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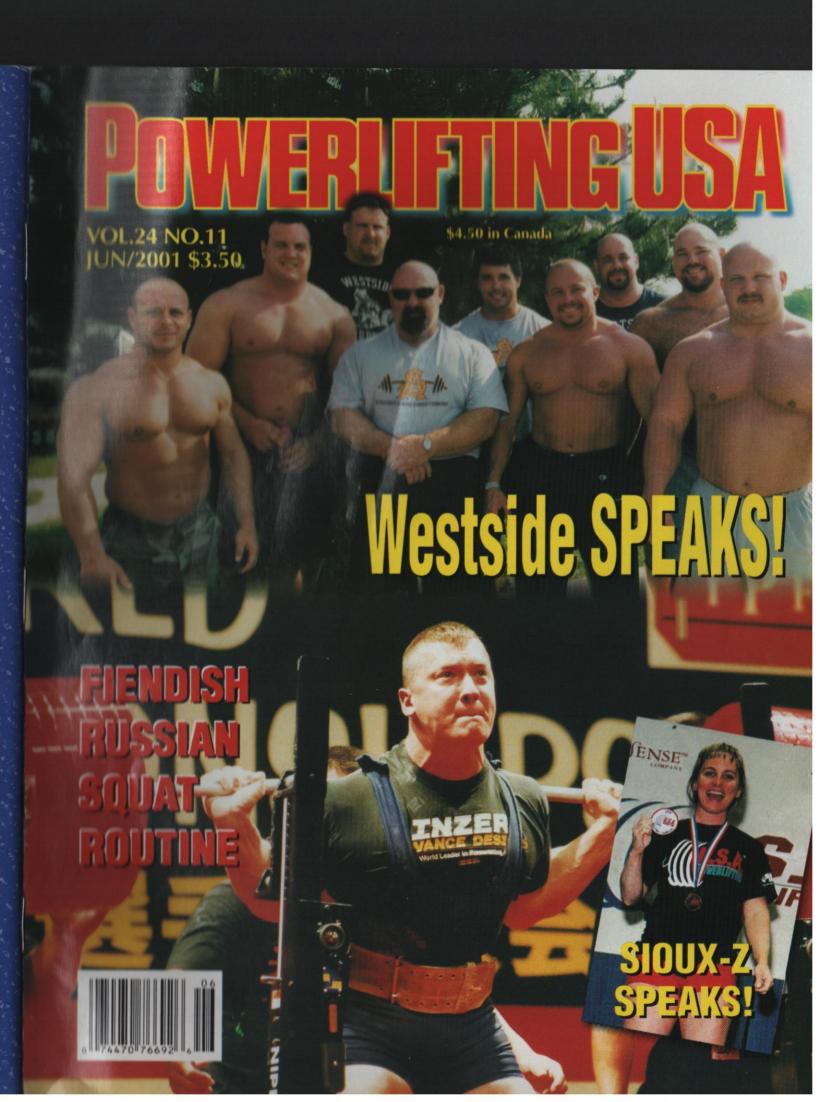
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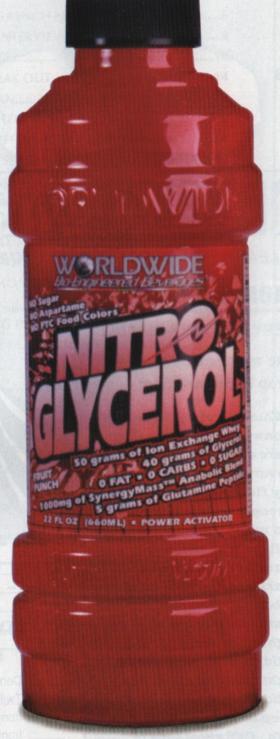
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The first ever IPF Master's World Bench Press Championships were held in Hamm, Luxembourg which

has hosted a number of European Championships. The meet director was Gaston Parage, who had quite a challenge with almost 300 lifters registered for the meet. Luxembourg is a small nation bordered by a number of countries including France and Germany. We had a chance to tour the cobblestone city of Hamm which had several small specialty shops. My highlight of the city was the waffles

which were

topped with a rich whipped cream and strawberries. The only mistake I made was splitting it with coach Steve Spinelli as I ended up weighing in almost 3 lbs too light.

Since the IPF expanded their age categories for competition, it allowed a number of new lifters to compete for an IPF world title. The event was held in the Omnisports center, a fine facility. There was a nice sized platform which allowed for easy access for the lifters and we had as many as 5 coaches/lifters, on the platform at different times rooting on fellow lifters. The warm up area had 4 ER benches and there was a large room in between the warm up area and platform for putting on shirts and for the coaches to congregate and

strategize. My biggest relief was seeing a rubber platform. Many European countries use wood platforms which have been problematic for the Americans.

During our team meeting on Thursday night, I told the lifters that this would be different from anything they had experienced in the past since the coaches would take care of all the details for them. Steve Spinelli came with me from Cleveland and did a fantastic job of putting on the shirts and helping encourage lifters on the platform. Kevin Farley from Chicago worked the scorers table and helped with the numbers. Nectar Kirikis came with Dennis Brady and helped in the warm up area and with shirts. Steve Howard from the USAPL Executive Committee accompanied his wife Brenda and helped us wherever we needed. Johnny Graham, who will hold

### **IPFWorld Masters Bench Press**

by World Masters Bench Champion Dr. Larry Miller



USA's Gold Medal Winners included: (left to right) Cathy Van Dyke, Andrea Sortwell, Brad Klinger, Jim Klostergaard, Gregg Zangl, Dr. Larry Miller, Gene Bell, Dan Gaudreau, and Fred Dini. (photos courtesy Miller)

this meet next year, came over to get ready and offered his help on the platform and by helping Kevin with the numbers. Johnny was particularly impressed with one lady who had a thicker mustache than he did.

We had 32 lifters compete with two dropping out due to last minute injuries. Dennis Brady tore a pec, but came over anyway to referee. I got upset when they took him off the jury on day two because he was not a Cat. 1 referee. Some referees had appeared in a number of sessions, but Dennis was not listed anywhere. I complained and he participated as the head referee on Sunday for one

The Women's Masters I, age 40-49, reminded me of French class in



"I have paid ze Deutschmarks!!" ... Andrea Sortwell waits for her 4th attempt go-ahead while confusion reigns and the clock runs

elementary school. My teacher used to play the French National Anthem everyday, and the French won 4 weight classes in a row. Our first lifters were in the 56 kg class with Diane Siveny placing fifth with a 60 kg bench and Brenda Howard finishing right behind her with a 57.5 kg lift. Our first medal came in the 60 kg class as Helen Sauer dropped down from the 67.5 class to lift 90 kg and finish 5 kilos behind the winner. Daniele Taret from France. Maureen Post finished fifth in the 67.5 kg class with a bench of 75 kg. She was upset about not getting her third lift which everyone told her was good. Pat Corns finished 6th in the 75 kg weight class with a bench of 65 kg.

Our first gold medal came from our most experienced international lifter and co-team manager Andrea Sortwell. Andrea missed the 75 kg class by .1 kg but still managed a win with a bench of 115 kgs. Andrea attempted a fourth attempt which was a mess. Fourth attempts had to be preceded with about \$225.00 for drug testing fees. The money had been turned in at the scorer's table, but the jury indicated that they thought it should be turned into them. As they were trying to resolve the issue, the clock continued running and by then Andrea didn't know if she was coming or going. There was another issue of the clock running in the 110 kg class when the lifter decided to change the rack height. The clock is supposed to continue to run since it was the lifter's choice to change the setting and chief referee Dennis Brady let the clock run.

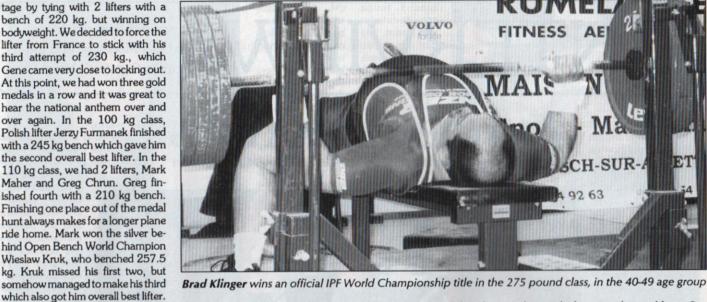
Unfortunately, someone from the scorer's table reset the clock which was one of many IPF rules that were

not followed. We had another issue where by we were forced to turn in an attempt before another lifter even though our lifter followed that lifter. There were also flights made of more than 14 lifters. Well. back to the meet. The women's best lifter came from Germany in the 90 kg class as Rita Kistenmacher benched 140

kgs. In the 90+ kg class US lifter Cathy VanDyke lifted 115 for the Gold medal. The women's team finished in third behind France and

Eula Compton was our sole lifter in the 50+ age division. Eula lifted in the 67.5 kg class and finished 5th with a bench of 62.5 kg. Germany and France reversed team championship titles in this age group with Austria finishing third.

I was excited about the Men's Class I division - age 40-49. We had a very strong team and I was looking for gold. We had 9 lifters competing in this division. Our first medal came from John Corsello who finished second and won the silver in the 60 kg class. John finished with a 130 kg bench. I was our second lifter and I competed in the 75 kg class. Someone had messed with hotel scale and I cut my food intake as I though I was heavy, but I ended up weighing in around 162 lbs. I opened conservatively for the gold with 195 kg., but Imissed my second. I repeated 207.5 kg on my third attempt, but it was about 5 lbs. too little to get me best lifter. In the 82.5 kg class, we decided to stuff Greg Zangl in one of my shirts and Gregg outdistanced the Finish lifter, who was not a gracious loser, as Gregg got all 3 attempts, finishing with 195 kg. The entire team served as baby sitters for the Zangl's 13 mo. old son Ford. By the end of the meet, I was Uncle Larry. I thought Gene Bell was making a mistake by moving down from 100 kg., but it is hard to second guess someone with Gene's experience. Gene lost some 15 lbs in a few days and ended up as the lightest in his weight class at 188.5 lbs. Gene used his lower weight to his advan-



ished with a 187.5 kg lift for the win. Jim was one of many lifters that helped in the back after he finished lifting. Dave Cummerow from California finished second in the 90 kg class with a 177.5 kg bench. They gave Dave the wrong medal, but he wouldn't let it go until he was sure his was available. I can't blame him. In the 110 kg class, Steve Caldwell finished 7th with a 182.5 kg bench in a very competitive division with 5 lifters over 190 kg. In the 125 kg

class multi-national bench record holder Fred Dini dominated his class by lifting 230 kg and finishing 20 kg ahead of his next competitor. Fred's biggest challenge was sleeping with Brad Klinger who, word has it, tends to snore. Fred also finished third for the best lifter in his age group.

We had 7 lifters in the 60+ age group which was good enough to get us third place in the team competition. We won no golds, but we did win a number of other medals which

made for some happy lifters. Our first lifter was Ivan Zwick in the 67.5 kg class. I was told that Ivan was extremely nervous. It seemed as if all the lifters in this group were quite nervous. Ivan won the bronze with a bench of 115 kg. Ivan was responsible for getting us a sponsor for our team t-shirts. The sponsor, Keifer, makes a sports drink which Ivan claims is great. Thanks to Keifer for

(article continued on page 90)

Diepold GER 220

297 264

242 242

380 374

352

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Russo FRA
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Zwick USA
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Martinez SPA 330 McDermott USA325 Kolditz GER 209

Wittkowski GER 363

Ulrich SWI 303 Pohlkotter GER 286 Andersson SWE 248

220 Schubert GER 440

Cuvelier FRA

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Waldeck SWE

Rantanen FIN Morris GB Klocek USA

242 Lebolay FRA

Engebretsen Frese GER

Weber GER

Levy USA 275

Suonpaa FIN

Schwarz GER

Yanovitch USA 325

165

#### **IPF World Masters Bench Press** 3.4 APR 01 - Hamm, LUX

IPF World	Mast	ers Bench Pre	SS	Zia GB	319	Koblov RUS	518 518	181 Klostergaard	413	
3.4 APR	01 -	Hamm, LUX		Muigg AUT		Schwanke GER			407	
		STEPHEN LOUIS BUT ALLIA	1	165		Richter GER	485	Taisto FIN		
Womens I		VanDyke USA	253	Miller USA	457	DeLuca SWI	473	Sliden FIN	385	
97 lb. class		Women II		Frank GER	396	Romanek POL	473	Guerrero FRA	363	
Satomi JPN	148	105 lb. class	1000	Papushov RUS	385	Nygard NOR	473	Gross GER	341	
105 lb. class		Cherbonnel FRA		Remes FIN	341	Sota CZE	457	Reybroeck BEL	286	
Rumeaux FRA	148	Heligon FRA	132	Mitboe NOR	308	Kallinki FIN	451	Olio CZE	286	
Vaulakorpi FIN	132	114	MEG.	Fixemer LUX	275	Crabbe USA	440	Mattila SWE	275	
114		Genermont FRA		Schauer CZE	264	Collart BEL	440	198		
Andreani FRA	159	Turunen FIN	115	181		Royer CAN	429	Tachibana JPN	440	
Nowka GER	154	Merten GER	115	Zangl USA	429	Rikka FIN	407	Cummerow US/		
Knutars FIN	154	123		Sundman FIN	407	Ringvold NOR		Pietsch GER	385	
Kaule GER	212	Wang AUT	187	Smit NDL	396	SHW	400	Gallant CAN	374	
123		Hykova CZE	165	Jansson SWE	396	Gaudreau USA	562	Chonckel FRA	352	
Glaxis FRA	181	Kumpuniemi	143	Forster AUT	385	Schmidt GER	551	Ekloi SWE	303	
Rennert GER	165	McSwain AUT	137	Bies FIN	369	Bak HUN	496	Hodne NOR	286	
Desfarges FRA	154	Schubert GER	104	Rasmussen GB	363	Simon GB	479	220		
Vivijes BEL	154	132		198		Myburg RSA	473	Szymanski POL	396	
Siveny USA	132	Thimm GER	165	Bell USA	485	Fricker GB	446	Herman GER	374	
Howard USA	126	Soulard FRA	165	Yokoyama JPN	485	Mohsen EGY	440	Schror GER	374	
132		148		Compain FRA	485	Pawlik POL		Wouda NDL	363	
Taret FRA	209	Chiyomi IPN	220	Pares FRA	440	Mens II		Fujimoto JPN	363	
Sauer USA	198		176	Pritzl GER	424	114		DeWitte BEL	319	
Eschelbacher	181	Hansen GER	148	Hagfors FIN	407	Oshiro JPN	242	242		
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148		165		220		132		Renvoize FRA	418	
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Kobayashi JPN	225	123	300	Hladin UKR	319	Pellegrino USA	286	Leskinen FIN	440	
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Spronk NDL	187	Kedziora POL	248	Kruk POL	567	165	2,0	Weber GER	396	
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181		Fenzal AUT	148				352	Bonneau CAN	451	
Sortwell USA	253	132		Chrun USA	462	Hansen DEN	347	Voscul GER	424	
Speth GER	242	Toth HUN	319	Fartel HUN	462	Thomas GER			396	
Conrads SWE	165	Corsello USA	286	Makil LUX	451	Doubel FRA	336	Tuomikoski FIN		
Kokkonen FIN	154	Hellmich GER	275	Brooks GB	435	Kulhanek AUT	330	Bevan GB	308	
198		Tollikko FIN	220	Massay GB	363	Jaloweczki HUN		Mens III		
Kistenmacher	308	148		Coop RSA		Escolano FRA	330	123		
Calhoun USA	220	Kihlstrom SWE	330	275		Macrow GB	308	Fushimi JPN	264	
SHW		Glaue GER	325	Klinger USA	529	Bartotti USA	281	132		

ish lifter on each attempt and fin-

Mark finished with a 237.5 kg bench.

In the 125 kg division Brad Klinger

battled the Russian lifter Koblov.

Brad had to stay one step ahead of

the Russian to win and he did by

going three for three and finishing

with a 240 kg. bench. As of Friday

night, we were missing 2 lifters,

Nolan Crabbe from Hawaii and Dan

Gaudreau from Colorado. Dan was

snowed in an extra day and, well, no

one ever knows with Nolan. Nolan

had to compete outside his normal

110 kg class since we had two lifters

in it and he had trouble gaining

weight. Every time I saw him he was

eating, but his nervous energy

seemed to stop him from gaining the

weight. He ended up weighing 110.3

kg., but I can't disclose the secret to

his success. He finished in 10th with

a 200 kg lift. Dan Gaudreau won the

gold in the superheavyweight divi-

sion. The German lifter was a close

second, but with the German miss-

ing on his third, Dan had the win and

went for 265 which he barely missed.

In the team competition, we domi-

nated with 5 firsts and 1 second for

69 points, finishing 18 ahead of the

Germans. We finished first out of 22

### INTERVIEW

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

hotel rooms)

ML: How was it lifting in front of your folks at the last Women's Nationals, and how do you like your new weight class?

SH: It was great lifting with my parents there. I could hear them shouting and getting behind me 100%!! I had actually told them they had to come and be my good luck charms since the last time they came I broke the National and American Records in the squat and only missed one deadlift attempt. My brother and sisters were at that one too (in Lincoln, NE). As far as the weight class ... I have competed in the 114s before. especially at State meets so I would

not have to worry

about dieting. I

started a new routine though and packed on more muscle as well as strength. I decided it was smartest to go up, at least for this year. I may go back to the 105 class next year. It sure was nice not worrying about my weight the night before, I weighed in at 110.

ML: How many national titles have you won now, and which one has been the best victory so far?

SH: National Championships I have won: 1993 ADFPA @ 104;

### SIOUX-Z HARTWIG

as interviewed for Powerlifting USA by Mike Lambert

It is hard to say which was best, though last year in Argentina was nice, other than the very

small venue. I had great ladies to lift with, Camille D'Amato the team and my personal chiropractor, and the coaches and P.J. who worked very hard for us. I enjoyed 4-wheeling on the beach and sand dunes, dancing my heart out after the banquet (one of my **FAVORITE** things to do), friendly competitors. sightseeing in Buenos Aires and going to a Tango

ML: Do vou train with Kirk Karwoski, or does he help out when you're training with some of the other Maryland

ladu lifters? SH: Kirk and I train at the same time, but I usually train on the other side of the gym with Sandy Mobley (123 lb. World Team member). When I get closer to a meet Kirk checks my form to be sure that everything is as perfect as it can be and helps me with my suits and knee wraps. I've been in charge of my own training almost the entire time I have been lifting. I like it that way. I've used differ-

ing, sometimes I benched 3-4 days a week, and my bench shot to 170 in the first year. I then started to train my legs also and, being busy, I reduced upper body training to once a week. Over the next 5-6 years I tried many things, but I hit a plateau. Kirk mentioned I should train the upper body twice a SH: Svetlana Tesleva, the 97 lb. week and Larry Maile gave

> me a routine with lots of volume work. ML: What is your favorite wine?, color?, weapon?, and cartoon character? .... just so we can figure out what you're really like?

SH: I don't like wine or most alcohol, however, I love a good strawberry daiguiri or

squat I said fuzzy navel. My favorite colors are Columbia blue and purple. Weapon ... that's a hard one, I quess I would have to say rifle since I hunted with my dad a lot growing up. Otherwise, I think the best weapon is your brain ... be a step ahead of your opponent. Cartoon character ... Taz looks cool and is wild and crazy, I could picture him powerlifting. My favorite foods are chocolate mousse cake, shrimp and scallop marinara over angel hair pasta, and Alice's Spring Chicken at the Outback.

ML: How does your rep scheme change as you go through a squat training cycle for a big meet? SH: Reps decrease as the weights

Focusing in on the bench at Women's Nationals

never say NEVER.

banquets?

is very smooth.

ML: What's the wildest episode

you've been involved in at one of

those post-world championship

SH: As far as wildest episode, I

think that Kirk or Leslie Look

would be able to tell you better

stories than I. The wildest thing

that I've done at the banquet is

DANCE, and if you asked the

other team members they would

probably classify it as a little wild.

Other than that, I have had a

couple of shots of vodka with the

Russians. I am not a drinker, but

I have to say that Russian Vodka

ML: What is the single best bench

press training tip you've ever come

across, and who came up with it?

training the upper body with

more volume and more of-

ten. When I started train-

increase. I do as many reps as possible unless I am fighting an injury; in that case I cut back on the reps and sets. I typically end with singles and maybe a double. The most I do is 3 top sets of 15 reps, the least is 1 single.

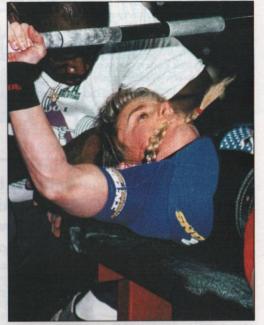
ML: Do you remember the first day you trained with weights? How did it all come about?

SH: The first day I "trained" was as a sophomore in high school. Our track coach had us bench and squat to see where our strength was. At the time I weighed about 98 lbs. and when they asked how much I wanted to

whatever was the most any other girl had done. It was 125 lbs. and they thought it was too much, well... by the end of that day I did 165 and the 3rd day I did a 200 lb. squat and a 100 lb. bench. At that time doing triple bwt. in bench and squat combined earned you a "Charger Power" t-shirt and your name on a special wall. About 5-6 guys on the football team would make it

each year, but unfortunately no female had done it before so they did not know what to do for me. They started a wall for girls the year after I graduated. I never made it up there. Maybe now that I have done triple bwt. In the squat alone they will add my name! I didn't lift again or truly start training until my last 3 months of college. The summer before a friend, whom I did a little circuit training with, stated he was transferring to SDSU (South Dakota State U) and was going to join a powerlifting team and maybe I should too. I hooked up with them at the end of the semester, trained about 6 weeks, and then competed in 3 meets

before graduating a couple



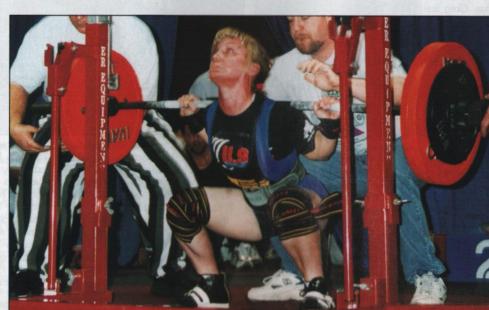
Keeping her hair out of the way ... Hartwig-style.

months later. I did 205, 105 and 205 at the first meet and 3 weeks later did 225, 120 and 250. I was hooked and decided then that I would pursue lifting and compete in the Nationals. I picked up my roots in SD and moved to MD and about 1 1/2 years later started training again. I won the Nationals about 9 months later. ML: What were the initial words Kirk ever said to you, and tell us they weren't said in the gum!

SH: The first words where probably simply "Hello". We were introduced by Bert Wagner in the gym. Sorry to disappoint you. We were both seeing other people at the time, but mutual friends kept tossing me hints for us to get together. I can tell you that the

first compliments that Kirk and his friends gave me were: 1. That I was "phatt", 2. That my legs were "sick", and 3. that I looked "huge". Coming from SD, these all seemed liked insults to me, but they then explained to me that, in the Powerlifting World, these were great compliments.

ML: If you had one deadlift left to win the world championship. a huge PR, but you knew you could make it if you took a magic pill - which wouldn't make you flunk the drug test but it would make you die within three years - would you take it? SH: No way! I love to lift and I LOVE to win, BUT, I really love life and have too many adventures left to die in three years. Also, the victory for me would be a little hollow if I knew the reason I won was because I had a magic pill.



Isn't That Great Squat Form ... Sioux-z thanks Pete Alaniz of Titan for his 7 years of sponsorship

1994 USPF Bench Nationals @ 105; 1997 USPF @ 114; 1999. 2000 USAPL @ 105; 2001 USAPL @ 114. 1993 World WDFPF Champion @ 104: 1998. 1999, 2000 and soon 2001 Competitor in IPF Women's Worlds. I placed 5th overall last year and 3rd in the bench press in Argen-

www.er-equipment.dk

My first National victory surprised me. I had really only been

1994 Lifetime Drug Free @ 111; training for about eight months (other than a few months in 1991 and a few in 1992 by myself). I had hoped to be in the top three as there were a lot of good competitors, but I was able to win it. This year, however, has to be the sweetest. You can't beat going 9/ 9 and getting PRs in every lift and I had some strength left over.

ML: Of all the World Teams you've been on, which was the hardest to deal with, and which was the most fun to be on?

SH: The first year was hard at the IPF Worlds, because I did not know what to expect, but I think the toughest was in Denmark. We had to bus to the venue from the "hotel" cabins. Since we were not in a town there was only one restaurant and it was always crowded. It was also the first year that ER Equipment was used and they did not know how to move the racks inward until after my flight; due to this I kept hitting the racks when trying to set up. (Don't get me wrong though, Denmark was nice, friendly people and it was nice having room to get together with a larger group of friends in cabins instead of small

ent lifting routines from various people but in the end, I make the decisions. Kirk is definitely my technical eye. ML: Of the Russian women lifters. who has been the most impressive to you? Do you think with USA will ever be able to take the team title away from the Russians?

Russian. She benched over 200 pounds at the last competition and totaled over 900. A woman that can bench over double her bodyweight and total 9 times her weight is incredible. (man or woman - a 9 times but total is awesome!) As far as Team USA taking the title away from the Russians; we are getting stronger every year and I believe you should



Sioux-z with her supportive parents - DeWayne & Phyllis Hartwig



With World Team Member Leslie Look .... (all photos courtesy of Sioux-z)

In case you got all starry-eyed and bushy-tailed having read the title beware that you cannot get something for nothing. Either of the two four week loading blocks of the thirteen week Russian cycle pack more work than most American squatters do in a year, no joke. You shall gain, but you shall pay, with sweat, blood, and vomit, Com-

The super cycle was designed by Master of Sports S. Y. Smolov and stacks like this:

- 1. Layoff or maintenance training
- 2. Introductory microcycle 2 weeks
- 3. Base mesocycle 4 weeks
- 4. Switching 2 weeks
- 5. Intense mesocycle 4 weeks
- 6. Taper 1 week
- 7. Competition

The introductory microcycle shall bring you up to 90% of your personal best squat in just a week and shall prepare you for the horrors to come

Every day is a Halloween during the next four weeks. It is worth it; the base mesocycle delivers a 10-30 kg gain for big boys and 5-7.5 kg for lighter lifters.

The 'switching' two-week stretch is dedicated to plyometric and compensatory acceleration training. The idea is to stimulate your nervous system with a different type of stimuli and thus make it more responsive to another round of slow and heavy training. You shall also appreciate the chance to lick your wounds after the base mesocycle.

The intense mesocycle is another cruel and unusual stretch of four weeks. It is good for another 15-20 kg squat gain.

Finally, you shall taper with what you could have interpreted as an overtraining program before you embarked on the Russian cycle, but now will gratefully accept as a vaca-

Week thirteen: enter the platform and dominate.

If you are starting Smolov's super cycle after a major layoff, perform the following two-week introductory microcycle. The Russian lifter and author shows how you can reach 90% of your peak condition in just three days:

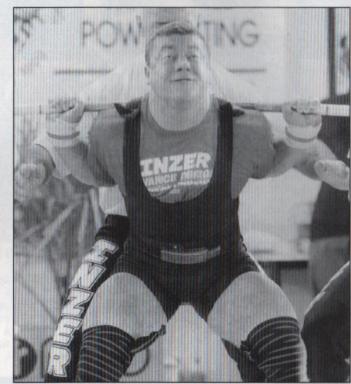
Day 1 - 65%x8x3, 70%x5, 75%x2x2, 80%x1

Day 2 - 65%x8x3, 70%x5, 75%x2x2, 80%x1

Day 3 - 70%x5x4, 75%x3, 80%x2x2, 90%x1

### INTERNATIONAL TRAINING

Another Russian Super Cycle: Add up to 100 Pounds to Your Squat in Thirteen Weeks as told to Powerlifting USA by Pavel Tsatsouline, MASTER OF SPORTS



Tarasenko squatted 771 at 198 at the 2000 IPF Worlds. (Isagawa)

The percentages are based on current or projected max. your best suitless squat right before the layoff, not on an estimated

Whatever stage of the cycle you are in, Smolov advises to include

what Russian Olympic lifters know as a protvazhka, or a long pull, in your warmup. A protyazhka is a snatch without any knee dip whatsoever. Smolov plugs it in a time tested combo: a snatch grip long pull x 3-5 reps + a wide grip press behind the neck x 3-5 reps + a squat with the bar on the shoulders x 3-5 reps. I believe that you would do even better if you ditch back squats in favor of overhead squats. The latter are great for developing SQ specific flexibility and enforcing a good technique the hard way. Smolov's warm-up calls for four to five sets of the above combo.

The next three days of the first intro week spend doing lunges with the emphasis on maximal stretching of the thighs.

During week two squat every other day with 80-85% weights. You must be able to work up to one set of five in that percentage range by the end of the second intro week.

Smolov insists on including explosive drills into your introductory microcycle: jumps over various obstacles, broad jumps, jump-ups on a pommel horse, etc. The Russian expert advises that you stay away from depth jumps though; intense plyos can be murder on your knees at your current level of conditioning.

"Abandon hope all ye' who enter here." The inscription on the gates of hell in Dante's Inferno could be applied to the four-week base cycle without a shade of exaggeration. It is a Russian program so you would be naive to expect hitting the squat rack on Monday and dedicating the rest of the week to assistance work at McDonalds. You shall squat four times a week, Comrade, whether you like it or not. And in case you are planning on working up to a top set of five or whatever, you've got another thing coming. Expect loading schedules such as seven fives with 80% weights and ten triples with 85% 1RM!

You must have gotten tired just reading the matrix, haven't you?

Monday Wednesday Friday Saturday Week#1 70%x9x4 75%x7x5 80%x5x7 85%x3x10 Week #2 (70%+10kg)x9x4 (75%+10kg)x7x5 (80%+10kg)x5x7 (85%+10kg)x3x10 Week #3 (80%+15kg)x5x7 (85%+15kg)x3x10 (70%+15kg)x9x4 (75%+15kg)x7x5 Week #4 Prikidka (work up to a near max single) Rest Rest

This is an off-season program so the percentages are based on your current 1RM without a suit. If you do not know what it is make an estimate. If you do not have kilo plates add twice the recommended number in pounds, e.g. 30 pounds instead of 15kg. Put up your weights at a slow or moderate tempo, as dynamic efforts do not belong in this phase.

In the last session you are supposed to work up to a near max to get an idea of where you are at. The original program does not call for a supersuit, but you may choose to wear it during the final trial session, if you have no problem going for a PR in gear after a long stretch of raw or semi-raw training.

If you do not like the fact that you simulate a contest on a day other than a Saturday you may push the training days one forward: Tuesday, Thursday, Saturday, and Sunday. You may even decide to enter a relatively unimportant meet on the day of the prikidka and post very conservative attempts.

The mad Commie who dreamed up this anti-Constitutional cycle promises that once you have survived these four weeks your legs will turn into car jacks. But no matter how inspired you are by the gains, you are to immediately back off after completing the last workout of the base cycle! The regimen pushes you to the limit of your strength and recovery and carrying it on longer than a month guarantees the mother of all overtraining.

A so-called 'switching' semimesocycle is now in order to let the body and mind recover before taking on the pre-competition cycle. With the exception of negative squats recommended once or twice a week, all lifts and exercises are now performed with maximum explosion. Series of various jumps and hops, deep squat jumps with a light barbell, etc. are on the 'Party' approved list. So are leg presses with compensatory acceleration and similar drills. Exploding from the sticking point in the squat is another fine exercise for the switching period. "The motto of the switching program is speed, and speed again, explains S. Smolov. For a change

of pace as much as anything else. Following the two-week switching phase the Russian coach instructs the lifter to start another four-week loading cycle. It was designed by weightlifting and powerlifting coach I. M. Feduleyev from Moscow and is responsible for preparing eight nationally ranked lifters in record times. It is good for another 15-20kg on your squat in just a month if you have the balls to take it on. Here is Feduleyev's program in all its Communist glory:

Week # 1: Monday 65%x3, 75%x4, 85%x4x3, 85%x5; Wednesday - 60%x3, 70%x3, 80%x4, 90%x3, 85%x5x2; Saturday -65%x4, 70%x4, 80%x4x5 Week # 2: Monday -60%x4, 70%x4, 80%x4, 90%x3, 90%x4x2: Wednesday - 65%x3, 75%x3, 85%x3, 90%x3x3, 95%x3; Saturday - 65%x3, 75%x3, 85%x4, 90%x5x4 Week # 3: Monday -60%x3. 70%x3. 80%x3. 90%x5x5; Wednesday 60%x3, 70%x3, 80%x3, 95%x3x2; Saturday -65%x3, 75%x3, 85%x3, 95%x3x4 Week # 4: Monday 70%x3, 80%x4,

90%x5x5; Wednesday

95%x3x4; Saturday -

75%x3, 90%x4,

95%x4x3

-70%x3, 80%x3,

In case you got excited that the loading cycle number two calls for 'only' three squat sessions a week, you must have wilted as soon as you have read the numbers. Feduleyev's regimen calls for an inhumanely high number of squats in the 81-90% intensity zone: 134 lifts or a whopping 44% of the total load. You are going to top off with three sets of four reps at 95% of your current - not projected - max, and these numbers mean two things. First, you are going to get unbelievably strong, and second, there will be many moments when you shall wish you had stuck to stamp collect-

Lift at a medium tempo. The choice of equipment is up to you, but full contest gear is encouraged. Calculate the percentages from your new max established two weeks earlier, if necessary with corrections for supportive equipment.

The cycle is designed for a lifter hardened by high volume/high intensity training and you are supposed to completely recover between workouts. Note that every week the Wednesday session calls for the greatest load, which is why it earns two days of rest. If you are not in a good enough shape to handle such a macho work load and you feel very tired by the end of Week Two merciful coach Feduleyev shall let you reduce the weight by 5-7% in all sets without cutting back on the sets or repetitions.

The above cycles have built great

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strength, now you are facing the tricky task of peaking it when it counts. Once you are a week away from the meet Smolov recommends the following week-long podvodka or taper. Wear full contest gear naturally.

Monday - 70%x3,

80%x3, 90%x5x2, 95%x4x3 Tuesday - Rest Wednesday - 75%x4, 85%x4x4 Thursday - Rest Friday - Rest Saturday - Rest Sunday - Competition

The Russian coach promises that the high load in the beginning of the week shall not negatively affect you. That may not be the case with a lifter unaccustomed to Russian style high volume/high intensity/high frequency training. Especially since Smolov's plan is charted out for a Sunday meet, consider skipping the Monday session and pushing the Wednesday

"Either of the two four week loading blocks of the thirteen week Russian cycle pack more work than most American squatters do in a year, no joke. You shall gain, but you shall pay, with sweat, blood, and vomit, Comrade."

Monday - Rest Tuesday- 75%x4, 85%x4x4 Wednesday - Rest Thursday - Rest Friday - Rest Saturday - Competition

session a day back:

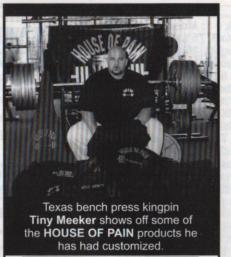
If you choose to follow Smolov's peaking plan to the letter push all the sessions one day back to peak on Saturday:

> Sunday - 70%x3, 80%x3, 90%x5x2, 95%x4x3 Monday - Rest Tuesday - 75%x4, 85%x4x4 Wednesday - Rest Thursday - Rest Friday - Rest Saturday - Competition

You will have to re-schedule the four weeks of the preceding four week cycle accordingly: train on Sundays, Tuesdays, and Fridays instead of on Mondays, Wednesdays, and Saturdays so you will have a day off between the last session of the loading cycle and the first of the peaking one. And if you opt for your pet peaking schedule Smolov will not take it personally. Peaking is an art as much as if is a

Give this Russian super cycle a shot if you have what it takes. Comrade Smolov promises that you shall show a result that shall surprise you. Report your gains on dragondoor.com training forum.





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What is it like to train at Westside? That question comes up a lot when I get phone calls or at meets. Well, it's not easy. We expect a lot, and we get a lot. The Top 10 list at Westside based on coefficients looks like this: The tenth best squat is 905 at 288 bodyweight. The tenth best bench is 672 at 275. The tenth best deadlift is 710 at 198. And 2176 at 242 makes tenth place on the total list. Note that I said tenth, not first. That's the physical part of it, but what about the psychological part?

In the beginning of Westside Barbell's history, in the 1970s and 1980s, I got my ass kicked at most meets, but when I returned home, I was fairly safe from abuse. But that was then

I had a bad dream one night that I was old, in my 50s, and every time I went into Westside, I got pulver-

### WESTSIDE LIFTERS SPEAK OUT

as told to PL USA by LOUIE SIMMONS of a few lifters at Westside. Any Weisberger is a very successful lifter

possible for me to do things I never dreamed possible. I am most proud of my 920 squat at 235 bodyweight, at 52 years old. That lift places me fourth on the coefficient squat list at Westside and sixth on the all-time coefficient list. Presently. I hold the squat record at Westside, but for how

Westside is my life. All of my friends and all my memories come from those four walls. Westside has a hard-core attitude. It is much like my favorite movie, and I might add the greatest movie ever made. The Shogun Assassin. In the movie, the shogun goes crazy and thinks everyized. My nightmare came true, and I one is out to kill him, including his couldn't be happier. It has made it decapitator, who has chopped the

heads off 135 men. The shogun sends his top ninia to kill the decapitator, but the ninja kills his wife instead, the mother of his baby son Digara. The decapitator places a ball and a sword in front of Digara and tells his son, who cannot understand what his father is saying at such a young age, to choose between the two. If he chooses the ball, he will join his mother, in death. If he chooses the sword, he will follow his father on a bloody road of vengeance. By the way, Digara chooses the sword.

At Westside, if you want to play, hit the road. But if you want to travel the road to the top, Westside's the

Here are some personal profiles

at Westside since coming 13 years ago. She has an 1180 total at 123, 34 pounds over a male Elite total. She has a world record bench of 292 at 123 as well. When asked how she handles the pressure at Westside. Amy said, "I don't get too high with the highs or too low with the lows. I learned how to roll with the punches, and stay far away from people who have negative energy." What does Any do during a meet? "Relaxation breathing until it's my turn, then I have my coach yell one cue per lift. The switch does not go on til I grab the bar." Outside the gym, Any does anything she can to maximize recovery. She is careful not to waste any

Jeff "Gritter" Adams has been training at Westside for 7 years. At 43, he has an 1870 total at 198, plus a very good bench - 585. His total was 1470 for years before coming to Westside. How does he cope, at 43, with training and a long list of injuries? Gritter says, "I thrive on pressure. I like to compete and I like the trash talk. The pressure makes me train harder, try harder, and push my training partners harder." What does Gritter feel is expected of him? "I feel I must produce. Effort is great, but we want achievers. I also feel I am expected to help my teammates produce by coaching, pushing, and being a pain in the ass if I have to. At a meet I never expect to miss a lift. Never. Yes I do miss my share of lifts. but I know who and it's not because of doubt or anything remotely like

Rob Fusner, who has trained at the club for 3-4 years, has the top total of all time at Westside. In less than 10 meets he did 2358. He is fairly nonchalant about training, but he has a one-track mind when it comes to his main objective. Rob says "kicking ass" is what motivates him to lift. He handles the pressure at Westside by "kicking ass". He gets ready for a competition by "kicking lots of ass".

Danny Blankenship has been at Westside for 1-2 years. Danny is a very good student of powerlifting and will some day be a good coach as well. He has learned to plan his training very quickly, and I believe that's the key. What motivates Danny to lift? "Motivation is internal; I could not care less what Joe Blow is lifting. I focus on trying to improve myself a little bit each day. Small improvements each workout add up to big gains at contest time." How does he handle the pressure at Westside? "There is one bottom line at WBC: performance. When I was a teen-

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Photo 1: WESTSIDE BARBELL CLUB Members outside the Club. (standing, from left to right, are): Angelo Berardinelli, Rob Fusner, Matt Smith, Louie Simmons, Rich Wenner (Head Strength Coach, Arizona State University), Joe Dougherty, Bob Youngs, Dave Tate, and Kenny Patterson.



Photo 2: (I-r): Josh Gutridge, Danny Blankenship, Chester Stafford, K-Dawg, Danny Dague, Amy Weisberger, Dave Beversdorf, Eskil Thomasson.



Photo 3: (from left to right): Sonny Kerchner, Gritter Adams, Mike Valone, Tony Beach, Bob Coe, Joe Jester, Jeremiah Myers. (photos by D. Black)

ager, I lifted in the men's open category; there is no teenage or master recognition. No one cares to hear excuses about being drug-free, hurt, sick, whatever; either you lift the weights or you don't, end of story. If you're afraid there, you will either get over it in a training session or be gone before the end of it. There's no room for half efforts or 'recreational' lifters at WBC. As for the pressure, I love it. I believe that if you can't feed off the pressure, you have no business in powerlifting; many good lifters can't handle the pressure at Westside."

John "Chester" Stafford's total has increased over 300 pounds in 2 1/2 years at Westside, from 1973 to 2280. He transferred from Minnesota to Ohio State University to train at Westside. Most of the time he is stranger than fiction, but I guess that's why he fits in with the very

bizarre personalities at Westside. How does John handle the pressure? John says, "The only pressure for me is the possibility of someone either ahead of me making more progress or someone beneath catching up. This pressure always keeps me from becoming satisfied and makes me push myself harder." What does he feel is expected of him at Westside? "I am expected to continually make progress, and if I plateau, to find a way to break it."

Speaking of bizarre people, when training, Dave Tate makes a mental patient look normal. If there is something stable about Zippy (just one of Dave's many personalities), we haven't found it. How does Dave handle the pressure of working out at Westside for the last 9-10 years? Dave says, "What pressure? The pressure to get on the record board? The pressure to make one of the lists? The pressure to beat the other guys in the gym? The pressure to live up to the reputation of the gym? The pressure and responsibility to help my teammates get better so they can beat me? The pressure to stay in the gym? The pressure to live up to the potential Louie sees in us? I have seen less gifted lifters become great by taking control of the pressure. I have also

seen very gifted lifters fall out of sight because they let the pressure take control of them. Westside is as much a state of mind as it is a gym or training program." What does Dave feel is expected of him? "Who the hell knows? This changes all the time. I used to think it was an 800 squat and a 500 bench, and then it became a 900 squat and a 600 bench. Now we have some expected to do a 1000 squat and a 700 bench. I guess whatever you feel is expected of you, add 100 pounds and you may be in the ballpark. As a training partner, it is my job to hate everyone I train with during certain times in my training. For example, if I am squatting with Louie, he is no longer Louie to me. He is the old man I am trying to get crushed or have a heart attack. If it's not him, it will be someone else.

We will make up later, but during this

time I hate them all. We all have to become different people in the gym."

Matt Smith has been training at Westside for nearly 2 years and early on showed potential for greatness. In his short time at Westside his total increased from 1833 to 2240. How does Matt handle the pressure at Westside? Matt says, "I don't feel like there is any pressure. The pressures that some might feel at the gym are far less than what I impose on myself." How does he mentally prepare for a competition? "I just set goals that are realistic and then mentally focus on those goals. I don't let anyone or anything change that mind-set."

You will notice that Chuck Vogelpohl and I did not present our views. Everyone at Westside agreed they were too radical to publish. But I will tell you a few things. When lifters want to join Westside, I ask them, what can you do to improve the club? Invariably after every meet we lift in, people want to join us, not knowing what sacrifices must be made.

We always wish our competitors the best. Without the Glen Chabots, the Bill Crawfords, and the Dave Watermans, our top bench pressers would ease off. And our full power-lifters are amazed at people like Garry Frank and the incomparable Ed Coan.

There is constant bickering and feuding about who's on top every day we train. Remember, don't go into battle to get killed, but rather to kill. And that's how training is addressed here at Westside.

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## POWER SCENE

It's June, and that means the start of summer. And for POW!ER SCENE, a little summer vacation.

But before vacation begins, we do have tow items to bring you. Venice, California's Muscle Beach has its annual Bench Press contest on June 9th, and it's a great setting for a meet. POW!ER SCENE will be there to check out the action, and if you're in the area, you should too.

Second, congratulations to Paul Leonard and his wife Christine on their new arrival, Lou, born in late December. Paul's a big fan of strength sports, and a terrific powerlifter. He's been at it for 15 years,



Paul, Lou, & Christine Leonard

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**Paul Leonard** at the Yorba Linda Barbell Club with some squat aids.

and has PRs of 771, 534, and 744. Paul has available a hard core training video with over two hours of big weight training with national level lifters. If you're interested in learning more, you can e-mail Paul at yllen1@aol.com.

Hoping you all have a great start to your summer. Stay Strong.

NED LOW

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FULL BEAM SAFETY POWER HOOK shown with hooks at the preferred elbow position Will adjust up to 62" width. Deep hooks and floating action allow perfect entry and part liftoff before full release. Don't step back. Lift in position safely. Perfect for intensive rubb band and chain training, fore and aft pulling is eliminated. Spotter levers may be used set weights and return hooks. You may train alone. Optional hydraulic system. Qui assembly and breakdown for transport and fitting into confined spaces such as basemen May be custom fitted to your rack. Also available in a freestanding model. Gain more power with the "Sumo" base, exclusive 1/2" increment adjustments, foot room at exceptional corner bracing of the IRON CLAD & BUILD TO SUIT SAFETY POWER RAV available in many sizes and gauges. For more information: Crepinsek's SAFETY POWSRAV.

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One secret is caloric density. Learn to eat foods that provide more calories per unit volume. That is, they give you lots of calories for how much space they take up in the gut. 250 calories of salad fills you up even with the dressing, but a chocolate bar would only feel like a snack.

