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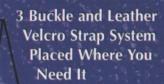
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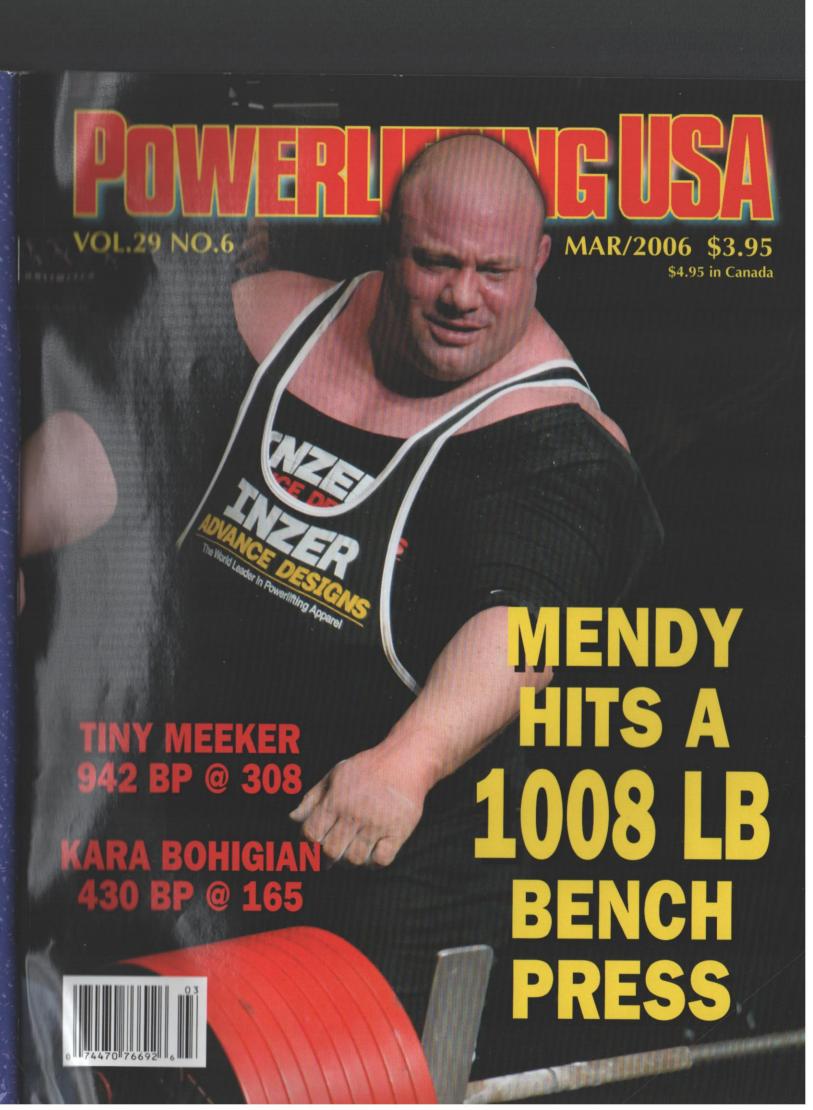
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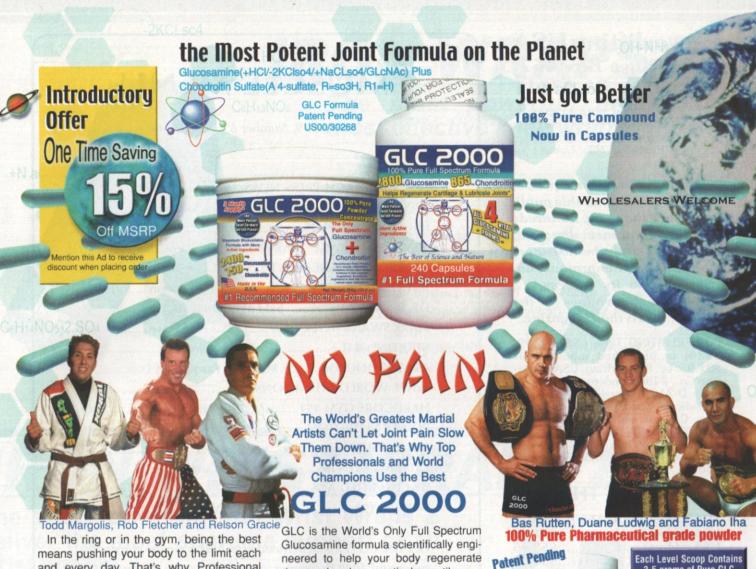
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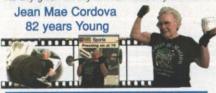
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ON THE COVER - Scot Mendelson basking in the glory of his successful 1008 lb. opener in the bench press, following the Iron Man bodybuilding contest. The next day he gave away 5 figures worth of prize money to Tiny Meeker, Jason Jackson, and Kara Bohigian at his invitational bench press contest

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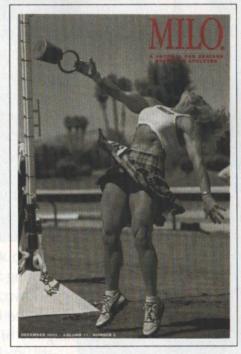


Remember when the strongest kid in your school was a girl?!

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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Not long after some thought he would hever lift again (a car accident crushed his ankle, and it still remains in a brace, despite several surgeries) Scot Mendelson returned to competition to achieve his ultimate goal of benching over 1000 lbs., on Feb. 18, 2006, following the IRON MAN bodybuilding competition at the Pasadena Civic Auditorium. After hitting is 1008 twice in his final workout, Scot decided to open with that same all time bench press poundage. It took quite a while to clear the stage, get the equipment in place, and finish his warmups, but he drove up the weight strongly for three white lights from the referees. His effort had not been promoted in advance, but about 2/3s of the IRON MAN crowd witnessed the event. He then took 1030 on a 2nd attempt, and had it moving, but it fell forward, out of the groove. On his final, stunning attempt he went to 1049 lbs., and was bringing it down, when his shirt began to rip and the spotters took the bar. Weighing a huge 351, Scot basked in the glory of the moment and then set out to prepare to run his Bench Press Classic the next day at the neighboring Fit Expo facility.

Tiny Meeker Goes 942 @ 308!

Paul "TINY" Meeker, 5' 9" and 307.5 lbs., opened his bench efforts at the Scot Mendelson Bench Press Classic at the Fit Expo in Pasadena, CA with 887, a successful PR. Missing at 916 on a 2nd, he boldly jumped to 942, and drove the weight up smoothly. After some confusion about the rack signal was resolved, the lift was approved 2-1. This makes Tiny the heaviest triple bodyweight bench presser in history, along with the all time record in the 308 lb. class.

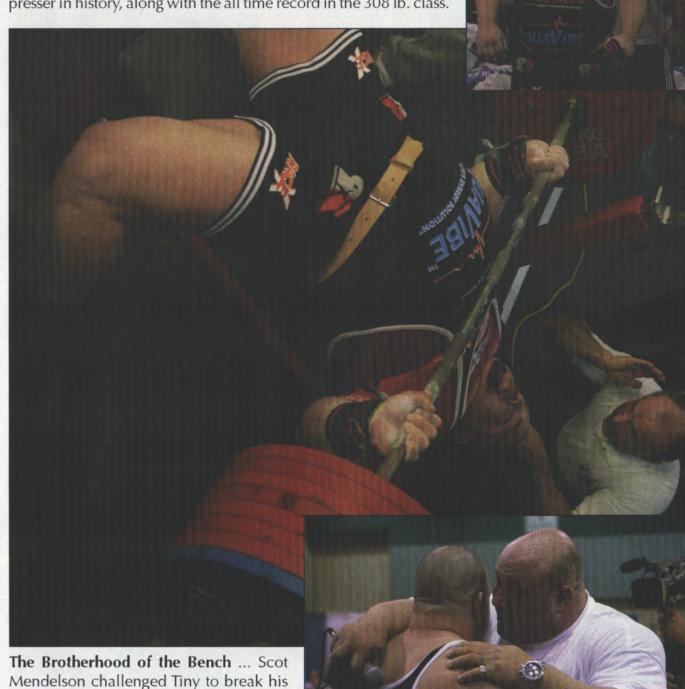
own all time record, as well as coaching

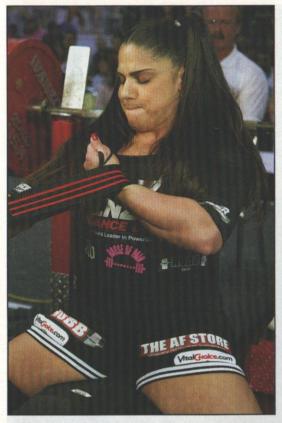
several other lifters to PRs. Both are report-

edly going to the WPO Bench Bash at the

Arnold Classic. Tiny plans to bust 1000 lbs.,

drug free, sometime during 2006.



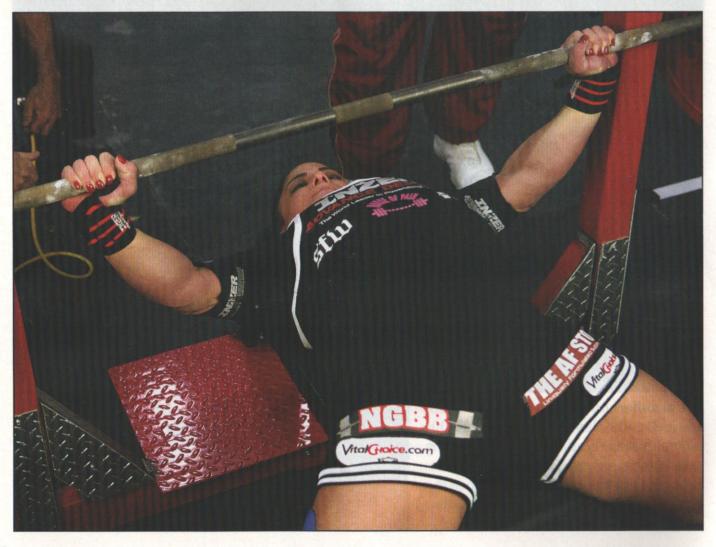


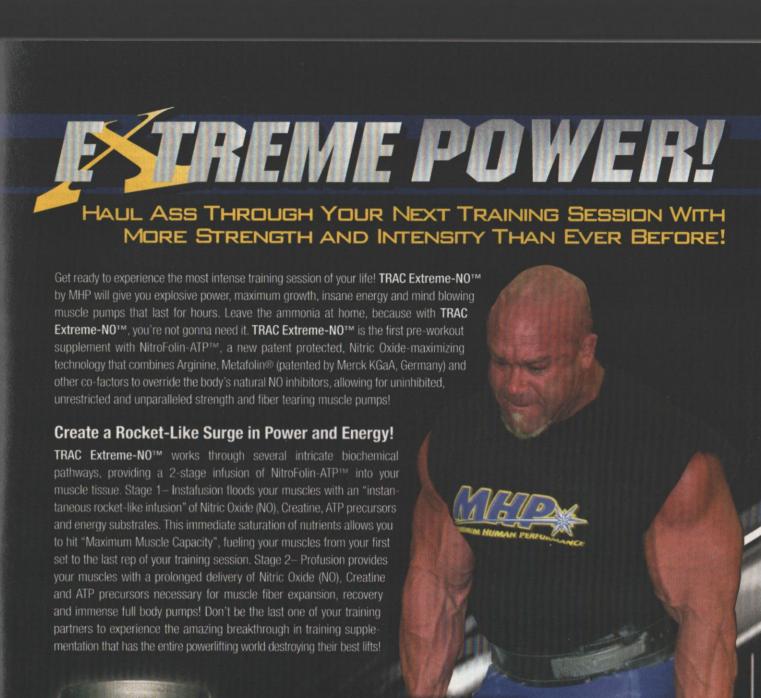
Kara Bohigian Blasts 430!

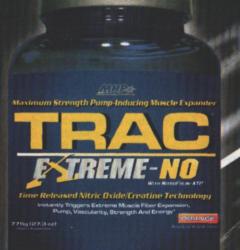
Despite having her knee in a brace, Kara "BENCH PRESS BARBIE" Bohigian went up to the 165s and added a new dimension to the lift .. you've heard of wide stance squatting, and wide stance deadlifting .. now it's wide stance benching.

With her grip at the max and feet widely flared to the sides, she opened with 374, and went 402, 418, and - after a brief delay - hit a fabulous 4th attempt at an all time world record of 430, all of which were smooth, solid, and easy, earning the sincere congrats of M.C. Shawna Mendelson.









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- Jon Andersen
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TRAINING

WESTSIDE BENCH PRESS PROGRAM as told to Powerlifting USA by Louie Simmons

Iam frequently asked to write personal workouts for a fee. However, I don't have the time to do this. Westside makes training tapes on all matters of training. Plus, I write articles for Powerlifting USA almost monthly. This way we can reach a large audience. Besides not having the time to do personal workouts, if I can't see you in person, I can't tell your weaknesses, which could be a muscle group or bad form.

It takes years to learn the powerlifts. After 13 years of training, I realized I knew very little about it, even after making Top 10 litts in all categories from 1972 to 2002.

I was eighth in the bench press in 1980 without a bench shirt, so I know how to raise a raw bench. I was sixth in 2002 with a bench shirt, but very weak. Shortly after that, I received a new shoulder socket, bicep surgery, and a second shoulder operation.

Istarted to understand bench

press training in 1993 after 23 years of continuous training. Back then, Westside had three 600 pound benchers, all juniors. Now, after 25 years, I am beginning to understand more fully how to bench. As of 2005, Westside has produced 16 700+ benchers and one 800+ bencher. In addition, 25 650+ benchers, with the lightest being Jason Fry, who did 650 at 180

6 WEEK GENERAL PROGRAM

The following is a 6 week general program that Westside follows. Incidentally, all the men I write about, train at Westside. Anyone is welcome to visit. Just set up a date, as we are not open to the public.

Speed work, or the dynamic method, will develop a fast rate of force. Maximal strength comes from special exercises. On Saturday, or Sunday, do speed work. After a good warm up, do 9 sets of 3 reps. John Stafford's bench is 733 at 275. his weight on the bar

is 205-225. This is 45% of his 1-rep max on floor press. This formula works for everyone. The grips are 3 sets with the index finger touching the smooth part of the bar, 3 sets with the thumbs extending from the edge of the smooth part of the bar, and 3 sets with the little fingers on the power ring. You must use mini-bands or 2 or 3 sets of chains, Westside style.

This simple method will build all major muscle groups. Press the bar in a straight line, not over the face. This is the safest way to bench, and remember, the shortest distance between two points is a straight line. Lower the bar as fast as possible to create a strong stretch reflex for reversal strength. Your speed with your worst grip should be at least 0.7 meters/second.

After benching, choose a bar triceps exercise -- J.M. Press, straight-bar triceps extensions, or football bar extensions -- 3-6 reps per set, working up as heavy as possible on that particular day. Then choose a second triceps exercise with dumbbells, e.g., extensions with elbows out to the sides or roll-backs with palms facing, working up in weight, or choosing a weight and do multiple sets. Dumbbell reps are in the 6-12 range, 40-70 total reps. The triceps are the prime bench press mover. They must fire first. To do that, they have to be the strongest muscle group. At the first sign of staleness, change the barbell or dumbbell

exercise or both, so progress can c o n t i n u e throughout the

Next, do lat Again, choose one or two exercises: barbell or dumbbell rows, chest supported rows, lat pulldowns, etc. your lats help place the bar on the chest, by helping you to lower the bar. Reps and sets, as for all exercises, are based on your level or preparedness.

Last, work the side and rear delts, upper back, and biceps with hammer curls. Do pre-hab work for pecs and rotators.

On max effort day, work up to a max single. It may not be an all-time record, but it must be a current max doing sets of 2 or 3 reps with weights about 90% is known as the

method of heavy efforts. Please remember, the volume is high, but the intensity can be higher. If you train at 85, 90, or 95%, you are really only using 85, 90, or 95% of your muscle potential, not 100%. Your technique must be built by singles.

Limit the top lifts, after a good warm up, to 3. The first weight should be at 90% or so, the second near a record or just above, then possible one more single. For example, for a floor press record of 500 pounds, the first attempt might be 450, the second 490., and the last, 505.

This workout should occur on Wednesday. This allows 10 days off heavy weights before meet time. This also is 72 hours from the last extreme bench workout.

I will now outline a 6 week program. The sequence can change to fit your preference, and you can add or replace the core exercises in this program.

Workout 1: Do floor press with 200 pounds of chain draped over the sleeve. Next, add weight to the bar until a max on that day results. George Halbert' best is 445 with 200 pounds of chain. This is how George works up to his best:

135 plus chains for 5 reps 225 plus chains for 3 reps 275 plus chains for 3 reps 315 plus chains for 1 rep 365 plus chains for 1 rep 405 plus chains for 1 rep

Try a new max or the most on this day. Then, as a speed day, do triceps lats, upper back, and rear and side delts.

A 300-350 pound raw bencher should use 3 sets of chains. A 350-450 pound bencher should use 4 sets of chains, although anyone can use any amount of chain to set a record. If you use two different grips with all three chain weights, you have five workouts to choose from.

Workout 2: Do overhead band presses, or the lightened method, by attaching a Jump-Stretch band at the top of a power rack. You can reduce the weight at your chest by 155 with a strong set of bands. A medium set will reduce the weight at your chest by 95 pounds. A light set will reduce the weight by 65 pounds. After warming up, work up to a max single.

Mypersonal records were 580 with strong bands and 520 with medium bands. This was right on with the 60 pound difference between the band strengths. Amy Weisberger has a 370 bench and mostly uses the medium and light

the value of a bench shirt without using one. Get a PR with a close grip and a wide grip with three different band strengths and two different grips. This represents five completely different workouts.

Always follow with triceps, lats, upper back, and read and side delts.

Workout 3: do football bar presses. This bar allows the palms to be facing each other. We work up to a new PR for 3 reps or a 1 rep max. the bar has different width grips to choose from: close, medium and wide. We use it by itself or with mini-bans, light bands, or a set(s) or chains. During the workout, at least two grips are used. This bar works the triceps hard. Then flat, incline, or decline presses are done the J.M. Press is performed at times also duplicating the groove of a bench press shirt. It is very effective, although it hits the triceps very hard. You must again work extensions with dumbbells, with the elbows in or the roll-back variety. Then do lat work. Always rotate exercises that work the same muscle groups, but in a slightly different way. Last, do upper back, rear and side delts, and hammer

Again, look at the possibilities: two different band tensions, three chain weights, and three grips to choose adds up to eight different workout PRs to break.

Workout 4: Do illegally wide benching. Take a grip outside the power ring, wider than allowed at a contest. Work up to a max 6 reps. I got this from Bill Seno, a great bencher and bodybuilder from the 1960s through early 1980s. You can also work up to an 8 rep max and even a 10 rep max. this was Bill's intention for me, but I didn't

like 8 or 10 reps. It simply took too much energy. Sorry, Bill. But those wide 6s gave me a top 10 bench in 1980. If you never trained for a raw bench, you would never know how to get one. I'm sure Scott Mendelson will have good tips for a raw bench.

On the day after benching, do dumbbells on an incline or decline for several sets. This is primarily a hypertrophy day. Most dumbbell presses are done with palms facing each other. A few sets can be done with the thumbs facing each other because that simulates taking the bar out of the rack. As always, do triceps first, than lats, upper back, and rear and side delts. Note: We don't work front delts directly too often due to over training. I observed that the guys who do a lot of front delts are not our best benchers. As you can see, max effort day can be replaced with a repetition day to increase muscle mass. No one method will work: you must use all proven methods.

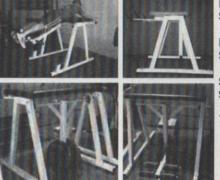
Workout 5: Do band presses by attaching bands to the bottom of your neck. You can build a fast start and a strong lockout. A mini-band attached to the bottom of our power rack (see the Bench Workout DVD) will add 40 pounds at the chest and 85 pounds at the lockout. A monster mini-band will add 50 pounds at the chest and 110 at lockout. A light band doubled up at the bottom will add 100 pounds at the chest and 200 at the top.

Halbert, Wolf, and Winters, guys who bench over 600 raw, use medium and strong bands and even multiple bands. Work up to a single. Full range is mostly used, but sometimes we press off power rack pins or boards. Your band tension may vary, depending on how you hook up the bands. Use two grips: a wide grip and also a close grip. This will result in two PRs. Don't forget to do triceps, lats, and so forth.

Workout 6: Do board presses. I did board presses in 1970. The Culver City Westside guys were doing them at that time. I got very little out of them. Why? I had weak triceps. Larry Pacifico said I had to work my triceps if I ever was to bench big. He was right. In 1993, Jesse Kellum said I should use them again. Now we were training our triceps very hard. After our success, everyone is doing board presses and everyone's an expert.

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motion with the arms. I watch a lot of people do board presses thinking that they will build a strong lockout. I saw people do board presses with bench shirts continuously, and two of them lost their lockout at the meet by 60 pounds. The others were not Top 10 benchers anyway. Remember, the bench is a full range motion. Maybe this is why so many

dump the bar on their belly, not practicing full range motion

motion.

The workout is simple.

After a warm-up, work up
to a max single. One, two,
or three boards are used at

to a max single. One, two, or three boards are used at Westside. Four and five boards are for isolating the triceps.

There are exercises that build strength and those that test strength. Board presses test strength. Have you ever watched point karate? They always stop the punch just short of the face. Well, I believe the board press does the same thing. I hear what so and so did off a board press, only to go to the meet and be unable to touch their chest. I think his name was Curly or Moe. Or maybe it was Larry. But who cares? What a stooge!

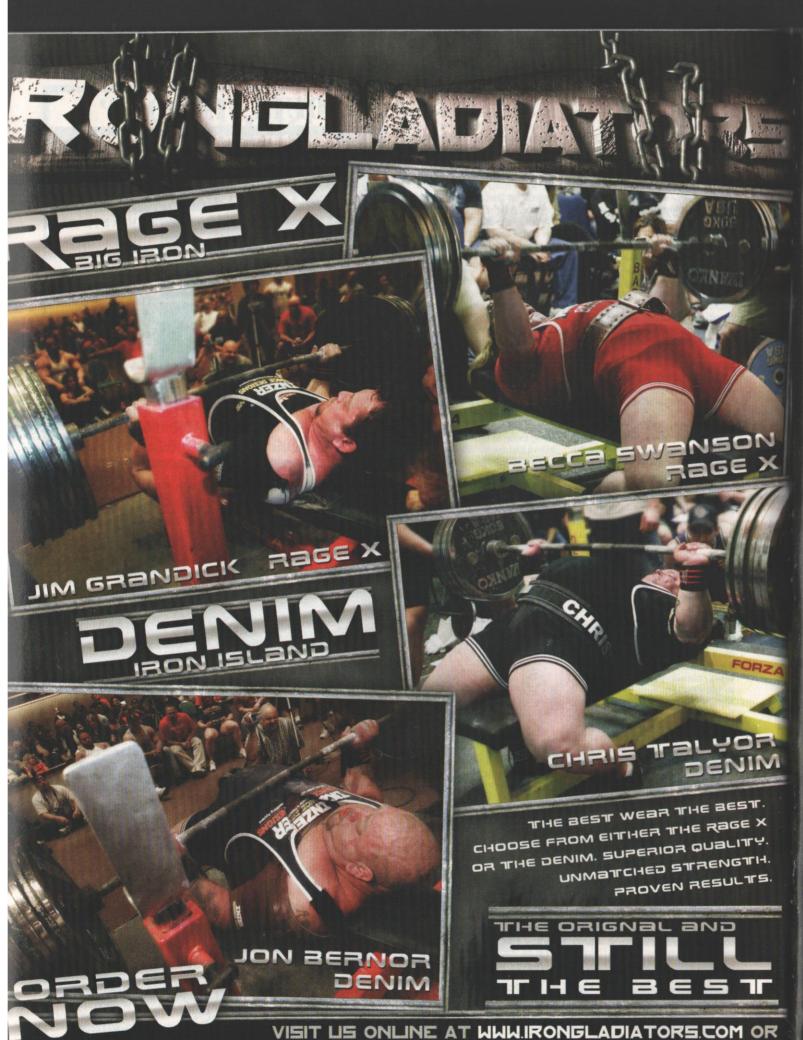
These workouts give you a wide variety to choose from. Mix and match any way you want. See you at the meet.

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Inside Westside ... Amy Weisberger handles the boards as Matt Smith trains the bench press. (this photograph provided by the courtesy of Randy Bumgarner)





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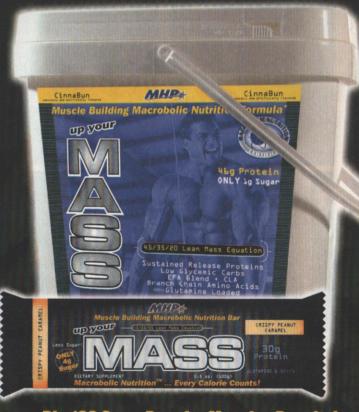
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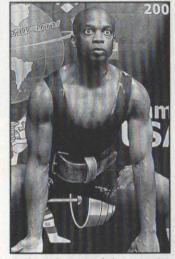


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Bondarenko ... the Russian won the Superheavywt. title with 2436





Ervin Gainer Sr. didn't get a DL Olech of Poland ... 700 @ 148.



Sutrisno of Indonesia - 1636 as a Featherweight, an IPF world record

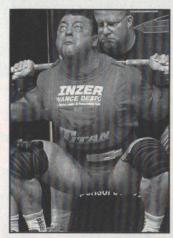


Wade Hooper - silver medaled for the USA in the Middleweights.

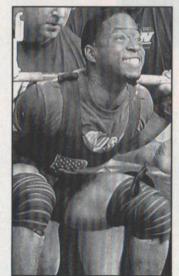
| Record | R

114 lbs. Romanov-RUS Hsu-TPF

Hsu-TPE	385	385	402	231	242	248	440	463	485	1135
Burlyev-UZB Gainer, Sr-USA	374 396	374 413	402	198 264	220 286	226 291	352 474	374 474	418	1047
123 lbs.	330	413	413	204	200	291	474	4/4	4/4	
Pavlov-RUS	529	551	551	385	407	407	463	485	507	1422
Holloway-USA	496	518	518	292	303	303	507	540	556	1355
Isagawa-JPN Lu-TPE	446 507	468 507	479 507	374	391	396 270	485 529	501	512 584	1355 1328
Kondo-JPN	451	485	485	253 352	264 374	374	451	556 485	507	1320
Wszola-POL	507	507	534	319	319	330	418	446	463	1311
Hu-TPE	463	496	507	209	226	-	507	529	540	1245
Kolsovsky-SVK	407	429	440	319	336	336	319	341	352	1069
Beltran-COL Elkomi-EGY	264 330	297 330	330 330	209	2 20 242	2 20 253	330 363	352 385	374 396	859
Lited-FRA	451	474	_	270	281	270	507	507	540	
132 lbs.										
Sutisno-INA	584	617	628	396	418	418	551	551	589	1636!
Andryukhin-RUS		595	606	352	369	369	551	584	606	1559
Hsieh-TPE Washington-USA	551	562 573	562 584	374	407 336	407 336	573 496	573 529	611 545	1499 1438
Forsman-SWE	463	485	485	347	347	369	418	440	490	1273
Tinebra-FRA	440	463	474	281	292	297	429	446	463	1212
Castiblanco-COL	352	352	352	209	220	231	363	385	407	-
148 lbs. Olech-POL	(20	602	705	407	407	424	(20	661	677	1785
Olecn-POL	639	683	703	407	407	424	628		L-318!	1/05
Kazakov-RUS	683	705	716	474	496!	512!	507	540	556	1785
Selberg-SWE	595	617	628	429	440	446	507	523	534	1592
El Belghitti-FRA	540	573	573	319	330	341	606	666	683	1548
Oishi-BRA	551	578	584	363	385	396	551 584	573	595	1510
Noppers-CAN Chiu-TPE	507 485	534 518	540	325 308	341	374 352	584	622 589	622 617	1466 1433
Andersen-DEN	496	518	545	330	352	363	496	496	529	1405
Cevallos-ECU	562	584	584	341	363	363	474	507	507	1377
Ito-JPN	485	518	518	319	330	336	507	507	529	1361
Nagao-JPN	507	529	551	319	330	330	485	507	529	1355
Mihok-SVK Kepczynski-POL	485	507 512	523 534	308 286	330 303	330 308	474 496	496 496	496 523	1333
Ruso-CZE	518	518	518	231	231	231	440	496	512	1262
Rodriguez-PUR	440	446	463	237	237	248	451	501	545	1179
165 lbs.										
Furazhkin-RUS	694	716	-	463	485	496	672	694	705	1907!
Hooper-USA	711	727	620	485	485	44	573	606	639	1840
Spychala-POL Fukuda-JPN	617 595	639	666	385 363	402 380	413 391	628 573	639	644	1675 1670
Nieminen-FIN	578	595	595	380	396	413	639	672	683	1664
Lettner-AUT	551	573	584	358	374	380	578	600	617	1581
Summers-CAN	556	578	578	385	407	424	556	578	595	1559
Rozales-PHI	507	540	551	440	451	451	518	545	562	1543
Kean-CAN	534	556	556	402	418	429	518	545	556	1532
Pall-EST Muir-AUS	507 512	529 529	529 551	330 330	347 347	347 352	540 562	573 595	595	1449
Koitka-AUS	485	501	518	330	341	352	529	551	573	1422
McCormack-NZL		529	529	363	380	391	485	496	507	1405
Elkenany-EGY	440	463	474	374	396	407	440	463	485	1311
Martines-PUR	418	446	446	253	275	275	540	584	584	1212
Hernandes-PUR 181 lbs.	418	440	490	319	330	330	418	474	474	1179
Bogdanov-RUS	694	716	727	523	545	551	650	661	677	1951
Wegiera-POL	683	716	733	562	584	584	617	650	672	1951
Ricks-USA	666	700	700	451	474	496	666	700	705	1873
Turakhanov-KAZ		694	700	396	396	418	655	672	700	1796
Doucette-CAN	556	584	600	479	501 407	512	606	633	644	1736
Sanchez-ECU Nurmine-EST	617 507	650 529	672 551	396 457	457	407 468	573 595	600	617 650	1664
Schnurr-GER	573	617	644	341	358	374	562	606	622	1609
Theuser-CZE	606	628	650	363	363	385	584	584	584	1598
Pardo-ARG	463	507	518	286	308	319	485	529	529	1300
Lopez-PUR	474	512	540	336	336	380	485	529	545	1295
Newton-BAH Ramos-PUR	314 4 51	319 4 51	369 451	231 336	242 363	264 391	352 457	374 457	402 490	953
Benvenuto-PER	485	485	485	330	_	-	-	-	-	
Okamura-JPN	485	540	573	446	451	451	573	573	639	_
Naleykin-UKR	738	760	777	485	507	507	440	-	-	-
Ramsmussen-DEN	V	374	-	-	407	424	424	-	-	-
198 lbs.										
Tarasenko-RUS	760	793	810	507	507	540	705	738	777	2094
Wilk-POL	760	760	793	507	507	529	661	694	716	2039
Romanenk-UKR	782	815	827	485	501	518	683	705	705	2039
Vorona-KAZ	705	738	755	396	407	413	694	727	744	1912
Turesson-SWE Kholnazarov-TJK	705	738 639	738	440 374	440	451	661	683 722	760	1840
Green-SWE	661	688	639 700	424	396 440	446	683	644	760 677	1818 1813
Kirketeig-NOR	694	694	711	463	479	490	600	617	633	1807
vd Hoek-NED	628	661	672	463	485	485	606	650	666	1796
Duarte-POR	650	672	683	429	429	429	639	661	661	1774
Recule-FRA	573	606	622	374	396	413	617	661	683	1719
Arakawa-JPN Araujo-BRA	562 584	606	628 617	440 396	457 424	4 57 424	595 661	628 683	644 727	1697 1692
Hornik-CZE	551	551	617	418	451	468	661	683	705	1686
Jensen-DEN	611	655	677	352	369	380	595	628	644	1675
Butt-CAN	573	595	600	451	468	479	562	589	611	1675
Touma-ECU	617	617	617	418	418	440	595	617	644	1653
Conde-PUR Yang-TPE	567 440	567 661	567	347 507	374 529	402 529	540 385	573 551	573	1482 1355
I dilk-II E	770		_	30/	347	343	303	331		1233

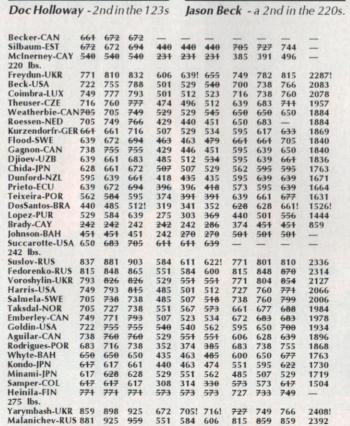


Tarasenko the Terrible - 198er









IPF MEN'S WORLDS



Yarymbash of the Ukraine - led the way to victory in the 275ers.



242 Champion - Suslov of Russia. (all photographs are by Sioux-z)

Mirow	ski-POL	793	826	826	705	705	705	749	749	815	2347
Ljung	berg-SWE	881	925	942	595	595	617	771	815	821	2309
Gayan	ov-KAZ	793	815	826	573	595	617	683	727	749	2193
Pomar	na-NZL	793	826	843	540	562	562	749	771	771	2155
Carde	Ila-USA	788	821	821	573	573	606	722	749	766	2116
Rande	n-NOR	815	815	837	562	584	584	661	705	711	2105
Nicho	IIs-CAN	716	738	760	540	562	573	694	733	755	2044
Schro	der-GER	661	705	727	540	562	573	672	705	716	1995
Wszol	a-POL	782	815	815	463	485	485	727	749	760	1995
Sorig-	DEN	760	804	832	485	501	512	650	677	677	1995
	an-GER	793	848	848	440	474	496	661	694	716	1962
Vaass	en-NED	661	705	727	418	440	451	661	705	733	1862
Ube-E	CU	782	826	826	402	440	468	562	617	617	1813
Collar	t-BEL	683	727	727	463	485	485	573	617	628	1763
Conra	do-BRA	683	705	738	374	396	396	529	562	578	1664
Velaso	quez-CRC	374	396	418	330	352	374	352	396	418	1190
Rui-Ne	or	793	793	793	551	55	573	_	-	_	_
275+	lbs.										
Bonda	renko-RUS	903	948	981	606	628	639	826	848	848	2436
Midot	e-JPN	881	914	_	738	738	772!	639	672	683	2336
Martil	kainen-FIN	848	881	881	562	578	589	771	804	810	2270
Sandy	ik-FIN	837	865	876	727	727	744	628	650	661	2270
Muray	Ivov-UKR	837	865	865	639	655	666	771	799	799	2265
Harris		804	848	848	606	606	644	744	777	810	2221
Kondr	aschw-GER	760	815	815	562	562	595	705	777	777	2061
	a-PUR	672	727	760	463	485	512	611	661	688	1901
Rolle-	BAH	600	711	711	396	396	396	600	639	639	1598
	ano-COL	606	606	611	374	374	407	529	562	606	1581
Dewe	v-CAY	396	396	396	275	330	407	396	440	507	_
	son-SWE	738	738	738	711	711	733	639	_	_	
	ld Records.								and, 5	1 pts	3rd-USA
	4th-Ukrai										

49 pts., 4th-Ukraine, 46 pts., 5th-Sweden, 37 pts., 6th-Chinese Taipei, 33 pts., 7th-Japan, 32 pts., 8th-Canada, 27 pts., 9th-Finland, 21 pts., 10th-Kazakhstan, 20 pts., 1th-France, 13 pts., 12th-Germany, 13 pts., 13th-Indonesia, 12 pts., 14th-Czechia, 11 pts., 15th-Norway, 11 pts., 16th-Ecuador, 10 pts., 17th-Uzbekistan, 9 pts., 18th-Brazil, 9 pts., 19th-Luxembourg, 8 pts., 20th-Netherlands, 8 pts., 21st-Puerto Rico, 8 pts., 22nd-New Zealand, 7 pts., 23rd-Tajikistan and Austria, 5 pts., 25th-Estonia, 5 pts., 22th-Denmark, 5 pts., 27th-Slovakia, 4 pts., 28th-Colombia and Bahamas, 4 pts., 30th-Phillippines, 3 pts., 31st-Portugal, 3 pts 32nd-Australia, 2 pts., 33rd-Belgium, Cayman Islands, Egypt, Argentina, and Costa Rica, 1 pt. Champion of Champions: 1st-Sutrisno Bin Darimin, Indonesia, 635.2 pts., 2nd-Freydun Ivan, Ukraine, 632.46 pts., 3rd-Olech Jaroslaw, Poland, 629.04 pts.

15

440 661 — 507 529 529 385 551 — 1355 595 617 628 319 319 319 562 — — Yang-TPE Tibault-ARG



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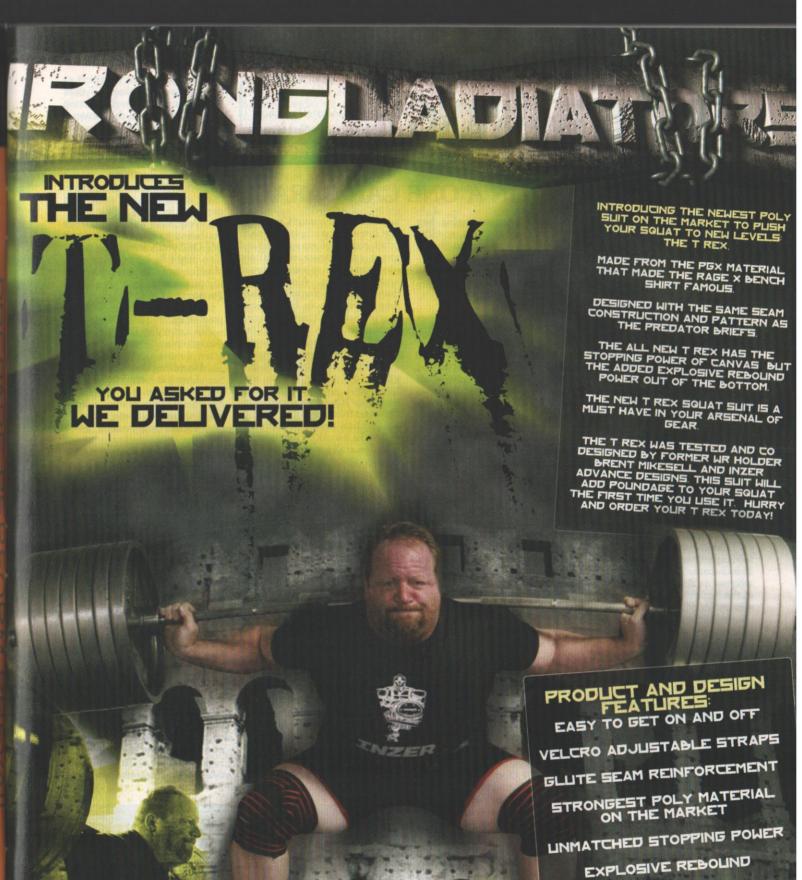


Ano Turtiainen 24911b Total





Andy Bolton



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HOW TO KICK ASS IN A ONE CAR GARAGE

I'm not going to write an introduction on why commercial gyms aren't the best equipped or the best atmosphere for powerlifting. It's been beaten to death and we all know it's true. So instead of trying to get you all worked up on another 'Sick of Your Gym' rant, I'm going to tell you how we, The Confederate Barbell Club, did it.

The Confederate Barbell Club was located in Lexington, Kentucky. It began when Kevin Deweese, Jason Adams and I got together and started plotting how the hell we were going to train without the aid of the University of Kentucky. We were use to the plush equipment and temperature controlled atmosphere that the UK gave us. We traded this in for a small, sometimes unpleasant one car garage. I wouldn't have done it any differently.

The Set Up

Jason rented a one car garage in his apartment complex and this soon became our home. This is what we outfitted the garage with in the beginning -

Power Rack

· Dumbbell Bench (to be used inside power rack)

Modified Glute Ham Raise (Jason

got this at a garage sale and we had to modify and weld the hell out of it; we actually used the wall as a footplate for awhile)

· Olympic Dumbbell Handles

- Texas Squat Bar
- Texas Power Bar Lat Pull Machine
- · A ton of weight
- · A lot of chalk · Bands
- Chains for benching/squatting Chains for suspended good
- · 2, 3, 4, 5 boards for board pressing A couple of vats of liniment
- Fan

mornings

- Space Heater
- Stereo
- · Various lat pull handles
- · Plyobox that UK threw out that we commandeered for box squatting. Eventually we added these
- · Pro Reverse Hyperextension · Power Bench Rack (2x2)
- Glute Ham Raise
- Safety Squat Bar
- Rackable Cambered Squat Bar Jump Stretch Sumo Platform

For those just starting their own place, you really only need the basics. I would start with the following pieces:

2x2 Power Rack

- Box Squat Box
- 2, 3, 4, 5 boards
- Flat Dumbbell Bench Texas Power Bar
- A lot of weight

After you have this initial set up, I would look into the following pieces. Having talked to hundreds of people that have set up their own home gyms, these are the more popular items that they get to complete their weight room. Remember that some of these are going to be dependant on space or

- lack there of. Glute Ham Raise
- Reverse Hyper
- Lat Pulldown machine (and some attachments; usually the DD handle, a triceps rope, and a straight bar)
- 45 degree back raise
- Dumbbells or dumbbell handles Specialty bars (these include the safety squat bar, rackable cambered squat bar, squat bar, deadlift bar, cambered
- bench bar) Monolift (this can be done!)
- Bands (I recommend getting the band pack as it's probably your best

Chains (For most lifters, a complete set of chains and one extra pair of the 5/8" chain will work well)

If you have these things, you are well on your way to building your own gym. From there you can expand based on your needs and the space that you have.

So the big pieces in our weight room were the rack, the GHR, the Reverse Hyperextension, the bench rack and the lat pulldown. These 6 items took up the most floor space and everything was stacked around it. During the summer, to make more space, we would move the GHR outside. While this set up seems (and it was) very cramped, it was actually a good thing. Because

we were in tight quarters, everyone was forced to be attentive to each other; coaching form, spotting and giving encouragement. There wasn't an option to wander around and do nothing. Also, because there wasn't a lot of space, whatever max effort lift was being done, everyone did it. It wasn't like one person could do cambered bar good mornings and someone else would be doing box squats or some kind of pull. This also gave us a sense of camaraderie and teamwork. Even during our assistance lifts, there wasn't much

deviation from the pack. So how did we set all this up and make it work? The first thing that Jason did was lay plywood down, covering the entire garage. He stacked 2 (two) 3/4 in. pieces of plywood on top of each other. To this plywood, we bolted the power rack, the Reverse Hyperextension, and the Power Bench Rack. Inside the squat rack we stapled thin carpeting. This can be found at any Home Depot and is relatively cheap. We did this to give us traction for squatting and pulling. Carpeting is

Speaking of 'One Car Garage

Gyms' perhaps the most famous such

gym in the history of powerlifting was

at 4227 Neosho in Culver City,

California, which was the residence

of Bill "Peanuts" West. As

documented in the pages of Joe

Weider's MUSCLE BUILDER/

POWER magazine, some of the

greatest strength athletes in the world

during the '60s and '70s trained in

this tiny facility, and developed not

Bill 'Peanuts' West at the 1969 Sr.

Los Angeles contest, spotted by

George Frenn, from the Westside

Barbell Club, one cargarage gym.

the best option for squatting as there is almost no chance of your feet slipping. But it must be thin so as not have too much cushion. I think that we had to replace the carpeting after 6 months of constant use. We also carpeted the area in front of the Power Bench Rack so our feet wouldn't slip on the plywood. We also had an area in front of the squat rack with carpeting for doing pulls.

A word of warning: be sure you have a good layout in your gym BEFORE you bolt anything down. You might look into some feng shui for some tips on setting your weight room up.

Important points:

- Lay down plywood and screw vour equipment down.
- Use carpeting where you are going to place your feet.

Handling the Weather

Living in Kentucky isn't too bad in the summer or the winter, but it's not like its Hawaii. For the summertime, you must open up the garage door and you must have a fan. Between sets, I recommend going outside for some extra air; it's always cooler out there. You must have a lot of water and Gatorade. A few towels to wipe off the sweat from the bench aren't a bad idea either.

As bad as the warm weather is, nothing can compare to the winter time. The first thing we did was insulate the garage door. This helped quite a bit. A space heater was also gold. It may take awhile

only extraordinary physical power,

but also some highly innovative

training techniques. "Peanuts" was

honored, over 20 years after his

tragic passing, with a memorial

marker installation ceremony at Holy

Cross Cemetery on February 4th.

2006. Contributions for the marker

had come in from all over the sport of

Powerlifting. Actor (and Elder at the

Crystal Cathedral) Robert Doqui

made a very moving statement about

to heat up, but its well worth it. Make sure you dress appropriately and actually do a warm-up.

Get a space heater.

The Training

So how the hell did we train in here? The most people we could handle at one time were about 4. We've had more than that and it became a nightmare. Because we all did the basic 4 day WSB split, there wasn't a lot of guessing on

At the time, none of us had families, so our scheduling worked

Bench Press: The biggest challenge that we had to face when training the bench press was not max effort or dynamic work; it was the assistance work afterward. Because we had limited space and equipment, our assistance work centered on a few key movements. Shoulders: Standing Military Press: This was easy to set up and easy to move through quickly. This was probably the main movements

for shoulders. Incline Press: All we had was a flat dumbbell bench so we had to raise the end of the bench (using boxes and cinder blocks) to make an incline bench. This wasn't that big of a deal once we learned the correct combination. Because of space, if someone wanted to do these you could not do military presses or dumbbell bench presses.

weights. If one of us were going to

use the dumbbell handles, only one

other guy usually trained with him.

As a side note, when using Olympic

dumbbell handles for bench

pressing or incline pressing do NOT

use spring collars. These will kill

your legs when you set the

dumbbells on them. I highly

recommend using some kind of

flat, simple collar that doesn't stick

out too far. Also, make sure that it's

very strong and tight. The last thing

you want is the plates falling off and

tearing your shoulder or smacking

your head. This was not a big part

Triceps: We did some pin lockouts

but stuck to doing 4 and 5 board

presses with and without bands.

We rarely did extensions. Not

because we didn't have dumbbells

but because they didn't work very

Lats: We did have a lat pulldown

machine but it wasn't the best and

it was a little shaky. For the most

part, we did a lot of dumbbell rows.

bent over rows and pull ups for our

lat work. We also didn't have a

chest supported row machine,

which is my favorite lat movement.

A couple of times we would incline

the dumbbell bench and perform

chest supported dumbbell rows on

it. This is a great movement and I

highly recommend it. Another

great way to do pulldowns is to

of our shoulder training arsenal.

Important points:

Get a fan.

what we would do on each day.

out fairly well.

attach two bands to the top of the **Dumbbell Bench Press/Incline** power rack, sit on the ground and Press: We did have Olympic dumbbell handles but when training tug away. Our rack was about 7 in a group of 4 guys, this can be a feet tall, so average bands worked huge pain in the ass to change the

Upper Back: For upper back work, we stuck with band face pulls, rear laterals (holding plates, not dumbbells), seated DB cleans (we also held plates when doing these). This wasn't too much of a challenge.

Important points:

The standing shoulder press, bent over row and pull-up are your friends.

Olympic dumbbell handles are great, but can be hard to divvy up amongst friends.

The Squat/Deadlift Dynamic Squat

The big day for us was Friday. This was the start of the weekend but only after we got done squatting. Because we had only one squat rack and four guys, we all would take a turn squatting. We never had a set order; we went when we felt good. But here is how we did

One guy squatted, two guys spotted/changed weights, one guy warmed up (this means dynamic flexibility work, glute ham raises, abs, etc.) and helped coach. Everyone was very involved in each other's workout

The lifter never did anything but lift; he did not change weights, chains or bands.

Someone always watched the

There was constant coaching and positive and negative feedback. Once you were done, vouremained as a coach. You could still do some assistance work during this time.

After everyone was done squatting, hamstring, low back and abdominal work was done. If the weather wasn't bad, we brought the GHR outside to give us more room. 99% of our assistance work involved the GHR, the reverse hyperextension and weighted sit ups.

After all training sessions, there was a lot of talking. We bounced ideas off of each other and learned a lot of great information. This is the male version of the beauty salon.

Max Effort Squat/ Deadlift

Because of the tight quarters, everyone did the same max effort lift. We never mapped anything out, but the majority of our max effort work

Cambered bar box squats

Safety squat bar box squats Cambered bar suspended good

mornings
• Deadlifts off elevated platform

Rack deadlifts

These 5 lifts comprised the majority of our deadlift training. Again, we always had three spotters during the lift for safety and for coaching.

We also had a dry erase board in the gym that had all of our max effort lifts on it so we always had an accurate record.

Assistance lifts

Because we had a reverse hyperextension and a glute ham raise, this made up the majority of our assistance work. We also did a lot of sled work when there wasn't a ton of ice on the street. There is really nothing that we couldn't do, outside of machines such as a Power Squat or leg press, in regards to assistance work for the squat and

We were very limited with space, so lunges were certainly not done unless they were done outside. Important point:

You must work as team

How to Win Friends and Not **Get Kicked Out**

When we decided to start this gym our initial fear was that we were going to be kicked out because of the loud music and all the noise. So in order to combat this we simply weren't assholes to people. We helped people move into their apartments numerous times. We also befriended the grounds crew and most of the neighbors that were in the general vicinity of the garage. We also made friends with the crazy guy next door who could weld or bolt anything. We developed good relations with just about everyone so when the music or the noise got too loud we were never "turned in". Even the loud sled dragging never became an issue

Important point:

· Don't be an ass and you will be rewarded. So if you are looking to start

up your own garage gym, here are the most important things you need to know:

Get a space

. Use plywood and carpet

3. Account for the weather

Get the minimum equipment and expand from there

5. Get reliable training partners

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

"Peanuts" as did all who were present at the proceedings, which were organized by Bill Ennis and his wife Evelyn. A record breaking squatter and national champion, Bill West influenced thousands through his coaching, training insights, and charismatic personality. To the Powerlifting community, he had been lost, for many years, but now he has been found again. As the ceremony began, one final couple trudged up



Bill's Hall of Fame certificates from both the CaliforniaState and the USPF National Hall of Fame were on hand for the event.

presentation. It was Josh West, who bears an astonishing resemblance to his uncle "Peanuts", and his mother Lynn. As a final tribute for the day, each of the participants in the ceremony placed a peanut on Bill's headstone, but the memories of Bill West continued to flow for long after the ceremony had ended, and hopefully they will continue to do so for future generations of Powerlifters.

the steep hill to the site of the



photo album full of memories of Bill "Peanuts" West and his brother Bertwith eventorganizer Bill Ennis.



Bill loved his "namesake" and those at the memorial marker ceremony made sure Mr. West got one last peanut from each of them.

Lynn and Josh West shared a

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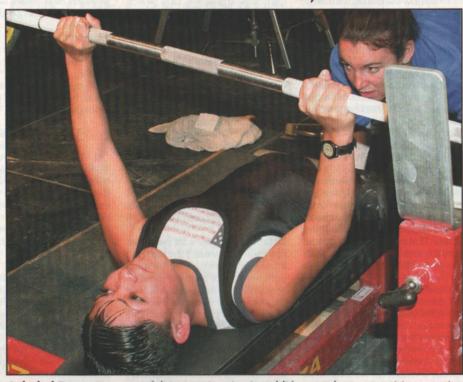
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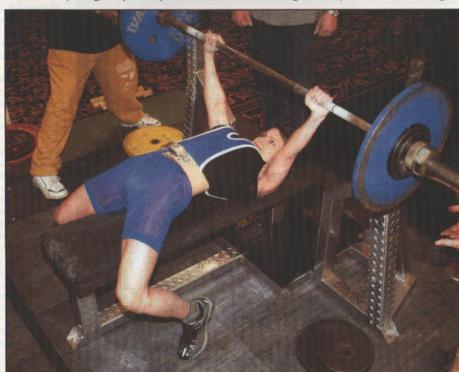
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MORE PHOTOS FROM THE WABDL WORLDS HELD RECENTLY IN RENO, NEVADA



Soledad Rosas was one of the most inspirational lifters at the competition, getting to the platform on a walker, and then proceeding to bench a world class 126 lbs. at 105 bodyweight. (photo provided to Powerlifting USA by CSS Photo Design)



Christine Moorman did some exceptional bench pressing at the WABDL Worlds in Reno, Nevada. (this photograph was provided by courtesy of Gus Rethwisch)



Betty Lafferty is a terrific example of the benefits of weight training (photograph courtesy of Gus Rethwisch)



Chuck Venturella got a 40-46 Masters 148 lb. world record of 392.3 pounds







POWER - RESEARCH

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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular devel-

opment and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nervesandskeletal muscle fibers. There is a microscopic gap, a space, between motor neuronsand the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap"

that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

 Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.
 The calcium contacts the contractile machinery of the muscle (actin and

myosin), and muscular contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PLUSA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the

thighs, back, and other

major groups critical to

maximum lifts instrength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected ve-

acetylcholine.
Thomas Incledon,
president of Human Performance Specialists, a
sports pharmaceutical

hicle for maximal

strength development

via supplementation:

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market|helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon, Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as B o d y Q U I C K

(www.getbodyguick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BoduQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media world-wide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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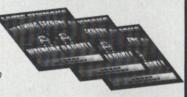
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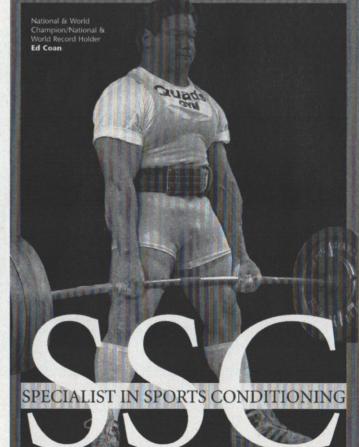
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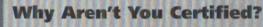


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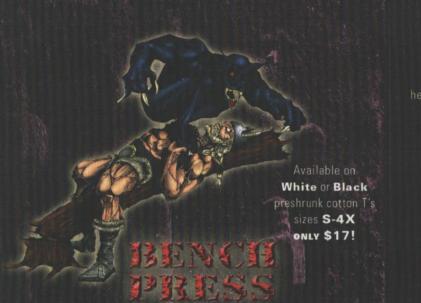


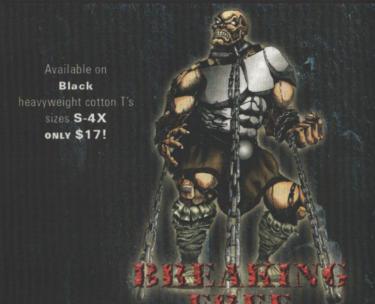
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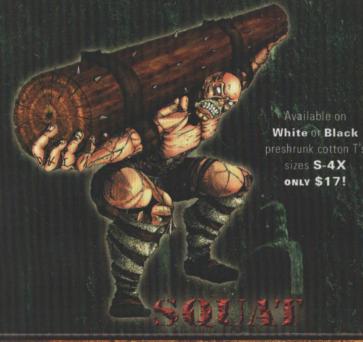
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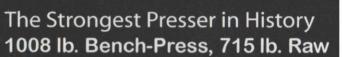
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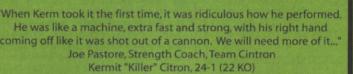
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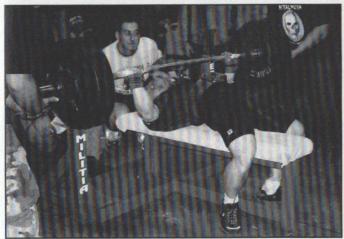
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WORKOUT OF THE MONTH

Joe Ceklovsky's 4x bodywt. BP Plan as told to Powerlifiting USA by Tim Ferris



loe Ceklovsky drove up a world all time best 520 at 148 in Feb. 2005

"Then I do overhead triceps extensions with a 130 lb. dumbbell for 8-10 reps." Joe added nonchalantly. I paused and took a second to digest what I'd heard. Doesn't he only weigh 147 lbs.?

