level of insulin sensitivity which is something that all powerlifters should take notice to. This powerful supplement is used in Europe by doctors for those diagnosed with Type II Diabetes since it can help control blood sugar levels. It also is very good for protecting the liver from stress and toxins. It can also improve the function of other supplements as well giving it a synergistic effect. This supplement has numerous functions not only for improving ones performance but also for the long term health of the lifter.

Vitamin C

This list would not be complete without Vitamin C to finish it off. I

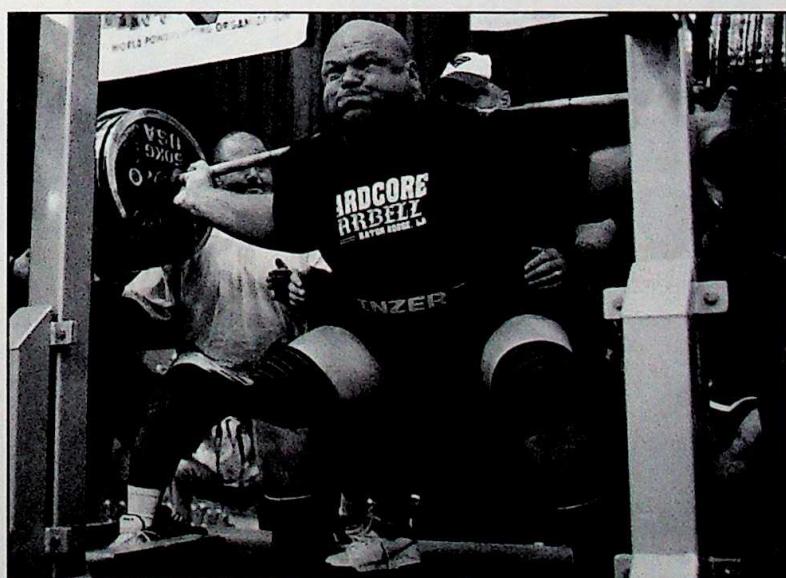
have praised the benefits of Vitamin C for the longest time to powerlifters and it has paid off. Vitamin C has numerous benefits for the powerlifter including increased immune response, decreased Cortisol levels, increased testosterone levels, repairs collagen and soft tissue, reduces soreness, and improves recovery. Vitamin C should be part of all powerlifter's nutrition plans because of all the positive things that it can do not only for your strength but your health as well. I cycle the amount of Vitamin C that Garry uses throughout his training cycle. If he is training for an upcoming contest or if he feels under the weather then the dose will be higher. During his off-season we still include it in his program but the dose is reduced.

Use your Brain

Now just because I laid out some of Garry's supplements that he uses when preparing for a contest doesn't mean that you should all go out and buy everything you read here and start jamming it down your throat in a haphazard kamikaze formation. The supplements that Garry uses are those that were prescribed to him after his Nutritional Analysis. On top of this Garry is continually monitored on a weekly basis with changes made to his plan to suit his individual and specific needs. The dosages that he uses are also not particularly what you will need. Don't go out and try to take in 1000 grams of protein or 50 grams of Creatine in a single day to try and copy what you thought you saw here. The only thing that you will do is make yourself sick. The last thing to remember here is that your natural supplementation program will only be as good as your diet. There are many lifters that eat like a garbage disposal yet they pound in creatine and other supplements thinking that they are the magic bullet that will help them get their squat up another 100 pounds in 4 weeks. Supplements will only work properly when your nutrition plan is 100% on the money. This is why that I don't recommend that you go on a supplement-shopping spree; meanwhile you live at the local fast food drive through.

Conclusion

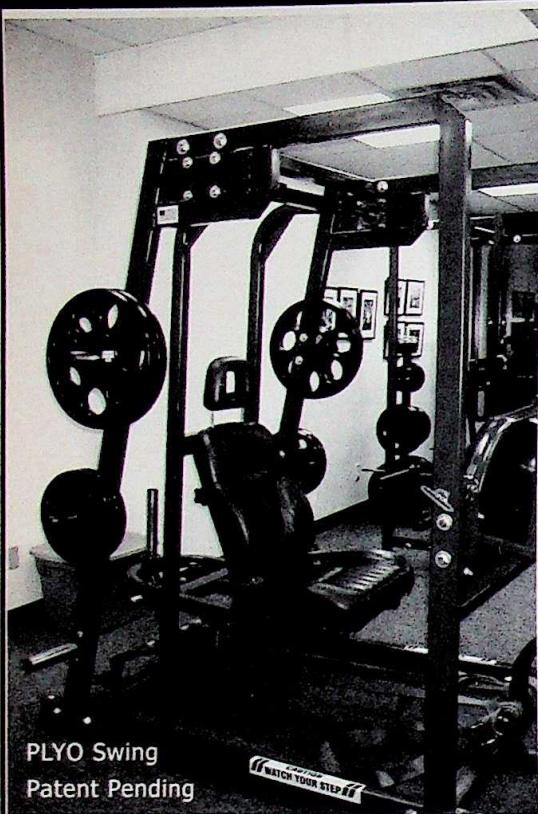
So here you have it, an inside look into the some of the supplements that Garry uses to dial it in for contest day. One thing that you may have noticed but there is nothing super exotic in Garry's plan. I only include natural supplements in my athlete's plans that have been proven to produce results. This includes medical studies as well as real world results. Next month we will take an in depth look into what Garry eats to prepare himself for those monster lifts. Believe me you will be surprised about what you are about to witness in the next issue. So hold on to your seats, and get ready to see what fuels this super human beast. You are going to be amazed! So until next month, eat clean, train hard and most of all stay healthy.



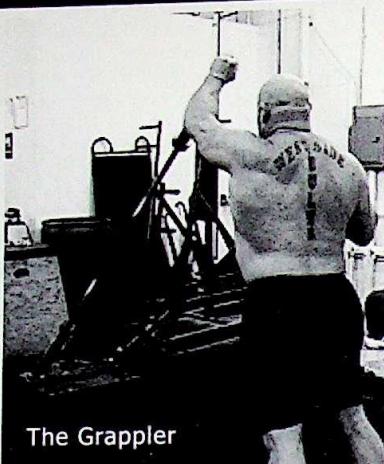
Garry Frank's Quest for 2800 got a boost when he optimized his nutrition program.

LOUIE SIMMONS' PRESENTS

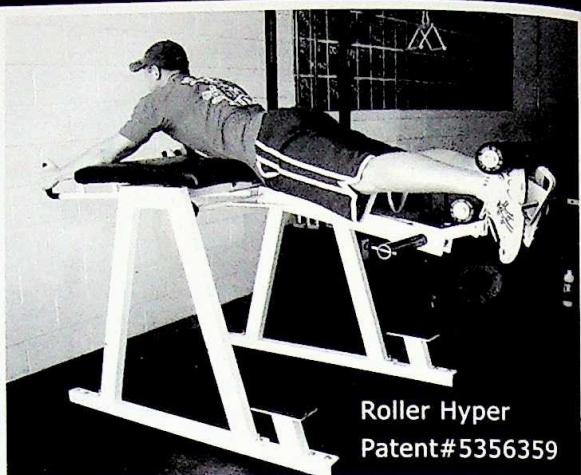
"Often Imitated, But Never Duplicated"



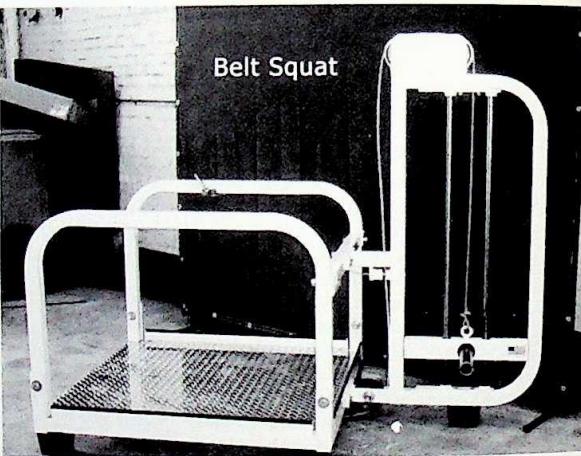
PLYO Swing
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The Grappler



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Belt Squat



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Belt Squat
Machine \$2,800

Tread Sled
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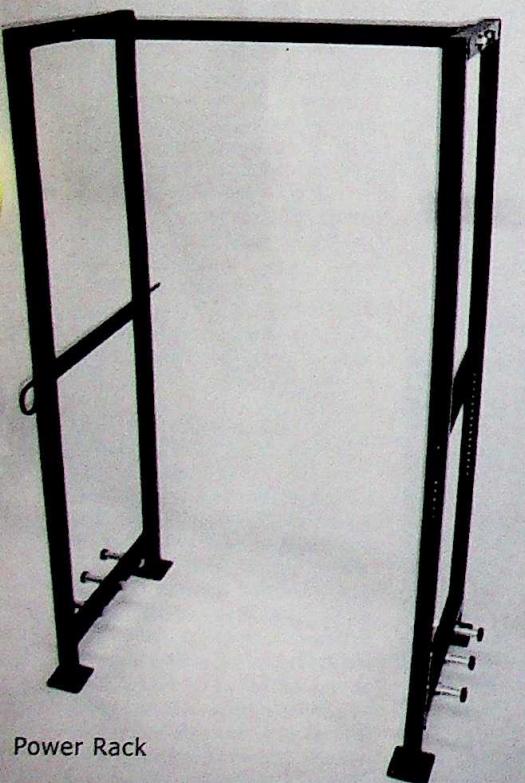
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Safety squat bar



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OLD IRON

as told by Paul Kelso

What were John Inzer and I doing on the wooded shore of a Texas lake September 15th, playing in the red dirt with a pile of antique iron?

Back in the '60s I bought a truckload of antique weights at a farm auction in Iowa. Lugged 'em around for decades before storing them in an East Texas barn twenty years ago. The friend that owns the property on Lake Palestine must move soon, so on a family visit to Dallas I went down there and dug them out.

I needed to find a home for these weights, and couldn't see dragging them to Japan due to shipping costs and then having no place to put them. I called John, who operates Inzer Advanced Designs about 40 miles away in Longview, and asked if he'd like to make a home for them?

You bet he would! He met me at the barn and we made the handoff, to my immense relief. I don't know what the weights are worth in money, but they are RARE, and I would have felt considerable guilt had they been lost or ended up as bass-boat anchors after all these years.

The iron includes an Adrian

Peter Schmidt "Monarch" set of bars and kettle bells - roughly 1895-1916 - patents say 1902 and a Triplex globe bar, a ring weight, ancient DBs, etc., all from Milo, pre 1916.

Milo made a well-known globe style barbell. The globes come apart and the plates fit inside. The edges of the plates are contoured to fit inside the curvature of the globe casings. This was unnecessary, but I think Milo - owned by Alan Calvert - wanted to keep the globe shape, as it was traditional in strongman acts and impressed audiences. There is a curved 'port' the size of a small saucer on the side of the globes. This is unscrewed and bags of birdshot were added or subtracted. The "Triplex" name refers to the use of plates, shot, or both. The bar could be loaded up to 160 lbs, as I recall.

Among my stuff are three short Schmidt barbells consisting of three pairs of solid iron "cannonballs" that are drilled and threaded. These ball pairs are different sizes. The bars are less than five feet in length and are threaded on each end as is a single DB bar. No knurling. You changed weights by screwing the bars into the iron balls, or



Paul Kelso with John Inzer and a nearly century old treasure trove of Iron Game memorabilia!

unscrewing. The long bar and the largest balls make a 120 lb bar. The threaded DB bar could be set up to make a 35, a 55 and a 90-pound dumbbell. The big Milo "ring weight" is a large solid ball with a non-swiveling handle, weighing 105 or so. I assumed this weight was used in a 'two-hands-anyhow' type lift and when younger I tried it many times with the 120 lb barbell in one hand and the ring weight in the other, but it always twisted out of my grip when I jerked them overhead. Those old timers had some wrist and hand strength!

The kettlebells in the photo, made by Schmidt and showing a patent date of June 1902, are hollow globes - thickness of the iron is about 3/8 inch - about the size

of a volleyball. There is a revolving handle attached and a drain plug in the bottom. One changed weight by adding birdshot (some of the original bags are still in my bells), sand, or even water!

I spoke to Bob Hoffman at the National Sporting Goods Association show in Chicago in 1974. Hoffman bought Milo/Calvert out in his first days of building York Barbell. He said many old cannon ball or globe

weights were converted pieces of Naval ordnance, some dating back toward the Civil War.

My Iowa collection included Indian clubs alleged to have belonged to John L. Lewis of the United Mine Workers union who helped found the CIO. On my bookshelf in Japan is a pair of 105-year-old Sandow gripper DBs, cut lengthways with attachments for inserting as many as seven springs to adjust the tension. Mine are the leather covered handle model.

I do not know the name of the man in Iowa who owned the weights originally, but his old muscle toys are safe, with the help of a couple of excited kids named Kelso and Inzer - who thought it important to save them.



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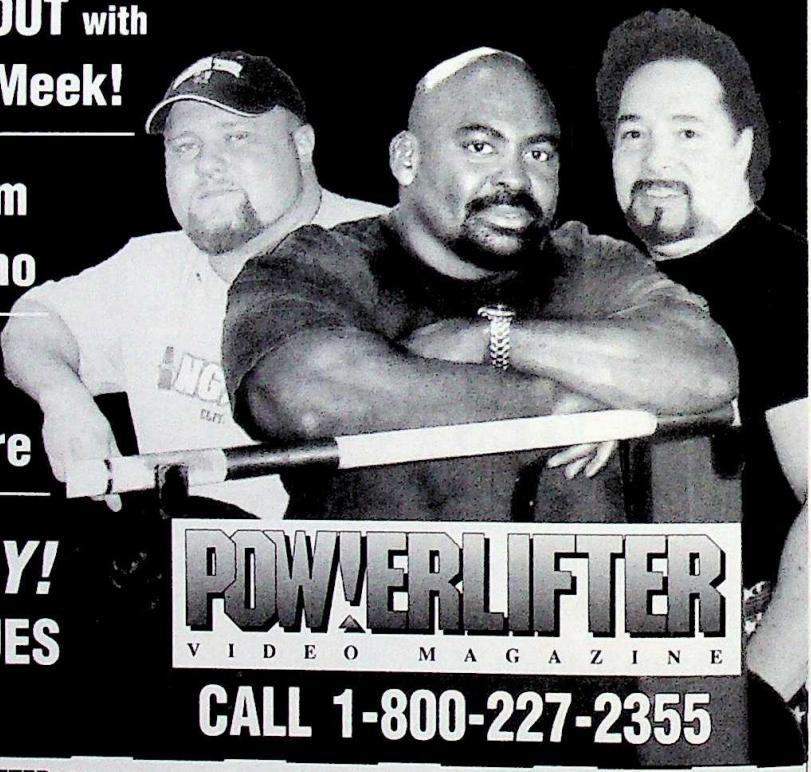
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POWER SCENE

Happy 2005, and to all POW!ERSCENE readers, may it bring you your best powerlifting year yet. Training methods keep improving, new gear adds more pounds to your lifts, new gyms are opening - why shouldn't 2005 be a great year?

The coming weeks will see a lot of PL action. February 18-20, at The Fit Expo in Los Angeles, will be both the Western USA Powerlifting Cup and Scot Mendelson's Bench Press Classic, with many top benchers scheduled to lift. March 4-6 in Columbus, Ohio is the incredible Arnold Classic weekend, featuring the WPO World Powerlifting Finals and the Arnold Bench Press Championships; every year these are two of powerlifting's biggest events.

POW!ERSCENE has covered the Arnold Classic and The Fit Expo in past years, and if you can make it to these mega-events, it's a great chance to watch many of the sport's top stars in action, and then meet them and maybe ask some questions. Plus there's always lots of other action, including strongman shows, bodybuilding and fitness contests, all kinds of seminars and demonstrations, workout and fitness wear, and lots of free samples from supplement companies. Those of our readers who've been know what we're talking about; to everyone else, check it out in person one year and see what you think. Visit www.arnoldclassic.com and www.thefitexpo.com for info.

2005 is shaping up to be a big strongman year also. Debuting in early January on Fox Sports is the MHP All Strength Strongman Series, a 26 week series of one-hour shows featuring America's top strongmen in action. MHP, a big



MHP Strength Athletes will be seen Wednesdays, 4-5PM, on the Fox Sports Network. (courtesy of MHP)

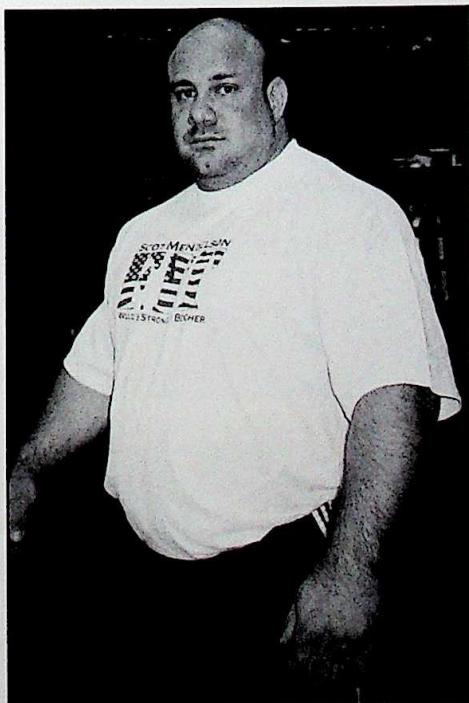
supporter of strength sports including powerlifting, is the title sponsor, and you can learn more about them and about the TV series and its air times at www.maxperformance.com

Finally, right here in Los Angeles, on January 22, is the Radiant Pro, a Women's Strength Show, created and hosted by Raye

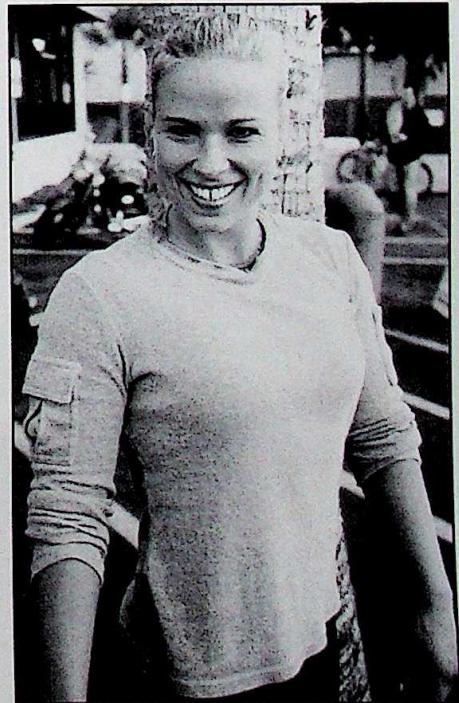
Hollitt, actress, bodybuilder, powerlifter, and to millions of Americans - "Zap" on American Gladiators. Raye is putting together a new type of show, combining the strength testing core events with the style and feel of a Hollywood show.

As many as twenty women will be competing in eight events, and powerlifter Mari Asp is scheduled to be one of those competitors. Other women will be coming from bodybuilding, fitness, strongwoman shows, and other backgrounds. For more info on the event, and on Raye Hollitt, check out www.rayehollitt.com

All these shows, combined with your own training, should be enough to keep you dedicated lifters and lifting fans busy for a while. 'til next month, stay strong and healthy, lift some heavy weights, and we'll see you on video.



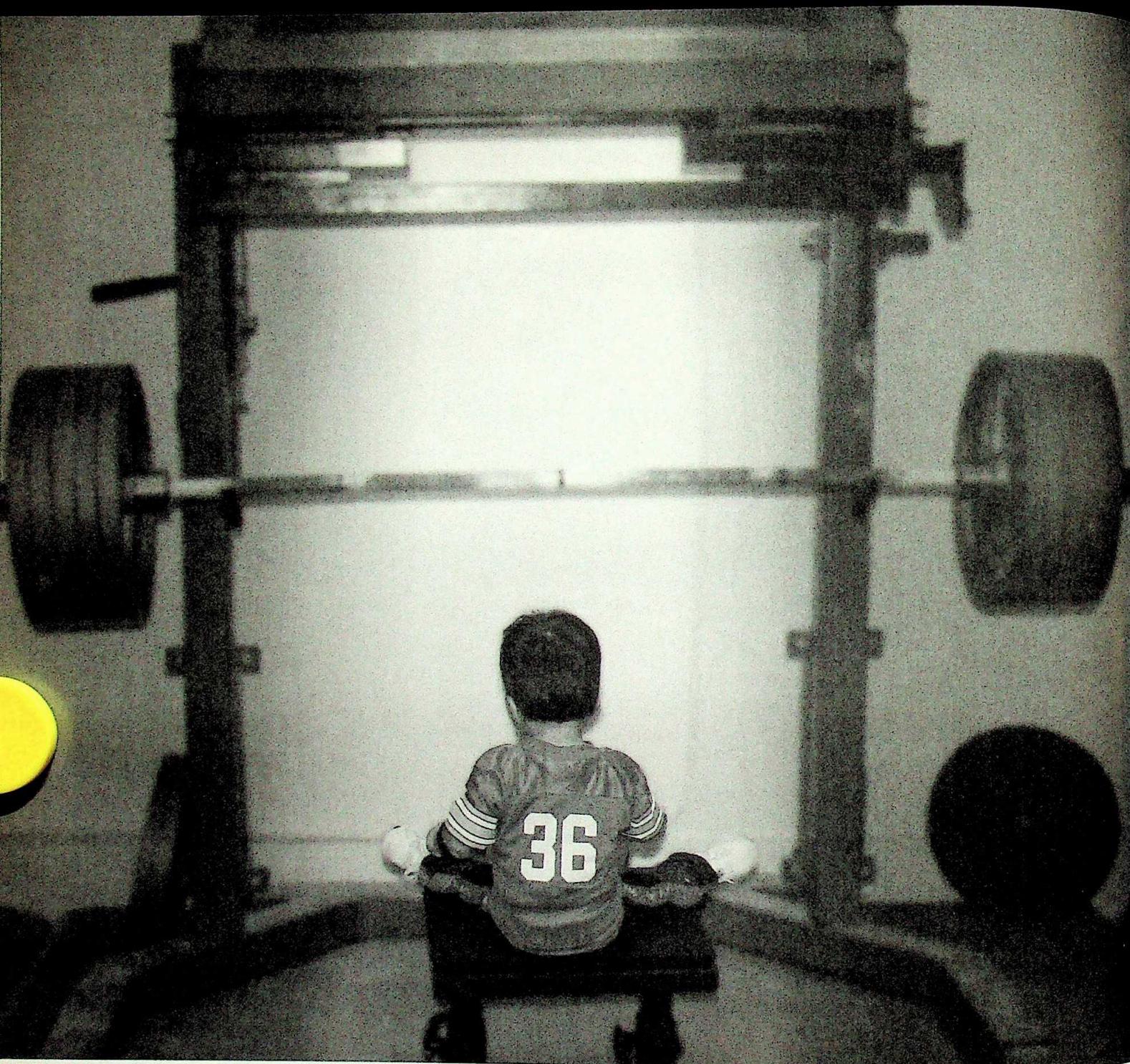
Scot M. hopes to create a major annual event



Mari Asp ... will she be radiantly strong?

NED LOW

Someday I will...



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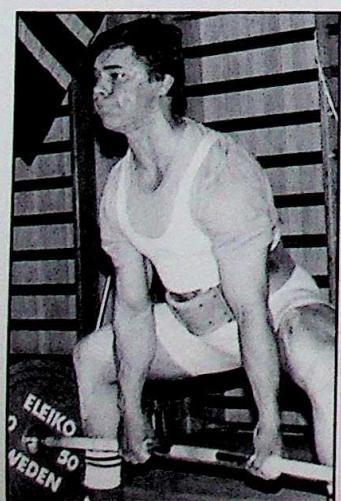
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Men's 25 All-Time Best Totals

as compiled for PL USA by Herb Glossbrenner



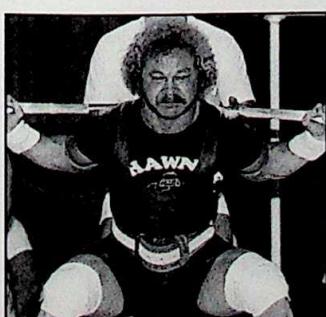
Jarmo Virtanen .. as a Middlewt.

198 LB.			
2234	KELLUM-USA	08NOV02	
2204	COAN-USA	03MAR85	
2143	SHILYAKHA-UKR	13NOV04	
2143	TARASENKO-RUS	13NOV04	
2132	BELL-USA	12FEB87	
2110	CAPRARI-USA	28FEB03	
2110	FRYDUN-UKR	07NOV03	
2105	COLEMAN-USA	08NOV02	
2101	WENG-USA	24FEB02	
2094	AVOLA-FIN	07NOV03	
2094	ZVARYKIN-RUS	27AUG04	
2074	COPPIN-BEL	14NOV87	
2072.	CARTINIAN-USA	08OCT04	
2070	HERRING-USA	10AUG91	
2066	PITTMAN-USA	16FEB89	
2061	BRIDGES-USA	04OCT80	
2050	THOMAS-USA	07NOV81	
2050	CHORPENNING-USA	24APR88	
2039	MURSU-7FIN	29NOV03	
2030	HARRINGTON-USA	09JUL04	
2017	MOR-RUS	03OCT03	
2111	DUKE-USA	22NOV87	
2006	BLACK-USA	22NOV87	
2006	FRANKL-USA	29NOV03	
2005	ANDERSON-USA	OCT88	
220 LB.			
2408	MASH-USA	08OCT04	
2403	COAN-USA	28JUL91	
2366	KELLUM-USA	08NOV03	
2320	VOGELPOHL-USA	08NOV03	
2254	FREYDUN-UKR	13NOV04	
2243	BLUE-USA	08OCT04	
2237	CARNEY-GBR	24OCT93	
2232	BARKHATOV-RUS	13NOV04	
2221	PATTERSON-USA	08OCT04	
2204	GOGGINS-USA	06DEC87	
2182	URCHIK-USA	18MAY97	
2171	FEDORENKO-RUS	04OCT03	
2170	CASS-USA	12JUN04	
2166	WESELS-USA	04JUN95	
2160	DRIGO-USA	03DEC89	
2160	VYSHNITSKY-UKR	07NOV03	
2149	OTAVIN-RUS	28AUG04	
2147	HAMMERTON-GBR	14JUL96	
2144	ROKOCHE-UKR	16NOV02	
2144	MALUNIN-RUS	28AUG04	
2127	CHRISTOV-BUL	07NOV03	
2120	WARDELL-USA	16NOV02	
2116	COE-AUS	07AUG94	
2116	GUNNARSON-ISL	16MAY98	
2115	LESLIE-USA	09DEC89	
242 LB.			
2481	GOGGINS-USA	06MAR04	
2463	COAN-USA	17DEC98	
2403	WESELS-USA	07APR97	
2353	GARCIA-USA	07AUG04	
2347	PATRICK-USA	07AUG04	
2325	BAYLES-USA	21NOV04	
2320	SOLOVOY-UKR	16MAY04	
2276	SUSLOV-RUS	14NOV04	
2248	HECHTER-USA	23MARS7	
2248	WESTON-USA	08NOV03	
2245	STAROV-UKR	07JUL96	
2241	URCHIK-USA	19MAY01	
2237	FARMER-USA	16JUL95	
2221	LESLIE-USA	03JUL94	
2215	MEDVEDEV-RUS	14MAR04.	
2210	GANKOV-RUS	15NOV98	
2210	WILSON-USA	23FEB85	
2210	NICHOLS-USA	18APR87	
2204	KUC-USA	09NOV80	
2204	BELL-USA	21NOV87	
2204	NESTER-USA	07JUL91	
2204	DEDYULYA-RUS	14MAR04	
2204	MASON-USA	06JUN04	
2204	FEDORENKO-RUS	14NOV04	
2200	LAVITOLA-USA	01NOV95	
275 LB.			
2535	GOGGINS-USA	01MAR03	
2468	TURTIAINEN-FIN	12AUG01	
2458	PASANELLA-USA	28MAR89	
2436	HOLDSWORTH-USA	06JUN04	
2431	PAPAZOV-UKR	07MAR04	
2415	STAFFORD-USA	04APR04	
2414	GARCIA-USA	09OCT04	
2403	FURNAS-USA	28JUN87	
2403	COAN-USA	25JUN00	
2403	BARTLEY-USA	01JUN04	
2386	ARVAL-HUN	14NOV04	
2358	PATRICK-USA	09OCT04	
2325	LJUNGBERG-SWE	MAY04	
2317	JONSSON-ISL	24APR04	
2314	WARMAN-USA	25JUL92	
2309	KARWOSKI-USA	28JUN96	
2309	PODTYNNY-RUS	03MAR02	
2303	MALANICHEV-RUS	03MAR02	
2303	STORY-USA	06JUN04	
2298	YARYMBASH-UKR	14NOV04	
08NOV02	KONSTANINOVS-LAT	24OCT02	
03MAR85	LOWE-USA	21MAR95	
13NOV04	GRANDICK-USA	02OCT04	
13NOV04	NICHOLS-USA	22NOV87	
07NOV81	SMITH-USA	06JUN04	
308 LB.			
2579	CHILDRESS-USA	10OCT04	
2447	TURTIAINEN-FIN	01MAR03	
2410	BADENHORST-RSA	14OCT90	
2403	BASSON-ISR	08JUN03	
2392	HAMALAINEN-FIN	24FEB02	
2386	PAPAZOV-UKR	28MAR02	
2364	BOLTON-GBR	19NOV00	
2364	MURAVLEV-UKR	01MAR04	
2363	COLE-USA	25OCT72	
2358	FUSNER-USA	19NOV00	
2358	PODTYNNY-RUS	10DEC01	
2353	COATES-USA	12DEC98	
2364	KOVACS-USA	20JUL02	
2347	BERNOR-USA	06JUN04	
2342	MALANICHEV-RUS	02MAR03	
2330	BARNO-USA	11APR01	
2318	KUTROFF-GER	06APR03	
2313	WADDINGTON-USA	13JUN81	
2309	MEHAN-CAN	30NOV03	
2303	HOSKINSON-USA	19JUN04	
2300	SKIVER-USA	13OCT01	
2300	BROWN-USA	21NOV04	
2298	KENADY-USA	06APR86	
2287	ROBINSON-RSA	03DEC89	
2287	MORAN-USA	17DEC83	
OVER 308 LB.			
2805	FRANK-USA	04APR04	
2584	BOLTON-GBR	08NOV03	
2557	MOORE-USA	06MAR04	
2551	THOMPSON-USA	10OCT04	
2529	SIDERS-USA	14NOV04	
2511	MIKESELL-USA	28JUN03	
2510	MILLER-USA	17APR04	
2505	RUGGIERA-USA	04APR04	
2502	SMITH-USA	08MAR04	
2460	CLARK-USA	28MAR91	
2455	HAROLD-USA	21NOV04	
2430	WI LSON-USA	16FEB89	
2427	WARE-USA	29JAN89	
2425	KAZMAIER-USA	31JAN81	
2420	REINHOUDT-USA	01MAY75	
2420	KOVACS-USA	21NOV97	
2400	SKIVER-USA	11NOV01	
2400	BRAND-USA	11JUL04	
2386	WIERS-USA	006JUN04	
2375	MORAN-SWE	15NOV87	
2375	AICHS-USA	22AUG04	
2369	HECHTER-USA	03MAR85	
2365	HUTSON-USA	17NOV02	
2358	TREGLOAN-GBR	08DEC02	
2353	ROBINSON-RSA	14OCT90	



The Late and Great O.D. Wilson

114 LB.			562	SUGUHMI-INA	11JAN96
662	STANASZEK-POL	05NOV03	562	SHEEDY-RE	12JUN99
573	FEDOSIENKO-RUS	09NOV04	148 LB.		
551	KEMP-71GBR	15AUG89	749	OLECH-POL	11NOV04
535	INABA-JPN	15JUN86	735	HATCH-USA	08OCT04
534	CUNHA-USA	17OCT81	716	MCNAMARA-IRE	09AUG03
534	KAZAKOV-RUS	13NOV02	716	HOERNER-USA	05JUN04
529	DEGOVETS-UKR	26JUN93	710	JACKSON-USA	28JUL90
518	ZHURAVLYEV-RUS	29FEB92	700	LUCKETT-USA	24FEB88
507	DUNBAR-USA	07NOV80	696	SIVOKON-KAZ	16NOV00
507	ROCHMAN-INA	08NOV92	688	SOKOLOV-RUS	16JAN04
507	LU-TPE	18NOV99	685	CONYERS-USA	12DEC92
507	ROMANOV-RUS	18JUN04	683	LAPSHIN-RUS	02OCT03
501	CALDWELL-USA	22NOV87	683	ZOLOV-RUS	24JAN04
501	NELSON-USA	28MAY88	683	ZOLOV-RUS	24JAN04
501	BOOKER-USA	03NOV00	682	PEREZ-USA	05MAR90
501	HU-TPE	05NOV03	672	HOOPER-USA	12NOV98
501	RADZEVICH-LAT	94	672	WILLIAMS-USA	12SEP03
496	BRANDTZAEG-NOR	16MAY96	666	GROMOV-RUS	12SEP03
496	AMBU-IND	18NOV99	661	WAHL-USA	22JUL83
496	WSZOLA-POL	15SEP00	661	DOLGOV-RUS	12MAR04
496	PURAXIL-IND	05NOV03	661	SCHWAB-USA	08OCT04
485	PODPALNY-RUS	26SEP91	655	AUSTIN-USA	08APR88
485	WIJAYA-INA	08NOV92	650	BRADLEY-USA	02OCT82
485	ASMI-INA	13JAN96	650	DIAL-USA	23MAR91
485	SENG-INA	13JAN96	650	MULER-RUS	12MAR04
123 LB.			650	HODGES-USA	25APR93
644	STANASZEK-POL	22MAR03	644	ALEXANDER-USA	12FEB86
633	KARLSSON-SWE	14NOV86	639	HYPOLITE-GBR	18NOV94
595	KAZAKOV-RUS	05NOV03	165 LB.		
589	PAVLOV-RUS	12MAR04	832	CONYERS-USA	05MAR04
584	HAWTHORNE-USA	17APR04	825	BERARDINELLI-USA	10JUL04
575	HU-TPE	01NOV97	815	SHESTAKOV-RUS	29NOV03
562	FEDOSIENKO-RUS	20APR04	800	CRAIN-USA	23NOV96
551	LU-TPE	05NOV03	788	PALMER-USA	28FEB03
551	BUTERBAUGH-USA	10AUG96	773	HOOPER-USA	24FEB02
551	BOOKER-USA	09MAR02	771	LAINE-FIN	24FEB02
551	MUKHAMATYANOV	27FEB03	766	ROSCIGLIONE-USA	31MAY96
540	CUNHA-USA	05MAY84	765	PEREZ-USA	20NOV94
540	PETROV-BUL	12MAY95	751	ALEXANDER-USA	02APR89
534	INABA-JPN	19JUN88	744	INZER-USA	16JUL88
530	KEMP-GBR	28JUN02	738	GRAHAM-CAN	26JUN04
529	DESOUSA-RSA	24NOV91	727	BARANOV-RUS	03OCT03
529	CHOPOVSKY-RUS	99	727	LAPSHIN-RUS	25JAN04
529	ROMANOV-RUS	16JAN04	724	FURASHKIN-RUS	15NOV02
529	DANILOV-RUS	24JAN04	722	BRIDGES-USA	19APR80
523	MADSEN-NZL	08APR88	722	KALLYA-USA	03OCT03
523	BRANDTZAEG-NOR	08MAY99	716	DVORNIKOV-RUS	16APR04
523	RADZEVICS-LAT	99	716	GORBUNOV-RUS	27AUG04
523	ASABIN-RUS	13JUN01	710	GAUGLER-USA	13MAR82
520	DUNBAR-USA	21MAR83	706	SIVOKON-KAZ	06APR02
518	STRINGER-GBR	14FEB82	705	MCNAMARA-RE	22APR02
132 LB.			705	MANCA-RSA	20JUN01
705	KARLSSON-SWE	02OCT99	705	ALMODOVAR-USA	08FEB98
661	KAZAKOV-RUS	10NOV04	705	LAVELLE-USA	31OCT98
650	BRADLEY-USA	07NOV80	181 LB.		
650	HAWTHORNE-USA	08OCT04	854	SHESTAKOV-RUS	22MAR03
622	MCNAMARA-IRE	09SEP00	845	KAMAND-USA	28MAR92
617	SUTRISNO-INA	05NOV01	843	BELL-USA	08APR88
615	WILLIAMS-USA	24JUN04	843	HARRINGTON-USA	05MAR04
611	WASHINGTON-USA	19JUN04	837	BRIDGES-USA	11JUL82
602	BIASIOOTTO-USA	01MAR89	815	PRIMICH-RSA	22JUN01
595	GANT-USA	08APR88	804	COLEMAN-USA	24FEB02
595	TALAMBANUA-INA	13JAN96	804	PALMER-USA	05APR03
595	ANDRYUKHIN-RUS	08MAY02	804	DANFORTH-USA	05MARCH04
595	PAVLOV-RUS	27FEB03	800	HERRING-USA	26MARCH08
595	HSIEH-TPE	10NOV04	800	DOUGHERTY-USA	03APR04
589	CABICO-USA	08APR88	793	RANDALL-RSA	10NOV01
584	ZAKIEV-RUS	18JUN04	793	NALEYKIN-UKR	12NOV04
578	TOTO-INA	11JAN96	793	KELLUM-USA	17JUL88
578	ELYNN-BEL	14NOV96	782	COAN-USA	08JUL84
574	HU-TPE	13APR98	782	GAUGLER-USA	14DEC85
574	ZOLOV-RUS	11SEP03	777	ROSALES-USA	08FEB98
573	GROMOV-RUS	13SEP03	771	LAINE-FIN	25OCT02
567	EWOLDSEN-USA	10AUG02	771	MAXWELL-USA	16MARCH03
565	HEATH-USA	27MAR93	766	WAGNER-USA	14MARCH03
198 LB.			761	CARTINIAN-USA	17NOV99
909	KELLUM-USA	08NOV02	914	CRAIN-USA	12SEP87
900	KAMAND-USA	13DEC03	914	SHEVTSOV-RUS	28FEB03
887	ZWENG-USA	24FEB02	909	TOPSOGLOU-USA	14DEC85
870	BELL-USA	07APR91	903	AVOLA-FIN	08OCT04
860	HARRINGTON-USA	09JUL04	902	WARDELL-USA	08NOV02
859	COAN-USA	07JUL85	902	WALDEN-USA	21AUG87
859	CARTINIAN-USA	08OCT04	902	HERRING-USA	10AUG91
848	WARDELL-USA	08NOV02	1102	WRIGHT-USA	21FEB87
840	WALDEN-USA	07APR91	1036	SHYAKHTA-UKR	13NOV04
840	HERRING-USA	10AUG91	1031	HATFIELD-USA	07APR98
837	WRIGHT-USA	21FEB87	1030	TOPSOGLOU-USA	15MAY04
837	SELSAM-GER	15MAY04	1014	PERSON-USA	29JUL90
832	CAPRARI-USA	28FEB02	1014	PERSON-USA	29JUL90
827	SHYAKHTA-UKR	13NOV04	1010	BARTLEY-USA	08OCT04
826	HATFIELD-USA	08NOV80	1008	GARCIA-USA	1008



Rickey Crain ... the first to squat 800 in the Middleweight division

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



Jesse Kellum... ranked in 3 classes

1005	POREMBA-USA	19NOV04
1003	KARWOSKI-USA	23JUL98
1003	BAILEY-USA	07NOV04
985	FURNAS-USA	16NOV86
976	BASSON-ISR	21NOV04
975	GREEN-USA	16NOV03
972	ALLOCOCO-USA	21MAR04
970	NICHOLS-USA	08FEB98
970	LEVARIO-USA	26JUN04
964	PATRICK-USA	07AUG04
964	WARMAN-USA	07AUG81
960	COAN-USA	25JUN00
953	WOHLEBER-USA	12DEC82
950	GRIFFIN-USA	06JUN04
942	BAILEY-USA	17JUN00
942	HENRY-GBR	11MAR03

308 LB.

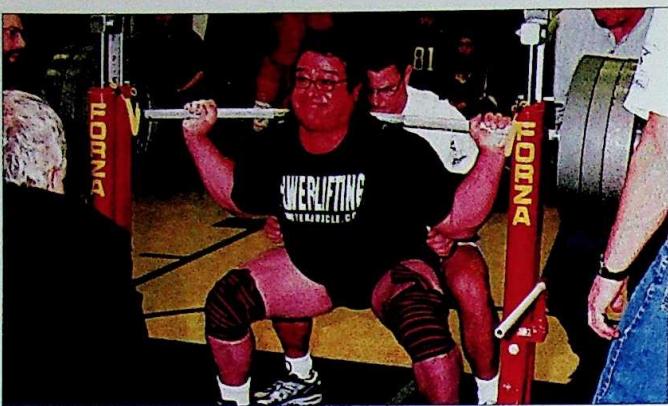
1124	CHILDRESS-USA	10OCT04
1080	TURTIANINEN-FIN	01MAR03
1038	BASSON-ISR	01MAR03
1038	HOSKINSON-USA	21NOV04
1025	GALLO-USA	30NOV03
1019	BERNOR-USA	10OCT04
1014	MEHAN-CAN	30NOV03
1014	KUTTROFF-GER	10OCT04
1002	WADDINGTON-USA	13JUN81
992	PASSILO-USA	30CT99
992	BADENHORST-RSA	14OCT90
960	TAYLOR-USA	01DEC90
960	BARNO-USA	13APR03
959	COATES-USA	13DEC98
959	HAMALAINEN-FIN	24FEB02
953	MORAN-USA	17DEC88
953	WARMAN-USA	21NOV99
953	OLMO-USA	08JUN03
953	NETTLES-USA	11NOV95
947	PAPAZOV-UKR	12MAY02
947	PODTYNNY-RUS	10DEC01
947	MALANICHEV-RUS	02MAR03
942	KIDDER-USA	01JUN96
936	KOLBERER-USA	11AUG96
936	KALLIOLA-FIN	28NOV03

OVER 308 LB.

