# POWER SHOE

# maximize your leverage o stabilize your body

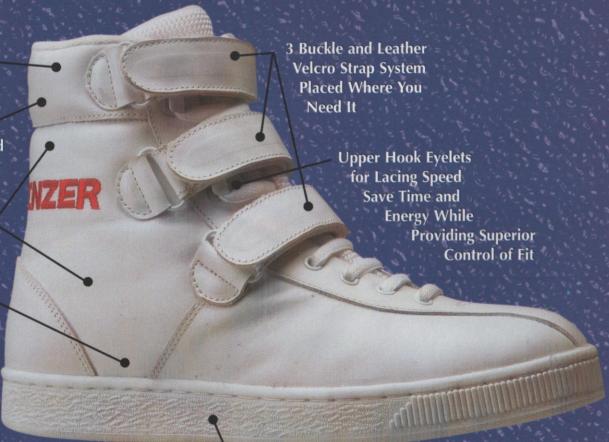
The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover





SOLE MOLDED TO PERFECTION Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

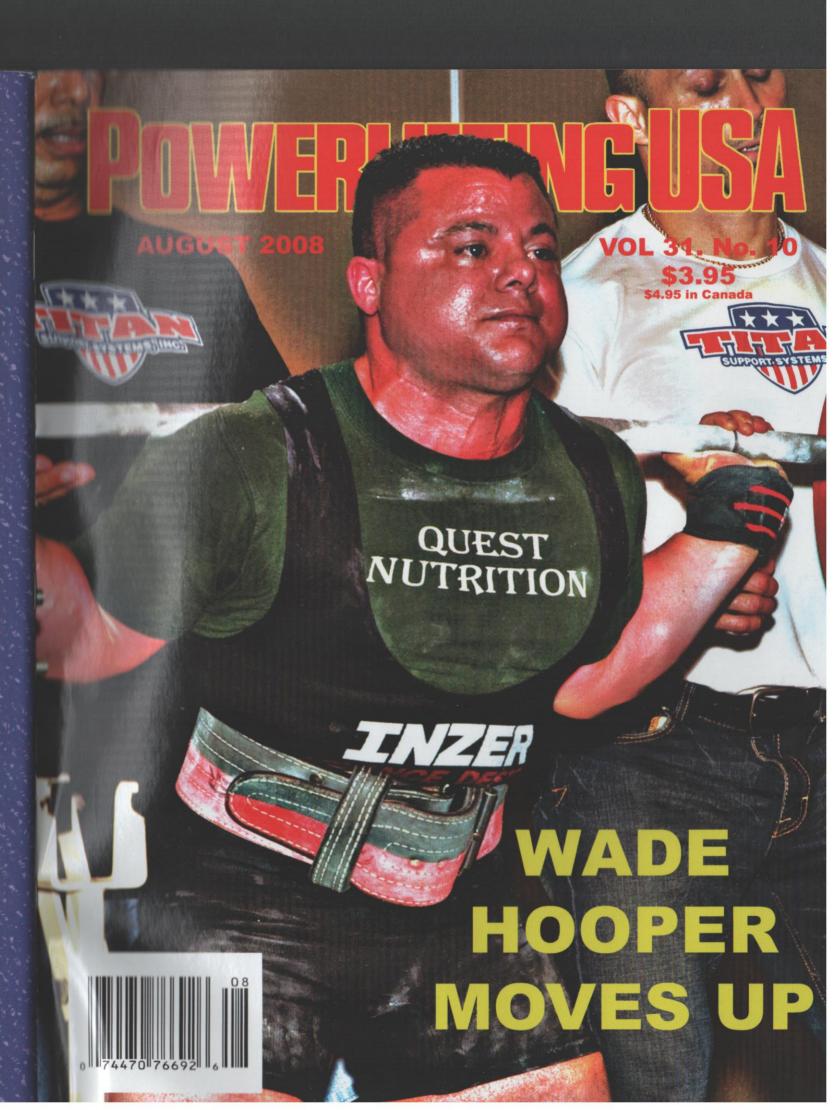
**INZER POWER SHOE \$119.95** 

Available in solid white with scarlet red logo.
Solid black available soon. Sizes 4 1/2 - 15

All-Direction Traction Bottom

ADVANCE DESIGNS

The World Leader In Powerlifting Apparel P.O. Box 2981 • Longview, Texas 75606 800-222-6897 • 903-236-4012



# is defined as the repetition of the same thing while expecting a different result.

Stop the insanity, and do something different. See what kind of results you can get by making CON-CRET part of your work-out routine.\*

"I was skeptical at first, but now that I take CON-CRET I have increased my strength and endurance with none of the side-effects that other creatine products gave me."

-Mike Bridges, National IPF Champion & IPF World Record Holder-

"While taking CON-CRET, I dropped a full weight class, gained strength and hit a Master's World Record with a 744 lb. squat."

-Dave Ricks, USAPL & IPF Champion & World Record Holder-

"CON-CRET is the only creatine I will let my athletes take. It works, it is compliant and it performs."

-Rick Scarpulla, Army Powerlifting Coach & SPARQ Certified Speed & Ratings Coach-

"I was amazed the first time I took CON-CRET. I noticed a difference in my work-out immediately, it is simply that great."

-Charlie "Turk" Turco, Powerlifter & Record Holder-

"CON-CRĒT is what fuels me to victory. After taking it for the first time, I hit a 380 lb. raw bench at 160 lbs. for a first place finish."

-Claude Bouyer, SPF World Champion & 12-Time World Record Holder-



CON-CRET complies with all drug and supplement standards issued by professional and amateur athletic organization.



# CON-CRET® FOR BLOCK-HARD MUSCLES

THE WORLD'S FIRST CONCENTRATED CREATINE



# STRENGTH ENDURANCE RECOVERY

CREATINE MICRO-DOSING

1/4 teaspoon (powder) or 1 capsule of
CON-CRET per 150 lbs. of bodyweight

The CON-CRET molecule is a revolutionary breakthrough delivering a safe and pure creatine to your muscles - increasing your energy and stamina while optimizing your work-outs.

It is no wonder that CON-CRĒT is quickly becoming the #1 choice of strength and conditioning coaches - finally, a creatine that solves all the problems and delivers all the results.



For more information or to order online:

www.con-cret.com

Or to place your order by phone: 888.878.9058





## **Powerlifting USA** Post Office Box 467 Camarillo, CA 93011

Editor-In-Chief Mike Lambert Controller In Joo Lambert Statistician Michael Soona Publisher Mike Lambert

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors. advertisers, and administrators who have made enormous contributions to its success, .... through their own love for the sport .... this is their magazine."

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POST-MASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

### PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds) USA addresses, 1 yr......\$36.95 USA addresses, 2 yr......\$67.95 First Class Mail, USA, Iyr...\$60.00

Outside USA, air mail .. \$96.00 US

**Telephone Orders** Subscription Problems 800-448-7693/805-482-2378 FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

## **MUSCLE MENU**

- Volume 31, Number 10 - August 2008 -

USAPL MEN'S NATIONALS Johnny Graham 10
BENCH LOCKOUT Louie Simmons12
MHP LIBERTY STRONGMAN Al Thompson14
ULTIMATE TOP TEN 198/220 Bob Gaynor 18
APF SENIOR NATIONALS Becca Swanson 25
STARTIN' OUT Doug Daniels
IN MEMORY - PEDRO F. ALANIZ Pete Alaniz 28
DR. JUDD Judd Biasiotto Ph.D 32
HARD CORE GYM #76 Rick Brewer 34
UNRELENTING POWER IS HERE Ian Collins 36
POWER NUTRITION Anthony Ricciuto 38
ASK THE DOCTOR Mauro Di Pasquale M.D 41
APC NATIONALS L.B. Baker 47
ALL TIME TOP 50 MEN 148 BENCH Mike Soong 48
ALL TIME TOP 50 WOMEN 123 BENCH Mike Soong 49
COMING EVENTS Mike Lambert 61
UNCLASSIFIED ADS 110
TOP 100 275 Mike Lambert 111

ON THE COVER ... Wade Hooper made a spectacular move up to the 181 lb. class at the USAPL Nationals (C. Turco photo)

Copyright 2008 Powerlifting USA

herein are those of the writer only, and may or may not be in agreement with PLUSA

# **POWERLIFTING USA Magazine**

ALL PURPOSE SUBSCRIPTION FORM

Name

Address

City State Zip YES! SIGNMEUP! Check one:

□ NEW ☐ RENEWAL

☐ Address Change (indicate previous address)

\$36.95 for 12 monthly issues \$67.95 for 2 years (USA address rates) Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011 (MC/VISA also accepted)

The most powerful, most popular most effective knee wrap in the world

- · Super tight, extreme rubber strand design for the super rebound
- Gets tighter, easier, during the movement even when not wrapped to total tightness.
- · When wrapped to total tightness, generates the most energy and power of any wrap in the world.
- Smoke all your lifts with the Iron Wraps Z!

# RONWRSIWRAPS

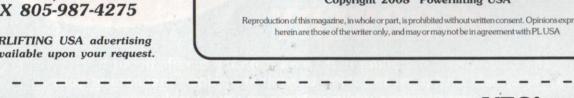
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

- Provides excellent comfort and perfect support.
- The best wrist wraps in the world make it the choice of champions worldwide.
- Strong grip Velcro straps fasten the Iron Wrist Wraps Z securely in place.
- The Velcro straps are wide for strength and long for generous adjustment advantage.
- · Strong, durable and wide elastic thumb loops are secured in place with long lasting construction.

SEE MORE SELECTION AT INZERNET.COM



The World Leader in Powerlifting Appare







## THERE IS A NEW SUPERMAN!!





#### CALEBWILLIAMS

		Bwt	P/L Total	O/L Total	Superman	Schwartz	Sinclair	Superman Rating
1	Caleb Williams	149	1769	612	2381	1282	822	2104
2	J. McCarty	164	1760	699	2460	1175	860	2036
3	J. Cole	267	2363	770	3133	1231	781	2003
4	M. Henry	405	2382	881	3264	1106	881	1988
5	K. Patera	332	2165	891	3046	1066	891	1957

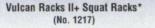


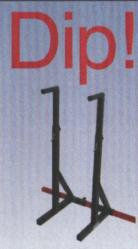
# CALEB'S FAVORITE STACK HARD CORE

888-35-QUEST (78378) www.quest-nutrition.com JACKED STACK II



# Squat!





You Decide Dipping Bars™\* (No. 1312)



Vulcan Racks II+ Chinning Bar Set-up\* (No. 1217-C)

Easier to say than *abracadabra*, but even more effective for building muscle—whether you're looking for bulk and power or want the world's highest strength-to-bodyweight ratio, the trinity of Squat—Dip—Chin is the center of your universe.

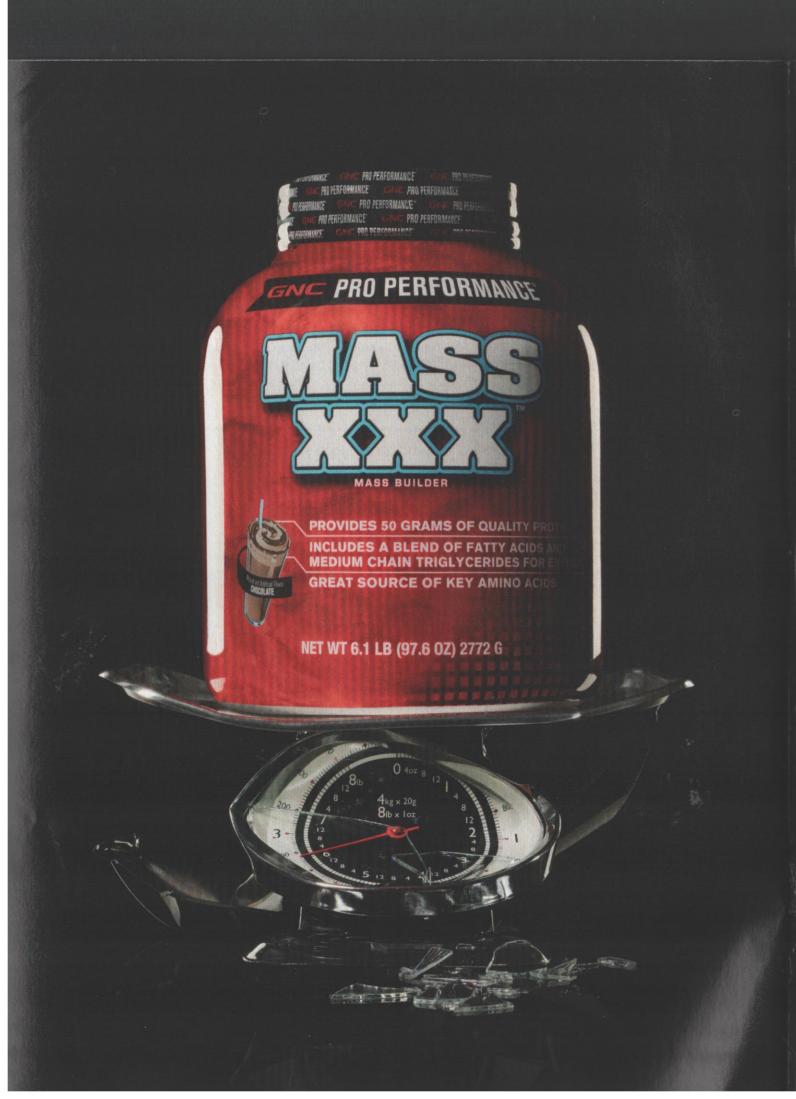
IronMind's Vulcan Racks II+ system transforms any space, indoors or out, into the complete gym you need to build your body with the most potent moves in the iron game—you just add the weights and put out the effort.

\*For Vulcan Racks II+ System component details and pricing, please request a catalog or visit the Gym Equipment department in our on-line store at:

www.ironmind.com



ronMind Enterprises, Inc., P. O. Box 1228, Nevada City, CA 95959 USA • t − 530-272-3579 • f − 530-272-3095 • sales@ironmind.com • www.ironmind.com



# Weighing in at 990.

Mass is good. Lean mass is better. To pack on the lean mass, Mass XXX is our best.\* Because it's GNC's first clinically studied mass gainer, it's the winner and still champion. It's the mother lode of nutrient-rich calories. Not just sugar and fat. Mass XXX has 66 grams of quality protein and a whopping 146 grams of complex carbohydrates when mixed with 2% milk. And it all adds up to 990 calories per serving to help you pack on the muscle.\* It's clinically proven to build muscle mass with 40% fewer sets, which means you get the same results with three sets of resistance training as non-users get with five sets.\*\* Get your muscle on with Mass XXX, the ultimate lean mass builder.\*

MASS 0000 3 SETS + XXX = 5 SETS EQUAL GAIN IN MASS, MUSCLE STRENGTH AND ENDURANCE.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit www. agr. com for the store nearest you. ©2008 General Nutrition Corporation. May not be evailable outside the U.S. "When used in conjunction with regular weight training." This an eight-week randomized double-blind placebo-controlled study of healthy male volunteers. 18 subjects completed three sets resistance training (RT) daily + Mass XXX, and 16 subjects performed five sets RT daily with no supplement. After eight weeks, subjects on Mass XXX showed equal gains in body weight, fat free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only three sets RT per day compared to the control group who completed five sets RT per day compared to the control group who completed five sets RT per day compared to the control group who completed five sets RT per day compared to the control group who completed five

# **NEW TORO BELTS, GLOVES AND STRAPS... AS TOUGH AS YOU ARE**



#### **TORO Lever Belt - B808**

- Imported 10 mm thick leather body
- Suede on both sides
- 10 cm IPF legal width
- Toro embroidered logo on the back of each belt
- Nickel plated lever a full 10% heavier than any other lever on the market. The only one of its kind and made in the USA!



### TORO Lever Bench Belt - B809

- Imported black finished leather
- Suede inside to prevent slippage
- 10 cm (4") front for maximum shirt coverage and grip
- 6.5 cm (2.5") back to allow for easier arching
- Silk-screened Toro logo on the back of each belt
- Toro lever the only one of its kind. Made in the USA



#### TORO Dip Belt - T109

- Imported black finished leather
- Suede inside to prevent slippage
- Heavy duty chain for the heaviest loads

\$6400



TORO Leather Lifting Straps - S503

100% leather for extra strength and supple feel. 2ft length for maximum grip assistance.



**TORO Padded Cotton** Lifting Straps - S504

1.5" (37mm) cotton lifting straps. Neoprene padding to provide additional comfort.



# **TORO Leather Padded**

Wrist Wrap Glove #21

Padded leather palm. Built in wrist wrap for wrist support.

**TORO Neoprene Padded** 

Neoprene padded palm for protection and added grip. Built in wrist wrap.





www.titansupport.com 800-627-3145

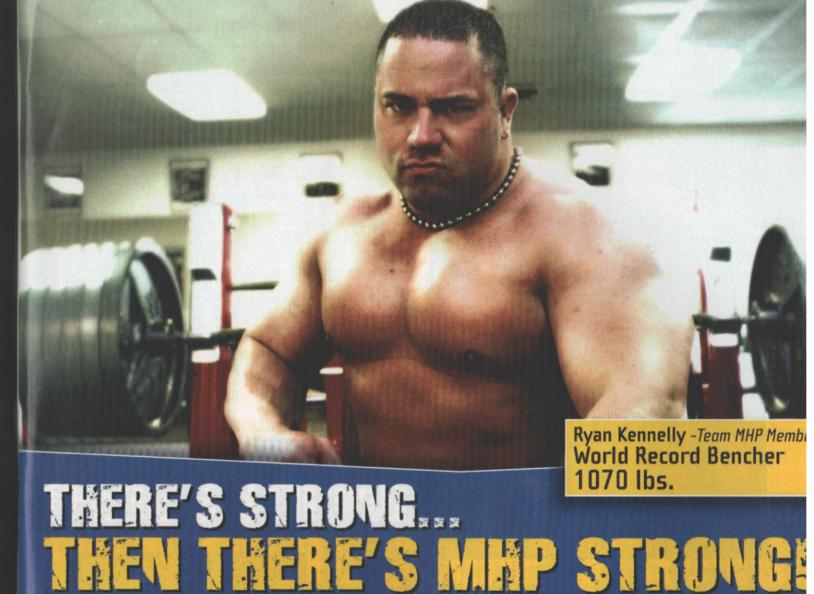


## \$1999

Wrist Wrap Glove #24



Call Now or Go Online to Order Today! 1.888.783.8844 • www.getMHP.com



### Powerliftings Newest Anabolic Weapon!

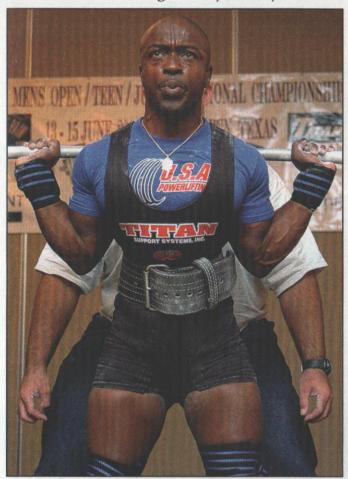
A-BOMB is, without question, one of the most exciting new developments in the science of muscle growth and strength enhancement. It is the first supplement designed to trigger multiple anabolic actions while simultaneously shutting down catabolism (muscle wasting) during and after intense exercise and weight training. Muscle growth, strength gains and recovery can only occur if the body remains in an anabolic/anti-catabolic state. A-BOMB has been precisely formulated with select performance enhancing compounds, co-factors, amino acids, branched chain keto acids and branched chain amino acids to fuel your body during training. A-BOMB also utilizes a pharmaceutical 12-hour Continuous Infusion Delivery to ensure that you remain in this favorable state for maximum growth, strength, recovery and performance.

Hit Your PB with A-BOMB!



# **USAPL Men's Nationals**

as told to Powerlifting USA by Johnny Graham



Hennis Washington (Christy Newman photos, except where noted)

The Phantom Warriors Powerlifting Team was the host for the 2008 USAPI Men's Open Teen Junior Nationals, This was the first year that USAPL has combined this event, and the task of putting it on was a big one. Because of the change of dates, from July to June, we had to move this event next door of the Civic Center, to the Shiloh Hotel. This was a first for the Shiloh, but, by luck, we had people working there who had been at the Plaza Hotel when we hosted events there. The Shiloh is the newest hotel in the city, and with it being an all suites hotel, with two ballrooms, we had the facility we needed, and the lifters were happy with the rooms. Once the management got over the shock of thinking this was weightlifting and seeing a DVD of previous meets, it was time for contract talks. We were able to get a reduced rate from \$157 per night to \$95 for this meet. After seeing the rooms, I think everyone was more than satisfied with the rates. The National meeting starting on Thursday afternoon, and the hot topic was the new knee sleeves for raw events. I'm sure everyone has read about this topic, on the forums, so I won't go further on that. Elections were also held, and Angela Sim was elected the new Secretary, and Gree Page was elected as a new EC member. have had the honor to work with both over the years, and I'm sure they will do great things to improve our organization. Welcome Aboard. Before I begin, with this being a new event for the Shiloh Hotel, and ng in the Civic Center, which is operated by the City of Killeen, we couldn't get the discounts the City has given us in the past, so I must give a big thank you, to my sponsors who helped us out greatly. Titan Support Systems, House of Pain Ironwear, Con-cret, Er Equipment, Quest Nutrition, Universal Boots, Cedar Hill Cattle Company,

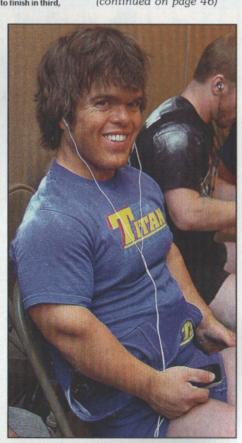
Dental Images, and Indeco Sales, Without these great, great sponsors, we couldn't have made this work. Another big thank you goes out to the Phantom Warriors Powerlifting Team, for working all weekend spotting, loading, and tearing down; and to Tony Cardella, for changing right after his last deadlift, and helping with the spotting. Bill Sindelar, USAPL President, Dr. Larr Maile, and Greg Jones, who also assisted with the platform when they weren't lifting or officiating. Terry Brady, and Dr. Patrick Anderson, (\*I said Patrick, not Pat), for the fine job announcing. To the referees who worked a loooong Saturday, and every day, to insure the highest standards were met. Lynne Smith for manning the door all weekend, while still watching two young girls playing with bugs. My right arm and Asst. coach, Lanette Lopez, who worked double duty at her new job as the Team double duty at her new job as the Team Training Facility Manager, and being there all weekend with the registration. 1sg Anderson, of III Corps Signal Co., and 1sg Greening, of A Co. 57th Signal, for the outstanding support they gave us with soldiers from their units to help with the setup and the event. And, last but not least, the least Argesteiner who has the best secring. Mr. Joe Marksteiner, who has the best scoring system in all of powerlifting. Joe also won the Brother Bennet Award, which is the highest award given to anyone in USA Powerlifting. This award is well deserved. Without this great support staff, we would not have made this happen. The equipment was all new Eleiko bars and plates, fresh out the box, that were first used at this event. Boy, did that change some lifting!! The platform was a 16x12 foot carpeted floor, with ER Racks. Day one started with some upsets and disappointments for some of our elite lifters, and some surprises from some new ones also. The 114 class consisted of all

T2/16-17 Age group, and Phillip Rotar was on with his squats, which gave him a lead over Ivan Gray, which he couldn't make up. Another young lifter to watch out for in this class is Caleb Messimer of Texas. This class is going to be a fight for some time with these guys. In fourth place was James Severs, who had a bad day on the bench, making only his third attempt to stay in the meet. In the 123 lb. open class, Multi-National Champ and World Team member Ervin Gainer, just couldn't get a squat passed, and left the door open for a fight between Billy Naguin Jr. and Chris Tran. Both lifters only got one squat passed, and Chris' bench put him in a subtotal lead. Billy's pulling power, pulled him to the win, as he was crowned National Champion by 2.5 kilos over Chris. Adam Roth won the T1 class, and Joey Rein beat Michael Depreist in the T2. What makes the T# so exciting, is that the winner of this This of exciting, is that the winner of this division, Jimmy Lawrence, beat the Open National Champion by 80 lbs. This young kid, is going to shake up this weight class if he continues the way he is now. Remember this name, Jimmy Lawrence. The 132 lb. class was also full of surprises. Everyone was expecting a three way battle in the Open class with Hennis Washington, Mike Kuhns, and Eric Kupperstein. And it went until the deadlift. Just to give you an idea of this battle, during the squat and bench press, only one lift was missed among these lifters. Mike had a commanding lead of 50 kilos after these lifts, but, as usual, his deadlift was where the battle shifted. Hennis is a smooth operator in the deadlift, and great coaching kept him in the lead over Mike. Mike did win the Junior division, and will be going on to South Africa for the Junior Worlds. It wasn't over with yet, as Hennis' final pull of 235 kilos gave him a 2.5 kilo lead over Mike, but Eric still had one more pull to try. Eric is one of the BEST deadlifters in the country in this class, but this was not the day. I have seen Eric compete for over 20 years, and to see him miss three deadlifts was something we are not used to. Eric is a very successful attorney, so we knew he wasn't going to just give in, as his last attempt was for the win at 262.5 kilos. Eric will be defending his IPF Masters Championships in Palm Springs in October. Tim Smith had a 4 for 9 day to finish in third,

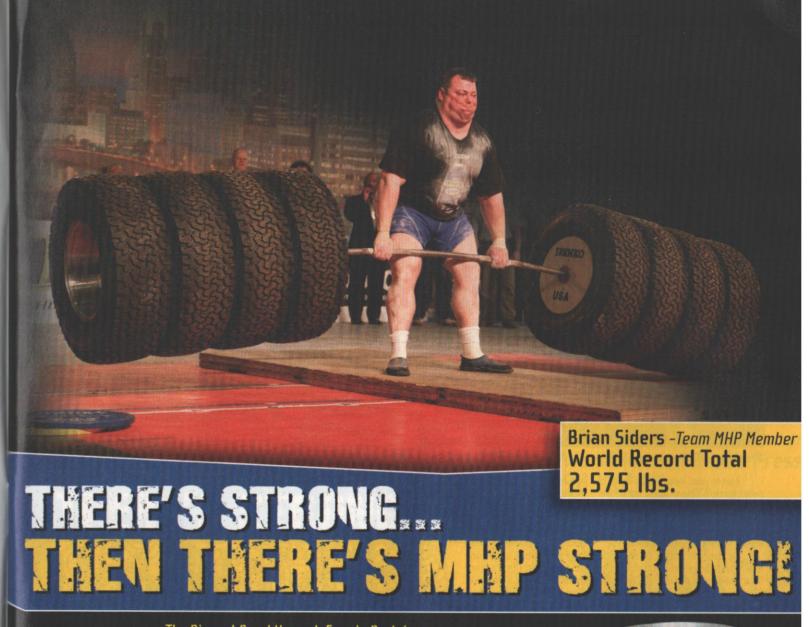
and Wes McCormick of Mi, was fourth. The state Mississippi had the most lifters in this meet. and Bradley Starling jumped off to a great win in the T! class with a 412.5 kilo win. Great Schraub of Ga., and Steven Oswalt, also of Ms, rounded out the other two spots. Its hard to beat a guy who had a perfect day, but that's what Derek Murphy of LA had to do to win the La. lifter, Garth Sullivan, Ms. Lifter was in third. Nick Stevenson, and Wes McCormick had a see-saw battle in the T3 class. Nick left the door open one squat, but Wes had the same problem in the bench press, making only his second attempt. After Nick missed his second and third deadlift, Wes went for the win with a 226 lb. attempt, but couldn't lock it out that he can stay in there with the squats, but only made one bench and deadlift to lock up third Eric Renfrow went 8 for Another classic battle went on in the 148 lb. open class, between Marcus Williams and Vincent Niedoliwka. Both of these guys have all three lifts that can

compare to each other, and the fight was on. Marcus missed his 1st squat of 260 kg., and had to take it again, and Vinnie went ahead on his second attempt of 267.5. After Vinnie missed his third attempt, Marcus went to a 600 lb. attempt and came back with a 5 kg, lead. Marcus only made one bench of 160, and Vinnie took the lead back with a 172.5 bench. Both of these guys can pull, and Marcus opened with a 282.5 to Vinnie's 265 to take the lead back. Both missed the other two attempts, giving Marcus the National title, and a trip to Canada. Vinnie will be making the trip to South Africa for the Jr. worlds, as he also won the Africa for the Jr. worlds, as he also won the Jr division. Michael Broussard started off with a bad day, by missing his 1st and second squat, but after he got the third, he didn't miss another lift to lock up the bronze medal. Jamaal Neal traveled from Fla. and got second in the Jr. division, beating out TX Lifter Eric Calloway. As we were watching Marcus and Vinnie, another battle was brewing between Texas lifter Stephen Rios, and Michael Broussard in the T3 division. Once again, its hard to beat a lifter that goes 9 for 9, and Stephen needed all of this, to bear Michael on bodyweight, third and fourth place in this division was also decided on bodyweight, as Steven Rodriquez edged out Ryan Savell, by weighing .10 of a kilo lighter. After the nominations were in, we knew Day two was going to be a long one. With over half of the lifters competing on Saturday, it was time to buckle up for the long ride. When it was known that Wade Hooper had moved up to the 181 lb, class the battle was on to see who would take that seat. I can't count how many times Eriek Nickson has come second to Wade, but he was not ready to turn it over to someon else. The battle started in the 165 lb. oper class between Eriek and Dave Hammers Dave has been on several Jr. World Teams but now it was time to make the move to the pen division. At sub-total, Dave had a 20 kilo lead, but Eriek is known for his pulling power, and pull he did, all the way to a World Team slot in Canada. Eriek made all three deadlifts, to edge out Dave by 7.5 kilos for the win. Another young teen lifter was also in the open class, and he is one lifter to

(continued on page 46)



Mike Kuhns and his Schwarzenegger-like grin



#### The Biggest Breakthrough Ever in Protein—

PROBOLIC-SR's patented 12 hour Sustained Release Micro-Feed Technology and superior Critical Five Amino Acid Score (CFAAS) give you something no other protein can—a continual 12 hour supply of the most critical amino acids to stimulate muscle growth, increase strength, improve recovery and prevent catabolic muscle wasting! It is truly setting new standards in the bio-efficiency and anabolic effects of protein.

#### Supplies Critical Amino Acids For up to 12 Hours!

In order to achieve maximum muscle growth and strength, you must have an adequate supply of amino acids to feed your muscles. Certain amino acids, called the Critical Five amino acids—glutamine, arginine and BCAAs (leucine, isoleucine and valine)—are more important than others for stimulating and supporting muscle growth

PROBOLIC-5R's engineered protein matrix of whey, casein and Supro® soy protein isolate is precisely formulated to supply the absolute highest levels of these Critical Five amino acids. PROBOLIC-5R's protein matrix also provides a fast, medium and slow "release profile," which is further enhanced with the patented 12 Hour Micro-Feed Technology, making PROBOLIC-SR the most bio-efficient and anabolic/anti-catabolic protein available.









Call Now or Go Online to Order Today! 1.888.783.8844 • www.getMHP.com



and other fine nutrition stores.

aximum Human Performance, Inc. All rights reserved. These statements have not been evaluated by the FOA. This product is not intended to diagnose cure, treat or prevent any disease. Your results may vary

# WESTSIDE TRAINING

# BENCH LOCKOUT

as told to PL USA by Louie Simmons



Benching Off Foam Blocks at the Westside Barbell Club. (L. Simmons)

meet lately? There are a lot more reason is deceleration. If you can misses than benches made. How press with max force for 15 inches can this be when all they do is bench? In my own gym at the last two meets the statistics are as follows.

At the first only 1 of their 12 attempts was good. A week later four were good out of 22 attempts. How can someone who only benches be so inconsistent? I watch all workouts at Westside. I see what works and what does not. One group of bench-only lifters will use bench shirts every Sunday or max effort day. They work their way up in weight, as they use lower and lower board presses. For example, George Halbert made 870 off a half-inch board. At 198 Jason Fry made 700 off the same half-inch board. Two weeks later George missed 800 pounds at the very top, about 1/2 to 1 inch from lockout three times. Jason missed 700 pounds at the very same place. How can this be possible? By the way, they were 0 for 12 at that meet. For one thing, they seldom if ever touch their chest while training with bench shirts. They set the shirt to touch 3, 2, or 1 board. This is how they do an unheard-of number of board presses.

We are not the only ones guilty of this. I know everyone practices touched for the very first the same methods. How can someone bench 870 a half-inch off his chest, yet fail to lock out 800 pounds at the meet? One reason I believe is the fact that after they do

Have you been to a bench triceps, no nothing. The second and you lower the bar to the chest,

which is 1 or 2 inches lower than the board, for the first time, you may stop pushing 1 or 2 inches from lockout. Why else would your lockout disappear on the day of the meet?

In physics, work is defined as the product of the net force and the displacement through which that force is exerted, or W = Fd. If you can run full speed for 100 feet and you move the starting line back 20 feet. you will stop running full speed 20 feet from the previous finish line. I watched a lifter miss 788 pounds at the top in the meet, yet lock out 855 pounds on two boards a week later

How many times do you see a lifter roll the bar onto his stomach at meet time? Madonna said it the best. "Like a virgin. time." After months of training and almost never touching their chest, what do you expect?

Jason Fry was board work they go home. No lats, having trouble at meets

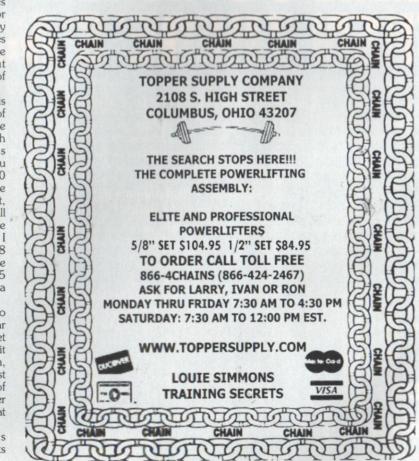
either touching the chest or locking out. I suggested he replace his shirt that he was breaking board press records with and use a more manageable shirt for the meet. Jason changed from a 47 double Rage X to a 49 double Rage and set the 181 bench record with 707 pounds. Congratulations Jason. I am in no way responsible for Jason's record; his hard work and better judgment was the key.

A second key was to bring up his raw strength. I saw him do a 405 raw bench like an empty bar in the warmup room before his world record 707-pound bench. I suggest doing board presses raw before going to board presses with a shirt. Jesse Kellum re-introduced board pressing to me back in 1993. Then through my articles in Powerlifting criticizing but analyzing the USA everyone started doing them, but I think they lost track why we do them. Remember, your arms have to extend to lock out, right? Then it makes sense to do extensions: rollback dumbbell extensions with your elbows out to the sides and triceps extensions. The late, great Jim Williams made them popular in the early 1970s, and they still work. Sometimes we use bands behind the back to do them, with a straight bar or curl bar, or triceps extensions to the forehead, nose, chin, or throat. J.M. presses were a favorite of mine, as well as very steep inclines with a close grip. This one kills the triceps.

I can go on and on, but you know a lot of exercises for the triceps.

George Halbert has said if your upper back is weak, you can't use your triceps to the fullest. Chins, rows, power cleans, face pulls, rear pec deck, and inverted flys can be used. You cannot let your raw bench go down when you continuously use a stronger and stronger shirt; it's a dead-end street. Remember to use a manageable shirt. What happened to getting 300 pounds out of your shirt? Push your raw bench with a bar or dumbbells; don't forget to try all angles and switch them regularly. It's not only Westside that has this problem. The next time you go to a bench meet keep track of how many attempts are good compared to how many are not. I am in no way problem. Westside has held world records at 132 (Heath), 181 (Fry), 198 (Halbert), 220 (Halbert), 242 (Halbert), 275 (Patterson), and 308 (Fusner). This shows that we have been very successful, but there is a lot of competition out there. With two 198 full powerlifters out there doing 800+ benches (Frankl and Coker) at 198, can anyone take it easy? I don't think so.

Westside Barbell www.westside-barbell.com 614-801-2060



# EVERY WORKOUT ENDS WITH DARK MATTER!



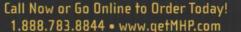
THERE'S STRONG... THEN THERE'S MHP STRONG!

Watching Rob Luyando train is an eye opening experience. The amount of intensity he puts into every workout is mind blowing. The fact that his body can withstand so many grueling workouts day after day defies human physiology. How does this phenom of strength do it? DARK MATTER!

After every workout, Rob refuels his body with DARK MATTER— the ultimate post-workout recovery and growth accelerator. DARK MATTER takes a quantum leap forward into a new dimension of post-workout muscle growth called the ANABOLIC AXIS. The Anabolic Axis is the time and point at which insulin levels simultaneously peak with amino acids, creatine and glycogen transport into muscle tissue during the critical 1 hour period immediately after your workout. DARK MATTER blasts open the critical "Anabolic Window" faster, wider and longer allowing you to enter the ANABOLIC AXIS for the most powerful anabolic reaction ever

Increases Protein Synthesis by 600% – Absorbs Faster Than Whey – Spikes Insulin Dramatically – Maximizes Creatine Uptake and Glycogen Replenishment











Phil Pfister Wins The MHP Liberty Strongman Classic! as told to Powerlifiting USA by Al Thompson



Josh Thigpen was most impressive (photograph by D2D Photography)

iconic Art Museum, world famous

for its classic scenes in the "Rocky"

motion picture franchise, on the

The spirited competition pressed the 6'7", 375-pound monster Pfister all weekend with

Houston's Josh Thigpen- a "World's Strongest Man"

competitor at 6'4", 310 pounds

finishing second, Pittsburgh's

Steve MacDonald - the 2006

American champion who

weighed in at 305 pounds-taking

third and the mammoth 5'11",

360-pound Gerard "White

Rhino" Benderoth- a former New York City cop and September

11th hero-claiming fourth among

Four top heavyweight

PHILADELPHIA: It was Penn skyline on one side and the supposed to be a nice, little independent pro/am strongman show for the city of Philadelphia's "Welcome America!" July 4th festivities and the thousands of fans who showed up to watch; what it turned into was a badass battle between some of the biggest and strongest competitors this side of the Arnold Classic at the MHP 2008 Liberty Strongman

2006 "World's Strongest Man" champion and MHP athlete Phil Pfister finished first or tied for first in four of six events to win the Strongman Battle amongst a competitive field.

The event was performed in front of a breathtaking backdrop of the city of Philadelphia's Billy

320-pound Doug Kirby finishing fifth overall but tops among the amateurs, followed by a tie between California native Ricky LaRocca (6'0", 330) and Barry Perkins (6'3", 300) of Virginia. Maryland's Gavin Westenberger the "little" guy of the show at 5'10", 293 was eighth. "I think that any time

amateurs competed with Philadelphia area resident 6'4",

strongmen get together, whether it's friends goofing around at a local show, or at the 'World's Strongest Man,' guys will always want to put forth their best effort," said Pfister, who has had five top five finishes at the "World's Strongest Man" including the 2006 championship. "That competitive element is always there for everybody. MHP The

Liberty Strongman Classic was performed in front of a large crowd each day so much so that city officials already asked to have the show back as a headliner for "Welcome America!" for a third consecutive year.

"Welcome America!" is the official July 4th celebration for the city of Philadelphia and is the largest of its kind in the United States, drawing an estimated one million tourists to the City of

Brotherly Love each year for the nine-day festival

The show opened on Saturday afternoon with the Ramada Log Press. The amateurs went first and were understandably nervous in front of the crowd and TV cameras.

Only Kirby and Perkins managed to get a rep of the 310-

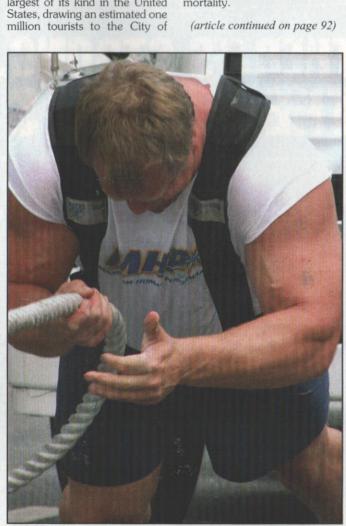
Then the pros took over. Pfister, Benderoth and Thigpen each cranked out five reps making it look easy. MacDonald carded four reps.

Next was the Mighty Muffler Hummer Tire Deadlift. Last Man Standing was the format. This was probably the highest quality, most competitive event of the weekend.

All eight competitors made it through four rounds that were set at weights of 645, 685, 735 and 775 pounds.

At 825 pounds, three guys missed: Kirby, LaRocca and Steve MacDonald bowed out. At the incredible weight of 865 pounds only Perkins failed to lock out. Now at an unbelievable 915 pounds, Pfister, Westenberger and Thigpen showed their

Phil Pfister has entered a whole new realm of physical mass. (D2D)





### It's Good to be KING!

When it comes to testosterone T-BOMB-II is King! It takes seriously high testosterone levels to squat 1,250 pounds. That's why MHP Team Member Vlad Alhazov uses the "King of testosterone formulas" T-BOMB II. What makes T-BOMB II so powerful is its exclusive hormone manipulation compound, Optimone-5, This patent pending 5-stage complex manipulates your entire hormonal profile: Cranks up testosterone 400% and destroys male-deadly hormones such as estrogen and DHT. It also crushes sex hormone binding globulin (SHGB) allowing for more of your testosterone to be "free" and bio-active to dock on your steroid receptors. Topping off this powerhouse Test formula is a proprietary 2nd Messenger Complex that enhances androgen receptor sites, allowing you to soak up and utilize even more testosterone.

"T-BOMB II—The King of Testosterone"



Call Now or Go Online to Order Today! 1.888.783.8844 • www.getMHP.com

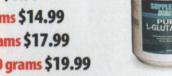


# TOP QUALITY Supplements at ROCK BOTTOM Prices!

# SUPPLEMENT DIRECT tests EVERY batch of EVERY one of our products at an independent laboratory to assure OTEC you of quality. Check our website for REAL lab results on the products we are currently shipping.



**Taurine 250 grams \$6.99** Piracetam 250 grams \$14.99 Microlactin 250 grams \$17.99 DL-Methionine 250 grams \$19.99



The second secon

L-Ornithine 250 grams \$19.99 L-Phenylalanine 250 grams \$11.99 L-Threonine 250 grams \$7.99 Caffeine 200 grams \$9.99 400 grams \$17.99

L-Iso-Leucine 250 grams \$19.99





500 gm \$24.99 180 caps SAVINGS: \$141.66 **SAVE 567%!** Owned!

WHEY PROTEIN



11 lbs. \$37.99 14 lbs. \$139.99 **SAVE 100%!** 



500 gm \$17.99 1000 gm \$29.99 2000 gm \$54.99

L-Valine 250 grams \$14.99

SAVINGS: \$120 **SAVE 400%!** Sick!

CREATINE ETHYL ESTER HCL



500 gm \$14.99 1500 gm \$24.99



200 caps \$19.99 90 caps 500 caps \$29.99 **SAVINGS: \$29.95 SAVE 152%!** 

Nice!

BCAA



200 caps \$19.99 500 caps \$34.99

**SAVINGS: \$89.99 SAVE 257%!** Fa-Shizzle!



120 caps \$29.99

500 caps \$49.99 SAVINGS: \$75

**SAVE 150%!** Pwned!

KRE-ALKALYN

WHEY PROTEIN HYDROLYSATE



**SAVINGS: \$24.95 SAVE 125%!** Sweet!

2 lbs. \$46.98

Just the facts, ONLY at:

# SUPPLEMENT





Make sure the products you buy are tested by an independent lab BEFORE you buy or log on to www.SupplementPolice.com for a full list of products independently tested to insure quality!

## REAL RESULTS.



BCAA Powder - 250 grams \$14.99 New product REPS Pre-workout Intensifier - 39 servings \$14.99 Pure Essential Amino Acids - 90 Servings \$29.99

Beta-Alanine - 250 grams \$14.99 500 grams \$14.99 Citrulline Malate 250 grams \$21.99

Cissus 100 grams \$9.99

WHEY PROTEIN ISOLATE



3 lbs \$57.50

5 lbs \$29.99 44 lbs \$199.99

**SAVINGS: \$65.83 SAVE 219%!** Owned!





SAVINGS: \$37.50 **SAVE 250%!** Deal!





200 gm \$24.99 200 gm \$33.39

> **SAVINGS: \$33.39 SAVE 133%!** Frightening!





7.7 lbs \$39.99

**SAVINGS: \$61.94 SAVE 206%!** Baa-Da-Bing!

DEXTROSE

N-Acetyl-L-Glutamine



250 gm \$14.99 100 serv \$59.99

> **SAVE 100%! Good Deal!**





180 caps \$19.99 90 caps \$24.99

Shocker!

360 caps \$34.99 SAVINGS: \$65 **SAVE 185%**!



25 mg/100 \$6.99 100 mg/100 \$14.99

**SAVE 233%!** 

Sick!

100 mg/60 caps \$29.99



500 gm \$7.99 1000 gm \$13.99 2000 gm \$24.99

Incredible!

**CREATINE MONOHYDRATE** 



**SAVINGS: \$42.25 SAVE 106%!** Impressive!

2 lbs \$3.2



13971 5. Higuera #130 San Luis Obispo, Ca. 93405





Compare OUR products to the competition's and SAVE UP TO 567%!

This month we will cover the 198 and 220 lb. classes. It just seems to get more difficult as we move forward.

What we are trying to do is rank the Top 10 America Lifters of all-time by weight class. In any sport determining who is the best is difficult and opinions vary. Who is the best currently, Peyton Manning or Tom Brady, Kobe Bryant or Lebron James, Alex Rodriguez or Albert Puiols?

When you try to go all-time the process is much tougher. Powerlifting is just about 50 years old. So much has changed in these 50 years, including the lifts, in the beginning there were four, and the sequence, up to 1973 the bench press was first. The equipment and the enforcement of the rules of performance are different.

The panel members had to take all these factors into account. As an example how do you compare Bill "Peanuts" West squat with a current day

lifter. Bill squatted with non-adjustable squat rack, had only Ace bandages for his knees, and had to walk out with the weight. Most judges in that era required olympic type squats. It is tough to make these comparisons.

Everyone used their own method, but all recognized success over a period of time as the best measurement.

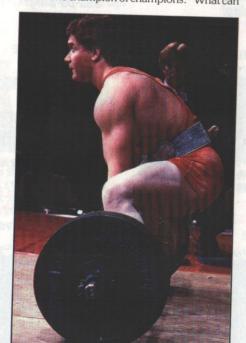
The 198 lb. class was one of the original weight classes. There was a time in the 60s when after 198s you went right to Superheavyweight. You had to think long and hard before making that jump.

In 1973 the 220 lb. class was added. You will see many of the same names in the 198 and

Let's get started with the 198 lb. class.

#### #1 Larry Pacifico

"The champion of champions." What can



The Incomparable Icon of Power - Ed Coan

# The ULTIMATE TOP TEN



LARRY PACIFICO ... nine time IPF World Champion, and much more to PL.

you say about Larry. Larry won World Titles in three different weight classes ("198 was the perfect weight class." Jon Smoker) Larry was the face of powerlifting for many years. He was a World Champion lifter and one of the best meet promoters of all-time. Sports Illustrated did a feature story on Larry. At different times he set squat, bench press and total records. Larry lifted before equipment took over, and routinely benched over 500 lbs. raw at 198. Not only was Larry one of the all-time greats, he was a great all round athlete. On occasion he would do a back flip after setting a record. In my opinion, the only pick at 198. Larry won 9 straight world titles.

#### #2 Ed Coan

Another icon of powerlifting. Ed's career started in the mid 80s, and he retired after the

2007 USPF Nationals. Just as Larry Pacifico was the face of powerlifting in the 70's, Ed was the face from the mid 80's to late 90's. Ed was another lifter who competed in many weight classes, through 242. Ed spent most of his career in the USPF but did some lifting in the APF and WPO. Competing at 198 Ed would out-total many of the Supers. In my opinion one of the top 5 lifters of all time. Probably has had more PL USA covers than any other lifter.

#### #3 Gene Bell There are three straight

Who is the best - at anything - that is something very difficult to determine. How do you compare Babe Ruth to Alex Rodriguez, Peyton Manning with Johnny Unitas, Michael Jordan with Wilt Chamberlain?

Everyone has their opinion as to whom is the best, and Powerlifting is no exception. When I first discussed this project with Mike Lambert, we decided that a panel of folks would pick the best lifters.

In assembling the panel, I tried to find men with the experience to span the 40 or 50 years of formal powerlifting. What we needed were people who have seen the changes in Powerlifting, and have the ability to make decisions in a fair and honest method.

As I began to contact people, some were very enthusiastic, and others were apprehensive. The first thing that was needed was a list of potential candidates by weight classes. Rickey Dale Crain, Bob Packer, Bill Ennis, Joe Pyra and myself worked on that list.

The 2nd step was to find panel members to vote. The final panel members had over 550 combined years of powerlifting experience. The panel consisted of Gus Rethwisch, Jon Smoker, Joe Pyra, Gordon Santee, Rickey Crain, Fred Glass, Jim McCarty, Kenny Croxdale, Vince Anello, Steve Denison, Kevin Meskew, and Bob Gaynor.

The panel members all received the list of potential candidates, but were

free to add in whatever manner they want.

Some of the comments I received was how difficult this process was. How do you compare different eras, changes in equipment, and rules in The consensus was to judge each lifter on his total body of work.

Outstanding performance over a period of time makes an all-time great in All-time high lifts do not necessarily make one an all-time great. Roger Maris held the most sacred record in baseball for 35 years, but was not an all time great.

I am sure there will be different opinions and if this list is done 5 years from now there might be some different results.

A lifter was not limited to not just one weight class, and some will appear in two or more weight classes.

weight classes that Gene has appeared in. Some think 198 was his best weight class. ("Hard as a rock, indomitable." Jon Smoker) Gene won the USPF Senior Nationals at 198 in 1988, 1990, 1993, 1994, 1995 and 1996. What a record. A true fantasy matchup would be Larry Pacifico, Ed Coan and Gene Bell lifting against each other at 198 under the same rules. Gene was a very consistent lifter with three very good lifts. Gene is still active today. Gene was one of those lifters who could adapt to the conditions of the day

#### #4 Ernie Frantz

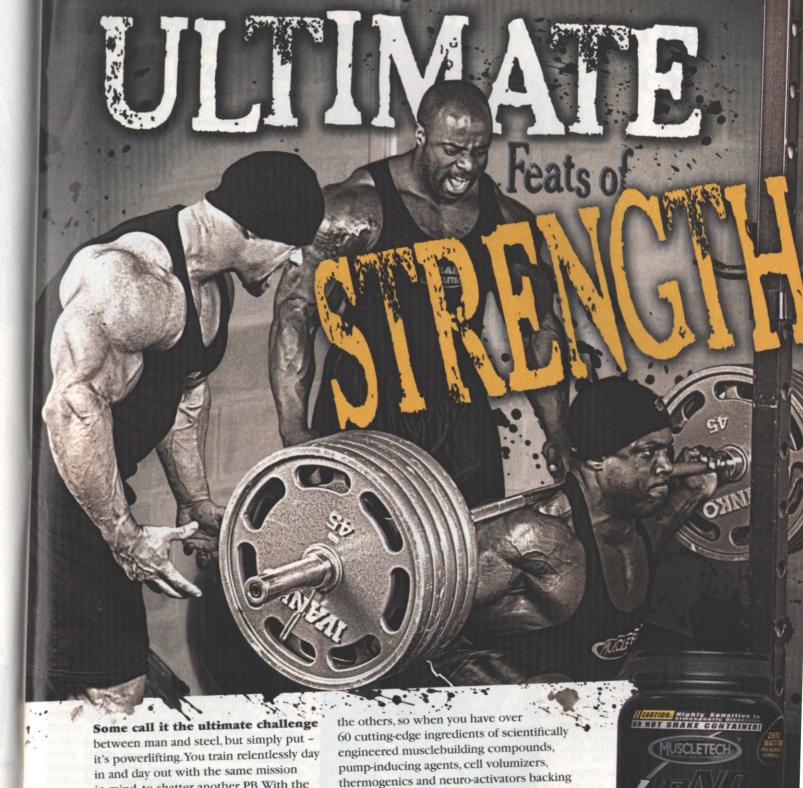
Ernie was great for a long time in many weight classes. His career started in the late 50s, and he lifted in early 2008. Ernie was very competitive for a very long time. He was the master of

manufacturing and lifting in multi-ply gear. Look at some of the all-time Master Records, and it is hard to believe some of the weights he squatted with. Ernie is still active in the sport. He had a large mail order business and a fitness center in Aurora, Illinois. As a lifter, organizer, meet director and manufacturer, Ernie had a tremendous effect on powerlifting. In the 70s Ernie would do power meets and physique contests on the same weekend.

#### #5 Roger Estep

This is one lifter you had to see to believe. ("Roger's muscular development was nothing short of awesome." Paul Sutphin) This man literally looked like he could lift a house ("A World Champion whose physique was so

(continued on page 20)



in mind, to shatter another PB. With the powerful naNO Vapor™ formula coursing through you, the ultimate beast will explode from within and you'll nail the lift when it matters most.

In the world of powerlifting, setting a world record is what sets you apart from thermogenics and neuro-activators backing you up on the platform, there is only one outcome to expect and that is victory. Take a hit of naNO Vapor and step into the pit to experience the raw power of America's #1 Selling Pre-Workout Formula

another PB is yours for the taking

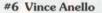
Now Available in 4 Delicious Flavors Fruit Punch Blue Raspberry Fusion

Orange Haze Grape Rush

GNCLiveWell

(continued from page 18)

impressive that Joe Weider took him under his wing." Jon Smoker) In addition to World Records, Roger was a great all round athlete. He served his country as an Airborne Ranger in Vietnam. He trained for a while with The Wild Bunch in West Virginia. World Records, National and World Championships were just part of Roger's life. Roger used box squatting, the same method as "Peanuts" West and George Frenn. Roger died prematurely and will be missed by all who knew him. ("I saw many of his squats, and it was truly a work of art moving heavy weights in his close stance. Bob Packer)



When you think of Vince Anello you think of 800 lb. deadlifts. National Championships, Championships and World Records were commonplace for Vince. Vince worked hard on his squat and bench press and they continued to improve throughout his career. A common theme at National and World Championships during the 70's and early 80's was Vince sitting in 4th or 5th place at sub-total. The next thing you know he was pulling a World Record Deadlift to take the title. Vince lifted in 3 different weight classes and set records in all three.

#### 7. Jerry Jones

Jerry had a very long and successful career. One of the most colorful lifters. Jerry had an outstanding squat, average bench and a very good deadlift. You could expect a World Record Squat every time he lifted. ("Agreat squatter." Vince Anello) Before the lifting uniform became controlled Jerry would lift in psychedelic colors, tassles, colorful socks and shoes and a long blond wig. ("What a colorful figure." Jon Smoker) At one meet he wore an Indian headdress. Jerry had the lifting ability to get away with all of this. The 1973 Senior Nationals were held in Scranton, PA. Jerry rode his motorcycle from Minneapolis to Scranton. He won the meet, hopped on his motorcycle and returned to Minneapolis. Larry died a few years ago of an apparent heart attack. ("A great guy and a squatting phenom." Rickey Crain)

#### #8 Bill "Peanuts" West

Bill was in his prime when powerlifting was just getting started. Lifting was Peanuts life, and the ups and downs took a tremendous toll on him. The training methods of today have their origin with Bill, and his Westside Gym. The gym was a 2 car garage. In the 1960's most powerlifters did the powerlifts. Bill was always looking for other ways to get stronger. Box squat, deadlifting off tires for rebound, belly benching, etc. were just some of his methods. ( "This man was the father of innovative training ideas for powerlifting." Bob Packer) Peanuts was a pioneer and extremely strong. He held many unofficial records and left his mark on the

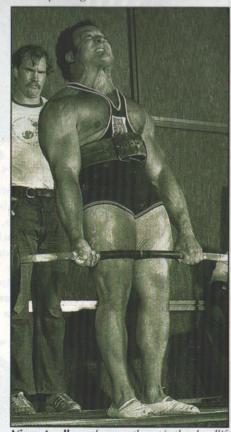
Bill's life outside of powerlifting was not



Jim Cash ... ripped and getting ready to haul in a record 826 pound deadlift



Jerry Jones ... squatting a new world record at 198 in Hawaii



Vince Anello ... always a threat in the deadlift

good. He died homeless. Bill Ennis raised some funds and obtained a marker for his grave.

#9 Jim Cash The World Champion from Dayton, Ohio had one of the most unbelievable physiques in powerlifting. Jim was a great all around athlete and an outstanding college wrestler. He competed in the 198 and 220 lb. weight classes. Jim had a good squat and bench, but his deadlift was one of the best in the World. Jim had a long career that began in the 70's, and lasted over 30 years. "When it came to psyching up for the deadlift, this man had a propensity for intensity." Bob

#### #10 Fred Hatfield

There are few in powerlifting who don't know the name of "Dr Squat". Fred competed at 181, 198, 220, 242 and above. Fred was known for his squat, but his other 2 lifts made him world class. Fred had very scientific methods about training. "The best squatter of all-time." Gus Rethwisch) Fred at one time or another held squat records at 181/198/220/ 242. Fred believed in compensatory acceleration. Prior to a heavy deadlift he would leap into the air. Explosion and quick movement were a trademark of "Dr. Squat". Fred is still promoting his training methods.

The 198 lb. class was one tough weight class. The individuals who did not make it are a Who's Who of

Powerlifting, Steve Miller, Bud Ravenscroft, Joe Weinstein, Jesse Kellum, Buddy Duke, Dennis Wright, Shawn Frankl, Bill Seno, John Kanter, Paul Woods, all received some support.

The 220 lb. weight class was added in 1973 and became very popular.

Ed was so good it is hard to say what was his best weight class. Many think 220 was his ideal weight class. When Ed lifted records fell. He was probably on the cover of Powerlifting USA more than any other lifter. Ed's first major National Championship was the 1983 YMCA Nationals. His first ever competition was the 1980 Central USA bodybuilding Contest. Ed's lifting was spectacular and there is no need to review what everyone already knows. ("This should be a unanimous selection." Jon Smoker) One of the all time greats. We all remember Ed lifting in his QUADS GYM t-shirt.

#### #2 Larry Pacifico

There is no need to go through Larry's lifting records. Nine consecutive world titles speak for themselves. Larry was interested in all aspects of the sport, competing, promoting, officiating and the administrative side. Dayton, Ohio was a huge name in powerlifting because of Larry. To Larry, winning was the prime objective, records were 2nd. ("was ahead of his competition most of the time, but always acted wisely in his lifts." Bob Packer) At some of the

(continued on page 103)

# The Strongest Raw Bencher In The World Trusts USPLabs - Shouldn't You?

Nick Winters, the man responsible for the world's best raw bench (675 competiton - 715 training) uses USPLat supplements to help him lift heavy and pain free. Here's what he had to say...



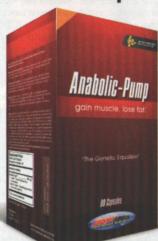
"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs product Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing move weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that it muscles have been sore, the recovery I get from these supplements is incredible.

I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a st with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is he to tell due the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it h like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a lo pause, and it doesn't really hurt at all.

I strongly recommend every powerlifter use these three effective products from USPLabs.

NERB champion bencher - 650lb lift. Highest raw bench in world for the past two years, Best raw bench in competit 675lbs, 2 APA world records.

## **Anabolic-Pump™**



Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic dream, creating a highly anabolic muscle building, fat burning environment. Even steroids do not work unless this occurs. Simply put, if you're currently eating (and I know you are or you wouldn't be reading this!) then you can gain muscle and lose fat by merely adding Anabolic-Pump before your meals. It's really that simple and it's backed by tons of research proving its safety and efficiency!

### PowerFULL™



Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective. unlike it's synthetic counterpart. PowerFULL can dramatically increase strength, recovery and help you feel and perform at your best. PowerFULL also promotes anabolic sleep, causing a cascade of growth hormone released while you sleep so you wake up refreshed and

## SuperCissus Rx™



This patent-pending joint pain formula v have your joints and tendons feeling gre so you can attack the weights without fear! addition to it's awesome joint health propertie it's main ingredient has been proven to as anti-catabolic as Deca & D-bol! It als significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus F is also theorized to deliver nutrients direc to tendons keeping them healthy and stron Do not risk injury. Lift heavy and lift often w



OFFICIAL WABDL SPONSOR











# The Making of a POWERLIFTER!

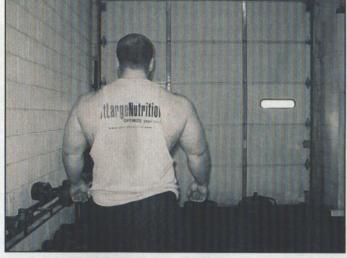
## as told to Powerlifting USA by Travis Bell and his Westside Odyssey

The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible men in his field. Louie is a busy guy, but he is known for taking a few minutes out of his hectic days to dole out training advice to those who seek it via a phone call to Westside. So it was with Travis Bell...

Travis Bell was exposed to the iron game at an early age. His as far back as he can remember. As so many young men do, Travis wanted to emulate his father and began lifting weights on his own at the tender age of 12. At 16 he was given a membership to the local Powerhouse Gym franchise along with some training sessions from an ex-bodybuilder. Those sessions lead to his early interest in the sport of bodybuilding. Travis did well in the sport, but quickly concluded the grueling pre-contest dieting required was just not his cup of tea.

Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the

nuances of geared benching eluded access to the proper help. As often but getting lost 3 times on his way to dreamed of! Travis' best benching happens, fate intervened in the form Westside did not bode well for the prior to joining Westside was a 365 of a recommendation from a friend budding powerlifter. He finally lbs raw and a 475 lbs equipped before so it was a new experience at home that Travis check out the arrived at the gym. Taking a few press. In short order, Louie's forme. Imust say I really liked them! (www.westside-barbell.com). Travis entered Westside with visions of a tested PRs of 520 lbs raw and 725 medium grip (pinkie on the ring)." did just that and was amazed to find crazed, super-intense and lbs equipped! In fact, he is currently 135x8;225x5; 315x3; 405x1; that he had arguably the greatest frightening Louie Simmons tantalizingly close to an 800 lbs 495x1; 585x1; 675x1; 725x1;



father trained at home with weights Travis Bell (image above) and contemplating his next move (below)



devolved to training frustration. He direct training advice. Louie agreed, training methodology. had obtained a single ply bench shirt and the next phase of Travis'

With some trepidation further from the truth! Louie was August (remember the Westside indeed awaiting his arrival, but intimidation factor) Travis decided instead of being angry and intense to give Westside a call. To his he was filled with energy and surprise, Louie himself got on the excitement! He was ready to work some of the steely resolve that makes always does, school him in the ways eagerly absorb everything Louie

His early success quickly could come to Westside for some short, teach him the Westside www.westside-barbell.com) to

and was struggling with it. The powerlifting evolution had begun. times prior, Travis' training at inherent limitations of the barbell. Travis recalls well his first Westside took him to strength heights him, and he simply did not have Westsidevisit. Perhaps it was nerves, he could only previously have Travis Barbell website moments to collect himself, he instruction took him to his current All sets were done raw with a powerlifting mind and resource in impatiently awaiting him (despite equipped press at 242 lbs body 765x1; 835x1; 835x1. the world literally only a 1 hour drive away! earlier). Nothing could have been the upcoming Pro-Am meet in (about thumb length from the smooth

#### TRAVIS' WESTSIDE TRAINING TEMPLATE

line and spoke with him. Showing with this newcomer and to do as he thirst for power spurred him to Panora Presses. These are named him such a fierce competitor, Travis of proper training and help him to and the great lifters at Westside

(George Halbert, Mike Wolfe, Greg Panora, Matt Smith, and Phil Harrington just to name a few) threw his way. Below is the resultant training template he currently follows:

Monday: Back and Shoulders; Tuesday: Light Biceps; Wednesday: ME Bench; Thursday: Squat; Friday: Back and Shoulders; Saturday: DE Bench; Sunday:

As you can see, Travis is a bench specialist, but he trains his entire body.

For the uninitiated, ME work consists of the lifter warming up to a 1 repetition maximum (1RM) personal record (PR) attempt on a given exercise which is rotated weekly usually for 3-4 week cycles. The rotation of exercises is referred to as the conjugate method. The conjugate method allows for weekly 1RM attempts without overtraining via the fact that variations, even small ones, in different exercises tax the central nervous system (CNS) differently thus precluding neural stagnation which is one of the primary underlying factors of generalized overtraining.

DE day usually consists of speed work. Speed work for the bench press consists of 3 reps completed in a target time of 3 seconds or less. This timeframe mimics that of a 1RM attempt (as 1RM attempts are slower by definition) thus allowing the lifter to train their nervous system to fire explosively in less time than it takes to perform a 1RM. Resistance used for speed work should be no more than 60% of one's tested raw (no special bench shirt) 1RM, or 55% of one's tested equipped 1RM. The use of jump stretch bands and or had the gumption to ask Louie if he optimize he strength potential. In chains is recommended (see provide for accommodating As has been the case so many resistance and thus to overcome the

A recent ME Wednesday for

#### FOAM PRESS

Travis: "I've never done these

part of the bar) and did some foam resses for reps." ... 500x10;

'Next was some triceps work. Travis is a quick study and his I did what we (at Westside) call

(continued on next page)

with a range of motion (ROM) which to building size and strength. is limited to the bottom half of the movement." 80x10; 80x10; regimen is a direct result of his

140x15; 140x15.

does not follow a regimented diet in Travis. He tried some of the products the classic sense of calorie counting and was hooked! About a year after and the consumption of specific foods initially trying the products Travis at specific times. Travis is a lifter was offered a sponsorship and is who has a hard time putting on and now one of an elite group of strength maintaining body weight thus he athletes sponsored by AtLarge consumes a minimum of 5, and up Nutrition, LLC to 7 meals per day. The meals consist of high protein, calorie dense includes the following AtLarge products: Nitrean, Opticen, ETS, jumps than before. I recover faster foods such as meats, eggs, whole Nutrition (only available at

for Greg Panora, one of the top milk, and just about anything else powerlifters in the world. They are that he feels will add to his daily basically a triceps rope pressdown calorie count and be of some benefit

Travis' supplementation affiliation with Westside Barbell. Pec Deck: 140x15; 140x15; Louie Simmons personally uses, endorses, and has his athletes take AtLarge's supplements. Louie's TRAVIS' DIET AND SUPPLEMENTATION (and the other lifters at the gym) Like most powerlifters, Travis endorsement was good enough for



Above: Travis performing a Panora Press to forcus work his triceps

Travis' daily supplement intake www.atlargenutrition.com) they are coming in much bigger RESULTS, Multi-Plus: Fish Oil.

the products in his own words:

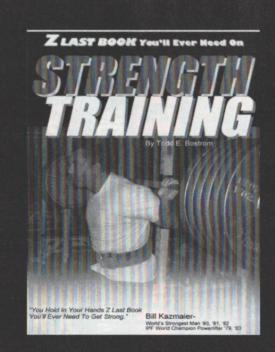
"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen is

my supplement of choice for posthit PRs on ME day, but right now powerlifting goals!

and have gotten significantly bigger. Here are Travis' thoughts on What more could you ask for from a supplement?"

Travis entered Westside a neophyte powerlifter with a burning desire to be the best. His accomplishments thus far have far exceeded his wildest dreams. Follow Westside workout purposes. ETS, RESULTS, (www.westside-barbell.com), make Multi-Plus, and Fish Oil are all taken sure you are consuming sufficient daily. I honestly cannot say enough calories for growth, use the best about RESULTS. I've been taking supplements on the planet it for almost 3 months now and I've (www.atlargenutrition.com), and never felt this strong before! I typically perhaps you too can blow away your

# STRENGTH TRAINING BOOK



A recent ME Wednesday workout for Travis: The Foam Press

"Z LAST BOOK YOU'LL EVER NEED ON STRENGTH TRAINING"

by Todd E. Bostrom

"This book will give you all you need to plan your quest for greater strength."

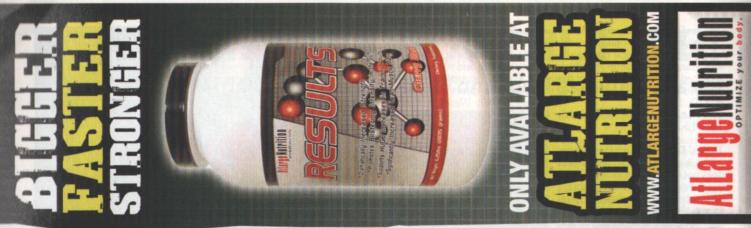
"His insightful paths to successful training will transform your body into a kinetic machine."

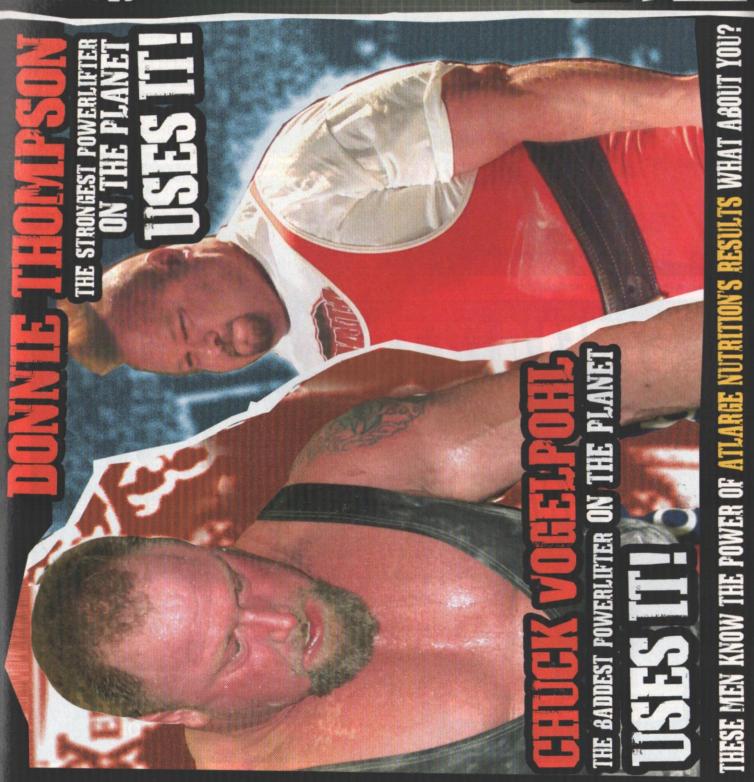
-BILL KAZMAIER

World's Strongest Man '80, '81, '82 IPF World Champion Powerlifter '79, '83

Available on AMAZON.COM

(Advertisement)





The stage for the 2008 American Powerlifting Federation Senior Nationals was downtown as told to Powerlifting USA by Becca Swanson Omaha, Nebraska at the Doubletree hotel. The hosts were Rick Hussey and Becca Swanson of Big Iron Gym. The meet ran Friday thru Sunday starting May 30. Big, huge thanks to the Big Iron Gym lifters for moving

always taking care of lifter's needs. It was a family! It was one big team! As if we had picked up on old times. Our theme was 'United We Stand', as the APF is 26 years strong. The back of our meet shirts stated "26 Years of Building Legends". And this weekend continued molding those legends. Meet shirts still available, find info on this page. Videos will be available shortly. Email becca@beccaswanson.com for details. For an excellent picture of any lifter at this contest, go to www.kpsfoto.smugmug.com.

weights, working tables, loading

and spotting. Also, big thanks to our judges, Mike and Beverly

McDaniels, who are full of wisdom, and JR Bolger, who is

BENCH ONLY

148 lb: Chris Svoboda, 20, opened with an easy 319.7, groudnd through the middle on 336.2 and barely missed 352.7. He walked away with a first place.

