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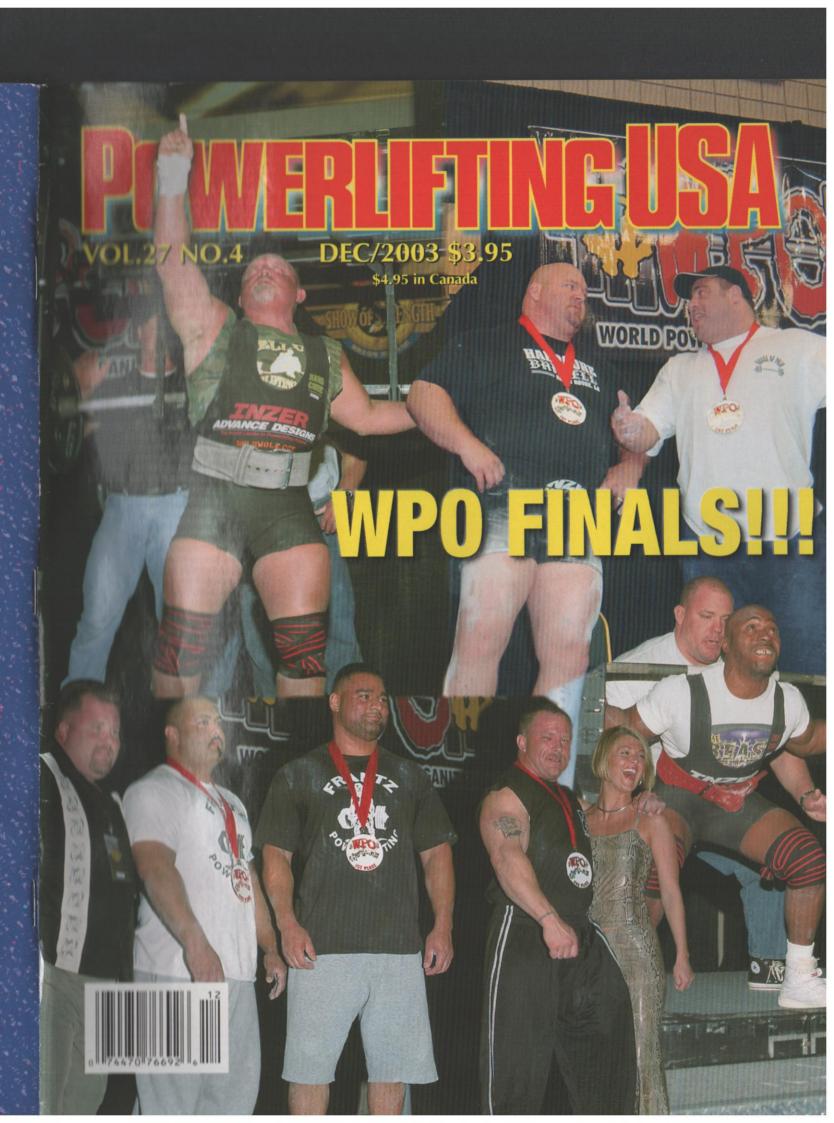
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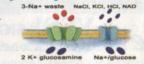
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POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POST-MASTER: Send address changes to POWERLIFTING USA, P.O. Box 467. Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds) USA addresses, 1 yr.....\$31.95 USA addresses, 2 yr.......\$58.95 First Class Mail, USA, I yr ... \$54.00 Outside USA, surface mail \$42 US Outside USA, air mail .. \$84.00 US

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ON THE COVER WPO Finals Champions: Jesse Kellum, Garry Frank, Andy Bolton, Kieran Kidder, Noel Levario, Jose Garcia, Brian Weston, and Anthony Conyers. (I-r from top)

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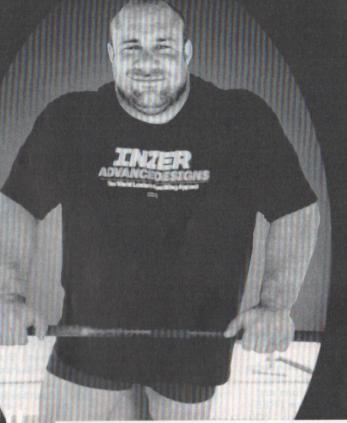
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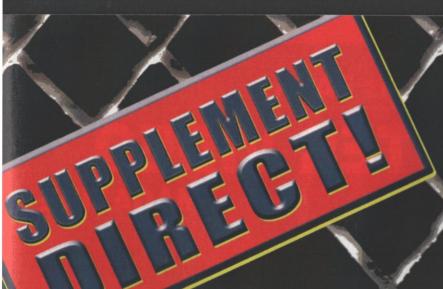
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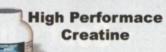
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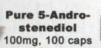








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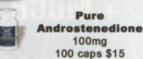
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elected to include in this competition and in response to the opportunity their lifting was historic. Following a hardish effort with a 534 squat. Kara B. made a piece-ofcake success with a WPO record 552 (after 'napping' between attempts). In the bench, she had an up-down-up techni-failure with 358 on her second, but re-did it smashingly and then went and jammed up a fourth attempt at 374. After two slick hoists in the deadlift, this local (Marietta) girl was distinctly displeased with her miss at a 512 final, though she had

hands down, her favorite. Amy Weisberger weighed in exactly at 132 and darn near scored a 523 third attempt squat and then didn't miss another attempt until her 479 deadlift, but that still resulted in a three lift sum of 1306, nearly an amazing 10 ten times bodyweight. When her lifting was over, Amy split her fantime between the nieghboring PL and the Strongman venues.

posted the highest all time total at 148. She's used to getting her way with the weights. After 'playing

many different sports in her lifetime, KB now declares that PL is,

Kara Bohigian was one of two

premier women athletes whom

WPO President Kieran Kidder

In the WPO lightweight men's division (bodyweights up to 165

by PL USA Editor Mike Lambert lbs.) there was big-time speculation regarding Ron Palmer. Days before the contest Herb Glossbrenner was told Ron would never try to make the 165s again, but then "Lionheart" went ahead and did it one more time. This day much of his lifting bore the look of a man who has suffered the effects of extraordinary weight loss (even if it was 48 hours earlier!). His opening 705 squat had little 'snap' but he forced it up on a second,



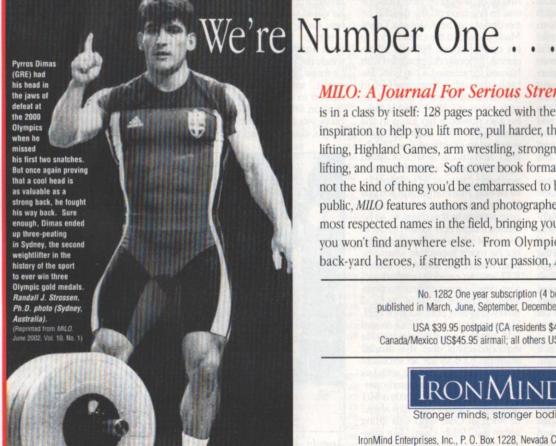
Mikesell ripped off his shirt after breaking his own mark with 1113



Andy Bolton nailed 1114 in the squat on a WPO record 4th attempt

with about all he had left. 733 was very much too much, even for Ron, and especially under the circumstances. The weight loss didn't hurt his push, where he smoothly PR'ed a new WPO record 501, but in the

d-lift, his tortured body shut off on two tries at 644, and he was out of the meet. Also out of the competition was a now massively middle weight August Clark Jr. (Kieran Kidder guipped that he should get



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All Time Record Bench of 374 by Kara Bohigian. (courtesy Kara B.)

a license to carry such "guns"). Post some strong squats, he experienced 'technical difficulties' with his two tries at 507 in the bench press, and in the WPO, it's two strikes and you're out.

Winning the lightweight division was the familiar previous WPO victor Tony Conyers. Tony's third squat was a beautiful new 790 WPO world standard. After an odd miss with 639 on his first try at a deadlift, TC re-made it crisply for the winning total of 1869. Angelo Berardinelli was just behind, missing at a further world record squat of 793, and as well with a near record 496 bench, but the the critical lines were drawn through 633 on the scorecard for the deadlift weight which would have given him the division title. Dan Petrillo had a private competitive go-round with Brian Schwab (whom Kieran Kidder proudly noted was a participant in the very first WPO meet on May 20th of 2000). Brian, after an initial bumble with 600 in the squat, came back to nail it and more (even trying a WPO record eraser 684 on a 4th!). He and Petrillo went note for note in the deadlift. Of course, Dan was in deep into the 165 lb. class whereas Brian weighed in under the traditional 148 lb. class limit. Notable for his lifting and his age was Richard Hawthorne, who weighed in two kilos under the 132 pound class limit. He took big jumps in the squat and was likely not low enough with 584. His final bench of 286 was guite easy, but 573 was a tad too hefty in the deadlift. This manboy is but 19 years old and hit 1405 in his first WPO contest at

In the WPO "Middleweights" it was mainly a clash of some tightened up 220 lb. titans at the finish line with epic 181 lb. efforts also evident. It's hard to out-do a strong and clever Cajun like Jesse Kellum. He watched Chuck Vogelpohl open with a WPO record of 975 and then made sure he exceeded that fresh mark by a pound or so on his

third attempt. In the BP, he went head-to-head with Kenn Patterson. When Kenn jammed up his 689 for a new WPO mark on a third. Jesse came out and made 690 to break it. (Then they both missed at 705). Jesse had some improved deadlifting to total a Coan-esque 2367. Vogelpohl psychoed to a further world record poundage of 1019 on his second and third squats, but both were a no go. Boy, does he un-button a fiendish blast of horsepower coming out of the hole. Nowadays, he's also showing major progress in the bench, though his opener was brought down too low on his chest, and he had to be teased by how close he was to finishing off the deadlift he needed to a beat Jesse. Travis Mash winked to the crowd prior to his opener squat, but was subsequently furiously disappointed with himself for missing a big 936. He broke through with a large 606 in the bench and even finished up with a blast at 628. Unfortunately, he also missed a big jump in the deadlift with 799. Kenn Patterson weighed in exactly at the 220 lb limit and made a trio of great squats, followed by the record-setting bench, to post an excellent total as well. Phil Harrington actually lifted the day after the rest of the competitors in this division, as he missed a flight connection to get to the event when he was scheduled, but he made incredible attempts, even if after the fact. His squat at 837 was an carefully crafted success, despite some early setup problems, and then he went on to all time world best poundage of 859. He even leapt to a WPO record 546 bench on a 4th attempt. He exploded up his "dive" style deadlift attempts to 633 for an excellent 1978 total. Joe Doherty, with lats wide as wings, had a nearly perfect lifting day, missing only a 501 bench for 1956 to put him ahead of Michael Coe, who was lifting within the 198 lb. class, Mike missing only two attempts himself. Mike

Danforth missed a huge leap of 733

to 799 in the squat, otherwise he would have been well up there as well. Levi Alday was a bit over the 165 lb. limit, and he made four attempts for his 1718 total. Keith Ferrara, a look-alike for Willie Wessels, with his shaved head, took a big leap to 903 in the squat, and made three good benches, but apparently was hurt and just tokened out in the deadlift. Mike Roberts flubbed his initial two squats, so he was gone. A completely serious Tatu Avola made a humongous 837 squat, but then erred on two bench attempts. As a courtesy, Kieran allowed him to continue to lift, but there would be no official 'finish' for the Finnish star. He made that 518 bench he didn't get beforehand and a couple of deadlifts before his final stall-out at 760. The thundering thighs of Germany's Harald Selsam didn't quite have enough lightning to muster a 903 squat, and then he had that sickening surprise with his opening adlifts and was a goner.

In the WPO Heavyweight men's division, which is up to the 275 lb. class, Steve Goggins was entered and weighed in just under the 242 limit. Rumor was that he was going to break the all time record of Ed Coan in the squat and total, but he'd developed a twinge in his back while training for this Show of Strength Stars. His buddy, IPF champion and record holder Ausby Alexander, had loaned him an electro-stimulation unit to see if he could work past it in the final few days before lift-off. In the warmups here, he tweaked his back again with about 650, and wisely decided not to compete, but he threw himself into the rest of the event, actively handling Andy Bolton in the Superheavyweight division and others. (On openers Steve would have won the Heavyweight class). A great young lifter,



Angelo Berardinelli couldn't quite pull in the winning deadlift

Jose Garcia, asserted his way through the door, fighting back to earn a 931 squat, and he nearly topped out with a 567 bench press. He only missed an 804 deadlift at the last possible instant, and that was enough for the win in this division. It wasn't easy 'cuz Brian Weston was very much stronger than we've seen him before, although a 959 squat seemed out of his reach, and the 782 deadlift he tried wouldn't have hurt his chances. Jose's amigo from Illinois, Noel Levario, made a mighty try to stand up with 1003, got cut short with a 633 bench, and then miffed those last two deadlift attempts or he, too, could have been challenging Jose for win. Marc Bartley couldn't surmout an errant 83 lb. jump in the squat and then played and lost at catch-up in the pulls. Rugged Clay Castile of the North Georgia Barbell Club was noticeably stronger than at the APF Seniors and nobly re-took and overpowered a pesky 710 deadlift for a fine 2149 lb. final best. Jani Ihalainen from Finland also stubbornly fought back with a 903 squat, but after missing at 501 in the bench, he was behind the necessary pace, and he couldn't make up the ground with an ambitious attempt at a 771 deadlift. Michigan's Matt Kroczaleski missed a pair at 903 in the squat, but not for want of a psyche. Scintillating APF Seniors winner Ron Dayton squatted bodaciously, but nursing a pec injury he took a big leap from 143 to 523 in the bench and missed by a thread. His mammoth pulling power wasn't up to the 826 deadlift he tried twice. Kevin Thomas swung twice and was out with an 804 squat.

In the Superheavyweight division, Jon Grove, another local favorite from the North Georgia Barbell Club, back-stepped himself out of two squats and the contest. Holger Kutroff from Germany has that Westside look with his shaved head and Louie Simmon's eyebrow arch. He gave everything to a 1014 squat, failed it, then found something more in himself to get it up on a 3rd try triumph. Without a shirt he benched 573, then he put one on to miss at 617. A 2314 total is nothing less than world class it was last place in this group. Beau Moore, feistier than ever, made a 733 bench, but 744 short-stopped, and then he dared a big jump to 771 in the deadlift, which would have moved him up a bunch. A wide Donnie Thompson challenged the milestone marks of 1003 in the squat and 705 on the bench, got the feel of 'em, but not the circle on the scorecard, yet he still went over 2400. Matt Smith made that barrier bustin' 1003 squat, and declared himself ready to take somebody's (bleepin') money, but when he couldn't stand tall at 826,

twice, without hitching, that kept him out of the bucks. Brent Mikesell coolly busted his own all time world best standard in the squat with a beautifully deep 1113, then ripped off his shirt and frenzied himself into "most muscular" mode. Brent is "THE MAN" when it comes to squatting, but this new mark wasn't safe, and he had to answer. He graciously encouraged the efforts of his fellow giants of the strength world, then Brent took his own extra attempt at 1118, but 4 tries were too much to ask, this quickly. He shoved a nice 600 bench, missed at 633, and after a 771 deadlift popped out of his grip, he called it a day. He might well be back at the WPC Worlds in Canada with a new world record in the squat after how close things were at this competition (Editor's Note: at the WPC meet, he broke the all time squat record TWICE, with 1124 and 1140!). Paul Childress made the effort to get down to the 308 pound class limit so he could set some WPO world records. With his gaze intently focused on a faraway place, he went a sensational 10 for 10. A 1052 squat did not look like a limit, neither did the 661 bench he tried on a third, thus he went for a WPO record 689 a fourth attempt. His perfect plus day put him at 2525, as fourth attempts are included in a WPO Total, but that

Ion Grove



Paul Childress conceiving, believing, and achieving to 2525

only put as at 3rd place in this division. Andy Bolton was much improved in squat after getting 1003 at the 2003 Arnold Classic, and more back in England. After a fine 1074, he made the unexpectedly bold move of going after 1114 to exceed Mikesell's new all time record – and — he got the lights to

go his way! Despite some injured pec issues, which made him open conservatively with 402, he went on to 628. In the deadlift he was stalking the leader and took 936 on his final effort, a new all time record, but it was too much weight for him to finish off. There was an assertive protest by Steve Goggins

Andy marched to the bar). The contest was over, the venue was closed, patrons had been asked to leave, and Andy did not take a repeat of that lift. He ended with a 2624 WPO total. Garry Frank was due, perhaps overdue, to break yet another total barrier. He'd shown signs of it in several previous contests (going an all time best 2673 at Joe 'Lat'nier's meet in Missisippi shortly before this meet) but he'd had trouble with squat or the bench. It sure seemed like if he just could get a couple of squats in, and a couple of benches, then the 2700 lb. barrier would necessarily fall in his wake. In this contest, he looked supremely confident in the squat, his eyes gleaming like glacial blue, point source lasers when he took that 1080 up and down, nice and clean. Then, of course, Mikesell and Bolton had their record-busting party. I thought to myself, Garry's not gonna jump into this, he's saving himself to get the total mark. Surprise ... after a long wait, Mr. Frank showed up for his own 4th attempt at 1118, but it was high. In the bench, he had an ugly miss at 672 (not this again!) but he chose to repeat and basically manhandled it up, then did much the same with 727. He also came back for another fourth attempt at an WPO record 760, but apparently he had a different shirt on and couldn't get the bar to touch. Garry could have busted 2700 by a clear margin, but a routine deadlift (for Garry!) of 903 came up into an unfavorable position twice, and he had to put it back down. 2667 - the second highest total in the history of mankind (my kilo conversion chart doesn't go that high!) If he had made everything he tried, it would have come to 2781!

that the bar was 'locked up' and

not rotating smoothly before

Andy's attempt (Steve was hur-

riedly trying to free the bar up as

Prize money for the top three finishers was \$750 for 3rd, \$1500 for 2nd, and \$3500 for 1st, plus the customary \$1000 for a WPO World Record, and the entire pot was put up by GNC, the ultimate icon of supplement retailing in the United States with 5300 outlets! (By the way, GNC just announced that the full line of their GNC branded supplements will now be certified by NSF International). Kieran Kidder is excited about the potential of this type of expo venue to bring WPO lifting to the public eye. About 20,000 visitors made it to the three day Show of Strength, most of them crowding in on Saturday, at the Cobb Galleria, a gorgeous facility, close to a food court, shopping mall, free parking, and right by the freeway, in Marietta, just north of Atlanta. Looks like they will have it in Marietta again next year, so don't miss it!

	WPC	FIN	IALS	7-	9 N	ov 0	3 - 0	Cobb	Ga	lleria	Mar	ietta	,GA		
Women	Bwt.	SQ1	SQ2	SQ3	4th	BP1	BP2	BP3	4th	ST	DL1	DL2	DL3	4th	WPO TOT
Kara Bohigian	66.80	507	534	552		330	358	358	374	926	440	485	512		1412
Amy Weisberger	60.00	457	507	523		303	325	336		843	424	462	479		1306
Lightweight Men															
Tony Convers	75.00	666	744	790		413	440	462		1230	639	639	661		1869
Angelo Berardinelli	74.75	722	766	793		424	479	496		1245	589	633	633		1835
Dan Petrillo	73.75	600	650	699		435	468	468		1085	562	573	584		1669
Brian Schwab	67.10	600	600	650	684	440	468	468		1091	551	562	573		1664
Richard Hawthorne	58.00	473	551	584		248	275	292		843	529	562	573		1405
August Clark Jr.	74.80	501	562	600		507	507								
Ron Palmer	74.65	705	705	733		462	501	512		1206	644	644			
Middleweight Men															
Jesse Kellum	99.20	903	942	976		661	672	690	705	1667	661	688	699		2367
Chuck Vogelpohl	100.0	975	1019	1019		540	562	578		1554	766	804	821		2320
Travis Mash	99.85	876	903	936		551	606	628		1510	738	799	799		2248
Kenn Patterson	100.0	771	832	848		633	633	689	705	1538	600	633	661		2172
Phil Harrington	82.00	755	837	859		225	440	507	546	1344	501	589	633		1978
Joe Dougherty	82.20	705	755	777		468	485	501		1262	622	666	694		1956
Michael Coe	89.30	744	804	821		413	473	501		1306	600	639	650		1945
Mike Danforth	82.45	733	733	799		451	473	485		1206	661	694	716		1923
Levi Alday	77.75	661	705	705		457	457	479		1118	600				1718
Keith Ferrara	97.30	821	903	903		407	518	529		1350	143				1493
Mike Roberts	99.60	771	771												
Tatu Avola	89.75	782	826	837		507	518	518			716	738	760		
Harald Selsam	99.55	815	903	903		507	529	529		1322	694	694			
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lose Garcia	110.0	881	931	931		523	551	567		1482	744	777	804		2259
Brian Weston	106.95	903	903	959		523	562	600		1503	699	744	782		2248
Noel Levario	121.60	881	953	1003		584	611	633		1565	639	683	694		2204
Marc Bartley	121.15	870	953	953		611	639	639		1510	661	683	705		2193
Clay Castile	109.85	848	887	914		523	551	573		1438	655	710	710		2149
Jani Ihalainen	109.35	837	903	903		473	501	501		1377	661	716	771		2094
Matt Kroczaleski	111.0	848	903	903		512	523	534		1383	661	683	705		2088
Ron Dayton	124.80	854	914	936		143	523	523		1058	782	826	826		1840
Steve Goggins	109.49														
Kevin Thomas	109.7	804	804												
Superheavyweight M	Aen														
Garry Frank	174.35	1025	1063	1080	1111	672	672	727	760	1807	859	903	903		2667
Andy Bolton	147.50	947	1036	1074	1114	4 402	606	628		1742	771	881	936		2624
Paul Childress	139.65	975	1025	1052		622	644	661	689	1742	749	777	782		2525
Brent Mikesell	153.75	1030	1085	1113	1110	3 440	600	633		1713	744	771			2458
Matthew Smith	154.15	881	964	1003		617	672			1675	771	826	826		2447
Donnie Thompson	159.5	925	975	1003		644	683	705		1658	722	760	782		2419
Beau Moore	149.7	870	920	947		705	733	744		1681	705	771	771		2386
Holger Kutroff	142.50	947	1014	1014		529	573	617		1587	661	727	771		2314

Rychlak Benches 885, THEN 900!!!



At the IPA Nationals ... on Nov. 16th, Gene broke the 900 lb.



barrier. (images from the video taken by Body Tech -- see ad)



"Gene Rychlak, MHP Athlete, Shatters Bench Press World Record Twice in 8 Days -900 lbs! Harrisburg, PA, November 17 — Powerlifter and MHP Athlete, Gene Rychlak, broke the All-Time World Record Bench Press for the second time in 8 days on November 16th when he put up an amazing 900 lbs at the IPA Senior National Championships, Just 8 days prior to that, Gene broke the July 2003 record of 875 lbs. set by Scott Mendelson with a 885 lb.bench press. Rychlak, from Royersford, PA, has been chasing the record all year, putting up an impressive 815 earlier this year at the IPA World Championships and just missing 876 at the WPO Bench Bash for Cash in August when he came within an inch or two of locking out. "This is what it's all about," said Gene. "Ever since I started training 20 years ago, my dream was to hold the world record bench press. Now, I can't believe I've broken it twice in less than two weeks." He uses the MHP supplement T-BOMB, which has helped increase his competition

bench from 810 to 900 since starting it in May, '03. Gene also uses Up Your MASS to supply the dense nutrition to fuel his highly explosive muscle movements. MHP is a provider of scientifically formulated sports nutrition supplements and is based in Cedar Grove, New Jersey. To learn more about MHP and its products. please call 1-888-783-8844 or visit http:// www.maxperformance.com"

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At the APF Steel City Classic Bench Press Championships, on November 8th, in Pittsburgh, PA, Gene Rychlak put up benches of 785, 840, and then a new all time world record of 885, as the crowd huddled around him in expectation. (photograph by Mark Dreibelbis)

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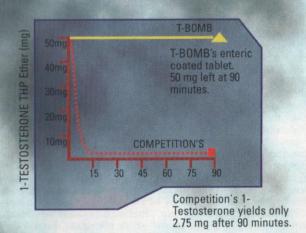
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INTERVIEW

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

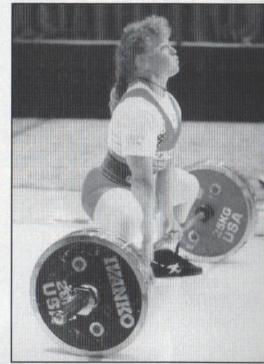
Carrie Boudreau is the greatest female powerlifter of the past decade. During her reign she set American and world powerlifting records that still stand, six years

after her retirement. At the peak of her career she was untouchable the female version of the great Ed Coan. Carrie hailed from rural Maine, a state that spawns champion lifters all out of proportion to its geographic size and population. Apparently the harsh climate creates champions in an athletic process akin to coal being pressurized into diamonds. Carrie Boudreau was raised in the town of Raymond and from Day One of her power career it was apparent that she was unique. A veritable strength Mozart, her short stature, unique structure, abundance of fast-twitch muscle fiber and fierce mental attitude all combined and aligned and coalesced. She underwent a Hulklike metamorphosis and became the perfect powerlifter, the ultimate fe-

male lifting machine. Boudreau hoisted incredible iron and with offhand ease began dispatching the best female powerlifters this country had to offer. Within two years of taking up the sport she captured her first national title. That was just for starters: by the time she hung up her power belt, Carrie captured five IPF world titles and won the coveted 'champion of champion' title at the IPF world championships on four separate occasions. In addition she won the prestigious World Games title twice, 1993 and 1997. One Ukrainian world champion summed up the worldwide impression of Boudreau, shaking her head in wonderment as she watched Carrie set a world record in the deadlift and total (earlier she'd broken the squat WR), "She lifts on a different level than the rest of us." The ultimate compliment was when the world's top female lifters begin to flee the 123 pound class in droves, either dropping to 114 or bulking to 132, all to avoid the unbeatable Boudreau. She routinely lifted more in national and world competitions than the champress) and had been breaking my

Carrie Boudreau

interviewed by Marty Gallagher



Carrie Boudreau consistently broke the IPF records.

pions in the classes above her. She was untouchable, unapproachable, an unstoppable force. Then she was gone: she simply dropped out of sight. That was in 1998. In the intervening six years she quietly relocated from Maine to Georgia, embarked on a teaching career, took up Olympic lifting and contracted cancer. Her saga since is that of a powerlifting champion who's re-directed herself athletically and deals daily with an adverse hand life has dealt her.

PLUSA: How did you become involved with Olympic lifting?

CB: I was working at Gilly's Gym in Maine in 1996 when owner Ernie Gilbert had an Olympic lift coach, Dennis Reno, come to the gym and teach the two lifts to some track athletes. Out of curiosity, I joined the session and got my first taste of Olympic Style lifting. I was at the peak of my powerlifting career and, frankly, was bored with powerlifting. I held all the world records in my weight class (except in the bench

own records for the past three years. I was stale, bored, and having a hard time getting fired up for the national and world championships. There was talk of women's weightlifting being accepted into the Olympics. The idea of competing in the Olympic Games had always been in the back of my mind. Ithought it would be as a powerlifter, but that never happened. I had won all I could win in powerlifting and Olympic lifting offered a fresh challenge. It seemed like a natural and exciting

PLUSA: What Olympic lifting titles have you won? CB: In 2000. I won the national championships. I've won lots of competitions in New England. I also compete in the master's division (age 35-39) and have won the Pan American Games, the National

Championships and the World Master's Championships. I hold master world records in two different weight classes.

PLUSA: What are your best competitive Olympic lifts?

CB: My best competitive snatch is 85 kilos, 187 pounds. My best competitive clean & jerk is 105 kilos, 231 pounds. My body weight was 125 pounds when I made these lifts.

PLUSA: Could you please compare quick lifting to powerlifting? CB: Olympic lifting is much more difficult and demanding; the quick lifts are much harder for me. When you snatch or clean and jerk correctly, it's a rush. I must say that I do miss grinding out maximum heavy lifts as I used to do in powerlifting; I always loved that feeling of overcoming a massive weight with guts and willpower. PLUSA: Did powerlifting help or

hinder you? CB: Powerlifting hinders me and continues to hinder me in Olympic lifting. The point at which you finish a lift in powerlifting is ex-

actly the point where you need to explode in weightlifting. In Olympic lifting often when the weights start to pull I still tighten my upper body - as if I were deadlifting instead of keeping my arms loose; the proscribed proper technique for Olympic lifting. I subconsciously try and use my upper body strength to pull the bar upward instead of allowing my hips to kick the bar upward. This interferes with the proper path the bar needs to travel. Because I haven't 'unlearned' my ingrained powerlifting techniques, I cannot lift nearly what I'm capable of in a pure physical sense.

PLUSA: How does your training compare to the other Olympic lifters? I would imagine given your unique background, training is different for you than for others without your incredible strength?

CB: Since I'm very strong and have a great strength base from powerlifting, my workouts are far different than most of the other Olympic lifters I train with. Most people taking up Olympic lifting need to develop strength along with technique. I need far more work on technique. Istarted Olympic lifting at a late age, 31, and my workouts are very different than those of my teammates: more technique training, less strength

PLUSA: Do you ever see yourself competing in powerlifting again? CB: That's hard to say. There are a lot of factors involved. Currently there are too many powerlifting federations and this takes away from the significance of being a national or world champion. Countless people claim they are 'world champions' and this dilutes the title. The sport, in my opinion, has lost integrity. It would take a lot to get me interested in seriously competing in powerlifting again. I might compete to help a friend or a local team. I've been asked to do some lifting for the Abilities Unlimited Team (Team Savannah's Special Olympians) so I might compete under the right circumstances.

PLUSA: This question is from Mike Lambert, "You retired from powerlifting at about the same time that the USPF was replaced by the ADFPA and became the IPF's recognized national federation - coincidence or purposeful?"

CB: That whole episode was bad. it was the straw that broke the camel's back and confirmed my decision to get out of powerlifting. I lifted my guts out at every competition and made all the goals I set for myself. When I am asked how long I would lift, I reply, 'As long as it's fun.' The fun went out of powerlifting and was replaced by bickering, backstabbing, and false promises. It was sickening. The USAPL claimed that consideration for the athlete was its top priority, but that proved untrue. Let me give you an example: the USAPL received its IPF sanction in November of 1997. I was given notice that I would have to "requalify" for the world team. I asked if I could have a "standing total," that is, unless someone beat my original world team qualifying total, Iwould make the team. That was denied. I was recovering from a marathon competitive year: I had lifted in three major competitions in three months. I was told I had to re-qualify at the USAPL Nationals because I hadn't been subjected to out-of-competition drug testing. I explained that when I'd won the IPF world championships in June, I had been drug tested. I won USPF nationals in July and was drug trusted. I'd won the World Games in August and I was drug tested. I had proven repeatedly that I was a drug free lifter. The circumstances upset me terribly; the not-so-subtle inference was that I was a drugged

lifter. The whole episode was a huge slap in my face. Making the switch to another sport was the right decision. By the way, I am frequently drug tested both in and out of competition in weight-

PLUSA: You mentioned that you like the fact that judging is fair and equipment is a non-issue in Olympic lifting. Could you expand a bit

CB: I like the consistency in rules and consistency in judging. I encounter this continually in weightlifting. I've been working hard for the past six years trying to equal or better top lifts done by others using the same rules as those who've gone before me. I think lifting should always include an element of integrity. Equipment and loose judging has stripped powerlifting of its integrity. Perhaps the AAU can promote RAW lifting and get powerlifting back to what it should be: a true test of strength. I bet pioneer powerlifters are rolling over in their graves: too many federations, too much dependency on equipment.

PLUSA: How old are you, what is your occupation, how tall are you, what do you weigh?

CB: I'm 36 years old and originally from Raymond. Maine. I'm an elementary school teacher and live in Savannah, Georgia. I'm 4' 11" and weigh 128.

PLUSA: Could you comment on your medical condition? CB: I've been diagnosed with

cancer. I finished my last chemotherapy session on September 11th 2003 and I am getting my energy back. I trained through the entire cancer diagnosis and therapy. I took time off immediately after the surgery. When I resumed training I broke three world records as a master lifter and obtained my Grand Master Olympic lift certification thirteen days after my third chemo treatment. I came down with a fever as a result of the chemo; I barely had enough energy to get through the competition, but I snatched 70 kilos and clean & jerked 95 kilos. The whole thing was a terrible ordeal and truly proved that mind (power) can overcome matter.

PLUSA: Howlong do you see yourself competing as an Olympic lifter? CB: As long as it remains fun. PLUSA: What are your outside activities and interests?

CB: I love to kayak and bird watch. I love to walk my dogs.

PLUSA: Do you follow powerlifting

CB: A little bit. My great friend Ann Leverett still competes. I see her almost daily. She gets Powerlifting USA and shows me articles now and then. I ask myself the question: is powerlifting a sport of strength or has it degenerated

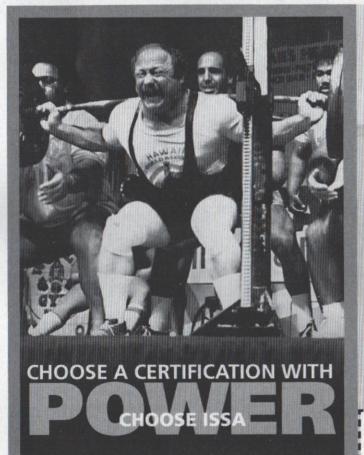
into a sport of equipment? I can't tell anymore who is truly the strongest? The person who has the money to buy the best equipment? I would like to see powerlifting get back to basics; less gear, tighter judging, like Olympic lifting, like strongman compe-

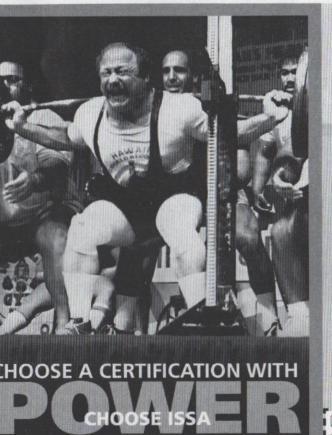
PLUSA: If you were advising youngsters interested in taking up lifting, which sport would you steer them towards: Powerlifting or Olympic

CB: Most definitely Olympic lifting: It has a lot to offer young athletes. If you make an international team, the federation pays your way. The only equipment you really need is shoes and a singlet. Competing doesn't require any special gear.

PLUSA: Any final thoughts?

CB: I really loved powerlifting and I miss it very much. I met a lot of wonderful people and made lots of lasting friendships. I know that nothing lasts forever, but I'm saddened by the way powerlifting has regressed. I use to be proud to say I was a powerlifter - but the more I hear and see the less I want to be affiliated with the sport. The athletes work hard to achieve their best and should be given a fair and equal chance to prove their strength. Athletes should band together and help powerlifting evolve in a positive direction.





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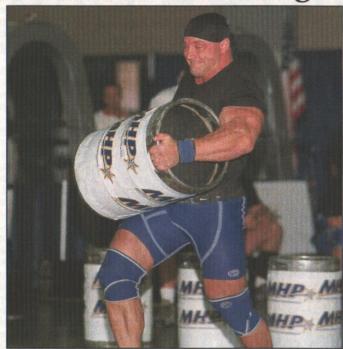
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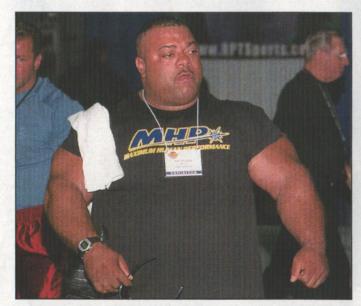


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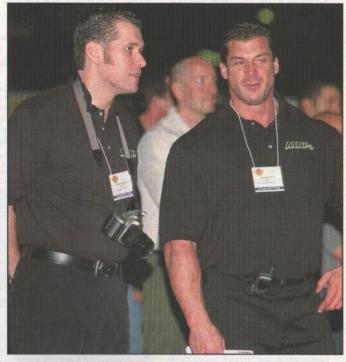
GNC Show of Strength



Mariusz Pudzianowski won the MHP X-treme Strongman event and verified why he had won the 2002 and 2003 World's Strongest Man Contest, with blazing speed, fiendish all-round strength, and a physique that should have been on the bodybuilding stage (where Dexter Jackson upset Jay Cutler and Gunter Schlierkamp). 2nd was former WSM winner Svend Karlsen, followed by MHP athletes Phil Pfister, Mark Phillipi, and Steve Kirit, in a World vs. USA team format



Bob Thomas, billed as the World's Strongest Police Officer, coached the Atlanta Law Enforcement team against the Atlanta Firefighters (coached by firefighter Phil Pfister) in the MHP Guns-N-Hoses Power Haney had his Ultimate Teen Challenge strength event in the same location, with Woodward Academy winning out over 25 area high schools. Armwrestlers, fitness, and figure athletes also competed at the GNC Show of Strength, where over \$400,000 in prize money was awarded, and more than 20,000 fans visited the 300 exhibitors. According to Scott Johnson, Basic Media Group CEO "The GNC Show of Strength and World Fitness Expo is truly the most diverse and entertaining strength, health and fitness event out there today."

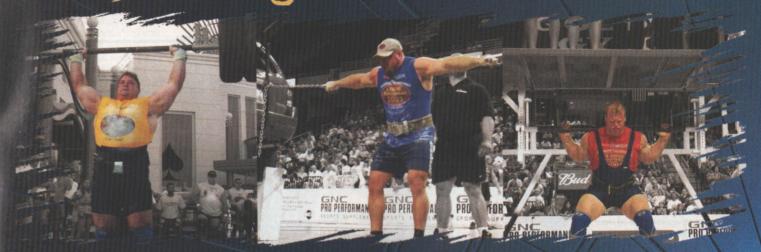


MHP Execs Were Pleased Frank Delianne and Gerard Dente (right) got tremendous exposure from their sponsorship of the Strongman Event, which took place right in front of their display.



Crunch Challenge. The police won the popular event, and Lee MHP Up Your Mass Tubs Were Everywhere at the GNC Show of Strength they even used them to load the Girl Lift to a new world record. This was an even match between the USA guys and the World team. The USA guys had qualified for their WSM team just before the World's Strongest Man competition, and - as a result were kind of beat up in those preliminary WSM rounds, with no Americans making it to the Finals, but the Europeans - who had the extra week of competition in the WSM Finals - were also a bit thrashed before coming over to the States for the MHP X-treme Strongman.

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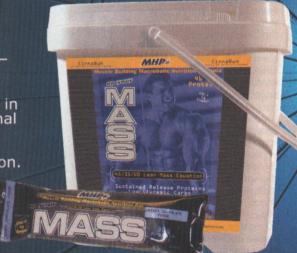


To get strong you have to eat big. So, how do strongmen, Phil Pfister, Steve Kirit, and Mark Philippi pack on the mass to hit their mega-human strength lifts? How can you do it too? Heavy training, of course, but nutrition plays an equally important role...more specifically, dense nutrition, as now provided by the new generation <u>lean mass</u> gainer...**Up Your MASS**™.

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A while back I was at a worksponsored seminar on increasing personal effectiveness. The world famous instructor asked the question 'How should we approach our weaknesses?' The expected answer came from the crowd: 'We should work them harder until they are no longer weaknesses.' To the astonishment of the class, the instructor retorted: 'Forget about your weaknesses, throw them away. Everyone has weaknesses, even Tiger Woods. His weaknesses just do not include golf. You just don't hear about those.' This was an unusual and novel approach to the subject of weaknesses. Being a student of powerlifting, I saw how this approach had some significance to the lifter too.

With three powerlifts not necessarily overlapping in muscle groups and skills required, many lifters have weaknesses in one lift. Long arms are great for deadlifting, but not so good for bench pressing and visa versa. The usual approach is to increase the work and intensity on the weak lift, which sometimes results in overtraining and further weakness and frustration. Increasing the quantity of work can be a detriment in lifting due to lack of recovery, so that is not always the answer. Unfortunately, we can not forget our weak lift, not train it, or not take attempts at a meet because we are sub-standard in it. So, what are the best ways for a lifter to address his weaknesses?

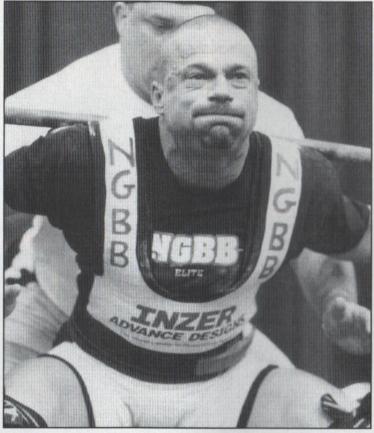
Let's start with the overtraining issue. Increasing the volume of training is the most common course of action. For example, if a lifter feels he is lacking in the bench, he usually adds sets of assistance work like inclines, declines, close grips, tricep work, barbell over head presses and dips, not to mention more sets of benches. What too often happens is the lifter eventually exceeds his recuperative abilities and overtrains, and the already weak bench press becomes more of a weakness, compounding the problem. In reality, perhaps the answer may be to perform less work. Overambitious training could have been the culprit all along. Adding more work only accelerates the decline. It takes real cour-

age to train less Another reason for a subpar lift could be inefficient lifting form. I have written numerous articles about bad lifting technique. I agree no one style of lifting fits all lifters, but examine your lifting execution on videotape or have an experienced lifter evaluate it. If you uncover a technique flaw, cut back the weight used and work on improving your technique. Lowering the weight helps you to properly learn the new style of execution

STARTIN' OUT A special section dedicated to the beginning lifter

WEAKNESSES

as told to Powerlifting USA by Doug Daniels



Phil Harrington's (seen at the WPO Finals) squat and bench have exploded lately and he is taking advantage of these gains as they come.

and reduce the chance of injury. Perhaps in the squat you lean too far forward as you descend, placing yourself in a position of decreased leverage. In the deadlift you may straighten your legs out too quickly, reducing their contribution to the lift. Your bench may suffer because you fail to maintain a tight position or arch as the bar nears the chest.

Lack of flexibility can also be a factor affecting your lifting style. Increasing your flexibility can result in a more upright and flat back in the squat and deadlift. Enhanced spinal flexibility can help to maintain your bench arch and tightness. Increasing your width of your squat stance or bench grip can make up for long legs and arms, not to mention using more of the stronger

Your bodyweight can also make a huge difference. You may not begin to improve a lift until you reach a certain bodyweight. A rule of thumb I go by is the bench is the most affected by a weight change, followed by the squat, then lastly, the deadlift. Perhaps dropping weight (bodyfat) can improve your deadlift because it would enable you to assume a more efficient pulling position. Make your weight gain or loss gradual and high quality, meaning more muscle than fat on the up side and more fat than muscle on the down side. In many cases it takes a full year to 'grow' into a different weight class so patience may be required.

Sometimes we are victims of our own self-fulfilling prophecies. That is we think we are bad at a lift, so we do not train hard and smart

In this case we concede defeat before we even start. As mortals we naturally enjoy pursuing activities we are good at and too many times lack real dedication to things that

are difficult. Look back on the improvement you have made so far. Think of the positives not the negatives. Use the positives to keep your motivational high, never be satisfied.

Even the best of efforts and mental attitude can not make everyone a PL USA TOP 100 squatter or bencher. This is where we can gain from the advice of the personal effectiveness guy in my beginning paragraph. In this case, we must look to our stronger lifts to carry the load for us. My favorite example was Tom Eiseman, a top lifter from the mid 1980s. Tom was a very slender 181 pounder who racked up quite a few top titles in his heyday. He was limited to a middle 300s bench, but he employed the sit-back-into-it technique to squat big and used his long arms and forkliftstrong back to pull mammoth near 800 pound deadlifts. His squat would keep him competitive after the bench at subtotal time, but his deadlift would wipe out his deficit after all the lifts were done. In Tom's case he recognized his weaknesses. but used effective technique on all three lifts and relied on his strengths to put it alto-

The point I am trying to make is that we must both address and learn to live with

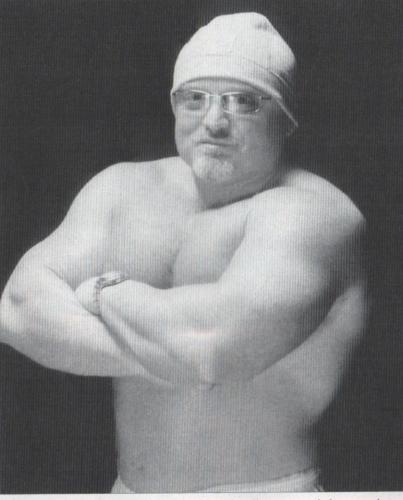
our weaknesses. Throwing more work and volume at a weakness may only make the situation worse. Instead examine other factors outside of more training like bodyweight, body structure, technique. flexibility and negative attitude We can not excel at everything we try our hand at, but we can use what abilities we have to perform at continuing higher levels and improve against our toughest opponent: ourselves. Next time you are asked how you deal with your weaknesses, say 'yes'. That's my story and I'm sticking to it.

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

HARD CORE GYM #27

Jump Off Your House says Jesse Kellum

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



Jesse Kellum has been steadily shredding the all time records for several years

members. Lest they all come try to kill me; I should tell you that owner Joe Adams is a goodguy. Ishould also tell you that they have a 1902 barbell which is easily the oldest in St. Louis-if not the oldest in the US. Know of any old stuff in your area? Reminds me of the Orange Ave Gym (oldest in the US) which was across the street from me when I went to the IRONZONE WPO Bench Press Bash in Orlando, FL. Old, but cool! Hold that thought for a minute.

Last month we visited Hal in prison,

and then spoofed the "Covert Gym"

in St. Louis. Before we go on, let me

tell you that the Covert Gym is real.

It is supposedly populated with Jungle

Op guys, and Jimmy Hoffa's family

Speaking of that Bench Bash - what a meet! Eleven benches over 700#, and 2 over 800#! There were giants in the land! Outstanding display of bench press powers which definitely proved my theory: the biggest benchers have the biggest heads. Almost all of the top benches were made by men with heads as big as watermelons. Somehow, I have missed my potential because I have a big noggin, but can't bench like those guys. It's not fair!

Last month, I told you to practice jumping off of ladders. Keep in mind, we are not responsible for any injuries. (plus; we have no money, so there is no point in trying to sue us.) This month we visit a guy who jumps off houses! Guess who it is? (Here is where the "old-but-cool" theme kicks back in.)

Downtown Fitness in Mandeville, Lousiana (suburb of New Orleans) is this

month's Hard Core gym. I'm told that there are 65-75 people who compete there! These guys are not just gym-rats, but actual competitors such as August Clark, who has benched 446@132, and 505@148. Kenny Palazola with 600@198, Rob Ferr with 550@308, and a new guy that is gunning for 615@181. And another old guy named Jesse Kellum! Jesse has benched 615@181, and 735@220. Jesse is also very tough in 3 lift meets, and has been for a long time. He, too, is still way cool!

I remember well the first time I saw him lift. We were both competing in an APF meet in Dallas, TX This was back when Bill and Linda Holland put on fantastic powerlifting meets, before they started the North American Strongman Society. Fond memories of Bill and Linda almost pulled me off course, but back to the story, Jesse and I were both in the 198s. We both appeared to be normal humans. We were not close in

a torn ACL in a Karate tournaany other way, as he easily totaled about 1000# more than me! I realment. I decided that if I wanted to ized very quickly that one of us was keep powerlifting, then I better quit that stuff. I never did get surnot human! He is very calm and gery, and wound up breaking the unassuming; easily overlooked in a crowd of powerlifters-until the lifting all-time squat record with a starts. He probably opened with about 300# more than my PR in the squat, 909@198. lalso squatted 1000 in the gym on several occasions. I use all kinds of training methand he inspired me with every lift. (I

you are, you better have heart.

Also, if anyone talked too much

crap - they could go out and spar.

On Saturday, we would workout

for 3 hours and spar for 2. (5 hours

total?!) I took martial arts for 15

years, and that's what got me spar-

ring. I had to quit doing that crazy

stuff so much though, because I got

ods that I have developed or copied have been a fan ever since.) I'll let Jesse talk: "When I lived in from people over the years. (I've New Orleans, I had a 1500 sq. ft. been competing for 24 years.) I have a lot of knowledge on gym in my backyard with a sparplyometrics, and we do tons of ring ring next to it. I would make he new guys spar with me so I variations of box jumps. could see if they had "heart, "be-Before I hurt my knee, I used to cause I can't workout with wimps. I don't care how strong or tough

jump off the roof of my house into a squat stance (below parallel) and then jump up onto a five-foot box. (?I) Did anyone else jump with you? Did you wear any gear?

Nope, no one else - just me. I never wore any equipment when doing jumps. I can still get pretty high, but with my added body weight I couldn't do it now. I'm bulking up to 230 now and will

then drop down to 220. I feel REALLY strong with the added bodyweight. At the Arnold Classic I want to be 220 @ 7-10% body

Important disclaimer: if at first you don't succeed,

skydiving's not for you. I guess the same is true of these roof jumps! Or maybe the other famous quote is applicable: if at first you don't succeed, try and try again. (Then quit. No use being a damn fool about it!) Jesse, tell us about Downtown Fitness, and your train-

ing partners. First, I want to thank God and give my Savior all the glory for my success. I want to thank my dad for being my biggest fan, with my grandmother a close 2nd. I want to thank my wife for all of the support - I'm 23 wins and 1 defeat in 9 years with her. I have lots of my equipment at Downtown Fitness, and the gym is set up real well for powerlifting. I have had many great partners the past 24 years, so there is no way to name them all. My main partner right now is August Clark and Kenny Palazola, Steve Lemarie, and Rob Ferr. thank them all and I would also like to thank John Inzer and Peter Thorne for all of their support.

I would also like to thank Ed Coan for giving me goals to shoot for. I know if I break his records, then I break the ALL TIME records which are the ones that I hold in high est regard As a master lifter, I would like to be the best in the world at any age-with a 1000+ squat, and a 750 bench and deadlift.

Thanks a lot Jesse. Hey sports fans, is this guy a powerlifting freak, or what? If any of you survive jumping off your house - e-mail the info to us! Every time I've ever jumped off anything high, people have called me crazy. And all this time, I was simply training. Yeah, that's my story and I'm sticking to it. I've jumped off a house onto the ground, onto a trampoline, and into a pool - and it was all part of my training.

Don't forget to send info on your favorite gym, and keep sending the comments and suggestions on the optimum number of lifters for a Hard Core gym (as requested last month). Until next month; brush your teeth comb your hair if you have any, and lift something really big and heavy for no apparent reason.

> Comments? HOUSE OF PAIN PO Box 333 Fate, TX 75132

IPF WORLD MASTERS



Mike Bridges is looking to hit much more in future competitions.

Canada 'til about 11pm on Thursday, October the 9th, I was with Bob Rood, Paul Fletcher, and Jeff Douglas. Bob and I found our luggage, etc. and we waited out in the terminal for about an hour, and and women. Most of all, I was we were concerned about Paul equipment did not show up. The next day, no equipment, and panic was setting in. At any rate, I noticed an unsavory large individuals appeared, just joshing. The equipment did arrive before they lifted, and a serious situation was avoided.

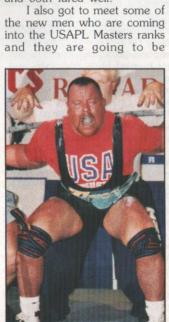
Wayne Cormier and Jeff

I did not arrive in Regina, Butt put on a great Masters. In my opinion, it was better than the 2001 Masters, and I hope they get another Masters in the future. I was very impressed with the quality and quantity of the American team, both men awed by many of the lifters and Dave. Finally they came who came back after competing out and told us that their lifting to help their teammates in the warmup area. There were people loading and there were other people wrapping legs, pulling up power suits, putting odor wherever those two rather on bench shirts and giving last second advice. The support team was working harder than those that were actually lifting. I was very impressed with

Mike Bridges, as a lifter and as



Larry Traub was another winner a person. On the platform, he left at least 100 pounds, 50 to 60 pounds in the bench alone. wear a much smaller and tighter shirt than Mike does. Mike also returned to the warmup area after he lifted, which helped inspire the team. Mike is easy to talk to and he has a good sense of humor. Although I did not get to see it, I was told by reliable sources that he and Sam Alduenda, who is also a world champion and world record holder, can walk on their hands better than some can walk on their feet. Both men were involved in a contest that required them to walk on their hands for distance and both fared well.