1140	MIKESELL-USA	30NOV03
1118.	BOLTON-GBR	10OCT04
110	MILLER-USA	11SEP04
1085	FRANK-USA	04APR04
1041	ROUGIER-USA	04APR04
1040	HUTSON-USA	10AUG03
1019	GALLO-USA	16JUN02
1015	CLARK-USA	28MAR93
1014	KUTTROFF-GER	08NOV03
1014	AICHES-USA	22AUG04
1010	DIMEL-USA	01MAY86
1008	HAMMAN-USA	10MAR96
1008	TREGLOAN-GBR	08DEC02
1008	RUSS-USA	08JUN03
1008	SMITH-USA	06MAR04
1005	RYCHLAK-USA	13APR03
1002	WILSON-USA	16FEB89
1000	MORAN-USA	08JUL84
1000	WARE-USA	12MAY90
1000	BRYAN-USA	19NOV00
986	BRAND-USA	11JUL04
981	THOMPSON-USA	09NOV02
981	FELY-USA	12FEB82



Antony Clark ... ahead of his time



Sam Schultz squatting a PR 660 lbs in Men's 275 Open & Masters.



3-time American Masters champ **Bud Bower**, age 62, with a 355 BP

**14th USAPL Idaho State/Open
Bill's "Bad Ass Bench Press"
20 NOV 04 - Pocatello, ID**

BENCH PRESS	Davis A.	285	Durbin R	425	350	440	1215
WOMEN	181	Wessells C	405	330	415	1150	
Open	Durbin R	350	Legard J	525	370	615	1510
12	Hill C	275	Bower B	550	355	525	1430
Jenson S.	120	Barrett J	380	285	490	1155	
148	Shefts C	600	Williams R	600			
Yamashita J.	205	220					
Marts D.	205	Mecham S	570	485	575	1630	
Compton E.	170	Salansky M	580	405	545	1530	
MEN	Wolf D	475	Cordova M	630	475	565	1670
Open	Oulman M	305	Wojcik B	610	375	600	1585
148	Culgston R	410	Cugston R	520	410	525	1455
Edmondson	300	275	Moehrke B	465	325	585	1375
165	SHW	475	Wolf D	460	375	505	1340
Vandeneykel	285	Herdt P	Reem T	500	290	540	1330
POWERLIFTING			Wilkinson T	415	300	530	1245
WOMEN			Oulman M	370	305	425	1100
Open			Riedy M	275			
114			Schultz S	660	435	635	1730
Fairchild K	265	145	Watson A	580	475	535	1590
123	180	225	319				
Jenson S.	180	120	Wellard C	415	265	415	1095
132	225	525	Teen				
Satterlee V	265	140	Weeks DJ	250	275	435T	960
Hammer C	215	95	Braun C	300	225	350	875
148	230	540	Master	SQ	BP	DL	Total
Marts D.	275	205	Edmondson D	485	300	500	1285
Compton C	200	170	Rohan B	425	315	525	1265
Yamashita J.	45	205	148				
MEN	SQ	BP	Young P	410	225	415	1050
Open			181				
148			Wettach E	370	280	500	1150
Edmondson	485	300	198				
165	410	225	Schmidt J	650	350	625	1625
Young P	410	415	Bower B	550	355	525	1430
Paterson A	225	395	242				
181			Wolf D	460	375	505	1340
Hudson M	500	305	Reem T	500	290	540	1330
			275				
			Schultz S	660+	435+	635	1730+

* - State Open Record, + - State Masters Record, T - State Teen Record ** - Best Overall Lifter. PLACEMENT BY FORMULA WOMEN: Division 1 - Fairchild, K, Satterlee V, Jenson S, Hammer C Division II - Marts D, Compton E, Yamashita J. MEN'S MASTERS: Bower B, Rohan B, Wettach E, Schultz S., McCarthy D., Schmidt J. TEEN: Week DJ, Braun C. TEAM: Team Fitness (30), North Idaho Slayers (28), Butte YMCA (15). BENCH PRESS PLACEMENT BY FORMULA: WOMEN: Yamashita, Marts, Compton, Jenson. MEN: Cordova, Watson, Clugston, Durbin, Edmondson. Fitness Inc., of Pocatello, Idaho hosted the USAPL 14th Annual Idaho State/Open Powerlifting Championships, in which 37 three-lift competitors in addition to 5 benchers participated with competitors coming from Idaho, Montana, Nevada, Oregon, Utah, Washington State, and Wyoming. A sizable contingent forming a new team, the "North Idaho Slayers," as well as a team representing the YMCA of Butte, Montana also participated. The Idaho State Open meet is held each year in Pocatello, Idaho on the Saturday preceding Thanksgiving. The most impressive male lifter was Jerry Schmidt, age 41, from Highland, Utah, who won first place among the open 198 weight class



Mike Hudson opening with a 435 deadlift on his way to first place in Men's Open 181 lb. division.

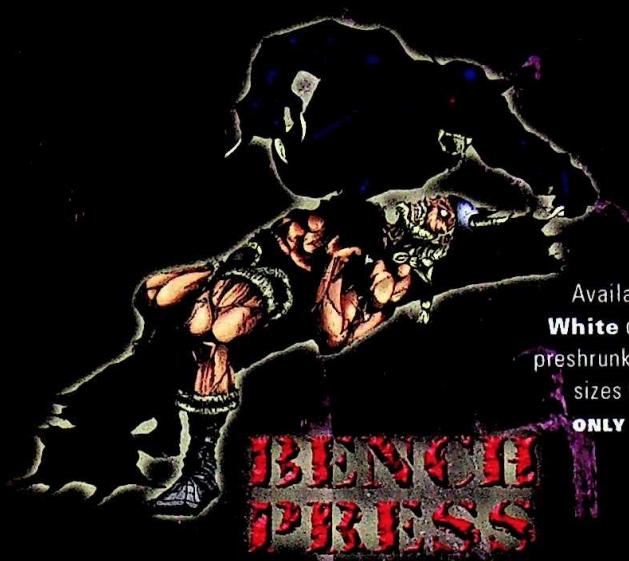
with a total of 1,625. Jerry stunned both lifters and audience alike when he pulled a deadlift of 625 lbs - over three times his own bodyweight. Jerry also squatted 650 and benched 350. The most impressive female lifter was Donna Marts, age 44, from Blackfoot, Idaho, women's 148, who squatted 275, benched 205, and deadlifted 290 lbs. on her way to a 770 total. The most inspiring lifter was Bud Bower, age 62, in the men's 198 weight class competing in both the Open and Masters divisions. Longtime powerlifters will remember that Bower has been a three times USA Masters champion in 1999, 2000, and in 2004, and represented the USA in the IPF World Masters meets in 1999 and 2000. Bud, who now lives in Albion, near Spokane Washington, returned to powerlifting in 2003 after over a year's absence due to cancer treatments. In this meet he squatted 550, benched 355 and deadlifted 525 in this meet for a total of 1,430 - placing first in the Master's division and third in the Men's Open 198 weight class. The most impressive male bencher was Mike Cordova from West Valley City, Utah, age 30, who benched 475 in the 242 weight class. The most impressive female bencher was Jill Yamashita from Clearfield, Utah, age 28. Who benched 205 at a body weight of 132.75 lbs. This meet normally attracts some very competitive seasoned lifters from throughout the Rocky Mountain States area. This year we also had six new powerlifters for whom this was their first full three-lift power meet. Three former USAPL World Masters team members and a former USPF national champion competed in this meet. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion jackets. The jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 2004 Idaho State Powerlifting champions are: Men - 165

lbs, Pat Young, Pocatello; 181 lbs, Mike Hudson, Pocatello; 198 lbs, Joel Legard, Post Falls; 242 lbs, Bart Wojcik, Twin Falls; 275 lbs, Sam Schultz, Pocatello, 319 lbs, Chris Wellard, Pocatello. Masters, Sam Schultz, Pocatello; Women - Category 1, Kaila Fairchild, Idaho Falls; Category 2, Donna Marts, Blackfoot; Teenage - DJ Weeks, Montpelier. In recognition of his selfless services to Idaho powerlifting Brad Compton, who was Idaho State Chair until he stepped down this meet, was awarded an honorary state championship jacket. Both ordinary and elite lifters had the opportunity to enjoy the sport of powerlifting in this meet thanks to the commitment of time, energy, and personal resources shown by meet directors Bill and Nancy Davis, as well as by their excellent crew of scorers (Nancy Davis and Janet Wright), announcers (Brian Smith and Darrin Barendregt), referees (Larry Dittmars, Sean Anderson, Brad Compton, and Drew Wolf), spotters, loaders, and other volunteers. We wish also to thank our permanent sponsors, namely, PEPSI, PIZZA-HUT, TACO BELL, COORS LIGHT, HOGI YOGI, BEST WESTERN COTTONTREE INN, WAR BONNET ELECTRIC, AMERICAN FAMILY INSURANCE, BLACK SWAN INN, INTERMOUNTAIN MIND MECHANICS, "LITHIA" HONDA OF POCATELLO, STAR 98.5 AND KOOL 94.9 RADIO STATIONS. Other fine companies who sponsored this event include GATE CITY REAL ESTATE (Pocatello), NUTRITION OUTLET (Boise), GYM OUTFITTERS (Boise), MUSCLEINFUSION (Idaho Falls), ELITE NUTRITION CENTER (Idaho Falls), THE COLLEGE OF MASSAGE THERAPY (Idaho Falls), TYAN'S 2 FOR 1 DISCOUNT CARDS (Pocatello), THE CLUB 91 (Pocatello), EMPIRE COMICS, and THE POWERLIFTING SUPERSTORE. Also we thank our local media, especially Channel Six (KPVI-TV) and the Idaho State Journal for their support and coverage of this event." (Meet Write-Up provided by Sean Anderson.)



New Idaho State Champions: Front Row, l-to-r: Brad Compton, Chris Wellard, D. J. Weeks; Middle Row, l-to-r: Joel Legard, Mike Hudson, Donna Marts, Keila Fairchild; Back Row, l-to-r: Bart Wojcik, Pat Young, and Sam Schultz. (all Idaho State photographs by Wayne Rhoden).

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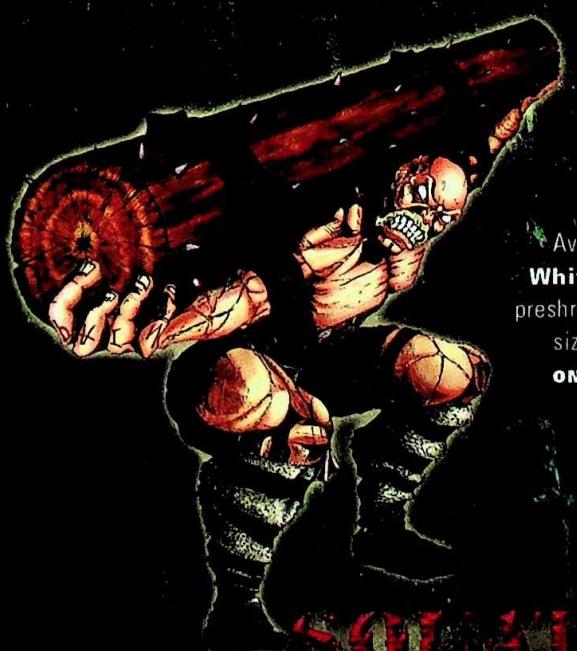


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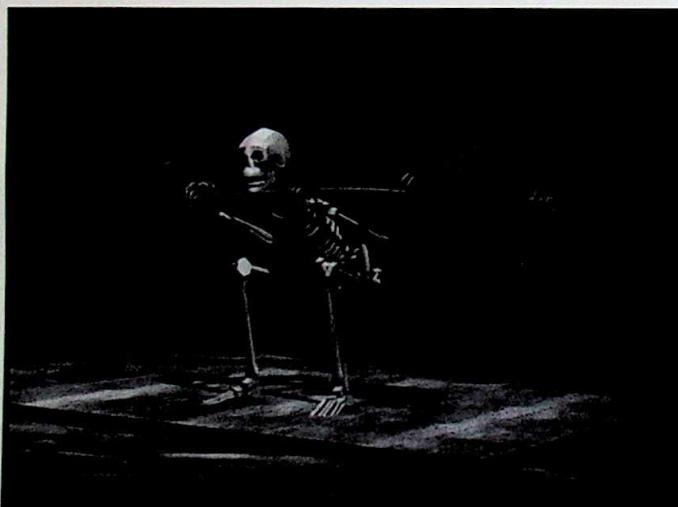
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PL USA BACK ISSUES

- 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 Nats., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
- Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
- 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. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
- Jun/94...** NASA Natural Nats., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s
- Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
- Aug/94...** APF SRS, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
- Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
- Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
- Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women's, United We Stand, TOP 100 165s.
- Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
- Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
- Mar/95...** Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
- Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
- May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
- Jun/95...** Antonio Krastev, USPF Collegiates/Bench Nats, Overtraining or Adaptation?, Greg Ward Interview, Curt Leslie BP Workout, TOP 100 SHW
- Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
- 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, '95 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s
- Aug/96...** ADFPA Men's, APF Sr. Nats, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
- Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
- Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
- Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Nats, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
- Apr/97...** Clark Benches 800-Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
- May/97...** Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
- Jun/97...** J.M. Blakley, Dream Team Pt. 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 TOP Women, 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 Nats, 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 Sante, 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 Nats, Russian Stretches, TOP 100 275s.
- Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs
- Aug/99...** the Rubber Band Man, the "Muscleton 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...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 100 148s
- Nov/99...** Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
- Dec/99...** IPF World Masters/Juniors, USAPL/AAU BP Nats, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
- Jan/00...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
- Feb/00...** WPC Worlds Pt. I, Battle of the



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Giants, The Real Triac, IPF World BP, IPA Nats, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s

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

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

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

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

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

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

Sep/00 ... USPF Srs, 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 Nats, Westside Deadlifting, WPC Worlds Pt. II/BP

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

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

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

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

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

Sep/01 ... WPO Semis, "No Deadlift"

Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

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

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

Dec/01 ... IPF World Masters, WPC Can 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, WNPW Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

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

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

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

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

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

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

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

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

Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs

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

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

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 100 165s

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

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

Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

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

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

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

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Apr/04 ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

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

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

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

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

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

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

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

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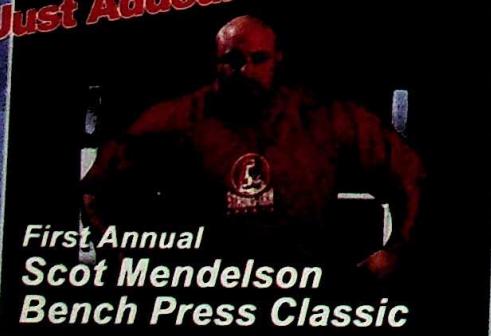
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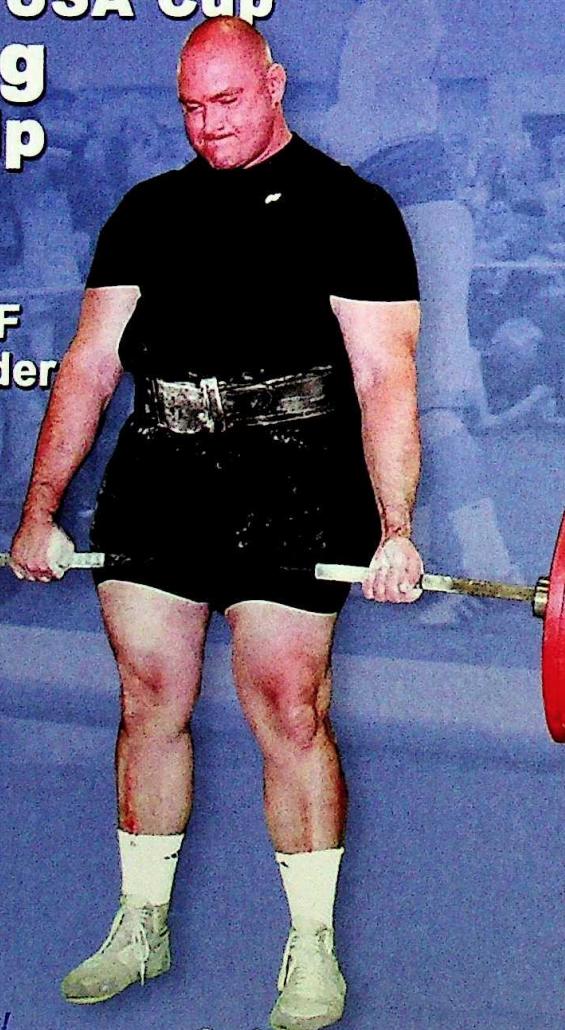
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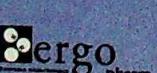
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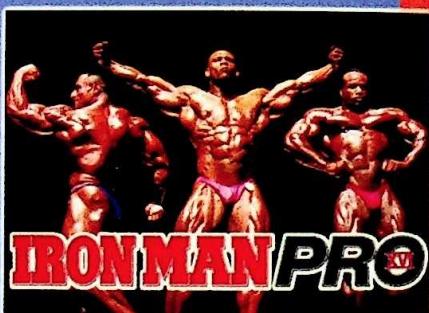
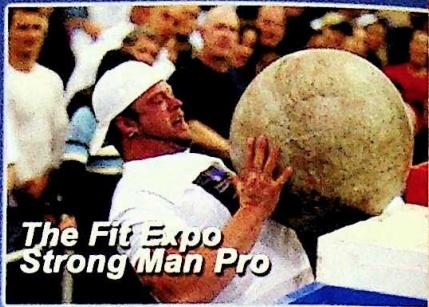


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29 JAN, 100% Raw Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifiting@adelphia.net, www.virginiausapl.com

29 JAN, Smoker's Iron Works 14th annual Winter Classic & DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@e-nomous.biz, www.e-nomous.biz
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, SLP Bluegrass Open Open BP/DI (Harrordsburg, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 JAN, SPF Southern BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com
29 JAN, NASA Total Body Fitness Winter Classic Bench Press, Push/Pull & Power Sports Championships (Paintsville, KY) Greg Van Hoose RR1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com www.vhepower.com

30 JAN (NEW DATE), SLP A COLD DAY IN ... TUSCOLA BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 JAN, WNPF Delaware PL, BP, DL, PC (Newark, DE) Lester Fields, 770-842-2137, lesterfields@aol.com, members.aol.com/wnfpf

5 FEB, USAPL Texas State Bobcat Invitational, Tony Dobson, 1647 Post Rd., Apt. 1111, San Marcos, TX 78666, 915-373-4754

5 FEB, SLP CHAIN O' LAKES BP/DL CHAMPIONSHIP (Waupaca, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

5 FEB, WNPF Tennessee PL, BP, DL, PC (Nashville, TN) Lester Fields, 770-842-2137, lesterfields@aol.com, members.aol.com/wnfpf

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, USAPL Northwest PL, Dean Reece, 25977 NE Battleview Rd., Aurora, OR 97002, 503-789-9504

12 FEB, W. Va. State High School (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

12 FEB, APA North California Open PL, BP, DL, PP (Sacramento) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

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

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

12-13 FEB, NASA Ohio State High School/Teenage Nationals PL, BP, PS & Push/Pull Championships (Springfield, OH) Greg Van Hoose RR 1 Box 166, Ravenswood, WV 26164 (304) 273-2283, gvh@wirefire.com, www.vhepower.com

13 FEB, WNPF Ohio PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

13 FEB, SLP CHICAGO SHARDCORE OPEN BP/DL CHAMPIONSHIP (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 FEB, USAPL Georgia State & Southern States PL, Sherman Ledford, 3000 Mattison St. NW, Duluth, GA 30096, 770-497-0787

19 FEB, AAU New York State BP/DL, Steve Rogers, 13797 Rt. 31, Savannah, NY 13146

19 FEB, DWG Productions The Fitness Connection Tomah Winter Bench Press (The Fitness Connection, Tomah, WI) 608-787-5693

19 FEB, SLP ILLINOIS STATE POWER LIFTING / B P / D L CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 FEB, 2nd Candy Azz Classic BP/DL/IronMan (Tribes Hill (upstate), NY) www.ironasylumgym.com, candyazz@ironasylumgym.com, 518-858-7002, Sandi or Zane

19 FEB, APA Maine Winter Games (BP, DL, Strict Curl) Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajstork@earthlink.net

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

19 FEB, WNPF Georgia PL, BP, DL, PC (Fitzgerald, GA) Troy Ford, 770-997-0589, wnpf@aol.com, members.aol.com/wnfpf

19 FEB, APA Northeastern U.S. BP, DL, PP (Keene, NH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

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

COMING EVENTS

www.powerliftingca.com, 661-333-9800

20 FEB, SLP Midwest Open BP/DI (Clinton, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 FEB, APF Scot Mendelson Bench Press Classic (open amateur div., pro div by invitation) Scot Mendelson, 13752 Ventura Blvd., Sherman Oaks, CA 91423, Mendy1000@sbcglobal.net

25 FEB, NAP Louisiana Bone Crusher Championship (Holiday Inn, Metairie, LA) Bob Garza, 281-820-5923

26 FEB, DWG Productions, Fitness One Bench Press, Wayne's Fitness One, Hamilton, OH, 608-787-5693

26 FEB, UAPC National BP (Gainesville, GA - AWPC World qualifier) www.amateurworldpowerliftingcommittee.com, L.B. Baker, 770-725-6684, mobile 770-7 1 3 - 3 0 8 0 , LBBAKER@irondawg.com

26 FEB, SLP MASON-DIXON OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 FEB (revised listing), 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 FEB, Bill Beckwith Memorial BP & DL, Wayland, MI, Richard Van Eck, 269-521-4031

26 FEB, W.N.P.F. National Masters, Wayland, MI, Richard Van Eck (269) 521-4031

26 FEB, NCAAU State/Open Regional (Clarion Hotel, Greensboro, NC - 3 lift for NC residents, Regional & BP only to all AAU lifters) www.ncaau.org/powerlifting, kingsgym@triad.net, 336-622-3886

26 FEB, WNPF natural Northeastern PL, BP, DL, PC (Piscataway, NJ) Troy Ford, 770-997-0589, wnpf@aol.com, members.aol.com/wnfpf

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

27 FEB, APF Northeastern Open BP Championship (Ramada Inn Conference Center, next to Hooters, Manchester, NH), Zoe Richard, NUTRITION 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

27 FEB, SLP G's Gym Open BP/DL (Girard, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

Feb 19th: APF Illinois State, Eric Stone, Chicago Illinois.

Feb 20th: APF Scott Mendelson Pro/Am Bench Press, Los Angeles CA, Scott Mendelson.

March 4th+5th: WPO Super Open Finals, WPO WR Bench Bash, Arnold Classic Weekend, Columbus Ohio, Kieran Kidder.

March 12th: 1st APF/AAPF Alabama State PL+BP, Buddy McKee, Attalla Alabama.

March 12th-13th: APF/AAPF Windy City Ironman, Eric Stone, Chicago Illinois.

March 19th: APF South Carolina Open PL & BP, Will Millman, Charleston, SC

March 19th: APF/AAPF Midwest Open, Kansas City KS, Susan Sharp-Patterson.

March 19th: AAPF 9th Annual Frank Kostyo Memorial PL, Lakeland FL, Ken Snell.

March 19th-2qth: APF Junior Nationals BP+DL (WPO Qualifier), Chris Wier, Lewiston Maine.

March 19th-20th: APF Maine State PL, Chris Wier, Lewiston Maine.

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

April 19th: APF House of Pain Texas St. Open PL+BP, Gary Pendergrass, Round Rock TX.

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

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

April 16th: APF World Gym Bench Press Challenge, Columbus OH, Ken Patterson/PES.

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

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

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

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

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

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

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

Dates are subject to change

Call 386-734-3128 for info.

(worldpowerlifting.org)

(worldpowerliftingcongress)

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
4,5 MAR, WPO Super Open Finals, WPO WR Bench Bash, Arnold Classic Weekend, Columbus Ohio. Kieran Kidder, 386-734-3128, worldpowerlifting.org
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
5 MAR, APA Battle of the Iron Barbarian (BP, DL, PP - Williamson, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com
5 MAR, 6th Police & Fire Nationals & Open PL, OP Assembly of God Gymnasium, 7700 W. 75th St., Overland Park, KS 66206, Jim Duree, 9 1 3 - 5 9 6 - 7 3 2 6 , jduree7086@aol.com
5 MAR, WABDL California State BP/DL (Monterey, CA) Matt Lamarque, 831-2 7 7 - 4 7 6 6 , www.bovinestrengthsystems.com
5 MAR, SLPTENNESSEE OPEN BP/DL CHAMPIONSHIP (Clarksville, TN.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
5 MAR, New England States Bench Press (men, women, teen, jr. submaster, novice, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-

352-8590

6 MAR, New Jersey High School Championship (St. Joseph H.S., Hammonton, NJ) Paul Sacco, 609-567-0046, PaulSacco537@comcast.net
6 MAR, SLP Hillsboro Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11-12 MAR, USAPL Wisconsin High School State Meet, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

12 MAR, WABDL Northwest Regional BP/DL (Medford, OR) Sam Pecktol, 541-941-0619, Dan Guches 541-826-5790
12 MAR, USAPL March Madness BP/DL (Locust Sheldrake, NY) Charlie Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-986-0487 before 9PM
12 MAR, SLP MARCH MADNESS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 MAR, WNP Carolina PL (Greenville, SC) WNP, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

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

12 MAR, Gold's Gym & Econolodge Hotel 1st APF/AAPF Alabama State Open PL, BP (AL records will be established - Econolodge Conference Center, Atalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002
12 MAR, USAPL Massachusetts High School & Youth, Eric Cordeiro, 35 Berkeley St., Watertown, MA 02472, 617-

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12 MAR, USAPL Ozark/MO State, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044

12 MAR, Smoker's Iron Works annual Cabin Fever BP/DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@enormous.biz, www.enormous.biz

12 MAR, USAPL Indiana High School State, Marc Anderson, 1801 E. 86th, Indianapolis, IN 46240, 317-566-0856

12 MAR, Walker's Gym Bench Press Classic for St. Jude's Children's Hospital (open, raw, men, women, teen, master, military, police/fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

12,13 MAR (NEW DATE), APF/AAPF Illinois State (Frantz Gym - Aurora, IL) Emie Frantz, 630-892-1491

12,13 MAR, APC California State (teen, master, submaster, jr., women, open - Center Point Athletic Club, Fresno, CA) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

13 MAR, WNP Upstate New York (Buffalo, NY - PL & single lifts) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

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

19 MAR, AAPF 9th annual Frank Kostyo Memorial PL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensnelliower.com

19 MAR, USPF 30th W. Va State PL, SQ, DL & Holley Open PL & DL (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

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, gvh@wirefire.com

19 MAR, APF South Carolina Open PL & BP, Will Millman, Charleston, SC, 386-734-3128, worldpowerlifting.org

19 MAR, SLP HEATH CLIFTON MEMORIAL BP/DL CHAMPIONSHIP (Paragould, AR) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 MAR, WABDL World Record Breakers BP/DL (Red Lion Hotel, Pasco, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654

19 MAR, High Peaks Power Presents the Adirondack High School PL & BP Open, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.com

19 MAR (REVISED DATE), USPF California State PL/BP (Los Alamitos, CA) Steve Denison, pwrlfltrs@msn.com, www.powerliftingca.com, 661-333-9800
19 MAR, SPF Tennessee State PL/BP (Holiday Inn, Manchester, TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com

19 MAR, Iowa State, PL/BP, Push/Pull & Power Sports, Des Moines. Rich Peters, Phone - 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK 73068

19-20 MAR, WNP Teenage, Junior & High School Nationals & American Cup (Philadelphia, PA) WNP, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

19,20 MAR, APF Junior National BP & PL (WPO qualifier - open to all elite & master level lifters) Chris Wier, 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

19,20 MAR, USAPL Florida State PL, Jim Dundon, jdunder@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl

20 MAR, USPF Rhode Island State PL & BP, USPF Rhode Island Police & Fireman PL & BP, USPF Rhode Island High School PL & BP (open state meet for all lifters) Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org

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

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

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

26 MAR, APF Minnesota State, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave Harrison, 763-441-4232, or Jerry Gneze 763-753-0569
26 MAR, USAPL Virginia Open PL/BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiapusapl.com

26 MAR, APC West Coast Open Bench Press, John Ford, 650-303-7518, www.calapc.net

26 MAR, APA Southern States (PL, BP, DL, PP - Jackson, MS) Scott Taylor, Box

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

Website - members.aol.com/wnpf
Florida Powerlifting, bench, deadlift & powercurl, Stuart, Florida, Jan. 15, 2005, Brian Burritt, 772-621-8988 or bburritt@hatshack.com

Delaware Powerlifting, bench, deadlift & powercurl, Newark, DE, Jan. 30, 2005, Lester Fields, 770-842-2137 or lesterfields@aol.com

Tennessee Powerlifting, bench, deadlift & powercurl, Nashville, TN, Feb. 5, 2005, Lester Fields, 770-842-2137 or lesterfields@aol.com

Georgia powerlifting, bench, deadlift & powercurl, Fitzgerald, GA, Feb. 19, 2005, Troy Ford, 770-997-0589 or wnpf@aol.com

Natural Northeastern Powerlifting, bench, deadlift & powercurl, Piscataway, NJ, Feb. 26, 2005, Troy Ford, 770-997-0589, or wnpf@aol.com

- 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apawpa.com
- 26 MAR**, APA Blue Springs Classic, Roger Broeg, Box 4122, Topeka, KS 66604, 785-228-9781
- 1 APR**, ADAU 42nd Great Lakes Open (open & all ages - men & women) Joe Orenia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
- 1-3 APR**, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779
- 2 APR**, SPF / WBPLA World Open / Raw Bench Press (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Coban Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com
- 2 APR (DATE CHANGE)**, WNPF Western PA PL & Single Lifts (Beaver Falls, PA) Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670
- 2 APR**, APF Jacksonville Open PL/BP, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-378-1551, Wayne Pullum, 904-786-2822
- 2 APR**, SLP HARVEY'S GYM OPEN BP/DLCHAMPIONSHIP(Columbia, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 2 APR**, WNPF Georgia PL(Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA, 30214 770-997 0589 or wnpf@aol.com
- 2 APR**, NASA Wisconsin State Powerlifting Championships, Sheboygan, WI. Job Hou-seY. @ insurance@earthlink.net
- 2 APR**, NASA Eastern States State PL, BP, PS & Push/Pull Championships (Washington, PA) Greg Van Hoose RR 1 Box 166 Ravenswood, WV 26164 (304) 273-2283, gvh@wirefire.com, www.vhepower.com
- 2 APR**, WABDL Heart of America BP/DL (Collinsville, IL - 10 miles east of St. Louis, MO) Erica Haislar, 618-344-3947
- 2-3 APR**, GPC Canadian Nationals, Canada Olympic Park, Calgary, AB, CAN. Brian Johnston, KiFitness@telus.net, 403-215-4549, www.independentpowerlifting.com
- 2,3 APR**, NASA High School Nationals PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
- 3 APR (corrected date)**, 6th Pittsburgh Monster BP & DL (men & women, all div., all classes, cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Spring Water Ct., Moon Township, PA 15108, 724-457-2708
- 3 APR**, USA 'RAW' BENCH PRESS FEDERATION SPRING NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com
- 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**, WNPF Dungeon Power Works Push-Pull (Three Rivers, MI) Mark Mellinger 269-435-7586
- 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.seguintfitness.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**, W.N.P.F. Powerworks BP & DL, Three Rivers, MI, Mark Mellinger (269) 435-7586
- 9 APR**, NASA Kansas State (PL, BP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com
- 9 APR**, SLP PRIMETIME FITNESS BP/DL CHAMPIONSHIP (Crestwood, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 9 APR**, ABA Arkansas State BP, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851
- 9,10 APR**, APF/AAPF Southwest PL & BP (VEGAS - "Bring it if you got it"), Mark Swank 702-245-6852, 702-656-6762 or thegymlasvegas@earthlink.net, entry forms available
- 16 APR**, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensnlpower.com
- 16 APR (new date)**, NPA (drug free) Midwest Open BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitliftedb@cs.com
- 16 APR**, Northern VA Raw PL & BP Open (Sterling Community Center, Sterling, VA) John James, 703-475-9885, www.northernvarawpower.com
- 16 APR**, NASA Ohio State Champs, PL'ing, BP, Push/Pull & Power Sports, Springfield, OH. Rich Peters, Phone - 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK, 73068
- 16 APR**, APF Louisiana State PL, Gary Frank, Baton Rouge, LA, 386-734-3128, worldpowerlifting.org
- 16 APR**, APF Metal Militia Bench Wars, Glens Falls, NY, Bill Crawford, 386-734-3128, worldpowerlifting.org
- 16 APR**, APF World Gym Bench Press Challenge, Columbus OH. Ken Patterson/PES, 386-734-3128, worldpowerlifting.org
- 16 APR (address correction)**, Iowa Open State (open to all lifters - BP or DL - teen, novice, open, submaster, master 1 - 2 - 3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
- 16 APR**, SLP ALABAMA PUSH PULL CHAMPIONSHIP (Northport, AL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 16 APR**, USAPL Richmond Open PL + BP (55 lifter limit) Phillip Battle, Box 9713, Richmond, VA 23228, 804-301-2196, P.Battle@hotmail.com
- 16 APR**, Open BP Meet, Glenwood Athletic Club, 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250
- 16,17 APR**, IPA Iron House Classic PL & BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com
- 22 APR**, 15th AAPF/APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520-8773, snakeriver@yahoo.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) Steve Denison, pwrlfrts@msn.com, www.powerliftingca.com, 661-333-9800
- 23 APR**, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, www.sonlightpower.com, sonlight@netcare-il.com
- 29 APR**, USAPL Illinois State/Great Rivers Open PL & BP, Mark & Susan Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
- 30 APR**, WABDL House of Pain World Cup (Sheraton Dallas Brookhollow, Dallas, TX) Guy Rethwisch, 503-901-1622 or 763-545-8654
- 30 APR**, SLP NATIONAL BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 30 APR**, APA Maine State PL/BP, Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajhstork@earthlink.net
- 30 APR**, 100% Raw North American BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com
- 30 APR**, 26th Annual Raw A.D.A.U. "Power Day Classic" Separate Bench Press and Deadlift Contests Open division and all age group divisions for both men and women. The oldest continually run meet of its kind in the world. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
- 30 APR**, NASA Colorado State, PL'ing, BP, Push/Pull & Power Sports, Loveland, CO. Rich Peters, Phone - 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK 73068
- 30 APR**, NASA West Virginia State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail qvh@wirefire.com
- 30 APR-1 MAY**, WNPF Pan-American PL (Orlando, FL) WNPF, BOX 142347, Fayetteville, GA, 30214 770-997-0589 or wnpf@aol.com
- 30 APR**, 1 MAY, WABDL Southeastern USA (teen, open, women, submaster, class I, master, law&fire, disabled - all divisions - over 200 lifters - Atlanta, GA) George Heming, 770-963-6738
- APR, USAPL North Carolina PL, BP & Open State (Charlotte, NC) Jennifer Thompson, 704-483-6332, www.carolinapowerlifting.com**
- APR**, WNPF Maryland PL, Lester Fields, 770-842-2137 or lesterfields@aol.com
- APR**, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta,

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Entry Deadline - Feb. 17, 2005

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- SQBPD@aol.com
- 23 APR**, SLP TRUMAN STATE IRON DOGS/JACKSON WEIGHTLIFTING CLUB POWERLIFTING/BP/DL SHOWCASE (Kirksville, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 23 APR**, WABDL North American BP/DL (Holiday Inn, Mesa (Phoenix), AZ) Gus Rethwisch, 503-901-1622 or 763-545-8654
- 23 APR**, 15th Weightlifting Unlimited BP (Winchester, VA) Randy 304-725-8350 or Randy B. 540-667-6268
- 23 APR**, AAU Spring Break Bench Press Classic (Showplace Annex Richmond, Virginia) aaupsports.org or aaupower@aol.com or Va. Powerlifting Assoc, 1811 Southcliff Road, Richmond, VA 23225 - Barbara Beasley 804-233-9570 after 7pm est
- 23-24 APR**, AAU Triple Crown Classic and Va State Championships (Showplace Annex- Richmond, Va) aaupsports.org or aaupower@aol.com or contact Barbara Beasley, 1811 Southcliff Road, Richmond, VA 23225 or 804-233-9570 after 7pm est
- 24 APR**, SLP Black River Open BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 29 APR**, USAPL Illinois State/Great Rivers Open PL & BP, Mark & Susan Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
- 30 APR**, WABDL House of Pain World Cup (Sheraton Dallas Brookhollow, Dallas, TX) Guy Rethwisch, 503-901-1622 or 763-545-8654
- 30 APR**, SLP NATIONAL BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
- 30 APR**, APA Maine State PL/BP, Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajhstork@earthlink.net
- 30 APR**, 100% Raw North American BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com
- 30 APR**, 26th Annual Raw A.D.A.U. "Power Day Classic" Separate Bench Press and Deadlift Contests Open division and all age group divisions for both men and women. The oldest continually run meet of its kind in the world. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
- 30 APR**, NASA Colorado State, PL'ing, BP, Push/Pull & Power Sports, Loveland, CO. Rich Peters, Phone - 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK 73068
- 30 APR**, NASA West Virginia State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail qvh@wirefire.com
- 30 APR-1 MAY**, WNPF Pan-American PL (Orlando, FL) WNPF, BOX 142347, Fayetteville, GA, 30214 770-997-0589 or wnpf@aol.com
- 30 APR**, 1 MAY, WABDL Southeastern USA (teen, open, women, submaster, class I, master, law&fire, disabled - all divisions - over 200 lifters - Atlanta, GA) George Heming, 770-963-6738
- APR, USAPL North Carolina PL, BP & Open State (Charlotte, NC) Jennifer Thompson, 704-483-6332, www.carolinapowerlifting.com**
- APR**, WNPF Maryland PL, Lester Fields, 770-842-2137 or lesterfields@aol.com
- APR**, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta,



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

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

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

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

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

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

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

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

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

14 MAY, Super Bench Re Competition - Bodyweight for Reps (men, women, jr., master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

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

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

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

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

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

14 MAY, LIFETIME NATURAL POWERLIFTING
SOCIETY NATIONALS (Tuscola, IL) Son Light Power,
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5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

21 MAY, Chickahominy YMCA BP Classic, Phillip Battle
or Nancy Burnet, 5401 Whiteside Rd., Sandston, VA 804-
737-9622

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

21 MAY, WNPF Ralph Peace Memorial (Asheville, NC)
Lester Fields, 770-842-2137 or lesterwfields@aol.com

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21 MAY, SLP GOLD'S GYM OKLAHOMA OPEN BP/DL CLASSIC (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

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

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

28 MAY (NEW DATE & NAME), USPF West Coast BP/DL (Venice, CA - 2 single lift meets, not total) Steve Denison, p_wrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

28 MAY, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-545-8654

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

MAY, NASA Kentucky State PL'ing, BP, Push/Pull & Power Sports Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or email gvhl@wirefire.com

4 JUN, WABDL Great Northern BP/DL (Tacoma Inn, Tacoma, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654

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.seguintfitness.com

4 JUN, SCHS Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

4 JUN, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 JUN, YMCA Maple City Classic BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Homell, NY 14843, 607-324-5520

4 JUN, Bartlesville BP, DL, PS, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 75006, 918-333-0245, Jim Duree, 913-596-0245, jkhree7086@aol.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

4, 5 JUN, Raw A.D.A.U. Na-

tional Powerlifting Championships Men and Women of any age, in all weight classes Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkitup.com

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

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

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

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

11 JUN, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

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

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

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

18 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

20 JUN, Samson Sportsflex Competition (San Juan, PR) William Rosario, 787-668-6336, FAX 787-757-8812

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

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

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

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

25 JUN, APC Central California Open/Novice, Bob Packer, 559-658-5437, 559-322-6805, www.calapc.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

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

8-10 JUL (revised listing), GPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National

PL & BP (Global Powerlifting Committee World Championships Quali-

12,13 March - APC California State (Teen, Master, Submaster, Junior, Women, Open - Center Point Athletic Club, Fresno, CA)

26 March - APC West Coast Bench Press (Teen, Master, Junior, Women, Open), John Ford

25 June - APC Central California Open and Novice

30 July - APC West Coast Push Pull (Teen, Master, Junior, Women, Open)

10,11 December - APC Iron Man

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

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

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

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

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

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

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

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

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

16 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 JUL, NASA Grand Nationals (PL, BP, PP, PS - Selmer,

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TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

16 JUL, World Games

23 JUL, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

23 JUL, WABDL House of Pain Southern Regional BP/DL (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

23 JUL, WNPF South Florida BP, DL, PC (Stuart, FL) Brian Burritt 772-621-8988 or bburritt@hatsback.com

30 JUL, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPD@aol.com, P.O. Box 735, Noble, OK, 73068

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, APC West Coast Push-Pull, John Ford, 650-303-7518, www.calapc.net

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

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

JUL, NHSP Push-Pull Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr.