Joe Ceklovsky, age 31, is the best bench presser you've never heard of. Quiet and reserved, more than a few have missed his meteoric rise to the top of the lifting world. Six years ago, when he started training at 113 lbs. bodyweight, his bench was a respectable 175. Three months later, after consuming 20x his bodyweight in calories daily and a following a program of basics — 6-8 rep sets of bench, squat, deadlifts, weighted dips, and dumbbell triceps extensions - he topped off at a lean 142 lbs and was ready to take the stage. On February 19th 2005, with only three meets spread over one and a half years, he broke Markus Schick's all-time bench press record at 147.5 lbs. by locking out an unprecedented 520 lbs. In 2006, Joe is aiming for 550 and the seemingly mythical quadruple bodyweight bench. How could this all happen in such a short period of time? He took time to explain it all.

This article includes all three facets of his regimen: technique, nutrition and supplements, in addition to exact workout exercises and

Joe is a bench specialist and no longer performs squats, due to the stress they place on the elbows, nor deadlifts. He focuses instead on primarily triceps training and technique, in addition to building leg drive with squat alternatives.

The weekly regimen is: Mondays: Bench Press; Tuesdays: Legs; Wednesdays: Off; Thursdays: Arms; Back and Shoulders; Saturdays: Off Off Sundays:

Joe's daily nutritional schedule on training days is simple and consistent: 7am: wake; 7:15am: protein shake; (7:30am-5pm: work); 9:15am: yogurt and oatmeal; 12:15pm: cold cut sandwich; 3:15pm: protein shake: 5pm: work ends; 5:30pm: protein shake or sandwich (light snack before workout); Immediately post-workout: protein shake: Post-workout dinner: pasta. chicken, steak, baked potato

Joe does not use many supplements, but there are two that he has used with consistent and dramatic improvements in recovery and performance: BodyQUICK® (Cognamine) as a pre-workout product and Overdrive Gearman protein powder as a meal replacement and post-workout product.

"I've been using BodyQUICK since before I broke the all-time record, and I would not work out without it. If I take three capsules with grapefruit juice about 30 minutes before a workout, not only do I move more weight, but I literally don't tire between sets. It's like your whole nervous system is upgraded."

"Overdrive Gearman protein is exactly what a protein should be: simple, pure, and effective. With the volume necessary for a recordbreaking bench, protein is one of my highest priorities, and this is the best product I have found for filling my high protein needs.

The bench press is reserved for Mondays following two days of complete rest. Joe's technical checklist for each lift is as follows: 1. Set grip width with bar rings between the middle and ring fingers 2. Roll shoulders back and place the trapezius, not rear deltoids, on the bench for maximum elevation and

Walk feet towards the bar and underneath body until they are under the hips and the heels are approximately 6" apart. Joe does not set the feet first and then slide the hips forward, but does exactly the

Ensure that the glutes are in full contact with the bench prior to the hand off

5. Perform every lift, including warmups, with the "press" and "rack" commands from your training partner. It is critical to train under contest conditions, which corrects two primary errors of bench press athletes: beating the press command and losing control of the bar at full extension prior to the rack command.

The weight progression for three weeks from contest date is detailed below, with rest periods in parentheses. Notice how Joe tapers in maximum training weight as he approaches the scheduled meet:

Three weeks from contest, ming a max attempt of 550 in the meet: 135 x 12 (30s.), 185 x 10 (30s.), 225 x 8 (30s.), 255 x 5 (30s.), 275 x 2. Add shirt - Joe uses only Inzer gear after an equipment failure with a max PR attempt. Using three 2x4 boards vertically on the chest: 315 x 3 (2 min.), 365 x 2 (2 min.). Using two 2x4 boards vertically on the chest: 405 x 1 (2 min.), 440 x 1 (5 min.), 520

For two weeks out, the last set of 520 is dropped to 515 and then again to 500 the last Monday workout prior to the Saturday meet. Joe will only train up to his opening lift in the week prior to competition. Incline dumbbell press: 4 sets of 8 reps, 100 lbs. (2 min.). (Alternated with Hammer plate-loaded flat bench).

TUESDAYS - LEGS: Cybex Leg-Press (Feet parallel and 3" apart, bringing knees to chest): 400 x 12 (1.5 min), 600 x 12 (1.5 min.), 800 x 10 (2 min.) 1000 x 10 x 2 sets (4 min.), 1100 x 10 x 2 sets (4 min.); Icarian Hacksquat (Thighs to parallel): 145 x 10 x 2 sets (3 min.), 195 x 10 (4 min.), 315 x 10 x 3 sets (4 min.); Leg extension: 60 x 10 (warm-up), 140 x 12 x 4 sets (4

THURSDAY - ARMS: Dips with Weighted Belt: BW x 12 x 3 sets (1 min.), 90 x 10 (1.5 min.), 135 x 10 (3 min.), 160 10 (4 min.), 170 x 8 (4 min.), 180 x 6. Dips are alternated weekly with board extensions using three 2 x 4 boards for lock-out development. The same rest progression for Monday is used: 135 x 12 x 2 sets, 225 x 10, 275 x 10, 315 x 8 x 2 sets, 340 x 5, 365 x 3, 375 x 2, 385 x 1 x 2 sets; Dumbbell Triceps Extension behind Head with Two Hands: 80 x 12 (1

min.), 100 x 10 (1 min.), 120 x 10 x 2 sets (2 min.), 130 x 8 x 2 sets (2 min.). 140 x 6 (DB extensions are alternated weekly with reverse-grip cable pressdowns for 4 sets of 10 reps); Seated Dumbbell Curls (non-incline, 1.5 min. rest between all): 25 x 10 35 x 10 x 3, 40 x 10, 45 x 10; Straight Bar Curls (1.5 min. rest between all): 70 x 10, 100 x 10 x 2, 120 x 10; Hammer Preacher Curl (1.5 min. rest between all): 135 x 10 x 2, 185 x 10 FRIDAY - BACK AND SHOULDERS: Unlike

some bench specialists, Joe emphasizes NOT to direct much work to the shoulder musculature: "Don't go crazy. Conserve recovery ability for the bench." This is imperative for maximum performance on Mondays. Use 1.5 minute rest intervals for all exercises and sets. T-Bar Rows performed by placing the end of an Olympic bar in a corner and using the V attachment for pulldowns): 90 x 12 x 2 sets (weight does not include weight of bar), 135 x 10, 180 x 10, 225 x 10, 250 x 8; Pulldowns to Chest using V Attachment (pause at chest): 80 x 10, 120 x 10, 160 x 10, 200 x 10: Hammer Row (weights indicated y poundages on either side): 90 x 10 115 x 10, 135 x 10, 160 x 10 (Hammer Row is alternated weekly with DB rows: 100 x 6 x 1 set, 120 x 6 x 2 sets, 130 x 6 x 1 set); Dumbbell Front Raises: 20 x 10, 25 x 10, 30 x 10. 35 x 10. 40 x 10: Seated Dumbbell Lateral Raise (to 4" above parallell: 25 x 10, 30 x 10 x 2 sets, 35 x 10. Body Master Reverse Pec Deck for Rear Deltoids: 40 x 10, 50 x 10, 60 x 10 x 2 sets; Dumbbell Shrugs: 70 x 15, 85 x 15, 100 x 15, 120 x 12.

This may be the first feature article about Joe Ceklovsky in PL USA, but it will certainly not be the last. He is built for benching and ready to take on the world, one pound at a

Timothy Ferriss is a guest lecturer at Princeton University, in addition to being a member of American College of Sports Medicine (ACSM) and the Institute of Food Technologists. Additional interviews with world-class athletes and world champion powerlifters can be found at www.adaptagenix.com under "articles". He has been interviewed and featured in media worldwide, ranging from the New York Times to MAXIM magazine and MTV. Tim can be reached at timferriss@gmail.com



Joe Ceklovsky has found BodyQUICK to be beneficial in his training program. (T. Ferriss)





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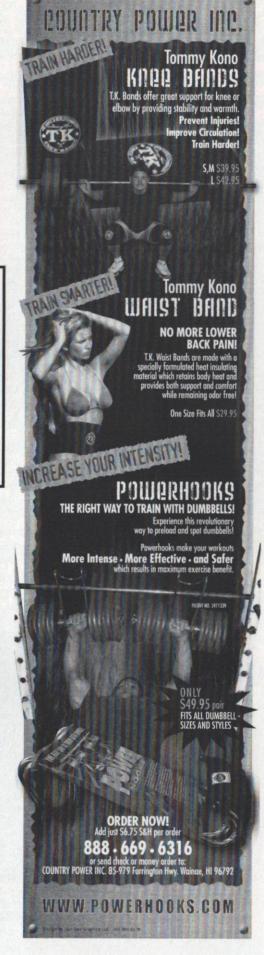
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INTERVIEW

JEFF LEWIS

interviewed by Bruce Citerman BC: What is your full name?

JL: Jeffrey Michael Lewis

BC: What are your age, bodyweight, and occupation?

JL: Iam 35 years old. Iam 6'3", and 539 lbs. I went up 12 lbs. for my last meet. Not on purpose, I just didn't keep up on my cardio. I am a Territory Manager for Simplicity Vacuums, at the Tacony Corporation, in Fenton, MO. I am responsible for 11 states and 160 accounts.

BC: What are your best lifts?

JL: My squat is 1201.5 with a Boss suit and briefs, and 959 with a single-ply Titan. My bench is 788 with a 2-ply Fury, 705 with a single-ply Fury, and my Bench America best is 738 with a single ply Fury. My deadlift is 733. My total with a single-ply is 2342, and with a double-ply it is 2679.

BC: How long have you been lifting, and where? JL: I joined a gym in 1991, the St. Louis Weightlifting Club, shortly after my 21st birthday. I was working full time and going to college. I have always been active in organized sports, and love the thrill of competition. I have lifted in ADFPA, USPF, NASA, SLP, WPO, IPF, USAPL, and a few non-sanctioned events.

BC: What style of training do you use? JL: I have been using Westside style for about ten years, although I started out using progressive overload.

BC: What type of equipment do you use, and how do you get the most out of it?

JL: Iam currently using Titan gear, Boss suit and briefs, and Boss bench shirt. I use an Inzer Hardcore squat suit to deadlift, when I pull Sumo. I like to keep it simple with the equipment, so I use it every two weeks during the last eight weeks of the cycle. I am still learning to use the bench shirt, so I rely on my training partners, who have had some

experience with the double-ply shirts, to help me increase my bench. The squat suit is pretty easy, get it tight and supportive, but not restrictive to the point hat you can't hit your groove. I do most of my training without a belt.

BC: What is your background?

JL: Needless to say, I have always been a big guy. I played baseball, soccer, and basketball as a kid. When I got to high school, I started to play select indoor soccer. I played for three different teams, and I was the starting goalie on all three teams. I have always been light on my feet for a big guy and I loved the challenge of the fast little guys thinking I was too slow to dive for balls, and make kick saves and get right back up for the rebounds. I had a lot of practice because my brother was really fast and weighed about 165 lbs., and he was a fantastic soccer player. I am married to Patti Lewis, for nine years, my wonderful wife, and we have one child and he is seven years old. His name is Justin. BC: Where do you train?

JL: I train at Alpha Strength Systems in Festus, MO. We are located about 30 minutes from downtown St. Louis, MO. This place has three power racks, two benches, two reverse hypers, belt squat machine, Mono-lift, two glute-calf-ham machines, and the best power atmosphere anywhere, bar none.

BC: Who do you admire in the sport?

JL: Joe Scalzitti-the man who got me started in the sport, my friend, mentor, and my father figure. Ilove you, Dad. Pat and Mike Anderson-these guys have been with me through thick and thin. Two of the best training partners for which a person could ask. Their knowledge of the sport and technical advice is unsurpassed. Kurt Richardson, my coach, he knows numbers like no one else. Ed Coan, with his intensity. Captain Kirk with raw power. Also Gene Bell, Brian Siders, Scott Smith, Shane Hamman, Big Clay Brandenburg, Garry Frank, and Dave Ricks.

BC: Do you see any up and coming lifters you'd like to acknowledge?

JL: Yes, there is Justin Newsome, Josh Kirsch, Ben Kuvor, and Rodney Wood.
BC: How did you start lifting?

JL: Joe Scalzitti and Mike Anderson helped me with my first training cycle and took me to my first meet. I have to mention my friends and training partners from the old club, Doc Joe, Mike, Pat, Beer, Hub, Pete Kammerer, Gene Finnochio, Wide Willy, and Darren Gilley. BC: What lifting technique suits you best in each of the three lifts, and what do you concentrate on most during your lifts?

JL: For my squat, I use a slightly wide stance. For my bench I keep my elbows in, and for my deadlift I use a Sumo stance. When I am lifting, I think about my form, technique, and complete explosive power.

BC: Please list your training bests in some of the more common movements.

JL: Squat: 10 sets of 2 at 455, with 50 seconds rest, and done with all equipment 1085 single. Bench with a Boss bench shirt, 800 with a single, 855 on a 3-board, for one rep, 905 for 1 rep rack lockouts. Deadlift with a Hardcore squat suit, 800 for 2 five inch block.

BC: What is your training routine?

JL: Monday: squat and pull: 2-1/2 hours.

and deadlift? JL: Squat: Raw box squats. Bench: board presses. Deadlift: Nothing yet. BC: Have you ever reached a plateau on any of JL: My deadlift is a work in progress. BC: What has gotten you to your current level? JL: Great coaching and consistent training. BC: Have you ever had any injuries? JL: Nothing too serious. I stretch and I see a chiropractor regularly. BC: How do you feel about what you've accomplished so far and what are your goals? JL: When I retire, that will be the time to look at accomplishments. For now, I don't put any limits on what I can do. I just go out and compete as hard as I can and use the tools with which God has blessed me. BC: How do you intend on continuing to progress? JL: Hard work, dedication, and great coaching. BC: What do you recommend non-elite lifters should concentrate more on in training? JL: Keep it simple. Find what works for you

and build your core strength. Don't worry about the equipment until you have built a solid foundation.

BC: Describe your nutritional plan.

Wednesday: speed bench 1-1/2 hours.

Thursday: deadlift and squat assistance 1-1/

2 hours. Saturday: heavy bench 2 hours. I also

been effective in increasing your bench, squat,

walk for 40 minutes, five days a week. **BC:** What specific exercises do you believe have

oatmeal. Mid-morning snack: Protein shake. Lunch: 2 turkey sandwiches on wheat bread, green beans or peas. Mid-afternoon snack: Protein shake, 2 apples. Dinner: Steak or chicken, 2 red potatoes, salad, and vegetables. Late night: Protein shake and protein bar. I also eat plenty of tuna and mixed nuts. I am going to start working with Anthony Riccuito, the Nutritionist, because I am trying to drop some weight. I would like to get under 500 lbs. and see what happens.

BC: When and where is your next meet?

JL: March, in Columbus, Ohio. The WPO meet at the Arnold Classic.

BC: Anyone you would like to thank?

JL: I thank God for giving me the strength to lift these weights. My training partners and friends, Kurt Richardson, Mike and Pat

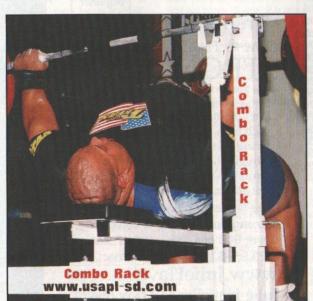
Anderson, Doc Joe, Joe Scalzitti, Wide Willy Lamiere, Tilden Watson, Kevin Hahn, Charlie Rico, Darren Gilley, Rick Fowler, and the whole Missouri USAPL crew, the Harold Gaines family, my mom, Kathy Lewis, has always been in my corner, Patti, my beautiful wife, as she puts up with me while I'm getting ready for a meet, and thanks for all the cooking you do, I love you. My son, Justin, for understanding what dad has to do, I love you, son. My brother, Buddy, Theresa, Skyler Rob, Nita, Don, Kim and Ronni, Cris Mark, Jenny, Missy, and Titan, and anyone else I missed, thank you for all of your support. I could not do this without you.

BC: What keeps you going?

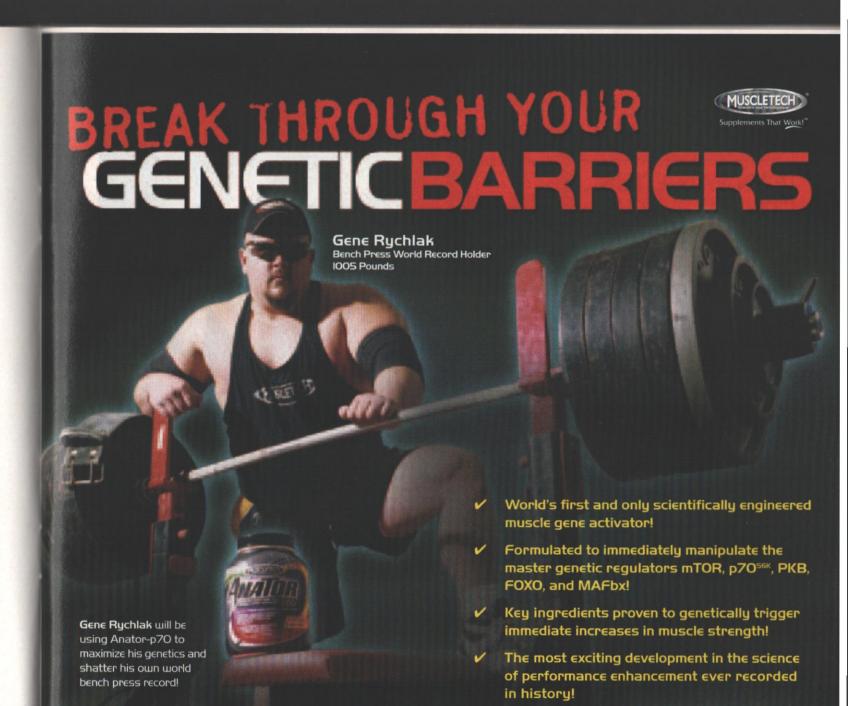
JL: The desire to be number one and to dominate the sport like no one ever has.

BC: Other than powerlifting, what are your other hobbies?

JL: Spending time with my family, and helping coach my son's teams, and swimming.



Big Jeff Lewis at the '03 USAPL Men's Nationals held in SD.

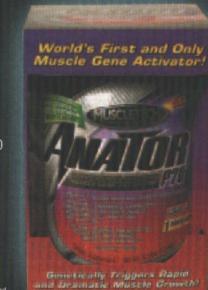


ntroducing Anator-p70[™] – the most exciting development in the science of strength building ever recorded! Anator-p70 comes as a result of five years of research at the University of Nottingham under the guidance of world-renowned muscle metabolism and creatine researcher Dr. Paul Greenhaff. Anator-p70 is the first and only supplement that triggers muscle activation at the genetic level, leading to massive gains in strength. Anator-p70 has been scientifically engineered to activate the master genetic regulators mTOR, p70^{sox}, and PKB to induce explosive strength, while regulating MAFbx and F0X0 to stop muscle catabolism. Anator-p70 literally turns on your DNA, helping you to build the extreme strength and muscle you've busted your butt in the gym for. Millions of dollars and countless hours of research went into the creation of Anator-p70, including the testing of over 40,000 genes through state-of-the-art gene chip analysis. Word has it that test subjects in an ongoing study are increasing their strength so dramatically that the machines being used had to be changed to handle significantly more weight! These results are incredible and causing a massive stir in the research world.

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DR. JUDD

FAN FANATICS ... The Response

as told by Judd Biasiotto Ph.D.

have good reasons for using equipment in powerlifting, there are as many who feel that it will and/or has significantly impaired the sport's rose at which we were all looking, there would be about our realities while we watch them. some of us who would clearly see it not as red but wine, purple or magenta, and they would be willing to argue the point to the bitter end.

jeopardized friendships, caused major subdivisions in the sport, and on a more frightening scale, brought about physical conflicts. Why do we have to be in agreement with people in order to respect them? Put in other terms, why does with others need not be contingent upon total team. compatibility. In fact, I believe it is good to seek out individuals who have diverse opinions. In my own life such individuals are most often responsible for my changing attitudes and views. They are the ones who force me to evaluate growth. In this respect, they are one of God's the success of their teams. greatest gifts to me.

dialogue going. Perhaps if you see something as t-shirts. white and I see that very same thing as black, there maybe a meeting point, a gray area upon which we might be able to find common ground. And perhaps from this common ground we can extend the parameters of agreement. We may never fully agree, but hopefully we can come to Dear Billy: First of all, I wasn't talking about a fan NAME: JOHN MORGAN the world we live in.

"If anyone is looking to play follow the guru with me they will be lost, for they will find that I am as confused as they are. The difference may be that I know it."

of this column also sent me an e-mail about an online bulletin board containing a discussion on the same topic. Note that I will only respond to links or e-mails sent via my website drjudd.net or directly to judd@drjudd.net.

NAME: BILLY MIMNAUGH SUBJECT: DOES DR. JUDD GET ANYTHING RIGHT? Sat, Dec 17 2005 at 11:01 pm Message: Once again, this f***** a*****

has it wrong, wrong, wrong. In this months PLING USA, his article deals with sports fanatics and paints us as loosers living through our teams accomplishments. Now, granted, not everyone is as dynamic a human being as fter writing for Powerlifting USA for Judd, I mean most of us aren't artists, poets, more than quarter of a century I am basketball superstars, borderline professional Convinced that there is no such thing as bodybuilders, intellectuals and just plain total agreement on any issue. Since truth is so smarter, more sensitive and more insightfull often perceived differently by each of us, it would than everyone else, but most of us sports fans seem that the only hope for harmony among us arent living through our teams success anymore is if we settle for co-existence. For all those who life while watching Seinfeld. Most of us are just working stiffs trying to scratch out a living and raise good families (by the way is Judd married or does he have kids or is he such a creditability. Hundreds of lifters feel that the use dynamic human that no man or women is of drugs in powerlifting is justifiable and quite his match) but some us are, as Judd acceptable, and as many are certain that the use notes, sports fanatics simply because we "fell of drugs is unprincipled and morally wrong. I am in love" with a team and we have stuck by it certain that if someone asked us the color of a red through thick and thin and it lets us forget

He uses the tired, idiotic argument that our team wins we don't make a dime off of it". Excuse me, but other than a VERY small everyone have to think the way we do in order teams because it makes the game worth was...well...fan fanatics for us to accept them? An opinion about watching. Why the f*** does Judd think that

Fan fanatics are incomething is simply a point of view. something is simply a point of view, a unique way there is billions bet on pro and college football and obsessively identified with a team. This is of viewing the world. Each of us is a product of every week? Its because guys need a rooting where you get your violence, mental addiction, our past. Consequently, each of us has a personal interest. Those of us who root for a team, your elevated blood pressure, postgame view of the world, but our value as a human being don't need to bet, our rush comes from transcends any single opinion. A good relationship throwing our emotional support behind our to an end ... a blind obsession. This is the dark

percentages of home teams in the NFL, NBA,

We all can continue to coexist with respect for they idiots? By Judds logic, we should only readers. Not that every fan is a lunatic. each other as long as we continue to keep wear our family crests or work emblems on our

> is the least in touch writer in the history of the perspective. I really mean that. Sports are fun, sport. He has no idea who his audiance is, and exciting and challenging, but they are just games, is so stuck in his effeminant ways that he is a nothing more — nothing less. Anyhow, I sure candadate for a sex change.

understand that there are many ways of seeing who cheers for his favorite team. I was talking Subject: You Don't Have To Read His Articles about fan fanatics. Fanatics are individuals who Sun, Dec 18 2005 at 7:26 pm With the aforementioned in mind, I would are extremists. Just because you like a team, like to respond to a number of e-mails sent to me wear their gear, and root for them passionately Just look at the gay pictures of himself he puts concerning my articles on fan fanatics. A reader does not make you a fan fanatic. Sports in PLUSA. His hair is enough to convince me sychologists have investigated every aspect of he's a f**. the sports fan and have found that passion, particularly when coupled with perspective, the Dear John: Yes, this is a Dear John letter. First Research also shows that a high level of articles in Powerlifting USA. Every picture that identification with a sports team is generally has been placed in my articles over the last 25 related to lower levels of depression, higher years were put there by the editors of Powerlifting



Dr. Judd ... after a record setting squat attempt.

levels of self-esteem, less aggression and lower levels of loneliness and stress. It's clearly associated Amazingly, such disagreements have group, how many of us make a dime off with physical health. There is also evidence that powerlifting. Any money in touch football sports strengthen relationships of all kind, give a leagues? or softball leagues? or going to a bar chance to meet new people and help them and drinking, or playing with your kid? benefit socially. In short, being a sports fan is a Apparently, all that is a waste of time because good thing. I wasn't trying to suggest that all there is no money in it. Most of us root for sports fans have physical and mental issues. What teams and get emotionally involved with our I was talking about in my article Fan Fanatics

Fan fanatics are individuals who strongly depression and where sports becomes a means side of being a fan ... when the cheering turns Judd claims many fans use terms such as ugly, when a fan steps over the line, even to the "us" and "we" when speaking about their extreme of stalking a player or beating up teams and then he says "you have NOTHING" another fan. Bob Andelman, the author of the to do with your teams success. Really? Then book Why Men Watch Football, acknowledged how does he explain the tremendous winning sports can be an addiction nearly as difficult to deal with as drugs, alcohol, or overeating. Then continually my beliefs. They are the ones who college basketball and football? Apparently in his book he proceeds to show with scientific most challenge my mind and encourage my the fans actually do have something to do with studies that this is so. This is what I was talking about, not the average fan. Unfortunately, this Judd also rips guys who wear team gear. type of addiction, this fan fanatism, is becoming Again it might well be remembered that a Funny, but I see guys wearing Inzer and Titan more and more commonplace in the American relationship need not be based on total agreement. gear all the time, most are not sponsored, are culture. That is what I was trying to convey to my

> Now as I mentioned in my article I believe that as important as sports are to us, myself Yes, once again, Judd has proven that he included, it is imperative that we put them in appreciate your comments.

Message: To figure out Dr. Judd is a J***-O**

by word here perspective, is a healthy thing. of all I don't select any of the pictures for my

USA every one of them. I have absolutely no say as to what picture will appear in my articles in the magazine. Now what bothers me most about your letter is the reference to sexuality not for the reason you may think.

Here is just a little advice, you can take it or leave it. I think it is a good idea to free yourself of labels. Labels are distancing phenomena. Timothy Leary once said something I will never forget He said, "Labels are the freezing of reality." We teach our children the meaning of labels before they are truly ready to understand them and fight against such myopic vision. And in these labels we teach fear, we teach prejudice, we teach all kinds of things. And all someone has to do is say this guy is a___

and everything he says after that is filtered through this label. His words take on entirely different

And so it is with "Black men," with "Italians," with "Iranians, with "Puerrto Ricans," with 'Jews," with "Catholics," with "Protestants," with "Muslins, with "homosexuals," with "heterosexuals" etc., etc., etc. All you have to do is hear someone

"Does he cry?" "Does he feel?" "Does he hope?"
"Does he love?" Labels!

commentary was rather comical

NAME: GREG ARTICLES

SUN. DEC 18 2005 AT 10:26 PM

Message: What bothers me most (other than that could be of great benefit to the sport. I know.



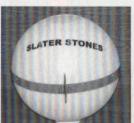
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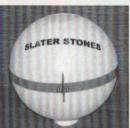
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label another human being and then you think that an editorial would be great if done you know all about him. You fail to even ask, by someone who wants to further the sport. Simple fact that steroids are being used and that powerlifting. I also cant stand that he writes psychological legal and health implications of If you are truly a loving person, you will rule letters to himself and then answers them. taking such drugs. Of course, you didn't know labels - not let labels rule you. Just a thought you What a crock of s***. He acts like his articles that because as you said you didn't read the might be interested in ... just for the record I am present some sort of new ideas. Weightlifters articles, which is rather revealing, considering not gay, but my girlfriend thought your are using steroids, holy f***! Call the press! Wait, they are illegal, well I'll be double f****! be noted that just about every major sports And why the f*** is there an article about "fan magazine in the country wrote numerous articles fanaticism"? I'm sure Chuck Vogelpohl can't on the subject of steroids and sports in the year Subject: Re: You Don't Have To Read His go to the mall anymore after his numbers at 2005, and just about every sports radio and like to draw inferences based on the titles. the issue of steroids and sports during the year. "Well duh, we know that people are using Obviously, I was not the only one who considered his hair) is that he is taking up a spot in PL USA steroids for an edge, tell me something I didn't the subject of steroid use newsworthy. Here is a

your comments on the articles. Chicago contest. I didn't read the article but I television show did literally weeks of coverage on point to consider ... just because YOU are aware of the "truth" about steroid use and abuse there are a lot of upcoming lifters who have NOT been exposed to the reality of the industry. Many times we make the assumption that because we know, the world knows. Also what happens when people stop talking about the truth? Does it become an allegory or something much worse ... a barrier? The reality is that while the awareness level of steroid use is up (due to Congress mainly), the negativity of

> NAME: BATOOH Subject: There are two guys I'd love to kick the s^{***} out of

SUN, DEC 18 2005 AT 7:38 AM

such use is not discussed as openly.

Message: Bill Lambeer (or however you spell it) and Judd. He is a true c***.

Dear BATooH: I am really flattered; of all the guys you would love to kick s*** out of...Osama bin Ladin, Scott Peterson, O.J. Simpson...you select Bill Lambeer and me. I am really impressed.

NAME: IPA JUDGE

SUBJECT: 3 WHITE LIGHTS!!! OPINION OF JUDD IS GOOD!!

SUN, DEC 18 2005 AT 5:20 PM Message: 3 White Lights!!! Opinion of Judd is good!

Dear IPA Judge: Thanks for the support I am glad someone can judge depth



Team MuscleTech™ Superstar Johnnie Jackson Successful Pull of 804 lbs. 2004 Ironzone Deadlift Challenge

MICHASSAULT!

HOW JOHNNIE JACKSON PLANS TO SHATTER THE WORLD RECORD WITH CELL-TECH".

A world-record deadlift: Countless men

strive to attain it, but few manage to ever achieve it. Johnnie Jackson is a man on that mission, and he won't stop until he tears that weight away from the earth. But how is he going to do it? The plan involves sick lifting using tried and true periodization principles and advanced supplementation including the world's most powerful strength-building supplement, Cell-Tech™!

Johnnie Jackson has been a diehard powerlifter ever since he lifted his first barbell at the age of 14. His freakish strength and superhuman power have come from years of dedicated, disciplined training combined with the world's most scientifically advanced creatine formula, Cell-Tech. And from an unshakably focused training mindset. "To psyche myself up for really heavy lifts, all I do is think about being the strongest man in the world!" Johnnie says. And although he may not be the strongest man in the world – yet – the thought of it

drives him to push far beyond his limits.
Johnnie Jackson has continued to break
his own personal bests since he started
using Cell-Tech. As a matter of fact, since
beginning his supplementation with
Cell-Tech, Johnnie has increased his total to
2185 pounds! At the 2004 Ironzone Deadlift

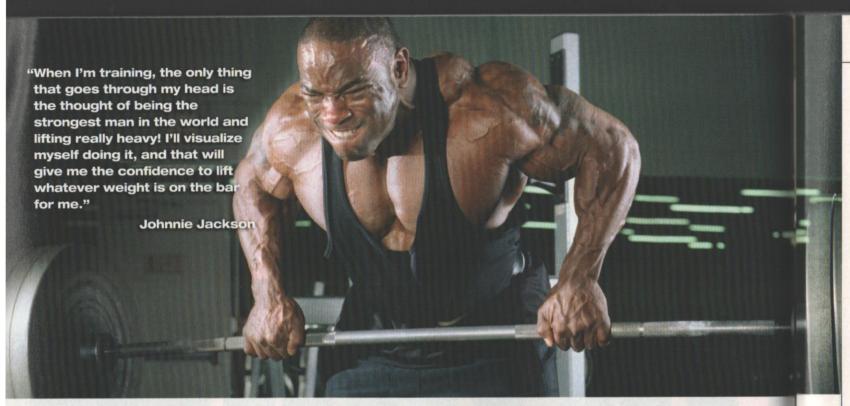
Johnnie has his sights set on a new PR in the deadlift, and nothing is going to stand in his way!

Challenge, he pulled through an 804-pound deadlift at a bodyweight of 244 pounds!

Johnnie's best recorded squat is 826 pounds, stacked on top of a 545-pound bench press. His balls-to-the-wall training and consistent use of Cell-Tech™ have made Johnnie into a powerlifting machine.

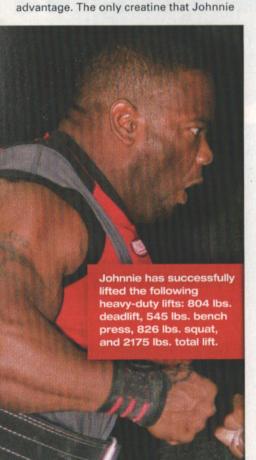


SPECIAL 4-PAGE AD REPORT



Cell-Tech": Scientifically **Engineered and Clinically Proven for Big Lifts**

To be the strongest man in the world requires Johnnie to stay focused on increasing his max squat, deadlift, and bench press. But even Johnnie can't achieve his goal without a scientific



trusts to improve his training is Cell-Tech. Its unique delivery system makes it the most advanced creatine supplement ever created. This state-of-the-art formula contains potent ingredients that help to drive creatine directly into the muscles, resulting in maximum muscle fiber activation while you lift.

Cell-Tech's powerful and effective formula is the critical advantage you need to perform at your absolute strongest every time you get behind the iron.

The first key ingredient matrix in Cell-Tech is 10 grams of the highest quality creatine blend in existence. This blend includes creatine monohydrate, creatine anhydrous, dicreatine malate, and creatine alphaketoglutarate, to name a few ingredients. This exclusive creatine combination is designed to dramatically outperform any other creatine formula on the market. And as if that weren't enough, each batch of Cell-Tech is tested at an independent laboratory to ensure the effective quantities are confirmed by certified technicians.

To make sure every last gram of creatine of pharmaceutical-grade dextrose per

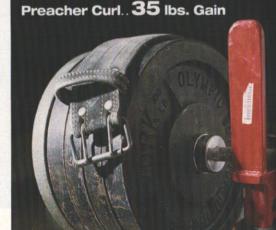
is absorbed into the muscles, Cell-Tech™ is engineered with a precise dose of 75 grams serving. This amount of dextrose has been scientifically proven to spike insulin to an

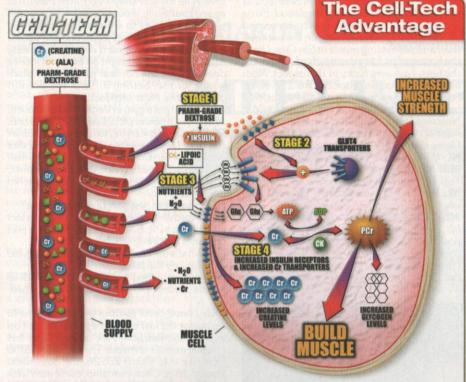
optimal level capable of forcing extremely high amounts of creatine into the muscles and is also patent protected. Some supplement companies might tell you that this is too much. Too bad they didn't do their homework. Without this dextrose-induced insulin spike, creatine does not enter the muscle efficiently.

The last key component of the strengthbuilding breakthrough is Lipoic-Tech™, which contains 200 milligrams of alpha lipoic acid (ALA). ALA sensitizes the muscles to insulin, which supersaturates the muscles to absorb more creatine [see diagram]. As a matter of fact, Cell-Tech's formula and ingredients are backed by an amazing 44

In an 8-week study, subjects who combined Cell-Tech with weight training got the following serious strength gains:

Bench Press ... 32 lbs. Gain Leg Press 213 lbs. Gain Barbell Curl 48 lbs. Gain





STAGE 1: Cell-Tech's Powerful Insulin Response Immediately after your first serving of Cell-Tech, 75 grams of pharmaceutical-grade dextrose goes to work in the bloodstream, creating a powerful insulin spike.

STAGE 2: Insulin Stimulation of GLUT 4

Within minutes, insulin stimulated by Cell-Tech binds to the receptors on the surface of each muscle cell. This creates a surge of chemical reactions, stimulating the movement of intramuscular glucose transporters called GLUT 4.

STAGE 3: Optimal Nutrient Uptake

The movement of GLUT 4 within muscle cells subsequently increases the number of active insulin receptors, maximizing nutrient uptake. The efficiency of nutrient uptake within the cells is supercharged by the addition of 200 milligrams of alpha lipoic acid (ALA) delivered in each serving of Cell-Tech's advanced creatine formula.

STAGE 4: Ready for Power

Primed by the insulin spike, your hardworking muscles are now able to take in creatine optimally. Creatine is rapidly carried into the muscle cells by a specialized transporter called the creatine transporter. Once transported into your muscles, Cell-Tech's creatine blend will ignite powerful strength through conversion to phosphocreatine (PCr), helping you train hard toward setting new lifting records!

clinical studies and abstracts. In fact, Cell-Tech™ is so powerful that one 28-study proved it to be 26 times more effective than regular creatine for gains in mass (4.34 vs. 0.16 lbs.). No other product gives you gains like Cell-Tech does, period. In an 8-week study that combined Cell-Tech with diet and weight training, test subjects gained an average of 32 pounds on their max bench, 213 pounds on their leg press, 48 pounds on their standing barbell curl, and 35 pounds on their maximum preacher curl.1 Those are some hardcore strength gains!

Team MuscleTech": The World's **Top Researchers and Athletes**

LEHELD

- Creatine Transporter

- GLUT4 Transporter

- Glucose Molecule

- Alpha Lipoic Acid

- Insulin Receptor

- Creatine Kinase

G - Creatine - Insulin Molecule

■ A - Nutrients

0

MuscleTech® supplements have been scientifically tested and proven by the worldfamous Team MuscleTech™ researchers and by the elite powerlifters who use them, such as Gene Rychlak and Johnnie Jackson. Team MuscleTech™ researchers are the most innovative supplement scientists in the world. They dedicate themselves to using key scientific findings to develop patents and formulate the most groundbreaking products the world has ever seen.

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1. Tarnopolsky, M., et. al. (2001). Med Sci Sports Exerc. 33:2044

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SPECIAL 4-PAGE AD REPORT

INTERVIEW

MARK SWANK interviewed by Ned Lowe

POW!ERSCENE made a couple of recent trips to Las Vegas, where Mark Swank is a big part of the powerlifting scene. We got Mark to give us some of his time to answer our questions.

NL: Tell us a little about your lifting career. Include best lifts, what weight class, and how long vou've been lifting.

MS: My lifting career began in the late 80's, in Pittsburgh, PA (go Steelers). Throughout the years I have had the privilege socializing and competing with and against some of

powerlifting's greatest. Mr. Tim Bentley was my first influence, Tamara Grimwood, Érnie Frantz, Jeff Wright, and the list goes on and on. Now that I am competing on the national level and promoting meets in Sin City, I have the luxury of picking the minds of the best of the best. I am very lucky in this aspect. Most of my lifting has been done in the 275-308s. So far to date, my best lifts are 804 squat, 617 bench, 672 deadlift, and 2039 total at 268. Now that I have dropped to the 242s, my first meet at that weight will most likely be in May. I have done a 606 bench at 239.

NL: What are your lifting goals for 2006? MS: My lifting goals for 2006 at 242, total Top 10, bench 650, and pull 700.

NL: What's your favorite of the three lifts, and

MS: Well Ned, I really don't have a "favorite" lift. Let me explain. I love to squat. There is nothing better than pushing yourself to the complete limit with a max on your back. Having the feeling that you are going to pass out, but something inside you says 'don't,

finish the lift you sissy'! To finish that lift is so self gratifying, having proven to yourself you had the guts to stand tall after staring directly into the eyes of fright and self doubt. I love to bench, because it comes pretty easy to me. Just put the weight on the bar. I love to deadlift. It is the hardest of the three disciplines for me. Setting a PR in the deadlift gives me the most satisfaction.

NL: You've got a gym in Vegas. Tell us about it. MS: I have a power pit called Sin City Barbell. Right now, we are trying to relocate, but other than that I have a real great group of lifters that workout at Sin City Barbell. We take from all lifting disciplines, Westside, Ernie Frantz, and Metal. Right now we are doing Sheiko workouts.

NL: What's the best part of running a gym? MS: Watching the excitement on a lifters fact after hitting a PR. Knowing that you were a part of that, is just great.

NL: What's the hardest part of running a gym? MS: Paving the bills.

NL: You're putting on a lot of meets. Tell us what's coming up on your meet director sched-

MS: I have been putting on meets here in Vegas for the last couple of years. We put on a great competition. Ask anyone who has lifted in one of my meets. The meets for 2006 look like this March 25, 26, the Southwest Powerlifting Championship, combined with the Police & Fire Nationals. June 2, 3, 4, the Senior Nationals, and that is going to be huge. Believe me, enter early and reserve your room and flights early. I'm expecting 200 lifters over the three days. This will be the best Senior Nationals ever, quaranteed. September we have the 2nd Sin City Powerfest.

NL: Where can lifters get more information on these meets?

MS: sincitybarbell.com, markswankpwr@yahoo.com, markswank@amail.com, 702-245-6852 cell. NL: Do you think a lot of lifters want to do a meet in Vegas so they can vacation for a few

MS: Heckya, who wouldn't love to come to Las Vegas to compete in the land of 24 hour buffets, showgirls, blackjack, etc. I believe Vegas is the premier venue to hold powerlifting meets in the world. I have been hosting meets here in Vegas for approximately two years. I truly don't think there is a promoter out there who can put on a better show than we do. What I mean by that is, who can compete with the allure of Vegas? No

NL: What else should our readers know about Mark Swank, the lifter, the gym owner, and the meet director?

MS: I think that anybody who knows me knows Iam for powerlifting 100%. Powerlifting is my life, and as much as parts of it drive me crazy, parts of it help me keep my sanity. One of the reasons why my meets run so well is that being a lifter myself I really try to focus on the intangibles. I really understand when lifters come to me and ask for 10 minutes more, that 10 minutes is monumental. Stuff like that. One of the many reasons my meets run so well is because of my Assistant Meet Director. Carol Upton, and her husband John. Believe me, when I tell you the meets would not run near as smooth without these two people. They are monumental to the success of the meets. So to them, a very special thank you. Ned, I would like to humbly thank you for this fantastic experience and the opportunity to express myself. Thank you so much.



Mark Swank is happy to be directing the upcoming APF Senior Nationals in Las Vegas (Photograph provided to Powerlifting USA by courtesy of POW!ERSCENE'S Ned Lowe)

The most important week of your contest training cycle is the actual week of the meet. Although the majority of your training for the meet is behind you, this final week is more critical than you may imagine. By approaching this week with a concrete plan and proper state of mind, all those previous weeks of training can really pay off. On the flip side, without a plan and the proper state of mind, your meet results stand less chance of being optimal. In a nutshell, meet week should be devoted to finding out where you

last minute recuperation, testing your meet lifting gear, checking your bodyweight, and building allimportant confidence.

In my opinion, meet week should not consist of max lifts or intense training. First off, why risk injury attempting max weights so close to the event? Second, it's best to leave a little for the meet itself and not burn out or peak too soon. Set yourself up to be a little anxious to get those PRs at the meet, not leave them in the gym. Well then, what should meet week look like? For this article's purposes, let's assume a lifter whose opening lifts at the upcoming meet are a 400 squat, 300 bench and 500 deadlift.

stand strength-wise, getting some

First, I strongly recommend going only to your intended meet openers in training on meet week. This allows you to simulate your exact meet warm-up procedure for each lift and verify that your selection of openers is valid. Since the deadlift requires the most recuperation time between workouts, take your last deadlift 10-14 days prior the meet. In this case your last deadlift workout actually occurs the week before meet week. A good progression for a 500 opener would be as follows: 135 x 8, 225 x 5, 315 x 3, 375 x 1, 405 x 1,450 x 1, then take your 500 x 1. That would be it for deadlifts until the meet. Finish this workout with abs and some stretching. Your last squat workout would be best taken on meet-week Monday. Try this sample progression for a 400 pound opener: 135 x 8, 225 x 5, 275 x 3, 315 x 2, and 365 x 1, then take your 400 x 1. Finish off this workout with ab work and stretching. Your last bench workout would be on Tuesday or Wednesday at the latest. For a 300 pound opener try this progression: 135 x 8, 185 x 5, 225 x 3, 255 x 1, 280 x 1, and 300 x 1. Abs and stretching should be included again as a finisher. That's it; any more would be risking overtraining, which can easily happen so close to a meet.

All other assistance work should be dropped on meet week. You won't lose any strength by only working up to opening attempts as weights are still heavy enough to maintain your strength level and not lose your edge. It is key to perform all these attempts according to meet rules, such as squat depth, pausing at STARTIN' OUT

A special section dedicated to the beginning lifter

MEET WEEK

as told to Powerlifting USA by Doug Daniels



Doug Daniels, seen above helping Jim Vrabel get ready to squat at the 1994 ADFPA Men's Nationals in Chicago, has been guiding lifters to greater progress around the world, through his regular column in POWERLIFTING USA, for 20 years now.

the chest for the bench and a complete lockout for the deadlift. More experienced lifters can get by going up to doubles or triples this week. Seasoned lifters know what to expect on meet day and may not need to simulate their openers before the meet. Take your time between sets to better simulate time allowed in warmingup at a meet. Use the same lifting gear, such as squat suit, bench shirt, etc. this week that you plan to use for the meet. This will prevent any surprises at meet time. Put your gear on for each lift in the same order as you would at the meet during the warm-ups. Use full contest gear for your top

The warm-up attempts I laid out can be adjusted for your own openers via simple arithmetic. These progressions are efficiently designed to save energy and strength for the actual meet attempts. Too many lifters take whole workouts warming up, leaving them with little strength and energy by the time they get to second or third attempts on the platform. I've also seen lifters taking their last warm-up with the same weight as their opener to be sure they can get it. Training the way I've just outlined will eliminate the need to make sure you can get your openers on the

platform. Your meet week training will have already told you if you're capable of that weight, or not. The sooner you shake those bad warmup room habits, the sooner you will make real progress

If your openers felt heavy during meet week, consider adjusting them downward 5-10% for the meet. You can increase your second and third attempts if things go better at the meet, but your opener cannot be lowered after you take it. If you need to cut bodyweight during the last week, your strength level may drop further. Don't rely on meet adrenaline to succeed with weights that were tough the week prior. Also, keep in mind the weight set you will be using at the meet may not weigh the same as the set you use in training. High quality meets use certified sets that are right on or at least pretty close. Many gym weight sets are not nearly as dead-on weightwise as advertised and may either be high or low. These small differences can add up noticeably, especially as the weight increases.

There are a few more tips I'd like to throw out to you. Forego partying that final week. Excessive alcohol consumption and long nights out can cause dehydration and strength loss. There will be plenty of time for partying after the meet. Be disciplined and focused that last week. If you have aches and pains, take advantage of whirlpools, etc. if they are available. Extra rest is a great healer. Take it easy that last week. Don't feel guilty about the low training volume this last week. Try to get plenty of sleep and good food. If your weight is a concern, the sooner you start to get it down the better. Crash diets sap strength. Reconsider losing weight if it looks to be unreachable by meet day. As I've said many times, lifting tends to make us bigger and can force permanent moves upward in your weight class. Some meets can be considered 'training meets', which entail no need to make weight in your targeted weight class. Training meets can be used to peak for another more important meet in the near future. Runners use similar strategies to peak for bigger more important races, using smaller running venues to gauge their abilities. Training meets can be used for trial purposes such as using new lifting gear or lifting styles.

Meet week is the most critical week of your training cycle. Your goals and mindset of this week should be unique. Athletes from many other sports use this type of tapering down method to conserve energy and strength prior a major athletic competition. In addition, you'll be hungrier to lift big weights at the meet, where they count. You may need to make some adjustments to fit your own situation, but if you approach it in the manner I suggested, your results will reflect it on meet day.

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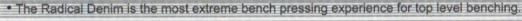


- support and security for this radical design, want an immediate step up to stratospheres of Thicker, Extra Reinforced neck.
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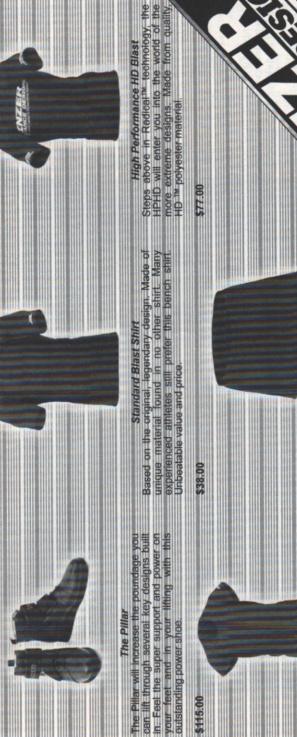
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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving Mauro DiPasquale MD vour email.

Q: Love your column. I was wondering if you could help me out. I was hoping you could tell me if you knew of any schools that were hiring grad assistants for fall 2006? Or if you knew anybody that could possibly point me in the right direction. Also, are there any schools that you recommend to go to for their Master's program for someone who wants to become a strength and conditioning coach at the college level? Thanks, Jason Yun

A: I'm afraid I can't help you out as far as giving you some specific direction. Although I do associate with some researchers at various schools I'm really not up on the programs that they have to offer. I stopped teaching at the University of Toronto back in 1998 and haven't been involved in or privy to programs there or any other universities in North America since then. My only advice is to search Medline in areas you're interested in and finding out what institutions are active in those areas and then looking at them to see if they offer what you want. You might also want to contact organizations such as NCAA, NSCA and CSCCa. Mauro DiPasquale MD Best regards.

Q: I've heard that eating whole foods is the best way to get the nutrients you need. I'm just wondering where supplements fit in.

A: There's no substitute for eating healthy whole foods, especially on an organic level. As well, I believe that eating foods closer to their raw state, without overcooking them, also has advantages. That includes certified pathogen free, organic raw milk. On the other hand, in my view, supplements should be used for specific purposes, and in fact, other than a general vitamin and mineral formulation, should be used for only two purposes. One is for times when you simply are not eating well. At these times some supplements, for example EFA+, can be and in fact should be used. The second purpose is for pharmacological rather than physiological effects. If there's a need, then there should be a formulation that meets that need. This is the basic principle I follow with my Mauro DiPasquale MD

Q: I have been taking the GHboost" only" for about 2 weeks now. You had told me to stop the TestoBoost for the time being and let you know about the effects from the GH boost and then you would set up a regimen. As far as the effects from the GH Boost...... I definitely feel better, (less fatigued), and I am holding on to my body weight as I drop body fat, (which has always been a problem for me-I am 46 years old). My training is going great and I'm getting stronger. I feel more relaxed as well. Since I stopped the TestoBoost I have definitely noticed a decrease, back to normal, in sex drive, which was never a problem to begin with). I must say the large increase in sex drive did make me feel uncomfortable at times.....maybe lower the dosage of the TestoBoost? So please let me know what you think I should do next......Again, many Thanks for your help, Scott

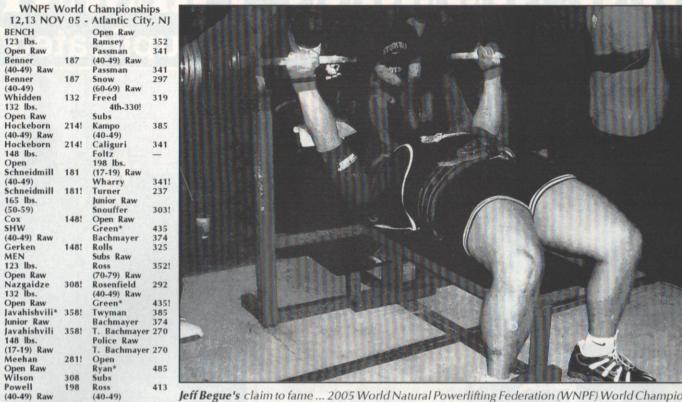
A: I'm glad you're doing well. As far as the TestoBoost, why not start it up again with only one tablet. If things are OK then increase it to two and so on. Let me know how it goes. Best regards, Mauro DiPasquale MD

Q: What is it in the LipoFlush that seems to jazz you up a bit. I took it late afternoon once and woke up at 4 am wide awake. I do notice it perks you up quite a bit. I see there's some caffeine but no that much. Also I've been advised not to take creatine due to the warm Florida conditions and need for too much hydration. What's your take on this? 'Michael

A: LipoFlush has that effect from a combination of ingredients, including

the ones that influence neurotransmitter levels, such as tyrosine, DMAE, mucuna pruriens, choline, etc. As well the coryceps, citrus aurantium, ginseng, green tea, potassium, yerba mate, damiana, guarana, theobroma, and even the high levels of methylcobalamin all can increase energy levels. Have a look at http://www.mdplusstore.com/pdfs/ lipoflush full.pdf for more information on all of this. I'm actually going to be updating this info soon so that instead of the 37 pages it is now it will be closer to 45 pages. If it gets bigger than this it's going to be a book. As far as the advice you've been given about using creatine, there is a feeling among some people that the use of creatine results in problems with thermoregulation, hydration and decreased performance when exercising in the heat. The literature, however, doesn't bear this out. (see the citations and abstracts below). However, keeping this prospect in mind I added a number of ingredients to offset any possible disadvantages (see http://www.mdplusstore.com/pdfs/creatine.pdf), including electrolytes, antioxidants, and cytoprotective agents such as taurine. For example I added taurine in a 3:1 ratio as I consider that ratio ideal to maximize the cytoprotective and anti-stress effects of taurine and to complement the positive effects of creatine. FYII've not had any athletes complain of any problems while using Creatine Advantage, although I have to admit that I have always recommended to them that they keep well hydrated, especially in the heat. That way you can maximize the ergogenic effects of increased cellular hydration without compromising Mauro DiPasquale MD systemic/extracellular hydration.