Greg Jones brought home a 1st. (these photographs by W. Morris) Jeff Douglas just missed a win. Likable Paul Fletcher got GOLD

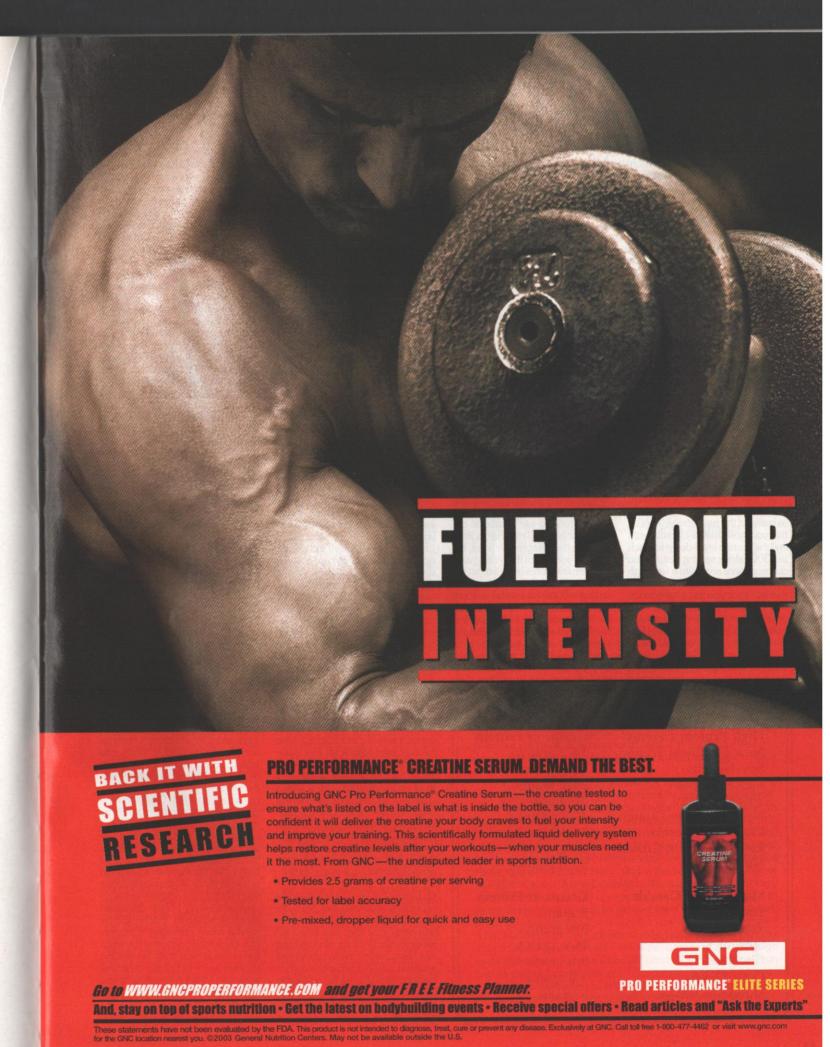


something: Greg Jones at 198. Scott Zwaanstra at 220, Jeff Douglas at 242, and Doug Ballard at 275, just to name a few. Paul Fletcher is a great guy and I enjoyed watching him lift. He is a fun guy to be around (him and Doug and soak up some suds!). Going into the deadlift. Paul had made an easy opener with 305 kilos and he was so far ahead that it would take a 900 pound dead to catch him. At any rate, Johnny Graham told him to pass on his second deadlift, which was a good call, but the look on Paul's face was ... what the hell is going on .Big Paul strode out for his 3rd attempt and yanked up the 320 kilos and became an I.P.F. World Champion.

Thanks for the memories, Will Morris

(article continued on page 72)





Q: My question is in regards to breakfast cereals. I really like eating them in the morning as it is quick and helps keep me going throughout the day. One thing that I noticed is that most cereals, even some of the healthier ones out there, are pretty low in protein. Are their any new high protein cereals out there that would be good for powerlifters? Thanks for providing us with so much nutritional insight, as I have to agree it is no doubt the most overlooked area in powerlifting. Sincerely, Charles Lee

A: So, you like a nice bowl of cereal in the morning, do ya? Actually you are right, it's guick and if you get a good brand it will be healthy as well. You are in luck today, as I will lay out for you the 411 on high protein breakfast cereals. If you have ever looked at the nutrient breakdown on the box of most cereals you will see that they are very deficient in protein. Now, this can be offset with a protein shake on the side or an omelet, but what do you do if you still want to get more protein from your cereal? The key here is to get a high protein cereal that will provide you with a high quality protein source. There a now many different kinds of high protein cereals on the market. You just have to know which ones to look for. I have laid out a chart (below) of several different kinds of high protein cereals as well as many of the mainstream cereals that you most likely are familiar with and the protein breakdown for each in a 300 calorie serving size. As you can see there are quite a few high protein cereals available on the market, so if you are interested in boosting your protein intake from your cereal you now have several options. You may not be able to find all of these in your grocery store, as many are only available at health food stores. I hope that I have given you the info that you needed to get a boost of protein with your

NUTRITION

Power Nutrition Q&A

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

newfound cereals.

Q: I read your column all the time and I will say that you are really trying to change the way powerlifters eat. What's up with that? I just wanted to let you know that I really disagree with all your nutritional theories for powerlifters. I saw that you recommend at least 1 gram of protein per pound of weight for the serious powerlifter. I have read that you need more than half a gram per pound that you weigh to maintain your health. So what gives, why are you recommending so much protein in your nutrition plan? I have never consumed a gram of protein per pound, but I can't see how it could make that much of a difference. Why would you recommend more than the RDA recommends? Wouldn't they know best? Jill Walker A: It's nice to see someone out there wants to pull my chain a little. OK, you can disagree with me, but where is your proof that eating such a little amount of protein will get the job done. First off, the RDA was set up to give you the minimum amount of nutrients that you need to sustain life for a sedentary individual. It is hardly what a serious hard training powerlifter would need to squat upwards of 800 pounds or to take 500 pounds out of the rack and press it over and over. Yes, I do recommend at least 1 gram of pro-

powerlifters. What you have to consider here is that you cannot compare a 300 pound sedentary couch potato with a powerlifting superstar ike Garry Frank. Nor can you compare a sedentary 165 pound pencil neck geek with a powerhouse like Angelo Berardinelli. To do so would be like comparing apples to oranges. It wouldn't take much of a brain to realize that the nutrient needs for the two examples are completely different. There is no way you can compare a serious powerlifter who trains 5 days a week, who throws around thousands of pounds of tonnage per workout, with someone whose most strenuous activity of the day is struggling to get the lid off his pint of Ben Jerry's ice cream. Yes, you may disagree with my theories, but at least use some common sense when you ask a question. The amount of protein that sedentary individuals need, compared with hard training strength athletes, is like night and day. Think of the nutritional demands that training day in and day out with massive poundage places on the human body. So, after considering all that do you still think that an elite powerlifter will have the same daily nutritional requirements as a couch potato that lounges around all day? Not only will these strength athletes need more protein, but their intake of the other macronutrients, which are carbohydrates and fats, will also need to be increased as well. Let's not forget the micronutrient demands that training at that level causes as well. I know that I am probably wasting my time responding to such a stupid question, but I did anyway to let the readers know some of the mentalities that I sometimes have to work with. Just to let you know-, the earth is not flat. I thought I would throw that in just in case you had some other intelligent questions for me.

Q: I know that you are big advocate of drinking protein shakes. My question is what is your opinion of protein bars? Are they just as good? What should I look for when buying one? I am busy going to school and working, so it is much more convenient for me to have a bar on the run instead of blending up a protein shake. How many can I have a day? Please get back to me, so I know if

sity, running from class to class, lab to lab, basically running around like a chicken with my head cut off. I can fully understand that when you are always on the run it can be hard to get in your protein shakes on time. Now protein bars are one of those tricky foods that you have to be careful of. There are a few reasons why this is true. You always have to tein per pound of weight for healthy check the label when purchasing any type of protein bar. The first thing to look at is how many grams of protein it has. For the aspiring powerlifter it should have a minimum of 25 grams per bar. Otherwise you may have to eat two of them to get the protein that you need. Second if the bar has more carbohydrates then protein, leave it on the shelf. This type of bar would be fine for those trying to go up a weight class as long as it has the minimum grams of protein that I recommended above. This is not the case though with many of them. Some may contain 35 grams of carbohydrates and only 10 grams of protein. Stay away from these types of bars as they are pretty useless for powerlifters and are more geared towards endurance athletes. Next you want to see the type of protein that the bar contains. If it is mostly whey concentrates or isolates or Miscellar Cassein, then this is good. If it is mostly soy based with a cheap casein protein, then this is not your best choice. Next, take a look at if it contains any gelatin protein. Some unscrupulous companies try to get away with giving you the lowest source of gelatin protein so that they can save money. If it has gelatin in it, leave it alone. Next, take a look at the amount of carbs it contains and their sources. If the carbs come from complex sources like rolled oats, brown rice, and grains than this is good. But if you look at the label and the main ingredient is high fructose com syrup and glucose, don't buvit. Yes, it may taste good, but in reality it would just be a candy bar with a little protein thrown in for good measure. This is not what you want. Check the micronutrient spectrum on the bar as well. Does it contain a nice dose of vitamins and minerals? Taste is another factor as well. I know it can be hard to get all the above in a good tasting bar, but there are a few good ones out there. When you find one that meets all my criteria there is no problem having 1-2 per day when on a busy schedule. You have to be careful when choosing a protein bar, because if you just go by what tastes good you may be setting yourself up for very little nutritional value and a thicker waistline. If you want to find out which bars that I

recommend than e-mail me and I

will give you the real deal so that you

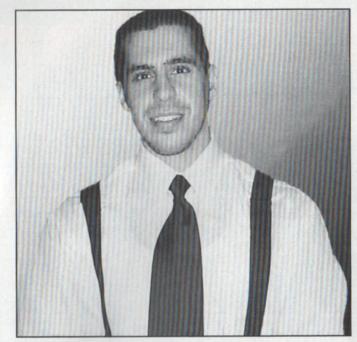
I am doing something good or bad

A: Hey Joey it's nice to hear from

you. I know exactly what you mean.

I remember being back in univer-

here. Sincerely, Joey Varlese



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

don't end up eating a glorified candy

Q: Leat out quite often since my job requires me to drive quite a bit. I hate to admit it, but I eat a lot of fast food even though I know it's way too high in saturated fat and cholesterol. I know sooner or later it's going to catch up with me, so I need some advice. I want to eat healthier because I am worried about the health consequences down the road and I still want to be competitive on the platform. What can I eat while on the run that would still be healthy and provide the right nutrients to help my powerlifting ambitions? I eat a lot of burgers and fries, almost on a daily basis, and I know its not doing me much good as my waist size has really increased over the last few months. Please help me out here, as I need some healthy alternatives to the horrible junk that I have been eating recently? Thanks for all your help. Yours truly, Jim

A: Jim, I can truly understand your problem here. I work with between 10-15 athletes every day and I am always on the go. Even though half of my time is in my office, I still go from one client to another making sure that all my athletes are getting the results they need. The main thing here is that you still have to eat decently to keep your health in order. You also want to make sure that your performance isn't going to suffer due to your poor eating habits. There are many different things that you can do to eat well, even though your time is limited. With your type of schedule making your meals the night before is a must. There is no way that you are going to feel like cooking for an hour when you are up at 6 o'clock in the morning. Let's face it, unless you

dedication, you are not going to do this day in and day out. Cook your foods ahead of time so that you won't run into this problem. One thing that I like to do is to cook a good amount of food on a Sunday night, so that for the next 3 days my food is basically taken care of. I will grill up a dozen chicken breasts, broil some fish, boil a big pot of brown rice, steam all my vegetables and voila. You now have enough food for a few days without having to go crazy trying to prepare all of them each and every day. This way you can still stick to your nutrition plan without having the stress of having to put it all together on a daily basis. When time is of the essence, you have to plan ahead to make sure that you can still get the nutrients that you need to succeed. Put all the foods in Tupperware containers and then store them in the fridge. Get another set of Tupperware that you bring with you while you are on the go. Another idea is to bring foods and supplements that are easy accessible while you are out. Bring some hard-boiled eggs, yogurt, cottage cheese and fruit. These are all healthy foods that are quick, but will still allow you to get the nutrients that you need. Bring your protein shakes with you so that all you have to do is add water to the shaker bottle and you have it all ready in less than a minute. When eating out there are still many health choices that you can have without having to worry about an increased cholesterol level. At most restaurants or even fast food chains you can easily get a grilled chicken sandwich or chicken salad. A chicken pita or fajita can also serve as a healthy alternative to

possess an unbelievable amount of

(article continued on page 70)

Important Announcement

During my time as a Sports Nutrition Consultant I have worked with numerous World Champion Powerlifters and Professional strength athletes looking to take their performance to new heights. This has taken many top lifters and world-class athletes performance to a new dimension. But it has given me very little time to work with just your everyday powerlifter that is not totaling elite and will never squat a 1000 pounds or bench press 700.

With the launch of the new Nutrition XP3 program and Transformation Contest, all serious powerlifters no matter your age, weight class, or total status will be eligible to work with me one on one. Before this my clientele consisted of mainly star athletes and a selected few who were eligible to learn my secrets to not only increasing your performance, but your health and longevity as well.

What makes this competition different than most is that you will be competing directly against yourself instead of the power and musculature of another powerlifter on the platform. This will give you the chance to take your current condition from mediocrity to superiority in only a few short weeks through your discipline and intellectual application of sound nutrition, supplementation, and training principles.

This contest will be open to all power lifters. This contest will be open to the first 50 lifters who are interested in giving the Nutrition XP3 program a test drive. This contest will have several divisions, which include the following:

- 1. Most Fat Lost
- 2. Best Improved Total
- 3. Most Improved Women lifter
- 4. Most Improved Master Lifter 5. Most Improved Teenage Lifter
- 6. Fireman, Police and Military Division
- . Novice Powerlifter (Less than 2 years powerlifting)
- 8. Most increase in Lean Tissue
- 9. Most Improved Bench Press
- 10. Most Improved Squat
- 11. Most Improved Deadlift
- 12. Grand Champion

Champions from each division will be featured in POW-ERLIFTING USA magazine to highlight the accomplishments they have attained through the Nutrition XP3 program. Not only will they be featured in this magazine that goes to all corners of the globe but they will also be featured on the official PL USA website as well. This will give the up and coming powerlifter the chance of a lifetime not only to take their total to an all time high, but the opportunity to be featured in our sports most prestigious and informative magazine. Where else would the "Average Joe" powerlifter have the chance to grace the pages of an international magazine with a full exposé done to let others know how they got in the best shape in their

So if you think you have what it takes to be one of the champions of the first ever Nutrition XP3 Power Transformation Contest you can write for an entry form right now! You can begin your transformation anytime after December 1st, 2003. Once you begin you will have 12 weeks to show your stuff and get in the best condition of your life. Don't wait as the contest is only open to the first 50 lifters and all will be treated on a first come first serve basis. Truly, this is the one and only Power Transformation Championships in the world that offers every powerlifter a chance to compete. I would personally like to invite everyone to consider getting involved in this contest. What do you have to lose except a few inches around your waist and the chance of a lifetime to be featured in the pioneer magazine for powerlifters? Now is the time to make a change so don't hesitate. You could be the one featured in my column and its only 12 weeks away.

For those interested in finding out more about the contest please contact me at Aricciuto@X-tremePower.com.

Yours truly, Anthony Ricciuto

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New Paradigm Foods Soy-N-Grits Kashi Go Lean Soy-N-Energy NeXtra Protein Crunch Cranberry Protein Regular Protein Crunch Nutlettes

Mainstream Cereals

Smart Start Total Special K Cheerios Corn Flakes Shredded Wheat

Grams of Protein

25.8 grams 14.2 grams 20 grams 40.2 grams 36.4 grams 50 grams

53.6 grams

14.2 grams

Grams of Protein

5 grams 8.6 grams 16.6 grams 8.6 grams 5.8 grams 9 grams

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- * RANKED NO. 1 IN THE WORLD (181 lbs. class)

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The HardCore is designed by the powerlifting gear experts and is patented with two U.S. natents

New CoreLockô prevents slipping of the legs without constricting your thigh. (leg slippage is a major cause of slack in butt area in other brands).

Squeezes the body like a powerful wrap, ensuring support even in the top range. The perfect amount of non-stretch and rebound combination.

Unlike another companyis attempt at a ipremium suitî that has shown to fail with repeated blowouts, the HardCore is virtually blow proof as proven in recent top level competitions.

The design and thickness of material provides a level of comfort that, until the HardCore, has been a non-existent feature of squat suits.

HardCore material is over 40% heavier than the closest fabric on the market.

Compared to the HardCore, a competitoris attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their ipremiumi price for a lesser suit, consider the proven, world-record-breaking Champion and Z Suits are a much better price and value).

HardCore material was engineered and created to exact specifications for powerlifting gear

A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you wonit need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

Does not sag or get baggy in the butt as is known of a competitoris attempt at a ipremium suitî. Only HardCore has Memoryô which retains its shape and power after every use.

The largest research and development production ever in powerlifting gear technology. Only Inzer Advance Designs could bring this new evolution to the powerlifting world.

Built for all squat stances and styles. After you pull the crotch up and secure the HardCore legs in place, the CoreLockô will help your legs stay firmly planted whether you use wide stance, ultra wide or close.

The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and safety. You will move the increased poundages with greater ease than ever before!



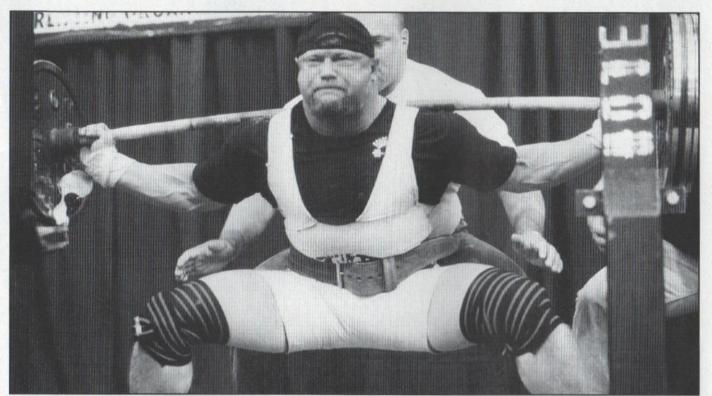
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FORCE TRAINING by Jim Wendler and Elite Fitness Systems



Prepare to LAUNCH!!! Westsider Chuck Vogelpohl getting set to blast up a world record squat attempt at the WPO Finals in Atlanta

Question: I have seen in some of training logs at www.EliteFTS.com that many of you have been using the Safety Squat Bar and the Cambered Squat Bar for your dynamic effort squat workouts. Why are you doing this and how can I incorporate this into my training?

Answer: The Safety Squat Bar and the Cambered Squat Bar are used for several reasons on dynamic effort day. One of the main reasons why we are doing this is to take the stress off of our shoulders and elbows. The SS Bar allows you to keep your hands completely off the bar. The Cambered Squat Bar allows you to put your hands at about waist level. This helps keep the stress off of your shoulders and allows for better bench pressing during the week. Another reason why we are doing this is because it is something different and challenging. Because of the camber of the SS Bar, it is always in the process of trying to pull you forward. Because many people miss squats because they fall forward, we've found this bar to be the perfect antidote to this problem. The Cambered Squat Bar is one of the toughest bars to squat with. It is very unstable and forces you to stay tight. This is especially true when coming off the box. This is another area that lifters have a problem with and this bar addresses this issue. We are always looking to innovate our training and using these specialty bars may be just the thing to raise our totals.

I should mention that because we are using different bars during dynamic effort training, the idea of dynamic effort" remains the same. We are still trying to push with force and become more explosive. So the intent of the day remains the same; we are just using a different bar to achieve those means.

If you want to incorporate these bars into your training, then I would first experiment with them when you have plenty of time before a meet. You do not want to introduce a new stimulus to your training when you are several weeks out from a contest. This will allow you to assess your training and how the different bars affect your recovery and progress.

In order to select the proper weight, I would use about 60% of your best max effort with the appropriate bar. For example, if you perform your dynamic effort squatting on a 14 inch box and have a 600 lbs. SS Bar max on that same box, start with 365 lbs. Perform 10 sets of 2 reps at this weight and increase the weight 3-5% for two more weeks. At the end of this three week cycle, drop back down to the original weight. If you feel that the original weight is too heavy, drop 3-5% and use that weight for your second week. When using the SS Bar, we rarely use bands and will occasionally use chains. If you choose to use chains, the bar weight will remain the same because the chains have a complete de-load at the bottom of the lift. When using this bar, we've found that using a medium stance works best. Some have been experimenting with alternating their foot position from a close, medium and wide stance. Experiment for yourself and see what works for you.

With the Cambered Squat Bar, use the same protocol as above. We have used bands when using this bar, but we have set the bands up differently than with a straight bar. We have been looping the

bands under the Monolift (this has not changed) but instead of placing the bands around the bar, we put them over the 45 lbs. plates. Again, start with about 60% of your best Cambered Box Squat. We have been using a wide stance with this bar. If you choose to use bands, I would highly recommend using a light (purple) band when starting and progress as you see fit.

We are not sure if one can use these bars leading up to a meet. All that have used these bars in the gym have gone into a meet using a straight bar for their training. Unless you have a shoulder problem that prohibits you from using a straight bar (except at meets), I highly recommend that you use a straight bar for the last 6-8 weeks prior to a meet.

Both of these bars can be purchased at www.EliteFTS.com and may be just the thing to bring your total closer to Elite!

For more information regarding training equipment, apparel, powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit www.EliteFTS.com.

Among the greatest powerlifters in the world, Ausby Alexander remains a legendary figure. Prior to his abrupt resignation from the sport in 1990, Alexander had established himself as the greatest lightweight to walk the face of Earth. At 5'7" and 148 lbs., Alexander, in his prime, was arguably the most powerfully efficient lifter in the world. With a massive chest, a ribbon thin waist, iron hard arms and thighs

thicker than most men's waists, he raised weights that were a fantasy for other athletes on the world stage. During his brief career, his extraordinary strength and biomechanics-combined with a unvielding determination to win - netted him eight All-Marine titles, six Armed Forces titles, five National championships, a gold medal at the World Games, one at the WPC Worlds, and two gold medals and two silver medals at the IPF worlds. He was the first Armed Forces athlete to receive the SALUTE magazine award and twice was awarded the U.S. military's prestigious Male Athlete of the Year (the first Powerlifter to earn that honor!). He also set 23 national records and 14 world records. He was the first lightweight to break the 1700 pound barrier, a feat that shocked the powerlifting world. His best lifts at 148 pounds are a mindboggling 644 pound

squat, a 380 pound bench press and a 677 pound deadlift. Although he competed at 165 pounds only briefly, he was just as dominant in that division, posting an incredible 1885 total with lifts of 751 pounds in the squat, 413 pounds in the bench press and 722 pounds in the deadlift. He accomplished all of the aforementioned achievements in 8 short years ... that in itself is otherworldly. Ausby Alexander was in a class by himself. In 1990, he was named as one of the greatest powerlifters of all time by POWERLIFT-INGUSA. That very same year, to everyone's surprise, Alexander just

.. well ... vanished. Alexander's phenomenal prowess and unexpected retirement led this author to label him the "Bobby Fisher of Powerlifting." He conguered the world, sat alone, a superhuman, and then he disappeared. Where he went and why he left the sport no one seemed to know, but like Fisher, his celebrated legacy lingered long afterwards.

Now, more than a decade later, Alexander has resurfaced. To interview the former powerlifting great, POWERLIFTINGUSA sent me to meet with him in Atlanta, Georgia.

Dr. JUDD

AUSBY ALEXANDER

Pt. 1, Introduction by Judd Biasiotto Ph.D.



Ausby when he broke 1700 at 148 lbs. in 1987

We began our conversation with a topic much on the minds of the Iron World.

Dr. Judd: Let's start out slow here why the hell did you quit? Alexander: (laughing out loud) Is

that starting out slow? Dr. Judd: Just answer the question. Let's be honest: that's what everyone wants to know. Why did you quit when you were on the verge of becoming the greatest

powerlifter of all time? You were

right there Alexander: Well, there were a

number of crucial circumstances that lead to my retirement. My health was one of the main reasons I left the sport. In late July of 1990, about a month after I won the Senior Nationals, I experienced a major problem with my heart. At the time I was stationed in Iwakuni, Japan, and I had just begun training to defend my World title when I started having problems. What happened was I was sleeping one morning and all of a sudden this strange feeling swept through my body. It was a sensation I had never experienced before ... it woke me from a deep sleep. It felt like my spirit was leaving my body, and then I felt like I was going to black out. I literally fought to remain conscious, but I eventually did pass out. When I regained consciousness, the same thing happened, and I blacked out again. This occurred like three or four times. Then when I was finally able to remain conscious l found that I couldn't walk a hundred feet without collapsing. To say the least, it was a rather alarming situation. After seeing several doctors overseas, I was told that I had to have heart surgery and that my career as a lifter and a Marine was, in essence ... over. I was MEDEVAC'd to Balboa Naval Hospital in the States. From there I was sent to UCSD Medical Center, where a number of heart specialists diagnosed me with Wolff Parkinson White Syn-

drome (WPW). Dr. Judd: What exactly is that? Alexander: Well what happens is your heart goes into this type of accelerated heartbeat. It's a type of extreme tachycardia in which the heart rate elevates to over 200 beats per minute. When this happens, the chambers of your heart don't have time to adequately fill with blood; consequently, less blood is pumped out of the heart. With less blood going out of the heart, you naturally have less oxygen getting to the tissues of the body, which can be extremely dangerous. In fact, if the heart continues at this rate for approximately four minutes, you could end up with brain damage because of the lack of oxygen. Dr. Judd: How did you deal with

Alexander: It wasn't easy. There were times when I felt like I could just reach out and touch death. ike I said before, "there were a number of times when I actually felt like my spirit was leaving my body." It was very scary. And then there was the added stress of losing my professional and athletic career. It was tough! When I first got the diagnosis, I couldn't believe all of this was happening

to me. "Why me?" I thought. I quess this is a question most any one in a similar situation would ask. What got me through all of it was Christ. I have very strong faith in God and always will. So, when it got too tough for me to handle, I asked the good Lord to guide me through the ordeal.

Dr. Judd: How did things work

Alexander: To be honest it was a miracle that everything worked out the way it did. I had to have a heart catheterization performed to see if surgery was required. I was also required to wear a heart monitor for a week after the procedure was done. I nearly had a nervous breakdown waiting for my results. Even though every doctor who saw me prior to that catheterization said I would need surgery, the results came back positive. The doctors were shocked and to be truthful so was I, but God is good. Like I said, "it was a miracle." Later on, the doctors informed me that years of weightlifting and running helped prevent the open heart surgery. Dr. Judd: But I thought you won the world championships in '90? Alexander: I did! After I was released from the hospital, I asked

Dr. Judd: So why did you quit after being so successful at the Worlds? I would think that would

God for just one more chance to

go back and defend my world

title, which He granted me. Even

though I only had two months to

train. I had the best world champi-

onship of my career. I went nine

for nine that day, and every lift

have motivated you even more. Alexander: Like I said, "When you are so close to death that you can reach out and touch it, feel it in your soul, literally taste it ... it gives you a different perspective of what is important in life." Actually, my heart problem was a blessing because it forced me to put everything in its proper perspective and helped me to focus on more important things in my life. When I did that I realized that there are way more important things than lifting weights. It also made me aware that I am more than just a powerlifter and that I had other meaningful things to contribute to people. So I just decided that it was time.

Dr. Judd: Looking back now, do you have any regrets about retiring so early? After all, you were on the verge of establishing yourself as the greatest lifter of all time. That had to be hard to walk away from.

Alexander: To this day, my only regret is that I didn't reach my full potential at 165 like I did at 148. know I could have totaled between 1950 - 2000 at the bodyweight of 165 pounds. (Part II, next month)

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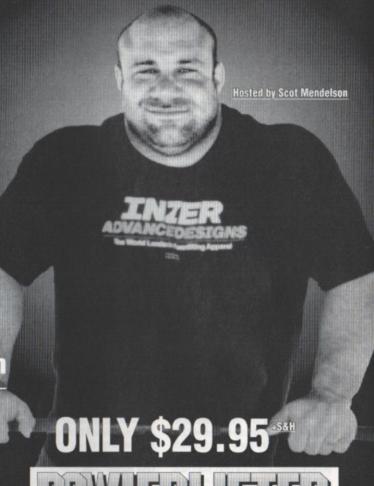
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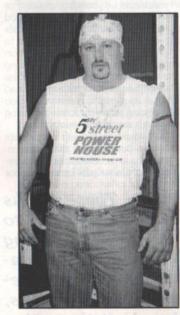
POW!ER SCENE got back on the road again (well, actually, it was the airplane), to check in with the big blond bencher with the Mohawk haircut, Gene Rychlak.



Gene Rychlak Jr. at 5th St. Gym

Big Gene - he's about 350 - trains at Bob Nagle's 5th Street Gym in Temple, Pennsylvania, and he's chasing bench press history (Editor's Note: At the IPA Nationals, Gene made 900 in the bench!) In his Powerlifter Video Star Workout (the reason for our visit to Pennsylvania), Gene blasted up 700 for 8 reps, and that was still a month before his next meet. Wow!

Helping Gene train were gym owner Bob Nagle, and Mark



Owner BobNagle at 5th St. Gym

Hoffman, who's got a 1925 total and is aiming to top that 2000 lb.

Bench America competitor Joe Mazza, who hit 525 at 165 there. came by during the workout and we spent a few minutes with him. Joe's POWER SCENE



Mark Hoffman checks out the record board at 5th Street Gym

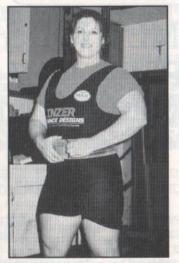


Joe Mazza has joined big Gene as an MHP sponsored athlete.

looking for some big things for next year, including a 600 BP at 165!

Both Gene and Joe are sponsored by MHP, a New Jersey based supplement company, and any company that sponsors powerlifters, and powerlifting, deserves recognition and credit. MHP was started in 1998 by Gerard Dente, a national level bodybuilder, and has a lot of different products for lifters, including its upcoming "Up Your Mass". MHP, which stands for Maximum Human Performance, can be reached at 888-783-8844.

And now it's time for a POW!ER SCENE tradition, our annual Christmas shopping guide for powerlifters. Here are some ideas on what to get your favorite lifter - or maybe just get for yourself.



Vicky Hembree in an Inzer DeadliftSuit. (courtesy Ned Low)

Equipment is always an important concern for powerlifters, and

lots of companies supply it. Inzer Advance Designs has been a market leader for many years, with suits of many types for all three lifts, and many other topquality items, like their everpopular knee and wrist wraps. Call them at 800-222-6897.

Elite Fitness Systems carries a broad range of the in-creasingly popular bands and chains, and also has the Metal line of gear, plus books and videos. Call 888-854-8806.

Crain's Muscle World has its own line of lifting gear, and just about everything else a powerlifter could want. Books, videos, chalk, suit slippers, gloves, supplements, t-shirts, etc; Crain's has an amazing amount of things. Call 800-272-0051.

For probably the biggest selection of t-shirts, plus lots of other gym wear, check out House of Pain. The folks there can supply pants, sweats, shirts, caps, and more, with cool designs, stylish looks, and attitude. Call 888-HOFPAIN.

For unusual strength training equipment, including the famous Captains of Crush" grippers, and for MILO Magazine, call IronMind at 530-265-6725.

To catch the latest in the power-lifting scene, including step by step workouts with top lifters, contest action, coaching tips, and PL news, all on video, check out POW!ERLIFTER Video.

It's just released it's new Spe cial Edition video, POW!ERLIFTER Video's Bench Press Kings, starring BP workouts with Scot Mendelson, Ryan Kennelly. Josh Bryant, and Anthony Clark, plus a visit with Louie Simmons and the footage of Scot's world record 875 bench.

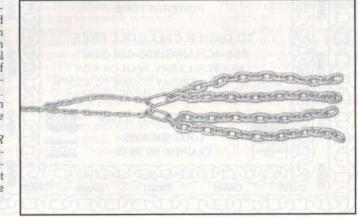
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Best wishes for a happy, healthy and strong Holiday Season. NED LOW



Scot Mendelson is hosting POW!ERLIFTER Video's "Bench Press Kings", a new Special Edition Video. Below, chains, one of many training products from Elite Fitness



Mail to: POW!ERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

TRAINING

TRAINING METHODS PART 1: SPEED DAY

as told to Powerlifting USA by Louie Simmons

While recovering from my second lower back injury, for which doctors recommended removing two disks, taking off a bone spur, and fusing my vertebrae, with no guarantees, I decided that I had to take a new approach to lifting or disappear like everyone else who lifted in the early 1970s.

I called Bud Charniga in Michigan and asked for several of his books that were translated from Russian. These books contained an abundance of science combined with special strength training. These materials helped me to realize that lifting was a combination of biomechanics, physics, and mathematics, not like I had previously thought. There was no mention of training with 5's or 3's.

I had followed the progressive overload system since my first Olympic lifting meet in 1960. The only period in which I did not compete was from 1966 to 1969, when I was

in the army. In 1983 I was going nowhere with my training. I was stronger, but slower. That's where Bud's books were invaluable. They described methods of training and organization that I had 'never heard of before. Furthermore, no one in the United States used these methods until I started writing about them in Powerlifting USA. This article is meant to be a refresher about special methods and means on speed

Dynamic Effort Method. On speed day, use submaximal weights with maximal speed. This method is used to increase the rate of force development and explosive strength, not to build absolute strength. For squatting: 10-12 sets of 2 reps

For benching: 8-9 sets of 3 reps For deadlifting: 6-10 sets of 1 rep after squatting

Contrast and Reactive Method. Weight releasers provide one overload rep on each set. The



recommended load on weight releasers is 20% of the barbell load. For example: 400 pounds on the bar, 80 pounds on the weight releasers. Use chain weight on the weight releasers for best results. Bands are a contrast method. We use only Jump-Stretch bands. Only higher ranked lifters should use bands. For speed

strength, 65% of the total weight should be barbell weight and 35% should be band tension. For strength speed or slow strength, used with maximal weights, 65% of the total weight should come from band tension and 35% should be barbell weight.

Lightened Method. By attaching bands to the top of a power rack or Monolift the total barbell weight can be reduced in the bottom of the lift. The percent reduction can range from 15% to 25% This method builds your rate of force development by overcoming a load with a medium to heavy concentric move-

ment. Concentric Movements. With the bar suspended by chains or by using the power rack pins, simply crawl under the bar and raise it concentrically. Going from a relaxed condition to overcoming a stable load with light and medium loads of 50% to 80% will develop a rapid rate of force development. When loads of 90% and above are used, this causes maximal force rather than appearing explosive. It

may appear somewhat slow due to the massive external resistance. The second method with 90-100% or

ing or squatting, 20-24 total lifts are standard on dynamic method day For benching, use 40-50% of a 1RM with a method of accommodating resistance, i.e., bands or chains. For squatting, use 50-60% with a method of accommodating resistance. Bands or chains must always be used to greatly reduce the deceleration phase. You can stand up for a long time with a weight at the top of the squat; however, with a large bar load made up of mostly band tension, you are being pulled backdown, causing a force exceeding gravity.

of force development after an eccentric phase accompanied by a relaxed phase include box squats, floor

... These books



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Louie Simmons preparing Matt

Smith for a lift at the WPO Finals

press, and board press. Many former

college athletes are very explosive

but lack a high level of maximal

strength. They are very fast with light

weight, but as the load grows to near

max, 95% and higher, they slow

considerably. This can be corrected

by using a high percentage of band

tension-65% of total bar load. This

slows the movement down while

0.3 seconds. This can be prolonged

with the use of bands to prevent a

quick bar deceleration. The late Dr.

Mel Siff agreed with this. We have a

63-foot shot-putter that said he has

always been quick, with a 363 power

clean and a 565 deadlift at 250

pounds body weight. However, he could not budge a 600 deadlift. He

has zero quickness there. Speed is

relative when compared to the

Pendulum Wave. On dynamic

day, use a 3-week pendulum wave.

For example, for the squat: week 1, 50%; week 2, 55%; week 3, 60%; week 4, back to 50%. Change from

bands to chains, add weight releas-

ers, use the lightened method or

overcoming a rested load, or change

ness. Rest periods should be 45-60

seconds between sets for explosive

and speed work. The muscles should

be in an excitable state or slightly

fatigued. This will cause an increase

"... No one will

ever understand

the true definition

of strength by only

reading a book.

You must become

strong to recog-

nize a weakness."

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amount of resistance.

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in difficulty in training. If this is impossible for you, your GPP is low. You can raise your GPP through small workouts between days and even prior to training. Chuck Vogelpohl and I commonly go heavy on the Reverse Hyper machine and do abs, lats, and sometimes reversal muscle action workouts before a squat or max effort workout. Small workouts during the week will greatly increase your chances of raising your total. Some of these workouts should be for special strength and some for restoration. This is a must for drugfree lifters. I've had many drug-free lifters here who have greatly pushed up their lifts by doing extra workouts. It's OK to be drug-free, but don't be orain-free. If you don't do more, you will not make progress. A lot of you dudes played high school football, which included 2- and 3-a-day prac-

tice sessions. You were drug-free then, so what's the difference? If these workouts are done systematically, you cannot overtrain. Rememberwhen your squat was 400? 500? 600? and 700? But now you squat 800. How did you get stronger without doing more work, yet you didn't overtrain. You merely raised the amount of work systematically over the years. Simply stated, you raised

Muscle Priority Sets. Train the most underdeveloped muscle groups first or a skill that is lacking. Verbal Commands. Always use

verbal commands such as "blast it", "drive it", "speed", "squeeze the bar", "head "up", "knees out", "sit back",

Conjugate Sequence Method. Always rotate special exercises on speed day. The more inquiring you are (extroverted), the more often you must switch exercises, using a wide variety. The more introverted you are, the less often you need to switch exercises and the fewer exercises you need. The hardest thing for some lifters

is to change.

We combine many methods on speed day to fortify our training. If one used a single method, it would take forever to utilize them all and they would be nonproductive. No one will ever understand the true definition of strength by only reading a book. You must become strong to recognize a weakness.

Next month: Training Methods. Part 2: Max Effort Day

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more is to be used on max effort day. Dynamic Method. For bench-

Methods to develop a rapid rate

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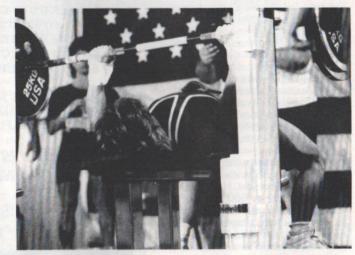
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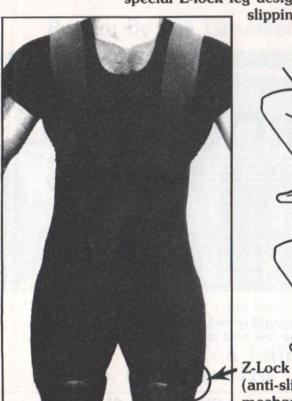
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What's going on with BenchAmerica II?

On behalf of BenchAmerica and the Sports Loop, I am pleased to announce some preliminary information for BenchAmerica II. BA-II will continue to be unsanctioned and open to all lifters. In our quest to continue to be "The All-Star Game of Benching" and provide a fair platform and grow our sport with fans, media, and sponsors, we found it necessary to make some changes. These changes, we believe in time, will help bring powerlifting into the mainstream of sports.

We are going to reach out to high school students through our advertising. On a regional basis this year, we are conducting BenchAmerica Lift-athons in the high schools as a way for high school athletes to raise funds for their school as well as teach them our sport. The finalist will get to compete, head to head, in the first session at BenchAmerica.

Bringing the sport into high schools will help our sport grow for many reasons: high schools are organized and have a good platform to put together teams that will compete locally and nationally. It will help build our fan base and bring in the big sponsors. We feel it is essential, to our sport, to have our athletes involved at a younger age. Organizing powerlifting in high schools and even younger will create the gateway into our sport instead of just stumbling into it after high school or college.

I have been told that our sport, in the US, grows at the pace of 35% each year. That's great but the downside is the same 35% gets out every year for different reasons but many of them being frustration that I assume comes from all of the wars that live within this sport. Our sport is really fractured and, of course, there are wars - we have too many sets of rules. Imagine going to play a round of golf with five or more sets of rules! Imagine any other sport that you know that has more than one set of rules. Rules won't always be perfect for everyone but they become the guidelines for which we live or compete within. And in the end, under the one set of rules, there is no question about who is the best.

So let me get to the reality of building our sport in high schools. It won't work with steroids. Call America hypocritical for always having exceptions to the rules but, most American's perception of athletes who use steroids is not a good one. It is simply not accepted. Why - because it is a health issue? Maybe-maybe not. The bottom line is that, in America, anabolic steroids are illegal. There will always be people who use them and somehow sneak through but, as a whole, you cannot market steroids and get major sponsors like Coca Cola or Pepsi. I can fight them on the issue all day but it won't happen. And we are aiming, long term, at getting big sponsors. So testing at BenchAmerica II and in the

To be fair to all, we will make it so at this point, if you want to compete in BA-II and are currently using performance drugs and are worried that even if you stopped now - you may still test positive, here's our offer so that you don't get singled out. We will test using an independent service with the use of a lie detector test. Based on research it's quite accurate. Our requirement for BA-II is that, in 2004, you do not use performance drugs, synthetic pro-steroids, growth hormones, or anabolic steroids. With the use of this method, come meet day- You determine your

Equipment - so many debates here too but what we want to do is make the lift more real and ensure that the lifter who wins is really be the strongest because of his strength and not because of his ability to find the best shirt.

I took the liberty of taking many different benchshirts to a highly reputable orthopedic surgeon in the Chicago area and explained what they are for. Here's the fact - beyond a single layer there is no additional safety. And for the record, a single layer shirt really does offer safety over not using a shirt at all. Beyond single layers, there is too much manipulation and the percentage of real lift verses assisted is somewhere between 100-300 pounds. We find this unfair for our sport.

Unofficially, here are some rules: Equipment: single layer poly or denim - partial open back okay (collar continue up to the shoulder line) Understand that this is just a rule being used to make the winner come in closer to his actual raw

Testing: Yes, as of January 1, 2004, the lifter must not be using any performance drugs. Testing will be done by the use of a lie detector test. (This is an open door for all lifters - if

you want to compete in 2004, we ask that you simply follow the rules, be honest with yourself and your com-

Weigh-in: 24 hour Meet info:

Date: May 1, 2004

Place: Harper College, 1200 West Algonquin Rd., Palatine, IL 60067-7398 Website: www.harper.cc.il.us (10 minutes from O'Hare Airport)

Televised: Yes - National Coverage (We are presently in negotiation with two different networks.)

Divisions: Women's (top 10 based on % of lift/bodyweight), Men's (114-

Teams: Any sanction that has five lifters qualify will become a team-now, not only can we determine the strongest lifter but also the strongest sanc-

Awards (to be confirmed at a later date - these figure may go down or up based on sponsorship but this is what we are striving for): Women's top five will receive \$2,500/\$1,500/\$1,000/ \$750/\$500; Men's (pound for pound) top five will receive \$5,000/\$2,500/ \$1.500/\$1,000/\$500; Men's (overall - most weight lifted) top five will receive \$10,000/\$5,000/\$2,500/ \$1,000/\$500; All weight classes men's) will receive medals for 1st, 2nd

Qualification: Top 10 for women, top 5 for men for each weight class based on the ranking system. The top 15 will be listed on our site and will be updated weekly. The ranking will be based on the rules of your meet as compared to the rules of ours. Any meet that has the same rules or stricter will get their actual weight lifted credited. On the other hand, if you lifted in a meet with rules that are not as strict, you'll get deductions. For example, there will be 5% deduction to any meet that has multiple ply and 10 % to any

meet that is not tested. If you lifted 500 pounds in a meet that was multiple ply and non-tested, you'll get a 75 pound deduction. The ranking system is designed to fairly credit the lifter compared to BA-II rules. If you feel that the deduction will not fairly credit where you believe you are, you have until 30 days prior to our meet date (TBA) to lift in a meet with similar rules to get full credit for your lift. The ranking system will be set up by January 1, 2004 on our site. The original list will be done by research from Herb Glossbrenner and will be updated by results we get from meet directors and sanction heads. All sanction Presidents have been contacted regarding this. In addition, our fax number will be on our site for all meet directors. Our new site will be ready Jan 1, 2004 with all the official rules and regulations for BA-II. It will also include links to all sanction heads as well as a store for BA apparel, products, and even a calendar that will include photos and dates of national/ world meets from all sanctions. In addition, our stats will also be listed on the USSportsScene.com which is an official sports website that has 80 million viewers. USSportsScene.com will soon have the ESPN ticker with up to date scores for all their listed sports.

There is so much more in the works for BA and the future years. Keep checking our site and catch the latest. Our PR firm is working hard on getting us more exposure including having guest lifters appear at half-time during Chicago Rush and Chicago Bulls games, TV shows, and more.

It's exciting to watch the progress and see this sport go to the next level. The big question is, "DO YOU QUALIFY?" I look forward to seeing the best at BA-II.

> Joe Mukite. BenchAmerica Founder, November 17, 2003

BenchAmerica selects SportsLoop to handle all BenchAmerica marketing and event planning needs. November 17, 2003 (CHICAGO, IL.) BenchAmerica, the All-Star event of bench press championship meets and SportsLoop, a Chicago based sports marketing company, announced a partnership in which SportsLoop has been selected to handle all of the marketing and event planning needs for the BenchAmerica organization. "At BenchAmerica", according to Joe Mukite, Founder, "we are excited to team up with SportsLoop. Their firm will be essential to help take BenchAmerica and the sport of powerlifting to the next level. You have all heard of the saying, "two heads are better than one." How about 80 million? With their team, that is how many online viewers will have the potential to see the BenchAmerica II event, see our sport and lifters and their stats. This is just one of many ways that SportsLoop will bring the word "power" back into powerlifting." "We are extremely excited to work with BenchAmerica," said Roy D. Kessel, President of SportsLoop. "Joe Mukite has translated his passion for the sport of powerlifting into a phenomenal event and we look forward to empowering him to make BenchAmerica the umbrella organization

About BenchAmerica - BenchAmerica is a platform for all lifters from all sanctions to compete in one house, with one bench, one bar, and one set of rules in the most popular lift in the Country -- the benchpress. The benchpress has long been one of the truest measurements of a person's strength. Even back to ancient times, people have always wondered, how much can you bench? But the bench press is only one of three lifts -- along with the squat and dead lift -- that make up the sport of powerlifting. Unlike its sporting cousin, Olympic weightlifting, powerlifting still is the truest test of strength in all of sports. BenchAmerica features competition in the bench press only. BenchAmerica was founded and conducted America's 1st unsanctioned national benchpress championships in 2003. Sixty national powerlifters from 14 different sanctions participated. For more detailed information about BenchAmerica and the background for their motto "Do You Qualify", please visit: www.benchamerica.com.

About SportsLoop - SportsLoop is a Chicago based, full service sports and entertainment firm providing innovative and sound approaches to meeting its client's objectives. SportsLoop's services encompass professional representation for athletes and entertainers, event management, sports marketing, corporate consulting, brand management and hospitality services. For more detailed information about our services, please visit our website at www.sportsloop.com

WORKOUT of the Month

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

More competitions have been won or lost on a final deadlift attempt than on any other factor in competitive lifting. Give this lift as much attention as the squat or bench and you won't have to look for a crying towel when all the marbles are counted. A lot of good subtotals are left behind because of a poor deadlift. Most lifters either neglect deadlifts, or they overtrain them, as well as the assistance exercises, to the point of injury or fatigue.

This program is directed towards the natural lifter that is capable of a 700 lb. deadlift going into this 16 week cycle. The lifter can expect a gain of 25 to 35 pounds. Because the deadlift is such a demanding exercise for the human body to endure, a lot of stretching and proper warmups are a necessity

In this cycle deadlifts are done heavy once per week for the first 5 weeks, and heavy every other week until Weeks 14, 15, and 16. This is to allow for the recovery of the low back and erectors. The back can really take a beating when you're training heavy on squats and deadlifts. The idea of going heavy every other week added 40 lbs. to my deadlift the first 8 weeks that I trained this way. When performing the deadlift, keep

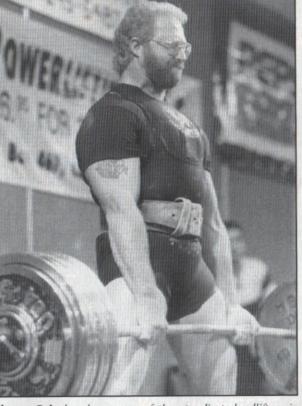
your arms straight, back straight and your head up. It takes a lot of practice, but you have to get your back, legs and hips working together in order to actually finish off the weight that you have the basic strength to pull. There are many lifters out there that could be champions if they learned how to coordinate their strengths.

Don't cut yourself any slack! Do each lift as if there were three judges. You want a smooth pull all the way to lock out with the intensity and concentration of a competition

Choose the style that fits your body structure, strengths, or weaknesses. I use the sumo style because of injuries sustained in a car accident that keep me from developing the low back and pelvic area strength that is necessary for conventional deadlifting. Tom Mittl, my early workout partner, had a very strong low back, which enabled him to lift a lot of weight in the conventional style. I personally made a jump of 65 Ibs. when I switched to the sumo style.

To give you an idea of how my training comes together, here is a brief outline of my weekly schedule Monday: Heavy squat, heavy bench. triceps. Wednesday: Deadlifts, back work, biceps. Thursday: Light bench,

Shawn Cain's Natural Deadlift 570x5, 590x5. Assistance - same as Week #1.



Shawn Cain has been one of the steadiest deadlifters in ADFPA/USAPL history, here we reprise his deadlift workout

Week #1: (Wed,) 135x10x2, 225x8, 315x6,

405x5, 500x5x3. High Pulls-

5 sets of 5 reps, progressive

weight. Bent over rows 5 sets of

10 reps, progressive weight.

Dumbell bicep work-4 sets, 10

135x10x2, 225x8, 315x6, 405x5, 500x5, 515x5,

530x5. Assistance - same as

135x10x2, 225x8, 315x6, 405x5, 500x5, 530x5,

550x5. Assistance - same as

135x10x2, 225x8, 315x6, 405x5, 500x2, 530x5,

550x5. 570x5. Assistance

135x10x2, 225x8, 315x6,

405x5, 500x2, 550x5,

same as Week #1.

Week #1

Week #1.

Week #2: (Wed.)

Week #3: (Wed.)

Week #4: (Wed.)

Week #5: (Wed.)

shoulders, triceps. Friday: Light squats, legs, backwork, biceps.

I have used this type of schedule for years, and it's still fun to do!! Keep your workouts interesting and fun and you will go beyond your goals.

I just want to add a short thank you to my workout partners for all the support and an occasional kick in the butt. Do yourself a favor and thank your workout partner for some of what you've accomplished.

Good luck training with this program, Keep your head screwed on right, and your energy up, and you'll pull more weight than ever before!

Just drop me a line if you have any questions or if you just want to talk POWERLIFTING!!

Shawn Cain 1040 192nd Ave. New Richmond, WI 54017

Week #6: (Wed.) 135X10x2, 225x8, 315x6, 405x3, 500x2, 575x3, 600x3, 625x3. Assistance same as Week #1.

Week #7: (Wed.) 135x10x2 225x8, 315x6, 405x3, 500x2 575x1. Bent over rows - 5 sets of 10 reps, progressive weight. Close grip front pull downs (palms facing you) - 4 sets of 10 reps. Stiff Leg deadlifts - 225x8, 315x8x3. Dumbell bicep work-4 sets of 10 reps. Iso shrugs-4 sets of 8 reps.

Week #8: (Wed.) 135x10x2.

225x8, 315x6, 405x3, 500x2, 575x1, 600x3, 620x3, 640x3, Assistance - same as Week #1.

Week #9: (Wed.) 135x10x2, 225x8, 315x6, 405x3, 500x2, 575xl. Bent over rows 5 sets of 10 reps, progressive weight. Close grip front pull downs 4 sets of 10 reps. Stiff leg deadlifts 225x8, 315x8, 325x8, 340x8. Dumbell bicep work 4 sets of 10 reps. Iso shrugs 4 sets of 8 reps.

Week #10: (Wed.) 135x10x2 225x8, 315x6, 405x3, 500x2, 575x1, 610x3, 630x3, 650x3

Assistance - same as Week #1.

Week #11: (Wed.) 135x10x2, 225x8, 315x6, 405x3, 500x2 575x1. Bent over rows. 5 sets of 10 reps, progressive weight. Close grip front pull downs - 4 sets of 10 reps. progressive weight. Stiff Leg deadlifts 225x8, 315x8, 340x8, 355x8. Dumbell bicep work 4 sets of 10 reps. lso shrugs, 4 sets of 10 reps. **Week #12:** (Wed.) 135x10x2,

225x8, 315x6, 405x3, 500x2, 575x1, 625x1, 650x1, 675x1, 625x3. Bent over rows. 5 sets of 10 reps, progressive weight. Dumbell

bicep work, 4 sets of 10 reps.

Week #13: (Wed.) 135x10x2,
225x8, 315x6, 405x3, 500x2, 575x1. Bent over rows 5 sets of 10 reps, progressive weight. Stiff leg deadlifts 225x8, 315x8, 355x8, 370x8. Dumbell bicep work 4 sets of

Week #14: (Wed.) 135x2, 225x8, 315x6, 405x3, 500x2, 575x1, 640x1, 665x1, 690x1. Assistance - same as Week #12.

Week #15: (Wed.) 135x10x2, 225x8, 315x6, 405x3, 500x2, 595x1, 665x1, 690x1, 715x1. No Assistance work.

Week #16: Week of Competition (Wed.) 135x10x2, 225x10x3. These sets are for form. They also help remove any soreness, (Sat.) Open - 665, 2nd - 705, 3rd - 725-735.