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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, USAFL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rk@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, pwrlifters@msn.com, www.powerliftingca.com, 661-333-9800

6 AUG, WNPF Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

6,7 AUG, WABDL National BP/DL (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-8654

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

13 AUG, SLP WISCONSIN STATEFAIR BP/DL CHAMPIONSHIP (West Allis, WI.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com

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

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

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

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

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

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

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

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

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

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

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

sonlight@netcare-il.com

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

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

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

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

10 SEP, USPF Venice Beach PL/BP, Steve Denison, pwrlifters@msn.com, www.powerliftingca.com, 661-333-9800
10 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

10 SEP, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rloptrts@frontiernet.net

17 SEP (New Date), NPA (drug free) Nationals BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlife@cs.com

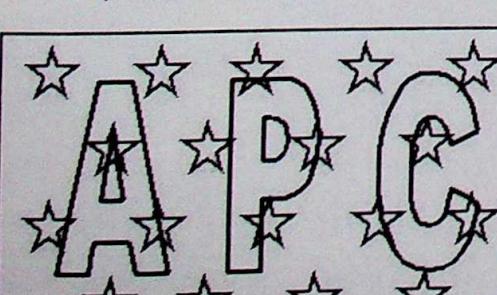
17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 SEP, APF Northern California Open, Bob Packer, 559-658-5437, 559-322-6805, www.calapf.com

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

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

24 SEP, WNPF Lifetime Drug Free Nationals (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or



American Powerlifting Committee

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

APC Georgia State Open (APC National qualifier)
April 9, 2005

WPC American Cup - Canada/USA
(World Powerlifting Committee World Championship qualifier)
July 9 & 10, 2005

<http://www.americanpowerliftingcommittee.com>
lbbaker@irondawg.com 770/725-6684; 770/713-3080

wnpf@aol.com

24 SEP, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-596-7326, jduree7086@aol.com

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

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

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

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

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

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

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

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

29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

14-15 OCT, AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225

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

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

15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrfltrs@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

22 OCT, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

OCT, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 805 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

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

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

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD

CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30124 770-997-0589 or wnpf@aol.com

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

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

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

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

19-20 NOV, WNPF Drug Free for Life Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30124 770-997-0589 or wnpf@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.seguintitness.com

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

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

4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

10,11 DEC, APC Mr. Iron Man, Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

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

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

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

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

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

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

USA POWERLIFTING CORNER

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President's Message

Starting a New Year

As we start 2005, we are pleased with the progress that USA Powerlifting has made in 2004. We have continued to develop our infrastructure, added almost 20 new meet promoters, 50 referees, and confirmed a large handful of new State Chairpersons.

Our athletes have done amazingly well in international competition. Last issue, I reported the success of the Men's Open Team in World Competition. In this issue of Powerlifting USA, Dr. Larry Miller will detail the remarkable performance of the Open Bench Press Teams. The short summary is that the Women won the first Open World Championship title since our affiliation with the IPF in 1997. There were 7 individual medalists. The Men's Team took the silver medal and we are pleased to congratulate Kevin Mayer on his first World Championships gold medal. There were 5 other individual medals.

This year, we are moving closer to production of a hard copy newsletter to be mailed directly to all of our members. This program was discontinued in 1998 and we have been poorer for it. With the generous



Men's Team overall Silver Medalists at the IPF World BP Meet



Women's Team .. overall Gold Medalists at the World BP Meet

support of sponsors, we hope to re-launch the newsletter in the spring on a 4 times a year schedule.

USA Powerlifting Fundraiser Position

USA Powerlifting is initiating a fund raising position to assist in supporting our

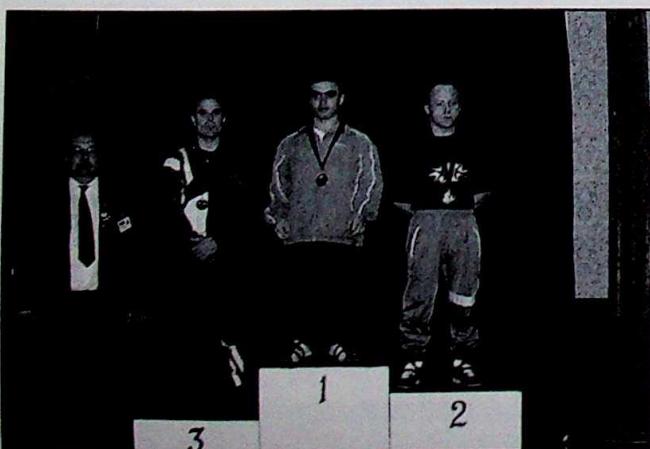
expanded programming, including our efforts in the area of publicity and marketing and our expanded drug testing program. This position will be commission-based with increased incentives for greater success. If interested, please contact USAPL Treasurer, Geoff Plante at: plante@nystec.com or President Maile at the email or phone number above.

Youth Program Revisions

The USAPL Youth Program, which has been so successful will undergo revisions after the first of the year. IPF rules do not allow competitive powerlifting under 14, so in order to remain consistent with the mandates of our international affiliate, USA Powerlifting will re-examine this program and place less stress on the competitive aspects of lifting. Additional exercises may be added, and use of equipment will be limited. Children will be an important part of our powerlifting future, but due care must be taken for their wellbeing.

Merchandising

The USA Powerlifting Merchandising program continues to be a source of pride for our organization (<http://www.usapowerlifting.com/merchandise/index.shtml>). Your response has been gratifying as you show your pride wearing the logo of USAPL. We have quarterly specials and will have an end of the year membership special as well. Check it out! You can join USA Powerlifting via the e-store, or donate to support our programs.



60k. Men ... Steve Petrencak, Ayrat Zakiev, Stefan Kolsovsky



Kevin Mayer won the Gold Medal for the 110 kilogram division



60k. Women ... Jennifer Robertson, Jennifer Thompson, Dr. Maile

Top Twenty

This month, we feature the top 20 women at 52 kg. (114 lbs.) and the top 20 men at 56 kg. (123 lbs.) To search the lifter data

base, or for the complete 2003 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.

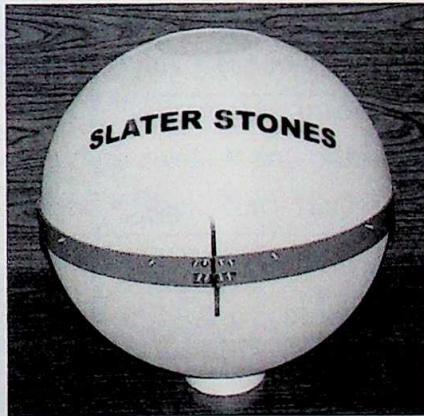
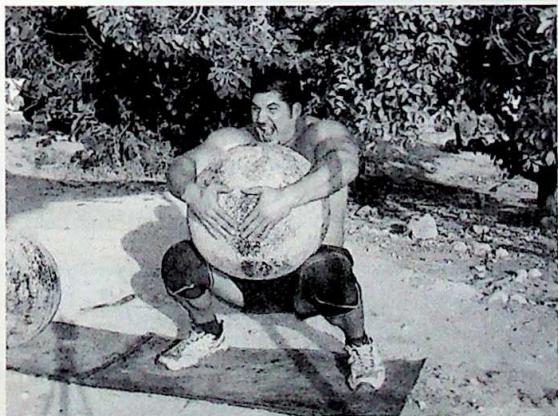
Women's 114 lb. class:

NAME	Squat	Bench	Dead	Total
Ashley Await	342	209	331	882
Ashley Matherne	287	204	331	821
Leah Marietta	292	154	303	750
Desirae Arellano	248	154	325	728
Stephanie Kubic	259	160	309	728
Janel Brown	270	149	303	722
Lora Marietta	270.1	154.3	292.1	716.5
Deb Hairston	243	138	325	705
Lauren Houle	270.1	143.3	286.6	700
M. Shuttleworth	265	176	254	694
Kaila Fairchild	265	145	270	680
Sioux-z Hartwig	250	155	270	675
Audrey Karbowski	265	100	300	665
Jackie Fox	237	105	292	634
Nicole Schieberstein	231	149	254	634
Chasidé Lewis	259	110.2	264.6	633.8
Jessica Stewart	215	121	276	612
Barbara Zintsmaster	225	105	280	610
Vera Nelson	231	110	265	606
Grace Parsi	225	115	265	605

Men's 123 lb. class:

NAME	Squat	Bench	Dead	Total
D. Halloway	480	285	570	1335
Peter Wong	424	347	446	1218
Eric Kupperstein	419	231	551	1201
Michael Hafnenbrack	446	254	457	1157
Jeff Olcsvary	386	303	419	1108
Steven Hunter	402	231	446	1079
Sam Meadows	342	243	435	1020
Timothy Cross	375	243	369	987
Jake Hile	374.8	187.4	369.3	931.4
Nicholas Cincotta	347	165	375	887
Miles Nash	298	193	375	866
John Badagliacco	286.6	187.4	385.8	859.8
John Conner	303.1	176.4	369.3	848.8
Kyle Dahl	303.1	170.9	358.2	832.2
Curt Martinez	298	187	331	816
Julius Mayes	314	165	331	810
Josh Rein	303	154	347	804
Channing Williams	303.1	159.8	330.7	793.7
Keoki Akina	220	204	353	777
Momon	300	140	325	765

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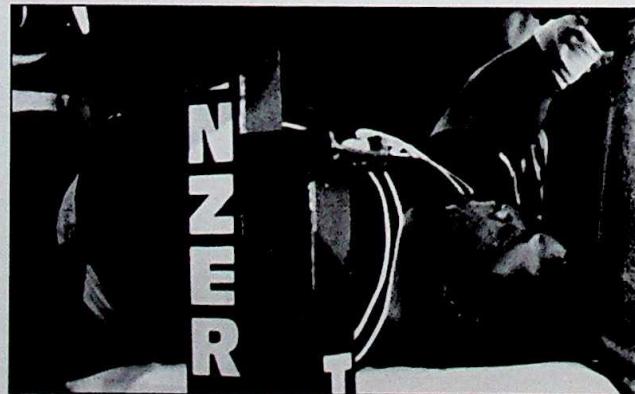
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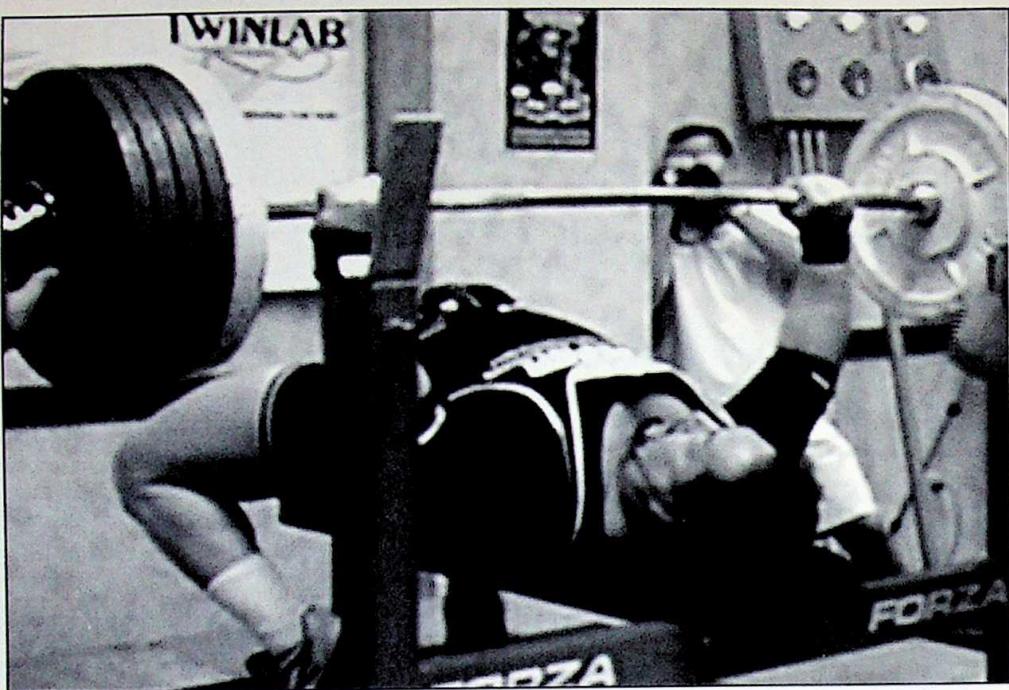
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**WABDL Twin Lab Arizona State
22 MAY 04 - Mesa, AZ**

DEADLIFT	T. Klitzke	462
MEN	181 lbs.	
Class-1	M. Brown	540
198 lbs.	220 lbs.	
L. Richesson	578 M. Desrosiers	534
220 lbs.	M. Lamarque	688
P. Wondra	512 242 lbs.	
242 lbs.	B. Mueller	744
J. Peru	600 D. Tubridy	540
308 lbs.	275 lbs.	
J. Kenn	611 P. Hanaway	760
E. Welch	628 J. Pritchett	744
Junior (20-25)	308 lbs.	
220 lbs.	E. Welch	628
J. Behan	600 Submaster (34-39)	
242 lbs.	220 lbs.	
B. Mueller	744! A. Koehler	457
275 lbs.	J. Mendoza	507
J. Pritchett	744! 242 lbs.	
SHW	T. Burke	628
D. Lewis	501 275 lbs.	
Law/Fire	P. Holloway	760
Submaster	Teen (16-19)	
SHW	148 lbs.	
D. Kralovetz	652 C. Sineath	402
Master (40-46)	WOMEN	
220 lbs.	Master (40-46)	
R. Harris	536 132 lbs.	
242 lbs.	L. Ashley	231
A. Ashley	584 L. Christopher	275
Master (47-53)	Open	
181 lbs.	132 lbs.	
E. Ansberry	424 L. Christopher	275
220 lbs.	Teen (16-19)	
P. Wondra	512 123 lbs.	
Master (61-67)	E. Ansberry	264
181 lbs.	BENCH	
D. Judd	374 MEN	
Master (68-74)	Class-1	
181 lbs.	132 lbs.	
R. Simon	336 J. Harrison	330
Master (80-84)	165 lbs.	
181 lbs.	T. Klitzke	341
B. McClelland	303! 198 lbs.	
Open	J. Castorina	380
165 lbs.	220 lbs.	



Tom Manno broke the 700 lb. barrier in the bench press with his 707 at the WABDL Twin Lab Arizona State Meet, achieving a long term goal. (these photographs taken by Charles Zemis/Kaidroo Media)

G. Richesson	374	S. Jordan	606	J. Pritchett	429	259 lbs.		Law/Fire	SHW
P. Wondra	391	Junior (20-25)	SHW	K. Eyre	—	—	—	D. Kralovetz	600!
259 lbs.	198 lbs.	D. Lewis	402	308 lbs.	—	Open	Master (40-46)	Master (40-46)	
K. Sotheim	424	J. McHenry	385	J. Tovar	573!	181 lbs.	402	181 lbs.	
308 lbs.	259 lbs.	Law/Fire	Master (40-47)	Master (48+)	D. Carr	440	R. Estrada	418	
E. Welch	374	F. Wintrich	418	259 lbs.	M. Norton	440	198 lbs.		
SHW	275 lbs.	R. Lopez	473!	R. Ryan	479!	Submaster	J. Castorina	380	

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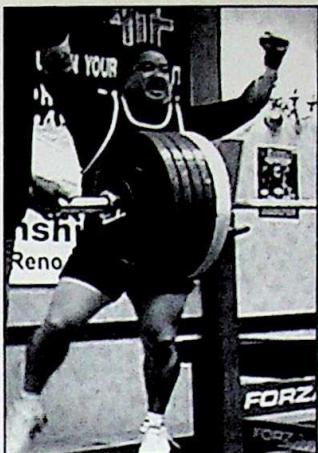
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R. Solar	T. Klitzke	341
220 lbs.	181 lbs.	
R. Harris	501 R. Lopez	473
259 lbs.	198 lbs.	
M. Stanford	440 R. Glngg	490
308 lbs.	220 lbs.	
E. Welch	374 M. Desrosiers	490
SHW	M. Lamarcue	661
T. Manno	707! J. Mendoza	507
Master (47-53)	R. Morris	407
181 lbs.	242 lbs.	
E. Ansberry	253 J. Peru	540
198 lbs.	D. Tubridy	462
R. Glngg	490! 259 lbs.	
220 lbs.	S. Hoekstra	617
P. Wondra	391 275 lbs.	
259 lbs.	P. Holloway	567
K. Eye	— 308 lbs.	
R. Ryan	479 J. Tovar	573
Master (54-60)	SHW	
275 lbs.	T. Manno	707!
D. Knapp	275 Submaster (34-39)	
Master (68-74)	198 lbs.	
181 lbs.	A. Planchon	479
R. Simon	270 220 lbs.	
Open	A. Koehler	363
165 lbs.	J. Mendoza	507
E. Davidson	446 R. Morris	407



Steve Wong celebrates his 710

275 lbs.	WOMEN
P. Holloway	567 Master (40-46)
308 lbs.	132 lbs.
N. Feliciano	606 L. Christopher 137
S. Wong	710 Open
Teen (13-15)	132 lbs.
181 lbs.	L. Christopher 137
R. Gingg Jr.	231 Teen (16-19)
Teen (16-19)	123 lbs.
148 lbs.	E. Ansberry 126
C. Sineath	314

! - World Records. The WABDL TwinLab Arizona State Bench Press and Deadlift Championships were held at the beautiful Holiday Inn Hotel and Resort. The weather was perfect, about 88 degrees. We had 53 lifters. In the deadlift: Class-1 deadlift Luke Riches son with no deadlift suit, pulled an Arizona record 578.5 at 198. John Peru, who has improved his deadlift considerably, popped up 600.7 at 242 for a state record. Joe Kenn, at 308, hauled in an Arizona state record 611.7. At 308, Eric Welch set a Nevada state record 628.2. Eric is 6'6" and has a long way to pull in conventional style. In junior deadlift, Brian Mueller, who I had never seen lift before, pulled a world record 744 and passed his drug test. At 275 Jerry Pritchett pulled a world record 744 and was very close with 761. He keeps improving at every meet and 800 is about a year away. At super, David Lewis pulled an Arizona state record 501.5. In law/fire submaster, Don Kralovetz set an Arizona record in submaster with 652.4. In master men 40-46, 220, Robert Harris pulled a Nevada state record 536.7. At 242, Anthony Ashley pulled an Arizona record 584. In master men 61-67, Donald Judd pulled up with authority an Arizona record 374.7, weighing 179. In master 68-74, Richard Simon ripped up 336 for a California record. In master women 80-84, Bladen McClelland, who is 82 and looks 65 and has the step of a 50 year old, set a world record 303 as well as a Michigan record. In master women 40-46, 132, Lynda Christopher set an Arizona record with a very hard fought 275.5. In submaster men 220, John Mendoza set an Arizona state record with 507. At 275, Patrick Holloway ripped up 760.5 for a huge Arizona record. In teen men 16-19, 148, Clint Sineath set an Arizona record with 402. In teen women 16-19, Erica Ansberry of California, at 123, set a record 264.5. In class-1 bench press men, at 132, Josh Harrison set an Arizona record 330.5. At 165, Thomas Klitzke set an Arizona record with 341.5. At 259, Karsten Solheim pushed up a 424.4 Arizona record. At 308, 6'6" Eric Welch set a Nevada record 374.7, which would probably be the equivalent power of someone 5'4" benching 600. At super, Scott Wesley Jordan benched an Arizona record 606 in his first meet! In junior bench at 198, Josh McHenry set an Arizona record 385.7. At 259, Frank Wintrich set an Arizona record 418.7. At super, David Lewis set

an Arizona record 402.2. In law/fire master men 40-47, at 181, Rudy Lopez pushed up a cloud bursting 473.7 world record. At 308, Jaime Covar set a world record 573, shattering the old record by over 20 pounds. In law/fire 48+, Roger Ryan of Illinois set a world record 479.5 at 259. At 181 in law/fire open, Darren Carr set a Utah record 402.2. At 220 in law/fire open, Mark Norton set an Arizona record with 440.7. In law/fire submaster, Don Kralovetz set a world record 600.7. In master men 40-46, 220, Robert Harris set a Nevada record 501.5. At 259, Mark Stanford set an Arizona record 440.7. In superheavy, Tom Manno set a world record 707.4, breaking Bill Gillespie's record. Those two have traded off and on that record since it was at 639. In master men 47-53, 198, Rocky Gingg set a world record 490.5, the 5th world record that Rocky has set in the last three years. In open men, John Peru jumped 40 pounds over his pr of 501 with a 540 Arizona state record. At 259, Scott Hoekstra set a world record 617.2 and at super, Tom Manno set a world record 707.4, breaking Bill Gillespie's open record as well as his master record. At 220, Matt LaMarque was a little off his game and after opening at 661 and missing, came back and got 661 and ten missed 710, weighing 218. In submaster men, Al Cackler set an Arizona state record with 363.7. In 275, Patrick Holloway set a world record 567.5 and in 308, Nico Feliciano set an Arizona state record with 606.2, but Steve Wong set a world record with 710, and locked out 744, but couldn't touch it to his chest. I want to thank Mike Desrosiers and his girlfriend, Holly Dyer, who helped set this meet up and were excellent scorekeepers. The judges were Mike Desrosiers, Ken Anderson, Jim Snodgrass, and Steve Wong. Rocky Gingg and Jerry Pritchett provided warm-up weights. The platform weights were provided by Ivanko. I want to thank our sponsors: TwinLab, House of Pain, and Rick Brewer. Powerlifting Superstore and Monster Muscle with Michelle and Wes Kampen, Powerlifting USA with Mike Lambert, GJC Joint Formula with Shawn Madere, Greg Cooper of Arizona Health Foods,

Jim Starr and Neal Spruce of Apex Fitness, Giorgio Usai of Forza Strength Systems and Chet Grosreutz of Ivanko Barbell. And finally Raquel Rethwisch for selling tickets at the door. (thanks to Gus Rethwisch for providing this report)

USAPL Lifetime Nationals

28 NOV 04 - Charlottesville, VA

WOMEN	SQ	BP	DL	TOT
105 40-44				
Kim Ryman	210	130	235	575
50 - 54				
W. Burnette	195	160	280	635
55-59				
E. Newton	110	75	185	370
148 Open				
CiCi Smith	315	195	370	880
165 45 - 49				
Jill Meade	335	140	310	780
MEN				
148 40 - 44				
Rob Wess	365	260	450	1075
165 Open				
Eric Holmes	550	330	680	1560
181 Open, 40 - 44				
Mike Stanley	525	330	550	1405
65 - 69				
W. Breedon	320	210	400	930
198 Open				
Ben Rowe	635	335	530	1500
20 - 23				
Derek Baker	635	355	675	1665
Police, 40 - 44				
Gregg Stang	425	392.5	470	1287.5
65 - 69				
John Moore	100	215	145	460
220 70 - 74				
Peter Jenson	230	220	370	820
Open				
J. Shoopman	575	385	650	1610
242, Open, 40 - 44				
Ray Ebner	690	440	600	1730
20 - 23				
Tom Keim	500	340	470	1310
275, Open				
P. Andrich	685	470	640	1795
Open, 40 - 44				
Gewritzman	560	430	585	1575
Open, Police				
B. Rochefort	525	400	485	1410
Supers, Open				
Phillip Battle	675	480	605	1760

(thanks to John Shifflett for these results)

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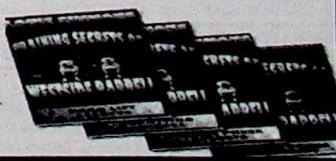
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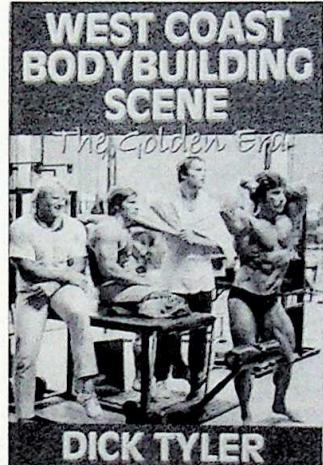
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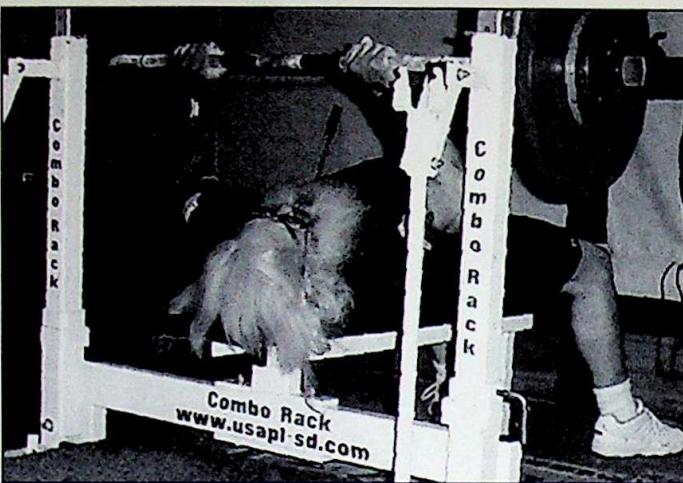
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Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders 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 Fenn, 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.

USAPL Dakota Open
06 NOV 04 - Rapid City, SD

BENCH	Open				
MALE	220 lbs.				
Master (40-49)	G. Elliott	423			
242 lbs.	242 lbs.				
R. Lang	451	R. Lang	451		
275 lbs.	K. McKnight	346			
M. Bridge	418	275 lbs.			
SHW	M. Bridge	418			
D. Pearce	368	SHW			
Master (60-69)	M. Madigan	418			
220 lbs.	FEMALE				
G. Hanley	214	Master (40-49)			
Teen (12-13)	165 lbs.				
123 lbs.	D. McKnight	126			
C. Merrival	93	Open			
Teen (14-15)	132 lbs.				
165 lbs.	D. Merrival	176			
D. Michalio	214	148 lbs.			
198 lbs.	K. Hemmer	154			
A. Sherrill	220*	165 lbs.			
242 lbs.	M. Craig	126			
M. Ironcloud	258	Teen (12-13)			
Teen (16-17)	148 lbs.				
198 lbs.	K. Swanson	88			
P. Davis	209	Teen (14-15)			
Teen (18-19)	114 lbs.				
165 lbs.	R. Webber	71			
M. Crow	203	123 lbs.			
D. Small	198	A. Pond	66		
181 lbs.	132 lbs.				
N. Head	203	K. Kneifl	99*		
MEN	SQ	BP	DL	TOT	
Master (40-49)					
165 lbs.					
K. Aragon	390	297	440	1127	
242 lbs.					
K. McKnight	418	346	440	1204	
198 lbs.					
B. Steinbach	363	319	401	1083	
Master (5-59)					
165 lbs.					
S. Hill	352	231	385	968	
198 lbs.					
G. Hunter	368	264	423	1056	
220 lbs.					
R. Root	302	220	374	896	
Master (60-69)					
165 lbs.					
J. Ochs	341	203	352	896	
Open					
165 lbs.					
K. Aragon	390	297	440	1127	
181 lbs.					
C. Hill	374	313	407	1094	
220 lbs.					
T. Schepper	522	407	629	1556	
S. Huggman	352	297	429	1098	
K. McKnight	418	346	440	1204	
275 lbs.					
B. Waala	506	346	506	1350	
Teen (12-13)					
198 lbs.					
D. Nelson	110	126	225	462	



Gerald Handley, Masters Men Bench Press, 60-69 age group, at the USAPL YMCA Dakota Open in Rapid City, South Dakota - Nov. 6th.

132 lbs.	D. Metrical	269	176	319	764
M. James	242	104	319	665	
Teen (14-15)					
114 lbs.	A. Bono	110	66	170	346
132 lbs.	K. Kneifl	203	99	242	544
Teen (18-19)					
132 lbs.	J. Koekericit	176	71	170	418
!=Best Lifter. *=Record Lift. Once again, the YMCA and Steve Howard held a fantastic meet! Thank you to everyone that helped! Dan G., Becky J., Robb G., Jeff B., thank you for traveling to ref. this meet! Steve, thanks for giving me the Ref. test! (Mail that in, will you?). SF? Lifters is the biggest meet I've done! But, thanks to Mike Lairus scoring program, we were out of there in no time! Lots of records set again! And, South Dakota is number one in USAPL memberships! Thanks to all spotters and loaders. Cyric, I'll always miss you, but now you'll be lifting! This meet was fun, see you all in the spring time! (Thanks to Nicole Craig for providing these meet results)					

Teen (14-15)	123 lbs.	E. Hamby	231	181	291	704
C. Roberts	1165	104	230	506	J. Zohner	181
132 lbs.					Open	121
C. Roberts	170	132	242	544	114 lbs.	231
165 lbs.					V. Farel	533
D. Melina	253	154	374	786	165 lbs.	
D. Michalio	225	214	247	687	Jenkins(M)	400
181 lbs.					Alexander	400
Z. Potvin	346	176	429	951	181 lbs.	320
O. Horse	236	159	352	748	A. Brown	685
A. Diallo	253	181	308	742	Tanzy	565
198 lbs.					Navarro!	495
A. Sherrill	297	220	324	841	Redding	315
Teen (16-17)					Booker	400
C. McLean	319	209	313	841	Sneed	315
123 lbs.					Edmonton	300
K. Wells	181	165	319	665	D. Wilbur	370
148 lbs.					Robinson	300
D. Makas	264	181	341	786	Grant	405
W. Red	187	165	275	621	May!	425
165 lbs.					Jones	360
J. McLellan	319	209	313	841	Harper	575
198 lbs.					275 lbs.	585
C. Hermann	330	203	451	984	L. Pace(M)	705
P. Davis	353	209	407	869	SHW	495
220 lbs.					Ruff	405
I. Horse	258	203	391	852	Norris	405
Teen (18-19)					Master (40-49)	—
M. Crow	225	203	330	759	165 lbs.	—
D. Small	209	198	313	720	Jenkins	400
WOMEN					275 lbs.	400
Master					L. Pace	405
181 lbs.					(M) - master.	425
J. Lerew	264	148	291	704	(results from Lawyer Pace)	500
B. Kullerd	225	137	264	627		



The Twins.. meet director Nicole Craig (left) and Dianne McKnight both had blue Titan shirts and both benched 127."(photographs supplied courtesy of Nicole Craig)

Halloween Havoc					
30 OCT 04 - Danville, IL					
	SQ	BP	DL	TOT	
148 lbs.					
Hood	330	310	445	1085	
Bershell	300	275	400	975	
165 lbs.					
Jenkins(M)	400	400	500	1300	
Alexander	310	320	450	1080	
181 lbs.					
A. Brown	685	335	650	1670	
Tanzy	565	360	500	1425	
Navarro!	495	300	500	1295	
Redding	315	315	500	1130	
Booker	400	315	400	1115	
Sneed	300	370	300	970	
198 lbs.					
Edmonton	480	365	540	1385	
D. Wilbur	500	300	525	1325	
220 lbs.					
Robinson	500	405	600	1505	
242 lbs.					
Grant	585	425	700	1715	
May!	705	360	585	1650	
Jones	575	405	640	1620	
Harper	400	355	500	1255	
275 lbs.					
L. Pace(M)	730	350	680	1760	
SHW					
Ruff	550	425	550	1525	
Norris	—	—	—	—	
Master (40-49)					
165 lbs.					
Jenkins	400	400	500	1300	
275 lbs.					
L. Pace	730	350	680	1760	
(M) - master.					