Also, add lots of condiments to your food. Carry mayo with you and add lots of it to everything. Same goes for Thousand Island dressing and chocolate sauce. Be creative and never eat anything that you don't add calories to in some way. Melt provolone cheese over your pasta. Put ranch dressing on your pizza. Dip potato chips in honey. I don't care what sick and twisted combinations you come up with, as long as you find it palatable. You wouldn't believe some of the things I've eaten. (Try a bowl full of peanut butter smothered in maple syrup and a stick of butter in the microwave for 30 seconds. Lau two Hersheu's bars over it to melt and you'll just start to under-

Carry food with you. Always have a jar of peanuts in your car. Carry Pop Tarts, Slim Jim meat snacks, candy bars, anything handy that travels well and needs no special preparation. Never get caught away from food. Put it in your desk, your locker, your gym bag, your brief case, hell, carry some around in your pockets if you have to! Never miss a meal because you couldn't eat. What's that? Couldn't eat? It takes less than 50 seconds to eat two candy bars. That's over 500 calories. Even if you have to sneak it on the job, go to the john and wolf them down. You must never be without food. Take some with you. Never say you didn't have time (50 seconds?!) or opportunity. Find time or make time.

Eat immediately upon arising. Start right away. You lost time when you were sleeping ... because you weren't eating! Fill up first thing in the morning. Don't wait! You went several hours without any food. The longer you wait the less time you have to get all the food you're supposed to eat down. If you wait long enough it will be impossible to make it. You'll run out of time. Get off to a solid start. Minimum first meal calories: 1200. Eat over a grand right away and the rest of the day will be easier. Eat less, and you'll be playing catch-up all day long.

### TRICKS OF THE TRADE The Big Boys Menu Plan

as told to Powerlifting USA by J.M. Blakley



Picking Up Where He Left Off Last Month ... J.M. Blakley continues with his treatise on how to gain lots of functional bodyweight quickly.

going to go for hours without food ... so, fuel up! This is your last chance to feed your body for a long time, so give it one last push. This is uncomfortable for many, but with practice you will adapt and be able to eat a good calorie load before retiring. Shoot for 600 calories minimum.

Try foods that you used to dislike

or have never eaten before. After several weeks of overeating, everything begins to taste the same. Even your favorite foods lose their flavor. You exhaust your repertoire of choices. Open it up. Go for the calamari or the shark fin soup. Try a quiche. Eat at an ethnic restaurant. Find new favorites that you can eat lots of. I hated cottage cheese as a youngster, but now I mix it in with spaghetti and dump it into soups! I even eat the fat free variety on a reducing diet! You will surprise yourself. Don't be afraid to try. You may still dislike salmon, but you may get a taste for artichoke after all.

Drink regular soda pop (possibly caffeine free) and whole milk. Never drink any fluids that don't have calo-Eat just prior to bed. You are ries. No tea without sugar, no coffee

"If you want to beat

the man, you've got to

out-eat the man!"

without cream and sugar, no diet beverages whatsoever. No plain water! Canned soda pop is an excellent source of purified water, but it also has precious calories. Gatorade is fine and has electrolytes as well. 108 ounces a day is the minimum. But don't fill your stomach without puffing some calories in along with. A 12 oz. can of soda pop has about 150 calories. Quench your thirst and give your body more calories at the same time. (I'm not knocking water, folks, I'm just illustrating that you can hydrate yourself and get calories in the bargain.)

Count your calories. You may think you are consuming an abundance of food, but you're probably giving yourself too much credit. It is very hard to eat over 5000 calories every day for weeks on end. And, if it's 7 or 8,000 you think you're getting in every day I think you'd better check that. Often a trainee will eat 6,000 calories on Monday, but then stoop to 3500 or so for the next

two days. Then Thursday, maybe he'll get 5500 and follow that for two days of 3000. All the while they believe that they are eating 6000 every day. Avoid this kind of fluctuation. Keep a solid average. And keep track. At least for a series of days every now and then. A few days a month check up on yourself. If your goal is 5500 calories a day, add it all

up and make sure you're actually doing what you think you are. You'll soon get better at estimating and you won't have to go through this so much. Take my advice, if you are not seeing the scale move the way you think it should be moving, double check your count. You most likely are overestimating your intake. This process gives you feedback so you can make adjustments. Even if you're an old pro at calorie counting it's a good idea to take account every so

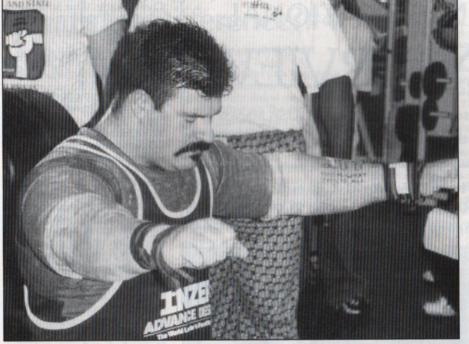
Issues and Precautions

This kind of diet is admittedly not the most conducive to your overall health. But we should get one thing straight - you are not doing it for health reasons, you are doing it for better performance in your chosen sport. This is one of those "quality of life" issues. You choose to pursue powerlifting because of reasons other than improved health such as challenge, personal pride, self esteem benefits, sense of strength, or any other of a basketful of psycho/emotional reasons, not to mention the sheer fun of it! There are plenty of health benefits to the sport of powerlifting and weight training, in general, which have all been outlined many times before. I acknowledge those, of course, but I'm just saying that if you are competing and trying to bulk up, you probably have more personal motives for continuing to put so much into this sport. And those motives most likely supersede any bodyweight related health ben-

Having said that, let me turn the table back on your health. This style of diet can have very serious effects on your body. One effect is a dramatic improvement in your strength, but another effect is an increase in your blood cholesterol level! It would be irresponsible of me to ignore the "down side". So I'll give a few suggestions of what I feel is prudent and responsible behavior that would accompany such an eating program. (It's all common sense, anyway!)

Have your cholesterol checked before you begin. Get a baseline. If you have high levels, you may want to reconsider and see your doctor about options to lower it.





Gathering Energy ... J.M. Blakley before an attempt at Carlos Moss' '98 IPA Maryland State Meet

Check your cholesterol every 15-20 pounds that you gain, or every 10 weeks on the diet. Set a limit with your doctor as to how high you will permit it to rise and still remain on the diet. If it goes above such-and-such a number, abort.

Do some form of cardiovascular exercise for a minimum of 3 days per week. I know you don't want to spend the precious calories on cardio, but the cv exercise will help keep the cholesterol down as well as abating some of the inevitable sluggishness that comes with weight gain. I've done it both with and without cv and I feel much better with a daily walk. And you can eat just one more snickers bar to cover it. All the while your heart gets some exercise and your metabolism doesn't get so

Check your blood pressure at the start and then every four days while on the diet. Get your own monitor or find one of the countless free places that you can have it taken for you. Use the same equipment every time. Expect some increase in BP. Consult your doctor and make a decision as to what you both will tole, ate. If your BP goes past the limit you have sct, abort.

Issues of sleep apnea can develop. This is a tough disorder in which you interrupt you breathing for a few seconds all through the night and wake up in the morning exhausted from gasping for 8 hours! This affects a huge number of people in the US, but commonly is made worse by gaining weight. If it affects you, you may not know it ... you're asleep while it's going on. Sooner or later someone will tell you, your wife, your girlfriend, your next-door neighbor. It's often confused for a bad case of snoring, but after a couple of weeks of full nights rest and an accompanying deep fatigue, you will begin to suspect something is wrong. I wish I had some sort of fix-it for this, but the only advice I can give is to try propping yourself up at a slight incline when you sleep and put up with it as much as your significant other will allow. If it is too much of a problem, seek medical attention and decide what else to try. If you must, abort the diet. You won't see the progress you want in your training if you're not getting the rest you need.

Have a full blood work-up done (this will most likely accompany your cholesterol test, but ask for it any way. These days health care professionals are cutting costs and if you ask for cholesterol values that may be all that gets run!) Of special interest are: triglycerides, liver enzymes, thyroid levels - especially T-4 and TSH, and any values having to do with pancreatic function. These can become upset with drastic changes in dietary habits and will need an eve kept on them.

Measure your bodyfat percentage. Set a limit as to how high you will let it go. Re-measure it every 10 pounds you gain. See how many pounds are muscle and how many are fat. A good bargain is 1 pound of muscle for every 2-3 lbs. of fat.

If you are a master lifter, consider your medications and consult your doctor about the effect weight gain may have on any of them, especially heart meds. Your dosage may need to be adjusted.

Remember that the weight gain is to be temporary. You should plan a reducing diet to follow at a specified time in your training. This is where you attempt to maintain most of the new strength you amassed during the bulking phase while lowering your bodyfat to the same level you had when you started the process. You are not training to get stronger in this phase, only to hold the strength you have while dropping the excess weight. Commit yourself to the goal of returning to your starting level of bodyfat and see how much of the new strength you've kept. If you diet right, it should be above 80%. That is your true gain. The gain you keep after gaining and losing the excess bodyfat is what counts. If you gain 20 lbs. on your bench and lose 15 when you diet, you missed the point. If you gain 20 lbs. on the bench and keep 15, you've achieved something and done it correctly. Now repeat this process as necessary! I suggest that you only hold your weight heavy for no longer than 5-6 months before you diet back down. Each time you repeat this process, you will hold more strength and have more muscle mass than before. Avoid staying heavy too long. It is only temporary!

These things will help you minimize the risks



New From J.M. Blakley

associated with the rigors of bodyweight manipulation. Competitive sports all have risks. Every high schooler who puts on a football helmet on Friday night and knocks heads with the crosstown rivals takes on the risk of spinal injury. Risks are unavoidable and usually increase with the level of play. Just be responsible. Take care of yourself within the risks. Do what you can to minimize them. Pay attention. If you don't watch your blood pressure, how do you know if you might not be begging for a stroke? For Christmas' sake, at least know what you're levels are. You can always decide to do what is right for you. Continue or stop. Or continue on a different course. At least do the best you can to stay as healthy as you can.

Remember - If you want to beat the man, you've got to out-eat the man!

Good eating, J.M.

Victor Naleikin, at 48 years of age, is one of the top Superheavyweight Powerlifters in the World. He defines the term 'Old School'. He is a man of few words who lets his lifting speak for itself. He chooses to wear minimal equipment, and rarely lifts with a belt. In fact, he has squatted over 900 and deadlifted over 800 on multiple occasions without a belt. The use of very little or no equipment is quite common with the Eastern Europeans. Access to supportive gear, wraps, and belts is difficult in these countries due to financial and location consid-

Victor's build is very stocky with large legs. He is massive, but his musculature is not overly defined. He does not lift explosively, but rather slowly and methodically. He appears to grind out each attempt as if he had no more in him, but he then increases the weight with his next attempt and miraculously grinds out another. He is one tough individual who does not know the meaning of quit.

Victor is a celebrity in the in the Ukrainian sports community. I witnessed this first hand in 1998 at the IPF World Championships held in Cherkasey, Ukraine. The 2,500 capacity auditorium was packed to the rafters. The spectators spilled out into the hallway of the venue where they watched his lifting via closed circuit television. In unison, they chanted "Victor, Victor, Victor" every time he approached the platform. He is a two time IPF World Champion, and a constant fixture on the medal platform. In 1999 he traveled to the USA and won the Mountaineer Cup. He has been inducted into the EPF (European Powerlifting Federation) Hall of Fame. I have gotten to know Victor very well through competition with him on numerous occasions. With the translation help from Vadeem Safronov, Kiev City Powerlifting Federation Webmaster, I recently interviewed Victor for this feature on one of the IPF's legendary stars.

**BG:** Victor, please give us some biographical information on yourself.

VN: I live in Kiev, Ukraine. My job is coaching powerlifting. I am married and have a son and a daugh-

**BG:** What others sports have you been active in?

VN: I have competed in running, javelin, discus throwing, shot putting, swimming, and skling.

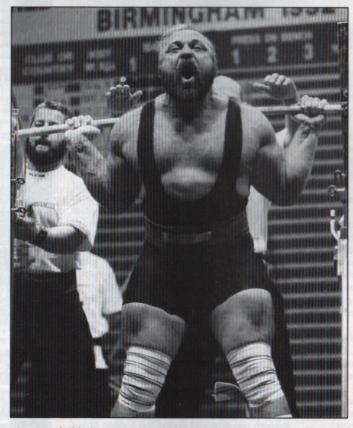
**BG:** Please elaborate on your Olympic style seightlifting experience.

VN: I was Absolute Champion of the USSR Agricultural Universities Championship 4 times. I was

# INTERNATIONAL

(Personal dialogue between PL USA Magazine and the Sport's Greatest International Lifters)

Two Time IPF World Champion VICTOR NALEIKIN as interviewed by 2000 IPF World Superheavy Champion BRAD GILLINGHAM



Victor Naleikin has fought up some amazingly tough squat attempts.

2nd at the Championship of Ukraine. My best results in weightlifting were: snatch-170 kg, clean and jerk-220 kg (weight class-up to 100 kg).

**BG:** How did you get started in powerlifting?

VN: I had to go out of weightlifting because of my age, but I wanted to train, so I came into powerlifting. That was 1988. BG: Do you have any other hob-

bies?

VN: I almost have no free time.

All I do is train and spend time

with my family. **BG:** You have been a top International Powerlifter for a number of

years. Tell us about some of the

titles you have won.

VN: IPF World Champion 1994, 1997, IPF Silver Medalist 1990, 1991, 1992, 1993, IPF Bronze Medalist 1998, 1999, European Champion (EPF) 8 times.

BG: What are your best lifts? VN: Competition: Squat 410 KG, Bench 240 KG, Deadlift 380 KG. Gym: Squat 430 KG, Bench 240 KG, Deadlift 370 KG

**BG:** How is the sport of powerlifting viewed by the athletic community in the Ukraine?

VN: It's very popular, but we need more advertisement.

BG: In 1997, the year that you won

**BG:** In 1997, the year that you won the IPF World Championship in the 125+KG Class, the Ukraine team

captured the IPF World Team Championship. What did this mean to the people of the Ukraine? Was it viewed as a big event in the sports community?

VN: Of course, it was a great achievement for us. It was first time for our team.

**BG:** How many members are there in the Ukraine Powerlifting Federation?

VN: About 3000

**BG:** What is your most memorable experience in the sport of powerlifting?

VN: The World Championship in Prague, last attempt deadlift. Our team was shouting so loud...

BG: Please talk about the Ukraine National Team and how it works. VN: We do not have one coach for whole team. All our sportsmen are training where they live. The team is selected by the results of National Championship. BG: In 1999 you traveled to USA and won the Mountaineer Cup and then returned to compete in 2000. Please talk about these experiences. VN: As for me, the rules were the same as IPF. I don't like the decisions of arbiters in 2000. They were not objective.

BG: How do you train?

VN: It's harder and harder to keep training with the years passing. I train 5 days a week, one day for squat, one day for bench press, one day for deadlift and two days for other exercises.

BG: What is your diet?

VN: I do not have such word as diet. I eat all.

**BG:** Do you think Powerlifting will become an Olympic Sport? What are your views on this subject?

VN: As I think, powerlifting should have been in the Olympics a long time ago. It's easy for all, and a very democratic sport!

**BG:** Victor at 48 years old you are one of the best and most respected lifters in the World. You are both in the EPF and IPF Hall of Fame. What are your future goals in the sport of powerlifting?

VN: Now my aim is to heal my knees and to take part in competitions more. My other aim is to coach my son.

**BG:** You are currently coaching your son. Could you elaborate on this? How is his progress?

VN: He has already squatted 315.5 kilos. He's training not long (since 1998) and he's at a very light weight for his height.

BG: Do you have any sponsors?

VN: Now I don't have a sponsor.

BG: Who would you like to mention or thank who has supported you in achieving your goals?

VN: I'd like to thank a friend of mine, Oleg Moiseev, who helped me in my sports career.

### World Powerlifting Organization News (TM) What's the Difference?#4

We at the WPO (TM) recognize the fact that in order to build a strong professional organization, we need to find a common ground on the equipment issue. I think every powerlifting enthusiast would agree that much of the equipment allowed (bench shirts, squat suits, briefs) has gotten a bit out of hand. I have even heard lifters using this "beefed-up" equipment saying the allowances have become too liberal. With this in mind, however, if the rules of an organization allow the "liberal beefed-up" equipment, it would be foolish for a lifter to go to the meet with substandard attire. In other words, it's like going to a gunfight with a squirt gun. Kieran and I believe that every elite powerlifter in the world would like to come together once each year for a professional (WPO (TM)) World Championship where the competition is fierce, the rules are consistent and the prize money is worth the hard work.

PERSONAL EQUIPMENT REQUIRE-MENTS

1. Squat Suit

A lifting suit of basic design illustrated shall be worn. It must be an individual full-length polyester or canvas fabric. What is allowed?

A. Polyester single ply (double ply prief)

B. Polyester double ply (single ply brief)

C. Canvas single ply (double ply brief)

D. Canvas double ply (single ply brief)

\* Brief will be made of polyester material and will not exceed top of navel and will not exceed bottom of lifter's squat suit. 2 Rench Shirt

One double polyester or double denim bench shift can be worn. It must be an individual article of cloth fabric. Its construction may consist of double plies, but must, as a whole, be a singular component. The thickness(es) shall not be designed to increase, enlarge or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not portray indecency or be offensive to the spirit of the competi-

\* A patch shall not exceed 16 square inches. Any material exceeding these dimensions will be considered an extra layer.

\* Canvas bench shirts are not allowed!

3. Deadlift Suit

A lifting suit of the basic design illustrated shall be worn. It must be an individual full-length polyester or canvas suit. Refer to personal equipment requirements section 1: the deadlift brief requirements are the same as the squat.

4. Briefs

See personal equipment require-

ments #1 squat and #3 deadlift. 5. Undershirt or T-shirts

One undershirt (of a consistency with what is commonly called a t-shirt) with or without sleeves may be worn under the lifting suit. The shirt must be of a singular component. The thickness shall not be designed shall not be designed to increase, enlarge, or enhance the body's natural musculature. Sleeves must be short and remain above the elbow when worn. It may be of any color or colors, but shall not bear the name of any other Powerlifting Federation, whether tested or nontested, nor portray indecency or be offensive to the spirit of the competition.

We realize a powerlifting purist (raw or single ply advocate) will not see these equipment rules as acceptable. However, in order for lifters to find common ground, one must give a little to get a little for the progression of the sport. Example: a lifter who lifts in a single ply organization and one who lifts in anything goes organization are always attempting to compare their feats of strength. Kieran and I believe with the WPO (TM) rules on equipment and strict enforcement, this is the perfect venue to find out who is really the best. Also, we realize that the equipment an athlete provides judges at the check may not be the actual gear he will use in the contest. To combat this possible problem, we have instituted the "roaming Judge policy." In the WPO (TM) we have the traditional

how astonishing it was to witness Garry Frank orchestrate the Pinnacle of powerlifting excellence by surpassing the 2500 total barrier with conviction! His lifts were exercised to perfection, 970 squat, buried! 694 bench, smoke show! 970 pull! (buttaa) Locked out? NO DOUBT! There was absolutely nothing to question. He handles the weight like it doesn't even exist! The scariest part is Garry is just getting started and will most likely exceed 2600 lbs. total barrier at the WPO Semi-Final at Universal Orlando. The reality of the giant putting together 1003 squat, 710 bench, 903 deadlift, in the same contest totaling 2616 would make him the first to do so. Yes, there are lifters out there that are stronger pound for pound than Garry and out lift him in individual lift, who cares! The sports main objective is to composite a total, which seems to me has escaped the modern day powerlifters mind set. During his 2535 performance he was looking out 713 bench and his foot came off the floor, his 903 deadlift on his third attempt was only six inches or so from lockout. If he had made those lifts he would have totaled 2586. Anyone that has witnessed Garry lift knows that 2600+ is in the cards. Don't think just because Garry is the new kid on the block means the rest of the powerlifting world is ready to hang it up! I know Steve Goggins who just happens to be the WPO Super Open HWT Champion, and 1000 lbs.+ squatter isn't going to give up his belt without a fight. If you think Ed Coan is going to back down from Garry, you guessed wrong! I saw him at the Arnold Classic and Ed personally told me he would be in Orlando this July. The WPO invaded Columbus, Ohio and elevated the prestigious bench press competition generating a response from the crowd like never before. Before the contest started I had the WPO Heavyweight Belt in my hand close to the warmup area while myself and a card girl were awaiting our cue to go out on the stage and parade the belt around to hype up the 5000+ capacity crowd moments before I handed the belt to the card girl. I looked over at Ed Coan (who was coaching a lifter) purposely holding the belt in his line of sight, and I said "Eddu this is what you will be gunning for this November". Ed's reply was "no that's what I'm going to be wearing around my waist this November"! Right then the hair on the back of neck stood up, because I knew the WPO's Master plan was about to go into high gear!"

Kieran Kidder on Garry Frank and Ed Coan: "Imust reiterate

three platform judges plus a fourth that will roam periodically checking lifting equipment.

Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we

grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904- 677-4000 and request a WPO (TM) rule book. Remember: Stay Hardcore! (Thanks to Russ Barlow, WPO (TM) Technical Director)



W. P. O.™ World Powerlifting Organization™ YEAR 2000 Membership Application



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### POWER - RESEARCH

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How many times have you heard a coach at the contest screaming a long list of instruc-tions to their lifter immediately prior to the execution of the squat? Guess what? It doesn't work! In fact, it's often too complicated. the athlete cannot readily process it, and it's more of a distraction than anything else. Let's face it, if your lifter doesn't know what to do 30 seconds before his or her opener.... it's too late! Thought precedes language. Unfortunately, some coaches seem to have very big mouths and very small brains. This is always a bad combination. More coaches should realize that they are not the center of attention, the lifter is. Instead of screaming a paragraph of useless information, coaches should limit their instructional cues to a few positively charged syllables of proper technique and encouragement.

#### Introduction

The purpose of this article is to present a multifaceted understanding of the processes underlying psychological modeling and their relationships to learning the free weight squat exercise. In order to benefit from the favorable training adaptations afforded by the barbell squat, performing the exercise with proper technique is absolutely crucial. Proper visual demonstration or modeling is vital for learning a complex motor skill such as the squat. Visual demonstration conveys a vast array of informational cues that are far more relevant to facilitate an observer's motor skill acquisition than information conveyed through verbal instruction. Successful performance of the squat exercise depends on the ability to hold visual symbols in memory for a short interval of time and maintain internal descriptions of the relevant biomechanical factors necessary to execute the motor task efficiently. In the following study, subjects who performed the squat after exposure to a video-taped demonstration of proper technique exhibited significantly higher scores in both the accuracy of their cognitive representation of the modeled action, as well as in

### Psychological Modeling, Cognitive Representations, and Learning How to Squat

as told to Powerlifting USA by Peter Catina Ph.D.



Ed Coan Certainly Knows How To Squat ... despite working out in front of a mirror during this training session in Santa Barbara in 1987

performance technique than subjects who performed the squat without exposure to video-taped demonstration. These data suggest that visual demonstration of the squat is a positive factor in enhancing the performance of novice lifters. There are, of course, many factors that influence motor skill acquisition.

Upon visiting almost any fitness center, at least two things will be evident. Either people do not perform the squat at all, or many of those who do, perform it incorrectly. This is due to false information and improper instruction. Another problem is that people learn to squat while looking at their refection in a mirror. Although mirrors do provide a modicum of necessary feedback as to how one is progressing in terms of appearance, they are an inappropriate orientation for observing the execution of a motor task, especially one as

complex as the squat. You wouldn't teach someone how to approach a bowling lane while facing a mirror, or demonstrate a tennis serve while facing the learner. Learning to squat in front of a mirror is not consistent with the notion of acquiring a cognitive representation through observational learning.

These concepts are easily recognized by standing in front of a mirror and raising your right hand. The image in the mirror seems to raise its left hand. Write a word on a piece of paper and hold the paper so that the word can be seen in the mirror. The word seems to be written backwards. Mirrors change what you see. When light strikes the reflection of a lifter in a mirror, only a small part of that light travels in the correct direction to reach that lifter's eyes and the paths to each eye cross over to the other side

before they reach their destinations. To get to the lifter's eyes, light from every point on the reflection takes a different path. Light from the highest point ends up lowest after being reflected by the mirror. Likewise, light from the lowest point ends up highest after being reflected.

Squatting in front of a mirror is one of the most counterproductive practices I have ever witnessed. especially for a beginning powerlifter. What a shock it must be for a novice lifter to arrive at the contest and find that there are no mirrors! Few things are more important than simulating contest environment during training sessions. I've even gone so far as to bring newspaper and tape to the gym and cover up the mirror where I squat. Whatever works for you, comic strips, a poster of Shania Twain, or a picture of the meanest, ugliest, strictest head-referee on the planet (which is the most likely thing you'll see at the actual contest). Think of it as a surefire way to keep those pesky bodybuilders away from the rack when you're squatting. Try it sometime, just cover up the mirrors, and watch all the bodybuilders disappear, along with their reflections. The intent of this article is not necessarily to condemn mirrors (they're great for shaving), but rather to show that proper visual demonstration is an effective method for motor skill acquisition.

Since the squat is a full-body exercise, it elicits one of the highest hormonal responses provided by all resistance exercises. Hormonal actions that influence the adaptations to the squat exercise include, but are not limited to, improved force production, stimulation of cartilage growth, and enhanced size (Fleck & Kraemer. 1987).

Performing the squat exercise with proper technique is crucial in order to benefit from these favorable adaptations. Teaching proper form to a student requires visual demonstration by the instructor. The literature in the area of motor skill performance as it relates to or is affected by modeling primarily considers visual perception of the modeled information as a mediating variable on behavior, but what ensues between perception and behavior does not appear to be fully addressed. Apparently, a myriad of intermediary components is essential in transforming the patterns of movement demonstrated by the model into appropriate actions to be accomplished by the learner.

#### Psychological Modeling

Modeling is an effective means of conveying relevant information to facilitate an observer's motor skill acquisition (Gould & Roberts, 1981). The literature in the area of modeling primarily considers visual perception as a mediating variable on behavior. Visual demonstrations of motor tasks are retained by the learner in the form of internal messages, which are recorded and saved in the pre-frontal cortex of the brain for future retrieval (Goldman-Rakic, 1987). It is evident that the observer somehow retains the modeled action and can later replicate what was seen in the absence of verbal instruction (Williams, 1994).

The significance of the modeling process lies in its effect on the behavior of the observer. The observer does not merely watch the action passively, but perceives the environmental information rather actively. According to Gibson (1968), the observer must differentiate the information within the optic array into its most useful dimensions. In other words, particular events and attributes are singled out

for observing and describing what exactly ensues between perception and action. So, it is crucial to demonstrate proper technique to the observer in the most effective manner, especially when one considers the many people in various weight rooms that are using bad technique, thereby setting a bad example to those observers. When a coach gives too many verbal cues. it causes the lifter to think about too many things. This may result in confusion and attenuate performance. Too many instructions make it difficult for the student to totally isolate one strategy from another. In doing so, some of the information is lost. It may be that the student is using various combinations of strategies and cannot be focused into using the most effective one. Therefore, it is important that verbal instruction be as clear and parsimonious as possible. The coach should first demonstrate the squat with the learner standing behind him or her. This type of visual modeling facilitates motor skill reproduction. However, there is a multiplicity of variables and co-factors that are linked to observational learning which will be expounded upon within the remaining sections of this article

Bandura (1986) suggests that behavior is mediated by exposure to the model and that repeated exposure to the model will improve the quality of the cognitive representation which will, in turn, facilitate performance. The concept of modeling is presumed to be controlled by four sub-components: "Attention", a conjecture that people cannot learn much by observation unless they attend to, and perceive accurately the significant features of the modeled behavior. "Retention", where it is submitted that people cannot be influenced by observation if they do not remember it. "Motor reproduction process", which is the conversion of symbolic representations into appropriate actions. "Motivation" which proposes that people are more likely to adopt a modeled behavior if it results in rewarding consequences. According to Martens, Burwitz, and Zuckerman (1976), the successfulness of the modeling process is limited by the difficulty of the motor task. This relationship between modeling and performance is predicated on two circumstances: an accurate perception of what is to be accomplished by way of strategy or technique, and the ability of the learner to reproduce the demonstrated action. The instructor should

give immediate visual feedback by

demonstrating the movement with

an emphasis on correcting existing

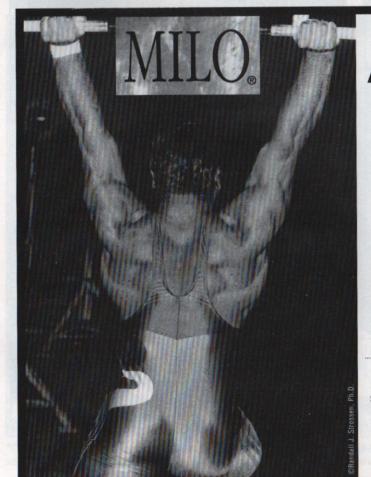
mistakes or replaying videotape of the student's performance, thereby providing visual assessment of the motor task in a timely manner. This will give the student a reference point from which he or she can improve performance.

According to Adams (1986), this knowledge of results enables the observer to correct errors in movement technique. The greater the accuracy of the cognitive representation of the modeled action, the greater the skill acquisition will be in the subsequent reproductions of it. This is consistent with the schema theory proposed by Schmidt (1975), which states that sensory consequences and actual outcomes, for a given set of initial conditions, could be related by the subject.

#### Cognitive Representations

Cognitive representations may be construed as "mental blueprints" comprising an essential link between perception and action. The brain not only categorizes these non-language representations; it also builds successive layers of categories such as shape, movement, and sequence. In this way, the learner organizes visual information, events, and their relationships.

(article contined on page 66)



### We Have A Different Perspective

O.K., so we're into overhead lifting,
not just what you can bench, and, yeah, to us,
backs are sort of what biceps are to bodybuilders,
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22

Not a PeeWee ... "Little Calvin" Burgess trains at Austin Gym in Rumford, Maine, and he deadlifts 80 pounds weighing 40 pounds at age 7. He wants to be a champion powerlifter someday, like gym owner Dick Austin and his dad Calvin Sr., who supplied photo.



Nate Vasquez achieved incredible athletic accomplishments at the precocious age of 8! In his first powerlifting meet, he squatted 95, benched 50, and deadlifted 125 for a total of 270 at a bodyweight of 58 lbs. At a bodyweight of 66 lbs., he subsequently deadlifted 158 lbs. Nate is also a wrestler, both freestyle and collegiate style. He won the Washington State Freestyle Championship in 1999 and was 2nd in the state collegiate championship. You might recognize Nate's spotter in the squat as the legendary bench pressing star Jeff Magruder. Nate's parents Vince & Bea Vasquez give their special thanks to Jeff for the support & spot. (This photograph was provided courtesy of Vince Vasquez to Powerlifting USA).

### YOUNGER POWER PEOPLE



Randi Fizer started training in May of 2000 and competed in her first meet at the NASA Arizona State Championship, in the teenage division, 170.8 lb. class, where she won 1st place and set Arizona State records. She next competed in the NASA Arizona Regional meet on Nov. 18th, where she set three American Recors in the 170 lb. class: a squat of 110 kilos, a deadlift of 110 kilos, and a total of 275 kilos. (photo and information supplied by Pandi's father Creat)



The photo above shows Matt Noctor with his PR (at the time) Deadlift of 490 lbs. at the USPF Pennsylvania State Championships of 1999. At the 2000 Pennsylvania State Teenage Championships at Upper Perkiomen, East Greenville, PA Matt won "Best Lifter" in the 14/15 age group and set new meet records in the deadlift (470) and total (1150) at 148 lbs. bodyweight. He also made a 240 lb. bench and a 440 lb. squat, and took a shot at a 500 lb. deadlift on his 3rd attempt miss. (Photo and information by Timothy Noctor)



Robert G. Morris, wrestler, football player and powerlifter, competed in the NASA Texas State at 13 yrs. old and took 1st in the 154 lb. division with a 402 squat, a barrier that apparently no 13 year old has ever broken weighing 148.



Bridget Aileen Steele is the daughter of Joseph and Kimberly Steele and at age 10 months and weighing 26 lbs., she was already showing interest in the Iron Came, preferring to play with weights instead of her toys. (By Joe Steele)



Jenna Bussard, 14, is doing some great lifting, deadlift 335x4 and locking out 461 lbs. after an 8" pull seen above. She front squats 300, back squats 315 for reps, benches 200 for reps, inclines 170 for sets of 4. Richard Sorin of Sorinex Exercise Equipment, determined that the all time record for women aged 14 to 18 is 396, and he predicts that she will "crush this in her first meet" (Photograph and info by Richard Sorin).



Three year old Jo Jo Woodward is getting an eary start on his powerlifting career in the home gym of his grandfather, James Dunn, of Ridge, New York. (This photograph provided courtesy of James Dunn).

### POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Few dietary supplements have generated more animated and polarized debate than creatine. Proponents hail it as a safe and effective supplement with a plethora of benefits, while naysayers claim that no long-term research has been conducted and that creatine might actually cause health problems. The following represents a comprehensive review of the literature and answers some commonly asked questions concerning creatine and its use as a dietary supplement.

Unlike chemically derived food additives that are unknown to the body, creatine is a naturally occurring compound produced in the liver, kidneys and pancreas from the nonessential amino acids arginine, glycine and methionine. Creatine is also found in relatively high amounts in meat, fish and poultry. In fact, adults and teenagers who regularly consume these foods typically eat between one and two grams of creatine per day. Vegetarians who do not con-

### **CREATINE REVIEW**

as told to PL USA bY Timothy N. Ziegenfuss, PhD

sume meat or fish have been reported to have reduced body stores of creatine (18). Interestingly, when these individuals are fed creatine, they are able to retain more of it in their body (in comparison to non vegetarians), suggesting that creatine might actually be "essential" to a normal diet. In a 154 pound adult male, about 120 grams of creatine are found in the body, 95 percent of which is in skeletal muscle (3).

Upon ingestion, creatine monohydrate powder is absorbed into the bloodstream through the small intestine and reaches peak levels 60 to 90 minutes later. Following its transport and uptake into skeletal muscle, creatine is thought to serve at least four vital functions (12,18). 1) it serves as an energy capacitor, storing energy that can be used to regenerate adenosine triphosphate (ATP); 2) it enhances the capacity for energy transfer be-

tween the mitochondria and muscle fibers; 3) it serves as a buffer against intracellular acidosis during exercise and 4) it activates glycogenolysis (glycogen breakdown) during exercise. Collectively, these effects underscore creatine's central role in energy metabolism and explain why it has been the subject of intensive

Creatine was first discovered almost 100 years ago and since 1993, more than 150 research studies have been published specifically on creatine supplementation in humans (18). To put this into perspective, only one other compound has been more thoroughly investigated for its effects on performance carbohydrate. The longest creatine study to date has examined up to five years of continuous use in athletes (14). For the most part, creatine research has been conducted on

adult men between the ages of 18 and 35 representing mixed training backgrounds. However, studies on women and older men are beginning to accumulate (18,20).

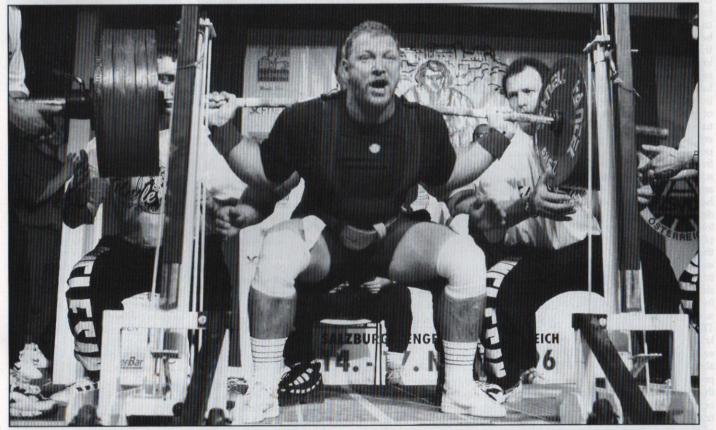
A commonly used analogy by scientists is that creatine is to the weight lifter/sprinter what carbohydrate is to the distance runner. Of the well-controlled human trials on creatine, about two-thirds have shown benefits from its use. Depending on the initial fitness level of the subjects, these have included:

\* Increased dynamic strength and power (approximately 5-15 percent)

\* Increased body weight and lean body mass (by approximately 2-5 percent)

\* Increased sprint performance (approximately 1-5 percent)

In general, creatine is considered beneficial to weight lifters and athletes involved in sports requiring short, repeated bursts of high power (e.g., wrestling, rowing, sprint running/swimming/cycling, football,



"Creatine is to the weight lifter or sprinter what carbohydrate is to the distance runner" — that's what Timothy Ziegenfuss, PhD, chief scientific officer for Phoenix Laboratories and associate research editor for www.virtualmuscle.com, says about this well researched substance

volleyball, soccer, ice/field hockey and lacrosse).

Recently, creatine has also been used in a variety of medical conditions: (2,12,16-18,21,22)

- \* Use as a cardioprotective agent during open-heart surgery
- \* Use in preventing brain damage following traumatic head in-
- \* Use in the treatment of myocardial infarction (heart attack) and myocardial ischemia (lack of adequate oxygen)
- \* Use in the prevention of postsurgical lean-mass wasting
- \* Use in improving muscle function in congestive heart failure
- \* Use in improving "activities of daily life" in patients with muscular dystrophy
- \* Use in treating infants who have an inherited defect in creatine biosynthesis
- \* Use in improving leg strength after knee surgery

Also, a relatively recent research trial reported that creatine ingestion reduced total cholesterol by 6 percent and triglyceride levels by 23 percent in patients with hyperlipidemia - an impressive effect that merits additional study (4).

As of this writing, the only consistently reported "side effect" from creatine supplementation in humans has been weight gain (8,12,13,18). Despite media reports of a potential link between creatine use and muscle cramps/pulls, dehydration/heat exhaustion, kidney/liver disorders and cancer, none of these effects have been documented by research. To the contrary, studies that have looked for these effects have either reported no effect (on kidney/liver function) or an improved response from creatine use (lower incidence of muscle cramps/pulls) (8,12,18). Intuitively, any natural food, nutrient, additive or compound has the potential to create an adverse event from acute or chronic ingestion in susceptible people. Common examples include saturated fat and heart disease, simple sugars and diabetes, dairy products and lactose intolerance and aspartame and phenylketonuria. Therefore, just as those individuals with kidney disease are directed to steer clear of too much dietary protein, so too should certain individuals refrain from creatine use without prior consultation with a medical professional. These would include people with known or suspected kidney disease, pancreatic disorders, liver abnormalities and, just to be safe, pregnant/lactating women. Despite these caveats, some individuals and organizations appear to hold creatine use to a higher standard than other foods or dietary supplements consumed on a daily basis. For

### **New Products**



Ergogen Labs has released the first products in its new line of athletic functional foods, the Creatine Cup (TM) and Cookies 'n Creatine (TM) nutrition bars. Each contains 5 grams of creatine, and they also feature L-glutamine and taurine. The bars provide ideal ratios of protein, carbohydrate, and fat tocreate the perfect anabolic environment. Suggested retail price is \$3 for each 100 gram (3.52 oz.) bar. They are now available at www.asimba.com or at fine health clubs worldwide.



instance, many people have no problem consuming beverages containing saccharin despite compelling research showing this substance can have harmful effects. However, when it comes to a supplement like creatine, many want a guarantee of

Because creatine does not work through hormonal mechanisms and has been used clinically in infants. many scientists and physicians who are well versed in creatine research consider low dose use (3-5 grams per day) in teenagers to be of limited risk. However, because no longterm research has been conducted in healthy, growing teens (and for ethical reasons it is unlikely it ever will) others do not recommend routine creatine use (at any dose) in this age group. In theory, it is possible to double a teen's daily intake of creatine by having them ingest extra meat. However, depending on the quantity and type of meat eaten. this could lead to potentially harmful increases in saturated fat intake. In addition, there is some speculation that cooking destroys a large portion of food-borne creatine, converting it to a metabolically inactive metabolite. Ethically speaking, emphasizing the use of any supplement other than a multivitaminand-mineral formula may not be a good lesson for a young person to earn. However, it could also be argued that the body weight and strength gains garnered from creatine use in an underweight highschool football player, for example,

might reduce his risk of injury. Clearly, this is one area with no easy

Although creatine was initially portrayed as the culprit in the deaths of three college wrestlers, a Center for Disease Control review performed later concluded that creatine did not play a role in the untimely demise of three collegiate wrestlers who died in 1997 - a fact that somehow escaped widespread media coverage. Unfortunately, many people are still unaware of the actual cause (excessive fluid restriction, hyperthermia and vascular collapse) and incorrectly assume that creatine was involved. In one case, the wrestler was attempting to lose 20 pounds in just four days by wearing a rubber suit over his sweats while exercising in a sauna. Soon after these terrible tragedies, the National Collegiate Athletic Association (NCAA) responded by implementing a rigorous set of new guidelines to help accurately determine minimal wrestling weight including body-fat testing, dehydration testing and changes to the timing of the weigh-in.

In regards to the recent report issued by the French Agency of Medical Security for Food (AFSSA) that creatine use constitutes a "potential carcinogenic risk", this is an unfortunate case of widespread, indeed global, misinformation. As pointed out by several notable creatine researchers, there is absolutely no credible scientific evidence that creatine supplementation in humans

obviously why the report does not supply any references in humans to substantiate its claims). In contrast, at least five studies have been published since 1993 that reported anti-cancer effects of creatine in animals (1,7,9,11,15). Unfortunately, because of this patently false, inflammatory report, many individuals who could potentially benefit the most from creatine supplementation, namely those suffering from neuromuscular and/or neurometabolic disorders, may now refrain from use and/or participating in research. This also highlights why the news media should consult subject-matter experts prior to publishing reports of this impact. Minimally, the AFSSA's claim that "creatine is of little benefit to athletes hoping to improve the performance" should have instantly placed the credibility of their report in ques-Creatine is available in powder,

increases the risk of cancer (this is

liquid, pill, gum and candy forms. Effervescent creatine, the kind that fizzes when dropped into a glass of water, is also available. In general. 99 percent of the research that has been conducted thus far has used powdered creatine monohydrate (creatine attached to one molecule of water). Newer versions of creatine are also available (e.g., creatine phosphate and creatine citrate), however, despite marketing assertions to the contrary, currently there is absolutely no research to substantiate the superiority of these new forms over regular creatine monohudrate in humans.

Although many consumers believe that "creatine is creatine", this may not be true. For instance, in one lay article published on the Internet, a comparison of 28 creatine distributors revealed that more than half were selling products containing contaminants. Although the overall purity of each product averaged about 90 percent, there were dramatic differences in the amount of several potentially toxic impurities. Therefore, consumers considering creatine use should only purchase it from reputable manufacturers who are able to provide a Certificate of Analysis that includes most of the following information:

- \* Appearance (should be white to pale cream)
- \* Assay (should be at least 95 percent via HPLC or HPCE)
- \* Moisture content (should be less than or equal to 12.5 per-
- \* Residue on ignition (should be less than or equal to 1 percent)
- \* Microbial/pathogenic contamination (should be negative for E. coli, S. aureus, and Salmo-

- \* Yeasts and molds (should be less than 50 per gram)
- \* Poisons/heavy metals (should be less than 10 ppm for lead and mercuru)

\* Other contaminants (should be less than 3 ppm for arsenic, 30 ppm for dicyandiamide and nondetectable for dyhydrotriazine)

Initial recommendations for creatine use stemmed from early research using five to seven days of "loading" with 20 to 30 grams per day (divided into between four and six equal, five-gram doses) (5). Based on new research, refinements have been made to this strategy and now many athletes consume only one five-gram dose approximately 60 minutes prior to training (exercise is known to enhance creatine uptake by about 10 percent). Because it is now also known that the uptake and storage of creatine is augmented when blood levels of insulin are high (>100 mU/L), many athletes also ingest carbohydrates with each dose

Following a four to eight week period of use, most trainees then refrain from ingesting creatine for one month. Intuitively, this lowerdose approach seems more likely to minimize any potential side effects that might be uncovered years down the road (although the likelihood of

this happening with these doses is low). In addition, the "cycling" strategy is supported by studies showing that once muscle stores of creatine are full, they can remain elevated (and performance enhanced) for an additional four to five weeks without supplementing at all (6,20).

In this regard, athletes who continue to use creatine after their muscle stores are "topped off" are probably wasting their money-creatine that is unabsorbed by the muscles is excreted in the urine. Urinary creatinine (the byproduct of creatine) levels are commonly used as a marker of kidney function. Individuals who ingest creatine will frequently have elevated creatinine levels - this is perfectly normal and represents an increased rate of muscle-creatine degradation to creatinine rather than an abnormality of kidney function.

Finally, a common misconception is that caffeine use can block creatine's positive effect(s) on performance. This is based on data from a single study that has never been duplicated and may have design flaws (19). In contrast, many of the original studies performed in the early 1990s that established the performance-enhancing properties of creatine dissolved each dose in hot coffee or tea. Therefore, it is highly unlikely that caffeine ingestion interferes with creatine's performance-enhancing effects (18).

Ultimately, the decision about whether to use creatine (or any supplement, for that matter) is an individual one. As with anything in life, absence of evidence is not necessarily evidence of absence. In other words, a lack of adverse effects is no guarantee of safety, particularly in all people during all types of use. However, prudent use (i.e., low doses that utilize a cycling strategy) does seem to have a number of benefits in most individuals. Is creatine a "magical" substance that will have you dunking like Jordan, passing like Elway or sprinting like Johnson? Of course not; but proper use may tweak your engine just enough to keep your butt from perennially riding the bench. And given all the fakes in the supplement world, that's not a had deal

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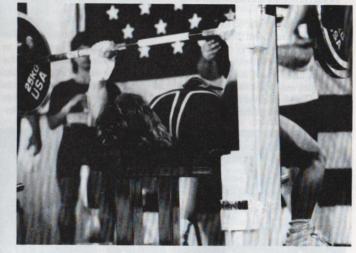
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Remember that time you were training in the winter, and the gym was pretty chilly? You whined and moaned, and finally went to the front desk to scream at 'Rod" until he turned the heat up - so you could

warm up and work-out without injuring vourself. What did they take you for, a polar bear?

It is to laugh! Flash forward to a snowy 10 acre farm near Louisville, Ohio. Sitting in the snow is an uninsulated cinder block building designed to house pigs. Until 1990, it had pigs in it - and they were cold in the winter. With very few modifications, this building now holds much fiercer animals Powerlifters.