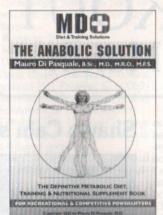
Ask the Doctor

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

DEAR MAURO: I've been looking your products over for some time now and decided to give them a try. I started with your Creatine Advantage and couldn't believe the results I got. Ordinary creatine and the creatine plus sugar that most companies sell and they do very little for me, but I gained five pounds in eight days using your Creatine Advantage. One other thing. I noticed that your products have a lot more ingredients in them than others by EAS. Weider, and other companies. Since I know something about the price of these things I'm also wondering how you can keep your prices down, although I've heard a few people complain that the prices are too high. They just don't know what they're talking about. Keep up the good work. David

Dear David: Unfortunately, although somewhere in the back of their minds most people realize that they get what they pay for, I'm finding out that many people just look at the bottom line and as such seem to prefer price over quality or should I say perceived quality. My retail price is about or just over 4x what it costs me to manufacture the supplements. If EAS or any large company was selling my products the retail price would easily be three times what it is now. That's because most companies set their retail prices at about 20 times the cost of the ingredients. I'll give you an example. Power Drink costs me 12.51 US per unit to manufacture. Add to that the price of the labels, transport, and storage and it soon rises to about \$18 a bottle. Now at 50% off MSRP, the price I have to give to my wholesalers, the cost is \$24.98. That leaves me \$6.98 per unit to cover all my other costs including salaries, office and other expenses, financing (since you have to keep a certain inventory on hand), insurance, marketing and advertising, my own time and energy, etc. You can see that it would be a losing proposition for any other company and for me if I wasn't operating a tight four man ship. As far as the quality and value of my supplements, nothing even comes close. For example my Myosin Protein is a blend of proteins, short and long chain peptides, and free form amino acids that has several unique properties. The blend of proteins and amino acids is unique and contains the exact amino acid formulation to maximize protein synthesis and minimize protein breakdown. Myosin provides for a varied spectrum of blood amino acids with spikes from the whey protein, intermediate spikes from the egg and soy, and a prolonged amino acid response from the slowly absorbed casein. I engineered the Myosin protein to increase protein synthesis with spikes of blood amino acids and to decrease protein/muscle breakdown with a sustained low level increase in blood amino acids. On top of all this I use the highest quality, and most costly, protein available. You're not going to see this level of quality and sophistication in any other protein on the market today. And you can't compare whey protein with Myosin Protein. Myosin has all the advantages of the best whey protein on the market, since the mix of proteins is treated by the body as if each protein was taken separately since these proteins,

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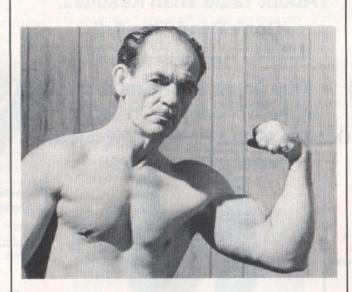
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FOR REVIEW

The Story of Arthur Jones - The Man Who Invented the Nautilus Exercise Machines, Revolutionized the Health Club Industry, and Forever Changed the Way Every Human Being Exercises" is the sub-title of a fascinating new book by John Szimanski, of Piedmont Design Associates. (The main title "Younger Women, Faster Airplanes, Bigger Crocodiles" refers to other aspects of the life of this remarkable human being). In a style that is extraordinary in its scrupulous attention to detail, John differentiates fact from legend across the gigantic and diverse themes of Arthur's life. I remember, as a kid, watching Arthur deadpan his way through spectacular adventures with African wildlife in his "Wild Cargo" shows on black and white TV, and his obsession with the development of rattlesnakes and crocodiles of monumental proportions led to his virtual mythological status in the herpetological community. Multiple potential careers came and went for Mr. Jones, but no one who lived through his era can forget how he stormed the Iron Game with his multi-page "advertorials" in Peary Rader's IRON MAN Magazine, the only publication that would let him espouse his theories on exercise and equipment. Suddenly, it seemed, his machines were "everywhere" ... with Nautilus-themed gyms popping up where no one dreamed of opening such establishments only months before. There's no doubt that Arthur Jones'set the

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The Story of Arthur Jones - The Man Who Invented the Nautilus Exercise Machines, Revolutionized the Health Club Industry, and Forever Changed the Way Every Human Being Exercises

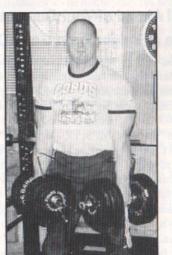
John Szimanski Piedmont Design Associates lated options we can choose from today, but was that his 'grand strategy'? Between the exhilarating 'ups' and exasperating 'downs' of this chronicle, the almost unintentional nature of his astonishing success is revealed. The cast of characters who stood with and against Arthur Jones are illuminated by Mr. Szimanski's forest of footnotes and uncompromised commitment to accuracy, but what's this got to do with Powerlifting? Well, the voice of PL in the 80s and 90s, Dr. Ken Leistner, was also one of the earliest hires of Arthur's at Nautilus in Florida, and his cogent comments help tell this compelling tale. Perhaps the only meaningful explanation of this landmark company's effect on our current state of physical culture affairs would be the propritious convergence of Arthur Jones' lifelong (literally from his childhood) curiosity about the essence of human physical development and a uniquely intense personal will that was arguably far more unyielding than the toughest iron he ever incorporated into any Nautilus product. I received this book with no advance notice, dropped everything in the middle of a demanding business day, and read it straight through without a pause. I had no choice. If you are part of the Iron Game, this is a story that you must know. For further information, contact Piedmont Design Associates, 104 Bangor St., Mauldin, SC 29662, 864-963-5640, or visit www.fractionalplates.com

table' for the bounty of fitness-re-

ARE YOU BENCH PRESSING 150 LB. DUMBBELLS FOR 10 REPS?

Country Power, Inc., congratulates Allen Reed from Goshen, IN., for winning its second annual ten-rep dumbbell bench press contest using Power Hooks. Allen at the age of 39 with a body weight of 222 lb. using Power Hooks lifted a total dumbbell weight of 300 lb. (150 lb. dumbbells) for ten reps. Allen received \$1000.00 from Country Power Inc. for accomplishing this lift. Country Power will be showing Allen's winning 10 reps on video at the 2004 Arnold Classic. Allen is a drug free lifter with a solid bench press of 550 lb. He understands the

importance of power hooks and dumbbell training for strength gains. The above photo is a picture of Allen with the 150 LB. dumbbells that he bench pressed for 10 reps. Country Power Inc. is the manufacture of Power Hooks, which is a patented and trademarked product. Power Hooks stay with your dumbbells and hang onto any overhead barbell. This puts you in proper lifting position without having to lift the dumbbell from the floor nor having to drop them back onto the floor after the exercise. The annual contest was started to prove that using Power Hooks is the right way to train with dumbbells. Country Power wants to point out, that it is physically impossible to clear or kick up the dumbbell weight that you can actually press. So if you are clearing or kicking up dumbbells to get in a pressing movement you will never work out with the dumbbell weight you should be pressing. This is one reason why many lifters do not think they get any strength gain training with dumbbells. Working with heavy dumbbells using power hooks will improve your bench press better then working with chains, bands or any auxiliary



Allen Reed won over80 entries

exercise. If you had your training partners hand you the dumbbells you still would not get the same advantage that power hooks would give you due to the effective preload that power hooks give you. The easiest way to understand preloading is to imagine barbell benches which hold the weight and barbell above the head before we bench press. Do you think you could work out with the same weight taking the barbell from the floor or at chest level? By being able to take the barbell off the uprights you get a preload. This allows the nervous system to be ready for the lift; therefore, you're able to handle much more

weight resulting in maximum exercise benefit. Preloading has shown to give strength and muscle gains and prevent injuries. Without the preloading you also cannot train with the intensity that someone can with Power Hooks. There are dumbbell benches on the market that help you get a preload but they have many problems that in actuality Power Hooks have solved. One problem is that dumbbell benches have fixed lifting points. This means you have to take the dumbbells from a fixed point and after working out with the dumbbells return the dumbbells to the same fixed point. Even if you can adjust the dumbbell bench to a good lifting position, returning the dumbbells to the same point could be very difficult, due to the fact that your stabilizer muscles fatigue very quickly. Power Hooks do not have fixed points, you can start the lift and end the lift from any position on the barbell very easily. Power Hooks also provide a better way to handle and spot dumbbells. So get a pair and enter the 2004, 10 rep. Dumbbell bench press contest. All former \$1000.00 winners cannot enter again. If you have any questions feel free to contact Leo, Jr., 808-696-1979

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Why Do the Strongest Men

Why Do the Strongest Men
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Article written by Joe Ladnier

If you're looking for something new to use that really works - look no further!
The patent-pending Methyl Protein™ products by
OSMO offer you the most advanced in
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without addressing Methylation in the body.
(Methylation is an important cellular process
necessary for life).

Without properly feeding the "Methylation Machine" in your body's cells -everything slows down - including muscle recovery, metabolism, fat burning, removal of toxins, and even the production of hormones - the most important of which is, of course, **TESTOSTERONE!**

Science - Not Marketing!

OSMO's Dr. Anthony J. Meduri (Ph. D. Biochemistry, D.Sc. Neuro-Biochemistry, M.B.A., Yale University Graduate, Fellow in the American College of Nutrition, Fellow in the American College of BioChemists, Diplomate in the American College of Clinical Biochemists) is the first scientist to pioneer the process of correctly formulating proteins which include proprietary Methyl cofactors. These Methyl cofactors, when correctly integrated into the right protein sequences, can trigger dormant processes in the body's cells to suddenly WAKE UP!



This is great news for you and any other strength athlete who do not realize that they're not really being as productive and efficient as they should be. Manufacturers of other protein powders on the market are more concerned about making taste the biggest selling point of their product. Take it from me, taste alone isn't going to WAKE UP dormant or less than optimal processes in your body's cells. If all you care about is taste - you're probably a little PRETTY BOY and you don't really know what you're doing when it comes to building a really big, hard, defined, strong, muscular body! In fact you should stop reading this ad and go comb your hair or something! If on the other hand - you're serious about learning how you can use OSMO's Methyl ProteinsTM to totally improve your look, your strength, your muscle size, girth, definition and even your cardiovascular conditioning - read on.

Pull Ahead of Your Competition Like a Freight Train Gone Crazy

You see, when Dr. Meduri PhD, DSc, includes the all important Methyl Protein™ cofactors into the protein formulas manufactured by OSMO - you give your body's muscle cells the "STUFF" its pretty much been "DYING" for. By feeding your body OSMO's Methyl Protein™ (called MUSCLE MACHINE™ and Methyl Creatine™) you'll be giving yourself an almost unfair advantage over anyone else in the gym. You'll gain this competitive advantage by choosing very powerful science and biochemistry over taste. Emphasis on taste rather than science is for pretty boys who are too ignoran t to know the difference between science and marketing. Let the "whiney" Pretty Boys brag about their great tasting ice cream fashioned protein powder while you pull ahead of them like a freight train gone crazy! With OSMO Methyl Protein System, leave the competition in the dust.

Garry Frank
Undisputed Strongest Man In the World
Undisputed Strongest Powerlifter In the World
2700lb+ Powerlifting Total
6'3" 384lbs

Stop Toying With Your Heart and Hormones So that You Can Be Around For a Few More Years

OSMO's Methyl Protein System is awesome since it safely works to immediately improve the natural processes of your body's "METHYLATION" so that now you can build muscle faster, recuperate faster, excrete toxins faster(you'll improve your regularity on this stuff since it doesn't stay trapped in your colon like the other guys "Dead in the Water" sweet tasting protein), improve circulation, transport of nutrients to the cells of the body, move heavier weights, do more reps and do more sets, and Cardio - is a breeze on this stuff. The part I love the most is that my body feels like it did 20 years ago when I was 19 breaking powerlifting records. (I officially squatted over 900lbs at age 19, a World Record). Today at age 39, I want you to know that OSMO's Methyl Protein System is dear to my heart, literally - since it offers me an effective, nutritious way to get stronger, leaner, harder, bigger without resorting to other potentially harmful supplements. You know the supplements I am talking about, the ones that artificially JACK UP your hormone levels (Prohormones) and palpitate my heart (Ephedra). Until OSMO came into my life 2 years ago - I was a slave to these supplements - Yeah sure they work - but if you are like me and starting to worry about your health(I ain't no spring chicken anymore) - tampering with my hormone levels unnaturally and racing my heart with Ephedra is bothersome and probably deadly. I am endorsing OSMO with my heart and soul since OSMO's nutritionally correct Methyl Proteins improve my own body's functionality - so much so that I feel like I am making enough of my own TESTOSTERONE now - that I don't need to screw with it artificially. Ephedra isn't necessary either since the improved functionalility of my body at the cellular level (by way of improved Methylation) leaves me feeling more energetic than the freakin' energizer bunny!

Do You Want To Be A Wrecking Machine In the Gym... Kicking Butt and Taking Names...

If you're still reading this ad - congratulations to you. You definitely are among the elite in both mind and body. You'll become even more so - I promise- once you get on OSMO's Methyl Protein System formulated by the best man in the business - Dr. Meduri PhD Biochemistry, DSc Neurochemistry. I am so confident that OSMO's Methyl Protein System is going to work for you that I want to help you get over any reservations that you might have about investing in the best, most correctly formulated protein system in the world. Here's what you can expect when getting on OSMO's Methyl ProteinTM System:

DAY 1-5 You sleep better at night(deeper sleep means better growth hormone release). Workouts are more productive, you're sweating more because of natural thermogenisis resulting from improved Methylation in the body.

DAY 6-10 Your musculature is improving. Very noticable improvements in muscular definition, size, "tightness", and strength. Cardio is getting easier and even fun. Your mid-drift is leaning out. Workouts are very productive and satisfying. People notice you more.

DAY 11- You're a "Wrecking Machine", Kicking Butt and taking names. You "rep-out" with rep ranges you thought were impossible for you. Instead of three sets per exercise you're"getting off" on doing four to five sets. Your metabolism is screaming like a fuel injected jet engine. You sweat like a hog during workouts because you are burning fat. Dramatically improved lean body mass to fat ratios. You're "the Man"! Everyone wants to know "what your takin'".

OSMO Offer

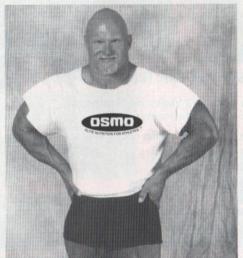
Since you stuck with me this far - I like you and I want to see you do well. It's apparent that you are someone who is serious about proper supplementation and how proper supplementation can serve to improve your strength, size, definition, overall leanness, and muscularity. Since you're serious, I'm serious about making your decision to get on OSMO the easiest decision you've made in a long time.

Here is the OSMO offer which I personally guarantee for you. Buy a 3 week supply of OSMO's Methyl Protein™ System. When you get it - start using it immediately. OSMO's Methyl Protein™ System will arrive to you in a convenient, easy to use package. Use the OSMO's products every single day - NO INTERRUPTIONS - and work out hard. Inside your delivery of OSMO's Methyl Protein™ System will be a simple to understand instruction manual on exactly how to use Methyl Protein System.

No Risk 30 Day Guarantee And OSMO Bonus!

When you buy a 3 week supply of OSMO's Methyl Protein™ system, OSMO will guarantee your satisfaction for 30 days! This means that if after you use the Methyl Protein System, you do not agree that your performance, strength, muscularity, definition and overall look is improved dramatically-simply return the canisters of the system and OSMO will refund 100% of your money - no questions asked.

As an additional bonus - just for trying the OSMO Methyl Protein System - OSMO will give you the awesome OSMO rag shirt you see me wearing here (a \$20.00 value - absolutely free).



FREE OSMO Rag Shirt with purchase.

Don't Talk Yourself Out Of It

I am so confident about OSMO's Methyl ProteinTM system and how it will help you, that I ain't going to let you talk yourself out of it. That's why I am guaranteeing it - no risk to you. You see I know that OSMO Methyl ProteinTM system works. It will work for you and I want to get it in your hands so that you can get off of stuff like potentially harmful prohormones and Ephedra so that you can feel your body really respond to exercise again, feel and see yourself improving strength, muscularity, definition, hardness and "tightness". I can make this bold guarantee because refunding your money is not even going to be necessary. Quite frankly, I know that you're going to get addicted to OSMO and be calling for more every month. OSMO is what I say it is - safe and effective at building a stronger, harder, leaner more defined you or your





"OSMO MethylTM Protein gives me everything I need lift heavier and heavier. I love this stuff!" -Garry Frank -Strongest Powerlifter in the World-Powerlifting total 2700lbs



"OSMO at its best - Here I am - built like a brick outhouse - hard, muscular, defined and strong as an ox. 4% body fat." - Joe Ladnier - Strongest Bodybuilder in the world Powerlifting total 2300lbs+

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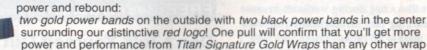
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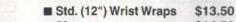


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Tom Boyer	165	Tom Boyer	202.5	Noah Snyder	257.5	Keith Baker	230	110					
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Jessikka Cox bppure 170	92.5	Michael Ferguson dlm5 227	222.5	M.Lumumba m2 205	297.5	Russell Dodson pure 187	175	Erin Rohrer whs 187	17.5	37.5	77.5	132.5	
Frank Newbill bpsm1 227	167.5	Tom Boyer dlpure 250	202.5	Roy Gilbert m3 154	207.5	Robert Gregory pure 205	215	Tara Palmer The 2003 N.A.S.		rch 8th			
Ken Baltes bpsm2 227	170	Desmond Phillips wbphs	322.5	Russell Dodson m3 170	175	Christian Durant sm1 187	227.5	© Northeast H Road in Springfi	igh Sc eld, Ol	hool, 1 H. This	1480 B meet in	owman ncluded	
Keenan Robbison bpsmp 227	197.5	The state of the s	37.5	John Klein m5 154	155	Robert Gregory sm1 227	215	the new division called Unlimited Bench Press Division. The rule is that a lifter can use unlimited ply's of bench shirt material, but drug testing will be in affect too. The new Unlimited Bench Press Division offers bench pressers to take advantage of the new de- velopments in equipment technology. Stan- dard weight classes will be used in this new division. No records will be kept the first					
Keenan Robbison bpteen 170	197.5	The state of the s	102.5	Jim Warner m5 227	227.5	O. J. Mills smp 187	270						
Tyson Sanders dlhs 315	117.5			Eugene Martin nat 187	240 215	Robert Gregory teen	215						
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Chuck Mooney	167.5	Dave Brown	250	Dave Brown	250	Clara Queen	145	is a lifter organizing in States w					

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and Regional meet's, must have qualified for much more! BENCH PRESS COMPETITION body weight of 236lbs with a coefficient of Mooney (WV) deadlift 369lbs @ body weight this meet in the past year with a 1st thru 3rd Dennis Herron (OH) benched press 535lbs 2.3534. Jason Andrews (OH) benched press of 118lbs with a coefficient of 2.7975. Bob place finish. If no N.A.S.A. meets were held in @ body weight of 330lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs with a coefficient of 457lbs @ body weight of 244lbs place finish. If no N.A.S.A. meets were held in your state in the past year, you need not qualify to enter this meet. The meet director is Rich Peters (OK), the President & Founder of N.A.S.A. Rich Peters had a very long drive from OK. I thank him for bringing the 2003 N.A.S.A. Bench Press and Dead Lift National Championship to the Great Buckeye State. Greg Van Hoose, Vice-President of N.A.S.A. 242lbs with a coefficient of 2.5266. Isaac POWERSPORTS COMPETITION is competition with a coefficient of 4.4949. DEAD LIFT drove from WV with a bench and other Thomas (OH) is currently ranked #16 in the tion without bench shirts, squats suits and COMPETITION Dave Brown (OH) deadlift equipment to run another platform. Greg had to leave his brand new baby daughter

N.A.S.A. Top 100 bench press ranking, J.T. deadlift suits. A four-inch belt is allowed, but 551lbs @ body weight of 215lbs with a coef-had to leave his brand new baby daughter

HALL (KY) benched press 451lbs @ body no wrist wraps are allowed. Also, there is ficient of 2.9988. Jim Warner (OH) deadlift with the mom (Susan). That's dedication & weight of 206lbs with a coefficient of 2.5129.

weight of 206lbs with a coefficient of 2.5129.

I,T. HALL (KY) benched press 451lbs @ body on wrist wraps are allowed. Also, there is weight of 206lbs with a coefficient of 2.5988. Jim Warner (OH) deadlift curl competition too. Powersports is a great weight of 206lbs with a coefficient of 3.2542. Malikzul Lumumba (OH) deadlift (CH) press and ranked # 53 in PLUSA of the goals of Powersports competition is to a coefficient of 3.2542. Malikzul Lumumba (OH) deadlift (CH) press and ranked # 53 in PLUSA of the goals of Powersports competition is to a coefficient of 3.2542. Malikzul Lumumba (OH) deadlift (CH) press and ranked # 53 in PLUSA of the goals of Powersports competition is to a coefficient of 3.2542. Malikzul Lumumba (OH) deadlift (CH) press and ranked # 30 in PLUSA of the goals of Powersports competition is to a coefficient of 3.2542. Malikzul Lumumba (OH) and don't have to worry about the expenses bench press and ranked # 30 overall in N.A.S.A.

Top 100 bench press and ranked # 30 overall in N.A.S.A.

Top 100 bench press and ranked # 30 overall in N.A.S.A.

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Top 100 bench press and ranked # 30 overall in N.A.S.A.

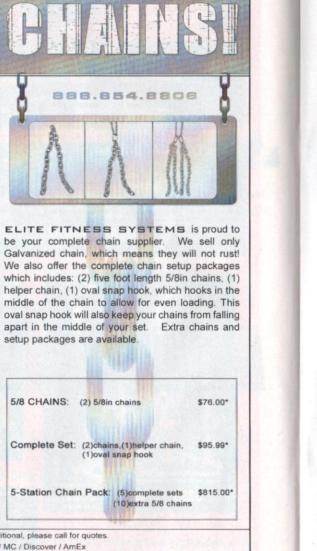
Top 100 bench press and ranked # 30 overall in N.A.S.A.

Top 100 bench press and ranked # 30 overall in N.A.S.A.

Top 100 bench press and ranked # 30 overall in N.A.S.A.

Top 100 bench press and

entries. KY has 8 entries. IA has 5 entries. PA Underhill (OH) benched press 457lbs @ body raw strength does. Keenan Robbison (OH) deadlift 501lbs @ body weight of 188lbs with has 5 entries. IL has 4 entries. TN has 2 weight 226lbs with a coefficient of 2.4350. benched press 435lbs @ body weight 227lbs a coefficient of 2.9176. O.J. Mills (OH) deadlift has 5 entries. IL has 4 entries. TN has 2 entries. IL has 4 entries. TN has 2 entries. IN has 1 entry. NC has 1 entry. NC has 1 entry. NC has 1 entry. NC has 1 entry. There were almost 40 late entries during Saturday morning weigh-ins. Each lifter didn't mine paying a \$10 late fee. They just wanted to compete in a great Drug-Free Bench Press National Championship. That's what N.A.S.A. Top 100 bench press 429lbs (203lbs with a coefficient of 2.3128. Keenan Robbison is currently ranked # 94 in the N.A.S.A. Top 100 bench press ranking, Frank Newbill in the N.A.S.A. Top 100 bench press 369lbs @ body weight of 273lbs with a coefficient of 2.3183. Frank of 163lbs with a coefficient of 2.3183. Frank in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked press and press with a coefficient of 2.3183. Frank in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked #80 in the N.A.S.A. Top 100 bench press ranking. Newbill is currently ranked press and press. Proposed press 451lbs @ N.A.S.A. Top 100 bench press ranking. The N.A.S.A. Top class in each division for Bench press Deadlift & Powersports competition. Awards consisted of many 2, 3, & 4 feet column trophies and extra large plagues. A nice size 60-inch column trophies were awarded in the unlimited bench press divisions. I would like to thank the judges, spotters and load-ers that work their butts off for this meet. Without you guys, there wouldn't have been a Bench press & Deadlift National Championship @ OH! Thank you guys from the bottom of my heart. The next upcoming N.A.S.A. National meet in OH will be the JUNE 14 N.A.S.A. USA NATIONAL CHAMPIONSHIP with an Unlimited Bench Press Division @ Northeast High School, 1480 Rowman Road in Springfield, OH. The N.A.S.A. OH Regional Powerlifting, Bench press & Powersports Championship will be October 11th @ Northeast High School, 1480 Bowman Road in Springfield, OH. For additional information meets, please @ www.nasa-527-8513. The CPT N.A.S.A.KY man@yahoo.com

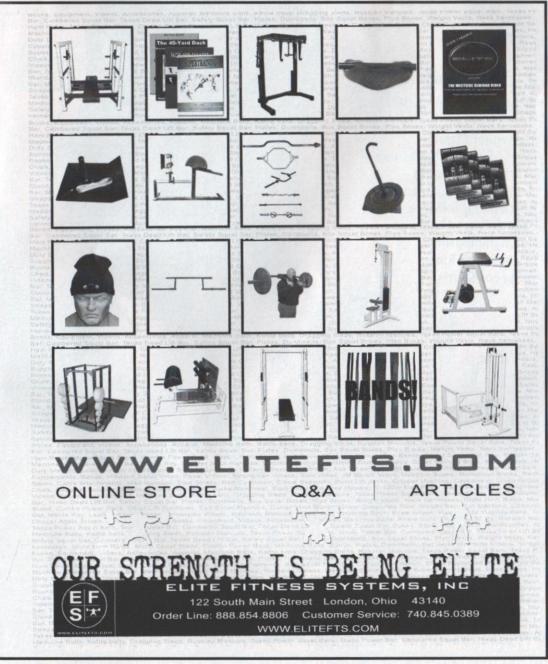


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	DAVIS 242 40-49 RAW	275	SKINNER 40-49 SKINNER	525 525
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* - WNPF American Record. (Results - WNPF)



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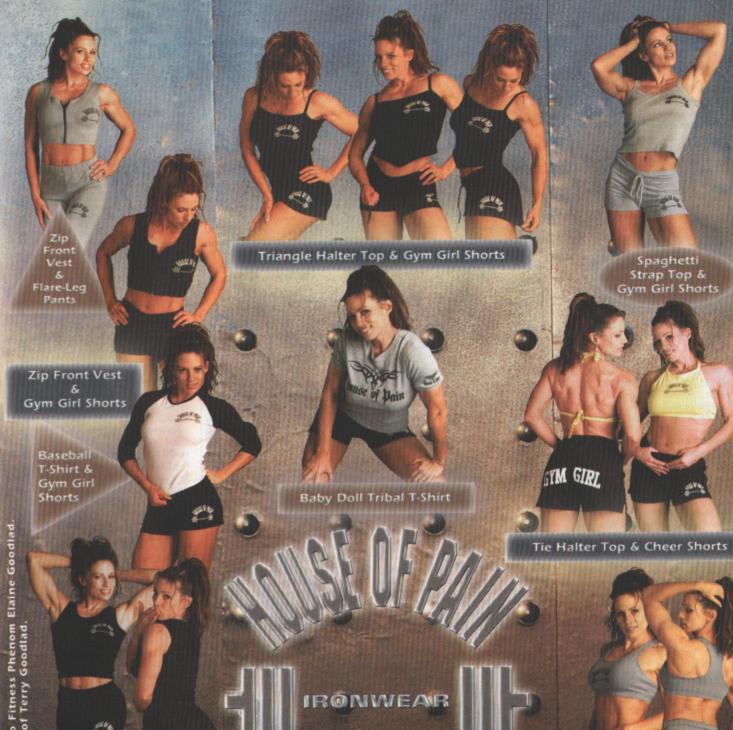








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PL USA BACK ISSUES

ters, Legends of PL, DASHWorld Record Breakers. RackTraining,TOP100SHWs,ADFPATOP20181s Sep/93... ADFPAMen's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP100114s, ADFPATOP20198s Oct/93...APF Seniors, NASAWorld Cup, Grant Pitts Profile, ADFPADL Nationals, RestPause, Bombing Out, TOP100123s, ADFPATOP20220s

Dec/93... WDFPFWorlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How OftentoBench, TOP100148s, ADFPATOP20275s Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPCWorlds, Greg Lowe Squat, Cycling Systems, TOP100165s, ADFPATOP20SHWs Feb/94... DrugTestMethods, ADFPANational Masters, Malibu Classic VI, Greg Warr BP Workout,

HemiaSurgery, TOP181s, ADFPATOP114s Mar/94...Women'sTOP20, DrugTestingMethods Pt. II, The TrapBar, Teen Training, Tamara Rainwater-Grimwood, TOP100198, ADFPATOP20123s Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Upor Psyching Out?, WNPFWorlds, TOP100220, ADFPATOP20132s May/94... USPF/ADFPACollegiates, USPFJr. Natls., IPFWorldBenchPress, BudweiserRecordBreakers, Fluids, TOP 100242s, ADFPATOP 20148s Jun/94... NASA Natural Nationals, WPA Worlds, DASHRecord Breakers, Bill Nichols Profile, Stick-

ingPointsintheSquat,TOP100275s,ADFPATOP Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike Mac Donald Bench Legacy, TOP100SHWs, ADFPATOP20181s Aug/94... APFSRs, Paula Suzuki Interview, Shane

Hamman Squat Workout, Leg Training by Louie

Simmons, TOP100114s, ADFPATOP20198s. Sep/94...ADFPAMen's, USPFMen/Women's Srs., RelievePainWithAloe, BoxSquats, Phytochemicals, TOP100123s, ADFPATOP20220s.

Nov/94...WDFPFWorlds, Goodwill Games, IsPLa Mockery of Strength?, Craig Tokarski Interview,

Isometrics, TOP100148s, ADFPATOP20275s. Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Irs Womens, United WeStand, TOP 100 165s. Jan/95... WPCWorlds, IPFWorlds, IPFWorldMasters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s. Feb/95... World's Strongest Man Contest, Jesse KellumSquatWorkout, WillieWilliams 705 Bench Press, Video/ComputerTechnology, TOP100198

Mar/95...Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-GrimwoodBenchRoutine,TOP100220s

Apr/95... NASANatural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce WilhelmProfile,LM.W.Compounds,TOP100242s. May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, JoeMcAuliffe Squat Workout, TOP 100

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr

Bench Press, Trainers of Tomorrow, Leo Stem Profile,6WeekPeakingRoutine,TOP100181s Jan/96...IPF/WPC/WDFPFWorlds, Percent Train-

ing Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96...TOP20Women/Masters/TeenageRankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice. Jul/96...AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions"by Louie Simmons, Rob Wagner, TOP

Aug/96...ADFPAMen's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing inthe DL by Louie Simmons, FIBO Show, TOP 100

Sep/96... USPFSr. Nationals, IPFWomen's Worlds. TrainingforWomenbyLouieSimmons, APFTeen/ Jr./Masters, IPAWorldCup, TOP100132s.

Oct/96.. WDFPFWorlds, EdCoan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Respondstothe Response", TOP 100 148s Nov/96... APF Can-AM, Clark benches 780, James Hendersonsays"FaceMe", Triboxin, Wade Hooper SquatWorkout, Paul Wrennprofile, TOP 100 165s Jan/97 ... IPF Men's Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP

Feb/97...PowerofCompellingOutcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, TipsonMakingWeight, USPF Biography, TOP 100

Apr/97...Clark Benches 800-Waterman 600@ 181, USA Powerlifting Crisis, World's Strongest Man, USAPL Decline, John Ford Pt. 2, TOP 100242s. May/97...DreamTeamPt.1, KickStartYourSquat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the ArtofWinning, DeadliftPrimer, TOP100275s. Jun/97... J.M. Blakley Profile, Dream Team Pt. 2,

ADFPANationalsChronology, IPFTOP 25, Good Mornings, Scott Smith BPWorkout, TOPSHW Jul/97...ShaneHammanProfile,DougHeathSquat Workout Pt. 1, WDFPF Champ. Chronology, EPF

Europeans, The Warmup Room, TOP 100114s. Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPATOP25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s Sep/97...USAPL/USPF/APFTripleSeniorsIssue,IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100

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

Nov/97...U.S.Strongest/ManContest, World's FAST-ESTBenchPresser, 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... IPFMen-Master-Jr. Worlds, WDFPFMen -Teen-Jr.-MasterWorlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPFBP Worlds, World's irongestMan, WPCWorlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s Mar/98...MarkPhilippi Interview, TOP 20 Women,

Teen, Master Rankings, James Henderson, George Nelson, 1stWorlds, Brad Gillinghambackstage Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APFAll Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. Jun/98...MarkHenry, EmieMilian, OlympicCycle, Simmons on "Researching Resistance", 10 Keysto Success, AAUPCWDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPFWomen's Worlds, TOP 100 Flywts. Aug/98... USAPLMen's National's, Platform Deadlifts, ADFPAWomen, Yueh-Chun Chang, IPFWorld's, APFNationals, Shane Hammon, Top 100 Bantam. Sep/98... APF Seniors. Part 1, the Ed Coan Decision, PowerBells, YorkSummerPicnic, VisittoWestside, 3x3TrainingPlanPart1,TOP100132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss?byLouieSimmons,JohnNeighbour,TOP100

Nov/98...AWorld'sto Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP100 Middlewts., Isoflavones.

Dec/98... IPF Masters-Juniors-Mens/WPC/WD-FPF/AAU/AAPFWorld Meets, Injury Avoidance, USAAllTime800DLs, DennisBrady, TOP100181s Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPFWorlds, Jerry Tancil, TOP 100 198s.

Feb/99...WPCWorldsPt.2,Coangoes2463,USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s Apr/99... The EDCO ANBook, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training MethodologiesbyLouieSimmons, TOP100242s. May/99...LATechProgram, "SirGuggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100

Jun/99...PowerliftersasBodybuilders,1stWomen's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs Aug/99...the Rubber Band Man, the "Muscletown USA"book, Beauty & the Beast, IGF-1, Overcoming PlateausPart2byLouieSImmons,TOP100123s Sep/99... USAPLMen's Natls., APFSRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith=Triac, York Spectacular, TOP 100132s Oct/99... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstagewith Ed Coan, Horace Lane Interview. CircaMaximalPhasebyLouieSimmons,TOP148s Nov/99...Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duoby Louie Simmons, TOP 100 165s. Dec/99...IPFWorldMasters/Juniors, USAPL/AAU BPNationals, MeetInformationManagement, Maximal Resistance Method by Louis S. TOP 100 181s Jan/00...IPFWorlds, WABDL Worlds, Dave Ricks erview, Russian Mystery, Extra Workouts by LouieSimmons, CloseGripBP, Strongman II, TOP

Feb/00...WPCWorldsPt.I, Battleofthe Giants, The Real Triac, IPFWorldBP, IPA Nationals, Best Lifters oftheCentury, MoreBigBPsbyLouieS, TOP100

Mar/00... USAPLWomen's Nationals, WPCWorlds Pt. II, World's Strongest Man, TOP 20 Women-Teen-Masters, The Conjugate Method by Lou

Apr/00...AmoldClassic,WPFWorlds,MikeDanforth Profile, Leonard McCormick Interview, PLUSA CoverChronology, Methoxivone, TOP 100242s

May/00... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, OneArmRows, Chemical Exercise, TOP 100275s. Jun/00... Garry Frank Profile, Black's Health World. DawnReshelDies, From Canadato Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100

Jul/00...WPOProChampionships, The 900Lb. SquatClub, Beyond Diminishing Returns, Louieon Squatting in the 800s and 900s, TOP 100 Flyweights. Aug/00...USAPLMen's, APFSrs. Pt. I, AAPF & APF Natls., IPFWomen's Worlds, Wade HooperInterview, JoeOnosai, Buildingthe Torso, TOP 100123s Sep/00... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ-by Louie S., Ernie Frantz Insights, Rick Weil BP Workout,

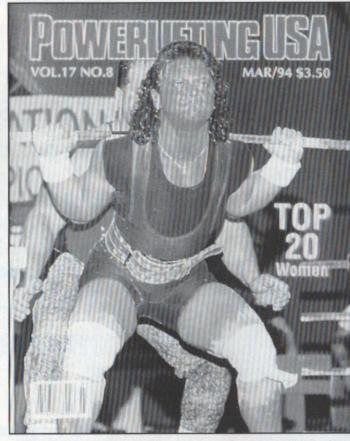
Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP100148s.

Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, AdvancedSquatCyclebyLouieSimmons,TOP100

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

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPCWorlds, RoyFokken BPWorkout, Eccentric & Concentric Training by Louis Simmons, TOP 100

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louieon Special Strengths, TOP The March 1994 edition of PL USA had the Women's TOP 20 rankings ... among the notables on the 97 lb.class listing were Ann Leverett (264 SQ, 170 BP, 330 DL, 766 TOT), Sioux-Z Hartwig at 105 (264 170 303 738), Amy Weisberger at 123 (352 214 358 925). Bettina Altizer at 132 (421 302 369 1041), Nancy Dangerfield at 148(418214 473 1107), Krista Ford at 165 (385 270 424 1080), Linda Jo Belsito at 181 (400 200 400 1000), Lynn Boshoven at 198 (505 320 485 1285), and Cyndi Regan at SHW (457 237 374 1052). The first woman who would bench press 400 in competition, Tamara Rainwater-Grimwood, was profiled by her husband Terry Grimwood. Andrea Sortwell set out her training program for teenage girls in our STARTIN' OUT section. The TOP 100 198s had Oct/2003 coverman Gene Bell in the Number One spot in the squat (777) and total (1978), with his buddy Sly Anderson in the top deadlift spot (766). Perry Lewis was No. 1 with a 555 in the bench press. Paul Sutphin was 68th in the squat with 639. IPF Record setter James Rouse was 90th in the bench with 430,



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and Scott Waits was 89th in the deadlift with 611. John Black was 69th in total with 1610. Al Gerard, inventor of the TRAP

BAR, had his three lift training plan in this issue, along with comments, pro and con, about the bar by Louie Simmons. We Herb Glossbrenner's All Time 165 lb. Squat listing had Rickey Dale Crain on top witih 755, and Dan Austin in 99th spot with 617. James Benemerito was interviewed by Bob Gaynor (regarding drug test failures, he stated "Anyone who is caught should have their name and picture displayed in POWER-LIFTING USA.") The MONOLIFT developed by Ray Madden out of Baden, Pennsylvania was advertised. Russ Kitani won the ADFPA California State BP title at 242 (he has since done 600!) An "R. Desmond" benched 405 for 3rd in the 275s at the Advance Fitness National Bench Challenge in Attleboro, MA (could that have been Ryan Desmond, now well over 700!) Miguel Castro won the 132s at the ADFPA Hudson Open with 405 240 550 1195. Giorgio Usai (of FORZA Strength Systems) pulled an unofficial USPF Teenage American DL record of 424 at 132 at the Washington State Meet. Chris Byrnes benched 360 at 132 at the ADFPA New York state championship

had the sad task of relating

the death of early squat

superstar Jack Barnes.

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Upthe Bands, USAPLWomen's Nationals, Westside Deadlifting, WPCWorlds Pt. IV

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

May/01 ... EdCoanInterview, Russian BPTraining. Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100275's Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top

Jul/01 ... IPFWomen's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, LeslieLookSQWorkout, Fixing Lockout, TOP100

Aug/01 ... Garry Frank Goes 2601 - APF Seniors. USAPL Men's, FIBO, Stretching With Bands, Box Squatsby Louie S., Warrior Spirit, Lifting Belts, TOP 1001235

Sep/01...WPOSemi-Finals, "No Deadlift" Routine, RayBenemerito, KneePain & MSM, Louie on Exercisesforthe Triceps, Chalk & Powder, TOP 100132s Oct/01 ... World Games, TomManno Interview, Jamie HarrisInterview, John Corsello Jr. Interview 700 BPClub, SpeedCyclingbyLouieS., TOP100148s. Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "AnalyzingYourSquat"byLouieSimmons,TOP100165s Dec/01 ... IPF World Masters, WPC Can Ams George Halbert Video, WPO Benchfor Cash, 1000 kiloClub, Westside Success, Jill Mills, Rich Salvagni,

Jan/02...IPFMen's Worlds, WABDLBPWorlds, Garry Frankgoes 2606, IPA Nationals, Carmen Perrotta Interview. Louieon Training the Lockout. TOP100198s

Feb/002...WABDLDLWorlds, IPF Bench Worlds, WNPFWorlds, WPCWorlds, Halberton Lockout, BlakleyonShoulders,AllTimeTOP50SQs,TOP100

Mar/02... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louieon "the Repetition Method* Apr/02...WPOFinals/Qualifer/AmoldBenchBash,

Ano Turtiainen Interview Louieon DI Training. JenniferThompsonInterview, BackUpYourBP, TOP242s Jun/02...MeetScotMendelson,IPFWorldMasters

BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP

Jul/02... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1. Karen Sizemore Interview, TOP 100114s.

Aug/02...APF Seniors, USAPL Men's Nationals USPFSeniors/MountaineerCup/V.StrongLegsfor RecodsbyLouie, Your Bench Shirt by Halbert, TOP

Sep/02... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100132s

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

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious MassPt. 1, Priscilla RibicInterview, Willie Wessels Interview, EdCoanDeadliftWorkout, TOP100165s Dec/02...WPOSemis(931 DL!), Bench Bashfor Cash.WPCWorlds.IPFSublr.Worlds.FredHatfield Interview, Louieon Explosive Strength, TOP 100181 Jan/03... IPFMen's Worlds, WABDL BPWorlds, IPF Masters Worlds, Becca Swanson Squats 705. IntensityZoneLoadingPt.1byLouie,TOP100198s. Feb/03 IPERPWorlds WARDI DI Worlds Steve GogginsInterview, "LessonsLeamed", All Time 308

&SHWrankings, KenPatera, TOP 100220s. Mar/03...BradGillinghamComeback,Men's300 g&Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/

Apr/03...WPOFinals & Bench Bash for Cash@ Amold Classic, Crawford Benches 785, Jamie HarrisPt.1. Equipment. NeverLooking Backby Louie. TOP100242s

May/03...BillCrawford'sRoadBack,OddHaugen Strongman, Virtual Forceby Louie, Bill Kazmaier ProfilePt.1, Women's 500 lb. SQs & DLs, TOP 100

Aug/03...MendelsonBenches804,821,825,832, 875...APFSeniors, Mikesell Squats 1107, Louieon The Bench Press Shirt, Vince Anello Deadlift Workout.TeamPL.TOP100SHWs

SEP/03... USAPL Men's Nationals. Bench America. KeepingIron in the Blood, PLvsOL 1000 lb, Squat Club Best Female Powerlifters, Louie Simmonson WhatYouNeedinYourGvm, TOP100114s

Oct/93... Gene Bell Interview, John Ware Workout,, Sioux-z Hartwig Interview, A.R.T. Techniques, 50 Best Squats, 50 Best Benchers, Louie Simmons on Training the Back, TOP 100 132s. Nov/93... Bench Bash for Cash-Rychlak, Lattimer, Schick Interviews, WPC North Americans, IPF Jr. Worlds, Mastering Technique by Louie Simmons, All Time Biggest Totals by Herb G., TOP 100 148s

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 3238, CAMARILLO, CA 93011.



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

20 DEC, APA Magnolia State Open PL, BP, DL, PP (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-

20 DEC, Body by George 'Mini Meet Bench Press (teen, master, open, women)
George Herring 770-963-6738
20 DEC, USPF RMAC 6th Ever Push/
Pull, Rocky Mountain Athletic Center, .968 West 6000 South, Roy, UT 84067

801-776-1873 **20 DEC,** North Coast Push Pull (Freemont, OH) Rob Twining, 330-334

20 DEC, (corrected phone number) 1st Bench Press Classic, Robt. Eckhart, 319 N. 2nd St., Lehighton, PA 18235, 610-377-5852

Waimanalo, HI 96795, 808-259-5266
27 DEC, SLP The Last One! BP/DL
Championships, Son Light Power, 122W
Sale St., Tuscola, IL. 61953, 217-253 27 DEC, USAPI Waimanalo Qualifier, Keith Ward, 41-857 Kalamianaole Hwy, ightpower.com

sonlight@netcare-tl.com

10 JAN, APA Southwest Florida Open
BPDL(Ft. Myers, FL) Scott Taylor, Box
27204, El Jobean, FL 33927, 941-6977962, scott@apa-upa.com
10 JAN, APA VIto Open BP (Sidney,
NY) Chris Byrnes, 563-8580.

10 JAN, Ultimate Fitness BP, Ultimate Fitness BP, Ultimate Fitness, 1640 Livingston Rd., Hudson, WI, 54016, 715-381-0326,

KLparker@pressenter.com
10 JAN, NASA Ohio State Bench Press
(W. Liberty, OH) Dick Cordial, 937-6535504, squat@foryou.net
10 JAN, USAPL NorCal Winter Classic
(Diablo Barbell, Concord, CA), Rob
925-803-5029, rwmeulenberg@hotmail.com

17 JAN, APA Battle of the Bad Boyz
BP/DL Bash (Georgetown, SC) Scott
Taylor, Box 27204, El Jobean, FL
33927, 941-697-7962, scott@apa-

ming, MJ Jon Smoker, 30907 CR 16, Elkhart, IN 465126, 574-674-6683 17 JAX, Iron Boy Push Pull (Winston-Salem, NC) Keith Payne, Iron Boy Ent., Box 1602, Clemmons, NC 27012, 336-7, 6, 6, 3, 3, 4, 7 17 JAN, Winter Blues PL/BP/DL (Wyo-

sonlight@netcare-il.com
17 JAN, NASA E. Texas Open (PL, 17 JAN, NASA E. Texas Open (PL, 18 P. PS - Longulew, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
17 JAN, White's Truck Stop / YMCA Winter BP/DL, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, Stanardsville, 22973, (434) 985-3932. Keith@ironboyenterprises.com
17 JAW, SLP York Fitness Raw PUBP/
DL (Jefferson City, MO) Son Light
Power, 122 W Sale, Tuscola, IL 61953,
217-253-5429, www.sonlightpower.com,

valifting@acl.com, www.virginiausapl.com 17 JAN. APA/TMSPA Patriot 11 JAN. APA/TMSPA Patriot Challenge, TomMcCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. TX 77049,

meet (men, women, teen, masters) Pump Inc. Gym, 2352 N. US 27, St. Johns, MI 48879, Jeff, 989-224-2441 19 JAN, PPL Augusta Open (drug free, powerlifter@angelfire.com 18 JAN, 13th Pump Total Fitness BP

Dubuque Comm. Y, 35 N. Booth St., Dubuque, IA 52001. Cfemuick@dubcommy.org, 563-556-3371 24 JAN, Mustang Invitational (Push-Pull, High School) Kandy Biggiam, 309-725-3717 (Colfax, IL) 706-790-3806, pythongym@aol.com

24 JAN, APF Dubuque Community Y

Powerlifting & Push-Pull, Chad Fenwick,

Dubuque Comm. Y, 35 N. Booth St., BP, DL, Ironman, Full Power) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906,

rbiggiam@ridgeview19.org
24 JAN USAPL Wisconsin State,
Bruce Sullivan, 1545 4 1/2 Mile Rd.,
Racine, Wi 53402, 262-639-3210
24 JAN, SLP Hester's Family Fitness
WinterBP/DL Classic (Louisville, Ky.) Son Light Power, 122W. Sale St., Tuscola, IL 61953, 217-253-5429

E.Jobean, FL.33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com 25 JAN, SLP Leo's Indiana Open BP/DL (Beech Grove, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com 25 JAN (New date), WNPF Bornes-wash Delaware (Manuland State) High School, Teenage Powerlifting and State BP + DL Championships (Prince Frederick, MD) Scott Taylor, Box 27204, EJobean, FL33927, 941-697-7962, Fax www.sonlightpower.com.sonlight@netcare-il.com

24 JAN, APA Maryland State Open.

31 JAN, 1st IPA Blue Ridge BB Classic (Roanoke, VA) Lance Loganbill, 540-556-6128 or 265-6582, pullur@cox.net 31 JAN, SLP A Cold Day In Tuscola BP/DL (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-Pennsylvania/Delaware/Manyland/State PL, BP, PC & WNPF Deadlift Nationals-(Philadelphia, PA), 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA, 30214

sonlight@netcare-il.com
31 JAN, 1 FEB, USAPL Women's
31 JAN, 1 FEB, USAPL Women's
Nationals (Double Tree Hotel, Omaha,
NE) James C. Hart, Box 82264, Lincoln, NE 68501, 402-470-3672,
jmshrt@aol.com, fax 402-470-3684,
402-470-3672 after 9 PM CST or
before 8AM CST
1 FEB, 13th Annual Winter BP Classic +

DL (Fit Stop, Granger, IN) Anson Wood, 574-903-4586, info@ernomous.biz

7 FEB, USPF Southern California BP & DL (Los Alamitos, CA) Steve Denison, Box 2431, Los Alamitos, CA 90720, 661-333-9800(cell), 562-936-1746 (office) PWRLFTRS@MSN.COM,

7 FEB, Midwestern USA PL, BP, DL, PP (Iowa) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, www.powerliftingCA.com
7 FEB, Metrofelx Gym Push Pull Challenge, Brian Dobson, 2921 S. Cooper
le., #109, Arlington, TX 76015, 817-

scott@apa-wpa.com
7 FEB, Natl. Alliance of Powerlifters
Meet (Houston, TX) Bob Garza 281-820-

7 FEB, AAU Pennsylvania State Atlantic Regional (Suerin Rec. Ct., Philadelphia, PA) Baptist Nupleri, 2315-755-9477, powergurul @aol.com
7 FEB, USAPL Minnesota St. Jr./Master & Novice Open, Joe Cooper, 5344

7 FEB, SLP Chain O' Lakes BP/DL (Waupaca, Wi.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightman. Ugstad Rd., Duluth, MN 55811, 218

7 FEB, APF Gulf Coast PL & BP (New Port Richey, FL) Pasco Power Team, Rick Laurence, 727-376-1707, Bart 727-

7 FEB, SPF Tenn. St. Open Push/Pull and the Tenn. St. Bench Press (touch n'

Coming Events

go), Powerhouse Gym, Hixson Pike, Chat-lanooga, TN, Jesse Rodgers, 423-876-735, Noble, OK. 73068
15 FEB, SLP Chicago's Hardcore Open
BP/DL (Chicago, IL) Son Light Power,
122 W. Sale, Tuscola, IL 61953, 217253-5429, www.sonlightpower.com,

8410, www.southernpowerlifting.com

8 FEB, WNPF Ohio Championship, Ron
DeAmicis, 6531 New Rd., Youngstown,
OH44515, 330-792-6670

8 FEB, SLP Northern Illinois Open
BP/DL (Machesney Park, IL) Son Light
Power, 122 W. Sale, Tuscola, IL 61953,
217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
15 FEB, USPF Car-AmBP(Ramada Inn
Convention Ctr, Men + Women Open,
Jr., Masters, Collegiate, Unlimited
Equipment-Cash Prizes) Nutrition 101,
865 Second St, Manchester, NH 03102,
6 0 3 - 6 2 6 5 4 8 9
A merican Power lifting.com,
SC700 Machine

sonlight@netcare-il.com

14 FEB, USAPL SCI-Rockview St.
Valentine's Day Massacre, Edward
Schnars, Box ARt. 26, Bellefonte, PA
16823, 814-355-4874 xt229
14 FEB, USA 'RAW' BENCH PRESS
FEDERATION WINTER NATIONALS
(Tuscola, II.) Son Light Power, 122 W
Sale St., Tuscola, IL. 61953, 217-2535429, www.sonlightpower.com, www.sonlightpower.com, @netcare-il.com

14 FEB, New Castle's 13th Annual BP Championships Touch 'n Go (teen,

14,15 FeB, NASA Natural Nationals Powerlifting, Bench Only & Power Sports Championship, OKC, OK. Rich Peters, Phone -405-527-8513 ,E-mail SQBPDL@aol.com, P.O. Box

Championships Touch 'n Go (teen, women, masters, men) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724.658.7529

14 FEB, SCI Rockview USAPL St. Valentine's Day Massacre (Men 18 and Older, No Entry Fee) Tommy A. Peterman, Activities Dept, SCI Rockview, Box ARt. 26, Bellefonte, PA 16823, 814-355-4874, Fort 229, Tommy Peterman or February Schools.