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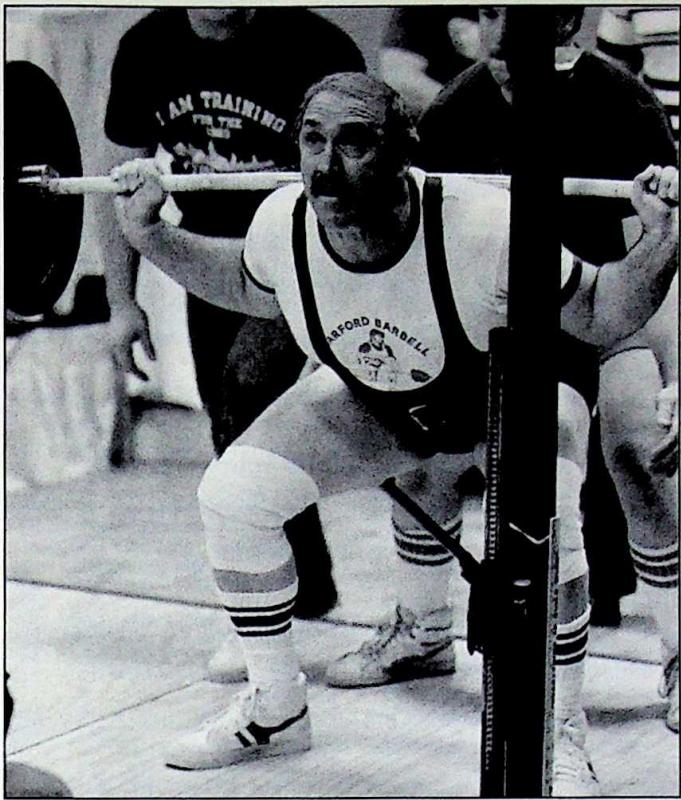
Membership Price: \$ _____

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Donald Starr passed away on October 15, 2003 in Oklahoma City, Oklahoma. His brother Bill Starr relates that Donald "was a pioneer in powerlifting, hosting one of the first meets in Maryland in the '60s and he competed in and won many contests, including state and regional titles, as well as the National Masters Championships ... He enjoyed the sport more than most because he made it a part of his total recreational package. During the summer, he didn't lift at all, but played tennis and started back fresh in the fall. Every year, he added to his total. He was robust until the treatments for his leukemia started, then he went fast. Donald was my hero growing up and he never let me down." This issue of POWERLIFTING USA is dedicated to Donald Starr, seen competing in the USPF National Masters Championship

USPF Monster Bench & Return of the Living Deadlift

30 OCT 04 - Chatsworth, CA

BENCH PRESS	65-69
MEN OPEN	198
181	Larry Manly 286
Kevin Nunez	264
Mark Lambert	275
198	P. Collard 473
N. Herroz	385
220	Dave Marr 490
Paul Roa	336
F. Teledano	325
242	JUNIORS
Ryan Girard	540
B. Brubaker	507
Ron Garcia	363
275	20-23
F. Teledano	341
Ricardo Costa	DEADLIFT
308	WOMEN OPEN
Brian Meek	490
Dave Marr	490
V. Atarian	424
Gary Garcia	148
MEN MASTER	468
40-44	181
Ron Garcia	363
45-49	Mark Lambert 413
181	220
Fred Fleet	209
50-54	F. Toledano 611
198	Paul Roa 501
Lothar Vallot	192
55-59	Ricardo Costa 479
308	308
Brian Meek	Brian Meek 633
490	SHW
Gary Garcia	710
V. Atarian	661
MEN MASTER	490

40-44	198	B. Broussard	227	157	182	567
220	Larry Manly 303	MII				
Mike Brown	440	K. Pickens!	237	152	200	590
55-59	JUNIORS	J. Berger	160	117	170	447
308	20-23	220 lbs.				
Brian Meek	633	Pure				
65-69	165	K. Pumphrey	185	152	227	565
Best Benchers:	Lt - Nicholas Herroz,	242 lbs.				
Hvy - Ryan Girard.	Master - Brian Meek.	MII				
Submaster - Dave Marr.	Junior - Dave Owen.	D. Harris	115	92	172	380
Champion of Champions - Ryan Girard.	Monster Bench - Ryan Girard.	275 lbs.				
Best Deadlifters: Lt. - Fernando Toledo.	Hvy - Gary Garcia.	J. Hodges!	295	142	345	782
Junior - Tony Olsen.	Champion of Champions - Fernando Toledo.	SHW				
Tony Olsen.	Monster Bench - Gary Garcia.	MII				
Kevin Meskew - National.	Ultimate Beast Award - Brian Meek.	L. Smith	200	115	195	510
Spotters/Loaders - Larry Battafarano, David Olsen.	Referees - Lance Slaughter - National; Pat McNeil - National; Honeyboy Favata - National.	!=Outstanding lifters. The 2004 Big River Classic was a small meet but the quality so far outweighed the quantity that no one noticed the size. Phyllis and Tom Winter provided an excellent lifting venue at the Ultimate Fitness Gym. For the last 2 years, Daryl and Tobey Johnson, meet directors, have announced that this was the last year that they would hold this competition. Each time, the loyal lifters have talked them out of it. Lindell and Mable Smith and Dan and Cheri Gill made the trip from Flora IL to both lift and help judge, spot and load. There is no way that we can repay them for this show of loyalty and love. Randy and Stephanie Miller came from Batesville to literally run the meet. Randy spotted and loaded the whole meet and Stephanie is the absolute best expeditor anywhere. One minute after the last lifter finished his lift, we were able to hand out trophies. She is much appreciated by all that participate. Linda Julian runs the overhead projector and expedites. This is without a doubt her favorite niche. John Shipley takes a day off of work each year to help Daryl set up the meet. His help is so invaluable and a mere thank you is never enough. Greg Jumper came over from North Little Rock to help his brother and ended up spotting and loading most of the day. Sara Guthrie took care of the door and t-shirts and kept the meet going on time. Lee Atwill and Matthew Miller, teenagers that came to watch, spotted and loaded all the deadlifts and are now hooked. Many lifters stayed after the meet to help tear down. Our lifters are very special to us and we tried to show our appreciation by presenting each lifter and each person that helped a watch. The watch had the NASA emblem on the face with BIG RIVER CLASSIC around the emblem. (Thanks to Tobey Johnson for results)				

NASA Big River Classic 09 OCT 04 - Blytheville, AR

BENCH	P. Johnson!	192
MEN	MI	
198 lbs.	R. Jumper	160
MII	D. Gill	150
J. Berger	117	SHW
220 lbs.	MI	
SMI	M. Woodson	205
WOMEN	SQ	BP DL TOT
132 lbs.	C. Gill	92 45 85 222
MEN		
Teen		
148 lbs.	T. Henkel	165 87 150 402
SMI		
165 lbs.	A. Hollinger	170 107 190 370
MI		
181 lbs.	A. Kaufman	170 70 160 400
198 lbs.		
MI		
B. Leubbers	262	177 250 690
B. Broussard	227	157 182 567
198 lbs.		
Open		



Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

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
Y N	Y N	/ /	M F	/ /
Card Issued By				

Registration Fee \$25.00

Make checks payable to and Mail to:

UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

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

In recognizing the need for drug-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 _____

Power Palooza 6	
3,4 APR 04 - Leesport, PA	
BENCH	L. Ryan
FEMALE	M. Giordano
Teen (16-17)	G. Fink
139 lbs.	198 lbs.
C. Kelly	110 Contastathes
(18-19)	J. Aponte
122 lbs.	K. Nance
T. Culpepper	100 220 lbs.
129 lbs.	B. Bowlin
R. Nairn	100 242 lbs.
Open	J. Baer
139 lbs.	Wanamaker
M. Troupe	120 L. Gravish
176 lbs.	F. Wilderson
K. Marks	175 275 lbs.
Raw	K. Troupe
Lightweight	A. Pierson
D. Pauley	300 B. Nagle
Middleweight	J. Miller
B. Leonard	430 308 lbs.
T. Mealy	390 J. Menne
J. Aponte	335 J. Sanders
J. Evans	305 DEADLIFT
R. Deering	260 FEMALE
Heavyweight	Teen (14-15)
B. Nagle	440 129 lbs.
F. Wilkerson	370 K. Morris
C. Carlin	365 139 lbs.
R. Mason	305 A. Little
Master (40-44)	215 (16-17)
T. Evangelista	355 176 lbs.
D. Holtz	320 K. Fauna
R. Deering	260 (18-19)
(45-49)	122 lbs.
B. Nagle	440 T. Culpepper
R. Savanna	330 129 lbs.
(55-59)	R. Nairn
G. Dennis	380 Open
(70-74)	176 lbs.
H. Vaughn	255 K. Marks
MALE	365 MALE
Teen (16-17)	Teen (14-15)
165 lbs.	148 lbs.
R. Nye	225 E. Richardson
220 lbs.	350 R. Nye
K. Ober	325 E. Christensen
J. Banzhof	265 (16-17)
T. Heiler	215 165 lbs.
Law/Fire	Law/Fire
J. Menne	500 220 lbs.
J. Sanders	410 M. Randolph
Junior	530 Z. Wise
P. Vasso	350 J. Banzhof
Submaster	285 (18-19)
A. Pierson	520 L. Hobbs
J. Sanders	450 Master (40-44)
M. Giordano	410 B. Phillipi
K. Adams	330 Master (50-54)
Open	310 B. Hill
165 lbs.	A. Moatz
R. Hillyard	350 Master (80+)
181 lbs.	Eberhardinger

Middleweight		Open			
T. Mealy	425	525	220 lbs.	S. Englebach	490
Raw	330	500	242 lbs.	F. Wilkerson	500
Heavyweight	275	500	242 lbs.	F. Wilkerson	500
F. Wilkerson	335	500	242 lbs.	F. Wilkerson	500
MALE	335	500	242 lbs.	F. Wilkerson	500
Youth	335	500	242 lbs.	F. Wilkerson	500
J. McDonnell	60	50	115	225	
Teen (14-15)	300	220 lbs.	165	125	450
K. Nance	114 lbs.	220 lbs.	165	125	450
B. McDonnell	114 lbs.	220 lbs.	165	125	450
J. Baer	123 lbs.	220 lbs.	165	125	450
J. Bosso	123 lbs.	220 lbs.	165	125	450
148 lbs.	220 lbs.	220 lbs.	165	125	450
C. Muvidi	148 lbs.	220 lbs.	165	125	450
165 lbs.	220 lbs.	220 lbs.	165	125	450
N. Bosch	165 lbs.	220 lbs.	165	125	450
E. Christensen	165 lbs.	220 lbs.	165	125	450
A. Burns	165 lbs.	220 lbs.	165	125	450
Z. Pierson	165 lbs.	220 lbs.	165	125	450
C. Banzhof	165 lbs.	220 lbs.	165	125	450
G. Montenez	165 lbs.	220 lbs.	165	125	450
R. Keim	198 lbs.	220 lbs.	165	125	450
D. Tidy	198 lbs.	220 lbs.	165	125	450
A. Bonisese	220 lbs.	220 lbs.	165	125	450
J. Hawrylock	220 lbs.	220 lbs.	165	125	450
Teen (16-17)	220 lbs.	220 lbs.	165	125	450
T. Pagan	220 lbs.	220 lbs.	165	125	450
R. Bosso	220 lbs.	220 lbs.	165	125	450
M. Rotkiske	220 lbs.	220 lbs.	165	125	450
M. Briggs	220 lbs.	220 lbs.	165	125	450
S. Fonzi	220 lbs.	220 lbs.	165	125	450
R. Scotts	220 lbs.	220 lbs.	165	125	450
K. Hicks	220 lbs.	220 lbs.	165	125	450
P. Heilman	220 lbs.	220 lbs.	165	125	450
B. Seidel	220 lbs.	220 lbs.	165	125	450
L. Hobbs	220 lbs.	220 lbs.	165	125	450
H. Ramirez	220 lbs.	220 lbs.	165	125	450
Master (40-44)	220 lbs.	220 lbs.	165	125	450
J. Knoll	220 lbs.	220 lbs.	165	125	450
B. Yoder	220 lbs.	220 lbs.	165	125	450
M. Mazzulo	220 lbs.	220 lbs.	165	125	450
(45-49)	220 lbs.	220 lbs.	165	125	450
Catrambone	220 lbs.	220 lbs.	165	125	450
J. Nied	220 lbs.	220 lbs.	165	125	450
A. Moatz	220 lbs.	220 lbs.	165	125	450
G. Barky	220 lbs.	220 lbs.	165	125	450
R. Dennison	220 lbs.	220 lbs.	165	125	450
B. Bellberry	220 lbs.	220 lbs.	165	125	450
J. Poole	220 lbs.	220 lbs.	165	125	450
I. Poole	220 lbs.	220 lbs.	165	125	450
R. Zavacky	220 lbs.	220 lbs.	165	125	450
P. Hubbards	220 lbs.	220 lbs.	165	125	450
C. Blough	220 lbs.	220 lbs.	165	125	450
S. Ross	220 lbs.	220 lbs.	165	125	450

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J. Monk	435
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J. Krick	310
A. Moatz	320
Heavyweight	
G. Cangelosi	680
M. Evans	510
B. Spayd	500
R. Duff	460
E. Showers	400
J. Grove	425
C. VanDyke	475
Open	
J. Nied	445
181 lbs.	225
J. Talarico	380
M. Barkasi	455
198 lbs.	275
C. Neff	675
D. Dinnena	535
S. Lewis	510
220 lbs.	390
C. Morris	700
P. Delvey	735
S. Thomas	625
P. Tongiani	475
242 lbs.	360
B. Ramberger	605
M. Newcomb	405
275 lbs.	300
D. Espenship	475
M. Mazzulo	315
308 lbs.	405
M. Moyer	660
FEMALE	420
Youth	740
D. Pierson	80
Teen (14-15)	50
129 lbs.	125
K. Morris	250
139 lbs.	120
A. Little	190
(16-17)	105
139 lbs.	215
T. Cockrell	190
154 lbs.	110
A. Gonzales	190
176+ lbs.	80
R. Wilcox	260
L. Hannegan	185
(18-19)	105
T. Culpepper	185
Master (40-44)	100
M. Hill	200
Open 139 lbs.	125
K. Miller	310
176+ lbs.	310
S. Gartland	245
Best Lifters - Male Teen	135
Kris Hicks, Female	300
Teen: Ashley Little, Men's Open: Chris Morris.	680
Raw: Rafael Rodriguez, Masters: Ron Zavacky.	
Grand Champion: Ron Zavacky, Bench Press Master: Mick Dennis, Raw: Bob Nagle, Men's Open: Jeremy Baer, Grand Champ: Mich Dennis. Team: 5th Street Powerhouse. (Thanks to Eugene Rychlak Jr. for providing these results)	

International Powerlifting Association "Lifting for Lifters"

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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 Arm _____

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

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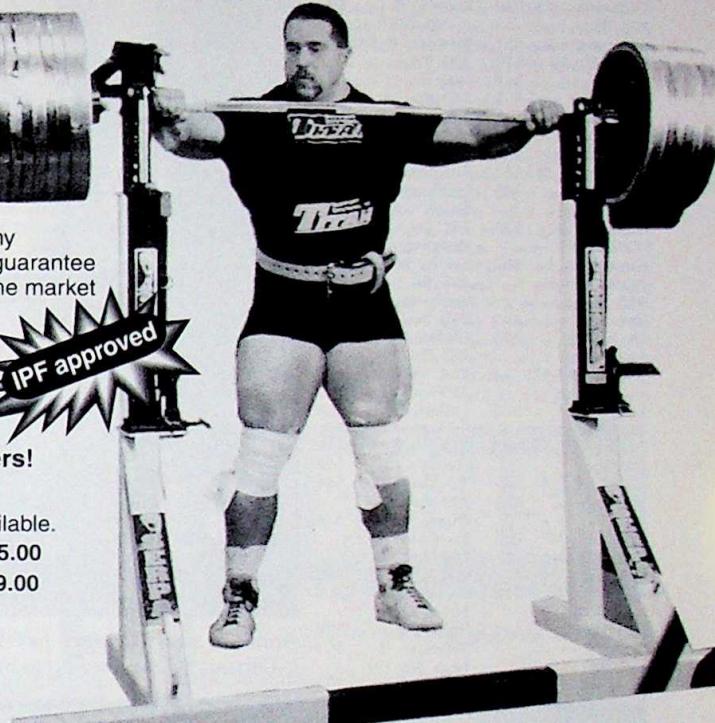
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- Custom Tailored Dual Quad \$99.00



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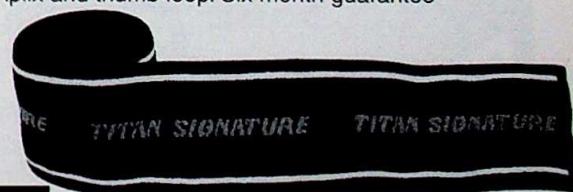
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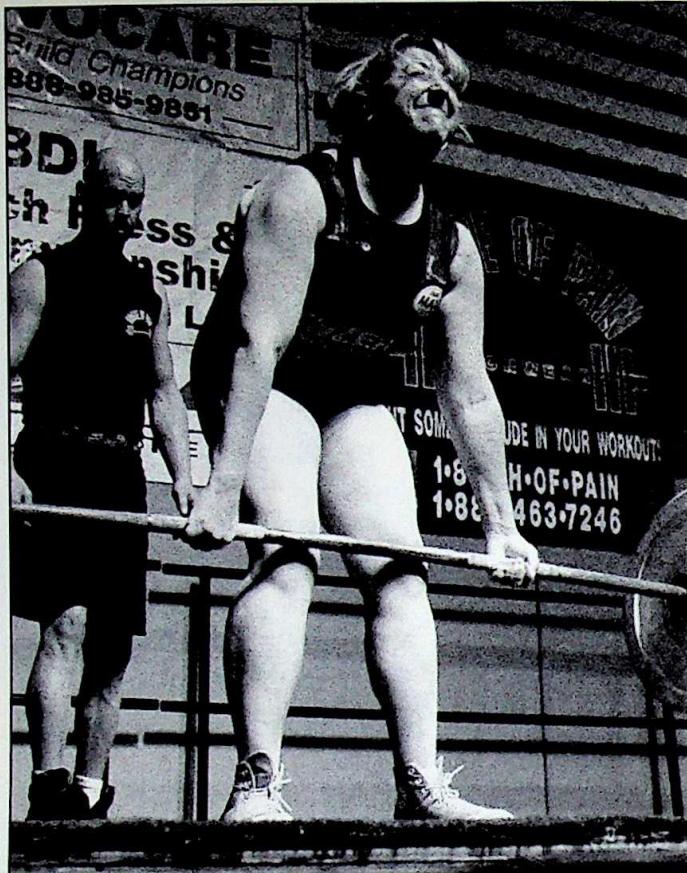
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**WABDL California State
06 MAR 04 - Monterey, CA**

DEADLIFT	Walker, C.	516
MEN	4th-529	
Class-1	220 lbs.	
165 lbs.	Bojorquez, J.	485
Harms, J.	440	Clark, Z.
Kuroda, Y.	502	668
181 lbs.	Law/Fire	
Watson, G.	501	Submaster
Anderson-Luja	556	220 lbs.
198 lbs.	Nino, L.	551
MacGregor, J.	479	4th-567
Tortorelli, A.	529	275 lbs.
220 lbs.	Russell, R.	633
Bojorquez, J.	451	4th-655
Hatfield, M.	512	Master (40-48)
Pena, S.	540	220 lbs.
Nino, L.	551	LaGrill, J.
4th-567	Soekardi, I.	551
242 lbs.	672	242 lbs.
Tubridy, D.	468	259 lbs.
Arredondo, D.	551	Glahn, D.
Ozaeta, M.	545	611
275 lbs.	Faulkner, W.	733
Kunz, S.	523	Open
308 lbs.	181 lbs.	
Contreras, L.	473	Cirigliano, R.
Junior (20-25)	220 lbs.	600
242 lbs.	Soekardi, I.	606
Ross, A.	380	259 lbs.
Davi, P.	733	Glahn, D.
Law/Fire	611	275 lbs.
Master (40-47)	275 lbs.	Rial, N.
165 lbs.	309+ lbs.	650
Esquivel, L.	330	Tuffanelli, N.
220 lbs.	766	Submaster (34-39)
Clark, Z.	688	220 lbs.
242 lbs.	Hatfield, M.	512
Arredondo, S.	562	Stockton, D.
Soekardi, I.	672	540
308 lbs.	242 lbs.	
Faulkner, W.	733	Shaw, V.
Master (48+)	Teen (13-15)	440
308 lbs.	165 lbs.	
Goodwin, P.	512	Wilks, N.
4th-536	209	Bernardi, W.
Law/Fire	181 lbs.	336
Open	181 lbs.	
181 lbs.	Huffer, B.	220
Belanger, J.	363	
Teen (16-19)		



Annette Sozzi-Dangel has competed in WABDL contests from California all the way up to the international level (Lambert photo)

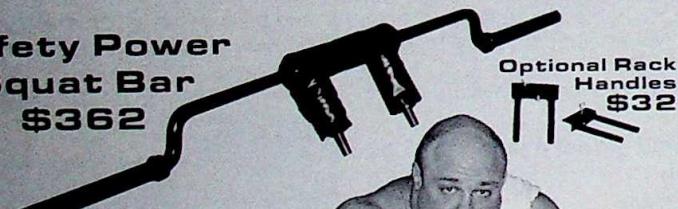
132 lbs.	Christopher, L.	225
Pagliaro, A.	325	132 lbs.
4th-352	Barthill, A.	264
198 lbs.	Rosales-Buie, L.	
Agrella, J.	479	331
Knack, K.	485	Brisbane, A.
220 lbs.		363
Peterson, T.	512	148 lbs.
242 lbs.	Herzog, K.	203
Querfuth, C.	440	Hedman, S.
Huffer, B.	562	319
WOMEN		325
Junior	Sozzi-Dangel	342
123 lbs.	4th-352	
Ansberry, J.	181	Master (47-53)
148 lbs.		114 lbs.
Guerrero, A.	214	Zadubera, S.
Kuroda, C.	304	287
4th-319		181 lbs.
165 lbs.	Vaterlaus, S.	253
Armstrong, S.	347	Open
4th-352		105 lbs.
Law/Fire		Vallejo, A.
Master (40-47)		292
132 lbs.	4th-297	
Rosales-Buie	331	114 lbs.
Master (47-53)		Zierold, M.
181 lbs.		304
Christopher, L.		123 lbs.
Ansberry, E.	413	132 lbs.
Cirigliano, R.	600	Brisbane, A.
198 lbs.		363
Bertie, D.	507	148 lbs.
308 lbs.		Watts, J.
Conteras, L.	473	352
Master (54-60)		4th-369
181 lbs.		165 lbs.
Hence, R.	420	Campana, H.
198 lbs.		214
Aniolzbehere	363	198 lbs.
220 lbs.		Young, E.
Imrie, D.	485	159
Master (61-67)		Submaster
148 lbs.		105 lbs.
Vincent, L.	380	Vallejo, A.
4th-402		292
198 lbs.		4th-297
Williams, J.	253	123 lbs.
220 lbs.		Braguine, J.
Kunz, R.	363	330
Master (40-46)		148 lbs.
123 lbs.		Saunders, L.
Teen (16-19)		209

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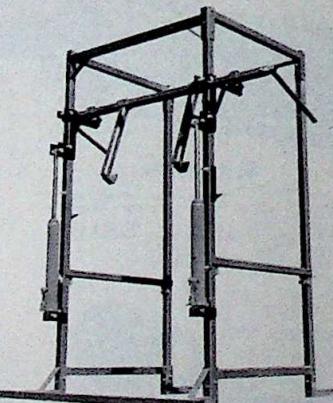


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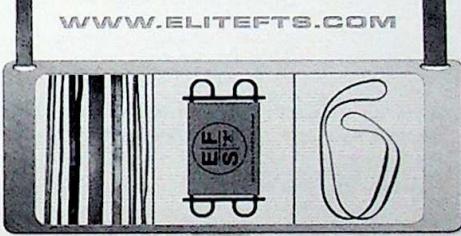
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Shoulder Pain
Knee Pain
Spotter

105 lbs.	Law/Fire	181 lbs.	Campana, H.	115
Guenzi, A.	203 Master (40-47)	Robinson, T.	281 181 lbs.	
114 lbs.	181 lbs.	O'Halloran	121	
Block, V.	242 Lopez, R.	Salinas, F.	341 198 lbs.	
4th-254	437	Ryan, B.	— Young, E.	88
132 lbs.	198 lbs.	220 lbs.	Yoder, J.	457
Ansberry, E.	264 220 lbs.	Pena, S.	518 Submaster (34-39)	
148 lbs.	Chavez, R.	Stephens, G.	567 308 lbs.	
Steinback, S.	363	Lamarque, M.	672 Wong, S.	705
97 lbs.	Clark, Z.	4th-705	Teen (13-15)	
Todd, K.	214 242 lbs.	259 lbs.	114 lbs.	
UL	Arredondo, S.	Sanchez, R.	490 Minahan III, J.	126
Vaterlaus, L.	402	Castillo, M.	587 165 lbs.	
4th-220	306 lbs.	275 lbs.	Wilks, N.	93
BENCH	Goodwin, P.	Rial, N.	451 181 lbs.	
WOMEN	Open	308 lbs.	Huffer, B.	104
Junior	220 lbs.	Submaster (34-39)	Wong, S.	705
148 lbs.	Pena, S.	198 lbs.	259 lbs.	
Guerrero, A.	518	Planchon, A.	451 132 lbs.	
165 lbs.	Stephens, G.	4th-474	Pagliaro, A.	165
Armstrong, S.	672	242 lbs.	148 lbs.	
4th-220	Law/Fire	Villegas, J.	303 Chavez, R.	242
Law/Fire	Open	Open	Chavez, R.	253
Master (40-47)	181 lbs.	105 lbs.	198 lbs.	
132 lbs.	181 lbs.	Vallejo, A.	143 Bledsoe, E.	242
Rosales-Buie	176 Walker, C.	242 lbs.	123 lbs.	Knack, K.
Law/Fire	473	259	93 220 lbs.	259
Master (40-47)	Arredondo, D.	165 lbs.	Christopher, L.	132 Peterson, T.
165 lbs.	518	There were 19 World records set at this	132	297
Wilson, R.	198 Porter, A.	event, which was held at the Beach Resort	132 lbs.	
Master (40-46)	501	Hotel in Monterey. As the name might	132 lbs.	
123 lbs.	308 lbs.	indicate, right on the beach you've got	132 lbs.	
Christopher, L.	473	Carmel, Pebble Beach and Big Sur, and,	132 lbs.	
132 lbs.	3094	of course, Cannery Row. The most obvi-	132 lbs.	
Womack, E.	132 Delatorre, F.	ously world record was the meet directors	132 lbs.	
Bar null, A.	435	Matt Lamarque, who set a world record	132 lbs.	
Brisbane, A.	137 Law/Fire	705 in the bench at 220 in open and was	132 lbs.	
Rosales-Buie	176 Submaster	drug tested for the second time, and he	132 lbs.	
148 lbs.	220 lbs.	passed all tests. He opened with 633,	132 lbs.	
Maher, S.	Onduff, T.	which was a world record, then went to	132 lbs.	
159 Master (40-46)	440	673, missed 705 on a 3rd and made it on	132 lbs.	
Hedman, S.	181 181 lbs.	a 4th that was slow and deliberate, at the	132 lbs.	
181	Levering, B.	bottom and at the top - no quivering, no	132 lbs.	
Sozzi-Dangel	204 220 lbs.	sloppy form, no weak points anywhere	132 lbs.	
199+ lbs.	Mezera, L.	along the entire lift. I had him take the	132 lbs.	
Hase, J.	303	shirt off on the state and inspected it	132 lbs.	
4th-209	204 Peterson, D.	thoroughly and then threw it out into the	132 lbs.	
Master (47-53)	347	audience. I have received hate mail	132 lbs.	
181 lbs.	LaGrill, J.	concerning both Lamarque and Phil Davi.	132 lbs.	
VanDam, M.	369	Nobody has the balls to sign their name	132 lbs.	
199+ lbs.	McMurray, J.	to this crap. Davi also set a world record	132 lbs.	
Vaterlaus, S.	473 Starkweather	in the bench with 628 at junior 242 on an	132 lbs.	
Open	457 Ludlam, R.	opener and set a world record deadlift of	132 lbs.	
105 lbs.	556	733, and also passed the drug test for the	132 lbs.	
Vallejo, A.	143 Ansberry, E.	second time. He locked out 672, but his	132 lbs.	
123 lbs.	281 Robinson, T.	foot slipped and his butt was off the	132 lbs.	
Rodriguez, S.	319 Perez, V.	bench. Steve Wong also set a world record	132 lbs.	
Christopher, L.	342 Rene, D.	at submaster 308, with 705 on an	132 lbs.	
165 lbs.	220 lbs.	opener which beat Bobby Leitz's record.	132 lbs.	
Campana, H.	259 lbs.	Steve also locked out 749 with one arm	132 lbs.	
181 lbs.	407 Martineau, D.	and the other hit the lip of the upright,	132 lbs.	
O'Halloran	468 Hackett, R.	very close! These three, among many	132 lbs.	
198 lbs.	259 lbs.	others form the Iron Society and it is the	132 lbs.	
Young, E.	457 Carbo, R.	best hard core gym, bar none, I have ever	132 lbs.	
Submaster	88 Sanchez, R.	seen. The atmosphere, the equipment and	132 lbs.	
105 lbs.	275 Harms, J.	the camaraderie is all there. Other world	132 lbs.	
Vallejo, A.	556 Contreras, L.	records set include Zachary Clark 688.7	132 lbs.	
123 lbs.	446 159 Master (54-60)	deadlift in law/fire master 40-47, 220.	132 lbs.	
Braguine, J.	181 lbs.	Zach is one of the most explosive deadlifts	132 lbs.	
148 lbs.	181 lbs.	out there and he brings a lot of energy	132 lbs.	
Saunders, L.	292 Bermudez, R.	165 lbs.	132 lbs.	
Watts, J.	292 Crites, J.	There were 19 World records set at this	132 lbs.	
Teen (13-15)	292 McCamman, J.	event, which was held at the Beach Resort	132 lbs.	
181 lbs.	341 198 lbs.	Hotel in Monterey. As the name might	132 lbs.	
O'Halloran	275 Tsutsui, R.	indicate, right on the beach you've got	132 lbs.	
Teen (16-19)	275 Creepy, R.	Carmel, Pebble Beach and Big Sur, and,	132 lbs.	
148 lbs.	314 220 lbs.	of course, Cannery Row. The most obvi-	132 lbs.	
Steinback, S.	363 242 lbs.	ously world record was the meet directors	132 lbs.	
97 lbs.	242 lbs.	Matt Lamarque, who set a world record	132 lbs.	
Todd, K.	363 242 lbs.	705 in the bench at 220 in open and was	132 lbs.	
UL	77 Kaanapu, S.	drug tested for the second time, and he	132 lbs.	
Vaterlaus, L.	314 Master (61-67)	passed all tests. He opened with 633,	132 lbs.	
4th-159	146 lbs.	which was a world record, then went to	132 lbs.	
MEN	Vincent, L.	673, missed 705 on a 3rd and made it on	132 lbs.	
Class-1	264 181 lbs.	a 4th that was slow and deliberate, at the	132 lbs.	
181 lbs.	Hawkins, G.	bottom and at the top - no quivering, no	132 lbs.	
Watson, G.	236 220 lbs.	sloppy form, no weak points anywhere	132 lbs.	
198 lbs.	319 Kunz, R.	along the entire lift. I had him take the	132 lbs.	
Bledsoe, E.	264 259 lbs.	shirt off on the state and inspected it	132 lbs.	
220 lbs.	242 Kassiris, L.	thoroughly and then threw it out into the	132 lbs.	
Ornduff, T.	275 402 Kehl, B.	audience. I have received hate mail	132 lbs.	
242 lbs.	440 Master (68-74)	concerning both Lamarque and Phil Davi.	132 lbs.	
Tubridy, D.	220 424 lbs.	Nobody has the balls to sign their name	132 lbs.	
259 lbs.	424 Peters, J.	to this crap. Davi also set a world record	132 lbs.	
McMurray, J.	220 418 Anderson, E.	in the bench with 628 at junior 242 on an	132 lbs.	
Elliott, M.	181 418 Master (75-79)	opener and set a world record deadlift of	132 lbs.	
Starkweather	275 429 181 lbs.	733, and also passed the drug test for the	132 lbs.	
275 lbs.	457 220 lbs.	second time. He locked out 672, but his	132 lbs.	
Kunz, S.	325 220 lbs.	foot slipped and his butt was off the	132 lbs.	
308 lbs.	446 132 lbs.	bench. Steve Wong also set a world record	132 lbs.	
Contreras, L.	391 402 Voten, K.	at submaster 308, with 705 on an	132 lbs.	
Junior (20-25)	165 lbs.	opener which beat Bobby Leitz's record.	132 lbs.	
306 lbs.	473 165 lbs.	Steve also locked out 749 with one arm	132 lbs.	
Cisneros, J.	347 165 lbs.	and the other hit the lip of the upright,	132 lbs.	

ous world record was the meet directors Matt Lamarque, who set a world record 705 in the bench at 220 in open and was drug tested for the second time, and he passed all tests. He opened with 633, which was a world record, then went to 673, missed 705 on a 3rd and made it on a 4th that was slow and deliberate, at the bottom and at the top - no quivering, no sloppy form, no weak points anywhere along the entire lift. I had him take the shirt off on the state and inspected it thoroughly and then threw it out into the audience. I have received hate mail concerning both Lamarque and Phil Davi. Nobody has the balls to sign their name to this crap. Davi also set a world record in the bench with 628 at junior 242 on an opener and set a world record deadlift of 733, and also passed the drug test for the second time. He locked out 672, but his foot slipped and his butt was off the bench. Steve Wong also set a world record at submaster 308, with 705 on an opener which beat Bobby Leitz's record. Steve also locked out 749 with one arm and the other hit the lip of the upright, very close! These three, among many others form the Iron Society and it is the best hard core gym, bar none, I have ever seen. The atmosphere, the equipment and the camaraderie is all there. Other world records set include Zachary Clark 688.7 deadlift in law/fire master 40-47, 220. Zach is one of the most explosive deadlifters out there and he brings a lot of energy to the lift. Walt Faulkner, another Iron Society member, set a world record in law/fire master 40-47, 308 with 733. Paul Goodwin, another Iron Society member, set a world record deadlift of 536.7 in law/fire 48+, 308# class. Letitia Rosales-Buie set a world record deadlift at 331.6 in law/fire 40-47 132# class. Rick Russell set a world record 655.7 in law/fire submaster 275. Annette Sozzi-Dangel set a world record 352.5 deadlift in master women 40-46 181#. At master 47-53, 114 class, Sophie Zadubera hauled in a world record 217.6, in submaster women 148, Jeanne Watts set a world record 369.2 deadlift world record in the bench press included Rudy Lopez, another Iron Society member, with 437.4 in law/fire master 40-47 181 to beat Leroy Banks' record. Leroy is from Illinois. Renee Wilson set a world record 198.2 in law/fire master 40-47 165# class. Charles Walker popped a world record 473.3 in law/fire open 181. In master men 40-46 259 pound class, Rich Ludlam set a world record 573. Mike Castillo set a world record 587.3 in open 259. In teen men 13-15 259 pound class, Viktor Covar set a world record 303. In master women 40-46 unlimited Janet Husel set a world record set a world record 209. Washington state records were set by Katherine Todd, teen women 16-19 97 pounds, in the deadlift with 176. Joe Harms set a Washington record 556.5 in master 47-53 275 class. Oregon state record in the deadlift was

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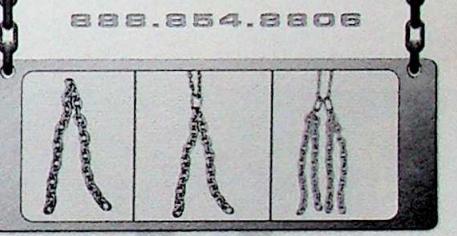
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set by Larry Vincent in master men 61-67 149 with 402.2 which really surprised Larry. California state records were set in the deadlift by: Yasa Kuroda 502.6 class-1 165 class. His wife Claire Kuroda set a California junior record 319.5 at 165 junior. Charles Walker, who had a world record bench, pulled a California state record 529 in law/fire open 181. Ilysmanto Soekardi pulled a strong 672.2 in law/fire master 40-47 242# class. Lorenzo Nino ripped 567.5 in law/fire submaster 220. David Gahln pulled 611.7 for a California state in master 40-46 259/ Richard Hencke pulled a 420.9 in master 54-60 181#. In master women 40-46 132, Alene Brisbane pulled a 363.7 with a lot of intensity. Her, Jeanne Watts, Annette Sozzi-Dangel and the team from Pacific Athlete Club were the life of the show, and it was fun to watch them compete. At superheavy, Nate Tuffanelli, who weighs around 400, pulled in 766 and had 804 locked out, but couldn't hold on to the weight for the down signal. Jeanne Braguine set a record with 330.5 in submaster 123. Alexandra Vallejo pulled 297.5 in submaster 105, almost triple body weight. Mary Ann Van Dam pulled 259 in master 47-53 181#. Jeff Belanger pulled a state record 363.7 in teen 13-15 181#. Vanessa Black pulled 254.6 in teen 16-19 132. All in all the deadlifts were extremely stimulating and the ladies did very well in all ages and weight classes. California state records in the bench press in the 520# range were set by Dennis Shultz law/fire master 40-47 superheavy 512.5; Derek Arredondo 578 law/fire open 242; Andrew Porter 501.5 law/fire open 259; Rich Ludlam 573 master men 40-46 259 and Andre Planchon 474.8 submaster 198. Other California state records in the bench were Dale Rene 342.6 master men 47-53 181, Robert Hackett with a very impressive 468.2 in master 47-53 220, Bob Kehl with an equally impressive 402.2 in master men 61-67 259 and Charles Ferrando, who is 77, with a 275.5 at 181. Viktor Covar at age 14

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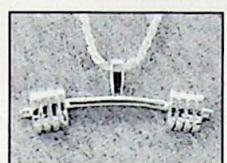
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pushed up 303 at 259. The ladies who set California state records in the bench were Annette Sozzi-Dangel 204.8 at master 40-46 181, Janet Hase 209.2 at master 40-46 unlimited. Sue Vaterlaus 203.7 at master 47-53 unlimited, Alexandria Vallejo 143.2 at open 105, Heather Campana 115.5 at open 165 and Lauren Vaterlaus 159.5 at open 165 and Lauren Vaterlaus 159.7 in teen 16-19 unlimited. The judges were Mike Saito, one of the best, Gus Rethwisch, Walt Faulkner, Matt Lamarcue, Mike Morre, Erwin Anton, Dan Tubridy, Phil Davi, Andre Plachon, and Steve Wong. Yanto's crew was fantastic for setting up, tearing down and

spotting and loading. They include Jake Manu, Dino Martinez, David Yubeta, Alan Tucker, Travis Faulkner. Also Marilyn Back and Vickie Taquin selling programs, t-shirts, and food. Carolyn Schwarz and Kari Herzog were the expeditors. Kim Saito and Echanne Placide were the scorekeeper and MC. Josh Hageman, also a big aloha for fabricating Matt's new line of super benches called "The Bovine". Also, all of the great sponsors, including House of Pain and Budweiser and 18 others that Matt personally takes out to dinner. There were 148 lifters at this meet and one of the main reasons that this meet runs so smooth is

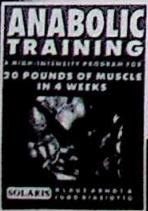
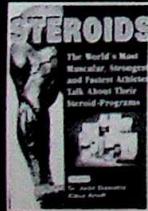
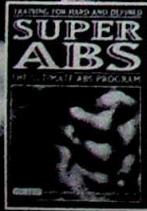
that Matt pays for my secretary Elma Thomas and her husband Gary to come down and run the computer and do the weigh-ins. Jody Woods of Sacramento also pays for their way and WABDL cards are handed directly to the lifters and the meet director doesn't have to set foot in the weigh-in room and then only an official is needed to check gear. This meet was at a hotel right on the beach. You step out of your room and there are seals and sea otters right on the beach, and whales in the distance. For those of you who love to party, the stories are stuff of legends. Great meet. Great fun. (Report by WABDL President Gus Rethwisch)

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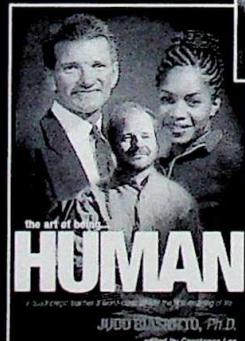


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APA Lone Star Open					
06 NOV 04 - Houston, TX					
BENCH	Master (50-54)				
132 lbs.	B. Kline	400!			
Open	220 lbs.				
N. Gaza	270 Master (40-43)				
165 lbs.	C. Bybee	325			
Teen (13-15)	DEADLIFT				
C. Lee	155 WOMEN				
198 lbs.	181 lbs.				
Teen (18-19)	Master (70-74)				
S. Childs	345 N. Revilla	210!			
MEN	SQ BP DL TOT				
148 lbs.					
Teen (13-14)					
E. Williams	205 125 240 570				
181 lbs.					
Open					
R. Durant	577 355 535 1467				
198 lbs.					
Junior (20-23)					
A. Bell	535 380 520 1435				
Open					
J. Evans	605 365 550 1520				
Master (60-64)					
K. Price*	515! 320 500 1335				
220 lbs.					
Teen (13-15)					
S. Mize	325 135 285 745				
Master (55-59)					
T. Galvez	455 455 510 1330				
!=World Records. *=Best Lifters.					
Congratulations to all the lifter who					
competed in the 2004 APA Lone Star					
Open. A lot of great talent showed up from					
a wide range of ages. There were lifters					
from the age of 13 to 73 all competing to					
be the best in their division. From					
Galveston, Texas, 73 year old					
grandmother Nora Revilla pulled a world					
record dead lift of 210 pounds. Lifting					
with her that day was her son, Tony					
Galvez, and the rest of Team Galvez					
members including Ernest Williams, Ricky					
Durant, Steven Childs and Nick Garza.					
Hitting an all time PR and setting a					
masters world record was Brian Kline					
with his over double body weight 400					
pound bench press. Taking home the					
award of best lifter was 61 year old					
masters lifter Kit Price with his 1335 total					
in the 198's. Thanks special thanks to our					
judges Mark Harris, Josh Ash, Brian					
Kline, and Maria McCullough. Our					
spotters/loaders Brian Nugier and					
Lowell Holmes. Also a very special					
thanks to John Inzer of Inzer Advance					
Designs and Mike Lambert of Powerlifting					
USA for their continued support of our					
meets and the sport of powerlifting.					
(Results provided by Tom McCullough)					



Nora Revilla, age 73, sets a new WPA Masters Record with a 210 DL at the APA Lone Star Open.

