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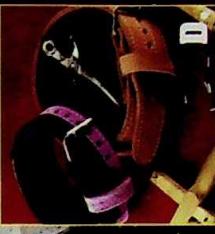
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# Powerlifting USA

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*ON THE COVER.... George Nelson crashing the 600 lb. barrier at the WABDL Oregon's Best Meet (p. 9) Brian Baertlein photo*

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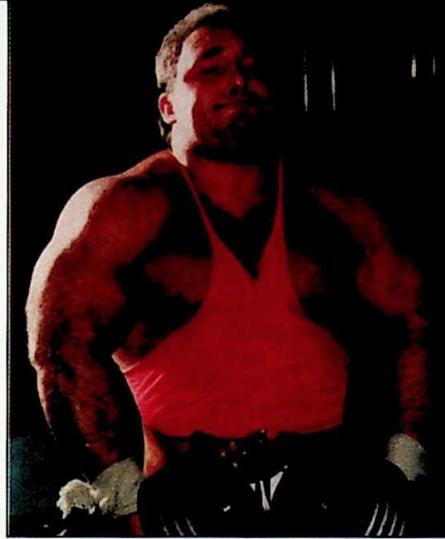


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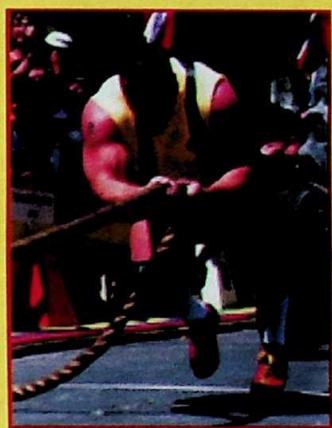
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# POWER PROFILE

a detailed PL USA  
look at some of the  
best lifters in the world

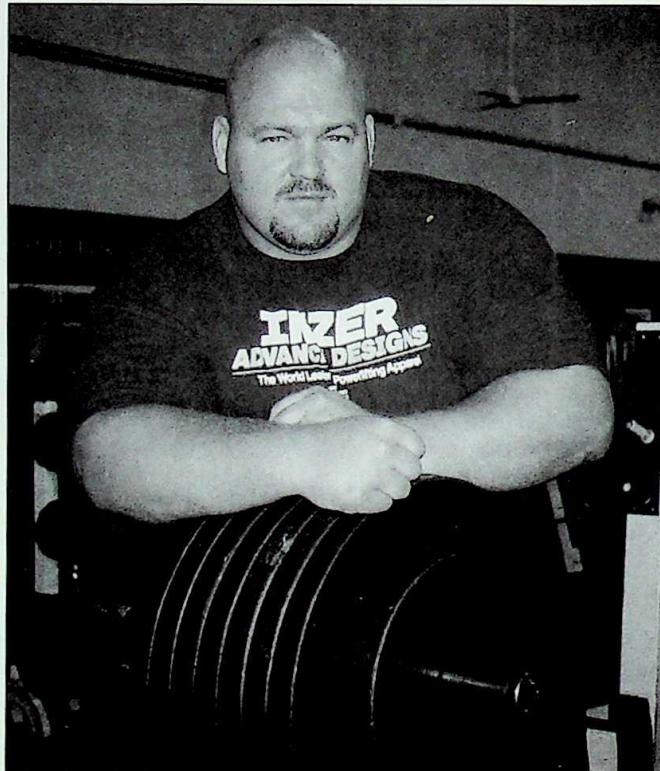
Berlin, WI's claimant to the mythical title of World's Strongest Man was born Dec. 20, 1964 to Glenn & Loretta Frank. Their son, Garry, has been around the powerlifting game for a while, but has emerged only recently as the major force among Superheavyweight contenders.

His father owned a bowling establishment, and as a kid Garry made the pins fly in all directions, but Garry was destined for other things. He was the middle child. His 3 1/2 year older brother, Tom, was All Wisconsin State in football. His other brother was 3 1/2 years younger. Garry was a big kid with a favorable genetic heritage. His dad had been a thrower and football player in his younger days at 6 feet tall and 275 lbs. Garry's paternal grandfather was a naturally strong man who had worked in a foundry. Grandpa had talent in the ancient sport of finger pulling. I'm not referring to the old junior high prank where some kid would ask you to pull his finger and ... well, you know how that one goes. Grandpa used to break the fingers of his challengers. Word spread far and wide, and pretty soon the list of would-be challengers dwindled. On the other hand his maternal grandfather worked at a feed mill and could lift up one side of the big feed scale higher than anyone. He's 6' 3" and still around - now pushing 90 years old.

Garry got involved in strength sports early on. At age 11 he was already putting the 8 lb. shot twice as far as the other kids his age. One of the kids challenged Garry to throw against his dad. After Garry out-tossed the grownup, there was no joy in Mudville. Garry grew like a weed. When he was in the 8th grade (age 14) he was already 5' 10" and 210 lbs. In fact, he reached his full height of 6' 3" before he entered high school. He had the athletic coaches drooling in anticipation. In high school he tossed the 12 lb. implement 66 feet plus. He flung the discus well over 190 feet. For his size, Garry was surprisingly quick. He sprinted 100 meters in 11.8 sec., ran the 100 yard dash in 10.5, and sprinted a 4.68 40 yard dash - all at 290 lbs. bodyweight. He garnered four Wisconsin State High School championships - two came in the shot put and two in the discus. These results put Frank on the High

## GARRY FRANK - SUPERHEAVYWEIGHT MILLENNIUM MAN!!!

*as told to PL USA by Herb Glossbrenner*



**GARRY FRANK** - an all around Superstar of the World of Strength.

School All-American roster, and later (1996) led to his induction into the Wisconsin High School Hall of Fame.

It won't surprise you to know that Garry got involved in lifting weights while he was in the 9th grade back in 1980. He then went to the Teenage Nationals in Powerlifting back on August 8, 1982 held in Gettysburg, PA. He was in the 16-17 age group, 242 lb. division. Garry came in 2nd to Ken Ufford, who became an exceptionally good powerlifter who hit a 788 DL @ 275 in 1984 and later pulled 820. Both youngsters weighed identically (235.46). Ken went 545, 358, 644 for 1548 to secure the win. Garry dunked 540, but missed tries with 573 & 578. The BP was then

Garry's Achilles Heel. He made a mere 275, missing twice with 286. Frank DL'd 617 (always his strongest event), but failed to complete two tries @ 650 - TOT 1432. In 3rd was Paul Immekus. Four and a half months later, Frank hit a 670 DL, good enough to make the *PL USA* Top 100 list for the first time. Before graduation in state high school competition, Garry upped his bests to a 705 squat, 350 BP, and a big 715 DL. Not only had he been the strongest teen in Wisconsin for 2 years (16-17 age group), but he was also now the strongest teenager in the country.

Garry attended college at Mississippi State on an athletic scholarship. He was a "blue chip" kid, and felt fortunate to have participated in

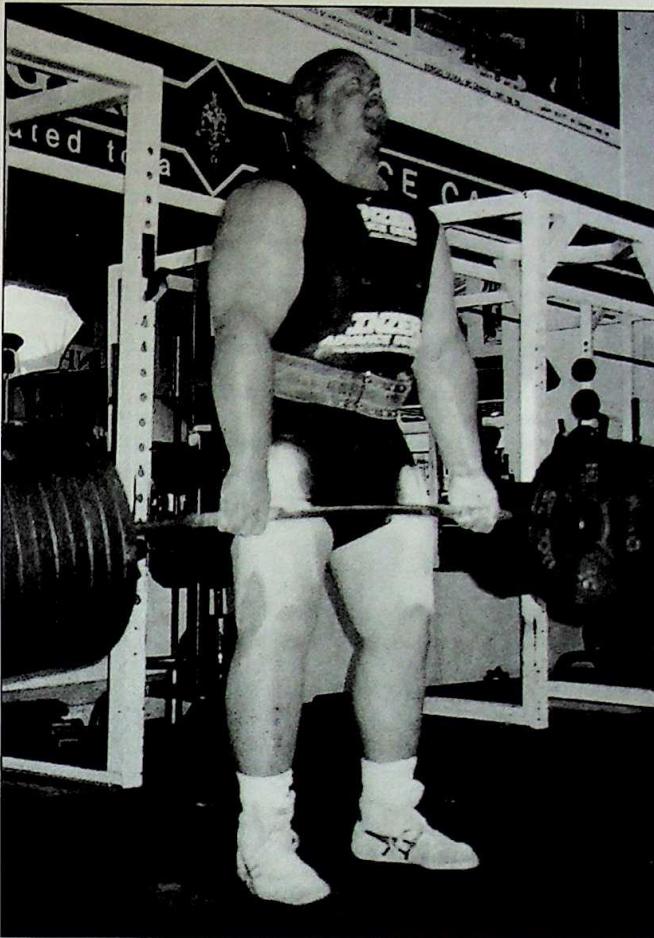
the "Bigger, Faster, Stronger" program implemented by Greg Shepard who became the strength Coach of the Utah Jazz pro basketball team. This program works with thousands of high schools, developing athletic hopefuls. Garry participated in both track & field and football during his college years. It was there that he added the explosive lifting movements of Olympic weightlifting into his strength training curriculum. He hit 440 lbs. in the power clean and handled 315-320 lbs. in the power snatch. Garry never did any overhead jerks nor did he enter any weightlifting meets, but he feels that with a limited amount of work he could have easily lifted over 400 lbs. above his head. In 1987 he won the NCAA (National Collegiate Athletic Association) National Championship, throwing the 16 lb. iron ball a distance of 69 feet 2 inches. Even today this is a world class performance. Later on, he transferred to Louisiana State University, and this afforded him the golden opportunity to throw in Europe over the summer for the Nike sponsored World Team. Garry was also on the Pan American squad.

I'm getting a bit ahead of myself, so lets back up a bit. Gary entered and won the National Collegiate PL Championships held March 24, 1985 at West Point, NY. He was still attending MS State at the time and came in weighing a rock solid 281. His opposition was one tough customer - John "The Rhino" Rienstra, a 286 lb. football standout from Temple Univ. He knew it would be no cakewalk and was prepared to fight. Although he squatted 755 and benched 396, he found himself 44 lbs. behind Rienstra at subtotal time. Garry made the come from behind heroic save and upset his competitor with his 2nd attempt deadlift. It took a big pull to get the job done - 782 lbs. This tied him with Rienstra at 1934, and Garry won the duel as lighter man. This was the eye-opening indication that he had a promising future in PL.

While in college Garry majored in kinesiology. This is the science dealing with the interrelationship of the physiological processes and the anatomy of the human body with respect to movement. Garry did well academically and was really thriving in his various athletic pursuits. In 1987, Frank had two outstanding power meets. Both came

in March 1987. On Mar. 7 at the El Dorado Open in Arkansas, he hit 843, 462 and 788 for a 2094 TOT. Two weeks later in Eau Claire at the Wisconsin State Championships he went 787 SQ, 502 BP (his first ever 500), and pulled a PR 792 DL to win the SHWs with a 2081 TOT.

In addition to this powerlifting and track and field exploits, Garry was a gridiron "gorilla" and plowed through his opposition like a steamroller. Pro scouts came to see him in action, and he got drafted by the Denver Broncos. Garry was in top shape strengthwise and decided to risk it all against the best. He entered the APF Junior National Championships held in Chicago, IL, April 23-24, 1988. The competition lineup was nothing short of incredible. Garry was a "sleeper" and his competitors didn't take him too seriously. Frank found himself in 5th position following the first two disciplines. He'd made an 850 SQ, then missed 900. He secured his 2nd attempt BP (510 - also a PR), but missed 520. Three weeks earlier, on April 3, Garry used the Region 6 Championships in Shreveport, LA as a tune-up. There he'd posted his best ever SQ (854), added a 485 BP, and hoisted his first ever 800 lb. plus DL (804) for 2143. It was much tougher here, but once again Frank found himself in the position to depend on his big DL to put himself on top. The 6' 7", 317 lb. deadlift specialist Gary Heisey registered the biggest pull of all time here. The way his 2nd attempt of 910 dangled on his gargantuan arms was awesome. At the time Garry thought to himself "I'll beat that one day down the road". Heisey did token lifts in the other tests and wasn't a threat for the title. There were 11 in his class. J. Bonus finished in 9th place with a 1900 TOT. Next in line was the 397 lb. Jean Donatat 1950. Steve Brodsky, the jolly giant, was 7th scoring 1975. Right above him was Presley who pulled 760 up to have 1980 and 6th. NY's Paul Sheedy finished with 2105 and 5th place. Fourth overall was Phoenix, AZ's Tim Isaac who hit 2125. Hoosier Art Larson tied big bencher Ken Fantano (Ken got 610 here) with a 2150 aggregate, and took runner-up as lighter of the pair. Frank trailed Larson, who led him by 105 lbs., going into the DL. Larson handled 685, but faltered trying 715 and 735. This left the door open for big Garry to win it all. He opened with 760 and it popped up like a cork in a rain barrel. To win he needed 800, and he went for it. His second attempt lift came right up with nary a hitch and he had the outright win - 2160 - a PR. Garry wanted to hit 2200, so he gave 840 a hearty tug. With nothing riding on



*Gary handling huge iron in Gold's Gym during his visit to California*

it, he didn't give maximum output - not today. In Powerlifting, this great competition was the biggest feather in his cap so far.

Thereafter, Garry Frank concentrated on his budding pro football career (which ended up stretching out for 15 years). He played a year for the Broncos, but Denver was looking for finesse and Frank's style of play was too physical. He was traded to the Atlanta Falcons and was there for 3 years. He frequently started, while serving as back-up to Bill Fralick. Garry met his future wife Theresa and they were married in 1989. Getting ahead of myself, today they have 2 kids: daughter Kristen (born 1993) and son Garry Alex Frank Jr., born in 1994. He was already playing tackle football at age 4 and seems destined to become a chip-off the "ole block".

Before his lifting career went into a state of flux when the demands of pro football kept him too heavily occupied year round, Garry made a huge total in 1989 at the Louisiana State Meet, where he squatted a massive 965 and totaled 2292. The results were never sent in to PL USA, but many heard of the big SQ on the grapevine and thought it must be a fluke. A decade

later we'd see that those lifts were no baloney!

Garry seemed invulnerable to injury, but that changed when in 1991 he tore the ACL in his right knee. The rehab takes about 8 months, but Garry healed fast, and five months afterwards he went to the state meet in Atlanta, GA and did 825 500 750 for 2075 and the win. He got the opportunity to play in the World League in Frankfort, Germany in 1991-92, and crunched his football opposition playing full time in Canada in 1993-94. The pay was good and he was able to save a nest egg for a rainy day. He also played ball out of Sacramento, CA, but in 1993 he tore the other knee tendon. With "zippers" on each knee, Garry matter-of-factly gave up pro football on a full time basis in 1995 and took up his next position as a Civics teacher at Bishop Sullivan High School in Baton Rouge, LA. He returned to the competition powerlifting platform at the APF Texas State Meet, where he went 804, 573 (an all time best) and a 777 DL for 2155 @ SHW. Garry hit a near PR total late in 1997 at a meet in New Orleans, but again the results were never sent in to PL USA. His result was a good one 848 SQ, 600 BP (a big PR) and

804 DL for 2254. This was a precursor of big things coming up in his PL future, which caught a lot of people by surprise.

Going into his 3rd year as teacher at Bishop Sullivan H.S. Garry was the defensive coordinator for football and also their strength coach for PL, which is a varsity sport in the Louisiana High School system. His strength training expertise has turned their football squad into a winning enterprise. Garry can rattle off by memory a list of his kids lifting accomplishments. He works with 85 students and loves helping them reach their full potential. Of major note was a SHW who graduated last year doing a 1775 TOT. Among his current stellar performers include: a 242 (1620); 220 10th grader (1350), a Junior @ 198 (1380). There's a 181 lb. 10th grader with 1350, a 148er in 10th grade hitting 1200. Other standouts include a 132 lb. Junior @ 1100, a 9th grade 114er with a 700 TOT and a Freshman 123 pounder with a 920 TOT. Garry is strictly against drugs for kids. The school competes in USAPL meets exclusively. To show he practices what he preaches, he did the USAPL Louisiana State Championships in Alexandria on 19 July 1997. Garry hadn't done any lifting himself for 5 months. Still, he easily won the Supers and took the Best Lifter award in the Men's Open going 810, 460 (hurt shoulder) and 770 for 2040. You can be sure he was drug tested and passed with flying colors.

Here's the training program he has put together for his charges. He has them do 6 doubles at 80% with 45 seconds rest between sets. Then for 3 weeks, he has them work at 85%, doing 6 singles. The 5th week includes 4 singles with 2 minutes rest in between sets. The last week before the competition he has them work up to 2 singles with 5 minutes rest in between lifts. This method has produced good results for all his youngsters.

Now let's open up a can of worms and discuss Garry's record in National Powerlifting Championships. Most of the blame must rest on football. Football and Powerlifting mix like oil and water. You can do one, but not the other simultaneously. Football wrecks the body and - in Garry's case - the knees. His bomb scare began in 1995. Garry zeroed in Dallas at the APF Srs., shy thrice on his 843 SQ depth. Ditto at the 1996 APF Seniors in Atlanta. He was 307.9 bwt. there and bit the dust - shallow - with an 804 SQ. The APF Srs., again in Atlanta in 1997, saw Garry eliminated - once again for SQ depth. He entered the USAPL Seniors that same year in

Chicago and met a similar fate. The SQUAT BOMB dropped for the 5th and last time at the APF Seniors in Northbrook, IL. Garry was really feeling down in the dumps afterward. The scar tissue accumulated from his knee surgeries, plus tight hip flexors from all that gridiron whipping & big iron liftin' had taken its toll. I'd seen enough and gave Garry a pep talk in the lobby that evening following the competition. I must have struck a nerve when I told him that he was too good to keep washing out and needed to pull himself up by the boot straps and return in 1999 with a newfound fire and vengeance. Evidently, he took it to heart.

I saw Garry lift again at the Westside Invitational held in Elyria, OH on Feb 29, 1999. His opponents included Russ Barlow of Turner, ME a massive 300 lb. Master lifter. There wasn't a scale big enough to weigh Steve Brodsky, whom they guesstimated at about 425. Garry came in at a well distributed 370. At 34, he told me that he'd taken to heart what

I'd told him. He'd given up football altogether and concentrated on redeeming himself in the powerlifting world. I was shell shocked with his performance. He SQ'ed 870, BP'ed 700, and had 2355 following a "conservative" 785 D/opener. Next he pulled 830, and busted the 2400 lb. barrier. A final try with a huge 900 cane knee high before stalling. Garry had also SQ'ed 910 but it was a tad high. The lifts he tried and almost got came to a mind boggling 2510.

At last, Garry Frank had revealed what his true capabilities were and it was mind boggling! Then, on June 25th last year, in York, at the Strength Spectacular, Garry hit 930, 650, 840 for 2420. This won the Men's Open Pro Division and topped runner-up Brodsky by a whopping 280 lbs. His 930 was called "not a maximum effort". His 650 BP was blown right up, but he missed his groove twice @ 705. He opened at a huge 840 DL, which he demolished. He came within a scant inch or so locking out his 2nd attempt 900 try. Garry told me that he's good for only two deadlifts on the

platform, and therefore he got his final 900 try just to his knees. The lifts he tried came to 2535! I talked Garry into lifting in the 1999 APF Seniors on July 11, 1999 in Daytona, FL. This would relieve him of the bombout bugaboo and give him his first ever Seniors title. It was also a qualifier meet for the WPC Worlds to be held in Calgary, Alberta, Canada later in November. At 368.7 in Daytona he did 832, 661, 859 (a PR) for 2353. At the WPC Worlds in Calgary on November 21st, Garry Frank became World Champion doing 843, 661, 848 for 2353. There he dunked 881 twice, but was denied it by the strict judges. His 2nd attempt 903 DL was almost up, but Garry feeds on the response of the crowd, and since the announcer didn't pump them up, 410 kg. had no significance, which may have contributed to the miss.

Garry would not compete again until the 21st Century. The time draws near for him to embark on his dream of crashing the 2500 barrier

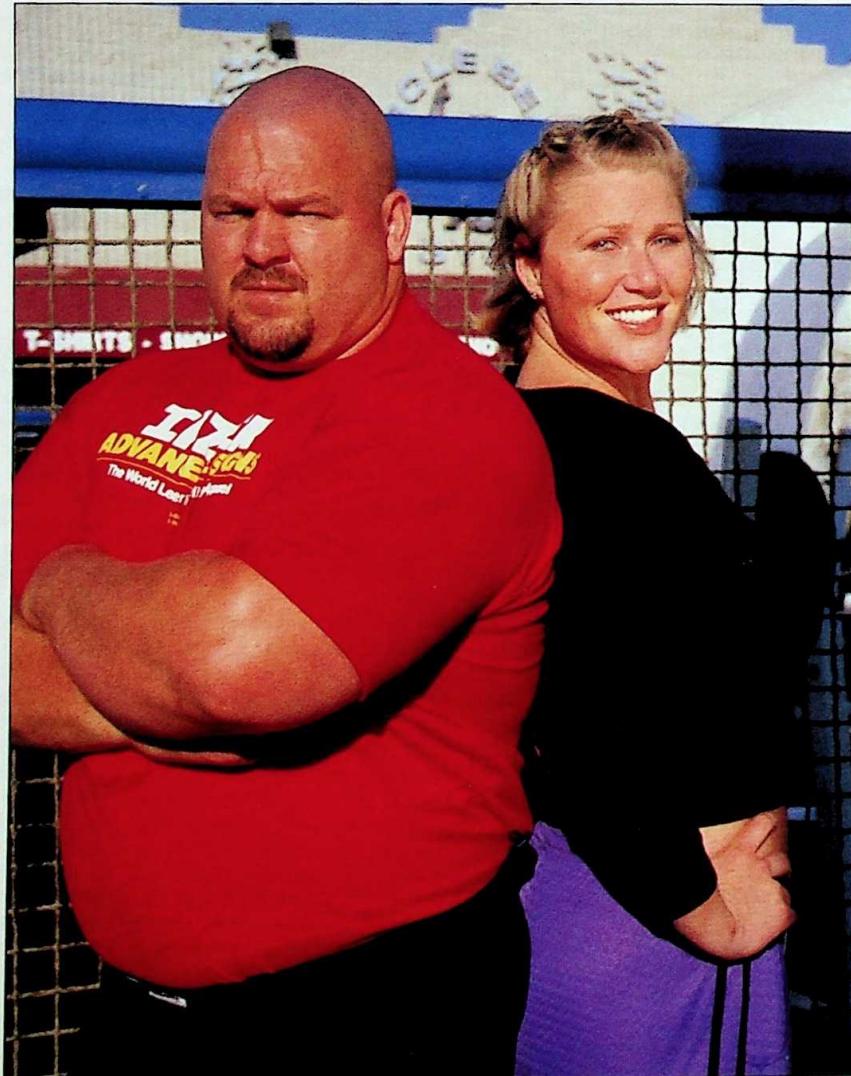
for the first time. Ed Coan was primed to do that last December, but was sabotaged by a misload in Las Vegas. Garry still has the golden opportunity to become the first man in history to crash that barrier. He promised me that he would do that and more and very soon!

Garry is very aloof regarding his training methods, and didn't want to disclose some of the enormous weights he's handled in training. I begged him and this is what he revealed. Of course, his best official lifts in competition are 965 SQ, 700 BP, and 859.9 DL. That comes to 2525 in a total of best lifts. Garry's also worked the dumbbell press - a pair of 175s in the front press for 6-8 reps. He's handled 200 lb. dumbbells easily for 10s in dumbbell BP press. His best training powerlifts: 935x2 SQ below parallel in Jan 2000. He's done 1020 for a single two inches above parallel. He's half squatted 1050x2. (That's half way to parallel with the straps on his suit down). He's SQ'ed 870x2 with no suit and no wraps (raw). In the BP:

740x1 pause, 775 touch & go, and 680x1 raw (no shirt). He mostly does singles, but has done 600x8. In the DL - Garry's bread n' butter lift - he's made 825 for 6 singles in one workout with 45 seconds between each lift. He's done 820x2 raw (that's no suit, no wraps, no belt)! Garry never has had a grip problem. As proof of this he's done 905x1 in practice and held it in the finish position for 10 seconds. He never uses straps. He's singled more than this, but doesn't want to disclose it. In the partial DL, he's done 1000x3 with no straps at a position just above the knees in the power rack. Garry is working hard on his SQ to get deeper. With feet only 12 inches apart he's done 700x2, sitting with buttocks on his ankles. Garry feels that the DL is indisputably the king of lifts. It has always been his favorite lift. He thinks the number of good DLers has diminished today because there are no shortcuts and the lifters of today don't have as high a work ethic as they did 10 or 15 years ago. Frank offers the following advice to up and comers: His keys to success are (1) integrity, (2) loyalty, and (3) perseverance.

In closing Garry wishes to thank a few of his major boosters: his current training partner Bob Phillips (2050 @ 275). He invited Bob to move to Baton Rouge in 1998. Phillips helps his boys in training. He appreciates Jim Zarling and thanks Tom Glenn who sponsored him when he won the '88 APF Junior Nationals. Garry credits Herb Glossbrenner as the catalyst for him to rise like the Phoenix from the ashes in the mythical fable. Most importantly, Garry gives a big thank you to John Inzer of Inzer Advance Designs for supplying him with such dynamic PL Equipment. Longview, TX is not so far from Baton Rouge. Garry plans to hook up with John for some deadlift training sessions this year. Now that will be something!

After training for and playing pro football for 10 years with 6 months of the year for football and PL training only during the off season, Garry Frank has at long last become a full time powerlifter. It appears that only the sky is the limit for him now. Good luck Garry, and may the force be with you!

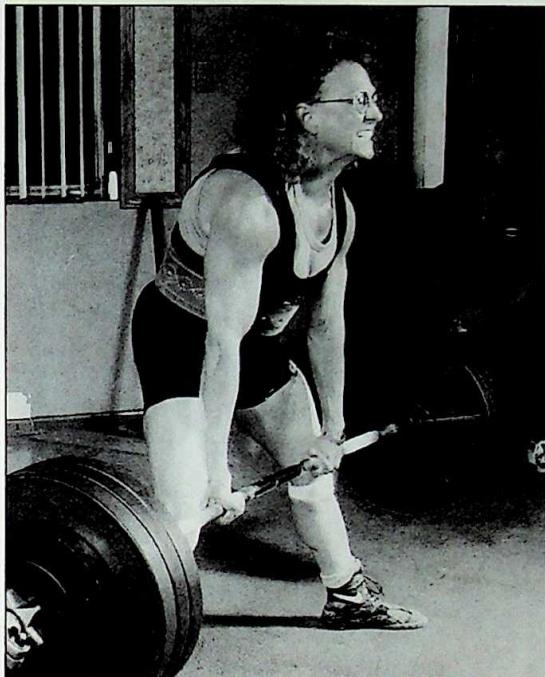


Garry appeared on the FEB/2000 cover of PL USA with Jackie Hatten (Ned Low photos)

**WABDL Oregon's Best BP & DL**  
**15 APR 00 - Coos Bay, OR**

Deadlift	Women's Bench
Men's Class I	
198	123
D. Prince	460
4th	490
Men's Open	E. Matthews
148	198
F. Evangelista	470
198	S. Radcliffe
D. Price	460
4th	148
220	S. Edmondson
4th	670
275	V. Shaw
SHW	520
R. Russell	700
Men's Master	
40-46	148
F. Evangelista	470
275	M. Ceccarelli
47-53	475
123	L. Muth
J. Clay	585
242	R. Nelson
P. Markel	410
54-60	220
J. Young	575
61-67	275
K. Nicholls	431
Men's Open Bench	
114	L. Culp
4th	295
165	300
D. Maddux	300
181	J. Picking
W. Sheaffer	310
198	B. Love
M. McDonald	315
275	G. Nelson
R. Russell	450
Men's Novice Bench	
165	R. Nelson
R. Sell	240
181	J. Thomas
4th	315
198	M. Stevenson
B. Moore	380
J. Schrag	340
220	G. DeMetz
D. Jacobson	405
B. Carr	385
S. Mickelson	360
242	Z. Hall
275	G. DeMetz
F. D. Frosland Sr.	235

70! In Teen Men Bench, Scott Anderson put up 95# at 114# in age group 13-15. At 148 Michael Anderson set an Oregon State Record of 195 in 13-15 age group. At 220 Jason Davasher put up 260. In 16-18 Jared Loomis did a quality 385 at 198 and tried a World Record of 410, but was unsuccessful. At 148, Dwyane Grundy pushed 225. In Class I bench, Robbie Sell put up 240 at 165 for an Oregon State Record. At 181, Jake Thomas set an Oregon State Record with 320. At 198, Michael Stevenson set an Oregon State Record with 380. Bob Moore was 2nd with 350 and Josh Schrag was 3rd with 340. At 220 David Jacobson did a 405 to beat Brad Carr, who did 385 and Scott Mikelson who did 360. At 242, Zack Hall set an Oregon State Record with 370 and Stephen Smith was 2nd with 315. At 275 Greg DeMetz set an Oregon State Record with 340. In Master 40-46, Freddie Evangelista did 340 at 148. Bill Gray did 335 at 198 for the win. At 220 Jeff Jones, who came in from Sparks, Nevada, did 355 at 275. Don Frosland Jr. beat Mario Ceccarelli 460 to 405. In master 47-53, Larry Muth did 190# at 123#. At 181 Leonard McAllister set an Oregon State Record with 375 and tried a world record 405. At 198, Rob Lauver beat Ted Padgett 340 to 275. At 220 Bill Sekermestrovich beat Ron Otremba 440 to 335. At 242, Roger Nelson beat Phil Markel 430 to 405. Dave McCleary was 3rd with 375. In Masters 54-60, George Nelson became quite possibly the greatest bENCHER in history - not just the greatest master bENCHER in history - why. You figure it out - he's 55, weighs 260. He put up 600! and 610!! in perfect style. His butt stayed down, he paused perfectly, his head stayed down and his lockout was smooth. It's impossible for a man 55 to do that weight. He was wearing a

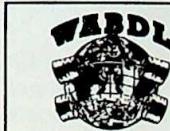


Jo Walker pulled a huge 400 weighing 126 at age 55 !!



**WABDL President Gus Rethwisch helps George Nelson signify his accomplishment - breaking the 600 barrier! - (Baertlein photos)**

double denim shirt. I've seen George do 545 with no shirt. He's the oldest man to do 600 by 5 years. He was drug tested and passed, for the fifth time. Moving on in masters 54-60, Jimmy Young did 375 at 220. Jerry McCamman did 265 at 181. In masters 61-67, Larry Vincent did 280 at 148. Larry is the current World Record Holder at 286. John Rieth put up 190 at 181. Keith Nichols put up 245 at 275. At 68-74, Don Frosland Sr. did 235 at 198. In open bench, Lyle Culp set a world record in both Junior and Open with 300 at 114 to erase Hung Pham's record of 292 in both divisions. At 165 Delos Maddux did 300. At 181 Jayce Picking beat Wally Sheaffer 325 to 310. At 198 Bill Love did a nice 390 to beat Michael McDonald's 315. And as mentioned previously, George Nelson did 610 at 275. At Super, Rick Russell did 450 and he also set a world record in the deadlift in Law Enforcement/Fire with 700#. Byron Beebe was the meet director. There were 76 lifters. He did a great job. He carried on the tradition of WABDL meets being held in hotel ballrooms. The lifter checks into the hotel, sleeps there, eats there, weighs in and lifts there. Johann Proctor was the M.C. Rocky was the scorekeeper. The judges were Dave Cheek, Larry Muth, Christy Hansen, Kerry Long and Gus Rethwisch (results and report were provided courtesy of Gus Rethwisch)



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

If under 18, have parent initial \_\_\_\_\_

Signature \_\_\_\_\_

In men's deadlift in Class I, David Price set an Oregon State Record in 198 with 490#. In 275, Mario Ceccarelli pulled 475 for the Gold. In open deadlift, Freddie Evangelista set an Oregon State record with 470 in the masters 40-46 at 148#. Freddie competed in both open and masters. At 220, Scott Edmondson pulled an Oregon State record with 670 at 220. Victor Shaw pulled 520 at 275 and Rick Russell pulled 700 at Superheavy. In Master Men's deadlift, Larry Muth pulled 295 at 123. Phil Markel pulled 410 at 242 and Keith Nichols set a world record in 275 at 61-67 age group with 431. Mario Ceccarelli pulled 475 for a Washington State record in class I 275#. John Clay set an Oregon State Record with 585 at 198, 47-53. Roger Nelson pulled 550 at 242 47-53 and Jimmy Young came close with a world record 615 at 220, age group 54-60. Jimmy currently holds the record with 600. In women's deadlift, there were only two pullers and they were outstanding. In Submaster 123 Roberta Hunt set a World Record with 305, beating the old record by 30#. Then we came to Jo Walker, who pulled an unbelievable 400# weighing only 126 at 55 years of age! The best female deadlift in the world today, all things considered. In the bench - women 1st: Sue Lauver set a World Record of 165 at 40-46 123#. Shelley Radcliffe did 225# at 123# in the open. Ellen Mathews did 165 in open 148. In submaster 198 Sharon Allen set an Oregon State record with 210 and tried 221 for a World Record, but it wasn't there on this day. In master 68-74, 198+ Gloria Michell set a World Record with 100#. It was Gloria's first meet at age

# POWER PROFILE

a detailed PL USA  
look at some of the  
best lifters in the world

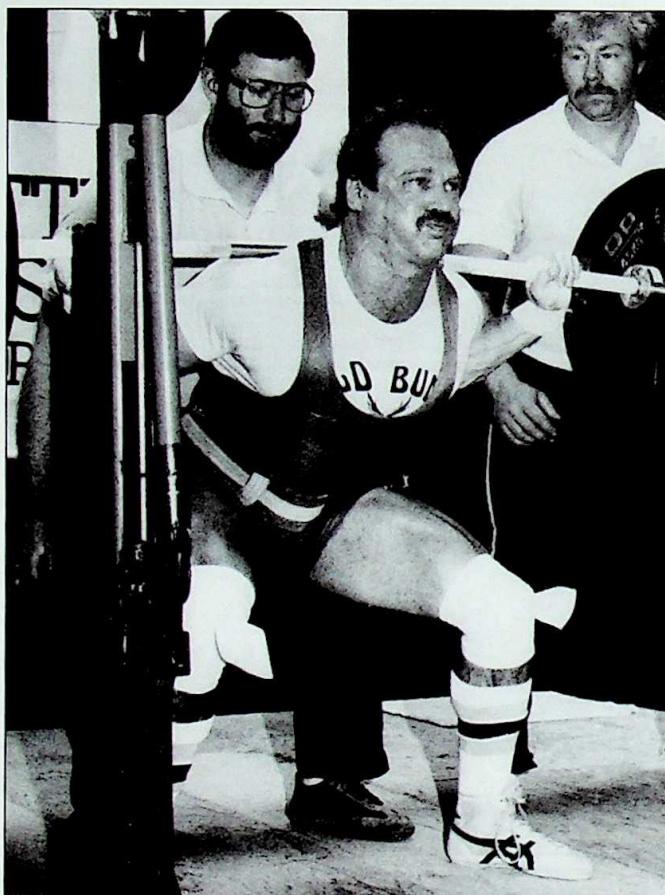
Duality intrigues me. Life's humorous and tragic lessons find me laughing and cursing at its ironic twists of fate. These are my thoughts as I stare deep into the Nevada desert night from my downtown Las Vegas hotel room. Uncertain whether to laugh or curse, I reflect on the irony of seeking a pensive solitude in "Sin City" where the creative inspiration can be found to write about a Christian minister's extraordinary story. Stop! Further reflection, I realize, borders on self-analysis. Fearing the outcome of an objective self-assessment, I immediately re-direct my thoughts home to Cleveland, Ohio and Black's Health World where the creative inspiration for this writing is truly found.

In the early 1970s as Cleveland's river and mayor's hair were ablaze, a tough, young street fighter and gang leader persuaded a few of his weightlifting buddies at Vince's Gym on the near west side to start training in his backyard. This ordinary event set aflame a passion that would engulf his life - ultimately bringing him and his friends international athletic prominence, a family, religious awakening and near death. As Cleveland's inferiority complex deepened, John Black Jr.'s backyard gym burned with confidence. Intense workouts developed a strength and arrogance among John Black's friends that became intent on conquering the national and international powerlifting world. By decade's end, John Black and his friends John Florio, Vince Anello, Jack Sideris, Bob Fortenbaugh were winning championship trophies and establishing themselves as some of the strongest powerlifters in the world. This core group eventually included Dave Schneider, Steve and Todd Wilson, Louie Simmons, Dan Wohleber, Hoss the Boss, and others.

Gregarious and intense, John Black's powerlifting team became known in the powerlifting community as "the Wild Bunch" for their

## Black's Health World

as told to Powerlifting USA by Roman Horodysky



**John Black** before the horrific accident at the '82 Juniors (Datnoff photograph). Black's Health World is celebrating its 25th anniversary.

tournament exuberance and legendary, late-night, hell-raising escapades. Hard years of training and individual victories in the 1970s ushered in a decade that would bring international prominence to Cleveland's "Wild Bunch". While championships eluded Cleveland's major professional athletic teams, Black's team dominated the powerlifting world in the 1980s - winning or placing second in most of the decade's major tournaments.

Success in any realm warrants respectful acknowledgement. Often lying unseen below its surface are hard sacrifices and bitter setbacks - events that ultimately can shape or define a person's direction in life, if not the person itself. In early June 1982, John and his team

were in Portland, Oregon competing in the Junior National Championships. While attempting a 722 pound squat, John suddenly collapsed. His right knee cap tore off of his leg and the full weight that he attempted fell on him - nearly crushing him to death. Teammates and observers thought he was dead. Incredibly, he survived, but was confined to a wheelchair for eleven weeks after leaving the hospital. One year after this harrowing accident, John amazingly set a personal record in the very same lift that crushed him - exceeding the weight that he attempted in Portland.

In April 1997, triple bypass surgery nearly claimed John's life. In November of that year, he won another tournament in the Masters

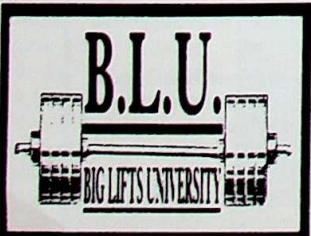
division - 220 pound class breaking a world record with a 755 pound squat.

Near tragedy, ultimately followed by miraculous recovery and athletic victory, has become an almost regular occurrence in John Black's life. Stories and anecdotes abound leaving listeners amazed, even inspired. But for John, the real story can be traced back to 1978 after he won his first big tournament - the Bob Moon Memorial Tournament. "Riding home with my father, after winning my weight class and the meet's outstanding lifter trophy, I thanked God and was then overcome by a great feeling of emptiness. I thought to myself - I don't believe in God, yet I'm thanking him? How stupid is that? Until that moment, winning and becoming one of the strongest men in the world meant everything to me. Suddenly, I won and suddenly I felt complete emptiness. Everything I had worked for left me feeling that something was missing. My sister recommended that I go to church and soon I was reading the Bible and eventually I accepted Christ as my savior. That feeling of emptiness left me, replaced by a feeling of fulfillment. My life was re-directed from glorifying me to glorifying God."

John's faith inspired him to become active in the community. He, along with friend George Popovich, founded the Cleveland West Side Jaycees chapter in 1977. He also became a minister - pastoring his "Jesus Speaks" church and made it his life's mission to spread the Christian teachings to any who would listen. Among those who have listened are inmates and ex-inmates of prisons visited by John and his powerlifting team. John has held church services, offered messages of hope and inspiration, and has conducted clinics at over thirty prisons - receiving national accolades for his work with ex-inmates, drug addicts, and disadvantaged youth. John particularly emphasizes the importance of trying to positively influence youngsters. A Christian recreation center is being planned and John and his lifters periodically visit youth detention centers hoping to re-direct teens who may have lost their way.

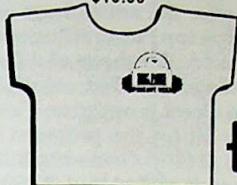
Needless to say, John Black and his powerlifting buddies outgrew

(article continued on page 71)





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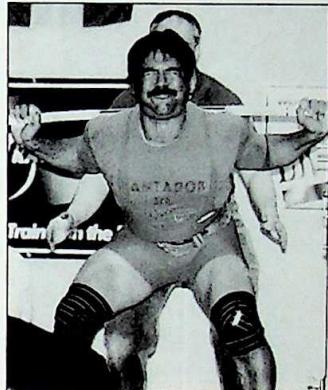
**CAPITOL IMPEX 7640 Fullerton Rd. Springfield, VA 22153**

The long awaited Pan American Powerlifting Championships took place at the Radisson O'Hare Airport Hotel. It was run by the PAPF, Pan American Powerlifting Federation. This is a new federation that is planning to organize powerlifting under the PAPF banner in North and South America. The President of this federation is Dr. Mauro DiPasquale. The PAPF General Secretary is fellow Canadian Mike Armstrong. Another Canadian Bill Jamison, who was the IPF North American Vice President, is the PAPF Technical Chairman. The PAPF Vice President for North America is Mike Overdeer, who is also USAPL President. Saul Salazar is the PAPF VP for South America. There will be Vice Presidents from the Caribbean states and another will come from Central America for a total of 4 PAPF Vice presidents. Hawaii's P. J. Couvillion was named Medical Chairman

Six nations competed in the first PAPF events. They were USA, Canada, Mexico, Columbia, Puerto Rico and the Bahamas. Dr. DiPasquale explained that many of

## PAPF Pan Am Championships

*as told to Powerlifting USA by Peter Thorne*



**Armendariz ... one of the new Mexican lifters . (Peter Thorne)**

the South American countries, whose participation had been announced, just did not have the financial resources for international travel. Dr. DiPasquale explained that, even though he personally paid for the rooms, the travel expense was just too much for the South American lifters. Next year the PAPF event is planned for Mexico and more of our Southern neighbors are expected to attend. For those who plan ahead, the 2002 PAPF Championships are slated for Puerto Rico.

The lifting was preceded by a day of seminars. Fortunately some lifters came early to the contest and attended the day long seminars. The PAPF took this occasion to honor members of the powerlifting community. Dr. DiPasquale set aside Thursday from 7PM to 11pm so that people could visit with Ernie Frantz, Larry Pacifico, Joe Bradley and Walter Thomas. These men were given plaques by the PAPF to honor their contributions to the sport of powerlifting. Terry and Jan Todd were supposed to be on hand too. It was said their cows broke loose and they

had to go back to the range and round up the "little doggies".

Then came the lifting. Since there was no qualifying totals and the countries and lifters were at their first ever PAPF meet, the totals varied quite a bit.

In the WOMEN'S 44 kg. class there were two lifters and Velez of Puerto Rico posted a 250 kg. (551 lbs.) total to best Rios of Mexico.

WOMENS 48 kg. class had 4 lifters. This time it was Puerto Rico 1st with Caceros posting the winner with 275 kgs (606 lbs.) and Porras of Mexico was 2nd. Feliciano did not get any of her squats passed and Mexico's Reyes did not get any benches passed and both were out of the contest.

WOMENS 52 kg. class - A class of three lifters. Gonzales of Mexico posted a 295 kg total (650 lbs.) for 1st, Velez of Puerto Rico 2nd with 252.5 kgs (556 lbs.) and the third was



**Kelii - Women's BL. (Simmons)**

Canadian, Diane Richard with 237.5 kgs (523 lbs.) total.

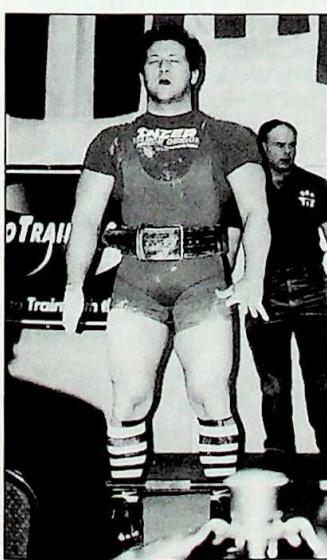
WOMENS 56 kg class. The first USA competitor was Kelii. Kelii holds IPF Masters World Records in the Bench, Squat, and Total. She set these records in Japan in 1995. This contest was Kelii's return to powerlifting. She was the winner of her class and 'best female lifter' of the PAPF Championships. She was awarded with the 'best bench' too. Kelii added to this with a 170 kg (374 lbs.) DL. That gave her a 420 kg total (925 lbs.). Allison of USA was 2nd with 355 kgs (782 lbs.) Cabrera of Puerto Rico was 3rd in this 3 lifter class.

Women's 60 kg class - with 6 lifters was the largest class. Angie Overdeer missed only one lift, her opening deadlift, and posted a 420 kg. (925) total for USA gold. Fernanda of Puerto Rico was 2nd. Fernanda had some technical challenges with the lifting but her huge strength was apparent and she can be a great competitor one day. Femia of the USA rounded out the top 3.

Women's 67.5 class - brought the 3rd straight gold to the USA as Rhonda Clark posted 422.5 kgs (930 lbs.) to eke out a 2.5 kg win over Nieves. It took the 'Best Deadlift' of the women's competition, 207.5 kgs (457 lbs.), to get the win. Nieves of Puerto Rico was 2nd and she had the 'best squat' of the women and headed into the bench with a 40 kg. lead. Nieves made an unexpected jump in her deadlift, from 162 1/2 to 182 1/2 kgs when she only needed 5 kg. to win the gold. Nieves seems to have exceptional strength and with a bit more international seasoning she will be a real force. Dennis of Canada was 3rd in this class of 4.

Women's 75 kg class: Vera of Mexico did not get her opener and was out of the contest. That left 3 lifters. When the lifting ended there was only 7.5 kilos separating first and 2nd and third. McIntosh of the Bahamas captured 1st with 367.5 kgs

(article continued on page 70)



**Jeff Butt of Canada (via Thorne)**

# WORKOUT of the Month

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

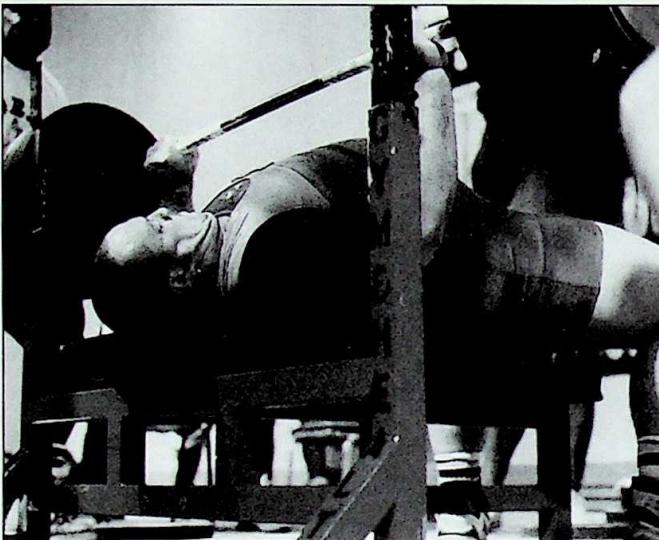
This program is intended for a lifter capable of a 500 lb. bench press. It is a 2 month program. The expected increase for this training cycle is 35 lbs. The trainee should start with one bench workout every 5th day. Only one exercise may be performed on any given day. No assistance work, other than cheat curls, will be performed because they only detract from this unique program.

I lifted according to this program for 2 years, and my bench went from 575 to 652. I benched once a week, squatted once every 7-9 days and did cheat curls once every 7-9 days. These were the only exercises I used.

Small weights and light workouts are bothersome and extremely useless. We will use very heavy weights in my program. In order to lift heavy singles in competition you must lift heavy singles in the gym, all the time! The repetitions, except warmups, will all be singles. Even if you feel you can do the weight more than once, *do not do it*. Doubles and triples and higher repetitions will not help at all.

With my workout you will not leave the gym all pumped up and sore, but we are not after soreness; we are after strength. The trainee

## Jeff Maddy's "RAD" Bench Press Routine



*Jeff Maddy went on to bench press 700 lbs. (in Hawaii, above) after this Workout of the Month was first published in the August 1987 edition of Powerlifting USA. Recently, there has been a number of inquiries about this routine from those who had used it successfully in the past, but could no longer locate the information in their files.*

will find a tremendous urge to return to the gym. He will return healed, hungry, intense, and stronger.

I recommend long rests (10-20 min.) between all sets, even the warmups. Remember these important things. Do not stretch before working out; Do not do assistance work; Do not do more than 1 repetition a set, even if you can; Do not consider a workout ruined if you miss a lift or two; Do not do extra strict pauses, in the hole, even if you can.

I could not make this article complete without thanking Big Jim Williams and Paul Anderson for inspiration, motivation, and dedication.

**1st Workout** (Sunday): 285 for 1 set of 3 reps, 350x1x3, 425x1x1, 470x3x1, Max out\*.

**2nd Workout** (Friday): Same as first workout, 470x5x1, Max out.

**3rd Workout** (Wednesday): Same as first workout, 470x6x1, Max out.

**4th Workout** (Monday): 285x1x3, 350x1x3, 425x1x1, Max out, 480x3x1.

**5th Workout** (Saturday): Same as first workout, 480x5x1, Max out.

**6th Workout** (Thursday): Same as first workout, 480x6x1, Max out.

**7th Workout** (Tuesday): 285x1x3, 350x1x3, 425x1x1, Max out, 490x3x1.

**8th Workout** (Sunday): Same as first workout, 490x5x1, Max out.

**9th Workout** (Friday): Same as first workout, 490x6x1, Max out.

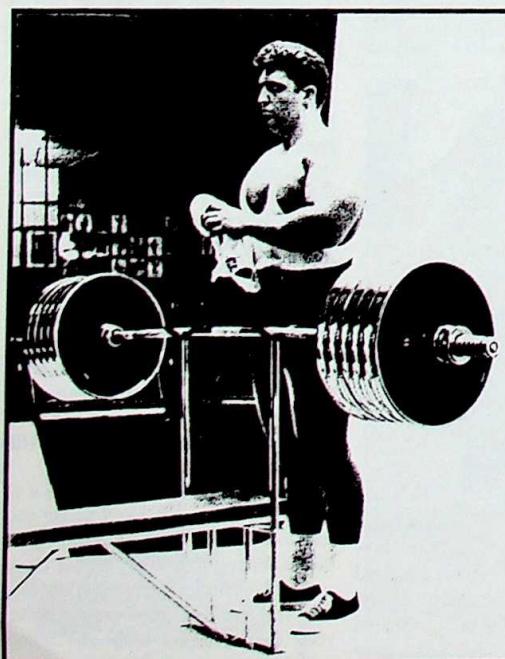
**10th Workout** (Wednesday): 285x1x3, 350x1x3, 425x1x1, Max out, 500x3x1.

**11th Workout** (Monday): Same as first workout, 500x5x1, Max out.

**12th Workout** (Saturday): 500x6x1, no max today.

**13th Workout** (Saturday) - Contest Day: 285x1x3, 350x1x3, 450x1x1, 1st attempt - 490, 2nd attempt - 520, 3rd attempt - 535.

\* Max Out - means go for a P.R., do not do a negative, but try to make the lift. The max will be done for 1 set of 1 rep.