NUTRITION. 2005 MAR; 21(3):301-7. Effects of creatine on thermoregulatory responses while exercising in the heat. Mendel RW, Blegen M, Cheatham C, Antonio J, Ziegenfuss T. Ohio Research Group, Wadsworth, Ohio, USA. rwmendel@wadsnet.com OBJECTIVE: We hypothesized that creatine supplementation would interfere with normal body fluid shifts that occur during exercise in a hot environment due to its osmotic effect intracellularly. This study examined the effects of acute creatine loading (20 g/d for 5 d) on the thermoregulatory response of the body during a bout of exercise at 39 degrees C. METHODS: Subjects (15 men and 1 woman) performed a cycle test of maximum oxygen consumption to determine the proper work rate for the heat-stress test (40 min at 55% maximum oxygen consumption at 39 degrees C) and were assigned to a creatine group (n = 8) or a placebo group (n = 8) in a double-blind fashion. Each group performed the heat-stress test on two separate occasions: before supplementation and after supplementation (20 g/d of creatine with Gatorade or Solka-floc plus Gatorade). Dependent variables included rectal temperature, mean skin temperature, mean body temperature, and perceived thermal sensation. RESULTS: Repeated measure analysis of variance showed a significant (P < or = 0.05) increase in body weight in the group supplemented with Gatorade. Core temperature was significantly lower after supplementation for both groups combined (before supplementation at 37.85 degrees C and after supplementation at 37.7 degrees C), with no difference between groups. A significant three-way interaction (group x trial x time) was also found for rectal temperature, with both groups having significantly lower rectal temperature after supplementation. Mean body and mean skin temperatures showed no differences. CONCLUSIONS: Short-term creatine supplementation (20 g/d for 5 d) did not have a negative effect on thermoregulatory responses during exercise at 39 degrees C. INT J SPORT NUTR EXERC METAB. 2004 Aug; 14(4):443-60. The effects of creatine supplementation on cardiovascular, metabolic, and thermoregulatory responses during exercise in the heat in endurancetrained humans. Kilduff LP, Georgiades E, James N, Minnion RH, Mitchell M, Kingsmore D, Hadjicharlambous M, Pitsiladis YP. Centre for Exercise Science and Medicine in the Institute of Biomedical and Life Sciences at the University of Glasgow, Glasgow, UK. The effects of creatine (Cr) supplementation on cardiovascular, metabolic, and thermoregulatory responses, and on the capacity of trained humans to perform prolonged exercise in the heat was examined. Endurancetrained males (n = 21) performed 2 constant-load exercise tests to exhaustion at 63 +/-5 % VO(2max) in the heat (ambient temperature: 30.3 +/- 0.5 C) before and after 7 d of Cr (20 g x d (-1) Cr + 140 g x d(-1) glucose polymer) or placebo. Cr increased intracellular water and reduced thermoregulatory and cardiovascular responses (e.g., heart rate, rectal temperature, sweat rate) but did not significantly increase time to exhaustion (47.0 + /-4.7 min vs. 49.7 + /-7.5 min, P = 0.095). Time to exhaustion was increased significantly in subjects whose estimated intramuscular Cr levels were substantially increased ("responders": 47.3 +/-4.9 min vs. 51.7 +/-7.4 min, P = 0.031). Cr-induced hyperhydration can result in a more efficient thermoregulatory response during prolonged exercise in the heat



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DEADLIET

WOMEN

Open Raw

(40-49) Raw

123 lbs.

132 lbs.

Open Raw

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Hockeborn

Haley

(50-59)

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Raw		Sasagrande	402	Bown	518	Ocampo	396	Lewis	_	Summers	352
	352	Subs		Haley	468	(40-49) Raw		Subs		(50-59) Raw	
))		Casagrande	402	Shaw	-	Haley	385	Lewis	_	Sullivan	325
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The Team From Georgia, the Republic of Georgia, that is, came a long way to compete in the Champs

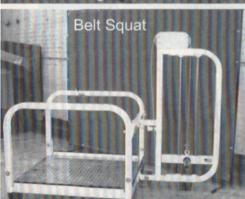
(9-10) Raw Marshall 236! Slagus SHW Casagrande 716! (40-49) Raw (40-49) Raw 275! 672 Gerken Thomas MEN 242 lbs. 100 lbs. Open Cooper* (9-10) Raw 137 Monick Ocampo Junior Ray 148 lbs Open Raw Wilson 440 Ocampo Open Rav 507! 264 733! Powell (40-49) Raw 507 Wilson Police 165 lbs Ocampo 275 lbs. (20-23) Raw 402 Open Kiefer Slagus Open Raw (40-49) Raw Leggs (50-59) Raw 325 Vellucci Hoxworth 474 (50-59)Sparhr SHW Lapointe Leggs 325 Open Raw Tabarlet Open Artur 485 Subs (40-49) Raw 485 Artur 181 lbs. Tabarlet Open Raw Rijos* Police Raw 584! Cline (50-59)Nichols 562! **Open** Cline 650 Crawford 451! Police 650 (17-19) Raw Cline 435 POWERCURL Turner Open Meyers* WOMEN 722 123 lbs. (40-49)(40-49)722

(continued on page 80,

LOUIE SIMMONS' PRESENTS

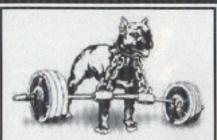
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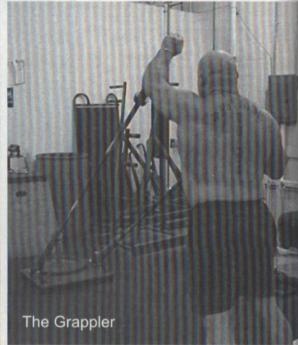
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Last month we saw Marge Simpson training at 'Curves for Cartoon Characters', and then visited 'Headhunter Barbell' in Wadsworth, Ohio. Now we'll head North to steel mill country and find out just how crazy those cold-hearted Yankees can get. They get kind of opinionated up in the frozen northyou'll see what I mean in a minute.

By the way, you might want to know about a deer hunting trip I took up in the frozen tundra years ago. It was a full 20 degrees below zero the entire trip, and NO I don't mean counting the wind-chill. We stayed in an un-insulated cabin, about 40 miles from town, with no water or electricity. It was great! For all of you PETA members, you should know that I harmed no deer on the entire trip. I tried to (harm a deer). but couldn't really find anything I wanted to kill. Well, OK, there was that loud drunk in the local bar, but other than him - I found nothing I wanted to kill. I mostly hunted with a big friend of mine named Billy. I kept him in sight every time we ventured very far into the woods, because if we ever got lost in the snowstorm - I planned to kill Billy and live in the carcass. He's a pretty big boy, and I figured I could live in his carcass - crouched in the rib cage, with a small fire, eating the leg meat, at least until the spring thaw. I've got nothing against Billy, but I hate being cold and hungry. I've got nothing against people who live in the cold weather, but I've noticed that they can be very opinionated.

Today, we hear that Joe doesn't really like supportive gear or steroids. Who is Joe? He owns Joe's Gym, of course. He likes Don Reinhoudt, but he has got plenty of real opinions FO SHO. Tell us all

I'll give you some statistics and you can decide if there is any "Hard Core" gym, anywhere, that can compete with "JOE"S GYM OF ERIE, PENNSYLVANIA". If I gave you all the statistics, since our beginning in Powerlifting in 1969, you would have a book as big as a

At "JOE"S GYM OF ERIE, PENNSYLVANIA" we have worked with and produced more National and World champions than any other gum, anywhere.

If we go back to the past you may remember some of the people we worked with, when we were in our "Infancy". One name you may recall from the Seventies, when we competed as the "Allegheny Mountain Team" was Don Reinhoudt. Does that name ring a

It should because he was, by far, the strongest lifter of all time. 2420 "RAW". There isn't a lifter, today, that can touch that total at any "Legitimate" contest.

Over the first ten years (1969 til 1979) we lifted "RAW" and we had literally 100s of competitors pass through our portals, such as: Norb Paterniti - 915 at 114, Gary Hain - 965 at 123, Seth Bloomquist 1015 at 132, Steve Ubas - 1225 at

HARD CORE GYM #51 GOING NORTH AGAIN

as told to PLUSA by Rick Brewer, House of Pain



JOE's GYM OF ERIE ... "you don't have to be the biggest to be the best.

1420 at 165, Tony Fratto and Mike the Lettieri - 1600 at 181, Mike Lettieri Championships. That was the last and Tony Fratto - 1775 at 198, Rich drug tested AAU contest, so we Collarile and Al Veras - 1550 at 220, decided not to compete in any more Al Veras - 1670 at 242. These were of their meets. Since then we have won the ADALI National Team Title members of our A-Team. We have in 2000, 2001 and 2002. As long as always had a B-Team and a C-Team which we use for back-ups if an Athey keep drug testing and lifting Team member could not compete. "RAW" we will stay with them. Sort of The "JOE"S GYM OF ERIE Our current A-Team consist of Tim Borgia - 1100 at 132, Ramone Cruz - 1205 at 148, Matt Catalino -1415 at 165, Matt Clickett - 1455 at 181, Mike Mastrean - 1665 at 198, PENNSYLVANIA", went on through the eighties and nineties and even though we had many incredible competitors I don't consider the lifting as good as the sixties and Mike Martucci - 1460 at 220, Matt seventies because of the incredible Magyar - 1520 at 242, Rick Emerick drug use and the ridiculous assistance 1615 at 275, Mike Allgeier - 1165 gear that came into the scene. We've at 148 and Adam Hersperger- 1235

stayed "DRUG-FREE" for the past

twenty years (I even drug test my gym

members) but we did use assistance gear until 1999 when we decided it

was getting too absurd. The

competitors were not getting any

stronger, the assistance gear was

getting more technical. In January of 2000 we started competing in the ADAU (Anti-drug Athletes United) because they are the only legitimate

raw and drug tested organization

many as eight contest each year.

We also won the team title at

1997, 1998, and 1999.

lifters and two teenagers in it. We also have a female team that consists of: Benita Steffan - 500 at 105, Marina George - 600 at 123, Becky Skal- 700 at 123, Michelle Matuszewski - 735 at 132, Lucinda Hawes - 500 at 132. Sondralee Villo 635 at 148. Kaleena Izskula - 655 at 148, Christen Case - 575 at 165 and Danette Martucci - 700 at 181.

at 165. This team has two master

Tim Borgia (40) 1100 at 132, Ramone Cruz(42)-1205 at 148, Ken Zappitella (40) -1075 at 181, Steve Fisher (46) - 1075 at 181, Joe Orengia (56) - 1240 at 181, Dave Heintzel (42) - 1205 at 198, Phil Kaufman (46) - 1335 at 198, Al Mangini (50) - 1000 at 198, Bugs Bayer (57) - 1345 at 198, Jeff Carlucci (42) - 1320 at 220, Leroy Burton (68) -170 at 220, Al Siegel (63) - 1165 at 275, and Dale Stoner (43) - 1420 at 319.

There are more competitors at 'JOE"S GYM" that make up the B-Team and C. Team that we use often for back up at the contest we attend Twenty-two of them just competed at the "CENTRAL PENNSYLVANIA CHAMPIONSHIPS"

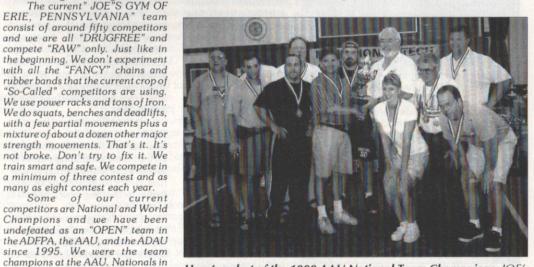
are "DRUG-FREE" and compete "RAW". If we use single ply assistance gear, which we have in the past, we total ten to fifteen percent more. Yours Strongly

"JOE'S GYM OF ERIE" 4468 W. 26th Street Erie, PA 16506

I don't want to live in Erie, PA because it's way too cold. But if I ever get trapped there I'm going to work out with Joe (at Joe's Gym)! Of course, if it snows a lot, I'll be on the lookout for a big guy (large framed carcass) to walk home with. And as far as I know PETA might even endorse my actions, because I think they're cool as long as I don't hurt other animals. (I think it's still OK to hurt a human) Best case scenario I think it's OK if I kill a human with a small animal (as long as the animal suffers no injury).

Next month, we learn that not everyone is as nice as me, too bad, so sad. We find a whole nest of misfits with a bad attitude!! Stay turned to this same Bat Channel; it's going to be here.

Comments, complaints; and other useless trivia should be emailed to: rick@houseofpain.com (so they can be promptly deleted) Cash HOUSE OF PAIN, P.O. Box 333 Fate, TX 75132



Here's a shot of the 1999 AAU National Team Chamopions: JOE's S GYM of Erie, Pennsylvania (Photographs provided courtesy Joe)

An in Depth Interview with owner of "AtLarge Nutrition" Chris Mason ...

In this column I try to let readers know the latest information on the nutrition scene to help you take their totals to new heights. This month, I contacted the owner of AtLarge Nutrition, Chris Mason, to see if he would be interested in doing an interview. He was more then happy to help me out and here I would like to present to you a look into some of the advanced formulas they create and the science behind their formulations. Not only do a lot of my world class athletes use AtLarge products, but I myself use them. I have tried products from dozens of companies with many of them good and many of them horrendous. AtLarge Nutrition goes above and beyond in their formulas and this is one of the reasons why my athletes and I have found them very beneficial.

Q: Why don't we start off with you telling us about yourself?

A: I am 35 years old and married, with 3 children. I was born in California, but have lived all over the country. I spent 18 years in the Phoenix, AZ area and attended high school and college there. I have a B.S. degree from Arizona State University.

My training roots are probably similar to those of MANY of your readers. I first started training with weights the summer before my senior year in high school. Idecided to go out for football, as I had always been quite fast and strong for my size. I did not care for team sports (partially due to mylack of coordination and also because I have always been independent). In the age old story of boys wanting girls I thought that playing football would enhance my social position. I had friends who played and saw the kids they hung-out with and decided that was for me.

I trained that summer to get bigger and stronger and went from 5' 11.5" and 163 lbs. to the low 170s over the course of a couple of months, training primarily my upper body with a bit of legs mixed in. Time came at the end of the summer for "hell week" (it truly is in Phoenix, as you are outside in sweltering heat for "2 a days") and my chance to try to make the team. I went through the 2 weeks of hell and was able to make the team.

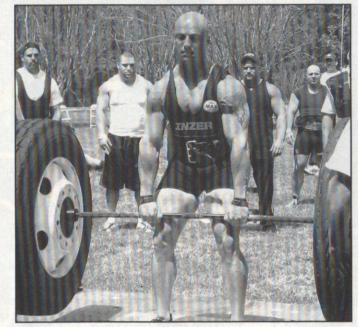
I hated practice. I didn't care for the coach and felt stupid because I didn't know where to position myself for various plays and no one took the time to explain anything. A hint of how bad I had the Iron Bug was that I was resentful of how practice negatively effected my weight training time.

Idecided to quit football and try to take my weight training to the next level. I have a bit of an obsessive personality and I became totally immersed in the Iron Game. I bought and read all the bodybuilding magazines I could get my hands on as

NUTRITION

The SCIENCE behind Powerlifting Supplements

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



Brad Cardoza is a professional strongman on the AtLarge Team.

well as all the books. It is my nature to want to be the master of anything I do and I quickly developed a good working knowledge of training.

I also joined a local gym called Hoppe's, a classic dungeon gym with amazing equipment and a hardcore atmosphere. The owner was Glenn Knerr, a former Mr. America and Mr. World. He was a lightheavyweight competitor with absolutely awesome legs and a great overall physique. Mike Ashley, an IFBB pro bodybuilder, trained there regularly as well as other name bodybuilders.

The atmosphere fueled my already obsessive love of the Iron and Ientered my first contest while I was only 17 years old. I placed 3rd in my age class at that Teen Arizona without even so much as dieting. Of course, at that age I was quite lean to start with.

Hoppe's shut down a short time later and I moved to a Powerhouse Gym in Scottsdale. One of the owners of that gym was another national level bodybuilder. Myself, my brother, and couple of buddies went with him to Las Vegas to see him compete in the North American Championships. This was a special time as Lenda Murray won in the women's overall and Johnnie Morantwon the men's. Our gym owner was 5th or 6th in the lightheavies just behind Ken "Flex" Wheeler (another

name to soon go big). The experience was awesome. Serge Nubret, Jim Quinn, Boyer Coe and many others were present. The excitement of Vegas combined with the glut of bodybuilders just fueled my passion for the Iron even more.

Iwas so heavily into bodybuilding at this time that Ientertained thoughts of going pro. Ibelieved I had the goods and was not yet fully aware of the level of drug use it would require.

Even though I was so into bodybuilding I always loved strength more than appearance. I was more interested in lifting big weights than just being big or looking good. I have always thought that a man who is big should be able to back it up with big lifts. I thought of myself as a power-bodybuilder.

Iwas able to get myself to a clean 220 lbs., training hard and heavy. Ihad been heavily influenced by the writings of Arthur Jones and Ellington Darden so Itrained to failure with low volume. Iwould hear nothing of periodization training or anything other than balls to the wall intensity.

I switched gyms and was lucky enough to meet Lance Dreher, a former Mr. Universe and an IFBB professional bodybuilder. I simultaneously learned that the Teen Arizona was going to be in 7 weeks. I decided to give it a go and

Lance was kind enough to help me with my diet. My diet for the show lasted 6.5 weeks and I went from 220 lbs to 186 lbs. I lost a considerable amount of muscle, but still looked pretty good for a drug-free teen. I placed 4th (I thought I should have had 3td) in a strong field.

It was a highlight for me when a local newsletter called Iron Warrior gave their impression of the show. They said it was the best 18-19 year old division they had seen in years. The winner was named Jason Carlson. He had recently won the AAU Collegiate Overall and was 220 lbs. and shredded (at about 6')! The author of the article was dumbfounded by him. In 2nd place was the recent winner of the Arizona Teenage Natural - Rudy Galaviz. The 3rd place winner was Henry Cruz who was preparing for the Orange County Classic. He was considered one of the best posers in Arizona! The quote about me was: "This young man has a good frame and in time will be a contender in the men's open class."

Iwasattending college, and during my senior year I met my future wife. Our relationship and a child changed my focus. The realization that I was now responsible for 2 other individuals made me dramatically rethink my goals.

Idecided that I had to get out of school and get a job to support my family. I graduated and began to look for sales positions. The job market was quite poor, and while I got a few interviews, no offers were forthcoming. I was looking through the newspaper one day and came across an ad for an Acura car dealership looking for sales reps. Thinking that I could handle selling cars and the big income potential, I went in and applied. The sales manager told me they were looking for someone "more experienced" and referred me to a buddy of his at a Toyota dealership.

The Toyota dealership hired me and that has been my career for the past 10 years or so. Iam now a general sales manager of a Honda/Dodge dealership in Virginia in addition to being the coowner of AtLarge.

The car business requires long hours and hard work. It is a high stress career that does offer solid monetary rewards for performers. The addition of 2 more kids and all of life's stresses would kill most men's desire to train, but not mine. Over the years the fire still burned and lhave ALWAYS trained hard and heavy. I never lost my dream to be a force in the Iron Game.

Q: How did you get involved in the

powerlifting and strength scene? A: As I said, even though I was a bodybuilder first I have always respected strength as well as size. As I have aged I have gained a greater respect for the strength athlete and the true competition involved in strength sports.

Obviously, powerlifting and Olympic lifting are much less subjective than bodybuilding and I feel they are much healthier sports. Sure, lifters need to make weight, but what they go through in terms of bodily abuse with

such things as diuretics and the like is nothing compared to what a competitive bodybuilder will.

Ilove the history of the Iron Game and when you look back lifting and bodybuilding were synonymous. The best lifters and bodybuilders overlapped quite a bit. To me, training with weights is about size and strength, not just how you look. This is not to say I don't respect bodybuilders, I absolutely do, but I have a greater affinity for strength athletes.

Iwould have to say Sean Katterle is the man who really got me involved with powerlifting. We came in contact about advertising in Monster Muscle magazine when he was with them. During the course of doing business I got to speaking with Sean and realized he had the same passion for the Iron Game that I do. His contacts combined with my aforementioned passion are what got myself and my company heavily involved in the strength community.

Q: Tell us about your company. It is one of the few companies out there that truly caters to the strength athlete and not the bodybuilder. Why is this?

A: We want to cover the entire Iron Game, not just one group or the other. We are a company which caters to the dedicated trainee, no matter who they are or whether they compete.

With that said, we do have a soft spot for strength sports. I have a passion for strength and that is naturally going to be reflected in the business.

Iwant to go on record with one more thing. We do cater to the strength athletes and will continue to do so. I promise that as we grow so will the money we put back into strength sports. I consider it a complete travesty that the strongest men in the world receive virtually no financial rewards for their hard work.

Powerlifting, strongman, and bodybuilding are funny sports when you think about it. The movements basic to each sport such as bench pressing (bodybuilding and powerlifting), squatting (all 3), and deadlifting (bodybuilding and powerlifting with some for Olympic lifting) are used by nearly every athlete in every sport at one time or another in their training. Strength coaches are quite often former strength athletes and their experience in the gym has a direct effect on how such coaches strengthen their athletes for a given sport. Strength training has been the biggest difference in modern athletics (drugs aside) in terms of athletic performance on the field of play. Heck, there was a time when a big lineman was 220 lbs, now that is just a big wide receiver. Yet, the bodybuilding, powerlifting, and strongman world have seen very little of the financial rewards which they have been integral in creating the billions in revenues generated by the sports they have helped improve.

Iwant to see a day when strength athletes are compensated in a fashion which is more in line with how a champion of any field should be remunerated. I promise your readers the following; if you help my company to grow, you will also help the sport you love to grow. When we become a multi-million dollar a year in gross sales company like some of the big boys on the supplement block we are going to re-invest some of that money into strength sports. We will put on the most amazing meets ever with huge monetary prizes. That truly is one of my goals and has been since I started this company!

Q: What made you start the company and get involved in the nutrition and supplement industry? **A:** There are 3 main reasons I started AtLarge Nutrition. LLC with my partner:

-Iwas tired of the crap that so many companies sell. Ihad been burned so many times over the years with the latest wonder supplement that it boggles the mind. Iknow Iam not unique in that experience and Iwanted to start a company which was of the highest integrity which only sold products that really work!
-Iwanted to make the Iron Game my living and not just my all-consuming hobby.

-As I already mentioned, I wanted to be able to put

money into the athlete's hands where it belongs. How many multi-million dollar supplement companies don't give much back to the sports that helped to create them? It's a shame when supplement company owners are flush with millions and record setting powerlifters have to have 2 jobs just to support their family.

Q: Let's talk a little about the scientific nature of your supplement line. Why do you go that extra mile when designing a formula?

A: We go the extra mile because we want to be known as a company which only sells the best and because we really give a s*** about our customers. Yes, we want to make money, but we also want to offer a quality product that you can count on.

Q: You have a very intense protein on the market called Nitrean. Tell us a little about how you put this formula together.

A: We went with a blend (whey, casein, and egg) for several reasons. We looked at the work of Boirie (a protein guru in the scientific community) and others which prove that incorporating various proteins fractions and types are best because they each impart unique benefits to those who consume them. We also looked to nature. Milk is a combination of whey and casein.

Through Boirie's work we realized that postprandial (after you have consumed it) digestion rate of various types of protein is an independent factor in the amount of net protein retention realized. In other words, different types of protein are digested at varying rates and the rate of digestion inversely affects the net retention of said protein. The slower digested proteins such as casein result in a greater net retention than that of something like whey, which is digested very quickly. Obviously, you want to retain as much protein as possible that you have consumed. You also want to experience the varying benefits from different protein types.

Idon't want to bore your readers excessively with the theory of it all. Suffice it to say that we wanted the best protein matrix possible and we believe we offer just that with Nitrean and Opticen (our MRP).

Q: You also have a very unique formula with your ETS product. Tell us a little about the science behind this product and who may benefit from using it?

A: Nowyou have hit my hot-button! Just talking about ETS excites me!

ETS is our newest product and one which is unique to the sports supplement market. The story about how we developed the product is actually quite interesting. I would love to tell you it was my brilliant scientific mind which came up with it but that isn't the case. It was a combination of luck and vision on our part which has brought this product to the market.

When ephedrine was banned (or when it became obvious it would be) we needed to find a replacement to use in our thermogenic product called Thermocin. During tour search we came across a company called Humanetics Corporation. They were marketing an interesting product called 7-Keto ™ 7-Keto ™ is a nonstimulant fat loss agent which looked to be a viable contender to be added to Thermocin to replace ephedrine.

In speaking with my rep at Humanetics about 7-Keto™he also mentioned MicroLactin™ This was another product his company was offering and it was being sold as a highly effective joint care supplement. I remember telling him that joint care was not really my target market but asked him to send me literature on it as well.

When the literature arrived I perused it. In doingso Inoticed astudy done on MicroLactin ™which used experienced runners as the subjects. The study showed that MicroLactin ™improved the runner's performance. I was intrigued. I began to wonder if this product might have other benefits to athletes beyond the joint aspect. I especially wondered if this product might be an ergogen for weight trained

athletes.

Iquickly asked my rep to send me a sample of the product to try myself. I began using the stuff at a 4g per day dose and began to notice some amazing effects within about 5 days. The most noticeable effect was that my usual DOMS (Delayed Onset Muscular Soreness) almost went away completely! I used to get so sore from a balls-to-the-wall leg session that I would not be able to walk worth acrap for about 4 days after leg training. I would get a little sore the day following training and then tremendously sore 2 days after. With the MicroLactin here was a HUGE difference.

That alone would have sold me on the product but that was not the only effect. I also noticed a nice increase in strength that occurred at about the 5th day (I would rate this more of a secondary positive effect of MicroLactin ™alone). In addition, I also began to notice that I would recover MUCH more quickly than usual. I also noticed my bum knees were much happier than normal even with repeated heavy leguorkouts

Icannot even begin to tell you how fired-up I was! Nobody else, not the HUGE megalithic supplement companies, NOBODY was offering this product as a sports ergogen. I knew I had to get this product to market quickly, but I also knew I wanted to make a final product that was even better than MicroLactin Malone

So, I began in earnest to look for synergistic compounds that would enhance the recovery and strength promoting effects of MicroLactin™ I ended up settling on the inclusion of zinc and magnesium at specific doses as well as vitamins C and E. The resulting product is ETS (Extreme Training Support).

Ihad created a TRULY effective sports ergogen which has the additional characteristic of being extremely SAFE! I was sitting on a new revolution in the supplement industry and I cannot tell you how excited I was!

ANY and ALL of your readers need to give this product a try. It is truly a product tailor-made for the powerlifting community. Every lifter who has been training for a few years has some pain in their knees and shoulders and ETS can help. Every lifter would like to recover more quickly so they can train harder and more often, and ETS can help. Every lifter would



Chris Mason .. the "Man" behind AtLarge.

like to be able to prolong the heavy phase of their training and ETS can

Do it for yourself, you will be happy you did!

Q: You sponsor quite a few athletes, including my main man Phil Harrington who is the top 181 squatter in the world with a 900. I have worked with Phil for several years now and he is in a realm of his own. When did you take Phil on and how has it been working with such a world class athlete?

A:Itook on Philat the recommendation of Jon Grove about a year to a year and a half ago.

Ican honestly say that I am VERY happy to have Philon our team. He has always done his share in helping to spread the word and his lifting accomplishments speak for themselves!

Phil has been a joy to work with as he is always eager to talk and be of any help he can. He gives me his true opinion on our products and he really uses them. That is one of the most important things to me about sponsorship. Idon't want to have any athlete speak for my products unless he/she has tried them and uses them as part of their daily supplement routine. O: You also sponsor James "Pitbull" Searcy. He has done an amazing 1000 plus squat drug free. Can you give us a little insight into James and the supplement plan that he uses to handle such weights without the use of pharmaceuticals?

A: James is a GREAT guy and another joy to work with. I have worked with athletes in the past who were hard to get in touch with or just wanted the sponsorship to be a one-way street (us helping them). That just isn't the case with James. Heck, he even sent me a Christmas card!

In terms of James' lifting abilities, he is a FREAK! He is a mountain of a man with truly prodigious power in the squat and deadlift. The guy is able to squat over 900 lbs. for reps with only knee wraps and a belt! I know that sounds like b***s*** but it isn't. James trains in a gym without a Monolift and walks out over 900 lbs!

Before I met James he never even owned a sauat suit? When the man squatted 1003 lbs with his suit it was DAYS after having received it and it wasn't even fitting right!!! I know this, because I bought him the suit and I know when he received it. He had no chance to train in it and get used to it. Like I said, the man is a FREAK!

James, like Phil, really uses our products: Nitrean, Opticen, Creatine 500, Multi-Plus, and ETS on a regular basis. If you go to our site (www.atlargenutrition.com)youcan read what James thinks of the products.

I will never say that my products made a champion. My products help champions to be even better and they can help any of your readers in the same fashion

Q: Dropping fat is a major concern for a lot of lifters. In the sport of powerlifting you see a lot of lifters who are now rock hard and ripped. Ron

Palmer and Phil Harrington come to mind. Tell us a little about your fat burner that you have out now and how it is different from all the others that line the health food store shelves. A: I think what makes Thermocin different from other products is that it contains the right amount of specific ingredients to work in a harmonious fashion to help its users to lose fat.

When we chose to add a fat burner to our lineup we wanted to make sure that it contained ingredients which have been shown to be viable in humans. A lot of companies include ingredients in their fat burners which have been shown to work in animals, but not humans. What works for a rat may not work at all for humans.

The 4 main ingredients in our product are as follows:

Synephrine: is a chemical cousin of ephedrine which has been demonstrated to aid in fat loss in humans. Synephrine is the basis for our SCA stack (synephrine, caffeine, and aspirin). It is generally considered to have a milder effect on the cardiovascular system than ephedrine and most users find our product gives them a "smoother' stimulating effect than ephedra based products.

Caffeine: is both a stimulant as well as a proven fat loss agent. Caffeine has been shown in humans to both increase fat oxidation AND to decrease protein oxidation (a good thing for weight trained individuals).

Green Tea Extract: is a highly effective supplement for fat loss and good health in general (which cannot be said for most fat loss supplements). Thermocin contains green tea extract inaFULLPROVENDOSE. Welooked at the research which shows it to be a potent thermogenic and fat oxidizer and included it in the dose which scientists found to be efficacious. Not all of our competition does this.

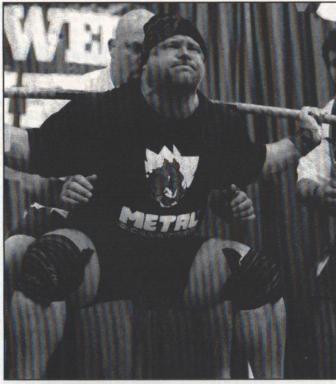
Hydroxycitric Acid: has been shown to enhance endurance in humans via increased fat oxidation and the concurrent sparing of glycogen. It also has been demonstrated to have an appetite suppression component.

As you can see Thermocin covers all of the bases of fat loss. It is a potent thermogenic, fat oxidizer, and it helps to suppress appetite.

Q: What about using Thermocin as a pre workout or competition stimulant? A: It has a nice quantity of stimulants at full dose (and we NEVER recommend taking more than the full dose). Ithink it will give you a better, more controlled stimulating effect than many other products out there. You don't want to be so jacked out of your mind that you get out of the groove on a lift and miss it or get injured. You want a controlled, smooth effect which will heighten your senses and reduce your body's inhibitory mechanisms just enough for you to hit a safe PR. Thermocin will do that for

Q: You also have a website. Tell us where we can find it and about some of the content?

A: We have two websites, actually.



The Other Chris Mason .. aka "Ox" is also on the AtLarge Team.

website www.atlargenutrition.com. We also have a sister website www.wannabebig.com. Wbb has been on the net for roughly 5 years now and has over 13,000 registered members making it one of the top iron game websites on the net. It has a HUGE amount of content with articles on training, diet, supplements, and just about any other weight training/fitness related topic you can think of. In addition, it has forums which cover: bodybuilding and fitness, powerlifting and Olympic lifting, diet, supplements, general health, anabolics, online journals (you can keep a log of your diet and training online), members photos, and general topics of interest. The forums are nicely moderated to keep the trolls to a minimum. Anyone looking for one of the best FREE online sites should check it out.

AtLarge's site obviously covers our products in depth and has an online store where you can purchase them. It also lists our sponsored athletes and tells you a bit about each of them. We have several articles covering a variety of supplement and weight training related topics. Very soon we will be publishing a comprehensive online program which will tell you how to train and eat to get the best results possible in the gym. This program will blow awayanything else currently published in that it will give you the tools you need totailoryourownPERSONALoptimum routine (as well as providing pre-set training routines). Ican't tell you how excited we are about this program. By the time this interview is published it should be online and ready to view. BEST of all it will be absolutely FREE! Q: I am a big believer in the power of

creatine. I personally use it in many of the plans of my world class athletes that I design nutrition and supplementation for. Tell us a little about your creatine product and why the quality of the particular creatine that you are taking is so important for

A: There are so many variations of creatine available I think most people don't know which way to turn. Contrary to what most supplement companies would have you believe the REAL reason for such a huge variety is that creatine is highly effective and has been on the market for so long that competition has reduced the profit margin on the product to a very minimal level. The "invention" and marketing of these new products is meant to allow the companies to make a larger profit on their "new" products.

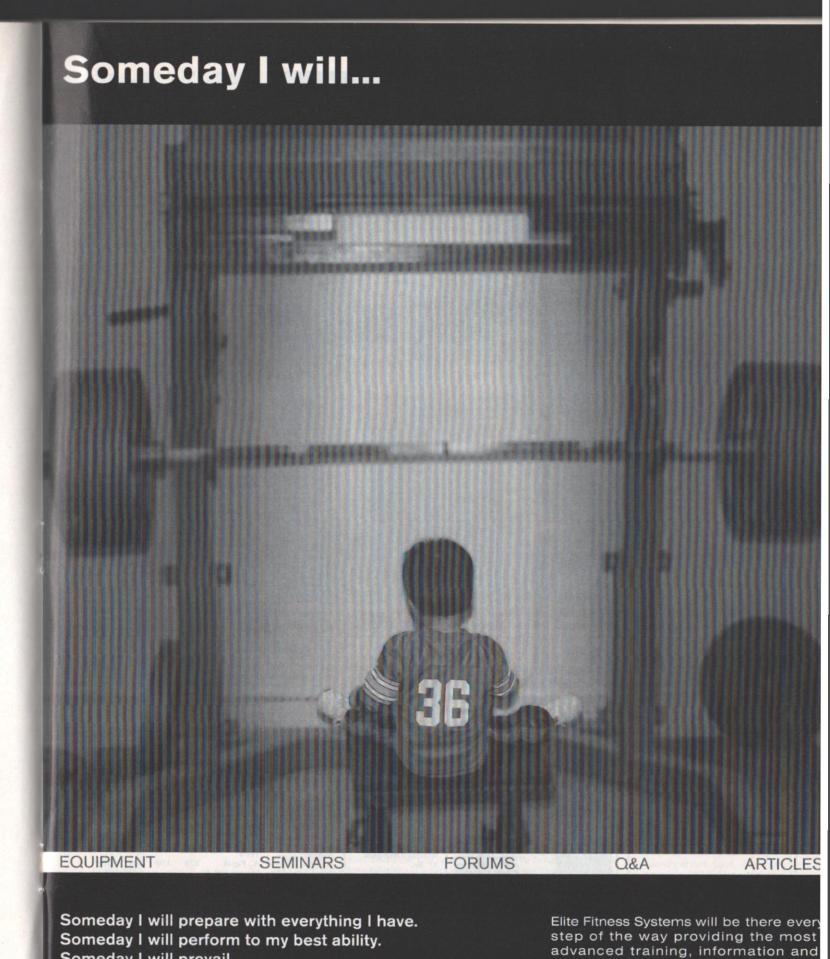
Idon't want to create the idea that I think profit is a bad word. We are a business and thus need to make a profit to remain in existence. Idon't begrudge another company making a tidy profit. That said, AtLarge does not and will not release a variation of the product simply to make more money.

That is why we still offer creatine monohydrate. Wecertainly could offer the latest variety, but we don't because we simply are not convinced that they are any better of a product or value for our customers.

Creatine 500 (our product) is comprised of Creapure ™micronized creatine monohydrate. This is a product of SKW Trostberg AG Germany. We use it because we feel it is the BEST micronized creatine monohydrate on the market. We could certainly offer

Someday I will prevail.

(article is continued on pg. 88)



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ELITE FITNESS SYSTEMS WWW.ELITEFTS.COM

WARDI AquaVIRE Worlds

		avibe World	
16-21 N	VOV ()5 - Reno, N\	1
BENCH		181 lbs.	
WOMEN		M. Wadera	66
97 lbs.		198 lbs.	
C. Moorman	160*	E. Matlack	104
105 lbs.		M. Adkins	93
D. Brown	181	UL	
S. Moorman	121	C. Stainbrook	66
114 lbs.		H. Hopps	55
I. Pantilat	198*	Submaster	
123 lbs.		132 lbs.	
D. Moretto	143	J. Watts	225
S. Biddle	110*	M. Hudson	159
132 lbs.		R. Unson	159
I. Watts	225	P. Villegas	148
M. Hobbs	187	148 lbs.	
D. Hurlbert	170*	V. Pukkila	281
P. Villegas	148	165 lbs.	
148 lbs.		T. Jacobs	210
V. Pukkila	281	D. Spencer	115
E. Stickler	154*		
G. Gendotti	126	G. Cables	_
N. Williams	225	K. Mahoney	231
4th-231*		4th-253*!	
165 lbs.		UL	
S. Armstrong	255*	T. Riley	214
I. Zamora	148	Teen (13-15)	
181 lbs.		105 lbs.	
K. Mahoney	231	S. Moorman	121
4th-253*		123 lbs.	
C. Weber	198*		110
A. Biddle	137*	181 lbs.	
198 lbs.		I. Otto	148
H. Nohara	314*		
UNL		K. Sua	165
K. Taueli	325*	Teen (16-19)	
D. Richards	236*	114 lbs.	
T. Riley	214*	B. Buroughs	126
Special Olym	pian	K. Callaham	115
105 lbs.		123 lbs.	
S. Rosas	126	K. Phipps	143
114 lbs.		E. Ansberry	143
A. Kaslas	82	148 lbs.	
	The second		

N. Williams 225

4th-231*!

181 lbs.

O'Halloran

A. Riddle

123 lbs.

J. Kring

T. Herrera

C. Gunter

77



Kristy Scott set a new WABDL World Record at the WABDL Worlds in the deadlift with 435 pounds. (photograph courtesy of Mike Scott)

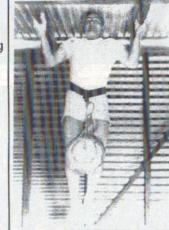
			,	0 ,	
R. Nohara	-	R. Marrama	556*	P. Davi 4th-573	540
UL	22241	E. Millburn	534*		
K. Taueli	330*!	G. Gibson	518	T. Avola	529
D. Pratt	209	C. Washburn	507	S. Pena	523
MEN		J. Bachmeier	501*	J. Pukkila	479
Open		J. Woods	473	Casagrande	385
165 lbs.		O. dosSantos	352	242 lbs.	
S. Selkainaho	418	220 lbs.		J. Jackson	793*
181 lbs.		B. Bishop	501	B. Dirk	644*
R. Harris	_	M. Lamarque	_	C. Senese	606
B. Hill	_	K. Millrany	_	4th-626*	
K. Paivoke K. Daniels	468 452	M. Green 4th-617*	606	G. Stephens 4th-633	600
E. Ansberry	303	C. Matthews	595	J. Boettger	562*
198 lbs.		D. Haycraft	579*	M. Cordova	545*
Morishima Jr.	563*	J. Bianchi Sr.	578	F. Schuetz	529*
				D. Tubridy	518
				259 lbs	

Strength & Speed New! 2006 fun fact book by Dale Harder, Like Guinness Book + Believe It Or Not combined, this beefy encyclopedia is crammed with strength & speed records for every age 3 to 100. Do you want to see how you compare in percentile ratings by age, and by bodyweight ratings in the bench press, squat, dead lift, snatch, clean & jerk, curl, track & field events, pullups & pushups? We also have age & weight records for the above events + farmer's walk, grip feats, highland games, all-around lifting & football. Do you know the the lightest man to put the shot 70'?, Which president could do a 1-arm chinup? Which 240 lb man could do chinups with 300 lb? Who was the heaviest man to run a 4:00 mile? Plus, articles on the most versatile

athletes, martial arts, golf, fire walking & fittest man. 320 huge pages with 100 photos & drawings. Cover photo of Bruce White doing rafter chinups + 70 lb.

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notograpii	Journe	sy of Mike S	com	1
P. Davi	540	D. Hodges	148	1
4th-573			132	i
T. Avola	529	A. Glass M. Sirard	115	
S. Pena	523	J. Lowery	115	1
J. Pukkila	479	D. Anderson		1
Casagrande	385	181 lbs.		1
242 lbs.	303	M. McHugh	203	2
	793*	M. Powers	154	!
J. Jackson B. Dirk	644*	A. Belfils	148	6
C. Senese	606	N. Denardo	137	1
	000	P. Acavoz	137	-
4th-626*	600	P. Acavez		
G. Stephens	600	D. Williams S. Stainbrook	115	
4th-633			113	
J. Boettger	562*	198 lbs.	150	
M. Cordova	545*	R. Cha	159	
F. Schuetz	529*	S. Carter	132	1
D. Tubridy	518	220 lbs.		1
259 lbs.		T. Johnson	286	(
J. Gast	-	C. Dalton	220	1
J. Hunter	650	Z. Tichava B. Brewer R. Aranda	176	1
E. Wright	644*	B. Brewer	143	1
I. Laskowski	644*		115	1
S. Hoekstra	584	R. Hall	104	(
J. Ihalainen	584	D. Cooley	82	1
M. Desrosier		242 lbs.		1
F. Hofer	518	T. Irwin	170	j
275 lbs.	3.0	J. Sexton	154	í
J. Pritchett		M. LaBracque		i
J. Peshek	688	259 lbs.		i
P. Holloway	622*	B. Lord	281	i
	601	J. Scollard	170	1
J. Begue		J. Scollard	148	1
D. Freeland		J. Souza C. Tombs		1
T. Kesling	563*	C. Tombs	137	
M. Myers	562	275 lbs.		
N. Rial	551	M. Uon G. Vowan	214	
S. Palmer	523		132	1
B. Bankston	507	SHW		4.
308 lbs.		R. Johnson	286	
M. Womack	-	J. Mayes	253	1
T. Meeker	870*!	K. Klose	187	1
S. Wong	815	Submaster (34	4-39)	-
J. Hudson	573	123 lbs.		-
J. Mickelson	529	V. Williams M. Aguanno	243*	
M. Johnson	424	M. Aguanno	132*	1
SHW		165 lbs.		
R. Bradshaw	722*	A. Davila	479*	1
T. Corwin	700*	M. Hokoana	385	1
Crawford III	650	R. Anderson	303*	-
V. Eldridge	512	181 lbs.	-	1
Special Olyn	nian	K. Sawyer	-	-
97 lbs.	himi	K. Daniels	452*	
J. Berning	137	D. Russo	374	
123 lbs.	137	198 lbs.	3/4	
	121	D. Soto	501	-
P. Thao E. Renterol		4th-524*!		
E. Kenteroi	77			
132 lbs.		M. Happach	330	
R. Larin	77	220 lbs.		
148 lbs.		B. Bishop	501	
J. Shapiro	264	B. Nichols		
M. Cabalka	209	M. Green	606	
M. Cabalka T. Truscelli	148	4th-617*!		
C. Fowler	140	M. Ludovico		
I. Shaw	115	E. Barnes	479	
D. O'Keefe	115	D. Chinn	451	
J. Cisneros	93	F. Salinas	402	
165 lbs.		E. Casagrand	e	
C VanFal	170	0.00		

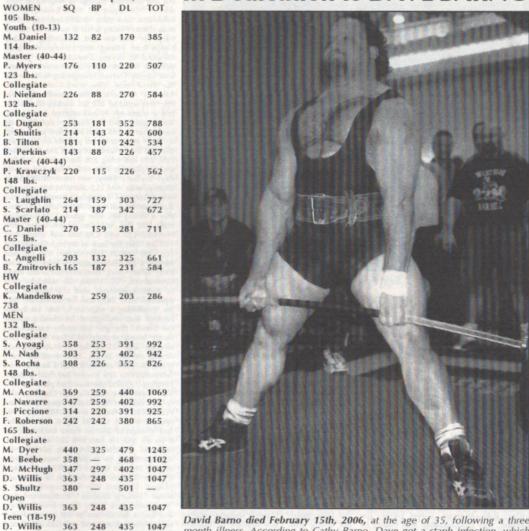
C. VanEck

S. McGrath	314*	J. Fain	380
242 lbs.		4th-402*!	
P. Parnell	-	Teen (16-19)	
F. Wakakuwa	_	123 lbs.	
A. Frazier	462	R. Segura	187
J. Villagas	424	132 lbs.	
B. Muretta	380	A Ramos	275*
259 lbs.		148 lbs.	
J. Laskowski	639*!	Baldassarre	270
S. Hoekstra	584	T. Corey	220
N. Nash	352	C. Cooper	187*
275 lbs.		B. Fraught	165
P. Holloway		165 lbs.	
R. Lincoln	611*	B. Leming	464*!
P. Martin	479	A. Singh	385*
308 lbs.		M. Mokuau	192
T. Meeker	870*!	181 lbs.	
S. Wong	815	J. Hedman	303
	600*	198 lbs.	
C. Berey	518	E. Millburn	534*!
SHW		H. Beall	314*
M. Klindt	-	B. Butko	275
R. Bradshaw		220 lbs.	
S. Jordan	650	S. Demarinis	490
Teen (13-15)		4th-501*!	
114 lbs.		A. Gill	402*
J. Voss	88	G. DeClark	380*
123 lbs.		A. Munsey	303
J. Minahan III		A. Contreras	
D. Miskinis T. English	154*	A. Kimmel	231*
T. English	132	242 lbs.	
132 lbs.		K. Romano	380
M. DeLaCruz		J. Pritchett	308*
T. English	165*	259 lbs.	
148 lbs.		S. Carter	414*
T. Belen	253	J. Alvarez	325*
J. Leija	203	275 lbs.	
181 lbs.		C. Barada	507
	188*		
A. Lindsey	187	V. Tovar	352*
220 lbs.			-
		state Records. (
		meet results,	
		ncluded in the	
of the Worlds i	n the Fe	b/06 issue of PL	USA)

APF/APA Pennsylvania State

6 AUG	G_{05} -	S. Pa	rk, PA		
APF BENCH		Open			
MEN		132 lb	16		
Open		N. Fro		195	
181 lbs.		181 lb		133	
	300			320	
A. Reese	300	F. Kin	8	320	
AAPF BENCH					
MEN					
Open					
181 lbs.					
A. Reese	300				
Junior					
J. Leonard	470				
Master (60+)					
F. Gallagher	290				
DEADLIFT					
WOMEN					
APF	50	BP	DL	TOT	
MEN					
165 lbs.					
S. Antoinette	375	250	500	1125	
181 lbs.	3,3		300		
S. Deems	450	255	500	1205	
198 lbs.	430	233	300	1203	
	705	585	635	1925	
R. Celli					
D. Buyan	675	455	525	1655	
C. Dugan	480	360	510	1350	
220 lbs.					
T. Mansmann		385	525	1525	
APF Master (4					
T. Mansmann	575	385	525	1525	
AAPF					
MEN					
220 lbs.					
J. Alessandro	800	440	635	1875	
Teen					
A. Papak	275	350	405	1030	
Master (40-49))				
J. Casciatu	535	385	475	1395	
WOMEN					
N. Schuchert	65	55	280	400	
Thanks to Dan					
bench and wa					
ing a world cl					
to help pow					
Thanks to Bob					
for judging.					
for judging.	nanks	to Jas	The A	loghom.	
Doug Maust, a	and Chi	ICK D.,	ine Al	ting and	
Athletic Club,					
loading. Also	thanks	to Le	o wyse	ocki for	
announcing,					
table, and Tim					
the meet. (res	ults co	urtesy	Keith N	(cNeish)	

In Dedication to DAVE BARNO



USAPL Army Navy Maryland St.

20 NOV 05 - Annapolis, MD

MEN

181 lbs.

Collegiate

G. Nieves

I. Daniel

I. Major

E. Martin

W. Spears

Turner

Teen (18-19)

Master (70+)

K. Liang J. Halbert

198 lbs.

Collegiate

W. Shields

Master (45-49)

L. Lepri

Collegiate

I. Hackman

S. Hueckel

242 lbs.

Collegiate F. Fields

P. Ward

Pearson

Master (55-59)

Master (40-44)

Sandanato 418

D. McDonald 308

451 374 578

325

308

253

297

253

424 358 518

248 440

474 440 584 1499

402 330 529 1262 418 259 440 1118

523 336 617 1477

573 374 622 1570

385 242 523 1151

347 402

303 523 1377 325 523 1350

540

529 1295

1245

964

490

496 485

446

402

457

418

402

363

L. Atkinson 165 137 303

Open P. Krawczyk 424 270 429 1124

P. Krawczyk 424 270 429 1124

485 380

L. Harrod 418 259 424 1102

C. Felix 485 451 451 1388

Meet Director: Jason Bowers. (Thanks to

USAPL for providing these meet results)

551 501

I. Leone

month illness. According to Cathy Barno, Dave got a staph infection, which led to endocarditis and infected heart valves. This required open heart surgery to replace the valves with artificial ones, but Dave developed a serious lung infection after that. It was then discovered that Dave had suffered a back injury as a result of a motorcycle accident, several months earlier. He was scheduled to see a physician about back surgery on the day he was found dead in his home. One of Dave's closest friends was bench press star Jamie Harris ... "Dave Barno was a great guy, very strong, super nice, a gentle giant, yet insane. He gave you the impression of being a Viking. He was very intelligent, and quite a student in college. He was never high on himself, like a braggart, yet his lifts were out of this world. I can share many stories about me and Dave, but here's the best one. People don't know this, but when he was a teen, he was already destined to be one of the GREATEST, if not THE GREATEST, powerlifter to ever live. Life, school, and career slowed him down, because he was a very balanced person. Back in 1989, we were both 18, and Jeff Wright was running a bench meet in Pittsburgh. It was one of my first meets after high school and I was benching 405 or something like that. I thought I was going to clean up in the teen division. When my buddies and I got there, we went into the warmup area and were checking out the opener sheets on the wall, you know, "Bill Smith 380 @ 242" and so forth. Well, I get down to the bottom of the list and it says "Dave Barno, 275 Teen, 510 opener!" I was like "there is no way in Hell!" Turns out, he smokes 510, then went 525, then 535, as a teen, remember now, this was 1989! He was huge as a house. That's the first time I met Dave. We became friends and later went to college together. We had loads of fun. I'd see him at meets after that and stay in touch by phone. I just spoke to him, 2 months ago, he just called out of the blue. This one really hit home. All these guys I knew are leaving young. It really bums me out" Dave was a balanced lifter, hitting TOP 10 lifts in all disciplines in the 275 lb. class during his career. He squatted 925, benched 600, deadlifted 820, and totaled 2275. Three times, he was ranked #2 in the total on the PL USA TOP 100 for the 275 lb. class, and for the period of March 1995 through February 1996, he was Number One in the Nation in the deadlift.

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APF South Dakota Fall Brawl

19 NOV 05 - Yankton, SD A. Carlquist 600 DEADLIFT BENCH WOMEN WOMEN Open 165 lbs. N. Thomas MEN N. Thomas MEN Master (45-49) Master (45-49) L. Mueller 198 lbs L. Mueller 242 lbs. R Miksik A. Carlquist 640 275 lbs.

Best Male Lifter: Anthony Carlquist. Best Female Lifter: Naqia Thomas. I'd like to thank all the lifters who participated, and all the family members that came to sup-port their lifters. The meet was small, but the energy was high! I'd also like to thank the spotters and loaders, Paul Schmidt, Carey Mitzel, Brian Hoops, and David Preston, and our judges. A special thanks to score keeper and announcer Michelle Pfiefer. And, a very large thank you to J.D. O'Grady for letting us, once again, use his fantastic facility. And last but not least, my dad for video taping the meet. (Thanks to Josh Law for providing these meet results)

Walker's Gym DL Classic

DEADLIFT	181 lbs.	
MALE	W. Waller	625
Teen	M. McNulty	540
148 lbs.	J. Perry	450
M. Latimer 40	0 198 lbs.	
WOMEN	M. Robbins	550
131+ lbs.	S. Sinclair	445
Y. Perrello 31	5 220 lbs.	
G. Pruett 28	0 M. Bennett	710
Master (60-69)	242 lbs.	
198 lbs.	D. Mason	660
D. Duesberry 57	O P. May	600
D. Thomas 50	5 M. Castle	590
open	275 lbs.	
165 lbs.	K. Sellers	685
J. Preskar 40	5 M. Hanzlick	550

MEMORANDUM

DATE: February 14, 2006

RE: Support for Herb Glossbrenner

To: Mike Lambert, Chief Editor & Publisher Powerlifting USA P.O. Box 467, Camarillo, CA 93011

FROM: Pete Wilson

Dear Mike: To maximize support for Herb, perhaps each Federation and or Meet Director, could/would donate \$1.00 of their future entry. sanction fees, and card membership to the Herb Glossbrenner fund, [set up through PLUSAl to defrau the cost of medical, rehabilitations, and living expenses.

Individual financial contributions are fine, but I think the above method would bring about the amount needed to repay Herb for the "good things" he has done for Powerlifting over the years!