This is Slaughterhouse Gym! The motto of the gym is "Be Intense, or Be Somewhere Else."

The Slaughterhouse Gym was formed in 1990 by the late Dennis Dougherty on his mother's farm. The gym is 24 ft. long by 15 ft. wide, for a total area of 360 square feet! (Compare this area to your gym, and decide if you have any wasted space before you suggest an expansion.) Nick "Merci" Mercerelli reports that it is a bit crowded with all of their mission es-

sential equipment - but it is still the perfect gym!

The focal point of the gym is the power rack immediately in front of the double doors. Slaughterhouse Gym is also stocked with a lat pulldown, hyperextension, and plenty of free weights including the well-worn set of dumbbells shown in the photo. The walls have a few mirrors, several motivational/babe posters, and not much else.

There is just not enough room for 'fluff', although Nick reports several unknown species of spiders and wasps in the summer. [Reminds me of the painful duty I had at a gym I used to work at when I had to knock a 2' diameter hornet nest down (while wearing shorts and a tank top) so we

### HARD CORE GYM#4

Slaughterhouse Gym; Where Hell Freezes Over! as told to PL USA by Rick Brewer, of House of Pain

could spray and kill all the hornets. The guy who was "helping" me from a safe distance still laughs about it but it wasn't too funny to me! (Hi Dave!)] Whoops, all this caffeine makes me ramble. Back to Slaughterhouse.

> Although the gym does have electricity, (so they have music!), it has no indoor restroom, and the only heat comes from a four-foot pot-bellied stove. But just plain old cold weather doesn't make a gym hard-core. Lifters are the heart and soul of any hardcore gym. What about the lifters?

There are five regular members of the Slaughterhouse Gym that are driven in their quest strength. Two 2000 WNPF national champs: 165# Mercerelli and 242# Rob Burress (left to right in front row of photo). Dave Coleman @ 275#, SHW Dave Bosler and 275# Rastetter round out the team. All compete with normal powerlifting supportive gear except for Rob Rastetter, who competes raw All 5 men train with the Westside Barbell

method, and all 5 have appeared in PL USA's Top 100. Cool.

How convenient is your gym? All 5 members drive 25 minutes to the frozen countryside for this gym. Bob Youngs of Westside Barbell has even made the drive to Slaughterhouse Gym. Maybe someday I can visit...

Hell freezes over at Slaughterhouse Gym, and it happens in a very small space! Where do you train? Write and tell us about it. Next month, we'll move across country to get back to some warmer weather. A lot

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Douglas Horton of Chaffee County, Colorado, has recently completed a 25 year goal in the sport of powerlifting. He has competed in all 50 of the United States of America. Like many youngsters growing up in the 1970s, Doug began his weight training in his bedroom with a 110 pound "Sears" weight set. You know, the one where the weights that are filled with sand or concrete. Doug then progressed to a Universal Machine while in junior high school. He got to the point where he could bench press 190 to 200 pounds on the machine and only weighed about 97 pounds. He would also do a lot of dips and pull-ups and at that time he was definitely "bitten by the iron bug."

Doug also got involved in sports in junior high school in Torrington, Wyoming, and soon realized although his stature was small the added strength advantage enabled him to start in football, wrestling, and track. In fact, Doug was on a mile relay team in eighth grade that set a state record. Although he was an above average runner, he was not fast enough to make Torrington's high school track team. Torrington had a phenomenal track program at the time winning eight or nine state championships in succession. He also realized that in order to play football at the high school level he had to work about three times harder than most kids who often out-weighed him by close to 100 pounds. Then he met Bob Monahan, who was a coach in the Torrington school system. "I really admired Mr. Monahan," Doug said. "He was a 300 plus bencher at about 145 pounds, which was what I weighed at that time. He took me under his wing and really showed me the ropes. He probably really spent no more time with me than any one else, but I absorbed every word he said like a sponge."

As a high school junior in 1977, he found a flyer that had information about an upcoming powerlifting meet called the "Rattlesnake Open" being held in Scottsbluff, Nebraska. Coming off of the wrestling season Doug's weight was down to 132 pounds. He had no idea what powerlifting was, but decided to take a chance and sent his entry fee in to the meet director, Dean Behling. Somehow, he obtained information that the American squat record was about 450 pounds in the 132 pound weight class. Doug was so naive that he actually thought he was going to break this record. Of course, he found out just beforehand that he was squatting about eight inches too high. He was credited with a whopping 185 pound squat in this meet after a very rude awakening to the rules of the sport. He finished dead last in his weight class, but was absolutely hooked. He was totally in

### Dr. Doug Horton lifts in all 50 States!

as told to Powerlifting USA by LaDona Horton



Dr. Horton with some of the awards he has won. (photo by Dolan Potts)

awe of the experienced lifters and the poundages they were handling. In addition, Mr. Behling took Doug under his wing with words of encouragement. Mr. Behling went on to win the Junior National tide in the early 1980s, a time when the title actually meant something. Dougwent on to compete in several meets in Wyoming and Nebraska in the late

Doug enrolled in college at the

University of Idaho in 1980. He thought he was going to be a Forest Ranger and actually pursued that discipline for three semesters. He loved the subject matter, but absolutely hated Moscow, Idaho, a place where the ratio of men to women was about eight-to-one. One good thing did come out of this era. Doug competed in powerlifting meets in Idaho and in Washington. He also competed in Oregon at one of Doule Kenady's meets. "I remember telling the giant of a man that my goal was to compete in all 50 states. He told me he thought that was an awesome goal," Doug remembers. However, after Doug bombed in the squats with only three competitors in his weight class, Mr. Kenady probably thought he was still pretty naive. He did come back that summer to win his first powerlifting meet in Casper, Wyoming. At this meet, he met Bob and Linda Madzey, two outstanding powerlifters who influenced him greatly. He also proposed to his wife, LaDona, and they were married the following year in Casper.

In 1981, Doug joined the Casper

Boys' Club powerlifting team. This was probably the single greatest step he undertook which influenced his powerlifting progress. Along with Bob and Linda Madzey (Linda had the national bench press record and was on television for one of her meets), Doug also worked out with nine or ten other guys. The Casper Boys' Club weight room was a tiny, dingy, little room with one bench and one squat rack and a bunch of old weights. However, the intensity was incredible and the competition was even better. There were several of the best 148 pounders in the state all working out in the same gym, doing the same workout day in and day out. "It was really cool, because when it was squat night everybody in the gym did squats," Doug recalls. "The same for bench night and deadlift night." Craig Wilson and Tim Hardy, both competitors from the Boys' Club and in Doug's weight class, ended up being Doug's good friends and were actually groomsmen in his wedding. Doug competed in meets in Utah, Colorado, and one in Montana where he and his wife were caught in a nasty blizzard and almost did not make it home.

Doug started winning meets on a regular basis, usually totaling around 1200 pounds with little or no equipment and absolutely no drugs of any kind. He met a new rival from Gillette. Wyoming, by the name of Loren Gill. Loren really pushed Doug during the early 1980s. During this time period Doug won the North Central United States Open a couple of times. These were very big wins for him. He decided to trade the cold winds of Casper, Wyoming, for the college life at the University of Northern Colorado in 1982. He and his wife were so incredibly poor during this time they could only afford one gallon of milk each month. Needless to say, he was unable to compete very often during 1983 and early 1984. "A couple of memorable things did happen in Greeley, Colorado, when I was there." Doug recalls. "I ended up training with the incredible Lamar Gant, who was unbeatable during this era and is a powerlifting legend. I also learned that hard work and dedication pay off in school as well as in the weight room." Doug ended up graduating Summa Cum Laude with a B.A. from the University of Northem Colorado in 1983. He also earned a Masters Degree in 1984, graduating with a 4.0 gpa, and a Doctorate Degree in 1992, also with a 4.0 gpa. "I am particularly proud of these accomplishments because of the sacrifices that I had to make financially, socially, and mentally in order to complete them," Doug said.

After, obtaining his Masters degree from UNC Doug was offered and accepted a science teaching job in Brush, Colorado. It was an incredible experience for him. "Brush is one of the ugliest places on earth with some of the most beautiful people on earth," Doug laughs. He also coached football and wrestling for the junior and high schools. "We just never seemed to lose in those sports," he recalls. "In fact, my first year we went 13-0 and won the state championship in football." Also, one of Doug's former wrestlers, David Vondy, just won the 165 pound 2001 College Wrestling National Championships, an accomplishment that makes Doug very proud. Working out in the high school weight room was a lot of fun for Doug. He remembers the tough workouts but the great camaraderie. He had a couple of articles published in various magazines during this time, including Powerlifting USA, about rural America powerlifting and building powerlifting programs in small schools. He competed in Texas in 1985 with a couple of his high school football players and with his wife in Kansas in 1985. He also competed in Belfast, Maine, in 1986 while visiting his wife's brother in New Hampshire. He drove from Brush, CO, to Des Moines, Iowa, in 1987 with a buddy to lift. During this time frame he was competing heavily in Colorado, as well as Nebraska and

"One of the most influential things that has ever happened to me happened in 1988," Doug said. "My oldest son DJ was born on my birthday, totally unexpected and several days after his due date. Obviously, as

many of us know, priorities changed and my life no longer centered around my powerlifting training." Unfortunately, Doug also suffered his first serious powerlifting injury. He ruptured a disc in the lower lumbar region while squatting. He could barely walk for several months and could not do any lifting. He has never really been able to squat competitively since this injury. The strange thing. however, was that he could still deadlift after the mishap without much pain. He, therefore, began concentrating on deadlift training. The summer of 1988 really solidified Doug's quest to compete in all 50 states. A group of his science students and athletes from Brush Junior High and Brush High School held a carwash as a fund raiser to help cover the costs of flying to and competing in the USPF Deadlift National

Championships in Lansing, Michigan. Doug was touched by their generosity and support. He placed 3rd at the tournament and this gave him the desire to compete more often at the National level, while "bagging" additional states in the meantime. "This was the only time that I did not pay for one of my own trips, the total of which I estimate has cost over \$50,000. I often worked several jobs to pay for the meets," said Doug. "I obtained my real estate license and sold real estate and also taught college courses at night to subsidize the money it cost for plane tickets, motels, rental cars, and entry fees. The funny thing is I have given away most of my trophies. The only trophies that I have kept were National Championship trophies."

During the late 1980s, Doug was concentrating on his Doctorate Degree and just competed locally. He also started to put on weight. He weighed about 190 pounds on a 5'5" frame. His wife mentioned that he should think about shedding some pounds after trying on a Christmas gift. The sweater was nice, but looked awful on him. At that time, Doug went on a very low fat diet and rode a stationary bike religiously. He published his diet in a magazine. The amazing thing was - it worked! With the cardio workout and low fat diet he dropped to the 132 pound weight class and maintained a deadlift of over 450 pounds. He and his family went to Disneyland in 1991 and Doug lifted in a very fun meet on Venice Beach, California. He lost to Dr. John Arenberg in a close contest. Later, he flew to White Plains, New York to compete in the 1991



Artwork of Doug Pulling a Deadlift ... by Simeon Brandon.

Minot ND. It is there that he met

Roy Mason, the 70 plus year old

lifting sensation. The meet was held

outside in a park and Mr. Mason was

running laps around the area before

competing. Later, Roy pulled a 500

pound deadlift. Doug lifted very well

in 1993 and pulled a 490 deadlift in

the 132 pound weight class in Albu-

querque, NM. He also won the APA

National Deadlift Championships the

same year in Florida. He flew to

Reno and lifted in a meet in Carson

sister, Kim, drove to Wilkes-Barre,

Pennsylvania, and competed in the

1994 ADFPA National Deadlift

Championships where Doug won

the submaster division. He suffered

his second major injury in this meet,

rupturing his biceps tendon while

pulling a deadlift. "I was told I would

never deadlift again," Doug recalls.

However, only one head of the bi-

ceps was torn and it reattached itself,

enabling Doug to resume the sport

he loved. That biceps, however, has

always been significantly weaker. He

went through extensive rehab for the

injury and was able to compete in

and win the 1995 Deadlift Nationals

(ADFPA) in the submaster division in

St. Louis, MO. He also won the

1995 American Powerlifting Fed-

eration Deadlift Nationals in Elmhurst,

Illinois. It was here that Doug met

Louis Simmons, the lifting guru, Mr.

In 1994 Doug and his vounger

City, Nevada the same year.

ing and coaching in Salida, Colorado, a mountain community located in Chaffee County. Chaffee County is unique because it has more 14,000 foot plus mountain peaks than anuwhere else in America. This introduced Doug to his current passion of climbing "14ers" as they are called. There are 54 14,000 foot peaks in Colorado and Doug has climbed ADFPA National Deadlift Champi-In 1996 Doug won an MDSA onships. He finished fourth in his "Go for the Gold" national deadlift weight class after struggling to, make meet in Minnesota and was runnerweight and quite possibly had one of his worst outings. He drove to the Dakotas in 1992 competing in MDSA meets in Pierre, SD, and

up in the AAU National Deadlift meet in Tempe, AZ. "I always tried to make a mini-vacation out of my meet experiences," Doug said. "I caught a Twins baseball game in Minnesota and an Arizona Cardinals football game in Tempe." In 1997, he drove to Tulsa, OK, and again competed in the 132 pound class. He was also lucky enough to catch the World Freestyle Wrestling Championships in Stillwater before the meet. 1997 also found Doug competing in and winning the submasters division in the USA Powerlifting Deadlift Nationals in Bedford Heights, Ohio. Scott Taylor of the APA was a tremendous help with Doug's competitions. He is a super promoter and Doug competed in a slew of his meets including a great meet in Slidell, Louisiana, at which he pulled a 500 pound deadlift after driving for 24 hours. He competed with a former athlete that he had coached at Salida High School named Adrian Jiron. who now is a nationally ranked collegiate wrestler. Adrian ended up winning a world deadlift championship along with Doug in 1998.

Doug won the 1998 APA World Deadlift title in the drug free category, submasters division, and the open division in Florence, South Carolina. Scott Taylor also promoted the APA National Deadlift Championships in Rutland, Vermont, at which Doug took the submasters title. He also competed in APA meets in Georgia and Tennessee that same year. The highlights of his 1998 season, however, were competitions in Juneau, Alaska, and in Honolulu. Hawaii. Doug and his wife, LaDona, spent a week on Waikiki Beach after the meet doing the tourist "stuff."

Simmons gave a

seminar at the meet

and Doug was ex-

tremely impressed

and has remem-

bered a lot of what

he had to say that

day. This is also the

time period that

Doug began teach-

The busiest year of Doug's 50 State tour was 1999. Doug won his last national deadlift title in a NASA powersport meet in North Carolina. Doug also competed in Rhode Island, Alabama, Delaware, Maryland, New Jersey, Virginia, Wisconsin, and Kentucky. He also competed in Indiana with a group of wrestlers. They all took a major cross country road trip. It was no surprise that Doug had to sell a mountain parcel that he owned in order to pay for the travel costs incurred in 1999. The year 2000 started off well for

Doug, but it did not end well. He began the year by winning the deadlift division in an APA meet in Connecticut. Then, Doug and his oldest son, DJ, drove to Arkansas and competed in a meet as a father and son dual entry. He then flew to West Virginia while battling pneumonia, but still won the deadlift division. If that was not bad enough, Doug's lifting world seemed to come to a screeching halt. He had a climbing accident while climbing the 14,000 ft. peak Mt. Elbert. Doug ruptured his ACL and shredded his lateral and medial meniscus coming off the mountain. The accident was so violent that Doug's tibia was bleeding and he had to wait several weeks before his major knee reconstruction surgery. Doug bench pressed in Doc Rhodes' meet in Mississippi after his accident and before his surgery. He also benched in Massachusetts in the 7th Annual Ed Jubinville Memorial

Tournament. While still rehabbing his surgically repaired knee, Doug finished his last state in Manchester. New Hampshire, on March 24, 2001. Much like a roller coaster ride at a Six Flags theme park, the very beginning of Doug's lifting career and the very end of his career were anticlimatic. However, the ride in the middle was thrilling. "I met a lot of interesting people, made some great friends, and visited some of the most beautiful country in America," Doug explains. "I also witnessed some of America's finest lifters, and I felt fortunate to compete along side with America's best when I was in my prime, I am very proud of the fact that I remained drug free throughout my career, even in this result oriented society "

So what is next for Doug? "I am basically retired from competitive powerlifting," he says. "I will continue to train with lighter weights and high repetitions. I also plan to finish climbing all 54 fourteen thousand foot peaks in Colorado. I am also making plans to hike the 500 mile Colorado trail. Oh yea, and there is always powerlifting in Canada."

### INTERVIEW

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

GB: What is your occupation? DS: I'm in the Air Force.

GB: What motivated you to undertake the sport of powerlifting?

DS: I started off just trying to lose weight and get in shape. My first goal was to lean up enough to enter into a bodybuilding contest, which I did. My trainer at that time (Pat Hall) tried very hard to get me into powerlifting. I finally decided to give it a try in April of 98.

GB: How long have you been training and competing?

DS: I've been training since January 1997 (for bodybuilding). I started training for powerlifting specifically in January of 1998. GB: What are your best training lifts in the gym?

DS: Squat - 285x2, Bench - 150x3, Deadlift - 335x2.

GB: What are some of the records and titles you hold?

DS: I hold the records for North Dakota in the 114 and 123 weight class for all lifts. In 2000, I was Military National champion, North Dakota State Powerlifting Champion, and North Dakota State Bench Press Champion.

GB: What are your lifting goals for the near and distant future?

DS: I would like to reach 185 for my bench, 300 for my squat, and 375 for my deadlift. Winning a national and world title in powerlifting is my long term goal.

GB: Who are some of the lifters who got you started and where? Do you have any role models in the

DS: Pat Hall (who is living in Georgia now) got me started. Pat introduced me to you (Gene Bell),

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### DIANE SIVENY by Gene Bell



Diane Siveny deadlifting at the Minot Open. Diane won the 40-44 title in the 123s at the 2001 USAPL Women's National s. (Gene Bell)

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and you influenced me to stay in powerlifting even though I still compete in bodybuilding. My role model is definitely you. I don't think I have to say why.

GB: What type of training program do you utilize for off-season and contest training?

DS: For off-season, I use a progressive pyramid-training program. I start the season with 50 percent of my target goal and start with 6 to 8 small sets (5 reps). As the weight gets easier, I increase the weight of the set and decrease the amount of sets. The largest set I do is 10 reps. When that gets easier, I increase the weight and start over. As the

season progresses, I fall into in-

stinctive training. Contest training consists of heavy weight (85 to 90%) and small sets, with plenty of auxiliary exercises (which I do in the off-season as well)

GB: What are your views on the different powerlifting federations? DS: I'm pretty new to the sport, so I really don't have anything Intelligent to say except for this: for any of the federations, as long as they keep political and power issues out of the administration. powerlifting will remain a sport of integrity.

GB: What are your leisure time activities?

DS: I love water sports, sunbathing, partying, and camping with my husband Alan and son Devon.

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I also enjoy coaching kids, especially Special Olympics athletes. GB: What are your plans for the future? (Both career-wise and ath-

DS: Even though I have turned 40 last September, I still have visions of grandeur: 1) I want to make Chief Master Sergeant in the Air Force. 2) I want to qualify for the Nationals in bodybuilding. 3) I want to become one of the top athletes nationally in powerlifting (masters division).

GB: What are your views on training, and what keeps you motivated in the gym?

DS: For an individual to get results of any kind (either weight loss or muscle gain/strength, they have to have a plan; for eating, weight-training and cardiovascular activity. You have to have all the pieces of the puzzle for it to work. Competing keeps me motivated in the gym, even if it's competing with myself. Powerlifting taught me this.

GB: What type of advice would you give a novice, or to someone who has reservations about participating in the sport.

DS: That's a hard question, especially if the novice is a woman. I currently have a training partner who would rather be a bodybuilder. I convinced her by showing her that powerlifting will help her build muscle. Once you get someone through a couple of months of training, and they see their progress, then it's easier to convince them to go further. They also need a lot of encouragement. This is not an overnight

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### WORKOUT of the Month

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This is the deadlift routine that I have used since 1987. In November of 2000 at the USPF U.S.A. Nationals in Burbank, I pulled 804 1/2 lbs. at 51 yrs. of age.

The cycle is composed of three sections. The first is 5 weeks of stifflegged deadlifts off of blocks at 10 reps. The second is 6 weeks of regular deadlifts off blocks at 5 reps. The third is 6 weeks, going into the contest, and is comprised of regular deadlifts off the floor.

The last workout should be 1 week prior to the contest. This routine seems to add more than others, but is also harder. If you come into this routine with a 600 lb. personal record, you should go up approximately 40 lbs. at the contest, with recommended attempts of 1st - 600, 2nd - 628, 3rd - 644.

We bench on Monday, deadlift on Wednesday, and squat on Saturday. The light deadlift workout is done after squatting on Saturday.

On Wednesdays, we deadlift heavy, then hit heavy barbell shrugs. This is low reps and heavy weight we work up to 1000 lbs. for 3 reps. The we do heavy dumbbell rows 3x6, reverse grip pulldowns (close grip) 3x8, heavy seated calf raises, and lots of ab work.

This is a rough routine, but it strengthens the back and the shrugs are necessary for a strong finish.

Use this cycle only twice a year

### George Brink Deadlift Routine

George Brink recently broke the

800 barrier in the deadlift over the

fun don't begin 'til the bar starts to

Phase One (10 reps,

off blocks, stiff legged)

225x10, 250x10, 270x10, 205x10.

250x10, 270x10, 290x10, 250x10.

270x10, 290x10, 315x10, 250x10.

Light Day - 205x10, 225x10x3.

Light Day - 205x10, 225x10x4.

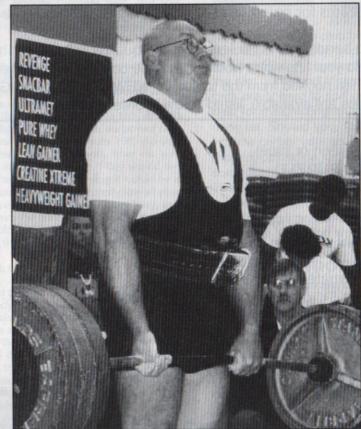
Light Day - 250x10x4.

Week 1: Heavy Day - 205x10,

Week 2: Heavy Day - 205x10,

Week 3: Heavy Day - 250x10,

Week 4: Heavy Day - 250x10,



Week 5: Heavy Day 250x10, 280x10, 315x10, 335x10, 250x10, Light Day

280x10, 300x10, 325x10,

250x10. Light Day - 250x10x4.

250x10x4 Phase Two (5 reps

off blocks - Weeks 4, 5, 6 have 1 set of 2 reps)

Week 1: Heavy Day - 250x5, 310x5, 360x5, 395x5. Light Day 250x5, 280x5x4

Week 2: Heavy Day - 250x4, 345x4, 395x5, 430x4, 345x5. Light Day - 250x5, 300x5x4.

Week 3: Heavy Day - 250x5, 345x5, 395x5, 430x5, 450x5, 345x5. Light Day - 250x5, 300x5x4.

Week 4: Heavy Day - 250x5, 345x5, 445x2, 470x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Week 5: Heavy Day - 250x5, 345x5, 440x2, 480x5, 430x5, 345x5. Light Day - 250x5, 345x5x4.

Week 6: Heavy Day - 250x5, 345x5, 440x2, 485x5, 430x5, 345x5. Light Day - 250x5, 345x5x4

Phase Three (regular deadlift off the floor)

age of 50! (photo courtesy of Brink) Week 1: Heavy Day - 250x5, 345x3, 440x2, 500x1, 530x1. Light Day - 250x5, 345x5x4. at most, as it demands a lot from you.

The deadlift begins at the bottom Week 2: Heavy Day - 250x5, 345x3, 440x2, 545x1, 570x1, and you come up as a spring straight-490x2. Light Day - 250x5, ens out. As we say - at the start - "Butt down, head up", and remember "The 345x5x4.

Week 3: Heavy Day - 250x5, 345x3, 440x2, 545x1, 590x1, 500x3. Light Day - 250x5, 345x5x4.

Week 4: Heavy Day - 250x5, 345x3, 440x2, 545x1, 590x1, 605x1,500x3,445x3. Light Day 250x5, 370x5x4.

Week 5: Heavy Day - 250x5, 345x3, 440x2, 530x1, 590x1, 615x1,505x3,445x3. Light Day 250x5, 370x5x4. Week 6: Heavy Day - 250x5,

345x3, 440x2, 510x1, 555x1, 600x1, 620x1, 520x3. Light Day - 250x5, 345x3, 445x1x3.

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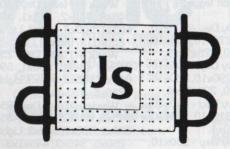
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### Ask the Doctor

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

DEAR MAURO: Thank you for getting back to me with some excellent advice. I really agree with you when you said that T.U.T. can really be a pain in ass to measure, but it's easy to use intensity, and maximum effort since it comes so naturally. It can't be explained any better, "You're a genius Dr. D." That is a great bench at 165, did you achieve that just using the method you sent to me, no power rack use or anything? I know you competed as heavy as 198, did you bench more? With the 18 week bench method, how do you incorporate squats, and deads into the equation. How would the program be laid out during the week? I am assuming it would be a 4 days per week program. Do you keep your reps pretty low all year round even outside the last 18 weeks? I know you are very busy, and I can understand if you don't have the time to get back to me. I do really appreciate you getting back to me in the first place. It's exciting, and a great experience having the opportunity to learn from you.

P.S. Also, are you still squatting, and pulling over 600!

DEAR ROB: I did bench more at the heavier weights, but was by far most efficient at 165 lbs. My bodyweight maxed out at 210 lbs. and at that weight I could do a max single at 475 lbs. I think the problem was that, first of all, I didn't train at the heavier weights all that long and secondly I had about 12% bodyfat at the heavier weights whereas I was about 6% at 165 lbs.

It's always been my opinion that in any weight class, except the supers, it's best to maximize muscle mass and minimize bodyfat so that you can be most efficient and strongest at any weight class you lift in. It's also my opinion that while an efficient powerlifter may be almost as lean as a competitive bodybuilder, having too much of a bodybuilder type of physique is counter productive. The excessive hypertrophy seen in bodybuilders doesn't translate into strength in the three lifts, and the extra weight (even though it's muscle, some of it is excess baggage) lowers the efficiency of a lifter in any one weight

As far as incorporating the rest of the workout, it wasn't a problem for me since I only squatted and deadlifted once a week and sometimes once every ten days. I needed more work on the bench and less time to recuperate, so I worked the bench twice a week. My routine would be something like this:

Monday I would squat, bench and deadlift and the whole workout would take between three and four hours. The squat and deadlift were both really heavy and I rarely did more than three reps with the heaviest sets (actually in the squat and bench I always kept it to three reps or less with the heavy weights). I'd also do some incline benches after I did the big three.

Wednesday I would do some rowing and light triceps and delt work. Workout usually took no more than one hour.

Friday I would bench (flat and incline) with the workout taking no more than one and half hours.

As far as my present shape, I hate to admit that prior to three weeks ago I took over 15 months off training. I was traveling so much and was so busy that my training just disappeared. I thought I'd have to start at square one again and was pleasantly surprised, to say the least, that within three weeks I was squatting and deadlifting 450 lbs. for reps and benching 300 for reps (BTW I weight about 180 lbs. right

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Mauro DiPasquale, M.D.

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now with about 10% bodyfat). Thank God for muscle memory and the many years of hard training. I'm as amazed as anyone with my progress. However, I think that getting the next 20% is going to be much tougher and will take me a few months and likely more. All the best in your training. Mauro Di Pasquale MD

DEAR MAURO: I am a 17 year old male training for the upcoming baseball season. I'm considering going on Twinlab Nor Andro Fuel. Could you please tell me what side effects might occur. I'm a little concerned because the bottle says "do not take if under the age of 21". And how long after I stop taking it will it show up on a drug test? Thank you for your help, Tim H.

DEAR TIM: NorAndro Fuel can cause increases in estrogen levels in your body and as such I wouldn't recommend it to any male who is still growing. I wouldn't even waste my money on these products since several studies have shown that they do not increase either testosterone or nandrolone in the body, have no beneficial effects, and have significant side effects, including increased estrogen levels that can be counterproductive for both enhancing athletic performance and for men in general. All the best, Mauro Di Pasquale MD

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Mental intensity is the hardest part of training. Being able to push your muscles to the point that they will adapt and get stronger every workout is hard. Getting stuck at the bottom of a heavy squat or bench press is scary. We tend to be careful after we have been in this position. Safety is very important. That is why we should always have good spotters. However, if we don't work our muscles very hard we won't make much progress. There are a number of very good ways to work muscles for good results. You can do heavy triples, you can do 50 to 60 percent of your max for sets of ten with little rest between sets. There are routines that will work for you and others that won't. We are all different. Don't be afraid to experiment. Change is needed so your muscles won't get in a rut. Change is also needed so you

won't got mentally stale. The brain, by way of the nervous system, makes the muscles work. Any distraction, be it noise, fatigue, fear, or whatever, will hurt your workout. We can turn-off or tune out the noise. We can get into our workout and adrenaline will take care of the fatigue. Fear is another thing. Fear is the greatest obstacle to success. Each rung of the ladder to being a champion is going where you have never gone, lifting a weight you have never lifted. This is scary. I know, I

### Using "THE ROPE" by Kit Price

proving, so I still face fear in my workouts. Fear in small doses is not bad. It can be exciting. When you get past the fear your self esteem soars. Fear will help get your adrenaline going. Too much fear becomes terror. Terror can make you want to give up lifting. Anytime you give up, you will feel bad about yourself.

I think God inspired me to invent "The Rope" about twenty five years ago. I know I am not smart enough to have figured it out by myself.

"The Rope" uses leverage not load [weights, springs, bands etc.] to work the muscles. By using leverage there is nothing to crush you. You can work your muscles harder than with weights. You can go until your muscles cannot do another rep without fear of getting stuck.

Let's see how a good powerlifting workout could go using "The Rope". Here is a workout that I and many of the people I have trained, including world champions, have used. We use weights first and then "The Rope" to really blast the muscles.

Monday and Wednesday we work squats. We do singles up to our working weight in the squat, which is about 30 lb. below a heavy single.

not a max single, just a heavy single. Then we do 3 sets of 3 reps - that is it for the weights. Not too scary is it? Now the workout really begins. We use "The Rope" to kill our legs. This usually takes about ten minutes. Then a little back up set with "The Rope". All done. Every third workout add 5 lb. to your 3 sets of 3 reps. Tuesday and Thursday we work

bench press. Again we do singles up to our working weight in the bench press. This is 30 lb. below a heavy single, then 3 sets of 3 reps. This finishes the weight part of the workout. Now "The Rope" is used to work the chest, triceps, and biceps. "The Rope" part of the workout should take about fifteen minutes. Every third workout add 5 lb. to your 3 sets of 3 reps. Friday is deadlift day. You guessed it. Go up to 30 lb. below a heavy single, then 3 sets of 3 reps. Nowwork your lats, with "The Rope" and you are finished for the week. Every third workout add 5 lb. to your 3 sets of 3 reps.

It is easy to keep mental intensity for 3 sets of three so you will not get burnt out on this workout. "The Rope" is a great addition to any workout and since it will fit in a 10 inch by 11 inch plastic bag, you can take it with you when you travel, so you won't get behind in your workouts. You will only get out of it what you are willing to put into it.

"The Rope" will work your muscles very hard if you use it properly. "The Rope" is a great advantage for anyone who is willing to work hard and wants to speed up their progress wither they are a beginning powerlifting or have won world championships. It is my secret and without it I don't think I ever would be able to squat over 800, bench press in the high 500s to low 600s or deadlift in the 700s at 198 lbs.

One parting thought. Working out alone will not get you very far if you don't get enough rest and don't feed your body right. We all know how much rest we need and that we should supplement with vitamins, minerals and extra protein. Also, highly recommend Bodybuilder. could write a long article on Bodybuilder, it is the most fantastic supple ment I have ever used. See the ad next to mine and give them a call. There is not a supplement I know of that even comes close to Bodybuilder.

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Last month, I outlined a method that can help decrease the possibility of hitting a peak in your strength level prematurely; that is, before the meet. The meat of that article involved tracking trends in your training by using a log. By identifying trends when your strength tends to peak out and then decrease, you could design your contest training to coincide with the contest. The method mentioned even dealt with differences in peaking in each lift. That's all well and good and hopefully the ideas in that article can be of use to your training, but there's one thing missing; what do you do when you are a few weeks prior a meet and you feel that premature peak is already peeking at you? There are extra steps you can take to prevent the pre-peak. Enter Premature Peaking - The Sequel.

If you're looking for a hi-tech training method, look elsewhere. This issue can be addressed using good old common sense. Let's use the example of a lifter who is 4 weeks away from a meet and is noticing some leveling off or a decrease in strength in one or more of his lifts.

The best approach to take, in my opinion, is to back off on your training. I would suggest dropping your weights by about 5-10% while maintaining the same set and rep scheme that you were scheduled to perform. Dropping the weights allows the lifter to stay on the rep plan to better peak for a meet. In my opinion, it is critical that a lifter gear his training toward performing a max single attempt. That is best done by following a routine that leads a lifter to finishing his cycle using singles as his top sets. Max or near max singles are vastly different in execution and mentality than even sets of reps two. Staying with the planned rep scheme maintains the continuity of your training

I would also re-evaluate how often vou train each lift weekly. If you are benching twice a week, reduce to once per week, and this would hold the same for the squat. The deadlift is usually trained no more than once a week anyway, but the period between deadlift workouts could be expanded to 10 days with a 14-day

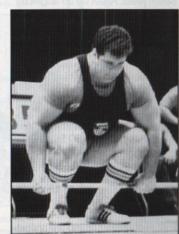
If you've read some of my past articles you will be familiar with my recommendation to drop most, if not all, assistance work (except for abs), 2-3 weeks prior a meet to avoid overtraining. In essence, the leveling off or decrease in strength you are experiencing is really a sign of overtraining. The human body, even with the aid of steroids or the latest nutritional breakthrough, cannot hold up against intense levels of physical activity forever. The best action to take is to decrease the level and amount

### STARTIN' OUT

A special section dedicated to the beginning lifter

### Premature Peaking: The Sequel

as told to Powerlifting USA by Doug Daniels



Top Lifters need to develop techniques to avoid the 'premature' peak

of activity to what the body can handle for the time remaining. Many lifters "try" to solve the problem by going the opposite route and doing more work when the body is clearly saving "back off"!

Since the meet is only a few weeks away at this point, maintain the lower training frequency levels and reduced assistance work for the rest of your cycle. If your strength starts to come back, increase the weights in the time available, again staving with the planned rep scheme. As I mentioned in the previous article, one lift may be creating concerns while the others are on schedule. In this case, the situation may only require training adjustments for that specific lift.

As we know, minor illness can definitely effect your strength levels, but a cold, etc. may only be temporary and your strength levels should return within a matter of days. If you go into a workout under the weather, I would suggest backing the weights off by about 25% or more. This can help prevent injury and not ruin your confidence by watching your lifting tail off. You might even want to reconsider lifting at all. Consume plenty of water to replace fluid loss due to the illness

Another action to take is to examine some simple nutritional tips that can really help. One of them is drinking enough water. We all know

that the body is mostly water, but many people do not drink enough water to support optimal health. Water is essential to the body's recuperative processes which, in turn, is key to preventing premature peaking. If your body gets more of what it needs to thrive, so too will your lifting. The standard recommended intake is around 8 glasses day. That can be a lot to get down but there are many userfriendly ways to increase your water intake. A really simple method is to buy a pre-filled one-liter water bottle at your local grocery store. I would suggest drinking half and leaving the other half in the bottle. Freeze the remaining water in the bottle in your freezer overnight. Before you leave for work or the gym, fill the rest of the bottle up with cold water, yeah - right out of

the tap. The frozen half (ice) will act as an ice cube making the water more refreshing. Drink it throughout the day, refilling it as needed. The ice could last for 3-6 hours. Add a squirt of lemon for a citrus tang and you have one less excuse to not drink your 8 glasses per day. Refill it throughout the day with water on hand. Empty it out and rinse once a day. I would warn you that, at first, you may develop the need to use the restroom more frequently. As time goes on, your body will get more accustomed to the higher fluid intake. Minimize your water intake into the evening to prevent midnight potty stops. Sipping water during your workout is also a good idea. Science has shown the body gets 'thirsty' before your normal thirst triggers tell you.

Post workout food can also help to keep the premature peak at bay. The body needs carbs and fluids to replace the glycogen and water losses during exercise. Recovery will be enhanced on a high carb diet of 250 to 550 grams a day, depending on your bodyweight and level of energy expenditure. Muscles store more glycogen immediately after exercise than they do later. This is just another reason why those high protein, low carb diets do not cut it for power athletes. Juices work better than sports drinks as after workout refreshment due to their higher carb

content. Even an apple or banana or two would work nicely. Oh yeah, drink water. Protein is appropriate about 2 hours after the workout to repair and build muscle tissue. What you eat after your workout is also important to your performance the next day, so set the stage right. Many lifters rely on the latest hi-tech protein bars, which provide concentrated nutrition.

Pre-workout food should be hicarb in nature about an hour prior to lifting. Protein right before a workout could slow digestion and hurt performance. A blender drink of fruit juice and fresh fruit would work well.

Reduce whatever activities you can prior the meet to conserve energy and help the body re-group. Obviously, work and family matters would come first, but cut back on partying and staying up late. The last few days are extremely critical. I may have included more nutri-

tional stuff in this article than you first may have anticipated, but if you provide your body with the right amounts of water, carbs and proteins, it can function at a higher level for a longer period of time. This may enable you to train at pre-meet intensity without hitting a premature peak prior the meet. This does not even take into consideration the overall health benefits of such a practice. Training adjustments are also necessary even if you are not peaking out too soon. Drop most assistance work 2 to 3 weeks prior the meet to help avoid overtraining. Reduce the frequency of your workouts also. I believe very little more strength will be built the last 2-3 weeks anyway. More can be lost than gained, during this time, due to overtraining. Devote the last weeks to developing contest form and execution of your lifts. Readjust your contest training for next cycle if necessary.

By combining the charting of your strength trends, pre-meet training adjustments, and by following a few nutritional practices, you can help decrease the possibility of peaking out before the meet. Too many lifters leave their best lifts in the gym. The best place to leave them is the meet results section in the back section of this magazine.

Doug's Web address: members.gol.com/ddanil12345/ default.htm

#### school my science teacher gave our Dr. JUDD class a good two hour lecture on why it is impossible for a bumblebee to fly. He presented an overwhelming amount of scientific evidence which

When I was a freshman in high

clearly indicated that from an aero-

dynamic stand point, the bumblebee

is not structurally designed for flight.

"No way the thing can fly," he said

"It's impossible. He would never get

off the ground." I had to ask - if it is

impossible aerodynamically for the

bumblebee to fly - why does he fly?

Myteacher responded "That's simple,

the bumblebee doesn't know the first

thing about the principles of math-

ematics, physics and aerodynamics.

made the seemingly impossible pos-

what they did was impossible. Like

the bumblebee they did the impos-

Alexander Karelin. Karelin is univer-

sally considered the greatest Greco-

span of 13 years he never lost a

single match in international compe-

tition. Altogether he won nine world

titles and three Olympic gold medals.

It is estimated that his wrestling record

is somewhere in the neighborhood

listen to this. Over the last ten years

of his career no one even scored a

point against Karelin. That would be

like Pedro Martinez having a lifetime

ERA of zero, or Muhammad Ali

never losing a single round in his

boxing career. It is almost beyond

you have a good idea why he was so

successful. First of all he is absolutely

menacing looking. He gives you the

impression that he alone is in control

of the planet. He is an emotional

predator whose image suggests sup-

pressed rage, madness, and the threat

that the guy is mammoth. At 6' 3",

287 pounds, the guy literally looks

like he was cast out of concrete. The

guy also possesses superhuman

strength and endurance. In fact, he is

so powerful that once he carried a

refrigerator up seven flights of stairs

rather than ask someone for help.

There is no doubt in my mind that

with minimal training he would easily

win the biggest titles as an Olympic

There is a move in Greco-Roman

wrestling called a reverse body lift.

The movement is executed by lock-

lifter or a powerlifter.

Even more terrifying is the fact

If you have ever seen Karelin,

comprehension.

of savage brutality.

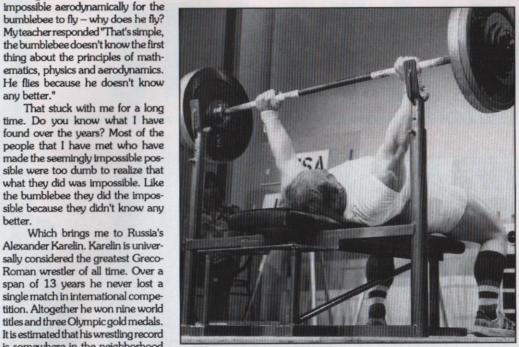
If you think that is extraordinary,

of 887 wins and two losses.

Which brings me to Russia's

any better."

### POINTS TO PONDER - PART IV as told to PL USA by Judd Biasiotto Ph.D.



No one expected the late Jerry Jones to win the 220 lb. class at the '87 APF Seniors, but he did when Ed Coan bombed out in the deadlift.

there is not too much tell. Rulon had

never won an NCAA championship.

He had never won a medal at the

world championships and he has

never won a medal in international

competition. In fact, his best finish in

world competition had been fifth

place. Physically speaking he is es-

sentially the antithesis of Karelin. He

is big, about 300 pounds, but he

looks soft. He looks more like a guy

who trains at the International House

of Pancakes rather then the Olympic

Training Center. He is not exactly a

wimp, but he's certainly no Dan

Gable. He definitely doesn't have the

skill or brute strength that Karelin

menacing look. In fact, he is about as

scary looking as a ride on a merry-go-

these two guys were matched up

against each other for Olympic gold?

The world thought there would be

no chance in hell for Gardner to

survive such a match. Such a match

would be analogous to King Kong

taking on Cheetah. Actually they

had competed against each other

once before. In that match Gardner

almost got killed. Karelin reversed

Now what would you think if

ing your arms around your opponent's waist in bear hug fashion. Once you have him good and secure you lean backwards and hoist him up over your head. You then twist your body to the side and drive your opponent into the mat. The maneuver requires so much strength to perform that no superheavyweight has ever attempted it, except Karelin. He uses it on a constant basis. It's his signature move.

Karelin's physical presence along with his stare that is as icy and frightening as the winters in his native Siberia literally terrorizes his opponents. World-class wrestlers literally tremble at his sight and many of them actually avoid competition

Karelin is like a machine. His training definitely borders on obsession. He has been know to carry huge logs under his arms through waist-deep Siberian snow for hours when the weather prevented him from getting to the gym. Karelin is the prototype of the world's greatest athlete ... big, powerful, and highly

Now let me tell you about America's Rulon Gardner. Actually Olympic Greco-Roman referee, turned to me and said, "This is going to be a massacre." I felt sorry for Gardner. He looked like a little bou next to a Goliath. When the match started, it became immediately evident that there was no fear in Gardner's eyes. He was there to win. Without question he was the only person in the world who thought he could win. Even his coach didn't think he could win. Of course, Gardner was the only person who had to believe he could win.

body slammed him three times, break-

Gardner were paired against each

other once again in the finals of the

2000 Olympics. When the two men

went out and faced each other on the

center of the mat my friend, a former

As we now know, Karelin and

ing two ribs in the process.

During the first two periods Karelin pushed Gardner from one end of the mat to the other, but he couldn't score on him. Gardner was taking a pretty good pounding, but he stood up to it. Half way through the third period, Karelin seemed to tire. He started taking fewer and fewer scoring chances. Right at the last minute Gardner broke Karelin's hold on him and was awarded that one point ... the only point that had been scored against Karelin in almost a decade and a half. Still there was time for Karelin to pull out the victory, but fatigue had robbed him of his great power. Finally, with about eight seconds left, the truly impossible happened. The Great Russian quit wrestling, dropping his hands and conceding the first international defeat that he had ever sustained. Gardner had pulled off the biggest upset in Olympic history by defeating Karelin 1-0. The miracle of miracles had come to pass.

For Gardner this was his moment in time. He had gone beyond what others thought and succeeded. There is no amount of money, no amount of power or status, and no position in life that can equal the experience.

How did he do it? Gardner explained, "I kept saying, 'I think I can. Ithink I can' More importantly though Ineverquit. Inevergave in, "Gardner said. "The coaches kept saying, 'He's possesses. Nor does he have the tired. He's mentally tired, but I didn't listen to them. I couldn't. I knew that if I let up for even a split second, I would be doomed."

Everyone thought that it was impossible for Gardner to beat Karelin. Well, I'm here to tell you that nothing is impossible if you believe in yourself. In fact, I'm convinced that nothing is hopeless, nothing is impossible, and that there are no boundaries for man. The truth is that we are limitless. We have the power to do what ever we want to do. Nothing is beyond the scope of man.

### G.N.C. NUTRITION UPDATE

### GAINING MUSCLE THE RIGHT WAY by Jeffrey Stout, Ph.D.

The most common nutritional strategy for promoting mass gain is over-feeding. While this method has been shown to be effective, typically 60 to 70% of the weight gain may be fat! In the United States, we call that the Homer Simpson fitness diet.

In a perfect world, powerlifters seeking to gain weight would like to increase their body mass while not getting fat. GNC scientists have designed the MEGA MRP (Meal Replacement Powder) with this thought in mind.

While many people take sports nutrition supplements, they often do not completely understand the science and ingredients behind the products. The following outline should help you in making a decision on whether or not this type of supplement is right for you.

Creatine - Creatine is a natural component of muscles and is present as free Creatine and as Creatine phosphate. Creatine phosphate is the primary high-energy fuel of skeletal muscle during high intensity exercise. It has been repeatedly shown that oral supplementation with Creatine significantly increases performance in high intensity ex-

Glutamine - Glutamine, you might say, is the ultimate amino acid. Glutamine is one of the most abundant amino acids found in skeletal muscles, system, provides an anti-cata-



Dr. Jeffrey Stout (seen in photo above) is the Director of Sports Science for GNC's Pro Performance(R) line.

bolic effect and is involved in protein synthesis. Prolonged high-intensity exercise has been shown to decrease glutamine levels. By supplementing glutamine in your diet, you may be able to prevent glutamine loss.