## Legendary Pat Casey King of Powerlifters now reveals his training secrets and training techniques

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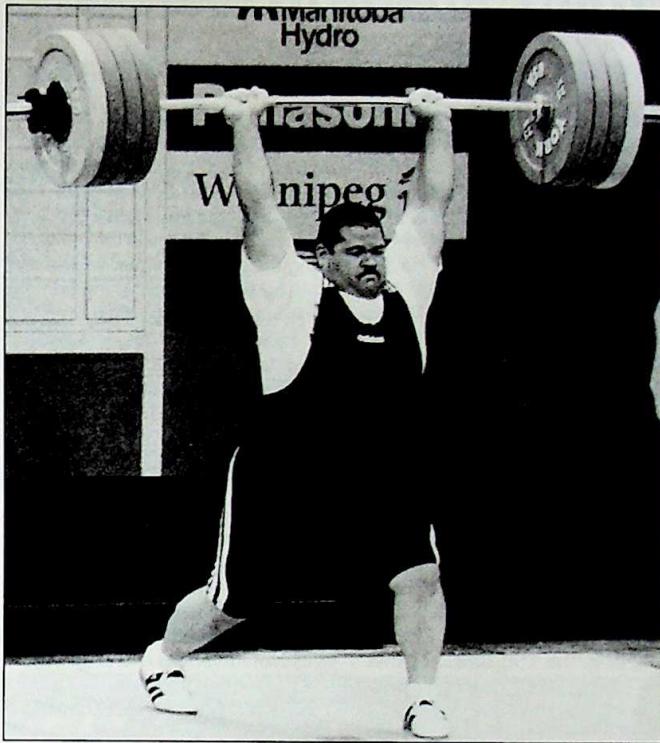
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Any time you want to start a pissing contest, put powerlifters and Olympic lifters in the same room. The typical comments? You do it with technique not strength .... you have no athletic ability .... what we do takes coordination too, not brute power ... you guys don't even look like you lift weights ... anyone can do what you do after two weeks in the gym ... got enough wraps on? Many of the comments are worse and often it ends with both sides flailing around screaming, "I oughta kick your ass". I've seen this since I first became aware that there was a dichotomy in the iron sports, one that I saw "in person" in the early 1960s when powerlifting became and organized and then an officially recognized sport.

Although I'm making general comments in order to emphasize the point of this article, all of us are aware of the prejudices each side holds. The powerlifters don't feel that the Olympic lifters are strong, at least not as strong as them. They often don't see much obvious muscular development on many skilled Olympic lifters. While they understand that much technique is involved, they often feel slighted by the lack of respect shown by Olympic lifters and others for the technique and skills they need to forge in order to powerlift successfully. Many Olympic lifters see powerlifters as they did in 1964, as un-athletic lifting types without the skill, athletic ability, or dedication to do the Olympic lifts well. The amount of supportive gear is seen as a sick joke in an attempt to boost one's ego with huge lifts that one could not make without "artificial" aids. The powerlifter sees the equipment as a competitive equalizer, part of the sport, an injury preventative, and something that yes, allows them to lift more weight for their own gratification, the primary purpose of the sport. Within powerlifting itself, there is debate on the latter issue. However, the primary points of contention between the two factions, Olympic and powerlifters, would be less well defined if they realized that one sport has nothing to do with the other.

The only common denominators between these two activities are the use of the barbell, the fact that one has to be strong to do either one, and that one has to learn the skills of the specific lifts. Past that, there is no comparison, no basis for comparison and it is beyond me that this type of debate continues and has continued since the mid Sixties. An Olympic lifter must compete at two very clearly prescribed movements and there is a body of evidence that has indicated that success can be achieved following the dictates of that evidence. Powerlifters must do three completely different and non-related movements relative to Olympic lifters. Their training, while falling into many philosophies and theories, has nothing to do with the training done for Olympic lifting. There is also no "this is harder to do" argument to be

## More From Ken Leistner



**Shane Hamman** - one of the few strength athletes to have successfully bridged the gap between Power and Olympic Lifting. (Drake)

made. What is difficult for one, may not be difficult for another and there are many powerlifters who can and would do the Olympic lifts as well technically, as any Olympic lifter, with adequate practice. I am not saying that the Olympic lifts do not require more technical application and practice, but let's not forget that powerlifting, to the everlasting shock of the general public, takes quite a bit of skill to hone one's appropriate techniques and apply them to one's specific body type and leverage factors. You do not take Olympic lifting principles and apply them to powerlifting, or at least, it would be more counterproductive than productive to do so. You do not take powerlifting training principles and apply them to Olympic lifting for the same reasons. You can certainly take general physiological and psychological principles that relate to muscle tissue stimulation and growth, organism recovery, and arousal for example, and apply them to either activity. You can also apply them to football or rugby but they would be general principles being applied specifically, not principles specific to the activity itself. And using football and rugby, although many observers think they are looking at a

similar activity, spend time with any pro or collegiate football team and watch them train, and then travel down to New Zealand and watch the All Blacks get ready for a season opener. I don't think you will see one thing that is similar relative to preparation.

The point being made, there is an obvious call for mutual respect between the lifting sports. I may not agree with or like to see all of the supportive gear, but I have to admit, I admire and respect the training it takes for guys and gals to lift any type of huge weight. If you squat 600 with no supportive gear or with everything you can get your hands on, you are still one very strong son of a gun in order to stand up with the weight, and then handle it in a squat. You have to respect that and for those who have put the years in, the type of dedicated training it takes for anyone to get to that point. Holding anything over 300 pounds over your head, no matter how you got it there, is close to a super human feat. You can talk all you want about "technique" but you again, have to be a fearless and strong mother to get that weight up there and hold onto it. And no matter how "skilled" you are, that type of lifting doesn't just happen,

you have to train extremely hard and consistently. So yes, mutual respect is demanded from all, for all.

For those interested in seeing good Olympic lifting and good powerlifting, there are many tapes on the market. Back in the "old days", the big excitement for powerlifters was a live glimpse of hammer thrower George Frenn. Whenever *Wide World Of Sports* was to televise an international track and field meet, the hope would persist that they would show the heavy events (which they most often would not do), show Frenn throwing (which they most often would not do), and then mention, just mention that George was "a powerlifter" and "a strong guy". That was the extent of powerlifting exposure and any type of visual you would be able to get on the sport. I know its difficult for the younger lifters to grasp this, but the only way you could find out anything about the sport, until the coming of *Powerlifting USA*, was to travel to a gym one that you may have heard had "powerlifters training there", find out what time they trained, and then drove over to watch and hopefully get some answers to your many questions. That was it! Now, in any issue of *PL USA* and on the internet, there are numerous sources for contest tapes (such as the coverage shown by *POWERLIFTER Video Magazine* advertised here in *PL USA* or from Rickey Crain), instructional videos offering quality commentary and a variety of training ideas (such as those advertised by Lou Simmons and Ed Coan, again here in *PLUSA* and elsewhere), and both old and recent contests. I often view the tape I have of the 1966 Los Angeles Championships, with Pat Casey making some of his huge record lifts and George Frenn squatting in a cast on his broken leg and many of the Westside and Zuver legends. Of course, this was a family movie belonging to Pat which was converted to tape and its dark, hard to glimpse at times, and if you don't know the lifters, can get lost pretty quickly. Yet, this gem is still very inspiring. For those who enjoy a more "homemade type" of tape, some very good California lifters, Paul Leonard and his garage crew, have a videotape of their lifting. This is a series of lifts from numerous workouts, using many of Louie's ideas and techniques, so if you want to see real guys lifting real (and very heavy) weights, doing box squats, deadlifts, floor presses, inclines, benching, etc, getting ready for real contests, with no pretenses or technical "dressing up" for the tape, you will like this. Contact Paul Leonard, 4302 Villa Grande Drive, Yorba Linda, CA 92886 or e mail at [YLLN1@aol.com](mailto:YLLN1@aol.com) for details. It is a good \$20.00 investment to see how its really done. For those who like Olympic lifting and wish to see the best in training and/or in competition, contact Iron Mind via *MIL* or their site [www.ironmind.com](http://www.ironmind.com) for a large selection of lifting tapes.

I have been a subscriber to *Powerlifting USA* since 1993. I used to read the magazine cover to cover and whenever I came to the articles written by Louis Simmons I would skim over them, eventually to the point that I would not even read them any more. I would say to myself what people now say to me, that Louis Simmons is crazy, his training theories cannot possibly work, you need to feel heavy weight in training to handle it in a contest. Well, guess what! I was wrong and so are the people who now argue with me that Louis' theories do not work. Obviously there are exceptions who do lift heavy year round and are presently world champions, but that is what these champions are, the "exceptions." These lifters are often genetically gifted beyond the normal powerlifter. However, who is to say that these lifters would not become even greater if they changed to the Westside theories. I would bet money they would.

After failing to improve my total for over a year, I decided to give Louis Simmons' articles another look. I went back to all of my *Powerlifting USA* issues starting from 1993 and re-read them. The articles started to make a lot of sense as I began to understand why I would enter competitions and never lift as much as I thought I would based on my training: Squat: 520x5 reps in the gym and 530 in competition. Bench press: 340x3 reps in the gym and 340 in competition. Deadlift: 585x3 reps and 606 in competition. I was totaling in the low to mid 1400s for over a year in the 198 class. I had hit a plateau, was tired, frustrated, and often injured.

Two months later after putting Louis' theories into practice I went to a competition and bench pressed 370. That was a 30 lbs. increase in two months after going from 320 to 340 in two years! In only 18 months my total went from 1480 to 1801 at the same bodyweight of 198, and 26 months later I totaled 1890 at 220 when I competed at the 1999 WPC Worlds. In just over two years I put 410 lbs. on my total.

The secret to my rapid improvement is directly related to BAR SPEED. The lighter I train on speed day the stronger I get. For example, when I used to set a bench press goal of 365, training with 340 x 3 reps did not produce the desired 365 in a contest as

# TRAINING

## From Canada to Westside as told to PLUSA by Andrew Dexter

it was impossible to exert 365 lbs. of force with a 340 lbs. bar. I could only exert enough force to bench 340 lbs. three times. By training with 185 lbs. however, I was able to exert 365 lbs. of force because the weight was light enough to do so. An analogy Louis once told me explained this concept well. When you change gears on a car for optimal speed, you do not shift in the red line zone. Why? Because over time you will blow your engine. For optimal speed therefore one should shift gears at a lower RPM. Your nervous system is much like the motor of the car, red line it with heavy training over a long period of time and you will blow your own personal engine!

In 1998 while at the WPC World Championships in Austria as a junior lifter in the 198 division I met Matt Zweng. I had heard of him and knew he used Westside's theories. I looked at him and thought "How does this guy lift so much more than me at the same bodyweight?" He told me that he trained at even less than 55% of his 1 rep maximum in

all the classical lifts; in fact, he used closer to 45%. For example, he trained with 225 for 9 sets of 3 to bench 500, and only 365 for 10 sets of 2 to squat 800. At this time, while training for the Worlds, I was using the exact same bar weight as Matt on speed day. Yet my bench press was 60 lbs. less than his and my squat was 170 lbs. less. I decided to take Matt's advice and decrease my percentages also. For the whole year of 1999 I trained with no lighter than 205 lbs. and no heavier than 225 lbs. for 9 sets of triples. I followed my speed bench work with 2 heavy exercises for the triceps, 4 sets of lat, shoulder, and bicep work. Sure enough, I bench pressed my first 500 lbs. easily. Remember, 205 lbs. is only 40% of 500 lbs. On maximum effort days I would rotate various exercises week to week. Some of my favorites were bench press with chains, floor press with chains, 3 and 4 board presses with bands, and hanging band presses out of the squat cage. This last exercise simulates the bench shirt very well. My accessory work

was identical to that of speed day, 2 heavy triceps exercises, 4 sets of lats, shoulders, and biceps.

I applied the same theories to my deadlift. I used to train with heavy triples every week. As I stated before 585 x 3 reps produced a 606 competition deadlift. I now deadlift every third week, and pull only 8 singles. I also use flex bands around the bar to give extra tension at the lockout position, and use weights as light as 315 and no heavier than 405. Training the deadlift with two to three hundred pounds less gave me an increase of just over 100 lbs. on my previous competition best. I went from a 606 to a 717.

Dragging weights has been very important to my increased strength in the deadlift. I drag weights in a unique way so that I can overload the glute and hamstring muscles. Face away from the sled so that the weights you are dragging are behind you. Bend over so that your back is parallel to the ground. Grab the ends of the towing rope in your hands and walk bent over. The position you walk in is the same as the start of the pull-through, hands between the legs and down by your ankles. I walk about 100 feet at a time resting about 3 minutes between each trip. I complete 4 trips for a total distance of 400 feet. I finish with one cool down trip where I attach the towing rope to my belt and walk in a normal fashion with the weights dragging behind me. The final trip covers a distance of 200 feet. This dragging is very important for GPP (General Physical Preparedness) work.

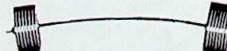
Here is an example of how important dragging weights has been to my training. In August of 1998 my deadlift was 640 at 198 after using Westside's theories for 1 year. Yet, in November of 1998 after only 3 months of dragging I made an easy 672 at the same bodyweight. Some of my favorite exercises on max squat days were good mornings with the cambered bar or buffalo bar, wide stance sumo deadlifts, low box squats, and my personal favorite, close stance Manta Rays off a high box. This last exercise simulates the motion of a conventional deadlifter as the erectors are placed under a lot of stress.

The Reverse Hyper has been of tremendous benefit to me also. Pulling a deadlift of 640 at

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198 made me think I had a reasonably strong back, until I first tried the Reverse Hyper! I couldn't even do 100 lbs. on the Reverse Hyper without falling apart. Now I use anywhere from 350 to 400 lbs. for reps. I have done 400 lbs. for 25 reps before. If you want to become a better deadlifter, you must drag weights, do heavy Reverse Hypers, and tons of heavy ab work.

Is it possible to train too light? I don't think it is. If your strength on maximum effort days continues to increase, then your bar speed on speed day is most likely adequate. If you start to stall on max effort days and fail to improve, then perhaps you should think about training with lighter percentages on speed day. Decreasing your percentages will allow you to produce more force on the bar and also train your body to become more explosive. Many of Louis' articles recommend training at 55% of one's maximum. I agree that this is a good percentage to use as a guideline; however, one has to realize that there are too many other variables to consider. For example, if you were to take 10 men and have them train their bench presses with 55% of their contest maximums, one lifter would still have the greatest bar speed. This would most likely be because of their greater amount of fast twitch

fibers. When I trained at Westside, George Halbert was the most explosive bench presser I had ever seen. To this day, he still is. I am not composed of a tremendous amount of fast twitch fibers, so I knew that if I followed Matt's advice (using percentages lighter than 55%) I could create the same bar speed as someone like George.

Remember to keep an open mind and never let your ego take control of your lifting. If I had never listened to Louis and quit deadlifting heavy every week, I would have never added over 100 pounds in only 2 years. If I had never listened to Matt Zweng's advice on training with decreased percentages on speed day I would have never benched my first 500 pounds. If I had never witnessed George bench press, I would have never known that I had to become more explosive. My goal is to become the WPC World Champion in the 220 class, and I believe I will do it because I never let my ego get in the way. If that means lifting less weight in the gym to produce greater competition lifts, than so be it. I am not there to impress anybody in the gym, only on the lifting platform.

Thank you to Louis for giving me the opportunity to learn at Westside. It was the smartest decision I ever made.

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Picture your grandmother in a thin-strap cotton tank top; without a bra. For those of you who don't still go to family reunions looking for dates, picture someone else's granny. (White cotton tank top.) OK. Enough of that visual!

Circumstances are what you make of them. It's ok for your old granny to wear a tank top without a bra. (We give her a little leeway for being a grandmom.) Just look the other way. But, if you think SHE LOOKS GOOD, that is not ok. Not OK at all!

Circumstances are what you make of them. Last month, we looked at Sir Ernest Shackleton - adrift on the ice at the South Pole - but still calm and resolute. Then we saw Ryan Snelling in Missouri, training without high-tech / new equipment - but still training, and getting stronger. What limitations do you face?

I have long been fascinated with the idea of Louie Simmons's 1200 square foot gym - which turns out all these monsters: proving that desire is more important than equipment or environment (as mentioned last time). I've always intended to go visit Louie when I'm in town for the Arnold Classic, but never seem to make it. Only 1200 square feet ...

Imagine my surprise when I discovered someone training in a space only 10% of that! That's right training in a 125 square foot space! Serious lifters take notice - anything is possible! Gerald Coles and I were discussing the merits of different knee-wrap styles (by email) when he mentioned that his Maria was his training partner. This is rare at his strength level, but not unheard of - Ronnie Coleman and Vickie Gates train together - so I worked my mind around it.

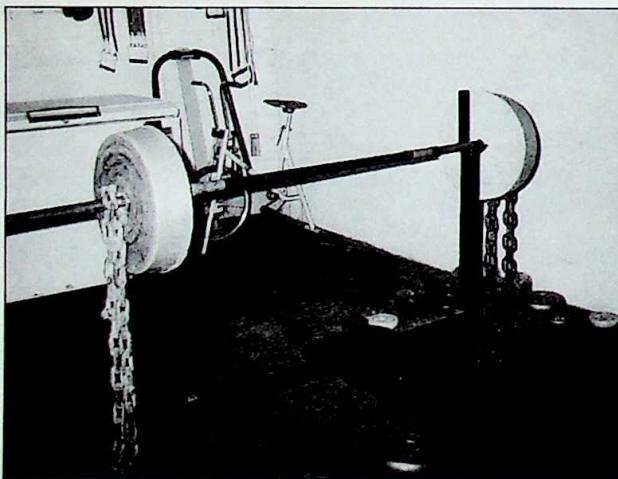
Then Gerald mentioned the dimensions of their workout area! I'll let him explain:

You should also know that our gym is 12 1/2 X 10 with a small 5 X 5 storage area adjoining it. The gym area has a power rack, a pulldown & seated rowing

## WEAPON 13 (Contd.): DESIRE for Training Partner and/or Space as told by Rick Brewer, HOUSE OF PAIN



**Here's what Ryan Snelling trains with in Missouri. If he can do it, why can't you? (Snelling)**



machine, an adjustable bench, two dumbbell racks going from 10s to 100s in 10 pound jumps, and various plates and collars hanging on wall plate holders. To save space we use 2 1/2 pound magnetic plates to make "5's" dumbbells (e.g. 45, 55, 65, etc.). In the storage area we have Maria's squat racks, which we put in the gym when we squat (I use the power rack); a rack of dozen 45 pound plates (if we're both doing heavy singles on the same day we use them all), and assorted equipment (e.g., trap bar, ez curl bar, leg extension/curl attachment, etc.). For deadlifting and squat-

ting we use two bars, for benching we use one. It's hardcore, but it gets the job done.

Some people will say there's not enough training space for working out, especially for two people. The 12 1/2 X 10 filled with equipment isn't much space for two people, but if you develop a set of small routines for staying in sync with one another (e.g., helping each other change plates, knowing where to stand when the other person is doing a lift, knowing where to put your knee wraps when the other person is seated on the bench wrapping, etc.) there's plenty of space and you're assisting rather than obstructing the other lifter. One advantage of the limited space is that the gym always rocks from the encouragement we give one another and enthusiasm of most of our workouts.

Speaking of rocking with encouragement, I know they even occasionally have family members come to watch and yell! Too cool.

Some people are like enthusiasm sponges - they seem to suck the life out of you every time you are around them. Then, there

are people who LIVE. Just like Gerald and Maria overcame the space limitation, they routinely overcome the time continuum. When Gerald Coles e-mailed me about a recent squat workout - it fired me up!

One more thought about potential training obstacles: time. We have very, very busy lives as full-time writers. For example, when I finished my last book a few months ago, working to meet a deadline, I worked 32 days straight except for a single day off, but still made (not found) the time to work out. Granted I wasn't lifting at peak levels, but I still

lifted fairly heavy relative to my strength and workout plans.

Friday, we both had the squat workout from hell. I had missed a week in my cycle, was tired from all the work, didn't really feel like working out, but never let it be said that I sensibly reduced poundage because I was fatigued, distracted, etc. I was scheduled for 360 and 360 I did x5x3x3x2x2. Maria did about the same with 180. I was amazed that I did 5 on the first set because when I did my last warmup, 340x1, I felt like the bar was going to crush me. I was supposed to do about 19 total reps but followed Maria's sound advice and reduced the goal to 15. My form was about as bad as it's ever been! By the time we got to the 5th set it was almost 7 p.m. and we both wanted to get be hell out of the gym (a feeling that rarely happens). A Jack Daniels afterward helped my recovery!

When reading these weights, keep in mind that they are middle-aged recreational lifters - who squat deep and train hard. Gerald weighs about 180 if memory serves me, and Maria weighs a lot less! As for equipment, they wear belts and knee wraps. Comfortable knee wraps; such as "redlines" over their pants, or their new favorites - Inzer A wraps. I only mention it because it is obvious they could wear more supportive gear (Inzer Z wraps, for example) if they wanted - but they are "recreational lifters."

A wise man (Robert Savage) once said, "You can measure a man by the opposition it takes to discourage him." True enough. Do you let limitations such as a lack of training partner, or distance to the gym discourage you?

If you can't find a training partner, look in your house. If you can't find a place to train, look in your house. If you can't find your shoes, look in your house. (Whoops, how'd that slip in?)

We've looked at overcoming limitations in: time, equipment, and training partners. What else can DESIRE overcome? What would be the ultimate physical limitation? OK, besides being comatose.

Think about it, then next time - we'll look at it. Until then, Stay Strong.

P.S. I was talking with Mike Breslin (TX) about hardcore gyms, and decided to collect information for a future series. If there is a hardcore training spot in your area, e-mail info / strange insights / comments to me at [houseofpainironwear@flash.net](mailto:houseofpainironwear@flash.net) or **Rick** @ [houseofpainironwear.com](http://houseofpainironwear.com). Or mail them to us at: House of Pain, P.O. Box 333, Fate, TX 75132

Hot fun in the summertime! It's June, it's summer, and all powerlifters should be out having fun. Or in the gym having fun. At least that's the opinion of **POWER SCENE**.

Lot of powerlifters are going to be having fun in Pennsylvania from June 15 to 18, when York Barbell puts on its third annual York Strength Spectacular. This year's event will include the IPA World Championships, the Bob Hoffman Strongman Challenge (which is a tire toss, overhead bar press, truck pull, and wheel barrow walk), a strength seminar with Louie Simmons, and induction ceremonies for the York Barbell Hall of Fame. This year's inductees are Rickey Dale Crain, Mark Chaillet, Fred Hatfield, Mac Richards, and, posthumously, Doyle Kenady.

The event runs from Thursday through Sunday, and tickets are only \$8 for adults and \$5 for kids. And you can also get a two-day ticket for \$12, or a four-day ticket for \$20. The strength spectacular is held in the town of York (hence the company's name?) and you can get more information by calling York barbell toll-free at 800-358-9675. Everything we heard last year about this event, from the IPA meet itself to the strength contest and seminars, was terrific, so if you're anywhere in the area, check it out.

(Yes, **POW!RLIFTER** Video will probably have footage, but you can go to the Strength Spectacular and still get the video too.)

Also in Pennsylvania is one of our most loyal readers and views, Mike Blake, and now that he's in his 50's, well, he's NOT slowing down. Actually his numbers are going up -

# POWER SCENE



**Kevin Jordan** (back row, second from left) and the gang at the Lighthouse gym.

- his bench press numbers that is. Mike recently smoked 485, and soon maybe we'll have a picture of Mike hitting 500 (yes, he has to hit 500 before we can have a picture of it, but that's not too far away the way Mike has been moving up.) So Mike, keep it up, you're an inspiration to all bench pressers.

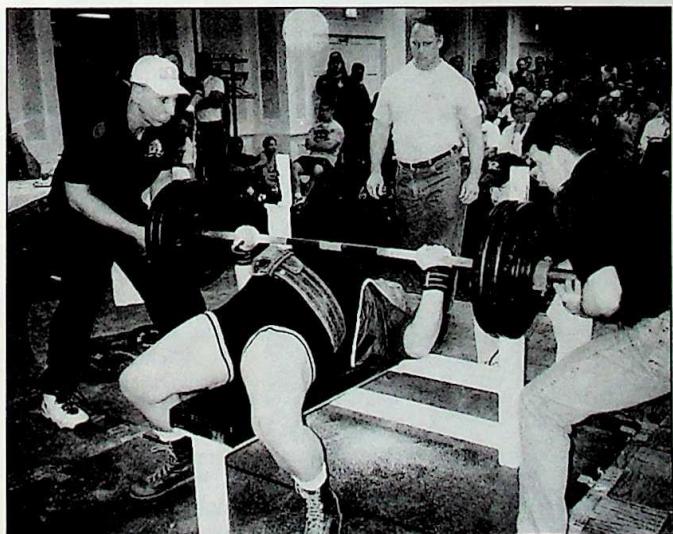
Out here in California, someone who should be an inspiration to all lifters, or even anyone who does projects around the house, is San Pedro's Kevin Jordan. We went to videotape Kevin for a Coach's Corner segment, and he was there with his whole gang of lifters, and we got our first look at the Lighthouse, Kevin's gym in a garage. Very impressive. Kevin spent about a year getting it together, plus about \$15,000, and lots and lots and lots of hours.

It's got a squat cage, a bench

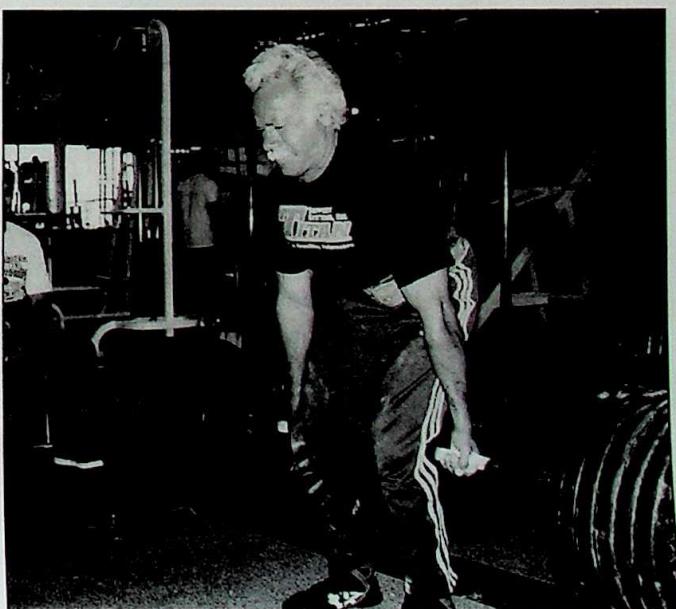
press, a deadlift area with bar, a dumbbell rack, a lever row, a leg press, a lat machine, a preacher curl, a clean, modern bathroom, and an office where chiropractor Dave Lewandowski can work on lifters right before, during, or after workouts.

And Kevin's not even finished - he'll be adding a reverse hyper machine, and a video screen so lifters can watch their training lifts immediately after doing them. Maybe if they place the screen properly, the lifters can even watch themselves as they lift, but that might be a big distracting.

One of the gang of lifters was Masters champ Sam Alduenda, whose training we covered in our current issue of **POW!RLIFTER**



**Mike Blake's 485 lb. bench after a hand off from Mick McFarland.**



**Sam Alduenda** does a "reverse deadlift". (photos courtesy N. Low)

Video. Sam does something I've never seen anyone else do - reverse deadlifts. You can see from the picture (or video) what that is. It must work for Sam; he's hit a 540 weighing only 162, and did that at age 57.

It's nice to see Sam, at age 57, and Mike Blake, at age 53, still competing and getting better every year. Unfortunately, for two other lifters I had the pleasure of getting to know through producing our video series, both of them world record holders, that wasn't to be for them.

Dawn Sharon died, from renal cancer, at age 45 recently. Tamara Rainwater-Grimwood died recently at age 36. Both women had been incredible lifters, and both were a joy to talk with when I was on the phone with them.

I met Tamara at a meet at New York's Iron Island Gym a few years ago, and she and her husband Terry were very kind and helpful whenever I asked for their help with this column or for the video series.

It's been said by many people many times that we should enjoy what we've got and what we're doing and who we're doing it with, because we never really know just how much time we have left, or how long our friends and loved ones have left. These two women, who both had so much energy and spirit, dying at such early ages, just brings this message close to home for many powerlifters.

Til next time, stay healthy, and enjoy and appreciate what you've got. **NED LOW**

After having returned from my second IPF Bench Press Worlds, I have done some thinking and it has become increasingly obvious to me that we as Americans are doing something wrong. It appears as if we are not making gains in our benches compared to the rest of the World. I know that some of the lifters in the U.S. may be putting up some bigger benches than those seen in Vaasa, Finland where the Bench Worlds were held, but you have to compare apples to apples. First of all, single ply polyester shirts are permitted. No denim or canvas or velcro, or double and triple ply shirts are allowed. Even repairs to shirts are carefully scrutinized. The IPF meet is also drug tested and full screen IOC tests are done.

Each month I read the articles in *Powerlifting USA* like the rest of you. I occasionally read the Work-out of the Month to see what routines are out there but unless you are seriously over training, I don't believe that you will make tremendous gains by following another lifter's program. Instead, I think that most lifters will make significant gains if they take the time to analyze their bench technique. I was very impressed with the Japanese team

# TRAINING

## THE BENCH PRESS: Putting All the Pieces Together

*as told to Powerlifting USA by Larry Miller*

which finished second to Hungary this past year at the Bench Worlds. Some members of the Japanese team look like they have barely picked up a weight, but when it comes to technique, they are the kings of the hill.

I want to start out by discussing our bench shirts. The one thing that irritates me the most is the fit of the bench press shirts. Think of your shirt as if it were your tuxedo or dress for your wedding. You go in, get sized, try the garment on and then the alterations begin. I have never heard of someone getting the perfect fitting tux or dress off the racks. Odds are, your bench shirt

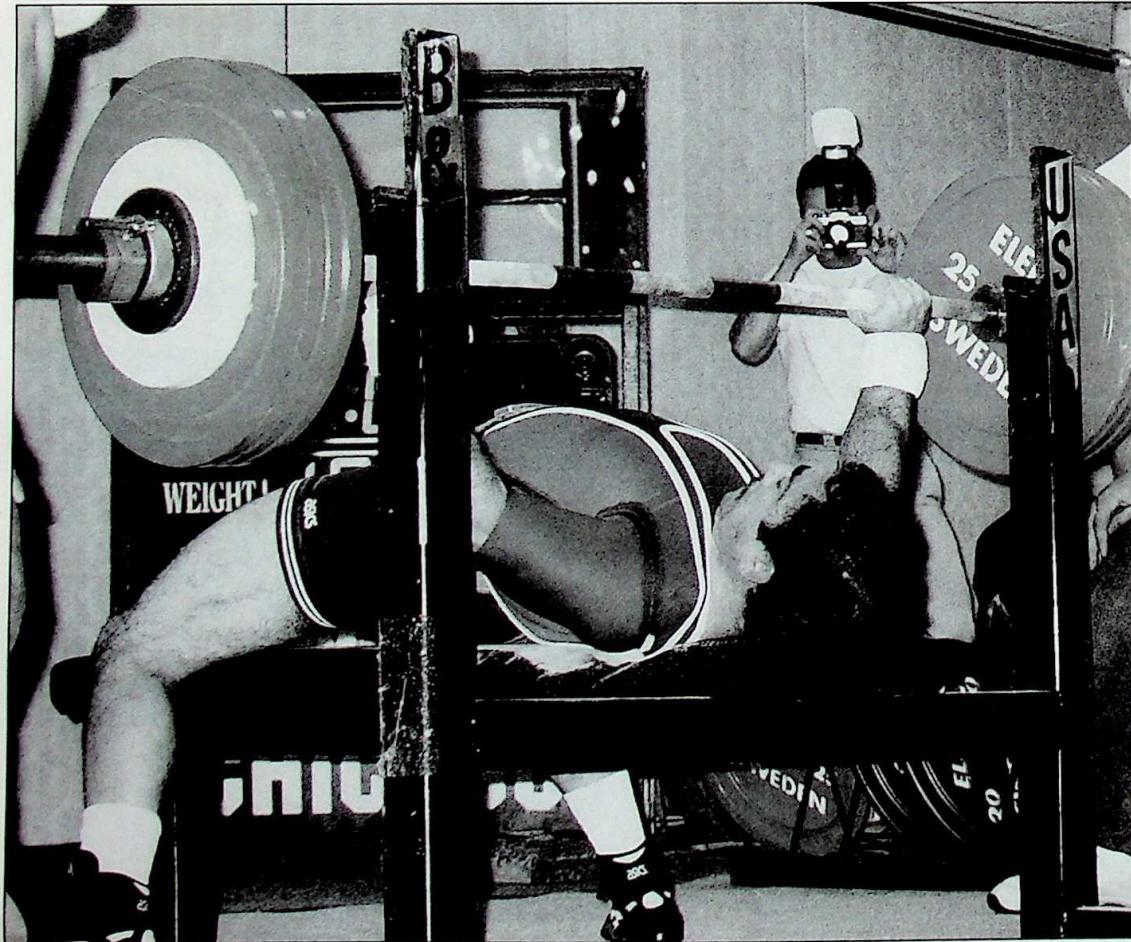
will not fit perfectly either. I remember trying on my bench shirt for Susumu Yoshida, the Japanese coach. With all my experience I thought the shirt fit well, but he informed me that I needed to take it in. Well, he was right, because when I took it in, I had trouble getting the bar to my chest. When you order your shirt from the manufacturer, make certain that the sleeve is long enough to fit within an inch of your elbow. You can alter a bench shirt from the elbow to the underarm by pinching off the seam and you can pinch it in the underarm area on the side closest to the pecs. Pinching the shirt along the triceps will keep

the shirt from pulling up your arms. Pinching the shirt on the pec side will add resistance to the bar going to your chest. I have my local tailor do some alterations and I have "Titan Support Systems" do some also. You are probably best to go to the manufacturer so as not to jeopardize your warranty. Also make certain that your bench shirt doesn't throw you out of your groove. Bench shirts are designed differently and you should attempt to find a shirt that doesn't tend to pull you out of your groove.

I don't know of anyone who can bench more with their feet on the bench than they can with their feet on the floor. The next question is how to maximize your feet while you bench. As I've stated before, you must first have good shoes so that your feet will not move when you drive with them. I have never seen any one use as much leg drive as I do, although, one of my training partners is pretty close. I can usually tell how much leg drive a lifter is using by how much their body moves during sets of high reps. When I do sets of 8 repetitions, my feet drive me 4-6 inches back into the bench. You can position your feet out in front of you, or you can move them underneath. I have found the best shoes for gripping are either sandpaper or scuba shoes.

Over the next few months I will again attempt to increase the arch in my back. Anytime you can shorten the distance the bar travels, you will add pounds to your bench. You should firstly move your grip out to the maximum width. Before placing an object underneath your back to increase your arch, I would consult your physician or chiropractor. The arches that the Japanese lifters exhibited were unbelievable and when you watch them, you think, "If I only had to lift the bar 4 inches, I could do that much weight". The Japanese increase the diameter of the object under their backs until they reach their maximum arch.

When you increase your arch, you must then re-evaluate at what point the bar contacts your chest or abs. Again, you are trying to shorten the distance that the bar travels, so locate the highest point on your



*There are many technical issues to consider when Larry "Dr. Bench Press" Miller presses up a competition rep.*

chest/abs during your arch. A lifter who keeps their elbows out at 90 degrees rather than in at a 45 degree angle is not going to benefit from an arch. You must also make certain that you maximize your breathing when you bench so as to inflate your lungs maximally which will in turn expand your chest cavity. You should take your maximum breath through your nose before you get the lift off. Have you ever tried breathing in and out while walking back with the weights while you squat? Well, don't make the same mistake on the bench. Everyone should be able to hold their breath from the time they get the lift off until they receive the rack signal.

I recently went to see a local Chiropractor, Dr. George Heathcote, for my carpal tunnel problem. He ran some tests and showed me how weak I was in certain positions. He made the necessary adjustments and 2 days later I had one of my best workouts ever. I passed this information along to Chiropractor Mike Hartle who told me that he always has his Chiropractor wife, Monique, adjust him prior to lifting, to allow his muscles and nerves to work maximally.

Lifters are always looking for secret exercises or routines to improve their bench. There aren't too many things out there that will turn

the average bencher into a world class bencher. There is no substitute for hard work and intelligent weight training. When you think about it, a good fitting bench shirt should move the bar off your chest. For most individuals the problem is half way up, from the chest to lock out. Over the years, I've seen many articles, on power rack lockouts, board presses and floor presses and other exercises emphasizing the second half of the bench press - I've tried them all, but I never liked starting with the bar half way up my chest. I couldn't tell if I was in my groove or not. I have found the "Jump Stretch" rubber bands to be a fantastic tool for training the second half of the bench. By adding rubber bands, I can have 250 lbs. at my chest and lock out 450. The bands also develop explosive strength like nothing else.

It seems as though most athletes, no matter what the sport, will eventually get into a rut. The problem is how to get out of it. I usually know when I am doing something wrong because my shoulders will bother me. For me, I either like to go back and look at old video tapes of me benching and/or I will visualize the bench at night with my eyes closed before I go to bed. You can visualize yourself doing the lift over and over again as you lay in bed

with your eyes shut. You should visualize every aspect of the bench including your set up, waiting for the signals, etc. I tell lifters that the most important part of the bench to focus on is where the bar contacts your body. Once you get the lift off and receive the start signal, all your energy should be focused on where to bring the bar down to your chest. Don't let the bench shirt pull you out of your groove. If you are an inch above or below your normal contact point, there is a good chance you will miss the lift.

Every top lifter has a program that works well for them. I am no different. Aside from the rubber bands, I have not changed my program much over the last 5 years. Most of my gains have come from changes in my technique. I would like to offer my opinion on intensity training and some assistance exercises. I like doing 3 sets of 8 reps after a good warm up. I do my heaviest set of 8 reps first which is usually between 355-365. I must then drop down to 340-355 for my second set of eight reps and then down to 330-340 for my third set. Each time I hit 8 reps in any set, I add five pounds the following week. This way I am always trying to achieve a PR on each set. Benching 360 or so for 8 reps allows me to use a relatively heavy weight and

move it quickly. There is also less risk of injury. Over the years after recording thousands of workouts I was able to estimate my maximum bench based on my sets of eight repetitions. For those of you who will do three sets of the same weight for whatever number of repetitions, I don't think you're getting the maximum out of your workouts.

A great bencher years ago told me to do decline bench presses. Since then, I have passed this along to a number of great benchers and they, in turn, have found it to be quite valuable. The decline bench allows you to use a heavier weight than you can on the flat bench. I have done 405 for 8-10 reps on the decline. I also like to do weighted dips and heavy close grip benches, but don't bring the hands too close together. I prefer doing exercises that allow me to go through a full range of motion.

Every lifter, no matter how good, needs to evaluate and re-evaluate their bench on a regular basis. You need to make adjustments and see where they take you. Whenever I go to a contest which features great lifters, I always watch and analyze what they are doing. I usually discuss things with them and decide if I should incorporate some of their ideas. Hopefully, I have given you some ideas worth considering.

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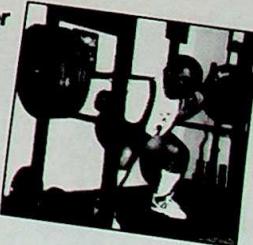
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If one had to identify the key point at a meet, it's got to be getting your first successful squat passed. This is because more bomb-outs occur during the squat than the other two lifts combined. Generally, if a lifter gets a squat on the board, the prospect of bombing is greatly reduced. There are several infractions that can earn those dreaded red lights. Among them are failure to rise with the weight, racking the bar too soon, holding the bar too low on the back, and the most common, failure to reach optimal depth. In this article, I'll discuss the last infraction; depth. Before I do, proper depth is defined most commonly as; the lifter must bend the knees and lower the body until the top surface of the legs at the top point is lower than the top of the knees. Now that the technical part of this article has been taken care of, let's proceed.

By far the best way to insure good squat depth is to practice squatting to proper depth in every training session on the majority of every sets and reps you do. This type of repetition will make hitting proper depth feel routine. Top NFL

# STARTIN' OUT

*A special section dedicated to the beginning lifter*

## HOW LOW CAN YOU GO

*as told to Powerlifting USA by DOUG DANIELS*

punters practice punting the ball endlessly to make punting in the heat of a game with helmets and shoulder pads rushing at them second nature. This is also true for powerlifting; practice makes perfect. There is a definite feel at the below parallel point of the squat. You should memorize that feel and know by practice and experience when it has been reached. Too many lifters seem to search for that low position while on the platform.

This hesitation usually results in a red light. I would not necessarily sink to the bottom on the first few reps of your first warm up set. Allow a rep of two to stretch out to the low position with actual weight. After that, all reps should be low.

You can witness the high squatting phenomenon virtually every time you go to the gym. Most lifters start squatting to good depth on those light warm-ups, but as the weight gets higher, so do the squats. Eventually those full squats become full stoops. If you can't do it in the gym, how do you expect to do it at a meet? Have you read that expression before in many of my articles? It's also important to have a knowledgeable and impartial training partner to judge your depth in the gym. A powerlifting novice or yes-man judging your squats is not what you want. Get unbiased and accurate feedback on your depth and technique. Don't wait for this type of analysis on the platform.

All that attention to training is just one part of getting a good squat in. What you do at the actual contest is also important. Your warm-ups prior your meet attempts are keys to success. Perform all your warm-ups to contest specs. Be sure to perform your last 1-2 warm-up sets wearing the exact squat gear with the exact tightness of the belt and knee wraps. This will not only help you get into the groove for the meet, but will prevent any surprises from occurring. This will carry over to proper depth on the platform. You will get into a squatting groove as well as building confidence.

I have seen lifters use a partner standing next to him to tell them when he is low enough. In this case the partner would observe the lifter's depth and say 'lower, lower' until the desired depth is achieved. At the bottom, he would then shout 'up' signaling the lifter that he is deep enough and should rise up. I do not support this procedure as it puts the lifter in a precarious situation with less ability to stay tight and come up solidly out of the bottom.

The lifter also tends to shake and hesitate on the way down, expending a lot of energy and exposing him to an increased chance of injury. This would be similar to a broad jumper waiting for a partner to tell him he is at an optimal point ahead of the foul line and when to jump; it ain't gonna work. You have to know yourself when you are low enough. This is what all your training is supposed to do.

Inefficient technique also contributes to not getting low enough. In order to get proper depth, some lifters tend to lean forward excessively, thinking this helps matters. What it does is just the opposite. This results in raising their hips and butt that produces the opposite of what they want; a high squat. Sink back into the squat and keep the back as upright as possible. I was guilty of this, so I know.

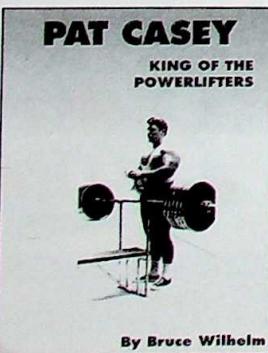
Flexibility is extremely important in getting low in the squat. Too many lifters ignore this in their training. It takes time to increase your hamstring and hip flexibility so be patient, but work it 3-4 times a week, if not daily. There is no need to achieve the flexibility of an Olympic gymnast, but results can come quickly. Remember to continue to work flexibility throughout the year because the old saying; 'if you don't use it, you'll lose it', holds true. A side benefit is decreased chance of injury. Increased flexibility may also enable you to change your squat stance to a more efficient style.

A final tip is not to change any part of your squat gear at a meet. Don't let anyone convince you to switch to another set of knee wraps or squat suit because 'they're what so-and-so uses'. Changing anything, no matter how minor it may seem, can greatly effect your perspective of proper squat depth. There is a certain feel to the squat below parallel. Training and warming-up in your contest gear will accustom you to that depth and feet. Go with what you've trained with and test the latest and greatest stuff during your next training cycle. Be flexible, not gullible.

Successful squats usually means success with the other two lifts that follow. Have a hard time getting those squats passed, and your confidence really takes a hit and confidence is key to just about any kind of effort. Failing to get any squats passed leads to a premature return home. In most people's minds the phrase 'how low can you go' flashes a red light of warning, but in squatting it can mean white lights for you.

Doug's Web address:  
[members.aol.com/ddani12345/default.htm](http://members.aol.com/ddani12345/default.htm)

**For Review** .... there's a new book out, written by a legend of the Iron Game about another legend of the Iron Game. Olympic Lifting great and former World's Strongest Man contest winner Bruce Wilhelm has wanted to write a book about one of his favorite powerlifters, Pat Casey, for a long time, and finally took the plunge, though he didn't realize how tough the task would be. Not that Pat was a difficult subject for Bruce to work with, as he gave willingly of both personal and training information that he has held close for decades, and he (along with Gene Mozee and Leo Stern) provided the great photos in the book. Back in the days when Pat started his climb to the top of the mountain, the branches of the Iron Game had not yet grown so far apart and it was, therefore, appropriate that physique icon Bill Pearl should write the foreword to the book, since Pat's path and his (and many other early stars of strength) had crossed many times. There have been some exceptional articles written about Pat Casey over the years, but much of what you will find in this book is material that will be news to many of his fans. Not only are there those inspiring photographs (several with profound historical significance), but Bruce's interview with Pat brings out insights into his early life and motivations to get into lifting that are very compelling to read. Equally interesting is the discussion of Pat's philosophy of training, as well as the extensive history of his competitions, and a revealing, selected list of some of his greatest workouts. Pat Casey was the first man alive to bench press more than six hundred pounds, to squat over 800 pounds, and to total over 2000 pounds, but more than that, he's a man of principles, which he adhered to then and he adheres to now. Like Arnold, or Kazmaier, or Tommy Kono - he is a distinctively great athlete, and this book will reveal to its readers just why that is so. (copies may be obtain for \$15.95 plus \$4.50 shipping and handling from Bruce Wilhelm Exercise Equipment, Box 2269, Daly City, CA 94017)



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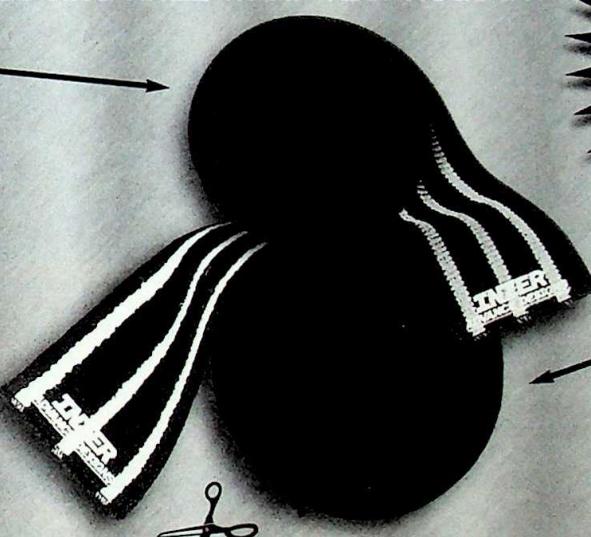
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# POWER PROFILE

a detailed PL USA  
look at some of the  
best lifters in the world

Fred is one of those rare people pop psychologists used to refer to as 'milk and cookie people.' They are a treat to be around. Peterson is any lifter's treat. If conversing with him about weights and strength, you'd better set aside a few hours. With sixty one years of accumulated knowledge he regales you with anecdotes of amazing feats from some of the iron game's best. When we trained in the same gym it was not unusual for me to get home an hour late. The time was gobbled up in post workout, locker room story swapping.

Amazing feats are familiar ground for Fred. Prior to powerlifting he was a gymnast. In the Fifties he was one of few men alive capable of a one arm planche. This is a maneuver on the parallel bars in which the gymnast holds his body totally horizontal with one hand. Known for his strength on the rings he was capable of feats such as the iron cross and inverted iron cross. He weighed about one hundred and sixty pounds and could do a chin-up with a one hundred seventy pound person hanging from his legs. He could do three chin-ups using only one arm! The winner of many races up the gymnasium ropes, Fred could climb half way up with a person hanging on him. For dips his best single was with two hundred and fifty pounds around his waist. During this time he also tried a max bench press. This was prior to any sort of consistent lifting, yet he managed a cheat rep with four hundred pounds.

By chance he was challenged to deadlift a loaded bar in the weight room. Having never deadlifted before, he managed to pull it up. The weight on the bar, four hundred and eighty five pounds. These feats were performed almost fifty years ago, and time has a way of subduing even the strongest man. It must have forgotten Fred, because he is hardly subdued nowadays.

His interest having been piqued by the astonishment of those who saw him deadlift, Fred started doing a few odd lifts. For years he trained on and off, testing himself on various lifts. It wasn't until the late Eighties when Fred began to train for powerlifting in earnest. He was in his late forties then, but up to the present, he has not stopped improving.

Currently, his five foot six inch

## FRED PETERSON - Renaissance Man by Marc Cavigioli



**Fred Peterson** pulling 670 at nearly 60 years of age (Marc Cavigioli)

frame is covered with 235 pounds of muscle. His best competition lifts are 460, 360, 683. In training he is currently squatting around five hundred pounds, though most of his best lifting has been in competition. One look at Fred and you know he is a deadlifter. His waist is short and his outstretched arms span six feet four inches from finger tip to finger tip. This enabled him to pull 683 at sixty one years of age, raw, no creatine, lifetime drug free, and NO BELT!

He currently holds the AAU, raw, 242 pound National and World record in the grand master class for each lift. Other recent accomplishments include winning the Deadlift Nationals in both ADFPA and AAU and the ADFPA Nationals in '93. Such is his humility that he had to go look at his trophies to remember what titles he'd won. But Fred is truly proud to be capable of totaling 1500 pounds in the 242s at sixty one years of age.

His only competition in the record books comes from Bill Hartman who did pull 733 at sixty one years of age. Fred is chasing the

Big Seven. If he can pull it after he turns sixty two on May third of the new millennium, he will be the oldest person on record capable of such a weight. In addition, he is possibly the only person alive who can execute this with no belt, supplements, or lifting equipment.

Had Fred competed in the 1999 IPF World Masters (age fifty and above), he would have placed third, but then you have to consider his advanced age, raw status and lack of a belt.

Why does Fred train and compete raw? For one thing, he doesn't need equipment, he usually wins while lifting raw in the open class. As well, Peterson takes pride in lifting all that iron by himself, naked as it were. He has nothing against those who use equipment, but feels records and competitions should be categorized as raw or otherwise.

In the same vein, while he has never used anabolics, he has no moral objections to steroid use; provided meets be classified as drug tested or open.

To look at Peterson's training protocol is to take a step thirty years

backwards in time. He trains almost exclusively on the powerlifts. Whatever rare assistance work he does, is executed so as to closely simulate the competitive lifts. He trains all three lifts on the same day, twice per week. Indeed, an extended recovery period is his only concession to age, yet his geriatric training program would whip most young men.

Each workout is at near maximum weight. The only time Fred eases back on poundage is if he feels he has not recovered from his last session.

To give an example, 'light' would mean 600-630 on his deadlift. Normal training entails many heavy sets of few reps. Six reps are the most he will do these are seldom done and only as light warm-ups. Most warm-up sets are in the three rep range and work sets are limited mostly to singles. He seeks full recovery between sets and thus takes significant rest.

