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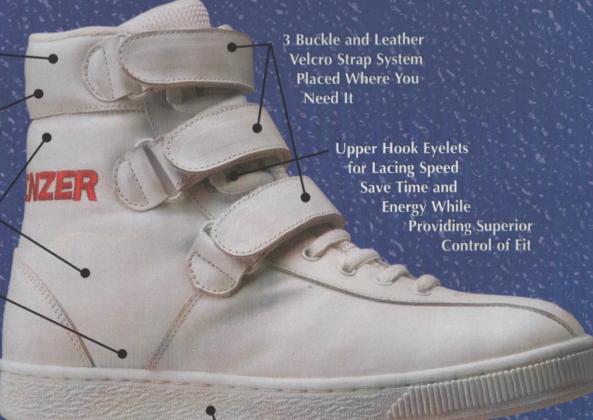
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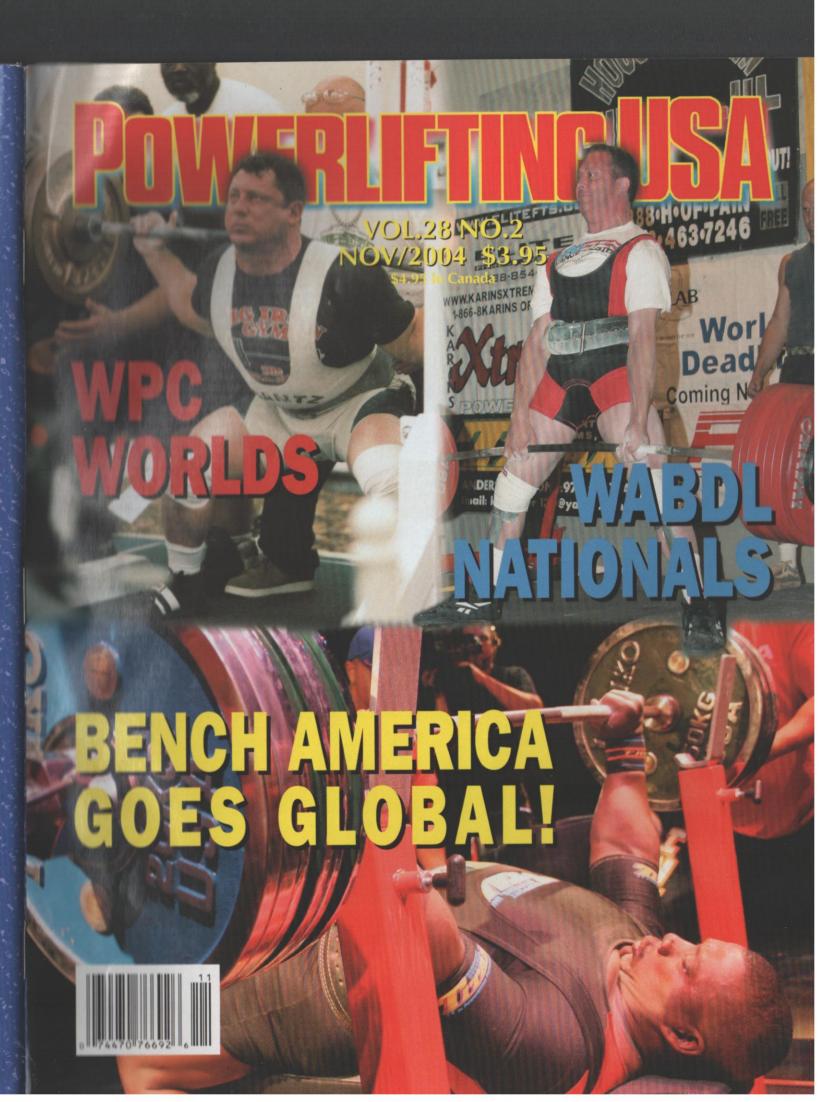
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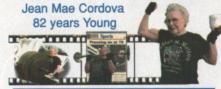
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### **MUSCLE MENU**

- Volume 28, Number 2 - November 2004 -

ON THE COVER ..... (upper left) Jim Grandick - Best Open Male Lifter at the WPC Worlds; (upper right) Tom Eiseman with a 744 pull at the WABDL Nationals (Namea photo), and (bottom) Horace Lane with a 700 BP, the biggest lift at the BA Worlds (courtesy Mukite)

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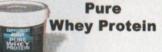


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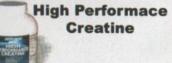


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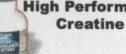
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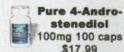
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A total of 43 benchers participated in the World Powerlifting Congress - World Bench Press Championships, which took place the first two days of the week long competition; Tues., Oct.12 and Wed. Oct 13 '04 at the University Piccadilly Inn Hotel in Fresno, CA,

WOMEN - Natalya Erkan, 26, RUS (145.94) lifted 176.36 taking 1st in the 67.5 kg. (148.81 lb.) class Women's Open. Katarina Murancanova, 25, SLO (171.95) made all 3 lifts (286.59) winning the 181.88lb. Women's Open category. Tammy Thomas, 34, a former world ranked racing cyclist who's turned to PL, has suffered injuries recently. She tried a shirt she'd never used before at this meet which resulted in her bombing out. Tammy has a bright future coming next year. I predict it. The Open women's +90 over 198.41 lb. bdwt. category had two entries which rounded out the very small group of women. Veteran Finnish PLer, now a BP specialist, Tarja Rantanen, 47, weighed only 201.5, but shattered the 45-49 Women's 45-49 age group single lift twice with 157.5 kg. (347.22), then 167.5 (369.27). Despite a bad case of food poisoning, Maricelle Mendelson sucked it up and gother opening lift of 125 kg. (275.59) on the board the second time around.

### **World Powerlifting Congress World Bench Press Championships** as told to PL USA by Herb Glossbrenner



Doug Van Affelen of the USA, with a 187.5 kg. bench. (Herb photo)

but missed her final with 142.5 made his 60 kg. bwt. late Monday (314.15). This gave her 2nd place night (132.27) right on the nose, in a World Championship in only her second meet. Raising three kids and putting up with the tribulations of her hubby Scot makes her success even more noteworthy.

MEN-Masters lifted in the afternoon. Gary Bobrovitz, 52, CAN,

but was cramping so bad the day of the competition he opened with a mere 82.5 (181.88) shirtless to insure the win. Then he tried his new shirt with amazing results popping up 350-54 age group WRs in a row: 123.0 (271.16); 127.5

(281.08), then on a 4th attempt he got 130.0 (286.59). Gary had busted his own record by 16 lbs. When push comes to shove, this Canadian T.V. news anchorman has it! Surrender Dhah, 56, toyed around and took the Masters 55-59 victory doing two token lifts (154.32) This former World Class OLer from India could lift some big weights if he spent more time in Kym's Gym. The 75 kg. (165.34) wt. categories saw Alexander Martynyak, 19, UKR, @ 160.05 hoist the gold with 150 kg. (330.69). Nick Marinis, 41, duplicated the "nil" he got at the Nationals by starting too high, with 192.5 (424.38) being his 3rd strike. Yours truly lifted sans shirt with a partially torn right rotator cuff and went to 2/ 3, with a last lift of 225.97 completed, but not to the satisfaction of two of the officials. New kid on the block, Robert Mattison, 67 of San Rafael, CA (USA), benched 231.48 for the 65-69 win, a warmup for the full power meet later on Thursday Iron Game legend Dick Giller, 77 of Florida duplicated his 125 kg. (275.59) WR lift he'd done in FL last year and almost got 127.5 (281.08) on a 4th trying to better his untouchable mark. Dick was 1955 OL National Champ and still can make the same wt. class 49

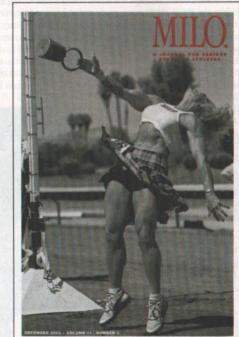
(article continued on page 84)

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

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

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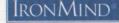


to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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This years WPC Worlds was held Oct. 13-17, 2004 at the University Piccadilly Inn Hotel in Fresno, CA (USA). Bob and Kim Packer, proprietors of Kym's Gym, served as comeet directors. Wheeler's Exercise Equipment of Fresno served as top sponsor. The Powerlifting competition took place Thursday, Oct. 14 through Sunday, Oct. 17. It was a good venue, with many places to dine within a couple of blocks walking distance. Instead of the traditional gold, silver. and bronze medals, awards were beautiful large plaques designed by Kym Packer herself; suitable for mounting on the wall or placing in one's home trophy case. Although the number of participants was abnormally low, as well as the number of countries participating, The two WPC World Superpowers of FIN and RUS sported full teams, as well as a small group from CAN, and several participants from as far away as Australia, Germany, Slovakia, and the Ukraine. There was a total number of 101 lifters who hoisted the biggest iron they could muster in the four day three lift competition. Bob Packer drove all the way to Las Vegas to pick up an extra Monolift - a big task in itself. Al Garcia of Sacramento loaned Bob his as well. There were two in the backroom and one on the competition platform. A successful meet with happy lifters is a reward in itself. Thanks to Bob and his crew for everything. The meeting of the WPC Executive Committee, presided over by Kieran Kidder, took place Oct.16, Sat. evening. One big change was the unanimous passage of the new Herb Glossbrenner Powerlifting Formula to replace the Reshel Formula for the APF and WPC. A new rule was passed that elbow wraps may be worn for the squat and deadlift, if a lifter so chooses, but are not allowed for the bench press. Another rule was passed that the bar is not allowed to touch the lifting belt when executing the bench

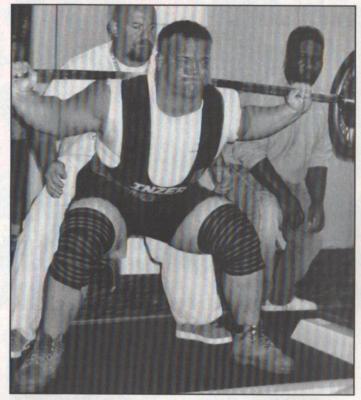
The powerlifting competition actually began Oct. 13th, Wed. afternoon, Session 4, with all Teens and Junior Men: with one female lifter in this group. Taylor Ladnier, 14, at 60



Taylor Ladnier, spotted by her Dad Joe on a great day for both (Joe L.)

# **WPC World Championships**

as reported for PL USA by Herb Glossbrenner



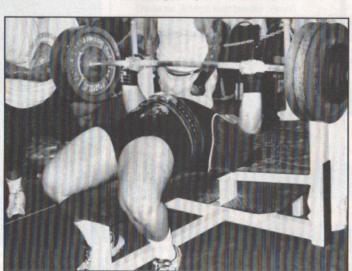
Scott Weech tries a ponderous new 308 18-19 World Record - 931 (Herb)

kg. (132) was hotter than a pepper sprout, stroking the hapless barbell into submission with her surprising strength. She gets her genetic superiority from her famous dad, Joe. Nine lifts and no misses, a perfect day for this amazing young lady. She set no less than 9 WPC WRs in her 13-15 age group bracket. She broke the SQ record thrice (374), the BP WR twice (171) and her final DL was a WR also (286). She created a TOT record with each DL she took. Final Tally - 832 outstanding

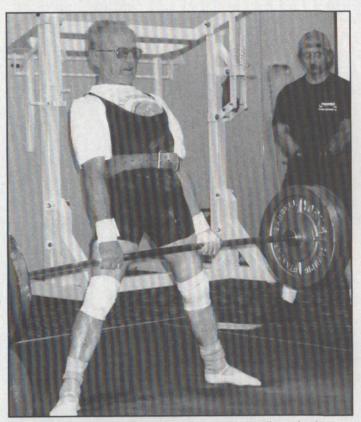
Also at 132 in the Juniors (20-23) was Shant Sheklanian, 21, USA, who TOT'd 1069.24 via 396.8 SO. 264.6 BP and 407.85 DL, going 8-9. At 148, Blake Sumner, 15, from Oregon demolished his own 13-15 WRs setting no less than 8 WRs himself: All 3 SOs were WRs (501.55), BP - two more (314.15), and add his 402.34 3rd DL for a 9-9 perfect day. All 3 TOTs broke his own WR, scoring 1218.05 ultimately. His daddy, formerly known as Lord Greystoke, was delirious with joy, jumping up and down. At 220, Tyson Orwoll, 21, USA won the Juniors (20-23) with 6/ 9, TOT 1377.88. Also at 220, Robert Fredette, 17, USA, had well balanced lifting with successful lifts of 650.36 396.83 BP, 611.78. TOT 1658.97. Robert gave us a big scare when his legs buckled trying a WR 16-17 SO of 749.56. He pitched forward, but the spotters averted a serious injury. Christian returned unscathed and finished with no misses thereafter. At 275, Daniel Macri broke 6 (13-15) World age group records belonging to himself, with 507.06 SQ, 319.66 BP, 485.01 DL and 1311.75 TOT. Dan came all the way from Australia and was a real favorite with the crowd. Max Tooker, 19, USA, took the 18-19 title with good lifting - 1548.73. He was so happy with his performance, especially since his dad had kept him awake snoring loudly the night before his competition. At 308 a couple of USA powerhouses showed that our future generation is getting stronger. Max Higgins, 21. USA is a CAL boy who is built along the lines of a Brinks truck. He SOed 826.73, 2nd att., following his missed opener. His BP was out of sight as he hit 600.75 on a 2nd attempt. This set him up for a successful WR of 283 kg. (623.90) on his final lift which rocked the house. Max is a good puller too -633.82 gave him a big win - 2083.36 TOT. Unfortunately, there was one fatality - Justin Graham, 19, USA missed all SOs @ 573.19. This left the spotlight to shine on the Florida Leviathan, Scott Weech, who shattered 7 WR on his way to the 18-19 308 title. He broke the SO record twice: with an 854 opener, then a picture perfect 903.89. He tried 931 on a 3rd, but got pinned. BP - Scott fought out two WRs: 540, 2nd attempt, and a refusing to quit 3rd w/ 551.15! After pulling a 672.4 2nd DL and setting a WR TOT of 2127.43 he tried 705.4 to lay claim to the DL record also. It hung up and refused to lock out, inches from the top.

Oct.14 Session 5 convened Thurs-

day morning with the Master Men 114 thru 198 going in the Morning. and the 220s and 242s having at it that afternoon: 132 - Scott Richev. 47, won unchallenged - 1041.67 TOT in 45-49s. Lots of good lifting in the 148s! Vince Tanabe, 41, is always game. He won the 40-44s with a token BP, due to injury, but SQed and DLed well: 473.99 and 501.54 respectively for a 1168.43 TOT. Tim Judge, 45, a former APF open Champ from Ohio, who has rehabed serious injuries, pulled himself up by the bootstraps and refused to throw in the towel, despite such adversity. He broke the 45-49 WR BP twice (352.73) and TOTed a respectable 1284.17 for his win. Masters 50-54 saw Gary Bobrovitz, 52, of CAN come in at 139.33, as he had vacated the 132 class forever. Still cramping badly from his ordeal of making weight for the BP competition, Gary tokened in SQ and DL, but popped a huge WR BP first time out in his new weight category (310.84!) At 55-59, Ted Feight, 57. USA from Michigan had a banner day; 9-9 with PRs in all the lifts



Max Higgins with a 20-23 308 World Record 283.0 kg. BP (Glossbrenner)



loe Stockinger (CAN), with a 440 pull at 70-74, 148 lbs. (Glossbrenner)

352.73 SQ, 225.97 BP, and 363.75 D/L, for a 942.46 TOT, for his first ever World title and it was most deserved. His runnerup, Mr. Dhah, 56. USA tokened only and "Surrindered" to Ted's superiority. At 70-74 a real standout newcomer was Joe Stockinger, 74, from Canada. This former IPF competitor tried his skill in WPC for the first time and shocked everyone with his fire, spirit, and unbelievable strength. Joe's 339.66 SQ, and 242.50 BP are amazing enough, but the surprise of the whole meet was his DL ability. He literally pulled up two WR DLs of 418.9 and 440.92 like the plates were made of a aluminum. This busted Frank Richey's record and that is saying something. Joe's TOT of 1003.89 is quite an accomplishment. Richey was present, but injured and didn't lift. Stockinger may well get Richey's 363 SQ record, 270 BP record, and 1019.6 TOT record in the future, but Frank might have something to say about that. At 165, Richard Cirigliano, 49, claimed victory. His frequent travel keeps him living out of a suitcase. He trains at whatever gym he can, wherever he can, whenever he can. His 573.19 DL gave him a 1372.36 TOT. Robert Mattison, 67, USA, just keeps getting better and better. His first 3 lift meet was back at the Nationals, as he formerly did BP only, until I talked him into trying all three. Mattison got 2nd place here with big improvement in all lifts: SQ 330.69, BP 242.50 - 11 more than he did winning the BP title earlier on, and a 374.78 2nd attempt DL. TOT 947.97 - runner up in the 65-69, 165s. I must say I thought Richards 3rd DL of 385.8 looked good. The 65-69, 165 champ is probably the best Master PLer on earth. Richard Flores, 67, from IL, on top of his game here setting incredible 65-69 World age group records of 523.59 SQ and 529.10 DL to go with his 264.55 BP. His 1317.24 TOT, also a WR, is just utterly fantastic. He won the outstanding Master lifter award over Mr. Stockinger. Another tough ole customer is Martin Garry, 75. Martin broke more World Records than anyone in the whole meet -ELEVEN! (Macii set 11 also, but lifted twice to do it) His Masters 75-79, 165 class records will last for a long, long time: SQ 336.2 (4th), BP 220.46, DL 424.4 (4th), and TOT 947.97. At 181, the 40-44 title went to the man everybody calls "MR.

resulted in all the bad boys behind bars giving him a wide berth: SQ 578.7, BP 363.76, DL 600.75, and 1543.22 - a best ever performance. In 2nd place was Bob Fabiano, 47, who was the biggest bencher of the trio (402.37). My Iowa buddy Doug Peterson, 49, had been nursing a lot of injuries, but came and delivered a 1410.94 TOT for third place honors. Masters 50-54 saw Greg MacMillan, 52, score 1421.96 TOT for the win. A proud pappa, still exhulting over his son's performance, managed 1295.2 TOT as runner up. I'm speaking of Greg Sumner, the Oregon wild man. By the way, we wish a speedy recovery to Gordon Olson who had underwent quadruple bypass surgery, I'm told. The Masters 65-69 saw a CA PL legend Cov Sanders emerge from retirement, to set a WR 275.57 BP and win as well. At 198, David Fleming, 42, USA, topped Chris Mullen (not the NBA star) 1736.12 to 1493.61 in the 40-44s. At 45-49, USA & Golden State great Keith Kanemoto lifted well (710.98 squat and 1692.03) for runner-up. Winning in an overwhelming manner washardcore legend, Marc Caplan, 46, who spent about 20 some years rehabbing himself from terrible injuries back in 1982, when be was in his 20s. At the Nationals, he electrified everyone with his stellar comeback, especially his superb 810.2 SQ: He SQed 749.56 (2nd attempt) here

CANADA". Vince Graham goes a bit

overboard with his cardiovascular

work! A 25 kilometer walk over

rough terrain is all part of his condi-

tioning. Vince loves fresh Canadian

outdoor air and hates the treadmill, so

he sez. His rugged conditioning pro-

gram may have taken place too close

to his lifting date. Vince's strained

himself beyond belief to finally se-

cure his do or die 3rd SQ of 661.3 to

stay in the competition. His BP was

sharp (418.87), and he looked good

for 11 more. A DL of 573.20 gave

him 1653.45. The 45-49 World

Champion is Kent Richardson, 45,

who missed only one lift (a 385.8 BP)

in his nine trips to the platform. A

prison guard back in Michigan, I'd

dubbed him the Michigan Mauler in

one of my previous articles. This



Richard Flores the Best Master ifter of the Meet. (Glossbrenner)

then leapt to a mind boggling 826.7 on his final try. A bit too much this day for mighty Marc. Add in a good 435.41 BP and an outstanding 639.33 DL gave him an 1824.30 TOT . At 50-54 Kent Bush, 52, used the power of his mighty back (once a 738 DLer) to secure a 655.87 SQ and pull 589.73 DL for a TOT of 1499.12, and an unchallenged victory. Jim Razor, 55, also USA, topped the next group with his solo flight TOT 1135.38. At 65-69 it was that indomitable Pete Wilson, just taking it EZ, coasting to a 1201 TOT. He's unbeatable, and a youthful looking 68, at that. At 220, Mike Taylor, 42, a Big Iron boy from Omaha, NE set a new AR TOT of 1967.6 which included a 760.6 SQ in the 40-44s. At 50-54, it was Charlie Maxwell, 50, from Michigan, with a 749.56 SQ and 1818.79 TOT. Runner-up was Robert Olinger, also USA, with a 1421.96 TOT. At 55-59, John Burgyard, 56, USA scored 1372.36 to top Ron Birch, 58, a real affable fellow from AUS whose 5/8 TOT of 1234.57 for runner-up. Terry Lancaster, 61, of USA, played a game of Solitary in the 60-64s, and came out a winner - 1405.43. Floyd Irons, 68, from the Los Angeles Lifting Club, had lots of aches and pains and a bad case of vertigo (from an inner ear infection). He was staggering allover the place, but hung in there to become World Champ in the 65-69s. At 242, Randall Ward, 40, couldn't register one of his 661.38 SQ tries, so this year's 40-44 242 class has no claimant to the title. The 45-49, 242 group was hotly contested. Duane Fuss, 47, braved the trip from CAN and finished 4th with 1714.07. In 3rd place was Dennis Montenbault, 48, USA. Dennis couldn't deliver the monster SO that he shocked us with a couple of years ago, but did manage the biggest of the four men, producing 755.07 as well as a good 1730.62 TOT. Mr. Thomas Bowman, 48, also USA, did some fine lifting with a 612.4 SQ, the biggest BP w/501.54, (article continued on page 86)



Kent Richardson, 45, USA, benching 363 on his 2nd attempt (Herb. G.)

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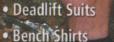
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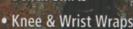
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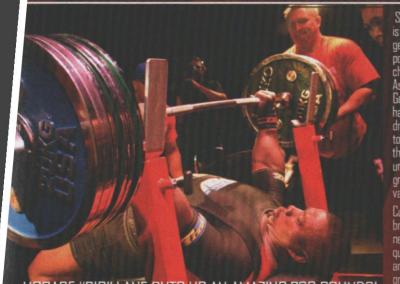
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### HORACE "BIG" LANÉ PUTS UP AN AMAZING 700 POUNDS!

October 10th - BenchAmerica has done it again! For the third time, Joe Mukite and company have pulled off a top shelf powerlifting production and, this time, one of global proportions! Coming off the highly successful BA and BAII, the promoters decided to pit five of their current champs against elite, five lifter teams from three other nations in a world cup setting. Benchpress teams came from Russia, Japan and the Czech Republic to take on the Americans and it was white knuckle action from the opening attempt! As the iron gladiators psyched themselves up for each lift, the coaches number crunched and strategized and the stage crew piled on plate after plate. And through it all, the beautiful Chicago Rush Dancers paraded across the stage displaying the attempt cards, the DJ cranked up the audio inspiration and the Chicago fans raised the rafters! Each attempt saw a new lifter or team jockeying for the lead and the fate of the nations' best rested on the bending bar time and time again! And when the dust had settled, the Japanese Samurai walked away with the team victory, but Team USA had the biggest lift of the meet in both the men's and women's divisions! Horace Lane, Brad Kelley, Ralph Young, Joe Smith and Jennifer Thompson did our country proud.

Benchpressing's return to American television is both very welcome and long overdue. Powerlifting is one of the fastest growing sports in our country and it has also built a strong following abroad, especially in Europe. The IPF is now over 90 nations strong and when they hold a world championship in Europe, the Eurosport television network airs a one hour highlights show in 68 countries and in 18 different languages!

Some critics have written off powerlifting's chances of getting into The Olympics. But, the reality is that it is very likely that powerlifting will soon be joining the Olympics' roster of competitions. To get a sport into the Olympics requires diplomacy, integrity and perseverance. Fortunately for powerlifting's Olympic hopefuls. IPF President Norbert Wallauch has all three of those characteristics in aces. Wallauch is in regular contact with the International World Games Association and the IOC Recognized Sports Federations. Furthermore, the IPF is a member of the General Association of International Sports Federations and they are the sanctioning body that handles the powerlifting at the World Games, which is the sports festival from which The Olympics drafts its new additions. To make the situation even more promising, the Olympics obviously wants to include all sports that are popular and with BenchAmerica now regularly airing prime time in the USA, powerlifting has just made a great leap forward in that respect! Mr. Wallauch understands this and, even though BenchAmerica is not an IPF sanctioned competition, he was gracious enough to make the trip over from Europe to attend the competition and to give his highly valued insights and advice.

Currently, the BenchAmerica.com website is being totally upgraded and you will soon be able to browse thru picture galleries, download video clips and get all the results of past competitions and news briefs on upcoming ones. BAIII will be taking place in the fall of 2005 and all rules and qualifying requirements will be posted on the website before January 1st, so all lifters will have ample time to get on board and have the opportunity to qualify. The website building will be an ongoing process so keep checking back and watch for official contest updates in future issues of Powerlifting USA.

This international undertaking would have been incredibly difficult were it not for the assistance of Inzer Advance Design's Peter Thorne; powerlifting ambassador extraordinaire and analyst for BenchAmerica's broadcast team. Mr. Thorne went into overdrive making arrangements with top IPF coaches, organizing championship caliber competitors into national teams and securing safe passage across the Atlantic and Pacific for all who would make the journey to Chicago and we greatly appreciate his professionalism and service to the sport.

The sport of powerlifting is sweeping across the nation and we'd like to say thank you to the thousands of people who are making this happen. From the parents organizing high school federations, to the promoters hosting sanctioned meets in their states, to the lifters competing and teaching others how to train and to the companies that sponsor powerlifting; you have built benchpressing into the success it is today. Thanks to all of you, powerlifting is back on television and it's recapturing the hearts of our nation's sports fans. A special thanks to Inzer Advance Designs, House of Pain, Powerlifting USA, Red Bull, Panasonic. Strongarm Sports, Jeff Everson, Holiday Inn, Sherman Health, Prarie Rock Bar & Grill, Courier News, the judges, spotter/loaders and production crew and to the City of Elgin for officially hosting the competition.

The inaugural BenchAmerica vs. The World was an awesome display of power and it will be airing nationwide via Fox Sports Net this March! The production and marketing crews will be working round the clock creating the broadcast and it is going to have you riveted to your seats! The specific dates and times will be listed in the next issue of Powerlifting USA, so keep the pizzeria on speed dial and invite your lifting partners because benching is coming back to your living room

Stay Strong, Seanzilla Katterle

						***	3143431	
1	NAME Women	COUNTRY	WEIGHT	COEF.	ATT 1	ATT 2	ATT 3	BEST WILKS
	YUKAKO FUKUSHIMA VALENTINA NELYUBOVA JENNIFER THOMPSON MARCELA BALOGOVA	Japan Russia USA CZECH	103 137 134 109	1.1015 0.8258 0.8402 1.0299	254.00 265.00 <del>303.00</del> 198.00	270 292 303 209	<del>292.00</del> 309.00 <del>309.00</del> <del>220.00</del>	297.405 255.172 254.581 215.249
THE RESIDENCE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAME	LIGHTWEIGHT HIRO ISAGAWA JOE SMITH VALERI BOGDANOV RUDOLF BOHM	Japan USA RUSSIA CZECH	131 144 147 146	0.8594 0.7901 0.7747 0.7813	397.00 424.00 397.00 308.00	419 424 419 331	440.00 440.00 440.00 342.00	378.136 335.002 324.599 267.205
	MIDDLEWEIGHT DAIKI KODAMA ALEX VORDBYEV MARTIN KOSNAR RALPH YOUNG	JAPAN RUSSIA CZECH USA	166 190 218 219	0.7099 0.6515 0.6103 0.6096	<del>551.00</del> 551.00 463.00 <del>601.00</del>	<del>551.00</del> 573.00 485.00 <del>601.00</del>	551.00 584.00 496.00 <del>601.00</del>	391.155 380.476 302.709 0.000
	HEAVYWEIGHT BRAD KELLY SHIGEKI MINAMI ZBYNEK KREJCA VICTOR SHABANOV	USA Japan Czech Russia	246 240 247	0.586 0.5897 0.5849	628.00 595.00 557.00	628.00 606.00 557.00	695.00 606.00 562.00	368.008 350.872 325.789 0.000
	SUPER HEAVYWEIGHT HORACE LANE DAISLIKE MIDOTE VLADMIR MAXIMOV TOMAS SARIK	USA Japan Russia Czech	281 307 293 277	0.5674 0.5606 0.5632 0.5689	672 678 639 573	688 <del>694.00</del> 672.00 <del>595.00</del>	<b>700.00</b> 695.00 <del>683.00</del> 595.00	397.180 389.617 378.470 325.980

# Team Standings

1st Place Japan 1807.184 2nd Place Czech Republic 1436.93 3rd Place USA 1354.77 4th Place Russia 1338.72



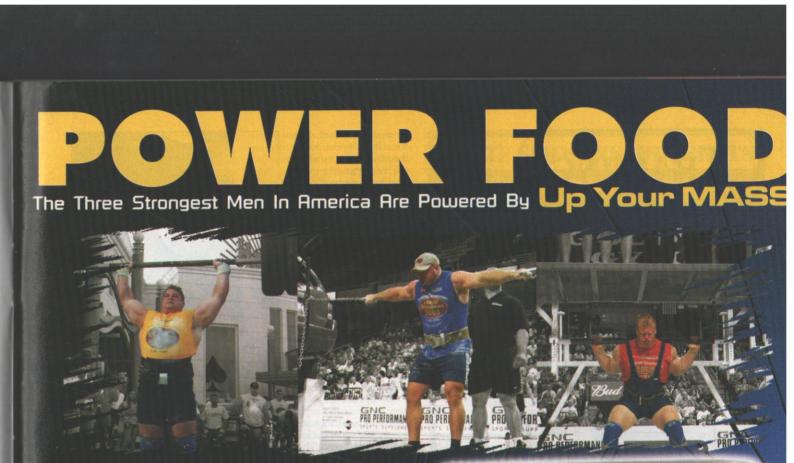
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# **TRAINING**

# SPEED WORK chest. We attach Jump-Stretch bands at the top of a 7-foot rack. Blue bands reduce the weight by

At Westside we have a speed day for squatting, deadlifting, and benching. This is also referred to as the dynamic method. That is, we use submaximal weights with maximal speed. It is designed to develop a fast rate of force in a minimal time.

Dr. Ben Tabachnik, Ph.D., has said that it is common for athletes to become easily adapted to quickness exercises. This must be addressed either by varying intensities or by changing the apparatus you are using.

We do both, by using a 3-week pendulum wave, mostly with weights of 50%, 55%, and 60%. This also entails changing part of the resistance by adding chains or bands. This is essential to completely develop speed strength, i.e., starting and accelerating strength.

Speed Benching

Speed Bench with Bands: These should be done for 8 or 9 sets of 3 reps. Use 45% of your 1-rep max on floor press. The bands should provide 40 pounds of tension on the chest and 85 pounds of tension at the top.

Speed Bench off Power Rack Pins: Set the pins at chest level. Lower the bar to the pins, relax for a second, and then blast the bar to completion. This is relaxedovercome-by-dynamic work. Use bands or chains.

Buffalo Bar: The same can be done with a Buffalo Bar. It has a 2-inch camber. Bill Gillespie of the Seattle Seahawks used this method and the previous one to their fullest and so far has a 782 bench in a poly to prove it.

Floor Press: Chuck Scherza uses the floor press for his dynamic work. His bench has gone from 525 to about 700 with this method. By the way, Chuck had triceps surgery after he did the 525 bench.

Incline or Decline Press: Incline and decline press with a bar can also be used. Use Jump-Stretch bands to accommodate resistance and to build starting and accelerating strength. You can even use bands with dumbbells by placing the band around your back and looping the ends over your palms before you pick up the dumbbells, like Clay Brandenburg does.

Lightened Method: This is done by attaching bands at the top of a power rack or Monolift to reduce the bar weight at the

chest. We attach Jump-Stretch bands at the top of a 7-foot rack. Blue bands reduce the weight by 150 pounds at the chest, green bands 95 pounds, and purple bands 65 pounds. Chains can also be used. Weight releasers can be used on dynamic day.

Ballistic Benching: This is a very productive method to develop starting and accelerating strength. To do balistic benching with barbells or dumbbells, simply lower the bar as fast as possible and reverse it as fast as possible. Do these only on speed day not on max effort day. Do not touch your chest.

Here are some guidelines to follow for speed work for the bench. Rest 45 seconds between sets. Use proper form. Use bands, chains, or weight releasers to cause a reactive method effect. Although you pause on floor presses and on power rack pins, never pause on your chest. When resting a bar on your chest, many of the muscles will retain muscle tension. This will dampen the stretch reflex. When the bar is resting on power rack pins after an eccentric phase, the entire body can relax, then explode, much like a boxer throwing a jab.

Speed Pulls

Bands: The most common method is placing minibands over the bar. Depending on how explosive you are, train with a bar weight between 50 and 55% with about 100 pounds of band tension at the start and 220 at lock-out.

Light Bands: Again use bands over the bar, but use a band tension that is light at the start and roughly 100 pounds at the top. Bar weight is 70% at the start.

Lightened Method: Attach blue bands over the power rack pins at 5-6 inches off the floor. This will cause the bar weight to be close to zero at the start. At lockout, the true bar weight will be realized. Use 70% of a 1-rep max.

Chain Pulls: Attach 5/8inch chains to only the front of the platform and drape 5-foot lengths of chain over the bar. This will provide a movable static-overcomeby-dynamic effect. Set the chain evenly over the bar. Adjust it to fall off the bar at your mini-max. The bar weight should be 60% of a 1-rep max.

All speed work should be very fast. If a Tendo unit is available, 0.9 to 1.2 m/s is optimal.

### Speed Squatting

For speed squatting we, of course, use the box squat method. Usually we train with 50-60% of a 1-rep max in a 3-week pendulum wave; that is, we jump 5% a week, then return to 50% and start again. Bands or chains are always used.

Bands: Attach the bands to a regular squat bar for 8-12 sets of 2 reps. The weight is basically 40% of the total load. The band tension is 10% on the box and 25% at the completion of the lift.

Chains: Attach 120-160 pounds of chains to

the bar. (See the Reactive Method video for the correct setup.) The chain will deload while you are sitting on the box. Set the chain to reload at or near your mini-max. This will teach you to explode through that sticking point.



One of the speediest Westsiders is John "Chester' Stafford. Yes .. that is a Westside Barbell Club tattoo on his shoulder.

Bands and Chains: The combination of bands and chains gives a completely different feeling. The bands provide an over speed eccentric phase and an equally engaging resistance. The chains provide an abrupt loading.



Weight Releasers: This is an excellent reactive method. Increasing the eccentric load causes one to reverse the action on the concentric phase with the same force, but with less resistance. Lower the bar with 25-30% more supplied by the weight releasers.

Other bars can be used on speed day. I use the Safety Squat bar on speed day quite often, as does Dave Tate and others at Westside. Gritter Adams uses the Safety Squat bar exclusively for his training, including the circa-max phase. Paul Childress, a 1124 squatter, uses our 14-inch cambered bar for long periods of training to give his shoulders a rest. The Buffalo bar, the MantaRay, and Dave Draper's device can also be used, as well as belt squats. Remember to switch exercises often to prevent adaptation to training

To supplement speed training, a variety of jumps should be used. Westside's Plyo Swing, standing long jumps, bounding on one or both feet, 10-yard sprints, and box jumps are also a good warmup for squatting or deadlifting as well as a method of developing explosive power. I suggest that

every serious lifter buy books on jumping ability. Two that I recommend are Explosive Power and Jumping Ability and The World Atlas of Exercises for Track and Field. These books will show exercises that are related to Olympic lifts. I am not fond of the Olympic lifts for power because at points of the lifts there is no muscle tension. However, the track atlas shows many valuble exercises that will benefit all lifters as well as other athletes.

A college freshman in track who visits Westside can jump on a 49-inch box. This is in large part due to the fact that he can sit on his heels and jump to his feet with 225 pounds, at 6'3" and 230 pounds.

Weights are first in training. One should squat 2 times bodyweight before doing all-out plyos. I am proud to remind many football strength coaches that we can jump with them, but they can't lift with us. Explosive weight training with a variety of exercises will boost plyos as much as plyos will boost sports excellence.

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eliminates your arms' weakest range of distance from the chest to full extension and

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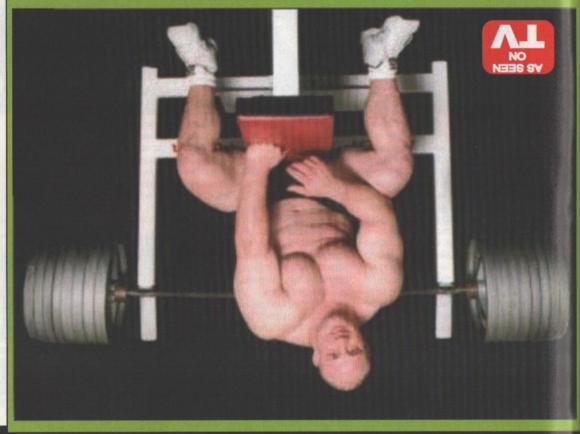
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(continued at bottom left)

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# HARD CORE GYM #36

THORBECKE'S ... That Magical Place Where A Brick is Human ... HardCore in Tempe, AZ ... as told to PLUSA by Rick Brewer



Pure ambience at Thorbeckes. (Photographs courtesy of Marty Vogt)

We skipped around over the last few months; measuring the neck of Ken Snell, the neck of Joe Ladnier, the head of Vincent Dizenzo, and then we even had a little outdoor bloodshed. Bleeding is generally good, but always more fun outside-where 'wimmen-folk' don't complain about the carpet and stuff.

Reminds me of a story that we were talking about last night. It was a fun day we had in the country a couple of years back. The main thing you need to know is that NO MOMS WERE PRESENT. My brother-in-law (Scott C.) and I had taken all of our varmints to the country. He had his 4 boys and I had taken my three kids (2 girls and 1 boy). We were shooting guns and fireworks, riding 4-wheelers, driving the truck fast with kids in the back. and looking for snakes and wild hogs. All at the same time. As I said, NO MOMS WERE INVOLVED.

Anyway, there we were, enjoying our relaxing day in the woods, when my youngest nephew Nicky (age 4 at the time) got slammed into the back of a pick-up cab, hard enough that his teeth came through his cheek. No big you can't die from that - but we did have to rush him to the ER for a 10hour ordeal of stitches (inside and outside his mouth). He lived, and it probably built character. Or pain tolerance. (Something good.) When the wives heard about this they cried out "Who was driving the truck and why were they going so fast?!" I explained that it wasn't Pip's fault, because she couldn't see over the dash, and couldn't reach the pedals. (My daughter Callie AKA Pip - was 8 years old at the time.) My wife looked at me like I

was speaking a foreign language. "Why was Pip driving if she couldn't see or work the pedals?!" Well, naturally we had put a small child in the floorboard to work the pedals with their hands. At this reasonable explanation, my wife turned white as a sheet. I think she gets too much calcium, or caffeine, or something. She spoke very slowly; 'WHENYOU SAW that this crazy idea was going to end in a crash, WHY DIDN'T YOU TAKE CONTROL OF THE WHEEL?' Sensing that the mental anguish was affecting her, I explained slowly; BECAUSE I WASN'TINTHETRUCKATTHE

At this point the strain of her day became too much, and she lost control of her arms. For that matter both moms (my wife and Scott's wife) became totally unreasonable. and probably said things that we cannot repeat here. You know how crazy wimmen-folk can get for no apparent reason. But the point is. Bloodshed is not always bad, and Bricks are not always for masonry

Arizona lifter Martin Vogt told me that he got stronger by training forty years of accumulation and with a Brick. His exact words: "It's represent a lifter's dream-they're



The locker room/juice bar area at Thorbecke's.

really enhanced my competitive lifts." Since he speaks properly, and trains with a Brick-I'll let him tell the

is the question I am often asked

whenever I wear my Thorbecke's

Is that place still open? This

T-shirt to various meets throughout the country. A gym of legendary proportions, it is indeed, very much still open, and perhaps by certain standards might even be considered flourishing. Perhaps an integral factor in the confusion that surrounds its existence can be attributed to its unique location. Some lifters claim Scottsdale as its residence: others feel they're lifting Tempe. Regardless, today's Thorbecke's is located off of Cury Road between McClintock (Hoyden) and Rural (Scottsdale) Roads, just north of the 202. You can't miss it - just look for the sandwich board sign by the auto body shop that says GYM, and turn in. (Unfortunately, if the wind is blowing especially hard that day, the sign may have blown down, and unless persistence is one of your strengths, you may miss a golden lifting opportunity.) Nevertheless, if you've successfully negotiated this first obstacle, then simply follow this road (Stadem Way), and just before it ends, turn right into an alleyway that fronts a number of industrial workplaces housed in garages. Now, simply follow this alley to the end, and it's the last garage on the left. Once again, you can't miss it, because the letters GYM are prominently displayed above the door; besides which, if you go too far, you'll drive your vehicle into what's affectionately known as the Thor Creek, Upon entering Thorbecke's, be prepared to take a step back in time as this is that gym your dad lifted in; and, if a further comparison is necessary, vou 'II soon sense the overtones of the gym Apollo Creed took Rocky Balboa to in the film "Rocky III." The owner describes it as a trip through a time warp in the 70's where "if you stay in here you won't grow old." Eclectic would probably best describe its internal atmosphere. To begin with, the weights themselves represent over

> functional. There are two power platforms (each prominently placed before an American flag), two benches, two squat stations; and to keep it from beginning to exclusively approximate Noah's Ark, incline and

benches, supine benches, numerous dumbbells, pulley stations, and all the other necessities one would expect to find a gym in this class. In addition, there is the special equipment: a hack squat/leg press machine reputed to have once used by American forces for the invasion of Normandy, and inverted leg press (a true antiquity), and one of the most unique push up devices known to mankind. The locker room area is also unique and vet once again befits the term functional. It actually comes disguised as the bathroom. And, then there are the lifters themselves, who represent a socioeconomic cross-section of America, which includes: policemen, firemen, engineers, teachers, musicians, executives. laborers, students, businessmen, et al. Nevertheless, regardless of your occupation, overall it is like CHEERS - "a place where everybody knows your name, and they 're always glad you came.' At the same time, this is not

merely EVERYMAN'S gym; this has been and still is a cathedral for many of America's premier powerlifters - Dave Pasanella. Dave Keaggy, Fred Millan, Bob Calvan, Mike Morris, Marty Einstein, Brick Darrow, Dave Draper, Jack Barnes, Wayne Coleman (aka Superstar Billy Graham), Bruce Wilhelm, Mike Wonyetye, Harold Escobedo, and the legendary Jon Cole-who have all trained at Thorbecke 's at one time or another. Similarly, the team itself - albeit presently a more mature group-continues to win powerlifting championships at the state and national levels, having recently earned its 30th team championship in Arizona. But, to return to the concept of EVERYMAN once again, there's yet another special quality to Thorbecke's that's especially evident every Saturday - a BARBERSHOP quality - good dialogue and enthusiastic conversation. For if you ever have the opportunity to come in on a Saturday morning for a workout, in addition to your lifting opportunity (as well as the opportunity for some first-rate instruction), you 'II enjoy the passionate discourse, sometimes bordering on pontification, as this particular group revels in not only dissection America's social, political, and economic concerns and issues, but willingly offering solutions to these maladies as well. It's truly enlightening, and always entertaining, to take a break from your workout, get a container of Ralph's special blend of "Thorbecke's" coffee and watch the "competition". Then, there's always the requisite ambiance, decline yet another unique component of

Thorbecke's lifting experience, as it soon becomes apparent that this is, indeed, not a contemporary "...Fitness" center. Immediately upon entering, the first thing you notice is a comfortable and familiar sound, that of Classic Rock & Roll, the only music Thorbecke's offers. Then, as you enter the garage (oops, facility), listening to hits like "Knights in White Satin" or "Stairway to Heaven", you are immediately next overwhelmed by the walls. On the walls (as well as on the garage door) are, instead of the sterile pastels and motivational signs all too prominent in the contemporary "Spandex" gyms, a memorial to the "who's who" of powerliftingplaques commemorating the setting and breaking of records, and of award-winning teams, autographed pictures, posters of meets dating back to the 70 's, and a visual record of the Power Bowl meets of previous years. Above, and below, and amongst this pictorial array of lifting prowess are trophies-lots and lots of trophies - recording the numerous competitive successes of the gym. And, if you look very carefully, when taking a break between sets, you 'Il even see a life-size poster of the present-day governor of California in his earlier

lifting days, as well as some treasured photos from Muscle Beach in California. By now, you're probably asking yourself how the members manage to keep this lifting emporium fiscally solvent. Well, there are actually two sources of revenue. First of all, there is the CO-OP perspective, whereby each member contributes a specified amount monthly, which entitles him to a key, thereby making this truly a 24/7, 365 daya-year facility. But, for those who are only "occasional" lifters, for the modest sum of \$2 (yes, Virginia, much like there is, indeed, a Santa Claus, there is also still a place you can train for \$2 a day) you can work out any day you want when the doors are open, which is usually from Odark 30 in the morning until midnight and beyond six days a week.

So, what is it then that holds this lifting Xanadu together? Ironically, it's not glue, it's a brick. Much like any other grandmother, Lucy May Thorbecke looked on her grandchildren as a treasure sent from above. This was especially significant in her feelings towards her grandson Brick (Darrow). In the early 60's, when Brick and his friends were lifting in his bedroom at Grandma's, they began to render the building structurally unsafe as

they increased their poundages. She them moved them to a 12'x 20" cement carport slab outside the house. This, subsequently, remained their headquarters for many years with Grandma functioning as the caretaker for what would serve as the original Thorbecke's. However, as the gym membership grew (from 40 to 250), a larger more permanent faculty was needed; and so, Brick and his cohorts moved to Scottsdale, until rising rent cost next forced them to move to this present location (actually, it's Tempe). Through it all, the one constant has been Brick, an East Valley treasure, who still runs and trains at Thorbecke's, and what's even more ironic is that the journey has now come full circle as he presently mentors his own grandson, Connor, who also trains there. So, if you're ever traveling in Phoenix, more specifically its East Valley, and you're looking for a good place to train amidst many of the legends of power lifting, stop by Thorbecke's, invest \$2, and take a trip back in time. And, remember, in this gym, everybody's "always glad you

I don't know about you, but Thorbecke's sounds way cool to me! Next time that I'm in Tempe, AZ-

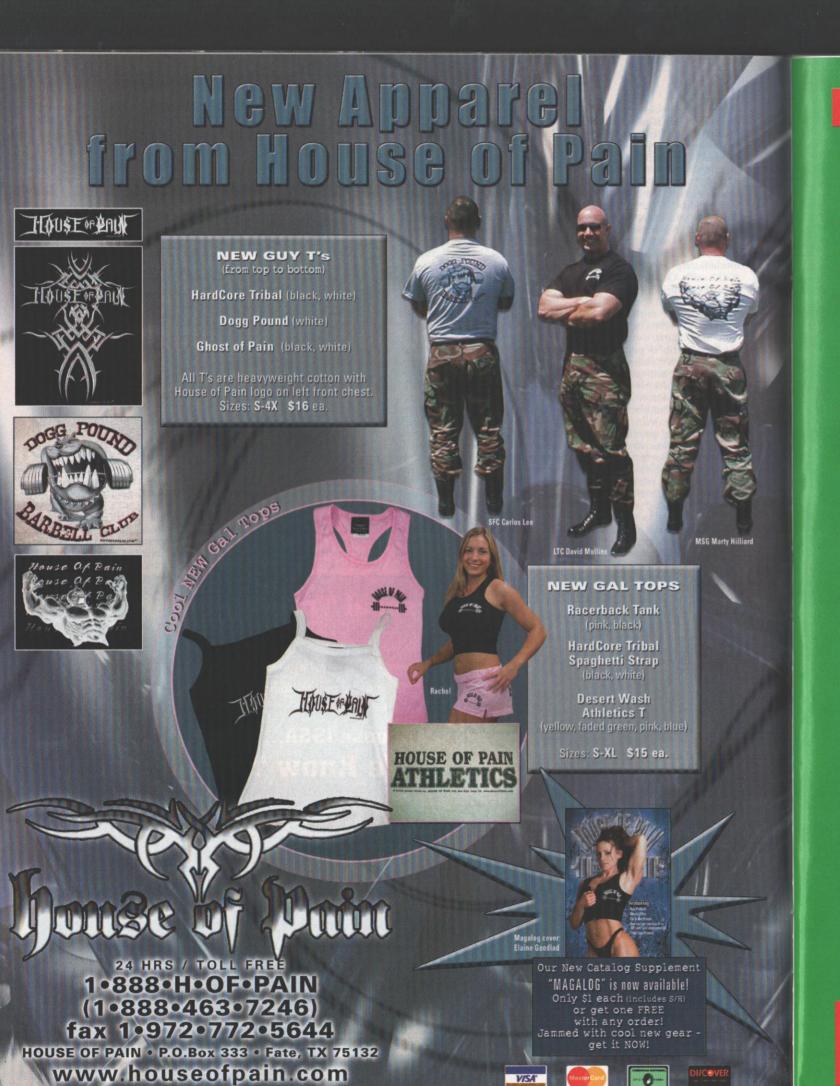


His Highness (as the members affectionately refer to him) Owner/Manager/Lifter/ sometimes spotter, Brick Darrow. who once did a 450 lb. incline press at 220 lbs. in an Odd-Lift Contest at Muscle Beach, CA.

I'm gonna train there (heck, it's only \$2). Next time you're in East Texas come play with us - cause we will have some fun, and we don't quit until someone gets stitches. Next month, we'll meet "The Keeper of Hell's Gate." Stay tuned.

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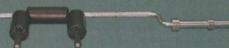
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"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy.

Martin Luther King Jr.

Let me tell you about a friend of mine. His name is Josh McKenzie. He was born in Brush, Colorado in 1974 and was

raised on a ranch on the outskirts of the city. His family, although of modest means, was extremely loving and supportive. Even though they were not wealthy, Josh never wanted for anything during his formative years. In fact, as Josh put it, his family did their best to give him the best. In reality, Josh had what most kids his age desire .. love, support, and a future. He also had the aptitude and capacity to have an even better life. He was extremely charismatic, intelligent, and a hardworker. He seemed to have it all .. a surefire success in the works.

In 1989 though, at the age of 15, he started drinking alcohol. At first it was just a bunch of his friends getting together to drink a little. It wasn't long before his drinking started getting out of hand. "I found myself drinking every time I got a chance," he told me. "I would even skip school and go to the woods and drink by myself." It didn't stop there either; soon he started experimenting with drugs. All kinds

of drugs .. LSD, PCP, marijuana, even heroin. He tried anything he could get his hands on. He would even stack drugs if he got a chance. "Drugs became an obsession with me," he confessed. "If I wasn't high, I wasn't happy. I would go to bed at night thinking about drugs, and when I would get up in the morning, the first thing I thought about was drugs. I hate to say it, but I had a love affair with drugs." When he turned seventeen, he left home and moved to the city. That is when his drug habit escalated into a total life addiction. He became completely strung out on every drug you can imagine. Worse yet, he started selling drugs to pay for his own habit. "I was totally out of control," he told me. "People worry so much about being enslaved by prisons and chains, but being enslaved by drugs is a thousand times worse. When you are confined by walls, you at least still have the most essential part of being human .. your mind. You can go beyond prison walls with your mind, but when you are enslaved by drugs, not only is your freedom taken, but so is your mind. There is little hope then, and even that thin line of hope is difficult to discern. That is where I was, totally enslaved, and at the age of nineteen I was already basically "tired" of living. I was ready to

That wish almost became a reality. In a botched drug deal, Josh got into a shootout and killed another young man. The way Josh explained it to me is rather poignant. "I was selling drugs to support my habit, which was well over two hundred dollars a day. This guy came to me wanting a pound of methamphetamine. It was an \$8000 deal, so I was really excited about it, but I was also leery because speedfreaks are notorious for double-crossing drug dealers. And that is exactly what happened. We were out in this remote area, and before I knew

# Dr. Judd

### THE JOSH MCKENZIE STORY as told by Judd Biasiotto Ph. D.



Josh McKenzie (r) with best friend and lifting partner, Seth Lee. Josh has taken up lifting in prison and has squatted up to 700 pounds.

it, we both had our guns pulled. I shot him at point blank range in the chest. The muzzle flash lit up his face. I saw the fear in his eyes, and then he just dropped over dead. I was twenty years old, and I had just killed a man. My head was pounding and voices were screaming in my head, 'Josh, you are no good.' I was scared to death .. not scared of what was going to happen to me. Nothing anyone could do to me at that time could have been any worse than what I was experiencing. I was scared of what I had become. Anyway, I decided to take the meth and run with drugs that I had not paid for yet. About three weeks after I had run, the dealers caught up with me and nearly beat me to death with ax handles. When I was lying there, one of them put a gun to my head and pulled the trigger. The guy must have turned his head or closed his eye, because somehow he missed me. Thinking I was dead, they left me lying there. I went to my sister's, where she cared for me until I could see and walk again. Once my injuries healed, I again went on the run. I was living a life of guilt and anguish, knowing that I had taken another human being's life. Seven months later, I was arrested and charged with murder. I was brought before the judge to be arraigned for first-degree murder. His words still echo in my mind. He said, 'Joshua McKenzie, you are charged with first-degree murder. If found guilty of this charge, you will face life in prison without the possibility of parole, or possibly the death sentence, which here in Colorado is by lethal injection. 'At that time, I basically surrendered to the belief that I was going to die. What was crazy is, I was anticipating it. At twenty years old, I had had enough of life: I wanted to die. Six months later, I stood in front of that same judge, the family of the man that I had killed, my family, and numerous strangers

and pled guilty to murder. I held my head up . looked each person that I spoke to in the eyes and asked for forgiveness. I took full responsibility for my actions, and I was prepared to accept whatever punishment was assigned to me. I stood alone, chained and broken .. it was the hardest thing I've ever done in my life.