APF South Carolina State 17 DEC 05 - Irmo, SC

170	re os	- min	0, 30	
BENCH		Maste	rs	
MEN		165 lk		
Open		G. Blu	ie	215
165 lbs.			05.	
M. Allah	335	B. Mil		220
198 lbs.		198 lk	05.	
B. Waites	-	R. Sut		275
242 lbs.)5.	
E. Hubbs	515	B. Gui		485
W. Murray	620	Junior	/Teen	
275 lbs.		165 lb		
J. Smith	630	C. Tu	cker	385
308 lbs.		275 Ik		
C. Justice	-	D. Joh	nnson	_
WOMEN	SQ	BP	DL	TOT
Open	-	100	MT N	0.00
148 lbs.				
A. Dolan	375	185	3115	875
H. Johnson	245	155	325	725
165 lbs.			020	
C. Myers	565	250	135	950
5. Baldwin	505	315	425	1245
181 lbs.	300	113.130		
S. Burgess	315	160	350	825
198 lbs.		Din 1	550	020
S. Derrick	175	120	270	565
SHW		4 100	2,0	303
J. Carlson	360	205	350	915
Masters	300	203	330	213
165 lbs.				
B. Roby	175	130	215	520
MEN	173	130	213	320
Open				
165 lbs.				
J. Gordon	650	-	615	1265
198 lbs.	030		013	1203
T. Kelly	750	525	550	1825
220 lbs.	730	323	330	1023
N. Burr	675	480	525	1680
242 lbs.	0,3	400	343	1000
Z. Freiwald	600	350	540	1490
M. Derrick	625	375	500	1500
D. McLeod	825	640	510	1975
C. Hendrix	655	450	310	1105
M. Schwanke	700	550	690	1940
275 lbs.	700	330	030	1940
J. Bruff	645		540	1185
A. Hartzog	675	470	600	1745
J. Floyd	845	535	620	2000
G. Campbell	043	585	575	1160
308 lbs.	2000	303	3/3	1100
J. Manly	880		700	1500
SHW	000		700	1300
T. Henderson	070			970
Masters Masters	9/0			9/0
181 lbs. G. Camacho	250	235	345	830
G. Camacho	250	235	345	630

	CSPS	Coes	
MU-0-0M			

Sonji "Shorty" Baldwin .. Best Female Lifter .. squatting 505 @ 165.

soriji silo				
M. Steck		300		
R. Layman 198 lbs.	475	275	-	750
T. Walters 220 lbs.	65	55	145	265
M. Shealy	430	305	360	1095
B. Jordan 242 lbs.	480	275	450	1205
J. Culliton	625	355	540	1520
B. Warren 275 lbs.				
T. Shook	630	410	500	1540
B. Stirdivant 308 lbs.			-	
J. Pinder Junior/Teen 181 lbs.	-	565	650	1215
S. Eason Police/Fire 198 lbs.	565	365	535	1465
M. Christie	650	415	585	1650
Best Bench	Only:	William	Murr	ay. Bes

T. Shook 630 410 500 1540
B. Stirdivant 700 — 700
The Stirdivant 700 — 700
APF Chairman), Ox Mason, and NAS
Surfley Nason, and NAS
Learn Mike Johnson were on hand to opened with a 225 lb. squat. Missing his lend their support. Wayne Pullum, fresh from his two day meet in Florida, was again our head Referee, with Lee Ray and Lenny but was a little short with his 250 lb. Encarnacion at the sides. Jason Alderman and a team of local spotters and loaders made for a safe "no miss load" meet. After 181 lbs.

M. Christie 650 415 585 1650
Best Bench Only: William Murray. Best Female Lifter: Sonji Baldwin. Best Male Lifter: Sonji Baldwin. Best Male Lifter: Sonji Baldwin. Best Male Microphone", Darrell Duggins, started Gordon. This championship was hosted by Sorinex Exercise Equipment and Athletes

Arena, with Jessie Carlson as our "go-to"

while. He squatted and benched the minimum and then deadlifted 145.. This man doesn't know what it means to take it easy. He told me that competing is what keeps him young and strong. We look forward to seeing Tom back up to full strength for our April 2006 meet. Second was Shelby Derrick competing with us for the first time. She works out here in Athletes Arena and the crowd was hers. Her first squat of 150 lbs. looked like it was just a warm-up. A 2nd attempt of 175 lbs. was a good hard lift. Feeling confident, she moved up to 200 tried hard but just mis it. Three smooth bench presses of 100, 110, and 120 lbs. looked real good! She deadlifted 200, 250 and a big 270 lbs. to total 565 lbs. 200, 250 and a big 270 lbs. to total 565 lbs. and 1st place in WO 198. Going 8x9 a good day! Barbara Roby, our current SC State Champion in WM 165 and WM 181, was our next lifter. Her 1st squat attempt with 155 was smooth and easy. Next, with 175 lbs., was a strong lift, also good. A 3rd attempt with 200 lbs. was to mych, today. She with 200 lbs. was too much today. She benched 120 and 130 but was stopped at 140 lbs. (not for lack of trying). Deadlifting 185, 200 and 215 she totaled 520 lbs. and earned a 1st place plaque in WM 165. Our next lifter was Hannah Johnson from Greensboro, NC. Under the watchful eyes of Kyle Robertson and Ox Mason, she squatted 225, 245, and barely missed 265 Arena, with Jessie Carlson as our "go-to" squafted 225, 245, and barely missed 265 person. We were looking forward to a great meet with Sorinex being a place where "strength lives". And strong the lifters were! Forty-eight total, with 12 in bench only and 8 female lifters from all over the South-East: Florida, Georgia, North Carolina, Tennessee, and Virginia. What a crowd! They posted 25 new SC State determination 325 lbs. for her final attempt. Tecords, two American Records, and 1 new Clite lifter. WPO lifters Donnie Thompson, Marc Bartley, Kyle Robertson (the new NC 148. Next lifter was George Camacho. He is the current SC State, American, and APF Chairman). Ox Mason, and NAS World Record holder in MM 181 70-79. He

Powerlifting Champion) in MM 198 60-69

recovering from recent shoulder surgery but not knowing enough to stop for a little

press of 160 lbs. was hers, but she was needed the spotters on his 2nd attempt with stopped at 170. Three big deadlifts of 320, A 3rd big try, this time at 325 lbs. was 340 and an awesome 350 lbs. brought her total to 825 lbs. for 1st place in WO 181. could not lock-out 380. He totaled 1095 Jessie Carlson, without whom we could not lbs. for 1st place MM 220. Shawn Eason have had such a well -organized meet, was from Four Oaks, NC was up next. At 19 yrs our next lifter. She is co-owner of Athletes old he is a strong lifter in Junior 181. He our next lifter. She is co-owner of Athletes Arena and has been trained by Richard Sorin. Her 3 squats of 315, 335 and 360 lbs. 565 lbs. with maybe more in reserve we'll looked easy enough to say that she has more in the tank! Ditto for her 3 bench attempts of 185, 195, and 205 lbs. The 1st deadlift attempt with 310 was nice and smooth and broke her PR. Up to 350 for her 2nd, which took work, but she made it. Her 3rd attempt with 365 finally stopped her. Totaling 1465, he earned 1st place in Going 8x9 she totaled 915 lbs. and 1st place in WO SHW. She is a strong lifter and Baldwin from NGBB. She was the one to Irm sure we'll see some big lifts in the place in WO SHW. She is a strong lifter and future. And then the "feared" Amanda holybuilder from Myrtle Beach SC. At 186 holder. Slightly out of her groove stated the public and polybuilder from Myrtle Beach SC. At 186 holder. Slightly out of her groove statempt with 455 lbs., and past missed her ist seaffail statempt with a size of past and past missed her ist seaffail statempt with a size of past and past missed her ist seaffail statempt with a size of past and past missed her ist seaffail statempt with a size of past and its missed her ist seaffail statempt with a size of past and its missed her ist seaffail statempt with 135 was also strong and good. Only to be of gas. and lason was right there "Nice catch". Her six deadlift attempt with 135 was also strong and good. Only to be of gas. and lason was right there "Nice catch". Her six deadlift attempt with 135 was also strong and good. Only to be of gas. and lason was right there "Nice catch". Her six deadlift attempt with 135 was also strong and good. Only to be of gas. and lason was right there "Nice catch". Her six deadlift attempt with 135 was also strong and good. Only to be of gas. and lason was right there "Nice catch". Her six deadlift attempt with 135 was also strong and good only to be capted at her past was all for her today. She totaled 875 lbs. and won 1st place WO 148. We look forward to seeing more of Amanda at our meets.

With 450 was strong the six of the past of t I'm sure we'll see some big lifts in the beat today being an APC World Record future. And then the "feared" Amanda holder. Slightly out of her groove she



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Budweiser Record Breakers, Fluids, TOP 100 275s.

Budweiser Record Breakers, Fluids, TOP 100 275s.

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Mike. Lifting in P/F 198, 23 year old firefighter and EMT, from Loganville GA, Matt Christie started out a little off key and missed his 1st squat attempt with 600 lbs ettling down he easily made 625 and then 650 with no problem! He struggled with his 1st attempt at the bench with 390, but got it! Up to 415 for his 2nd was also tough, but he muscled it up. A 3rd try with 440 needed the help of the spotters, good work! He opened with a 540 lb attempt at the deadlift and made it easily. His 2nd ittempt with 585 took all he had, and he made it. Up to 610 for his 3rd was a little too much real close. Totaling plaque in his division

Up next was another



his previous PR. A seemingly easy 515 lb. deadlift was followed by lifts of 530 and 540 lbs. to bring his total to 1520 lbs. for 2nd place in MM 242. We mixed in the "Bench Only" lifters starting with "Mean" onesh put per good North et al. (2012) push, onesh put per good North et al. (2012) push put possible visit attention with "Mean" onesh put per good North et attention with the push put per good North et attention with the property of the Gene" Blue from Rock Hill, SC.

He is the current SC State

Starting with "Mean push, push but no good. Next attempt with 550 not today good try!. His 485 bench He is the current SC State earned him 1st place in his division. "Bid record holder in MM 165 60- Daddy" Eric Hubbs was our next lifter.
69. He opened with a smooth Without "Killer" he had to slap the out of bench of 205. He struggled himself to get psyched up for his lifts. It bench of 205. He struggled with his 2nd attempt with 215 took 2 of us to keep Darrell from jumping the table to do the slapping himself. lbs., but got it! His 3rd try was over the table to do the slapping his an attempt to break his existing Eric's 1st attempt was with 485 lbs. which record. He pushed and pushed he makes, picture perfect. For his next but no good, not today good job attempt he calls for 515 lbs. in an attempt spotters! Trin sure well see him in Charleston in April 2006 to 242. Bam!! He pushes it up, smooth and go at it again. Next up was Bill solid for a good lift and a new record. A 3rd Milner (feeling a little under attempt with 535 was a little too much the weather) lifting in MM 181 today. He earned 2nd place in MO 242. Our 70-79. He has lifted with us next bencher was William Murray from before and is our most senior Burlington, NC. He is another IPA World lifter. A bit unsteady on his 1st record holder and really showed us why Up next was another newcomer with us. SSgl Michael "Mr. Breaker"

Schwanke from Warner Robins, GA. Looking big and strong he him again! Chris Hendrix, who has Up a notch to 225 for his 3rd proved to be proved it by getting all 3 of his squat competed in 4 of our meets, from Flgin SC. too much He left with a tempt with 220 lbs. he came back to make it on his 2nd attempt, looking real strong, else away. Going 3x3 he earned 1st place in MO 242 and our "Best Bench Presser"

Robins, GA. Looking big and strong he proved it by getting all 3 of his squat attempts of 600, 650 and 700 lb. deep and easy! He easily made his opening 550 lb, bench, but so close, no lifts on his next 2 attempts with 585 lbs. He is a deadlifting machine, solidly making his 650 opener, not quite locking out on his 2nd attempt, but a big 690 lbs.! Totaling 1940 lbs. for 2nd place in the competitive MO 242 division stay safe in Korea and come see us again. Image in the competency of the meets of the meet of the meets of place in the competitive MO 242 division . Stay safe in Korea and come see us again. Todd Shook, a local lifter who trains at Sorinex, has lifted with us before and is one of our APF referees. He missed his 1st 2 squat attempts, but did not let that stop him. A 3rd attempt with 630 lbs. was good for 3 white lights. Good job! His opening shench press with 410 lbs. was good and solid. Two attempts of 430 and 440 just would not go today, but not for lack of trying. A 500 lb. deadlift brought his total would not go today, but not for lack of trying. A 500 lb. deadlift brought his total to 1540 lbs. for 1st place in MM 275. Our next lifter from Lexington, SC was Jared Bruff in MO 275. Jared trains at Maximus and has lifted in 3 of our previous meets. His opening squat with 615 lbs. was enough this period of division. The last powerlifter of the 2nd good lift of 645 lbs. on his 2nd attempt looked really strong. Moving up to a big 700 lbs. he was just a little high and got 2 red lights. Again, trying to set a new PR, his 3 attempts at a 500 lb. bench press, just would not go good job spotters. He was out of the meet but we look forward to seeing

August meet in Rock Hill) was the #1 from Lexington, SC. He August meet in Rock Hill) was the "in the light of the powerlifter." Little Superman", Eric Knight, currently holds 3 SC State from Mt. Pleasant, SC, was our best Powerlifting records and benchpresser of the year. He lifted 420 lbs. he is here today to raise the at a bodyweight of 143 lbs. (almost triple bar. Opening with a big 700 bodyweight) at our April meet in Charleston. Ib. squat attempt @ 198 he Congratulations to you both we're proud to have you lifting with us in the APF! The last the lift. Red lights, no lift. from NGBB. Jon made his mark in Powerlifting at the 2005 APF Senior with 750 lbs. was all Nationals, where he was rated the #1 business, a good lift! What deadlift-man (by formula) lifting 645 lbs. at an effort. That breaks his a bodyweight of 165 lbs. His opening squat attempt with 650 lbs. was good for 3 white

Current record by 100 lbs.!

His 1st attempt at the bench attempt with 650 lbs. was good for 3 white lights. A 2nd and 3rd attempts with 705 just would not go today. He passed on the benchpress and got right to the deadlift. A 2nd bench attempt with Opening with 615 lbs. he got the crowd on its feet, watching a small guy make such a big lift. Darrell summed it up by saying, "How did he do that?" He moved up to 650 for his next attempt but just could not steady the bar. We all appreciated the great effort! Art Hartzog from Jungle Gym here in Cayce, competing in his 1st Powerlifting meet, opened with a 675 lb. squat attempt A little out of his groove, he could not make it. A 2nd try with 675 was years a good bis. Was a good bis. Was a good bis. Was a good with good list, for 3 white lights. A 2nd bench attempt with 525 stopped him, but only until he got a 3rd try at it, and then just pushed it up. Breaking his bench record by 25 lbs. He only took 1 crack at the deadlift making 550 lbs. perfectly. He totaled 1825 lbs. for 1st place in MO 198 and 3 new SC state records. Up next with us again in MO 275. he spart attempt. A little out of his groove, he could not make it. A 2nd try with 675 was right on the money good lift. Moving up to 700 lbs. for his 3rd attempt, he was a liftle countrol the base on his 1st attempt at the benchpress with 450 also was no good. Coming back for a 3rd attempt, then his lift attempt at the benchpress with 450 also was no good. Coming back for a 3rd attempt, this mism with 450 also was no good. Coming back for a 3rd attempt with 470 lbs. he loaded like he could have the bar for hunch Bloth and the makes it. And the proper district the spart of the makes it. And the proper district the spart of the property ground for his 1st meet! Barry *Stirfry's Sturfward was up next. He is from Bellon, SC and works out with Donnie ⊕ the Compound. He has lifted with us before and currently holds the SC State record of a 510 lbs. was powerful, and good. A 3rd try with 550 vs. 3rd and the problem, strong of the spart was up next. He is from Bellon, SC and works out with Donnie ⊕ the Compound. He has lifted with us before and currently holds the SC State record of a 510 lbs. was powerful, and good. A 3rd try with 500 was not spart int! With lost of determination he grabs 720 and vs. and powerful, he purshed the problem, strong of the spart was prest. He strong bellon was all the to much, no lift, A 1300 lbs. on the problem, strong of the spart int! With lost of determination he grabs 720 mbs. as all till to ome the problem of t

Workout, Team PL, TOP 100 SHWs

Techniques, 50 Best SQs/BPs, Louie S.

on Training the Back, TOP 100 132s.

Alexander, "Story of Arthur Jones", Speed

Day Pt. 1 by Louie S., TOP 100 165s

Effort Day, Mabel Rader, TOP 165s

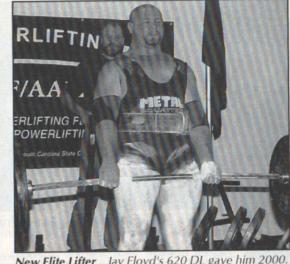
Hyperhydration, Coan Update,

Feb/04... IPF World BP, WABDL Worlds,

Back Pain, Becca Benches 465, All Time

Low

Gym. TOP 100 114s



Best Master Lifters, TOP 100 SHWs.

and he was out of the meet Come see us again John. It's always great to see you and Stacey. John Pinder from Clayton Fitness in NC, in his 1st time lifting with us in MM 308, was next. He opens with an 850 squat attempt but appeared to be out of his groove and needed the help of the spotters no lift. Again with 850 lbs., still no good. A 3rd attempt looked good but was not deep enough red lights. He was out of the meet but we hope to see him again, Greg "The Head" Campbell was with us again in MO 275. He is a powerlifting record holder from Augusta, GA

880 was all his, great lift!

An opening bench press

attempt of 625 was a little

too much for him today

Second and third attempts

with 675 also would not go

821, 825, 832, 875 ... APF Seniors, Jun/04...TOP20Women, Teen, Masters, Feb/05 ... Mike Miller's 1200 lb. Squat, Oct/05 ... Deadlift Training by Louie Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Min. Injury Solution, Delayed Bench", IPA Sr. Nationals, 400 Kilo DL Brian Schwab Squat Workout, World Club, All Time DLers, TOP 100 165s

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Apr/05 ... WPO Amold Classic BP & PL,

Dec/05 ... WDFPF Single Lift Worlds, Workout, Sioux-z Hartwig, A.R.T. Men's Nationals, World Powers by Louie USAPL Women's Nationals, Karwoski Bench America, WPO Semis(1201 Simmons, Luke lams, Women's All Tim Re-Emerges, Jim Kilts Interview, 800# squat!), AAU PushPull, GPC Worlds, Drug Free DL Workout, TOP 100 220s Jason Beck Worlds Routine, TOP 148s Dec/03 ... WPO Finals, Rychlak BPs Sep/04 IPA Worlds, Mountaineer May/05 ... Pat Casey Passes, "Then and Jan/06 ... WPC Worlds - 970 DLI, IPA 900, IPF World Masters, Ausby Cup, Becca Swanson, Shrugs for a Big Now"by Louie S., Mike Miller Interview, Naitonals, AAU World Push Pull, Louie Performance Supplementation, TOP 20 S. on Isometrics, Ted Arcidi, Tiny Meeker Masters-Women-Teenage ranking lists Interview, Herb Stroke, TOP 100 165s Jan/04 ... IPF Worlds,WPC Worlds,IPA Oct/04 ... WPO Finals, Recuperative Jun/05 ... Anthony Clark Passes, USAPL Feb/06 ... WABDL Worlds, WDFPF Seniors, Acetylcholine, Wade Hooper Modalities, Optimal Eccentrics by Louie Men's & Masters, Beau Moore & Brad Worlds, IPF World BP, Good Mornings,

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Figure 1 and 1985 Squat Workout, TOP 100 132s.

Mendelson Profile, TOP 100 275s.

Mendelson Profile, TOP 100 275s.

Squat Workout, TOP 100 132s.

Mendelson Profile, TOP 100 275s.

Sell-Kerny IES, Marke Out A Mendelson Profile, TOP 100 275s.

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Sell-Kerny IES, Marke Out A Mendelson Profile, TOP 100 275s.

Sell-Kerny IES, Mendelson Profile, Top 100 275s MULTIPLE QUANTITIES: 2-3 BACK NEGOTIATE A BETTER PRICE)

BP/DL, Pre-Meet Checklist, Do the SQ - BP Training, Russian Nationals, Rob Worlds, Garry Frank goes 2606, IPA Avigliano, USAPL BP Natls, Powerhouse Weil BP, TOP 100 132s

Club. TOP 100 148s.

Guide, Advanced Squat Cycle by Louie Hamman, Leslie Look SQ Workout, Simmons, TOP 100 165s

Press Shirt, TOP 100 181s Jan/01 ... IPF Men's Worlds, WABDL Sep/01 ... WPO Semis, "No Deadlift" Jun/02 ... Meet Scot Mendelson, IPF Training by Louis S., TOP 100 198s Chalk & Powder, TOP 100 132s Feb/01 ... Garry Frank Goes 2500, WPC Oct/01 ... World Games, TomManno,

Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - Nov/01 ... Nance Avigliano, USAPL BP Aug/02 ... APF Seniors, USAPL Men's Apr/03 ... WPO Finals & Bench Bash for

Deadlifting, WPC Worlds Pt. II/BP Louie, TOP 100 242s

54

Weight by J.M. Blakley, Top 100 275's Training the Lockout, TOP 100 198s Siveny Interview, Top 100 SHWs

Fixing Lockout, TOP 100 114s

Benches by Louie Simmons, the Bench With Bands, Box Squats by Louie S., Warrior Spirit,, TOP 100 123s

Worlds PT.1, IPA Nationals, How Brad Jamie Harris Interview, John Corsello Jr. Gillingham Won, Louie on Special Interview700 BP Club, Speed Cycling Carbohydrate Manifesto Pt. 1, Karen by Louie S., TOP 100 148s.

Masters Rankings, Hooking Up the Nationals, IPF Jr. Worlds, T.J. Hoemer Natls, USPF Srs/Mountaineer Cup IV, Cash, Crawford Benches 785, Jamie Bands, USAPL Women's Natls, Westside Squat Workout, "Analyzing Your Squat" Strong Legs for Recods by Louie, Your Harris Pt.1, Equipment, Never Looking by Louie S., TOP 100 165s

Salvagni, TOP 181s

by Louie , Emie Frantz Insights, Rick Fusner's Program, Why Can't I Gain Nationals, Carmen Perrotta Interview, Grains, The Positive of Negatives, Bench Oct/00 ... Positive Illusions, Tako not Jun/01 ... Siouz-Z Hartwig, Russian Feb/002 ... WABDL DL Worlds, IPF BP Nov/02 ... Sivokon Speaks, IPF Jr. Becca Swanson, 850 DLs, Louie on "the Repetition Method"

Jr. + Masters Worlds, More World Record Seniors, USAPL Men's, FIBO, Stretching Bench Bash, Ano Turtiainen, Louie on Worlds, IPF Masters Worlds, Becca DL Training, Jennifer Thompson, Back Swanson Squats 705, Intensity Zone Up Your BP, TOP 242s

Worlds, AWPC Worlds, Roy Fokken BP Routine, Ray Benemerito, Knee Pain & World Masters BP, Fatten Up Your Total, Worlds, Steve Goggins Interview, Workout, Eccentric & Concentric MSM, Louie on Exercises for the Triceps, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Men's 300 kg &Women's 300 lb. BP Carbohydrate Manifesto Pt. 1, Karen lists, Controlled Chaos BP, The Tendo Sizemore Interview, TOP 100 114s. Unit, TOP 20 Women/Master/Teen lists Bench Shirt by Halbert, TOP 123s. Back by Louie, TOP 100 242s.

Shirt Blues, TOP 100 148s

Taco, Powerlifting's Salvation?, Beauty Squat Cycle, Big Boys Menu Plan by Worlds, WNPF Worlds, WPC Worlds, Worlds, Serious Mass Pt. 1, Priscilla & the Beast, Women's 300 Bench Press J.M., Victor Naleikin Interview, Diane Halbert on Lockout, Blakley on Ribic Interview, Willie Wessels Shoulders, All Time SQs, TOP 100 220s Interview, Ed Coan DL, TOP 100 165s Nov/00 ... Best Bench of All Time, final Jul/01 ... IPF Women's Worlds, Bill Mar/02 ... USAPL Women's Natls, TOP Dec/02 ... WPO Semis (931 DLI), Bench More from Ken Leistner, Drug Free Bz Crawford, APF Nationals,, Shane 20 Teen/Women/Masters, Russ Barlow, Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181

Dec/00 ... Tao of Competition Pt. I, IPF Aug/01 ... Garry Frank Goes 2601 - APF Apr/02 ... WPO Finals/Qualifer/Arnold Jan/03 ... IPF Men's Worlds, WABDL BP Loading Pt. 1 by Louie, TOP 100 198s. Feb/03 ... IPF BP Worlds, WABDL DL "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s. Mar/03 ... Brad Gillingham Comeback,

Transformation by Louie S. SEP/03 ... USAPL Men's Natls, Bench

Oct/03 ... Gene Bell, John Ware

SQ/TOT, TOP 100 SHWs

BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s

SQ, Atlantis Foundation, Louie on Max S., Shrugs, Never Quit!, Cognitive Kelley Interviews, John Black Old School DL, Becca Swanson's Quest Fffort Day, Mabel Rader, TOP 165s Control, All Time Squats, TOP 123s Recollections Pt. 1, TOP 100 242s. for the 2000 Total, TOP 100 181s. Nov/04... WPC World PL/BP, BA Worlds, Jul/05... Roger Estep Passes, APF Seniors, Louie S. on Speed Work, Travis Mash & IPF Women's Worlds, Louie on BP LIST THE ISSUES YOU WOULD LIKE Tony Conyers Interview, Jon Smoker Training WSM Super Series, Scott (AND ALTERNATES), MAKE OUT A

Lade BP Workout, TOP 100 148s

Jan/05 ... WABDL Worlds, IPF World

Apr/01 ... Amold Classic, Frank Goes Dec/01 ... IPF World Masters, WPC Can Sep/02 ... Kennelly BPs 800, American May/03 ... Bill Crawford's Road Back, Message, TOP 100 220s Sep/05 ... IPA Worlds, York Hall of ISSUES - \$4.50 EACH, 4-9 BACK ISSUES 2535, Bill Crawford BPs 750, Daisuke Ams, Halbert Video, WPO BP for Cash, Apr/04 ... Frank Goes 2706/28051, Strongman, Training Organization Pt. 1 Odd Haugen, Virtual Force by Louie, Masters, General Physical Preparedness Fame, Equipment for Sumo, Reactive - \$4 EACH, 10-24 BACK ISSUES - \$3.50 Midote, Jeremy Arias, Extra Workouts by Westside Success , Jill Mills, Rich Louie on "the Staggered Load", California by Louie, Jo Walker DL Workout, All Methods by Louie Simmons, Mendelson EACH, 25+ BACK ISSUES - WE Arnold Classic, Power Nutrition Recipes, by Louie S., Preventive Maintenance, Bill Kazmaier Profile Pt. 1, Women's Mikesell Interview, TOP 100 132s 500 lb. SQs & DLs, TOP 100 275s. Time Squats/Totals, TOP 100 165s Tries 1008 BP, TOP 100 114s. May/01 ... Ed Coan Interview, Russian Jan/02 ... IPF Men's Worlds, WABDL BP Oct/02 ... 556 squat @132 by Nance Aug/03 ... Mendelson Benches 804, Hall of Fame, TOP 100 242s



Holloway-USA 496 303 556 Beltran-COL 297 209 352



Harriet Hall, Ann Leverett, and Pam Houston represented the USA Bonica Brown, who holds all 4 IPF SubJunior Worlds Records, adds at the 10th IPF Pan American meet (photograph courtesy of Sioux-z) the Pan American her collection (photo courtesy of Pamela Brown)



				Y CONTRACTOR	Hooper-OSA	14	307	000
			611	/	Summers-CAN	578	424	556
	10.				Kean-CAN	556	418	556
					Martines-PUR	418	253	540
			- 100	OF SHEET	Hernandes-PUR	440	319	418
			W.		181lbs.			
120.TEGERS			-	#87 I	Ricks-USA	700	474	700
35 TEMPS					Doucette-CAN	600	501	633
	-	and the last	A 23	B B 1 3 4	Sanchez-ECU	650	396	617
Priscilla R	ibic	went	1333	@ 14	R Pardo-ARG	507	308	485
						474	336	485
(Photograp	on ce	ounes	y or s	HOUX-Z	Newton-BAH	319	22	402
					Benvenuto-PER	-	_	_
10th	IPF I	an A	merica	n	Ramos-PUR	_	363	490
					198lbs.			
9-13 N				FL	Araujo-BRA	584	424	683
WOMEN	SQ	BP	DL	TOT	Butt-CAN	595	468	611
97lbs.					Touma-ECU	617	418	617
Dickey-USA	275	154	286	716	Conde-PUR	567	374	540
Sleps-USA	281	137	292	711	Tibault-ARG	617	_	_
Serrano-PUR	165	121	220	507	Becker-CAN	_	_	_
105lbs					McInemey-CAY	_	_	496
Ochoa-ECU	330	154	352	837	220lbs			
Ocampo-USA	242	137	275	655	Beck-USA	788	529	766
Vasquez-PUR	209	82	237	529	Weatherbie-CAN	705	529	650
114lbs					Gagnon-CAN	738	451	650
Richard-CAN	231	132	248	611	Prieto-ECU	672	396	595
Constante-ECU	319	55	198	573	DosSantos-BRA	512	352	661
Leverett-USA	-	165	314	_	Lopez-PUR	639	303	501
123lbs.					Brady-CAY	242	242	374
Castro-ECU	369	187	352	909	Johnson-BAH	451	242	_
Quinonez-PUR	220	104	264	589	Succarotte-USA	650	-	_
Smith-BAH	259	99	226	584	242lbs			
132lbs.					Harris-USA	793	512	760
Molina-ECU	341	165	363	870	Emberley-CAN	771	534	672
Perez-PUR	330	126	297	755	Goldin-USA	722	562	650
148lbs.					Aguilar-CAN	738	529	628
Ribic-USA	523	297	512	1333	White-BAH	650	463	650
Banister-BAH	330	154	314	799	Samper-COL	617.	314	573
Diaz-PUR	242	170	292	705	275 lbs.			
Ford-USA	-	-	-	-	Cardella-USA	788	606	722
165lbs.					Nicholls-CAN	738	573	733
Blynn-USA	440	308	451	1201	Ube-ECU	782	468	562
Houston-USA	352	214	391	959	Conrado-BRA	705	396	562
198lbs					Velasquez-CRC	418	352	418
Brown-USA	490	231	435	1157	UNL			
Vargas-PUR	330	165	352	848	Harris-USA	804	606	810
UNL					Estrada-PUR	727	485	688
Hall-USA	529	319	490	1339	Rolle-BAH	600	396	600
Costas-PUR	485	237	479	1201	Zambrano-COL	611	407	562
MEN					Dewey-CAY	-	330	440
114lbs					Women's Teams:	USA 6	9pts.,Pt	JR 52 pts
Gainer, Sr-USA	413	286	-	-	pts.,BAH17pts.,			
					THE RESERVE AND ADDRESS OF THE PARTY OF THE			

32lbs.						порго	ideaby	countesy	ortire
Vashington-US		319	545	1438					
astiblanco-CO		220	407	_					
48lbs.					APF Pa	ul Ba	rbee	PL Clas	ssic
ishi-BRA	551	385	573	1510	23 JUL	05 -	San A	ntonio	TX
oppers-CAN	540	341	584	1466	BENCH	00			
evallos-ECU	562	341	474	1377				Wilkins	on
ios-PUR	451	330	474		MEN		-	5 lbs.	
odriguez-PUR	440			1256	Open			Jackson	
55lbs.	440	237	501	1179	165 lbs.		DE	ADLIFT	
		507		****	J. Vasquez	275	MI		
ooper-USA	727	507	606	1840	198 lbs.		Op	pen	
immers-CAN	578	424	556	1559	P. Arriaga	-	19	8 lbs.	
ean-CAN	556	418	556	1532	Junior (13-19)		Davis	
artines-PUR	418	253	540	1212	165 lbs.	alle be		0 lbs.	
emandes-PUR	440	319	418	1179	G. Saucedo	203		Allen	
31lbs.					181 lbs.	203		Robles	
cks-USA	700	474	700	1873	W. Keenan	262			
oucette-CAN	600	501	633	1736		363		5 lbs.	
nchez-ECU	650				198 lbs.			Mendez	
		396	617	1664	J. Knott	214	SQ	UAT	
rdo-ARG	507	308	485	1300	Junior (20-23)	ME	N	
pez-PUR	474	336	485	1295	181 lbs.		Op	en	
ewton-BAH	319	22	402	953	C. Helton	429		B lbs.	
envenuto-PER	-	_	_	_	Master			Knott	
mos-PUR	_	363	490	_	242 lbs.		1. 1	MIOU	
8lbs.		-	430			60	nn	DI	-
aujo-BRA	584	424	683	1600	WOMEN	5Q	BP	DL	TO
				1692	Open				
rtt-CAN	595	468	611	1675	SHW				
uma-ECU	617	418	617	1653	S. Dena	325	242	369	936
onde-PUR	567	374	540	1482	Junior (13-15)			
bault-ARG	617	-	_	_	105 lbs.				
cker-CAN	_	_	_	_	J. Ybarra	221	105	242	568
dnemey-CAY	_	_	496		165 lbs.	221	103	242	300
olbs			450			250			
ck-USA	788	529	700	2002	B. Cepak	352	154	297	803
			766	2083	198 lbs.				
eatherbie-CAN		529	650	1884	C. Freasier	292	115	248	655
ignon-CAN	738	451	650	1840	Junior (16-17))			
ieto-ECU	672	396	595	1664	148 lbs.				
osSantos-BRA	512	352	661	1526	K. Eddlemann	286	165	308	759
pez-PUR	639	303	501	1444	S. Brown	236	132	248	
ady-CAY	242	242	374	859	165 lbs.	230	132	240	616
nnson-BAH	451	242	37.4	000					
ccarotte-USA		242			A. Havens	225	115	248	588
2lbs	0.00				181 lbs.				
			VE ON		S. Dinsdale	203	110	221	534
mis-USA	793	512	760	2066	220 lbs.				
berley-CAN	771	534	672	1978	C. Gonzales	281	132	297	710
Idin-USA	722	562	650	1934	Submaster (3:				,
uilar-CAN	738	529	628	1896	165 lbs.	,-33)			
hite-BAH	650	463	650	1763		202	427	070	
mper-COL	617.	314	573	1504	M. Salazar	292	137	270	699
5lbs.	017-	314	3/3	1304	SHW	1559			
	700	car	-		J. Caddell	165	99	231	495
rdella-USA	788	606	722	2116	Master (40-44	1)			
cholls-CAN	738	573	733	2044	165 lbs.				
e-ECU	782	468	562	1813	S. Hartley	248	181	264	693
nrado-BRA	705	396	562	1664	Master (45-49		101	204	093
asquez-CRC	418	352	418	1190	123 lbs.	,			
IL.		002	410	1130					
mis-USA	804	coc	010	2224	C. Suggs	214	82	221	517
A Company of the Comp		606	810	2221	Master (65-69)			
rada-PUR	727	485	688	1901	181 lbs.				
le-BAH	600	396	600	1598	D. Rawe	192	93	209	494
mbrano-COL	611	407	562	1581	Below Class 1				
wey-CAY	-	330	440		SHW				
omen's Teams:	USA			FCUAS		225	242	200	00-
,BAH17 pts.,	CANI	Inte Ma	n'e Torre	ILICA 70	D. Shirley	325	242	369	936
, water pos.,	CAIT I.	- hrs. wie	ii s i eali	S. USA /2	MEN				
					Junior (20-23)				
	100				198 lbs.				
ATITE	MI	N. YU	1 37	T3/11	T. Reiniger	518	303	556	137
QUIP	N.	M	50 N		220 lbs.			100/1 30	
					I. Allen	_	1		25

1355

pts., CAN54 pts	. РОТ	12 nts. F	CU39nt	RRA 37	Submactor (2	2 20)			
pts, COL21 pts.	,BAH1	9pts.,AF	G7pts,	RC6pts,	220 lbs.	3-39)			
CAY4 pts. (resu	Itsprov	idedby	courtesy	oftheIPF)	L. Holmes Master (40-4 242 lbs.	540 4)	314	551	1405
APF Pa					K. Eddleman 275 lbs.	490	413	485	1388
23 JUL	05 - 3				A. Mendez	402	303	441	1146
BENCH MEN				on 633	Master (45+)				
Open			lackson	446	148 lbs. D. Kling	100	120	100	***
165 lbs.			ADLIFT		198 lbs.	165	126	198	489
J. Vasquez	275	ME			D. Mullins	347	259	429	1035
198 lbs.		Op	en		242 lbs.				OR AND
P. Arriaga	-		B lbs.	224	A. Kocian	501	314	402	1217
Junior (13-19) 165 lbs.	,		Davis Ibs.	331	Below Class I 198 lbs.	A LONG			
G. Saucedo	203		Allen	578	P. Arriaga		P. D.		
181 lbs.	Plane		Robles	479	242 lbs.				
W. Keenan	363		lbs.		D. Ortiz	551	336	518	1405
198 lbs.			Mendez	441	High School	Coach			
J. Knott Junior (20-23)	214		UAT		275 lbs.	400	200		
181 lbs.		ME Op			A. Mendez Open	402	303	441	1146
C. Helton	429		lbs.		220 lbs.				
Master			nott	352	A. Jackson	749	363	766	1878
242 lbs.					A. Gonzales	551	363	562	1476
WOMEN	SQ	BP	DL	TOT	242 lbs.		di like		
Open SHW					M. Martin 308 lbs.	733	611	639	1983
S. Dena Junior (13-15)	325	242	369	936	K. McAfee SHW	760	501	601	1862
105 lbs.					R. Garza	722	601	601	1924
J. Ybarra 165 lbs.	221	105	242	568	Junior (13-15) 132 lbs.			001	1324
B. Cepak 198 lbs.	352	154	297	803	D. Hicks 148 lbs.	270	165	264	699
C. Freasier	292	115	248	655	I. Bell	319	137	336	792
Junior (16-17)					K. Eddleman	259	132	275	666
148 lbs. K. Eddlemann	206	165	200	750	181 lbs.	405			
S. Brown	236	165 132	308 248	759 616	A. Parks 198 lbs.	105	105	187	397
165 lbs.	MA		-10	0.0	J. Knott	352	214	363	929
A. Havens	225	115	248	588	D. Lesak	214	105	214	533
181 lbs.	202			1 75	C. Davis	-	+	-	-
S. Dinsdale 220 lbs.	203	110	221	534	308 lbs.	262	224		
C. Gonzales	281	132	297	710	J. Rodriguez Junior (16-17)	363	221	407	991
Submaster (33			RESERVE		165 lbs.				
165 lbs.					B. Molina	441	270	462	1173
M. Salazar	292	137	270	699	P. Hicks	319	159	374	852
SHW J. Caddell	165	99	221	405	181 lbs.	250	202		
Master (40-44 165 lbs.		33	231	495	J. Rojas 220 lbs.	352	203	424	979
S. Hartley	248	181	264	693	D. Lesak Junior (18-19)	490	225	457	1172
Master (45-49 123 lbs.			204	0,5	148 lbs. R. Arnold	275	225	214	
C. Suggs	214	82	221	517	242 lbs.	2/3	225	314	814
Master (65-69) 181 lbs.			1917	Amu 3		451	303 & Relo	490 W: Ron	1244 Molina
D. Rawe	192	93	209	494	Best Lifter Men	198 8	& Above	e: Mike	Martin
Below Class I SHW				NE	Best Bench Pre Women 148 &	ss: ed	Wilkin	son. Be	st Lifter
D. Shirley	325	242	369	936	Lifter women				
MEN Junior (20-23)					(Thanks to Seg				

DON'T TRAIN ALONE. ALWAYS USE SPOTTERS. DON'T TRAIN WHEN HURT. ALWAYS CONSULT A DOCTOR.

518

672 462 551 1685

1542

402

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

25 MAR, 100% Raw North Carolina State Powerlifting Championships & OBX Bench Press/Arm Wrestling Championships (Jarvisburg, NC) Gene Berry

rawlifting@bmfsports.com
25 MAR, Sebastian Burns Metal Militia Bench Seminar, (Carteret, NJ) Henri Skiba, 732-969-1377, astroboy252@mac.com 25 MAR, 26th APF Circleville BBC Central Ohio BP (Circleville, OH)

antman517@aol.com
25 MAR, SLP Lift for the Lord BP/DL (Scottsville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

25 MAR, USPF West Virginia State PL, SQ, DL, Holley Open PL, BP, DL (open to out of state lifters) (S. Charleston HS, S. Charleston, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303,

25 MAR, USAPL Virginia Open PL/BP/ DL/Ironman, Raw & Assisted (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985valifting@aol.com,

25 MAR, ADAU Maryland State Raw & 25 MAK, ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight - Hagerstown, MD), Kevin Prosser (301) 573-7853, jkprosser @yahoo.com,

www.angelfire.com/pa/bigal 25 MAR, USAPL Washington State PLor BP/DL (N. Bend), Bull Stewart, r@bullr.com, Richard Schuller, 12916 475th Ave. SE, North Bench, WA 98045, (206)

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

25 MAR, WABDL Iron Gradiators World Record Breakers Championships (BP/DL - Red Lion Hotel, Pasco, WA) Gus Rethwisch, 763-545-8654

25 MAR, APA Eastern USA Powerlifting (PL/BP/DL/PP - Hanover, PA) Scott Taylor, 6055 Boca Colony Dr. #714, Boca Raton, FL 33433, 941-626-4247,

25 MAR, NASA Kentucky State Championships (BP/PP/PS - Paintsville, KY) eg Van Hoose, gvhl@wirefire.com)

25 MAR, NASA Iowa State Champion-ships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068 405-527-8513 sabpdl@aol.com 25 MAR, AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-

8264, Brian@usbf.net 25 MAR, AAU Maryland State Bench Press (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264,

25 MAR, AAPF Frank Kostyo Memorial All American Gym, 309 W. Main St. Lakeland, FL 33815, (863) 687-6268

Brian@usbf.net

25,26 MAR, APF/AAPF Southwest Championships PL/BP and AAPF Police & Fire Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762, thegymlasvegas@earthlink.net

25, 26 MAR, USAPL 2006 Bench Press Nationals, Daniel Gaudreau 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366 25, 26 MAR, APF Junior & Nationals COMING EVENTS

& Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-

26 MAR, SLP Genesis Gym Open Spring BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

26 MAR, Cabin Fever BP/DL (Granger, IN), www.e-normous.biz, Anson Wood, info@e-normous.biz, 574-903-4586 26 MAR, MCI (Norfolk, MA) Dan Pino,

Norfolk Prison, 14 Taylor St., Waltham MA 02452 (781)894-9386 26 MAR. USPF Rhode Island State PL/

BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921. (401) 946-5350, uspf-ri@cox.net 26 MAR, USPF Rhode Island High School PL/BP Championships, Ted J. Isabella RI State Chairman, 40 Hillcrest Dr. Cranston, RI 02921, (401) 946-5350, uspf

26 MAR, USPF Rhode Island Police & Fireman PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

MAR, Mass State Open High School Powerlifting Championships. Greg Kostas, (781) 447-6714 and Rene Moyen, (401) 934-2040 or (401) 527-3711, www.newenglandusapl.com,

www.nextlevel-fitness.com 31 MAR - 2 APR, USAPL High School Nationals (Omaha, NE) James C. Hart, 4418 NW 50th St., Lincoln, NE 68524, call between 7:30-9:30 AM or 5:00-6:30 PM (402) 470-3672,

jmshrt@aol.com
1 APR, USAPL David Martin Memorial Qualifier, Greg Simmons, 3488 S. Glasgow Circle, Bloomington, IN 47403, 812-330-

1 APR, ADAU 43rd Great Lakes Power lifting Championships, Joe Orengia, 4319 W. 26th St., Erie, PA 16506 1 APR, ABA Arkansas State Bench Press

(Little Rock, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, (501) 860-6851 1 APR, WABDL 3rd annual Heart of America BP/DL (Gateway Convention Center, Collinsville, IL - 10 minutes East of St. Louis) John Hudson, 217-377-4640, jhhudson@uiuc.edu

1 APR, APF Jacksonville Open, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-786-2822, 904-378-

1 APR, Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608,

1 APR, APF Long Island BP/DL, Chris Taylor, pwrfrk650@aol.com, 516-860-5584 1 APR, 16th Weightlifting Unlimited

Bench Press (Sculptured Awards - Win-chester, VA) Randy Brooks, 540-667-6288, or Randy Robinson, 304-283-6059 1,2 APR, NASA High School Nationals Powerlifting & Power Sports (Unequipped, wrist & knee wraps and belts allowed in powerliting - Okla-homa City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-

1,2 APR, 5th WNPF Can-Am National Teenage, Junior, Open (PL, BP, DL, PC) & 9th Submasters, Masters National Championships (PL, BP, DL, PC-Romulus, MI) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 678-817-4743,

8513, sqbpdl@aol.com

wnpf@aol.com

1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell 704-4747, ww.ironhousezanesville.com

2 APR, USA "Raw" Bench Press Federation Spring Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcarel.com, www.sonlightpower.com 2 APR, 7th Pittsburgh Area Monster BP/ DL (men, women, all divisions/classes,

cash prizes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 7-9 APR, AAPF Nationals (Baton

Rouge, LA) Garry Frank, 225-261-8 APR (NEW DATE) WNPF 100% Natural Single Lift Nationals (SQ, ZBP, DL, PC) & 14th Georgia

Powerlifting Championships & WNPF Georgia Bodybuilding Champion-ships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, 30214, wnpf@aol.com

8 APR, APA Northeast Regional BP, DL, PP, SC (Wallingford, CT) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-

8 APR. USAPL Montana State, Eula Compton, 230 S. Washington #201, Butte, MT 59701, 406-723-7210

8 APR. USAPL North Carolina High School BP Challenge, (Charlotte, NC) Brent Hindman, Conanbh@msn.com, 704-234-0016

8 APR, 100% Raw 8th "Battle of the Border" Best Press Championships (Currituck, NC) Paul Bossi, rawlifting@aol.com

8 APR, USAPL North Carolina Show of Strength PL, (Charlotte, NC) Brent Hindman, Conanbh@msn.com, 704-234-

8 APR. SPF Southern Championships (open or raw BP, P/P, DL - Holiday Inn, Birmingham, AL, I-59, exit 129) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

APF/AAPF/WPO Schedule

25 MAR, 26th APF Circleville BBC Central Ohio BP

25 MAR, AAPF Frank Kostyo Memorial

25,26 MAR, APF/AAPF Southwest Championships

25, 26 MAR, APF Junior & Nationals & Maine State

1 APR, APF Jacksonville Open

1 APR, APF Long Island BP/DL

7-9 APR, AAPF Nationals

8 APR, APF Midwest Open

29 APR, APF Delaware Power Classic

12-14 MAY, APF Master, Submaster & Junior

MAY, APF Teenage Nationals

2,3,4 JUN, APF Senior Nationals

10 IUN, AAPF Florida States,

17 JUN, APF Florida States

26 AUG, APF Debbie Kruck Police/Firefighters BP

Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

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8 APR, USAPL New Jersey State High School PL/BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908

8 APR, SLP Harvey's Gym Open BP/DL (Columbia, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com

8 APR, APF Midwest Open (Kansas City) Susan Sharpe-Patterson, 816-668-2005. www.midwestbarbell.com

8 APR, WABDL Oklahoma/Arkansas Regional Championships (BP/DL - Days , Ft. Smith, AR) William Winkley, 479

8 APR, Dungeon Power Works Bench Slam/Deadlift (Three Rivers, MI) Mark Mellinger, 269-506-5386, or 269-435-

8 APR, NASA "The Bigger One" (PL/BP Only/PS/PP - Green Bay, WI) Job Hou-

statechairman@wisconsinpowerlifting.com 8 APR, NASA Kansas State Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 8 APR, APC Georgia State Open PL & National Qualifier, LB Baker (770)

8 APR, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 256-268-2194, oilly@aidd.state.AL.us

8 APR, WNPF Western Pennsylvania Championships (BP, DL, PC - Beaver Falls, PA) Ron Deamicis, 330-792-6670 8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL. Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468,

9 APR, SLP Primetime Fitness BP/DL (Crestwood, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952-9166, oemusclehead@cs.com.

14-16 APR, USAPL Collegiate Nationals (Miami, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

15 APR, 3rd Super Bench (crystal vase awards: men, women, teen, jr., submaster, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-

15 APR, SLP Ultimate Body Fitness BP/ DL (Chicago, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com 15 APR, NASA Ohio State (PL/BP Only/

Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

15 APR, USAPL Richmond Open Powerlifting Championships (PL/BP), Philip Battle, 9576 Atlee Station Rd., Mechanicsville, VA 23116, 804-301-2196 15 APR (new date), PPL Georgia Drug Free (BP/DL/PP/Full Power/Body Chal lenge, 1st-5th prizes in each division) Tee Skinny Man" Meyers, 2250 Lumpkin Rd. Augusta, GA 30906, (706) 790-3806, pythongym@aol.com .hometown.aol.com/pythongym

15 APR, 1st USPF Maryland State BP/ DL Championships (Hotel Gunther, Frostburg, MD) Matt McCase, 210 Gilbot St., Fairmont, WV 26554, 304-376-2432,

15 APR, NOVA Raw PL/BP (Sterling VA) John James, (703) 475-9885 mvirginiarawpower.com

15 APR, United Amateur Powerlifting Committee National Champion-ships / Illinois State Open PL & BP, APC/UAPC National Qualifier, Jim Rouse (815) 727-9147 or Brandon Williamson (815) 325-3365

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15 APR, USAPL Richmond Open PL & BP Championship (60 lifter limit, open P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P_Battle@hotmail.com

19-23 APR, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954)790-2249,

www.ipfworlds.com/mastersbench 21,22 APR, IBP Red Swaim Memorial DL & Iron Boy Raw BP Championships (Winston Salem, NC) Keith Payne ironboypowerlifting.net

22 APR, 100% Raw World Gym Full Power (Joliet, IL) Shawn "Bud" Lyte, 312-494-5865, FAX 530-323-8076,

Bud@BMFSports.com
22 APR, USPF 4th annual Kem County High School (Bakersfield, CA) Dave Boyt Steve Denison, pwrlftrs@msn.com, 661-333-9800

22 APR, NASA New Mexico State (PL) Bench Only/PS/PP. Un/Equipped -Rio Rancho, NM) Mike Adelmann 505-891-

mail mike@liftinglarge.com 22 APR, WABDL Southeastern Regional Championships (BP/DL-Admiral Binbow Hotel, Suwanee, GA) George Herring, 770-963-6738

22 APR, NASA West Virginia State Championships (BP/PP/PS Ravenswood, WV) Greg Van Hoose,

22 APR, NASA New Mexico State (PL/ BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com 22 APR, NASA Tennessee State Championships (PL/BPOnly/PS/PP-Pickwick. TN) Rich Peters, P.O. Box 735, Noble 405-527-8513. dl@aol.com

22 APR, Iowa Open State Championships (BP/DL/Trap DL, teen, novice, open, submaster, master 1-2-3, women)

2 APR, USA "Raw" Bench Press Federation Spring Nationals

Son Light Power

122 W. Sale, Tuscola, IL 61953

217-253-5429

www.sonlightpowre.com

sonlight@netcare-il.com

8 APR, SLP Harvey's Gym Open BP/DL (Columbia, TN)

Wayne Hammes, Box 433, Oskaloosa, IA 52577, (641) 673-5240

22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268 22 APR, SLP John Ware Memorial (Kirksville, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

22 APR. APA Sacramento Open PL. BP. SC (Pipeworks Gym. Sacramento CA) Scott Taylor, 6055 Boca Colony Dr #714, Boca Raton, FL 33433, 941-626 scott@apa-wpa.com

22 APR, PPL Georgia State Drug Free, Tee Meyers, 2250 Lumpkin Rd., Au-gusta, GA 30906, 706-790-3806 22 APR, USAPL Ketchikan Meet, Doug

Gregg, 1275 S. Pt. Higgins Rd., Ketchikan, AK 99901, 907-247-8462 22 APR, 2nd American Fitness Raw BP (all div/all classes - Erie, PA) Mike Goodwin 814-866-8818 or Dan Swope, 814-774-

23 APR, 100% Raw Beau Moore Bench ss Classic (Orlando, FL) TBA

23 APR, USAPL Florida (Hurricane Open) BP (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl
23 APR, 15th WNPF National BP/DL/

PC Championships & USSA NJ Strongman Championships (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

29 APR, APF Delaware Power Classic PP, BP, raw & equipped) The Training Center, 807 Churchman's Center New Castle, DE 19720, Broderick Chavez 802-858-7465, isquat700@mchsi.com

29 APR, SLP National BP/DL, SLP 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcareil.com, www.sonlightpower.com 29 APR (date assigned), USAPL Illinois

te/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum risburg, IL 62946, (618) 252-0881 29 APR, 100% Raw North American BP/ Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com 29 APR, ADAU 27th Raw "Power Day lassic" (BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

29 APR, NASA Colorado State Champi onships (PL/BP Only/PS/PP - CO) Rich Peters, P.O. Box 735, Noble, OK 73068,

405-527-8513, sqbpdl@aol.com 29 APR, NASA Illinois State, Leaning ower YMCA, 6300 W. Touhy Ave., Niles, L 60714, David Oyler, 847-828-8964 29 APR, USAPL Southwestern Regional (Pueblo High School, Tucson, AZ) John Pena, 520-312-2110

29 APR, USAPL Zumbro Valley Open, ve Johnson, 405 5th St. NW, Kasson, MN 55944, 507-634-4580

29 APR. 9th Central Wisconsin RP John erly, 734 Deerborn Dr., Grand Marsh, WI53936 608-339-3977

29-30 APR, USAPL Quest American ational George State/Southern States PL, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2194 29,30 APR, APC State PL & BP & Region 8 (APC National Qualifier - Fresno, CA) Bob Packer (559) 322-6805 or (559)

29,30 APR, 1st WNPF USA vs. Brazil Powerlifting Championships, Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

30 APR, The Power Gym's Beast in the East Bench Press Championships (limited to 50 entries - Taylor, PA) Joe Moe 570-562-3642, moceyunj@neiu.org

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

5-7 MAY, USAPL Masters Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-

6 MAY, New England Record Breakers (full & specialists, invitees only Mullins Center) 508-885-3686 6 MAY, APA National BP, DL, SC Pasco, WA) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-

6 MAY, ADFPF PL/Single Lift, Judy Gedney, 27 Elmo Dr., Macomb, IL 61455,

6 MAY, Erie Community College Football's oth Open BP/DL Championships (near Buffalo - Orchard Park, NY) Dennis Green (716)851-1748

6 MAY, SLP Cross County Pull BP/DL Mattoon, IL) SLP, 122 W. Sale, Tuscola 61953, (217) 253-5429, sonlight@netcare-il.com,

6 MAY, NASA Western States Nationals (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068,

lina States & Ralph Peace Championships (PL, BP, DL, PC - Greenville, NC) Troy ord, WNPF, POBox 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com 7 MAY, SLP Muscles & More BP/DL (Kennett, MO) SLP, 122W. Sale, Tuscola, 61953, (217) 253-5429,

12-14 MAY (NEW DATE), WDFPF European Single Lift Championships (Fagano Ocona,

Italy) jm-gedney@wiu.edu 12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, (207) 225-5070

13 MAY, WABDL Rocky Mountain Regional Championships (BP/DL - Salt Lake City, UT) David Edgell, 801-731-0471 13 MAY, NASA West Texas State (PL) BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

13 MAY, IBP SC Powerlifting Champion ships (Easley, SC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net 13 MAY, APA Fit For Life Day/Baddest

Bench In The South (BP only - Expo Hall, Shreveport, LA) Ryan Cidzik (315) 794-1836, RCidzik@yahoo.com, www.apa-

13 MAY, APA Diamond State Open BP, DL, PP, SC (Dover, DE) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-

13 MAY, USAPL Albany Strength PL, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-1703

13 MAY, 100% Raw Alabama State Bench Press Championships (Mobile, AL) Tony Ford, anthony.ford@us.army.mil 13 MAY, USAPL Florida State HSBP & PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausanl

13 MAY, Lifetime Natural Powerlifting Society Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

www.sonlightpower.com 13-14 MAY (date assigned), 6th WNPF Pan-Am Teenage/Junior/Open Subs/ Masters Championships (BP, DL, PC) & USSA Florida Strongman Championships (Orlando, FL) Troy Ford, WNPF, PO Box 142347, Fayet GA 30214, 678-817-4743. wnpf@aol.com

14 MAY, ADFPF Florida State BP/DL, Vincent Lombardi, 1605 Cresson Ridge Lane, Brandon, FL 33510, lombardistrength@yahoo.com, 813-391-

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 790-2249,

20 MAY, USAPLPA State BP & DL, Erik Steiner, 735 Greenleaf St., Allentown, PA 18102.814-360-8350

20 MAY, USAPL Fitness Factory (for merly Pro Fitness, Rockaway, NJ-BP only shirted & raw, high school through masters) Iron Man BP & Record Breakers Troy Lehrer, 201-341-7400, troylehrer@aol.com

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)

1,2 APR, Can-Am Nationals (Romulus, MI)

8 APR. 100% Natural Singe Lift (Atlanta, GA)

23 APR, National BP/DL/PC (Atlantic City, NJ)

29.30 APR, USA vs Brazil

WNPF, PO Box 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com website - members.aol.com/wnpf

20 MAY, Chickahominy YMCA Bench Press Classic (open to out of state lifters raw and assisted - no restrictions on bench shirts, sculptured awards), Chickahominy YMCA, 5401 Whiteside Rd., Sandston, VA 23150, Phillip Battle or Nancy Burnet, 804-737-9622, P_Battle@hotmail.com 20 MAY, USAPL Nation's Capital Cup PL/BP, Steve DeBeneditis, 8000 Towers

Crescent Dr., Ste. A-145, Vienna, VA 22182, 703-801-4812 20 MAY, USAPL 15th annual Rocky Mtn.