SQ700@ad.com
21 FEB (NEW DATE), WNPF New
Jersey + New York PL, BP, DL, SQ &
PC -EDISON, NJ, 770-996-3418,
WNPF@AOL.COM OR WNPF, Box
142347, Fayetteville, GA, 30214
21 FEB (New Name), SLP Illinois
State PL/BPDL (Tuscola, II.) Son Light
Power, 122 W. Sale St., Tuscola, IL.
61953,

www.sonlight@netcare-il.com
21 FEB, Northwest Pro-AM Bp& DL,
www.hitestevents.com (cash prizes, Post
Falls, ID) Roger Neff, 208-964-0194
21 FEB, WNPF Bill Beckwith Memorial PL & BP Class VII & State of Michigam PL (All age/ut. classes, Wayland,
MJ) Richard Van Eck, 269-521-4031
21 FEB, W Va State High School PL
(S. Charleston H.S., S. Charleston, WV)
John Massinger, 304-766-0352 (school),
304-744-2475 (home)
21 FEB, APF Missouri State (Eagle
Gym, Overland, MO) Rick King, 314-

APF/AAPF/WPO Schedule

2.7.04,APFGulifCoastPowerlifting+BenchPressOpen.TampaH.(RickLawrence) 2.21+22.04,WPOWestCoastQualitier@IrormanExpoLosAnglesCalifornia.QualitiertwWPOFnats@CNCSOS, Atlanta GA 2004. (Kieran Kidder)

3-20-04,APFS.CarolinoOpenStatePowerliting;Championship.CharlestonSC.(WillMillman) 3-20+21-04 AAPFN:ationalsPowerliting+BenchPress.LasVegasNV:(JohnUpton+MarkSwank) 3-27+28-04 APFJr.NationalsMensOpen/APFN:aineStatePowerliting+BenchPressOpen.LewistonMaine.(Russ 14-04, Amold Classic WPO World Record Bench Press Challenge, Columbus Ohio. (Kieran Kidder) 3-5-46-04, Amold Classic WPO Super Open Finals Columbus Ohio. (Kieran Kiddler) -28+29-04, APF California Skale Powerlifting+Bench Press Open-Fresno CABob Packer)

5-1-04, WPO Qualifier for WPO Finals @ GNCSOS, Atlanta GA 2004. 417-04, APF Louisiana Open Powerlifting Championship. Baton Rouge LA (Garry Frank) 4304,APF Jadsonville Open Power lifting Championship. Jadsonville FL (Wayne Pullum)

@GNCSOS,Atlanta GA2004. 65+604, APF Senior Nationals Power lifting + Bench Press. Baton Rouge LA. (Carry Frank) Qualifier for WPO Frank 5-8)-9.04,AFF.Master,Sub-Master,Junior,Teenage.VaifunalsPowerliffing-Bench.Omaha.Nebraska.(BeccaSwanson) 5-22-04,AAFF.Horida.StatePowerliffing+BenchPnessOpen.Fl.LaudentaleFL (KieranKidder)

8-04,AWPCWorkkPowerfiling+BenchPressChampionships:Chicagolll. Date TBALfimieFrantz) 9-4-04,AWF.Georgia/SatePowerfiling+BenchPressOpen.KennesawGA 6-19-04, APF Florida State Powerfifting + Bench Press Open. Ft. Lauderdale Ft. (Kieran Kidder)

10-23-04, AAPF Southern States Power lifting + Bench Press Open. (Kieran Kickler) 10-30+31-04, APF Prine Tree Power lifting Open. Lewiston Waine. (Russ Banlow) 10412th-17th/04,WPCWorldChampioships.FresnoCA(BobPacker) 9-25-04, WPOBenchBashforCash. Orlando Fl. (Kieran Kidder) 9-18-04, APF Maine State Push/Pull. Lewiston Maine. (Russ Barlow) 10-16-04, APF Mississippi State Power lifting + Bench Press Open Gautier Miss (Joe Lachier) 1-5+6+7-04, GNCSOSWPOFinals Cobb Galleria Atlanta GA. (Kieran Kidder)

(workpowerfiling.org)or(workpowerfiling.corgress.com) subject to change? More meets to be added. Call 630-892-1491 for info 24+5-04APFSouthernStatesPowerfilting+BenchPressOpen.LocationTBA.(KieranKidder)

21 FEB, USAPL Gold's Gym BP, Dave Kenyon, 219 High St., Beacon, Ny 12508, 845-838-

21 FEB. World Legion of Power Contest, 310-763-4041, 562-863-

21 FEB, SLP Illinois State PL/ BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com.

28 FEB (new date), USAPL UW LaCrosse Eagle Collegiate Open, Trevor Jacobson, 1430 Vine St. #A, LaCrosse, WI 54601, 608-784-3330

21 FEB (corrected e-mail), IPA 1st Annual CandyAzz Classic BP/ DL, Sandi or Zane McCaslin, Box 137, Fultonville, NY 12072, 518-8 5 8 - 7 0 0 2 candyazz@ironasylumgym.com, fax 518-853-8810

21 FEB (new date), WNPF 2ND Alabama Natural PL, BP, DL, SQ & PC-MONTGOMERY, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA 30214

21 FEB, 3rd Fitness Connection Tomah Winter BP (Tomah, WI). DWGProductions, 2018 Jackson St., La Crosse, WI 54601, 608-787-5693 or 608-372-3883 (gym) 21 FEB, USAPL South Dakota PL+BP, Jeff Blindauer, 5912W 56th St., Sioux Falls, SD 57106,

21 FEB, NASA Power Sports Nationals, (RAW) SQ,BP,SC,DL (Nashville, TN) Rich Peters, Phone-405-527-8513. E-mail SQBPDL@aol.com, P.O. Box 735,



(207) 225-5070

RUSS BARLOW CHRISTOPHER WIERS SCOTT BLANCHARD

Noble, OK, 73068

21 FEB, APA/TMSPA Texas State, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049, powerlifter@angelfire.com 21,22 FEB, WPO West Coast Quali-

fier @ Ironman Expo Los Angles California. Qualifier for WPO Finals @ GNC SOS, Atlanta GA 2004. (Kieran Kidder) 630-892-1491, worldpowerlifting.org 22 FEB, 12th WNPF Georgia Natural

PL, BP, DL & PC - ATLANTA or FITZGERALD, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214 28 FEB, SLP Mason-Dixon Open BP/

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

28 FEB, Fitness One BP (Hamilton, OH) DWG Productions, 608-787-5693 or 513-856-7867

28 FEB, ISPA "RAW" Iron Horse PL, Sonny Runyon, 3421 W. Armitage Dr. Muncie, IN 47302, 765-529-7000.

28 FEB, USAPL Virgina Open PL/BP Raw + Assisted, John Shifflett, Box 941. Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com 28 FEB, 5th NASA High School Championships (BP, PL, PS) The Gym, 112 W. North Ave., Flora, IL 62839, 618-

662-3413, 1-8PM M-F, lesmitty@bspeedy.com 28,29 FEB, AAU North Carolina State (Greensboro, NC) kingsgym@triad.rr.com, 336-622-3886

28,29 FEB, APF California State (Sacramento Red Lion Inn) Al Garcia, 916-482-

29 FEB, SLP Hillsboro Open BP/DI (Hillsboro, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

29 FEB (corrected e-mail), The Beast in the East BP (All Wt. Classes/ Divs. Taylor, PA) Joe Moe, 570-562-3642, moceyunj@neiu.org, rhsvpmoe@ns.neiu.k12.pa.us

FEB, NASA Ohio St. High School & Teen Record Breakers (PL, BP, PS Springfield, OH) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com 5,6 MAR, WPO Super Open Finals (Arnold Classic - Columbus, OH) Huge Iron Productions, Box 1277, Edgewater, FL32132, hugeiron@logicalcity.com

6 MAR, Walker's Gum BP Classic (Hopewell, VA - open & raw: men, women, teen, masters, police/fire/military) Barry Walker, 804-458-7918

6 MAR, NASA Missouri St. (PL, BP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, qbpdl@aol.com

6 MAR, SLP Tennessee Open BP/DL(Clarksville, Tn.) Son Light Power, 122W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6 MAR, SPF North Carolina State Open/Closed/Raw BP (Touch and Go) Best Western Motel (Hendersonville, NC) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-

6 MAR, Old Diminion BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, 985-3932. valifting@aol.com,

www.virginiausapl.com
6 MAR, Atlantic State Open (Full Power - Men, Women. Teen, Jr, Sub, Masters) Louie LaPoint 337 Roybury St Keene, NH 03431, 603-352-

6 MAR, WABDL California State BP/DL (Monterey Beach Hotel, Monterey, CA), Matt Lamarque, 831-277-4766

Maine

6,7 MAR, 24th USAPL Pennsylvania State (Clark's Summit) Rob Keller, Box 829, Ambler, PA 19002, 954-262-6709. rhk@verizon.net.

7 MAR, New Jersey Drug Free High School Meet, Health Quest of Hunterdon, 310 Rte. 31 N., Flemington, NJ 08822, Faith Cust, 908-782-4009 ext 246 13 MAR, APA Northwest USA BP/DL

Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-

7962, scott@apa-wpa.com

13 MAR, Beast of the Northeast BP/ DL (separate meets) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net
13 MAR, USAPL Albany Strength PL,

John Payette, 332 Cowtrail Ave., Albany, NY 12206, 518-433-1703

13 MAR, NASA Tennessee St. (PL. BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

13 MAR, USAPL Battle of the Great ikes VII (PL. BP - Men + Women - Open, Jr., Master, Grandmaster, Great Grandmasters, High School I + II, raw - Clevend, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH 44129, 440-884-7608 (h), 330-908-6199 ext 5261 (w),

gary.kanaga@novdoniaschools.org 13 MAR, SLP March Madness BP/DL (Mattoon, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

13 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

14 MAR, WNPF Western USA & California State BP, DL, SQ, PC (Los Angeles, CA) WNPF, Box 142347 Fayetteville, GA 30214, 770-996-3418, WNPF@AOL.COM

14 MAR, New Jersey High School Drug Free BP & DL (high school students only, St. Joseph High School,

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Hammonton, NJ) Paul or Peggy Sacco, 537 Pine Rd., Hammonton, NJ 08037 14 MAR, SLP Southwest Missouri BP/ DL (Springfield, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, tcare-il.com

14 MAR. USAPL Flordia State (Joe Dimaggio Athletic Complex, Clearwater, FL) Vincent Lombardi, 1065 Cresson Ridge Ln., Brandon, FL 33510, 813-685-3498, 727-443-7480,

19-21 MAR 04 (NEW DATE), USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI53402, 262-639-3210

20 MAR, 8th AAPF Frank Kostyo Memorial PL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-

20 MAR, 11th Snake River PL/BP. YMCA, 155 N. Corner St., Idaho Falls, ID 83402, 208-523-0600 (entry), 520-

20 MAR. APF Ohio Bench For Cash

(Middletown, OH) Ton Hypres, 513-539-5271 or 267-1 hvper242@sbcglobal.net 267-1699

20 MAR, APF S. Carolina Open State Powerlifting Championship. Charleston SC (Will Millman) 630-892-1491,

20 MAR, NASA Ohio State (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

20 MAR, Winona Spring BP (Winona MN) DWG Productions, 608-787-5693 or 507-452-7133

BP/DL (Paragoud, Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 MAR, PPL Drug Free Spring Classic (BP,DL,Ironman,PL)PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

20 MAR, 100% Raw Eastern Regional (Sterling Comm. Ctr., Sterling, VA) John James, 703-803-9178 20 MAR, SLP Heath Clifton Memorial

27 MAR. USPF California State PL & BP (Los Alamitos, CA) Steve Denison

Box 2431, Los Alamitos, CA 90720, 661-333-9800 (cell), 562-936-1746 (office) PWRLFTRS@MSN.COM www.powerliftingCA.com
27 MAR, 29th USPF WV State PL,

27 MAR, NASA Arizona St. (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

27 MAR, JDM Fitness Foundation Law Enforcement DL (open to law enforcement agencies nationwide - charity event for Widows and Childrens fund - John Jay College, Manhattan, NY) www.jpdfitnessfoundation.org, 718-548-3335, Mike Munzo & Jacqueline Davis 27 MAR, APC Georgia State Open, PL + BP, LB Baker, 770-725-6684,

27.28 MAR, APF Junior Nationals (all classes, elite lifters, WPO qualifier) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 27,28 MAR, USAPL March Madness BP & DL, Charles Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-

20 MAR. ADAU 41st Great Lakes (Open + All Ages - Men + Women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20,21 MAR, Amateur American Powerlifing Federation PL + BP Nationals, Mark Swank/John + Carol Unton (Las Vegas, NV-Plaza Hotel Casino - Only Qualifier for AWPC World PL + BP) 702-245-6852 or 702-656-6762 20,21 MAR, IPA E. Coast

High School Regionals/Central PA Open PL & BP (New Oxford, PA) Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823 21 MAR (NEW DATE), WNPF Life

time Drug Free Nationals PL, BP, DL, SQ, PC - Philadelphia, PA, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

21 MAR, WNPF Upstate New York Championships (Holiday Inn, Waterloo, NY) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 21 MAR, Lawrence County Super BP & DL IV (Free meet t-shirt, \$30 entry fee - all classes - all ages - no formulas; trophies 1-5th) Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-6544117

21 MAR, NPA Midwest Open Drug Free PL, BP, DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifeDB@cs.com

21 MAR, USPF Rhode Island PL + BP Open State Meet, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-

27 MAR (NEW DATE). USAPL West Virginia Open PL/BP (Bluefield, WV), John Shifflett, Box 941, Stanardsville, (434) 985-3932 valifting@aol.com

27 MAR, 24th annual Central Ohio BP (open, masters, women, teen) Doug Glitt, 4560 Bell Station Rd., Circleville, OH 43113, 740-477-3972

ZJ MAK, 29th USFF WV State PL, SQ, DL & Holley Open PL & BP (S. Charleston High School) John Messinger, 304-744-2475 27 MAR, SLP Harrodsburg Open BP/

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

27,28 MAR, APF Maine State Pl (all

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27,28 MAR, USAPL March Madness Sullivan Country Community College Meet, Charles Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-986-0487

28 MAR, SLP Lock Out at the Lockup BP/DL (Taylorville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com nlight@netcare-il.com

28 MAR, 5th Pittsburgh Monster BP + DL (Men + Women, All Divisions, All Classes, cash prizes - Holiday Inn Airport, Moon Township, PA) Mike Barravecchio, 301 Springwater Ct., Moon Township, PA 15108 724-457-2708

MAR, Best of the Southwest BP (raw, natural) Steve @ Bodytorium Fitness Center, 122 Gallery Dr., McMurray, PA 15317, 724-941-7270

MAR, NASA Oklahoma St., (PL, PB, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com MAR, NASA Kentucky State (PL, BP, PS - Louisville, KY) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com MAR, Carolina Full Powermeet, Monroe, 704-283-5587

3 APR. Atlantis New England PL (men/ women - hosted by Ed Coan -Quinsigamond Comm. College, Worcester, MA) Bruce, Jeff, or Todd, 508-885-

3 APR, WNPF Western PA (Black Hawk High School, Beaver Falls, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

3 APR, SLP John Ware Classic PL/BP/ DL (Kirksville, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, nlight@netcare-il.com

3 APR. APF Jacksonville Open Power lifting Championship. Jacksonville FL (Wayne Pullum) 630-892-1491,

worldpowerlifting.org
3 APR, Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinsbestbench.com

3 APR (new date), WNPF 1ST Collegiate Nationals & 4TH Ralph Peace Memorial Carolina BP/DL. PC- Greenville, SC. 770-996-3418, WNPF@AOL.COMOR WNPF, Box 142347, Fayetteville, GA.

3 APR. Iowa/Midwest Open BP or DL or Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes Box 433, Oskaloosa, IA 52577, 641-673-

3 APR, APA/TMSPA Teenage Nationals + Tri-State Open, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049,

3 APR, NASA Police + Fire Nationals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, Duree7086@aol.com

3,4 APR, IPA Iron House Classic PL+ BP (Newark, OH) Mike Maxwell, 740-704-4747, www.ironhousezanesville.com 3,4 APR, Power Palooza 6 PL, BP, DL/ IPA Panther Classic, Eugene Rychlak Jr., 1432nd Ave., Royersford, PA 19468,



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3,4 APR, NASA High School Nationals, Powerlifting & Power Sports, OKC, OK. Rich Peters, Phone - 405-527-8513,

E - m a i l SQBPDL@aoLcom, P.O. Box 735, Noble, OK. 73068

4 APR, USA Raw Bench Press Federation Spring Nationals, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9, www.sonlightpower.com, son light@netcare-

4 APR (new date), WNPF 2ND Tennessee PL, BP, DL, SQ & PC - Cleveland, 7 7 0 - 9 9 6 - 3 4 1 8 , WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

Fayetteville, GA. 30214

10 APR, SLP Primetime
Fitness BP/DL (Crestwood,
KY) Son Light Power, 122
W. Sale, Tuscola, IL 61953,
2 1 7 - 2 5 3 - 5 4 2 9
www.sonlightpower.com,
sonlight@netcare-il.com

10 APR, NASA Kansas St. (PL, PB, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 10 APR, USAPL Western

Regional PL, John Pena, 2735 S. Pace West Dr., Tulson,AZ85730,520-751-0076 17 APR, USAPL Richmond Open PL

17 APK, USAPL Richmond Open PL & BP, Phillip Battle, Box 9713, Richmond, VA 23228, 804-737-9622, 301-2196, P_Battle@hotmail.com

17 APR, APF Louisiana Open Powerlifting Championship. Baton Rouge LA, (Garry Frank) 630-892-1491, worldpowerlifting.org

17 APR, SLP Midwest Raw PL/BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare.il.com

17 APR, USAPL Midwest Women's PL/ BP (Granite City, IL) Maureen Post, 618-345-6574, mpost57@sbcglobal.net or Rick Fowler 618-451-4737, Mens99Meet@aol.com

17 APR, Downtown Fitness BP (Reedsburg, WI) DWG Productions, 608-787-5693 or 608-524-4282

17 APR, JDM Fitness Foundation Fire/ EMS Deadlift (open to firefighters/EMS personnel nationwide - charity event for Widows and Childrens fund - John Jay College, Manhattan, NY) www.jpdfitnessfoundation.org, 718-548-

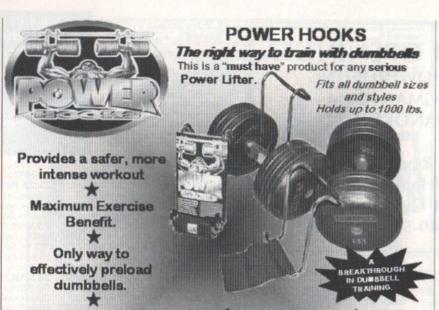
www.jpdfitnessfoundation.org, 718-548-3335, Mike Munzo & Jacqueline Davis 17 APR, Drug Free Dungeon Power Works BP & DL (3 Rivers, MI) Mark Mellinger, 269-435-7586 or Tyrone Ward 269-273-1092

17 APR, PPL Drug Free Spring Classic (N. Augusta, SC - BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, putbong m@acl com

pythongym@aol.com 17 APR, WNPF National BP & PC-Atlantic City, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214 17,18 APR, NASA lowa St. (PL, BP, PS - Des Moines, IA) Rich Peters. Box

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APR, USAPL Florida State Collegiate BP (Nova Southeastern University, Ft. Lauderdale, FL) Rob Keller, 3625 College Ave #316, Ft. Lauderdale, FL 33314, 954-262-6709, rhk@verizon.net APR, IPF NORTH AMERICAN (Miami, FL) Rob Keller, 3625 College Ave, #316, Ft. Lauderdale, FL 33314, 954-262-6709, rhk@verizon.net

APR, USPF New England PL, Jamie Fellows, Box 375, Belmont, NH 03220 APR, NASA Illinois State Open PL, BP, PS (Flora, IL) Lindell Smith, Jesmittu@bsneedy.com

lesmitty@bspeedy.com APR, NASA Colorado St. (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sabpdl@aol.com

APR, NASA W. Virginia St. (PL, BP, PS) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com

APR, AAU Qualifier (Burlington, NC) Dr. Jeffrey Noah, 336-229-5573
APR, USAPL California State PL + BP (Napa, CA) www.usapl-ca.org, Jason Burnell, 510-364-0197, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047,

lanceoslaughter@yahoo.com APR, USAPL Collegiate Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

I MAY, WPO Qualifier for WPO Finals @ GNC SOS, Atlanta GA 2004, 630-892-1491, worldpowerlifting.org

1 MAY, AAU Salisbury Sportsfest Maryland Full Meet, East Coast Tandem DL (Fruitland, MD) Jimm Marvel, 4 1 0 - 7 4 2 - 9 2 0 1

Jimmymarvel26@hotmail.com 1 MAY, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@kensnellpower.com

I MAY, Bench America II (Harper College, Palatine, IL) www.benchamerica.com

1 MAY, SLP Michigan Open BP/DL (Holland, Mi.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 MAY (NEW NAME), 100% Raw Nationals & North American BP (men/women-open, masters, teen, juniors, police/fire-all by age & wt. class-no formulas), John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.www.urini.aue.al.com

www.virginiausapl.com
1,2 MAY, NASA N. Carolina (PL, BP, PS - Hickory, NC) Greg & Susan Van Hoose, Rt. I Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com
1,2 MAY, WNPF 4TH Pan-American PL, Plus Submaster + Masters Nationals, BP, DL, SQ & PC Nationals & WNPF High School Nationals - Orlando, FL, 770-996-3418,

WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214 2 MAY, SLP Steve "Mad Dog" Houston Memorial Iowa Regional BP/DL (Coralville, Ia.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

7-9 MAY, APF Teen, JR, Submaster, Master Nationals, (Ohama, NE) Rick or Becca, 402-392-2446, www.beccaswanson.com

8 MAY, USAPL 22nd Viking Open, Dennis Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692 8 MAY, SLP Cross County Pull BP/DL (Mattoon, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com 8 MAY, 22nd USAPL Viking

8 MAY, 22nd USAPL Viking Open (Men, Women, Masters, Jr., Teen) B+W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

8 MAY, APA/TMSPA Summer Bash, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 7 7 0 4 9

powerlifter@angelfire.com **9 MAY,** USAPL Cissfill Classic @ the STL Fitness Festival, Harold Gaines, 2109 Butterfield Ct, Maryland Hts, MD 63043, 314-275-7069

15 MAY, USAPL SCI-Rockview May Melee, Edward Schnars, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874 xt229

15 MAY, NASA W. Texas (PL, BP, PS - Lubbock, TX), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sabpdl@aol.com
15 MAY, 3rd USPF Open BP + DL (Sponsored by Eric CC Football Team - Buffalo, NY - Open, Women, Teen, Submaster, Masters) Dennis Green, 716-851-1898
15 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight power.com, sonlight peterareli com

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15 MAY, SCIRockview USAPL
May Melee (Men 18+ - No Entry Fee)
Tommy A. Peterman, Box A Rt. 26,
Bellefonte, PA 16823, 814-355-4874
ext 229, Tommy Peterman or Edward
Schears.

15,16 MAY, WNPF National Bench Press Championships (Lansing, MI) Jeff Buchin, 517-622-3890

22 MAY, SLP National Police & Fire BP/DL Nationals, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, www.sonlight power.com, sonlight@netcare-il.com

22 MAY, AAPF Florida State Powerlifting+Bench Press Open. Ft Lauderdale FL, (Kieran Kidder) 630-892-1491, worldpowerlifting.org

22 MAY, NASA New Mexico St. (PL, BP, PS - Alamagordo, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

22 MAY (new date), WNPF Raw Nationals & Police/Fire/Military Nationals + Powerfest, PL, BP, DL, SQ & PC- Edison, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA.

22,23 MAY, UAPC National PL/BP (Irving, TX - AWPC World Qualifier) Steve Bevill 903-288-8101, Luke Bevill llivebsb@aol.com

23 MAY, WNPF Youth-Teen-Junior Nationals PL, BP, DL, SQ, Philadelphia, PA, & WNPF Strongman Nationals, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

29 MAY, NASA E. Texas State (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

29 MAY, Super Bench 2004, (Men, Women, Teen, Jr, Sub-Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431,603-352-8590

03431,603-352-8590 MAY, 5th NHSP BP, Jamie Fellows, Box 375, Belmont, NH 03220

MAY, USAPL Carolina State PL & BP Open (Charlotte, NC) Jennifer Thompson, 704-483-6332, Jennifer@132poundsofpower.com,

www.carolinapowerlifting.com
MAY, NASA Pennsylvania St. (PL, BP,
PS - Wheeling, WV) Greg & Susan Van
Hoose, Rt. 1 Box 166, Ravenswood, WV
26164, 304-273-2283, gvhl@wirefire.com
3-6 JUN, IPF World Women's
(Cahors, France)

4 JUN, USAPL Pete Lanzi Memorial II (BP + DL, Men + Women, Open, Jr., Master, Grandmaster, Great Grand Masters, High School I + II, Raw - Cleaveland, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH44129, 440-884-7608 (h), 330-908-6199 ext 5261 (w),

gary.kanaga@novdoniaschools.org
4-6 JUN, AAU National BP + DL
(Sheraton, Charlotte, NC in conjunction with the NCAAU Summer Sports
Games) Kingsgym@triad.rr.com,
336-622-3886

5 JUN, SCHS Athletic Boosters BP (S. Charleston High School, So. Chas., W. Va) John Messinger, 304-744-2475 (home), 304-766-0352 (school)

5 JUN, SLP Wisconsin Open BP/DL (Waupaca, Wi.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5,6 JUN, APF Senior Nationals, Gary Frank (Baton Rouge, LA)

5,6 JUN, NASA Masters / Sub Masters Nationals PL'ing, BP & Power Sports Championship, Oklahoma City, OK Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

10 JUN, Independence BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com 12 JUN, NASA USA (PL, BP, Push-Pull, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

A05-527-8513, sqbpdl@aol.com
12 JUN, SLP Superman Classic BP/DL
(Metropolis, IL) Son Light Power, 122 W.
Sale St., Tuscola, IL. 61953, 217-2535429, www.sonlightpower.com,

sonlight@netcare-il.com 12-13 JUN, ADAU Nationals, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

13 JUN (new date), WNPF Elite Nationals & WNPF North Americans & National Championship PL, BP, DL, SQ-Philadelphia, PA, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

18 JUN, PPL Drug Free Georgia State (BP, DL, Ironman, PL)PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19 JUN, APF Florida State Powerlifting+ Bench Press Open. Ft. Lauderdale Fl. (Kieran Kidder) 630-892-1491, worldpowerlifting.org 19 JUN. NASA Tennessee Extrava-

ganza (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 19 JUN, USA 'RAW' BENCH PRESS

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19,20 JUN, AAU Drug Free USA BP, DL Push/Pull (Vista, CA - World qualifier) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpw@pe.net
26 JUN, SLP Chicago Open BP/ DL

26 JUN, SLP Chicago Open BP/DL (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,



sonlight@netcare-il.com

26 JUN, 5th Annual New England's Strongest Man, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26,27 JUN (new date), WNPF Men's USA Championships & Women's National PL, BP, DL, SQ & PC Nationals - Atlanta & USA Strongman Championships, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214 JUN, NASA U.S.A. PL'ing, BP & Power Sports Championship, Springfield, OH. Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aoLcom, P.O. Box 735, Noble, OK. 73068 JUN, USAPL Teen/Jr. Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

3 JUL, lowa/Midwest Open Touch and go bench press (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

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

10 JUL, Independence BP/Curl-Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, www.virginiausapl.com

10 JUL, NASA Dodge City Powerfest, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

11 JUL, SLP Heart of Illilnois BP/DL (Peoria, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, ...

17 JUL, ANPPC WORLD CUP POWER-LIFTING CHAMPIONSHIP (Tuscola, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlight power.com, sonlight@netcare-il.com

TJUL, 2nd APA Iron Bash Atthe Beach (Mattanawcock Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-ma.com

24,25 JUL, NASA Grand Nationals, PL'ing, BP & Power Sports, Hickory, NC., Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aoLcom, P.O. Box 735, Noble, OK. 73068

31 JUL, 9th ADAU Catasqua YMCA Classic Raw Squat, Bench and/or Deadlift (separate contests, all age/wt. categories plus special olympian) Nick Theodorou, Nutritional Technologies, Box 3368, Palmer, PA 18043, 610-258-1894, nutritek@aol.com

31 JUL, NASA Tri-State Natural Championships (Special Olympics Free, Monolift) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413 1-8PM M-F, lesmitty@bspeedy.com

31 JUL, I AUG, AAU Drug Free North American PL, BP, DL, PP (Vista, CA - World qualifier) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

909-928-4797, ntrlpwr@pe.net JUL, 6th NHSP Summer Slam Push/ Pull, Jamie Fellows, Box 375, Belmont, NH 03220

AUL, NASA Spectacular (PL, BP, PS-Alvin [Houston], TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

JUL, NASA Western States Nationals (PL,BP,PS-Mesa, AZ)Rich Peters, Phone 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK 73068

OK.73068
JUL, USAPL Men's Nationals, Paul
Fletcher, 17735 Creekhollow, Baton
Rouge, LA 70817, 225-753-8586
6-8 AUG (new date), WNPF World
PL, BP, DL, SQ & PC, Strongest Man
in the WNPF Worlds - Edison, NJ,
770-996-3418, WNPF@AOL.COM
ORWNPF, Box 142347, Fayetteville,

GA. 30214 8 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, Oh.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com.

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14 AUG, PPL Drug Free Southeasterns, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com 14 AUG, SLP Wisconsin State Fair BP/ DL (West Allis, Wi.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 AUG, USAPL Mid Atlantic Open PL/BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com,

14,15 AUG, World Cup PL'ing, BP & Power Sports Championship, OKC, Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

15 AUG, SLP Missouri State Fair BP/DL (Sedalia, Mo.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 AUG (New Date and Name), 100% Raw Eastern USA BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com,

www.virginiausapl.com

21 AUG, NASA Colorado Grand (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
21 AUG, SLP Indiana State Fair BP/DL (Indianapolis, In.) Son Light Power, 122W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com

22 AUG, SLP Guy Carlton Memorial
Illinois State Fair BP/DL (Springfield, Il.)
SonLightPower, 122W. Sale St., Tuscola,
IL. 61953, 217-253-5429,
www.sonlightpower.com,

sonlight@netcare-il.com
28 AUG, SLPKentuckyStateFairBP/DL
(Louisville, Ky.)Son Light Power, 122W.
Sale St., Tuscola, IL. 61953, 217-2535429, www.sonlightpower.com,

sonlight@netcare-il.com 28 AUG, Granite State Open BP/DL, (Men, Women, Teen, Jr, Sub, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (Separate Contests)

AUG, AWPC World Powerlifting + Bench Press Chicago, IL (Ernie Frantz) worldpowerlifting.org 4 SEP, APF Georgia State

4 SEP, APF Georgia State Powerlifting+Bench Press Open. Kennisaw GA. 630-892-1491, worldpowerlifting.org

worldpowerlifting.org
4 SEP, SLP DuQuoin State Fair BP/DL
(DuQuoin, IL.) Son Light Power, 122 W.
Sale St., Tuscola, IL. 61953, 217-2535429, www.sonlightpower.com,

sonlight@netcare-il.com 8-12 SEP, IPF World Subjuniors + Juniors (S. Africa)

11 SEP, SLP Tennessee State Fair BP/DL (Nashville, Tn.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-

5429, www.sonlightpower.com

11 SEP, WNPF Lifetime American Cup PL, BP, DL, SQ & PC & Police, Fire/Military Nationals, Atlanta, GA 770-996-3418, WNPF@AOL.COM ORWNPF, Box 142347, Fayetteville, GA. 30214

18 SEP, APF Maine State Push/Pull & BP (all divisions by formula) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

18 SEP, ADAU "No Druggies Allowed" SQ, BP, DL (NO Total - Men + Women Open + All Age Groups) Joe Orengia 4468 W. 26th St., Erie, PA 16506, 814

20 SEP, WNPF South Georgia Bench/ Deadlift & Powercurl Championships in Fitzgerald, GA, 770-996-3418 WNPF@AOL.COMORWNPF, POBOX 142347, FAYETTEVILLE, GA. 30214 25 SEP, NASA E. Texas Regional (PL BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527 8513, sqbpdl@aol.com

25 SEP, NASA Bartlesville Classic PL, BP, PS (Bartlesville, OK) Jim Duree JDuree 7086@gol com

25 SEP, WPO Bench Bash for Cash Orlando Fl.(Kieran Kidder) 25 SEP, SLP Open PL/BP/DL Nationals, Son Light Power, 122 W.

Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com 26 SEP, SLP Missouri State BP/DL (Springfield, MO) Son Light Power, 122

W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, SEP, NASA New Mexico Regional (PL,

BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405 27-8513, sqbpdl@aol.com

SEP, NASA Oklahoma Grand (PL, BP, PS - Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527 8513, sqbpdl@aol.com

2 OCT, NASA Ohio Regional (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

2 OCT, SLP Fall BP/DL Classic (Mattoon, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com 3 OCT, SLP Iowa State BP/DL (Coralville la.) Son Light Power, 122 W. Sale St. Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com

5-10 OCT, IPF World Masters (New Delhi, India)

9 OCT, SLP National "Raw" PL/ BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com.

sonlight@netcare-il.com 9 OCT, NASA Tennessee Regional (PL, BP, PS - Nashville, TN) Rich Peters. Box 735, Noble, OK 73068, 405-527-

11 OCT, PPL "Drug Free" Nationals, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

pythongym@aol.com 12-19 OCT, WPC World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805
16 OCT, APF Mississippi State

Powerlifting+Bench Press Open. Gautier Miss. (Joe Ladnier) 630-892-1491, worldpowerlifting.org
16 OCT, NASA Colorado Regional (PL,

BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

16 OCT, SLP Arkansas State BP/DL

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\$265

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\$150

\$160

\$100



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18"

20"

(Paragould, Ar.) Son Light Power, 122 W. ale St., Tuscola, IL. 61953, 217-253www.sonlightpower.com, sonlight@netcare-il.com

23 OCT, AAPF Southern States Powerlifting+ Bench Press Open.(Kieran 630-892-1491,

23 OCT, SLP Wisconsin BP/DL (Kaukauna, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
23,24 OCT, NASA N. Carolina Regional (PL, BP, PS - Hickory, NC) Rich Peters, Box 735, Noble, OK 73068, 405-

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

sonlight@netcare-il.com 30.31 OCT, APF Pine Tree State Open all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 31 OCT, SLP Midwest Open BP/DL ianapolis, IN) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com OCT, 5th NHSP Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220

OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey

Johnson, Daryltobey@aol.com OCT, NASA KY Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

5+6+7 NOV, GNC SOS WPO Finals. Cobb Galleria Atlanta GA.(Kieran Kidder) 630-892-1491,

worldpowerlifting.org
6 NOV, USA 'RAW' BENCH PRESS FEDERATION WALLYSTROSNIDER ME-MORIAL GRAND NATIONALS (Tuscola, 1.) Son Light Power, 122 W. Sale St. Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

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

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

sonlight@netcare-il.com

\$130

\$140

\$90

9-14 NOV, IPF World Men's

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

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

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

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

14 NOV, lowa/Midwest Open BP or DL or Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-

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

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

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

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

NOV, NASA Kansas Regional (PL, BP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com NOV, NASA WV Regional, Greg & Susan Van Hoose, Rt. 1 Box 166 Ravenswood, WV 26164, 304-273-2283,

1-5 DEC, IPF World Bench Press (Cleveland, OH) 4 DEC, NASA Southwest PS, PB. DL. Rich Peters, Box 735, Noble, OK 73068,

405-527-8513, sqbpdl@aol.com 4 DEC, SLP Christmas For Kids BP/DL (Mattoon, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-2535429, www.sonlightpower.com. sonlight@netcare-il.com

4 DEC (new date), WNPF IronMan Nationals (BP/DL) & Sarge McCray BP. DL & PC-Bordentown, NJ, 770 996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville,

4+5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491,

worldpowerlifting.org
5 DEC, SLP Northern Illinois Open BP/ DL (Machesney Park, II.) Son Light Power 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com sonlight@netcare-il.com

5,6 DEC, AAU Drug Free World PL & International BP (Laughlin, NV) Martin Drake, Box 108, Nuevo, CA 909-928-4797,

ntrlpwr@pe.net 11 DEC, NASA Missouri Regional (PL, BP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

11 DEC (new date), 2nd ANNUAL WNPF S. Georgia BP/ DL & PC -Fitzgerald, GA, 770-996-3418, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

11 DEC, Chrismas BP Classic Raw -Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com 18 DEC, SLP "The Last One" BP/DL (Tuscola, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com

sonlight@netcare-il.com MAY 05, USAPL Men's Masters Nationals (Palm Springs, CA) www.usapl-ca.gov, Lance Slaughter, 3 1 0 - 9 9 5 - 0 0 4 7 , lanceoslaughter@yahoo.com 16 JUL 05, World Games

2-9 NOV 05 - IPF Men's Worlds (Philadelphia, PA) Robert Keller, 954-262-6709, rhk@verizon.net

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

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

SLP Tennes	se St	ate Fair BP/D	L
		Nashville, TN	
BENCH PRESS		198	
master women			385
123	+0-44	242	303
Sherry Talley	120*	Joey Wheler	450
open women	130	4th	465
165		242	403
Kris Wienk	165	Chris Johnson	440
teenage men 13		242	440
275	-13	Tony Rutkowski	405
	205*	242	Sciona
teenage men 16		Ray Clevenhag	en
114		275	The World
	150*	Josh Robinson	505
148	it of m	DEADLIFT	
Justin Bullington	150	master W 40-44	1
teenage men 18		123	
165		Sherry Talley	250*
Leo Coleman	265*	4th	270*
4th	270*	open women	
submaster men		165	
308		Kris Wienk	330
John Stephens	620*	teenage men 1	3-15
master men 40-		97	
181		Zac Woodword	1155*
Jack Brown	415*	teenage men 1	6-17
198		shw	
Eric Coutu	335*	Roland Brown	475*
4th	350*	4th	500*
242		junior men	
Jim Gerhardt	400*	220	
275		Michael Himes	
Randy Richey	255*	master men 40	-44
308		242	
Greg Hicks	565*	Jim Gerhardt	560*
master men 45	-49	275	
165		Billy Green	540*
Charles Smith			-54
4th	375*	198	
220	The same	John Robinson	505*
Thomas Adams	430*	198	
308	di	William Taylor	405
John Bible	425*	master men 60	-64
master men 60	-64	220	
220		Ron Finch	415*
Ken Anderson	460*		
4th	470*		
220	200	Mike Lockley	600*
Ron Finch	280	181	

Jay Sikes

Ed Faust

655* D. Blackburn

Richie Calton

Josh Robinson

Michael Jones 625

675

630

master men 85-89

Jack Heizelman 175*

Jamie Wheeler 410

295*

675* shw

police & fire 275

Scott Lee

D. Nealy

open 198

4th 198

BP - Best Lifter - DEWAYNE NEALY. Best Lifter - MICHAEL HIMES. * Son Light Power Tennessee state record. The Son Light Power Tennessee State Fair Bench Press/Deadlift Championship was held September 6, 2003 at the fairgrounds in Nashville, Tennessee. It was good to be back in my old stompin' grounds where it all started in 1979. It was ere I meet and trained with some of the greats of powerlifting: my old taining part-ner Dwight Hooper, Doc Kreis, Chuck "The Truck" Braxton, Paul Wrenn and Troy Hicks. It was great to see Hooper again as it was to have Paul Wrenn present and an old friend and competitor I haven't seen in twenty years, John Bible. We had a good turnout and a lot of fun, with several state and perand a lot of fun, with several state and per-sonal records set. In the bench press event first-time competitor Sherry Talley won at master women 40-44/123 with a new Ten-nessee state record of 130. Kris Wienk won at 165 open with 165, matching her own personal and state record. Kaleb Dickerson set the record at teenage men 13-15/275 with 205 for the win there. At 16-17 Brian Guffy set the record at 114 with 150. Justin Bullington also finished with 150 with his win at 148. In the 18-19 age group Leonard Coleman got in four good lifts to finish with a new state record of 270. In the submaster division John Stephens finally got his first official 600 bench at 308. John finished the day with a great 620 final attempt for a new Tennessee state record. (Of course the only Tennessee state record. (Of course the only way John could have gotten either lift was the great lift-offs he got from his ex-training partner Randy Richey. And as you will see later Randy's superb lift-off to John and



At the Tennessee State Fair ... Dewayne Nealy (above) with a gigantic new state record 4th attempt 675 at 198, and (below) Dr. Darrell Latch with the legendary Paul Wrenn. (Latch photographs)



only takes out about 50-75 pounds, leaving 550 lbs. or more for his lift-off man to handle Sorry, Randy! In the 308 class Greg Hicks got a new pr with his second attempt of 535, but went on to lock out a 565 state record for his final attempt. In the 45-49 division Charles Smith upped his own state record at 165 to 375 with his 365 third and 375 fourth attempt. Thomas Adams had to settle with his opener of 430 for the win at 220 and a new state record there. John Bible came up from Ringgold, Georgia for the title at 308 with a new state record of 425. Up from Dallas, Texas was 60-64/220 winner Ken Anderson. With his win there, Ken set the state record at 460, before upping that to a personal best 470 fourth attempt. Ron Finch was second at 220 with a personal best 280. Up next was the darling of the competition, eighty-five year old Jack Heizelman. Jack also came up from Texas, taking the title at 85-89/148 with a new Tennesee state record of 175. Nobody got bigger cheers when they lifted than Jack, who left town with his pockets full of phone numbers from young doring female fans! Great to have Jack with us again. In the police & fire division Scott Lee successfully defended his title with a 295 state record at 275. The open division marked the return to competition of Dewayne Nealy, the number one bench presser in the world at 198. After some shoul-der problems in the past year, Dewayne was back! Opening with a conservative 560 state record, Dewayne moved through his second and third attempts of 600 and 655. Calling or a fourth of 675, for a new personal record. Dewayne locked out the weight with what looked to be his best form of the day 675 @ 195 bwt! Amazing! In second place at 198 was Jamie Wheeler with 410, followed by Eddie Pitts, who only got in his opener of 385. At 242 it was Joey "Sandbagger" Wheeler with 450, followed by a fourth of 465 for the win. Chris Johnson was second at 242 with a close 440 while Tony Rutkowski 242 with a close 440 while forly kutkowski finished in third place with 405. Ray Clevenhagen, who was affected by the heat and loss of bodyweight, failed to get his opener of 460 in, then dropped out of the opener of 400 in, then dropped out of the deadlift competition. Josh Robinson took the title at 275 with his opener of 505. Dewayne Nealy was awarded the best lifter trophy for the competition. In the deadlift competi-tion Sherry Talley won her second title of the day at 40-44/123, also setting her second of the day with her 250 ond state record of the day with her 250 third attempt and 270 fourth pull. Kris Wienk also won her second title of the day in the open women's 165 class, finishing with 330, after a final attempt with a new state record of 355 failed to lockout. Zac Woodword looked strong at teenage men 13-15/97 with a state record 155, just missing a personal Dewayne Nealy took their toll, but Randy, always the selfless humble person he is, just record of 350 and the title at 198. At 242 it best 160 final attempt. In his first competishing the same also some question as to whether John's lifts also some question as to whether John's lifts also some question as to whether John's lifts opener of 400, which was also a new state ing the win at 16-17/shw. Roland finished ing the win at 16-17/shw. Roland finished with 475 before coming back with a fourth record. (another gift!) Then at 275 was Randy shrugged it off. Aside from that here was also some question as to whether John's lifts should count; judges are revueing the tapes!) In the master men's 40-44 age division Jack Brown won again at 181, finishing with a new state record of 415. Eric Coutu got in all four state record of 415. Eric Coutu got in all four state record of 255. There again, if he state record of 700! In the master men's 40-44 livian lim Cerhardt set the record at 242 division Jim Gerhardt set the record at 242 with 560 while Billy Green won at 275 with a state record 540. John Robinson set the state record at 50-54/198 with a personal best 505 while William Taylor was second with 405. Ron Finch pulled a great state record 415 to lockout for the win at 60-64/220. In 415 to lockout for the win at 60-64/220. In the open division Mike Lockley only got in his opener of 600, but still set the state record there with his win at 181. Jake Sikes was second at 181 with 350. Richie Calton pulled a state record 555 on his final attempt for the win at 198. Ed Faust got a big 675 at 275 for the win at 198. Ed Faust got a big 6/5 at 2/5 for the win there, followed by Josh Robinson's 630 second attempt. David Blackburn, lift-ing in his first competition, pulled a personal best 500 for third place. Then in the shw best 500 for third place. Then in the shw class Michael Jones won with a great 625 pull. Thanks to all those at Special Events for all their help and to my son Joey and Dustin Kerns for their help loading and spotting. Also a big thanks to the boys at The Lifter's Club of Oak Ridge, Tennessee and to Wade Johnson for all their help. See you all next year. (Thanks to Darrell Latch for results.)

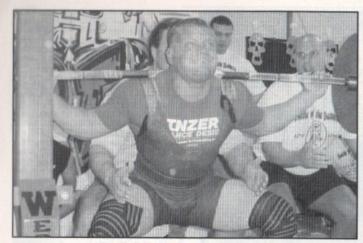
hadn't had to lug all that weight around for John it would have been a different story And "lug" is the right word to use, since John

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Bench Only		242			P. Bailey	315	265	370	950
Women		Open			Open				
123		J. Pett	erson	575	J. Gupton	405	365	450	1220
Teen		R. Tun	er	565	P. B ailey	315	265	370	950
G. Mans	120	Brando	on Cass	530	181				
Open		K. Dov	vd	500	Open				
G. Mans	120	B. Gun	n	485	T. Williams	705	430	550	1685
148		Lemon	IS -	335	Britt Rapp	640	385	560	1585
Submaster		Subma	ster		A. Bannermann		385	405	
A. Roberts	125	J. Pete	rson	575	P. Harrington	720		640	
Men		R. Tun	er	565	Master 50-59				
148		Master	s 40-49)	H. Gutnick	435	315	535	1285
Teen		B. Gun	n	485	198				
W. Moore	135	275			Open				
181		Open			Jeff McVicar	765	545	645	1955
Open		Bill Cr	awford	725	Submaster				
T. Lewis	470	R. Willi	iford	500	Jeff McVicar	765	545	645	1955
198		B. Gre	en		220				
Open		308			Open				
Jeff McVicar	545	M. Pro	sser	530	Travis Mash	920	565	750	2235
Will Lynch	465	Deadli	t Only		K. Robertson	700	535	635	1870
Submaster		Wome	n		M. Hemmlapp	505	315	520	1340
Jeff McVicar	545	165			242				
220		Kris Jo	hnson	345	Teen				
Open					P. Holtz	525	370	495	1390
Travis Mash	565				B. Dulko	400	270	385	1055
Women	SQ	BP	DL	TOT	Open				
181					Brandon Cass	800	530	785	2115
Stacey Manly	390	205	405	1000	Jay Castile	840	550	725	2115
M. Robbins	300	225	315	840	P. Watson	700	545	6320	1865
242					G. Austin	650	530	620	1800
Connie Soto	225				C. Mason	780	315	650	1745
148					B. Dulko	400	270	385	1055
Teen					J. Arnett	550			



Amy "Firecracker" Vaughn, Jay "The Rhino" Ryne, and Kara "Bench Press Barbie" Bohigian at the Johnny Perry Memorial (Ron Shirley)

een				
. Childress unior	425	190	385	1000
C. Robertson 275 unior	700	535	635	1870
Zach Hudak Open	865	575	725	2165
Zach Hudak	865	575	725	2165
ohn Manly				2100
t. Horton	660	490	675	1825
unior A. Edwards Open	475	320	535	1330
ay Rhyne	920	605	700	2225
Brent Lever HW	700	500	720	1920
Michael Neal	825	625	700	2150
Chris Clark				
thanks to Ron				



Jeff "the Stuff" McVicar lifted to honor strongman star Johnny Perry, who passed away recently at a tragically young age. (R.S.)

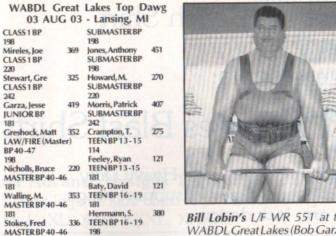
13th	An	nual	Endl	ess	Summer	BP+DL
	24	AUC	03	- (Granger,	IN

		0 ,		- 1
Bench press		308		R
Masters 55+		John Martinez	550	2
148		SHW		R
Mike Wider	450	Steve Jarausch	575	D
198		Deadlift		1
Ron Cuny	320	Youth		S
Women		63		C
181	100	Stephen King	120	1
Alyssa Allen	120	Teen		D
Novice		220		2
242	200	John Burt	405	0
Craig Kimble Men	355	Women		1
		181		T
165 Mike Evans	375	Alyssa Allen	255	0
198	3/3	Men 220		1
Jeff Whiteman	300		500	C
220	300	Mike King Masters 55+	500	1
At Reed	550*			
Randy Moore	340	Mike Wider	450	L
275	340	Masters 60+	450	1
Tony Macik	450	181		N
Tony Macik	430		430	N
*- Central Reno	h Pres	s League record.		le
lifter - Al Reer	Snee	cial thanks to: Jo	n C	C
Smoker, Mike	Wide	, Dan Martin,	l arry	2
Boynton, Georg	e Leali	ifano, Randy Hull	and	Ā
		of Granger, IN		B
again seemed to	provi	de the good vibe	s and	D
atmosphere nee	eded to	produce some	great	R
lifting, Starting	off th	e hit parade of	great	R
lifting was Mike	Evans	who put on an in	cred-	2
ible display of p	ure str	rength at 165. Wi	thout	T
		e gear he made		2
		surprised whe		T
couldn't negotia	te 390). Jeff Whiteman	lifted	B
		nce coming back		В
made his first e	ver 30	0. Nice going Je	ff! At	Li

220 Al Reed missed 550 on his second attempt, getting it a bit out of the groove. He came back on his third attempt with his psych somewhere in the stratospheres, as he was able to complete the lift even though his shirt blew! He pointed at the bar after the lift and announced, "I own that weight," as if to say there was no way he was going to miss; thus punctuating his best day ever as he had punctuating his best day ever as he had made a PR, breaking Ron Walsh's 6 year old Central Bench Press League record and probably secured his first ever top 20 rank-ing. Teammate Steve Jarausch had an equally great day in the Saw class as his first two lifts were PR's also, and he finished with a great 575, which will put him in the top 60 to 70 range. Winding up the excellent day of lift-ing was Ron Cuny; at 57 he came so close with a PR of 345. In the deadlift the youngest and oldest came away with PR's. At only 8 and 63 lbs. Stephen King made a great 120. He should have a phenomenal career if he sticks with it since his Dad Mike is a very knowledgeable lifter. Andin the 60 and over 181's, AAPF National champion Dan Martin had the lift of the day, getting an incredible 430! Another AAPF champion, Mike Wider, got a 450 in the 148's, 55 and over. It has been so long since he's pulled that kind of weight, I don't really care to go over 2 decades worth of lifting results to try and fig-ure it out. The next bench meet will be the 16th Annual Elkhart Bench Press Classic. It will feature sculptured awards in a Sandow-type pose, so I hope to see a lot of lifters turn out for the Central Bench Press Leagues' longest running meet.(Results - Jon Smoker.)

USAPL Wyoming State Open

A CONTROL OF THE PARTY OF THE P		100 PM	題	21 SEP 0	3 - (Cheve	nne. \	NY
	100	Y	II	Men Teen 165	SQ	BP	DL	TOT
	膃	R ORK	1	A. Hummel	347	181	402	931
BURELLA	625		10	S. Hergert		330		330
	100	1/8	J. C. W.	Cody Herrman 242	231	137	358	727
		Q routh		Alex Dickson Women's Open 123	440	418	440	1300
371			雙	D. Schminke Women's Mast	ers	104		104
		McVicar lifte		181 Buellah Bishop 123	203	110	115	1729
Perry, who	pass	edawayrece	ntly	Jeanne Harms Men's Master		143		143
at a tragica	ally y	oung age. (R	.5.)	148 Casey Brown	473	319	534	1327
		ess Summer Bl		181 Doug Clayton	A HOLD	363	334	363
24 AUC	03	- Granger, IN		198		303		303
Bench press Masters 55+		308 John Martinez	550	Ron LeBeaumor 242	nt	253		253
148		SHW	3	Randy Lang		473		473
Mike Wider 198	450	Deadlift	1 575	David Wolf 165	435	336	501	1272
Ron Cuny	320	Youth		Steve Hill		225		225
Nomen 181		63 Stephen King	120	Craig Burton		303		303
Alyssa Allen Novice	120	Teen 220	ta tac	David Barkee 220	429	369	473	1272
242 Craig Kimble	355	John Burt Women	405	G. Hummel 132	198	154	281	633
Men		181		Tom Bishop	253	165	308	727
165	275	Alyssa Allen	255	Open				
Mike Evans	375	Men		165 Caria Buston		202		202
eff Whiteman	300	220 Mike King	500	Craig Burton Mark Herrman		303 308		303
220		Masters 55+	300	181				
At Reed	550*		450	Leo Sanchez	485	325	490	1300
Randy Moore 275	340	Mike Wider Masters 60+	450	Doug Clayton 198		363		363
Tony Macik	450	181		Mark Rodacker	600	358	617	1576
	. 694		430	Mark Lane	330	275	402	1008
- Central Bend	h Pres	s League record	. Best	Jerry Handley	341	203	440	986
moker, Mike	Wider	r, Dan Martin,	Larry	Cyrus Ford 242	611	380	N NE	380
		ifano, Randy Hu		Alex Dickinson		418	440	1300
		of Granger, IN			468	303	485	1256
		de the good vibe			435	336	501	1272
		e hit parade of		Rich Strang Randy Lang		352 501		352 501
ifting was Mike	Evans	who put on an ir	ncred-	275				- North
any kind of su	pportiv	rength at 165. We gear he made	e 375	275+	281	347	429	1057
		surprised who		roun nothings				
	to 300	leff Whiteman	lifted	Best Overall M	en's I	ifter -	Cacor	Brown



220

198 Reynolds, Jeff Horn, Darrell 358 TEEN BP 16-19

Nicholls, Bruce 220 TEEN DL 13-15 MASTER BP 40-46 220 Boroski, Brian 330 TEEN DL 16-19
MASTER BP 40-46 181

308

353

275 TEEN DL 13-15

Feeley, Ryan

Coolick, Joseph CLASS 1 DL

Stewart, Greg

LAW/FIREDL (MST)

MASTER DL 40-46

MASTER DL 61-67

424

402

600

Gidcumb, R.

Bischoff, Matt

OPEN DL

Arbic, Brad

SUBMASTER DL 501 Morris, Patrick 473 SUBMASTER DL

OPEN DL

512 Crampton, T. SUBMASTER DL 341 Hudson, John

For all intents and purposes, the event turned out to be very productive and smoothly run. The lifters came prepared, trophies were great and everyone enjoyed themselves. The Sheraton was a great hotel for the meet

site. Records were set on the State, Na-tional, and World level by the tough North-ern Regional lifters. The staff Mrs. Ted Feight, Frank Rosamond, Hope Garza, Rosina

Sobocinski, and judges Steve Mandreger, Bill Lobins, AJ. Luckow, Richard Gidcumb, and Bob Garza all did a great job. The young

tough athletes from Northville High School did terrific jobs spotting and loading, and were all around troubleshooters. Looking forward to putting on our next meet in Michi-gan next year. Thanks to all. (Thanks to Bob and Edi Garza for providing meet results.)