Josh's life was spared, and he was sentenced to thirty years in prison at the

Colorado Department of Corrections, where he is to this very day. With his mind finally free of drugs, Josh McKenzie has turned his life into a model for humanity. Today Josh is an extremely loving and compassionate person who willingly gives everything he has to others. He is truly a man of God, who has since dedicated his life to helping others. "I regret with my entire heart and soul what I have done," he told me. "I still dream about it. I wake up and I feel all the pain and anguish I have caused others. I wish I could change things, but I know I can't. I thank God for giving me the strength to grow into a better person.

Now, don't misunderstand me; lam not attempting to lionize Josh in anyway, and I am certainly not suggesting that what Josh did is in anyway justified. Taking the ife of another human being defiles God's greatest commandment. Simply put, though, it is not my place to judge anyone. I can't tell

people what to do or think .. I am not God. Yet, feel somewhat compelled to express my views concerning the condemning of others. I hope that I can influence a single person to contemplate self-introspection before casting the first stone.

It is often difficult for us to accept the fact that "there, but for the grace of God, go I." In many cases, if the circumstances and situations were different, we "good people" might well engage in hideous and repugnant behavior. If we were, honestly, to examine our lives .. to inspect ourselves the way that we scrutinize others, we would see that each of us engages, almost daily, in some wrongdoing. It might be as simple as taking advantage of someone socially, or it might be as unscrupulous as abusing someone physically, or mentally. For example, I have seen good, loving, compassionate people of all races and creeds, engage in hateful bigotry and discrimination against people who were of a different ethnic group. I have also witnessed devout men of all religions, who see their spiritual teachings as correct and virtuous, feel free to engage in self-righteous condemnation of others who believe differently. For God's sake, sanctimonious, political, and religious leaders have declared wars, which have killed thousands of innocent people. The Crusades, the My Lai massacre, and the World Trade Center bombings are cases in point - all episodes of good people behaving in evil ways.

Interestingly, we readily accept the coexistence of good and evil. We can even see the "good" side and "bad" side of family, friends, and even strangers, but rarely do we acknowledge our own predisposition to sin. Yet, the fact is we all fall short and instead of viewing our lives through rose-colored glasses, we would do well to develop those traits of humanity that distinguish us as civilized. Indeed,

we must learn to empathize with those who have sinned, and thereby cultivate the art of forgiveness. We have to be cognizant of the fact that to be forgiven and to forgive requires the same dynamics. If we hope to be forgiven for our own shortcomings, then we have to forgive others for their transgressions. If we can't forgive others, we should not expect others

With that being said, I think there is much to learn from Josh McKenzie

First of all, we have to take the responsibility for creating our own destinies. There is no free ride in life. Nikos Kazantzakis says a magnificent thing. He says, "God gave you your brushes, and your colors, you paint paradise, then in you go." Josh on the other hand took his yellows, blacks and greens and painted pure hell for himself, and in so doing he adversely affected the lives of so many others. Just as significant, though, he stood up and took full responsibility for what he had done. Even though there was a chance of him being found innocent and a good possibility if found guilty he would get the death penalty, he still stood up and openly confessed his guilt. He didn't lie about what happened, and he didn't make excuses. He stood in front of the judge with tears rolling down his eyes and revealed everything that had happened that hellish night. I know a lot of people reading this will say that he was stupid. If he would have kept his mouth shut, he may have won freedom. True, he may have gained freedom physically, but he would have been mentally enslaved with his guilty for the rest of his life. Martin Luther King said something that really fits here. He said: 'Darkness can not drive out darkness; only light can do that. Hate cannot drive out hate; only ove can do that. Hatred paralyzes life: love releases it. Hatred confuses life; love harmonizes it. Hatred

darkens life; love illuminates it." Like Josh, you have a choice; you can paint paradise or you can paint hell, or you don't have to paint anything at all. Regardless of what you paint or don't paint, though, take full responsibility for it. It's your masterpiece - no one else's. Don't blame it on society, your parents, and DON'T blame it on GOD. When you make a mistake resist the tendency to make excuses for your behavior. Offering excuses will only lead to abbreviation of further discussion and criticism. If the criticism you are getting is valid, take responsibility for your behavior. Remember there is nothing wrong with making a mistake. What is wrong is not correcting a mistake and not taking responsibility for

your mistakes. Another thing I learned from

things are, no matter what you have done, there is always a light in the darkness .. always! Idon't care where you are in life right now or what has happened to you, you can make a difference in your life and the life of others. When disaster strikes, you have a choice to either give up or go ahead with life. The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done, no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction. They are disciples of the classic slogan, When the going gets tough, the tough gets going." Josh put himself in a terrible position, but he didn't let adversity destroy him. He didn't look at why he couldn't do something; rather, he focused on what he could do. So many times we let what we don't have restrict us from using what we do have. Josh took tragedy and made something positive out of it. He viewed his trouble as an opportunity to grow, learn and love. He embraced happiness and love ... instead of despair and hatred. Needless to say, the way we view

Josh is that no matter how bad

loshua McKenzie (1) with good friend SHW Shane Hamman.

the world establishes the world we live in. If we see darkness, we create darkness. If we see light, we create light. If we see love, we create love. I know for a fact that Josh has helped many people since his incarceration. He has literally turned his life around 180 degrees. And this is perhaps the greatest thing I have learned from him .. it doesn't matter where you start in life, it's where you end up that really counts. No matter what you are or where you are in life, you can change. You can become all that you can be.

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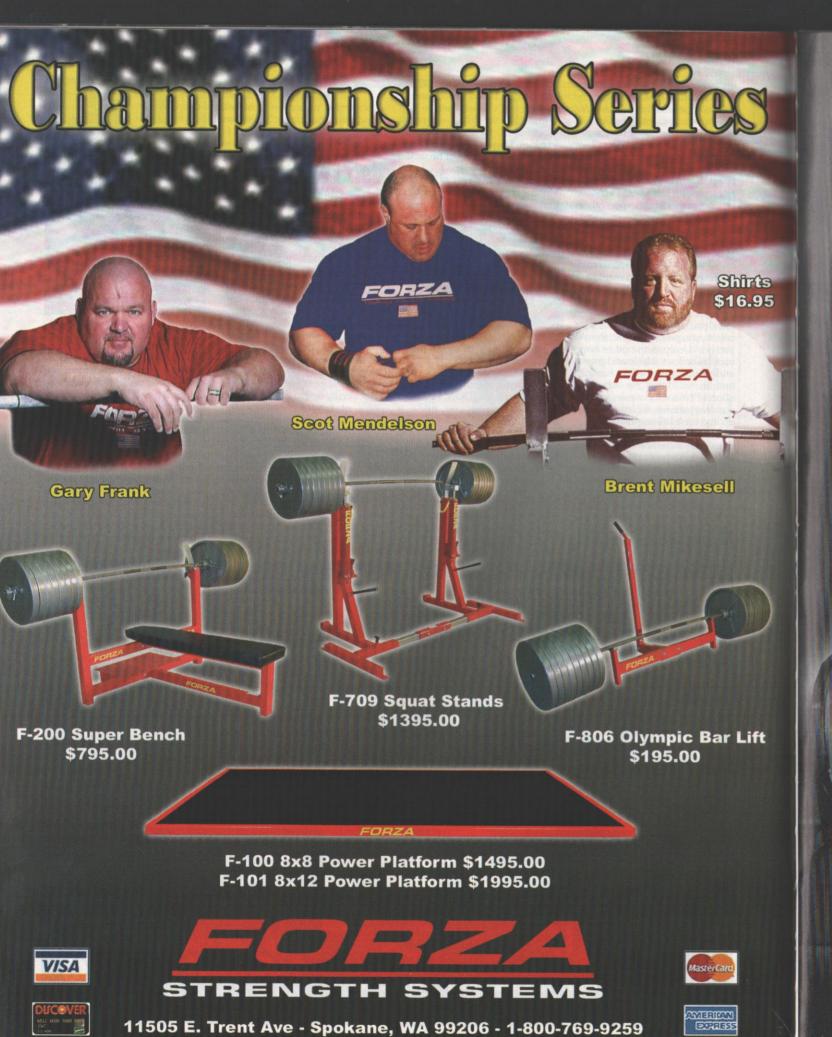
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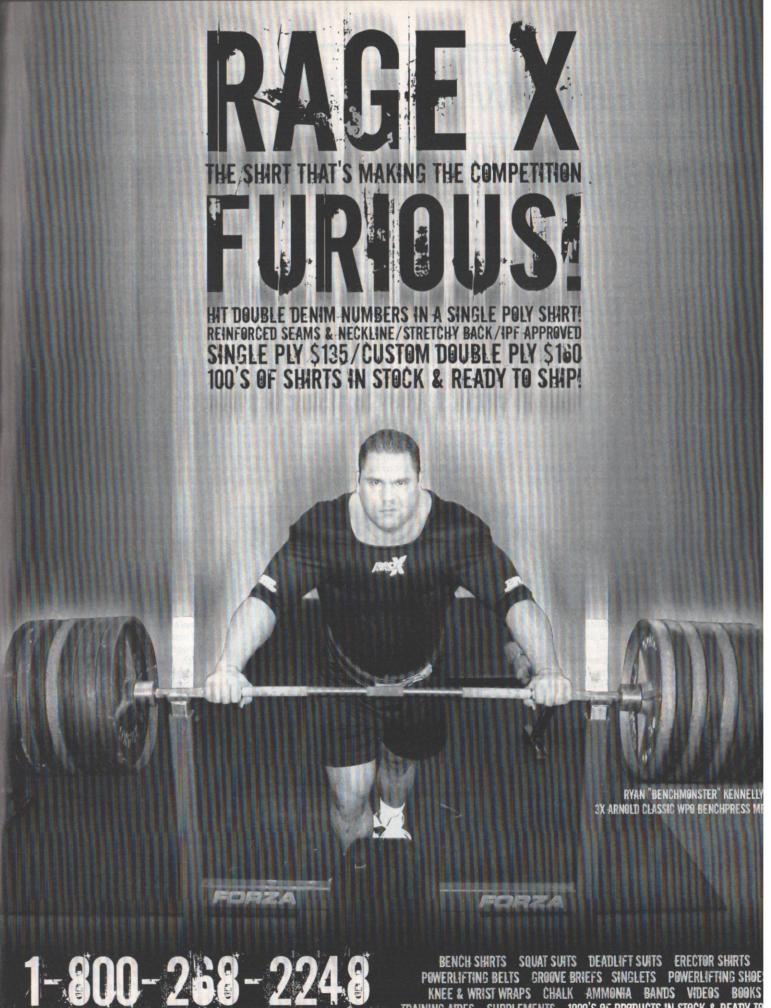
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# INTERVIEW

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

## **TRAVIS MASH**

### interviewed by Keith Payne

**Keith Payne:** How about some background information.

Travis Mash: I am 31 yrs. Old. I have a beautiful girlfriend - national figure competitor Julie Childress, a perfect little daughter Bailey Alexandra, and my dog Stella. These three are my life. I competed in powerlifting in high school, along with varsity football and basketball. I played varsity football at Appalachian State University. Afterwards I started powerlifting again. In 1997 I started Olympic lifting, and by the end of 1998 I was at the Olympic Training Center in Colorado Springs with Shane Hamman. Along the way, I was recruited for the United States Bobsledding Team. The WPO lured me back into powerlifting in 2001, and here we are today.

**Keith Payne**: How and when did you get started in the sport of powerlifting?

Travis Mash: Like I said before, I started in high school. However, I didn't know what I

was doing, but in college I met Mike and Linda Higgins, formerly from Hickory, and Grant Pitts, the former Heavyweight Phenom. They were able to give me enough knowledge and encouragement to take it to the next level.

**Keith Payne:** What organizations have you lifted in?

**Travis Mash:** USPF, USAPL, IPF, APA, WPA, IBP, APF, and most recently the WPO. Idon't care who or what. I just want to go against the best.

Keith Payne: What weight class are you in and do you hold any records? Travis Mash: I am in the 220 lb. class. I hold the all time record in the total with 2410. I hold several world, national, and state records in other federations. I held the world record bench at the WPO for about 15 minutes, but - thanks to Kenny Patterson - no longer. 15 minutes of bench press fame, oh well!

Keith Payne: What are your best lifts and where have you competed? Travis Mash: My best lifts are a 948 lb. Squat, a 696 lb. Bench, and a 800 lb. deadlift with a 2410 lb. Total. I have competed all over the United States. I have also competed in Vaasa, Finland in 1996 at the IPF Junior Worlds.

**Keith Payne:** Can you share your views on drug testing?

**Travis Mash:** I just think people who are taking shouldn't compete in drug free meets. That is hypocritical and unfair. I like the federations that give both options.

Keith Payne: What supplements do you take? Travis Mash: I am sponsored by Bulk Nutrition, and you can see all that I take is on bulknutrition.com in the bi-monthly magazine section, but in a nutshell I totally believe in proper nutrition and supplementation. I think it has been a secret weapon for me. Not to mention meet day nutrition, which is likewise important. People are always asking me what I am taking or eating at meets. Bulk Nutrition has some supplements with equally awesome prices. For beginners, I would recommend a meal replacement, whey protein, and glutamine.

Keith Payne: What does your diet consist of? Travis Mash: Once again, you can see exactly what I eat at bulknutrition.com, but I cheat. However, I believe the better your diet is, the better your training will be. I learned this along time ago from world famous strength coach Charles Poliquin. Itry to keep to it the best that I can. Julie helps me keep in line. and Stella bites me when I cheat.

Keith Payne: What is your workout regimen? Travis Mash: I basically follow the Westside format, but with a lot of my own twists, but it is basically the conjugate method. You

METAL

Travis Mash, triumphant after his squat at the WPO Finals, was well on his way to the history books. His WPO total of 2410 includes his bench record attempt record plate "chips", which traditional scoring would not count in the total, but whether it's 2408 or 2410, it's a new all time total record in the 220s. (Lambert)

have an outline, and you change it constantly based on your weaknesses. When I write workouts, I follow the Westside structure really close, but for me I am a fool when it comes to training and percentages. I am trying to break PRs every workout. I don't know what comes over me. I walk into the gym with the intention of following my game plan, and then the pre-training demon takes over, and the next thing you know the bar is full of weights. It has worked so far, but I really need to start toning things down as I get older.

**Keith Payne:** What are your views on supportive gear?

Travis Mash: I think that the equipment companies are some of the biggest sponsors of our sport, and for that I appreciate all of their work. A lot of the equipment is the reason that lifters are lifting at an elite level for a lot longer. Say what you want, but it protects hips and pec tears without a doubt. On the other hand, I don't care what the rules are because I take a lot of pride in my raw accomplishments as my training partners know. I think a mid 500 raw pause bench press isn't bad at 220.

**Keith Payne:** What type supportive gear do you wear?

Travis Mash: Metal Squat Suit and briefs, and the Metal Deadlift Suit. I wear a Karin's Bench Shirt. I believe that my equipment is by far the best. Elitefts.com had the Metal Gear, and Karinsextremepower.com has the bench shirts. Both are committed to excellence, and it shows in my performance. Keith Payne: How do you utilize supportive

gear during training?

Travis Mash: It depends on where I am at in my training, but I usually like some light briefs for my hips in the squat. I do a lot of raw training year round, but 10 weeks out I definitely start trying to master my equipment.

**Keith Payne:** What do you consider to be your greatest accomplishment to date?

Travis Mash: The 2410 total and victory at the WPO Show of Strength.

**Keith Payne:** You said in an interview a couple of years ago that you were chasing Ed Coan's records. How did it feel to finally break Ed's record?

Travis Mash: Unexplainable! I mean you spend your whole life waiting on one moment, and then after 11 years you are there, WOW! Iam still trying to let it all sink in. Istill see Ed Coan as the King of Powerlifting, along with Steve Goggins, but I hope that I took my seat at the table somewhere with them.

**Keith Payne:** What goals do you have in the sport of powerlifting? **Travis Mash:** 2500 at 220 at the Arnold Classic! Then I am going up to the 242s or 275s to give the big boys a try.

**Keith Payne:** A 2500 total would be huge. Do you anticipate any significant changes in your approach to this meet as far as training goes?

Travis Mash: A lot more intensity. At this point in my

career, everyone will be gunning for me, and I don't have any intention of being a one meet wonder. I want to stay on top for a while, if God's willing.

Keith Payne: Who do you consider to be your chief competition at the WPO / Arnold Classic this year? Travis Mash: As always Chuck V. I am sure that we will be battling for a while, but I don't plan on moving over for anyone. I am sure that he will be training with some crazy intensity this time, just as I did after watching him win the Arnold. That was no fun, and the two of us are the same in the idea that winning is the only acceptable outcome. I think that the Arnold Classic 2005 will be the clash of all clashes

**Keith Payne:** Any newcomers out there that we should be watching that could contend for the championship?

Travis Mash: At the WPO you never know who will step up and be a challenger. I would say Dondell Blue surprised a lot of people. Kenny Patterson is steadily improving, so you can't forget about him. His squat has really come around, and I personally believe he is the best bencher in the world (for now). Kyle Robertson from Clayton, NC is the real terror. He is 22 yrs old and has already posted a mid-2000 total, and is capable of 2200, WOW. He is the one that I have my eye on. A guy like that can catch you quick if you are not paving attention.

**Keith Payne:** What is your opinion of the WPO and the direction it's going?

Travis Mash: Ilove it. Nowhere else do you have so many champions in one place. The atmosphere is great. I hope that KK is able to get some more sponsors, so that more lifters can share in the money, and the purses could go up more. All I know is that the WPO always packs the house, so interest is

**Keith Payne:** What is your favorite lift? **Travis Mash:** The deadlift

because it is the purest form of brute strength. Ican just imagine acaveman looking at his caveman friend and saying, 'I bet I can pick up a bigger rock than you.'

Keith Payne: Any training tips?

Travis Mash: Open your mind to new ideas. Always keep looking for better ways to do things. Believe me, I am always looking. At the WPO, I probably drive Jim Wendler, Dave Tate, and Louie Simmons crazy trying to dig out information.

**Keith Payne:** Any funny stories that have happened to you in powerlifting?

Travis Mash: Not really on the

platform, but in 1996 Igot lost in the Heathrow Airport in England. I come from a very small town in the mountains of North Carolina, so getting lost in a huge airport on the other side of the world definitely panicked me – big. Big tough powerlifter lowered to sissy lost tourist.

Keith Payne: Anything you would like to see changed in powerlifting? Travis Mash: Less arguing and more unity! Let's work together, and if we can't unite, let's respect each other.

**Keith Payne:** Do you have any advice to the younger lifter regarding training and supplementation?

Travis Mash: Start simple and maximize each level before moving on. I mean use straight weight until you plateau, then move to bands. Go raw until you plateau, then go single ply, and finally multi-layer if you want to. Younger people should definitely keep it simple with protein and maybe glutamine. Your own body is full of testosterone, so recuperation and growth is inherent.

Keith Payne: What are some of your interests outside powerlifting? Travis Mash: Bailey, Stella, and Julie - my family is my life. Keith Payne: Who are the people you admire and who inspires your lifting? Travis Mash: ladmire Ed Coan.

Steve Goggins, Gary Frank, Joe Ladnier, Chuck V., Jesse Kellum, and several of the lifters of the past like Gene Bell, Larry Pacifico, and Fred Hatfield. I am inspired by accomplishments, and I judge myself based on these people. Holding yourself to these standards can drive you crazy at times, but no one said being the

Keith Payne: What is the biggest challenge to your lifting success? Travis Mash: Time and money! The truth is I have to balance work, family and lifting, and that is a huge challenge. I sometimes fail miserably, but I do my best.

best is easy. It's not! It's mentally

and physically challenging.

Keith Payne: How important are training partners to you?

Travis Mash: Huge! You have to establish trust with your partners. My partners are Julie, Chris 'Ox' Mason, Mike Lovelace, and Shane Gaydon. I trust all these people with my life. We have several other people at the House of Payne Gym that I trust also, but these are my fulltime partners.

**Keith Payne:** How do you see the sport of powerlifting in the future?

Travis Mash: Ithink more and more professional meets will pop up. All it takes is marketing,

and I hope to be a part of that marketing. The common person understands lifting heavy objects, and respects strong people. We just have to tap into that market with a bigger sponsor. I mean if skateboarding can go mainstream, so can we.

Keith Payne: Anyone in closing you would like to mention or thank? Travis Mash: First, I would like to thank God for my many blessings in life. I would like to thank Julie, Stella, and Bailey for putting up with me. The HOPG Gum rocks - thanks to Keith Payne for having the vision. Believe me, you are going to hear a lot more out of Keith Payne and Iron Boy Powerlifting in the near future. Bulk Nutrition for giving all the support a lifter could dream of, and delivering a product and service to be proud to represent. Elite Fitness Systems and Metal Gear for the best squat and deadlift suits in the world, and all the knowledge any lifter could ask for to improve their lifts. Thanks Jim Wendler for all the time on the phone giving me new ideas and support. Thanks Dave Tate and Louie Simmons for revolutionizing strength training in the United States. Thanks to Karin for producing an awesome bench shirt. Thanks to Independence Lumber Co. in Independence, Va. and

Hometown Furniture in Jefferson, NC for supporting me financially for my traveling expenses. Thanks to Kristi and Chris Mason for being there from the beginning. Thanks to Andrew Shatley, Heather and Mol and the whole crew at Appalachian Fitness Center in Boone, NC for having my back. Thanks to my buddy Sarah Miller for believing in me. Thanks to Joni Farmer for being the best sister in the world, and little Gia for being the best niece. Thanks to my training partners for hanging in there with me. Thanks to Pete, Pete, and Kevin and all the others in Asheville for having my back always. Finally, my childhood best friend Kevin Jones for being my friend even when I can be a

Keith Payne: Anyfinal comments? Travis Mash: Thanks for the interview! I hope that I can be a part of advancing powerlifting into the future. I can be reached at travis monstermash @ yahoo. com, and very shortly travismonstermash.com will be available with lots of information on my views on strength training. If you get a chance, check out one of the Iron Boy Powerlifting Meets in North Carolina. They Rock!

jerk. Iam sure that Iam forgetting

someone, but I love you all.

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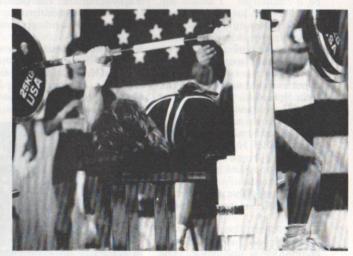
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# ASK THE DOCTOR

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

Dear Dr. Di Pasquale: In your book "The Metabolic Diet" you mention the issue of insulin resistance. You argue, the metabolic diet would improve insulin sensitivity. On the other hand, to my knowledge, high levels of free fatty acids, like observed on low-carb/high fat-diets can lead to an acute insulin resistant state and over longer periods maybe to chronic insulin resistance, especially when the diet is not associated with

You also state that high-fat-diets normally lead to insulin resistance, so the Metabolic Diet in it's "radical" low-carb/high-fat-fashion (e.g. <100g carb/day, ~50% fat) should also lead to insulin resistance in the long term. Maybe an acute insulin resistance could be positive because it inhibits glucose oxidation and therefore improve glucose economy. But I think a chronic insulin resistance would be fatal.

Surprisingly, besides this, I have read that low-carb-diets improve glycogen storage. Isn't it a contradiction?

I would be very pleased if you could bring a little more light in that

How do free fatty acids lead to acute and chronic insulin resistance? What factors are involved? Do lowcarb diets lead to insulin resistance over longer periods? What do you think about the statements of the following website: http://www.bodybuilding.com/fun/maki5.htm Sincerely Yours, **Michael Klemm** 

Hi Mike: Your questions are good ones. Unfortunately the answers to them are not easy to come by. The subject of insulin resistance is extremely complex and there are many facets that we have yet to figure

First of all, insulin resistance in someone with a normal phenotype has different manifestations and effects than insulin resistance in someone with specific polymorphisms that have significant effects on carbohydrate, fat and protein metabolism, and predispositions for certain conditions, including diabetes and the metabolic syndrome.

Secondly, insulin resistance as shown by the effects on Glut4 receptors and glucose absorption, may or may not be associated with insulin resistance as far as the effects of insulin on fat and protein metabolism. In some cases insulin resistance as far as glucose metabolism, especially if the effects on protein metabolism are spared, can be a very good thing for someone

on a low carb, high protein diet.
As far as the effects of insulin resistance on glycogen storage, in some cases there may be differential effects on glycolysis, glycogenolysis and glycogen formation which may lead to increased rather than decreased glycogen levels in muscle and/or liver.

I'm in the process now of working on a review of insulin resistance that I'm hoping will be published in a peer reviewed journal. In this review I'll be covering the reasoning behind my Metabolic Diet. I can send a draft to you when it's ready as I believe it should answer many of your questions. Send me a reminder in case I

For now, I've attached a recent review that you should find interesting. I've also attached a recent study on the effects of a low carb diet vs a low fat diet on insulin resistance. Keeping in mind that this study involves a reducing diets and as such the effects of an isocaloric diets may be qualitatively different, it still contains useful

I had a look at the article you referred to in your email. The article is a good example of the adage "a little knowledge is a dangerous thing." The article, besides being terribly written, is full of errors and misconceptions. In fact, it's difficult to find any merit in the article at all. Best regards, Mauro

Hi Dr. Di Pasquale: I have been on the metabolic diet for a few months now, actually since I spent the winter on Maui, with Scott Sanchez, as an intern. He was the one who introduced me to your books and products.

Now I am involved in Powerlifting, and trying to qualify for a regional championship in a weight group that I never thought possible of reaching since it is 20 pounds under what I usualy am. But with the cutting phase of your anabolic solution for powerlifter, I was able to drop significant weight with most of it being fat. Although my strength - surprisingly - hasn't gone down, the closer I get to my weight, I'm feeling that I will be needing supplements to keep my training weights and level of training to the level I want. So I was interested in Exersol Competition, Creatine advantage and Metabolic, to be able to continue to train at the same intensity I was before I lowered my calorie intake that much.

So my question is, am I going to test positive with any of these product especially metabolic since I know it contains DHEA).

And my other question is, are any of these products hard on the astro-intestinal system, since I have minor Crohn's disease, that is - by the way - doing far better since I am on the metabolic diet !!!

And if they are, can I lower the dose at first to see how I do (like for the creatine, would it be all right to take without a loading phase if you think that your creatine could be hard on my digestive system).

I know you are really busy, and I would really apreciate if you would take a little time to answer my question. Thank you so much, aloha.

Hi Vincent: Men won't test positive with any of my supplements, including Metabolic, even though the DHEA in Metabolic is theoretically a banned substance. There are two reasons for this. First of all there's only 25 mg of DHEA per dose of Metabolic. This level of DHEA has absolutely no effect on the testosterone-epitestosterone ratio. It also has very little effect on the carbon isotope ratio even if this test was used (and it's not) to detect the use of exogenous

androgens, androgen precursors and metabolites. In women the use of exogenous DHEA may result in increases in endogenous testosterone levels, but even here the likelihood of a positive test is remote even at if 100mg per dose was used. The reason for that is that DHEA usually raises both testosterone and epitestosterone in women so that the ratio

remains in the normal range.
As far as the rest of the supplements, they're all safe and won't result in a positive drug test in men or women regardless of the doses used. All of my products are manufactured in a pharmaceutical grade facility using high quality pure ingredients. There is no chance of cross-contamination not only because of the high manufacturing standards, but also because the facility does not handle any prohormones other than DHEA. It also does not handle ephedrine. As well each batch is tested to make sure that only the ingredients in the formulation are present in my products, and nothing else.

I've attached a simple supplement regimen that I set up for you. It's just a guide and is not fixed in stone

Creatine Advantage can be taken at one or two scoops per day without a loading phase. It just takes a few weeks longer to get to maximum PC levels if you don't load up initially. Just to be sure, although I don't think taking more would cause you any problems, I'd start out with perhaps 1/2 a scoop twice a day and see how you do. Best regards, Mauro

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"... insulin resistance in someone with a normal phenotype has different manifestations and effects than insulin resistance in someone with specific polymorphisms that have significant effects on carbohydrate, fat and protein metabolism, and predispositions for certain conditions, including diabetes and the metabolic

Dr. Mauro Di Pasquale

syndrome ..."

Garry Frank is no other than a living icon in the sport of powerlifting. In the history of our sport there has never been a lifter so strong and more complete. He is the Michael Jordan of powerlifting. He is what Muhammad Ali was to boxing, and what Wayne Gretzky was to hockey. Untouchable in his class, feared by his competitors, Garry Frank is a powerlifting superstar looking to rewrite the history books like never before.

For those of you that have been under a rock for the last couple of years I will let you know that I have been working with Garry as his personal nutrition and supplementation coach. I will have to say that working with him as been nothing short of a pleasure. I am honored to work with the undisputed strongest man that has ever walked the planet! Many people think Garry isn't human at all. They believe he is some type of powerlifting cyborg from another planet looking to wreak havoc on all the mortal human lifters out there. They imagine that Garry Frank is a bad man and if you get in his way he will run you down like a freight train. There are a lot of great lifters who have graced the stages of powerlifting, but none have dominated the sport and done things thought unimaginable like Garry. The purpose of this article is to take a look inside the nutritional practices of this superhuman beast



The "new" Garry Frank started out confident in the squat at the 2002 WPO Semifinals. (M. Lambert)

# NUTRITION

# THE ROAD TO 2800+ A POWERLIFTING SUPERSTAR THE GARRY FRANK CHRONICLES PART 1

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

and his secrets for taking his total to unseen heights.

Looking for the Unseen Advantage

I started working with Garry in the winter of 2002. At this time Garry had already done over 2500 pounds in the total. He was no amateur, to say the least. One thing that makes a true champion is that they are always looking for that extra edge. It is these "edges" that most average athletes overlook. only to their loss. Garry knew his training inside out. He had mastered his powerlifting gear working full time with Inzer Advance Designs, but there was still something missing. What was missing in his plan for stardom was the final touch that would help him

more than he ever believed. Garry now looked in the direction of sports nutrition n supplementation. He knew other athletes used the practice to help them increase their performance, but how would it pan out for a powerlifter? Was there such thing as specific nutrition protocols for powerlifters? Heck, the majority of powerlifters just eat what they want, when they want, in no particular order. Just eat when your stomach grumbles and pile in as much

as you can.

That is not the

best method of

eating, but until



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

recently that was the sad state of nutrition among the majority of powerlifters, even world champions. In all reality, up until my monthly column in PL USA for Nutrition, there was very little valuable information on sports nutrition for the powerlifter. There was tons of info on nutrition for runners, basketball players and even bodybuilders, but Garry knew that these ideas were going to do little for his performance. What Garry needed was a customized nutrition and supplementation program that was going to get him some real world results. To make a long story short, Garry decided to work with me, one on one, to get that extra edge that he knew many of his competitors were avoiding. It was now time to give the Nutrition XP3 customized program a whirl on a genetic specimen like no

### The Beginning to Unseen Heights

After the first phone consultation with Garry I knew right away I was working with someone who was more than just a powerlifter. Garry was a true athlete as well. His past professional football history can attest to this. I have worked with numerous world champions, but Garry is truly a one of a kind lifter. As I went through all his background, medical info, and nutritional journal I realized one thing. The Nutrition XP3 program was going to get him some unbelievable results. Garry's diet wasn't as bad as many of the lifters

out there, but he still liked eating some junk foods a little more than he needed. The real shocker that caught my eyes was his appetite. It was nothing. Looking back over his first consult with me, his first journal layouts had him eating just over 4,000 calories a day. Can you believe it? Many of you may say, "Hey, that's a lot of food." Well, from where I stand, Garry was eating as much as some of my athletes in the 132 pound class. Yeah, that's right! The strongest man to ever walk the face of this green earth was eating like a ightweight. I couldn't believe my ears. There was no way he was maximizing his strength eating like that. When I was going through his journal with him on the phone I actually laughed and told him, "You are this strong and you eat like a lightweight. Wait until I am finished with you, and the weights you are lifting now will be your warm-ups in the near future!" Little did we know that in the near future my words would be come a reality!

### The Plan of Attack Not only were his calories way

too low, but his macronutrient ratios were also out of whack. We had a lot of other issues to address as well. His micronutrients were severely depleted. With his hard training and hectic work schedule, he was burning his micronutrients off like there was no tomorrow. Another thing we had to take a look at was his metabolic rate. It was way too slow for what he was trying to accomplish. We had to get it running like a Mack truck, if we were going to assault new territory. We not only had to increase his metabolic rate, but I had to get him to process and absorb an increased rate of nutrients if he was going to tackle new frontiers. Increasing his energy output was another factor that we had to address with his new nutrition plan. We had to get his energy level "jacked up" if he was going be able to maintain his brute strength over long periods of time. These were not all the things that had to be fixed with his nutrition plan, but they were the first "Nutrition Attack" factors we were going to focus on over the next couple training cycles.

Garry's talent and genetic structure were unreal to say the least, but his eating plan was not going to support what he needed to do. I needed to get his body working like a well oiled machine and to fuel that massive structure of muscle I was going to have to design a plan that was going be unlike anything you could imagine. No longer could Garry simply eat what he wanted whenever he felt like it. I was not only consulting with Garry, but his wife Teresa was on board full time. I worked with her one on one as well in the layout of his nutrition

and supplementation plan. She was his personal chef and "Nutritional Technician". Whatever I laid out for him she guaranteed was going to be eaten. There was no way out for Garry now. He had me in his corner and Teresa "The Enforcer" was going to make sure that he did as I instructed, otherwise she was going to make some serious trouble for him. Garry had no choice but to give it his best. Teresa was fantastic to work with since she prepared all his meals in advance and made sure that his supplementation schedule was on the mark day in and day out. To tell you the truth neither Garry nor I could have made this a success without her. She was that ace in the hole that totally made the difference for my nutritional plans go the distance. No plan will work if you don't give it your best and Teresa made sure that there was nothing less than 100% effort. I know all you other powerlifters must be jealous when you hear about her support of Garry. I know a lot of other lifters wish they had the same kind of support from their spouse when it comes to the iron game. She was a true gem and I am happy to have had her help to make sure that everything went smoothly.

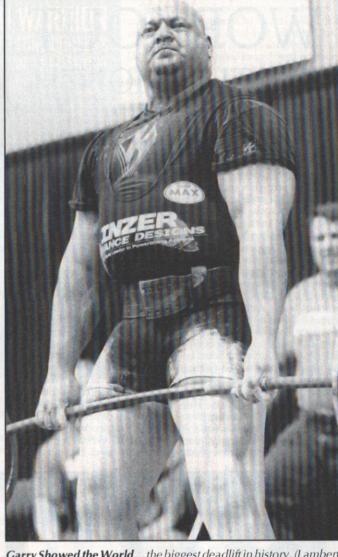
### Recreating the Beast The first major competition

that we focused on was the WPO Semi-finals in New Orleans on Nov 8th and 9th 2002. For this show Garry and I put our heads together to make sure we were going to do some major damage. This was going to go down in the history books. For this contest I did some major changes with Garry. One thing that we decided on for this show was to get his weight down. Garry usually hovers between 385 -405 pounds. We focused in getting his bodyfat level down, while maximizing his lean tissue gain. On contest day Garry weighed in at a svelte 368, down from 395 at the beginning of his training cycle. He was on the cover of the December 2002 Powelifting USA and you can see from the picture that he was much leaner and more muscular then in meets prior to this event. One of the first things that I got him to do is increase the number of meals that he was eating. Heck, Garry was only eating three square meals a day and a little dessert on the side. I told Garry that there were cockroaches in New York that ate more than that. Eating more meals definitely made a huge difference in his overall metabolic rate. I got his metabolism working like a furnace, burning off whatever I fed the engine. If it wasn't going to help Garry burn fat, build muscle, increase is anaerobic endurance and make his strength go through the roof, then it wasn't on the plan and it most definitely wasn't going

in his mouth. Teresa made sure that she monitored his junk food intake and made sure he didn't stop by the local 7-ELEVEN for 5 or 6 ice cream bars or chocolate tacos (as he was known for doing in the past. Those days of just wolfing down whatever was his fancy were gone. His body was now running on a well-calculated nutritional program. The Nutrition XP3 plan was going to get the ultimate testa major competition against some of the best strength athletes from around the world all looking for the gold. One other major things we changed with his diet was his protein intake. Garry had not been eating enough protein to say the least. I had guys less than half his weight eating double what he was. His lack of protein throughout the day was leaving him in a catabolic state, leading to muscle loss. From looking at him, you would think I was crazy, but once he was on his game plan the amount of lean tissue that Garry put on in the last phase of his contest cycle was phenomenal. You guys out there know that I am big on protein, among other things, but now Garry started to realize that I wasn't just blowing sweet nothings in his ear. All my ranting and raving to get his protein consumption up was something that he now truly believed in. He saw the effect immediately, as his strength was going up every workout. His training cycle went extremely well and we knew he was ready for a big day. The contest day was soon upon us and no one was more excited to see how his new nutrition plan was going to perform than eresa and I

### The War is On!

It was the day of the big meet and you could smell the adrenaline in the air. Garry was pumped and primed to do some major damage. Today, he was not taking any prisoners. He had a few technical glitches, but Garry still hit a 959 in ne squat and 672 in the bench press. Could you imagine having a bad day" after only squatting almost a thousand and benching close to 700? I could use a bad day like that! Since he had lost a good amount of weight, the bench shirt was not dialed in right for his new leaner structure. His squat suit as well was not giving him the support in the right areas due to his changed body structure. Since he didn't get his equipment altered for his new leaner body, this threw off his game plan. Garry is a true champion at heart, and wasn't going to allow a few glitches to get in his way. Just as things were not going his way, the tide turned when the bar hit the floor. The main attraction of the show was the deadlift. As you all know the deadlift record has barely moved in over a decade. The 925 deadlift by Garry Heisey back in



Garry Showed the World ... the biggest deadlift in history. (Lambert)

the early 90's wasn't touched until recently when Andy Bolton did a 926 deadlift. Garry was pumped for this show and knew he needed the deadlift record more now than ever. As he battled back and forth with Bolton, he knew that today was the day history was going to be made! Garry knew it was now or never and there was no way this day was going to end on a sour note. Garry's opener flew up like he had 135 on the bar. Heck, he probably could have ripped it up for good 8 reps. His second attempt lew up just as easily. It was now the time to go for the gusto and set the history books on fire with an attempt that would leave all the super deadlifters of powerlifting past in the dust. Garry called for 931 pounds for his third and final attempt. With the roar of the frenzied crowd in his ears, Garry approached the bar like a machine ready to do what he does best! When all was said and done Garry ripped 931 off the floor like it he was stealing candy from a baby. He held it there long enough to make sure everyone knew who now was the world's strongest deadlifter. The crowd went crazy with excitement as Garry strolled off the stage with the heaviest all time deadlift number now under his belt.

### The Beginning of Something Sweet

Garry had done what most men only dream of. He dropped over 30 pounds of bodyfat, gained close to 20 pounds of lean muscle, and got his deadlift to an all time historical best. Garry's nutritional plan was right on the money for what we were trying to accomplish. Most importantly, it got the job done! From that day forward Garry would embrace the "Nutritional Sciences" as a new weapon in his arsenal for powerlifting greatness. Garry now realized that he was on to something big here with this whole "Nutrition" thing, but I knew that this was just the beginning of what was to come.

If you have any questions or comments I can be reached at: Aricciuto@x-tremepower.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).

# JON SMOKER'S SQUAT ROUTINE

This routine is a amalgam of various influences and ideas I have encountered in over three decades of squatting, although it was basically established after I took a strength and conditioning course for a couple of weeks in Moscow in 1986. It has proven quite effective for everyone I have put on it, most were typically lifters with a few years of lifting under their belts who had hit a plateau. The increases have been anywhere from 50 to 100 pounds over a sixteen week course. It is based on my firm conviction and guiding principle that strength is a byproduct of conditioning with weights, heavy weights. This routine consists of 4 mini cycles and places great emphasis on the training of the quadriceps, because the knee is a fulcrum from which

the quadriceps force it to extend once the glutes have gotten the lift started with support from the hamstrings. In other words, when an athlete hits their sticking point in the ascent of a squat, it is the quads which must force it to completion. It is exactly parallel to situation in the bench press, where a second muscle group, the triceps, must complete what the first muscle groups, chest and shoulders, have started. With this in mind, plus the goal of taking the quadriceps conditioning to a new level, this program is designed to ratchet up the intensity of the training, the closer one gets to meet day. The glutes and hamstrings are trained on deadlift day, by the way.

To incorporate the Weider principle of overloading, heavy box squats are used. This is the classic

Jon Smoker has been a notable squatter for decades, setting numerous records in many federations.

His current "pedigree" includes 2 Masters records in the AAPF (165, 181 @ 55+) and a WNPF Record

(181). "The AAPF record at 1651 consider a legit American record, 512, because it exceeds the records

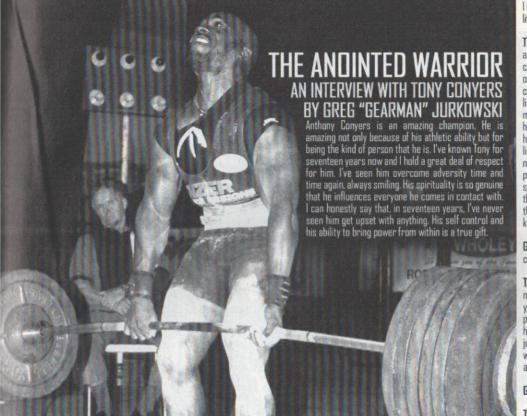
exercise George Frenn is credited with first using. It was taught to me by Roger Estep, a World Record Holder from the '70s with an amazing physique, which included huge guads. He was certain this lift was responsible for his leg size. Greater muscle growth is one of the results of overloads, along with the development of greater overall power. They also have a profound effect on the central nervous system; i. e., they make you tougher. For these reasons, some form of overloading is absolutely essential. settled on box squats for my program because they were the most effective overload movement I found for squats They are done by sitting back on a bench about 2 inches above parallel and pushing explosively off of it with a weight approximately equal to what a lifter

intensity workout is employed and these change after 2 workouts because Russian research has shown that the body adapts quickly and a third workout with the same schemata will produce little result. The mind has to stay one step ahead of the body and constantly throw new wrinkles at it. The first workout in this series of 4 is non lockout high bar squats. I like to call them Platz squats. They are done with the bar high on the back, feet shoulder width apart and rock bottom depth. When Tom Platz first hit the scene I searched for anything about his training I could find to discover what was behind his phenomenal leg development. I know in one of his first training manuals he mentioned doing squats without locking out at the top because of the constant tension it keeps on the guads. I know I did not make this up, but he later seemed compelled to deny this in his lectures and I never understood why, because this is a very effective method. Workout 2 employs another Weider principle, preexhaustion. Here, the Platz squats are preceded by leg extensions in a super set. Workout 3 consists of tri-sets with leg extensions, Platz squats, and leg presses. This workout has been very popular with some bodybuilders who have seen me using it over the years. Why should that matter to a powerlifter, you might ask? Because the bodybuilders were very interested in muscle growth and so should any powerlifter be, because one cannot add muscular size without also getting stronger. This is a primordial fact about the Iron Game. Incidentally, all the exercises on Wednesday's workouts should be taken to failure. I have indicated this in the workouts by the approximate reps the athlete should be getting at the point of failure. Workout 4 involves what I

can do for a single with a one ply supportive suit. After a few workouts, the athlete should be able to do about ten reps with this amount of weight. I would recommend doing these in a power rack and setting the catch pins high for the sake of safety. Every other week a high

have dubbed Russian cage squats and they really help to pull everything together while taking

(article continued on page 91)



Greco Let's keep it simple and establish credibility in the easy way. Tony, Tony, I had a lot of speed. I had sprint, My sprint was a little better than a what were your numbers in your last meet?

Tony: Well Greg, first of all it's an honor to be here with you as a friend and l would like to give God all the glory and praise before we get this interview Greg: In regards to wrestling, I hear that you went a long way. How started. I never do anything without giving Him thanks and acknowledging did that start out and how did that end up? Him. In my latest meet, I was able to put together a 1978 total. I squatted an 832 for a new WPO world record, I benched a PR of 462 and my deadlift was Tony: Well, when Coach took me aside in the weight room and he told a 683 which gave me the win.

meet and how long ago was that?

Tony: Oh man, now we're going way back. We're going back probably 19 or 20 years now. Actually, I totaled elite in the very first competition I entered.

Greg: No more need for rocks in the pockets huh? think that I squatted like a 430, I benched a state record of 380 and my deadlift was around 410. That was a long time ago! Because remember, the Tony: No. my brother, no more rocks. I went out and coach had me first meet I actually did was with Ed Gilly and Buzz and them at the high get down to 119 pounds and when I wrestled at that weight my first it's all about.

been a champion and can you tell me your beginnings as an athlete?

Tony: Back when I was in junior high school I went out for football but I was districts. Then, in my second year I came back and went on to win a little too light to play because the weight that I had to be at was 110 pounds state. In my last year of wrestling I went 33-0-0. Then I got started Tony: Well, the advice that I mostly give young powerlifters is to first to and I didn't even weigh that, so it was disappointing. I was tipping the scale in powerlifting, at about 93 pounds. I had rocks in my pocket and still didn't make the weight and for Coach Able I know forgiveness. Thank God for this man because it Greg: So, losing your first six matches to being undefeated your final was this man who encouraged me to start lifting weights. After that I started year. That's just amazing. I just assumed that you were always a lifting and when I moved on to high school I was able to make the football champion but you have to start somewhere and you've come an team because there wasn't a weight minimum. I weighed about a hundred incredibly long way. One thing I noticed, as you get older, you're and twenty pounds at the time. During the course of training over that getting stronger and that's amazing too. What do you attribute your summer from 9th grade to 10th grade I'd gained weight. Then, when I walked great success to in the fact that you continue to grow at your age of up to the coach and asked him about the weight requirement he informed 45 years? me that there wasn't a minimum, so he told me that I could play regardless of my weight. But, previously, doing the football season that I didn't qualify Tony: I contribute my success to God. I think everybody knows that for, he noticed me in the weight room lifting. I think I had about 180 pounds when they see me perform, or they see me lift, that it's not a Greg: Is there anybody you'd like to thank? on the military press machine and he was impressed enough that he took me coincidence that, before the team trains, we come together inside and he asked me to come up for wrestling.

Greg: So, what position did you play on the football team?

Tony: In football, I went out for running back. I played running back, but they also stuck me in corner back every now and then.

Greg: Did you have a lot of speed or did you mainly rely on strength through

lot of the players but they were just bigger size wise. I played second string behind a ball player who went on to play for Florida State

me to come out for wrestling, a big gleam came into my eyes and I said "You have wrestling here in high school?" and he said "Yup, we there! I don't know if the air conditioner worked as well as it could have a wrestling team." And, right then I knew within my soul that that was something I knew I could do and win at because I'd be wrestling guys my own size. (Laughing)

year I thought that I was gonna whip up on everybody. But, it turned out that I had the strength but, I didn't have any technique or Greg: So that first meet was 1984, which was 20 years ago. Have you always knowledge so I was beaten in my first six matches. I was a little bit knowledge so i was beaten in my in at an installant lost six in a row. Greg: What kind of advice can you give a powerlifter who's just starting. came back and won six in a row and I went on to place 4th in the the sport?

prayer. Because we're asking for God's guidance and for His protection and I give all glory and praise to God. And, not only that, to go into everybody, but I like to thank Mike Lambert with Powerlift it's like the older I get I really don't look at my age because it's the Seanzilla and Leon with HardcorePowerlifting.com. Greg Jurkow scripture that always spoke to my heart when I first read Phillipians 4:13. "I can do all things through Christ, who strengthens me." I'm not 4:13, "I can do all things through Christ, who strengthens me." I'm not Tampa Bay Fitness, Team Dungeon, John Inzer with Inzer Advance focused on what I can do, I'm focused on what He can do through me Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Louis Baltz with All American Kieran Kidder with the WPD, Ken Snell and Kieran Kidder with the WPD, Ken Snell and Kieran Kidder with the WPD, Ken Snell and Kidder w and in me and that's why, as I get older, as long as He gives me the ability to be able to do it then I guess that I'll just get better with age.

Herring, my mother, my beautiful wife Debra, my manager and handler herring, my mother, my beautiful wife Debra, my manager and handler ability to be able to do it then I guess that I'll just get better with age.

Greg: Better with age? You're not kidding! You've been amazing me fo know that you're heavily involved in your church. Can you please elab

Tony: Well, back in 1996, after I'd won the ADFPA championships an 1783 total, and competed in about every federation I could th could feel the void that was in my life and I couldn't fill that void one day, being heartbroken and down with myself, suicidal, I wi change, I got tired of living the way I was living and I had a calling life and God reached down and scraped me up and I decided to go ministry and I decided to put God first before anything else. S happened was I got into the ministry and I started reading th hearing the Word and doing the Word and it made a great impac life, greater than anything I'd ever achieved. It made a greater im my life than my 1783 total at 165. And, from there I just steppe powerlifting and into the ministry. After three years of not competi ent me back out and the main purpose is to go out in fellowshi the Gospel with others and share what God has been doing for that's why I actually out there. My powerlifting is only a cover know, so that God can get the glory, Amen. (Smiling)

Greg: I know that you're a family man; your beautiful wife Debra, and hi children do you have Tony?

**Tony:** Well together, we have a blended family. We have eleven total name them all. We just had a new baby, Takeyus Conyers, he's two an years old and smart. The reason why I'm just naming this one is b prayed to God that we can do it right this time and God allowed Debra have a baby through our marriage, instead of being out of wedlock and just blessed us with this boy and shown us thanks through him; a the we had never experienced. So, I just thank God for that. Our new chil and a half years old and, already he's simulating the squat and the bend

Greg: Just for fun, going back a few years, tell me about Five Guys Gyr

Tony: I tell you man, that's the place where it all started. I call my frien that gym "family." Years ago, four of my friends and I decided to get t and open up a gym. There were five of us and we were trying to think up and I said "There are five of us, so just call it Five Guys' Gym." (laugh) talk about some great powerlifters that have come through there! It like, when Five Guys opened up, everybody who knew about power Tampa, Florida came; James Jacobs, Beau Moore, Pro Wrestling's T Hennis Washington, you, myself and so many others!

Greg: I remember squatting in there, one Sunday morning, and going the gym in the sun, in Florida, to cool down after a set. It got a little remember about six months ago we were in the gym with a group of te on deadlift night. Five of these guys were brand new lifters and never de before. So, as part of the training we were showing them how to dead on your heels, head up, ect. We were trying to correct their form and g as strong as possible and it occurred to me that we were passing the that very moment. It was kind of a strange feeling. But the next week the new guys showed up and we're still carrying on with new PR's. Tha

yourself. And I never tell them to rely on their own ability. I always as they believe that God can do all things through them. And, if they can that, then God will take them to a whole new level. But you have to h Positive Mental Attitude. I always tell new lifters that what you sew int lives will be sewn back into your life. Like when you had that vision that passing the torch, Greg. You were right because we have to pass the the next generation, especially to new powerlifters and the young pow We need to show them the right technique, perfect their form and tea how to execute a lift so they'll avoid injuries and overtraining and to h to believe in themselves and to build up their courage.

Tony - Oh man, there's a whole bunch of people that I can thank. I'm GearMan Nutrition, Mark Realtors, NDC, Pasadena Liquors, Richard M.

for my age and wt. for all drug free associations (10 kgs. higher than the USAPL record). He still uses some of the principles explained in this article in his own training, but he trains much more by how he feels now. He no longer employs box squats ("my skeletal structure just can't take them anymore") In their place he now uses a weight system for middle distance runners, to push his conditioning level even higher. "I'm in far better shape now than when I was younger." (photo courtesy of Jon Smoker)

# **BLOCKING YOUR PULL**

### as told to Powerlifting USA by Wade Johnson

The Deadlift is the most unforgiving lift of the big three in the sport of powerlifting. Missing one little facet of form and technique can make a lifter fail miserably. If everything is right, huge weights seem almost effortless. If you are like most, the deadlift is a struggle. I am not built for the deadlift, as I have short arms and a long torso. In my zeal to try to improve, I have frequently overtrained and, subsequently, my pulling has not improved as I feel it should.

I have tried it all. Training the deadlift only occasionally left me without the form I needed. Training from the floor every week left my lower back overtrained. I have pulled from the rack and it simply did not transfer to a bigger pull. So what to do?

This brings me to my pal, Bob Shaefer. I would like to share with you what I was taught and perhaps those of you who are not gifted pullers can take something away from this. For those that are gifted, I am very envious and admire you, but maybe there is something here for you as well.

Let me explain block pulls. The idea is to pull weight that is resting on blocks. This way it more closely mimics pulling from the floor, as opposed to a power rack type of pull. From the blocks, there is no bend in the bar. We do this movement for reps and not as an overload type movement. We will also use straps when necessary to save the hands. I do this mainly because I am incorporating the hook grip into my training and the plan is to eventually, sooner than later, to use this grip exclusively. Either way, use straps as you need to as the reps are of the most importance and grip can be trained later. The difference in the rack pull is the bar will have a bend in it and a lifter simply alters form to get better leverage. Pulling from the blocks, the bar is still straight and your form, just like pulling from the floor, is paramount. Pulling in the rack as an overload movement just tears the lifter apart and you simply do not recover enough before having another training session.

We use 2x8 blocks primarily. This puts the bar just below the knee. This is the typical sticking point for most pullers, especially me.

The blocks are easy to make and fairly inexpensive. For the 2x8 blocks, you will need roughly three, 8-foot 2x8's. Icut mine into twenty inch pieces and simply screwed them together with two-inch coarse thread drywall screws. Once I had two blocks worth, I used 1x2 stripping on the sides, top and bottom, to keep the wood from moving and coming apart and then stripping of the same size on the tops of the blocks that would keep the barbell from rolling off the blocks. These are pretty rough, but do the job and hold up very well. I have seen straps break and 600+ pounds

The Deadlift is the most come smashing down on the blocks and unforgiving lift of the big three in the blocks hold up with no issues.