State PL/Big Cat BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 85201, 208-233-8035 20 MAY, APC Southern California PL&

BP (San Diego, CA) James Kegrice at www.kegricegym.comorBobPacker(559) 332-6805 or(559) 658-5437

20 MAY, USPF San Jose BP/DL Open, Paul Love, Paul. Love@sbcglobal.net, 408-

20 MAY, WABDL Push-Pull National

Championships (Holiday Inn Hotel and Suites, Mesa/Phoenix, AZ) Gus Rethwisch, 763-545-8654

20 MAY, NASA Greater Houston Open (PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

20 MAY, SLP Platinum Fitness Open

BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, ghtpower.com

21 MAY, SLP Southwest Missouri Open BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

21 MAY, 7th WNPF Elite Nationals &5th Powerfest 2K6 Teenage/Jun-ior/Open Subs/Masters Powerlifting (BP, DL, PC-Ephrata, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743,

21 MAY, ISS Big Bench Open, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, nikeshench@hotmail.com

27 MAY, WABDL AquaVIBE Midwest Regional Championships (BP/DL - Marriott Hotel, St. Louis Park/Minneapolis, MN) Gus Rethwisch, 763-545-8654

27 MAY, NASA East Texas State Championships (PL/BP Only/PS/PP Longview, TX)Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

27 MAY, 100% Raw Pennsylvania State Bench Press & Mid Atlantic Bench Press Championships, Dave Lhota, lhotamfg@shol.com

27 MAY, APA Great Lakes Open BP, DL, PP, SC (Old Town Gym, Bay City, MI) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, 941-626-4247, scott@apa-wpa.com MAY, 100% Raw North Carolina Teen

State Powerlifting (Currituck, NC) Paul

Bossi, rawlifting@aol.com MAY, APF Teenage Nationals (Hous-

ton, TX)
MAY, ADFPF National Powerlifting Championships (All age categories, including Police/Fire/Military Evansville, IN) Dick Conner 812-867-1736, www.adfpf.org MAY, New England States Open

Powerlifting Championships. Greg Kostas, (781) 447-6714 & Rene Moyen, (401) 934-2040, (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com.

2,3,4 JUN, APF Senior Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 656-6762,

3 JUN, SLP Missouri Open BP/DL (Festus, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

www.sonlightpower.com 3 JUN, USAPL 'The Pete Lanzi Memorial IV" Night of Champions, (Cleveland, OH-huge sword awards) Gary Kanaga, 440-

gary.kanaga@nordoniaschools.org

3 JUN, WABDL River Country Classic Championships (BP/DL - Gadsden, AL) Brant Bishop, 256-390-4436 3 JUN, WABDL Sonny's 2nd Push-Pull

(Marriott Hotel and Resort, Honolulu, HI) Jocelyn Ronolo, 808-989-2312 3 JUN, Maple Street YMCA Open (75th

& Maple St., Omaha, NE - PL., BZP, DL, PP) Bill or Roger, 402-393-3700 **3,4 JUN, AAU National Raw,** Virginia State, Triple Crown, East Coast BP, (Crowne Plaza Hotel, Ricmond, VA) 804-559-4624 after 7PM (EST),

www.aausports.org 3,4 JUN, NASA Masters & Submasters Nationals (PL/BP Only/ PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 405-527-8513,

3,4 JUN, GPC America's Cup PL/BP Canada vs USA) & GPC Canadian Nationals PL/BP (GBC World Qualifier), Calgary, Alberta, Canada, Brian Johnston, 403-215-4549, www.independentpowerIIIIng.com 3,4 JUN, WNPF Drug Free Nationals (Youngstown, OH) Ron Deamicis, 03-792-6670

10 JUN, USPF West Coast BP & DL Venice Beach, CA) Joe Wheatley & Steve Denison, pwrlftrs@msn.com, 661-333

10 JUN, Immaculate Heart of Mary Festival (BP/DL/Ironman - Youngstown, OH) Ron Deamicis, 330-792-6670 10 JUN, NASA Arkansas State Champi-

onships (PL/BP Only/PS/PP Russellville AR) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 10 JUN, 1st USPF Pennsylvania State BP/DL Championships (Waynesburg High Schools, Waynesburg, PA) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com 10 JUN, APA Summer Bash (Sam Hous

ton High School, 9400 Irvington Blvd., Houston, TX 77076, Tom McCullough, webmaster@texaspowerscene.com 10 JUN, AAPF Florida States, Kieran

Kidder, Ft. Lauderdale, FL, pamelaclayton@aol.com, 386-734-3128 10 JUN, SLP Superman Classic BP/DL (Metropolis, IL) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com unun sonlightnower.com

10 JUN, ADFPF Men & Women Contest (raw, belt & wrist wraps only - Washington Square Mall) Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736 10 JUN, NPA Drug Free Central USA BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-

233-2292, Duane Burlingame
10,11 JUN, 7th WNPF USA Open

UPCOMINGSLPCOMPETITIONS lightpower.com 6 MAY, USPF San Diego Open, Barret Marum, 619-795-5965, **APC California State** 25 MAR, SLP Lift for the Lord BP/DL (Scottsville, KY) rum@yahoo.com 26 MAR, SLP Genesis Gym Open Spring BP/DL (Celina, OH)

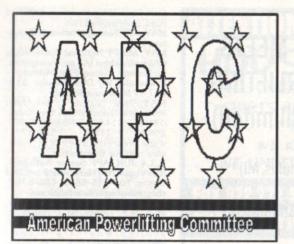
405-527-8513, sqbpdl@aol.com 6 MAY, Bartlesville Push-Pull (Osage

Hills H.S., OK) jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfittness.com 6 MAY, 7th WNPF 100% Natural Caro-

sonlight@netcare-il.com.

& Region 8 PL/BP 29,30 April 2006 (APC Natl. Qualifier)

(open, masters, teenage, women, junior) (Fresno, CA) Bob & Kim Packer 559-323-3892, 322-6805



The APC is actively seeking qualified meet directors and state Chairmen Call L B Baker 770-725-6684 or cell 770-713-3080

UPCOMING MEETS

February 11, 2006 APC Bench Press Nationals, L B Baker, 770-713-3080 March 4, 2006 APC Southeastern High School Invitiational P L & Bench Press Championships, Birmingham, Al.

April 8, 2006, Georgia State Open Powerlifting and Bench Press Championships

April 15, 2006 Illinois Powerlifting and Bench Press Championships July 7, 8, 9, 2006, APC National Powerlifting and Bench Press Championships, Sacramento, Ca.

May 6, 2006 Excalibur Alabama Powerlifting and Bench Press Championships, Birmingham, Ala.

For more information; www.americanpowerliftingcommittee.com IronDawg Power; www.irondawg.com

Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPF Body-building Championships & USSA Georgia Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

11 JUN, USA "Raw" Bench Press Federation Summer Nationals Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com 14-18 JUN, IPF/NAPF North

American Regional & Tournament of the Americas (Dorado, Puerto Rico) Robert Keller, rhk@verizon.net, (954) 790-2249

17 JUN (date assigned), 10th WNPF 100% Lifetime Drug Free Raw Teen/ Junior/Open/Subs/Masters Powerlifting Nationals (BP, DL, PC) & Maryland States (Baltimore, MD) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-

4743, wnpf@aol.com 17 JUN, WABDL Aqua VIBE Great Northem Championships (BP/DL - Red Lion Hotel, Olympia, WA) Gus Rethwisch, 763-

17 JUN, SPF/WBPLA Nationals (open or Raw P/P, BP, DL, River Terrace Hotel, Gatlinburg, TN - right at red

www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410 17 JUN, Summer Push/Pull (Elkhart, IN) on Smoker, 574-674-6683

17 JUN, APF Florida States, Kieran Kidder, Ft. Lauderdale, amelaclayton@aol.com, 386-734-3128 17 JUN, USAPL New Jersey State High School PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874

17,18 JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210 17,18 JUN, NASA USA Nationals

(PL/BP Only/PS/PP & Unequipped PL/BP-LAs Vegas, NV) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

18 JUN, USAPL Florida (Sunshine State Games) BP (Miami) Robert Keller, 954 790-2249, rhk@verizon.net. com/floridausapl 24 JUN (NEW DATE), Kansas City Push

Pull (Kansas City, KS) Jim Duree jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfittness.com 24 JUN, SLP Express Fitness Open BP/ DL (Benton, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

www.sonlightpower.com
24 JUN, NASA Missouri Grand (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

24 JUN, APA Central Florida Open BP, SC (Main Street Fitness, yrhills, FL) Scott Taylor, 6055 Boca Colony Dr., #714, Boca Raton, FL 33433, scott@apa-wpa.com

24-25 JUN, AAU North American PL, BP, DL, PP (Rancho Buena Vista Performing Arts Center, Vista, CAentry deadline 25 MAY) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net

24-25 JUN, IPA World Champ ships, York Barbell Company, 3300 Board Rd., York, PA 17042, Mark 717-495-0024, chalfit@suscom.net, Ellen Chaillet,

24,25 JUN, WDFPF European PL

(Maromee, France) www.wdfpf.cc 24,25 JUN, ADAU Powerlifting Nationals (Raw/Drug Tested -Catasauqua, PA) Nick Theordorou, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com 25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020,

JUN, ADFPF "The Pit" Barbell Club Open PL/BP Championships (Unequipped only - Washington Square Mall, Evansville, IN) Dick Conner 812-867-1736, www.adfpf.org JUN, USAPL Teen/Junior Nationals, Bruce Sullivan, 1545 4th 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

ikesbench@hotmail.com

JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe

THE BIGGER ONE

Saturday April 8th, 2006

Green Bay, WI

POWERLIFTING-POWER SPORTS

PUSH/PULL-SINGLE LIFT EVENTS

MEN - WOMEN - TEEN - YOUTH(5-12)

(featuring The AMERILIFT)

"At last year's THE BIG ONE, we had almost 50

entries from 4 different states. We anticipate an

even larger Meet this year." - Job Hou-Seve. 920-

452-5484

FOR A PRINTABLE APPLICATION GO TO:

www.wisconsinpowerlifting.com

NOTE: The Event will be limited to the first 50 Squatters, and

the first 100 Total Lifters, as determined by a mailed, post-

marked envelope. Youth lifters(under 13) will not be allowed

to participate in Events involving the Squat.

Orengia, 4319 W. 26th St., Erie, PA 16506 JUN, 100% Raw National Bench Press & Powerliting Championships, Paul Bossi, rawlifting@aol.com

1 JUL, Oregon Invitational BP (Portland OR - Guest Lifter: Ryan Kennelly) Tod Becraft, Box 66474, Portland, OR 97290, t m a n 5 5 1 @ a o l . c o m www.juliehavelka.com

1 JUL, SLP Big Benchat the French II BP/ DL (Memphis TN) SLP 122 W Sale Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida www.usapowerlifting.com, (260) 248-

7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/

7 JUL, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller (954) 790-2249,

www.geocities.com/floridausapl
7-9 JUL, APC National PL & BP Championships (Doubletree Hotel, Sacramento, CA) Al Garcia, 916-482-2868

8 JUL, WNPF Minnesota Championships (Montgomery, MN) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

8 JUL, YMCA Austin Open & Novice PL/ PS (raw, single ply: men & women; all divisions & ages, free meal for lifters) Les Cramer, Box 300966, Austin, TX 78703, slifter@netscape.com, 512-329-8528

8 JUL, USAPL Men's/Women's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/

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

8 JUL, WABDL AquaVIBE Capitol City Classic Championships (BP/DL - Marriott Hotel, Rancho Cordova/Sacramento, CA) Gus Rethwisch, 763-545-7654 8 JUL, Allentown Sports Fest (BP/DL

Allentown, PA) Mike Laudenberger, Allentown YMCA & YWCA, 425 South 15th St., Allentown, PA 18102, 610-434-9333 8 JUL, NASA Houston Summer Open

(PL/BP Only/PS/PP - Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

9 JUL, WABDL Eastern Seaboard Reional Championships (BP/DL - Best Western Hotel and Conference Center, Westminster, MD) Brad Myers, 717-471-

15 JUL, WNPF New Jersey States

(Bordenton, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214. 678-817-4743, wnpf@aol.com

15 JUL, AAU Larry Garro Powerfest (PL, Ironman, BP, PC - Dumbarton School, 300 Dumbarton Rd., Towson, MD 21212) Brian Washington, Brian@usbf.net, 410-

15 JUL, USAPL Ironworks BP & DL II Matt Smith, 1111 E. Wackerly St., Mid land, MI 48642, 989-948-3738

15 JUL (revised new date), Southeastern Drug Free (BP/DL/PP/ Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com,

15 JUL, ANPPC World Cup, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcareil.com. www.sonlightpower.com 15 JUL, WABDL Deep South Regiona Championships (BP/DL - Holiday Inn Select, Baton Rouge, LA) Reed Bueche, 225-718-2646

15 JUL, WABDL World Cup Championships (BP/DL - Sheraton Airport Hotel, Portland, OR) Gus Rethwisch,

763-545-8654 15,16 JUL, NASA vs. AAU Team Challenge (Official NASA Team Only - Oklahoma City, OK) (PL/BP Only/PS/PP-Alvin, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

15.16 JUL, AAU National Powerlifting 15,16 JUL, AAU National Poweriting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net

15-22 JUL, Gay Games Powerlifting (register by 15 JUL 05 for out of competition testing program Chicago, IL), info@GayGamesChicago.org,

www.GayGamesChicago.org 16 JUL (NEW DATE), 1st WNPF Lifetime American Cup & 3rd WNPF New England Teenage/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC-Danbury or Stamford, CT) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

20/21 JUL, USAPL/USOC Palm Beach ssion Youth & Fitness Festival (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 790-2249,

www.geocities.com/floridausapl 22 JUL, SLP Arkansas Open BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com.

22 JUL, WABDL Great Lakes Regional Championships (BP/DL - Holiday Inn uth, Lansing, MI) Gus Rethwisch, 763-

22 JUL, NASA Grand Nationals (PL) BP Only/PS/PP - Pickwick, TN) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, pdl@aol.com

22 JUL (corrected phone number/date), ADAU Raw Single Lift National Championships (Johnson City, NY) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

23 JUL, Old Heritage BP, DL (Oil City, PA-for cerebral palsy) Chris Snyder, 814-676-

23 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com htpower.com

26 JUL, NASA Tri-State Regional Championships (Special Olympians lift free Flora, IL) Smitty (618) 662-3413 y@bspeedy.com

29 JUL, Vermont State Open BP (men,







POWERLIFTING USA

April 29, 2006 USAPL Southwestern Regional (Pueblo High School, Tucson, AZ) John Pena 520-312-2110

women, teen, masters, grandmasters) All American Fitness Center, 1881 Willistor Rd., S. Burlington, VT 05403, 802-865 3068, Rick Poston.

29 JUL, 100% Raw Strongman 5-Lift Rep Challenge (CR/CU/BP/SQ/DP Jarvisburg, NC) Gene Berry

29-30 JUL, AAU Jr. Olympics PL/BP (Hampton, VA) 804-559-4624 after

7PM (EST), www.aausports.org JUL, 100% Raw New York State Bench Press Championships, Bob Hannington hanington@hvc.rr.com

JUL, 100% Raw Great American Chal-Shawn lenge. rawlifting@bmfsports.com

JUL, ADFPF Battle at the Drag Strip

(Osceola, IN), Anson Wood, info@e normous.biz, 574-903-4586, www.e-

5 AUG, SPF Georgia State (open - raw P/ BP, DL - City Club Fitness Center, Lafavette. www.southempowerlifting.com or call Jesse Rodgers, 423-876-8410 5 AUG, USPF Venice BP & DL, Joe

Wheatley & Steve Denison, pwrlftrs@msn.com, 661-333-9800

5.6 AUG, NASA World Cup Champi onships (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-

8513, sqbpdl@aol.com 5,6 AUG, USAPL Rocky Mountain State Games, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366 5-6 AUG, WNPF International Cup PL, BP, DL, PC (Las Vegas, NV) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com www.sonlightpower.com



BRAIN SIDERS

Quest American Invitational Powerlifting Championships Championships

April 29-30, 2006 Duluth (Atlanta), Georgia

Weigh-In Schedule: (At Duluth High School's Gym)

114 - 148 Classes: 165 - 220 Classes:

242 - SHW Classes:

Saturday, April 29th:

Saturday, April 29th:

Sunday, April 30th: 8:30am - 10:00am

8:00am - 9:30am Lifting Starts at 10:00am 12:00pm - 1:30pm

Lifting Starts at 2:00pm Lifting Starts at 10:30am

Awards:

Open: 1st through 3rd for all weight classes (Class winners will each receive \$500 for traveling & training reimbursement. 2nd and 3rd place will receive \$250 and \$100 worth of sponsors products or gift certificate respectively)

Additional travel & training reimbursement will be honored for the following records:

USAPL Open American Records*: \$200 each

IPF Open World Records*: \$250 each IPF Junior World Records*: \$200 each IPF Master World Records*: \$200 each

Best lifters (light, middle and heavyweight): Each will receive a trophy and nutritional supplements for personal use for a year (\$1,200 value).

* All records refer to the records maintained till the end of the competition. ** All money and/or product awards will be honored after the drug test results.

For more information, please email Sherman Ledford at shermanl@quest-nutrition.com.



United Amateur Powerlifting Committee presents the

First National Powerlifting Championships & the First Illinois State Championships, April 15th at Quality Inn, Bradly, Illinois.

Forfurther information, contact Brandon Williamson 815-325-3365 or James Rouse, 815-347-4393. jsrouse41@aol.com

World United Amateur Powerlifting Championships

at the Airport Hilton in St. Louis. August 11 through 13, 2006

For further information contact James Rouse isrouse41@aol.com

11-13 AUG, World United Amateur Powerlifting Championships (St. Louis, MO) James Rouse, jsrouse41@aol.com
12 AUG, USPF National BP/DL Cham-

Parkersburg, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554. 304-376-2432, mccase@yahoo.com 12 AUG, SPF Open/Raw P/P, BP, DL (Holiday Inn. Birmingham, AL) www.southernpowerlifting.com or call

Jesse Rodgers, 423-876-8410

12 AUG, SLP Wisconsin State Fair BP/ Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com www.sonlightpower.com

12 AUG, NASA Colorado Grand Championships (PL/BP Only/PS/PP - Denver CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

12,13 AUG, WABDL House of Pain National Championships (BP/DL -Crown Plaza Hotel, Dallas, TX) Gus Rethwisch, 763-545-8654

13 AUG, SLP Missiouri State Fair BP/DL (Sedalia, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429 sonlight@netcare-il.com, w.sonlightpower.com

19 AUG, WABDL Nevada State Championships (BP/DL - Stockmen's Hotel & Casino, Elko, NV) Raul Lopez, 775-753-

19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northemvirginiarawpower.com

19 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com www.sonlightpower.com

19 AUG, USAPL Mid Atlantic Open PL/ BP/DL/Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973,

434-985-3932, valifting@aol.com,

www.virginiausapl.com 19 AUG, ADAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com leslifter@netscape.com, 512-329-8528 19 AUG, AAU Texas State (closed) and Long Horn Cup (open) (all age groups and divisions, men & women) Les Cramer Box 300966, Austin, TX 78703, www.powerlifting-journal.com leslifter@netscape.com, 512-329-8528 19 AUG, WNPF North Americans

(Panama City, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 678-817-4743, wnnf@aol.com

19 AUG, SPF Kentuckiana Open or Raw P/P, BP, DL (Metro Fitnes, Shelbyville (US 60) Louisville, KY) www.southernpowerlifting.com or call Jesse Rodgers, 423-876-8410

19 AUG, USAPL 3rd annual Southern Ohio PL/BP, Dave Ricks, 8835 Winston Farm Ln, Dayton, OH 45458, 937-435-

19,20 AUG, YMCA Nationals (raw, single ply, unlimited gear, PL, plus individual lifts & power sports, all age groups and divisions, men & women) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-j o u r n a l . c o m , leslifter@netscape.com, 512-329-

20 AUG, IPA Long Hom Cup (open) and Texas State (residentsonly) (all age groups and divisions, men & women, amateur, elite, amateur, pro) Les Cramer, Box 300966, Austin, TX 78703, www.powerlifting-journal.com.

leslifter@netscape.com 512-329-8528 20 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) SLP, 122W. Sale, Tuscola, 61953, (217) 253-5429, sonlight@netcare-il.com, ww.sonlightpower.com

26 AUG SI P Kentucky State RP/DI (Louisville, KY) SLP, 122W, Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

26 AUG, WABDL 10th Alki Beach Championships (BP/DL - Seattle, WA) Bull Stewart, 206-725-7894

26 AUG, ADAU Powerlifting Champion-ship (Hagerstown, MD) Kevin Prosser, 11218 Greenmount Ave., Hagerstown, MD 21740, 301-573-7853,

26 AUG, WNPF Raw Nationals & NC State (Winston-Salem, NC) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com 26 AUG, Midwest Masters Open (masters only, PL, BP, DL, PP) Keith Machulda. 48084 Cass, Omaha, NE 68132, 402-111-5506

26 AUG, APF Debbie Kruck Police/ Firefighters BP Challenge, Daytona Beach, FL, pamelaclayton@aol.com, 386-734-

2 SEP, SLP World BP/DL, SLP, 122 W. Sale, Tuscola, IL 619 53, 217-253-5429, sonlight@netcare-il.com,

www.sonlightpower.com 2 SEP, NASA New Mexico Regional (PL/ BP Only/PS/PP - Rio Rancho, NM) Mike & Teale Adelmann, mike@liftinglarge.com 9 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) SLP, 122W. Sale, Tuscola, 61953, (217) 253-5429, sonlight@netcare-il.com,

9 SEP, USPF Venice Beach PL/BP/DL, Joe Wheatley & Steve Denison, pwrlftrs@msn.com, 661-333-9800

9 SEP, WABDL Tennessee State Championships (BP/DL-Manchester, TN) Ken Millrany, 931-454-0935

PSEP, NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame 9 SEP, 15th WNPF Lifetime Drug Free 95EP, 15th WNPF Lifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

9 SEP, Wolf River Day of Strength Strongman and Powerlifting, (New London, WI) Tom Theama, 920-359-90432, ttheama@charter.net 9 SEP, 15th WNPF Lifetime Drug Free Nationals (Bordentown, NJ) Trov

Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

9 SEP, 100% Raw Jacksonville Open (Jacksonville, NC) Paul Bossi, rawlifting@aol.com

10 SEP, 15th WNPF Pennsylvania State (PI BP DI PC-Philadelphia or Enhrata PA) Troy Ford, WNPF, PO Box 142347 Fayetteville, GA 30214, 678-817-4743 umpf@aol.com

10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella 718 Mabel St., New Castle, PA 16101 (724) 654-4117

16 SEP, NASA East Texas Regional (PL/ BP Only/PS/PP - Longview, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

16 SEP, 6th Iron Boy BP Classic & IBP Curl Championships, (Winston-Salem, NC) Payne. keith@ironboypowerlifting.net

16 SEP, ISS KAC Bench Press Classic. Mike Strom, KAC, 4211 Green Bay Rd. Kenosha, WI 53144, (262) 654-6020. mikesbench@hotmail.com

16 SEP, APC Northern California Open & Novice PL & BP, John Ford (650) 303-

16 SEP, SLP USA Raw Bench Press Federation Fall Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-

il.com, www.sonlightpower.com 16 SEP, 7th WNPF Michigan Teen/ Junior/Open Subs/Masters/Novice (BP DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI) Troy Ford WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com 16 SEP, WNPF Upstate New Yrok II (Clyde, NY) Ron Deamicis, 303-792-6670 23 SEP, SLP National PL Champion-ships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

www.sonlightpower.com 23 SEP, 100% Raw Pennsylvania State & Mid Atlantic Powerlifting Championships, Dave Lhota, lhotamfg@shol.com

23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfittness.com 23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr.

Don Bell, 360-581-5118 24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com.

www.sonlightpower.com 24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366 30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waim , HI) Keith Ward, 808-375-8700

30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268 SEP, 100% Raw Illinois Ironman Championship (Palatine, IL) Shawn Lyte,

1st annual APF **Long Island Bench Press** Championships and Deadlift Challenge 4/1/06 - Syosset, New York

The Meet Will Have T-Shirts, Free Give-A-Ways, and Prizes. Proceeds Will Benefit Local Charities Meet Director: Chris Taylor E-Mail: PwrFrk650@aol.com or PowerLifter1450@Gmail.com Phone: 1-516-860-5584

rawlifting@bmfsports.com7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe Orengia, 4319W. 26th St., Erie, PA 16506 7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

www.sonlightpower.com
7 OCT, 100% Raw southern Open BP & Arm Wrestling Championships (Jarvisburg, NC) Gene Berry, dberry90@mchsi.com 7 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Dave Cummerow & Steve Denison, pwrlftrs@msn.com, 661-333-9800

7 OCT, NASA Ohio Regional ((PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 527-8513, sqbpdl@aol.com

7 OCT, IBP Carolina Classic Powerlifting 7 OCT, IBP Carolina Classic Fowering Championships (Shelby, NC) Keith Payne 3 3 6 - 7 6 6 - 3 3 4 7 , eith@ironboupowerlifting.net

8 OCT. SLP Big Bench at the French III BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com.

14 OCT SPE/WRPI A Worlds: Open/ Raw P/P, BP, DL (Riverview Terrace Hotel, Gatlinburg, TN, turn right at light www.southernpowerlifting.com or

call Jesse Rodgers, 423-876-8410 14 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 OCT, NASA Colorado Regional Championships (PL/BP Only/PS/PP-CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4(Robert C. Byrd High School, Bridgeport, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432,

15 OCT, SLP Missouri State BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

20-22 OCT (NEW DATE), WDFPF Single Lift Worlds (John Clow, Bendigo, Australia) jmdney@wiu.edu

21 OCT (new date), PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/ Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com www.hometown.aol.com/pythongym
21 OCT, SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

www.sonlightpower.com 21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555,

warrior01@earthlink.net 21 OCT, 100% Raw Virginia State Bench Press/Curl Championships (Stanardsville, VA) John Shifflett, valifting@aol.com

21 OCT, PPL Drug Free Nationals Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806 21 OCT, 100% Raw Virginia State BP/ Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932,

valifting@aol.com 21,22 OCT, NASA 2nd "Genuine" Unequipped Nationals (PL/BP Only/ PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 27-29 OCT, 15th WNPF World Pow-

erlifting & USSA World Strongman Championships & WNPF USA Body **Building Championships & WNPF** Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

28 OCT, ANPPC National PL Chamionships, SLP, 122W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

28 OCT, 2nd annual Open BP, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452

28 OCT (corrected phone number), ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-

28 OCT, NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

OCT, ADAU Connecticut State Powerlift ing Championships (PL/BP - Brookfield, CT) Robert Del La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, pahbrookfield@sbcgloval.net

OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com,

OCT, USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, rhk@verizon.net,

OCT/NOV, AAU World PL (Virginia) 804-559-4624 after 7PM (EST), www.aausports.org 1-5 NOV, GPC World PL/BP (Gent.

Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com

4 NOV, NASA Kansas City Regional (PL BP Only/PS/PP - Kansas City, KS) Rich Peters, P.O. Box 735, Noble, OK 73068,

4 NOV, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com 4 NOV (NEW DATE), NASA Arizona

Regional (PL/BP Only/PS/PP - Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 4 NOV, NOVA RawPL/BP (Sterling, VA) John James, (703) 475-9885,

10-12 NOV, WDFPF World PL

Championships and WDFPF Congress (Barry & Marie Crowley, Ireland) gedney@wiu.edu 11 NOV, SLP Ohio State BP/DL

Hamilton, OH) SLP, 122 W. Sale. uscola II 61953 (217) 253-5429 sonlight@netcare-il.com

4 NOV (NEW DATE), WNPF Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-

15-20 NOV, WABDL World Championships (BP/DL-Las Vegas, NV) Gus Rethwisch, 763-545-8654

18 NOV, 100% Raw World Bench Press Championships (Currituck, NC) Paul Bossi, rawlifting@aol.com 18 NOV. SLP Kentucky State BP/DL (Louisville, KY) SLP, 122W. Sale, Tuscola 61953. (217) 253-5429, onlight@netcare-il.com

18-19 NOV (NEW DATE), WNPF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

19 NOV, ISS Bench Press Champion-ship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, ch@hotmail.com 25 NOV, NASA Kansas Regional Cham-

pionships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

1-3 DEC USAPI American Open. Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

2 DEC, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, ndl@aol.com

2 DEC. SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

9 DEC. SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com

www.sonlightpower.com

9 DEC, NASA West Texas Regional (PL/ BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068,

405-527-8513, sqbpdl@aol.com

9 DEC, USAPL Virginia PL/BP/DL/ Ironman (Culpeper, VA) John Shifflett. Box 941, Stanardsville, VA 22973, 434 valifting@aol.com, 985-3932.

www.virginiausapl.com

9,10 DEC, APC 53rd California Iron Man Fresno, CA) Bob Packer (559) 322-6805 r (559) 658-5437

10 DEC. SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 DEC (corrected phone number), ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 16 DEC, NASA Illinois "Christmas" Re gional (PL/BP Only/PS/PP - Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 16 DEC, 9th WNPF Sarge McRay Championships (BP, DL, Ironman, PC-Borden town, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-

817-4743 wnpf@aol.com 16 DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmfsports.com

16 DEC, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932,

16,17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo, CA 92567, naturalpower@earthlink.net

30 DEC (New Date), SLP "The Last One BP/DL, SLP, 122 W. Sale, Tuscola, 61953, (217) 253-5429, sonlight@netcare-il.com,

27,28 APR '07, WDFPF European Single Event Championships OCT '07, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc

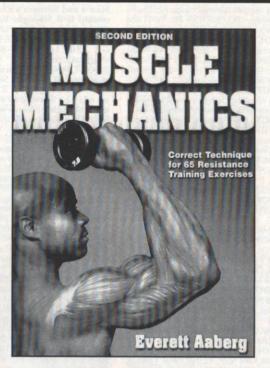
MAY '08, WDFPF European Single Event Championship (Como, Italy)

OCT/NOV'08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

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MUSCLE MECHANICS, 2nd of this is to provide a visual connection Edition, which uniquely describes the between the human anatomy within correct performance techniques for 65 the body and the external different resistance exercises, was written movement in question. The effect is by Everett Aaberg. Mr. Aaberg has been profound because you actually a teacher and practitioner of resistance develop a kinesthetic 'feel' for what training for more than 15 years. Currently you're doing and why positioning he is director of the Fitness Center at the your body in one mode or another Telos Center in Dallas, Texas, as well as might lead to better performance in being an international presenter and the exercise. These renditions show consultant, and he continues to serve as an skeletal features and the actual instructor at the Cooper Institute. He has muscles, how they attach, and where been certified as a personal trainer through they attach. It's a concept that various organizations, and was a collegiate provides an intuitive feeling, from Academic All American in football. He the visual aspect, on what you're was won several state and national doing in the exercise relative to your powerlifting championships, as well as body structure. Many of these bodybuilding titles. The first chapter in the exercises are directly applicable to book, "Anatomical Design and Function", powerlifting, and some of them may describes the functions of the body in terms well should be. Throughout the book, of physical activity. From that base, seven even in the non-exercise additional chapters cover all sorts of demonstration sections, the line movements that weight trainers of various drawings are very effective in focus would find productive and useful. showing the principals involved. For The book concludes with a chapter on example, on page 42, in an training program design. What makes this elegantly simple manner, they presentation extraordinarily effective are compare body positions that are the visual descriptions of each exercise high risk and reduced risk, for movement, done with excellent color different exercise movements, such

movement. Beyond that, the actual perception of what is involved in the physical handling. Send your check to Powerlifting musculature involved in the movement is movements they're undertaking, which could USA, P.O. Box 467, Camarillo, CA super-imposed, in an artist's color rendition, easily result in greater performance, enhanced 93011, or order by Visa or Master Card by upon the photographic image. The purpose safety, and more effective training sessions. This calling 1-800-448-7693.



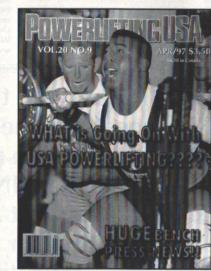
photography, showing the key start, finish, a cable rows, or simply picking up an object. What book will be available through Powerlifting and intermediate positions of each this book can bring to the reader is an enhanced USA for \$19.95, plus \$4 shipping and

BACK ISSUE OF THE MONTH cated that they might well be taking over IPF powerlifting in geles. Winners included John

is squatting on the cover. Inside in the Women's Worlds, the av- article concerned "Learning by 123, Lamar Gant 132, Mike we covered the Arnold Classic, erage American lifter was 11 years Asking". He recalled watching

lb. bench attempt passed. This was very controversial, and the video of Anthony's lift was obtained by Ned Lowe of POW!ERLIFTER Video Magazine. We also had an overview of issues confronting USA Powerlifting, beginning with the notion they might become the representative of the USA in the IPF and their relationship with the World Drug Free Powerlifting Federation. We covered the World's Strongest Man Contest from the island of Mauritius, where Gerrit Badenhorst finished third, Riku Kiri second, and the winner was Magnus Ver Magnusson. Also in this issue, Grahame Fong, IPF President, discussed his perspective on gaining IOC recogni-

April 1997 - James Benemerito Among other facts, he notes that every division. Louie Simmons'



tion for powerlifting. Dr. Judd's lifter. Along the same lines, USPF Douglas, not long after establishinformation on many other back presented a survival guide for Men's World Team Coach, Sean ing an 800 lb. PR in the squat at issues of PL USA and how you dealing with injury. We also had Scully described his feelings the 1996 USPF Senior Nationals can purchase them with a special an opinion piece by Robert about the "Russians are Com- in the 242 pound class. Herb price break, see our listing on Rogers, concerning the decline ing", and noted that they were Glossbrenner continued his se- pages 52-55 in this issue of

at 198 and totaling 1900. gan to make progress. Time Top

of United States Powerlifting. actually already here. He indi- ries on the 14th Senior National Powerlifting USA.

Redding at 114, Julio Nunez at Bridges at 148, Rick Gaugler at where Anthony Clark got an 800 older than the average Russian Larry Pacifico bench press 530 165, Walter Thomas at 181, Vince Anello at 198, Dennis Reed at At the time, Louie's bench 220, Terry McCormick at 242, press was 320 at 181. Larry Bill Kazmaier at 275, and Doyle told him to train his tri- Kenady at SHW. Herb ceps. Louie tried it, but Glossbrenner also came up with didn't stick with it, then Part Two of the John Ford story. when he actually started to (Part One appeared in the Defollow the advice he be- cember 1996 edition). Joe Pyra gave us an update on the new Glossbrenner DisneyWorldFieldhouse, where brought us his USA All- future AAU events were planned. 10 On our Top 100 list for the 242 Brobdingnagian pound class, Steve Goggins led biathalon, (SQ + DL) The the squat with 1032, Willie number one lifters were Wessels the bench press with Gant in both the 123s and 650, Ed Coan the deadlift with 132s. Alexander in the 837, and Goggins took the num-165s, Bridges at 181, and ber one spot in total with 2399. Ed Coan at 198 and 220, Scott Lade was 96th in the squat Steve Goggins at 242, with 661, Carl Seeker was 59th in Dave Pasanella at 275, and the bench press with 505, Brent the late O.D. Wilson in the Mikesell was 91st in the deadlift Supers. The Workout of with 665, and Mitch Edelstein the Month was by Jeff was 97th in the total at 1750. For

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 - manually release it.

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APA Sam Houston Open 1 DEC 05 - Houston, TX

Master (40-44) WOMEN Wagenseller 450 181 lbs. 275 lbs. Drug Free M. Oeltjen Open E. Wright 645 BENCH DEADLIFT MEN MEN 181 lbs. 165 lbs. Master (55-59) Junior (20-23) B. Kline 220 lbs. 350 R. Belair WOMEN Master (50-54) K. Barbier 181 lbs. 330 Teen (11-12) J. Burttschell 275!* SQUAT Gutierrez 242 lbs. MEN Open C. Maylone 355 Master (45-49) Submaster (33-39) C. Maylone 355 WOMEN SQ C. Garcia 645 BP DL TOT 132 lbs. Drug Free D. Morrison 240 170 290 MEN 148 lbs. Master (50-54) J. Johnson 165 lbs. 235 160 265 Open J. Vasquez 600 430 500 1530 181 lbs Master (40-44) C. Darby Master (45-49) 405 315 405 1125 Routhouska 415 270 405 1090 198 lbs. Drug Free J. Burdette 620 520 520 1660 220 lbs. Open lones 700 460 550 M. Wray 445 345 465 1255 Submaster (33-39) W. Franklin 520 440 Master (40-44) D. Moser 242 lbs. Open C. Matthews 660 570 700 1930 Submaster (33-39) L. Fenti 665 460 625 1860 275 lbs. Open R. Pike 650 400 655 1705 Drug Free M. Fornecker 525 385 450 1375 lunior (20-23) R. Sheets 525 320 500 1345 !=World Records. *=American Records.



McCullough, spotters and loaders Brian Propst, Heiberto Cantu, Chris Ferguson, Joe Ortiz, Andrew Rodriguez, and Benjamin Vallejo. without the hard work of these individuals, the meet would not have taken place. Ne Caney High School assistant principal John Johnson started the day off in the men's masters taking first place with his 660 total. In the mens open 165, Johnny vasques took first place without test and all the people who dive out to watch. You guys and gals are what this sport is all about. A special thanks to lozer Advance Designs for supporting this sport and our meets for many years. Also a big thanks to Powerlifting USA who has been there supporting us all for a long time. (Thanks to Tom McCullough for providing results) at Tom McCullough for providing results and principal John Johnson started the day off in the men's masters taking first place with his 660 total. In the mens open 165, Johnny vasques took first place. 1530 total. In the masters 181, Chad Darby led the pack with a 1125 total and Dr. Larry won the squat war with his 665 over Glenn Routhouska closely followed with his total of 1090. Dr. Routhouska also back to take the lead with his 570 bench !=World Records. *=American Records. pound squat. Lifting for the first time ever, sneets had a great day setting texat. Thanks to Houston ISD and Sam Houston William Franklin hit a 1560 total in the 220 records with his 525 and 1345 total. In the High School for allowing us to put on this submasters taking first place in his division Master lifter Chrismeet. Also a huge thanks to judges Steve sion. Franklin also took him three Texas Garcia placed 1st in his division and took Burttschell, Brian Kline, and Maria records in the squat, bench and total. Don home a Texas record with his 645 squat

his total of 1090. Dr. Routhouska also walked home with 7 Texas records in the squat and deadlift. James "the priest" Burdette took the drug free 198's with a 1660 total and just missed a 605 bench on his 2nd and 3rd attempts. The Priest ended his day with Texas records in the bench and total. In the 220's Shae Jones ended his day with a huge 1710 total over Matt Wray's 1255. Matt is improving each time he lifts, so watch for a big total out of this young man soon. Shae Jones also took home a Texas record with his successful 700 total out of this young man soon. Shae Jones also took home a Texas record with his successful 700 total in the 270's, Michael Fornecker finished his day with a 1375 total. In the junior 275's , Robert Sheets had a great day setting Texas records with his 525 and 1345 total. In the submasters taking first place in his divi-

opening lift of 350. In the 220 masters, Keith Barbier took first time lifter John Guiterrez with his lift of 330. In the 242 open and submaster, Chester Maylone took 1st in both divisions with 1st attempt of 355. Gene Wagenseller, lifting in the masters took 1st place with his Texas record lift of 450. In the 275's Eric Wright opened up with a huge 645 and missed 665 on his next two attempts. In the 181 deadlift only division, 12 year old Jessie Burttschell took 275 for a 4th attempt and got it taking home a new Texas, American and WPA North Record. In the womens division, Dawn Morrison place 1st in the 132's with her 700 pound total. Dawn is also a new Texas record holder with her 170 pound bench press. In the bench press only division 181'er Michelle Oeltjen took 1st with her Texas record bench of 185 pounds. In the deadlift only division, Renee Belair took 1st in the junior 165's with her Texas record of 310. Thanks again to all the

is	5 NOV	05 - (eorge	etown	, 50	
e	BENCH		J. 1	Tancil		525
ar	MEN		D.	Ricafre	ente	400
i.	148 lbs.		Ma	ster III		
er	Open		G.	Blue		210
ie	E. Knight	415	CU	RL		
h	181 lbs.		ME	N		
or	Drug Tested		181	lbs.		
10	J. Rubio	365	Dru	ig Test	ed	
a	Open		J. F	Rubio		135
d	J. Rubio	365	Ma	ster I		
e	220 lbs.		J. F	Rubio		135
e	Drug Tested		A.	Brenne	r	125
ıy	T. Haraguni	450	Mas	ster II		
e	Teen (16-17)		J. 1	ancil		150
at	A. Moore	275	Mas	ster III		
s,	Teen (18-19)		J. 1	Иау		125
a	J. Schmidt	300		ADLIFT		
rt	R. Clarke	200	ME	N		
15	Master I		Tee	n (18-	19)	
e	J. Rubio	365	M.	Drigge	ers	460
is	Master II					
k	MEN		BP	DL	TO	T
t.	Junior					
	N. Puorro		410	450	86	0
	275 lbs.					
	Drug Tested					
	J. Bruff		370	530	90	0
	(thanks to Sco	tt Taylo	or for	sending	res	ults)

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Sex Socia	l Security Number Signature (Pa	rent if under 18 years old)

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NASA Eastern States

22 OCT	05 -	Whe	eling, V	VV	
BENCH		SN	1P		
MEN		I.	Straight	463	
132 lbs.		CL	JRL		
J. Delbert	148	MI	EN		
198 lbs.		18	1 lbs.		
HSP		Ma	aster II		
Higginbotham	275	J.	Alcoff	121	
Law/Fire		24	2 lbs.		
K. Baker	380	Pu	re		
J. Vavrek	363	T.	Bachma	n 203	
SHW		SQ	UAT		
Novice		MI	EN		
J. Straight	463	24	2 lbs.		
		K.	Bardos	30	
MEN		BP	DL	TOT	
148 lbs.					
Master Pure					
D. Dessau		303	402	705	
181 lbs.					
Pure					
R. Gregory		286	485	771	
Submaster Pur	re				
R. Gregory		286	485	771	
SHW					
Master II					
R. Knicely		380	611	992	

WOMEN	CR	BP	DL	TOT
123 lbs.				N WE
Master II C. Pennington	==	66		121
MEN	33	00		121
75 lbs.				
Vouth				
W. VanHoose 148 lbs.	33	33	104	170
148 lbs.				
D. Dessau WOMEN	132	226	363	722
WOMEN	SQ	BP	DL	TOT
123 lbs.				
Master II				
C. Pennington	126	66	154	347
MEN				
148 lbs.				
Junior A. Burkhart	202	220	429	953
Teen	303	220	423	133
A. Burkhart	303	220	429	953
165 lbs.	000			- Contract
Pure				
M. Mucheck	507	336	451	1295
Teen				
M. Mucheck	507	336	451	1295
181 lbs.				
Master II				
J. Alcoff	314	259	418	992
198 lbs.				
HSP	225	275	102	1002
Higginbotham	Athe S	0.352	DI 41	8
Master II	41115-3	Q-332	DL-41	
S.Lamneck	617	374	567	1559
Submaster II				
G. Green		407	551	1620
Submaster Pu				
G. Green	661	407	551	1620
220 lbs.				
Pure Natural				
A. Blakemore	363	314	501	1179
242 lbs.				
Master I	F22	220	600	1455
K. Bardos K. Hall	523	407	540	1477
Submaster Pu		407	340	
T. Parson	573	479	534	1587
275 lbs.	3,3	***		
Pure				
J. Voelkel	540	369	523	1433
Submaster Pu	ire			
N. Sabatino	584	507	573	1664
SHW				
Master II	100			
R. Knicely	622	380	611	1614
(Thanks to Gr	eg Van	Hoose	for the	results)
		-		A Inches
NASA	Kentu	icky I	Region	al
15 OC				
BENCH				Pure
MEN				198

BENCH		Submaster Pu	re
MEN		B. Caudill	19
148 lbs.		220 lbs.	
Master I		Master II	
C. Flowers	325	M. Shuffett	34
M. Evans	231	Master V	
181 lbs.		M. Shuffett	34
Master II		242 lbs.	
J. Hoskins	314	Pure Natural	
198 lbs.		R. Cope	29
Pure Natural		275 lbs.	
B. Caudill	198	HSP	

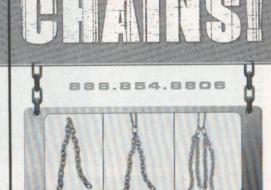
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MEN	CR	BP	DL	TOT	J. Hurle Meet Director	529		474	1328	F. Brown	305	145	315	765
Youth W. VanHoose	27	33	99	159	Meet Director	s: Greg	ex sus	sall vall	House.	181 lbs.	303			
W. VanHoose 148 lbs.	21	33	99	139						lunior				
Master I										B. Dedas	590	375	580	1545
D. Hopkins	82	137	275	496	NASA			gional		198 lbs.				
198 lbs.	02	13/	213	470		17 D	EC 05			Pure				
Master II					BENCH		Mas	ster 1		C. Stuemke	435	200	455	1090
G. Corbell	104	214	336	655	MALE		J. F	Phillips	410	Junior				
MEN	SQ	BP	DL	TOT	165 lbs.		CU	RL		B. Herbener	405	315	475	1195
123 lbs.	24				Novice		MA	LE		242 lbs.				
Master II					S. DeMent	200	308	lbs.		Submastser 1				
B. Lamb	385	231	402	1019	Master II		Mas	ster I		T. Wilke	520	375	540	1435
198 lbs.					S. Dement	200	1. 1	Phillips	180	Pwr Sprt	CR	BP	DL	TOT
Pure					308 lbs.					181 lbs.				
V. Bowling	507	330	556	1394	Push-Pull		BP	DL	TOT	Submaster Pu				
J. Figg	512	352	490	1355	MALE					K. Shane	120	355	485	960
M. Watkins	407	275	440	1124	198 lbs.					198 lbs.				
SO					Novice					Teen				
S. Chapala	314	270	303	887	S. Hedger		380	555	935	M. Kleiboeke	r 135	280	475	890
Master II					198.25					114 lbs.				
G. Corbell	303	214	336	854	Submaster 1					Junior		200		
220 lbs.					S. Hedger		380	555	935	J. Phillips	62.5	102.5	205	370
Master V					132 lbs.					55 lbs.				
N. Benefield	402	275	407	1085	High School					Youth				400
242 lbs.					J. DeMent		250	385	635	S. Hou-Seye		33	65	123
Submaster					Junior					(Thanks to Ric	n Peter	s of NA	ASA TO	result

SLP Central Illinois

13 NO	V 05	- Hillsboro, IL	
BENCH		Police/Fire	
WOMEN		308 lbs.	
Submaster		M. Lennix	330
275 lbs.		Open	
A. Long	200*	181 lbs.	
MEN		B. Schoenman	425
Junior		198 lbs.	
198 lbs.		S. Webb	_
K. Cress	315	220 lbs.	
Submaster		C. Taylor	465
275 lbs.		DEADLIFT	
J. Abraria	390	WOMEN	
R. Walsh	_	Junior	
Master (50-54	1)	132 lbs.	
198 lbs.		M. Anderson	255
R. Egli	410	4th-280*	
Master (55-59	9)	MEN	
275 lbs.		Submaster	
C. Barnett	365	275 lbs.	
Master (60-64	1)	J. Abraria	595
100 11			

Best Lifter: Brian Shoenman. The Son Light Power Central Illinois Open Bench Press/Deadlift Championship was held at Hillsboro Fitness. Thanks again to owners David and Angie Mizera for once again sponsoring this event. In the bench press competition Amy Long set the Illinois state record at submaster 275 with her opener of 200. Her final two attempts with 225 never quite hit the groove, even though she certainly has that weight within her grasp. Kyle Cress got a new personal best at junior 198 with his 315 final attempt. Then at submaster 275 it was Job Abraria over Ron Walsh with his 315 go opener. 465 and 475 were just beyond Job's reach on this day. Ron Walsh failed with his connected for the state of the courtesy of Dr. D. Latch)

by the courtesy of Dr. D. Latch)

Latch

Light Power Central Illinois Open Bench Press Competition and spotting the competition. The bench press event special Olymp light to deadling and spotting the competition. The bench press event special Olymp light to dealing and spotting the competition. The bench press event special Olymp at 220. In the deadlift competition Misty and 220. In the deadlift with the competition Misty and 220. In the deadlift with the competition Misty and 2 Job's reach on this day. Ron Walsh failed with his opener of 525, with a lighter shirt, passed on his second attempt then failed with his final attempt of 720, never finding his groove. Randy Egli looked strong at 50-54/198, finishing with a strong 410, but just missing 445 at the top for his final attempt. Clay Barnett had some problems getting started, but finished with his opener of 365 at 55-59/275. Jim Hussey also had some problems, never getting beyond his opener of 330 with his win at 60-64/198. Mike Lennix won at police & fire/308 with 330. In the open division if fire/308 with 330. In the open division it was best lifter Brian Schoenman at 181 with 425. A final attempt of 440 failed just off the chest. Then at 198 it was Stephan

DATE OF APPLICATION:



Illinois BP/DL Championships
was Brian Shoenman, seen with

Best Litter Bench: Roy Shirley, Best Li
Deadliff: Mike Pierce. The Son Light Po
Was Brian Shoenman, seen with two of those big Son Light Power ness. Thanks to owner Jim Parham

SIP Oklahoma State

SLP	Oklar	ioma State	
08 O	CT 05	- Tulsa, OK	
BENCH		Novice	
MEN		181 lbs.	
Special Olyn 198 lbs.	npic	T. Mikles 4th-400*	395*
D. Thurston	265*	275 lbs.	
4th-280*		C. Woods	440*
WOMEN		W. Trenthan	385
Master (40-4	4)	Teen (13-15)	
220 lbs.		181 lbs.	
K. Thatcher	120*	J. Henson	185
Open		4th-205	
275 lbs.		Junior	
M. Shirley	265	181 lbs.	
MEN		E. Conner	305

4th-250 Submaster 220 lbs. Open 325 275 lbs. . Warren R. Shirley DEADLIFT Master (40-44) 550* 165 lbs. C. Chenov weth 320* MEN Teen (13-15) 275 lbs. T. Ward 535* 105 lbs. Master (50-54) Z. Dwinell 215* 198 lbs. 385* 275 lbs. R. Weaver Master (65-69) C. Bledsoe 50 Master (40-44) 275 lbs. 375* 165 lbs. J. Duckett 4th-385* M. Pierce C. Chenoweth 385 Master (55-59) Police/Fire Master (50-54) 275 lbs.

181 lbs. B. Wheeland 210* S. Cates Best Lifter at the SLP Central *=Son Light Power Oklahoma state reco *=Son Light Power Illinois State Records.