USAPL Seattle Summer Classic					
25 JUL 04 - Seattle, WA					
BENCH- Teen-2	Open				
M. Bowman	170 Master-2				
C. Lee	— S. Mathis	475			
Open	Master-5				
R. Bondurant	300 R. Smith	505			
WOMEN	BP DL TOT				
D. Johnson	65 115 180				
Teen-1 (14-15)					
A. Mitchell	100 280 380				
Teen-2 (16-17)					



Kit Price, 61 years of age, was Best Lifter (photos Tom McCullough)

A. Mohamed	80	250	330	132 Class	220 Class
MEN				Fred Garvey	Ed Bronko
SO				280	405
S. Harp	—	205	205	165 Class	John Bertocki
Youth-1 (10-11)				400	400
C. Jackson	65	180	245	Vandersande	242 Class
Youth-2 (12-13)				310	242 Class
B. Jimerson	75	160	235	Bob Legg	220
Teen-1 (14-15)				181 Class	N. Williams
D. Nejash	125	300	425	Jeff Fremont	Kenny Miele
S. Ahmed	115	250	335	198 Class	425
Teen-2 (16-17)				Al Miller	275 Class
M. HajjiYusuf	150	305	455	Rob Baum	SHW Class
Teen-3 (18-19)				370	N. Hulslander
S. Davis	180	420	600	600	600
Junior					
C. Real	175	350	525		
WOMEN	SQ	BP	DL		
Teen-1 (14-15)					
A. McWeeny	150	115	214	480	
Open					
L. Foreman	455	255	470	1180	
S. Chow	410	235	335	980	
Master-1 (40-44)					
P. Houston	370	235	390	995	
Master-4 (55-59)					
D. Backiel	150	135	290	575	
Master-5 (60-64)					
F. Ireland	220	135	255	610	
MEN					
Teen-2 (16-17)					
J. Hansen	410	230	520	1160	
N. Byram	320	225	380	925	
C. Perez	450	285	400	1135	
Teen-3 (18-19)					
O. Hussein	300	195	350	845	
Junior/Open					
K. Umetsu	350	225	350	925	
Master-1 (40-44)					
197 lbs.					
J. Harpe	500	320	510	1330	
Master-3 (50-54)					
S. Slavens	375	255	460	1090	
Best Lifter Awards - Male and Female:					
Open Women - Lea Foreman, Open Men - Ken Umetsu, Masters Women - Paula Houston, Masters Men - John Harpe, Teen Women - Alison McWeeny, Teen Men - Joshua Hansen. (Thanks to USAPL for providing these meet results to PLUSA)					

Maximum Metal Bench Press					
28 AUG 04 - Dunmore, PA					
WOMEN	John Bertocki	400			
148 Class	242 Class				
Nona Hill	125	T. Harman	435		
165 Class	MASTERS (50-54)				
B. Penetar	105	165 Class			
198+ Class	Russ Burnett	300			
Robin Lucko	105	Bob Legg	220		
TEEN	MASTERS (55-59)				
181 Class	181 Class				
Chris Miller	265	Jeff Fremont	300		
JUNIORS	MASTERS (60-64)				
165 Class	198 Class				
Vandersande	310	Bob D'Angelo	200		
198 Class	MASTERS (65-69)				
R. Mogavero	325	165 Class			
Teen-1 (14-15)	MASTERS (45-49)	P. Hubbard	250		
A. Mitchell	100	OPEN			
Teen-2 (16-17)	280				

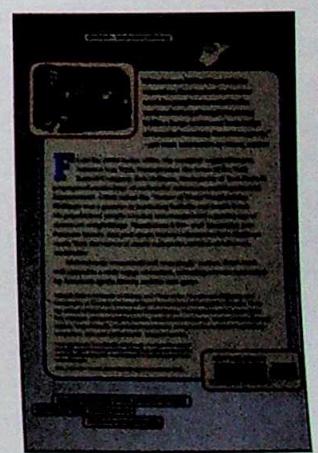
TEAM: Motivations Fitness Center - Al Miller, Christopher Miller, Ed Bronko, John Bertocki, Rich Mogavero, Robin Lucko, Barbara Penetar. BEST LIFTER - Niko Hulslander - 600. (These results provided courtesy of Jason Richardson.)

USAPL Bullseye Invitational

04 SEP 04 - Aurora, OR	Open	SQ	BP	DL	TOT
SHW	J. Behnke	455	400	455	1310
Master-3 (50-55)	220 lbs.	B. Coury	145	355	960
Junior (20-23)	198 lbs.	A. Carp	535	—	—
Master-1 (40-44)	275 lbs.	K. Stewart	700	505	1890

(Thanks to USAPL for these meet results)
114 lbs. C. Fredette 500
L. Skalski 100 J. O'Toole 520
148 lbs. 242 lbs.
T. Roselle 350 T. Irving 430
165 lbs. D. Jensen 440
S. Baratini — 308 lbs.
181 lbs. C. Scherza —
M. Cornier 375 V. Dezenzo —
198 lbs. SHW —
B. Fredette — R. Desmond —
220 lbs. R. McCrie 655
S. Falcone 475
(Thanks to Desmond's Gym for results)

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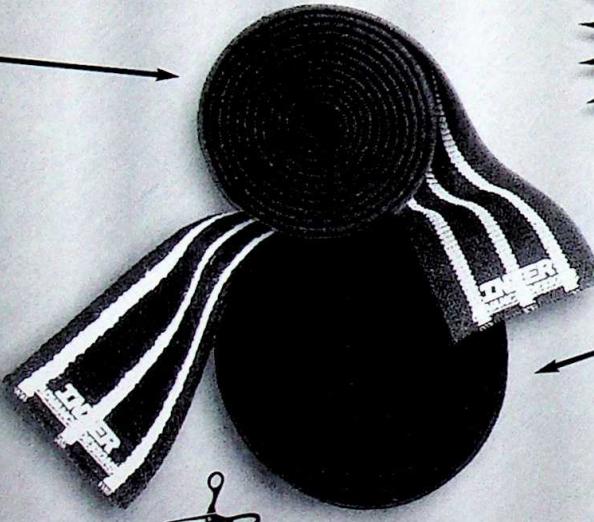
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NPA Midwest Open
21,22 MAR 04 - Freeport, IL

BENCH	J. Farrell	275
Open	DEADLIFT	
165 lbs.	Preschool	
K. Meighen	240	50 lbs.
181 lbs.	D. Burlingame	30
G. Dixon	315	Junior
A. Smith	210	181 lbs.
242 lbs.	C. Moring	405
P. Mercado	350	Open
308 lbs.	181 lbs.	
J. Miller	350	M. Pettinger
Police/Fire	450	C. Moring
242 lbs.	198 lbs.	405
R. Luyando	540	B. Mullarkey
Submaster	500	SHW
198 lbs.	A. Miller	550
198 lbs.	SQ	BP DL TOT
Teen (16-17)	345	210 365 920
G. Burckhardt	345	210 365 920
Open	220 lbs.	
D. Burlingame	810	385 645 1840
242 lbs.		
F. Luyando	650	225 535 1410
Police/Fire		
242 lbs.		
J. Powers	—	450 600 1050
Master (40-44)		
220 lbs.		
F. Michael	650	500 510 1660
(45-49)		
D. Burlingame	810	385 645 1840

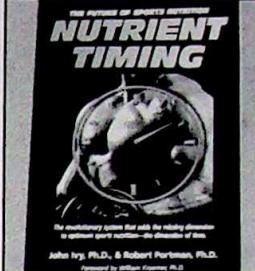
The NPA Midwest open was held at Fitness Lifestyles. We had some great lifters from Illinois, Iowa, Wisconsin, and Ohio. A big thank you to our sponsors, House of Pain Ironwear, Titan Support Systems, Powerlifting USA, The Myo Store, Quizno's, Freeport Press, and Natures Way. Our meet started with first time lifter Greg Burckhardt lifting in the 198 teenage class at a weight of 184 lbs. This 16 y/o lifted raw and had a 345 squat, 210 bench, 365 deadlift for a total of 920 lbs. In the 220 open, Duane Burlingame took the win with a squat of 810, 385 bench, 645 deadlift to total 1840. No p/r's at this meet, burned out from helping everyone else. In the 242 open, Frank Luyando had a strong 650 squat, 225 bench due to an injury, 535 p/r deadlift to total 1410 for the win. It was Don Powers in the 242 police & fire that looked really strong but blew his suit on his opener of 700 in the squat. Don benched 450, pulled an easy 600 to total 1050 and take the win. Fred Michaels lifting in his first full meet hit a p/r squat of 650, 500 bench, p/r 510 deadlift for a p/r total of 1660 to win the 220 masters 40-44. Duane Burlingame also won the 220 masters 45-49 with his 1840 total. Our bench press only competition started with first time lifter Kerry Meighen winning the 165 open class with a lift of 240 with no gear. Glen Dixon won the 181 open with 315, Andrew Smith placed 2nd in his first meet with 210, also lifting without gear. John Farrell took the win in the 198 submasters with his opener of 275. John just missed 325 in his shirt, next time. Paul Mercado won the 242 open with a strong 350 opener, once he gets in a quality shirt the numbers will be moving. Big Rob Luyando won the 242 police and fire with an easy 540 lift. Rob also won the best lifter in the bench press as he has every time he has lifted here. Joel Miller won the 308 open with his 2nd lift, an easy 350. Joel went for a p/r 425 in his Titel shirt but just missed it on lock out. On to the deadlift only. Duane Burlingame won the preschool division with a pull of 30 lbs. The big guy loves to go to the gym and really loves getting trophies. Char Moring, lifting in his first meet, won the 181 junior with a solid 405 opener. Chad took 2nd in the 181 open. Mike Pettinger took the win in the 181 open with a pull of 450, also took best lifter in the deadlift only. Bill Mullarkey won the 198 open with an easy 500 pull without gear. Big Adam Miller won the SHW class with his 2nd attempt pulling an easy 550. Adam went for a p/r 625 and just missed it, it will go next time. A big thank you to all our people that helped out! Derek Fransen, Don Fehlhafer, Amy Werntz, Rob Luyando, Duane Burlingame, Mike Murray, Kali Frick, Mike Pettinger, Chris Cederholm, and Barry Lasco. Till next time, train hard,

train smart, do it drug free, and enjoy our great sport. Please support all the great companies that make our sport what it is. Do something to make the world a better place for our children and show the world we are not only strong, but great caring people. (Thanks to Duane Burlingame for providing the results to Powerlifting USA)

NASA Bartlesville Classic
25 SEP 04 - Bartlesville, OK

BENCH			
Teen			
181 lbs.	220 lbs.		
S. Simpson	130	R. Moore	197
Junior		SM-2	
242 lbs.	308 lbs.		
J. Armstrong	165	B. Briggs	197
S. Green	140	M-1	
SM	220 lbs.		
Power Sports	SQ	BP Grayson	165
Youth			
76 lbs.			
R. Bean	32	22	57
154 lbs.			
J. Cox	35	32	65
B-Inter			
165 lbs.			
N. Hosier	—	95	—
Inter			
198 lbs.			
R. Hart	190	142	220
Powerlifting			
Teen			
181 lbs.			
A. McKay	147	95	170
198 lbs.			
D. Hofstrom	137	57	117
Junior			
242 lbs.			
S. Green	150	140	182
Novice			
181 lbs.			
A. McKay	147	95	170
242 lbs.			
J. Burke	250	152	220
J. McKay	—	—	—
SM-P			
242 lbs.			
J. Burke	250	152	220
M-1			
220 lbs.			
M. Haring	—	—	—
NM-2			
181 lbs.			
R. Werner	147	115	172
M-3			
J. Stovall	—	—	—
M-P			
242 lbs.			
J. McKay	—	—	—

(Thanks to James Duree for these results)



endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

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STREET ADDRESS _____

CITY,STATE,ZIP _____

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AGE: _____ SEX: _____ CHECK ONE: LIFETIME DRUGFREE: _____ SYRSMIN: _____

REGISTRATION FEE

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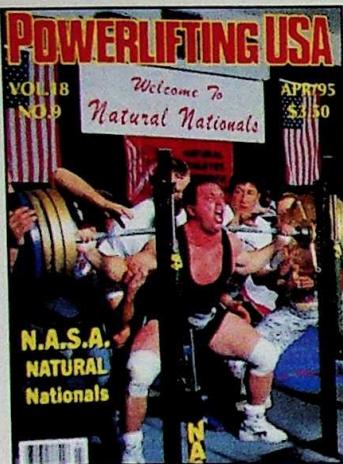
FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

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.

BACK ISSUE OF THE MONTH



On the cover of the April 1995 issue of PL USA was Tyler Malejko, winner of the NASA Natural Nationals 220 lb. class, the meet we featured beginning on page 6 of that issue. Elsewhere in the magazine, lifting sage Bill

Starr related how to increase your deadlift without any deadlifting! On our TOP 100 list for the 242s, the top lifts were by Steve Goggins (942 squat, 2265 total), Chris Confessore (683 bench), and Nick Lavitola (820 deadlift). Art Labare was 97th in the squat with 677, Russ Kitani was 44th with a 512 BP, Ted Isabella was 90th in the deadlift with 650, and Karl Gillingham was 89th in total at 1730. Tim Taylor offered his "Big Dawg" Deadlift Routine for our Workout of the Month. Rick Brunner of Atletika Sport International gave us the straight talk about Low Molecular Weight Compound supplementation for drug free athletes. Andrea Sortwell was interviewed by Bob Gaynor ("If and when the USPF does more than pay lip service to drug testing, and implements a valid out-of-meet testing program, then a merger could be considered").

Louie Simmons discussed the issue of "Raising Work Capacity" with a neat shot of pro bodybuilding star Mike Francois training at Westside Barbell Club. Norbert Wallauch was profiled by Dr. Judd Biasiotto, including a remarkable shot of a young Norbert tearing it up on the platform ... ("In my opinion, Olympic lifting is passing away and Powerlifting is coming up more and more ...") Doug Daniels discussed the training option of "Descending Sets" in our Startin' Out section. Scott Smith was interviewed by Bruce Citerman, and on Herb Glossbrenner's All Time Top 100 DLers for the 198s, Ed Coan led the mob with his epochal 859, and Roger Estep was 92nd with a 705. Lifting icon Bruce Wilhelm was interviewed/profiled by Herb Glossbrenner with a great shot of Bruce deadlifting 661 for 11 reps! (Bruce on Ed Coan ... "Unquestionably the best PLer, probably ever. He'll be the first to do 2500, but he'll be 242. With a

100% Raw Virginia State 09 OCT 04 - Stanardsville, VA

BENCH	220 lbs.
FEMALE	(40-44)
123 lbs.	J. Shifflett 330
Open	242 lbs.
K. Self	135 (35-39)
MALE	T. Balderson 375
Youth (to 11)	275 lbs. (35-39)
66 lbs.	J. Mims 55 S. Kuzma 457
148 lbs.	(50-54)
(55-59)	J. Fox 320
C. Waggoner	155 319 lbs. (50-54)
181 lbs.	R. Beuch 405
(20-24)	
J. Fox	290
Open	
J. Self	355

The Virginia State 100% RAW meet was a blast with many new state records set. James Mims, who is nine years old, won the youth under 11 class doing 55 pounds weighing in at 54 pounds. Great job. Kerry Self set the 123 pound open record with 135 pounds. Chuck Waggoner moved his state record up to 155 pounds in the masters 148 (55-59) class. Jacob Fox benched a junior record at 290 in the 181 class weighing in at only 166. John Self set the 181 Open record with a nice 355. Trente Balderson hit a PR with 375 and a narrow miss at 385. Jeff Fox got the 275 (50-54) record with 320. Scott Kuzma hit a RAW meet PR with 457.5. Ron "bench" Beuch got the Virginia State record with a nice 405 in the 319 (50-54). Look for these lifters to do even better at the 100% RAW World Bench Press in North Carolina. (courtesy of John Shifflett)



The Army National Guard Bureau Combined Bench Press Team won 1st place at the AAU East Coast Bench Press Championships



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- > 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.

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 Coach: Regular Fee \$12.00 "AB" Fee \$14.00
 Volunteer or Official: Regular Fee \$12.00 Not Available
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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:	CHECK ONE:			Added Benefit	Yes	No
		Athlete	Coach	Official			
Adult Athletes in the Following Sports: Baseball, Basketball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Skating, Trampoline & Tumbling, Triathlon, and Weightlifting	Not Available	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 Taekwondo Athletes		20.00	Not Available				
Adult Powerlifting Athletes		30.00	35.00				

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

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

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

Member's Signature _____

Parent/Guardian Signature _____

AAU East Coast BP (kg)

22,23 MAY 04 - Richmond, VA	Military/Open
BENCH	C. Dabney 127.5
RAW	220 lbs. Lifetime/Open
MALE	N. Jamison 137.5
132 lbs.	A. McCullough 135
Junior (20-23)	W. Thacker 155
E. White 55	Military
148 lbs.	Submaster (35-39)
Lifetime	A. Jones 172.5
Master (60-64)	Submaster (35-39)
W. Turner 110	D. Wilson 147.5 T. Russell 190
Lifetime	Maser (45-49) 242 lbs.
Master	D. Wilson 147.5 Lifetime
Open	R. Tankley 102.5 G. Prue 155
D. Wilson 147.5 M. McQuade 175	Master (40-44)
165 lbs.	Lifetime
Lifetime/Open	D. Adams 195
T. Dance 115	Master (50-54)
Military	H. Davis 110
Master (40-44)	Lifetime
R. Tankley 102.5	Master (55-59)
Open	J. Lebedz 130 Master (45-49)
T. Dance 115	4th-132.5 M. McQuade 175
Teen (16-17)	181 lbs. Master (60-64)
J. Lebedz 130	R. Ernst 157.5
4th-132.5	E. Walters 102.5 Open
Teen (16-17)	D. Adams 195
181 lbs.	198 lbs. Lifetime/Open
R. Ernst 157.5	D. Adams 195
E. Walters 102.5	4th-196
198 lbs.	C. Dabney 127.5 275 lbs.
Lifetime/Open	
C. Dabney	



Project Lift Team of Henderson, NC .. 2nd place at the AAU East Coast Bench Press Championships (photos provided by Barb Beasley)

Lifetime	FEMALE	Open	MALE
Master (40-44)	148 lbs.	D. Grimes	45 181 lbs.
G. Marrow Sr	130	Junior (20-23)	165 lbs. Open
Open		M. Condrey	45 A. Mamola 200
S. Malone	155	Lifetime/Open	Military
308 lbs.		D. Grimes	45 Master (40-44) 198 lbs.
Lifetime		J. Johnson	75 Law/Fire 198 lbs.
Master (45-49)		J. Bell	45 Master (55-59) 165 lbs.
W. Ferguson	160	Submaster (35-39)	T. Elliot 37.5L. Brodie 160
C. Parker	30	C. Parker	198 lbs. 4th-162.5
Lifetime		Military	D. Conway 140
Submaster (35-39)		D. Grimes	45 Master (45-49) 275 lbs.
W. Marrow Sr.	117.5	L. Hawkins	60 Master (45-49) 222.5
Master (45-49)		ASSISTED	M. Bradley
W. Ferguson	160	M. Vaughter	50

E. Boys	165 FEMALE
Open	114 lbs.
C. Felix	200 Open
Submaster (35-39)	A. Mamola 67.5
C. Felix	200

Best Lifters - Raw Open Female Bencher: Delores Crimes. Raw Open Male Bencher: David Wilson. Assisted Open Female Bencher: Angela Mamola. Assisted Open Male Bencher: Adam Mamola. Raw Master Female Bencher: Jennifer Johnson. Raw Master Male Bencher: Roger Ernst. Assisted Master Male Bencher: Michael Bradley. (Results courtesy of Barb Beasley)

Bullitt Co. YMCA Pecs & Flex 13 NOV 04 - Mt. Washington, KY

BENCH	D. Greco	280
Junior	220 lbs.	
8 year old	B. McDonald	390
P. Griffee	40	242 lbs.
WOMEN	A. Sollberger	250
L. Korfage	95	DEADLIFT
Masters		Junior
(40-44)	P. Griffee	35
198 lbs.	Master (40-44)	
J. Raley	365	198 lbs.
220 lbs.	J. Raley	405
D. Thompson	405! Open	
242 lbs.	165 lbs.	
K. Griffee	300 K. Thompson	405
(45-49)	242 lbs.	
220 lbs.	A. Sollberger	375
R. Belanger	335	
Open		
165 lbs.		
K. Thompson	280	
198 lbs.		

!=Best Lifter: Dale Thompson. The Veterans Day Pecs & Flex Raw Bench and Deadlift was held on November 13th at the Bullitt Co. YMCA. Proceeds from the entry fees, approx. \$450, went to the SHARE THE CARE program. In the Bench Press competition 8 year old Peyton Griffee did a clean 40 lbs. lift for a

personal best in his third ever contest. In the Women's division Laura Korfage took her first title with a PB 95, barely missing 100. In the teenage division Korey Craddock did a 245 to win the 148's. In the masters 40-44 division Dr. Joe Raley did a strict 365 to win in the 198's. Dale Thompson won the 220's and the Best Lifter Award after coming off shoulder surgery with a huge 405. Keith Griffee posted a 300 lift to win in the 242's. In the Masters 45-49 Ray Belanger took home 1st with a 335. In the open Kris Thompson won the 165 class with a PB 280. The 198's belonged to David Greco with 280 and a PB 4th lift of 290. In the 220's Bryan McDonald, fighting an injury put up a 390 to take his division. Aaron Sollberger put up a 250 PB to win the 242's in his first ever competition. In the deadlift Peyton Griffee won the Junior division in his first ever deadlift. Dr. Joe Raley won the 40-44, 198's with 405. Kris Thompson fought thru with a 405 lift to win the open 165's in strong fashion. Aaron Sollberger hit 375 to win his 2nd trophy of the day. Special thanks to Leroy Lording, YMCA Program Director, the YMCA and all the spotters who helped all day. (Thanks to Keith Griffee for results)

USAPL Pennridge High Qualifier 20 Feb 04 - Perkasie, PA

Girls	TOT
132 (IV)	
Kelly Dorner	500
148 (V)	
C. Reil	580
Boys	
198 (IV)	
B. Bishop	1050
220	
Kyle Weiss	1105
V	
Erick Fluck	1135

(Thanks to USAPL for providing results.)



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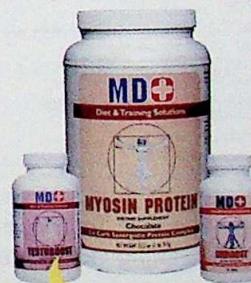
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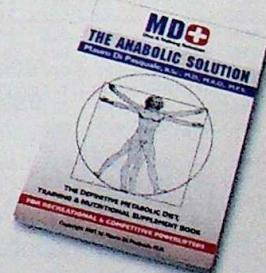
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Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, regulations and drug testing procedures are subject to change at 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 UAPC/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.

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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

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Phone: () _____ E-Mail: _____

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Age: _____

Sex: _____

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High School

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All memberships expire 12 months from date of purchase.



Membership Price \$ _____

(continued from page 15)

had a bad day on the bomb squad. Session four starts with teenage women. The first three were all sisters from Indiana making their debut on the international platform, in good style. In the 13-15 age group we have Hannah Jo Biddle and in the 90+ kgs. class followed by sister Sarah Faye Biddle 13-15 age group 44 kgs. class and finally Abigail Marie Biddle in the 16-17 age group 75 kgs. class. In the open women Leslie Watson of

England won the 48 kgs. class. Teammate Leslie Thomas, also of England, took the 67.5 kgs. class and top honors as best lifter of the open women's division. A battle developed in the 67.5 kgs. class with Lee Steggles of England coming out on top with a European record 522.5 kgs. In 2nd place was Wende Michels of Belgium with 481.5 kgs. followed by Michelle Murawski of the US in 3rd with a total of 460 kgs. Jodi VanDeursen of the US had a class of her own in the

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American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com

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As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name: _____

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Address: _____

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75 kgs. class winning with 410 kgs. In the master 40-44 age group Margaret Kirkland of the US finished strong with a 177.5 kgs. world record squat in the 52 kgs. class and a 157.5 kgs. world record in the deadlift for a total of 412.5 kgs. Master 45-49 67.5 kgs. class was dominated by Marie Burriek of Belgium with a European record squat of 117.5 kgs. and a total of 307.5 kgs. Lora Greco of Canada had a bad day not completing a squat. Better days lie ahead. Ann Leverett, the First Lady of powerlifting in the US, was in a class of her own in the (50-54) 48 kgs. class dominating with a world record 4th attempt squat of 137.5 kgs., a world record bench of 72.5 kgs. and a world record deadlift of 147.5 kgs. To give this proper perspective, if you are a 320 pound heavy weight, that is over 3 times bodyweight. Ann also had a world record total of 352.5 kgs. A good days work. Kathy Middleton, a school teacher from Iowa, had a good day winning her 60 kgs. class in the 50-54 age group with 225 kgs. total. Wanda Burnett has better days ahead after not completing a squat. Shelia Rouse dominated her 60 kgs. class in the 55-59 age group with a total of 252.5 kgs. In the light weight open men 67.5 kgs. class winner was Michael Romanello of the US with a total of 575.5 kgs. In the 82.5 kgs. class Shane Brodie of Ireland won with an Irish record bench press of 172.5 kgs. and an Irish record total of 722.5 kgs. Taking 2nd place was Adam Brooks of England with a fine total of 675 kgs. Session five leads off with 8 competitors in the 90 kgs. open class. Corey Evans of Canada was champion with a squat of 367.5 kgs., bench 240 kgs., and deadlift of 260 kgs. for a total of 867.5 kgs.

In 2nd was Chris Jenkins of England with a squat of 332.5 kgs., bench 182.5 kgs. and 330 kgs. deadlift totaling 845 kgs. And in 3rd place Bernard Delaney of Ireland with a squat of 300 kgs., Bench 225, and deadlift 295 totaling 820. Rounding out the 90 kgs. class was Anthony Cross of England, Marco Lamprecht of Germany, Paul Newell of England, Brian Johnston of Canada, and finally Andy Fisher of Canada. A good day for all the 90 kgs. class. In the 100 kgs. class a much improved Steven Radford of Alabama dominated with an American record squat of 335 kgs., bench of 240 kgs., and deadlift 285 kgs., for a great total of 880 kgs. The bronze was Robert Graham of England squatting 270 kgs., benching 155 kgs., finishing with deadlift of 250 kgs. for a total of 675 kgs. The 110 kgs. class was dominated by Agayev Rufat of Azerbaijan who had his own camera crew

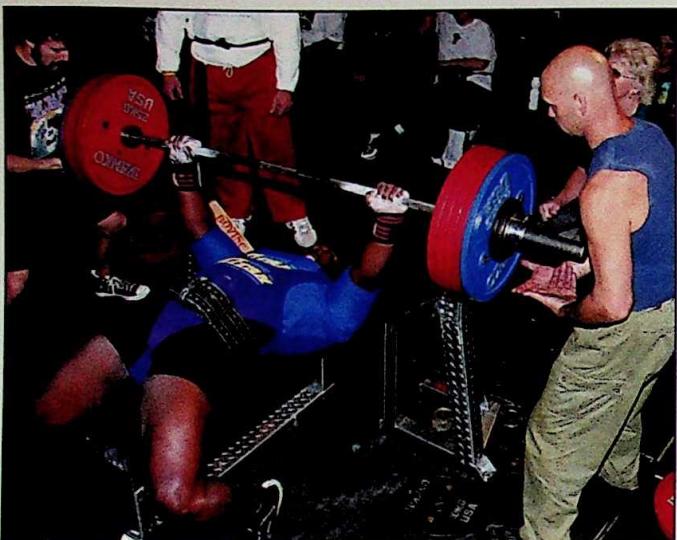
filming his lifts for a future bid on the Global Powerlifting Committee World Championships in Azerbaijan. His total of 910 kgs. consisted of squat 375 kgs., bench 207.5 kgs., and deadlift 327.5 kgs., all in perfect form. Bronze went to Steve Middleton of England squatting 372.5 kgs., benching 227.5 kgs., and deadlifting 305 kgs.. for a total of 905 kgs. Bronze went to APC Technical Officer Stephen Parkhurst who squatted an American record 320 kgs.. followed by an American record 230 kgs. bench and another American record 305 kgs. for an American record total of 855 kgs.

Good job. Out of 7 entries in the 125 kgs. class, Al Mehan of Canada rose above the best with a 1035 kgs. total by way of a 450 squat just missing a world record attempt of 470.5 kgs. by a hair on depth. He benched 280 kgs. and deadlifted 305 kgs. Charles Bailey of Florida, a newcomer to the APC, made himself known with a 455 kgs. squat. In English that's 1003 pounds, benching 265 kgs. with a 275 kgs. deadlift, totaling 995 kgs. Jani Ihlainen of Finland won the bronze over Roland Prager of Austria on bodyweight, both totaling 935 kgs. Jani had a squat of 360 kgs., bench 260 kgs., and deadlift 315 kgs.

Finishing out the class was Ian Rutherford of England with a total 827.5 kgs. and a British record 210 bench press. Jeff Green, Alabama state chairman for the APC totaling 792.5 kgs. and Lee Thomas of England totaling 790 kgs.. A much improved energetic Jeffrey Vaughn of Florida won the gold in the 140 kgs. class with a squat of 387.5 kgs., bench 235 kgs. and deadlift 320 kgs., totaling 942.5 kgs. Mario Piatelli of Canada took the silver medal with a squat of 320 kgs. and 287.5. kgs. bench, going on to a successful 4th attempt world record of 292.5 kgs. finishing the day with 275 kgs. in the deadlift

for a total of 882.5 kgs. Bill Baker had an unfortunate day after a great squat of 312.5 kgs. missing all 3 benches. Dietmar Zint of Germany dominated the day winning best lifter by way of a 370 kgs. squat, 290 European record bench followed by a world record 4th attempt 300 kgs. finishing up with 350 kgs. in the deadlift for a 1065 kgs. total. Thanks to all athletes, coaches, friends, judges, scoring crew, spotter/loaders, sponsors and everyone I forgot to mention for all your help with this contest. The Global Powerlifting Worlds will be held in Germany in 2005 and Belgium in 2006. See you there.

MEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	A. Biddle USA	90	100	112.5	47.5	525	57.5	100	100	115	257.5	
Teen (13-15) 82.5 kgs.											A. Biddle USA	90	100	112.5	47.5	525	57.5	100	100	115	257.5	
M. Gacek USA	70	100	142.5	60	100	112.5	100	127.5	127.5	260	L. Watson GBR	60	67.5	60	60	65	65	80	90	100	227.5	
Teen (18-19) 100 kgs.											L. Thomas GBR	180	195	205!	77.5	82.5	87.5	160	170	177.	5462.5	
J. Botha RSA	260	280	280	155	165	165	215	240	250	655	67.5 kgs.											
Junior (20-23) 67.5 kgs.											M. Murawski USA	160	185	190	65	92.5	100	167.	5167.5	177.5	5460	
P. Calus BEL	207.5	222.5	230	130	142.5	147.5	205	222.5	227.5	5600	W. Michiels BEL	180	200	210	90	100	107.5	180	195	487.5		
75 kgs.											L. Steggles GBR	195	210	217.5!	110	115	120	175	185	190	522.5	
B. Bartsch GER	190	200	210	130	137.5	142.5	200	215	222.5	562.5	75 kgs.											
K. James ENG	180	200	215	100	110	120	180	195	202.5	5505	J. VanDeursen USA	147.5	160	172.5	85	97.5	107.5	142.5	160	160	410	
125 kgs.											M. Kirkland USA	150	162.5	177.5	72.5	77.5	80	137.5	150	157.5!	412.5	
B. Williams ENG	255	272.5	282.5	170	185	195	250	270	275	742.5	Master (40-44)											
67.5 kgs.											L. Greco CAN	135	140	140	—	—	—	—	—	—	—	
G. McNamara IRE	270	290	312.5	160	170	170	240	250	255	737.5	67.5 kgs.											
75 kgs.											M. Burrick BEL	105	115	117.5	57.5	62.5	65	110	120	127.5	307.5	
J. Butler IRE	220	230	235	125	135	140	210	220	—	590	Master (50-54)											
82.5 kgs.											J. Dune IRE	235	250	255	140	147.5	150	245	260	672.5	48 kgs.	
E. Hoffmeyer RSA	180	180	200	115	125	135	190	215	220	525	A. Leverett USA	122.5	122.5	132.5	72.5!	77.5	77.5	137.5	145	147.5	352.5	
90 kgs.											W. Burnett USA	107.5	107.5	107.5	—	—	—	—	—	—	—60 kgs.	
J. Siyk CAN	132.5	135	150	85	85	90	132.5	145	157.5		K. Middletown USA	62.5	72.5	72.5	50	57.5	62.5	95	105	115	225	
100 kgs.											S. Graham IRE	270	300	310	170	180	185	290	310	310	800	
125 kgs.											L. Marshall ENG	350	350	370	190	200	207.5	300	325	340	917.5	
G. Boulton ENG	280	280	295	180	190	195	240	260	260	750	S. Rouse USA	90	102.5	—	42.5	52.5	52.5	102.5	112.5	120	252.5	
J. O'Neil IRE	150	—	—	192.5	192.5	192.5	207.5	300	320	342.5	M. Romanello USA	185	197.5	205	140	152.5	167.5	182.5	200	217.5	5572.5	
T. Wright USA	255	255	265	102.5	115	121.5	200	207.5	220	590	82.5 kgs.											
Masters (45-49)											S. Brodie IRE	255	270	280	157.5	167.5	172.5	260	270	277.5	572.5	
110 kgs.											A. Brooks ENG	245	260	267.5	140	157.5	182.5	220	245	250	675	
T. Bowmen USA	295	295	295	207.5	207.5	212.5	250	290	295	797.5	90 kgs.											
A. Gilbert ENG	200	220	235	152.5	160	170	200	225	250	630	C. Evans CAN	320	367.5	367.5	220	230	240	230	250	260	867.5	
Masters (50-54)											C. Jenkins ENG	290	300	332.5	175	182.5	—	290	330	352	845	
67.5 kgs.											B. Delaney IRE	270	290	300	210	220	225	275	295	300	820	
G. Bobrovitz CAN	145	171	171	113	130	137.5	1100	145	155	456	A. Cross ENG	300	320	325	190	190	200	290	340	310	800	
82.5 kgs.											M. Lamprecht GER	270	290	305	162.5	162.5	162.5	270	290	300	767.5	
R. Lovelace USA	197.5	212.5	227.5	140	147.5	152.5	197.5	212.5	222.5	582.5	P. Newell ENG	315	335	345	150	157.5	162.5	250	275	275	767.5	
100 kgs.											B. Johnston CAN	322.5	322.5	322.5	367.5	130	150	170	260	300	330.5	573.2
L. Dunn RSA	235	260	275	130	142	150	250	275	290	715	A. Fisher CAN	200	200	200	125	135	150	230	260	260	585	
Masters (55-59)											S. Radford USA	295	317.5	335	182.5	227.5	240	250	265	292.5	5880	
75 kgs.											T. Ironside CAN	310	355	365	205	227.5	232.5	240	285	275	817.5	
D. Thompson USA	170	185	207.5	105	110	117.5	170	182.5	192.5	485	R. Graham ENG	245	257.5	270	150	155	160	225	240	250	875	
100 kgs.											S. Radford USA	295	317.5	335	182.5	227.5	240	250	265	292.5	5880	
R. Larouide FRA	160	185	195	95	102.5	102.5	185	195	205.5	485	T. Ironside CAN	310	355	365	205	227.5	232.5	240	285	275	817.5	
Hachenberger GER	220	220	240	150	160	165	200	210	—	590	R. Graham ENG	245	257.5	270	150	155	160	225	240	250	875	
110 kgs.											A. Rufat AZE	340	365	375	200	207.5	212.5	310	325	327.5	5910	
B. West ENG	350	350	350	190	200	205	280	300	320	855	S. Middletown ENG	345	360	372.5	215	220	227.5	260	285	305	905	
Masters (60-64)											S. Parkhurst USA	305	320	330	220	230	230	280	290	305	655	
67.5 kgs.											F. Ritief RSA	290	310	330	195	210	217.5	290	—	—	817.5	
B. Mullen ENG	175	182.5	188	105	112.5	117.5	170	180	—	470	125 kgs.											
R. Peters SAF	150	150	165	90	107.5	—	150	165	175	447.5	A. Mehan CAN	415	450	470.5	265	275	280	290	305	320	1035	
82.5 kgs.											C. Bailey USA	410	455	455	265	275	275	230	275	320	995	
Masters (60-64)											J. Ihlainen FIN	320	340	380	240	250	260	345	345	315	935	
T. Dillon IRE	180	192.5	202.5	135	145	150	215	225	232.5	5585	R. Prager AUS	370	380	402.5	200	230	240	325	352.5	352.5	5935	
Masters (65-69)											I. Rutherford ENG	275	305	305	210	242.5	242.5	280	300	312.5	5827.5	
I. Morris RSA	150	150	170	80	100	110	150	170	190	450	J. Green USA	307.5	327.5	352.5	155	170	175	282.5	325	305	792.5	
Out											L. Thomas ENG	275	300	315	170	180	185	275	295	305	790	
R. Baker USA											140 kgs.											
K. Slosarek GER											J. Vaughan USA	387.5	412.5	412.5	220	227.5	235	320	320	335	942.5	
R. Gilbert USA											M. Piatelli CAN	320	367.5	370	270	277.5	287.5	250	275	347.5	5682.5	
WOMEN											B. Baker CAN	140+ kgs.	out	out	4th	292.5!	—	—	—	—	—	
Teen (13-15) 44 kgs.											D. Zint GER	370	410	425	260	280	290	330	350	360	1065	
S. Biddle USA	52.5	60	67.5	32.5	37.5	37.5	60	65	70	162.5	A. Ramsey USA	out	out	out	4th	300!	—	—	—	—	—	
90+ kgs.											A. Biddle USA	142.5	142.5	142.5	220	227.5	235	320	320	335	942.5	
H. Biddle USA	82.5!	92.5	92.5	40	42.5	47.5	82.5	95	100	220	M. Piatelli CAN	320	367.5	370	270	277.5	287.5	250	275	347.5	5682.5	
Teen (18-17) 75 kgs.											A. Biddle USA	142.5	142.5	142.5	220	227.5	235	320	320	335	942.5	



Wayne Watts with a Law/Fire WABDL World Record 601 Bench

(continued from page 7)

123, Leticia Rosales-Buie, California 187.2 at 132, Renee Wilson, California, 203.7 at 165, and at Law/Fire Master 48+, Camellia Luprete, Texas, put up 159.7 at 181.