The program is as follows and, keep in mind, there are no percentages or magical numbers. If you need to think progressive, think in the progressive image of consistent sessions. Each rep will make you stronger. Do not try to add weight each week, as you will simply overtrain and get away from the goal of the method. Now to the program at last. I will do sets of six reps on all warm-up and working sets. Using my training as an example, I will start with 135 and add 45's until I do my final warm-up with 495 for 6 reps. I will usually start at 545 for 6 and, depending solely on how I feel, I will add anywhere from 10-50 lbs and do another set. Most times however, I just do another set at 545. I will occasionally, (again totally by how I feel on a given day), do a third set. The important thing is to keep the weight on your heels. If I can get the weight to my knees when pulling from the floor and my form is in good shape, I usually pull the weight to lock out. However, it is usually at this point that if you have flawed technique, the weight is more likely to be on the toes and stopping you from locking out, hence the sticking point in the knee area. Pulling from the blocks makes me keep the weight on my heels and lets me

focus on form for reps.

Another method of using block pulling is a descending block method. To explain, I will use my wife's training recently as an example. Kris is a naturally strong puller. She uses sumo and has issues with the weight getting out in front of her at maximal weights. This is very typical. As I have watched her pull thousands of times, I would tell her that the weight was moving away from the body and the weight was also on the toes and not the heels. We have used video and several different methods to remedy this. We started with the same 2x8 blocks that I use. With Kris's training, we did use a percentage of her max. The first 5 weeks was 4 sets of 8 reps with the percentages of 65%-80%, with set one being 65%, then set two would be 70% and so on. As long as she got all of the reps, the following week, she would add 5 lbs to each set. The second 5 weeks, we went to 5 sets of 5 reps with the percentage range of 70%-90%. Kris would then use 2x6 blocks and add 5 lbs. to each set each week of the phase. The last phase we use 5 sets of 3 reps and the percentage range was 75%-95%. Keep in mind with the adding 5 lbs. each week the percentage actually went up. When she was done with a phase, she would use the actual percentage and, in effect, would wave the weight. For each rep in all phases the focus was to lift with bar against the legs and keep the weight on the heels. Also, learning to use the hips and push through at the top was crucial for Kris. At the end of each phase, she would pull a few heavy singles from the floor to

get a feel of pulling form the floor again.

Her results were quite good. Roughly a



Setup ..... Kris Johnson prepares to pull off the blocks.



Start ...... Kris assumes her efficient pulling position.



Midway through ..... Kris maintains a strong position.



Finish of the Pull .... Kris has her weight on her heels.

year ago at a bodyweight of 165, Kris pulled 353 in a meet using a suit and belt. This past July weighing right at 140, she pulled 355 with a belt only. After losing 25 pounds in a year, using no equipment save a belt, she was able to maintain her strength and save the lower back by pulling from the blocks. What Kris was able to learn from the blocks was feeling the weight on her heels as the blocks forced that issue. I would explain even as she watched watch the video, but until she felt it, we could not come up with a solution to improve her form. Also, Kris works on her feet all day

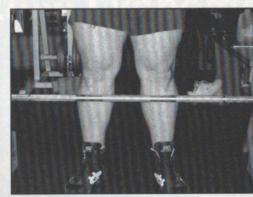
and after pulling sessions, she would pay for it for a couple of days and I had to find a way to get the work in and still save her back. The blocks accomplished this: She has little to no back discomfort and is stronger now than she was 25 lbs. of bodyweight ago. Now that Kris is down to 135, she again tested in gear that fit at 165 and pulled 360. The focus again was primarily on saving the lower back, but getting more reps in pulling.

So to review, those of us in my training group that have gone the block pulling route have seen gains in strength while saving the lower back. If you have troubles with your pulling, give the block pulls a try. The blocks are cheap and easy to build and, make a great place to sit in the gym should you need it.

Until next time-lift heavy, train smart & eat more pizza!

Wade







Upper Left .... Wade lohnson makes his own blocks by bundling up 2 x 8s ... Upper Right .... blocks of this size put the bar just below the knees, which is the sticking point for many lifters. Left .... Wade is not opposed to using straps in this movement, particularly since it is done for reps, and not maximum weight, and also because he is working on developing a hook grip. (all photographs provided by Wade Johnson)



# Someday I will...



EQUIPMENT

SEMINARS

**FORUMS** 

A&D

ARTICLES

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

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Boxers have cornermen; golfers have caddies. Batman has Robin. When it comes down to the actual competition, the boxer, golfer, and Caped Crusader have to come through on

their own, but their assistants playa key role in their success. The

powerlifter is out on the platform alone and that's all between the lifter, the weight, and gravity, but for best results at a meet, each lifter needs some specialized and dedicated support and that comes from his meet assistant. This support extends far beyond just yelling encouragement to the lifter on the platform. This is where an individual sport gets some team flavor.

In past articles I presented several checklists for lifters to review before and after a meet. The goal of those checklists was to help ensure a lifter was prepared for all items leading up to a meet as well as to learn from each meet's successes and failures. This checklist will lay out the job description of the meet assistant. To do this, I have broken out the checklist by categories: pre-meet, each lift, and miscellaneous.

# STARTIN' OUT

A special section dedicated to the beginning lifter

# ASSISTING AT THE MEET

as told to Powerlifting USA by Doug Daniels

### Pre-Meet

- Submitting opening attempts
- Weigh-in assistance
- Get understanding of meet rules 4. Ensure all lifting gear, etc., is good-to-go

### Squat

- Bar height and rack in/out setting for each attempt
- 2. Assist putting on squat suit for each attempt
- 3. Belt tightening
- Knee wrapping
- 5. Knee wrap re-rolling after attempts
- 6. Assist loosening equipment between attempts
- Chalk and powder application

### Bench press

- 1. Assist putting on and removing bench shirt
- 2. Adjust bench shirt between

- 3. Chalk application on lifter
- Powder application to lifter's

- Keeping track of lifting order
- Assist in determining next
- attempts
- to scorer's table
- symmetrically loaded for attempt . Ask for spotters to clean excess chalk, etc., from platform and bar
- 9. Food and beverages

10. Critique lifting technique

- 4. Belt tightening
- . Foot platform location (if needed) 6. Hand off, if allowed

### Deadlift

- 1. Assist in putting and removing lifting gear
- 2. Belt tightening

### Miscellaneous

- 1. Warm-up room help
- Location of lifting gear
- 5. Communicating next attempts
- 6. Quick check if bar is at least
- 8. Check lifter's standing during
- Doug Daniel's Web address: members.aol.com/ ddanil12345/ default.htm

11. Taking meet photos or videos

job description is substantial. I'm

sure there are other duties you

could add through brainstorming,

so this list could easily grow. On the

occasions when I was an assistant,

I've felt as exhausted as the lifter I

was helping. You cannot

underestimate the value of a

competent aide at a meet. I've

seen lifters not even take the

platform for an attempt because

they were not aware it was their

turn to lift. That's a costly and

unnecessary mistake. This should

never happen with competent meet

lifting technique, realistic attempt

selection, proper and timely lifting

gear application, and paying

attention to what's going on at the

meet can mean the difference

between a successful meet and a disaster. Without good meet

assistance, lots of hard work can go

right down the drain. Of course,

shouting encouragement to your

lifter is just as critical as any item on the list above. An effective meet

assistant can make an individual

sport a successful team event.

The combination of critiquing

support.

As you can see, the assistant's

How much have you been paying? Citrulline Malate, 2:1, 180 grams Tri Creatine Malate, 500gm Serum Protein, 90%, 1 pound. 17.00 . 11.75 Creatine Ethyl Ester Hcl, 300gm Whey Protein 90% instant isolate, 24 oz \$13.75 Tribulus Ext. 45% Bulgarian 100gm 10.50 Ribose 100gm 5-Methyl-7-methoxy Isoflavone 20gm 10.50 Long Jack 100:1, 20gm . 54.00 Diindole Methane (DIM), 20 grams 9.75 Arginine AKG, 150 gm 16.00 Creatine Mono. 99+%, Micronized, 1kg 16.75 Chrysin, pure powder, 50gm 22.50 Yohimbe 2% Std. Extractl 50gm 7.50 Glutamine 300gm/1kg. 12.50/32.50 Glucosamine Sulfate, 250 grams 7 25 ZMA, 808 mg, 100 capsules 11.50 Arginine base powder, 300gm

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WPO President Kieran Kidder assisted James Hoskinson with his lifts at the WPC World PL/BP Championships in Fresno, California. (photograph by Mike Lambert)

		WABDL Nat		132 lbs. K. Southwood	271*	198 lbs. G.Warrington	#E94*
	G 04	- Portland, C	)R	181 lbs.	2/1	220 lbs.	7304
BENCH		K. Buschke	143	A. Zorbas	363*	G. Stephens	-
WOMEN			187	198 lbs.		M. Lamarque#	
Junior 165 lbs.		MEN Class-1		J. Noblit	-	H. Milliken	485
T. Kribs	143	148 lbs.		F. Dena III	457	J. Anthony	418
181 lbs.		J. Imamura#	374	J. Castorina K. Bohdan	435 369	D. Schmidt,Jr 4th-314*	363
K. Bond#	170	B. Kunkel	325	R. Solar		242 lbs.	
198 lbs.		Hilderbrand, Jr	304*	4th-336*	-	P. Davi	600
F. Mongaoang	126*			220 lbs.		F. Hofer	473
199+ lbs.	1000	M. Feldman	385*	R. Joachim	380	259 lbs.	
J. Prothman S. Kribs		A. Kim	369	242 lbs.		E. Krych	451
Law/Fire	132	M. Wells	242	M. Connor 4th-529*	518	4th-462*	205
Master		198 lbs.	242	G. Domminga	374	J. Steffens 4th-402*	385
123 lbs.		J. Castorina	435	259 lbs.	3/4	275 lbs.	
L. Christopher			352	I. Soekardi	501	T. Angelo	551*
Master (40-46)		R. Solar	325	275 lbs.		D. Groves	
148 lbs. H. Gantz	203	4th-336*		T. Hawes	473	308 lbs.	
4th-209*	203	220 lbs. M. Watkins	418	309+ lbs.		S. Wong	727
	199	R. Ortal	402	D. Marchant# 622*	611	T. Corwin	
4th-203*		M. Sinner	402		534*		429
B. McGowan	170	D. Finkenstadt		Master (47-53)	334	Submaster (34	
L. Powell	160*	T. Sybouts	391	148 lbs.		148 lbs.	
D. Dammings	154		THE R	A. Evangelista		R. Hilderbrand	304*
165 lbs.	226	M. Landon#	507*		220*	165 lbs.	
S. Klocke# N. Huxley		259 lbs. J. DuBois	405	181 lbs.		M. Feldman	386*
A. Thomson	104	E. Krych	485 462*	E. Ansberry	264	A. Somera	352
P. Michaels-O	149	4th-451	462	198 lbs.		4th-314*	
4th-154*		T. Chun	451	M. McCormack		A. Agamao	473*
199+ lbs.		J. Fernandez	369	220 lbs.		198 lbs.	4,3
K. Sandoval	220	275 lbs.		L. Anderson		D. Sugimoto	_
4th-231*!		C. Wimmer	462	K. Beseda	440	A. Planchon	485*
Master (47-53)		309+ lbs.		M. Sinner	402	242 lbs.	
105 lbs. V. Kosak	121	F. Delatorre	552*		391	D. Jacobson	473
4th-126*	121	J. Place	534*	242 lbs.		R. Fisher	402
114 lbs.		Junior (20-25) 132 lbs.				259 lbs. J. Steffens	207+
C. Schwarz	143*	C. Snider	292*	F. Hofer 259 lbs.	4/3	309 lbs.	385*
A. Hooson	99	165 lbs.		S. Shipley#	573	V. Fldridge	540*
J. Morris	93	J. Luther	473*	K. Smith	341	Teen (13-15)	340
123 lbs.		J. McWalter	231	275 lbs.		97 lbs.	
D. Ruff	165	181 lbs.		J. Harms	578*	T. Potter	93*
	115	S. Judah	473*	K. Evre	457	132 lbs.	
148 lbs. L. Lastufka	115	A. Kim 220 lbs.	369	4th-462*		A. Stewart	143
E. Diane	88	J. Hoyt	451	Master (54-60)		148 lbs.	2244
165 lbs.	00	D. Schmidt,Jr	363	181 lbs. D. Hawkinson		C. Luno	231*
N. Carpenter	165	4th-374	505			187.2	
198 lbs.		242 lbs.		198 lbs.		C. Anderson	154
M. Huston	170	P. Davi#	600	T. Camp	_	4th-160*	
4th-177*!		259 lbs.		242 lbs.		165 lbs.	
K. Cash	154	R. Harth	402	M. Magruder			143
4th-159* 199+ lbs.		C. Sacher	_			Teen (16-19)	
C. Crampton	148	Law/Fire				198 lbs.	
J. Mangaoang				4th-309* 308 lbs.		S. Mahoney 220 lbs.	319
Master (54-60)		D. Bodenstab	502!			C. Anderson#	429
123 lbs.		1. Soekardi	501*	309+ lbs.	429	4th-451*	429
G. Camp		275 lbs.		R. Patterson#	611*		
148 lbs.		K. Eyre	457	Master (61-67)		T. Corwin	_
B. Anderson#	165*			165 lbs.		DEADLIFT	
198 lbs. P. Robey	165	309+ lbs.			314	WOMEN	
Master (61-67)	103	D. Marchant 4th-622*!	611	4th-319*		Junior	
123 lbs.		R. Patterson#	6111	181 lbs. D. Hawkins		123 lbs. S. Sakai	326*
M. Hopkins	93*!	Law/Fire		4th-308*		165 lbs.	326
Master (68-74)		Open		198 lbs.		K. Scott	374
165 lbs.		181 lbs.			325*		
G. Cloninger			490*	308 lbs.		1881 lbs.	
Master (75-79)		R. Harris	462*			K. Bond	
132 lbs. M. Whinston	72 78	D. Carr 198 lbs.	391	309+ lbs.		253.5	
Open	13.1	S. Boyle	479*			198 lbs.	
97 lbs.		242 lbs.	4/9	Master (68-74)		F. Mangaoang	325
C. Neely	_	D. Arredondo	501	148 lbs. L. Vincent	270*1	4th-352* 199 lbs.	
165 lbs.		259 lbs.		Master (75-79)		S. Kribs	225*
S. Klocke	226*	A. Porter	512	148 lbs.		J. Prothman	352
	176	D. Bodenstab	502*		110	4th-363*!	
198 lbs.		275 lbs.	-	4th-111		Law/Fire	
	154	G. Sutton	501	Master (80-84)		Master	
4th-159 199+ lbs.		308 lbs.	520	220 lbs.		123 lbs.	0.50
	214	J. Cisneros 4th-540*	529			L. Christopher	270*
4th-215*		309+ lbs.		4th-303*! 259 lbs.		Law/Fire Open	
R. Mangaoang	126	F. Delatorre	552*			123 lbs.	
Submaster		Law/Fire		Open		L. Christopher	270
165 lbs.		Submaster		132 lbs.		Master (40-46)	
	176	181 lbs.		C. Snider	292	132 lbs.	
181 lbs.	160	A. Agamao	473!	148 lbs.		K. Kennedy	275
J. Steele 4th-176*		275 lbs. T. Angelo		A. Evangelista			200
		. Mingelo		I. Mamura	3/4	i. Kaypurn	319

Monster Muscle WABDL National 132 lbs.



Jo Walker 440 lbs. 1

N. Huxley 181 lbs.

199 lbs

114 lbs.

123 lbs.

148 lbs

J. Pope M. Lewis

M. Huston

4th-314\*

I. Mangaoar

198 lbs.

123 lb

P. Robey

Master (61-6

M. Hopkins

J. Walker#

G. Cloning

Master (75-7

132 lbs. M. Whinston

4th-152\*!

T. McGonag

4th-303\*

S. Sakai#

C. Walker#

132 lbs.

148 lbs.

165 lbs.

198 lbs.

199 lbs.

K. Ohlson

4th-275\* M. Hobbs

C. McEwen

4th-314\*

R. Mangaoai

D. Richards

Submaster

T. McGonag

4th-303\*

4th-363\*

4th-402\*1

Teen (16-19)

Ansberry

Taylor

165 lbs. T. Jacobs

181 lbs

J. Steele

325

220

374 J. Rayburn

473\* H. Gantz#

462 A. Thomson

490 165 lbs.

S. Hedman#

4th-418\*!

165 lbs.

181 lbs.

C. Walker

R. Harris

501\*

496

114 lbs

165 lbs.

Open 114 lbs.

4th-440\*!

P. Michaels

K. Sandoval

Master (47-

I. Morris A. Hooson

L. Lastufka

P. Penderga

	land	lifted an ama	zina	Α.
				165 C. !
e:	stevi	erpull on fon	nuia.	181
				E. /
	347	M. Rochat#	304	L. 1
0	lean	4th-319* 181 lbs.		198 M.
-0	ison	S. Patterson	275*	507
		MEN		242
		Class-1		M.
53)	1	114 lbs.	200	G.
	198	J. Fernandez 148 lbs.	209	J. C 259
		B. Kunkel#	468	K. 5
		165 lbs.		Mas
	314	F. Winbigler	402	181
	264	181 lbs.	474	D. 198
sti	264	A. Kim 198 lbs.	474	T. (
		J. Woodall	446	T. ( M. 242
		M. McGrath	507*	242
	303	220 lbs.		T. \
	286	D. Finkenstadt C. Muir	440	308
	300	242 lbs		D.
		M. London D. Arredondo	545	309
g	253	D. Arredondo	573	R. I
		C. Erhardt	617	Mas
	254	259 lbs.	628	198 D. I
57)	234	C. Gillespie	633	4
,		C. Stumbo V. Brumfield E. Krych#	650	R. 5
	170	E. Krych#	666	Mas
	420	275 lbs.		148
	429	D. Martinez C. Wimmer	589 590	L. \ Mas
		309 lbs.	390	148
r	231	J. Place	551	A. 1
r (9)		4th-590		Mas
	140	D. Edgell	666	! - W
1	148	Junior (20-25) 148 lbs.		Lifte Nati
		B. Kunkel	468	it w
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		D. Schmidt Jr.	584	Feld
	264	242 lbs. Blankenship	567	386. with
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	314	N. Lepine D. Davi#	710	third
		259 lbs.		with
	381*	R. Harth J. Ward	628	won
	308	Law/Fire	490*	com
	300	Master		won
		259 lbs.		an (
ıg	303	D. Bodenstab I. Soekardi#	534*	Eric
	429*	1. Soekardi# 275 lbs.	700*	with
		K. Eyre	485	Wim
le:	*	Master (48+)	403	for
		309 lbs.		Dela
		R. Patterson	622!	a for
	352	Law/Fire Open		Patri
	332	181 lbs.		lift v
	352		523	for
		C. Walker M. Lamarque	661	Junio
	391	242 lbs.	-	Texa
d	303	D. Arredondo G. Babst	573*	At 10
	303	275 lbs.	644	benc 473.
		D. Martinez	589	a sta
	253	Submaster		Hoy
		308 lbs.		451.

Taylor 562\* 259 lbs Master (40-46) 148 lbs. C. Davi# . Fernandez 352 Oper Zorbas 457\* A. Evangelista 485\* Suches 540 165 lbs. Fiseman# 744! R. Godard 181 lbs. 303 D. Fisher 507 C. Walker A. Stewart Walker 523 A. Dawson 650 D. Trovis 661 Woodley 700\* T Fiseman Soekardi 705 220 lbs A. Medak 4th-590 D. Schmidt Ir 584 Lamarque 148 lbs 242 lbs. A. Evangelista 485\* I. Pavne 523 Smith P. Davi# 710 402 R. Harth 628 Ansberry Woodley# . Krych McCormack 275 lbs. 308 lbs. Prothman 573 A. Meda 705 309 lbs. A. Medak 705 Capello lbs. D. O'Neill 562 D. Edgell ster (54-60) 242 lbs. Hawkinson 424 P Fisher 259 lbs. 402 I. Fernandez Green Hudson Teen (13-15) th-369 Stevens 600\* 4th-203\* 622! I Fernandez Patterson 4th-214\* 148 lbs . Segura th-490 396\* 551! (16-19) ster (68-74) 181 lbs Scheid 358\* 198 lbs. **Vincent** S. Mahoney# 220 lbs. Whinston 132\* M. Prothman ter (80-84) Vorld Records. \* - State Records. # - Best ers. This was the first time the WARDI onals has been on the West Coast and as the biggest one ever with 230 lifters 365 benchers and deadlifters. The two attendance was 723. Starting in classench, Jason Imamura of Hawaii was best r in lightweight with 374.7 at 148. Ron debrand, who is handicapped, set an igon state record in class-1 with 304.5 48 and came in third. At 165, Mark Iman of Nevada set a state record .8. At 181 Andrew Kim of Illinois won a 369.2. At 198 Reid Solar of Arizona state record with 336 but came in Brian Adams of Idaho was second 352 and Joe Castorina of California with a 435.2. At 220, Dan Finkenstadt an Illinois state record with 402.2 to ne in fourth. Mike Watkins of Oregon with a 418.7. At 242 Mary Landon Pregon state record with 507. At 259, Krych of Minnesota set a state record 462.7, but Jason DuBois of Oregon with a 485. At 275 class-1. Carl mer of Utah set a state record 462.7 the national title. At Super Frank atorre of California beat Jeffrey Place, rmer NFL player for the New England iots, 552.1 to 534.5. Delatorre's lift a California state record and Place's was an Oregon state record. Best lifter heavyweight was Mary Landon. In or men, Chuckie Snider of Texas set a s record at 132 with a bench of 292. 65 Joe Luther, one of the best lightweight thers in the world, hit a world record 7. At 181, Stephen Judah of Florida set ate record with 473.7. At 220 Jason t of Oregon beat Dennis Schmidt Junior .7 to 374.7. Schmidt's lift was a

Minnesota state record. At 242, Phil Davi of California was best lifter with a 600.7 at 242, but he failed in his efforts to get his world record back and missed a 629. In junior women, Francesca Mangaoang set a Washington state record with 126.7 at 198. Jana Prothman set a world record with 188.3 at 198+. In law/fire master 40-47, Don Bodenstab set an Oregon and world record with 502.6 at 259 to edge out Vanto Soekardi who also had broken the world record with 501.5. At 275, Ken Evre set a Utah record 462.7. At superheavy, the WABDL state chairman Dave Marchant, set a world record 622.7. Big Dave, who weighs 329, is a police sergeant for the Murray, Utah police department. In law/fire master 48+ 56 year old Randy Patterson set a world record at super with a 611.7. Randy could become the first 60 year old to bench 600 if he stays healthy. He was also named best lifter in law/fire master. In law/fire open, Charles Walker was named best lifter with a 490.5 at 181, which was also a California record. Ryan Harris of Oregon was second with a state record 462.7. Darren Carr of Utah set a state record 391.2 for third place. At 198, Sean Boyle of Washington set a state record 479.5 for the victory. At 242 Derek Arredondo won with 501.5. At 259 Andrev Porter won with a very aggressive 512.5 but couldn't beat his current state record of 529. Don Bodenstab was second with 502.6, an Oregon state record. In law/ fire open 275, George Sutton won with 501.5. At 308, Joseph Cisneros set a California state record with 540 and at super Frank Delatorre set a California record with 551. Cisneros and Delatorre are nice guys, but they are big and tough looking. They would make Pancho Villa's gang look like the Bobsey twins. In law/ fire submaster women, Lynda Christopher fire submaster women, Lynda Christopher set an Arizona record with 132.5 at 123. Agamao set a world record 473.7. He is one of Matt Lamarque's lifters. Matt's team, called "The Iron Society", won the team title. They also won the team title at the Worlds. They have the best hard core gym I've ever seen. Great equip from Louie Simmons and other hard core rom Louie Simmons and other hard core equipment companies. Great attitude, great atmosphere and they go about their business quietly and effectively. If you were to have a fight between gyms, the six toughest from each gym, I would put my money on them. Why? Because they don't act tough, they just are! At 275, Ted Angel set an Oregon state record with 551. In second was George Sutton with a Washington state record 501.5. At 308 lames Taylor set a world record 501.5, breaking his own record of 473. In master men 40-46 at 132. Kajohn Southwood set a Washington record of 271.1 for the win.
At 181. Alex Zarbas of Minnesota set a state record with 363.7. At 198 there were 5 competitors and Fil Denna III easily won with 457.2, a Nevada state record. At 242 newcomer Mike Connor set an Oregon state record with 529. At 259, Yanto Soekardi won with 501.5. At 275, Terry Hawes of Utah put up a PR 473.7. At superheavy, Utah police sergeant Dave Marchant rammed up a Utah state record 622.7. Former New England Patriots Football Player Jeffrey Place was second with an Oregon state record 534.5. In master men 47-53 at 148, Chuck Wong of Minnesota set a Minnesota record with 220.2. At 242, Mary "Buzz" Landon, who brought a team from the Boardman-Hernston, Oregon area, jumped into the 500# club for the first time with 507. He has been following with 507. He has been following Rvan Kennelly's training advice. At 259 Steve Shipley powered up 573, way short of his world record 600.7. At 275 Joe

Harms broke George Nelson's world record of 575 for the second meet in a row

with 578.5. Joe had done 576 in Tacoma, June 19 at the Monster Muscle Great

Northern. In second place, was Ken Eyro of Utah with a 462.7, a state record. In

master men bench 54-60 at 181, m

training partner Dan Hawkinson and th

record 352.5. At 242, Mike Magruder,

the brother of the legendary Jeff Magruder

ota WARDI chairman set a state



Matt Lamarque broke through another barrier ... to an all time best 738 lbs. at 220 lbs. (All photogaphs are courtesy of Namea Designs)

who benched 639 at 242 raw, put up a respectable 435. At super, former powerlifting great Randy Patterson (914 squat in a single-ply suit - no canvas for him, 585 bench raw and 780 deadlift raw) blitzed 611.7 for a world record at age 56. He will be the first man in the world to bench 600 at age 60. In master 61-67, Donald Barden set a Washington state record with 319.5 at 165. At 181 Daryle Hawkins set an Oregon record with 308.5. At 198 Dave Holmes set a Washington record with 325. Robert O. Smith is a member of the Screen Actors Guild - the only powerlifter in the world other than Gus Rethwisch to be a member of the guild. (Gus has had his SAG card since 1978 and has been in 11 movies, Magnum PI, Hawaii 5-0 and even did a play with Juliet Prowse called Kismet in 1988 at the Pasadena Civic where the Emmys are held). Roberts O. has been in numerous movies and TV shows and does voiceover for many video games and cartoons. Now, on to Robert O.'s latest accomplishment, a 512.5 world record at age 61, he was the first man in the world bench 500 at age 60 in June 19 in

Tacoma. He set this record at 308. He also holds the world record at super with 515. At super, Don James became the second man in the world to bench 500 at age 60 with 501.5, and he came close with the world record of 518. In master (75-79) Arthur Winston, age 79 and still practicing law, set an Oregon record of 111.1 at 148. In master 80-84 Bob Woods who was in "retirement" for four years, came back and set an unbelievable world record of 303. The first man in the world to bench 300 at age 80, he weighed 214. At 259, at age 80, Cal Davis benched 225.7 for a world record. In master women 40-46 at 148, Heidi Gantz set an Oregon record 209. Suzanne Hedman coached by Rene Nelson came in second with a California record 203.7 Gantz was coached by Jerry Capello, the great master deadlifter. At 165, Sheri Klocke of Oregon won with 226.8 and in second was Nadine Huxley with a Washington state record 176.2. At 181. Pamela Michaels-Olson set a Washington record with 154.2. unlimited Kelli Sandoval set a world record with 231.2. In master women 47-53 at 105 Vivian Kosak set a Washington

record with 126.7. At 114 Carolyn Schwarz set a California record with 143.2. At 198 Margie Huston set a world record with 177.3. Kathy Cash was second with an Oregon record 159.7. In master women 54-60. Barbara Anderson set a world record 165.2 at 148. In master women 61-67 Martha Hopkins set a world record 93.5 at 123. In master 75-79 at 132 Melicent Whinston set a world record with 73.7. In open men at 148 Alfredo Evangelista set an Oregon record with 413.2. At 165, loe Luther, who was the greatest teenage bencher with a 413 at 151# at age 17, is also making his mark in junior, blew up 473.7 at 161 for a world record in junior, as well as winning the in junior, blew up 473.7 at 161 for a world record in junior as well as winning the Nationals in the open. At 198 Gus Warrington upped the world record to 584 with a picture perfect stroke as well as winning best lifter for the lightweight division. At 220, Matt LaMargue, who has passed three drug tests, including at this meet, did the most perfect "big weight" bench I have ever seen, 738 pounds. He was slow and controlled coming down, slow and controlled off the chest, slow and controlled in the middle of his stroke, slow and controlled at the end and a perfect lockout. Drug free, no stupid 3-ply or 4-ply or who knows what the hell some of these lifters are wearing and no split neck or completely open back. It was a 2-ply denim. 738 beats Jesse Kellum and George Halbert, it beats everybody in any federation! Many lifters are very jealous of Matt Lamarque and his training partners Phil Davi and Steve Wong, who also are drug free and have passed two drug tests each. Davi has benched 628 at Junior 242 and Wong has benched 760 at 285, in a single-ply shirt. Matt's comment to me was if whoever is complaining about either illegal shirts or drug usage call him and have the guts to list your name and tell him over the phone or better vet, face to face. His cell phone is 831-277-4766. I've received a few phone calls, letters and e-mails from two, maybe a or 4 people who have threatened me in a veiled sort of way, i.e. "I'm surprised you're still alive." I've received calls from other people who themselves have been accused of steroid usage, complaining about Matt LaMarque or Bill Gillespie. Success will always breed contempt or jealousy. Back to open 220

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### Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADITETERS (WARDI)

Last Name	First Name		Initial	Renewal Y N	Current Card # (If Renewal)
Street Address					Club Name
City	Anna M	State	Zip	Galleria Market room to	Area Code/Telephone
Current WABDL Classification   Refer	ee Status U.S.  Id. National State Y	Citizen? Date of	Birth Sex M F	Today's Date	Card Issued By

Registration Fee: Adults \$25 Teens \$15

Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial

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

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

Signature\_

Teen (13-15) 123 lbs.

A. McEwen

Teen (16-19)

E. Ansberry 181 lbs.

T. Angelo 551\*!

G. Sutton

I. Taylor

4th-501\*!

Master (40-46)

132



Gus Warrington won one of the Best Lifter awards with 584 @ 198.

a Minnesota record 374.7. At 259 Eric Krych of Minnesota set a state record 462.7 for first place and Phil Davi benched 600.7 at 242 for first. At 308 open Steve Wong had to settle for 727 on an opener. He locked out 788 twice, but his butt was off the bench about an inch both times. 788 would have beaten Bobby Leitz's world record of 761 and would have beaten Bill Gillespie's 782 at super for the highest bench in WABDL. In open women 165, Sherri Klocke set an Oregon record with 226.8. at 198 Kathy Cash set an Oregon record with 159.7. At unlimited Dawn Richards set a Utah record with 225.7. In submaster men Ron Hildebrand at 148 set an Oregon record with 304.1 his second state record of the day having already broken the class-1 record. At 165 Mark Feldman who returned from a five month tour of duty in the Air Force in Iraq, set a state record at 165 with 386.8. In second place was Andrew Somera of Washington who set a state record 374.7.
At 181, A. J. Agamao of California and who trains at Matt LaMarque's Iron Society, put up a California record 473.7. At 198 Andre Flanchon also of the Iron Society, set a California state record 485. At 242, David Jacobson got a PR 473.7. At 259, Jason Steffers set a Minnesota state record with 402. At super, 410# Vince Eldridge, who has a world record dead in subnaster super with 451, put up a huge 540, a Washington state record. A year ago, he was benching 451, but as with many lifters lately, found the beauty of the single-ply rage and fury shirt to be better than many double denims and he put on 90# almost instantly. In submaster women at 181, Jodi Steele set a Washington record with 176.2. In teen men 13-15 148# class, Cesar Luna set a Washington record with 231.2. Cody Anderson of Minnesota set a Minnesota record with 160.8 to finish third. In teen 16-19 220, Chad Anderson set a Washington record 451.7 and was named best teenage lifter. In all, 25 lifters benched over 500#, 5 benched 600# or more and two benched over 700# and 20 world records were set in the bench press. Now moving on to the deadlift. The big story was Tom Eiseman opening with a world record deadlift at opening with a world record in both open and master 40-46. Then he jumped to 744 and smoked it and then to 771 which he locked out, but hitched when he tore a callous. He want 800 at 181 and [ think he will get it. Tom Gustavo Warrington and Matt Lamarque were drug tested and all passed. In class-1 deadlift, Mike McGrath of Illinois at 198 set a state record with 507. At 259 Clayton Gillespie of Oregon was fourth with a state record 628, Carl Stumbo of Washington was third with 633, Washar Brumfield of Washington was second with a state record 650.2 and Eric Krych won with 666.7, a Minnesota record. At 275, Carl Winman of Utah pulled out a

win over Daniel Martinez 590.6

to 589.5 and got a Utah record besides. At super, David Edgell set a Utah record with 666.7 and Jeffrey Place

was second with 590.6. Barry Kunkel, who pulled

468.2 at 148, was best lifter

in the lightweight and Eric

Krych was best lifter in heavyweight. In junior deadlift, Andrew Kim set an Ilinois state record at 181 with 474.8 and Nicolas state record 606 at 242 Both are students at the University of Illinois and Hudson, who deadlifted 700 for the first time. Phil Davi of California won at 242 with a 710.7 and was named best lifter. At 259, lesse record with 490.5. In junior women at 123, Stacie Saka set a Maryland and world record with 326.1 and was named best lifter. At 165. Kristy Scott set a Maine state record with 385.7. At 198, Francesca Mangaoang set a Washington record with 352.5. In unlimited Jana Prothman set a world record 363.7. She is coached by Joe Head of Headquarters Fitness, whose team tied Bull Stewart's team for second place and his team also tied for first at the 2004 World Championships in Las Vegas. In law/fire master 40-47, Yanto Soekardi ripped up 700.8 for a world record and best lifter at 259. He's coached by Matt LaMorque and his Iron Society Team who won the team title. Don Bodenstab was second with an Oregon state record 534.5. Randy Patterson set a world record at master law/fire 48+ with 622.7 at age 57. Lynda Christopher set an Arizona record at law/fire master with 270 at 123. In law/fire open at 220 Matt Lamarque pulled 661. In law/fire oper 242, Greg Babst pulled a PR 644.7 for the national title and Derek Arredondo was second with a California record 573. In law/fire submaster lames Taylor pulled an Oregon record 562 at 308. In master 40-46 at 181, Alex Zorbas pulled Minnesota record 457.2 At 181, Tom Eiseman pulled a phenomenal 744 for a world record and probably the best deadlifter in the

pound, at age 46 no less. Yanto Soekardi pulled 700.8 at 259 for a California state record and only 10# shy of Bob Vessel's world record. At super, Jeffrey Place pulled an Oregon record 590.6. In master 47-53, Freddie Evangelista pulled 485 at 148 for an Oregon record. At 181, Leamon Woodley set a world record 694.2. He was tested once last year once the year before and passed both. He was tested in Tacoma on June 19 and passed, and we are waiting for the results from a meet in Aberdeen, Washington, shortly after this meet. At 242, Jerry Capello pulled 705, which was a bad day for him. He's usually which was a bad day for him. He's usually around 745-750. In master 54-60, Dan Stevens and Randy Patterson pulled world record of 600.7 and 622.7 at 308 and super respectively. In master 61-67, Dave Holmes pulled 490.5 for a Washington state assert of 16.77. Washington state record. In 61-67, 308. Robert O. Smith of Canado pulled a world record 551. He has set 5 world record over the last 12 years in bench and deadlift. In master 68-74, Larry Vincent set an Oregon record of 358 at 148#. In 75-79, Arthur Whinston set an Oregon record 132.2 at 148. And, Cal Davis at age 80 pulled 330.5 for a world record, in the 259# class. In master women 40-46,

Heidi Gantz pulled a world record 418.7 at 148. At 165, Nadine Huxley pulled a Washington record 347. At unlimited, Kelli Sandoval pulled an Oregon record 391.2. In master women 47-53 at 198, Margie Huston yanked a 286.5 world record. Kathy Cash hauled in 314 on a very long pull for an Oregon record at 198 to beat Margie Huston. At 54-60, Pat Robey set a Washington record 254.6. In master 61-67, 63 year old Jo Walker pulled an unbelievable 440.7, weighing 128.4, which has to give her the highest deadlift coefficient of all time, and therefore she is the best female deadlifter of all time! 78 year young Melicent Whinston pulled 152#, weighing 131 for a world record. Jo Walker's 440.7 broke Carol Myers open world record by 16#. In open men, Tom Eiseman, Jerry Capello, Phil Davi, Joe Fernandez, John Hudson and Andy Medak all pulled over 700#, with Eiseman being the lightest at 181.2, pulling the most at 744#. John Hudson, who brought at team from Illingie and who who brought at team from Illinois and who is taking my coaching advice, pulled 705 at 275 for an Illinois record. Joe Fernandez pulled 716 for an Oregon record at 259. At super David Edgell set an Utah record with 666.7. In submaster 259, Joe Fernandez set an Oregon record with 716 and John

Hudson set an Illinois record

submaster 259 women

Luehrs, Ken Anderson, Gus

Warrington. Platform

weights were provided by lvanko and the competition bench was by Forza. Mike Scott was a judge and did some M.C. duty. The sponsors were Michelle Kampen of the Powelifting

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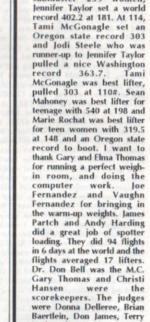
LoPrinzie's Gym, and Laura Lee Grizzle of High Cascade

Emu Oil. (thanks to Gus

275 with 705.2. In

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### **USA POWERLIFTING CORNER**

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### President's Message: Working at the Grassroots Level

I've mentioned before that there are many different aspects of outreach to our grassroots level lifters occurring in USA Powerlifting. While we are proud of our elite-level athletes, no program can focus entirely on its very accomplished members without a focus on development of talent and values at every level. Over its history, USAPL has been an organization of normal people who add powerlifting to their lives to enrich them. Because we want you to be involved in USA Powerlifting wherever you are, we continue to develop meet promoters in every location and at every level. The lessons learned at the National and International level translate down to the local competition.

One area where a number of people have worked extensively recently is in providing training camps and seminars to increase the knowledge of novice and non-elite level lifters so that their progress is accelerated and success maximized

Over the next year, USA Powerlifting members will be hosted in a number of cities including Killeen, Texas, Baton Rouge, Louisiana and others. These have been very well received by the membership and give our more accomplished athletes and officials an opportunity to share their expertise with those less experienced



Caitlin Miller, who started lifting in the Youth Division, garnered the Silver Medal at the IPF Sub-Junior World Championships this year.



Bench Press National Champion, Lance Karabel assists at a recent training camp. (Photographs provided to PL USA courtesy of Dr. Larry Maile)

Championships in a low-stress, friendly environment. This year, look for many of our elite athletes to participate as "quest lifters," showcasing their lifting, attempting American and World Records, and tuning up for National and World meets. They will also be available for seminars, a press conference, and question and answer sessions. For more information, see the

link on the USAPL Calendar page: http:/ /www.usapowerlifting.com/ schedule.shtml. Plantobe in Philadelphia this December.

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

The 22nd USA Powerlifting Women's National Championships in St Louis, Missouri continues to get top billing in our calendar. This is the largest women's strength exhibition in the world. This is the second year of our Youth Division lifters participation in the Nationals, and they proved to be one of the highlights of last year's competition. The Open and Master athletes could not help showing their pride in their accomplishments to these young athletes. We expect to top 140 participants this year. Don't miss this show in St. Louis in February!

**Top Twenty** 

This month, we feature the top 20 women at 44 kg. (97 lbs.) and the top 20 men at +125 kg. (Superheavyweight) To search the lifter data base, or for the complete 2003 Top Twenty lists, please see: http://www.usapowerlifting.com/ newsletter/ranking/rankings.html

### Merchandising

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

### American Open: Philadelphia, December 11-12, 2005

Just a quick update on the 3rd American Open: This competition is shaping up to be a premier event for lifters who haven't achieved an elite total. incorporates every aspect of an Open National

2004 Top 20-97 lb. Cla	ss Wom			
. Ashley Robbins	331	154	314	799
2. Tina Carder	287	138	298	716
3. Caitlin Miller	276	138	292	705
. Erin Dickey	265	148	265	676
. Barb Seips	253	137	286	676
. Cherly Anderson	231	143	292	667
. Catherine Solan	237	132	292	661
3. Donna Aliminosa	215	110	255	584
). Sarah Deville	210	100	243	551
0. Stevie Cross	193	105	231	529
1. Valerie Naymick	175	105	215	495
2. Abby Shields	187	99	204	490
3. Katie Somers	176	93	214	485
4. Miranda Mueller	176	66	203	446
5. Jade Geatreaux	150	90	200	440
6. Stephanie Sitkawitz	154	88	187	429
7. Kalyssa Maile	154	93	165	413
8. Evelyn Newton	110	80	205	395
9. Brandi Morales	143	66	176	386
20. Krystal Hernandez	148	72	165	386
200 F 30 F 1		Class Ma	THE STATE OF THE S	
2004 Top 20- Superhea			816	2453
Brian Siders	937	700	838	2342
Brad Gillingham	871	634	755	2205
Randall Harris	827	623	716	2172
Dennis Huslander	849	606	775	2170
Nick Minneti	840	555	722	
	838	584		2144
		623	623	2111
Brian Laudadio	805	647		
Brian Laudadio Kory Wnuk	777	617	700	2094
Brian Laudadio Kory Wnuk Josh Chovanec	777 805	579	694	2078
Brian Laudadio Kory Wnuk Josh Chovanec Jason Christus	777 805 805	579 601	694 639	2078 2045
Brian Laudadio Kory Wnuk Josh Chovanec Jason Christus Mike Neal	777 805 805 760	579 601 615	694 639 635	2078 2045 2010
Brian Laudadio Kory Wnuk Iosh Chovanec Iason Christus Wike Neal Tony Saunders	777 805 805 760 928	579 601 615 452	694 639 635 623	2078 2045 2010 2001
Brian Laudadio Kory Wnuk Iosh Chovanec Iason Christus Mike Neal Tony Saunders Harry Archer	777 805 805 760 928 854	579 601 615 452 457	694 639 635 623 678	2078 2045 2010 2001 1990
Brian Laudadio Kory Wnuk losh Chovanec lason Christus Mike Neal Iony Saunders Harry Archer leff Peshek	777 805 805 760 928 854 705	579 601 615 452 457 634	694 639 635 623 678 645	2078 2045 2010 2001 1990 1984
Brian Laudadio Kory Wnuk Oosh Chovanec Iason Christus Mike Neal Fony Saunders Harry Archer Jeff Peshek Scott Ward	777 805 805 760 928 854 705 739	579 601 615 452 457 634 540	694 639 635 623 678 645 661	2078 2045 2010 2001 1990 1984 1940
Brian Laudadio Kory Wnuk Josh Chovanec Jason Christus Mike Neal Fony Saunders Harry Archer Jeff Peshek Scott Ward Cory Rideout	777 805 805 760 928 854 705 739 750	579 601 615 452 457 634 540 450	694 639 635 623 678 645 661 735	2078 2045 2010 2001 1990 1984 1940 1935
Brian Laudadio Kory Wnuk Josh Chovanec Jason Christus Mike Neal Fony Saunders Harry Archer Jeff Peshek Scott Ward Cory Rideout	777 805 805 760 928 854 705 739 750 745	579 601 615 452 457 634 540 450 470	694 639 635 623 678 645 661 735 705	2078 2045 2010 2001 1990 1984 1940 1935 1920
Brian Laudadio Kory Wnuk Josh Chovanec Jason Christus Mike Neal Jony Saunders Harry Archer Jeff Peshek Scott Ward Cory Rideout Paul Fletcher	777 805 805 760 928 854 705 739 750 745 722	579 601 615 452 457 634 540 450 470 485	694 639 635 623 678 645 661 735 705	2078 2045 2010 2001 1990 1984 1940 1935 1920 1901
Lance Karabel Brian Laudadio Kory Wnuk Josh Chovanec Jason Christus Mike Neal Tony Saunders Harry Archer Jeff Peshek Scott Ward Cory Rideout Paul Fletcher Greg Collins Daniel Gaudreau	777 805 805 760 928 854 705 739 750 745	579 601 615 452 457 634 540 450 470	694 639 635 623 678 645 661 735 705	2078 2045 2010 2001 1990 1984 1940 1935 1920

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# 

POW!ER SCENE finally got to stay in L.A. for awhile, and we visited with star bencher Scot Mendelson, who's been busy recently, moving to a new home, building his personal training business (FIT), doing his own training, and appearing in two national TV commercials. But that's not all - Scot is now promoting a big invitational BP meet, scheduled for next February's LA Fit Expo. Five grand in prize money, and lots of big benchers from across the

Scot himself won't be in the meet, since he's running it; he'll be benching the day (or night) before during the IRONMAN bodybuilding show. Check out www.scotmendelson.net and www.thefitexpo.com for more info.

Powerlifter Lance Slaughter is a campaign director for the Leukemia & Lymphona Society, and we caught up with Lance at one of their events, the Light the Night Walk. Lance tells us these walks occur all over the country, and raise millions of dollars. We saw Lance busily attending to lots of set-up stuff, and we saw our POW!ERLIFTER VIDEO co-host Chuck LaMantia, in a big tent, deejaying the event.



Vicky Hembree not only keeps herself in great form

The Leukemia & Lymphona Society helps fund research and treatment for blood cancers, and provides information, treatment, and sometimes even supplemental financial support for afflicted people. You can visit their site at www.lls.org. Like Scot Mendelson, Lance is also busy meet promoting, and he has a big one coming up -- the USAPL Masters Nationals, in Palm Springs, CA from May 20-22, 2005. You can learn more at www.usapl-ca.org.

Next year, Lance will be back on the lifting platform, starting his second decade as a lifter in competition. Currently, his PRs are 475 SQ, 424 BP, and 485 DL, all at 148. We'll see what next

POW!ERLIFTER VIDEO's other co-host, Vicky Hembree, has been taking the year off from competition, but she's still in the

gym training and staying strong. Last time Vicky took some time of, it lasted 18 years, from 1981 to 1999. This layoff will probably be a lot shorter.

For everyone else out there, we hope all your lay-offs are short, and by choice.

'til next time, stay strong and healthy, and we'll see you on video.



Lance Slaughter is totally committed to his philanthropic work, with our co-host, Chuck La Mantia (seen at left).



but stays busy as POW!ERLIFTER VIDEO'S Co-host. Star Bencher Scot Mendelson ... is leading a very active and fulfilling life these days.

NASA N	tisson	ri Gra	nd (k	(9)	youth				
26 JUN					114				
Bench Only		Win S		112.5	Zach Hensley	17.5	27.5	60	105
hs		bpm4			r usin/ r uni				
148		220			nov 242				
J. Sentlinger	102.5	Earl E	vatt	127.5	Ryan Cannon		147.5	205	352.5
m3		bpmp			(Thanks to Rich	ard Pe			
198	112 5	220		107					
Win Smith m4	112.5	Earl E	vatt	127.5		LC			
220		198			USAPL His				
Earl Evatt	127.5	Win S	mith	112.5	19-21 M/				
mp		bpp			Varsity 97 lbs.	SQ .	BP	DL	тот
220		220			S. Deville	95	45	110	250
Earl Evatt	127.5	Earl E	vatt	127.5	S. Cross	87.5	47.5	105	240
nov 242		cm1 181			K. Somers	80	42.5	97.5	220
John Boettger	227.5	T. Boy	vland	67.5	S. Sitkawitz	70	40	85	195
pure	/.5	cyouth		07.5	105 lbs.	440 -			
198		123			A. Karbowski C. Richard	112.5		135	295
Win Smith	112.5	Devin	Peter	s 15	A. Seeruck	102.5	42.5	117.5 115	262.5
pure		dlnov			G. Sampson	97.5	60	105	262.5
220		181			M. Bruischart	100	52.5	102.5	
Earl Evatt	127.5	Robert		y 150	S. Beebe	72.5	50	107.5	230
165		dlyout 123	n		K. Parker	87.5	40	102.5	230
Bryan Whitt	182.5	Devin	Peter	s 50	114 lbs.				
wpure		sqhs		. 50	L. Marietta	112.5		132.5	
97		148			L. Houle C. Lewis	122.5 117.5		130	317.5 287.5
C. Wingert	32.5	J. Sen	tlinger	175	B. Carlson	87.5	55	117.5	
Power Sports		sqhs			J. Beebe	75	62.5	117.5	
bpm3		220			L. Willis	92.5	47.5	100	240
198			kilong		R. Touchet	90	42.5	102.5	235
Powerlifting Co	url/5Q	BP	DL	TOT	M. Kaan	87.5	40	102.5	
114					K. Kneisler	72.5	47.5		227.5
B.Williamson	117.5	77.5	130	325	T. Haeuser L. Geske	87.5	45	92.5	225
James May	77.5	47.5		227.5	H. Lehmen	70 85	30 40	82.5 95	182.5 220
jr					S. Meyers	67.5	35	102.5	
220	2.00				J. Sabin	72.5	37.5	92.5	202.5
Aaron Norris	210	157.5	255	622.5	123 lbs.				
m2 275					C. Nogle	155!	90!		1427.5
J. Anderson	195	125	200	520	J. Brewer	115	57.5	137.5	
nov	133	123	200	320	T. Medeiros	127.5			307.5
242					S. Balcer J. Schooley	105	65 45	117 5	285 267.5
Robert Crane	235	160	232.5	627.5	H. Schaufenbil			107.5	
hs					H. Baumann	92.5	50	112.5	
114					J. McDonah	90	42.5	102.5	
B.Williamson	40	70	115	225	L. Bennett	80	37.5	110	227.5
M. Kilngkilng	45	90	160	295	S. Jenson	80	50	90	220
242	43	90	100	293	N. Brabbit	70	35	97.5	202.5
Chris Hughey	45	85	187.5	317.5	132 lbs. M. Jovanoich	137.5	65	130	332.5
275					B. Mire	125	57.5	137.5	
James Brock	45	77.5	120	242.5	S. Docken	107.5		120	300
m1					A. Welcome	107.5		130	285
198				200 -	K. Robichaux		45	117.5	255
Herb Hensley	60	135	187.5	382.5	A. McDaniel	90	52.5	105	247.5
nov 198					148 lbs.				
Louis Taylor	60	112.5	187.5	360	A. Matt	165	85		417.5
					K. McCauley	127.5	10	150	352.5

	E. Steck	132.5			347.5	S. Wallus		117.5		445
	N. Pfoff	125	75		342.5	K. Ahlers	152.5	102.5		415
	J. Jindra	1258			337.5	E. Moran	170	82.5	157.5	410
	A. Bahm	137.5		127.5		T. Walter	182.5		162.5	
	J. Bossier	122.5		137.5		L. Weaver	137.5		152.5	360
	A. Bordeaux	117.5			312.5	R. Hecht	145	72.5	135	352.5
	M. Martin	112.5		142.5		H. Cotton	147.5	62.5	137.5	347.5
)	K. Longwell	107.5	55	117.5	280	S. Schnautz	130	55	140	325
	B. Fritsch	107.5		112.5		E. Booze	137.5	62.5	122.5	322
	A. Brush	97.5			267.5	Junior Varsity	97 lbs.			
	I. Ray	102.5	52.5	112.5	267.5	M. Mueller	80	30	92.5	202.5
	A. Krahn	102.5	50	110	262.5	J. Miller	70	27.5	77.5	175
	R. Tridle	102.5	50	110	262.5	105 lbs.				
	N. Christensen	90	50	115	255	A. Wilson	92.5	37.5	112.5	242.5
	M. Karow	100	47.5	97.5	245	C. McCord	77.5	37.5	72.5	187.5
	165 lbs.					114 lbs.				
	M. Dennany	150	100	152.5	402.5	C. Langhoff	87.5	50	122.5	260
	T. Walls	137.5	62.5	142.5	342.5	A. Mamrow	92.5	42.5	110	245
	B. Lambert	147.5	55	130	332.5	K. Paff	90	50	95	235
	S. Sonnenberg	135	65	132.5	352.5	C. Feraned	77.5	35	105	217.5
	S. Manning	132.5	57.5	132.5	322.5	G. Flores	77.5	35	97.5	210
	J. Neff	120	57.5	132.5	310	E. Parker	77.5	35	97.5	210
	J. Barrett	115	60	125	300	E. Donahue	77.5	50	80	207.5
	K. Ward	130	50	122.5	292.5	S. Menard	80	30	95	205
	C. Reihl	1007.	5	52.5	125	H. Ziesmer	82.5	27.5	95	205
	285					123 lbs.				
	H. Brenengn	110	45	120	275	E. Houle	87.5	42.5	125	255
	A. Headrick	102.5	45	117.5	265	R. Roberts	92.5	45	115	252.5
	A. Hay	100	40	110	250	R. Kutchera	92.5	57.5	102.5	
	A. Prill	92.5	35	115	242.5	H. Brenengen	90	45	97.5	232.5
	181 lbs.					K. Gregory	85	35	102.5	
	T. Till	160	87.5	175	422.5	L. Slivinski	85	35	95	215
	A. Morse	160	85	172.5	417.5	M. Schumer	70	37.5	102.5	
	A. Hocutt	147.5	95	172.5	415	B. Gorka	70	0	0	70
	T. Batiste	122.5	60	145	327.5	132 lbs.				
	J. Harvey	125	60	137.5	322.5	C. Farral	125	67.5	127.5	320
	B. Strawn	137.5	60	122.5	320	L. Bergh	97.5	62.5	122.5	
	L. Lebakken	100	65		302.5	K. VanMeter	107.5		115	267.5
	198 lbs.					M. Weaver	100	42.5	120	262.5
	B. Brown	190	100	195	485	K. Dormer	92.5	40	120	252.5
	M. Newcomb	137.5	77.5	132.5	347.5	A. Koxlien	92.5	42.5	102.5	
	J. Swanson	125	45	135	305	148 lbs.		11100		
	198+ lbs.	120				K. VanDusen	132.5	60	132.5	325
	E. Headrick	195	87.5	182.5	465	S. Hatzler	112.5		137.5	
		100	1	1000	The state of the s					

# Paul Kelso's POWERLIFTING BASICS: TEXAS-STYLE

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# PL USA BACK ISSUES

NASA Masters, Legends of PL, World Apr/94... Saliva Tests, Coan DL Video, Record Breakers, Rack Training, TOP Bob Dempsey Profile, Psyching Up or Jan/95... WPC Worlds, IPF Worlds, IPF Success Syndrome, TOP 100 132s 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Natls., NASA 100 220, ADFPA TOP 20 132s Grand Nationals, Female Confessions, May/94... USPF/ADFPA Collegiates, 100 114s, ADFPA TOP 20 198s

Cup, Grant Pitts Profile, ADFPA DL Jun/94... NASA Natural Natls, WPA Technology, TOP 100 198 lbs. Dec/93... WDFPF Worlds, Anthony 100 275s, ADFPA TOP 165s Jan/94... IPF Men/Women Worlds, IPF SHWs, ADFPA TOP 20 181s r/Master Worlds, WPC Worlds, Greg Aug/94... APF SRs, Paula Suzuki Compounds, TOP 100 242s.

TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug 123s, ADFPA TOP 20 220s.

Psyching Out?, WNPF Worlds, TOP World Masters, Greatest All Time Oct/95... Jamie Harris Interview,

O.K.G., Craig Tokarski Seminar, TOP USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP Kellum Squat Workout, Willie Williams Dec/95... Walter Thomas Interview, IPF Oct/93... APF Seniors, NASA World 100 242s, ADFPA TOP 20 148s

Nationals, Rest Pause, Bombing Out, Worlds, DASH Record Breakers, Bill Mar/95... Women's TOP 20, Don Peaking Routine, TOP 100 181s

Reverse Hypers, How Often to Bench, Crain Profile, Lower Back Training, Mike Apr/95... NASA Natural Nationals, Interview, TOP 100 198s TOP 100 148s, ADFPA TOP 20 275s MacDonald Bench Legacy, TOP 100 Deadlifting without Deadlifting, Raising Mar/96...TOP 20 Women/Masters/Teen

Lowe Squat, Cycling Systems, TOP 100 Interview, Shane Hamman Squat May/95... Mike Bridges, Jamie Harris' Framework for the Novice. Workout, Leg Training by Louie Simmons, 740 Bench, James Henderson, USPF Jul/96... AAU Men's, USPF IRs., DHEA, Feb/94... Drug Test Methods, ADFPA TOP 100 114s, ADFPA TOP 20 198s. Jrs., Changing Weight Classes, Joe '65 vs. '95 Top Ten, "Chain Reactis" by National Masters, Malibu Classic VI, Sep/94... ADFPA Men's, USPF Men/ McAuliffe SQ Workout, TOP 100 275s Louie S., Rob Wagner, TOP 100 114s Greg Warr BP Workout, Hernia Surgery, Women's Srs., Relieve Pain With Aloe, Jun/95... Antonio Krastev, USPF Aug/96... ADFPA Men's, APF Sr. Natls, Box Squats, Phytochemicals, TOP 100 Collegiates/Bench Natls, Overtraining "Ban All Equipment", Rest Pause

Testing Methods Pt. II, The Trap Bar, Nov/94... WDFPF Worlds, Goodwill Curt Leslie BP Workout, TOP 100 SHW Louie S., FIBO Show, TOP 100 123s.

Craig Tokarski Interview, Isometrics, TOP Lavitola Deadlift Workout, Pec Tear 100 148s, ADFPA TOP 20 275s. Nightmare, Aloe Vera for Training, Off

United We Stand, TOP 100 165s.

Feb/95... World's Strongest Man, Jesse Training Devices, TOP 100 148s.

TOP 100 123s, ADFPA TOP 20 220s Nichols Profile, Sticking Points , TOP Reinhoudt, Ethics of Ergogenics, Jan/96... IPF/WPC/WDFPF Worlds, Karwoski Squats, Tamara Rainwater- Percent Training Pt. II. IPF World Masters Clark Profile, Ed Coan Interview Pt. II, Jul/94... USPF National Masters, Rickey Grimwood BP Routine, TOP 100 220s World's Strongest Man, Hank Hill Work Capacity, Bruce Wilhelm, L.M.W. Rankings, Chromium, Plant Extracts,

Dec/94... Jon Cole, Asian Season Hints, TOP 100 Flyweights Championships, Conjugate Training, Sep/95... Triple SENIORS ISSUE ADFPA/ USPF BP Nationals, Euro Jrs/Womens, APF/USPF, How to Use Creatine, Chris. Confessore Interview, Women & the

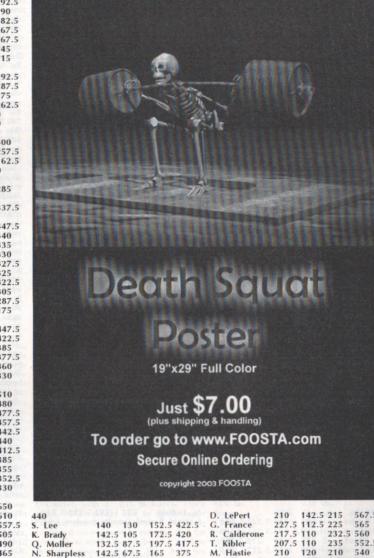
Squatter, Karl Saliger of Austria, Meet Successful Deadlift Strategies, Elite Level Performance Review, TOP 100 181s. Supplements, AAU Jr. Olympics, New

705 Bench Press, Video/Computer World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week

Multi-Year Training System, First Seniors.

or Adaptation?, Greg Warr Interview, Revisited, Specializing in the DL by Teen Training, Tamara Grimwood, TOP Games, Is PL a Mockery of Strength?, Jul/95... IPF Women's Worlds, Nick Oct/96.. WDFPF Worlds, Ed Coan/Kirk

. Flaherty	115	60	125	300
3. Shreiner	110	60	122.5	
A. Brenneman	115	55	120	290
H. Ruhland	110	55	117.5	282.5
3. Black	105	55	107.5	267.5
H. McLaren	107.5	47.5	112.5	267.5
. Nelson	92.5	55	97.5	245
). Halverson	90	40	85	215
165 lbs.	pli es	breaks a	THE PARTY	
Hoomover	110	52.5	130	292.5
. Urbina	117.5	47.5	122.5	287.5
. Molitor	115	40	120	275
. Hood	110	42.5	110	262.5
A. Southard	0	0	0	0
. West	0	0	0	0
181 lbs.	Audel	0	RESER	
H. Block	120	55	125	300
. Rychecky	105	40	112.5	257.5
. куспеску		57.5	0	162.5
. Smerud	105			
. Stupecky	0	0	0	0
198 lbs.			100 -	005
K. Marsh	115	47.5	122.5	285
198+ lbs.				1222
A. Lee	127.5	57.5	152.5	337.5
Varsity 114 lbs				
E. Kratz	112.5		155	347.5
Γ. Baines	122.5	80	137.5	
M. Crapsey	120	65	150	335
C. Baldwin	117.5		142.5	330
M. Molosso	122.5	67.5	137.5	327.5
D. Walther R. Bachorz	117.5	65	142.5	325
R. Bachorz	117.5		132.5	
l. Liner	110	60	135	305
N. Norwood	100	70	117.5	287.5
E. Kim	100	75	0	175
123 lbs.	.00		300 3	100
T. Cross	182 5	107.5	157 5	447.5
l. Hile	170			422.5
l. Conner	137.5		167.5	
K. Dahl	137.5			377.5
C. Williams	137.5		150	
D. Nitzken				
	125	72.5	132.5	330
132 lbs.	100	100	200	540
D. Sheppard	190	120	200	510
J. Benjamin	165	100	215	480
l. Oliver	187.5		195	477.5
S. Lidester	170		200	457.5
T. Ouradnik	162.5		190	442.5
N. Slasted	162.5		192.5	440
P. Doyle	155	85		412.5
B. Kammueller	132.5	90	162.5	
A. Blessinger	145	67.5	142.5	
D. Albus	127.5	65	160	352.5
J. Cefalu	115	70	145	330
148 lbs.	- Pre-	- Contract		
V. Niedoliwka	232.5	157.5	260	650
W. Veal	207.5	140	262.5	
S. Mikulecky	195	122.5		557.5
J. Thomas		115		505
J. Norwood		132.5		
J. Welch	170	92.5	202.5	
M Sobline				452.5
M. Schlies C. Dombrowsk	157.5		185	190
C. Dombrowsk	1	155	95	190



Karwoski Interview, Anthony Clark Aug/97... Power of Color, How to BP Worlds, Brad Gillingham backstage Interview, Herb G. "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches Mark Pasillo, TOP 100 123s 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Jan/97 ... IPF Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Dec/97... Vicki Steenrod, Functional Shane Hammon, Top 100 Bantam. Strongest Man, USA PL Decline, John Protein Powders, Louie Simmons Squat Sep/98... APF Seniors. Part 1, the Ed Training, "Choking", TOP 100 SHWs Ford Pt. 2, TOP 100 242s.

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

Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF Feb/98... WABDL Worlds, IPF BP Middlewts., Isoflavones. TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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

142.5 67.5 165 375

207.5 132.5 235 575

Sharpless

165 lbs.

Sep/97... USAPL/USPF/APF Triple Training by Louie, TOP 242s. Seniors, IPF Women's Worlds, World's Jun/98... Mark Henry, Emie Milian, Workout, TOP 100 220s Oct/97... Brad Gillingham Profile, WDFPF Split, TOP 100 SHWs. Resistance Training by Louie Simmons, Jul/98... Kirk Karwoski, Angelo Simmons, TOP 100 242s. Nov/97... U.S. Strongest Man Contest, Worlds, TOP 100 Flywts. World's FASTEST Bench Presser, Rick Aug/98... USAPL Men's, Platform Russian Stretches, TOP100 275s. Gaugler Profile, Light Training Days, Deadlifts, ADFPA Women, Yueh-Chun Jun/99 ... Powerlifters as Bodybuilders, Diabetes & PL, TOP 100 165s.

Austen DL. TOP 100 181s

IPF Women, TOP 198s

Worlds, World's Strongest Man, WPC Dec/98 ... IPF Masters-Juniors - Mens/ Spectacular, TOP 100 132s Worlds, Bench Primer Pt. 1, IPF Seniors, WPC/WDFPF/AAU/AAPFWorld Meets, Oct/99 ... USPFSeniors, APF Seniors Pt. Speed Strength, TOP 100 220s

James Henderson, George Nelson, 1st Pt. 1, IPF Men's Worlds Report, Louie Nov/99 ... Muscle Beach Lives, East

185

120 210 540

142.5 207.5 535

197.5 122.5 215 535

M. Hastie

R. Hanley

D. Starkey

Strongest Team, NEW Mineral Orotates, Olympic Cycle, Louie on "Researching Apr/99 ... The ED COAN Book, Why

265 147.5 313.5!726 C. Saltzman 255 145 247.5 647.5 237.5 160 245 642.5 Brixius lungbluth 130 145 237.5 602.5 227.5 587.5 B. Mecha 202.5 165 192.5 560 222.5 547.5 . Hackman 215 110 202.5 105 227.5 535 Miller M. Manci 195 117.5 210 522.5 217.5 120 185 522.5 190 100 227.5 517.5 Cecil S. McConnell 205 115 175 495 192.5 110 185 487.5 D. Snider L. Lepri 220 lbs. 287.5 127.5 287.5 702.5 D. Eads Cunningham1257.5 195 250 702.5 240 165 262.5 667.5 G. Halphen 260 145 K. Beranek L. Southard 250 655 232.5 137.5 252.5 622.5 D. Barilani 190 150 215 555 E. Dutscheck 212.5 122.5 217.5 552.5 J. Reim B. Clark 207.5 132.5 212.5 552.5 170 137.5 200 507.5 A. Murphy 242 lbs. 202.5 95 207.5 505 N. Rasmus 287.5 157.5 290 735 262.5 177.5 272.5 712.5 J. Tronzo C. Wage 277.5 142.5 210 630 222.5 150 222.5 595 M. Winn 255 107.5 217.5 580 K. Christensen 200 110 217.5 527.5 D. Ferrier A. Komperud 165 120 185 470 207.5 110 235 552.5 J. Krogman F. Lietke 250 107.5 290 647.5 227.5 185 210 622.5 D. Greer Simmons on Bands and Chains, WNPF

M. Cross W. Slaughter

M. Schmelzle C. Timm T. Scott

Z. Meihaus

D. Cornell Thomas

Cox Pritchard

M. Brede

Fischer

Rogers Ladish

Shekels

Schultz

. Schwetel

Beinlein

98 lbs

C. Hurt T. Daffinson 181 lbs.

117.5 195 502.5 195 90 205 490 170 102.5 212.5 485

187.5 117.5 172.5 477.5

177.5 122.5 177.5 477.5 177.5 90 180 447.5 150 95 192.5 437.5 150 105 177.5 432.5

230 160 220 610

215 215 220 560

192.5 110 242.5 545

182.5 117.5 200

95

195

165

160 185 110

122.5 242.5 575 210 127.5 227.5 565

122.5 215 532.5

97.5 225 532.5 192.5 117.5 205 515

120 200 500 125 200 490

200 470 185 465

500

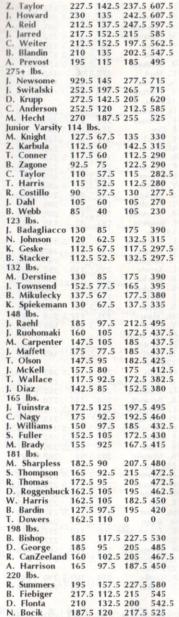
500 Easy by Louie S., ADFPA TOP 25 Apr/98... Bull Stewart Speaks, USAPL Worlds, Jerry Tancil, TOP 100 198s. All Time, APF Seniors Chronology, Women's, APF All Time TOPWomen, Feb/99 ... WPC Worlds Pt. 2, Coan goes Westside Invitational, Foundational 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL

Progressive Overload, TOP 100 132s. Resistance", 10 Keysto Success, AAUPC/ Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie

Ken Emrich, Power Biceps Training, Berardinelli, World 's Strongest Man May/99 ... LA Tech Program, "Sir Larry Miller interview, Top 100 Ltwts. Jouko Ahola, Jon Arenberg, IPF Women's Guggulot", Amold Classic, Westside Invitational, USAPI Women's Nationals,

Chang, IPF World's, APF Nationals, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Workout, USPF's Best Women, Walt Coan Decision, Power Bells, York Aug/99 ... the Rubber Band Man, the Summer Picnic, Visit to Westside, 3x3 "Muscletown USA" book, Beauty & the Jan/98... IPF Men - Master - Jr. Worlds, Training Plan Part 1, TOP 100 132s Beast, IGF-1, Overcoming Plateaus Part WDFPF Men - Teen - Jr. - Master Worlds, Nov/98... A Worlds to Remember, Japan 2 by Louie Simmons, TOP 100 123s World's Strongest Man Qualifiers, Best Nationals, PL Weapons, Pat Beaumaster, Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Joe Dube, Jackie Davis, TOP 100 Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York

Injury Avoidance, USA All Time 800 2, Ribose, Backstage with Ed Coan, Mar/98... Mark Philippi Interview, TOP DLs, Dennis Brady, TOP 100 181s Horace Lane Interview, Circa Maximal Champ. Chronology, EPF Europeans, 20 Women, Teen, Master Rankings, Jan/99 ... WABDL Worlds, WPC Worlds Phase by Louie Simmons, TOP 148s



Away From Death, Dynamic Duo by Fred Peterson, TOP 100 SHWs. Louie S., TOP 100 165s.

Extra Workouts by Louie Simmons.

Strongman II, TOP 100 198s IPA Natls, Best Lifters of the Century, Big Weil BP, TOP 100 132s BPs by Louie S, TOP 100 220s

TOP 20 Women - Teen - Masters, The Club, TOP 100 148s. Conjugate Method by Lou Simmons

Methoxivone, TOP 100 242s Rainwater-Grimwood, One Arm Rows, Press Shirt, TOP 100 181s

Chemical Exercise, TOP 100 275s.

Knee Wraps, the Passing of Tamara Benches by Louie Simmons, the Bench Fixing Lockout, TOP 100 114s

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	242 lbs.				
	J. Taylor	205	127.5	247.5	580
	K. Weiss	212.5	107.5	215	535
.5	T. Bland	175	110	232.5	517.5
	M. Larson	190	107.5	217.5	515
	A. Schmelzle	0	0	0	0
	275 lbs.				
	A. Gilde	250	172.5	272.5	695
.5	J. Stommel	165	115	175	455
	275+ lbs				

German Breakthrough, DL Details, Walk Canada to Westside, BP by Larry Miller,

Jul/00 ... WPO Pro Championships Dec/99 ... IPF World Masters/Juniors, The 900 Lb. Squat Club, Beyond USAPL/AAU BP Natls, Meet Information Diminishing Returns, Louie on Squatting Management, Maximal Resistance in the 800s and 900s, TOP 100 114s Method by Louis S. TOP 100 181s Aug/00 ... USAPL Men's, APF Srs. Pt. I, Jan/00 ... IPF Worlds, WABDL Worlds, AAPF/APF Natls, IPF Women's Worlds. Dave Ricks Interview, Russian Mystery, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL Feb/00 ... WPC Worlds Pt. I, Battle of the BP/DL, Pre-Meet Checklist, Do the SQ -Giants, The Real Triac, IPF World BP, by Louie, Emie Frantz Insights, Rick

Mar/00 ... USAPL Women's , WPC Taco, Powerlifting's Salvation?, Beauty Worlds Pt. II, World's Strongest Man, & the Beast, Women's 300 Bench Press

Nov/00 ... Best Bench of All Time, final Apr/00 ... Amold Classic, WPF Worlds, More from Ken Leistner, Drug Free Bz[ Mike Danforth, Leonard McCormick Guide, Advanced Squat Cycle by Louie Interview, PL USA Cover Chronology, Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF May/00 ... Dennis Cieri, J.M. Press?, Jr. + Masters Worlds, More World Record Hamman, Leslie Look SQ Workout, Shoulders, All Time SQs, TOP 100 220s

Jan/01 ... IPF Men's Worlds, WABDL Seniors, USAPL Men's, FIBO, Stretching Becca Swanson, 850 DLs, Louie on "the Jun/00 ... Garry Frank Profile, Black's Worlds, AWPC Worlds, Roy Fokken BP With Bands, Box Squats by Louie S., Health World, Dawn Reshel Dies, From Workout, Eccentric & Concentric Warrior Spirit,, TOP 100 123s

295 192.5 232.5 720

2004 Power Lift 1 MAY 04 - Sullivan, NY On Saturday May 1st, Sullivan's extrava-

Training by Louis S., TOP 100 198s Gillingham Won, Louie on Special Chalk & Powder, TOP 100 132s Strengths, TOP 100 220s.

Mar/01 ... TOP 20 Women - Teen -Masters Rankings, Hooking Up the Interview700 BP Club, Speed Cycling Bands, USAPL Women's Natls, Westside by Louie S., TOP 100 148s. Deadlifting, WPC Worlds Pt. II/BP

Midote, Jeremy Arias, Extra Workouts by by Louie S., TOP 100 165s Louie, TOP 100 242s

Oct/00 ... Positive Illusions, Tako not BP Training, Russian Nationals, Rob Westside Success , Jill Mills, Rich Fusner's Program, Why Can't I Gain Salvagni, TOP 181s Weight by J.M. Blakley, Top 100 275's Jan/02 ... IPF Men's Worlds, WABDL BP Jun/01 Squat Cycle, Big Boys Menu Plan by Nationals, Carmen Perrotta Interview, J.M., Victor Naleikin Interview, Diane

Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Worlds, WNPF Worlds, WPC Worlds, Crawford, APF Nationals,, Shane Halbert on Lockout, Blakley on

weight class was awesome 114 class "Calderon", set the tempo with a outstanding deadlift of 430 lbs., along with a 240 lbs. squat, & 225 lbs. bench, totaling 895 lbs. taking 1st place in the 114 lbs. with a marvelous 868.15, Schwartz. Followed by "Lewis", who also did great in the 114 lbs class, taking 2nd totaling 785 lbs., 200 lbs. squat, 225 lbs. bench, 315 lbs. deadlift. 123 lbs. class - won by "Cabeza," who totaled 740 lbs. 200 lbs. squat, 225 lbs. bench, 315 lbs. deadlift. "Goolsby", conquered the 132 lbs. class, with a outstanding 440 lbs., deadlift a 315 lbs. squat & a 180 lbs. bench, to total 935 lbs., Schwarts 807.84. 148 lbs. class was won by "Gonzalas", whom displayed a awesome performance, a pow erful 420 lbs. squat, a strong 375 lbs. deadlift & a 250 lbs. bench. He took this class by storm, totaling 1045 lbs. (Schwartz) = 843.31. The middle weight class 165 lbs. = 843.31. The middle weight class 165 lbs. was ruled by "Grayson", once again this year. He put up a 1330 lbs. total & a marvelous Schwartz of 929.67, dunking a beautiful 540 lbs. squat to perfection along with a strong push of 315 lbs. in the bench & a 475 lbs. deadlift. "Bowers"/ totaled 975 lbs. on the 165 lbs. class with 315 lbs. squat, 210 lbs. bench, 450 lbs. deadlift. 181 lbs. class was held down by "Garner" who showed great strength in his strong 500 lbs. squat, & 500 lbs. deadlift, he made a 305 bench which ended his day with a 1305 lbs. total. The heavyweight division started off with "Leone", taking 1st place in the 198 lbs. class with a 500 lbs. squat 400 lbs. bench & 500 lbs. deadlift, totaling 1400 lbs. "McCoy", lifted 255 lbs. squat, 280 lbs. bench, & a strong 500 lbs. deadlift a total of 1035 lbs. in 198 lbs. class. In the 220 lbs. class this was a scene of history being made at Sullivan. "Brodie", took 1st place in 220 lbs. & was MVP OF THE MEET displaying extraordinary strength in his powerful 775 lbs. squat, 415 lbs. bench, 750 lbs. deadlift, totaling 1940 lbs. at 218 lbs. bedwint, totaling 1940 ibs. at 210 lbs. body weight & a 1165.96 the highest squat & deadlift in Sullivan. 242 lbs. class was easily crushed by "Moore", this year who lifted with vengeance the most powerful bench press in the meet was easily pushed by "Moores" 440 lbs. bench. "Moore" took 625 lbs. deep in the bucket & rocketed up to completion also, a 600 lbs. deadlift, he ended his day with a awesome 1665 lbs. total & a Schwartz 874.12. Rollings did great in the 275 lbs. class taking 1stplace with a 500 lbs. squat, 365 lbs. bench & a powerful 600 lbs. deadlift 1465 lbs. total. Unlimited was represented ganza of power took place in the gym once by "Greene" who squatted a powerful 500 again. This year although some expected lbs., but twitched his back. Still, like a

lifters where a "NO SHOW", still there were a dazzling number of powerlifters moving iron & the competition was well

The performance in the light-

Sep/01 ... WPO Semis, "No Deadlift" Feb/01 ... Garry Frank Goes 2500, WPC Routine, Ray Benemerito, Knee Pain & Worlds PT.1, IPA Nationals, How Brad MSM, Louie on Exercises for the Triceps,

> Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Ir.

Nov/01 ... Nance Avigliano, USAPL BP Apr/01 ... Arnold Classic, Frank Goes Nationals, IPF Jr. Worlds, T.J. Hoemer 2535, Bill Crawford BPs 750, Daisuke Squat Workout, "Analyzing Your Squat"

Dec/01 ... IPF World Masters, WPC Can May/01 ... Ed Coan Interview, Russian Ams, Halbert Video, WPO BP for Cash,

... Siouz-Z Hartwig, Russian Worlds, Garry Frank goes 2606, IPA Training the Lockout, TOP 100 198s Feb/002 ... WABDL DL Worlds, IPF BP Mar/02 ... USAPI Women's Natls, TOP Aug/01 ... Garry Frank Goes 2601 - APF 20 Teen/Women/Masters, Russ Barlow, Repetition Method"

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

champ, he continued to push a 400 lbs. The 242 lb class saw the most competition bench, & a 400 lbs. deadlift totaling 1300 of the day with seven lifters going for the bench, & a 400 lbs. deadlift totaling 1300 of the day with seven lifters going for the lbs. Salutes to all you men for performing title. First time meet lifter Don Koehler was and displaying pure heart, fire, & strength! able to capture the division with a very THE NO SHOWS & CONTINUOUS TALK-impressive 350 lb lift. Don Beatty (nor-ERS NOW SEE THAT THEY MUST COME WITH FIRE OR FACE REALITY & RETIRE. THIS YEAR THE STAKES WERE HIGH. MAY another first timer, Ismael Cintron, took THE POWER REMAIN. CONGRATULA- 3rd with a 315 lb bench. The big boys were

Mens	BP	Concord, NH Mark Drouin	400
165		Joe Fogg	390
Allen Eason	265	SHW	
Joe O'Connell	235	Chris Sirrell	455
181		Womens	
J. Panteledes	380	E. Oconnell	110
198		Submasters	
R. Duquette	320	S. Newman	400
Joel Smith	300	R. Duquette	320
P. Bennett	230	Don Beatty	330
220		Allen Eason	265
S. Newman	400	K. Mountjoy	275
Paul Kulas	390	Masters	
242		Paul Kulas	390
D. Koehler	350	Mark Drouin	400
Don Beatty	330		350
Ismael Cintron	315	Gerry Gotsch	300
J. Monsonyi	305	Paul Mancini	305
Paul Mancini	305		
Gerry Gotsch	300		230
K. Mountjoy	275	Joel Smith	300
275		Joe Oconnell	235
B. Reynolds	525		
amazing eleve were set in th brackets. The 165ers taking	n (1 e val day the	y for benching  1) NH state re- rious weight an started off with platform. Allen the division with	d ag

235 lbs. Next up were the 181's. John Panteledes made the jump up from his normal 165 lb and showed that he would dominate at this weight also. He was able to put up a very impressive 380 lbs and set the trend for the record setting day. He shattered the old mark of 330 lbs and just missed his 400 lb attempt. It looks likes he is at this weight class to stay. Randy round out the top three. Steve Newman, who seemed a little off his game, had

Bench Bash, Ano Turtiainen, Louie on Explosive Strength, TOP 100 181 Up Your BP, TOP 242s

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

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, rankings, Ken Patera, TOP 100 220s. Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s. Aug/02 ... APF Seniors, USAPL Men's Strong Legs for Recods by Louie, Your Bench Shirt by Halbert, TOP 123s.

Strongman, Training Organization Pt. 1 Back by Louie, TOP 100 242s. by Louie S., Preventive Maintenance, May/03 ... Bill Crawford's Road Back, Hyperhydration, Coan Update, Mikesell Interview, TOP 100 132s

Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse 500 lb. SQs & DLs, TOP 100 275s. Grains, The Positive of Negatives, Bench Aug/03 ... Mendelson Benches 804, benches 501, Water Technology Pt. 2, Shirt Blues, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Bench Press Shirt, Vince Anello Deadlift Apr/04 ... Frank Goes 2706/28051, Ribic Interview, Willie Wessels Workout, Team PL, TOP 100 SHWs Interview, Ed Coan DL, TOP 100 165s SEP/03 ... USAPL Men's Natls, Bench Louie on "the Staggered Load", California Dec/02 ... WPO Semis (931 DLI), Bench America, Keeping Iron in the Blood, 1000 Hall of Fame, TOP 100 242s Bash for Cash, WPC Worlds, IPF SubJr. Ib. Squat Club, What You Need in Your Jun/04... TOP 20 Women, Teen, Masters, EACH, 25+ BACK ISSUES - WE Worlds, Fred Hatfield, Louie on Gym, TOP 100 114s

mally a 198er) made the big two class jump and finished 2nd with a 330 lb lift, and up next, and they did not disappoint! Brian Reynolds, who was dialed in on the 460 ll state record, crushed that, with a 525 lb effort. Goes to show what hard training can do for you. At this meet last year Brian put up 455 lb in the 242's! Nice job Brian. Mark ouin hit his 400 lbs on the first attemp and opted out of the rest of meet saying hi shirt is only good for one lift. Fortunately for him, the 400 lbs was good enough for 2nd. Joe Fogg, who was competing in his first meet, hit a 390 for 3rd. We are expecting to here a lot more from this guy He was very impressive for his first tim out. The next record to fall came off the chest of Chris "Big Belly" Sirrel (ee), who set the 308 lb class mark of 455 lbs. In the women's junior class, first time competitor (at least inside the walls), Erin O'Connell took the title with a 110 lb lift. In the sub master class. Steve Newman (400 lbs) tool first, Randy Duquette (320 lbs) captured 2nd, and Don Beatty (330 lbs) captured no only 3rd, but also a state record for the 242 sub-masters. He looked for the open slot sub-masters. He looked for the open slot packed on 32 lbs., and went right for it! Nice job! Allen Eason, who finished 4th, set the state mark at the 165's with his 265 lb lift. Paul Kulas set the state mark in the Masters class 220's with his 390 bench, Mark Drouin followed suit with a state record in the 242 masters (400 lbs.), and Don Koehler would not be out done, setting the mark in the 45-49 age, 242's with his 350 lbs. The most impressive lifts of the day came in the Grand masters class. Pete Bennett won the division and set a state record with his 230 lb lift. What makes this lift so impressive is that he is 66 years young and competes at more meets per year then anyone I have ever seen. Finishing 2nd and establishing a new state mark at age 50 in the 198's was Joel Smith with a very nice 300 lb lift. And rounding out the day, taking 3rd place, and setting a new Duquette pressed 320 lbs to take the 198 record at age 51 in the 165's was Joe lb class. He was followed by a couple of O'Connell with a 235 lb bench. Once impressive grand masters; Joel Smith put up 300 and Pete Bennett pressed 230 lbs to Fellows and Dave Follansbee for their continued commitment in ensuring that the competition inside the walls is a good as enough to take the 220's with a 400 lb the competition outside. They help the bench. Paul Kulas, who gets better with inmates to prove that, given the opportueach meet, finished 2nd at 390. Steve better hit the weight room a little harder to come in and give them the shot. (Thanks if he wants to hold on to that 220 lb title. to Jamie Fellows for providing the results).

DL Training, Jennifer Thompson, Back Jan/03 ... IPF Men's Worlds, WABDL BP Workout, Sioux-z Hartwig, A.R.T. Loading Pt. 1 by Louie, TOP 100 198s. Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW by Louie, TOP 148s Mar/03 ... Brad Gillingham Comeback, Men's 300 kg &Women's 300 lb. BP Alexander, "Story of Arthur Jones", Speed Sep/04 .... IPA Worlds, Mountaineer lists, Controlled Chaos BP, The Tendo Day Pt. 1 by Louie S., TOP 100 165s Cup, Becca Swanson, Shrugs for a Big Natls, USPF Srs/Mountaineer Cup IV, Unit, TOP 20 Women/Master/Teen lists Jan/04 ... IPF Worlds, WPC Worlds, IPA BP, Advanced System for Beginners by Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie SQ, Atlantis Foundation, Louie on Max Oct/04 ... WPO Finals, Recuperative Sep/02 ... Kennelly BPs 800, American Harris Pt.1, Equipment, Never Looking

> Odd Haugen, Virtual Force by Louie, Back Pain, Becca Benches 465, All Time Bill Kazmaier Profile Pt. 1, Women's 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Message, TOP 100 220s

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Chapman	275	Garcia	350
181 lbs.		Westfall	295
Whitaker	325	275 lbs.	
Little	315	Hayes	450
Worth	290	Jackson	365
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198 lbs.		Carter	250

everyone else who signed up, and did not lift. They just plain chickened Out! Consider yourself punked out! To all of those of you who competed. All of you are winners! You answered the bell! And stood your ground Nice lifting fellas! ELY is the best lightweight lifter. Big Chuck Hayes is the champion of champions of Bench '04 Blast 5 LCF records were set the meets over" Get to work! Or in other words, back on your heads! The meet director did an excellent job, "Tee you did good too! The spotters always do a remarkable job." Thank You. Mr. White you, and, Mr. Tee Young made the meet happen. The judges were fair. The lifter's earned their lifts. Ricky Hill, you really should retire Ha! Results compiled By: Mr Tee Young and Mr. Bruce White. (Thanks to Bruce White for providing these results)

NOTE: "The truth Ain't but one!" concerning

Worlds, IPF Masters Worlds, Becca Techniques, 50 Best SQs/BPs, Louie S. Swanson Squats 705, Intensity Zone on Training the Back, TOP 100 132s. Nov/03... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Strength, TOP 100 275s Ams, IPF Jr. Worlds, Mastering Technique Aug/04 ... IPF Women's Worlds, USAPL

Dec/03 WPO Finals Rychlak BPs Simmons, Luke lams, Women's All Tim 900, IPF World Masters, Ausby SO/TOT, TOP 100 SHWs Seniors, Acetylcholine, Wade Hooper Louie Simmons, TOP 100 114s Effort Day, Mabel Rader, TOP 165s Feb/04... IPF World BP, WABDL Worlds,

LIST THE ISSUES YOU WOULD LIKE Best BPs,TOP 100 198s

Brent Mikesell Interview, IPF President's

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

Men's Nationals, World Powers by Louis

Modalities, Optimal Eccentrics by Louie orlds, S., Shrugs, Never Quitt, Cognitive Low Control, All Time Squats, TOP 100 123s

Mar/04... USAPL Women's Natls., Becca (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING \$4 EACH, 10-24 BACK ISSUES - \$3.50

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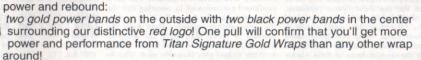
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19-21 NOV (NEW DATES), IPA Senior National PL& BP (includes a raw div.), Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet, 717-495-0024, chailfit@suscom.net or Ellen Chaillet, echaillet@aol.com

20 NOV, USAPL Hoosier Qualifier, Greg Simmons, 100 E. Miller Dr. #65, Bloomington, IN 47401, 812-330-

20 NOV, USAPL University of MD Meet, Mark Daniel, 6621 Carlinda Ave., Columbia, MD 21046, 410-

20 NOV, APA YMCA Midwest, Jared Beard, Ottumwa YMCA, 611 N. Hancock, Ottumwa, IA 52501, 641-6 8 4 - 6 5 7 1

beard@ottumwaymca.com
20 NOV, USAPL Longhorn Open,
Kim Beckwith, 8216 Burlesan Rd., Austin, TX 78744, 512-385-5420 20 NOV, Omaha Open BP, DL, Push/Pull, A. V. Sorensen Rec. Ctr. 4808 Cass St., Omaha, NE 68132,

Keith Machulda, 402-444-5596 20 NOV, NASA Arizona Regiona (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 20 NOV, APA Magnolia Open PL,

BP, DL, P-P (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-

905-7046, scott@apa-wpa.com 20 NOV, SLP Kentucky State BP/ DL (Louisville, Ky.) Son Light Power 122W. Sale St., Tuscola, IL. 61953, 2 1 7 - 2 5 3 - 5 4 2 9 www.sonlightpower.com,

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

20,21 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 21 NOV. 1st Battle of the Bench Albert Lewis, 716-886-3145 ext 476, JCC, 787 Delaware, Buffalo, NY

21 NOV, USAPL Tri-Service Meet, Massey Wolfe, CO E4 Bldg 745-C, West Point, NY 10996, 845-515-

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

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

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

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

27 NOV, NASA Kansas Regiona (PL, BP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

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

27 NOV, APF Galaxy Gym Invitational PL/BP, Jamie Fellows 17 Circle Dr., Meredith, NH 03253, 603-279-758, fellows03220@yahoo.com

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

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

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

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

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

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

1-5 DEC, IPF World Bench Press (Cleveland, OH) 3-5 DEC, AAU Drug Tested World

PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

4 DEC, USAPL Kentucky State/ Open/Raw, Shane Bosaw, 225 Kentucky Ave., Providence, KY 42450, 270-667-7140

4 DEC, APA Holiday Classic V (Nash-ville, TN) Wade Johnson, 404 Willis Pass, Mt. Juliet, TN 37122, 615-782-4036, supersquat800@yahoo.com 4 DEC, NCAAU Red Swaim Memorial Open presented by Johnnie Howie and the Enterprise Workout Center, 704-289-4940 ifhowie@carolina.rr.com, www.ncaau.org/powerlfiting/pages/ entryfordec4.pdf

4 DEC, 21st Southeastern Cup PL/ BP. Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 ym), bduke@southlink.us

4 DEC, APA West Coast PL, BP, DL P-P (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927. 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

4 DEC, APC Excalibur Classic PL &

# COMING EVENTS

BP (Birmingham, AL-open, novice, masters, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy, Suite 100, Birmingham, AL 35216, 2050817-6811, 823-4745 (gym)

4 DEC, Big Bench Shootout (men, women, teen, jr., submaster, master, all ages - 1st 50 lifters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

4 DEC (NEW DATE), USAPLI-100 ROck Solid Push/Pull, Tom Murray, 380 Pine Tree Rd., Ithaca, NY 14850, 607-279-7554

4 DEC (New Date), AAU Larry Garro Memorial Raw BP, DL, Iron Man/Iron Woman Open, Brian Washington, Box 20042, Baltimore, MD 410-265-8264, 21284. Brian@usbf.net

4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com 4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble.

dl@aol.com 4 DEC, 2nd James B. Larusso Bench Press Meet (teen, women, masters, and all wt. classes) Muscle World Gym, 401 Hand Ave., Cape May Court

OK 73068, 405-527-8513,

House, NJ 08210, 609-465-4723 4 DEC, 17th Elkhart BP Classic, Jon Smoker, 30174 CR 16, Elkhart, IN 46516,574-674-6683

4 DEC, SLP Christmas For Kids BP/ DL (Mattoon, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953. 217-253-5429 www.sonlightpower.com. sonlight@netcare-il.com

4.5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org
5 DEC, (New Meet) SLP Missouri

hristmas for Kids BP/DL (Poplar Bluff, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

11 DEC, APF/AAPF South Carolina (1st meet in Columbia, SC in 20 yrs.) Strom Thurmond Wellness & Fitness Center, Will Millman, APF/ AAPF S. Carolina State Chair, 843-886-5366, FAX 843-886-3509. shelter223@aol.com

11 DEC, APA Western States Open (CA - tentative) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046,

scott@apa-wpa.com
11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

### APF/AAPF/WPO Schedule

12-4+5-04 APF Southern States Powerlifting+Bench Press Open. **Location TBA.** (Kieran Kidder) 03-19+20-05 APF Maine State PL & BP. (Chris Wiers) 03-19+20-05 APF Jr. National BP & BP. (Chris Wiers) 04-22+23+24-05 AAPF National **BP & PL (Russ Barlow)** 

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

11 DEC, APA Sunshine State Open PL, BP, DL, PP (Bradenton, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com 11 DEC, USAPL The Holiday Clas-

sic, Emilio Saldierna, Box 3176 Tech Station, Ruston, LA 71270, 318-

11 DEC (new date), WNPF World Record Breakers + Lifetime Drug Free Single Lift Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com 11 DEC (NEW DATE), 5th annual MPA Christmas Bench Classic (The Gymin Elk River (MN)), Dave harrison,

11 DEC, WLOP C.T. Classic Bp (raw & drug free) WLOP, 7238 S. Painter

763-441-4232

Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com 11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-427-8085 www.nebraskapowerlifting.com

11 DEC (New Date), 2nd Bench Press & Deadlift Classic, Robt. Eckhart, 319 N. 2nd St, Lehighton, PA 18235, 610-377-5852

11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964

11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-

11 DEC, 4th Pocket Samson's Toys for Tots Christmas BP (male - female

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all wt. classes, all divs., raw or assisted - New Oxford Gym, New Oxford, PA) 717-624-8570

11 DEC, USAPL River's Edge PL & BP (St. Louis, MO) Rick Fowler, 1713 Garfield, Granite City, IL 62040, 618-451-4737

11 DEC, USAPL Ketchikan Record Breakers, Doug Gregg, 1225 S. Higgins Rd., Ketchikan, AK 99901, 907-247-8963

11 DEC, 2nd annual Body by George Mini-Meet (Lawrencevi GA - all classes) George Herring, 770-

11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. e, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

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

11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985valifting@aol.com,

11,12 DEC (NEW DATE), USAPL American Open, Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/ floridausapl/

2004AmericanOpen 11,12 DEC, 51st APF Iron Man PL/ BP & Mr. Iron Man/Ms. Iron Woman. Bob Packer, 559-322-6805 (w), 658-

5457(h), www.calapf.com 11,12 DEC, USAPL Colorado PL/ BP, Dan Gaudreau, 155 S. Dearborn Dr., Aurora, CO 80012, 303-475-

12 DEC, SLP Turner Classic BP/DL (Salisaw, OK) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 DEC, 2nd Christmas Cup BP/Dl (W. Lafayette, OH) John Blackstone, 740-545-0840 or 740-545-6577 12 DEC, 12th Raw "ADAU" Coal Country Classic (SQ, BP, DL - separate events, no total, open & all age groups -Bigler, PA) Siegel Engraving 304 Daisy St., Clearfield, PA 16830 814-765-3214, al@pikitup.com

12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com 18 DEC (2nd new date), WNPF

### 11,12 December 2004

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

4 December 2004 2nd annual JAMES B. LARUSSO Bench Press Meet CapeMayCourthouse, NJ08210 Call Muscle World Gym 609-465-4723 or contact loe at 609-602-4299 SculptedTrophies & Cash Prizes

IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC -Bordentown, NJ, 770-997-0589, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA.

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

18 DEC, Immaculate Heart of Mary Holiday BP, DL, Ironman, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670 18 DEC, APA E. Coast Record Breakers BP, DL, P-P (Bristol, VA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-

905-7046, scott@apa-wpa.com 8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504,

squat@foryou.net 8 JAN, (tentative) APA Iowa Battle of the Bad (PL, BP, DL, PP - Coralville, IA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-

8 JAN, APF/AAPF Windy City Ironman (Leaning Tower YMCA, Niles, IL) Eric Stone, 630-892-7793, thestone@chicagopowerlifting.com 8 JAN (NEW DATE), USAPL New

York State BP/DL, Brewster Health & Fitness. 1620 Rt. 22, Towne Centre, Brewster, NY, Bruce Swanson, 845-279-3246, www.geocities.com/ 1204USAPLBENCHDEADhtm 8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

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

15 JAN, Glenwood Athletic Club Open BP, G.A.C., 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250 15 JAN, PPL Augusta Drug Free Open, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM 15 JAN, APA Battle of Gettysburg Push/Pull (Gettysburg, PA) Kim 15 JAN, SLP Central Illinois Winter BP/DL Classic (Athens, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

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

www.usapl-ca.org
15 JAN, YMCA/White's Truck Stop Winter BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

16 JAN, SLPLOCK OUT AT THE LOCK UP BP/DL CHAMPIONSHIP (Taylorville, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 JAN, SLP HESTER'S FAMILY FITNESS WINTER BP/DL CLASSIC (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 JAN, Iron Boy Push-Pull (Mocksville, NC) Keith Payne, 336-

217-253-5429. 7 6 6 - 3 3 4 7 , keith@ironboypoewrlifting.net
22 JAN, APA Louisiana Record www.sonlightpower.com. sonlight@netcare-il.com
29 JAN, 100% Raw Eastern USA Breakers, Matt Walter, Southeastern

LA Football, SLU 10309, Hammond, LA 70402, 985-549-BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, 5795, Mwalters24@hotmail.com 22 JAN, APA Yellowhammer Open BP, DL, P-P (Chatom, AL) Scott Taylor, Box 27204, El Jobean, FL

www.virginiausapl.com 29 JAN, Smoker's Iron Works 14th annual Winter Classic & DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@e-normous.biz, www.e-normous.biz

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

29 JAN, USAPL Wisconsin State Bruce Sullivan, 1545 4 1/2 Mile Rd. Racine, WI 53402, 262-639-3210 29 JAN, Boardwalk Gym BP (Winona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI

29 JAN, APA Patriot Challenge, Paul Revere Middle School, 10502 Brian Forrest Dr., Houston, TX 77049, Tom McCullough,

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

29 JAN, SLP A COLD DAY IN 29 JAN, SPF Southern BP/DL BP/DL CHAMPIONSHIP (Tuscola, Il.) Son (Holiday Inn, Bristol, VA) Jesse Light Power, 122W. Sale, Tuscola, IL Rodgers, 1326 Koblan Dr., Hixson,

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22 JAN, AAU-USPF Oklahoma Win-

ter Sports Festival BP-DL. Crain's

Muscle World Ltd., 405-275-3689,

22 JAN, SPF Alabama State Push/

Pull, BP (Holiday Inn, Birmingham,

AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410,

22 JAN, APF Johnny Perry Memo-

rial (Clayton, NC) Ron Shirley, 919-

868-2631, shir4613@bellsouth.net,

www.lilfirecracker.com,

23 JÁN, SLPLEO'S INDIANA OPEN

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TUSCOLA

January 29, 2005 For further info, contact: Danni Eldridge 520/457-3955

www.ColdIronGym.com

37343 423-876-8410. www southernowerlifting com

5 FEB, SLP CHAIN O' LAKES BP/DL CHAMPIONSHIP (Waupaca, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429. tpower.com, sonlight@netcare-il.com 5.6 FEB, USAPL Women's Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044

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

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

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

6102, scott@apa-wpa.com
12 FEB, USA 'RAW' BENCH PRESS FEDERATIONWINTERNATIONALS (Tuscola, II.) Son Light Power, 122 W. Sale, Tuscola, IL 217-253-5429. www.sonlightpower.com, sonlight@netcare-

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

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

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

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

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

19 FEB, SLP ILLINOIS STATE POWERLIFTING/BP/DL CHAMPIONSHIP (Tuscola, II.) Son Light Power, 122W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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

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

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

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

LBBAKER@irondawg.com
26 FEB, SLP MASON-DIXON OPEN BP/DL CHAMPIONSHIP (Metropolis.II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429. www.sonlightpower.com, sonlight@netcare-il.com 26 FEB, AAU-USPF Oklahoma State, 405-275-3689, rcrain@charter.net



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

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

FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-

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FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave

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

5 MAR, NASA BP Nationals & Rocky Mtn.

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

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

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

12 MAR, SLP MARCH MADNESS BP/DL CHAMPIONSHIP (Mattoon, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightnower.com.sonlight@netcare-il.com 12 MAR, NASA Ohio State (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 105-527-8513. SOBPDL@aol.com

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

12 MAR, 1st APF/AAPF Alabama State Open PL BP (AL records will be established - Econolodge Conference Center, Attalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002 12 MAR, Smoker's Iron Works annual Cabin Fever BP/DL (Steve's Gym, Elkhart, IN) Anson Wood, 574-903-4586, info@e-normous.biz, www.e-normous.biz 12 MAR, Walker's Gym Bench Press Classic for St. Jude's Children's Hospital (open, raw, men, women, teen, master, military, police/fire) Barry Walker, 220 . Broadway, Hopewell, VA 23860, 804-458-7918 13 MAR, Lawrence Co. Super BP & DL (raw or equipped - all divs. - trophies 1st-5th, free meet t-shirt, \$30 entry fee) Charles Venturella, 718 Mabel St.,

New Castle, PA 16107, 724-

19 MAR, AAPF 9th annual Frank Kostyo Memorial PL All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, ken@kensnellpower.com 19 MAR, USPF 30th W. Va

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

west Open (Kansas City) Susan, 816-914-9709, www.midwestbarbell.com

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

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

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

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

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

**26 MAR**, NPA (drug free) Midwest Open BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL61032, 815-233-2292, fitlifedb@cs.com 26 MAR, SLP "LIFT FOR THE LORD" BP/DL CHAMPIONSHIP (Scottsville, Ky.) Son Light Power,

122 W. Sale, Tuscola, IL 61953, 217-253-5429, ww.sonlightpower.com, sonlight@netcare-il.com 26 MAR, USAPL Virginia Open PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941. Stanardsville, VA 22973, valifting@aol.com,

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

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

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

1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779 2 APR, SPF Nationals, Push/Pull

& Raw BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southerpowerlifting.com 2 APR, SLPHARVEY'S GYMOPEN BP/DL CHAMPIONSHIP (Columbia, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

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

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

3 APR, USA 'RAW' BENCHPRESS FEDERATION SPRING NATIONALS (Tuscola, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

9 APR, APF House of Pain Texas State Open (Round Rock - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts)

Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

www.americanpowerliftingcommittee.com **9 APR**, NASA Kansas State (PL, BP, PS - Salina, KS) Rich Peters, Box 735 Noble, OK 73068, 405-527-8513. SOBPDL@aol.com 9 APR, SLP PRIMETIME FITNESS

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

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

12 APR, WNPF Western PA PL & Single Lifts (Beaver Falls, PA) Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670 16 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Mair St., Lakeland, FL 33815, 863-687-6268, ken@kensnellpower.com

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

16 APR, Iowa Open State (open to all lifters - BP or DL - teen, novice, open, submaster, master 1 - 2 - 3 women) Wayne Hammes, Box 403, Oskalossa, IA 52577, 641-673-5240 16 APR, SLP ALABAMA PUSH PULL CHAMPIONSHIP (Northport, Al.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com sonlight@netcare-il.com 16 APR, USAPL Richmond Open

PL & BP, Phillip Battle, Box 9173, Richmond, VA 23228, 804-737-9622, 301-2196, www.Virginiausapl.com P\_Battle@hotmail.com, Nick Minneti, 804-262-7892 before 9PM,

SACRIGEN@hotmail.com 16 APR, Open BP Meet, Glenwood Athletic Club, 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-

16,17 APR, IPA Iron House Classic PL & BP (Newark, OH) Mike Maxwell, 7 4 0 - 7 0 4 - 4 7 4 7 ,

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

NC State DL (Winston-Salem, NC)

527-8513. SOBPDL@aol.com

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Keith Payne, 336-766-3347. 7 MAY, NASA N. Carolina St. (PL, keith@ironboypowerlifting.net 23 APR, Kern County High School (Stockdale H.S., Bakersfield, CA) BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, 23 APR, NASA Tennessee St. (PL, SOBPDL@aol.com BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-

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

www.sonlightpower.com,

23 APR, SLPTRUMAN STATEIRON 7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Brian DOGS/JACKSONWEIGHTLIFTING CLUB POWERLIFTING/BP/DL Forrest Dr., Houston, TX 77049, Tom SHOWCASE (Kirksville, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL M c C u l l o u g h txpowerscene@earthlink.net 217-253-5429, www.sonlightpower.com,

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

30 APR, SLP NATIONAL BP/DL CHAMPIONSHIP (Tuscola, II.) Son SQBPDL@aol.com 14 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898
14 MAY, LIFETIME NATURAL Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com, sonlight@netcare-il.com 30 APR, 100% Raw North Ameri-POWERLIFTING SOCIETY can BP, John Shifflett, Box 941, NATIONALS (Tuscola, II.) Son Stanardsville, VA 22973, Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253valifting@aol.com, www.virginiausapl.com 5429, www.sonlightpower.com, APR, USAPL North Carolina PL, sonlight@netcare-il.com BP & Open State (Charlotte, NC)

20-22 MAY 05, USAPL Men's Jennifer Thompson, 704-483-Masters Nationals (Riviera Rewww.carolinapowerlifting.com sort. Palm Springs, CA) www.usapl-ca.org, Lance Slaugh APR, USAPL Richmond Open PL+ 310-995-0047, BP (55 lifter limit) Phillip Battle, Box ter. lanceoslaughter@vahoo.com 9713, Richmond, VA 23228, 804-

21 MAY, Chickahominy YMCA BP Classic, Phillip Battle or Nancy Bur-Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, net, 5401 Whiteside Rd., Sandston, VA 804-737-9622 21 MAY, NASA West Texas State

6-8 MAY, USAPL Men's Nation-(PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527als, Johnny Graham, 1706 Shoe-maker Dr., Killeen, TX 76543, 8513, SQBPDL@aol.com

21 MAY, SLP GOLD'S GYM OKLAHOMA OPEN BP/DL 1 MAY, SLP STEVE "MAD DOG" HOUSTON MEMORIAL IOWA CLASSIC (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-CHAMPIONSHIP (Clinton, Ia.) Son 253-5429, www.sonlightpower.com, Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com
22 MAY, SLP SOUTHEAST

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

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

28 MAY, NASA East Texas State (PL. BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 4 JUN, APF South Texas (Seguinmen & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
4 JUN, SCHS Athletic Booster BP

(S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home) 4 JUN, SLP MISSOURI OPEN BP DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale.

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

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Conditions of Membership: As a Condition of membership to UAPC, Lagree to foliow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules regulations and drug testing procedures are subject to change at any time and that I agree to obey any new or changed a large lagree to rules, regulations and drug testing procedures as a condition of continued membership lagree that may be revoked temporarily or permanently, suspended formy failure to obey UAPC/AWPC rules, regulations and drug testing procedures. If I do test positive for banned substance, I agree that the results of the test are conclusive and I further agree to accept the consequences of that positive test regarding my membership.