(SLP) trophies. (photo provided by the courtesy of Dr. D. Latch)

**Son Light Power Illinois State Records.

(SLP) trophies. (photo provided by the courtesy of Dr. D. Latch)

Light Power Central Illinois Open Bench

**Press/Poarlied Illinois Open Bench

**Transposed at Platinum ness. Thanks to owner Jim Parham by the courtesy of Dr. D. Latch) 181 with 185, followed by a fourth of 2 At junior 181 it was Eric Conner with 3 while Jerry Warren won at submaster with 325. In the master 40-44 division C Chenoweth broke his own state record 165 with 320 while Tracy Ward won at with 535. This was also a new state rec for Tracy. Roy Weaver won at 50-54/ with a new state record of 385. Up next we the legendary Jimmy Duckett, the worl oldest hippy powerlifter. Lifting way lyond his potential, Jimmy finished wnew state records at 65-69/275 with 3 followed by a great 385 fourth. B Wheeland won at police & fire/50-54/ with 210. A fourth with 250 set the s record there. In the open division it was

best lifter Roy Shirley with an easy 550 at Dest litter koy Shirley with an easy 550 at 275. For the deadlift competition Zach Dwinell upped his state record at 13-15/105 with 215. Cameron Bledsoe got a new pr as well as a new state record at junior 275 with 500. At 40-44/165 it was Mike Pierce over Chris Chenoweth 465 to 385. Mike's pull gave him the new state record for that class. Our final competitor was 55-59/275 winner Stephen Cates. First-time competitor Stephen finished with a time competitor Stephen Inished with a 500* new state record 475. Thanks to Brenda 4) Bledsoe and Emma McConnell for taking some great pictues and to my son D.C. for 465* all his help. See you all again next year! (Thanks to Dr. D. Latch for the results)

5*	AVCF V				
ds.	13 NOV				
fter	MALE	SQ.	BP	DL	TOT
ver	Open				
lift	132 lbs.	045	4==		
Fit-	R. Salinas	215	155	375	745
for	148 lbs.	240	00=	245	700
ger	J. Trevino	210	235	315	760
up, In	165 lbs.	205		450	1000
In	J. Parker	385	255	450	1090
oic	181 lbs.		077	***	
ate	P. Domingus	440	275	440	1155
80		315	275	480	1080
iey		.==	200		4405
20	A. Ward	375	290	520	1185
ssa	J. Keilwitz	405	315	455	1175
At	B. Monaco	365	260	465	1030
ew	220 lbs.				
	D. Prienpinto	350	295		1050
el.	N. Martinez	330	255		1040
am	J. Miller	380	285	365	1030
ed					and Sk
n's		640*	385	725*	1750*
me		500	345	600	
15/	B. Bachofer	365	205	460	1030
05.	275 lbs.				10/00/00
05	T. Jackson	500	475*		1525
20	M. Bogacz	455	385	480	1320
ris	M. Fisher	405	335	455	1195
at	SHW	RANA	100		A015.9
75	J. Hall	425	345	555	1325
ord	Master (40-44)			
98	165 lbs.				
vas	T. Yoakum	375	230		1000
d's	C. Mays	285	215	480	980
be-					
ith	D. Leiba	375	245	378	995
75,	Master (45-49)			
ob	165 lbs.				
81	L. Baldauf	210	185	300	695
ate	Master (65-69)			
	220 11.				

D. Ortega 315 225 425 965 *=Facility Records. Best Overall Lifter Lightweight (114-198): Open-Prentiss Domingus, Masters-Toby Yoakum. Best Overall Lifter Heavy (220-SHW): Open-Robert Williams, Master-Ortega Delfino. Most Weight Lifter: Open-Robert Will-iams, Masters-Toby Yaokum. (Thansk to Davis Prienpinto for providing the results)

100% RAW Christmas BP Classic 10 DEC OF Stanardeville VA

FEMALE		165 lbs.	
123 lbs.		(14-15)	
Open		D. Richards	85
K. Self	155	(18-19)	
MALE		J. Cale	285
77 lbs.		Open	
(Under 11)		J. Cale	285
M. Evans	70	181 lbs.	
88 lbs.		(14-15)	
(Under 11)		A. Marrow	260
J. Hanks	55	K. Glover	170
(12-13)		Open	
M. Townes	60	J. Self	375
123 lbs.		198 lbs.	
(12-13)		Open	
J. Burroughs	105	J. Jackson	340
132 lbs.		220 lbs.	
(Under 11)		(18-19)	
J. Bullock	85	K. Ryan	315
148 lbs.		242 lbs.	
(Under 11)		(14-15)	
M. Alston	75	D. Taylor	310
(12-13)		242 lbs.	
D. Harris	145	(40-44)	
M. Lewis	100	R. Weaver	345
(14-15)		308 lbs.	
S. Talley	170	(20-24)	
C. Cannady	100	S. Dillenger	440

100% RAW Powerlifting Federation Membership Application LAST NAME: STREET ADDRESS: CITY/STATE/ZIP: DATE OF BIRTH: AREA CODE / TELEPHONE: _ AGE: SEX: E-MAIL ADDRESS: REGISTRATION FEE MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMDEN, NC 27921 \$25 - ADULTS NOTE: Your 100% RAW Membership Will Expire \$10 - HIGH SCHOOL One Year From The Date of Application. LIFTERS SIGNATURE: PARENTS SIGNATURE IF UNDER 18 YRS, OLD

(This Will Be Your Renewal Date) By signing this application I agree to submit or give permission for my son/daughter to submit to any By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

www.RAWPOWERLIFTING.com



promoted by The Atlantis Foundation and brand thirty-three sports.



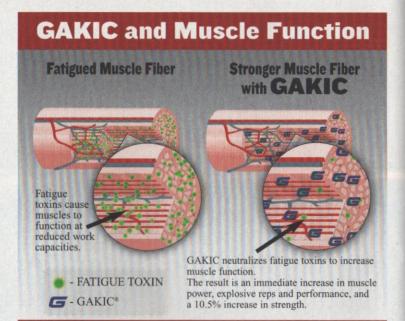
GAKIC® Is Scientifically Proven for Immediate Strength Gains

Led by GAKIC inventor Dr. Bruce Stevens, scientists set out to prove that GAKIC was every bit as good in real life as they expected it to be. To accomplish this, they set up a double-blind, placebo-controlled study. This is the gold standard of studies in the scientific community. If a supplement passes a gold-standard test, there can be no doubt as to its effectiveness.

A group of 13 healthy test subjects were first given GAKIC, and in another session they were fed a placebo (an isocaloric carbohydrate drink). Subjects were then hooked up to an isokinetic dynamometer machine to measure muscle power and strength. Measurements were taken during both sessions and yielded some startling results. When the athletes used GAKIC, they exhibited an amazing 10.5 percent average increase in strength and were able to do significantly more work than when they were fed a placebo. This meant that GAKIC could increase a person's strength by 10.5 percent immediately!

"GAKIC" will immediately jack your strength up by 10.5% and increase your fatigue resistance by up to an amazing 28%!"

A second shocking conclusion was also drawn. Significant changes in time to fatigue of up to an average of 28 percent were recorded in the GAKIC group, compared to the placebo. In other words, when subjects took GAKIC before exercising, they increased their fatigue resistance by up to an amazing 28 percent! Never before in the history of supplementation had such incredible real-world results been achieved.



Repeated muscular contraction causes a buildup of fatigue toxins such as nonia in the muscle. When these toxins reach a critical level, contraction becomes impossible and you'll have to stop your workout. GAKIC solves this problem by reducing fatigue toxins in muscles, enabling you to continue training beyond failure!

In another gold-standard study at Truman State University, subjects were given either GAKIC or a placebo 45 minutes prior to exercise. After subjecting participants to repeated bouts of anaerobic exercise, results showed GAKIC treatment significantly decreased the time to failure and kept subjects' power output higher.

Increasing Your Strength Immediately with GAKIC®

When you have the man who holds the world's bench-press record relying on GAKIC, you know this cutting-edge supplement

> means business. As one clinical study proves, GAKIC can immediately increase your strength by 10.5 percent and increase your fatigue resistance by up to an amazing 28 percent! There is no other supplement available on Earth that can give you results anywhere close to this. GAKIC's effects are experienced from the first dose, unlike other supplements that take days or weeks to produce noticeable results. GAKIC* works the first time you take it and every time after that!

Gene Rychlak Bench Press World Record Holder 1005 lbs. "Gene Rychlak relies exclusively on one of the most heavily researched and effective supplements in the history of sports nutrition - GAKIC°."

When Gene Rychlak is destroying the gym with the help of GAKIC®, it ensures he trains as ultra-heavy as possible

GAKIC® for the quickest strength gains of your life!"

The benefits of GAKIC® cannot be understated when you're trying to improve your strength in all of your lifts. GAKIC works by removing toxins such as ammonia from the muscles. These toxins build up during muscular contractions and prevent your muscles from contracting beyond a certain point. But with GAKIC, you'll be able to continue training long past the time your muscles would normally fail. This means you'll be able to maintain your superstrength with explosive authority for a longer period of time. This is a huge deal that goes a long way toward helping you peak at the right time for competition.

"Break out of frustrating strength plateaus and put your progress months ahead of schedule from the first day you take GAKIC°!"

The fact that GAKIC will enable you to lift heavier weights for a longer period of time increases the stress on your muscle fibers. The longer and harder those muscle fibers are stressed,

With his incredible feats of strength including a 1005 lb. bench press, Gene Rychlak's accomplishments speak for themselves and so does GAKIC. You owe it to yourself to try GAKIC today! and put your progress months ahead of schedule from the first

day you take GAKIC!

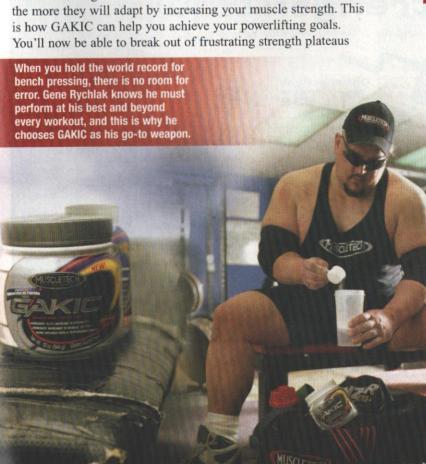
"GAKIC" works the first time you take it and every time afterward."

Considering the amazing numbers coming from clinical studies, you owe it to yourself to try GAKIC for the quickest strength gains of your life! Start breaking your own benching barriers with GAKIC today!

> To experience the incredible power of GAKIC, pick it up at your local GNC store. ©2006 Iovate Copyright Ltd. All rights reserved. All trademarks are owned by their respective trademark owners and are used with permission. For more information about GAKIC*, isit www.GAKIC.com.



"You owe it to yourself to try



NEW ENGLAND RAW RECORD BREAKERS

On May sixth the thunder will roll at UMASS' Mullins Center as the Atlantis Foundation New England Raw Record Breakers will explode. Forget small venues, forget esoteric weight classes, Atlantis is pulling out all the stops, using IPF weight classes in a classic powerlifting meet to see who the strongest powerlifter in the world

If you are like Bruce Derosier, founder of Atlantis, you're sick and tired of all the BS, the various federations each with differing rules, each with their own brand of suit this and wrap that. Atlantis is dealing cards raw. That's right, raw. See what a man can do by himself, on his own. For this occasion the enormous Mullins Center has been booked. Both full meet and venue for specialty lifters, the New England Raw Record Breakers will deal out cash prizes to weight class winners as well as specialty lifters.

Organized with help of iron symphony conductor Dave Cosnoti and sponsored by Troy Barbell, at 10 AM the wagon train moves out. fitness extravaganza, supplement, and equipment companies will be holding giveaways and raffles from display booths. As if that's not enough before the dust settles, bring out the hot bodies. A bikini model search just to ensure the perfect blend of estrogen is mixed into this

testosterone-fueled atmosphere. Then, UFC-style mixed martial arts competition will throw their own lightning bolts in the evening

Wielding cannons to rival anyone, massive professional bodybuilding star Mo Anouti will be firing his guns to make us all question

The lifters? This is whom we've got so far. The fire breathing dragon, Beau Moore, who posted a staggering 2080 raw on December 11th 2005. And superheavy powerhouse Sean Culnan. We've got the granite man himself, Sean Colbeth coming straight from the hills of Vermont. He won over the crowd a few years back posting jawdropping numbers in meet. He came to watch but his training buddies egged him on to compete with no preparation whatsoever. In overalls and work boots he made us wonder what's in the water up there.

We have powerlifting's bad boy, Mike Miller eager to put pie in the face of his critics and set the record straight. And just who might be receiving pie at the hands of Miller? Well, we won't mention any names but sshh, between you and me he's mentioned that he wouldn't mind facing off against, in no particular order, Billy Minmaugh, Tim Brunner, Jeff Lewis, Gary Frank, Tommy Fannon, Brian Siders, Andy Bolton, Donny

Thompson, Paul Childress, Matt Smith, Brad Gillingham, Scott Mendelson, Jeff Lewis, Mike Ruggeria as well as most of the name attending. Miller says anyone who thinks they're man enough to lift in this crowd should step up.

Now a coupla guys've told me Mike talks big then doesn't show so let's see who, pie thrower or pie taster's got the 'nads to make it

I'll tell you what. One guy who'll show is our last strongman champion, top shelf superhero Josh Bryant, the guy who push pressed 445 overhead and shrug bar deadlifted 840 like it was paper mache. Also Vinnie Dizenzo, the guy backs down from nothing, wide as a house and drive to match. With a grin and a shrug he locks iron hands on the bar and competitors shake in their shoes. For the first time we've also got a couple of entrants from the fabled Westside Barbell Club. From those vaunted halls Mike Wolf and Nick Winters will be carrying the chained dog standard for Louie Simmons.

We'd also really like to see Gary Frank in fact anyone who wants to roustabout with nothing between them and the barbell but iron drive and a whole lot of guts. We'd also really like to see Conyers and some of the other lightweight wolverines.

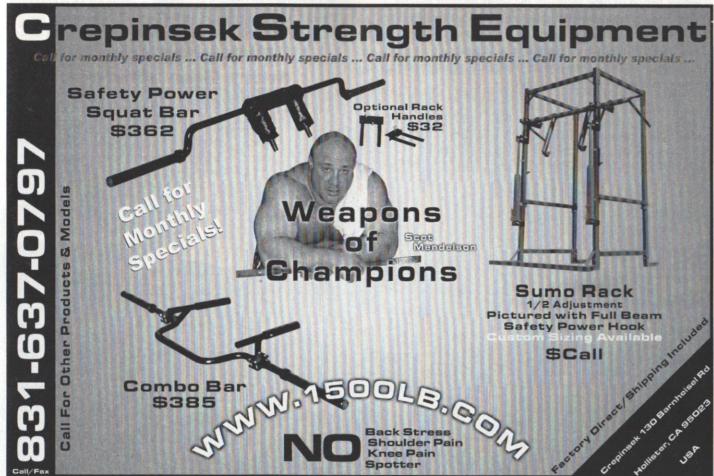
One lift specialists? Well, how about Captain Kirk firing up those ginormous thighs to challenge the gods on the squat platform. He'll show us how it's done sans the wraps and belt. Speaking of raw power Jeremy Hoornstra will be back up from Tallahassee. Yup, this is the guy who tipping the scales at 237 jumped from 315 to 495 while warming up on the bench. Banging out an easy triple Eddie Coan figured Hoornstra was good for 8. He'll be chasing Mike McDonald's bench record. In our last raw meet he benched 605 three times though each red lighted on a technicality.

Crown Jewel in the specialists is none other than Andy Bolton who predicts he'll be pulling and even grand, that is 1000 pounds, in the

To keep the lions from shredding each other will be the legendary lion tamer Eddie Coan as head judge. The redoubtable maestro of metal Bill Kazmaier will be MC-ing on the mike. These guys will be checking knee sleeves and wrist wraps to make sure none of the lions are clowning around.

May sixth at the Mullins Center UMASS, Amherst promises to be a thermonuclear meltdown. I'll be calling the battle from the safety of the announcing table; you can't keep me from this type of gladiatorial combat. Aw who am I kidding, I'm not into lifting, just there for the bikinis. How about you? Iron, flesh or fists? Take your pick.

Marc Cavigioli





BENCH		Grasonville, MD A. Calabrese 2	C D.m.
WOMEN		Junior (19-23)	M. Kar
132 lbs.			65 Teen
Master (40-4	4)	Open	M. Par
K. Brayton	85	J. Richard 3	Submas
MEN		220 lbs.	B. Batis Master
114 lbs.		Open	V Doce
Open		and the second	D. Fuse
Master (45-4		242 lbs.	D Van
G. Murphy,	Jr.	Master (40-44)	Marton
200		R. Robinson 4	1 Wai
148 lbs.		Master (50-54)	D Pod
Master (40-4	4)	R. Barley -	
S. Gregori	255	275 lbs.	r. Mett
165 lbs.		Master (40-44)	B. Fabi
Opn		S. Kuzma 4	160 Master
M. Hodge			Monter
181 lbs.		D. Joy, Sr. 3	325 P. Mea
Collegiate			J. Burk

Best Lifter Female: Kathy Brayton. Best Lifter Male: Randy Robinson. I praise the Lord for all 12 lifters at my 5th Annual "Pocket Samson's" Christmas Bench Press Championship. This year's event was held at the Island Athletic Club in Grasonville, MD. One female and 11 men competed. Mrs. Kathy Brayton made two of three lifts, just barely missed the lock-out on getting 165 lb her final attempt of 95 lbs., as her husband before passing on my third and final attempt. Kent Island High School graduate Andrew Calabrese had a nice three for [three day. The Don Joy, Sr., had a three for three day also, as he benched 325 lbs. with a sore arm at a young ripe age of 74. Our "big three" lifts of the day were by Randy Robinson at 275 lbs., Scot Kuzma at 460 Robinson at 275 lbs., Scot Kuzma at 460 lbs., and Petey Cropp at 420 lbs. I'd like to thank Mr. and Mrs. John Murphy, of Island Athletic Club, for the use of their beautiful gym, all the lifters who competed, to mon and dad, Mr. And Mrs. Glenn and Treva Murphy, and especially Mr. and Mrs. Mike Lambert of Powerlifting USA magazine. "The" one and only nowerlift magazine. "The" one and only powerlift magazine. Merry Christmas and Happy New Year! (Thanks to Glenn Murphy for to results)

USAPL MA/RI States Open 19 NOV 05 - Warwick, RI

BENCH				
MALE				
M. Levine	255			
J. Hadad	315			
J. Bourgault,	Sr.	-		
FEMALE	SQ	BP	DL	TOT
Teen	No. No.			
A. Saccocio	275*	125	250	650
Master				
T. Ward	205	100	260	565
D. Crosby	220	125	215	560
L. Roderick	215	130	245	590
Open				
J. Perry	320*	200*	325*	845
A. Saccocio	275*	125	250	650
T Cowan	145	200	145	490

	THE RESERVE	0.000	200			1000	275 lbs.	-not 700t	Open		MEN	HIZIC	303.
		Allen		Section 1				500* 700*	Open 165 lbs.		132 lbs.		
	THE RESERVE OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN THE PERSON NAMED IN COLUMN TWO IS NAMED IN THE PERSON NAMED IN THE PERSON NAMED IN THE PERSON N	4	195				1700*				Teen (1:		
		0		9 69			*=RI State Records. W	Man's Overall Best	132 lbe		R. Cook		275!
							Lifter: Jennifer Perry.	Men's Overall Best	T (12 16)		165 lbs.		2/3.
							Lifter: Steve Beaupre	. 9 for 9: Garrett	D. Cooks				
Mrc Kathy Bray	ton making a stro	no 85 lb 1	pencl	nres	s at th	ne 5th	McDonough. Officials			100000	Open		FOOL
Wils. Ratily Diay	C "CI :	lig os io. k		pico	un ba	" Doct	Wencus, Rene Moye				L. Falco		500!
annual "Pocket	Samson" Christm	nas bench	press	to ea	m ne	Dest	Sean DiCataldo, Joe I			-	181 lbs.		
Lifter - Female at	ward. (photograp	h provided	by G	lenn	Murp	hy Jr.)	tors: Gerg Kostas, Ren	ne Moyen, and Disa	A. Debonis		Teen (1	/-19)	
Liner remaie a	maran (priotograp		/		,	, , ,	Hatfield. This event				. Bialo		455!
							including multiple ent				Open		
5th Pocket Samso	on's Christmas BP	MALE					lifters who entered				D. Alve		550!
10 DEC 05 - G	rasonville MD	Spec. Olympi	ics				division. The lifters				R. Dick		540
	nusonitine, mis	S. Burns	235	175	275	685	New England to comp	pete in this contest.	181 lbs.		Police/		
BENCH	A. Calabrese 240	M. Kardok	245	185	335	765	This event featured a	multitude of quality	Open		D. Avei		550!
WOMEN	Junior (19-23)	Teen					USAPL lifters of all a			350!	220 lbs.		
132 lbs.	B. Myers 203	M. Parillo	500	300	540	1340	women, this time wi	th one session and	L. Heeter	315	Teen (1	7-19)	
Master (40-44)	Open	Submaster	500	-			three flights. Thanks			285	A. Cicc	one	410!
K. Brayton 85	J. Richard 350	B. Batista	475	415	525	1415	Moyen, Disa Hatfiel						
MEN	220 lbs.	Master I (40-		4.5	323		Fitness for hosting	another successful	Teen (17-19)				
114 lbs.	Open	K. Rossi	525	425	585	1485	event. Thanks again to	Mike of Northeast	A. Ciccone	285			
Open	P. Cropp 420	D. Fusco	480	310	505	1295	Fitness for the continu	ed use of his excel-	Ironman	1	BP D)L	TOT
Master (45-49)	242 lbs.		425	450	425	1300	lent facility, which fee						
G. Murphy, Jr.	Master (40-44)	P. Vega		430	723	1300	platforms! Thanks as	always to all our	Sp. Olympian				
200	R. Robinson 475	Master II (45		275	540	1340	judges, spotters, lo	aders table help	b. bissett	1	135 2	45	380!
148 lbs.	Master (50-54)	L. Weinstein	540	335	525	1400	sponsors, and everyon)			
Master (40-44)	R. Barley —	D. Roderick	0.7.07		430	1120	with hosting this ever		d. Dessau		320 3	65	685
S. Gregori 255	275 lbs.	r. Mettivier	430	260		1075	thanks to you, the lift	are who continue to	198 lbs.	GASG			
165 lbs.	Master (40-44)	B. Fabiano	350	320	405	10/5	support our USAPL e		Master (50-59	0			
Opn	S. Kuzma 460	Master III (5		250	500	4455			r. Barna		260 3	85	645
M. Hodge 245	Master (70-74)	Montembault		350	530	1455	hope that everyone		242 lbs.	H EUE			100
181 lbs.	D. Joy, Sr. 325	P. Mears	440	245	470	1155	and I look forward to		Open Open				
Collegiate	on the stuy a tall	J. Burke	340	280	410	1030	the spring. God	Bless, Tours III	W. Allison		450 6	20	1070!
	Kathy Brayton. Best	J. Wild	355	170	385	910	Powerlifting. (Meet		Raw	-	130		10,01
	Robinson. I praise the	Master IV (5					Greg Kostas, MA Sta	te Chairman)	165 lbs.				
	ers at my 5th Annual	J. Rizza	410	180	410	1000			Teen (17-19)				
	Christmas Bench Press	J. Medelros	135	375	135	645	Immaculate H	leart of Mary	A. Debonis		225 3	365	590!
	year's event was held	Master V (00			-		10 DEC 05 - Yo		181 lbs.		223 3	03	330.
	Club in Grasonville,	C. Farrison	465	315	500	1280							
	d 11 men competed.	Open					BENCH	J. Fiumara 360		and the last	350 3	365	715
	nade two of three lifts,	140 IDS.					MEN	198 lbs.	L. Spirtos			300	500
			525	275	540	1340	148 lbs.	Master (50-59)	D. Romeo	and the last	200 3	.00	300
	he lock-out on getting						C. Venturella 400!	R. Barna 260					
	95 lbs., as her husband	3. Deaupie	600	385	575	560	Master (40-49)	220 lbs.	Teen (17-19)		205	110	COEL
	de an easy 175 opener,		550	385	550	1485	C. Venturella 400!	Master (40-49)	A. Ciccone		285 4	the	695!
	out a 200 lb. press,		430	260	430	1120	181 lbs.	S. Berishko 350	(Thanks to Ro	n DeAn	iicis for	me	resuits)

Master (50-59)

370

365!

350

350

DEADLIFT

Master (50-59)

Master (40-49)

. Berishko

Open S. McKenzie 365!

198 lbs

R. Barna

220 lbs.

242 lbs.

Open R. Skaris

Raw FEMALE

B. Kolling S. Popovich 242 lbs.

Teen (13-16)

1210 McLaughlin 480! W. Valentine 350

1485 Open 1400 J. Peshek 1320 R. Bourn

SHW

B. Shreffler 3 Master (40-49)

Master (40-49)
J. Wilson 3
Master (50-59)
R. Boyer 3

1235

1340

1295

1490

1125

1580

1525

1510

425 1200

575 535

500 525

435

600 585

560

475 415 300 350

. Gasinowski 485 285 525 . Cowan 420 330 460

525 500 470

365

610* 370 520 420

370

425

400 325

325

450

R. Cowan

McDonough

. Perry, Jr. . Kluth

220 lbs.

K. Rossi

242 lbs.

Grady

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SLP Ohio State 12 NOV 05 - Hamilton, OH Master (60-64) Teen (18-19) Smallwood 220 lbs. B. Hamme P. Carman Master (55-59) 165 lbs. Police/Fire Master (40-44) M. Harmon 308 lbs 4th-110 P. Newton Novice 148 lbs D. Pfeiffer D. Pfeiffer 75 4th-85* 4th-85 275 lbs 165 lbs 325 Teen (16-17) 4th-340 275 S. Lenegar 181 lbs 198 lbs. J. Cole 181 lbs 375 SHW 220 lbs. 242 lbs. A. Walker 308 lbs. Master (40-44) 220 lbs. Pfeiffer SHW 242 lbs. D. Nieman R. Manne 4th-515 4th-615 J. Ritzler Master (45-49) 242 lbs. S. Vickery Master (45-49) Police/Fire 198 lbs. 275 lbs. T. Baker G. Clavman Master (50-54) D. Sparks 198 lbs. K. Kimbrell 242 lbs. A. Waterfield 405 G. Benford 220 lbs. DEADLIFT



Special SLP Awards: to Darris & Cathy Sparks and Scott Vickery, at the Ohio State BP (Dr. Darrell Latch)

220 lbs.

242 lbs.

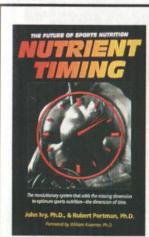
Pfeiffer

K. Hampton 2 Master (65-69)

R. Tyo 4th-600

I. Pfeiffer

Master (40-44)



WOMEN

165 lbs.

B. Sellman

Master (55-59)

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 hody 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

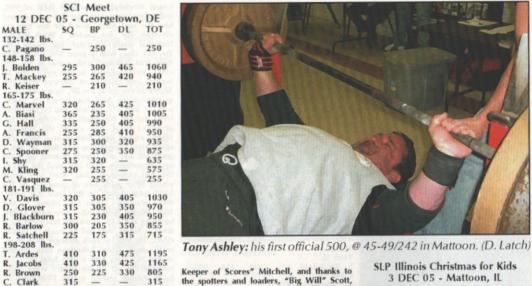
148 lbs

Teen (16-17)

R. Carman

R. Tyo 4th-600 175 D. Pfeiffer *=Son Light Power Ohio state records. Rest Lifter Bench: Scott Vickery. Best Lifter Deadlift: Ray Tyo. The Son Light Power Ohio State Bench Press/Deadlift Championship was held at Samson Gym in Hamilton. Ohio. Thanks to owners Darris and Cathy Sparks for once again sponsoring this with her opener of 225 three times at teenage 18-19/148 and bowed out of the In our raw division, Wisconsin's own at shw with his 430 opener. Aaron Walker record at 242 with his 605 final attempt, failed to get in a good lift, missing 610 on his final attempt. Best lifter Scott Vickery got his opener of 675 at 40-44/275, but failed with 700 twice. Still a great state record for the class! For the 45-49 group it was Glenn Clayman with 415 for the win. At 50-54/181 Darris Snarks also failed to it was Glenn Clayman with 415 for the win. At 50-54/181 Darris Sparks also failed to

record at 60-64/198 with 430! Paul Carman won at 220 with 300. Paul Newton settled with his opener of 380 at police & fire/308 after missing with a PR 410 twice. Dustin Pfeiffer won his second title of the day with S. Baker 555 his 85 at open 148. Bryan Wheeler won the A. Waterfield 475 165's with 325 over Stephen Blue, who settled with 275. Bryan went on to get a big settled with 275. Bryan went on to get a big 340 fourth attempt. Danny Meng got his first official 400 bench with his win at 181. Jeff Cole took the 198's with 375 while John Pfeiffer won at 220 with 325. J.J. Trusty pressed a strong 500 for the win at 242 while Jereme Sager took the 308's with 525. Jereme followed that with a great PR event. In the bench press competition state 540 fourth. Big Dave Nieman got his first record holder Brittany Hammons failed official 500 bench at shw, but returned for In our raw division, Wisconsin's own competition. Taking the master women's Dennis George set the state record at 45-55-59/165 class, and upping her own Ohio state record to 110 was Marianne Harmon. For the novice men's division it was Dustin Kimbrell won at 181 with 405. For the open Pfeiffer establishing a new state record at 148 with his 85 fourth attempt. Randy Kirby won at 275 with 415. In the teenage men's 16-17 and 181 with 405. won at 275 with 415. In the teenage men's Harmon continued her winning ways, set-16-17 age division Steven Lenegar raised ting a new state record at 55-59/165 with won at 275 with 415. In the teenage men's
16-17 age division Steven Lenegar raised
his 2004 state record at 165 twenty-five
210. Dustin Pfeiffer also continued at
pounds to 350! In the junior men's division
Matt Adams got a new PR at 181 with 315,
while first-time lifter Anthony Angel failed
at shw with his 430 opener. Aaron Walker
16-17/198 with 370. For the submaster looked strong at submaster 242, finishing with an easy 405. For the master men's 40-40 age group it was John Pfeiffer with 325 for win at 220. Roger Manns broke the state with 325 with 370. For the submaster division Ray Tyo won at 242 with 570, followed by a great PR 600 fourth. John 44 age group it was John Pfeiffer with 325 with 365 with 40-44/220 class with 36 59/165 with 240. Tom Hall, after pulling a then came back with a successful fourth of career-best 500 national record two weeks 615! Past state record-holder Jeff Ritzler ago at the ANPPC Nationals, locked out his opener of 455 for a new state record at 65-69/220! In the open division it was Dustin Pfeiffer again at 148 with 175 while Bryan Wheeler won his second title at 165 with 425. John Pfeiffer took the 220's with 365 it was Glenn Clayman with 415 for the win. At 50-54/181 Darris Sparks also failed to get in his opener, missing three times with 375. Gary Benford got a new state record at 50-54/198 with 480, then tried an amazing 500 fourth attempt. If Gary would have made this lift he would have been the only lifter over the age of fifty to bench 500 lbs. at 198! I'm sure that weight will be his in, his next competition! At 220 it was Bill Sellman, who seemed to get stronger with each attempt. Kenny Hampton set a new personal record at 55-59/165 with 170. Wayne Smallwood, who will soon turn 65, again next year! (from Dr. Darrell Latch) For the 242 class it was Ray Tyo for the win



Keeper of Scores" Mitchell, and thanks to the spotters and loaders, "Big Will" Scott, Mike "Ab Man" Brittingham, Mr. Tony Mike "Ab Man" Brittingham, Mr. Tony Drummand, and Bey-Bey "The Boar" Watson. The judging was great and thanks to Warren "Mandingo" Perry for organizing and judging this meet, along with Judge Joe "The Beast" Powell, who did an outstanding job with crowd control. Thanks to Scott "The Wease!" Morgan, and Tom "Where's the Stash" Carver for allowing this event to take place. Thanks to our this event to take place. Thanks to our great warden and all the SCI staff for their R. Williams 505 535 570 1610 cooperation in this matter. Lift on! A big We would like to give a big thank you to thank you to Mr. Warren Perry, who has the following people: Thanks to all the worked in this glorious place for the last 27 lifters who took part in this years 27 years, with such a good attitude. Also, M. powerlifting meet. Your hard work shows Mr. Perry was our guest lifter and placed with your results. Thanks to Bruce "The well. Thanks to all. (results - Mike Clough)

3 13/2 12 11/11	attoom to t	
SLP Illinois Ch	ristmas for Ki	ds
3 DEC 05 -	Mattoon, IL	
NCH	K. Farley	525
EN	4th-540	
en (13-15)	DEADLIFT	
12 lbs.	WOMEN	
Sargent 220	Junior	
4th-230	181 lbs.	
en (16-17)	L. Carr	245
32 ;lbs.	MEN	
utierrez, Jr. 245*	Teen (16-17)	
aster (45-49)	132 lbs.	
12 lbs.	Gutierrez, Jr.	365
Ashley 500	Junior	
aster (50-54)	148 lbs.	
75 lbs.	D. Frost	245
. Ferguson 405	Master (40-44	1)
pen	220 lbs.	
0 lbs.	Mocilan, Jr.	570

I. Ewing Master (45-49) Open SHW Raya Master (50-54) 242 lbs

*=Son Light Power Illinois state records Best Lifter Bench: Kevin Farley. Best Lifter Deadlift: Mike Raya. The Son Light Power Christmas for Kids Bench Press/Deadlift Championship was held at the Cross County Mall. A special thanks to the Mall Association for their continued support of this annual event. In the bench press competition, first-time lifter Dalton Sargent won al 13-15/242 with 220, followed by a successful fourth of 230. At 16-17/132 it was Adrian Gutierrez, Jr. with a new Illinois state record of 245. Tony Ashley got his first-ever 500 bench at 45-49/242! Local attorney Mark Ferguson did well at 50-54/ 275, taking that class with 405. Then at open 220 we had best lifter Kevin Farley. Kevin finished the day with new personal bests for his third (525) and fourth (540 attempts. In the deadlift competition it was Lacee Carr for the win at junior women/ 181. Lacee, who came down from Holland Michigan with her brother T.J., finished with a state record 245. Adrian Gutierrez Jr. set his second state record of the day at 16-17/132 with his 365 opener. Duane frost returned to competition after a year off to capture the title at junior 148 with 245. Steve Mocilan, Jr. won at 40-44/220 with 570, but came back with a strong PR with 570, but came back with a strong Pk state record 600 fourth attempt! Mike Raya once again captured the best lifter award of the deadlift competition with a solid 550 at 45-49/198. Then at 50-54/242 it was the "world's strongest Roto-Rooter Man" James Ewing. James finished with 450. In the open division T.J. Carr set the state record at shw with 580. Thanks to my son Joey and grandson Daniel for all their help. See you all again next year. (Thanks to Dr. Darrell Latch for providing these contest results)



. Hawkins

220-230 lbs

G. Samuels 242-252 lbs

275-285 lb

M. Rogers

230 380 225 835

335 405

455 525

325 450 1225

1475

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It will give you the information you need to get the maximum amount of strength and muscle for your weight class, how best to weigh in, and how to perform your best at competitions.

USAPL Dakota Open 4,5 NOV 05 - Rapid City, SD

BENCH Master WOMEN R. Lang 275 lbs. 402 Teen (12-13) 123 lbs. C. Merrival K. McKnight 568 Teen (14-15) 123 lbs. Master (60-69) 165 lbs. A. Pond . Oohs 148 lbs. Master (70-79) D. Michello 104 G. Handley 192 Teen (16-17) K. Carlow 210 M. Shane Open 123 lbs. 242 lbs. Merrival R. Lang G. Elliott MEN 401 Teen (16-17) 275 lbs. 132 lbs. I. Tetreault 440 D. Clifford 198 lbs. D. Pearce 365 D. Michald DI TOT WOMEN SQ BP Teen (12-13) 132 lbs. C. Merrival 110 82.5 187 379 Teen (14-15) V. Baldwin 176 77 220 473 D. Michello 83 93 236 423 Teen (16-17) 105 lbs. 115 93 170 379 Master (40-49) 123 lbs 220 104 236 561 . Mach Master (50-54) 165 lbs. D. Killuero 242 132 247 621 . Canfield 242 187 291 720 MEN Teen (12-13) 165 lbs. 132 110 176 418 A. Meyer Teen (16-17) 123 lbs. lealousofhim 143 115.5 247 506 D. Clifford 182 126 247 506 D. Michaud 264 247 352 869 C. Herrmann 440 242 500 1182 een (18-19) 181 lbs. Tabor 330 225 423 979 Master (40-49) 198 lbs. F. Steinbach 500 846 484 1351 242 lbs. Martinmaas 225 291 352 869



In his first meet - Cvril Martinmaas @ the YMCA Dakota Open (Craig)

Master (50-5	9)			
123 lbs.				
A. Galant	335	154	341	830
165 lbs.				
S. Hill	352	231	363	946
Master (60-6	9)			
165 lbs.				
J. Oohs	302	208	302	805
Open				
165 lbs.				
C. Nelharth	434	319	500	1253
181 lbs.				
J. Frank	550	385	489	1424
220 lbs.				
D. Laprade	429	264	462	1155
275 lbs.				
				1596
			506	
Another great	meet!	Lifters	from f	ive state
competed! M	any ne	w state	e recor	ds were
set and old on	es brok	en. A b	ig fat th	nank you
to our spons	sors: T	wo W	heeler	Dealer,
Mike Laird, C	ombo	Pack St	rength	Systems,
Boyd's Drug	, Blac	k Hill	Bagel	, GNC,
Western Dak	ota Ins	urers,	House	of Pain,
and Microtel				
a huge thank	you to	all my	help t	hat day:
Jim M., Brian	W., S	teve L.,	Larry	A., John

3 DEC				
BENCH		SH	W	
MEN		Ma	ster II	
220 lbs.		1. 1	Bible	430
Open				
A. Campbell	295			
MEN	SQ	BP	DL	TOT
132 lbs.				
Teen I	13.34	-		
J. Barrett	290	165	280	
L. Clifton	215	125	245	585
148 lbs.				
Teen II				
M. Hollingsw	orth	270	205	305
780				
165 lbs.				
Teen II				
L. Birchfield	375	200	420	995
Open				
M. Weller	470	-	-	-
181 lbs.				
Teen II				
J. Evans	320	185	345	850
220 lbs.				
Teen I				
R. Burt	135	200	575	910
College				
M. Doty	550	340	600	1455
242 lbs.				
Open				
J. Vitatoe	600	440	550	1590
J. Robertson	470	300	500	1270
275 lbs.				
Open				
J. Bailey	350	375	405	1130

a freshman. Jordan also managed to qualify running the table, along with my wife, for USAPL High School Nationals. In the 148 class, Mark Hollingsworth posted a for his use of the great Ivanko bar. Alex nice 780 total, and all of his lifts were raw. Campbell, Meet Director. (from USAPL)

B., Ron R., George E., Kevin M., Dianne M., Tim H., Aaron M., Chad O., Danielle P., with plenty to spare. That fine total earned him the best lifter award for the teenage & Key, Jamie, the best boss ever, Emily W., our fantastic state chair, Steve Howard, and my husband without whom I wouldn't know anything about powerlifting, Todd. See you all in the spring. (Nicole Craig) injury, just missed an attempt with the American record in the BP, then came back to rebreak his American record DL twice, with 55 and 575. He will also be attending High School Nationals by virtue of his previous total. For all of the teenage lifters, except Rees Burt, it was their first sanctioned competition and they all did a great job and are eagerly training for their next opportunity. Matt Doy took the win in the 220 collegiate class. Matt is a great young lifter with lots of promise, as his 1455 total shows. In the open full meet, there was also some fine lifting. In the 165s, Michal Weller hit a nice squat before bombing in the BP. It was his first meet back since a bicep tear and he made a valiant effort. He will be back stronger than ever, really soon. Jason Robertson took second in the 242 class with a nice total of 1270, considering all of his lifters were raw Justin Vitatoe posted a fine 1590 total to win the 242 class. He also won the best lifter award for the open classes. John Bailey also hit a nice total of 1130, will all raw lifting to win the 275 class. John Bible was entered in the open and masters classes at SHW. He notched a nice squat and a good bench that was raw. His DL gave him a nice 1640 total to qualify him for USAPL Master's Nationals. In all, it was a great day for powerlifting in the state of Tennessee. Five teen lifters got to see their first official competition, three are now qualified for high school nationals, and two American records were broken. In the adult classes, many guys enjoyed their first USAPL competition, set new PR'S, and made some new friends. Not to mention Master II
J. Bible 600 430 610 1640
The first USAPL state championships, in more than six years, was held in Elizabethton, TN. There was a good mix of young and old lifters to get the USAPL off the ground again, in the state. There were only two bench only competitors and John bible won the match-up with his nice 430 raw, beating out Alex Campbell with a 295 opener. In the full meet competition, there was lots of great lifting from the high school competitors. Jordan Barrett nudged out a win by way of his nice total of 735 over Logan Clifton, who managed a 585 total as a freshman. Jordan also managed to qualify

SHW

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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarity or permanently, suspended, and/or derined for my failure to obey 1.248PL rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test requirition are membership.

nas approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences positive test reparding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is more responsibility to stay current with any USGC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consider that the proposition of that banned substance and shall accept the results and consequences of that test. If I am suspended from membership for any reason, including testing positive for a banned substance or doping method. I permit USAPL to publish my name as a suspended member and/or a my who is suspended for testing positive for a banned substance or doping method in that USAPL, so chooses.

SIGNATURE:	If ur	nder 21 yrs., Parent Initial:	Date:	Prior Reg. #
Name:	A STREET AND A STREET	Phone: ()	E-Mail:	THE RESERVED AND THE PARTY AND
Address:		City:	State:	Zip Code:
Date Of Birth:Ag	e: Sex: U.S. Citize	n?USAPL Registere	ed Club Represented:	· 通道。
Membership Prices: (please circle one • High School Seasonal (6 mo. Only goo Competing Divisions: (please circle all	d Dec. 1 thru May 31) - \$15.00	Upgrade from current	HS Seasonal to HS Div. Full year	• Youth (10-13) - \$15.00 ar - \$15.00 -23 yrs.) Master (40 yrs. & up
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Membership Price: \$ Merchandise Total: \$ Merchandise Shipping: \$5.85 Total Purchased: \$

al - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

SLP Midwest Open 30 Oct 05 - Indianapolis, IN

BENCH 4th-165 Master (60-64) 242 lbs. WOMEN Master (55-59) 165 lbs. G. Gulley 340 DEADLIFT M. Harmon MEN WOMEN Master (55-59) Novice 242 lbs 165 lbs R. Carlile M. Harmon 205* 4th-290 MEN Teen (13-15) Novice 148 lbs. 220 lbs. 405 220 B. Newby K. Fetter 242 lbs Teen (13-15) M. Ladd 255* Teen (18-19) K. Fetter Teen (18-19) 210 I. Beasley 148 lbs. J. Beasley 335 I Ruiz Submaster 198 lbs. Submaster 242 lbs I. Ellis C. Holloway 350 242 lbs C. Holloway 570* 275 lbs. R. Allen 425 4th-580 Master (40-44) Master (40-44) 308 lbs. R. Nicodemus 550* 198 lbs. T. Conner 4th-575* R. Nicodemus 490* Master (55-59) Master (45-49) 165 lbs. K. Hampton 210 198 lbs.



Marianne Harmon - with an SLP IN State Record 105 @ 55-59/165

lifting raw and finishing with 270, followed the state record at 60-64/242 with 340. In by a 290 fourth. At teenage men 13-15, the deadlift competition Marianne Harmon Kevin Fetter won at 148 with 220 while Mike Ladd took the 242's with a new state record of 205. Newcomer Bill Newby record 255! For the 18-19 division Joseph did well at novice 220, finishing with 405. Beasley won at 148 with 220 while Luis In the teenage 13-15/148 class it was Kevin D. Goble 425* 4th-220 Master (55-59) Master (60-64) 242 lbs.

K. Hampton 160 B. Donovan 475*
*=Son Light Power Indiana state records.

Best Lifter Bench: Tracy Conner. Best Lifter Bench: Tracy Conner a new personal best 315. Joe Ellis failed broke the state record at 40-44/198 with a new state record 560 three times for the best broke the state record at 40-44/198 with a the submaster 198 class it was keving the first code in the teenage 13-15/148 class it was keving the first code in the teenage 13-15/148 class it was keving the first code in the teenage 13-15/148 class it was keving the first code in the first power at 188 power a Best Lifter Bench: Tracy Conner. Best Lifter Deadlift: Kevin Fetter. The Son Light broke the state record at 40-44/198 with some state record 560 three times for the son Light broke the state record at 40-44/198 with a new state record 560 three times for the son Light broke the state record at 40-44/198 with some state record 560 three times for the son Light broke the state record at 40-44/198 with some state record 560 three times for the son Light broke the state record at 40-44/198 with some state record 560 three times for the son Light broke the state record at 40-44/198 with some state record 360 three times for the son Light broke the state record at 40-44/198 with some state record 360 three times for the son Light broke the state record at 40-44/198 with some state record 360 three times for the son Light broke the state record at 40-44/198 with a new state record 360 three times for the son Light broke the state record at 40-44/198 with a new state record 360 three times for the son Light broke the state record at 40-44/198 with a new state record 360 three times for the son Light broke the state record at 40-44/198 with a new state record 360 three times for the son Light broke the submaster 198 class, dropping out of the submaster 19

Next was 60-64/242 winner Barry Donovan with a new state record 475. Thanks to my son Joey and others who helped with the loading, spotting and judging duties. (Thanks to Dr. Darrell Latch for the meet results)

USAPL Albany Strength 01 OCT 05 - Albany, NY

MALE											
J. Zincle	440										
M. Moore	350										
WOMEN	SQ	BP	DL	TOT							
Open (Formul	a)										
C. Smith	360	220	375	955							
Windhaussen	305	165	300	770							
W. Slicor	125	115	205	445							
MEN											
Open											
148 lbs.											
J. Chromczak	305	280	395	980							
T. Decamp	125	80	175	380							
T. Albano	-	-	-	-							
181 lbs.											
L. Gibson	630	460	660	1750							
T. Piazza	460	300	500	1260							
K. Turi	380	290	405	1075							
J. Collazzo	340		350	1000							
P. Armlin	235	250	370	855							
Special Olympian											
D. Decamp	250	160	300	710							
198 lbs.											
A. James	450	315	550	1315							
220 lbs.											
R. Cancelino	550		600	1535							
R. Hansen	525	380	625	1530							
C. Solyna	500	330	610	1440							
242 lbs.											
K. C.	510		540	1505							
F. Panaro	485	300	590	1375							
275 lbs.											
F. Tisco	675		645	1845							
C. Infuma	605		530	1500							
J. Bogart	450		440	1340							
T. Buzzeo	450	345	480	1275							
SHW											
J. Zincle	440		550	1370							
(Thanks to U	SAPL	for pro	viding	results)							

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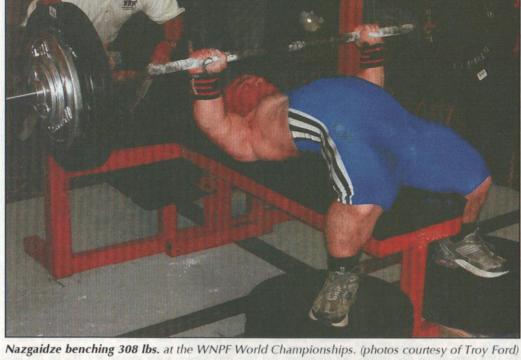
Larry Valis, Vice President Equitable Life

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(continued from page 43)

(40-49)

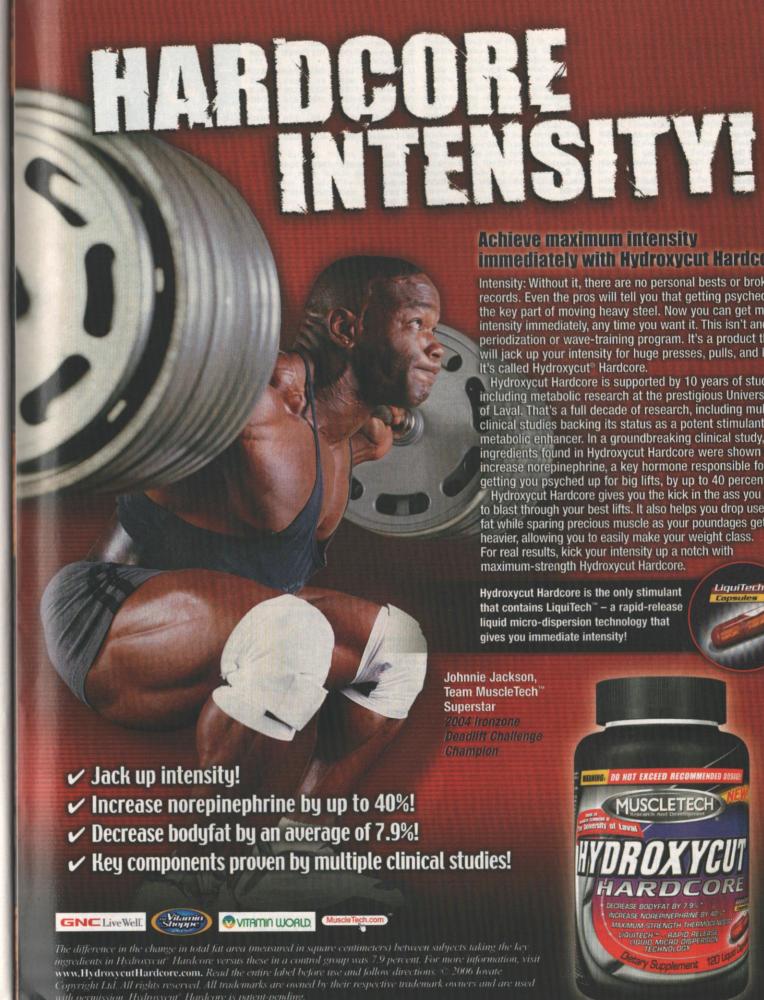
Open	v yatev	Carr	ar regy lig	162
Hockeborn (40-49)	94!	Skinr T Ra	ier ichmaye	140 r 135
Hockeborn	94!	Hale		129
Spano	69	(17-1	9)	
165 lbs.		Turne	er affrey	140! 76!
Open Digrazia	91!	(50-5		, 0.
MEN		Scara		129!
148 lbs. Open		Open		
Powell	129		grande*	179
165 lbs.		Dicia		173
Open Lara*	162!	Mars (40-4		151
4th-168!	102.		as	179
Lichtle	146		th-190!	M. INC.
Artur Slagus	140 125	Willi		146
(50-59)		(60-6	9)	
Hoxworth	114!	Turne		125
Leggs (60-69)	82	(40-4		
Lichtle	146!	Slagu	15	185!
181 lbs.		SHW		
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(40-49)		Ramo		-9
Wilhelm 198 lbs.	173!	(40-4 Wani		129
Open		***		
Carr	162			
Skinner Haley	140 129			
Ironmaiden	AR.	BP	DL	TOT
123 lbs.				
Open Raw Benner		187!	270	457
(40-49) Raw			A Cash	
Benner		187!	270	457
132 lbs. Open Raw				
Hockeborn*		214	292	507
(40-49) Raw Spano		110	297	407
Ironman		110	237	407
148 lbs.				
Open Raw Wilson*		308	507	815
(40-49) Raw				
Wilson* 165 lbs.		308	507	815
Open Raw				
Legg (50-59) Raw		220	325	545
Legg		220	325	545
181 lbs.				
Open Zimmerman		391	457	848
Subs Zimmerman		391	457	848
Open Raw		391	43/	7
Rijos* (50-59) Raw		270	584	854
(50-59) Raw Crawford		281	451	733
198 lbs.				
(50-59) Scaranda		231	485	716
220 lbs.				
(17-19) Raw Kemble		380!	440	821
Open				
Diciano Open Raw		413	540	953
Caffrey		319	474	793
(60-69) Raw Turner		181!	303!	485
242 lbs.		101.	303.	403
Open Famiano*		540	-72	1112
Cathie		451	573 523	1113 975
Open Raw			500	
Haddaway 275 lbs.		363	529	892
Open Raw				
Datukishvili (40-49) Raw		418	551	970
Vellucci		391	584	975
SHw (40-49) Raw				
Wanner		314	474	788
Brown	I.I. D	231	402	632
!=WNPF Wor	id Kec	ords.	*=Best	lifters.



Deadlift, Powercurl and Ironman/Maiden Klaassenand Gerken all set new WR in lb. bench. Jeff set a new WR in the police

Championships was a huge success. We had lifters from the USA, Canada, Puerto Rico, Brazil, Republic of Georgia. We WR's in the 123 & 132 classes. Both of class that either started to high, locked want to thank the lifters that traveled from so far away to attend our annual championships. We hope that you and many more lifters from other countries will attend the was powerful hitting 369 lbs, in the bench their mistakes and come back strong in 2006 championships. We invite lifters from other countries to attend, as long as they are drug free. Speaking of drug free, wo lifters tested positive and one lifter raw open and subs in the 165 class and he mers, Cline and Sullivan all won their is appealing the test results at this time. also won the open powercurl division. classes in the SHW. Onto the deadlift, Lifters, we are serious about testing! If Calros Artur fromBrazil won his third David Wilson set new WR's in both the our events. There are plenty of other federations that will love to have you. The venue was kind of small, but we made the best of it with two sessions each day, and this worked out pretty good. We will move the service of the state of the service of the servic our 2006 event to another meet site in Atlantic City, which is three times the size of this place. We will also host two other International meets in Las Vegas and Bill Wharry defeated Matt Turner from is to deadlift 700 pounds at 50 years of Bill Wharry defeated Matt Turner from is to deadlift 700 pounds at 50 years of Orlando in 2006. I want to personally thank the following people for all of their help at this meet: Denise Musser, Cindy Yeargin, Jim Poinsett, Bryan Sessions, Jule Dolci, Bob DeRisi, Joe Panzarelli, Burt Rosenfield set new WR in the over 70 a 716 lb. lift and Perry Thomas hitting a lift of the control o Dina DiGrazia, Lynnie Whidden, Annette division and the brother team (Bachmayer) RAW 672 lb. deadlift. David "The Giant' Schneidmill, John and Kenny Wallace, both did an outstanding job in the first Cooper hit the highest deadlift in the meet Mikey, Perry Thomas, Joe Nicolosi, Buddy WNPF World meet. Mr. Givishvili from with a 733. Mike Spahr made a 529 Schweder and his team of strongmen, Georgia set a new WR in the open raw 220 deadlift with room to spare. Irv Brown set Steve Yeargin, Tee Meyers, Laly Janus class with a 490 lb. bench. Mr. Howard a new masters WR with a 402 lb. lift and (Republic of Georgia interpreter) Roberta from NJ, Mr. Horvath from Indiana, Mr. Chane Cline hit 650 in the SHW division. Ford, and Steven Jerrell. If I did forget Lhotafrom Penn. and Mr. Brodski all won We started the powercurl a few years ago anyone please forgive me, it wasn't intentheir first WNPF World titles. Mr. Horvath
and we had no idea what was going to
told me this was his last meet. I hope not!
told me this was his last meet. I hope not!
told me this was his last meet. I hope not!
Tony I hope to see you in Michigan in
Nov. 12. They are Jimmy Judge, Annette
April. Raoul Donti from Indian hit a 567 on the challenge to see who has the Schneidmill, Cathy Falconio, Ralph bench and took three classes in the 242 strongest arms in the WNPF. Ralph Lara Robustelli, Jimmy McCreeand Bob DeRisi. Ib. class. It took Raoul three tries at this took the 165 class and set a new WR in the The strongman contest took place on Nov. massive weight. He has a major problem process. Mark Wilhelm went unopposed 13 and the overall winner was Georgia with his arm where he cannot lock out and in the 181 class but Mark is a many time native. Thanks to the many spectators that attended. The venue was packed both days and they were cheering the entire the event and he saved the best for last and hit a 174 lb. curl. Pat Carr took the open 275 lbs.