181 lb: Brad Heck, 30, had a lot of weight to cut for this meet and didn't feel up to par. But, he doesn't believe in backing out, so he gave it his best. Heck attempted 683.4 and 711.0. None were completed. Heck is working though a bilateral triceps injury. The 181 class winner, Nick Farley-Wamberg, 25, missed his opener, 463.0, but came back to get itand finished with a good lift at 485.

198 lb: For a first place in the 198, Gary Stillman, 31, had a good first attempt at 347.2. He got stuck a few inches from top on 374.8 lbs, so no lift on his second and third attempt.

220 lb: Although John Falcon, 40, of Raymore, MO, locked out

# A.P.F. Senior Nationals

Y GY

The 242 Class Winners: Justin Redding, Jim Grandick, Brian Carroll

595.2 lbs, the lift was not credited due a technicality. Falcon's 606.3 was also unsuccessful, so no placing. Clint Smith, 28, of SOS Gym, lost the battle with 782.6, no placing. Rod Bauer, 46, went 3 for 3 in the bench, 429.9, 440.9 and 457.5. The judging was so fine tuned they noticed Bauer didn't cover the left line on the bar. But, this error was forgiven, as Bauer has no index finger on the left side. Jacob Schmidt, 24, missed 551.2, but came back and locked it out on a second attempt. The third attempt, 562.2, proved to be no match for Schmidt. Sliding into the top three, Dr John McClaren,

30, went 3 for 3. McClaren sealed his first 600 lb bench press on a second attempt and finished with powerful 617.3. Big thanks to Dr McClaren for buying the entire venue pizza on Friday night and Saturday. Bauer, Schmidt and

McClaren are all out of Big Iron Gym in Omaha. Squeaking into 2nd, Tom Bollig, 30, of Manhattan, KS, missed his first two attempts 628.3 and 644.9. His third attempt, 644.9, was successful. First place in the 220 class goes to Matthew Minuth, 27, of Dekalb, IL. Minuth likes to do some vertical jumps to channel his energy before his lifts. works as he went 3 for 3, 705.5,

722.0 and 749.6. Minuth took home the Lightweight Bench Only Best Lifter Award.

242 lb: Mike Taylor, 46, showed some audible excitement after his good attempt at 655.9. His second attempt 672.4 proved to be difficult, but he captured it on a third. He went for a 4th at 705.5, but called for the spotters to take it. Jakob Cook, 28, a new comer, barely missed 705.5 in his second meet and the audience



was pulling for him. He did two slow and steady successful lifts, 661.4 and 677.9. For a third

place finish, Tony Acome, 35,

executed 733 with perfect form

on his 2nd after mis-grooving it

on his first. His third at 777.1

was not in the cards. Cory Dexter,

34, of Las Vegas, NV, played possum with an easy 672.4

opener because he had only

touched his chest once in his Titan F6 over the last three

months. Dexter followed that up with a smooth 705.5, then a

> called technicality. Briggs prove stronger at his next meet, 859 at an APF meet in Chicago, IL a few weeks later. 308 lb:

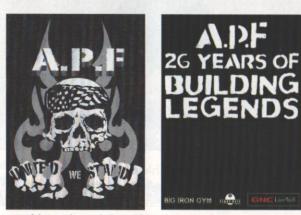
Joseph Laski, was scheduled to lift, but bowed out due to a pec injury. Dan



Gross, 29, gave a valiant effort at 650.4 and 661.4, but turned up short. For 2nd place, Rob Kolberer, 42, locked in a grinding 600.8 bench on his 2nd try. Then Kolberer captured 633.8 on his 3rd. Scott Barnes, 39, drives down from Sioux Falls, SD weekly to train with Big Iron Gym. Barnes had a rough start with 666.9. On his 2nd attempt, Scott was swimming for quite a while at the bottom, but hit after the press command for the 308 class win. His attempt at 672.4 will be waiting for him at his next meet.

SHW: A new shirt had JR Bolger opening with a PR. Though "his girl" Christina Aguilera was singing over the loud speaker, JR Bolger fell short in three attempts with 677.9. Dave Dickey, 46, of Big Iron Gym in Omaha, was slow out of

(continued on page 50)



T-Shirt ... front (left) and back, www.bigirongym.com

# STARTIN' OUT

#### FEET OFF THE FLOOR BENCH PRESS as told to Powerlifiting USA by Doug Daniels

It seems there can never been too many articles on methods to increase the bench press. My contribution this time around is a great assistance exercise called the feet off the floor bench press. Simply put, this variation is just like the regular bench except that your back is flat on the bench with your feet off the ground, above the bench with your ankles crossed.

This variation accomplishes several things. First, it forces the upper body to do all the work by taking away any leverage advantage or stabilization that your legs can provide. In the regular bench style, the legs can potentially add significantly to pushing power. This forces your upper body to develop the stabilizing muscles used in the lift. As I have said countless times before, controlling the weight in any lift is at least half the battle

Next, the feet off the floor style does not stress the spine like the competitive bench does. Many lifters arch to get maximum leverage and reduce the distance the bar must travel. Over time, this can add up on the lumbar discs. Giving your back a break from arching can hopefully mean a longer lifting career with decreased pain and injuries. Also, if you're suffering from a lower back problem, this variation could enable you to get in productive bench work.

This variation also adds variety to your training program and it is also a great choice as a substitute for the regular

benches in the off season. It can be used along with regular benches for down sets or as a finisher. I don't advise going below 5 reps in a set with this exercise because of the inherent decreased stability of this movement. You will not be able to use as much weight on this exercise as you would for a normal style bench. Start with 70% of your regular bench weight to get accustomed to the feel of this variation as the balance will be markedly different and charging ahead too fast and too furious may cause an injury. Your spotters must remain especially alert as the lifter could lose the bar to either side.

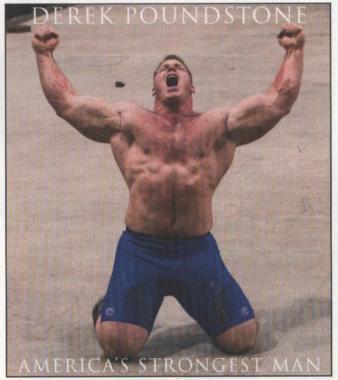
Keeping your back flat and your feet off the floor insures maximum strictness. Don't swing or flail your legs to gain extra leverage or you'll defeat the purpose of the movement. These types of unnecessary, jerky movements also raise the chance of pulling a muscle or losing control of the bar.

This bench variation can also be customized. It's easy to perform close grips, wide grips, benches to the neck, etc., with your feet off the floor. For example, you can do a wide grip set with your elbows at right angles to the body to stress the pecs. Close grips can emphasize your triceps. Don't go crazy and perform every type of variation you can think of. Always remember that quality is superior to quantity when training with weights.

Hopefully this article on the feet off the floor bench press gave you a few ideas on bench press training. Since the feet off the floor is a bench press, strength and power developed training this lift will readily transfer over to your competitive bench. Variations of grip etc. can also be used on this exercise. If you choose to use this style during the off season, switch back to your competitive style at least 6-8 weeks prior a contest to re-accustom yourself to contest form. Hopefully, you will realize a measurable strength gain at contest time.

# **MHP Signs Derek Poundstone!**

MHP has just signed the 2007 America's Strongest Man. Derek Poundstone to their already impressive roster of athletes! At 6'1" and 315lbs, Derek is the 2007 American Strongman Champion who holds three world records: the block press 319lb set in Scotland in July 2007, the 202lb Circus Dumbbell Clean and Press for 9 reps and the world record for the Clean and Press at 286lbs for 13 reps. He also holds the Unofficial World Record for the heaviest atlas stone ever lifted at 555lbs. Derek uses MHP's Trac Extreme-NO to fuel his body for his workout followed by a pre-workout Probolic-SR protein shake. He includes Up Your Mass weight gainer to his arsenal as he gets closer to contest time to add in the extra calories. Post-training, Derek slams down MHP's Dark Matter formula for recovery after a tough workout, followed by a high-protein dinner. He ends his long day as a Police Officer with another Probolic shake before bed. He also takes MHP's multi-vitamin Activite and also Releve, a joint support formula daily to keep his body and joints strong. Derek just competed in the World's Strongest Man Super Series Event on June 21st at Madison Square Garden, and the next competition Derek can be found competing at is the World's Strongest Man to be held in September. Team MHP is growing bigger and bigger with the



addition of this mammoth athlete who fuels his body with MHP supplements to help him achieve unimaginable lifts and impressive goals!



# TEST NCREASE THEIR BENCH BY OVER

s your back hits the bench and your chalked-up, callous-ridden hands grip the bar, your mind flashes back to your training. The hours spent pushing and pulling the iron, constantly manipulating your rep ranges and bar speed, blasting through your sticking points with board presses while supplementing daily with several potent doses of Six Star® Muscle Professional Strength Whey Protein - it's finally time! With 50 grams of high-powered, 100 percent whey protein per maximum serving coursing through your veins and a staggering 6,676 milligram dose of 21 individually selected muscle growth accelerators invading your muscle tissues, you'll push that fully loaded bar with maximal force. Science proves that test subjects consuming the key compounds in Professional Strength Whey Protein increased their bench by a jaw-dropping 105 pounds in 10 weeks\*. You've got three shots to lock it out but with the scientifically engineered Six Star Muscle Professional Strength Whey Protein formula fueling this lift, you'll only need one. Get your Six Star® Muscle today at The Vitamin Shoppe®, SuperCenters and other fine retailers - not only will it up your bench, it will up all your lifts.

**AVAILABLE AT** 









SIXSTARMUSCLE.COM

20 bs. (907 g) DETARY SUPPLEMEN

PROFESSIONAL STRENGT

CLINICALLY PROVEN SUPERIOR TO 100% PREMIUM WHEY PROTEIN

SCIENTIFICALLY ENGINEERED MUSCLEBUILDING MCELERATI ACCELERATES AMINO ACID DELIVERY AND UPTAKE FOR RAPID MUSCLE AND STRENGTH GAINS'

\*In a 10-week study, individuals using the key ingredient in Six Star Muscle Whey Protein increased their max bench press by an incredible average of 105 pounds. Carefully read the label before use. All trademarks are owned by their respective trademark owners and are used with permission. © 2008.

Simple facts and figures don't do justice to my father. So, for any who are interested I will try and tell you what molded my father and what helped make him the man he was.

Pedro (Pete) F. Alaniz was born in 1937 in San Antonio, Texas, the first son of two immigrants from Mexico. His father was a baker of mostly Mexican Indian heritage and his mother was the daughter of a Spanish ranching family. They had to elope to the US in order to get married. This union was the first event that helped shape the man who became my father.

Like many others of the time, he was a child of the Depression who grew up during World War II. There wasn't much to go around, but he had his older sisters and parents whom he adored. Even though they grew up poor, they were raised with strict values. Before he even entered elementary school, he lost his mother to a brain tumor. His earliest memories were of a husband who in an effort to save his wife drove the entire family in 1930 era cars over pre-interstate roads to hospitals as far away as California to look for any type of help.

His father eventually re-married and moved to Corpus Christi where the family grew with the addition of four brothers. Even as a young boy, he helped diaper and raise every brother. With a father and stepmother who worked long hard hours, he was as much father as brother to the boys.

Growing up, his father instilled pride of country in his children. He was taught that the old country defined the family's heritage and it should always be kept dear. But, his country was the USA and his pride and allegiance was to the stars and stripes. One of my father's fondest memories was of the day his father received his citizenship. He described a man beaming with pride, his citizenship papers his most valuable possession.

So, at 17 he asked his father to sign for him so he could join the Navy and serve his country. He only served one hitch because he fell in love with his childhood

#### IN MEMORY OF PEDRO (PETE) F. ALANIZ

as told to Powerlifiting USA by his son P.M. Alaniz

friend, Irma Perez, who he married in 1959. He told me on one occasion that had it not been for love, he probably would have made the Navy his career.

He came back to Corpus Christi to start his family which resulted in three children, Pedro (Pete) Martin,



a no-brainer for most people. But, he was raised differently. My remorse for the human error made by the doctor. Dad refused to sue, because after all, the doctor for any health care ever provided from that doctor. And whenever, that doctor saw Cynthia in public, there was always a loving touch of her hair and a tear in that doctors eve. Other doctors told my parents to lock my sister away and forget about her. It wasn't unusual for the times. Not his daughter. His whole life, Dad always had Mexican/Spanish folk sayings that were passed from generation to generation that he would share with us. He and my mother always repeated two in particular about Cynthia, "God does not give you more than you can bear" and "God has things happen for a reason".

That one action alone could define my father's heart. But, there is so much more. During the period between the loss of his mother and his father's marriage to his stepmother, my father was influenced by a "Tio" an uncle who my father very much resembled and loved. I believe my father received much of his patience and his demeanor from this kind hearted, generous man.

In many ways, Dad was the typical first generation American,



Pedro (Pete) F. Alaniz

the link from the old world to the new. He worked hard, long days, many times logging 60-70 hours a week. He had no college education and yet worked his way to managing multimillion dollar

stores. He was a people person. He loved people. His own parents history created what I consider to be one of the biggest hearts ever put in a little man. Dad taught us that every person had worth, every person was a child of God and at the core we are all brothers and sisters. I will never forget Dad's view on religion and people. By definition Dad was Catholic, but a label can not truly define him. His heart was open to all people of every race and every religion. I remember he even had his own yarmulke for the times he would go to temple because of some friend's special occasion or because of a death of a friend.

Just a few years ago, Dad told me something that was so simple, yet so profound that I've tried to make it my guiding principle in life. There was some controversy going on about religion and he told me, "Son, if there is a little Indian deep in the Amazon jungle and he's never known any organzied religion, none at all, and he worships a rock in the stream and that rock tells him to love his fellow man and do right by his fellow man, and he does, well then, ... he's alright by me. There is a special place for him"

My Dad and uncle drove me and my brother to our first meet in 1978. We were hooked. Then in 1981, Mom's home sewing skills produced the seed of what would become the family business. The initial idea for it was mine, but Mom and Dad embraced it and as co-founders, gave it it's first home in the family garage. My girlfriend, now my wife, defied her parents wishes to become our first employee and Titan was born.

As Titan grew, Dad grew. When Titan went international, Dad went international and took his big smile and his generosity with him all over the world. In Brazil, they knew him as a modern day Santa as he brought donation

gear and monetary donations for the Brazilian Federation. In North and South America, Europe, Africa, Oceania and Australia lifters and officials called him friend and respected him for his honesty and integrity.

But Dad's heart was more than large and warm hearted. It was stout, full of resolve and had a firm moral compass. Dad was also known as a man who stood for what was right. He fought many an international political battle standing not on self profit but on what was right, even if it wasn't the profitable thing to do. Dad's lesson was to follow your moral compass. He gained so much respect for who he was that eventually he was treated as a guest of honor at international events and even asked to present medals. I don't believe it was simply a sponsorship courtesy. There was genuine respect and admiration for

Dad has left, but I have a reminder in my safe, one last lesson he has left me. A few years ago, the family business fell on lean times. An international shipment had been lost and the insurance had finally issued a check for it. As we were getting ready to cash the check, the shipment was found in another country. A phone call to the freight company made it clear that it was no skin off their back, the insurer was a seperate company and they were the only one who would lose money. Cash the check they told me. I asked Dad what he thought and he told me. "Son, you know what the right thing to do is". We really needed the money. But that check remains uncashed and in my safe as a reminder to follow the moral compass that my father helped set.

A friend once stated that I have probably seen a lot of great strength feats in my time. I said yes. He asked me, who do you think is the strongest man in the world? My Dad, I answered.

P.M. ALANIZ,
PRESIDENT
PROUD SON OF P.F. ALANIZ,
VICE PRESIDENT
TITAN SUPPORT SYSTEMS, INC.



Rvan Celli Curt Dennis Jr. George Halbert

**AJ Roberts** 

J.T. Hall Robert Wilkerson

**Phil Harrington** 

Brent "Sgt. Rock" Howard

Sam Byrd **Vincent Dizenzo Joey Smith** 

**Chris Taylor** John Bernor Rob Luyando

James "Priest" Burdette

**Damian Osgood** 

**Nick Winters** Al Caslow

Eric "Big Ezy" Downey Richard Williams

Mike Wolfe Travis Bell

**Matt Rhodes** 

**Gunny Green** 

Would you like the chance to pick the brains of the biggest and strongest powerlifters on the planet? What if you could actually talk to the incredible athletes you read about in PLUSA? YOU CAN!!! WWW.WANNABEBIG.COM and our FREE forums at www.wannabebigforums.com offer you that opportunity and much more!

The list of names you see here is by no means comprehensive. Our forums have exploded and more and more powerlifting greats are posting every day!

Here is just some of what you will find on the Wannabebig forums:

- Online journals kept by some of the greatest lifters in the sport. You can read how they train AND interact with them.
- Training and educational videos from the best of the best!
- The pros themselves giving each other training advice and sharing their "secrets".

What are you waiting for? It's FREE! Go to www.wannabebigforums.com and take your chance to interact with the greatest strength athletes on the planet!



- strength by 10.5%!
- University trial subjects increased muscle growth stimulus by up to 28%!
- Engineered to neutralize fatigue toxins with your very 1st dose!



GNC Live Well.

Many of life's failures are people who did not realize how close they were to success when they gave up.

THOMAS EDISON

We all have the potential to be far greater than we even imagine. In fact, few of us even come close to reaching our optimal capacity. We can achieve most anything in life if we are willing to pay the price. Only our thoughts, desire, and work ethic limit us. While it is true that success may come easier for some people, we have to believe that anyone can achieve greatness if they are willing to work. Like Buck Williams once said, "its not who jumps the highest-it's who wants it the most.

#### PERSEVERANCE

Think about what Spud Webb or Mugsy Bogues has accomplished. These guys are barely five feet tall and they started in the NBA, a league that is dominated by athletes who are in most cases pushing seven feet tall. Heck, Spud Webb won the NBA "slam dunk" contest competing against guys who were almost two feet taller them him. Is that incredible or what? These guys are living proof that ordinary people can achieve great things if they work hard. And they are just the tip of the iceberg. Professional sports, and every other field of endeavor for that matter. are full of individuals who have reached mind-boggling heights through persistence and hard work.

Think about Pete Rose. Pete Rose, without question, was one of the greatest baseball players of all time. What you may not know is that Rose never displayed any special physical aptitude for baseball. In fact, in

comparison to most major league ballplayers, his physical skills were considerably below average. Rex Bowen, the head scout for the Reds, once told me that if he was out scouting and ran across Rose, and he didn't know who he was, he wouldn't even consider drafting him. He told me that Rose had below average speed, a terrible arm, and poor bat velocity. Yet Rose became one of the greatest players of all time, setting numerous Major League hitting records in the process. How did he do it? He developed his abilities through assiduous practice. In other words, he worked his butt off - that's how.

Hard work and perseverance are incredibly powerful and effective assets if put to use.

#### GENETIC SUPERIORITY

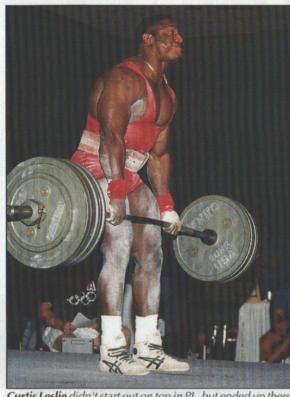
Think about Michael Jordan for a second. There is no athlete that appears to be more gifted. He is a physiological marvel. Physically speaking, he is an absolute genius. Lets be real, few men who have walked the face of the earth could run and jump like Jordan, and no man has ever played the game of basketball better. Yet when Jordan was in high school he was cut from the basketball team not once, but twice, because he wasn't good enough. What does that say about genetic superiority and natural ability? I will tell you what it says. You can have all the natural ability in the world, but if you are not willing to work at developing that ability you will never reach your full potential. Like Jordan, if you want to be great, or even good for that matter, you have to work hard.

#### ADVERSITY

Think about all of this. Einstein was four years old before he could speak and seven before he could read. Isaac Newton failed a number of times in grade school and high school. Walt Disney was fired as a newspaper reporter because he was not a "creative thinker." And did you know that he was also given a dishonorable discharge from the United States Marine Corps? Leo Tolstoy flunked out of college and Winston Churchill failed the sixth grade. Jim Plunkett was cut from his high school football team. Both Mike Tyson and Larry Holmes were defeated a

# DR. JUDD

THINGS TO THINK ABOUT as told by Judson Biasiotto Ph.D.



Curtis Leslie didn't start out on top in PL, but ended up there.

number of times as amateurs. Curt Leslie lost the first eleven contests he entered in powerlifting. Bill Russell was cut from both his junior and senior high school basketball teams when he was in the ninth grade. Roger Staubach was at best a mediocre football player in high school. And here's something that really boggles the mind. Sholly Mahn was completely paralyzed as a child, but went on to win two gold medals in the 1964 Olympics at the age of fifteen. There are literally thousands of people who have achieved greatness by overcoming failure and/or adversity. The world belongs to such people. As Martin Luther King said, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy.

#### RESPONSIBILITY

Think about our former President John F. Kennedy. Kennedy seemed to have everything in his favor. He was a Harvard dropout (he gets points for that), a war hero, and the President of the most powerful country in the world. He was rich, handsome, articulate, and the most popular President since FDR.

Half way into his Presidency though he made a major mistake by authorizing the invasion of Cuba. As you are probably aware the invasion was a historic military and political disaster. Consequently, most of Kennedy's political advisors recommended that he either deny that he had major involvement in the invasion, or at very least not address the issue. Kennedy did just the opposite.

He stood before the American people and said that the Bay of Pigs was an atrocity that should have never happened. Then he took total

responsibility for the invasion. He said, "It was my decision to invade Cuba, it was my mistake, and I take full responsibility for this horrific blunder." He basically said, "I really screwed up big time on this one."

Surprisingly, at least to his political advisers, Kennedy's popularity actually increased after he took responsibility for the humiliating defeat. By taking responsibility for his mistake Kennedy empowered himself. Successful people accept the necessity for taking risk in life and for being wrong now and then. It comes with the territory. They don't waste their time and energy trying to justify their mistakes; they spend their time correcting them. Nothing makes someone look more foolish or impotent than the inability to admit a mistake and take responsibility.

#### Risking

Now think about this:

To laugh is to risk appearing the fool. To weep is to risk appearing sentimental. To reach out for another is to risk involvement. To expose feelings is to risk exposing your true self. To place your ideas, your dreams before the crowd is to risk their

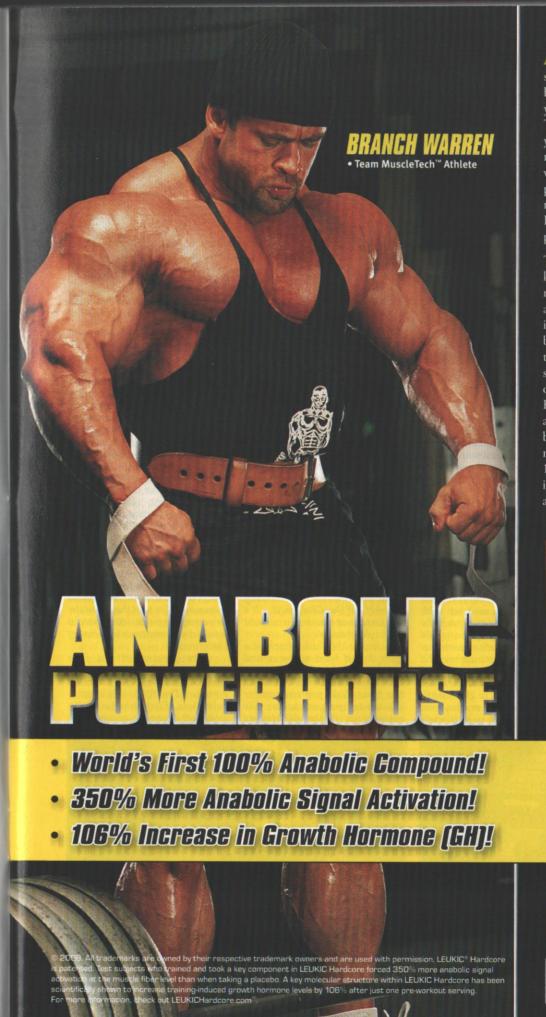
To love is to risk not being loved in return. To live is to risk dying. To hope is to risk despair. To try is to risk failure. But risks must be taken because the greatest hazard in life is to

risk nothing. The person who risks nothing, does nothing, has nothing and is

nothing. He may avoid suffering and sorrow, but he simply cannot learn, feel, change, grow, love, live.

Chained by his own fears, he is a slave; He has forfeited freedom. Only a person who risks is free!

UNKNOWN



As you step up to a loaded barbell still out of breath from the last backbreaking set, something from within tells you that this lift is going to be different. This something could be the fact that your body is anabolically primed with a new, forceful aggression that leaves you with the confidence of a true powerlifting powerhouse. There's no doubt in your mind that supplementing with LEUKIC® Hardcore is the reason that you're physically prepared for every single lift!

The stats speak for themselves: One of the key ingredients is able to force 350 percent more anabolic signal activation and another key ingredient has been shown to increase Growth Hormone (GH) levels by 106 percent. It's these proven results that have ignited an unmatched anabolic surge and given you the muscle to show off a new-found strength. LEUKIC Hardcore delivers an overpowering anabolic state that is truly unmatched by anything else on the market and the numbers you chalk up while taking this 100 percent anabolic compound prove it! Get on LEUKIC® Hardcore and get anabolic to start pushing massive weight.



GNC Live Well.

## HARD COREGYM#76

# Body Matrix-Aussie HardcoreGym as told to Powerlifiting USA by Rick Brewer



Mr. Reid the mind behind Body Matrix

An Outsider Looking in... Last month I told you that Bev Francis was always an inspiration, and we checked out her Powerhouse Gym. Coolgym, run by Bev & Steve! We talked about some of the places we might be this month, including our friends that are over 10K miles away. That's a lot of kilometers, and it's even farther than a cat can swim - after they escape from the bag. We've wanted to go to Australia for a while, because there are a couple of really cool gyms in the land of kangaroos.

One of the names that always crops up in Australian circles is Rohan Reid. He is a state champ bodybuilder, and he owns a Melbourne gym called Body Matrix.

On their website, they define 'HardCore' as unswervingly committed; uncompromising, and dedicated. That definition sounds about right to me, but there are language barriers anytime I talk Texan to Aussies! For example, our best Sheila Leya helped us gather this info - but she said that some of her info was 'dicky.' She looks hot, and doesn't really sound like a tranny; so I figure there is a 'word-fence' here. I thought about explaining a few of her Aussie words. but decided it was more interesting to let it fly naturally!

Leya or Hulya, we love ya girl - even when we have no idea what you are saying. Just tell us some of your first impressions from Body Matrix! Leya

Early in the morning, a red skyline appears over the corrugated tin roof of an Aussie gym in the heart of Melbourne city/town called Body Matrix Hardcore Gym & Personal Training. The glare of harsh outback sun reflects into my eyes and I now am thankful for the advice to wear sunnies with polarized lenses. I approach the dusty glass door kitted in my old shorts and favourite worn out shirt. Which reminds me; I'd better buy some new HOUSE OF PAIN gym clothes - coz these are coming to shreds at the seams. There's a stain on it, and my man

reckons its mould, so he threw it



Trophy Case at the Ultimate Aussie Hard Core gym- Body Matrix.

out a couple times. But, it's like a boomerang – it keeps coming back. There's no lycra and no jewelry. No joke. Even the sheilas can't wear lycra or jewelry, fair dinkum. That's Aussie for "I'm telling you the truth mate".

This Aussie gym brings you in and wants you to stay, like family (or a Roach Motel – RB). Not only because the owner operator Rohan Reid is the personal trainer, but also cuz he offers over and above his duty as a trainer and entrepreneur. Here you have opportunities to be part of one of two of his painstakingly organized and researched boot camps, go scuba diving, be part of several activities such as paintball, surflifesaving, learn to swim and other events are always in the pipeline, such as the Body Matrix Golf Day Challenge... It's not just about training, it's about life style change

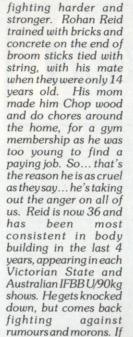
Inside this little shack of a gym, I find hard surfaces and rough metal. Hardcore Aussie is the element all around. Tin lines the front desk, protein powder remnants sprayed across the counter as if the 40 degree

northerly summer wind has brought in the red dirt from Alice Springs A proud Aussie flag hangs under trophies on a homemade shelf lined with past histories of winning and empty spots for the losses. Never mind. Being an Aussie, you just get up and go for it again. Some may call it stupidity; others may say that Aussies 'never die laying

Rohan Reid enters through the doors at the end of the red walled corridor. Bald and big. Aussies they say can be built like trucks, this ones a Mac Truck. Bursting at the seams, tipping the scales at just over 235lb, this man's kept his pride, and won't let losers or tossers in his gym. Body Matrix is only for those who aren't afraid to train, bleed and then some. I'm told they hose the driveway down at least once a week from some poor soul losing their lunch.

I'm greeted with a firm handshake, "G'day" and a wry smile... I'm in trouble. From the rumours I'm told, this man is relentless. Each time he's been knocked down he comes back





you want to know something about him or body building and want to know the truth, ask him to his face. He'll have no problem telling ya. (I just wanna know what a 'tosser' is – RB)

He moves with ease that belies his size, gracefully gliding past the iconic autographed photos of Flex, Jay, Ronnie and Melvyn plus others and his mate that he catches up with - Chris Cormier whenever he's in town. Rohan's training partners are his step kids, a 15 year old girl and 17 year old boy who are both built like brick shit houses. Apparently he has a huge hard head. You can hear them yelling and chanting the beast Reid to life harder and heavier, of the night time between 8 and 10pm when they train like animals. I'm told that if I train good he'll take me out for a King Island Steak at Mediterraneo. where he took Chris Cormier for Dinner and they ate everything the restaurant had to offer. Well



The Canine Security Service (photographs were provided courtesy of RIck Brewer)

the Aussie meat is bloody good, I don't' mind being second best.
The gym ceiling is lined with

fluoro lighting, the roof leaks and the floor is covered with thick black rubber that hardly any gym takes the time to put down anymore. I follow the bald headed angry looking little man standing Reid likes all his machines to be made by a couple of people and they are meticulously maintained, one machine gets serviced everyday. These he's collected over the years and had some painted because they were girly pink and

There's been a few famous Aussies who had trained and won comps through this gym. They were of all nationalities, even a massive part Aboriginal Champion who was an absolute beast in the heavy weights. The equipment has had some past Gym Daddies hard sweat and tears dripping off it leaving rust marks. The mirrors line some walls. You may know of 7 degrees of separation. Well, this gym is linked to Kylie Minogue. It's funny - I wanna laugh, but it's true! There's a mirror here that was apparently attached to Jason Donovon's ceiling. You'll have to Google that one, I'm not into sex ed. You can spit in here, even drop your guts. Where else can you go that extreme. Watch out for the metal 'throw up' bucket, its for those who cant make it to the bathroom or driveway.

The Gym is rugged and robust basic not one of those sissy shopping mall gyms, more like the Dungeons of old and dripping with sweat, there's no fit balls, (they will be punctured) aerobics or Cardio funk classes,

Not everyone that trains here is a power lifter or a Bodybuilder but they are all seriously committed to changing the shape of their bodies, every

year they run a body building comp(etition) for Members only. This is almost like a cruel joke, Rohan wants his clients to feel the pain he feels. These comps are run around the same time Rohan competes. This year again he will try again for the U/90kg IFBB Mr Australia.

So if you're ever in Melbourne, Australia and have a hankering for the hardcore side of things, leave the hotel gym, walk past the Fitness Firsts and catch the tram car down to South Melbourne to Body Matrix Hardcore Gym, tram line No. 1 Stop 22 and tell em Leya sent

Thanks Leva, or Hulya; you're our favorite sheila! Also big congrat's

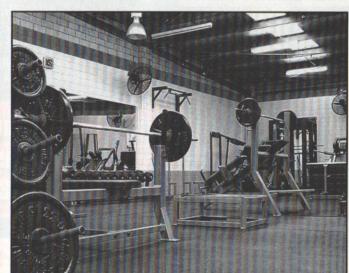
to Rohan Reid on a Hard-Core Gym well-done! I hope to train there one day very soon! I've wanted to feature an Aussie gum for so long; I was excited to get this info from Leya, with great pictures (some of which are complements of Gary Phillips). I hope it's not too dag to say 'THANKS, from the top of our hat, to the toe of our boots!

Next month, we'll be back in the USA - and we'll even speak English. Then when we go back to Australia in a few months, we'll visit a different town (Victoria), and see one more version of Aussie training

Until then, lift big, but no matter what -don't pour Nose Tork Ammonia into your mouth when you are chalking up for your next lift. I speak from experience, or actually I type from experience the chemical burns in my mouth won't let me speak out loud. Truth.

Tell me about your gym! rick@houseofpain.com





# POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

NOW WITH.

TEST SUBJECTS

INCREASED MUSCLE FIBER

NANOMOLECULAR HYPERDISPERSION TECHNOLOGY™

## Unrelenting Power is Here! creatine is transported into the muscle cell through transmembrane as told to PL USA by Ian Collins

Being a powerlifter places us in a very elite realm. Results here are the outcome of hard work and discipline. PBs are what we strive for and although we pour every ounce of sweat and blood into our lifts, we will all inevitably hit plateaus. Those irritating moments where no matter how hard we try, the weight just won't move. It happens to everyone and it is bound to happen to vou! But now there is advanced scientific research available to help us reach new goals and set the standard for new powerlifting records. This report explains the details behind one product's ability to increase strength capacity for all its users

One of the most widely researched strength supplements in history is creatine. Creatine is absorbed in the small intestine and is transported in the portal blood to the liver for metabolism. Ingested creatine, along with creatine synthesized in the liver, then enters the systematic circulation and is distributed to a large number of tissues1. The highest levels of creatine are distributed to skeletal and cardiac muscles, nerves, spermatozoa and the retina, with lesser amounts being distributed to the brain, brown adipose tissue, intestine, seminal vesicles, endothelial cells and macrophages2. Data supporting the efficacy of this monumental supplement has primarily been derived from studies examining short-term, high-intensity, repeated bouts of exercise such as strength and power training. Many published studies have provided evidence that creatine supplementation enhances the ability to produce a higher muscular force and/or power output, enhances physiological recovery from the effects of exercise and increases body or muscle mass<sup>3</sup>. What this means to the hardcore powerlifter is that

creatine supplementation will help you blow past your plateaus and attain new personal bests on the lifts that matter most to you bench, squat and deadlift!

#### THE SCIENCE BEHIND POWER

Although creatine supplementation can increase your strength capacity and transform you into an all-out powerhouse, one problem still remains. Hardcore intensity comes with the territory of being a powerlifter, but the downfall to this reality is that your relentless effort in the gym to gain maximum power may never be realized. One reason for this pitfall is due to a metabolite called Reactive Oxygen Species (ROS). ROS can reduce the nutrient absorption process with every relentless workout. This means that even with the benefits of creatine supplementation, your full potential may never be realized because ROS are preventing maximum creatine saturation. In addition to this, the formation of ROS can have deleterious consequences on cellular integrity. Since

transporters, it's conceivable that compromised integrity of membrane structure and lipid peroxidation can affect the conformation of these transmembrane transporters. As a result, ROS may interfere with

maximal creatine uptake into the muscle cells. With the aforementioned problem affecting powerlifters across the country there is only one supplement thus far engineered to combat ROS and clear the pathway for ultimate creatine absorption.

Team MuscleTech™ has been able to identify this ROS problem by developing a creatine supplement engineered to overcome it. Team MuscleTech has spent countless hours researching ROS and its negative effects. But instead of just identifying what this metabolite is, and what it does, Team MuscleTech has also developed a creatine pill that's engineered to fight ROS while adding significant strength to its users; CREAKIC Hardcore - the only creatine pill designed to fight the effects of ROS and increase the pathway for ultimate creatine absorption directly into your



#### CREAKIC HARDCORE PRODUCES POWERFUL RESULTS!

CREAKIC Hardcore is a supplement intended for use as an aid to enhance muscular strength, and it consists of a combination of revolutionary ingredients to support these strength gains. These ingredients include creatine-6,8-thioctic acid-ketoisocaproic acid calcium, creatine taurinate and creatine pyroglutamate.

Two current studies have produced convincing evidence as to the power of the key ingredient in this revolutionary supplement. The first study conducted at Ohio State University concluded that test subjects consuming the key ingredient in CREAKIC Hardcore were able to increase their strength capacity by 18.6 percent in only ten days4. Another clinical study over a 12-week period showed that test subjects consuming CREAKIC Hardcore's key ingredient increased their muscle fiber protein content by 58 percent<sup>5</sup>.

#### REVOLUTIONARY STRENGTH GAINS

Regardless of your training split or experience in the world of powerlifting, ROS can keep you from maximizing your strength gains. CREAKIC Hardcore's advanced ingredients, and its ability to fight off ROS, make it a truly scientifically advanced creatine pill. With CREAKIC Hardcore added to your powerlifting routine, you are maximizing your raw power so that you can demolish your competition!

REFERENCES: 1 PDRNS. PDR For Nutritional Supplements (1st Ed.). Montvale (NJ): Medical Economics Company; 2001; <sup>2</sup>Juhn and Tarnopolsky, 1998; Wyss and Kaddurah-Daouk, 2000; PDRNS, 2001; <sup>3</sup>Graham and Hatton, 1999; Jacobs, 1999; Terjung at al., 2000; Wyss and Kaddruh-Daouk, 2000; Lemon, 2002; <sup>4</sup>Selsby JT, DiSilvestro RA, Devor ST. Mg2+ - creatine chelate and a low-dose creatine supplementation regimen improve exercise performance. Journal of Strength and Conditioning Research. 2004. 18(2): 311-15; <sup>5</sup>Willoughby DS, Rosene J. Effects of oral creatine and resistance training on myosin heavy chain expression. Med Sci Sports Exerc. 2001. 33(10): 1674-1681.



mission. For more information, check out CREAKICHardcore.com<sup>s</sup>

#### I HATE GREEN TEA!

Q: I wanted to give you a heads up on the soda series you did. I really liked it and you put forth a ton of information. I am in shock that soda is so bad for you and it worries me because I have been consuming large amounts for years. Iadmit Iam addicted. Iam going through the detox method vou mentioned, but I haven't quit vet. One of the things mentioned in the article was about how your taste buds get so used to consuming sugary drinks that vou don't like the taste of things that are not sweet. I realize now that this is me exactly. Some time back you mentioned how good green tea is. I decided to brewup some. I took a sip and spit it out. I cannot drink this stuff even when I add sugar to it. Is there any way I can get the benefits of green tea without having to drink it? Billy Nasiopolis

A: Trying to dump soda from your diet is one of the best things you can do, and if you are addicted to soda it is a hard habit to break. I'm sorry to hear the bad news about your green tea experience, but I'm happy you are trying to apply some of what I recommend to your lifestyle choices.

Ienjoy a cup of plain green tea but I know there are many out there who can't stand the thought of having to drink 5-6 cups per day. Well, for those of you who can't handle the taste, you can take green tea extract in capsule form. You can get all the health and performance benefits without having to taste a single cup of green tea.

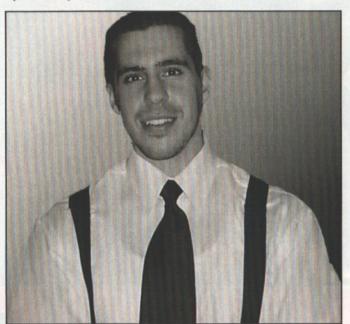
The green tea extract I use is from Cozmar Nutrition. You can check them out on the web at www.cozmarnutrition.com. There are many brands, but I use the bulk capsules they make. Each contains 500mg of green tea extract, the equivalent of almost three cups of green tea.

I wouldn't recommend something I didn't believe in because my reputation is much too valuable to tarnish. I recommend you start taking 1-3 capsules per day. You can take one before your breakfast, lunch, and dinner if you like. If you are not currently drinking

# **NUTRITION**

# Power Nutrition Q&A

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



Anthony Ricciuto - the food guru behind www.NutritionXP3.com

green tea then for goodness sakes at least take the extract in capsules because it has way too many health and performance benefits!

FORMULATING MY OWN BLEND Q: I have a question about protein blends. In the past you have mentioned some very good brands of protein. I actually try out the different things you discuss and I have been very pleased with the results. My question is about designing my own formula. I would like to put together a blend that is unique and would like to experiment with some ideas I have. Is there any place I can get this done without having to buy like 100 pounds of each formula? I want to make sure they have the many different sources of protein and

fractions available. I know I am asking a lot since I am not looking to buy in huge lots but if you have anyone in mind, let me know. Truly, **Paul Cojoski** 

A: It's fun to play around with different concoctions to see if you come up with the holy grail of protein formulas. Lunderstand what you are going through trying to get a manufacturer to make a specific formula only to have them request that you purchase a huge lot even for your first order. I have the answer and it is a company called True Protein. True Protein is your one stop shop for different blends. They have several different protein sources and many different fractions of each. So, if you want a whey protein, what kind do you want: whey concentrate or isolate? If you want isolate, what fraction do

you want: ion exchange or cold filtration? No matter what you want in terms of the source or fraction, True Protein has it.

If you want to get creative and start mixing different blends, let's say a whey isolate cold filtration with miscellar casein, they can do that. It truly is endless the number of fractions you can do. You can on their website, www.trueprotein.com.thatvou.can actually make the exact formula you want on the site. If you want to mix five different blends of protein with the percentages of each to your specifications, then that is what you will get. It calculates the price of your formula right in front of your eyes. It's so easy a caveman can do it ... ooops, I mean a powerlifter! Another thing you will like is there is no minimum order. So, if you want to experiment with three different master formulations you have designed, you could order 2 pounds of each formula and see what you like. This makes True Protein ideal for what you want to do. You can play around with different formulations and it won't break the bank.

It doesn't stop at protein, even though the company name may imply that. If you want different carb sources, fats, or vitamins added to your formula they can do it. If you are a guy who wants to make his own weight gain powder, then you can do it easily with top quality ngredients. If you are one of these busy guys who likes meal replacement drinks in between meals you can do this as well. You can even choose the flavors you ike, or the sweetener. True Protein is the way to go because of all the options available to you.

prices on all their products compared to other outlets but if you give themmy code of ARICCIUTO, they will give you an additional discount. Ask for Dante or Doug. They can be reached at (760) 433-5376 or dante@trueprotein.com. If you have any questions about putting together your formula or anything in relation to protein manufacturing feel free to ask as they will take care of all your needs!

True Protein already has super

THE SWEETNESS OF BITTER MELON

Q: The column you did on Chanca Piedra was really cool. I am from Brazil and we use it all the time here for many different conditions just like you mentioned. I read your column every month and I want to say that you did a nice job explaining the many different angles for using Chanca. This herb is so popular here and we have used it here for generations but I really never knew some of the scientific

research that has been done on it. I have a question about bitter melon extract. Do you think you can go through some of the different benefits it has and how they could help the powerlifter? Thanks again from Brazil. Sincerely. Thiago Roberto

Thanks again from Brazil. Sincerely, Thiago Roberto
A: It's good to hear from you all the way from Brazil. I am glad to hear you liked my article on Chanca. I am sure you have used it for generations in your family and now I am trying to get the rest of the powerlifters to take advantage of all it has to offer. Bitter melon is another important extract that just about all people can take advantage of. Let's take a look at what this exotic melon has in store.

\*Bitter Melon is known by the name Momordica Charantia.

name Momordica Charantia.
\* It is found in tropical areas such as
Asia, South America, East Africa
and the Caribbean.

\* In Traditional Chinese Medicine (TCM) it is known as Fu Gua. \* It is used in herbal form for many conditions and is popular also in

Chinese dietary practices.

\* There are at least 32 active ingredients in Bitter Melon with scientists studying them all.

\*One of the most important uses for bitter melon is in the management of Diabetes.

\*Bitter Melon is known for helping lower blood sugar levelsand is used in many countries by doctors to help with this condition.

\*There are several compounds in Bitter Melon that are responsible for lowering blood sugar.

\* The first is Charantin. It is composed of several different sterols.

\* In one study it was shown to be stronger than the oral drug Tolbutamide in lowering elevated blood sugar levels in diabetics. \* Another important compound in

Bitter Melon is Polypeptide P.

\* It has shown the most promise

with Type I Diabetics in lowering their blood sugar levels. \*The third compound is Oleanolic

Acid Glycosides.
\* This compound is most effective

with Type II Diabetes.
\* It affects the absorption of glucose

from the small intestine.

\* Studies are being done to

determine which is the most important compound of the three. \*Researchers are also investigating the synergistic effect of all three compounds.

\* Bitter Melon offers the diabetic benefits but always consult with your doctor before using. \* This is because Bitter Melon can

drop blood sugar levels significantly so your Physician will need to adjust your medication.

\* Another area scientists are researching is the effects that Bitter Melon can have in the treatment of HIV and AIDS.

\* There is a protein contained in Bitter Melon called MAP 30.

\*Researchers have found that when this compound is isolated from Bitter Melon it acts as a very strong inhibitor of HIV activity.

\*There are two reasons why this is so effective.

\* The first is that MAP 30 protein is able to slow down HIV-1 infection in T-lymphocytes and monocytes. 
\* The second is that it slows down the replication of HIV-1 in those cells that are already infected.

\*There are also two other proteins in Bitter Melon that you should know about.

\* They are Alpha Momorcharin and Beta Momorcharin. \*They are also known to inhibit the

AIDS virus.

\* Bitter Melon has also shown

promise in ulcer treatment.

\* One reason for this is that Bitter
Melon has antiviral compounds

\* These artificial compounds

\*These antiviral compounds work against H.Pylori therefore adding to Bitter Melon's effectiveness in relation to ulcers.

\*Bitter Melon has also been shown in studies to help strengthen the immune system.

\*Bitter Melon also has anti-cancer activity and more research is now being done in this respect. \*Bitter Melon has also shown

benefit to those with Herpes.
\*MAP 30 was shown to inhibit the reproduction of the virus.

\* It was also shown to reduce the skin plaque or outbreaks.

\* Bitter Melon has also been shown to lower plasma lipids and decrease VLDL cholesterol

\* Regarding performance, Bitter Melon has been shown to increase

fatty acid oxidization
\*Bitter Melon can decrease weight
gain and help you lose fat

\*Bitter Melon will make you more insulin sensitive.

\* This will help you consume more healthy carbs without gaining fat and reduce chances of becoming insulin resistant

\* Insulin resistance is the first step towards Type II Diabetes

\* I can say from the work I have done with Powerlifters that it is present in a large majority of lifters \* An increase in insulin sensitivity means muscle cells will have an increased uptake of nutrients like glucose and amino acids.

\* This will lead to increased glycogen storage, better energy levels, increased endurance, better recovery and improved strength \* Bitter Melon is truly sweet when it comes to improving your health and performance.

If you have any questions please feel free to write me at:

Aricciuto@NutritionXP3.com
Or check out my website at
www.NutritionXP3.com



In Dr. Judd's latest work, he delves into the dark and brutal world of a young man who's life is consumed with hate and despair. Follow Josh McKenzie as he falls deeper and deeper into the growing darkness.

THIS IS A TRUE STORY...

Available February 2005, but for a limited time you can view the first chapter online at http://www.drjudd.net/ for FREE!

Warning: This book contains graphic language and may NOT be suitable for children under 18.

Visit us at http://www.drjudd.net to view all of Dr. Judd's books!



Oc Carrior 518-522

Custom Bench Shirts 518-522-GEAR (4327)

NOCWARRIOR.com

HE NEW GORILLA KC-4 tm KRE-ALKALYN BUFFERED CREATINE Unmatched Vascularity, Awesome Pumps

And Dramatically Enhanced Muscle And Strength Gains! Bodybuilder's 1st Blood Plasma Expander! Creatine PHD program Why? Kre-Alkalyn is the only stable creatine. Kre-Alkalyn is the only creatine in the world with a pH above 12 because its mol agents using a patented manufacturing pro cess. As a result, it passes intact to the bloodstream and reaches the muscle cells at full strength. What does all this science mean to the person taking it? You receive all the benefits of what creatine has to offe with "zero" side effects. Immediate result's t works the first time with NO LOADING PHASE!!! It is 10 times stronger than any other creatine. Most importantly Kre-Alkaly neutralizes lactic acid so you can perform at even higher levels. It comes in Orange Flavor 2.8lb. Container with 65 Servings fo \$ 46.95.

WWW.GORILLA-NUTRITION.GOM

## **POWER PASSING**



Joe Dalton, longtime PL referee, World Masters Champion, contest winning chili chef, (among many other talents) passed away on June 30, 2008. He was 69 years old. Above loe referees at the USPF Nationals in 2007.





## **OUEST NUTRITION**



BRIAN SIDERS

**JSF 5500** 

The Ultimate Joint Support Formula

BUILDING BLOCKS: · Glucosamine X3 (2200mg) Chondroitin Sulfate (1200mg) · Collagen (5000mg)

OTHER ESSENTIAL INGREDIENTS

·MSM (2500mg)

·Manganese (40mg) · White Willow (15mg)



Special! (2) JSF 5500 For only \$49.50 Savings of \$6.40

QuestNutrition 3000 Mattison St. NW Duluth, GA 30096 770-495-0787 QUEST-NUTRITION.com

Growth hormone levels decline as you get older. And athletes have found that increased levels of growth hormone helps to optimize body composition, increasing muscle mass and decreasing body fat. However there's a lot of controversy over using growth hormone injections because of the potential side effects. But there's a better way.

Increasing your own natural endogenous levels of growth hormone is safer and in the long run more effective for increasing growth hormone levels and maximizing body composition than using exogenous GH. There are two main reasons for

First of all the use of recombinant or synthetic GH (the only kind available since 1985 when the possibility of prion infection resulting in Creutzfeldt-Jakob disease (1) a variant of mad cow disease, halted the use of GH harvested from the pituitaries of cadavers) only provides limited GH

That's because human GH represents a family of proteins rather than a single hormone. In fact, the circulation contains over a hundred GH forms. And because we have yet to discover enough about the various forms, the net biological activity of this mixture is difficult to predict since the exogenous recombinant GH represents only 20 percent or so of the mix.

Thus far, most of the research has been largely confined to monomeric 22K, the same GH that is available for exogenous use. However, while it is certainly effective for its original intended purpose, namely growth promotion, it's not known if it's sufficient for optimal growth and body composition. It's unlikely that it can fulfill all the functions of the GH family that are naturally present in the body.

As well, the use of one GH variant, as is the case with GH injections, likely decreases the production of the other variants in the body (2) thus limiting the normal biological activity of GH. This very fact has been explored as a means of detecting GH use by athletes.(3)

The second reason is that the use of exogenous GH shuts down your own growth hormone production. And that's a bad thing since it takes away

some of the natural variations in GH that takes place in the body.

For example it's been shown that the use of GH, even in low doses, decreases the natural GH peak that occurs a few hours after you fall asleep. (4) In my view it's the peaks of GH levels in the body that stimulates the anabolic and fat burining effects of GH. If you lower these peaks, you're not getting the most from your GH.

But it's worse than that. When you use exogenous GH it shuts down your own natural GH producing machinery. And it takes time for your body to ramp up this machinery once you discontinue the GH injections. In some cases, with extended use (as is sometimes the case in athletes who abuse anabolic steroids and find that their testosterone levels are permanently depressed) it's possible that the natural production of GH may be permanently impaired, making it necessary for you to go back on the injections to feel

#### **BOOSTING ENDOGENOUS GH**

None of this happens when you effectively boost your natural endogenous GH levels. First of all you produce the full gamut of growth hormones, and secondly, by ramping up your GH producing machinery rather than shutting it down it's never going to fail you even when you're

All that will happen is that your levels will go back to what they were before you started ramping it up.

The bottom line is that boosting endogenous GH production is more natural, more effective, and has considerably fewer (actually nil) side effects compared to the use of injectable GH.

#### **GH**BOOST

The best way to ramp up your endogenous GH production is by using my GHboost. Not only is it the most effective GH booster on the market, but it does much more, including increasing IGF-I levels and insulin release and sensitivity to give you a triple whammy for maximizing body

The combination of increased GH, IGF-I and insulin levels results in a synergistic anabolic effect on muscle while at the same time maintaining significant fat burning effects since the action of GH and IGF-I minimize insulin's effects on body fat, but maximize it's anabolic effects.

For more information on GHboost, and my complete line of nutritional supplements go to: http://www.mdplusstore.com/ listCategoriesAndProducts.asp?idParentCategory=40.

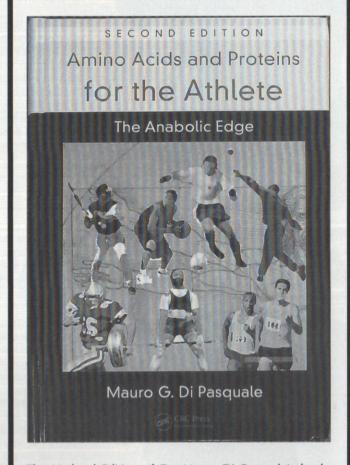
REFERENCES: "Swerdlow AJ. Creutzfeldt-Jakob disease in United Kingdom patients treated with human pituitary growth hormone. Neurology 2003; 61(6): 783-91; "Hashimoto Y, Kamioka T, Hosaka M, Mabuchi K, Mizuchi A, Shimazaki Y, Tsunoo

# ASK THE DOCTOR

#### **Boosting Endogenous Growth Hormone** as told to PL USA by Mauro Di Pasquale M.D.

M, Tanaka T. Exogenous 20K growth hormone (GH) suppresses endogenous 22K GH secretion in normal men. J Clin Endocrinol Metab. 2000 Feb;85(2):601-6; ®Radetti G, Buzi F, Tonini G, Bellone J, Pagani S, Bozzola M. Growth hormone (GH) seferome following service 22k Pp. GH G(H) isoforms following acute 22-kDa GH injection: is it useful to detect GH abuse? Int J Sports Med. 2004 Apr;25(3):205-8; "Yuen K, Frystyk J, Umpleby M, Fryskund L, Dunger D. Changes in free rather than total insulin-like growth factor-I enhance insulin-like growth factor-I enhance

insulin sensitivity and suppress endogenous peak growth hormone (GH) release following short-term low-dose GH administration in young healthy adults. J Clin Endocrinol Metab. 2004 Aug;89(8):3956-



The Updated Edition of Dr. Mauro Di Pasquale's book, AMINO ACIDS AND PROTEINS FOR THE ATHLETE, THE ANABOLIC EDGE is now available. For many years, Dr. Di Pasquale's work has represented a unique bridge between the esoteric world of scientific research and the practical application of such knowledge to the world of strength and athletic performance. His message has been so effective because his life itself represents a rare amalgam, a world champion in Powerlifting at the IPF level, as well as being an accomplished sports medicine researcher. Written in a manner that a non-medical professional can still appreciate, it nonetheless connects directly to cutting edge research through it's extensive references. Dr. DiPasquale steadfastly avoids both hype and cynicism, in his objective assessments of what supplements can and can not do in the human body, even though he produces and sells his own supplement formulations. If you are an athlete looking for unbiased information on protein and amino acids, there is no other resource that is more comprehensive or objective in its assessments, than this updated edition. It has been extensively rewritten to reflect new knowledge about the subject. For further information on this book contact CRC Press, Taylor & Francis Group, 6000 Broken Sound Parkway, NW, Suite 300, Boca Raton, FL 33487 or check their website at www.crcpress.com.

League City, Texas 77573 Phone 713-898-0927

The bench shirt that's storming the globel The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!

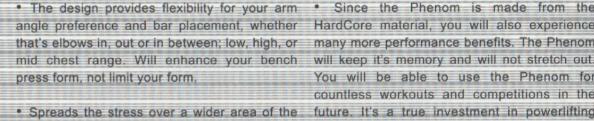


- many benching styles.
- · Reinforced thicker neck. No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- allowing the neck to be lowered down the by the Stretchy-Back™ provide the effect

 The Round-Sleeve™ design is very
 SOLID SEAM™ technology. The superior. The Rage seams lay flat which eliminates the digging into your skin the regular commercial seams do. Regula commercial seams are intended fast- sewing efficiency to save on labor cost and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt · Stretchy-Back™ makes The Rage more has always been the forerunner of bench effective and easier to get into. It allows shirt technology and construction. The most the lifter to custom-fit on the spot by important thing the Solid Seam™ does in eliminate the erratic bar wavering that body and the sleeves to be lowered down another's shirts cause. Instead of the the arms. The fitting adjustments allowed quarter-inch of open play between sleev and chest-plate the pinched commercia seams create, the Solid Seam™ locks al of an Open-Back but with a back that is parts of The Rage together making it so completely enclosed. The Stretchy-Back solid it might as well be welded together fabric also breathes easier, creating The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the bes Round-Sleeve™ bench shirt in the world but there's much more The Rage offers for big benching.

INZER

The Phenom is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary HardCore material. The only technology of this kind, the Phenom will provide you with incredible power of the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.



- . Spreads the stress over a wider area of the future. It's a true investment in powerlifting
- . Made from the exclusive HardCore material . The material of the Phenom has the perfect which will provide you with the most incredible balance of non-stretch and rebound rebound power available in the powerlifting combination which will provide you with world, HardCore material is also up to 40% incredible power and momentum from start to heavier than the closest poly fabric on the lock out. market being used for powerlifing gear.
- You will be able to use the Phenom for countless workouts and competitions in the



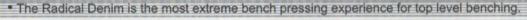
A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the



- Extra Reinforced front shoulder seams add . The RageX is the bench shirt for those who support and security for this radical design. want an immediate step up to stratospheres of Thicker, Extra Reinforced neck.
- into the pattern complement the already super knows how to make. This is not only about
- where they are supposed to be, working in cumulative effect that is undeniably the best. The unison with the body, not jittering or faultering most Quality and Results are yours in the with the bar. You will increase your bench press RageX.
- PRESSERS ONLY PLEASE! RageX goes into RageX bench shirt. Or choose Single Layer for new territory where unbelievable results from a single-layer competition restrictions. poly shirt happen. The RageX will continuously amaze you at how much you can bench press. • Guaranteed. Absolutely guaranteed you will Bench pressers report regularly how much fun bench press more than in any other round-sleeve the bench press has become for them because bench shirt of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- bench press power because it is a MORE . The combination of several new contours built AGGRESSIVE design than any other company sleeve angle and elementary things such as that . SOLID SEAM™ technology keeps the sleeves. It is about numerous details creating a
- · RageX in DOUBLE LAYER. Go Double Layer RAGE X IS FOR EXPERIENCED BENCH and increase the longevity and comfort of the

# RADICAL DENIM

Extreme performance technology makes the Radical Denim the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The Radical Denim will provide you with the top end denim experience.



- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances
- Choice of Partial Open Back, Closed Back, Complete Open Back, With or without Velcro.

# 

•The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!

•The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

SEE MORE SELECTION AT INZERNET.COM

SEE MORE SELECTION AT INZERNET.COM

(2X-3X add \$2.00 4X-5X add \$4.00) **Pullover Crewneck** Keep warm Supersweats Crewneck with embroidered \$14.95 Jersey Knit Short 50% polyester/50% cotton jersey knit elastic waistband, six-inch inseam. Large Inzer logos. \$12.95 Suit Slippers Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit. \$19.95 Gym Chalk Essential for Stickum Spray Jse this exc workouts and CHALK tool for a variety competitions. magnesium of of perfomance carbonate weaks in training and competition block chalk \$10.00 Meshback Lifting Gloves workout gloves. Power-Surge

DVANCE DESIGN

Inzer Advance Designs Logo T-Shirts

This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

Camo I-shirts

Lazer Camo I-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00

Camo T-shirts

Warm Up Pants This comfortable warm

up pant with front

pockets features

leg-length, two-color

Inzer logo on each

Embroidered with

two-color Inzer logo,

available in black

grey, and red.

\$10.00

pant leg

\$23.95



Tank Tops

Quality summer weight Tank To with two color logo Comes either 50/50 poly/cotton or 100 cotton fabric depending inventory. Available in white black, navy blue, royal blue, ar

\$10.00

Hoodie

Supersweats Pullover Hoodii with embroidere two color Inzer logo chases away th

\$19.50

Gym Bag This large

embroidered duffel is easy to loo at! Inzer logos ar 'Strongest owerlifting" design Large compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12" \$25.00

Fitting Gloves
Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!

\$4.95

Elbow Sleeves XT

Elbow Sleeves XT have multiple applications to enhance the performance pleasure and competing and training for any athle

\$55.00

Knee Sleeves XT
The high tech knee

support advantage for strongman competitors and other athletes

\$55.00

Power-Surge Red Line Wrist Wraps

Power-Surge, Double Red Line Competition Wrans Convenient wrist-cuff design Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.



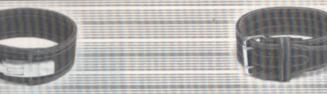
Power-Surge Red Line Knee Wraps Power-Surge Doubl Red Line Competitio Knee Wraps. Extra thick Strong support. Easy t wrap to full tightnes

\$16.50

\$12.50

Iron Wraps Z

\$22.00



Forever Buckle Belt 13MM Forever Lever Belt 13MM The firmest, best belt in the world with unmatched buckle strength. Available in one or

s70.00

The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible. \$70.00



Forever Belts™ are guaranteed

Forever Lever Belt 10MM All the manufacturing quality and Lever Belt action in a pliable 10mm thickness. \$60.00

Forever Buckle Belt 10MM Forever Belt quality in the 10mm choice Available in one or two prong precision buckle \$60.00

two prong zinc plated steel, seamless roller

Lifting Singlet design lifting sports several finishing touches that make this singlet a pleasure to wear as m required attire over your bench shirt or for workouts.

\$33.00

The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00

Champion Suit
Champion Suit has proven itself countless competitions and worl records over time. Enjoy the incredible support of Champion suit at a unbeatable price and value.

A big step forward in Powerlifting Belts! For the firs time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely

Power Belt Quality Economy

Normally sold at much higher prices by others, this quality power belt will provide years of great use a

in unbeatable price.

\$42.00



Max DL

DL will give you the explosive starts

and super strong lockouts you need

The incredible propulsion of MAX

The Pillar

The Pillar will increase the poundage yo can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

Heavy Duty Erector Shirt

HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used

properly it's like lifting with an extra erector

\$115.00

deadlifting.

\$145.00

Standard Blast Shirt

Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt Unhealable value and price

\$38.00

High Performance HD Blast

Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

\$77.00



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give
you heavy support in your quest for bigger lifts.

Lifting Gloves gripping power and suprem control Power-Surge \$12.95

Form-Foam

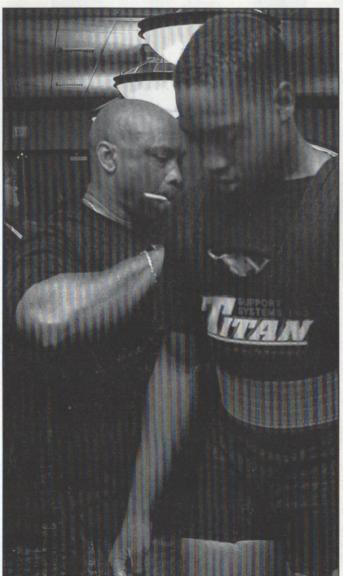


The most powerfu most popular, most effective knee wrap

SEE MORE SELECTION AT INZERNET COM THE SEE MORE SELECTION AT INZERNET.COM

\$55.00

(continu	ed fr	om p	age 1	0)	Garofalo	601	419	661	1681	Scolaro	-	408	645	1053
USAPL	Men	'e Nat	ionals		Gutierrez	678	413	584	1675	Lemarie	-	-	-	-
12-15 IU				v	Witte	650	369	606	1626	Junior				4000
					Rohr	606 595	380	634	1620	Walker	711	441	700	1852
Powerlifting	SQ	BP	DL	TOT	Nemow	595	408	601	1604	Brady	584	446	617	1648
MALE					Junior		201			Singleton	584	413	606	1604
115 lbs.					Acosta Smith	612	391	678	1681	Sprague	540	397	535	1472
Teen II						628	386	540	1554	Nappa	540	325	551	1416
Gray	320	149	413	882	Odenwald	551 584	380 325	579	1510	Teen II		410	101	1007
Messimer	325	215	320	860	Credeur			551	1461	Lee	661	419	606	1687
Severs	265	193	325	783	Hisghman	529	413	496	1439	Marion	562	281	650	1494
123 lbs.					Verbois	529	320	540	1389	Shumpert	540	259	540	1339
Junior Open					Fuller	529	331	529	1389	Vallentine	402	243	496	1141
Naquin	402	204	491	1097	Gavron	480	331	502	1312	Boehnlein	435	270	402	1108
Junior Teen III					Teen I		070		4000	Clayton	408	243	457	1108
Naquin	402	204	491	1097	Allen	457	270	502	1229	Teen III				
Open					Rosensweet	457	314	402	1174	Madison	546	364	617	1527
Tran	419	215	457	1091	Teen II	-40	224		4000	Norcott	551	353	584	1488
Gainer	-	-	-	-	Jacobson	513	331	524	1367	Hare	557	391	496	1444
Teen I	-				Hoffman	502	320	524	1345	Forks	491	287	535	1312
Roth	270	171	303	744	Green	513	287 276	540	1339	Parker	573	364	-	937
Teen II					Watson	474		518	1268	220 lbs.				
Rein	386	220	408	1014	Koestel	419	270	430	1119	Open				2006
Depriest	276	176	303	755	Teen III	650	369	606	1101	Hartmann	733	518	755	
Teen III		-			Witte			573	1626	Tylutki	772	502	733	2006
Lawrence	446	270	463	1179	Richardson	601	303		1477	Gack	656	540	601	1797
Tran	419	215	457	1091	Shoto	441 452	243 281	568 513	1251 1246	Skinner Pratt	716 689	408 441	562 557	1687 1687
Wallace	347	204	375	926	Giaquinto 198 lbs.	432	201	513	1246					
132 lbs.										Thompson	562	468	562	1593
Open	===	220			Open Williams	700	435	716	1852	Canton Williams	584	-	601	1185
Washington	568	320	518	1405	Walker	711	441	700	1852		722	-	-	722
Kuhns	584	424	391	1400		667	496			Succarotte	122	-		122
Smith	430	237	474	1141	Jones Hines	650	463	683 623	1846 1736	Junior Dedas	***	474	678	1813
McCormick	430	259	430	1119							661			
Kupperstein	529	298	-	827	Kasabuske	650	413	623	1687	Brady	678	468	623	1769
Junior					Rowe	645	386	584	1615	Trionfante	623	430	656	1709
Kuhns	584	424	391	1400	Hunt	623	391	568	1582	Loque	645	441	601	1687
Teen I							_	_						_
Starling	402	160	347	909	THE RESERVE		100	<b>安务</b> 等等		10000	2232	7 7 7		<b>医基基</b>
Schraub	336	171	336	843	13 3 7 6 6 6	) Estate		1		100		参え 直		434
Oswalt Teen II	276	193	325	794	100000		/	111		488		104		1
Murphy	380	237	369	987	1122 1123	-	mer /	Sales of the last		A STATE OF THE PARTY OF THE PAR				S 6 6
Sullivan	303	215	331	849	THE RESERVE				3 73	<b>在日本社</b>				200

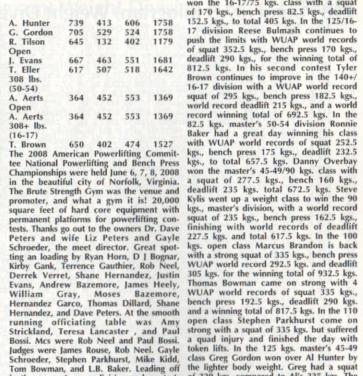


The Family Tradition superstarGene Bell works with son Ian Bell 1681



Vince Niedoliwka ripped at 148

Vince Nie	doliw	ka rip	ped at	1148
Glenn	540	331	529	1400
Teen I	275	243	400	1005
Stewart Teen II	375	243	408	1025
Deluca	634	430	562	1626
Sutton	661	413	524	1598
Everett	468	331	463	1262
Heule	441	298	380	1119
Teen III				
Gerfers	694	408	590	1692
Skinner Leggett	716 446	408 248	562 562	1687 1257
Stampley	440	457	650	1108
242 lbs.		437	0.50	1100
Open				
Mastrean	854	485	700	2039
Douglas	805	524	672	2001
Werner	683	518	601	1802
Junior Kline	694	457	551	1703
Sirianano	672	463	546	1681
Ball	584	491	540	1615
Mangan	573	419	568	1560
Stanislaw	617	-	579	1196
Teen II	-			
Smith	546	413	502	1461
Jacinto	480	353	480	1312
Lumley Miller	430	314 287	446 424	1190 1185
Payne	463	265	441	1168
Teen III	405	203		1100
Scott	590	491	573	1653
Griffin	568	276	628	1472
Cedeno	551	386	535	1472
Taylor	496	331	535	1361
275 lbs. Open				
Tuchscherer	904	623	805	2331
Cardella	838	606	750	2194
Wagner	788	590	639	2017
Krogman	772	496	.716	1984
Anderson	766	579	601	1946
Gousset	672	540	601	1813
Cressionnie Glover	678	468 529	584 705	1731 1235
Junior		349	103	1233
Tuchscherer	904	623	805	2331
Krogman	772	496	716	1984
Hedlesky	672	474	722	1868
Bizette	678	452	568	1698
Behe Toon III	518	474	601	1593
Teen III Cloe	705	502	584	1791
Nelson	672	408	573	1653
Johnson	524	325	491	1339
275+ lbs.				
Open				
Siders	992	744	816	2552
Christus	843 750	634 617	694	2172 2155
Harris Fiss	827	573	788 639	2039
Junior	02/	3/3	039	2039
Flonta	678	573	634	1885
Westbrook	750	513	584	1846
Leblanc	700	463	573	1736
Oxx	750	-	-	750
Teen II	672	200	579	1540
Torres Scott	672 634	298 385	474	1549 1494
Jordan	562	375	441	1378
Teen III				
Ginez	716	441	573	1731
Ingram	628	314	507	1450
(contin	nued o	on pa	ge 82	)
,		1		



Reese Bulmash (courtesy Baker)

**APC Nationals** 

6-8 JUN 08 - Norfolk, VA

110

402

342

(40-44) C. Tiller

Open S. Booth

C. Tiller M. Arnold

(35-39)

308 lbs. (50-54)

A. Aerts

A. Aerts

(16-17)

(40-44)

(45-49)

BP

160 94

S. Krupinski 557 309 463 1328

W. Watts

T. Dillard

165 110 234 509

165 110 234 509

558 309 463 1329

601 254 502 1356

601 254 502 1356

441 231 419 1091

441 231 419 1091

375 182 336 893

557 386 513 1455

518 358 502 1378

D. Overbay 612 353 518 1483

M. Brandon 739 645 672 2056

T. Bowman 739 424 639 1802

Open S. Parkhurst 739 220 132 1091

R. Bulmash 777 375 639 1791

DL

TOT

209 463

Open

R. Thomas

W. Stoneman 353

110 242 lbs.