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

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4 1 0 www.southernpowerlifting.com 4.5 JUN. NASA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDL@aol.com

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

11 JUN, SLP SUPERMAN CLASSIC CHAMPIONSHIP (Metropolis, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

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

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

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

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

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

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

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

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

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

9 JUL, USAPL Mid Atlantic PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA valifting@aol.com, www.virginiausapl.com

9 JUL SLPFT HAMILTONDAYS 9-10 JUL. WPC American Cup GA) and APC National PL & BP (WPC World Qualifier) L.B. Baker, 770-725-6684, mobile 770-

sonlight@netcare-il.com

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

16 JUL, World Games www.sonlightpower.com,

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

1894 nutritek@aol.com

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

30 JUL, NASA Tri-State Natural (1st 1-8PM

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

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

JUL, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Au-

RP/DI CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale. Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

PL & BP (Canada/USA, Athens, 713-3080, www.irondawg.com 10 JUL, SLPHEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

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

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

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

nutritek@aol.com

50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 bspeedy.com

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



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5429, www.sonlightpower.com,

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17 SEP, NASA E. Texas Regional

(PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068,

405-527-8513, SQBPDL@aol.com 17 SEP, NASA New Mexico Re-

gional (PL, BP, PS-Albuquerque, NM) Mike

24 SEP. SLP OPEN NATIONAL

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5429, www.sonlightpower.com,

24 SEP. NASA Tennessee Regional

(PL, BP, PP, PS - Pickwick Dam, TN)

Rich Peters, Box 735, Noble, OK

405-527-8513,

sonlight@netcare-il.com

powerlifter@surfbest.net

sonlight@netcare-il.com

480 596 4047 FAX - 480 596 1904 www.nielsandersen.com

gusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

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

6 AUG, APF Southeast Challenge (Orange-men & women-open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.sequinfitness.com 6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlftrs@msn.com www.powerliftingca.com, 661-333-

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

13 AUG, SLPWISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-9 9 5 - 0 0 4 7 , lanceslaughter@yahoo.com, www.usapl-ca.org
14 AUG, SLP MISSOURI STATE

FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122

W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 AUG, USAPL Virginia State PL BP. Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com,

20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 35, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
21 AUG, SLP GUY CARLTON

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

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

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

3 SEP. NASA Kansas Grand (PL, BP, PP. PS - Salina, KS) Rich Peters, Box 735. Noble, OK 73068, 405-527-8513. SOBPDL@aol.com 10 SEP, USPF Venice Beach PL/

Steve Denison, pwrlftrs@msn.com www.powerliftingca.com, 661-333-10 SEP, SLPTENNESSEE STATE

26 SEP, NPA (drug free) Naationals BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-

SOBPDL@aol.com

1 OCT, SLPFALL BENCHPRESS/ DEADLIFT CLASSIC (Mattoon, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

233-2292, fitlifedb@cs.com

2 OCT, SLPIOWA STATE BP/DL CHAMPIONSHIP (Clinton, Ia.) Son

Light Power, 122W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 www.sonlightpower.com, sonlight@netcare-il.com 8 OCT, SLP OKLAHOMA STATE B P / D L CHAMPIONSHIP(Tulsa, Ok.) Son Light Power, 122W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com 8 OCT, NASA Ohio Regional (PL, BP, PP, PS Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-5 1 3 , SOBPDL@aol.com 9 OCT, SLPMISSOURI BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 www.sonlightpower.com, sonlight@netcare-il.com 15 OCT, SLP ARKANSAS STATEBP/ DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429 www.sonlightpower.com, sonlight@netcare-il.com 15 OCT, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, 15 OCT, USPF Central California Open & Novice PL & BP (Modesto. CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

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

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

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

29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 5 NOV, APF Texas Cup (Dallas - men & women-open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts)

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

5 NOV, USAPL California State (PL. BP-Dublin, CA) Jason Burnell, 510-2 3 2 - 4 7 5 5 , deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com,

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

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

13 NOV, SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-2535429, www.sonlightpower.com, sonlight@netcare-il.com

15-20 NOV (NEW DATE) - IPF Men's Worlds (W. Palm Beach, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.geocities.com/floridausapl 15-20 NOV, IPF Pan-American Men's & Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl 19 NOV, SLPKENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale. Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

26 NOV, NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka. OK ussapl@hotmail.com

78155, 800-378-6460, www.seguinfitness.com 3 DEC, SLPCHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 www.sonlightpower.com, sonlight@netcare-il.com 10DEC, SLPARKANSAS CHRISTMAS OPEN BP/ DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429 www.sonlightpower.com, sonlight@netcare-il.com 10 DEC, NASA Missouri Regional (PL, BP, PP, PS -Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDL@aol.com 10 DEC, NASA Novice

3 DEC. APF Rio Grande

Valley (Harlingen - men &

women - open, below 1,

masters (5 yr. age groups),

submaster, junior (2 yr. age

groups), police, fire, single

lifts) Seguin Fitness, 256 W.

Nationals PL & PS (Springfield, OH) Gary S c h o l l , GSat2950@aol.com 10 DEC. USAPL Christmas BP Raw & Assisted. John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com. www.virginiausapl.com BP/DL

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

APR 06, USAPL Collegiate Nationals (Nova Southern Univ. - Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl APR 06, IPF Pan-American Men's & Women's Open BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl APR 06, IPF World Masters BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl MAY 06, USAPL Men's Nationals PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/ floridausapl

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

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



Joe Humbyrd with a PR 590 @ Open 308 at the SLP Missouri State meet. (Darrell Latch photo) !

### 26 RENCH

165

subma

Paul F

242

	State BP/DL pringfield, MO	K. Torkildsen 13 Master 40-44	D. Harleau
H PRESS	open men	M. Sheffler 23 Police/Fire	
men	308	M. Sheffler 23	
Keafer 275*	Joe Humbyrd 455	Master 45-49	
ster men	DEADLIFT submaster men	J. Sullinger 10 Sub 35-39	
Keelan 325	275 Paul Keelan 515	C.Richardson 16 Sub 35-39	
men 55-59	open men 308	C. Anderson 18 Open Women	82 Open Men
	Joe Humbyrd 590 UMBYRD. * Son Light	Mari Asp 30	08 Master 40-
encher - IOE U	CAMP I ME. SOII LIKIN	Onen Women	K. Espinoz

Power Missouri state record. The Son Power Missouri state record. The Son Light Power Missouri State Bench Press/ Deadlift Championship was held September 26, 2004 at St. John's Fitness Center in Springfield, Missouri. Thanks again to fitness director Belinda Mercer for her continued support. In the bench press event Mike Keafer broke the novice 165 state record with his personal best 275 second attempt. A third with 280 was close, but he's still working with a new shirt and should hit 300 by the end of the year. Paul Keelan hadn't competed since 1992, but opened strong with an easy 325 then passed on his last two attempts. Paul was lifting in the submaster 275 class. Bill Gesham looked strong at 55-59/242, weighing in at just over the 220 limit. Bill weighing in at just over the 220 limit. Bill finished with a new state record of 325 after just missing a final attempt with a new personal best 340. At open 308 it was Big Joe Humbyrd with a solid personal best 455. Joe was also awarded the best lifter trophy for the bench meet. In the deadlift event Paul Keelan only got in his opener of 515 for the win at submaster 275. Joe Humbyrd got his second win of the day along with his second pr of the day at open 308 with his 590 final pull. Thanks to my son Joey, Ken Jackson and Martin Hodges for helping out. See you all again next year! (courtesy Dr. Darrell Latch)

USAPL Iowa/Hawkeye Open 22 AUG 04 - Sioux City, IA (kg) SQ BP DL TOT 97 lbs. C. Anderson 105 65 122.5 292.5 Teen 123 lbs. 120 77.5 125 322.5 A. Taylor 77.5 55 102.5 235 102.5 47.5 117.5 267.5

Open				
). Merrival	122.5	85	130	337.5
). Merrival 6. Wilde	75	55	90	220
C. Eslick	130	57.5	142.5	330
Open 148 lbs.				
N. Craig	100	62.5	127.5	279.5
Teen				
	70	37.5	92.5	200
A. Crowley	80	60	122.5	262.5
f. Goergen MEN	-		-	
Open 132 lbs.				
. Schmidt	_	127.5	_	125.5
Master 148 lbs				
. Balomenos 165 lbs.		87.5	195	425
. Ochs		147 5	95	167.5
110		147.5	33	107.3
Open				
M. Shane		165		165
Master 181 lbs		103	N 1 350	103
. Trenhaile	167 5	117 5	182 5	467 5
		117.5	102.3	407.3
Open T. Craig	220	137 5	245	612.5
Teen 198 lbs.	230	137.3	243	012.3
A. Sherrill	107 5	82 5	110	300
Master	107.3	02.3	110	300
G. Goergen		110	THE	110
Open 242 lbs.	TOTAL .	110	7	
D. Berger		210	2001	210
275 lbs.	Total .	210		210
N. Schluter	185	142.5	HELD VIEW	235
W. Hamnes	270	190	267.5	727.5
SHW Open	270		207.3	
S. Logan		210	282.5	777.5
(Thanks to US	API fo	r prov	iding r	esults)
(Illanks to US	. 10	prov	identify i	Courts)

### USPF National BP & DL

28 AUG 04	4 - Austin, IX	275
Bench Only	Open Men	Master 40-44
Women	Open Men Van Williams 276	Tim Bruner
Junior 18-19	148	Master 45-49
K. Torkildsen 132	Junior 16-17	Robert Jackson
Master 40-44	D. Harleaux 149	Master 55-59
M. Sheffler 237		G. McCoy 474
Police/Fire	David Renn 265	Master 55-59
M. Sheffler 237	165	Gene Knight 407
Master 45-49		Junior 20-23
	M. Mosley 292	William Lee 485
Sub 35-39	Open Men	Open Men
C.Richardson 160	Ruben Lopez 281	John Erickson 623
Sub 35-39	181	Open Men
C. Anderson 182		R. McCoy 513
	Cedric Green 342	Open Men
Mari Asp 308	Master 40-44	John King 468
Open Women		Open Men
Dena Shirley 160		Tim Bruner
Men	Open Men	308+
123	F. Yanez 303	Open Men

Police/Fire Police/Fire Joe Guerra Rick Garza 562 Police/Fire Sub 35-39 C. Rollins Jerry Duvall 557 Master 40-44 J. Campbell Deadlift Only 480 Master 40-44 Master 40-44 Ted Bruner 391 Lisa Yeager 320 Master 45-49 Master 45-49 K. McFarland 353 J. Sullinger 276 Open Women Dena Shirley 303 Master 65-69 Open Men Gene Bell 148 579 Sub 35-39 David Renn 485 Open Men Joe Guerra 535 Master 45-49 Open Men Ernie Padilla 429 M. Mosley 463 Open Men 181 Jason Garcia 429 Open Cedric Green 540 Open Men Karl Smith 402 Police A. Garcia Jr 468 Open Men James Lewis 375 Master 40-44 R. Espinoza 485 Open Men Javier Torres 369 Master 55-59 Bill Ennis Open Men C. Martinez 342 198 Open Men 242 Junior 20-23 Chris Dahlen 446 A. Jackson Open Men Open Men Luke Leaman 424 F. Yanez 220 Master 40-44 Sub 35-39 Ted Bruner Keith Kozak 452 Master 55-59 Master 45-49 Kevin Fisher 650 Johnny Park 421 Police/Fire Johnny Park 421 Master 45-49 K. McFarland 535 275 Master 40-44 Master 65-69 Cliff Manis 419 Tim Bruner Master 45-49 Open James Lewis 601 Robert Jackson Master 55-59 Open Jason Garcia 601 G. McCoy 474 Master 55-59 Open Ernie Padilla 595 Gene Knight 407 Junior 20-23

DON'T TRAIN WHEN HURT -ALWAYS CONSULT YOUR DOCTOR. John King 623 C. Saunders 755 Open Men R. McCoy 308+ Open Men Rick Garza 601 Open Men Tim Bruner Rick Garza 601 Master 40-44 Tim Bruner Jerry Duvall 634 State Single Lift Bench Records set: Mari Asp, 148 Open Women, 308 lbs, California. State Single Lift Deadlift Records set: Bill Ennis, 181 Master 55-59, 507 lbs, California. American Single Lift Bench Records set: Christina Anderson, 148 Submaster 35-39 Women, 181 lbs, Mari Asp, 148 Open Women, 308 lbs, Cliff Manis, 220 Master 65-69, 214 lbs, Gene Bell, 220 Master 45-49, 578 lbs, Johnny Park, 242 Master 55-59, 421 lbs, Gregory McCoy, 275 Master 55-59, 473 lbs, William Lee, 275 Junior 20-23, 485 lbs, Jerry Duvall, 308+ Submaster 35-39, 556 lbs. American Single Lift Deadlift Records American Single Lift Deadilit Records set: Lisa Yeager, 198 Master 40-44, 319 lbs, Jana Sullinger, 148 Master 45-49, 275 lbs, David Renn, 148 Submaster 35-39, 485 lbs, Bill Ennis, 181 Master 55-59, 507 lbs, Adrian Jackson, 198 Open, 727 lbs, Kevin Fisher, 220 Master 45-49, 650 lbs, Cliff Manis, 220 Master 65-69, 418 lbs, Paul Dungan, 242 Junior 20-23, 777 lbs, Carlton Saunders, 308 Open, 755 lbs, Carlton Saunders, 308 Submaster 35-39, 755 lbs, Jerry Duvall, 308+ Submaster 35-39, 633 lbs. Thanks to all of our valuable help at the meet. Tim Bruner, Meet director, Bill Ennis, International referee, Steve Denison, National referee, Gene Bell, National referee, Sheldon Weingust, National referee, John Sanchez, National referee, Mike Scheffler, National referee,

Al Mendez, National referee, Micki Sheffler, score table & announcer, Jeremy

Woodard, score table, announcer, asst meet director, Marlene Bruner, score

table, Adrian Sharman, spotter/loader, Mark McCartan, spotter/loader. Sponsors: Inzer Advance Designs, Gold's Gym, Austin. (Thanks to S. Denison for results.)

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# Application for Registration UNITED STATES POWERLIFTING FEDERATION

Open Karl Smith

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Open Javier Torres 529

Junior 20-23 Paul Dungan 777

Junior 20-23 Chris Dahlen 711

Open Men Luke Leaman 601

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Last Name	Jakan Bip	First Name		- A		Initi	al	Ren	N N	Curre	nt Card # (If	Renewal
Street Address						88	dist.	St 18	dB v	Club	Name	
City			Stat	e	180	and '	Zip	190	CLEAN	Area	Code/Telepl	hone
Current USPF Classification	Referee Status			Curren			Spec	rial Oly		T	Inmate	
Elite Master I II III IV	IPF Cat. 1	Cat. 2 Nat. S	tate	Y		N		Y	N		Y	N
Current Collegiate U	J.S. Citizen	Date of Birth	/		Sex M	F	houl	oday's	Date /	ne	Card Issued	Ву

Registration Fee \$25.00 Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS P.O. Box 650 Roy, Utah 84067

School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High

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

If Under 18 have Parent Initial .

# From the Originator of the Bench Shirt

# INZER presents:

# The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty

- \* extended power support range
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- \* extra reinforced construction
- \* guaranteed more results than any other shirt
- \* recommended for experienced powerlifters only

Improved Heavy Duty

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HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain





... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his guest for 800.

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Wrestling Singlets — Black, Navy Blue, Royal Blue, Red S, M, L., XL, XXL	\$28.00
Wrestling Singlets with full 2 color Inzer Advance Designs logo	\$33.00
Wrist Wraps — full length with velcro and thumb loop	\$9.95
Wrist Wraps — heavy duty, full length with velcro and thumb loop	
COMPETITION BELTS Lever Belts	Child September 1971 and 1972
Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tighter than any other belt, tightens or releases in less than 1 second, hi-tech designated available in any color (s), made in U.S.A.	ign and appearance,
10 cm x 13 mm • 6 rows of stitching	
10 cm x approximately 10 mm • 4 rows of stitching	\$58.00
AND THE PROPERTY OF THE PROPER	

# 

 Chalk —
 The very best for grip — 1 lb. box of 8 - 2 oz. blocks
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 1 - 2 oz. block
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 Suit Slippers — makes putting on tight suits easier. M, L
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### T-SHIRTS

### VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

APA California Open 21 Aug 04 - Sacramento, CA Junior 20-23 55-59 Galena Mike Lutz 40-49 Robinson 300 Drug Tested Drug Tested T. Robinson Mike Lutz 300 Deadlift 220 Open 165 Jarrod Mills 400 16-17 John Keller 400 40-49 H. Williams 275 40-49 Philip O'Neil 365 242 Open Steve Pena 525 50-59 Kenneth Kirk 305 525 4th 3156 Drug Tested 315c Steve Pena D. Pelott 405 55-59 60-69 242 M. Bonifield 325 60-69 Gerald Lively 290 275 Drug Tested SHW Len Webb SHW Art Ramsey 50-59 Contrerras 425 L. Contrerras 465 Drug Tested **Drug Tested** L. Contrerras 425 L. Contrerras 465 50-59 Open L. Contrerras 425 Art Ramsey 570 . Galina 300 L. Contrerras 465 Men PL SQ BP DL TOT 220 16-17 A. Contrerras 185 255 360 775 Submaster T. Weston 335 300 450 1085 242 40-49 500 450 625 1575 C. Sims 50-59

D. Robinson 365 305 365 1000

L. Contrerras 405 425 465 1210

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L. Contrerras 405 425 465 1210

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305 225 290 780

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425 465 840

60-69

SHW

4th

242

SHW

Open 50-59

Contrerras

Drug Tested

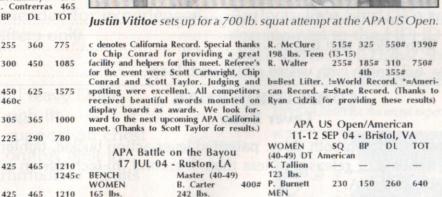
L. Contrerras

L. Contrerras

Push/Pull 60-69 G. Lively

G. Lively

Drug Tested





Justin Vititoe sets up for a 700 lb. squat attempt at the APA US Open.

ward to the ne	at upcoming APA California to Scott Taylor for results.)	APA U				
APA Ba	ttle on the Bayou		SQ	BP	THE PERSON NAMED IN	
17 JUL	04 - Ruston, LA	K. Tallion	-	-	_	_
BENCH	Master (40-49)	123 lbs.				
WOMEN 165 lbs.	B. Carter 400# 242 lbs.	P. Burnett MEN	230	150	260	64
Open	Teen (13-15)	165 lbs. Open	DT			
A. Tucker	195# T. Smith	D. Agostini	470	320	460	12
MEN	350!*#	(18-19) DT		200		
148 lbs.	Master (45-49)	D. Willis	405	290	440	11
Teen (16-17)	K. Taylor 480#		100	220		
K. Simms 165 lbs.	250# Master (50-59) Open	L. Walker Submaster DT	420 BP	330	415	11
Teen (16-17)	R. Nelson 530#	J. McElveen	_	325	-	-
A. Kerai	245# 275 lbs.	Open DT				
Junior (20-23)	Submaster (33-39)		-	255	-	-
V. Welch	360# J. Micka-b 590#					
220 lbs.		J. McElveen	-	-	365	-
UNL	SQ BP DL TOT	181 lbs. Open				
JR (20-23)	Transfer of the Party of the Pa	G. Sesler	550	340	510	14
T. Williams 181 lbs. Open	280*# 180*# 350*# 810*#	J. Finlayson Open BP	515	310	495	13

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance



First Na	me	Last Name	Mid	dle Initial Today	y's Date
Street Address	s	(	City	State	Zip Code
Telephon	e Number	E-Mail ad	dress	Date	e of Birth
Sex	Social Secur	ity Number	Signature (Pa	arent if under 18 ye	cars old)
	☐ \$25 Adul	t Membership	\$15 High So	chool Student	

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

W. Mann	_	405	-	-
198 lbs. Open				
D. Czadzack	500	430	555	1485
American				
B. Highnote	500	_	_	-
Open DT				
B. Highnote	500	_	_	_
BP	500			
		280		
W. Stover 220 lbs. (16-1)	DT.			T
				1250
B. Carson	525*	345	480*	1350
(18-19) DT				
M. Williams	450	405	600	1435
S. Hunter	485	-	-	-
Open DT				
S. Hunter	485	-	-	-
US				
J. Gosey	550	340	540	1430
Open BP				
G Wilson	_	420		_
G. Wilson (16-17)		420	337	1 .14
(10-1/) D. M/:III:		205		
B. Williams	-	205	-	_
(18-19)		-		
J. Whearly	-	360	-	-
(50-59)				
G. Wilson	_	420	-	-
G. Wilson 242 lbs. Open	DT US	5		
J. Vititoc	650	470	540	1660
Novice				
D. Johnson	435	380	475	1290
G. Rollins	405	315	435	1155
G. KOIIIIIS	403	313	433	1133
O DD				
Open BP		105		
E. Hubbs	4	425	-	-
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D. Hahn

DL TOT

260 640

460 1250

440 1135

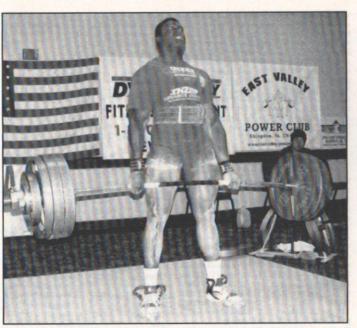
415 1165

495 1320

(40-49) DT

M. Small
"=American Record. Special thanks to the
spotters and loaders for doing a great job
all weekend, Kenny Burnett of Bristol
Barbell and his crew for providing some Barbell and his crew for providing some great equipment and meet help, Dan Levesque and crew for setting the meet up and providing great help throughout the weekend, Wade Johnson for providing some great Forza and Crain equipment and judging all weekend, Jerry Tancil, Len Walker, Jeff Finlayson for judging, House of Pain for setting up a products booth and providing competitors with great equipment and all else who contributed to making this a great event. All competitors received some huge and unique collectors swords as awards. In the American Championships Graham Sesler took best Lightpionships Graham Sesler took best Light-weight honors while Marlon Williams took heavyweight honors. In the Bench Press event Wayne Mann took best lightweight honors while George Wilson took best heavyweight honors. Justin Vititoe took best lifter honors in the US Open event. (Thanks to Scott Taylor, APA, for results)

100% Raw Battle of the Border 20 MAR 04 - Barco, NC M. Bertrand 185\* WOMEN MEN 132 lbs. 165 lbs. Open K. Wescott Master (45-49) 155\*F. Wescott 265 181 lbs.



Teenager Marlon Williams ended his day with a 600 deadlift (Photographs provided courtesy of Scott Taylor, APA President)

370

335

Teen(16-17)

Teen (14-15)

J. Coltrain

A. Moore

D. Dunn

275 lbs.

350 205 415 970

340 275 425 1040 250 150 300 700

W. Gurganus 255 180 320 755 Teen (16-17)

Teen (18-19) Open M. Wilson 240 D. Owens

B. Hopkins 350 319 lbs.

J. Sheehan 245\* R. Moore 3 220 lbs. Master (40-44)

??2 lbs.

Teen (16-17)

A. Proctor 450

198 lbs.

Master (75-79)

Teen (14-15)

B. Hopkins	350	319 lb	s.		D. Dunn	250	150	300	700
Teen (16-17)		Master	(45-49	9)	Police/Fire				
S. Hopkins	385	K. Gre	en	335	R. Slate	525*	385	570*	1480*
WOMEN	SQ	BP	DL	TOT	319 lbs.				
132 lbs.	24		-		Teen (14-15)				
Teen (16-17)					B. Ange	250	225	405	880
	160*	105	185	450	P. Glisson	135	125	225	485
SHW	100	103	103	430	A. Crowder	_	200	385	585
					Master (40-44)				
Submaster		1204	2504		C. Caesar		435*	440*	1390*
S. Gurganus	235*	130*	250-	615	* State Record				
MEN					State Record	(resi	ints iroi	n raui	00331)
123 lbs.									
Teen (12-13)					Crani	to \$1	ate O	non	
	135	95	210	440					
132 lbs.					30 Aug	03 -	Keene	e, NH	
Teen (14-15)					DEADLIFT		J. Hay	ward	550
A. Swain	155	135	250	540	MEN		J. Fraz	ier-19	0 450
148 lbs.					Open 181 lbs.		C. Fros	st	485
E. Blalock	275	185	315	775	I. Myers	420	198 lbs		
D. Craft	225	190	250	665	198 lbs.	420	K. Fisk		440
Teen (18-19)			200	To a part	D. Newkirk	635	Submas		
E. Woolard	370*	205	370	945	220 lbs.	033	M. Art		
	370	203	370	343		(25			
Open	225	250	345	810	A. Cardinal		A. Cur		
	225	250	343	010	P. Thomsen	500	R. Pur		
165 lbs.					275 lbs.		P.Ware		
reen (14-13)					A. Stroud		M. Cui		
	185	170	250	605	J. Cross	585	R. Guy	er-275	475
Teen (16-17)			(4)23 351	E TABLE	G. Sibley		Master		
C. Balance	320*	230*	415*	965*	R. Guyer	475	R. Fec	teau-27	75715
T. Brown	285	205	325	815	308 lbs.		Master	(45-4	9)
Teen (18-19)					1. Sabolevski	650	P.Thon	isen-2	17 500
B. Hooker	400*	235	435	1070	Teen (13-15)		J. Sand	lers-18	1 375
D. Sylvester	335	250	405	990	132 lbs.		Master		
D. Paszt	245	195	380	820	A. Fecteau	325	B. From		275
Master (40-44)					148 lbs.		WOME		
R. Young	275	250	325	955	L. Wardner	300	Open	**	
Master (45-49)		-	-	IN LIVE	Teen (16-17)	300	McCar	thy 12	2 275
J. Moore	330*	225	400	955	198 lbs.		Shea-1		275
Open	330	223	400	333		-00			
	195	160	335	690	K. Scovill	300	Junior		
	195	100	333	090	Teen (18-19)		T. Wil		
181 lbs.					N.Moretto-211				240
Teen (14-15)	205	205	202	707	K. Ellis-163		Subma		
S. Green	295	205	285	785	N. Smith-165	365	A. Sim		3 265
Submaster					Junior (20-23)		Master		
D. Parrish	450*	275*	475*	1200*	198 lbs.		C.McC		
198 lbs.					J. Cahoon			46	275
Teen (16-17)					I. Moody-169	500	MEN		
S. Woolard	440*		450	1140	K. Fernandez	550	Novice	e	
J. Woolard	265	235	400	900	242 lbs.		R. Guy	ver-275	475
220 lbs.					G. Levassuer	600	1		
Teen (14-15)					220 lbs.				
C. Freeman	300	200	315	815	Meet Director	: Lou	rie LaP	oint. I	udges:
Teen (16-17)			A Partie	WEITE .	Charlie Lane, I				
T. Manning		340	560*	1400*	Marilyn Barba.				
242 lbs.					Boucher, Head				
Teen (14-15)					missions: Parke				
	225	180	275	680	(Thanks to Lou				
1. Perkins	223	100	213	300	(Thanks to Lou	L. L.	Onn 10	· uic	courts)

Coal Country Classic BP/DL D. Swingle-57 430 G. Lewis-34 510 T. Holt-30 400 S. Chek-22 505 J. Cuccia-15 355 Grancinetti-31 490 K. Boyer-29 325 B. Hulings-42 485 N. Kinard-15 275 Lemoncelu-46 450 07 Dec 03 - Bigler, Pa WOMEN M. Aldridge-23380 D. Lhota-49 380 Youth 88 1bs. T. Vasquez-7 48 M. Labans-44 360 51 B. Sisko-40 330 4th Lemoncelli-46 325 105 lbs. Lembre 40 325 R. Snyder-40 120 G. Lewis-34 315 123 lbs. B. Hullings-42 275 L. Snyder-38 140 242 lbs. L. Snyder-38 140 242 lbs.

132 lbs. Campiere-48 340

J. Morrison-39 135 J. Rodgers-40 300

J. Shearer-21 95 P. Huntley-37 295

165 lbs. 275 lbs. A. Buck-14 120 M. Norris-29 395 4th 125 D. Stoner-45 355 4th 125 D. Stoner-45 355 Zimmerman-14 105 R. Labans-43 330 148 D. Grimm-40 90 319 lbs. Raw M. Stack-29 210 J. Lewis-23 480 4th 240 DEADLIFT WOMEN 97 lbs. MEN 65-69 Youth 66 lbs. M. Jubas-8 50 N. Kinard-12 130 123 lbs. 4th 140 Claypatch-17 175 105 lbs. 132 lbs. R. Snyder-40 160 181 John Self S. Snyder-41 200 123 lbs. 148 lbs. L. Snyder-38 330 J. Futhey-22 155 4th S. Flori-16 135 132 lbs. Zimmerman-35 380 165 lbs. 220 60-69 RAW Claypatch-47 280 J. Shearer-21 245 G. James-31 265 4th T. Oimvra-19 265 148 lbs. 265 J. Stazer-22 225 B. Peoples-45 305 A. Parker-19 210 B. Travis-34 275 Open 40-49 A. Snyder-15 135 MEN 181 lbs. Youth 97 lbs.
K. Boyer-29 290 G. Smith-12 200 L. Howe-29 275 132 lbs. Ditzenberger 245 S. Snyder-41 415

D. Swingle-57 225 148 lbs. T. Holt-30 220 J. Futhey-22 390

Tonkovich-41 340 T. Dimura-19 455 J. Herbein-65 245 G. James-31 415

Kluczynski-18 226 A. Parker-19 360 T. Cinelli-54 225 A. Snyder-15 250

Sabatine-22 170 Muscedere-66 200

J. Stazer-22 505 380 J. Welch-58 505

J. Cuccia-15 180 S. Flori-16 N. Kinard-15 150 165 lbs.

K. Jubas-41 415 181 lbs.

198 lbs. A. Kish-48

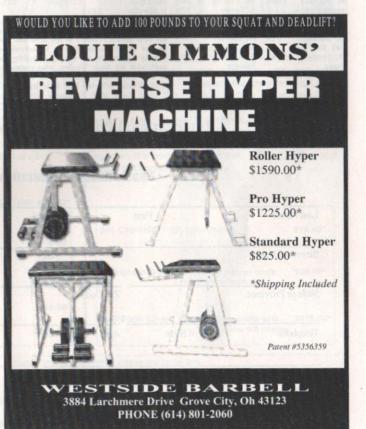
220 lbs.

198 lbs. 242 lbs. L. Stinson-66 506 P. Huntley-37 545 Kluczvnski-18 400 C. Martin-17 500 T. Cinelli-54 350 Slackeylll-25 500 Szymanski-38 (Thanks to Al Siegel for providing results) Independence Bench Press/Curl 10 JUL 04 - Stanardsville, VA Bench Press D. Burress 450 Supers 50-59 Duane Jeter 300 Jack Cox 165 CURL 181 Earl Feltner 140 Open John Self 220 355 40-49 J. Thompson 135 Open 60-69 Chris Jackson 370 PJ Kitchen 135 Open & 50-59 Mike Digges 170 John Jackson 325

D. Swingle-57 430 G. Lewis-34 510

PJ Kitchen 230 Open Allen Lewis 175 40-49 Scott Kuzma 550 Mike Lester 165 10 49
It was a fun meet with great lifting.
Duane Jeter hit a 300 pound bench press
that was double bodyweight RAW. John
Self in his first meet ever hit 355 RAW in the bench press @ 174 pounds and did a great 175 strict curl! Chris Jackson got 370 @ 198 to win that class. I look for him to hit 400 latter this year. PJ kitchen layoff due to injury and did great 230 bench RAW and 135 strict cur!! Mike Digges, Allen Lewis and Mike Lester all hit big curls. Scott Kuzma get better each meet hitting a nice 550 in the bench Special Thanks to Allen Lewis bench. Special Thanks to Allen Lewis and Mike Lester for judging the bench meet for us. (results John Shifflett.)

275





Team Weasisgay at the Beast of Chrome and Steel Meet. (McCaslin

A CONTRACTOR OF THE PARTY OF TH		
	ome & Steel Bedford, PA	L. Ciccarelli 505 309 lbs. Open 275 lbs.  B. Younker 585  R. Carmack 450 SHW Open
BENCH WOMEN	C. Seefer 505 275 lbs. Junior	Master (50+) S. Lattimer 500
132 lbs. Open	K. Ruckle 440	B. Carmack 450
M. Barhight 110	C. Phillips 425	(Thanks to Sandi McCaslin for the results)
148 lbs.	Open	
Submaster	M. Coulter 740	The state of the s
T. Daly 155	D. Spry 480	
198 lbs. Open		10 APR 04 - Elk River, MN
S. McCaslin 305	Submaster	148 lbs. Pro Open
MEN		AM PFM J. Gould 645
181 lbs. Open		C. Giving 280 242 lbs.
C. Lambert 350		Am Open Am Submaster
B. Magiera 275	Master (50+)	M. Lewis 425 J. Steffens 305
Masers	B. Godden 475	165 lbs. Am Jr Am Teen
T. Myers 315	B. Carmack 320	L. Hamilton 300 J. Strangfeld 455
198 lbs. Open	SHW Open	Am Teen Pro Open
c. Frantz 435	S. Lattimer 850	J. Schroeder 315 C. Hanson 500
I. Gibson 310	S. Lewis 480	198 lbs. 275 lbs.
Submaster	DEADLIFT	Am Master I Am Master
R. Daly 530		J. Struntz 365 E. Knudsen 425
Master	198+ lbs. Open	
B. Shafer 330	K. Dugas 375	M. Borg 430 A. Fiedler 810
I. Gibson 310	MEN	Am Submaster 308 lbs.
220 lbs. Open	123 lbs. Teen	T. Hirdler 345 Pro Open
M. Ferman 600	M. Coulter, Jr. 200	Am Open C. Bjork 525
Master (40+)	J. Grove 175	J. Hirdler 345
T. Steinhauser 350	D. Ribner 150	Thanks to all the participants and spectators
Master (50+)	165 lbs. Teen	who came out this year to watch some of
D. Barhight 315	D. Snyder 450	the best Bench Pressers in the area and one
242 lbs. Teen	181 lbs. Open	in the World competition. Hundreds of
D. Lyons 290	C. Lambert 480	people came out to watch one lifter in
Open	Master	particular lift Andy Fiedler, who competed
T. Bumgardner 435	T. Myers 610	

was the first 700 bench in MN with a warm-up lift at 715 then opened at 775 very easy lift then 805 went up most in attendance thought it was a good lift but yours truly knew he could do it better so I red lighted and made him redo the lift and it went up easy took a 4th at 810 and again another great. lift a triple bodyweight lift. Other honorable mentions are Mike Lewis at 148 lb. class benched 425 and Jeff Gould at 220 lb. class hit 645 opening lift barely missed 660 he will get this in the future. (Thanks to IPA Chair Lloyd Hemenway for results)	J. Hilliard M. Steward C. Ceasar J. Dishman F. Banks J. Spruill M. Stidman R. Staten 319 lbs. S. Cornick M. Prosser J. Gentry S. Cassell W. Ferguson H. Canada
100% Raw Worlds	R. Biggs M. Turner

J. Lopes G. Biggs

445 (16-17)

(18-19)

. Fox

(45-49)

470 L. Figueroa

S. Smith

181 lbs.

(12-13)

D. Biggs (18-19)

B. Cross

Submaster

S. Redfern

Baggett

Baggett

285

370!

370

275

250

245

115

315

365\*1

185

155

155

400\*

G. Holzmiller 245

lunior

435

385

315

470

390

450

330

## 22 NOV 03 - Barco, NC

SE 1000	22 110	. 03	- Darco, Itc		- 1
	WOMEN		J. Smith	260	(
	D. Flannagan	165	S. Peterson	255	1
	T. Nauman	250	M. Veilluex	250	7
	S. Baldwin	145	D. Biggs	115	1
	M. Bertrand	175	A. Roper	-	j
1000	T. Michie	125	J. Bike	-	í
医佐里	J. Burkett	105	198 lbs.		i
aslin)	G. Woodson	180	W. Lynch	450	1
451111)	A. McDougald	145	J. McDougald	390	
	H. Hoffler	135	J. Herman	340	1
,	H. Knupp	100	J. Wright	330	1
The second second	M. Dishman	85	A. Williams	285	1
585	S. Crichton	140	T. Bell	250	1
500	MEN		J. Whitt	205	-
300	148 lbs. & Bel	ow	J. Sheenahn	_	1
results)	J. Mukite	335	M. Marsh	_	-
results)	D. Moore	315	D. Perry	-	
	J. Tilley	295	220 lbs.		
	T. Hague	275	P. Bossi	465	
Bash	C. Clay	270	R. Smith	430	-
N	M. Wilson	270	S. Freeman	390	
	T. Ostrum	195	C. Pannel	410	-
645	B. Swain	195		360	-
	S. Johnson	200	D. Lhota	365	-
	D. Serrell	185	D. Owens	360	
305	R. Tornabene	180	B. Hopkins		-
	C. Waggoner	145		335	-
455	D. Jones	135		290	
	Q. Thomas	55	J. Hood		1
500	M. Perry	-	G. Holzmiller	245	
	D. Rouse	-	J. Bushee	155	
	M. Neese	_	R. Brideman	-	
425	D. Sylvester	-	242 lbs.		
	165 lbs.		K. Burkett	475	
810	J. Baggett	370	O. Helmer	455	
	I. Figueroa	275	K. Mallory	440	-
	L. Neese	285		400	
525	P. McClean	250	A. Proctor	420	
	S. Smith	245	T. Cain	405	
ctators	J. Hayden 185		J. Bates	405	
ome of	G. Harrison	165	G. Goad	320	
nd one	181 lbs.			315	
eds of	S. Redfern	365	S. Duell		1
	B. Cross	315	C. Betts	155	
mpeted	A. Biggs	300	275 lbs.		
9 Andy		275	M. Belk	530	

lauman	250	M. Veilluex	250	T. Hague	275	(40-44)	
aldwin	145	D. Biggs	115	B. Cross	315	A. Biggs	300*
Bertrand	175	A. Roper	_	J. Fox	265	(50-54)	
Aichie	125	J. Bike	_	J. Herman	340	Y. Sumner	275!
urkett	105	198 lbs.				Open	2, 3.
Voodson	180	W. Lynch	450	B. Hopkins	330		265
			390	WOMEN		S. Redfern	365
McDougald		J. McDougald		Open		Y. Sumner	275
Hoffler	135	J. Herman	340	D. Flannagan J. Burkett	165*!	T. Broyels	260
nupp	100	J. Wright	330	J. Burkett	105	J. Smith	260
Dishman	85	A. Williams	285	(40-44)		S. Peterson	255
richton	140	T. Bell	250	D. Flannagan	165*	M. Veilluex D. Biggs	250
1		J. Whitt	205	(50-54)		D. Riggs	115
lbs. & Belo	MAZ	I. Sheenahn			105*	A. Roper	
lukite	335	M. Marsh		J. Burkett	105	I. Bike	
				Open			-
Moore	315	D. Perry		S. Baldwin	145*	198 lbs.	
illey	295	220 lbs.		T. Michie	125	(18-19)	
lague	275	P. Bossi	465	165 lbs.		J. Herman	340*
lague Clay	270	R. Smith	430	(10-11)		J. Whitt	205
Wilson	270	S. Freeman	390	M. Dishman	85*	Junior	
Strum	195	C. Pannel	410		03	J. Wright	330
		T. Manning	360	(18-19)			330
wain	195			H. Knupp	100*	M. Marsh	-
ohnson	200	D. Lhota	365	Police/Fire		Submaster	
Serrell	185	D. Owens	360	M. Bertrand	175	J. McDougald	390
ornabene	180	B. Hopkins	350	Open		(45-49)	
Waggoner	145	M. Leibacher	335	T. Nauman	250	T. Bell	250
ones	135	J. Fox	290		175	(75-79)	230
	55	J. Hood	250	M. Bertrand	1/5		2454
Thomas	33			Submaster		J. Sheehan	245*
Perry	-	G. Holzmiller		A. McDougald	145*	Open	
Rouse	-	J. Bushee	155	198 lbs.		W. Lynch	450!
Neese	_	R. Brideman	-	(40-44)		J. McDougald	390
Sylvester	-	242 lbs.		H. Hoffler	135*	J. Wright	330
lbs.		K. Burkett	475	SHW		A. Williams	285
aggett	370	O. Helmer	455			T. Bell	250
		V. Mallow	440	(40-44)			
igueroa	275			G. Woodson	180*	J. Whitt	205
Neese	285	J. Cox	400	(45-49)		J. Sheenahn	-
McClean	250	A. Proctor	420	S. Crichton	140*	M. Marsh	_
mith	245	T. Cain	405	MEN		D. Perry	-
layden 185		J. Bates	405	(10-11)		220 lbs.	
Harrison	165	G. Goad	320	Q. Thomas	55	(14-15)	
lbs.	105	A. Hayden	315		33		250*
Ban or a	268			Open		B. Hopkins	350*
tedfern	365	S. Duell	300	T. Ostrum	195*	J. Bushee	155
Cross	315	C. Betts	155	Submaster		(16-17)	
Biggs	300	275 lbs.		T. Ostrum	195*	T. Manning	360*
umner	275	M. Belk	530	(55-59)		(18-19)	
Broyels	260	A. Roberts	460	C. Waggoner	145*	J. Hood	250
, , , , ,	100					Submaster	
City Pilot	in the	Eliabeth and the state of the s		(65-69)	40541		440
			1000	B. Swain	195	C. Pannell	410
			99.00	Open		S. Freeman	390
ition			13	B. Swain	195	(45-49)	
ILIUM			251	C. Waggoner	145	D. Lhota M. Leibacher	365
				M. Perry	_	M. Leibacher	335
				148 lbs.		(50-54)	
						M. Leibacher	335*
				(14-15)	200		
				S. Johnson	200	J. Fox	290
			BUL	D. Jones	135	( 55-59)	
			9	(18-19)		S. Sexton	185*
				T. Hague	275!	(60-64)	
			100	C. Clay	275	G. Holzmiller	245
# for Rene	ewal		200	M. Wilson	270	Police/Fire	
I'l IOI ICCII			3000		270		430!
			15P(1)	D. Rouse	-	R. Smith	
			7 1	M. Neese	-	S. Freeman	390
-		Sergi Are	1000	D. Sylvester	-	S. Sexton	185
			-mari	Junior		Open	
			-	D. Moore	315*	P. Bossi	465!
				J. Tilley	295	C. Pannell.	410
			100		293		
		-	10 1	(50-54)		S. Freeman	390
untry				R. Tornabene	185*		365
E. L. trop. At			2 3	(55-59)		D. Lhota	365
				D. Serrell	185*	T. Manning	360
			1000	pen		B. Hopkins	350
				J. Mukite	335*		
	_ Am	mind moeth					
- A	-	ABU - SVE day	20 1	D. Moore	315	J. Fox	290
eAm		A STREET, N. STREET, S		J. Tilley	295	J. Hood	250
				T Hague	275	G. Holzmiller	245

J. Tilley T. Hague

C. Clay

165 lbs. (14-15)

M. Wilson

D. Serrell R. Tornabe

D. Sylvester

295 275

185

185 J. Cox

275 S. Sexton

270 J. Bushee 185 R. Brideman

242 lbs.

(14-15)

C. Betts

unior

### A. Roberts 455\* J. Dishman O. Helmer 405 K. Mallory 440 F. Banks 385 R. Staten Submaster 405\* Open 300 M. Belk S. Duell 4th 475 J. Hilliard 420 M. Steward 315 J. Dishman (40-44)K. Burkett A. Proctor A. Hayden 435 (50-54)Banks G. Goad 320 J. Spruill 315 Police/Fire R. Staten 420 M. Stidman A. Proctor T. Cain 405 319 lbs. Sexton 165 (30-34) 475\* Open K. Burkett S. Cornick 475! (40-44) 455 G. Briggs O. Helmer . Mallory 440 (45-49) 360 A. Proctor 420 W. Ferguson . Cain Bates 400 S. Cassell 400 R. Biggs 370 Cox 320 Open 315 S. Cornick 300 M. Prosser G. Goad A. Hayden 470 S. Duell J. Gentry 315 R. Biggs 405 . Spruill W. Fergusor 460 G. Briggs Submaster A. Roberts 360 M. Stidmar SHW Police/Fire (40-44)435\* M. Turner 360\* Caesar R. Staten Open H. Canada (45-49)450 445\* J. Lopes Police/Fire

Police/Fire
\* World Record.! Best Lifter. Best Lifters:
Teenage - Trey Manning, Submaster Doug Parrish, Open - Jason Tilley. Team
Champions: Open - The Body Shop Mt
Airy, NC. Teenage - Northside High
School. Team Champions: Open - Fitness
Warehouse, Elizabeth City, NC; Mixed
Open - Team Gladiator, Bristol, VA;
Polica/Fire. Team Gladiator, Bristol, VA; Police/Fire - Team Gladiator, Bristol, VA; Master - The Intruders, Chesapeake, VA; Best Lifters: Women - Deborah Flannagan, Greensboro, NC; Teenage -Tranhagan, Greensboro, NC, Teenage -Trey Hague, Ayden, NC; Master 1 - James "Corky" Baggett, Chesapeake, VA; Master 2 - Frank "Yogi" Sumner, Greensboro, NC; Master 3 - Byron Swain, Elizabeth City, NC; Police/Fire - Randy Smith, City, NC; Police/Fire - Randy Smith, Fayetteville, NC; Junior- Donnell Moore, Elizabeth City, NC; Submaster - Sean Redfern, Charlotte, NC; Open Lightweight - Will " Chill" Lynch, Raleigh, NC; Open Middleweight - Paul Bossi, Elizabeth City, NC; Open Heavyweight - Kenny Burkett, Bristol, VA; This was the best competition we ever had with the 100% RAW Powerlifting Federation. We had over 100 lifters compete in the 1-day event with 38 new world records being broken. The meet was held on the stage of the Currituck Middle School audito-rium on November 22, 2003. Lifters had traveled from Chicago, Boston, Florida, Texas, Tennessee, Virginia, North Carolina, South Carolina, Georgia, Pennsylvania, Maryland, Washington DC and California. This meet was non-stop actions with records falling all day long and championships determined on many last lifts. We knew this was going to be a dandy of a meet when we had 6 lifters in the 319 lbs. Open Class. We use the pound for pound method to determine the best lifters awards and the overall World Champion of each weight class. Many classes were won by as little a margin of (.001-.003) of a pound. I would like to thank the helpers, Head Table Pam Bal-ance & Lukaroni Skywalker. Judges: John Nesbitt, Keith Payne, Bill Bateman, Donnly Nelson, Bill Francis and Tom Houlroyd. Tom was also our Drug Testing Official WHO TESTED 25 LIFTERS, about 25% of the competition. Results were not re-ceived back during the time this was written. Spotters were Donnie Markam, Mike from USCG and Alan Kelly. Paul Bossi was the Meet Director. There were over \$7500 in awards and were supplied by Elizabeth City Trophy and Awards in Elizabeth City, NC. I would like to thank our 13 Sponsors. They are Fitness Warehouse of Elizabeth City, Pro Health Chiropractic of Elizabeth City, Albemarle Astma & Allergy of Elizabeth City, Elizabeth City Jaycees, Applebee's of Eliza-beth City, Darryl & Vickie Moore of Elizabeth City, MCM Auto Sales of Asheboro, NC, W.T. Francis Electric of Chesapeake, Flex Gym of Virginia Beach, Elizabeth City Trophy & Awards of Elizabeth City, Vann11 Restuarntee of Eliza-beth City, Bo Dean's Cafe & Catering of Elizabeth City, Byron Swain of Elizabeth City. (Thanks to Paul Bossi for the results)

	14 - VV	heeli	ng, W	V
Youth 105 lbs.	\$Q	BP	DL	тот
D. Wrobel WOMEN 165 lbs.	175	95	185	455
H. Ferns	135	155	135	425
Masters (50-5 220 lbs.	1			
P. Sutphin Junior (20-23) 242 lbs.	610*	355*	540	1505
T. Keim Open 242 lbs.		360	455	1350
D. Hilliard PUSH/PULL WOMEN 97 lbs.		320	450	1120
K. Reed		110	185	295

Open 242 lbs. D Steltenkamp — 510 585 1095 \* West Virginia State Powerlifting Record. This was a meet put together rather quickly but we had some high quality lifters who traveled a good distance to compete. Paul Sutphin had a great day in the Masters Division with records in the squat and bench. Tom Keim of Bluefield, VA and Dan Steltenkamp of Bedford Heights Ohio had great totals in the 242 as did Jeff Fremont of Poconos, PA, in the Masters 165 division. Our two ladies are multi-sport competitors with Kim Reed also competing in bodybuilding and Heidi Ferns, in her first meet, competes in race walking. We hope to make this an annual summer event. Thanks to the J. B. Chambers YMCA for sponsoring this event. (Meet report provided to POWERLIFT-ING USA Magazine by Dan Hilliard)

280 290 570

1 Fremont

### Fun In the Sun LCF Open

25 JUL	04 - (	coldwater,	MI
SQUAT		Fincher	nine.
132 lbs.		181 lbs.	
Brent B		Whitaker	4
148 lbs.		Zitz	3
Garza	255	Champman	3
Griggs	255	Mitchell	3
165 lbs.		198 lbs.	

455 Chapman 455 Moore 385 Zitz 315 198 lbs. 405 Loepke 645! 225 J. Moore 465 220 lbs Morgan 525 Smith 405 Noble 445 425 lackson Lavender 275 lbs. 405 Norman-El 345 220 lbs. Jackson DEADLIFT 495 T. Young G. Lavender 6651 J. Jackson 345 Williams 148 lbs. 565 Garza 345 Mayo Carter-X J. Garcia 181 lbs. 405 275 lbs. J. Jackson 525 465 lefferson K. Mitchell 455\*

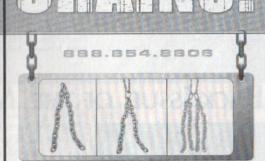
A special thank you for Dep. Warden Welke for allowing us to hold the meet and many thanks to Mr. Tee Young You would not know it but, he is up "there' the old coot! Tee, I love ya like a brother and proud to be your friend! "Thanks: Oh, Tee Young was the meet director too. The head judge was Rakim. A thanks goes out to all workers. P/A system R. Hill. The meet workers always lift more than anybody! Thanks fellas! You held a first class meet. Results by Wali Allen. (Thanks to Lloyd Tisi for providing this report)



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Jump Strete	ch Regular Platform	\$145.00
Jump Strete	ch Sumo Platform	\$245.00
FOUND WINNING TO A	シストンのかり かく 教徒を発展するとのも、このは	A CARDLE STATES

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5-Station Chair	Pack: (5)complete sets (10)extra 5/8 chains	\$815.00*

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Street Address			City	253 333 4-44 at 1932 Why
State or Province		Zip Code		Country
Telephone	Date of Birth	Age	Sex	Pro Am Elite Am
Sign if above answe	rs are correct. Parents sig	n if under 18 y	/ears.	Date
Registration Fee:	Adult \$25 ~	High School	and Special C	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

USAPL So				
21 AUG	04 -	Mora	ine, C	H
MALE	SO	BP	DL	TOT
52 kgs. Youth	(12-13)	)		
J. Vaprezsan	160	75	170	405
D. Wrobel	170	90	200	460
60 kgs. Teen (				
C. Ault	275	205	360	840
75 kgs. Teen (				
N Rover	420	375	420	1215
B. Childress	325	260	450	1035
Open	323	200	450	1000
J. Caputo	405	265	480	1150
67.5 kgs.	403	203	400	1130
M. Buck	465	330	405	1320
52 kgs.	403	330	403	1320
		265		
D. Cohn	_	265		2000
75 kgs.		200		200
F. Newbill	-	390		390
82.5 kgs. Teen				
C. Williamson	375	245	445	1065
Junior (20-23)				
J. Collins	385	275	460	1120
90 kgs.				
D. Good	405	325	450	1180
Master-1				
D. Wilke	450	315	520	1285
Novice				
F. Lucente	475	260	510	1245
W. Eagle	-	335	_	335
100 kgs.				
J. Bellanca	555	260	525	1440
J. Bellanca J. Shoopman	-	_	-	_
Master-1				
J. Raley	_	335	_	335
110 kgs. Open				
E. McKelvey	540	380	600	1520
Teen (18-19)		7.7		
N. Manciocchi	_	430		430
Open Novice	Maste			
K. Robbison	viaste	480		480
Open	ME.	400	Jan Carlo	400
C. Hootman		475		475
FEMALE		4/3	N. Par	4/3
UNL Novice A	Ancton			
			100	420
G. Kelly	115	125	180	420

60 kgs. Open				
K. Dalton	300	145	265	710
UNL Open				
S. Waughtel	240	135	275	650
82.5 kgs.				
D. Eagle			315	720
UNL Junior (				
S. Dzurnak	305	195	315	815
90 kgs. Open				
J. Watkins				
Side Referees:				
Auerbach, (Th	nanks to	O USA	PL for	results)

Auerbach. (Tha	inks to	USAP	L for	results)	A. Murphy 220 115 182.5 517.5
					Nick Bridges 182.5 115 197.5 495
					Rich Snyder 170 105 187.5 462.5
USAPL Indi	ana F	ligh S	choo	(kg)	J. Mason 150 85 140 375
6 Mar 04					A. Johnson 150 85 140 375
Girls	SQ	BP	DL	TOT	242
105	34	DI	DL	101	B. Hollander 187.5 145 227.5 542.5
K. Wheeler	60	35	47 5	142.5	Joe Perrin 180 87.5 160 427.5
132	00	33	47.5	142.5	275
I. Johnson	90	55	100	245	C. Tuchsherer 215 175 242.5 632.5
Letitia Easom	70	37.5	87.5	195	M. Moorman 215 125 215 555
148	10	37.3	07.3	195	S. Anderson 185 105.5 195 485
Whitney Ball	97.5	70	130	297.5	Outstanding Male Lifter of the Meet: Josh
T. Shelman	97.5	45	115	257.5	Wheat, Outstanding Female Lifter of the
K. Overby	57.5	52.5	80	190	meet: Whitney Ball, High School Boys
165	37.3	32.3	00	190	Team State Champions: North Central
B. Winston	95	42.5	102.5	240	High School, High School Girls Team State
198+	33	42.3	102.3	240	Champions: North Central High School.
W. Barnett	102 5	62.5	125	290	(Thanks to USAPL for these meet results)
Boys	102.3	02.3	123	230	
114					
C. Baldwin	122.5	77.5	142.5	345.5	
Ramell Tucker			120	287.5	USAPL S.H. Qualifier
Mike Green	70	55	105	230	21 Aug 04 - Kensington, MD
123		33	103	230	Women PL SQ BP DL TOT
Julius Mayes	142.5	75	150	355	Open
132	. 42.5		130	333	114
A. Johnson	160	97.5	160	417.5	S. Hartwig 250 155 270 675
148					Youth
Jeff Capati	140	77.5	177.5	395	105
Chris White	145	80	155	380	M. Daniel 115 75 155 345
Paul Nyugen	125	75		342.5	Meet was held at Planet Fitness in
165					Kensington, Md. There were two partici-
Tommy Scott	212.5	117.5	170	500	pants: World Champion 2003 lifter Suzanne
Marcus Brown		87.5	185	417.5	Hartwig and 1st time youth lifter Marlena
Scott Dinnsen		80	145	350	Daniel. Siouxz lifted raw and performed
			HAT THE		Emilia distante inica initi mini periorinea

Josh Wheat	212.5	160	220	592.5
Tyrone Frye	187.5	105	192.5	485
David Weitz	135	95	175	405
N. Pribbeno	142.5	77.5	175	395
Q. Hunter 198	145	92.5	157.5	395
Anthony Bova	190	125	242.5	557.5
Antonio Wells	180	100	182.5	462.5
Joe Baker 220	125	70	165	360
A. Murphy	220	115	182.5	517.5
Nick Bridges	182.5	115	197.5	495
Rich Snyder	170	105	187.5	462.5
J. Mason	150	85	140	375
A. Johnson	150	85	140	375
242				
B. Hollander	187.5	145	227.5	542.5
Joe Perrin 275	180	87.5	160	427.5
C. Tuchsherer	215	175	242.5	632.5
M. Moorman	215	125	215	555
S. Anderson	185	105.5	195	485
Outstanding Ma Wheat, Outstar meet: Whitney Team State C High School, Hi Champions: No	nding I Ball, hampidigh Sch	High ons: N	Schoolorth (	of the l Boys Central m State

Women PL SQ BP DL TOT- Open 114 S. Hartwig 250 155 270 675 Youth 105 M. Daniel 115 75 155 345 Meet was held at Planet Fitness in	21 Aug	04 - K	ensin	gton,	MD
114 S. Hartwig 250 155 270 675 Youth 105 M. Daniel 115 75 155 345	Women PL	SQ	BP	DL	TOT
S. Hartwig 250 155 270 675 Youth 105 M. Daniel 115 75 155 345	Open				
Youth 105 M. Daniel 115 75 155 345	114				
105 M. Daniel 115 75 155 345	S. Hartwig	250	155	270	675
M. Daniel 115 75 155 345	Youth				
	105				
Meet was held at Planet Fitness in	M. Daniel	115	75	155	345
	Meet was I	held at	Plan	et Fit	ness in
	pants: World	Champi	on 200	3 lifter	Suzanni

with great form execution and power. She was a wonderful role model for 1st time 11 year old Marlena Daniel who made 7 of 9 attempts. Referee's were Robert L. Sam, John Mogavero and Matthew Gary. (Thanks to USAPL for providing the meet results.)