State Records in Law/Fire Mens Open in the Bench were set by Cale Sherwood, Oklahoma, 473.7 at 259, Carl Wimmer, Utah, 501.5 at 275, Joseph Cisneros, California, 573 at 308 and Frank Delatorre, California, 578.5 at Super.

In Law/Fire Submaster, World Records were set by David Renn, Texas, 292 at 148, A.J. Agamao, California, 523.5 at 181, Frank

Wakakuwa, Hawaii 633.7 at 242. Frank has been benching in around 600# for the last 10 years, so he has been very consistent. Richard Niemritz set a Washington Record 485 at 220.

In Master Men 40-46 at 165, Kenneth Cook broke George Baker's World Record with 447.3. That's serious pound-for-pound weight. At 181, Bob Levering blasted up 473 - 6# shy of his California State Record, but enough for a World Championship and possibly his last meet since he was talking retirement - but I think he has more meets in him. At 198, Ed Morishima set a Hawaii State Record with 540 and beat out 11 contestants for the World Champi-



Mike Hamby got a 655 bench press and should hit 700 very soon

onship. LeRoy Banks of Illinois was 2nd with a State Record 468 and Fil Dena III was 3rd with a Nevada State Record 462.7. At 220, Ken Millrany, the Tennessee State Chairman put up a large 574 World Record to beat George Herings old mark by 22 pounds. At 242 there was a shootout Old West style between Russell Kitani of Nevada and Ed Wilkinson of Texas and when it was over, they both broke the World Record of 600.7, but Kitani ended up with the World

Record 607.3 and the World Championship and Wilkinson got 606.2. Doug Haycraft was 3rd with an Illinois Record 562. At 259, Rich Ludlam set a World Record 589.5. At 275, Jeff Peshek of Ohio won the World's and set a World Record 700.8. Jim Presley was 2nd with 540. At 308, Tom Manno put up 650 to win the Worlds. Tom has done 707. At Super, Bill Gillespie did 733, far short of his World Record 782, but it was enough for the World Title. He had a 783 that he smoked, but it was turned down. It was about 1/2 inch from touching his chest, but in the confusion of about 20 people on and near the stage which should not have been allowed to happen, he got sort of a press signal. There was deafening noise that was very distracting to the Judges. There were 947 spectators, many of them lifters on that day. I was dealing with a problem with the hotel and the M.C. probably should have had the 20-25 people on the huge stage removed so the judges could have had a lot less distraction and concentrate on their job. Mike Hamby was 2nd with an Oklahoma Record 655.7. Mike will hit 700# soon. He's just a big Oklahoma kind of guy with raw talent. Dave Marchant was 3rd with 633. He got 650 on a 4th, which was a Law/Fire World Record. John Stewart looked like he locked out 700.8 which would have given him 2nd to Jeff Peshek at 275, but there was a problem with noise.

In Master Men 47-53, World Records were set by Freddie Evangelista, Oregon,



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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)		
			Y N			
Street Address			Club Name			
City		State	Zip	Area Code/Telephone		
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee:

Adults \$25

Teens \$15

Make checks payable to and mail to:

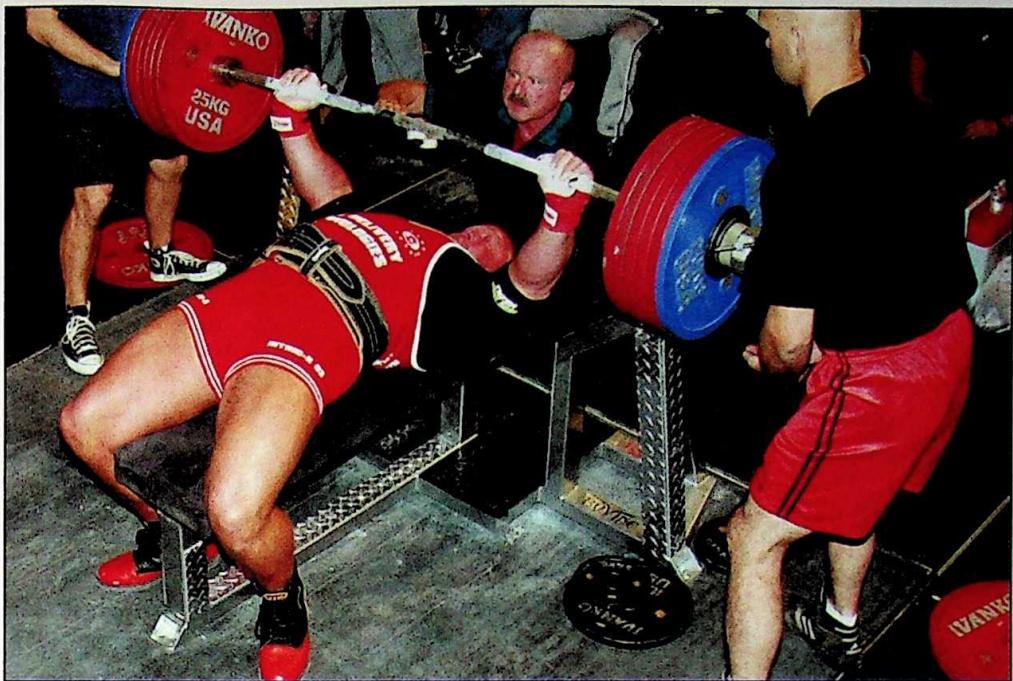
WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427

If under 18, have parent initial _____

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

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

Signature _____



Jeff Peshek prevailed in some extremely tough competition and broke the 700 barrier in the bench

with 408.8 at 148, Nick Santarone, New York, with 473.7 at 181, and John Minahan 600.7 at Super. Nick Dwinell set an Oklahoma Record 490.5 at 220. Bennie Dooley set a Washington Record 567.5 at 259. In Master 54-60, Sean Finegan was the big story with an eye-opening 617.2 World Record at 259. Dan Swift set an Illinois Record 429.7 at 198 and Dave Marba set a California Record 424 at 220.

In Master Men 61-67, World Records were set by Larry Cardon, Virginia, 347 at 165 (Larry is an attorney); Rudy Lozano, California 381.3 at 181, and Ed Acey, Utah, 429.7 at 259. All of the aforementioned records are extremely impressive all things considered.

In Master 68-74, World Records were set by 69 year old Precious McKenzie of New Zealand, who benched 264 1/2 at 131# in a singlet - no bench shirt. Seventy-two year old Bob Stephens of California 386.8 at 198 - again those records are in some rare atmosphere and Gary Johnson, who drives a black Dodge Viper up to speeds of 150, set a World Record 325 at 308.

In Master 80-84, at 165, Sonny Ronolo who only weighs 160, is 81 and had open heart surgery one year ago, set a truly staggering, unbelievable World Record of 270. There were so many impressive lifts in the contest that just talking about them doesn't do any justice to them. You had to be there and see an almost full house of 900-950 spectators, 85% of the time between 8:30 am to 9:00 pm for six straight days. Dr. Donald Dreyer, who is still a practicing physician,

set a Louisiana record at age 83 with 156.4. Cal Davis of Washington, who is 81, set a World Record 231 at 259.

In Master Women 40-46 105# Class, two great athletes set World Records with Christine Moorman beating out Carin Fujisaki 172.9 to 171.8 for the World Title and the reigning World Record holder. Sandy Gomez-Leon of Washington set a World Record 242.5 at 132 and Latasia Anzai of Hawaii set a World Record 222.4 at 148. In Unlimited, Jane Morales Costa of Brazil set a World Record 264.5.

In Master Women 47-53, World

Records were set by Hedy Miller, Utah, 165 at 114 and Carol Myers, Washington, 220 at 123. Mary Ann Van Dam Set a California record 210 at 181 and Sue Vaterlaus set a National Record 233.4 in Unlimited.

In Master Women 54-60 148, Barbara Anderson set a World Record 170.7. In Master Women 68-74 at 148, Marcia Turner set a World Record 141#. This was Marcia's 5th World Championship in a row where she set a World Record. Grace Cloniger set a World Record 121 at 68-74 181# class and Melicent Whinston set a World Record 78# in Master 75-79 132. Melicent is 78 years old.

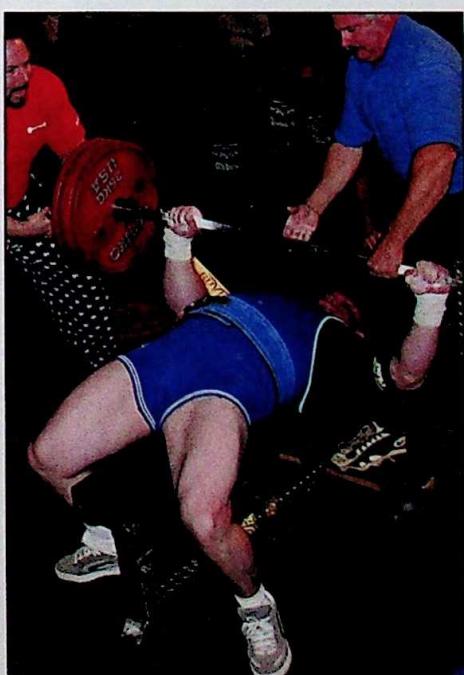
In Open Men, Darren Matsumoto of Hawaii set a World Record 462.7 at 148 - a big time lift. Ray Hickman won at 165 with

479 and 18 year old Brandon Leming, who has a 4.0 grade point average and is his high school class valedictorian, was 3rd with a Tennessee State Record 425.3 and a Teenage World Record, beating the legendary Joe Luther's Teen record of 413 that stood for 6 years. Sheldon Weingust of Texas was 2nd with a State Record 446. At 181, Charles Walker of Matt Lamarque's Gym and his team called "the Iron Society" set a World Record 529. Almost all of Matt Lamarque's "Iron Society" Team set World Records and his team was 1st in the Team standings.

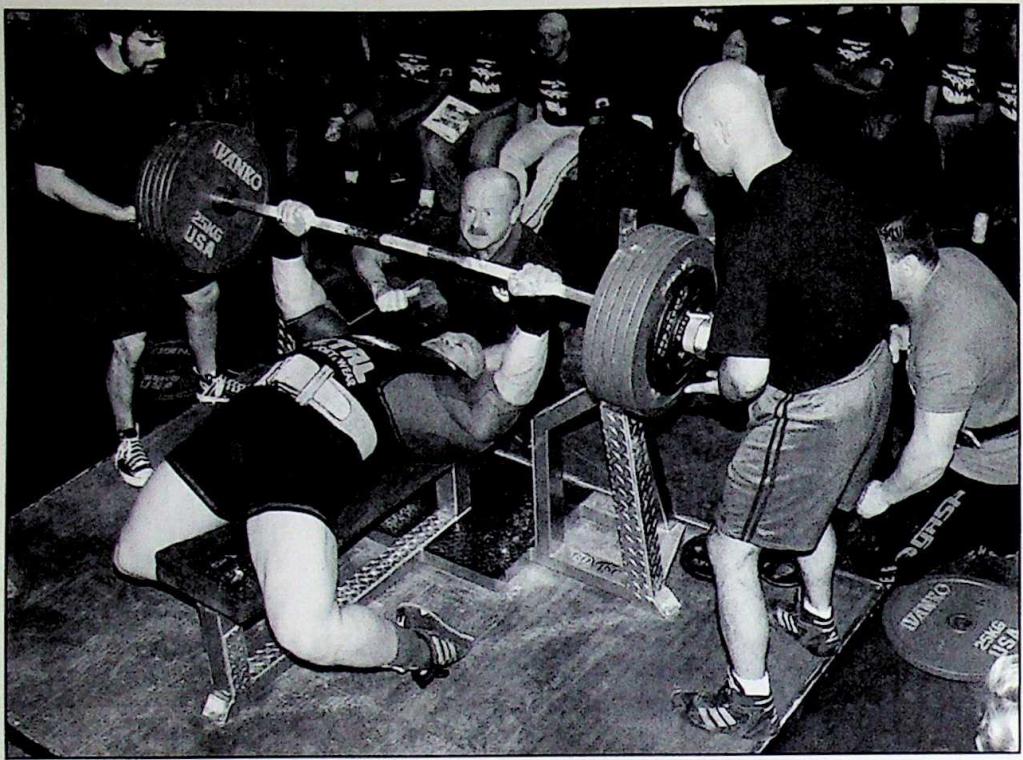
Also, the bench used for this World Championships was from Matt's new equipment line called Bovine Strength Systems and it was a metallic, futuristic looking bench that everybody liked. There were 77 World Records set in the bench press to drive that point home. At 198, Gustavo Warrington, coached by Terry Luehrs, beat Ed Morishima 551 to 540 for the World Title. At 220, Matt Lamarque had the highest bench of all time in any Federation, 771.5 and he did it in a closed back 2-ply shirt and took his 3rd drug test. At 242, Jason Jackson had the highest all-time 242 bench with 771.5 that was very easy and he did it in a single ply shirt. He was also drug tested. James Hunter of California was 2nd at 242 with 606. He benches 606 and is 165# off the mark. Greg Stephens was 3rd with a fine 589.5. At 259, Nathan Lane beat Scott Hockstra 622 to 606 and the 622 was a World Record. Thomas Kesling of Tennessee was 3rd with 584, a Tennessee State Record and the biggest bench ever in Tennessee. Jané Ihlainen of Finland was 4th with 540. Cale Sherwood of Oklahoma was 6th with a State Record 501.5. At 275, Jeff Pehsek set a World Record 700.8 - he also had set the record in Master Men 40-46 275 - and won the World Championship and was followed by Patrick Holloway with 600.7, an Arizona State Record. At 308, Tom Manno of Arizona won with 650 and Jari Mentula of Finland was 2nd with 617.2. At Super, Bill Gillespie won with 733 and James Crawford, who is making great gains due to finally getting his shirt dialed in and using his insane training and his Hawaiian heritage, popped a 622.7 for 2nd place. Tiny Meeker shot 804.5 off his chest and the Head Judge, Gordon Santee, gave him a white, but he got two reds from the side judge for lock-out.

In Open Women, World Records were set by Leonetta Richardson, Hawaii, 331.6 at 165 and Randolyn Nohara, Hawaii, who is only 14, 292 at 198!! And Kelly Franklin, Minnesota, who pushed 374.7 in Unlimited for the highest women's bench ever in WABDL. Other notable lifts were 275 by Michelle Ichiyama at 198 - a Washington State Record, Latasia Anzai 222.4 at 148, a Hawaii Record, and Dawn Richards of Utah in Unlimited, 231.2, a Utah State Record.

In Special Olympian Men, Jon Shapiro was Outstanding Bencher with 275 at 148 and coached



Jim Presley used his huge arms to press a 540



Jari Mentula represented his home nation of Finland well with a 617 effort and a second place finish

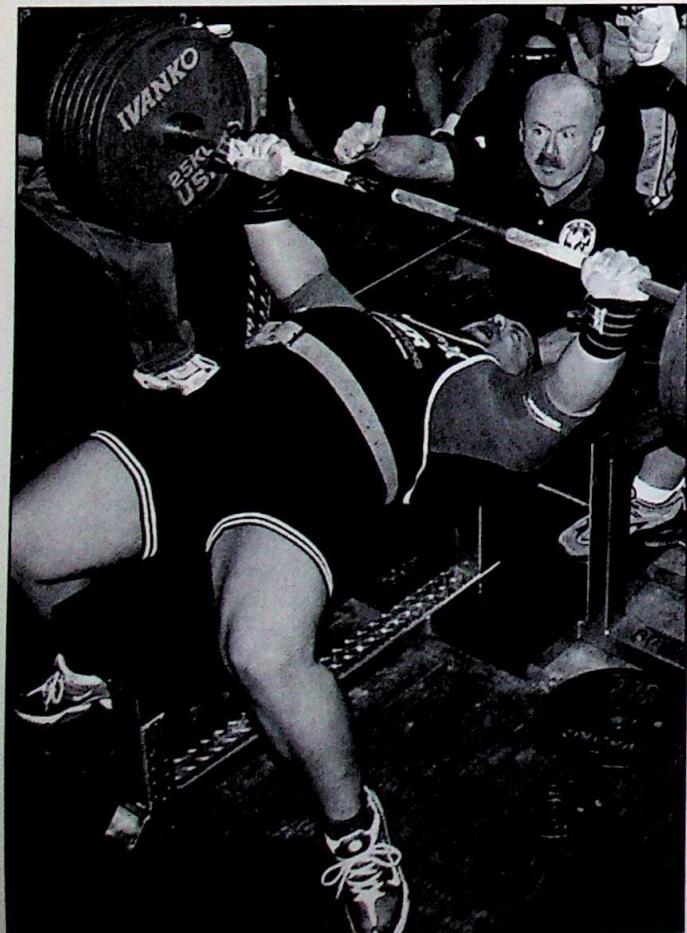
by Homi Shivaie. In Special Olympian Women at 105, Soledad Rosas put up 126.7.

In Submaster Men, World Records were set by A.J. Agamao with 523.5 at 181 and he is with

Matt Lamarque's Iron Society, Frank Wakakuwa, Hawaii, 633.7 at 242, Scott Hoekstra, California, 606 at 259, Steve Wong, California, 804.5 at 308, and Scott Wesley Jordan, Arizona, 650.2 at Super. Steve Wong is a force to be reckoned with. He's Hawaiian stock and his 804.5 is just the beginning. He also trains with Matt Lamarque's "Iron Society" in Monterey, the best hardcore gym ever. The atmosphere is conducive to big-time lifting. Just ask Richard McKeever who has moved to San Jose, California because of a temporary job that his wife has. Richard is from Oklahoma. He said it's unbelievable! Bobby Leitz, who had the World Record with 761, got 760 for 2nd and I thought he had an 800.1 that was very close due to lockout. Bobby will get 800 and probably 820 by next April in Dallas.

In Submaster Women, World Records were set by Carmela Baqui, Hawaii, 130# at 97, Kelley Mahoney, Washington, 214.7 at 181, and Kelly Franklin 374.7 at Unlimited. Kelly Franklin has passed three drug tests and will probably bench 400#. State Records were set by Jeanne Braguine of California 166.3 at 123, and Susan Jackson of Alabama 264.5 at 198.

In Teen Men, Cory Crawford in 16-19 148 put up a huge World Record 392.3 and Dan Santarone of New York and Kyle Chiodo, both weighed 144.8 and both benched 347 to share 2nd place to Cory Crawford. Brandon Leming of Tennessee, as mentioned ear-



Tiny Meeker tried some gigantic lifts, but failed to get his 4 attempts passed

lier, is the valedictorian of his class and broke Joe Luther's World Record of 413 at 165 with 425. Derek Chiodo was 2nd with a Minnesota Record 363. At 198, Trey Jewett put up a mindblowing 486.1 at 198 for a World Record. At 242, Joseph Trunzo of Utah in 16-19 was huge with a World Record 523.5. At 259, Barry Driskell, trained by Bill Gillespie, set a World Record 463.8 and Josh Quickle of Oklahoma set a World Record 552.1 at 308 at age 18. A very impressive teenage showing, to say the least.

In Teen Women, World Records were set by Sarah Moorman with 112.2# at 105 in 13-15. Her mother also set a World Record, the first time in WABDL a mother and daughter both set World Records. In 13-15 148, Brittany Braguine was way above the norm with 203 and Randolph Nohara at age 14 set a World Record at 198 with 292. She is of Hawaiian-Japanese ancestry and she may bench 340 or 350 as a drug free teenager before she is done. Kayla Taueli of Tongan ancestry set a World Record 253.5 at age 15 to go along with her 462 deadlift and 501 dead that she pulled over her knees but couldn't quite lock it out. In Teen 16-19 165, Nikki Williams of Georgia set a World Record 233.4 and to sum up the Teen Women - Wow!

We had lifters from the following states; California, Washington,

WABDL World BP/DL 10-15 NOV 04 - Reno, NV

DEADLIFT	H. Barrett	567
MEN	N. Williams	374
Class-1	259 lbs.	
123 lbs.	E. Krych	677
J. Fernandez	225	672
132 lbs.	V. Brumfield	666
A. Kang	374	661
165 lbs.	M. Smyser	529
T. Pina	507	507
T. Munoz	451	275 lbs.
K. Herzik	413	T. Watson
J. Mayes	385	611
181 lbs.	D. Martinez	600
A. Anderson	540	C. Wimmer
G. Watson	512	578
A. Kim	507	K. Overbey
R. Espinoza	485	485
D. Fisher	462	D. Freedlund
B. Bossert	451	688
J. Amoureaux	385	L. Contreras
R. Staley	380	462
198 lbs.	Disabled	
L. Richesson	617	181 lbs.
L. Russell	606	M. Taylor
A. Tortorelli	584	281
M. Pearce	578	B. Huffer
M. Christie	562	143
F. Jackson Jr.	270	A. Zorbes
220 lbs.	242 lbs.	
D. Tracy	600	220 lbs.
J. Boettger	600	C. Siddle
D. Schmidt Jr.	589	165
L. Nino	585	J. Longwell
E. Barnes	573	308 lbs.
T. Reiher	534	O. Sanchez
R. Joachim	501	573
J. MacGregor	451	4th-600
J. Bennett	435	Junior (20-25)
D. Finkenstadt	424	105 lbs.
242 lbs.	424	S. Hudson
C. Erhardt	622	203
W. Hamilton	600	4th-214!
H. Higgins	600	132 lbs.
D. Arredondo	584	Q. Le
T. Prince	584	337
		148 lbs.
		J. Reyes
		473
		A. Benezra
		418
		F. Jackson III
		275
		—

Oregon, Texas, Illinois, Nevada, Utah, Georgia, Hawaii, Oklahoma, Minnesota, Alabama, Arizona, Michigan, Idaho, Tennessee, Missouri, Louisiana, Pennsylvania, Colorado, Florida, Ohio, Indiana, Maine, New York, Wisconsin, Maryland, New Jersey, West Virginia, Kansas, South Dakota, North Dakota, Virginia - a total of 33 states. The countries represented were Brazil, Finland, Sweden, United Kingdom, India, Canada, New Zealand, South Korea, Vietnam, Poland, Indonesia, France and Guatemala - a total of 13.

Ryan Kennelly and Tiny Meeker had a challenge match. The crowd was rocking at this point. Regardless of what anyone would say about whether that Ryan Kennelly does this or that, he's a nice guy and he's approachable. He's the most impressive looking 320# man I have ever seen and that includes Kazmaier and Arcidi. He's capable of a 725 raw bench. I've seen him when he was a teenager and I've seen him mature into a gentleman. He takes care of his 88 year old grandfather, who has both Parkinson's and Lou Gehrig's



Kelly Franklin's 374 bench press is the highest ever for a women in WABDL competition

disease, and he harvests about 85 acres of wheat on his grandfather's farm. With the majority of men his age, his grandfather would be in a rest home never to be seen.

Kennelly opened with 821, then 876, then 903. He was very close with 903, but did not make any lifts. You could hear the audience's anticipation of him almost making it. Tiny Meeker opened with 793, 804, 815, and only for 903 in an exhibition. He used a two-ply Rage X and he could not touch with 903.

None of the lifts passed. He probably came about 3 inches from lockout to his chest with 903 and shot it back up. His 804 looked good to me. Even his biggest rival, Ryan Kennelly, said it was good. He got a white from the head judge and 2 reds from the side judges for lockout. Tiny was very upset with the call. Again, I think the reason the side judges called lockout is because the crowd was packed, with a paid attendance of 947 and at least another 200 lifters, and the

WABDL competition and the final decision on that issue was 382 lifters voting against and 111 votes for.

Four lifters flunked the drug test from last year's Worlds. Some of the more prominent lifters tested this year were Michael Womack - 601 Bench as a Junior 308; Trey Jewett - 486 Bench Teenage 198; Ken Millrany - 514 Bench as Master 40-46 220; Richard McKeefer - 578 Bench as Junior 242; Russell Kitani - 607 Bench as a Submaster

165 lbs.	Law/Fire	Master (40-46)	T. Corey	385	L. Russell	606	W. Stewart	231	165 lbs.	C. Bell	567	
R. Snelling	606 Master (40+)	148 lbs.	181 lbs.	556	B. Hochstein	556	242 lbs.	165 lbs.	D. Chiodo	573	F. Danna	
J. Benzeira	578 198 lbs.	V. Fernandez	314	170!	L. Woodley	505!	M. Stevens	512	L. Corulli	385	C. Hargett	
B. Richards	486 C. McFarland	584	165 lbs.	556	P. Plush	556	G. Holzinger	485	308 lbs.	424	198 lbs.	
J. McWalter	435 259 lbs.	Cunningham	468	198 lbs.	J. Snodgrass	473	G. Johnson	325	B. Cantrell	358	R. Lewis	
J. Alves	413 M. Burruel	622!	181 lbs.	A. Wahlund	551	K. Kirk	325	Master (75-79)	181 lbs.	J. Ray	688	
S. Kyong	407 E. Olson	402	T. Eiseman	755!	McCormack	545	220 lbs.	148 lbs.	C. Lee	358	M. Bischoff	
A. Kim	507 Law/Fire	Open	R. Espinoza	485	D. Bertier	545	J. Birring	523	A. Whinston	137	E. Mil-Homens	
B. Bossert	451 148 lbs.	D. Brekke	451	B. Collins	523	Haggenmueller	490	165 lbs.	B. Huffer	275	A. Wahlund	
198 lbs.	Edmondson	518	198 lbs.	J. Mauldin	490	J. Franklin	352	J. Schall	198 lbs.	220 lbs.		
M. Christie	562 4th-529!	R. Clift	552	F. Martichuski	407	242 lbs.	220 lbs.	S. Mahoney	220 lbs.	783!		
L. Harison	551 D. Renn	440	D. Moser	540	220 lbs.	C. Sandberg	622	G. Blue	479!	G. Herring		
M. Bell	534 181 lbs.	G. Herring	783!	K. Fisher	655	T. Wright	402	Master (80-84)	E. Casagrande			
J. Leftwich	440 C. Walker	562!	D. Stratton	650	259 lbs.	165 lbs.	220 lbs.	B. Williams	429	C. Matthews		
220 lbs.	4th-600	R. Garcia	644	D. Burlingame	644	M. Fryar	622	R. Stephan	308	M. Lamarque		
E. Gunn	705 D. Bickerstaff	534	Z. Clark	644	R. Proctor	529	R. Spikes	589	D. Calvo	661		
J. Behan	677 220 lbs.	D. Silver	540	242 lbs.	E. Olson	402	D. Dreyer	253	A. Munsey	507		
S. McShane	611 M. Lamarque	661	M. Straley	523	J. Capello	727!	308 lbs.	198 lbs.	A. Prolhams	468		
J. Linnell	600 R. Niemrltz	518	R. Harris	523	G. Prothman	600	R. Hamilton	451	A. Contreras	733		
D. Schmidt Jr.	589 242 lbs.	W. Koval	479	259 lbs.	D. Patterson	633!	E. Free Jr.	259	J. Capello	374		
D. Sliva	562 G. Babst	650	D. Davidson	699!	R. Patterson	633!	C. Davis	259	G. Babel	490		
G. Parquette	457 W. Hamilton	600	A. Dawson	650	M. Burriel	622	Teen (13-15)	259 lbs.	J. Anthony	606		
L. Moore	429 D. Arredondo	584	D. English	606	B. Master (61-67)	622	97 lbs.	259 lbs.	H. Higgins	600		
242 lbs.	T. Prince	584	C. Colchado	589	G. Stevens	556	165 lbs.	J. Misikimens	H. Barrett	556		
N. Lepine	611 Blankenship	573	K. Smith	479	K. Smith	479	Montgomery	462	B. Driskill	578!		
J. Nelson	551 275 lbs.	M. Bennett	556	G. Rapp	407	A. DaSilva	391	T. Potter	192	N. Williams	374	
259 lbs.	D. Martinez	600	G. Lands	551	D. Patterson	309+	114 lbs.	308 lbs.	J. Hauser	259 lbs.		
R. Harth	683 C. Wimmer	578	G. Phipps	545	T. Stewart	600	181 lbs.	114 lbs.	J. Ihalainen	705		
R. Klein	633! Law/Fire	242 lbs.	B. McKee	573	B. McKee	435	G. Singh Birring	159	B. Driskill	694		
J. Ortega	573 Submaster	633	D. Driskill	694	308 lbs.	198 lbs.	Teen (13-15)	123 lbs.	R. Harth	683		
R. Soto	485 148 lbs.	T. Christensen	633	J. Mickelson	562	D. Holmes	491	J. Fernandez	225	E. Krych	671	
275 lbs.	D. Renn	440	G. Ramsdell	507	309+ lbs.	R. Eriksen	479	148 lbs.	123 lbs.	J. Hudson	727	
J. Pritchett	650 165 lbs.	308 lbs.	L. Contreras	462	J. Day	303	T. Core	393	P. Holloway	766		
309+ lbs.	R. Anderson	407	A. Medak	722	220 lbs.	303	V. Voeun	347	R. Nort	683		
D. Lewis	451 198 lbs.	R. Gandeza Jr.	600	Master (54-60)	Master (54-60)	165 lbs.	132 lbs.	P. McKenzie	435	J. Pritchett	650	
Law/Fire	S. Pearson	585	R. Gandeza Jr.	600	B. Bassman	451	C. Luna	440	A. Evangelista	451	D. McKee	573
Master (40-47)	4th-600!	Master (47-53)	148 lbs.	148 lbs.	148 lbs.	198 lbs.	198 lbs.	A. Vallza	—	A. Franks	611	
148 lbs.	B. Stone	502	G. Bobrovitz	325	A. Sheen	380	M. Herrera	518	T. Adams	622	M. Phillips	650
D. Edmondson	518 220 lbs.	132 lbs.	181 lbs.	309+ lbs.	Teen (16-19)	309+ lbs.	T. Silver	429!	A. Rial	705	B. Oldham	744
4th-529!	L. Nino	585	R. Krowech	567	D. James	429	114 lbs.	148 lbs.	R. Cirigliano	578	D. Edgell	688
220 lbs.	D. Randa	573	R. Contreras	540	4th-463!	463	A. Lakhiani	220	M. Fleming	573	D. Munsey	705
Z. Clark	644 R. Niemrltz	518	A. Evangelista	451	M. Timbal	463	132 lbs.	132 lbs.	R. Godard	529	A. DaSilva	391!
242 lbs.	259 lbs.	D. Higgins	402	D. Hawkinson	451	A. Kang	374	K. Chiodo	181 lbs.	P. Raisch	661	
I. Soekardi	655 L. Davis	618!	C. Wong	—	J. Rankin	440	P. McKenzie	435	T. Eiseman	755!	Spec. Olympian	123 lbs.
275 lbs.	275 lbs.	165 lbs.	E. Ansberry	440	148 lbs.	148 lbs.	B. Faught	374	L. Woodley	705		
K. Eyre	501 R. Russell	551	B. Brenol	396	K. Cortes	429	4th-540!	165 lbs.				
		J. Tyree	556	198 lbs.	J. Tyree	165 lbs.	B. Faught	374				

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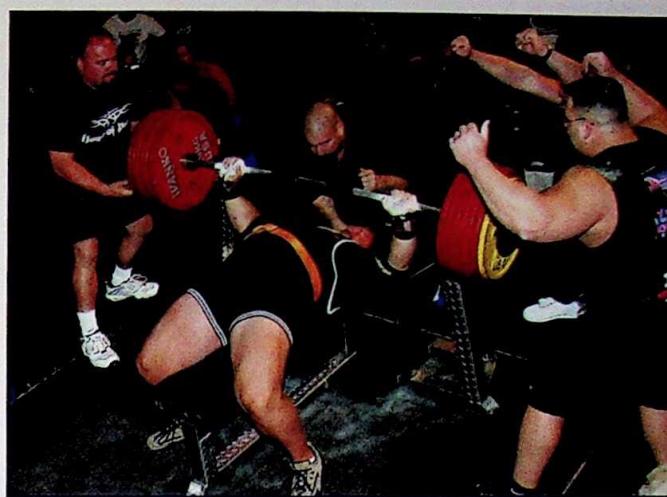
P. Thao	303	T. Smith	462	S. Ferguson	214	198 lbs.	105 lbs.	M. Rochat	336	M. O'Malley	397	O. Sanchez	468
C. Kitaji	231	220 lbs.	132 lbs.	E. Casagrande	727	A. Barnhill	123 lbs.	K. Polansky	374	S. Rosas	137	4th-353!	Guest
C. Blackstone	253	P. Anderson	545	J. Mendoza	529	K. Kennedy	132 lbs.	P. Robey	259	114 lbs.	297	G. Richesson	374
T. Trusealli	170	J. Mendoza	529	K. Kennedy	303	148 lbs.	Master (61-67)	M. LeVuong	137	165 lbs.	297	R. Joachim	352
148 lbs.								L. Wilson	121	N. Williams	297	D. Finkenstadt	352
M. Sirard	225	259 lbs.	165 lbs.	S. Hedman	347	148 lbs.	Master (75-79)	S. Clark	248	148 lbs.	277	242 lbs.	Junior (20+25)
D. Hodges	308	L. Davis	618	B. McGowan	661	S. Maher	132 lbs.	M. Waders	121	A. Calvo	353	D. Pelott	457
C. VanEck	214	275 lbs.	B. Betz	M. Whinston	308	L. Anzai	105 lbs.	E. Matlack	209	199+ lbs.	227	J. Lalja	424
181 lbs.			P. Holloway	281	J. Rayburn	165 lbs.	4th-159!	H. Matlack	203	BENCH	260	T. Prince	424
G. Gibson	286	J. Hudson	727	M. Prothman	325	165 lbs.	4th-132!	M. Diaz	148	MEN- Class-1	202	H. Barrett	402
A. Szoke	242	J. Fernandez	699	S. Moore	187	181 lbs.	Open	Submaster	123 lbs.	Submaster	187	A. Herrera	402
J. Peterman	220	K. Overbey	545	C. Weber	380	181 lbs.	97 lbs.	V. Williams	97 lbs.	V. Williams	187	J. Gaudem	385
D. Williams	214	308 lbs.	M. Phillips	C. Anderson	360	105 lbs.	C. Baqui	132 lbs.	97 lbs.	M. Smoyer	462	F. Jackson III	143
198 lbs.			A. Soul-Dangel	363	105 lbs.	123 lbs.	A. Kang	165 lbs.	132 lbs.	J. Alves	424	165 lbs.	143
A. Markham	325	309+ lbs.	Michaels-Olsen	275	A. Vallejo	123 lbs.	A. Vallejo	165 lbs.	165 lbs.	T. Putman	451	J. Benezra	336
R. Cha	314	D. Munsey	705	199+ lbs.	292	114 lbs.	T. McGonagle	275	165 lbs.	F. Gonzales	440	B. Richards	297
T. Hauptman	303	WOMEN	Morales Costa	352	C. Myers	123 lbs.	K. Bateman	275	165 lbs.	E. Krych	440	T. McKenzie	264
L. Togotogo	242	Disabled	Master (47-53)	J. Yamashita	354	132 lbs.	R. Coffey	275	165 lbs.	J. McMurray	435	S. Judah	485
B. Brewer	242	198 lbs.	105 lbs.	S. Sakai	341	132 lbs.	R. Coffey	275	165 lbs.	G. Ramsdell	407	A. Kim	424
220 lbs.			B. Brown	227	J. Morris	132 lbs.	R. Budd	275	165 lbs.	R. Budd	396	C. Bonds	402
A. Johnson	490	Junior	4th-225!	J. Morris	215	132 lbs.	J. Mayes	253	165 lbs.	A. Zaffino	396	A. Zaffino	396
C. Dalton	314	123 lbs.	114 lbs.	V. Johnson	253	132 lbs.	R. Nort	286	181 lbs.	R. Nort	573	198 lbs.	198 lbs.
Z. Tichava	259	L. Guzman	264	S. Zadubera	281	148 lbs.	A. Kim	286	181 lbs.	J. Presley	540	K. Dinolfo	413
J. Hybl	225	S. Sakai	4th-292!	R. Churchward	352	148 lbs.	C. Bonds	308	181 lbs.	C. Wimmer	501	M. Bell	374
242 lbs.			E. Heislar	292	A. Hooson	123 lbs.	R. Jones	314	181 lbs.	D. Freedlund	485	J. Hawk	369
B. Tanner	451	181 lbs.	123 lbs.	M. Hobbs	253	123 lbs.	A. Zaffino	314	181 lbs.	J. Leftwich	369	J. Hawk	369
T. Irwin	308	K. Scott	415!	R. Panza	308	165 lbs.	R. Espinoza	314	181 lbs.	T. Bachmeier	—	J. Linnell	490
J. Souza	248	4th-413!	D. Ruff	K. Ohlson	303	165 lbs.	B. Alvarez	314	181 lbs.	J. Hoyt	473	J. Hoyt	473
309+ lbs.			L. Elliott	236	J. Steele	181 lbs.	T. Jacobs	314	181 lbs.	E. Gunn	451	E. Gunn	451
J. Mayes	369	198 lbs.	148 lbs.	J. Blanke	264	198 lbs.	D. Fisher	314	181 lbs.	J. Smith	441	J. Smith	441
Submaster (34-39)	561!	Mangaaoang	353	P. Stone	303	165 lbs.	R. Watson	314	181 lbs.	D. Schmidt Jr.	369	D. Schmidt Jr.	369
148 lbs.		4th-365!	L. Lastufka	264	L. Richardson	181 lbs.	S. Jackson	314	181 lbs.	G. Parquette	319	G. Parquette	319
F. Ramirez	407	199+ lbs.	C. Myers	415!	C. McEwen	181 lbs.	K. Dinolfo	314	181 lbs.	J. Bums	—	J. Bums	—
165 lbs.			D. Ruff	303	R. Panza	181 lbs.	J. Stinson	314	181 lbs.	R. McKeever	578	R. McKeever	578
M. Hokoana	601!	4th-402	K. Ohlson	281	J. Steele	181 lbs.	J. Hawk	314	181 lbs.	J. Nelson	418	J. Nelson	418
M. Fleming	573	Master (48+)	281	C. Weber	380	198 lbs.	J. Butler	314	181 lbs.	M. Womack	567	M. Womack	567
R. Anderson	407	Law/Fire	199+ lbs.	M. Huston	380	198 lbs.	D. Bradshaw	314	181 lbs.	242 lbs.	—	242 lbs.	—
181 lbs.		181 lbs.	J. Mangaoang	304	L. Richardson	198 lbs.	E. Barnes	314	181 lbs.	R. Huffer	132	J. Huffer	132
F. Danna	512	C. Luprete	304	R. Nohara	407	198 lbs.	D. Tracy	314	181 lbs.	M. Taylor	253	M. Taylor	253
M. Taylor	507	Master (40-46)	236!	S. Vaterius	264	199+ lbs.	M. Hatfield	462	181 lbs.	220 lbs.	—	220 lbs.	—
198 lbs.		97 lbs.	Master (54-60)	D. Richards	424	199+ lbs.	B. Nichols	446	181 lbs.	S. Pena	418	4th-601	4th-601
J. Ray	688!	S. Stowers	266!	B. Bourg	385	199+ lbs.	T. Reiber	446	181 lbs.	C. Colchado	451	275 lbs.	275 lbs.
M. Bischoff	650	114 lbs.	M. Pederson	187!	C. Six	199+ lbs.	R. Yost	446	181 lbs.	J. Pritchett	435	J. Pritchett	435
J. Douglas	622	C. Salo	248	J. Costa	374	199+ lbs.	D. Marba	402	181 lbs.	J. Cisneros	573	309+ lbs.	309+ lbs.
				J. Costa	352	199+ lbs.	D. Marba	402	181 lbs.	J. Longwell	170	308 lbs.	308 lbs.
				J. Phipps	248	199+ lbs.	D. Marba	402	181 lbs.	J. Cisneros	573	309+ lbs.	309+ lbs.
				Spec. Olympian	203	199+ lbs.	D. Marba	402	181 lbs.	J. Longwell	170	308 lbs.	308 lbs.