RENCH

FEMALE

123 lbs

(45-49)

Open

B. Aerts

B. Aerts

165 lbs. Open S. Baldwin

MALE 132 lbs

(50-54)

181 lbs

(50-54)

(70-74)

220 lbs

FEMALE

123 lbs

B. Aerts

B. Aerts

(13-15)

181 lbs

(40-44)

MALE

(60-64)

E. Milan

F. Milan

165 lbs.

(50-54)

R. Baker

198 lbs

(45-49)

S. Kylis

Open

(50-54)

(16-17)

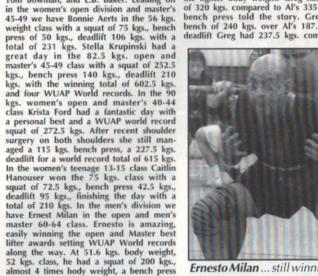
I. Gordon

S. Krupinski

Powerlifting SQ

G. Glenn

G. Bradley



APC Nationals of 105 kgs., deadlift 190 kgs., to total 495 kgs. In the teenage division Jason Gordon won the 16-17/75 kgs. class with a squat of 170 kgs., bench press 82.5 kgs., deadlift 152.5 kgs., to total 405 kgs. In the 125/16-17 division Reese Bulmash continues to push the limits with WUAP world records of squat 352.5 kgs., bench press 170 kgs., deadlift 290 kgs., for the winning total of 812.5 kgs. In his second contest Tyler Brown continues to improve in the 140+ 16-17 division with a WUAP world record squat of 295 kgs., bench press 182.5 kgs., world record deadlift 215 kgs., and a world record winning total of 692.5 kgs. In the 82.5 kgs. master's 50-54 division Ronnie Baker had a great day winning his class with WUAP world records of squat 252.5 kgs., bench press 175 kgs., deadlift 232.5 kgs., to total 657.5 kgs. Danny Overbay won the master's 45-49/90 kgs. class with



Alan Aerts an active competitor in the open 125 kgs., bench press solon strong synth a squat of 335 kgs., bench press 192.5 kgs., and deadlift and a winning total of 932.5 kgs., bench press 192.5 kgs., deadlift 290 kgs., bench press 192.5 kgs., deadlift 290 kgs., and a winning total of 817.5 kgs. In the 110 open class Stephen Parkhurst come on the lifts. In the 125 kgs. deadlift 235 kgs. to total 762.5 kgs., bench press 230 kgs. and deadlift 235 kgs. to total 745 kgs. In the 45-49/125 kgs. and a winning total of 817.5 kgs. In the 110 open class Stephen Parkhurst come on the lifts. In the 125 kgs. master's 45-49 token lifts. Alan Aerts gained weight to get to the 140 kgs. master's 50-54 and open class to make American records in the master's division. Alan had a squat of 165 kgs., bench press 205 kgs., deadlift 251 kgs. with the winning total of 621 kgs. In the deadlift Cfreg had 237.5 kgs. compared to Al's 275 kgs. finishing with 797.5 kgs. In the open 125 kgs., both finishing with 797.5 kgs. In the open 125 kgs., both finishing with 797.5 kgs. In the open 125 kgs., bench press 230 kgs., bench press 230 kgs., bench press 230 kgs., bench press 230 kgs., and deadlift 230 kgs. to total 745 kgs. In the open 125 kgs., bench press 230 kgs., Aerts of California leads of in the women's open and master's 45-49 age group, 56 kgs. weight class with the winning 50 kgs. bench press. Sonji Baldwin of Atlanta, Georgia won the open 75 kgs. class with a new WUAP world record of 182.5 kgs. George Bradley of Gainesville, Georgia, won the men's master 50-54/60 kgs. class with a WUAP world record 92.5 kgs. Team mate Gary Glenn won the 82.5/50-54 age mate Gary Glenn won the 82.5/50-54 age group with 155 kgs. Tom Sisk had a strong winning 130 kgs. bench in the 90/70-74 group. In the open 100 kgs. class Mark Arnold of Georgia won with a strong 237.5 kgs. over Shawn Booth who finished with 142.5 kgs. Carl Tiller was unsuccessful in three attempts. Wakelain Stoneman won the open 110 kgs. class with 160 kgs. and in the submaster's 110 kgs. class Roderick Thomas won with 240 kgs. Alan Aerts of California won the master's 50-54 and California won the master's 50-54 and open 140 kgs. class with 202.5 kgs. for an American record. Tyler Brown of Georgia won the teenager 16-17/140+ class with 142.5 kgs. (results courtesy of LB Baker)

Ernesto Milan ... still winning big American Powerlifting Committee (APC) www.americanpowerliftingcommitte.com

P O Box 40 Bogart, Ga. 30622

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

City.		F11	Sta	ate	_Zip	
Phone		Email	Sex	US Citizen	Club	
Prices: Adult	\$30.00		nage	\$15.00	Special Olympian	\$10.00

Card expires 12 months from date of purchase

Teen III

Miller

148 lbs.

Open Williams

Niedoliwka

Broussard

Junior Niedoliwka

Neal

Calloway

Teen II

Barrera

Bowers

Franklin

Teen III

**Broussard** 

Rodriguez Savell

165 lbs.

Open Nickson

Hammers

Douglas Stanley

Warren

Frasquillo Stein

Teen I

Teen II

Griffith

Skaggs Wax

Teen III

Arbuckle

Merritt

Higginboth Srokowski

Amburgey

181 lbs. Open

Hooper Ricks

Acosta

Rell

Kariy

Ghebretzadio

Floyd

Stevenson

McCormick

457 265

430 402

358

601 353

590 513

524 463

375 358 243 220

342 231

524 513

419 463

518

513

524 397

468 220

485 375

529 502

480 287

424

259 220

204

380 364 584 507

380

353 331

287

413

441

309 342

325 331

303

276 248

243

325

353

336

298

281

557

413

430

408

386

623

584

524 441

435

446 369

325

557 507

496 474

628

568

518 557

496

452

419

491

474 292 502 1268 441 254 551 1246

468

1196 1885

507 452

419

529

529

491

480 474

430

568

1135

1031

1554

1383

1554

1400 1235

1163

1064 948

1383

1383

1179 1179

1631

1615

1427 1356

1339

783

932

1411

1185

1383

1257

1196

1940

898







## ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 148 Pound (67.5 Kilogram) Weight Division -- BENCH PRESS

	to r	ound	I (O)	.5 Kilograffi) Weight Division Benefit Fixes
	Bench		X-Bwt	American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
,	600.0	(272.2)	4.03X	Joe Ceklovsky/74 1/20/08 (600.0 lb.) (Carteret, New Jersey) (IPA)
	565.0	(256.3)		Brian Schwab/74 1/20/08 (565.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
	510.0	(231.3)	*3.51X	Greg Warr/69 6/4/94 (510.0 lb. @ 145.5 lb.) (Eufala, Alabama) (NSM)
	507.1	(230.0)		Kerwin Unten/68 7/14/07 (230.0 kg.) (Honolulu, Hawaii) (WABDL)
	501.6	(227.5)		August Clark/62 3/1/03 (227.5 kg. @ 66.6 kg.) (Columbus, Ohio) (WPO)
	485.0	(220.0)		Nick Hatch/85 10/8/04 (220.0 kg. @ 67.5 kg.) (Atlanta, Georgia) (WPO)
	475.0	(215.5)		Joe Smith/76 3/31/07 (475.0 lb.) (Cleveland, Ohio) (USAPL)
	474.0	(215.0)		Caleb Williams/84 7/7/06 (215.0 kg. @ 67.5 kg.) (Miami, Florida) (USAPL/IPF)
	474.0	(215.0)		Jason Imamura/76 6/2/07 (215.0 kg.) (Phoenix, Arizona) (WABDL)
0.	470.7	(213.5)		David Bullock/59 4/25/92 (213.5 kg. @ 148.75 lb) (Longview, Texas) (USPF/APF)
1.	470.0	(213.2)		Joe Scalzo 10/27/07 (470.0 lb.) (Zanesville, Ohio) (IPA)
2.	468.5	(212.5)		Taylor Tom/76 6/17/06 (212.5 kg. ) (Honolulu, Hawaii) (WABDL)
3.	465.0	(210.9)		Doug Heath/55 11/15/02 (465.0 lb. @ 146.0 lb.) (Worthington, Ohio) (IPA)
4.	464.1	(210.5)		Derek Ito 4/28/95 (210.5 kg. @ 148.0 lb.) (Honolulu, Hawaii) (APF/WPC)
5.	463.0	(210.0)		Darren Matsumoto/64 11/13/04 (210.0 kg.) (Reno, Nevada) (WABDL)
6.	460.0	(208.7)		Jeff Manfreddi 8/10/02 (460.0 lb. @ 146.0 lb.) (Queensbury, New York) (IPA)
7.	457.5	(207.5)		Trey Collins/74 10/1/05 (207.5 kg. @ 148.5 lb.) (Elgin, Illinois) (Bench America3)
8.	455.0	(206.4)		Joe Mukite/66 4/13/02 (455.0 lb. @ 147.5 lb.) (Independence, Wisconsin) (NSM)
9.	447.5	(203.0)		Ed Morishima/62 9/3/88 (203.0 kg. @ 148.5 lb.) (Ponder, Texas) (USPF/APF/WPC/WBC)
0.	445.0	(201.8)		Kevin Harmon/75 10/14/06 (445.0 lb.) (Gatlinburg, Tennessee) (SPF/WBPLA)
1.	435.4	(197.5)		Andres Valleza/84 8/6/05 (197.5 kg.) (Portland, Oregon) (WABDL)
2.	435.4	(197.5)		Freddie Evangelista/59 3/8/08 (197.5 kg. @ 148.6 lb.) (Pasco, Washington) (WABDL)
3.	435.0	(197.3)		Alex Poku/68 1/13/90 (435.0 lb. @ 144.25 lb., without a bench press shirt) ( Vermont) (APA/WPA)
4.	435.0	(197.3)	*2.92X	Tony Conyers/59 3/25/95 (435.0 lb. @ 148.75 lb.) (Lakeland, Florida) (ADFPA)
5.	430.0	(195.0)	2.89X	Alan Mathis 11/28/87 (430.0 lb.) (Denton, Texas) (APF/WPC/WBC)
6.	430.0	(195.0)		Rick "Taz" Couch 9/14/91 (430.0 lb. @ 143.0 lb.) (Selma, California) (APA/WPA)
7.	430.0	(195.0)		Joe Dematteo/69 3/8/92 (430.0 lb.) (Danvers, Massachusetts) (USPF)
8.	430.0	(195.0)		Tom Albano/62 9/2/06 (430.0 lb. @ 148.0 lb.) (Sarasota Springs, New York) (APF)
19.	429.9	(195.0)		Mike Hara/60 9/19/99 (195.0 kg.) (Chicago, Illinois) (USAPL/IPF)
0.	426.6	(193.5)		Charles Venturella/61 11/17/07 (193.5 kg. @ 148.2 lb.) (Anaheim, California) (WABDL)
1.	425.0	(192.8)		Mike Lewis/71 4/10/04 (425.0 lb. @ 148.0 lb.) (Elk River, Minnesota) (IPA)
12.	425.0	(192.8)		Frank Trapani/88 3/17/07 (425.0 lb. @ ~66.92 kg.) (Diamondhead, Mississippi) (USAPL)
3.	424.4	(192.5)		Joe Bradley/56 11/6/81 (192.5 kg. @ 67.0 kg., without a bench press shirt) (India) (USPF/IPF)
4.	424.4	(192.5)		Jose Perez/60 3/5/90 (192.5 kg.) (Honolulu, Hawaii) (APF/WPC)
5.	424.4	(192.5)		Wade Hooper/70 11/14/97 (192.5 kg. @ 67.2 kg.) (Prague, Czech Republic) (USPF/IPF)
6.	424.4	(192.5)		Lance Slaughter/62 8/25/02 (192.5 kg. @ 67.2 kg.) (Bedford Heights, Ohio) (USAPL)
7.	424.4	(192.5)		Terrance Pinkett 3/6/04 (192.5 kg. @ 65.6 kg.) (Summit, Pennsylvania) (USAPL)
18.	420.9	(190.9)		Armington Rafael 12/5/81 (190.0 kg., lb.) (San Jose, California) (USPF)
9.	420.0	(190.5)		Jody Tamayose 10/17/93 (420.0 lb.) (Waikiki, Hawaii) (USPF/APF)
0.	420.0	(190.5)		Allan Myszka/67 6/29/02 (420.0 lb. @ 144.0 lb.) (Wisconsin Rapids, Wisconsin) (SLP)
11.	420.0	(190.5)		Eric Knight/75 4/23/05 (420.0 lb. @ 143.1 lb.) (Charleston, South Carolina) (APF)
12.	418.9	(190.0)		Dominic Sardo/59 7/16/88 (190.0 kg. @ 148.75 lb.) (Columbus, Ohio) (APF/WPC)
13.	418.9	(190.0)		Kenneth Senseman 12/15/90 (190.0 kg.) (Philadelphia, Pennsylvania) (NSM)
14.	415.6	(188.5)		Charles Schachte 1/7/93 (188.5 kg.) (Pittsburgh, Pennsylvania) (NASA)
15.	415.0	(188.2)		Larry Miller/54 8/4/91 (415.0 lb.) (Columbus, Ohio) (APF)
16.	414.5	(188.0)	*2.86X	Evan Davidson 6/9/01 (188.0 kg. @ 145.0 lb.) (Mesa, Arizona) (WABDL)
17.	413.4	(187.5)		Phillip Manicchia 12/10/88 (187.5 kg.) (Irving, Texas) (USPF)
8.	413.4	(187.5)		Gerry Millhouse 3/23/91 (187.5 kg. @ 145.0 lb.) (Saint Louis, Missouri) (ADFPA)
19.	413.4			Mike O'Hora 11/6/99 (187.5 kg.) (Portland, Oregon) (WABDL)
0.	410.1	(186.0)		Roger Gorumba 7/14/79 (186.0 kg., without a bench press shirt) (Whittier, California) (USPF)
				(instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael
00	ng (1233	King Geo	rge Boule	evard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records





Ed Morishima still benching big Ceklovsky - so far ahead - 600!!! Lance Slaughter -- USAPL Power!



## ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 123 Pound (56 Kilogram) Weight Division -- BENCH PRESS

		ound (	So knogram, respit birision berteri kess
	Bench	Press X-By	vt Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	347.0	(157.4) *2.8	
2.	345.0	(156.5) *2.8	
3.	292.1	(132.5) *2.3	
4.	275.6	(125.0) *2.2	
5.	275.6	(125.0) 2.23	X Ashley Awalt/83 4/16/05 (125.0 kg.) (Baton Rouge, Louisiana) (USAPL)
6.	275.0	(124.7) 2.23	X Anna Blakely 12/12/92 (275.0 lb.) (Port Charlotte, Florida) (APA/WPA)
7.	270.1	(122.5) *2.2	
8.	264.6	(120.0) *2.1	8X Teale Magierek-Adelmann/71 12/3/04 (120.0 kg. @ 121.5 lb.) (Laughlin, Nevada) (AAU)
9.	260.0	(117.9) 2.11	
10.	259.0	(117.5) *2.1	
11.	255.0	(115.7) *2.1	
12.	253.5	(115.0) *2.1	
13.	248.0	(112.5) *2.0	
14.	242.5	(110.0) *2.1	
15.	240.0	(108.9) *1.9	
16.	237.0	(107.5) *1.9	4X Julie Thomas/60 1/29/83 (107.5 kg. @ 55.35 kg.,) (Chicago, Illinois) (USPF)
17.	237.0	(107.5) 1.92	
18.	237.0	(107.5) 1.92	
19.	231.5	(105.0) *1.9	0X Eileen Todaro-Wadie/58 1/26/85 (105.0 kg. @ 55.4 kg.) (Boston, Massachusetts) (USPF)
20.	231.5	(105.0) 1.88	
21.	231.5	(105.0) *1.9	0X Ashley Matherne/83 10/16/07 (105.0 kg. @ 55.2 kg.) (Soelden, Austria) (USAPL/IPF)
22.	230.0	(104.3) *1.8	7X Juli Field 9/29/90 (230.0 lb. @ 122.75 lb.) (Fayetteville, North Carolina) (USPF)
23.	230.0	(104.3) *1.9	2X Jen Oburn/75 3/12/05 (230.0 lb. @ 120.0 lb.) (Bradford, Pennsylvania) (USA)
24.	230.0	(104.3) 1.86	X Suzanne "Sioux-Z" Hartwig-Gary/68 7/15/06 (230.0 lb.) (Towson, Maryland) (AAU)
25.	226.0	(102.5) *1.8	4X Felicia Johnson-Almy/58 1/26/85 (102.5 kg. @ 55.8 kg.) (Boston, Massachusetts) (USPF)
26.	226.0	(102.5) 1.83	X Kathy Baker 7/28/90 (102.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
27.	226.0	(102.5) *1.8	
28.	220.5	(100.0) 1.79	X Paula Suzuki/68 4/7/91 (100.0 kg.) (Honolulu, Hawaii) (APF/WPC)
29.	220.5	(100.0) 1.79	X Jerri Lynn Lippert/73 3/2/96 (100.0 kg.) (Portland, Oregon) (USPF/IPF)
30.	220.5	(100.0) 1.79	X Lupe Aguilar 11/13/98 (100.0 kg.) (Portland, Oregon) (WABDL)
31.	220.5	(100.0) 1.79	X Carol Ann Myers/66 11/12/04 (100.0 kg.) (Reno, Nevada) (WABDL)
32.	220.5	(100.0) *1.8	4X Jenn "Pup" Rotsinger/78 12/2/06 (100.0 kg. @ 54.4 kg.) (Lake City, Florida) (APF)
33.	220.5	(100.0) 1.79	X Sabra Lucchesi-Callahan/56 6/24/07 (100.0 kg.) (Marietta, Georgia) (APC/GPC)
34.	216.1	(98.0) 1.75	X Teresa Mims-DeVoltz 8/19/89 (98.0 kg.) (Galveston, Texas) (USPF)
35.	215.0	(97.5) *1.8	1X Brenda Tarver 8/89 (215.0 lb. @ 119.0 lb.) (Baton Rouge, Louisiana) (USPF)
36.	215.0	(97.5) 1.74	X Brenda Day 10/7/95 (215.0 lb.) (Pueblo, Colorado) (NASA)
37.	215.0	(97.5) 1.74	X Bonnie Graibe 6/22/02 (215.0 lb.) (Nazareth, Pennsylvania) (IPA)
38.	215.0	(97.5) 1.74	
39.	215.0	(97.5) *1.7	6X Eileen Todaro-Wadie/58 1/28/84 (97.5 kg. @ 55.3 kg.,) (Austin, Texas) (USPF/IPF)
40.	215.0	(97.5) 1.74	
41.	215.0	(97.5) *1.7	
42.	215.0	(97.5) 1.74	and the same of th
43.	215.0	(97.5) 1.74	
44.	215.0	(97.5) *1.7	
45.	215.0	(97.5) *1.7	
46.	215.0	(97.5) 1.74	
47.	209.4	(95.0) 1.70	
48.	209.4	(95.0) 1.70	
49.	209.4	(95.0) 1.70	
50.	209.4	(95.0) 1.70	
(*)			eight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael
	- /4222	Vine Coore	Pollored #70. Second Course 21410. BH 912 920 2051. EMail Address coonstruction of

Coong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net).

Records accurate (as to my knowledge) as of 7/4/07.



Teale Adelmann - USAPL Champ Jerry Lippert -- a powerul Ph.D. Janet Faraone - No. 1 here too!! Kathy Baker at the USPF Seniors.







Paula Suzuki before she went up





"Let me say the venue and meet hotel were awesome. The meet itself was very well run." - John Manly

"It was a fun meet with a plethora of great lifters in each weight class. ... the meet was run very well with little or no problems. The meet shirts and backdrop poster were awesome. There wasn't a better time for a poster like that. Our federation needed someone to come out a say "United We Stand". Greg Theriot

"... This was just one of several things that Big Iron/Becca took care of to make this not just a well-run meet, but one that was truly - Jaleena Bennett

"Big Iron, great meet! As usual you guys do it right!" - Scott Cartwright

"...but in the end seniors with all the great perks in set-up, judging and presentation was extremely fulfilling thanks to BIG IRON.

"Venue - Warm-up room was nice and spacious, rooms had excellent beds (very important). Platform and equipment were top notch, although not having continuous knurling on the squat bar I think was the cause of a couple of slipped/dropped lifts. A nice touch was cueing up our favorite song for each lift something you rarely see at bigger meets.

Judging - Expectations were clearly set in the warm-up room. Squat depth expected (at least for me) was the lowest I have ever needed at an APF meet. The multiply haters should either shut up, or come out and get on the platform. Even technicalities were called, I would NOT say this meet was "overly lifter friendly", but that's what you want for a national level meet." - Gregg Damminga

"Thanks again the competition, spotters, judging, and format all were done well and to no surprise given the experienced staff you had on hand!" - Cory Dexter

**APF Senior Nationals** 

(continued from page 25)

the gate with 622.8. Dickey's 2nd attempt at 639.3 earned him 2nd place in the SHW. Not bad for a 3731. man who benches on his tippy toes. Dickey's 661.4 was a no go. The busy Ken Overbey, while running his photo shots booth, found time to get the gold. He missed 677.9 on a

first, but got it on the 2nd attempt for a win. 705.5 was unsuccessful, but his POWER SHOTS were a winner every time.

WOMEN FULL MEET

123 lb: Margaret Kirkland, 44, of Bradenton, FL came into nationals with an injury to her right hip flexor. That didn't stop her from busting world record after world record! Kirkland opened with an easy 424.4 squat. Then she powered out a new record of 486.1, over 4 times her bodyweight of 118! Strategically. she passed on her 3rd squat to save energy for her final deadlift. In the bench, 226.0 didn't give her any trouble. Neither did the world record of 254.6. Again, she passed on the 3rd. Kirkland looked strong on her deadlift, 391.3 was easy. Then 420.0 captured the 3rd and 4th world record for the day in deadlift and total. Her hamstring injury caught up with her on the third attempt resulting in no lift at 442.0. Kirkland walked away with 1st lace and a 1160.7 total, narrowly missing best lifter by 6 points.

132 lb: Mandy Bennett, 15, of Omaha, NE is a new lifter at Big Iron Gym. She just flew through the squats, 226.0, 237.0 and 248.0 were all good. On her opener bench at 115.7, this teen ifter was called on a technicality. But, it was perfect on the 2nd attempt, good lift. 126.8 was no match for Bennett on her 3rd. Bennett's deadlifts were just as spectacular as the squats. 226.0,



Al Caslow: the Best Lightweight

242.5 and 253.5 all executed beyond the judges expectations for good lifts. Lifting 8 for 9, Bennett looks to have a great future. She took home 2nd place with a 628.3 total.

Jaleena Bennett, 23, of San Antonio, TX had a tough start on the squat. She was not tall enough to lift off from the Monolift. The judges and hosts found enough matting to shim her up to a workable height. 363.8 was an easy opener. The height of the Monolift affected her 2nd attempt at 391.3, no lift. That didn't stop

(continued from page 47)

her from loading 402.3 for a clean lift on a 3rd attempt. Bennett tried a record of 431.0 on a 4th, but was called on depth. Bench press opener of 264.6 was easy for Bennett. She jumped to 286.6 for a successful lift and a junior record. Her third attempt at 297.6 felt uncomfortable so she asked the spotters to take it. The deadlifts were executed with ease at 341.7 and 363.8. Then 380.3 was so easy, she got back too far on the lockout and stumbled. Bennett captured 1st with a 1052.7 total, a record.

165 lb: Kelly Martin, 37, of Sheboygan, WI has been lifting for 2 ½ years. She trains under Jan and Stephanie Van de Weghe. Martin squatted 451.9 for an easy opener. Then 490.5 was executed to the judge's liking. The audience got the see the animal side of her when she got pumped for her 518.1 squat, but it was a no go. The first two attempts in bench press were no match for Martin, 264.6 and 297.6. The 3rd at 314 wasn't in the cards. The deadlifts started off a bit shaky at 407.9, but she got it on a 2nd. Then, she was fully redeemed with a successful 440.9. Martin totaled 1229.1 for 4th place at her first nationals.

Stephanie Van de Weghe, 46, of Sheboygan, WI is a legend in our time. She did her last national meet in 1999. Welcome back! Her squats came out with a bang 496.0 and 529.1 left no question, good lifts. 573.2 was no lift. Out of the gate on the bench, Van de Weghe captured 297.6 and 330.7. Then she met her match on 352.7, no lift. Out of the gate with fury in the deadlifts, she smoked 407.9 and 440.9. As good lifters will, she pushed the limits on each third attempt, a miss at 474.0. These numbers slid Van de Weghe in to

3ird place with a 1300.7 total. Shannon Hartnett, 43, of Sausalito, CA trains under the guidance of Coach Rick Hussey of Big Iron Gym. She moved to Omaha, NE for 6 months last year to learn from Hussey. She usually comes in at 148, but decided not to drop weight due to a hamstring injury. Her squats showed no sign of injury. She powered through 523.6 and 573.2, setting her up for a PR on her third at 600.8, good lift. Hartnett did a good bench press opener at 281.1. She misgrooved 303 on 2nd and 3rd attempts. Deadlifts were hard on her hamstring, but she managed 518.1 and 535.7. The third attempt at 551.2 was a no go. Hartnett went home with a 1417.6 total and second place.

Sarah Keller, 24, of Carrollton, TX is a Bad Attitude Gym lifter. She came in fighting an internal rotator strain three weeks prior. The biggest challenge on squats was finding a grip to alleviate shoulder pain. She sucked it up and it showed in all three lifts, 485.0, 523.6 and 573.2 - all good lifts. The 3rd attempt was a PR at a lower weight class. BP was nerve racking as she had been training light to not further her injury. The opener was no lift at 385.8. She tweaked her shirt and got it on the 2nd try. Keller's 3rd was a world record lift of 402.3. A 4th attempt was taken at 424.4, but will have to be captured another day. Deadlifts were the light at the end of the tunnel, she wanted to blow out a big number and be done. She hammered out 496.0, then 523.6, then 541.2. As much as she wanted to be done, that world record was calling her name at 545.6 and she captured it! Keller finished with a 1516.8 total, first

place finish and Best Full Lifter. 181 lb: Anna McCloskey, 15, of Glen Mills, PA came to Nationals with her brother. She gave a good effort in her squats at 446.4, but came up short on three attempts. We are hoping to see this strong, young female on the platform again soon. Krystal Cary, 23, of Council

Bluffs, IA is a new lifter at Big Iron Gym. She has come leaps and bounds to be a competitive lifter. On her first squat, she got caught up in the rack and missed 501.6 on account of mental distraction. She gathered herself and captured it on her 2nd attempt for a new

DALLAS,

record. 551.2 on her 3rd attempt was executed perfectly, but she missed the judges call. Cary is not disappointed; she beat her PR by 120 lbs. Cary was on fire in the bench press. Each lift came easy and clean, 281.1, 303.1 and a new record of 308.6. Then she went for a 4th attempt record and lost 319.7 to uneven extension. Deadlifts were tough. as Carv was worn down from the squats. She managed 363.8 and 385.8, good lifts. Her 3rd attempt at 402.3 stopped 3/4 of the way up due to fatigue. She left it all on the platform. Cary won 1st in the open powerlifting with a record total of 1196.0 and she won 1st in the open Bench Only.

Watertown, TN came to Nationals to get some big numbers. It showed in her squat performance. Each lift was perfectly executed at 567.7, 584.2 and a personal record of 600.8, all good. Out of the squat Garrett had excruciating pain in her shoulder. She didn't know it, but she had dislocated her bicep attachment. But the meet must go on, and it did as she pounded out bench press after bench press. Each a perfect lift, again, at 402.3, 429.9 and 451.9. Garrett was most excited about her PR as it tied her most fierce competitor. Going into the deadlift, the plan was to be conservative, as the shoulder was in terrible pain. No personal record here, but again they were all flawless at 407.9, 446.4 and 463.0. That's 9 for 9 folks! A third personal record was

SHW: Melissa Garrett, 29, of

achieved in the total of 1515.7, which earned 1st place. A week after the meet her kinesiologist realigned her dislocated bicep, and it was painful.

LIGHTWEIGHT MEN FULL MEET

165 lb: Gabe Falcon, 17. came with his dad from Raymore, MO. Falcon nailed his 2nd squat at 501.6 after being called for depth on the first. His 3rd at 551.2 will be saved for another day. Falcon's first bench attempt was sealed at 225.9. His attempts at 253.5 and 264.5 were unsuccessful. On the deadlift. Falcon missed his first at 435.4. but proved he could do it easily on his second. The thir at 473.9 was a no go. Falcon totaled 1162.9 for a third place finish.

Chance Rohlfing, 17, had super depth on all squats, 479.5, 507.1 and 523.6. Rohlfing kept the streak going for the bench, nailing all attempts, 303.1, 314.1 and 319.7. The deadlift gave Rohlfing a bit of trouble right below his knees on the 2nd attempt, 507.0. His first and third were rockets, 479.5 and 507.0 respectively. Rohlfing ended the day with a 1350 total and walked away with 2nd place.

Mick Manley, 23, had only done one meet prior to this. He smoked his first two squats 562.2 and 595.2. His 3rd was the most he has ever had on his back, 622.8. It felt great, but was no good on account of depth. In the bench, Manley secured his opener, 303.1. Then he lost the battle with 314.1 on the next two attempts. Manley's second and third attempt deadlift at 606.2 were unsuccessful. However, he pulled a power packed 584.2 deadlift to take him into first place. His winning total was 1482.6.

Both Rohlfing and Manley are lifters at Big Iron Gym.

181 lb: Mike Luckett, 26, of Baton Rouge, LA, and Hardcore Barbell, had a crazy free fall technique, which proved unstable for his first two attempts at 782.6. The 3rd attempt at the same weight fell right into place. Getting only one successful attempt in the bench, 501.5 was good lift. He locked out 523.6 but was called for technicalities. Luckett's luck caught up with him in the deadlift. Though a couple were locked out, he missed 639.3 and 655.8 over the next three attempts.

Troy Goetsch, 21, of Lincoln, NE, a Big Iron Gym lifter took an easy 573.2. He followed it up with a 600.8 which stalled in the middle, but he managed white lights. 622.8 was no lift. Goetsch nerves were on edge because he hadn't had a solid bench workout in weeks, but he nailed lift after lift, 402.3, 424.4 and 440.9.

(continued on page 88)

- 30 MAY-1 JUN 08 - Omaha, NE												
BENCH	BP1	BP2	BP3	Best	C. Sm	nith	783	783	783			
MALE					242	bs.						
Open					B. He	in!	805	821	821	805		
148 lbs.					C. De	exter	672	705	739	739		
C. Svoboda	320	336	353	336	T. Ac	ome	733	733	777	733		
T. McCoy	276	386	386	276	J. Cod	ok	661	678	705	678		
181 lbs.					M. Ta	ylor	656	672	672	672		
N. Farley	463	463	485	485	275 II	bs.						
B. Heck	683	711	711	_	R. Bri	ggs	849	849	849			
198 lbs.					308							
G. Stillman	347	375	375	347	S. Bai	rnes	667	667	672	667		
220 lbs.					R. Ko	lberer	601	601	634	634		
M. Minuth!	705	722	750	750	Dan (	Gross	650	650	661	744		
T. Bollig	628	645	645	645	J. Las	ki		9-21	3-3-3	4		
J. McClaren	584	601	617	617	SHW							
J. Schmidt	551	551	562	562	K. Ov	erbey	678	678	705	678		
R. Bauer	430	441	457	457	D. Di	ckey	623	639	661	639		
J. Falcon	595	595	606	-	J. Bol	ger	678	678	678	3-3		
Powerlifting	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT		
FEMALE												
Open										在发生		
123 lbs.							100					
M. Kirkland	424	486		226	255	-	391	420	442	1161		
132 lbs.												
J. Bennett	363	391	402	431	265	287	298	342	364	380		
1053												
M. Bennett	226	237	248	116	116	127	226	243	254	628		
165 lbs.												
S. Keller!	485	524	573	386	386	402	496	524	541	1517		
1. 医多数医子宫								4th-D				
S. Hartnett	524	573	601	281	303	303	518	536	551	1418		
S. VandeWeghe	496	529	573	298	331	353	408	441	474	1301		
K. Martin	452	491	518	265	298	314	408	408	441	1229		
181 lbs.												
K. Cary	502	502	551	281	303	309	364	386	402	1196		
A. McCloskey	446	446	446	10 m	237	-	-23	-	-	THE R		
SHW	LLE	1881	TALE.	<b>建</b>		1991	FERR		822	TIES I		
M. Garrett	568	584	601	402	430	452	408	446	463	1516		
MALE												

	C. Rohlfing	480	507	524	303	314	320	480	507	507	1350	
	Gabe Falcon	502	502	551	226	254	265	435	435	474	1163	
	181 lbs.											
;	A. Caslow!	783	816	816	491	513	535	656	683	683	2006	
)	J. May	722	777	805	628	639	656	452	502	524	1935	
3	在 2 日 2 日 3 日 5 日 5		1234			4th-B	P-678					
3	T. Goetsch	573	601	623	402	424	441	502	529	551	1571	
2	M. Luckett	783	783	783	502	524	524	639	639	656	HILL	
	198 lbs.											
	S. Frankl	953	953	953	772	811	821	716	744	-	-	
	T. Pigeon	810	810	810	-	-		-	4-11		HE	
7	220 lbs.											
1	J. Coker	805	849	904	805	821	838	551	551	584	2177	
	R. Pierce	805	854	904	568	584	601	557	606	634	2122	
	H. Fletcher	843	909	909	480	513	513	650	705	705	2072	
	M. Sahlfeld	705	705	-	507	518	529	639	661	672	1896	
3	A. McCloskey	705	705	755	485	507	507	634	661	661	1874	
)	242 lbs.								1000			
	J. Grandick!	981	1009	1009	772	77.2	772	733	755	766	2535	
	B. Carroll	1020	1058	1058	711	739	739	733	772	805	2502	
	J. Redding	942	942	942	623	634	634	683	694	705	2260	
	N. Gentges	755	810	854	617	650	661	612	645	645	2116	
	S. Donegan	733	755	755	540	568	568	573	606	645	1901	
1	K. Soileau 275 lbs.	821	821	821		160	1					
	M. Griffin	1009	1075	1075	584	623	645	722	761	805	2480	
	I. Garcia	1025	1025	1075	590	612	645	777	805	843	2442	
	A. Carlquist	926	1003	1025	628	656	678	650	705	728	2409	
	M. Brown	816	816	816	524	557	584	805	838	838	2177	
7	G. Damminga	832	832	904	507	551	551	672	733	755	2072	
	R. Bowsher	849	849	871	513	513	513	672	672	672	LIB	
3	308 lbs.			THE				TO THE				
	G. Theriot	976	1009	1009	683	705	705	761	761	810	2453	
9	J. Manly	981	981	1025	705	739		728	766		2414	
	S. Cartwright	1042	1102	1130	502	639	650	705	755	772	2375	
6	G. Tillinghast	953	1009	1009	722	750	750	634	661	661	2337	
	D. Pearson	876	904	931	579	579	601	733	755	755	2216	
	SHW	100	1 1 11	19.81	TE B	118 1	HHIII I	188	LIN	T VI A	SECTION S	
6	G. Frank	1014	1036	1042	827	843	854	-	H	-	1	
	SHW	LUS										
	H. Smith !=Best Lifters.	799	799	799	-	-	11	-979	1000	-	10	

M. Manley	562	595	623	303	314	314	584	606	606	1483
C. Rohlfing	480	507	524	303	314	320	480	507	507	1350
Gabe Falcon	502	502	551	226	254	265	435	435	474	1163
181 lbs.	700	046								200
A. Caslow!	783	816	816	491	513	535	656	683	683	2006
J. May	722	777	805	628	639 4th-B	656 P-678	452	502	524	1935
T. Goetsch	573	601	623	402	424	441	502	529	551	1571
M. Luckett	783	783	783	502	524	524	639	639	656	
198 lbs.		11181	8 11.1		111	BILLI				
S. Frankl	953	953	953	772	811	821	716	744		1
T. Pigeon 220 lbs.	810	810	810	H					-	
I. Coker	805	849	904	805	821	838	551	551	584	2177
R. Pierce	805	854	904	568	584	601	557	606	634	2122
H. Fletcher	843	909	909	480	513	513	650	705	705	2072
M. Sahlfeld	705	705	_	507	518	529	639	661	672	1896
A. McCloskey	705	705	755	485	507	507	634	661	661	1874
242 lbs.	103	, 03	,33	403	307	307	034	001	001	10/4
I. Grandick!	981	1009	1009	772	77.2	772	733	755	766	2535
B. Carroll	1020	1058	1058	711	739	739	733	772	805	2502
J. Redding	942	942	942	623	634	634	683	694	705	2260
N. Gentges	755	810	854	617	650	661	612	645	645	2116
S. Donegan	733	755	755	540	568	568	573	606	645	1901
K. Soileau	821	821	821		1 11 11	12	FEE		1	HE
275 lbs.										
M. Griffin	1009	1075	1075	584	623	645	722	761	805	2480
J. Garcia	1025	1025	1075	590	612	645	777	805	843	2442
A. Carlquist	926	1003	1025	628	656	678	650	705	728	2409
M. Brown	816	816	816	524	557	584	805	838	838	2177
G. Damminga	832	832	904	507	551	551	672	733	755	2072
R. Bowsher 308 lbs.	849	849	871	513	513	513	672	672	672	
G. Theriot	976	1009	1009	683	705	705	761	761	810	2453
J. Manly	981	981	1009	705	739	705	728	766	010	
S. Cartwright	1042	1102	1130	502	639	650	705	755	772	2414
G. Tillinghast	953	1009	1009	722	750	750	634			2337
D. Pearson	876	904	931	579	579			661	661	
SHW					3/9	601	733	755	755	2216
G. Frank SHW	1014	1036	1042	827	843	854	H	H	1	-
H. Smith	799	799	799	111	18 8	81181	128	100	124	DIE!

THE BAL DEAL



Exclusive Supplier:



Elitefts.com/Metal 888.854.8806



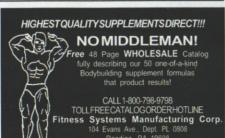
World Record Holder Jason Fry Joins Team MHP - Jason Fry, the current world record holder in the 181lb class with a 725lb bench, joins Team MHP! "I'm honored to be a part of MHP's Team of elite lifters and I truly believe they have the best supplements on the market. I have used their products over the past year and they have been a big contributing factor to my success," says Jason. Look for Jason to break more world records at the 2008 IPA Pro AM and the 2008 MHP Mr. Olympia Bench Press Championships.

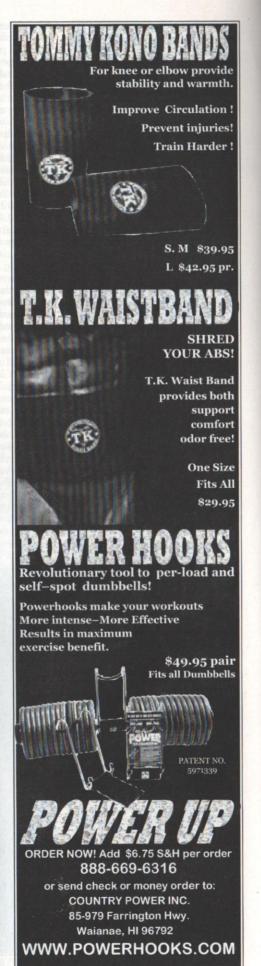
# Beyond A Century Performance Nutrition - Anti-Aging

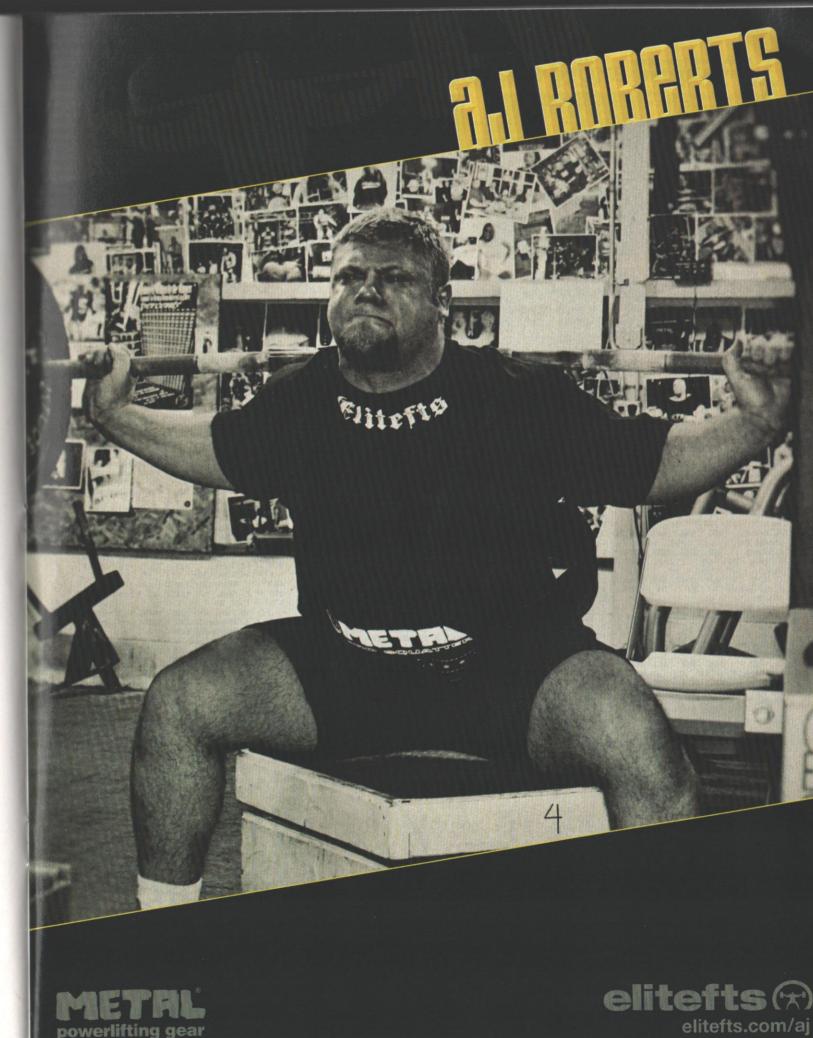
How much have you been paying? GABA, 100gm. Peak ATP™ (pure), 20gm (80 days) 22.50 Ribose, 200gm 19.75 N-Acetyl L-Glutamine, 300gm 16.50 Acetyl L-Canitine, 100gm 8.50 Creatine Ethyl Ester HCl, 300gm 10.50 CLA, 1000mg, 100 gelcaps 11.50 Creatine Mono. 99+%, Micronized, 1kg. 15.00 Arginine base powder, 300gm 12.00 Arginine AKG, 150 gm . 9.00 Citrulline, 100gm 11.50 Serum Protein, 90%, 1 pound. 16.50 Whey Protein 90% instant isolate, 24oz .. 18.00 Tribulus Ext. 45% 100gm .7.50 Long Jack 100:1, 20gm Yohimbe 2% Std. Extract! 50gm 37.50 . 7.50 Glutamine 300gm/1kg 10.50/28.50 Glucosamine Sulfate, 250gm. . 9.50 Check our website for current specials

Shipping only \$5.00 any size order!
Visa/MC/Dscvr/Amex orders call:
800-777-1324

Beyond a Century, Inc. ~since 1983~
173 Lily Bay Road, Greenville ME 04441
Hundreds of Products - FREE catalog!
Order On-Line with our Secure Server:
www.beyondacenturyonline.com
Authenticity of Products Guaranteed!







NASA 10 MA			as Stat		NASA 25th H 29-30 MA				J. Petit		237	270	507	J. Zinkhon	149	94	231	474
	1 00			11					R. Stewart		243	259	502	E. Alfred	-	-	-	-
BENCH		Oper			Power Press	CL	BP	TOT	B. Estridge		226	276	502	S. Ceasar	-	127	353	480
FEMALE			Butler	535	GIRLS				M. Massey		265	220	485	181 lbs.				
165 lbs.		7 100	ENCH		Junior-Senior				K. Street		259	204	463	C. Ratcliff	287	99	281	667
Int		MAL			165 lbs.				220 lbs.					198 lbs.				
D. James	198	165	lbs.		P. Perez	94	94	187	M. Massey		270	309	579	M. Jackson	364	171	364	898
MALE		High	School		198+ lbs.				B. Thomas		292	254	546	M. Muse	309	143	298	750
308 lbs.		D. P	eters	99	M. Paris	154	154	309	C. Grey		220	209	430	H. McIntosh	303	105	276	683
Int		CURI			A. Winters	127	138	265	C. Santiago		187	237	424	A. Walden	160	116	204	480
H. Thomason	542	MAL			BOYS				242 lbs.			-31	727	198+ lbs.	100	110	204	400
Raw		165			Frosh-Spoph				B. Brinkley		281	254	535	K. Espinoza	391	187	314	893
198 lbs.			School		132 lbs.													
Submaster II		D. P		55	J. Bolt	198	209	408	T. Baughman 275 lbs.		176	248	424	McGuinness	320	165	320	805
P. Munoz	391	198		33							204	224		RAW				
	391				M. Puckett	132	160	292	J. Collier		281	331	612	Frosh-Soph				
275 lbs.			naster II		148 lbs.				E. Doyle		237	248	485	105 lbs.				
		P. M		132	D. Cowen	171	182	353	E. Hoover		143	198	342	A. Nuckols	127	66	193	386
Push Pull		BP	DL	TOT	T. Newman	165	149	314	308 lbs.					114 lbs.				
308 lbs.					J. Ramsey	149	160	309	M. Davis		204	303	507	Dallessandris	127	72	231	430
Int					B. Cook	138	149	287	Powerlifting	SQ	BP	DL	TOT	123 lbs.				
H. Thomason		542	661	1204	165 lbs.				GIRLS	M.				K. Lute	154	105	243	502
SHW					D. Freeman	231	254	485	Frosh-Soph					T. Jarrell	143	94	182	419
Police/Fire					C. Miller	204	209	413	97 lbs.					K. Holcomb	127	83	198	408
R. James		485	606	1091	A. Knese	220	187	408	H. Smith	105	61	149	314	132 lbs.	/	05	. 50	400
Powerlifting	SO	BP	DL	TOT	R. Traverson	215	187	402	114 lbs.	103	0.	143	314	B. Block	149	83	209	441
220 lbs.	24				D. Estridge	143	154	298	C. Everhart	94	66	154	314					
Police/Fire					181 lbs.	143	134	290		34	00	134	314	S. Griffith	-	88	215	303
		252	roa	1422		227	227		123 lbs.	-				148 lbs.				
T. Clark	568	353	502	1422	A. Hiatt	237	237	474	K. Hogan	259	110	248	617	S. Smiddy	204	132	254	590
308 lbs.					T. Woolf	237	220	457	M. Lemasters		94	243	535	B. Musser	143	94	215	452
Int					198 lbs.				T. Jarrell	143	94	182	419	165 lbs.				
H. Thomason	838	542	661	2041	C. Bengsten	198	243	441	K. Holcomb	127	83	198	408	A. Parrill	165	83	220	468
Open					Z. Fishel	204	187	391	132 lbs.					A. Leece	116	116	276	391
H. Thomason	838	542	661	2041	220 lbs.				C. Potter	116	72	154	342	181 lbs.				
SHW					J. Windsor	314	248	562	148 lbs.					C. Maugey	182	88	198	468
Police/Fire					J. Beckett	226	187	413	K. Jamison	209	121	248	579	198 lbs.				
R. James	634	485	606	1725	E. Waters	176	204	380	A. Rainwater	176	77	254	507	L. Brassfield	209	105	254	568
Raw					242 lbs.				165 lbs.					198+ lbs.	-03			500
148 lbs.					D. lamison	204	309	513	A. Parrill	165	83	220	468	M. Lewis	276	171	270	716
Submaster II					D. Skiles	215	237	452	A. Leece		116	276	391	Junior-Senior	270	.,,	270	, 10
I. Victor	369	231	364	965	B. Davis	160	182	342	181 lbs.	7.00	110	2/0	331	105 lbs.				
Submaster Pu		231	304	303	275 lbs.	100	102	342		314	116	309	739		105		102	275
J. Victor	369	231	364	965	B. Fain	193	204	397	D. Metoyer		116			T. Corwin	105	77	193	375
165 lbs.	303	231	304	903					H. Kelly	182	94	215	491	114 lbs.				
					N. Massie	176	204	380	198 lbs.					B. Cox	127	72	182	380
Junior	440	245	404	****	308 lbs.		000			209	105	254	568	L. Casey	143	77	154	375
K. Messerly	413	215	491	1119	B. Warnock	237	270	507	198+ lbs.					S. Marrero	83	61	176	320
181 lbs.					K. Lehman	193	204	397	H. Holt	485	226	325	1036	M. Morris	77	72	165	314
High School					Junior-Senior				M. Davis	248	154	303	705	123 lbs.				
E. Cyranoski	369	237	342	948	132 lbs.				K. Taylor	254	127	314	694	J. Piernas	127	94	193	413
242 lbs.					A. Thompson	248	198	446	S. Lawson	265	132	248	645	132 lbs.				
Int					M. Perrine	127	121	248	Junior-Senior					E. Boyd	127	77	187	391
A. Guerra	491	386	441	1317	148 lbs.				97 lbs.					148 lbs.				
Master II					C. Keene	226	226	452	H. Krebbs	231	110	231	573	A. Anders	204	105	254	562
J. Moody	320	281	353	953	I. Smith	215	198	413	105 lbs.				3,0		121	72	204	397
275 lbs.					A. Ramsey	193	209	402	T. Corwin	105	77	193	375	M. DeedS	121	72	176	369
lunior					R. Dolph	171	204	375	114 lbs.	103	,,	133	373	165 lbs.	121	12	170	303
C. Hall	463	353	551	1367	165 lbs.		204	3/3	M. Alfred	107	94	276			110	0.4	224	
Power Sports		BP	DL	TOT	K. Orr	254	204	4==		187			557	J. Zinkhon	149	94	231	474
	CK	DF	DL	101				457	B. Cox	127	72	182	380	P. Perez	154	94	204	452
181 lbs.					L. Threkell	248	209	457	L. Casey	143	77	154	375	198+ lbs.				
Master III	-				Z. Henz	193	231	424	123 lbs.					M. Paris	320	154	336	810
C. Lynn	99	198	287	584	T. Wright	226	193	419	R. Lightfoot	248	110	248	606	A. Winters	298	138	298	733
242 lbs.					B. Chaney	172	187	359	C. Coleman	149	83	204	435	A. Walden	160	116	204	480
Master II					181 lbs.				132 lbs.					BOYS				
J. Moody	149	281	353	783	Y. Ibrahim	270	292	562	L. Hernandez	198	110	259	568	Frosh-Soph				
Submaster II					T. Trout	259	226	485	A. Miller	182	94	209	485	114 lbs.				
G. Vigil	143	342	463	948	A. King	265	215	480	E. Boyd	127	7.7	187	391	C. Banks	237	149	259	645
Submaster Pu					J. Downing	209	270	480	148 lbs.				001	C. Bowline	176	116	237	529
J. Reeder	165	331	491	987	J. Ryczek	248	226	474	S. Harris	336	149	331	816	S. Williams	187			
275 lbs.		001		,,,	T. Shadrach	226	215	441	S. Lee	215	94	298	606		10/	83	215	485
Master II					V. Harshaw	182	237	419						123 lbs.	26-	450	20-	-
T. Jonas	132	231	331	694		102	23/	419	A. Anders	204	105	254	562	C. Chaney	265	176	287	728
					198 lbs.	292	276	567	165 lbs. Muellenschla		0.0	0.00		132 lbs.				
(Contest result											83	248	485	M. Puckett	243	160	342	744

POLAK MADE LLC

polakmade.com

(717) 428-2561











COMPETITION AND HARDCORE GYM EQUIPMENT DESIGNED AND BUILT BY HIGHLY EXPERIENCED STRUCTURAL ENGINEER, FABRICATOR, AND WORLD CLASS POWERLIFTER. USA MADE, USA STEEL Many other products, see polakmade.com or request a free catalog Polak Made LLC, 68 Maple Street, Seven Valleys, PA 17360 (near York, PA) E-mail: polakmade@aol.com

# SLATER'S HARDWARE STONE MOLDS



402 215 397 1014

402 243 430 1075 231 154 248 634

259 187 375 821

375 287 441

7 336 265 408 353 226 276 259 182 375

320 193 408 920

171 121 254 546

265 226 375 865 314 165 342 821 220 — — 220

325 187 375 887 314 160 342 816

485 270 402 1157 358 243 391 992

485 353 551 1389

540 358 491 1389 314 276 336 926 259 209 380 849

474 265 485 1224 380 209 441 1031

551 331 518 1400 408 303 480 1190

446 397 452

1009 998 987

926 904 898

1295

1246

1157 1003

369 898 375 865 369 860 369 860 314 821

386 1014 397 931 364 909 375 887 380 887

452 375

311 342 265

320

430 402

1108 1053

1009 992

1435

496 1268 524 1190 457 1157

J. Sherwood 424 270 502 1196 T. Baughman 386 248 419 1053

275 lbs. B. Cogswell 413 358 523 1295 C. Lee 457 226 480 1163 E. Hoover 331 198 364 893

A. Thompson 331 198 408 937 C. Deleon 309 209 358 876 M. Perrine 171 121 254 546

397 259 375 237 336 209 325 198 342 226

314 303

303 336 336 209 325 187 314 193

204

220 231

452 281 441 325 408 220

 181 lbs.

 C. Cassinelli 485
 265 496 1246

 J. Downing 485 270 402 1157

 T. Trout 364 226 413 1003

 A. King 353 215 408 976

 E. Cyranoski 369 237 369 976

 J. Ryczek 325 226 413 965

 T. Shadrach 380 215 353 948

 V. Harshaw 309 237 402 948

 198 lbs.

303 231 397

T. Wakefield 364 198 452 1014

B. Warnock 452 270 441 1163

149 314 689

816

226

T. Ross B. Cook 165 lbs.

S. Wolfe D. Estridge

198 lbs. Z. Fishel

S. Orso

242 lbs. D. Rainwater 336
J. Wallace 353

**Junior-Senior** 132 lbs.

M. Perrine

D. Ducote M. Metz

165 lbs. Z. Henz

B. Chaney C. Fowler

181 lbs.

A. Cattell 198 lbs.

C. Garrett

Z. Calhoun C. Gray 242 lbs.

275 lbs.

308 lbs.

K. Jackson M. Davis RAW Junior-Senior 132 lbs.

K. Felter

B. James J. Reed J. Smith A. Snider

R. Ogden N. Robinson

A. Ramsey J. Bills C. Keene C. Keene R. Dolph 165 lbs.

J. Davis T. Phillips

L. Threkell

B. Chaney T. Wright 181 lbs.

198 lbs.

220 lbs. R. Hershel C. Riggs B. Kinsella

J. Downing 485
T. Trout 364
A. King 353
E. Cyranoski 369

198 lbs.
A. Norwood 474 358
R. Stewart 413 259
M. Krause 430 276
M. Massey 413 220
B. Estridge 380 278
C. Haas 309 298
K. Street 353 204
J. Petit 347 270

K. Orr Z. Henz

M. Williams M. Brown C. Espich 220 lbs.

148 lbs. J. Bills

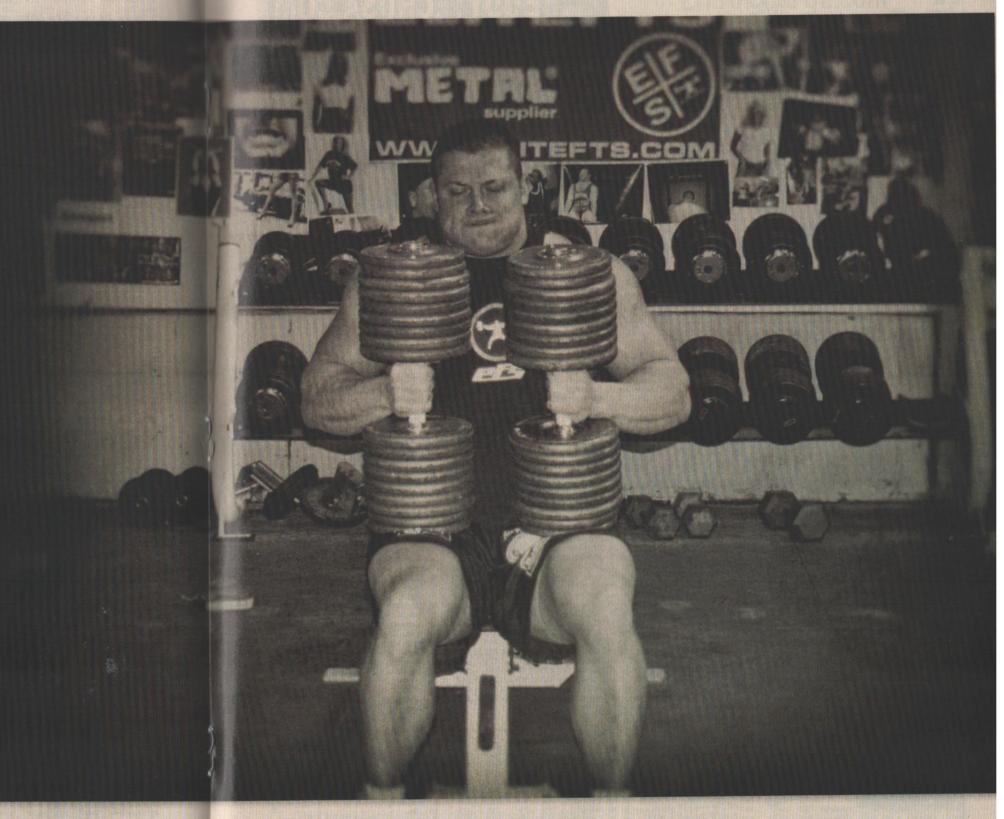


\$1100 lb\* Diameter aps weight 17618....\$199.00 \$T180 18\* Diameter aps weight 24018....\$199.00 \$T200 20\* Diameter aps weight 35510s...\$135.00 \$T210 21\* Diameter aps weight 35410s...\$149.00 \$T220 22\* Diameter aps weight 47610s...\$169.00 \$T210 24\* Diameter aps weight 47610s...\$169.00 For further information or to order Slater Strongman Stones SLATER'S HARDWARE PHONE: 1-740-654-2204 FAX: 1-740-654-2637

- Make spherical concrete stones continuously in a multitide of
  - Fasy to make, hard to break Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.
  - Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete easy to follow
- · Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other
- · Place stones in your gym to attract new members.
- · Great training for Football, Wrestling, Powerlifting, Bodybuilding, Ultimate

					WWW	.slat	ershai	rdwar	e.com			g or an c Sport.	y type of	Heavy
B. Thomas	408	254	474	1135	S. Beaird	507	303	540	1350	R. Thompson	66	160	248	474
M. Massey	386	309	413	1108	D. Jamison	430	309	452	1190	148 lbs.				
C. Gray	380	209	441	1031	D. Skiles	336	237	347	920	C. Nelson	116	231	402	750
C. Santiago	320	237	419	976	B. Davis	259	182	375	816	S. Scmid	99	182	369	650 546
242 lbs.					L. Grinstead	-	270	485	755	C. Anderson	94	149 149	303 314	540
G. Buckalow	551	336	524	1411	275 lbs.	201	204	120	1020	B. Cook	88	160	259	507
J. Binder	402	331	540	1273 1246	N. Massie B. Fain	386 320	204 193	430	920	J. Ramsey 165 lbs.	00	100	239	307
E. Frey	441	325 254	480 452	1108	308 lbs.	320	193	400	920	L. Frost	121	237	430	788
B. Brinkley T. Baughman		248	419	1053	B. Warnock	452	270	441	1163	B. Freitas	116	220	446	783
275 lbs.	300	240	413	1033	K. Lehman	391	204	402	998	D. Freeman	121	254	369	744
J. Smith	386	331	479	1195	Power Sports		BP	DL	TOT	D. Estridge	88	154	248	491
E. Doyle	408	248	441	1097	GIRLS					181 lbs.				
E. Hoover	331	198	364	893	Frosh-Soph					E. Wheeler	116	182	424	722
308 lbs.					105 lbs.					198 lbs.				
L. Franklin	551	402	551	1505	A. Nuckols	44	66	193	303	Z. Fishel	77	187	375	639
D. Lee	496	314	507	1317	114 lbs.					A. Cline	94	182	342	617
S. Robey	468	325	518	1312	Dallessandris		72	231	347	J. Toops	110	198	303	612
M. Davis	408	303	480	1190	S. Bennett	55	83	209	347	220 lbs.		201	207	
Frosh-Soph					123 lbs.					B. Maybry	94	204	397	694
114 lbs.					K. Lute	50	105	243	397	242 lbs.	105	309	452	865
C. Walters	254	132	226	612	T. Jarrell	50	94	182	325	D. Jamison B. Davis	105	182	375	667
C. Ullum	198	132	281	612	132 lbs.	33	88	215	336	275 lbs.	110	102	3/3	007
N. Russell	165	121	226	513	S. Griffith B. Block	39	83	209	331	N. Massie	83	204	430	716
123 lbs.	281	209	369	860	148 lbs.	39	0.5	209	331	B. Fain	99	204	408	711
B. Conley R. Barrasa	254	198	325	777	S. Smiddy	61	132	254	446	308 lbs.	-	201	100	
C. Chaney	265	176	287	728	B. Musser	39	94	215	347	B. Warnock	132	270	441	843
132 lbs.	203	170	207	720	165 lbs.	33				Junior-Senior				
J. Bolt	331	209	364	904	A. Leece	55	116	276	446	132 lbs.				
S. App	259	193	292	744	A. Parrill	33	83	220	336	C. Deleon	94	209	358	661
M. Puckett	243	160	342	744	181 lbs.					D. Hobson	99	193	303	595
R. Thompson	248	160	248	656	C. Maugey 198 lbs.	55	88	198	342	M. Perrine 148 lbs.	61	121	254	435
148 lbs. A. DeLaPorte	424	256	408	1088	L. Brassfield	55	105	254	413	N. Robinson	110	198	402	711
R. Douglas	303	237	380	920	A. Walden	55	116	204	375	R. Ogden	110	209	369	689
T. Cookson	298	204	386	887	198+ lbs.				Tool I	B. Boggess	110	231	342	683
M. Cookson	226	171	309	705	M. Lewis	66	171	270	507	B. Lindeman	110	187	369	667
B. Cook	226	149	314	689	Junior-Senior					T. Palmer	116	187	358	661
T. Newman	243	149	298	689	105 lbs.					R. Dolph	105	204	314	623
D. Cowen	209	182	281	672	T. Corwin	44	77	193	314	165 lbs.			1000	
165 lbs.					114 lbs.					Z. Henz	110	231	397	739
Goldenberg		204	397	926	B. Cox	33	72	182	287	J. Guyton	116	193	402	711
M. McConell		215	408	904	M. Morris	44	72	165	281	D. Toops	110	215 187	364 375	689 650
C. Miller	292	204	375	871	L. Casey	44	77	154	276 270	B. Chaney 181 lbs.	88	10/	3/3	650
A. Knese	292	187	386	865	S. Marrero	33	61	176	270	J. Downing	132	270	402	805
R. Traverson		187	298 248	799 634	123 lbs. I. Piernas	39	94	193	325	V. Harshaw	110	237	402	750
D. Estridge 181 lbs.	231	154	240	034	132 lbs.	39	34	133	323	C. Flaherty	110	204	413	728
A. Hiatt	369	237	358	965	E. Boyd	39	77	187	303	198 lbs.				
T. Woolf	325	220	375	920	148 lbs.	-				R. Stewart	132	259	524	915
198 lbs.	323		3, 5	320	A. Anders	44	105	254	402	B. Estridge	110	276	452	838
A. Russell	386	270	474	1130	B. Rodriguez	39	72	204	314	E. Miller	99	276	358	733
D. Futrell	391	248	457	1097	165 lbs.					220 lbs.				
C. Bengsten	347	243	375	965	J. Zinkhon	50	94	231	375	C. Gray	121	209	441	772
R. Stecker	369	182	408	959	BOYS					242 lbs.				
Z. Fishel	259	187	375	821	Frosh-Soph					T. Baughman	127	248	423	798
220 lbs.		225	460	1200	123 lbs.	0.4	100	225	617	275 lbs.	143	331	502	976
D. Jones	518	325	463 474	1306 1235	R. Barrasa C. Chaney	94 83	198 176	325 287	617 546	J. Collier E. Hoover	83	198	364	645
J. Windsor E. Waters	513 292	248	336	832	132 lbs.	0.3	1/6	207	340	308 lbs.	03	. 50	304	0.43
J. Beckett	364	187	336	551	J. Bolt	99	209	364	672	M. Davis	143	303	480	926
242 lbs.	304	10/		331	M. Puckett	72	160	342	573	(results provi				
272 103.					A									

Strong(er)





# Northern Virginia Raw **CPA Canadian Championships** 29 MAR 08 - Chantilly, VA 20 APR 08 - Mascouche, CAN FEMALE SQ BP DL 198 lb F. Barr 275 lb S. Kuzz Push P C. Dru Power 165 lb Milita J. Lew 181 lb J. Ran 198 ll L. Hor (17-18 L. Hor (19-20 J. Mil (20-24 J. Rik 242 ll (45-44 J. Jar l=NO with new a rec by Sc press Vacc lifts. Danr build four awar next

275 320 570 650 460 520 250	118 335 370 415 — 385 205	290 440 585 600 485 500 350	683 1095 1525 1665 945 1405 805
320 570 650 460 520 250	335 370 415 — 385	440 585 600 485 500 350	1095 1525 1665 945 1405 805
570 650 460 520 250 460	370 415 — 385	440 585 600 485 500 350	1095 1525 1665 945 1405 805
570 650 460 520 250 460	370 415 — 385	585 600 485 500 350	1525 1665 945 1405 805
570 650 460 520 250 460	370 415 — 385	585 600 485 500 350	1525 1665 945 1405 805
570 650 460 520 250 460	370 415 — 385	585 600 485 500 350	1525 1665 945 1405 805
570 650 460 520 250 460	370 415 — 385	585 600 485 500 350	1525 1665 945 1405 805
650 460 520 250 460	415 —	600 485 500 350	1665 945 1405 805
650 460 520 250 460	415 —	600 485 500 350	1665 945 1405 805
650 460 520 250 460	415 —	600 485 500 350	1665 945 1405 805
460 520 250 460	385	485 500 350	945 1405 805
460 520 250 460	385	485 500 350	945 1405 805
460 520 250 460	385	485 500 350	945 1405 805
520 250 460		500 350	1405 805
520 250 460		500 350	1405 805
520 250 460		500 350	1405 805
250 460		350	805
250 460		350	805
250 460		350	805
460	205		
460	205		
460	_		
	_	225	705
	-	225	705
F00		020	, 03
500	245	470	1215
415	335	430	1180
505	365	465	1335
565	425	700	1690
500	400	555	1455
650	415		1665
340	335	480	1155
530	470	600	1600
450	460	520	1430
St. Lau	rent.		
	340 530 450	650 415 340 335 530 470 450 460	650 415 600 340 335 480 530 470 600

# LOUIE SIMMONS' **REVERSE HYPER MACHINE**

**ULTRA PRO** 

**REVERSE HYPER** 

Shipping within USA

\$2,190 Includ





PRO **REVERSE HYPER** \$1.635 Inclu





WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

**ULTRA SUPREME REVERSE HYPER** 

\$2,594.00 includes Shipping This new reverse hyper works the complete back. Use it with table set straight for the same effect you get on all our for dynamic strength development in the serving as a rehabilitation mechanism in the eccentric phase by gently stretching and depressur-izing the spinal column with spinal fluid and the low back muscles with blood. Use it with table tilt down toward front and feel the stretch and decompression like never efore into the complete thoracic area. When you tilt the machine down toward the rear it works like a 45 degree hyper

highly stimulating the

erectors and the gluts.

### WWW.WESTSIDE-BARBELL.COM

3884 Larchmere Drive, Grove City, OH. 43123 Phone (614) 801-2060

# **BODYTECHUSA.COM** Where the big boys play ®

A monthly E-Strength Magazine featuring exclusive video clips, photos, and reports of National and World Strength Competitions.