BCAA - The three Branched-Chain Amino Acids (BCAAs) are Leucine, Isoleucine, and Valine, BCAAs compose 30-35% of muscle tissue and provide 70% of free nitrogen to the body. They can promote protein synthesis if taken in adequate serves as fuel for the immune amounts, and spare the loss of glycogen.

percentage of a person's are the proteins most depleted during intense training. Consequently, it makes sense to possible after training. Your nate). ideal BCAA supplementation program would include quality protein supplements such as whey protein, which is high in BCAAs, and Meal Replacement Powders (MRPs) that contain a protein blend that is high in BCAAs.

Whey + Egg + Casein protein proprietary blend - Nitrogen balance is achieved

BCAAs make up a large when your body takes in at least as much nitrogen (promuscle protein, and therefore teins contain nitrogen) as it eliminates in waste. Workout enthusiasts should strive for a positive balance (taking in replenish BCAAs as soon as more nitrogen than you elimi-

> A combination of proteins in MEGA MRP is specifically designed to produce a quick rise in amino acids (Whey protein) in addition to providing a slow sustained increase (the egg and casein). It is also fortified with a complete array of vitamins, minerals, and carbohydrates to support overall



THE STEEL FRAMING

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#### **USPF New England Powerlifting** 24 Mar 01 - Manchester, NH SQ BP DL TOT M. Roose-113 205 105 225 535 230 540 A. Rogers-112 225\* 150\* 280 4th 290\* M. Ferrara-113 140 110 200 665 160\* 210\* 480\* 175 110 205 190\* 120\* 215\* 525\* M. Ferrara-113 140 110 200 450 C. Khoury-146 175 110 205 490 4th 190\* 120\* 215 525\* C. Day-166 95 100 190 385 405\* 310\* 455\* 1170\* 198 lb. J. Pettigrew J. Bourque 325 515 440 300 530 1270 275 lb. 605 440 610 1655 . Bourgault T. Saunders 820\* 475\* 135\* 1430\* Master 220 lb. D. Montembault 575 410 I. Goncalves 275 485 300 450 1200 1150 440 310\* 470\* 1180 Open 148 lb. 365 205 410 980 C. Rogers 165 lb. D. Sonne K. Manning 280 465 1200 181 lb. B. Kobrenski 335 405 310 455 1170 330 200 320 285 425 340 G. Monmai 1075 825 198 lb. 600 550 J. Ascani G. Sousa 515 360 1425 335 D. Jensen 300 530 1270 220 lb. ault 575 410 560 1545 D. Montemb 535 425 425 350 545 500 M. Ahern 1275 H. Kemp D. Whalen 440 N. Arvanites 325 550 1335

555 -

820\* 475\* 135\* 1430\* \*-USPF NH State records. Referees: Jamie
Fellows, Rod Roy, Dave Miller, Dave Follansbee.
Announcer: Rocco Boulder, Dave Follansbee.
Announcer: Rocco Boulder, Dave Follansbee.
In the Master Men's divifellows. Submaster Men, and Masters Men
divisions are listed by lifters weight class for
set the records, but he divisions are listed by litters weight class for Powerlifting USA Ranking, and not necessarily by placement at the competition. This years contest was held at the Comfort Inn in Manchester, NH. A great venue conveniently located off of Exit 4 on Interstate 293, it hosted one of the best contests I've ever seen! It was a little overcrowded, but we made due and had much overcrowded, but we made due and had much exceptional lifting! And, my apologies to the lifter who complained to everyone (except me) about the lack of music (and everything in general), but this is powerlifting, not the Fitness America... With such a diverse group of lifters from Mass, New York, Connecticut, Pennsylvania, and abroad, the camaraderie between everyone was outstanding! Never in my eight years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! And to those crazy, hard-core Rhode Island State the next day, you're all a bunch of Supermen! Even WMUR Channel 9 came by to check out the action this year and broadcasted Island State the next day, you're all a bunch of Supermen! Even WMUR Channel 9 came by to check out the action this year and broadcasted the event at 6 and 11 pm on March 24! They have also told me that they plan to return again next year! This truly was a breakthrough year in New Hampshire powerlifting! We had an exciting day with many. New Hampshire records being set my many incredible athletes! In the junior women's division, Meighan Roose set the record book on its ear and established many new state records which will stay for many years to come, I'm sure! Watch for her to dominate at the Junior Nationals very soon! In only their second contests and with 3 months each of powerlifting training ever, Marcy Ferrara and Carol Khoury dominated the women's open and Sub Master and Masters divisions, breaking many records between them. Carol destroyed her own records established back in January at the Granite State Championship in Concord and pulled an easy 215 deadlift which had escaped her back in January and Marcy came back to re-establish all of her records as well. And to think Marcy was on a Caribbean cruise just 2 weeks before the contest and entered on a whim! Wish 1 could set records after a vacation! Jeff Morrison returned to the platform to break not only 9 year old submaster squat and deadlift records, but his own bench record set back in 1999, and he destroyed the total record to boot by 135. returned to the platform to break not only 9 get involved in powerlitting and get qualified year old submaster squat and deadlift records, but his own bench record set back in 1999, and he destroyed the total record to boot by 135 ber, to see what's happening in New England

Application for Registration

UNITED STATES POWERLIFTING FEDERATION

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

School with proof of enrollment, and inmates when paid with

institution check. All USPF sanctioned meets will be subject to drug

In recognizing the need for drug-usage detection, I agree to submit to

any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

123 lb.	SQ	BP	DL	TOT
T. Gregg-16	105	80	115	300
105 lb.				
D. Harney-44	160	95*	165	420
148 lb.				
J. Anglin-44	160	105	225	490
198 lb.	415	190	345	950
J. Slanaker!-31 123 lb.	415	190	345	950
A. Gregg-14	175*	105*	235*	515*
148 lb.	1/3	103	233	313
H. Laws-15	235*		320*	555
148 lb.	200		320	333
D. Wilson-17	300*	135	365*	800*
198 lb.			505	000
Z. Boles-17	275*	205*	405*	885*
220 lb.				
J. Lisac Jr17	405	235	465*	1105*
181 lb.				
B. Wallin-18	275*	185	400*	860*
165 lb.				
D. Gregg-45	450	270	425	1145
198 lb.				
M. Oftedahl-47	315	245	360	920
C. Jones-51	300*	275*	405*	980*
319+ lb.				
H. Gravier-58	230	200	250	680
220 lb.		200		050
G. Wyman-65	375	200	375	950
275 lb. J. Lisac Sr-40	625*	375	625*	1625*
242 lb.	623	3/3	623	1023
M. George 45	500	330	625*	1445
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Congratulations				
thanks to all the				
our February 200	JZ ever	nti (Ina	nks to	USAPL)



Brice Gimbel with the biggest deadlift of the meet: 701 lbs. weighing 272. (Photo was provided courtesy of Todd Becraft to PL USA).

**Oregon APF Rage for Records** 24 Mar 01 - Newport, OR

Sekennestrovich 451\* BENCH 181 lb. (55-59) 220 WOMEN D. Eva DEADLIFT Open 123 lb. S. Radcliffe 203 MEN Teen (14-15) 132 lb. A. Ferschweiler 225 165 lb. R. Griggs WOMEN Master (40-44) WOMEN Wurdinger-Kelly 181 165 lb. 198+ lb. Master y 181 165 lb. Master (40-44) Wurdinger-Kelly 283 165 198+ lb. (45-49) L. Hagelganz 314 Master (45-49) L. Hagelganz MEN 114 lb. Teen (14-15) MEN 137 Teen (16-17) R. Griggs 198 lb. (18-19) C. Fisher 181 lb. 275 S. Willis Junior (20-23) WOMEN Open 165 lb. 385 J. Havelka 220 lb. S. Mickelson 242 lb. T. Mosley Submaster 347 D. Anderson 402 Master (50-54) 198 lb. 165 lb. 369 R. Ward 534

E. Lumpkin 220 lb. Open 242 lb. 462 M. Barney Master (40-44) M. Conner 363 308 lb. B. Read Master (40-44) R. Uhl 446 Junior 220 lb. L. Crump 319 Open 275 lb. I. Harms 600 308 lb. R. Uhl 701 (50-54) 181 lb. B. Gimbel 429 Junior 198 lb.

L. McAllister S. Manley 220 lb. Lifted Reps WOMEN 1/2 bwt. S. Radcliffe 60 A. Ferschweiler 65 A. Kaliher 67.5 22 40 P. Read D. Durkee Wurdinger-Kelly 75 J. Havelka 80 MEN (bwt.) 110 12

R. Griggs E. Lumpkin R. Alldridge 165 A. Lewis C. Fisher 190 202.5 13

M. Hassett 215 38 222.5 18 B. Read 240 17 -Oregon state new record. Special thanks

also goes to Jo Walker and Tom Feeney, along with Bill Cox. The spotters and loaders were a great help as usual. And thanks much to Rick McClung for organizing the meet and for getting great trophies for everyone. Thanks also to Monster Muscle.com for their support. The APF Rage for Records took place at the Hallmark Inn in Newport Oregon on March

24, 2001. The lifting started at 10:00 AM with 2 flights of bench press, followed by one Right of deadlifts. There was a large crowd, even with the meet being relatively small. The benching started with 15 year old Randall Wayne Griggs, who set a new state record with every attempt he took - finishing with a 137 lb. bench press weighing only 109 lbs. Amy Ferschweiler was up next and completed a nice 154 lb. bench press in the 132's, Lisa Hagelganz came in next and got a strong 165 lb. bench in the unlimited master (45-49) class. Cindy Wurdinger-Kelly was happy with her 181 lb. bench press weighing 150 lbs. The bench press phenom of the best female bencher award for her accomplishment. Don Eva did quite well for his first meet. He bench pressed a strong 220 lbs. weighing only 175 at age 59! Good job Don. Chris Fisher did well benching 275 in the 198 teen (18-19) division. The second flight had some impressive benchers. Eric Lumpkin got 369 weighing only 164. Scott Mickelson was pleased with his 385 bench press in the 220 Jr. class. Mike Conner and Joe Harms did well with their lifts of 462 at 220 and 446 at 242, with his 501 deadlift, weighing 196 at age 51. This was also a new state record. Mike Barney pulled a strong 534 at 242 open. Ron Uhl was strong

Mike Barney pulled a strong 534 at 242 open. Ron Uhl was strong with his 578 in the 308 master's (40-44) class. Lucas Crump was ive with his 600 pull weighimpressive with his 600 pull weigh-ing 202. It was also a new per-sonal record for him. The battle for the men's best lifter trophy came down to Brice Gimbel and Steve Manley. Brice pulled 701 in the 275 open class (he's only 22 years old). Steve pulled 622 in the 198 Jr. class. Steve won the best lifter award by only 5 points by lifter award by only 5 points by Reshel formula. It's always good to see people pushing themselves in friendly competition. The highlight of the day was the Rep Rage -bench press your bodyweight for reps for the men, 1/2 bodyweight for the women. This was a great



Iulie Havelka deadlifted 413 lbs. which was a new Oregon state record in the 165 lb. open. (Photograph provided by Brian Baertlein).

too. First place went to Mike Conner who got a daunting 38 reps with his 215 lbs of body-weight. Second came to a tie between Eric Lumpkin and Russ Alldridge. So the meet di-rector, Rick McClung made them go again! They both initially benched 32 reps with their bodyweight of 165 lbs. So when they came good bodyweight of 165 lbs. So when they came Eric by getting 27 reps over Eric's 24. The crowd cheered them on and everyone had a good light of the day was the Rep Rage
bench press your bodyweight for
reps for the men, 1/2 bodyweight for
reps for the men, 1/2 bodyweight for
the women. This was a great
show for the audience; they really
got into the excitement of it. The
women went first, there were 7
women who competed. The most
impressive were Shelly Radcliffe,
Julie Havelka and Cindy
Wurdinger-Kelly. Shelly went first
and got an incredible 57 reps with
60 lbs. Julie took this as a reason
to get in there and really push
herself. She came out with 66 reps
with 80 lbs to take the win. Cindy
got 37 reps with 75 lbs. The men
really got into the rep contest,
All in all, the
grand prize in the rep contest. All in all, the
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grand pr really got into the rep contest, chairman for Oregon, for these meet



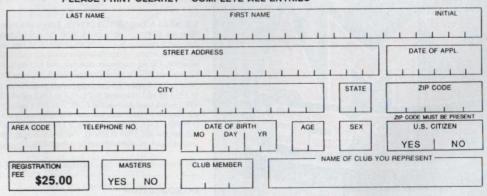
master men 50-54 220 pound class. This was a new Oregon State record. (Photograph provided courtesy of Brian Baertlein).

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

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# FORGET ANDRO

### RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING

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STRENGTH & RECOVE

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ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength L.R. BRILLA<sup>1</sup> AND VICTOR CONTE<sup>2</sup>

<sup>1</sup>Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and <sup>2</sup>BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

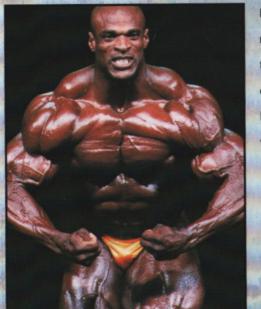
L.R. BRILLA AND VICTOR CONTE. Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength. JEPonline, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with ZMA (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 μg/ml 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 μg/ml; 19.68 to 18.04 μg/ml), respectively (P=0.001). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P=0.001). Housele strength via torque measurements and functional power were assessed with a Biodex dynamometer. Differences were noted between the groups (P=0.001): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.

Key Words: vitamin B6, anabolic hormones, testosterone, IGF-I, muscle

#### INTRODUCTIO

Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

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one of the city's finest cops,

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event in body building. To

be his best, he demanded

ontimal recovery and an

anabolic environment.

5 days a week working the

sleep, Ronnie Coleman

Prior to launching ZMA<sup>M</sup> Force , our researchers asked the hardest working man in bodybuilding to test our latest innovation in recovery before his second title defense at the Mandalay Bay. With his incredible stage presence and total dominance over all other competitors, you tell us if the now Three-Time Mr. Olympia, Ronnie Coleman, has improved. The entire bodybuilding world would likely answer with an emphatic \*\*HELL YES\*\*\*

Given Ronnie's hectic schedule and amazin intense training prog clearly realized the importance of thorous recovering and allow body to recharge for consistent growth. Earlie career.

Ronnie, however,

Given Ronnie's hectic schedule and amazin intense training prog clearly realized the importance of thorous recovering and allow body to recharge for consistent growth. Earlie career.

Ronnie, however,

says that's just how
he's always trained; splitting
his workouts between light
and heavy days to help avoid
burn-out, but going
extremely heavy and intense
on those days designated
as "heavy."

SMINIMING AMERICAN AMERICAN

schedule and amazingly intense training program, he clearly realized the importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night - err, morning - at two a.m. Ronnie took one serving of ZMA FOR in order to quickly settle down and ensure a solid night's rest. Not to mention his using ZMA Forc as a vital tool for aiding his recovery process via the additional hormonal benefits of ZMA



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a hectic

schedule that

included a full-time job on

the weekdays and traveling

for guest appearances on

constantly maintained a

healthy diet of whole foods

order to get his daily total of

six meals and 600 grams of

protein for packing on and

maintaining his enormous

amount of lean muscle mass.

and supplementation in

weekends, Ronnie

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

#### **Maximum Fitness BP** 17 Mar 01 - Bluefield, WV MEN I. Brezer 140 Open 132 lb. A. Phillips 132 lb. (14-15) 215 S. Short 135 310 C. Gille D. Williams 130 250 148 lb. (14-15) D. Mitchell 335 J. Brooks 130 16-17) 415 J. Vaught J. Ernest 380 J. Brooks 235 C. Fullen 220 155 M. Horton K. Ruble 242 lb. (18-19) J. Lockhart 345 225 K. Mackey 445 Z. Perkins 410 165 lb. (14-15) B. Haga J. Davis Jr. 120 380 T. Hall

200

150

240

315

290

350

305

260

240

375 M. Mcgraw

225 W. Winte

300 N. Hayes

250 220 lb. (14-15)

242 lb. (14-15)

(18-19) 260 T. Keim

245 (16-17)

420 (18-19) B. Ernest 275 lb.

145 (14-15) 135 C. Matthe

75 (16-17) R. Kinzer

115 SHW

lifters, and a crowd of more than 150 specta-tors. Our competition hosted lifters from North

T. Rapp 250 220 lb. (165-69) S. Keim D. Robbins Sr. 245 (16-17)

181 lb. (16-17)

198 lb. (16-17)

J. Lookabill E. Crandall

T. Gallemo

198 lb. (50-54)

220 lb. (45-49)

D. Callahan

Teen 114 lb. (14-15)

123 lb. (14-15)

J. Peery C. Traylo

B. Riffe

. Gibson SHW (45-49) C. Robertson

WOMEN

148 lb. J. Robin

181 lb. Master (60-64) K. Samples

(60-64) W. Bostic

Open and Master Division lifters at the Maximum Fitness Bench Press. (Photograph provided courtesy of Donald Pobling Ir to PLLICA)

	(Filotogia)	pii pio	vided cou	resy or	Donald Ko	obins ,	r. 10	FL US	M).
	Carolina, Virgi				P. Young 114 lb.	85	45	105	235
	14-67 years of				L. Carroll	80	40	90	210
	a fun time was				123 lb.		77		
	friends and far	mily for a	all your hard v	vork and	P. Seveny	102.5	72.5	147.5	322.5
	dedication, in				132 lb.				
	tion a success.	(Thanks	to Donald Rob	bins Jr.).	C. Conway	145*	72.5*	145	362.5*
					148 lb.				
					R. Clark	137.5		200*	415*
	LICADI	Milie	m. Nations	l.	M. Smith-jrs	77.5	47.5	97.5	222.5
			ry Nationa		165 lb.				
		ar 01 -	Killeen, T		R. Perkinsi-jrs	77.5	40	90	207.5
	BENCH		B. Hibbert	147.5	198 lb.				
	WOMEN		T. Nerlin		P. Calhoun	130	102.5	145	377.5
	132 lb.		A. Laszacs	92.5	MEN 123 lb.				
	J. Fenti	60	198 lb.			165	110		452.5
	148 lb.		N. Callahan W. Thacker	195	H. Harvey 132 lb.	103	110	1//.5	432.5
	D. Ryan MEN	52.5	M. McCann	155	I. Carr	102 5	102.5	245	450
	148 lb.		I. Holien		148 lb.	102.3	102.3	243	430
	J. Bizmudez	125	220 lb.	112.5	M. Wideman	215	107 5	217.5	540
	MAS (40-44)	123	S. Petersen	160	165 lb.	213	107.3	217.5	340
	165 lb.		275 lb.	100	V. Cardwell	212.5	145	217.5	575
	F. White	127.5	R. Gains	200	F. White	200	127.5	232.5	560
	181 lb.		SHW		G. Donahue	190	137.5		537.5
)	I. Martinez	177.5	J. Seyer	227.5	H. Taylor	142.5	112.5	170	425
•	WOMEN	SQ	BP DL		C. Harvey	142.5	110	165	417.5
1	105 lb.				165 lb.				

ı	MAS (40-44)				
ı	C. Lewis	242.5	* 155	245*	642.5*
ı	F. White	200	127.5	232.5	560
ı	181 lb.				
L	T. Stepney	235	157.5		672.5
L	A. Hambric	230	162.5		652.5
ı	B. Hibbert	247.5			632.5
1	T. Nerlin	170	137.5		527.5
	J. Perez	160	122.5	200	482.5
П	198 lb.				
г	N. Callahan	262.5		285	742.5
п	J. Kearney M. McCann	205	132.5	237.5	575
۰	R. Cummings	185 172.5	155 145	165 185	505 502.5
	J. Holien	165	112.5		465
	198 lb.	103	112.5	107.3	403
1	MAS (40-44)				
ı	R. Baxter	275	172.5	265	575
ı	220 lb.	-/-	.,	203	3,3
	G. Bell	327.5	227.5	287.5	842.5*
	J. Reape	292.5		272.5	737.5
	M. Taylor	255	187.5	265	707.5
	F. Schuetz	252.5		262.5	700
	D. Schoemaker	237.5	170	272.5	680
	A. Jones	240	185	250	675
	S. Petersen	227.5	160	250	637.5
	220 lb. MAS (40				
	G. Bell	327.5	227.5	287.5	842.5*
	P. Mueller	220	152.5	205	577.5
*	242 lb.				
	D. Hughes	222.5	200	260	682.5
	R. Flores	185	180	237.5	602.5
	242 lb. MAS (40				
	G. Pamplin		207.5		735*
	M. Boone	217.5	192.5	205	615
	242 lb. JRS. T. Arterburn	250	217 5	272 5	740
	275 lb.	250	217.5	272.5	740
	C. Thompson	295	210	295	800
	R. Gains	272.5	200	255	727.5
	275 lb. MAS (40		200	233	121.3
	G. Ramsdell	215	177.5	205	597.5
	SHW			203	337.3
	J. Seyer	272.5	227.5	282.5	782.5
	*-Military Natio				
	ers WOMEN: Lt	Wt: Ca	athy Co	onway,	Hy Wt:
	Rhonda Clark, M	en Out	standin	g Lifter	s: Lt Wt:
	Victor Cardwell,	Mdwt:	Nelson	Callal	nan, Hy
	Wt: Gene Bell. 1	eam Po	oints: P	hanton	Corps
	113, Minot AFB				
	providing the res	ults of t	his cont	test to P	I LISA).

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3 Mar 0	11 - H	lerndo	n, VA	
ENCH		D. Adar	ns-220	410*
pen Raw Lugo-132	135*	Asst. (4 S. Doke		405
Plunkett-181	225*	Z. Rhod	es-242	540
45-49)	100	Raw (40		365
Burkett-114 Beasley-132	140*	McQua Raw (46		
sst.		J. Bagge	tt-165	340*
adukiewicz-276 IEN	215	Asst. (4 M. Bake	5-49) er-181	340
aw Open		Raw (45		340
Coleman-198	300	J. Alston	181	265
ssisted (35-39)	375	Raw (50	der-220	350
Jaffe-165 aw (35-39)	335	Raw (5.	5-59)	
aw (35-39) Open	SQ	W. Barr BP	DL	TOT
aw	34		-	
Lugo-132	205	135*	305*	645
pen Asst. D. Pegram-181	_	170	300	470
Ail Asst. (35-39)				
Disler-165 aw (40-44)	320	155	345	820
1. Cahill-97	75	75*	175	325
Meads-148	280	135	290	705
aw (8-9)				
glethorpe-66	75	40	95	210
sst. (14-15) Dodson-132	135	85	160	380
sst. (16-17)	133	03	100	300
raunfelder-132	100	100	150	350
aw (16-17) 4. Trudell-148	160	70	175	405
sst. (16-17)				
aiglevailable	175	120*	225	520
aw (16-17) . Moran-181	150	116*	240*	506
sst. (18-19)			200	
Seyfried-165 OYS Raw (10-1	225	135	200	560
Cahill-88	75	50	130	246
. Mauler-132 12-13)	135*	75*	175*	385*
Carter-114	170	110	250	530
sst.(14-15)				
. Green-102.5	130* 135	105	160 195	370 435
Reuter-123 Hughes-132	220	170	210	600
aw (14-15)		120	270	car
Berned-181	190	130	270	625 625
Seyfried-220 Hooper-242	365	165	410	940
Hooper-242 sst. (16-17)	160	135	250	545
Ferguson-148	530	315	450	1295
Scanlan-148	230	165	265	660
aw (16-17) Burngardner	300	190*	370	860
Feller-165 lovinazzo-181	290	175	350	815
ilovinazzo-181	350 275	180 180	430 320	960 775
. Taylor-199 . Payne-198	375	250	450	1075
<b>AEN Raw Open</b>		416	F7F	1511
Coleman-193	450	416 375	575 500	1511
Jones-198 35-39)	285	260	400	945
35-39) Lineman-165	350	280	540	1170
sst	330	200	340	
Garrett-198	425	315	-	740
Ail/Law (35-39) L James-276	525	310	610*	1445
A. Mauler-275	450	400	500	1350
law (35-39)	700	450	600	1750
sst. (40-44)	700	430	000	1730
. Holland-198	540	385*	540	1465
). Runner-220 law (40-44)	520	320	520	1360
AcQuade-242	-	365	470	835
670				
45-49) . Foster-165	250	170	350	770
Alston-181	415	265	565*	1245
Hannah-198 Cahill-198	450 375	260 275	560*	1270 650
50-54)			191	
Coppins-220	440	300	550	1290
50-54) . Dorsey-275	425	300	520*	1245
65-69)				
Miller-165 -American Rec	125	135 ROYS Te	240	
-American Red Aary's of Ryker	n's. Th	nis even	t was I	the first
<b>AUPC Sanction</b>	ned m	eet held	on Virg	inia soil
n three years, I and bench pres	t inclu	mpionsh	in with	erlitting
Olympic and N	lation	al quali	fying r	ankings.

Many thanks to the endless efforts of Billy D. Calhoun the AAUPCVA Chairman, Rudy Garcia Calhoun the AAUPCVA Chairman, Rudy Garcia past Chairman, Angela Wynn- Brice, Tommy Dorsey, Roger Ernest, Wes Estes and the Chosen Few Inc. and Wolfgang's Gym Crew, the championship was a great success. The AAU is proud to announce the re-establishment of True Drug Free and Drug Tested powerlifting. All-American record holders were drug tested the champions of the Company of the and the strict drug test point system was used to determine other testing candidates. (Thanks to AAUPCVA for providing these meet results).

SLP Primetime Fitness BP/DL

8 Apr 0	1 - Crestwood, Ki	1	
BENCH	D. Nealy	525	
WOMEN	220 lb.		
Open 123 lb.	C. Poore	485*	
A. Kulmer	135* 4th	505*	
MEN	P. Tracey	370	
Teen (13-15)	242 lb.		
114 lb.	P. Zimmerman	470*	
Bryan Guffy	125* 4th	485*	
(18-19) 165 lb.	S. McIntyre	430	
K. Snider	265* S. Jones	425	
198 lb.	275 lb.		
J. Dietrich	370* J. Jesse	475*	
4th	385* DEADLIFT		
Junior 165 lb.	MEN		
R. Morley	225 Teen (18-19)		1
275 lb.	198 lb.		!
K. Onan	405* J. Dietrich	450*	
Submaster	Submaster		
275 lb.	165 lb.		1
R. Richey	425* R. Guffy	325*	
Master (45-49)	275 lb.		1
148 lb.	R. Richey	560*	1
M. Evans	260* Open 148 lb.		:
242 lb.	M. Evans	425*	1
P. Zimmerman	470* 165 lb.		4
4th	485* J. Sikes	380	1
Open	220 lb.		1
181 lb.	P. Tracy	650	J
T. Tingle	440* 242 lb.		1
198 lb.	B. Kelly	475	1
*-Son Light Pow	ver Kentucky State reco	rd. Best	1
Lifter BP: DEW	AYNE NEALY. Best Lif	ter DL:	1

165. Kyle Onan set two state records at 275 165, Kyle Onan set two state records at 275 with his opener of 385 and a second at 405, weighing in at a light 255. Randy Richey, creator of Omega Force Christian Strength Team of Scottsville, Kentucky, was elated with his 425 state record bench in the submaster his 425 state record bench in the submaster 275 class. Due to a pec injury Randy had not been able to bench for nearly two years, and even came close with 500 here on his final attempt. That's great! Mark Evans showed he was more than just a great deadlifter by captur-ing the master 45-49/148 title with a strong state record 260. Phil Zimmerman came down from Ohio to set two Kentucky state records, first in the master 45-49/275 class then the open 275 class. Phil got in four strong lifts to finish with 485, this being his first competition in over a year, and could have easily gotten 500 in over a year, and could have easily gotten 500 on the day! In the open division Troy Tingle broke the record at 181 with a solid 440! Dewayne Nealy, who owns the record at 198 with 550, was only able to get his opener of 525, missing 560 twice. But that was still more than enough to capture the best lifter title for the competition. Clint Poore had the biggest lift of the meet with his 505 fourth attempt at 220. Clint had finished with a 485 third attempt both being state records in that class. tempt, both being state records in that class. Second place at 220 went to Paul Tracy, who finished with 370. Behind 242 winner Phil Zimmerman was second place finisher Stacey McIntyre who finished with 430. Third place went to Shawn Jones who finished with 425. Olympic and National qualifying rankings. 275 winner Jack Jesse broke his existing state



Best Lifters at the SLP Primetime Fitness Bench Press/Deadlift Classic: (left) Dewayne Nealy - bench press (right) Paul Tracy - deadlift. (Photograph was provided by Dr. Darrell Latch to Powerlifting USA).



Left to right, Bill Reagan, Bill Swift, Steve Houston. Rex and Jean Reinhart, owners of Jesup Gym, Jesup, Iowa, invited Bill Reagan to give a bench pressing exhibition at their re-grand opening on January 27th, 2001. At a bodyweight of 275 pounds, and before a crownd of around 500 people, Bill Reagan bench pressed the following: 135x12, 235x12, 325x12, 400x12 (held the 12th rep for a 10 count pause), 450x12 (held the 12th rep for a 10 count pause), 505x8, 555x2, 600x1, 400x24, 300x48. Tragically, Bill's coach, Steve Houston was killed in an automobile accident only two weeks afterward. Bill has dedicated his lifts in honor of his late coach, Steve Houston. (Swift)

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2 JUN, Fitness Zone Bench Press, Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252, lynn@TheFitnessZone.com

2 JUN, APA Los Banos Open BP/DL (Los Banos, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
2 JUN (new date), WABDL Capitol City BP &

DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503

2 JUN, Extreme Gym & Fitness Extreme Bench Press Meet, Bob or Jack, 15767 Jefferson Hwy. (Rt. 33), Bumpas, VA 23024, 540-872-5416 2 JUN, Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-49, 50-59 under, 16-17, 18-19, masters (40-49, 50-59, 60+) men & women - non-residents allowed, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

2 JUN, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnr6faol corp.

770-996-3418, wnpf@aol.com
2 JUN, APF Florida State Open PL, Huge Iron,
910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 2,3 JUN, Strongest Man in New York (Staten

Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com 2,3 JUN, NASA Masters & Subma

only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 JUN, Curwood Day BP (men, women, master, teen) Justin, 515 Main St., Owosso, MI 48867, 517-725-8136

3 JUN, SLP Indiana Summer BP/DL (Franklin, 3 JUN, SLP Indiana Surriver BY/DL: [Frankill, Son Light Power, 122 S. Sale St., Tuscola, I. 61953, 217-253-5429, www.sonlightpower.com 6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-

4000, www.hugeiron.com 8-16 JUN, 2001, World Police & Fire

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. 4300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org.
9 JUN (amended date), WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Baltimore, MD 21284, 410-265-8264, econome@ballistingto. ecpower@bellatlantic.net
9 JUN, MDSA Open/Closed "Scoot to the Loot"

North American Games (Esko), Darwin Jacob-son, Box 1031, Willmar, MN 56201 or Dayvid Gillogly 218-879-8180 9 JUN, APA Southern States (Montgomery, AL) APA, Box 27204, El Jobean, FL 33927, 941-

697-7962, apapresident@angelfire.com

9 JUN, Best on the Bench (Northern H.S. Durham, NC) Gloria Knight, 8502 Polaris Dr., Bahama, NC 27503, 919-477-9467 or Willie

Lunch 252-478-8191 9 JUN, Shenandoah Valley Strongman/woman, Tony Walters, 5749 Wengers Miller Rd., Linville, VA 22834, 540-896-3332 before 9PM,

9 JUN, 8th Miller's Ironhouse Natural Bench Press (teenage, raw, women, open, 3 masters divs., sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777

9 JUN, USPF Region III (open, class II, women and masters divisions) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575, e.leverett@att.net

4575, e.leverett@att.net 9 JUN, WABDL Arizona Regional BP/DL (Holi-day Inn, Mesa - world championship qualifier -drug tested) Steve Farmworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037 9 JUN, USPF S. Texas (Men/Women: Open,

9 JUN, USP1-5. Lexas (very women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. increments to 70+) Bench, Police/ Fire, awards to all litters), Seguin Fitness, 1415 E. Court St., Seguin TX 78155, 800-378-6460, www.seguinfitness.com

www.seguinfitness.com
9 JUN, NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378,

heavydutybubba@aol.com 9 JUN, SLP Superman Classic BP/DL (Me-tropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com

9 JUN, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775

Plus WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnp@aol.com 10 JUN (new date), Midwest open (PL, BP, DL-drug tested) Duane Burlingame, Fitness Lifestyles,

641 W. Stephenson St., Freeport, IL 61032, 815-233-2292 10 JUN, APA CT Open BP & DL, Donna Slaga,

38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com 10 JUN, AAU Mo-Kan BP/DL (raw & equipped Extreme Fitness, Union, MO; 9 June - Jeff Lewis Seminar) Darin Gilley, 2820 Grey Summit

Rd., Pacific, MO 63039, 636-742-4537 10 JUN, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com
15-16 JUN, York Barbell Strength Spec-tacular & IPA Worlds, Ellen or Mark Chall-let, York Barbell, 3300 Board Rd., York, PA 17402, 800-358-9675,

Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plasa Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fit-

ness 817-268-3488 16 JUN, APA Old Line State PL & BP (Laurel MD) Scott Taylor, Box 27204, El Jobean, FL 33927. 941-697-7962, 33927.

16 JUN, 5th Pasco Power Team King of the Berich (\$1000 in prizes - sculptured trophies) Rick Lawrence, Box 3089, Holiday, FL 34690, 727-942-7894 or Mike (863-2228)

16 JUN, I.S.A. Clean/BP/DL & State BP (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv 16 JUN, USPF LA East Fitness BP/DL (Beckley

WV) Kevin Deiss, 304-252-7000 16 JUN, Big Bench Shoutout III (men, women

teen, junior, submaster, master, novice - deadline 6/2/01) Louie LaPoint, 337 Roxbury St., Keene,

6/2/01] Louie LaPoint, 337 kotoury5t, neene, NH 03431, 603-352-8590 16 JUN, 2nd annual USAPL "Thunder at the Beach" Power Meet, Body Image, Betty Milby / Art Marquilles, 457 Route 9S, Little Egg Harbor, NJ 08087, 609-294-3600, Ascent2me@aol.com 16 JUN (NEW DATE), 6th AAU Suburban North YMCA BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Snace@hotmail.com or

Nick Theodorou (610-258-1894)

16 JUN, Summer Push/Pull Meet, Jon Smoke 30907 CR 16W, Elkhart, IN 46516, 219-674-

16 JUN, WABDL N. Dakota & Minnesota State BP & DL (world championship qualifier - drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141

16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

Grahambo@libertybay.com
16 JUN, USA 'RAW' Bench Press Federation Summer Nationals (Mattoon, IL) Son
Light Power, 122 S. Sale St., Tuscola, IL
61953, 217-253-5429,

www.sonlightpower.com 16 JUN, USAPL Eastern USA Open BP, USAPL nal Squat, John Shifflett, Box 941



### 2001 AAU Junior Olympic Games Powerlifting

July 25-29 2001



Norcum High School, Portsmouth, VA This is both a RAW and an ASSISTED Event. NO CROSSOVERS ALLOWED!! ALL TEENAGE AND YOUTH AGE GROUPS 5U THROUGH 18-19 ALL TEENAGE AND YOUTH WEIGHT CLASSES 44 POUND THROUGH SHWT MEET DIRECTOR: RUDY GARCIA/ rleegarcia@hotmail.com PHONE NUMBER: 404-441-7120

All questions should be directed to the meet director. ENTRY FEE: \$50.00 per athlete.

(Money orders or certified checks only!!/NO PERSONAL CHECKS ACCEPTED!!) ENTRY DEADLINE: Wednesday, July 11, 2001

ATHLETES and COACHES send entry forms and fees to the following address:

Mailing Address:

2001 AAU Junior Olympic Games P.O. Box 3067 Norfolk, VA 23514-3067

Overnight Delivery Only:

2001 AAU Junior Olympic Games 420 Bank St. Norfolk, VA 23510

### 2001

World Mens/Women's Masters I.P.F. **Powerlifting Championships** October 18,19, 20, 21st

Heritage Inn - Moose Jaw, Saskatchewan, Canada 1590 Main Street North, Box 2020,

Moose Jaw, Saskatchewan, Canada S6H 7N7

Phone: 1-306-693-7550 Fax: 1-306-692-5660

e-mail: moosejaw@heritageinn.net

Meet Director: Wayne Cormier, phone: 1-306-446-1330, Fax: 1-306-445-2829 OR Jeff Butt, phone: 1-306-694-5262/ 1-306-692-0688, fax: 1-306-694-5034 Sponsors: Inzer, Heritage Inn, Labatts

Stanardsville, VA 22973, 804-985-3932 before

9pm, valifting@aol.com 22-24 JUN, Mountaineer Cup III & 37th USPF Men & Women's Sr. Nationals, Nick Busick 304-387-8186 (Mountaineer Cup)

Crepinsek's

CREPINSEK 130 Barnheisel Rd Hollister CA 95023 USA

23 JUN, SLP Iron House Open PL/BP/DL Classic (Hoopeston, IL) Son Light Power Gyrn, 122 W. Sale, Tuscola, IL 61953, 217-253-

23 JUN, Illinois Strongest Man (Bourbonnais, IL) Tony Soucie, Box 459, St. Anne, IL 60964 23 JUN, LSTA 5th Grant A Wish Charity BP

5385-

Bench Press

(NSA Westbank Fitness Center - New Orlean LA - men & women open, police/fire, 14-16, 17-19, 40-49, 50+, special olympics - Anderson Art Sculptured Trophies) Tpr. Arrid C. Hansell, 504-471-2775(w), 504-365-6382 (pager), Herqueles@ao.com
23 JUN, NASA WV Open PL. BP. PS

(Buckhannon, WV) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com 273-2283, gvni@wretire.com 23 JUN, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394 23 JUN, WNPF Roanoke Open PL (Roanoke, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 23,24 JUN, USAPL Men's

Teen & Jr. Nationals B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692 23,24 JUN, AAU World BP (Rancho Ruena Vista Perfor ing Arts Center, Vista, CA ing Arts Center, Vista, CAopen, lifetime, masters, life
masters, jr., submasters, law/
mil, physically challenged for
men and women. All classes
for raw and equipped. Youth
teen raw only. Entry deadline
5/30/01) Martin Drake, Box
108, Nuevo, CA 92567, 9099 2 8 - 4 7 9 7,
NTRI.PWRØPE.NET
23 24 JIIN APE Senior Na.

23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000,

23,24 JUN, WNPF Lifetime Nationals, Ron DeAmicis, 6531 New Rd., Youngstown, OH44515,330-792-6670 af-

ter 5pm 23,24 JUN, West Coast Open (Ocean Front Hallmark Resort) Big Bears Gym. 136 SE 1st. Neuro

24 JUN, APA Iron Barbarian PL, BP, DL (Orlando, FL)Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com 24 JUN, SLP Muscle Corporation Summer Sizzle BP/DL Classic (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-

253-5429, www.sonlightpower.com 24 JUN, NASS Thick Bar Worlds (open, 24 JUN, MASS I nick Bar Worlds (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net 24 JUN, WNPF Ralph Peace Memorial BP/DL

& IronMan, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 30 JUN, Intl. Bavaria Cup DL (women,men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-

JUN, I.S.A. Intl. Strength Challenge Power Clean/ BP/DI & State BP, I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.comor Keith

866-Push/Pull or IronAlhietics@aoi.comor Neun 770-949-9299
3 JUL, lowa/Midwest Open Touch and Go BP (Sigourney, IA - Open, Novice, Team, Submas-ter, Master, Women) Wayne Hammes, BOX 433, Oskaloosa, IA 52577, 575-673-5240.
7 JUL, 2nd Gold's Gym & USAF BP/DL (open,

teen, women, masters, submasters, police/fire/ military - top 5 trophies - Gold's Gym - Allen-town, PA) Ed Miller or Gary Heim 610-797-

7 JUL, APA House of Pain Bench Press Open Challenge to the Biggest Benchers in the World (cash prizes: below 198, 198 plus - Mon Valley Fitness Center, PA) 724-483-2438

7 JUL, APA Tennesee Open BP/DL (Nashville,

Th) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
JUL, NASA Tennessee Classic (Nashville)
NASA, Box 735, Noble, OK 73068, 405-527-

7 JUL, WNPF USA BP/DL & Ironman (Bordentown or Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlanti Ave., Daytona Beach, FL 32176, 904-677

Come learn the secrets of the World Famous Westside Barbell Club. These secrets have already helped hundreds of other lifters achieve their goals. Now let then help you to achieve yours!

### **Columbus Dates**

May 26 Westside Seminar May 27 Mastering the Squat June 9 Mastering the Squat Mastering the Bench July 14 Westside Seminar July 15 Mastering the Bench Aug. 25 Westside Seminar Aug. 26 Mastering the Squat Oct. 6 Westside Seminar Oct. 7 Mastering the Bench Dec. 8 Westside Seminar Dec. 9 Mastering the Bench

### On Site Seminars

Lexington, SC May 12 Waites Fitness Detroit, MI July 28th Jim Heintz Sacramento, CA Aug 11 24 Hour Fitness Reno, NV Sept 22 Fitness Factory Pacifica, CA December 1st. PAC

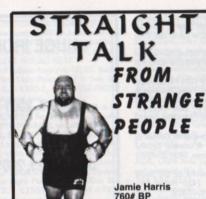
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If you just do "some light training to stay in shape," We don't understand you. In fact, when you're in the gym - you're probably in our way. (Stay out of the way, and get your clothes at Wal-Mart.)

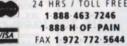
If you're Psycho-obsessive about your workout, we understand. Our eves bleed too. If your woman (or man) threatens to leave you because you're "unbalanced", we can relate. If you are a hard-core, serious-lifting, gym-rat: we have your gear. Attitude comes in a HOUSE OF PAIN box.

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If you're hard-core, we sell everything you need!

No. we don't make clothes for everyone. We don't do ordinary. But if you are serious, we can definitely put some attitude in your workout. And yes, our clothes get attention guaranteed.





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### **THE 2001 NOVA** CHAMPIONSHIP SERIES

**NOVA U.S.A. CHAMPIONSHIP** 

Plano, Texas • June 16, 2001 Plano Convention Center

#### **NOVA NORTH AMERICAN** CHAMPIONSHIP

Mesa, Arizona • August 11, 2001 Mesa Convention Center

#### **NOVA WORLD CHAMPIONSHIP**

Plano, Texas • October 27, 2001 Plano Convention Center

#### **MEET DIRECTOR:** KIRK STROUD

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At the NOVA World Championship we will be offering cash prizes to both men and women in the open powerlift division. Lifters must compete in the NOVA U.S.A. or North American to qualify. Each weight class will have a qualifying total to receive cash. Only the winner of each weight class that meets the qualifying total will receive the cash prize. The INSA will donate all membership fees each year to the NOVA world finals.

The NOVA Championship Series will be held in conjunction with the Galaxy Fitness Competition, the NOVA Martial Arts Competition and the NOVA Fitness Expo. There will be over 500 hundred athletes and 3000 spectators at each event. Each event will be covered by television and will receive extensive coverage in a multitude of magazines. EXCEL Magazine will provide the official coverage for all NOVA events.

FOR ENTRY, SPONSOR & TICKET INFORMATION:

PHONE: (727) 363-3727



The INSA is looking for meet promoters to host events.