Fred is committed to low reps in part because of past injuries. More importantly, he cites the *Sports Medicine Journal* stating, according to this literature review, that cross training, (and - in his opinion - high reps), tends to promote endurance fiber proliferation which dominates over strength fiber development. That's why he makes sure his training is specific to competition.

Ironically, for one who is devoted to specificity, he has begun swimming to rehabilitate arthritis in his shoulder. In a week's time he was capable of a solid hour of continuous breast stroke. Though once a Physical Education major and Water Safety Instructor with excellent stroke mechanics he attributes this ability to his work with weights.

Scientific readings are the norm for Fred, a holder of five Masters degrees and a college professor of math, physics, and cellular biology. His training routine is comprised of practical experience and scientific knowledge - a unique blend in any gym.

Still, it takes more than scientific knowledge to pull 683 at sixty one. So what's his secret?

Though he born with slim hips, accounting for his comparatively modest squat, he was gifted with a strong back. He makes the best of his genetic gifts through an unor-

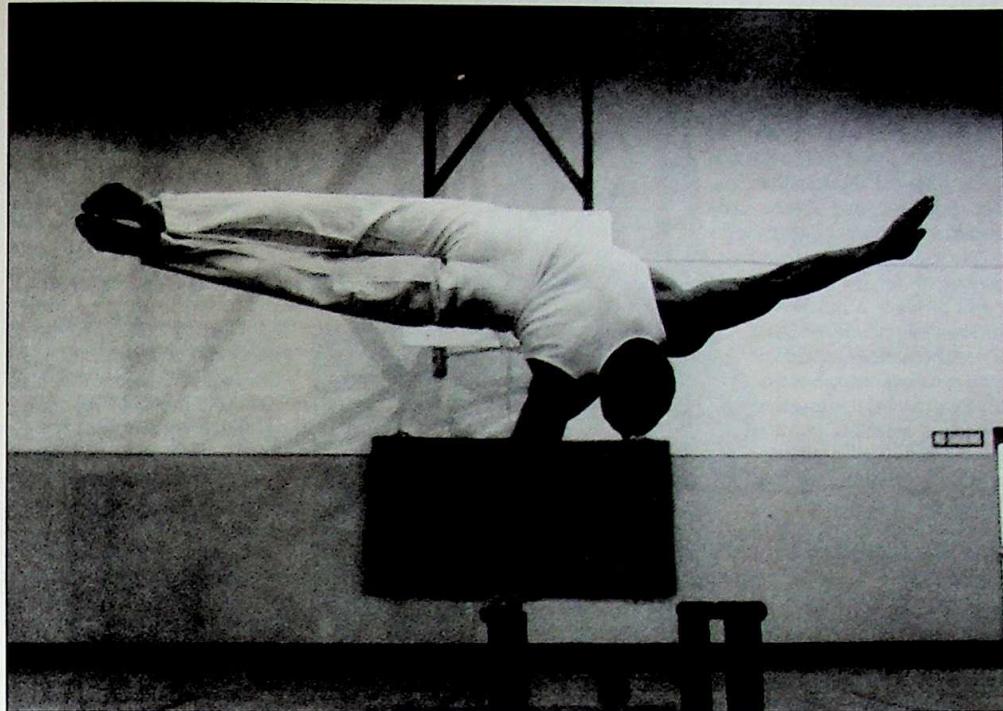
thodox deadlift form. He quotes Louie Simmons as saying, the best deadlifters have the worst form.

**Secret #1:** When preparing to pull, Peterson does not line his feet up evenly. Because his left hand is supinated he feels he needs more room and pulls better if his body is about one and a half inches canted back on his left side. Thus, his left shin is an inch and a half farther from the bar than his right shin.

**Secret #2:** Fred uses the risky, rounded back deadlift to get the bar off the floor. He begins with his back hunched and his shoulder, rotated forward. He feels this improves his leverage and keeps the bar close to his body.

**Secret #3:** To enhance the above, Fred watches the bar in the initial stages of his pull. His eyes stayed glued until the bar passes the knees, whereupon he looks up, flattens his back, and rotates his shoulders backwards. In gymnastics he learned that where the head goes - the body goes. Tilting his head back late in the lift is his ace in the hole for the lockout. He feels if you look up in the beginning you run the risk of having nothing left at the top.

Before a crop of young lifters rush out to try this form, bear in mind the round back deadlift is notorious for generating injuries. It



Fred Peterson performing a remarkable one arm planche, when he was 23 years old! (courtesy Peterson)

is a form that, though perhaps productive for a genetically unique individual, is so risky no one would recommend it.

Another risky element to Fred's deadlifting is the bar's distance from

his body. Over the entire rep there is space between him and the bar. Most people agree that bar drift is counterproductive and even dangerous. For Fred, it feels natural. He knows his form looks bad. Many times has he been advised to keep his hips low, the bar close, and his back flat. Peterson listens to others and appreciates their concern, but continues with his own form. He knows what works for him. He is a strong believer in listening to oneself and selecting what works for you rather than trying to emulate others who have been successful. He sees many falling into this trap. He feels those who become great do so because they have the guts to follow their instincts. He believes we must all find our own way. Is it any wonder he has educated himself so fully?

Perhaps his final secret is to avoid bodybuilding. He sees such activity as a form of cross training, a non-specific energy drain. He feels this is the greatest mistake of novices. Rather than training to develop size and strength, they perform finishing routines aimed at shaping and toning, like competitive bodybuilders.

One thing Fred does recommend is lifting in a group. He thrives with training partners and feels they are essential to sustaining motivation.

"I need gyms and people", he told me. "If I go alone I'll at least connect with someone at the gym". His dependable entourage includes Ed Fafard, Steve Gardner, and Al and Joe Bianchi. He wanted to

make mention of them because he feels their support has been crucial to his success. Additionally, Fred has received the red carpet treatment from Bay State Gym of Worcester, Massachusetts, and is very appreciative of their support.

Not so crucial to Fred are elements of diet and rest. He does not watch his diet; he eats whatever he wants. Nonetheless, his cholesterol is low, a fact he attributes to genetics. Nor does he require large amounts of sleep. He is a light, restless sleeper who believes sleep is more critical to mental than physical recuperation. However, he is quick to point out that he may be unique in these areas. "Many people need to be significantly more conscientious of nutritional and recuperative strategies than I presently am".

One cannot help wonder - if such a blase approach at sixty one still yields such iron bending results - what would he have been capable of in his youth?

Certainly, Fred's talents are many. At his age, his presence alone is a contribution to the sport. He is an inspiration for the rest of us as we age. Yet Peterson has been inspiring since he was young, from his outlandish strength on the rings to his outrageously educated mind. His abilities herald him as a renaissance man. A renaissance man who can boost your total is a "milk and cookie" person in my book.

Marc Caviglioli M. Ed.  
Iron Shark Barbell Club

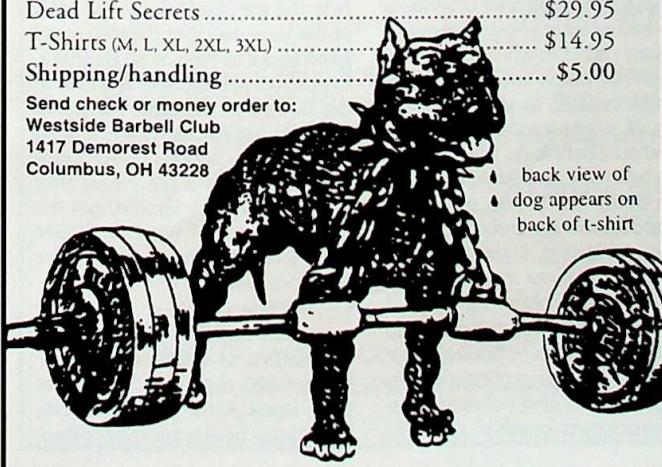
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I think it is in every man's best interest to be a total human being. An individual who is not just physically developed, but one who is intellectually, socially, and spiritually developed as well. I know that as athletes we tend to focus more on the physical aspects than the latter. I believe that this is only natural because most of what we do requires extreme physical prowess. However, to ignore the other aspects of life is a mistake of significant magnitude, because without these other aspects of life we can never truly become all that we can be. It is true that the body is essential, but it is only essential because it carries around the greatest gift that God has given us - brain.

The human mind is a miracle. It is limitless. One can only guess its potential. Believe me, the powers of the brain are literally beyond human comprehension. Brain researchers estimate that even prodigies don't use more than a fraction of their brain's potential. "If man used the full potential of his brain," says Dr. Stephan Berhard, a leading neuropsychologist, "he would most likely cross the parameters of mortality, he would become Godlike." Think about that. What a gift God has given us this mind of ours. Yet we don't even use it.

You know, we are the greatest country in the world, but we are by far one of the most uneducated countries in the world. Which is really crazy because we have the greatest educational opportunities on earth. Our data banks are cram-packed with the most advanced scientific information available to man and we have the technology to access that information at a moment's notice. We have everything in America, the best schools, the best libraries, the best scientific equipment ... the best of everything. In short, our educational opportunities are futuristic compared to other countries. And do you know what? Most Americans don't give a damn. They are worried more about who is going to win the Super Bowl than they are about educating their own children. That's sad, because intelligence is one of the most important aspect of being human. It gives us the capacity to participate in the ideas and feelings of others. This unique human characteristic permits us to move outside of ourselves and discover and comprehend the wonder and magic of others from within. It gives us the capacity for understanding, passion, drive, compassion, forgiveness, empathy, tenderness, and love. When you are intelligent your entire

# Dr. JUDD

## In Pursuit of Success, Pt. 11 INTELLIGENCE by Judd Biasiotto Ph.D.



*Dr. Judd Biasiotto ... in pursuit of success.*

life is enriched, as well as the lives of others who you touch.

For the life of me I don't understand why people don't want to learn. Every time you learn something new, you become something new, something greater, something grander. We are all we have. Buddha told us that trips outside of the body are worthless. Jesus said, "If you want to find life you have to look inside you." Therefore, it is incumbent that we become all that we can be, the most wonderful, intelligent, loving human being possible. And then we will always survive. Malcolm X said something extremely poignant. He said, "They can chain my hands and feet, but they can't shackle my mind." Intelligence can set you free. Believe me, you can be enslaved by ignorance, but with intelligence you are truly limitless. You can direct history, shape your environment, mold your life... Heck, you can make the impossible possible. Just sixty years ago the Wright Brothers were told repeatedly that if God had intended man to fly, he would have given him wings. Today we have had men walking on the moon. Intelligence is power! AWESOME!

One thing that a lot athletes don't understand is that the body serves the mind. It's not the other way around. If you have a strong mind, your body will follow. In fact, there is considerable research in the field of psychomotor development, which has revealed a linear relationship between the knowledge an athlete has about his sport and how well he performs. In short, the more information extended to an athlete about the demands of his sport, the more likely it is that he will excel. Because of this fact, coaches in the Eastern Bloc countries, mainly the Russia, Czech Republic, and East Germany, require that their athletes engage in intellectual training. Coaches in these countries will frequently assign readings to their athletes; at other times discussions are held and lectures are given by authorities who

discuss the psychological or physiological ramifications of the activities in which the athletes are engaged. Also, athletes are frequently exposed to training films in which their own movements are analyzed and compared to those of more proficient performers around the world. These programs have consistently shown that athletes who use intellectual training methods perform significantly better than athletes who didn't receive such training.

I know this was true of my career. There were a lot of athletes who had greater physical prowess than me - athletes who should have beaten me easily, but never could. Let's be honest, at best I had the body of an eleven year-old stamp collector. There is no way I should have been able to beat some of the guys that I did. It was my intelligence that saw me through. When I was competing, I went to great pains to procure as much information as possible about my sport. I read practically everything I could get my hands on - books about training routines, ergogenic aids, nutrition, etc. I also called and visited prominent coaches and ath-

letes. I looked for every little edge. I looked at everything that I thought could enhance my performance. I studied bio-mechanics, hypnosis, biofeedback, sports medicine, etc. I even looked into how music, lighting, and colors affected performance. In short, I played the game above my shoulders, and for me it paid off. And here is a news flash! I'm just an ordinary guy. Anything I can do, you can do, too, and some of you can probably do it better. As I said before, if you're willing to work hard, and use your intelligence, you can be or do anything you want in life. Yes, you can fly if you believe you can. The mind is limitless.

Larry Bird - who was definitely not genetically gifted, but who developed into one of the greatest basketball players of all time - is another prime example of what I'm talking about. Charles Jones, the all-star forward for the Portland Trail Blazers, once told me that Bird had the least physical talent of anyone in the NBA, but was the greatest player he ever faced. "Bird was incredibly slow," said Charles, "but he was always there. He couldn't jump worth a flip, but he always got the rebound. He couldn't dribble, but he would go right by you. He was an enigma. I hated playing against him and so did everyone else. He could make you look real bad with his 'pitiful self.' How did Bird do it? How did he reach such heights with such limited physical ability? He worked his butt off, of course, but he also played his game about his shoulders. He was an extremely intelligent athlete.

Former Senator Bill Bradley is another example of what can be accomplished through hard work and intelligence. Believe it or not Bradley was even less gifted than Bird when it came to basketball. In fact, next to Bradley, Bird looked like Michael Jordan. Physically speaking, Bradley was terribly flawed. He was slow as molasses, extremely awkward, and his vertical jump was almost nonexistent. In fact, the standard joke in the NBA at the time was that Bradley could jump about as high as an elephant. Let me tell you though, few men in the history of the NBA have ever played the game better. He was an extraordinary shooter, a ferocious rebounder, and a marvelous play maker. Like Bird, Bradley got the very most out of what God gave him. How? Once again, intelligence and hard work.

Intelligence sits at the core of excellence and the will to excel sits at the core of intelligence. Intelligence holds the key to success at many levels. At the elite level... well, it just may be the most important

ingredient. As mentioned research has consistently shown that athletes who are intellectually prepared for the demands of competition perform significantly better than athletes who are not knowledgeable about their sport. In other words, it's brains not brawn that many times will make the difference between being good and great. Sports isn't just "pumping up" your body, you have to "pump up" your brain too. Wasn't it Plato, the founding father of sport, who said, "ninety percent of sports is half mental"... or was that Yogi Berra? Anyway it is not the arithmetic or who said it that is important, it's the concept. If you want to be great in sports or any other field of endeavor you have to use your brain. Let me read to you what Ted Turner the owner of CNN and the Atlanta Braves said about this very issue. He said:

"I have never met a great entrepreneur, entertainer, musician, artist or athlete who was dim-witted. The people who stand at the top of their field are by and large the most astute and judicious. In the main they are the brain power of their establishments. Which seems to suggest that intelligence is the primary prerequisite for success in every discipline."

Turner is right you know. In order to reach the top in any field of endeavor you have to have brain power. We should always be reaching out, experimenting, learning, and growing. The pursuit of wisdom is a lifelong activity. Each day we should learn something new about the world, and in so doing we will never again be the same. Personally, I want to continue to learn all my life. The more knowledge I obtain, the more of a person I become, and the more I become, the more I can give to others. The more I have to offer people, the nearer I can get to them. Then maybe, just maybe, something amazing and marvelous can transpire between us. For me that is the essence of life.

I really like John Wooden's philosophy of learning. He says "You should learn as if you are going to live forever and live as if you are going to die tomorrow." Like Wooden suggest we should always be learning, striving to acquire information and seeking understanding with the idea that we are immortal and that we will need a great deal knowledge and wisdom to sustain us through eternity. At the same time living life as if we were going to die tomorrow: with pleasure, immediacy, and the right priorities. Never stop learning!

Judd Biasiotto Ph.D.

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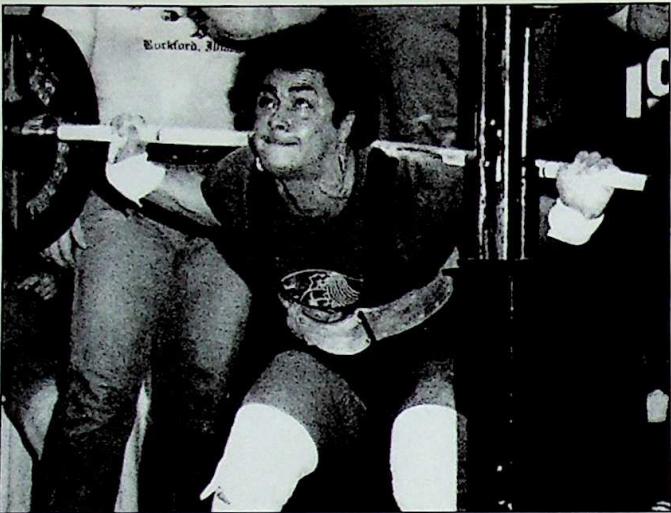
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Squat		
633	Reshel, D	15Mar85
560	Boshoven, L	10May97
557	Corson, S	18Jun93
556	Costanzo, L	08May88
501	Trujillo, J	18Jan87
501	Avey, N	21Apr96
501	Tarter, K	31May86
500	Sternberg, M	15Nov86
500	Swanson, B	03Apr99
496	Scopacasa, T (10)	08Feb98
480	Arvin, J	12Nov95
479	Look, L	23Feb95
474	Meaney, S	09Mar86
468	Reagan, C	30Jun90
457	Mckinnon, S	01Feb92
451	Turbyne, A	27Jan80
451	Bohach, A	24Sep83
452	Detraglia, J	30Apr94
450	Allen, K	28Mar98
446	Sanders, W (20)	83
446	Leifeman, J	03Mar97
441	Crocker, B	25Feb90
435	Sorenson, C	21Apr85
435	Pryor, D	17May92
430	Fauer, K	10May95
430	Phelan, J	20May95
429	Mitnik, S	06May84
429	Noble, L	05Nov83
425	Fowler, K	25Feb95
424	Rose, D (30)	02Sep99
424	Russow, J	15Apr94
418	Devaney, L	24Feb90
418	Walls, P	09Jun90
418	Conley, P	02Apr94
413	Johnson, M	29Jan84
413	Eisenberg, E	24Aug96
413	Day, J	03Apr98
413	Overstreet, M	10Jul99
410	Vegso, E	14Feb98
407	Lott, C (40)	Mar86
407	Martin, C	21Apr96
407	Moore, K	25Jan98
405	Saldana, M	26Mar94
405	Hembree, V	24Oct99
403	Clark, P	Jul89
402	Ostroff, N	22May83
402	McElroy, A	14Dec85
402	Pledger, S	02Nov96
402	Jones, V	07Dec96
402	Manion, G (50)	27Apr97

# WOMEN'S TOP 50 ALL-TIME

**90 kgs. (198 lbs.) ranked by Herb Glossbrenner**



**Dawn Reshel-Sharon** dominated this ranking list, as Tamara Rainwater-Grimwood did last month's ranking, and just was tragically, she has passed away. Her husband Asher Sharon has written the following to us about Dawn's passing "I would like to let you know at this time that my wife Dawn (Dayah) Sharon-Reshel passed away on Sunday, March 26 @ 6:57 pm @ St. Michael Hospital in Milwaukee after 11 month long battle with Renal (Kidney) Cancer. Greg and I were at her bed side as she passed away to another realm. Dawn and I met through Powerlifting and our life journey expanded from there." An obituary appeared in the *Milwaukee Journal Sentinel* on April 10th. It started out "Dubbed the world's strongest woman, Dawn Reshel Sharon wasn't accustomed to losing. But the six-time women's world powerlifting champion spent the last year of her life in a fight she would not win. Sharon died of renal cancer March 26 at age 45." The article goes on to describe how Greg Reshel (her former husband) and Dawn met while students at Creighton University in Nebraska, and how they moved to Milwaukee where Dawn put her biology degree to work as an animal rehabilitator, and while looking for a way to stay active, she tried a deadlift, and pulled 275 at 106 bodyweight, on her first ever try. As shown in this list, she went on to make many of the highest lifts in history for a woman. A memorial service was held for her on April 2nd. According to Greg Reshel "It was extraordinary. Everyone had a chance to speak, to say what they felt from the bottom of their hearts ... to pay tribute to the great spirit that she was."

Bench Press	(50)	248	Look, L	23Feb95	Deadlift	1063	Rose, D	20Sep92
390	Allen, K	26Apr97	248	Sandoval, M	31May87	604	Reshel, D	1080
384	Harrell, J	11Jul87	245	Roberts, K	23Oct99	575	Swanson, B	1073
350	Sharon, D	02Nov92	242	Sander, W	83	530	Nawrocki, L	1074
332	Poston, D	26Apr85	242	Trujillo, J	18Jan87	520	Arvin, J	1058
330	Boshoven, L	27Apr96	(30)	Crocker, B	25Feb90	518	Meany, S	(30)
323	Arvin, J	11Feb96	242	Vegso, E	14Feb98	512	Rose, D	1058
303	Nawrocki, L	22Oct88	240	Bohach, A	24Sep83	510	Boshoven, L	1052
303	Corson, S	18Jun93	236	Conley, P	02Apr94	501	Costanzo, L	13Jan90
300	Regan, C	01Dec90	236	Oversreet, M	17Nov99	500	Allen, K	1047
300	Kepley, B	04Dec93	236	Sale, N	13Dec97	473	Tarter, K	1041
(10)		235	(40)	Carroll, R	19Jul98	473	(10)	1036
290	Swanson, B	20Nov99	235	Kaanapu, J	16Sep95	473	Lott, C	1030
286	Costanzo, L	31Jan88	231	Scopacasa, T	Osies98	473	Crocker, B	1030
286	Johnson, M	17Apr99	231	Sabin, K	25Apr98	470	Look, L	1023
286	Hembree, V	21May99	231			468	Sternberg, M	1023
270	Meany, S	09Mar86		Weber, V	24Jun98	462	Turbyne, A	1020
270	Shulz, J	13Oct90	231	Ferry, R	13Nov98	462	Sander, W	1025
270	Ringer, T	02Mar91	231	Look, L	23May99	451	Bohach, A	1019
270	Barber, N	15May99	231	Tarter, K	26Apr85	446	Griffin, L	1019
264	Day, J	03Apr98	226	Dantsuka, M	07Nov92	446	Sorenson, D	1014
260	Sternberg, M	18Apr87	225	Faller, K	10Jul94	446	Butts, L	1003
(20)		225		Johnston, A	19Apr97	446	(20)	1000
258	Turbyne, A	27Jan80	225	Carroll, R	06Dec97	441	Corson, S	1000
255	Fauer, K	25Feb95	225	Fendrick, T	15Mar98	441	Trujillo, J	997
253	Cataldo, L	8May99	225	Norley	13Jun99	435	Foster, H	997
250	Barbee, S	23Oct99	225	(50)		435	Gagne, V	992
250	Pole-Summers	7Dec99					Fink, S	1000

# Ask the Doctor

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

**DEAR MAURO:** My question is on actual performance vs. perceived performance. For example, if you could in theory use 100 lbs. on an exercise for a maximum of 6 reps, and instead of being able to do 6 reps you can only do 4 for the day, because of not enough recovery between workouts, or dehydration leading to reduced enzyme activity, or improper nutrition, etc., will you still build the same amount of muscle as if you could have done that 7th repetition that same day? Does actual performance have to increase or can muscle be built even if performance is actually less than the last training period, but effort is still maximal?

Thanks so much for any thoughts you have on my question. I haven't seen it addressed before. **Ted**

**DEAR TED:** Training before you've recovered enough will not result in any significant gains because you're basically overtraining. With the overtraining your hormonal status will be counterproductive for gains in muscle mass and strength. As well, since the muscles won't have recovered from the microtrauma of the workout, you'll be more prone to injuries.

Bottom line is that you have to give your body a chance to recover and you have to have the right training program before you can make consistent gains. All The Best, **Mauro Di Pasquale MD**

**DEAR MAURO:** I coach high school wrestling and this year I have had several other athletes from other sports wanting to work out with me. Currently it has only been wrestlers and football players. Last week one of the baseball players asked me if he could work out with me this summer. I have helped some of the other baseball players out before, no big deal. However, this one is an outstanding pitcher. He is in the 11th grade and he pitches in the 90 mph range. For example the last game I attended several pro scouts were present and the first three innings he pitcher an average of 94 mph and the last four innings at 91 mph. Not only can he pitch well he knows how to play the game. I know how to lift for wrestling, football, Powerlifting, Olympic lifting, and bodybuilding, not baseball. Do you have any suggestions? (reading material, advice, anything, please) Also, some boxers have stopped by for some help; any advice on this would be appreciated. **Tom E.**

**DEAR TOM:** This question is right up my alley since I'm now the President of a new Internet startup company that's been set up to help coaches and athletes train and excel in specific sports. AllProTraining.com is in the business of providing anyone with a professionally integrated and highly effective approach to training. At

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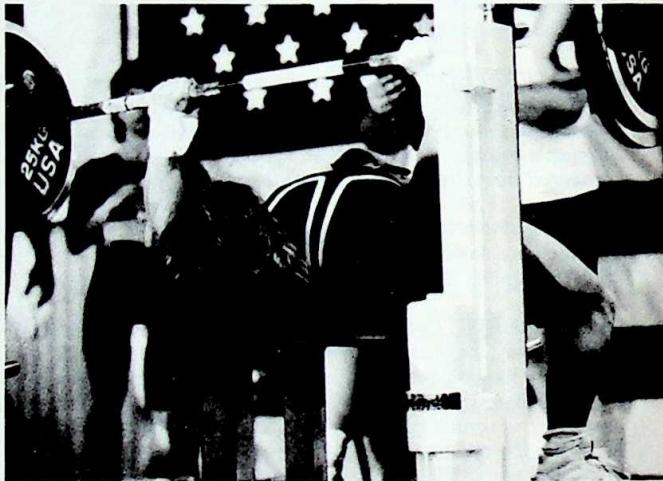
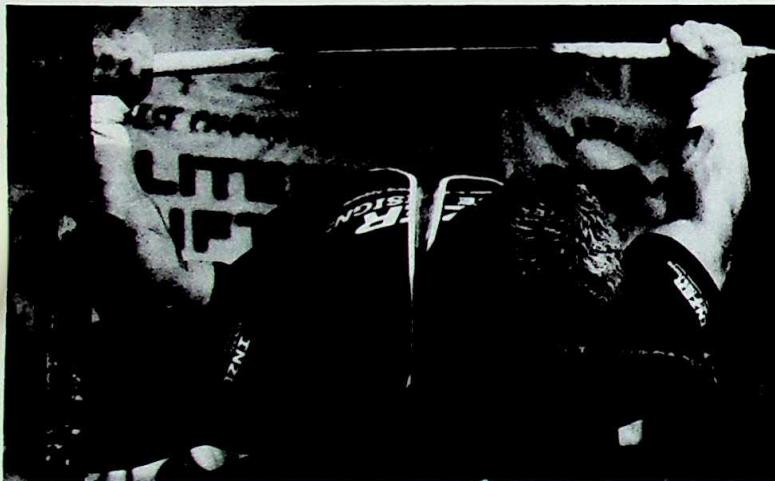
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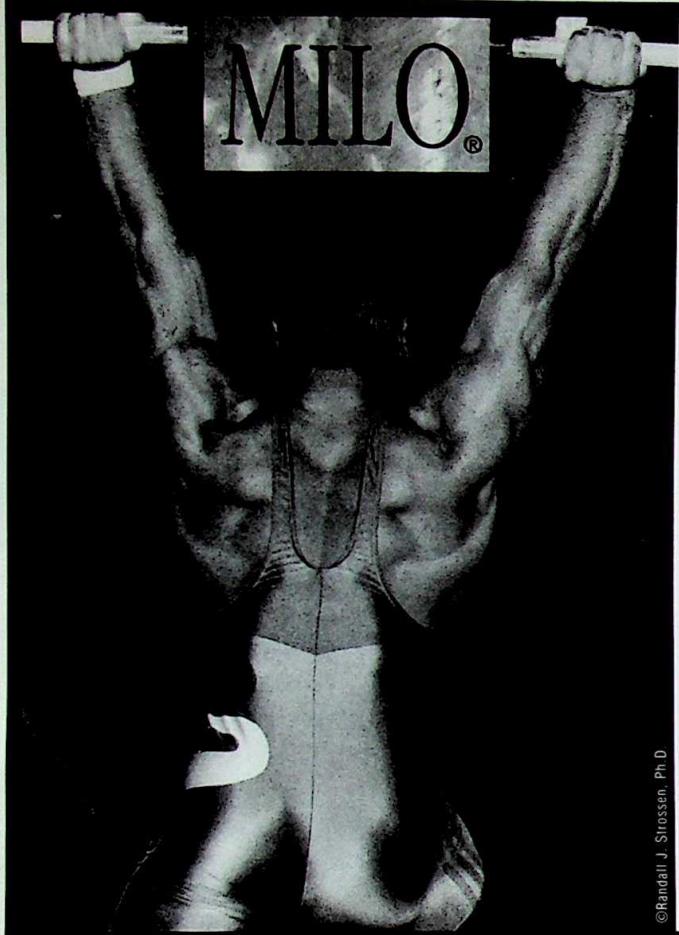
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Across the board both the experts in sports psychology and the champion athletes themselves agree that the mental state necessary for optimal performance is best described as "relaxed concentration". Athletes say they do their best and have peak experiences not when they are wildly striving to push ahead, but rather when an almost eerie sense of calm and total control overtakes them which they often describe in what might be interpreted as religious terminology. The words "calm" and "control without effort" keep popping up in many of our greatest athletes recounts of their own most highly regarded exploits. Of course, there are also other odd accounts of savage battles fought in frenzy or extreme duress, but by far the top players who have achieved feats that defy our belief and ignite our awe and respect seem to hold to the idea that when they had breakthroughs in their sport the predominant feeling was "effortless", "flowing", and "relaxed".

Psychologists tell us about the "motivation curve" which describes how with increased motivation, we see an increase in performance. This is probably what you would expect because common sense says that the more you want something, the harder you will work for it and the better your results. But the truth about the motivation curve is that it is shaped like an upside-down letter "U". As motivation increases, performance increases UP TO A POINT after which any further increase in motivation results in a DECREASE in performance! This means, of course, that you can try too hard. Over motivation is commonly referred to as "choking" or "tanking". Any Little Leaguer will remember the words of their coach ringing in their ears as they walk back to the bench after a strike-out "Don't try to kill it, just meet the ball." We are all too familiar with over trying.

The goal is to find balance between not trying hard enough (acting as if you don't care) and getting so worked up that you can't seem to do anything right. The consistent champions know how to balance right on the bubble of the inverted "U" and can generate steam if they are flat or cool down if they are frazzled.

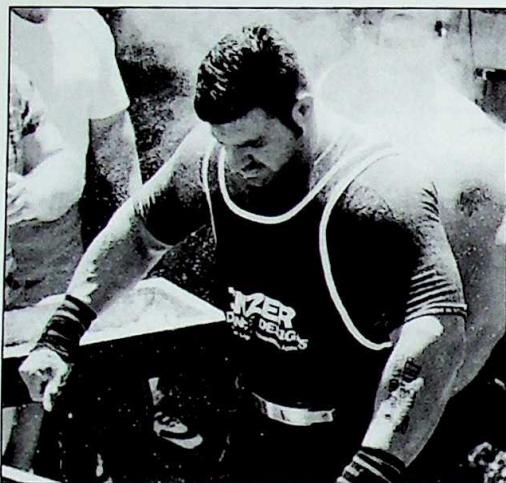
#### **KNOW WHAT YOU NEED**

The first step to finding the optimal motivation level is self awareness. You must learn (often by the painful trial-and-error method) how to recognize your level of stimulation. NO ONE can teach you this or assess it fully correctly for you. A wise coach

# **TRAINING**

## **Don't ALWAYS Try Harder**

*as told to Powerlifting USA by J.M. Blakley*



**J.M. Blakley** is a student of all aspects of benching

can often be trusted in the early stages of your development, but after a certain point you must learn to trust only yourself. The better you get, the less you can rely on outside evaluation - you just won't show it like a beginner. You will be the only one who really knows what you need. And that will probably only come after many lessons. But rest assured that the more you pay attention and note the stimulation level with the result the sooner you will learn. Evaluate your condition honestly and frequently. Be aware!

After accurately evaluating your state, decide if you need more or less. This is a real point of blockage for most lifters. They automatically assume they always need more. More is the common logic answer to lifting heavier weights, but it very frequently leads to the drop-off side of the motivation curve. Lifters will consistently make this mistake over and over without ever even considering the alternative - to calm down and focus! It's always more ephedrine, more desire, more rage, more psyche, more, more, more. They make the false assumption that they don't have enough of whatever. They may need less!

#### **USING ADJUSTMENT TECHNIQUES**

Since this discussion deals with over-motivation, I will leave the specific methods of increasing drive for

another time. Also this area is more well traveled by most athletes anyway. I will only mention that listening to very energetic, pounding music on headphones and visualizing a powerfully executed lift in your head over and over have been very successful for many.

The focus of this commentary is in dealing with trying too hard. It is often uncomfortable for athletes in such an intense sport as powerlifting to accept the idea that their performance may improve if they learn to "back off". It is admittedly difficult to

recognize when this is appropriate and when it isn't. But mature athletes not only know their own bodies well, they also learn to know their psychological stimulation states well. It just takes time to become aware. The trouble is, most athletes have never even imagined that they may be over-motivated! When is the last time you heard someone complain because they "wanted it too much"? But the truth is evident when an inexcusable "choke" occurs. The athlete could have been the clear winner, but is left with a confusing defeat and no explanation. There is such a thing as too much desire for all of us. So recognize it and deal with it!

#### **USING THE AUDIO SHIFT**

One simple technique for dealing with stress and over-stimulation is again, music. Music has powerful emotional effects and can help take off the edge. I often use both very intense music and what I call "smooth" or "low tide" music at the same meet depending on my level between attempts. You can really learn to fine tune your selections. For taking off the edge I personally find that slow, repetitive, cyclical, instrumental music with very pronounced bass drum beats (like the slow pounding of a hammer) gives me a feeling of un-hurried, solid, relentless, certainty without speeding up my thoughts. This helps me concentrate on one thing at a time. Sometimes, when I

feel rushed, I can have a tendency to let my thoughts run quickly from one idea to another (e.g., set up higher on my arch - follow the groove of the shirt a little lower - stiffen my arms at the bottom - jump the bar off the chest in the first four inches with all you've got - don't slow the drive in the middle - kick the triceps in earlier - etc., etc., etc.) which can lead to a feeling of being overwhelmed by trying to do everything just right. Or even worse it can lead to centering on negative thoughts that run from one doubt or criticism to another in a destructive downward spiral. Both scenarios are self defeating and go on right inside your own head. Using music to slow my thought process down and center me, lets me think about one thing I want to correct at a time and really examine it then move steadily to the next, leaving the first behind. This way I don't feel like I'm burdened by all my shortcomings or all the fine details of trying to be perfect. I can focus on a technique that I want to improve or correct each in its own time. All by simply setting the "mood" with music that makes me feel powerful and confident and relentless like waves pounding the rocks at the shore - they won't ever stop and they don't ever rush - they just keep coming! I think music is one of the easiest and most accessible tools you can use to help center you. One word of caution: be careful not to choose music that is boring or sedative in nature. You can overdo it.

You must find your own level. You must do this work yourself. But be aware of what feels right to you and don't be afraid to experiment. The calming music I use can put me into a trance-like external appearance, but in my mind the intensity is like a swirling pool of energy building and gathering force at its own pace to be released at the appropriate time! I'm certainly not about to doze off! There must be an underlying intensity to the music no matter what its speed or meter. March to your own drummer! Feel your way.

#### **BREATH ATTENTION**

Another way to center yourself and bring your energy into line is breathing. All martial arts and most forms or theater arts all teach breath control. I will not belabor this point. There are scores of books and probably hundreds of techniques offered by everyone from Buddhist monks to marriage counselors to public speaking coaches. The fact is that everybody and their brother knows of the benefits of breath control even if by another name. All the sports psychologists swear by it. Athletes who use it don't know how they ever got by without it. My point is that you need to explore this no matter how far-out it may seem to you. You can beat your competition will.

What breath control actually offers is up to interpretation. I don't suppose to bring spiritual enlightenment to the powerlifting community although some forms of yogic breathing are designed to do just that. My purpose is to exploit the connection between the body and the mind and use breathing to quiet and focus the mind and emotions. This fact (the mind and body are connected) was first popularly entertained by Benson's Progressive Relaxation Method in which he reasoned that if mental stress could make the body tense, could the exact reversal also be true? He designed methods of relaxing the body to relieve mental tension. Thus the idea of using physical techniques to affect mental states gained popular modern attention. For centuries the ancient martial artists and meditation gurus have used similar methods, but for reasons of spiritual significance. Nevertheless the connection is clearly established. We don't have to begin with any religious premise to use these methods for our own reasons - they work even if you just want to use them for such unimportant reasons as getting a few pounds on your total! Don't be put off by the overlap into spiritual connotations - just take it for what it is... a way to use the body to center and focus the mind.

Many techniques exist which work well. I will introduce one of my favorites here. If this doesn't suit you, don't give up on the concept - it's too valuable - just consult another source for another method that may fit your personality better. Try again.

My favorite method deals with concentrating on your breathing so intently that other thoughts have no room in your mind. This is one-point meditation. You think about one thing so clearly and totally that no other thought or concern can occupy your consciousness. This is a brief, welcome escape from the stress and chaos and distraction during a meet. It is very freeing to just for a few minutes or even seconds to simply "drop everything" and re-group. This gives you distance from the situation and helps you to avoid being "caught up" in the frenzy and excitement which can trigger even more adrenaline and just compound the problem of over-motivation. This acts as a time-out and lets you re-start at your correct pace. If things are going wrong, it cuts you away, providing a break in the loop to stop the error. If things are going well, it lets you gather and build your resolve and pool your resources after letting loose and going all out on the prior attempt.

It provides time to make adjustments and above all it promotes clear thinking when you end the technique and get back to business.

This technique was introduced to me as the "Hunza Holiday". This is loosely named after a group of nomadic tribesmen who will on occasion simply stop absolutely everything they are doing and take several seconds or minutes to clear their mind of all thoughts. This is part of their culture and religion, so it is not considered rude to just stop talking mid-sentence for a moment or to stop working or cooking or counting a monetary exchange or walking or whatever to perform the rite. The interested party assumes that after a minute the conversation will resume and waits patiently without being irritated. A sharp contrast to our fast paced lifestyle! But the Hunza tribesmen recognize the need for concentration and focus in their entire life. They are acutely aware of internal stresses and use this break which is best translated as "vacation" or "holiday". This implies that the world is still going to be there, with all its problems and concerns upon cessation of the rite, and this is not viewed as running away from the world or ignoring it, but only serves to attain proper attitude and mental

perspective for attacking the business of life. Maybe we Americans would call it "getting a grip"!

To perform the technique in its simple form take just 120 seconds and commit to stop thinking about what you are doing. Resolve to not think about what you will do next, either. You must drop the past away as well as let the future remain distanced ahead. You must keep only the present in mind - ONE BREATH AT A TIME! Concentrate so keenly on the inhalation of air that no other thought can penetrate. Breath in and say "IN" or count the breaths - "ONE", "TWO", etc. Breath out and say "OUT" or count again. Hold to the thought of the air filling your lungs so tightly that at that moment NOTHING ELSE EXISTS for you. This may sound like it would take a supreme amount of concentration, but, in fact, it is relatively easy. Almost everyone can maintain several seconds of concentration (about 6 seconds) and with practice a full minute is certainly within everyone's reach. The key is to realize that you can be fully centered on your breath. This is different from blocking thoughts out. You don't have to block anything... if you just totally fill your attention with your breathing, you will let other thoughts passively go unnoticed.

This is the simplest method of clearing the mind - to occupy it so strongly that the details and distractions fall away. Have you ever been so engaged in a sporting event or activity that you had cut your hand and not even noticed the cut or the pain until a teammate or friend asked how you did it or remarked that you were bleeding? This is testament that we all have the ability to concentrate on one thing fully enough such that minor disturbances are not noticed until our focus relaxes. We can do it.

During this time of breath attention I also try to sit perfectly still and motionless. This stone-like stillness helps me feel solid and grounded and heavy yet surprisingly relaxed. I let all tension go from all the muscles and act as if I were sort of paralyzed, feeling the weight of my body. This is not a soft jelly-like feeling of helplessness, but rather a firm, solid sense of chosen stillness and rest. It only lasts a moment then I turn my attention to the details of competition, but the adjustment in perspective is startling. I always feel keener and more tuned in, as well as relaxed after, I perform the drill. Chances are you will too.

This technique helps settle the inappropriate adrenaline rush that you don't need between lifts and lets you conserve your power for when you really need it - during the lift! It gets rid of that scattered, hurried feeling and replaces it with a calm purposefulness.

#### LESS MAY BE MORE

It's very good to have powerful desires and to be driven to excel, but occasionally our overwhelming desire can hinder us from the very object of our wishes. It is a known fact that over-trying can impede performance. A seasoned athlete knows his body and his mental states well. By evaluating the mental state, an aware athlete can either add intensity or quell excess excitement. One easy method of "firing down" is to listen to accommodating music that has an affinity within the particular athlete's personality. Another way of adjusting the attitude and refocusing the mind is to concentrate on the breathing so clearly and totally that all other thoughts are by omission excluded. This has the effect of centering the mind and calming the body as the link between them is axiomatic. It is important to remember that there is more than one way to skin a cat and that the maxim that 'more is better'

is not always correct. The next time you feel challenged and are sensing that things are getting away from you or that it's just too crazy or you feel like you are trying to talk yourself into doing something you honestly feel you can do, but for some reason can't seem to grip it, try backing off and refocusing. If you think you might choke, that's ok - it just means you really want it, but over-trying probably won't do anything but compound the problem. All athletes face this dilemma at some point or another. Chances are the more driven you are, the more you need to experiment with these techniques. Finding and maintaining the right mental state is one of the most challenging and fascinating aspects of peak performance. Don't be discouraged if at first you can't seem to find your "flow". In time and with practice it will evolve for you. But you must be diligent and disciplined and develop awareness. A wise man once said "Know first thyself."

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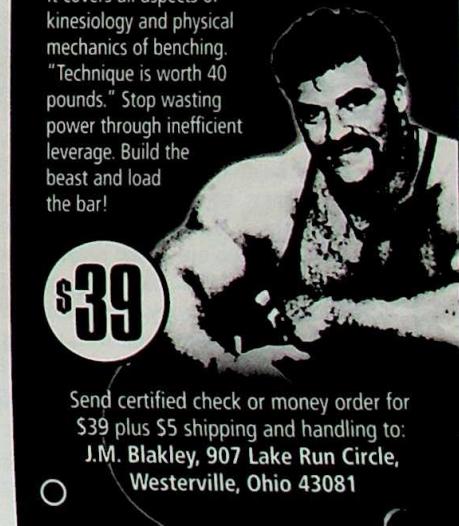
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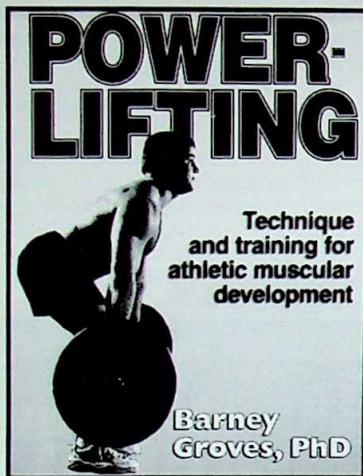
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The ultimate in Hi-Performance (HP) gear! The Centurion is the most technologically advanced suit in the lifting world! Our unique design provides a harness system within each suit to produce more support, safety and performance than any other suit ever made! **Proof?** It's the only suit design ever granted a U.S. Patent! Each suit also features our own HP leg design to prevent leg slippage. Also available in Custom Tailored Dual Quad.

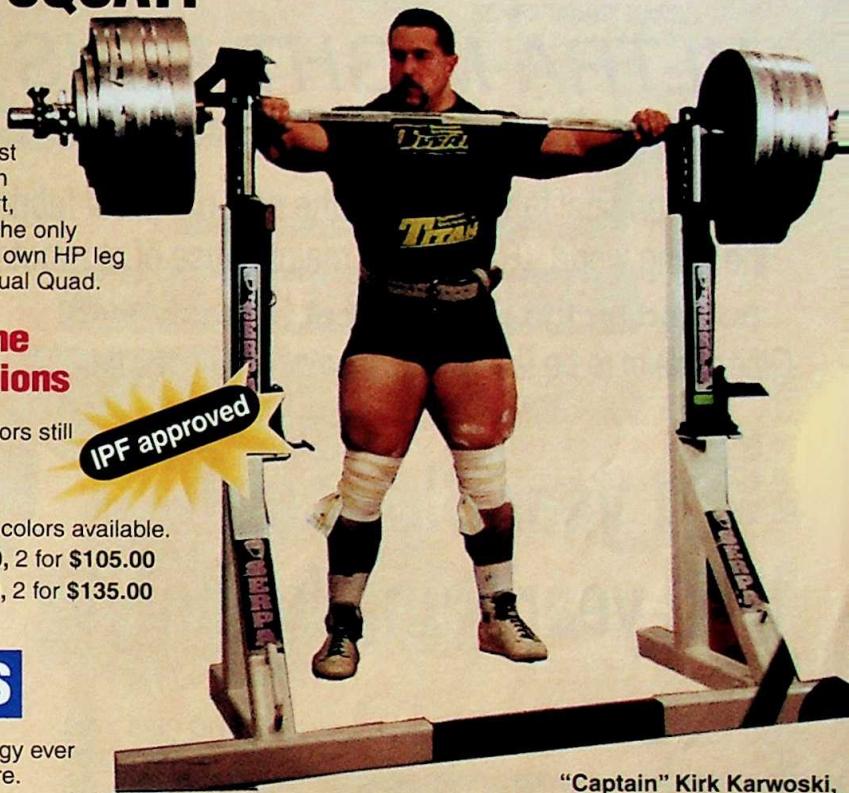
### The Choice of Team Titan, Five Time Consecutive Team National Champions



Backed by "The Performance Guarantee" our competitors still 6 month blowout + 1 year Run guarantee (a major cause of blowouts).

- Colors: Black, Royal Blue and Red. Combination colors available.
- Centurion (stock sizes) \$60.00, 2 for \$105.00
- Custom Tailored Dual Quad \$75.00, 2 for \$135.00

IPF approved



"Captain" Kirk Karwoski,

1003 Squat & 2309 TTL @ 275, IPF World Records

### SIGNATURE GOLD WRAPS

In 1995 Titan engineered the most radical change in wrap technology ever and forever changed the performance and look of wraps everywhere.

In 1999, Titan does it again.

Titan Signature Gold Wraps feature FOUR POWER BANDS for maximum power and rebound:

two gold power bands on the outside with two black power bands in the center surrounding our distinctive red logo! One pull will confirm that you'll get more power and performance from Titan Signature Gold Wraps than any other wrap around!

Wrist Wraps feature military grade Aplix and thumb loop. Six month guarantee



#### Knee Wraps

- 1 pr. \$23.95
- 2 pr. \$22.00

#### Std. (12") Wrist Wraps

- 50cm \$13.50
- Mid (24") \$14.50
- Full (36") \$15.50
- \$17.50

### ULTRA BELTS

The heaviest, strongest belt ever! Features: (1) Stainless steel seamless roller with 3mm thick walls; (2) Two layers of HD steerhide, 13mm thickness; (3) Full leather buckle fold over; and more. Used by "Captain" Kirk Karwoski and other great champions!

#### Custom Colors. One or two prong

\$90.00

### SST PRO SERIES

The original and still ultimate power shoes. Features: (1) Custom sizing; (2) Wedge arch support; (3) Crepe sole; (4) Full grain leather; (5) Cambrelle lining; (6) Heel counter; (7) Hi-density molded sockliner; and (8) Velcro lateral strap. 4-6 wks. No COD's. Extra for E+ width and special heels.

Starting at \$139.00

Order blank on next page or call 1-800-627-3145

#1 in Powerlifting Performance



www.titansupport.com

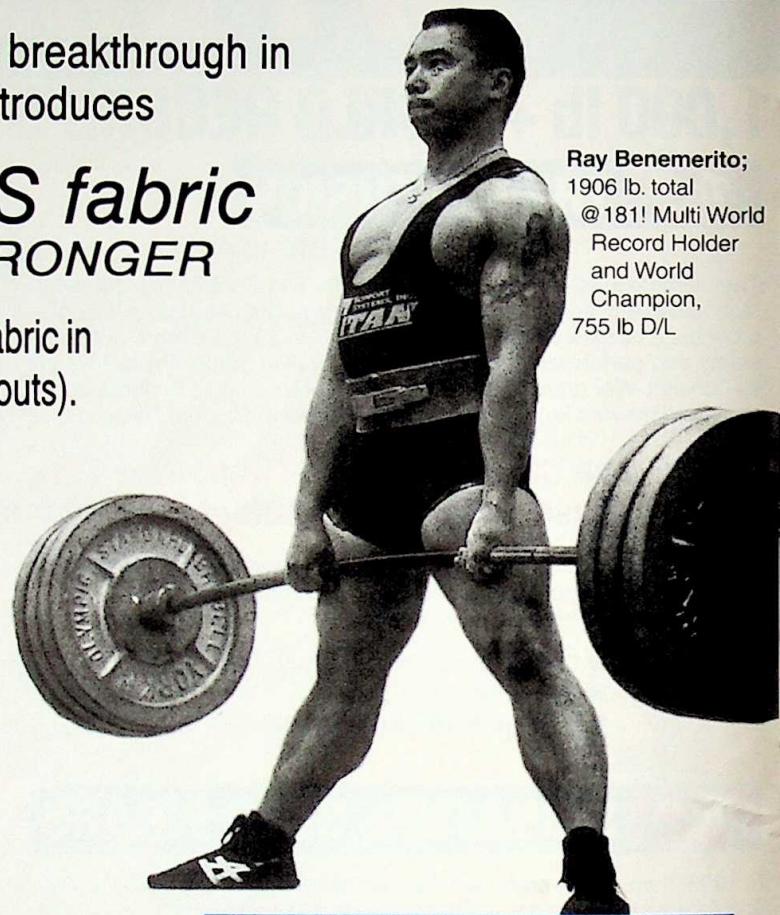
Get in the groove with the latest scientific breakthrough in fabric technology! Titan proudly introduces

## ULTRA MIGHT PLUS fabric Over 20% HEAVIER and STRONGER

than our original fabric and still the only run proof fabric in the lifting world. (Runs are a major cause of blowouts).

Backed by the most radical warranty ever!  
Others claim to be the best, but no one matches the  
*Titan Guarantee*

1 year Blowout +  
1 1/2 year Run Warranty!



Ray Benemerito;  
1906 lb. total  
@ 181! Multi World  
Record Holder and World  
Champion,  
755 lb D/L



### CUSTOM TAILEDOR SUIT

Every suit is custom tailored to fit only one lifter ... **YOU!** Each suit is then individually coded and the pattern is computer stored. Every suit also features our **HP**(Hi-performance) leg design to prevent leg slippage.

Titan recognizes your unique needs and provides you with an equally unique suit! Proven on World Records and backed by *The Performance Guarantee*. (Call for delivery time).