523

OPEN DL

336 Christopher

CLASS 1 DL

Gidcumb, R. 424 CLASS 1 DL

MASTER BP 40-46

MASTER BP 40-46

MASTER BP 40-46

Peshek, Jeffrey 584 MASTER BP 47 - 53

MASTER BP 54-60

Bates, Andrew MASTER BP 54-60

Fay, Greg 3 MASTER BP 54-60

MASTER BP 61-67

OPEN BP

OPEN BP

OPEN RP

242 Smith, Rich

Forstner, Dave OPEN BP

242 Tallman, Chip

Hemenway, R. 314 MASTER BP 61 - 67

Bill Lobin's L/F WR 551 at the WABDL Great Lakes (Bob Garza)

WABDL Southern Regionals

16 AUG	03 - N	lew Orleans, L	A
Class 1 BP		Gwaltnev, Sara L/F (Mst) BP 40-4:	143
Tyson, Tim	391	165	400
181 Bell, Chad	347	Cook, Kenneth 242	402
198	34/	Christian, Mark	512
Senese, Chris	418	242	-
198 Frickey, Jason	413	Tindull, Blane L/F (Mst) BP 48+	435
198	413	259	
Wood, Cecil 220	259	Lavin, Howard L/F Open BP	347
Sowers, Shane	421	181	
308	242	Arriaga, Pablo	358
Rando, Rick Junior BP 165	343	259 Ross, Steven 308	507
Jones, Zach	281	Wilkerson, K. L/F Submst BP	462
Bell, Chad	347	198	
181		Whitney, James	485
Burge, Scotty 198	314	Master W BP 40-4	46
Maranto, Philip 220	385	Sterling, C. Master W BP 47-	203
McKeefer, R.	515	132	
259	535	Sanford, Donna SHW	148
Lee-Faulk, B. Junior (W) BP 123	333	Adkison, Susan Master W BP 61-	214
Coleman, Lisa	121	114	
148		Lafferty, Betty	143
McKeefer, C. 148	138	123 Honeycutt, J.	77

Master BP 40-46		Bourg, Brooke	281	Wood, Cecil	385	Sneen, Alian	333
165		220		Bell, Brad	352	198	
Cook, Kenneth	402	Adkison, Susan	214	242		Wood, Cecil	385
165		Open BP		Stallworth, R.	600	198	
Mosley, Marloe	292	165		308		Lopez, Richard	385
181			391	Rando, Rick	502	198	
	200		331		502	Broussard, D.	374
Richardson, Ed	308	181		Disa/Spec O DL		220	
198		Rodriguez, M.	440	181	-		E12
Frickey, Jason	413	181		Weeks, Hutch	226	Hafner, Bob	512
198		Bozzelle, Joseph	374	220		Barton, Harvey	424
Lemarie, S.	391	198		Floyd, Greg	242	Siddle, Charles	308
220	37.	Gardner, Justin	451	Junior W DL		259	
	F20	220	-01	123		Campbell, R.	507
Millrany, Ken	520		F20		224	275	
220		Millrany, Ken	520	Coleman, Lisa	234		440
Luce, Tony	440	220		Junior DL		WriQht, Buddy	440
220		Madere, D.	402	181		SHW	
Norton, Sandy	253	242		Bell,Chad	551	Barrett, L.	556
242		Thierry, Joseph	468	198		Master DL 54-60	
Control of the Contro	435	259	100	Maranto, Philip	578	220	
Tindull, Blane	433		-07		548	Jordan, Onnie	611
259		Ross, Steven	507	Holden, Cecil	340	242	
Malone, Ken	451	259		242	-		***
259		Bell, Brian	418	Gomez, G.	479	Pope, McElvin	562
Butler, Bradlev	369	308		L/F DL Mst		308	
SHW		Wilkerson, K.	462	242		Rando, Paul	457
	573	Spec O/Disa BP	HES	Christian, Mark	578	Open W DL	
Hamby, Mike	3/3			Master W DL 40-		165	
SHW		181			40		360
McKinney, T.	512	Weeks, Hutch	159	114		Myers, Carol	300
Master BP 47-53		220		Rivers, Tara	234	220	
165		Floyd, Greg	225	Master W DL 47-	53	Adkison, Susan	424
Sheen, Allan	193	Submaster BP		132		Bourg, Brooke	374
181		181		Sanford, Donna	243	Open DL	
	270	Phillips, Leslie	371	SHW	TEN	181	
Jones,Ron	270		3/1		424	Bozzelle, J.	579
198	-	198		Adkison, Susan			313
Lopez, Richard	292	Whitney, James	485	Master W DL 54-	60	220	
Wood, Cecil	259	242		165		Deal, Scott	600
220		Jones, Clinton	352	Coffey, Mary	126	259	
Madere, D.	402	275		Master W DL 61-	67	Bell, Brian	584
Sanford, Byron	325	Doublin, Eric	512	123		308	
		308	312	Honeycutt, J.	243	McDuffie, J.D.	722
Siddle, Charles	259				243	SubM W DL	27.00
259		Stewart, John	501	Master DL 40-46			
Campbell, R.	297	Teen W BP 16-19		165		165	250
275		198		Diaz, Enrique	526	Myers, Carol	360
Wright, Buddy	303	Calvo, A.	176	Mosley, Marloe	424	242	
SHW		Teen BP 13-15		198		LaMonica, K.	352
	451	181		Lemarie, S.	633	Submaster DL	
Barrett, L.	431		259	220	000	148	
Master BP 54-60		Pinson, Clayton	259		200	Holden, Randall	363
198		Teen BP 16-19		Norton, Sandy	358		303
Bell, Dan	352	165		275		220	
242		Fabacher, D.	303	Hirt, Junius	666	Deal, Scott	600
Lambert, C.	336	198		Master DL 47-53		308	
242	-	Willisson, B.	286	165		McDuffie, J.D.	722
	330	220	200		thern	Regional Bench Pr	ess and
Pope, McElvin			319			turned out to be a go	
Hendrickson, J.	275	Brady, Daniel K.		meet Evensoness	vacont	husiastic and helpfu	d Iwas
259		Calvo, Du Juan	314				
Bivona Jr, F.	391	Teen Deadlift 16-1				ber of lifting, starti	
308		Calvo, Du Juan	429	the teenagers an	d wom	en through the ma	sters. It
Rando, Paul	325	Teen W DL 16-19				me to highlight eve	
Open W BP		198				owed that they car	
		Calvo, A.	355	pared to do their	ery be	st, many State, Natio	naland
114	***		333	World records w	vere se	et. It's obvious to	me that
Lafferty, Betty	143	Class 1 DL		observing the form	ne and	dedication these lift	ers have
123		181		observing the loc	us and	their over D	Pacardo
Gron, Tonya	115	Bell,Chad	551			their own Personal	
181		198				World records for	
Sterling, C.	203	Senese, Chris	562	come. Thank you	u all fo	r your participation	n in the
220	-	Holden, Cecil	548	meet. (Thanks to I	Bob and	d Edi Garza, & Larry	Prince.)
			-				

Bourg, Brooke 281 Wood, Cecil 385 Sheen, Allan



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

Last Name	First Name		Initial Renewal Y N	Current Card # (If Renewal)
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Tank Tops — 2 color logo	\$10.00
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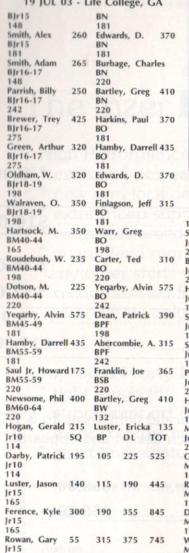
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2003 Georgia Games 19 JUL 03 - Life College, GA





Darrell Hamby with his Co

Games me			,	
181				
Smith, Adam Jr15 242	370	265	400	1035
Bowen, Z. Jr15	575	320	545	1440
242 Hodge, Steve Jr16-17	425	235	340	1000
132 Stephens, Jody Jr16-17	370	225	370	965
Jr16-17	350	260	375	985
148 Parrish, Billy Jr16-17 275	340	250	360	950
Hynson, Ron Jr20-23	475	315	500	1290
Moody, Jimmy Jr20-23 275	405	390	450	1245
Chad Goddard M40-44 165	605	315	600	1520
Roudebush, W. M40-44 198	275	235	325	835
Dotson, M. M40-44 198	250	225	350	825
Watkins, Steve M40-44		230	365	595

220 Keith, Russell	540	350	545	1435	Siegmund, Steve 1660	575	465	620
M40-44					0			
220					275			
Holston, Kevin M40-44	465	315	580	1360	Chad Goddard 605 O	315	600	1520
275					308			
Moss. Lee M45-49	400	350	425	1175	Inabinett, Mickey 1770	655	535	580
198					0			
Grant, Lance	550	300	570	1420	308			
M45-49 198					Pettit, Greg 600 O	435	605	1640
Fernce, Denis	415	310	450	1175	309			
M45-49					Hodge, Ronnie 525	380	520	1425
242					SB			10.000
Bowman, Tom	500	410	500	1410	181			
M50-55 198					Traylor, Bryan 285 SB	225	305	815
Fellows, Tony	280	265	375	920	181			
M55-59 181					Scarborough, D. 430 SB			430
Fair, John	290	215	376	881	308			
M65-69					Inabinett, M. 655	535	580	1770
198					SB		-	
Sanders, Jack	450	200	460	1110	309			
N					Hodge, Ronnie 525	380	520	1425
181					(Thanks to Buddy Duk			
Traylor, Bryan	285	225	305	815		THE P	1251	
N					Larry Garro	Memo	rial F	2P
220					curry Garro	ricine	ridi L	,,

440

17 MAY 03 - Baltimore, MD

L. WILLETT

MIKE BRADLEY 490

JOSH WITT 520 ROBERT NORRIS 510

ROBERT NORRIS 510 R (OPEN) DONALD PEAKER 430

DONALD PEAKER 500

K. CALLOWAY 520

DAVID HOLMES 445 A. JOHNSON 445

A(40-49)

PL-275.5

A (OPEN)

A (40-49)

DL (OPEN)

JOSH WITT

(OPEN)

R (OPEN) MATTSOLTIS

R (20-23)

IOF LUSK

MATTSOLTIS

CURL(OPEN)

CURL(40-49)

JOE LUSK

CURL(70-79)

CURL-260

CURL-SHW JOSH WITT

245 475 720

450 425 335

225

225

360 345

CURL (OPEN)

JOHN BOSLEY

CURL-200

BRIAN EDWARDS

BRIAN FOWARDS

CURL(OPEN) CHRIS RANKIN 170

R. DEBAUFRE 95

TOM GETSINGER 175

IOHN GRUBER 150

KEVIN LAFFERTY 105 CURL(20-23)

KEVIN LAFFERTY 105

JIMMY BROWN 155

570

620

TOT

320

720

590

1060

910 860

1060

PL-SHW

220

290

PL-114.5/R (OPEN)

CHRIS SCOTT

MALE/ R (OPEN) JEREMY JONES 180 PL-148.75

TIM MUELLER

TIM MUELLER

A (OPEN) WADESCOTT

DEL CONWAY

WADESCOTT

DEL CONWAY

BARRY BLEVINS 460

BARRY BLEVINS 420

BARRY BLEVINS 420

ION GRUBER 335

GUYFAULKNER 450 R. THOMAS

GUY FAULKNER 450

R. THOMAS 445 R (50-59)

L. BUCCHIONI 260

DL (OPEN) GUY FAULKNER 540

L. BUCCHIONI 440

MIKE BRADLEY 490 JIMMY BROWN 475

FEMALE/ IM (OPEN) STACY KIRSCHBAUM

VERNEL MORRIS

RONALDTHOMAS **GUY FAULKNER**

TOMGETSINGER JONATHAN GRUBER KEVIN LAFFERTY IM (20-23) KEVIN LAFFERTY

IM (50-59) VERNEL MORRIS IM (OPEN)

IM (OPEN) LANGSTON WILLETT MIKE BRADLEY

TIM OUINN

TIM OUINN IM (OPEN) DAVID E. HOLMES

CHRIS JACKSON IM (40-49) MIKE BRADLEY

E. BENTLEY

PL-123.5

R (OPEN)

R (40-49)

R (50-59) E. BENTLEY

PL-181.75

A (40-49)

A(50-59)

R (OPEN)

R (33-39)

PL-220.25 R (OPEN)

A (OPEN)

A(33-39)

DI (50-59)

PL-242.5

A (OPEN)

CHRIS SCOTT 115

M50-55 198				
Fellows, Tony M55-59	280	265	375	920
Fair, John M65-69	290	215	376	881
Sanders, Jack N	450	200	460	1110
181 Traylor, Bryan N	285	225	305	815
Jungbluth, Klau N	s455	345	490	1290
Harkins, Paul N	400	370	470	1240
242 Bingham, Elvis N	500	385	450	1335
242 Dauila, Oscar O	470	360	440	1270
181 Barradas, Rob O	600	510	570	1680
181 Moody, Jimmy O	405	390	450	1245
198 Carter, Ted O	390	310	550	1250
220 Holston, Kevin O	505	315	580	1400
242 Dean, Patrick O	450	390	545	1385
275 Abbott, Jeff O 275	615	385	675	1675
2/3				

UNITED							ERATI	ON
ip-boop • b	First Name	T U	k, Nav	Init	E B CH		Current Card # (lj Renewal
ar Dog , Shat	Sharelyne				- All E		Club Name	
Performance.	Heavy D.So.	State		J N	Zip	69.4	Area Code/Tele	phone
ion Referee Status IV IPF Cat. 1		tate	Current High	School	Special Oiy	ympian N	Irumate Y	N
U.S. Citizen Y N	Date of Birth	,	Sex M	F	Today's	Date /	Card Issued	1 By
	IV IPF Cat. 1 U.S. Citizen	(801) 77 First Name lion Referee Status IV IPF Cat. 1 Cat. 2 Nat. 5 U.S. Citizen Date of Birth	(801) 776-23 First Name State IV IPF Cat. 1 Cat. 2 Nat. State U.S. Citizen Date of Birth	(801) 776-2300 • F First Name State State U.S. Citizen Date of Birth Sex	(801) 776-2300 • FAX (8 First Name Inut State State US. Citizen Date of Birth Sex	(801) 776-2300 • FAX (801) 776-4 First Name Initial Rei Y State Zip State Zip IV IPF Cat. 1 Cat. 2 Nat. State Y N Y U.S. Citizen Date of Birth Sex Today's	(801) 776-2300 • FAX (801) 776-4600 First Name Initial Renewal Y N State Zip State Zip IV IPF Cat. 1 Cat. 2 Nat. State Y N Y N U.S. Citizen Date of Birth Sex Today's Date	First Name Inutial Renewal Current Card # (I Y N) Club Name State Zip Area Code/Telegorian Inmate IV IPF Cat. 1 Cat. 2 Nat. State Y N Y N Y U.S. Citizen Date of Birth Sex Today's Date Card Issued

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If Under 18 have Parent Initial

APA Labor 30 AUG 03	Day - Bl	ue Sp	kend E	Bash
Bench Only 132			bertson	505
WM 45-49 K. McGowan	145	242 M 55-		
148 (WJ)(WO)	205	275	nderson	410
Amy Vaughn 165 J	305	Chris 275	LaStrad	la 500
Aaron Kennedy 198			Austin	540
T 18-19 N. Gentges	410*	165	ift Only	
198 M 40-44	400	O Chris 181	Johnson	350
Bruce Stevens 220 M 45-49	400	T 18-	19 Talbot	510
K. Hernandez 220	385	181 T 18-		Single S
SM Steve White 220	400	Nick 198 M 45	Crafton	500
SM Matt Gangi	460		Boyles	550
220 O			Beard	500
John Falcon 220	500	220 O	l C	s 780
Powerlifting 97	SQ	BP	DL DL	TOT
WO C. Anderson	225	130	255	610
(WJ)(WO) Amy Vaughn	495!	305!	405	1205
165 WSM T.Brewton	225	160	290	675
4th 165	223	.00	305	
T 14-15 B. Vasquez 165	405	205	405	1015
M 45-49 Roger Broeg 165	350!	265	400!	1015!
T 18-19 Dustin Miller 165	420	280	480	1180
(J)O Justin Cantwell 181	500!	335	600	1435!
O Jeff Finlayson 181	475	310	480	1265
T 18-19 Nick Crafton 198	400	240	500	1140
M 60-64 Bob Crouch 198	375	175	400	950
M 45-49 John Dotson 198	415	320	425	1160
M 40-44 Charles Gray 198	520	325	455	1300
O Jared Beard 220	600			
Clayton Smith 220 SM	475	335	475	1285
Norm Johnson 220 O	575	365	515	1455
Brad Neal 220	615	465	570	1650
(J)O Kyle Robertson 4th 220	745! 775!		605	1855!
O Brandon Cass 4th 242 M	805 820	530	780!	2115
45-49 John Hiburn 308	415	240	400	1055
SM Ken Ufford SHW	730	565	770!	2065!
O Bryon Dowling Push/Pull	750	520 BP	550 DL	1820
198		DF	DL	



Amy Naughn	's 495(b	y R.Woo
1 45-49		
ob Boyles	335	550
20 M		
lorm Johnson	365	515
42		
ordan Hind 75	415	600
M		
4. Mickelson 08	365	435
M		
en Ufford HY	565	770
ryon Dowling - World Record. APA returned to Bl	- America	
0th2003 with the		



Brandon Cass pulling a 755 DL

the day with a bang when she finished with a you will be seeing some huge numbers from new American and World record squat of him. Ken Ufford had a big day hitting several break the record with a fourth attempt of 440, but it was not to be on this day. In the a 820 lb squat on a fourth attempt. This was men's junior division there was nothing but one of the most convincingly deep and exbig lifts all day. Kyle Robertson, who came in 30th2003 with the Labor Day Weekend Bash. The first meet nicknamed BS I was a huge success and after BSII it looks like this will become an annual event. The APA and all of the greatest off the greates



Ken Ufford's 770 pound Deadlift

495 lbs. Amy was not done in the record PRs and a hand full of records. Ken set Ameridepartment when she followed up with a can and World records in the submaster huge bench of 305 to set another American class with a squat of 730 and a pull of 770. To and World record. Amy would finish the day add icing to the cake Ken finished the day and World record. Amy would finish the day making two tough pulls after straining her back in the squat and finished with a total of 1205. In the teenage division Nathan Gentges from Sedalia, MO came to the meet with huge a effort in the bench press division. Nathan put up a very strong 410 lb. bench for a teenage (18-19) American record. Nathan went on the try and rebreak the record with a fourth attempt of 440. but it was not to be on this day. In the American and World records. Kyle hit a great rate meet nicknamed B5 I was a huge success and after B5I it looks like this will become an annual event. The APA and all the lifters would like to thank Ron Inman and World Gym of Blue Springs for sponsoring the meet. The lifting for the meet was tremendous with 36 lifters coming in from ten different states. A host of state, regional, American and World record with a total of after the meet. It lifting for the meet and was present to coach several of his lifters and support the meet. Rickey Dale Cain was present to coach several of his lifters and support the meet. Wade Johnson, an APA state chair, and Kris were there from Tennessee to help judge and help the lifters in the bullpen. The atmosphere for the meet was fantastic with great camaraderie and fantastic encouragement from the crowd. In the women's division Cheryl Anderson in the 97 lb. class with a squat of 500 lbs. and a total of 1435 lbs. The mee's open division was nothing but record in the DL wission Cheryl Anderson in the 97 lb. class winch and the lifters of the meet and set a new state and regional record in the DL with a pull of 255 lbs. Amy Vaughan who flew in all the way from North Carolina produced the outstanding women's performance of the day for the women in the junior and open 148 lb. class. Amy started

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	e Initial Today's Date		
Street Address	City	Service of the	State	Zip Code	
Telephone Num	E-Mail address	La ablinde y d	Date of Birth		
Sex S	ial Security Number Signa	nture (Parent if und	ler 18 ye	ars old)	
[\$25 Adult Membership _ \$15	High School Stude	ent		
	ayable to: APA, P.O. Box 27204			-7204	

Message from the President

National Office:

124 West Van Buren Columbia City, IN 46725

Administrator: Barbara Born Executive Asst: Angie Overdeer Website www.usapowerlifting.com

President: Larry Maile, Ph.D. L-MAILE@usapowerlifting.com

Athlete's Representatives:

Brad Gillingham P.O. Box 55 Minneota, MN 56264 Phone: (507) 872-5026

Dr. Larry Miller 10568 Ravenna Rd. Twinsburg, OH 44087 Phone: (216) 425-0912 Fax: (216) 425-3854

Erwin Gainer 435

Damario Holloway 397

Mike Hafenbrack 347

leff Drummond 325

Jerel Ona 315

Pao Khang 303

Dekovan Kerr 292

Marc Barbier 287

Jeremy Meyer 276

Todd Rogers 265

Riccardi 240

Antonio Anstrum 250

Theron Chapman 231

Shannon Lidstone 185

Matthew Teadt 231

Bryan Prescott 209

Kris Scheppe 176

Scott Beasley 140

Ashley Robbins 320

Erin Dickey 248

Erin Crapo 237

Cathy Solan 231

Jill Kennedy 225

Annette Axt 220

Barb Sieps 192

Abby Sheilds 171

Tonya Smith 110

I Porter 182

L Perez 138

Donna Aliminosa 205

Jennifer Prejan 204

Laura McMillian 193

Elizabeth Dickerson 165

Brianna Johnson 154

Christine Steudlein 149

Squat

Jeremiah Welch 248

Holmes 309

President's Message:

This month marks the resumption of the USA Powerlifting Top 20 in PL USA magazine. We have kept a lifter data base since the initiation of our newsletter which includes the results of all USAPL sanctioned competition. While we may go through several "adjustments" we will start the with women's 97 lb. class and the men's 114 lb. class using data for 2002. One class will be submitted to Mr. Lambert for inclusion each month. Generally, it takes about 3 months for a year to "close out" in terms of results, so the 2003 stats won't be available until, perhaps, March 2004. Please give me your input as to whether you would like to shift to 2003 results at that time. covering the remainder of the 2003 classes in early 2004.

Youth Lifters Coming Through

Erwin Gainer 287

Marc Barbier 210

Antonio Anstrum 215

Damario Holloway 193

Jeff Drummond 182

Todd Rogers 171

Jeremy Meyer 160

Kris Scheppe 155

Dekovan Kerr 154

Theron Chapman 143

Matthew Teadt 127

Jeremiah Welch 121

Scott Beasley 120

Jill Kennedy 155

Erin Dickey 138

Cathy Solan 132

Erin Crapo 121

L. Perez 94

J Porter 77

Candy Loukprasong 110 Candy Loukprasong 55

Barb Sieps 90

Abby Sheilds 83

Brianna Johnson 77

Laura McMillian 72

Tonya Smith 65

Christine Steudlein 77

Ashley Robbins 145

Jennifer Prejan 105

Donna Aliminosa 95

Elizabeth Dickerson 100

Annette Axt 105

Bench

Bryan Prescott 116

Shannon Lidstone 80

Pao Khang 149

Jerel Ona 165

Mike Hafenbrack 182

Holmes 215

Riccardi 185

The USA Powerlifting youth pro-

Erwin Gainer 507

lerel Ona 410

Dekovan Kerr 391

Marc Barbier 375

Todd Rogers 369

Holmes 358

Riccardi 300

Pao Khang 358

Jeff Drummond 386

Antonio Anstrum 360

Theron Chapman 320

Jeremy Meyer 320

Matthew Teadt 309

Jeremiah Welch 303

Kris Scheppe 259

Scott Beasley 230

Dead

Bryan Prescott 254

Shannon Lidstone 235

Ashley Robbins 315

Erin Dickey 292

Cathy Solan 265

Erin Crapo 243

Annette Axt 243

I Porter 220

L Perez 193

Barb Sieps 214

Jennifer Prejan 287

Laura McMillian 259

Donna Aliminosa 254

Brianna Johnson 204

Elizabeth Dickerson 190

Christine Steudlein 171

Abby Sheilds 193

Tonya Smith 160

Jill Kennedy 145

Damario Holloway 490

Mike Hafenbrack 398

gram kicked off in September this year. Our first youth competitors have been entering meets since then. While numbers are low to date, the initial response by the lifters, meet promoters and parents is positive. Our first youth will participate in Women's Nationals in January. It should be exciting.

IPF International Competition at the Mountaineer Resort:

The International Powerlifting Federation and meet promoter Nick Busick will be staging an international competition at the Mountaineer Resort and Casino in West Virginia this spring. While details are vet to be worked out as to numbers and invitees, it is likely to be a small, team-based competition scheduled to be broadcast on ESPN.

Master World Championships

The U.S. continued its run at the Master World Championships in Regina, Saskatchewan, Canada, taking all five team titles. This is the second year for the sweep, and numerous individuals were crowned

Erwin Gainer 1229

Jeff Drummond 893

Marc Barbier 855

Dekovan Kerr 838

Pao Khang 810

Riccardi 725

Todd Rogers 805

Jeremy Meyer 755

Antonio Anstrum 825

Theron Chapman 694

Jeremiah Welch 672

Matthew Teadt 667

Kris Scheppe 590

Bryan Prescott 579

Scott Beasley 490

Total

Shannon Lidstone 500

Ashley Robbins 780

Erin Dickey 672

Cathy Solan 628

Erin Crapo 595

Jennifer Prejan 595

Donna Aliminosa 540

Laura McMillian 524

Elizabeth Dickerson 455

Christine Steudlein 397

Annette Axt 568

Iill Kennedy 525

Barb Sieps 494

Abby Sheilds 446

Tonya Smith 335

Brianna Johnson 435

J Porter 479

L Perez 419

Candy Loukprasong 135 Candy Loukprasong 300

Jerel Ona 890

Holmes 882

Damario Holloway 1080

Michael Hafenbrack 927

World Champions including: Cathy Solan, Bettina Altizer, Deanna Chaney, Linda Chaney, Linda Schaeffer, Sue Hallen, Ellen Stein, Harriet Hall, Pat Beaumaster, Mike Bridges, Greg Jones, Paul Fletcher, Larry Traub, Johnny Graham, Robert Cortes, Sam Alduenda, Doug

The Men's World Championships were held November 5-10 in Veile, Denmark. The U.S. Team placed fourth, behind Russia, Ukraine, and Poland. Brian Siders was crowned World Champion, achieving the highest total in World Championship competition. He missed the World Record by 17.5 kg., completing 7 of 9 lifts. Hennis Washington brought home the Bronze Medal. Several tough breaks yielded some heartbreaking disqualifications, and Tony Harris demonstrated his unbelievable toughness, completing the meet after sustaining a minor quad tear. Two classes, the 100 kg. and the +125 kg, were shown live on Danish T.V., and the entire meet was taped to be summarized into a 90 minute presentation to be aired on Eurosport in January.

Club Information:

networking, we continue providing the names and contact numbers of USA Powerlifting registered clubs.

> 4120 County Rd. A Oshkosh, WI 54901 (920) 233-7605 Joe Lewis

Team Wissota 405 5th St. N.W. (507) 634-4580

St. Xavier H.S. Powerlifting 1485 Oakes Rd. Georgetown, IN 47122 (812) 951-2079 Larry Traub

> 73 N. Pine Rd. (269) 664-4814 Tod Miller

Men's World Championships:

In our effort to assist USAPL lifters

Neenah Powerlifting Club

Kasson, MN 55944 Steve Johnson

Plainwell Knights Plainwell, MI 49080

U.S.A.P.L. **CORNER**

World Team Qualifying Standard In order to become an AUTOMATIC selection to the 2004 Mens World team you need to A)Win the 2004 USAPL Seniors in Baton Rouge, Louisiana: B)Pass the drug test; C)Total at least the average 5th place total from the last 5 IPF Worlds. Those totals pending drug test results are posted below: 114/535kg. (1179); 123/560 - (1234); 132/607.5 - (1339); 148/672.5 - (1482): 165/750 - (1652): 181/787.5 - (1736); 198/ 852.5 - (1879); 220/862.5 - (1901); 242/900 - (1984); 275/950 - (2093); SHW/972.5 - (2143). Any winners who don't achieve the total will be placed in the alternate pool along with the top non-winning totals from all classes. These lifters will then be ranked on a percentage basis, using their total in comparison to the 5th place average of the previous five Worlds. This alternate list will be used to fill in any open spots on the team. (Dr. Patrick Anderson)

			N-200		MALANTA TANA		25			275	212 5	R. ASDWOSKI OPEN	237.
										T. STRIVERSON OPEN	212.5	181	
Mens Powerliftin	12				Open					181		RATAH THAT	182.
Teen 114	0				198					RATAH THAT	150	275	
lake Hile	337	177	330	844	David Odekirk	341	248	424	1013	RATAII IIIAI	130	DAN BABULA	L 255
Teen 165					Open					REST LIFTERS C	PEN -	DAVE DOAN 1	
	107	286	479	1172	220							EVIN FARLEY 1	
Master165					C.DenBeste							AN 117.5. MAST	
Jerry Ochs	336	203	380	919	Master							.3, TEEN - WILL	
	209	181	225	615	275							- DAVE BABUI	
Teen 181					Mike DenBeste	451	385	584	1420			providing the res	
Ion Christensen:	363	253	435	1051	Steve Logan	633	462	633	1728	(Tituling to Cort		norman g and to	-
Open 181					(Thanks to USA	PL fo	r these	meet	results.)				
	473	270	501	1244	(11111111111111111111111111111111111111					LISAPI NI	Rene	ch Press Ope	n
Master 181		Thomas										kaway, NJ (k	
	187	242	143	572	USAPL Sou	thwe	st NA	1 Ope	en PL	26 JUL 03	- KOC	Kaway, N) (F	(g)
Open 198					18 OCT (13 - 5	ilver	City.	NM	148		Totyo Ivanov	170
	573	330	573	1476	Open	SQ	BP	DL	TOT		155	Jeffrey Zick	152.5
	413	259	451	1123	198	34		DL	.0.	M. Santiago	155	Chris Nasser	152.5
Masters 198				order.	Troy Mills	470	380	445	1295	Chris Apistar		loe Bellanca	152.5
	573	330	573	1476	Master	470	300	773	1233	181	102 5	Raw	
Master 220					220						182.5	Marc Falcone	220
	303	286	303	892	Gary Whitlow	465	345	445	1255	Matt Babin			
Teen 242	303	200	505		Teen 16-17	403	343	443	1233	Jeff Zick	152.5	Teen	
	336	275	385	996	180					Guest Only	2425	*** ** **	160
Open275			1	1	Brian Beals	270	205	225	700	Joe DeMatteo	212.5	Mike Kuhns	120
	523	363	440	1326		2/0	203	223	700	198	220	S. Gravesande	
Master 275	0.00	303			Open 242					Marc Falcone	220	C. Nyegaard	155
	151	385	584	1420	Louis Tavison	315	315	400	1030	Totyo Ivano	170	m tracks	110
lowa		303	304	1420	220	313	313	400	1030	Chris Nasser	152.5	Mike Ryan	82.5
Mens Powerliftin	na				loe Baker	465	305	500	1270	220		Women	02.0
Teen	.8				Section 19 and 1	403	303	300	12/0	Dennis Cieri	262.5	Denise Sulzer	35
148					Master 5	450	370	450	1270	M. Georgiev	160	Masters	33
	330	209	374	913	Jerry Whitlow	450	3/0	430	1270	275		Bill Phillips	185
Master 148	330	203	31.4	313	High School					Bart Lombardi	240	Charlie Neal	200
lim Balamenos	208	198	429	935	148	220	170	225	615	Kevin Hebert	240	J. Caliguari	150
Open	300	190	423	333	Brian Kimbrell	220	170	225	013	Super Heavy			120
165					132		100	215	425	Jeff Fiss	212.5	Submasters	120
Richard Davis	501	352	440	1293	Jenny Gomez	110	100	215	425	Ron Scandle	205	Matthew Spoto	205
	301	332	440	1293	Open					Juniors		The state of the s	203
Open					220	400				David Bellanca			
181	274	275	435	1084	R. Nordbork	400						eri with 578.5 po	
Brian Sayer	374	275	433	1004	(Thanks to USA	PL for	provid	ing the	results.)	(Thanks to USA	PL for	providing the res	sults.)

21 IUN 03 - Buffalo Grove, IL (kg) RENCH PRESS KEVIN FARLEY 212.5 DEVAN DOAN 117.5 M. NIELSON 205 C. HOLTINK T. BREWTON 72.5 242 DAVID DOAN 275 M. SISKOSKY 160 WISIAM ETO 120 C FRANCO 240 N. KIRKIRIS IOHN DUNLAP107.5 D. BABULAL N. WIRTH DEADLIFT WOMEN IUNIOR ADAM BEESON 177.5 T. BREWTON 130 S. MOSKOWITZ122.5 WISAM ETO 120 D.ROSENWEIG 192.5 BRAD ARBIC 290 ANLZERWICZ 115 R. ASDWOSKI 237.5 T. STRIVERSON 212.5 OPEN RATAH THAT 182.5 RATAH THAT 150 275 DAN RARLILAL 255 BEST LIFTERS OPEN - DAVE DOAN 162.4, JC FRANCO 138.23, KEVIN FARLEY 135.8. WOMEN - DAVE DOAN 117.5. MASTER -

USAPL ALL MIDWEST BP/DL

	148		Totyo Ivanov	170
	M. Santiago	155	Jeffrey Zick	152.5
	Chris Apistar	133	Chris Nasser	152.5
	181		Joe Bellanca	152.5
		102 5	Raw	
	Mike Ciupinski		Marc Falcone	220
	Matt Babin	152.5	Matthew Spoto	
	Jeff Zick	152.5	Teen	200
	Guest Only	A publish	W. Eichhorn	160
	Joe DeMatteo	212.5	Mike Kuhns	120
	198			
	Marc Falcone	220	S. Gravesande	
	Totyo Ivano	170	C. Nyegaard	155
	Chris Nasser	152.5	Paul Wilk	110
	220		Mike Ryan	82.5
	Dennis Cieri	262.5	Women	
	M. Georgiev	160	Denise Sulzer	35
	275	1000	Masters	
	Bart Lombardi	240	Bill Phillips	185
	Kevin Hebert	240	Charlie Neal	200
	Super Heavy	240	J. Caliguari	150
	leff Fiss	212.5	Jeff Fremont	120
	Ron Scandle	205	Submasters	
		203	Matthew Spoto	205
	Juniors			
	David Bellanca			
			eri with 578.5 po	
,	(Thanks to USA	PL for	providing the res	uits.)
	City IN 46725			

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

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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. Interfer agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL, rules, regulations, and drug testing procedures. I will vollutarily submit to any drug testing procedure that Easy Part and the results of the test are conclusive, and if thirther agree to accept the consequences of that positive for abanned substance or doping membership.

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

If i am suspended from membership for any reseon, including testing positive for a banned substance or doping method on the intermet. In Powerifing USA, or any other publication that USAPL so chooses.

SIGNATURE:	If under 21 yrs., Parent Initia	I: Date:	Prior Reg. #		
Name:Address:	Phone: ()	E-Mail:State:	Zip Code:		
Date Of Birth: Age: Sex:		ed Club Represented:			
Membership Prices: (please circle one) • Adult - • High School Seasonal (6 mo. HS ONLY meets; good De		year; any meet) - \$30.00 e from current HS Seasonal to HS	Special Olympian - \$10.00 Div. Full year - \$15.00		
Competing Divisions: (please circle all that apply) High School - Full Year High School Seasonal - 6	Open Teen (14-19 yrs.) J		40 yrs. & up) Collegiate	Military	Police 8

*Navy Sweetshirt - \$30.00(s-xl) \$32.00(xxl & up) (size ___ qty. ___) •Polo Shirt - \$35.00(s-xl) \$37.00(xxl & up) (size ___ qty. __ *Logo Patch - \$5.00 (gty.) (Shpg for patch: .50) •White Referee Designation Polo - \$30.00(s-xl) \$32.50(xxl & up) (size ___ qty. ___) . Hats - \$15.00 (qty.___)(colors: white, navy, black) Lifter Classification Patch - \$5.00 (qty. ___) (must provide meet results)

Check/Money Order #	1
Credit Card: Visa-Mastercard-Discover Exp. Date:	4
Card #	41
Cardholder Signature:	11
All memberships expire 12 months from date of purchase.	U

USAPL Jambalava Classic

02 AUG 03 - Thibodaux, LA

Scott Miller 575 410 600 1585

(Thanks to USAPI for providing the results.

USAPL Iowa State/Hawkeye Open

17 AUG 03 - Sioux City, IA

325

500 335 560 1395

198 Masters

170 Tim Anderson 523

286 Jeffery Hart 275

Open

Master

220

Teen

Teen

242

170 248

181 Teen Mens Bench Jon Christensen 253 Master 181

Lora Marietta 176 115 214 505

Leah Marietta 242 126 275 643

Karlyn Eslick 270 121 319 710

Nicole Royals 187 110 253 550

Tracy Marks 341 159 319 819

Terri Shepard 143 126 187 456

187

Robert Boyle 330

John Probasco 396

Gene Goergen 248

Nathan Butler 440

Alan Shepard 231 Master 220

Mike DenBeste 385

314 Gene Goergen 248 Master 275

SO BP DL TOT

204 88 238 530

176 88 214 478

214 494

345 905

150 525

Women SQ BP Jennie Hollier 320 185

Danielle Miller 340 220

Damian Breaux 220 155

Satin Perez

Womens Bench Only

T. Goergen

132 Open

T. Goergen Hawkeye

Bench Only

Dustin Miller

Jerry Ochs

D. Goodwin

Zac Craig

Teen 105

Teen

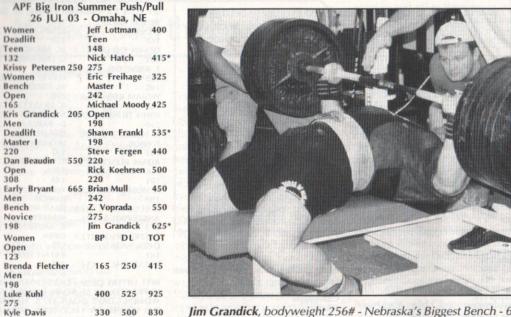
123

Open 132

Open 165

M. Laebeth

Membership Price: \$ Merchandise Total: \$ Total Purchased: \$ (White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)



Jim Grandick, bodyweight 256# - Nebraska's Biggest Bench - 625 pounds at the APF Big Iron Summer (Photograph - Big Iron Gym.)

THE REAL PROPERTY.							LYSUN		That
247.5 hs 227					Meet hs 250	SQ	ВР	DL	тот
Chaz Ruppert	45	70	147.5	262.5	Don Atkins int 170	220	145	172.5	537.5
Don Blackwell jr 170	45	70	125	240		237.5	140	235	612.5
Taylor Mills m1 187					Justin Norwood jr 187	50	42.5	90	182.5
Brett Boyer m1 250	76	157.5	245	478.5	Joe Elmore jr 205	170	127.5	192.5	490
John Leonard m5 187	75	182.5	280	537.5	M. Honeycutt jr 205	227.5	155	250	632.5
Frank Sumner sm2 227	65	122.5	162.5	350	Daniel Smith jr 250	230	137.5	232.5	600
Ralph Dishman smp 205	77.5	192.5	202.5	472.5	Troy Meadows jr 250	232.5	160	240	632.5
R. McClure	77.5	165	215	457.5	Don Atkins	220	145	172.5	537.5



Derik Board 50 92.5 60

Todd Kowal

Mike Brown

Justin Graalfs

T. Woodard 52.5

Brandon Cooper

Jeremy Donahew

Open

220

Power

227

154

285

420 580 1000

405 585 990

450 600 1050

175 227.5

92.5 142.5

35 70 142.5

202.5

- Nebraska Record, Best Lifters: Bench

Jim Grandic, DL - Mike Brown (Big Iron Gym.

NASA Grand Nationals (kg)

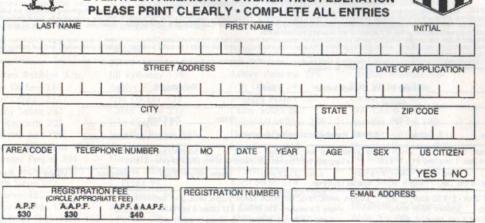
19,20 IUL 03 - Hickory, NC

Curl BP DL

50

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IF UNDER 18, HAVE PARENT SIGNATURE X

cpure 187 65 107.5 M. Stidham Tim Brovles 280 Scott Cassell 67.5 Tom Isbell 227 Tyler Woodard 175 Jack Martin 187 Frank Sumner 162.5 Kenny Benfield 175 dlyouth p+f 250 vouth Will Van Hoose 27.5 John Dishman sqjr 205 Daniel Smith 230 Scott Cassell 167.5 sqm5 187 Frank Sumner sqyouth youth 122.5 Will Van Hoose 15 Tim Broyles Bench 315 hs 92.5 pure Josh Hayden 170 W. Ferguson 160 Larry Neese 127.5 pure 227 Mike Price 275 Kenny Burkett 237.5 sm1 Mike Price Michael McCall 120 sm2 m2 154 Richard Cash 187.5 R. Torvabene 82.5 227 Chris Pannell 172.5 limmy Earley 227.5 smp Mark Holbrook 207.5 227 Keith Dancy 210 m2 Glenn Goad 150 smp Kenny Benfield 175 227 122.5 smp Bill Bradford m5 227 Scott Cassell 167.5 227.5 wpure Jimmy Earley mp 250 138 Ginger Duty Ariel Havden 182.5 wpure mp 315 W. Ferguson 160 T. Navmann 117.5 Full Ionathan Byrd 257.5 162.5 220 640 m1 187 **Brett Bover** 250 165 245 660 m1 227 Tim Higgins m2 187 332.5 190 295 817.5 185 425 90 **lim Elmore** 112.5 70 135 317.5 Robert Pope mp 280 230 147.5 210 587.5 **Bob Blick** Greg Brewer 240 152.5 250 642.5 nat 205 Lynn Hodges 242.5 167.5 205 615 pure 205 Scott Chattin 215 170 222.5 607.5 Andrew Shields 282.5 265 267.5 815 sm1 205 Lynn Hodges 242.5 167.5 205 615 smp 187 Pearce Ray Jr. 185 160 187.5 532.5 smp 250 Chris Nanney 200 147.5 200 547.5 wm1 119 75 47.5 100 222.5 (thanks to NASA for providing these results)

SINGLE LIFTS

Frank Sumner 65

Scott Cassell

Seth Casto

cm1

280

cm5

cp+f

280

nat

Chad Church 195

Kenny Burkett 237.5

Gregg Lyons

60

67.5



Jane Henne

WABDL Capitol City Classic



under the tutelage of Matt Lamarque and the Iron

ociety of Monterey, CA, In Master Men 47-53 220

Butch Martinez set a CA Record with 413. In 68-74

165

220

Matt Lamarque

David Freeland

93

385

176

622

661

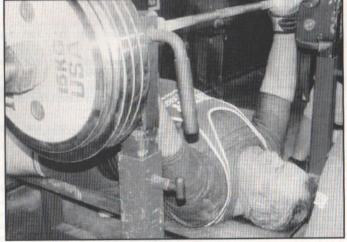


Butch Martinez at 220 Master 47-53 (Photos courtesy Gus Rethwisch)

165 Ron Goodman set a CA Record with 225. In 677. He's coached by the legendary John Ford who Submaster 132 James Fernandez set a Calif Record
with 242. In Submaster 198 Andre Planchon set a
Tuffanelli pulled 678 which was a CA State Record in With 242. In Submaster 199 Andre Flaith 199 Ed. Class I. In Submaster Men 181 Richard Smith set a LaMarquie's guys. Matt is the Calif State Chairman Cal Record with 501. In Submaster Women Bianca for WABDL and puts on a great meet every year in Monterey which is on March 6,7 in 2004. In Submaster Women 123 Bianca Sanders set a Calif Record with 154. In Teenage Men 16-19 Steffan Parodiset a Calif Record with 275. In Teen 16-19 220 Steve Eckles set a Calif Record with an above average 369. In 242 Jim battled it out with Blonien coming away with the win a Calif Record with an above average 369. In 242 Jim Pritchett set a Nevada Record with 292. In Teen and the Calif State Record of 556. Eckles did a very Pritchett set a Nevada Record with 292. In Teen Women13-15123Karina Phippsseta Nevada Record with 110 in her 1st Contest. She is coached in a Garage Gym by her father George who coaches about 12 other teenagers and Junior lifters. In Teen Women 13-15181 Margot O'Halloran pulled a Calif Record 165. In Teen Women 16-19 198+ Tracey Perry pushed 137 for a Nevada Record. In Open Women Jill Deusor set a Calif Record with 181 at 132 and shes over 40 which was also a Master 40-46 record. In 40-46 198 Diana Plank Record with 181 at 132 at 194. Janet Haves and Calif Record with 270 at 114. At 132 a beautiful Alene Record with 270 at 114. At 132 a beautiful Alene Record Record with 270 at 114. At 132 a beautiful Alene Record Record Record With 270 at 114. At 132 a beautiful Alene Record Record Record With 270 at 114. At 132 a beautiful Alene Record asso a Master 40-40 record. In 40-40 record. The 40-40 record with 132 in 198+ Janet Hare set a Calif Record with 170. In Master Women 47-53 Sue Record. She doesn't give up. All of the women from Vaterlaus set a National Record with 148 at 198+. In the Pacifica Athletic Club who won the teen title Vateriausset a National Rector With 1402 in the deadlift in class I Eric Nahorniak set a Nevada Wereverywell coached by Rene and all were shapely set a CA State Record with 452 at 148. At 308 Jim Sheffield set a CA State Record with 606. In Junior Men 165 Kyle Herzik set a Nevada State Record with 363. At well. At 198 40-46 Anette Sozzi - Dangel set a Calif 198 Vice Lujan set a Cal Record with 573. He also holds the Class I and Junior Records in Washington. Record with 303. At 47-53 123 Carolyn Swarz pulled holds the Class I and Junior Records in Washington. He just recently moved to Calif. In Junior women Sara Hagedorn set a Calif record with 270 weighing only 112. At 132 Crystal Luiz set a Calif Record with Sara Hagedorn set a Calif record with 270 weighing Pacifica Power Team did a Fantastic job of coaching only 112. At 132 Crystal Luiz set a Calif Record with 237. In Law/Fire Master 40-47 Ismyanto Soekardi very attractive and in shape and they were all totally set a Calif Record with 628 at 242. In Law/Fire
Master 48+ Charles McFarland set a 198 Oregon
Record with 578. Also in Law/Fire 48+ Rene Reyes

drug free and very enthusiastic and got the crowd into it. The only thing worse than a woman smoking is a woman on steroids. We have probably had a few set a CA Record with 435 at 275. In Master Men 40-46 George Phipps set a Nevada State Record with 518 at 242 but finished 2nd to Ismyanto Soekardi this federation because they finally admitted that

Cal Record with 501. In Submaster Women Bianca Sanders at 123 set a Calif Record with 286. At 114 Alexandria Vallejo was equally impressive with a 270 Calif State Record. At 132 Lisa Balestrini was named Society of Monterey for the team title. Rene of the who won with a Calif State Record 628. Bob Smith was named best lifter with a 672 at 275. In master 75-79 165 James Butler set Calif Record with 176. In clean and will always be accused of taking some-There's also women that put up big numbers that are clean and will always be accused of taking some-Open Richard La Rocca set a Califrecord at 308 with thing because lifters are jealous. (Gus Ro



Paul Goodwin at 319+ with a World Record in Sacramento, Calif.

WNP	F NA	ATIONALS	
12,13 JUL 0	3 - 1	Youngstown,	ОН
Bench Press		35-39	
Assisted		Steve Cook	440*
123		50-59	
40-49 Female		Tom Boyer	365*
Nancy Procter	125		
Men		35-39	
148		Allan Clark	425
Lifetime		60-69	
C. Venturella	345	Lyn Marsh	350*
Natural		242	
C. Venturella	345	60-69	
40-49		Bill Bioinotto	305!
C. Venturella	345	Squat	
165		Assisted	
35-39		165	
Allen McVaney	295	35-39	
181		Allan McVaney	515
Lifetime		275	
Tim Stroshine	390*	40-49	
Tim Richards	370		570
40-49		Raw	
Tim Richards	370		
loe Fiumara		35-39	
leff Woods	350	Mark Gillum	300*
198		198	
17-19		35-39	
Kyle Smith	285*	Mike McNinch	530!
Lifetime		220	
C. Durant	350	Lifetime	
220		D. Fryberger	455*
50-59		Deadlift Only	
Tom Boyer		Assisted	
Ralph Brown	380	165	
242		35-39	



480 335 525 1280

475 365 550 1390



Team Champs: Mike's Paint Street Gvm; Front: Tom Woodrukk. T.Eblin, Ed Eblin. B: E. Freeman, M. McCorkle. (Missing - M. Gillum)

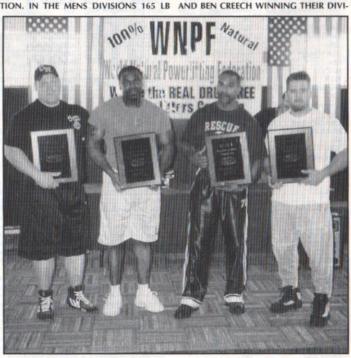
Thomas Brown 470 300 500 1270

Lifetime					Inomas Brown 4/0	300	500	12/0
Williams Evans	550	350	525	1425	IronMan Raw			
Natural					220			
Nick Carano	550	325	520	1395	Lifetime			
40-49					Brad Hennebert	315*	550*	865*
William Evans	550	350	525	1425	275			
50-59					40-49			
John Phillips	525*	360	495	1380	Bill Beck	350*	550*	900
220					Assisted			
17-19					198			
Robert Babbitt	475	365	550	1390	Lifetime			
Lifetime		303	330		Christian Durant	350*	480*	830
Dave Polis	550	390	540	1480	SHW	330	400	030
35-39	330	390	340	1400	40-49			
	F20	365	-20	1405		450	240	790
Tom Chaffin	530	363	530	1425	Steve Rogers	450	340	
50-59		2000			THIS YEARS NATION			
Ralph Brown			500*	1385*	GREAT MEET WITH A			
Bill Schaffer	500	310	440	1250	ING AND SEVERAL R			
242					ASSISTED POWERLII			
Lifetime					ERS CAROL WINKELB			
Rob Burress	580	390	585	1555	THE FINE TOTALS W			
35-39					ALL NEW AMERICAN			
Kirk Bardos	475	380	580	1435	SO THE STRONG LIFT	S AFTE	R RETU	RNING
275					FROM A LONG BRE	AK FRO	OM CC	OMPETI-
40-49					TION. IN THE MEN	S DIVIS	SIONS	165 LB
Brad Love Joy	570	370	550	1490	A Control and Control and Control	100		
Randy Hugg	495	375	555*	1425	D0000	8.8		
Brian Brammer		350	475	1385	EDEDICHONOL II		anol	2
Jeff Peshek	670	600	*, 5	.505	TO THE RESERVE THE	1	a.	1/1/
35-39	0,0	000				里/書/	MI SK	WW I
Harold Mobley	605	410	565	1580	2000年的最初日本	非 惠		
SHW	003	410	303	1300	ASTR	1 10	1 department	Cino Dai
						E. HE	4279	AN TELL OF
Natural				****	100 (10) to 10		. 1998	
Palmo Aracki				1690*	建筑 (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	0.11	A. DESIGN	a fines B
Dave Bosler		435	565	1550		B Bd		Street VA
Powerlifting Ra	W					2400		
Female					95	4000		
105					S THE STATE OF	短腿		
Lifetime					CONTRACTOR OF THE PERSON OF TH		STATES OF THE PERSON NAMED IN	-
S. Nennebert	90*	75*	150*	315*		66 G	19	25, 1999
148						100.4	19	100
17-19						HINGS.	爾 4	1 1 1
Jessica Kramb	205!	115!	225!	545!	The second second		20	2
SHW					THE REAL PROPERTY AND ADDRESS OF THE PERSON NAMED IN COLUMN TWO IN COLUMN TO THE PERSON NAMED IN COLUMN TWO IN COL		Olimon .	The Manner
60-69					SERVED IN COLUMN TO SERVE IN COLUMN TO SERVED IN COLUMN TO SERVED IN COLUMN TO SERVED		Van	1199 1000
Anna Collins	120!	85	220!	425!				96日 翻譯
Men								
165								2348
50-59								
G. Hoxworth	370!	230	500!	1100!	THE RESIDENCE OF THE PERSON NAMED IN			
	3/0:	230	500:	1100:		III	-400	Course Hills
70-79	4001	1051	2201	4051		AMP III		
Ben Creech	160!	105!	220!	485!	10 NEWSCHOOL CONTRACT	SES ET	SI BILLIO	BETTER
198								。
35-39		200			- PROPERTY - BOOK 11	推到總	THE REAL PROPERTY.	13.00 E
Mike McNinch	530!	365!	475	1370*	- TO - 17 - 40		18039	THE REAL PROPERTY.
275					7. 7.	THEFT	988	7.45
Lifetime					The state of the s	2300	385.	
Jason Wilgus	510	370	530	1410	411	ALC: N	A TARREST	Ph-1902
Mitch Zupko	685	465						Television of
275					again a graph with the			
40-49					CONTRACTOR OF THE PARTY OF THE	100		
Rich Luklan	590*	400	580	1570	But he had you great	を記し		State of the
SHW	330		300		The state of the s			
21111					WNPFBL:JeffPe	shek.	Steve	Cook. 7

AFTER A LONG LAYOFF FROM COMPETI-TION, IIM HARRIS EDGED OUT JOHN IN THE MASTERS DIVISIONS PUTTING UP SO THE STRONG LIFTS, SUBMASTER ALLEN MCVANEY SET A NEW OHIO RECORD IN THE DEADLIFT WINNING HIS DIVISIONS. AL ALSO TOOK FIRSTS IN THE SQUAT AND DEADLIFT DIVISIONS. IN THE 181 LB CLASSES TONY SARIGIANOPOLIS SET TWO NEW OHIO RECORDS WINNING THE LIFETIME DIVISIONS. MASTER LIFTER LEONARD STILES PUT UP A STRONG TO-TAL AS DID GREG FOY IN THE POLICE FIRE/ MILITARY DIVISIONS EACH WITH A WIN IN THE 198 IR CLASSES TEEN IFREMY HARRIS TURNED IN A STRONG TOTAL AS DID NICK CARANO IN THE NATURAL DI VISIONS. TONY EVANS CAME BACK AFTER A SHORT LAYOFF TO TAKE THE LIFETIME AND MASTERS 40/49 DIVISIONS. JOHN PHILLIPS RETURNED TO ONCE AGAIN WIN THE MASTERS 50/59 DIVISIONS SETTING A NEW OHIO SQUAT RECORD. IN THE 220 LB CLASSES ROBERT BABBITT, DAVE POLIS AND TOM CHAFFIN TURNED IN STRONG TOTALS WINNING THEIR DIVISIONS AND RALPH BROWN JR SET ALL NEW OHIO RECORDS EDGING OUT BILL SCHAFFER IN THE MASTERS DIVISIONS. 242 LB LIFT-FRS ROBERT RURRESS AND KIRK RARDOS TURNED IN STRONG TOTALS WINNING THEIR DIVISIONS WITH BARDOS ALSO VINNING THE DEADLIFT ONLY DIVI-SIONS WITH A NEW OHIO RECORD. IN THE 275 LB CLASS THE BATTLE WAS ON IN THE MASTERS DIVISIONS WITH NEW OHIO RECORDS BEING SET BY BRIAN BRAMTHER AND RANDY HUGG. BRAD LOVEJOY TURNED IN THE TOTAL, WHICH TOOK THE DIVISIONS WITH SO THE STRONG LIFTS ALONG WITH WINNING THE SQUAT AND DEADLIFT ONLY DIVI-SIONS, SUBMASTER HAROLD MOBLEY IR PUT UP SO THE STRONG LIFTS WINNING HIS DIVISIONS. IN THE SHW NATURAL DIVISIONS PALMO ARACKI SET TWO NEW AMERICAN RECORDS AND A NEW OHIO RECORD EDGING OUT DAVE BOSLER FOR THE WIN ALONG WITH WINNING THE BENCH ONLY DIVISIONS. IN THE RAW DIVISIONS + FEMALE LIFTERS SHAUNNA CREAT MEET WITH A LOT OF GREAT LIFT- HENNEBERT, JESSICA KRAMB AND ANNA NG AND SEVERAL RECORDS SET. IN THE COLLINS ALL SET NEW RECORDS WIN-ASSISTED POWERLIFTING FEMALE LIFT-RES CAROL WINKELBLECH TURNED IN SO FORTH REPEAT WIN FOR JESSICA WHO HE FINE TOTALS WITH CAROL SETTING ALSO EXCELS IN SEVERAL OTHER SPORT ALL NEW AMERICAN RECORDS. HEIDI DID ING COMPETITION. IN THE MENS DIVI-O THE STRONG LIFTS AFTER RETURNING. SIONS RECORDS WERE SET IN THE 165 LB ROM A LONG BREAK FROM COMPETI- MASTERS DIVISIONS BY GARY HOXWORTH