7,8 JUL (updated date), USPF High School, Teenage & Junior Championships PL/BP, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com 7,8 JUL (new contact info), Twin Lab WABDLWorld Cup BP&DL (Holiday Inn

Airport Hotel, Portland, OR-world ch pionship qualifier - drug tested) Gus Re-thwisch, 4264 SE 122nd Ave. #31, Port-land, OR 97236, 503-762-5066, FAX 503-762-5067

WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 12-15 JUL, USAPL Men's Nationals (Omaha, NE), James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-322-0766, an1nuc@aol.com

14 JUL, The Fitness Zone Natural Bench Press Classic (open, raw, women, police & fire, teenage, masters, team) Lynn Smith, 4500 Carr Drive, Fredericksburg, VA 22408, 540-889-1252, lynn@thefitnesszone.cc 14 JUL, INSA/INSAA SW USA Powerlifting

(Ft. Worth, TX) Kirk Stroud, 416 W. Bedford Euless Rd., Hurst, TX 76053, 817-268-3488 14 JUL (corrected date), 17th ADAU Raw Drug Free "No Boys Allowed" (Pennsylvania women's men submaster, men master state PL meet - residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

14 JUL, I.S.A. Limestone Classic BP/DL 14 JUL, I.S.A. Limestone Classic BP/DL (Bedford, IN) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv 14 JUL, Allentown Sportsfest V BP/DL (men,

women, masters) Fred Glass, 811 N. Jordan, Allentown, PA 18102, 610-770-9333

14 JUL, 2nd New England's Strongest Man -Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 14 JUL, 3rd Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-

14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw,

TX 76179, 817-847-6082, e-mail

14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 14 JUL, APF Venice Beach Open DL, Venice

14,15 JUL, Georgia Games PL/BP, George Games, 1415 Barclay Circle Suite F, Marietta, GA 30060, 770-528-3580 or David hall, 678-

15 JUL, New York State Strongman-woman (Kingston, NY) Brad Klinger, 845-339-4865, Pat Carroll 845-339-6381

15 JUL (new date), WNPF USA PL Champi onships Youth, Teen, Jr., Subs, Masters & Sr. Open Nationals (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, ayetteville, GA 30214, 770-996-3418

21 JUL, USAPL Commonwealth Games of Virginia PL & BP (men & women) Bettina Altizer, VaPwrwmn@aol.com, 540-725-8545,

commonwealthgames.org
21 JUL, USAPL Mid America BP (St. Louis Area) Kurt Richardson, 1420 Rojoja Dr., Arnold, MO 63010, 636-464-5520

21 JUL, USPF Eastern BP Nationals, Eddle Horton, 726 Monroe Ave., Elizabeth, NJ 908-282-1260, ton@aol.com

21 JUL, Georgia State Drug Free Champion-ships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

pythongym@aol.com 21 JUL, The Training Center's 2nd annual Bench Press (open men & women - New Castle, Delaware) 302-328-5438

21 JUL, USPF California State PL/BP, Kevin Fisher, 151 S. Ontare, Santa Barbara, CA 93105, 805-963-3439, Kfisher54@aol.com

21 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183 21 JUL, NASA Tri-State Natural (Monolift for

squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST 21 JUL, USAPL 4th BP & DL Battle on the

Beach (BP, DL, IronMan - Metro Beach, Mt. Clemons, MI) Mike Lawrence, 248-813-9866 21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068,

25-29 JUL, AAU Jr. Olympics (Portsmouth, VA) Rudy Garcia, 404-441-7120,

27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW 903, Washington, DC 20008, 202-282-

28 JUL, RGVPF 8th Border Clasic Bench Press, Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-504-3324

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28 JUL, Northeast Canadian Championships BP/DL (Matane) Roberto St. Pierre, 418-562-

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#### **HUGE IRON Powerlifting Schedule YEAR 2001**

June 6,7, 2001 - AAPF National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

Aug 12, 2001 - WPO (TM) Semi-FinalsQualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas,

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue. Daytona Beach, FL 32176, (904) 677-4000

28 JUL, USPF Gulf Coast (Orange, TX - Men/ Women: Open, Below 1, 13-23 in 2 yr. age groups, submaster, master in 5 yr. groups to 70+) BP, Police/Fire - awards to all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com 28 JUL, NASS Minnesota State Strongman

(open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594. Jackie jeff1@msn.com 28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 28 JUL, 15th Southeastern Illi nois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Har-risburg, IL 62946, 618-252-0881 28 JUL, WNPF Raw National & North American Champion-ships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

wnpf@aol.com 28,29 JUL (new contact info), Twin Lab WABDL National BP & DL (Sheraton Hotel Birmingham, AL - world championship qualifier -drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-

29 JUL, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 lifter limit - entry deadline 7/2/01) Preston Olsen, 847-948-9111 ext. 330 or polsen@bannockburn.com JUL, Muscle Bound Fitness "Summer Heat" BP and/or DL (men & rawl. John or Kauleen Blackstor 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

JUL, I.S.A. 3rd Limestone Classic BP/DL (Bedford [IN] Boys Club)

GA 30122, 770-739-0184, 866-Push/Pull com or Steve 812-279-3187 JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 4 AUG, ADAU NE Championships (open, women, teen masters-all raw) Bart Wood, 906 W. 5th, Erie, PA 16507, 814-461-8926

4 AUG, 4th Horseheads Pre-Season PL, Bert Conklin, 643 Terry Hill Rd., Horseheads, NY 14845, 315-727-5970 or Ed Patten 607-733-

4 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com 4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

5 AUG, KPO Show-Me Push Pull (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BIGBENCH2001@aol.com

5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, 6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000,

www.hugeiron.com 11 AUG (new phone number), INSA North American Championships (Mesa, AZ -PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness 817-268-3488

11 AUG, Lincoln Summer BP (Lincoln, NE open, teen, master, P & F, novice, women) Tim Anderson, Box 126, Blair, NE 68008, 402-

426-0665, tlmanderson@huntel.net 11 AUG, APA Midwest Regional BP/DL/Push Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

11 AUG (new date), APF Vench Beach Push/ Pull PL. Venice Beach Rec. Ctr., 310-399-2775 11 AUG, 6th APF Granite State Open BP \$ 4th Granite State Open DL (men, women, teen, jr.

submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 11 AUG, 2nd APF USS Escanaba Memorial PL/ BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net obrienta@iserv.net,

11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-3277. 11 AUG WARDL Alki Beach BP & DL &

Strongman Contest (world championship qualifier - drug tested). Bull Stewart. 11 AUG, USAPL N.J. Bench Press Open, Pro

Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com 11 AUG, SLP Wisconsin State Fair BP/DL

West Allis, WI) Son Light Power, 122 S. Sale St. Tuscola, IL 61953, 217-253-5429,

11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 AUG (new date), WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 AUG. SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

17-21 AUG, IPF World Games PL (Akita,

18 AUG, AAU East Coast World Qualifier & North Carolina State Assisted (Randleman Sr. High School) Sandy Lemonds, Box 704, Randleman, NC 27317, 336-672-5433

18 AUG, 5th King Fitness Pound for Pound (Most reps/total tonnage - open & 20 and under) Matt Kelly or Ralph Lara, 3253 Hwy 35 N., Hazlet, NJ 07730, 732-335-0911 18 AUG (new date). APA Bench Press Na-

tionals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com 18 AUG, USAPL Power Surge 2001 PL & BP, Michelle James, 1239 Duncan, Alliance, NE

69301, 308-762-7043, Michelle@bbc.net 18 AUG (new date), WABDL Utah State (Holiday Inn, SLC - world championship qualifier -drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

18 AUG, SLP Indiana State Fair BP/DL (Indiapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com
18 AUG, WNPF Central SC Open BP/DL & IM
(Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 18,19 AUG, 8th AAPF/APF Snake River Pl & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7,

208-523-0600, apr\_ld\_mhiggins@yahoo.com 19 AUG, SLP Illinois State Fair BP/DL (Spring-field, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, 19 AUG, WNPF Tarheel Open BP/DL &

Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

24-26 AUG, WDFPF World Single Event Championships (Community Center, Taber, Alberta, Canada) Randy Sparks, 403-223-2479 25 AUG, 1st Annual Carolina Bench Meet

(Monroe, NC) Danny @ Box 2524, Matthews, NC 28106, 704-764-2145, 283-5587

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

25 AUG (new contact info), WABDL Bud-weiser Summer Strength Festival (Bend River-side Motel) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

25 AUG, 11th Endless Summer BP & DL Classic (Elkhart, IN) Brendan Yoder, 57745 CR 117, , IN 46528, 219-875-0471

25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Nationale, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

25,26 AUG, AAU Raw Nationals & North American BP (Radisson Hotel) (San Bernadino, CA - Open, Lifetime, Masters, Life masters, junior, youth, teen, submas-ters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net 26 AUG (new date), USAPL National Police deville, VA 22973, 804-985-3932

before 9pm, valifting@aol.com 26 AUG, WNPF Grand Canyon Open BP/DL& Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

AUG, USPF New York Bench Press (open, law enforcement, fire & military), Mike Wlosinski, 716-688-0575, bigski@localnet.com,

AUG, NASS Dino Day VIII - Ohio Valley Strong-man (Columbus, OH) Nick Osborne, 614-481-

9839, nick@phostraining.com AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867,

grajek@sisna.com 1 SEP, WABDL Southern States BP & DL

1 SEP, WABDL Southern States BP & DL (Houston, TX) Bob Garza 281-820-5923
1 SEP, NASS Oklahoma Strongman Contest (Tulsa, OK - open men & women, teen) Sean Baker & James Griggs, 918-834-6376
2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, was seekishbooms com.

www.sonlightpower.com
8 SEP. NASS Tri-States Strongman (open men - Canton, MO) Pete Hettinger, 217-231-

7076, phettinger@culver.edu

8 SEP, ADAU Single Lift Nationals SQ, BP, DL - Open & All age groups both men & women, lift in 1, 2, or 3 events - no total, Al Siegel, 304 Dalsy St., Clearfield, PA 16830, 814-765-3214 or al 8 SEP, WABDL N. California BP & DL (San

Francisco, CA (world championship qualifier rrancisco, CA (world championship qualifier drug tested) John Ford, 650-757-9506 8 SEP, USAPI. Deadlift Nationals (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-

9156, www.profitness.com 8 SEP. SLP Tennessee State Fair BP/DL (Nash-

ville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, 8 SEP, APF Venice Beach W. Coast Open BP,

Venice Beach Rec. Ctr., 310-399-2775 8 SEP, WPO (TM) Bench Bash for Cash, Huge

Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 8 9 SFP. APA Powerlifting Nationals (Lau

MD) APA, Box 27204, El Jobean, FL 927, 941-697-7962, rel, MD) 33927. apapresident@angelfire.com 12-16 SEP, IPF World Juniors (Sofia, Bul

15 SEP, KPO Mike's Main Event (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BiaBench2001@aol.com

15 SEP, APA Colorado State (PL, BP, DL Denver, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
15 SEP, WABDL Louisiana State BP/DL (New

Orleans) Arrid Hansell, 504-491-5061, 392-

15 SEP, 3rd Annual Deadlift on the River, Jor Smoker, 30907 CR 16W, Elkhart, IN 46516,

15 SEP. USAPL Michigan Hall of Fame (BP.

DL, PL) Dick Van Eck, 616-521-4031 15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-

8513
SEP, SLP Village Square BP/DL (Effingham,
IL) Son Light Power, 122 S. Sale St., Tuscola, IL
61953, 217-253-5429, www.sonlightpower.com
16 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press (men & women native, youth, teen, junior, submaster, master, Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779 Jay Toth@fredonia.edu

14779, 383, Former economic action of the SEP, SLP lows State BP/DL (Corabille, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306



For more information contact Jim Hart at JMSHRT@aol.com or call 402-470-3672 The deadline for entry is June 12th. The NGB meeting will be held on Thursday July 12th at 1:00 PM central time.

57

22 SEP, 3rd Sci-Fit BP Championships (open, novice, women, master, teen) Joe Deverulle, 2055 Eisenhower Pkwy, Macon, GA 31206,

22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POWER-LIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464 23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com
24 SEP, APA Arizona State PL, BP, DL (Tucson, AZ) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com

29 SEP (new date), 1st Fall Strongman Challenge, Graham Barthiolomew, 301-893-8290 after 8:30PM, 8290 after 8:30PM, Grahambo@libertybay.com 29 SEP (new title), AAU East Coast Drug

Free PL & BP (raw & assisted, youth, teen, men & women, masters, deadline 9/15/01) Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456,

Meet Director:

Date:

Entry Fee:

Meet/Hotel Site:

29 SEP, WABDL Washington State BP & DL (Hoquian, WA - world championship qualifier drug tested) Don Bell. 360-533-5711

29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-

30 SEP, SLP NATIONAL 'RAW' POWER-LIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com SEP, ISA Regional BP & BP for reps (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull,

SEP, I.S.A. Regional BP & BP bodyweight for resps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or SFP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-

SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513 6 OCT, USPF Central California, Gene Estrada 526 Dana #4, San Luis Obispo, CA 93401, 805-544-0155

6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158 6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-

2001 AWPC WORLD POWERLIFTING/BENCH PRESS CHAMPIONSHIP

Jim Rouse & James (Radar) Capehart (972) 253-8575

8/11 Open/Submaster/Master Men to 198# & All Women

8/10 Session 1 (9am) - Jr./Teen Men & Women

Session 2 (2pm) - Bench Press Only

Session 3 (9am) - 105# thru 148#

Session 4 (2pm) - 165# thru 198#

8/12 Open/Submaster/Master Men 220# Thru SHW

Session 5 (9am) - 220# thru 242#

Session 6 (2pm) - 275# thru SHW

ALL ENTRIES MUST BE IN AMERICAN CURRENCY

Mention 'AWPC Powerlifting' to receive \$69/night room rate.

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WHERE QUALIFIED (Meet/City)

\$25 returned check fee will be collected at weigh-in for NSF charges

APF card must be presented at weigh-in (new cards will be available - \$25 fee).

\$5 shuttle coupons available at hotel if you use 'Discount Shuttle' from airport.

Awards for 1st thru 3rd place will be presented in all weight classes and divisions.

In consideration of my entry, I hereby waive all claims for myself, my administrators, and my heirs against any/all officials, sponsors, or

organizations connected with the AWPC World Championship Meet, Jim Rouse, James R. Capehart, APF/AAPF, or Crown Plaza,

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For competition info contact

\$70 first division, \$55 each additional division

Entry Deadline: July 27. Late fee of \$25 to be paid by weigh-in. NO EXCEPTIONS.

Entries received after August 3 will be returned.

Mail Entries To: J. R. Capehart, 1700 Coral Rock Ct., Irving, TX 75060

STATE

SIGNATURE (Must be parent or guardian if lifter is under 18)\_

which may occur while participating in this competition.

DIVISION(S) ENTERED 1)

QUALIFYING TOTAL

WT. CLASS

AMY at 800-537-5532

August 10 - 12, 2001

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) 6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com
7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927,
941-697-7962, apapresident@angelfire.com
13 OCT, NASS North America's Strongest

Man (Euless, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-

6082 (e), wuiliy@swbell.net 13 OCT, 5th Pennsylvania Power BP/DL Power Challenge, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823 13 OCT (new contact), NASA Big River Classic PL/BP (Blytheville, AR) Daryl & Tobey

n, 1626 E. Co. Rd. 196, Blytheville, AR 72315. 870-763-9094 13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-

13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

MWW.sonlignipower.com
16-21 OCT, IPF World Masters (Moose
Jaw, Canada) Wayne Cormier, 10929 Scott
Dr., N. Battleford, Saskatchewan, Canada Dr., N. Battleford, Saskatchewan, Canada S9A 3N2, 306-446-1330 or fax 306-445-

8/9 Session 1 9am - 10:30am

8/10 Session 1 7am - 8:30am

8/11 Session 3 7am - 8:30am

8/12 Session 5 7am - 8:30am

\_PHONE\_(\_\_)

DATE QUALIFIED

Session 2 2pm - 3:30pm

Session 2 12noon - 1:30pm

Session 4 12noon - 1:30pm

Session 5 9am - 10:30am

Session 6 2pm - 3:30pm

Session 6 12noon - 1:30pm

Session 3 9am - 10:30am

Session 4 2pm - 3:30pm

Weigh-Ins:

20 OCT, 10th Muscle Beach Special Olympics Lift-Off (Muscle Beach - Venice, CA) 310-399-

20 OCT, 19th ADAU Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-

20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 21 OCT, SLP Pecatonica Fitness Fall BP/DL (Pecatonica, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,

21 OCT (specified date), 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

21 OCT, CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, J1E2S2, Canada, 819-346-9466, Fax 819-346-6104.

26-28 OCT 2001, AAU Worlds (Mayagu PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604,

27 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

27 OCT (new phone number), INSA World Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fit-

27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-

594-9014, jtb2040@aol.com 27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

27,28 OCT, ANPPC NATIONALS (Chicago IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 28 OCT, Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270 OCT, USA/Icelandic Strongman Challenge, Huge Iron Gym, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-hug-

Iron, www.hugeiron.com OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513 OCT???, NASA PA Regional, NASA, Box 735. Noble, OK 73068, 405-527-8513

3 NOV, USAPL West Coast Open Push/Pull, John Planas, 234 W. Fairview Ave., Glendale, CA 91202, 818-242-1906

3 NOV. lowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

3 NOV, USPF Texas Cup (Austin-Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155,

800-378-6460, www.seguinfitness.com 3 NOV, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031

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

sic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com
3 NOV (new description), USBF Raw BP &
USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellatlantic.net

910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 4 NOV, USA 'RAW' BENCH PRESS FED-

ERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 10 NOV, USPF BP & DL Meet, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-

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904-677-4000 www.hugeiron.com

10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-

10 NOV. SI.P Illinois State BP/DL. Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-

253-5429, www.sonlightpower.com 10,11 NOV, USAPL N.J. State PL, Pro Fitness 350 Rte 46, Rockaway, NJ 07866, 973-627-

11 NOV, ISA Gold's BP Challenge & Texas State BP (Gold's Cym - Amarillo, TX) Teresa © 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-Pull,

www.isapower.tv 11 NOV, Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104 11 NOV, I.S.A. Gold's Gym BP Challenge BP

Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Teresa 806-359-5438

11 NOV. SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, 11 NOV. USAPL Ohio PL & BP State Champi-

onships (open men & women, men teen & masters & police & fire, raw men & women, raw Hts., OH 44146, 440-439-5464, Ed and Frank 13-18 NOV. IPF World Mens (Sotkamo,

Finland)
15-19 NOV (new contact info), 24 Hr.
Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV)
Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX

503,762,5067

503-762-5067 16-18 NOV, IPA Nationals (Columbus, OH - Holiday Inn Worthington 614-885-3334) Elite Fitness Systems, Dave & Traci Tate. 740-845-0987,

www.elitefitnesssystems.com 17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-

17 NOV. SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-

NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176,

904-677-4000 NOV, USPF Greater Buffalo BP Classic, Mike Wlosinski, 716-688-0575, bigski@localnet.com,

1 DEC, Y.E.S. Inc. Association PL & BP

Nationals, Trend Dashiell, 4627 Coulbourn Mill Rd., Salisbury, MD 21804, 410-742-9201, 749-9101, ask for Trend,

Jimmy, or Fred
1 DEC, USPF Winter Classic BP/DL (Camarillo CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, Kostas@frazmtn.com or Steve Denison, 661-

1 DEC, Estrien Championships (PL & BP-Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax). 1 DEC, "Miller Chev" Christmas BP Classic

(open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. North-(Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net
1 DEC, SLP Son Light Winter Classic, Son Light
Power, 122 S. Sale St., Tuscola, IL 61953, 217-

Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-

2 DEC, SLP Rhinos Fitness BP/DL Classic (Roscoe, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
6-9 DEC (expanded contact information
IPF World Bench Press, John Clark, Be

1572. Christchurch, New Zealand, jhclark@ihug.co.nz, ++64 3 3653051 8 DEC, USAPL Midwest Sr. State PL & BP (Omaha, NE) Tim Anderson, Box 126, Bla 402-426-0665, 68008.

timanderson@huntel.net

8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 8 DEC, APF 48th Iron Man Open PL & BP, Mr.

Blair, NE 68008, 402-426-0665,

timanderson@huntel.net

9 DEC, ADAU 9th Raw Drug Free "Coal Country" BP & DI Classic (separate meets - no total open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/ wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
30 DEC, SLP The Last One! BP/DL Classic

Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 19 JAN, APF Michigan Bench for Cash (cash prizes for top 5 by Reshel Formula) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI

JAN, Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com 2 FFR LISPE New York State PL/BP Championships, Mike Wlosinski, 716-688-0575, higski@localnet.com. www.uspfnv.com

9 FEB, ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-

2 MAR. All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410

pamerman@worldnet.att.net
2 MAR, 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 19446, Steve Unrath, 215-369-1601 ext. 230

9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 5406 Kirkwood Dr., Grove City, OH 43123, Kirkwood Dr., 614-877-1391

17 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI

Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665
6-7 APR, Power Palooza IV PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865
Second St., Manchester, NH 03102, 603-626-6390, usabe shouldings and processing the processing state of the

5489, usabodybuilding@aol.com 14 APR, 16th Olympic Bench Press Champ ship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

St. Charles, IL 60174, 630-377-7527

APR, PPL Drug Free Georgia State, PPL, 2250

Lumpkin Rd., Augusta, GA 30906, 706-790
3806, pythongym@aol.com

4 MAY, ADAU NJ State Drug Free Raw 2 lift and
separate BP and separate DL, Joe Pyra, 25 Louis

Dr., Budd Lake, NJ 07828, 973-691-2695

29 MAY-2 JUN 02, IPF Women's Worlds

(Riesa, Greymanu)

2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com JUL, USAPL Men's Nationals, Dennis &

Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

10-15 SEP 02, IPF World Juniors (Venezu 9-13 OCT 02. IPF World Masters (Cordoba

13 OCT, APF Semi-Annual Bench Meet, Olym-

pic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia) 5-8 DEC 02, IPF World Bench Press (Lux-

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

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Farrien	255	Fields	380	
165 lb. Open		242 lb. Open		
Manzo	255	Morra	345	50.00
DEADLIFT		(40-49)		
165 lb. (40-49)		Horvath	300	- 100
Manzo	365	Police		
Legg	340	Horvath	300	THE REAL PROPERTY.
Open		275 lb.		
Legg	340	Open Raw		
Open Raw		Edwards	450	
Legg	220	Lifetime Raw		
(40-49)		Edwards	450	
Manzo	255	SHW		113611
(40-49) Raw		Lifetime	Raw	HILLIAN
Seiger	250	Hilderley	375	HILBER
Legg	220	Police		
Police		Legg	340	
Legg	220	198 lb. Open		Bitteria
(33-39)		Herbein	520	10000
Gattinella	300	(40-49)	AL D	1000
(50-59) Raw		Christini	475	1007
Freed		Kelhefner	460	1007
320*		(60-69)		
198 Lb. (33-39)		Rosenfield	430*	BARRE
Handlin!	420	242 lb. (40-49		67911
(40-49)		Althouse	470	Left to
Kilhefner	385	Novice	1	
Butz	340	Punday	455	ships
(40-49) Raw		275 lb. (33-39)	)	198 E
Rosenfield		Szymanski!	630	100000000000000000000000000000000000000
320*		SHW (40-49)	4 19	John I
(60-69) Raw		Gursky	455	
Rosenfield		(40-49)	OIO.	Open
300*		Hilderley	375	Ingram
(60-69)		Gursky	290	(33-39)
Miozza	235	(50-59)	0.0	Neidigh
220 lb. Open	De la la constante	Schoelkoph	300	181 lb. (2
WOMEN	SQ		TOT	Olsen

200 125 265 590

Snyder 114 lb. (33-39)

Frailey (20-23) Raw

123 lb. (33-39)

Winkelblech 148 Lb. Open 165 lb. Open (20-23)

MEN 148 lb On

Torres (60-69)



o right: 3 first place finishers at the WNPF PA State Championheld in Lancaster, PA on April 7, 2001. Son Brad Rosenfield (1st BP Submasters); father Burt Rosenfield (1st BP 198 60-69) and

Open					Althouse	375	250	470
Ingram	470	350	460	1280	Novice Raw			
(33-39)					Punday			
Neidigh	425	320	470	1215	275 lb. (33-39	)		
181 lb. (20-23	) Raw				Vargo!	590	405	630
Olsen	315	185	455	955	(40-49)			
(33-39) Raw					Krasinski	560	450*	610
Wentling	335	255	340	930	Kleinsmith	590	490	470
(50-59)					SHW Open Ra	w		
Dennison	405	235	530	1170	Elsesser	535	435	500
198 lb. Open	Raw				Miller	500	305	535
Miller	405	305	450	1160	(33-39) Raw			
Walmer	385	225	440	1040	Elsesser	535	435	500
33-39					*-WNPF Ame	rican R	ecord.	BL-Be
Stewart	405	305	450	1160	Team Champi	ons: Eph	rata Po	wer T
40-49 Raw					Place: Anville	Fitness.	60 lifter	s. 6 h
Walmer	385	225	440	1040	and another			
60-69					lifters were firs	t timers	in the V	VNPF
Miozza	290	235	275	800	tion and hope	fully we	put on	a goo
220					show for all of	them to	return t	o our
11-13					There were a t	otal of f	our bor	mb-ou
Lore	270*	140*	335*	745*	the squat beca	ause of	depth a	and to
14-16 Raw					bench press. I h	ope tha	t these li	ifters v
Allen	395*	215	410	1020	to the WNPF	platform	in the	near
Althouse	230	220	350	800	seem that eve			
(33-39) Raw					good time. The			
Bartal	470	265	550	1285	Inn in Lancaste			
242 lb. (40-49	)				our old histor	c locati	on the	Davs

Rood			22.0A	910	Allen Althouse	230	215 220	350	1020	to the WNPF platform in the near future, seem that everyone on the most part had
165 lb. (20-23)	330	210	350	890	(33-39) Raw Bartal	470	265	550	1285	good time. The meet was held at the Ramad Inn in Lancaster which is down the street from
	430	330	450	1210	242 lb. (40-49)	4/0	203	330	1203	our old historic location the Days Inn. Th
World		ural	Pov		ing Federa	tion	()4/	NIDE)	100 DO	Annual State of Market Hear States and
Membe	ersh	ip R	egis	tratio	n					Stands 5-12 AOV (here contact (n/s), 34 tim- tiones WARDL World SF & O. Chronid-
LAST NAM	4E _	adols	wall be	Address	A mesCASE at	_ FIR	STNA	ME_	1,380	INT
STREET AD	DDR	ESS								OB 162-5067
								Ross	100-005	off - Hollday Inn Worthington #14-885-
CITY, STAT	TE, Z	IP								AND ASSESSMENT OF THE PARTY ASSESSMENT OF THE
AREA COL	DE, T	ELEPH	HONE		29017	191	DA	TE OF	BIRTH	T NOV, NASA Arbeits Registrati Care Grandel NASA, Ster 206, UNIVERSI STARRE AND STORM
AGE	s	EX_	160	CHE	CK ONE: LIFE	TIME	DRU	GFRE		5 YRS. MIN
REGISTRA	TIOI	N FEE	000							Mark 1902 - A15 - 114-209-945A
\$10.00 SPE				CS	FIL	L OU	T ENT	IRE A	PPLICA	ATION AND MAIL WITH FEE TO: AYETTEVILLE, GA 30214
\$15.00 HIC \$30.00 AD	7 75 7		OL	A	(77	0) 99	6-341	8	,.	(section) insued manual ARAM, VOIL
SIGNATUR	RE/I	PAREN	NTS SI	GNATI	URE IF UNDER	18_				913 ON 2mt annual WFO (191) Projectional
						And the Contract of the Contra				Nov. 1 will expire 12/31 of the following year)
l agree to su challenge th	bmit em ir	to any	testing	g proced	ures in or out of e not to sue the	conte	t by W	NPF o	fficials a	and shall accept the results and will not occur during competition, traveling to soose to compete at my own risk.

tamada is our new home in Lancaster, PA. Although it's not as large as the Days Inn it was still plenty of room for all lifters in the warmup and platform areas. We will be back on October 6th for the East Coast Powerlifting Championships and we are looking for a larger turnout. Thanks to all the lifters that attended, congrats to the lifters that sets records and congrats to the lifters that set state records and congrats to the lifters that set state records and thanks to the WNPF staff for putting on another fine show. Many thanks to Len Stires and George Thomas for helping us out in our time of need. Thanks to Bob, Lee, Jule, Annette, Joann, Lester, Kenny, Mike, Moms and Dave. Thank you to the 128 people that came to cheer on the 60 lifters also. (courtesy of WNPF)

#### **WNPF Western New York** 18 Mar 01 - Niagra Falls, NY

н	BENCH		165 lb.	(50-59)	
	Assisted			koska!#	255
	220 lb. (50-59)		Open	198 lb.	
	S. Shales	400!	A. Lew	is!	410
	(33-39)		220 lb.		
	B. Hawk*	450!	E. How	ard, Jr.!	325
	SHW (33-39)		275 lb.		
	S. Rogers	460!	(33-39)	)	
	198 lb. (20-23)		T. Krist	off!	420
	G. Kaifas	3501	DEADI	JIFT	
10	Raw 181 lb.		Open '	198 lb.	
	C. Mabry!#	240	A. Lew	is!	600
	Assisted	SQ	BP	DL	TOT
	165 lb. Lifetime				
	J. Elsberry, Sr.	430	335	460!	1225
	(40-49)				
	J. Elsberry, Sr.	4301	335	460!	1225!
	198 lb. Lifetime				
	T. Williams*	6001	390!	575!	1565!
	S. Hailey	530	360	450	1340
	(50-59)				
	R. Doll	285	175	365	825
	220 lb. Lifetime				
	M. Rydelek	560	410	540	1510
1	(40-49)				
	D. Berbst	425	320	515	1255
	M. Acarisi	425	3050	375	1105
	(70-79)				
	H. Huff	400!	230	4301	1060!
	242 lb. Lifetime		-		
	G. Hopkins	600	360	605!	1565
r.	(40-49)				
d	T. Stevenson	460!	325!	475!	1260!
al	Raw 181 lb. (14				
e	M. Kristoff	300!	165!	365!	820!
4-	198 lb. Open				
h	A. Lewis		410!	6001	
1.	!-State record. #-				
n	(Thanks to Ron D	PeAmio	is for th	e meet r	esults)
_					

1625

1550 1470

1470

#### Walker's Gym Bench 3 Mar 01 - Hopewell, VA

BENCH		165 lb.	
MEN		A. Luellen	315
Open 198 lb.		181 lb.	
S. Holden	350	W. Craig	370
220 lb.		E. Howell	265
J. Kuhns	455	198 lb.	
Auggie	430	P. Edwards	260
242 lb.		220 lb.	
A. Read	435	V. Allen	450
D. Royhad	360	T. Meadows	385
275 lb.		C. Long	350
K. Gank	500	L. Mason	320
L. Jennelle	-	242 lb.	
SHW		J. Fitzgerald	405
M. Ange	415	275 lb.	
Open SHW		H. Cross	470
Police/Fire		J. Holmes	335
P. Bates	460	SHW	
Open		A. Sukes	500
Master (40-49)		220 lb.	
242 lb.		Master (40-49)	
J. Giles	440	O. Williams	370
275 lb.		C. Long	350
L. Jennelle	-	275 lb.	
(50-59)	LhuO	B. Rideout	395
198 lb.		SHW	
T. Mitchell	355	G. Englehart	375
275 lb.		(50-59) 165 lb.	
J. VonRohr	390	D. Taylor	300
(70+)		Police/Fire	
B. Harris	290	165 lb.	
RAW MEN		A. Lellen	315
0-148 lb.		220 lb.	
R. Watson	320	C. Long	350
C. Neville	265	K. Hubbard	330
M. Webb	225	J. Warren	325
Thanks to all of	the W	alker's Gym staff	/mem-
		oad, expedite, an	

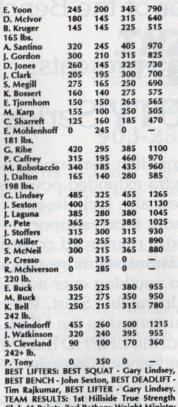


"Best Lifter" at the All Church Contest , Gary Lindsey got a personal best 485 squat, also earning him the "Best Squat" Trophy. (Photo courtesy Pastor Pete Amerman).

All (	Churc	h Cor	ntest	
10 Mar 0	1 - Sta	aten I	sland,	N)
WOMEN	SQ	BP	DL	TO
J. Jones	200	120	205	52
K. Zysk	95	90	135	32
MEN 114 lbs.				
I. Nolan	200	135	240	57
C. Ribe	180	115	225	52
L. Tjornhom	115	105	145	36
123 lbs.				
G. Dodd	215	160	270	64
132 lbs.				
G. French	220	140	260	62
C. Clark	170	125	300	59
K. Grandstaff	180	150	255	58
S. Buck	185	115	235	53
I. Gilgunn	95	105	135	33
148 lbs.				
T. Rajkumar	320	205	415	94
W. Wilson	280	215	385	88

Steve Niendorff at the All Church Contest got this

500 lb. deadlift to win the 242 lb. class. (Photograph provided courtesy of Pastor Pete Amerman).



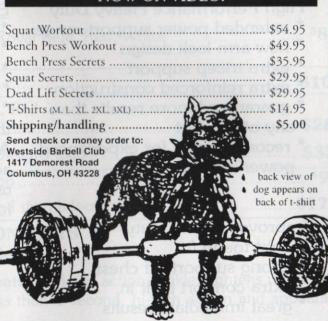
BEST BENCH - John Sexton, BEST DEADLIFT Tim Rajkumar, BEST LIFTER - Gary Lindsey,
TEAM RESULTS: 1st Hillside True Strength
Club 41 Points. 2nd Bethany Weight Ministry
7 points. 3rd First Presbyterian Church True
Strength Club 6 points. 4th St. Mark's Lutheran
Church 3 points. 5th Thy Will Be Done 2
points. 6th St. Mary's 1 point. ALL CHURCH
OPEN WEIGHTLIFTING CONTEST: 46 lifters
representing 6 churches participated in the representing 6 churches participated in the 6th annual "All Church Open Weightlifting Contest" at Bethany Lutheran Brethren Church Contest" at Bethany Lutheran Brethren Church.
There was some great weightlifting, great fellowship (participants from other teams were even found cheering for their competitors), and great sharing about "Jesus Christ, the Strongest Man that ever lived"! In the Women's division, Jayne Lin Jones won her first ever power-lifting meet, beating Kristin Zysk with a total of 525 vs. 320. Jay Nolan

(also his first contest class with a total of 575. Greg Dodd was the lone lifter in the 123 lb. Class, but he managed a 645 total, including a per-sonal best 270 lb. dead-lift. In the 132 lb. class, Gordon French won with a personal best 620 to-tal. The 148 lbs. class had some pretty intense com-petition between Tim Rajkumar and Wesley Wilson. Rajkumar won with a total of 940, ending with a personal best 415 deadlift, which earned him the Best Deadlift trophy. The 165's had the most competitors, with A.J. Santino beating out the second place finisher, Josh Gor-don, by a wide margin-970 vs. 825. In the 181's, Gary Ribe ended the day with a total of 1,100, including a personal best 420 squat. There was also a tight race for 2nd and 3rd place, with Pearce Caffrey edging out Mike Robotaccio 970 vs. 960. In the 198's, "Best Lifter" and "Best Squat" winner, Gary Lindsey, won with a 1,265 total, including a

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10 Feb	01 - 5	tate F	arm,	VA
IRON WARRIO			a Kan	
181 lbs.	SQ	BP	DL	TOT
A. Morton	400	335	505	119
1. Boykin	390	245	505	114
G. Boney	305	275	495	110
198 lbs.				
J. Green	525	335	565	144
Edmonds	425	315	555	129
Q. Anderson	400	325	450	117
T. Deberry	385	235	445	106
220 lbs.				
Mundy	470	285	550	130
242 lbs.				
M. Reid	475	330	500	130
G. Amos	460	320	500	128
275 lbs.				
Griffith	525	345	585	145
319 lbs.				
D. Bird			505	
J. Tuller			455	
2001 "100%	RAW"	POW	HATAN	1 Op
Powhatan Cor				
LORD! Our se	cond co	ntest a	t Powh	atan C

of 485. John Sexton won the "Best Bench press" trophy for the meet with a personal best 325 bench, at a bodyweight of only 185 lbs. The 220's featured a "Father-Son" competition, with "Son" Eric Buck beating out "Dad" Marc Buck by only 5 pounds, 955 vs. 950! It came down to Eric's final deadlift 380 which he got for a personal best for the day. The 242 lb. class featured Steve Niendorf, winning by a wide margin with a 1,215 total. It was an incredible day, with an enthusiastic audience of over 250 people in attendance to cheer the lifter's on. Next year's "All Church Powerlifting Meet will be held on Saturday, March 2, 2002 at Hillside Lutheran Brethren Church in Succasunna, NJ. Contact Pastor Pete Amerman (973) 584-7410 for details.

(E-mail: parmerman@worldnet.att.net). (Thanks to God's grace and the continued, support of Iron Warriors Team Leader Jack Tuller and PCC Recreational Director John Tillman, Praise God for all He has done with "100% RAW" and the athletes at Powhatan, and for all He will do during the 2001 season! Apreventible of the god Lord and their lifters through with the 1,215 total. It was an incredible day, with an enthusiastic audience of over 250 people in attendance to cheer the lifter's on. Next year's "All Church Powerlifting Meet will be held on Saturday, March 2, 2002 at Hillside Lutheran Brethren Church in Succasunna, NJ. Contact Pastor Pete Amerman (973) 584-7410 for details.

(E-mail: parmerman@worldnet.att.net). (Thanks to God's grace and the continued, support of Iron Warriors Team Leader Jack Tuller and PCC Recreational Director John Tillman, Praise God for all He hail PCOR RAW" mission in the Logistical backbone behind the two meets we do each warriors and the "100% RAW" mission. John is the logistical backbone behind the two meets we do each warriors for their friendship, perseverance, and love of the Iron Warriors and the "100% RAW" mission. John is the logistical backbone behind the two meets we do each warriors for their friendship, perseverance, and love of the Iron Warrio of Walker's Gym for officiating and encourag-ing the PCC lifters. It was great to see Barry again, and I look forward to our continued support of the Iron Warriors' program at Powhatan. ... to Bill Calhoun of the AAUPC for Powhatan. ...to Bill Calhoun of the AAUPC for working with me in support of both the "100% RAW" ministry and drug-free powerlifting. I am looking forward to working with Bill in the future both at Powhatan and in our endeavors as contest directors. ... to Brian ...May God be with you as you begin your new walk my friend! I look forward to seeing you on the platform real soon! ...to Edith Gross (Jack's mom), the "Team Mom" of the Powhatan Iron Warriors. Edith is a God-send to the lifters at PCC and a large of the State of the Powhatan and the state of blessing to "100% RAW." Her recent donation to our ministry was utilized to help children in the Congo regain their sight from River Blind-ness. ...and to the Good Lord who made this meet and the "100% RAW" relationship with Powhatan Correctional Center possible. Thank you God for each of the lifters, and please bless Powhatan Correctional Center. PRAISE THE them richly. God Bless, Spero Tshontikidis. LORD! Our second contest at Powhatan Correctional Center was an overwhelming success results of this competition to Powerlifting USA).

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The legend Ken Lain who benched 708, 712, 717, 722, and very



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

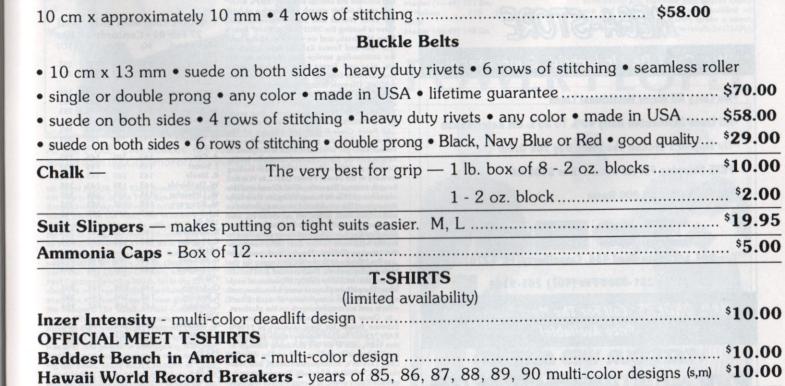
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100	% Ra	w Eac	town						
3-4 Feb				4D	J. Reeves 105 lb. (10-11)	75	50	125	250
WOMEN	SQ	BP	DL	TOT	C. Fleegle	145*	90*	185	420
	34	Dr	DL	101	123 lb. (14-15)	143	90	103	420
105 lb. (8-9)	35*	35*	75*	145*		200	145	335*	680
A. Gray	35	35	15	145	T. Lyons				
(16-17)					N. Tran	150	110	190	450
K. McKenzie	165*	85*	200*	450*	132 lb. (14-15)				C
(20-24)					M. Franklin	200	175	335*	710
K. Bermudez	160*	85*	195*	440*	148 lb. (12-13)				
114 lb. (10-11)		-			M. Kimmel	165	105	210	480
E. Duppstadt	125	65	150*	340*	(14-15)				
4th	130*	70*			D. Sylvester	285	200	425*	910*
(14-15)					4th	300*			
Y. Ward	95	70	145	310	L. Green	235	175	300	710
M. Gerima	75	55	105	235	(16-17)				
(18-19)					J. Boyd	300	190	415	905
P. Williams	115	80	165	360	D. Nelson	250	165	375	790
123 lb. (16-17)					165 lb. (14-15)				
C. Ward	110	70	155	335	D. Burns	160	125	220	505
132 lb. (14-15)					(16-17)				
K. Denison	100	60	145	305	M. Nesbitt	185	155	250	590
S. Fatemi	100	60	135	295	D. Thau	150	125	260	535
(16-17)					G. Ferreyros	170	120	225	515
S. Gilberg	115	75	145	335	(20-24)				
148 lb. (14-15)					T. Dimemmo	315	210	365	890
T. Williams	145	80	155	380	181 lb. (14-15)				
(16-17)					J. Riddick	275	215	315	805
E. Green	205	135*	245	585	D. Williams	225	225	325	775
4th	220*				(20-24)				
L. Syphax	135	70	190	395	O. Bermudez	465*	385*	555	1405*
N. Griffith	140	70	175	385	4th			570*	
N. Levinson	135	60	165	360	(25-29)				
(20-24)					N. Guzman	365	240	410	1015
M. Rios	125	70	185	380	4th			425*	
(30-34)		171			(40-44)				
L. Highsmith	185*	95*	270*	550*	S. Tshontikidis	400	280	475	1155
165 lb. (16-17)					4th			500!	
K. Cox	160	80	205	445	M. Anson	300	220	340	860
M. Yancor	105	65	135	305	198 lb. (16-17)				
181 lb. (12-13)				11111	J. Boyles	225	135	245	605
D. Luff	145*	90*	200*	435*	(18-19)				-
(16-17)	OUG			1017	B. Robinson	225	170	300	695
K. Whitaker	180	95	250	525	(25-29)	0	2.40		
R. Kraft	150	90	190	430	V. Klepadlo	425*	330	535	1290*
MEN 88 lb. (8-9		-			4th		350*	560*	
Y. Tshontikidis	105	55	150	310	(30-34)				
97 lb. (8-9)				1	". Hann	-	420*	-	_
					G JIJJJJ G C		1000		

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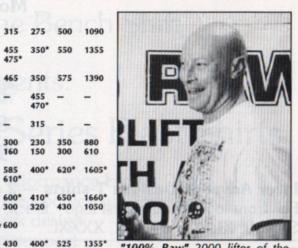
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220 lb. (14-15)

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455

230

150

as a result of her superb announcing at both the 2000 Worlds and 2001 Regionals. Also,

Dave is hosting the 2001 "100% RAW" Bench Press Nationals, and we wish him all the best!

350 880

525

630

1610

J. Pierce (18-19)

C. Desi

R. Soto

(35-39)

4th (45-49)

G. Gremi

(20-24)

(30-34)

J. Deigan M. Gray

(40-44)

G. Bart 275 lb. (18-19)

(40-44)

319+ lb.

"100% Raw" 2000 lifter of the year: Graham Bartholomew. (Photograph provided by Kelly Sports).

J. James 600\* 350\* 700\* 1650\*
"-World Record Gregg Stott. 1-"No Belt"
Record. Teams: Teenage Men: Elizabeth City
Elite. Combined Youth: Thunderbird Powerlifting. Combined Teenage: Wilson Powerlifting.
Combined Overall: Extreme Power, Our second annual "Eastern Regionals" was an overond annual "Eastern Regionals" was an overwhelming success thanks to God's grace, our
dedicated contest staff, and the continued
growth of our federation. Praise God for all He
has done with "100% RAW," and for all He will
do during the 2001 season! Our growth is truly
humbling, and I pray that we can continue to
serve the Good Lord and our members throughout the 2001 season. A SPECIAL THANKS! ... to
Graham Bartholomew for his support of the
"100% RAW" mission and our lifters. Congratulations to Graham for receiving the 2000
lifter of the Year award in response to his gratulations to Graham for receiving the 2000 Lifter of the Year award in response to his efforts throughout the 2000 season! Graham loaded, judged, pulled 600 pounds, and encouraged the lifters throughout the weekend. ... to Dave and Sabrina Lhota for their continued involvement in "100% RAW" as both board members and competitors. Dave judged and coached throughout the weekend, and Sabrina has become the official voice of "100% RAW" as a sewill of her weards you for your donation I pray that you from your donation I pray that you from your donation I pray that you for your donation I pray that you from your donation to "100% RAW" as both the terror and devastation of leprosy, John, as God rewards you for your donation I pray that you from your donation to "100% RAW" as both the terror and devastation of leprosy, John, as God rewards you for your donation I pray that you from your donation to "100% RAW" as both the terror and devastation of leprosy, John, as God rewards you for your donation I pray that your from the terror and devastation of leprosy, John, as God rewards you for your donation I pray that your from your donation to "100% RAW" as both board the properties of the pro

#### **USAPL Glen Mills Invitational** 27 Feb 01 - Concordville, PA High School SQ BP DL TOT

Press Nationals, and we wish him all the best!	2/ FED 0	1 - 6			
to Alan and Teresa Kelly of Kelly Sports for	High School	SQ	BP	DL	TOT
the outstanding service they provide our lift-	114 lb.				
ers. Alan and Teresa have created a video	S. Khan	145	105	145	395
journal called Strength Quest that covers pow-	J. Davis	145	105	145	395
erlifting, Olympic lifting, strongman contests,	123 lb.				
etc. If you are interested in learning more	N. Heckman	145	105	145	395
about Strength Quest, contact Kelly Sports at	K. Washington	145	105	145	395
757-471-2625. Please remember that mem-	M. Xiong	145	105	145	395
bers of "100% RAW" will receive a discount!	132 lb.				
to Peter Gisondi and Jeff Diegan of The	J. Burton	145	105	145	395
Missing Link for the positive example they set	D. Johnson	145	105	145	395
for our younger lifters and their willingness to	148 lb.				
help out on the platform. And thanks for letting	A. Cox	145	105	145	395
Graham and I lift with you! We're both looking	J. Sweet	145	105	145	395
forward to the Senior Power Day! to Wardell	R. Steele	145	105	145	395
Sewell, Marcus Brewster, Grid Gremi and the	W. DeShields	145	105	145	395
members of Wilson Powerlifting for their help	W. Littlejohn	145	105	145	395
	M. Cosgrove	145	105	145	395
throughout the weekend. Everyone pitched in	J. Johnson	145	105	145	395
and helped load, judge, set up, clean up, and	165 lb.				100
encourage. Great deadlifts by Wardell, strong	R. Kimbrew	145	105	145	395
lifting by Captain Grid, and congratulations to	R. Huguley	145	105	145	395
Krystle McKenzie for her Best Lifter honors in	181 lb.				333
the teenage division. Thanks, and great job!	R. McGrae	145	105	145	395
to Paul Bossi of Elizabeth City Trophy for the	M. Sanders	145	105	145	395
high quality awards. Paul created a 12" x 15"	198 lb.	. 45	.03		333
plaque that included an 8"x10" picture of each	O. Araujo	145	105	145	395
lifter. The picture plaques were awesome, and	T. Beasley	145	105	145	395
really served as a testimony of each lifter's	C. Nelson	145	105	145	395
efforts and accomplishments on the platform.	220 lb.	143	103	143	333
to Omar Bermudez and the members of	M. Sampson	145	105	145	395
Extreme Power for their support of *100%	I. Harris	145	105	145	395
RAW." Omar has put together quite an impres-	R. Arroyo	145	105	145	395
sive team, and if we are fortunate enough to	242 lb.	143	103	143	393
have Extreme Power, as well as The Missing	A. Brock	145	105	145	395
Link, Tayoun's, Southpointe Fitness, and War-	275 lb.	143	103	143	393
riors in Christ at the Seniors, it's going to be an		145	105	145	395
extraordinary event! to Gregg Stott of Warriors	T. Smith	145	105	145	395
in Christ for his ministry and inspiration. "100%	K. Settles				395
RAW" is a proud supporter of Gregg's ministry,	V. Santana	145	105	145	395
and my lifters and I enjoyed following his lead	SHW		***		205
in the "no belt" divisionto Robin Hawkins	D. Jones	145	105	145	395
and John Boyd who displayed great faith and	(Thanks to USAPL for providing these results)				

### 32nd FOP Connecticut BP

WOMEN		R. Rohmer	300
105 lb.		I. lames	290
K. Steele*	80	B. Tescheki	7790
114 lb.	101	308 lb.	
K. Shaw	80	J. Perez	300
MEN 148 lb.		L. Padilla	275
S. Cannady	200		100
G. Myrdal		A. Gonzalez	250
165 lb.		T. Harris	245
N. Wellins	185	G. Flores	240
T. Miller	180	D. Cruz	225
181 lb.		I. Clude	220
I. Steele	240	Master (55-59)	
A. Jackson		148 lb.	
H. Hill	200	S. Cannady	200
198 lb.		165 lb.	
S. Human	200	N. Wellins	185
M. Hogan	355	181 lb. (45-49)	
P. Canzanella		I. Steele	240
I. Morris	285	275 lb. (65-69)	
M. Lavret		R. Rohmer*	300
242 lb.		College 220 lb.	
P. Sound	300		300
A. Woodmen	295	308 lb.	
275 lb.		I. Perez	300
	11111000	orld Gym. Time: 2	



after the dinner, several politicians from both parties took part in the awards ceremony. Mr. Mark Hogan the president of the Fraternal Order of Police was master of ceremonies. His 14 lbs. Organization provided beautiful plaques to each Power lifter of the year winner. Also the Cropher for the winners for the hearth press. T. Cooper 275 200 325 800 \*-Best Lifter. Place: World Gym. Time: 2 hours.