■ Colors: Black, Royal Blue & Red

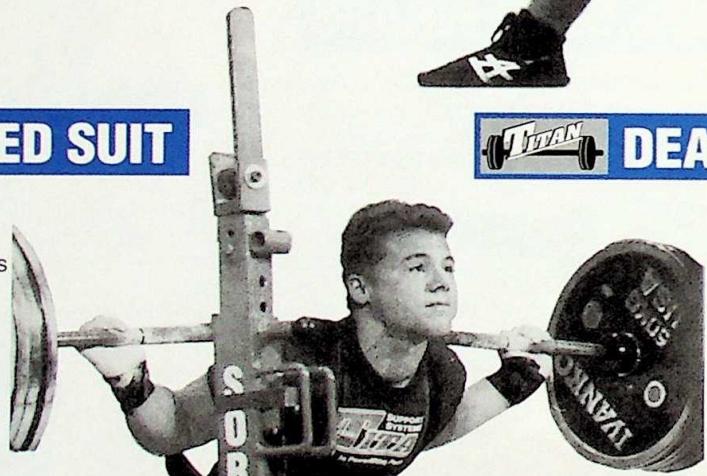
■ Fits: **Regular** – snug fit for new lifters or for passive support  
**Meet** – tight, supportive fit for training and competing

**Competition** – tightest fit, not recommended for new customers

■ Styles:

**Sideseam A** – strongest commercial side seam ..... \$47.50 each  
2 for \$87.00

**Sideseam B** – our original handmade 3 cm side seam ..... \$49.50 each  
2 for \$91.00



### DEADLIFT SUIT

Increase your explosive power off the floor! Used by greats such as Ray Benemerito and Gene Bell.

■ Colors:  
Black, Royal Blue & Red.  
..... \$47.00 each



### THE VICTOR

WORLD-RECORD setting performance in a stock size suit. Same materials and construction as the Style A Custom Tailored Suit. Used the world over and backed by *The Performance Guarantee*.

■ Colors: Black, Royal Blue & Red

■ Sizes: Even sizes 20 – 56. Fill out measurement form if unsure.

■ High or Low

..... \$42.50 each  
2 for \$77.00

Wade Hooper; National and World Champion,  
667 lb. W/R Squat, 1,642 lb. total

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**KNEE WRAPS —**

One of the most supportive, tightest wraps ever! \$17.95/pr.

**WRIST WRAPS —**

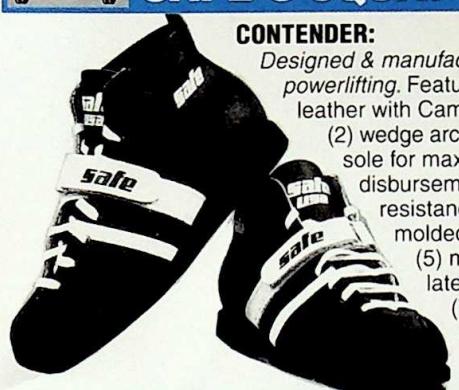
6 month guarantee! Titan stitching and Aplix (30% stronger than Velcro).

Standard 12"	\$11.95 (pr.)
50cm.....	12.95
Mid Length 24".....	13.95
Full Length 36".....	15.95


**SAFE'S SQUAT SHOES**
**CONTENDER:**

Designed & manufactured exclusively for powerlifting. Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; lateral strap (7) Avg. width & standard heel

.....\$109.95



**SINGLETS**

(Kirk  
Karwoski, 771  
lb. deadlift)

**TITAN POWER SINGLETS**

NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting.

Legal in all federations and

RAW  
meets.  
Black,  
Royal  
Blue, Red  
& Gold

■ Price .....\$25.00  
(Add \$4.00 for logo)



**BELTS**

**COMPETITION buckle belts:** feature stainless steel seamless roller & full leather buckle foldover.

**LEVER belts:** feature Hi-Tech patented lever for maximum tightness and easy on/off application.

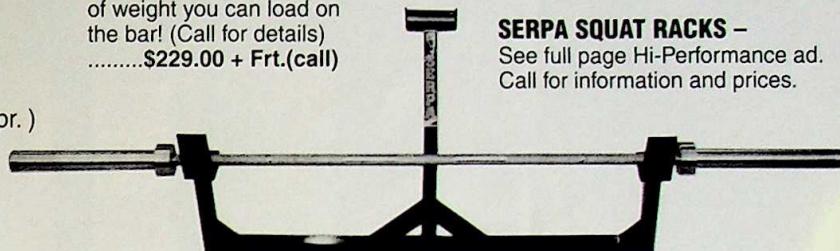
All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

■ Price.....\$70.00


**EQUIPMENT**
**TEXAS POWER BAR —**

The original! Deep, crisp knurling with a **Lifetime Guarantee** for any amount of weight you can load on the bar! (Call for details)

.....\$229.00 + Frt.(call)

**SERPA D/L HELPER —**

Lifts the entire bar and keeps it suspended with any amount of weight! ....\$115.00 + Frt.(call)

**SERPA SQUAT RACKS —**

See full page Hi-Performance ad. Call for information and prices.


**OTHER PRODUCTS**


<b>CHALK:</b> 1 lb.	\$9.95
<b>AMMONIA CAPS:</b>	
Box of 10	\$4.00
<b>SPEED COLLARS:</b>	\$36.50
<b>DIP BELT:</b>	\$21.50
<b>TRAINING BELTS:</b>	
4 x 2 1/2"	\$22.50
4 x 4"	\$25.00
<b>USAPL T's:</b>	
3 color logo	\$15.00

<b>SUIT SLIP ONS:</b> get into suits easier! give weight	\$19.00
<b>BRIEFS:</b> Titan quality and performance	15.50
<b>DUAL QUAD BRIEFS:</b> Patented Harness Design	25.00
<b>DEADLIFT SLIPPERS:</b> Low profile, rubber soled	5.00
<b>DRY HAND LIQUID CHALK:</b> Silica compound grip enhancer!	8.95
<b>LIFTING STRAPS:</b> 1.5", 2", heavy duty & leather	Call
<b>Titan T's AND TANK TOPS:</b> 3 color logo	8.75
<b>ADIDAS DEADLIFT SHOES:</b> Gummed rubber soled	44.95
<b>TRICEP ROPE:</b> Great for cable work	19.50

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	1st	Alt.	Size		
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Male <input type="checkbox"/>	<input type="checkbox"/> Style A	<input type="checkbox"/> Style B	<input type="checkbox"/> Dual Quad		Overseas add 30% Air
Female <input type="checkbox"/>					Tx. Res. add 7.875%
Height					Total
Hips (Buttocks)					
Overall (TOP OF TRAP TO 6" BELOW CROTCH)					
Leg (Largest part)					

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## Ripped Force®



### THE PROFILE

#### WHAT

- Hyper- thermogenic formula
- 20 mg ephedrine
- 100 mg caffeine
- 250 mg L-carnitine
- 240 mcg chromium

#### WHY

RIPPED FORCE® is the original hyper-thermogenic pre-workout and fat mobilizing sports drink. ★ RIPPED FORCE® delivers power and energy when it's needed most, and includes 23 grams of energy packed complex and simple carbs for a total energy drink. ★

#### FLAVORS

- Fruit Punch
- Orange
- Grape
- Pink Grapefruit
- Lemon Lime

### NEW FROM ABB



## Speed Stack™

### THE PROFILE

#### WHAT

- Power and energy
- Only 5 calories
- 24 mg ephedrine
- 11 mg synephrine
- 200 mg caffeine
- ASPARTAME FREE

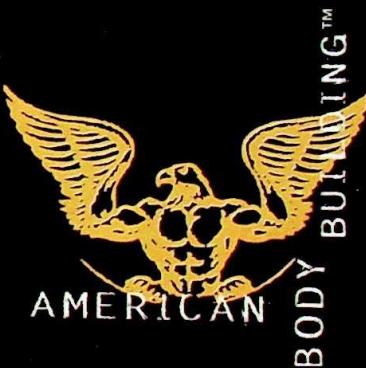
#### WHY

When you need maximum physical and energy with minimal calories, SPEED STACK™ delivers! ★ SPEED STACK™ contains a powerful amount of ephedrine, synephrine and caffeine with only 5 calories. This awesome tasting drink is 100% aspartame free.

#### FLAVORS

- Fruit Punch
- Grape

# REQUIRES IGNITION



## Extreme Ripped Force™



### THE PROFILE

#### WHAT

- Extreme hyper-thermogenic formula
- 24 mg ephedrine
- 200 mg caffeine
- 250 mg L-carnitine
- Added electrolytes - potassium, sodium and phosphorus

#### WHY

EXTREME RIPPED FORCE™ contains a synergistic formula that combines a maximum amount of ephedrine and caffeine for energy and fat mobilization. ★ EXTREME RIPPED FORCE™ also provides L-carnitine, guarana extract, electrolytes and energy packed complex and simple carbs for maximal short and long term energy. ★

#### FLAVORS

- Fruit Punch
- Grape
- Orange

## Inferno™



### THE PROFILE

#### WHAT

- Thermogenic and mass
- 20 mg ephedrine
- 23 g whey protein isolate
- 75 mg caffeine
- 239 mg L-carnitine
- 160 calories

#### WHY

When your body and mind need protein and energy but can't afford slamming down extra calories look no further. INFERNO's powerful combination of 23 grams of quality whey protein isolate and powerful thermogenic agents delivers exactly what you need!

#### FLAVORS

- Fruit Punch
- Grape

A FORCE IN THE GYM™

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

#### 4th APF Seniors

11 Mar 00 - Roseville, MI

**IRONWOMAN** BP DL TOT  
Submaster (33-39) 132 lbs.

K. Tesnovich 170\* 303\* 474  
123 lbs.  
L. Wilson 154\* 303\* 457  
Master (40-44) 148 lbs.  
C. Bastien 104\* 220\* 325  
Master (45-49) 148 lbs.  
C. Randall 61\* 83\* 145  
Master (55-59) 198 lbs.  
A. Collins 66\* 66\* 132

**IRONMAN**  
Junior (20-23) 242 lbs.  
M. Newell 479\* 551\* 1030  
Submaster (33-39) 308 lbs.

T. Skiver 622\* 766\* 1389  
242 lbs.  
W. Balma 501\* 518 1019  
Master (45-49) 242 lbs.  
J. Hurtado 385 418 804  
Master (50-54) 181 lbs.  
F. Lambert 187 424 612  
275 lbs.

M. Miller 231 424 656  
Master (55-59) 220 lbs.

J. Durazo 314\* 451 545

Master (60-64) 198 lbs.

L. Hughes 220 303 523

Master (70-74) 220 lbs.

J. Gould 104\* 148\* 253

Open 165 lbs.

P. Keinath 369 440 810

308 lbs.

T. Skiver 622\* 766\* 1389

J. Shell 611 529 1141

**WOMEN** SQ BP DL TOT

Submaster (33-39) 123 lbs.

L. Wilson 303\* 154\* 303\* 760\*

Master (45-49) SHW

M. Irwin 66\* 83\* 154\* 303\*

Master (50-54) 148 lbs.

S. McPhail 99\* 88\* 148\* 336\*

Master (55-59) 148 lbs.

J. Camilleri 66\* 66\* 198\*

Open 123 lbs.

L. Wilson 303\* 154 303\* 760\*

148 lbs.

L. Fortin 275 110 292 678

Teen (18-19) 275 lbs.

J. Carroll 507 336 573\* 1416

Junior (20-23) 165 lbs.

R. Kusmack 325\* 352\* 402 1080\*

148 lbs.

J. Towles 292 231\* 363 887\*

Submaster (33-39) 242 lbs.

C. Kelly 655\* 501 622 1780

220 lbs.

J. Perry 551 352 578\* 1482

275 lbs.

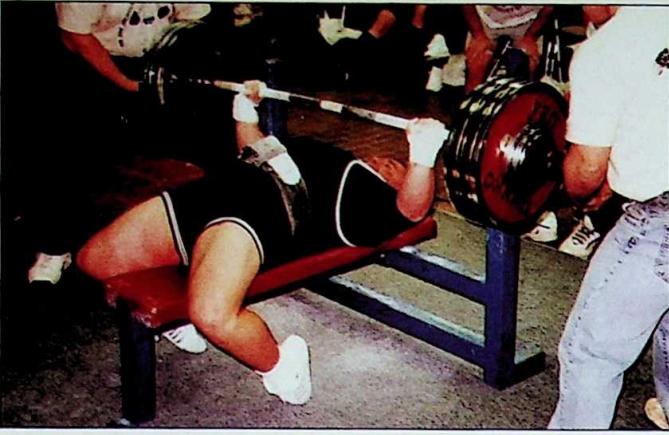
C. Werda 523 352 606 1482

Master (40-44) 165 lbs.

A. Little 578 325 534 1438

198 lbs.

K. Richardson 639\* 402\* 617\* 1658\*



John Zemmin benches 644 at the APF Michigan Srs. (Dan DeFelice)

Master (45-49) 220 lbs.

J. Ellsworth 562 358 540 1461

242 lbs.

J. Hurtado 137 385 396 920

Master (50-54) 220 lbs.

L. Hasler 644 418 666 1730

181 lbs.

F. Lambert 292 187 424 904

165 lbs.

R. Muskat 259 203 336 799

242 lbs.

R. Mugridge 347 248 402 997

Master (55-59) 220 lbs.

J. Durazo 402 314\* 451 1168\*

Master (70-74) 181 lbs.

B. Creech 203\* 88 209 501

Master (80-84) 165 lbs.

R. Merrill 66\* 83\* 165 314\*

Novice 165 lbs.

P. Keinath 435 369 440 1246

181 lbs.

F. Lambert 292 187 424 904

B. Creech 203 88 209 501

220 lbs.

J. Czerwic 440 325 584 1350

J. Durazo 402 314 451 1168

T. O'Brien 297 159 352 810

275 lbs.

D. Buxton 650 451 650 1753

J. Harbourne 501 363 396 1262

M. Goncharoff 352 264 418 1036

Open 148 lbs.

J. Schmidt 374 231 380 986

J. Towles 292 231 363 887

165 lbs.

J. Wood 573 352 518 1444

A. Little 578\* 325 534 1438

148 lbs.

J. Cuciurean 523 385 496 1405

lb. class. He hauled up a beautiful 766 lbs. with room to spare. They were also open records as well. Jose Durazo keeps rolling as he broke the master's 55-59 yrs., 220 lb. class bench record with 314 lbs. He also broke Art Wenzlaf's old total record too. Laura Wilson set the new Women's open squat record with a nifty 303 lbs. She also set the new total records also. Jay Carroll broke Leonard Maclin's teenage 18-19 yrs., 275 lb. class record in the deadlift with 573 lbs. In the junior's 20-23 yrs. James Towles broke Ed Stephenson's bench record for the 148 lb. class. Robert Kusack set the squat, bench and totals records for the 165 lb. class. Submasters division, Colin Kelly set the squat record and the total records for the 242s. Carl Werda set the totals records for the 275s. James Perry II set the deadlift mark for the 220s. Masters 40-44, Art Little set the squat record in the 165 lb. class. Ken Richardson was smokin' in the master 198 lb. class as he set new marks in all the lifts and totals. Open division, Art Little broke Greg Ripley's old squat mark with his 578 lb. dunk. Mike Andrus, aka Mad Dog, broke rival Mark Ostrowski's long standing deadlift record with 633 lbs. In the 220s, Matt Zweig set the new bench and total records with 551 lbs. and 2001 lbs. respectively. John Zemmin keeps rolling in the bench as he upped the ante to 644 lbs. Craig Gallo set the squat record into orbit with a 914 lb. dunk. His 220s total was also a new record, highest ever recorded in APF Michigan history. I would like to thank the Stables Power Team for offering to bring up their Monolift for use in the warm up room. That was really cool from these guys to do that. We here in Michigan are deeply appreciative of the nice gesture. The Ohio people are always a great crowd to have lift in our venue and we enjoy their camaraderie. Also, the Power Masters were the 2000 APF Michigan Senior State Team Champions. I want to thank everyone who lent a hand in helping make this meet possible. There were too many to remember all their names, so thank you to all. Look for a 2 day event next year as this meet is growing fast. Don't forget, Senior Nationals will be here in Michigan for the first time in June, see you all then. God Bless and train hard - damn it! Yours in powerlifting. (Thanks to Dan DeFelice for providing the results)

#### 20th APF Central Ohio BP

25 Mar 00 - Circleville, OH

**WOMEN** W. Garza 325  
M. Liggett-147 275 R. Hamsher 315

P. Lerganee-146 220 181 lbs.

Winegarden-170 225 S. Dalton 450

S. Fletcher-172 225 B. Clark 420

J. Marks-121 165 D. Moss 420

K. Baker-126 120 J. Brown 400

L. Swincher-144 80 B. Bishop 350

MEN Teen J. Brown 320

W. Garza-19 325 198 lbs.

J. Colterman-18 315 G. Clayman 445

A. Ankrom-16 230 A. Robinson 440

J. Wood-19 355 B. Gussler 405

P. Maud-17 200 D. Brooks 385

Master (40-44) T. Cupe 385

G. Clayman-194 445 S. Pitroff 385

D. Wilson-231 475 J. Glasgow 375

S. Rinehar-265 450 C. Monroe 320

P. Wade-214 360 M. Weidemer 315

(45-49) Guest

T. Ramey-294 460 G. Halbert 630

D. Shively-187 320 220 lbs.

P. McGuire-154 240 J. Anderson 525

(50-54) M. Monroe 465

E. Freeman-184 360 S. McDonald 435

J. Vest-192 325 E. Ward 425

R. Lewis-172 230 J. Kishishian 335

(55-59) J. Kesselering 325

M. Brown-218 365 J. Valentine 550!

L. Hyman-188 325 T. Felliure 475

(60+) S. Curley-176 375\* R. Freiwold 455

Bogdanwright-220 300\* I. Thomas 440

C. Workman-183 230 J. Ritzler 410

Open 123 lbs. D. Bell 400

D. Radel 275 B. Hill 385

132lbs. D. Beversdorf 365

J. Brubaker 285 J. Vest III 330

148 lbs. 275 lbs.

M. Feldhaus 330 B. Kyle 550

E. Ankrom 280 S. Brooks 520

165 lbs. H. Mobley 410

T. Huffer 455! 308 lbs.

P. Green 365 D. Herron 485

L. Wilcockon 345 T. Ramey 460

J. Elick 330 SHW

K. Ogan 330 J. Weaver 375

!-Best Lifter. \*-State Record. Team Champions:

Circleville Barbell Club. Some highlights of the meet: George Halbert, lifting as a guest lifter in the 198s, absolutely blowing away 630 pounds, the best 198 lbs. lift in history. Lightweight Best Lifter Tom Huffer's 455 bench in the 165s and heavy-weight best lifter Rob Valentine's 550 opener in the 242s. These high points marked the 20th anniversary for these championships, the longest running annual meet that we know of. Thanks to everyone.

(Thanks to Dean Glitt, Meet Director, for results)

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

##### AMERICAN POWERLIFTING FEDERATION AMERICAN AMATEUR POWERLIFTING FEDERATION

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MASTERS YES   NO					

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THE A.P.F.

SIGNATURE X



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Pyruvate, Calcium 100gm	8.75
4 Androstenolide, 20 grams (200 dose)	27.75
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Chrysin, pure powder, 50gm	29.75
Tribulus Extract 40%, 4 months, 100gm	11.50
Yohimbe 2% Std. Extract! 50gm	8.50
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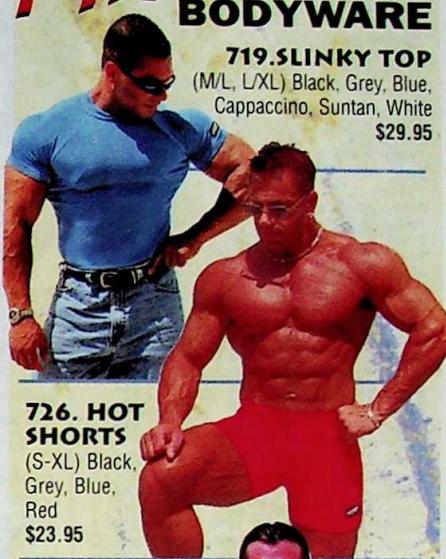
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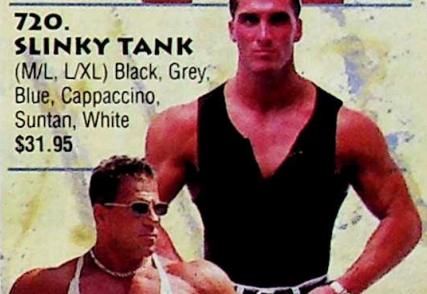


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**719. SLINKY TOP**  
(M/L, L/XL) Black, Grey, Blue,  
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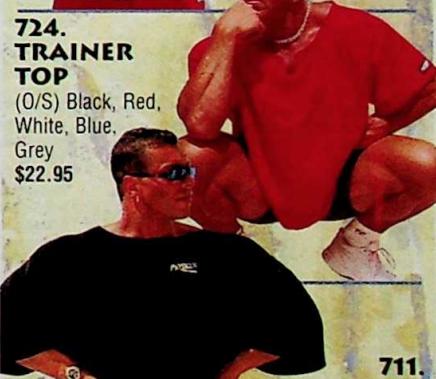
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POWER HOOKS have been proven to improve dumbbell training. They provide the user with a method to perform and accomplish dumbbell training procedures safer and easier, resulting in maximum exercise benefits.

During the first few weeks, gains of 2 to 3 reps on each dumbbell exercise are being experienced. After a few months users are increasing 20 to 30 lbs. to each dumbbell. POWER HOOKS have been highly recommended by a variety of medical and personal training professionals.

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**SWING OUT**   **PRESS**   **WORK TOTAL FATIGUE THEN HOOK TO BARBELL**

**MANY USES! • FITS ALL SIZES OF DUMBBELLS!**

Power Hooks fit all standard and Olympic size dumbbells. For larger dumbbell bars over 3-3/4" circumference order the XL-Power Hooks. The XL-Power Hooks also fit the tri-bar and power blocks.

Patent No. 5971339

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105 lbs.

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Hitchcock, A-10 200 100 265 565

Polley, A-12 170 80 255 505

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Leehe, K-12 165 95 235 495

Palmer, M-10 170 95 215 480

Lanzi, K-9 155 95 210 460

114 lbs.

Fromolt, B-12 195 95 320 610

Anderson, A-11 220 115 260 595

Marsh, J-11 235 85 275 595

Macardy, A-10 195 110 220 525

Armagost, J-11 225 105 190 520

Pashouwer, M-11 200 110 200 510

Johnson, N-10 185 80 235 500

Martwick, J-12 185 85 220 490

Ackmann, B-10 195 85 205 485

Mitchler, J-10 135 85 240 460

Netzel, J-11 165 90 205 460

Somers, L-11 165 90 200 455

Oess, E-12 150 85 220 455

Reinert, A-10 140 80 205 425

123 lbs.

Rude, T-11 280 160 300 740

Neuville, J-11 235 105 310 650

Melcher, D-11 235 100 250 585

Biedermann, K-12 240 80 250 570

Walterman, E-11 210 115 235 560

Fory, S-11 250 90 215 555

Schanz, N-10 210 80 255 545

Czapinski, J-11 200 85 250 535

Davidson, M-10 205 110 215 530

Swanson, L-12 200 90 235 525

Wolf, J-10 185 95 245 525

Bushmaker, K-10 190 100 225 515

Lewis, M-10 205 80 230 515

Proctor, K-12 185 110 210 505

Baer, L-9 205 85 200 490

Johnsrud, S-12 195 105 180 480

Fraust, J-11 170 80 225 475

Morrey, N-10 165 80 220 465

132 lbs.

Guiney, J-11

Niederkorn, R-11 340 160 325 825

Siegle, B-12 265 120 290 675

Balcer, C-11 230 155 270 655

Hornes, E-11 230 95 295 620

Gilberg, S-12 230 120 250 600

Hermanns, A-12 220 105 260 585

Blind, E-10 225 95 260 580

Brock, A-11 205 100 260 565

Balsis, M-12 210 80 270 560

Main, R-10 215 105 235 555

Matthews, K-11 210 105 240 555

Urban, T-10 220 115 335 545

Ford, A-11 200 100 235 535

Christianson, M11185 95 245 525

Mayne, N-11 200 95 190 485

Ebeling, M-10 160 90 225 475

Verboomen, A-10 155 60 230 445

142 lbs.

Weyenberg, M-12 200 85 — —

Anderson, J-12 330 185 310 825

Hartman, N-12 320 155 315 790

Rieth, R-12 270 120 305 695

Hemp, K-12 250 130 305 685

Jensen, N-9 250 115 280 645

Wickliffe, K-11 260 130 250 640

Glenn, J-10 250 120 260 630

Raehl, J-11 255 90 280 625

Hetzell, N-11 275 125 220 620

Fayerweather, L-11 200 120 250 570

Emrott, L-9 200 115 235 550

Ecker, S-10 220 90 235 545

Schulze, S-12 225 80 240 545

Hawkins, C-10 205 95 230 530

Dahl, J-11 200 100 225 525

Rolloff, A-9 220 80 215 515

153 lbs.

Mankiewicz, A-11 300 135 315 750

Engel, J-12 280 125 280 685

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Flanagan, K-11 280 130 260 670

Musch, S-11 265 125 275 665

Tishuk, D-11 265 135 260 660

Wilson, N-12 245 100 290 635

Proctor, E-11 250 120 250 620

Schiff, J-10 225 120 255 600

Schmidt, A-10 225 110 255 590

Jurgens, L-10 205 115 245 565

Leibold, L-11 190 95 275 560

Mason, S-11 235 105 205 545

Armatoski, 215 80 250 545

Cich, L-10 185 105 220 510

165 lbs.

O'Dell, A-11 280 130 325 735

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Fulton, K-12 220 120 275 615

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### USAPL Rama 4th Fall Classic

13 Nov 99 - Willow, AK

Open132 lbs. SQ BP DL TOT F. Francisco 75 45 87.5 207.5	Teen 148 lbs. R. Willis — — — —
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G. Nosbisch 127.5 70 147.5 345	Teen G. Nosbisch 127.5 70 147.5 345
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J. King 120 75 140 335	G. Nosbisch 127.5 70 147.5 345
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J. King 120 75 140 335	G. Nosbisch 127.5 70 147.5 345
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J. King 120 75 140 335	G. Nosbisch 127.5 70 147.5 345
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# Coming Events

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

**2,3 JUN**, Ridgeville Strongman Challenge, Joe Goodhew, 108 E. 2nd St., Ridgeville, IN 47380, 765-857-2071

**3 JUN**, USPF South Texas (men & women - below class I, open, teen, BP, masters, submasters, juniors) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguintfitness.com

**3 JUN**, YMCA BP/DL Wars (open, master, women, teen, police & fire, novice, special olympic) Brad Klingler, 40 Summer St., Kingston, NY 12401, 914-339-4865  
**3 JUN (new date)**, USPF California State Novice/Juniors (Frazier Park - Class II & below - open guest lifters welcome 1/2 entry fee) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, or Steve Denison 661-664-7724, pwrltrs@delnet.net

**3 JUN (new date)**, APA Summer Classic, George Bardis, Asphalt Green, 555 E. 90th St., NY, NY 10128, 212-369-8890 ext 243

**3 JUN**, APF Florida State Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000  
**3 JUN**, Central States Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**3 JUN**, WNPF Raw Nationals & Drug Free Nationals (PL, BP, DL, SQ - Panama City Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com  
**3,4 JUN**, WABDL Pepsi Northwest Regional BP & DL (Doubletree Hotel, Springfield, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

**3,4 JUN**, NASA Master & Submaster Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

**3,4 JUN**, (new date) AAU Nationals PL & USA Raw Open & USA American BP (open, masters, submasters, law, military - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

**4 JUN**, USA Eastern States Open & High School BP/DL (Liberty H.S.) Tommie Buzzo, 12724 Chestnut Ln. Rixeyville, VA 22737, 540-937-7377

**4 JUN**, Indiana Open II BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**9-11 JUN**, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779, jtruck52@hotmail.com

**10 JUN**, NASA Virginia State PL, BP, PS (Roanoke, VA) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, guhl@wlfrefire.com

**10 JUN**, APA Palm Bay Open BP/DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

**10 JUN (new date)**, WABDL Hawaii Invitational, (Honolulu, HI) Mike Saito, 808-373-5053

**10 JUN (new date)**, Georgia Games BP & DL (Atlanta, GA) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

**10 JUN**, USPF Reg. III (men, class II, women, teen, master) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575

**10 JUN**, Firehouse Strongman/Woman Contest (open, police/fire) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), FAX 301-423-2965, grahambo@libertybay.com  
**10 JUN**, 7th Miller's Ironhouse All Natural BP (open, raw, HS, teen, women, subs, master, grandmasters - sculptured awards) Miller's Ironhouse Gym, 218 Williams St., Cumberland, MD 21502, 301-777-0644, bemiller@hereintown.net

**10 JUN**, USPF U.S. BP, U.S. Arm Curl, U.S. Chin-Up, U.S. Strength Classic (all three) (men/women open, middle school, h.s., jr (19-23), submasters (35-39), masters, fire, police, special olympian, novice - all wt. classes - N. Carroll H.S. - Hampstead, MD) Glenn Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707, Mr. McKenna 800-444-7321

**10 JUN**, 18th USAPL Viking Open (open, women, teen, masters, juniors) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

**10 JUN**, Bearfest III (Eastside Gym, Tulsa, OK) Bear Smith, mvbear@polis.com

**10 JUN**, Immaculate Heart of Mary Festival 2000 BP & DL, Ron DeAmicis, 6531 Nev Rd., Youngstown, OH 44515, 330-792-6670

**10 JUN**, New England Open Arm Wrestling (men, women, rt. hand - seated) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**10 JUN**, APF Muscle Beach Venice Bench Press, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

**10 JUN**, Superman Celebration BP/DL Classic (Metropolis, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**10 JUN**, AAU 5th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou 610-258-1894

**10 JUN**, APF Calif. State BP (TBA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

**10,11 JUN**, APF Sr. Nationals (Michigan) Dan DeFelice, 810-294-7055, ddefelice@mediaone.net, www.APFMichigan.com

**10,11 JUN**, WDFPF Europeans PL & Single Lifts (Galway, Ireland) Anita Mahoney IDFPA

**11 JUN**, USAPL 1st annual Bench under the Big Top, Anthony Stropoli, 4915 Whipple Ave. NW, Canton, OH 44718, 800-351-0901

**11 JUN**, WNPF Police & Fire Nationals, Paul Dunn, 162 Park Ave. #F-6, E. Orange, NJ 07017, 973-687-7308

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

**15-18 JUN (new date)**, York Barbell

Strength Spectacular IPA World Cup & Bob Hoffman's Strength Challenge, York Barbell, 3300 Board Rd., York, PA 17402, Mark Chaillat, 800-358-9675

**17 JUN**, Antony Clark Testimony and World Record Bench Press Exhibition, Ron Beckert, Calvary Chapel High School, 12808 S. Woodruff, Downey, CA 90242, 562-803-5151  
**17 JUN**, CPA Deadlift, Marcel St. Laurent, 457 71eme Ave. N. #1, Sherbrooke, QC, J1E 2S2, 819-346-9466

**17 JUN**, CPA Bench Press, Club Multi-Forme, 101 Rue Due Moulin, Magog, Quebec, Canada, J1X 4A1, 819-847-4419

**17 JUN (new date)**, USPF New England PL/BP & New Hampshire State Meet, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489  
**17 JUN (new date)**, 20th APF West Coast Open (all divs. & novice) Rick McClung, 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com

**17 JUN (new date)**, AAU All-South Power Classic (PL, SQ, BP, DL - men/women - open, teen, jr., submaster, master) ESP+ Promotions, Box 704, Randleman, NC 27317, 336-672-1170, FAX 336-498-1875

**17 JUN (new date)**, Pasco Power Team's King of the Bench (1/2 hr. North of Tampa, FL) Rick Lawrence, 727-942-7894 or Mike Marin 727-863-2228  
**17 JUN**, L.S.T.A. Grant A Wish Charity Bench Press Contest (New Orleans, LA - Men, women, teen, masters, special olympics, policemen/firemen - sculptured trophies - free t-shirts to pre-registrants) Arild C. Hansell, 504-471-2775, Fax 504-471-2784, e-mail herqueles@aol.com

**17 JUN**, 1st annual YMCA Bench Press Championships (Downtown Y, Corpus Christi, TX) Bobby Morgan, Rt. 1 Box 828, Ingleside, TX 78362, 361-986-9244 or 882-1741

**17 JUN**, AAPF Police & Fire Nationals (qualifier for the AWPC Worlds) Tony Pastorello, 702-655-0825

**17 JUN**, Mid Southern Open BP & DL, PC & Curl (Vilonia, AR - near Little Rock - teen, jr., open, submaster, master) Dan Singleton, 1200 3rd St., Hot Springs, AR 71913, 501-623-6014  
**17 JUN**, AAU Planet Fitness PL open, BP, Push/Pull (raw & equipped - open, women, teen, master, novice) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, gymrat@willinet.net

**17 JUN**, USAPL Push/Pull BP/DL, Jody Woods, Box 163288, Sacramento, CA 95816, 916-431-5503

**17 JUN**, Power Mania 2000, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com  
**17 JUN**, AAPF Police & Fire Powerlifting Open (Drug Tested) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000, hugeiron@bellsouth.net

**17 JUN** (tentative) NASA West Texas Open (Amarillo) NASA, Box 735, Noble, OK 73068, 405-527-8513

**17 JUN**, USA "RAW BENCH PRESS SUMMER NATIONALS" (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**17 JUN**, Max Flex BP & DL (all divs. - Memphis, TN) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**17 JUN**, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France



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17,18 JUN (additional day), WNPF Youth, Teen, Jr. Submaster, Master Nationals & American Championships (Baltimore, MD) WNPF Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

17,18 JUN, 16th ADAU Raw Drug Free No Boys Allowed Women, Men Submaster & Master (State/Out of State) and PA Open (no age groups) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

18 JUN (new date), Summer 2000 Push/Pull, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

18 JUN, 1st Iron House Open BP/DL Classic (Hoopeston, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, TX 61953, 217-253-5429

18 JUN, NASS Thick Bar (2") Worlds (Hurst, TX - novice, open, teen, masters, women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwill@swbell.net

23-25 JUN, EPC European BP & PL

(Waldmischel, Germany) Juergen Weinberger, +49-6204-969502

24 JUN, USAPL Henderson County Midsummer Classic (full meet, open to everyone, all age & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354

24 JUN, 1st annual Jay Mazola Memorial BP (to be held at Italian American Citizens Club, 90 Harbor St., Lynn, MA 01902) John Flynn, 978-535-1533

24 JUN, Florida State Push/Pull, Joe Bell, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

24 JUN, APA Eastern Texas Open, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

24 JUN, USPF North Jersey Drug Free High School Championships (Clifton, NJ) Ron Reuther, 973-684-7392 or 594-9400

24 JUN, Ozark Open II BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

24 JUN, Max Flex BP & DL Classic (all divs. - Denver) Hobo Prods, Box 1971,

Crystal Lake, IL 60039, 847-277-7760

24,25 JUN, USPF Sr's/Mountaineer Cup, Nic Buseck, Box 358 Rt. South, Chester, WV, 26034, 304-387-8354

24,25 JUN, TWIN LAB WABDL National BP & DL (Holiday Inn Select N., Irving, TX) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net, Ken Anderson, 972-392-3132

25 JUN, Illinois Prairie State Games BP (State residents only - men, master, scholastic, women) Dana Rosenzweig, 629 Springwood, Belleville, IL 62220, 618-277-6022 (d), 236-2802 (e)

25 JUN, 6th APF Freedom Hill Outdoor BP & DL Classic (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6PM please, ddefelice@medialone.net, www.apfmichigan.com

25 JUN, Best of the Southwest BP and/or DL (natural, raw) Steve Siwiak, McMurry, PA, 724-941-7270

25 JUN (corrected date), PL West Summer Benchfest, Sortwell Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

25 JUN, World Gym Summer BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

JUN, USPF S. Jersey Open BP & DL (Wildwood, NJ) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941

JUN, Texas/World Police Games (Austin, TX) TPAF, Box 2040, Abilene, TX 79604, 800-624-9752, 915-676-1545, FAX 915-676-5033

JUN, USAPL New England States Bench Press, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

JUN, ANPPC Drug Free High School Nationals (Boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62684, 618-244-5775, anppc@aol.com

1 JUL, 100% Raw Summer Deadlift (open, women, masters, teen) Graham Bartholomew, 2698 Moran Dr., Waldorf, MD 20601, 301-843-5046 (h), Fax 301-423-2965, grahambo@libertybay.com

1 JUL (new date), Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany, (0)871-77575

1 JUL, SLP NATIONAL BP/DL CHAMPIONSHIPS (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

3 JUL, Iowa/Midwest Open BP on the Square (Sigourney, IA - open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net

7-9 JUL (new date), USAPL Men's Natl, Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

7-9 JUL, ADAU Nationals (PL - men & women - open, submaster, master, junior, teenage) Joe Orengea, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 JUL, Beloit Riverfest BP (APF/AAPF & Raw - no organization membership - no bench shirts - men/women: open, teen, jr., submaster, master) Craig Hansen, 1629 Trainer Rd., Rockford, IL 61108, 815-227-0935, craigyb@worldnet.att.net

8 JUL, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

8 JUL, WNPF Western PA (Blackhawk H.S. - Beaver, PA - PL, BP, DL - open to all drug free lifters) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

8 JUL (new date), ANPPC WORLD CUP, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 JUL, WNPF BP Nationals & DL Nationals (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

8 JUL, NASA AZ State, NASA, Box 735, Noble, OK 73068, 405-527-8513

8 JUL, Allentown Sports Festival BP/DL, Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333

8 JUL, 7th Eastern OK BP (Eufaula, OK - pro, open, novice, teen, jr., masters, women) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059

8 JUL, Max Flex BP & DL Classic (Ft. Lauderdale) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

9 JUL, Muscle Bound Fitness Push/Pull Open BP and/or DL, John or Kayleen

# W.P.O.™ Bench Bash For Cash - September 9, 2000

## Peabody Auditorium - Daytona Beach, FL

### Cash Prize Breakdown

#### Lightweight

1st Place	\$2,500
2nd Place	\$1,000
3rd Place	\$750
4th Place	\$500
5th Place	\$250

#### Middle Weight

1st Place	\$2,500
2nd Place	\$1,000
3rd Place	\$750
4th Place	\$500
5th Place	\$250

#### Heavyweight

1st Place	\$2,500
2nd Place	\$1,000
3rd Place	\$750
4th Place	\$500
5th Place	\$250

Total Cash Prize \$15,000

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(904) 677-4000, 877-HUG-IRON, E-Mail: [hugeiron@bellsouth.net](mailto:hugeiron@bellsouth.net), [www.hugeiron.com](http://www.hugeiron.com)



#### A.A.U. RAWNATIONALS

August 12-13, 2000

[www.kingsburyclub.com](http://www.kingsburyclub.com)

Location: The Kingsbury Club, 186 Summer St., Kingston, MA 02364

Weigh-ins: All Classes up to and Including 181 Pounds:

(All Women will lift on Saturday) Friday: 6-7:30 PM, Saturday: 7-8:30 AM

All Classes (Male) - 198 Pounds Through Super Heavy:

Saturday: 5-6:30 PM, Sunday: 7-8:30AM

Lifting Schedule: Lifting will start at 9:30 sharp on both days. Awards: First through Fifth - All Division. Also:

There will be a buffet dinner offered to lifters and guests on Aug. 12th that will feature guest speakers Ken Patera, Don Reinhardt, and Ernie Hackett. Visit The Kingsbury Club website at [www.kingsburyclub.com](http://www.kingsburyclub.com) for more information or to download the meet and/or dinner applications.

For Information contact Larry Larsen at 781-767-0764

Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-543-6577

15 JUL, Region 8 Championships, Anthony Carillo, 414 E. 4th Ave., Olympia, WA 98501, 360-754-2475 or 556-2688

15 JUL, APF Lone Star Classic BP (teen, master, submaster, novice, open) Marvin Meinstein, 2080 W. Bewick, Ft. Worth, TX 76109, 817-924-4310

15 JUL, APA Nutmeg State Open BP/ DL (Wallingford, CT) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

15 JUL, The Training Center's Summer Bench Press (open men/women - New Castle, DE) 302-328-5438

15 JUL, USPF Beach Bench Press (Angola, NY) Butch Murr, 716-652-0183

15 JUL, New England's Strongest Man/Woman (5 events) Louis LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

15 JUL, APF Muscle Beach Venice Deadlift, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

15 JUL, APF Florida Push/Pull for Total in Memory of Lawrence Monberg, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

15 JUL (tentative) NASA East Texas Open (Kilgore) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 JUL, Max Flex BP & DL Classic (Seattle) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

15 JUL, USPF East Beach PL (natural, open, master, women, teen & strongest high school team in the county - Santa Barbara, CA - National Qualifier) Kevin Fisher, 805-963-3439, Fax 805-963-8740

15,16 JUL (new date), IPA National

Bench Press, John Ford, 68

Westlake Ave. #B, Daly City, CA

94014, 650-757-9506 or 583-8648

16 JUL, USPF Summer Slam (NHSP) J. Fellows, Box 375, Belmont, NH 03220

22 JUL, USAPL Apple Push 'n Pull, Liz Panter, 1710 E. 16th St., Idaho Falls, ID 83404, 208-529-8600

22 JUL (new date), Independence BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

22 JUL, Hawaii State Pull/Push & World Bench Press Qualifier, Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

22 JUL, USAPL 3rd BP & DL Battle on the Beach (Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-616-5447

22 JUL, NASA Tri-State Natural (Monolift, no entry free for spec. olympians, PL,

BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST

22,23 JUL, USPF Georgia Games, Life University, 1269 Barclay Circle, Marietta, GA 30060, [www.georgiagame.org](http://www.georgiagame.org), David Hall, 678-290-1882

28-30 JUL (new date), "100% RAW" Nationals (men & women, all age groups/wt. classes, limited entries, deadline 7/1) Spero Tshontikidis, 17506 Sabrina Terrace, Derwood, MD 20855, 301-990-2874

29 JUL, Fitness Zone's Bench Press Competition (open & raw [lt & huy], women, teen, masters, police & fire, team) Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252

29 JUL, CPC Canadian PL & BP Championships (world qualifier for top 2 in each division) Bruce Greig,

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&

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**29 JUL**, Clinton Co. YMCA Open BP/DL Classic (Frankfort, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

**29 JUL**, Max Flex BP & DL Classic (all divs. - San Francisco, CA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**29, 30 JUL (new date)**, WNPF New Jersey (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**29 JUL**, Summer Beast, (St. Mary's, PA) Ken Mountain, 814-834-9222

**JUL**, 7th Border Classic BP, Tito's Gym, 245 Fairfax, Brownsville, TX 778520, 956-504-3324

**JUL?**, NASA Illinois Regional, Lindell Smith, 508 E. 5th, Flora, IL 62839

**3-5 AUG**, AAU Jr. Olympics, AAU High School National PL (raw - Orlando, FL) Gary Rodgers, 5824 Windmill Ct., Orlando, FL 32809, 407-856-7780 (hm), 836-8984 (wk), gbdodge@mpinet.net

**4th and 6th AUG**, WABDL National Powerlifting Championships (Holiday Inn Select, Wilsonville, OR - 10 mi. south of Portland on I-5 - shuttle provided - double ply BP shirts & squat suits, single ply DL suits - no canvas shirts or suits) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

**5 AUG**, APF Maine State Push/Pull (outdoors - men, women, master, submaster, teen) and APF Pine Tree State Open, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

**5 AUG**, APF L.A. Lifting Club Summer Bench Blast (Burbank, CA) Joe Avigliano,

818-846-5438

**5 AUG**, AAU "Raw" Missouri State PL & Bill Clark Open, Dave DeForest, 6706 State Road J, Fulton, MO 65251, Kdefores@mail.coin.missouri.edu

**5 AUG**, Horseheads Pre-season PL Meet (high school students only - men/women) Bert Conklin, 104 Willow Dr., Horseheads, NY 14845, 607-796-2583 or Ed Patten 607-733-4997

**5 AUG**, APA East Coast Open BP/DL (Maryland) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-6962

**5 AUG**, USPF Barbee Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Corpus Christi, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.segufitness.com

**5 AUG**, Low Country Push/Pull #2, The Dungeon Gym, 2833-C S. Live Oak Rd., Moncks Corner, SC 29461, 843-761-5632 or Floyd Powe 843-875-1434

**5 AUG**, APF Muscle Beach Venice Push/Pull, V.B.A.C., 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

**5 AUG**, APF USS Escanaba Memorial Outdoor PL/BP Classic (men/women: open, teen, jr., submaster, master, police/fire/military) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488

**5 AUG**, Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**5,6 AUG**, USAPL Nevada St. PL/BP, Jim Kralich, Box 238, Elko, NV 89803, 775-934-4241, jimlee@cyberhighway.net or Laurie Evans 775-738-4245

**5,6 AUG**, WABDL World Cup BP & DL & Strongman Contest (Portland, OR - Holiday Inn Airport) Gus Reth-

wisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

**12 AUG**, APF USS Escanaba Memorial Outdoor PL/BP Classic, Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrlenta@iserv.net

**12 AUG**, USAPL Nebraska BP (Columbus, NE - open, teen, women) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@hunet.net

**12 AUG**, Body Factory Power Challenge BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

**12 AUG**, APA Thunder Bay Open BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

**12 AUG**, N.J. Bench Press Open, Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

**12 AUG**, WABDL Regional World Qualifier, Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, pwrlfrs@delnet.com

**12 AUG**, Team Weber Strength PL (BP, Trap Bar DL) Bob Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695

**12 AUG**, Max Flex BP & DL Nationals (all divs. - Chicago, IL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**12 AUG**, Greene Co. Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

**12,13 AUG**, USAPL New York State, Sean Culnan, 12 Biscayne Blvd., Troy, NY 12182, 518-384-1100 x 525 (d), 237-0972 (e)

**12,13 AUG**, 2nd WNPF Lifetime Drug Free Works (all events/divisions - Daytona Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**12,13 AUG**, AAU Raw Nationals (Kingston, MA - near Boston) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

**12,13 AUG**, NASA World Cup PL, BP, PS (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

**13 AUG**, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**17 AUG**, Old Settlers Days BP/DL Classic (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**19 AUG**, 8th Drug Free Iowa State Fair Law Enforcement & Firefighters Bench Press (natural, masters, submasters, women) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

**19 AUG**, 15th Drug Free Iowa State Fair BP/DL (natural, pure, novice, beginner, masters, submasters, womens, teen) Jeff Baird, 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275

**19 AUG**, APA Texas State PL, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

**19 AUG**, Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**19 AUG**, Alabama APF Push/Pull, Robbins Fitness Adv., 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

**19 AUG**, MidAtlantic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

**19,20 AUG**, AAPF/APF Snake River

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PL/BP (Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6 PM, 208-523-0600) apf\_id\_mhiggins@yahoo.com

**20 AUG**, Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**26 AUG**, Northern Michigan Slam Off Bench Press (unsanctioned - all organizations and lifting gear welcomed - teen, open, submaster, master - for men and women) Jeff Fleischer, 237 W. Cedar St., Gladwin, MI 48624, 517-426-0061

**26 AUG**, APA Thunder Bay Open (Ferg's Sports Bar - St. Pete, FL) Stephen Highnote, 54th Ave. Gym, 727-521-6162

**26 AUG**, 10th Endless Summer BP, Goshen Fitness, Box 92, Goshen, IN 46527, 219-537-9329

**26 AUG**, USAPL Power Surge 2000 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, michelle@bbc.net

**26 AUG**, 5th Granite State Open BP or DL (men, women, teen, jr., submaster, master, novice - deadline 8/12/2000) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**26 AUG**, APF Iron Warrior 2000 "Festival of Strength" Iron Pentathlon, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

**26 AUG** (tentative) NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

**26 AUG**, Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**27 AUG**, USAPL/IPF East Coast Deadlift (men/women - open, masters, submasters, jr., teen, police/fire, military, special olympians, novice) Jacqueline Davis, John Gengo, 1190 Washington Green, New Windsor, NY 12553, 914-569-0457

**27 AUG**, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**27-28 AUG**, AAU North American PL/USA BP (youth, teen, jr., novice, open, submasters, masters, law enf., military - open/raw - men/women - Moreno Valley) M. Drake, Box 108, Nuevo, CA 92567, 909-928-4797

**2 SEP**, AAU Planet Fitness Midwest Regional Championships (PL, BP, Push/Pull - AAU World Qualifier, Raw & Equipped Dlus., teen, open, women, submasters, masters, police & fire) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrate@willnet.net (entry forms available in MS Word or Lotus Word Pro)

**2 SEP**, USAPL 2nd Labor Day PL & BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

**2 SEP**, APA American Cup BP, APA, Box 27204, El Jobean, FL 33927, wpa50@hotmail.com, 941-697-7962

**2 SEP (new date)**, Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-

## HUGE IRON Powerlifting Schedule YEAR 2000

**June 3, 2000** - APF Florida State Open Powerlifting Contest

**June 17, 2000** - AAPF Police & Fire Powerlifting (Drug Tested)

**July 15, 2000** - APF Florida Push/Pull for Total In Memory of Lawrence Monberg

**September 9, 2000** - APF Bench Bash for Cash. \$6,000 Total Cash Prize In Conjunction with NPC Daytona Beach Muscle Classic (Bodybuilding)

**November 11, 2000** - AAPF Southern States Powerlifting Championship (Drug Tested)

**December 2, 2000** - APF Southern States Open Powerlifting Championship

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL (904) 677-4000



5429, sonlight@advancenet.net

**3 SEP**, King Fitness Pound for Pound Championships (most reps and tonnage - Hazlett, NJ) Ryan Vella, for past results [www.kingfitnessgym.com](http://www.kingfitnessgym.com), 732-335-0911

**9 SEP**, The Strength Beyond Iron Man (Paw Paw, MI) Mike Newell, 616-657-2036 or Aaron DiPrima 616-657-6698  
**9 SEP**, 1st APF Strength Beyond BP, DL and Iron Man-Woman Championships (men/women: open, teen, jr., submaster, master) Mike Newell, 708 Marcelletti, Paw Paw, MI 49079, 616-657-2036, Fool220@220.com

**9 SEP**, East Coast Classic Arm Wrestling (men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**9 SEP**, APF Bench Bash for Cash (\$10,000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

**9 SEP**, Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**9 SEP**, Pound for Pound Nationals (m/women SQ/BP/DL - Kansas City) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760  
**9 SEP**, USAPL Michigan Hall of Fame meet, Dick Van Eck, 616-521-4031

**9 SEP**, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

**10 SEP**, WNPF Mid Atlantic BP & Ironman/Woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

**13-17 SEP, 2000 IPF Jr. Worlds (Kau-Hsiung, Taiwan)**

**15-16 SEP**, USAPL Bench Press Nationals, Dr. Mike Cissell, 1296 Henke, Lake St. Louis, MO 63367, 314-561-1242

**15-17 SEP**, ADAU National SQ, BP, DL (separate contests - all ages / wt. classes) Joe Oreniga, 4460 W. 26th St., Erie, PA 16506, 814-833-3727

**16 SEP**, Rotty's Southern Indiana SQ/BP/DL Classic (Paoli, IN), Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

**16 SEP**, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tsihontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

**16 SEP**, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513

**16 SEP**, Big Three Classic (m/w - SQ/BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**16 SEP**, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201

**16,17 SEP**, Big Daddy's Push Pull, 650-757-9506

**17 SEP**, USAPL Connecticut State Open, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372

**17 SEP**, WNPF Falls Natural (Niagara Falls, NY - PL, BP, DL - raw & assisted) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**17 SEP**, 2nd Deadlift on the River, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

**17 SEP**, Police & Fire Nationals

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**17 SEP**, Wisconsin Open II BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W.

Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**23 SEP**, St. Mary's (PA) Power Day, Ken Mountain, 814-834-9222

**23 SEP**, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Dr.

Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net  
**23 SEP**, Max Flex BP & DL Classic (Buffalo, NY) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760  
**23,24 SEP (new date)**, WABDL Budweiser Strength Festival (BP, DL, Strongman 234 & below, 235 & above) & WABDL BP/DL and Oregon State PL, Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!), gethomas@uswest.net

**24 SEP**, Bay State Correctional Center Meet (guest lifters welcome, 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056 or Tim McDonald or Larry Givens 617-727-8474, ext. 160

**24 SEP**, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

**24 SEP**, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**30 SEP**, APFL A.L.C. Push/Pull Classic (Burbank) Joe Avigliano, 818-846-5438

**30 SEP**, NASA Ohio Reg. NASA, Box 735, Noble, OK 73068, 405-527-8513

**30 SEP**, Ozark Open III BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**SEP (new date)**, WNPF East Coast PL (Philadelphia, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**SEP**, WNPF Delaware (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**SEP**, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

**1 OCT**, Northern Illinois Open BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**5-8 OCT**, WPF World BP & PL (Graz, Austria) Carl Smith, Tel/Fax +43-316-817683 or csmith@netway.at

**7 OCT**, 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19461 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm, ddefelice@medianeone.net, [www.apfmichigan.com](http://www.apfmichigan.com)

**7 OCT**, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**7 OCT**, USPF Central California Championships (San Luis Obispo - National Qualifier) Gene Estrada, 805-544-0155

**7,8 OCT**, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817, clayton@blast.net

**7,8 OCT**, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475

**8 OCT**, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, wpa50@hotmail.com, [www.angelfire.com/fl/wpaapcpa](http://www.angelfire.com/fl/wpaapcpa)

**8 OCT**, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**8 OCT**, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

**14 OCT**, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean

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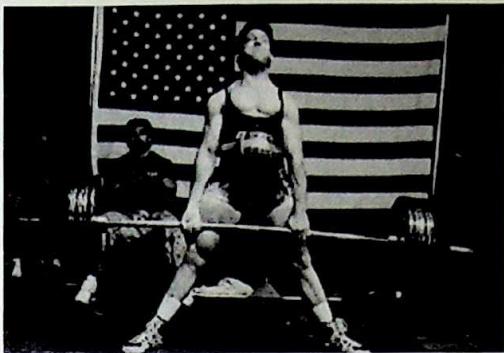
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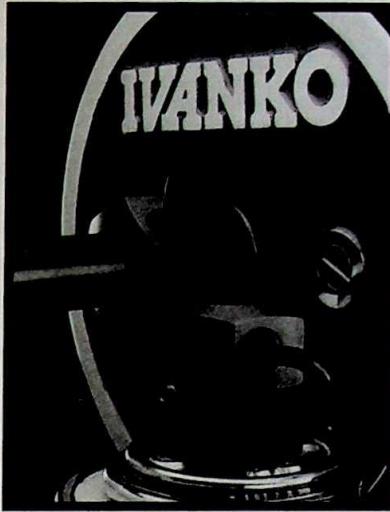


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**14 OCT**, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryltobey@aol.com

**14 OCT**, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

**14 OCT**, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com

**14 OCT**, Flowertown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

**14 OCT**, 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

**14 OCT**, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

**14 OCT**, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**14 OCT**, APF/AAPF Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

**15 OCT**, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**17-22 OCT**, 2000 IPF World Masters (Prague, Czech Republic)

**20-22 OCT**, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF)

**21 OCT (new date)**, WNPF Palmetto Classic (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**21 OCT**, PPL Georgia State PL, BP, DL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

**21 OCT**, 9th USPF Muscle Beach Venice Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

**21 OCT**, NASA Iowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513

**21 OCT**, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

**28 OCT**, NASA Pennsylvania Regional PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, P.O. Box 58, Millwood, WV 25262, 304-273-2283, gvh@wtrex.com

**28 OCT**, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

**28 OCT** (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

**28,29 OCT**, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**29 OCT**, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488

**OCT**, WNPF Fall Classic PL (NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**OCT**, AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

**OCT?**, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvh@emv.com

**4 NOV**, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Austin, TX) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

**4 NOV**, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434

**4 NOV**, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

**4 NOV**, Mike Stone Memorial/Southeastern USA PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**4 NOV**, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

**4 NOV**, USAPL State of Michigan Cham-

(Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**11 NOV**, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

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

**12 NOV**, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terreac, Taunton, MA 02780, 508-823-5729

**12 NOV**, Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

**14-19 NOV**, 2000 IPF Men's Worlds (Akita City, Japan)

**16-19 NOV**, 2000 WABDL Drug Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@uswest.net

**17-19 NOV** (new dates), WNPF Worlds (all events/divs. - Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

**17-19 NOV**, IPA Nationals (Columbus, OH) Elite Fitness, 1695 Itawamba Trail, London, OH 43140, 888-854-8806

**18 NOV** (new date), SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

**18 NOV**, Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

**18 NOV**, ADAU North American Raw BP (teen, jr., submaster, master, open) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

**18 NOV**, 13th Elkhart Bench Press, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683

**18 NOV**, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997

**18,19 NOV** (new date), USPF U.S.A. Nationals Open Championships (Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724

**18,19 NOV**, World Championships of Strongmen (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend,

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**wabdl.org (not .com!!),**  
**gethomas@uswest.net**  
**18,19 NOV, N.J. State Championships**  
 (Morris County Area) Pro Fitness, 350  
 Route 46, Rockaway, NJ 07866, 973-  
 627-9156, www.profitness.com  
**19 NOV (new date), USA "RAW"**  
**BENCH PRESS FEDERATION**  
**GRAND NATIONALS (Tuscola, IL)**  
**Dr. Darrell Latch, 126 W. Sale St.**  
**Tuscola, IL 61953, 217-253-5429,**  
**sonlight@advancenet.net**

**24-26 NOV, WDFPF World Single**  
**Lift BP & DL (nr. Como, Italy) Ivano**  
**Bianchi (WDFPF Italia)**

**NOV, 3rd Southern States BP/DL, Tito's**  
 Gym, 245 Fairfax, Brownsville, TX 78520,  
 956-504-3324

**NOV, USAPL Mass States Open, Greg**  
 Kostas, Box 483, Whitman, MA 02382,  
 781-447-6714, 8-10pm

**2 DEC, USAPL Kentucky State/Blue**  
**Grass Open PL & BP (all ages & wt.**  
**classes) Steve Corum, 1614 S. Green**  
**St., Henderson, KY 42420, 270-826-**  
**8354**

**2 DFC, 17th Southeastern Cup, Buddy**  
 Duke, 201 N. Burwell Ave., Adel, GA  
 31620, 912-896-3988 (d), 3989 (n),  
 bduke@surfsoouth.com

**2 DEC, APF Southern States Open, Huge**  
 Iron Productions, 910 S. Atlantic, Ormond  
 Beach, FL 32176, 904-677-4000

**2 DEC, Son Light Winter Classic BP/DL,**  
 Dr. Darrell Latch, 126 W. Sale St. Tuscola,  
 IL 61953, 217-253-5429,  
 sonlight@advancenet.net

**2,3 DEC, Los Angeles Lifting Club**  
**presents WEPOF Superman II (OL - 2**  
**Dec, PL - 3 Dec, combined or sepa-**  
**rate) Joe Avigliano, 818-846-5438**

**3 DEC, APF/AAPF Texas Powerfest**

**2000 (Hurst, TX - juniors, novice, open,**

teen, submaster, master, BP only, DL only)  
 Bill Holland, 300 W. Northern Ave.,  
 Saginaw, TX 76179, 817-847-6082,  
 wwillly@swbell.net  
**7-10 DEC, 2000 IPF World Bench**  
**Press (Ostrava, Czech Republic)**  
**8-10 DEC, "100% RAW" World**  
**Championships (men & women, all**  
**age groups/wt. classes, limited en-**  
**tries, deadline 11/1) Spero Tshon-**  
**tidis, 17506 Sabrina Terrace,**  
**Derwood, MD 20855, 301-990-**  
**2874**

**9 DEC, USAPL Blue Santa PL/BP, Willie**  
 Mastin, 13010 Ocean Glade, San Antonio,  
 TX 78249, 210-699-0964

**9 DEC (new date), APF 47th Iron Man**  
 PL / BP / Physique (Fresno, CA) Bob  
 Packer 559-439-4394 or Jeff Budwig,  
 559-248-0860

**9 DEC, 3rd AAPF Michigan State PL,**  
 BP, DL, John Maddox 248-642-2002 or  
 John Cuciurean 810-598-2417

**9 DEC, Mimi's Power Day BP/DL Classic**  
 (Rockford, IL) Dr. Darrell Latch, 126 W.  
 Sale St. Tuscola, IL 61953, 217-253-  
 5429, sonlight@advancenet.net

**9 DEC, Robbins Fitness Advantage**  
 Press, Robbins Fitness Advantage, 421  
 15th St. East, Tuscaloosa, AL 35401,  
 205-344-5200

**9 DEC, USPF Winter Classic DL (Carna-**  
 rillo, CA) Chris Kostas, 1854 Pineridge  
 Rd., Frazier Park, CA 93225, 661-245-  
 0115

**9,10 DEC, USAPL Virginia State PL/**  
 BP, John Shifflett, Box 941, Stanardsville,  
 VA 22973, 804-985-3932, valifting@aol.com

**10 DEC, WNPF Eastern Regional BP**  
 Open & Ironman/woman (BP & DL) &  
 USSA Power Curl, Brian Washington,  
 Box 20042, Baltimore, MD 21284, 410-  
 265-8264, ecpower@bellatlantic.net

**10 DEC, 8th ADAU Raw Drug Free Coal**  
 Country BP & DL Classic (separate meets  
 - open, tene.jr., submaster, master) Siegel  
 Engraving, 304 Daisy St., Clearfield, PA  
 16830, 814-765-3214,  
 engrave@clearnet.net

**10 DEC, Christmas for Kids BP/DL Clas-**  
 sic (Mattoon, IL) Dr. Darrell Latch, 126 W.  
 Sale St. Tuscola, IL 61953, 217-253-  
 5429, sonlight@advancenet.net

**16 DEC, USAPL 2000 Holiday Classic**  
 (national qualifier) Power Promotions,  
 23106 19th Dr. SE, Bothell, WA 98021,  
 425-486-5864, mtrupl@seanent.com  
**16 DEC, Christmas BP/Curl, John**  
 Shifflett, Box 941, Stanardsville, VA  
 22973, 804-985-3932, valifting@aol.com  
**17 DEC (new date), WNPF 3rd Sarge**  
 McCray BP/DL/IronMan Charity Event  
 (Bordentown, NJ) WNPF, Box 142347,  
 Fayetteville, GA 30214, 770-996-3418,  
 wnfp@aol.com

**31 DEC, The Last One! BP/DL Champi-**  
 onships, Dr. Darrell Latch, 126 W. Sale  
 St. Tuscola, IL 61953, 217-253-5429,  
 sonlight@advancenet.net

**DEC?? USPF World BP/PL (Europe)**  
**Rob Keller, Box 829, Ambler, PA**  
**19002, 215-542-4941**

**DEC, APF Southwest PL/BP, Anthony**  
 Pastorelo, 2640 Westwood Dr., Las Vegas,  
 NV 89109, 702-655-0825

**19-21 JAN, USAPL Women's Na-**  
**tional (all age divisions) Dr. Mike**  
**Hartle, 3835 W. Jefferson Blvd., Ft.**  
**Wayne, IN 46804, 219-456-8485**

**10 FEB, ADAU Drug Free Raw 13th East**  
 Coast Classic & Raw BP Meet, Joe Pyra,  
 25 Louis Dr., Budd Lake, NJ 07828, 973-  
 691-2695

**23 MAR - 1 APR, Supergames, Keith**  
 Schultz, Box 22266, High St.,  
 Christchurch, NZ,  
 www.supergames2001.co.nz,

**info@supergames2001.co.nz**  
**MAR, USPF New Hampshire State &**  
**New England Open (Bedford, NH - open,**  
**women, teen, masters) Dave Follansbee,**  
**www.usabodybuilding.com, 865 Second**  
**St., Manchester, NH 03102, 603-626-**  
**5489**

**28,29 APR, USAPL Bench Press Na-**  
**tionals, Ed & Frank King, 24775**  
**Aurora Rd., Bedford Hts., OH 44146,**  
**440-439-5464**

**5 MAY, ADAU 19th Drug Free New**  
 Jersey Raw PL & Raw BP/DL, Joe Pyra,  
 25 Louis Dr., Budd Lake, NJ 07828, 973-  
 691-2695

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

**12-15 JUL, USAPL Men's Nationals,**  
**James Hart, Box 82264, Lincoln, NE**  
**68501, 402-470-3672**

**OCT 2001, WABDL World BP/DL**  
 Championships (Las Vegas, NV) Gus  
 Rethwisch, Box 5292, Bend, OR  
 97708, 541-389-0600, wabdl.org

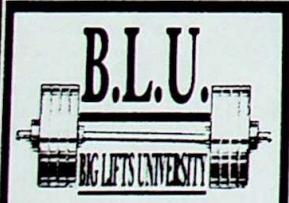
**OCT 2001, AAU Worlds (Mayaguez,**  
**PR) Nestor Gregory, PRPF, Las Vil-**  
**las Park Rd. 142, Ramey, Aguadilla,**  
**PR 00604, 787-890-4636**

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

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132	GLENNEY	350	33-39 SANDERS	465			
OPEN	POLICE RAW		40-49 HATTEN	505	205	540	1250
FOLKEN-BL	380*	TANKE	410*				
148	NOVICE RAW		40-49 RAW DEAMICIS	400	270	520	1190
OPEN RAW	PARRY	350	POLICE RAW DEAMICIS	400	270	520	1190
HENDERSON	305	GUEST LIFTER	220				
40-44 RAW	WRIGHT	500	OPEN COX-BL	675	410	600	1685
HENDERSON	305	275	40-49 ZNACZKO	350	270	460	1080
165	50-59 DOLTON	415	MENENDEZ				
17-1 9 RAW			33-39 RAW KLIEFOTH	635*	345	565	1545*
WRIGHT	205	POLICE RAW	QUINN	485	350	575	1410
LIFETIME RAW	GREEN	405	KOCHY	440	380*	520	1340
JOSEPH	340	NOVICE RAW	LIFETIME RAW KLIEFOTH-BL	635	345	5*65	1545
AUMENTA	275	LUNA	KOCHY	440	380	520	1340
LFTIME	SHW		242				
SANFILIPPO	390	LIFETIME RAW	20-23 BOWMAN	535	385	580	1500
DEWALT	HILDERLEY	375	NOVICE RAW PARRY	405	350	500	1255
OPEN	40-49 RAW		3e-39 ELLEN	545			
SANFILIPPO	390	SEMMONS	SULLIVAN				
JOSEPH	375	HILDERLEY	LIFETIME RAW GOMES	550	385	650*	1585
DEWALT	SULLIVAN	350	40-49 RAW GOMES	550*	385	650*	1585*
33-39	POLICE RAW		POLICE RAW SEIFERT	550	345	555	1450
SAN FILIPPO	390*	LOPEZ	50-59 RAW THORNBURGH	275*	150*	315*	740*
LEE	495	DEADLIFT ONLY	20-23 WALTERS	510	370	465	1345
33-39 RAVV	165		LIFETIME MULLEN	575	450	*650	1675
ALPERT	310	17-1 9 RAW	OPEN RAW WIGGAND	480	380	540	1400
NOVICE RAW	WRIGHT	320	SEIFERT BROOKS	445	315	505	1265
SIEGER	245	LIFETIME RAW	OPEN MOYERS	675	405	650	1725
181	JOSEPH	335	40-49 CHIAVACCI	550	470	605	1625
20-23 RAW	OPENRAW		50-59 SIMMONS	500*	385*	515*	1400*
WALLACE-BL	400	JOSEPH	SHW LIFETIME				
OPEN RAW	181	335	EDWARDS MULLEN	400	230	400	1030
WALLACE	400	OPEN RAW	OPEN RAW REGHETTI	585	385	670	1640
ROBINSON	260	ROBINSON	50-59 EDWARDS	400	230	400	1030
LIFETIME RAW	OPEN		40-49 EDWARDS	400	230	400	1030
WALLACE	400	EISEMAN-BL	50-59 EDWARDS	400	230	400	1030
POLICE RAW	50-59		50-59 EDWARDS	585	385	670	1640
REEVES	330	CONWAY	50-59 RAW EDWARDS	400	230	400	1030
198	POLICE	550	THORNBURGH REGHETTI	585	385	670	1640
LIFETIME	CONWAY	550	20-23 WALTERS	510	370	465	1345
CARRICUTO	350	198	LIFETIME MULLEN	575	450	*650	1675
OPEN RAW	LIFETIME	510	OPEN RAW WIGGAND	480	380	540	1400
NEAL	400	CARRICUTO	SEIFERT BROOKS	445	315	505	1265
33-39	33-39	590	OPEN MOYERS	675	405	650	1725
HANDLIN	415	SANDERS	40-49 CHIAVACCI	550	470	605	1625
SANDERS	220		50-59 SIMMONS	500*	385*	515*	1400*
50-59	LIFETIME		SHW LIFETIME				
KANE	340	POINSETT	EDWARDS EDWARDS	400	230	400	1030
220	242		OPEN RAW REGHETTI	585	385	670	1640
20-23	33-39RAW		50-59 EDWARDS	400	230	400	1030
HOWELLS	410	ERB	EDWARDS EDWARDS	400	230	400	1030
OPEN RAW	505	JOHNSON	50-59 EDWARDS	400	230	400	1030
BROWN	395	NOVICE RAW	50-59 EDWARDS	400	230	400	1030
RAWLS	320	PARRY	50-59 EDWARDS	400	230	400	1030
LIFETIME	320	HARRIGAN	50-59 EDWARDS	400	230	400	1030
POINSETT	320		50-59 EDWARDS	400	230	400	1030
LIFETIME RAW	MOYERS	650	50-59 EDWARDS	400	230	400	1030
RAWLS	320	SQUAT ONLY	50-59 EDWARDS	400	230	400	1030
40-49 RAW			50-59 EDWARDS	400	230	400	1030
RAWLS	320	181	50-59 EDWARDS	400	230	400	1030
40-49	NOVICE RAW		50-59 EDWARDS	400	230	400	1030
HORVATH	375	ROBINSON	50-59 EDWARDS	400	230	400	1030
50-59 RAW	370		50-59 EDWARDS	400	230	400	1030
DAVIS	320	198	50-59 EDWARDS	400	230	400	1030
NOACE	320	33-39	50-59 EDWARDS	400	230	400	1030
HOWELLS	410	SANDERS	50-59 EDWARDS	400	230	400	1030
POUCE	242		50-59 EDWARDS	400	230	400	1030
HORVATH	375	NOVICE RAW	50-59 EDWARDS	400	230	400	1030
320	DURAND		50-59 EDWARDS	400	230	400	1030
LIFETIME	40-49 RAW		50-59 EDWARDS	400	230	400	1030
GUZIK	385	DURAND	50-59 EDWARDS	400	230	400	1030
33-39 RAW			50-59 EDWARDS	400	230	400	1030
WIGGINS	440		50-59 EDWARDS	400	230	400	1030
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WOMEN	220		50-59 EDWARDS	400	230	400	1030
123			50-59 EDWARDS	400	230	400	1030
NOVICERAW	215*	110*	270*	595*			
PIPPERT BL	215*	110*	270*	595*			
132							
40-49 RAW							
DUNCAN	225	115	285	525			
148							
40-49							
CRAFT	180*	115*	280*	575*			
MEN							
148							
LIFETIME							
GRANATO	415	295	465	1175			
165							
20-23 RAW							
PETRILLI	395*	295*	420	1110*			
LIFETIME							
ZIMMERMAN	345	310	455	1110			
33-39							
BELLE	450	235	495	1180			
33-39RAW							
ALPERT	350	310	445*	1105			
181							
OPEN							
WARSHTANY	500	395	535	1430			
OPEN RAW							
GRUCELLA	485	325	465	1175			
ROBINSON	370	260	500	1130			

**From the WNPF** ... The WNPF has made several changes recently to its schedule. The 2000 WNPF Worlds will be held in Baltimore, Maryland instead of Atlanta, Ga. on Nov. 17-19. We expect a total of 12 to 15 countries to attend. This will be the biggest showing of international competition since the WNPF started its world championships back in 1992. We are also hosting our 2nd WNPF Lifetime Drug Free International Cup in Daytona Beach, Florida on August 12-13, all lifters at this competition must be drug free for life. The Bench & Deadlift Nationals has been moved to Charlotte, NC on July 8th. The Youth, Teen, Junior, Submaster & Masters Nationals will be held in Baltimore, Md. on June 17-18. We added the American Powerlifting Championships to this meet on June 17-18 for open lifters also. The Raw Nationals and Drug Free Senior Nationals is being held in Panama City Beach, Florida on June 3rd, only the first 85 lifters will be taken for this championship. Ron Dearnicis is hosting the Lifetime Drug Free Nationals in Youngstown, OH on May 20-21. Paul Dunn is hosting the Police-Fire-Military Nationals in Newark, NJ on June 11. All of these meets are qualifiers for the 2000 World Championships and all lifters must qualify. We want to announce that Brian Washington is the new WNPF Maryland State Chairman along with Zachary Rhodes. Brian has two meets lined up in Baltimore this year and Brian has the full support of the WNPF. Many thanks to Pedro Hollingsworth and Ron Dearnicis for their recent successful events. And thanks to the many lifters that come to WNPF meets to have fun. We hope that we can do more and more to continue to have your support.

WE HAVE SOME OF THE BIGGEST STATE AND REGIONAL EVENTS IN NEW JERSEY AND THIS ONE WAS BIG. THERE WERE OVER 200 PEOPLE IN THE AUDIENCE CHEERING ON ALL 82 LIFTERS. ALL N.J. MEETS WILL BE TWO DAYS FROM NOW ON TO CUT DOWN ON THE NUMBER OF PEOPLE IN THE ROOM. WE THANK EVERYONE FOR THE SUPPORT LIFTERS AND SPECTATORS AND WE HOPE TO IMPROVE ON SOME ASPECTS OF THE WNPF MEETS IN NEW JERSEY. WE WOULD LOVE TO HEAR COMMENTS OR SUGGESTIONS FROM ALL WNPF LIFTERS. (WNPF)	G. Edwards	55	-	-	55
	DLHS				
	G. Edwards	-	-	-	182.5 182.5
	154.3 lbs. DLSM				
	J. Phillips	-	-	-	215 215
	205 lbs. JR				
	A. Howard	65	160	227.5	452.5
	T. Tucker	57.5	122.5	200	
	380				
	Powerlifting	SQ	BP	DL	TOT
	205 lbs. HS				
	G. Edwards	155	135	182.5	472.5
	280 lbs. JR				
	H. Thomason	345	182.5	272.5	800
	227 lbs.				
	D. Barringer	250	160	272.5	682.5
	205 lbs. PN				
	G. Edwards	155	135	182.5	472.5
	170 lbs. SM2				
	T. Myhand	155	137.5	160	452.5
	177.5 250 lbs. SM2				
	L. McLean	160	170 lbs. SM2	187.5	
	C. Barnett	195	157.5	200	552.5
	205 lbs. SM2				
	T. Myhand	137.5			
	250 lbs. SM2				
	T. Neal	267.5	182.5	227.5	677.5
	Teen				
	J. Shop	272.5	142.5	272.5	687.5
	(Thanks to NASA for providing these meet results)				

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

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

AREA CODE, TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE \_\_\_\_\_ 5 YRS. MIN. \_\_\_\_\_

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(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

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

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

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# PL USA Back Issues

**May/93...** NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

**Jul/93...** Pro Powerlifting Debuts, Motor Cortex Control, Strategic Deadlift Initiative, ADFPA Women's Nationals, TOP 100 275s, ADFPA TOP 20 165s

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

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

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

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

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

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

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

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

**May/94...** USPF/ADFPA Collegiates,

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

**Jun/94...** NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

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

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

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

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

**Dec/94...** Jon Cole Profile, Asian Championships, Conjugate Training USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

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

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

**Mar/95...** Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood

Bench Routine, TOP 100 220s

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

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

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

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

**Sep/95...** TRIPLE SENIORS ISSUE AD-FPA/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/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

**Apr/96...** Big Bench Press News, PL vs. Pro Wrestling, the "Unknown" Strength Coach, "Casey's Club" - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s.

**Jun/96...** ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW

**Jul/96...** AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

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

**Sep/96...** USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

**Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s

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

**Dec/96...** Peter Tony Leitao in the Olympics, IPF World Masters/Jrs., Louie Simmons on Special Strengths, Yuri Spinov Interview, TOP 100 181s.

**Jan/97...** IPF & WPC Worlds, Step by Step Training by Louie Simmons, Rejecting Rejection, 20 Greatest Lifters, Early Training Good or Bad, TOP 100 198s

**Feb/97...** Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

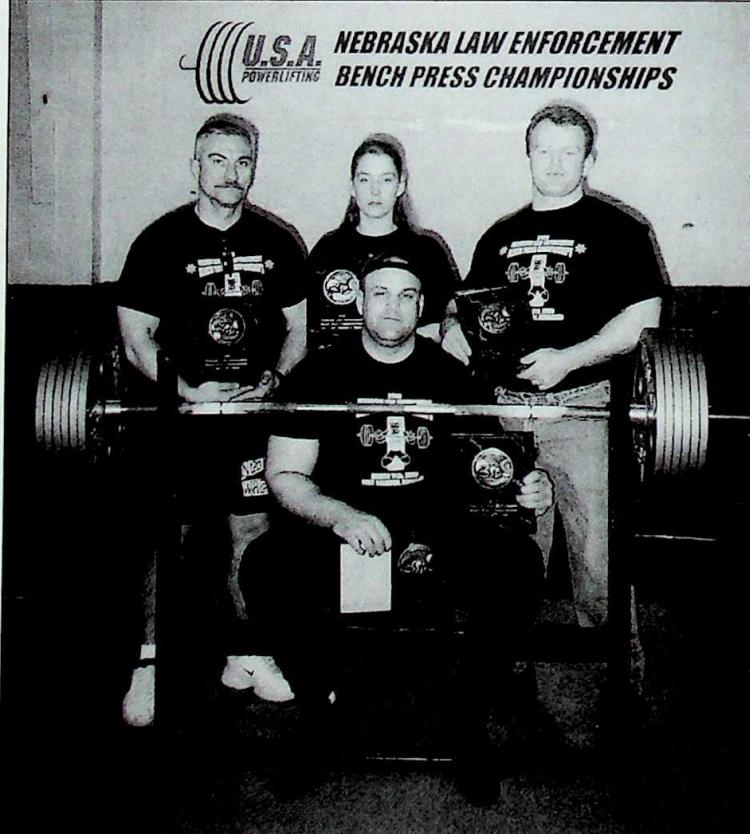
**Mar/97...** TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

**Apr/97...** Clark Benches 800 - Waterman

## USAPL Nebraska Law Bench Press 11 Mar 00 - Ft. Calhoun, NE

WOMEN	J. Brazda-29	336
123 lbs.	242 lbs.	
B. Anderson-24	94*	R. Donscheski-40 440*
Open 165 lbs.	275!	D. Bees-29 1363
S. Marshall-47	275!	S. Blair-32 1275
181 lbs.	275 lbs.	
Z. Simones-26	325	R. Gieseckhan-36 407*
B. Scherer-38	308	SHW
198 lbs.		T. Lamb-36 418*
M. Elbert-31	1325	SubMasters
220 lbs.		Gieselmann-36 407*
T. Anderson-27	468*	Masters
	S. Marshall-47	275!

\* - Nebraska Police & Fire State Record. 1- Nebraska Masters State Record. 1st Place Team: Washington County Sheriff's Department, 26 points. 2nd Place Team: Bellevue Police Department, 24 points. This was the first year for this meet. The meet was held at the Fort Calhoun Community Center. There was a small turnout, but the lifting was fierce and several State records were broken in the process. The meet was sanctioned by USA Powerlifting. The only female competitor was Brenda Anderson from the Washington County Sheriff's Office. This was Brenda's first meet and she did well setting a Nebraska Women's Police & Fire Record in the 123 lbs. class. In the men's division, Scott Marshall was the lone 165 lbs. lifter. Scott broke his own state record in the Master's 45-49 age group with a 275 lbs. bench. In the 181 class, Zeb Simones who also competes in bodybuilding took first for Bellevue Police with a 325 lbs. bench. Ben Scherer missed making weight in the 165 class by only a few pounds and had to compete in the heavier 181 class. Ben took 2nd with a 308 bench. Ben is a Captain at the Washington County Sheriff's Department and currently holds the State Police & Fire record for the 165 lbs. class. The only 198 lbs. competitor, from Bellevue Police Department, Sergeant Mark Elbert, lifted a 325 pound bench and just missed a 358 lbs. lift. In the 220 lbs. class, Tim Anderson took 1st and the biggest bench of the day with a 468 bench. Tim is also with the Washington County Sheriff's Department. Like Ben Scherer, Anderson missed the 198 class by a couple pounds and had to lift in the 220 class. Tim's 468 lbs. bench was a new State Police & Fire Record and broke the old record by 23 pounds. Anderson also holds the state bench record in the 198 class with a 455 lbs. lift. Second place went to John Brazda of Bellevue with a lift of 336. Fremont Police Officer, Roger



**Team Champions at the USAPL Law Enforcement Bench Press Championships** included Tom Lamb (front), and Ben Scherer, Brenda Anderson, and Tim Anderson (back, left to right) of the Washington County Sheriff's Department

Donscheski, who benched 440 lbs. for a new State Police and Fire record and a new state Master 40-44 record, dominated the 242 class. Look for Roger at this year's Bench Nationals in St. Louis. Second place went to Bellevue's Derek Bees with a lift of 363. This was Derek's first meet and he just missed making a 396 lbs. lift. Third place went to Pierre County Sheriff's Deputy Scott Blair who was also competing in his first meet. Ron Glesselman from Fremont Police broke the 275 lbs. class record with a 407 lbs. lift. In the Super Heavy Weight class, Lieutenant Tom Lamb, of the Washington County Sheriff's Department, blasted up a 418 bench to break the old state Police & Fire record by 18 pounds. The team competition was a very close battle. The difference between the two top teams was only two points. The Team Champion was Washington County Sheriff's Department with 26 points followed by Bellevue Police with 24 points. Special thanks should go out to the Washington County Sheriff, Terry W. Hoerner, who helped sponsor the meet and the Washington County Team. The meet director and Nebraska USA Powerlifting State Chairman, Tim Anderson, would like to thank The Fort Calhoun School District, for use of the Community Center. Tim would especially like to thank James Hart, Mike Taylor, Mark Kempf, Jesse Kempf, Tanya Rosenkrantz, Shannon Nelson, Jamie Keatts, and Ron Ruhs for all their help. Next year's meet is currently being planned with a few changes. The meet will be re-named the Nebraska Police & Fire Bench Press Championships and is being planned to be held in Fremont, Nebraska. The meet will be open to law enforcement officers and firefighters. If you would like to help, sponsor or compete in next years meet contact Tim Anderson at 402-426-0665. (Thanks to Tim Anderson, Nebraska State Chair, for providing these results)

**Apex Gym Open BP/DL**  
13 Feb 00 - Rockford, IL

BENCH	198 lbs.		
WOMEN	D. Newman	415	
M. Fagan	160	T. Coduto	335
MEN Teen		T. Harding	285
M. Spradling	260*	220 lbs.	
Police & Fire		A. Bramer	370*
S. Ziccarelli	410	T. Moe	315*
Master (40-49)		242 lbs.	
D. Newman	415	K. Hudson	335
W. Haas	325	D. Soper	325*
165 lbs.		275 lbs.	
M. Pacha	350	B. Saunders	405*
K. Hedrich	335	SHW	
M. Copot	300	M. O'Brien	460
DEADLIFT		198 lbs.	
WOMEN	M. James	575	
A. Wagner	300*	4th	600
MEN	J. Tarquinii	550	
Submaster		D. Newman	530
B. Hollifield	500*	220 lbs.	
Master (40-49)		A. Bramer	570
D. Newman	530	A. Reisetter	400*
S. Coogan	540	242 lbs.	
165 lbs.	T. Roesch	630	
M. Copot	500	B. Hollifield	500*
M. Pacha	465*	275 lbs.	
K. Hedrich	460*	B. Saunders	525
- Personal record. Best Lifters: Bench Press - Dave Newman; Deadlift - Mike James. The Apex Gym Open Bench Press/Deadlift Classic was held at Apex Gym. Thanks again to owner Mimli Fagan for her continued support of the sport. In the bench press competition Mimli took the open women's class with a strong 160. A final attempt with a pr of 175 failed to lock out. Mike Spradling took the teenage men's class with a new pr of 260. The sixteen year old weighed in at 160. Sal Ziccarelli looked strong with his 410 win in the police & fire class. At master 40-49 it was Dave Newman with 415 @ 197. This earned Dave best lifter honors for the competition. Second place at master was ally Haas who could only manage his opener of 325, weighing in at 218. Turning to the open classes, Mike Pacha finished first in the 165 class with a strong 350. Second at 165 was Ken Hedrich who finished with 335. Matt Copot was third with 300, getting only his opener. Dave Newman also captured the open 168s, with Tony Coduto second, followed by Tom Harding in third place. Tony's 335 was a personal record for him. Tom was only able to get his opener of 285. Andy Bramer took the 220s with a personal best 370 over Tom Moe, who also got a pr with 315, this being Tom's first competition. Kevin Hudson had a few problems on			



**Best Lifters at the APEX Gym Open Bench Press/Deadlift Classic** were Dave Newman (left) for the bench pressers, and Mike James (right) for the deadlift. (photograph provided by Dr. Darrell Latch)

this day, getting only his opener of 335. This was still good enough for the win, though. Second place went to Dave Soper who finished his first competition with a pr 325. Brad Saunders continues to improve his bench, taking here the 275s with a personal best 405. Big Mike O'Brien had the biggest lift of the meet with 460, winning the open 308 class. In the deadlift competition Andrea Wagner won the open Women class with a great 300 pull! This was her first competition and Andrea had only been deadlifting two weeks! Barry Hollifield got a pr with 500 as he captured the submaster title. Dave Newman pulled 530 in his win over Stuart Coogan for the master men's 40-49 title. Stuart, weighing about twenty pounds more than Dave, pulled 540 for second. Matt Copot pulled a big 500 for the win at 165, just missing a pr of 535! Second

place went to Mike Pacha, who finished with a pr 465. Third place went to Ken Hedrich who also pr'd, he with 460. Mike James, a legendary deadlifter, took the 198s with a strong 575. A fourth attempt with 600 also went, with perfect form and plenty of strength. Joe Tarquinii was second with 550, followed by Dave Newman's 530. Andy Bramer looked strong in his win at 220, getting a three of his attempts and ending with 570. Second at 220 was Austin Reisetter with a pr 400, lifting in his first competition. T. C. Roesch, another great deadlifter, easily won the 242s with 630. Second place went to Barry Hollifield with 500. Brad Saunders took the 275s with 525, missing his final attempt with 550. Thanks to my son D. C. and the others who helped with the competition. (Thanks to Dr. Darrell Latch for providing these contest results)

600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.  
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.  
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW  
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ, Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.  
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s  
Sep/97... USAPL/USPF/APF Triple Seniors Issue, 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 Profile, 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, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, 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 Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.  
May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benchpress, Top 100 275s.  
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.  
Jul/98... Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.  
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 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  
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.  
Nov/98... A World's to Remember, Japan

Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 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 Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Sante Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.  
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs  
Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s  
Aug/99 ... the Rubber Band Man, the "Muscle Town USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
Sep/99 ... USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac  
Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.  
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s  
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s  
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s  
Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons  
Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
LIST THE ISSUES YOU WANT (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA.

**USAPL Southeastern US Meet**  
29 Jan 00 - Moncks Corner, SC

BENCH	275 lbs.
Open 165 lbs.	J. Ashe
E. Pryor	352
242 lbs.	SHW
S. Eakins	457
	K. Wimpey
	Submaster
	242 lbs.
	E. Clinton
	385#
MEN	SQ BP DL TOT
Open 132 lbs.	264 220 308 792
J. Stacy	
148 lbs.	319 259 314 892
T. Dover	
165 lbs.	600* 352 573* 1525
R. Eaddy	
M. Stanley	474 325 501 1300
J. Tillman	385 314 451 1151
D. Wilson	55 281 55 435
181 lbs.	
J. Adams	474 330 573 1377
J. Goethe	418 319 501 1240
P. Childs-16	369! 1871 507! 1063
B. Simmons	253 231 336 821
198 lbs.	
G. Jones	584 402 644 1631
R. Shaw	429 325 512 1267
220 lbs.	
M. Bevins	501 413 617 1532
T. Crosby	529 363 578 1471
J. Singleton-16	303! 297! 451! 1052
242 lbs.	
E. Hinton-35	534# 385# 611# 1532
T. Kennedy-22	534! 385! 567! 1510
C. Osborne	275 226 424 925
SHW	
D. Carswell	716 523 600 1840
J. Coan	628 413 650 1692
C. Thomas	534 336 523 1394
Submaster 181 lbs.	
J. Goethe	418 319 501 1240
242 lbs.	
E. Hinton	534# 385# 611# 1532#
Master (40-49) 198 lbs.	
R. Kellett	347 292 418 1058
275 lbs.	
R. Brose	600 374 622 1598
Master (45-49) 181 lbs.	
S. Lassiter	374# 231# 402# 1008#
Master (50-54) 275 lbs.	
E. Surell	655# 402 529 1587
Best Lifter for the first session: R. Eaddy. Best Lifter for the second session: G. Jones. *Open State Record. #Junior State Record. #Submaster/Master State Record. Meet Director: Mike Requa. (Thanks to USAPL for providing these meet results)	

**AAU Planet Fitness Push/Pull  
18 Mar 00 - Burlington, IA**

BENCH		319 lbs. Raw	
WOMEN		E. Coates	35
148 lbs.		Master-3 Asst.	
A. Nolan	160	E. Coates	35
MEN		WOMEN	
165 lbs. Raw		Master-1	
N. Hamman	275	198+ lbs.	
198 lbs. Raw		K. Samberg	11
M. Perez	230	DEADLIFT	
P. McDowell	315	Teen-2 198 lbs.	
J. Yake	375	A. Beauchamp	4
242 lbs. Raw		198+ lbs. Raw	
J. Martin	225	K. Samberg	27
MEN Open		BP	TOT
132 lbs. Raw			
R. McClaren	260	450	710
Master-2 Raw			
G. Landless	170	350	520
WOMEN 148 lbs. Raw			
C. Bowen	75	225	300*

all the way here from California. Harry and his wife put a great deal of work into training my **TOTALLY** green officials. The training went on into the wee hours of the night on Friday. And continued at the meet on Saturday. I also want to thank my wife Penny, and daughter Misty Broeg for their invaluable help on the computer and the cards. Mike Nollen was our meet expediter and did a tremendous job. Our four spotter/loaders were Bob Bartlett, Jason Yacko, Roger Gibbs, and Chris Brown. These are the people who made this meet happen. And there just is not enough words to express my thanks to Paul Armstrong (Planet Fitness owner) and Holly Banks (his manager), for not only allowing me to use their equipment and facility. But under such a difficult time for them, to close the gym while the meet went on, was a tremendous gesture on their part. (Thanks to Roger Broeg for results).

**AAU Raw Teen St./Albemarle Open  
18 Mar 00 - Elizabeth City, NC**

BENCH (Overall)	242 lbs.	D. Pendergast	405
114 lbs.	W. Williams	370	
D. Bright	95	E. Saunders	90
A. Armstrong	85	C. Elliott	500
O. Swain	80	E. Murphy	315
K. Howroud	80	L. King	315
R. Lee	75	T. Gibson	160
J. Reeves	45	319 lbs.	
123 lbs.	B. Simpson	400	
J. Morris	220	D. Curtis	300
J. Curcio	150	K. Cole	250
C. Edgerton	135	SHW	
T. Lyons	120	A. Ange	375m
132 lbs.	WOMEN		
L. Mabinton	225	123 lbs.	
T. Thorne	185	L. Madinton	225
M. Wilaby	145	T. Thorne	205
M. Franklin	145	J. Zak-23	
E. White	120	165 lbs.	
C. Thorton III	70	D. Luff-13	
148 lbs.	K. Blech-18		
D. Moore	275	SHW	
Z. Zak	260	E. Owens-14	135
T. Thorne	185	MEN 123 lbs.	
C. Clay	180	(12-13)	
J. Barnes	180	C. Edgerton	135
D. Sylvester	180	(18-19)	
M. Wilson	160	J. Morris	220
B. Beach	155	132 lbs. (18-19)	
M. Hinton	135	J. Curcio	150*
M. Bowser	135	148 lbs. (12-13)	
T. Williams	130	M. Wilaby	145
S. Hankinson	125	148 lbs. (18-19)	
J. Bowser	95	J. Barnes	180
T. Decker	75	N. Delodge	300
165 lbs.	B. Beach	155	
J. Ross	165	Open	
J. Moore	245	B. Zak	260
M. Mitchell	235	165 lbs. (16-17)	
J. Weaver	205	J. Ross	265@
N. Delodge	200	C. Ballance	
D. Nelson	185	D. Bright	
J. Tiller	165	S. Robertson	315@*
C. Balance	150	181 lbs. Open	
D. Sutton	120	M. Thomas	315
J. Bright	115	S. Mitchell	235
181 lbs.	R. Young	J. Spencer	340
J. Ross	330	C. Carter	275
C. Robertson	315	E. Freethy	275
M. Thompson	315	198 lbs. (18-19)	
R. Mellon	285	I. Johnson	185
J. Spencer	280	Open	
J. Young	235	L. Cohens	360
C. Carter	225	V. Armstrong	350
Banks	180	A. Cabarnus	310
98 lbs.	E. Freethy	275	
D. Floyd	365	J. Gordon	400
C. Cohens	360	G. Holzmillner	225
J. Armstrong	150	B. Freethy	250
A. Cabarrus	310	I. Johnson	185
J. Johnson	300	220 lbs. Open	
B. Freethy	275	J. Pierce	225
Pierce	235	S. Young	130
B. Bell	230	220 lbs.	
Gordon	230	E. Murphy	475
Pall	205	L. King	350
Young	145	T. Gibson	150
20 lbs.	242 lbs. Open	319 lbs.	
M. Mallery	380	D. Curtis	325
J. Young	375	K. Cole	275
J. Johnson	300	Teen 77 lbs.	
J. Pittman	285	J. Reeves-8	85
G. Holzmillner	275	88 lbs.	
B. Freethy	275	E. Saunders-13	120*
Perry	255	97 lbs.	
Hood	175	A. Armstrong-13	135@m
Brooks	150	R. Lee-13	130
Overall)	380*	SHW Open	
14 lbs.	SQ BP DL TOT	114 lbs.	
Armstrong	135	D. Bright-12	120
Bright	85	K. Howroud-12	130
Saunders	120	O. Swain-13	110
Howroud	95	123 lbs.	
Swain	90	T. Lyons-13	155
Swain	80	132 lbs.	
Swain	80	L. Mabinton-16	225
	100	132 lbs.	
	200	225@m 335m	785@m
	390		



**At the AAU Planet Fitness Push/Pull ...** starting in the rear, from left to right, Harry Halverstadt, Paul Armstrong, Roger Broeg, Holly Banks, Roger Gibbs; middle row, left to right, Nancy Halverstadt, Kelly Samberg, Rex McLaren, Scott Lynch; front row, Cynthia Bowen, Amber Nollen, Noble (Cozy) Cozine, Dave Fisher (courtesy R. Broeg)

everyone had a great time. I want to start by thanking our judges of Ricky Young, John Gordon, Paul Balsuf, Carl Elliott, Jennifer Zak, Paul Bossi, Romona Gilbert, and our unofficial Head Judge, the one and only Pete Gilbert. I also want to thank our table help of Charmane Lyons, Dreamer Lyons, and Little Bethy Lyons. Finally I want to thank the REAL brains and power behind the meet, Kim Godfrey, and - In my opinion - the best announcer and organizer in the NC AAU, Dawn Nelson. I also want to thank the lifters because it's not the size of the meet, or the amount of weight lifted, but the attitudes shown by the athletes, and everyone had a great attitude. My unofficial sportsmanship award goes to Ricky Young who always brings a fine team, helps judge, load plates, and is a real joy to talk with. Well on with the meet: As always we divide the divisions into two year increments, but my goal is to recognize the top lifters in each weight class, and any special lifts. The top total in the 77 class was 225 by Jamie Reeves. Eptward Saunders squatted a state record 120, benched a record 90, and totaled a record 410 to be the top lifter at 88 for the second straight year. In the 97 pound class Adrian Armstrong pulled a state record 220 to set the total record with 440 for his first overall title and outlast Robert Lee who was a mere 15 pounds behind. At 114 we had another great matchup but Demetrius Bright would total 435 for first. Kevein Howroyd would be close with 410 in second, and in third was Otis Swain. At 123 Timmy Lyons was unopposed, but he still posted a solid 540 total for the title. Joshua Morris pushed a solid 220 for top bench honors in the class. "Cactus" Jim Curcio benched 150 for a masters state record. Larry Mabinton was very impressive as he broke three meet records, and two state records were enough to earn him a 785 total and the top spot in the 132 class. Larry's teammate Tamron Thorne was also impressive with a 680 total. In the 148 class 16 year old Darnell Moore totaled 875 to join Eptward Saunders as the second overall two time state champion, and win the best teen lifter light award. As impressive as Darnell is, I believe the lifter that will eventually end his streak is new lifter Cordette Clay. Cordette swept all the state records in his class, totaled a whopping 825 and he's only 13! New lifter Travis Thorne gained a lot of attention as he pulled a (18-19) state record 405 for a record 775 total. 1999 overall champion Matt Wilson finished fifth overall. John Moore defended the pride of the masters lifters, as his 955 was the top total at 165 and earned him the best master lifter award. In the teen division Nathan Delodge pulled a state record 385 to capture the top spot with an 885 total over Johnathon Ross who totaled 835. Donny Nelson pulled a (16-17) 340 state record for the third highest total by a mere five pounds over Nathan Weaver. At 181 Kyle Robertson had a 4-9 day, but his 1035 total was still the top performance of the class. Joey Spencer would finish second overall for the second straight year with a very impressive 990 total. Master lifter Rocky Ross looked very strong as he hit an assisted 330 bench. Johnathon Gordon dominated the 198 class with a 1075 total, and became the first AAU lifter to be the top lifter in his weight class for three straight state championships. Johnathon was also named teen athlete of the year. The real battle was for the second highest total, as Jeremy Platz and Ivory Johnson would alternate state records, but in the end Jeremy would finish with 895, 10 pounds over Ivory, who was 20 pounds ahead of a very strong Jeff Pierce. David Floyd again showed why he's one of the top benchers in the nation as he benched as assisted state record 365, but Lamar Cohens was close behind with 360 and in third with a masters state record was Victor Armstrong. This was probably the most talented 220 class I've seen, and Jabar Perry led the group with a sale record 390 squat and a state record 1050 total. The second highest total was set by Daryl Pittman, who set two state records on his way to a 995 total. In the Jr division Chad Johnson broke all 4 state records, in the masters powerlifting Bill Freethy broke two records, and Greg Holzmiller broke one. In the bench we once again had a great match up as both lifters only got one lift passed, but in the end Kinta Mallory out benched David Young 380 to 375. Last year David Young was named pound for pound the best raw master's bencher in NC, and he's well on his way to repeating the feat in 2000. At 242 the top bencher was David Pendergast who benched 405. Willie Williams also had a strong performance as he hit a 370 master's state record. We had a major upset in the 275 class, as most of us expected Lorenzo King to win his third straight state title. First time competitor Eddie Murphy stole the show by breaking all 4 state records on his way to a 1290 total, and best lifter heavy award. Not bad for his first powerlifting meet! Lorenzo King still performed well with a 1120 total. Carl Elliott benched a raw 500 for the top bench in the class, and the best lifter award. At 319 Donnell Curtis used 3 state records for the highest total in his class. Young Keith Cole showed great improvement in his class as he swept the (14-15) state records. The big bench went to Bobby Simpson who benched 450, and at SHW Mike Ange would bench a raw meet record of 375. We

had a record 4 ladies competing, with Daniell Luff breaking 3 teen state records, and Jennifer Zak breaking 2 junior records. I want to give special recognition to four lifters that not only broke the total state records in their age groups, but posted the highest teen totals of any age group so far in the aAU. These lifters are Larry Mabinton at 132, Jabar Perry at 220, Eddie Murphy at 275, and Donnell Curtis at 319. In the team category River Roads would score 68 points for their third straight middle school state title, and get them in state record to 7-0. Runner up honors went to Elizabeth City Middle School who scored 38 points. In the high school division North Eastern was hoping to regain their 1998 state title, but Brian Bailey of Rocky Mt. brought an unbelievably strong team. When the dust settled we had a nice ending as both teams would share the title with 62 points. We had a lot of excitement in the open bench competition, but in the end Beach Boys Team Cactus scored 58 for the win, in second was the Pork Group Warriors with 50 points, in third was the Hard Core Power team with 42 points, and in 4th with 31 points was Fitness Depo. We may see a great rematch of this meet in April, as at least three teams are hoping to compete in Plymouth. Anyone who wants any information on the NC AAAC can call Ben at 1-252-463-6116. (Thanks to Ben Zak for these results)

**One KILOGRAM equals 2.2046 Pounds**

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

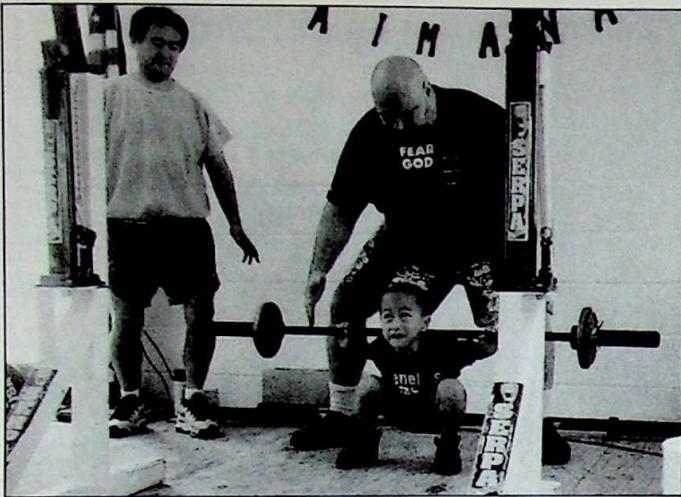
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<b>3rd AAU PL Hawaii State (kg)</b> <b>11 Mar 00 - Waimanalo, HI</b>						
BENCH	181 lbs.					
105 lbs. (16-17)	T. Cassy	160				
A. Badua	—	242 lbs.				
114 lbs. (16-17)	K. Raines	—				
A. Hicks	—	Raw				
198+ lbs.	165 lbs.					
B. Hirai	95	B. Ishikawa	127.5			
Youth/Teen Raw		R. Kawabata	142.5			
198 lbs. (16-17)	148 lbs.					
P. Komini	—	S. Somera	127.5			
275 lbs. (16-17)	132 lbs.					
C. Miller	—	D. Ortiz	162.5*			
Assisted	220 lbs.					
165 lbs. Master (75-80)	D. Yamata	165				
S. Ronolo	132.5	198 lbs.				
WOMEN	SQ	G. Escher-85	55*			
Raw 66 lbs. (6-7)	BP					
K. Akina	20	12.5	25	57.5		
B. Tinglow	35	20	40	95		
105 lbs.	C. Baqui	82.5	42.5	132.5	257.5	
123 lbs. Open	A. Brice	82.5	62.5	125	270	
148 lbs. (12-13)	K. Ventura	77.5	47.5	115	240	
70-74)	M. Matsuura	55	40	95	190	
Youth/Teen Raw 66 lbs. (3-4)	C. Akina	20	15	30	65	
77 lbs. (10-11)	B. Akina	52.5	30	65	147.5	
88 lbs. (12-13)	L. Ildaky	56	37.5	70	162.5	
C. Pratt	25	51	25	101		
105 lbs. (10-11)	T. Ldaky	70	42.5	80	192.5	
123 lbs. (10-11)	J. Aualo-Ellis	65	42.5	75	182.5	
148 lbs. (14-15)	A. Camancho	102.5	92.5	140	335	
Military	R. Rosenbaum	145	122.5	220	487.5	
E. Rosenbary	155	137.5	200	492.5		
181 lbs. (12-13)	T. Kaneshiro	92.5	90	120	302.5	
(14-15)	L. Ventura	137.5	90	170	397.5	
(18-19)	R. Kaneshiro	182.5	457.5	222.5	862.5	
198 lbs. (8-9)	R. McMahon	80	47.5	90	222.5	
Assisted 114 lbs. (12-13)	K. Chun	110	47.5	127.5	285	
148 lbs. Open	S. Whitehead	172.5	107.5	200	480	
165 lbs. (50-54)	M. Timball	162.5	125	185	472.5	
181 lbs. Open	K. Nakamura	230	162.5	217.5	610	
C. Caires	182.5	135	227.5	545		
Master (65-69)	K. Koki	95	125	115		
198 lbs. Open/Sub	J. Baker	227.5	145	245	617.5	
K. Baker	—	—	—	—		
220 lbs. Master (60-64)	W. Kalmikawa	175	87.5	192.5	455	
319 lbs. Master (40-44)	W. Kaaloa	190	197.5	205	592.5	
SHW Open/Sub	W. Chun	182.5	152.5	182.5	517.5	
Raw 198 lbs. Open	A. Papalro	145	135	205		
220 lbs. Open	N. Nip	215	182.5	232.5		
Military	D. Growden	102.5	102.5	182.5		
Master (40-44)	M. Harlow	175	160	230		
200 lbs.	M. Stachiewicz	200	135	210		
Master (50-54)	G. Desolo	187.5	147.5	252		
242 lbs. Open						
P. Castro	220	150	230	600		
Master	K. Wilson	115	80	165	360	
275 lbs. Open	G. Payne	325	220	325	870	
319 lbs. Open	K. Ward	185	175	210	570	
Best Powerlifters: Youth Squat - Keoki Akima, Youth Bench - Conrad Pratt, Youth Deadlift - Chace Akina, Teen Squat, Bench & Deadlift - Ryan Kaneshiro, Open Squat, Bench & Deadlift - Grey Payne, Master Squat - Wilber Kalmikawa, Master Bench - Kiyoshi Koki, Youth Deadlift - Craig Desolo, Champion of Champions: Women Open - Carmela Baqui, Master Women - Margie Matsumura, Men Open - Greg Payne, Master Men - Craig Desolo, Men Bench Only - Doug Ortiz, Master Bench Men - Sonny Ronolo, Adult Team Champion: Team Maui, Youth Team Champion: Fear God, Held at The First Baptist Church of Waimanalo. It was a nice sunny day with spectacular views of the Koolau Mountain Range, even the farmers pig next door was quiet and just watched all the lifters and spectators. Our lifters were as follows: Chance Akina, age 4, to George Escher only 85, on the men's side and on the women's 7 year old Katrina Akina to Margie Matsumura, 75 years young. An age span of 81 years. I wonder how many meals have that. The bodyweights went something like this: men 41 lbs. to 349 lbs. and women 39 lbs. to 259 lbs. We here in the islands call this a da kine! With so much diversity in the lifters, grand kids to grandparents, all you can do is have fun lifting. We also had some world class judges for the day. Mr. & Mrs. Don Haley and Mr. Chris Kostas and Martin Drake who filled in and ran the platform before Mr. Haley did the rules briefing. Flight 1 was warming up so that when our rules briefing was over our big flight #1 started lifting. Flight one started with Katina "Uku Girl" Akina weighing 39 lbs. and 7 years old followed by her brother Chace "big guy" Akina at 41 lbs. and only 4 years old. Now Chace had a big day, deadlifting 66 lbs. Taking youth best dead-lifter, he also squatted 44 lbs. Brianna "party girl" Low followed and she had 2 brothers lifting in the meet also. Conrad Pratt, 12 years old, weighing 81 lbs., 2x time AAU world bench press champion, pressed 112 lbs. for another American record plus best bench in youth. Keoki "bad boy" Akina, also lifting with his brother & sister plus his mother and						



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  - > 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.