USPF Wes	st \	/irginia State	
27 MAR 04 -	S.	Charleston, W	VV
West Virginia Squ			
Women	uat	John Pauley	451
Teen 16-17		Teen 16-17	431
132		SHW	
	21	Jeff Johnson	*400
C. Speggan 2	31	W. Virginia BP	400
Boys Teen 14-15		Teen 16-17	
		123	
148 Adam Runyon *1	00		101
Senior		Masters 45-49	
181	-	181	
Kwitakowski *6	00		264
Junior		Senior	
220		D. Robbins	501
Dave O'Brien 40		Masters 60-64	
Law/Fire			
Masters 50-54		Ken Samples	242
242		Senior	
J. Rubenstein *5	01	198	
Masters		Danny George	374
55-59		Master 55-59	
C. Stanley *4	51	<b>Bud Sampels</b>	303
275		Collegiate	
50-54		Collegiate Dorian Cox	314
J. Messinger *6	00	Sub Master	
59-59		D. Lewellyn	NL
Mike Highfield*5	34	Master 40-44	
Junior		242	
308		C. Bednar	358
John Pauley 43	15	lunior	550
Teen 160-17			
SHW		A. Johnson	402
Jeff Johnson 40			402
West Virginia DL			
Women			407
Teen 16-17		H-II- Open D	407
10-17		Warran	L
132 C. Speggan *2 Boys	0.	women Taran 16 17	
C. Speggan -2	86	1een 16-1/	
Boys		132	-
Teen 14-15		C. Speggan	286
148	-	Teen 14-15	
Adam Runyon *3	03	148	
Masters 60-64		Adam Runyon	303
		Master 60-64	
Ken Samples *2	53	165	
Senior		Ken Samples	253

# BACK ISSUE OF THE MONTH the scenes story of Ed Coan's lifting

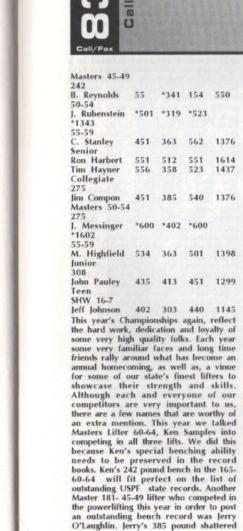


1995 edition of Powerlifting USA Louie Simmons had an insightful ADFPA National title only days we had three shots ... the amazing article entitled "Squatting for the before he left for the IPF Worlds Sivokon (part of our predictions Deadlift", graphically illustrated by and yet another Men's Open title. for the new PL season), Willie Chuck Vogelpohl. ADFPA star Joe At the top of Herb Glossbrenner's Williams with a 738 bench press Onosai (and future strongman list of All Time Best Deadlifters in attempt, and Gary Taylor at the contest competitor) was the 165 lb. class was John Inzer's World's Strongest Man contest. In interviewed by Bob Gaynor. In 748 with Joe Orengia's 630 our preview of the upcoming Ned Low's PÓW!ER SCENE we coming in 89th. We introduced season, we wondered about the had a couple of interesting photos the world to the "Adaptive Bench chances for Anthony Clark to of Sioux-z Hartwig ... lifting, and in Press System" to allow spotterless bench 800 and total over 2600, a "more relaxed pose". Rev. Brad bench press attempts. For and whether Shane Hamman Olson was interviewed by Bruce information on how to order this would squat 1000 lbs. We also Citerman ... "I am already older back issue and any of the many had an interview with the than my memories, but have not others we still have available, see aforementioned Willie Williams, yet lived my dreams!" Marty the listing on pages 48-51 of this

On the cover of the February Henderson won the SUPERS), and Walter Thomas, who won his where he discussed his diet Gallagher reviewed the behind edition of PL USA.

performance at the just past IPF "Peanut buttersandwiches, pizza, Worlds in South Africa. Dr. Tom hotdogs, hamburgers, Budweiser, Fahey reviewed Video and and a lot of each" and his ComputerTechnology and how it prediction for his own ultimate can affect the powerlifter in our bench poundage (850+). We had Power Research column. On our a full report on the WSM (Magnus TOP 100 list for the 198s, the top Ver Magnusson was the winner). lifters were Tony Kamand (765 Our Workout of the Month was squat), Jesse Kellum (584 bench), the squat routine of Jesse Kellum Leon Humphreys (738 deadlift), and we had a great article on and Gene Bell (1917 total). Larry "Evolution Training versus the Traub was 89th in the squat (628), Other Guys" with Jay Schroeder Jim Rouse was 86th in the bench hooked up to a wild looking press (430), Tony Succarotte was electro muscle stimulation 89th in the deadlift (620), and machine. Next up, we had an in- Walter Thomas was 27th in the depth report on the IPF World total with 1730. In our report of the Bench Press Championships in ADFPA Nationals Masters we had Jarvenpaa, Finland (James ashotofthe previously mentioned

Jen Johnson	402	Semio		
West Virginia	DL	SHW	, 98510	dip make
Women Teen 16-17		A. Cra	awford	407
Teen 16-17		Holley	Open	DL
C. Speggan Boys	*286	Teen	16-17	
Boys		132		
Teen 14-15		C. Sp		
				200
148 Adam Runyon	*202	140	14-13	
Adam Kunyon	-303	140		200
Masters 60-64		Adam	Kunyo	1 303
165		Maste	r 60-64	1
Ken Samples	*253	165		
Senior		Ken S	amples	253
181		Senio		
Kwitakowski	529	181		
Junior	323	Kwita	kowski	520
220		Junior	KUWSKI	323
D O(D-1-	400	Junior		
220 Dave O'Brien	402	220	om I	HOOK THE
Law/Fire Masters 50-54		Dave	O'Brie	n 402
Masters 50-54		LawFi	re	
J. Rubenstein	*523	Maste	rs 50-5	4
50-54		242		
50-54 J. Messinger	*600	I. Rub	ensteir	523
50-59	-11-1	Junior		- 41
C. Stanley	*562	308		
55-59	302	John I	Daulan	454
55-59		John I	autey	451
275		Teen	16-17	
M. Highfield	*534	SHW	diam	
Junior		Jeff Jo	hnson	440
Womens PL	SO	BP	DL	TOT
Junior Womens PL 132		BP		TOT
132				тот
132 Teen 16-17				
Teen 16-17 C. Speggan	231	122		
132 Teen 16-17 C. Speggan 148	231	122		
Teen 16-17 C. Speggan 148 Boys	231	122		
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15	231	122	286	638
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon	231	122	286	638
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64	231 198	122	286	638
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165	231 198	122	286	638 655
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165	231 198	122	286	638 655
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples	231 198	122	286	638 655
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior	231 198	122	286	638 655
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior	231 198 105	122 154 242	286 303 253	638 655 600
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski	231 198 105 600	122 154 242	286 303 253	638 655 600
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49	231 198 105 600	122 154 242 385	286 303 253 529	638 655 600 1514
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin	231 198 105 600	122 154 242 385	286 303 253 529	638 655 600 1514
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49	231 198 105 600	122 154 242 385	286 303 253 529	638 655 600 1514
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198	231 198 105 600 55	122 154 242 385 *385	286 303 253 529 110	638 655 600 1514 550
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198	231 198 105 600 55	122 154 242 385 *385	286 303 253 529 110	638 655 600 1514 550
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall	231 198 105 600 55	122 154 242 385 *385	286 303 253 529 110	638 655 600 1514 550
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220	231 198 105 600 55	122 154 242 385 *385	286 303 253 529 110	638 655 600 1514 550
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44	231 198 105 600 55 143	122 154 242 385 *385	286 303 253 529 110 143	638 655 600 1514 550
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins	231 198 105 600 55 143	122 154 242 385 *385 143 380	286 303 253 529 110 143 407	638 655 600 1514 550
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins Collegiate	231 198 105 600 55 143	122 154 242 385 *385 143 380	286 303 253 529 110 143 407	638 655 600 1514 550 429
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins Collegiate	231 198 105 600 55 143	122 154 242 385 *385 143 380	286 303 253 529 110 143 407	638 655 600 1514 550 429
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins Collegiate 220 Ryan Ray	231 198 105 600 55 143	122 154 242 385 *385 143 380	286 303 253 529 110 143 407	638 655 600 1514 550 429
132 Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins	231 198 105 600 55 143	122 154 242 385 *385 143 380	286 303 253 529 110 143 407	638 655 600 1514 550 429
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins Collegiate 220 Ryan Ray	231 198 105 600 55 143	122 154 242 385 *385 143 380 374	286 303 253 529 110 143 407	638 655 600 1514 550 429
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins Collegiate 220 Ryan Ray Junior	231 198 105 600 55 143 341 424	122 154 242 385 *385 143 380 374	286 303 253 529 110 143 407 573	638 655 600 1514 550 429 1128
Teen 16-17 C. Speggan 148 Boys Teen 14-15 A. Runyon Masters 60-64 165 K. Samples Senior 181 Kwiatakowski Masters 45-49 J. O'Laughlin 198 55-59 Don Hall 220 40-44 Rick Perkins Collegiate 220 Ryan Ray Junior 220	231 198 105 600 55 143 341 424	122 154 242 385 *385 143 380 374	286 303 253 529 110 143 407 573	638 655 600 1514 550 429 1128



451 363 562 1376

Messinger \*600 \*402 \*600

him to stay at this weight. Adam gets bigger and stronger every time and his potential at 198 or 220 should give West Virginia another National Contender for a title if he continues to improve and grow. Two Masters's lifters that deserve the respect and admiration of all those whose lives they touch are Don Hall and lim Rubenstein. Don is the only lifter to have lifted in all 29 of our West Virginia USPF State Championships. What makes Don's annual visit to the platform even more special to us is the fact that less than 10 months prior to our contest Don underwent triple by-pass surgery and had a heart valve and heart artery replaced. If you want to see dedication toughness and an unending desire look no further than Don. Jim Rubenstein set 4 new Law/Fire Masters -50-54 state records in the 242 pound weight class. What makes this even more special is the fact that Jim weighed just a pound or two off the 220 class limit. Read the results-Jim's lifts were very very respectable for any 242 pounder in any age class or division. Jim is a very special person who is always there to help out in any situation. Whether it's working in a meet as an official, helping a fellow lifter, or traveling half way around the world to help a world champion, Jim is always the first to take time from his very busy schedule as Corrections Commissioner here in West Virginia, to lend a hand. Bless you, your wife Linda and your family for always being there for us. The last thing I want to say is how much I appreciated all our lifters and all our Holley Strength team members. You see three years ago, two weeks prior to our annual state championships, I suffered a life threatening stroke. According to doctors my blood pressure went so high while

the 319 pound record of West Virginia's fine old competitor, John Bayliss. Adam Kwitakowski has shown us all that he is a fine 181 pounder -yet, it will be hard for a live and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. Staying alive and simply walking were the least of my priorities. became the least of my priorities. Staying alive and simply walking were the immediate issues. Well, by all medical standards and according to doctors I recovered for all intent and purposes with no noticeable side affects. Ultimately, after almost 3 years away from the platform I consulted my doctors about giving it one more try. I always said that after I turned 50 years old I wanted to make a run for our Masters state record and then call it a career. Well with my doctors half hearted approval, and my promise to cut back on the poundages I was able to make once more trek to the was able to make once more tree to the lifting platform. Mission accomplished - 3 attempts, 4 new state Masters records, "RETIREMENT", 1 think!! Believe me, there is a God, never doubt it, never that the lift of the former beautiful to the control of the lift of the former beautiful to the for debate his plan for you, have Faith, no matter how dark the day is, there is and will be light, hope and rewards!! One more note, West Virginia and the lifting community lost one of it's all-time greats and characters in April of this year. lams passed away at the age of 55. There will be more to come about Luke in the weeks to follow. Thank you to all our lifters and those who offered help at the contest. Without all of you we just would not make it. Mike Highfield, your efforts and great lifting is not forgotten- great job, you are a special person and lifter! (Thanks to John Messinger for the results.)

> USAPL Minnesota State (kg) 21 Feb 04 - Hopkins, MN Women SQ BP DL TOT Jenny Welch 80 42.5 125 247.5 T. Scheldrup 112.5 112.5 177.5 402.5

Bob Sainati 160 90 220 470 Jim Gardner 160 110 195 465 237.5 185 267.5 690 D. Gieske 197.5 187.5 245 630 Jason Eggers 245 130 220 595 Sid Reid 192.5 122.5 217.5 532.5 L. Jaques 180 112.5 222.5 515 D. Roggenbuck145 112.5 180 437.5 198 Sean Timonen 265 167.5 282.5 715 
 Sten Linquist
 262.5 167.5 282.5 712.5

 Doug Miller
 237.5 175 245 657.5
 Blake Hanson 245 157.5 255 657.5 Cory Nelson 227.5 172.5 232.5 632.5 S. McDermott 215 — C. Macklin 287.5 190 297.5 775 M. Edelstein 260 182.5 275 717.5 Gary Edwards 232.5 177.5 237.5 647.5 Paul Lorentz 305 205 320 830 Rick Kolbeck 275 195 275 745 Trevor Keller 250 190 242.5 682.5 Steve Born 227.5 157.5 257.5 642.5 B. Shelstad — — — — SHW Greg Collins 327.5 220 315 862.5 E. Edberg 247.5 157.5 262.5 667.5 Richard Olson 142.5 127.5 170 440

Thanks to U				
USAPL	Old	Guy C	Qualifie	er
14 Apr	04 - 4	Incho	rage, A	K
Men PL	SQ	BP	DL	TOT
100 kg.	Service Control			
Alan Elzzell	60	60	100	220
110 kg.				
M. Lohman				
udges: Jennif	er Mai	le: IPF	Cat II,	Larry
Maile: IPF Cat	I, Ror	nnie Bu	rnett: N	ational
Thanks to 11	CADI 6	or neo	viding 1	oculte)

Cre	oinsek	Strength	Equipment
So	ety Power juat Bar \$362	Optional Rack Handles \$32	M
-0797	स्वेड्यूड्यूड्यूड्यूड्यूड्यूड्यूड्यूड्यूड्यू	Weapons of Management of Champions	
1-637	2		Sumo Rack  1/2 Adjustment  Pictured with Full Beam Safety Power Hook Custom Sizing Available  \$Call
Cell/Fex	Combo Bar \$385	NO Back Stress Shoulder Pain Knee Pain Spotter	Pictured with Full Beam Safety Power Hook Custom Sizing Available SCall  SCall  Land Company C

USAPL Inter 10 Apr 04					MAN					
Women US			DL			100	AND DESCRIPTION OF THE PERSON			188
C. Miller	125	67.5	147.5	340		[ ]	ASSESSED NO.	44		
K. Miller	110	60	107.5	277.5	100	但但	THE PERSON NAMED IN		<b>通過</b> 能必須問了	
Men							CENTRAL DESIGNATION OF THE PERSON OF THE PER	0.00		
T. Saunders	421	205	282.5	907.5	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	を持て	THE REAL PROPERTY.			34
D. Rodgers	332.5	190	320	842.5	100000	Service of the last			TO PERSONAL PROPERTY.	1000
Jamie Stark	270	137.5	240	647.5	10月11日本市	图 元 元				BIP I
W. Player	175	138	185	497.5	7 1 1 6 6	<b>电</b> 性点	ALC: NO.		<b>是相關的關係</b>	
Paul Wong						100	A COLUMN TO SERVICE AND ADDRESS OF THE PARTY			557
IPF North Ame	erican	Region	al		-43525				<b>建筑建筑建设</b>	
Women Team						Barrier M.	A231 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	30	MEN.	
P. Ribic	210	142.5	232.5	585		-	4		A STATE OF THE STA	
S. Kubik	117.5	72.5	140	330		-				
A. Simons	132.5	107.5	135	375		田田	331787			43
M. McLean	147.5	80	170	397.5		72.5	F-01 1/11		<b>新加州中国的</b>	483
M. Stonecek	92.5	57.5	112.5	262.5		430	ALC: UNIVERSITY OF	3 1	AND DESIGNATION OF THE PERSON	<b>联系</b> 系
Team 2					13 1 1 1 1	1	18.3	P. A.		334
Carly Nogle	137.5	85	177.5	400		腰沟	ASSESSAL AND ADDRESSAL	海北	<b>300.000 000.000</b>	
Katie Ford	182.5	112.5	187.5	482.5			SAL MICHAEL	_		
Leah Marietta	155	77.5	147.5	380	Paul McGe	orge	his first officia	150	Obench at the SLI	POp
Deb Hariston	112.5	62.5	135	310	· duime oc	0.80.	in no mot omer	., 50	o benemative bei	-P
Lora Marietta	125	67.5	130	322.5						
PR					G. Gagne	265	162.5 240 66	7.5	junior men SQ	BP
B. Morales	105	57.5	107.5	270	David Bolton	250	152.5 260 66	2.5	148	
I. Quinones	100	35	115	250	Dom Fontaine	245			Steven Peach 355	265
Anais Velez	142.5	57.5	137.5	337.5	Baha				165	
Jessica Pagan	155	70	157.5	382.5	Nat Russell	205	115 187.5 50	7.5	P. Halverson 375	330
Giselle Costas		97.5	217.5	500	Nash Russell	52.5	40 95 18	7.5	submaster men	
V. Collado					(Thanks to US	SAPL f	or providing resu	Its.)	198	
Can							The state of the s		S. Arahood 560*	55
Susan Barrest					CID C		Madamal Dr		242	
Guate							National PL		Tom Oberle 685*	450
Brenda Lemus	67.5	70	92.5	230	25 SE	P 04	- Tuscola, IL		308	
Venez					BENCH PRESS	\$	242		K. Knueppel 800*	515
Gily Martinez	177.5	92.5	150.	420	open women		P. McGeorge 50	*00	master men 40-44	
Men US					132		(4th) 52	*09	242	
Team 1					E. Haislar	200*	master men 55-	59	M. Chellino 740*	540
B. Gillingham	390	267.5	372.5	1030	teenage men				master men 45-49	
Nick Tylutkl	347.5		330		165		E.T. Williams 32	20*	181	
Peter Wong		157.5			Jake Dias	295*	police & fire/50	-54	D. Anderson 550	310
Ryan Stills	310	210		807.5	junior men		275		master men 50-54	
Derek Brixius			247.5		148			*00	242	
M. Anderson	362.5		312.5			335*	police & fire op		L. Readman 400	300
Team 2					220		308		master men 60-64	
R. Benemerito	337 5	230	310	877.5	Matt Bell	415*	Richard Lear 53	35*	275	
David Ricks	315	202.5		822.5	Andy Dood	425	open men		R. Hesterly 440*	320
A. Whigham	222.5		240	582.5	submaster me		181		police & fire	
E. Nichson	280	180		747.5	220	This o	Ed Meinders 30	00	308	
Mike Macri	260				L. Peoples	400	308		John Massey 450*	430
H. Blake	245	202.5	265	712.5	(4th)		John Massey 43	30	open men	
					077		DEADLIET		101	

E. Rodriguez 185 85 202.5 472.5 Harold Milan 335 172.5 285 792.5

Hoang Tran 210 135 205 550

Marino Britto 275 205 282

242.5 165 260 667.5

177.5 112 170 459.5

Adam Ramos

Lazaro Nieves

F. Drouin Remi Fortier



Paul McGeorge... his first official 500 bench at the SLP Open Nationals.

Dom Fontaine 245 Baha		Steven Peach 355 165	265	405	1025
Nat Russell 205	115 187.5 507.5	P. Halverson 375	330	405	1110
Nash Russell 52.5		submaster men			
	or providing results.)	198			
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		S. Arahood 560*	55	510*	1125
CIP O	N. C. LOI	242			
	National PL	Tom Oberle 685*	450	580	1715*
25 SEP 04	- Tuscola, IL	308			
BENCH PRESS	242	K. Knueppel 800*	515*	720*	2035*
open women	P. McGeorge 500*	master men 40-44			
132	(4th) 520*	242			
E. Haislar 200*	master men 55-59	M. Chellino 740*	540*	550	1830
teenage men 13-15	275	master men 45-49			
165	E.T. Williams 320*	181			
Jake Dias 295*		D. Anderson 550	310*	540*	1400*
junior men	275	master men 50-54			
148	John Beggs 450*	242			
Joshua Reyes 335*	police & fire open	L. Readman 400	300	500*	1200
220	308	master men 60-64			
Matt Bell 415*		275			
Andy Dood 425	open men	R. Hesterly 440*	320*	450*	1210*
submaster men	181	police & fire			
220	Ed Meinders 300	308			
L. Peoples 400	308	John Massey 450*	430*	450*	1330*
(4th) 415*	John Massey 430	open men			
275	DEADLIFT	181	225		4.170
Otha Boyd	junior men	S. Gawlik 585	335	550	1470
master men 40-44	220	220	100		1.400
308	Matt Bell 580*	S. Zelmer 525	400	475	1400
G. Messenger 480	submaster men 308	242	C20+	==0	1050
master men 45-49		Ed Clark 750 308	630*	570	1950
275	K. Knueppel 720* master men 45-49			7201	2025*
Roger Ryan 510*	165	K. Knueppel 800*			
master men 50-54	Dave Felton 600*	Best Powerlifter - K			
220 Robert Kubn 450*	Dave Letton 600	Bencher - RICHA			
Robert Kuhn 450*		Power national re	cord.	ne So	n Light

Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants and chain are 14k gold. Options for chain length are 18" to 20" with 1.5 mm rope chain. Silver Pendants & Chains also available. All pendants are also available as tie tacks and lapel pins. Come to the AAU drug tested world powerlift and intl. BP in Laughlin, Dec 3-5, and get 15% off on ALL jewelry.

	NU	7	
11/			1
	13	90	



		<b>电影影响</b>	Carlo	
Gold	Silver		Gold	Silver
\$240	\$160	18"	\$215	\$130
\$270	\$170	20"	\$230	\$140
\$215	\$110	Pendant	\$165	\$90
	\$240 \$270	\$240 \$160 \$270 \$170	\$240 \$160 18" \$270 \$170 20"	\$240 \$160 18" \$215 \$270 \$170 20" \$230





Pendant \$200





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National Championship was held September 25 2004 at Son Light Power Gym in Tuscola, Illinois. A much smaller turnout than last year, but still some great lifts were seen by all. In the powerlifting event newcome Steven Peach did well at junior 148 with the win there. Steven opened with a deep 355 squat, followed by a 265 bench. He then finished with a strong 405 pull for a 1025 total. Phil Halverson won at junio 165, setting all new personal records along the way. Phil finished with a 375 squat, got a double-bodyweight bench of 330 and a 405 deadlift for a 1110 total. In the submaster division we had three fine lifters. First at 198 was Steve Arahood. Steve was nursing a shoulder injury, so only took a token lift in the bench, but set national records in both the squat (560 and deadlift (510) on his way to a 1125 total. Tom Oberle broke the national records at 242 for the squat, with a great 685 second attempt and the total with 1715. Tom also got a 450 bench and a great 580 pull. At 308 it was Kevin Knueppel, who had his greatest day of lifting ever. Kevin finished with a personal best 800 squat, followed by a 515 bench and a 720 deadlift. This gave Kevin his first ever 2000 total, ending with 2035! In the master men's 40-44/242 class it was Mark Chellino with a 1830 total. Mark nished with a 740 squat, a 540 bench and a 550 pull. After a few years off from competition and hip replacement surgery Mark had a great day with new nationa records in the squat, bench and total. Great to have Mark back on the platform again. David Anderson had a good day o, taking the win at 45-49/181. David set all new national records for his class nishing with a 550 squat, 310 bench and 540 deadlift for a great 1400 total. Larry Readman retained his title at 50-54/242 with a 400 squat, 300 bench and 500 deadlift. Larry's national record pull gave him a 1200 total. First-timer Robert Hesterly set all new national marks as well with his win at 60-64/275. Robert, who had a perfect 9 for 9 day of lifting, finished with a 440 squat, followed by a 320 bench and a 450 pull for a great 1210 total. Massey set all new national records for the police & fire/308 class, finishing with a 450 squat, 430 bench and a 450 deadlift. This gave John a great personal best 1330 total. In the open division Steven Gawlik returned for the title at 181, finishing with new prs in the squat (585), deadlift (550) and total (1470). Steven also got a solid 335 bench on his way to a perfect 9 for 9 day of lifting. Steven Zelmer returned to competition after about a year off, taking the win at 220 with a 525 raw squat, 400 bench and a 475 pull for a 1400 total. Ed Clark had some problems with his depth in the squat, settling with his 750 opener, though locking out with 800. His 630 bench was a new national record and along with his 570 pull gave Ed a solid 1950 total. Taking his second title of the day was Kevin Knueppel at open 308, shattering all of the records there with that big 2035 total! Kevin was also awarded the best lifter trophy for the powerlifting competition In the bench press event Erica Haislar got her first ever 200 bench! Lifting in the open women's 132 class, Erica set the national record along with the Illinois state record there. Jake Dias set the national mark at 13-15/165 with a personal best 295, just missing his first ever 300 Joshua Reyes broke the existing national record at junior 148 with 335 while Matt Bell won at 220 with a new national record of 415. Andy Dodd finished second at 220 with 425 raw, after bombing with his 535 opener, having problems with his new shirt. This was Andy's first meet. At submaster it was Lamon Peoples with 400, before coming back with a great national record 415 fourth. Otha Boyd won at 275 with 450. In the master men's 40-44/308 class, national record holder there, Gary Messenger, finished with 480, getting nothing from his shirt. Roger Ryan set the national mark for the 45-49/ 275 class with 510, while Robert Kuhn did

the same at 50-54/220 with a personal best 450. Paul McGeorge got his first



Kevin Knueppel with a national record and PR squat @ submasters 308 at the SLP Open Nationals (Photos courtesy of Dr. Darrell Latch)

official 500 bench with his win at 50-54/242! A fourth with 520 was also good! E. T. Williams got the record at 55-59/ 275 with 320 while newcomer John Beggs set the mark at police & fire/50-54/275 with 450. Richard Lear only got in his opener with an easy 535, but it was good enough for a new national record and the best lifter award! Richard went all the up to 645 with his new shirt, trying to get the weight to touch, and even though in each case he could lock the weight out easily, Rich was never able to get the weights to touch his chest! If he ever gets that shirt to work, Rich will be the next 700 bencher! In the open division Ed Meinders won at 181 with 300. John Massey was first at 308 with his 430 personal best. In the deadlift

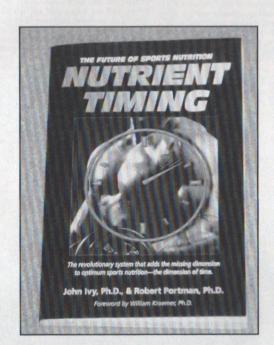
Matt Rell set the national mark at junior 220 with a solid 580 while Dave Felton pulled an amazing 600 @ 165! Wow, that's 105 pounds over triple bodyweight! Thanks to my son Joey for all his help, Dustin Shum, Joe Dias and a great powerlifter, Bill Centano, for all their And a special thank you to my wife for her help with the judging. See you all next year! (Results Dr. Darrell Latch)

USAPL No Frills Teen/Ir. Qualifier 08 May 04 Goodrich, MI SQ BP DL TOT Teen 1 (14-15) D.Schuessler 370 225 340 935

J. Armstrong	350	175	400	925
Alan Easton	330	330	380	104
275 Celso Florez	-	220	400	DQ
T2 (16-17) 132				
J. Sheridon 148	290	175	355	820
E. Olmstead	415	250	415	10
N. Stevens			365	
Jason Hesch 198	365	245	-	DC
	475	225	405	110
			465	
John Lloyd Jr.	395	225	450	10
S. Edwards			425	
M. Bradburn 275	480	285	405	111
Matt Armon	585	360	510	14
Jake Cannon SHW	515	350	500	130
Jon Burns M2 (45-49) SHW	475	290	450	12
B. Edwards Open (24-39) 181	135	135	135	40
M. Coleman				
(Thanks to US	APL fo	or the	meet r	esult

USAPL Spring Recordbreakers 10 Apr 04 - Ketchikan, AK Men/Women SQ BP DL TOT 195 110 215 520 Gregg M. Goodwin 260 135 295 690 T. Fubanks 405 280 485 1170

Wolford 250 135 330 715 Pat Stack 450 365 550 1365 SHW Silverthorne 480 325 500 1305 Trevor Eubanks got off to a rough start with trouble in the squat. He man get back his focus and reset the K-High bench press record for his age and weight category and finished with a huge deadlift which was another K-High record. Jim Silverthorne arrived on the ferry from POW in time to put up some great num-bers. He added 50 pounds to his squat, 25 to his bench and 70 to his total! Miss Goodwin, competing in her second meet added 35 pounds to her squat with her opener, 25 pounds to her bench and 35 pounds to her deadlift. She had the pounds to her deadlift. She had the largest total increase of any of the lifters adding an incredible 95 pounds to the total. She feels she has more to go. Unfortunately she is leaving us! Hopefully she will get hooked up with some lifters in Salem, Oregon and come back in December to visit and lift! Taylor Gregg continued her k-High record breaking streak with new records in the Squat, Dead and Total. She has tied the state record for the bench and her total is now only 30 away from the state record. Next meet she could be a state record breaker Pat Stack added 25 pounds to every lift! He boosted his total to 1365; the biggest total of the meet! Floyd Frank had an outstanding meet. He had a personal best every lift. His total is closing in on 1200! He just gets stronger every meet! Andrew Wolford, also from POW, in his second meet added 65 pounds to his total and with his body weight and age adjust-ments edged out Floyd for the best lifter award! Way to go Andrew. (USAPL)



Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge

in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis that a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

LASTNAME	FIRSTNAME	INT.
STREETADDRESS		
CITY,STATE,ZIP		
AREACODE,TELEPHONE:	DATEOFBIRTH_	
AGE SEX CHECK ONE	: LIFETIME DRUGFREE	5YRSMIN
	FILL OUT ENTIRE APPLICAT WNPF, PO BOX 142347, FA (770) 996-3418	ION AND MAIL WITH FEE TO: YETTEVILLE, GA 30214

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will

Lifetime E. Dibari	500	385	500	1385	winning the female 13-16 division. Ri- Haensch did a strong lift in the 242
242 lbs.					masters division as did 275 lb. lift
Police/Fire	F00*	385*	500*	1385*	Dwayne Lowery and SHW lifter Josep Hall. Shane woods and master lifter Ow
E. Dibari 275 lbs.	500*	305	500	1305	Vanbuskirk. Set new state records in the
(40-49)					deadlift only divisions and Vanbuski
I. Schiemann	545*	340*	570*	1455*	also set a new state record in the Powercu
Ironman Equi					Matt peters also set a state records in the
198 lbs.					220 lb. masters Powercurl division. Than
(50-59)					go out to the owners of the Lancaster Par
V. Peterson	-	290	505	795	House for providing a venue with a gre
SHW (40-49)				3.00	atmosphere and food in winch to hold
M. Harling					meet. Thanks to Michelle and Steve and t
#=Best Lifters.					rest of the crew, And all the lifters for the help in making this another successi
Record. The u	own the	e road	to Cly	le, New	meet. As always it's a pleasure to do a me in New York. (courtesy of Ron Deamic
York into the the atmospher					ill New Tork. (Courtesy of Roll Dealine
food and lifti					
lifters was do	wn the	quality	of lift	ing was	APA Panhandle Open
as strong as e					14 AUG 04 - Mobile, AL
being set. In divisions fer					POWER SO BP DL TOT
Winkelblech s					148 lbs.
winning her d					Drug Free (18-19)

	Panha JG 04			L
POWER	SQ	BP	DL	TOT
148 lbs.				
Drug Free (1	8-19)			
G. France	500	235	500	1235
Junior Drug	Free			
J. Roberson	180	90	285	555

not challenge the to or away from	em in any way. I also	agree not to sue the WNPF for injuries that mze that powerlifting is a dangerous sport and  Lifetime E. Dibari 500 385 500 1385 242 lbs.	ay occur during competition, traveling	BENCH Open T. Hess POWER 308 lbs. Open Drug Free C. Savage 600 400 625 1625 Referees: Shelby Robbins, Chris Coaker, Scott Taylor. Meet Site: Alabama Elite, Mobile, Alabama. Meet Co-Ordinator:
quipped IEN 98 lbs. ifetime . Hewitt 385* 20 lbs. 40-49) Mitchell Jr#425* aw	MEN 181 lbs. (70-79) O.Vanbuskirk 335* 165 lbs. Lifetime S. Woods 220 lbs. (35-39) S. Widtton 530*	Police/Fire E. Dibari 500* 385* 500* 1385* 275 lbs. (40-49) J. Schiemann 545* 340* 570* 1455* Ironman Equipped 198 lbs. (50-59) V. Peterson — 290 505 795	Dwayne Lowery and SHW lifter Joseph Hall. Shane woods and master lifter Owen Vanbuskirk. Set new state records in the deadlift only divisions and Vanbuskirk also set a new state record in the Powercurl. Matt peters also set a state records in the 220 lb. masters Powercurl division. Thanks go out to the owners of the Lancaster Party House for providing a venue with a great	James Flowers. This meet was a lot of fun. Lifting quality was great as was the sportsmanship and a great audience of spectators to support the lifters. Thanks to James Flowers the meet equipment was great including monolift. all kinds of specialty bars. Forza Deadlift helper etc. Hurricane Charlie hit my hometown direct the day before and my wife could not get out due to a work situation and was stuck behind.
EMALE (4-16) . Grimm 70* 20 lbs. ifetime . Lewis# 420* 42 lbs. 50-59) . Haensch 250*	SQUAT Raw MEN 242 lbs. Lifetime E. Dibari 500* POWERCURL	SHW (40-49) M. Harling — 450 540* 990* #=Best Lifters. !=American Record. *=State Record. The usual meet held in Waterloo was moved down the road to Clyde, New York into the Lancaster Party House where the atmosphere was great along with the food and lifting. Although the turnout of lifters was down the quality of lifting was	help in making this another successful meet. As always it's a pleasure to do a meet in New York. (courtesy of Ron Deamicis)	The meet went on because Mobile, Alabama was a good escape route anyway so we headed in that direction. Our house was trashed and we lost a great deal of personal property. The important thing is she survived. I would like to thank all the lifters and spectators who were so great at keeping my children occupied and dis-
75 lbs. ifetime ). Lowery 435* HW (35-39) Hall 450* DEADLIFT	181 lbs. (70-79) O.Vanbuskirk 120* 220 lbs.	as strong as ever, with many state records being set. In the equipped powerlifting divisions female master lifter Carol Winkelblech set all new American records winning her division. We wish Carol great success at the W.D.F.P.F. World Compe-	14 AUG 04 - Mobile, AL POWER SQ BP DL TOT 148 lbs. Drug Free (18-19) G. France 500 235 500 1235	tracted during the meet. They had a lot on their minds and I appreciate the fact that people were so understanding. Believe me, it kept their stress levels down quite a bit. Special thanks to James Flowers, a great crew of spotters, and some outstand- ing referee's for making this a top notch
quipped SQ 23 lbs. EMALE 60-69)	BP DL TOT	tition in November in Atlanta. In the mens divisions Dennis Brochey turned in an- other strong total winning the 148 lb- masters division as did Tony Williams in	J. Roberson 180 90 285 555	event. (Thanks to Scott Taylor for results)

(13-15) Drug M. Gacek

BENCH 242 lbs.

Junior Drug Free Walguainery ---DEADLIFT (13-15) Drug Free

Junior Drug Free D. Yates ---

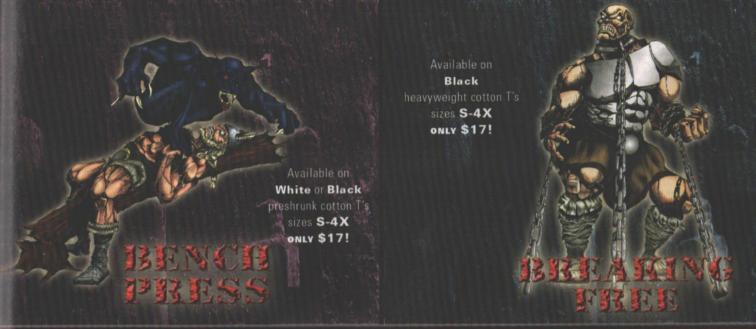
Open Drug Free C. Wainwright 505

P. Savage 500 (40-49) Drug Free

0	POWERLETING USA
La sous	THE SERVICE
M	C) H

Trophy winners...(back I-r) Pat Savage, Chris Savage, Curtis Wainwinning their classes with Mitchell taking best lifter. In the raw divisions all new state records were set with Kayla Grimm Wight, Kurt Hobden, Jerry Robeson, James Burdette; (front l-r) Dusting Yates, Glenn France, Michael Gacek at the APA Panhandle Open. wright, Kurt Hobden, Jerry Robeson, James Burdette; (front 1-r) Dustin

## NEW TORTURE TRAINING BENCH 165 lbs. Drug Free (13-15) K. Hobden ---POWER T-Shirt Series! Only from House of Pain. Iunior Drug Free (13-15) M. Gacek -Open Drug Free J. Burdette 50 PUSH-PULL



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T. Williams Lifetime (50-59)V. Peterson Lifetime Lifetime 350\* 225\* 420\* 1050\* Lifetime 530\* 420\* 560\* 1510\* S. Whitton 300 530 1260

Equipped MEN

198 lbs.

Lifetime

FEMALE

K. Grimm

Lifetime

242 lbs.

275 lbs. Lifetime

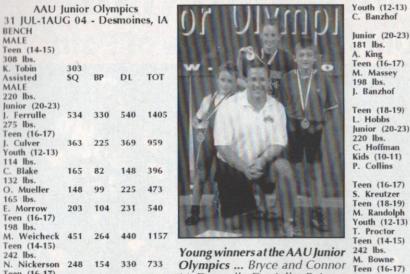
R. Haenscl

D. Lowery SHW (35-39)

DEADLIFT

(50-59)

was in York the a food lifters success at the W.D.F.P.F. World Compe tition in November in Atlanta. In the menother strong total winning the 148 lb. masters division as did Tony Williams in the 181 lb. masters who returned after a three year layoff from competition. Tony master lifter Vince Peterson set new state records winning his division along with the Ironman division. 220 lb. lifetime Lifter Ron Pearo did some strong lifts even on ar off day to win his division and best lifter242 records winning his division. In the raw divisions master lifter Walt Sedorous set all new state records in the 198 lb. class as did 220 lb. lifetime lifter Albert Lewis who also took best lifter in raw powerlift-ing and raw bench only. Scott Whitton did some strong lifts in the 35-39 220 lb. division and Ed Dibari set new state records winning the 242 lb. lifetime and police/fire powerlifting divisions and the squat only division. Whitton also took a first in the deadlift only division. John Schiemann set all new state records put-ting up some strong lifts winning the 275 lb. masters division. Maurice Harling set a new state records winning the shw class in the Ironman division. In the bench only divisions equipped lifters Corey Hewitt and James Mitchell Jr. did strong lifts



49 132 259

4th-SQ-93

R. Karstendiek 115 77 165 358

M. Cavallaris 143 110 203 457

C. McDonnell 88 55 143 286

4th-BP-60

4th-SQ-99

4th-DL-330

187 110 220 518

4th-SQ-198 DL-231

137 77 209 424

214 132 271 618

170 154 325 650

242 181 281 705

154 336

97 154 314

4th-SQ-124

Teen (16-17)

M. Farace

Kids (10-11)

Youth (12-13)

Youth (12-13)

A. Ellis

I. Walters

Kids (8-9)

N. Carlin

I. Fleming

123 lbs.

J. Swilzer

Youth (12-13)

Teen (14-15)

Teen (16-17)

J. Pagan Jr

114 lbs.

Kids (8-9)

B. McDonnell 77

Kids (8-9)

Young winners at the AAU Junior McDonnell, Danielle Peirson 567 341 556 1466 with their coach Russ McDonnell.

292 194 359 845

231 176 303 710

154 132 264 551

319 220 402 942

264 187 352 804

270 154 327 751

220 137 253 611

347 192 380 920

303 192 363 859

380 236 407 1025

310 259 407 977 259 248 380 887

418 281 451 1151

214 159 330 705

4th-SQ-391

4th-BP-187 DL-336

Teen (18-19)

Teen (14-15)

K. Sullivan

Walters

Teen (16-17)

Teen (18-19)

Youth (12-13)

Teen (14-15)

Teen (16-17)

Youth (12-13)

Teen (16-17)

J. Gerideau

B. Quinn M. Peditto

Teen (18-19) S. Cupec

J. Walters

C. Hogan

A. Hake

M. Oxier

165 lbs.

C. Rowe

132 lbs.

R Rosso

D. Bosso

I. Moon

B. C.	Bobbert Diehl	418 341			1124 1025
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ı			30)		
II.					100
Total Services	9				A
ı	4		7		4
9		1			A
3		4		11	W
B.				E	
	1				

4th-DI-292

4th-DL-292

4th-SQ-176

121 82

380 259 496 1135

435 341 556 1333

165 88 176 429

363 314 523 1201

479 303 534 1317

336 341 424 1102

ior (20-23)

181 lbs

A. King M. Massey

198 lbs.

L. Hobbs

220 lbs.

Junior (20-23)

Kids (10-11)

Teen (16-17)

Teen (18-19)

Youth (12-13) T. Proctor

een (14-15)

242 lbs.

M. Randolph

S. Kreutzer

Robbie Karstendiek totalled 358.

ASSOCIATION OFFICE COPY This is a membership application form. Complete all areas and return Part One to the address shown For information on registration and program, call 1-800-AAU-4USA.

AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.

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ANNUAL MEMBERSHIP DUES Youth Athlete	Regular Fee 10.00	"AB" Fee 12.00	Baseball, Biathlon, Bi Kayak, Gymnastics, I	the Following Sports: asketball, Broomball, Cycling, Modern Pentathlon, Multi-Ever on), Physique, Softball.	20.00 hts	23.50
Coach Volunteer or Official Adult Athletes in the Following Spor	12.00 12.00 rts: 10.00	Not Available 12.00	Surfing, Trampoline 8 Adult Athletes in Field Hockey, Flag Fo	the Following Sports: botball, Hockey (Ice and Roller	20.00	25.00
Aerobics, Badminton, Baton Twirling, Bowling Diving, Fencing, Golf, Jump Rope, Physical F Challenged, Racquetball, Rowing, Sailing, Sq Swimming, Table Tennis, Tennis, Track & Fie	Canoe, Cross Count itness, Physically uash.	ry.		the Following Sports: Judo. Jujitsu, and Karate 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 CONTENTS OF CHECK	CHECK ONE: Athlete C	Coach Official	Volunteer
Lake Buena Vista, FL 32830			Club No.:	Club Name:	E-Mail	
THE AMATEUR ATHLETIC UNIT	ON OF THE UNITE	D CTATES INC	ARE YOU ALREADY CO	VEDEO WITH HEATTH & ACCID	ENT BISUDANCES	Пун Пан

Date of Birth	Age	Sex Male		e 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 se offense nor felony; or, if so, I must apply for membership (and receive
Address					approval) through the AAU National Office.

		approval) through the AAU National Office.  NOTE: Parent/Guardian signature required if member under 18 year
N. Parket	State Zip Code	NOTE. Parent/Guardian signature required it member under 18 year
		Member's Signature
	Phone (With Area Code)	Syladie
		Parent/Guardian Signature

K. Winters Teen (18-19)	275	275	424	975
B. Golab	473	352	501	1328
Teen (14-15) 275 lbs.				
	451	319	462	1234
Teen (16-17)				-
Laudermilch, Jr		259		1267
A. Wick	347	270	435	1052
Teen (14-15)				
308 lbs.		226	250	070
J. Livengood FEMALE	2/5	236	358	8/0
Raw				
Kids (6-7)				
88 lbs.				
V. Vasquez	77	60	110	248
	4th-SC	2-84	BP-66	
Kids (8-9)				
97 lbs.			400	
A. Fleming Youth (12-13)	110	66	137	314
D. Peirson	99	55	143	297
Teen (18-19)	33	33	143	231
123 lbs.				
S. Powell	126	104	203	435
Teen (14-15)				
132 lbs.				
M. Herrington	115	99	187	402
Teen (16-17)	225	126	319	672
K. Morris Junior (20-23)	225	126	319	6/2
148 lbs.				
L. Laughlin	225	132	270	628
	4th-D			
Teen (14-15)				
K. DuFour	192		242	551
A. Little	192	110	242	545
Teen (16-17) T. Cockrell	102	99	236	529
Kids (10-11)	192	99	236	529
165 lbs.				
F. Wilson	88	60	121	270
Teen (14-15)				
198 lbs.				
K. Casto	270	159	292	722
Teen (16-17)				
198+ lbs. R. Wilcox	252	148	314	716
K. WIICOX		Q-270	314	/10
The Part of the Pa		4.210		

L. Hannagan 176 104 253 534 They came! They conquered! 74 lifters from 13 states descended on Des Moines, lowa July3lst-August 1st for the 2004 AAU Junior Olympics. Lifters ranged in age from 7 to 23 years of age. There were 14 girls and 60 boys. Five teams trom Pennsylvania, North Carolina, and Virginia provided tight competition till the end. 1st place - Team Lancaster County (Pennsyl-vania), coached by Russ McDonnell. 2nd place - "Big Zekes" (Pennsylvania), coached by Connie and Zeke Wilson. 3rd place - Tim Kings Gym (North Carolina) coached by Perry Wyrick. 4th place - "Big Zekes" (Pennsylvania), coached by Connie and Zeke Wilson. 5th place - Team Fredericksburg (Virginia), coached by Mr. Walters. Junior Olympics is the AAU National Youth and Junior Champion-



Jared Fleming @ the AAU Jr. O.

ships. It provides lifting opportunities for youths, teens and juniors competing in Raw and Assisted Divisions. This year there were 8 Assisted lifters. The heaviest weight lifted during the weekend was done by Michael Farace (Maryland) in the Assisted Division with a total of 1466 lbs. There were 66 raw lifters at the raw division was by Craig Hoffman with a total weight of 1333 lbs. AAU Powerlifting has become sort of a family affair. This year at the Junior Olympics, several lifters were coached by their fathers who also lifted with the AAU and are National and World Champions There were also a large number of siblings at this year's event. Jordan, ason, Justin Walters (brothers) from Virginia, Connor & Bryce McDonnel (brothers) from Pennsylvania, Jared, Derrek, Ryan Boss (brothers) from Pennsylvania, Amanda & Jared Fleming (sis-ter/brother) from New York, John & Clint Banzhof (brothers) from Pennsylvania Plans are underway for an even bigger and better Junior Olympics for 2005. The Virginia Powerlifting Association will be managing the meet. AAU hopes to attract 120+ lifters from across the United States to attend the games in New Orleans, Louisiana. The exact dates have not been identified but, it will be sometime in July. Teams or individuals interested in more information should contact Judy Wood, Meet Director, at 804-559-4624 or email at

USAPL Loui				lifier
19 Feb	04 -	Rusto	n, LA	
Women	50	BP	DL	TOT
148	18			
R. Meloncon	330	190	330	850
165				
A. Bertram	260	135	235	630
Men				
132				
Sekou Toure	310	190	385	885
D. Villafranca	300	225	365	890
Z. Cielencki	345	200	340	885

E. Randolph 181	435	250	400	1085	Chris Alitz W. Zenisek	600 460	365 335	550 475	1515 1270
I. Albritton	455	310	480	1245	(Thanks to USA				
Pierre Brown	485	275	505	1265					
Justin Scalfano		270	445	1145					
Chris Owen	465	290	510	1265					
220	403	290	310	1203	USAPL S				
David Turnage	540	355	525	1420	27 May (	04 - 1	ouisv	ille, K	Y
J. Bertrand	470	355	475	1300	Men	SQ	BP	DL	TOT
Don White	520	260	495	1275	Open	-			
Steve Bouyela	s370	245	445	1060	114				
242 Matt Walt	470	305	515	1290	A. Miroff	240	125	265	630
275	4,0	303	313	1230	123	200	4.00	200	740
A. Michealis	550	405	530	1485	A. Thompson	280	150	280	710
(Thanks to US					132		200	200	040
(Illaliks to OS		or pro	· rums	results)	B. Hatfield	360	200	380	940
					K. Markwell	280	180	270	730
USAPL LaCr	osse	Colle	giate	Open	148	275	225	405	1015
28 Feb					T. Redmon	375	235	405	1015
			ALCO TO THE PARTY OF THE PARTY		T. Brangers	360	215	390	965
	5Q	BP	DL	TOT	Jordan Shontz		205	370	925
123		405	000	****	Eric May	345	185	300	830
	175	105	200	480	165	200	220	205	005
132					Will Schemp	380	220	395	995
Jenna Kraska	225	140	255	620	J. Stillwell	410	210	350	970
148		470	200	0.45	Agamemnonus	335	175	420	930
N. Hartman	350	170	325	845	181	***	255	40-	1100
Jolynn Ennis	310	175	325	810	Clay Wade	440	255	405	1100
N. Gorius	240	135	255	630	Paul Belshoff	410	235	390	1035
C. Schreiner	250	90	260	600	Mike Tullis	315	220	425	960
Joanna Rush 165	190	95	215	500	Matt Meyer 198	335			
J. DesRosier	260	200	270	730	Kenny Higdon	450	375	415	1240
198					Joe Hardison	300	200	350	850
C. Warren	225	115	275	615	220				
Men					Adam Bisig	410	330	395	113
148					M. Molestina	340	175	370	885
L. Al-Ghamdi	350	250	425	1025	242				
K. Maxwell	330	250	375	955	5. Caldwell	135	250	135	520
165					275				
Chris Carter	415	290	445	1150	P. McCormick	460	305	425	1190
Peter Nees	415	265	450	1130	(Thanks to US	APL fo	r provi	ding re	esults.)
C. Schumache	r415	230	445	1120			Provi		,
181									
E. Koziowski	425	270	450	1145	LICADI	Harris	:: C+-	to de	-1
Philip Paulsen	370	255	450	1075	USAPL				
Mark Wilcox	_	275	400	650	22nd May	04 -	waim	analo	, HI

148

L. Azai

Teen Men 123

Keoki Akina

SQ BP

DL TOT

97.5 87.5 105 290

Open 148				
Ata Edralin	162.5	160	177.5	500
SHW				
Wayne Kaaloa	7185	7	-	-
Novice				
165 Fernidad Vite	155	110	200	465
Open Open	133	110	200	403
165				
M. Hokoana	245	167.5	250	662.
Novice	A STATE			
220				
Kalei Decoite	185	152.5	215	552.
Master				
275			94046	1
Lee Green	205	182.5	227.5	615
Open				
220	227 5	100	220	647
W. Kahapea 275	227.5	190	230	647
Pat Han	292 5	242.5	277 5	812
242	232.3	272.5		012
Al Fritz	305	232.5	295	832
Bench				
Thomas Mitche	el	132.5		132
(Thanks to US	APL fo	r prov	iding r	esult

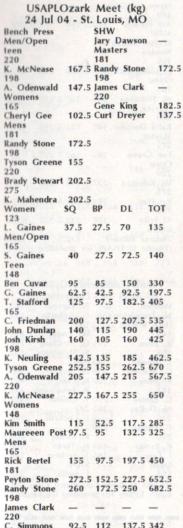
Body Confidence Gym BP 03 MAR 04 - Lafayette, TN Templeton 160 High School 198 135 G. McClard S. Stenstron 325 J. Atwood 340 220 Shubert 250 D. Nealy 200 B. Clark E. Johns B. Templeton 270 T. Collins C. Santos 265 242 M. Dallas J. Cockrill 220 240 275 R. Evetts 405 H. Timbs 385 T. Jackson J. Law SHW (Thanks to Body Confidence Gym and 100 92.5 160 352.5 Randy Richey for providing the results.)