Meet Directors: Joseph Steele and Mark Hogan.

Head Judge: Joseph Steele. Side Judges: Neal

Wellins and Andy Bram. Announcer: Andy

Bram. Sponsor: The Connecticut Fraternal

Order of Police the Greater New Haven Chap-

S	M. Marispini 14 lbs.	225	145	245	613
0		350	265	360	975
	M. Marispini (16-17)	350	265	360	9/3
e	T. Cooper	275	200	325	800
•	165 lbs.	2/3	200	323	800
•	M. Paarola	275	185	390	850
	M. Paavola	255	220	350	825
	G. Chesley	365	205	365	935
	181 lbs.	303	203	303	333
	M. Lucas	315	225	385	925
	198 lbs.	3.3		505	220
	E. Oehlers	375	250	460	1085
	D. Seeley	405	250	450	1105
	I. Lofald	300	165	435	900
	275 lbs.			-	-
	J. Stevenson, Jr.	400	285	400	1085
	(18-19)				
	T. Williams	420	275	420	1115
	T. Miens	230	195	370	795
	N. Wedel	315	205	440	960
	198 lbs.				
	B. Wedel	360	265	440	1065
	N. Armstrong	425	270	470	1165
	220 lbs.				
	J. Lofald	365	235	470	1070
	275 lbs.				
	K. McKinnen	500	255	470	1225
	Junior (20-23) 1				
	D. Moltzan	305	245	400	950
	WOMEN				
	Master (40-49) 1	123 lbs			
	V. Nelson	215	105	225	545
	MEN				
	Master (40-49) 1	148 lbs			

198 lbs. G. Grahn 275 lbs D. Rgnon SHW D. Patrow (50-59) 165 lbs. C Matt 180 300 770 S. Reid 198 lbs. 265 545 1260 T. Hagge 220 lbs. 535 1270 315 A. Langdon J. Berntsen WOMEN 335 520 555 Novice 123 lb V. Nelson 105 225 545 275 215 450 1015 I. Gardner D. Aldrick 280 198 lbs. E. Sampson 242 lbs. J. McBride 275 lbs. J. Campbell 520 420 540 1480 (Thanks to USAPL for providing the results).

### **USAPL Ron Falcone Invitational**

17 M	ar 01 -	Rocka	way,	NJ			
165 lb.	SQ	BP	DL	TOT			
K. Daivs 198 lb.	520	365	515	1400			
B. Anderson	505	400	515	1420			
R. Falcone	515	375	475	1365			
Master B. Clayton	185	345	165	715			
242 lb.	210	425	ohsq	of wo			

C. Neal 210 425 - - I would like to thank John Corsello, Craig Safran, James Bolba, James Benemerito, Jeff Walker, Jules Pellegrino, Doink, Ray Benemreito and everyone else. Brandt Anderson had a strong outing and qualified for lifetimes. Bill Clayton hardly broke a sweat, with a solid 715 total. (These results by USAPL).

### **POWER PEOPLE**



Brand New West Virginia Hall of Fame Inductees include (left to right) Carmel Hughes, presenter Vincent J. White, and Sue Ann Pack.



At the F.O.P. Connecticut, Ms. Kimberley Steele with her Special Award from the Governor of Connecticut, John G. Rowland. (J. Steele)

taking apart in the meet. The Women's Division was won by Kim Steele with a 80 lb. lift, in the 105 lb. class. The Men's Division was won by Mark Hogan with a 335 lb. lift in the 220 lb.

New Haven area. Receiving special recognition was Ms. Kimberley Steele who was presented with a plaque, John G. Rowland, by Mark Hogan with a 335 lb. lift in the 220 lb. In the Master's Division, Ron Rohmer won many power lifting accomplishments in the with a 300 lb, lift in the 275 lb, class. He is 69 last 15 years. Ms. Steele is a middle school years old. The College Division, was won by Paul Canzanella with a 300 lb. lift in the 220 lb. ing to improve the qualify of life for the innerclass. He was representing the Massachusetts Maritime Academy. Awards were given out at the banquet. The 32nd Annual Connecticut Power Lifter of the year banquet was spon-sored by the Connecticut's Fraternal Order of sored by the Connecticut's Fraternal Order of Police the Greater New Haven Chapter. There was over 300 people in attendance, with several local newspaper and radio stations covering the event. Many local Chamber of Commerce in the Greater New Haven Area, helped with the planning and selling of tickets for the banquet, which was a sellout for the 5th consecutive year. With the help of many local series and the latter of the series of a desk nower than the series of the serie gyms and health clubs, a gift of a desk power lifter clock was given to all people in atten-dance. The awards presentation took place

ter. Meet Report: The 32nd Annual Connecti-cut Power lifter of the Year Bench Press and Banquet went very well with a total of 32 lifters outstanding service to athletics in the Greater ing to improve the qualify of life for the inner-city youth of New Haven and Connecticut. (Thanks to Joe Steele for providing the results).

#### LICADI Al'annonte State

•	USAPL	USAPL Minnesota State				
	17 Feb 01 - Hermantown, MN					
	WOMEN	SQ	BP	DL	TOT	
	Teen (16-17) 16	5 lbs.				
1		230	150	300	680	
	198+ lbs.					
	G. Oehlers	260	110	310	680	
ı	(18-19) 132 lbs.					
r	J. Campbell	200	110	260	570	
	MEN					
	Teen (14-15) 12:	3 lbs.				

#### (continued from page 23)

The notion of a cognitive representation, although it has been called many different things by many different researchers, has been explored since the origin of psychology as a science. For example, James (1894) characterizes the notion of a cognitive representation when addressing the idea of movement images. More recently, researchers who have described, theorized, and attempted to measure changes in cognitive representations include (Cooper & Podgorny, 1976; Corballis, 1979; Broadbent, 1984; Matthews, 1988; Masson, 1990; Carroll & Bandura, 1990). A cognitive representation has two basic functions. One is to regulate movement production, and the other is to serve as a standard of corrections for the detection of error between the cognitive representation and response-produced feedback (Adams, 1986). While it may be possible to detect error in the movement of a reflection in a mirror, it is impossible to construct an accurate cognitive representation and correct the error through the immediate feedback from a mirror. The learner should be able to use his or her cognitive representation as a reference of correctness in order to form a hypothesis about how to perform the movement better. This is accomplished most effectively by modeling via visual demonstration from the instructor and/or implementing video-taped performance for assessing proper technique in the barbell squat.

#### Proper Squat Technique

Proper technique for squatting includes, but is not limited to, placing the bar approximately 1-3 inches below the anterior deltoid, which affords more efficient biomechanics by lowering the center of gravity. as long as the bar is not placed exceedingly low on the shoulders. Generally, the feet should be slightly wider than shoulder width. This will increase the availability and usage of the larger and more powerful muscles and enable the lifter to shorten the distance traveled. The lifter should start the descent by leading with the hips rather than with the knees so that the shins are perpendicular to the floor. The heels should be flat on the floor for the entire duration of the lift. Raising the heels up predisposes the knees to injury and shifts the center of gravity forward forcing the lower back to compensate for the displaced load. The lifter should have fully inhaled while starting the descent. The breath should be expelled when the "sticking point" is

reached in the ascent, which is typically around thirty degrees of extension. This technique will increase interstitial leverage and aid in keeping the torso erect by forcing the chest out in front of the bar. As one can see, there is a complex network of movement underlying efficient squat performance.

#### Arousal Level and Increased Resistance in the Squat

It is bit idealistic to assume that gross motor activities, such as the squat, require high levels of arousal for optimal performance and conversely that gross motor activities are adversely affected by low levels of arousal. The idea should be that optimal levels of arousal are suitable for optimal levels of performance. Perhaps an appropriate making a novel and complex task increase in resistance must be used to elicit an optimal arousal level. This topic is of particular importance to beginning powerlifters because of the driving force of the human ego to place too much weight on the bar before proper technique is developed. Of course, the object of the sport is to lift more weight; after all, powerlifting is the essence of true strength expression, but not at the expense of proper form.

I am currently conducting a pilot study to further investigate the effect of increased resistance in subsequent trials of the squat. So far, the evidence suggests that gradually increasing the weight increases the accuracy of the cognitive representation and actually improves technique. One would think that

even more difficult would increase inhibition, but carefully choosing the "correct" increment of resistance is responsible for heightened performance. This seems likely due to psychological factors of knowing that there is more weight on the bar, which may stimulate response behaviors such as increased heart rate, blood pressure, respiration. and most importantly the enhancement of reflexes, force production, and possibly reaction time. This psychological phenomenon seems to manifest itself physiologically by mediating by an increase in catecholamine secretion. According to Davis, Hitchcock, and Rosen (1991), fear or increased arousal may result from activation of a single area of the brain (the central nucleus

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of the amygdala). The projections from the central nucleus of the amygdala to the ventral tegmental area may mediate stress-induced changes in dopamine synapses located in the frontal cortex resulting in increased vigilance and attention. These alterations in autonomic activity may have a synergistic effect, thereby increasing the subject's ability to perform a gross motor task such as the squat when an appropriate increase in resistance is added to the bar.

#### Visualization and Imagery

Imagery is a pervasive form of experience and is clearly important for all individuals interested in the acquisition of free-weight lifting skills. The effectiveness of imagery tech-

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niques has been demonstrated regarding sport tasks of accuracy, concentration, and strength (Lee & White, 1990). The physiological and psychological benefits from practicing visualization improve athletic performance, and have a direct application to the increase of strength (Murphy, Woolfolk, & Budney, 1988). Imagery rehearsal of the desired sequence of sensorymotor behavior units involved in a good performance has been used both by itself and as a part of multiple models (e.g., visuo-motor behavior rehearsal, which combines imagery, relaxation, and actual performance (Suinn, 1980). An interesting point to consider is that individual differences in imagery ability can influence motor task performance. Subjects with greater imagery ability achieve higher scores in replicating movement patterns than do subjects of lesser imagery ability (Goss, 1986). Experimental research has indicated that "high imagers" exhibited significantly greater recall scores than "low imagers". Visual imagery facilitates the shortterm retention of visually presented sequences of movement.

Clearly, it has been demonstrated that mental practice enhances performance (Grouios, 1992). However, there still exists the misconception that once mental practice is learned, it can be used in an appropriate situation with a reliable frequency. Teaching students mental practice techniques is one thing, teaching them to be able to initiate those techniques in specific situations such as learning to perform the squat exercise requires a close examination of technique and appropriate feedback in order to correct mistakes. Also, since it is possible for a lifter to mentally rehearse the execution of proper technique and retain the image of the correct motor pattern. Likewise, it is possible for a lifter to mentally rehearse the execution of poor technique and retain the image of the incorrect motor pattern. This is important when one considers that nearly all non-powerlifters perform the squat incorrectly, thus setting a bad example for gullible observers.

My research idea was to see if exposure to video-taped demonstration of the squat by an expert model would positively affect performance by increasing the accuracy of the learner's cognitive representation, as well as the level of performance technique in the squat. It was hypothesized that subjects who were exposed to a video-taped performance of the squat by an expert model would exhibit greater scores on the questionnaire analysis, the video analysis, and the threedimensional figure analysis, than subjects who were not exposed to the video-taped demonstration. The following section is an abbreviated description of the experiment without most of the excruciatingly detailed statistical procedures.

#### Method

Twenty-four subjects were sampled, half of whom watched a video tape of the model performing a barbell squat. The subjects were randomly allocated into two groups according to individual time slots to undergo the experimental session. Time slots were numbered consecutively one through twenty-four. Odd numbered subjects were assigned to group A, while even numbered subjects were assigned to group B. Criteria for admission into the study were that the subject be male, matched for age, body weight, and height, with no history of chronic knee or lumbar spine maladies, have little or no experience in resistance training with free weights or formal instruction in proper squat technique. Subjects ranged in age (18 to 30 years), bodyweight (150 to 210 lbs.), and height (65 to 74 inches). This screening method normalized severe differences in anthropomorphic measurements.

#### Design

Three levels of analysis were established among the data with the following variables: the dependent variable was the cognitive representation of the model, and the independent variable was the exposure



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to the video-taped demonstration of the squat. Squat performance technique and cognitive representation were assessed at three levels of analysis. (1) The questionnaire analysis, which measured cognitive representation. (2) The video analysis, which measured squat performance technique. (3) The threedimensional figure analysis, which measured the degree of similarity between the position of the model and the position of the subjects during the performance task. Multiple levels of analysis were used to clarify treatment effects on cognitive representation and motor performance.

The data analysis required a distribution-free, nonparametric test be used to measure differences between and within the two groups due to the relatively small sample size. The Wilcoxon Matched-Pairs Signed-Ranks Test and the Mann-Whitney U Test were selected. These statistical procedures were used to test the null hypotheses, which stated that there is no difference between scores in group A (exposure to video-taped demonstration) and group B (no exposure to video-taped demonstration). The experimental hypotheses are directional and state that scores will be greater in group A than those in group B. The alpha .05 level of significance was selected for all three categories of analysis.

#### Instrumentation

A video camera was used to film all performances. The camera was positioned 6.1 meters away and perpendicular to the primary sagittal plane of motion (lateral orientation). The optical axis of the camera was set at 1.5 meters from the floor so that each subject's range of motion could be readily observed. regardless of their differences in height. This format was also used to film the squat performance of an expert model who rendered a technically proper squat for the purpose of visual demonstration. Three orientation aspects were observed: rear, lateral, and 45 degrees (combination of rear and lateral). The following five critical areas of the kinematic pattern were emphasized by stopping the video at specific, pre-selected frames to illustrate the appropriate technique throughout the execution of the lift: the erect position phase, the beginning of the descending phase, the bottom position phase (thighs slightly below parallel), the middle of the ascending phase, and the recovery to the original starting position.

The decision to use an expert model was two-fold. The filming of the expert performance served as

the modeling stimulus for the subjects, and subsequently became a template of proper execution of the motor task, thereby establishing performance criteria. The subject's performances were then compared to the template, and deviations in postural alignment and speed of movement during the lift were used

as a mode of scoring.

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Changes in cognitive representation were measured by a ten-item questionnaire which evaluated the clearness of the subject's cognitive representation of their performance. The questionnaire assessment was calibrated by using the Betts rating scale (Sheehan, 1969) ranging from (1) "perfectly clear and vivid" to (7) "no discernible image at all" The direction of magnitude in the Betts rating scale was reversed in order to scending phase of the lift.

maintain congruent data. The tenitem questionnaire measuring the imagery associated with performing the squat exercise follows:

- 1. You are near the barbell, the feel of the floor beneath your feet. the details of the bar and plates. (each item was rated 1 2 3 4 5 6
- 2. The sound of the buzzer, you grasp the bar, the feel of the knurls, the feel of the weight as you cautiously place it across your shoul-
- 3. The sensation of your lungs as you stand motionless, taking your final breath and holding it before the commencement of the lift.
- 4. Your hips and knees bending as you lower yourself into the de-

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- 5. The precise moment that you felt you had achieved adequate denth
- 6. The explosive force exerted on the bar as you reverse the direction of the movement and initiate the ascending phase of the lift.
- 7. Your feet still pressing hard against the floor as your legs ex-
- 8. The sensation of your lungs as you forcefully exhale.
- 9. The precise moment that you regained the original starting posi-
- 10. The feeling of relief as the weight is released off of your shoulders and you are relaxed.

Changes in cognitive representation were additionally measured by the use of a three-dimensional,

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adjustable, wooden figure. The subjects were required to assemble the wooden figure into a position which they determined to be the best three-dimensional representation of their performance.

#### Procedure

Each group was presented with the task of performing a barbell squat. Prior to the performance task, both groups thoroughly read the following written instructions:

- 1. Grasp the bar with your hands in front of you. Align your hands with the orange markings on the bar. This is approximately the correct hand placement.
- 2. Dip your head under the bar while keeping your hands firmly in

place and position the bar across the upper portion of your shoulder

- 3. Let the bar settle into the most comfortable and natural position on your shoulders.
- 4. Take a deep breath and hold it.
- 5. At the sound of the whistle, gradually bend your hips, then knees, and lower yourself as if you were preparing to sit down in a chair that is very low to the ground. Then reverse the direction of the bar as quickly as possible by pushing your feet very hard against the floor and thrusting your head back-
- 6. Keep your feet as flat as pos-
- 7. Once you have initiated the ascending phase of the lift, you must forcefully exhale and keep

pushing with your feet until your legs fully extent and you have regained the original starting posi-

8. Reposition the bar onto the rack, release the bar from your shoulders, and you may relax.

After the written instruction session was completed, half of the subjects were exposed to the video tape of the model performing a barbell squat while the remaining half were not. Both groups performed a squat with the bar loaded at 1/3 the lifter's body weight. Only one repetition was permitted, thereby reducing the occurrence of motor learning due to repetition. A whistle was sounded, thus marking the commencement of the performance task requirement. Immedi-

ately following each trial, all subiects completed a two-part assessment of their cognitive representation. Part 1 consisted of completing the questionnaire and part 2 consisted of assembling the wooden figure which was then photographed and later compared with the model's assembly of the wooden figure.

#### Results

As explained earlier, adaptation in cognitive representation was measured using three categories of analysis. The questionnaire scores, the video-taped performance of the squat, and subjects' positioning of the three-dimensional wooden figure. Data were arranged in such a way that differences in paired observations within groups, as well as differences in observations between groups could be readily observed. The experimental hypotheses were directional, meaning that the scores of subjects who were exposed to the video tape were predicted to be significantly greater than the scores of those who were not exposed to the video tape.

> Results from the questionnaire analysis:

It was hypothesized that the subjects who were exposed to the video-taped demonstration would have greater cognitive representation scores than subjects who did not exposed to the video tape. This hypothesis was supported between groups as The Mann-Whitney test vielded a U value of .50. The null hypothesis was rejected at the p < .005 level. Since the first analysis (the questionnaire) revealed a significant interaction for cognitive representation that was characterized by an increase in cognitive representation for trials involving exposure to the video-taped demonstration, a second and a third analysis was conducted to further clarify treatment effects on squat performance technique and cognitive representation.

> Results from the video analysis:

A set of ten criteria was used to measure differences between the video-taped performance of the model and the video-taped performance of naive subjects. The examination of the variables was divided into the descending and ascending phases of the lift. The dependent variables observed were:

1. Vertical velocity of the bar during the descent phase.

2. Absolute trunk angle during the descent phase.



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- 3. Head position during the descent phase.
- 4. Backward horizontal hip movement during the descent phase.
- 5. Forward horizontal knee movement during the descent phase.
- 6. Forward horizontal bar movement during the descent phase.
- 7. Vertical bar velocity during the ascent phase.
- 8. Trunk involvement during the ascent phase.
- 9. Forward horizontal hip movement during the ascent phase.
- 10. Knees bowed in or out during the ascent phase.

It was hupothesized that subjects exposed to the video-taped demonstration would have greater scores in squat performance technique than subjects who only received written instruction. The performance scores were derived through objective examination by the researcher and two other elite powerlifters and qualified referees. This hypothesis was supported between groups as the value of U was equal to zero. The null hypothesis was rejected at the p < .001 level.

> Results from the wooden figure analysis:

A set of seven criteria was used to measure differences between the positioning of the wooden figure by the subjects and the positioning of the wooden figure by the researcher, thereby providing a three-dimensional interpretation of the subjects' performance. The dependent variables observed were:

- 1. Body-mass distribution.
- 2. Horizontal bar-ankle distance.
- 3. Absolute trunk angle.
- 4. Tibia angle.
- 5. Femur angle
- 6. Foot angle (flat, represented by 0 degrees, or not flat represented by greater or less than 0 degrees).
- 7. Horizontal knee-bar distance.

It was hypothesized that the positioning of the wooden figure by subjects exposed to the video tape would demonstrate a higher degree of similarity to the model than the positioning of the wooden figure by the subjects who only received written instruction. This hypothesis was supported between groups as the value of U was 4.5 which is significant at the p < .05 level.

## Conclusion

While it may be possible to detect error in the movement of a reflection in a mirror, it seems impossible to construct an accurate cognitive representation and correct the error through the immediate feedback from a mirror. The learner should be able to use his or her cognitive representation as a reference of correctness in order to form a hypothesis about how to perform the movement better. According to Adams (1986), this knowledge of results enables the observer to correct errors in movement technique. Although the present study does not directly allow its subjects to receive knowledge of results, the wooden figure presents a problem-solving task that allowed the subjects to construct a more accurate cognitive representation to enhance performance. Even though the subjects in the present study were not given the opportunity to practice the movement, the wooden figure provided

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an assessment of movement and produced a plan of action derived from information acquired in the This is consistent with the schema theory proposed by Schmidt (1975), which states that sensory consequences and actual outcomes, for a given set of initial conditions. could be related by the subject.

The free-weight squat is an openchain, multi-joint, full-body movement, with a higher level of complexity compared to resistance exercises on machines. Therefore, the additional demands on balance control, and technique make the squat a very challenging skill to acquire and an even more challenging skill to teach. The four modeling processes "attention", "retention", "motor reproduction", and "motivation" outlined above, are necessary

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for the learner to acquire proper technique in the squat through observational learning. The learner must understand the purpose of a physical action such as squatting. practice organizing the sequential movements, and receive further demonstration of the same task in conjunction with mental rehearsal in order to enhance performance. The relevant aspects of proper technique are most effectively conveyed to the student by visual demonstration because it provides a complete symbolic representation of the kinematic information in the complex sequential components in the action pattern of the barbell squat.

I hope that my research will benefit both novice as well as elite powerlifters. I wish that I knew this stuff when I first started competing.

TO SQUAT Or Not To Squat

Book and Video

fails, read the

And, even though I'm older, I still if there are no ideas, then there is no approach training and competition with fresh ideas. Always remember that a closed mind is usually empty. It is with great honor and enthusiasm that I share my research with the powerlifters who read this magazine. This is but one piece of convergent evidence, it does not provide conclusive evidence on it's own. This is a consequence of the large number of ambiguities that have plagued the understanding of cognitively represented images in the past.

Hopefully, this study has provided new aspects and through the distinctiveness of further research, new possibilities can be intuited. Knowledge of facts is certainly valuable. But, facts conceal ideas. In science, one must search for ideas;

Questions and comments may be sent to the author via email: Liftheavy@earthlink.net

Acknowledgement: I'd like to thank Mike Lambert for creating this magazine, which provides insightful visions for success in the strongest of sports.... Powerlifting.

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## Pecatonica Fitness BP/DL

11 Mar	01 -	Pecatonia, II	She
BENCH		165 lb.	
MEN		M. Copot	320
Teen (13-15)		181 lb.	
148 lb.		T. Gentry	365
A. Harris	160*		
(18-19) 165 lb.		T. Coduto	360
D. Ridgnal	225*	E. Reynolds	325
4th	245*	B. Hanson	310
Submaster		220 lb.	
165 lb.		T. Harrison	410
R. Bauer	235	4th	435
198 lb.		275 lb.	
B. Scrogin	335	M. Smith	435
Master (40-44)		308 lb.	
220 lb.		J. Underwood	340
A. Kennedy	385	DEADLIFT	
S. Coogan	265	Submaster	
(45-49) 198 lb.		165 lb.	
O. Szilveszter	225*		325
W. Haas	325	Master (40-44)	
Police/Fire		220 lb.	
T. Harrison	410	S. Coogan	540
4th	435*		
275 lb.		M. Copot	530
C. Gholston	435	198 lb.	
Open 148 lb.		B. Hanson	500
O. Anderson	225		445
		Harrison. Best DI	
		ght Power Illinoi	
		ual Pecatonica	
		Classic was held	
		o owner/manage	
		and support in r	
		everyone. In the	

competition first time competitor Anthony
Harris started off with a "bang", getting all
three of his lifts, setting three records in the
teenage 13-15 division. Lifting at 148, Anthony
finished with a new Illinois state record 160.
Our other teenager, eighteen year old Derek
Ridgnal, also posted new state records at 165.
Derek finished with 225, but came back with a successful attempt of 245 for his fourth attempt. In the submaster division, another firstner, Roger Bauer, took the 165 class with 235. Also at submaster was 198 winner Brad Scrogin. Brad is a "raw" lifter, who will soon be Scrogin. Brad is a "raw" lifter, who will soon be up to 400, but had problems here, getting only his opener of 335. At master 40-44/220 it was Al Kennedy over Stuart Coogan 385 to 265. Al, the ring leader of the Gladiators (a misfit group the ring leader of the Gladiators (a misfit group the ring leader of the Gladiators). led by their bodyguard, "Baby Oil"), finished with a 410 attempt which would have tied the

to be somewhat of a stable 148 lifter. Otis was trying to regain his state record ich was broken a week ago, and did come close with 255, but had to settle with 225 for the win. At 165 it was Matt Copot for the win with 320. Matt had missed that weight on his second attempt before nail-ing it on his third. Tommie twice. With three competi-tors at 198, Tony Coduto

the ring leader of the Gladiators (a misfit group led by their bodyguard, "Baby Oil"), finished with a 410 attempt which would have tied the existing state record. Stuart, one of the great master deadlifters from the state of Wisconsin, made all three of his attempts. In the master deadlifters from the state of Wisconsin, made all three of his attempts. In the master deadlifters from the state of Wisconsin, made all three of his attempts. In the master deadlifters from the state of Wisconsin, made all three of his attempts. In the master division to go along with the best lifter title he was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts. Second at 198 was Ezra Reynolds with 325. This was Ezra's emptition. Bob Hanson was Ezra Reynolds with 325. This was Ezra's emptition. Bob Hanson was Ezra Reynolds with 325. This was Ezra's making all three of his attempts, second at 198 was Ezra Reynolds with 325. This was Ezra's emptition. Bob Hanson was Ezra Reynolds with 325. This was Ezra's making all three of his attempts, second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts, second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts, second at 198 was Ezra Reynolds with 325. This was Ezra's making all three of his attempts, second by as Ezra's making all three of his attempts, second by as Ezra master men's 40-44 class. This lift matched J. Stuart's previous best. But it was Matt Copol's J. great pull of 530 @165 that captured the best lifter award. Weighing in at the limit, Matt also R. set a new state record in the open class. Bob Co. Hanson edged out Ezra Reynolds at 198 with S. to be somewhat of a stable
(1) person. (You have to
overlook my feeble attempts at humor, after all
my wife is going through
menopause, so that means
I'm going through menopause!). Okay, back to this
148 lifter. Otis was trying to
October 21! (These results by Dr. Darrell Latch).

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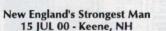
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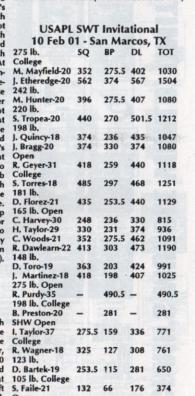
This meet took place on 15 July 2000, with Meet Director Louie LaPoint. The Judges were I. T. Joe Romano, Bill Durant, and Jim Supry. The Spotters were David Jarvis, Sr., Jerry Boucher, Gentry only got his opener of 365, but at a bwt, of 173 lbs. Class: 1st place was Dan Dore: Overhead was the second best lift by Jerk 210, Block Carry 46.04 second. Characteristics of the complete of the co or 365, but at a bwt, of 173

Ios. Class: 1st place was Dan Dore: Overhead was the second best lift by Jerk 210, Block Carry 46.04 seconds, Cheat formula of the meet.

Curl 170, Tire Toss 50' 9-1/2", and Deadlift Tommie took the 181's, giving a state record 405 a try

245, Block Carry 52 seconds, Cheat curl 185, twice With three compatibility. Toss 40' 3-1/2" and Deadlift 485 245 Tire Toss 40' 3-1/2", and Deadlift 485. 3rd 148 place was Mike Bompane: Overhead Jerk 200, D. Ryan-35 — 104 — 104 Block Carry 48.87 seconds, Cheat Curl 150, (Thanks to USAPL for providing these results).

Tire Toss 37' 3-1/2", and Deadlift 480. 4th place Paul Mangan: Overhead Jerk 190, Block Carry 51.87 seconds, Cheat Curl 180, Tire Toss 27' 2-1/2", and Deadlift 425. 5th place Lauri Lassila: Overhead Jerk 70, Block Carry 1 minute 16 seconds, Cheat Curl 110, Tire Toss 20'10-1/2", and Deadlift 370, 215 lbs. Class: 1st place

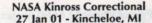


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47, and Deadlin 370. 215 los. Class; 1st place Frank Chiarillo: Overhead Jerk 250, Block Carry 45.78 seconds, Cheat Curl 210, Tire Toss 27" 3", and Deadlin 450. 2nd place Shawn Towne: Overhead Jerk 210, Block Carry 52.56 seconds, Cheat Curl 160, Tire Toss 31" 3", and Deadlift 455. 3rd place Fred Engel, Jr.: Over-head Jerk 205, Block Carry 50.15 seconds, Cheat Curl 195, Tire Toss 25' 2", and Deadlift 430, 240 lbs. Class: 1st place Ron Fortin: Overhead Jerk 275, Block Carry 48,12 seconds, Cheat Curl 230, Tire Toss 34" 9-1/2", and Deadlift 625. 2nd place Jeffrey Lynes: Overhead Jerk 250, Block Carry 52.5 seconds, Cheat Curl 200, Tire Toss 37" 6", and Deadlift 520. SHW Class: 1st place Joe Reeves: Overhead Jerk 300, Block Carry 49.44 seconds, Cheat Curl 300, Tire Toss 47" 8", and Deadlift 700. 2nd Joe Ferraro: Overhead Jerk 285, Block Carry 1 minute, Cheat Curl 210, Tire Toss 35' 2", and Deadlift 410. 3rd place (tie) Jeremy Wade: Overhead Jerk 245, Block Carry 51.09 seconds, Cheat Curl 190, Tire Toss 37' 10", and Deadlift 475. 3rd place (tie) Luke Frontiera: Overhead Jerk 265, Block Carry 1 minute, Cheat Curl 220, Tire Toss 30" 41/2", and Deadlift 4455. 3rd place (tie) Luke Frontiera: Overhead Jerk 250, Block Carry 1 minute and 5 seconds, Cheat Curl 200, Tire Toss 28" 3", and Deadlift 455. 5th place Keith Schofield: Overhead Jerk 250, Block Carry 1 minute and 5 seconds, Cheat Curl 200, Tire Toss 28" 3", and Deadlift 500. The New England's Strongest Man Competition went quite well with 15 entries. No women, and no 165 lbs. entries, but the rest of the field was impressive. Highlights: Dan Dore tossing a 14" tie 50 feet 9-1/2". The farthest of the day, Dan only weighed 190 lbs. The 240 class was won by Ron Fortin of Rhode Island. Ron deadlifted 625 quite easily. The star of the day, Joe Reeves, from Riverside, Rhode Island, is very muscular at 260 lbs. He jerked 300 lbs. overhead, deadlifted 700 like nothing with a pulled hamstring. The most incredible lift have ever seen was Joe curling 300 lbs. Joe was supposed to cheat curl it. But curled it strict. Nice going Joe. Reeves also won the title of NE Strongest Man. The events were: Jerk weight overhead from squat stands. Carry 10 standard cement blocks (about 40 lbs. each) 20 yards. Cheat curl, Tire Toss, and Deadlift. Till next time. (Thanks to Louie LaPoint) Cheat Curl 195, Tire Toss 25' 2", and Deadlift 430, 240 lbs. Class: 1st place Ron Fortin: Overeach) 20 vards. Cheat curl, Tire Toss, and



10 Feb 0	11 - Sa	in Ma	rcos,	IX	
75 lb.	SQ	BP	DL	TOT	
ollege					
. Mayfield-20	352	275.5	402	1030	
Etheredge-20	562	374	567	1504	
2 lb.					
Hunter-20	396	275.5	407	1080	
Tropea-20 8 lb.	440	270	501.5	1212	
Quincy-18	374	236	435	1047	
Bragg-20 pen	374	330	374	1080	
Geyer-31 ollege	418	259	440	1118	
Torres-18	485	297	468	1251	
Florez-21 5 lb. Open	435	253.5	440	1129	
Harvey-30	248	236	330	815	
Taylor-29	330	231	374	936	
	352	275.5	462	1091	
Woods-21 Dawlearn-22	413	303	473	1190	
18 lb.					
Toro-19	363	203	424	991	
Martinez-18 5 lb. Open	418	198	407	1025	
Purdy-35 8 lb. College	-	490.5	-	490.5	
Preston-20 W Open	-	281	-	281	
Taylor-37	275.5	159	336	771	
Wagner-18	325	127	308	761	
Bartek-19 5 lb. College	253.5	115	281	650	
Faile-21	132	66	176	374	
Young-26 8 lb.	203	99	236	540	
U IN.					



227 lbs.

Mazzola-240

Hurley-225

Mazzola-240

Intermediate (24-29)

Submasters I (30-34)

Natural 227 lbs.

Dozeman-223 580 345 515 1440 Hurley-225 570 — — —

Hurley-225 570 - - - - 250 lbs.
Beaudoin-241 725! 425 675! 1825!

250 lbs. Beaudoin-241 725! 425 675! 1825!

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250 lbs. Beaudoin-241 725! 425! 675! 1825!

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RAW	SQ	BP	DL	тот	
154 lbs.					
Owens-149	295*	225*	315	835*	
Bruce-146	280	200	300	780	
Musall-146	225	215	325	765	· 相用特別世級 斯斯德·科姆斯特朗德
Green-145	205	-	-	-	<del>相關</del> 任刊用的 1883年4月18月18月
170 lbs.				- Calorina	
Byrd-169	355*	300	455*	1110*	10 经股份的 (10 mm) (10 m
Fountaine-166	355	270	390	1015	福度選出 2 日日 <b>福祉 英国教育 日</b> 田田田 日本
187 lbs.					2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Drollinger-177	315	215	500	1030	
Miller-187	265	235	415	915	
205 lbs.					The state of the s
Porter-200	440	350*	600*	1390*	(A) 原 自己自己的
Dost-192	380	275	495	1150	
Hanner-190	320	275	425	1020	
Fernandez-197	315	280*	325	920	
227 lbs.	00 30				<b>受用的的</b> 拼料器的计
Faulkner-211	450*	275*	500*	1225*	<b>以上的</b> 世界報告 1 報報
Kutsche-225	385	275	500	1160	<b>网络沙</b> 布尔科斯克拉拉尔州斯特斯斯
280 lbs.	505			1	
Dils-260	555*	365*	625*	1545*	· 自由的数据的形式 (文字)的数据 注册音级统
Pure 187 lbs.	333	303	020		· 日的可用性用了一点的分别。2018年1月
Passtno-187	440	340	495	1275	<b>全国的原理企业实验的自然的证明的自然的自然</b>
Cushman-182	475	285	490	1250	《解註數析註的形形符音》是2.7、沒用物質集集的
205 lbs.	4/3	203	430	1230	THE REPORT OF THE PERSON OF TH
Pelchat-194	440	340	495	1275	At the NASA Kinross PL Chi
Ambriez-191	400	270	475	1145	
	420	2/0	4/3	1145	Beaudoin deadlifting 675 lb
Magnuson-197	420	DE VI	Then	J 1972	which was a Michigan NASA Pu
227 lbs.		345	515	1440	record in the 250 lb. weight class
Dozeman-223	580	345	313	1440	
Hurley-225	570	Trible 1	-	NEWS !	(Photograph by Jim Stevenson)
Fargo-217	Total :	Estore	-	A 2015	A STANDARD OF THE STANDARD STANDARDS
Pure 250 lbs.			·	100541	
Beaudoin-241	725*!	425-1	675*!	1825*!	hoped to do better. A difficult time in
Mazzola-240	680	-	-	Fort	bench and deadlift, but did walk away wit
315 lbs.					NASA Intermediate squat record of 580 pour
Works-304	460	300	560	1320	I met Chris Beaudoin in 1993. He weighed
Pure Novice					pounds and had a 1060 total. A small pup

pounds and had a 1060 total. A small puppy who was told to stay on the porch otherwise he might get hurt by the "big dogs" in the yard. Well as you can see by his numbers he is now the "big dogs". He tortures his body with a unusual regimen of bodybuilding and powerlifting, the end result 725-425-675 and the highest total ever lifted here at KCF, an 1825 total. Last but not least, Sal Mazzola of "Crime Story" fame got himself off craps at this meet. A 680 squat was a NASA Masters-I record. I A 680 squat was a NASA Masters-I record. I want to thank Dave Mastaw, our Club and Meet Coordinator for working with the Kinrose Powerlifting Club, your help is appreciated

**USAPL Frank Kostvo Memorial** 

Beaudoin-241 725! 425! 675! 1825!	USAPL Fra				
Masters I (40-49)	25 Mar	01 - 1	Lakela	and, F	L
250 lbs.	WOMEN	SQ	BP	DL	TOT
Mazzola-240 680! 145 145 970	132 lb. Teen (16				
*-Kinross Institutional Record. !-NASA State	L. Folsom	235	80	275	590
Record. This was our 10th Annual NASA meet,	165 lb. Open				
and I first want to thank all of my workers who	D. Allen	185	115	225	525
diligently helped to make this meet successful.	198+ lb.				
There was good participation in the RAW	K. Sabin	405	250	375	1030
division with 18 KCF records being set. Dan	N. Edelson	225	135	380	40
Byrd took first in the 170 pound class and set	MEN				a a
3 KCF records. First time lifter Mike Porter at a	Teen (14-15)				
light body weight of 200 pounds easily won	148 lb.				
first place in the 205's with a nice 600 pound	C. Trevorah	330	210	360	900
deadlift and 1390 total. Third place in that	A. Rosenberger	285	180	335	800
class went to my homeboy "Loco" Hanner who	181 lb.				
should be recognized for his abilities in power-	M. Reeder	365*	225*	425*	1015*
lifting since he lifts with only one leg. The lone	275 lb.				
master of that class was 52 year old Don	L. Barrett	415	185*	440*	1040*
Fernandez who when no lifting is really a	4th	455*			
comedian. He set a KCF Masters record in the	Junior 181 lb.				
bench with a nice press of 280 pounds. War-	D. Beasock	400	265	400	1065
ren, Michigan Native Roy Faulkner came in	319 lb.				
with his usual aggressive attitude to take the	J. Clark	675*	500*	600*	1775*
227 RAW, beating out first time lifter Tom	Open 114 lb.				
Kutsche by 65 pounds and by age, 33 years the	S. Beasley	155	115	205	475
last time I checked. We've got a situation here	165 lb.				
in the 280 RAW division. One man, all 260	N. Davis	225	250	350	825
pounds all of him, "he Dutchman", it seemed	181 lb.				
like it was his true territory, he owned the	B. Stickland	630	315	575	1520
platform. Showed up with a Monk's devotion	V. Lysobey	530	360	500	1390
and lifted with religion, intensity. Dutch Dils	198 lb.				
let his presence be known, 1545 total. Tooth,	J. Lynch	570	3110	530	1410
Nail and Claw. Best way to describe the battle	220 lb.				4000
that took place in the 187 pound Pure division	J. McManis	500	330	490	1320
between "Paz" Passino and Tony "Undertaker"	J. Pritchard	520	295	500	1315
Cushman. Subtotal "Paz" only up by 20 pounds,	242 lb.		405	700	10454
after first attempts in the deadlift, Tony by five.	J. Jacobs!	760*	485	700	1945*
Two down and one to go, "Paz" ahead by five	Master (45-49)				
pounds. Third lift "Paz" pulled 495 to put	J. Sansevere	445	295	435	1175
things out of reach. It was a sensational battle	(70-74)				
between two good lifters both motivated by	D. thompson	200*	155*	260*	615*
the will to win. 227 pound champ Robby	(45-49) 198 lb.				
Dozeman felt he had a Ho-Hum day and	V. Donofrio	525	365	535	1425

235 145 415 795 410 280 485 1175 525 270 510 1285

(60-64) 220 lb. (40-44) 242 lb. D. Poucher 475 350 600 1425 \*-State record. !-Best lifter. Best Lifter: James \*-State record, I-Best lifter. Best Lifter: James Jacobs. Team Trophy: All American Gym. The 5th Annual Frank Kostyo Memorial started off with Lori Folsom lifting her way to first place in the (16-17) year old division. Lori set some personal bests with a 235 squat, 275 deadlift, and a fine 590 total. Diana Allen coming back after surgery did some nice lifting in the 165 lb. class. Kari Sabin won the 1984 with some fine lifting and Nancy Edelrow took 2nd. Corey Trevorah won the teen (14-15) division 148 lb. class with some fine personal bests to total 900 Trevorah won the teen (14-15) division 148 lb. class with some fine personal bests to total 900 lb. Mike Reader and Logan Barrett both won their classes respectively while sitting state records in every category. In the Junior division, Don Beasock and Jeremy Clark each won sion, Don Beasock and Jeremy Clark each won their class. Jeremy did some outstanding lifts and setting state records in all lifts and the total. In the Men's open Scott Beasley took the 114 lb. and Neale Davis won the 165 lb. class. In the 181 lb. class Brian Strickland totaled this in the 181 ib. class brian strickland totaled this meet and won over Vincent Lysobey with some fine lifting, Jeremy Lynch won the 198 lb. class and a hard fight battle in the 220 lb. class was won by John McManis over Jason Pritchard by 5 lbs. James Jacobs was again the man of the meet. James squatted a state record 760 lbs. and set another state record with a 1945 lb. and set another state record with a 1943 lb.
total in the 242 lb. class to earn the best lifter
of the meet award. The men's master division
saw some fine by Duffy. 74 year old Thompson
Duffy set state records in every category in the
181 lb. class and a first place trophy. Joe
Sanserere took 1st int he 181 lb. (45-49) divisize Visca Dougfir won the 198 lb. (45-49) sion. Vince Donofrio won the 198 lb. (45-49) sion. Vince Donorrio won the 198 ib. (43-49) class with some very fine lifting. Ton Trevorah who is now in the 5th decade of powerlifting competition, did a qualifier for the Masters Nationals. Leon Barry won the 220 lb. (60-64) division and Patrick Ryan won the 220 lb. (40-44) division DeWayne Poucher won the 242 Meet Director, for providing the meet results)

lb. (40-44) division. Special thanks to the City of Lakeland Parks and Recreation Dept., Marcobay Construction (our t-shirt sponsor), Tom & Ellen Trevorah, Tom O'Donnell, Pat Rhoton, Kim A., Junkyard Dogg, Johnny Best, Bill Beckly, Louis Baltz, all our judges, spotters and loaders, All American Gym, and everyone else who helped make this meet possible (Results provided by Louis Baltz, Coordinator)

**APA East Coast Powerlifting** 24 Mar 01 - Chincoteague, VA

BENCH 148 lb. (55-59)		198 lb.		135!
Hart	117.5	308 lb.		
181 lb.		Frisby		2501*
Hickman	125!	,,,,,		
WOMEN	SQ	BP	DL	тот
Master	200			
148 lb.				
Lewis	60!	35!	85!	180!
165 lb.				
Birch	-	-	-	-
181 lbs.				
Master (40-44)				
McMullen#	97.5!*	62.5	97.5!*	257.5!*
Open				
McMullen#	97.5!	62.5!	97.5!	257.5!
MEN Teen 148	lb.			
Hickman	150		182.5	
Marreru#	195!	117.5	212.5!	*525!*
Open				
Hickman#	150	122.5	182.5	435
220 lb.				
Cronin	180	115	227.5	522.5
Jones	245	177.5	275	397.5
275 lb. Master (				
Morgan#	215	122.5	227.5!	565!
SHW Open				
Nettles#		215		
#-Best Lifter. !-	APA VA	A State	Record	. !!-APA
<b>National Record</b>	I. Many	thanks	to my o	utstand-
ing staff, judges	, spotte	rs/load	ers, and	d Reggie
Stubbs for spons	soring t	he mee	t. A ver	y special
thanks goes out	to Fred	Vanden	veen for	lending
us the monolift				



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and Rehabilitation

Best lifters at the Pecatonica Fitness BP/DL: Matt Copot (DL) and Tommy Harrison (BP). (Photo provided courtesy of Dr. Darrell Latch). plus shipping

March Madness BP/DL 10 Mar 01 - Mattoon, IL

M. Mitchell 455 Open 220 lb. 465 242 lb Teen (18-19) E. Pool 450 D. Frost(GL) 350 155 L. Betzer (18-19) 165 lb DEADLIFT 170\* MEN D. Frost 175\* Teen (16-17) Master (40-44) 123 lb. 165 lb D. Phillipp 285\* (18-19) 148 lb. 242 lb. 400 D. Frost C. Price 250\* D. Frost(GL)

(45-49) 242 lb. E. Pool 450\* 4th 300
Best BP Lifter: Tony Nixon. \*-Son Light Power Illinois state record. The seventeenth annual March Madness Bench Press/Deadlift Classic was once again held at the Cross County Mall. master 40-44/242 pound class at the Mall Association for their continued support of the sport of power-lifting. Well we had a smaller crowd than usual but we all still had a great time and with a good number of St.P Illinois state records set. In the bench presse of St.P Illinois state records set. In the bench presse competition we began with a first time competitor, Brandon Bush. Taking the tenage 16-17 division of the 24z class, Brandon set a new state record in the tenage 18-19/148 class, brandon of 10 (Ckout. Duane Frost lifted as a guest lifter in the tenage 18-19/148 class, to finish with a personal best 450. Eddie short of lockout. Duane Frost lifted as a guest lifter in the tenage 18-19/148 class, to finish with a personal best 450. Eddie had short of lockout. Duane Frost lifted as a guest lifter in the tenage 18-19/148 class to finish with a personal best 450. Eddie had short of lockout. Duane Frost lifted as a guest lifter in the tenage 18-19/148 class, to finish with a personal best 450. Eddie had short of lockout. Duane Frost lifted as a guest lifter in the tenage 18-19/148 class, to finish with a personal best 450. Eddie had short of lockout. Duane Frost lifted as a guest lifter as a finish with a personal best 450. Eddie had short of lockout. Duane Frost lifted as a guest lifter as a finish with a personal best 450. Eddie had short of lockout. Duane Frost lifted as a guest lifter as a finish with a personal best 450. Eddie had had been deaded in the way from Leave and the personal finish with a personal best 450. Eddie had been deaded in the way from Leave and the way from Leave and the way from Leave and the way from Leave had a finish with a personal best 250. Brother should be a great and the personal best 250. Brother should be a finish with a personal best 250. Brother should be a finish with a personal best 250. Brother should be a finish with a personal best 250. Brother should be a finish with a personal best 250. Brother shad been deaded in the way from Leave and the way from Leave had a Many thanks again to the Mall Associati



Eddie Pool locks out PR 450 at master 40-44/242 pound class at

age class. Thanks to my sons D. C. an Joey, my wife Susie and Linda Middleton for their help. (Thanks to Dr. Darrell Latch for providing the

## **Dungeon Gym BP Challenge**

3 M	ar u i	- Gait, CA	
BENCH		J. Weiss, Jr.	25
WOMEN		Youth (12)	
Open 132 lb.		132 lb.	
P. Knight	95	T. Knight	175
MEN		Open 220 lb.	
M. Knight	530	K. Heath	365
Youth (9)		275 lb.	
66 lb.		M. Knight	530
T. Knight	175*	Master (40-44)	
Youth (10)		275 lb.	
77 lb.		M. Knight-265	530

Personal Record. The Women's 132 lb. divirersonal Record. The Women's 132 lb. divi-sion was won by first time competitor, Patricia Knight. She bench pressed 95 lbs. RAW. That's impressive, considering she prefers to run, rather than lift. Good job. Next, was 9 year old Mike Knight, at 63 lbs. BWT, bench pressed 55 lbs. RAW. Good lift! In training, Mike has

Power Photos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.