240; Sean Finegan - 617 Bench at Master 54-60 259; Leonetta Richardson - 331 Bench and 419 Deadlift at 165 Open; Leamon Woodley, his third test in his last three meets, 705 Dead at Master 47-53 181#; Bennie Dooley, 567 Bench at 47-53 259; Steve Wong, the highest bench in history in a single ply shirt, 804.5 at 308 Submaster; Matt Lamarque, highest bench ever at 220 - 744 and 771.5; Carol Myers a 220 Bench, 415 Dead at Master 47-53; 123# Class, Cory Crawford, 392 Bench at 148 Teenage; Dusty Burns, who has done a 624 Bench at Junior 242; Randy Patterson; 672 Bench and a near miss at 700# at age 57; Jason Jackson, 771 Bench at 242, highest all time; and Nathan Lane, 622 Bench at 259#.

Best Lifters in the Bench Press Class 1: Itwt. - Mark Feldman, mwt. - Tony Leach, hwt. - Jim Presley. Disabled Men: Cody Colchado. Junior Men 20-25: Itwt. - John Alves, mwt. - Stephen Judah, hwt. - Richard McKeever. Junior Women: Kelly Womack. Law/Fire Master Men 40-47: Dave Marchant. Law/Fire Master Men 48+: Roger Ryan. Law/Fire Master Women 40-47: Donna Arndt. Law/Fire Open Men: Itwt. - Charles Walker, hwt. - Matt Lamarque. Law/Fire Submaster Men: Frank Wakakuwa. Master Men 40-46: Itwt. - Kenneth Cook, mwt. - Ed Morishima Jr., hwt. - Bill Gillespie. Master Men 47-53: Itwt. - Sheldon

D. Lewis	380	4th-319	
B. Campbell	347	D. Renn	292
Law/Fire		165 lbs.	
Master (40-47)		M. Feldman	430!
148 lbs.		181 lbs.	
D. Edmondson	308	C. Walker	518
4th-319!		4th-529!	
165 lbs.		D. Carr	402
K. Cook	447!	D. Bickerstaff	352
198 lbs.		198 lbs.	
L. Banks	479	J. Whitney	535
R. Lopez	462	S. Boyle	490
C. Nishida	413	R. Lopez	462
220 lbs.		P. Arriaga	440
Z. Clark	413	220 lbs.	
242 lbs.		M. Lamarque	744
M. McKenzie	529!	4th-771!	
259 lbs.		W. Prose	512
R. Bueche	512!	R. Niemitz	485
275 lbs.		242 lbs.	
W. Faulkner	473	J. Jackson	744
K. Eyer	468	4th-771!	
308 lbs.		R. McKeever	578
W. Watts	601!	D. Arredondo	523
J. Tovar	562	T. Prince	424
309+ lbs.		Blankenship	352
D. Merchant	633	D. Bums	—
4th-650!		259 lbs.	
J. Minahan	573	A. Porter	518
Law/Fire		C. Sherwood	473
Master (48+)		275 lbs.	
220 lbs.		C. Wimmer	501
D. Martinez	426	308 lbs.	
4th-429!		W. Watts	601!
K. Heller	398	J. Cisneros	573
259 lbs.		309+ lbs.	
R. Ryan	529	F. Delatorre	578
E. Acey	429	D. Schultz	529
275 lbs.		Law/Fire	
B. Sabin	479	Submaster	
J. Beggs	424	148 lbs.	
308 lbs.		D. Renn	292!
J. VanRohr	407	165 lbs.	
Law/Fire		R. Anderson	275
Open		181 lbs.	
148 lbs.		A. Agamao	523!
D. Edmondson	308	198 lbs.	

Weingust, mwt. - Nick Santarone, hwt. - Bennie Dooley. Master Men 54-60: Itwt. - Dan Swift, hwt. - Randy Patterson. Master Men 61-67: Itwt. - Rudy Lozano, hwt. - Robert O. Smith. Master Men 68-74: Bob Stephens. Master Men 80-84: Sonny Ronolo. Master Women 40-46: Itwt. - Sandy Gomez-Leon, hwt. - Suzanne Hedman. Master Women 47-53: Carol Myers. Master Women 54-60: Barbara Anderson. Master Women 68-74: Marcia Turner. Open Men: Itwt. - Darren Matsumoto, mwt. - Matt Lamarque, hwt. - Jason Jackson. Open Women: Itwt. - Carol Myers, hwt. - Leonetta Richardson. Special Olympian Men: Itwt. - Jon Shapiro, hwt. - Brady Tanner. Special Olympian Women: Soledad Rosas. Submaster Men 34-39: Itwt. - Adolfo Davila, mwt. - A.J. Agamao, hwt. - Steve Wong. Submaster Women: Kelly Franklin. Teen Men 13-15: Eli Howard. Teen Men 16-19: Itwt. - Trey Jewett, hwt. - Josh Quickle. Teen Women 13-15: Randolyn Hoku Nohara. Teen Women 16-19: Nikki Williams.



Bobby Leitz almost earned the distinction of joining the 800 Club

Best Lifters in the Deadlift Class 1 Men: Itwt. - Tony Pina, mwt. - Luke Richesson, hwt. - Eric Krych. Junior Men 20-25: Itwt. - Ryan Snelling, mwt. - Eric Gunn, hwt. - Ryan Harth. Junior Women: Stacie Sakai. Law/Fire Master Men 40-47: David Edmondson. Law/Fire Open Men: Itwt. - David

Edmonson, hwt. - Matt Lamarque. Law/Fire Submaster Men: Steven Pearson. Master Men 40-46: Itwt. - Tom Eiseman, hwt. - George Herring. Master Men 47-53: Itwt. - Leamon Woodley, hwt. - Jerry Capello. Master Men 54-60: Itwt. - RObert Krowech, mwt. - Larry Russell, hwt. - Mike Fryar. Master

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Men 61-67: Bud Davis, Master
 Men 68-74: Robert Cortes, Master
 Men 80-84: Robert Stephan, Master
 Women 40-46: Itwt. - Sandra Stowers, hwt. - Suzanne Hedman, Master Women 47-53: Carol Myers, Master Women 75-79: Melicent Whinston, Open Men: Itwt. - Tobias Adams, mwt. - Tom Eiseman, hwt. - Patrick Holloway, Open Women: Itwt. - Carol Myers, hwt. - Jeanne Watts, Special Olympian Men: Itwt. - Jon Shapiro, hwt. - Anthony Johnson, Special Olympian Women: Soledad Rosas, Submaster Men 34-39: Itwt. - Jeff Ray, hwt. - Evandro Casagrande, Submaster Women: Jeanne Watts, Teen Men 13-15: Cesar Luna, Teen Men 16-19: Itwt. - Derek Chiodo, hwt. - Nick Heppner, Teen Women 13-15: Brittany Braguine, Teen Women 16-19: Marie Rochat.

In the team standings, Matt Lamarque's Iron Society from Monterey, California, was the winner. Again, it's the best environment ever for training. He had 296 points. In 2nd Place was Pacifica Athletic Center of Pacifica, California - coached by Rene Nielson and captained by Jeanne Watts. They had 292 points. In 3rd Place was Body by George out of Atlanta, Georgia, with 284 points and coached by George Herring. In 4th Place was Team Headquarters out of Seattle and coached by Joe Head. They had 280 points and the most World Records with 10 and the most tie breaker points with 425. In 5th Place was Team Hawaii with 273 points, and in 6th Place was Illini Powerlifting Blue with 252 and coached by Jolm

Hudson.

I want to thank my staff who did a tremendous job. The MCs were Reed Bueche from Baton Rouge, Louisiana, Mike Scott from Lemoine, Maine, and Dr. Don Bell from Hoquiam, Washington. Gary Thomas of Bend, Oregon was the Weigh-in Room Supervisor and is very organized - a former Bank President. His wife, Elma Thomas, who does the WABDL website, handled the computer duties as far as inputting results, figuring best lifter, etc. The WABDL website is WABDL.org. The warmup room expeditors on the computer were Jocelyn Ronolo of Honolulu, Hawaii. She is very friendly, helpful, and efficient. Also, Ted Feight of Lansing, Michigan, who is the WABDL Chairman for Michigan.

The Scorekeepers were Chris Erhardt, Christie Hansen and Jamey Mauldin. Erhardt is from Bend, Oregon, and has benched 501 as a teenager and is very professional. Christie Hansen is from Salem, Oregon, and is going to Nursing School and does a great job. The official photographer was Christine Goroza of Honolulu, Hawaii. Selling tickets were Jamey Mauldin, Teresa Rethwisch, Angie Hawkinson and Anice Edmondson. Jamey Mauldin is from Dallas, Texas, and was instrumental in acquiring WABDL's biggest sponsor, TWINLAB. He also competed. Anice Edmondson is from Willard, Utah. Teresa Rethwisch and Angie Hawkinson are from Minneapolis, Minnesota. The person loading and unloading equipment and who rode down to Reno from Portland with

me is Joe Fernandez. He worked his tail off. He loaded and unloaded 3,000 pounds of weights and 1,162 trophies, or about 320 boxes of trophies. He also competed and deadlifted 700#.

The Judges were Ken Anderson of Dallas, Texas; Reed Bueche of Baton Rouge, Louisiana; Donna Delleree of Kent, Washington; Dave Edmondson of Willard, Utah; Dan Hawkinson of Minnetonka, Minnesota; Donald James of Portland, Oregon; Russ Lewis of Modesto, California; Terry Luehrs of Salem, Oregon; Richard McKeever of Eufaula, Oklahoma; Mike Saito of Honolulu, Hawaii; Gordon Santee of Los Angeles, California; Mike Scott of Lemoine, Maine; Jim Snodgrass of Dallas, Texas; and Gus Warrington of Tigard, Oregon.

The Platform Manager was James Partch and the Spotter Loaders were Andy Harding and Keegan Kook of Portland, Oregon. They loaded weights from 8:30 am to 9:00 pm 6 days in a row - 682 lifters and 79 flights and 2,412 attempts and with an average of about 600# per attempt, that's 1,447,200 pounds! The platform weights were provided by Ivanko and the warm-up weights were provided by Jeff Jones of Reno, Nevada, Joe Fernandez of Portland, Oregon, and Bob Hill of Loprinzi's Gym of Portland, Oregon. The competition bench was provided by Matt Lamarque of Bovine Strength Systems and the warmup benches were Forza Strength Systems.

The Weigh-in Room staff and judges were: Ken Anderson, Donna

Delleree, Christie Hansen, Russ Lewis, Richard McKeever, Ron Proctor of Grayson, Georgia, Mike Scott & Kristy Scott of Lemoine, Maine and Austin Webb of Fort Smith, Arkansas (the WABDL State Chairman for Arkansas). The International Chairmen were Fernando Torres of Ecuador, Vincenzo Veneziano of Italy, Vilmar Oliviera of Brazil, Precious McKenzie of South Pacific Nations, and Anders Wahlund of Sweden.

I want to thank all those that took time to help load the U-Haul with weights, benches, plywood, left over trophies, etc., after the meet was over: Chris Erhardt, Mike Saito, Joe Fernandez, Keegan Kook; James Partch, Andy Harding.

I want to thank our sponsors for the contest: Kim McGowan of TWINLAB, Michelle Kampen of the Powerlifting Superstore, Rick Brewer of the House of Pain, Shawn Madere of GLC Direct - the best joint formula on the planet, Neal Spruce; Jim Starr and Odd Haugen of Apex Fitness Group, Pete Alaniz and Ken Anderson of Titan Support Systems, Jim Wender and Dave Tate of Elite Fitness Systems, Chet Groskreutz of Ivanko Barbell, Matt Lamarque of Bovine Strength Systems, Johnny Anderson and Ken Anderson of Advocare, Mike Lambert of Powerlifting USA, Christine Goroza of Namea Designs, Kay Grizzle and Laura Lee Grizzle of High Desert Cascade Premier Enterprises, Wes Kampen of Monster Muscle the magazine, and Camelia Luprete of Lifters Athletic Wear.

P. Arriaga	440	E. Wilkinson	606!	T. Corey	242	A. Sheen	221	4th-381!	165 lbs.	C. Bell	413	C. Sherwood	501	
S. Pearson	413	D. Haycraft	562	181 lbs.	181 lbs.	G. Hawkins	270	R. Fornachon	209	D. Carr	402	E. McLaughlin	501	
B. Stone	347	D. English	518	N. Santarone	462	J. McCallman	341	198 lbs.	D. Gibson	F. Danna	396	F. Krych	440	
220 lbs.		T. Luce	479	4th-473!		R. Tsutsui	341	D. Holmes	330	J. Schall	181			
R. Niemritz	485	M. Bennett	446	P. Plush	360	D. Hawkinson	341	R. Creevy	319	181 lbs.	198 lbs.	J. Peshek	700!	
D. Randa	457	G. Phipps	396	198 lbs.		R. Contreras	330	R. Eriksen	292	C. Ferrando	253	G. Warrington	551	
J. DeLues	336	B. Webb	363!	B. Welker	429	J. Alvarez	314	J. Herbein	270	220 lbs.	220 lbs.	Morishima Jr.	540	
242 lbs.		C. Colchedo	—	S. Swingle	413	E. Ansberry	292	J. Day	154	E. Miranda	248	B. McKee	562	
F. Wakakuwa	633!	259 lbs.		E. Reyes	403	198 lbs.		220 lbs.	Master (80-84)	J. Planchon	525	D. Thompson	556	
259 lbs.		R. Ludlam	589	D. McCormack	363	D. Swift	429	B. Bassman	391	165 lbs.	503	J. Gardner	435	
L. Davis	402	T. Christensen	523	M. Mauldin	363	S. Ramey	418	242 lbs.	S. Ronolo	270!	J. Pritchett	479	308 lbs.	650
Master (40-46)		R. Bueche	512	T. Robinson	336	G. Holzinger	352	M. Urrutia	396	181 lbs.	4th-486	T. Manno	617	
165 lbs.		M. Stanford	501	D. Beitler	314	J. Snodgrass	341	B. Bidinotto	396	D. Dreyer	143	E. Mil-Homens	473	
K. Cook	447!	Starckweather	485	220 lbs.		B. Hochstein	336	R. Zarech	380	198 lbs.	Open	J. Mantula	622	
181 lbs.		F. Gonzales	440	T. Leach	490	220 lbs.		R. Bonifield	314	E. Free Jr.	231!	F. Dena III	462	
B. Levering	473	J. McMurray	435	N. Dwinell	490	R. Edwards	468	D. James	468	P. McKenzie	231!	C. Washburn	457	
J. Woods	391	G. Ramsdell	407	M. Berleaux	446	J. Birring	424	D. Matsumoto	451	4th-771!	T. Meeker	M. Lamarque	578	
G. Brink	391	275 lbs.		D. Martinez	426	D. Marba	424	R. Gloria	275	H. Rhoton	529	D. Chase	518	
R. Espinoza	380	J. Peshek	700!	R. Marchant	407	Haggenmiller	314	R. Smith	507	J. Sheffield	523			
F. Stokes	341	J. Presley	540	M. Sinner	407	M. Glasco	281	V. Voem	225	J. Mendoza	Spec. Olympian			
D. Brekke	275	308 lbs.		R. Proctor	391	G. Fay	281	123 lbs.	123 lbs.	J. Boettger	468			
198 lbs.		T. Manno	650	242 lbs.		242 lbs.		123 lbs.	123 lbs.	J. Schrag	385			
Morishima Jr.	540	B. Butler	418!	K. Grizzle	347	D. Ward	385	D. James	468	C. Gillespie	733			
L. Banks	468	R. Gandeza Jr.	380	259 lbs.		T. Wright	314	Master (68-74)	148 lbs.	M. Lamarque	744			
F. Dena III	462	309+ lbs.		B. Dooley	567	259 lbs.		148 lbs.	148 lbs.	J. Crawford III	622			
B. Cox	446	B. Gillespie	733	R. Carbo	468	S. Finegan	617!	P. McKenzie	464	D. Matsumoto	451			
J. Castorina	440	M. Hamby	655	K. Smith	402	275 lbs.		4th-462!	148 lbs.	A. Evangelista	408			
L. Phillips	429	D. Marchant	633	D. Knapp	303	R. Cortes	242	4th-264!	148 lbs.	A. Valleza	380			
R. Cliff	380	4th-650		B. McKee	562	165 lbs.		4th-425!	148 lbs.	C. Truscelli	242 lbs.			
J. Cavanaugh	380	T. McKinney	556	J. Harms	551	J. VonRohr	407	M. Hickman	479	C. Blackstone	137			
D. Horn	358	D. Chase	518	R. Eyré	468	R. Hamilton	369	S. Weingust	446	J. Jackson	744			
Radmilovich	330	J. Sheffeld	—	A. Webb	429	309+ lbs.		J. Leming	414	J. Shapiro	275			
D. Moser	—	Master (47-53)		M. Johnson	—	R. Patterson	672!	4th-425!	148 lbs.	M. Sirard	606			
220 lbs.		132 lbs.		P. Herdt	402	B. Stephens	363	M. Hokoana	347	G. Stephens	589			
K. Milliany	574!	G. Bobrovitz	281	J. Mickelson	457	Master (61-67)	4th-386!	A. Daniels	407	D. VanFek	562			
J. Campbell	479	S. Gee	270	309+ lbs.		165 lbs.		M. Dasilva	220	Heittokangas	507			
J. Pukkila	440	148 lbs.		J. Minahan	600!	L. Cardon	336	D. Hodges	453	J. Anthony	435			
M. Straley	374	A. Evangelista	408!	L. Contreras	440	4th-347!		A. Sznock	181 lbs.	J. Tubridy	418			
M. DeGennaro	—	D. Higgins	187	Master (54-60)		D. Barden	319	T. Furusho	501	H. Barrett	402			
R. Harris	—	165 lbs.		A. DaSilva	220	G. Johnson	325!	K. Sanks	501	259 lbs.	115			
242 lbs.		148 lbs.		148 lbs.		148 lbs.		C. Walker	518	N. Lane	622!			
R. Kitani	607!	J. Tyree	347	165 lbs.		R. Lozano	369	A. Whinston	110	J. Peterman	115			
								C. Linerud	479	T. Kesling	584			
										J. Ihalaen	540			
										B. Scott	529			
										L. Togotogo	132			

IN MEMORIUM This 8th Annual TWINLAB WABDL World Championships was dedicated to five lifters whom I was very close to:

First, Ross Phillips died of lung cancer at age 71 while I was en route to the 2002 Worlds in Reno. I had already put an article and picture in a previous edition of Powerlifting USA. I also



Ross Phillips

USA, but I feel he deserves another mention so his memory won't be lost. Ross still holds three WABDL World Records in the deadlift. In Master 61-67 181 with 530, Master 68-74 181 with 524.5 and Master 68-74 198 with 480. He judged meets for me from 1990 to 2002. He brought a certified kilo set to about 20 meets during that time. We had a meet in Pendleton in 1996 and he single-handedly helped me set up and tear down and got me sponsors. He won 6 World Championships in the APF in exotic places like England, France, and Italy. He operated a business called "Up Front Auto Service" and at that business he had a great gym and the best deadlift platform I've ever seen. He smoked until he was 60, then quit, and started lifting weights and became obsessed because he

knew the rush that you get from going all out on a deadlift or squat. There will be a WABDL Hall of Fame set up in the future and he will be the first inductee.

James Randy Young died during the 2004 Worlds in Reno on November 13. He had tumors all over his body. He was only 49. His best bench at Super was 523 and his deadlift was 660. We used to talk about baseball. That was our passion. He was a catcher for the University of Alabama and I was a first baseman for the University of Hawaii. We both were scouted by



Randy Young

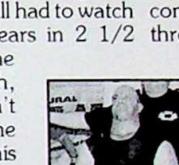
nce we were eight complaining.
died of Lou Gehrig's John Gre
S. It is the

S. It is the most year of a heart attack at age 67. He still holds the Washington State Record in the deadlift in Master 61-67, 220 class with 512.5. He was trying to make a comeback after dealing with injuries and had his deadlift up to 530 at age 67. He was a devout Christian and had a lot of class. He was a serious lifter and he took life very seriously. The common bond with me was his love of deadlifting.



Tim Whelan

orce and then became actor. In high school, I'd fourth in the South state high school weightlifting tournament. He was for South Dakota University. He had four brothers between the ages of 18-22. We all had to watch him lift 30 years in 2 1/2 hours. First, he gave a speech, couldn't then he lost his voice. And he ate food



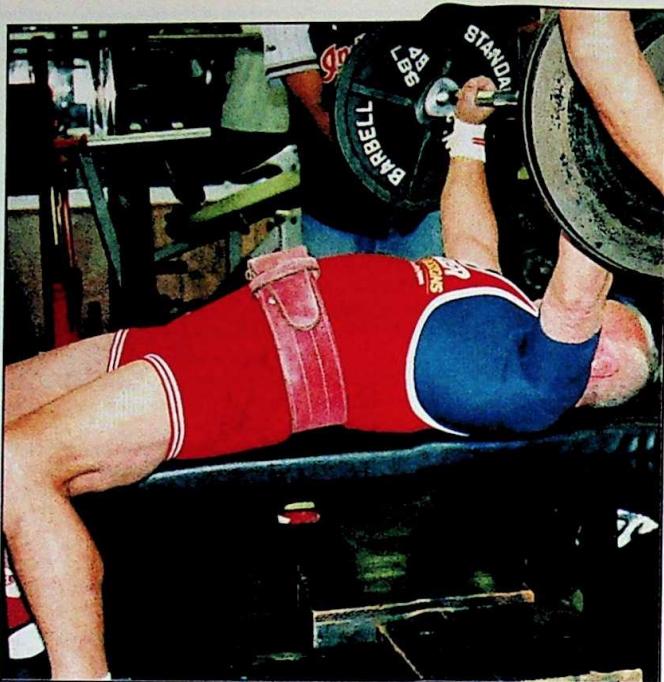


Joe Costa

deadlifting. Joe Costa was an extremely intense powerlifter. He had set a couple of Submaster World records in the deadlift, the highest being 677. He also did a memorable demonstration on his local TV station, a rack lockout, with straps, with 1320 lbs. He competed in WABDL for 1977 through 2000. We had many talks on the phone about deadlifting, and he had the same passion for the lift as I did. He was riding on his motorcycle with his girlfriend, when a truck pulled out in front of him without warning. He shielded her from the impact, and saved her life, but lost his own. Joe would have loved to have been at this last WABDL World Championships, and this is my way of including him.

B. Brewer	126	242 lbs.	132 lbs.	J. Quickie	552!	4th	198	199+ lbs.	C. Hansen	203	148 lbs.
T. Hauptman	115	F. Wakakuwa	633	M. Lauricella	242	WOMEN	A. Barnhill	154	S. Vaterlaus	233	J. Blanke
220 lbs.		J. Villegas	391	A. Kang	198	Disabled 198 lbs.	132 lbs.	154	J. Mangaaoang	143	165 lbs.
A. Johnson	275	259 lbs.	148 lbs.	B. Brown	132	Junior	Gomez-Leon	236	Master (54-60)	143	L. Richardson
J. Hybl	209	S. Hoekstra	606	C. Crawford	392!	4th-242!	148 lbs.	105 lbs.	S. Armstrong	331!	T. Jacobs
C. Dalton	203	J. Laskowski	578	K. Chiodo	347	123 lbs.	M. Pederson	88	181 lbs.	236	181 lbs.
Z. Tichava	165	E. McLaughlin	501	D. Santarone	347	E. Haistar	176	209	K. Mahoney	214!	K. Mahoney
A. Foster	148	T. Putman	451	M. Arthur	330	148 lbs.	L. Anzai	222!	J. Steele	214	J. Steele
242 lbs.		L. Davis	402	R. Chavez	292	C. Hansen	203	B. Anderson	170!	198 lbs.	176
B. Tanner	303	275 lbs.	B. Faught	242	181 lbs.	B. McGowan	176	198 lbs.	C. Weber	192	S. Jackson
T. Irwin	176	P. Holloway	600	165 lbs.	K. Womack	242	S. Maher	170	L. Glasco	88	R. Nohara
J. Souza	126	D. Thompson	556	B. Leming	414	198 lbs.	B. Betz	143	198 lbs.	282	K. Franklin
309+ lbs.		R. Lincoln	545	4th-425!	C. Hargett	Mangaaoang	148	165 lbs.	K. Polansky	181	Teen (13-15)
J. Mayes	248	K. Overbey	451	D. Chiodo	363	199+ lbs.	N. Huxley	192	P. Robey	170	275 lbs.
Submaster (34-39)	308 lbs.	S. Wong	804!	181 lbs.	J. Prothman	189!	S. Moore	—	199+ lbs.	M. Ichiyama	275
123 lbs.		B. Leitz	760	J. Gallup	347	Master (40-47)	181 lbs.	Master (61-67)	K. Franklin	374!	S. Moorman
V. Williams	187	V. Aleaga	551	B. Cantrell	336	Law/Fire	181 lbs.	148 lbs.	B. Bourg	275	132 lbs.
148 lbs.		F. Ramirez	281	S. Grizzle	281	D. Arndt	187	S. Clark	110	A. McEwen	
D. Matsumoto	—	S. Jordan	650!	E. Bledsoe	281	4th-198!	C. Weber	192	148 lbs.	253	148 lbs.
165 lbs.		V. Eldridge	501	C. Lee	209	132 lbs.	Michaels-Olso	165	D. Richards	231	B. Braguine
A. Davila	407	Teen (13-15)	B. Huffer	132	Rosales-Buie	187!	M. Turner	141!	Mangaaoang	198	203!
K. Daniels	396	97 lbs.	198 lbs.	132 lbs.	165 lbs.	J. Costa	253	Spec. Olympian	A. VanZandt	165 lbs.	
A. Somera	363	T. Potter	94	J. Jewett	479	4th-264!	G. Cloninger	115	199+ lbs.	M. O'Halioran	154
R. Anderson	275	114 lbs.	4th-486!	(48+)	165 lbs.	4th-264!	4th-121!	105 lbs.	105 lbs.	159	154
181 lbs.		G. Birring	104	D. Wilson	374	181 lbs.	105 lbs.	132 lbs.	198 lbs.	159	154
A. Agamao	523!	123 lbs.	B. Williams	330	C. Luprete	159!	V. Kosak	115	M. Whinston	78!	K. Taelui
T. Furusho	501	J. Minahan III	159	M. Minahan	314	Law/Fire	J. Morris	77	Open	71	Teen (16-19)
F. Danna	396	132 lbs.	S. Mahoney	275	Open	114 lbs.	97 lbs.	148 lbs.	123 lbs.	71	148 lbs.
198 lbs.		A. Stewart II	154	220 lbs.	114 lbs.	H. Miller	165!	C. Anderson	97 lbs.	M. Fairchild	
J. Whitney	535	148 lbs.	D. Calvo	347	L. Levine	126	114 lbs.	160	198 lbs.	49	E. Ansberry
A. Planchon	491	T. Corey	248	A. Contreras	275	Master (40-46)	123 lbs.	C. Neely	—	165 lbs.	133
D. Sugimoto	413	165 lbs.	242 lbs.	97 lbs.	C. Myers	220!	H. Miller	165	E. Mattack	93	K. Phipps
T. Smith	402	C. Luna	265	J. Trunzo	514	S. Stowers	127	D. Ruff	154	L. Levine	132
M. Happach	336	C. Braun	242	4th-523!	105 lbs.	K. Olson	110	123 lbs.	126	Submaster	233!
220 lbs.		198 lbs.	259 lbs.	C. Moorman	172!	148 lbs.	C. Myers	220	198 lbs.	N. Williams	
M. Ludovico	540	E. Howard	325	B. Driskell	463!	C. Fujisaki	171!	P. Stone	126	C. Baqui	130!
J. Mendoza	501	J. Fain	281	R. Proctor	363	114 lbs.	L. Lastufka	121	132 lbs.	B. Calvo	165
M. Halfield	462	Teen (16-19)	J. Misklmens	314	C. Salo	181 lbs.	R. Churchward	170	105 lbs.	B. Brown	132
B. Nichols	446	114 lbs.	275 lbs.	S. Ferguson	137	M. VanDam	210	148 lbs.	A. Vallejo	165	
P. Anderson	407	K. Silva	236	J. Stevens	374	123 lbs.	V. Pukkila	253	199+ lbs.	L. Vaterlaus	192
E. Casagrande	374	A. Lakhiani	126	308 lbs.	D. Arndt	187	M. Huston	159	123 lbs.	J. Braguine	166
					T. Kilo	187	L. Anzai	222	132 lbs.	166	=World Records.
							J. Watts	203	F. Montenegro	203	

IPA PA State/NE Regional 11 SEP 04 - New Oxford, PA				
BENCH	M. Newmaier	525		
WOMEN	Junior Raw			
Pro Master (45-49)	S. Summerville	215		
165 lbs.	Master (50-54)			
B. Graube	320	275 lbs.		
Teen (16-17)	F. Adler	250		
165 lbs.	Pro Master (55-59)			
T. League	355	308 lbs.		
Teen (18-19)	L. Schoelkopf	330		
181 lbs.	Pro Open			
K. Hicks	400	181 lbs.		
198 lbs.	B. Vargason!	560		
D. Thomsen	395	Am Police		
Amateur	308 lbs.			
Open Raw	E. Christ	—		
220 lbs.	Pro Master (55-59)			
D. Bolf	275	SHW		
Open	B. O'Brien	—		
275 lbs.				
AM	SQ	BP	DL	TOT
WOMEN				
Open				
165 lbs.				
S. Lewis	325	265	225	815
MEN				
Junior Raw				
165 lbs.				
S. Summerville	285	215	325	825
Master (40-44)				
181 lbs.				
S. Shandbrook	600	380	460	1440
275 lbs.				
M. Locondro	560	355	420	1335
Master (50-54)				
220 lbs.				
A. Moatz	460	345	475	1280
Master (60-64)				
181 lbs. Raw				
J. Newman	365	225	460	1050
Submaster				
220 lbs.				
S. Pagano	525	365	415	1305
242 lbs.				
P. Bowby	670	510*	600	1780
Open 198 lbs.				
D. Dinenna	—	—	—	—



66 year old Gene Blue of North Carolina set a new APA state record in the 65-69 age group, 181 poud class, with a 225 lb. bench press.

275 lbs.				
M. Evans	700	475	575	1750
N. Sauble	600	475	585	1660
Master (50-54)				
275 lbs.				
F. Adler	280	250	335	865
Pro Master (40-44)				

B. Smith	765	485	685	1935
275 lbs.				
M. Hoffman	800	625	600	2025
J. Wagner	750	340	650	1740
* IPA World Records. Full Power Best Lifters: AM - Pete Bowby. Pro - Mark Hoffman. (results courtesy Gene Rychlak Jr., Meet Director & IPA PA State Chair)				

APA Battle of the Badasses

12 NOV 04 - Georgetown, SC

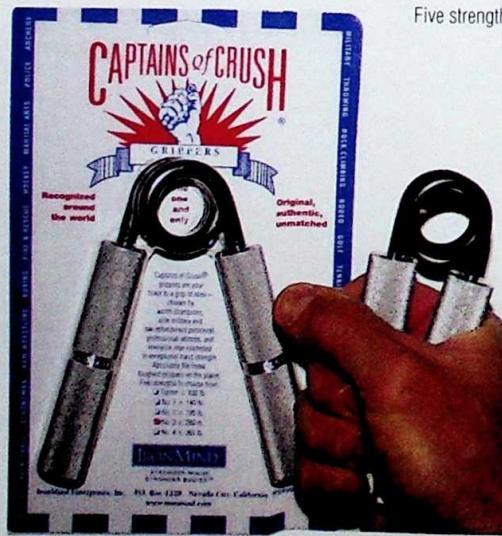
DEADLIFT	G. Blue	225		
MEN	181 lbs.			
Submaster	Drug Tested			
165 lbs.	J. Rubi	375		
J. McElveen	405	A. Bremner	280	
MEN	Open			
308 lbs.	J. Rubi	375		
(18-19)	(40-49)			
D. Stiefel	600	J. Rubi	375	
Open	R. Cunicelli	320		
E. Knight	405	(60-69)		
SHW	J. Shoaf	275		
Submaster	198 lbs.			
D. Graham	520	(13-15)		
BENCH	A. Moore	215		
WOMEN	Open			
Submaster	N. Adams	405		
181 lbs.	220 lbs.			
D. Mosley	145	(40-49)		
T. Burgess	—	P. Horn	440	
Men	242 lbs.			
Drug Tested	Open			
132 lbs.	E. Hubbs	425		
C. Phillip	261	242 lbs.		
148 lbs.	Junior (20-23)			
E. Knight	405	R. Suggs	415	
(16-17)	S. Ribaldo	—		
T. Lowrimore	170	(40-49)		
Open	E. Hubbs	425		
165 lbs.	(50-59)			
B. Carlton	275	B. Hock	275	
Submaster	275 lbs.			
165 lbs.	(18-19)			
J. McElveen	325	J. Joy	445	
L. Kemmerlin	210	308 lbs.		
(60-69)	Open			

The Gripper That Changed the World

In the late 1980s, IronMind got the idea of bringing back something like the super-tough grippers that had been a cult item in the 1960s. Sure, we beat the drum for grip strength, put the top grip men on center stage, and dramatically improved the basic product when we introduced our Captains of Crush grippers, but who would have guessed what would happen in the next 15 years?