LISAPI Wisconsin High School

	USAPL W	/iscon	sin Hi	igh Sc	chool	K. Nedza	225	105	210	(=0
	7-8 MAR	08 - 9	Mily	vaulko	0 14/1		235	105	310	650
	Parraeliftina	60 - 3	. WIIIV	vauke	E, VVI	L. Bolterman	260	105	260	625
	Powerlifting	SQ	BP	DL	TOT	A. Oens	250	125	270	625
	GIRLS					H. Hotonko	205	125	285	615
	97 lbs.					K. Kronstedt	235	110	260	605
	S. Binash	260	95	265	620	R. Bergh	245	100	255	600
	S. Seebruck	225	95	320	580	L. Larsen	235	110	230	575
	A. Rockwell	190	75	240	505	S. Clare	225	100	245	570
	B. Hinz	160	80	230	470	B. Jackson	235	95	235	565
	K. Vopelak	185	75	195	455	M. Kelly	245	100	215	560
	T. Smith	150	55	150	355	J. Davis	225	80	250	555
	105 lbs.	130	33	130	333					
	M. VanDusen	215	110	220	745	M. Caringello		80	255	545
				320	745	B. Reiter	215	100	210	525
	B. Carlson	265	110	285	655	K. Miller	-	-	-	-
	M. Helein	280	110	235	625	142 lbs.				
	J. Pennings	240	80	270	590	K. Flaherty	290	140	315	745
	J. McCormick		85	215	495	T. Castillo	295	120	290	705
t)	B. Fortek	175	85	215	475	J. Hrabak	270	120	305	695
	C. Brady	195	75	200	470	K. Shefelbine	310	85	300	695
	A. Xiong	205	70	195	470	S. White	275	125	285	685
	C. lang	170	80	200	450	I. Thornton	280	110	285	675
	T. moeller	165	75	195	435	K. Beckius	285	125	260	670
	E. Bennett	-00			433	I. Miller	265	115	270	
	A. Kasulke							-		650
п	114 lbs.			-		L. Pruyn	240	110	290	640
		240				A. Raab	260	115	260	635
	J. VandeVoort		150	365	855	K. Haldeman	250	100	270	620
п	M. Cernicka	260	105	285	650	J. Anderson	220	115	285	620
	K. Hendricks	250	85	285	620	T. Kelley	215	120	280	615
п	C. lauer	270	95	245	610	A. Hodnik	225	100	280	605
	J. Britzke	240	105	260	605	A. Berg	255	110	240	605
	Z. Islami	220	95	285	600	K. Burrows	240	100	260	600
	A. Horak	230	90	260	580	Blockowicz	235	110	240	585
	A. Moraza	225	105	240	570	I. Molenda	225	95	225	545
	E. Kutchera	210	90	240	540	M. Hamm		_		343
	E. Miller	215	80	215	510	153 lbs.				
	E. Bull	185	80	235	500	K. Bluell	345	115	355	815
	M. Pawlak	165	85	220	470	L. Rallo	290	120		
	L. Peteri	210	03	220	210	K. Olson			340	750
	123 lbs.	210	1		210		290	130	305	725
	A. Schillinger	225	130	255	010	D. Skubis	285	125	295	705
	M. Cox	260		355	810	J. Parrott	255	125	315	695
			115	290	665	C. Muenster	295	110	275	680
		265	130	270	665	J. Pendzich	245	110	280	635
ei.	T. buchinger	260	105	295	660	D. Kolman	260	105	235	600
	H. Horbinski	250	120	270	640	A. Jones	225	105	260	590
	A. Brixius	250	95	275	620	L. Morgan	225	105	255	585
-	K. Michek	240	90	265	595	S. Canton	250	100	225	575
	J. Rouse	235	95	260	590	H. Myren	235	- 10	_	235
	S. Katt	230	105	255	590	165 lbs.				
	A. Hanson	250	105	225	580	E. Lowney	335	135	365	835
	L. Vosters	210	110	250	570	D. Wagner	315	130	310	755
	S. Olson	200	110	245	555	J. Ottman	285	110	265	660
9,	A. Breen	225	75	250	550	S. Johnson	285	105	260	650
	S. Biba	175	100	270	545	B. Upp	255	105	85	645
35	K. Hanson	210	100	220	530					
		190					255	105	270	630
			85	255	530	E. Slusar	210	100	300	610
	A. Roehrig	210	85	235	530		265	110	235	610
	T. Towner	195	80	255	530		245	95	260	600
3	K. McDonah	210	80	225	515	R. Primrose	235	100	250	585
3	A. Ziebell	200	90	210	500	S. Cowan	_	_	_	_
	M. Petowski	180	85	225	490	K. Wassberg	_	_	_	_
	K. Sobek	195	70	210	475	181 lbs.				
	A. Glasspoole	165	80	200	445		410	160	385	955
	K. Portwine	-	-	-	-		335	135	305	775
	B. Muenster	-	_	_	_	C. Pennel	270	130	340	740
	132 lbs.					K. Schnautz	285	95	300	680
	S. Hinz	275	120	350	745		265	115	260	640
	V. Baldwin	295	135	300	730		220	110	270	
	B. Dahm	275	120	330	725					600
	R. Dutscheck		125	295			260	110	220	590
		285			720	K. Kamprud		_	_	
			125	310	720	198 lbs.	200	105	255	000
		285	135	275	695		390	135	355	880
	A. Schroeder	200	105	300	685	L. Poetzl	355	155	350	860

A. Sharpless L. Knaack O. Bundy E. Caler A. Duranceau	365 365 320 290 4260	125 115 120 95 125	315 300 285 305 300	805 780 725 690 685	Tired of waiting for your powerlifting gear to show up?	LiftingLarge.com
242 lbs. J. Pasch	475	175	410	1060	4	We offer:
C. Seeke	425	140	395	960		Ordering 7 days a week.  Phone and email support 7 days a week
242+ lbs. A. Court	485	200	350	1035	Katana, F6 , Fury	Shipping 6 days a week.
C. Costello	430	155	400	985	Centurion, Superior, Deadlift Suits	30+ years of powerlifting experience to answer
B. Cook	375	160	390	925	Woody Bands	all your questions
E. Ulrich	330	160	350	840	TK Bands	T.B. KNIT BANDS
M. Borski	350	115	330	795	A TOTAL OF THE SECTION AND ADDRESS OF THE PARTY OF THE PA	1077 000 0000
M. Smaby	310	140	250	700	Knee and Wrist Wraps	Visit our forum 1-877-226-9060
B. Crosse	275	140	275	690	Bars and Collars	Visit us online www.LiftingLarge.com
BOYS					• Belts	THE R. P. LEWIS CO., LANSING MICH. SCHOOL STREET, STRE
114 lbs.					Spud Straps	The second secon
B. Campbell	275	130	325	730	• Chains	Shipping worldwide 6 days a SYSTEMS INC.
M. Hess	240	135	330	705	Kettle bells	week Vonden
B. Unger	260	140	300	700	Shoes and Socks	ACCOUNTS AND MACHINES AND ASSESSMENT OF THE PARTY OF THE
T. Thyssen	225	1110	300	635	More than 70 items stocked	Hellow Algu grant more than
D. Xiong	200	175	260	635	HOURTY THE LANGEST SIX SHOW RANGE THE THE THIRTY	
N. Heller	240	130	260	630	人。1994年1月2日 - 1998年 AE 医阿里特别 医电影电影 一句写明。	where the way of a manage are spiritually an expense being a second frame
A. Danowski		145	245	610	《马·伊斯尔拉》中的《伊里尔·拉斯·斯尔·马克尔·马克尔	
T. Kilgas	220	125	25	595		
R. Greely	195	120	265	580		s 480 245 500 1225 G. Castro 420 245 460 125
L. Johnson	220	120	235	575	M. Unger 315 180 355 850 T. Fos	s 480 245 500 1225 G. Castro 420 245 460 125

510

475

520 450

445

450 375

455 425

425 440

455 435

450

440

530

500 525

495 510

485 485

465

1210

1200 1180

1175 1165

1140 1125

1070 1070

1025 1020

435

1400

1295

1265

1240

1230

1210

1175

1170 1150

Z. Gendreau 440

S. Rozek

J. Garcia J. Schutt

A. Noe G. Boehm

Q. Meyer J. Correa

C. Jones B. Roberts

A. Wesley M. Gruber

R. Leon B. Dobratz

S. Erickson G. Mareno

J. Povich G. Martin

S. Dembiec

Z. Lotharius

Z. Cook M. Seefeld

T. Fares

T. Gunz

K. Larson M. Parish

K. Conrad

Hegenbarth T. Gappa P. Kacmar

275 lbs.

M. Schmalzer 460

M. Tenhaken 400

Waldvogel 530

M. Henriksen 475 B. Reitzner 470

A. Novak 510 S. Rosenberg 460

1115 M. Paulson 1115 242 lbs.

C. Botticelli

380 375

345

450 275

515

425

425

435 460

405

460

425

550 475

405 445

435

425 480

440 450

435 205

215 235

235

275 325

280 280

275 255

240

250

200 255

350 290 285

275 230 215

255 245

225 230

2220 425

405

470

475 445

425

985

640

1305

1275

1255

1225

1190

1190 1190

1170

1125 1120

1385

165 1250

1175 1160

1155 1150

1150 1140

1085 450

130	200	030	FALLS OF PROPERTY.				
145	245	610	STATES OF THE PARTY OF	APREN	A STORY	Children P	一月975
125	25	595					
120	265	580					
120	235	575	M. Unger	315	180	355	850
120	225	530	C. Brady	335	170	315	820
			D. Gardipee	350	195	-	545
235	395	1035	153 lbs.				
170	355	840	J. Lang	505	235	435	1175
170	355	830	R. Lavoy	420	225	455	1100
10	310	800	C. Mueller	385	185	465	1035
185	330	780	T. Sprenger	380	230	420	1030
185	330	770	J. Steinle	395	205	410	1010
140	340	755	Monteverde	325	200	460	985
165	325	755	P. Lo	400	215	360	975
140	300	740	M. Docken	365	220	385	970
140	320	710	B. Hoffman	345	220	405	970
125	315	705	S. Heid	335	225	385	945
150	300	690	B. Mueller	345	175	415	935
_	_	1	R. Dohr	345	190	390	925
			D. Inniss		_	-	-
205	400	990	165 lbs.				
190	405	925	K. Hinz	500	245	585	1330
175	365	885	J. Rank	480	295	485	1260
155	390	885	A. Derks	420	225	525	1170
175	370	865	S. Bjork	385	265	485	1135
155	350	855	C. Pendergast	405	245	475	1125
165	350	850		425	210	460	1095
170	365	845	A. Czub	365	190	520	1075
170	390	835	Swanningson	405	215	455	1075
205	320	820	R. Weideman	390	235	440	1065
170	350	820	E. Gajewsky	435	215	390	1040
165	330	815	A. Olson	400	200	435	1035
155	330	770	I. Sass	355	235	430	1020
175	345	765	J. Medina	400	215	400	1015
180	315	760	C. Hupf	375	190	445	1010
140	340	755	B. Malin	385	165	460	1010
150	310	755	S. Xiong	365	225	420	1010
145	300	730	N. Smeja	370	220	415	1005
135	55	730	B. Woestman	380	215	405	1000
170	285	710	J. Weinrich	365	210	420	995
	_	_	J. Frank	330	215	405	950
			I. Priem	315	225	405	945
195	440	1065	L. Schmidt	_		_	E THE REAL PROPERTY.
180	440	1030		_	_	-	_
170	455	980		_0	1 6	_	_
210	405	980		450	_		-
185	420	955		385	220	T.	605
175	405	950	B. Miles	_	_	_	_
175	400	925	C. D'Acquisto	385	255	18.9	640
200	380	920	181 lbs.	505	200		
225	350	910	A. Bushman	450	270	545	1265
235	370	885	R. Kmechech	470	255	540	1265
175	425	870	K. Zuleger	490	265	505	1260
470	395	860	P. Guyse	450	230	550	1230
47.0	333	000			-		

123 lbs.

P. Rotar

J. Simenson A. Hoff

Hungerford I. Larson

R Earnest Vandenlangen 265

S. Staral

132 lbs. J. Nelson C. Schultz

D. Stecker

D. Berger Z. Chamblee J. Williams

. Schouten

W. Vanlannen 285

E. Hernandez 245

A. Sayler 265 Warmichaiet 275

J. Switalla

C. Schafer J. Miller

J. Mui N. Nelson

M. Nelson 142 lbs.

C. Thao J. Runde

R Rahr

M. Dunn

E. Kordus D. Liukidis

D. Bartel

F. Wehh

B. Kaye

C. Michek

Schoenborn

Z. Mach K. Culver

N. Walnio

N. Steinmetz 315

A. Brettingen 280

405

255 275 265

300 250

240

385 330

345

340

320 350

335

310

275

300 320

295 285

240

255

430

355

365

350 370

350

340 335

270

	335	170	315	820	J. Schimenz	450	250
D. Gardipee	350	195	-	545	N. Jacobson	510	215
153 lbs.					J. Parkhill	460	245
. Lang	505	235	435	1175	G. Palzer	440	240
R. Lavoy	420	225	455	1100	Guggenbuehl	435	225
C. Mueller	385	185	465	1035	E. Jaques	450	215
	380	230	420	1030	St. Aubin	425	210
	395	205	410	1010	R. Greenwald	435	195
	325	200	460	985	A. Miller	430	245
P. Lo	400	215	360	975	J. Gieser	400	190
	365	220	385	970	A. Page	405	245
	345	220	405	970	L. Triggs	405	210
	335	225	385	945	J. Klaisner	405	205
B. Mueller	345	175	415	935	A. Kannel	390	235
R. Dohr	345	190	390	925	Z. Cervantes	380	280
D. Inniss			_		E. Kuhen	405	255
165 lbs.					J. Ruffing	440	195
	500	245	585	1330	D. Olson	395	215
I. Rank	480	295	485	1260	Z. Hofstetter	455	215
A. Derks	420	225	525	1170	D. Apuli	385	205
S. Bjork	385	265	485	1135	F. Davies	410	210
C. Pendergast		245	475	1125	I. Menzel	415	205
K. Kranzusch		210	460	1095	K. Canar	385	215
		190	520	1075	P. Neff	385	200
A. Czub	365 405	215	455	1075	C. Briski	410	195
							210
	390	235	440	1065	K. Waldvogel G. Heineck	340	240
E. Gajewsky	435	215	390	1040		340	240
A. Olson	400	200	435	1035	R. McGregor	425	215
J. Sass	355	235	430	1020	J. Buglass		215
J. Medina	400	215	400	1015	W. Nock	435	-
C. Hupf	375	190	445	1010	198 lbs.		
B. Malin	385	165	460	1010	L. Haarsma	525	345
S. Xiong	365	225	420	1010	A. Johnson	500	285
N. Smeja	370	220	415	1005	A. Fuller	515	280
B. Woestman	380	215	405	1000	N. Viahos	465	275
J. Weinrich	365	210	420	995	D. Pasholk	475	295
J. Frank	330	215	405	950	K. Holzem	485	245
J. Priem	315	225	405	945	Uciechowski	440	295
L. Schmidt	_	_	-	_	D. Anderson	490	200
A. Schutte	_	-	-	-	J. LoCoco	480	210
I. Kalata	-	_	_	-	Drzewiechi	445	240
R. Hilgendorf	450	-	-	LATER N	J. Peterson	445	240
Z. Ramel	385	220	_	605	J. Biller	450	240
B. Miles	_		_	-	N. Sheppard	415	240
C. D'Acquisto	385	255	-	640	D. Meeker	465	245
181 lbs.					C. Mason	430	265
A. Bushman	450	270	545	1265	N. Mahmoud	410	250
R. Kmechech	470	255	540	1265	E. Kraus	480	235
K. Zuleger	490	265	505	1260	A. DeGuire	415	245
P. Guyse	450	230	550	1230	S. Broeker	400	235
		The state of the s			B. Belke	425	255

#### Paul Kelso's

#### POWERLIFTING BASICS-TEXASSTYLE

The Game's Funniest Book: .. join Lope and Lavonda in the "ultimate blend of hilarity and common sense .. " \$14.95 plus s/h, from IronMind Ent. Box 1228, Nevada City, CA 95959, 916-265-6725, www.ironmind.com

	N. Sheppard	415	240	495	1150	J. Bowen	610	260	550	1420	
	D. Meeker	465	245	440	1150	P. Cullen	605	260	495	1360	
	C. Mason	430	265	445	1140	J. Trim	550	280	485	1315	
5	N. Mahmoud	410	250	470	1130	E. Gjika	580	270	460	1310	
;	E. Kraus	480	235	410	1125	J. Volk	510	275	525	1310	
)	A. DeGuire	415	245	460	1120	S. Witt	485	350	475	1310	
)	S. Broeker	400	235	480	1115	M. Kurtzweil	580	230	465	1275	
	B. Belke	425	255	425	1105	C. Anchondo	500	275	490	1265	
	T. Wirth	385	255	445	1085	T. Krueger	500	225	455	1180	
	I. Poirer	405	215	465	1085	N. Doehling	525	265	_	790	
	G. Imhoff	395	240	425	1060	Best Girls C	veral	Lifte	ers: 1:	st-Jayna	
	S. Anstett	385	220	420	1025	VandeVoort,	2nd-M	lichell	e Van	Dusen,	
	J. Court	_	_	_	_	3rd-Alexa Sch					
	Z. Blenka	425	210	_	635	Jayna VandeVo					
ı	J. Ferris	470	225	_	695	VandeVoort. Best Girls Deadlift: Jay					
	220 lbs.	1100				VandeVoort. C	irls To	eams I	Division	1: 1st-	
	I. Dahm	495	340	590	1425	Neenah, 2nd-S	outh /	Mil., 3	rd-Holr	men. Di-	
	M. Prahl	600	275	550	1425	vision 2: 1st-S	eymou	ir, 2nd	1-Osceo	ola, 3rd-	
	T. Jorgenson	500	320	540	1360	GET. Division					
	D. Kroeplin	495	325	510	1330	3rd-Riverdale.					
	N. Hansen	480	290	500	1270	1st-Phillip Rot					
	Fredrickson	545	240	465	1250	dan Rank. Best					
ı,	D. Calhoun	415	225	590	1230	Boys Bench:					
	T. Berg	465	220	525	1210	Deadlift: Kipp	Hinz.	Boys	Teams	Division	
	N. Lacny	500	240	460	1200	1: 1st-Neenah	, 2nd-	Manit	owoc,	3rd-Oak	
	A. Lochmann	465	195	525	1185	Creek & S. N					
	C. Glodosky	455	255	475	1185	GET, 2nd-Win	nicon	ne, 3re	d-Seym	our. Di-	
	N. Stowell	475	185	515	1175	vision 3: 1st-N					
	B. Plachinski	430	265	480	1175	3rd-Whitehall.					
	N. Marshall	420	265	460	1145	2nd-Neenah,					

UPA SC Battle of the Beasts 12 APR 08 - Greenville, SC

BENCH (40-44) Raw (16-17) Raw C. Whitt 325! DEADLIFT 198 lbs. Junior Raw K. Harmon 325! M. Metzger BP DL 457\* SQ TOT Open Raw 5. Culbertson 336!\* 276!\* 391!\* 1003! 181 lbs. C. Ethertn 672! 314! 595! 1610! Scarborough 557!\* 358!\* 534!\* 1489! M (70-74) 353!\* 154!\* 298!\* 805!\* 220 lbs.

650!\* 441!\* 546!\* 1637!

Open E. Keipter



Shannon Culberson with a 265 raw bench (Kate Taillon photos)

POWERBELT

" BENCHPRES

POWERBELT

\$59.00

POWER Knee Wraps

KNEE WRAPGenesis POWER

\$22.00 WRIST WRAP

POWER SHOE

\$125.00

Real Squat Shoe)

POWERBELT

\$74.00

Genesis POWER

Great Belt.

Lower Price!

\$119.00

4" Poother

POWERBELT

\$39.00

Xtrame POWER

WRIST WRAP

\$17.00

POWER Deadlift SHOE

OTOMIX Deadlift Shoe

\$84.00

ALL PRICES SUBJECT TO CHANGE CHECK / CASH / CREDIT CARD / PAYPA

1-800-272-0051

Sizes 3-16

Sizes 6-14

D. Steigel

total for both state and National records Charlie Etherton and Steve Whaley from TN both set National records with all three lifts totaling 730 kg. and 722.5 respectively. It was wonderful to see Dwayne Scarborough back on the platform lifting in the UPA. He took first in the Master's, going 252.5, 162.5, and 242.5 for a 675.5 kg. total, for both State and National records. Father and son team Zach and Keith Harmon, along with Chris Whitt came from NC and took National Records home. Keith Harmon, age 61 picked up Best Lifter for his raw bench of 325 at 198. Tom Walters was our oldest lifter and set state and American records at age 70! We love you Tom! Dale Steifel took home best lifter with a 2117 total and joined the 600 club D. Steigel 860\* 601\* 656\* 2117\* in the bench. Eric Keiper and Willis Lewis !=National Records. \*=State Records. Best lifted with ease and set new PRs, state and Lifter Bench Raw: Keith Harmon. Best National records. Michael Metzger lifted and Josh, Andy Painter and Will Frady. We for the first time and pulled a whopping 457 couldn't have done it without you! (results at 198. See you all October 11, 2008! courtesy of ate Taillon, Epic Entertainment Special thanks to: Brad Kelley, Mark & Bart Kelley, UPA SC State Chair) Sub Shannon Culbertson, lifting raw at 157 Pritchard, Troy Nash, Steve Moore, Erin W. Lewis Jr. 606!\* 446!\* 639!\* 1692! Shannon Culbertson, lifting raw at 157 Cooke, Wade Johnson, Melissa Garrett



Keith Harmon (with meet director Bart Kelley) won Best Lifter Raw Bench Press with a 325 at age 61.

AAU Push-Pull & Curl

(14-15) Raw 198+ lbs. L. Zippin 56 11 (18-19) Raw MALE 114 lbs. D. Greeley 45 11 (18-19) Raw 123 lbs. A. Malyuta — 12 Open 148 lbs. C. Nelson — 26 (18-19) Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 35 Open Raw B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 35 Flight 2 (16-17) Raw 198 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) D. Driscoll — 43 Open Raw R. Cross — 39 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	P 1 2 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	204 259 254	
Open Raw 165 lbs. M. Childs (14-15) Raw 198+ lbs. L. Zippin 56 11 (18-19) Raw MALE 114 lbs. D. Greeley (18-19) Raw 123 lbs. A. Malyuta — 17 Open 148 lbs. C. Nelson — 26 Open Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 35 Open Raw B. O'Reilly — 35 Open Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 198 lbs. J. Rosslor 67 136 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 198 lbs. J. Rosslor 67 130 C. Peters 150 37 Flight 2 (16-17) Raw 198 lbs. J. Rosslor 67 130 C. Peters 150 37 Flight 2 (16-17) Raw 198 lbs. J. Rosslor 67 130 C. Peters 150 37 Flight 2 (16-17) Raw 198 lbs. J. Rosslor 67 130 General 121 General 121 General 121 General 123 General 124 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) D. Driscoll — 43 (40-44) D. Driscoll — 43 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and 155 Thanks to Mark & Sue and 156 Than	110 2 116 2 776 2	259	
165 lbs. M. Childs — 88 (14-15) Raw 198+ lbs. L. Zippin 56 11 (18-19) Raw MALE 114 lbs. D. Greeley 45 11 (18-19) Raw 123 lbs. A. Malyuta — 15 Open Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 38 Open Raw M. Dee — 38 Open Raw B. O'Reilly (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 35 Flight 2 (16-17) Raw 220 lbs. K. Fagan (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 38 D. Calhoun — 38 Open Raw R. Yee — 37 D. Calhoun — 38 Open Raw (45-49) Law 198 lbs. M. Brown — 27 (60-64) Raw D. Buss — 23 Open Raw (45-49) Law 198 lbs. M. Brown — 27 (60-64) Raw D. Buss — 23 (40-44) D. Mansfield 128 30 Open Raw (45-49) Law 198 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (40-44) D. Driscoll — 43 Open Raw SHW R. Cross 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and Law 1984 Thanks	110 2 116 2 776 2	259	
M. Childs (14-15) Raw 198+ lbs. L. Zippin 56 11 (18-19) Raw MALE 114 lbs. D. Greeley (18-19) Raw 123 lbs. A. Malyuta — 15 Open 148 lbs. C. Nelson — 26 Open Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 38 Open Raw B. O'Reilly — 36 Open Raw 198 lbs. J. Rosslor 67 13 (16-17) Raw 198 lbs. J. Buskles 130 30 30 (16-14) Raw 198 lbs. J. Buskles 131 30 30 (16-14) Raw 198 lbs. J. Buskles 133 30 31 (16-14) Raw 198 lbs. J. Buskles 133 30 31 (16-14) D. Driscoll (16-17) Raw 198 lbs. J. Rosslor 67 15 lbs. J. Buskles 133 30 31 (16-14) Raw 198 lbs. J. Rosslor 67 15 lbs. J. Buskles 133 30 31 (16-14) Raw 198 lbs. J. Rosslor 67 15 lbs. J. Buskles 133 30 31 (16-14) Raw 198 lbs. J. Rosslor 67 15 lbs. J. Buskles 133 30 31 (16-14) Raw 198 lbs. J. Rosslor 67 15 lbs. J. Rosslor 67 l	110 2 116 2 776 2	259	
(14-15) Raw 1984 lbs. L. Zippin 56 11 (18-19) Raw MALE 114 lbs. D. Greeley 45 11 (18-19) Raw 123 lbs. A. Malyuta — 12 Open 148 lbs. C. Nelson — 26 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 35 Open Raw M. Dee — 35 Open Raw B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 35 Flight 2 (16-17) Raw 198 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) D. Driscoll — 43 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	110 2 116 2 776 2	259	
198+ lbs. L. Zippin 56 1' (18-19) Raw MALE 114 lbs. D. Greeley (18-19) Raw 123 lbs. A. Malyuta — 1' Open 148 lbs. C. Nelson — 2' Open Raw 165 lbs. E. Ho — 2' (18-19) Raw 181 lbs. S. Smits 56 1' Open Raw M. Dee — 3' Open Raw B. O'Reilly — 3' Open Raw B. O'Reilly — 3' C. Peters 150 3' Flight 2 (16-17) Raw 198 lbs. J. Rosslor 67 1' (40-44) C. Peters 150 3' Flight 2 (16-17) Raw 120 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 D. Calhoun — 35 M. Brown (60-64) Raw D. Buss — 23 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) D. Mansfield — 36 (40-44) D. Driscoll — 43 (40-44) D. Driscoll — 43 Open Raw R. Cross — 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	16 2 76 2	254	425
L. Zippin (18-19) Raw MALE 114 lbs. D. Greeley (18-19) Raw 123 lbs. A. Malyuta Open 148 lbs. C. Nelson — 26 Open Raw 155 lbs. E. Ho (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 38 Open Raw B. O'Reilly — 36 Open Raw 198 lbs. J. Rosslor 67 13 (16-17) Raw 198 lbs. J. Rosslor 67 15 (16-17) Raw 198 lbs. J. Rosslor 67 16 (16-17) Raw 198 lbs. J. Rosslor 67 17 (16-17) Raw 198 lbs. J. Rosslor 67 17 (16-17) Raw 198 lbs. J. Rosslor 67 18 (16-17) Raw 198 lbs. J. Rosslor 67 198 lbs. J. Rosslor 67 10 (16-17) Raw 198 lbs. J. Buskle 121 28 Open Raw (18-19) Raw 1. White 121 28 Open Raw (18-19) Lbs. J. Buskles 133 30 (10-44) (10-17) lbs. J. Buskles 133 30 (10-44) D. Driscoll 60 64 Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and the state of the stat	16 2 76 2	254	425
(18-19) Raw MALE 114 lbs, D. Greeley (18-19) Raw 123 lbs, A. Malyuta Open 148 lbs, C. Nelson Open Raw 165 lbs, E. Ho (18-19) Raw 181 lbs, S. Smits Gopen Raw M. Dee Open Raw B. O'Reilly Gopen Raw B. O'Reilly Gopen Raw C. Peters Gopen Raw Copen Raw	16 2 76 2	254	414
114 lbs. D. Greeley (18-19) Raw 123 lbs. A. Malyuta — 17 Open 148 lbs. C. Nelson — 26 Open Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 17 Open Raw M. Dee — 33 Open Raw B. O'Reilly — 33 Open Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw D. Driscoll — 43 (60-64) Raw C. Cross — 33 Open Raw SHW R. Cross — 33 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	76 2		414
D. Greeley (18-19) Raw 123 lbs. A. Malyuta Open 148 lbs. C. Nelson Open Raw 165 lbs. E. Ho (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee Open Raw B. O'Reilly — 33 Open Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 Open Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and Charles of Market & Sue	76 2		414
(18-19) Raw 123 lbs. A. Malyuta — 17 Open 148 lbs. C. Nelson — 26 Open Raw 165 lbs. E. Ho — 27 (18-19) Raw 181 lbs. S. Smits 56 17 Open Raw M. Dee — 38 Open Raw B. O'Reilly — 33 Open Raw B. O'Reilly — 35 I, Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 120 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 38 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) Raw D. Buss — 23 (40-44) D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) D. Driscoll — 43 (40-44) D. Driscoll — 43 (40-44) D. Driscoll — 43 Open Raw R. Cross — 39 31 Open Raw R. Cross — 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	76 2		414
123 lbs. A. Malyuta — 17 Open 148 lbs. C. Nelson — 28 Open Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 33 Open Raw B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 (60-64) D. Mansfield 128 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue as		192	
A. Malyuta — 17 Open 148 lbs. C. Nelson — 26 Open Raw 165 lbs. E. Ho — 27 (18-19) Raw 181 lbs. S. Smits 56 17 Open Raw B. O'Reilly — 35 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) 275 lbs. J. Buckles 133 33 (40-44) 275 lbs. J. Buckles 133 33 Open Raw SHW R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46 Thanks to Mark & Sue and SHW R. Deleon 155 46		292	
Open 148 lbs. C. Nelson — 26 Open Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 35 Open Raw B. O'Reilly — 33 Open Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 35 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown (60-64) Raw D. Buss — 23 (60-64) Raw D. Buss — 23 (60-64) Raw D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (40-44) D. Driscoll — 43 Open Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			468
148 lbs. C. Nelson — 28 C. Nelson — 28 Copen Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 33 Open Raw B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and Control of the service of the se			di cci
Open Raw 165 lbs. E. Ho — 21 (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 38 Open Raw B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) Raw D. Buss — 23 (60-64) Raw D. Buss — 36 (40-44) D. Mansfield 128 J. Buckles 133 J. Buckles 133 J. Buckles 133 J. General — 36 J. Buckles 133 J. Buckles 133 J. Buckles 133 J. Buckles 133 J. General — 43 J. Cross 139 J. Driscoll — 43 J. Driscoll — 43 J. Driscoll — 43 J. Deleon 155 J. Buckles 139 J. Deleon 155 J. Buckles 139 J. Deleon 155 J. Buckles 139 J. Thanks to Mark & Sue and Shukles 155 J. Buckles 139 J. Thanks to Mark & Sue and Shukles 155 J. Buckles 139 J. Thanks to Mark & Sue and Shukles 155 J. Buckles 155 J. Buckles 155 J. Buckles 155 J. Buckles 135 J. Thanks to Mark & Sue and Shukles 155 J. Buckles 155	37 3		
165 lbs. E. Ho (18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 33 Open Raw B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 35 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw T. White 121 28 Open Raw D. Buss — 35 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (40-64) Raw D. Driscoll — 43 (40-64) Raw C. Cross 139 31 Open Raw SHW R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue as		353	639
E. Ho (18-19) Raw (18-19) Raw (181 lbs. S. Smits 56 12 Open Raw M. Dee 33 Open Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 Open Raw R. Cross 139 31 Open Raw S. Deleon 155 46 Thanks to Mark & Sue and S. Sue			
(18-19) Raw 181 lbs. S. Smits 56 12 Open Raw M. Dee — 35 Open Raw B. O'Reilly — 33 Open Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 35 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw 1. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 25 (60-64) Raw D. Buss — 23 (60-64) Raw D. Buss — 23 (60-64) Raw Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and Sue			
181 lbs. S. Smits 56 12 Open Raw M. Dee	5 3	364	579
S. Smits 56 12 Open Raw M. Dee			
Open Raw M. Dee Open Raw B. O'Reilly Gle-17) Raw 198 lbs. J. Rosslor G. Peters J. Raw J. White J. L.	21 2	276	453
M. Dee — 38 Open Raw B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and	HTE		100
B. O'Reilly — 33 (16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	53 4	168	821
(16-17) Raw 198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			
198 lbs. J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	31 6	601	931
J. Rosslor 67 13 (40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 M. Brown — 25 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (40-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue and Thanks to Marks & Sue and Thanks & Sue and			
(40-44) C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			
C. Peters 150 37 Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	32 3	153	552
Flight 2 (16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 35 M. Brown — 25 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	75 5	51	1076
(16-17) Raw 220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	3	3.	1070
220 lbs. K. Fagan — 24 (18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			
(18-19) Raw T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			
T. White 121 28 Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	13 4	52	694
Open Raw R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (45-49) 242 lhs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			SP SPI
R. Yee — 37 D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	37 4	41	849
D. Calhoun — 35 M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 36 Open Raw (45-49) 242 lls. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	5 6	24	1009
M. Brown — 27 (60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lhs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	3 5		915
(60-64) Raw D. Buss — 23 (60-64) D. Mansfield 128 30 Open Raw (45-49) 242 lhs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			795
(60-64) D. Mansfield 128 Open Raw (45-49) 242 lhs. M. Emerald — 36(40-44) 275 lbs. J. Buckles 133 33(40-44) D. Driscoll — 43(60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	11	with the	08 :0
D. Mansfield 128 30 Open Raw (45-49) 242 lhs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60- 64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	1 4	30	661
Open Raw (45-49) 242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a		NA.	
242 lbs. M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	9 5	51	988
M. Emerald — 36 (40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60- 64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	HEN.		
(40-44) 275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60- 64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	0 5	46	014
275 lbs. J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	08 5	46	914
J. Buckles 133 33 (40-44) D. Driscoll — 43 (60-64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			
(40-44) D. Driscoll — 43 (60- 64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	1 4	02	866
D. Driscoll — 43 (60- 64) Raw R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a		-	000
R. Cross 139 31 Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a	0 6	17	1047
Open Raw SHW R. Deleon 155 46 Thanks to Mark & Sue a			
SHW R. Deleon 155 46 Thanks to Mark & Sue a	4 -	_	453
R. Deleon 155 46 Thanks to Mark & Sue a			
Thanks to Mark & Sue a			1044
manks to wark & sue a	t Rave	tata A	thlotic
Club, as they allowed u	is to	nave a	great
time at their facility.	The s	notter	's and
loaders did a great job	with r	o mis	s-loads
or mishaps-super job g	TO STATE OF THE PARTY OF THE PA	The re	eferees
were super with crisp cl helpful with the new lift	uys.	lls and	were
helpful with the new lift	uys.	id, the	lifters
because there is no meet	ear ca ers. Ar		
energy was high and a g	ear ca ers. Ar with o	me wa	s had.
Lastly, Mike Lambert, the	ear ca ers. Ar with o		naving
your magazine so the lit in which to see the resul	ear ca ers. Ar with o reat ti ank yo	31/0	forum
work. (from Larry Larse	ear caers. Ar with or reat ti ank you	ave a	forum

\*Any 1, 2 OR 3 COLOR suede \*Single or Double prong buckle with SEAMLESS roller \*6 flawless rows of heavy duty stitching \*MADE IN THE USA \*Made to YOUR EXACT WAIST size \*100% GUARANTEE against normal wear and tear. raist size, color, single or double prong or lever. For EMBROIDERED NAME BELTS allow 4-8 weeks for delivery. With LEVER BUCKLE \$89.00 Full Dip Belt Loop w/chair w/ chain Fits on your belt \$39.00 \$25.00 POWERBELT XS-5XL \$39.00 Wrist POWER WRAP 22.00 0" \$19.00 \$27.50 INZER WRIST WRAP \$17.00 \$15.00 SQUAT, DEADLIFT and Training Shoe POWER Deadlift OTOMIX SLIPPER Sizes 1-18 \$13.00 Sizes 6-14 \$99.00 MEET DIRECTORS ... a listing here is a FREE service. Send details, preferably at least 3 months prior to your event, to Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance

30 AUG, APA WolverineState (PL. PP, BP, DL, SC - Grand Rapids, MI) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-

30 AUG, 2nd USPF Works Outdoor BP/DL (New Martinsville, WV) Matt McCase, 210 Gilbob St. Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

30 AUG, PPL Southeasterns Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com 30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914

30-31 AUG, USAPL Bench Press Nationals (Charlotte, NC) Jennifer Thompson, 704-408-

www.2008benchnationals.com 5-12 SEP, GPC World Championships (Birmingham, England) 6 SEP. NASA NM Regional (PL/ BP/PS), mike@liftinglarge.com, www.liftinglarge.com

6 SEP, NASA E. Texas Open (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527 8513. SQBPDL@aol.com

6 SEP - WNPF Lifetime Southern States (Fitzgerald, GA) WNPF Lifetime, PO Box 142347 Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

6 SEP, APF Big Iron Open PL & BP (Big Iron Gym, Omaha, NE) 402-392-2446, www.bigirongym.com 6 SEP, 100% Raw Steel Valley Classic BP/DL/CR/PL(Martins Ferry, OH) Paul Bossi, 252-339rawlifting@aol.com www.rawpowerlifting.com

6 SEP, APF/AAPF Summer Heat IV (Rock Hill, SC) Eric Hubbs, 803-366-9895

6 SEP - WNPF 2nd Jake the Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpf@aol.com

# **COMING EVENTS**

6 SEP, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662

6 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.net, www.sonlightpower.com

7 SEP, WNPF Upstate New York II (Rochester, NY) Ron, 330-792-6670 or 330-519-3078

12-13 SEP, USPAL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

13 SEP, USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429 sonlightgym@verizon.net, www.sonlightpower.com

13 SEP, APF/AAPF New York (W. Hempstead, NY) Shawna Mendelson, 516-292-7361

13 SEP (correct date), IPA PA State, Gene Rychlak, Jr., 143 2nd Ave., Roversford, PA 19468, 610-948-7823

13 SEP. APA Golden State "All Raw" Overhead Pass, SC & Strength Sports (PL. BP. DL. PP - Sacramento, CA) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

13 SEP (NEW DATE, ETC.), Raw United Mid-Atlantic Open (Greencastle, PA) Spero Tshontikidis, 4353 Collinswood Dr., Melbourne, FL 32901, 321-505-

Tshontikidis.Spero@brevard.k12.fl.us 13 SEP. USAPL WV State Open, Doug Currence, 1420 S. Middle , Charleston, WV 25312, 304-550-5064

13 SEP, APF/AAPF Georgia State PL/BP (Kennesaw, GA) Jon Grove, 770-426-1077 kennesaw@fitnessresource.com 13 SEP, 100% Raw Jacksonville

Open (Jacksonville, NC) Paul Bossi,

252-339-5025 rawlifting@aol.com www.rawpowerlifting.com

13 SEP, 100% Raw Dino Challenge (PP, BP, DL - 1126 Eden Rd. Abilene, KS 67140) DJ Satterfield 4 0 2 - 5 9 2 - 1 2 4 3 djnechair@yahoo.com, or Scott Tully 785-826-5940 www.nebraskapowerscene.com 13 SEP, APF Cornerstone Fitness Push/Pull (Bastrop, TX) Cornerstone Fitness, 512-321 2667, www.seguinfitness.com 13 SEP, WABDL Hawaii BP/DL (Kamilioki Elementary School, Waimanalo, HI) Keith Ward, 808-

13 SEP, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894 13,14 SEP, USPF Muscle Beach

PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com www.powerliftingCA.com

14 SEP, WABDL United We Stand (Holiday Inn, Beaver Falls, PA) Charles Venturella, 718 Mable St., New Castle, PA 16101, 724-654-

sircharles148@peoplepc.com, www.wabdl.org

14 SEP (NEW DATE), UK Open PL, BP, DL (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 9 3 9 0 4 7 ) www.wpfpowerlifting.com 20 SEP, USAPL Twin Cities Open

(Little Canada, MN) Aaron Welborn,

### APF/AAPF/WPO Schedule

6 SEP, APF/AAPF Summer Heat 6 SEP, APF Big Iron Open 13 SEP, AAPF/APF Georgia State 13 SEP, APF/AAPF New York 13 SEP, APF Cornerstone Fitness Push/Pull 20 SEP, AAPF Raw Supreme Fitness Challenge II 20 SEP, APF Indiana St/Hawg Farm BP/DL 27 SEP, APF Louisiana State Open 27 SEP. APF North Carolina BP 27 SEP, APF Bend It Championship 4.5 OCT, APF/AAPF Snake River 5 OCT, AAPF Raw New England 18 OCT, APF/AAPF Rise of DL/Beast of BP 18 OCT, Northern California Open OCT. APF Orlando Barbell Meet OCT, APF Mississippi State PL/BP 1 NOV, APF Halloween Monster Bench 1 NOV, APF Texas Cup 8 NOV, APF/AAPF Gold Cup PL 8 NOV, APF Bench Press NOV, WPC World PL/BP 6 DEC, AAPF River Valley Club 6 DEC, APF Gulf Coast 6 DEC, APF Iron Man 6.7 DEC, APF/AAPF Southern States

Dates subject to change Call 866-389-4744 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

13 DEC, APF Rio Grande Valley

ATTENTION: MEET PROMOTERS HOUSE OF PAIN

WILL CUSTOM PRINT YOUR MEET T-SHIRTS BETTER THAN ANYONE ELSE IN THE WORLD! WE KNOW YOUR NEEDS. WE UNDERSTAND YOUR MARKET.

Fax 972.772.5644 Phone 972.772.8600 customprint@houseofpain.com 12593 Eden Ct., Apple Valley, MN 55124, 952-239-4716 20 SEP, USAPL Night Of The

Living Dead DL: Glory (qualifier for Arnold Classic) Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658. 423-725-2415. alexcampbell777@hotmail.com 20 SEP, Competitive Edge Chal-

lenge, Drew Lindsay, 33501-A Lake Rd., Avon Lake, OH, 44012, 4 4 0 - 9 3 0 - 2 2 7 2

dlcompedge@yahoo.com
20 SEP (NEW DATE/ LOCATION), ADFPF Bill Beckwith Memorial PL/Single Lift, Rich Van Eck (Grand Rapids, MI) rvaneck@bpc-bci.com, 269-521-

20 SEP (NEW DATE), NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

20 SEP, SLP Bodyworks Gym Spears Foundation Benefit BP/DL Classic (Dry Ridge, KY) Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429, 61953. sonlightgym@verizon.net, www.sonlightpower.com

20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboo, VT) Meet Director Bret Kernoff. 802-865-2747, Vermontpowerlifting.com, bret@vermontpowerlifting.com 20 SEP, APF Indiana State PL &

Hawg Farm BP/DL (Evansville, IN), Larry Hoover, 2089 N. SR 65, Princeton, IN 47670, 812-385-

20 SEP, NASA Ohio Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OH) 405-527-8513, P.O. Box 735, Noble, OK 73068,

NASA Powerlifting & Power Sports

September

6th - New Mexico Regional (Rio Rancho, NM)

6th - East Texas Open (Gilmer, TX)

20th - Ohio Regional

October

4th - East Texas Regional (Tyler, TX)

18th - Unequipped Nationals (OKC, OK)

19th - 1st Pro Equipped Nationals (OKC, OK)

25th - Iowa Regional (Des Moines, IA)

November

1st-Masters/Submasters Nationals (Mesa, AZ)

8th - West Virginia Regional (Ravenswood, WV)

9th - 100% Tested Nationals (Ravenswood, WV)

15th - Colorado Regional (Loveland, CO)

22nd - Kansas Regional (Salina, KS)

29th - Houston Open (Alvin, TX?)

December

6th - Missouri Regional

13th - West Texas Regional

20th - Illinois Christmas Regional

January

10th - Gilmer Open (Gilmer, TX)

24-25th - Natural Nationals (OKC, OK)

February

7th - Arizona State (Mesa, AZ)

14th - Missouri State (Joplin, MO)

28th - East Texas State (Tyler, TX)

March

7th - Colorado State (Denver, CO)

14th - Tennessee State (Pickwick Park, TN)

28-29th - 26th High School Nationals (OKC, OK)

4th - Power Sports Nationals (OKC, OK)

5th -2nd Pro Power Sports (OKC, OK)

25th - Arizona State High School BP/PL (Mesa, AZ)

May

2nd - Western States Nationals (Mesa, AZ) 16th - Bench Press Nationals (Denver, CO)

August

1st-2nd - NASA World Cup (OKC, OK)

October

24th - Unequipped Nationals (OKC, OK)

Coming Events/ Entry Forms at: www.nasa-sports.com

SOBPDI @aol com

20 SEP, WABDL National Collegiate BP & DL (Gateway Convention Center, 10 min. NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, HudsonJ@uhd.edu, www.wabdlcollegiatenationals.info 20 SEP, APC National Qualifier (Brute Strength Gym, Norfolk, VA) 757-893-9111, 757-650-5410,

www.powerandstrength.com 21 SEP, New Body Health & Fitness Open BP, New Body Health & Fitness, 107 N. Henry, Bay City, MI 48708, Terence Dangerfield, 989-891-1365, Murry Sutherland 989-

schroeder\_gayle@yahoo.com,

892-7686 26 SEP, IBP 8th Bench Press Classic & Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

27 SEP, Gym Warriors Push Pull, (shirted and raw BP, BP, DL, PP) Paul Desimone, 978-766-6280 27 SEP, ADFPF Canton Challenge (PL, single - Canton High School, Canton, IL) Chris Siders, 309-647-9495, 309-647-1820 x2156,

www.adfpf.org

27 SEP, APF Louisiana State Open, Garry Frank, 225-241-8154 27 SEP, USPF Sierra Nevada Cup (PL, BP, DL - Gold Miners Inn, Grass Valley, CA) Anytine Fitness. 153 S. Auburn St., Grass Valley, CA 95945. Steve or Karen, 530-477-2946, karen@mail2freedom.com

27 SEP, APA North American BP, DL, PP, SC (Brewer, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apawpa.com, www.apa-wpa.com/ entryforms.htm

27 SEP, USPF 1st Tom Eldridge Top Gun Arizona State Championsiop PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3955, www.coldirongym.com 27 SEP, APF Bend It (Victoria, TX) Gary Pendergrass, 800-378-6460. www.seguinfitness.com

27 SEP, NASA Arkansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068. SOBPDL@aol.com

27 SEP (NEW DATE), USPF Central California Open PL/BP/ DL (Modesto, CA) Steve Denison, 6 6 1 - 3 3 3 - 9 8 0 0 pwrlftrs@msn.com www.powerliftingCA.com

27 SEP, IBP Regional PL (Pfafftown, NC) Keith Payne 336-5 1 - 8 7 0 4 keith@ironboypowerlifting.net 27 SEP, SLP Nationals

Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

27 SEP, Donnie Thompson's Kettlebell Power/Strength Work-(Allentown, www.rychlakpowersystems.com/ KB/Don.html, 610-948-7823 27 SEP, Arizona Bench & Deadlift Challenge (Tucson, AZ) Balanced

Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct. Tucson, AZ 85743, 520-907-3258 27 SEP, APF North Carolina BP (Gym 365, Mocksville, NC) Joey Smith, 2980 E. Burma Rd., Nebo. NC 28761, 828-442-8379, burmabo@yahoo.com

27 SEP, USAPL Blue Ridge Classic BP/DL (Standardsville, VA) John Shifflett, 186 Happyhollow Rd., Ruckersville, VA 22968,434-985valifting@aol.com, virginiapowerlifting.blogspot.com or Will Morris, 434-985-6858

27 SEP - WNPF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

27 SEP - WNPF Lifetime New Jersey (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 SEP - WNPF Lifetime Pennsylvania State (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 SEP - WNPF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Trov Ford 678-817-4743, wnpf@aol.com 29 SEP-4 OCT, IPF Masters

Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.powerliftingi p f . c o m , www.usapowerlifting.com 1-4 OCT, WUAP World PL/BP (Lauchhammer, Germany) L. B. Baker, 770-713-3080. www.americanpowerliftingcommittee.com 3-5 OCT, 100% RAW/RAW **United Armed Forces Nationals** and Open Push/Pull (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us 4 OCT, ADFPF Last Chance Qualifier (The Pit Barbell Club, Evansville,

IN) Pat Tyring & Michael Stagg, www.adfpf.org 4 OCT, NASA East Texas Regional,

Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

4 OCT, SPF/WBPLA World PL/ BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net 4 OCT, SLP Tennessee State BP/ DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.net, www.sonlightpower.com

4 OCT, Ashtabula YMCA BP (Ashtabula, OH) Lonnie Anderson, 440-964-3013 5 OCT, 100% RAW, AAU, AAPF

Raw New England Championships (YMCA Burlington, VT) Bret Kernoff, bret@vermontpowerlifting.com 5 OCT, 100% Raw & AAU & AAPF

## UPCOMING SLP COMPETITIONS

6 SEP, SLP Tennessee State Fair (Nashville, TN) 20 SEP, SLP Bodyworks Gym Spears Foundation 27 SEP, SLP National Powerlifting Championship 4 OCT, SLP Tennessee State BP/DL (Lexington, TN)

> Son Light Power 122 W. Sale, Tuscola, IL 61953 217-253-5429

www.sonlightpower.com sonlight@netcare-il.com

Meet (Full, Single lift, Strict Curl -Greater Burlington YMCA, Burlington, VT) Bret Kernoff bret@vermontpowerlifting.com

9 OCT, USAPL Powerlifting Clinic (Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplcachair@aol.com 10-12 OCT, WDFPF Single Event Worlds (equipped, raw, men, women, Open, teen,

masters, police/fire/military -Antwerp, BEL) Wim Backelant, 309-837-2111, www.adfpf.org 11 OCT - WNPF 9th Palmetto PL, BP, DL, PC (Clemson, SC) Troy 678-817-4743,

wnpf@aol.com 11 OCT, 17th annual Special Olympics Liftoff, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlon Mack & Kevin Meskew 310-399-2775, Rosie Garcia 310-794-3393 11 OCT (NEW DATE), NAS Strongman Master Nationals/ Heartland Challenge (69th St. & Mercy, Omaha, NE) DJ Satterfield 402-592-1243, dinechair@yahoo.com, www.nebraskapowerscene.com

11 OCT, UPA South Carolina Fall Classic (PL, BP, DL - Greenville, SC) Bart Kelley 864-704-7152, Kate Taillon 864-286-0532. k.taillon@hotmail.com

11 OCT - WNPF Lifetime Carolina State BP, DL, PC Championships (Greenville, SC)WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214. 678 817-4743, wnpflifetime@aol.com

11 OCT, SSA Full Power/ Ironman/Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi 518-858-7002, McCaslin, www.ironasylumgym.com

14 OCT, APA Northeastern Regional (BP, DL, PP - Dover, NH) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-

18 OCT, SLP Monon Fitness BP/ DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429 sonlightgym@verizon.net, www.sonlightpower.com

18 OCT, APF/AAPF Rise of the Deadlift & Beast of the Bench Press (Willowbrook, IL) Amy Jackson, 866-389-4744

18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

18 OCT. USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com

18 OCT, APF Northern California Open PL/BP, John Ford 650-303-

18 OCT, NASA Unequipped Nationals, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

18 OCT, Walker's Gym Bench Press Classic (for St. Jude's Hospital-open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860,

18 OCT, The Mighty Christian Powerlifting Contest V (Dover, NJ) 973-3 0 3 - 3 6 4 5 mightygibbors@aol.com, www.themightgibbors.com

18 OCT, 12th IPA PA Power Challenge (PL, BP, DL - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-

18-19 OCT, IPA Lexenxtreme Fall Classic (Marriott Courtyard Hotel, 2350 Roberts Rd., Columbus, OH) Dan Dague 614-554-8824, lexenxtreme@aol.com

19 OCT, NASA 1st Annual Pro Unequipped Championships, Unequipped Powerliftig, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 25 OCT, 4th Westminster Family Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452

25 OCT. SSA West Coast Fall ronman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

25 OCT, 6th annual Big Dog Clas sic (BP, DL, Ironman) John Blackstone, 120 W. Main St., W. Lafavette, OH 43845, 740-502-

25 OCT, APA Carolina's Cup (PL,

PP, BP, DL, SC, Overhead Press, Strengh Sports - Georgetown, SC) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-

25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3099

25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St. Clearfield, PA 16830. 814-765-3214, al@pikitup.com **25 OCT**, AAU 11th Annual Crain BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689

rcrain@allegiance.tv
25 OCT, NASA Iowa Regional, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK SQBPDL@aol.com

25 OCT (New Date), USAPL Florida Collegiate State BP & Pl (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl 25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429 sonlightgym@verizon.net, www.sonlightpower.com

25 OCT, USAPL Night of the Living Dead DL: Greed (\$) Alex Campbell, 615 Swimming Pool Rd. Hampton, TN 37658, 423-725-

alexcampbell777@hotmail.com 25 OCT, Back To Basics BP/DL (Raw), All American Gym, 309 W Main St., Lakeland, FL 33815, 863

25, 26 OCT, USAPL Northeastern USA Regional BP & PL (Ambler/Ft Washington, PA) Robert Keller, 954 790-2249 rhk@verizon.net. www.purepowerlifting.com

25-26 OCT - WNPF Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

26 OCT (New Date), USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl OCT, APF Orlando Barbell Meet, Brian Schwab, 407-678-2447, lightweightpower@aol.com OCT, APF Mississippi State PL/BP (Pascagoula, MS) Joe Ladnier, 2 2 8 - 6 6 9 - 4 2 4 0,

theladinc@bellsouth.net OCT, APF/AAPF Snake River PL/ BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins,

Contact Troy Ford 678 817-4743 or wnpf@aol.com \*\*\*\*\*\*\*\*\*\*\*\* WNPF LIFETIME DRUG FREE EVENTS

WNPF EVENTS

WE OFFER FULL MEETS, BENCH ONLY,

AND POWERCURL EVENTS. EQUIPMENT-

RAW, SINGLE PLY AND UNLIMITED DIVISIONS

PL-Full Powerlifting meet, BP-Bench Press,

DL-Deadlift, PC-Powercurl

6 September

WNPF 2nd Jake the Hammer Classic BP/DL

(Fitzgerald, GA)

28 September

WNPF Pennsylvania State

(Ephrata, PA)

DEADLIFT ONLY, SQUAT ONLY, REPS

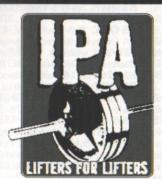
(FOR THE LIFETIME DRUG FREE LIFTER) WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SOUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)

> 6 September WNPF LIFETIME Southern States (Fitzgerald, GA)

27 September WNPF LIFETIME NATIONALS (Bordentown, NJ)

Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com

# **GET READY** TO LIFT HEAVY!



# 2008 IPA **SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS**

York Barbell Company York, Pennsylvania

November 22-23, 2008

For information about the meet and lodging, visit www.IPAPOWER.com for a downloadable entry form.

#### **Meet Directors**

Mark Chaillet at 717-495-0024. chailfit@yahoo.com

Chaillet's Private Fitness, 190 Arsenal Rd., York, PA 17404

Or Email: Ellen Chaillet at echaillet@aol.com



Thanks to our event sponsors



York Barbell 3300 Board Rd., York, PA 17406

1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253sonlightgym@verizon.net, www.sonlightpower.com

1 NOV, USAPL 6th Tom Foley BP & DL Classic (Nanuet, NY, proceeds to the Thomas J. Foley Memorial Scholarship) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, 845-920-0501, www.premierfitnessny.com

1 NOV, APF Texas Cup (Plano, TX) Gary 800-378-6460. Pendergrass, www.seguinfitness.com

1 NOV, Cal State San Bernardino Collegiate Push Pull (non-sanctioned with USAPL rules - Cal State University, San Bernardino, CA) Mike 909-880-2948. usaplcachair@aol.com

1 NOV, NASA Masters & Submasters Nationals, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 1,2 NOV, 100% RAW Worlds (Hagerstown, MD) Paul Bossi, 139 Marla's Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com,

www.rawpowerlifting.com

2 NOV, APL New England Open BP/DL
(equipped, raw) Dave Follansbee & IFBB Pro
Maggie Blanchard, 865 Second St., Manchester, 03102. 603-626-5489. NHBodybuilding@yahoo.com,

AmericanPowerlifting.com

8 NOV, APF/AAPF Gold Cup PL (Park Forest, IL) Earl Davis, 708-747-5101

8 NOV. SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net 8 NOV, NASA W. Virginia Regional

(Ravenswood, WV) Greg Van Hoose 8-9 NOV, AAU World PL & BPs, Interna-8-9 NOV, AAU World PL & BPs, International Push Pull & Single Lift Championships (Boo Williams Sports Complex, Hampton, VA) Virginia Powerlifting Association, Judy Wood, after 7pm 804-559-4624, Jill Meads, after 7pm 804-730-8810, vapowerlifting@aol.com
9 NOV, NASA 100% Tested Nationals

(Ravenswood, WV) Greg Van Hoose 12-17 NOV, WABDL World BP/DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch

763-545-8654 or 503-901-1622 13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com 14-15 NOV, USAPL Dakota Open, Nicole

Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-2151

15 NOV, USAPL Ohio PL & BP Championships (Bedford Hts., OH) Ed King , 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, www.kingsgymohio.com

15 NOV, USAPL Anchorage Fall Classic, Ron , 13400 Lamb Dr., Anchorage, AK 99516. 907-345-7996

15 NOV, USAPL Southern California Regional PL & BP (Santa Clarita, CA) Lance Slaughter 310-995-0047, lanceoslaughter@yahoo.com, www.usapl-ca.org

15 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429. sonlightgym@verizon.net,

www.sonlightpower.com 15 NOV, N. Virginia Raw PL/BP, John James www.northernvirginiarawpower.com

LEARN THE SECRETS BEHIND A **2850 TOTAL Donnie Thompson's** Kettlebell **Power and** Strength Workshop September 27 Allentown, PA For more details: www.rychlakpowersystems.com/ KB/Don.html or 610.948.7823

15 NOV, NASA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Loveland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 22 NOV. USAPL Idaho State Open PL & Bill's Bad Ass Bench Press, Bill Davis, 1800 Garrett Way #19, Pocatello,ID 83201, 208-233-8035 22 NOV, USAPL All-American BP Champion-ships (Clarks Summit, PA) Steve Mann, www.purepowerlifting.com/ 2008AllAmericanBP/, www.mannofsteel.com **22 NOV**, USAPL MA/RI State Open, Greg Kostas, 781-447-6714

22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735,

Noble, OK 73068, SQBPDL@aol.com 22-23 NOV, IPA Sr. National PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Chaillet, 717-495-0024, chailfit@yahoo.com, Ellen Chaillet,

echaillet@aol.com 22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743,

wnpflifetime@aol.com 22-23 NOV - WNPF 17th WNPF World PL BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

22-23 NOV, WDFPF World Championships (Evansville, IN) Mike Stagg 812-204-3755, stagg@insightbb.com and Derek 812-217-0939,

squatbeast@wowway.com 29 NOV, PPL National Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906,

The 2008 Arizona Bench & Deadlift Challenge September 27, 2008, Tucson, Arizona Bench only or Bench and Deadlift Open, Women, Teen, Masters 40-49, 50-59, 60+ Over 120 Trophies in all Free Meet T-shirt To first 50 lifters! No extra fee to lift in more than one division!

> Balanced Fitness Personal Training Chris Lomuto 7038 W. Fallen Sun Ct. Tucson, AZ 85743 (520) 907-3258

706-790-3806.

pythongym@aol.com 29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

World Bench Press/World Full Power/International BP, DL,

Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-5 5 9 - 4 6 2 4 , vapowerlifting@aol.com NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-

NOV, APA Can-Am International (PL, BP, DL, PP - Freeport, ME) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

5-7 DEC, RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us 6 DEC, USAPL Bare Fitness PL & BP (130 Dolson Ave., Middletown, NY) Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, frankjpanaro@gmail.com 6 DEC, NASA Missouri Regional OK 73068, SQBPDL@aol.com

Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, 6 DEC, APF Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805,

559-323-3892 6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, Denison, pwrlftrs@msn.com,

www.powerliftingCA.com
6 DEC, USAPL Virginia State (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

6 DEC - WNPF McCray/Peace Memorial BP, DL, PC & Police/ Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC - WNPF Lifetime Ironman Nationals & East Coast BP, DL PC (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com

6 DEC. IPA 3rd Annual Christmas Carnage (Full, BP - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-

6 DEC, Walker's Gym Deadlift Classic (for St. Jude's Hospital - open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860, 804-457-7918

6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953. 217-253-5429. sonlightgym@verizon.net, www.sonlightpower.com

6 DEC. 100% Raw Masters Nationals & AAU/AAPF River Valley Club Championships, (River Valley Club, Lebanon, New Hamp-

shire) Bret bret@vermontpowerlifting.com 6 DEC, 8th Annual Pocket Samson's Christmas BP/DL (all divisions/ weight classes for men and women, pre-registration deadline 11/15/ 08, limit 50 lifters) Glenn Murphy Jr Box 1013, Westminster, MD 21158 6 DEC. APF Gulf Coast (Beaumont, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

7 DEC - WNPF 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy 678-817-4743, wnpf@aol.com

7 DEC. 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@nikitun.com

7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com 12-14 DEC, USAPL American

Open (St. Louis, MO) Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-

13 DEC, USA Power Open BP & DL, Dave West, B&R Family Fitness Club (PA) 215-355-2700 x130 13 DEC, 21st Elkhart BP Classic (Elkhart, IN) Jon Smoker, ircsmoker@hotmail.com

13 DEC, APF Rio Grande Valley Championship (McAllen, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville,

VA 22968, valifting@aol.com,

www.rawpowerlifting.com
13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net

13 DEC, NASA West Texas Re gional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, OK SQBPDL@aol.com

20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, OK SQBPDL@aol.com

27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (Boyertown YMCA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823

bench\_a\_grand@yahoo.com

27 DEC, SLP The Last One! BP/ DL (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217sonlightgym@verizon.net, www.sonlightpower.com

DEC, Christmas Classic & Hanukah Too BP/DL, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-3258

DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin Drake, 951-928-4797, naturalpower@earthlink.net

DEC. USAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 954-790-2249, rhk@verizon.net,

www.geocities.com/floridausapl DEC. APF-AAPF Southern States PL/BP, Kieran Kidder, 866-389-4744. amuljackson@aol.com

10 JAN, NASA Gilmer Open (Gilmer, TX) Rich Peters, Box 735. Noble, OK 73068, 405-527 8513, SQBPDL@aol.com



## APF/AAPF Georgia **State Powerlifting**

**Bench Press** Championships (Kennesaw, GA)



Sept 13, 2008

Meet Director: Jon Grove 770-426-1077 www.ngbb.net kennesaw@fitnessresource.com

The USAPL Blue Ridge Classic Bench Press, **Deadlift and Repetition Bench Press Contest** will be Sept. 27, 2008. Location will be in Stanardsville, Virginia. All 3 events will be held separately. There will be Masters, Open, Female, Female Masters, Teenage, Police / Fire, Submasters 35-39 YOA. The Bench Press will be Raw or Equipped (1 ply shirt only). The Rep Bench Press will be Raw only and will consist of the following weights: 135 / 185 / 225 / and 275. The Most Reps in each of the 4 divisions wins, regardless of bodyweight. Awards will be given for the top 5 in all divisions. Note: this contest is limited to 50 lifters only and your entry must be in by Sept. 1st, no exceptions. For more info call Will. 434-985-6858, or John, 434-985-3932

24 JAN 09, Capital District Tri-City BP/DL, Bethlehem Area YMCA, 900 Delaware Ave., Delmar, New York 12054, Tom Corazzini, 518-439-4394, ext.

1442, tcorazzini@cdymca.org 24-25 JAN, NASA Natural Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24-25 JAN, Raw Unity Meet (New Port Richey, FL) erictalmant@yahoo.com, www.rawunitymeet.com

24-25 JAN, USPF American Cup (Los Angeles Convention Cen-Steve Denison,

pwrlftrs@msn.com

25 JAN, USPF Los Angeles Fit Expo BP & DL (open - Los Angeles Convention Center) Steve Denison,

31 JAN (NEW DATE), USAPL Raw HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

31 JAN, USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-349-2006. traviswerner123@yahoo.com. www.ragincajunpowerlifting.com 31 JAN (NEW DATE), USAPL NE Regional HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB (REVISED DATE), US-

APL Raw Collegiate (Scranton, PA)

www.purepowerlifting.com 1 FEB, USAPL NE Regional Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

7 FEB, NASA Arizona State (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDI @aol com

13-14 FEB, USAPL Women's Nationals (Miami, FL) Robert 954-790-2249. rhk@verizon.net, www.geocities.com/ floridausapl

14 FEB, NASA Missouri State (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-

MEET DIRECTORS ... there are literally hundreds of meets for the readers of Powerlifting USA to choose from each month. Put a display ad in PL USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting on your ad for FREE!!

8513, SQBPDL@aol.com 28 FEB, NASA E. Texas State (Tyler, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 MAR, NASA Colorado State (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAR, NASA Tennessee State (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

28-29 MAR, 26th NASA High School Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

MAR, USAPL Mass High School Cordeiro, eccbeast@yahoo.com

4 APR, NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 405-527-8513. SQBPDL@aol.com

4 APR, APC Georgia State PL/BP (Athens, GA) L.B. Baker, 770-713-3 0 8 0 , www.americanpowerliftingcommittee.com

5 APR, NASA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 18 APR, 14th Dungeon Powerworks Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904. 2269-506-5386

18-19 APR, IPA Power Palooza 11 (Full, BP, DL - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-

25 APR, NASA Arizona State HS BP/PL (Mesa, AZ) Walt Sword APR, Spring Bash Push Pull, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-

2 MAY, NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 MAY, NASA Bench Press Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

SQBPDL@aol.com 16 MAY, USAPL New England States Open PL, Greg Kostas, 781-447-6714

JUL, Too Hot to Squat Push Pull, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-

1,2 AUG, NASA World Cup (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 24 OCT, NASA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (CA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047





The Muscle Beach Venue features bleachers, always loaded with fans, and a lifting platform just steps away from a great warmup facility

D. Avila

Master (60-69)

DEADLIFT

WOMEN

342

I. Neher

H. Myers

Open J. Woods

275 lbs.

USPF Muscle Beach BP/DL B.Overholtzer265 14 Jun 08 - Muscle Beach, CA Master (40-49) L. Manly 204 R. Garcia BENCH Master (50-59) A. Waldon 452 198 lbs. Junior (20-23) 148 lbs. E. Joseph 424 Master (60-69) F. Sanchez 331 B. Evans — Mitchell 132 Master (50-59) Open P. Ellis 220 J. Mancini Open L. Delay 116 Master (40-49) A. Kaminsky 375 R. Garcia 220 lbs. Master (40-49) 198 lbs. J. Hunter 4: Master (50-59) Master (40-49) K. Black 237 MEN 165 lbs. Neher Woods Junior (16-17) R. Madera Jr 231 Master (60-69) L. Negriff D. Benedicto 127 Junior (20-23) D. Avila 1 Master (50-59) 193 L. Andrews A. Afghani B. Farhood 226 181 lbs. Master (50-59) C. Scholz 375 242 lbs.

K. VanBuren 353 Master (70-79)

powerlifters

competed in 75

different weight

classes of the

bench press/

deadlift

championship at

Muscle Beach

Venice on June

14, 2008. While

the weather was

overcast the

competition was

enthusiastic.

Competitors

came from all

over California

Bakersfield,

Riverside,

Encinitas, Seal

Angeles - as well

as from out of

state - Portland

and Las Vegas.

The event's Title

Sponsor - Ken

Beach,

Diego,

and

San

Los

keen

"Over

Junior (13-15)

J. Hamoy Junior (18-19)

132 lbs. 452 A. Waldon 380 364 148 lbs. D. Silva L. Delay 435 1. Fischbach 353 181 lbs. Master (40-49) 165 275 lbs. A. Zeinun Master (40-49) 198 lbs. Master (40-49) D. Hester K. Black 4th-402 435 Open R. Duran E. Chung 480 MEN 148 lbs. 336 Submaster 276 B. Bartos 215 308 lbs. 463 lunior (13-15) Junior (16-17) B. Stockton 276 Open 99 M. Dickerson 502

425 T. Miller Master (70-79) Junior (16-17) S. Mitchell 386 237 R. Hill Junior (18-19) R. Tichauer 138 K Bader 496 181 lbs. Master (50-59) K. VanBuren 408 265 Master (70-79) 198 lbs. Junior (20-23) 386 Master (50-59) P. Ellis 254 Master (60-69) L. Hernandez 496 Open T. VanLoon 187 E. Hansen B. Littlefield 474 V. Sedach Junior (16-17) A. Kamir R. Madera Ir 419 220 lbs. A. Kaminsky

D. Benedicto 254 Master (50-59) 408 Junior (20-23) J. Woods 65 D. Hester 650 Open 353 E. Chung ster (60-69) R. Duran 546 Submaster B. Bartos 634 A. Afghani 242 lbs. Junior (13-15) J. Hamoy Junior (18-19) B. Overholtzer Master (60-69) T. Overholtzer Mancini P. Russell

Master (40-49) S. Denison 6 T. Hsiao
A. Afghani
A. Men-Rob Duran, Master Men-Larry Negriff. Deadlift Best Lifters: Women-215 Karen Black, Junior Men-Roland Madera Jr., Open men-Edward Koo, Master Men-Roger Hill, Best Team: 24 Hour Fitness of Rachel Tichauer, David Benedicto, Larry 9) Manly, Anna Zeinun, Jeremy Neher, and er Joshua Hamoy. Meet Promoter: Joe Wheatley. Meet Director: Steve Denison, International. Announcer: Chuck 584 LaMantia, National. Score Cards: Brenda 546 Smith, State. Referees: Gordon Santee, R. Morales 535 International, Jim Merlino-National, Scott I. Fischbach 518 Layman, National, Ken Wheeler-National, 502 Lisa Wheeler-National, Victor Elliott, Junior (18-19) State. Thanks to our Spotter/Loaders: C. Blackburn 524 Phoenix House volunteers, and Brad Jannucci, (results courtesy Steve Deniso Roger Hill. Best

Open S. Denison 672

M. Dickerson





Edward Koo pulling 650 while Jim Merlino referees. (Venice Paparazzi photographs)

Anderson Powerlifting in event. Results: Bench Press Negriff. Deadlift Best Lifters: photos and full standings conjunction with Titan Best Lifters: Women-Karen Women - Karen Black, please Support Systems, provided Black, Junior Men - Eddie Junior Men - Roland www.musclebeachvenice.com." equipment and education Joseph, Open Men - Rob Madera Jr., Open Men - by Mr. Joe Wheatley, Event demonstrations during the Duran, Master Men - Larry Edward Koo, Master Men - Promoter

Team: 24 Hour Fitness - Rachel Tichauer, David Benedicto, Larry Manty, Anna Zeinun Jeremy Neher. Special thanks to Steve Denison, Meet Director, and all the referees who made this event a huge success. Coverage of the event will be in an upcoming issue POWERLIFTING USA, presenting sponsor for the Muscle Beach 2008 Events. The next USPF Muscle Beach Event will be August 2, 2008 - Push/Pull. For

**ADFPF Single Event Nationals** 5 APR 08 - South Bend, IN

L. Whitaker 204 220 lbs. Master VII FEMALE 154 lbs. T. Andrews 215 Master III S. Sanaghan 105 129 lbs. K. Herron 430 Teen II (16-17) Z. Griggs 309 Master IV (55-59) Open Hockeborn 309 Master II F Hockeborn 347 Master V (60-64) 165 lbs. J. Brodski 242 lbs. 303 Master II (45-49) Teen II (16-17) R. Frick 220 Master IX (80-84) Teen I (14-15) L. Coon 127 Master IV (55-59) J. Holycross 248 Master V (60-64) D. Hardy R. Moleski 242 lbs. E. Geiger 364 Master I (40-44) D. Walker 551 Master I/Open 314 R. Cairns Open R. Pettet 275 lbs. 375 Master III 275 lbs. Master III (50-54) B. Lovejoy Master V 364 B. Lovejoy 386 Master V (60-64) G. Krueger 320 lbs. 265 G. Krueger 303 320 lbs. Master I (40-44) R. Nicodemus 474 Master II (45-49) Master II D. Stouder D. Stouder 353 408 Deadlift 123 lbs. DEADLIFT Teen I (14-15) FEMALE M. Harbour 116 154 lbs. 148 lbs. Master III Master V S. Sanaghan 287 G. Morrison 237 MALE Teen I (14-15) 123 lbs. 209 Teen I (14-15) B. Harris Teen II (16-17) M. Harbour 243 187 C. Fawley 148 lbs. Weeks 193 Teen II (16-17) 287 R. Stewart 138 C. Weeks 165 lbs. Master I (40-44) R. Stewart 165 lbs. 353 M. Evans 198 R. Frick 1. Smoker M. Ernst 265 Teen II (16-17) Teen II (16-17) 336 B. Brown 181 lbs. Teen III (18-19) 176 181 lbs. Open J. Burns J. Mc Brien 424 Teen II (16-17) F. Hockeborn 287 Teen III (18-19) Seeling 347 Teen I (14-15) J. Mc Brien = 243 I. Coulson 314 K. Donnelly Master V (60-198 lbs. Master 1 (40-44) N. Snapp 276

198 lbs

Teen III (18-19)

L. Whitaker 375



Chad Small at the ADFPF Single Event Nationals (Sliwart photograph)

Teen II (16-17)	Open		
B. Moffett 347	R. Pettet 518		
Teen I (14-15)	Master I (40-44)		
J. Holycross 430	R. Donati 601		
275 lbs.	275 lbs.		
Master V	Teen II (16-18)		
G. Krueger 386	C. Small 452		
(60-64)	Master V		
Raw	G. Krueger 402		
148 lbs.	320 lbs.		
Master V	Master I (40-44)		
G. Morrison 320	R. Nicodemus 551		
165 lbs.	SQUAT		
Open	123 lbs.		
M. Ernst 413	Teen I (14-15)		
181 lbs.	M. Harbour 243		
Open	148 lbs.		
J. Burns 402	Teen II (16-18)		
Master V (60-64)	C. Weeks 287		
J. Smoker 446	R. Stewart 226		
220 lbs.	165 lbs.		
Teen II (15-16)	Master II (45-49)		
Z. Griggs 435	R. Frick 198		
Master IV (55-59)	Teen II (16-18)		
F. Hockeborn 474	B. Brown 336		
Master VII (70-74)	181 lbs.		
T. Andrews 278	Teen III (18-19)		
Master VI (65-69)	J. Mc Brien 424		
K. Donnelly 353	Teen II (16-18)		
Master V (60-64)	J. Seeling 347		
M. Vogt 325 242 lbs.	Teen I (14-15)		
Master I/Open	J. Coulson 314		
Master I/Open R. Cairns 452	N. Snapp 276 198 lbs.		