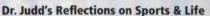
## Oswego State Bench 11 Feb 01 - Oswego, NY

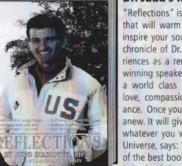
11 rei	, 01 -	Oswego, N	
BENCH		275 lbs.	
14 lbs.		D. Miller	545
R. Molinari	105	J. Behari	450
48 lbs.		J. Becker	350
. Pafumi	225	SHW	
M. McMillan	185	D. Fortune	600
81 lbs.		D. Urigo	420
C. Bedore	390	Teen	
R. Hillyard	390	J. Pierce	355
. Collazo	305	N. Towsley	245
98 lbs.		M. McMillan	185
C. Conte	395	Light Masters	
t Rowe	395	J. Collazo	272*
. Ravesi	335	T. Radford	172*
20 lbs.		T. Pafurni	171*
V. Carroll	345	<b>HWT Masters</b>	
. Prucnal	340	D. Urigo	215*
A. Ferlito	335	W. Carroll	195*
42 lbs.		S. Prucnal	192*
). Eddy	415	WOMEN	
G. Dingman	340	C. Turcotte	182*
-Co-Eff. TEAM	S: 1. I.	ake the River De	agons

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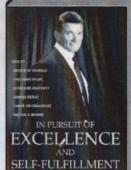
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'Reflections" is a treasure-chest of magnificent stories that will warm your heart, enlighten your mind, and inspire your soul to greatness. This book is a magical chronicle of Dr. Judd Biasiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. A splendid manuscript about love, compassion, tolerance, courage and self-assurance. Once you read this book you will look at your life anew. It will give you the confidence to do or become whatever you want. Nasser El Sonbaty, IFBB Pro, Mr.

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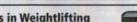


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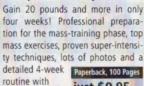
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**NASA Ohio State** 

12 Jan 01 - W. Liberty, OH

104

137

137

176

126

Teen H. Maxwel

119 HSP

127 lb. Pure

L. Lowery

L. Lowery 154 lb. Nat

M. Beasley

C Coffman

A. Fichell

E. LaFollette

H. Glaspell'

138 lb. HSP

S. Carter

R. Peters

B. Parker

154 lb. PN

R. Maynard

T. Mangar

C. Warvel 170 lb.

B. Horn

I. Wasse

M. Bailey

D. Clayton

B. Snapp

H. Yakel

W. Cyrus

I. Ritzier

121 C. Mitchell

319 L. McClellan

I. Ritzier 270 R. Jordan

462

253 D. Goble

214 M. Young

248 D. Dungeo

McGonagle, Art Wooten, Mike Boettcher, Tony
"White Lights" Lawrence, Ray Sickles, Mark

126 R. Wood

Pure 227 lb.

SM2

176 T. Boyer

NASA Ohio State Best Lifters Marsha Beasley (kneeling), Mike Young (Heavy), Dick Cordial (Meet director), Joey Simpson (Light). (Photograph provided by Dick Cordial to Powerlifting USA).

working the door, my Mom, Diane Baumgarpner, Kendra Hunt and my wife and daughters for working the food and tee shirt tables. But most of all I would like to thank the lifters for lifting and making this meet work, hope to see everybody back next year the same weekend in January, Thanks again. (Thanks t Dick "Spanky" Cordial for these meet results

B. Horn	10/	ruie						
IR		I. Thomas	479	USAPL M	aine	Holid:	av Cla	ssic
B. Girard	319	D. Horvath	402					
IR		HSP		16 Dec	CUU			
C. Maynard	220	M. Hess	286	BENCH		198 lbs		
SM2		T. Lamb	137	MEN Teen		W. Mo		405
L. Wilcoxon	319	JR		P. Laite	265	M. Lloy		380
R. Matheny	308	S. Bugarcic	319	T. Mitchell	175	D. Gro		315
M3		SM1		Submasters		220 lbs		
J. Klein	220	I. Thomas	479	C. Kienzle	355	C. Kien	zle	355
187 lb. Pure	1	I. French	352	S. Drake	365	275 lbs		
I. Simpson!	413	M2		Masters		N. Dou	cette	500
Nat		D. Schultz	352	D. Rafuse	275	B. Brur	10	465
I. Simpson	413	PN		J. Leon	275	S. Rear	don	165
HSP		D. Long	325	Grandmasters		WOM	N	
J. Wheeler	203	SM2	ATTENDED IN	G. Duckworth	245	Master	5	
R. Ornsbee	159	P. Aracri	446	Police/Fire		N. Lait	e	90
Teen		315 lb. HSP	OT STATE	D. Groder	315	114 lbs	š.	
A. Cruz	192	C. Heimeri	270	148 lbs.		M. Ma	dore	130
SM2	132	PN		D. Gurney	240	165 lbs	s.	
	413	M. Gifts		181 lbs.		D. Dov	N	155
J. Simpson	374	336.2		I. Cronkite	335	181 lb		
B. Bishop	286	SHW SM1		M. Magnusson	275	K. Gra	nt	145
M. Poland	200	N. Beckner	501	WOMEN	SQ	BP	DL	TOT
M1	281	M3	301	Teen				
A. Zimmerman	201	J. Telljohn	358	C. Gray	220	100	245	565
M5	201	M5	330	Open 148 lbs.				
A. Zimmerman	281		-th	M. Guenther	250	155	300	705
205 lb. PN	275	M. Wiggleswo	rui	165 lbs.	Olive			
C. Kaspasak	275	336	380	D. Dow	305	155	335	795
C. James	236	G. Matheny	300	MEN Teen				
Nat		SM	314	T. Mitchell	250	175	365	790
B. Jakeway	374	S. Cook		P. Duprerry	415	265	440	1120
The 2001 NASA	Sancti	oned Bench Pres	2 ontrine	Submasters				
pionships went	OII WI	th out a hitch, 9	ze home	C. Kienzle	265	355	385	1005
litting started rig	ntat	10:00 and we we	re nome		203	333		1000
by 3:00 6 Am	erican	records were	The big	E. Hafener	475	375	520	1370
several state re	cords	were smashed.	the big	T. Morton	400	260	450	1110
three barbell cli	ub fro	m Millersport O	t Liberty		400	200	100	stery 34
the open team	troph	y and the Wes	Liberty	T. Morton	400	260	450	1110
Salem boys team	n won	the high school	alvision.	198 lbs.	400			shricani
This meet is a fu	ind ra	iser for the Wes	abt back	M. Lloyd	510	380	545	1435
Lifting Program	and a	Il money goes ri	gnt back		310	300	3.13	
into lifting, mee	ts like	this one can't go	on with		610	370	530	1530
out good help at	nd spo	nsors we were v	erylucky	WOMEN'S BES				
to have some g	reat s	sponsors this ye	ar and I	Madare MEN'S	REST	LIFTER	RENC	H PRES
would like to s	Laliberte, WOMEN'S BEST LIFTER: Daine Dov							
H&R block of U								
Liberty, Champ								
Fisher Distribut	ing of	Springfield, Tre	Liebana					
Base Drive I hru	, Perp	etual Savings of	Chan of					
Ohio Caverns,	the B	g Orange Shoe	Shop of		36 3 50	nall mee	t but th	at is wh
West Liberty, ar	nd All	Around Awards	nd Will		le war	ted to h	ave a m	eet for
also like to the	nank	Greg, Susan a	ind will	we were after. We wanted to have a meet for a our loyal lifters who always show up at o				
Vanhoose who	came	up from West Vi	irginia to		bad a	for now	friend	e as we
help out my br	other	Carl and my goo	oa Triend	meet we also	ndu d	ICA HCA	HITCHIU	and the

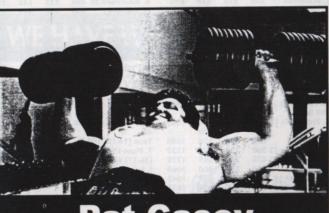
Laliberte. WOMEN'S BEST LIFTER: Daine Dow TEAM BENCH PRESS: Point Lookout, MBNA TEAM POWERLIFTING: Champions. The meet Directors were Mark Clevette and Lynn Athearn. This was a small meet but that is what we were after. We wanted to have a meet for all Vanhoose who came up from West Virginia to help out, my brother Carl and my good friend Mike Baumgardner who loaded and spotted all day, John Klien, Russ Dodson, Mike that the lift of the day was Noel Doucette's 500 McCores and the Carl an lbs, bench. Noel had hurt his shoulder prior to "White Lights" Lawrence, Ray Sickles, Mark
Woodworth a big thanks to you for judging all
day. Ned Bailey for helping with sponsors and

do over 500 at the state meet. We would like to thank everyone who helped with the meet. Leslie Look, Sonia Ray, Amy Clevette, Mike Kalter, Mike Eugley and also a big thanks to former USPF New England Powerlifting Champion and current NPC Mr. New England Body-building Champion Allen Holmes for helping us judge. I think Allen had a great time. He got to see a lot of friends that he hadn't seen in sometime as well as make some new friends. sometime as well as make some new friends. Thanks again, Allen! (Results by Mark Clevette).

ı	NASA Co				
П	21 Jan (	11 - La	kewo	od, C	O
ı	BENCH		N. Mill	er	300
ı	WOMEN		Pure N	ovice	
П	138.8 lb.		R. Livin	gston	330
П	High School		Natura		
ı	S. Dickinson	145*	N. Mill	er	300
ı	Teen		205.2	b.	
,	S. Dickinson	145*	J. Whit	bread	425
	127.8 lb. SM2		SM1		
	C. Bingham	115*	J. Whit	bread	425
,	M1		170.8	<b>b. SM2</b>	
	N. Hawkins	135*	M. Pac	helli	225
1	SHW		227 lb.		
,	A. McTighe	220*	B. Mcli	ntyre	415
	127.8 lb. M Pur	e	M Pure	205 lb	
	N. Hawkins	135*	N. Mill	er	300
	SHW		M1		
e	A. McTighe	220*	N. Mill	er	300
d	127.8 lb, Pure		205 lb.	M2	
rt	N. Hawkins	135*	J. Lynn		290
e	SHW		227 lb.	- TATES	
ζ,	A. McTighe	220*	J. Ponz	i	360
e			205 lb.	M3	
0	Pure 205 lb.		M. Del	Cesare	330
).	B. Shalkowski	450*	280 lb.	Celling	
	227 lb.		J. McIr	tyre	400
	WOMEN	SQ	BP	DL	TOT
	110.2 lb. High				
	I. Hill	130*	70*	180*	380*
	119 lb.				
	V. Griess	110*	50*	130*	290*
	138.8 lb.				
	T. Siratton	165*	105*	215*	485*
				disserta	ale S

MEN Teen 170.8 lb. 415\* 300\* 220 200\* 225 360 985 300 360 225 225 325\* 240\* L. Masters M. Line S. Donegan T. Campbell 107.8 lb. Inte 205 lb. SM1 170.8 lb. M Pure 205 lb. J. Lynn 170.8 lb. M1 227 lb. 315 250 410 975 K. wood 250.2 lb. F. Baja 315 lb. 615\* 345\* 630\* 1590 M. Soboles 205 lb. M2 154.3 lb. M3 310\* 145\* 380\* 835\* -State record. Meet Directors: Neal Miller &

Jim McDermott. Team Champions: Horizon High School. (Thanks to J. McDermott for



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ANABOLIC

**ADAU Great Lakes** 24,25 Mar 01 - Erie, PA

WOMEN	SQ	BP	DL	TOT
Open 105 lb.				
A. Hickey-17	125	75	225	425
123 lb. G. Litteck-44	145	100	210	455
132 lb.	143	100	210	433
M. Matuszewsk	F33	200	135	370
705		200	100	3,0
S. Elchynski-42	165	115	245	525
148 lb.				ALL DESIGNATION
K. Woodside-23	205	150	260	615
SHY				
S. Ogden-17	280	175	345	800
4th	300			
Teen (16-17) 10	5 lb.			
A. Hickey-17	125	75	225	425
SHY				000
S. Ogden-17	280	175	345	800
4th	300			
Junior (20-23)	205	150	260	615
K. Woodside-23 Master (40-44)		130	260	013
G. Litteck-44	145	100	210	455
132 lb.	143	100	210	433
S. Elchynski-42	165	115	245	525
MEN Open 114		113	243	323
B. Elchynski-11	135	90	185	410
4th	133	30	201	410
C. Stoner-9	115	65	155	335
4th		0.5	156	333
D. Perhacs-11	115	75	140	330
4th	120		155	330
148 lb.				
R. Cruz-40	420	265	475	1160
4th	437.5		TELE	
M. Allgeier-22	380	245	500	1125
J. Martucci-33	325	245	430	1000
165 lb.				
M. Catalino-22	455	335	510	1300
R. Martucci-32	370	310	465	1145
A. Hersperger-1	8	370	290	465
1125				
M. Skal-28	340	320	450	1110
J. Folmar-17	385	250	475	1110
A. Soety-34	365	245	460	1070
R. Hanes-18	315 250	230	435 350	980 810
J. Wakeman-17 F. Todorich-18	230	210	330	810
181 lb.			-	
D. Teeter-29	470	325	560	1355
R. Chariton-36	350	305	500	1155
D. Heintzel-40	360	280	495	1135
S. Fisher-44	350	255	455	1060
K. Zappitella-38	345	250	450	1045
J. Stempka-18	325	235	480	1040
M. Woods-20	350	265	385	1000
K. Ohmer-22	320	240	430	990
M. Fiorelli-16	305	225	405	935
198 lb.				
A. Brown-19	505	290	590	1385
4th			600	
D. Smith-42	500	330	550	1380
M. Matthews-32	500	290	540	1330
B. Bayer-55	475	245	555	1275
S. Wright-18	380	220	460	1060
Engelskirger-18	360	230	455	1045
B. Hulings-39	330	255	450	1035
S. Randall-16	330	230	425	985
T. Phan-15	260	210	325	795
J. Pancher-26	-	-	-	-
220 lb.		200		***
B. Givler-39	500	390	510	1400



Matt Catalino (Orengia photos)



Ken Howard earned a nice award

		-	-	-	
J. Green-27	400	305	490	1195	Lakes Powerlifting Championships. Once again
P. Atkinson-37	385	275	475	1135	the year old Anti-Drug Athletes United
P. Huntley-35	385	300	450	1135	(A.D.A.U.) organization put together a fantas-
D. Fleming-58	_	_	_	_	tic "RAW" contest. The competitors all seemed
242 lb.	MINE	376 10	173300	100	
					extremely happy that they didn't have to com-
K. Howard-35	700	360	740	1800	pete against the "Fiction Lifters" with their
G. Lewis-31	485	375	575	1435	drugs and layers of assistance gear. The num-
M. Magyar-17	515	300	585	1400	ber of competitors increased. Once again, as
4th	540				they will continue to do as the lifters and the
P. Hartig-22	520	315	525	1360	public realizes that drug-free and raw is the
T. Johnson-28	435				
		295	505	1235	healthiest and safest route to take. My highest
G. Knowles-30	420	320	470	1210	appreciation goes out to the many, many vol-
J. Lawson-36	375	290	485	1150	unteers that showed up to help. Two dozen
R. Konkol-24	375	350	375	1100	members from "Joe's Gym of Erie" lent a hand
D. Grandinetti-	28	-	-	-	for the two day event that was over by 3 p.m.
275 lb.					on both days, giving everyone a chance to
M. Kantz-24	450	325	580	1355	spend some time in town, or get home early.
B. Moody-21	475	335	540		
				1350	The judging was handled by International and
J. Catterall-23	325	300	405	1030	National officials Al and Brenda Siegel, Nick
R. Emerick-29	590	-	-	-	Theodorou, Matt, Catalino and myself plus
B. Pacolay-31	500	400	520	1420	State officials Steve Rogers and Terry Johnson.
B. Blanchard-26	490	325	545	1360	By having the contest run over two days,
D. Stoner-42	500	370	485	1355	Catalino and Johnson also got a chance to
T. Byerly-16	415	245	450		
	413	243	430	1110	compete. The nice thing about a drug-free, raw
Super Heavy					contest is how smoothly and quickly it runs. No
R. Wills-25	425	360	525	1310	wrapping or fighting to get assistance gear on,
S. McHenry-16	350	280	400	1030	no blow outs and there wasn't even any blood
YOUTH 77 lb.					to clean off the bar. Raw lifters know what they
D. Perhacs-11	115	75	140	330	can handle and don't take any chances with a
4th	120		155	330	
	120		133		weight that will crush them. Adrienne Hickey
88 lb.					started off the women's division with her win at
C. Stoner-9	115	65	155	335	105 pounds, which included teen American
4th			156		records in the deadlift with 225 and total with
97 lb.					425. Georgia Litteck won gold in the 123 class
B. Elchynski-11	135	90	185	410	open and Masters, Michelle Matuszewski had
4th			201		trouble finding depth in her squat after getting
Teen (14-15) 19	o IL		20.		
					her opener in with 200, but made up for it with
T. Phan-15	260	210	325	795	a 135 bench and an American record deadlift
(16-17) 165 lb.					of 370 to win Gold at 132. The Silver went to
J. Folmar-17	385	250	475	1110	newcomer Sherry Elchynski who won gold in
J. Wakeman-17	250	210	350	810	the masters division. At 148 Katie Woodside
181 lb.			700		took first in the open and juniors. Her total
M. Fiorelli-16	205	225	405	025	
	305	225	405	935	included a junior record in the bench with 150.
198 lb.					Sarah Ogden, who competed in and won a
S. Randall-16	330	230	425	985	field event the day before, set a teen American
242 lb.					record squat with a raw 300 pounds on her way
M. Magyar-17	515	300	585	1400	to the Gold in the heavy weight open and teen
4th	540				division. THE MEN: The 114 class was won by
319 lb.	3.10				
	***	245	450		Bryan Elchynski with all new American youth
T. Byerly-16	415	245	450	1110	records in the 97 pound youth division, while
Super Heavy					second place at 114 went to Chris Stoner with
S. McHenry-16	350	280	400	1030	all new youth records in the 88 pound class,
Teen (18-19) 16	5 lb.				and third went to Doug Perhacs with youth
Hersperger-18	370	290	465	1125	records in the 77 pound class. What a future
R. Hanes-18	315	230	435	980	these kids have! At 148 pounds, A.D.A.U.
F. Todorich-18			400		National Champion Ramone Cour squatted
	5 m	To the same	7	-	National Champion, Ramone Cruz squatted
181 lb.					437-1/2 for an American record and the Gold
J. Stempka-18	325	235	480	1040	while Mike Allgeier pulled a Junior record in
198 lb.					the deadlift with 500 pounds to min the Silver.
S. Wright-18	380	220	460	1060	Junior National Champ, Matt Catalino ran
Engelskirger-18		230	455	1045	away with the 165 class with his 1300 total that
Junior (20-23) 1			100	1045	won him the lightweight Champion of Cham-
M. Allgeier-22	380	245	500	1125	
	300	245	500	1123	pions award. Adam Hersperger won the teen
181 lb.					18-19 division and Jim Folmar won the 16-17
	350	265	385	1000	teen division with a teen American total record
K. Ohmer-22	320	240	430	990	of 1110. Don Teeter won the 181 class with
242 lb.					Raw 1355 total and Roy Charlton took the
P. Hartig-22	520	315	525	1360	silver while winning the submaster division.
275 lb.		313	020	1300	
	47-	22-	F40	1250	Other winners at 181 were Dave Heintzel
B. Moody-21	475	335	540	1350	(master 40-44), Jeremy Stempka (teen 18-19)
J. Catterall-23	325	300	405	1030	Mike Fiorelli (teen 16-17), and Mike Woods
Submaster (35-3	9) 181	lb.			(junior). In the 198 class, teenager Andy Brown
R. Chariton-36	350	305	500	1155	was the standout with his Gold medal perfor-
K. Zappitella-38		250	450	1045	mance, which included a teen American dead-
198 lb.	-				lift record of 600 pounds. Master lifter Dennis
.50 10.					merceord or ood pounds, master linter Dennis

B. Hulings-39 330 255 450 1045 B. Givier-39 390 510 P. Huntley-35 242 lb. 385 450 Lawson-36 375 290 485 Master (40-44) 148 lb. R. Cruz-40 420 437 265 475 1160 4th 181 lb. D. Heintzel-40 360 280 495 1135 S. Fisher-44 350 255 455 1060 D. Smith-42 500 330 550 D. Stoner-42 500 370 485 1355 Master (55-59) 198 lb. B. Bayer-55 475 475 245 555 1275 220 lb.

220 lb.
D. Fleming-58 — WOMEN: Michelle
Outstanding Lifters, WOMEN: Michelle
Matuszewski. MEN Lightweight: Matt Catalino,
Heavyweight: Ken Howard. TEAM Champi-Heavyweight: Ken Howard, TEAM Champions: North East High School. 37th Annual A.D.A.U. Great Lakes Powerlifting Championships. Meet Directors Report: Drug - Free Raw lifting is alive and well, awaproven at the Great Lakes Powerlifting Championships. Once a significant of the property of the Computer of ver by 3 p.m. a chance to t home early. thome early. School, coached by Drug-Free World Champarational and pion, Bart Wood, put a great team together for a Siegel, Nick it myself plus the first time and was awarded the Team Championship for their outstanding determination and great lifting. They hoisted some great weights and came away with no injuries a chance to drug-free, raw kly it runs. No ance gear on, without the help of the volunteers there would ance gear on, wen any blood tow what they hances with a realways there when you need them and I want them to know that they are appreciated. This year! started what I call "The Joe Orengia Power Lifter Plus Award". The Siegel Engraving Power Lifter Plus Award\*. The Siegel Engraving Company donated two beautiful pen holder awards that were presented to two of my dear fiends, Steve Fisher and Keith Massing. Thanks again guys. The final award for the contest was ith her win at nd total with the 123 class also designed by some more of my dear fiends, Brenda and Al Siegel, and it was presented to submaster World Champion and the Love of my Life, Sondralee Villo. Al Siegel announced ord deadlift the presentation and I held the trophy out to Sondralee. The double tiered trophy had a rs. Her total little box between the tiers and was engraved nch with 150. with the words "Will you marry me?" Sondralee and won a was speechless at first but eventually said ds on her way was won b erican youth vision, while s Stoner with pound class hat a future ds. A.D.A.U nd the Gold or record in in the Silver Catalino ran 300 total that on of Cham on the teen on the 16-17 total record 1 class with on took the teen 18-19





Sarah Ogden locks out a deadlift



Todd Dearing at the Heath Clifton Memorial with PR & SR 545 in submaster 181 lb. class. (Photo provided by Dr. Darrell Latch).

<b>Heath Clifton</b>	Memorial BP
17 Mar 01	Pactor AP

Heath C	IIIII	Memorial b	1
17 Ma	r 01	- Rector, AR	
ENCH		M. Whitworth	400*
OMEN		M. Meeker	375
unior 148 lb.		275 lb.	
. Robinson	140*	D. Nichols	550
laster (40-44)		DEADLIFT	
14 lb.		Youth	
Morris	95*	S. Dearing-7	115
een (16-17)		4th	125
65 lb.		WOMEN	
Stratton	330*	Master (40-44)	
ubmaster		114 lb.	
42 lb.		T. Morris	250°
Hicks	315	MEN	
taster (45-49)		Junior 220 lb.	
48 lb.		M. Fisher	525*
. Wakefoose	210*	4th	550*
50-54) 242 lb.		Submaster	
Kirby	370*	181 lb.	
EADLIFT		T. Dearing	545*
MEN		Master (45-49)	
pen 148 lb.		148 lb.	
Khoan	275	H. Wakefoose	325
65 lb.		MEN	
. Thomas		Open 165 lb.	
. Morris	280	P. Morris	425*
81 lb.		242 lb.	
Sorrentino	315*	J. Schenck	475*
98 lb.		M. Guthery	420
. Coggins	385*	SHW	
20 lb.	alan.	C. Rannals	740
-Son Light Pow	ver Ar	cansas state reco	rd. Bes



her winning ways, capturing the mas-ter 40-44/114 class with a big state record 250! Matt Fisher showed some of the best form in the competition as he took the submaster 220 class with 525, followed by a 550 fourth attemp state record. In the master men's 45-49, 148 class Harry Wakefoose finish with 325, a little below his current state record of 350. Parrish Morris won the open 165 class with a great 425 state record pull, which he make on his second attempt. At 242 it was James Schenck over Mike Guthery 475 to 420 James pull was a new personal mark for him, breaking his by five pounds

BP Lifter: D.D. Nichols, Best DL Lifter: Chris Mike continues to improve with each new Rannals. The Heath Clifton Memorial Bench competition, coming close with a pr 445 third attempt. Chris Rannals once again won the Pro Fitness. This competition celebrated the title at SHW as well as the best lifter award, etitle at SHW as well as the best lifter award, even though he was less than pleased with his lifting. A solid 800 puller, Chris settled here with a state record 740, which looked more than strong, just missing a lockout with 750 on his final attempt. A special thanks to Pro Fitness owner Kevin French, to the loaders and spotters and to my two little helpers, Taylor Clifton and Levi Hicks. See you all October 13, for the SLP Arkansas State Championships! (Thanks to Dr. Darrell Latch for these results).

**AAU Skaneateles Invitational** 17 Dec 00 - Oneida, NY SQ BP DL TOT 240 105 300 645 Zimmer, M MEN 220 lbs. Open Men 220 lbs. Open Men 230 lbs. Open Me

what each lifter was ultimately credited with First time competitor, Michelle Zimmer set 3 personal records, went 9 for 9, and set several state records. Michelle has only been training for a few months and shows great potential for or a rew months and shows great potential for improvement. It's also noteworthy that Michelle was nearly raw, in that she wore knee wraps but no bench shirt or tight suit. Not bad for a 17 year old. Kodya and Herbst lifted in the 220 open class of the assisted division. Herbst lifted well within himself until the deadlift where he made some very heavy attempts after his 515 opener. Both men were among those affected by the mis-loads. In the raw division, Crowley lifted in his first meet in 17 years and set several personal records. Jim was also affected by the mis-loads. He hit 445-300-440 affected by the mis-loads. He nit 443-304-410 and will improve on those numbers in the near future. Welcome back, Jim. Lowell and Gunthorpe both lifted in the Masters Raw division in their respective classes. Lowell lifted at 220 Masters (50-54) and hit several personal at 220 Masters (50-54) and hit several personal and state records. Not bad for a guy who didn't even feel like lifting when he got to the meet site. Gunthorpe lifted at SHW Masters (45-49) and hit the biggest squat at the meet, as well as personal records in every lift. Nice job, Tom. Both masters were affected by the mis-load. To get proper perspective on their lifting, keep in mind Gunthorpe and Lowell are both over 45 years old and squatting 435-445 raw. This would be a hell of a lift for someone half their age. Thanks so out to Steve and Fin for providwould be a hell of a lift for someone half their age. Thanks go out to Steve and Erin for providing the meet site and most of the equipment used. Tom Gunthorpe also provided equipment and designed the certificates that were given as awards, Jeff and Steve were the loading to the component of the part of t

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## AAU POWERLIFTING UPDATE

There have been some recent changes in AAU Powerlifting. First, we have adopted a new logo. Credit for this new logo is due to Tom and Aaron Pete. They took into consideration the past history of AAU Powerlifting and it's roots and where Powerlifting started. Again, our THANKs to Tom and Aaron Pete for their artistic service.



Secondly, we would like to announce that as of March 1, 2001 AAU Powerlifting has in place the insurance that has been required of the sport for drug testing. Yes, it has taken us a while to get this completed We have worked with Frank Urvasz from The Center for Drug Free Sports to develop our substance abuse program, so that it meets the standards and requirements of the parent organization, the AAU. We also, have worked with Marla Peters, Vice President of Risk Management from American Specialties Insurance Company to first, educate the Company, and then to fulfill their requirements to qualify for a policy to cover our substance abuse and testing pro-

So when a adult lifter comes to participate in a sanctioned AAU Powerlifting meet they are agreeing to abide by the "Athletes' Code of Honor", "I promise upon my word of honor that I will not take unfair advantage of an opponent, that I will be courteous in word and demeanor to opponents, officials and spectators, that I will observe the rules of the game in spirit as well as in letter, and that I will constantly strive to uphold the ethics of amateur sports". This code can be found on the backside of the membership application. Plus, they are agreeing that they can be drug tested, and if they fail, and have gone through the review process, that their names can be published for that drug test failure. This is included in the Waiver and Consent forms that will be issued at all meets. Thus, all adult athletes participating in AAU Powerlifting sanctioned events are subject to drug testing, and their entry into an AAU Powerlifting event constitutes their consent to the testing procedures and penalties.

**EXECUTIVE COMMITTEE** 

## AND MEMBERSHIP MEET-INGS

For all AAU Powerlifting members who are interested, an Executive Committee meeting is scheduled for Friday afternoon May 18, 2001 at the Little Rock Air Force Base, the site of the Combined Nationals. Also, following the weigh-ins that day there will be a membership meeting in the gymnasium (site of competition) approximately 7:30 PM. Any one wishing to submit an agenda item for either meeting should forward the information by May 11, 2001 to: Nancy Halverstadt, AAUPC Secre-

3756 Toronto Road Cameron Park, CA 95682 530-676-9729 E-mail: hcwzkds@jps.net

## FLECTION NOTICE

Once again it is time for our sport to conduct its election of Executive Committee members and officers. It has been three years since our last election and according to our by-laws the term of office is three years thus it is time to conduct elections. Mr. Larry Larsen, Law and Legislation Chair, will be conducting the election of new Executive Committee members. He will be seeking nominee's for the offices of: Chairman, Assistant Chairman, Secretary and Treasurer. If you are interested in becoming involved and are willing to volunteer your time and effort to help our sport grow, please contact him at: Larry Larsen 155 Belcher Street Holbrook, MA 02343

## **BIDS FOR NATIONAL AND** INTERNATIONAL MEETS

781-767-0764

Bids for National and International meets for 2002 and beyond are now being accepted. The applications for 2002 are due by May 15, 2001, if you are interested in hosting a meet beyond 2002 they will also be accepted. If you are interested in receiving a bid packet please contact: Harry Halverstadt Chair AAU Powerlifting 3756 Toronto Road Cameron Park, CA 95682 530-676-9729 E-mail: hcwzkds@jps.net

## JUNIOR OLYMPIC POWER-LIFTING EVENT

Each year the AAU conducts the Junior Olympic Games and this year they are being held in the Hampton, Virginia area. The AAU Junior Olympic Games are unique in that no other organization in the United States is allowed to use the term "Olympics". This annual event is full of pageantry, with opening and closing ceremonies, the involvement of many, many sports and activities.



Don and Fran Haley: Recipients of the Brother Bennett Memorial Award. (Photograph provided courtesy of Harry Halverstadt to PLUSA).

The Powerlifting event is scheduled for Norcom High School in Portsmouth, VA. This is our National Youth, High School and Juniors National Championships, The age groups are: Kids Strong-5 and under, 6-7, 8-9, 10-11; Youth 12-13; High School (Teenage): 14-15, 16-17, 18-19: and Juniors: 20-23. Weight classes are 66 and under, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198 and 198+ for women. Weight classes for males they are: 66 and under, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 319 and 319+. We encourage teams to come and compete for there are team trophies as well as medals for the individual lifters.

We encourage lifters under the age of 14 to lift RAW and those who are 15 and older have the option of either Equipped or PAW. Please note that a lifter cannot lift in both the Equipped and RAW divisions, they must declare one or the other. This year the meet Director is Rudy Garcia and Bruce and Maureen Cahill are the Assistant Meet Directors, Information about the Powerlifting event is available through the AAU National office. The contact persons are: Jessica Ruppel or Alex Lineras and they can be reached at: 407-934-7200. Their e-mail addresses respectively are Jessica:

jessica@aausports.org, and Alex's is: alex@aausports.org. WE HOPE TO SEE YOU THERE!!!

## **BROTHER BENNETT MEMO-**RIAL AWARD

This post September at the annual AAU National Convention in San Diego, CA AAU Powerlifting had the opportunity to recognize two individuals who sumbolize the commitment of Brother Bennett. Brother Bennett is recognized in our sport as a champion of sportsmanship in competition and was a leader in the fight to prevent substance abuse.

These two individuals have deep roots in the AAU. Our first recipient has been a member of the AAU since 1940 and a Life Member since 1964. He is the first AAU Life Member from Powerlifting. He is an International official in Powerlifting and Weightlifting. In fact he helped write the first rules of competition in our sport. Besides his extensive involvement in the AAU, he also officiates, reviews and revises the rules for many lifting organizations. He is a member of Powerlifting, Physique and Olympic Weightlifting's Hall of Fame. He volunteers a plethora of hours for our sport.

Our second recipient has been a member of the AAU since 1942. She is an International official, recognized in both Powerlifting and Weightlifting and the only woman to be inducted into both the Powerlifting and Olympic Weightlifting's Hall of Fame. She also volunteers a plethora of hours for

Together our recipients are a team. As a side note they are married and their first date was attending a Weightlifting meet. It gives me great pleasure to present to you the Brother Bennett Memorial Awards Recipients.... DON and FRAN HALEY.

## **OFFICERS AAU POWERLIFTING**

NATIONAL CHAIRMAN Harry Halverstadt 3756 Toronto Road Cameron Park, CA 95682 530-676-9729 E-mail: hcwzkds@jps.net

ASSISTANT CHAIRMAN Bill DePorter 106 Spyglass Hill Road San Jose, CA 95127 408-272-8693 (hm) 408-289-0311 E-mail:

william\_de\_porter@udlp.com

TREASURER Vacant CO-NATIONAL CHAIRMAN Nick Theodorou 5 Stonecroft Drive Easton, PA 18045 610-258-1894 FAX #610-253-6800 E-mail: nutritek@aol.com

SECRETARY Nancy Halverstadt 3756 Toronto Road Cameron Park, CA 95682 916-854-6712 (wk) E-mail: hcwzkds@jps.net

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57.5 117.5 250 RECORD KEEPEER (Three lifts) W. Phenis 77.5 50 72.5 40 102.5 230 112.5 225 M. Blasengame C. Carmichall 102.5 67.5 97.5 60 100 60 145 315 Glenn Wilkens V. Youngble 123 lbs. 31 Yale Dr. I. Williams 142.5 302.5 297.5 Richboro, PA 18954 M. Resendez 205.5 493 A. Kulbeth C. Carlisle 102.5 60 85 75 132.5 295 125 285 177.5 110 T. Davis 215-396-9902 85 227.5 472.5 102.5 175 447.5 E-mail: aaurecords@home.com 87.5 57.5 170 127.5 272.5 82.5 200 102.5 170 117.5 247.5 Web Site: http://members.home.net/ 62.5 100 242.5 A. Valley aaurecords (single and three lifts posted) D. Crutchfield 142.5 102.5 180 425 145 357.5 J. Rogers 150 355 B. Goodma 122.5 90 A. Ward 150 355 B. Goodma 137.5 322.5 R. Faughn 150 317.5 W. Busby 125 80 107.5 77.5 RECORD KEEPER, (Single Lifts) J. Hoyt C. Burkhart 132.5 102.5 160 395 Martin Drake T. Matthew J. Bir 67.5 92.5 117.5 75 182.5 375 21745 Twin Canyon Drive C. Hall 115 85 137.5 77.5 170 370 152.5 367.5 G. Scifries J. Holland 92.5 67.5 137.5 297.5 D. Prevatte Nuevo, CA 92567 60 52.5 125 270 102.5 245 142.5 70 909-928-4797 350 327.5 90 52.5 75 55 72.5 40 C. Matthew 105 235 107.5 220 J. Dutton S. Strobbe E-mail: ntrlpwr@pe.net C. Young S. Parker 117.5 80 130 137.5 310 J. Highfill J. Shirey J. Venable 52.5 1151 272.5 105. **AAU SPORT MANAGER FOR** R. Rodgers I. Huante B. Peeples D. Labert -110 **POWERLIFTING** 130 85 137.5 95 180 155 395 387.5 0 105 170 135 195 Alex Linares 120 125 82.5 170 372.5 220 lbs. **AAU National Headquarters** 125 75 170 370 137.5 62.5 167.5 367.5 J. Snow J. Stephens 105 220 510 C. Young J. Birch C. Brandon PO Box 22409 102.5 142.5 445 200 155 362.5 A. Shelton 152.5 352.5 M. Moore 142.5 97.5 182.5 422.5 142.5 92.5 185 420 132.5 75 Lake Buena Vista, FL 32830 120 80 152.5 352.5 105 67.5 172.5 345 117.5 72.5 155 345 407-828-5602 S. Jackson S. Tillman 120 95 85 170 375 87.5 147.5 330 170 375 E-mail: alex@aausports.org 1. Kulbeth 117.5 70 137.5 325 90 67.5 137.5 295 . Biggs 165 90 67.5 137.5 295 242 lbs. 97.5 56.5 137.5 291.5 J. Burks 192.5 102.5 242.5 537.5 Judkins **AAU Arkansas High School Meet** 135 285 122.5 275 97.5 192.5 445 95 177.5 437.5 75 147.5 367.5 97.5 65 122.5 275 B. Nesun. 65 75 107.5 247.5 G. McCul 82.5 52.5 112.5 247.5 J. Rice 9 150 — S. Todd 3 Feb 01 - Jacksonville, AR (kg) G. McCull FEMALE SQ BP 155 340 D. Paradise C. Allison 52.5 107.5 110 0 155 130 165 lbs. 105 lbs. 167.5 87.5 220 475 137.5 S. Carpino T. Bratton 150 0 42.5 25 70 142.5 107.5 192.5 442.5 275 lbs.
142.5 87.5 190 440 S. Ray
135 120 182.5 437.5 M. Brown
142.5 105 187.5 435 C. Johnson 114 lbs. 192.5 122.5 230 87.5 207.5 A. Echlin 50 542.5 145 205 17.5 220 123 lbs. B. McMun 122.5 95 180 397.5 C. Johnson 125 97.5 172.5 395 J. Tucker 65 142.5 110 220 500 L. Castell 47.5 30 75 75 170 34 147,5 -132 lbs. C. Herringto 137.5 90 140 72.5 165 392.5 C. Williams 172.5 385 319 lbs. 107.5 210



R. Stafford

S. Rawls

165 lbs. L. Swndle S. Fonticiella

148 lbs.

198 lbs.

J. Norton MALE

C. Carroll

35

42.5

75

75 60

92.5 192.5 D. Boling

42.5 100 212.5 S. Pearsc 47.5 90 212.5 K. Owen

172.5 392.5

52.5 110 237.5

82.5 62.5 120 265

72.5 102.5 255

242.5

K. Cobb

181 lbs.

K. Lidge M. Winkelpl

C. Walker

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117.5 75

155 115 172.5 97.5

155 90 ck 152.5 77.5

95

142.5 87.5 152.5 382.5 C. Boggs 117.5 85 167.5 370 SHW

145 -

192.5 462.5

177.5 407.5

97.5 75 152.5 325 52.5 62.5 125 240 152.5 325

155 347.5 C. Gilbert

215 467.5 A. Bowden 197.5 467.5 181 lbs.

Open 198 lbs. J. Singleton 242 lbs.

182.51427.5 Open Submaster 181 lbs

K Mattison

137.5 82.5 180 400 (Thanks to Larry Kye for providing the results

157.5 342.5 J. Vick

This is a membership application form. Complete all areas and return Part One to the address shown. For information on registration and program, call 1-800-AAU-4USA. AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primar operant) for all properties.

	Spe	nary covera ecific details	ge) for all properly s on coverage can be	e obtained from your	local AAU Assoc	ciation.	s of member c	Regular Fee	"AB" Fee
ANNUAL N Youth Athlete Coach Volunteer or Adult Athlete	Official s in the	Following	10.00 12.00 12.00 Sports: 10.00	12.00 14.00 Not Available 12.00	Adult Athletes Baseball, Biathlon Kayak, Gymnastic (Decathlon, Penta Surfing, Trampolin Adult Athletes Field Hockey, Fial Rugby, Soccer, W Adult Athletes	n, Basketball, Ics, Modern Peathlon), Physicine & Tumbling in the Follog Football, Hovater Polo and	Broomball, Cycling entathlon, Multi-Evi que, Softball, p. Triathlon, and W owing Sports: lokey (Ice and Roll Wrestling.	ents leightlifting 20.00	23.50 25.00 25.00
Diving, Fencing, Challenged, Rac	Golf, Jur	np Rope, Phys. Rowing, Sailin	wling, Canoe, Cross Cou cal Fitness, Physically g, Squash, & Field, and Volleyball	ntry.	Chinese Martial A Adult Tae Kwi Adult Powerlif	on Do Athle	tsu, and Karate etes	20.00 30.00	Not Available 35.00
			SPORT CODE	ASSOCIATION CODE	CHECK	7	Adult Prog	Coach Official ram Added Benefit E-Mail	
THE AM	NATEU	RATHLETIC	UNION OF THE UNIT	ED STATES, INC.	ARE YOU ALREADY	COVERED W	TH HEALTH & ACC	IDENT INSURANCE?	Yes No
Date of Birth	Age	Sex □Male □Female	Application Date Soci	al Security Number				ode as well as not limited to: bin	
First		Middle	Last		membership d	lues, I certi	fy that I have	ne AAU. By payi never been convi- ply for membersh	cted of any se
Address					approval) throu	ugh the AA	U National Of	fice.	
City			State	Zip Code	NOTE: Parent/	'Guardian s	ignature requi	red if member und	er 18 years old

E-mail: nutritek@aol.com

152.5 92.5 165 410

220 137.5 205 562.5

195 127.5 205 527.5

147.5 160

182.5 115 142.5 440

170 200 550

140 197.5 497.5

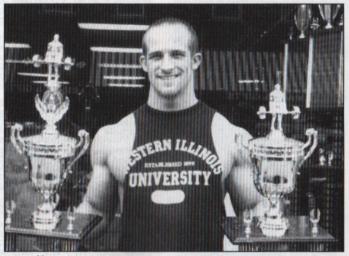
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## IPA Woodmen of the World BP 14 Apr 01 - Moncks Corner, SC BENCH 242 lb. AM Teen (14-15) M. Effner 148 lb. 250\* D. Dennis 4051 Masters (50-54) 225\* 198 lb. 205\* Police 198 lb. T. Hasla nior 148 lb. 300 C. Diggers Open 220 lb. G. Nobles Police 220 lb. 290\* Masters (50-54) 310 G. Haslam 316 245 lb. G. Nobles Open 242 lb. J. Manley 310 315\* PRO 500° (40-44) 220 lb. 198 lb. 400! E. Bell 390° Open 308 lb. Submaster (33-39) D. Thompson 580° \*-State record. !-NC record. (Thanks to Floyd

Powe, IPA South Caolina Chair, for results).