Open Raw
Op



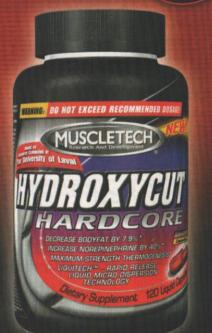
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3 DEC			demor		114 lbs. T. Caudle	115	110	170	395	M. Rivers B. Stephenson	365 290	385 305	500 405	1250 1000
ENCH	03 -				132 lbs.	175	120	265	560	220 lbs.		400	700	40204
OMEN		165 I	r (45-4	(5)	J. Maxey J. Miller	185	110	265 230	560 525	D. Allison T. Wright	65	480 415	700	1830* 1625
pen		R. W		335*	165 lbs.	103	110	230	323	S. Bowles	585 550	405	625 500	1455
23 lbs.		220 I		333	D. Jackson	210	180	350	740	C. Smith	420	235	425	1080
	145*		mpbell	345	181 lbs.	3				242 lbs.	420	200	723	1000
ubmaster			r (50-5		J. Marrow	300	255*	310	865	E. Gordy, Jr.	650	430	550	1630
81 lbs.		308 I			Teen (16-17)					308 lbs.			75	
. Stone	190	T. Fe	rguson	350	132 lbs.					M. Lovelace	800*	400	625	1825*
laster (45-49))	Maste	r (55-5	59)	C. Ladd	210	140	295	645	Teen (16-17)				
23 lbs.	all earl	242 I			148 lbs					275 lbs.				
	125	K. Gr	oves	340	R. Rosario	135	150	300	585	D. Atkins	610*	500*	525*	1635
MEN		Open	No.		165 lbs.	200	2404			Master (40-44)			
ubmaster		198		405	C. Martin 181 lbs.	300	240*	415*	955*	198 lbs.		200		****
98 lbs. Price	405	S. Du 275 I		405	J. Blakeney	145	90	225	460	M. Sunter 275 lbs.	405	300	385	1090
08 lbs.	403	P. Ca		335	Teen (18-19)	143	30	223	400	C. Worriax	575*	485*	530*	1590*
	455		(18-19)		181 lbs.					Master (50-54		403	330	1390
laster (40-45)		220 I			G. Marrow II	335*	260	480*	1075*	275 lbs.	,			
81 lbs.	T SKE	B. Pr		275	T. Gordy	335	280	390	1005	Montgomery	585	405	650	1640
. Upchurch	305*	PONTE	THE PARTY	7 10 10	Master (40-44					Master (60-64			ATTERNA	-
	SQ	BP	DL	TOT	181 lbs.					275 lbs.				
VOMEN	ME !				R. Barth	360	300	470	1155	F. McCann	405	330	435	1170
een (16-17)					198 lbs.					Master (65-69)			
65 lbs.		1	EUIF		E. Robins	290	250	315	855	220 lbs.				
	120*	85*	230*	435*	220 lbs.					T. Coble	505*	355*	530*	1390*
81 lbs.					B. Jones	400	315	510	1225	Submaster				
	245*	170*	350*	765*	T. Bowen	250	150	330	730	242 lbs.	(20	****	===	4000
98 lbs.	240*	175*	300*	715*	242 lbs. G. Crotts	555*	365	600*	1520*	J. Jobes	630	415*	560	1605
	240*	175*	300*	715*	J. Willard	380	275	425	1520* 1080	R. McMillan	505	325	510	1340
open 32 lbs.					275 lbs.	300	2/3	423	1000	275 lbs. S. Lockhart	550	370	555	1475
	1160	115	225	500	M. Ebert	365	285	500	1150	*=NC State r				
48 lbs.	1100	113	223	300	308 lbs.	303	203	300	1130	Teen/Men Ope				
	210	135	270	615	W. Marrow	335	300	515	1150	Raw Women:				
81 lbs.			-, -	0.5	Marrow, Sr.	375	330	405	1110	Cox. Best Lifte				
	290*	170*	320*	780*	Master (45-49					Best Lifter Ass				
Aaster (40-44)					165 lbs.					Best Lifter Assi				
98 lbs.	MURI				R. McClendor	410*	280	465*	1155	Teams: 1st-Ent				
. Marrow	300*	195	275*	770*	181 lbs.					Caudles/Projec				
	55	185	210	450	C. Culler	240	205	355	800	for providing	these	compe	tition r	esults)
81 lbs.					198 lbs.									
. Clodfelter	215*	125*	270*	610*	D. Pagan	350	280*	430*	1060*					
ssisted					242 lbs.	275	2004	500	****	APA Sou	theas	tern l	JS Op	en
MEN					V. Sherard	375	380*	500	1225	17 DEC				
Open 98 lbs.					Master (60-64 242 lbs.	"				BENCH	0.5		ighnote	
	475	30	540	1315	J. Mullis	405*	275*	450*	1130*			242		1
20 lbs.	4/3	30	340	1313	Master (65-69		273	430	1130	Master			halen	425
	545	300	515	1360	165 lbs.					123 lbs.		Oper		423
42 lbs.	343	500	3.3	1300	S. Brawley	285*	190*	285*	760*	K. Brown	135	275		
	500	250	600	1350	Master (70-74					4th-140			Vitmer	580
	330	325	445	1100	181 lbs.					Open		Form		
reteen (8-9)					L. Pease	125*	150*	225*	500*	198 lbs.			(16-17)
32 lbs.					Master (80-84	(1)				C. Witmer	345*		Valton	365
	110*	80*	115*	305*	181 lbs					MEN		Teen	(18-19	
1 . Stevenson					M. Gordon	155	125	210	490	Drug Free		J. Ba	nes	380
6 . Stevenson een (12-13)														
4 . Stevenson een (12-13) 48 lbs.	405	40-			Assisted					132 lbs.		Mast		
1 . Stevenson een (12-13) 48 lbs.	125	105	225	455	Open 198 lbs.					132 lbs. B. Goelz 198 lbs.	350	T. Sn Mast	nith	470

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	c/o The Walt Disney World Resort PO Box 10,000				CHECK ONE: YOU	uth Progr	am Adult Proc	ram Add	ed Benefit	YesNo
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THE A	MATEU	R ATHLETIC U	NION OF THE UNI	TED STATES, INC.	ARE YOU ALREADY	COVERE	WITH HEALTH & ACC	CIDENT INSU	RANCE?	Yes No
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m 'the TON' O'Donnell, 53 ars of age and 274 lbs. of dyweight, pulled 670 at the PA Southeastern United States en. (photograph provided by e APA President Scott Taylor)

	The second second				
	E. Fitzpatrick	315	Form		
	Master III Churchman	385	G. Sn Subm		535
_	Master IV	303	R. Su		375
	J. Yong	400	Form		3,3
425	B. Rosenfield	305	Maste		
	DEADLIFT		P. Ry		530
	MEN		Maste		
580				Donnel	1 670*
	181 lbs. D. Aguirre	520	Maste L. Ba		490
365	Teen (18-19)	320	L. Da	,	450
	WOMEN		BP	DL	TOT
380		rmula			
	L. Valentine		120	275	395
470			105	200	305
	MEN Drug Free				
	Drug Free 220 lbs.				
	J. Pritchard		375	500	875
	Formula				
	Teen (18-19)				
	M. Johnson		275	515	790
ee	Submaster		200	620	1000
60	J. Ballamare Master I		390	630	1020
	D. Brown		405	600	1005
	T. Ware		340	440	780
0	WOMEN	SQ	BP	DL	TOT
	Drug Free				
0	123 lbs.				
able	M. Kirkland 148 lbs.	380	195	375	950
0	C. McKenzie	345	165	285	795
	MEN	343	.03	203	, ,,,
teer	Drug Free				
_No	165 lbs.				
140	S. Skrip	420	270	450	1140
	181 lbs.	(00	405	405	1500
735	V. Lysobey 308 lbs.	600	405	495	1500
9	D. Nelson	450	365	415	1230
iting	Open				
ition	198 lbs.				
nual	M. Nason	325	310	445	1080
	220 lbs.				
sex	J. Pritchard Formula	7		-	
eive	Teen (18-19)				
	R. Carr	360	250	440	1050
old.			4th-DI	-460	
	Junior (20-23)			Hart	ALCOHOL:
	D. Beers	630	340	670	1640
	Master I R. Cowser	485	460	475	1420
	R. Smith	625	460 325	475 650	1420 1600
_	P. Ryan	540	315		1385

J. Sansevere 475 335 455 1245 148 lbs. (thanks to Scott Taylor for these results) L. Casanova 275* WABDL Night of the Champions

M. Ruiz Master (61-67) 01 OCT 05 - Lakeland, FL 242 lbs. Master (48+) D. Braverman 445* 259 lbs. 242 lbs. M. Willamar 300* 415* R. Zareck 130* D. Braverman 405 Teen (18-19) F. McBride 295 E. Hargrove 300 Master (68-74) S. Balliette 70 198 lbs 198 lbs. T. Trevorah 275 Submaster 220 lbs. T. Kolthoff J. Young Law/Fire L. Valentine 95* Master (48+) F. McBride Open 123 lbs. 259 lbs. M. Kirkland 205* P. Fay DEADLIFT 198 lbs. 240* FEMALE Teen (13-15) Master (40-46) 105 lbs. J. Balliette 181 lbs. C. Kirkland 240* 132 lbs. K. Sabin MALE L. Valentine 215* Teen (13-15) Master (40-46) 198 lbs. K. Sabin E. Steiz 220 lbs Open 123 lbs. T. Brown M. Kirkland 345* 165 lbs. M. O'Donnell 275 1 Vanderhern 220 250 S. Adams K. Sabin MALE Teen (13-15) 181 lbs 220 lbs. F. Striz J. Delacruz S. Lynch Submaster R. Lynch 410* 165 lbs. R. Birt 335 181 lbs. L. Widener 181 lbs. 198 lbs. 410* A. Carpenter 220 lbs. 242 lbs. 415

D. Broverman 405

Wethbrington 460

275 lbs. Wetherington 460

Master (40-46)

Master (47-53) 123 lbs. K. Snell

Master (54-60)

Master (61-67)

B. Nussehr 235 SHW

G. Raggett

275 lbs.

R. Birt

R. Kelly

D Rrown

148 lbs.

198 lbs.

T. lenkins

R. Fox

400

D. Peterson 455 J. Kinalde

C. Martinez 315 J. Cervero

D.Peterson 455* 198 lbs.

K. Conaway 370 D. Brown

lunior

475 242 lbs.

Open 123 lbs. K. Snell 198 lbs

Submaster

B. Kenyon 370* L. Widener

165 lbs. 250 C. Fountain 470*

220 lbs. 170* D. Peterso

242 lbs.

405* K. Snell

315* D. Johnson

I. Lynch

Master (40-46)

Master (47-53)

181 lbs.

B. Holton

D. Nelson Class I 250 198 lbs. J. Light 410* 220 lbs.

> Gabbett D. Braverman 445

500

450

460

610

460!

325

F. Cummings 175* bench. Ryan Birt also set a state record in lbs. to set the state record in the 165 open class with his 410 bench. Stephen Judah also won the 181 lb. Open division with his 475 lb. bench. Ryan Nelson's 415 lb. deadlift was a new state 242 lbs. Master (48+)

Master (68-74) P. Fay 545*

Metherington all won their weight classes tiffer Female Bench: Margaret Kirkland. Best Lifter Female Bench: Stephen Judah. Best Lifter Female DEadlift: Margaret Kirkland. Best Lifter Male Bench: Stephen Judah. Best Lifter Male Deadlift: Margaret Kirkland. Best Lifter Male Deadlift: Margaret North Margaret Kirkland. Best Lifter Male Deadlift: Margaret North Margaret Mirkland. Best Lifter Male Deadlift: Margaret North Margaret Snell. Team Awards: 1st-Main Street Fitness, 2nd-All American Gym. This meet was held at Louis Baltz's All American Gym. This meet was held at Louis Baltz's All American Gym. Free food was served to the lifters, Cym. Free food was served to the lifters, and Gearman Nutrition and House of Pain provided supplements and attire to all in attendance. The bench press event started off with the ladies rewriting the Florida state record books. Cari Kirkland benched a state record books. Cari Kirkland benched a win first place in the 130 lbs. to set a state record and win first place in the 13-15/181 division. Sunny Balliette took first with a 70 lb. Class with a 300 lb. bench. Richard benche in the 16-19/114 class. In the junior 198s, Lea Kretschmar benched a state record in the 18 lb. class death in first place or that earned him first place or very don 150 lbs. State records were set by a submaster division. Mighty Margaret Kirkland benched an outstanding 205 lbs. class. Ed Hargrove won the 275 lb. bench. Fred Cummings et a state record in the 148s with a 300 lb. state record in the 148 unit has 135 lb. bench in the award for the women. Kari Sabin benched a naice 240 lbs. to set a state record. In the masters 40-46, state record were set by Julie Balliette, Kim Mortimer, and Kari Sabin. The men's teen division started with Ethan Striz benching an easy 105 lbs. class 13-15 division with a 275 lb. beadlift and left Carvero won with a 465 lb. deadlift and left Carvero won with a 465 lb. deallift. The 198 lbs. class was won by Brian Kenyon with a 465 lb. deallift, and Lawrence Widener won the 259 lb. deadlift and left Carvero with a 465 lb. deallift, and Lawrence Widener won the 170 lb. bench is 170 lb. bench in the 250 lb. class and Marvin class was won by Brian Kenyon with a 465 lb. deallift. Division, with a 450 lb. beachift, and Lawrence Widener won the 259 lb. deallift. Division, Boh at 259 lb. bench. Richard has a state record with a 447 lb. bench in the 240 lb. class and Doug Peterson and Dave Class and Doug Peter Brown benched a nice 300 lb. state record Lisa Valentine set a state record with a law and fire division, Joe Rinaldo estabin the 220 lb. class. Mike O'Donnel and 215 lb. deadlift and Kari Sabin had an lished a state record in the 259 lb. open in the 220 lb. class. Mike O'Donnel and Stephen Adams both won their classes in the 16-19 age group. In the junior division, Stephen Judah benched an outstanding 475 lbs. in the 181 lb. class. He took first step with her daughter, Cari, by setting a 475 lbs. in the 181 lb. class. He took first state record with an outstanding 345 lb. place and the best lifter in the bench press. James Delacruz and Dave Nelson each won their class respectively. Ryan Birt broke the state record in the 163 lb. deadlift in the 123 lb. open class, which press. James Delacruz and Dave Nelson each won their class respectively. Ryan Birt broke the state record in the 163 lb. deadlift in the 123 lb. open class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 48+ age group, 259 lbs. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with a nice 550 lb. deadlift, and in the 181 lb. class, with

605* T. Trevorah 430 Richard Zareck won the 242 lb. class over 19 division, Marvin Johnson pulled an Don Braverman and Glenn Baggett re-spectively. Jason Wetherington won the 275 lb class with a 460 lb. bench. Ken Snell and Anthony Carpini each won their won the open 123 lbs. class with a 250 lb. weight classes and Gary Smith pulled 500 259 lb. class with a 335 lb. bench. In the Lynch brothers each won their weight class I 181 lb. class, Larry Glenn Jr. Set classes with Ray pulling a state record a state record with a nice 410 lb. bench. 365 lbs. in the 13-15 division. In the 16- American Gym, for providing the results)



M. Cain

259 lbs.

P. Fay

Master (54-60) 220 lbs.

Open 545* 259 lbs.

520 J. Rinaldo 7) Law/Fire

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

Last Name	First Name	165	Initial	Renewal Y N	Current Card # (If Renewal)
Street Address	1/1/4				Club Name
City		State	Zij	,	Area Code/Telephone
Current WABDL Classification Referee St Elite Master I II III IV World		Citizen? Date of	Birth Sex	Today's Date	Card Issued By
Registration Fee: Adults \$25 Teens \$15 Make checks payable to and	mail to:	drug testin In recogniz	g. ing the need f	or drug usa	ets will be subject to
WORLD ASSOCIATION OF PRESSERS AND DEADLIF P.O. Box 27499 Golden Valley, MN 55427	BENCH TERS	to submit to by WABDI	any testing	procedures and shall	deemed appropriate accept the results
If under 18, have parent initial		Signature			

USAPL Longhorn Open 19 NOV 05 - Austin, TX

WOMEN

SQ BP DL TOT

Teen I				
M. Fowler	132	104	209	446
Teen II				
A. Cordova	248*!	93	259	600
J. Jaynes	203	132	259	595
105 lbs.				
Teen I				
M. McDonald	176	77	154	407
K. Zantjer	165	71	148	385
Teen II				
A. Sandlin	187	93	187	468
114 lbs.				
Open				
B. Harshaw	226	82	253	562
Teen I				
B. Parker	176	71	176	424
Teen II				
J. Lundstrom	187	93	209	490
Teen III				
C. Kerley	159	77	198	435
123 lbs.				
Open				
S. Stone	275	148	286	711
R. Riffe	220	121	237	622
Teen I				
J. Hase	270	126	275	672
J. Harratt	181	77	192	451
Teen II	and the	Seal of	4 4 14	E JO
Youngblood	203	115	231	551
132 lbs.				
Open	001			
K. Kana	226	110	242	578
Master I	275	170*	341	788
T. Kemper Teen I	2/5	170	341	700
T. Hartley	203	99	220	523
S. Salinas	242	148	275	666
A. Baum	220	115	220	556
148 lbs.				550
Open				
S. Thomas	308	126	380	815
Y. Beasley	264	165	314	744
Teen I				
D. Marin	303	137	319	760
165 lbs.				
Teen				
E. Fitzpatrick	270	143	275	666
Teen II	all live		agadi	0.m
G. Martinez	303	143	303	749
181 lbs.				
Teen I		101	275	200
K. Bryan	OTHER R	121	275	396
Teen II C. Cason	275	154	319	749
198 lbs.	2/3	134	319	143
Open				
S. Sebaslian	402	214	424	1041
Master VI				
D. Rawe	143*!	77*!	242*!	463*
UNL				
Open				3 30
D. Shirley	330	248*	385	964*
Teen II				
S. Rosales	352	154	264	771
MEN				
114 lbs.				
Teen I	25.44		2024	
C. Messimer	264*	148*	303*	716*
123 lbs.				
Teen II N. Reinert		248*!		248
132 lbs.	-	240"	E.	240
Master I				
K. Jones	407	248	402	1058
148 lbs.	,	2.10	102	. 550
Open				
J. Padro	424	264	556*	1245
Master II/Ope	en	465	100	Tulis.
I for a second				



The Holloways - Warren, Lauren, Chris at SLP's "The Last One" Bench

Proce/Dear	Hift (hami	nionel	hine in	Tuscola, Illin	nois I	(Dr 1:	atch r	photos	148 IDS.		242 IDS.	
riess/Deac	mic	manny	DIOTISI	iihs iii	ruscoia, iiiii	015.	DI. La	accirp	110103)	J. Olive	250	T. Roesch	640*
										220 lbs.		Open	
P. Yong	-	242	-	242	Master II					W. Hollowa	y 385	198 lbs.	
Teen					S. Brocelman	540	358	501	1399	Master (45-	49)	R. Mann	470
B. Hare	402	220	_	622	T. Tomjack	363	424	402	1190	275 lbs.		242 lbs.	
Teen II					C. Turco	_	468	-	-	M. Aydt	385	E. Ruff	470
J. Jarratt	402	187	402	992	T. Tomjack	_	424	_	-	Master (50-	54)	4th-505	
Teen III					Master III					275 lbs.		275 lbs.	
S. Frasquilla	457	314	446	1218	N. Taylor	385	352*	479	1218	J. White	330	J. Evans	500
165 lbs.					Teen I					Master (55-	59)	D. Vice	475
Open					R. Duvall	440	314	446	1201*	*=Son Light	Power	Illinois state	records.
C. Dorff	369	297	424	1091	Teen II							Mark Rose. Be	
H. Tan	523	363	512	1399	A. Allen	363	242	352	959			h. The Son Lig	
T. Riffe	501	319	435	1256	Teen III	000		-				Bench Press/	
Teen III		0.5	400	1230	C. Wallace	584	385	611	1581			eld at Son Lig	
E. Messinger	310	259	402	981	242 lbs.	304	303	011	1301			ents our sixth	
181 lbs.	313	233	402	901	Open Open							with the	
					W. Dickey	617	250	E40	1515				
Open		240		4405		617	358	540	1515			nd my sevent	
Q. Smith	551	319	534	1405	R. Johnson	507	385	551	1884			is the most com	
W. Blackmon	435	330	501	1267	N. Gregory	474	347	595	1416			n individual. O	
M. Barboza	THE ST	-	Contract of	-	M. Oberg	490	352	501	1344			promoting pov	
R. Elrod	TO THE PARTY OF	391	1000	391	Master I	10217	COLUMN TO	all grade	41.118			nink it was tim	
Master I					D. Broseman	650	374	584	1609			r of Powerliftin	
T. Hambric	458	330	501	1289	Master II					In the benc	h press	competition A	Aissouri's
Master IV					G. Pamplin	700	540	562	1802	own Lauren	Hollow	vay wowed th	e crowd
R. Contreras	457	314	534	1306	Teen III					with her 155	state re	ecord for the 1	3-15 age
Master VI					B. Bringhurst	507	347	501	1355	class. And th	e kid is	only twelve y	ears old!
I. Lyons	413	264	418	1096	275 lbs.							first meet, w	
198 lbs.					Open							n the novice	
Open					C. Pena	529	385	485	1399	lustin Lenhar	dt won	at 165 with 4	40 while
J. Scaparra	540	341	562	1444	J. Magendie	639	424	617	1681			ook the 275's v	
Master II			di man		W. Wakefield	-	507	-	_			uccessful 245	
H. Montoya	_	_	_	_	Master I							at 16-17/181	
Master IV					B. Moore	226	226	226	677			won at 18-19/	
J. Lucio	402	264	429	1096	Master II				0,,			men's division	
Master V	402	204	723	1030	J. Capps	683	485	705	1873			ting raw and	
G. Thornton	220	198	231	650	Master IV	003	403	703	10/3			242. Eric Po	
Open	220	190	231	030	A. Wood	440	374	451	1267				
R. Walshe	402	352	451	1207	UNL	440	3/4	431	1207			h 385 while f	
	402		451	1207								d second with	
P. Schwarz	363	297	446	1107	Junior							ive had a go	
220 lbs.					R. Alexander	650	To the second	-	_			in at submas	
Open	Particle.	244		2000	Master I	1		or Balan				d with 250.	
L. Ferguson	650	402	551	1603	M. Ringer	672	380	661	1714			ig raw, got 38	
T. Golden	617	396	534	1548	O. Sanchez	540	440	562	1543	close miss wi	ith 400	at 220. Mark /	Aydt won
O. Dixon	507	374	578	1460	!=American Re					at 45-49/275	with 38	35. At 50-54/2	75 it was
O. McLendon		- 347	578	1416	Female Lighty	veight	Lifter:	Toni	Kemper.	John White	with 33	30. For the 5.	5-59 age
J. Mosley	556	314	496	1366	Best Female	Heavy	weight	Lifter	: Sandra	division Jerry	Wood	won at 181 v	vith 385,
G. Ewing	551	451	639	1642	Sebastian. Be	st Ma	le Ligh	tweigh	t Lifter:			t, while Jeff	
J. Williams	600	391	600	1592	Hualyn Tan. B							opener, finish	
Master I		7			Jeff Capps.							division Mike	
T. Glawe	385	209	385	981	Powerlifting U							r of 610 and b	
											P		

SLP "The Last One"

SLP	"The	Last One"	
31 DE	C 05	- Tuscola, IL	
BENCH		181 lbs.	
WOMEN		J. Wood	385
Teen (13-15)		308 lbs.	
148 lbs.	4	J. Welker	225
L. Holloway	155*	Open 198 lbs.	
Teen (18-19) 148 lbs.		R. Mann	275
R. Gaze	135	M. Gugino	_
MEN		220 lbs.	
Novice		D. Schrock	230
165 lbs.		242 lbs.	
J. Lenhardt	240	E. Ruff	320
275 lbs.	220	275 lbs.	430
McNealy, Jr. 4th-245	230	J. Evans 308 lbs.	430
Teen (16-17)		M. Rose	540
181 lbs.		DEADLIFT	
T. Lenhardt	200	WOMEN	
Teen (18-19)		Master (50-5	4)
148 lbs.		220 lbs.	
A. Rhodes	255	M. Vincent	285*
Junior 242 lbs.		MEN Novice	
C. Holloway	400	165 lbs.	
275 lbs.	400	J. Lenhardt	390*
E. Powers	385	Submaster	
R. Finney	320	148 lbs.	
Submaster		J. Olive	405*
148 lbs.	250	242 lbs.	
J. Olive 220 lbs.	250	T. Roesch	640*
W. Holloway	385	Open 198 lbs.	
Master (45-4		R. Mann	470
275 lbs.		242 lbs.	
M. Aydt	385	E. Ruff	470
Master (50-5	4)	4th-505	
275 lbs.	220	275 lbs.	
J. White Master (55-5	330	J. Evans D. Vice	500 475
		Illinois state r	
		Mark Rose. Bes	
Deadlift: T.C.	Roesch	. The Son Light	Power
"The Last O	ne" B	ench Press/D	eadlift
Championship	was he	ench Press/D eld at Son Light	t Power
Gym. This r	epresei	nts our sixth	annual
event which	began	with the mi	llineum
"scare" of 1	999 an	d my seventy	-eighth
ever promoter	d by an	s the most comp	e after
twenty-two ve	ars of	individual. Ge promoting pow	erlifting
events, you w	ould th	ink it was time	for my
picture on the	cover	of Powerlifting	USA?!
In the bench	press	competition M	issouri's
own Lauren	Hollow	ay wowed the	crowd
class And the	kid ic	cord for the 13 only twelve ye	ars old!
Robynn Gaze	in her	first meet, wo	at 18-
19/148 with	135. In	first meet, won the novice at 165 with 44	division
Justin Lenhard	t won	at 165 with 44	0 while
Mark McNeal	y, Jr. to	ok the 275's w	ith 230,
followed wit	h a su	ccessful 245	fourth.
Tracy Lenhard	ff won	at 16-17/181 u	ith 200
while Adam R	1	at 10-1//101 W	
	hodes	at 16-17/181 w won at 18-19/1	48 with
Chris Hollow	unior I	men's division	it was
Chris Hollow	unior i	men's division ing raw and f	it was
Chris Hollow	unior i	men's division ing raw and f	it was
with a great a big pr at 2. Rvan Finney	unior i ay, lift 400 @ 75 with finished	men's division ing raw and f 242. Eric Pow 385 while fir second with	it was inishing vers got st-timer his 320
with a great a big pr at 2. Rvan Finney	unior i ay, lift 400 @ 75 with finished	men's division ing raw and f 242. Eric Pow 385 while fir second with	it was inishing vers got st-timer his 320
with a great a big pr at 2. Rvan Finney	unior i ay, lift 400 @ 75 with finished	men's division ing raw and f 242. Eric Pow 385 while fir second with	it was inishing vers got st-timer his 320
Chris Hollow with a great a big pr at 2 Ryan Finney opener. Jame starting with where he fi	unior i ay, lifti 400 @ 75 with finished es Olin his wi nished	men's division ing raw and f 242. Eric Pow a 385 while fir I second with we had a goo in at submast with 250.	it was inishing vers got st-timer his 320 od day, er 148, Warren
chris Hollow with a great a big pr at 2 Ryan Finney opener. Just starting with where he fi Holloway, als	unior ay, lifti 400 @ 75 with finished es Olin his winished o lifting	men's division ing raw and f 242. Eric Pow a 385 while fir I second with we had a goo in at submaste with 250. \(\) g raw, got 385	it was inishing vers got st-timer his 320 od day, er 148, Warren i, but a
chris Hollow with a great a big pr at 2 Ryan Finney opener. Just starting with where he fi Holloway, als	unior ay, lifti 400 @ 75 with finished es Olin his winished o lifting	men's division ing raw and f 242. Eric Pow a 385 while fir I second with we had a goo in at submast with 250.	it was inishing vers got st-timer his 320 od day, er 148, Warren i, but a



Jerry Wood ... a Midwest Legend in Masters bench pressing for decades, with his 385 @ 55-59/181 lbs.

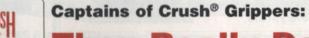
of the competition. This left the title at 198

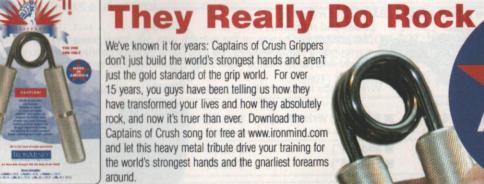
Eric Ruff took the 242 crown with 320. competition Margie Vincent broke her to Rob Mann, who finished with 275. Justin Evans looked strong at 275, taking own Illinois state record at 50-54/220 with Dennis Schrock, lifting in his first the title there with 430. Best lifter Mark 285. Justin Lenhardt won his second title competition, won at 220 with 230, while Rose won at 308 with 540. In the deadlift of the day at novice 165 with a new state Wood for providing these contest results)

record 390 pull! For the submaster division it was James Olive at 148 with 405 and T.C. it was James Olive at 148 with 405 and T.C. Roesch taking the title at 242 with 640. Both were new Illinois state records. T.C. was also awarded the best lifter trophy. For the open division Rob Mann won his second title of the day with his personal best 455 while training partner Eric Ruff did the same at 242 with 470. A fourth with a personal best 505 was also good. In the 275 class it was Justin Evans over Dave Vice 500 to 475. Thanks to my son Joey, Nate Phipps, Eric Ruff and Rob Mann, for handling the loading and spotting duties, as well as the other lifters who helped out on the deadlift. See you all next year! (These meet results provided to Powerlifting USA by courtesy of Dr. Darrell Latch)

ADEPE Indiana State

		diana		
20 NO	V 05	- Gra	nger,	IN
BENCH		C. D	ailing	606
MALE		SQU	AT	
K. Herron	412	MALI		
Raw		C. D	ailing	511
J. Gray	451			
DEADLIFT				
MALE				
MALE	SQ	BP	DL	TOT
G. Burris	429	253	429	1113
E. Evans	423	374	401	1201
J. Whiteman				
B. Berryman				
Special thanks	to Jan	and Di	ck Van	Eck, Jon
Smoker, Mike	Wide	r, and	Chris N	low. Jeff
Whiteman had	the ki	ind of d	ay lifte	rs dream
about, going	9 for	9 with	all P	R'S, and
getting his firs	t 500	deadlift	and 13	00 total.
His bench t				
records and				
cially. Mike I				
self in the be				
1 1 11				





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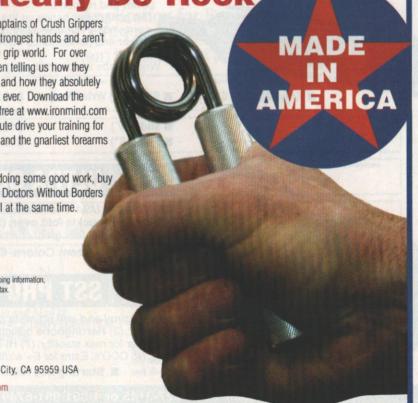
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"Captain" Kirk Karwoski, 1003 Squat & 2309 TTL @275, IPF World Records

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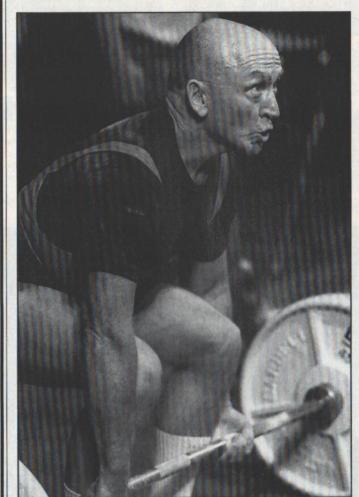
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USPF Central California

23 OCT 05 - Modesto, CA A. Ramsey Master (50-59) 148 lbs. WOMEN 132 lbs. 203 lunior (13-15) M Hake C. LaMantia 66* 601* 181 lbs. F Reeler Open L. Contrera K. Womack 330*! DEADLIFT M. O'Haloran 159*! 132 lbs. Junior (20-23) C. LaMantia 176*! K. Womack 330*! lunior (13-15) lunior (13-15) O'Halloran 209*! M. Molletta 143 MEN Junior (16-18) A. Contreras 407 132 lbs. Open 165 lbs. 165 lbs. C. Cements 242 lbs. 198 lbs. M. Molletta M. West Master (50-59) X. Rivas B. Mayock 242 lbs. 479 A. Contreras 286 Junior (19-23) R. Stevens 308+ lbs. 220 lbs. 253 L. Contreras 407 275 lbs. Master (60-69) 374 242 lbs. Rivas I. Moore Open 220 lbs. 385 M. Marriott 242 lbs. 418 M. West 308 lbs. 303 L. Noa M. Womack 308+ lbs A. Ramsey Master (40-49) 308+ lb WOMEN SQ BP DL TOT 198+ lbs 214 181* 270* 666* N. Ianson MEN Junior (16-18) 198 lbs. . Jimenez Chicchon 314 253* 424 992 236 253* 286 777 Junior (19-23) 181 lbs. M. Mendez 418 286 507 1212 507 341 496 1344 Open 165 lbs. 187 281 733 220 lbs. 242 lbs. M. West R. Ingrassia 407 253 501 1162 S. Cartwright Master (40-49) 242 lbs. R. Ciano 540 429 611 1581 J. Combs, Jr. 358 330 391 1080 242 lbs.

!=American Records. *=State Records. Best Lifter Powerlifting Women: Nicki Ianson. Best Lifter Powerlifting Junior: Manuel Mendez. Best Lifter Powerlifting Open: Mike West. Best Lifter Powerlifting Master: Robert Ciano. Best Lifter Bench Women: Kelly Womack. Best Lifter Bench Men: Frank Beeler. Best Lifter Deadlift Women: Catherine LaMantia. Best Lifter Deadlift Men: Mike West. Thanks for all of your valuable help: Steve Denison, National Referee and Meet Director, Chuck LaMantia, National Referee and Announcer, Kellie LaMantia, State Referee and Score-keeper, Jim Merlino, National Referee, Rob Meulenberg, State Referee, Jason Burnell, State Referee, Mike Koyfos, State Referee, Scott Layman, State Referee, and Mari Asp, Metrx Booth. Also the Spotters and Loaders: Modest Barbell Club, and Dave Cumerrow. (Thanks to Meet Director, Steve Denison, for providing results)



IN MEMORY ... Phil Never started power lifting in 1977, and during his career he won a total of 10 National Masters Championship titles and World Masters Championship titles. In 1987, at the California State Masters Powerlifting Championships, he deadlifted 540 lbs., for a National record. That mark remains on the USPF Masters record books, today, along with 5 other marks in other categories. According to his son, John, a 1995 National Drug Free Powerlifting Champion himself, "I saw my Dad's record lift on VCR. It was an astounding lift. He brought the house down." A teacher in Los Angeles for many years, Phil was born December 22, 1930 and passed away on September 17, 2005 at the age of 75, from the effects of Alzheimer's Disease.



Application for Registration UNITED STATES POWERLIFTING FEDERATION (801) 776-2300 • FAX (801) 776-4600

Current Card # (If Renewal Area Code/Telephon IPF Cat. 1 Cat. 2 Nat. Card Issued By MF

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

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

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.

N

(article continued from pg. 48)

a lower grade creatine monohydrate product for the same money, but that is not what we are about.

Q: You also have a multivitamin/ mineral formula. Tell us about how it can be applied to the supplementation plan of the hardcore powerlifter.

A: Our multi-vitamin product called Multi-Plus was specifically formulated for weight trained individuals. Most multi-vitamin products include a witch's brew of vitamins and minerals many of which are included in such minute amounts as to not be of any consequence to your health or training.

When I formulated Multi-Plus I reviewed many texts, journals, and did online research and narrowed down the vitamins and minerals to be included to those that I truly felt are of significant benefit to the weight trained individual. I then made sure to include them in significant doses so that theirbenefitscanactually be imparted to the user of our product.

Q: One thing that I push with all my athletes is that they should be getting in at least 6 meals per day. With how hectic t can be with a busy lifestyle, that can be a royal pain in the ass. I am a big believer in meal replacement shakes to help make sure that getting in those 6 meals is easy as pie. Tell us a little about your Opticen formula and how powerlifters can incorporate it in their plan

A: Opticen is a truly superior MRP in our opinion. It provides 52g of protein per serving (and we are not talking about a ridiculously large serving size — 90g) and 25gofcarbohydrates with only 2g of sugars. In addition it includes a broad spectrum of vitamins and minerals.

The protein matrix in Opticen is the same as that in Nitrean (whey, casein, and egg). As I have mentioned this matrix provides for an optimal net retention of ingested protein and c o n c u r r e n t bioavailability of said retained protein. You simply cannot find a better protein on the market today.

Superior protein

content is the most important factor in Opticen's arsenal but far from the only one. If a protein product tastes like crap people won't use it. You won't replace a meal with a gag session. Opticen mixes and tastes as good or better than any product on the market. Q: With the science behind the creation of different supplements what is the future for AtLarge Nutrition?

A: Science and the supplementation world is an interesting combination. There is an awful lot of pseudo-science that is bandied about in supplement ads. Too many companies use "big" scientific terms in their ads in the hope of adding some sort of legitimacy to their products.

AtLarge Nutrition uses science in the formulation of our products, but we strive to make sure it is valid science which pertains to human consumption of said products. In other words, we sell what we know works as we claim it does. We strive to be a company on the cutting edge, but only the valid cutting edge.

We would like to see our growth continue in the same explosive manner we are currently experiencing. This continued growth will allow us to become an industry leader which will allow us to help the strength sports (powerlifting and strongman) to grow and become more lucrative to the athletes.

I will see the day when AtLarge

sponsors a strength sports meet which has 6-figure prize money and when the athletes who are on the top of their game will finally receive the financial rewards they so richly deserve.

Q: Is AtLarge planning any new formulas?

A: We are always looking for the next "big thing" in the sports supplement market. We already have ETS which will be a HIGHLY copied product in the coming months (I guarantee that).

That said, we will NOT release products simply to appear to be cutting edge. We will never offer a product just to have something new and "keep up with the Jones".

When we find an effective ergogen

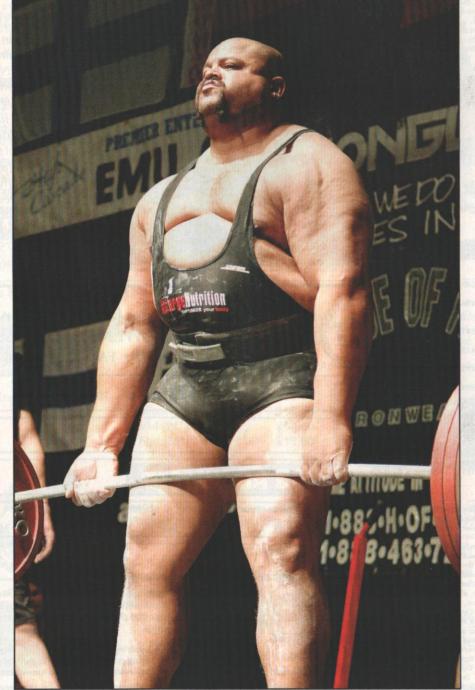
we will test it and only bring it to market if we are 100% confident in its safety and efficacy.

With respect to what we currently have in the works we have formulated a weight gainer product and a new super-protein product. This new superprotein product will simply be the most effective protein product ever released bar NONE! Of course the cost of the product is quite high to us and it will therefore have to be quite pricey to our customers. We are currently researching the viability of offering such a product at the required price point.

Q: In closing I would like to thank you for giving me this interview. I would also like to thank you for contributing so much back to the sport of powerlifting as well as the athletes that make it what it is. Without sponsorship from quality companies like you, many lifters would have a hard time maintaining the amount of supplements hey need to stay at the top of their game. Do you have any last words or would like to mention anyone that has helped you along the

A: I would like to thank you for this opportunity and your readers for taking their time to read this interview. I would also like to thank each and every one of our customers. Without you we are nothing!

I would also like to sayone more time that the support of the power lifting community (i.e. power lifters buying our products) will be rewarded BIG TIME! As we grow, so will the money pumped back into the sport.

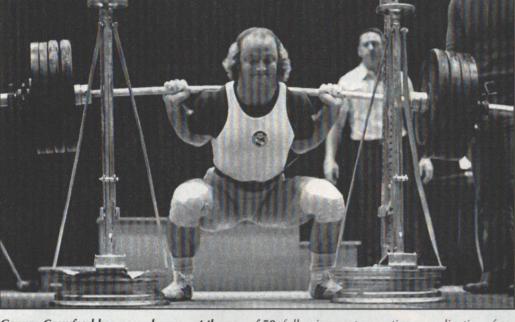


LARGE and part of AtLarge is Brian Oldham, who deadlifted 800 at the WABDL Worlds



APF Outlaw Meet

	Out			
3 DEC 0	5 - V	ancou	iver, W	A
BENCH		220	lbs.	
FEMALE		Mast	ler	
Master (45)		T. S	youts	420
K. Franks	105	242		
Master (58)		Ope		
L. Watson	215	B. D		700
MALE		T. S	tark	540
181 lbs.		275		
lunior		Ope		
C. Whisler	335	D. V	oronov	500
Teen		1. M	cellrath	500
D. Munyon	265	SHW		
Open		5. V	erduzzo	675
D. Walker	375			
FEMALE	SQ	BP	DL	TOT
Teen (13)				
K. Carpenter	225	105	275	605
MALE				
lunior				
148 lbs.				
C. Dingman	165	150	285	600
165 lbs.				
L. Josaitis	645	455	475	1525
198 lbs.				
S. Franks	405	255	480	1140
242 lbs.				
M. Moore	505	365	565	1435
T. Gray	365	185	425	975
275 lbs.				
J. Seath	780	550	670	2000
308 lbs.				
W. Rogers	705	435	505	1645
SHW				
T. Horlitz	605	400	530	1535
Open				
T. Swisher	365	_	-	365
275 lbs.				
A. Roerts	905	625	600	2130
B. Rogers	555	550	600	1705
P. Miynarcik	830	600	705	2135
SHW				
W. Carpenter	700	525	600	1825
Master				
275 lbs.				
	815	565	650	2030
308 lbs.				
G. Damminga	765	475	650	1890



George Crawford has passed away, at the age of 59, following post-operative complications from knee surgery. George was the very first International Powerlifting Federation World Champion in the 165 lb. class, back in 1971, and won the Sr. Nationals twice. Nicknamed "Thunder Thighs" (his legs taped out @ 27"!), he was the first man to squat over 600 in the Middleweight division and went on to break the world record in the squat 6 times, ending with a PR of 662. Above, George is squatting at the 1973 IPF World Championships where he set a new WR with 640. (a Jim Pope photograph)

UAPC Powerlifting ™ Application • PO Box 40, Bogart, GA 30622

irondawg.com

Age: Sex: U.S. Citizen? UAPC Registered Club Represented:

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs) • Masters (40 yrs & up)

Palice & Fire

Membership Prices: (please circle all that apply) • Adult - \$30.00 • High School Division (Full year; any meet) - \$15,00 • Special Olympian \$10.00

High School

State:

W. Carpenter 700 525 600 1825
Master
275 lbs.
K. Stewart 815 565 650 2030
308 lbs.
G. Damminga 765 475 650 1890
It was awesome to see a mother, Kathy
Franks, and son lifting. Very cool! Leilah
Watson has very consistent lifting, nail
ing all three lifts. This was Carlin
Whisler's first meet using a single poly.
I think he's hooked. Donnie Munyon is
another great teen that is going to do some
damage. Hopefully Don Walker had a
good time. He is a good lifter and will be
back with 400 soon, I'm sure. It got me
excited to see Thomas Syouts hit his 420.
He was jacked up getting everyone excited BJ Dirk did a very clean 700, taking
the state record. He'd get 720 easy if he
hadn't hit 700 twice. WPO baby! Great
sait Todd Gray's lifting was balanced all

well and 2003 as a junior.

the way around. Todd's squat depth was
amazing, Jeff Seath did 2000 as a junior.

Carpenter made us all look good to those of watching. I had a chance to talk to Chris
Dingman a bit. People like him make the show the the thing. I had a chance to talk to Chris
Dingman a bit. People like him make the show the the sone mate us allow good to have some
amazing, Jeff Seath did 2000 as a junior.

Carpenter made us all look good to have some
watching. I had a chance to talk to Chris
Dingman a bit. People like him make the shir make walt had a chance to talk to Chris
Dingman a bit. People like him make the shir make walt had a chance to talk to Chris
Dingman a bit. People like him make the shir wite and watching I had a chance to talk to Chris
Dingman a bit the poor him. I love watching him lift. Depth' Forget
Watching. I had a chance to talk to Chris
Dingman a bit. People like him make the shir by or billing in the shir two and had to get it
be something to watch. I see Tom
Worthort Lean Hall to the way from the usual the shir had a chance to talk to Chris
Dingman a bit People like him make the shir had a chance to talk to Chris
Dingman a bit People like him make the shir had a chance to talk to Chris
Dingman a bit People like him make the shir

ar to begin. All the way from the east	05 NO	OV 05	- Rus	ston, L	A	
ast, Peter Miynarcik, what a cool guy. s form is unmatched. Being Metal Mi-	FEMALE 105 lbs.	SQ	BP	DL	тот	
ia, what do you expect? It was a	T. Carder	265	185	280	730	
easure having him here. Great lifter.	E. Ellis	185	125	225	535	
s first 3 lift meet 2135 WTF! William	132 lbs.	.03			555	
rpenter is another cool guy hitting an	S. Woods	310	140	295	745	
25 total. It was nice bringing him over	165 lbs.	3.0		-33	, 43	
our area. Hopefully he will return.	K. Everett	435	250	440	1125	
evin Stewart is a class act. Kevin is	K. Nabors	240	90	235	565	
	181 lbs.					
	D. Miller	280	200	295	775	
	SHW					
A 30622	T. Walter	390	215	405	1010	
	A. Wigman	350	215	320	885	
4.000 11.000 11.000	MALE					
edures of UAPC. I further agree that the rules, regulations esting procedures as a condition of continued membership.	114 lbs.					
es, regulations and drug testing procedures. I voluntarily	D. Summers	385	240	380	1005	
positive for banned substance, I agree that the results of	132 lbs.					
ethod that is banned by UAPC. It is my sole responsibility	S. Caraway	430	205	420	1055	
sponsibility for what I take into my body and that should I	148 lbs.					
of that banned substance and shall accept the results and	Villafranca	475	350	505	1330	
rmit UAPC/AWPC to notify the state chairperson only and	M. Reed	400	245	425	1080	
	C. Accardo	290	225	370	885	
	165 lbs.					
Prior Reg. #	B. Smoak	385	265	425	1075	
-Mail:	L. Corpora	370	260	415	1045	
	181 lbs.					
Zip Code	S. Meche	530	325	545	1400	
resented:	198 lbs.					
	B. Holmes	580	305	570	1455	
eet) - \$15.00 • Special Olympian \$10.00	J. Jarreau	590	285	550	1425	
	B. Brooks	465	290	510	1265	
Masters (40 yrs & up) Military	220 lbs.		ALL UNIVERSE			
- Ividisco (40 yis a up) - Ivisitally	D. Kitchen	500	290	485	1275	
S	242 lbs.					
	D. Bagley	465	300	470	1235	
	SHW					
Mantanatia Reisa A	J. Arevalo	580	505	580	1665	
Membership Price \$	J. Davis	515	380	555	1450	
	Meet Direct					
R. P. S. St. De La Contraction of the Contraction o	were collegia					
	(Thanks to U	SAPL	or pro	viding	results)	



WABDL Hawaii Push Pull Meet Director SONNY RONOLO ha benched 325, weighing 161, at age 79. (photograph provided to Powerlifting USA courtesy of the WABDL President Gus Rethwisch

II JUIN	03 -	i ionoiuiu, i ii		- IV
BENCH		P. Davi	551	2
WOMEN		259 lbs.		B
Disabled		J. Ward	347	2
97 lbs. K. Todd		SHW		N
	88	K. Kekaulike	556*!	5
148 lbs.		Law/Fire		C
S. Steinbach	82	Master 940-46)	D
Junior		220 lbs.		S
132 lbs.		C. Nishida	418*	1
S. Ansberry	132*	242 lbs.		A
198 lbs.		A. Keanu	490	N
F. Mangaoang	165*!	Law/Fire		1
Law/Fire		Open		K
Master (40-46))	SHW		
148 lbs.		K. Kekaulike	556	2
L. Anzai	225*	Submaster		A
Teen (13-15)		242 lbs.		
123 lbs		F. Wakakuwa	-	2
S. Rivera P. Thomas	99*	275 lbs.		B
P. Thomas	71	G. Shibao		F
1een (16-19)		Master (40-46)	2
E. Ansberry	128	165 lbs.		T
181 lbs.		S. Kaneshiro	424*	T
J. Polk	121	G. Espinda	-	1
MEN		198 lbs.		(
Class 1		Morishima, Jr.	529	
148 lbs.		B. Gregory W. Omiura C. Tom-Sun	479	
E. Silva	308	W. Omiura	473	
165 lbs.		C. Tom-Sun	402	
C. Mitsuda	360*	220 lbs.		-
j. Dicion	369	B. Young	507*	-
G. Espinda	-	4th-523		
181 lbs.		242 lbs.		
C. Okimoto	457*	D. Jaggers	424	
198 lbs.		308 lbs.		п
Stranghoener	325*	Cabatingan	518*	-
220 lbs.		W. Kaaloa	485	и
D. Yamada	451	SHW		2
242 lbs.		J. Mersberg	529*	8
A. Kimo	462	Master (47-53	1)	1
J. Kahula	391	259 lbs.		40
259 lbs.		R. Kauhola	325*	
R. Pactol	501*	SHW		
b. Donato	374		-	н
308 lbs.		Master (54-60	1)	5
	501*	165 lbs.		1
Disabled		M. Timbal, Jr.	. 275	1
132 lbs.		181 lbs.		3.
		E. Ansberry	314	1
259 lbs.		198 lbs.	- California	
G. Duff	192	M. Stevens	242	
Junior		242 lbs.		
132 lbs.		H. Barrett	225	3.4
J. Bareng	336*!	Master (68-74 165 lbs.	1)	3
R. Cubi	253	165 lbs.		
148 lbs.		Morishima, Sr	.225	-
S. Silva	341	C. Vause	225	-
165 lbs.		Open		
C. Mitsuda	380*	C. Vause Open 132 lbs.		
198 lbs.		K. Unten	402	80
Stranghoener	325*	148 lbs.	TYER	3
220 lbs.		J. Imamura		
N. Pappas	203	165 lbs.	P Spark	
242 lbs.		T. Tom	476*	

WABDL Hawaii Push-Pull

11 JUN 05 - Honolulu, HI

C. Okimoto	457	123 lbs.	111
198 lbs.		V. Pactol	
Morishima,Jr. 220 lbs.	529	Kaululaau-Cru 198 lbs.	154
	507	J. Jaggers Teen (16-19)	358
	777*1		
M. LaMarque SHW	///:	K. Silva	270
	***	J. Valmoja	181
Crawford, III D. Gerona	001	DEADLIFT	101
Submaster	Edhills	WOMEN	
148 lbs.		Disabled	
A. Edralin	341	97 lbs.	
M. Thomas	297		198
	297	J. Curits 148 lbs.	190
181 lbs.			221
K. Daniels	440*	S. Steinbach	230
4th-451		Law/Fire	
220 lbs.		Master (40-46)
A. Iramina	507*	148 lbs.	
4th-518		L. Anzai	297
242 lbs.	118.11	Open	
B. Goda	518	148 lbs.	
F. Wakakuwa	-	K. Koenig	303
275 lbs.		Submaster	
G. Shibao	518*	165 lbs.	
Teen (13-15)		D. Adams	28
105 lbs.		Teen (16-19)	
C. Valmoja	137*	181 lbs.	
C. Valmoja	137*	181 lbs.	