CLASSES JOHN ELSBERRY TOOK THE LIFE-

TIME DIVISIONS WITH A STRONG TOTAL



WNPFBL: Jeff Peshek, Steve Cook, Tony Evans, M. McNinch (Deamicis)

SIONS WITH HOXWORTH TAKING BEST Men M2 LIFTER. 198 LB LIFTER MIKE MCNINCH SET 242
NEW OHIO AND AMERICAN RECORDS Smolinski, Joe 535 410 510 1455 ALONG WITH WINNING BEST LIFTER. MIKE Men M2 Bench ALSO TOOK THE SQUAT ONLY DIVISIONS 242 SETTING TWO NEW RECORDS. 275 LB LIFT- Smolinski, Joe 410 ERS JASON WILGUS AND RICH LUKLAN Men M4 PUT UP STRONG LIFTS WINNING THEIR 198 DIVISIONS WITH LUKLAN SETTING A Batko, Robert NEW OHIO RECORD. IN THE SHW DIVI- Men M4 SIONS TOM BROWN DID SO THE FINE 198 LIFTING WINNING THE MASTERS DIVI- Batko, Robert 220 SIONS. IN THE IRONMAN DIVISIONS Men M5 STRONG LIFTS WERE TURNED IN BY BRAD 165 HENNEBERT, BILL BECK, CHRISTIAN Steele, Don DURANT AND STEVE ROGERS WITH SEV- Men M5 Bench ERAL NEW OHIO RECORDS SET BY THESE 220 LIFTERS, STEVE ROGERS ALSO TOOK FIRST Mueller, W IN THE LIFETIME AND MASTERS DIVI-SIONS IN THE BENCH AS DID CHRISTIAN 242 DURANT. IN THE ASSISTED BENCH DIVI-SIONS NANCY PROCTER PUT UP A STRONG Men M8 LIFT IN THE FEMALE DIVISIONS AND 181
CHARLES VENTURELLA TOOK THREE DI- Creech, Ben VISIONS IN THE MENS 148 LB CLASSES Men Open ALONG WITH WINNING BEST LIFTER. IN 165 THE 181 LB CLASSES TIM STROSHINE Coats, Paul EDGED OUT TIM RICHARDS SETING AN Men Open OHIO RECORD IN THE LIFETIME DIVI- 165 SIONS. RICHARDS BOUNCED BACK WIN- Proxmire, Brian 430 330 525 1285 NING THE MASTERS DIVISIONS IN A Men Open CLOSE BATTLE WITH JOE FIUMARA AND 181
JEFF WOODS. TEEN LIFTER KYLE SMITH Smith, Matt SET AN OHIO RECORD IN 198 LB CLASS Men Open-AND TOM BOYER EDGED OUT RALPH 198 BROWN FOR A WIN IN THE 220 LB MAS-TERS DIVISIONS. WAYNE CARROLL PUT UP A STRONG LIFT IN THE 242 LB CLASS 198 AND JEFF PESHEK HAD THE HIGHEST Hans BENCH OF THE DAY WINNING THE 275 LB MASTERS DIVISIONS AND BEST LIFTER. IEFF CAME UP JUST SHORT OF PUTTING Otero, Matt UP 670 LBS. IN THE RAW DIVISIONS FE-MALE TAMMY EBLIN SET A NEW OHIO 275 RECORD WINNING HER DIVISION FOR A Wenn-ng, Matt 720 SECOND TIME. MENS LIFTERS TOM WOO- Hartle, Mike 145 DRUFF AND ED SCHEMINE PUT UP Chantler, James 640 STRONG LIFTS WINNING THEIR DIVI- Men Open SIONS WITH BOTH LIFTERS ALSO SETTING 275
NEW RECORDS IN THE POWERCURL DIVIEwald, Clint SIONS. ED EBLIN EDGED OUT MARK Men Open Bench GILLUM IN THE SUBMASTERS DIVISIONS 165 ROUNDING OUT THE 165 LB LIFTERS. Ruelan Jr., M. 385 GILLUM TOOK FIRSTS IN THE SQUAT AND Men Open Bench DEADLIFT ONLY DIVISIONS. IN THE 181 165 LB CLASSES KARL KOPCZNSKI TOOK THE Haze SUBMASTER DIVISIONS AND ALSO BEST Men Open Bench LIFTER. MASTER LIFTER ED FREEMAN PUT 165 UP A STRONG LIFT WINNING HIS DIVI- Smith, Jayson SION AND ALSO THE POWERCURL DIVI- Men Open Bench SIONS IN THE 198 LB DIVISIONS WILL- 198 IAM MOSS AND DAVE VARGO PUT UP Schlicht, Eric STRONG LIFTS WINNING THEIR DIVI- 242 SIGNS WITH VARGO SETTING AN OHIO Chevalier, Zac 350
RECORD. 220 LB LIFTERS STEVE COOK AND Men Open Bench TOM BOYER SET NEW OHIO RECORDS 275
WITH COOK ALSO WINNING THE POWERCURL. 242 LB LIFTER BILL BIDINOTTO SET AN OHIO AND AMERI-CAN RECORD WINNING THE MASTERS DIVISION. 275 LB LIFTER ALLAN CLARK AND I'VN MARSH LIFTED WELL WINNING THEIR DIVISIONS WITH MARSH SETTING AN OHIO RECORD. THIS YEARS TEAM CHAMPIONS IN THE BENCH PRESS WENT TO MIKES PAINT STREET GYM OWNED BY MIKE MCCORKLE. ONCE AGAIN SPECIAL THANKS TO ALL OF MY CREW WHO MAKE ALL OF THESE MEETS A SUCCESS AND TO ALL THE LIFTERS WHO SUPPORT THE WNPF. (Thanks to Ron Deamicis for results

USAPL Mic 06 SEP 03				
		BP		
JR 275	T CON			
Wenning, Matt Men JR Bench	720	520	700	1940
148 C1ark,Brett Men M1	325			325
165 Sharpe, Art	215	220	405	1050
Men M1 Bench	313	330	403	1030
Sharpe, Art Men M2	330			330
198 Vasquez, M.	350	295	430	1075

440 220 505 1165 Bench 210 160 315 685 175 105 220 500 455 315 550 1320 465 335 460 1260 675 350 770 1795 Men Open 500 370 550 1420

FROM THE WORLD NATURAL POWERLIFTING FEDERATION:

The WNPF wishes to announce that the WNPF and WDFPF have been reunited. The WNPF will continue to hold it's annual events including its World Championship every year. We will also hold some WDFPF sanctioned events in the United States. It's been almost five years since a WDFPF event has been held in the U.S. and we are happy to bring the WDFPF back. The WNPF is the gateway for all USA lifters to lift in the WDFPF from this point on. Anyone interested in being a part of the WNPF/WDFPF please feel free to contact the WNPF at 770 996-3418 or email wnpf@aol.com. Also we would like to announce that Richard Van Eck and Jeff Buchin will be hosting several events in Michigan for the WNPF and we welcome these two fine gentlemen our association. We are also going to the west coast in March for the Western USA Championships. This meet will be a qualifier for the WNPF & WDFPF Worlds. The WNPF Worlds will be held in August 2004 in New Jersey. In order to qualify you must hit a WNPF National or major event and place in the top five in your division. Please take a look at the coming events for a WNPF meet near you and check out our website at members.aol.com/wnpf. We thank everyone for assisting the WNPF in 2003, you all know how you are and thank you to the many lifters and spectators that supported us in 2003 We hope to see all of you again in 2004. WNPF

	520	700	1940	Kerstetter, S.	445			445	USAPL Sea	ttle	Summ	ner Cl	assic
	520	145	810	Men T3	445				02 AUG	03	- Seat	tle, W	/A
	430	620	1690	148					Open W 148	SO	BP	DL	TOT
	430	020	1030	Hamilton, Ross Men T3	325	190	420	935	Paula Houston M1 Women		195	360	900
			625	220 Southard, L.	485	245	485	1215	Will Arnow M1 Women	305	170	285	760
			385	Women M7 132					Paula Houston M3 Women	345	195	360	900
				Kazmierski, J. 148	40	45	80	165	Dana Backiel M4 Women	235	125	280	640
			315	Drotar, Terry Women Open	110	70	200	380	Faith Ireland T1 Women	185	110	225	530
				132					J. VanKlock	135	70	205	410
				Overdeer, A.	390	240	410	1040	T1 Men				
				Women Open					Jordon Wilson	420	280	380	1080
				165					Kevin Stewart	435	210	305	1050
			345	Martinez, Gily	365	180	300	845	T2 Men				
				Women T1					Marion Griffin	275	185	325	785
1			350	198					Junior Men				
				Brown, Bonica	335	160	345	840	Ken Umetsu	415			

FIRST NAME	INT.
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Leo Stiles Police/Fire

Greg Foy 198

17-19

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AAU VA Big Dawg BP

07 JUN	03 - F	Richmond, VA	NA I	
BENCH 17		James Kearney 165	45	
outh (15-14)		Youth (15-14)		
Non-Sanction		Non-Sanction		
Hakeem Foster	r 37.5	Peter Collins 181	35	
(outh (15-14)		Open Non-Sand	ction	
Non-Sanction		D. Hammett	130	
amee Terry	35	Chris Gregory	112.5	
05		Shawn Hydock	105	
outh (15-14)		220		
Non-Sanction		Open Non-Sand	ction	
Oon Williams	45	T. Brightwell		
14		242		
Teen (15-19)		Open Non-San	ction	
Non-Sanction		Dallas Adams		
V. Navarre	90	Derek Knapp	107.5	
114		242		
Teen (15-19)		Youth (5-14)		
Non-Sanction		Non-Sanction		
Darnell Floyd		Randall Abbott 275	67.5	
Youth (5-14)		Masters (40-49)	
Non-Sanction		Non-Sanction	92-1	
on Marrow	52.5		182.5	
148	-		175	
Teen (15-19)		275		
Non-Sanction		Open Non-San	ction	
Chris Oliver	65	Alvin Belfield		
148	0.5	Jack Wright		
Youth (15-14)		275	100	
Non-Sanction		Teen (15-19)		
Don Taylor	72.5	Non-Sanction		
148		W. Claiborne	125	
Youth (15-14)		SHW		1
Non-Sanction		Open		1
Kellev Bullock	52.5	Non-Sanction		

BATTLE OF THE BIG DAWGS - BEST FEMALE OPEN RAW BENCHER - AMY ROBIE, BEST MALE OPEN RAW BENCHER - TRIPP BRIGHTWELL. BEST MALE MASTER RAW BENCHER - MATT BP'ER- BOBBY IONES. (By Barbara Beasley)

Teen (15-19)

Youth (15-14)

AAU Mass States PL Push/Pull 06 APR 03 - (kg) SQ BP

B.STOEHR 97	27	22.5	47.5	97
RAW45-49				
M.SOUZA	77.5	37.5	110	225
123				
E OPEN, EQ 50	-54			
J.SHEAR	125	60	137.5	322.5
148				
RAW OPEN				
J.GARDELLA	117.5	102.5	142.5	362.5
132				
RAW O R50-54				
A.FARRAR	62.5	25	155	242.5
132				
RAW O, EQIP O				
KUPPERSTEIN	200	105	227.5	532.5
148				
RAW40-44				
	160	112.5	215	487.5
148				
RAW OPEN				
	142.5	102.5	160	405
165				
E OPEN G.MARSHALL	240	175	245	***
165	240	1/3	243	000
RAW O T18-19				
B.O'REILLY		122 5	242 5	567 5
165	172.3	132.3	242.3	307.3
NOV T16-17				
STINCHFIELD	90	45	120	255
165	-		0	
E T18-19				
LIMPARATO	167.5	110	212.5	490
learner - real er en	, , , ,			

120 55 150 325

GIAMPLETRO 160 107.5 227.5 495

E 64-69 L.McCRARY

181 R T16-17



Battle of Big Dawgs Best Lifters: Matt McQuade, Amy Robie, Bobb

81					RAW O RSUB				
AW44-49					G.LOURO	190	160	205	555
SHUMAN	215	140	217.5	572.5	220				
98					RAW O R45-49			nong	
OV,T16-17					G.PARIGIAN	217.5	127.5	252.5	597.5
BEANE	150	90	187.5	427.5	220				
20					R45-49				
AW T14-15					K.MARRSHALL	157.5	112.5	215	485
LAYDEN	150	87.5	192.5	430	220				
20					R45-49				
AW T18-19						155	145	227.5	527.
MAGNIN	160	112.5	182.5	455	220				
20					RAW20-23				
AW T18-19					B.FOWLER	167.5	130	255	552.
SANDS	205	137.5	255	597.5					
20					242				
OPEN					RAW NOV T18				
O'BRIEN	272.5	187.5	230	690	L.BEANE JR.	165	125	227.5	517.
20					242				
AW OPEN					RAW T14-15			10.353	-
O.McGINTY	252.5	182.5	307.5	742.5	W.LOTT	152.5	77.5	182.5	412.
20					242				
AW OPEN					RAW OPEN				
GIUGGIO	220.5	142.5	227.5	590.5	R.YEE	292.5	197.5	320	810
20					242				

M.EMERALD 202.5 165 237.5 605 RAW SUB P&F J.BUCKLES RAW O 50-54 L.McGRANE RAW OPEN 242.5 180 252.5 675 R55-59,E55-59 202.5 147.5 200 550 R.CROSS

AAU Mass States Powerlifting 19 JUL 03 -(kg) SQ BP DL TOT

181 Billy Stinghfield 198				
			140	
			140	
Tim Beane			200	
181				
Ward Benson 165		125	185	310
Joe Breault 148	103	115	188	406
Tom McCarty 275	235	128	190	553
Ray Cross 165		140	210	350
Bob Janjigion 220	160	138	228	526
Jonathan Byrne 220	185	153	230	568
Graig Hoffman 275		160	243	403
Len McGrane		175	303	478
Bob Reilly		170	200	370
Mike Ambrose	235	150	238	623
Will Baker		160	250	410
Mark Emerald		165	230	395
David Malone 242		120	170	290
Eric Aronold			273	
Anthony Baker		228	255	483
Richard Deleon	275	185	230	690
Barry Eisenman	103	95	185	383
	Ward Benson 165 Joe Breault 148 Tom McCarty 275 Ray Cross 165 Bob Janjigion 220 Jonathan Byrne 221 Jonathan Byrne 242 Bob Reilly 275 Mike Ambrose 242 Will Baker 242 Will Baker 242 Will Baker 242 Wark Emerald 165 David Malone 242 Eric Aronold 319 Anthony Baker shw Richard Deleon 198 Barry Eisenmar	Ward Benson 165 Joe Breault 103 148 Tom McCarty 235 275 Ray Cross 165 Bob Janjigion 160 220 Jonathan Byrne 185 220 Graig Hoffman 275 Len McGrane 242 Bob Reilly 275 Mike Ambrose 235 242 Will Baker 242 Will Baker 242 Eric Aronold 319 Anthony Baker shw Richard Deleon 275 198 Barry Eisenman 103	Ward Benson 125 165 103 115 Joe Breault 103 115 148 Tom McCarty 235 128 275 Ray Cross 140 165 Bob Janjigion 160 138 220 Jonathan Byrne 185 153 220 Graig Hoffman 160 275 Len McGrane 175 242 Bob Reilly 170 275 Mike Ambrose 235 150 242 Will Baker 160 242 Will Baker 165 165 David Malone 120 242 Eric Aronold 319 Anthony Baker 228 shw Richard Deleon 275 185 198 Barry Eisenman 103 95	Ward Benson 125 185 165 165 188 148 148 190 115 188 148 190 275 128 190 275 140 210 165 28 220 160 138 228 220 160 138 230 220 230 160 243 275 160 243 275 170 200 275 170 200 275 150 238 242 160 250 242 160 250 242 165 230 165 165 230 165 165 230 165 230 170 242 273 273 319 273 273 319 273 273 319 373 373 319 373 373 319 373 373 319 373 373 319 373 373 310 373 373 310 373 373 310 373<



ASSOCIATION OFFICE COPY

is a membership application form. Complete all areas and return information on registration and program, call 1-800-AAU-4USA. I membership provides each member with an opportunity to parti-

Specific details on c	overage can be	obtained from your	Adult Athletes Baseball, Biathlor	in the Following Sports: , Basketball, Broomball, Cycling.	Regular Fee 20.00	*AB* Fee 23.50
Youth Athlete Coach Volunteer or Official Adult Athletes in the Following Sport	10.00 12.00 12.00	12.00 14.00 Not Available 12.00	(Decathlon, Pental Surfing, Trampolit Adulf Athletes Field Hockey, Fla	is. Modern Pentathion, Multi-Even thion), Physique, Softball, e & Tumbling, Triathion, and Wei in the Following Sports: g Football, Hockey (Ice and Roller later Polo and Wrestling.	ightlifting 20.00	25.00
Aerobics, Badminton, Baton Twirling, Bowling, Diving, Fencing, Golf, Jump Rope, Physical Fit Challenged, Racquetball, Rowing, Sailing, Squ Swimming, Table Tennis, Tennis, Track & Fiels	ness, Physically lash.	y.	Adult Athletes Chinese Martial A	in the Following Sports: rts. Judo, Jujitsu, and Karate on Do Athletes	Not Available 20.00 30.00	25.00 Not Available 35.00
AAU National Headquaters c/o The Walt Disney World Resort PO Box 10,000	SPORT CODE	ASSOCIATION CODE	MEMBERSHIP CATEGORY CHECK ONE: YOU	CHECK ONE: Athlete C		3.300
Lake Buena Vista, FL 32830			Club No.:	Club Name:	E-Mail	
THE AMATEUR ATHLETIC UNIC	N OF THE UNITE	D STATES, INC.	ARE YOU ALREADY	COVERED WITH HEALTH & ACCID	ENT INSURANCE?	☐ Yes ☐ No
Date of Birth Age Sex Apple	cation Date Social	Security Number	I agree to be	bound by the AAU Co	de as well as	AAU operating

IME A	MAILU	HAIMLEIIC	UNION OF THE	UNITED STATES, INC.	
Date of Birth	Age	Sex Male	Application Date	Social Security Number	I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration
First		Middle	Last		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
Address					approval) through the AAU National Office.
City	100 m		State	Zip Code	NOTE: Parent/Guardian signature required if member under 18 years old.
					Member's Signature
County			Phon	e (With Area Code)	ParantiGuardan

(article continued from page 19)

the burger and fries that you have been so accustomed to. Some fast food chains even have a "healthy menu" so that people can still eat somewhat healthy even while on the go. Bring some protein bars with you and throw them in your lunch box. They can really come in handy when you are in a bind. Just make sure that you follow the guidelines that I laid out above. There are many things that you can do to eat a power packed meal even when time is not on your side. Give these ideas a go and let me know if you need any more suggestions to keep your plan on track.

Q: I have a question in regards to your nutritional consultation services. My training partner started one of your 16-week nutritional consultation packages and he has completed the first 8 weeks at the moment. He has seen some unbelievable results in only 2 months. His squat is up 50 pounds and he has put 30 pounds on his bench. His bodyfat percentage has come down by 9% and his energy level is better than ever. He has really increased his volume workload per workout and he is recovering from his workouts much faster than before. I knew that you work with many of the best powerlifters in the world so you must be doing something right. He mentioned to me that you are launching a new nutrition system and you were going to run some type of contest with the program? Is this true? I was wondering if you could let me in on what's going on, as I would definitely like to keep up to date on any new program that you have designed. Since he has done so well on your program I would like to come on board and work with you if you have any openings. I know that you are really busy but if you could slide me in I would really appreciate it. I'll tell you the truth. when my training partner started vour program I thought all vour nutrition mumbo jumbo was a crock. But after seeing my friend's progress guess I have to eat my words because you proved me wrong. I have a competition coming up in 20 weeks and I really want to give your program a shot. Please get back to me as soon as possible because I don't want to waste any time. Sincerely, Paul Kalmin

A: Paul it's good to hear from you and I am happy that your friend has gotten such good results using my nutrition program. You forgot to mention his name though. I can understand how you may have thought that my theories for Powerlifting Nutrition were a crock since there is very little information on this topic. I am glad to hear you have seen it first hand for yourself, not just reading about it in the magazine. It is true that I will be launching a new nutrition program called the Nutrition XP3. This program will be truly a one of a kind nutrition system developed just for strength athletes. I know that you must be sick and tired of seeing tons of different nutrition programs for the chronically obese or the competitive bodybuilder only to leave you guessing on what powerlifters should do to maximize their performance. With this unique program all the guesswork will be eliminated. No more wondering what you should eat for all your meals or how to layout a proper sports supplementation program to help you achieve your goals. No more wondering what you should be consuming for your pre and post workout meals. No longer will you have to go to a competition and find out the hard way that you ate the wrong things that had a devastating effect on your performance. The Nutrition XP3 will cover all you need to know to make sure you stay on top of your game for your next competition. Yes, your friend was right about the competition as well. With the launch of the Nutrition XP3 program I will be only taking the first 30 individuals whom are interested. Due to the fact that I do have a very busy schedule I can only limit it to the first 30 powerlifters that are looking to take advantage of this new revolutionary Power Nutrition Plan. The top individuals

in each division will be featured in my column in Powerlifting USA magazine. They will also be featured on the Nutrition XP3 web site. This will give the up and coming powerlifter tons of coverage in an international magazine and web site. So, if you are looking to take your total to the next level and get some good press coverage as well, give me a call so that we can include you on the roster for the launch of the new Nutrition XP3 program. This will be a first come, first serve basis so those of you that are serious about maximizing your strength and performance don't wait till it's too late. Paul please give me a call this weekend so I can get the info needed for the program design. Don't worry as I have reserved a space for you. I apologize to those that won't be able to be taken this time around, but we will keep you on a waiting list so that you will be able to be part of this exciting program. For those of you interested in joining the Nutrition XP3 program please contact me. If you have any questions you can e-mail me. I know with full confidence that you will be very happy with the results. Let's start the New Year off with a bang and let the Nutrition XP3 program take your powerlifting success to the next level!

If you have any questions please feel free to email me at: Aricciuto@X-tremePower.com



SLP National Bench & Deadlift

26 APR	03 -	Tuscola, IL		
BENCH PRESS		master men 55-5	59	
junior women		198		
123			415*	
J. Wallace 1	45*	4th	420*	
132		master men 65-6	69	
Ginger Dial 1	10*	181		
teenage men 18-	19	John Bressner	270*	
198		master men 75-	79	
Matt Bell 3	50			
submaster men		Allen Glass	290*	
220		4th	300*	
Tony Bauer 3	35	police & fire/sul	b	
master men 40-44	4	242		
242		Lloyd Edwards		
Doug Haycraft 5	15*	4th	485*	
4th 5	20*			
242		165		
Mark Aydt 4	15		350	
master men 45-4	9	242		
198		Doug Haycraft		
D. Rosenweig 4	50		520	
242		308		
Bob Zirklebach 3	60	Mark Rose	550	
shw		308		
	50*		525	
	60*		49	
master men 50-5	4	198		1
181	7.30	Mike Raya	580*	1
	90			j
DEADLIFT		Bob Zirklebach		B
junior women			500*	3
123		master men 50-	54	
Ercia Haislar 2				7)
teenage men 13-	15	Gregory Kleyn	515	
148		181	275	
	250*		375	
master men 18-1	9	master men 65-	69	
198		181	4450	
	145	John Bressner 4th	455*	
submaster men			433	
220	75	open men 181		
Tony Bauer 3	100	Derron Bohne	550*	
	+00			



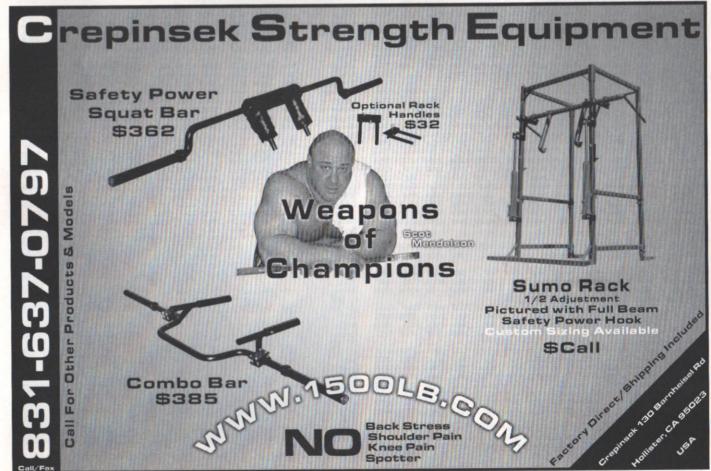
Jerr Watt with a national record 560 BP at 45-49/SHW (Latch photo)

held April 26, 2003 at Son Light Power Gym
in Tuscola, Illinois. A special thanks to my
in Tuscola, Illinois. A special thanks to my
wife Susie for her help with the judging and
to my son Joey for all he does at the meets. In
to my son Joey for all he does at the meets. In

national mark at 65-69/181 with his 270 final attempt. Then at 75-79/220, seventy-five year old wonder Allen Glass wowed the crowd with his first ever 300 bench. Along with this being a new national record it was also a new Illinois and Indiana state record. also a new Illinois and Indiana state record.

Wow! In the police & fire division, the
submaster 242 winner was Lloyd Edwards,
who had one of the best forms of the meet.

Lloyd finished with a 485 personal best and new national record fourth attempt, after making 470 on his third. In the open division 165 winner Steve Barr got a personal best 350 for the title. Mark Rose, national record holder at 308, won there with 550. Second place at 308 was Matt Organ who finished with 525. Both of these lifters are ready for the big "600" and will get it soon, whenever their shirts decide to cooperate! The best lifter award went to Mark Rose who finished with 550 at a 277 bodyweight. In the deadlift competition Illinois state record holder Erica Haislar broke not only her own persona record but also established a new national mark at junior women 123 with a great 265 final pull. J. J. Watt came from Wisconsin to set the national record at teenage men 13 held April 26, 2003 at Son Light Power Gym with a successful fourth of 520 for both a title of the day at 18-19/198, finishing with a



Master 1 Men 52 kg			ORLDS S2			3 - Regin B2	a, SASK, B3			D3	тот	Erickson	GER USA CAN		220.0 200.0 205.0	225.0 150.0 210.0 125.0 215.0 125.0	135.0	-140.0	225.0	235.0	242.5	605.0 587.5 550.0
Taguibao Anzueles	PHI	-150.0 -155.0		-162.5 -160.0			85.0 95.0	162.5 160.0			437.5 417.5	90 kg	FRA	-220.0 -		-220.0	172 5	175.0	272.5	200.0	-302.5	737.5
56 kg Sotowa	IPN	182.5		192.5		92.5	-95.0	182.5			480.0	Jane	GBR	260.0 1 255.0 1	265.0	272.5 167.5 -270.0 155.0	162.5	-165.0	275.0	290.0	295.0	722.5
Meadows Christians	USA RSA	-160.0 -140.0		-167.5 140.0			115.0 77.5	202.5 180.0	210.0 -195.0		480.0 397.5		GBR		275.0 250.0	282.5 -160.0 260.0 150.0				272.5 -300.0		720.0 695.0
60 kg		172.5		-202.5		127 5	145.0	195.0	197.5	207.5	535.0		JPN CAN	240.0	250.0 237.5	260.0 195.0 242.5 152.5			210.0 242.5		-242.5 260.0	680.0 662.5
Jong Shibata	IPN	175.0	185.0	-190.0	135.0	-140.0	-140.0	190.0	205.0	-215.0	525.0	Anderson	NZ	180.0	200.0	210.0 130.0	137.5	-142.5	250.0	275.0	-290.0	622.5
Merzlyakov Smith	RUS	-195.0 -182.5		195.0 -197.5				190.0 187.5		-212.5 202.5	515.0 497.5		CAN	180.0 155.0		202.5 137.5 175.0 160.0			205.0 175.0		245.0 197.5	595.0 547.5
Molina	ESP	-227.5		-227.5								100 kg Korolev	RUS	290.0	300.0	300.0 150.0	157.5	160.0	270.0	277.5		737.5
67.5 kg McNamara	IRL	250.0		285.0				240.0			690.0	Weeks	USA	227.5	250.0	265.0 155.0	-165.0	165.0	250.0	272.5	275.0	705.0
Weinstein Tada	USA	217.5 215.0	-230.0 -225.0	-240.0 -225.0				225.0 225.0		255.0 235.0	600.0		USA FRA	-245.0 -245.0		245.0 155.0 -255.0 -135.0				280.0		695.0 675.0
Esquier Ichiro	FRA	185.0		200.0	117.5			-207.5 -170.0		217.5 180.0	540.0 537.5		FRA	-240.0 -240.0		250.0 140.0 -250.0 -165.0		-152.5 -165.0	230.0	-240.0	-240.0	630.0
Riedel	GER	190.0	-200.0	200.0	-125.0	125.0	-130.0	190.0	-200.0	-200.0	515.0	110 kg				-320.0 160.0		-175.0	2025	300.0	310.0	765.0
Forde Gildesberg	DEN	-155.0		-195.0 -165.0		97.5 -90.0	-100.0 90.0		-175.0	-210.0 185.0	487.5 430.0	Graham White	USA GBR	260.0	-270.0	-270.0 150.0	160.0	165.0	300.0	-320.0	320.0	745.0
Roytvand 75 kg	NOR	-225.0	-225.0	-235.0								Lefevre Szpaleck	FRA GBR		250.0 215.0	260.0 170.0 -230.0 160.0	180.0 167.5			292.5 260.0		732.5 670.0
Beaumaster	USA	270.0		282.5			-182.5 167.5	245.0 240.0		260.0 -267.5	715.0 670.0		CAN	220.0	240.0 240.0	-250.0 165.0 -252.5 145.0				242.5		657.5 640.0
Ito Hindley	JPN CAN	-232.5			-115.0	115.0	122.5	235.0	245.0	252.5	607.5	Ekstrom	CAN		222.5	-235.0 170.0				220.0		627.5
Hernandez 82.5 kg	FRA	-212.5	-212.5	222.5	122.5	127.5	130.0	225.0	240.0	250.0	602.5	125 KG Matynyan	UZB	270.0	280.0	-285.0 170.0	177.5	182.5	250.0	260.0	265.0	727.5
Bridges	USA	275.0 262.5	292.5 272.5		200.0	-228.0	-228.0 175.0	265.0 275.0	285.0 285.0	305.0 -295.0	825.0 740.0	Miller Pakoti	USA NZL		262.5 -280.0		-177.5 165.0			260.0 235.0	-270.0 -245.0	690.0
Becker Glinin	RUS	245.0	260.0	270.0	170.0	180.0	182.5	250.0	270.0	285.0	737.5	Bostrom	SWE	125.0		90.0	105.0	110.0	140.0			375.0
Hampel Marentette	GER		272.5	-280.0 242.5	140.0		155.0 172.5	270.0 255.0		-310.0 -272.5	717.5 680.0	Lebedyev 125+ KG	UKR	270.0	280.0	290.0 170.0	-180.0	182.5	252.5	262.5	270.0	
Harada	JPN	215.0		-225.0 -240.0	170.0	-175.0	177.5 -155.0		270.0 282.5	-280.0 -285.0	662.5 662.5	Kerr Soria	GBR	247.5		270.0 172.5 310.0 165.0			300.0 265.0	312.5	320.0 -282.5	780.0 760.0
Carlot Rasmussen	FRA DEN			252.5			182.5		210.0	-220.0	637.5	Surrell	USA	280.0	310.0	-320.0 160.0	177.5	-185.0	250.0	270.0	-285.0	757.5
Ducamin 90 kg	FRA											Tau Nowazek	CAN	-270.0 220.0		-290.0 180.0 -260.0 150.0		-185.0 165.0	200.0 165.0		-260.0 -200.0	675.0 590.0
Jones	USA FRA	275.0 280.0	290.0 290.0		197.5 185.0		215.0 195.0		280.0 275.0	-282.5 280.0	792.5 775.0	Master 3 Men 52 kg										
Mauchosse Markham	CAN	267.5	285.0	-295.0	182.5	192.5	-197.5	255.0	267.5	277.5	755.0	Fushimi	IPN			-135.0 100.0		120.0				402.5
Leontyev Asama	IPN		277.5 -270.0	270.0		182.5 -182.5	190.0 182.5		267.5 270.0	-270.0 -280.0	735.0 722.5	Pok 56 kg	HKG	100.0	0.011		72.5	-77.5		130.0		322.5
Rykov Simms	RUS	255.0 210.0	265.0	270.0	165.0 150.0		175.0 162.5			-270.0 -250.0	695.0 645.0	Oshiro Tokuda	JPN	155.0 120.0	161.0 135.0	-170.0 117.5 145.0 60.0	-125.5 65.0	-125.5 -70.0		165.0 165.0	-170.5 -175.0	442.5 375.0
Harness	GBR	220.0			150.0		-162.5			-237.5	630.0	60 kg	RUS	-180.0		180.0 85.0	90.0	-92.5		210.0	215.0	485.0
100 kg Ukhach	UKR	-305.0			215.0		230.0		305.0		852.5	Bederin Aita	IPN	170.0	180.0	-182.5 95.0	105.0	-110.0	180.0	190.0	-200.0	475.0
Zwanstra Luzanov	USA	285.0 270.0	295.0 -285.0	300.0 -285.0		210.0 205.0	-215.0 212.5	295.0 295.0	310.0	-345.5 315.0	820.0 797.5	Nivault Hansen	FRA DEN	165.0		-175.0 -47.5 125.0 -75.0	47.5 75.0	-50.0 80.0		180.0		405.0 365.0
Hagfors	FIN	-280.0	285.0	-292.5 -290.0	190.0	197.5 -180.0	202.5	290.0 285.0	302.5 302.5	-312.5	790.0 770.0	Weiss 67.5 kg	GBR	-145.0	-145.0	-145.0						
Melzig Graham	GER		-275.0	275.0	165.0	-175.0	175.0	290.0	305.0	-315.0	755.0	Cortes	USA	155.0		175.0 105.0		115.0		210.0		510.0
Sicoli Tomra	FRA		-310.0 -260.0	260.0	175.0 200.0	185.0 205.0	-190.0 -212.5	-270.0 232.5	270.0 -240.0	-290.0 240.0	755.0 705.0	Diter	DEN	-185.0	-185.0 4th	185.0 95.0 191.5	100.0	105.0	192.5	-202.5	207.5	497.5
Mori 110 kg	JPN		-250.0	-250.0	140.0	150.0	160.0	230.0	240.0	250.0	650.0	Pellegrino Ruotsala	USA		185.0 180.0	-190.0 130.0 -182.5 -90.0	137.5 90.0	142.5 -95.0		-185.0 210.0		497.5 487.5
Nicholls	CAN		320.0			-240.0	240.0			-350.0	907.5	Latoniemi	FIN	140.0	150.0	-160.0 80.0	87.5	92.5	195.0	212.5	220.0	462.5
Douglas Gorokhovskiy	RUS	345.0 290.0	360.0 305.0	-365.0 320.0	220.0 190.0	205.0	230.0 215.0	280.0	300.0	-317.5 310.0	905.0 845.0	Powell Magome	GBR	130.0 125.0	140.0 135.0	150.0 70.0 -145.0 -155.5	80.0 155.5	85.0 160.0	130.0	195.0 135.0	-150.0	430.0 430.0
Henderson Mitsuhashi	NZL IPN		285.0 260.0	290.0	182.5 150.0	192.5 170.0	-200.0 -180.0	290.0 280.0	302.5 -300.0	310.0 -305.0	792.5 710.0	75 kg Alduendo	USA	197.5	215.0	220.0 115.0	132.5	-140.0	205.0	230.0	235.0	587.5
Penkard	IRL	-240.0	240.0	-260.0	-150.0	150.0	160.0	200.0			600.0	Sato Dumoulin	IPN FRA		-220.0	220.0 120.0 -200.0 -137.5		130.0	COLLOW COST	220.0	Salar	570.0
McIntyre 125 KG	CAN	230.0				-220.0						Pustovalov	RUS	180.0	190.0	200.0 95.0	100.0	105.0	210.0	220.0	230.0	535.0
Ivanenko Ballard	UKR	360.0 -322.5			-205.0 205.0	205.0	215.0 -212.5		320.0 307.5		915.0 847.5	Leggett Archambault	GBR USA	185.0		-195.0 100.0 145.0 92.5	-105.0 100.0	105.0 -105.0		-210.0 180.0		495.0 435.0
Banner	CAN RUS	310.0		332.5		-212.5	-212.5 195.0			-307.5 -290.0	830.0 765.0	Kinoshita Watson	JPN GBR	110.0 -185.0		130.0 100.0 185.0 -102.5		-105.0 -102.5	155.0	167.5	-177.5	397.5
Tsapenko Moses	GBR	250.0	275.0	-290.0	160.0	175.0	185.0	250.0	270.0	-285.0	730.0	82.5 kg							,"			
O' Neill 125+KG	IRL	150.0	180.0		165.0	180.0	-190.0			-315.0	670.0	Kulikov Fiore	GBR	215.0 220.0	230.0		162.5	-170.0	220.0	250.0 235.0	240.0	640.0 640.0
Fletcher Stewart	USA	320.0 340.0	337.5 -350.0	345.0 350.0	200.0	210.0 175.0	220.0 180.0	305.0 270.0	-320.0 280.0	320.0 295.0	885.0 825.0	Sourek Williamson	CZE		185.0 147.5		110.0			215.0 202.5		515.0 467.5
Nastynov	RUS	320.0	-345.0	-365.0	200.0	-220.0	-220.0	290.0	302.5	-307.5 -255.0	822.5 780.0	Lam	CAN USA	155.0 125.0	165.0	-172.5 75.0 -150.0 90.0	82.5 100.0	-90.0	185.0		210.0	457.5 450.0
Ujiie Girrulat	JPN GER	240.0	280.0 250.0	260.0	230.0 210.0	220.0	245.0 -227.5	280.0	290.0	295.0	775.0	Waters 90 kg										
Haugen Haywood	NOR		270.0 265.0		-170.0 155.0		182.5 -175.0	250.0 240.0		-270.0 255.0	702.5 700.0	Dillon Lancaster	USA	180.0 -165.0		195.0 142.5 -195.0 147.5		150.0 -162.5		230.0 232.5		582.5 552.5
	FIN		265.0	-267.5		175.0	-190.0	260.0		-270.0	700.0	Dimidenko Behncke	CAN	150.0		170.0 135.0 150.0 85.0	145.0 90.0	150.0 95.0		200.0	-205.0 -200.0	520.0 435.0
Master 2 Men 56 kg												100 kg										
Inaba Shishkin	RUS	205.0		215.0 -150.0		92.5	-95.0 97.5	215.0 140.0		-225.0 -162.5		Dienelt Rood	USA	200.0 182.5		-231.5 145.0 205.0 137.5		164.0 157.5		225.0 205.0		627.5 582.5
60 kg Steffen	GER	147.5	155.0	162.5	110.0	115.0	-117.5	150.0	157.5	162.5	440.0	Chazelle Martinez	FRA ESP	180.0	200.0	220.0 92.5 -62.5 -150.0		100.0 152.5		250.0	-262.5 -132.5	570.0 342.5
Mashimo	JPN	140.0	150.0	160.0	92.5	97.5	-100.0	155.0	165.0	172.5	430.0	110 kg										
Burgess 67.5 kg	USA	145.0	-155.0	160.0	87.5	95.0	100.0	145.0	160.0	-170.0	420.0	Kristensen	NOK	245.0	25/5	-262.5 -160.0	160.0	175.0 4th	180.5	245.0	-262.5	6//3
Moore Rohan	CAN USA		-212.5 -175.0	-212.5 175.0			-132.5 142.5	220.0 220.0	230.0 230.0		562.5 547.5	Shepherd 125 KG	GBR	205.0	217.5	227.5 127.5	135.0	-137.5	210.0	230.0	-242.5	592.5
Cuvelier	FRA	-202.5	202.5	-212.5	120.0	-125.0	-125.0	202.5	212.5	217.5	540.0	Arrington	USA	220.0		-260.0 135.0					-245.0	645.0
Dufour 75 kg	FRA	170.0			105.0		-112.5	210.0	225.0		522.5	Clonce 125 + KG	USA		245.0	-268.5 160.0				-227.5		632.5
Lokhov Hernandez	RUS	225.0 220.0			135.0		-152.5 152.5	250.0 250.0		-275.0 -252.5		Smith Martin	CAN USA	190.0 -145.0		230.0 195.0 -210.0 90.0	205.0 105.0	-210.0 -110.0				670.0 477.5
Couturier	FRA	210.0	-220.0	-220.0	135.0	-145.0	145.0	220.0	-230.0	230.0	585.0	Master 1 Women										
Mann Desteuque	FRA	195.0	185.0 -200.0	200.0	-140.0 125.0	130.0	-152.5 -132.5	205.0 210.0	220.0	227.5 -222.5	557.5 550.0	44 kg Solan	USA	105.0	110.0	117.5 55.0	60.0	-62.5	115.0	127.5	132.5	310.0
Macrow	GBR GER	185.0 150.0			-135.0 -120.0		-140.0 130.0	205.0 150.0	-212.5 170.0		542.5 480.0	48kg Bechar	FRA	105.0	-112.5	-112.5 -70.0	70.0-	72.5	117.5	122.5	125.0	300.0
Goss 82 5 kg	CAN		-160.0	165.0		100.0	-107.5	185.0		-217.5	450.0	Takizawa	JPN	-90.0		-100.0 57.5	62.5	-67.5			-120.0	262.5
82.5 kg Lincoln	GBR	235.0			-160.0		172.5		252.5		682.5	52kg Eremenko	RUS	125.0		140.057.5	62.5	-65.0		135.0	145.0	347.5
Fougere Kozasa	IPN	252.5 255.0	260.0 270.0		155.0		165.0 -120.0	240.0 235.0		-257.5 -260.0	682.5 630.0	Monjaret Oca	PHI		-120.0 85.0	-120.0 57.5 -97.5 50.0	-62.5 -57.5	-62.5 60.0		130.0	-127.5	300.0 262.5

andu	CAN	-120.0	120.0	-130.0	-70.0	-70.0	-70.0				
6kg	-										
Daumas	FRA	1225	132.5	137.5	70.0	75.0	-77.5	142.5	-150.0	150.0	362.5
Deutsh	USA	1175	-127.5	127.5	62.5	72.5	-75.0	122.5	137.5	140.0	340.0
	BRA	120.0	127.5	130.0	65.0	-70.0	-70.0	130.0	135.0	140.0	335.0
Vender											
ouarduzzi	FRA	112.5	-120.0	-120.0		-67.5	-67.5	117.5	125.0	127.5	305.0
Andrade	BRA	95.0	-102.5	102.5	55.0	-62.5	-62.5	125.0	132.5	137.5	295.0
p	HKG	95.0	-105.0	105.0	-57.5	57.5	-60.0	110.0		-130.0	285.0
tepleton	USA	82.5	-90.0	-90.0	42.5	47.5	-50.0	100.0	-110.0	-110.0	230.0
Okg											
Altizer	USA	182.5	-192.5	-192.5	122.5	-127.5	132.5	157.5	165.0	1725	487.5
shikawa	IPN	132.5	142.5	150.0	82.5	87.5	-90.0	140.0	155.0	160.0	397.5
	USA		125.0	130.0	95.0	-100.0	-100.0	122.5	135.0	-145.0	360.0
imons											315.0
esting	GBR			112.5	62.5	65.0	67.5	120.0	130.0	135.0	
Cosby	CAN		112.5	-120.0		67.5	-70.0	115.0	122.5	-130.0	302.5
lett	GER	-75.0	75.0	-80.0	50.0	-55.0	-55.0	80.0	85.0	90.0	215.0
7.5kg											
Blasberry	GBR	145.0	155.0	160.0	90.0	97.5	100.0	160.0	175.0	185.0	445.0
Papolis	CAN	150.0	160.0	-162.5		85.0	87.5	155.0	-160.0		402.5
Velding	USA	130.0	142.5		72.5	77.5	80.0	142.5		167.5	397.5
lahekura	IPN	112.5	122.5	-130.0		-65.0	-65.0	125.0	135.0	145.0	327.5
anks	GBR	105.0	115.0	-120.0	42.5	47.5	-50.0	120.0	130.0	-140.0	292.5
5kg											
haney	USA	140.0	152.5	-160.0	110.0	115.0	-122.5	160.0	175.0	182.5	450.0
Beretta	ITA	125.0	135.0	140.0	-75.0	75.0	80.0	155.0		-180.0	390.0
leck	CAN	105.0	112.5	122.5	55.0	60.0	-65.0	127.5	-135.0		310.0
							-0.5.0				
lofmann	GER	90.0	95.0	-97.5	60.0	-72.5		112.5	117.5	-120.0	272.5
2.5kg	41 Allon	THE REAL PROPERTY.	COD I	URL .	N. W.		THE PARTY				
Aaton	GBR	150.0	160.0	170.0	95.0	102.5	110.0	170.0	180.0	185.0	465.0
laum	USA	130.0	145.0	160.0	82.5	-90.0	90.0	157.5	167.5	175.0	425.0
Okg											
chaefer	USA	100.0	115.0	125.0	77.5	-90.0	-90.0	185.0	-195.0	195.0	397.5
reenidge	CAN	75.0	80.0	-90.0	45.0	-50.0	52.5	75.0	90.0	100.0	232.5
	CAIN	73.0	00.0	-90.0	43.0	-30.0	34.3	73.0	30.0	100.0	40440
0+kg											
lallen	USA	-140.0	140.0	-150.0	100.0	110.0	120.0	140.0	150.0	-165.0	410.0
Master 2 Wome	n										
4kg											
oulle	FRA	95.0	-100.0	-100.0	50.0	-52.5	-52.5	105.0	110.0	-112.5	255.0
diminosa	USA	85.0	95.0	-100.0		45.0	-47.5	97.5		-115.0	250.0
ol	USA	03.0	93.0	-100.0	42.0	43.0	41.0	112	110.0	-113.0	230.0
8kg			100.0			70.0	70.0	100.0	1077		225.0
Matsumoto	IPN	112.5	123.0	125.0	72.5	-78.0	-78.0	120.0	127.5	-135.5	325.0
urunen	FIN	75.0	80.0	82.5	50.0	55.0	-60.0	95.0	105.0	-110.0	242.5
2 kg											
Vang	AUT	122.5	-125.0	-125.0	75.0	-77.5	77.5	-142.5	142.5	-147.5	342.5
Kumpuniemi	FIN	85.0	92.5	100.0	50.0	57.5	60.0	100.0	105.0	-110.0	265.0
Omori	IPN		-137.5	-137.5							
6kg	11.14										
	rn.	105.0			car			142.5	152.5	-160.0	332.5
Baron	FRA	105.0	112.5	117.5		-67.5	-67.5				
ing	CAN	112.5	-120.0	-120.0	70.0	75.0	-77.5	140.0	-150.0	-155.0	327.5
Zimme	GER	-70.0	-70.0	-70.0							
Cimura	IPN	-150.0	-150.0	-150.0							
0kg											
tein	USA	142.5	150.0	-155.0	77.5	-82.5	-82.5	165.0	175.0	182.5	410.0
essard	CAN	112.5	117.5	-122.5		-70.0	-70.0	137.5	142.5	147.5	330.0
ohnson		30.0	35.0	42.5	30.0	35.0	40.0	40.0	50.0	60.0	142.5
	USA	30.0	35.0	42.5	30.0	35.0	40.0	40.0	30.0	00.0	142.5
57.5kg			transfer of								
Fomina	RUS	160.0	170.0	175.0	60.0	65.0	-70.0	160.0	170.0	172.5	412.5
Keizer	NED	140.0	147.5	150.0	85.0	90.0	-92.5	155.0	162.5	170.0	410.0
Squires	CAN	115.0	-125.0	125.0	60.0	65.0	-70.0	117.5	125.0	130.0	320.0
Steele	USA	100.0	110.0	-117.5	67.5	72.5	77.5	112.5	120.0	130.0	317.5
75kg	1000	1.000	A Addition								
Kozlan	UZB	155.0	160.0	167.5	90.0	-100.0	-100.0	155.0	165.0	172.5	430.0
Carlson	USA	107.5	120.0	-125.0		62.5	-65.0	145.0	150.0	152.5	335.0
Hackney	USA	107.5	115.0	117.5		65.0	-70.0	135.0	137.5	140.0	322.5
Dowsett	GBR	105.0	115.0	-120.0	55.0	-60.0	-60.0	140.0	-150.0	150.0	320.0
	CAN	90.0	-107.5	107.5	55.0	60.0	65.0	105.0	115.0	-125.0	287.5
Haywood		11 THE	1 100	and "							19
			167.5	175.0	105.0	-110.0	110.0	160.0	170.0	180.0	465.0
82.5kg	ALIT	160.0		1133	103.0	110.0	110.0	100.0	170.0	100.0	403.0
82.5kg Beer	AUT	160.0	107.5								
82.5kg Beer 90kg		10000			-	-	MM C		***		440.0
82.5kg Beer 90kg Hollands	AUT GBR	10000	170.0	175.0	70.0	-75.0	75.0	150.0	160.0	-170.0	410.0
82.5kg Beer 90kg Hollands	GBR	160.0	170.0			P. Live					
82.5kg Beer 90kg Hollands 90+kg	GBR	160.0	170.0			P. Live					
Haywood 82.5kg Beer 90kg Hollands 90+kg Hall Teams: Womes	GBR USA	160,0	170.0	230.0	138.0	-150.0	-150.0	195.0	217.5	227.5	595.0
82.5kg Beer 90kg Hollands 90+kg	GBR USA n's Mas	160.0 210.0 ter 40-	170.0 215.0 49 - USA	230.0 4 69, F	138.0 RA 40,	0-150.0 CAN 39	-150.0 , GBR 3	195.0 7, JPN	217.5 25, BR	227.5 A 14, R	595.0 US 12,

CAN -120.0 120.0 -130.0 -70.0 -70.0 -70.0

8, NOR 7, DEN 6. Men's Master 50-59 - USA 58, CAN 47, GBR 44, FRA 44, RUS 36, JPN 35, GER 29, NZL 18, ESP 12, UZB 9, ARG 9, SWE 6, UKR 6. Men's Master 60+ - USA 63, IPN 54, CAN 33, GBR 33, RUS 31, FRA 28, FIN 17, DEN 14, IRL 12, NOR 12, HKG 9, CZE 8, ESP 7, GER



USA wins Team Trophy: accepted by Johnny Graham from IPF Officials



of Saskatchewan in a place called Buffalo Narrows tonight and it is snowing and cold. How quickly real life takes hold and memories come to surface of days gone by. My wood is chopped for the week and my deer/moose is ready for the winter. I must say it's good to get back to the basics and a simpler life. I would like to reflect on the 2003 WORLD IPF MASTERS CHAMPIONSHIPS-REGINA SASKATCHEWAN. I checked into the RAMADA HOTEL AND CONVENTION CENTER IN REGINA on Oct. 3rd and lived there until Oct. 16th. I appreciate the service of the RAMADA and DIAMOND LIMOS for their 24/7 service and hospitality. The excitement of preparing for the opening ceremonies was overwhelming, but enjoyable. The choir, fireworks, dignitaries, the parade of nations and the media were so exciting and it was rewarding to see these come to fruition. Every day began at 6am with the opening of the warmup room and spectator viewing arena. A short coffee and muffin, then to the merchandise table, manning this until 9pm. Meeting so many people from around the world who are so involved with this great sport was exciting. Meeting IPF PRESIDENT-NORBERT WALLAUCH, IPF VICE-PRESIDENT ALAN FERGUSON, IPF-JOHN STEPHENSON, IPF-BILL JAIMESON, USAPL-JOHNNY GRAHAM, USAPL-ROBERT KELLER, INZER ADVANCE DESIGNS-PETER THORNE, WAS CERTAINLY A HIGHLIGHT. I would have to say that watching Mike Bridges, Johnny Graham, Harriet Hall, Regina Hackney, Tom Nicholls, Bob Hindley, Jim Jong, Pat Ling, Jeff Becker, and others set standards was so exciting that it was hard to focus on the task at hand. There are so many other great lifters that I have not mentioned, but unfortunately I did not have the opportunity to see them as I was busy behind the scenes. It was so exciting to see so many of the athletes participate in the nightly activities provided. We had on Wednesday night 2 comedians and they entertained over 100 people. The rock and roll show was a hit with everyone taking a turn singing their favorite song. It was great to see Mike Bridges finish second overall in the hand stand competition. Norway was very strong!!! It was great to see the athletes let their hair down. Overall, USA came first in the competition, Canada second, and Japan third. The wind up banquet was extraordinary. Speeches from Norbert Wallauch, Alan Ferguson, John Stephenson, Bill Jaimeson, Peter Thorne, Robert Keller, and Jeff Butt really exemplified the importance of team work, leadership and direction if powerlifting is to reach it's ultimate goal of excellence. There is so much to say but it is vital for me to thank our sponsors; POWERLIFTING USA, INZER ADVANCE DESIGNS, GLC DIRECT, BUDWEISER, PEPSI, ER EQUIPMENT, WISERS, THE FLAG SHOP, BODY WORKS, TROPHY WORLD, CITY OF REGINA, DIAMOND LIMOS, INLAND AUDIO VISUAL, KANGOO JUMPS, SOOTERS, THE GYM SHOP, MURRAY CHEV OLDS, GRAND VALLEY PRESS, INTERNATIONAL POWERLIFTING FEDERATION, CANADIAN POWERLIFTING UNION, SASKATCHEWAN POWERLIFTING ASSOCIATION, MURRAY'S SINGS, IVANKO, PETER THORNE, CBC TELEVISION, CTV TELEVISION, REGINA LEADER POST, AND THE RAMADA HOTEL AND CONVENTION CENTER. In closing; This was an excellent championship because of our sponsors, our athletes, coaches, managers, officials, spotters, loaders, volunteers, and support committee. "Sincerely; Wayne Cormier-Meet chair (above, Wayne, with his wife Tricia and his daughter Trista, photo taken just after the opening ceremonies)