Master IV (55-59) D. Hardy 430 5-59) Open 430 R. Pettet 529 Teen III (18-19) 275 lbs. Master III (50-54) L. Whitaker 375 B. Lovejoy 485 Master V (60-64) 242 lbs. Teen II (16-18) B. Moffett 347 G. Krueger 386 Teen I (14-15) Teen II (16-18) B. Moffett J. Holycross 430 C. Small 402 J. Holycross 430 C. Small 402 Congratulations to the 25 unequipped bench division lifters who qualified for the 2008 Single Event World Championships, to be held on Sunday, October 12th in Antwerp, held on Sunday, October 12th in Antwerp, Belgium. Twenty-one national records along with 17 American and 19 state records were set. Congratulations to the six qualifiers in the equipped bench division bench press! Seven national records were set along with five American and five state records. Congratulations to the 12 unequipped deadlift division lifters who qualified for the 2008 Single Event World Championships. Twelve national records were set along with nine American and 14 were set along with nine American and 14 state records. Congratulations to unequipped squat division lifters Randy Cairns, Brad Lovejoy & Gary Krueger who each qualified to enter the squat event of the 2008 Single Event World Champion ships. Six national records were set along with five American & five state records Congratulations to the 15 equipped squat division lifters who qualified to enter the 2008 Single Event World Championships.

Fourteen national, 13 American & 13 state records were set by the equipped division lifters. (results courtesy of Judy Gedney) WNPF Pan-Americans

	31 MA	Y 08 -	Ephrata, PA	
	BENCH		MEN	
	WOMEN		(Bwt)	
	100 lbs.		165 lbs.	
	(11-12) Raw		LT (50-54)	
	Ryan	60	Edwards	25
	105 lbs.		181 lbs.	
	(50-54) Raw		Open	
	Poyner	130*	Colondrillo	15
	123 lbs.		DEADLIFT	
	Open Raw		WOMEN	
	Albright	105	80 lbs.	
	148 lbs.		(9-10) Raw	
	Lifetime Raw		Ryan	85
	Feeney	160	105 lbs.	
	Open Raw		(50-54) Raw	
	Feeney	160	Poyner	265*
	LT Open		114 lbs.	
	Feeney	160	(55-59) Raw	
	MEN		Reed	205*
	100 lbs.		132 lbs.	CINC
	LT (9-10) Raw		LT (65-69)	
	Fasnacht	70*	Winkelblech	315*
	148 lbs.		MEN	
	(20-23) Raw		132 lbs.	
	Corello	285	Open Raw	
	198 lbs.		Dantzler	190*
	(13-16) Raw		181 lbs.	Harry .
	Schaffer	265*	Lifetime	
	(45-49) Raw		Neiman	525
	Yarnell	320	Lifetime Raw	
	(45-49)		Johnson	515
	Welton	_	198 lbs.	
	220 lbs.		(45-49) Raw	
h	Open		Yarnell	560t
B	Morris!	465	(60-64) Raw	
e	242 lbs.		Dennison	530*
,	Lifetime Raw		220 lbs.	
S	Bray	400	(70-74) Raw	
e	Subs Raw		Kirstner	320
e	Blanco!	425	Open	
	LT (45-49) SP		Morris	660
S	Fasnacht	410	242 lbs.	
e	(55-59) Raw		(60-64) Raw	
2	Cranage	345	Sherk	310*
0	(60-64) Raw		275 lbs.	
1	Sherk	115	Lifetime Raw	
S	275 lbs.		Cooper!	715*
1	(65-69) Raw		300 lbs.	
-	Plummer	310*	(50-54)	
Y	300 lbs.		Graver	525
)	(50-54)		SHW	
f	Graver	335	(45-49) Raw	TANK T
	BENCH Reps			570
3	WOMEN		POWERCURL	
	(1/2 Bwt.)		WOMEN	
t	165 lbs.		123 lbs.	
9	(45-49)		Open	
	Macri	15	Albright	60*

#### AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: <www.adfpf.org>

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I 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 the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the

results and consequences or that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member to the interest, in Powerlifting USA in RAW POWER, or any other publication that the ADFPF and WDFPF.

so choose. SignatureName			If Under 21 yrs., Parent Initial Date			Prior Registration No
				E-mail		
Address			City		State	Zip Code
Date of Birth	Gender	U.S. Citizen?	ADFPF Registered Club !	Member	Table No.	
0.6 0.1 0.0 1.1						

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF

65 lbs.		Staab:		100
40-49)		220 lb	is.	
Macri	60	(70 - 79)	)	
MEN		Kirtsn	er	100*
		242 lb		
32 lbs.			13.	
13-16)		Open		400
Dantzler Open	60	Parrill		180
Open		LT (40	-49)	
Dantzler	60*	Hemp	erly	140*
65 lbs.		(50-59		2000
				160
T (50-59)		Bosley		160
dwards	155*	SQUA	T	
81 lbs.		242 lb	is.	
Joan		(60-64		
open			, Kave	225*
Lolondrillo	140	Sherk		225
Open Colondrillo T (60-69)		275 lk	os.	
Staab	160	Lifetir	ne	
		Wood		890*
60-69) Powerlifting	SQ	BP	DL	TOT
ower inting	34	ы.	-	
105 lbs.				
50-54) Raw				
Poyner!	195*	130*	265*	590*
Onen Raw				
Open Raw Poyner!	195	130*	265*	590
royner:	193	130	203	330
123 lbs.				
(13-16) Raw				
Klaassen	120*	65*	175*	360*
132 lbs.				
(13-16) Raw				
Klazas	165*	115*	200*	480*
165 lbs.				
(13-16) Raw				
			210	490*
Little	165*	115*	210	490
Lifetime Raw				
Leisey	165	110	225	500
SHW				
(17-19) Raw			200	
Fohringer	255	125	290	645
(45-49) Raw				
Martz	65	65	210	340
MEN				
148 lbs.				
(13-16) SP				
Heilman	350	200	405	955
Lifetime Raw				
	360	205	420	985
Snyder	300	203	420	303
(45-49) Raw				O I W
Snyder 165 lbs.	360*	205	420	985
165 lbs.				
(17-19) Raw				
	200	205	445	1030
Klaassen	380	205	443	1030
(17-19) SP				
Starovoytov	300	220	350	870
181 lbs.				
(13-16) Raw			405	1100
Bomberger	450*	245	405	1100
(20-23) Raw				
Marino	455	305	500	1260
Kilhefner			1	
	No.	OF BILL		
LT (45-49) SP				
Catina	480*	235*	460*	1175
198 lbs.				
(17-19) Raw				
	360	235	450	1045
Diffenderfer	300	235	450	1043
(17-19) SP				
Gill	325	210	405	940
LT (17-19) SP				
Eisen	405*	260*	405*	1070
	403	200	103	.070
Lifetime Raw	060	0.00	400	00=
Olson	290	235	400	925
220 lbs.				
(13-16) SP				



Jeff Deigan squatted 600 at the WNPF Raw Nationals (J. Deigan)

lbs.		Staab!	UNION	160*							
49)		220 lb			World	Nati	ıral	Powe	erliftir	ng Federation (WNPF)	
ri	60	(70-79	)							8	
N .		Kirtsn		100*	Membe	rship	) Ke	gistra	ation		
lbs.		242 II	os.			440					
16)		Open		400	LACT NIAM	AF.				FIRST NAME	INT.
	60	Parril		180	LAST NAM	NE _				TIKST WANTE	C. Charto 9877
n	cn*	LT (40		140*	3 1539 1331 14						
tzler	60*	Hemp (50-59		140	STREET A	DDRE	SS				In Joseph Land State Street Parties and
lbs. 50-59)		Bosley		160					- 18		
ards	155*	SQUA		.00							
lbs.		242 II			CITY, STA	ATE, Z	IP				THE PROPERTY AND ADDRESS OF THE PERSON.
n			) Raw								
ondrillo	140	Sherk		225*	ADEA COL	DE TE	I EPH	NE.		DATE OF BIRTH	The Man Company of the Company
(60-69)		275 II			AREA CO	DL, IL	LLITIC	JIAL			C Dept. by and to \$8 172 126
ıb	160	Lifetin									- vmc + 444
69)	00	Wood		890*	AGE	SE	X	ALL POR	CHECK	ONE: LIFETIME DRUGFREE	5 YRS. MIN
	SQ	BP	DL	тот							
lbs. 54) Raw					PECICEDA	TION	CCC				
ner!	195*	130*	265*	590*	REGISTRA					FILL OUT ENTIRE APPLICATION	ON AND MAIL WITH FEE TO:
n Raw					\$10.00 SP	ECIAL	OLYM	PICS		THE OUT ENTIRE THE FOR	THE WHEN THE SELECTION OF THE SELECTION
ner!	195	130*	265*	590	\$20.00 HI	GH SC	HOOL	OLIVER H			
lbs.					\$40.00 AD	ULTS					
16) Raw					\$40.00712	OLIS					
assen	120*	65*	175*	360*						E IF LINDER 40	
lbs.					SIGNATU	RE / I	AREN	15 SIG	NATUK	E IF UNDER 18	M. STERN CONTRACTOR TO LANCE
16) Raw			200*	400*	DATE					(memberships are valid for one year)	
zas	165*	115*	200*	480*	I I agree to	suhmi	t to an	v testin	g proces	dures in or out of contest by WNPF officials	and shall accept the results and will
lbs.					not shallow	an the	m in a	,	I also	agree not to sue the WNPF for injuries that n	nay occur during competition, traveling
16) Raw le	165*	115*	210	490*	not challen	ige the	m m a	ily way.	. I also a	agree not to sue the vivir for injuries that is	the Open Mr. Seeland 442 63
time Raw	.03			130	THE RESERVE						N. HINSE STAM PRIVINGS
sey	165	110	225	500							The state of the s
W											
19) Raw											T I The send was liften on this
ringer	255	125	290	645	Murray	435	240	475	1150	275's better watch out. Big Andy Schaffer	Table helpers Manley Nutter and
49) Raw	-				Lifetime Raw				4000	stopped by to support his guys and I'll be	Johnson. Music guys Tayler Nutter
rtz	65	65	210	340	Reed	485	320	575	1380	glad when he steps back on the WNPF platform with that big raw bench. Jason	Graham Pernu. I would also like to the
N					Hannington	450	285	500	1235	Wood squatted a big 890 lbs. with much	DJ Nutter for bringing the PA syst
lbs.					242 lbs. Lifetime Raw					more to spare and totaled 2,150 lbs. the	Gregg Daminga for the use of his bench
16) SP	350	200	405	955	Deigan!	600	400	625	1625	highest total ever in the WNPF. David	
time Raw	330	200	200	333	Lt Open Raw	000	400	020	1020	Cooper had the heaviest deadlift with a 715	Brennan "the bear" Lewis had a 2-4
der	360	205	420	985	Selvenis!	500*	370*	600*	1470*	and missed 750 raw. Pete Gisondi, Jeff	This was Brennan's first lifting event
49) Raw	8113				(40-44) Raw					Deigan and the newest member of the team	he showed no fear. In the 148 class
der	360*	205	420	985	Ramberger	505	375	525	1405	Ed Olson came from New York . Carol	Mohoney got his opener. In the 198
lbs.					West	525	275	475	1275	Winkleblech at 67 years old and 132lbs.	Timothy James who drove up from Flo
-19) Raw			WILL TO	TOTAL .	LT (40-44) Ra					deadlifted 315 lbs. She is now known as the	and dropped a weight class on the war couldn't get a lift to lock out. Lawre
assen	380	205	445	1030	Hemperly	425*	320*	475*	1220*	strongest grandma in the world. Ms. Poyner	Kollauf (61) was the only lifter that h
-19) SP	200	220	250	070	(60-64) Raw	225+		2101	6501	from VA. Lifted well in the 105 lb. class capturing the women's Powerlifting best	perfect day. Finishing with a 341 "raw"
rovoytov	300	220	350	870	Sherk	225*	115*	310*	650*	lifter award. It was good to see Blake	in the Master 220 class. Lloyd Hemer
lbs.					275 lbs. (17-19) Raw					Bomberger back in the WNPF, the football	suffered from dropping a weight class
-16) Raw mberger	450*	245	405	1100	Griffith	385	240	555	1180	star from Ephrata. We remember Blake,	could not get a lift finished. Mike Ande
-23) Raw	130	243	403		Freeman	370	225	500	1095	Lance and Ryan being the little kids from	only got his opener. SHW Dave Lewis
rino	455	305	500	1260	Lifetime Raw					Enhrata about 5-6 years ago now all of	2-4 setting a new national record in
hefner	_	-11	-	-	Haddaway	550	375	560	1485	these guys are really growing up. Tom	weight class. In the untested divi
(4E 40) CD					Lifatima					Conway brought in a good group of kids	teenage 181 class Dave Nelson gol

0	405	940	time Organization Lifters. t=Tied National				
,	403	340	Records. Team Champs: 1st-Ephrata Rec			Cl	
0*	405*	1070*	Center , 2ND-B&R Power Team. Many			Championsh	
			lifters attended the WNPF Championships	21 JUN	08 - El	k River, MN	
5	400	925	from 8 different states. We had 14 women	BENCH		Master	
			competing and a nice showing of teenagers	Tested		J. Chrencik	44
			which is always good! There was a team	114 lbs.		198 lbs.	
-			from Guatemala that was supposed to	Teen		Open	
а	The same	-	attend but the US Embassy in Guatemala	B. Lewis	86	L. Stanley	50
v.			would not grant them their visas. Were	148 lbs.		Master	
м	ENGS.	5353	hoping that the Guatemalans can be a part	Open		R. Hennigar	5
		100	of the WNPF real soon. Many of the USA	J. Mohoney	316	220 lbs.	
	基设理		lifters were looking forward to meeting	198 lbs.		Open	
	2000	400	them and competing against them. I want	Open		J. Prazak	8
		1	to thank Glenda Klaassen and Denise	T. James	_	J. Berding	6
		Mik =	Musser for being a part of the WNPF and	220 lbs.		Master	
		200	helping us to have a meet at a fabulous	Master		D. Schmidtke	4
頭		3333	facility in Ephrata. Thanks to the Ephrata	L. Kollauf	341	242 lbs.	
Ar	-	F	Rec. team and the B&R Power Team with	242 lbs.		Open	
H	- 300	E	Tom Conway for their support. Thanks to	Open		D. Hanson	5
97		A.	my staff, Bob DeRisi, Jim Poinsett, Annette	L. Hemenway	_	Master	
7		79	Schnedmill, Troy, Richard, Perry, Ray, my	Maste		T. Pernu	5
			good friend Lester Fields, Moms, Glenda	M. Anderson	351	275 lbs.	
			and Denise for everything. We cannot	SHW		Master	_
嬼	1 10	12.51	have these events that are so well orga-	Open		D. Harrison	5
	16/38	156.515	nized without you. I must say I have the best	D. Lewis	676	SHW	
	1000		staff in the sport and I appreciate all of you.	Non-Tested		Open	
		E E	They will drive 1-2+ hours to help us out	181 lbs.		C. Kadrlik	-
2	a	9	at these meets and not many people will do	Teen		Master	
H		A	that. Thanks to the bench press legend Joel	D. Nelson	541	S. Nutter	.6
im		^	Toranzo for bringing some lifters from NJ,	The first UPA	sanction	ned event in A	ur

Topel. They saved many lifters on this day. Table helpers Manley Nutter and Deb Johnson. Music guys Tayler Nutter and Graham Pernu. I would also like to thank DI Nutter for bringing the PA system Gregg Daminga for the use of his bench and bar. In the tested division ten year old Brennan "the bear" Lewis had a 2-4 day. This was Brennan's first lifting event and he showed no fear. In the 148 class Jake Mohoney got his opener. In the 198 class Timothy James who drove up from Florida and dropped a weight class on the way up couldn't get a lift to lock out. Lawrence Kollauf (61) was the only lifter that had a perfect day. Finishing with a 341 "raw" lift in the Master 220 class. Lloyd Hemenway suffered from dropping a weight class and could not get a lift finished. Mike Anderson only got his opener. SHW Dave Lewis wen 2-4 setting a new national record in his weight class. In the untested division these guys are really growing up. Tom weight class. In the untested division conway brought in a good group of kids that did a fabulous job also. We will see everyone at the next one in PA or somewhere nearby. Again thanks to everyone at the next one in PA or somewhere nearby. Again thanks to everyone at the next one in PA or somewhere nearby. Again thanks to everyone at the next one in PA or somewhere nearby. Again thanks to everyone at the next one in PA or somewhere nearby. Again thanks to everyone hat attended including the many spectation. LT=WNPF Lifetime Organization Lifters. t=Tied National Records. Team Champs: 1st-Ephrata Records. Tea place in the open 220 class went to Jake Prazak. Jake missed his opener of 806 but smoked on his second attempt. He then called 836 on a third. He locked out the left side first and when the right side locked the side first and when the right side locked the left side gave. Jake is a very controlled lifter and should hit some bigger numbers soon. Second in the open 220 class went to John Berding who hit a 670. In most meets a 670 would have easily won the class. John is a very impressive lifter at the age of 42. Dale Schmidtkey got only his second passed in the 220 master class. Dylan 426 Hanson went 2-4 hitting his third with 550.
Tom Pernu could only get his opener a very strong 525 at master 242. In the master 275 class Dave Harrison smoked his third attempt after missing the same weight on his first two attempts. Charles Kadrlik had an off day missed all three tries at 645. In the master Shwt Scott Nutter came out with his A-game went 2-3 hitting a personal record of 611. I would like to thank all the lifters that traveled up to attend this event. We had nineteen lifters. Of the 61 attempts only 24 got white lights (39% passed) Judges were Travis Borstad, Drew, and Jerry Gnerre. Mike Anderson handled the weigh ins. Dave Lewis was tested. The inne-Toranzo for bringing some litters from NJ, The first UPA sanctioned event in Minnel have known Joel since he was 18 years old and I am glad to say he is a good friend of mine. It was good to see Terrance Brooks again the big man from MD. He said that he was going to come back so lifters in the

T. Lentine

Master II (45-49)

B. Witzeman 287

Teen III (18-19)

ADAU Power Day Classic 26 APR 08 - Bigler, PA A. Barrett D. Wayland

FEMALE 305 105 lbs. Open W. Smith Koontz 355 148 bls. Chairo Closson K. Barrett 275 lbs Master (40-44) Teen (16-17) M. Seeland 380 H. Seeland (40-44) Open 375 D. Mignot Teen (16-17) Open P. Pisano MALE Hellman 335

Master (55-59) Youth (10-11) Alicardi A. Barret G. Walker 105 lbs. 319 lbs. Youth (12-13) P. Cognitore 350

Teen (16-17)

MALE

Seeland

Youth (10-11)

Spairana 305

naster (35-39)

A. Barrett

M. Gaal

Teen (16-17)

Open C. Dieugenio 525

C. Cantakos 525

STATUS:

N. Pistone 181 lbs.

165 lbs.

198 lbs.

150

225

385

525

465

420

D. Gregorio 105 Teen (18-19) D. Stonage 240 Master (60-64) DEADLIFT S. Confer 185 Submaster (35-39) 148 lbs. M. Gaal 150 K. Barrett

C. Spairana 181 lbs. 140 (45-49) Open Blattenberger 410 198 lbs. Open S. Hough 345 C. Cantakos 310 148 lbs. M. Carson 305

A. Cramer 300 Teen (18-19) Martynuska 305 Master (50-54) D. Thompson 205 C. Maurer 160 220 lbs.

Open S. Pensyl B. Simanovich350 . Clark T. Simanovich 330 Master (45-49) M. Pyne Master (50-54)

A. Campiere 320 Master (65-69) T. Margolis 330 Master (70-74) J. Herbein 4 225 (20-23) Open

S. Hough 380 A. Cramer M. Carson Master (50-54) D. Thompson 325 C. Maurer 305 220 lbs. R Simanovich 635 Master (50-54) A. Campiere 415 242 lbs. 435 N. Seinera (35-39) Open

C. Chiaro 550 Master (55-59) G. Walker 319 lbs. Master (70-74) 236 A. Siegel Master (40-44) P. Cognitore 625 M. Seeland 500

Outstanding Bench Presser: David Blattenberger of Matinsburg, PA. Outstanding Deadlifter: Bill Simanovich of Greensburg, PA. Doug Mignot, AJ Barrett, Nick Seinera, Bill Simanovich, Pat Cognitore, and Stuart hough passed the Quest Diagnostic urine tests. (via Al Siegel)

USAPL Ketchikan Spring 17 MAY 08 - Ketchikan, AK Powerlifting SQ BP DL TOT FEMALE 123 lbs 185 125 215 525 Gregg MALE 114 lbs. Peterson 75 105!\* 190!\* 370

165 130 185 480 K. Orr 225\* I. Whitesides T. Bray 170 135 215 520 B. Moody 320\* 240\* - 560

375\* -F. Frank 185 150 265 600 J. Cohen 185 150 265 600 !=State Records. \*=K-High Records. Saturday at the Craig Family Gym Ketchikan power lifters gathered to participate in the Spring Record breakers powerlifting meet. Several new lifters participated and were able to break K-High records. Jeep Whitesides set a new bench press records and Revan Mondy ser records for the Squat I. Cohen and Bryan Moody ser records for the Squat and Bench Press. Veteran Joe Peterson bested his own K-High and State Records in the Bench Press and Dead Lift. His Deadlift was a double body weight pull! Each competitor is allowed three attempts to get a "legal" squat, bench and deadlift. Rule of performance for each lift are evaluated by three referees and lifters must get at least two to agree the lift met the criteria. The squat, the most difficult of the three lifts, requires the competitors to follow the head referees commands and reach the required depth. The bench press requires the lifters to follow the commands with a definite pause on the chest. The deadlift requires that the weight be held in

#### WHAT THEY ARE SAYING ABOUT.....

#### THE POWERLIFTING TIMELINE ©

-Paul Kelso's unique history wall chart -

THOMAS KLOSE ... 'Terrific work!'; BOB GAYNOR ... "...excellent job!"; JOHN INZER ... 'The depth...thoroughness...quality are outstanding ... extraordinary.'; RICKEY DALE CRAIN ... '... it is really neat.'; TONY CARDELLA ... 'Looks great.!'; JOE ROARK ... 'Paul ... feel free to plug it on my site. No, wait, I will plug it!'; DENNIS UNITT ... '... a must for every powerlifting fan.' (INT'L POWERLIFTER); JOE WOLF ... 'The amount of work and research...had to be incredible.'

#### WHO DID IT? WHAT HAPPENED? WHEN?

220-plus great lifters, milestones and moments of the game! Listed by year - early days to mid 2007. A laminated 36" x 24" four-color heavy-stock poster, with different info and rare photos front and back.

ORDER NOW !! Only \$24.95 plus \$7.00 S & H(lower 48 states) (shipped in mailing tube)Toll free # 1- 800- 978- 0206 - 9am -2pm EST. Fax: 734- 827- 8122. Money order, cashiers check or personal check to: Trap Bar Training -Dept TLP O Box 4429, Ann Arbor, MI, 48106

Or see: www.trapbartraining.com

weights lower than the first attempt or at 600 pounds. The Wilks and Age formula "opener" in each lift. The weights of each adjusts each lifters weights based on their lifters heaviest legal lift is counted and the age and actual body weight to allow

State Referee

E-mail: al@pikitup.com • Website: www.pikitup.com

deadlift requires that the weight be held in the full upright standing position. Each attempt can be at a higher weight or the previous weight. Lifters may not drop their the Total. Josh Cohen had the biggest total groups to determine the meets best lifter. Taylor Gregg, the only female competitor, walked away with the best lifter title walked away with the best lifter title walked away with the best lifter title besting and adjusted total of over 600. readsheet. (results courtes Doug Gregg)

F			Adult 2		Youth 15.00	APPLICATION:
NTI-DRUG ATHLETES UNITED, INC.						I agree to submit to any drug testing procedure, either in meet, or out of
e of Birth	Age	Sex Male Female	Application D	late S	ocial Security Number	<ul> <li>meet without any prior notice, deemed appropriate by the A.D.A.U. rule bo NOTE: Parent/Guardian signature required if member under 18 years old.</li> </ul>
st Name	p TO	Middle N	lame	Last Na	me	Member's Signature
dress		da Sena	Parent/Guardian Signature			
y	rapa Intra	dicurs with	110 100 100	State	Zip Code	For more information, contact: Allan Siegel, President, CFO 304 Daisy Street • Clearfield, PA 16830
noil		THE THE	1	Phone With Ama Codel		Phone or Fax: 814-768-9400

For information on registration and program, call your State Chairman or 814-833-3727. A.D.A.U. membership provides each member with an opportunity to participate in

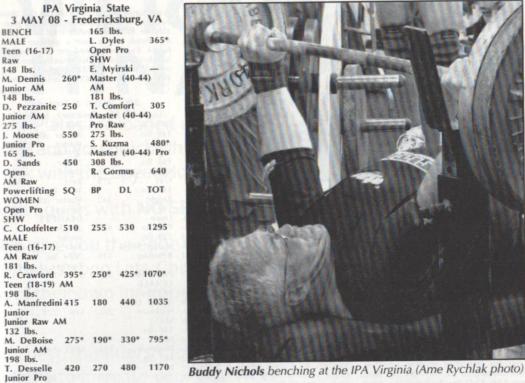
**National Referee** 

Club

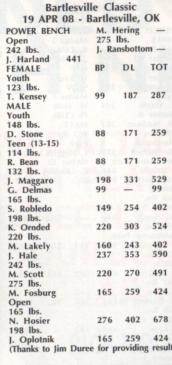
Membership good for 1 year from date of application.

having and adjusted total of over 600. These meets would not be possible without the support of all the volunteers. Lisa and Arlinda Machado and Mary Gregg worked the scorers table. William and Bill Harney and Julie Sianaker were the referees. William Bates and Lyle Goulding loaded the plates. Bob Hewitt, Doug Gregg and Floyd Frank moved equipment and did the set up and break down. The Get Fit Stay Fit Gym loaned their equipment and Floyd's Carpentry sponsored the meet. Ketchikan will have another powerlifting competition in December sanctioned by USA Powerlifting. Our meets run using Joe updated, Multi Division Powerlifting meet

Spring	UNLV	Intra	amura	als
9 MAY	08 - L	as Ve	gas, N	VV
Powerlifting All Lifters 181 lbs.				
A. Hooyman	350	245	370	960
A. Quagge	225	200	365	790
220 bs.				
E. Rodriguez	410	300	350	1060
242 lbs.				
H. Singh	360	350	570	1280
J. Ono	225	255	430	910
275 lbs.				
R. Chargualaf	380	340	575	1235
R. Jones	225	135	275	635
(Thanks to Joe	Denti	ce for	these	results)



M. York	420*	310	500	1230*	A. Mehl		320	410	1125
Open AM Rav	V				Master (40-44)	AM			
198 lbs.					220 lbs.				1000
N. Snyder	500*	400	500*	1400*			415	605	1690
Open AM 220 lbs.					Master (40-44) 242 lbs.				
	780	455	565	1800	M. Ferris	800	535	720	2055
A. Trout	720	465	520	1705	Master (45-49)	AM			
	135	455	600	1190	198 lbs.				
Open AM					B. Nichols	710*	475	625*	1810*
242 lbs.					Master (45-49)	AM			
	705	420	585	1710	242 lbs.				
H. Owens	540	300	520	1360	M. Locondro	580	370	460	1410
Open Pro 242 lbs.					Master (50-54) 220 lbs.	AM			
I. Strunk	830	630	675	2135	P. Sutphin	605	350	505	1460
Open AM	030	030	0,0		Master (50-54)				
275 lbs.					275 lbs.				
	760	690	620	2070	J. Mattei	600	410	530	1540
T. Irving	755	505		1915	*=IPA World				
R. Horn	700	455	550	1705	Larry Dyles.				
Open AM Ray		400	550		Andy Shields.	Pro Be	est Lifte	r: Jason	Strunk.
308 lbs.					(results are co	urtesv	of Ge	ne Rycl	hlak, Jr.)



#### WVVBP Memorial Day BP & Eat 24 MAY 08 - Bluefield, WV

	BENCH		B. Fox	250
5	WOMEN		Juniors (20-2)	
	Open Raw		198 lbs.	
	148 lbs.		W. Suthers	410
	J. Trent	170	242 lbs.	
	198 lbs.		McClaughert	y 485
	Master (65-	69)	275 lbs.	
5	S. Pack	200	D. Wingo	500
	MEN		Teens	
	Open Raw		165 lbs.	
0*	165 lbs.		(18-19) Raw	
	L. Dyles	375	J. Adair	240
	220 lbs.		(13-15)	
0	Z. Perkins	500		240
	SHW		181 lbs.	
	Raw		(13-15) Raw	
0			J. Turpin	270
	Submasters	(35-39)	198 lbs.	
	275 lbs.		(13-15)	
	Raw		K. Casey	205
er:	D. Duncan	425		
er:	Masters		(18-19)	
nk.	SHW		J. Price	320
Jr.)	(Thanks to	Donald F	Robbins Jr. for	results



715 510

440

360

360 280

135

430

B. Hooker

AM Raw

D. Bognar

220 lbs.

R. Rozak

AM Raw

N. Tincher

Junior AM 275 lbs.

AM Raw

165 lbs.

L. Dyles M. Smith

Open AM 165 lbs.

J. Roney J. Shields

Open AM Raw

181 lbs.

600

430

500 575

500 410 530 1445

430\* 365\* 510 1305

570 315 565 1450 465 335 475 1275

300 250

State competition (photo by Eddie Zelenick, courtesy Gene Rychlak)

	Application for		Office us	se only, do not c	отрине
Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address		City			
State or Providence	Zip Code			Country	
Telephone	Email Address	7	Date of Birth	Age	Sex
				Pro	Am
Sign if above answers are correct	t. Parents sign if under 18 years.		Date		
Registration Fee: Adult			al Olympics	\$25	

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

#### NASA Kentucky State 24 MAY 08 - Morehead KY RENCH 220 lbs Master 1 B. LeMay Master III 242 lbs. K. Samples Master V 204 D. Keen SHW Master I 204 452 C. Davis W Hall Master II PS CURL 281 MALE 165 lbs. M. Madison Master III M. Shuffett 331 T. Higgins Submaster Pure J. Brooks 441 Master III Powerlifting SQ

342

584 303

430

502

562

Novice

I. Kenn

Raw 198 lbs.

Master III

T. Bennett

Submaster Pure D. Deiwert III402 502 843

678 502 661 1841

287 231 402 920

358 502 1361

331 502 1394

121 198 254 573

187 413 452 1053

Meet Directors: Greg & Susan Van Hoose.

Awards at the NASA Kentucky State Championships (J.T. Hall photo

The conference center is a great facility coefficient of 7.0461 totaled 1361.34 lb. to hold powerlifting meets. The lifters Donald Deiwert III. IN weighed 234.00 lb. really like the new meet site. The meet with a coefficient of 6.6383 totaled 1267.65 director is Vice-President Greg & Susan lb. Tracy Bennett, KY weighed 323.20 lb. Press Club. Only four Ky lifters have bench weighed 215.40 lb. and with a coefficient press an equipped 500 in a NASA competition. The NASA Ky ranking and records KY weighed 195.40 lb. and with a coefficient of 8.4623 totaled 1482.59 lb. Donald No supportive equipment is allowed except a 4" lifting Belt. One piece lifting suits may use single ply Bench Press Shirts, must be worn. You may enter any event as Legal Wrist Wraps and Belt. No Canvas is a single lift event, i.e.-Curl, BP, Squat, DL allowed! John Brooks, KY weighed 195.40 or Full meet in any division(s) you are lb. with a coefficient of 2.5167 bench press qualified, i.e. Masters-1, Novice, Pure, 440.92 lb. Bernie LeMay, KY weighed Open, etc. Jerry Allen,KY weighed 292.20
Den, etc. Jerry Allen,KY weighed 292.80
Den, 573.20 lb. Torrey Higgins, KY weighed KY weighed 195.60 lb. with a coefficient of 160.80 lb. and with a coefficient of 0.8382 1.8903 bench press 330.69 lb, Mike Madicurled 132.28 lb. Ken Samples,WV weighed son, KY weighed 162.40 lb. with a coefficient of 0.6531 cient of 1.7686 bench press 281.09 lb. curled 104.72 lb. The Unequipped Competition Rules: No supportive BP Shirts or a coefficient of 1.3104 bench press 203.93 Power Suits allowed. Wrist Wraps, Knee
Wraps and a Belt are allowed. Adam Feit,
with a coefficient of 1.2718 bench press (results provided courtesy of Rich Peters) KY weighed 233.60 lb. and with a coeffi-"The NASA KY State Championship took cient of 7.0834 totaled 1350.32 lb. JD lb. with a coefficient of 1.0865 bench press place at the Morehead Conference Center. Blevins, KY weighed 240.00 lb. and with a 203.93 lb. The judges and loaders

WY. The Ky Records Chairman is "Big lb. Chair Coefficient of 6.3620 totaled 1394.41 WV. The Ky Records Chairman is "Big lb. Richard Mezoff, IN weighed 227.00 lb. Willie" J.T. Hall. The loaders during the whole meet were Greg & J.T. Susan Van lb. Chad Shannon, KY weighed 256.40 lb. Williem in the work of t pionship had 21 lifters from KY, WV and IN.

a coefficient of 5.4385 totaled 920.42 lb.

The sponsors were Inzer Advance Designs Kyi West, KY weighed 238.60 lb. and with and Apt Pro Wrist Straps. Each lifter got a coefficient of 4.6379 totaled 892.86 lb.

The Powerlifting Competition Rules: Lifters Otherwords, every competitor walked away may uses any single ply Suits, Bench Shirts, with a free gift from the sponsors. Several Legal Wraps for Squat, Bench Press and American and state records were set. Deadlift. All Canvas Shirts & Suits are Blake Dedas joins the NASA Ky 500 Bench Illegal as of 3-1-01. Blake Dedas, KY Power Sports Competition Rules: Required Deiwert III, IN weighed 234.00 lb. and with to do strict Curl, Bench Press and Deadlift. a coefficient of 6.6383 totaled 1267.65 lb.

great during the whole meet. The Oct 2008 NASA Ky Regional Championship will prob-ably be in the Louisville area or back in Morehead. If you have a question about NASA Ky meets, send me an email at nasakentuckystatechairman@yahoo.com or call me at 859-321-4419. (J.T. "Big Willie" Hall, NASA KY Records Chairman

**BPO** Welsh & England 16 MAR 08 - Swansea, S. Wales

BENCH		242	lbs.		
148 lbs.			er (45-		
Junior	107	Brow		540	
Trolley 165 lbs.	187	275 Junio			
Open		Drev		661	
Ives	276	Kerr		413	
181 lbs.			lbs.	fire 109	
Knight	342	Mast	er (45-	+)	
198 lbs.		Frick		303	
Open			DLIFT		
Preston	446	275			
220 lbs.		Junio	or	1 10 10	
Master (40+) Beniston	419	Kerr 308+	Ilea	595	
Beniston	419	Frick		485	
Powerlifting	SQ	BP	DL	TOT	
FEMALE	34				
123 lbs.					
Master (45+)					
Hickman	220	116	220	557	
MALE					
148 lbs.					
Junior	222		9010	STATE AND	
Beniston	220	149	342	711	
165 lbs. Junior					
Price	220	168	309	697	
Master (45+)	220	100	303	037	
Webb	397	298	463	1157	
181 lbs.	037		100	30000	
Junior					
Arwyn	375	287	408	1069	
Open					
Morris	353	259	397	1009	
Master (65+)	224		260		
Sandhu	231	154	265	650	
198 lbs. Open					
Husk	375	220	441	1036	
Knight	551	364	551	1466	
Master (40+)		OFF	790	antil de	
Boyer	485	342	468	1295	
Hough	463	314	463	1240	
Master (60+)	031	908	- Yb	W. Woo	
Clements	309	265	375	948	
220 lbs. Junior					
Fernandes	364	231	441	1036	
Reardon	507	231	441	507	
Open	307		T. WA	307	
Derbyshire	_	_	_	644 Par	
Loveridge	452	336	463	1251	
Foster	353	342	529	1224	
Master (40+)					
Hughes 242 lbs.	-	-	-	200	
242 lbs.			1795		
Open Scott	E72	452	838	1863	
275 lbs.	573	432	030	1003	
Open			9 .		
Connell	573	353	595	1521	
Jenkins	441	287	595	1323	
308+ lbs.					
Master (45+)		18			
Fricker	441	303	507	1251	
Athletes as f	ar nor	th as	Clevel	and de-	
scended on	South	wales	for c	be PPO	
entries. This w thanks to our	Ment I	Director	Ken t	Williams	
We were no					
comfortable	nall, w	ith ba	r and	refresh-	
ment and tw	o war	m-up	platfor	ms. The	

# Application for Registration in the Natural Athlete Strength Association

First Name	Last Name		Date
Mailing Address	EVERTHER THE THE		City
State Zip		Phone	LICATION COM
Date of Birth	Age	E-mail Address	ea, deared operator byve (, 15,40, sie okus, • Myseige poudred / mileber systeme
Keep Copy Of This Card F	or Your Records - Memb	erships Are Kept On Co	mputer File And Are Not Mailed
I compete in-	Powerlifting	BP Only	Power Sports
	Please	Circle Below	
High Sc	hool \$15 00	Adult	\$30.00

Phone- 405-527-4589 www.NASA-SPORTS.COM NASA, P.O. Box 735, Noble, OK. 73068

weighted CALVES Great for **DEADLIFT** Accessory work BEACHSIDI FITNE: **EQUIPMENT** women and master lifters had a field day at these championships by breaking over 35 British records. There were ample athletes from the Midlands for champion-ships alone to be held there. The Midlands was a stronghold for powerlifters in the seventies. Don't we need those days backing holding championships in the Mid-lands? Most athletes qualified for the 2008 British Championships, so they will be back in training soon! The BPO has two further championships in Llansamlett, UK, Open on September 14th and the British Bench & Deadlift Record Breakers on December 7th. Yours in our sport of powerlifting. (courtesy of David Carter) LOADTHEBAR.com

unhook with the SpeedHook

CHINS give you the edge with

Do Belt Squats with NO SPOTTERS!

extremely strong Lats. Chins are in a

Build chest/shoulders/triceps/traps

BELT SQUATS and build well

with **DIPS** to increase your Bench Press

Work the hips/guads/hamstrings with

developed legs for improving Squats

The perfect way to perform heavy

class of their own for upper body

strength

**NEVER ATTACH WEIGHT-PLATES DIRECTLY TO YOUR BODY AGAIN RICK HOOLE** 

> Inventor of the Pit Shark™ & Deadzone™ Ramps

114 lbs. 77 Lacobs 203 280 Varsity N. Gulla 209 292 Junior Varsity T. Hammond M. Heffelfinger 253 115 203 318 Masters 110 203 313 A. Kemmerer

148 lbs. Junior Varsity B. Crawford 308 445 Moyer 242 336 Masters D. Bixler 72 248 198+ lbs. Open Master Raw 154 S. Cole 308 462 MEN

114 lbs.

Junior Varsity Z. Swanger 115 292 407 **Junior Varsity** 143 253 396 148 lbs. 143 K. Herman **Junior Varsity** M. Stencler 374 644 B. White 192 319 511 137 352 M. Caccavo 363

203

137

396

468

110

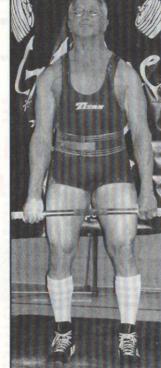
352

Connalley 363 Acker 203 Special Olympics Sharrar 137 Varsity B. Yurchak 396 165 lbs. Junior Varsity 270 363 B. Rieck Kostribiak 303 D. Steeley 165 Masters 110 L. Cooper

633 Open D. Ambrosano 352 545 545 N. Theodorou I. Wylie 451 759 308 T. Schuhly 242 336

Credit Card: Visa-Mastercard-Discover Exp. Date

All memberships expire 12 months from date of purchase.



Nick Theodorou pulling 545 at

165 at the US	APLPA.	State	BP/U
Meet. (photo l	by Niko	Hulsl	ander
arsity			
i. Simmons	253	473	726
Keller	248	473	721
81 lbs.			
aw			
. Scaccia	303	518	821
unior Varsity			
. Nelsen	242	402	644
Keller	214	369	583
Out of State			
A. Ciupinski	473	_	473
law			
. Davenport	_	485	485
arsity			

S. McGonigal	253		253
198 lbs.			
Junior Varsity		070	070
T. Turchick	-	270	270
Masters	260		
H. Asch	363	518	881
K. Dantonio R. Grim	286	-	286
R. Grim	270	-	270
G. Kornak, Sr.	121	-	121
Open			
P. Grohoski M. Arters M. Rivera	523		523
M. Arters	-	523	523
M. Rivera	-	512	512
Open Police/Fire			
R. Schauer III	341	-	341
Varsity			
J. Mayes	259	534	793
C. McCabe	259	451	710
J. Mayes C. McCabe S. Avender	281	374	655
220 lbs.			
Masters			
B. Foster S. Pattison	-	507	507
S. Pattison	-	352	352
B. Donnelly	303	-	303
Open			
J. Hess	-	568	568
Out of State			
M. Bennett B. Menditto	380	650	1030
B. Menditto	325	440	765
Police/Fire Raw			
T. Getsinger	407	584	991
Varsity			
N. White K. Porembo	_	496	496
K. Porembo	-	485	485
242 lbs.			
Guest			
T. Succorote	584	-	584
Junior Varsity			
S. Kemmerer	253	446	699
C. Mann	-	308	308
Masters			
M. Sharrar	275	440	715
G. Burke R. Smith	325	325	650
R. Smith	501	-	501
Police/Fire			
R. Thomas	-	512	512
Raw			
K. Shearer	330	601	931
275 lbs.			
Junior Varsity			
W. Hurley	242	-	242
Police/Fire			
S. Siggins	-	485	485
Raw			
J. Traub	462	501	963
Raw Masters J. Zwick	281	352	633
SHW			
Police/Fire			
D. Smuck II	231	407	638
Open			

R. Scandle 424 — Whew! Finally got a chance to sit down and write up a small report on the meet. 76 lifters registered to do battle this year. We the last moment. I wish them well and a speedy recovery. Two Powerhouse High Schools came to show what our future looks like for PA Power. Penn Ridge High School from Perkasie, PA edged out the Olympians from Jim Thorpe High School. Garage Ink was able to come away with third place in the team standings. Outstanding perfomances were turned in by so many lifters. We had quite a few first timers and we had some elite lifters come and show off for the crowd. Beverly Crawford, just 15 years old, walked away with the Best Female Bencher and Deadlifter, Dominc Ambrassano was able to get the lightweight Male bencher, and Pete Grohoski with a huge 523 bench at 198 won the Male Heavyweight Bencher. In the deadlift, one of the Founding Fathers of the ADFPA, Nick Theodorou showcased his deadlift prowess and pulled 545 at 165 and as a Master lifter! Kyle Shearer, pulled a nice 601 raw to win the Heavyweight Best Deadlifter. Best Lifter & Team awards were provided by Skullptures By Seeker, from Warren, PA. Carl Seeker provided some of the coolest awards I have ever given out. The Best Lifter awards were swords for the bench and battle axes for the deadlift! I heard alot of cool stuff about these! I actually "Knighted" each bencher these! I actually "Knighted" each bencher as they came up for their award! The DJ, Merle Weigel, did an awesome job, keeping us pumped up all day! So many thank you's to send out. The set up Friday night just took one hour and 45 minutes! Yes, that is right, all those who helped that night, wow, awesome job! My Judges, CiCi Smith, Rebekah Lair, Rick Davis, Jim Roberts, Rebekan Lair, Rick Davis, Jim Roberts, Ryan Lair, and Tim Meckley all did a fantastic job! My spotters and loaders: Reggie Dawson, Shawn Bostwick, and Dan Ratchford. Also, the head table staff of Steve Mann, Mike Cagliola, and Tony Forella kept it all running smoothly. My set up and tear down crew of Scott Wright, Cheryl Gibson, Wayne Gibson, Jim Roberts, Merle Weigel, Mark Martin, Laura Schaech, Jackie, and My wife, Dyan, I thank you all so much! A huge support from our friends from APT Pro Wrist Straps and East Coast Muscle made the contest a grand event for the lifters as well. I hope you all had fun, I know I sure did. Thank you to all the lifters, you guys and gals were awesome! Take care and see you all soon! (Results courtesy by Niko Hulslander)

#### USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

idition 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 and the standard and the regulations and the standard and the standard defined for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL rules. ocedures. 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 consequer

nas approved in its rules, regulations, and only desing procedures. If to less positive test regarding my 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 my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method. I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlitting USA, or any other publication that USAPL so chooses.

SIGNATURE:		医有限 有意义 计标题	If under 21 yr	rs., Parent Initial: _	Date:	P	rior Reg. #
Name:	14111111		Phone:		E-Mail:		Maria Maria Maria
Address:			City:			State:	Zip Code:
Date Of Birth:	Age:	Sex: U.S.	Citizen?	USAPL Registered	Club Represented:		
Membership Prices: (plea • High School Seasonal (6	ase circle one) • A mo. Only good De	c. 1 thru May 31) - \$1:	6.00 • Up	grade from current HS	S Seasonal to HS D	iv. Full year -	\$15.00
Competing Divisions: (place Collegiate Military				13 yrs.) Teen High School Seaso			
USAPL Merchandise: (ple •Women's T-Shirt - \$18.00 •White Referee Designatio •Lifter Classification Patch	(sizeqty)(c n Polo - \$30.00 (siz	colors: Black, gray and ce qty)	white) •Kids	T-Shirts and hooded	sweatshirts - see e	store on web patch: .50)	eck, zipper or hooded)—see e.stor osite •Tanks – see e.store on website - \$15.00 (qty)(colors: Navy)
Chack/Manay Order #		SERVICE IN	1111	TM	P111111111	Membershi	in Price: \$

Merchandise Total: \$ Merchandise Shipping: \$5.85

Total Purchased: \$ hite Onginal - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!

#### HOW THE PR BELT IS WORN

- 1. Just wrap the belt around your waist like any normal belt.
- 2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
- 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
- 4. Ratchet/tighten belt as desired
- 5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

- - · It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
  - · Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
  - · Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus Finished with top quality, fine suede which provides non-slip surface.
  - Very secure. The belt automatically locks until yo manually release it.
  - Hand-crafted in the USA. Patent # 5,647,824

PRBELT.COM INZERNET.COM



Card #

# 5XIVORE STRENGIA

very time you cinch up your weight belt and chalk your hands, you have one goal in mind – demolish your PB!

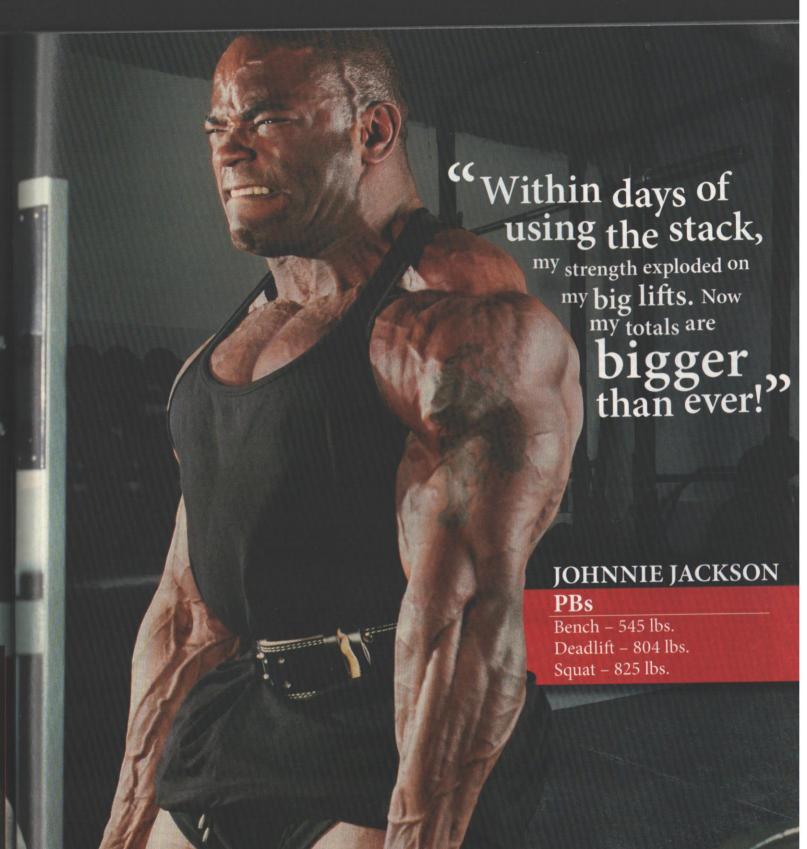
That's why you need the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack. A scientific study showed that the Stack forces a massive 5 times (86.4 vs. 14.3 pounds) more strength on your raw bench press than a placebo in a mere eight weeks! In fact, one extraordinary test subject using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack jacked up his max bench press by 110 pounds! Johnnie Jackson is living proof that the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack can jack your strength

through the roof! Using the Stack, Johnnie set a USPF World Record with a deadlift of 760 pounds! But the shocking results don't stop there! In the same eight-week study, test subjects packed on a jaw-dropping 660 percent (11.4 vs. 1.5 pounds) more mass than a placebo!

The Cell-Tech Hardcore/Nitro-Tech Hardcore Stack is scientifically designed to pile on the mass you need to spawn unrelenting strength gains! Prepare to see raw results in no time and eclipse your totals when you commit to using the world's most powerful stack – the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack!



- Scientifically Shown to Add 5 Times More Strength Than a Placebo!
- Jack Your Raw Bench by up to 110 lbs. in Only 8 Weeks!
- America's #1 Selling Musclebuilding Stack

















100% Raw North Carolina State 31 MAY 08 - Currituck, NC BENCH (14-15) 148 lbs. & Bel B. Harris 230 B. Harris . McCrary 200 D James . Gubbs 180 B. Reynolds 165 lbs N. Jones W. Griggs D. Pollard Special Olympian B. Garrison 40 K. Wilson 155 DEADLIFT 150 (. Gruaman W. Griggs B. Reynolds 140 (10-11)135 165 D. May I. Wilson 130 114 lbs Moldovar (12-13) 120 B. Dillon 95 D. Garza 200 123 lbs. D. Garza (16-17)Rhodes N. Jones 148 lbs. T. Tufts 65 (14-15) M. Gubbs D. James 165 lbs. 45 245 165 lbs. 250 D. Jones Open B. Lesinksi P. Didario 235 Q. Culler 215 (14-15)B. Lesinksi C. Hassell Young 205 (16-17)S. May S. Henkel B. Lesinksi 181 lbs. 185 185 J. Morgan RJ Starcher 175 175 Open D. Parrish 515 I. Howlett 175 J. Wheeler . Hassell 135 R. Horton 425 (16-17) J. Wheeler P. Didario 115 115 435 B. Garrison R. Horton 425 (35-39) 305 D. Parrish D. Parrish 515 C. Henry R. Moldovan (40-44)285 I. Caliri 450 G. Pike (45-49)

W. Rammell

N. Grantham 245

Magdalenski 175

Caliri

J. Wheeler R. Horton

K. Belangia

O. Boyd

S. Martin

T. Green

T. Vinick

E. Molesky

R. Tolbert

D. Spence

K. Jackson

I. Roughgon K. Jackson

W. Leonard

H. Bierwirth

A. Palmer

C. Cooper

T. Rose B. Hughes

242 lbs.

J. Rascoe

Corbin

P. Serra

B. Rhodes

T. Adams

H. Canada

D. Owens

G. Herring

D. Basnight

K. Green

I. Lewis

CURL

77 lbs.

(8-9) M. Gubbs

148 lbs.

(12-13)

P. McMillian 405

R. Nicastro

K. Rogers

220 lbs.

B. Lancaster

260

245

185

130

95

210

210

185

115

335

255

185

175

40

410

345

300

235

225

485

385

315

200

23

148 lbs.

(45-49)		
N. Grantham	405	
198 lbs.		
Open		
E. Molesky	485	
(14-15)		Thursday.
I. Roughgon	290	<b>新加州市</b>
(16-17)	230	
E. Molesky	485	
220 lbs.	403	
		SECOND SECOND
Open		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
W. Leonard	555	
(14-15)		
K. Rodgers	405	(10-11)
(40-44)		T. Tufts
W. Leonard	555	(12-13)
Special Olym	pian	S. Moldovan
B. Hughes	145	(14-15)
242 lbs.		B. Harris
(14-15)		4th-238
R. Nicastro	500	S. Gubbs
(16-17)		
T. Adams	435	B. Reynolds D. James
(40-44)		165 lbs.
P. Serra	520	
Police/Fire	320	Open P. Didario
P. Serra	F20	P. Didario
	520	B. Lesinksi
275 lbs.		Special Olym
Open		B. Garrison
P. McMillian		(14-15)
Law/Fire/Mil		C. Hassell
P. McMillian	550	(16-17)
308 lbs.		S. May
Open		P. Didario
G. Herring R. Spence	550	(18-19)
R. Spence	455	D. Jones
(14-15)		181 lbs.
D. Sutton	570	Open
SHW		D. Parrish
(16-17)		(12-13)
D. Basnight	460	T. Green
BENCH	100	(14-15)
77 lbs.		C. Henry
(8-9)		4th-310
M. Gubbs	45	
114 lbs.	43	(20-24)
		G. Pike
(12-13)		(35-39)
D. Garza	90	D. Parrish
123 lbs.		(40-44)
Open		R. Moldovan
N. Jones	175	J. Caliri
(10-11)		R. Moldovan
J. Rhodes	70	(45-49)
(16-17)		N. Grantham
N. Jones	175	(60-64)
132 lbs.		W. Rammell
(14-15)		198 lbs.
J. Lewis	50	Open
	00	Open

#1 IN POWERLI	FTING PERF	ORMANCE %				
WHEN YOU WANT YOUR	GEAR AND YOU	WANT IT NOW!				
PLGearOnline specializes in	Titan gear, fast se	E.COM				
expertise in sizing and selectio	n! Stock and cus	stom sizes available.				
**************************************	ODUCTS	*******				
Priscilla Ribic, Owner  IPF World Champion & Record Holder	SUITS - Squat - Deadlift  SHIRTS - Katana - Fury - F6  WRAPS (Knee & Wrist) - THP - Titanium	WRAP ROLLERS  ACCESSORIES - Suit Slip-ons - Ammonia Caps - T-shirts - PowerWash - Grrrip - And More!  TRAINING CAMPS & SEMINARS				
C(	DNTACT	<b>APPENDAMENT</b>				
Need Help? Need assistance in getting the right gear? Email: priscilla@plgearonline.com  ASK ME ABOUT THE SPECIAL CODE: CPN026						
Visit www.P	LGearOnline	.com				
0-11) W Leonard 3	35 C Herring	207				

5	(10-11)		W/ Insured	225	c					M. Klakamp	180	115	295	590
3		65	W. Leonard	335	G. Herring	385	SHW			181 lbs.				
5	T. Tufts	03	Police/Fire		D. Sutton	345	Oper			Open				
	(12-13)	120	A. Johnson	415	(14-15)			anada	485	D. Parrish	475	305	515	1295
n	S. Moldovan	120	Special Olym		D. Sutton	345	(16-1			J. Wheeler	345	245	435	1025
5	(14-15)	220	K. Jackson	85	(30-34)			asnight	200	R. Horton	285	245	425	955
	B. Harris	230	B. Hughes	70	D. Owens	475	(35-3			(16-17)				
	4th-238		(40-44)		(45-49)		H. C	anada	485	J. Wheeler	345	245	435	1025
0	S. Gubbs	180	W. Leonard	335	K. Green	385				R. Horton	285	245	425	955
	B. Reynolds	135	220 lbs.		Powerlifting	SQ	BP	DL	TOT	M. Cooper	270	155	450	830
5	D. James	90	Special Olym		All Lifters					S. Martin	270	180	375	825
	165 lbs.		B. Hughes	40	148 lbs. & Be					O. Boyd	215	185	405	805
0	Open		(14-15)		J. McCray	265	200	385	850	K. Belangia	225	190	365	780
	P. Didario	235	K. Rodgers	255	D. Pollard	285	170	335	790	(18-19)				
0	B. Lesinksi	215	M. Crowder	245	N. Jones	225	175	365	770	Magdalenski	295	175	385	855
	Special Olym		(18-19)			4th-B	P-180			(20-24)				
	B. Garrison	80	R. Dilley	-	W. Griggs	230	140	285	655	G. Pike	275	275	450	1000
0	(14-15)		242 lbs.		K. Gruaman	195	150	285	630	(35-39)				
y	C. Hassell	135	Open		K. Wilson	135	155	300	610	D. Parrish	475	305	515	1295
0 (16-17)			J. Rascoe	410			4th-D	L-320		(40-44)			In a	
	S. May	185	Police/Fire		J. Wilson	165	-130	255	550	I. Caliri	340	260	450	1050
	P. Didario	115	L. Corbin	345	B. Dillon	175	95	245	515	(45-49)	100	-	,,,,,	.000
0	(18-19)		P. Serra	340	165 lbs.					N. Grantham	375	245	405	1050
5	D. Jones	250	(14-15)		B. Lesinksi	300	215	515	1030	198 lbs.				.000
	181 lbs.		R. Nicastro	235	P. Didario	275	235	415	925	Open				
0	Open		(16-17)		Q. Culler	265	215	375	855	E. Molesky	300	210	485	995
	D. Parrish	305	T. Adams	225	J. Howlett	285	175	385	845	Special Olym			403	333
	(12-13)		(40-44)		J. Young	265	205	370	840	K. Jackson	115	165	215	495
0	T. Green	95	P. Serra	340	S. Henkel	225	185	335	745	(14-15)		.05	213	433
	(14-15)		(45-49)		RJ Starcher	240	175	320	735	R. Tolbert	350	210	405	965
	C. Henry	305	J. Rascoe	410	J. Morgan	210	175	315	700	(16-17)	550		103	303
	4th-310		I. Corbin	345	M. Klakamp	180	115	295	590	E. Molesky	300	210	485	995
	(20-24)		(55-59)		181 lbs.		1			D. Spence	300	185	405	910
	G. Pike	275	B. Rhodes	300	D. Parrish	475	305	515	1295	o. spence	300		L-425	310
	(35-39)		275 lbs.		J. Caliri	340	260	450	1050	D. Lancaster	285	185	405	875
	D. Parrish	305	Open		N. Grantham		245	405	1025	(18-19)	203	103	403	0/3
	(40-44)		P. Mc Millian	405	J. Wheeler	345	245	435	1025	T. Vinick	335	235	435	1005
	R. Moldovan	285	Police/Fire		G. Pike	275	275	450	1000	220 lbs.	333	233	433	1003
5	I. Caliri	275	P. McMillian	405	R. Horton	285	245	425	955	Open				
	R. Moldovan	130	(18-19)		Magdalenski	295	175	385	855	W. Leonard	475	335	555	1365
	(45-49)		C. Betts	290	M. Cooper	270	155	405	830	Police/Fire	4/3	333	333	1365
	N. Grantham	245	4th-300		S. Martin	270	180	375	825	M. Molina	375	300	535	1210
5	(60-64)		(45-49)		O. Boyd	215	185	405	805	lunior	3/3	300	333	1210
	W. Rammell	260	J. Lewis	315	K. Belangia	225	190	365	780	M. Molina	375	300		1210
	198 lbs.		308 lbs.		198 lbs.	223	130	303	700	(14-15)	3/3	300	535	1210
	Open		Open		T. Vinick	335	235	435	1005	M. Crowder	225	245	200	020
	A. Johnson	415	D. Owens	475	E. Molesky	300	210	485	995	T. Rose	265	245	360	830
	,		- Onch		L. Molesky	300	210	403	993	i. Kose	265	165	345	775

-					
	R. Tolbert	350	210	405	965
	D. Spence	300	185	425	910
	B. Lancaster		185	405	875
	K. Jackson 220 lbs.	115	165	215	495
	W. Leonard	475	335	555	1365
	M. Molina	375	300	535	1210
	A. Palmer	275	185	465	925
	M. Crowder H. Bierwirth	225 255	245 185	360 335	830
	T. Rose	255	165	345	775 775
	C. Cooper	195	175	345	715
	242 lbs.		240		
	P. Serra R. Nicastro	415 325	340 235	520 500	1275 1060
	TJ Adams	225	225	435	885
	275+ lbs.				
	D. Sutton	545	345	570	1460
	G. Herring	500	385	550	1435
	Powerlifting		BP	DL	TOT
	All Lifters				
	123 lbs. (16-17)				
	N. Jones	225	175	365	770
		4th-E	3P-380		
	132 lbs. (14-15)				
	W. Griggs	230	140	285	655
	(16-17)				
	K. Gruman	195	150	285	630
	148 lbs. (16-17)				
	J. McCrary	265	200	385	850
	D. Pollard	285	170	335	790
	K. Wilson	135	155	300	610
	J. Wilson	165	130	255	550
	(18-19)				000
	B. Dillon	175	95	245	515
	165 lbs. Open				
	B. Lesinksi	300	215	515	1030
	Q. Culler	265	215	375	955
	J. Morgan	210	175	315	700
	(16-17) B. Lesinski	300	215	515	1030
	P. Didario	275	235	415	925
	Q. Culler	265	205	375	855
	J. Howlett J. Young	285 265	175 205	385 370	845 840
	S. Henkel	225	185	335	745
	R. Starcher	240	175	320	735
	J. Morgan	210	175	315	700
	M. Klakamp 181 lbs.	180	115	295	590
	Open				
35	D. Parrish	475	305	515	1295
00	J. Wheeler R. Horton	345 285	245 245	435	1025 955
	(16-17)	203	243	423	333
35	J. Wheeler	345	245	435	1025
T	R. Horton M. Cooper	285 270	245 155	425 450	955
	S. Martin	270	180	375	830 825
	O. Boyd	215	185	405	805
0	K. Belangia (18-19)	225	190	365	780
0	Magdalenski	295	175	385	855
	(20-24)				
5	G. Pike (35-39)	275	275	450	1000
0	D. Parrish	475	305	515	1295
	(40-44)		000	Ct.	
)	J. Caliri	340	260	450	1050
5	(45-49) N. Grantham	375	245	405	1050
30	198 lbs.	3/3	243	403	1050
;	Open				
5	E. Molesky Special Olym	300	210	485	995
,	K. Jackson	115	165	215	495
5	(14-15)				
	R. Tolbert	350	210	405	965
)	(16-17) E. Molesky	300	210	485	995
	D. Spence	300	185	405	910
95			4th-D	L-425	
50	D. Lancaster (18-19)	285	185	405	875
25	T. Vinick	335	235	435	1005
00	220 lbs.				
-	Open W. Leonard	475	225		1200
	W. Leonard Police/Fire	475	335	555	1365
	M. Molina	375	300	535	1210
	Junior		20-		
•	M. Molina (14-15)	375	300	535	1210
15	M. Crowder	225	245	360	830
	T. Rose	265	165	345	775

C. Cooper	195	185	345	715
(16-17)				
A. Palmer	275	185	465	925
H. Bierwirth (40-44)	255	185	335	775
W. Leonard 242 lbs.	475	335	555	1365
Police/Fire P. Serra	415	340	520	1275
(14-15)	4.5	340	320	
R. Nicastro	325	235	500	1065
(16-17)				
T. Adams (40-44)	225	225	435	885
P. Serra 308 lbs.	415	340	520	1275
Open				
G. Herring	500	385	550	1435
(14-15)				
D. Sutton		345 Q-560	570	1460
If you build i	t, they	will o	ome. Pa	aul Bossi
has been tray	eling a	all over	the e	ast coast

bringing the 100% Raw meets to the lifters, and making it accessible to all. He held the 2008 state championships in his back yard of Currituck instead of a big city like Raleigh or Charlotte and it ends up not only Raleigh or Charlotte and it ends up not only being one of the biggest 100% Raw meets (Ye ever seen, but one of the biggest meets I've ever seen from any organization in North Carolina. Go Figure. I want to thank

This kid is something special. The be the crew that made this meet such a success. Although there was well over a hundred lifters, the crew had them competing by 10am, and everyone was finished by 3pm. That's what happens when you run lead. Herman would come back for 48! three platforms and you have an awesome his second to regain the lead. Do three platforms and you have an awesome crew. The judges were Jeremy Wright, local lifting hero Ray Berry, Tom Holroyd, World champion Carl Elliott, Matt Wilson, Dough Bates, master's legend Bryon Swains, the always fun loving Pam Balance, and John Shifflet. I competed with John Shifflett and John Shifflett. I competed with John Shifflett and John Shifflett. almost seventeen years ago and still re-member it being one of the finest meets I've ever seen, and how friendly he is. He's a great bonus to this and any organization The table help was made of Teresa Lancaster, Amanda Pearman, Melanie Leigh, Jessie Mack, Chloe Davis, Rachel Spears, and Carly Spelts. Finally I want to thank the spotters loaders. I've done every job from meet director to table help, but nothing is more grueling then loading weights all day. Thank you Jesse Taylor, Brian Younger, Matt Odom, Mark Shied, Bull, Darryl Sylvester, and Jeff Owens. Although the 100% Raw organization al ways offers a multitude of divisions, I like to take the time to mention the top overall lifters in each weight class. At 148 and below Drew Pollard was only able to get one squat in, but at 285 it was enough to take the lead. Josh McCrary's 200 pound bench would move him to the head of the class, and a 385 deadlift would earn him the title with a 850 total. Drew would finish the day in second with 790, but pound per pound the best lifter was 123 pound Nathan Jones who would hit 770 for third. Top bench honors went to Blake Harris who finished with 230. Brian Lesinki's 300 pound squat gave him the lead at 165, but a twenty five pound lead shrunk to five when Paul Didario hit a 235 bench. Luckily when Paul Didario hit a 235 bench. Luckily for Brian he's got a killer deadlift pulling 515 to turn a five pound lead into a 105 pound win with a 1030 total. Paul would finish in second. The big bench was 250 by David Jones. At 181 there was no surpri Doug Parrish is a long time veteran and his 475 squat gave him a hundred pound lead, which he expanded with a 305 bench and a 515 deadlift for a 1295 total and a 245 pound win. The real battle was for secon where master lifter John Caliri needed all of his 450 deadlift to hold of fellow master of his 450 deadiff to hold of reliow master lifter Norman Grantham and a very young and very strong Jordan Magdalenski. Doug had the big bench of the class on body weight, but the heavier Chris Henry's 305 bench is tremendous for any age much less a fifteen year old! Tim Vinick found himself trailing Ronnie Tolbert by fifteen after the squats, but a class best 235 bench gave hi a ten pound lead for the 198 title. It looked like a two horse race coming down to deadlifts. Tim would pull 435 to Ronnie's 405 to seal the title with 1005, but the wild card was a forgotten Eddie Molesky who

uncorked a huge 485 deadlift and was onliten pounds short of beating Tim for the title and actually knocked Ronnie all the was down to third. This had to be the m exciting class of the day. The 220 class a mirror of the 181 class. Woody Leon squatted 475 to take a hundred pound le and never stopped until he finished w 1365 and the title. Matthew Molina put a solid performance with a 1210 total second. The bench title went to Aa Johnson who hit 415. The 242 class another runaway as Pete Serra used a squat, 340 bench, and 520 deadlift cruise to the title with a 1275 total. Yo Ryan Nicastro (14-15) put up a terrific It total for second. Veteran lifter Joe Rashad the biggest bench with 410. The heweights only had two lifters, and lool like a mismatch. We had a very stro George Herring battling a fifteen year Denvel Sutton. George looked strong ing three for three in his squats, and end with 500. It wasn't enough as Der popped a 545, and 560 on a fourth atten George hit a 385 bench to shrink a fo five pound lead to five. Once again it going to come down to the

only	100 /6	Navv	vingini	'II	1/4
itle,	26 APR	08 - 5			VA
way	BENCH		DEAD		
nost	FEMALE		165 II	os.	
was	198 lbs.		Open		
nard	(20-24)		R. Ha		502
ead,	L. Parrish	240	220 II		
with	MALE		(35-39		
it in	132 lbs.		Open		
for	(18-19)			lsimer	465
ron	J. Browne	250	242 II	bs.	
was	165 lbs.		Open		
415	(35-39)		(35-39		
t to	G. Colombo	345	C. Cl		500
oung	181 lbs.			T CUR	L
060	(40-44)		198 I		
scoe	J. Penn	290	(20-24		
eavy	198 lbs.		L. Pa		102
oked	(25-29)		(25-29		
rong	B. Kelleher	270		lleher	125
old	(40-44)		220 I		
go-	D. Koser	355	(20-2		
ding	220 lbs.		N. A		150
nvel	Open		242 I		
mpt.	(45-49)		(25-2		
forty	J. Shifflett	300	J. Vo		175
was	242 lbs.		275 I		
ifts.	(25-29)		(35-3		
with	J. Vorrasi	420	C. Ja		155
570	Ironman		BP	DL	TOT
460.	MALE				
ench	165 lbs.				
the	(30-34)				
nada	A. Burger		275	405	680
t the	(20-24)				
e the	R. Hanners		250	502	752
5 on	181 lbs.				
nald	(40-44)				
man	T. Roberts		305	470	775
such	J. Penn		290	400	690
2008					
uck.	(25-29)		240	450	700
Zak)	R. Ayala		340	450	790
	ALTER DULL	Carlo IV			1771
STATE OF TAXABLE PARTY.	NAME AND ADDRESS OF OWNER, OF TAXABLE PARTY.				

st I	BENCH FEMALE		DEAD 165 II		
st l			165 1		
d	100 IL-		100 11	os.	
	198 lbs.		Open		
	(20-24)		R. Ha	nners	502
1,	L. Parrish	240	220 II	bs.	
h	MALE		(35-39	9)	
	132 lbs.		Open		
or I	(18-19)		Picke	lsimer	465
	I. Browne	250	242 II	bs.	
	165 lbs.		Open		
5	(35-39)		(35-39	9)	
	G. Colombo	345	C. CI	ark	500
	181 lbs.		STRIC	T CUR	L
	(40-44)		198 I	bs.	
	J. Penn	290	(20-24	4)	
	198 lbs.		L. Pa	rrish	102
	(25-29)		(25-29	9)	
	B. Kelleher	270		lleher	125
	(40-44)		220 1		
	D. Koser	355	(20-2	4)	
	220 lbs.		N. A		150
	Open		242 1		
	(45-49)		(25-2		
	I. Shifflett	300	J. Vo		175
	242 lbs.	500	275 1		
	(25-29)		(35-3		
	I. Vorrasi	420		ckson	155
	Ironman		BP	DL	TOT
	MALE				
	165 lbs.				
	(30-34)				
	A. Burger		275	405	680
	(20-24)				
he	R. Hanners		250	502	752
on	181 lbs.		200		
	(40-44)				
	T. Roberts		305	470	775
	I. Penn		290	400	690
08	198 lbs.		-30		
k.	(25-29)				
k)	R. Ayala		340	450	790

100% Raw Virginia State

	DEAD	LIFT		Z. Dearden		250	375	625			
	165 lk	os.		(20-24)							
	Open			N. Arbia		305	500	805			
	R. Ha	nners	502	242 lbs.							
0	220 II	os.		(20-24)							
	(35-39	))		D. Powell		350	470	820			
	Open			Open							
		lsimer	465	R. Thomas		425	605	1030			
0	242 II	bs.		275 lbs.							
	Open			Open							
	(35-39	9)		L. Willett		435	635	1070			
15	C. Cla	ark	500	(35-39)							
	STRIC	T CUR	L	C. Jackson			570	930			
	198 II	bs.		The 100% Ra	w Virgi	inia St	ate was	a great			
00	(20-24	1)		success. There	was r	eally s	good lif	ting and			
	L. Par	rrish	102	a wonderful spirit between lifters. Lifters							
	(25-29	9)		who had neve	r met e	ach ot	her bef	ore were			
70	B. Ke	lleher	125	helping and cheering each other on. Jim							
	220 II	bs.		Roberts Maryland State Chairman was the							
55	(20-24	1)		head judge. Ji	m alway	ys help	os out h	e is true			
N. Arbia		bia	150	credit to the	port a	good o	official a	and even			
	242 lbs.			better friend. Will Morris who lifts next							
	(25-29	9)		weekend at USAPL Masters Nationals was							
00	J. Vo	rrasi	175	a side judge. (	Gino Co	lombo	and Ch	nad Clark			
	275 1	bs.		each did side	e judgi	ng, th	anks s	o much.			
	(35-39	9)		Keith Barrett	and Jero	emy Sl	hifflett	were our			
20	C. Ja	ckson	155	spotter loader	s and	did a	really	nice job.			
	BP	DL	TOT	Jesse Kenned	y was	the so	orekee	per. The			
				meet was di	rug tes	ted a	nd res	ults are			
				pending drug	test re	sults.	(via Pa	ul Bossi)			
				Company of the							
	275	405	680	ABA A	Lukama	ac Da	Ct-	to			
	250	502	752	19 AF	PR 08	- Ben	ton, A	K			
				BENCH		Mas					
				FEMALE			urner	345			
	305	470	775	Raw		Ope					
	290	400	690	Youth (Under		181					
				H. Nichols	45		rewer	440			
				MALE			4th-460	The last			
	340	450	790	242 lbs.		220					
				M. Perry	485	K. (	Crain	410			

220 lbs

250

375 625

**BA Arkansas Raw State** 9 APR 08 - Benton, AR Master . Turner 181 lbs. 440 P. Brewer 4th-460 220 lbs. 485 410 M. Perry Raw 242 lbs. D. Willis 305 C. Wallace C. Smith A. Humbard B. Echols 315 SHW S. Knight 265 Overall Winner by Wilkes Formula: Phililp Brewer. The Arkansas Bench Press Asso-

ciation is still raw! There was a shirt assisted class that is done by Wilkes Formula with just one competitor in that class. We believe the vast majority of the lifters prefer to go shirtless. It makes for a level playing field. A few of our records were broken. Some have remained the same. We had an addition to our different classes. We now have a 12 and under class. Hannah Nichols (age 9) decided to compete! She pressed the bar 45 lbs. She was most pleased with the reaction of the spectators and the other competitors! Our teenage division is getting stronger! We have a new record of 315 set by Austin Humbard of Bryant High School. (Thanks to Tony Nichols, ABA, for these results)

USPF Arizona State Open

Video	UVU
Squat Workout \$54.95	
Bench Workout \$54.95	\$59.95
Bench Press	
Secrets \$39.95	\$44.95
Squat Secrets \$29.95	;
Deadlift Secrets . \$35.95	
Special Strength. \$54.95	\$59.95
Reactive Method, \$44.95	

Shipping/handling - \$6.00 Send Check or Money Order to:

LOUIE SIMMONS' PRESENTS

**Training Secrets of** 

**Westside Barbell Club** 

Now on Video and DVD!