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No. 1 - 140 pounds
No. 2 - 195 pounds
No. 3 - 280 pounds
No. 4 - 365 pounds

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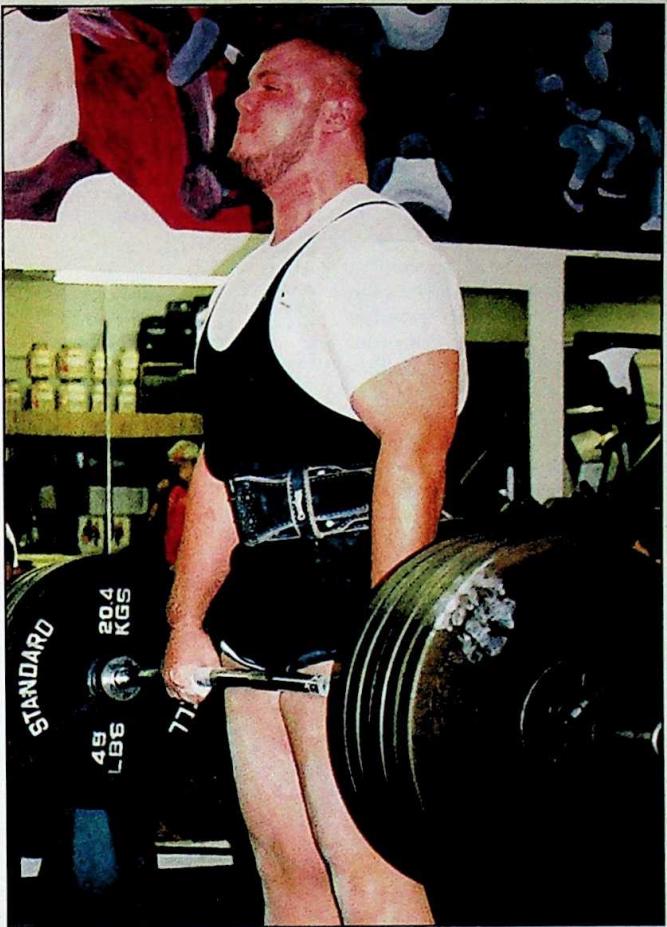
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E. Knight	350 W. Ferguson	355
(40-49)	SHW	
W. Ferguson	355 (50-59)	
Drug Free	J. Tancil	550
MEN	BP DL	
TOT		
Push-Pull		
Guest Lifter		
M. Hubbs	65 95 160	
165 lbs. (50-59)		
L. Kemmerlin	210 300 510	
Open		
123 lbs.		
S. Warren	185 250 435	
132 lbs. (16-17)	4th-DL-305	
R. Rosari	130 300 430	
181 lbs. (16-17)		
T. Davis	225 360 585	
220 lbs. (40-49)		
C. Griggs	370 410 780	
50-59)		
M. Shealy	320 375 695	
275 lbs.		
Open		
A. Beasley	475 635	
1110		
C. Liles	395 525 920	
Submaster		
T. Nash	340 545 885	
60-69)		
J. Powell	340 500 840	
WOMEN		
Master		
123 lbs.		
P. Burnette	170 250 420	
4th-BP-180		

Best Lifter (Push-Pull): Adam Beasley.
Best Lifter (Bench Press): Eric Knight.
Best Master Lifter (Bench Press): Jerry Tancil. Best Lifter (Deadlift): Dale Stiefel. 1st Place Team: Young Olympians. The following records were set:
South Carolina: Sam Warren - Junior 123 lb. Record Bench Press of 185 pounds. Sam Warren - Drug Free 123 lb Record Bench Press of 185 pounds. Sam Warren - Junior 123 lb. Record Deadlift of 305 pounds. Sam Warren - Junior 123 lb. Record Deadlift of 305 pounds. Chris Phillips - Drug Free 132 lb. Record Bench Press of 261 pounds. Chris Phillips - Teenage 16-17, 132 lb. Record Bench Press of 261 pounds. Eric Knight - Drug Free 148 lb. Record Bench Press of 405 pounds. Eric Knight - Open 148 lb. Record Bench Press of 405 pounds. Thomas Lowrimore - Teenage 16-17, 148 lb. Record Bench Press of 170 pounds. Gene Blue - Master 65-69, 165 lb. Record Bench Press of 225 pounds. Luther Kemmerlin - Master 50-54, 165 lb. Record Bench Press of 210 pounds. Luther Kemmerlin - Master 50-54, 165 lb. Record Deadlift of 300 pounds. Axl Moore - Teenage 13-15, 198 lb. Record Bench Press of 215 pounds. Phil Horn - Master 40-44, 220 lb. Record Bench Press of 440 pounds. Richard Suggs - Junior 242 lb. Record Bench Press of 415 pounds. Jonathan Joy - Teenage 18-19, 275 lb. Record Bench Press of 445 pounds. Adam Beasley - Open 275 lb. Record Deadlift of 635 pounds. Troy Nash - Submaster 275 lb. Record Deadlift of 545 pounds. Jack Powell - Master 60-64, 275 lb. Record Bench Press of 340 pounds. Jack Powell - Master 60-64, 275 lb. Record Deadlift of 500 pounds. Dale Stiefel - Teenage 18-19, 308 lb. Record Deadlift of 600 pounds. Don Graham - Submaster SHW Record Deadlift of 520 pounds. Jerry Tancil - Master 50-54, SHW Record Bench Press of 550 pounds. Patty Burnett - Womens Drug Free 123 lb. Record Bench Press of 180 pounds. Patty Burnett - Womens Master 40-44 123 lb. Record Bench Press of 180 pounds. Patty Burnett - Womens Open 123 lb. Record Bench Press of 180 pounds. Dawn Moseley - Womens Submaster 181 lb. Record Bench Press of 145 pounds. North Carolina: Rudolph Rosario - Teenage 16-17, 132 lb. Record Bench Press of 130 pounds. Rudolph Rosario - Teenage 16-17 132 lb. Record Deadlift of 300 pounds. Rudolph Rosario - Drug Free 132 lb.



19 year old Dale Stiefel pulled a huge 600 at the APA Battle of the Badasses and also took the Best Lifter award in the deadlift category (photographs were provided by Scott Taylor, President of the APA).

Record Deadlift of 300 pounds. Jim Shoaf - Master 60-64 181 lb. Record Bench Press of 225 pounds. A very special thanks to Al Brenner of Winyah Fitness Center for providing a great meet site and spotters. The event was very well run and some great awards (swords mounted on wood) were presented to each competitor. A lot of records were broken at this meet and some great lifts were registered. Lifters came from as far away as Pennsylvania, and Southern

Florida to compete in this event. (Thanks to Scott Taylor for providing the results)

Iron Boy Bench Press

18 SEP 04 - Winston-Salem, NC
MEN 118 lbs.
105 lbs. Teen (12-13)
Youth (10-11) Raw
Raw W. Rochester 100
T. Payne 70 4th-105
P. Butler 65 123 lbs.

Teen (16-17)	Junior (20-23)	Raw	
Raw	L. Bullins	370	
R. Rosario Jr.	90	R. Dillard	365
Teen (14-15)	Intermediate (24-34)		
Raw	L. Hodges	415	
D. Phipps	70	220 lbs.	
148 lbs.	Teen (18-19)		
Teen (18-19)	T. Bowles	355	
Raw	Submaster (35-39)		
D. Warner	215	T. Isbell	400
Teen (16-17)	Masters (55-59)		
Raw	Raw		
D. Smith	165	L. Bearden	250
Open	Masters (50-54)		
C. Tucker	325	Raw	
165 lbs.	D. McMillan	375	
Teen (18-19)	J. Wyand	525	
Raw	Masters (40-44)		
B. Beachum	270	Raw	
M. Crosswhite	250	M. Wan	360
Teen (12-13)	Intermediate (24-34)		
Raw	Raw		
E. Payne	80	B. Anderson	250
Open Raw	T. Massey	400	
W. Claypatch	275	242 lbs.	
Open	Teen (16-17)		
D. Tucker	320	Raw	
181 lbs.	D. Phipps	230	
Teen (14-15)	Open		
Raw	B. Edwards	560	
T. Stanberry	165	T. Mash	—
Open	Junior (20-23)		
B. Rapp	470	Raw	
J. Metz	370	K. Wall	390
Novice	Intermediate (24-34)		
T. Hill	275	B. Edwards	560
Masters(60-64)	J. Crouch	225	
J. Shoaf	275	?? lbs.	
Intermediate (24-34)	Teen (18-19)		
Raw	P. Holz	500	
C. McClure	325	Teen (16-17)	
198 lbs.	Raw		
Teen (16-17)	D. Everhart	300	
Raw	Teen (16-17)		
T. Davis	215	D. Atkins	550
J. Dull	365	Open Raw	
Open Raw	M. Belk	560	
J. Wright	320	Open	
Open	T. Scearce	580	
L. Hodges	415	C. Rabon	550
Novice Raw	M. Steward	465	
J. Bradshaw	360	Novice Raw	
P. Mullis	295	E. Jones	430
J. Adams	295	Master (40-44)	
Masters (50-54)	C. Rabon	550	
Raw	319 lbs.		
Y. Sumner	270	Open	
4th-280	M. Neal	630	
E. Goode	270	C. Clark	625
Masters(45-49)	WOMEN		
J. Campbell	345		

(Thanks to Keith Payne for these results)

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ALWAYS CONSULT YOUR DOCTOR.

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American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Sex	Social Security Number	Signature (Parent if under 18 years old)	
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IPF World Masters (kg) 5-10 OCT 04 - Udaipur,

India WOMEN SQ	BP	DL	TOT
Master-1			
48 kgs.			
Tanaka JPN 120	75	130	325
Takizawa JPN 105	75	125	305
Ryman USA 105	52.5	115	272.5
52 kgs.			
Eremenko RUS 135	60	145	340
Deutsche USA 110	67.5	130	307.5
Sinclair RSA 100	60	117.5	277.5
56 kgs.			
Ivanova RUS 155	85	150	390
Garnier FRA 132.5	60	132.5	325
Wender BRA 125	67.5	130	322.5
Haines USA 112.5	80	115	307.5
60 kgs.			
Stapleton USA 90	47.5	110	247.5
67.5 kgs.			
Houston USA 157.5	100	175	432.5
Kuleshva RUS 150	95	170	415
Broggard DEN 150	92.5	165	407.5
Bank GBR 120	50	135	305
75 kgs.			
Blasbey GBR 155	107.5	195	457.5
Kjeldsen DEN 110	75	120	305
Ratan IND 100	45	110	255

82 kgs.	Matton GBR 160	107.5	175	442.5	Hulbakvi NOR 350	230	320	900
Aalto FIN 127.5	92.5	130	350	Nastynov RUS 340	215	300	855	
Master-2				Reece USA 300	230	255	785	
44 kgs.	Matsumoto JPN 110	73!	125!	307.5	Lahteenmaki FIN 240	165	260	665
48 kgs.	Turunen FIN 80	52.5	105	237.5	Ajoy IND 262.5	160	240	662.5
52 kgs.	Omori JPN 130	70	132.5	332.5	Master-2			
Kumpunie FIN 100	60	112.5	272.5	52 kgs.				
56 kgs.	Kimura JPN 165	90	165	420	Kawaka JPN 145	105	155	405
60 kgs.	Seizer NED 152.5	90	160	402.5	Pijush IND 145	70	165	380
Ireland USA 92.5	60	115	267.5	56 kgs.				
Hykova CZE 50	77.5	80	207.5	Mashimo JPN 160	102.5	175	437.5	
67 kgs.	Fomina RUS 180	70	180	430	O. IND 160	95	165	420
Sourkova CZE 85	65	130	280	60 kgs.				
Vainio FIN 77.5	42.5	105	225	S.V.S IND 200	100	212.5	512.5	
75 kgs.	Dowsett GBR 115	50	140	305	Shishkin RUS 170	110	180	460
82 kgs.	Holland GBR 181!	80	155	415	67 kgs.			
90 kgs.	Seth GER 125	112.5	145	382.5	Cuvelier FRA 220	125	210	555
MEN				James GBR 200	150	200	550	
Master-1				Ponodelin RUS 210	95	220	525	
52 kgs.	KIND 140	80	180	400	Sham IND 180	100	192.5	472.5
56 kgs.	Maxwell GBR 200	115	227.5	542.5	Mukul IND 165	115	160	440
59 kgs.	R Mohan IND 182.5	77.5	190	450	75 kgs.			
MEN	Christians RSA 150	90	190	430	Couturier FRA 215	135	230	580
Master-1				Macrow GBR 195	145	220	560	
52 kgs.	KIND 140	80	180	Inderjit IND 185	155	200	540	
56 kgs.	Tachibana JPN 260	—	—	Hokendorf GER 182.5	140	200	522.5	
59 kgs.	Delaney CAN 220	—	—	Lokna IND 180	100	180	460	
MEN				82 kgs.				
52 kgs.	Lincoln GBR 242.5	175	250	242.5	175	250	667.5	
56 kgs.	Schuricht GER 232.5	172.5	240	232.5	172.5	240	645	
59 kgs.	Clayton USA 207.5	142.5	212.5	207.5	142.5	212.5	562.5	
MEN	Fujimoto JPN 180	142.5	220	180	142.5	220	542.5	
52 kgs.	K. Harish IND 210	105	200	210	105	200	515	
56 kgs.	Vereshchagin 285	175	285	285	175	285	745	
59 kgs.	Sochanski POL 270	175	282.5	272.5	175	282.5	727.5	
MEN	Jane GBR 265	162.5	290	271.5	162.5	290	717.5	
52 kgs.	Tachibana JPN 260	200	225	265	200	225	685	
56 kgs.	Delaney CAN 220	157.5	260	220	157.5	260	637.5	
59 kgs.	Omori JPN 215	152.5	215	215	152.5	215	582.5	
MEN	M. IND 240	70	250	240	70	250	560	
52 kgs.	KV. IND 215	110	212.5	212.5	110	212.5	537.5	
56 kgs.	Korolev RUS 300	157.5	285	285	157.5	285	742.5	
59 kgs.	Stepanov RUS 290	170	260	270	170	260	720	
MEN	Puran IND 170	120	185	185	120	185	475	
52 kgs.	Clark USA —	—	—	—	—	—	—	
56 kgs.	Buchs FRA —	—	—	—	—	—	—	
59 kgs.	Wilczynski POL 277.5	150	287.5	715	110 kgs.			
MEN	Bracken USA 275	172.5	240	687.5	Graham USA 295	165	285	745
52 kgs.	Rasmussen 242.5	170	232.5	645	Lefevre FRA 225	185	285	695
56 kgs.	Myers AUS 220	142.5	260	622.5	Ponnai FRA 260	157.5	270	687.5
MEN	Kamal GBR 220	147.5	230	597.5	Jaakola FIN 212.5	170	200	582.5
52 kgs.	Rai CAN 200	150	195	545	125 kgs.			
56 kgs.	Tada JPN 225	160	240	625	Sharliev UKR 290	200	275	765
MEN	Rovtand NOR 235	140	225	600	Bulichev RUS 270	220	262.5	752.5
52 kgs.	v.s. IND 220	115	245	580	Anderson USA 282.5	182.5	227.5	692.5
56 kgs.	Akha PAK 140	65	160	365	Bostrom SWE 105	75	125	305
MEN	Kawabe JPN —	—	—	+125 kgs.				
52 kgs.	Wilczynski POL 277.5	150	287.5	715	Tau NZL 270	175	220	665
56 kgs.	Bracken USA 275	172.5	240	687.5	Master-3			
MEN	Rasmussen 242.5	170	232.5	645	52 kgs.			
52 kgs.	Myers AUS 220	142.5	260	622.5	IPM IND 100	50	125	275
56 kgs.	Kamal GBR 220	147.5	230	597.5	Kalika IND 85	57.5	95	237.5
MEN	Rai CAN 200	150	195	545	56 kgs.			
52 kgs.	Taniguchi JPN —	—	—	Julius RSA 212.5	150	230	592.5	
56 kgs.	Scully USA 272.5	182.5	265	Oshiro JPN 175!	130!	175	480	
MEN	Glinin RUS 262.5	165	285	Fushimi JPN 100	120	140	360	
52 kgs.	Rykov RUS 262.5	177.5	267.5	Aita JPN 185!	95	190	470	
56 kgs.	Marentett CAN 240	172.5	267.5	Ramnath IND 110	72.5	125	307.5	
MEN	King NZL 255	145	255	67 kgs.				
52 kgs.	Frasier CAN 225	175	250	Latoniemi FIN 152.5	85	187.5	425	
56 kgs.	Harada JPN 220	175	252.5	OmPraka IND 155	105	162.5	422.5	
MEN	Sekot CZE 235	172.5	235	M.L. IND 145	70	160	375	
52 kgs.	Agniektris AUS 242.5	155	240	75 kgs.				
56 kgs.	Julius RSA 212.5	150	230	Sato JPN 225	130	230	585	
MEN	Ollikainen FIN —	—	—	Yeats USA 202.5	117.5	240	560	
52 kgs.	Singh GBR —	—	—	Oebarala IND 190	110	170	470	
56 kgs.	Taahtisain FIN —	—	—	Goodwin USA 87.5	70	125	282.5	
MEN	Nushlaev RUS 290	200	280	82 kgs.				
52 kgs.	Mendez VEN 270	212.5	277.5	Kulikov RUS 235	150	257.5	642.5	
56 kgs.	Jones USA 280	182.5	275	Sourek CZE 195	110	225	530	
MEN	Leontyev RUS 285	187.5	262.5	Pustovalov RUS 205	97.5	222.5	525	
52 kgs.	Toora CAN 230	175	225	90 kgs.				
56 kgs.	Fleet GER 215	180	210	Puhakka FIN 160	110	205	475	
MEN	Timonen FIN 215	155	230	Isagulov RUS —	—	—	—	
52 kgs.	Amjad PAK 210	110	200	100 kgs.				
56 kgs.	T.K. IND —	—	—	Chatis USA 182.5	145	207.5	535	
MEN	100 kgs.			110 kgs.				
52 kgs.	Ukhabukvi UKR 315	225	315	Helmich USA 210	162.5	220	592.5	
56 kgs.	Hagfors FIN 282.5	205	292.5	Jayant USA 120	90	140	350	
MEN	Asama JPN 280	182.5	275	125 kgs.				
52 kgs.	Charvoz FRA 265	195	265	Morris USA 242.5	195!	235	672.5	
56 kgs.	Dally USA 252.5	145	242.5	Gresham USA 182.5	122.5	192.5	497.5	
MEN	Dines IND 245	125	212.5	Champion of Champions: Men Master 1: Ukhabukvi; Men Master 2: Vereshchagin; Master Master 3: Oshiro. Women Master 1: Ivanova; Women Master 2: Kimura. Teams: Men Master 1: USA; Men Master 2: Russia; Men Master 3: USA. Women Master 1: USA, Women Master 2: Japan.				
52 kgs.	Lampinen FIN 250	210	275	735				
56 kgs.	Strong CAN 255	175	292.5	722.5				
MEN	Tsujimura JPN 275	202.5	215	692.5				
52 kgs.	Harsharaj IND 220	135	220	575				
56 kgs.	J.C. IND 210	142.5	195	547.5				
MEN	125 kgs.							
52 kgs.	Collins USA 292.5	227.5	287.5	807.5				
56 kgs.	Aalto FIN 280	225	275	780				
MEN	Jugal IND 230	130	175	535				
52 kgs.	Ratan IND 100	45	110	255				
56 kgs.				+125 kgs.				

TOP 100

For standard 165 lb./75 kg. USA lifters in results received from SEP 2003 thru OCT 2004

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NEXT MONTH... TOP 181s

CORRECTIONS ... in the results of the SLP March Madness meet, Chuck Price should have been credited with 525 rather than 520. Doug Maust should have been credited with a 630 bench press on the TOP 100 SHW ranking list. On the TOP 100 275 lb. class listing, Brandon Lee-Faulk should have been listed with a 600 bench press, and John Ericson should have had his fourth attempt listed as well, 633, from the WABDL World Championships. Jason Miller did not get credit for his 606 bench press on November 2, 2003 at the APF Pine Tree State Meet in Turner, Maine. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Post Office Box 467, Camarillo, CA 93011 and we will do the research to resolve any questions. Sometimes we don't receive the results of meets in time to make the compilation of a list.

SQUAT	BENCH	DEADLIFT	TOTAL
1 832 Conyers, T..3/5/04	615 Mazza, J..10/2/04	684 Conyers, T..3/4/04	1956 Conyers, T..3/5/04
2 825 Berardinelli, A..7/10/04	562 Hecht, B..10/2/04	666 Palmer, R..3/5/04	1955 Berardinelli, A..7/10/04
3 766 Palmer, R..3/5/04	529 Clark, A..3/6/04	650 Nickson, E..7/10/04	1934 Palmer, R..3/5/04
4 744 Hooper, W..11/7/03	512 Hooper, W..5/1/04	650 Castro, M..10/18/03	1835 Hooper, W..7/10/04
5 705 Hatch, N..5/7/04	507 Warr, G..4/24/04	633 Luckett, M..4/3/04	1730 Crowe, B..5/29/04
6 705 Reese, J..10/9/04	507 Miller, L..5/1/04	630 Berardinelli, A..7/10/04	1718 Luckett, M..4/3/04
7 700 Crowe, B..5/29/04	507 Hara, M..9/11/04	628 Adams, T..12/10/03	1697 Petrillo, D..10/9/04
8 661 Luckett, M..4/3/04	503 Petrillo, D..10/9/04	622 Franks, A..9/6/03	1686 Reese, J..6/26/04
9 661 Taylor, D..5/22/04	501 Palmer, R..11/7/03	611 Little, A..11/28/03	1675 Strickland, B..10/9/04
10 660 Larriese, S..4/17/04	501 Kirchner, L..11/29/03	611 Schwab, B..5/1/04	1658 Hatch, N..5/7/04
11 655 Curley, P..10/18/03	500 Berardinelli, A..7/10/04	606 Reese, J..6/26/04	1647 Nickson, E..4/10/04
12 655 Petrillo, D..10/9/04	500 Osgood, D..9/26/04	606 Hooper, W..7/10/04	1614 Tincher, B..6/5/04
13 650 Strickland, B..10/9/04	490 Tom, T..9/25/04	606 Strickland, B..10/9/04	1610 Tincher, B..10/18/03
14 633 Tincher, B..6/5/04	475 Crowe, B..12/21/03	600 Bridges, E..9/20/03	1585 Larriese, S..12/21/03
15 628 Olson, G..11/29/03	473 Baker, G..4/17/04	600 Cirigliano, R..12/10/03	1576 Beaumaster, P..10/9/03
16 622 Beaumaster, P..10/9/03	473 Reese, J..8/7/04	600 Wright, T..17/04	1567 Benemerito, J..7/10/04
17 617 Nickson, E..4/10/04	473 Luther, J..8/21/04	600 Felton, D..9/25/04	1560 Bridges, E..9/20/03
18 611 James, A..11/1/03	473 Conyers, T..10/9/04	589 Petrillo, D..3/5/04	1537 James, A..11/1/03
19 606 Little, A..11/28/03	462 Hickman, R..3/13/04	589 Reichert, G..6/26/04	1532 Bracken, D..11/8/03
20 605 Roney, J..11/15/03	451 Perez, G..9/27/03	585 Saxton, R..2/27/04	1532 Little, A..11/28/03
21 600 Clark, A..11/7/03	451 Hatch, N..5/7/04	585 Crowe, B..7/10/04	1530 Roney, J..11/15/03
22 600 Scanlon, J..3/5/04	446 Richmond, M..11/8/03	584 Sigala, M..10/12/03	1530 Campbell, B..5/15/04
23 600 DeCarlo, C..3/27/04	446 Davidson, E..5/22/04	584 Lubek, W..11/15/03	1505 Straub, T..10/10/04
24 600 Mazza, A..4/17/04	440 Kampen, W..11/22/03	584 Fleming, M..4/17/04	1504 Kirchner, L..11/29/03
25 600 Campbell, B..5/15/04	435 Lourenco, D..4/17/04	584 Croft, B..12/6/03	1504 Centauro, V..12/7/03
26 600 Centauro, V..6/5/04	435 Weingust, S..7/24/04	578 Snelling, R..12/10/03	1499 Olson, G..11/29/03
27 600 Reichert, G..6/26/04	430 Santarone, N..10/25/03	578 Kanavas, C..3/27/04	1499 DeCarlo, C..3/27/04
28 595 Stark, J..4/10/04	429 Chang, E..10/25/03	575 Hart, M..10/26/03	1499 Reichert, G..6/26/04
29 589 Bracken, D..11/8/03	429 Scanlon, J..3/5/04	575 Berryman, A..3/27/04	1495 Beaupre, S..10/9/04
30 585 Macri, M..3/13/04	429 Schively, D.A..4/3/04	573 Beaumaster, P..10/9/03	1493 Phillips, W..12/7/03
31 580 Bridges, E..9/20/03	429 Tincher, B..6/5/04	573 Hokoana, M..12/10/03	1477 Kanavas, C..3/27/04
32 580 Beaupre, S..10/9/04	425 Curley, P..10/18/03	573 Ahmadzadeh, B..3/6/04	1471 Wood, R..7/10/04
33 578 Murphy, J..6/12/04	425 Evangelista, A..12/10/03	573 Dargin, C..6/5/04	1466 Marshall, G..11/8/03
34 574 Stone, E..8/21/04	425 Maynard, R..3/27/04	570 Whiften, M..10/18/03	1460 Hokoana, M..5/22/04
35 573 Stub, T..7/10/04	425 Roberts, J..4/17/04	570 Straub, T..11/6/03	1460 Stark, J..7/10/04
36 562 Lumpe, S..8/21/03	424 Luckett, M..4/3/04	567 Olson, G..11/29/03	1455 Schupbach, J..11/16/03
37 562 Phillips, W..12/7/03	420 Baer, J..4/25/04	567 Nickele, J..5/7/04	1444 Murphy, J..3/20/04
38 562 Phelps, R..6/5/04	418 Agamao, A..9/20/03	567 Benemerito, J..7/10/04	1444 Cagliola, M..7/10/04
39 562 Benemerito, J..7/10/04	418 Cagliola, M..7/10/04	565 Roney, J..11/15/03	1432 Keenan, F..7/10/04
40 556 Woodworth, M..6/12/04	418 Slaughter, L..9/11/04	565 Rohr, J..11/16/03	1430 Scanlon, J..12/21/03
41 551 Rodgers, C..12/6/03	418 Hanifen, L..9/11/04	560 Kampen, W..11/22/03	1421 Ahmadzadeh, B..3/6/04
42 551 Wilshire, G..4/17/04	418 Strickland, B..10/9/04	560 Belt, D..12/27/03	1420 Valdez, J..3/27/04
43 551 Keenan, F..7/10/04	415 Lawson, M..5/1/04	560 Archie, C..3/27/04	1416 Lubeck, W..11/8/03
44 550 Marshall, G..11/22/03	413 Phillips, W..12/7/03	565 Retz, G..11/1/03	1416 Wade, T..11/15/03
45 550 Saxton, R..2/27/04	413 Murphy, J..6/12/04	556 Centauro, V..12/7/03	1416 Vasquez, J..11/15/03
46 550 Boshoven, L..5/30/04	413 Nickson, E..7/10/04	556 Chiodo, D..12/10/03	1416 Richmond, M..3/6/04
47 545 Valdez, J..3/27/04	410 Davis, R..9/13/03	556 Benezra, J..12/10/03	1410 Chang, E..10/25/03
48 540 Wade, T..11/15/03	410 Stinson, T..4/3/04	555 Deleon, R..11/22/03	1410 Wilshire, G..4/17/04
49 540 Cagliola, M..3/6/04	407 Marinis, N..11/26/03	555 Valdez, J..3/27/04	1410 Cagnolatti, K..7/10/04
50 540 Grayson, M..5/1/04	405 Williams, J..9/14/03	551 Riffe, T..10/25/03	1405 Davis, R..12/14/03
51 540 Hokoana, M..5/22/04	405 Runyon, J..10/26/03	551 James, A..11/1/03	1405 Woodworth, M..2/14/04
52 540 Wood, R..7/10/04	405 Kirschen, D..11/1/03	551 Coats, P..11/1/03	1405 Saxton, R..2/27/04
53 535 France, G..4/3/04	405 Benemerito, J..6/22/04	551 Marshall, G..11/8/03	1405 Taylor, D..5/22/04
54 535 Hulsberg-Lee, S..5/29/04	405 Kele, J..8/28/04	551 Tincher, B..6/5/04	1405 Routzong, B..6/12/04
55 534 Vasquez, J..11/15/03	405 Marshall, G..9/26/04	551 Wood, R..7/10/04	1400 Wright, I..10/25/03
56 534 Davis, R..12/14/03	402 Bracken, D..11/8/03	551 Godard, R..8/21/04	1400 Wells, P..8/14/04
57 534 Kanavas, C..3/27/04	402 Jackson, A..6/12/04	550 Larriese, S..12/21/03	1399 Thompson, D..5/8/04
58 529 Zelmy, J..2/14/04	402 Whitt, B..6/26/04	550 Daniels, Q..3/27/04	1394 Phelps, R..6/5/04
59 525 Schupbach, J..11/16/03	400 Higgins, S..10/12/03	550 Beaupre, S..10/9/04	1394 Fleming, M..8/14/04
60 525 Taylor, L..3/27/04	400 McDonald, K..11/15/03	550 Roca, H..10/23/04	1394 Tipton, C..8/15/04
61 525 Yanez, P..3/27/04	400 White, A..12/27/03	545 Schupbach, J..11/16/03	1388 Retz, G..11/1/03
62 523 Southall, K..8/21/03	400 Perkins, J..3/6/04	545 Panteledes, J..11/16/03	1388 Shocket, A..1/25/04
63 523 Hulse, M..9/6/03	400 Goldsmith, Z..7/10/04	545 Taylor, L..3/27/04	1388 Zeln, J..2/14/04
64 523 Ahmadzadeh, B..3/6/04	400 Hicks, K..9/1/04	545 Campbell, B..5/15/04	1385 Edwards, C..1/17/04
65 523 Sorenson, D..3/27/04	400 Straub, T..10/10/04	545 Stark, J..7/10/04	1383 Davis, K..3/6/04
66 523 Brock, J..6/12/04	400 Jenkins, A..10/30/04	545 Smith, G..7/17/04	1380 Taylor, L..3/27/04
67 523 Tipton, C..8/15/04	395 Gravel, B..11/8/03	540 Janjigian, B..11/1/03	1380 Mazza, A..4/17/04
68 523 Flores, R..10/13/04	395 Larriese, S..12/21/03	540 Bracken, D..11/8/03	1375 Archie, A..3/27/04
69 520 Sherbondy, T..10/25/03	395 Maoury, D..8/14/04	540 Keenan, P..7/10/04	1372 Stone, E..8/21/04
70 520 Berryman, A..3/27/04	391 Ruelan, M..10/11/03	540 Ashworth, J..8/7/04	1372 Cirigliano, R..10/13/04
71 520 Wells, P..8/14/04	391 Cook, K..10/25/03	540 Thomas, M..9/19/04	1370 Rohr, J..11/16/03
72 515 Weber, J..11/1/03	391 Silva, P..12/10/03	535 Clark, A..10/10/04	1366 Rodgers, C..12/6/03
73 513 Shocket, A..1/25/04	391 Thompson, D..5/8/04	535 Edwards, C..1/17/04	1361 Smith, G..7/17/04
74 512 Smoker, J..8/21/03	386 Feldman, M..8/21/04	535 Cox, S..3/27/04	1360 Lee, B..11/15/03
75 512 Gillette, M..11/15/03	385 Cagnolatti, K..10/18/03	534 Flores, S..2/21/03	1360 Hicks, K..7/9/04
76 510 Lee, B..11/15/03	385 Richay, F..11/8/03	534 Janjigian, B..11/1/03	1355 Sorenson, D..3/27/04
77 507 Naughton, D..11/1/03	385 Schupbach, J..11/16/03	534 Lineman, J..11/1/03	1350 Proxmire, B..4/24/04
78 507 Lassley, J..2/14/04	385 Beaupre, S..11/22/03	534 Lerach, D..2/21/04	1350 Riffe, T..5/15/04
79 507 Richmond, M..3/6/04	385 Langwell, R..3/28/04	534 Rhinehart, R..3/20/04	1350 Godard, R..6/26/04
80 507 Jones, K..4/3/04	385 Langwell, R..3/28/04	534 Tipton, C..8/15/04	1345 Berryman, A..3/27/04
81 507 Riffe, T..5/15/04	385 Campbell, B..5/15/04	530 Curley, P..10/18/03	1344 Lumpe, S..11/28/03
82 507 Godard, R..6/26/04	385 Rudolph, C..6/19/04	530 Cagnolatti, K..10/18/03	1344 Herl, W..12/14/03
83 507 Cagnolatti, K..7/10/04	385 Coffey, R..7/24/04	530 Serratore, D..11/8/03	1344 Lerach, D..2/21/04
84 507 Smith, G..7/17/04	385 Gartin, V..8/21/04	530 Sigmon, R..12/14/03	1344 Brock, J..10/9/04
85 505 Edwards, C..1/17/04	385 Williams, M..8/21/04	530 Gonzalez, A..2/27/04	1335 Sherbondy, T..10/25/03
86 505 Lee, T..3/27/04	380 Bridges, E..9/20/03	530 Aguirre, D..4/17/04	1335 Deleon, R..11/22/03
87 505 Hamer, T..4/3/04	380 Beaumaster, P..10/9/03	530 Wells, P..8/14/04	1335 Cox, S..3/27/04
88 505 Hicks, K..7/9/04	380 Vasquez, J..11/15/03	529 Herl, W..12/14/03	1333 Coats, P..11/1/03
89 501 Chang, E..10/25/03	380 DeCarlo, C..3/27/04	529 Shocket, A..1/25/04	1333 Benezra, J..9/25/04
90 501 Retz, G..11/1/03	380 Wood, R..7/10/04	529 Zeln, J..2/14/04	1330 Grayson, S..5/1/04
91 501 Lubeck, W..11/8/03	380 Bunch, B..8/22/04	529 Wiltshire, G..4/17/04	1325 Clark, A..10/10/04
92 501 Kirchner, L..11/29/03	375 Smith, C..9/6/03	529 Cressey, E..10/30/04	1322 Flores, R..8/21/03
93 501 Lerach, D..2/21/04	375 Venturella, C..11/1/03	529 Proxmire, B..9/6/03	1322 Janjigian, B..11/1/03
94 501 Davis, K..3/6/04	375 Page, G..6/5/04	529 Williams, K..11/8/03	1322 Guthrie, G..11/1/03
95 501 Papaleo, P..5/15/04	375 O'Grady, P..5/29/04	529 Bruce, C..3/27/04	1320 Agostini, D..4/17/04
96 501 Hatlevig, S..7/17/04	375 Hilliard, R..7/10/04	529 Perez, M..9/11/04	1317 Tan, H..5/15/04
97 501 Lechuga, M..7/17/04	375 Gallagher, A..8/22/04	529 Labrie, D..10/23/04	1311 Portis, S..11/15/03
98 500 Rohr, J..11/16/03	375 Rocca, H..10/23/04	529 Kibler, T..11/1/03	1311 Opahle, G..1/24/04
99 500 Archie, C..3/27/04	374 Hokoana, M..9/20/03	529 Wade, T..11/15/03	1310 Yanez, P..3/27/04
100 500 Juroska, A..3/27/04	374 James, A..11/1/03	529 Davis, K..3/6/04	1310 Boshoven, M..5/30/04



Sidney Thoms dedicated her breaking of the 300 lb. barrier in the bench press at the APF/AAPF Region 6 meet, to her 26 year old niece, Kellie Swayman, who has stage 3 breast cancer. "The whole Frantz team knew that I wanted to dedicate this meet to my niece and really cheered me on to get this 303 lb. bench and I did it!" (photograph was by Ernie Frantz)

APF-AAPF Region 6 Meet 13 NOV 04 - Aurora, IL (kg)

AAPF BENCH	90 kg			
WOMEN	Jim Hussey	155		
M50-54	Anczerewicz	115		
90+ kg	100 kg			
Sidney Thoms	137.5	F. Kucharski	115	
MEN	AAPF DEADLIFT			
Jr. 20-23	T 16-17			
75 kg	67.5 kg			
C. Seego	130	J. Smoker Jr.	117.5	
Open	APF DEADLIFT			
67.5 kg	M 60-64			
C. Morse	130	90 kg		
Master 60-64	Dan Martin	177.5		
AAPF PL	SQ	BP	DL	TOT
MEN				
T 13-15				
75 kg				
M. Bordenaro	125	115	160	400
Open				
90 kg				
Jeff Rebera	280	210	235	725
100 kg				
V. Gutierrez	232.5	165	227.5	625
M 40-44				
75 kg				
Steve Lumpe	235	142.5	210	587.5
WOMEN				
Jr. 20-23				
75 kg				
J. Derosier	172.5	95	142.5	410

APF PL

MEN
Open
110 kg.

Tom Hypes 320 250 245 815
The APF/AAPF Region 6 on November 13 was a small but quality meet. Held at Frantz Sports, in Aurora, IL it drew lifters from Ohio and the Upper Peninsula in Michigan. A number of lifters had good days, including Jeff Rebera, Steve Lumpe, and Jasmin DeRosier. Sydney Thoms reached a goal she's been working for years. She broke the 303 bench record for the first time. And it looked great! Thanks to the staff at Frantz Sports; also to the judges and table staff. (by Amy Jackson, WPC/APF Office Manager)

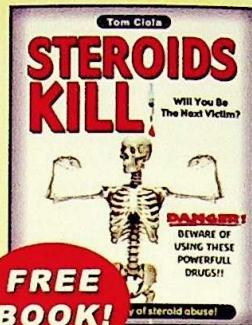
USAPL Virginia State

27 NOV 04 - Charlottesville, VA				
BENCHPRESS	John Self	365		
WOMEN	M. Mulqueen	355		
105, Open, 45-49	Out of State			
K. Poyer	130	D. Scarborough	330	
114, Open, 40-44	198,	50 - 54		
L. Haines	175	Al Statman	300	
A. Mamola	125	Raw,	65-69	
T. Paredes	90	John Moore	205	
123, Raw	220,	50 - 54		
Kerri Self	135	Sam Morris	480	
165, Open		Open		
M. Fadeley	180	Jason Wright	400	
MEN		242, Open		
114, Open		F. Schuetz	500	
J. Nuteman	100	Tim Durrett	435	
132, Raw	55 - 59			
D. Shipman	260	Mike Nichols	270	
Out of State 20-23	275,	Open		
Adam Woods	160	Scott Kuzma	540	
165, Out of State	Raw,	60 - 64		
John Mouzon	430	Robert Ewers	285	
181, Open	Supers,	50 - 54		
A. Mamola	465	Ron Beuch	465	
Raw				
WOMEN	SQ	BP	DL	TOT
105				
40-44				
Kim Ryman	205	125	265	595
55-59				
E. Newton	105	80	180	365
114 Open				
A. Sommers	245	125	280	650
Open, 40-44				
Leigh Haines	215	175	250	640
T. Paredes	115	90	225	430
123 Open				
G. Manuel	235	125	335	695
132 Open, 50-54				
K. Schmeets	225	115	270	610
148 Open				
A. Posey	170	110	230	510

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AGE	SEX	US CITIZEN	
		YES	NO
REGISTRATION FEE (CIRCLE APPROPRIATE FEE) A.P.F. \$30 A.A.P.F. \$30		REGISTRATION NUMBER	
		E-MAIL ADDRESS	

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INITIAL

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

SIGNATURE X

S. Henlen	440	330	500	1270
45 - 49				
Dana Smith	450	275	375	1100
65 - 69				
W. Breedon	200	200	255	655
198 20 - 23				
D. Green	360	305	365	1030
Open, 45 - 49				
S. Johnson	525	335	525	1385
50 - 54				
J. Hannah	450	260	510	1220
Al Statman	400	300	470	1170
55 - 59				
J. Harman	350	320	475	1145
220 Open				
J. Bradsher	600	445	705	1750
K. McCloskey	630	485	585	1700
Jared Fravel	590	345	565	1500
40 - 44				
H. Gerard	650	520	600	1770
E. Shrader	500	340	500	1340
50 - 54				
K. Hancock	500	315	450	1265
Raw, 50 - 54				
Doug Morris	340	190	450	980
242 Open				
Tim Durrett	605	435	600	1640
Matt Hanzlik	405	340	515	1260
35 - 39				
Paul May	550	350	600	1500
55 - 59				
Mike Nichols	315	270	415	1000
275 Open				
Gary Emrich	640	435	655	1730
College, 20 - 23				
J. McKelvey	405	430	615	1415
45 - 49				
Brian Bajert	600	375	700	1670
50 - 54				
D. Duesberry	450	315	600	1365
Supers, Open				
N. Minnetti	825	585	780	2190
Open, Police				
Ron Armstead	675	475	525	1675
T. Slaughter	620	450	600	1670
S. Slaughter	660	460	500	1670
50 - 54				
Ron Beuch	405	465	465	1335
				(thanks to John Shifflett for these results)

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