Saratoga YMCA Bench Press 06 SEP 03 - Saratoga, NY Shirted Assist Shw masters

John Galligan 114 OPEN Vinnie Vardine Janet Faraone 275 Raw 123 sub master Tammy Daly 135 Shw open Kasey Curran 155 Shw Open Jean Putnam 148 teen 181 Open Koppenhofer 275 M. VanVranken 405 165 open 181 sub master

Mike Murphy 255 Wayne Fosmire 265 165 teen 181 masters 181 open Mike Castatalli 340 Clint Green 275 Steve Dussault 181 masters Steve Mitchell 205 Tyler Maynerd 375 198 open Steve Dejesus 370 L. Ciccarelli 340 Don Johnson

242 Open Richard Putnam 198 submaster Robert McDonough 242 junior John Porimbia 350 220 junior Brian Hof 242 open Rob Allen 242 sub master 410 242 masters 242 masters 365 320 Wes Stanton Al Kirby 275 Open 242 novices

475 Keith Ferranti 250 275 submaster 275 open Dave Anderson 500 Frank Tisko 450 275 masters 275 submaster leff VanAlstyne John Meager 350 308 Open Shw open Zane McCaslin 600 Chris Simone 465

Shirted - Best Lifters Female - Janet Faraone, Male - Zane McCaslin - 600, Raw - Rest Lifters: Female - Kasey Curran - 155, Male Frank Tisko- 450. The lifters "trained like annual event. A total of 39 benchers showed up to participate, with several family members and mends in tow. The lifters ranged from novice raw benchers to the most expe rienced shirt benchers the world of powerlifting has to offer. There were 8 be the entire meet. The meet was run by John Hart, the director of the Saratoga YMCA. This is an annual event for John that is growing more every year. The meet was unsanctioned, but followed the rules of the IPA and judged by very capable and experi-Ron Daly, who not only helped with set up,



ALL TIME RECORD set by Janet Faraone, who benched 275 weighing 113 lbs. at the Saratoga YMCA Bench Press meet. Below, Zane McCaslin prepares for his 600 lb. bench press attempt, handled by Bill Crawford, who also did an exhibition lift. (McCaslin)



upplied the ever so awesome sculptured Reapers and Gold Dragons for Best Lifters. best lifter in the women's shifted divis aided in making the meet run smoothly, were aided in making the meet run smoothly, were and also did an awesome exhibition lift. Yours

1 year, was surrounded by mends and famtruly kept score and assisted Bill C. at the
head table. John Hart not only ran the meet,
but helped in judging along with Sebastian
Burns and Scott Rabine. Sculptures by Seeker

1 year, was surrounded by mends and famdebut, pressing a pr of 135, receiving her
shirt in the mail just days before the meet.
He true reward of powerlifting. Janet
Mike VanVranken pressed 405 in the 181 lb
faraone, weighing in at 113.6, benched a
least the failed his first 2 attempts, pulling it
phenomenal 275 lb press. This is the largest
all together in his third. That's a lot of pres-

press in her weight class in any federation trophies. This meet includes JP Bulldogs, Grim Her 275 lb press not only sealed her place as by formula, she came in 2nd as best lifter Zane McCaslin's 600 lb bench press, which was not only the biggest lift of the day, but one of only two women who competed in but also helped run the mic, helped judge and showed support for all the lifters. Bill Crawford ran the mic, coached his lifters, Schwartz formula. Zane, lifting for just over Daly of South Glens Falls made her shifted

in the 181 class benched 340.Competing 198 Junior, Tyler Maynerd benched 375 Lucias Ciccarelli of Gansevoort hit a pr with his press of340. He's taking his meets one pr at a time. Chris Barden, also of Gansevoort, benched 410 lbs in the 242 submasters. Com ing in all the way from Lake Placid, Wes Stanton competed in the 242 masters diviion. He nailed all 4 of his attempts, ending his day with a nice 365 bench press. Ray Arnett benched 475 in the 275 open classes, while Dave Anderson, competing in the 275 submasters benched a very impressive 500 lbs. The fourth flight consisted of 5 lifters all attempting 600+ pounds, with only Zane McCaslin prevailing with his 600 lb press. The man has tenacity and finesse. The raw division showed some impressive numbers as well. From teens to masters, there was a great display of lifts. Via the coaxing of Tom Hickey, Kasey Curran did her first meet on this day. With only the assistance of the butterflies in her stomach. Kasey benched a great pr of 155. This earned her first place in her division as well as best female lifter in the raw women's division. Keep it up Kasey; you are an awesome addition to the sport. Josh Koppenhofer, competing 148 teen, benched 275 lbs. This beat last year's lift in this class by 5 lbs. Great job Josh! Hope to see you back next year. Mike Murphy benched 255 lbs in the 165 open division, while in the 181 open, Clint Green benched 275. 181 masters trophy went to Steve Mitchell for his 205 bench. In the 198 open division, second place went to Don Johnson with a 250 lb ench, while first place went to Steve Dejesus with a great lift of 375. The 220 junor trophy went to 22 year old Brian Hof for his 315 bench. Rob Allen benched a nice 370 n the 242 open division while the 242 novice went to Keith Ferranti with his 250. Great job on your maiden voyage Keith. Al Kirby benched 320 in the 242 masters class. Frank Tisko, competing in the 275 open class, benched a very impressive 450 lbs. This sealed his place for best lifter in the men's raw division. In the 275 masters, John Meager benched 350. The last lifter in the raw sion was Chris Simone putting up a strong 465. During intermission, before the awards ceremony, there was an awesome display of guest lifting done by Bill Crawford, Sebastian Bums and Ben White. Bill and Sebastian, both using this meet as a precursor to the WPO Bench Bash in Orlando, FL, benched 700+. Ben White, always a freak benched 505 for 9 reps RAW. The crowd was impressed by all 3 of these notorious lifters. Results and pictures of nearly all the lifters, can be found at the Iron Asylum Gym website, www.ironasylumgym.com (Yours in Power, Sandi "Candy Ass" McCaslin.)

sure. The Fosmire brothers competed against

each other in this meet. Both competing 181 submasters, Wayne benched 265 and Mike

enched 260. Mike Castatalli, a masters lifter

181

308

198

165

181

165

181

198

220

220

Ken Anderson 424 William Mosley 462

437! Bret Ellis

21 SEP 03 - Ir			
148	BP	DL	TOT
Amy Weisberger 165	335	460	795
Josh Ashworth	325	535	860
Rob McNutt 220	485	580	1065
Duane Miller	430		430
Matt Ladewski	410		410
Dave McQueen 242	475	545	1020
Dan Wehrs	410		410
Eugene Thomasson 275			
Zach Cole	500		500
Nate Johnson	605		605
Tony Bologne	580		580
Troy Taylor		675	675
Tim Forby 308	475		475
Jon Stafford	630		630
Bob Coe SHW	465		465
Rob Twining	525		525
Josh Guttridge Matt Smith	650		650
Tim Harold	600	urrows	600

WABDL Riverfest Competition 4th 17 MAY 03 - Gadsden, AL Middlebrooks 341 BENCH M 80+ Daniel Hagan 479 123 Class 1 Mer 198 Don McCook Edwin Free 126! 220 Daniel Hagan 347* O 123 **Bret Ellis** Chris Senese 534 Matt Christie 385 Don McCook 132 Blake Stancil 391 198 leff Ray **Brent Morris** 451 451* 391 Brant Bishop Chris Senese John Roland 220 418* 220 Barry Holt Barry Holt 589* 413 lason Frickey **Rod Rogers** 242 Thomas Kesling 501* lamie Green 352 Rex Harrison 402 Patrick Dean 540 358 Steve Khader Aaron Hagan Buddy McKee 606* 308 ID McDuffie John Roland 402 Sub M 34-39 Barry Halt 442* 148 B. McConnell John Pirani leff Tucker Disabled Men Sub M 34-39 181 Monty English 275 Charles Phillips 363* Greg Gibson A. Machrisite 363 198 380 A. Machristie Guest Lifter Brantley Patrick Dean 198 leff Ray 661 Thomas Kelsing 413 Jeff Ray Buddy McKee 451* W. Brantley 369 Tony Caprari 479* 220 123 Sub W 34-39 Brent Howard 733 nette Wright 314 Keith Martens 123 Teen M 13-15 Ir M 20-25 Annette Wright 154 181 165 402 Gaye England 170 Jacob Flanagan 424 B. McConnell 424 Teen M13-15 198 529* 105 David Dunn C. Dunaway Baxter Hunt Disabled Men Blake Stancil 540* 220 Greg Gibson 159 114 Rusty Lane 501 198 Ched Ward 132 242 Trent Corey 270 123 Ion Leftwich 402 Cody McClure 154 **Guest Lifter** Patrick Dean 540 165 275 Tiny Meeker 705 1 Curtis Dennis 633* Tyler King 192 Roland McNeil 203* Law/Fire Open Men Jerrod Lucas Jr. M 20-25 Chad Smith Kevin Lacky 165 B. Leming R. Anderson 352 Blake Stancil 391 4th 325! Law/Fire Sub Men 165 253 R. Anderson 325 Erin Boyle Rusty Lane 352 198 347 148 Jon Leftwich W. Brantley 589* osh Nelson 363* Cory Johnson 209 M 40-46 Barry Alford Teen W 13-15 Patrick Dean 380* 165 220 Jerrod Lucas G. Herring Curtis Dennis 451* Kevin Lacky 325* 242 165 Law/Fire Master 181 Dan Davidson 672 Nikki Williams David Francis 270 Men 40-47 275 198 Bobby Driskill 705* Blane Tindull 424 Kevin Brown 347 308 B. Brown Law/Fire Open Men 220 Steve Khader 600 Teen W 16-19 Rick McCoy 336 M 47-53 132 R. Anderson 236* 242 K. McCurley Rick Hagedorn 608! Charlle Proctor 264* 165 529 275 David Dunn A. Proctor Law/Fire Sub Men Barry Alford 369 Ron Proctor 529* Teen W 13-15 242 132 R. Anderson 236 165 Buddy McKee Laura Reavis Nikki Williams 156! M 54-60 Patti Ehmen 479 199 W Brantley 1994 teen 16-19 class with 211 lbs. lbr a 308* Georgia and World Record and also earning the Heavy Weight women's best lifter. Cindy Weber won both the Women's Open and 308* Masters 40-46 165's with Tennessee B. Brown 143* LSkip Hall 402 Cindy Weber M 40-46 Teen W 16-19 Ted Butler WM 40-46 132 242 165 Jeff Sullivan 352* Loren Evans 90* Rex Harrison 540 Cindy Weber M 80+ WM 47-53
132
Coward the crowded with a huge 275 class well worth the trip! Congratulations to wowed the crowded with a huge 275 class well worth the trip! Congratulations to wowed the crowded with a huge 275 class what hopes country converged on the banks of the country converged on M 80+ WM 47-53 leff Tucker 121* A. Proctor Rod Rogers 490 Krista Williams 211! K. Millrany Blane Tindull 424 105 Betty Lafferty 132 Steve Khader 451 148 M 47-53 Kim Stolz ken records, and took with them memories record. The biggest Junior deadlift came of one of the most unique and exciting powfrom Alabama's Curtis Dennis Jr. at 633 to erlifting competitions to be found anywhere. 165 Tom Corey 203 Cindy Weber Ron Slaughter 303* 4th erlifting competitions to be found anywhere, The competition is part of Gadsden's The Law/Fire submasters 198's was won by WM 40-46 242 97 Ron Jones Riverfest celebration and is held out doors under the Morange Park Pavilion. Along with state record. The meet's final flight o S. Stowers under the Morange Park Pavilion. Along with
the competition, the celebration featured a
concern by the group STYX. It is powerlifting on display to hundreds of new fans
feet and screaming almost the whole time.

Only one pull was under 600 but it was the
deadlifting hundreds of pounds. At any time
the crowd, averaging 500 to 600, gathered
around the pavilion with all seats full and
standing room only was the order of the day.

To Captari) hoisted up over 4.6 times Tom Gonnering 418 165 Cindy Weber Ronald Proctor 330 4th Yan Howah 451 199 Cheryl Williams 170 Buddy McKee 451* WM 68-74 M 54-60 Louise Collier standing room only was the order of the day.

There is no way to describe the electricity bodyweight 573 lbs. winning the open and Richard Hunt 264* DEADLIFT that exists at this meet unless you experitence it yourself. Come next year and see for yourself. Come next year and see for sippi and World teen and open records. He yourself. To the competition: From the cloudy is the reigning WABDL World Teen and Open skies records seemed to fall like rain in this Champion. Master 47-53 three time World Class 1 Men J.Skip Hall 225 123 Don McCook 352 Rex Harrison 380 165 Zac Marsh highly competitive meet. In the class I bench press 198's a good 4 man battle took place with less than 6 lbs. separating 2nd, 3rd, and the place. In 1st with a Georgia State Record Georgia's George Herring, 12 time World Roland McNeil 415*



148 the lates of t Lackey won his debut and broke the AlaCory Johnson
402 bama record with a 325 lb press. The biggest
teen bench of the day came from 16-19 275

Jerrod Lucas
Chad Smith
Kevin Lacky
403 cand masters divisions produced some of the
404 near missing 386 lbs. twice. The submasters
Kevin Lacky
405 bama record with a 325 lb press. The biggest
teen bench of the day came from 16-19 275
407 in the submasters
408 bama record with a 325 lb press. The biggest
teen bench of the day came from 16-19 275
409 bama record with a 325 lb press. The biggest
teen bench of the day came from 16-19 275
409 bama record with a 325 lb press. The biggest
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teen bench of the day came from 18-19 275
400 bama record with a world
teen bench of the da Revin Lacky
Ryan Caprari
507 biggest bench presses of the day. Lt wt best lifter, Wesley Brantley ruled the submaster Store Adam Hix
508 biggest bench presses of the day. Lt wt best lifter, Wesley Brantley ruled the submaster weighing in at only 220. He is the reigning weighing in at only 220. He is the reigning of weighing in at only 220. He is the reigning the margin of victory. Masters 40-46 220 KenCharlie Proctor 413* neth Millrany impressed everyone with his winning press of 490 lbs Alabama Steve winning press of 490 lbs Alabama Steve 662* Khader won the 40-46 308's with 451 tying the 2001 World Champion and former World. 662* Khader won the 40-46 308's with 451 tying the 2001 World Champion and former World his own state record. The 47-53 division was record holder. Bobby "House" Driskell pulled impressive with Tom Gonering of Alabama 705 to take the open and Master's 40-46 275 pushing 418 to win the 198's. Yan Howah of wins and Hwy wt. best lifter award. He also 288* Georgia was impressive winning the 220's broke the Alabama state record (masters with 451, 2001 40-46 World Champion Buddy 40-47 275 class) J.D. McDuffie of Alabama McKee moved up in age group and in weight won the open 308's with 705. (Alabama class to win the 242's with an Alabama record record) and near missed a 760 national 451 press. Ken Anderson, one of the best masters bench pressers of all time, set a 61-67 Texas and World Record with 437 to win ber. A final overview of the phenomenal the 220's in that age group. The outstanding final deadlift flight goes: Richard Hawthorne bencher in the open division was Alabama's (123) 573, Steve Khader (308) 600, Buddy Brant Bishop winning the 198's with 451 and a state record. The women benchers were Jeff Ray (198) 661, Tony Caprari (198 raw) impressive with Krista Williams winning the 688, Bobby "House" Driskell (275) 705, JD 199+ teen 16-19 class with 211 lbs. for a McDuffie (308) 705, Brent "Sgt Rock" Howard (220) 733, George Herring (220) 746. To see the "Tremendous Ten" in action again come to the WABDL World's in Las Masters 40-46 165's with Tennessee Vegas at the Riviera Dec 14-19th: it will be records a 176. Guest lifter "Tiny" Meeker well worth the trip! Congratulations to



Rich Hawthorne's 573 DL @ 123

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name		First		Initial	IPA # for Renewal
Street Address	ANTERNA PAR SVENETERS AND SVENETERS AND	CHICA A CALASA ALASA	HERENOL A HER LIVE NO YEND	City	
State or Province		UVA A	Zip Code	78153 28153 281779	Country
Telephone	Date of Birth	-91 31A -91 31A -91 31A	Age	Sex	Pro Am Elite Am

Adult \$25 ~ High School and Special Olympics \$15 Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404, www.ipapower.com

4th Lynch Mob Shirtless BP

20 SEP 0	3 - (ircleville, OH	
Women		Steve Diel	425
M. Ferguson	210	275	
Women		Troy Baldwin	475
A. Salsburey	85	275	
Women		Bob Howell	300
Gail Stadelman	130	308	
Teen		Adam Baker	390
Tyler Smith	220	Masters 40-49	
Teen		Barry Sowers	315
Dustin Bahas	240	Masters 40-49	
Teen		Bill Johnson	185
J. Krouse	250	Masters 50-59	
Teen		Mike Brown	335
Jacob White	185	Masters 50-59	
Teen		Mike Ferguson	365
Hal Baker	185	Masters 50-59	
181		Tom Boyer	365
Mark Gillum	300	Masters 50-59	
220		Ray Lewis	175
M. Hamman	325	Masters 60+	
242		C. Workman	245
Once again the	mont	was hold at the	Lan

ce again, the meet was held at the local VFW. Twenty-one lifters came to compete without the aid of bench shirts. The meet ran very smoothly and not a single lifter bombed! In the women's division, Gail Stadelman pressed 130 to take third place. Amber Salsburey, only 17 years old and 92 pounds, pressed 85 to earn second place. Marcia Ferguson took top honors with a 210 bench. Placings were determined using age and bodyweight coefficients. In the teen division, there were several lifters new to competition. Hal Baker finished fifth with a 185 bench. Jacob White also benched 185 and earned fourth place. Jonathan Krouse took third with a 250 lift. Dustin Bahas, at only 132 bodyweight, pressed 240 for second place. Tyler Smith finished out the teens with a 220 bench and first place. The open classes were rather sparse this year. Mark Gillum, at 181, benched 300 for first place and Lightweight benched 300 for first place and Lightweight jured Ray Lewis lifted 175 for fourth place. Donley, Tom Huffer, Doug Glitt, Ellery Elick, each Lifters honors. Michael Hamman, in the 220s and first-time competitor, pressed 325. 365 for third and fourth places, respectively. Steve Diel, at 242, lifted 425 and took a Mike Brown, at 58 years young, lifted 335 to friends and family who support them. (Info successful 4thattempt at 440 for a Pro Troy Baldwin was impressive in the 275s, with a Masters 60 and over division, was Charles 475 heach, and earned Rest Lifter for the Worken He was guite a preprinting provided by Jon Elick, the meet co-director) Baldwin was impressive in the 275s, with a Masters 60 and over division, was Charles 475 bench and earned Best Lifter for the Workman. He was quite an inspiration, press-Heavyweights. Bob Howell, also a 275'er, ing 245 at age 66! The Team Championship



At the Lynch Mob Meet ... (I-r) Best Lifter Light - Mark GIllum, Co-Meet Director Jon Elick, Best Lifter Heavy - Troy Baldwin. (J. Elick)

lifted 300 to earn second place. The sole lifter in the 308's, Adam Baker, pressed 390 and just missed 405. In the Masters 40-49 division, BillJohnson pressed 185 in his first meet for second place. Barry Sowers made easy work of 315 to take top honors in this class. In the Masters 50-50 division, an in-

NASA W. Texas State (kg) 17 MAY 03 - Lubbock, TX

315

132.5 132.5 182.5 160 165	Alexander, and Aaron Walker. We look ward to seeing these guys in coming ever Thanks to Chris Kinzler owner and oper of Bryant Fitness Zone-for his help and use of his facility. A thanks also goes ou Mike Moore, Dennis Washcowiack, Chris Moore for judging, spotting and leing. And special thanks to my lovely tronya Nichols who helped organize, codinate, direct and keep scores. The range of the comment of the	ents. ator the at to and oad- wife oor- next nsas o PL
132.5 132.5 182.5 160 165	use of his facility. A thanks also goes ou Mike Moore, Dennis Washcowiack, Chris Moore for judging, spotting and le ing. And special thanks to my lovely of Tonya Nichols who helped organize, of dinate, direct and keep scores. The A.B.A. Meet will be held in Bryant, Arkal January2004. (results were provided to USA courtesy A.B.A. President D.D. Nich Natural Deadlift Meet 12 JUL 03 - Danville, IL CLASS 1 Head (M) MEN OPEN Collins (165 Lbs. Class) D. Tamayo	and oad- wife oor- next nsas
132.5 182.5 160 165	ing. And special thanks to my Tovely of Tonya Nichols who helped organize, of dinate, direct and keep scores. The range of A.B.A. Meet will be held in Bryant, Arkal January2004. (results were provided to USA courtesy A.B.A. President D.D. Nichols Natural Deadlift Meet 12 JUL 03 - Danville, IL CLASS 1 Head (M) MEN OPEN Collins (165 Lbs. Class) D. Tamayo	wife oor- next nsas o PL
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160 165	Natural Deadlift Meet 12 JUL 03 - Danville, IL CLASS 1 Head (M) MEN OPEN Collins (165 Lbs. Class) D. Tamayo	ols.)
165	12 JUL 03 - Danville, IL CLASS 1 Head (M) MEN OPEN Collins (165 Lbs. Class) D. Tamayo	
165	CLASS 1 Head (M) MEN OPEN Collins (165 Lbs. Class) D. Tamayo	
equipo de equipo III	MEN OPEN Collins (165 Lbs. Class) D. Tamayo	
equipo de equipo III	(165 Lbs. Class) D. Tamayo	
egines I		
	Sigmon 500 Carney	
II 185	Horton 465 Harrour	
	Edwards 420 E. Johnson	
	P. Taylor (242 Lbs. Class)	
lor 182.5		590 585
		550
TOT	M. Doogan 325 (275 Lbs. Class)	
		725
362 5	Booker Lawson Williams	685
302.3		675
405		600
		415
497.5		MF.
		675
		0/3
650		Out
630	We would like to thank God for keeping	g all
	L. Pace "Big Low." Thanks to the L.	T.S.
5	362.5 405 5 497.5 5 650 495	362.5 Booker Lawson (198 Lbs. Class) L. Pace (M)

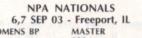
Jan Werner nat	167.5	142.5	190	500
280				
Jose Samarron	295	182.5	252.5	730
nov				
170				
Mike Stroud	160	87.5	172.5	420
nov				
205				
Louis Tolliver	160	107.5	192.5	460
sm2				.00
227				
Michael Taylor	160	182.5	200	542 5
sm2	100	102.5	200	342.3
315				
	295	182 5	305	782 5
smp	233	102.3	303	702.3
170				
Steve Pena	170	115	170	ACC
	170	113	170	455
smp 227				
	210	1175	227.5	
	210	117.5	227.5	333
smp				
315				
R. Samarron	295	182.5	305	782.5
teen				
119				
Eric Cyranoski				
(thanks to N				
competition resu	ilts to F	OWER	LIFTIN	G USA)

Arkansas Bench Press Open

19 JUL	. 03	- Dryant, AK	
TEENAGE		220	
C. Alexander	225	Eric Welch	340
Nate Moore	230	242	
Aaron Walker		Kevin Anthony	415
148		Rodney Davis	355
Jared Dehan 165	235	Brian Roberts 275	325
Neal Impson	235	L. Walker	460
181		Kelvin Brown	425
Chris Neal	350	Tim Merrick Patrick Stokes	415
Trey Lovelady	360		

The Arkansas Benchpress Association 2003 D.D. Nichols Bench Press Open was held at Bryant Fitness Zone in Bryant, Arkansas on July 19, 2003. The meet was small, but had a large group of spectators on hand to watch.
All lifters were beginners to the sport and
got some good experience at the meet.
There were several teenage lifters who have potential to excel in the sport. The Teenage ifters were Jared Dehan, Nate Moore, Chase lexander, and Aaron Walker. We look for ward to seeing these guys in coming events.
Thanks to Chris Kinzler owner and operator
of Bryant Fitness Zone-for his help and the
use of his facility. A thanks also goes out to use of his facility. A thanks also goes out to wike Moore, Dennis Washcowiack, and Chris Moore for judging, spotting and load-ng. And special thanks to my lovely wife onya Nichols who helped organize, coorlinate, direct and keep scores. The next A.B.A. Meet will be held in Bryant, Arkansas January2004. (results were provided to PL USA courtesy A.B.A. President D.D. Nichols.)

		adlift Meet Danville, IL	
CLASS 1		Head (M)	
MEN OPEN		Collins	
(165 Lbs. Cla	iss)	D. Tamayo	
Sigmon	500		
Horton	465		
Edwards	420	E. Johnson	
P. Taylor		(242 Lbs. Class	ss)
Gosa		K. Jones	590
(181 Lbs. Cla	iss)	W.B. May	585
A. Brown	600	Carter	550
M. Doogan	325	(275 Lbs. Clas	ss)
L. Thomas H	ayes	Carroll	725
Booker Laws	on	Williams	685
(198 Lbs. Cla	iss)	L. Pace (M)	675
Winters	620	(SHW Class)	
D. Thomas	615	K. Norris!	600
Scott	555	Reese	415
Spencer		(275)	
Ferguson		Master Lifter	- Marie
Profit		Division (40-4	19)
(220 Lbs. Cla	iss)	L. Pace	. 675
Hunt	625		
(M) Master/!	Personal	Best / Bombe	d Out.



6,7 SEP	03 -	Freeport, IL	
WOMENS BP		MASTER	
123		220	
C. HOYLE	130	BURLINGAME	400
148		275	
J. COTHERMAN	105*	DAVE BARTA	405
TEENAGE BP		TONY BROWN	315
TEENAGE BP 13-16 165		DEADLIFT	
M. MATHIEU	160°	TEENAGE	
17-19 165		165	
C.CEDERHOLM MENS OPEN BP		C.CEDERHOLM 198	450
165		PAT SHIPPERT	530
C.CEDERHOLM	290	OPEN MENS	
181		165	
B. MULLARKEY	305*	C.CEDERHOLM	450
MARK SCOTT 2	70	D. OLSON	315
198		198	
VAUTSMEIER	302	B. HOCHSTEIN	
220		MIKE MURRAY	450
BILL STAMPFLI			
BURLINGAME 242	400	BURLINGAME 275	605
ROB LUYANDO	540	JEFF HOYLE	640
275		S/H/W CLASS	
T. OSBORNE	440	ADAM MILLER	610
D. JANSEN	405	MASTER MENS	
P. MERCADO			
T. BROWN	315	D. UNDERHILL	500*
308		198	
J. MILLER	365		545
SUBMASTER		220	
198		BURLINGAME	605
NATE ALLISON	315		

SQ

PAT SHIPPERT 380 255 530 1165

M. Mullavkey 500 325 500 1325

TEENAGE

MENS OPEN 198

SHAIN MILLER 625* 400 575 1600 ROB LUYANDO 550* 540 520 1610* F. LUYANDO 555* 405 535* 1495 MASTER BURLINGAME 825* 400 605 1830 S. COOGAN 505 260 525 1290 R. HANSON 480 335 515 1330 POLICE & FIRE DON POWERS 700 460 600 1760 ROB LUYANDO 550* 540 520* 1610* OUT TO BE A 3 DAY COMPETITION DUE TO LIFTERS HELPING OUT IN THE MEET AND THEIR WORK SCHEDULE. OUR MEET WAS SPONSORED BY POWERLIFTING U.SA. MAGAZINE, HOUSE OF PAIN, IRONWEAR, TITAN SUPPORT SYSTEMS, FITNESS NUTRITION WITH AND A # OF FIRST TIME COMPETITIORS. DRUG A # OF FIRST TIME COMPETITION. TO THE MACKED A * OF FIRST TIME COMPETITION. TO THE MACKED A * OF FIRST TIME COMPETITION. TO THE MACKED A * OF FIRST TIME COMPETITION. TO THE MACKED A * OF FIRST TIME COMPETITION. TO THE MACKED A * OF FIRST TIME COMPETITION. TO THE MACKED A * OF FIRST TIME COMPETITION. TO THE MACKED A * OF FIRST TIME COMPETITI A # OF FIRST IMPE COMPETITIONS, DRUG FREE LIFTERS CAME FROM FROM 3 STATES THE 308 CLASS JOEL HAS POTENTIAL TO DURING THE 3-DAY EVENT. IN THE BENCH BENCH 400 PLUS, NEXT MEET IN THE ONLY COMPETITION JUDY COTHERMAN DEADLIFT CHRIS CEDERHOLM WON THE TOOK THE WIN IN THE 148 CLASS WITH 165 OPEN CLASS WITH A PERSONAL BEST HER 2ND ATTEMPT OF 105 LBs. JUDY WAS OF 450 LBS THIS WAS HIS FIRST DEADLIFT LIFTING IN HER FIRST COMPETITION AND COMPETITION, CHRIS LIFTED WITHOUT LIFTED WITHOUT ANY LIFTING GEAR. A LIFTING SUIT. TAKING 2ND IN THE 165 OUR OTHER FEMALE LIFTER CAME FROM OPEN CLASS WAS FIRST TIME COMPETI-OREGON CHRISTINE HOYLE. CHRISTINE
TOR DARRELL OLSON WITH HIS OPENER
TOOK THE WIN IN THE 123 CLASS WITH A
OF 315 LBS IN THE 198 CLASS BOB
STRONG BENCH OF 130 LBS ALSO LIFTHOCHSTEIN TOOK THE WIN WITH A
ING WITHOUT GEAR. BOTH WOMEN LIFTSTRONG PULL OF 545 LBS BOB JUST STRONG PULL OF 545 LBS BOB JUST MISSED 560 ON HIS THIRD ATTEMPT TAK-ERS SHOWED A LOT OF ATTITUDE. IN THE TEENAGE DIVISION MICHAEL MATHIEU TEENAGE DIVISION MICHAEL MATHIEU ING SECOND WAS MIKE MURRAY LIFT-TOOK THE WIN IN THE 13-16 YEAR OLD ING IN HIS FIRST MEET WITH A STRONG CLASS WITH A LIFT OF 140 LBS THIS WASH
PULL OF 450 LBS HE HAD MORE IN HIM;
IS FIRST COMPETITION HE ALSO LIFTED
WITHOUT GEAR. IN THE 17-19 YEAR OLD
CLASS CHRIS CEDERHOLM TOOK THE WIN
MASTER CLASS WITH HIS SECOND AT-

WITH A LIFT OF 290 LBs. ON HIS SECOND TEMPT OF 605 LBS PASSING ON HIS THIRD. ATTEMPT. IT WAS A PERSONAL BESTF OR DUANE ALSO TOOK THE TITLE IN THE 220

CHRIS WHO IS TRAINING FOR THE OPEN CLASS ADAM MILLER FROM IOWA

WA.B.D.L. WORLDS IN THE MENS OPEN WON THE S/H/W CLASS WITH A PER-

BILL MULLARKEY WON THE 181 CLASS SONAL BEST OF 610 LBS ADAM OPENED



Mullarkey, Bill Mullarkey, Chris Cederholm, Mark Scott, Bob Hochstein, Joel Miller, Judy Cotlerman, back row, left to right, Chad, Mike Murray, Dave Vautsmeier, Paul Mercado, Dave Banto, Michael Mathieu, Jeff Hoyle, Christine Hoyle, Rob Luyando, Adam Miller. (photograph provided courtesy D. Burlingame)

WITH A PERSONAL BEST OF 305 LBS LIFT. WITH AN EASY 490 LB. PULL, OPEN UP THE WIN. IN MASTER 220 47-52 STUART ING IN HIS FIRST COMPETITION ALSO HEAVIER NEXT TIME BIG GUY JEFF HOYLE COOGAN WON THE CLASS WITH A 380 LIFTING WITHOUT GEAR. TAKING 2ND ENTERED THE DAY OF THE EVENT BIG LB. SQUAT, 255 LB. BENCH, 530LB WAS MARK SCOTT WITH HIS FIRST AT- JEFF BROUGHT HIS WIFE TO COMPETE DEADLIFT FOR A 1165LB. TOTAL. IN MAS-TEMPT OF 270 LBS COMING FROM CHI. AND I TALKED HIM INTO LIFTING. THE TER 242 ROBERT HANSON TOOK THE WIN TEMPT OF 270 LBS COMING FROM CHICAGO IL. MARK WAS ALSO LIFTING WITH
NO GEAR. DAVE VAUTSMEIER TOOK THE
WIN IN THE 198 CLASS WITH A STRONG
BENCH OF 302 LBS DAVE JUST MISSED AT
317 LBS LIFTING WITH NO GEAR ALSO.
DUANE BURLINGAME TOOK THE WIN IN
THE 220 OPEN WITH HIS THIRD ATTEMPT
AT 400 LBS DUANE ALSO TOOK THE TITLE
AND A BIG 530 DEADLIFT TO WITH HIS THIRD ATTEMPT
AND A BIG 530 DEADLIFT TO WIN THE 198 CHASS WITH A 480 LB. SQUAT, 335 LB. BENCH,
WITH A 480 LB. SQUAT, 335 LB. BENCH,
STERNGTH IN THE 275 LB. CLASS
WITH A 480 LB. SQUAT, 335 LB. BENCH,
FOLICE AND FIRE DON POWERS WON THE
BENCH, 600 LB. DEADLIFT, FOR A 1760 LB.
THE 220 OPEN WITH HIS THIRD ATTEMPT
AND A BIG 530 DEADLIFT TO WIN THE 198
AND PULLED AN EASY 640 LB DEADLIFT, FOR A 1760 LB.
THE 270 OPEN WITH HIS THIRD ATTEMPT
AND A BIG 530 DEADLIFT TO WIN THE 198
AND A BIG 530 DEADLIFT TO WIN THE 198
AND A BIG 530 DEADLIFT TO WIN THE 198
AND WITH A 480 LB. SQUAT, 335 LB. BENCH,
WITH A 480 LB. SQUAT, 335 LB. BENCH,
THE 275 LB. DEADLIFT FOR A 1330 LB. TOTAL.
THIS GUY IS A MONSTER AND A GREAT
POLICE AND FIRE DON POWERS WON THE
BENCH, 600 LB. DEADLIFT, FOR A 1760 LB.
TOTAL ALSO IN POLICE AND FIRE DARREN
HODGES LIFTING IN HIS FIRST COMPETITION HIT A PR SQUAT 525 LBS, 315 LB.
THE 198 CLASS WITH A 480 LB. SQUAT, 335 LB. BENCH,
A 480 LB. SQUAT, 325 LB. SQUAT, 325 LB. SQUAT, 325 LB. SQUAT, 325 LB.
BENCH,
A 480 LB. SQUAT, 325 LB. SQUAT, 325 LB.
A 480 LB. SQUAT, 325 LB. SQU IN THE 220 MASTER CLASS BILL STAMPFLI
CLASS IN THE 198 OPEN MIKE MULLARKEY
DROPPED DOWN TO THE 220 CLASS I DILIFTING IN HIS FIRST COMPETITION HIT A PR SQUAT 525 LBS, 315 LB.
DROPPED DOWN TO THE 220 CLASS I DILIFTING IN HIS FIRST MEET FINISHED THE
VISION AND TOOK THE WIN WITH HIS
DAYWITH A 500 LB SQUAT 325 LB BEST LIFTER IN THE BENCH PRESS OPENER OF 275 LBS BILL JUST MISSED 300 500 LB. DEADLIFT FOR A 1325 LB. TOTAL.
LBS ON HIS OTHER ATTEMPTS THE BIG THIS GUY LIFTED WITHOUT ANY GEAR. OF 540 LBS ROB MISSED HIS OTHER AT-LIFTS SHAIN MILLER TOOK THE WIN IN SMELLED. BUT FOR THOSE THAT CAME TEMPTS OF 560 AND 565. BOTH LIFTS THE 220 OPEN CLASS WITH A P/R SQUAT TO WATCH THE INCREDIBLE LIFTS, THEY WERE VERY CLOSE, ON A GOOD DAY HE OF 625 LBS. 400 LB. BENICH 252 UNIT A P/R SQUAT TO WATCH THE INCREDIBLE LIFTS, THEY BENCH OF THE DAY WENT TO 242 LB. REMEMBER THE NAME I'M SURE YOU WILL CLASS LIFTER ROB LUYANDO WITH A LIFT BE HEARING IT IN 2004 WITH SOME BIG WERE VERY CLOSE, ON A GOOD DAY HE
WERE VERY CLOSE, ON A GOOD DAY HE
WILL BENCH 600 LBS DAVE BARTA WON
DEADLIFT FOR A 1600 LB. TOTAL. SHAIN
THE 275 MASTER CLASS WITH HIS SECWAS ALMOST LIGHT FNOLICH FOR THE THE 275 MASTER CLASS WITH HIS SECOND ATTEMPT OF 405 LBS DAVE PUT 405
UBS UP LIKE IT WAS NOTHING. ON HIS
LES UP LIKE IT WAS NOTHING. ON HIS
LES UP LIKE IT WAS NOTHING. ON HIS
LEFTER. WE HAD A RATTLE ALL THE THE PUT AND TH LBS UP LIKE IT WAS NOTHING. ON HIS LIFTER. WE HAD A BATTLE IN THE 242 MULLARKEY, BILL MULLARKEY, BILL MULLARKEY, BILL MULLARKEY, RAY POL-MISSED THE GROOVE, HE MISSED 430 LBS WIN WITH A 550 LB SQUAT 540 LB DIVON BUY AND BURLINGAME, GLEN * - PERSONAL RECORD. THE 2003 N.P.A. MISSED THE GROOVE, HE MISSED 430 LBS WIN WITH A 550 LB. SQUAT, 540 LB. DIXON, BILL STAMPHI, DAVE BARTA, DAR-NATIONALS WAS A GREAT MEET! OUR BUT BY THE LOOKS OF HIS 405 LIFT I BENCH, 520 LB. DEADLIFT FOR A 1610 LB. RELL OLSON, CRIS CEDERHOLM, DAVE IN FREEPORT II. OUR MEET WAS HELD AT FINESS LIFESTLYES. THOUGHT 450 WOULD GO TODAY. TAK-TOTAL FRANK LUYANDO HAD THE LEAD. IN FREEPORT IL. OUR MEET WAS SUP- ING 2ND PLACE WAS TONY BROWN WITH AFTER A 555 LB. SQUAT BUT LOST GROUND HASKEN. THANK YOU POWERLIFTING POSED TO BE A 2-DAY EVENT BUT TURNED 315 LBS TONY CAME TO WATCH BUT WAS IN THE BENCH WITH 405 LBS FRANK USA, HOUSE OF PAIN IRONWEAR, TITAN OUT TO BE A 3 DAY COMPETITION DUE TO TALKED IN TO LIFTING AND DID A GREAT PULLED A STRONG 535 LB. DEADLIFT TO SUPPORT SYSTEMS, FITNESS NUTRITION

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76

ARKANSAS BENCH + OPEN BP 23 AUG 03 - Little Rock, AR

WOMEN		Jim Powell	435
148 bw)		Trey Loveday	360
Alma Johnson	145	220	
132 lb)		Wade Talley	500
Tami Berry	125	242	
MEN'S OPEN		Terry Venable	525
165		Andre' Dyer	480
T. Robinson	340	Rodney Davis	370
Rodney Raper	275	Brian Roberts	345
Phillip Clark	265	242 1/4	
198		L. Walker	515
Eric Benefield	405	Kelvin Brown	450
		Arkansas Bench	
		cansas Open was	
		n Little Rock, Arl	
		he meet was sma	
		spectators on ha	
		were beginners	
		good experience	
		nave competed	
ne ABA sancti	oned	meets, surpassed	Davis
personal best 1	ints st	ich as, Rodney	bavis,
		orenzo Walker	
h Class Thora	with a	515 BP in the 24	1/4
		s well. It was a	
		nson won by .757	
		the women's o	
		ence and David	
the owners an	a ope	rators of Power	nouse
		eir facility. Thank	
		Dennis Washco	
		judging, spottin	
Tomus Michale	ecial t	hanks to my lovel	y wife
	ecial t	hanks to my lovel helped organize,	y wife coor-
dinate, direct	ecial to who land k	hanks to my lovel helped organize, seep scores. The	y wife coor- next
dinate, direct A.B.A. Meet wil	ecial to who loand kell be he	hanks to my lovel helped organize,	y wife coor- next kansas

APA Midwest Open 8 MAR 03 - Blue Springs, MO

BENCH		SM		
123			Falcon	425
T 13-15		M. Co		405
Blake Smith	85	242		
132		M1		
WSM		Marvi	n Laws	on 400
Claudia Peters	160	Lowel	Hake	380
148		0		
0		Jim Kir	ng	
A. Campbell	115	SM	0	
165		Tim A	Aeeker	435
Troy Jarvis	330	275		
181		0		
T 16-17		Mark	Austin	525
Nathan Gentge	es	SM		
198		Mike	Mickel	son 335
M1		SHW		
Bruce Stevens	375	0		
T 13-15		Aaron	Kooki	er 465
Cole Surber	110	Dead	ift	
Johny Carter	370	181		
220		M2		
M1		Joh V	ogt	360
Steve Duff	470	198		
M2		0		
Ken Hernandez	2410	Arrin	Norris	500
M4		220		
M. Anderson	385	1		
0		D. Sc	hroede	r 505
Keith Parrish	520	0		
		Brand	on Cas	s 770
Powerlifting	SQ	BP	DL	TOT
97				
WO				
C. Anderson	200	130	235	565
148				
WO, SM				
C. Lambrecht	175	85	190	450
198				
M2				
Les Keith	410	310	450	1170
0				
Jared Beard	550	455	475	1480
SM				
Rodney Wood	615	465	540	1620
T 16-17 William Talbot				
William Talbot				
		285	470	1200
Joshua Schutte		285 185	470 275	1200 775
Joshua Schutte 220				
Joshua Schutte 220 M1	315	185	275	775
Joshua Schutte 220 M1 Mike Pace				
Joshua Schutte 220 M1 Mike Pace T 14-15	315 455	185 325	275 450	775 1230
Joshua Schutte 220 M1 Mike Pace T 14-15 Nick Gentges	315	185	275	775
Joshua Schutte 220 M1 Mike Pace T 14-15 Nick Gentges 242	315 455	185 325	275 450	775 1230
Joshua Schutte 220 M1 Mike Pace T 14-15 Nick Gentges 242 O	315 455 335	185 325 225	275 450 275	775 1230 835
Joshua Schutte 220 M1 Mike Pace T 14-15 Nick Gentges 242	315 455 335	185 325 225	275 450 275	775 1230

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Ion Exchange Whey Isolate	
Hydrolyzed Whey Peptides	\$7.25/lb
Micellar Casein	
Milk Protein Isolate	\$4.75/lb
Egg White Protein	\$3.99/lb
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from ProteinCustomizer is my personal choice!" Michael A. Hartle, D.C., D.A.C.B.N., C.C.N., C.C.S.P., C.S.C.S.

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308				
Ken Ufford	715	560	760	2035
T 16-17				
Jordon Schutte	365	185	400	950
SHW				
0				
Bryon Dowling	700			1810
Push/Pull		BP	DL	TOT
181				
M2				
Joh Vogt		230	360	590
220				
SM				
Norm Johnson		335	525	860
Robert Parrish				
242				
M4				
Robert Wisdom				
Best Lifters: Wo				
Anderson, Mer				
Cass, Women's I				
Bench - Keith				
Johnson, Deadli				
Roger Broeg fo	r prov	riding t	these re	esults.)

650 430 700 1780

PPL Augusta Open "Drug Free" 19 APR 03 - Augusta, GA

Bruce Bridges 325

BENCH PRESS

17-19		SHW	8-	A PROPERTY.
Ashlee Cain	185*	Police		
220		G. Tar	nkslev	500
Raw		DEAD		
Greg Bartley	410*	198		
0		33-39		
		A. Mc	Christie	450
IRON MAN		BP	DL	TOT
198				
33-39				
A. McChristie		325	450	775
220				
33-39				
Jimmy Haynes				
	SQ	BP	DL	TOT
165				
17-19	They	7 7 3 8	Service .	THE PERSON NAMED IN
Ben Martin	380*	265*		1150*
4th			515*	
181				
Open		200		1200
Daniel Hagan	505	320	475	1300
Novice	425	215	400	1145
Steve Clark	425	313	400	1145
C. Cunningham				
Open				
J.Hueanpangna	550	305	575	1430
33-39	330	303	3,3	1430
A. McChristie	440	355	450	1245
50-59		000		
Thomas Shea	350	275	375	1000
220				
PFM/Raw				
Ryan Williams	455	365	610	1430
40-49	TOTAL PROPERTY.			
Tony Hickman	405	390	135	930
33-39				
Jimmy Haynes				
242				
Open				HORLSO
Greg Campbell				1970*
Josh Thompson	525	330	615*	1470
PFM	e ju	DHILL	CHES	RELEASE
Billy Warren	700	430	600	1730
275	Life	ST THE	1000	1
Karl Tillman	790*	475	620	1885*
33-39	YETU			
Barry Sturdiva	nt			
Supers				
Open	700	465	700	10654
S. Henderson	700	465	700	1865*

* - New PPL Record. Monolift provided by Don Thompson Krew from Columbia, SC. Who will be the first lifter in the PPL to reach 2000? "Whoosoneva" (Whoever ... Georgia Talk) it is ... How about this ... the first lifter to reach the 2000 lb. total will get his/her next entry free plus a three day, two night vaca-tion courtesy of the PPL! Thanks to my Staff

... Mellie Mel Givens, Shely Ann "Pebbles" Richardson, Sandra "Cocoa" Walker, Willie "Soupbone" Morris, "Grease", Gerald, "Bay Bay", Shayla Brown, "Tippy" Tiffany Richardson, The Martial Arts Tournament Center and anyone else who helped, supported and attended this show, without you and the Man above ... it would have never been. (Thanks to "Tee Skinny" Man Meyers.)

SLP Open National Powerlifting

20 SEF	03 -	Tuscola, IL				MI	,XX	W.
BENCH PRESS		(4th)	520*	6		MATE AND ADDRESS OF THE PARTY.	24	4
master men 40	-44	Sonny Runyon	480*	THEFT			Section 1	_ 46
165		master men 45-					HILLS.	milita d
Ed Shemine	315*	165		- CORPORATION		Oh.	44	1
(4th)	325*	John Keele	385*					
shw		308			用用音		EU.	
Sonny Runyon	480*	lim Piner	400*	COVERED BY		LEED THE	THE	ele
master men 60		master men 55-	59	- NOW WARRIED			Mail of	M C
275		242		- 日韓原館時日		THE L	1000	CAC.
lames Dawson	335*	Charles Bowen	255*			相關問	300 11	NO.
open men		275				13/01/13	ALC: U	76
shw		E. T. Williams	300*			1 4	西	101 103
Sonny Runyon	480*	master men 60-		A SHOW THE REAL PROPERTY.	1000		Em	
ASSISTED		275		The state of the s		1922		
junior women		James Dawson	335*		ann.			The state of the s
132		open men		4000000	10	660	tourist of	. 200
Christina Weis	e130*	165		No. CONTRACTOR			51550E)	4 70
master W 40-4	4	John Keele	385	U CHICAGO	BETTE			BIRTH ST
148		198				All the	1000	*
Denice Smith	115*	Jesse Pryor	490*	Hin W	0	超級 極		AD.
open women		shw					REGEL	W
132		Sonny Runyon	480*	THE REAL PROPERTY.		21	Service of the last	-
Erica Haislar	150*	DEADLIFT		EL PRINCIPALITA	1	12 Kinney		
181		junior women		BESTLIFTE	RS-1	ne Ca	rter le	osse Pr
Christina Smith	140*	132		DESTERITE	10.	oc ca	1001, 30	233011
(4th)	175*	Christina Weise	255*					
teenage men 1	8-19	open women		junior men				
181		132		275				
Nick Terhaar	280*	Erica Haislar	270*	B. Williamson	550*	295*	650*	1495*
junior men		teenage men 13	3-15	submaster men				
148		97		165				
Eric Hunter	225*	Matt Cavallaris	185*	Ed Bridges	580*	380*	600*	1560*
148		junior men		190				
Joshua Reyes	205	148		Steve Arahood	525	350	470	1345
198		Joshua Reyes	405*	242				
Matt Bell	345	148		Tom Oberle	605*	365	540	1510
submaster mer	1	Eric Hunter	315	master men 45-	49			
198		198		220				
Tony Coduto	465*	Matt Bell	575*	Robert Kuhn	400	400*	505*	1305*
(4th)	480*	open men		4th			525*	1325*
275		149		master men 50-	54			

480* open men 148

315* 220

198 Jeff Douglas

DL

master men 40-44

master men 40-44

teenage women 18-19

teenage men 13-15

Matt Cavallaris 135* 100*

11 Year Old Matt Cavallaris with

a 185 DL @ 60 lbs. bodyweight.

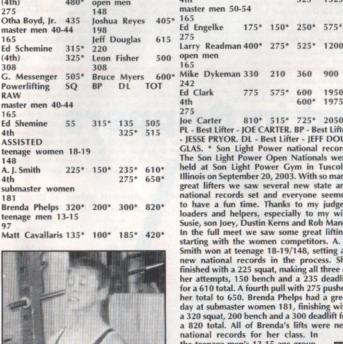
ASSISTED

148

181

Powerlifting SQ BP

308



national records for her class. In the teenage men's 13-15 age group, eleven year old Matt Cavallaris won at 97 with all new national records. Matt got a 135 squat together with a 100 bench and a 185 pull for a great 420 total. The really great thing about Matt is that he weighed in at 60 lbs, making his pull five pounds over triple bodyweight! At junior men 275 Brandon Williamson won his first national title with some fine lifting. Brandon finished with a 550 squat after 600 stalled halfway up, benched his opener of 295 then pulled a great personal best 650 deadlift for a 1495 total. All were new national records for Brandon In the submaster men's division three time national champ Ed Bridges lifted for the first time here, taking the title at 165, again with all new

national records in the process. Ed nailed a 580 squat, followed with a 380 bench and a 600 deadlift for a 1560 total. Ed also holds all



BEST LIFTERS: loe Carter, lesse Pryor, leff Douglas (Dr. Latch photos)

bench while just missing 530 at the very top, then showed the strength of a true deadlifter as he locked out 725 for his final lift of the day. 2050 total at 275, no tricks, no gimicks, just raw power! In the bench press compe-tition we had four lifters in the raw division, all of which set new national records there. At master 40-44, Ed Shemine won the 165's with 315, followed by his 325 fourth. Taking the titles at 40-44/shw and open/shw was Sonny Runyon with a solid 480. Master 60-64/275 winner James Dawson won there with 335. In the assisted division it was Christina Weise for the win at junior we with a new national mark of 130. Denice Smith also set a new national record with her win at master 40-44/148, finishing with her win at master 40-44/148, finishing with just her opener of 115. Erica "Hooter Girl" Haisler set the mark for the open 132 class with 150 while Christina Smith got the big-gest lift among the girls with her 175 national record fourth attempt and the win at 181. In the teenage men's 18-19 age division first-time competitor. Nick Terhaar set the natime competitor Nick Terhaar set the na-tional record there with 280. At junior men national records in the process. Ed nailed a 275 as Suguat, followed with a 380 bench and a 600 deadlift for a 1560 total. Ed also holds all of the open records at 165 and 181. Steve Arahood, with possibly the best overall form in the competition, won at 198 with a 1345 total. Steve finished with a beautiful 525 and 181. Steve Arahood 525 350 470 1345 and 198. Ste 148 we had a little battle, with Eric Hunter great lifters we saw several new state and national records set and everyone seemed to have a fun time. Thanks to my judges, loaders and helpers, especially to my wife Susie, son Joey, Dustin Kerns and Rob Mann. In the full meet we saw some great lifting, starting with the women competitors. A. J. Smith won at teenage 18-19/148, setting all new national records in the process. She finished with a 225 squat, making all three of her attempts, 150 bench and a 235 deadlift for a 575 total. Past national champ Larry Readman returned to capture the title at 275, also setting all new her second title of the day at junior/132, finishing with a new national record of 255. Taking with the women competitors. A. J. Smith won at teenage 18-19/148, setting all new national records in the process. She finished with a 225 squat, making all three of her attempts, 150 bench and a 235 deadlift for a 575 total. Past national champ Larry Readman returned to capture the title at 275, also setting all new her second title of the day at junior/132, finishing with a new national record of 255. Training partner Erica Haislar also got a division, Mike "Chaulk Boy" Dykeman won attempt Mike added more chaulk to his body, including his head, until he looked to his body, including his head, until he looked to his body, including his head, until he looked to his body, including his head, until he looked 185 pull. In the junior men's division Joshua Reyes won at 148 over Eric Hunter 405 to 315. Joshua's 405 was also a new national from the value of the addiff competition Christina deadlift competition Christina deadlift competition Christina deadlift competition Christina vite of the deadlift competition Christina deadlift competition Christina Veise won at 148 new national record of 255. Training partner Erica Haislar also got a finishing with 370-210-360-900. With a new national mark with her win at open 132, finishing with a new national mark with her win at open 132, finishing with a new national mark with her win at open 132, finishing wi for a 610 total. A fourth pull with 275 pushed at 242 was Ed Clark, with what became his for total to 650. Brenda Phelps had a great best competition to date. Ed got a great 775 of runs at 600, but settled with his 575 record performace for the win at 198. In the open and a 320 squat, 200 bench and a 300 deadlift for a great personal best 1975 at 220 with 1975 division Joshua Reyes repeated his win at 198. Our final competitor in the full meet 148, another record, while Jeff Douglas got

was also our best lifter, Joe Carter. Coming all the way from Tennessee, Joe walked away

with all new personal marks as well as estab-lishing new national records for his class. Joe just simply powered up his final attempt squat of 810, blew away his 515 opening

> at 198 with 615. Weighing in at just 196 this gave Jeff the best lifter award for the meet. Leon Fisher returned to competition af-ter about a year off, taking the 220's with his opener of 500. Then at 308 was Bruce Myers with a national record 600, just missing a final attempt with 650 at the top. Thanks again to everyone who participated. It was good to have the "Legend", Mike Bridges with us and past ANPPC National Champion William Foster from Tennessee. See you all again next year! (Thanks to Dr. Latch for results.)