Westside Barbell Club 3884 Larchmere Drive Grove City, Ohio 43123 www.westside-barbell.com

Back view of dog appears on back of t-shirts



# www.westside-barbell.com

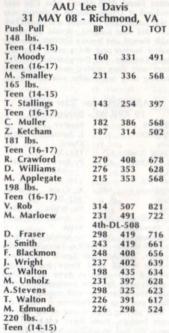
3884 Larchmere Drive Grove City, Oh 43123 Phone (614) 801-2060

BENCH		DEADLIFT					
MEN		Oper	Open				
Master (45-49	165	lbs.					
308 lbs.	M. Je	ones	363				
M. Bowden	347	Mast	er (45-4	49)			
Master (60-64	)	165					
148 lbs.		M. Je	ones	363			
K. Martin	148	308					
Master (65-69	M. B	owden	402				
B. Hartshorne 297		140	Master (60-				
		K. M	lartin	319			
Powerlifting MEN	SQ	BP	DL	тот			
Open 165 lbs.							
M. Jones 181 lbs.	341	209	363	914			
D. Judd	303	_	-	303			
P Thouas		248	380	881			
Master (45-49	))						
M. Jones	341	209	363	914			
Master (60-64							
K. Martin	209	148	319	677			
Master (70-74	(1)						
D. Judd	303	132	363	799			



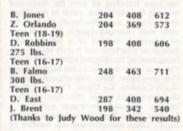


Teams that competed at the AAU Lee Davis meet ... Douglas Freeman High School (left), Lee Davis High School (right), and Thomas Dale High School (bottom). (Photographs are courtesy from Judy Wood)





						100	19-11
R. Sutler	231	402		n c-1-1-	400		
		402	634	R. Schultz	182	347	529
C. Barefoot	154	336	491	242 lbs.			
Teen (16-17)				Teen (14-15)			
K. Jones	265	509	774	M. Doty	220	220	441
	4th-E	DL-518			4th-E	DL-468	77.75
N. Borzelleca	298	446	744	Teen (16-17)			
R. Burton	220	386	606	B. Deemer	215	463	678
T. Long	193	402	595	A Fracer	201	207	670



USP	F Mis	ssouri	State				
MAY 0				ON			
BENCH		В. Н	arris	250			
165 lbs.		220	lbs.				
Teen (18-19)		Teen	(13-15	)			
H. Sands	200	Z. U	fford	245			
181 lbs.		Maste	er (40-	44)			
Master (45-49	9)	R. W	R. Wood				
T. Carlisle	250	Master (45-49)					
Push Pull		S. H	azen	_320			
198 lbs.		BP	DL	101			
C. Hunt		195	370	565			
220 lbs.				THE REAL PROPERTY.			
Junior/Open							
G. Butler		480	500	980			
242 lbs.							
Submaster							
M. Romero		575	600	1175			
Powerlifting	SQ	BP	DL	TOT			

# AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you **Use Legal Name** Street Address Application Date Home Phone E-Mail Address Birth Date Number ☐ Male Female Do you have Health and Accident Insurance? Club Code (if Known Sport Code (see list below) By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every materia

AAU National Office, Post Office Box 10,000, Lake Buena Vista, Florida 32830

Parent/Guardian

Signature

aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU

Policies, which are available for review on the AAU Web site at www.aausports.org . NOTE: Parent/Guardian signature if member is under 18

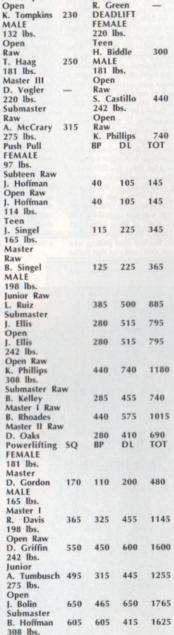


Darnell Griffin went 1600 raw at the APA Indy Open. (Scott Taylor)

Open				
D. Fletcher	500	315	485	1300
42 lbs.				
unior				
Z. Talbot	675	375	530	180
Submaster				
Master (50-54	)			
M. Hearing	550	405	465	1430
275 lbs.				
Open				
R. Wilson				
. Humbryd				
. Ransbottom	780	500	680	190
308 lbs.				
Master (40-44				
K. Ufford	750	550	770	2070
335 lbs.				
Submaster				
J. Shelton	650	300	530	1480
Outstanding P	owerli	fter: Ke	en Uffo	rd. Out-
standing Tee	nage	Power	lifter:	Tommy
Meyer. (Jay Sh				

#### MU Strength Club Bench Press 3 DEC 07 - Columbua, MO

BENCH				D. Gordon	1,0		200			
FEMALE				MALE						
132 lbs.		B. Merideth	185	165 lbs.						
L. Fox	-	198 lbs.		Master I						
B. Rich	175	E. Burks	320	R. Davis	365	325	455	1145		
MALE		K. Luecke	350	198 lbs.						
148 lbs.		220 lbs.		Open Raw						
C. Rimmel	215	C. Swacil	-	D. Griffin	550	450	600	1600		
165 lbs.		A. Shelnutt	300	242 lbs.						
M. Vincent	300	242 lbs.		Junior						
Z. Stone	235	M. Taylor	320	A. Tumbusch	495	315	445	1255		
MU Strength	Club 1	hosted its inau	ugural	275 lbs.						
		<b>U Student Recr</b>		Open						
Center on the	campu	s of the Univer	sity of	J. Bolin	650	465	650	1765		
Missouri. The	club is	a student org	aniza-	Submaster						
tion recogniz	zed by	the universit	y and	B. Hoffman	605	605	415	1625		
composed of	students	with a shared	inter-	308 lbs.						
est in streng	th deve	elopment. The	meet	Submaster Raw						
director was	3rd ye	ear MU law st	tudent	C. Beck	550	425	585	1560		
Becky Rich, a	powerli	ifter and rugby	player	Master II						
who has been	compet	ting since high s	chool.	Raw						
The meet was	attend	ed by nine ma	le and	D. Oaks	-	-	-	-		
two female life	ters, ran	nging in age fro	m 19-	Male Best Lifter Full Power: Darnell Grif-						
26. This parti	cular un	nsanctioned me	et was	fin. Female E						
		ts only. The hig		Singel. Male Best Lifter Push Pull: Keithan						
		5 pound bench		Phillips. Male Raw Best Lifter Bench Press:						
		well as a 350		Tim Haag. Male Best Lifter Bench Press:						
bench by 193	pound	Kyle Luecke. F	Report-	Bryan Hoffman, Female Best Lifter Bench						
		and community		Press: Kyra Tompkins. Male Best Lifter						
		d to chronic		Deadlift: Keithan Phillips. Meet Site: The						
		ards were pres		Training Station, Indianapolis, Indiana.						
Rich announc	ed plans	for a push-pul	I meet	Special thanks to the Training Station and						
in the spring	Thanks	to Becky Rich a	nd the	staff for prov						
MIL Strongth	Club for	organizing the	event.	spotters and I						
the staff of	the MI	Student Recr	eation	job keeping						
		f their equipme		Rigdon and						
		ength Club sp		Some nice r						
Antwon Flor	d for	judging and t	o Bill	overall Best I	ifter i	n the f	ull pov	ver meet		
		he head table.		went to Darn						
provided to Pl	LISA	ourtesy of Bill D	uncan)	at 198 bodyw						
provided to Pi	L USA CI	oursesy or bill D	unicari)	at 150 bodyw	-But I	136	- ray			



APA Indy Open

26 APR 08 - Indianapolis, IN

Submaster

308 lbs.

605

115

BENCH FEMALE

114 lbs

J. Singel 220 lbs.

Teen K. Tompkins

Teen

550 425 585 1560 Male Best Lifter Full Power: Darnell Griffin. Female Best Lifter Push Pull: Jenna Singel. Male Best Lifter Push Pull: Keithan Singel, Male Best Lifter Push Puli: Aethan Phillips, Male Raw Best Lifter Bench Press: Tim Haag, Male Best Lifter Bench Press: Bryan Hoffman, Female Best Lifter Bench Press: Kyra Tompkins, Male Best Lifter Deadlift: Keithan Phillips. Meet Site: The Training Station, Indianapolis, Indiana. Special thanks to the Training Station and staff for providing a great meet site, the spotters and loaders who did an excellent ob keeping the lifters safe and Ryan Rigdon and Brent Biddle for officiating Some nice numbers were put up and overall Best Lifter in the full power mee went to Darnell Griffin who totaled 1600

#### **USAPL Indiana State** 14 JUN 08 - Winchester, IN 275 lbs. BENCH Masters V T. Dunlap \*325 R. Duke 370 Out Of State SHW 242 lbs Open S. Barrick Open R. Vick 490 Powerlifting SQ BP DI TOT WOMEN 148 lbs. Open A. Overdeer \*340 \*220 \*385 \*945 MEN 148 lbs. Open Raw D. Craigo 181 lbs. \*340 \*200 \*380 \*920 Masters II F. Kozub 440 330 490 1260 Open Raw P. Gutwein \*440 \*280 198 lbs \*405 \*310 \*500 \*1215 under his belt. The combined powerlifting Masters I Raw M. Fensler Masters II 430 300 550 1280 Teen (14-15) \*410 245 380 1035 220 lbs. \*505 \*290 \*640 \*1435 M. Woody Masters IV Raw 1 Valpatic \*385 \*275 \*500 \*1160 M. Woody 242 lbs.



2 time IPF World Champ Brad Gillingham's Deadlift DVD shows you the training program that produced 50 plus contest deadlifts over 800 lbs., plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

B. Berryman 545 360 565 1470 Novice I. Horn Masters II I. Harvey \*455 450 1480 Masters IV \*525 \*275 \*525 \*1325 I. Willis Open Raw J. Dibert \*555 \*450 \*575 \*1580 400 525 1425 C. Beck 500 Out of State 181 lbs. Masters II

\*=State Records. The USAPL Indiana State Powerlifting and Bench Press Champion-

ships were contested in Winchester Indiana on June 14, 2008. New Indiana state co-

chairs Sonny Runyon and Joe Goodhew hosted the meet. Sonny holds the Indiana

SHW record in the squat (766 lbs.) and bench (562 lbs.). Joe is also an excellent

I. Mumaw

475 255 520 1250

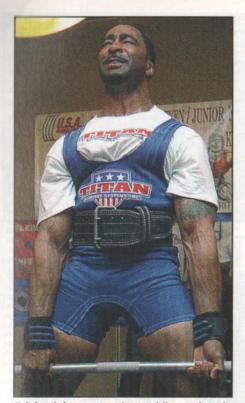
experience of Sonny and Joe produced a contest that was lifter friendly and well organized. The weights reported are in pounds. In the women's open division at 148, current state record holder Angie Overdeer pushed her state record total from 903 to 945 via a 340 squat, 220 bench, and 385 deadlift. The men's competition featured 7 raw lifters and 8 assisted lifters in the full powerlifting contest. Four lifters competed in the bench press only contest, all with gear. Because this was USAPL's first officially sanctioned "raw" meet on Indiana soil, all of the top raw lifts estab-lished new state records. Lifting raw at 148 open Dustin Crago hit a 340 squat, benched 200, and pulled 380 for a 920 record total In men's open raw at 181 Phil Gutwein squatted 420, benched 280, and pulled 570 for a 1290 record total. In men's M1 raw at 198 Mark Fensler squatted 405, benched 310, and pulled 500 for a 1215 record total. In men's open raw at 220 Mike Woody squatted 505, benched 290, and pulled 640 for a 1435 record total. Masters state record holder John Valpatic lifting raw at 220 in Masters 4 squatted 385, benched 275, and deadlifted 500 for a M4 state 275, and deadlitted 500 for a M4 state record total 1160. Big Joe Dibert won the men's open raw at 275 by squatting 555, benching 450, and pulling an easy 575 for a 1580 record total. Chip Beck was second a 1580 record total. Chip Beck was second with a 1425 total via a 500 squat, 400 bench and 525 deadlift. In the equipped power-lifting contest at 181 M2 Jeff Mumaw from Michigan posted a 475 squat, 255 bench, and 520 deadlift for a 1250 total. Mark Johnson put up a 1280 total at M1 198 with a 430 squat, 300 bench and 550 pull. Competing in Teen 14-15 at 198 Jesse Kozub set a new state record with a nice 410lb squat to go along with a 245 bench, and 380 deadlift for a 1035 total. Four lifters battled gravity in the 242s. John lifters battled gravity in the 242s. John Willis set new state records in all three disciplines at M4 by squatting 525, benching 275, and pulling 525 for a nice 1325 state record total. James Harvey totaled 1480 in M2 with a 575 squat, 455 state record bench, and a 450 deadlift. Brian Berryman totaled 1470 in men's open with a 545 squat, 360 bench and 565 pull. In the novice division Jason Horn squatted 410, benched 400, and pulled 455 for a 1270 total. In the bench only division, Reggie Dukes threw up 370 in men's open at 165. In men's open 242 Steve Barrick successfully benched 490, and had a close miss at 500. Master lifter Tom Dunlap benched an 500. Master litter Tom Dunlap benched an impressive new state record 325 at M5. Robert Vick weighed in at 380.4. After toying with 405 like it was an empty bar, three bar bending attempts with 765 lbs. and a new bench shirt wouldn't go. The judging was strict but fair. The trophies were beautiful red, white and blue plagues. Meet sponsor Randolph Inn provided very nice accommodations for out-of town lifters and their families. The Driver Middle School gymnasium had comfortable seat-ing and ample warm up areas. Special thanks to all the spotters, loaders, and volunteers who made the meet a great success. (courtesy Michael Woody & Sonny Runyon, USAPL Indiana State Chairman)

years old.

Member's

Signature

Date



Eriek Nickson wins the Middleweight title

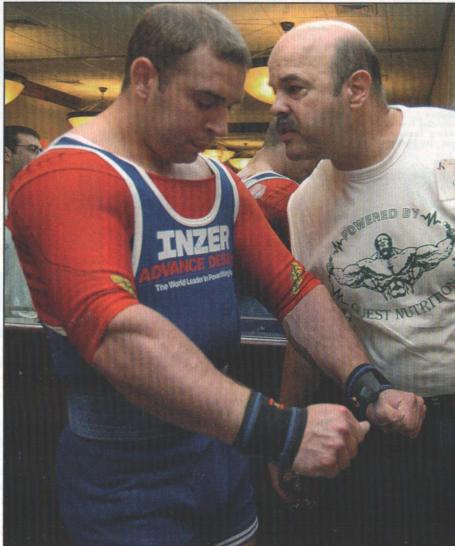
#### (continued from page 46)

watch out for in the future. Knute Douglas, was coached by his father, multi national champion, Jeff Douglas, and came in third, but also won the T3 division, and a possible trip to the Junior Worlds. Mike Stanley is a Master lifter, who showed the younger guys, that age is just a number, and beat out Brian Warren for the fourth place spot. Shawn frasquillo beat out fellow Texas lifter Greg Stein for the Jr. division Gold, using his great bench press power to take a lead that Greg couldn't overcome. Jesse Norris won the T1 division, edging out the son of the great Gene Bell, Ian Bell by 5 kilos. Jesse also had to sweat his win out, as Ian had the winning deadlift called for his third attempt, and a new America record, but couldn't lock it out at the top. We are going to see some more battles with these two young men for years National championship in the T2 division. He only missed his 1st bench press, and went 8 for 9, in winning by over 50 kilos. Jesse Griffith of MS is one heck of a deadlifter, and pulled his way to the silver medal over Tyler Skaggs of St. Xavier Powerlifting team. Rounding out the fourth place was Andrew Wax of Co. After Knute wrapped up the gold in the T3, second place was a battle of missed lifts to get the silver. Travis Arbuckle of Texas. Missed only one lift, his last deadlift, and edged out Michael York of ME on bodyweight. Michael also missed his last deadlift, but only got in one squat, and had to take his opening bench press over again, which cost him some valuable pounds. Dustin Merritt went three for three on the squats, and those lifts gave him fourth over Brice Higginbotham. Rounding out 6th and 7th was Michael Srokowski, and Ian Amburgey. Two of the biggest names in our sport over the past 15 years, was set for a fight to the finish in the 181 lb. class open division. When you mention the names Wade Hooper, and David Ricks, the word best comes to mind. And to see them on the platform going head to head was a sight for all. With the additional weight, we all knew that Wade would be ready to crack the weight, we all knew that Wade would be ready to crack the 800 lb. barrier in the squat, but to see the way he came up with 810 was just amazing. Hey, don't forget about David Ricks. This guy has over 20 years of military duty behind him, so he knows all about how to overcome pressure. When David also went three for three on the squats, "oh yeah", we knew a fight was on. Wade also breezed through his benches, and went 3 for 3, with a great 568 third lift. David lost some ground, when he had to repeat his second attempt, but got it on his third. Oh Boy, now came the time where Wade has had the most of his troubles. "The Deadlift" Wade open with a comfortable 568, and David followed with a 661 opener. Wade missed his second and third attempt, and then David went for the win with a 733 pull. He couldn't get it passed his knees, and then Wade was able to enjoy his win. While everyone was watching Wade and David, another fight was going on for the third place medal. Terry Acosta of Ca., who was also lifting in the Jr. Division, Masters lifter Ron Garofalao of Co., and Nick Gutierrez of Texas was making this a knockout match. Terry pulled a 677 lb. deadlift to edge out Ron on bodyweight. Nick had to

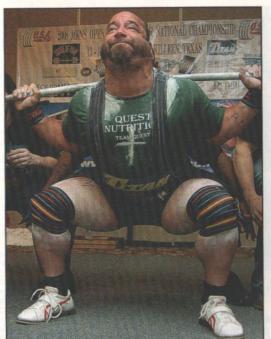
repeat his first deadlift, which cost him the drop to 5th. tin Witte was 6th, and Josh Rohr, who numbers were way off what he is capable of, got 7th. Finishing up in 8th was Darren Nemow of NJ. Terry Acosta did walk away with a National title in winning the Junior division, with a 762.5 kilo total. Austin Smith of TX, was giving Terry a run for the gold through the squats and bench presses, but Terry's great pulling power held up the Gold. Andy Odenwald, Daniel Credeur, Lucas Hisghman, Steve Verbios, Colton Fulkler and Grant Gavron finished up the big class. Curt Allen won the T1 division, with a smooth 8 for 9 day, beating out the 11 division, with a smooth 8 for 9 day, beating out Matthew Rosensweet who missed his 1st and second bench press, which gave up to much for him to catch Curt. The State of WI. always seems to have some of the best HS lifters in the country, so remember this name also. Nick Jacobson. Nick just added his name to the long list of Wi. HS lifters who are now national champions. Nick's win wasn't easy, as Levi Hoffman missed his second and third squat, and still had the winning deadlift in his hands on his third attempt, but wasn't able to finish the lift. Callon Green was another lifter who had the third deadlift in his hands to overtake Nick for the win, but couldn't finish, Ms. Lifter Keshun Watson, beat Matt Koestel of St. X. for fourth. Dustin Witte of Tx.. is one strong lifter, who has been competing in the HS meets around the state, but came to the National platform, and walked away National Champ. At 18 years old with a 650 lb. squat, and just missing a 672 lb. deadlift, this guy has a strong ruture ahead of him. Justin Richardson lost some valuable pounds on the bench, and missed his third deadlift which may have cost him the gold in the T3 over Dustin. Antwon Shoto, another Ms. Lifter along with Justin got the bronze over Michael Giaquinto of NJ by 2.5 kilos. Dan Williams, Greg Jones, and Justin Walker. The Young, the Old, and the New, were ready to prove that age was just something you have when you lift BIG weights. Each of these lifters last deadlifts were for the win in the Open 198 lb, class. And they all got the lift needed. However, the last man pulling was National Champion Dan Williams, Did I tell you that Justin Walker is a Jr. lifter from Ms., and squatted 710 lbs. to lead this class. Greg Jones is the ageless wonder, who knows how

to call the numbers he needs to win, and doesn't leave poundage on the platform. 6 wks earlier, he won the Masters Nationals, and pulled a 683 lb. deadlift to keep the youngsters at their best. But, the meet does not end until the bar hits the floor. "I have heard that from somewhere before." Well, you don't have to tell that to Dan Williams. He saved his best lift for the win, and really fought through a hard 716 lb. pull for his 1st Open National title. This was a big class with 9 lifters, and Tom Hines and Erik Kasabuske rounded out the Chance Brady got second in the Jr. division behind Justin, but really had a tough day on the squats, only making his second attempt. Those missed attempts almost cost him his silver medal, as Brady Singleton went perfect, until the final deadlift of 655 for the silver was a little to much. Corey Sprague, and Joe Nappa Jr, two Rhode Island lifters got the fourth and 5th spot. Landre "Big Country" Lee, is one strong ass country boy. And I mean Strong. 661 lb. squat, 418 lb. bench, and 606 lb. deadlift, in borrowed equipment. T2 National champ, winning by 193 lbs. Nothing else needs to be said, except, see you in South Africa. Tavelle Marion of Ms. is a great deadlifter, and his 650 pull wrapped up the cilver. And he just harely missed 694. Teammate Rico silver. And he just barely missed 694. Teammate Rico Shumpert got the bronze in this division. Lone Star Powerlifting Team started wrapping up the Golds as Ian Madison won the T3 class to go alone with the Landra win. John Norcott secured second in this division, over Andrew Hare after Andre missed his second and third deadlift. Miles Fork, from, "where else" Ms. got fourth. With an injury to Jason Beck, the 220 lb. open class was open for the taking. With 4 lifters squatting over 700 lbs, and Nick Tylutki leading the way with a 771 second attempt, the fight was on. Jeremy Hartmann is not only a lifter, but also a coach, and the coach knows best. After making all three squats, and making a third attempt bench of 235 kilos, it was time for the deadlift. Nick, and Jeremy made easy openers, but Jeremy missed his second attempt after a 61 lb. increase. Nick took a modest 12.5 kilo jump, that looked hard from the start.

(continued on page 83)



Jeremy Hartmann getting revved and ready with Coach Sherm Ledford of Quest Nutrition



Michael Mastrean and his money lift.

(continued from page 82)

What makes this so amazing is that Nick went up only 2.5 more kilos, and missed the lift, and Jeremy went 2.5 more knos, and hissed the lift, and ferently went to 342.5. This is 88 lbs more than his first attempt for the win on bodyweight. With the crowd going wild, Jeremy fought the lift all the way through for the National Championship, winning on bodyweight, with a 910 kilo total. Ken Gack is a bench pressing machine, and did a 562 to stay in the running ar picked up third place. Chris Skinner was another of the 700+lb. squatters, but lost valuable pounds in the bench, but was able to secure fourth place over Michael Pratt on bodyweight. Jeffery "Dino" Thompson, the lone lifter on the Phantom lifter Powerlifting Team got 6th. Jesse Canton, Jerome Williams, and Tony Succarotte was unable to get a bench passed and bombed. In the Jr. division, Blake Dedas got one squat, one bench, but all three deadlifts to win out over Shane Brady, after Shane missed the 683 lb. deadlift for the gold medal. Cardyl Trionfante, and Keery was going at it until the final pull for the third place spot. After Kerry missed his second and third Attempt, Cardyl got the bronze. Jay Gleen cruised into 5th with a 7 for 9 day. Shane Stewart has solid attempts on all three lifts, and won the T1 division. This weight class was full of battles, as it continued in the T2 division between Nicholas Deluca and Pat Sutton. Nick took a good lead after the squat and bench press, but missed his second deadlift, which opened the door for Pat. Nick came back to make it on his third for the win. Cody Everett got the third place medal over John Heule who missed some deadlifts to place higher. The fourth War of this weight class was in the T3. Tyler Gerfers, of Lone Star Powerlifting, and Chris Skinner of Ms. Barbell, was not only in a battle for the Gold, but also for the points needed for their team for the top prize. Tyler had good solid attempts, only missing his third in each lift, and Chris made big jumps also missing his third lifts. However, his missed third deadlift was a 27.5 kilo increase from his second, and he lost by 2.5 kilos. 282.5 was to much, but 260 would have given him the win. Jackie Leggett also of Ms. got the bronze. The last

day of this event saw the big guys lift some really big weights. We started off Sunday morning with the 242 lb. class. A familiar name of Tony Harris was missing from this class, after having surgery on a finger, but we had several National Champions there to fight for the crown. In the open class, Mike Mastrean and Jeff Douglas came to get it on. Mike shocked the crowd when he opened his squats with 804, and made it look easy. He wasn't finished, as he went three for three on his signature lift, finishing with a nice and smooth 854 lb. lift. Don't never count Jeff out, as he came back and got his third squat with an 804 lift. Mike left the door open for Jeff by only making his 1st bench of 485, and Jeff closed the gap with a 523. The deadlift has been Mike's sore event with his small hands, but this was not to be the case today. Mike got his 1st and second lift, taking the lead back, and had to wait for Jeff's third try of 716 to insure his trip to Canada. Travis Werner, who is also a coach, missed some good lifts that kept him out of the running, but he got the bronze in this class. There is no doubt that our Sub Jr. and

Jr. teams at the Worlds are going to be one of our strongest ever. Some VERY strong lifters were making the Jr. class a tough one to win. Jayson Kline and Michael Sirianano went down to the deadlift for this gold. Jayson took a 10 kilo lead on the squat, but Mike got closer after the bench. Both lifters missed there second and third deadlifts, with this giving Jayson the Gold. Frank Ball got third, with a class best 490 lb. Bench, and Andrew Mangan got fourth with a leading 567.5 deadlift. I'm sure Shawn Smith really scared his coaching staff, having taking a commanding lead on the squats in the T2 division, then missing his 1st and second bench. After getting it right, he came back on his third, and made it look easy. The scare wasn't done, as he also missed his 1st deadlift, and came and got the second, then passed the third. No more scares. Emilio Jacinto missed his 1st squat and deadlift, which made his bid for 1st lose ground. He did take the silver in this event, followed by Dink Lumley, Bryan Miller, and Parker Payne. In the T3, Broderick Scott another Ta lifter, just shocked everyone in this class after he opened his bench with an easy 462, and finished with a 490 lb. lift. He kept this going as a made all three deadlifts to win over Johnny Griffin, who is one great deadlifter, with a third pull of 628.5 lbs. Louis Cedeno and Jonathan Taylor got third and fourth. After the Arnold, a lot of talk was brewing in the 275 lb. class. Michael Tuchscherer has had some bad luck in recent years at National meets, while at the USAF Academy, but now that he has graduated, and is serving in the Air Force assigned to Minot, N.D., his lifts have "skyrocketed". At the tender age of 22 years old, he not only beat the defending



Mike Tuchscherer prevails at 275. (Turco photo)

World Champion, but he also got the second highest total of any USAPL lifter of any class. I can also say that Mike is one of the most humble, nicest, and polite lifters you will ever meet. And is he strong also. 903 squat, 622.7 bench, 804 deadlift. I'll let you do the math. Tony Cardella also came in to make another trip for the Gold in this class. Tony has totally dominated this class for the past 8 years, and wasn't ready to just let this drop. Tony was also looking good on the squats with and 837 second lift, but missed a third of 865, which may have thrown him off his game plan. I can't ever remember seeing Tony miss a deadlift for the past few years, but he missed his second and third lifts, which knocked him to second. Greg Wagner is also a great lifter, who has been in many National meets. Greg didn't have a good day, as he went 5 for 9, but still totaled over a ton. Jon Krogman will making a trip to the Jr. Worlds, but still wanted to compete with the elite group, and got 5th. This is another lifter who will hit the 2000 lb. barrier soon. Dr. Patrick (and not Pat) Anderson has some of the best form of any lifter on the

platform. Coached by his brother, who is now down to about the 220 lb. class, he got the 5th place spot. I also think he got PRs in the squat and bench press, as he was cheered on by his lovely wife. Jay Gousset and Daren Cressionnie got the 6th and 7th spot. Ok, Mike won the Jrs., and Jon came in second. But don't forget about Mike Hedlesky. If this got had gotten the missed lifts, it may have went down to the wire with Jon for the Jr. world selection. Brandon Bizette and Brian Behe went 9 for 9 in a very tough group, to take the fourth and 5th position. Ty Cloe came in looking for some teen world records in the squat, but missed them on his second and third lifts, but still left with the Gold in the T3 division. He also benched 501 lbs. to keep the lead and insure his gold. Chris Nelson could not overcome the lead Ty picked up on the lifts, but tried a 600 lb. deadlift to make up some ground. Benn Johnson-Tatellbaum got the bronze. Ladies and Gentleman, boys and girls, children of all ages, Brian Siders has entered the ballroom. No lifter in the USAPL excites the people like Brian does when it comes time to lift. He made a 992 lb. squat that came up so fast the spotters from the Phantom Warriors Powerlifting Team are still talking about it two weeks later. So much for my reputation in the gym. Damn you, Brian. Not only did he amaze the crowd, but he also scared them. Brian missed his amaze the crowd, but he also scared them. Brian missed his first two benches, and got the third on a two to one decision. He ripped the skin on his right hand on his second deadlift, but still managed to hold it for a 815.5 lb. pull. 2551.8 lb. total, with only one bench press passing. What more needs to be said. Jason Christus has shown more improvement during the past two years than any other lifter in this weight class. There is no doubt that he will be hitting the 1000 kilo barrier soon in his next National meet. After missing his 1st squat, he came back with an increase, made it, and never missed another lift. His second place was over Randall Harris, who has medaled in previous International events, which make Jason's lifts ever more impressive. Randall surely was not at his best, as he only went three for 9. In fourth was big Jeff Fiss, who is also just a nice guy to be around. Ty Westbrook was strong on the squats, and came out with a big 32.5 kilo lead over Danny Flonta in the Jr. division. Danny took back the lead on a 573 lb. bench press, and a 633.7 lb. deadlift to lock up the win. But Ty wasn't just going to give it up, but his 628 deadlift just couldn't make it to lockout for the win. Andre LaBlanc is another great squatter, who was in the fight, but lost his advantage on the bench and deadlift, for the third place medal. Edward Torres had power to spare in the deadlift, as he cruised to the win in the T2 division. Denzel Scott just couldn't get his deadlifts to go, but his big squat got him the silver over Josh Jordan, who also had problems on the deadlifts. Frank Ginez III opened with a 716 squat, missed, but came back on the second, and then it was easy sailing for the lifter from Texas, in the T3 division over Michael Ingram from Ms. His win also sealed up the team title for Lone Star Powerlifting over Team Mississippi. Once again, I want to thank everyone who made this event a special one. We were pleased to be the host for this historic event, and we hope that everyone left here knowing that we tried our best to put on an eventful contest. Without the hard work of all involved, this would not have been possible. Once again, thanks. (Johnny A. Graham, USA Powerlifting Vice-President & Meet Director)



Siders on his way to the Worlds. (C. Turco)

Power S 19 APR 0				
Powerlifting FEMALE	SQ	BP	DL	тот
105 lbs.				
Junior (20-23)		1700	275	
N. Freed	231	170*	275	676
198+ lbs. Open				
J. Doll	_		330	330
MALE			330	330
123 lbs.				
Junior (18-19)				
T. Knight	-	203	_	_
148 lbs.				
Junior (14-15)				
Z. Trembly	-	-	446*	446
165 lbs.				
Open		200		
M. Bavets	600	385	562	1547
S. Wamsley Junior (20-23)	-	248	-	248
J. Goffredo				
Guest	Miles C			
P. Surface	_	71	_	71
Open				
S. Contreras	380	270	473	1123
181 lbs.				
Junior (16-17)				
J. Morris	-	-	374	374
Open				
C. Sparks	319	225	275	819
198 lbs.				
Master (40-49	545	330	572	1447
S. Grisby Junior (16-17)		330	5/2	144/
T. Saffle	1	330		330
220 lbs.		330		330
Open				
	402	374	479	1255
Master (40-49	)			
R. Grissom	-	-	501	501
P/F/M				
S. Cook	_	-	-	Til
Submaster (35				
A. Letto	573	380	650	1603
242 lbs.				
Junior (18-19) C. Henry				
Submaster (35	(-39)	F 9 9	THE PERSON	000
R. Harbert	-39)	ME HAVE	Transfer of	pen C
Master (40-49	)	Act Akill	PANA	TIPAT IN A SE
R. Perkins	_	391		391
				The second



Allen Barias with his 711 bench at the USPF Power Sports & Fitness Expo in WV. (photograph provided courtesy of Chuck Venturella)

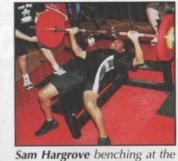
P/F/M (40-49) D. Wamsley		374		374	USAP	L Lo	uisiana	State	9
275 lbs.		3,4		3/4	12 JAN 0	18 -	Baton F	Rouge	LA
Police/Fire					Powerlifting				TOT
M. Plaso	_	-	_	_	FEMALE		THE PARTY	F 18	
Master (40-49	)				165 lbs.				
J. Casciato Open	-	-	-	-	A. Babinenux 181 lbs.	165	70	195	430
Frankovitch Master (40-49		435	484	1359	T. Green UNL	280	160	275	715
C. Young	650	573	650	1873	B. Kean	400	200	350	950
Submaster (35	-39)				MALE				
A. Baria	-	711*	-	711*	123 lbs.				
308 lbs. Open					D. Thomas 148 lbs.	320	210	34	870
. Potts	_	_	_	_	M. Broussard	465	340	500	1305
Submaster (35	-39)				J. Melancon	440	315	450	1205
M. Feathers	-	-	529	529	J. Warner	300	160	375	835
=American R	ecords.	Best	Female	Lifter:	J. Dear	265	215	325	805
Natalie Freed	. Best	Male	Lifters:	Marty	R. Blaumuller	280	205	315	800
Bavets & Allen	Baria.	(from	Matt A	AcCase)	165 lbs.				

	UNITED S	Applie STATES PO		or Regi			V	
ast Name		First Name	in st	Initi	al Re		Current Car	d # (If Renewal)
Street Address		7624		City	VII			
State	Zip			Area	ode/Telepho	ne	iii	
mail		ALL ESCHALL	eree Status  Cat. 2 Nat	Current State Y	High School	Special C	N N	Inmate Y N
Current Collegiate	U.S. Citizen Y N	Date of Birth	1	Sex M F	Today	s Date	Card	ssued By
YN		THE RESERVE OF THE PARTY OF THE	STREET, SQUARE,	THE REAL PROPERTY.	市 新有市	18481	Name of Lane	High
Y N Registration Fee Make checks p UNITED STATES P NATIONAL HEADO P.O. Box 650 Roy, Utah 84067	ayable to an OWERLIFTING F		School wit institution testing. In recogniz any testing	SPECIAL FEE A h proof of er theck. All USPF ling the need fo procedures de- accept the re	rollment; a sanctioned r drug-usagemed appro	e detection	es when Il be subje n, l agree to he USPF o	paid with ect to drug o submit to rits agents

165 lbs.				
Z. Waggoner	430	300	520	1250
A. Hughes	325	235	350	910
K. Walker	395	230	-	625
A. Babinenux	165	70	195	430
181 lbs.				
D. Fitzsimons		280	480	1160
D. Waggener	400	300	400	1100
D. Boyes	-	135	-	135
198 lbs.				
J. Vincent	440	355	455	1250
J. Whitmore	430	275		
D. Kernion	370	215		
R. Bienvenu	255	165	350	770
242 lbs.				
	715	510		1825
N. Mayon	470			1305
S. Norton	425	275	515	1215
275 lbs.				
P. Andrich	675	475	600	1750
B. Butler	-	365	-	365
UNL				
	-		-	
(Thank you to	USAPL	for pre	oviding	results)

NIASA The	n Da	mand	Laure	One
NASA The	e Da	mned	Large	One
19 APR	808			VI
BENCH		165		
FEMALE 132 lbs.		Mast	oerst	254
Open Open		181		254
C. Wanserski	94	Int	103.	
198+ lbs.	-		ennings	259
Open		Ope		
J. Nachtigal	237	A. Je	ennings	259
Teen	IS DE		lbs.	
J. Nachtigal MALE	237	Pure		240
165 lbs.		M. J	enning	342
Master I			enning	342
G. Reichert	353	Int	8	
Master II		M. J	enning	342
D. Constantin	eau		er III	
303			orey	292
181 lbs.		Teen		240
Teen J. Dreis	336	220	lhe	248
198 lbs.	330		naster	
Master III		B. D	eYoung	
R. Corey	292	PS C	URL	
220 lbs.		MAL	E	
Int		198		
A. Mickelson Master I	540		er I	
	386	220	win lbs.	138
T. Depner R. Spindler	_		naster	
275 lbs.			eYoung	
Master II		PS D	DEADLI	FT
G. Carlson	397	FEM	ALE	
Master I			lbs.	
D. Bennett 308 lbs.	276	Oper		
Submaster II			Vansers E	
G. Powell	551		lbs.	
Open	11000		er I	
J. Eddy	_		win	
Raw			lbs.	
148 lbs.			nastěr	
Int J. Beaudry	314	H. A	nderso	n 485
Push Pull	314	RP .	DL	TOT
FEMALE			9:	
132 lbs.			11	
Pure			40	Articol-
W. Wiesjahn		121	248	369
165 lbs.			No.	
Master I B. Hermann		149	281	430
MALE		.45	201	430
165 lbs.				
Master II				
D. Constantin	eau	303	430	733
181 lbs.				
Master II D. Felton		265		022
308 lbs.		265	568	832
Macter II				
K. Simplot		435	617	1053
Submaster II				
G. Powell Powerlifting		551	562	1113
Powerlifting	SQ	BP	DL	TOT
FEMALE				
198 lbs. Master II				
D. Zellmer	309	138	303	750
ar weithing	303	130	303	730
Raw				
Raw 132 lbs. Pure W. Wiesjahn				

Master I					C. Hanson	375	281	419	1075	
. Schnoor Open	198	116	276	590	242 lbs. Submaster					
. Schnoor 165 lbs.	198	116	276	590	R. Martinez 275 lbs.	452	243	562	1257	
Master I					Master I					
B. Hermann		149	281	744	Swede	562	276	606	1444	
Pure		al water		el manual	Master V					
B. Hermann	314	149	281	744	Swede	562	276	606	1444	
181 lbs.	77.5	1000			308 lbs.					
Novice					Novice					
. Krill	320	182	342	843	M. Krill	678	364	650	1692	
					<b>Power Sports</b>	CR	BP	DL	TOT	
Master I					FEMALE					
S. Jackson	248	143	254	645	123 lbs.					
MALE					Youth					
165 lbs.					C. Jackson	50	66	154	270	
Master II					198+ lbs.					
D. Anderson	468	259	513	1240	Master I					
198 lbs.					S. Jackson	88	143	254	485	
Open					MALE					
. Fischer	502	347	468	1317	77 lbs.					
220 lbs.					Youth					
Master I					M. Jackson	33	55	105	193	
C. Talavera	402	270		1003		33	50	99	182	
6 TA 11/3.					150 1001					
Master I					master 1					
. Halverson	650	391		1698	er rivement	143	281	457	882	
275 lbs.					Despired to					
THE SECT OF			100		J. Faber	143	353	386	882	
R. Sadowski		226		1146	275 lbs.					
G. Kachar		331	209	970	Master II				***	
300 IDS.					M. Jackson	94	187	331	612	
Master II					Submaster		242	405	001	
K. Simplot	623	435	617	1675			342	485	981	
Master V					Quadralifting	CK	SQ	BP	DL	
K. Simplot			617	16/5						
Submaster 1			402	1262	FEMALE					
J. Langer	441	419	402	1262	Raw 165 lbs.					
Raw					B. Hermann	72	314	149	281	
						12	314	143	201	
High School		182	200	965	010					
C. Hanson	402	182	300	965	Raw					
181 lbs. Submaster					198 lbs.					
	314		424	1003	B. Hoekstra	143	320	281	457	
198 lbs.	314	203	424	1003	1202	143	320	201	437	
Teen					(Thanks to Ric	h Pete	rs of N	ASA fo	r results)	
reen					(Filalina to Kit		01 11		, courts)	



IBP First Health Bench Classic (photo courtesy of Keith Payne)

BENCH	S. Gloria 295
132 lbs.	Junior (20-23) Raw
Master (50-54) Raw	D. Ratliff 275
G. Raisin 160	Master 65-69 Raw
148 lbs.	J. Shoaf 250
Open Raw	Teen (16-17) Raw
L. Keenon 285	J. Kocan 205
Submaster (35-39)	198 lbs.
Raw	Intermed. (24-34)
L. Keenon 285	
165 lbs.	W. Allen 235
Junior (20-23) Raw	Teen (18-19) Raw
S. Joyner 230	B. Solomon 375
Master (45-49) Raw	220 lbs.
S. Hargrove 250	Master (40-44) Raw
Teen (18-19) Raw	J. McDougald 410
L. Minks 250	4th-420
Youth (12-13) Raw	Master (45-49)
R. Lassiter Jr. 105	R. Pardue 385
Youth (8-9) Raw	242 lbs.
R. David II 60	Intermed. (24-34)
181 lbs.	C. Brooks 450
Intermed. (24-34)	Intermed. (24-34)
Raw	Raw
W. Brothers 310	D. Catoe 225

Master (40-44) Raw Submaster (35-39) T. Cain 400 Raw Police/Fire/Military R. David Sr. 370 Raw T. Cain 308 lbs. 400 Teen (18-19) Raw Outstanding Lifter Open: Chad Brooks.
Outstanding Lifter Master: James
McDougald. Outstanding Lifter Teen: Brandon Solomon. (results from Keith Payne)

Champs Fitness Special Olympics

6 APR 08 - Sha	amokir	Dam	, PA
Special Olympics	BP	DL	TOT
114 lbs.			
A. Carlin	135	_	135
148 lbs.			
B. Shelly	145	275	420
165 lbs.			
B. Huber	175	245	420
181 lbs.			
L. Osman	185	275	460
198 lbs.			
D. Osman	165		500
R. Jones	45	85	130
275 lbs.			
M. Bordner		515	
N. Kalchigh		335	
J. Barsh	175	275	450
Guest Lifters			
R. Hillyard	415	-	415
165 lbs.	200		000
B. Fausey	300	500	800
19 lbs.			
J. Mays	525		525
Champs Fitness Cen			
and inspirational S	pecial	Olympi	CS POW-
erlifting meet. This	years	meet	ran well

erlifting meet. This years meet ran well and had some great lifts, such as Adam Catlin's 135 lb. bench press while weighing only 100 lbs. and having to be belted to the bench. Special thanks to Palmer Simpson, Fred Piermattei, Mark Holdren, Bud Wolfe, Mac McFadden, Liz Kotarski, Doug Cooper, and Greg and Bonnie Walker and the staff at Champs for making this meet possible. (results from Brian Crowe)



# **Captains of Crush® Grippers**



#### Are you tired of dropping deadlifts?

It's bad enough to lose a contest because you don't have the overall horsepower to pull the winning deadlift . . . but what if you missed the lift because your grip gave out?

If you don't want this to happen to you, we'll show you how to develop the kind of grip strength that will allow you to hang onto any deadlift you can pull. We have the equipment, the knowledge, and the system that strips away the voodoo and eliminates the guesswork . . . leaving you with record results in record time.

Captains of Crush Grippers®, the gold standard of hand grippers, are the worldwide benchmark for building and testing hand strength, and they come in ten strengths—suitable for everyone, from youths to grand masters, from novices to elite-level lifters. Proudly designed and built in the USA.

Each \$19.95 plus S&H: \$6.00 U.S.; US\$11.00 Canada; US\$16.00 all others

Available in our on-line store at www.ironmind.com.



IronMind Enterprises, Inc. . . . Hand Strength Headquarters™ . . . since 1988.

The Official Gripper of: The Arnold Sports Festiva The GNC Grip Gauntlet . U. S. Wristwrestling/

Mind Enterprises, Inc., P. O. Box 1228, Nevada City, CA 95959 USA • t - 530-272-3579 • f - 530-272-3095 • sales@ironmind.com • www.ironmind.co

AFPF Southern Cal Push-pull 22 IUN 08 - Sherman Oaks, CA BENCH 308 lbs

148 lbs. S Mendelson Junior (20-23) 132 148 lbs DEADLIFT Masters (55-59) . Tamerius 242 132 lbs. 165 lbs. Open
D. Burdette 325!\* Junior (20-23) D. Lu 303 MEN 165 lbs. Submaster (33-39) E. Dudley 181 lbs. Junior (20-23) D. Lu 402! 181 lbs. 198 lbs. K. Stevens ubmaster (33-39) I. Burdette 650!\* Open 220 lbs. 242 lbs. G. Olgin R. Walker Junior (20-23) E. Meikle 242 lbs. Junior (20-23) Masters (45-49) D. Macias 440 E. Meikle 374 Submaster (33-39) Masters (45-49) P. Tumminello518 D. Macias 402 275 lbs. Submaster (33-39) Junior (20-23) P. Tumminello 407 I. Iones AFPF Records. = AAFPF Records.

(Thanks to Dr. Dudley-Robey for results) **USAPL Richmond Open** 5 APR 08 - Mechanicsville, VA Powerlifting SQ BP DL FEMALE 132 lbs Open/MI D. Lawyer 148 lbs. 176 275 451 132 176 407 Open Raw James 203\* 115\* 253\* 571 L. Nelson 203 413 924 198 lbs. 93 148 220 lbs. SO Raw K. Martin 126 192 148 lbs.



Edward G. Dudley-Robey MD set a new AAFPF American Submaster record with a 402 lbs. bench in the 165 lbs. class in a single ply Kitana. Above he is flanked by great 198 lb. bencher James Burdette and official Kevin Meskew. His next competition is scheduled to be as a member of Team USA at the GPC World Championships in Birmingham, England (from Dudley-Robey)

SO Raw				
D. Taylor	-	71	66	137
Sub Junior				
J. Bowers		231*	352	957
165 lbs.				
Sub Junior Ra				
J. Park		159	270	627
Junior Raw				
D. Robinson	374	253	501	1128
Open				
N. Friebel				
J. Kariv	534	369	501	1404
Open Raw				
J. Cochcroft	237	176	325	738
181 lbs.				
Open Raw				
J. Preskar	363	264	468	1095
M II/Raw				
J. Alston	363	237	440	1040
MI				
Open Raw				

Penn	308	281	374	963
O Raw				
. Woolfolk	143	132	21	296
98 lbs.				
ub Junior Ra	w			
. Poland	181	181	314	676
O Open				
. Riggleman	275	226	303	804
ub Junior				
Clayton	413	242	435*	1090
ub Junior Ra	W			
	259	165	336*	760
pen Raw				
. Wright	374	297	457	1128
unior Raw				
. Cohn	413	275	485	1173
1 II/Raw				
1. Baker	407	286	512*	1205
20 lbs.				
1 II/Raw				
. Shroder	429*	292	474*	1195
unior Raw				

Junior Raw				
A. Cohn	413	275	485	1173
M II/Raw				
M. Baker	407	286	512*	1205
220 lbs.				
M II/Raw				
E. Shroder	429*	292	474*	1195
Junior Raw				
B. Gillespie	330*	314*	424*	1068
MI				
H. Gerard	_	513*	_	513
M I/Raw				
T. Meckley	352	192	402	946
242 lbs.				
Open				
J. Niedznick	463	- 00	_	463
T. Durrett	672	474	611	1757
R. Bastick	644	474	545	1663
Open Raw			0.10	.005
M. Baugham	401	314	226	941
Junior Raw				74.
N. Shook	534	363	474	1371
MI	334	303	4/4	13/1
W. Vansickie	451	341	496	1288
M III		341	430	1200
M. Nichols	407	292	507	1206
Junior Raw	407		307	1200
S. Murden	501	347	457	1305
275 lbs.	301	347	437	1303
Open .				
B. Connelly	589	319	501	1409
Open Raw	303	319	301	1409
M. Warren		501	650	1151
SO Raw	The	301	030	1131
P. Curry	143	154	347	644
Junior Raw	143	134	34/	044
Clingenpeel	325	341	479	1145
SHW	323	341	4/9	1143
Open				
J. Wehmann	705	584	639	1928
Open Raw	703	304	039	1920
M. Belby	512	418	600	1520
C. Harris	1011	457		1530
M I	1011	45/	600	2068
	F01	462	600	1564
R. Beans	501	463	600	1564
Open Raw				

325 303 501 1129 SO Raw L. Lumpotett \*=State Records. Venue: Atlee High School. Coordinators: Gary Emrich, Nick Minetti, Mitch Hayes. (courtesy of Tricia Emrich)

Pride NW Pro-Am 19 APR 08 - Coeur d'Alene, ID BENCH

198 lbs.

BENCH		198 lbs.	
FEMALE		A. Carroll C. Farmer	405
Open		C. Farmer	400
Open 148 lbs. L. Powell		M. O'Brieness B. O'Brieness 220 lbs. B. Elliston 242 lbs. W. Blagg	345
L. Powell	180	B. O'Brieness	315
Master (47-53	3)	220 lbs.	
148 lbs.		B. Elliston	405
L. Powell	180	242 lbs.	
Raw		W. Blagg	380
Onen		W. Blagg Submaster (34 165 lbs.	-39)
114 lbs		165 lbs	331
M Davennor	165	Submaster (34 165 lbs. P. Recanati Master (40-46 220 lbs. M. Martin	100
122 lbe	1103	Master (40.46	190
D. Morette	150	Master (40-46	,
D. Moretto Master (40-46 198 lbs.	130	220 108.	
Master (40-4t	)	M. Martin	315
198 lbs. S. Stuthelt MALE		242 lbs.	
S. Stuthelt	155	C. Fisher	300
MALE		242 lbs. C. Fisher 4th-320 259 lbs.	
Teen (16-19)		259 lbs. B. Brennan Master (47-53	
132 lbs.		B. Brennan	450
D. Hanson	330	Master (47-53	)
148 lbs.		198 lbs.	
R. Segura	265	G. Budd	300
Junior (20-25)		198 lbs. G. Budd 220 lbs.	
165 lbs.		I. Prussack	290
M. Menke	7	DEADLIET	230
220 lbe	-	EEMALE	
K Hibler	265	Paul	
Ath 275	303	Raw	
4th-3/5		Open	
Master (40-46	)	220 lbs. J. Prussack DEADLIFT FEMALE Raw Open 123 lbs. D. Moretto MALE Teen (16-19) 148 lbs. R. Segura 4th-415 Open	
181 lbs.		D. Moretto	215
D. Lenius	460	MALE	
4th-475		Teen (16-19)	
198 lbs.		148 lbs.	
A. Dinsmore	280	R. Segura	405
Master (47-53	)	4th-415	
242 lbs	,	Open 275 lbs. K. Jensen Master (61-67 165 lbs. L. Forbes 4th-350 Master (75-79	
K. Dionne	365	275 lbs	
Unlimited	303	V Jonean	675
Master (47 52		K. Jensen	0/3
Master (47-53	)	Master (61-67	)
308+ lbs.		165 lbs.	
P. Rausch	750	L. Forbes	340
Open		4th-350	
308+ lbs.		Master (75-79)	)
R. Kennelly	1000	242 lbs.	
Raw		4th-350 Master (75-79 242 lbs. L. Corulli	350
105 lbe		Raw Teen (13-15)	
D. Kampan	or.	105 lbs	
D. Kampen	85	105 IDS.	
148 IDS.		D. Kampen	175
J. Hockaday	225	Teen (16-19)	
Teen (16-19)		132 lbs.	
132 lbs.		Teen (13-15) 105 lbs. D. Kampen Teen (16-19) 132 lbs. D. Hanson 165 lbs. J. Carter T. Mick	350
D. Hanson	265	165 lbs.	
148 lbs.		I. Carter	460
R. Segura	210	T. Mick	405
181 lbs		4th-435	.05
7 Niclas	245	220 lbs	
A Conzaloz	295	P Endore	500
A. Gonzalez	203	P. Enders	500
198 IDS.	20.	J. Flanson 165 lbs. J. Carter T. Mick 4th-435 220 lbs. P. Enders 308 lbs. M. Yule 4th-405 Junior (20-25)	
I. Fry	325	M. Yule	380
4th-340		4th-405 Junior (20-25) 220 lbs.	
220 lbs.		Junior (20-25)	
P. Enders	325	220 lbs.	
4th;340		K. Hibler	465
242 lbs.		Open	
R. Gibs	375	165 lbs.	
259 lbs.			320
Wentworth	390	4th-350	320
308 lbs.	330		
	205	198 lbs.	EAE
M. Yule	205		545
4th-210		Master (40-46)	
Junior (20-25)		198 lbs.	
165 lbs.		A. Dinsmore	280
M. Menke	285	4th-290	
220 lbs.		242 lbs.	
K. Hibler	335		425
C. Jones	375	Master (47-53)	
259 lbs.	2.3	181 lbs.	The Control
	320		515
D. Budd	320		515
Open		220 lbs.	
165 lbs.	FA19.		425
S. Mills	295	Special Olymp	pics
4th-305		198 lbs.	
Gronenthal	245	A. Dinsmore	280
	243		
181 lbs	245		
181 lbs. D. Linerud	410	4th-290	

4th-415

(Thanks to Pride Powerlifting for results)

#### USAPL Idaho State High School 9 FEB 08 - Nanpa, ID Powerlifting SQ BP DL TOT FEMALE 123 lbs 260 170 280 710 165 lbs. 385 170 380 935 181 lbs 375 155 285 815 MALE A. Archuleta 205 175 300 N. Stevenson 440 260 425 1125 . Walton 165 lbs. 470 245 470 1185 Siverson 440 265 470 1175 Norris 360 210 C. Allen T. Sutherland 360 260 435 1055 198 lbs. 505 275 475 275 1215 475 465 . Trompke 365 200 400 965 242 lbs. 480 310 480 1270 450 305 A. Carrillo 405 305 480 1190 B. Watkins Dammerman 465 300 465 1230 D. Lancaster 435 240 435 1110 Frosh/Soph Boys: Jesse Norris. Best Lifter Varsity Light Boys: Nick Stevenson. Best Lifter Varsity Heavy Boys: Garrett Kroon. Teams: 1st-Columbia, 2nd-Centennial, 3rd-Skyview. (Thanks to USAPL for the results)

13th Du	ungeo	n Powerwor	ks
19 APR (	08 - T	hree Rivers,	MI
BENCH		B. Metz	315
WOMEN		198 lbs.	
Teen (16-17)		M. Cassin	295
SH		D. Scheuman	275
S. Baty	210	242 lbs.	
Open		A. Brown	505
SH		SH	
S. Baty	210	G. Little	425
MEN		Unlimited	
Teen (13-15)		198 lbs.	
148 lbs.		J. Barker	515
S. Baty	125	308 lbs.	
(18-19)		M. White	700
165 lbs.		DEADLIFT	
L. Heivilin	200	Teen (18-19)	
Submaster		L. Heivilin	425
220 lbs.		Master	
P. Morris	-	148 lbs.	
Master		M. Wider	440
181 lbs.		D. Larkin	350
J. Smoker	290	181 lbs.	
J. Kiszelik	185	J. Smoker	480
F. Stokes	300	275 lbs.	
198 lbs.		M. Sawyer	600
D. Horn	350	Open	
D. Ross	315	165 lbs.	
275 lbs.		B. Metz	420
T. Bennett	500	198 lbs.	
M. Sawyer	440	M. Cassin	600
M. Flagg	480	C. Krumpie	535
Zimmerman	405	242 lbs.	
SH		A. Brown	550
Striverson	460	Unlimited	
Open		308 lbs.	
165 lbs.		M. White	810
Best Lifter Be	nch: A	aron Brown. Be	st Lif
Deadlift: Mil	ke Cas	sin. (Mark Me	llinge

**USAPL Bare Fitness** 

29 MAR 08- Middlet

236

181

I. Mici

220 lbs

242 lb

275 lb

143

BENCH

B. Haley

B. Hogan

Push Pull

FEMALE

132 lbs.

O. Ceresnak

275 lbs.

Open 181 lbs.

Dr. Di Pasquale, the father of low carb cycling diets, including his ground breaking Anabolic Diet, Metabolic Diet and Anabolic Solutions, is one of the most respected names in powerlifting. The MD+ line of products that he formulated and manufactures, and which include the ground breaking Exersol and NitAbol, are the best nutritional supplements for powerlifters available today. That's because they are formulated by the one person in the world with the knowledge, credentials, qualifications, reputation and expertise to do the job right. His four decades of medical, nutritional and powerlifting experience and expertise, along with his two decades as a competitive powerlifter, which culminated in his IPF and World Games gold medal victories, give him that all important edge. Trust my books and supplements to help you maximize your strength and lean muscle mass. **Diet & Training Solutions** www.metabolicdiet.com & www.coachsos.com email: ceo@metabolicdler.com or call toll free 1-866-397-1348 SSA War Town Challenge

**WHO CAN YOU TRUST?** 

ASK THE DOCTOR MAURO DI PASQUALE, M.D.

ed		132 lbs.
		B. Coisso
te	810	C. Mang
vn. Be	est Lifter	148 lbs.
k Me	ellinger)	J. Kavarr
	16.61	Raw
	demod	148 lbs.
BP/	PP	M. Hami
on,	NY	165 lbs.
k	242	B. Rosa
š.		181 lbs.
	ast 303	N. Valer
	281	198 lbs.
š.		D. Patri
ev	314	M Grass
S.		220 lbs.
ano	_	R. Quino
DL	TOT	R. Hanir
		T. Lough
		242 lbs.
		R. Smith
297	440	275 lbs.
779/		V. Malfe
		(Thank y

270 352 622 231 225 407 633 231 418 650 270 374 644 291 512 804 314 473 788 523 865 297 396 694 s. Submasters
th 391 507 881 \*=IPA records. IPA 1st Place: Robert Norris
s. \$250 IPA 2nd Place: Robert Norris
\$181 lbs. \$250 IPA 2nd Place: Scott Lewis \$100, IPA \$181 lbs. \$250 IPA 2nd Place: Scott Lewis \$100, IPA \$181 lbs. \$1

IPA Bench Armageddon 22 MAR 08 - Allentown, PA Open Raw 198 lbs. BENCH WOMEN D. Siegfried 405 Master (45-49) 275 lbs. S. Lewis Open Raw 148 lbs. Pro Open 198 lbs. M. Borzok J. Hanisak 308 lbs. 505 Amateur S. Lewis 565 Open Raw 165 lbs. Locals Open Raw N. Snyder 405 Master (65-69) Open M. Georgiev 410 4th-335\*

Masters Single-ply 200 lbs. S. Strickland 275\* 181 lbs. M. Freeman 400\* D. Berrie DEADLIFT 148 lbs 165 lbs. S. Fulgrahm 250\* 198 lbs. 198 lbs. R. Daniels 220 lbs. R. Daniels 330 Powerlifting SQ BP DL Open 220 lbs. 650 385 640! 1675 Niblett Submasters

15 MAR 08 - Warner Robbins, GA

BENCH

220 lbs.

M. Renfroe

#### AFPF/AAFPF Membership Application Check the box that applies below

□ American Frantz Powerlifting Federation □ Amateur American Frantz Powerlifting Federation

Last Name		First 1	Name					M.I.
111		1111	11	11	1	1 1	11	1
Street Address					Date	e of A	pplication	
		1111	11	1-1		1	11	1
City					tate	Zip (	Code	
Area Code	Telephone Number	Date of Birth		Age	Sex		U.S. Cit YES	izen NO
	e (Circle Appropriate Fee)  AAFPF: \$30   AFPF & AAFPF:	Registratio	n Number	I	mail A	ddress	E SALIN	
			AFPF/AAF 3010 N. To Las Vegas, 702-656-67 630-546-3	mey Pines NV 8910 762	Drive.	A	AFPF/AAF 52 So. Bros Aurora, IL 503-546-37	60543
If under 18, have parent initial here	I certify that the above answers at and that I am eligible in accordan the rules of the AFPF or AAFPF		х			Par Cal		

That 3rd one was a grinder. On to the deadlift, where 501.5 was good and 529.1 prompted a smoke show" from the announcer and white lights. The third, 551.1, was a no go. Goetsch finished the day with a 1570.7 total and a third place.

Johnny May, 40, of Carrollton, TX executed his 1st squat, but was called on depth. His 2nd was a sure and steady 777.1, good lift. 804.7 fell short for a 3rd attempt. After a slow start in the bench, missing 628.3, this Bad Attitude Gym lifter nailed his 2nd, 3rd and 4th attempts, 639.3, 655.8, 677.9. His 4th attempt was surely earned on the last few inches, slow and steady. May sealed his bench record with an easy 451 DL opener. Then to 501.5 for a clean 2nd. 3rd at 523.6 was no lift. May totaled 1934.5 for a second place finish.

Al "Fachino" Caslow, 28, of Olathe, KS, had an excellent dip technique on first squat attempt at 782.6, good lift. His first try at 815.7 had a faulty set up, he asked the spotters to take it. His third attempt, 815.7, was a bit wobbly in the bottom, but he balanced it out for a good lift. Caslow knew he would have to deliver on the bench. After a personal record squat, he knew he was strong. His benches were solid, 490.5, 512.5 and 534.6. Surely there is more left in the tank. The first deadlift for Caslow. 655.8, was a good lift, though he had to recover from a stall out near the top. He missed 683.4 on his 2nd and 3rd. Caslow totaled 2006.2 to capture the first place metal and the Lightweight Best Lifter Award.

198 lb: Shawn Frankl, 30, of Sioux City, IA, had very strong lifts, but was called on depth for his 1st and 3rd. On the 2nd he lost his balance at the top before the "rack" command. Frankl continued lifting with a stellar showing in the bench press. He knocked out 821 on his third attempt after successfully lifting 771.6 and 811.3.

Timothy Pigeon, 26, from

Phoenix, AZ, had a serious battle with 810.2. His second squat was nearly a catastrophe, his knees shot out in front of him and the bar was "lowered" to the ground by the spotters. Luckily, everyone was okay. Pigeon's last attempt at 810.2 looked good,

but wasn't deep enough. HEAVYWEIGHT FULL MEET

220 lb: Anthony McCloskey, 17, of Glen Mills, PA, is very impressive! His opener squat was a bit high, at 705.5. He rock and rolled on his 2nd and 3rd attempts; 705.5 and 755.1 successfully. McCloskey went for



275 lb. Class Winners: Anthony Carlquist, Mike Griffin, Jose Garcia

a record 4th attempt at 837.7 to no avail. His first bench attempt was a smooth 485.0. Attempts at 507.1 were a no go. McCloskey had an easy opener on the deadlift at 633.8. His 2nd was locked out, but the judges saw error on his 661.4. A third was also no lift. This man of 17 years totaled 1873 for 5th place.

Matt Sahlfeld, 22, is new to Omaha, NE and Big Iron Gym, but has made somebig changes in his strength and physique. His leaner body loosened his gear, which made the squats a bit of a struggle. Sahlfeld got 705.5 on his 2nd try and passed his 3rd Bench press went fantastic. All were executed nicely, 507.1, 518.1 and 529.1. In the deadlift, 639.3 was good. On the 2nd attempt, Sahlfeld had to prove himself on the 661.4 lockout. He did it. Matt gave 672.4 everything he had left, to no avail. He ended the day with a 1896.

Henry Fletcher, 44, of Orange, TX had a freaky wide squat stance. He had a set-up falter on his 2nd attempt at 909.4. But, his first attempt at 843.3 and his third attempt 909.4 left no doubt. Good lifts! The bench put up a fight on the 2nd attempt, as the bar dipped on the right side with 512.6. But the opener of 479.5 and the third attempt at 512.6 were successful. Fletcher's first deadlift was 650.4, good lift. The following attempts at 705.5 looked to be rough on the grip, no lifts. Fletcher closed out this

meet with a 2072.3, third place. Ray Pierce, 36, of North Ridgeland Hills, TX looked like he had an empty bar when he was squatting his first two attempts, 804.7, 854.3. This Bad Attitude Gym lifter's 903.9 was a real grinder near the top but he managed a good lift. Pierce's first bench attempt was a

rocket at 567.7. The same for his second attempt at 584.2. 600.8 faltered a bit at the top, no lift. In the deadlift, again the empty bar! Pierce smoked through his lifts, 556.7, 606.3, and 633.8, giving him an 8 for 9 tally. His total 2121.9 led him to a second place finish.