**ASSOCIATION OFFICE COPY**

<b>ANNUAL MEMBERSHIP DUES</b>		<b>Regular Fee</b>	<b>"AB" Fee</b>	Adult Athletes in the Following Sports:		20.00	23.50																																								
Youth Athlete	10.00	12.00	Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampolining & Tumbling, Triathlon, and Weightlifting																																												
Coach	12.00	14.00	Adult Athletes in the Following Sports:		20.00	25.00																																									
Volunteer or Official	12.00	<b>Not Available</b>	Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling																																												
Adult Athletes in the Following Sports:		10.00	12.00	Adult Athletes in the Following Sports:		<b>Not Available</b>	25.00																																								
Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball				Chinese Martial Arts, Judo, Jujitsu, and Karate																																											
<b>AAU National Headquarters</b> c/o The Walt Disney World Resort PO Box 10,000 Lake Buena Vista, FL 32830		<b>SPORT CODE</b>	<b>ASSOCIATION CODE</b>	Adult Tae Kwon Do Athletes		20.00	<b>Not Available</b>																																								
				Adult Powerlifting Athletes		30.00	35.00																																								
<p><b>THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.</b></p> <table border="1"> <tr> <td>Date of Birth</td> <td>Age</td> <td>Sex <input type="checkbox"/> Male <input type="checkbox"/> Female</td> <td>Application Date</td> <td>Social Security Number</td> <td colspan="3">ARE YOU ALREADY COVERED WITH HEALTH &amp; ACCIDENT INSURANCE? <input type="checkbox"/> Yes <input type="checkbox"/> No</td> </tr> <tr> <td>First</td> <td>Middle</td> <td colspan="2">Last</td> <td colspan="4">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.</td> </tr> <tr> <td colspan="5">Address</td> <td colspan="3">NOTE: Parent/Guardian signature required if member under 18 years old</td> </tr> <tr> <td colspan="2">City</td> <td>State</td> <td>Zip Code</td> <td colspan="4">Member's Signature _____</td> </tr> <tr> <td colspan="2">County</td> <td colspan="3">Phone (With Area Code)</td> <td colspan="3">Parent/Guardian Signature _____</td> </tr> </table>								Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Application Date	Social Security Number	ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? <input type="checkbox"/> Yes <input type="checkbox"/> No			First	Middle	Last		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.				Address					NOTE: Parent/Guardian signature required if member under 18 years old			City		State	Zip Code	Member's Signature _____				County		Phone (With Area Code)			Parent/Guardian Signature _____		
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**Chace Akina, age 4, bodyweight 41 lbs., squatting 44 lbs. (K. Ward)**

stepfather, made it a family of lifters, but Keoki at 11 years and 69 lbs. squatted 115 lbs. making him best youth squat and he went deep. Sunday school teacher Margie Matsumura, at 75 years, totaled 420 lbs. I wonder how many grandma's can do that! Isalah Hildaky, who's always on high honor roll did out total his Sunday school teacher. Johnathan Aualoa-Ellis didn't make honor roll but he did some big lifting. Terry Hildaky, who's a year younger than his brother Isalah out lifted him, but doesn't outfit him at school yet - he only made honor roll. Kyle "the pile" McMahon age 9 and 187 lbs. will put anything he runs into a pile, just ask his father & Ass't Coach Kevin McMahon. Kyle squatted 187 lbs. at 9 years old, yea he's going to be big, but he has a bigger heart. In the 1st flight bench only Mr. Escher at 85 years bennched 110 lbs. - not bad for a great grandfather, how's yours? Big man Arthur pushed up almost 200 lbs. Anolani Badua and Ashley Hicks from Mariknoll school heard Kaizer and Waimanalo schools were showing up so they backed out, but so did the boys Brinlin Komini,

Christian Miller from Mariknoll school, well, Coach John start training now - there's always next year - and work on fear. Flight 2 started with Waimanalo's own bad girl Kryste Ventura at 13 years deadlifted 253 lbs. Yea, the homestead girls rule Waimanalo. Followed by "sexy" Carmela Baqui, mother of Chance, Katrina, and Keoki Akina at 33 and 103 lbs. she deadlifted 292 lbs. "raw". Just what all mommies should do. Master Sgt. and bodybuilder Angela Wynn Brice show why the US Marines are looking for a few good men; they already got a few good women. Angela, keep it up! Speaking of power, Travis and Ryan Kaneshiro show up with their coach and father, former big time lifter Derrick Kaneshiro. Travis put up big numbers for 14 years, but his brother Ryan was awesome taking best squat, bench, deadlift for teenage. Anthony Camacho made his day-beau with his father Anthony and put up good numbers. Eric Rosenberry and RJ Rosenbaum battled it out in the military 181. Eric got a big bench and RJ got even a bigger deadlift. Two of the Marines finest.

Lenord Ventura, also a high honor roll student, had a good day, his sister lifted and Mr. Ventura spotted and loaded. Newcomer Ken Wilson had fun at his first meet - lucky his mother's a Chiropractor. Ken is also Ass't. Coach of our challenged bench press team, "yes" mom, ya better stay in the chiropractic business. In the bench only Brandi Hirai, the medical student, showed up with a cast on her leg, and still managed a 209 bench. Brian Ishikawa at 165 and ass't., whom I forgot in the trophy presentation, easily pushed 281 up. Flight 3 consisted of all assisted gear lifters starting with Koa Chun lifting with his father Wade Chun. Both are from Puunene, Maui. Koa is coached by his father and this young man has been lifting for a while, just like his father. Representing the US Army was Sgt. Whitehead, one lean, mean, machine - he squatted 2.5x his bodyweight and almost tripled his bodyweight in deadlift. Kirk Nakamura and Carl Caires faced off. Carl got a little better in deadlift, but Kirk (from Team Maui) came out on top. Jeff Baker and Ken Baker were supposed to face off, but Ken never showed up, so Jeff who had a strong day and went it alone. Now Waimanalo's own Wayne "home town butte" Kaalao was coached by his wife and daughter. Moses Timball came all the way from Hana, Maui on that long road, but everyone does it at least once. The road to Hana, Moses Bradda, keep showing up at the meets. Also, from Maui was a young man named Kyoishi Koki, only 67 years old, who had a big bench - 275 lbs. Retired law enforcement officer from Kaneohe, Wilbur Kalmikami got the best squat and our prayers really go out to him - he's an incredible man. In the bench only assisted with gear Todd Cossey from Mililani, Oahu had the 181 all to himself. Kenneth Raines forgot to show up, but his coach Sonny Ronolo did a big time bench at 75 years - 293. Sonny's never met a bench press contest he didn't like - well, we will see at Windward Mall what happens. Flight 4 consisted of all open and master "raw" lifters, those not requiring gear. Donald Crowder won the 220 military class - he enjoyed himself sometimes too much - followed by another fine young Marine, and Captain of Marine Team, Abreham Papaleo, who says someday soon he's really going to deadlift 500 lbs. The 220 open Nolan Nip had it all to himself with big numbers. The 220 masters had Michael Harlow and Maui's Mark Stachiewicz going back and forth on squat and bench, but the Deadlift Commander Harlow took charge. Craig "deadlift" Desoto, 50 years and 220, had a big deadlift of 567 raw. Craig is Captain of Team Maui, and if you're in Lahaina, Maui, see Craig and just maybe he'll

take you rafting. Also from Maui, Polo Castro Boxer / Powerlifter always travels with a hair dryer and a pretty lady from the House of Pain. Hawaii's biggest raw lifter was Greg Payne, hoping for a 2000 pound total raw, but ended up a little short. Greg Travalis with his son Monty. In the raw bench only Randy Kawagata at 165 pushed 314 - he's also from Maui. From Olivet Baptist church came Sid Somera and also from Olivet Baptist Church was Dean Yamata, lifting for the Lord. Finally, Mr. Bench Press himself, drug free and raw, who has done triple bodyweight, Doug Ortiz is the real deal. The First Baptist Church of Waimanalo would like to thank everyone who helped make this possible along with Olivet Baptist Church. After the trophy presentation Chris Kostas asked Krishna if she would marry him and, due to the number of and spectators, she didn't want to embarrass him, so she said yes. We married them the next day "amen." (Thanks to Keith Ward & Keneke's for the results)

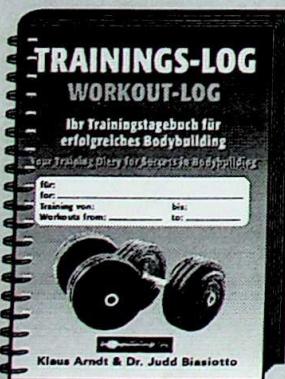
### AAU Bay State Gym Meet

27 Feb 00 - MA

WOMEN	SQ	BP	DL	TOT
Master 97 lbs.				
M. Souza-46	160	70	225	455
144 lbs.				
J. Shear-50	205	115	290	610
123 lbs.				
S. Elwyn-52	135			
Open 148 lbs.				
A. Amberg	135	135	405	675
M. Master 148 lbs.				
S. Shocket-55	135	135	135	405
198 lbs.				
B. Eisenman-47	185	185	360	730
242 lbs.				
M. Sieminski-42	135	135	135	405
R. Sullivan-54	405	315	375	1095
275 lbs.				
D. Brennick-42	420	300	440	1060
Open 132 lbs.				
E. Kupperstein	445	265	565	1275
165 lbs.				
D. Moses	435	280	455	1170
319 lbs.				
B. Lynch	605	360	615	1580

I would like to thank Bay State Health & Fitness for their ongoing support of AAU powerlifting. Also the judges and loaders, they are always very important. Most of all I would like to thank the lifters, without them there is no sport. (from Larry Larsen)

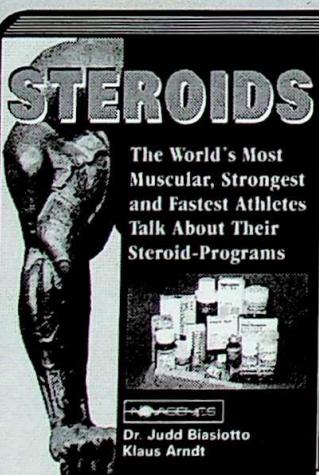
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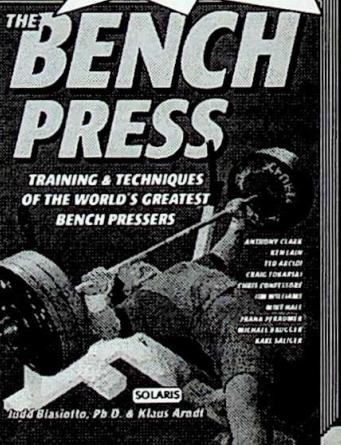
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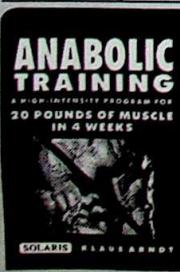
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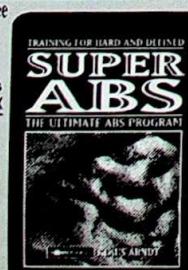
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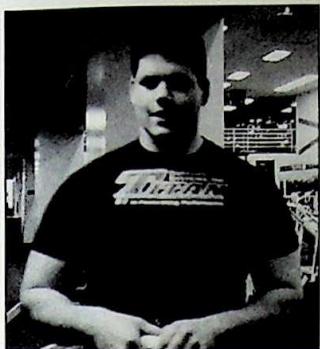


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# In Memory .....

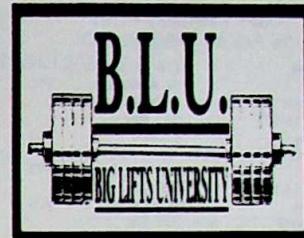


**Joseph Ruocco ...** "It is with great sorrow that I report that on March 6, 2000 the powerlifting world lost a fellow lifter. My dear friend and dedicated training partner was tragically killed in a skiing accident on the slopes of Camelback in Pennsylvania. Joe, who would have been twenty-nine on March 11th, leaves behind his wife, Suzanne, and their twenty-two month old daughter, Gabriella. Their second child is due in June of this year. Joe was always there for me, whether it was for a spot, knee wrapping, or putting on my suit and bench shirt. He got me through so many contests. He was the calm in the wave of my storm. I always felt safe when Joe was with me and his spirit is still very much alive in the gym where we trained. It feels good to know that I will always have a powerlifting angel who will see me through my future workouts and contests. The Joseph Ruocco Memorial Trust has been established in his honor and contributions may be sent to: The Joseph Ruocco Memorial Trust, P.O. Box 98, Martinsville, NJ, 08836" (Obituary courtesy of Women's IPF Masters World & USAPL National Champion Ellen Stein of Brooklyn, New York)

## USAPL 29th Hawaii State 18 Dec 99 - Honolulu, HI

	WOMEN	SQ	BP	DL	TOT
97 lbs. Open	N. Southchack	170	110	231*	512
105 lbs.	C. Baqui	198	99	287*	584
114 lbs.	C. Ford	176	93	220	490
123 lbs.	M. Lopez	242	99	275	617
132 lbs.	L. Anzal	198	137	264	600
148 lbs.	L. Villegas	275	121	275	672
181 lbs. Junior	J. Kimoto	137	220	391	749
MEN 132 lbs. M-5	C. Tantog	319	192	385!*	898
132 lbs. Open	D. Edralin	407	286	462	1157
148 lbs. Open	G. Yoshimoto	402	336	440	1179
Teen-1	F. Corpuz	490	380	457	1328
A. England		187	110	253	551

Open 165 lbs.	B. Webber	62.5	97.5	185	445
Q. Guzman	K. Burke	157.5	97.5	182.5	437.5
K. Iramina	T. Bartlett	150	87.5	192.5	430
K. Prevey	K. Macarick	142.5	92.5	160	395
C. DelaCruz	A. Kerwin	132.5	87.5	172.5	392.5
B. Ishikawa	S. Cantwell	130	87.5	172.5	390
C. Couvillon	R. Shea	135	95	157.5	387.5
Master-8	A. Kramer	115	90	182.5	387.5
S. Ronolo	B. Taylor	117.5	85	145	347.5
Open 165 lbs.	P. Martins	110	87.5	115	312.5
S. Lau	D. Chiasson	157.5	102.5	185	445
181 lbs.	C. Tostl	160	100	185	445
E. Funakoshi	F. Dzerkacz	227.5*	112.5*	227.5*	
Teen-1		567.5*			
L. Ventura		(16-17)			
Open	D. Sanchez	235*	137.5	232.5	605*
K. Lacy	M. Caputo	220+	100	207.5+	
198 lbs. Master-1	M. Malvesti	190	110	225	525
G. Fersler	R. Kent	165	102.5	200	467.5
Junior	M. Milani	160	92.5	182.5	435
E. Uma	M. Teixeira	150	87.5	195	430
Teen-2	S. Moynihan	165	87.5	162.5	415
J. Texeira	G. Saltalamacchia	140	77	145	362
Open 220 lbs.	A. Kennedy	142.5	102.5	190	435
E. Ho	S. Bourmazian	137.5	87.5	155	380
Master-4	198 lbs. (14-15)				
R. Ha	N. Koshinsky	160	97.5+	197.5+	455+
Open	R. Germaine	82.5	67.5	137.5	287.5
A. Acome	C. Koulopoulos	205	117.5	272.5*	595
242 lbs.	C. Babcock	155	115	200	482.5
T. Harris	D. Nelson	182.5	115	182.5	480
S. Ablo	M. Parker	150	72.5	150	372.5
S. McShane	A. Sousa	142.5	85	142.5	370
275 lbs.	G. Clarke	112.5	77	—	—
B. Vierra	K. Hanson	105	65	—	—
J. Owens	C. Leftkowitz	175	—	—	—
275+ lbs.	220 lbs. (14-15)				
T. Leitao	B. Quinn	160	100	190	450
M. Ahol, Jr.	D. Anderson	202.5	100	252.5	555
Master-1	J. Guillet	205	117.5	225	547.5
L. Kamaka	D. Bosh	200	132.5*	210	547.5
Master-2	K. Fernandes	200	115+	185	500
K. Ward	M. Winsper	190	105	195	490
Open					
R. Shepard					
J. Mersberg					
**Hawaii State Record. I-American Record. (Thanks to USAPL for providing the meet results)					



## USAPL Mass Open High School 11-12 Mar 00 - Taunton, MA (kgs.)

	WOMEN	SQ	BP	DL	TOT
Teen (14-15) 123 lbs.	T. Avylla	85	—	—	—
(16-17)	C. Farland	70	37.5	85	192.5
148 lbs. (16-17)	B. Sullivan	75+	40+	67.5+	
182.5+					
165 lbs. (16-17)	M. Moniz	85	47.5	105	—
(18-19)	S. Staples	87.5	42.5	105	235
198 lbs. (16-17)	A. Perry	95*	52.5*	107.5*	255*
MEN Teen (14-15) 114 lbs.	J. Kachmarsky	95	60	137.5*	292.5
B. Puccio	K. Horrigan	82.5	65	110	257.5
137.5*					
123 lbs. (14-15)	J. Simonson	100	62.5	132	295
132 lbs. (14-15)	A. Ray	110	72.5	117.5	300
C. Wicks	Z. Beloilo	77.5	50	100	227.5
132 lbs. (16-17)	J. Souza	120	75	135	330
S. Nixon	D. Barbosa	112.5	45	125	282.5
148 lbs. (14-15)	J. Castanino	90	57.5	110	257.5
J. Swanson		125	80	155	360
Z. Beloilo		100	75	140	315
J. Castanino		100	62.5	130	292.5
(16-17)	P. Fitzgerald	165	115	190	470
J. Heagney		170+	100+	175+	445+
S. Crogan		122.5	82.5	160	365
K. Pendlebury		127.5	82.5	152.5	362.5
F. Gracia		105	65	120	290
(18-19)	S. Quiet	125	82.5	175	382.5
T. Imbeau		102.5	70	160	232.5
165 lbs. (14-15)	M. Dorsey	172.5*	95	160	
L. Anzal		427.5			
148 lbs.	B. Vicente	142.5	92.5	162.5	397.5
L. Villegas	J. Boucher	125	60	160	345
181 lbs. Junior	D. Cormier	127.5	75	135	337.5
J. Kimoto	P. Kane	120	70	142.5	332.5
MEN 132 lbs. M-5	K. O'Malley	100	75	145	327.5
C. Tantog	S. Holzer	110	70	142.5	322.5
132 lbs. Open	J. Zexter	97.5	57.5	132.5	287.5
D. Edralin	M. Diette	82.5	65	115	262.5
148 lbs. Open	J. Rego	192.5	127.5*	197.5	
G. Yoshimoto	S17.5				
F. Corpuz	J. Gazda	172.5	100	212.5	485

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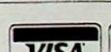
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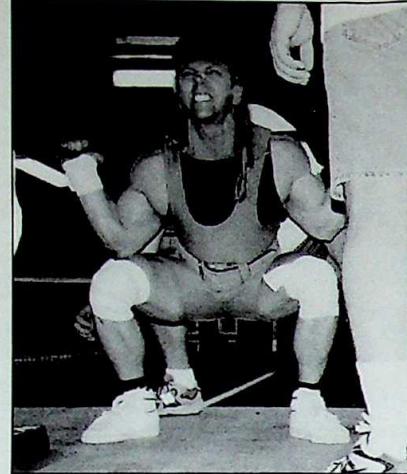
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**USPF Kentucky PL/BP  
26 Feb 00 - Pikeville, KY**

BENCH	(18-19) 220 lbs.			
Open	D. Anderson	350		
WOMEN	Submasters			
Teen (16-17)	181 lbs.			
165 lbs.	J. Little	335		
R. Gibson	120 Open 198 lbs.			
MEN	A. Hampton	325		
Teen (14-15)	220 lbs.			
181 lbs.	R. Gibson	275		
T. Charles	300 308 lbs.			
(16-17) 181 lbs.	H. Blackburn	455		
D. Hall	335			
MEN	SQ BP DL TOT			
Teen 148 lbs.	C. Newsome	315 230 380 925		
198 lbs.	L. Luster	235 245 315 795		
WOMEN Open 132 lbs.	S. Hyden	175 110 245 530		
Submaster 123 lbs.	K. Burchett	205* 125* 235* 565*		
Masters 148 lbs.	S. Conley	175* 100* 230* 505*		
MEN Open 165 lbs.	D. Fields!	600* 325 550 1475		
181 lbs.	M. Roberts	500 325 455 1280		
198 lbs.	T. Kidd	450 300 500 1250		
C. Phillips	365 280 455 1100			
220 lbs.	E. Crum!	600 450 650 1700		
J. Bevins	500 350 565 1415			
242 lbs.	J. Kidd	550 385 595 1530		
C. Hick	550 375 600 1525			
275 lbs.	C. Stalker	250 235 450 935		
308 lbs.	J. Allen	725* 500* 675* 1900		
SHW	M. Branham	850* 145 145* 1140		
Submasters 220 lbs.	W. Jones	425* 335* 455* 1215		
275 lbs.	L. Cross	650* 420* 650* 1720		
Masters 165 lbs.	D. Fields!	600* 325* 550* 1475		
220 lbs.	R. Burruss	515* 335 560* 1410		
SHW	M. Branham	850* 145 145* 1140		

\* State record. I-Best Lifter LW & HW. Location: Pikeville Area Family YMCA, Bob Amos Drive. Meet Highlights: Teen Men-Trent Charles' 300 lb. bench press in the 14-15 yr. 181 class was exceptional in that he exceeded the full meet bench record by 52 pounds without a bench press shirt! When this kid learns to squat and deadlift, look out! Dusty Hall, an outstanding running back from Shelby Valley, also exceeded the full meet bench record in the 16-17 yr. 181 class by 26.5 pounds and would have turned in a good total but dropped out with an injury. Dusty also lifted without the aid



**Don Fields** broke his own USPF Kentucky State record of 573 lbs. in the squat with 600 at this year's state meet. He also holds Kentucky state total records of 1752 at 198, 1650 at 181, and 1537 at 165, and he currently competes in multi-sport events. (photographs courtesy Don Fields)

of a competition shirt. Casey Newsome looked impressive with a bodybuilder's physique and also lifted very well without the aid of equipment posting a total only 88 pounds below the state record. Considering who his dad is, you can expect to see Casey on both the bodybuilders stage and the lifting platform for years to come. The women's division saw Kathy Burchett returning to the platform after 12 years, a local lifter that has held various state records in the past, she now owns all of the submaster records in the 123 class. Suzanne Hyden shows great promise as a 132 class lifter as she easily pulled 245 off the floor even though she couldn't grip the bar due to fresh blisters in one of her fingers. Sandra Conley continues to improve in the Masters division with records in both the 132 and 148 classes. Only two existing open state records were broken in this meet and one of those was the 165 class squat record of 573 lbs. which has held since the 1987 KY state meet. Don Fields broke his own record by 27 pounds to record an even 600 pounds in the open and the masters divisions. Fields is also the KY State Chairman for the USPF, a personal trainer and multi-sport endurance competitor. This meet was exactly 7 days before Fields entered and won a 4 race series in

@ 606-886-8604 or [www.multisports.net](http://www.multisports.net). (Thanks to MullisSports for providing these contest results)

**USPF WV HS Powerlifting  
4 Mar 00 - Parkersburg, WV**

Junior	SQ	BP	DL	TOT
114 lbs.				
J. Shrewsbury	121	82	209	413
A. Weaver	137	126	225	490
J. Brezinski	148	99	253	501
123 lbs.				
C. Gillispie	126	104	236	468
J. Vaught	275*	192*	352*	821*
148 lbs.				
S. Moore	176	170	303	650
J. Honaker	231	143	303	677
J. Ernest	259	148	303	710
D. Waller	314	203	341	859
J. Wingfield	270	192	—	—
T. Putzulu	181	143	275	600
J. Natali	170	203	303	677
J. Blatt	319	192	330	843
M. Polling	225	181	314	722

USCF road bicycle racing and follows 2 years of competition in adventure racing, triathlon, duathlon, mountain bike and kayak racing. The SHW record also fell the same person who established the previous mark of 832 back in 1992. Mike Branhams, another masters lifter, squatted an easy 850 to record the heaviest squat to date in a Kentucky USPF meet, 900 would have gone also but for a badly strained brachialis tendon that wouldn't allow Mike to set up the lift. The men's open saw the 308 class records established by Jim Tom Allen, an accomplished strongman competitor, who also posted the highest total in the meet, 1900 even. Other records were established in the men's submasters class by KY State Trooper, Lynn Cross in the 275 class with a 1720 total and also by Wesley Jones in the 220s. The Masters division saw Randy Burruss, a successful bodybuilder turned powerlifter, break his own masters records in the 220 class with a 1410 total. Overall the quality of the meet was very high, with so many (older) lifters returning to the platform to break or establish records. The judging was carried out by well qualified and tested officials, David Willett, Jeff Ford and Pernell Little, all competitors and judges with no less than 15 years of experience each. Next year the KY State Meet will combine with the Pikeville Open and the YMCA Open Bench press, to be held the last Saturday in February, 2001. For more information on KY powerlifting, strongman & multi-sport events, contact Pro-Fitness MultiSports @ 606-886-8604 or [www.multisports.net](http://www.multisports.net). (Thanks to MullisSports for providing these contest results)

**USPF WV HS Powerlifting  
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J. Natali	170	203	303	677
J. Blatt	319	192	330	843
M. Polling	225	181	314	722

\*WV High School record. I-Best Lifter. Parkersburg South 1st Place Women's Team; Parkersburg High 1st Place Mens Senior Team; Parkersburg High 1st Place Mens Junior Team. (Thanks to Parkersburg South High School for providing the results)



**Application for Registration  
UNITED STATES POWERLIFTING FEDERATION**

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (if Renewal)											
		<input checked="" type="checkbox"/> Y <input type="checkbox"/> N													
Street Address															
Club Name															
City		State	Zip	Area Code/Telephone											
Current USPF Classification		Referee Status	Current High School	Special Olympian											
Elite Master	I	II	III	IV	IFP	Cat 1	Cat 2	Nat	State	Y	N	Y	N	Y	N
Current Collegiate		U.S. Citizen	Date of Birth	Sex	Today's Date		Card Issued By								
Y		N	/	/	M	F	/	/							

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

If Under 18 have Parent Initial \_\_\_\_\_

Signature \_\_\_\_\_

**USPF Oklahoma State/Classic  
26 Feb 00 - Shawnee, OK**

165 lbs.	SQ	BP	DL	TOT
R. Dale	—	365	—	365
181 lbs. Junior				
J. Talton	435	335	450	1220
M. Crouch	400	215	435	1050
P. Segura				
198 lbs.				
H. Lehman	—	400	—	400
Submaster				
H. Lehman	400	400	450	1250
220 lbs. Master				
C. Caputo	480	370	580	1430
L. Cox	—	365	—	365
Submaster				
F. Richardz	505	315	550	1370
242 lbs. Junior				
C. Lavallee	225	235	330	790
Master				
R. Henshaw	540	375	515	1430
D. Cook	—	405	—	405
275 lbs.				
J. VanWinkle	—	510	—	510
G. Knight	—	325	—	325
SHW Junior				
S. Williams	540	375	500	1415
Master				
C. Clonce	575	305	460	1340
Open BENCH				
R. Wolf	—	440	—	440
**National Masters Record. Team Winner: Crain's Muscle World, Ltd., Shawnee, OK. (Rickey Crain)				

\*\*National Masters Record. Team Winner: Crain's Muscle World, Ltd., Shawnee, OK. (Rickey Crain)

**Abdon's Open Bench**  
25 Mar 00 - Moncks Corner, SC

MEN	WOMEN	
Teen 165 lbs.	132 lbs.	
Kent, J.	150	Aikman, S.
181 lbs.	123 lbs.	105
Hunt, L.	270	Fusco, S.
Masters (50-54)		170
220 lbs.		
Conway, D.	Open 242 lbs.	
Open 198 lbs.	290	Thompson, D.
Bartley, M.	385	Teen 148 lbs.
220 lbs.		Browning, S.
Lord, R.		Junior 181 lbs.
Master (40-44)		Duvall, C.
SHW		260
Betzer, L.	320	Open Pro 242 lbs.
242 lbs.		Smith, J.
William, S.	440	Master (55-59)
Submaster 308 lbs.		308 lbs.
Silvender, L.	385	Blackmon, J.
Master (55-59)		430
242 lbs.		Open 308 lbs.
Arthurs, L.	420	Thomas, J.
Junior 165 lbs.		198 lbs.
Ash, R.	330	Wilson, S.
Open 165 lbs.		—
Boyle, J.	235	Coker, J.
Held at Dungeon Gym. (courtesy of Floyd Powe)		370
		Ferrara, K.
		Teen 148 lbs.
		Friedland, J.
		185

**USAPL New Millennium BP / CA DL**  
19 Feb 00 - Los Altos Hills, CA

165 lbs. Novice	Master-1	
S. Dias	L. Gray	88
181 lbs.	Master-3	
Teen (14-15)	114 lbs.	
B. Whelby	C. Brigham	121
220 lbs.	DEADLIFT	
Teen (16-17)	Teen (14-15)	
R. White III	181 lbs.	121
242 lbs. Junior	B. Whelby	314
T. Hunt	198 lbs. Teen (18-19)	341
Open 148 lbs.	J. Crites	473
J. Shapiro	220 lbs. Teen (16-17)	253
165 lbs.	R. White III	451
M. Hara	242 lbs. Junior	473
F. Mulhair	T. Hunt	523
181 lbs.	Open 148 lbs.	
J. Jones	J. Shapiro	363
198 lbs.	165 lbs.	374
K. Kanemoto	F. Mulhair	468
220 lbs.	K. Kanemoto	501
M. Ludovico	220 lbs.	385
J. Tremblay	J. Tremblay	600
S. Pena	275 lbs. Master-1	358
242 lbs.	M. Vennen	551
S. Silver	Submaster	358
L. Vargas	R. Kitani	556
275 lbs.	148 lbs. Master-2	562
Submaster	J. Randazzo	341
R. Kitani	Master-3	
Master-2	H. Shival	451
W. Sink	181 lbs. Master-4	259
L. Tirri	S. O'Neill	473
148 lbs.	198 lbs. Master-1	225
Master-3	D. Bertier	479
H. Sniviac	L. Reali	485
Master-4	Master-3	286
181 lbs.	D. Cummerow	347
S. O'Neill	220 lbs. Master-3	369
198 lbs.	G. Stevens	523
Master-1	275 lbs. Master-1	391
D. Bertier	A. Clayton	490
Master-3	319 lbs. Master-3	
D. Cummerow	R. Hamilton	407
220 lbs.	WOMEN	
Master-4	Open 114 lbs.	369
D. Dienelt	B. Lee	363
242 lbs.	165 lbs.	275
Master-1	G. Anderson	325
G. Stevens	148 lbs. Submaster	242
275 lbs.	C. Cappiali	253
A. Clayton	181 lbs. Submaster	159
310 lbs.	M. Cummerow	308
Master-3	148 lbs. Master-1	203
R. Hamilton	L. Gray	176
WOMEN	Master-3 114 lbs.	
Open 114 lbs.	C. Brigham	220
B. Lee		
165 lbs.		
G. Anderson		
148 lbs. Submaster		
C. Cappiali		
181 lbs.		
Submaster		
M. Cummerow		154

This was my first attempt at putting on a contest and although it turned out pretty well according to most of the lifters I spoke with, it very well could have been a total failure. Before I continue with the results, I must take a moment to thank the people that helped make this event a success: Leo Contreras: The meet took place at Foothill College in Los Altos Hills, California. Leo provided us with the meet site and actually arranged the weight room for us on Friday before the meet. Mike Koufos: Mike, who is part of the Napa Valley Powerfest

## International Powerlifting Association

"Lifting for Lifters"

### Application for Registration

Last Name	First	Initial	New	Renewal
Street Address	City			
State or Province	Zip Code	Country		
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____

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

Date

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

Payment is accepted in the form of **cash or money order only**. Payment can be made to your state chairman.

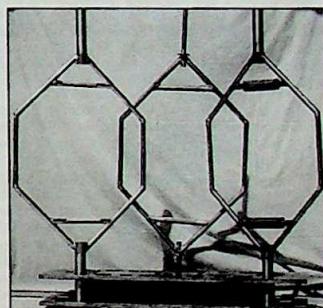
Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

team that has put on some of the best meets in California, went above and beyond the call of duty. Mike had planned to come to the meet and to help out. His son got sick and his wife was out of town. Mike made arrangements and drove to my house at 5:00 IN THE MORNING to bring his kilo set and equipment so that the lifters would have some quality equipment to use. Manny Villarreal also planned to attend to lend a hand but also wound up making a trip to the doctor. He made sure his weigh in scale made it to the site beforehand. Betty Lee lifted, helped with the flight cards, and arrived early to help set up and weigh in the ladies. When she wasn't lifting or warming up, she was walking up to me saying, "what can I do to help?" Aaron Pete came to help Betty and also was a great help setting up, moving weights and judging. Thanks big Ali John Ford: I've known John Ford since my first meet in 1994. That meet almost got canceled when the meet director vanished a couple of weeks before the event. John stepped in and ran the meet on short, VERY SHORT notice. Well, this day John walked in and said, "jason what do you need?" He then spent the WHOLE day announcing and helping keep score. John used to be the ADFFPA State Chair before moving on to the AAU. He is currently the IPA State Chair. We were chatting and I thanked him for helping out. John smiled and said, "jason, you've helped me out before. If you need help all you have to do is ask... besides, it's NOT ABOUT FEDERATIONS, IT'S ABOUT LIFTERS." There is a lesson in there somewhere. Borglifter came in and helped out judging and mopping the platform, um, you had to be there. Joe Randazzo lifted and judged every flight when he wasn't on the platform! He also gave me some helpful tips for speeding things up. Art Ramsey is a fixture in California Powerlifting. Where there is big benching, Art is usually around on Saturday, Art was a fixture in the judge's chair! ART HAS A BIG HEART. HE DID HIS PART oops sorry, I think I was channeling Herb Grossbrenner there. Veteran lifter Rich Tsutsui came to coach the San Jose Deadlift Crew, but graciously judged in the afternoon! New State Chair Howard Budwin came by to introduce himself to the lifters and to help judge as well. I must also take a moment to thank our sponsors, Rick Brewer of House of Pain IronWear (1-888-H-OF-PAIN) provided us with T-shirts for the spotters and also some prizes for lifters. John Inzer of Inzer Advance Designs (1-800-222-6897) also deserves a big thank you! John sent a box of prizes, which made a few people very happy - myself included! Thank John and Rick. Both of these companies have committed to sponsoring the State PL meet in April so if you need something for your contest prep "WHO YA GONNA CALL?" Last but not least, my training partner Tim Walker spent all night Friday helping me repack the awards and spent the day helping out. I would not have been able to get this meet done without his help. If I've forgotten to mention anyone please be sure that you were appreciated but the whole day went really quickly and my memory is kind of a blur! Having said that let's move on to the LIFTING. We kicked off the day with the bench pressing. First time competitor Shawn Diaz made a nice 347 lb. bench in the 165 lb. novice class. 15 year old Brandon Whelby weighed in at 173 lbs. and pressed a nice 176. You always know when 17 year old Rick White, of Livermore, is lifting. Rick's mom is his biggest fan

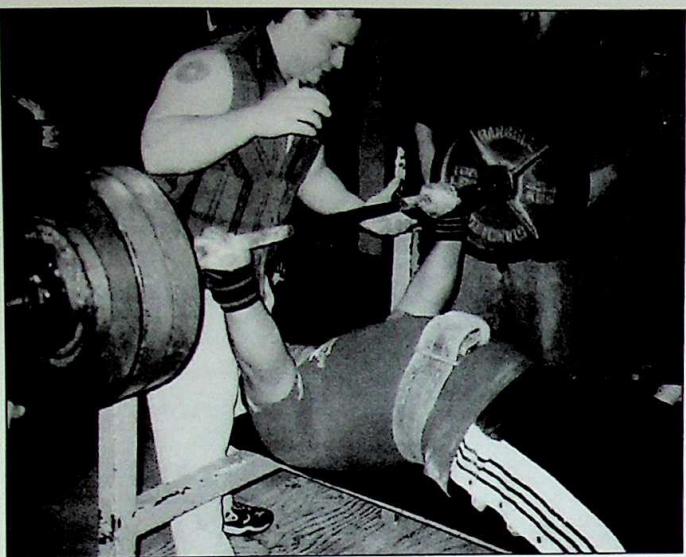
and you can see the pride on her face when her son hits the platform. Rick dropped down to the 220s for this contest and benched 286.5 lbs. There was great lifting in the women's classes. Tammi Callahan, in her first meet, benched 203.75 lbs. in the sub-master 148s. Not a bad way to start a PL career, eh? Not to be outdone, Gina Anderson, the 99 WABOL Police/Fire World Champ, also benched 203! The Men's Open saw some excellent lifting in several weight classes. '99 148 lb. National Bench Press Champion Mike Hara weighed in at 156 lbs. and pressed a BEAUTIFUL 473. This guy has this benching thing down pat. He took a shot at 485 but missed it. When he goes onto the class, 500 will fall in short order. Keith Kanemoto benched 451 in the 198s. Dr. Michael Ludovico had an off day and had to settle for his opener in the 220s. Did I mention that his opener was 501? Must be nice. Steve Silver missed weight for the 220s and took the 242s with a nice 446. Finally, Russ Kitani was up in the 275s. Russ weighed in at 245 and benched an easy 562. 573 wouldn't go, this time. The master classes saw 56 year old Doug Dienelt finish 3 for 3 with a 391 lbs. effort. The deadlift was next and we also saw some great lifting there. 1997 WDFPF World Champ, Betty Lee got the train rolling with a 363 lbs. effort at 114! Marina Cummerow broke into the 300 lbs. club and Gina Anderson had a nice 325 at 165. Master lifter Christine Brigham made a nice double bodyweight pull of 220 pounds. When the ladies were done the young men took the platform by storm. Brandon Whelby didn't have the day he was looking for but still managed a very nice 314 lbs. opener. Justin Crites came with his coach and weighing only 185 pulled a powerful 473. Rick White pulled a 451, much to the delight of his rooting section! Travis Hunt pulled the biggest lift of all the teens/juniors with a 253 lbs. effort. John Shapiro kicked things off in the open 148s with a 363. Frank Mulhair had a perfect day and ended with a 468 at 165. Keith Kanemoto is finally growing into the 198 lbs. class and his deadlift is shooting up. He hit a PR 534 this time out and should break the 550 mark soon. Jerry Tremblay took two shots at breaking his own state DL record. His second attempt was almost to lockout when the bar shot from his hands. Next time. He got an easy opener with 600 for the day. Liborio Vargas from Sacramento, had a perfect 6 for 6, set several PRs and finished up with a 529 lbs. dead. Michael Venning hit a 551 at 275 and Russell "the benching is over, can we stop now?" Kitani hit a PR 556 lb. deadlift. This was by far the smoothest pull I've ever seen Russ make and I've seen him pull plenty. Way to go Russell! Joe Randazzo managed to find the time to pull 3 deads when he wasn't judging and pulled a nice 341 at 148. Homie Shivalian pulled a huge 451 as a master 3 148er. Shane O'Neill pulled a clean 473 at 181 and Dave Bertler added in a 479 at 198. Dave Cummerow has been benching for years. We finally convinced him to try the deadlift. Dave trained the lift for about 3 weeks and then pulled 3 pretty easy deads, ending with a 347. With a little more technique and a few more weeks on the on the lift, Dave will pull another 50 lbs. easily. My neighbor, Donn Imrie - can you believe there are only 3 powerlifters in a city called HERCULES - came down and pulled a 507 on a 3 for 3 day. Doug "I ain't getting older, I'm just getting better" Dienelt tied Jerry Tremblay for Biggest Deadlift of the day

with his 600 lb. effort. In the Master 1 275s Arthur Clayton pulled a 490 but Michael Venning came to pull and edged him out with a 551! Richard Hamilton closed out the lifting in the 319s with a 407 lbs. effort. To everyone that came out to help, to lift or to watch, thanks and let's do this again sometime. I'm free in April? (report by Jason Burnell, thanks to USAPL for providing these meet results)

## NEW PRODUCT



**"Shrug Bar(TM)" Options Expanded ...** PDA has expanded the ordering options available on its zinc plated Olympic Shrugs Bars (TM). The selection now includes standard Shrugs Bars (TM) and grip thickness selections of 1", 1-3/8", and 2". The available finishes now include unfinished steel, polished steel, hammer finish paint, zinc plating, and near bulletproof electroless Nickel plating. Stock items can ship within 24 business hours. You can visit PDA at their website: [www.fractionalplates.com](http://www.fractionalplates.com), or see their Unclassified Ad in this issue. In the photograph seen above, there are shown (left to right) the zinc plated Olympic, Nickel plated Standard, and 2" grip unfinished steel Olympic Shrugs Bars (TM). PDA is actually Piedmont Design Associates, and they are located at 104 Bangor Street, Mauldin, South Carolina 29662, 864-963-5640.