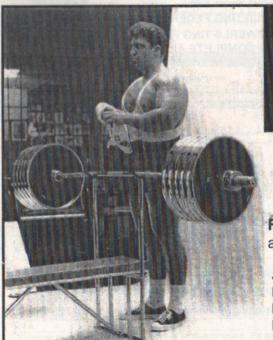
www.strengthequipment.net (Heavy Duty Custom Built Equipment)

253 K. Quinn, III 562*

USAPL Police/Fire Nationals

19 NOV 05 - Oklahoma City, OK

	MEN		411-307						//
8	Class I		E. Shimomi	551	BENCH		Mje	enn	341
н	165 lbs.		308 lbs.		148 lbs.		r. Sa	nchez	292
8	E. Mammano	562*	Gandeza, Jr.	584	B. Gallagher	231	220 I		
8	198 lbs.		SHW		181 lbs.		S. Mi		407
а	Stanghoener	457	J. Mersberg		M. Kelley	380			
9	220 lbs.		Master (47-53)	M. Jenn	341		nonds	402
	M. Ako	534	165 lbs.		D Trowbridge	_	D. O		209
8	242 lbs.		D. Kaneshiro		220 lbs.		275 I		
я	E. Shimomi	551	Master (54-60)	T. Andreson	551	J. Par		424
8	D. Silva	584	181 lbs.		Calderrama	407	W. A		380
8	259 lbs.		E. Ansberry	413	242 lbs.		R. Hi	iizar	-
я	B. Donato	523	198 lbs.		J. Auschwitz	424			
8	R. Pactol	507*	C. DeSoto	540*	M. Mauldin	402			
4	4th-534		M. Stevens	523	J. Szymanski	_			
8	308 lbs.		220 lbs.		275 lbs.				
-	J. Koma	650*	L. Akiyama	_	D. Brydl	358			
15	SHW		Master (61-67)	Master				
	A. Valentin	540	165 lbs.		181 lbs.				
0	Disabled		Gandeza, Sr.	446*		SQ	BP	DL	TOT
1)	132 lbs.		4th-457		148 lbs.				5000
	J. Curtis	231	Master (68-74)	B. Gallagher	330	231	380	942
	259 lbs.		165 lbs.		181 lbs.	Mark Mark	Alexander		-
	G. Duff	352	W. Stewart	253		501	352	451	1306
	Junior		220 lbs.		M. Jenn	429	341	451	1223
	132 lbs.		W. Kaimikaua		198 lbs.		A 24 1		
	J. Bareng	429*	R. Kawamoto	622*		578	407	512	1499
*!	165 lbs.		242 lbs.	No.	220 lbs.	Luis	PILEN		
	E. Mammano	562*		661	P. Balderrama	551	407	600	1559
	198 lbs.		259 lbs.		242 lbs.				
+!	Stranghoener	457*	B. Donato	523*	M. Elder	650	479	633	1763
*	220l bs.		Submaster		Intelligible Table		or Dies		
	N. Pappas	501	A. Edralin	418*	J. Auschwitz		424	611	1653
	242 lbs.		Teen (13-15)		H. Lloyd	600	385	589	1576
	D. Silva	584*	123 lbs.		275 lbs.				
	259 lbs.		Kauluaau-Cru			-		The same	100
	J. Ward	518		242	Master				
	Law/Fire		198 lbs.		181 lbs.				4000
	Master (48+)		J. Jaggers	512*	M. Jenn	429	341	451	1223
	220 lbs.		Teen (16-19)		F. Sanchez	396	292	391	1080
	W. Kaimikaua	1363	181 lbs.		220 lbs.		407	407	1100
	Law/Fire		C. Ream	479	S. Mingus	374	407	407	1190
*!	Open		SHW		242 lbs.				4===
	275 lbs.		J. Burgess	534*		600	385	589	1576
		534			K. Simonds	501	402	501	1405
	Master (40-46)			275 lbs.		200		1620
	220 lbs.				W. Alsup	584	380	655	1620
	R. Kawamoto	622			Best Lifter: M	ark E	ider. B	est Ber	C'A DD
*	242 lbs.		THE WHEN THE L		Anderson. Tea	ms: 1	st-Okla	noma	City PD
	!=World Reco	rds. *=S	itate Records. (T	nanks	2nd-Nebrask	a. M	eet D	rector	: Keith
	to Gus Rethwi	sch for	providing the re	esults)	Simonds. (Thai	iks to	USAPL	for the	results
			SUCCESSION AND						



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- First man to squat over 800
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SIGNATURE

APF MI State/Bench for Cash 14 JAN 06 - Harrison Twnsp., MI A. Vallone, Master (40-44) 242 lbs. A. Vallone, Sr325 CASH MEET 365 I. Zemmin 450 . Mireles G. Scott 650 Teen (18-19) 635 B. Lininski 308 lbs. 600 440* Webster 655* Junior (20-23) T. Hensley 505* Tallman 220 lbs. R. Mueller 455* J. Martin 165 lbs

*=State Records, January 14th 2006 marked the return of Michigan's Bench for Cash meet after a 3 year hiatus. While the number of lifters was smaller than expected, the amount of weight lifted was phenomenal. The first flight was the State meet. David Hermans won best lifter in the open class with a state record 440# in the 165's. Mike Ryan finished 2nd in the 165's with a nice 365 bench. In the 220's, Jose Mireles benched 450 in his first meet. Up and coming Matt Arnam hit a state record in the 18-19 age group, with a 440 bench. Matt is still learning his shirt technique on his 3rd attempt. Fifth place went to Bob and when he gets it down, watch for some nice lifts from this kid. In the Junior class (20-23), Ronnie Mueller sets a state record for the 220's with an impressive 455 bench. He also won best lifter for the Junior/Teen group. Anthony Vallone Jr. Lifted in his first meet and hit 300 in the 165 Junior class. He was coached by his dad, Anthony Vallone swas coached by his dad, Anthony Vallone be catching his father soon! It is always fun to the with 635@228.5#. Zond be catching his father soon! It is always fun to watch the new lifters and the ones returning after long Jayoffs. This is what keeps our sport growing. On to the Cash part of the meet. The last time this meet was held, Joel Torenzo, sponsored by Inzer, benched an amazing 735 to win it all. This laws time, nine lifters battled for the lop prize but only one would take first place. First place was coady and the prize but only one would take first place. First place went of old classic. Tim with a nice 365 bench. In the 220's, Jose



John Zemmin cracks his way into the 800 lb. bench press club, Mireles benched 450 in his first meet. Up Weighing 282, at Jim Harbourne's Bench for Cash meet in Michigan

Martin and Chip fallman couldn't get a lift fast and strong the lift sand keeping the lifts at this year's Arnold Classic. Tim of locking it out. John is now Michigan's lifters in the proper order. Chris Harbourne Hensley benched 505 @ 176# for a state 2nd 800# bencher along with Clay ran the music as the cash lifters each had record and finished in 7th place. In 6th was Brandenberg. Interestingly enough, both Tom Webster who hit 655 @ 350# for a train at Detroit Barbell. Makes ya think

sounds booming. I want to thank the sponsors for this meet. Please make sure to visit them and patronize their establishments. Being that our sport is fairly small, it means a lot when sponsors donate product so please repay them by visiting them to say thanks! SportNutrition.com donated a 2# jug of Worldwide Protein powder for all the lifters and Edge Nutrition from Madi-son Heights, Mi. (1411 W 14 Mile Road Madison Heights MI 48071) donated tshirts and protein powder for the winners of the best lifter awards. Edge has some of the best prices you will find on supplements and a knowledgeable staff that won't try to sell you what you don't need. Check 'em out. The top places in the cash meet also will get a copy of renowned sports author Todd Swinney's latest book. Thanks to Weight Station Gym for allowing me to hold the weigh-ins there. This is one of the few powerlifting friendly gyms around.
The benches came from Detroit Barbell which is becoming Michigan's powerlifting Mecca with around 25 different lifters holding state records in the gym. Two 800# benchers in the same gym and the most supportive group of lifters you will find anywhere. If you are serious of powerlifting, you owe it to yourself to make a trip to DBB. I also want to thank Powerlifting USA for providing free mags to the lifters. Have a great year and hopefully the 2007 Bench for Cash will be even bigger. Now its time to train! (Thanks to Jim Harbourne for providing the results)

IPA Y Nationals/Texas Cup 19 NOV 05 - Austin, TX Master (40-465) 220 lbs. S. Halbert DEADLIET 115* MEN 220 lbs. A. lackson 733 283 275 lbs. A. Courtney 749 C. Martinez 380 C. Saunders 722 SQ BP DL 275* 148* 103* 727* Open 165 lbs. 562 353 507 1422 BOYS Teen (13-15) 123 lbs. A. Cook 237 121 226 584 Teen (18-19) 275 lbs. T. Bullock 501 364 551 1416 MEN Open M. Wade 672 485 661 1819 220 lbs R. Nirenberg 430 463 314 551 1328 242 lbs. J. King 275 lbs 622 430 601 1653 650 424 540 1614 D. Ortiz Ir. Master (45-49) 275 lbs. . Bruner 220 220 746! 1186 !=American Records. *=State Records Forty-seven different divisions were contested at the Y-Nationals/Teyas Cun Lifters from the USPF, AAU, APF, APA, IPA, WPC and ADAU and of course the YMCA participated in the come-back meet for this historical event. NASA was successful in blocking or discouraging all their lifters from attending. The fact that the meet was held at all may it successful. From lessons learned, it is tough to combine different competing federations, let alone, raw, single ply and unlimited ply gear. Though many of the rules are the same, philosophical differences will probably prevent powerlifting from ever coming together for one big meet. Lifters were happy with their large gold, silver and bronze plates with the Y logo in the center of the award As expected, 18 lifters were in their firs

competition. Most were recruited by Les

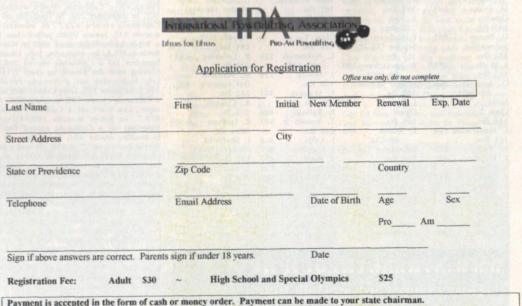


grip, but because part of the meet was sanctioned by the USPF, we were unable to use two sets of rules on the platform. to use two sets of rules on the platform. Congratulations go out to Troy Ford of the WNPF for being the first federation to officially change their rules to incorporate the 34" bench grip. Though straps were permitted in the deadlift competition, no one choose to use them. The Austin YMCA will further pursue the training and development of young powerlifters when development of young powerlifters when they host their first high school meet in July 2006. A YMCA hall of fame will be introduced at the 2006 meet. Honorary mem-bers will be: The class of 1970, all first place winners will be recognized. Nominees for 2006 are: Don Reinhoudt, Rickey Dale Crain, Vince Anello, Lamar Gant Larry Pacifico and administrative Gary Benford. Now to the lifting. Even though we had two days reserved for the lifting there were only 6 lifters scheduled for Sunday, they were moved into the Saturday session. The first lifts contested were the curls, a part of the power sports division. The lightest lifter was, Michelle Couden at 105#. She took the curl, uncontested, but she missed all of her bench presses as she was lifting in the women's bench press only also. Robin Pearson, a member of the Y Sports power team and her husband, Kevin, is the director of the participating YMCA, and she won the 148# class in the Power Sports Novice division and she also won the bench press and squat in the open division single lift events. Jill Mills, a

Jill Mills at the IPA YMCA Nationals (photo courtesy of Les Cramer)

Cramer, the Y meet director. Though all federations were offered a free recruiting table, most of the new registered ifters were invited, and all rederation fifters were invited, and all rederation with the Process of the meet that they scheduled next years meet immediately following the total they scheduled next years meet immediately following the participants in next years meet. The meet was videoed by Imagine Images and Larry Stephens, the owner and videographer was also the photographer for the still photos. The film was available upon request for instant replay. Only two lifters requested the instant replay, but they did so at the end of their round instead of at the end of their fift. We would like to congatulate the IPA for becoming the first major rederation to make instant replay apart of their was a vide of the provision. World Record attempts must be videocaped in the life the life round instead of at the end of their fully were the provision. World Record attempts must be videocaped for the life their receives one red light out of three judgment lights, the videocape of the lift will be evaluated by all three judges immediately following the latent by the above the result of the provision. World Record attempts must be videocaped of the lift will be evaluated by all three judges immediately following the attempt. However, we have the conceived in the same that the videocape of the lift will be evaluated by all three judges two of the three judges disquality the lift. We also successfully complete the lift. We also wanted to experiment with a 34" bench grip, but because part of the meet was

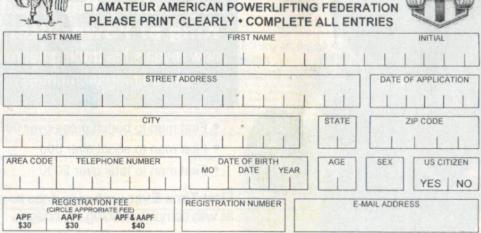
Award for the Power Sports Event! Marcus division he benched 283# at the YMCA meet. The lift would have also broken the longstanding USPF three-lift bench record. Les however was busy with the meet and the sport of the sport o East Communities YMCA. He competed in was to be held on Sunday. With only one the Men's Masters 45-49 Power Sports and entry by the dead line date the event was the individual squat event. He finished moved to Saturday and was held in confirst in both events. There were no light junction with the regular YMCA deadlift first in both events. There were no light entries in the Men's Open Powerlifting event. The prize money was adjusted in event. Beginning with the 220# class, direct relationship to the entries and was Brandon Finn was beaten out by teammate, Ron Nirenberg in the 220# class both weigh in. There was one prize and that was competed for the Olympic Gym Team. John King won the 242# men's Open division and king won the 242# men's Open division and entries there were 4 deadlifters and all of the contract of the King won the 242# men's Open division and also was the Outstanding Lifter in the their starting attempts were over 700 Powerlifting Event. Don Robinson, travelpounds. Carlton Saunders opened with ing to Austin from California, lifting in the 722, with a body weight of 308#. Then came Masters 50-54 had bad luck in the bench Adrian Jackson with 744, body weight of press and was unable to negotiate a total. 213#. The third lifter was Tim Bruner lifting Philip Delarosa was the 275# winner and in the 275# division pulled a 746# deadlift. was also a Master Lifter, 40 44 from the
Olympic Gym team. Ben Goll was the only
entry in the Push and Pull Event and so won
the event uncontested with some outstand-



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SIGNATURE X

92



James Hunter got a 661 bench in Rancho Cordova, weighing just

123 lbs. Christopher 225 L. Scott 374 Christopher 126 P. Deane 220 lbs. Christopher 225 Law/Fire 105 lbs. Christopher 225 Master (40-46) D. Brown 159 259 lbs. 114 lbs. A. Gonzalez D. Schultz 545 S. Hedman 181 309+ lbs. 132 lbs. L. Scott 44 Master (40-47) Master (40-46) 132 lbs. L. Scott 44 Master (40-47) Master (48+) E. Womack Law/Fire 198 lbs. S. Maher 325 G. Alves 473 A. Sozzi 242*! Master (40-47) Master (47-53) 44h-462*! A. Sozzi 352 44h-376* Master (40-46) Master (47-53) Master (47-53) Master (40-46)	WABDL	West	Coast Classi	ic	Scarbrough	360	lunior (20.25	150-000
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California state record 551 at 259 in the Class 1 division. Windell Potiet hauled in

220. In law/fire master Dennis Schultz pulled a California record 545.5 at super,

California record dead of 203.7. James

Butler set a California record 110 at 80-

84/148. In master women deadlift at 40-46/105, Desiree Brown set a World Record

261, weighing 104. At 181, Annette Sozzi pulled a California record 375.8 and

should get 400 sometime in 2006. At 198+.

Donna Myers, who is a sheriff and very big, but not fat, about 6'4" and I won't

190.5 more than twice her weight. She got a huge write-up in her hometown paper. She should do a triple bodyweight deadlift before her career is over. Still in master

women 54-60/148, Susan Box set a Cali-fornia record 170.7 and at 165, Judith Petray set a California record weighing 161. In submaster 220, Al Tortorelli set a

California record 622.7. In submaster

women 132, Jeanne Watts pulled close to

a triple bodyweight dead with a World Record 375.8. In submaster 165, Disarie

Spenceer set a California record 308.5. Moving onto the bench, in class 1/148, Eric Nahorniak set a Nevada record 341.5. In junior 198, Greg Gibson benched

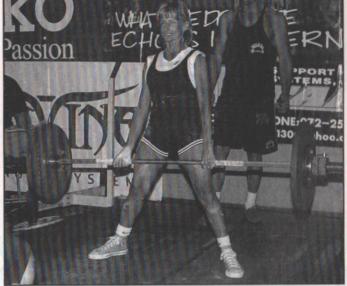
Tobias Adams hauled 634 @ 165



World Record 407.7 at 198. He had a big support group of about 6 lifters that record 407. Danny is 69 and that's a great inspired him. In law/fire open, Manny number at that age. In master women 40-Burruel set a California recode 435 at 275.

46/181, Annette Sozzi set a World Record Manny has been on the comeback trail for 242.5, her first World Record and she was about two years. In master 40.46/18. about two years. In master 40-46/165, flying high. In master 47-53/148 Mary-Ulisses Jara set a California record 315.1. Ann VanDam set a California record At 275, Rich Ludlam set a larger than 203.7. In master women 54-60/97, Sherry average California record 633.7. Rich Abblett set a World Record 74.8 and at has got his shirt dialed in and expects to 148, Susan Box hit a California record hit 700 in a year. In master men 47-5./181, 90.2. In open men, James Hunter, weigh-Figure 1. In master men 4/-5./161, 90.2. In open men, James Hunter, weigh-fdgar Martinez set a California record on 19, 245, set a World Record with a 385.7. Edgar is formerly from Guatemala. In master 54-60/220, Dave Marba set a Bill Kazmaier. He had done a 661 in a t-California record 440.7. In master 68-74/ shirt, but he was about 325. At super, Roy 259. JP Krachunis set a World Record Bradshaw, who weighed 450, set a California record 705 at open and a World in the ring for 30 years. In master 68-74/ Record 705 at appearance in temporary in the ring for 30 years. In master 68-74/ Record 705 at superacter in temporary in the ring for 30 years. In master 68-74/ Record 705 at superacter in temporary in temporary in the ring for 30 years. In master 68-74/ Record 705 at superacter in temporary in the ring for 30 years. In master 68-74/ Record for in the ring for 30 years in master 68-74/ Record for in the ring for 30 years in master 64-60/220, Dave Marba set a bug 661. That number used to belong to like the was about 325. At super Record 250 years in master 68-74/ Record 705 at a superacter in the properties of the formation of in the ring for 30 years. In master 68-74/ Record 705 at submaster. In teen men 13-275, Danny Herrera set a California 15, John Minahan III set a California





Sheri Abblet excelled pulling more than double her bodyweight.

O'Halloran set a California record 148.7. Samuelson and Mike Rockoff of Universal I want to thank Jim Presley who helped organize the troohies as well as unboxing them. His wife, Peach, and his sister Chet Groskreutz of Ivanko Barbell. (Thanks) Betty, also helped unbox and organize to Gus Rethwisch of WABDL for results trophies as well as sell tickets and tshirts. Mike Moore and Jim Shefield brought a bench and helped judge. Dave Freeland was responsible for the warm-up weights. Ken Anderson was also a judge. I want to thank our sponsors, Bret Mikesell of Iron Gladiator Distributers of Inzer Gear, Ken Anderson of Titan, Rich Brewer and Susan Jackson of House of Pain, Keith Lm of CSS Sports Photos, Matt LaMarque of Bovine Strength Systems,

record 192.7, weighing only 116, and Mike Lambert of Powerlifting USA, who that's pretty good weight for a 15 year old.

In teen 16-19/165 Amandeep Signh was Spruce, Odd Haugen and Jim Starr of Apex impressive with a California record 380. Fitness Group, Jim Wendler, and Dave In teen women 13-15/181, Margot Tate of Elite Fitness Systems. Gus

ADAU Central PA Open

	22 O	CT 05	- Big	ler, PA	
1	WOMEN 105 lbs.	SQ	BP	DL	тот
1	Zimmerman N. Kinard	150!* 125	90!* 70	200!* 195	440!* 390
f	114 lbs. D. Huegel	-	_	-	-

1. Schriempt	165	70	265	500	K. Lee	-	1	_	-
MEN					220 lbs.				
14 lbs.					T. Bollig	-	_	-	-
C. Amstone	100!	50!	105!	255!	242 lbs.				
	4th-BP	-52.5			J. Ferguson	651	578	705	1
N. Amstone	75	36	100	211	M. Fornecker	358	314	501	1
148 lbs.					R. Tinney	_	-	-	-
P. Griffith	355!*	230!*	365	950!*	Master (55-59)			
D. Ruhl	250	195	370	815	181 lbs.				
165 lbs.					P. Boutte	584	331	501	1
R. Spaniel	315	310	405	1030	Class I				
Bookhammer	250	285	400	935	198 lbs.				
181 lbs.					A. Bell	534	402	523	1
. Stires	470!*	330	530		242 lbs.				
1330!					M. Dorman	529	501	518	1
D. Teeter	475	310	535	1320	242 lbs.				
D. Swingle	300	220	460	980	J. Holland	473	275	601	1
N. Hebert	275	265	405	945	275 lbs.				
198 lbs.					C. Radcliff	441	380	424	1
S. Hough	480	350	535	1365	High School				
D. Thompson	330	245	440	1015	123 lbs.				
W. Mason	225	330	350	905	C. Doguel	242	170	275	6
D. Thompson	270	230	400	900	148 lbs.				
E. Krause	275	185	360	820	J. Chrstensen	446	270	446	1
220 lbs.					181 lbs.				
B. Bayer	535!*	245*	550!*		A. Kling	451*	226	435*	1
1330!					220 lbs.				
E. Barnbas	405	320	525	1250	D. Roark	-	-	-	-
Schrecengast	405	335	450	1190	*=State Record	ds. (Re	sults 5	eguin	Fit
. Caola	315	260	_	-					
242 lbs.									
B. Keener	535	360	600	1495	USAP	L 131	h Ket	chikar	1
C. Border	490	330	555	1375	3 DEC				
. Furnell	450	330	565	1345					
C. Crider	440*	335!*	65	840	FEMALE	SQ	BP	DL	1
275 lbs.					123 lbs.			000	
D. Raybuck	575	360	610	1545	E. Harney	170	75	230	4
M. Minnifield	475	335	500	1310	T. Gregg	170	120	205	4
14/11	405	225	477	4005	181 lbs.				

1205

1105

Schrigger 165 70 265 500 R Lee

1250! !=American Age Records. *=PA Age Records. Outstanding Woman Lifter: Adrienne Zimmerman. Outstanding Men's Lifter: Lenny Stires. (courtesy of Al Siegel)

APF Southeast Challenge

P. Tompkins 500 340 530 1370

405 325 475 350 350 405

425!* 315!* 510!*

Wilbus

C. Miller

R. Jeffrey

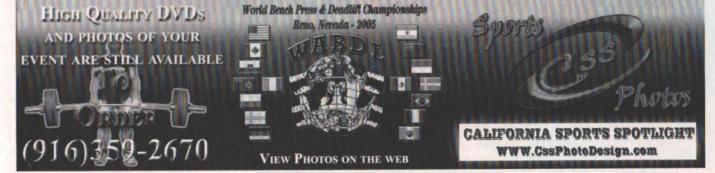
319 lbs.

	30 JU	JL 05	- Vido	r, TX		181 lbs.	
-	BENCH		181 lb	s.		T. Winchester 135 225 275 635	
1	MALE		J. Bur	dette	529	220 lbs.	
ı	Open		220 lb	S.		K. Pearson 200 150 340 690	
	181 lbs.		C. Ma	tthews	688	242 lbs.	
ŀ	J. Burdette	507	242 lb	os.		M. Bruce 350 260 400 1010	
	220 lbs.		B. Gra	ant	435	*=State records. This meet saw 11 lifters	
	D. Bell	363	SQUA	T		pushing the iron. There were three first	
	242 lbs.		MEN			time competitors and six teens lifting. The	
	E. Wright	-	Open			meet was broken into three divisions,	
ľ	275 lbs.		220 lb	os.		with three female lifters, four male teen	
	J. Laskowski	-	C. Ma	tthews	683	lifters, and four male (not teen) lifters.	
	DEADLIFT		242 lb	os.		Two teens set Alaska state records: Jo-	
	MALE		C. Ga	rcia	655	seph Peterson at 114, and Margaret Bruce	
ľ	Open		Maste	r		at 181. And, four of them set Ketchikan	
	148 lbs.		242 lb	08.		High School records: Joe and Margaret as	
ı	J. Scott	534	C. Ga	rcia	655	well as Elizabeth Harney and Troy Win-	
ï	WOMEN	SQ	BP	DL	TOT	chester. Doug Gregg set three state	
	Open					records on his way to best male lifter of	
	114 lbs.					the meet. He had a Wilks age formula total	
	C. Kelly	259*	93	264*	616*	of 943, a personal best. Thanks go to our	
	High School					volunteers: Mary Gregg with Arlindo and	
	114 lbs.					Lisa Machado on the podium; William	
	A. Harris	214	105	198	517	Bates, Dave Smith, and Bob Hewitt spot-	
	MEN					ting and loading; referees Julie Slanaker,	
	Open					Bob Hewitt, and Bill and Deborah Harney;	
	181 lbs.					and meet director Doug Gregg. Thanks	
	D. Cagnolatti	661	463	540	1664	also to our sponsors: Floyd's Carpentry,	
	C. Helton	501	407	523	1431	Get Fit Stay Fit Gym, and Ketchikan Parks	
	198 lbs.					and Recreation. (Results by Doug Gregg)	

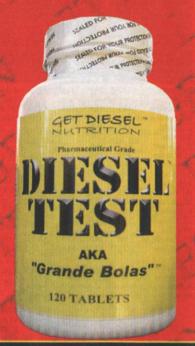
		220 lbs.				
		T. Bollig	-	_	-	_
	255!	242 lbs.				
		J. Ferguson	651	578	705	1934
	211	M. Fornecker	358	314	501	1173
		R. Tinney	_	-	-	-
	950!*	Master (55-59)			
	815	181 lbs.				
		P. Boutte	584	331	501	1416
	1030	Class I				
	935	198 lbs.				
		A. Bell	534	402	523	1459
		242 lbs.				
		M. Dorman	529	501	518	1548
	1320	242 lbs.				
	980		473	275	601	1349
	945	275 lbs.				
		C. Radcliff	441	380	424	1245
	1365	High School				
		123 lbs.				
	905	C. Doguel	242	170	275	687
	900					
	820	J. Chrstensen	446	270	446	1162
		181 lbs.				
*		A. Kling	451*	226	435*	1112
		220 lbs.				
	1250		-	-		
	1190	*=State Record	ds. (Re	esults S	eguin F	itness)
	-					

etchikan, AK BP DL TOT 75 230 475 120 205 495 1310 T. Gregg 235* 490 M. Bruce 132 lbs. 155 — 148 lbs. 415* 230 430* 1075* 198 lbs 325 Stack 415 275 450 1140 114 lbs. 70* 95* 175* 340 I. Peterson 181 lbs. T. Winchester 135 225 275 635 220 lbs. 200 150 340 690 K. Pearson 242 lbs. M. Bruce *=State records. This meet saw 11 lifters pushing the iron. There were three first time competitors and six teens lifting. The meet was broken into three divisions, with three female lifters, four male teen lifters, and four male (not teen) lifters. Two teens set Alaska state records: Joseph Peterson at 114, and Margaret Bruce at 181. And, four of them set Ketchikan High School records: Joe and Margaret as Elizabeth Harney and Troy Winchester. Doug Gregg set three state records on his way to best male lifter of

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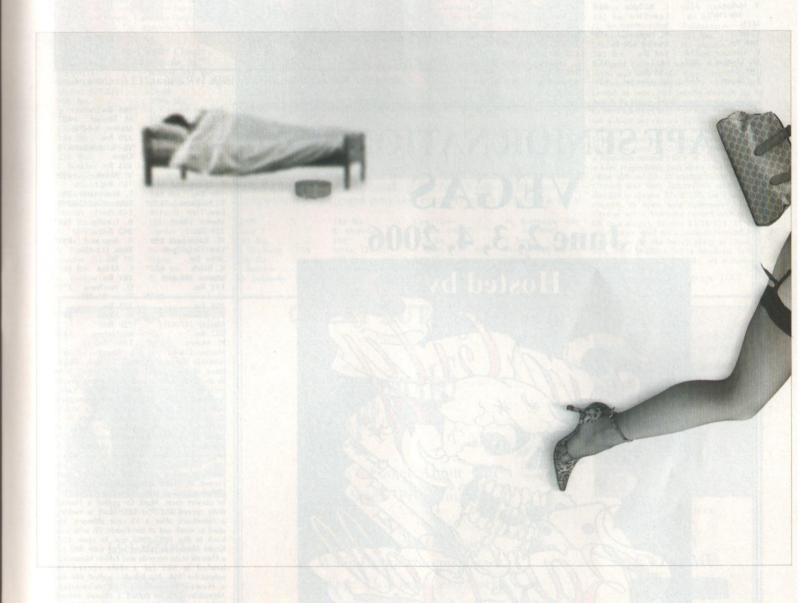


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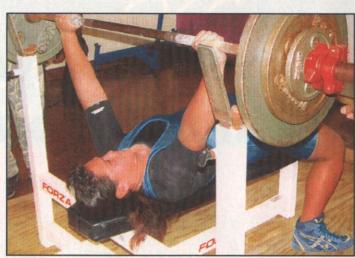


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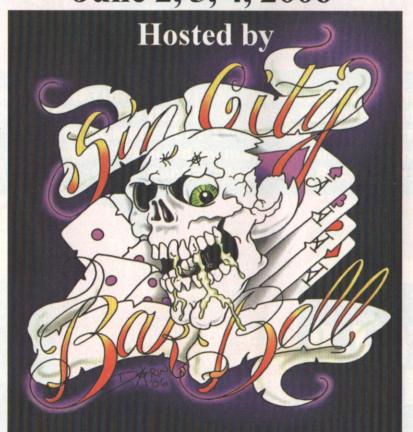


	1000 1000	awaii State Vaimanolo, F		M. Rapoza	501*	Teen (13-15) 97 lbs. C. Akina	RR
BENCH		4th-473*		Cabatingan			00
WOMEN		4th-473* 220 lbs.		W. Kaaloa	_	C. Valmoja	148
		C. Holoana	435				
							121
J. Qunn	121	242 lbs. J. Kahula	424	H. Munro	385	D. Nohara Teen (16-19)	7770
Submaster		259 lbs.		309+ lbs.		123 lbs.	
114 lbs.		259 lbs. J. Swope	363	L. Kamaka		V. Akina	209
C. Baqui	66	309+ lbs.		Master (54-6			
132 lbs. J. Quinn		K. Reich		181 lbs.			165
J. Quinn	121*	Junior (20-25					
165 lbs.		148 lbs.		Master (68-7	4)	220 lbs.	
D. Adams		E. Silva	314	181 lbs.	CALL STATE	A. Moises DEADLIFT	402
Teen (13-15)		198 lbs.		C. Vause	225	DEADLIFT	
97 lbs.		198 lbs. E. Solidum	358*	Open		WOMEN	
C. Tavares	44	Law/Fire		Open 123 lbs.		Junior	
199+ lbs.		Master (40-4	7)	V. Akina	209		
R. Nahara	275	C. Nishida	413	165 lbs.		D. Nakamura	225
4th-286*!		Law/Fire		T Tom			
MEN		Submaster		242 lbs.		97 lbs.	1,000
MEN Class 1		N. Nip	490*	Ronoimoana	540		214
148 lbs.		Master (40-4)	6)	Submaster 93	34-39)	Submaster	
E. Silva	314	181 lbs.		132 lbs.		105 lbs.	
M. Thomas	303	M. Lo	352	R. Oshiro	209*	C. Baqui	203
198 lbs.,		198 lbs.		148 lbs.		MEN	
1. Gilman	468	181 lbs. M. Lo 198 lbs. W. Omura	62	A. Edralin	352	Class 1	



Randolyn Nohara, 14, BPeda WABDL WR 286 at 213 (courtesy Gus)

APF SENIOR NATIONALS VEGAS June 2, 3, 4, 2006



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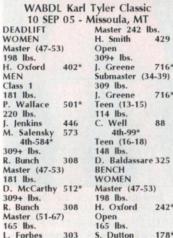
E-MAIL: the gymlasvegas@earthlink.net

W. Kaimikana 330 lunior (20-25) 123 lbs. E. Mammano 585 165 lbs. 198 lbs. E. Solidum Submaster (34-39) Law/Fire Master (48+) 446 A. Edralin W. Kaimijaua 330 523* A. Arucan Teen (13-15) 309+ lbs. K. Reich Akina 187 Master (40-46) 181 lbs. D. Nochara 275* Teen (16-19) 473 W. Kaaloa 402 V. Akina Master (47-53) 220 lbs. 587 242 lbs. A. Moises H. Munro 52 Master (54-60) 529 309+ lbs. Arakawa Master 47-53/97, and she topped out at 214. And, in the bench, a World Record was set by Randolyn Nohara in 1-15/198+ with 286.5, and she's only 14! 15/1984 with 286.5, and she's only 14! Keoni Reich set a Class 1 Hawaii record I the dead at super with 677.7. Junior records were set by Edwin Manmano at 165 with a very impressive 585, and at 198, Eaal Solidum pulled 479.5 for a Hawaii state record. In junior women, Dyon Nakamura pulled a Hawaii state record 225.7 at 123. In master men, Mark Lo pulled a Hawaii state record 462.7 at 181. Mark is making a comeback after a 13 year absence. He used to work out at the Power Pit with me, back in the 1982-1985 era. In open 123, Keoki Akina was pulling large with 402 for a Hawaii state records and Edwin Manmano hauled in 585 for a state record. In submaster 148, Ata Edralini pulled 446 for a Hawaii record. At 242 submaster, Alexander Arucan pulled a Hawaii record 523.5. In teen 13-15/181, David Nohara pulled a Hawaii record 275. In 16-19, Vernon Keoki Akina pulled a Hawaii record 402. In teen 16-19/220, Aaron Moises pulled a rather large 567.5 for a Hawaii pulled a rather large 567.5 for a Hawaii record. And, in super teen 16-19, Joshua Burgess popped a Hawaii state record 507. Moving onto the bench press, Ikaika Gilman set a Hawaii state record in class 1, with 473.7. In junior men, Earl Solidum set a Hawaii record 358 at 198. In law/fire submaster, Nolan Nip was above average with a large 490.5 at 198, which was a Hawaii record. In master 40-46/259, Mark Rapoza put up a 501.5 state record, and at 308, Glenn Cabatingan had the biggest bench in the meet with 551 and a state record to boot. In master 47-53 super, Lule Canake got a PR and Hawaii state record

181 lbs. M. Timbal

Master (68-74)

507. In open men, Taylor Tom, who has the best arch in history, was huge with 479.5 at 165, for a Hawaii state record. In submaster 132, Reagon Oshiro set a Ha-waii record 209. In submaster women 132, Julie Quinn set a Hawaii record 121, and 165 Dawn Adams set a Hawaii record 159.7. In teen men 13-15/105. Chase Valmoja set a Hawaii record 148.7. In teen 16-19. Keoki Akina added to his record ollection with a Hawaii state 209 at 123. In 16-19/220, Aaron Moises set a Hawaii record 402 to go along with his Hawaii record 567 deadlift. I want to thank Keith Ward for putting this meet on and flying me out to Hawaii, and giving me a nice beach front cottage to stay in for four days. His local food restaurant is the best, with lots of LauLau, Kolua Pig, chicken long rice, etc. The judges were Ray Verdonck, Kerwin Unten, and myself. Carmella Baqui was the MC. (Thanks to Gus Rethwisch for results)





Mitch Klindt got a record breaking 562 bench press at the Karl Tyler Oxford was very impressive with a 402 deadlift in master 47-53 198, for a Montana deadlift in master 47-53 198, for a Montana competition (Photograph provided courtesy of CSS Photo Design)

1		242 lbs.
s 1		B. Moretta
lbs.		380*
Vallace	338	Junior (20-25
lbs.		181 lbs.
enkins	248	B. Hughes
Salansky	473*	319*

Law/Fire Master (40-47) 275 lbs. J. Scott Law/Fire Master (48+) 220 lbs.

M. Berleaux 485 4th-491*! 402* Master (40-46) 275 lbs. . Scott

Starkel Open 198 lbs. M. Weil 4th-468 T Raldwin Master (54-60) 220 lbs. B. Tripp 198 lbs M. Weil 4th-468* I. Pable M. Klindt Master (68-74) Teen (16-19) 148 lbs Baldessarre 275 165 lbs 4th-266*

242 lbs. T. Baldwin

I Pablo

165 lbs.

242 lbs.

242 lbs. H. Smith

242 lbs

Master (61-67)

4th-310*

4th-369*

Master (80-84)

!=World Records. *=State Record.s The event was held at the Karl Tyler Chevrolet Dealership Showroom. An unbelievable crowd of over 400 people showed up to watch 26 lifters put up some good numbers. In the Deadlift Class 1 at 181, Pete Wallace set a Montana record 501.5. At 220, Mark Salansky set a Montana record 584 and a previous Montana record attempt of 573. In master men 47-53, Dave McCarthy set a Montana record 512.5 at 181, which was very respectable pull since Dave is in the other side of 50. In master women, Holly record. In open and submaster, James Greene set a Montana record with a 716 DL in a singlet. In teen 13-18/114, 11 year old Chance Weil set a Montana record 99#. Moving on to the bench press in Class 1/ 181, Pete Wallace set a Montana record 336. At 220, Mark Salansky set a Montana

(continued on page 100)

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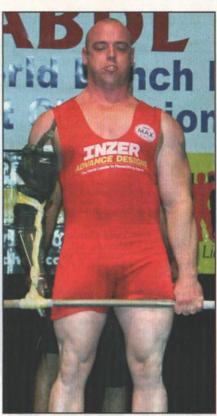
(cont. from page 99)

record 473.7 with room for 20# more. At 242, Bob Muretta set a Montana record 319.5 at In Law/Fire Master 40-47/275, LD. Scott set a Montana record 485 and was close with 507. In Law/Fire 220/ 48+, Mike Berteaux of Colorado set a World Record of 491.6. His previous attempt at 485 was also a World Record. Mike has entered WABDL meets in 9 different states. He's a Sky Marshall. Jeffrey Allen Jones of Nevada set a Nevada record 402 at Law/ Fire 220/48+. Jeff is a retired police sergeant who taught defensive tactics as a policeman and is going to open up his own school to teach hotel security, cruise ship security, and teach other forms of law enforcement, how to de-fend, put handcuffs on, etc. he is originally from Australia and played rugby and boxed as an amateur. He was also a policeman in Hawaii for many years. In master men 47-53/ 181, Dave McCarthy set a Montana record 308.5 to go along with his 512 deadlift. At 220, Mike Berteaux set a Colorado record 491.6. At 242, Terry Baldwin set a Montana record 507, and he was as close as it gets with a 523, and that really upset him. Terry brought a bench and all the warm-up weights and also supplied spotter loaders. He was extremely helpful in getting the world out to the Missoula people. In 54-60/220, Joe Pablo set a Montana record 248. Joe is a Flathead Indian and he's part of his tribal council. In master 61-67/242, Sonny

Nummi of Idaho benched a
310.6 Idaho record without a shirt at age
66. In master 68-74, Harold smith at age 73,
was unbelievable. He did a 369 bench raw
165 lbs. and a Montana record at 242. He's tall, about 6 feet, and he weighed 228, which is definitely not built for benching. In master 80-84, Victor Starkel set a World Record 276.6 at 242. Victor is 82 and owns a 1,000 acre ranch. He has 12 children, the youngest being 17. He had a bad motor-cycle crash at 77, so he's slowed down some. In women master 47-53/198, Holly Oxford set a Montana record 242.5 and just missed a World Record 254.6, which was very close. In open men 198, Mel Weil set a Montana record 468. Terry Baldwin set a Montana record with 507 at 242 open. In super 3, big boys went at it. James Greene, who weighed in at 318, put up 501.5 raw. Mitch Klindt set a Montana record 562 and Brad Tripp set a Utah record 578.5 and was close with 600.7. In open women, Shauna Dutton set a Montana record 176.2 at 165. In submaster men, Mel Weil set a Montana record 468.2 at 198. At super, Mitch Klindt set a Montana record 562, his second state record of the day. In teen 16-19/165, Matt Menke set a Montana record 286.5, weighing only 160. The next Missoula meet March 4, 2006, at Ruby's Inn Hotel. I want Marcin 4, 2000, at Ruby's Init Flotel. I Walti to thank the judges David Edgell, Jeremy Martin, don James, and Brian Baertlein. The scorekeeper was Mrs. James Greene. The platform manager was James Partch, who also brought the kilo set, along with Don James. Karl Tyler Chevrolet was the main sponsor and provided the venue. Kurt McDonough made it all happen. (These meet results provided by Gus Rethwisch)

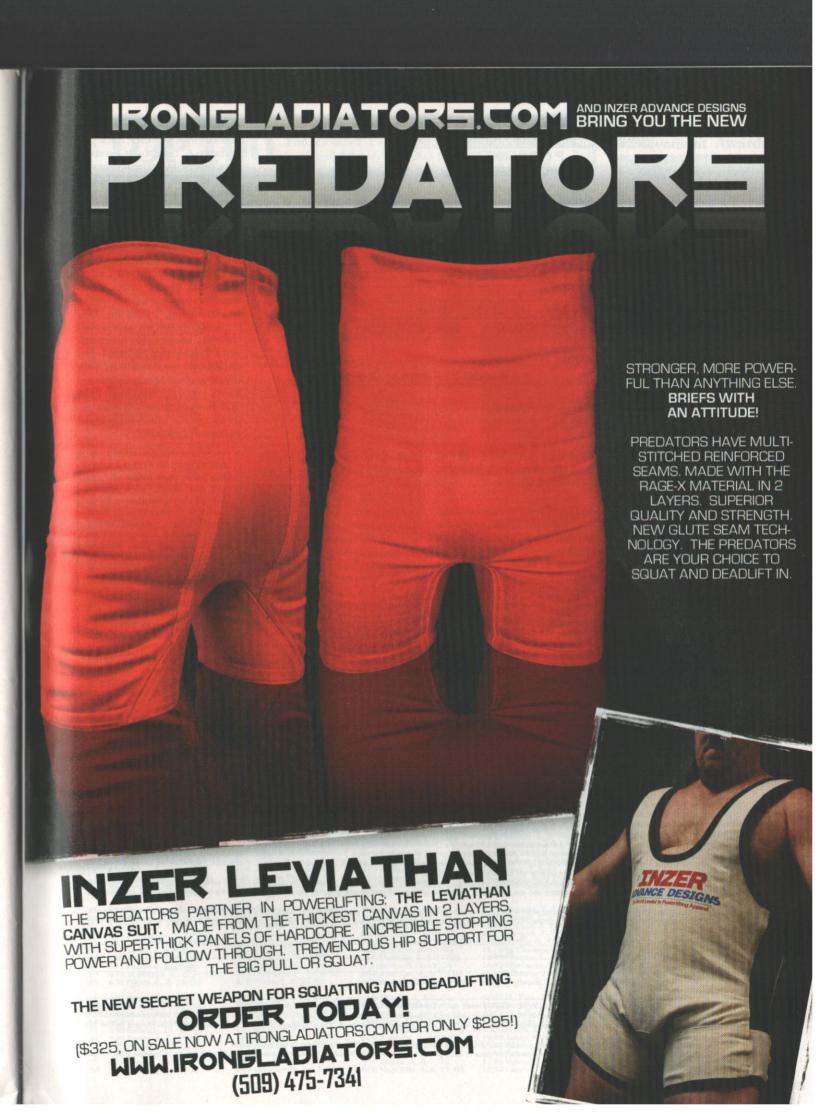
South Side Barbell Bench Press

13 NOV	05 -	New Castle,	PA
BENCH		Teen (17-18)	
WOMEN		A. Debonis	235
198 lbs.		Junior (20-23)
C. Lenzi	145	Goodemote	405
MEN		M. Carlin	330
Teen (14-16)		J. Rowley	325
J. Shreffler	350	Open	



Jonathan Jenkins was one of the great inspirations at the Karl Tyler Classic, as well as the WABDL Worlds. An amputee, he lifts very impressively with a prosthesis. (Photograph courtesy CSS Photo Design)

	D. Dessau	310	R. Shields	370
	165 lbs.		L. Smith	350
	T. Solomon	380	198 lbs.	
ì	181 lbs.		Grieshaber	430
ř	Goodemote	405	A. Reese	360
ı	M. Carlin	330	220 lbs.	
	198 lbs.		E. Collins	405
	Grieshaber	430	R. Duleba	385
	220 lbs.		A. Ciccone	285
	M. Keyser	480	I. Henkel	285
	242 lbs.		242 lbs.	
	S. Prozy	560	D. Sledge	475
	C. Carson	510	275 lbs.	***
	259 lbs.	3.0	D. Harding	395
	D. Swope	600	Submaster	333
	B. Lenzi	575	D. Swope	600
	308 lbs.	3,3	R. Tikey	330
	D. Willaman	500	Masters	330
	SHW	300	B. Lenzi	575
	Open		McClaughlin	
	K. Patterson	500	N. Rolle	415
١	C. Hall		D. Harding	
	Raw		W. Valentine	330
	165 lbs.		Police/Fire	330
	T. Solomon			405
	L. Falconi	315	D. Harding	
	J. Crosky	200	J. Henkel	
	Best litter lig	ht weig	ht division we	nt to
	lodd Solomon	with a	n impressive 3	80 lb
	press @ 165	lbs body	weight! Best	litter
	heavy weight	division	went to Dan S	wope
	with an equali	y impre	ssive 600 lb pr	ess @
	259 body weig	ght! I wo	ould like to that	nk all
	of the contest	ants who	participated i	n the
	South Side Ba	rbell 1st	annual bench	press
	championships	. It was	our first meet	and it
	was a lot of fu	in as the	DJ was cranki	ng up
١	some serious t	unes and	d set the atmos	phere
			d also like to	
	Powerlifting 1	USA for	all their help	and
	support. Iron	Chaml	pers Gym and p and support oceeds were do	Jeff
	Bague for all	the hel	p and support	, and
	Chuck Ullrich	MC. Pro	oceeds were do	nated
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	215-567-7000	. Thanks	Again. (Than	ks to
	Carlo DiNard	o for pr	roviding the re	sults)



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804 Flesh, D..12/4/05 790 Rapp, B..5/8/05 788 Tracey, B..3/12/05 777 James, A..6/5/05 775 Lavelle, T..11/12/05 771 Paras, R..11/12/05 760 Thomas, J.J..8/6/05 760 Maxwell, M..11/12/05 755 Kuderick, S..9/10/05 755 Wisenbaker, J..9/24/05

750 Gugino, M..4/17/05 750 Bailes, P..7/17/05 750 Kelly, T..12/17/05 749 Belshe, C..9/10/05 749 Runde, T..9/10/05 733 Hanson, D..6/5/05 733 Hoover, L..6/5/05 727 Nesti, E..6/5/05 711 Benemerito, R..5/8/05 710 Urichick, J..8/6/05 21 22 23 24 25 26 27 28 29 30

705 Kegrice, J. 3/13/05 705 Buckley, T. 4/23/05 705 Celli, R. 8/6/05 705 Delmonti, P. 11/12/05 700 Hicks, R. 3/19/05 700 Kirschen, D. 6/25/05 700 Terry, C. 11/12/05 700 Pennington, B. 11/12/05 699 Garland, T. 6/5/05 699 Chalmers, S. 7/9/05

695 Rebera, J. 4/24/05 688 Dell, R. 5/14/05 688 Harrington, P. .6/25/05 685 Ducharme, B. .3/20/05 680 Brown, J. 4/17/05 675 Enes, J. 3/05 675 Bishop, B. 4/17/05 675 Welcheck, M. .7/17/05 675 Byan, D. .8/6/05 672 Clark, R. .4/24/05

672 Wade, T..6/25/05 672 Jones, G..10/9/05 672 Dorsten, J..12/10/05 670 Pettigrew, D..4/2/05 666 Cole, J..4/17/05 666 Serio, A..5/21/05 661 Bridges, M..5/21/05 661 Bridges, M..5/21/05 661 Smith, C..8/14/05

661 Green, G..10/22/05 660 McVicar, J..6/25/05 655 Jackson, J..11/5/05 655 Delgado, B..11/12/05 655 Rekas, C..12/4/05 650 Nelson, C..2/12/05 650 Stone, P..3/12/05 650 Kirkland, K..4/9/05 650 Jester, J..4/17/05 650 Baker, D..4/17/05

650 Biales, P..4/17/05 650 Nichols, B..5/7/05 650 Evans, J..5/7/05 650 Haga, A..6/25/05 650 Soule, J..7/29/05 650 Soule, J..7/29/05 650 Myers, T..11/12/05 650 Christie, M..12/17/05 644 Farid, H..4/17/05 644 Massie, A..4/23/05

644 Van Cleave, M..5/14/05 644 Williams, J..6/18/05 640 Yvars, S..1/8/05 639 DiCataldo, S..5/8/05 639 Hodges, L..9/10/05 635 Smith, J..5/8/05 635 Jones, M..7/17/05 635 Navarro..9/17/05 633 Sotirakos, G..4/24/05 633 Payne, C..8/14/05

633 Pena, J..8/20/05 630 Prewitt, M..3/19/05 630 Hailey, S..4/17/05 630 H., Kris..11/12/05 630 Seftel, E..11/12/05 628 Baker, E..4/24/05 628 Willett, M..5/21/05 628 Lamneck, S..6/18/05 628 Laitres, R..12/11/05 625 Lewis, N..3/19/05

688 Wolfley, M..10/29/05 677 Frankl, S..10/29/05 666 Rabine, S..3/5/05 650 Zweng, M..3/19/05 635 McVicar, J..4/30/05 622 Cartinian, M..3/4/05 600 Burdette, J..9/24/05 600 Gugino, M..10/1/05 589 Bell, G..5/14/05 585 Daily, R..4/16/05

585 Celli, R..8/6/05 585 Koffler, C..8/13/05 580 Piggee, D..4/3/05 580 Kellum, J..4/10/05 578 McAuliffe, J..9/18/05 575 Elick, J..1/19/05 573 Cieri, D..9/18/05 573 Coker, J..11/5/05 563 Morishima, E..11/19/05 556 Marrama, R..11/19/05

551 Coe, M. 6/5/05 551 Byrd, S. 9/10/05 551 Luckett, M. 9/24/05 551 Ivanov, T. 9/24/05 551 Whitney, J. 10/1/05 550 Vinelli, S. 3/12/05 550 Brown, J. 4/17/05 550 Brown, J. 4/17/05 550 Mattson, K. 6/18/05 545 Tracey, B. 3/12/05

540 Masello, B. .2/27/05 540 Hartlaub, S..11/11/05 534 Hanson, D..6/5/05 534 Milburn, E. 11/19/05 530 Lowe, D..1/29/05 530 Handsue, M..3/20/05 529 Gentges, N..6/5/05 525 Gentry, R..1/22/05 525 Rapp, B..5/8/05 525 Delmonti, P..11/12/05

525 Bishop, B..11/12/05 525 Kelly, T..12/17/05 524 Soto, D..11/19/05 520 Stucke, T..4/10/05 518 Alvarado, J..4/9/05 518 Gibson, G..11/19/05 515 Lavelle, T..11/12/05 512 Coleman, M..5/7/05

512 Jones, A..7/16/05 510 Cabrera, J..3/05 510 Dussault, S..12/17/05 507 Miller, M..5/14/05 507 Knutson, J..7/9/05 507 Fichison, P..9/10/05 505 Scarincio, C..1/8/05 505 Johnson, P..3/19/05 505 Sheehan, T..10/30/05 501 Maddox, C..2/26/05 501 Shalkowski, B..3/5/05

501 Sanders, A..4/2/05 501 Kirkland, K..4/9/05 501 Bell, C..4/30/05 501 Arrendell, M..4/30/05 501 Norman, J..6/5/05 501 Paras, R..6/11/05 501 Rebera, J..7/29/05 501 Bebera, J..9/10/05 501 Benson, J..9/10/05 501 Washburn, C..9/10/05

501 Bachmeier, J., 11/19/05 500 Swanson, B., 1/8/05 500 Reese, T., 3/5/05 500 Frantz, C., 3/12/05 500 Smith, J., 3/26/05 500 Owens, B., 4/3/05 500 Jester, J., 4/17/05 500 Stevens, B., 6/11/05 500 Kirschen, D., 6/25/05 500 Driggers, M., 9/17/05

500 Conner, T..10/30/05 500 Hanson, J..12/10/05 497 Bridges, M..5/21/05 496 Gardner, J..4/30/05 496 Pinckard..11/4/05 490 Nip, N..9/24/05 490 Flesh, D..12/4/05 485 Hailey, S..2/19/05 485 Hjohnote, B..5/28/05 485 Wade, T..6/25/05

485 Power, J..10/29/05 480 Stroshine, T..3/19/05 480 Salter, R..3/20/05 480 Dean, K..4/17/05 480 Watts, S..8/20/05 480 Maxwell, M..1/12/05 480 Benford, G..11/12/05 479 Sotirakos, G..4/24/05 479 Lunsford, R..6/5/05 479 Gregory, B..6/11/05

DEADLIFT

770 Terry, C...9/17/05 768 Eiseman, T...5/28/05 735 Meyers, T...12/3/05 733 Caprari, T...11/19/05 705 Kegrice, J..3/13/05 705 Norman, J..6/5/05 700 Walker, J...4/9/05 688 Coleman, A..10/29/05 688 Woodley, L...11/18/05 683 Byrd, S...9/10/05

677 Timonen, S..8/13/05 677 Frankl, S..10/29/05 675 Brookins, J..10/22/05 672 Clark, R..4/24/05 672 Lunsford, R..6/5/05 672 Decker, J..8/13/05 661 Cartinian, M..3/4/05 661 Cartinian, M..3/4/0 661 Baker, D..4/17/05 661 Bell, G..5/14/05 661 Coe, M..6/5/05

661 Lemarie, S. .8/13/05 661 Wade, T. .11/19/05 655 Ray, J. .4/16/05 655 Benemerito, R. .5/8/05 650 Schmidt, B. .1/29/05 650 Lewis, N. .3/19/05 650 Bishop, B. .4/17/05 650 Shelton, T. .5/8/05 650 Lucchetta, M. .8/13/05 650 Delmonti, P. .11/12/05

650 Richesson, L. 11/18/05 645 Beechum, K. 4/2/05 645 Cervero, J. .5/28/05 644 Tracey, B. 3/12/05 644 Ferstler, G. 5/21/05 644 Safran, C. 5/21/05 644 Welch, L. 7/29/05 644 Jones, G. 10/9/05 644 Schoenbeek. 11/18/05 640 Gugino, M. 10/1/05

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1664 Baker, E..4/24/05 1660 Burdette, J..12/10/05 1658 Laitres, R..12/11/05 1655 Buyan, D..8/6/05 1653 Nelson, C..2/12/05 1653 Buffington, G..5/21/05 1653 Green, G..6/18/05 1650 Pettigrew, D..4/2/05 1650 Christie, M..12/17/05 1647 Dell, R..5/14/05

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1625 Lemarie, S..1/22/05 1625 Burnell, J..8/13/05 1620 Benson, J..9/10/05 1610 Hanson, J..3/19/05 1610 Griffin, A..4/17/05 1610 McCloskey, K..12/17/05 1609 Shelton, T..1/29/05 1609 Blindauer, J..2/19/05 1609 Williams, J..6/18/05 1605 Yvars, A..1/8/05

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NEXT MONTH... TOP 220s

CORRECTIONS ... In the FEB/06 article on the IPF Bench Press Worlds, within the report of the 242 lb. class, Oliweir Bryniarksi of Poland was incorrectly identified as Oliweir 'Kushnarev'. Within the same article, Alexey Sivokon should have been credited with 7 Gold medals, rather than 6. Darren Nemow should have been credited with a 611 deadlift and 1542 lb. total on the TOP 100 list for the 181 lb. class. In the results of the APF Southern States (FEB/06 PL USA) the Open 220 lbers. were not listed: Brian Carroll 903 584 733 2221, Clint Smith 810 633 705 2149, John Oliksowycz 710 374 490 1576, and the lifters labeled 220 were actually in the 242 lb. class. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction

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• Not bradded. High compression riveted. Will never come loose.

• New, closer prong holes for more choice in precise fitting.

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