Jason Coker, 33, of Frisco, TX represents Bad Attitude Gym and Big Iron Gym. Both are proud of his stellar performance! Coker, after pausing in the hole with 804.7, locked out with ease. Coker felt uncomfortable with the initial descent with 848.8 and asked the spotters to take it. His 903.9 squat was too much after having trouble out of the rack. Moving into the bench, Coker found real fire. 804.7 for an opener is insane! No problem for Jason. Then a world record at 821.2. A third attempt was attempted at 837.8, but it was no lift. Coker's first deadlift at 551.2 slipped out of his hands, but he got a good lift on the second try. 584.2 slipped the grip again, leaving Coker with a 2177.1 total and, no less, a first place trophy.

242 lb: Kurt Soileau, 27, of Hardcore Barbell in Baton Rouge, LA, had a couple of stall spots on his first two squats at 821.2. Though he locked out his final

attempt, the judges said no lift. Sean Donegan, 38, is the owner of Bad Attitude Gym in Dallas, TX. Because he was recovering from major back injury, Donegan had a depth issue on his 1st squat and asked the spotters to take the 2nd. However, after missing 733.0 and 755.1, he put the pressure on himself: "If I don't get this lift, I am going to retire". He squeezed out 755.1 on his third to not only stay in the meet, but in the sport. Donegan's opener bench was a fighter at 540.1, but he won. Two attempts

at 567.7 fell short of lockout. Donegan was cooking in the deadlift, 573.2 and 606.3 were great. His third attempt was just short of the down command at 644.9. The day ended with a 1901.5 total and fifth place.

Nathan Gentges, 22, of Sedalia, MO powered right through his squat attempts. 755.1, 810.2 and 854.3. He practically does a good morning with the weight. Gentges' first bench attempt was a "smoke show" at 617.3. The 650.4 2nd attempt looked easy, but the judges called no lift. The 3rd at 661.4, got out of groove at the bottom, and was a no go. Gentges locked all his deadlifts out. 611.8 was good. 644.9 on his 2nd was taken from him on a technicality, but he got it on a 3rd. His 2116.4 total put him in 4th place.

Justin Redding, 32, of Omaha, NE, a Big Iron Gym lifter, had technical issues in the squat, but managed his 3rd try at 942.5 to stay in the meet. Redding's opener bench, 622.8, was wobbly, but good. 633.8 tried on the 2nd and 3rd attempts will have to wait until next meet. On his first attempt DL, 683.4. he hitched at the top for no lift. Redding went up for a good lift at 694.5. No lift for the 3rd attempt at 705.5. Redding's total slid him in to third place, 2259.7.

Brian Carroll, 27, of Jacksonville, FL made 1019.6 look like child's play on his first squat. 1058.2 needed more depth on his 2nd and 3rd tries. Carroll's first bench attempt looked like it had wings at 711.0. Then an up and down motion took away his 738.5 attempt. His third at the same weight was a no go. In the deadlift, Carroll's opener was good at 733.0. His second, 755.1, was fantastic, and his arms flew over his head in victory. 804.1 wasn't in the cards, leaving Carroll with a 2502.2 total for 2nd place.

James Grandick, 39, aka 'Jimmy" around Big Iron Gym in Omaha, NE, had a memorable day. He is a squatting machine. securing 981.1 on a first attempt. The 2nd attempt at 1008.6 was no lift. Then he pushed through a center stall-out with 1008.6 on his 3rd for a good lift. In the bench, Grandick was in attack mode and he would have to stay that way because 771.6 gave a hell of a fight! Jimmy finally won that fight on the 3rd attempt. The only problem Grandick found in the deadlift was his third attempt at 766.1. But, his first two attempts were smokin' at 733.0 and 755.1. The final total of the day was 2535.3 and that put Jimmy on top, first place and Heavyweight Best Lifter.

275 lb: Ross Bowsher, 26, of

Franklin, IN, was denied on depth with his opener, but he sailed through his 2nd attempt at 848.8, good lift. 870.8 looked easy, but the judges called him for depth. In the bench, both Bowsher's first and second attempt at 512.6 were called on technicalities. The third was a charm, good lift. By the deadlift, it looked like Bowsher's nerves were shot. His body shook pretty hard on the first attempt at 672.4, causing him to miss lockout. Same weight, second attempt, was locked, but called no lift by the judges. 672.4 was not completed

Gregg Damminga, 46, of Eagan, MN, was just a bit high on his first squat of the day at 832.2. He crawled

deeper with his 2nd try for a successful 832.2 squat. The descent with 903.9 was a bit off, so the spotters took him back to the rack. In the bench press, Damminga squeezed out a 507.1 for a good lift. 551.2, tried on the next two attempts, was not in the cards. Damminga has a long, long way to go to lock out a deadlift. This guy is super tall. He managed 672.4 on his first and captured a Master II APF record with 733.0 on his second, no problem. 755.1 was locked and looked good, but wasdenied by the judges for not controlling it to the ground. This left Damminga with a 2072.3 total and 5th place.

Matt Brown, 26, of Arlington, TX, faltered in the hole with his first squat of 815.7. The 2nd attempt at the same weight was just a bit high. On his last try, he pushed into the bucket until he heard his Bad Attitude Gym teammate call his depth, to stay in the meet. Brown smoked his opener bench, 523.6. His 556.7 2nd try was a real grinder at the top. His third at 584.2 was a max effort, but fell short of the top. Brown's first deadlift was 804.7...let's pause... and repeat, 804.7. It was a rocket! Though 837.8 was missed on the next two attempts, such numbers are a sure sign for him to be on top one day. Brown finished the day with a 2177.1 total and 4th place.

Anthony Carlquist, 29, of Fargo, ND, buried his squat opener, an easy 925.9. Then he put on a show with 1003.1, slow and steady and a good lift. The third attempt, 1025.1, would be saved for another day. Carlquist was unstoppable in the bench. He went 3 for 3 with 628.3, 655.9 and 677.9. He really had to grind out the last one, great job! Carlquist kept his streak going into the deadlift where he went 650.4, 705.5 and 727.5.



8 for 9 and finishing with

a 2408.5 total gave

Hoss Squat: Scott Cartwright in the 308 class

Carlquist third place. Jose Garcia, 31, of Aurora, IL, after an awkward squat descent with 1025.1 decided to rack it and come back to get it on his second. The last attempt at 1074.8 got away from him a bit and the spotters guided him to the rack. Garcia breezed by with 589.7 on his first bench. Same with his second attempt, 611.8. 644.9 will come another day. Garcia's deadlift opener and his second attempt were effortless at 777.1 and 804.7. 843.3 slipped out of his hand from the start. He ended up with a 2441.6 which put him in second place.

Michael Griffin, 32, of Beaumont, TX, "What was that like 135?" the announcer said as he put away 1008.6 for his first squat. His 1074.8 2nd faltered slightly at the top. Don't blink as he moved that weight super fast on his 3rd for a good lift. The bench press opener,

584.2, was no problem for Griffin. As he attempted his second at 622.8, he took audible commands from a fellow lifter. "Heels down", "big belly", "elbows, elbows" and the lift was good. The neat thing was that the help was from a Big Iron Gym lifter he just met that day camaraderie. 644.9 was 100% effort and a good lift by the judges. Griffin looked like he was still warming up on his first two deadlifts, 722.0 and 760.6. 804.7 looked strong and steady until the left hand slipped. By this time Griffin had sealed in a 2480.2 total for first place.

308 lb: Dale Pearson, 46, of Gibbon, NE, is a long time friend

of Coach Rick Hussey of Big Iron Gym. His squats are 100% brute strength 876.3 and 903.9 stood no chance. 931.5 was powerful, but high. After dumping 578.7 at the bottom in his first Pearson attempt. powered through on his second try at the same weight. 600.8 was no lift. It was an easy opener for Pearson's deadlift at 733.0. Then 755.1 slippedout of his hands at the very top. Ditto for the third attempt. Pearson's total of 2215.6 landed him 5th.

Greg Tillinghast, 36, of Little Elm, TX (how cute), mastered his first squat at 953.5. 1008.6

lason Coker readies for an incredible bench

stalled out half way. His next try at 1008.6 was a rocket, but denied by the judges. Tillinghast's first bench sailed to the top for a good lift at 722.0. On the 2nd, 749.6, his right hand slipped out and the weight landed on his belly. Quick catch by the spotters and he was okay. 749.6 on a third was work, vet successful. Tillinghast did an easy opener deadlift at 633.8. Then 661.4 slipped at the top on his 2nd and was a loss due to grip on a 3rd. Tillinghast came up with a 2336.9 and 4th place.

Scott Cartwright, 38, of Carmichael, CA, opened his squats with an amazing 1041.7 and it was easy, the judges agreed. His 1102.3 second attempt was the single most unstable, successful squat known to man, hats off! I think we all took a sigh of relief after watching that. The wobbles sent him off balance on his final at 1129.9. Cartwright is very happy to be in the 1100s. As a world champ sometimes does, Cartwright lowered his opener 501.6 to seal his squat

record in tight. 639.3 and 650.4 were no gos. Missing lifts was not an option for him in the deadlift. This guy is a machine, cranking out 705.5, 755.1 and 771.6. These lifts lined him up for a third place finish with a 2375.5 total.

John Manly, 44, of Lake Wales, FL wasn't able to train heavy for 4 weeks leading up to nationals, due to dehydration. In the squat, Manly stalled at the very top with 981.1, but captured it on his 2nd attempt. 1025.1 would have been a PR, but was no lift. Manly secured a 705.5 opener bench. The 2nd, a PR 738.5, stalled 2 inches from lockout. He passed his 3rd because none of his competitors improved on their 2nd attempts. Manly got a great opener deadlift at 727.5. Good thing, as he pulled his hamstring at the

beginning of 766.1 for no lift. He passed his 3rd. Manly only got one lift in each event but still got 2nd place with 2414.1.

Greg Theriot (terry-o), 24, of Baton Rouge, LA squats with a dip and a grind, getting 975.5 for an opener. On the second attempt with 1008.6 Greg ended up face down on the floor, the weight on the platform and one of the spotters had a hematoma the size of a softball for the next 3 weeks. CRAZY! Theriot got back on that horse to capture the 1008.6 squat. This big man with a spider bench stance muscled through the top end of a 683.4 bench for a good lift. The next two attempts at 705.5 were

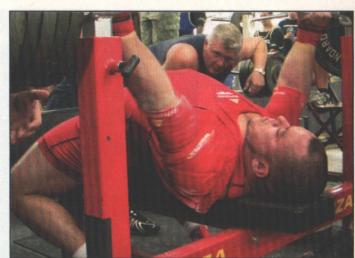
caught just below lockout. Theriot noticed there were three lifters within 5 kilos of each other going into the deadlift. Theriot looked fine on the first pull, 760.6, but the judges gave red lights. Not on the next try, 760.6 was a good lift. 810.2 was a no go, but not needed to land Theriot in first place with a 2452.6 total.

SHW: Hunter Smith, 24, of Baton Rouge, LA, a Hardcore Barbell lifter, gave a good effort with 799.2 in the squats to no avail. Smith is new, and nerves got the best of him. The remedy, Coach Garry Frank suggests, is to do six meets this year.

Garry Frank, 43, of Greenway, LA, the soul of Hardcore Barbell kept us mesmerized to the tune of Ozzy as he squatted 1014.1 with ease. His second attempt at 1036 was called high and 1041.7 was a no go. The battle on Frank's bench was finding his groove to the chest on each attempt for no completed lifts, 826.7, 843.3 and

17-18 MA	F Ma			ME	R. Tine	474	413	507	
	11 00		Charles and the same		T. Hron	601	364	491	1455
BENCH			Guernsey		Master (40-50				
FEMALE		B. S	mith	402	J. Westloish	672	4872		
Open			verkhey	-	J. Grant	441	347	491	1279
D. Bahns	165	Ligh	nt		J. Timberlake	457	281	380	1119
K. Saunders	209	M.	Guernsey	375	Master (50+)				
MALE		M.	Bazinet	502	Ventriglia Sr	.276	187	309	772
Teen		Mas	ter (40-5	(0)	Open				
C. O'Donald	380	M.	Bazinet	502	C. Young	408	2221	441	3070
C. Popper	248	G.	Guernsey	474	K. Johnson	606	590	524	1720
Open		Mas	ter (51+)	CORE Sed.	C. Grenon	529	386	474	1389
Heavy		0.	Berkman	303	T. Allen	485	281	502	1268
FEMALE	SQ	BP	DL	TOT	T. McKitrick	485	287	424	1196
Open					Ventriglia Jr.	375	265	502	1141
B. Mazeralle	325	154	353	832	R. Trundy	860	529	667	2056
A. Cormier	248	165	243	656	A. Robertson	644	358	623	1625
Master					S. Blanchard	61	551	617	1229
J. Clough	281	127	303	711	G. Bailey	661	480	606	1747
MALE					C. Fredette	860	502	601	1962
Guests					R. O'Reilly	904	502	656	2061
P. Bennett	452	243	457	1152	S. Rollins	562	402	491	1455
G. Allen	215	83	215	513	N. Hobbs	353	342	402	1097
F. Perry Jr.		375		375	M. Israelson	744	524	656	
Teen Open		The Is		15 Feb.	I. Cross	1020		750	2282
J. Groesser	590	347	562	1499	Westbrook Ar			Matt	Israelson

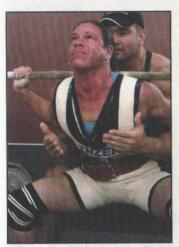
3803 North Bryan Road wnee, Oklahoma 74804-2314



Mike Schwanke benched 700 weighing 220 at the APA Thunder Bay Open (photos by Scott Taylor)

CF	<b>S</b>	I	N	1-	800	<b> -2</b>	12-	005	1	)
POWERLIFT a STRENGT	bi ING, OLY II TRAIN	a I	TIME SPORTS		"XTREM SQUATT by Rickey D \$24.95	IE TING" SP Bule Crain	ECIAL th Books 39,95	"XTRE	hed copies of CME LIFTING" v Dale Crain	
R's Ruck Limited Seguides	Bench Piess More How Mote How Motesphin 520.00	BENCH PRESS	Bench Assout / O Brien 515.00	SQUAT AND DEADLET BLIZZ TO BE CONTROL WHICH BY SQUARE AND DOORSELF WHICH BRIZZ / O'Brien \$15.00	Building The Buyest Bench Press Contresore \$16.95	Powerkfings Greatest Bench Presser / Williams \$19.95	Womens Biggest Bench Press Proton 54 90	Add 50 to 75 lbs. To Your Bench Press Add 50 to 75 lbs. To Your Bench Press / Lain \$16.00	John Black Presents Powerbald   Black   Black	
Fut Casery King of the Powersthan 115.05	Provestifing Basine Tessas Styler Kalso \$16.95	SUPER SQUATS Super Squate / Strosten \$16.05	Squatting At A Premium / William \$10.95	ROCK WELL'S The Bench Press / West \$15.00	Chack out other back isoto of from Man. Attack out Fine out Fine Your Physiogram Muscle Developm and many other CALL PCR COMPLETE LIS Some fracting on the 1938? a.		BUY 4 PLUSA AND GET 1 FREE	Powerthing Magazine Binds Play STS 00 NOW \$7.50	WOBINGSET LOS. Worked Worked Vorked Log St 200	
Stronged Sholl Surviva / Start 124.00	Powershap / Grooves \$10.95	Speed - Strength Training For Football - SB 18-00	All Sports Training Manual / Everson \$8.00	Quantum Streogth & Power Training III	Explosive Litting for Sports Book w DVD - Newton 543.98	Weight Training Technique / McRobust 230 06	Supertraining / Sil	13 M 13	Sports Agility / Kreis \$10.95	
Keller's Name Name Brass Brass Book / Keller S14.30	OPTIMAL 18 USCL 18 USCL Cottenal Muscle Training Knaken / \$27 05	Sports Chufe Training Manual- ISSA / Hutbets 510.0	Relax Marian American	Bayond Stretching Truthcolline 534 15	Sour To The Pougle Fashsouline	6-Proof Ris	ssian Kettlebell Challenge (Tradscraline M.85 Virlag 200.05	Veigniffing Encylopeda / Drechsler 334 95	OLIMPIC Vacytic Charles Charge: Shie Valentifing / Schwitz S24.85	
Kook Letters 1 Anderson 26.00	Prose By Pass 1 Andreas 2 10 05	Security's Ciff My Shrength Finderson \$10.05	CONTRACTOR OF THE PARTY OF THE	Youth Strength	NDERSON		Father Son	Forty Rising	Strength How Els	

**APA Thunder Bay Open** 19 APR 08 - Tampa, FL 275 lbs. Master III Raw S. Schultz 330 MALE 181 lbs. Open Raw J. Hill 308 lbs. 430 Open I. Miller 198 lbs 550 Master II Raw Master I 335 T. O'Donnell 300 R. Douglas 220 lbs. DEADLIFT Master I MALE R. McLeod 475 Master II Raw Master III Raw T. O'Donnell 565 Master II S. Schwarzer 300 242 lbs. T. O'Donnell 600 Master I 365 R. Squire Push Pull BP DL TOT FEMALE Open Raw H. Dyer MALE 90 300 535 Master I Raw G. Goins 210 325 535 181 lbs. Open UNL T. Garland 220 lbs. Open M. Schwanke 700 800 1500 242 lbs. Open UNL C. Smith 275 lbs. 775 735 1505 Open N. Young 420 600 1020 Powerlifting SQ BP DL TOT FEMALE 132 lbs Master T. Rishoff 260 135 300 695 148 lbs. Open UNL S. Mikolay 400 235 320 955 Raw H. Dyer MALE Teen (16-17) Raw K. Serrano 275 215 360 850 Teen (18-19) Raw W. Serrano 305 260 335 900 Teen (18-19) Raw 315 225 500 1040 181 lbs. Open Raw E. Talmant 480 275 635 1390 B. Highnote 406 350 445 1201 Submaster Raw Submaster Raw
B. Highnote 406 350 445 1201
Submaster DT Raw
B. Highnote 406 350 445 1201
DT=Drug Tested. Women's Best Lifter Powerlifting: Suzanne Mikolay. RAW and Overall Best Lifter Powerlifting: Eric Talmant. RAW Best Lifter Push Pull: Gary Goins. Overall Best Lifter Push Pull: Mike



Suzanne Mikolay squatted 400 in the 148s at the APA Thunder Bay meet in Tampa on April 19th.

Schwanke. RAW Best Lifter Bench Press: Joe Hill. Overall Best Lifter Bench Press: J.C. Miller. Overall Best Lifter Deadlift: Tom O'Donnell. Special thanks to our spotters, loaders, and referee's for doing an excellent job and Pittbull Gym for a great meet site. I would also especially like to thank Tommy Fannon of Tampa Barbell and Eric Talmant for providing some additional meet equipment that made the day even more pleasurable. Several records of all levels were set and old

records of all lev records broken. (Se	cott Tay	lor AP	A Pres.
Lebanon HS S 31 MAY 08 - I	trength	Chal	lenge g, PA
FEMALE	BP	DL	TOT
(9th-10th Grade)		0.	
88 lbs.	55	125	180
K. Strohm 97 lbs. E. Monk	33	123	100
9/ IDS.	100	190	200
E. MONK	100	190	290
165 lbs.	405	105	300
S. Hummel	105	195	300
(11th-12th Grade)			
132 lbs. C. Kreiser	100	200	200
	100	260	360
MALE			
(9th Grade)			
123 lbs.			
J. Eisenhauer	120	210	330
132 lbs.			
D. Imlur	125	200	325
148 lbs.			
N. Gerdes	210	320	530
165 lbs.			
D. Gonzalez	175	340	515
181 lbs.			
A. Griffin	235	415	650
B. Coleman	185	315	500
198 lbs.			
C. Drahovsky	190	395	585
275 lbs.		0.50	000
A. Sullivan	215	340	555
(10th Grade)	213	340	333
114 lbs.			
J. Conner	105	210	315
132 lbs.	103	210	313
T. Cromleigh	165	280	445
	103	200	443
148 lbs.	140	240	200
D. Winters B. Cromleigh	140 175	240	380 175
B. Cromleign	1/3	_	1/3
165 lbs.	225	270	-0-
J. Weatherholtz	225	370	595
K. Lear R. Deaven	165	330	495
	175	285	460
181 lbs.			
J. Groff	200	350	550
198 lbs.			
S. Sellers	265	385	650
B. Santiago	215	405	620
B. Santiago J. Daullary	195	335	530
220 lbs.			
Z. Hickernell	220	450	670
J. Hoke	205	410	
D. Leonard	225	350	575
S. Beck	190	370	560
242 lbs.			
Z. Donmoyer	200	340	540
275 lbs.			

M. Dechert	290	470	760
M. Meagher	225	475	700
HWT			
R. Wentsler	225	410	635
(11th Grade)			
165 lbs.			
R. SanMartin	145	380	525
181 lbs.			
B. Arnold	275	435	710
198 lbs.			
T. Burton	165	425	590
220 lbs.			
L. Brungart	265	425	690
275 lbs.			
N. Bicher	250	450	700
(12th Grade)			
181 lbs.			
C. Rice	285	330	615
198 lbs.			
B. Stahlman	225	380	605
220 lbs.			
A. Trovinger	180	340	520
HWT	-		
		405	
Ths was a raw meet			
Monk Jr. Thank you	to ou	r offici	als: Bi

Spayd, John Long, and Denny Habecker.
Loaders/Spotters: Chris Gates, Doug
Campbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Best Lifter Girls 9thCampbell. Scorer: Victoria Monk. Guest
Lifter: Jared Menne. Guest
Lifter: Campbell. Scorer: Victoria Monk. Guest Lifter Girls 9th10th Grade: Elizabeth Monk. Best Lifter
Girls 11th-12th: Cortney Kreiser. Best
Lifter Boys 9th: Anthony Griffin. Best Lifter
Boys 10th: Mason Dechert. Best Lifter Boys
11th: Ben Arnold. Best Lifter Boys 12th:
Team Champions: Elco Raiders. (John Monk)
Worlds. This young man left with determination of control of the worlds. This young man left with determination of the contribute training was anticipate.

# Clash of the Super Powers

nation to continue training; we anticipate great gains in his future. Blake Harris, Clash of the Super Powers
17 MAY 08 Open Powerlifting and Bench Press Including: Bench Press Endurance with Body Weight for Reps & Strict Curl Unequipped & Equipped Divisions. This was a qualification opportunity for the WDFPF's Single Event & Powerlifting World Championships. Meet Director Jason Peck stated that everyone had a great time, including lifters who were not familiar with event techniques and/or rules. Jason himself planned to compete but had to fill in for a missing official so had to postpone his



(cont. from page 14)

Benderoth, the massive mound of muscle from the Big Apple, showing why he is one of the best pullers on Earth, nailed the weight with relative

The final event for day one was the U.S. Marine Corps Medley.

Using spectacular equipment abandoned to a Philadelphia-based freight forwarder by IFSA after the 2007 World Championship in Seoul, Korea, this medley consisted of an 800-pound frame carry and a 400-pound stainless steel shield

The frame carry was a bit too much for three of the amateurs. Only LaRocca was able to complete the 100-foot course and did it in 31.09 seconds.

Benderoth was able to hoist the frame for 50 feet and the shield for another 50 in 29.81 seconds. He was bested by MacDonald (25.37) and Thigpen (24.03).

Pfister, one of the best frame carry competitors in the world, blew everyone away in 19.5 seconds.

Day two got underway under cloudy skies and even more humid conditions than day one which saw temperatures reach 92

The ABF U-Pack Moving Conan's Wheel was the first event



Gerard Bendeoff won the Mighty Muffler Hummer Tire Deadlift at 915 (Regina Curran)

up. Thigpen, one of the best in grabbed the rope with those the world, showed it by carrying the 670-pound wheel 188.5 feet or nearly three full revolutions.

He was followed by Pfister (152 feet), MacDonald (150.1), Kirby (124), Westenberger (120). Perkins (41), Benderoth (40), and LaRocca (37).

Next was brutal Mustang Expediting 15,000-pound Truck Pull. Normally this weight is not a challenge, but with the incline on Benjamin Franklin Parkway, it became the toughest event of the MHP Liberty Strongman Classic.

Only Pfister was able to complete the 50-foot course. Ever see the former firefighter from West Virginia's hands? This guy's hands are so huge they could double as catcher mitts. Pfister

massive mittens and after he got the truck moving with his tree trunk legs and feet, pulled the truck the length of the course in an amazing 25.63 seconds.

"I want to know how he did that," said Thigpen, shaking his head in disbelief

Pfister said having enormous hands has always been an asset in succeeding at strongman.

"Absolutely," said Pfister, whose home state of West Virginia is hosting this year's "World's Strongest Man" show. "Hands are a big part of many of the events. But just being naturally big has been my biggest asset."

Thigpen was the closest in the truck pull with 48.02 feet, followed by Benderoth (46.095),

MacDonald (35.045), LaRocca (27.01), Kirby (26), Perkins (24.03) Westenberger (4.08).

The finale was the Chapman Auto Group Atlas Stones. Again Pfister was tops nailing all five stones in just 16.77 seconds. Thigpen, a stones specialist, was second with five stones in 19.52 seconds followed by MacDonald (22.27), Benderoth (22.55) LaRocca (30.95). Perkins (52.64), Kirby (4@39.67)and Westenberger (2@20.21).

There is an unwritten rule among those who put on

if you get invited back, you did your job. City officials inquired about 2009 before day one was completed. They didn't just want a strongman show, they were interested in the Big One, they were interested in the "World's Strongest Man" coming to Philadelphia.

The city wants to take the show to another level as far as production goes. The plan is to sit down by the end of the summer and define what direction they want the show go in. From the conversations they had with Phil Pfister and myself, the sky seems to be the limit.

Author Al Thompson can be reached with comments at al.thompson@footballstories.com



Ricky LaRocca, Gavin Westenberger, Barry Perkins, Doug Kirby, Josh Thigpen, Steve MacDonald, Gerard Benderoth, Phil Pfister. (D2D)



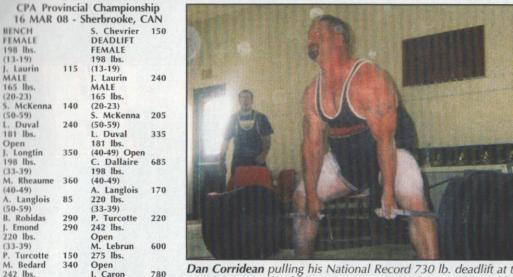
World's Most Powerful Hardcore Creatine Pill!

Explosive Gains in High-Quality Muscle!

GNC Live Well.

GAKIC LEUKIC CREAKIC

Read the label before use. In a clinical study, test subjects who trained and took a key ingredient in LEUKIC Hardcore forced 350 percent more anabolic signal activation at the muscle fiber level than when taking a placebo. In a clinical study, a key complex in GAKIC Hardcore significantly increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. GAKIC Hardcore, LEUKIC Hardcore and CREAKIC Hardcore are all patented. All trademarks are owned by their trademark owners. © 2008.



Dan Corridean pulling his National Record 730 lb. deadlift at the 100% Raw Maryland State meet. Dan received a special award from D.R. Raw Powerlifting Promotions for "posting the biggest 100% Raw, no belt, wraps, or anything total of 1810 via 650 430, 730".

3	Caron 08 lbs. 40-49)	525 150	780	1305	special thanks doing such a loading. Than	goes great ks agai	out to Todd Pa job of spottin n to all the lift the finest meets	nik for ng and ers fo
N 2	Open A. Cote 75 lbs. Open	390	525	915	Classic had fi est race we h between five	ne liftinave had	ng, and was the d yet for the be- letitors. Eli Go o take the trop	e tight st lifte onzale
	Potvin 42 lbs.	415	515	930	E. Gonzales		S. Reimer ockheed Martin	
P	33-39) . Turcotte 40-49)	150	220	370	181 lbs. J. Sandberg 198 lbs.	60	M. Montez Master (55-5 165 lbs.	130
A 2	Langlois 20 lbs.	85	170	255	MEN Open	33	S. Norris 198 lbs.	
(	. Viger 40-49)	365	510	875	148 lbs. D. Raper		Master (50-5	
J.	Open Boislard 33-39)	350	550	900	J. Welton Master (40-4	45	Master (40-4 198 lbs. T. Sandberg	
J.	Open Gilbert	365	555	920	WOMEN Open			130
(	98 lbs. 13-19) 6. Ringuet	315	460	775			Littleton, CO Sub (35-39)	0

	100%	RAW Powerlifting Federation  Membership Application	
		FIRST NAME:INT	
		NE:DATE OF BIRTH:	
REGIS	STRATION FE	MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMDEN, NC 27921 NOTE: Your 100% RAW Membership Will Exp	

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

	19 APR 0	8 - H	agerst	own,	MD
	BENCH		B. Dal	ılhame	260*
	MALE 148 lbs.		220 lb (20-24		
	(40-44)		D. Wi	llis	330
	R. Murphy 165 lbs.	300*	242 lb	s.	
	Open		Open D. Rec	eder!	410
	J. Lebo	285	(50-54	)	
	(16-17) B. Didiano	230*	D. Ree 275 lb		410
	(40-44)	230	(40-44		
	L. Martin	275*	H. He	nry	400*
	181 lbs. (35-39)		(50-54 B. Sch		400*
3	J. Nastek	340*	308 lb	5.	
	198 lbs. Open			(30-34)	
	R. Massey	390*	(35-39	rridean	430
	T. Ghattas	350	C. Joh		430*
	(30-34) R. Massey!	390*	SHW Open		
	(40-44)	390	B. Yon	ker	340
	D. Koser	350*	(45-49)		
	(70-74) FEMALE	SQ	T. Mc	DL	360* TOT
	105 lbs.	34	DI	DL	101
	(35-39)				
	C. Rowland	105 4th-SQ		170*	340*
	132 lbs.	4111 30			
	(16-17)	2201		215	
	C. Barnes	220*	115* 4th-DL	215	550*
	(40-44)				
	D. Crampton	135*	95* 4th-DI		435*
	148 lbs.		4111-171	-213	
	(50-54)				
	K. McGee (55-59)	85*	70*	175*	330*
	T. Wiles	55*	80*	160*	295*
	165 lbs.				
	(18-19) H. Schroyer	225*	115*	300*	640*
	(45-49)				
	R. Douglas!	245*	150* 4th-DL	315	710*
	181 lbs.		4111-111	-323	
	(40-44)				
	M. Stocks		160	280*	665*
t-	M. Stocks MALE	225* 4th-BP		280*	665*
t- er	M. Stocks MALE 77 lbs.			280*	665*
t- r S A	M. Stocks MALE 77 lbs. (12-13)	4th-BP	-170*		
t- er es A or d	M. Stocks MALE 77 lbs. (12-13) J. Murphy 123 lbs.				665* 265*
t- er es A or d	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11)	4th-BP	-170* 55*	135*	265*
t- er s A or d or e	M. Stocks MALE 77 lbs. (12-13) J. Murphy 123 lbs.	4th-BP	-170* 55*	135*	
t- er es A or d	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19)	4th-BP 75* 135*	-170* 55* 90* 4th-DL	135* 155 -170*	265* 380*
t- er s A or d or e	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely	4th-BP 75* 135*	-170* 55* 90*	135* 155 -170*	265* 380*
t- er s A or d or e	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19)	4th-BP 75* 135*	-170* 55* 90* 4th-DL	135* 155 -170*	265* 380*
t- er s A or d or e	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik	4th-BP 75* 135* 150* 365*	-170* 55* 90* 4th-DL 170*	135* 155 -170* 325* 440*	265* 380* 645*
t- er es A or d or e ii)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open	4th-BP 75* 135* 150* 365*	-170* 55* 90* 4th-DI 170* 230* 280*	135* 155 -170* 325* 440* 405	265* 380* 645*
ters A or doree)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson	4th-BP 75* 135* 150* 365*	-170* 55* 90* 4th-DL 170*	135* 155 -170* 325* 440* 405	265* 380* 645* 1035* 985*
ters A or do ree ii)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19)	4th-BP  75*  135*  150*  365* 300  340	-170* 55* 90* 4th-DL 170* 230* 280* 4th-DL 270	135* 155 -170* 325* 440* 440* -420* 350	265* 380* 645* 1035* 985*
teres A or doree)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitlely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford!	4th-BP 75* 135* 150* 365* 300	-170* 55* 90* 4th-DL 170* 230* 280* 4th-DL 270	135* 155 -170* 325* 440* 405 -420*	265* 380* 645* 1035* 985*
ters A or dor ee i)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69)	4th-BP 75* 135* 150* 365* 300 340 330*	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285*	135* 155 -170* 325* 440* 440* -420* 350 425*	265* 380* 645* 1035* 985* 960 1040*
ters A or dor e )	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson!	4th-BP  75*  135*  150*  365* 300  340  330*  375*	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285*	135* 155 -170* 325* 440* 405 -420* 350 425*	265* 380* 645* 1035* 985* 960 1040*
ters A or dor e)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69)	4th-BP  75*  135*  150*  365* 300  340  330*  375* 205*	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285*	135* 155 -170* 325* 440* 405 -420* 350 425*	265* 380* 645* 1035* 985* 960 1040* 1025* 655*
ters A or dore e)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne	4th-BP  75*  135*  150*  365* 300  340  330*  375* 205*	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285*	135* 155 -170* 325* 440* 405 -420* 350 425*	265* 380* 645* 1035* 985* 960 1040* 1025* 655*
ters A or dore e)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP	-170* 55* 90* 4th-DL 170* 230* 280* 4th-DL 270 285*	135* 155 -170* 325* 440* 440* 440* 420* 350 425* 450 315 DL-350	265* 380* 645* 1035* 985* 960 1040* 1025* 655* )*
ters A or dore e)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough	75* 135* 150* 365* 300 340 330* 375* 300*	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285* 200* 135 -140* 2210*	135* 155 -170* 325* 440* 440* 440* 45- -420* 350 425* 450 315 DL-35( 365 -390*	265* 380* 645* 1035* 985* 960 1040* 1025* 655*
ters A ordered	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitlely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285* 200* 135 -140*	135* 155 -170* 325* 440* 440* 440* 45- -420* 350 425* 450 315 DL-35( 365 -390*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* )*
ters A or dor e o)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers 198 lbs.	75* 135* 150* 365* 300 340 330* 375* 300*	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285* 200* 135 -140* 2210*	135* 155 -170* 325* 440* 440* 440* 45- -420* 350 425* 450 315 DL-35( 365 -390*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 9*
ters A or dore o)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Loude B. Landers 198 lbs. Open/(30-34)	75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP	-170* 55* 90* 4th-DL 170* 230* 280* 4th-DL 270 285* 200* 135 -140* 2210* 4th-DL 155* 390	135* 155 -170* 325* 440* 440* 450- 420* 350 425* 450 315 DL-35( 365 -390* 255*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 875* 4040*
ters A or dor e ()	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne 181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Masse! C. Miller	75* 135* 150* 365* 360* 340 330* 375* 205* 4th-BP	-170* 55* 90* 4th-DI 170* 230* 280* 4th-DI 270 285* 200* 135 -140* 2210* 4th-DI	135* 155 -170* 325* 440* 405 -420* 350 425* 450 315 DL-35( 365 -390* 255*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 9* 875*
ters A order en)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins	75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP	-170*  55*  90* 4th-DI 170*  230* 280* 4th-DI 270  285*  200* 135 -140*  2210* 4th-DI 155*	135* 155 -170* 325* 440* 405 -420* 350 425* 450 315 301 365 -390* 255*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 875* 4040*
ters Ardore)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne 181 lbs. Open/(30-34) B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs.	4th-8P 75* 135* 150* 365* 300 340 330* 375* 205* 4th-8P 300* 230* 525 475	-170*  55*  90* 4th-DI 170*  230* 280* 4th-DI 270  285*  200* 135 -140* 2210* 4th-DI 155*	135* 155 -170* 325* 440* 405 -420* 350 425* 450 315 301 365 -390* 255*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 1040* 17500 17500 17500 17500
ters A ordere)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D. Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs. Open	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP 300* 525 475 300*	-170*  55*  90* 4th-DI 170*  230* 280* 4th-DI 270  285*  200* 135 -140* 2210* 4th-DI 155*  390 320 230*	135* 155 -170* 325* 440* 405 -420* 350 425* 450 315 301 365 -390* 255* 585 570 425*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 1040* 1025* 955*
ters A ordered)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne 181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs. Open D. Duvall	4th-8P 75* 135* 150* 365* 300 340 330* 375* 205* 4th-8P 300* 230* 525 475	-170*  55*  90* 4th-DI  170*  230* 280* 4th-DI  270  285*  200* 135 -140*  2210* 4th-DI  155*  390 320 230*	135* 155 -170* 325* 440* 440* 4405 -420* 350 425* 450 315 DL-35( 365 -390* 255* 585 570 425*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 1040* 17500 17500 17500 17500
ters A ordered)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D. Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs. Open D. Duvall (18-19)	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP 300* 525 375* 375* 375* 375* 375* 375* 375* 375	-170*  55*  90* 4th-DI  170*  230* 280* 4th-DI  270  285*  200* 135 -140*  2210* 4th-DI  55*  390 320 230*  345* 4th-DI	135*  155 -170* 325*  440* 405 -420* 350  425*  450 315 301 -390* 255*  585 570  425*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 1350*
terrs s s A A A A F T T T T T T T T T T T T T T T	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne 181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs. Open D. Duvall	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP 300* 525 475 300*	-170*  55*  90* 4th-DL  170*  230* 280* 4th-DL  270  285*  200* 135 -140*  -140*  320  230* 345*	135*  155 -170* 325*  440* 405 -420* 350  425*  450 315 301 -390* 255*  585 570  425*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 1040* 1025* 955*
terress s A A A P T T T T T T T T T T T T T T T T	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D. Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs. Open D. Duvall (18-19) D. Young (20-24) D. Willis	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP 300* 230* 475* 440*	-170*  55*  90* 4th-DI 170*  230* 280* 4th-DI 270  285*  200* 135 -140* 2210* 4th-DI 155*  390 320 230*  345* 4th-DI 330*	135*  155 -170* 325*  440* 405 -420* 350  425*  450 315 301 -390* 255*  585 570  425*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 1350*
terrs SAA ard drawe (h)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs. Open D. Duvall (18-19) D. Young (20-24) D. Willis (35-39)	4th-BP 75* 135* 150* 365* 300 340 330* 205* 4th-BP 300* 230* 4475* 440* 440*	-170*  55*  90* 4th-Dl 170*  230* 280* 4th-Dl 270  285*  200* 135 -140*  2210* 4th-Dl 155*  390 320 230*  345* 4th-Dl 330* 320*	135* 155 -170* 325* 440* 405 -420* 350 425* 450 315 DL-35( 365 -390* 425* 430* 500*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 3* 875* 640* 1500 1365 9955* 1200* 1260*
terrs SAA Ard drree())	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D. Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne  181 lbs. (55-59) E. Lough B. Landers 198 lbs. Open/(30-34) R. Massey! C. Miller (60-64) D. Junkins 220 lbs. Open D. Duvall (18-19) D. Young (20-24) D. Willis (35-39) B. Lapole (55-59) B. Lapole (55-59)	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP 300* 230* 475* 440* 440* 420*	-170*  55*  90* 4th-DI 170*  230* 280* 4th-DI 270  285*  200* 135 -140*  2210* 4th-DI 155*  390 320 230*  345* 4th-DI 330* 320* 460*	135* 155 -170* 325* 440* 405 -420* 350 425* 450 315 DL-35( 365 -390* 425* 430* 500*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 1500 1365 955* 1200*
terrs s A A A rd d rr e e i)	M. Stocks  MALE 77 lbs. (12-13) J. Murphy 123 lbs. (10-11) B. Lapole (18-19) D. Stitely 148 lbs. Open L. Pototschnik Strausbaugh  D Robinson (18-19) B. Ford! 165 lbs. (65-69) Hutchinson! J. Osborne 181 lbs. Open/(30-34) B. Landers 198 lbs. Open/(30-34) C. Miller (60-64) D. Junkins 220 lbs. Open D. Duvall (18-19) D. Young (20-24) D. Lapole	4th-BP 75* 135* 150* 365* 300 340 330* 375* 205* 4th-BP 300* 230* 475* 440* 440* 420*	-170*  55*  90* 4th-Dl 170*  230* 280* 4th-Dl 270  285*  200* 135 -140*  2210* 4th-Dl 155*  390 320 230*  345* 4th-Dl 330* 320*	135* 155 -170* 325* 440* 405 -420* 350 425* 450 315 DL-35( 365 -390* 425* 430* 500*	265* 380* 645* 1035* 985* 960 1040* 1025* 655* 3* 875* 640* 1500 1365 9955* 1200* 1260*

100% RAW Maryland State



Best Full Power Lifters at the 100% Raw Maryland State Open: (left to right) Kevin Prosser (Co-Meet Director), Ruth Douglass (Best Female), Brian Ford (Best Junior), Rich Hutchinson (Best Master), Ryan Massey (Best Open), Dan Corridean (Meet Director & Photographs).

T. Adams	145	225	410	780
(18-19) C. Clark	455*	320*	535	1300*
C. CIMIR	100		L-550*	
(60-64)	2050	2205	2450	0/0+
G. Burke 275 lbs.	325*	320*	315*	960*
Open				
J. Rooney	600*	420*	575*	1595*
J. Perhach	225	325	580	1130
(40-44)				4400
J. Perhach (45-49)	225*	325*	580*	1130*
J. Rooney	600*	420*	575*	1595*
308 lbs.				
Open	650*	1201	720*	19101
D. Corridean (30-34)	650*	430*	730*	1810*
D. Corridean	650*	430*	730*	1810*
SHW	030	130	. 50	
Open				
B. Yonker		340*		1515*
!=Best Lifter				
Champions: S				
Bench Division 37 National				
other great				
Made, LLC a	nd DI	RK Rav	v Powe	erlifting
Promotions,	with	lifters	repre	senting
Maryland, Pe North Carolin	nnsylv	Alou	West \	irginia,
Records were	set (th	at has t	o he so	me kind
of record), an				
broken. We	had qu	uite a	few fir	rst time
lifters, and a	Il in	all a g	reat d	ay. The
energy was	high, a	and the	e supp	ort was
constant for t				
entered was the vania, coache				
home 1st pla				
Bench Press				
some good b				
Division. Ric	hard A	Aurphy	a 40-	year-old
Master, did Record 300	a gre	at job	with	a State
Record 300	lb. be	nch at	146lb	
Massey, a Powerlifting		ber o		
Best Lifter h				
Division with				
Bench at 198	B lbs. 1	Bob Da	hlhame	er, a 70
year old mass				
Record on a lb. bench. Bi				
275s got a 40				
his 2nd atter				
Charles John				
smooth 430l	bs. on	a 2nd	atten	pt, just
missing his 3				
Best Lifter he				
with a 410 lb lifter in the				
failed the dr				
nated from				
division featu				
Woman's div				
17-year-old	powerl	house i	in the	132 lb.
weight class	took f	irst pla	ce wit	h a 220
lb. squat, a 1				
deadlift on a	4th fo	r a nic	e 550	ib. total

of bodybuilding." National Record Total. Ruth Douglas, a 165 lb. 45-year-old master lifter, took home the Female Best Lifter trophy with a 245 lb. squat, a 150 lb. bench, and a 325 lb. deadlift on a 4th for a 710 lb. total, and four National Records. The eversmiling Melody Stocks had the day of her life. She went 9 for 9 with a 225 lb. squat, a 170 lb. bench on a 4th, and a 280 lb. deadlift, for a nice 665 lb. total, and four National Records. In the men's division, we had two young men who stole the show. 12-year-old Justin Murphy, who had a 75 lb. squat, a 55 lb. bench, and a 135 lb. deadlift, for a 265 lb. total at a 135 lb. deadlift, for a 265 lb. total at a bodyweight of 76 lbs. and four National Records. 11-year-old Ben Lapole went 9 for 9 with all relatively easy attempts. He had a nice 135 lb. squat, a 90 lb. bench, and an impressive 170 lb. deadlift on a 4th with even more in the tank, finishing with a 328 lb. total at a 120 lb. bodyweight and four National Records, 375 lb. squat, 200 lb. bench, and an incredible 450 lb. deadlift, for an unbelievable total of 1025 lbs. at 165 lbs. and 67 years old. In the 1988 Chuck Miller to took 2nd place with a strong 475 lb. squat, a 320 lb. bench and a 570 lb. deadlift for a 4th took and a 165 lbs. In 1st place with two National Records, and Best Open Lifter, at 101 lot for 102 lbs. and 1025 lbs. and 167 years old. In the 1988 Chuck Miller to took 2nd place with a strong 475 lb. squat, a 320 lb. bench and a 570 lb. deadlift for a 4th took and 104 late of 104 lbs. A strong 475 lbs. squat, a 320 lb. bench and a 570 lb. deadlift for a 4th four new realizes how much energy and hard a 104 lot 104 of 1056 lbs. In 1st place with two National Records, and Best Open Lifter, at the table, and she did an unbelievable took 2nd place with a strong 475 lb. squat, a 100 lb. deadlift for National Records, and Best Open Lifter, and the late of 104 lbs. A strong 475 lbs. squat, a 320 lb. bench and a 570 lb. deadlift for National Records, and Best Open Lifter, and the late of 104 lbs. A strong 475 lb a 320 lb. bench and a 570 lb. deadlift for one realizes flow much energy and flatd work are put into keeping things straight National Records, and Best Open Lifter, at the table, and she did an unbelievable Ryan Massey, a member of DRK Raw job. Spero was our man on the mike, and we are grateful for the encouragement he Powerlifting Promotions and multi National & World Champion, had an impressive 525 lb. National Record Squat, a 390 color lb. National Record Bench, and a 585 lb. deadlift for a winning total of 1500 lbs. In the 242s, 63-year-old Master Lifter Gerald Burke went 9 for 9 with a 325 lb. squat, and almost matching the squat with a 320 lb. bench, and finally a consistent 315 lb. deadlift (you can't get any more balanced than that) for a Total of 960 lbs. and four state records. John Rooney also went 9 for 9 and took first place in the 275s with a member of the DRK Raw Powerlifting (14 National Record Squat of 600 lbs., a 420 Promotions Team, came and spot loaded D. lifter in the bench only division who failed the drug test and has been eliminated from the results. The full power bench, and a 575 lb. deadlift for a 1595 division featured some good lifters. In the Woman's division, Christine Barnes, a 17-year-old powerhouse in the 132 lb. weight class took first place with a 220 melti National Record Deadlift, on a 4th for a nice 550 lb. total in her 1st meet. The majority of Christine's late of the power in the 275 lb. deadlift, for a 1595 deadlift, and the power promotions Team, came and spot loaded the entire meet. Guys like him are why these meets run so successfully. Marty Gallagher stepped in and helped out when we needed an extra spot loader for some of the bigger squatters. And last but certainly not least, Paul Bossi, the President of the 100% Raw Federation. Paul supplied the great trophies, and helped

**Going Broke Buying Junk Supplements?** Tired of wasting your money on worthless supplements? Then why not give HOT STUFF

a try? Either you agree it's the best bodybuilding supplement you've ever used or we'll refund all of your money no questions asked!

Visit our website for more details on what many people have called "the greatest supplement in the history

HotStuffWorld.com 20 YEARS AND STILL GOING STRONG!

/ /41 14	07	Seedingly, 1411	7.9
ENCH		(206 lbs.)	
pen		S. Cormier	550
81 lbs.		(259 lbs.)	
Quirk	330	P. Forgione	500
Greene	320	(210 lbs)	
98 lbs.		B. Schindler	380
. Ramirez	400	(218 lbs.)	
20 lbs.		C. Stoey	365
. Mattson	555	Master (40-44	4)
42 lbs.		(190 lbs.)	
. Gregory	500	A. Ramirez	400
75 lbs.		(320 lbs.)	
Flynn	440	E. Dalbo	375
Flynn 20 lbs.		Master (45-49	9)
. Dalbo	375	(210 lbs.)	
een (13-19)		M. Vainas	415
224 lbs.)		(271 lbs.)	
. Kovacs	385	J. Flynn	440
162 lbs.)		(181 lbs.)	
. Feldman	230	F. Quirk	330
215 lbs.)		Master (50-5	4)
Governor	185	(215 lbs.)	
162 lbs.)		K. Mattson	555
. Murray	150	(191 lbs.)	
149 lbs.)		D. Mitchell	
). Schindler	115	Master (55-5	
unior (20-23)	)	(193 lbs.)	
210 lbs.)		K. Conroy	
. Guidice	450	Master (60-6	4)
185 lbs.)		(237 lbs.)	
). Emar	355		n 410
ubmaster (3:	3-39)	(190 lbs)	
and the little of	bula.	G. Aldrich	360
Results from	Meet I	Director Louie L	aPoint

Open M. Lebrun

530

SHW

Open

J. Pepin 308 lbs.

Push Pull

FEMALE

97 lbs.

(40-49)

148 lbs.

(13-19)

198 lbs.

(13-19)

I. Laurin MALE 165 lbs. (20-23)

S. McKenna (50-59) L. Duval

(40-49) Open C. Dallaire

181 lbs. (50-59) M. Jauvin

O. Michaud

N. Marcoux 640 308 lbs.

S. Chevrier 240

85 280 365

100 285 385

115 240 355

140 205 345

215 335 550

430 500 930

350 685 1035

avoie 775 DL TOT

		edom USA C		
	N 08 .	Leesburg, V	A	
BENCH		181 lbs.		
FEMALE		(45-49)		
148 lbs.		MALE		
(45-49)		J. Penn	450	
C. Penn	140	198 lbs.		TOTAL PROPERTY.
165 lbs.		Open		
(40-44)		A. Adkins	550	1
M. Ligh	115	(25-29)		200./
148 lbs.		Open		NO.
(14-15)		C. Vaccaro	600	
MALE		220 lbs.		
K. Boston	210	(20-24)		
165 lbs.		Open		
(18-19)		M. Molina	535	
G. Pluhar	330	Open		
Open	550	A. Johnson	515	
J. Witham	250	B. Echols	500	
181 lbs.	230	(50-54)	300	
Open Open		C. Clarke	470	
J. Self	405	242 lbs.	4/0	-
(35-39)	403	(65-69)		- 12
D. VanMete	r 300	D. Oprison	400	- 9
	300	308 lbs.	400	100000000000000000000000000000000000000
(40-44)		(40-44)		
Open	210			
J. Penn	310	J. Penn	500	- CONTRACTOR AND
198 lbs.		STRICT CURL		
Open	250	FEMALE		
A. Adkins	350	165 lbs.		
(30-34)		(40-44)	70	1 1/
S. Custis	275	M. Ligh	70	Lamont Ke
220 lbs.		181 lbs.		the APA Ba
Open		Open		
A. Johnson	425	MALE		(Photo cou
(20-24)		J. Self	145	
Open		198 lbs.		APA B
A. Sharb	290	(25-29)		The second secon
242 lbs.		Open		2 FEB (
Open		C. Vaccaro	165	BENCH
J. Kelly	370	(30-34)		148 lbs.
308 lbs.		S. Custis	120	(13-15) DT
Open		220 lbs.		C. Foley
C. Johnson	470	(20-24)		Open Raw DT
(45-49)		Open		L. Keenan
Open		A. Sharb	155	220 lbs.
J. Penn	360	(65-69)		Submaster Raw
DEADLIFT		D. Oprison	135	S. Berry
FEMALE		242 lbs.		275 lbs.
165 lbs.		Open		Open DT

J. Kelly B. Filyan M. Ligh 205 It was a really fun meet at Golds Gym. R. Butler Thanks to all that helped. Jim Roberts was 308 lbs. the head judge, with Kerry Self and Scott Open Raw DT Kuzma side judging. Dan Barbee, Dean Shifflett, and Branch Echols did the spot-Submaster Raw I ting and loading. Thanks to Golds Gym of Washington 45 Leesburg for letting us use their gym for this years contest. (Thank you to John Shifflett for providing these meet results)

Sex

(40-44)



Lamont Keenan pulled 370 at

160

Master III DT

APA Batt	le of the Bad
2 FEB 08 -	- Florence, SC
H	165 lbs.
lbs.	Submaster Raw DT
5) DT	J. McElveen 150
oley 155	198 lbs.
	Master III Raw DT
	J. May 105
lbs.	220 lbs.
	Submaster Raw DT
erry 345	S. Berry 155
lbs.	4th-160
DT	275 lbs.
lyan 440	
er III DT	
ıtler —	
	D. Graham 145
Raw DT	
	220 lbs.
	Junior Raw DT
	M. Brown 475
Raw NT	
ington 450	Open Raw DT
THE PERSON NAMED IN COMPANY OF	D. Nichols 725

DL Push Pull All Lifters 123 lbs. (11-12) DT 107!\* 230!\* 337 148 lbs Open Raw DT Keenar 275 370 ubmaster Raw DT 275 370 . Keenan 165 lbs. Submaster Raw DT McElveen 325 420 181 lbs 320 455 S. Kaufman Iunior Raw DT 285 425 4th-DL-450 Master I Raw DT E. Bailey 290 450 242 lbs. Open Raw DT 310 510 I. Lufburrow 275 lbs. Open DT lenkins 340 430 Open UNL Gear NT W. Thanos 425 540 Submaster Raw DT 335 455 D. Graham Open UNL Gear DT G. Rollins NT=Not Tested. DT=Drug Tested. Records. !=American Records. C Lifter: James McElveen. Raw Be Deadlift: Dean Nichols. Overall Bo Deadlift: Dean Nichols, Overall Be Bench Press: Benji Filyan. Over Lifter Push-Pull: William Thanos. R Lifter Push-Pull: James McElveen. thanks to the McElveens' for pro great meet site and putting a making this a well run and or event. A very special thank you referees and spotters who did an ible job. Spotting was excellent, a ing was consistent, and strict b several records were set at this e lots of lifters competed in the raw which has gotten very popular since re-introduced in the APA. The APA this year so stay tuned as more n scheduled. (Thank you to Scott Tay President for providing these meet

22 MAR 08 - Martins Ferry, OH BENCH Teen (14-15) B. Harris 275 lbs. FEMALE 123 lbs. son 155 10-44) ey 140 325 360 510 475 (16-17) or (20-24) 565 (18-19) 500 530 son 450 TOT 755 930 1230 1075 900 1600

100% Raw Tri State

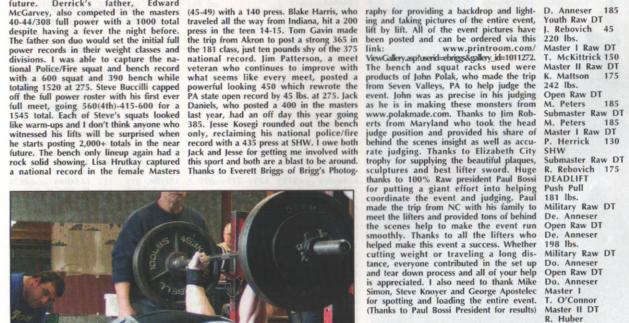
by Samsa. Bossi and his crew took a gamble and made the trip to Martins Ferry, OH to establish Ohio's first ever 100% Raw competition. This meet was the first raw competition for all lifters involved and despite the lineup of relative unknowns, everyone felt a strong sense of potential for it to grow. This year prooved that feeling with the addition of several new lifters and a remarkable improvement in the numbers posted by returning lifters. Michael Seals returned to the 148s and posted a solid 930 total after

nailing an impressive 350 fourth squat. The 165s was owned by two very strong technical lifters in Kristi Devenyi and Brian Stoner. Devenyi, a product of Celli's Fitness in Pittsburg, PA, posted a National record breaking 280 squat, 325 deadlift and 755 total in the open despite deciding to enter the meet two nights before weigh ins. Stoner came all the way from New York and rewrote his home state's records with a 450 squat, 510 deadlift and 1230 total. Brian was the best light lifter and took a close second for overall best lifter by a .18 margin. The lightweights were rounded out by cousins William Shreve and Matt Shreve at 181 and 198. This was only the 2nd meet for both, with William besting national Military records with his 250 bench, 475 deadlift and 1035 total. The heavy weights kicked off with returning National and World champion Bobby Sams at 220. Bobby was able to push his current national open squat record to 610 while registering a 1600 total en route to another best lifter sword. Bobby has entered 4 raw competitions since June of 2007 and has garnered best lifter status in all four, including Nationals and Worlds. The 242s belonged to two first time teenage com-petitors in Eddie Smith and Michael Hounshell. Smith had a tough time getting his squats to depth; however he was able to post a 350 bench and 500 deadlift in his first meet. Hounshell went 340-315-440 in the 16-17 division for a 1095 finish. Both would set the initial full power records for Ohio with these attempts. At 275, Joseph Hutchinson made the trip from WVA to post a 250-315-450 in the Masters (45-49) as well as a 155 curl. Young newcomer Derrick McGarvey competed in the Youth (10-11) and posted a 400 total, which is all but guaranteed to be doubled in the near future. Derrick's father, Edward

Gold - 23500

Silver - 130°

Gold - 250°



Gold - 500°

Silver - 375™

Price varies with Diamond, Ruby or Saphire insert

Plate can be custom made to order

Michelle's Jewelry Collection

To Order: Send check or Money Order

For information call 760-371-7898 (8am-5pm) M-F

To: Michelle Weiss, 405 Petris Ave., Ridgecrest, CA 93555

APA New England Regional 15 MAR 08 - Wallingford, CT 148 lbs 275 lbs. Open Raw DT Teen DT D. Guby 198 lbs. 275 I. Knobler Master I Raw B. Sweeney 430 Open DT 470 B. Swanson Submaster Raw DT Master I DT 470 T. West 430 Open Gear DT Open Raw DT 415 Coe Master I Raw DT SHW B. Swanson Submaster Raw DT R. Rebovich 405 220 lbs. Open DT R. Marrama CURL 181 lbs. Open Raw DT D. Anneser 175 Submaster Raw DT J. Koenig 242 lbs. Master III DT 198 lbs.

Open Raw DT

A. Bianchi 275 lbs. Open DT A. Bert Master I Raw B. Sweeney Submaster Raw DT 308 lbs. Open DT DL Military Raw DT 370 400 770 Open Raw DT 370 400 Military Raw Di 470 850 Do. Anneser Open Raw DT Do. Anneser Master I 455 455 T. O'Conn Master II DT R. Huber 425 815 242 lbs. Open DT 455 635 1090 M. Peters 455 635 1090 M. Peters 450 725 275 D. Ierardi Master II 485 655 1140 T. Chojnowski 275 lbs Junior Raw DT B. State 430 550 980 Open DT 575 710 DT=Drug Tested. Venue: Metal Health Gym. Best Lifter Push Pull: Adam Bert. Rse Best Lifter Push Pull: Fonald Anneser. Raw Best Lifter Bench Press: Bruce Swanson. Best Lifter Bench Press: Bruce Swanson Rest Lifter Deadlift: Adam Bert. Raw Best Lifter Deadlift: Bob Sweeney.

Best Lifter Strict Curl: Don Anneser

(results from APA President Scott Taylor)

Gold - 25500

Silver - 140°

Master I Raw DT

J. Fernandes 380

Youth Raw DT J. Rebovich 220

Open DT

M. Kluth

Master I DT

242 lbs.



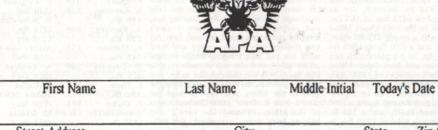
Bruce Swanson came down from New York to bench at the APA New England Regional. (Photograph courtesy provided from Scott Taylor)



the APA Battle of the Bad event (Photo courtesy of Scott Taylor)

33/	123 108.	2	2/3 11	05.
	Masters (45-4		Open	
	L. Hrutkay	140	Maste	rs (4:
645	MALE		J. Hut	tchins
	148 lbs.		308 II	bs.
	Teen (14-15)		Maste	rs (40
645	B. Harris	200	E. Mo	Garv
	Open (25-29)		DEAD	
	M. Seals	235	FEMA	
	181 lbs.	200	165 II	
745	Open PFM		Open	
743		250		
	W. Shreve	250	K. De	
	Open		MALE	
775	Masters (40-4		148 II	
	T. Gavin	365	Open	
	198 lbs.		M. Se	
710	Open Teen (1	6-17)	165 H	os.
	M. Shreve	250	Open	(35-3)
635	220 lbs.		B. Sto	ner
	Open		181 II	bs.
740	Junior (20-24)		Open	PFM
	B. Samsa	425	W. SI	reve
	Open		198 II	
820	J. Patterson	450	Open	
020	242 lbs.	430	M. Sh	
		0 10)		
770	Open Teen (1		220 II	
770	E. Smith	330	Open	
APPLICATION.	275 lbs.		B. Sar	
965	Open PFM		242 II	
	G. Shreve	390	Open	
	Masters (50-5	4)	E. Sm	ith
790	J. Daniels	385	275 II	bs.
	Open		Open	PFM
800	Masters (45-4	9)	G. Sh	
*=World	J. Hutchinson		Open	
url Best	SHW	3.3	Maste	re (4
est Lifter		425	J. Hut	Chins
est Lifter		435	SHW	
est Lifter	CURL		Subm	
rall Best	148 lbs.		S. Bu	
Raw Best	FEMALE	SQ	BP	DL
. Special	165 lbs.			
oviding a	Open (25-29)			
lot into	K. Devenyi	280	150	325
rganized	MALE			
to our				
incred-				
	M. Seals	335	235	360
ind judg-	M. Sedis			300
but fair.	4 C . II.	4th-SC	2-350	
vent and	165 lbs.			
category	Open (35-39)			
ce it was		450	270	510
A will be	181 lbs.			
Carolina	Open PFM			
neets are	W. Shreve	350	250	475
ylor APA				
t results)		6-17)		
t results)	M. Shreve			400
	220 lbs.	230	230	400
		20.24		
	Open Junior (			= ==
		610	425	303
	242 lbs.	10		
	OpenTeen (18	-19)	4.500	
	E. Smith Open Teen (1	-	330	500
	M. Hounshell	340	315	440
	275 lbs.			
	Masters (45-4	9)		
	J. Hutchinson	250	315	450
	,	4th-SC	300	43
				20
	G. Shreve	585	300	520
	G. Silveve	44h 66	600	330
		4th-SC		
	Youth (10-11)	440		405
to aby R	D. McGarvey			
Hanging.	308 lbs.			
	Masters (40-4			
	E. McGarvey			
	SHW			
AUN	Submaster			
15 × 5 × 6	S. Buccilli	530	415	
	or paceini	4th-SC	-560	000
		4111-36	6.300	
	Roct Lifton Ful	Down	pre lively	
	Best Lifter Ful			
	Heavy Bobby S	Samsa,	Overall	Bobb
Daniel D		Samsa, Jim Pat	Overall terson.	Bobb

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance



City Zip Code Street Address State Telephone Number E-Mail address Date of Birth

> Social Security Number Signature (Parent if under 18 years old) \$25 Adult Membership \$15 High School Student

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



#### APF/AAPF Membership Application

Check the box that applies below

☐ AMERICAN POWERLIFTING FEDERATION

☐ AMATEUR AMERICAN POWERLIFTING FEDERATION

	LAS	TNA	ME							F	IRST	NAMI						INITIAL
1	L	1		1			1			1		1			11	1		111
						ST	REET	ADI	DRES	S	,					7	DATE	F APPLICATION
	1	1		L	1	1	1				1							
						CIT	Υ							7	STATE	7 [	Yes :	ZIP CODE
	1	1	1		1	1		1		1	1	1						
REA	CODE		TEL	ЕРНО	NE N	UMBE	R		MC		DAT		H YEA	R	AGE		SEX	VES NO
APF \$30	(C	IRCLE		TION	APF &	AAPF \$40		R	EGIST	RAT	ION N	UMB	ER			E-MA	IL ADDRE	SS

ATHELETES, fill out card completely, make check payable ARE YOU A PREVIOUS APF OR AAPF MEMBER? YES N

worldpowerliftingo

AGE	SEA	US CIT	IZCIA
		YES	NO
E-	MAIL ADDR	ESS	
e to and m		to: APFIA	
0		Vestgate I	
ongres		-866-389-	
AAPF 1	2th Frank	Kostyo Me	emorial
15	MAR 08 -	Lakeland,	FL
FEMALE	ting SQ	Bb DF	тот
114 lbs. (40-44)			

	<b>Powerlifting</b>	SQ	BP	DL	TOT	AND AND IN	delubb	AP BY		0,,
	FEMALE					NIA	SA L	owa S	tato	
	114 lbs.							BINDERS.		14
	(40-44)	4000				26 APR				IA
	J. Balliette	180*	85*	225*	490*	BENCH		Junio		abgrah
	Open									ich 303
	J. Doran	250	115	270	635	Master Pure				
	132 lbs.					M. Heruth				
	(16-17)									364
	B. Rains	135*	140*	160*	435*	M. Heruth				
	148 lbs.					Master I			rner	314
	(18-19)					J. Hansen				t Ant No
	M. Ray	135*	125*	280*	540*	275 lbs.				
	MALE					Master I				314
	114 lbs.					D. Walker				
	(45-49)	TO HELD		MILITA		Master II				ol .
	K. Snell		205!	375!	885!	J. Kline				276
		4th-50	Q-330!			Submaster I		DEAL		
	123 lbs.					E. McKelvey				
	(13-15)									
	J. Sundey	225	125	240	590	132 lbs.		J. Fe		397
	132 lbs.					High School		PS B	ENCH	
	(13-15)					K. Krieger	182	MAL		
	A. Dodgson	225	125	275	625	Novice		198		
	165 lbs.					K. Krieger	182	High	Schoo	ı
	Open					148 lbs.		Z. Se	evevin	220
	J. Shiero	185	225	320	730	High School		242	lbs.	
	181 lbs.					D. Walkwitz	171	High	Schoo	ı
	(13-15)					J. Weirich	138	C. R		243
-	E. Marquis	365*	245*	405*	1015*	165 lbs.		K. M	cCaule	y 215
	198 lbs.					High School		PS D	EADLI	FT
	Submaster					T. Bennett	287	181	lbs.	
	J. Howarth	505*	300*	450	1255*	J. Perkins	243	High	Schoo	1
	220 lbs.					181 lbs.		D. S	hepher	d 353
	(13-15)					High School		275	lbs.	
	M. Fenlock	345*	170	385	900	N. Valencia	248	High	Schoo	1
	(18-19)					198 lbs.		D. B	owman	430
1	M. Walton	430	380	490	1300	Push Pull		BP	DL	TOT
	A. Pacheco	500	350	45	1295	MALE				
	(45-49)					114 lbs.				
	B. Garnett	475	385	485	1345	Open				
	275 lbs.					S. Draayer		94	143	237
	(16-17)					Youth				
	M. Hickman					S. Draayer		94	143	237
	!=American R	ecords.	*=State	Recor	ds. Best	C. Willison		61	121	182
	Lifter: Ken Sn	ell. Co	ordinato	r: Loui	is Baltz.	123 lbs.				
	The 12th Annu	ual AAP	F Frank	Kostyo	Memo-	Youth				
	rial Powerlifti	ng Cha	mpions	hip sta	rted off	T. Willison		66	132	198
	with Julie Ba					198 lbs.				
	state records	in the	40-44	/114 0	livision.	Submaster 1				
	Julie had the b	pest pul	l ever v	vith a r	nice 225	R. Baugh		259	424	683
	lbs. Competin	ng in I	her firs	t meet	, Jamie	Powerlifting	SQ	BP	DL	TOT
	Doran proved	she is a	a force	to be r	eckoned	MALE				
	with by her o					165 lbs.				
	270, and a 63	35 total	for fire	st place	e in the	Junior				
	Open/114 cl	ass. V	ery few	wom	en can	P. Osterberg	496	331	529	1356
	bench press t	heir bo	dyweigh	nt in th	eir first	181 lbs.				
	meet like Jan	nie did	. Britta	ny Ra	ins and	Int				
	Megan Ray ea	ch set a	all state	record	in their	M. Rodriguez	457	309	524	1290

respective weight classes with some im ressive lifting, especially Brittany's 140 bench press. Keith Sundey brought his Sundey School team of teenagers on a Saturday to show they had been doing their powerlifting homework. Jacob Sundey once again displayed some impressive lifting and ended wit a nice 590 total. In the 18 lb. class, Ethan Marquis did some outstanding lifts which were all state records in the 13-\*15 age group. Matt Fenlock squatted 345 lbs. for a new state record in the 220/ 13-15 class. In the 16-17 division, Miek Hickman established state record in all our categories to win the 275 lb. class. Mike Walter and Anthony Pacheco battled it out for first place in the 220/18-19 class. Mike just out totaled Anthony by five pounds to win the division. In the Open division, Josh Shiero won the 165 lb. class vith a 730 lb. total. After a long hiatus, Jonathan Howarth moved up in age an weight to set three state records and win the 198 lb. Submaster division, Yes, Jonathan is a state record holder! Ken Snell established four American records in the 45-49/114 division which also earned him Best Lifter of the meet. Bruce Garnett won 1345 lb. total. Bill Remley and Ted Langlais nfortunately had to drop out of the meet after their squats due to minor injuries. We wish them well and know we'll see them again on the lifting platform soon. Special thanks to Louis Baltz and the All American Gym, Junk Yard Dogg, Dan "The Man" Jonas, Brian and Ann Silk, BJ Stigall, Nate Durham, Shane Strickland, Johnny Best, Steve Beck, Cliff Fountain, Helen Watkins, Michelle Baltz, and all the lifters, coaches,

NA	SA I	owa S	tate	
26 APR	08 -	Des N	loines,	IA
BENCH		Junio	or	
BENCH 220 lbs.		L. N	lihalovi	ch 303
Master Pure		220	lbs.	
M. Heruth	491	Mast	er l	
Pure M. Heruth		B. P	hillips	364
M. Heruth	491	Ope	n	
Master I J. Hansen		J. Tu	ırner	314
J. Hansen	375	242	lbs.	
275 lbs. Master I D. Walker		High	School	long Sol
Master I		J. Sh	nolly	314
D. Walker	507	275	lbs.	
Master II J. Kline		High	School	A COLUMN
J. Kline	424	E. N	lartinez	276
Submaster I E. McKelvey		DEA	DLIFT	
E. McKelvey	468	198	lbs.	
Kaw		Mast	er IV	
132 lbs.		J. Fe	lton	397
High School		PS B	ENCH	
132 lbs. High School K. Krieger	182	MAL	E	
Novice		198	lbs.	
K. Krieger	182	High	School	
148 lbs.		Z. S	evevin	220
High School		242	lbs.	
D. Walkwitz	171	High	School	
J. Weirich	138	C. R	yan IcCaule	243
165 lbs.		K. N	<b>icCaule</b>	y 215
High School		PS L	DEADLIF	-1
T. Bennett J. Perkins	287	181		25
J. Perkins	243		School	
121 lbc			hephero	353
High School N. Valencia	0.40	275		
N. Valencia	248	High	School	
198 lbs.		D. B	owman DL	430
Push Pull		Rh	DL	101
MALE				
114 lbs.				
Open		94	142	227
S. Draayer Youth		94	143	237
		94	1/12	227
S. Draayer C. Willison		61	143	182
123 lbs.		01	121	102
Youth				
T. Willison		66	132	100
198 lbs.		00	132	190
Submaster 1				
R. Baugh		259	424	602
Powerlifting	SO	BP BP	DL	683 TOT
MALE	34	DF	DL	101
165 lbs.				
Junior				
P. Osterberg	496	331	529	1356
181 lbs.	430	331	323	1330
Inf				



These are the participants in the Central Wisconsin Bench Press Championships. (photograph courtesy meet director John Easterly)

ior					M. Spaeth	320	123 lbs.
Bowen	143	325	518	987	C. Probandt	290	P. Rotar
re					D. Schmidt	260	165 lbs.
Bowen	143	325	518	987	Z. Suarez	225	N. Smieja
omaster	II				220 lbs.		J. Medina
Thomas	_	391	601	992	T. Billmeyer	275	198 lbs.
anks to	Rich Pet	ers for	these	results)	242 lbs.		A. Russett
					J. Arendt	245	Youth
					R. Pietrowski	185	114 lbs.
ntral V	Visconsi	n's Ch	nampi	onships	275 lbs.		C. Rotar
	MAR O				J. Greensberg		
NCH		R. Tu	ufte	315	Teen Senior		

220 lbs.