**Best Lifter George Lealiifano Locks out 510 at 242 at the Midwest Supernatural Bench Press Classic. (photo courtesy Dr. Darrell Latch)**

**Midwest Supernatural BP  
5 Feb 00 - Tuscola, IL**

MEN	242 lbs.	
Submaster	G. Lealiifano	510
R. Biggiam	475	275 lbs.
Master (60-69)	D. Williams	410*
J. Luallen	245*	SHW
4th	250*	D. Shumaker
181 lbs.		540
J. Colyott	370*	
4th	380*	

\* - Personal record. Best Lifter: George Lealiifano. The Midwest Supernatural Bench Press Classic was held at Son Light Power Gym. The turnout was small but there was still some quality lifting with four of the six competitors posting new personal records. A special thank to my wife Susan and Blaine Gilmore for their help. In the submaster division Randy Biggiam returned to competition in a big way, setting three new personal records,

ending with 475 at a bodyweight of 231. Randy is a teacher from the Bloomington, Illinois area who also coaches a young group of powerlifters from his school and is working to get the sport approved by the IHSA. Doing a great job, Randy! John Luallen, a retired high school teacher from Neoga, Illinois lifted in his first powerlifting event, going 4 for 4 and ending with a personal best 250. John, who is sixty-seven years old, mentioned this was the first trophy he had ever won, for anything in his life! Good going John! Well, here we go again, another teacher in our next competitor, Jim Colyott. Jim teaches health in the Springfield, Illinois area but is also involved in training younger lifters at his school. Jim is a great guy and a great natural lifter who is a great role model for his students. Jim also went 4 for 4 with two new pr's, ending with a great 380 at a 180 bwt. Great lifting Jim! George Lealiifano took the 242s with a strong 510, even though he had somewhat of an off day. At a bodyweight of

230, George's lift was good enough for best lifter. George is another great lifter who also lifts for the Samoan National Team each year in the land of his forefathers. Dave Williams was also lifting in his first competition but took the 275 class. Dave opened with an easy 380 then made the jump to 410. With a lot of power off the bottom, Dave pressed the 410 to lockout; a new personal record! The last lifter of the day was big Don Shumaker from Davenport, Iowa. Don's a big guy and a great bencher, but has just not yet found a bench shirt to do him justice. He has always benched just as much with a shirt as without. What does that tell you? It means the 540 he got here could easily be 600 with the right equipment! Well, thanks to all the competitors; I hope everyone had a great time! See you all soon again! (courtesy of Dr. Darrell Latch)

**USAPL Bill Beckwith Memorial**

**26 Feb 00 - Wayland, MI**

	SQ	BP	DL	TOT
T-1 97 lbs.				
E. Dickey	170	80	200	450
M-7 132 lbs.				
J. Merrill	—	—	70*	—
Open 148 lbs.				
K. Miller	—	190	330	520*
M-6 148 lbs.				
L. Slotnick	—	—	65*	—
MEN Submaster Open 132 lbs.				
R. Fricke	—	155*	300*	455*
M-8 148 lbs.				
R. Merrill	—	80	175	255*
T-2 165 lbs.				
D. Genther	—	195	325	520*
R. Ford	—	225*	—	—
T-3 165 lbs.				
B. Brown	—	210*	—	—
M-3 165 lbs.				
G. Bartoletti	285	250	345	880
M-1 Open 181 lbs.				
R. Fabiano	—	370	490	860*
Submaster				
J. Mumaw	—	300	535*	835*
Open 181 lbs.				
M. Polizer	—	300	475	775*
M-5 181 lbs.				
R. Ringwold	—	205	495	700*
Junior 181 lbs.				
D. Zak	—	320	405	725*
N. Plazza	455	305	510	1270
M-7				
B. Creech	—	115	200	315*
Junior				
J. Duval	—	275*	355*	—
Open 198 lbs.				
C. Terry	—	330	625	955*



**W. P. O. TM**  
**World Powerlifting Organization™**  
**YEAR 2000**  
**Membership Application**



PLEASE PRINT CLEARLY \* COMPLETE ALL BLANKS

Last Name	First Name	Initial	
Street Address/P. O. Box			
City	State	ZIP	
Telephone Number	Date of Birth	Age	Sex
Social Security Number	Occupation	Date of Application	
IF UNDER 18 PARENT MUST INITIAL	BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™		
SIGNATURE x _____			

YEAR 2000 Membership Registration Fee: \$ 25.00

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910 S. Atlantic Avenue  
Ormond Beach, FL 32176

J. Soule	—	400	520	920*
J. Fargo	—	370*	460	830*
E. Reid	—	240	400	640*
M. King	—	225	365	590*
T. Ward	—	325	—	—
Submaster				
T. Miller	—	340*	500	840*
M-5				
G. Daig	405	280	500	1185
T-3				
J. Toney	—	300*	375*	675*
Submaster				
J. McDermott III	—	400*	—	—
Open				
D. Brooks	—	390*	—	—
D. Hankins	—	385*	—	—
C. Jones	—	360*	—	—
Submaster				
D. Horn	—	300*	—	—
J. Hemenway	—	315*	—	—
M-1				
M. Cloum	—	305*	475*	—
T-1				
A. Harrison	—	340*	—	—
T-2				
J. Outman	—	315*	—	—
Submaster 181 lbs.				
F. Stokes	—	295*	—	—
R. Brandi	—	340*	—	—
M-5 Open 181 lbs.				
J. McDermott	—	340*	—	—
Open 181 lbs.				
A. Gaines	—	265*	—	—
T-2 Open 181 lbs.				
D. Pfau	—	250*	—	—
C. Sheftic	—	175*	—	—
Open 220 lbs.				
M. Lawrence	—	405*	590	995*
M-2				
S. Cohle	—	320	480	800*
M-3				
G. Kestner	—	255*	225*	480*
T-3				
A. Bird	—	410	515	925*
Open				
G. Miller	—	385*	—	—
C. Tsirls	—	370*	—	—
Submaster				
K. Ellsworth	—	200*	—	—
M-1				
M. Mellinger	—	370*	—	—
M-4				
R. Hemenway	—	330*	—	—
P/F				
B. Maurer	—	320*	—	—
Submaster Open 242 lbs.				
K. Slaughter	—	330*	515*	845*
M-1				
B. McIntyre	—	415*	600	1015*
G. Zick	—	320*	410*	730*
Junior				
J. Gady	—	320	585	905*
B. Boyle	500	345	555	1400
T-3				
T. Geislet	—	385	500	885*
M-3				
G. Washington	—	315*	—	—
M-4				
M. Marsh	—	400*	—	—
Junior Open 275 lbs.				
J. Bainbridge	—	440*	590	1030*
Open				
K. Miller	—	420	605	1025*
M-3				
G. Krueger	—	365*	525*	890*
M. Miller	—	245	405*	650*
M-4				
R. VanEck	145	225*	365*	735
P/F				
D. Voth	—	425	575	1000*
M-1				
D. Frankhouse	—	400*	590*	—
Submaster Open				
M. Baty	—	455*	—	—
Open				
M. Warner	—	455*	—	—
B. Winn	—	375*	450*	—
M-2 Open				
T. Karian	—	345*	—	—
Supers				
J. Griffin	—	605*	—	—
M-1 319 lbs.				
B. Edwards	—	465*	—	—
M-4				
P. Bergan	145	340*	525*	1010
Submaster				
T. Snyder	—	225	405*	630*

(Thanks to USAPL for providing these meet results)

**USAPL Central Power Qualifier**  
**19 Mar 00 - Columbia City, IN**

198.25 lbs. Teen (18-19)	SQ	BP	DL	TOT
J. Watkins	360	135	155	650
165.25 lbs. Junior				
C. Pancott	435	250	515	1200
Both qualified for National championships. (Thanks to USAPL for providing these competition results)				

**15th March Madness BP/DL**  
11 Mar 00 - Mattoon, IL

DEADLIFT	C. Fuller	75	
WOMEN	Open		
Master (50-59)	S. Decker	100	
C. Fuller	175*	N. Enriquez	80*
Open		MEN	
B. Book	265	Teen (13-15)	
S. Decker	250*	N. West	150*
MEN		D. West	125*
Teen (13-15)		Teen (16-17)	
N. West	300*	P. Paff	215*
D. West	255*	C. Bruscher	225*
Teen (16-17)		4th	230*
P. Paff	345	Master (40-49)	
Junior		M. Ferguson	425
J. Merkow	620	W. Strosnider	365
Submaster		Master (50-59)	
D. Anguish	715*	L. Clark	380
R. Harlow	600*	B. Rakestraw	340*
4th	625*	4th	350*
Master (40-49)		E. Enriquez	240*
J. Ewing	450	4th	250*
Master (60-69)		Master (60-69)	
M. Logsdon	425*	M. Logsdon	225
Police & Fire		Police & Fire	
M. Irwin	575	M. Irwin	370
4th	600*	Submaster	
148 lbs.		D. Anguish	440*
J. Wise	365	R. Harlow	400*
165 lbs.		4th	410*
J. Teela	500	Junior	
181 lbs.		J. Merkow	500*
S. Middleton	405	165 lbs.	
198 lbs.		J. Teela	280
D. Talley	405	181 lbs.	
K. Waddle	350*	L. Clark	380
220 lbs.		198 lbs.	
D. Anguish	715*	S. Middleton	400
242 lbs.		K. Waddle	175
J. James	425*	220 lbs.	
BENCH		D. Anguish	440*
WOMEN		J. Sanders	345*
Submaster		242 lbs.	
A. Apple	95*	R. Merkow	500*
4th	100*	4th	520*
Master (50-59)		SHW	
		C. Lynch	200*

\* Personal record. Best Lifter BP: Ryan Merkow. Best Lifter DL: David Anguish. Team Champions: Showtime's Gym. The fifteenth annual March Madness Bench Press/Deadlift Classic was held once again at the Cross County Mall. We had a great turnout despite the 6° to 8° of snow most of the lifters had to drive through to get there. Along with some of the regular locals, teams came from Madison, Wisconsin, Mt. Vernon, Illinois, St. Louis, Missouri and Henderson, Kentucky. Thanks again to the mall and manager Mike Witwicki for their continued support. In the bench press competition first time competitor Andrea Apple took the submaster Women class with 95, followed by a personal record 100 for a fourth attempt. Carolyn Fuller won the master 50-59 class in just her third competition with an easy 75, just missing a personal best 90 on her final attempt. Susan Decker, also in her first competition, took the open class with 100, making only her opening attempt. Norma Enriquez, another first-timer, finished with a personal best 80 for second place. In the 13-15 age group for the teenage men, two brothers went head to head, with the older finishing out on top. Nick West, age 15, got all three of his attempts, ending with a personal best 150. Thirteen year old Drew West was second with 125, a personal record for him. Patrick Paff won the 16-17 age group with a personal best 215 over Charles Bruscher who got 225 on his third attempt and 230 pr fourth. At master men 40-49 local attorney Mark Ferguson easily won his class with a strong 425 over Wally

**Best Lifters at the March Madness BP/DL Classic** are (left to right) David Anguish (DL) and Ryan Merkow (BP). Darrell Latch photo.

"The Legend" Strosnider who finished with 365. You know Wally, the One Man Team that won the team title at "The Last One" Bench Press Championship, the last bench press competition of the previous millennium! Well, Wally was a little busy on this day, trying to compete and also help five new lifters he has been training, with their first competition. Lane Clark took both the master 50-59 and the 181 open class with 380. Going three for three and lifting conservatively, Lane was probably good for a pr 390. Second place in the master class was Bill Rakestraw, who had a great day, posting two new personal records at 340 and a 350 fourth while lifting "raw". Third place went to Enrique Enriquez, one of Wally's protégés, who did the same, pring his final two attempts and ending with 250. Showtime's Marcus Logsdon put up an easy 225 for the win at master 60-69. Mike Irwin returned to competition after several years to capture the police & fire class, finishing with 370. At submaster it was David Anguish for the win, posting a personal record 440 at a bwt. of 220. David also took the open 220 class. Second at submaster was Ronald Harlow with a pr 400. Ron went onto get a 410 pr fourth attempt. In the junior division it was Justin Merkow for the win with a personal best 500. Jay Teela took the open 165 class with a strong 280, just missing his final attempt with 295. Shauna Middleton blew away 400 for his final attempt, after missing it for his second in his win at 198. Second at 198 was another first-timer Keith Waddle, who finished with 175. Second at 220, behind David Anguish was local lifter Jeff Sanders who finished with a personal best 345. This was Jeff's first competition; he did well. Best Lifter and 242 winner Ryan Merkow had a great day with his first 500 bench, followed by a personal best 520 fourth attempt. Ryan and Justin (winner of the Junior class) are identical twins and almost identi-

cal lifters, both getting their first 500 lb. benches. Now, that's something! Last but not least was Carl Lynch, superheavyweight winner getting 200 in his first competition. In the deadlift competition Carolyn Fuller got a new pr with her 175 pull for the win at master women 50-59. Beth Book took the open women's class with 265 over Susan Decker's personal record 250. Nick West again beat out his younger brother with a pr 300 pull over Drew's pr 255. Must be something to that sibling rivalry thing; four lifts, four pr's! Patrick Paff pulled a strong 345 for the win at 16-17. Justin Merkow looked strong with his 620 win at junior men. The boy's not just a bencher! Winning the submaster class in the deadlift, as in the bench, David Anguish posted his second pr of the day, finishing with 715! David also won the 220 class and best lifter honors for the competition. Second at submaster was Ronald Harlow with two new pr's, his third attempt with 600 and a fourth at 625! James Ewing took the master 40-49 class, having hurt his back at work that morning, with an easy 450. That's over a hundred pounds below the "Roto-Rooterman's" personal best! Time to go see Dr. Bob! Marcus Logsdon came through with a great 425 pr, weighing in at about 165 and 65 years old. Now that's fantastic! Mike Irwin also had a great day, finishing with a pr 600 fourth attempt in his win at police & fire. Jeff Wise continues to be a force at 148, pulling a strong 365 for the win. Jay Teela got his second title of the day with a great 500 at 165, weighing in at only 160! Shauna Middleton took the 181s with an easy 405 and a near miss with a personal record 450. Derek Talley captured the 198 title with 405, missing only his final attempt with a pr 425. Second place went to Keith Waddle who pulled a pr 350. At 242 it was Jeff James pulling a pr 425 in his first competition. Thanks to all those who helped out with the competition. (courtesy of Dr. Darrell Latch)



**XPF N. Sam Houston BP/LP/DL**  
18 Mar 00 - Houston, TX

LEG PRESS	230 lbs.
MEN 148 lbs.	K. Malone
G. Salazar	850
165 lbs.	242 lbs.
K. Banton	1600
181 lbs.	S. Ross
P. Alex	950
198 lbs.	WOMEN
L. Hernandez	1350
	T. Malone
WOMEN	DEADLIFT
101 lbs.	MEN
D. August	Master 160 lbs.
135 lbs.	E. Diaz
N. McHenry	650
127 lbs.	181 lbs.
N. Sam	G. Hawley
BENCH	Grand Master
MEN	198 lbs.
165 lbs.	D. Dumoitier
K. Blanton	350
181 lbs.	275 lbs.
I. Hirt	101 lbs.
D. Bailey	WOMEN
198 lbs. Teen	120 lbs.
J. Campos	D. August
D. Harvey	170 lbs.
220 lbs.	R. Oglesbee
K. Fernandez	405

\* signifies a new World and State Record. The new boys on the block of powerlifting, "The X-treme Powerlifting Federation" put together one of the greatest shows on earth! The Federation founded by Charles Brown and Gregory Shaw held the event at the North Sam Houston Health Club located at 333 North Sam Houston Parkway at 11:00 a.m. The event was the most exciting powerlifting event ever known to the sport. No one could escape the excitement that was generated from well-blended show of guest posing, singing and hard pumpin' music with fog adding to the hype and theatrics. Based along the same theme as professional wrestling of being extreme, the X-treme Federation brought things to life in an extreme way by the way its show was produced and operated. For example, X-treme held the first ever leg press competition which rocked the house, stirred controversy and stole the entire show! Founder and promoter Charles Brown thought that this event would create a little controversy by seeing who had the strongest legs, in three attempts. The second part of the federation, Gregory Shaw is noted as being the best MC by other organizations. He brings character, energy and excitement to the show. His antics on the microphone help get the competitors into the show and hyped for their individual lifts. Greg has already been compared to Dick Vitale of ESPN in his intensity and ring announcer Michael Buffer for getting the lifters "Ready to Rumble", X-treme had some World Class Refs judging the meet. The head judge was World Record holder David Reese, World Record holder Junius "pop goes the weasel" Hirt and State Record holder Wayne Sonnier. There were 23 state records broken. Also, John Mitchell had some male & female models showing off their new clothes lines called Phat wear. If you are ever in Southwest Houston stop in at American Lady and Spa and ask to see big John 713-270-0300. The Show was awesome. X-treme also had comedian Tony Roberts from "Comic View" entertaining the competitors during the award ceremony. The owners of the X-treme Powerlifting Federation are looking for individuals or businesses that would be interested in sponsoring up coming powerlifting or body-lifting events. If you are interested please contact Mr. Charles Brown at 713-825-5608 or write to: The X-treme Power-Lifting Federation, 235 Griss, Houston, Texas 77060. (Thanks to Charles Brown for providing these meet results to POWERLIFTING USA)

## MEETING THE DEMANDS OF TODAY'S ATHLETES

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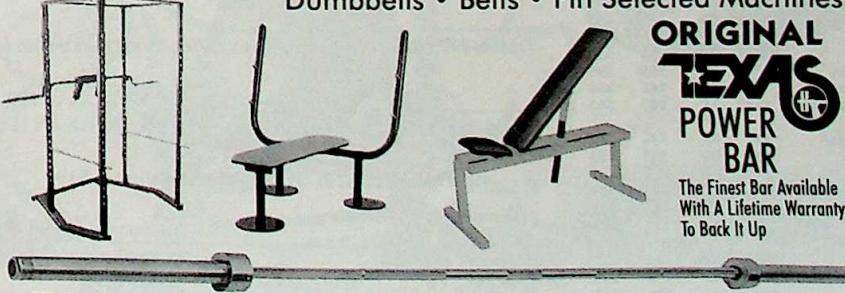
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**APA Can-Am BP/DL**  
12 FEB 00 - Northampton, MA

BENCH	198 lbs.
WOMEN (35+)	S. Cormier 525!
P. Kelleher-119	105* P. Barrett 515*
G. Miller-104	190 R. Fekert 440
Open	4th 455*
L. Proulx-95	135 J. Chisholm 360
Teen	220 lbs.
P. Crowley-129	1150 A. Murray 410
Junior (20-23)	R. Frederick 355
(Formula)	M. Stark 350
N. Rybicki-134	285 242 lbs.
P. DeStefano-177	315 E. Paskell 500
B. Crowley-180	300 J. Miller 1500
Submaster (33-39)	J. Toland 440
(Formula)	275 lbs.
E. Paskell-227	500 H. Moses 450
H. Moses-246	450 T. Toland 405
J. Romano-207	420 DEADLIFT
F. Willard-197.5	355 Teen
A. Murray-207	410 P. Crowley-129 360*
Master (40-49)	Junior (20-23)
(Formula)	B. Crowley-180 535
J. Abely-195	1400 Submaster (33-39)
C. Clapp-217	365 H. Moses-246 620
C. Shaw-236	315 J. Romano-207 545
M. Farrell-161	225 Master (40-49)
Master (50-59)	J. Abely-195 425
R. Cole-221	425* Master (60-69)
Master (60-69)	E. Mard-250 525
E. Mard-250	290 Master (70-79)
Master (70-79)	J. Salmon-207 275
J. Salmon-207	270 Open 132 lbs.
Open 148 lbs.	B. Crowley 360
G. Larson	310* 181 lbs.
N. Rybicki	285 B. Crowley 535!
165 lbs.	220 lbs.
M. Farrell	225 J. Romano 545
181 lbs.	M. Stark 425
C. Willard	400 275 lbs.
	H. Moses 620

This event was held at Universal Health & Fitness Center. The layout of this facility and equipment is among the best of any gym I have ever seen. Universal provided some great spotters who did an outstanding job preventing some close calls. Special thanks to the referees for doing an excellent job. I would especially like to thank Donna Slaga who is the Connecticut APA Chairperson. Donna traveled to Massachusetts to lend help and make this meet as efficient as possible. Camaderie was at an all time high and a large group of spectators watched the event and cheered each lifter on. Several outstanding lifts were registered and a few records were set. Special thanks to Universal fitness for making this a great meet. (Thanks to Scott Taylor, APA President, for providing these results)



**63 year old Eli Mard** on his way up with 525 at the APA Can-AM Deadlift (photo by Scott Taylor)

123 lbs.	S. Carr 245	160	285	690	148 lbs.	A. Sanders 275	120	320	715
A. Holmes 260	135	260	655	A. Holmes 181 lbs.	255	120	300	675	
R. Russell 125	105	195	425	M. Ensing BOYS 114 lbs.	265	140	285	690	
132 lbs.	C. Holmes 315	165	340	B. McCreary 315	160	350	825		
C. Holmes 315	150	335	800	S. Forel 315	160	350	825		
N. Worley 215	130	260	605	132 lbs.	D. Gallavan 410	290	420	1120	
T. Young 145	110	220	475	B. Horton 350	220	375	945		
148 lbs.	J. Griffin 350	215	435	148 lbs.	A. Street 345	245	435	1025	
M. Smith 345	190	415	950	A. Street 165 lbs.	320	315	515	1350	
B. Hoosier 350	190	375	915	W. Smith 520	315	515	1350		
L. Spence 315	145	335	795	K. Reynolds 515	275	665	1455		
C. Bryant 260	130	310	700	220 lbs.	J. Stewart 450	320	480	1250	
P. Redmond 235	170	285	690	K. Green 565	270	525	1360		
J. Brian 200	160	315	675	242 lbs.	J. Sylve 355	620	1535		
C. Hardin 180	135	240	555	C. Walters 535	295	550	1380		
165 lbs.	S. Brown 470	285	435	275 lbs.	T. Clark 575	300	590	1460	
C. Douglas 400	215	360	975	SHW	B. Estes 565	285	545	1395	
R. Wells 340	200	395	935	(Thanks to USAPL for providing these meet results)					
C. Fairbanks 205	155	265	625						
181 lbs.	J. Suter 520	240	465						
B. Aemeaux 445	235	460	1140						
T. Alvarez 360	300	440	1100						
M. Moore 350	240	375	965						
E. McCall 360	235	365	960						
B. Schnolke 230	140	310	680						
J. Ralla 190	185	250	625						
K. Murphy 240	165	215	620						
198 lbs.	T. Dupris 360	230	395						
T. Dupris 360	385	180	400						
B. Till 385	195	360	910						
B. Patrick 355	200	365	815						
B. Lemoine 290	170	330	790						
C. Melancon 195	115	240	550						
220 lbs.	J. Swanson 530	310	540						
J. Swanson 530	375	210	420						
S. Stalsky 375	200	365	1005						
S. Provost 250	—	—	—						
J. Paul 242 lbs.	—	—	—						
T. Pinion 265	180	360	805						
S. Beverly 235	110	270	615						
J. Jarred 500	310	500	1310						
N. Patrick 470	300	500	1270						
(Thanks to USAPL for providing the meet results)									

**NASA Ohio BP (kg)**

15 Jan 00 - W. Liberty, OH

WOMEN	Masters-2
127 lbs.	B. Bean 167.5
Submasters	J. Bandy 115
L. Lowery 55*	Masters-3
Pure	H. Yakel 120
L. Lowery 55*	227 lbs.
MEN 138 lbs.	J. Ritzler 185
Pure	Natural
S. Edwards 97.5	D. Clayton 175
Juniors	J. James 97.5
I. James 97.5	R. Saunders 155
R. Russell 77	T. Sharp 140
154 lbs. Pure	Submasters
R. Maynard 115	I. Thomas 202.5
Junior	J. Ritzler 185
L. Dodson 82.5	R. Jordan 152.5
Masters-2	Masters-1
B. Parker 95	M. Soler 150
170 lbs. Pure	G. Anderson 147.5
J. Murphy 167.5	Masters-5
L. Wilcoxon 160	R. Kinder 195
Natural	250 lbs. Pure
L. Wilcoxon 160	C. Underhill 195
Submasters	V. Stilckney 182.5
L. Wilcoxon 160	Juniors
J. Martin 160	T. Elswick 137.5
L. Luc 210	C. Schilling 150!* J. Saunders 110
105 lbs.	N. Calhoun 125 Submasters
A. Forel 205	C. Maynard 102.5 D. McDaniel 192.5
123 lbs.	Masters-3 Masters-1
A. Smith 235	R. Bishop 125 P. Kern 195*
132 lbs.	187 lbs. Pure D. Horvath 170
C. Calderone 220	J. Simpson 172.5 M. Wigglesworth 155
A. Narcise 280	S. Curley 157.5* POWER SPORTS
280 lbs. Pure	D. Roher 157.5 M. Wigglesworth 155*
J. Simpson 172.5	K. Burgess 217.5 Natural
B. Grismore 175	J. Burgess 217.5
K. Crawford 160	H. Mobley 200
S. Sebek 125	Submasters
K. Hardy 120	D. Pounds 195
Submasters	Masters-1
J. Simpson 172.5	K. Burgess 217.5 Masters-5
B. Bishop 165	Masters-2
Masters-2	G. Matheny 190
J. Abney 137.5	315 lbs. Submasters
L. Donahoe 117.5	S. Marcum 215!* SUPERS Pure
Masters-3	S. Curley 157.5 E. Curry 182.5
S. Curley 157.5	205 lbs. Pure Submasters
G. Combs 180	E. Curry 182.5
B. Pool 155	Masters-1
L. McClellan 142.5	E. Nicholson 155*
Natural	Masters-2
G. Combs 180	M. Boettcher 185!*
B. Pool 155	J. Telljoh 150!*
Submasters	POWER SPORTS
B. Pool 155	W. Newlin 227.5!*
Masters-1	G. Combs 180

**USAPL Slidell High School Invitational**

5 Mar 00 - Alexandria, LA

GIRLS	SQ	BP	DL	TOT
97 lbs.				
J. Goodan 300	725	270	695	
L. Randerater 90	240	240	475	
J. Khumell 115	75	75	365	
T. Dials 345	185	310	840	
N. Gibson 250	140	340	730	
T. Fonterst 200	110	270	580	
S. Antee 225	85	250	560	
BOYS 114 lbs.				
S. Mosses 210	100	220	530	
C. Tangla 175	100	210	485	
181 lbs.				
T. Martin 160	85	220	465	
L. Luc 210	105	225	540	
105 lbs.				
A. Forel 205	90	225	520	
A. Smith 235	110	270	615	
123 lbs.				
A. Smith 235	110	270	615	
C. Calderone 220	110	265	595	
A. Narcise 280	135	315	730	
132 lbs.				
G. Combs 180	105	270	635	
B. Pool 155	95	270	595	
L. McClellan 142.5	85	230	495	
Natural				
G. Combs 180	100	210	480	
B. Pool 155	90	180	360	
Submasters				
B. Pool 155	90	210	480	
Masters-1				
B. Pool 155	85	210	465	
POWER SPORTS				
W. Newlin 227.5!				

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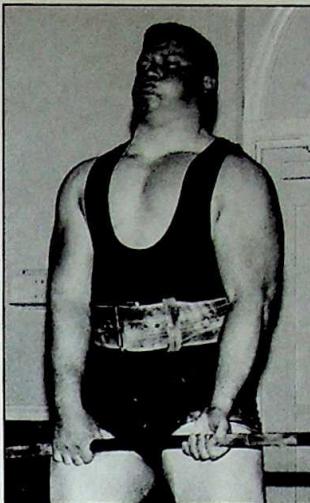
If Under 18 yrs.      the above answers  
are correct

X

— American Record. \*—State Record. Best Lifter Female: Lisa Lowery. Best Lifter Light Male: Sidney Curley. Best Lifter Heavy: Isaac Thomas. Team Champions: The Team from Millersport. I would like to thank Greg, Susan and Will Vanhouse who came up from W.V. to help out, my brother Carl Cordial who loaded and spotted all day, Gary Scholl, Ray Sickles, John Klien, Russ Dodson, Art Wooten who judged all day. My wife Larenda and daughters Mara & Kaleigh, My Mom Ruth, and Jane Stimmel, Toby Smith, Mike Baumgardner, West Liberty Salem Schools for allowing us to host this meet. I would like to thank all the lifters and anybody else I might have forgotten for making this a huge success. All proceeds went back to the West Liberty Lifting Program. Thanks again see you next January (courtesy of Dick "Spanky" Cordial)

**AAPF/APF Nevada PL/BP (kgs.)**  
**12 Feb 00 - Las Vegas, NV (kg)**

BENCH		198 lbs.	150
AAPF	R. Rich		
WOMEN	Master (44-49)		
Teen 148 lbs.	198 lbs.		
E. Fransworth	*72	D. Davis	182.5
MEN	(75-79)		
Open 181 lbs.		J. Upton+	*112.5
W. Walker+	142.5		
AAFP	SQ	BP	DL TOT
WOMEN			
148 lbs.			
F. Watson	87.5	*42.5	*110 *240
Master			
I. Clesleski+	-127.5	*72.5	*132.5 *332.5
(50-54) 181 lbs.			
L. Pulanski	*97.5	*55	*120 *272.5
APF WOMEN			
Open 148 lbs.			
N. Garcia+	*152.5	*77.5	*152 *382
MEN AAPF			
Junior/Teen 165 lbs.			
B. Serritella	*190	*102.5	*182.5 *475
275 lbs.			
J. Bryant	*285	*1230	*275 *790
MEN AAPF			
Master (40-44) 275 lbs.			
E. Flagg	240	*142.5	*202.5 *585
(50-54) 198 lbs.			
E. Spalenza+	*167.5	*150	*185 *502
220 lbs.			
J. Buser	*220	*150	*402.5 *572.5
MEN AAPF			
Submaster 165 lbs.			
D. Naughton	*207.5	*1165	*200 *1572.5
181 lbs.			
M. Killian	*152.5	*110	*160 *422.5
198 lbs.			
B. Bunk	*255	*187.5	*245 *687.5
K. Wickstrom	187.5	137.5	192.5 517.5
275 lbs.			
L. Harris+	*332.5	195	*267.5 *687.5
A. Hartridge	250	187.5	227.5 665
Open AAPF 181 lbs.			
J. Knorre	*262.5	*155	255 *672.5
198 lbs.			
J. Oliksowycz	*237.5	*145	*200 *582.5
220 lbs.			
S. Walls+	*317.5	*195	*270 *782.5
N. Piscitelli	260	182.5	245 687.5
T. McGuire	227.5	150	97.5 510
275 lbs.			
R. Magni	*227.5	*150	*260 *637.5
* - State record. 1 - American record. + - Best Lifter. This was the first APF/AAPF Nevada State Powerlifting Bench Press Meet in over 10 years. We had a great turnout. It was held at the Plaza Hotel and Casino Located downtown Las Vegas. In the AAPF Women's division Francis Watson competed in her first powerlifting meet and did a great job. Not only winning, she got 4 Nevada AAPF State records, and taking the best lifter trophy home to Arizona. In the APF women's open, Norma Gracia took first place set new Nevada State records and in addition to winning the best lifter trophy. In the woman's masters we had Irene Clesleski, competing in her first AAPF meet. Irene is a local lifter. She set AAPF State records and taking first, place both in the powerlifting and in the bench press division. She also won the best lifter in the Women's master division. Karen Pulanski had a great day as well. Taking first place in the 181s 50-54 with a 272.5 total. Karen also setting AAPF state records. In the mens teenage 18-19 big josh Bryant came to lift setting Nevada records and a new American record in the bench. Not only did Josh have a 8/9 day but he also won the best lifter in the Teenage/Junior Division. In the Men's Junior division 165 lbs. Brendon Serritella nearly had a perfect day going 8/9 as well, setting new AAPF state records. In the men's masters 198s, Ed Saplenza from NY had a great day totaling 502.5 for the win and taking back to NY the master best lifter trophy. In the 220's Jim Butler also had a big day by totaling 572.5 winning the division. In the 40-44 at 275 Ed Flagg had a spectacular day by nearly missing a perfect day. In the men's submaster AAPF at 165 LB class Dyke Naughton put on a great display of lifting, by going 9/9 and setting two American records and numerous state records. In the 198's Ray Bunk took the win with a 687.5 total and Ken Wickstrom came in second with 517.5 In the 275's Luke Harris had a dominating day. Going 7/9, setting Nevada State Records and winning the best lifter in the submasters. Alvin Hardridge also had fabulous day. Alvin was so excited when he benched his 187.5 he jumped off the bench fell to the floor and hit his head on the exit doors, but, nothing could hurt this big 275er, he jumped up and finished his day with a total 665. In the AAPF open, in the 181 pound class John Knorre came back with a bang, setting Nevada State Records and totaling 672.5. In the 220's Scott Walls displayed some big numbers setting Nevada State Records and taking the best lifter. Nino Piscitelli took second place with Tim McGuire taking third. In the 275's Riccardo Magni set Nevada State Records and took home a first place trophy. In the bench press division, Erica			



**Josh Bryant** competing at the AAPF/APF Nevada State meet, where he won the AAPF Jr. 275 lb. class. Josh has been written up in BIGGER-FASTER-STRONGER and local California newspapers. Powerlifting since he was 15, he was all league at Santa Barbara High and is now a shotputter and football player at Moorpark College, and his training has been going well for the USAPL Teenage Nationals in Killeen, Texas in June. (J. Bryant)

Fransworth benched a 72.5 for the win in the women's teenage division. In the men's masters, in the 198s, Dan Davis took first with a bench of 182.5 also setting Nevada State Record. In the 75-79 165 division John Upton had a great day. Taking 1st place, setting a new AAPF American record and Nevada State records with a bench of 112.5. John also took the best lifter in the men's masters. In the men's open 181 class William Walker competing in his first meet benched a 142.5 taking best lifter. In the 198's Rodney Rich took first place with a 150 bench. We like to thank the following people for making our first meet such a success: Ken West, Dave Denton, Laura Brown, Will Grass, Dave Sim-

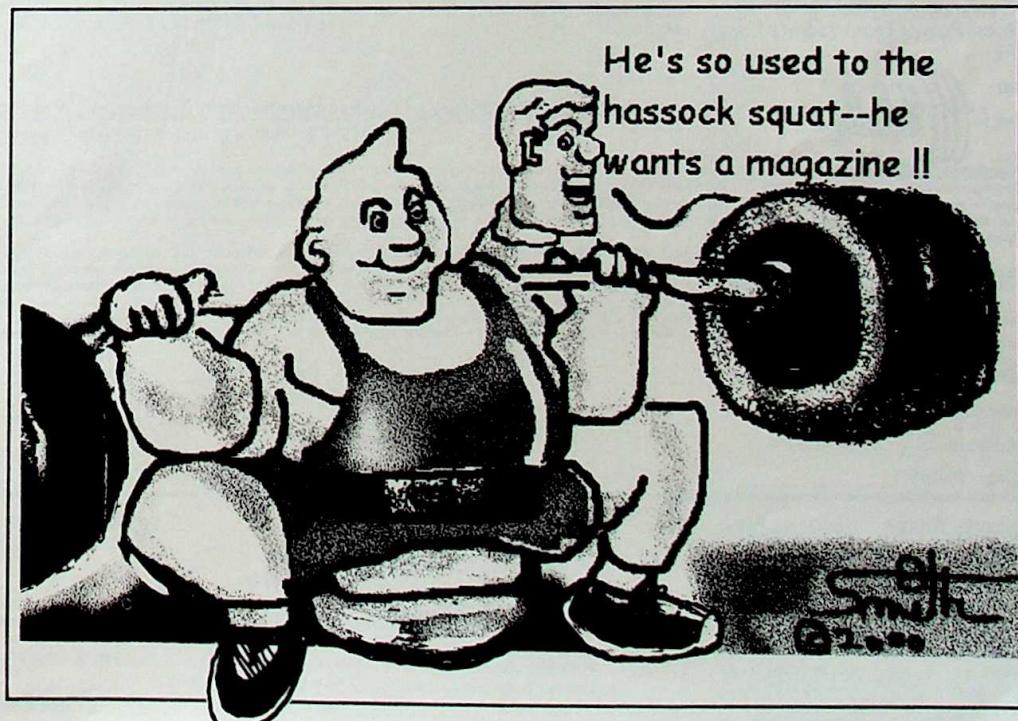
mons, Mark Swank, Sonny Noe, Tom Noe, Sharon Roberson, Eric Litman and Scott and Susan Walts. (Thanks to Anthony Pastorello for these results)

D. Sharp 230 225 340 795  
T. Gregory 250 165 370 785  
C. Harvey 270 225 300 795  
H. Taylor 240 200 320 760  
181 lbs. Teen (18-19) 375 315 455 1145  
C. Caffery 375 315 455 1145  
Teen (16-17) 375 315 455 1145  
J. Smith 435 280 405 1120  
D. Sharp 230 225 340 795  
T. Gregory 250 165 370 785  
C. Harvey 270 225 300 795  
H. Taylor 240 200 320 760  
181 lbs. Teen (18-19) 375 315 455 1145  
C. Caffery 375 315 455 1145  
Teen (16-17) 375 315 455 1145  
J. Smith 435 280 405 1120  
D. Sharp 230 225 340 795  
T. Gregory 250 165 370 785  
C. Harvey 270 225 300 795  
H. Taylor 240 200 320 760  
181 lbs. Teen (18-19) 375 315 455 1145  
C. Caffery 375 315 455 1145  
Teen (16-17) 375 315 455 1145  
J. Smith 435 280 405 1120

**3rd USAPL Toys for Tots PL/BP**  
**11 Dec 99 - San Antonio, TX**

BENCH		Open				
MEN 148 lbs.	Master (80-84)	J. Martinez	400			
165 lbs. Military	135	P. Lazano	315			
181 lbs. Military	330	R. Purdy	420			
181 lbs. Military	325	M. Madson	385			
198 lbs. Open	K. Andrews	360				
WOMEN	SQ	BP	DL	TOT		
Open						
105 lbs.	170	135	255	545		
V. Talbot						
Teen (18-19)						
K. Coff	250	100	295	645		
114 lbs. (18-19)	255	145	245	675		
N. Berardi	150	95	200	445		
Junior						
A. Andries	270	135	285	690		
148 lbs. Teen (18-19)						
T. Williams	205	95	205	505		
Open						
R. Roberts	345	195	395	935		
165 lbs. Teen (18-19)						
C. Day	230	130	310	670		
Junior						
T. George	245	130	260	635		
181 lbs. Teen (18-19)						
L. King	255	125	235	615		
Junior						
A. Troxell	255	170	265	690		
Open						
S. Ayala	305	110	285	700		
198 lbs. Junior						
A. Trufant	310	125	275	710		
P. Elbert	—	90	—	90		
MEN 114 Teen (18-19)						
D. Halloway	280	155	395	845		
123 lbs. Teen (18-19)						
M. Kiletilo	375	225	435	1035		
132 lbs. Junior						
J. Walker	370	275	375	1020		
Open						
P. Grudzinski	305	155	295	755		
148 lbs. Military						
T. Hibben	230	145	280	655		
Teen (18-19)						
C. Sauber	310	190	375	875		
Junior						
C. Grubbs	415	245	460	1120		
165 lbs. Teen (18-19)						
C. Gilliam	370	240	400	1010		
(16-17)						
D. Presraill	400	285	430	1115		
Junior						
V. Ayala	490	305	475	1270		
Military						

(Thanks to USAPL for providing the meet results)



**USAPL Illinois St./Great Rivers Open**  
18 Mar 00 - Harrisburg, IL

<b>BENCH</b>	275 lbs.
Illinois State	Masters (40-44)
Open 148 lbs.	G. Walker 400
I. Zwick	260 SHW
198 lbs.	Masters (50-54)
L. Edwards	350 D. Schlattman 375
SHW	198 lbs. Teen (18-19)
R. Perrine	405 F. Warpera 320
148 lbs.	Great Rivers
Masters (60-64)	198 lbs.
I. Zwick	260* T. Bennet 340
198 lbs.	SHW
Submasters	R. Perrine 405
C. Gardner	325 198 lbs.
	Masters (40-44)
	R. Vtley 300
<b>Illinois State</b>	<b>SQ BP DL TOT</b>
<b>WOMEN 97 lbs. Teen (14-15)</b>	
M. Mifuyamba	125* 65* 165* 355*
105 lbs. Teen (14-15)	
S. Denbow	115* 65* 125* 305*
132 lbs. Teen (14-15)	
K. Sands	140 75 195* 410
148 lbs. Teen (14-15)	
R. Buchholz	110 70 175 355
165 lbs. Teen (14-15)	
T. Denny	130* 75* 170* 375*
M. Carr	120 65 155 340
181 lbs. Teen (14-15)	
C. Gibbons	120* 80* 215* 415*
198 lbs. Teen (14-15)	
C. Keener	125* 65* 200* 390*
114 lbs. Teen (16-17)	



**Right to Left:** Suzanne Motsinger (coach & meet director), Debbie McIntosh, Melaonie Motsinger, Heather Burroughs. (S&M photos).



**Chelsea Keener** set Illinois records for the 198 lb. class (14-15) in SQ, BP, DL, and total for the S&M Fitness Power Team. (S&M photo)

A. Jackson	150	85	240	475	D. McIntosh	205	115	235	555
123 lbs. Teen (16-17)					165 lbs.				
S. Hobson	160	90	205	455	D. Vick	180	90	220	490
B. Alecci	120	90	180	390	181 lbs.				
132 lbs. Teen (16-17)					C. Martin	355	195	370	920
C. Sweat	170	90*	230	490	198 lbs.				
148 lbs. Teen (16-17)					K. Golish	145	75	210	430
A. Crank	125	65	180	370	198+ lbs.				
S. Hill	125	65	175	365	A. Long	170	90	215	475
165 lbs. Teen (16-17)					Great Rivers				
K. Stevens	125	80	235	440	114 lbs.				
181 lbs. Teen (16-17)					M. Denton	200	80	260	540
A. Thomas	140	75	205	420	M. Motsinger	135	65	205	405
A. Ethridge	125	65	150	340	Illinois State				
198 lbs. Teen (16-17)					MEN 148 lbs.				
K. Golish	145*	75*	210*	430*	M. Rollings	400	225	425	1050
198+ lbs. Teen (16-17)					165 lbs.				
A. Smith	160*	90*	230*	480*	B. Stanley	390	235	465	1090
132 lbs. Teen (18-19)					198 lbs.				
B. Bushmire	250*	105*	245*	600*	J. Janek	475	330	500	1305
148 lbs. Teen (18-19)					M. Frizzell	725	470	575	1770
S. Bowles	145	70	215	430	SHW				
198+ lbs. Teen (18-19)					J. Huber	550	350	500	1400
A. Long	170*	90*	215*	475*	220 lbs. Teen				
WOMEN Open 97 lbs.					K. Hunt	500	215	460	1175
M. Muzyamba	125	65	165	255	148 lbs. Masters (60-64)				
105 lbs.					I. Zwick	45*	260*	45*	350
J. Gedney	240	130	280	650	242 lbs. Masters (55-59)				
A. Jackson	150	85	240	475	W. Allen	350*	265*	510*	1125*
123 lbs.					275 lbs. Masters (40-44)				
H. Burroughs	130	85	165	380	M. Frizzel	725*	470*	575*	1770*
148 lbs.									

<b>IL State Police &amp; Fire</b>				
165 lbs.				
B. Stanley	390*	235*	465*	1090*
198 lbs.				
M. Carwyle	435	325	470	1230
275 lbs.				
W. Hinkle	450	275	460	1185
Great Rivers				
Open 181 lbs.				
D. Hinton	450	280	460	1190
198 lbs.				
E. Williams	410	250	460	1120
275 lbs.				
M. Frizzel	725	470	575	1770
220 lbs. Masters (40-44)				
D. Book	515	310	450	1275
*-Illinois State Record. Best Lifters Men: Nuke Frizzel; Women: Judy Gedney; Men's Team: Scrappies Gym; Women's Team: S&M Fitness Power Lifting Team. Judges: Rick Fovirler, Steve Corum, Judy Gedney, Tim Piper, Pan Oayne, April Horning, Scott Dearing and Mark Motsinger. Spotters: Brandon Reynolds, Brandon McIntosh, Adam Watson. Platform: Captain Rick Dearing. Officials: Tom Foster, Amy Wiltizer, Harvey Slayton and Larry Marcum. Tech Support: Adam Dennison, Kenny Thomas, Nedra Djuric, Vedrana Basagic, Tonya Chavis, Drajana Banjac, Gorica Gramatikova and Marco. Special thanks to Robert Hudnell, Butch Melvin and Melvin Hall for helping wrap 24 first time lifters. Thanks to Paynes Gym and S&M Fitness for Equipment. Meet Directors: Mark and Suzanne Motsinger. Meet was held at Southern Illinois College. (Thanks to S&M Fitness for results)				



**Maju Muzyamba** (90 1/2 lbs. from Zambia) set Illinois 14-15 records



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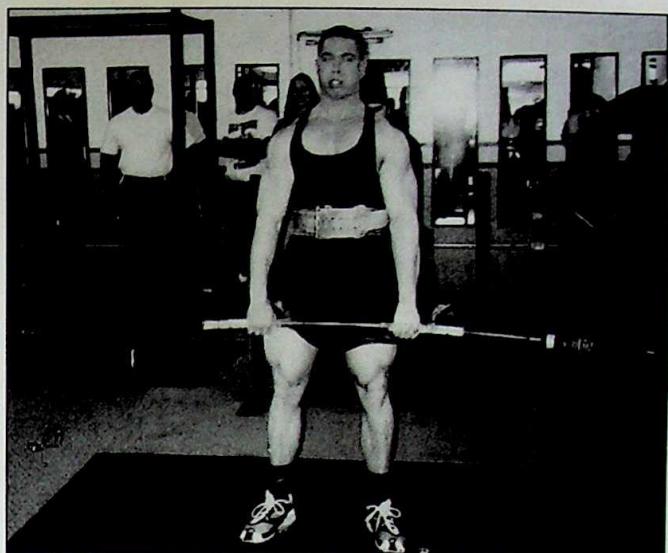
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**Ozark Open BP/DL**  
29 Jan 00 - Poplar Bluff, MO

BENCH		198 lbs.		
MEN Teen	245	Z. Aleya	500*	
T. Moore	245	181 lbs.		
J. Teddleton	190*	R. Cline	275	
Junior		198 lbs.		
J. Troutman	370*	R. Coggins	340	
Master (50-59)		220 lbs.		
L. Kirby	355	K. Parrish	430	
165 lbs.		242 lbs.		
C. Ellsworth	245	K. Hahn	460*	
DEADLIFT		L. Young	365	
Teen		WOMEN		
J. Stratton	450	Master (60-69)		
D. Brown	445*	S. Miller	155*	
Junior		MEN		
J. Bradsher	700	Master (60-69)		
4th	725*	D. Miller	225	
		Guest Lifter		
		J. Troutman	530	

\* Personal record. Best Lifter: Kevin Hahn. The Ozark Open Bench Press/Deadlift Classic was held at the Coliseum Health & Fitness. Thanks to Dave and Shirley Miller for once again hosting this annual event. We had a fair turnout, considering the weather and the slick roads, which I will mention more about later. In the bench press competition Teenage winner T.J. Moore was lifting in only his second competition, but still got an impressive 235 @ 140. This was a new personal record for T.J. Second in the teenage class was Josh Teddleton who was lifting in his first competition. Josh did well, though, finishing with a pr 190. In the junior division Jeremiah Troutman had a great day, winning that class with a personal best 370. Jeremiah was close with a 400 fourth attempt, just failing to lockout. Up next was a very special lifter, Lonnie Kirby. Lonnie has been competing for about three thousand years, and in the past six months or so has been making a comeback from open heart surgery. At fifty-two Lonnie can still give the younger lifters a run for their money. Lonnie's third attempt was an EASY 355 and 370 would have gone except for difficulties during lift-off. Still at 219 bwt., that's not too shabby for THE GREAT ONE! In the open classes Chris Ellsworth took the 165s with a strong 245. A final attempt with a pr 255 stopped just short of lockout. Ronnie Cline got only his opener of 275, but that was good enough for the win at 181. Ronnie missed 305 twice. At 198 it was Ricky Coggins, finishing with 340 for the win. Ricky was close with a pr final attempt of 350 but was just



**Jake Bradsher PRs 725 for 1st in the Junior Men category at the Ozark Open, weighing only 216. (photo courtesy of Dr. Darrell Latch)**

short of lockout. Keith Parrish also lifted well, taking the 220s with an easy 430. Two attempts with 440, however failed at lockout. Kevin Hahn has been struggling for some time now with his old shirt, so it was good to see him with a good new one. This was the first time he had used the shirt, so, of course, it's not yet "set", but Kevin still managed three new pr's, the win at 242, and the best lifter trophy with a great 460 @ 228. Kevin WILL get 500 with this shirt before long! Second at 242 was Larry Young, who's also going to be a "good one", getting just his opener of 365 but coming close with a pr 405 twice. In the deadlift competition Justin Stratton out-pulled Dave Brown 450 to 445 to win the teenage division. Both men were also close in bwt., Justin 158 to Dave's 163. This being Dave's first competition, Justin's experience showed through, making three perfect pulls with twenty pounds left in him. In the junior men's division, one of the nation's top pullers came out to strut his stuff, Jake Bradsher. What a great puller! Jake took four attempts, making each one just as strong at the last, ending with a personal best 725 at a 216 bwt! That would place Jake at No. 8 on the current 100 list for the 220s! At 198 Zach Aleya won with a perfect 3 for 3 day, finishing with a pr 500 @ 190. We had one women competitor, the co-owner of the gym, Shirley Miller. This was Shirley's first competition, and at the tender age of 62 she showed no fear of the weight, going 3 for 3 and ending with a personal best 155. Keep training girl! Husband Dave (who's the ugly one of the family) took the other master title with his opener of 220, dropping out because of some back pain. Guest lifter Jeremiah Troutman looked strong with a final attempt of 545 to finish out the day. Thanks again to Dave and Shirley. (Thanks to Dr. Darrell Latch for results)

R. Bourciau-44	515	360	500	1375
F. Borowski-56	400	250	420	1070
Open				
G. Jones-23	135	—	—	—
132 lbs. Open				
T. Smith-36	405	215	415	1035
D. Portier-19	—	200	—	200
148 lbs.				
T. Hoerner-22	635	335	615	1585
S. Legendre-20	370	226	425	1020
165 lbs.				
S. Stuart-26	516	375	505	1395
G. Luce-32	500	280	535	1316
B. Robbins-21	545	310	345	1200
D. Cagnolatti-26	426	320	425	1170
J. Shurley-19	415	235	460	1110
C. Gallo-21	430	240	420	1090
Master				
J. Rhodes-47	415	285	450	1130
C. Calix-25	0	275	0	275
Master				
D. Dreyer-78	0	135	0	135
WOMEN Master				
A. Heilzman-49	190	80	230	500
165 lbs.				
T. Magendie-19	205	115	180	500
181 lbs. Master				
M. Harrison-43	550	305	585	1420
Open				
D. Clifro-28	640	300	560	1400
R. Lunsford-24	550	340	500	1390
D. Belanger-39	500	335	650	1385
D. Hardin-19	425	290	500	1215
Master				
J. Wold-52	450	265	485	1200
Open				
R. Radler-30	405	326	465	1185
B. Luminais-21	360	260	460	1080
J. Matta-19	370	246	430	1045
Master				
B. Calihan-61	350	225	425	1000
Open				
B. Greene-28	0	250	455	705
H. Brown-18	0	240	0	240
E. Gray-38	350	—	—	—
J. McGrew-29	—	—	—	—
198 lbs. Open				
S. Lemarie-37	550	330	550	1430
Master				
D. Kernion-54	430	240	410	1080
B. Gex-40	390	245	405	1040
Open				
C. McFarland	380	255	380	1015
Master				
L. Landinai-54	365	225	410	1000
R. Jinkins-56	0	275	475	760
J. Klaesgaard-51	330	380	0	710
D. Pruitt-26	445	0	0	445
B. Beason-25	0	440	0	445
E. Salle-26	0	365	0	365
Master				
M. Duncan-41	0	320	0	320

(Thanks to USAPL for providing these meet results)

**1st West Lafayette Classic BP**  
20 Feb 00 - W. Lafayette, OH

165 lbs.		Master	
Teen Raw	275	B. Clum	270
W. Garza	275	Submaster	
Teen Open		B. Dolson	380
W. Garza	325	Raw Submaster	
Open		B. Dolson	380
W. Garza	325	Raw	
181 lbs. Teen		D. Clement	205
A. Hicks	240	M. Lahna	370
Raw		Open	
J. Wilson	215	R. Young	530
Open		242 lbs. Raw	
J. Dolson	380	J. Custer	330
198 lbs. Raw		Master	
J. Ridenbaugh	390	K. Knisely	400
D. Casanasa	275	275 lbs. Teen	
220 lbs. Teen		J. Brown	370
K. Crilow	280		

Meet Director: John and Kayleen Blackstone. Meet took place at "The Muscle Bound Fitness Center." (Thanks to Muscle Bound Fitness for these results)

**Canadien de Souleve de Terre**  
07 Nov 99- Montreal, CAN

DEADLIFT	181 lbs. Junior		
WOMEN	E. Plante	440	
148 lbs. Junior	Open		
N. Codere	225!	D. Lafond	420
MEN 165 lbs.	198 lbs. Sub		
T(18-19)	S. Hebert	415!	
K. Bernatchez	345! M(50-54)		
Submaster	M. Sadouski	400#	
C. Dallaire	615	242 lbs. Open	
Open	S. Grenier	700!	
C. Dallaire	615		

#=Canadian Records. !=Quebec Records. Head Referee: Lise Landry. Side Referees: Richard Taylor, Marcel St. Laurent. Best Women: Nancy Codere. Best Men: Claude Dallaire. (from Marcel St. Laurent)



(Front of T-shirt)



(Back of T-shirt)

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**USAPL Ketchikan Gateway Borough**  
26 Feb 00 - Ketchikan, AK

WOMEN	SQ	BP	DL	TOT
132 lbs.				
N. Cleman-17	*230	*120	*280	*630
148 lbs.				
J. Jorgensen-17	145	70	*250	465
181 lbs.				
A. Shull-19	*250	1130	1310	*690
C. Spurgeon-18	185	90	200	475
165 lbs.				
J. Lissac-26	255	115	245	615
105 lbs.				
J. Slanaker-30	385	185	345	915
165 lbs.				
D. Hamey-43	140	—	—	—
148 lbs.				
J. Anglin-43	145	95	215	455
MEN 132 lbs.				
G. Hamey-14	*230	115	225	570
148 lbs.				
J. Wilson-16	225	130	305	660
220				
J. Lisac Jr.-16	*355	165	385	905
J. Martin-16	225	170	340	735
275 lbs.				
B. Lingel-16	335	180	400	915
148 lbs.				
J. Sullivan-17	135	100	235	470
165 lbs.				
G. Nordlund-17	*330	185	375	890
220 lbs.				

220 lbs.	SQ	BP	DL	TOT
C. Cahagan-23	670	420	775	1865
S. Burbank-36	700	450	650	1800
J. Reape-38	680	400	575	1655
K. Kuhn-26	640	325	550	1515
Master				
R. Randall-48	520	350	490	1360
Open				
S. Tate-28	455	350	480	1285
High School				
C. Posse-15	510	210	495	1215
Master				
M. Killeen-51	426	300	450	1175
Open				
R. Zuber-37	—	250	—	250
242 lbs. Open				
T. Babcock-38	—	450	—	450
275 lbs. Open				
J. Douglas-36	820	485	675	1980
P. Fletcher-37	735	470	725	1930
D. Quinn-32	735	460	725	1920
M. Anderson-32	785	435	685	1905
K. Wnuk-33	700	500	630	1830
D. Rogers-34	730	400	650	1780
Master				
W. Harvey-42	465	335	455	1255
Open				
R. Rueche-38	—	425	—	425
SHW Master				

(810 lbs.). Perez of Puerto Rico 2nd and Welding of USA 3rd.