SLP Iowa State BP/DL 06 OCT 02 - Coralville Iowa

00 001 0		Joraiville, low	CI
BENCH PRESS		275	
submaster won	nen	Cozy Cozine	475
132		open men	
Claudia Peters	140*	198	
junior men			420*
148		4th	430*
Travis Holt	290*	220	
submaster men		Jay Cravatta	490*
242		4th	500*
Scott Dukowitz	515*	220	
master men 40-	44	Cory Carlson	335
181		242	
I. Poggenpohl	320*	Scott Dukowitz	515*
198		DEADLIFT	
Mike Ficcola	325*	iunior men	
4th	330*	148	
220		Travis Holt	365*
		master men 40-	
master men 45-	49	198	
242		Mike Ficcola	450*
Kurt Haines			
4th		242	
THE STATE OF THE PARTY OF		F. Campos	565*
			nn

- Son Light Power Iowa state record, BP -Best Lifter - SCOTT DUKOWITZ. The Son Light Power Iowa State Bench Press/Deadlift Championship was held at Gold's Gym in Coralville, Iowa on October 6, 2002. Thanks to owner Brian Allen for hosting this event once again and to everyone who helped out with the competition. In the bench press event Claudia Peters got a new personal record along with a new Iowa state record with her win at submaster 132. Claudia made all three of her lifts to finish with a great 140. 44 we had three great lifters, each of which posted new state records for their respective classes. At 181 it was James Poggenpohl with a great 320, finishing with at least five more pounds in him. Mike Ficcola had a past few months, which was evident here, as guest-lifted in the junior 148 class, establish-



Holland Sullivan with a State Record 430 at the SLP Iowa State (Latch)

great day, taking the 198 class with three he finished with 420, before coming back all three of her lifts to finish with a great 140. great day, taking the 198 class with three he finished with 420, before coming back Sci Travis Holt upped his own state record in new prs, 315, 325 and a fourth with 330. with a state record 430 personal best for the 18 tempt. A fourth with a personal best 300 tempts, finishing with a strong 465 after just himself after posting his first 500 bench for a 19 failed just off his chest. Scott Dukowitz came missing a fourth with 470. At 45-49/242 Kurt fourth attempt. Jay had just finished with a Ge the submaster 242 class, finishing with a but just blew away each of his attempts, and personal best 515. At 4044 we had three great lifters, each of which

Cozy Cozine, taking the win at 45-49/275,

Scott Dukowitz won his second title of the

Da

ng a new state record there with 365. Mike Ficcola won his second title of the day while also setting his second state record of the day with his win at 40-44/198, finishing with solid 450. Our final lifter was open 242 winner Florencio Campos. Florencio pulled his heart out with his state record second attempt pull of 565, locking out to the roar of the crowd. We had a small turnout once again, but we really did have a great competition. Most lifters came away with new prs and/or new state records. Everyone supported each other and helped out with the spotting and loading chores, and the main thing was that everyone had a great time. Thanks everyone for your support, and we'll see you again next year! (Dr. Darrell Latch)

Extreme Gym July Jamm BP 19 JUL 03 - Beaverdam, VA

	Will STATE STATE STATE OF THE S	
	Simon Strong	400
100	Phillip Battle	440
	Masters 40-49	
155	Johnny Dean	450
	Scott Morris	420
	W. VanSickle	285
135	Raw	
	181	
125	Dana Smith	255
	220	
240	Jason Slater	310
	David Stanley	305
	275	
370	Rosloe Ware	480
	Tim Minor	460
275	Master 60+	
	181	
500	Earl Feltner	125
	220	
440	Thomas Amiss	210
	Masters 50-59	
440	Jime Hale	285
		275
		Sco
	135 125 240 370 275 500 440 440 425 ers - (men L	SHW 100 Phillip Battle Masters 40-49 155 Johnny Dean Scott Morris W. VanSickle 135 Raw 181 125 Dana Smith 220 240 Jason Slater David Stanley 275 370 Rosloe Ware Tim Minor 275 Master 60+ 181 500 Earl Feltner 220 440 Thomas Amiss Masters 50-59 440 Jime Hale

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APF Beach Bench Press 19 JUL 03 - Angola, NY W OPEN - AM M Mstr(50-54) - AM lean Putnam 350* D. Brochey W TEEN(16-17) - AM 242 Steve Stanley 250* B. Labushesky 165* 275 M TEEN(18-19) - AM Larry Huff Sr. 350 MEN'S Mstr(60-64) Joe Gambino 290* AM

James Howell 425

W SUBMASTER-AM 242 148 Alfred Kirby Peg Scanlon 150* MEN MEN'S SUBMASTER 165 150° MEN'S OPEN - AM Josh Dern Scott Fisher 390 Tom Graham 325 450* Scott Fisher MEN'S SUB - PRO Colin lenkins 425 James Howell 425 220 W Mstr(40-44) - AM Victor Dean 340 Amy Winberg 140* Larry Huff Jr. 365 MEN'S Mstr(40-44) Steve Coppola 365 Tom Graham 325 Joe Wnuk Steve Dussault 390* Jeff Miller MEN'S OPEN - PRO Robert Petrie 340* 148 M. Panzarella 305*

Julio Cheverez 340 220

Wayne Carroll 410° 242

181

Vanik Aloian 440* Mike Casatelli 300*

M Mstr(45-49) - AM Richard Putnam 550 Charles Clark 310 Patrick Dick 625 Paul Liszka 300 Matt Rydelek 525 * - State Record. AM - Amature. TEAM - 1st Place -Niagara Powerlifting Club, Niagara Falls NY REST LIFTER AWARD - Amateur Division – Josh Dern, Pro Division – Patrick Dick. Narrative: Special thanks to Richie Albert, owner of Mickey Ratt's/ Captain Thanks to all the referees, spotters, loaders, scorers, and announcers: Derek Penkava, Kidd's Beach Club, and his staff whose endless support has made this competition a big success each year. I would like to thank Paul

South FL Spring Ironman, BP+DL 26 APR 03 - Lantana, FL

Childress and all the judges, spotters and loaders. I would like to thank the new com-

petitors for coming out this year for the first time, and Vinnie Vardine and the Gorilla

Pack team. I would like to thank all the vet-

eran competitor's for all their continued support, and Dennis Brochey and the Niagara Powerlifting Club team. (Results - Irvin Murr)

Bench Only		Open		
Female:		148		
Open 148		T. Yark 220	orough	137.
M. Thomas	49.89	Mark 1	Thomas	157.
Male		242		
Submasters		Rich M		
220		Joe Co	nfesso	re 185
Mark Savin	177.5			
242		Dean R		275
D. Thompson 275	205	Jeremy Deadlif	Herri t Only	ng 192.
Jim Taylor	242.5	Master		
Masters (40-44)		198		
198		Doug	Peterso	n 210
Doug Peterson Masters (50-54)				
275		Louis (Casano	va 122.
D. Baumstein	227.5			
			tylniko	v 190
Ironman Female		BP		Total
Teen (13-16)				
Jessi Seidelman		525	77.5	130
Male		32.3	77.3	130
Submasters				
275				
Paul Donahue		190	235	425
Masters (40-44)	130	233	723
198			210	227 -
Doug Peterson		127.5	210	337.5



@ the APF Beach Bench Press ... Meet Director Irvin Murr, son Irvin III. Amateur Best Lifter Josh Dern, and wife Angie Murr. (Murr photo)

275			
Jeff Tingler		290	290
Open			
198			
Corey Rekas	25	255	280
242			
JD Gaynor	205	295	500
275			
Mike Necolettos	227.5	292.5	520
Paul Donahue	190	235	425
308			
Jeff McManus	205	227.5	432.5
Guest			
165			
Brian Schwab			472.5
Special thanks to our	sponso	r: Elite	Fitness

Amy Sinnott, Lance Mosley, Dwayne Kouf, Ed Rectenwald, and the Santaluces High School Cheerleaders. Everyone had a great day in the bench only division. In the Female's division, Michelle Thomas lifted strong in her first competition benching 49.89. In the submasters, Jim Taylor stepped up and benched a big PR locking out a strong 242.5. Richie Myer from Orlando in the 242 Open smoked 272.5 as an opener and gave 294.8 a heck of a ride. But it was big Dean Rollins from Orlando in the 308 Open who had an excellent day going 3 for 3 ending the day with a huge 275 bench. Those who competed in the Ironman Division also had a reat day. In the Female's 114 Teen Division Systems (www.elitefts.com / 888-854-8806). (13-16), Jessi Seidelman did great in her first Thanks to all the referees, spotters, loaders, competition ending the day with a 113 kiloscorers, and announcers: Derek Penkaya, gram total. Mike Necolettos took the day Meech, Jason Castiglione, Doug Hollis, Will after coming back from a muscle tear in his Holloway, Harry Garcia, Fran Napalotino, forearm, benching 227.5 and deadlifting Cynthia Gefvert, Deb Toby, Sarah Youngs, 292.5. We also had the honor of witnessing

Brian Schwab, our guest lifter, bench a huge 210 and deadlift an impressive 262.5 in the 165 Open. We hope everyone had a great time and we look forward to seeing you at our future meets. For more information on upcoming meets please call Bob Youngs at 561-718-9877 or email us at outhsideharhell@hotmail.com. (These re sults are courtesy of Southside Barbell Club)

Winyah Fitness Bench Press Classic

Women		Thomas Strong	340
lolene Howard	125	220	
Dianne Henry	130	Tommy Oldham	475
148		Carl Griggs	405
Future McNeill	320	242	
Riley O'Neal 165	120	Idris Williams 275	405
lames McElveen	335	Michael Phipps	510
lason Placker	330	Corey Williams	430
Robert Nesbit	300	275+	
181		Jerry Tancil	600
Steve Sawyer	435	Benji Filyah	520
Sean Redfern	440	Victor Shannon	
Alan Bremner	335	Master 40+	
Bradley Hardee	310	Jerry Tancil	625
Antoine Brown	215	Dennis Smith	395
198		J. Hacksworth	375
lason Sturkie	530	Willard Braveboy	400
Earl Boone	450	Master 50+	
Neil Adams	425	John Blackmon	480
Patrick Byrd	385	Doug Ricafrente	430
Mike Johnson	340	Jack Powell	370

Ahvenamaa Championships (KG) 31 MAY 03 - Mariehamm, Fin

DL	TOT
127.5	272.5
140	337.5
180	462.5
230	582.5
145	380
200	432.5
262.5	652.5
250	640
242.5	532.5
205	530
185	470
240	692.5
260	715
255	625
300	805
300	735
365	1010
225	740

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Iron Horse Bench Press 26 JUL 03 - Muncle, IN Open Men B. Hensley Mens Teen 18-19 Brett Clerk 32 **Brad Witter** 325 Open- Men Rob Scott Rob Chambers 260 275 Joe Treao 285 Masters 1 loe Goodhew 365 215 Masters 1 lim Dawson 319 320 220 Masters 1 Open Men Jim Piner 319+ lesse Prvor Masters 1 Masters 2 Mark Stamper 300 245 319+ Open Men 242 ny Runyon 500

(Thanks to Sonny Runyon for these results.)

15-17 A					Master 40-44				
Men 220	od 0	275			Phil Halliwell R. Roberts	320 300	227.5 180	277.5 247.5	825 727.5
Ethan Baker Ken Wentworth					275 Mike Wlosinski	382.5	232.5	295	910
D. Szymanski 242	215	F. Sbal 242 T. Barto		192.5	Tim Lane Master 45-49	325	190	295	810
Pat O'Reily 181	215		Murph	y 167.5		310	195	255	760
45-49 Bob Fabiano	177.5	Master 242	50-54		M. Toderico Ken Wheeler	282.5 320	182.5 142.5		732.5 727.5
Tom West Master 55-59	167.5	Jon Hu Master		175	J. Zintsmaster 308		152.5		525
165 Scott Craig 4th		T. Holz Master		195	Matt Israelson Master 50-54 220	337.5	197.5	255	790
Master 65-69	172.3	242 Richard		n 160	Dick Zenzen 242	307.5	162.5	235	705
R. Gidcumb Master 75-79	97.5		petral?		Jon Hurtado 275	110	175	202.5	487.5
132 David Gellman		Women		ch 182.5	Gary Ridgeway Master 55-59	275	195	230	700
4th Master 40-44 220	80	Rhonda Master			John Medeiros Master 70-74	217.5	145	192.5	555
M. Capriotte James Pinckard	212.5 195	123 Rhonda		lo 92.5	242 R. Austin	217.5	160	195	572.5
242 Phil Halliwell	227.5			95					
Powerlifting Open	SQ	BP	DL	тот	The	12	0		
Men Submaster 148 Charles Morse		125	205	527.5	and Country	P		M	
165 D. Naughton		152.5			sales de la companya		- (For b	elt or
181 John Pelletier	237.5			592.5			11 =		HE SH
198 Scott Nautel John Westleigh		172.5 142.5		690 632.5		•	# **	7	
220 Mike Ridge Women SubMa	300 ster	192.5	272.5	765	C. But Best Bank A	Any 3	color c	79.99 hoice s / Sued	
SubMaster	172.5 182.5		147.5	400	THE THE REAL PROPERTY CO.		1		101
Joanna Conner 132	205	102.5	185	492.5	S	tyle	F \$:	33.99	
Dan Carpenter 165	180	125	205	510	St	yle H (no	" leather t pictured pered lea	d) \$31.99 ther	9
C. Kanavas Putt Houston 181	240 242.5	160 162.5	267.5 227.5			PART .		ba	
Joe Espy 4th	242.5 252.5		222.5			Miche	y Dal	e Crair	
Ward Benson Randy Pushard 198	205 182.5	125 125	192.5 185	522.5 492.5	S	Sam	e as St		9
G. Sotirakos 242	300	215	292.5	807.5			broidered		
Jason Patrick 4th	380 395	230 238		940		19.9		WRA	
Phil Halliwell 4th	333		277.5						
Buddy McKee Scott Griffin 275	310 295		255 252.5						
M. Allocco J. McManmon Women 165	410 292.5	255 177.5	295 272.5		Also A 2.5 me 3.5 me	vailable la iters \$2 iters \$3	4.95 4.95	iPF Lega	
Lisa Denison SHW	195	80	180	455	B	07	77	FR	V
Joanna Conner Men Master 40-44	205	102.5	185	492.5	The			2 Split	divite
M. Robinson Master 45-49	215	140	237.5	592.5	0	iei	10	sis	P
F. Ruettiger Bob Fabiano Master 50-54	282.5 237	155 177	237.5 245	675 660	Q				The Cor Des
Mario Nigro Master 65-69 148	245	120	220	585	7	X		• Wedge	e Heel •
R. Gidcumb 4th	142.5 145	97.5	140 160	380	2	(C)		3-16 • M	lade in P
Richard Flores Women Master 45-49	237.5	120	240	597.5		-		>	\$1 \$1
B. Zintsmaster 4th Men			115	252.5				Lac	Call

4th 230 220 300 180 247.5 727.5 lim Swanson 307.5 182.5 282.5 772.5 Brad Arbic Teen 13-15 198 Zach Zenze 222 5 132 5 215 570 Teen 16-17 132 282.5 182.5 267.5 732.5 Evan Goulas 110 82.5 167.5 360 320 142.5 265 727.5 198 Vincent Abrego 275 162.5 225 662.5 A. Kolodziei 250 155 205 610 Teen 18-19 Joseph Wilson 240 142.5 227.5 610 Joe Cameron 215 160 240 615 on Hurtado 110 175 202.5 487.5 220 230 170 265 665 250 170 245 665 N. Mezera James McQuaid 300 172.5 272.5 745
Points - Women: Lisa Denison - 710, Joanna
Conner - 652, Rhonda Russillo - 177. Men:
Special thanks to: Randy Hull and Mike Wider. The lifters who showed up at this small meet had a great chance to do their James McQuaid 300 172.5 272.5 745 Jason Patrick - 837, M. Allocco - 826, G. best lifting, not having to sit around all day.
217.5 160 195 572.5 Sotirakos - 793, C. Kanavas - 747, Dan Car-Some of them really took advantage of it.

penter - 744, Phil Halliwell - 731, Putt Hous on - 708, Buddy McKee - 676, Joe Espy - 673. . McManmon - 643, Scott Griffin - 621, Ward Benson - 550, Randy Pushard - 530, Patrick OReily - 190, Ethan Baker - 181, Ken Wentworth - 168.(courtesy of Russ Barlow)

14th Annual Cabin Fever DL + BP

30 MAR 03 -	Granger, IN	
Bench Press	Masters 45+	
Women	181	
148	Raw	
Nicci Dean	Larry Boynton	312.5
Open	Masters 50+	
181	242	
Steve Benson 425	Terry Frick	370
Masters	Steve Muff	350
220	Deadlift	
Mark Mellinger 400	Masters	
242	242	
Pete Van Camp 340	Brad Rose	480
Held at The Fit Stop. Be	est lifter -Steve Be	nson.

Larry Boynton hit an all time pr at 45 with a raw 312.4. He put an enormous amount of work into this lift with some very high volume work early on, and it really paid off when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he went into a cycle for the meet, as when he was lots for the meet of the meet, as when he was lots for th and it was great to see him get 400. Steve Benson hit a great 425 at 181 and copped his first best lifter. Terry Frick and Steve Muff had a good battle in the masters 3, 242s, with Terry prevailing 370 to 350. Brad Rose was our lone puller and he hit a 480 on his 2nd attempt, but something didn't feel quite right, he passed on his 3rd (Thanks to John Smoker.)

USPF Northeastern Open BP (kg) 10 AUG 03 - Manchester, NH

Jr Men		Submaster Men just barely be too much, although I thought it
K. Odell	162.5	S. Blum 120* would go easy after seeing his 452. A consis-
F. Coolbroth	132.5	Master Men 40-49 tently consistent lifter, Jeff takes the overall
Mens Open 148		M. loannou 170* at just about any contest he chooses to en-
F. Pacheco	137.5	F. Pacheco 137.5 ter as was the case today. Scott Blum came
Open 181		Master Men 50+ from Franklin, MA and garnered a
M. Ioannou	170	B. Frost 157.5 Submaster MA record. Bryant Frost came
Open 220		Unlimited Equips back and got all new NH Master records,
J. Dowst	205*	G. Monmaney 137.5 and Greg Monmaney showed up for the

when he went into a cycle for the meet, as Manchester, NH. We had a really good day every workout he was hitting new PRs for despite the smaller than anticipated turnreps with whatever weight he was using.

Mark Mellinger and I go back to the late 80s

Mork Mellinger and I go back to the late 80s and broken. Frankie Pacheco had 2 strong attempts at USPF American Records. Keith Odell and his special made USPF legal shirt from Karin came all the way from Rhode Island to take the junior division over Fred website: AmericanPowerlifting.com or conCoolbroth, another up and coming junior lifter. At 82.5 kg, Mike loannou, 2002 Pan American Champ at 82.5 kg, had a strong day breaking his own MA State Record. Big Jeff Dowst, 2002 100 kg Pan American

Champion Karin Came all the Way from Rhode websited and rowerling time. We bright in Junior Control of the State Contr Champ, came back stronger than ever to break the USPF NH Mens Open record with a super strong 452. A third at 462 proved to just barely be too much, although I thought it would go easy after seeing his 452. A consistently consistent lifter, Jeff takes the overall at just about any contest he chooses to en-ter as was the case today. Scott Blum came from Franklin, MA and garnered a Submaster MA record. Bryant Frost came

Remember to see what's happening in true New England Powerlifting check out our

14 SEP 03 - Elkhart, IN

	T 1115			
١,	Teen 14-15		Master 55+	
	132		148	
1	Jon Smoker	220	Mike Wider	430
	Teen 16-17		Men	
-	148		242	
	Tim Willis	265	RyanKlein	680
	Women		275	
1	165		Aaron DiPrima	600
	Alyssa Allen	275	Paul Sippola	555
	SHW		Dain Soppelsa	
	L. Oppenhuizen	300	Annual Control	

mest of margins and there was lots of great lifting. It rained most of the morning, and then stopped for a couple of hours. We had Pain Ironwear, Nutrition 101, USA Bodybuilding.com, Champion Barbell Club. Remember to see what's happening in true hit. And out of9 competitors, we had lots ofpr's and 4 lifters attempting and/or making 600 lb. lifts! Getting both was best lifter Ryan Klein, who made a very close 680, a lift which will put him well up the top 100 list for 242's. Getting the other 600 was Aaron DiPrima from Paw Paw, MI, His training part ner Dain Soppelsa couldn't negotiate 600 but still came away with a pr 550. Also attempting 600 was Paul Sippola who showed some vast improvement, but he had to settle for 555 and 2ndplace in the 275's. Both women lifted quite well: Alyssa Allen got a pr 275, even though she dropped a wt. Class; and Lucinda Oppenhuizen's 300 was so easy, she made a 4th attempt 325. I could see her making a 400 with another year of training. Rounding out the pr's was Jon Smoker whose 220 showed he was good for a little more, but he'll save that for his next meet.(Smoker)

100% Raw Powerlifting Federation

27 SEP 03 - Southern Pines, NC (40-44)

Open Charles Betts 145 Donna White 205 (35-39)

A. McDougald 140! Randy Smith 425!

Sharon Baldwin 140! 220 148 (14-15)

Karen Brewer 105! (50-54)

Gail Woodson 185! I Williams Police/Fire/Military

45!

Gail Woodson 185! 242

Karen Brewer 105

Master (45-49)

Master (40-44)

Youth (10-11)

Master (65-69)

David Serrell

Teen (18-19)

Trey Hague Jacob Fox

(30-34)

(45-49)

M. Wicker

M. Wicker Robert Gabales 260

(14-15)

Q. Thomas

148

Helen Hoffler 125!

Submaster

198+

Open

148

Angelo Biggs 270 (50-54) Deb Flannagan 155! Frank Sumner 280 Masters (40-44) Open
Deb Flannagan 155! Frank Sumner 280

Angelo Biggs 270 L. Starwalker 185

220! J. McDougald 415

Dave Lhota

Law/Fire/Military

280!

415

(45-49)

leff Fox

Open

Paul Bossi

Randy Smith J. McDougald Dave Lhota

Charles Betts

Kinta Mallory

Law/ Fire/ Military

(25-29) Orlo Helmer

(35-39)

195! Tim Cain

Open Orlo Helmer

225! Kinta Mallory

215! Titus Moore

265! 275

(16-17) Open Robert Gabales 260 Joseph Hilliard 430 4th 265! Mike Leibacher 355

(25-29)

280! M. Prosser

275 Hallie Ward

Open

SHW Class

H. Canada

255

Open Theo Ya Trey Hague 265! (45-49)

Jacob Fox 255 David Serrell 205

Israel Figueroa 290

L Starwalker 185

Tim Cain

Teen (18-19)

Theo Yablonski 260

Joseph Hilliard 430! (50-54)

Mike Leibacher 355

Theo Yahlonski 260

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! - National Record. Best Lifters: Female -Donna White. Teen - Jacob Fox. Sub master - James McDouglad. Master (40-49) - Dave Lhota. Master (50-59) - Frank Sumner. Law/ Fire - Randy Smith. Open Light - Paul Bossi. Open Heavy - Kinta Mallory. (by Paul Bossi)

Open Open Israel Figueroa 290 M. Prosser

100% Raw PL Nationals 19 IUL 03 - Robersonville, NC

19 JUL 03	- K0	bersor	iville,	INC
Bench		242LB	Class	
1981bClass		(25-29)		
Open		Odo H	elmer	455*
Will Lynch	465	242LB		
1981b Class		Master	(50-54	1)
Master (40-44)				er340*
Tyrone Bell	250	275LB	Class	
220lb Class		Teen (1		
Teen (14-15)		Yablon		250
Ben Hopkins	320*	SHW (
242LB Class		Teen (1		
Open		Michae	Hill	215
Odo Helmer	455*			
Powerlifting	SQ	BP	DL	TOT
148 Class				
Open				
Chris Geer	175	195	275	645
Teen (14-15)		a jour	20 20	The last
Chris Geer	175	195	275	645
165 Class				
Female Teen (1		100		
Teresa Geer	165	100	175	440
Police/Fire lack Moore	335!	215	395	955
4th	333:	215	405!	955
Open			403:	
Jack Moore	335!	215	395	955
4th	333.	213	405!	333
Mike Wicker	275	280	385	945
4th	213	285!	303	343
Master (45-49)				
Robert Barth	290	235	385	910
Teen (16-17)	Time	W/TENS	- 170	
Josh Dunbar	340	245	320	905
181 Class				
Open				
Doug Parrish	425	310		1180
Derrick Bryant	365	330	405	1120
Teen (16-17)				
Chris Wicht!	410	290	515!	1230

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Teen (18-19)

198 Class

Teen (14-15)

Teen (16-17)

Master (55-59)

Raw Power Open Donnie Kiefer 575

Raw Power Master

Donnie Kiefer 575 David Pagan 450 310

Garrett Baker 405 225 530

300

Skylar Woolard350 225 450

Trey Manning 475! 320 525!

340

- * Results arrive via your computer
- * Know the state of your health!

	Shawn Hopkins	475	385!	525	13
1160	275 Class				
	Teen (16-17)				
960	Kijuan Land	535!	300	530!	13
	Polic/Fire				
1400	Rusty Slate	500!	385!	500!	13
	Submaster				
1400	Rusty Slate	500	385	500	13
1225	319 Class				
	Master (40-44)				
	Rod Blackwell	600!	425!	610!	16
1025	!-World Record.	* - Na	tional R	ecord.	Mic
	Wicker BL-light	, Dou	ig Pari	rish-BL	He
1320!	Chris Wichtl B	L-Teer	, Rod	Blacky	well
	Master. There v	vere n	nany o	utstand	ing
	formances in eni				

this meet lacked in quantity it made up in Quality. There were 24 World Records broken in the Powerlifting part and 4 National records broken in the Bench Press part. There were also many personal records for lifters. Many thanks to all who helped make this meet run smoothly. 100% Raw Powerlifting Federation has been very rapidly and have been receiving calls from all over the county about running meets in those areas. county about running meets in those areas. We look forward to a promising future and we look forward to a promising future and wish everyone the best in training. Our Na-tional Bench Press Championships are sched-uled for Southern Pines, NC and World Championship Bench Press set for Elizabeth City, NC. (Thanks to Paul Bossi for results.)

Body I	Factor	y Ch	alleng	e
19 JUI	L 03 -	Bang	or, PA	A DE
15-16 Teen 272 lbs	SQ	BP	DL	тот
Kris Haney 148 Open	440	300	450	1190
Bill Romanelli 220 Open	450	315	420	1185
Chris Morris	675	450	650	1775
Dan Wowak 242 Open	525	280	440	1245
B. Ramberger SHW Open	555	425	535	1515
Brian Bacher Bench Only 181 Open	600	450	565	1615
Steve Lewis Master's 45-49		370		370
Bob Benecke Master's 40-44 216		350		350
Fred Vogel (Thanks to Jim	Parrish	275 for th	e meet	275 results.)



4th Pittsburgh Area Monster BP TI CEFFERT 440 MASTER 30 MAR 03 - Pittsburgh, PA R.COOPER SUBMASTER OPEN BARRAVECCHIO 525 WOMEN A.WILLIAMS 550 T.MANKAMYER 620 POLICE 170 P GRATTAN CSHAFFER OPEN LISTINSON 550 D.ROYHAB 148 OPEN GRANDMASTER 210 NOVICE T SMITH SUBMASTER 148 MASTER A.KRAKOVSKY 475 I STINSON 550 B.FLEMING 210 POLICE T.SMITH G. FAULKNER 570 BARRAVECCHIO 525 NOVICE 150 A.KRAKOVSKY 475 I CONNER LMEDVAN C.MARTINO 520 GRANDMASTER MASTER 150 F.GALLAGHER 320 J.BATYKEFFER 475 D.BROWN L.CONNER 132 OPEN P.GRATTAN F.MASON 230 S.BORUSHKO 405 LRESCHE SHW A.WILLIAMS 550 OPEN 148 NOVICE SUBMASTER 285 BARRAVECCHIO 525 NOVICE A.WILLIAMS 165 OPEN A.KRAKOVSKY 475 NOVICE J.CLARK POLICE R.COOPER 270 NOVICE POLICE M.BRODY SUBMASTER B.AMIDON A.WILLIAMS 550 J.CAIRNS D.MAUST A.LAPAGLIA 540 165 NOVICE I.MEDVAN B.AMIDON 270 POLICE 165 SUBMASTER D.MAUS M.BRODY D.MAUST This year's Monster Meet was again held at 330 MASTER J.CLARK 330 165 (17-19) TEEN the Holiday Inn Airport. The crowd of over D.BROWN 500 watched 70 benchers and 50 deadlifters. Scot Lewis benched a huge 600 at 220 lbs, taking home the \$175 prize and overall Best Bencher Award. Scot narrowly missed 625 and promises to be back in 2004. Last years champ, Ryan Celli, nailed 500 at 198 lbs. "Big" Doug Maust smoked 550 at 308 Lbs in his very first meet. Way to go Doug, see you next year! Ryan Celli deadlifted a P.RICOTTILLI 315 SUSMASTER D.MAUST 181 POLICE M.WATTS 181 MASTER 300 M.SCAPPE T.WEBB 375 F.MASON T.SHERBONDY 330 A.SULFONE SUBMASTER 181 SHW M.KINNICK 325 181 JUNIOR J.JENNING CHRISTOPHER 255 R.BUTLER LIENNINGS

181 (17-19) TEEN

J.WILL

R.CELLI

LSHEELER

NOVICE C. WARGO

POLICE

D.BREEDEN

GRANDMASTER

L.LINDSAY SUBMASTER

B.DICKSON R.DENNISON JUNIOR C. REILSONO

A.RISING

S. LEWIS D. JETT C. DWOREK

R POCHIRA

T. BOWSER NOVICE

D. BOWMAN

SUBMASTER

FARFILL

NOVICE

POLICE

A.WILLIAMS

H. DUMAS

C.SLaVICK

B.POCHIBA SUBMASTER

JUNIOR B.FRAITO

A.WILLIAMS 475

GRANDMASTER

G FALILKNER 450

LBATYKEEFER 500

A.WILLIAMS 475

E.BOLLINGER 330

T.ADELSBERGER 275 POLICE

220

400

S.BELL 400 K.OBERST R.RIPPOLE 335 198 D.VERGERIO 320 OPEN

NOVICE

DEADLIFT WOMEN

420 GRANDMASTER

D.HAINSEY

NOVICE

N.SALEM

R AMIDON

R.AMIDON

R.GREGORY 475

CHRISTOPHER 470

P.SINICROPI 600

D.VERGERIO 475

GRANDMASTER

D.SIRIANNI SUBMASTER

B.DICKSON

M.SANDERS

POLICE COLONDRILLO 540

NOVICE

IUNIOR

OPEN

R.CELLI

I.FERRARO

NOVICE

POLICE

N.KIROW (17-19) TEEN ADELSBERGER 440

275

310 D.HAINSEY 400 132 325 OPEN

400 LFRAZEE (17-19) TEEN 600 S.ANTOINETTE 475

515 OPEN

480

395

515

350

410

475 475

475

480

A.WILLIAMS 475 J.FERRARO GRANDMASTER S.BELL

GRANDMASTER

N.SCHUCHERT 275

123

375 L.MARTIN

huge 630 at 1981bsand took home the over-all Best Deadlifter and cash prize. Bob Dickson nailed 600 at 198. 64-year-old Leon Stinson pulled 550 at 220 Lbs. Impressive, Leon! "Big Boy" Roger Gaydos cracked the 700 barrier with a big 700 pull at 315 Lbs. For the 4th year in a row, this meet was a huge success. None of this would have been possible without the following people: My loving wife, secretary and vice-president, Stephanie. Tami Scappe--you're awesome. My training partner, Mike Scappe, Katie Waldthausen, Rob "715"Capozzolo, Ron Butchle, Mike Zurcher, Mike Crapis, Andy Snyder, Joe "ming" Vallese, Donnie Deselle, Craig Bishak, Roger Itzel, Eric Fisher, Damon Solomon, Micky Lankert, Larry Hanasky, Bob Gift, Paul "MasterP" Portugallo, Kenny Wolf and Mom and Dad. Thanks to every on board and supported the monster met from day one. One more huge THANK YOU

While liter on March 20, 2004 at the best on from day one. One more huge THANK YOU

yet. Train hard, stay focused and see you



body!! I would like to give a special thanks to Dave Brown and the Allegheny Athletic Club, Steve Siwiak and the Bodytorium, Rob Capozzolo and Titan Gym -who have been West of Pittsburgh. The 5th Monster Meet will be held on March 28, 2004 at the Airport next year! (results by Mike Barravecchic

Scot Lewis benched 600 in the 220s at the Pittsburgh Area Monster Bench Press (photograph provided courtesy of Mike Barravecchio)

USAPL Commonwealth Games

The state of the s	03 -	Roanoke, VA	
Female		45-49	
114		Steve Pegram	320
Open		65-69	
Angie Mamola	150	George Litos	
123		Open	
Open & 40-44		Bill Mears	355
Leigh Haines	160	220	
Men		14-15	
114		Bill Carson	280
14-15		16-17	
C. Stiltner	135	Matt Woods	285
165		Open	
16-17		D. Benson	415
Josh Dalton	230		
Open		Dave Minton	255
D. Simmers	315	242	
181		Open	
Open & Colleg	e	Mike Cumbee	375
Jamie Hooper		60-64	
55-59		Bob Thompson	340
Brian Brindle	250	Supers	
198		40-44	
18-19		Pat Brody	405
G. Walters	440	Open & 45-49	
		T. Crockett	300

APF Florida Bench Press (kg)

US APK US	- Day	tona beach,	LL
IM		MO	
98		242	
harles Lee	110	Mike Hummell	275
IM		MO	
20		275	
on Williams	160	Greg Gass	222.
10		MO	
98		SHW	
rian Highnote	225	K. Southwood	230
10		MM/MO	
98		SHW	
ouis Lloyd	132.5	Miguel Rodrigu	iez
tichael Humme	ell Best	Lifter (By Huge	Iron)

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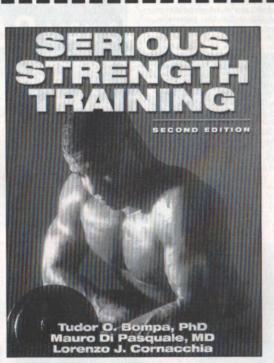
manual, and it has long been out of print, but now we have copies available once again. (See our review of this book in the February 1997 edition of PLUSA, page 10). The price for one copy of this book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, before this book sells out again!

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TOP 100 For standard 165 lb./75 kg. USA lifters in results received from Sep/2002 thru Aug/2003 received from Sep/2002 thru Aug/2003

789 Berardinelli..2/28/03 788 Palmer, R..2/28/03 788 Palmer, R. 2/28/03 771 Conyers, A. 2/28/03 727 Hooper, W. 7/19/03 670 Crowe, B. 8/8/03 619 Beaumaster, P. 5/2/03 617 Olson, G. 5/10/03 610 Curley, P. 4/03 606 Reichert, G. 10/25/02 606 Nickson, E. 7/19/03

600 Perez, J.. 11/9/02 600 Strickland, B.. 6/7/03 600 Larrisey, S.. 8/8/03 595 Lewis. 10/11/02 585 Dicataldo, S.. 5/17/03 584 Macri, M.. 7/19/03 578 Tincher, B.. 6/7/03 578 Bracken, D.. 7/19/03 573 Stark, J.. 5/3/03 573 Little, A.. 5/10/03

570 McVaney, A.. 10/26/02 570 Roney, J. 4/12/03 567 Petrillo, D.. 6/7/03 565 Welcheck, M. 8/8/03 562 Rivera, M.. 4/12/03 560 Barnes, D.. 10/26/02 556 Braca, J.. 5/2/03 551 Taylor, D.. 12/7/02 551 Witshire, G.. 3/1/03 551 Wade, T.. 3/29/03

551 Cayer, A..5/2/03 551 Vasquez, J..5/17/03 551 Bohigian, K..6/7/03 550 Schupbach..1/24/02 550 Manning, K..12/7/02 550 St. Juste, W..3/22/03 550 Archie, C..3/22/03 550 Thomas, D..3/22/03 550 Marshall, G..5/17/03 550 Kirchner, L..5/10/03

545 Lumpe, S..5/10/03 545 Smith, G..6/7/03 545 Keenan, P..7/19/03 540 Eaddy, R..10/26/02 540 Sylvox, L..2/22/03 540 Sylvox, L.. 2/22/03 540 Retz, G.. 3/1/03 540 Sherbondy, T.. 4/12/03 540 Scanlon, J. 6/7/03 535 Sanderson, K.. 3/22/03 534 Houston, P.. 8/15/03

534 Naughton, D..8/15/03 530 Hulse, M..2/8/03 530 Freeman, M..4/12/03 530 McCarthy, D..5/17/03 529 Corpuz, N..11/9/02 529 Hall, M..4/27/03 529 Kanavas, C..8/15/03 529 Wilson, J..8/15/03 525 McElroy, J..9/28/02 525 Bridges, E..3/8/03

525 Gober, J..3/22/03 523 Bermudez, L..10/26/02 523 Matsumoto...11/9/02 523 Phillips, W..5/10/03 523 Murphy, J..6/14/03 523 Flores, R..8/15/03 520 Rouan, A..11/16/02 518 Sielawa, S..11/9/02 515 Hammers...11/30/02 515 Williams, D..2/8/03

515 Leal, L..3/22/03 515 Sendijo, J..3/22/03 515 Panteledes, J..3/30/03 512 Boutte, P..10/25/02 512 Sigala, M..5/2/03 510 Wright..11/23/03 510 Langford, J..3/22/03 510 Hill, J..5/17/03 507 Cirigliano, R..10/25/02 507 Janikowski, C..3/22/03

507 Olson, B..5/2/03 507 Brown, C..6/7/03 507 Davis, K..7/19/03 505 Cagnolatti..10/26/02 505 Leblanc, M..11/30/02 505 Pierce, K..3/22/03 501 Edmondson..12/14/02 501 Pardue, T..3/15/03 501 Davis, R..8/17/03

500 Hatchet, E...3/22/03 500 Richardson...3/22/03 500 Ramirez, G..3/22/03 500 Dunklin...3/22/03 500 Cantwell, J..8/30/03 496 Allen, J..7/5/03 495 Kibler, D..2/8/03 495 Leblanc, P..2/8/03 490 Ricchio...9/28/02

551 Boldt, F..3/1/03 525 Mazza, J..7/5/03 507 Hara, M..12/28/02 500 Miller, L..2/9/03 485 Kirchner, L..7/5/03 473 Palmer, R..2/28/03 470 Crowe, B..8/8/03 468 Agamao, A..11/16/02 462 Schwab, B..4/26/03 462 Petrillo, D..6/7/03

460 Luther, J..7/5/03 457 Hooper, W..11/15/02 457 Berardinelli..2/28/03 455 Clark, A..7/5/03 451 Tincher, B..6/7/03 446 Landon, G..2/15/03 446 Conyers, A..2/28/03 440 Sanfilippo, E..2/1/03 435 Hickman, R..3/22/03 430 Elrod, M..10/26/02

425 Hermans, D..1/18/03 425 Baker, G..3/29/03 424 Kaneshiro, S..9/28/02 424 Evangelista, A..5/3/03 424 Richmond, M..8/23/03 420 Rodriguez, M..6/6/03 418 Cunningham..3/22/03 415 Collins, T..3/03 415 Paige, Z..6/28/03 415 Williams, J..8/2/03

415 Andres, T..8/78/03 410 Moorehead...12/8/02 410 Higgins, S..8/2/03 407 Perez, J..11/9/02 407 Williams, L..5/17/03 405 Birt, R..10/26/02 405 Deluise, N..11/9/02 405 Roberts, J..2/22/03 405 Nickson, E..3/15/03 405 Osgood, D..7/19/03

403 Weingust, S..11/16/02 402 Hamel, G..11/16/02 402 Campbell, B..3/1/03 402 Mouzon, J..5/3/03 402 Phillips, W..5/10/03 402 Phillips, W..5/10/03 402 Cook, K..8/16/03 400 Freeman, M..4/12/03 400 Hough, B..6//21/03 400 Chang, E..7/5/03 396 Wrye, J..3/1/03

396 Murphy, J. 6/14/03 395 Cagnolatti, D. 1./11/03 395 Ciupinski, M. 3/8/03 395 Immekus, M. 3/9/03 391 Marinis, N. 5/10/03 391 Ruelan, M. 8/3/03 391 Tyson, T. 8/16/03 390 Armstrong, A..11/2/02 390 Marshall, G..11/23/02 390 O'Brien, S..8/2/03

390 Funk, S..8/9/03 387 Hillyard, R..5/17/03 385 Bermudez, L..10/26/02 385 Strickland..11/10/02 385 Davidson, E..3/8/03 385 Speranza, J..3/15/03 385 McDonald, K..4/6/03 385 Lawyer, C..4/26/03 385 Perkins, J..5/3/03 385 Linerud, D..5/17/03

380 Neal, C..10/19/02 380 Langwell, R..12/14/02 380 Baer, J..3/22/03 380 Cerasini, G..5/17/03 380 Vroman, C.J..5/18/03 380 Vroman, C.J..5/18/03 380 Runyan, J..8/16/03 380 White, A..8/17/03 380 Keele, J..8/23/03 375 Rinker, J..3/22/03

375 Gordon, H..6/7/03 375 Steiner, L..6/22/03 375 Evans, M..8/24/03 374 Hokoana, M..11/16/02 374 Wrye, R..11/16/02 374 Hanifen, L..12/8/02 374 Shively, J..6/14/03 374 Bracken, D..7/19/03 370 Glaus, J..10/12/02 370 Green, C..1/25/03

370 Vail, M..3/15/03 370 Curley, P..4/03 370 Larrisey, S..8/8/03 370 Knapinski, A..8/9/03 369 Daniels, K..9/28/02 369 Marxheimer..11/16/02 369 Vasquez, J..11/23/02 369 Newbill, F..3/8/03 369 Wade, T..3/29/03

DEADLIFT

688 Palmer, R..2/28/03 683 Conyers, A..11/8/02 644 Nickson, E..12/7/02 635 Castro, M..8/9/03 633 Berardinelli, A..2/28/03 633 Braca, J..5/2/03 625 Adams, T..12/7/02 617 Cirigliano, R..11/16/02 617 Cayer, A..5/2/03 617 Little, A..5/10/03

611 Wade, T..3/29/03 611 Macri, M..7/19/03 610 Wright..11/23/02 606 Sigala, M..9/28/02 606 Dicataldo, S..12/15/02 605 Retz, G..3/1/03 605 Snelling, R..8/10/03 600 Crowe, B..2/15/03 600 Petrillo, D..6/7/03

600 Hooper, W..7/19/03 600 Bridges, E..8/17/03 600 Cantwell, J..8/30/03 589 Pardue, T..3/15/03 589 Strickland, B..6/7/03 589 Kanavas, C..8/15/03 580 Nulman, A..12/1/02 580 Roger, R..3/22/03 578 Schwab, B..4/26/03 578 Smith, G..6/7/03

575 Romberger...1/25/03 573 Eaddy, R..10/26/02 573 Davis, K...3/1/03 573 Franks, A..4/12/03 573 Beaumaster, P...5/2/03 573 Barown, C...5/2/03 573 Brown, C...6/7/03 567 Sielawa, S...11/9/02 565 Hart, M..9/14/02 565 Roney, J...8/8/03

563 Croft, B..12/7/02 562 Bermudez, L..10/26/02 562 Olson, G..5/10/03 562 Tincher, B..6/7/03 560 Theodorou.10/26/02 556 Ricchio, R..9/28/02 556 Lubeck, W..5/31/03 556 Fleming, M..6/6/03 555 Schupbach, J..11/24/02 555 Hurd, C..12/1/02

555 Marshall, G..5/17/03 555 Taylor, T..6/22/03 551 Ahmadzadeh, B..3/1/03 551 Ahmadzadeh, B.,3/1/03 551 Lineman, J.,4/12/03 551 Wads, M.,5/17/03 550 WcVaney, A., 10/26/02 550 Curley, P.,11/16/02 550 Hatchet, E.,3/22/03 550 Archie, C.,3/22/03 550 Larrisey, S.,8/8/03

545 Hokoana, M.11/16/02 545 Derks, A..3/14/03 545 Gober, J..3/22/03 545 Mattoni, L..5/13/03 540 Perez, J..11/9/02 540 Guthrie, G..11/9/02 540 Benezra, J..3/15/03 540 Colondrillo, C..3/30/03 540 Wagner, T..8/1/03 535 McLawchin, S..2/15/03

535 Langford, J..3/22/03 535 O'Reilly, B..4/6/03 534 Duckett, M..10/26/02 534 Bracken, D..7/19/03 530 Shurley, J..11/30/02 530 Lerach, D..2/15/03 530 Friday, S..3/29/03 530 Priday, S..3/29/03 530 Parteledes, J..3/30/03 529 Lewis..10/11/02

529 Valmoja, J..11/9/02 529 Wiltshire, G..12/7/02 529 Flores, R..4/12/03 529 Weber, B..5/17/03 529 Zielny, J..8/1/03 526 Diaz, E..8/16/03 525 White, F..9/21/02 525 Polak, J..11/16/02 525 Kibler, D..2/8/03 525 Sanderson, K..3/22/03 on, K..3/22/03

525 Chiodo, D. 4/26/03 525 Kirchner, L...5/10/03 525 Rothe, K...5/17/03 525 Deleon, E...5/17/03 525 Stephens, A...5/17/03 525 Stephens, A...7/26/03 523 Taylor, D...12/7/02 523 Rivera, M...4/12/03 523 High, R...6/6/03 523 Riffe, T...7/20/03

1951 Palmer, R.. 2/28/03 1879 Conyers, A.. 2/28/03 1873 Berardinelli, A.. 2/28/03 1774 Hooper, W.. 7/19/03 1710 Crowe, B.. 8/8/03 1631 Petrillo, D.. 6/7/03 1620 Nickson, E.. 5/3/03 1592 Tincher, B.. 6/7/03 1576 Strickland, B.. 6/7/03 1554 Beaumaster, P.. 5/2/03

1548 Perez, J..11/9/02 1545 Dicataldo, S..5/17/03 1537 Macri, M..7/19/03 1535 Kirchner, L..5/10/03 1532 Wade, T..3/29/03 1532 Braca, J..5/2/03 1530 Curley, P..4/03 1520 Larrisey, S..8/8/03 1515 Cayer, A..5/2/03 1495 Marshall, G..5/17/03

1492 Reichart, G.. 10/25/02 1488 Little, A.. 5/10/03 1488 Bracken, D.. 7/19/03 1485 Roney, J.. 8/8/03 1482 Olson, G.. 5/10/03 1480 Retz, G.. 3/1/03 1471 Bermudez, L.. 10/26/02 1471 Kanavas, C.. 8/15/03 1466 Lewis. 5/2/03

1460 Wright..11/23/02 1444 Pardue, T..3/15/03 1438 Eaddy, R..10/26/02 1438 Smith, G.6/7/03 1438 Davis, K..7/19/03 1435 Cantwell, J..8/30/03 1432 Sigala, M..5/2/03 1430 McVaney, A..10/26/02 1430 Freeman, M..4/12/03 1421 Wiltshire, G..3/1/03

1416 Bohigian, K..6/7/03 1415 Barnes, D..10/26/02 1415 St. Juste, W..3/22/03 1410 Cirigliano, R..10/25/02 1410 Cagnolatti, D..1/11/03 1410 Murphy, J..6/14/03 1405 Vasquez, J..121/23/03 1405 Taylor, D..12/7/02 1405 Bridges, E..3/8/03 1405 Rivera, M..4/12/03

1405 Brown, C...6/7/03 1400 Hatchet, E...3/22/03 1400 Archie, C...3/22/03 1399 Phillips, W...5/10/03 1394 Sielawa, S...11/9/02 1394 Houston, P...8/15/03 1388 Corpuz, N...11/9/02 1380 Keenan, P...11/24/02 1380 Hammers, D...11/30/02

1375 Sylcox. L.. 2/22/03 1375 Sherbondy, T. 4/12/03 1372 Wads, M.. 5/17/03 1372 Lubeck, W.. 5/31/03 1372 Lubeck, W.. 5/31/03 1366 Darin, C. 3/8/03 1366 Stark, J. 5/3/03 1360 Langford, J. 3/22/03 1360 Sanderson, K. 3/22/03 1360 Panteledes, J. 3/30/03

1355 Williams, T..3/29/03 1350 Hill, J..10/5/02 1350 Franks, A. 4/12/03 1345 Hurd, C..12/1/02 1345 Thomas, D..3/22/03 1344 Wilson, J..8/15/03 1340 Wilson, J..8/12/1/02 1340 Nulman, A..12/1/02 1340 Manning, K..12/7/02 1340 McCarthy, D..5/17/03

1339 Ricchio...9/28/02 1335 Polak, J...11/16/02 1333 Hall, M...4/27/03 1333 Olson, B...5/2/03 1330 Chiodo, D...4/26/03 1328 Ahmadzadeh, B...3/1/03 1328 Chang, E...3/29/03 1328 Zigny, J...8/1/03 1329 Zigny, J...8/1/03 1320 Gober, J..3/22/03

1320 Welcheck, M. 8/8/03 1320 Wells, P. .8/16/03 1317 Boutte, P. .10/25/02 1317 Riffe, T. .7/20/03 1317 Flores, R. .8/15/03 1315 Monteagudo, M. .9/29/02 1315 Kibler, D. .2/8/03 1315 Roger, R. .3/22/03 1315 Rothe, K. .5/17/03 1310 Edwards, C. .2/8/03

PL USA Top 100 **Achievement Awards**

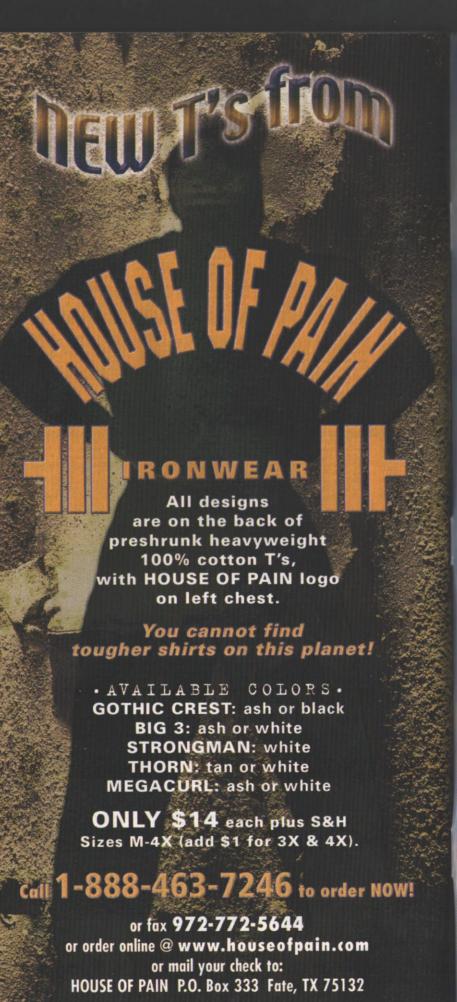


Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plague with a clear cover, ready to hang. The certificate and display plaque are available to-gether for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting JSA. Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 181s

Statement of Ownership, Management and Circula tion 12. Publication Title: Powerlifting USA. 2 Publication No.: 01998536. Date of Filing: 1 OCT 03. 4. Issue Frequency: monthly. 5. No. of Issues Published Annually: 12.6. Annual Subscription Price: \$31.95.7. Complete Mailing Address of Known Office of Publication: 2486 Ponderosa Dr. No. Suite D-216, Camarillo, Ventura, CA 93010 Complete Mailing Address of the Headquarters of General Business Offices of Publisher: 2486 Ponderosa Dr. N. Suite D-216, Camarillo, CA 93010, 9 Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Mike Lambert, Box 467, Camarillo, CA 93011 Editor: Mike Lambert, Box 467, Camarillo, CA 93011; Managing Editor: not applicable. 10. Owner: Michael Robert Lambert, Box 467, Camarillo, CA 93011. In Joo Lambert, Box 467, Camarillo, CA 93011.11. Known Bondholders: Not Applicable. 12. Not Applicable. 13. Publication Name: Powerlifting USA. 14. Issue Date for Circulation Database: Oct/ 03. 15. Extent and Nature of Circulation. Average No. Copies Each Issue During Preceding 12 Months Actual No. Copies of Single Issue Published Nearest to Filing Date, A. Total No. Copies: 15836.36/ 15500 B Paidandor Requested 1 Mail subscriptions. 8245.36/8043.2. Not Applicable. 3. Sales through dealers and carriers, street vendors and countersales: 5352.82/6760.4. Other Classes: 63.45/64. C. Total Paid and/or Requested Circulation: 13661.63/14867. D. Free Distribution by Mail 97/97.E. Free Distribution Outside the Mail: 0/0.F Total Free Distribution: 97/97. G. Total Distribution: 13758.63/14964. H. Copies Not Distributed 2077.73/536.G. Total: 15836.36/15500. J. Per cent Paid and/or Requested Circulation: 99.29%/ 99.35%. 16. This State of Ownership will be printed in the Dec/03 issue of this publication. 17. Signature and Title of Editor, Publisher, Business Manager, or Owner, M. Lambert, Date 10/1/03





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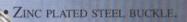
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