242 lbs.

J. Beicher

Master I 165 lbs.

B. Foerst 220 lbs.

S. Andrews

Breu

Monahos

M. Kissack

335

Best Female Teen Junior Raw Lifter: Hillary Bautch. Best Female Teen Senior Raw J. McGregor 245 325 Best Male Open Junior Lifter: Bill event is greatly appreciated. And, a big Hanselman. Best Male Submaster & Master thank you to the many people that volun-Lifter: Jeff Brust. Teen Team Champions: A-F Powerlifting Team. Open Team Champions: Wisconsin Rapids. People from all set for March 14th, 2009. (John Easterly)

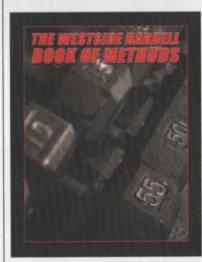
in this event. The event is put on by the A F Powerlifting Team as a fund raiser for their powerlifting team. The proceeds are used to buy equipment, powerlifting suits, entry fees, etc. the day featured one 600 lb. press and several 500 lb. presses. But, more importantly, it allowed 83 people the opportunity to meet the personal goals they may have set for themselves. Congratulations to the A-F Powerlifting Team in placing first in the Team Event. We also give out best lifters awards and keep track of the records each year. Thank you to our local businesses that have supported our contest. All Best Lifter awards were donated by: Smurfit/Stone Castle Rock Container. The Outstanding Contribution awards, which were donated by Ruan Trucking of Adams, are awarded to the hree individuals that have contributed to making the contest a success, and they were: charley Feaster from Wisconsin Rapids, John Woychik from Independence, and John Scarberry from Adams. Thank you to these people for their dedication to the contest over the past years! We also have national businesses donating product to the contest: Inzer Advance Designs the contest: Inzer Advance Designs -powerlifting apparel, Titan Support Sys-tems - powerlifting apparel, Prowrist Straps - powerlifting apparel. Other business donating product: Powerlifting USA maga-zine. Local business with a contribtion to Lifter: Katie Kronstedt. Best Female Open the contest: Roseberry's Funeral Home, Junior Raw Lifter: Peggy Sue Meyer-Miller. Pavelec Realty, Coldwell Banker Belva Best Female Teen Senior Lifter: Vanessa Parr Realty, Mid-Towne Dental, Grand Baldwin. Best Female Open Junior Lifter: Marshal Bank, Americna Auto Body, Friend-Devan Doan. Best Male Teen Junior Raw ship Awards, North Castle Specialities, Lifter: Joel Medina. Best Male Teen Senior Marguette Adams Communication, Adams Raw Lifter: Luke Haarsma. Best Male Open Friendship Schools, Phillips Pharmacy, Raw Lifter: Luke Haarsma. Best Male Open Friendship Schools, Phillips Pharmacy, Raw Lifter: Best Male Submaster Raw Lifter: Mike Block. Best Male Teen Junior Lifter: Jordon Kampa. Very proud and excited to have them as Best Male Teen Senior Lifter: Phil Rotar. Phil Rotar.

over the staet and Minnesota participated

# THE WESTSIDE BARBELL BOOK OF METHODS

Finally Westside presents THE BOOK OF METHODS.

236 pages full of training advice. A collection of information thru experimentation of some of the greatest lifters, Olympic sprinters and NFL Players. A must for anyone who wants to reach the top.

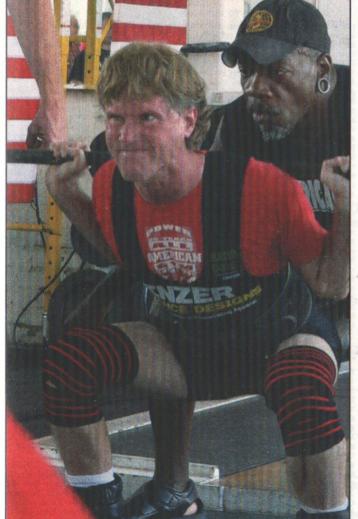


"Buy your copy now hot off the printer ready to send to you in June."

The book retails for 49.95 plus \$7.00 shipping and handling in the U.S.

# www.westside-barbell.com

3884 Larchmere Drive Grove City, Oh 43123 Phone (614) 801-2060



Ken Snell gritting out an AAPF American Record squat for the 114s at the Frank Kostyo Memorial meet. (photograph courtesy of Ken Snell)

J. Brumit
Junior
K. Messer
Master I
D. Bland
181 lbs.
High Scho
J. Sapone
Int
J. Haines
Master II
M. Brown
Pure
P. Kramer
198 lbs.
High Scho
Dostersch
Novice
Chamberla
Submaster
S. Austin
220 lbs.
Novice
R. Gillilan
Pure
J. Graham
Submaster
J. Harris
242 lbs.
High Scho
C Coche
C. Gocher
Junior
W. VanDy
Open
B. Connor
275 lbs.
Juior
B. Bowen
B. Bowen C. Hall
Pure
B. Bowen
308 lbs.
Junior
J. Jacobse
Submaster
A. Wright
Power Sn
Power Spi
148 lbs.
Open
S. Micek
S. MICER
MALE
77 lbs.
Youth
S. Hou-se
148 lbs.
High Scho
D. Allen
J. Carter
J. Carter J. Chrisco
Open
B. Cattell
165 lbs.
B. Cattell 165 lbs. High Scho
R. Davis
R. Davis
R. Davis 198 lbs.
R. Davis 198 lbs. Submaster
R. Davis 198 lbs. Submaster T. Prati
R. Davis 198 lbs. Submaster T. Prati Submaster
R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin
High Scho R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs.
High Scho R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs. Junior
High Scho R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs. Junior K. Thomps
High Sche R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs. Junior K. Thomp 275 lbs.
High Sche R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs. Junior K. Thompe 275 lbs. High Sche
High Sche R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs. Junior K. Thomp 275 lbs.
High Sche R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs. Junior K. Thompe 275 lbs. High Sche
High Sche R. Davis 198 lbs. Submaster T. Prati Submaster S. Austin 220 lbs. Junior K. Thompe 275 lbs. High Sche

Open 148 lbs. Matson P. Mever Master II 292 485 1240 148 lbs S. Duframe 165 lbs. 1499 220 lbs D. Adams Teen Senio 485 1279 123 lbs. K. Sobek G. Steffen Master III 242 lbs. B. Collins M. Abfall 215 364 882 132 lbs. Open 181 lbs. ke 441 298 551 1290 H. Hartnell 148 lbs. J. Schill A. Jorenby 198 lbs. 280 452 353 562 1367 165 lbs. M. Jennings 220 lbs. K. Bluell 125 G. Burgy 275 lbs. 452 342 551 1345 A. Kiestyn 475 Kester 524 325 518 1367 B. Rayner Submaster 242 lbs. Hineline Jr. MALE Junior Open 165 lbs. N. Buck 254 474 1246 275 lbs M. Block 617 1821 SHW C. Horrath DL TOT 242 lbs orts CR D. Weltzien Teen Junior 123 lbs. 475 P. Gallagher 115 298 474 Master III 242 lbs. Medina 160 B. Collins 165 lbs. L. Grap T. Collins 180 Open 198 lbs. 105 154 B. Hanselman 580 T. Hecht 105 242 lbs. Teen Senior 121 209 281 612 123 lbs. 281 518 B. Cardoza Roemer 204 303 Submaster 132 lbs. 181 lbs. 143 243 474 860 480 148 lbs. . Scarberry . Biertnan M. Apolinaro 215 Z. Hrablyuk 165 lbs. 1. Steinhorst 205 Kampa 149 347 518 1014 165 lbs. M. Snyders ior Open 259 513 931 165 lbs. S. Robinson 220 195

D. Stickney

A. Jennings

B. Drexer

309

181 lbs.

J. Sauer J. Monalios

I. Haarsma

250

250

315

FEMALE

D. Doan

132 lbs.

165 lbs.

148 lbs

. Walek

Raw

V. Baldwin

1416

485 287 480 1251

435 529

171 149 259 579

182 402 904

226 132 314 672

402 215 529 1146

259 193 298 750

ill 419 276 480 1174

259

325 441 1229

513 1229

in 463

457

480

485

435 529 1505

424 1229

1251

485 287

231

386

H. Shreffler 303 209 342 854

540

540

220 lbs

Junior D. Hall

I. Gazzo

D. Hall

Raw 123 lbs.

132 lbs

148 lbs.

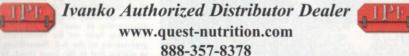
High School J. Fizer

High School

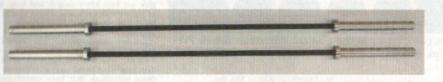
Submaster | E. Rebhuhn

High School J. Haymes

## QUEST NUTRITION & ATHLETICS







IPF approved Q-Bar & Training Bar.

Q-Bar \$568. Training Bar \$340

# I*VA*NKO°

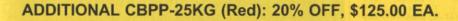
**Engineered Passion** 

### IVANKO CBPP PLATES FEATURE

\*Precision calibrated (better than 10 grams accuracy) \*Thin plates allow more weight on bar \*Plates color coded for fast weight identification \*IPF approved

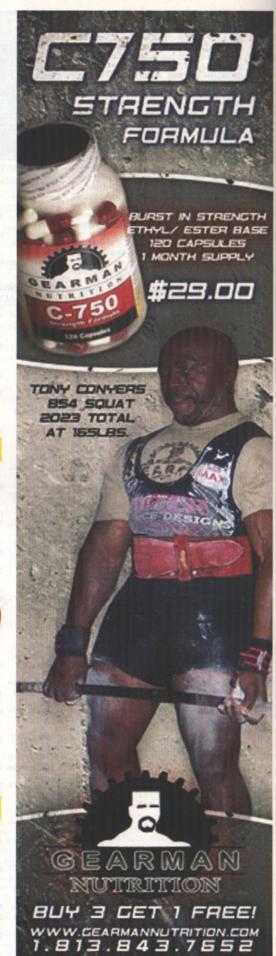
Q-Competition (Starter Set): \$2289.00 Total 284KG (626Lbs.)

Item Number	Qty.	Color Code	Weight (Kg)		
CBP25 KG	2	Black	0.25 Kg		
CBPP5 KG	2	Black	0.5 Kg		
CBPP-1.25 KG	2	Black	1.25 Kg		
CBPP-2.5 KG	2	Black	2.5 Kg		
CBPP-5 KG	2	Black	5 Kg		
CBPP-10 KG	2	Black	10 Kg		
CBPP-15 KG	2	Yellow	15 Kg		
CBPP-20 KG	2	Blue	20 Kg		
CBPP-25 KG	6	*Red	25 Kg		
CO-2.5 KG	2	Competition Forged Pressure Ring Collars			
Q-BAR	1	20Kg, IPF Approved, 150 Test			



The Q-Competition Starter Set (total 284KG) has 2 additional 25KG (Red) plates, compared to our competitor's Starter Set (total 234KG). Also our Starter Set is \$400 less than our competitor's Starter Set!

\*6 Reds (25KG) + Bar & Collars = 385 Lbs. (175KG)



# MASSIVE POWER It all comes down to this. Plate upon mercilessly stacked plate - waiting for a challenger bold enough to attempt to pull its bone-crushing weight.

Pain and sacrifice don't even begin to describe what you put your body through in preparation to accomplish this gravity-defying lift. True plateau-smashing power only comes with massive size. That's why you need to add as much quality mass as possible using Mass-Tech™ - the world's most powerful weight-gain formula. Taking just two daily servings of Mass-Tech, you'll load your system with more than 2,000 massbuilding calories, 114 grams of anabolic protein and up to 388 grams of energypowering carbohydrates. With the scientifically advanced Mass-Tech™ formula, you'll be able to power through the heaviest lifts imaginable!

- Shocks muscles into mind-blowing growth
- Forces massive muscle growth directly on **vour chest and arms**
- Anabolic compounds clinically proven to build dense muscle mass
- Causes explosive gains in strength fast!





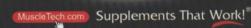














# POWER PASSING ...

CASEY SMITH, Born November 22, 1973, Died March 16, 2008. "Casey lifted in WABDL and set numerous Mississippi State records. He pulled 650.2 at 220, 615 at 242 and 644.7 at 259 and 275. He won the WABDL National Championships Houston in 2002 and 2003. He was born in Natchez, Mississippi and was killed in a motorcycle crash in Pasadena, Texas.

I partied with Casey in Dallas and New Orleans and got to know him quite well. He was always the Southern polite Gentleman and he always made me laugh. He had gotten away from lifting



the last four years and was set to get back into it. He never badmouthed anybody and he was always positive. He loved to deadlift. He was always a little overtrained because of that love or he could have pulled over 700. Whatever I could say about Casey wouldn't do justice to his honorable character and friendly demeanor. I couldn't say enough good things about him.

He had 3 children: Walker, Zach, and Isabella. His mother is Diane Hutcherson and he is also survived by a sister, Charlene Leblanc, and grandparents, Charles and George Smith.

Every time I have a steak it will be in Casey's honor. Casey will know what I mean - you will be missed Casey!!!"

GUS RETHWISCH, President, WABDL



(continued from page 20)

big meets Larry promoted (Seniors and Worlds), he had between 5000 and 10,000 spectators. Wouldn't that be great today? Larry is still involved in the fitness industry, but not in powerlifting. Larry didn't care who the competion was, he was there to win.

#3 Jim Cash

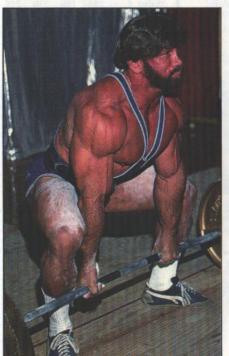
Jim also made the top 10 at 198. At 220 he was a World Record Holder and a World Champion. At the 1984 National Championships the 220 lb. class was filled with lifting legends. Larry Pacifico, Fred Hatfield. Jerry Jones, Gil Thompson and Jim Cash. At sub-total Cash was in 4th place. The old saying "The meet doesn't start till the bar is on the floor.", really applied to Jim. Jim's opening deadlift won the contest and then he pulled a World Record 837 lbs. He looked as strong as he was. Jim had a very long and successful career. Jim won the USPF Senior Nationals in 1981, 1982, 1984 and 1986. He also set many master records later in his career.

#4 Chuck Vogelpohl

Another great lifter who is still setting records in his early 40s. This Ohio native has competed at 220/242/275. The voters thought 220 was his best weight class. ("A great lifter." Vince Anello) Chuck won the APF Nationals in 1995 and 1996. He was the WPC World Champion in 1995. At different times during his career Chuck held the all-time squat record. He was also a great deadlifter, pulling well over 800 lbs. on occasion. A recent cover of PLUSA had a picture of Chuck pulling well over 800. Chuck is still going strong today. ("The best of his generation." Jon Smoker)

#5 Fred Hatfield

Looking at all three of Fred's lifts this may have been the ideal weight class for him. He did some monster squats at heavier bodyweight, but as a competitive lifter 220 might have been the ideal weight class. ("Best squatter in the World." Vince Anello) Fred had some great



Roger Estep an eye poppingly powerful man Dr. Squat ... Fred Hatfield, after a record SQ Steve Wilson ... spectacularly muscular lifter

battles with Cash and Ladnier in this weight class. A World Record holder, Fred's quest for a 1000 lb. walk-out squat was a major story in the early 80's. Fred has left an unforgettable mark on the sport. He started in Wisconsin and migrated to California. Was Joe Weider's right hand man for a period of time. The name DR. SQUAT will live forever.

#6 Joe Ladnier

Joe came out of Mississippi like a shooting star. Won a National Championship at age 20. ("Another phenomenal physique, got really good really fast." Jon Smoker) In 1983 won the Senior Nationals and set a World Total Record. He finished 2nd at the Worlds on bodyweight. Joe is still active, mainly in bench press and physique competitions. His hosts one or two power meets per year. He did a few WPO meets in the past few years. Made a tremendous impression on the voters in a short period of time. He owns and operates a health club in Mississippi. Nicknamed "The Lad"

**#7 Steve Goggins** 

The Chatham, Virginia native had a long and successful career. At 5'8" Steve competed between 220 and 275. He spent 7 years in the Armed Forces. Steve started lifting in the 11th grade. He has competed in the USPF, APF and WPO. During his career he won numerous National and World Titles. Steve featured a huge squat and an outstanding deadlift. He is a fitness trainer and spent some time competing out of the MetroFlex Gym in Arlington, Texas. Steve is currently retired, but young enough to make a comeback at any time. Hopefully we will see Steve lift again.

#8 Vince Anello

Vince was on the list as 181& 198 and



now 220. He won titles and set World Records in all three weight classes. Vince won his first World Title in York, PA in 1972. He was the USPF Senior National Champion in 1976, 1977, 1978 and 1980. Powerlifting does not keep the stats that baseball and football keep. but if they did Vince would by far have the most come from behind victories. ("Won world Championships because he was light years ahead of his competition in the deadlift." Jon Smoker). Vince was not only a great lifter, he was a credit to the sport.

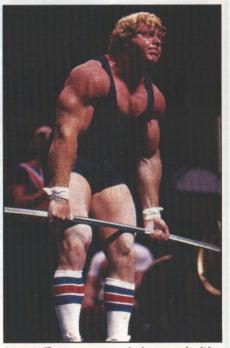
#9 Mary Phillips

A superstar in the 70s, Marv was a police officer in Pamona, California. ("The phenom from Pomona." Gus Rethwisch) Marv competed at 198/220/242 during his career. Whenever he lifted, the squat record was in jeopardy. One of the amazing things about Marv is as a child he had his left arm completely severed from his body. It had to be surgically re-attached. ("Though known as a super squatter, Marv was also a physical marvel whose physique would rival many of the bodybuilders of his time." Bob Packer) Mary held World Records at 220 and 242. He was also famous for having the most 100 mph chases on his police force.

#10 Steve Wilson

Steve competed at 220 and 242. Another lifter who won national titles in the APF and the USPF. Steve had three very good lifts. He squatted and deadlifted close to 800 lbs. and he benched close to 600 lbs. in a t-shirt. Injuries kept him from having a longer career. One of the best powerlifters of all-time. There were many pictures of Steve in Powerlifting USA in the early 80's that were mindboggling. Steve always loked like he was ready to enter a bodybuilding contest. I personally thought 242 was his best weight class.

This concludes the 220 lb. class. Many great lifters did not make the Top 10. Dennis Reed, Jack Sideris, Mike McDonald, Travis Mash, Sam Byrd and Matt Kroczaleski all received support. Next month we will cover the 242 and 275 lb. weight classes.



13 141/41	. 00 -	Allentown, P.	~
BENCH		J. Rubio	360
FEMALE		198 lbs.	
114 lbs.		Teen II	
Master II		S. Simpson	315
C. Cocco	95	Open	
123 lbs.		M. Georglev	435
Master VII		Master I	
R. Martucci	60	Steinhaussen	275
132 lbs.		Master III	
Master II/Op		G. McDonald	150
B. Benner	165	220 lbs.	
148 lbs.		Open	
Open		S. Younes	300
L. Feeney	165	Master I/Oper	
Master I		J. Norrell	425
J. Piperato	160	275 lbs.	
198 lbs.		Master I/Oper	
Master II		D. Benner	270
T. Smith	95	308 lbs.	
MALE		Master II	
181 lbs.		J. Piperato	445
Master I/Ope	en		
198 lbs.		BP DL	TOT
Master I/Ope	en	BL DI	10

D. Siegfried	Jr.	405	495	900	Von D.	330	245	345	920
220 lbs.					Craig E.	355	205	350	910
Junior					James L.	340	210	350	900
M. Gyger		380	550	930	Joel L.	255	165	405	825
242 lbs.					Dishum M.	290	165	365	820
Master II/Op	en				Jeremy R.	240	205	335	780
F. Felix		300	500	800	Dylan G.	290	165	310	765
(Thank you to	Bon	nie Brer	ner for	results)	Chris S.	285	150	315	750
					Derek M.	225	190	305	720
LUCDIA C			n		Toronta C.	200	160	350	710
LHSPLA St					Jacob B.	200	145	320	665
MAR	08	- Centr	al, LA	LOCAL T	Mark H.	200	150	235	585
114 lbs.	SQ	BP	DL	TOT	Chad L.	175	105	250	530
Billy N.	365	185	460	1010	Bryce Z.	_	_	-	_
Lance C.	305	150	360	815	Brandon B.	_	_	_	_
Caleb T.	340	260	210	810	132 lbs.				
John H.	255	160	300	715	Sidney A.	405	255	440	1100
Artiefene L.	225	150	33	710	Austin G.	370	225	420	1015
Eric B.	240	165	300	705	Josh W.	385	195	420	1000
Ross M.	240	115	340	695	Evan N.	350	225	405	980
Derek B.	245	145	280	670	Chris A.	375	190	410	975
Stoker W.	210	145	280	635	Evan C.	340	190	425	955
lan P.	205	140	270	615	Brad B.	375	175	405	955
Dylan N.	185	145	225	555	Benjamin P.	355	235	365	955
Dylan W.	-	-	-	-	Reece M.	350	210	385	945
123 lbs.					Ivan W.	365	160	365	890



Big Travis Watts squats 750 at the Louisiana High School Powerlifting Association Meet.

			vend 15
PARA	PHERI	VALI	
Nose Tork  Armonia Inhaiant  Heet CMSO-3	Moder Q.O.A Spray 1 1/2 Cloth	CHALE	S CONE.
Smelling Salts Capsules Pain Limment roll on Bottle \$6.00 10 count box \$6.00 w/ applicator 90% Street	10 oz. / \$10.00 Backed Tape Mueller Stockum Paste Roll	The Ultimate Grip Solution* Chalk - 8 2 oz. Blocks (1 lb. Chalk Bag	\$10.00 Pool Cone Chalk \$10.00 (Talc for deadlifting) \$8.00
2 for \$10.00 2 for \$10.00 2.33 oz. \$12.00 \$13.95	4 oz. / \$8.99 \$2.50	2 02. \$7.97	\$6.00
(holds 1500 tablets) (holds 175 tablets) (High-powers)	d portable blender) (2") cotton or nylon \$6.00	Judga Power Hools, / Purry Time Clock (GREAT for the sym val (GREAT for the sym val	CRAIN. Spoin Town - 25' s 44'
	8.95 Padded \$10.00	\$21.90	\$8.00
9" Reusable Style #2 (Spandey Cabretta Leather)	\$ 9.00 CRAIN Sports Blag assortment of colors	#2 Bar Striped or Solid Lifting Social and Bards. Assessment Bards. Nature, regular 5 them.	IF .
	\$15.00 \$29.95	#2-Sloppy Socks - white only \$8.00	XL (18-20")
Musilier Tutb-O-Clamedia Blectrotyle Sports Gum 300 pes. tub Reg. \$39.00 NOW \$27.00  Autoyashed Color Picture (fi x 10) \$6.00	CRAIN The Bag (surfer faving pack) \$12.00	(onn Pro. N (onl CRAIN Emboddered Renote \$12.00  We leather	sileone) 55.95 coprene Knee Sileone sileone) 12.95 see Bar Pad efficience vering 4.85
Leather Head Harman St. St. 95 Martin Ray	AN AN BOW	A VOC	
Web Pabric) (Not Pictured) (for heck squats) (for \$24.95 \$47.95	s front squats) (helps you do a perfect curl) \$47.95 \$39.00	(helps you get a strong, lean abs) Stren	gth Bands - pair e (5-35 lb) - \$18.00
CRAIN Mouse Pads Cooper any very Bumper Sticker At No Che 25 39 0 59 0 598 YOUR 0 598 YO	OR YOU Fraction	#2 Red #3 Blue #4 Green #5 Black #6 Orang	(10-50 lb) - \$27.00 (25-80 lb) - \$36.00 (50-120 lb) - \$45.00 (60-150 lb) - \$54.00 (70-170 lb) - \$84.00 (80-200 lb) - \$105.00
NEW 2008 PRODUCT CATALOG SE	NT OUT WITH ALL ORDER		ut the NEW DVD on
CRAIN	SHIPPING	DVD Pitness by Iron	
3803 North Bryan Road Shawnee, Ok. 74804-2314 USA rorain@allegiance.tv		ALL PRICES SUBJECT TO CHECK / CASH / CREDIT CAR: Customer Service 1-405-275-3689	D / PAYPAL ax 1-405-275-3739
19 g www.erain.ws		1-044-618	-0027

Powerlifti	ing As	SUCIA	uon n	icci.	
Brandon C. Tristen H. Brandan C. Demetrius C. Michal F. Sam. T. Derick T. Sane H. Alex M.	255	190	420	955	
Triston H	200	105	350	945	
Brandan C	275	205	335	815	
Demetrius C	245	220	350	815	
Michal E	275	180	360	815	
Sam. T.	280	170	340	790	
Derick T.	275	170	340	785	
Shane H	250	150	360	760	
Alex M.		_	_	_	
148 lbe					
Nick N.	475	290	505 450	1270	
Casey M.	450	210	450	1110	
Casey M. Justin S. Chris H. Cameron B. Josh F. Kyle M.	375	265	470	1110	
Chris H.	405	255	440	1100	
Cameron B.	440	250	410	1100	
Josh F.	350	205	480	1035	
Kyle M.	355	185	420	960	
Kyle M. Tyler L. Joseph C. Allen M. Alex M. Dalton L.	325	225	410	960	
Joseph C.	335	190	435	960	
Allen M.	350	235	375	960	
Alex M.	340	170	425	935	
Dalton L.	330	180	420	930	
Spencer D.	275	215	415	905	
Alex M. Dalton L. Spencer D. Casey M. Stormy W. Andrew R. Tyler R. Kerry B. Brian S. Justin A.	280	225	395	900	
Stormy W.	310	185	400	895	
Andrew R.	315	185	390	890	
Tyler R.	320	185	375	880	
Kerry B.	325	210	340	875	
Brian S.	335	160	370	865	
lustin A.	275	185	405	865	
Walter R.	280	180	330	790	
Tyler R. Kerry B. Brian S. Justin A. Walter R. Caleb C. Nick S.	230	150	330 330	710	
Nick S.	225	135	330	690	
Lee P.	_	_	_	_	
Lee P. Joseph D.	_	_	_	_	
111 1 6					
Michael 5.	320	_	_	320	
Michael S. Justin V.	320		<u>-</u> .	320	
Justin V. Timothy M.	320	Ξ	=	320	
Justin V. Timothy M.	=	Ξ	=	=	
Justin V. Timothy M.	=	_ _ _ 275	565	=	
Justin V. Timothy M.	=		565 500	=	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B.	=	275 335 260	565 500 485	=	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260	565 500 485 480	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230	565 500 485 480 445	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260	565 500 485 480 445 380	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245	565 500 485 480 445 380 430	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225	565 500 485 480 445 380 430 450	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215	565 500 485 480 445 380 430 450 435	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240	565 500 485 480 445 380 430 450 435 400	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245	565 500 485 480 445 380 430 450 435 400 410	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245 235	565 500 485 480 445 380 430 450 435 400 410 405	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245 235 205	565 500 485 480 445 380 430 450 435 400 405 475	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245 235 205	565 500 485 480 445 380 430 435 400 410 405 475 450	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245 235 205 205	565 500 485 480 445 380 430 430 435 400 410 405 475 450	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245 235 205 205 205 225	565 500 485 480 445 380 430 450 435 400 410 405 475 450 450 450	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245 205 205 205 225 225 245	565 500 485 480 445 380 450 435 400 405 475 450 420 400	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 230 260 245 225 215 240 245 205 175 225 245 200	565 500 485 480 445 380 450 430 450 475 475 450 420 400 345	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 245 235 205 205 225 225 225 205 225 205 2175 225 225 2175 225 225 2175 225 225 2175 225 225 235 240 240 240 240 240 240 240 240 240 240	565 500 485 480 445 380 450 435 400 410 405 475 450 420 400 345 335	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 245 225 215 245 235 205 205 225 245 225 245 225	565 500 485 480 430 430 435 400 410 405 450 420 400 345 335	1380 1300 1230	
Timothy M. 165 lbs. Matt W. Brice H. Brad B.	540 465 485	275 335 260 260 230 260 245 225 215 240 245 205 205 175 225 245 200 175	565 500 485 485 480 430 435 400 410 405 475 450 420 400 345 335	1380 1300 1230	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Dominich M. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri.	540 465 485 410 440 440 385 395 400 370 385 345 360 360 325 275 295 —	260 245 225 215 240 245 235 205 175 225 245 200 175	565 500 485 485 480 430 450 435 400 410 405 475 450 420 400 345 335	1380 1300 1230 1150 11150 11150 1060 1060 1045 1040 1025 1025 1015 1005 970 820 805 425	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B.	540 465 485	260 245 225 215 240 245 235 205 175 225 245 200 175	565 500 485 485 480 435 400 435 400 450 450 450 450 450 450 450 450 45	1380 1300 1230	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Dominich M. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R.	540 465 485 481 410 440 440 385 385 395 370 385 360 370 385 325 275 295 275	260 245 225 215 240 245 235 205 205 175 225 245 200 175 — 150	565 500 485 485 480 435 400 435 475 450 420 400 345 335	1380 1380 1230 1150 1115 1080 1060 1060 1045 1025 1025 1025 1025 1025 1025 1025 102	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Dominich M. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R. Steven H.	540 465 485 410 440 440 385 395 400 370 385 345 360 360 325 275 295 —	260 245 225 215 240 245 235 205 205 175 225 245 200 175 — 150	565 500 485 485 480 430 450 435 400 410 405 475 450 420 400 345 335	1380 1300 1230 1150 11150 11150 1060 1060 1045 1040 1025 1025 1015 1005 970 820 805 425	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Dominich M. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R. Steven H. Travis M.	540 465 485 481 410 440 440 385 385 395 370 385 360 370 385 325 275 295 275	260 245 225 215 240 245 235 205 205 175 225 245 200 175 — 150	565 500 485 485 480 435 400 435 405 475 475 450 420 345 335	1380 1380 1230 1150 1115 1080 1060 1060 1045 1025 1025 1025 1025 1025 1025 1025 102	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R. Steven H. Travis M. 181 lbs.	540 465 485 481 440 440 385 385 395 370 385 360 370 385 360 370 385 360 370 370 385 360 370 370 370 370 370 370 370 370 370 37	260 245 225 215 240 245 235 205 175 225 245 245 200 175 — 150 — 195 —	380 430 450 435 400 410 405 475 450 420 400 345 335 —	1380 1300 1230 1150 11150 11150 1060 1060 1065 1040 1025 1025 1025 1005 1005 970 820 805 — 495 —	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Dominich M. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R. Steven H. Travis M. 181 lbs. Patrick F.	540 465 410 440 385 385 385 385 360 325 275 360 275 340 530	260 245 225 215 240 245 235 205 205 205 245 240 175 ———————————————————————————————————	380 430 450 435 400 410 405 475 450 420 400 345 335 —	1380 1300 1230 1150 11150 11150 1060 1060 1060 1045 1025 1025 1025 1015 1005 970 820 805 — 425 — 490 340	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Dominich M. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R. Steven H. Travis M. 181 lbs. Patrick F.	540 465 410 440 385 385 385 385 360 325 275 360 275 340 530	260 245 225 215 240 245 235 205 205 205 245 240 175 ———————————————————————————————————	380 430 450 435 400 410 405 475 450 420 400 345 335 —	1380 1300 1230 1150 11150 11150 1060 1060 1060 1045 1025 1025 1025 1015 1005 970 820 805 — 425 — 490 340	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R. Steven H. Travis M. 181 lbs. Patrick E. Jeremy W. Tommy R.	540 465 485 410 440 440 385 385 395 370 385 360 325 275 295 275 340 275 340 495	260 245 225 240 245 235 205 205 225 245 200 175 215 — 195 — 300 315 285	380 430 450 435 400 410 405 475 450 450 420 400 345 335 — — — — 540 505 505	1380 1380 1230 11150 11150 11150 1060 1060 1060 1045 1025 1025 1025 1025 1025 1025 1025 102	
Justin V. Timothy M. 165 lbs. Matt W. Brice H. Brad B. David B. Chad G. Jeremy D. Cain R. Steven B. Domique H. Andy B. Frank A. Peter A. Mark S. Demario R. Jamie C. Aaron H. Edd L. Jonathon C. Courtland T. Jonathan B. Matt Ri. Timmy W. Brandon R. Steven H. Travis M. 181 lbs.	540 465 410 440 385 385 385 385 360 325 275 360 275 340 530	260 245 225 240 245 235 205 205 225 245 200 175 215 — 195 — 300 315 285	380 430 450 435 400 410 405 475 450 420 400 345 335 — — — — 540 505 505	1380 1380 1230 11150 11150 11150 1060 1060 1060 1045 1025 1025 1025 1025 1025 1025 1025 102	



Eric Leiux deadlifting at the LAHSPLA State Meet (photographs courtesy of Teresa Frank)

Brandon M.	475	240	520	1235
Willie C.	425	315	490	1230
Kegan J.	440	250	515	1205
Cedric W.	450	250	500	1200
Jordan R.	415	245	525	1185 1185
Corey M.	475 405	235 320	475 455	1180
Michael S. Jeremy V.	450	250	465	1165
Derrick M.	410	245	500	1155
Josh G.	425	265	435	1125
Brennan W.	385	245	425	1055
Jonathan I.	390	220	420	1030
Willie F.	340	240	450	1030
Philip K.	360	240	430	1030
Clint C.	350	260	405	1015
Quin M.	375	225	375	975
Nick E.	365	205	385	955
Ronald R.	335	205	335	875
Harrison H.	300	205	335	840
Ezekial G.	275	205	300	780
Austin C.	265	180	290	735
Eric M.	-	-	-	-
Todd K. 198 lbs.		1		_
Cardarrius	550	325	565	1440
Ryan M.	500	380	560	1440
Darius J.	460	315	550	1325
Adrian A.	510	300	500	1310
Ryan B.	505	260	535	130
John C.	500	315	485	1300
Nick G.	475	330	475	1280
Taylor Y.	430	320	470	1220
Tony B.	455	285	455	1195
Brandon M.	415	215	520	1150
Annonymous	435	270	435	1140
Ryan C.	435	290	405	1130
Chris K.	420	235	450	1105
Michael P.	425	265	410	1100
Eric L.	440	250	410 385	1100 1090
Kennon L. Terrence W.	405 390	300 220	460	1070
Nick P.	420	235	415	1070
Caleb O.	370	210	480	1060
Kyle S.	365	265	385	1015
Jason H.	350	235	420	1005
Johnny F.	350	225	415	990
Chad T.	335	225	365	925
Zac D.	320	205	350	875
Jim H.	315	205	325	845
Erick P.	-	-	-	_
Alan H.	-	-	-	-
Walter H.	-		-	-
Kendrick F.	405	225	-	630
220 lbs.		205		1605
Malcolm R.	640	305	660	1605
Blake W.	575	115	580	1570
Catroius L. Derrick T.	490 580	310 250	565 530	1365 1360
Phillip R.	500	315	525	1340
Brian A.	520	300	515	1335
Derrick G.	485	330	455	1270
Adam G.	455	260	500	1215
Blair R.	460	280	440	1180
Thomas M.	435	265	465	1165
Dwayne B.	390	315	430	1135
Eric R.	390	225	515	1130
Buster C.	450	270	400	1120
	465	225	410	1100
Jordan A.	400	225	460	1085
Daryl H.	400		AFF	1030
	365	210	455	1030
Daryl H. Blayne S. Andrew B.	365 410	195	420	1025
Daryl H. Blayne S.	365			

Blake F.	315	225	300	840	John St.C.	_	_	-	-	Justin P.	-	-	-	-
Kendrick F.	_	_	_	-	Trey D.	_	_	_	_	Matt R.	305	_	-	305
Frank L.	_	_	_	_	Stewart H.	_	-	-	_	275 lbs.				
Garet P.	_	_	_	_	James W.	565	385	_	950	Travis W.	750	405	645	1800
Donaldtello	-	_	_	_	275 lbs.					Tyler S.	600	320	535	1455
Ryan Al.	415	_	_	_	Mac D.	575	310	565	1450	Hayden G.	625	375	450	1450
Dylan L.	425	_	_	_	Deandre W.	600	250	600	1450	Michael E.	575	325	440	1340
Bobby G.	385	385	_	770	Brandon C.	580	310	505	1395	Matt S.	550	260	505	1315
Caleb A.	395	_	_	395	Carlos G.	530	315	550	1395	Anonymous	470	320	515	1305
Nate S.	420	230	_	650	Hunter C.	570	280	540	1390	David S.	550	275	480	1305
242 lbs.					Nick B.	515	295	550	1360	Nick C.	500	315	480	1295
Don B.	660	350	625	1635	Sebastian P.	540	325	475	1340	Dyron W.	510	305	475	1290
Randy M.	600	3665	565	1530	James G.	490	300	500	1290	John O.	500	260	520	1280
John R.	600	315	500	1415	James L.	500	270	485	1255	Caleb H.	445	330	530	1275
Alan S.	550	325	530	1405	Carl S.	455	265	500	1220	Keith J.	455	275	500	1230
Tommie B.	510	270	500	1280	Josh C.	465	260	490	1215	Ethan B.	530	300	400	1230
Mike D.	475	300	495	1270	Chase S.	465	275	475	1215	Tyrone S.	500	260	440	1200
Bryant C.	470	275	515	1260	Arlyn S.	455	230	500	1185	GGI	600	225	365	1190
Louis P.	500	250	450	1200	Matthew P.	440	250	480	1470	Rashad A.	405	260	525	1190
Kevin E.	475	285	420	1180	Garret H.	450	270	450	1170	Will C.	435	225	405	1065
Mason J.	400	250	420	1070	Nate L.	420	230	490	1140	Payne D.	400	230	430	1060
Dustin W.	410	230	410	1050	Ross A.	470	245	365	1080	Billy S.	430	185	405	1020
Weston B.	400	205	385	990	Aaron V.	425	225	420	1070	Bobby C.	425	205	380	1010
Caleb G.	365	155	365	885	Anonymous	455	245	365	1065	Shaun M.	350	250	405	1005
Joshua W.	250	175	300	725	Josh T.	405	240	410	1055	Taylon J.	_	-	-	-
Richard F.	230	155	250	635	Bryson F.	375	240	350	965	(Thank you to	the	LHSPLA	for the	results)



The CX2 material is the THICKEST single poly average of the CX2 Power SHIRT (Stretch back CX2 Power SUITe (SQUAT) CX2 Power SUITe (DEADLIFT)

\$145.00 DOUBLE PLY \$175.00 \$145.00 DOUBLE PLY \$175.00 \$145.00 DOUBLE PLY \$175.00

One, Two & Three Color Combinations Available No Extra Charge Navy Blue, Black, Red, Royal Blue, White Light Blue, Forest Green or Gold Lifting Singlet
X8-XL \$35.00
2XL \$37.00 3XL \$39.00
4XL \$41.00 5XL \$43.00
Il Colors Available - Give Height & Weight

POWER SLICKERS
ossier way to put on a bench shirt or squat sur
XS-XL \$17.95
city If Stickers Are For Bench Shirt or Squat Suits
Give Height & Weight

# The Original and Genesis Power Gear

Power Bench Shirt \$42.00 Genesis Power Suit • (Squat) \$64.00 \$123.00

Mega Power Bench Shirt Firm Back or Stavichy Back \$64.00 Genesis Power Trainer No draps will legs \$49.00 \$93.00

Genesis Power Bench Shirt Firm Back or Stavichy Back \$64.00 Genesis Power Brief No draps will legs \$49.00 \$93.00



SRAIN
3803 North Bryan Road
Shawnee, Ok. 74804-2314 USA
rorain@alleglance.tv

SHIPPING \$7.95 MINIMUM CALL FOR FULL SHIPPING CHARGES Oktohorna Residents Add 8.5% Sales Tax ALL PRICES SUBJECT TO CHANGE CHECK / CASH / CREDIT CARD / PAYPAL Customer Service 1-405-275-3089 Fax 1-405-275-3739

104



# .NEWYORKBARBELLS.COM

SERVING THE INDUSTRY FOR OVER 30 YEARS!

**KETTLE BELLS** SOLID OR ADJUSTABLE

CL-95810 **BIO SEATED MILITARY PRESS** 



Bi Angular Arm Movement to Duplicate Natural Motion

# C82626-WP

Extra Wide Diamond T oe Plate for Foot Support Adjustable Horizontal & Vertical Slide Special Contoured Seat, Front & Rear Hand Grips

**GLUTE & HAM STRING MACHINE** 



C-PRO92580 TITAN POWER RACK-96"



3" X 3" X 11 Gauge Steel Tube Construction Self Locking Jumbo Steel Pins Front Deep Knurled Chinning Bar 33" Space between front & Rear Posts

**LEG CURL & EXTENSION** 



# FARMER'S WALK - 2" & 5'



**UNBEATABLE** PRICES & QUALITY

# **MEGA SHRUG BAR**



1000 lb. Capacity Deep Knurled for Better Grip 1.25" Dia. Steel Bar - Knurled & Chrome Plated Plates, Stand & Collars are not included

**BENCHES, CALF MACHINES DUMBELL RACKS, LAT MACHINES PLATE HOLDERS, POWER RACKS SMITH MACHINES, PLATES** HEX DUMBELLS, BARS, **WEIGHT SETS** STRONGMAN EQUIPMENT

SPECIAL POWER LIFTING BARS



(IM-0250-O) MEGA BOW BAR - 92" LONG-\$269 (IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$229



WEIGHTED VEST 50 lb.

ONE SIZE FITS ALL ADJ. 2LB - 50 LB.

\$129 (Free shipping in USA)

#### PLYO BOXES



Call for Special Discounts for **Government & military orders** 

# New York Barbell of Elmira, Inc.

**AND MORE!!** 

15,000 Square Ft. Showroom Open to the Public

160 Home St., Elmira, NY 14904 Tel: 800-446-1833 Fax: 607-733-1010 Email: info@newyorkbarbells.com 030108

Once only available in Europe - Now sold in the U.S. A.

**Years in the** making...

If You Like Kre-Alkalyn. EFX Creatine... You're Gonna LOVE New Kre-Alkalyn. EFX Pro!

#### WE HAD TO BE PATIENT:

We didn't wanna just jump on the pre-workout bandwagon. To do this the right way, it took All American EFX - the "Kre-Alkalyn Pros" to pull it off. The end result is a Kre-Alkalyn formula so powerful and potent, we had to hold back just a little to keep it street-legal...for you - THE NATURAL FREAK™!

#### **COPYCATS BEWARE:**

We already know companies will try and copy what we've created. But here's a little secret...it CAN'T be duplicated! Kre-Alkalyn. EFX Pro uses our multi-patented Kre-Alkalyn. EFX (which has been clinically proven to outperform monohydrate by a whopping 28.25%\*) and a precise blend of unique herbal extracts specifically chosen for their intensifying effects. This potent combination works synergistically to "flip the switch", giving you the most incredible mind and muscle activation you've ever felt before!

#### THIS IS SCIENCE - NOT BAKING A CAKE:

Kre-Alkalyn. EFX Pro is an exact formula known only to 2 people - EFX President Brian Andrews and EFX V.P. Bruce Butterbredt. This coveted formula is also neatly tucked away in a safe located somewhere in CA.

We've built our reputation as the guys who brought you the First and Original Kre-Alkalyn. brand. We didn't start out trying to create the world's strongest creatine - it just happened to turn out that way! Try Kre-Alkalyn. EFX Pro today.

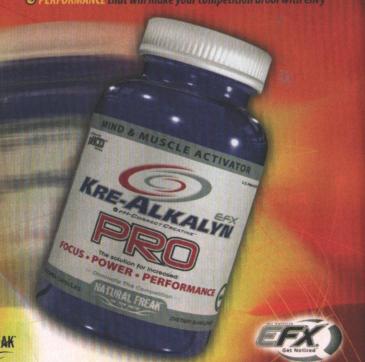
Call now for a FREE SAMPLE of KA PRO: (888) 238-1864 x.1000

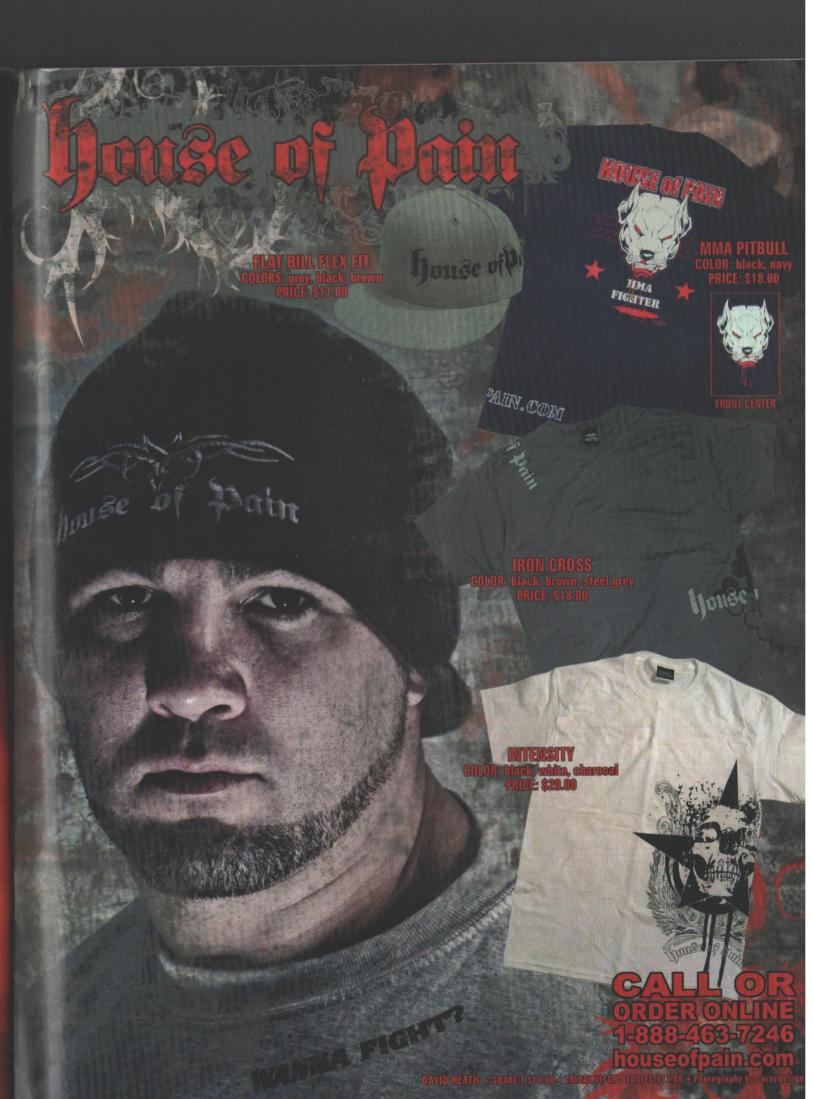
Jonathan - your EFX rep will hook you up.

Sorry, due to high demand supplies are limited.

Each crash-proof dose of KA PRO gives you:

- → FOCUS, with the precision of a laser beam
- → Unstoppable raw POWER with new levels of intensity
- **→** A "state" of controlled training AGGRESSION
- **→ PERFORMANCE that will make your competition drool with envy**





#### **UNCLASSIFIEDADS**

\$3.00 per line per insertion Figure 34 letters & spaces per line

Ivanko plates, bars, and collars. Weightlifters Warehouse, 1-800-621-9550

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

New limited slip bench press belt and lifting straps. As featured in the February 2008 issue. www.afriendinstrength.com

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow

postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

**Build Your Own Professional Metal** Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida

#### The Trap Bar is Back!

The Original Gerard Trap Bar, the unique training bar that builds leg and back strength like no other, is available again for strength athletes.

- -The Gerard Trap Bar
- Kelso's Shrug Book
- Okie Grip Barbell Collars Dinosaur Training by Brooks Kubik
- -More to come!

Visitus on the web to grab your own Trap Bar and we will include receive a free unpublished Trap Barworkout, courtesy Ken Leistner. www.trapbartraining.com Or contact usat1-800-978-0206

Texas "Original" 28mm Power Bar \$195.00.27 mm Deadlift Bar \$295.00. 30mm Squat Bar \$395.00. Shipping Additional. Weightlifters Warehouse. 1-800-621-9550

PL USA BACK ISSUES for current inventory - call 800-448-7693

#### SHRUG BOOK KELSO'S

A unique book with 27 illustrated shrug moves. Improves upper back, shoulder girdle and your total. New BP info is worth the price. Also "trap bars" and chest expansion. "Paul has done more for my bench press than everyone else put together." - Collin Rhodes

\$14.95 + S&H. Toll free # USA 888-934-0888, ext. 3. Order online from www.hatsoffbooks.com or many websites.

APA 2nd Record Breakers 23 JUN 07 - Fitchburg, MA BENCH Master (70-74) 325! WOMEN E. Mard 4th-180° MEN MEN Junior (20-23) C. Capsalis 125 4th-130\* 181 lbs 365\* Submaster (33-39) M. Ioannou . Rebovich R. Marrama 620! P. Herrick 150 Master (45-49) 310 130 V. Chace M. Ioannou Master (50-54) R. Rebovich 430\* 180! K. Mattson Teen Raw B. Rearick Master (55-59) 265 B. Borofsky 140 unior (20-23) DEADLIFT C. Capsalis 260 C. Knightly 250 MEN Open 308 lbs. bmaster (33-39) Raw G. Uphold P. Kuokkaur 660\*

315\*

300\*

370

\*=State Records. !=World Records. The

Current Card # (If Renewal)

Area Code/Telepho

Herrick

Master (45-49)

Master (55-59)

Raw B. Sweeney 420\*

Master (50-54) K. Mattson 555!

Submaster(33-39)

D. Porrazzo 420

F. Peterson 620!

A. Bianchi 6 Master (40-44)

Master (45-49)

B. Sweeney 5 Master (65-69)

620 lbs., Fred Peterson at age 69 deadlifted 620 lbs., Al Bianchi deadlifted 685 easy and could have done 700 lbs. Feli Mard at age 71 benched 325. Once again, I would like to thank John Romano for letting us use his gym for the meet and to work out. I would also like to thank Jim Crowley, Jorden, Jackie, Gerard, Curtis, Eric, Joe for all their help. After the meet went to Ken's house for a cook out. A big thanks to my wife Terri for getting things ready. (Thanks to Ken Mattson APA State Chair for Massachusetts for results) GIFTOFSTRENGTH.com

meet was held at John Ramanos Gym

Many state and world records were set. A few fo the outstanding lifts: Rick Marrama at 198 in a single-ply benched

Own your copy today of "The Best of the Chest with Kathy Roberts". Kathy's complete bench workout is now available on DVD. Back workout video. "Attack the Back with Kathy Roberts", is also available. Check out her website. Kathy Roberts, Lifetime Drug Free World Champion Powerlifter. Powerlifting and much, much more. Featuring Up and Coming Drug-Free Powerlifters Bodybuilders, professional tennis results and photos. Interesting publications and articles such as: Strengthening Your Lower Back and Knee Exercises, Building a Better You, Quote of the Month, and other great links. If you'd like to link to this site, it must be reciprocated. Drug free websites only. If you'd like to advertise on this site, send me an email with your site location and contents and it will be reviewed. Check it out for yourself today!

For standard 275 lb./125 Kg. USA lifters in results received from MAY/07 through MAY/08

1100 Vogelpohl, C..8/19/07 1063 Bailey, C..6/17/07 1058 Fay, C..6/17/07 1040 Panora, G..1/19/08 1005 Hoff, D..10/27/07 1005 Griffin, M..12/1/07 1003 Irby, T..9/15/07 1003 Garcia, J..11/17/0-7 1003 Zavala, A..12/1/07

1000 Matney, B..11/18/07 960 Tillman, K..11/10/07 955 Yard, S..8/19/07 953 Carlquist, A..6/17/07 953 Levario, N..6/30/07 950 Myers, J..6/23/07 950 Weston, B..6/24/07 950 Mount, S..8/19/07 940 Ryder, C..10/13/07 930 Estevez, L..2/23/08

925 Allocco, M..8/4/07 915 Chilia, C..10/14/07 905 Bott, J..6/24/07 905 Burrows, M..8/19/07 903 O'Reilly, P..5/18/08 903 Tinney, R..6/17/07 900 Forbes, T..11/18/07 890 Wood..5/31/08 885 Damminga, G..8/19/07 881 Tuchscherer, M..3/1/08

881 Gibson, J..4/6/08 876 Harbin, J..5/6/07 876 Brown, Matt..10/27/07 876 Murrow, C..10/27/07 870 Baggett, G.12/2/07 865 Coppola, S..10/27/07 865 Best, A..2/17/08 859 Richards, S..9/15/07 859 Cardella, T..10/20/07 859 Fredette, C..5/18/08

855 Peterson, S..4/12/08 854 Thiele, J..3/8/08 850 Hakola, P..10/27/07 850 Payne, J..12/1/07 850 Minks, D..12/15/07 848 Pinder, J..6/17/07 848 Hammock, S..8/4/07 843 Sheffield, D..9/15/07 840 Lenigar, M..6/23/07 837 Smith, S..8/11/07

835 McKimmie, S..10/6/07 835 Bowsher, R..1/19/08 832 Wagner, G..12/1/07 832 Telesco, C..2/23/08 830 Hoard, D..12/1/07 826 Jurkowski, G.12/2/07 821 Johnson, B..11/10/07 821 Thomason, H..5/24/08 815 Harrison, T.6/30/07 815 Lade, S..1/26/08

815 Robinson, J..3/15/08 810 Kahle, R..6/17/07 810 Kahle, R..6/17/07 810 Davis, J..6/30/07 810 Favre, D..9/22/07 805 Mimnaugh, B..12/15/07 804 Wells, D..5/12/07 804 Krogman, J..9/8/07 804 Nash, T..9/22/07 804 Dennis, P..10/14/07

804 Bailey, R. 11/17/07 804 Ewers, S. 11/17/07 800 Prevette, M. 5/12/07 800 Winter, E. 6/24/07 800 Brown, Marcus. 11/18/07 800 Majdar, M. 1/19/08 800 Gregg, R. 2/23/08 825 Sturdivant, B. 5/6/07 782 Fleming, S. 12/1/07 780 Fay, J. 11/18/07 8620 Short, L. 4/20/08 615 Clark, K. 6/16/07 615 Williams, C. 6/23/07 615 Hakola, P. 10/27/07

780 Ransbottom, J..5/08 777 Burdick, J..12/1/07 777 Stewart, K..3/1/08 775 Rock, S..6/23/07 775 Phillips, F..7/28/07 775 Stuchiner, M. 8/19/07 775 Obradovic, J..10/27/07 771 O'Neill, T..4/19/08 771 Carlile, J..5/3/08 760 Mullins, B..6/23/07

760 Shields, A..5/3/08
760 Bustillos, E..5/4/08
755 Meek, B..6/24/07
755 Williams, G..12/1/07
755 Baum, E..4/19/08
755 Montalvo, M..4/19/08
755 Irving, T..5/3/08
750 Schafer, P..8/19/07
750 Runco, M..10/13/07
750 Luciano, D..10/13/07

#### DEADLIFT

914 Luyando, R..4/19/08 826 Harrison, T..11/19/07 826 Briggs, R..3/8/08 810 Yard, R..4/20/08 810 Shell, J..3/29/08

810 Shell, J...3/29/08 775 Panora, G...1/19/08 770 Robertson, K...5/12/07 760 Burns, S...12/15/07 755 Stewart, J..7/14/07 740 Toranzo, J..10/13/07

700 Putnam, R..11/18/07 690 Shields, A..5/3/08 688 Hobinger, M..9/1/07 685 Williamson, L..3/8/08 683 Zavala, A..4/19/08 680 Hoff, D..10/27/07 678 Holloway, P..6/2/07 677 Girard, R.10/13/07 677 Greene, S..4/19/08

660 Gillespie, B..3/8/08 655 Reynolds, B..5/13/07 651 Donlick, M..12/15/07 650 Carlquist, A..6/17/07 650 Hall, P..7/14/07

835 Vogelpohl, C..8/19/07 826 Cardella, T..3/1/08 821 Tuchscherer, M..3/1/08 815 Brown, Matt, 10/27/07 805 Panora, G..1/19/08 804 Garcia, J..1/26/08 800 Klein, R..11/19/07 790 Myers, J..6/23/07 782 Bailey, C..6/17/07 771 McGettigan, P..7/15/07

730 Smith, J..5/12/07 730 Gibson, T..3/30/08 720 Welch, D..10/14/07 711 Baria, A..4/19/08 710 Bayless, J..1/19/08 705 Voprada, Z..6/15/07 705 Bailey, C..6/17/07 705 Lincoln Jr., R..7/29/07 705 Senese, C..4/19/08 700 Myers, J..8/19/07 771 Pritchett, J..8/11/07
771 Holloway, P..8/11/07
771 Pinder, J..9/8/07
763 Capello, J..7/29/07
760 Griffin, M..12/1/07
760 Jurkowski, G..12/2/07
750 Carter, J..6/9/07
750 Damminga, G..6/17/07
750 Cole, Z..8/19/07

744 Jacobs, J..1/26/08 740 Hedlesky, M..7/14/07 740 Bayless, J..1/19/08 733 Tinney, R..6/17/07 733 Best, A..2/17/08 733 Best, A..2/11/08 730 Payne, J..2/2/08 727 Fay, C..6/17/07 725 Prevette, M..5/12/07 722 Fernandez, J..6/9/07 722 Irby, T..9/15/07

720 Horton, T..6/2/07 720 Yard, S..4/20/08 716 Krogman, J..6/10/07 716 Andrews, P..9/8/07 716 Rogers, D..3/1/08 715 Smith, R..10/20/07 715 Francis..4/26/08 711 Rial, N..12/15/07 710 Nash, T..11/3/07 710 Baker, S..11/17/07 675 Cole, Z..8/19/07 675 Trusnovel, C..10/13/07 675 Trimbs, H..11/3/07 675 Zingaro, M..3/30/08 673 Hoekstra, S..3/30/08 672 Lade, S..7/15/07 672 Allocco, M..8/4/07 666 Wood, J..5/31/08 665 Rigdon, R..6/2/07 660 Rectenwald, E..8/4/07

650 Hall, P../14/07 650 Tovar, J..7/29/07 650 Aumavae, S..7/29/07 650 Mount, S..8/19/07 650 Harris, M..9/15/07 650 Collins, C..10/27/07 650 Hammock, S..12/2/07 650 Thomas, S..4/20/08 650 Ryan, R..5/17/08 650 Doublin, E..5/24/08 640 Lenigar, M..6/23/07 640 Rollins, D..6/30/07 640 Turner, J..10/13/07 640 Hoard, D..12/1/07 639 Nichols, B..11/17/07 705 Krych, E..5/17/08 705 Sheffield, D..5/24/08 700 Mullins, B..6/23/07 700 Chilia, C..10/14/07 700 Coppola, S..10/27/07 700 Forbes, T..11/18/07 700 Edwards, L..11/18/07 700 Robinson, J..11/3/07 690 Vickery, S..11/10/07 688 Dunn, J..10/27/07

639 Tuchscherer, M..3/1/08 635 Farina, J..2/16/08 633 Levario, N..6/30/07 633 Barnes, S..11/10/07 630 Vogelpohl, C..8/19/07 628 Wylie, C..6/30/07 628 Rhyne, J..7/14/07 628 Hudson, C..9/1/07 628 Richards, S..9/15/07 628 Gross, D..1/26/08

615 Klinger, B..1/20/08 615 Austin, G..2/23/08 611 Ludlam, R..3/1/08 611 Weil, M..4/6/08 610 Coppola, S..10/27/07 610 Wood..5/31/08 606 Chun, T..6/9/07 606 Engelke, K..6/9/07 606 Szymanski, D..8/4/07

606 Ross, J..8/11/07 606 Stephens, K..11/17/07 606 Higgins, R..12/1/07 606 Kahle, R..1/27/08 606 Doan, D..3/1/08 606 Gulseth, G..5/17/08 606 Lewis, D..5/17/08 605 McKimmie, S..10/6/07 605 Payne, J..2/2/08

2620 Panora, G..1/19/08 2565 Vogelpohl, C..8/19/07 2551 Bailey, C..6/17/07 2455 Yard, S..8/19/07 2435 Vard, S..8/19/07 2425 Cole, Z..8/19/07 2425 Cole, Z..8/19/07 2403 Irby, T..9/15/07 2375 Myers, J..6/23/07 2358 Fay, C..6/17/07 2350 Griffin, M..12/1/07

2342 Garcia, J..1/26/08 2342 Tuchscherer, M..3/1/08 2320 Zavala, A..12/1/07 2303 Allocco, M..8/4/07 2303 Allocco, M..8/4/07 2287 Carlquist, A., 6/17/07 2260 Matney, B..11/18/07 2259 Levario, N., 6/30/07 2254 Cardella, T..10/20/07 2250 Mount, S., 8/19/07 2238 Estevez, L..5/4/08

2199 Best, A..2/17/08 2190 Chilia, C..10/14/07 2188 Tinney, R..6/17/07 2188 Brown, Matt..10/27/07 2185 Tillman, K..11/10/07 2175 Coppola, S..10/27/07 2166 Hammock, S..12/2/07 2166 Hammock, S..12/2/07 2165 Lenigar, M..6/23/07 2150 Bott, J..6/24/07 2150 Hakola, P..10/27/07

2150 Wood..5/31/08 2149 Murrow, C..7/20/07 2132 Gibson, J..4/6/08 2130 Hoard, D..12/1/07 2125 Weston, B..6/24/07 2125 Damminga, G..8/19/07 2121 Richards, S..9/15/07 2110 Forbes, T..11/18/07 2105 Lade, S..7/15/07 2100 Ryder, C..10/13/07

2061 O'Reilly, P..5/18/08 2050 Prevette, M..5/12/07 2030 McKimmie, S..10/6/07 2028 Telesco, C..2/23/08 2022 Burdick, J..12/1/07 2017 Sheffield, D..9/15/07 2017 Higgins, R..12/1/07 2011 McGettigan, P..7/15/07 2011 Thomason, H..5/24/08 2006 Thiele, J..4/26/08

688 Chung, E..5/3/08 685 Lenigar, M..6/23/07 685 Fleming, S..8/19/07 685 Hakola, P..10/27/07 683 Carlquist, A..6/17/07 683 Afoa, V..7/14/07 683 Wagner, G..12/1/07 683 Hammock, S..12/2/07 683 Estevez, L..54/08 681 Ferris, M..11/3/07 2000 Rigdon, R..6/2/07 2000 Bowsher, R..1/19/08 1990 Davis, J..6/30/07 1980 Mullins, B..6/23/07 1978 Krogman, J..6/10/07 1978 Stewart, K..3/1/08 1962 Wells, D..5/12/07 1962 Favre, D..9/22/07 1962 Johnson, B..11/10/07 1962 Fredette, C..5/18/08

1960 Ransbottom, J..5/08 1955 Burrows, M..8/19/07 1950 Stuchiner, M..8/19/07 1950 Young, C..10/27/07 1950 Brown, Marc..11/18/07 1945 Minks, D..12/15/07 1945 McKee, B..5/4/08 1940 Anderson, P..7/15/07 1940 Nash, T..9/22/07 1940 Dennis, P..10/14/07 680 Ransbottom, J..5/08 678 Putman, T..11/19/07 677 Murrow, C..7/20/07 677 Bruner, T..8/11/07 677 Zavala, A..4/19/08 677 Wood, J..5/31/08 675 Bott, J..6/24/07 675 Driskell, B..10/6/07 675 Mount, S..1/19/08 675 Rhoades..2/9/08

675 Jensen, K..4/19/08 673 Shadid, K..11/19/07 672 Hennessey, D..5/5/07 672 Denison, S..6/9/07 672 Levario, N..6/30/07 672 Hubbard, C..4/19/08 670 Bowsher, R..1/19/08 670 Forgione, P...1/19/08 666 Lahourcade, R..6/9/07 666 Diamond, P..6/23/07 1930 Gregg, R..2/23/08 1918 Sturdivant, B..5/6/07 1918 Fleming, S..12/1/07 1915 Winter, E..6/24/07 1915 Williams, G..12/1/07 1915 Ivilliams, G..12/1/07 1915 Iving, T..5/3/08 1914 Rial, N..12/15/07

1895 E'Dalgo, C..4/12/08 1890 Bailey, R..11/17/07 1890 Peterson, S..4/12/08 1884 Jacobs, J..1/26/08 1875 Schafer, P..8/19/07 1873 Meek, B..6/24/07 1873 Weite, M..7/15/07 1870 Mitchem, C..2/23/08 1862 Seneo, R. 3/30/08 666 Edinger, R..9/15/07 666 Johnson, B..11/10/07 666 Gibson, J. 4/6/08 665 Hoard, D. 6/30/07 665 Salisbury, S. 10/13/07 665 Young, C. 10/27/07 661 McQuaid, J. 6/17/07 661 Weite, N. 7/15/07

## PL USA Top 100 **Achievement Awards**



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, 1 and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

#### **NEXT MONTH... TOP SHWs**

CORRECTIONS ... Jon Rock should have been credited with a 575 lb. bench press on the earlier TOP 100 for the 220 lb. class that appeared in the May 2007 issue of PL USA. He also should have been credited with a 750 squat in the 198 lb. class in the TOP 100 that appeared in the April 2008 issue. Brian Silk should have been credited with the photos that appeared in our coverage of the Raw Unity meet in the May 2008 issue of PL USA. Duane Burlingame's 805 squat, 655 deadlift, and 1845 total were not listed on the TOP 100 for the 220 lb. class in our May 2008 issue. Randy Robinson should have been credited with a 625 Bench Press on the TOP 100 242 listing. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office 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 in a following issue.

Current WABDL Classificati Make checks payable to and mail to:

Registration Fee: Teenagers, Disabled, & Special Olympians: \$25.00

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS PO Box 27499

Golden Valley, MN 55427

If under 18, have parent initial

Signature

ard Issued B

Application for Registration

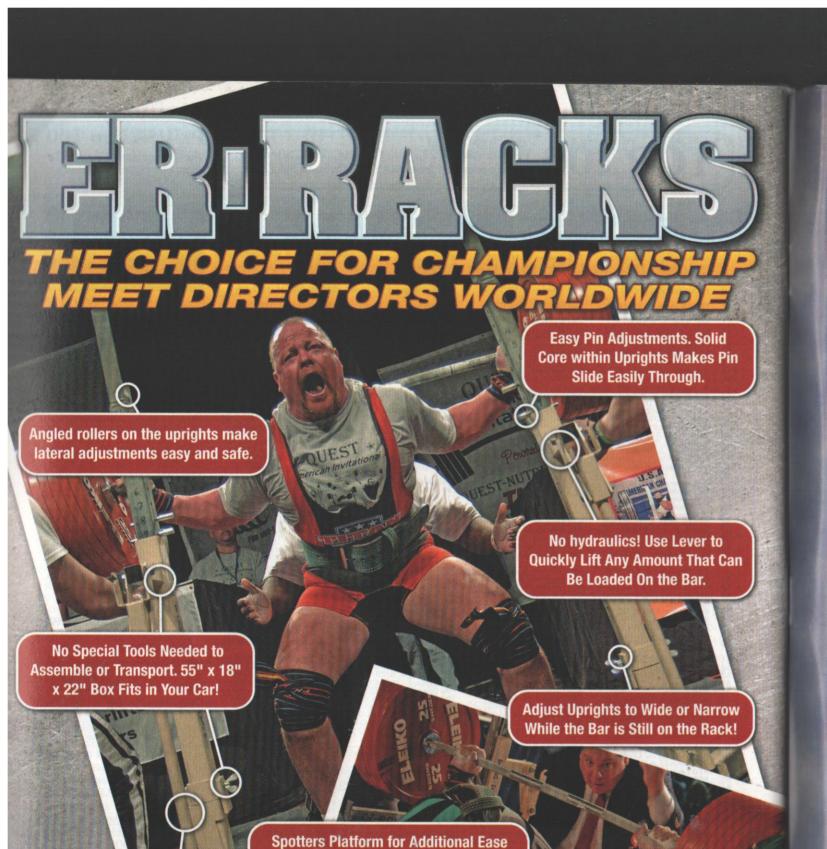
WORLD ASSOCIATION OF BENCH PRESSERS

AND DEADLIFTERS (WABDL)

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

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

110



and Leverage for Lift Offs and Spotting

Adjustable Bench Saftey Bars
Protect Lifters While Benching
Maximum Loads!

# JINZER ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD
THE FOREVER GUARANTE IM MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER

13mm lever belt \$68 13mm buckle belt \$70 10mm buckle or lever belt \$58 Tapered buckle or lever belt \$52

Choice of stiff
leather for the
firmest support or
soft leather for
immediate comfort.
Extra firm leather will
conform over time for a
permanent personal fit.
Soft leather will conform to your
shape more quickly.
Available in any style. Most popular choices
are double prong buckle, single prong buckle
or lever belt.

13mm or 10mm thick, 10cm wide or 10cm
tapered to 6cm body-building style
suede both sides, suede inside only, or smooth leather both sides.

ZINC PLATED STEEL BUCKLE.

- Tongue Loop RIVETED NOT SEWN,
- Lockstitched with corrosive resistant, hi-density nylon.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- Not bradded. High compression riveted. Will never come loose.
  - New, closer prong holes for more choice in precise fitting.

INZER
WE MAKE POWER GEAR A SCIENCE

1-800-222-6897

LIFTERS TOP TO BOTTOM: JEFF DOUGLAS AND DAISUKE MIDOTE - PHOTOS CHRISTY NEWMAN

Switch from Squat to Bench

**Configuration in Minutes!**