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240 370 610

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Chad Aichs missed 1003 in the squat, but came back to get it, with a roar, at the AAPF Nationals in Las Vegas. (Lambert photograph)



(Thanks to USAPL for providing results)

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SIGNATURE X

Women Master 45-49 K. Wentworth 197.5 D. Guerra 247.5 John Heldt 165 Men Master 40-44 Ciesielski 67.5 Women Master 50-54 Susan Mies D. Naughton 168.5 Men Open D.VanAffelen 190 67.5 James Love 150 McConaughey 247.5 Tim O'Neill 167.5 Roger Flynn 220 P. O'Neill 140 Men Master 45-49 110 D.VanAffelen 190 Murphy 195 **Bob Eickstaedt** Kevin Farley 210 Men Master 50-54 Rebera 192.5 90 R. Marchant 160 Cory Dexter 220 Tim Daley Trey Brewer 220 Men Master 55-59 82.5 Roger Flynn 220 Tom Wilson 147.5 125 Peter Kletz 245 Ronald Cuny 147.5 125 Szymanski 227.5 125 VanBrocklin 157.5 140+ Chad Aiches 282.5 Men Master 60-64 Men Junior 82.5 Tyson Orwoll 142.5 J. Lamboley 147.5 Michael Christian Anczerewicz 115 Men Teen 18-19 F. Kucharski 125 110 Powerlifting SQ BP DL TOT Women Open Kristin Tom 137.5 75 115 327.5 K. Moore 110 57.5 112.5 280 Alison Franciscus Powell 180 82.5 165 427.5 Brook Curry 210 92.5 167.5 470 Lisa Denison 200 95 172.5 467.5 J. Phillips 185 102.5 192.5 480 J. Conner 215 112.5 187.5 515 Women Junior C. Piatek 122.5 67.5 110 300 Women T 13-15 110 52.5 125 288 Women T 18-19 Kristin Tom 137.5 75 115 327.5 Tywnia Brewton Women M 40-44 60 Alison Franciscus J. Connor 215 112.5 187.5 515 Women M 45-49 S. Lucchesi 107.5 80 125 312.5 Amy Razor 137.5 72.5 130 340 T. Merenkov 137.5 72.5 130 340 Women M 55-59 C. Brigham 87.5 60 130 267.5 Women M 60-64 100 50 130 280 E. Keresy Men Open 67.5 C. Morse 210 132.5 212.5 547.5 D. Barnes 182.5 137.5 182.5 502.5 Eric Stone 250 155 215 620

R. Rhinehart 215 107.5 242.5 565

AAPF Nationals

20,21 MAR 04 - Las Vegas, NV

90+ 90 V. Huddle 75 Kevin Farley 210 Women Teen 13-15 Jeff Rebera 192.5

Rachel Mayer 52.5 F. Woodson 205

Trey Brewer 220

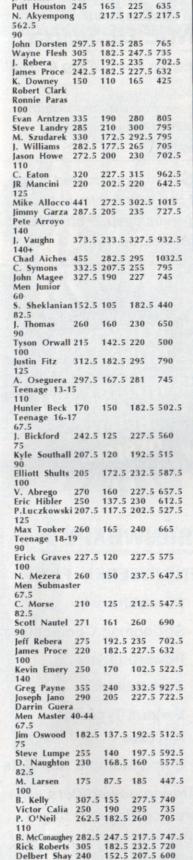
Men Submaster

102.5 Chris Livolsi 125

BENCH

Women Open

I Phillips



David Tooker 242.5 182.5 260 685

R. Ruettiger 275 165 242.5 682.5 Don Graham 265 137.5 235 637.5

Men Master 45-49

82.5

Joe Wilson 260 172.5 227.5 666

l. Thomas 260 160 230 650



ng in the 198 lb. class. (Lambert)

Kevin Farle	y did	some	nice	benchii
Tracy Frein	240	160	240	640
G. Pessell	317.5	192.5	285	795
140+ K.Luczkowski Men Master 5		167.5	205	542.5
Mario Nigro Jim Razor 100	245 172.5	127.5 127.5	195 165	567.5 465
Dick Zenzen	325	170	230	725
G. Ridgeway		185	235	715
John Magee Men Master	5.59			
67.5		100	105	485
Mike Wider 67.5	190	100	195	465
R. Charles 82.5	190	92.5		
Tom Wilson	172.5	147.5	195	515
Ed Sapienza David Solan Men Master	290	152.5 160	197.5	547.5
67.5				
Fred Glass 75	170		182.5	
R. Flores Men Master 2	217.5 75-79	122.5	217.5	557.5
N. Kawasaki (Thanks to the			182.5 iding re	
USAPLPI				
24 Apr Women	04 - P	Plainw BP	ell, MI	TOT
132 (Teen-1)				
H. Hiemstra Men	180	115	225	520
165 (Youth-2) Max Tucker 470SR		100SR	215SR	
Junior Matt Bielein	330	200	430SR	960
Open				
Pat Keenan B. Proxmire Masters-2	535 470	340 360	525 520	1400 1350
Greg Guthrie	430	280	510	1220
181 (Teen-1) Kevin Hatfiel	d 335	160	375	870
Junior D. Whitehead Open	1 600	200	525	1325
R. Salvagni	680	525		
Masters-1 Jeff Mumaw 198	485	260	535	1280
Open Craig Terry 220	6908	R 335	700	1725
G. Dobias	500	320	450	1270
N. Rassmusse Open	n 625\$	R 350	650SF	1625



ing in the 19	405	315	550	1270	Gary Scott for his continued support of powerlifting and for hosting this DWG Production event. The event sponsor- were HOUSE OF PAIN and POWERLIFTING
Masters-4	220		275		USA, these guys have really been there for DWG. There were 2 flights of lifters
Mike Swisher 275 (Teen-2)	320		375		totaling 18 in all and setting a combined
Matt Armen	500		R 495	1355	total of 8 new PR's, what a great day of
(Thanks to US	APL IC	or pro	viding	resuits.)	lifting! (DWG)
100000	-				Championships, sending teams

pionships, sending teams d, etc.? The hand of Bob an touched virtually every great figure in the Iron Game, during his heyday, and every circumstance we experience in our sport today can be tracked back to a connection to York Barbell and Bob Hoffman. From the byzantine financial aspects of York BBC to the unusual personal relationships that Bob cultivated, the true history of an Iron Game Icon is disclosed in this book .... starting a company in the toughest of economic times, producing an incredible array of World and National champions out of a little lifting club in York, Pennsylvania, followed by a tragic decline .... this is the story of York Barbell and the Man Who Made it Great... BOBHOFFMAN. Paperback edition ... \$24.95 plus \$4 shipping and handling .... the limited edition hardbound copy ... for the true collector .... (we only have few copies left!) \$65 plus \$4 s/h to Powerlifting

Fitness Max Spring BP

27 MAR 04 - Tupelo, MI

285 T.

198 lbs.

K. Maten

R. Gray 242 lbs.

A. Rainey

Gaillard

John Bishop

B. Cameron

242 lbs.

275 lbs.

SHW

410 198 lbs.

350 R. Erb 275 lbs.

450 \*

\*=Personal record. The 2nd annual Fit-

ness Max Spring Bench Press Champion-ships was held on March 27th,2004 in

315

475\* N. Palmer

185\* 220 lbs.

290

350

425

520

525

415\*

550\*

315\*

FEMALE

MALE Teen

B. Holley

165 lbs.

E. Minor

E. Braham

198 lbs.

Open 198 lbs

J. Baker

220 lbs.

R. Gray

275 lbs.

SHW Open

C. James Submaster

181 lbs. C. Smith

I. Gaillard



MUSCLE TOWN USA MUSCLETOWN USA ... "Bob Hoffman and the Manly Culture of York Barbell" by John D. Fair, Professor of History at Georgia USA, Box 467, Camarillo, CA 93011. College and State University in Milledgeville, GA, stands out as profoundly rigorous historical analysis of one of the Iron Game's singularly most influential individuals. Often called the "Father of World Weightlifting", he poured millions of dollars into Olympic Lifting, Powerlifting,

Bodybuilding, among his various

sports interests. Dozens of memorable

photos and illustrations are woven

through the extraordinarily detailed

text, which documents a complicated,

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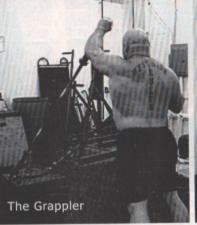
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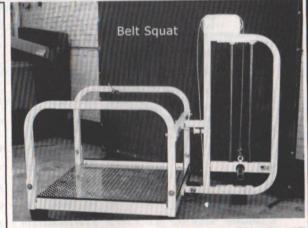
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Zintemaster 145 Eva Siskova 25 D.VanAffelen 190 Master 40-44 Michael Capriotti Sladek 47.5 110 Men Master 45-49 Krochmal 67.5 82.5 L. Boynton 160 F. Shalchiero 200 I. Zintsmaster 152.5 Master 50-54 Susan Mies 57.5 110 90+ D. Murphy 192.5 Sidney Thoms 122.5 T. Bartolomei 227.5 Cozy Cozine 207.5 Men Master 55-59 D.VanAffelen 190 125 VanBrocklin 147.5 Chad Aiches 460 Tom Nelson 182.5 Men Junior F. Woodson 227.5 Men Master 60-64 J. Lamboley 137.5 100 D. Szymanski 235 Anczerewicz 125 D. Guerra 237.5 Floyd Kucharski Men Master 70-74 Tyson Orwoll 160 B. Rosenfield 150 Powerlifting SO M. Kirkland 172.5 77.5 160 410 S. Powell 175 87.5 165.5 427.5 Fineis Curry 202.5 107.5 172.5 482.5 100 Desrosier 157.5 93 137.5 387.5 112.5 57.5 95 265 M. Kirkland 172.5 77.5 160 410 Brewton 127.5 82.5 152.5 362.5 Kim Packer 182.5 85 147.5 415 B.Zintsmaster 107.5 50 135 292.5 T. Merenkov 130 85 135 350 Keresy Rob Leoni 197.5 95 200 492.5 192.5 142.5 210 545 C. Morse 260.5 162.5 200 622.5 Erwin Chang Putt Houston 235 157.5 225 617.5 lames Proce 252.5 187.5 240 680 Jason Patrick 425 282.5 342.5 1050 Mike Allocco 410 275.5 300 985 Jimmy Garza 277.5 185 265 727.5 D. Guerra 255 237.5 290 782.5 Joseph Jano 327.5 205 227.5 760



182.5 Sharra Powell bench pressing her way to glory at the AWPC Worlds

Chris Therman

Sheklanian 172.5 1

Tyson Orwoll 232.5

Tony Luna 150

Hunter Reck 210

Kyle Southall 230

Zach Zenzen 227.5

Paul Green 190

P.Luczkowski 210

I Rickford 245 A. Gogawale 182

Men Master 40-44

D. Naughton 245

B.McConaughey 267.5 Rick Roberts 322.5

Don Graham 287.5 M. Larsen 192.5

Tracy Frein 252.5

G. Pessell 300

**Buddy McKee 320** 

Men Master 50-54

K.Luczkowski 227.5 167.5 195

R. Ruettiger 272.5 165 245 682.5

Mario Nigro 250 137.5 200 587.5

Dick Zenzen 272.5 170 227.5 670

Men Master 45-49

Teenage 16-17

nch	oressi rtesv o	ng her of Fred	way to glor Meighan, D	y at th igital i	e AV Parad	/PC W lise Stu	Vo
				0			
295	322.5	1077.5		400 -		400 0	
			Mike Wider	192.5		197.5	
			Ted Feight	160	92.5	160	4
115	182.5	470	Jon Smoker 90	232.5	120	222.5	5
165	307.5	797.5	Ed Sapienza	200	145	200	5
160	217.5		140+	200		200	-
			John Magee Men Master		195	250	7
87.5	140	377.5	67.5				
			Tony Noplos	175	120	195.5	4
182.5	172.5	565	Men Master	65-69			
			67.5				
	200		Fred Glass	170	65	165	4
110	200	540	67.5		440		
125	227 -		R. Gidcumb	157.5	110	165	4
135	237.5	600	75 D. Classes	222	125	242 5	,
	107 5	F02 F	R. Flores	233	125	242.5	ь
115	197.5	502.5	110 Earl Davis	207.5	125	197.5	-
160	227.5	670	(Thanks to Ar				
100	227.5	0/0	This meet was				
122.5	210	542.5	hold Co-mee	t direct	ore An	v lack	ens
	210	342.3	held. Co-mee AWPC /WPC	Founde	e Fenie	Frant	7
			fantastic job	in te	rms o	f equi	nr
112.5	215.5	572.5	logistics, and	attenti	on to	details.	
112.5		495	lifter receive	d a go	ody ba	g filled	v
			water bottle,	snacks	and sur	pplemer	nts
172.5	235	690	a T-shirt. Eve				
			The equipment				
125	232.5	537.5	time the folks	at Fran	ntz Spo	orts Cer	nte
			a meet you car				
			spotters did a				
140	235	595	lifters during				
117.5	180	470	judges who als	so did a	wonde	erful jol	b:
	040		Barlow, John Capehart, Erw	Burgha	rd, Ra	dar an	d
142.5	210	607.5	Capehart, Erw	in Cha	ng, Ter	ry and	1
102	100	(17 -	Dangerfield,	Bob Ke	elly, E	ric Sto	ne
183	190	617.5	Mike Sweeney	. Bob	Spaule be Tee	ing an	a
142.5	100	532.5	Anne Sternber job with aplon	g did	/DC/AA/	DC CEO	
142.3	190	332.3	Kidder was in	attone	lance	o rofor	-04
257.5	242.5	767.5	Kidder was ii	attent	lance	o reiei	6
180	267.5						
		12 CT	12.4 2 3 3				
					1000	600, NO	
152.5	227.5	667.5	NICAN POWERLIFT	- Esn	EBATION		
85	192.5	470	HICAN POWERLIFT	INC. LC	4000	<b>88</b> A	1
			A.P.F.	1000	A		
172.5	235	660	400		diam'r		
Start.	de la		72 111		- K-000		
182.5	300	782.5		mad del	0.00	WV	Ø.
242 =	200	745	AMERICAN P	y W	EDERATION		
212.5	260	745	A STATE OF THE PARTY OF THE PAR	550			
245	272.5	825	STATE OF THE PARTY	120	4		1
243	2/2.5	025				W OF	K
192 5	312 5	845		Booth?			-53

meet and greet all the competitors. Maris kept the meet moving with her inimitable style and flair. But without Ernie Frantz and Amy Jackson at the scorer's table it would have been a very different story.

The meet began with the Bench Press Competition. Eva Siskova traveled all the way from Slovakia to compete. She did an admirable job. As did Carol Krochmal and Sidney Thoms of the USA who took best lifter honors. Sidney made best lifter in the open and Master's divisions. The men's and women's master division proved that you're never too old to have fun lifting. Over 70year old lifters Betty Tenorio and Burt Rosenfield lifted very well, both of them setting records at the same time, with Burt taking Best Lifter. The open men had some very strong lifts with Fred Woodson taking home best lifter honors. In the master division, Bob McCaughnehey took best lifter honors with a fantastic 567.5 at 242. While placing second to Cozy Cozine, Ian Siska was another lifter from Slovakia o make the trip. It was good to see Dave VanBrocklin back after major hip surgery It's always great to see Walter Anczerewicz. He's my DONUT MAN and I love him

In the full powerlift division the minds boggled.Margaret Kirkland totaled enough for Best Lifter status and some more great records for her. Other names to watch were Brooke Fineis Curry who totaled 1062 in the165's. Sharra Powell is going to be a household name in Powerlifting soon. She totaled 940 in the 148's and she hasn't even hit her stride vet. With her most perfect form she will be lifting super big weights before long. Another woman big weights before long. Another woman who you'll always find outstanding in the field is 64 year old Evangeline Keresey. I had the privilege of lifting with her 20 years ago and she's back. And you'd better ratch out because she is as strong as ever.

The men's division held no slouches either. Rob Leoni dropped to the 114's for this meet. He's been battling cancer for several years already and still won Best Lifter Light with 1085. One of the most outstanding performances of the century I think, so far was Jason Patrick who tool Best Lifter Heavy with a 2310 total. Chad Aichs was another big totaller with 2370

Fach to be the guy with the worst track record with a for traveling to and from meets that I have ts, and ever seen. At Nationals they lost his notch. luggage and the same the luggage and the same thing happened again at this meet! Thankfully they delivered his stuff just in time to lift both times. But when the same thankfully they have been applied to the same thankfully they are the same things are the same thankfully the same things have the same things have the same things have the same things happened again at this same that the same things happened again at this same that the same things happened again at the same things happened ers and times. But who needs the aggravation! His flight for the last three meets I've seen him at all somehow got all screwed up, too! Maybe next time will be the charm. Tyson Janie Orwall had a very nice day, as did Tony Nancy Luna who won his first world championship e and at this meet. Congratulations Champs! Truly outstanding, Hunter Beck, becam-Officer the first teenager ever to bench over 400



Eric Stone deadlifting at the AWPC World Championships in Chicago.

one successful squat still was enough to get 181 him a Best Lifter crown. Tim Lane in the Dan McGehee 415 225 525 1165 308's had a fine performance going 8 for 198 9 while winning his first World Ryan Kline Championship. He is one of the true 220 gentlemen of the sport. Rudy Ruettiger had his usual fine lifting as did Mario Nigro, both mult World and National Champions 242 championship to his resume. Jon Smoker set a worod record squat he's been working for on the way to his victory. His description of the way to his victory. is only eclipsed by his niceness. What looked like it could develop into a close battle were Fred Glass and Rich Gidcumb. These two have been competing against FEMALE each other for years. This time it could Raw have been close, except for Rich's 123 lbs. superiority in the Bench Press. After that K. Self Fred could only play catchup which he wasn't able to do. Rich Flores, perennial the champion took home world records and J. Self Real Lifes in the 65 co. 1777. Best Lifer in the65-69 175's. He just gets 198 lbs.

stronger and stronger.
All in all, I would say that a grand time was had by all. Next year the Worlds will be held in the same place, July 29-31. Also watch for details on AAPF Nationals coming in March in Maine with Russ Barlow and his posse. Until then, stay healthy and stay strong. Maris

USAPL Little Bitty Qualifier Pt.2 13 Mar 04 - Baton Rouge, LA SQ BP DL Geatreaux 150 90 200 440

There were some good battles in the Emily Burnette 145 85 185 415

Masters. Bob Mccaughnehey and Rick SHW
Roberts had a bit of a fight going, but with his extraordinary bench, Bob picked up the win. Buddy McKee did a great job. Only Mike Roy 375 275 375 1025 John Clay 500 350 475 1325

> United We Stand BP/Curl 11 SEP 04 - Stanardsville. VA

275 lbs. Open S. Kuzma 125 CURL J. Self 1 365 220 lbs. (60-69) P. Kitchen 220 lbs. M. Lester 155 Remembering 9-11 and what happened to the USA that day, we celebrated freedom and what our great country stands for. Fun time lifting on the day. Kerry Self hit a PR 125 in the RAW bench and gets better each Teen (Formula) time out. John Self did the same hitting a M. Ciano-144 100 nice 365 for a RAW PR winning the 181. He M. Crocco-127 90 added a easy 155 curl to end the day. John M. Derstine 127.5 M. Cooper Jackson hit a 330 RAW to win the 196's. PJ S. Turzanski 142.5 T. Lehrer Kitchen hit 245 in the bench and nail a S. Gravesande 155 275 lbs. awesome 145 strict curl to win the 60-69 P. Godshall 127.5 B. Lombardi awesome 145 strict curl to win the 60-69 P. Godshall 127.5 division. Scott Kuzma nailed a good 540 G. Bealo Jr. 87.5 bench at 275 for the win. He should hit 600 R. Pachata-220—in the 2004-2005 lifting season as he work with the Fury bench shirt. Mike Lester did WOMEN

the 275 weighing in just over the 242 limit. Thanks to all the lifters for a great day. Thanks to John Shifflett for the

USAPL NI Bench Open (kg) 14 AUG 04 - Rockaway, NJ (Formula) 277.5 R. Palumba F. Conte-141 142.5 Pennridge 122.5 MEN Phillips-205 200 Open 148 lbs. Pora(2)-174 120 M. Ciano G. Stewart Submasters Welsch-175 130 165 lbs.

100 James Parr 117.5 Jeff Akin Young(2)-255147.5 M. Santiago Randy Malone 320 D. Krieg 202.5 M. Richmond
P. Porcelli-276 210 Guest
M. Richmond R. Miller(2) — M. Richt Juniors (Formula) 181 lbs. Robortaccio 137.5 D. Pora(2)

Zick(2)-191 175 N.Chiarolanza 130 USAPL Florida Collegiate BP (kg)
Nasser-207 182.5 Guest 15 MAY 04 - Et Lauderdale El 15 MAY 04 - Ft. Lauderdale, FL Schwerdtman 197.5 J. DeMatteo 212.5 Raw (Formula) 198 lbs. WOMEN J. Youna(2)-255147.5 R. Hanington Robortaccio 137.5 J. Zick(2) N. Smith V. Yarnall-133 107.5 G. Weber Jr. 205 100 kg. 100 R. Hayne C. Yarnall-162 130 132.5B. Creel Neal-245 192.5 F. Vogel Apistar-157 110 A. Meoli een (Formula) B. Gilbert H. Boateng G. Fils-Aime M. Manzo 142.567.5 kg. 172.5P. Gallaghe Teen (Formula) B. Gilber M. Ciano-144 100 D. Ceri

277.575 kg. S. Bissoon 72.5 242 lbs. 182.582.5 kg. 232.5A. Simons I. Falcone Team Scoring: Florida Gulf Coast Univer-SHVY

sity - 65 pts. Nova Southeastern University 202.5- 24 pts. Outstanding Lifters: Women with the Fury bench shirt. Mike Lester did a great job hitting a 155 strict curl to win (Thanks to USAPL for providing the results) (Thanks to the USAPL for providing results)

1st Annual Galesburg Bench Blast

135

Randy Malone 320 Jake Sabo

Cindy Blair

Masters 40-49

lake Sabo

165

Men/Open

Amy Suddle 155 Beth Malone 120

14 Feb 04 - Galesburg, IL

Tom Reese 475 Randy Malone 320

220 M. Underwood 480

R. Lombardi

Joey Vrabel

345 Brian Ware



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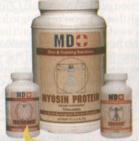
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#### SPF Tennessee Push/Pull 7FEB 04 - Hixson, TN

MEN		181 lbs.	
308 lbs.	40051	R. Lewis	370
G. Hicks 275 lbs.	1225!	165 lbs. B. Parsley	250
J. Robinson	1145	148 lbs.	230
J. Whisman	960		325
242 lbs.		K. McKenzie	235
242 lbs. R Clevenahgen	1110	Teens	
N. Peppers	1045	242 lbs.	
B. Bell	905	T. Brewer	475
220 lbs.	040	220 lbs.	240
T. Weller 198 lbs.	840	R. McCay 148 lbs.	340
M. Lockley	890	R. Whitmore	190
181 lbs.	0,70	Submasters	Tiol .
J. Maples	740	275 lbs.	
165 lbs.		P. Andrich	465
B. Parsley	705	Masters	
148 lbs.		308 lbs.	405
K. McKenzie	590	J. Hall 148 lbs.	495
Teens 308 lbs.		K. McKenzie	235
D. Smith	805	Grand Masters	
165 lbs.	003	242 lbs.	
Z. Marsh	580	B. Maples	260
148 lbs.		220 lbs.	
R. Whitmore	610	C. Wooten	340
WOMEN		198 lbs.	
148 lbs.		J. Mitsopovlos	340
B. Grayson	340	181 lbs.	220
132 lbs.		M. Harrell	220
C. Thompson 3	210	Raw MEN	
C. Pell MEN	310	308 lbs.	
Masters		T. Love	425
308 lbs.		275 lbs.	
I. Bible	1010	B. Pickett	405
220 lbs.		242 lbs.	
B. Monroe	800	T. Snelling	425
148 lbs.		220 lbs.	13737
K. McKenzie		C. Jordan	270
Grand Masters	<b>COCHINE</b>	198 lbs.	270
308 lbs.	870	H. Grisham C. Grant	370 300
B. Morgan 275 lbs.	0/0	R. Home	285
J. Robinson	825	181 lbs.	203
242 lbs.	023	J. Maples	275
B. Maples	660	148 lbs.	
BENCH		J. Love	325
Open		D. De!orenvo	265
MEN		K. McKenzie	235
Super Heavy		Teens	
E. West	475	220 lbs.	340
308 lbs. J. Hail	495	R. McCay Masters	340
275 lbs.	493	220 lbs.	
J. Robinson	510	B. Monroe	350
T. Horn	500	198 lbs.	000
T. Horn P. Andrich		R. Home	285
242 lbs.		148 lbs.	
T. Brewer!	475	K. McKenzie	
C. Larnbersie	350	Grand Masters	
E. Pitts	3/5	220 lbs.	_
R. Home	285	C. Wooten. 34	0
!=Best Lifter. T	he me	et was held by	Jesse
Rodgers, Presid	ent of	the SPF. Annou	ncer,
Rick Posey, H			attev.
Cid- I-1	ead Ju	uge, Ciliford Ba	Dill
Side Judges,	Scott	Hughes and	Billy
Side Judges, Abbemathy,	Scott Recor	Hughes and d keeper Vic	Billy toria
Side Judges, Abbemathy, Rodgers, Spot	Scott Recorders, L	Hughes and d keeper Vic.ee Roden and lavid Weinthal.	Billy toria Paul SPF

HICARI	0			
USAPL				
6-7 MAR 0	4 - Cla	arks S	ummi	t, PA
WOMEN	SQ	BP	DL	TOT
Open				
52 kgs.				
J. Brown	122.5			
S. Kubik	110	67.5	137.5	325
56 kgs.				
Master-1 (40-4				
P. Bournan-Ra	cek	105	55	130
290				
60 kgs.				
Open				
J. Kratz	127.5	77.5	137.5	342.5
Teen (18-19)				
T. Medeiros	120	52.5	127.5	300
Master-1 (40-4	19)			
N. Hill	82.5	57.5	107.5	247.5
67.5 kgs.				
Guest Lifter				
T. Kunsman	42.5	110	65	217.5
Master-1 (40-4				
K. Jones	10.5	95	120	317.5

gives special thanks to these people for all there help and support. (from Jesse Rodgers)

WEST COAST
BODYBUILDING
SCENE
The Golden Engl
TO THE WAY TO SEE THE PARTY OF
<b>一种</b>
人工队员产
DICK TYLER

Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

Police/Fire/M	Ailitary				J. Kavarnos	147.5	92.5	185	425
K. Jones			120	317.5	67.5 kgs.				
75 kgs.					Open				
Junior (20-23)	)				T. Pinkett	65	192.5	65	322.5
I. Streck	92.5	80	127.5	300	M. Deloach	_	10	_	_
Master-1 (40-	49)				Teen (18-19)				
T. Smith	42.5	57.5	95	195	C. Lutkowski	180	135	167.5	482.5
Police/Fire/A	Ailitary				University				
T. Smith	42.5	57.5	95	195	M. Galka	182.5	132.5	210	525
MEN					Session-2				
56 kgs.					75 kgs.				
Open					Open				
R. Caputo	-	_	-	-	B. Ahmadzadel	h	237.5	147.5	260
Master-1 (40-	49)				645				
R. Caputo	_	-	-	-	M. Cagliola	245	182.5	217.5	645
University					M. Carroll	180	160	217.5	557.5
N. Cincotta	130	75	160	365	W. Kelly	_	-	_	_
60 kgs.					Out-of-State				
Open					M. Richmond	230	200	212.5	642.5
J. Kavarnos	147.5	92.5	185	425	K. Davis	227.5	162.5	237.5	627.5
Master-1 (40-	49)				HS Varsity				

	M. Hastle Junior (20-23)	195	122.5	200	517.5
	J. Beezup University	175	102.5	227.5	505
	B.Ahmadzadeh		147.5	260	645
	Master-1 (40-49 D. Wilcox	182.5	112.5	172.5	467.5
		40	117.5	65	222.5
	82.5 kgs. Open				
	R. Wagner A. Halko	250 225	185	285 272.5	730 882.5
	T. Dickey C. Mackenzie	227.5	182.5	227.5	637.5
	Out-of-State	-	210	220	
	J. Dematteo H. Asch	227.5 222.5		220 240	657.5 627.5
	Teen-1 (14-15) S. Gavin	157.5	112.5	205	475
	Teen-3 (18-19) R. Schodle		Liber	The same	
	Junior (20-23) J. Brudzinski	182.5	122.5	197.5	502.5
	University				
	M. Clupinski Master-3 (60-6	9)		205	572.5
	J. Monk 90 kgs.	60	112.5	135	307.5
	Open J. Brown	280	202.5	235	717.5
Ġ	R. Toole				715
	R. Baum	187.5	177.5 135 165	2210	575
	E. Feldman	217.5	135	220	572.5
	C Mackenzie	202.5	165	185 182.5	334.3
ы	A. Miller	202.5	165	182.5	550
E	F. Garvey	195	147.5 142.5	200	542.5
	S. O'Connor	177.5	142.5	192.5	512.5
	T. Ivanov	100	133	100	333
	S. Baronoski	25	197.5	25	247.5
	T. Braca	-	-	-	-
100	OS-Open C. Nasser	21	160	275	650
	Teen-3 (18-19) S. Baronoski	25	197.5	25	247.5
	University S. Baronoski	25	197.5	25	247.5
ľ	OS-Junior		2-198*	23	247.3
	D. Johnstone	265	<u>belli</u>	267.5	532.5
	OS-University			000	
	D. Johnstone C. Nassar	265 215	160	267.5	532.5 650
	Master-1 (40-4	9)			1304
	E. Feldman	217	135	220	572.5
	D. Klein	185			562.5
	J. Pinto Master-2 (50-5	1/2.5	142.5	205	520
	J. Neallis	197 5	155	222 5	565
	100 kgs.	107.3	155	222.3	303
	Open				
		265	105	255	715
	R. Ludwig R. Zsido	252.5		242.5	
			175	260	672.5
	G. Davis C. Dickey	237.5	162 5	237 5	637.5
	E Schuster				572.5
	C. Dickey F. Schuster J. Raebiger	172.5	120		515.5
	E. Bronko	_	_	_	_
	Out-of-State R. Hansen	240	170	287.5	697.5
	HS Varsity J. Relm	235	142.5	195	572.5
	Teen-3 (18-19)				
	B. Casella Master-1 (40-4	165	135	227.5	557.5
	C. Ryce	-	105	255	715
	R. Ludwig 110 kgs.	265	195	255	/15
	Open				
	N. Williams	300	227.5		837.5
	M. Shirev	315	180	295	790
	E. Steiner	320	210	260	790
	T. Skelly	280		267.5	
.5	R. Ebner	287.5	187.5	260	735
	L. Schott	272.5	147.5	245	665
_	K. Scott	227.5	-	77.00	
.5	Out-of-State S. Mann	352	227.5	290	869.5
	OS-Master-1 (	40-49)		262.5	
	J. Hirsch HS Varsity	290			
,	K. Lynn Teen-3 (18-19)			247.5	
	J. Kekoanui Master-1 (40-4	19)	150		642.5
.5	M. Bowen B. Zimpfer	160	120		832.5 435
2.5	Master-3 (60-6 S. Chatis		145	227.5	570
.5					
	STREET, STREET				

Carlo Bridge Bridge Bridge	377.5 320	200 227.5		887.5 847.5	D. Thomas	181	203	402	787	Submaster T. Barravecch	io	Grandmaster L. Muscedere	300	S. MacDonald P. Bradshaw	680	Grandmaster N. Schuchert	27
	267.5			672.5	WOMEN					580		Teen (17-19)		WOMEN		Master	
		217.5		_	Teen Lt.					R. Bigrig	450	S. Antionette	500	Open		148 lbs.	
een-1 (14-15)					148 lbs.					T. Stockham	365	Open		97 lbs.		P. Palichat	1
	155	137.5	140	432.5	M. Proctor	220	115.5	303	638	Junior		181 lbs.		P. Lorenzi	240	Open	
25+ kgs.					165 lbs.					J. Leonard	450	S. Siwiak	670	Novice		S. McKenzie	2
pen					N. Williams	253.5	148	275.5	677	G. Corso	290	Teen (14-16)		132 lbs.		165 lbs.	
. Huslander	365	275	325	965	Master					Open		J. Cuccia	360	B. Benner	275	T. Pemberton	3
. Scandle	250		257.5	710	165 lbs.					308 lbs.		C. Deep	325	Master		Submaster	
Fiss	_	_	_	_	R. Hackney	248	148	303	699	C. Yannacci	585	Open		B. Benner	275	T. Pemberton	3
een-3 (18-19)					Special Olymp	oicians				S. MacDonald	525	198 lbs.		For the fifth y	ear in	a row the Pitts	bur
V. Zimpfer	212.5	_	_	_	181 lbs.					J. Medvan	430	P. Sinicropi	605	Monster meet	was he	ld at the Holida	ay I
niversity					P. Lockmet	_	99	259	358	SHW		B. Gregory	475	Pittsburgh Air	port a	nd was watche	ed
	212.5	_	-	_	T. Mimms	_	115.5	248	363.5	Open		Novice		over 600 spe	ctators	. This year we	e h
Thanks to USA	PL for	provi	ding r	esults)	This meet was	held a	t Que	st Nutr	rition &	D. Maust	630	J. Smith	525	thirteen 500 po	ound be	enchers and thre	e 6
		40.8			Athletics. Coor	dinator	r: Sher	man L	edford.	C. Walker	600	L. Joyce	485	pound bencher	s. Scot	Lewis weighed	in
					(Thank you to					F. Mason	525	B. Gregory	475	230 pounds ar	nd bene	ched 630 lbs.,	taki
USAPL Geo	orgia	& Sou	uthern	BP						Novice		J. Bohinsky	400	home both ca	sh pri	zes for the he	avi
06 MAR	U									C. Walker	600	Police		bench of the da	ay and	the best overall	ben
OO IVELLA		Duid	ui, Gr		ed pout			nn	m	M. Scappe	575	L. Stinson	535	based on the	Shwart	z formula. Big	Do
ENCH		MBro	adwata	er 407	5th Pittsbi					Police		Grandmaster		Maust also ber	iched a	huge 630 in on	aly I
MEN		Teen			28 MAR	04 - 7	owns	ship, P	A	D. Maust	630	L. Stinson	535			ve lifting. Way	
)pen		275 II			Open	A	. Spirr	nak	330	Submaster		G. Woods	525	Doug. Take if	to the	next level next	ye
65 lbs.		B. Wi	Ison	314	123 lbs.		mior			D. Maust	630	Master		I have to give	a shou	it out to my br	oth
	286.5				E. Sanchez		. Daug	gherty	330	M. Scappe		T. Bable	440			use he's my br	
220 lbs.					165 lbs.		een (1			WOMEN		Submaster	4 7 1			@ 275 lbs. and	
D. Rowe	325				C. Hartle		. Hile		360	Novice		L. Joyce	485			ort of locking ou	
275 lbs.					M. Hart		. Strah		330	105 lbs.		Junior				ner. This year w	
MEN	SQ.	BP	DL	TOT	Grandmaster		pen			M. Lindley	65	A. Gavnak	550			fts and one 70	
Open	3804				L. Muscedere					123 lbs.		Teen (17-19)				took home the	
181 lbs.					Teen (17-19)		Lewis		630	K. Faulkner	135	C. Jester	520			rall deadlift bas	
T. Pardue	545.5	402	556.5	1504	S. Antionette	250 N			550	Open		Open				lifting 670 at 18	
. Wright	485	281	584	1350	181 lbs.		. Youn		545	132 lbs.		220 lbs.				home the cash	
. Youngblood		242.5		919.5	D. Bird		. Willi		485	B. Benner	200	G. Oliver	625			lift with a 765	
198 lbs.	1000				T. Torok		. Petr		475	Master	200	Novice	020			e following peop	
	606	440	644	1691	Novice		. Creg		325	B. Benner	200	J. Vlasic	450			usy weekend r	
220 lbs.					D. Bird		1. Stas		320	Open	200	Submaster	450			p of the list	
	551	341.5	540	1432.5	Y. Harrison	340 P			320	148 lbs.		G. Oliver	635			ry clerk, cook	
	402	347	523.5		D. Reider		. Willi	iams	485	S. McKenzie	195	A. Spirnak	505			e. Thanks also	
		352.5		1179	S. Kelly		Slavi		485	Master Master	193	Junior (20-23)	303			eir time and pat	
Guest		332.3	000		Teen		. Coop		450	P. Palichat	85	L. Daugherty	400			d, Tami; my tr	
Open 242 lbs.					C. Deep		. Penb		300	Submaster	03	Teen (17-19)	400			Sineway, Bob	
	777	578	672	202	J. Cuccia		randm		300	Y. Vlack	225	N. Hileman	590			Master P" Portu	
275 lbs.	""	370	0,2	202	Open		1. Lind		550	Novice	223	Open Open	390			Deselle, Ken	
	722	529	644	1895	198 lbs.		. Penb		300	165 lbs.						nt, Joe & Faye Va	
H. Riley	308.5		402	985	R. Celli		laster	eruiy	300		125	242 lbs. C. Young	675			imm, Jake Metz	
Teen Lt.	300.3	-3.	402	303	J. Smith		. Coop	MAP	450	T. Saven	123	T. Smith	660			Early. Finally,	
132 lbs.							ubmas		430	DEADLIFT						it. Steve, a W	
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years later. At 181, Doug VanAffelen was best at 40-44 (424.38). At 65-69 CA's Coy Sanders came out of retirement and earned top honors with 264.55 @ 65 years of age. 90 kg. (198.41) -Tyson Orwoll, 21, USA, went 3 for 3 and did 157.5 kg. (347.22). Orwoll had a theory he would've lifted more if held been immersed underwater, but he saved the big dunks for his 3 lift competition later on. At 45-49, Mike Miller, 47, of Akron, OH hoisted 440.92 (200 kg.) on his opener for the win: 7.5 kg, more than he did in winning the Nationals 6 mos. earlier. 110 kg. (220.46): Richard Briggs, 19, an Omaha, NE cornhusker out of Big Iron Gym in Omaba, NE reaped a huge Fall harvest by elevating a 2nd attempt 255.0 kg. (562.17) for an 18-19 WPC WR. He stormed 262.5 (578.70) a last ditch effort but missed. The Masters 45-49 saw Golden State Great Bob Evans, 58, (219.13) take top honors with his 185.0 (407.85) 3rd attempt. He raised the bar to 200.5 (442.02) to assault the WR on an extra attempt. At a future date, perhaps it shall be his. Terry Lancaster, 61, USA weighed exactly the same as Evans. and had his way in the 60-64 bracket, lifting 3-3, final weight

187.5 kg. (413.36). The 70-74 champ is Igor Goldman, 71, the Russian team coach (I think). He broke the WR three times: 130.0 (286.59), 140.0 (308.64) and on a 4th attempt: 145.0 (319.66)! I forgot to mention that David Beckinsale, 61, USA, was runner up to Lancaster with 165.0 (363.75), 110 kg.: (242.50) Junior champ this year (20-23) Christian Fredette elevated 227.5 (501.54) on an opening attempt, and just missed 237.5 (523.59) twice. At 40-44 it was Mark Hennessy, 44, from Huxley, IA (USA) also making 227.5 (501.54) successfully on his 3rd. He made 182.5 (402.33) winning the Nationals. With the same family name of a bench pressing legend (HENNESSY) he's got a lot to live up to even if there is no blood kinship. (Minnesota Monster MEL HENNESSEY did 259 kg.

(571.0) no shirt, @ 221 on 23 AUG. '70 in New Orleans, LA at the AAUSr. Nationals). Runner-up to Mark here was Hairi Hissa, 42, of FIN with 210.0 (462.96). 125.0 (275.57): 18-19 - Andrew Liu,



Jim Pressley, who was Tom Manno's handoff man at the meet, has an appropriate license plate . his are 24 1/2" cold! (Herb Glossbrenner photo)

USA, won his age group with 222.5 couldn't lock his arms sufficiently to (490.52). He tried a WR 228.5 couldn't lock his arms sufficiently to please the judges. Zero-today, but (503.75) extra attempt, but didn't get it. Mark Sumner's hopes to become the Juniors (20-23) World Champ faded away, missing all his

tries with an overly ambitious 282.5 (622.79). Mike DaLaval, 42, captured the 40-44 division when he aced a great 285.0 (628.31), then missed one uncooperative stab at 295.0 (650.35), and waived his final try. 140.0: (308.64): Kari Kalliola, 41, went on a tear. He first eclipsed his own (40-44) WR of 273.0 (601.86), which he'd established at last vear's Worlds in Calgary, CAN. Right off the bat he commenced with 280.0 (617.28) here - success! Then he leapt big - up to 295.0 (650.35) and got that also. He passed his last saving some for the full powerlift competition. At 45-49, Tom Manno, 46, better known as Captain Bench America has an official 321.0 (707.68) this year. He tried 310.0 (683.42)

three times here, but he'd be back for the Open competition tomorrow. David Dickey, 42, (318.34) was the sole SHW and won the 40-44 Masters World title

with a 3rd attempt effort of 250.0

All the Open Men contested on Wed. Oct.13. Two men weighed twice and lifted twice. Repeat winners included Surrender Dhah @ 67.5 (148.81) and Doug Van Affelen @ 181 who lifted more in his second outing: 197.5 (435.40). A couple of others pulled themselves up by the bootstraps. Nick Marinis opened less auspiciously and got 175.0 (385.80) on the board, and vindicated himself from the previous day's bomb. Tom Manno, 46, in red white and blue, made a "light" start of 282.5 (628.31), which was enough not only to put another notch on his mile long resume, but established a WPC 45-49 WR@SH in the process. Being HARDCORE doesn't mean START WITH MORE, Right, Tom? At 60.0 (132.27) Russian Anatoly Nefedov was elated not only with his win, but in having no misses: 140.0 (308.64). Goodshow, bro! The 100 kg. class had four hard hitters in contention! Ryan Gerard, USA, had high hopes that didn't work out. His bold opener: 260.0 (573.19) tilted going up - unfinished. A repeat was up - down, also no lift. His



place was Oleg Zaitsev, RUS,

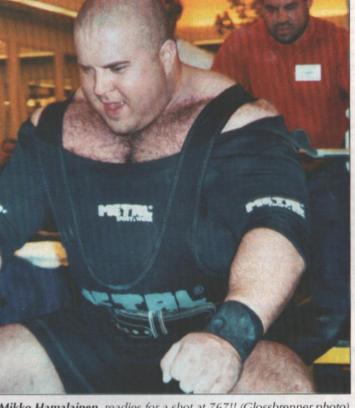
241.62, who manhandled 200 kg. (440.92) on his 2nd round and waived his 3rd. A PL legend of the Eighties, alive and reincarnated, drew top billing here. Joe Ladnier, 41, a living breathing facsimile of the "Farnese Hercules II proved his incredible muscularity is not just a showcase, as he is strong as an ox. Joe opened with a WPC WR, 40-44, (PR also) 327.5 (722.0) and rammed it up like a broomstick. He was inspired to go straight to 348.0 (767.20) and took two potshots, trying not only to up his own mark but claim the biggest lift of all time in this category. George Halbert's 347.5 (766.09) remains intact, but Joe showed he may be the only man capable of beating it. David Coleman, 37, 370.37, gained 20 kg. (44 lb.) since winning the Nats with 227.5 (501.54). Shooting for the moon, he opened with 265.0 (584.21), missed twice; then went up to 272.5 (600.75) for his do or

This left one man to share the limelight with Ladnier. Mikko Hamalainen, 37, weighed in at 136.40 (300.71). He'd posted a 3 lift TOT of 1085 kg. (2392) almost 3 years ago at the WPO Powerlifting Finals in Columbus, OH (USA). That was where he injured himself executing a 355 kg. (782.63) deadlift. His herniated discs had not responded to rehab; and therefore forced him out of action as a top PLer. So, he turned to the BP only, with outstanding results. On Sep. 7,

'03 in Turku, FIN, Mikko became the first non-American to surpass the 700 lb. bench barrier. Weighing 143.40, he opened at 310 (683.43), then crashed the barrier on his 2nd lift with 320.0 (705.47). He followed up with a successful 3rd attempt of 330 kg. (727.52). This performance opened the floodgates for other international lifters to join him on the "other side" of 700! At last year's WPC Worlds in Calgary, Vladimir Kravtsov, 31, RUS @ 127.20 (280.42) became the 2nd non-US man and the first to do it in 3 lift competition with 320.0 (705.47). In May of this year Kenneth Sandvik, 29, 341.7, another FIN, made 325.0 (716.49) in IPF competition on a 4th attempt where he totaled 1000 kg. (2204.62). Last year, yet another Finnish lifter -Tommi Rantanen, 23, lifting at the WPC Worlds in Calgary, Alberta, CAN upped 310.0 (683.43) establishing a WPC Junior (20-23) W/R. On July 17, '04 in June, FIN became the 4th lifter and 3rd from Finland to jump on the 700 club World only bandwagon. He pressed a surprising 340.0 (749.57) at 288.8 bwt., a huge 30 kg. increase for him (66 lb.). Now, I've learned that on Oct. 2 at the recent Japanese Championships, Daisuke Midote, 32, hoisted 323.0 (707.68). Now the Beyond the USA World 700 club has 5 members.

Hamalainen had high hopes of extending his best here. He opened with 320.0 (705.47), a miss, but

came back strongly to make it on 2nd attempt. This was a new WPC 33-39 (submaster) WR, besting the record of 310.0 (683.43) set just one year ago by USA's Dan Cummings. Mikko went to 337.5 (744.04) for his final lift and nailed it, but he wasn't done yet. He called for a 4th attempt of 348.0 (767.20). Nikko had hopes of eclipsing the record of another BP legend. The 140 kg. (308.64) record was held by Scot Mendelson, also 347.5 (766.10), established March 17, 2002 in Red Deer, Alberta, Canada at Bruce Greig's CPC Canadian Nationals. Mikko gave it a spirited try, but missed. He had set two World Records, and become WPC World Bench Press Champion, Next year the WPC Worlds will be held on Mikko's home turf as it was in 2002, FINLAND! Will we see one of the Fabulous Finns inaugurate the World 800 Club? We will have to wait and see. As far as the 900 club that is a barrier that only 175 kg. (385.80 lb.) American Eugene Rychlak has surpassed. Both Kennelly and Mendy have been knocking on that door, but it hasn't opened for either yet. Talks of the 1000 lb. bench are now infiltrating the internet chat rooms. So far only Peter Thorne's forklift record remains out of reach. I hope and pray for his sake that he did it in an Inzer



Mikko Hamalainen, readies for a shot at 767!! (Glossbrenner photo)

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# **WPC World Bench Press**

12-17 OC	Γ 04 -	Fresno, CA	
MALE		(70-74)	
pen		Goldman RUS	308
.5 kgs.		4th-319!	
khan RUS	176	110 kgs.	
.5 kgs.		(20-23)	
	286	Fredette USA	501
omas USA	_	(40-44)	
+ kgs.		Hennessy USA	501
	369!	Hissa FIN	462
endelson	275	125 kgs.	-
ALE	2/3	(18-19)	
kgs.		Liu USA	490
0-54)		(20-23)	430
	2011	Sumner USA	
brovitz CAN	2011	(40-44)	476
.5 kgs.		DaLaval USA	628
5-59)			020
nah USA	154	140 kgs.	
kgs.		(40-44)	650!
8-19)		Kalliola RUS	650
artynyuk	330	(45-49)	
0-44)		Manno USA	-
arinis USA	-	140+ kgs.	
0-64)		(40-44)	
ossbrenner	214	Dickey USA	551
5-69)		Open	
attison USA	231	60 kgs.	
5-79)		Nefedov RUS	308
ller USA	275	67.5 kgs.	
.5 kgs.		Dhah USA	154
0-44)		75 kgs.	
nAffelen	424	Marinis USA	385
5-69)		82.5 kgs.	
nders USA	264	Vanaffelen	435
kgs.	200	100 kgs.	
0-23)		Ponomarenko	661
rwell USA	347	Woodson USA	540
5-49)	341	Ustinov RUS	496
iller USA	440	Gerard USA	_
0 kgs.	440	110 kgs.	
8-19)		Lanier USA	722
iggs USA	562!	Zaitsev RUS	440
5-49)	302.	Bobdnenko	264
iz USA	380	140 kgs.	
	300	Hamalainen	744
5-59)	407	140+ kgs.	
ans USA	407	Manno USA	628
0-64)	412	Coleman USA	320
ncaster USA			de
eckinsale	363	!=World Recor	us.

(article continued from page 7) and a TOT of 1802.26. Tom is a passionate fellow, and tried hard to pull out the win with a 677.9 DL. It didn't pan out. He got upset and then really got demoralized when he was



Larry Mistric trying 766 (Herb G.)

told he was disqualified. Thank goodness Kieran Kidder reversed this harsh decision. Thomas deserves 2nd place and by golly he has it - it's official! I almost forgot Thomas also tried 513.7 W/R BP on a 4th trying to surpass the name of a PL pioneer - Ronnie Ray. He didn't get it, but it is on his agenda. The winner was a legend himself. Larry Mistric, 48, is a household word in Texas PL going back some 20 years. He added the World title here to his long list of accomplishments: 716.49 SO, 490.52 3rd attempt BP, and a doggone impressive 650.35 DL final, coming back from a missed attempt with 639.4 on his 2nd, TOT 1857.37. 242, 50-54, saw a wounded Ken Wheeler SOing a great 722, and then token out the rest of the meet to avoid further injury, and win 3rd. In 2nd place was Michael Bechard, 51, USA with 1091.27 aggregate. Winning the whole thing (no surprise) was IL police officer Dick (never say die) Zenzen. Dick almost did die a few years back, falling off the roof of his house. It's been a slow recovery and



Mike Taylor, 220s 40-44, trying a 545 bench press (Glossbrenner photo)

he's still not back 100% yet. His SQ is though. His 727.51 is a lifetime best, and I think Dick will reach his life's dream of 800. TOT 1636.91 a fine result. At 60-64 Skip Sandburg, 64, took it easy in the SQ and DL, but was red hot in BP, setting two WPC

WRs with a 451.94 3rd attempt BP, as well as an additional 4th attempt success with 462.9 - TOT 1620.39. The Skipper was feeling chipper! The 275s, 308s and SHWs Masters reconvened Friday morning! Troy Morris, 43, who is almost as tall as a CA redwood earned the 40-44 275 title with well balanced lifting: SQ 667.91, BP 451.94, and DL 650.35, for a 1780.21 TOT. At 45-49, 275, USA's Mike McDaniel prevailed, hitting a big 788.14 3rd attempt SQ, a good 485.01 BP and his opener 595.24 DL. TOT 1868.40. Runner-up to Mike was Pekka Rantanen, coach and big daddy of the Rantanen Finnish clan. Pekka pecked through his 705.47 SQ, coasted home to a 1703.05 final total. In the Masters 50-54 it was a USA sweep: 1-2-3. Mike Moore (1708.58), followed by Gary Ridgeway (1587.32) with good ole Delmar Brown, 51, capturing 3rd place in the worlds with 1532.21. On to the 308 class. Omaha big boy, 42, Dale Pearson, had his way in the 40-44 bracket. Dale smoked his opener 799.16 SQ, but couldn't satisfy the judges depthwise with 854 nor 871. Dale I believe hit a PR BP with his



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missed his final try at 755. David Tooker, 45, followed in the footsteps of his son, who'd won the 18-19 275 title earlier on with his own victory in the 45-49 class. Dave tipped the scales at 296.3. Like father like son - big runs in the family. Tooker went 5-9. SQ 600.75 a 3rd attempt following a miss same weight on his 2nd. He made all 3 BP: 446.43 and yanked a 2nd round 606.26 for 1653.45 TOT. Brian Meek 58, came in at 290.56, the biggest I've seen him in a while (if ever). He satisfied himself with two SQ's (777.12) and passed his last. Brian tried a new shirt with rousing success hitting a WR 513.67 on a 3rd and looked good for a lot more. Two deadlifts for Meek (644.84) - TOT 1934.53. My biggest task of lifetime as a statistician would be trying to do a Brian Meek Chronology. He's been in over 500 meets. Is that a record that anyone out there can top? Winner at 45-49 and the only Master SHW was all about the Benjamins -Nick that is. He carried the biggest body mass (351.85) and did

body mass (351.85) and did some nice solid lifting: SQ 705.44 (miss 744), BP 562.17 (miss 633.8) and DL 551.15 failing with 628.3 for 1818.79.

The afternoon of Friday Oct. 15 all the women lifted: Two competed at 123. Laura Wilson, 42, USA won the Masters 40-44 going 8-8 TOT 782.63. In the Women's Open, Susan Rinn, 42, prevailed. She does plyometric leaps before each lift. Susan SQed 352.73 on her opener, missing big tries with 374.8 and 380.3 with her narrow stance style. The BP is Susan's

showcase lift. Weighing a mere 118.16, donned in her single ply "Fury" shirt by Titan, she hoisted a 40-44 World age group mark of 253.53, her lifetime best according to her coach Gary Pendergast who started Susan lifting (I believe he said) 8 years ago. She hails from Seguin, TX. Gary, by the way, will be hosting the 2005 APF National Masters, Junior, Teen age in Austin, TX. Susan DLed 330.69 2nd missed 341.7 for a fine TOT of 936.95. At 132, Heidi Burke, USA, won with a good 325.17 SQ and 777.12 TOT. Kristen Peterson, 17, a Omaha B.I. girl won the 16-17 age group for Team USA with a 722 TOT. At 148 we had a bunch of World Record setters. Bernice Green-Fuss, 47, weighed in light at 143.30, but made good lifts of 358.24 SQ and 347.49. This Canadian damsel is an exbodybuilder who was inspired by Nance

Avigliano when she saw her lift in CAN. Bernice BPed 231.4, and almost made a WR 249.12 BP for the 45-49 age bracket, and finished with 936.96, fine lifting in view of the fact she's only been at it for a couple of years. She recently married Duane Fuss who accompanied her and lifted in the Mens Masters, as reported earlier. Evangeline Kiser-Kersey, now 63, came out of retirement and shows she still has the pizzazz that she did when she lifted back in the Seventies and Eighties. Evangeline set no less than 9 WRs, shattering the 148, 60-64 age group records with nearly every lift: SQ 275.57, then even more with 292 on a 4th. In the BP she broke the WR twice (148.81), and in the DL 2 more WRs (347.22). In the TOT it was again 2 more WRs As amazing as her lifting was her radiant, captivating smile. In the women's open, 2nd place, 26 year old Natalia Erkhan was tall and absolutely drop dead gorgeous! Her lifting wasn't half bad either. The Women's open 148

Natalia Erkhan of Russia (Yuri Ustinov phoito)

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champ, retaining her title from last year, was Melissa Ortega, 27. The Texas strong woman gave us a few anxious moments taking all 3 to get her big 501.54 SQ on the board. Melissa has a set of thighs that appear to be 26 or 27" in circumference. She BPed 314.15 on a 2nd attempt following a miss, then failed a monster try of 341.7 DL. With her opening DL of 479.5, Melissa established a Women's Open TOT WR of 587.5 (1295.2). This erases the record of 1258.82 held by WPC Women's PL icon Mariah Liggett.. Ortega went on to twice try a 501.55 DL and came ever so clos,e but couldn't lock out. Lisa Denison, 35, captured the World title she'd hoped for in the Women's Open, but not the lifts she hoped for TOT 1008.60. She did, however, salvage a PR 214.95 BP. Lisa also filled in as emcee, at times, to relieve Maris and Bob. Ali Huston, 18, reduced down to 165 and established 4 WR in the 18-19 age group: SQ 451.94, DL 457.45 and broke the

TOT record twice (1107.81). Later, she and the other girls got even with prankster coach Rick Hussey of their Big Iron Gym in Omaha, NE by pouring chili on him while he was sleeping. What did Rick do to deserve that? Kim Packer, 43, took the Women's Master 40-44 at 181 with a good 953.49 TOT. Not bad for all the recent stress she has undergone, what with illness in the family and helping Bob run this meet. Masters 45-49 went to Amy Razor, 48,

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(799.17). In the 198s poor Helen Pardi, 57, bit the dust as she'd done in the Nationals, failing to get her 242.50 SQs low enough her to satisfy the judges. Al Garcia's fifty-something duo of Karen Polansky, 57, and Delia Chilgren, 56, from up Sacramento way, both won their respective master age brackets: Karen the 55-59 at 198, and Delia the 55-59 @ 198 plus. Theresa Merenkov, 46, RUS @ 226 bwt. TOT 766 to cop the 45-49 Women's Title. 'Tis said that people come from miles around back home to sample her prize winning borscht! Maris Sternberg, 56, tipped the scales at a petite 215.56, and went on a record breaking mission. She topped her own Women UNL (55-59} SQ record twice - with 451.9, then 473.98. They were slow recoveries and painful to watch. She made a 402.3 DL following a good 187.39 BP, but hurt herself a bit trying to get 418.89 up. TOT 1063.37, not quite enuff to break her own WR. Everybody had their eyes on Machia Dudley, the 18 year old - 276 pounder, and the latest wunderkind from the Big Iron stable of limitless lifters in Omaha, NE. Nicknamed "Big Mac" cause she like to eat a lot of them. Machia sat deep with her 573.20 SQ, following a mis grooved opener, a new WR. She's done 600.75 officially back home, and I'm told by Rick that makes her the first teenage girl to hit the Big Sixer. Dudley stroked 3 WR benches (270.06 best) and pulled two WR deadlifts (418.87) for a big TOT (broke it twice) WR 1262.13.