82.5 Women: again 4 women competed with USA's Linda Cataldo winning and posting a 457.5 kgs (1008 lbs.) for a 75 kg. (165 lbs.) win over Canada's American domiciled, Monique Hartle. Monique tied with USA's Newman. Hartle, the lighter lifter, got the silver. Hartle was only 1/2 kg. over the class weight and with the loss of 500 grams she might have competed in the 75 kg. class, where her total would have won.

There were two 90 kg Women. Geneva Williams of the USA hit 462.5 kgs (1019 lbs.) for the win over Newbold of the Bahamas. And in the 90+ kg class it was all Sue Hallen of USA beating Puerto Rico's Leclerc with her 432.5 kgs (953 lbs).

Lifters in 5 countries competed in the women's events. When the women's lifting was over the USA Women were Number 1 behind a lively and loud 2nd place Puerto Rican team. 3rd place went to Mexico while Canada came out ahead of the team from the Bahamas.

The Men's 56 kg Class had one lifter, Julio Rodriguez of Columbia. Julio is another strong lifter from the South of us who, with more experience, may be a force in the future. His last deadlift, 187.5 kg. showed great determination.

Men's 67.5 kg. class: Colorado's Keith Scisney's bounce on the bottom of his opening squat cost Scisney the lift and eventually the loss by 2.5 kgs. America's Simmons out-pulled Scisney by 22.5 kgs. The winning deadlift gave Greg Simmons a total 625 kgs (1377 lbs.) for the gold medal. Mills, a master lifter, took 3rd place. Mills gets the Pan Am record for the deadlift for the Bahamas, and took the bronze.

The 3 man 75 kg. class featured former world record holder Wade Hooper. It was reported Wade was sick at the meet. He only made 3 lifts and posted a 740 kg. total. However,



**Greg Simmons** won in a close battle and he provided this photo.

in this competition, it was enough for an 82.5 kg. win over the next best lifter and it won Wade the award for the 'best squat' of the men's competition. Canada's Marshall took the silver medal, Medina of Mexico was 3rd.

Six lifters competed in the 82.5 kg. class. Canada got its 1st gold medal of the competition when Jeff Becker posted 747.5 kgs (1,647 lbs.) winning over USA's James Benemerito by 12.5 kg. Willet of the USA took 3rd, just 2.5 kg. behind James. Willet had the winning deadlift in his hands and most of the way up but he could not finish the 688 pound effort.

Robert Wagner led the three men of the 90 kg. class. His 797.5 kg. (1758 lbs.) was 97.5 kg. ahead of Canada's Jeff Butt. Jeff Butt is a meet director, promoter and Canadian Champion lifter. Robert Wagner is an IPF veteran of many championships and sought after coach and speaker. Rob took it a bit easy as he was recovering from a major injury last year and a small injury a few weeks ago. PAPF's South American Vice President, Saul Salazar of Columbia, had third all to himself.

The 100 kg. class belonged to 24 year old Char Gahagan. Young Char pulled a huge 350 kgs (771 lbs.) deadlift and missed a third attempt try for 804 lbs. His 2nd DL won him 'Best Deadlift' of the contest and 835 kg (1840 lbs.) total. That was enough for a 35 kg. win over Canada's Tom Nichols, who in turn was ahead of countryman Mackenzie. Nichols turned in a 210 kg (462 pounds) bench.

7 lifters contested the 100 kg. men. Canadian Ralph Celio went 7 for 9, posting an 835 kg. (1840 lbs.) total for a 15 kg win over countryman Griffin. Mark Griffin broke the Canadian record with 230 kg. (507 lbs.) in the bench press and barely missed 529 lbs. Nieves of Puerto Rico was third beating Samper of Columbia, who missed his last two deadlift tries for the bronze medal.

Initially the Hispanic contingent was very upset with the calls in the squat. It appeared they were not familiar with the IPF standard. It looked for some time that a minor revolution was brewing. They were ready to believe that they were being judged more harshly than their northern counterparts. Soon it became apparent that the judges were making strict calls, evenly, for all the lifters. Several bomb outs by North Americans brought this point home. USA's Jeff Douglas and Sean Culnan were two of the casualties in the squat, both men not able to get deep enough for the refs.

The 125 Kg. Men saw USA's Pat McGettigan posting 897.5 kgs (1979 lbs.) for the win. It looked like there might be trouble for McGettigan too, as it was only on his third try at the squat that he got the white lights that



**Best Lifter for the Boys - was Big Brad Gillingham.** (Greg Simmons)

kept him in the meet. He only made one bench, but he pulled 367.5 kgs (810 pounds) in the deadlift for the gold. Moreno of Columbia was second. This Colombian is clearly a very strong man, described by one official as "pure country strong." Moreno is another lifter who, with technical training, will be a real warrior in the future. The Colombians see him as their future world champion. Nazarov of Canada was third in the 5 man field.

125+ Men's: three of the big boys went at it. None of the three made their openers. After the squats were over Sean Culnan was out. Big Brad Gillingham got one squat in, at 352.5 kgs (777 lbs.). Bettancourt of Columbia was still in after the squats too. The bench was also judged as strict. Brad got his opener 260 kg. (573 lbs.), then he went after the 272.5 (600 lbs.) he has been looking for. He blasted up the 600 pounds to lock-out. It looked like an easy lift, but the judges ruled there was no pause. He returned for yet another try and again he locked it out strongly. To many it appeared paused and a good lift, but the referees did not agree. Brad was visibly upset with the call. He came back to the deadlift with a vengeance. 352.5 kgs (777 lbs.), then 370 kgs (815 lbs.), and finally 382.5 kgs (843 lbs.) were done with his new double overhand 'hook grip'. Perhaps he learned this from Russian lifter Maxim Podtynni who has pulled 864 lbs. with the hook grip. It was a win for Brad and overall 'Best Lifter' and the 'Best Bench' awards. The Pan Am team winner was USA. Canada slipped past Columbia for 2nd place and Mexico, Puerto Rico and the Bahamas finished in that order.

At the end of the contest there was a PAPF banquet and time to relax and chat. It was Chicago's good

cooking and then 'good byes' until next year. Next year the Mexican hosts are sure to provide 'comida' that is 'mucho flavorosa' and 'adios amigos' will replace the 'good byes' of Chicago.

#### PAPF Pan Am Championships

6-9 APR 00 - Chicago, IL (kg)

	SQ	BP	DL	TOT
44 kg				
Velez PUR	97.5	50	127.5	275
Porras MEX	80	50	90	220
52 kg				
Gonzalez MEX	110	50	135	295
Velez PUR	95	37.5	120	252.5
Richard CAN	97.5	50	90	237.5
56 kg				
Kelli USA	155	95	170	420
Allison USA	147.5	67.5	140	355
Cabrera PUR	110	72.5	150	332.5
60 kg				
Overdeer USA	157.5	97.5	165	420
Fernanda PUR	147.5	82.5	167.5	397.5
Femia USA	147.5	85	157.5	390
Garcia PUR	137.5	45	155	337.5
Cervantes MEX	120	55	150	315
Torez MEX	80	45	140	265
67.5 kg				
Clark USA	137.	77.5	207.5	422.5
Neives PUR	177.5	80	162.5	420
Dennis CAN	137.5	75	145	357.5
Fernandez MEX	105	40	120	265
75 kg				
McIntosh BAH	137.5	85	145	367.5
Perez PUR	142.5	62.5	157.5	362.5
Welding USA	130	75	155	360
Vera MEX				
82.5 kg				
Cataldo USA	175	107.5	175	457.5
Hartle CAN	150	90	142.5	382.5
Newman USA	142.5	95	145	382.5
Haywood CAN	110	65	125	300
90 kg				
Williams USA	180	92.5	180	462.5
Newbold BAH	182.5	100	160	442.5
90+ kg				
Hallen USA	167.5	115	150	432.5
Leclerc PUR	110	85	155	350
Women's Teams: USA 72, Puerto Rico 60, Mexico 51, Canada 30, Bahamas 21. Best Lifter Overall: Kelli USA 494.17. Best Squat: Norma Nieves PUR 190.17. Best Bench: Kelli USA 111.77. Best Deadlift: Rhonda Clark USA 215.48				
MEN	SQ	BP	DL	T O -
TAL				
56 kg				
Rodriguez COL	140	100	187.5	427.5
67.5 kg				
Simmons USA	230	145	250	625
Scisney USA	245	150	227.5	622.5
Mills BAH	195	130	250	580
Summers CAN	190	130	212.5	532.5
75 kg				
Hooper USA	307.5	190	242.5	740
Marshall CAN	230	172.5	255	657.5
Medina MEX	215	140	210	565
82.5 kg				
Becker CAN	270	180	297.5	747.5
Benemerito USA	265	190	280	735
Willet USA	265	167.5	300	732.5
Gomez MEX	250	150	290	690
Leung CAN	225	142.5	262.5	630
Tores MEX	195	135	170	500
90 kg				
Wagner USA	297.5	200	300	797.5
Bull CAN	250	187.5	262.5	700
Salazar COL	255	165	270	690
100 kg				
Gahagan USA	310	195	350	855
Nicholls CAN	285	210	325	820
Mackenzie CAN	295	175	285	755
Armandizar MEX	250	140	275	675
Ramos MEX	230	160	210	600
110 kg				
Celio CAN	330	200	305	835
Giffin CAN	300	230	290	820
Nieves PUR	272.5	150	282.5	715
Samper COL	280	155	270	705
Esparza MEX	245	155	220	620
Marlon MEX	180	170	190	540
Douglas USA				
125 kg				
McGettigan USA	325	205	367.5	897.5
Moreno COL	320	190	315	825
Nazarov CAN	300	170	290	760
O'Halloran CAN	285	185	255	725
Gomez MEX	200	100	220	520
125+ kg				
Gillingham USA	352.5	260	382.5	995
Belancourt COL	270	150	220	640
Culnan USA				
Teams: USA 72, Canada 60, Colombia 45, Mexico 40, Puerto Rico 8, Bahamas 8. Best Lifter Overall: Brad Gillingham USA 553.51. Best Squat: Wade Hooper USA 219.52. Best Bench: Brad Gillingham 144.63. Best Deadlift: Char Gahagan 214.13.				

John's backyard gym years ago. One of his goals has always been to own a health club that would serve the community's health needs. This goal was realized in 1975 when John opened Black's Health World at West 104th St. and Western Ave. Five years later, Black's Health World moved to its current spacious location at 11934 Lorain Ave.

Walking into Black's Health World, you can feel the atmosphere. The feeling is positive. The appearance is genuine and honest. As you walk in, sitting immediately to your right at a counter that doubles as a coffee bar, you're likely to see and hear Black's massage therapist Bill Baatz. Visually impaired, Bill's sharp wit and excellent sense of humor leaves one laughing or contemplating the notion that vision may actually impair one's ability to truly see reality.

It's always "up time" with ever-youthful staff member Don. His shirt reads "up time, enjoy and share" which accurately describes his philosophy of living. Greg Kelly and Linda Champion are rich reservoirs of health and fitness knowledge. Both are certified fitness instructors through Dr. Fred Hatfield's certification program with individual athletic successes and setbacks in



**At the '82 Seniors in Ohio,** with John Black in a wheelchair, the Black's Health World team prevailed. Among the team members are (front row, left to right) Doug Heath, Jack Sideris, John Black with the fabulous team championship award; back row, left to right, Dave Schneider, Rick Tuller, Steve Wilson, Mike Reidel (?), Denise Black, Vince Anello, John Florio, Hoss the Boss, Dave Waddington, Tim Wilson.

their backgrounds. Obviously impressed with Greg's knowledge and often following the 6'3", 220 pound instructor is his tiny peppery doggie named Muffin. Irony flashed through my mind one evening as Greg showed me some martial arts techniques. In a split second's time, I was on the floor at Muffin's eye level, pleading for mercy. Muffin was happy to see me - tail wagging excitedly. What fun. A merciful Greg Kelly allowed me to live.

Saturday is, for me, the most fun day of the week at Black's Health World. This is the day John Black trains me in the power lifts and it is also the day when most of the power guys show up. Saturday regulars include John Florio, Angelo Berardinelli, Joe Dougherty, A.J. Henderson, Len Mintus, Joe James, Dan Zenisek, Mark Burrows and others. Fabian Wambsgans makes it in from Detroit every few weeks, while Joe Dougherty drives in from New York to lift with his buddy Angelo Berardinelli, the world champion 165 pounder. Although these big lifters push some big weights, I find them very approachable and willing to answer any questions I may have regarding technique or approaches to lifting. Couple this with the intensity and expertise of John Black and it makes Black's Health World an environment very conducive to growth.

Behind every great man, it is said, is a great woman. For the last twenty-five years or so a great part of Black's Health World, and of course John Black's life, has been his wife Denise. Denise Black was integral in organizing and promot-

ing bodybuilding events sponsored by Black's in the 1980s. Particularly of note is the work that she has done in promoting the benefits of weight training as a form of exercise for women. Recently, much of her time has been devoted to her family and daughters Brittany, 13, and Taylor, 6.

The gym itself can be described as a "real" gym. The large hardwood floor, free weights, bicycles, and leg machines gives one the correct impression that this is a place to work out. At Black's Health World, trendy pretensions are supplanted by genuine concerns for its members, fostering a feeling of belonging and camaraderie among its members.

Seemingly hundreds of trophies fill a massive trophy case offering members inspiration or a historical perspective of the "Wild Bunch's" powerlifting triumphs. But, it is the leg workout room that best embodies the spirit of this gym. Covering the walls in this area are photographs past and present of power-

lifters and members alike. It is a nostalgic walk that takes one from John's backyard gym to Black's Health World today. Today's members are proudly emphasized in these photographs underscoring the point that Black's Health World is about people with shared goals and a sense of community.

Knowing that a February snow storm awaits me in Cleveland, I decide to soak in my final minutes of spring-like Las Vegas with a walk from the strip to McCarron Airport. With the bright neon lights behind me as I walk, my mind flashes back to a Saturday in September at Black's Health World. I was gearing up for my workout when a squirrel scurried past my feet. For the next couple of minutes, John Black, a couple of members and I attempted to chase it out the back door. The squirrel found its way out and I closed the door smiling - that it may return someday - and thinking that all of God's creatures are welcome at Black's Health World.

Welcome.

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L. Anderson	145	200 lbs.
B. Wolfe	150	E. Straub
M. Wagner	105	R. Williams
D. DePelsmaeker	105	D. Sniderski Jr.
J. Mischuk	95	T. Marino
Teen Light		S. Dennis
B. Trombley	340	R. Loniccki
M. Calvin	340	J. Duvall
G. Masserant	280	225 lbs.
B. Sheridan	215	R. Beaudrie
Teen Heavy		A. Craig
D. Collins	370	D. Mehregan
A. Konyh	310	E. Taylor
C. Pelke	300	250 lbs.
Masters		J. Plizzo
B. Bushey	460	T. Trombley
K. Calender	325	M. Carroll
D. Masserant	330	S. Favreau
150 lbs.		275 lbs.
T. Murawski	305	T. Kane
T. Drake	265	I. Pearch
N. Vollmer	200	D. Lemmons
175 lbs.		SHW
J. Carlson	320	J. Allen
M. O'Brien	310	G. Smallwood
		J. Casey

I would like to thank all the lifters for participating in this year's event. Your contributions made this the most successful event in the last four years. We raised over \$8,000.00 for MDA, that's \$2,000.00 more than last year! Which brings our total to over \$17,000.00. Many meet records were broken this year. Special thanks goes out to world champion arm wrestler Karen Cooley, who helped with making our raffle successful. She is one of the nicest people you could ever meet. I would also like to thank world powerlifting champion Paul Urchick who took time to give us a great display of power by deadlifting 700 lbs. He had 730 lbs. up and going, but could not finish. Not bad for rushing straight to the contest after working a full day. Thanks Paul! It was great to see our women's division take off this year. There were 5 competitors with Laurie Anderson not only winning but also getting the meet record. The teen light division was very competitive as Brad Trombley and Matt Calvin not only battled for first but also took 4th attempts at the meet record. Brad managed to snag the record from Matt by benching 145 lbs. over bodyweight. In the teen heavy division Dan Collins was just unstoppable. He benched 154 lbs. over bodyweight for a meet record Bill Bushey benched very strong in the masters division with a 450 lbs. bench at 50 years young. Tony Murawski bettered his own record by getting 305 in the 150 lbs. division. John Carlson won at 175 with a 305. The 200 lbs. division record set in 1997 was beat or tied by 4 lifters. Erik Straub got the final record of 425. Rob Beaudrie repeated once again at 225 this time bettering his own record to 440 lbs. The 250 lbs. division had all four lifters beating the meet record that was set in 1997, with top honors going to Jack Pizzo. The 275 lbs. class was won by Tim Kane with 475 lbs. Tim was very close on a 4th attempt at 510 lbs. that would have tied the record set last year by Blaise Karlovic. The supers were won by Jessie Allen who managed a meet record 450 lbs. Jessie was unable to get his 3rd attempt at 505. He should be geared up for a 500+ next year. The top fundraiser once again was Steve Favreau with \$1600.00. Steve has competed every year and has raised more than \$3500.00. Laurie Anderson, Kenyon Calendar, & Joe Duvall also deserve honorable mention, each raising over \$400.00. Special thanks also goes out to the following: MDA Canton, MI office, Powerhouse Gym of Monroe, Frenchtown Square Mail, and Tim Kane of the Lincoln Park Powerhouse. Next year there will be an over 50 masters division added. So if anyone knows of some over 50

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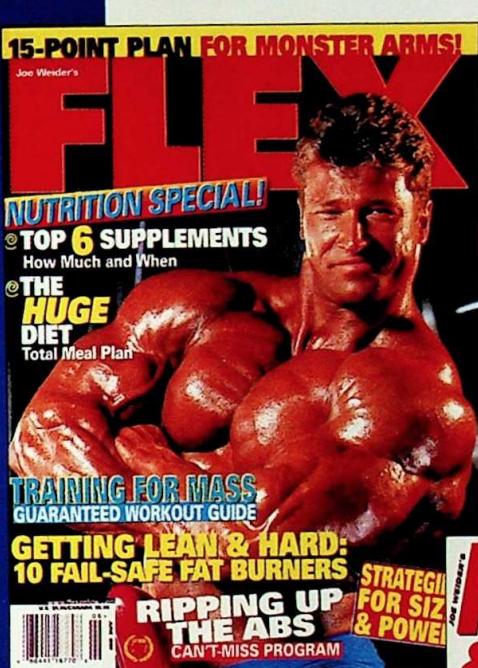
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15 Jan 00 - Augusta, GA

BENCH	220 lbs. (68+ & PFM)
LADIES	M. Branham 285
132 lbs. (33-39)	Open
D. Reid	100* G. Campbell 470
148 lbs. (47-53)	275 lbs. (40-46)
A. Lowen	100* J. Smith 435
181 lbs. (61-67)	DEADLIFT
D. Rumbold	90 198 lbs. Open
MEN 165 lbs. (40-46)	J. Burgreen 565
D. Hamby	220 lbs. (68+ & PFM)
198 lbs. (PFM)	M. Branham 460
D. Garth	315
LADIES	SQ BP DL TOT
114 lbs. (33-39)	
L. Nickles	135* 115* 160* 410*
132 lbs.	
S. Walker	230* 100* 260* 590!
(40-46) Novice	
T. Hentges	160* 115* 166* 400*
MEN 165 lbs. (14-16)	
J. Martin	215 160 225 600
17-19)	
W. Waldren	- 275 515 -
198 lbs. Open	
J. Burgreen	480 355 665 1400!
220 lbs. (40-46) Open	
B. Bridges	385 320 415 1120
242 lbs. (33-39)	
R. Green	550 460 660 1550
Novice	
M. Warren	460* 445* 565* 1470*
1- Best Lifter. Lifters from Alabama, Georgia and South Carolina converged on the Harrisburg Christian Center to put on quite a show! "Team Morale" from Augusta took home quite a bit of gold with six 1st place finishes with the "Lady" Linda Nickles having the heaviest bench press of 110 pounds with a bodyweight of 108 pounds! But the star of the females was the little school teacher from Augusta, Sandra "Cocoa" Walker who swept the 132 lb. class with lifts of 230 lbs. in the squat and 260 lbs. in the deadlift. She not only won 1st place but was awarded the "Best Female Lifter" award. Not bad for a 40 year old mother of two! Men's Division: W.C. Waldren came in with the flu and had a bad day in the squats as he bombed out with 425 lbs. in the 165 lb class in the teenage division but redeemed himself quite well with a 515 lb deadlift! This would have given him the Best Deadlift Award but he couldn't receive it because of the	



**Augusta Best Lifters:** (left to right) Jason Burgreen (Best Male Lifter), Sandra "Cocoa" Walker, Tee "Skinny Man" Meyers (Meet Director, Greg Campbell (Heaviest Bench). Photograph courtesy of the Python Power League

bomb out! Greg Campbell smoked his opener of 470 lbs. in the bench press but missed his second attempt of 500 and third of 520 but still won the Biggest Bench Press Award! 395 pounds in his opening bench press attempt was all that was needed for Darryl "Shorty" Hamby to get the "Best Bench Press" Award! The "Legend" himself, 68 year old Mack Branham showed his stuff with a record 285 bench press and a record 460 deadlift on his way to winning all four divisions he entered. This man is incredible! But the star of the show was the "Alabama Jamma", Jason Burgreen! A 480 squat, 355 bench - a 565 deadlift gave him the Biggest Deadlift Award as he battled Mighty Matt Warren and "Rugged" Rod Green for that honor. Jason also won the Best Deadlift Award and also the Best Lifter Award! Jason drove back to Alabama with 5 trophies as he also swept the Deadlift only category! Good job Jason maybe he should wear a mask like the Friday the 13th Jason because he's

is killin' folks!" We'd like to thank Stax, Powerhouse, Canton, Irmo and any other lifters that came to our meet. We hope you had a great time and will come back in April (results courtesy PPL)

L. McClellan	182.5	152.5	182.5	517.5
M. Matos	267.5	172.5	237.5	677.5
250 lbs.				
J. Bayles	310	195	-	505
280 lbs.				
E. Hampton	322.5	227.5	250	800
170.8 lbs. SM1				
M. Poland	170	125	217.5	512.5
187 lbs.				
S. Hunt	210	187.5	215	562.5
212.5				
J. Hoskinson	290	210	245	745
280 lbs.				
R. Gilmore	212.5	155	237.5	605
317.5				
S. Marcum	317.5	222.5	272.5	812.5
187 lbs.				
D. McDaniel	165	-142.5	-	22.5
200 lbs.				
J. Thomas	165	205 lbs.		
I. Thomas	212.5	127.6 lbs. Wint		
187 lbs. Teen				
T. Knox	80	52.5	110	242.5
154.3 lbs. WM1				
P. Carter	105	62.5	145	312.5
250.2 lbs. BPInt				
T. Davis	182.5	WMPure		
205 lbs. BPM1				
T. Buyer	145	P. Carter	105	62.5
138.8 lbs. MNov				145
J. Combs	-110	S. Geus	52.5	40
127.8 lbs. WPure				80
L. Lowery	95	62.5	97.5	255
WSM2				
D. Harvath	172.5	BPMP	155	
R. Peters	145	T. Boyer	145	62.5
170.8 lbs. Nat.				97.5
T. Huffer	-190	H. Dales	122.5	255
187 lbs.				170.8 lbs. M1
D. Rohrer	162.5	250.2 lbs.		
154.3 Nov.				S. Tharp
R. O'Neal	120	T. Davis	182.5	55
187 lbs.				137.5
J. Maynard	105	CURL	52	190
170.8 lbs. CM2				382.5
J. Combs	57.5	T. Parker	45	
205 lbs.				95
J. Klein	37.5	205 lbs.		
227 lbs.				135
R. Jordan	60	J. Combs	57.5	
DEADLIFT				-110
MEN	242 lbs.			-52.5
Special Olympian				
M. Prinster-121	148	N. Simon	402	
137	275 lbs.	K. Westbrook	292	
K. Ezell-275	159.5	J. Tucker-143	457	
Open 165 lbs.		137	D. Scott	385
S. Ward*	413	172.5		Masters (40-49)
198 lbs.		159.5		(Formula)
C. Cowell	363	J. Lawrence*-1:148	352	
L. Claggett	-	K. Scott-275	457	
220 lbs.		Masters (50-59)		
D. Johnson	330	E. Hill-181	264.5	
205 lbs.		Masters (60+)		
D. Herrera-1:275	385	D. Herrera-1:275	385	

\*—California State Single Lift Record (Steve Ward-Submaster bench record, Jim Lawrence-Master 40-44 bench record, Dan Herrera-Master 60-64 bench record.) 1-American Single Lift record (Jim Lawrence-Master 40-44 bench record, Dan Herrera-Master 60-64 bench record, Best Lifter MEN Open Light-Steve Ward, Best Lifter MEN Open Heavy-Ken Scott). Referees: Victor Elliott, Lisa Denison, Don Haley, Fran Haley, & Jack Hughes. Spotters/Loaders: Chris Kostas and Ian Roos. We thank you all very much for all your hard work and help. Thanks to Chris Kostas and Krishna Roos at the score table for all their efforts to make the meet successful. We also would like to thank our sponsors Wheelers Fitness Equipment, Inzer Advance Designs, Wright's Power Promotions, and Powerlifting USA Magazine. Thanks to the Principal of Frazier Park High School for providing such a great venue. And of course, thanks to all the fine lifters who came to our meet and for their performances. Also thanks to Kern County Special Olympics and the three fine lifters that performed on this day. It was an outstanding meet. (courtesy Steve Denison)

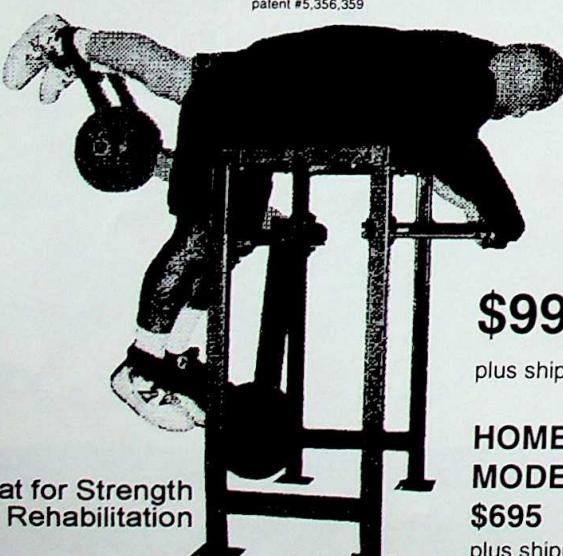
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26 Feb 00 - Celina, OH

Teen	J. Decaminada	340	
M. Williamson	315	198.5-220.5 lbs.	
C. Nowak	260	M. Bell	350
S. Edwards	142.5	J. Simpson Jr.	240
170.8 lbs.	157.5	Open 132-148 lbs.	
T. Mounts	187.5	M. Hunter	295
187 lbs.	130	T. Douce	195
D. Rohrer	210	149-165.25 lbs.	400
205 lbs.	157.5	J. Bowers	260
L. McClellan	182.5	120.5-242.5 lbs.	
G. Krouse	185	J. Demostenes	350
227 lbs.	-145	M. Sperry	345
R. Anderson	215	R. Houseworth	350
170.8 lbs. Pure	182.5	J. Telljohn	355
T. Perkins	295	J. Simpson Sr.	380
187 lbs.	152.5	Teams: 1st Joe Decaminada & Ben Smith, 2nd Matt Williams & Chris Nowak, 3rd Joey Simpson Sr. & Joey Simpson Jr. Best Lifter: 1st Mike Hunter, 2nd Joey Simpson Sr. (results from Josh Sherman)	
D. Rohrer	195		
D. Rothgery	303.5		
205 lbs.	175		
M. Poling	240		
	227.5		
	622.5		

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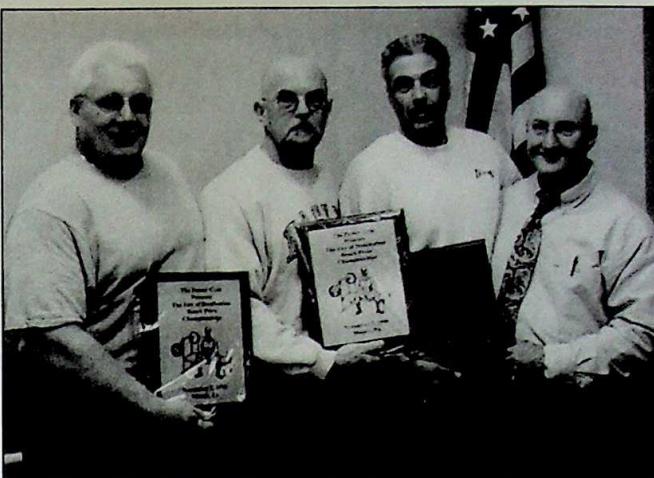
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**USAPL Day of Domination BP  
07 Nov 99 - Moosic, PA (kg)**

MEN		Junior	
Teen 132 lbs.		V. Cusumano-22	130
A. Heydt	77.5	M. Quarto-23	125
WOMEN		Master	
Teen 148 lbs.		T. Scopellit-47	117.5
S. Dolson	77.5	J. Nealis-49	150
Master		R. Jeffords-52	107.5
S. Zakrzewski-37	65	Open 198 lbs.	
165 lbs.		C. Zupko-36	177.5
Master (45-49)		C. Dickey-31	165
B. Rought (50-54)	80	D. Polak-29	130
P. Kennedy	—	Lifetime	
198 lbs.		C. Zupko-36	177.5
Master (40-44)		D. Polak-29	130
I. Vanorden (35-39)	57.5	B. Harashinski-28	167.5
V. Marickonis	92.5	Junior	
MEN		R. Calvey-21	152.5
Open 148 lbs.		J. Johnson-23	170
G. Teeter	122.5	Master	
M. Anderson-44	140	A. Wurz-68	112.5
Lifetime		B. Gelheiser-43	157.5
G. Teeter-35	122.5	C. Zimmerman-46	120
Teen		Open 220 lbs.	
J. Wentworth-18	80	J. Plummer	210
R. Canfield-18	127.5	M. Pascoe	165
C. Oskins-17	92.5	Lifetime	
S. Thomas-19	120	J. Plummer-37	210
Master (40-44)		M. Ascole-28	165
M. Anderson	140	Teen	
Open 165 lbs.		B. Dowlin-19	150
B. Legg-49	105	Master (60-64)	
D. Evans-32	152.5	E. Robinson	147.5
	(50-54)	R. Conklin	100



**At the DAY OF DOMINATION** ... the team from the Y.M.C.A. in Dunmore, PA are presented their plaques: (left to right) Tom McCarthy - PA State Champion - 319 lbs. (50-54); Joe Nealis - PA State Champion - 181 lbs. (45-49); Tony Scopelliti - 2nd place - 181 lbs. (45-49); Bob Granko - The "Best Meet Director in PA" - USAPL State Chair

D. Evans-32	152.5	R. Costigan	100					
D. Terry-29	172.5	(45-49)						
Lifetime	J. Gismondi	172.5	165 lbs.	Lifetime				
B. Legg-49	105	242 lbs.	Open	T. Bazzi	500	280	450	1230
R. Burnett-46	130	D. Mozeles	185	181 lbs.				
Teen	Teen			R. Pearo	530	275	545	1350
J. Giannotti-17	117.5	T. Couch-17	147.5	198 lbs. (17-19)				
Master (55-59)		Master (45-49)		D. Cameleo	415	230	450	1095
J. Monk (45-49)	102.5	R. Davies	165	C. Gutman	400	205	430	1035
B. Legg	105	B. Tomasetti	137.5	Lifetime				
R. Burnett	130	K. Johnson	235	S. Halley	500	350	400	1250
Open 181 lbs.		Teen		D. Herbst	400	135	555	1090
M. Quarto	125	R. Rehrig-16	150	220 lbs. (17-19)				
Lifetime		Master		B. Kyle	415	255	485	1155
M. Quarto-23	125	J. Sullivan-44	185	Lifetime				
Teen (16-17)		319 lbs.	Master	J. Sarradori	570	340	570	1480+
J. Wo	100	T. McCarthy-52	192.5	M. Rydelek	515	390	510	1415
D. Polak	107.5			M. Hall	425	305	520	1250

**WNPF Western New York**

19 Mar 00 - Niagara Falls, NY						P. Gillio	455	235	430	1120
BENCH	Raw					N. Mastrella	500	350	475	1325
Assisted	165 lbs. (50-59)					R. Buresz	600	420	600	1620
148 lbs. (17-19)	R. Kalkoska					E. LeBlanc	575	410	600	1585
B. Iwanowicz	165	181 lbs. Lifetime				J. Green	450	225	400	1075
Lifetime		O. Gayle				D. Calola	430	215	390	1035
A. Khalil	335	A. Khalil				D. Coleman	635	430	630	1695
181 lbs. (17-19)		148 lbs. Lifetime				D. Pounds	505	400	530	1435
J. Smith	280	A. Khalil				M. Torlie	630	460	545	1635
Life		DEADLIFT				SHW Lifetime	715	370	550	1635
D. Wilson	430	Assisted				T. Delormire	600	415	590	1605
220 lbs. (17-19)		198 lbs. Life				D. Bosler	Team Body Shop, 126 pts., Iron Works, 69 pts., I-American records, 45 lifters came to the Falls to compete in the WNPF Western New York Drug Free Powerlifting Meet and some fine performances were turned in. The only female lifter Alicia Granger took first in the teen division raw division. Also in the raw divisions several lifters turned in fine performances with Ken Howard taking first in the 242 lbs. division with a total of 1765 lbs. Tom Kristoff and Dirk Pounds also turned in fine totals in the 275 lbs. class with Kristoff setting some new American records and totaling 1715 lbs. In the assisted divisions a great group of teens from the body shop in Rochester NY took dominated the teen divisions taking 8 first places. Fine performances were turned in by Mike Debeld, Vinny Stihlager, Mark Quercia, Dan Camello, Darren Kyle, Phil Gillio, Jeff Green and Brett Iwanowicz, who captured first places, and Chris Gutman and Dan Calola who both came in second. They were a great group of teens and did a super job. Also in the assisted divisions Tarek Bazzi turned in a fine total in the 165 lbs. class and so did Ron Pearo in the 181s. 198 lbs. lifter Sean Haley took top honors in the lifetime division. In the 220 lbs. class three lifters battled in the lifetime division with Joe Sarratieri taking first and also taking first in the masters division. In the 242 lbs. class Eric Leblanc returned to take the masters division again with a fine total of 1585 lbs. Robert Buresz took the lifetime division with a total of 1620 lbs. David Colman pushed up some good weight to take the 275 lbs. lifetime division as did Michael Torrie who			
S. Henderson	370	W. Evans								
(40-49)		(40-49)								
S. Halley	360	W. Evans								
242 lbs. (40-49)		220 lbs. Life								
E. LeBlanc	410	M. Rydeler								
275 lbs. Lifetime		242 lbs. (40-49)								
K. Gonzales	380	E. LeBlanc								
SHW (20-23)		Raw								
L. Hailey, III	440	132 lbs. (14-16)								
Lifetime		A. Kalkoska								
T. Rogers	605	SQUAT								
J. Miller	465	Raw								
		275 lbs. (33-39)								
		T. Kristoff								
Raw		SQ	BP	DL	TOT	670!				
FEMALE (14-16)	154 lbs.									
A. Granger	160	90	225	475						
MEN Lifetime	148 lbs.									
K. Jacobs	225	135	255	615						
165 lbs.										
J. Clyde	275	215	375	865						
198 lbs.										
E. Howard, Jr.	450	300	135	885						
242 lbs.										
K. Howard	685!	350	730!	1765!						
275 lbs.										
D. Pounds	505	400	530	1435						
(33-39)										
T. Kristoff	670!	415!	630!	1715!						
D. Pounds	505	400	530	1435						
Assisted MEN	123 lbs. (14-16)									
M. Debeld	250	135	260	645						
1321 lbs. (14-16)										
V. Stihlager	275	105	280	660						
148 lbs. (14-16)										
M. Quercia	320	240	330	890						
(40-49)										
D. Brochey	325	230	225	780						

vision. Super heavy-  
weight Dave Bosler battled  
with Delormier edging  
him in points after five fine rounds.  
In competition some good  
work was turned in by the assist-  
ants both in the assisted  
lightest bench of the day  
and in his 605 lbs. in the  
lightest short of the American  
titles. Khalil set a American  
division and also took  
the Dave Wilson hit a solid  
third and Larry Hailey a  
solid junior division. Rock  
took first in the 165 lbs.  
division. teen deadliest raver  
was Arsalan Khalil who

well in the 181 lbs. raw bench with this being Khalil's first meet. William Evans pulled a weight well enough to capture first in the 198 lbs. Lifetime and masters divisions in the deadlift. The Body Shop and the Iron Works Gym took home top honors in the teams events a special thanks to all the spotters and judges and other people who helped make this a successful meet and thanks again to all the lifters. (results from Ron DeAmicis)

#### **LA Tech Natl. Collegiate Qualifier**

11 Mar 00 - Preston, LA

WOMEN	SQ	BP	DL	TOT
97 lbs.				
A. Taylor	180	85	230	495
105 lbs.				
R. Fernandez	200	80	230	510
114 lbs.				
J. Hassell	160	85	145	390
132 lbs.				
K. Harris	175	90	235	500
148 lbs.				
T. Magendie	205	110	220	535
181 lbs.				
C. Cornelius	205	115	270	590
198 lbs.				
M. Morgan	265	120	270	655
MEN 123 lbs.				
B. Marchand	310	145	340	795
132 lbs.				
J. Jenkins	285	180	400	865
148 lbs.				
K. Kirly	410	170	455	1035
S. Gilliam	375	0	0	375
S. Funderburk	350	0	0	350
165 lbs.				
M. Luckett	480	300	475	1255
J. William	400	250	460	1110
181 lbs.				
S. Gloeckner	470	310	490	1270
B. Kempton	455	300	445	1200
198 lbs.				
J. Faulk	450	325	475	1250
B. Johnson	0	285	450	735
220 lbs.				
C. Miller	470	285	520	1275
G. Theriat	500	220	520	1240
J. Butler	460	315	0	775
J. Hart	450	300	0	750
W. Hicks	0	205	400	605
242 lbs.				
J. DiVincenti	650	310	585	1545

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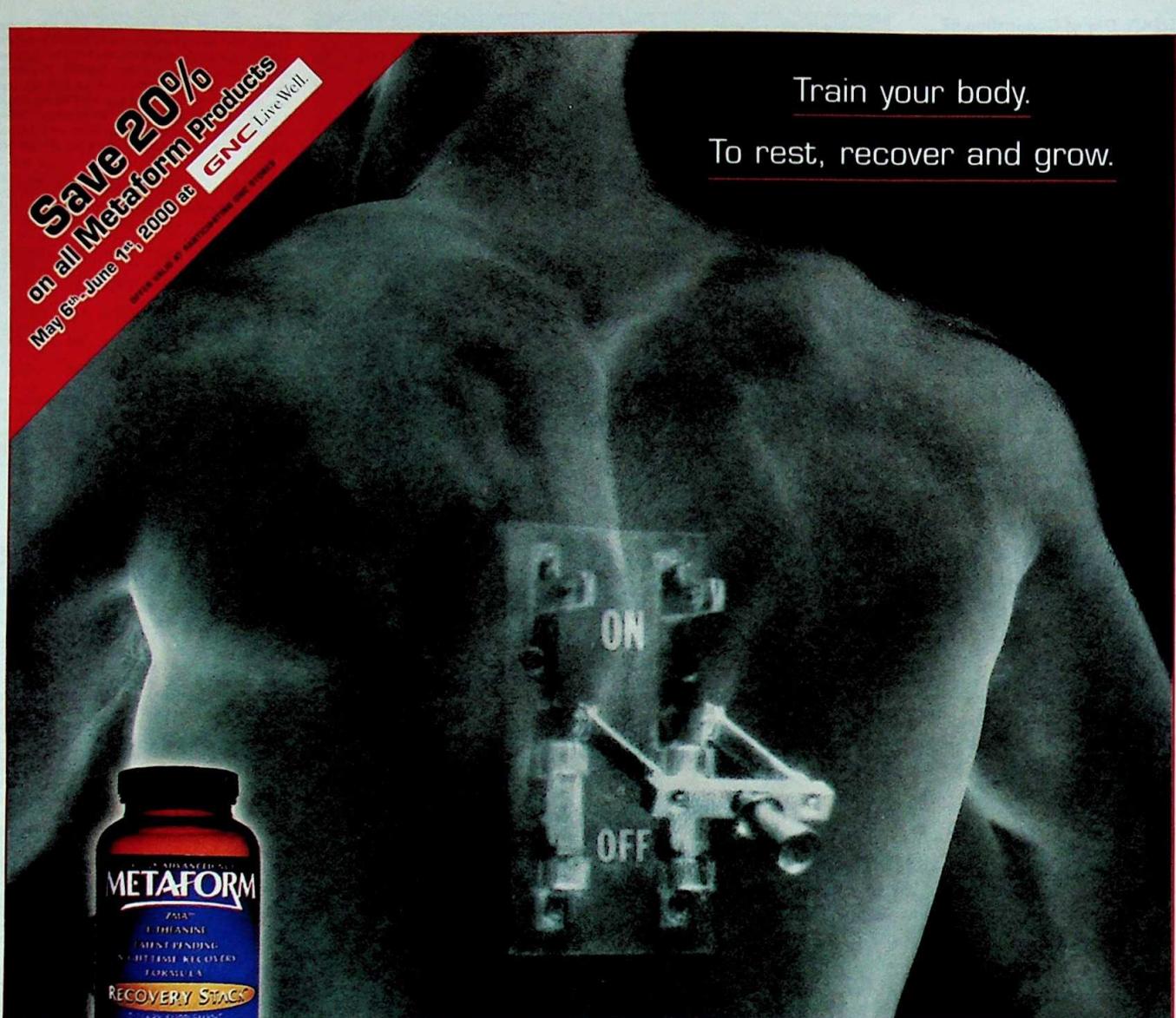


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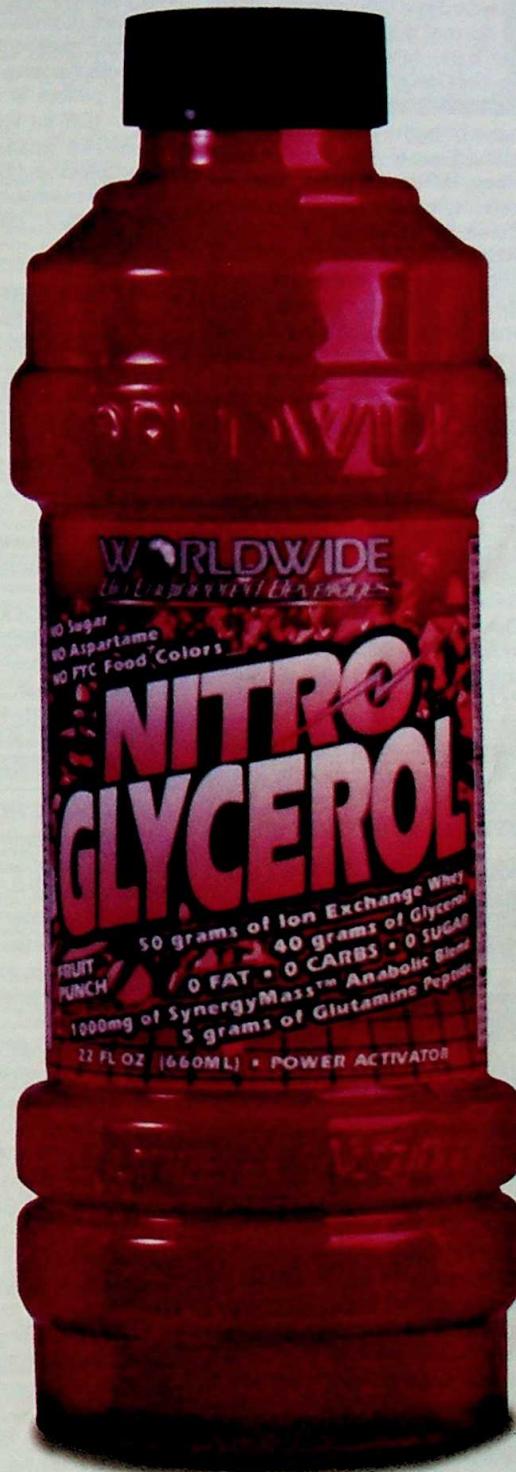
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3 953 Warman, S., 11/21/99	705 Williams, W., 2/26/00	832 Gillingham, B., 11/21/99	2260 Waddle, T., 12/5/99
4 950 Waddle, T., 12/5/99	700 Barnes, D., 11/21/99	821 Warman, S., 11/21/99	2254 Warman, S., 11/21/99
5 948 Mikells, B., 11/21/99	699 Tulta, K., 11/7/99	804 Barlow, R., 11/6/99	2254 Gillingham, B., 12/4/99
6 940 Nickless, J., 2/27/00	672 Duster, B., 7/3/99	800 Ruggiera, M., 11/21/99	2243 Mikells, B., 11/21/99
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8 935 Hunt, J.R., 11/21/99	661 Frank, G., 7/11/99	790 Stafford, J., 2/20/00	2235 Hunt, J.R., 11/21/99
9 930 Frank, G., 6/26/99	661 Wong, S., 1/22/00	785 Groves, J., 3/25/00	2225 Ruggiera, M., 2/20/00
10 920 Hutson, T., 11/21/99	655 Moore, B., 10/9/99	782 Brink, G., 11/21/99	2220 Barlow, R., 11/6/99
11 914 Voronin, J., 7/11/99	650 Kennedy, R., 5/23/99	775 Pokrank, A., 12/12/99	2205 Tate, D., 6/26/99
12 914 Galla, C., 3/11/00	650 Voronin, J., 11/21/99	775 Grant, M., 2/12/00	2205 Gallo, C., 3/11/00
13 903 Kidder, K., 11/13/99	650 Finner, R., 12/11/99	771 Binkowski, J., 12/19/99	2182 Kidder, K., 11/13/99
14 903 Binkowski, J., 12/19/99	650 Grant, M., 2/12/00	770 Richards, R., 12/11/99	2166 Leato, T., 12/18/99
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**NEXT MONTH... TOP 114s**

**Corrections...** In the report of the WABDL World meet, Otis Whitehead notes that he was not a Marine and did not fight at Iwo Jima (he actually fought in Europe during WWII and was part of a group you liberated Buchenwald) and he actually resides in Post Falls, ID. In the "Best USA Lifters of the Century" article (FEB/00 PL USA) Rickey Crain should have been credited with an 1890 total at 165 (11/23/96). On page 61 of the January 2000 issue of PL USA, Cindy Bullara should have been listed as competing in the 114 lb. class rather than 123. Bill Sekernestrovich should have been credited with a 473 bench press at 220 bodyweight on the TOP 20 Masters ranking. Jim Pope's lifts of 730 515 755 2000 should have been reflected on the TOP 20 Masters rankings for the SHW class. In the results of the USAPL Bench Press Nationals, Bleda Elibal should have been listed in the 123 lb. class, and his 214 lb. bench press should have been credited to the Masters TOP 20 in that class as well. Representatives from USAWL indicate that Gea Johnson is not a ranked lifter in that organization. We apologize for any mistakes and please send any corrections that you find to "PL USA ERRORS" Department, Box 467, Camarillo, California 93011.

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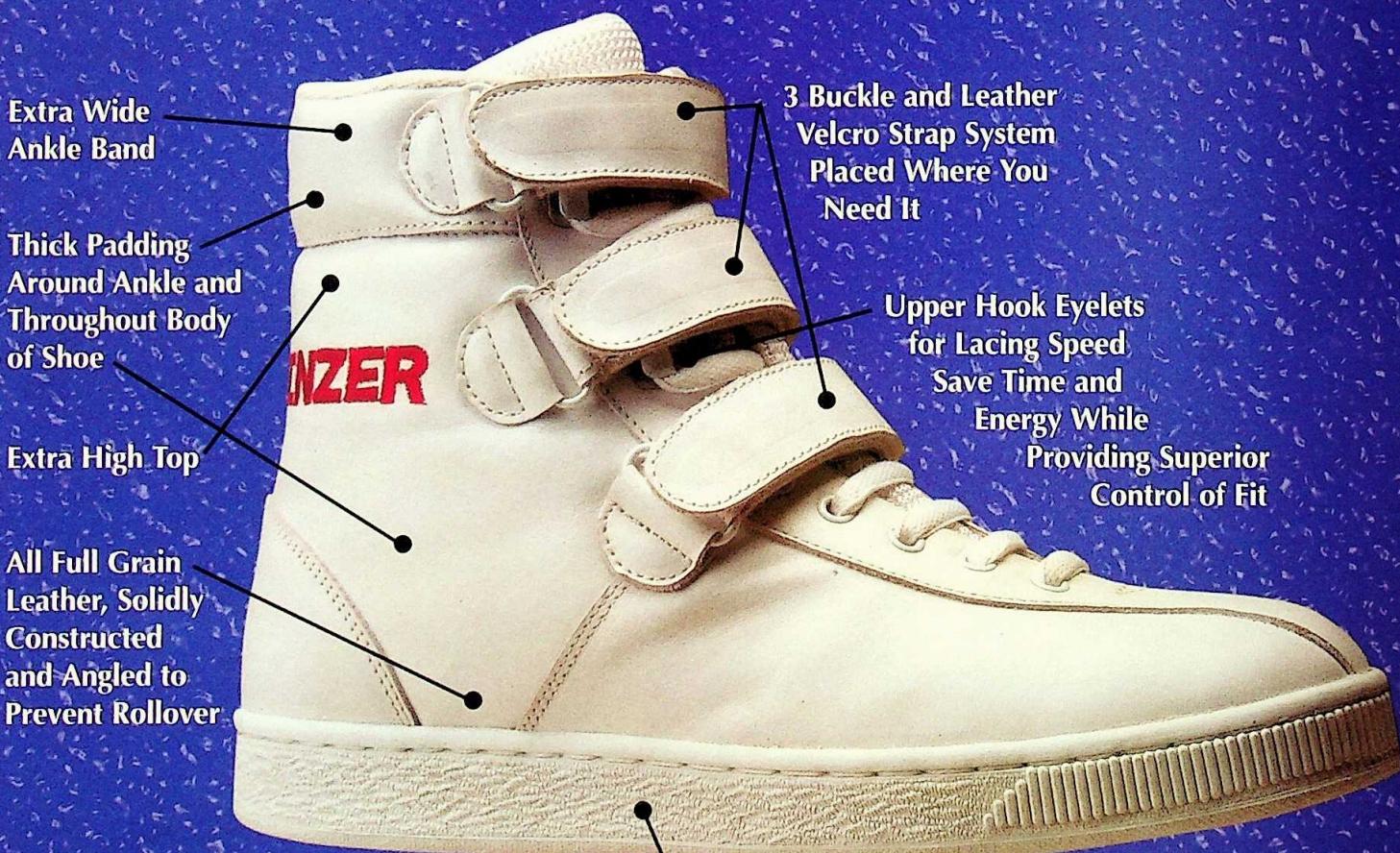
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