On Sat. 10/16 the open men started lifting. 114 thru 198 in the morning with 220 and 242 that afternoon. 132 - Shant Sheklanian, USA, who'd lifted earlier in the week, was inspired to weigh in again and win the Men's Open Title and try to beat his personal bests from Wed. He had 3 days to rest and did 270.06 PR and a final 413.36 which also upped his best DL mark. Was it worth it Shant? 'You betcha,' he replied! Victorious at 148 was Charles Morse, 38, of IL. Charles TOT 1179.46, but is way tall for this



Shank Sheklanian a double winner at the WPC World Championships

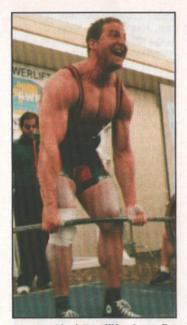
Marc Caplan closes out in the DL.

sweep for USA. In 3rd place was John Villarreal (1681.00). James Kegrice of San Diego, CA challenged Mike Brown, 27, from Omaha, the reigning APF Srs. Champ. Brown took the lead after two lifts 1179.46 to 1107.81 for Jimmy. Kegrice had the biggest SQ with 694.45, but couldn't sink his 727.5 and 738.6 attempts. Kegrice BPed his 391.31 opener, then failed twice with 402 3. Brown took a substantial lead with his big 501.55 BP, making all 3. It came down to the DL. Brown stopped at 622.80, and had an 1802.26 TOT. This left the door open for Kegrice, a pulling specialist. He pulled 644 8 to assure 2nd place. then drew within striking distance (694.45). One lift would decide it. Kegrice tried 716.5 which would tie Brown's TOT, but since both men weighed in at 198.41, the outcome would necessitate a re-weigh. As it turned out, Kegrice failed his golden opportunity - 2nd place TOT 1780.21. At 220. Brian Mull. 31. USA latched onto 4th place with his 644.84 2nd attempt DL. He subsequently missed 661.4-TOT 1835.33. Finishing in 3rd was Adam Driggers, also 31, USA. Adam missed, then made an 826.72 SQ, and then tried 870.8 but couldn't recover. Adam got 3W on his 2nd attempt (518.08) and came very close to locking out 551.1 on his last effort. DL: he pulled 600.75, then passed his 2nd attempt to charge his energy reservoir. Up to 661.4 last try. Couldn't do it - TOT 1945.56. Finishing runner-up was Brian Carroll, 23, also USA. Brian got off to a great start. After an 826.7 SO opene, he went to 854.28 - good - a new 20-23 (Junior) WR. He increased to 876.4. He strugged up, but got 2R for depth. Brian BPed 496.03, moved up to 511.6, and got it up. No lift. Carroll pulled 650.36, which assured runner up spot (2000.67) then attempted 666.9, but it wouldn't go. Having lifted less than a week earlier at the WPO Finals in Marietta, GA, Harald Selsam, 36, of GER, proved his vast superiority. Possessing huge

class (5"8"). At 198 it was a 1-2-3



Harald Selsam - a crowd favorite



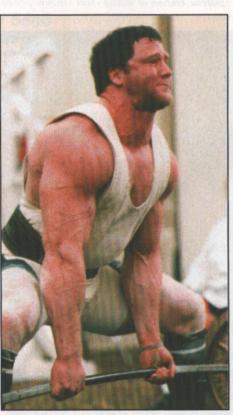
Rozen's Final Deadlift of 749 lbs.

thighs (he's a quad squatter), Harold opened with a nice 826.7 dunk - very strong. He went straight to a PR 415 kg. (914.91), got up, but was called on depth. On his last lift he sat deep and powered right up. A splendid lift, and a 33-39 WPC WR. He had trouble finding the groove and missed 462.97, and we thought he might eliminate himself. Not to worry, he smoked it like an empty bar to stay alive. Harald made 3 great DLs, finishing at 727.52 for 955 kg. (2105.39) TOT which was also a submasters WPC WR. The 242s had four strong contenders. Kari Pontinen, FIN, had a big 3rd

attempt SQ 837.75, but fell back of the others with only his BP opener (440.92). Kari pulled 672.40 on his 2nd round DL, but could not negotiate the 705 4 lift he tried for his final -TOT 1951.09. Warren Rozen, 25, weighing a mere 221.78, just failed to make the 220 limit and had to go against much heavier opponents. With curly hair and laughing eyes, from down under (Australia), he had his work cut out for him. He opened with a deep, deep 771.61 for a good lift. He went on to a big 826.7, came up, but lost his balance at the top. In the process he tore cartilage in his knee and had to be assisted off the platform. He didn't appear for his 3rd. "What a shame", I thought, "after traveling all that way - he's done". Warren proved me wrong. With his knee bandaged he hobbled out for a token 143.30 BP to stay alive. Then he tested himself further with 352.7. Warren couldn't position his feet back the way he wanted to, which hampered his performance. Still he gamely came out and upped 440.92 on a 3rd attempt, far below his best, I learned later.

Ditto the deadlift. He came out and did a token 143.30 DL to at least assure totaling. Next he surprised me and came out to yank up 661.4 like a broomstick on his 2nd attempt. Courageous, I thought, but it would be impossible for him to lift enough to get a place. He was 66 lbs. behind the FINN. Then, surprise of surprise, and, in what was unquestionably the performance of the whole meet, the bar was loaded to 340 kg. (749.56) for his 3rd and final attempt. Rozen limped out, bent over, grasped the bar and stiff legged it to completion using all back. It went up so fast and easy that the audience, including myself, went nuts. This catapulted his TOT to 1962 09 beating out Pontinen for the bronze medal. A week after this meet, I got confirmation that his surgeon had confirmed he did indeed have a cartilage tear and would undergo surgery to repair it. Oh, by the way, Rozen's DL was a PR. Earning the runner-up honors was Oleg Zaitsev, of Russia, whose lifts were 799.16 SQ, BP 551.15 and DL 683.42 (2nd) for 2033.74 TOT, USA's Justin Graalfs, 24, another of the Omaha wrecking crew, was looking mighty strong making all 3 SQs no problem (881.84). He BPed 507.05, and led by 38 going into the DL where he pulled 710.98 for 2099.88. His last attempt of 727.5 wouldn't cooperate. Nothing hinged on it, as he'd already won.

The final day, Sunday 10/17, was finally at hand with the 275, 308 and SHWs ready to go at it. The 275 class saw 15 year old Daniel Macri back in action. He came in at 263.23. Danny wanted to break his own 13-15, 275



Justin Graalfs moved big iron for Big Iron Gym

class World Records, which he'd established four days earlier. He exceeded 5 more here to bring his TOT toll for the whole meet. Yes, that tops everyone else. On two SQs, 512.6 and 518.08, he horsed right up using an unorthodox "humpback' style. On a 3rd attempt he beat his own BP record with 325.17. In the DL, he busted his own WR with a 490.5 3rd attempt, plus an extra attempt 507.05 also good. His 1333.78 was vet another record for this ambitious young man. He got 3rd in the 275 open. In 2nd was a new face, Ryan Healy, 28, with fine lifts of 749.56 SQ (3rd), BP 551.15 (opener) and 705.47 (all 3 DLs good) - TOT 2006 20. This year the winner was James Grandick, 35, grabbing the 275 World title that had slipped from his grasp in last year's controversy in Calgary. There would be no denving Jim this year. He SQed 854.28 on an opener, but missed twice with 903.9. Coach Rick Hussey picked his benches just right. He made them all: 644.8, 661.4, and finally 672.4 not quite his best, as he'd done 683.4 in a single lift meet in IA last August. Jim had himself primed for a PR deadlift and did just that, hoisting on his final try a 733.03, following successes of 694.4 and 722.1 - TOT 2259.71. 308: Garrett Harper. USA, 28, had the misfortune to miss 804.68 and was out of the competition. Aaron Lawrence, 34, a familiar face to me, made three fine SQs -837.74! Aaron secured his missed 551.15 BP opener the 2nd time around, but 573.2 stopped him cold. DL: Aaron pulled 738.55 on his 2nd attempt, and passed this 3rd

TOT 2127.46. Kari Kalliola, 41, was at it again. He had lifted in the BP only competition earlier in the week, setting a 40-44 single lift record of 650.3. Kari eases himself down in the SO slow and controlled. He opened big with 914.91, losing balance on the way up. His 2nd attempt was slow and difficult but he got 3W. Kari tried 947.97 on his 3rd attempt, but got pinned. BP: Kalliola had hopes to BP bigger than ever. Following a 628.3 lift, he leapt to 672.40. missed, but came back for a 40-44 record in full power competition. His previous best had been the 601.8 he'd lifted at the Worlds last year in Calgary, a 71 lb. gain in a year is serious progress. Maybe, he will become the 4th FIN to bust the 700 barrier in the near future. Kalliola raised a 617.29 DL opener which gave him entrance to the 1000 kg. Total Club -2204.62, but he missed further increases with 661.4 and finally 677.9, and was runner-up. The 308 champ was James Hoskinson, 34, of

**WPC World Championships** 13-17 OCT 04 - Fresno, CA FEMALE SQ BP DL 132 lbs. Teen (13-15) 374 170 286 832 Lanier USA MALE 132 lbs. luniors (20-23) Sheklanian USA 396 264 407 1069 Teen (13-15) 501 314 402 1218 Sumner USA 220 lbs. Juniors (20-23) 518 347 512 1377 Orwell USA Fredette USA 650 396 611 1658 275 lbs Teen (13-15) Macri AUS 507 319 485 1311 Teen (18-19) Tooker USA 562 413 573 1548 308 lbs. luniors (20-23) Higgins USA 826 623 633 2083 (18-19) 903 551 672 2127 Weech USA Graham USA 132 lbs. Master (45-49) Richey USA 407 259 666 374 1041 Master (40-44) Tanabe USA 473 192 501 1168 Master (45-49) 479 352 451 1284 Master (50-54) Bobrovitz CAN 110 310 137 556 Master (55-60) Feight USA 352 225 363 942 Dhah USA 143 143 264 551 Master (70-74) Stockinger 319 242 440 1003 Master (45-49) Cirigliano USA 473 325 573 1372 Master (65-69) Master (65-69) Flores USA 523 264 529 1317 Mattison USA 330 242 374 947 Matter (75-79)

Garry USA 325 220 402 947



Jim Hoskinson - WPC Champ @ 308

Clermont, FL. Jim has a unique story. He's only been PL a short time. A few years ago he suffered a terrible accident which severed both patella tendons in his knee and tore both quadriceps loose from the bone. Doctors said held never walk again, but James is one of the toughest guys on the planet. Not only did he turn to PL after he had rehabilitated himself, but

181 lbs. Master (40-44) Graham CAN 661 418 573 1653 1543 RichardsonUS 578 363 600 Fabiano USA 501 402 534 1438 Peterson USA 562 314 534 1410 319 562 540 MacMillan USA 1421 Summer USA 518 319 457 1295 Master (65-69) Sanders USA 275 275 275 826 198 lbs Master (40-44) Fleming USA 672 462 600 1736 573 358 562 1493 Mullen USA Master (45-49) 749 Caplan USA 435 moto USA 710 451 529 1692 Master (50-54) 655 253 589 1499 Bush USA Master (55-59) 424 424 402 1135 Razor USA Wilson USA 479 479 402 1229 Master (40-44) Taylor USA 761 545 661 1968 Master (50-54) Maxwell USA 749 363 705 1818 Olinger USA 551 363 507 1421 Master (55-59) Burgyard USA 562 308 Birch AUS 485 281 468 1234 Master 60-64) Lancaster USA 479 418 507 1405 Master (65-69) Irons USA 407 270 402 1080 242 lbs. Master (40-44) Ward USA Master (45-49) Mistric USA 716 490 Montenbault 755 424 628 1730 Bowman USA 672 551 Fuss CAN 639 468 606 1714 Master (50-54) 727 396 512 1636 Zenzen USA Wheeler USA 722 132 Bechard USA 407 308 374 Sandburg USA 584 450 584 1620 275 lbs. Master (40-44)

he has several official thousand pound squats under his belt, plus an official 2303 TOT he'd made 19 JUN 04 in Ft. Lauderdale, FL in APF competition. James is a scary looking dude, and in the past has excelled in the Ultimate Fighting ring, yet in reality he is very soft spoken, humble and polite. Following his opening SQ of 970.02 - good - Big Jim went straight to 462.5 (1019.62). This would equal the WPC WR held by L.A.L.C.'s Oan Basson who'd set the record at the 2003 APF Sr. Nationals in LA. The WPC record roster still mistakenly had the record listed at 458.5 (1010.80) belonging to Al Mehan (CAN) from the 2000 WPC Worlds in Las Vegas. He made this lift, but it was ruled shallow. He came out for 465 on his final attempt (1025.14) hoping to be record holder. A misload was discovered - they loaded an extra 20 kg. on the right side. Nobody caught it until Jim told them it was way heavy when he tried to take it out the rack. Then, with the weight correctly loaded. Hoskinson succeeded (2W) for a new WR. BP: he missed, then made, 551.15 BP, but had hip raise trying 589.7. Jim pulled all 3 (710.98) for 2287.30. He's the new 308 World Champion. The SHWs had two big bulls hailing from Baton Rouge, LA. Garry Frank, now

Morris USA Master (45-49)	677	451	650	1780
McDaniel USA	788	485	595	1868
	705	468	529	1703
Master (50-54)				
	722	385	600	1708
Ridgeway USA		407	523	1587
Brown USA	600	429	501	1532
308 lbs. Master (40-44)	000			
Pearson USA	799	529	733	2061
Master (45-49)	199	349	133	2001
Tooker USA	600	446	606	1653
Master (55-59)	000	440	000	1033
Meek USA	777	512	644	1934
SHW	111	312	044	1334
Master (45-49)				
Benjamin USA	705	562	551	1818
FEMALE	703	302	331	1010
123 lbs.				
Master (40-44)				
Wilson USA	297	187	297	782
Open (Seniors)		107	237	702
Rinn USA	352	253	330	936
132 lbs.	332	233	330	930
Open (Seniors)				
Burke USA	325	143	308	777
Teen (16-17)	323	143	300	
Peterson USA	314	132	275	722
148 lbs.	314	132	2/3	,
Master (45-49)				
Fuss CAN	358	231	347	936
Master (60-64)	330		34,	330
Kersey USA	275	148	347	771
Open (Seniors)				
Ortega USA	501	314	479	1295
Erkhan RUS	308	192	352	854
165 lbs.	500			-
Open (Seniors)				
Dennison USA		214	374	1008
Teen (18-19)				
Huston USA	451	198	457	1107
181 lbs.				
Ford USA	578	_	_	_
Master (40-44)				
Packer USA	413	187	352	953
Master (45-49)				
Razor USA	319	176	303	799
198 lbs.				
Master (45-49)				
Pardi USA	_	_	_	_
Master (55-59)				
Polansky USA		176	363	870
220 lbs.	N POST	AFDIN	retting	less !
Master (55-59)				
(55-55)				
40 is the street	nagat		n Last	L LI

40, is the strongest man on Earth. He had came to put on a real show of strength. He'd brought his protoge, John Ewing, 24, 323.63 with him. Garry weighed in at 374.8 and looked bigger than ever. Ewing opened with 981 04 missed depth then came back and made it on his 2nd attempt (2W). It looked very hard. Frank opened at 1014.11, made it, but got 2R for depth. Frank went up to 1025 14 the same amount Hoskinson had made. Garry sat lower for 2W this time. He thought the Monolift was wobbly, and therefore aborted his try at 1052.70, not wanting to risk in-



As It Broke .... John Ewing's wrist.

Children USA 209 104 242 556 308 lbs Teen (18-19) Dudley USA 573 270 418 1262 Master (55-59) Sternberg USA 473 187 402 1063 90+ kgs. 308 181 275 766 Merenkov 132 lbs. Open (Seniors) SheklanianUS 369 270 413 1052 148 lbs. Open (Seniors) Morse USA 462 286 429 1179 198 lbs. 501 391 Brown USA 677 622 1802 Kegrice USA 694 694 Villarreal USA 628 462 589 1681 220 lbs. Open (Seniors) Selsam GER 914 462 496 518 Carrol USA 854 650 Driggers USA 826 Mull USA 733 457 644 1835 242 lbs. Open (Seniors) Graalfs USA 881 507 799 771 Zaitsev RUS 551 683 2033 440 749 Pontinen FIN 837 440 672 1951 275 lbs. Open (Seniors) Grandick USA 854 672 733 2259 Healy USA 749 551 705 Macri AUS 518 325 490 1333 308 lbs. Open (Seniors) HoskinsonUSA 1025 551 Kalliola FIN 914 672 617 2204 Lawrence USA 837 551 738 2127 Harper USA SHW Open (Seniors) Ewing USA 981 633 Frank USA 1025 — Best Lifters by the Herb Glossbrenner Formula (replacing The Reshel Formula): WOMEN - Open - Melissa Ortega; WOMEN - Master - Evangeline Keresey; GIRLS -Teen - Taylor Ladnier; MEN - Open -James Grandick; MEN - Masters - Richard jury. In the meantime, Ewing, despite his intensity, got pinned with his final

attempt of 1003. On to the BP, which proved to be disastrous for both men. Ewing opened at 633.82 and missed. It was scary to see his wrists bend way back dangerously, which prompted me to warn him. He got his 2nd attempt at the same weight passed. but it was more of the same problem. Frank couldn't get his shirt to work His 788.1 opener was a fight. He couldn't make it touch. Up to 810.1 - ditto. In fact, it rolled out of his dumbfounded hands on to his belly."Get it" Frank shouted at the dumbfounded spotters. They rescued him. Then Ewing came out for 672.4, his final lift His wrist bent back at near completion. A loud audible pop was heard as Ewing's left forearm bone broke in two. It's a wonder that they were able to keep the weight from crushing his face. Someone called 911 and he was taken to the hospital. It could have been a whole lot worse. After seeing his teammate break his arm, Garry wasn't really in the mood to continue, but went up to 821.2, and missed that also, so this year there will be no Superheavyweight Champion.

Next year, the Worlds will be Helsinki, FIN, a good opportunity to get the European countries back in the fold again.

#### USAPL California State Meet 17 Apr 04 - Napa, CA

Carin Fujisaki 148 M4

T3

K. Aanenson 198

Steve Pena 501

Dave Marba

Luis Castillo

Rocky Patten	143	M5	Castille	0 369
T3			Girou	ard 303
Kevin Luu	137	Open		
Open 148		Jerry M3	Castro	281
Scott Layman	380		Robinse	on 231
Yael Mourad	-	Open		
Open 165		242	Uunt	er 529
lan Champeny	319	M4	riunt	er 329
M8		Dale	Jensen	341
B. Fornachon Open	192	M5	Daniel	-14 214
	451	Open		eld 314
M1		275		
Bob Levering M5	451		lohnso	n 402
Rudy Lozano	363	M5	aggard	402
Open		Open	Cherry .	
T. Robinson M2	264		n Bac	on 385
T. Robinson	264	M3 lim A	Aasten	374
M5			Ludlun	
G. Hawkins	253	M3		
M4 198		SHW Leo		ras 402
D. Cummerow	347	Open		102
Open	225	242		
Jim Stinson Josh Meixner	325	PNF	II Kita	ni 578
lan Chapman	-	165		
Open			linnetta	
	5Q	BP	DL	TOT
Open K. Buffinton	225	143	286	6
Teen 1			plants.	VANO.
132	224	122	244	
C. Tremblay M. Cuevas	231	159	314	677 783
Teen-1			303	
132	No. of			HATTY
C. Tremblay 2	231	132	314	677
148				
S. Layman	584	380	507	1471
E. Nahorniak	385	325	435	1146
Open Women				
148				
M. Cuevas	275	159	303	738
Men 148				
J. Stanley	-	-	-	
J. Stanley	-	-	-	-
J. Randazzo Open	T.N		Tell	
165				
G. Wiltshire	551	330	529	1410
M3 G. Wiltshire	551	330	529	1410
Open				
George Payne	347	231	407	986
M2 R. Cirigliano	143	143	540	826
Open				deam
Fay Schneider	270	132	270	672
181 Eric Steinley	352	248	457	1058
198				
G. Buffington		424	567	
R. Whitlock M1	473	341	490	1306
Mike Koufos	462	270	496	1229
Open	250	225	244	1010
C. Roberson 220	352	325	341	1019
Jason Burnell	200	705	402	661
M2	210	100		
				1/24
Mike Musto John LaGrill	606	413		1631 1515
John LaGrill Donald Davis	606 551 540		584 584	1515 1466
John LaGrill Donald Davis Kevin Fisher	606 551 540	413 380	584	1515 1466
John LaGrill Donald Davis Kevin Fisher Open	606 551 540 507	413 380 341 319	584 584 617	1515 1466 1444
John LaGrill Donald Davis Kevin Fisher	606 551 540	413 380 341	584 584	1515 1466
John LaGrill Donald Davis Kevin Fisher Open Steve Pena M2 Wayne Jandoc	606 551 540 507	413 380 341 319	584 584 617	1515 1466 1444
John LaGrill Donald Davis Kevin Fisher Open Steve Pena M2 Wayne Jandoc Open	606 551 540 507	413 380 341 319	584 584 617	1515 1466 1444
John LaGrill Donald Davis Kevin Fisher Open Steve Pena M2 Wayne Jandoc Open 242	606 551 540 507	413 380 341 319	584 584 617	1515 1466 1444
John LaGrill Donald Davis Kevin Fisher Open Steve Pena M2 Wayne Jandoc Open 242 Steve Silver M1	606 551 540 507 137 451	413 380 341 319 501 —	584 584 617 303 —	1515 1466 1444 942 — 1879
John LaGrill Donald Davis Kevin Fisher Open Steve Pena M2 Wayne Jandoc Open 242 Steve Silver M1 Robert Ciano	606 551 540 507 137 451	413 380 341 319 501	584 584 617 303	1515 1466 1444 942 — 1879
John LaGrill Donald Davis Kevin Fisher Open Steve Pena M2 Wayne Jandoc Open 242 Steve Silver M1	606 551 540 507 137 451	413 380 341 319 501 —	584 584 617 303 —	1515 1466 1444 942 — 1879

## NEW PRODUCT



NEW LOMI MASSAGE CHAIR MORE THAN JUST FUN FURNITURE Next-generation Massage Chair Offers Real Relief for Sports Injuries, Back Pain, Arthritis And Other Common Physical Ailments (PORTLAND) Oregon, October 4, 2004) The Hawaiian Lomi Group today announced the availability of the Hawaiian Lomi Chair, the first massage chair specifically designed to offer real therapeutic aide for pain caused by sports injuries, chronic back problems, arthritis and other physical this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powserlifting USA Magazine. (from Kurt Heath) ailments. The Hawaiian Lomi Massage Chair was originally designed for use by chiropractors and other healthcare professionals in the treatment of patients. The chair's internal mechanisms replicate specific kneading, tapping, rolling and vibrating motions that provide an individually customizable deep tissue massage for the complete body or isolated areas including hamstrings, glut muscles, calves and feet. According Hawaiian Lomi Group president, Ron Loveday, "those that experience this chair can instantly tell that this is not just grandpa's vibrating lounger or yesterday's robotic furniture that simply undulates and pounds. The Hawaiian Lomi Massage Chair recreates the movements and patterns that mirror the ancient Hawaiian art of Lomi massage." Unlike traditional massage techniques that are applied with the fingers and hands, lomi is a deep tissue massage that uses the blunt pressure of the palms, fists, elbows, knees and feet. "I find the therapeutic value of this chairso evident that I have actually incorporated it into my daily practice, "said Dr. Peter Cranton, Chiropractor, Peachtree Battle Chiropractic Center, Atlanta, Georgia. "All my patients love it and I find it makes a real difference in their road to recovery." Massage has been proven to help in a variety of physical aliments. According to research published in the Journal of Bodywork and Movement Therapies, January 2000, entitled "High blood pressure and associated symptoms were reduced by massage therapy" hypertensive adults who received regular biweekly massage sessions showed a significant decrease in instances of high blood pressure. The Hawaiian Lomi Massage Chair has been shown to help alleviate other medical conditions as well including fibromyalgia, diabetic neuropathy, poor circulation, head and neck aches, sports injuries, sleeplessness, chronic fatigue, arthritis, bursitis, sore muscles, tired feet, tired legs, and stress. The Hawaiin Lomi Massage chair retailing at \$3,995, is available through select distributors and direct from the Hawaiian Lomi Group. For more information, visit the Hawaiian Lomi Group's web site at www.hawaijanlomi.com

Doug Carroll	622	274	cnc	1602
Coug Carron	622	3/4	000	1503
Greg Nolen	600	363	56/	1532
M1	1.00	-		TO BELLEVIA
Greg Nolen	600	363	567	1532
Open				
Satterthwaite	435	402	462	1300
M2				
Gary Stevens	501	275	501	1278
T3				
242				
Tim Duran Jr	347	303	435	1085
M3				177727
275				
M. Burruel	655	363	628	1647
R. Meulenberg			020	
M3		THE REAL PROPERTY.	7.00	1800 1915
SHW				
	200	400	460	1045
Leo Contreras			462	1245
PL-OOSM - out	ot st	ate		
T3				
275 (NV)				
M. Bevilacqua				
(Thanks to US/	APL fe	or pro	viding	results.)

on Gym RP Challer

Dungeo	n Gym BP Challenge
16 0	OCT 04 - Galt, CA
BENCH	K. Harrison 315
MEN	220 lbs.
Youth (7-9)	B. Campbell 350
105 lbs.	275 lbs.
D. Knight	65* M. Knight 625
Open	Master (45-49)
198 lbs.	275 lbs.
R. Johnson	330 M. Knight-258 625
*=Personal F	ecord. The Dungeon Gy
Bench Press	Challenge was held on Satu
day, October	16,2004, in Galt, Californi
David Knight	benched a big PR 65 lbs. ray
	. class, and only 8 years of
	benched 330 in the 198 lb
	out Kevin Harrison who on
	r, but took a good run a 36
	ce, he'll get it next time.
	Bob Campbell benched a b
	sing 405 on his last attemp
	6 year old master lifter, Mil
	opened with 605 and the
	or a new PR in the 275 class
	his last attempt 650, which
what he was	shooting for, look for him
	ear future. Mike had just PR'
	n a 625 @ 242 and was tryii
	0 @ 275. lid like to thank th
	ders, and judges that made

Malibu Bench Bash 07 AUG 04 - Lewiston, NY

Novice	K. Fillinger	300
181 lbs.	Open	
R. Coughenour 210		545
Open 198+ lbs.	242 lbs.	
J. Putnam 365	Novice	
MEN	P. Clifton	315
165 lbs.	S. Ragusa	270
Master	R. Ziolkowski	250
D. Brochey 280	) Master	
Open	A. Kirby	420
J. Elsberry 365	Junior	
181 lbs.	G. Larson	585
Master	V. Aloian	500
R. Penale 275	V. Dean	440
Open	Open	
R. Daly 480	P. Dick	610
198 lbs.	M. Furman	550
Novice	275 lbs.	
K. Dean 450	) Novice	
220 lbs.	B. Dussault	325
Best Lifters: Ron Da	ly 0-181 Class, Pa	at Dick
182-242 Class, Jean	Putnam 242+ (	Class. I
would like to thank		
ers for all the he		
Hailey and Matt	Rydelek. These	three
gentlemen did a	wonderful job, v	vorked
non stop for the e		
no injuries. Than		
Sebastian Bums, Za	ane McCaislin an	d Paul
Childress for refere	eing the contest.	1 also
like to acknowled		
top notch announ		
Sandi McCaislin	for the web sp	ace in
promotion and res		
those who help set		
of whom lifted as v		
to Pete Nastasi and		
have been possible	the meet would . (Thomas Delor	

14th Endless Summer BP/DL 29 AUG 04 - Granger, IN

250 275 lbs.

242 lbs.

B. Hoffman R. Moore

BENCH

165 lbs

S. Conley	250	275 lbs.	
181 lbs.		R. Reed	560
W. Mailloux	250	L. Robinson	380
WOMEN		SHW	
Open		S. Jarausch	620
165 lbs.	250	Open	
L. Boshoven	250	220 lbs.	220
Natural		J. Heinz 242 lbs.	220
132 lbs. B. Soule	110		550
165 lbs.	110	B. Hoffman 275 lbs.	330
	0.		
J. Chapman	85	S. Powell	605
242 lbs.	105	G. Bolt	445
S. Downs	185	C. Wishieski	410
Teen (14-15)		SHW	700
132 lbs.	140	T. Skiver DEADLIFT	700
C. Cooper	140		
148 lbs.	100	Youth	
D. Duncan	155	75 lbs.	140
181 lbs.	250	S. King	140
G. Hines	350	Master	
Teen (18-19)		220 lbs.	500
132 lbs.		M. King	300
N. Knunrie	-	Master (50+)	
220 lbs.	405	220 lbs.	
D. Dwan	405	T. Sheehan	515
Master		Master (55+)	
181 lbs.	220	148 lbs.	455
F. Stokes	320	M. Wider	455
198 lbs.		WOMEN	
D. Horn	350	165 lbs.	200
Master (50+)		J. Chapman	280
220 lbs.	400	Open	
T. Sheehan	400	148 lbs.	450
Master (55+)		J. Stefanski	470
G. Fay	265	R. Burris	405
242 lbs.		181 lbs.	
G. Washington	315		435
Natural		198 lbs.	
148 lbs.		E. Agoanaga	575
J. Stefanski		220 lbs.	
R. Burris	230	C. Dailings	642
198 lbs.		275 lbs.	
E. Aguanaga	435	C. Wisnieski	600
J. Whiteman 3.	25	SHW	
220 lbs.		T. Skiver	-
C. Dailings	470		
Best lifter Benc	h Pre	ss: Tom Skiver.	Best
Best lifter Benchlifter Deadlift:	Cha	ed Dailings Spe	ecial
Best lifter Bench lifter Deadlift: thanks to: Mike	Cha Wi	der Larry Royr	ecial
Best lifter Bench lifter Deadlift: thanks to: Mike	Cha Wi	der Larry Royr	ecial
Best lifter Benchifter Deadlift: thanks to: Mike Anson Wood. Hull, Rob Ree	Cha e Wi Lynn d, A	nd Dailings Spo der, Larry Boyr e Boshoven, Ra I Reed And Jor	nton, andy n G.
Best lifter Benchifter Deadlift: thanks to: Mike Anson Wood. Hull, Rob Ree	Cha e Wi Lynn d, A	nd Dailings Spo der, Larry Boyr e Boshoven, Ra I Reed And Jor	nton, andy n G.
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Best lifter Bencilifter Deadlift: thanks to: Michanks thanks the same thanks thanks the same thanks thanks the same thanks th	Chae Wi Lynn d, A s to the nmer up a	nd Dailings Speder, Larry Boyre e Boshoven, Ri Reed And Joi Anson Wood's best turnout eve BP/DL contest und treated thos big time lifting a	nton, andy n G. pro- r for Tom se in as he
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(article continued from page 36)

the legs' conditioning one last step further. These are done in a rack with 2 spotters. The lifter should begin by placing the pins so that when the bar is resting on them, the athlete will be at legal depth when they get under it. The squatter starts in this position from a dead stop to begin the exercise. The athlete should select a weight they will not be able to come up with after approximately 5 reps. When they become stuck at the bottom, the two spotters should help them up, and the spotters should place the pins about a third of the way up. Then the squatter goes to failure again from this position. In step three, the pins are placed two thirds of the way the up. Lifting to failure at this position completes the exercise. Every muscle involved in squatting is involved in tandem with this exercise and all of them, including even the upper back, will experience some degree of soreness the next day.

The third workout done once every other week, is practicing a heavy single with all the gear on that will be used at the meet. This is essential. This is practicing your craft. Just as you would not expect a pole vaulter to use a bamboo stick in training and then switch to a fiberglass pole at a meet, so too a lifter must practice using all his equipment. The athlete will not be going to failure. They will work up to a heavy single that is 90-95% of their max single at the time. Maxing out is reserved for meet

Putting it all together, box squats are done on Tuesdays and are preceded by a heavy set with 3 reps of power squats as a way to get warmed up. The weight for this triple should be about 100 pounds less than what a lifter can do for a single with a single ply suit. If a lifter is using more advanced equipment, this differential will be greater. A heavy duty deadlift workout is done on Friday. The second week the heavy single workout is done on Monday and the high intensity workouts on Wednesday. A speed deadlift workout is done on Saturday. Based on a previous best squat of 500 pounds, the routine is as follows, however, if the heavy triples and/or heavy singles begin to feel really easy, they can be calibrated upwards as well as the meet day projections:

Week 1: Monday, stretching, warm up, work up to a heavy single with all gear at 425. Wednesday, warm up, stretching, non lockout Platz squats, 4 x 5 x 325

Week 2: Tuesday, stretching, warm up, power squat, 1 x 3 x 350, box squat, 1 x 10 x

Week 3: Monday, repeat week 1, heavy squat, 1 x 450. Wednesday, non lockout Platz squats, 4 x 5 x 340

Week 4: Tuesday, power squat, 3 x 370, box squats, 470 x

Week 5: Monday, heavy squat, 1 x 470. Wednesday, super set leg extensions 4 x 8 or to failure x 140 with non lockout Platz squats, 4 x 5 or to failure x 335

Week 6: Tuesday, power squat, 1 x 3 x 385, box squats, 1 x 10 x 485

Week 7: Monday, heavy squat, 1 x 485. Wednesday, super set leg extensions 4 x 8 or to failure x 150 with non lockout Platz squats, 4 x 5 or to failure x 345

Week 8: Tuesday, power squat, 1 x 3 x 395, box squats, 1 x 10 x 495

Week 9: Monday, heavy squat, 1 x 495. Wednesday, trisets with leg extensions 3 x 8 or to failure x 160 and non lockout Platz squats, 3x5 or to failure x 355 and leg presses, 3 x 8-10 or to failure

Week 10: Tuesday, power squat, 1 x 3 x 405, box squats, 1

Week 11: Monday, heavy squat, 1 x 505. Wednesday, trisets with leg extensions 3 x 8 or to failure x 170 and non lockout Platz squats, 3 x 5 x 365 or to failure and leg presses, 3 x 8-10 or to failure

Week 12: Tuesday, power squat, 1 x 3 x 415, box squats, 1

Week 13: Monday, heavy squat, 1 x 515. Wednesday, Russian cage squats, 3 x 5 or to failure at each 3 levels x 400

Week 14: Tuesday, power squat, 1 x 3 x 425, box squats, 1 x 10 x 525

Week 15: Monday, heavy squat, 1 x 525. Wednesday, Russian cage squats, 3 x 5 or to failure at each of 3 levels x 415

Week 16: Monday, power squat, 1 x 3 x 375, box squats, 1 x 10 x 450.

Meet: Saturday, warm up to 440, 1st attempt - 480, 2nd attempt - 530, 3rd attempt - 550

One final note: the box squats also have a great psychological benefit. Before your 2nd and 3rd attempts, you can tell yourself the weight is not going to feel heavy because you have had 525 pounds on your back for 10 reps. Believe me, this works.

If anyone has questions about this routine or my off season training, which is the key to my longevity in this sport (32 years and counting, without surgery), send \$25 to:

> Smoker's Iron Works 30907 C. R. 16 Elkhart, IN 46516 with your phone number

220. But I'm sure as talented a young mar as he :is, he will come back: better than ever. Starting off the deadlift, little Stephen King got a pr 140. Tim Sheehan did the lift for the first time in a meet and pulled a great 515. Not too many body-builders his age are going to top that In the 55+ A WPC champion Mike Wider managed to top his association world record with a smooth 455. Best lifter and the only guy who pulled a top 100 deadlift was Chad Dailings with an excellent 642.5 at 220. (Thanks to Jon Smoker for providing the meet results)

> 6th Deadlift on the River 19 SEP 04 - Elkhart, IN

Teen (16-17) Open 198 lbs 148 lbs. Smoker 250 A. Robinson Novice Master (55+) D. Sanderson 300 M. Wider Special thanks to: Dan Martin. Larry Boynton, Mike Wider, Lany Boynton and Jon Gabriel Smoker. This outdoor meet Jon Gabriel Smoker. This outdoor meet was marked by absolutely beautiful weather just on the cusp of fall. Jon G. Smoker made 250 for the first time with room to spare. Doug Sanderson came down from Michigan and made a nice 300 for his first meet ever. A friendly competition developed between Mike Wider and Al Robinson for the best lift of the meet. When Mike made 430, Al countered with a hard fought 432.5. For a little extra incentive Mike decided to try and top his AWPC record of 455 with a 460. He got it moving, but it was not to be. The next Central Bench Press League event will be the granddaddy of them all, the 17th Annual Elkhart Bench Press Classic. Anyone interested should contact Jon Smoker at 800-760-3257. (Thanks to Ion Smoker for these results

ADAU "No Druggies Allowed" BP 18 SEP 04 - Erie, PA

M. Anderson 330 B. Sisko Junior (20-23) P. Zalar-12 R. Goodrich 350 Master (40-44) een (12-13) P. Zalar B. Sisko 255 Master (50-54) 148 lbs. M. Anderson 330 145 Master (55-59) 165 lbs. H. James Master (70-74) H. James 1 Kuhar 145 242 lbs. D. Grandinetti 355 198 lbs M. Tonkovich 355 E. Betza . Jeschenig . Rovansek 325 275 lbs. 290 J. Thomas . Mangini Shaffler 230 l. Bevelacqua 290 Master (45-49) een (14-15) J. Bevelacqua 290 Master (40-44) S. Shannon M. Tonkovich 355 Master (50-54) A. Mangini 220 lbs. Goodrich 350

R. Goodrich 350
Champion of Champions: John Kuhar.
Team Champions - Joe's Gym of Erie.
George James came out on top at 148
with 3 successful attempts, ending with
a raw 250. Seventy three year old, Barry
James, won open and masters in his first
contest. At 165 Barry set a new masters American

American record. Master lifter, Mike Tonkovich, went 3 for 3 for the gold at 198. Be ended up with a raw, 355. John Kuhar (56 years young) ran away with the 220 class when he got 3 whites for his 395 attempt. He was our Champion of Champions. At 242 Dave Grandinetti and Ed Betza battled with Dave winning the gold with his final 355. Jondrea Thomas only got one lift in, but it was enough to win the 275 class. It was a beautiful 405. At 319, Steve Shannon his opener with 425 to win gold. "We confide in our strength without boasting of it, we respect that of others, without fearing it." -Thomas Jefferson

(Meet results courtesy of Joe Orengia)



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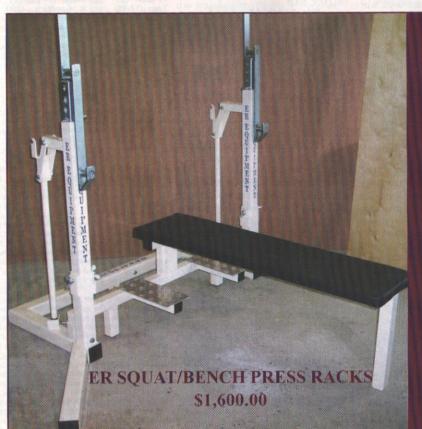
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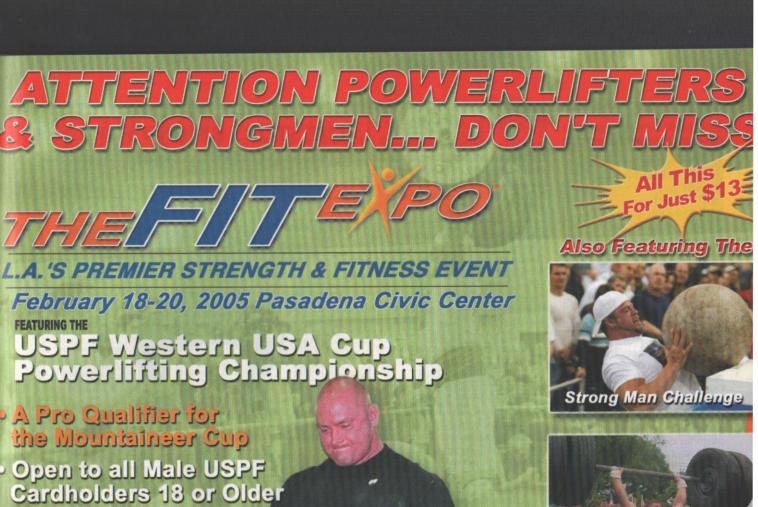
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· Fixed lift off platform.

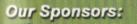












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### THE STORY BEHIND THE T.K. **KNEE BANDS by Tommy Kono**



I never had knee problems until I gave an informal demonstration at a Boy Scout Jamboree near Dover, Pennsylvania. I performed a Split-style Snatch of 135 lb. My best Snatch at that time was 297 lb. using the Squat-style so you would think that a measly 135 should not bother me. Well, evidently my forward knee, the right one, must have flexed a little out of alignment for it did not feel right after I gave the exhibition. I did not think anything of it and went on to Warsaw, Poland for the '59 World Weightlifting Championships. At the Championships I tried a World Record lift of 374 lb. in the Clean and Jerk. I shouldered the weight but failed the overhead portion of the lift. The very next day after spending some waking nours moving around, I tried to sit on a chair and found I could not bend my right leg enough to sit correctly. It was stiff and the knee looked swollen. From then on I had a knee problem. Because my right knee was bad I started to favor it and use my left leg more in all my movements, even transferring much of my training load to my left leg. Yes, you guessed it. I had a problem with my left knee too. I was plagued with both knees being bad going to the 1960 Rome Olympics. My once thickly muscled legs, especially right above my knees, started to shrink in size for I could not perform the full knee bends or tax them without being in pain. Sports medicine was unknown and especially in Hawaii such a thing as arthroscopic surgery was nonexistent. I suffered through 4 more years but in early 1964 I created a support for my knees that worked wonders. It kept my knees stable, warm and provided good support. I used it every time I used my legs and that meant for Olympic lifting, of course. It was like having a new pair of knees! If I had these knee bands earlier it would have prolonged my weightlifting career...and I may have even won my third gold medal at the 1960 Olympics. When I was coaching in Mexico I gave a pair to Bob Bednarski at the 1966 World Weightlifting Championships that was staged in East Berlin. He took it back to York and used it in training. It was used by Tommy Suggs, then editor of Strength & Health magazine, and Bill Starr, the assistant editor. It was common for all three to take turns using it because they had only one pair between them. When I developed the knee band, I called it T.K. Knee Bands. When Bob Hoffman of York took over the marketing, he renamed it B.H. Knee Bands. Now, for the first time since then, the original design and material are now available to keep your knees in top shape. These specially developed knee bands are not your typical knee sleeves, knee supporters or knee braces. When you wear them, you know you have something that will protect your knees from injuries. After you have used them in your training and remove them, your knees will feel as if they are well lubricated and feel like new. Your knees will actually be sweating. Because of their special elastic quality, the Regular size will accommodate knees of athletes that weigh 130 lb to 250 lb. Large size is recommended for those weighing over 250 lb. or for those who have exceptionally large knees. COST PER PAIR\$39.95 FOR REG. \$42.95 FOR LARGE PLUS S/H \$6.75. To order by credit card call toll free1-888-669-6316 orsend check or money order to: COUNTRY POWER INC., 85-979 FARRINGTON Hwy., Wajanae, Hi 96792

BENCH

For standard 132 lb./60 kg. USA lifters in results received from Jul 2003 thru August 2004

	101 1	
	SQUAT	1
1 2 3 4 5 6 7 8 9	600 Williams, C7/9/04 551 Hawthorne, R11/7/03 545 Washington7/19/03 540 Whigham, A7/9/04 515 Weisberger, A8/8/03 505 Kamp, M3/27/04 501 Cunningham7/19/03 470 Kuhns, M7/19/03 465 Tankersley, J3/27/04 462 Dugosh, B4/3/04	A distanted and the Parket
11 12 13 14 15 16 17 18 19 20	460 Hynson, B3/27/04 451 Urso, S4/3/04 450 Moore, T3/27/04 430 Mendez, D3/27/04 425 Kaufman, J4/3/04 424 Bissen, J12/6/03 424 Phillips, A1/24/04 420 Pack, J3/27/04 420 Rash, K3/27/04 418 Kupperstein1/25/04	
21 22 23 24 25 26 27 28 29 30	418 Sheppard, D3/20/04 418 Richey, S5/8/04 418 Smith, T7/9/04 415 Bernal, R3/27/04 415 Gann, C3/27/04 413 Oliver, J3/20/04 407 Derstine, M3/20/04 405 Diamond, M11/14/03 404 Nero, C4/3/04 402 Altizer, B.10/10/03	
31 32 33 34 35 36 37 38 39 40	400 Trejo, D3/27/04 400 Gonzalez, B3/27/04 400 Burns, G3/27/04 400 Polk, M3/27/04 400 Brown, B3/27/04 396 Carpenter, D8/15/03 395 Randall, G3/27/04 390 Overdeer, A9/6/03 385 Jones, K1/17/04 385 Baffoe, M3/27/04	
41 42 43 44 45 46 47 48 49 50	385 Whitehead, B8/14/04 380 Scott, J3/19/04 380 Medrano, M3/27/04 380 Williams, J7/04 374 Hunter, S11/15/03 374 Dirienzo, T2/7/04 374 Lidester, S3/20/04 370 Stephens, J7/19/03 370 Lagravenis, S7/9/04 370 Douglas, K8/21/04	
51 52 53 54 55 56 57 58 59	369 Nogle, C7/03 365 Johnson, M3/19/04 363 Hunn, J2/28/04 363 Benjamin, J3/20/04 363 Sheklanian, S4/24/04 363 Kavarnos, J7/9/04 360 Hatfield, B5/27/04 360 Molinaro, F8/6/04 358 Lee, W11/15/03 358 Hei, J12/14/03	CONTRACTOR OF STREET
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71 72 73 74 75 76 77 78 79 80	350 Scott, M11/15/03 350 Silvas, A3/19/04 350 Hernandez, A3/27/04 347 Adelmann, T8/14/04 345 Cielenski, Z2/19/04 345 Shavers, K3/27/04 345 Rogers, K3/27/04 341 Hagendorf, J2/7/04 340 Garcia, N3/19/04 336 Blunschi, R10/18/03	
81 82 83 84 85 86 87 88 99	336 Townsend, J3/20/04 335 Bourgoyne, C1/17/04 335 Kalil, F1/17/04 335 Turnquist, D2/7/04 335 Jackson, S3/19/04 330 Stein, E10/10/03 330 Trujillo, R12/7/03 330 Herfor, L3/6/04 330 Kawaski, N3/20/04 325 Dowden, H3/19/04	
91 92 93 94 95 96 97 98 99	319 Blessinger, A3/20/04 319 Labarbera, N4/3/04 319 Bosso, R7/31/04 315 Hoek, C11/15/03 315 Godbold, K12/14/03 315 Kechean, N3/13/04 315 McDonald, J4/17/04 315 Goolsby5/1/04 315 Goolsby5/1/04 314 Jankowski, J8/2/03	

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11	460 Hynson, B3/27/04
12	451 Urso, S4/3/04
13	450 Moore, T3/27/04
14	430 Mendez, D3/27/04
15	425 Kaufman, J4/3/04
16	424 Bissen, J12/6/03
17	424 Phillips, A1/24/04
18	420 Pack, J3/27/04
19	420 Rash, K3/27/04
20	418 Kupperstein1/25/04
21	418 Sheppard, D3/20/04
22	418 Richey, S5/8/04
23	418 Smith, T7/9/04
24	415 Bernal, R3/27/04
25	415 Gann, C3/27/04
26	413 Oliver, J3/20/04
27	407 Derstine, M3/20/04
28	405 Diamond, M11/14/0
29	404 Nero, C4/3/04
30	402 Altizer, B10/10/03
31	400 Trejo, D3/27/04
32	400 Gonzalez, B3/27/04
33	400 Burns, G3/27/04
34	400 Polk, M3/27/04
35	400 Brown, B3/27/04
36	396 Carpenter, D8/15/03
37	395 Randall, G3/27/04
38	390 Overdeer, A9/6/03
39	385 Jones, K1/17/04
40	385 Baffoe, M3/27/04
41	385 Whitehead, B8/14/0-
42	380 Scott, J3/19/04
43	380 Medrano, M3/27/04
44	380 Williams, J7/04
45	374 Hunter, S11/15/03
46	374 Dirienzo, T2/7/04
47	374 Lidester, S3/20/04
48	370 Stephens, J7/19/03
49	370 Lagravenis, S7/9/04
50	370 Douglas, K8/21/04
51	369 Nogle, C7/03
52	365 Johnson, M3/19/04
53	363 Hunn, J2/28/04
54	363 Benjamin, J3/20/04
55	363 Sheklanian, S4/24/0
56	363 Kavarnos, J7/9/04
57	360 Hatfield, B5/27/04
58	360 Molinaro, F8/6/04
59	358 Lee, W11/15/03
60	358 Hile, J12/14/03
61	358 Ouradnik, T3/20/04
62	358 Slaasted, N3/20/04
63	355 Melancon, C11/15/0
64	355 Myers, S11/22/03
65	352 Vega, M8/2/03
66	352 Burgess, I10/10/03
67	352 Frederick, M11/15/0
68	352 Doyle, P11/29/03
69	352 Johnson, A3/6/04
70	352 Meche, C4/3/04
71	350 Scott, M11/15/03
72	350 Silvas, A3/19/04
73	350 Hernandez, A3/27/0
74	347 Adelmann, T8/14/04
75	345 Cielenski, Z2/19/04
76	345 Shavers, K3/27/04
77	345 Rogers, K3/27/04
78	341 Hagendorf, J2/7/04
79	340 Garcia, N3/19/04
80	336 Blunschi, R10/18/03
81	336 Townsend, J3/20/04
82	335 Bourgoyne, C1/17/0
83	335 Kalil, F1/17/04
84	335 Turnquist, D2/7/04
85	335 Jackson, S3/19/04
86	330 Stein, E10/10/03
87	330 Trujillo, R12/7/03
88	330 Herfor, L3/6/04

	363 Kavarnos, J7/9/04 360 Hatfield, B5/27/04	-
	360 Hatfield, B5/21/04	3
	360 Molinaro, F8/6/04	3
	358 Lee, W11/15/03	3
	358 Hile, J12/14/03	7
	358 Ouradnik, T3/20/04	-
	358 Slaasted, N3/20/04	3
	355 Melancon, C11/15/03	4
	355 Myers, S11/22/03	1
	352 Vega, M8/2/03	
	352 Burgess, I10/10/03	1
	352 Frederick, M11/15/03	3
	352 Doyle, P11/29/03	3
	352 Johnson, A3/6/04	3
	352 Meche, C4/3/04	1
	350 Scott, M11/15/03	-
	350 Silvas, A3/19/04	1
	350 Hernandez, A3/27/04	3
	347 Adelmann, T8/14/04	9
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	335 Bourgoyne, C1/17/04	
	335 Kalil, F1/17/04	
	335 Turnquist, D2/7/04	
	335 Jackson, S3/19/04	
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	330 Trujillo, R12/7/03	
	330 Herfor, L3/6/04	
	330 Kawaski, N3/20/04	
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	319 Blessinger, A., 3/20/04	

235 Gaine, J., 11/29/03
235 Bianca, C12/20/03
235 Kamp, M3/27/04
235 Mendez, D3/27/04
235 Medrano, M3/27/04
235 Shavers, K., 3/27/04
235 Brown, B3/27/04
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231 Creel, B5/15/04
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230 Molinaro, F11/1/03
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885 Toure, S..2/19/04 885 Cielenski, Z..2/19/04 880 Kusick, T..1/17/04 876 Trujillo, R..12/7/03 876 Thompson, J..7/9/04 870 Townsend, J..3/20/04 870 Goulas, E..3/27/04 865 Hile, J..12/14/03 965 Douglas, K..8/21/04 860 Gaine, J..11/29/03

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#### **NEXT MONTH... TOP 148s**

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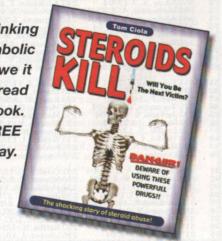
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