MEN		198 lb.	
Open 165 lb.		W. Strosmder	375
A. Spielman	395*	4th	380
198 lb.		R. Carney	350
3. Scrogin	360	220 lb.	
220 lb.		D. George	340
. Wolff	350	242 lb.	
HW		Steve Markham	4201
. Betzer	330	275 lb.	
een 123 lb.		Mark Wittier	350
M. Gamble	135	SHW	
Ith	140	Loren Betzer	330
65 lb.		Master (50-59)	
M. Collins	280	220 lb.	
th	300	H. Collins	440
. Kuntz	205	Submaster	
unior 181 lb.	17-239	198 lb.	
). Zaworski	375	T. Coduto	375
Master (40-49)		4th	385

n. With just sixteen competitors from Illinois, Missouri, Wisconsin who came from Illin and Kansas, we still had a great meet filled with tive energy. In the teenage men's division, time competitor Mike Gamble did well at 123. Mike finished with 135, followed by a 140 personal best fourth attempt. At 165 it was Marell Collins over Paul Kuntz 280 to 205. Marell's 280 was a personal best, as was his great 300 fourth attempt. Paul had just come off of his win at the Missouri State "Raw" Powerlifting Championships two weeks be-fore. In the junior men's division, Dave Zaworski



Best Lifter at the USA 'Raw' Bench Press Federation Spring Nationals: Andy Spielman with a 395 pound bench press in 165 open. (Photograph provided courtesy of Dr. Darrell Latch to Powerlifting USA).

surpassed his own mark of 385 was close, but failed to lockout. Tony Coduto kept getting with a chonew attempt, taking pr's at 375 and 385 in stride and even coming close 220. Thanks to my son Joey and Daniel Moutria, with 400, winning the submaster 198 class for his second national in a row. In the master men's 40-49 division we had our biggest class with six competitors. At 198 it was a close race, with Wally Strosnider the winner over Russell Carney 375 to 350. Russ had gone for 380 for the win, and would have gotten it, if it weren't 20 Jan 01 - Green Bay, WI for a bad wrist. Wally then went on to get a fourth with 380, seemingly easier than his 375 third attempt. Dennis George came all the way from Wisconsin to take the 220 title, finishing with a strong 340. At 242 Steve Markham had a great day, getting two news results 405. 20 Jan 01 - Green Bay, WI SQ BP DL TOT 240 135 315 690 a great day, getting two new prs with a 405 N. Wilson 255 100 275 630 second attempt and a 420 third. Mark Wittler 165 lbs. continued his dominance at 275 with his win L. VanBusKirk 300 215 355 870 there, finishing with a strong 350. At SHW SHW Loren Betzer won both the master and the C. Reynolds 350 185 275 810 open classes with a best of 330. Loren came all MEN the way from Leavenworth, Kansas to compete. In the 50-59 division Hank Collins once

B. Tafelski 290 275 360 925 pete. In the 50-59 division Hank Collins once
again won the title at 220. Always consistent,
Hank finished here just five pounds off his own
national record of 445. Andy Spielman looked
strong as he powered up 395, to tie the existing
national record set by Jason Carson three years
ago. Weighing in at 157, Andy also earned best
lifter honors for the competition. Brad Scogin
(always late) tied by personal heat with 300 for
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(al 405 470 1355 555 1505 570 1450 545 1380 325

ed his title at 181 from the s, finishing with 375. A final a onal record 390 (which w	ttempt with	the win at 1	98 open. Brad a	nal best with 360 for Imost got a pr when came within inches	R. Stilis B. Miller C. Lull	580 500 490	355 390 325	605 550 500	154 144 131
	Intern		l Power Lifting for	lifting Asso Lifters"	ciation				
		Appli	cation for	Registration					
Last Name	March Colonia	First	Action Const.	Initial	New		Rei	newal	
Street Address	no have to	AINE	R CELANN	City	WE HOPE TO	) SE	yeu	7010	
State or Province		A Section 40)	Zip Code		Country	a Au			
Telephone	Date of Birt	th	Age	Sex	ProElite Am			ATOM The	
Sign if above answers a	ire correct.	Parents sig	n if under 18 y	ears.	Date				
Registration Fee: Payment is accepted in Payment can be maile		of cash or	money order		n be made to			hairma	ın.

R. Berg	405	230	550	1185
220 lbs. M. Becker	660	450	590	1700
J. Halverson	620	355	600	1575
K. Pingel	515	360	580	1455
B. Vivier	220	365	550	1445
K. Belisle	570	380	495	1445
C. Emnott	540	300	550	1390
242 lbs.	340	300	330	1390
P. Andrich	655	415	655	1725
F. Nowak	615	440	600	1655
B. Salscheider	625	395	625	1645
D. Heyerdahl	555	380	565	1500
275 lbs.	333	500	303	1300
I. Troxel	635	405	675	1715
S. Schoen	575	380	655	1610
SHW				
I. Eddy	605	405	575	1585
Masters 181 lb	5.			
G. Zangl	465	415	570	1450
B. Sullivan	470	300	475	1245
E. Piwonski	405*	300	440	1145
D. Felton	360	250	545	1155
198 lbs.				
B. Dove	415	280	480	1175
B. Miller	500	390	550	1440
B. Briggs	410	290	425	1125
R. Hanson	400	310	505	1215
K. Parrson	300	175	310	785
220 lbs.				
B. Vivier	530	365	550	1445
R. Littman	405	245	450	1100
C. Cornelius	405	330	425	1160
R. Morton	380	270	420	1070
242 lbs.				
G. Steele	565	360	620	1545
S. Coogan	465	225	535	1225
275 lbs.				
R. Sadowski	435	270	520	1225
<b>Guest Lifter</b>				
242 lbs.				
S. Cain	600	465	650	1715
Disqualified				
148 lbs.				
J. Nowak	-	-	-	-
132 lbs.				
S. Campbell	-	-	-	-
165 lbs.				
J. Manning	- Er Incoh	-	-	ALE: Ula
Doct Liftor MAAL				

Best Lifter MALE: Jacob Wolter, FEMALE: Lisa VanBusKirk. New State Record Holders: Greg Zangl (age 40), 181 Masters, Bench Press 415 lbs., Deadlift 570 lbs.; Shawn Cain, 242 Mas-ters, Bench Press 465 lbs. TEAM Places: 1ST Neena/menasha YMCA, 2nd Ford's Gym, 3rd Team Flex. (Thanks to USAPL for providing the

## USAPL 4th Apple's Idaho State

17 Mar	01 -	daho Falls, I	D
BENCH		Wettach, E.	250
WOMEN		220 lb. (55-59)	
Open 132 lb.		Unione. A.	270
Wettach, C.	105	242 lb. (55-59)	0.0
148 lb.	- Amb	Davis, B.	340
Compton, E.	150	275 lb. (55-59)	
Stevens, T.	105	Acey, E.	425
MEN		(40-44)	
Open 132 lb.		Eyre, K.	340
Holbrook, M.	200*	DEADLIFT	
Emmitt, T.	-	WOMEN	
165 lb.		Open 132 lb.	
Crosby, A.	-	Wettach, C.	255
181 lb.		148 lb.	
Baker, B.	330	Stevens, T.	210
198 lb.		MEN	
Compton, B.	370*		Decare of the last
220 lb.		Holbrook, M.	315*
Leavitt, A.	430*		
Nielson, R.		Haskett, P.	560
Cook, B.	335	Nielson, R.	450
242 lb.		275 lb.	
Thompson, D.	440	Thompson, P.	575
275 lb.		Stewart, B.	530
Thompson, P.	360	Teen (16-17)	
Stewart, B.	310	198 lb.	
319 lb.		Thompson, D.	360*
Marchant, D.	50	Master (60-64)	
Belap, R.	380	181 lb.	400
Teen		Wettach, E.	460
198 lb. (16-17) Thompson, D.	2254	242 lb. (55-59) Davis, B.	650
Master (40-44)	223	275 lb. (40-44)	630
181 lb.		Schuhz, S.	535*
Baker, B.	330	(40-44)	333
(60-64)	330	Eyre, K.	510
*=State Record		CH Placement b	-

State Record, BENCH Placement by Formula WOMEN: Compton, Wettach, Stevens. MEN'S Teenage: Thompson Masteracey, Davis, Baker, Wettach, Unione. DEADLIFT Placement by Formula WOMEN: Wettach, Stevens. MEN'S Teenage: Thompson. Master: Davis, Wettach, Schultz, Eyre. (Thanks to USAPL for the results)

ISA 2001 Nationals 24 Mar 01 - Douglasville, GA J. Jackson A. Rowell 200! W. Dix D. Threlkeld 185 (35-39) 380 G. Danie 315 308 lb. (40-44) D. Randall 165 lb. Open 425! SHW Open 215 J. Heard Jr. D. Hamby B. Bradley (45-49) D. Hamby (35-39) 425! J. Heard Jr. 181 lb. Teen DEADLIFT G. Taylor 3501 I. Barton 275 A. Rowell Open 430 I. Thompson 525!

520!

500\*

450\*

450\*

365

550

575\*

450\*

H. Bull

C. Coffmar

D. Hagan

(35-39) H. Bull (45-49)

G. Gle

(50-54)

L. Hill

B. Corley J. Barron

(50-54)

(55-59)

J. Shoaf 220 lb, Teen

A. Hagan

McChe

S. Morgan

(40-44)

R Danie

(45-49)

I. Parish

(40-44)

M. Murphy

. Grizzle

C. Rice 275 lb. Teen

G. Zachary R. Fowler

123 lb. Teen G. Zachary R. Fowler

148 lb. Teen

Open I. Thompson

A. Dion 181 lb. Teen

A. Rowell

(50-54) D. Thomp

(45-49)G. Gle

(50-54)

198 lb. Teen

T. Sheffield T. Rhinehart

L. Hill

S. Ford 97 lb. Pre-Teen

(55-59)

242 lb. Teen

198 lb. Oper

365 181 lb. Open

355 W. Tracey

A. Thyron 365\* 4th

315 (40-44)

(45-49) 295 G. Glen

265 (50-54)

420 4th

375 Junior

350 T. Allen

Open 350 T. Allen

305! (45-49)

425 Junior

L. Hill

275 198 lb. Teen

K. Smith

220 lb. Open

310! A. Biangasso

250 242 lb. Open

365 275 lb. Open

375! B. Smith

(35-39) 360! G. Daniel

325! (40-44)

P. Ciaramello 375 4th Attempts

198 lb. Teer 280 T. Sheffield

242 lb. Teen

162

550!

525

115\*

60 92

60 92

350

525

350 225 300

315 470 785!

285 365 650

275 450 725\*

450 340

115\* 162\*

(55-59) 235 H. Pate

32

32

200

315

235 400

G. Daniel

J. Keating

Darrell Hamby at the ISA Nationals. He competed in the open and masters 165 lb. class and won 1st place in both divisions. He was also best lifter with a 425 bench which was his opener. He also bench pressed his bodyweight 42 times and won first in the bench press rep contest too. (Photo courtesy Darrell Hamby).

1988			
Open			750
H. Pate	290	460	750
220 lb. Open	200		975
S. Morgan	390	585	950
A. Biangasso	365	585	
R. Keith	350	525	875 855
J. Smith	315	540 450	760
A. Fowler	255	400	655
L. Batchler	255	400	633
(35-39) A. Fowler	310	450	760
	310	430	760
(40-44) R. Keith	350	525!	875!
242 lb. Teen	330	3231	0/31
D. Gilbert	275	415	690
Teen	2/3	413	030
I. Bently	250	400	650
(35-39)	230	400	050
B. Sturdivant	335	575	910!
275 lb. Open	333	3,5	
B. Smith	275	550	825
(35-39)		-	
G. Daniel	380	665	1045
B. Putriam	315	510	825
SHW Teen	981	T B	80.2
D. Allen	285	450	735*
Open			
B. Bell	370	455	825*
BP/BDWT.	Bdwt.	Reps	
D. Hamby	165	42	
J. Bugg	200	33	
J. Thompson	145	30	
A. Cheatham	195	28	
W. Dix	260	22	
A. Biangasso	220	22	
J. Barton	170	21	
W. Tracey	180	18	
R. Smith	240	15	
J. Keating	230	15	
J. Smith	215	15	

\*-New National record. !-Breaking National record. \$140 Cash Prize in this event went to Darrell Hamby for benching his own weight 42 times! 60 new records set, 69 total competi-

tors. More than 60 records were broken on the first anniversary of the International Strength Association, during the I.S.A. 2001 Nationals. Every time we have an event lately the competition seems to get better and better, both from new people, and our own original member from our first meet one year ago. The meet started out with our new division, the Pre-Teens. In this new division it is required that the lifter complete ten reps of the chosen weight in order to make a successful attempt. We do this in an effort to prevent the damage Trm could possibly do to a youngster. Grant Zachary came out on top with a 47x10 Bench Press and a 115x10 Deadlift at 10 years old. Roy Lee Fowler (10) followed Grant, and Clay Lumpe came in third with a 32x10 Bench Press Lumpe came in third with a 32x10 Bench Press and a 60x10 Deadlift at 6 years old! At 148 teen, Adam Rowell took first Place and Broke the Deadlift, Total, and Bench Press records with 200, 350, and 550 at 17 years old. J.T. Thompson competed in the 148 Open and put his Deadlift up to 525! After the successful attempt he walked off of the platform, turned and smiled, and then passed out. Anthony Biangasso had the quick reflexes to catch him before he hit his head on the weight trees, and we thank God for that. Since all of this hapned off of the platform he was credited with pened off of the platform he was credited win the lift. Danny Thompson entered into the 148, 50-54 division and set new records for all of the lifts. He is definitely one of our greats, holding 7 national records in our organization. Darrel Hamby stormed into the 165 Open and 45-49 and nailed his 425 opener Bench Press. He had a near miss with 440, and later went on to rep a near miss with 440, and later went on to rep his bodyweight 42 times. In the 181 we had Jeffrey Hudson take first place and a record with his 430 Bench, and William Tracey took the Deadlift record with 520, 198 had Anthony Cheatham running away with the Bench record at 420. The next 198 match-up will very excit ing as two of our other 198's opened up with over 400 and bombed. They'll want revenge. 220 Class was 6 deep in the Open, and Sear Morgan ended up as the one on top, winning with his Bench press over second place Anthony Biangasso. 242 had Barry Sturdivant pulling 575 at the subs, and at the 275 our two big standouts were James Jackson Jr. and George "Cat" Daniel. James posted a 520 Bench to take the Open record, and George pulled 665 for the Open and Sub record. Paul Ciaramello took the 40-44 with a 575. One of the people most talked about at the meet was

199: Isaac, 200-214: Medlock, 215-229: Grays,
definitely David Randall. David competed in
his first meet in March, and he's decided to give
to Ron Grays for providing the meet results).

this a try instead of national level arm wres tling. He came in at about six feet six and 44 years old, 291 pounds, and very lean. Huge shoulders and arms. David had been sick the day before the meet so he came in with a modest 425 opener. 465 was next, then 500.
All of these attempts reminded me of warming up with the bar! He took a jump to 550 and just missed it on a fourth attempt. Next time he plans to get 550 or better and is going to be giving a Bench Press Shirt a try. John Heard Jr. was the best bencher of the day with his 540 opener, and he did no more. We handed out over \$600 in gift certificates good for meet entry and other items to our winners and prize to Darrell Hamby, and this is only the beginning. To find out about upcoming events, get meet entry forms, see the records, rules, or learn how to contact us visit www.isapower.tv. We'd also like to thank POWERHOUSE GYM of Douglasville, GA, FLEX GYM of Villa Rica, of Douglasville, GA, FLEX GTM of VIIIA RICA, GA, TOTAL FITNESS of Lithia Springs, GA, and THE GYM of Bremen, GA for their support, along with all of the event staff and lifters of the 2001 1.S.A. Nationals. (Thanks to 1SA for pro-viding the results of this contest to *PL USA*).

## **NMCP-NNSY Bench Press Meet**

15 Feb	01 -	Norfolk, VA	
BENCH		Bellard-175	325
WOMEN		Huston-175	350
Open		Hall-177	290
Schultz-128	140	185-199 lb.	
Page-198	-	Burrage-186	280
Lewis-144	135	Lee-193	170
MEN		Walker-196	315
Master		Isaac-196	380
Gaskins-260	400	200-214 lb.	
Clark-200	340	Clark-200	335
Jordan-215	325	Coxwell-208	315
139 lb. & Under		Medlock-206	395
Callos-130	205	215-229 lb.	
140-154 lb.		Garys-224	455
Mowery-152	240	Jordan-215	325
Maloy-152	260	Gank-260	440
155-169 lb.		Tate-244	275
Washington-164	285	Gaskins-260	405
170-184 lb.		McMillan-238	315
		ners - Schwartz Fo	
		Callos, 140-154: A	
155-169: Washin	gton	170-184: Housto	n, 18



At the NMCP-NNSY BP, William Mowery (Men 140-154) 2nd with bench of 240; Bryon Grays (215-229) 1st with bench of 455; Derek Bellard (170-184) 2nd with bench of 325. (Photo by Valerie Wright).

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Dave Ricks' Top Ten list of Powerlifting Tips provided by Rick Fowler.

A 5 time IPF World Champion, Dave has the most IPF titles among lifters who are still active. A Commander in the United States Navv. Ricks conducts himself with the highest level of professionalism, both on and off the platform. Specifically, his lifting is mighty impressive! He owns 3 Open National records between the classes of 165 and 181, and appears to have a secure lock on the 181 title for as long as he wants it. He is currently stationed in Japan, and has recently begun directing meets at his base. USAPLNATIONALS.COM thanks Dave Ricks for his contribution to the Top Ten list!

2001 USAPL NATIONAL MEET SCHEDULE Jun 10, USAPL Teen/Junior National Powerlifting Championships, Chicago, Illinois, Dennis & Sandi Brady -773-561-9692.

Jun 16, USAPL Squat Nationals, Culpeper, Virginia. John Shifflett - 804-985-3932.

Jul 12, USAPL Men's National Powerlifting Championships - Lincoln, Nebraska, James Hart - (402) 470-3672, email: JMSHRT@aol.com

Aug 25, USAPL Lifetime Drug Free National Powerlifting Championships, Culpeper, Virginia, John Shifflett - 804-985-3932

Sep 22, USAPF Bench Press Nationals, Bedford Heights, Ohio, Ed King - (440) 439-5464.

Oct 7 USAPL Deadlift Nationals, Newark, New Jersey, Bill Claton - (908) 496-4172.

Nov 00. USAPI Police & Fire National Powerlifting Championships, Culpeper, Virginia, John Shifflett - 804-985-3932

10. Technique - Be very focused on your technique for each lift. Poor technique can have a big difference on how well you can achieve your training goals. If you train with poor technique you will compete the same

9. Simple Workout - Each workout in training for a meet should focus on the key lifts and some assistance exercises. Ideal training period should be 8 to 12 weeks. The assistance exercises should be done for high reps but not peaking. If you train all exercises to peak like a bodybuilder you will overtrain your muscles.

8. Off-Season - I consider the off season is a period when I do not have a meet in the next 3 to 4 months. This is a great opportunity to try some different training routines and give your mind and body a mental break by not going as

intense like during your meet train-

7. Competition - When you compete at a meet, do not get all concerned who is in your weight class. Try to focus on your goals and let the numbers speak for themselves. I have seen lifters who get so psyched out by their competition before the meet begins.

6. Listen - Be very open to comments and criticism on training and technique. Tru to also be an avid reader on strength training. Knowledge doesn't happen overnight. Consider this a long journey toward improvement. This includes listening to your body. If something doesn't feel right, back off your training and if necessary see a doctor. The old saying of "NO PAIN -NO GAIN" doesn't work in the real world.

5. Mental - You want to be very focused when you train and who you compete. Your mental intensity is just as important as your physical training. Your body can do amazing things if it is channeled in the right direction.

4. Balance - Remember the world does not totally revolve around Powerlifting. Keep your family, faith, work, and powerlifting in proper perspective. Do not put so much effort into powerlifting and have the other aspects of your life go down the tubes.

3. Partner - Try to get a good training partner. This should be someone who can give you mental support and push you to the gains. 2. Equipment - Invest in a good weight belt and shoes. As you get more seasoned, then get a bench shirt and squat suit.

And, the number 1 strength tip from Dave Ricks

1. Fun - Overall, the whole idea of training and competing is to have fun, enjoying yourself, and meeting fellow powerlifters.

## NV 89801, P: 775-754-2374. New **USAPL National Contest Qualifying totals**

the meet in which the National meet is being held.

Women	97	105	114	123	132	148	165	181	198	198+		
Open	496	540	595	650	710	760	793	832	876	898		
Lifetime's	496	540	595	650	710	760	793	832	876	898		
Collegiate's	365	391	418	440	462	507	545	589	640	655		
Teen (14-19)	335	358	385	407	435	479	518	562	610	625		
Junior (20-23)	360	385	413	440	462	512	551	600	655	672		
Master (40&up)	A Tot	al in a	USAPL	Sanct	ioned I	Meet						
High School	A Tot	al in a	USAPL	Sanct	ioned M	Meet						
Men	114	123	132	148	165	181	198	220	242	275	319	SHW
Open	845	955	1070	1275	1400	1500	1575	1660	1700	1735		1775
American Open	760	860	965	1145	1260	1350	1420	1460	1500	1530	1585	1585
Collegiate's	655	760	885	1025	1075	1145	1250	1275	1290	1305		1325
Teen (14-15)	585	680	730	825	875	925	950	975	1020	1045		1070
Teen (16-17)	630	730	800	925	995	1035	1070	1135	1150	1190		1215
Teen (18-190	645	750	875	1015	1065	1135	1240	1265	1280	1295		1315
Junior (20-23)	695	810	940	1095	1200	1250	1365	1380	1400	1425		1450
Master (40& up)	A Tot	al in a	USAPL	Sanct	ioned I	Meet						
High School	A Tot	al in a	USAPL	Sanct	ioned I	Meet						

NOTE: All Nationals now have only 275 lb. and SHW weight classes as these meets are now IPF World qualifiers and follow IPF rules; the American Open (formerly Lifetime Drug Free Nationals) has not IPF Worlds and therefore currently has 319 lb. and 319+ lb. classes as can ALL local, state and regional meets. NOTE: National Meet Qualification Total must be in a USAPL-sanctioned meet on or after Jan. 1 of the year before

Collegiate Police & Fire High School Special Olympian

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Date Of Birth:

Name:

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Address / City / State / Zip Code:

Master (40 yrs. & up) Special Olympian - \$10.00 Tax Deductible Donation

\_ Age: \_\_\_\_\_ Sex: \_\_\_\_ U.S. Citizen? \_\_ **USAPL Merchandise:** 

who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so cho
(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following y

•Logo T-Shirt = \$15.00 (Size \_\_\_ •Rulebook = \$25.00 •Logo Patch = \$5.00 •Polo Shirt w/Logo - (s-xl) = \$35.00 (xxl & up) = \$37.00

(navy - white) (Size\_\_\_\_ Qty. \_\_\_)

•Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 (navy) (Size \_\_\_\_ Qty. \_\_\_)

•Logo Hats (denim – black – white) = \$15.00 •Referee Designation Polo w/Logo- (s-xl)=\$30.00 (xxl & up)=\$32.50

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As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is 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.

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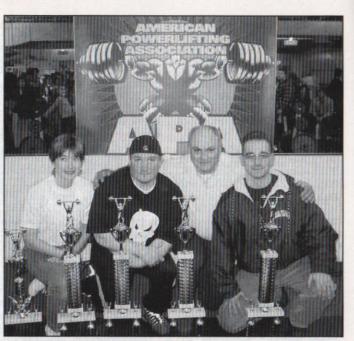
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USPF Ce	-			0,	275 lb.				
7 Oct 00 -	San I	Luis C	bispo	, CA	M. Sanchez	262.5		225	637.5
BENCH		Master			D. Brown	227.5	182.5	227.5	637.5
Open 148 lb.		(40-44			308 lb.	1000	Later .		
A. Contreras	42.5	A. Ram	sey-34	2 257.5	P. Leonard	330.5		227.5	
181 lb.		Kanem	oto-19	5 207.5		240	180	272.5	692.5
R. Lopez	132.5	R. Lope	ez-181	292	SHW				
198 lb.				44 150	G. Brink	322.5		337.5	
K. Kanemoto	207.5	(45-49)	)		D. Dallmeyer		172.5	272.5	717.5
M. Reifkind	162.5	S. Brov	vn-308	205	Submaster (35-3			240	
G. Nishida	145			10 190	B. Waybe-198 J. Oswood-143	220 145	147.5 125		607.5
220 lb.			hida-18	4 145	C. Beltromo-298		175	187.5	437.5
S. Pena		(50-54	1 100		C. Smeland-198		and the second	187.5	
E. Soto		R. Tsut			Master (40-44)	100	137.3	107.3	403
M. Womelsdorf	137.5	(FE FO	15-220	167.5	Kanemoto-195	275	207.5	240	722.5
242 lb.		(55-59) E. Riffe		97.5	I. LaGrill-232	247	167.5		660
R. Kitani	242.5	(60-64	1103	37.3	J. Hayes-181	365	292	474	1130
D. Robuck	197.5	I Mari	ino-165	120	C. McGuire-362		150	250	552.5
275 lb.	205	(65-69)		120	Womelsdorf-207		137.5		477.5
N. Simon	203	S. Cole		117.5	(45-49)	AID			
R. Magni		Teen			Ridgeway-264	240	182.5	240	662.5
308 lb. L. Contreras		Lightw	eight		S. Brown-279	272.5	205	250	727.5
		A. Mor		100	D. Brown-259	227.5	182.5	227.5	637.5
W. Garvey SHW	1/2.5	A. Con	traras	42.5	Arredondo-212	212.5	162.5	215	590
A. Ramsey	257 5	WOM		Pilifican	G. Stevens-245	237.5	130	225	592.5
A. Kallisey	237.3	M. lace	obson-1	51107.5	(50-54)				
		J. Santa			G. Brink-306	322.5	200	337.5	860
Open	SQ	BP	DL	TOT	R. Tsutsui-192	235	175	200	610
132 lb.					Dallmeyer-310	272.5	172.5	272.5	717.5
O. Rogel	157.5	85	190	440	B. Evans-220	225	167.5	225	617.5
148 lb.					MacKenzie-219	195	115	205	515
S. Layman	257.5	162.5	245	665	(55-59)				
165 lb.					D. Dienalt-210	265	182.5	260	707.5
G. Covarrubias	210	110	250	570	T. Miller-152	405	209	468	1085
C. Balanga	192.5	160	215	567.5	E. Hill-175	204	270	314	788
F. Mulhair	190	140	222.5		(60-64)	STEE			
B. Pearson			172.5		C. Haflich-234	160	117.5	182.5	460
T. Walker	107.5	80	137.5	325	(70-74)				
181 lb.					R. Smeland-194	157.5	120*	187.5	465
R. Lopez	165	132.5		512.5	Lightweight				
W. Jenson	122.5	87.5	167.5	377.5	Kelii-123	167.5	100	172.5	
198 lb.	3051	W. Est		A PARTY	C. Bullara-114	120	62.5	130	312.5
G. Jones		197.5		792.5	D. Hines-132	80	47.5	102.5	230
K. Kanemoto	275	207.5		722.5	Middleweight				
H. Becerra	232.5	160	232.5	625	S. waits-134	115	60	120	295
V. Calia	160	122.5	205	487.5	J. Santana-148	102.5	67.5	122.5	292.5
220 lb.		OL IN	1000	recomm	K. Mulhair-137	95	67.5	100	262.5
S. Waits	335	200	285	820	Heavyweight	0.5		***	250
J. Burnell	322.5	200	292.5	815	L. Baldridge-192		50	115	250
P. Hopkins	297.5		275	747.5	Teenage Lightwe		0.	1/75	440
P. McNeil	260	175	230	665	O. Rogel-131	157.5	63	167.5	440
L. Rector	230	172.5	227.5	630	Heavyweight	295	147 5	240	670
R. Arrendondo	212.5		215	590	Anderson-203		147.5		670
J. Mancini	197.5	150	202.5	550	M. Higgins-238				
242 lb.	200 -	242.5	0000	707 -	M. Dudley-213 !-Ties State Reco		137.5		597.5
R. Kitani	290.5		262.5						
R. Meulenberg	247.5		260	667.5	Outstanding Lift				
l. LaGrill	247.5	167.5	245	660	Brink. Team: Hug				
T. Hunt	252.5		240	640	to Jim and Sue L				
K. Westbrook M. Frutoz	212.5 137.5		182.5	555	Gene Estrada for				

## APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	First Name	Initial	Date of App	
Street Address	City	State or Province		
Country	Zip Code	Telephone	Number	
Date of Birth A	age Sex Mail	and make chec	cks payable to	
Social Security Nu		P.O. BOX 2720 EL JOBEAN,		
Registration Fee: \$	20 High School A	thlete: \$10		
Parents Initial	I Certify tha	natheup brow	Til april de a	
If Under 18 yrs.	the above an			

are correct



Best Lifters at the APA Connecticut Open: (left to right) Lori Stiegler, Erik Cormier, Roland Cote, Daren Altieri. (courtesy of Donna Slaga)

18 Mar 01 - Willimantic, CT WOMEN 123 lb. J. Mugovero-269 430" R. Altieri-195 340 L. Stiegler-42 165 lb. Master 60-69 (f G. Deals-199 225 123 lb. 135 148 lb.

**APA CT Open BP** 

C. Calkins 165 lb. Teen 13-16 (formula) Teen 13-16 (formula) T. Taylor D. Rivers-171 320 D. Altieri M. Marik-144 265 A. Donovan D. Rivers-158 275 198 lb. Teen 17-19 (formula) T. Stucke
J. Beaudry-170 325 M. Taylor
R. Abely-215 310\* 220 lb,
Exarhoulias-157 250 E. Cormier M. Bessette-158 245 J. Sprague J. Retkowski-202 260 A. Murray van-169 335\* D. Held-151 210\* 242 lb. Submaster (formula) B. Sisk A. Murray-214 430 275 lb. M. Bryne T. Toland B. Ford-307 465\* A. Fornaro-310 465 A. Tuller Master 40-49 J. Abely-202 Champion was Vincent Pichay, Vincent weighed
D. Wilcox-239 405\* B. Ford 465
Master 50-59 J. Maninges 450
World Master's Record of 225. Vincent came ever so close with an incredible 240 as well.
PR. Cote-220 430 A. Fornaro 465
SHW great day in winning the 148 lb. class and State Record. \$-Best Lifter. The APA CT Open Bench Bash was held at the Willimantic YMCA Health & Fitness. Thanks to Harry Carboni for Allieri won the 181 lb. class and took home the hosting this event and many thanks, to Mark lightweight best lifter trophy. The 198 lb. class Slaga, Janet Arel, Gary Larson, Bill Grim, Lon & was won by Tom Stucke with a 410, he looked Dawn baker, John Dugas, Lynn Cannamela good for another 15 lbs. The 220 lb. class and Andy Mecteau for all of their help The featured Erik Cormier. Erik broke a 9 yr. old CT Stiegler benched an APA World Master's Record best lifter honors, Brian Sisk won the 242's with

after missing it on a 2nd attempt. Well done, Mike. In the 17-19 division, Josh Beaudry came out on top with a great 325 on a nice 3 for 3 day. Rich Abely, son of CT State Record holder mula) Jim Abely, proved "like father, like son" as he wrote his name in the CT State Records as well with 310. In the Junior division, Allen Donovan 335 followed by first time competitor David Held, who set a CT State Record as well, in the 165 h. class. The Man's Submaster division. Held, who set a CT State Record as well, in the
165 lb. class. The Men's Submaster division
was a tough class with everyone going over
345\$
400, MA's Al Murray came nut on top with a
rock solid 430. Brendan Ford set a new CT
State Submaster's Record with 465 and looked
good for more. In the Master's 40-49 division,
CT State Record holder Jim Abely was our
winner followed by David Wilcox Sr. who
480\*\$ smashed his own CT State Record with a really
nice 405. The Master's 50-59 division featured
430 perennial winner, Roland Cote who gave an perennial winner, Roland Cote who gave an APA Master's World record a ride. It wasn't meant to be on this day, but we'll be seeing it soon enough. Roland walked out with the Master's best lifter trophy. Joe Mugovero made his return to the platform in style with a new CT State Master's Record of 430. I know I'll be seeing him break that again soon. The Master's 60+ division was won by Gerry Beals who just turned 60. Gerry looks like he's in his 40's, I think he has a fake ID. The Men's 123 lb. n was Vincent Pichay, Vincent getting a nice 305 PR. Tom Taylor, always a force in the 165's, made a fine 325. Daren Altieri won the 181 lb. class and took home the State Record with his 480. He also took ho Stiegler benched an APA World Master's Record
165 and came ever so close with 170 while
winning the lightweight division and best life.
Next time the 170 will go Lori, no doubt. Lynn
Cannamela won the middleweight division
and set a CT State Record in the submaster
division. The teenage class is growing meet to
meet with 8 battling it out for the top spots this
time around. In the 13-16 division, twin brothers Dan and Don Rivers and Mike Marik put on
quite a show. Dan Rivers won the division with
a very impressive 320 at only 171 lbs. Don
Rivers got even with his brother though by
breaking Dan's state record 3 times. Mike
Marik wasn't about to be outdone and came
back to break the APA World Teenage Record

best lifter honors. Brian Sisk won the 242's with
an easy 500. The 275 lb. class was won with a
an easy 500. The 275 lb. class was won with a
46 by James Tooland who calned were very so close
with 470. Brendan Ford who already had set a
CT State Record, took home first place honors
in the 308 lb. class wasel. Lass was won.
To State Record, took home first place honors
ont least was big Al fornaro. Al won the SHW
division by blasting tip 455 like it was 135 but
just couldn't quite finish with 505. Next time
Al. I'd like to thank all of the lifters for coming
out and showing their support. We had 12
sate records and 3 world records set, as well
sate records and 3 world records set, as well
as a large number of personal records thanks
to a large, enthusiastic audience. I hanks to all
and we'll see you at the next one! (Thanks to
Donna Slaga for providing us with the results) back to break the APA World Teenage Record Donna Slaga for providing us with the results)

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		neastern BP/ Isacola Beac		198	270	L. Langlinais	485
BENCH		B. Bishop	385	C. Gale 4th	270 285	J. Skip Hall	560
MEN		220	303	Open	203	Master 61-67	300
LAW/FIRE		J. Rogers	465	132		148	
Master 48+		M. Davis	220	T. Roberts	260	J. Padgett	300
198		242		148		Master 68-74	
L. Tilley	295	C. Bates	420	M. Pritzl	350	148	
T. Butler	370	4th R. Padgett	430 400	165 T. Collins	365	C. Bailey Submaster	210
Open	3,0	275	400	S. Hilton	275	198	
198		R. Ferr		MEN	2/3	G. Goff	
R. Chambless	370	Teen 13-15		165		220	
220		114		S. Scardina		R. Kornis	520
T. Jeter	485	R. Caprari		181		242	
J. Rogers	465	Teen 16-19		T. Hayes		R. Padgett	625
242	400	198		198		4th	650
D. Simonson	420	R. Hubbard		J. Rey	640	Class I	
Master 40-46		220	225	220		181	***
S. Scardina	410*	B. Gravlee	225	P. White	620 590	J. Merritt 4th	460
M. Motes	4.0	Open 132		J. Rogers C. Holston	585	198	470
181		D. Tiffany	315	4th	595	B. Bishop	480
D. LeSage		165	313	242	333	4th	505
220		M. Motes		P. McCahon	710	242	303
T. Syverson	310	181		4th	730	C. Bates	580
Master 47-53		D. LeSage		G. Martin	640	4th	605
198		198		J. Skip Hall	560	Junior	
L. Tilley	295	B. Bishop	385	275		181	
220	220	220		A. Kaschack	545	T. Hayes	620
M. Davis 275	220	T. Jeter	485	Master's Law/Fin	re 48+	J. Bowers	485
E. McConnell	335	C. Holston	425	198		220	
Master 54-60	333	P. White	400	L. Tilley	515	P. White	620
198		G. Martin	510	220 T. Butler	560	P. McCahon	710
L. Langlinais	270	P. McCahon	375	Open Law/Fire	360	4th	730
Master 61-67		275	3/3	220		G. Martin	630
148		R. Ferr		J. Rogers	590	4th	640
J. Padgett	160	WOMEN		Master 40-46		Teen 13-15	
Master 68-74		Submaster		220		114	
148		165		T. Syverson	515	R. Caprari	
C. Bailey	115	S. Hilton	115	Master 47-53		Teen 16-19	
Submaster		Master 54-60		198		148	
132	215	181	-	L. Tilley	515	B.J. Rodgers	315
D. Tiffany 198	315	K. Callahan	80	308+		198	
J. Ray	340	Open 148		G. Rethwisch Master 54-60	550	R. Hubbard 4th	425 462
G. Goff	300	M. Pritzl	510	198		B. Gravlee	355
275		165	310	This is a must mee	t if you		
R. Ferr		T. Collins	175	girlfriend or if yo			
Junior		Junior		take your husband	or boy	friend on a nice ro	mantic
148		198				vo long bridges re	
D. Weekley	280	C. Gale	135	from Pensacola a			
181		DEADLIFT		series of bungalo seafood restauran			
J. Bowers	275	WOMEN		be in February -	on to	he beaches. I me	ean the
J. Merritt	275	Master 54-60		benches. In law/fi	re mast	er, Larry Tilley at 4	8+ 198
P. White	400	181	0754	lb. set a Florida sta	te reco	rd with 295. Ted Bu	utlerset
242	400	M. Hughes	275*	an Alabama state			
G. Martin	510	4th	285*	division. In open n			
P. McCahon	375	Submaster 165		set an Alabama si			
Class I	3,3	S. Hilton	275	Ted Jeter opened v			
198		Junior	2/3	Rogers was secon			
		,		3-1- 11- 3-1-01		- Carolin	-

record of 465. David Simonson set an Alabama state record of 420 in the 242 lb. class. In the master's division bench 40-46 age group Mike Motes set a Florida state record 165 with Mike Motes set a Florida state record 165 with 320 lbs. Sid Scardina set a world record of 410 lbs. as well as a Louisiana state record. Sid is one of the best master benchers in the world. At 220, Thomas Syverson set a Florida state record of 310. In masters 47-53, Larry Tilley set record of 310. In masters 47-53, Larry Tilley set a Florida state record with 295 lbs. in the 198 lb. class. Larry is also an International Judge in WABDL. At 220, Mike Davis opened with 220 and jumped 105 lbs. to 320 and missed it. Mike is from Texas. At 275, Eddie McConnell from Cadsen, Alabama won with a 335. In master 54-60, Louie Langlinais set a Missi-sippi state record with 270 in the 198 lb. class. In master 61-67, Jake Padgett set a Georgia state record with 160 at 148 lbs. and Clyde Bailey set a Georgia state record with 115 lbs. in master 68-74 148 lb. class. Outstanding lifter was Sid Scardina. In submaster bench, Darrell Tiffany did 315 and missed a world record 340 at 132 lbs. Gary Goff put up 300 at 198 but Jeff Rey set an Alabama state rec of 340 for the win. In junior men's ber Daniel Weekly set a Florida state record 280. At 181, Jason Bowers won with 275 and Jay Merrit was second with the same weight but was the heavier man. At 220, Patrick White set a Florida state record with 400 lbs. White set a Florida state record with 400 lbs. At 242, Gabriel Martin put up a huge 510 for a Florida state record. In class I, Brant Bishop set an Alabama state record at 198 with 385. John Rogers set a North Carolina state record with 465 at 220. At 242, Craig Bates set a Florida state record with 430. Rick Padgett of Georgia was second with 400. In teen men 16-19, Bly Gravlee set an Alabama state record with 225 in the 220 lb. class. In open bench, Brant Bishop set an Alabama state record of Brant Bishop set an Alabama state second of Brant

Rant Bishop set an Alabama state record of 385 at 198. Jed Jeter set a Florida state record with 485 at 220. Chip Holston the owner of Chip's Gym in Gulf Breeze, Florida was second with 425. At 242, Gabriel Martin set a Florida state record with 510. Ted Jeter was named outstanding lifter in the open division. In submaster women, Susan the open division. In submaster women, Susan Hilton came in first with 115 at 165. In master women age group 54-60 181 lb. class, Karen Callahan set a Florida state record with 80 lbs. In open women, Marie Pritzi set a Florida state record with 210 at 148 lb. Tina Collins set a North Carolina state record with 175 at 165. In junior women, Christina Gale set a Florida state record of 135 at 198 lbs. Marie Pritzl was named outstanding female lifter. Now onto the great separator, the deadlift. In master women Marion Hughes set 3 deadill. In master women Marion Hughes set 3 world records ending up with 285 at age 59 in the 181 lb. class. In submaster women, Susan Hilton pulled 275 at 165. In junior women Christina Gale set a Florida state record with 285 lbs. at 198. In open women, Tammy Roberts set a Florida state record of 260 at 132 lb. At 148, Marie Pritzl pulled a big 350 for a Florida state record and Tina Collins came close with 395 and had to settle for 365 for a North Carolina state record. In open men's deadlift, Tyrese Hayes pulled 620 at 181 and gave 650 a good ride. At 220, there was a 3 way battle



Pat McCahon setting the junior world record 731 pounds in the 242 pound class at the WABDL Southeastern Regional (courtesy of Gus Rethwisch)

with Patrick White coming out on top with 620 and a Florida state record. John Rogers was second with 590 and a North Carolina state record and Chip Holston was third with 585. At 242, there were 3 good lifters. Skip Hall, one of the Nation's best martial arts experts and a winner of many ultimate fighting contests, set an Alabama state record with 560 in master 54-60. Skip is 55. In second was Cabriel Martin with 640 and the winner was Patrick 154 and 155 a Gabriel Martin with 640 and the winner was Pat McCahon with a world record 731, a very up and coming deadlifter-800 drug free will be in his grasp within 18 months. At 198, Jeff Rey pulled an Alabama state record of 640 and at 275 lbs. Andy Kaschak set a Florida state record of 545. In master 1 law/fire 48+, Larry Tilley set a Florida state record of 515 at 198 lb. and Ted Butler set a world record of 560 in addition to his Alabama state record and was named the outstanding deadlifter of the meet. In open law/fire, John Rogers set a North Carolina state record at 220 lbs. with 590. In the master division 40-46, Thomas Syverson set a Florida state record of 515 at 120 lbs. In master 47-53 198 lb. Larry Tilley set a Florida state record of 515 at 120 lbs. In master 47-53 198 lb. Larry Tilley set a Florida state record of 515. In master 54-60, Louie Langlinais set a Mississippi state record of 485. He was ably coached by one of the greatest deadlifters of all time - Vince Keyhea who has done 770 at 198. At 54-60 242 lb. Skip Hall set an Alabama state record of 560. In master 61-Gabriel Martin with 640 and the winner was Pal who has done 7/10 at 198. At 34-50 442(b). Skip Hail set an Alabama state record of 560. In master 61-67 148, Jake Padgett set a Georgia state record of 300 lbs. Clyde Bailey set a Georgia state record of 210 in master 68-74 148. Gus Rethwisch, in his first meet since January of '86 when he squatted 905, benched 510 and deadlifted 865 for a 2280 total. The deadlift of 550 lbs. was for a world record in master 47-53 super. In submaster 220, Rick Kornis set an Alabama state record of 520 and Rick set an Alabama state record of 520 and Rick Padgett set a Georgia state record of 650 in submaster 242. In class i deadlift, Jay Merrit set a Georgia state record of 470 at 181 lbs. Brant Bishop set an Alabama state record of 505 at 198 and looked good for 20 more pounds. At 242, Craig Bates set a Florida state record of 605. In junior deadlift, Tyrese Hayes pulled 620 at 181. He trains with Tony Caprari. They are a wrecking crew with Caprari at 705 at 181 and Tyrese just missing 650. At 220, Patrick White set a Florida state record of 620. At 242, Pat McCahon set a junior world record of 731. He only weighed 226. Watch for the guy, he's a hell of a puller. In teen men 16-19 148, BJ Rogers pulled 315. At 220, BJy Gravlee set an Alabama state record of 355 at 220 and Rex Hubbard set a Georgia state record of 465 at 198. Alabama state record of 355 at 220 and Rex Hubbard set a Georgia state record of 465 at 198. I want to thank Don Belanger of Belanger Powersports for putting this WABDL event on. He is a tireless worker. The scorekeepers who were excellent, Rhonda and Marion Hughes. The judges were Bobby Hughes, Larry Tilley, Mel Ferguson, Joe Destefano, Dan Belanger, and Rick Hagedorn. The expeditor was Jason Bower. Chip's Gym supplied the weights. Mel Ferguson supplied the judging lights, the M.C. was Gus Rethwisch. Drug testing was done by Gus Rethwisch. Christina Gale, Marie Pritzl, and Karen Callahan assisted Dan Belanger. The main sponsors were Twin Lab, Muscular Development Magazine, Inzer Advance Designs, Chip's Gym, House of Pain, Alliance Physical Therapy, and the Pensacola Sports Association. (Thanks to Gus Rethwisch for providing results).



290 K. Samples D. Robbins, Sr. S. Knighton Master (60-64) 198 lb. 181 lb. 260 J. Swanker Masters (65-69) B. Samples D. Robbins, Sr. 255 220 lb. (50-59) 198 lb. G. Aus G. Austin B. Samples WV Open 220 lb S. Knighton M. Horton 380 Masters (45-49) 440 I Danison D. Callahan Open 181 lb. M. Maxwell 650 D. Blankenship 725 450 1825 M. Burrows 680 550 615 lester 400 500 505 500 500 425 550 R. Fortsen 300 450 350 550 520 S. Kerchner 430 485 G. Austin J. Akers J. Jenkins 550 380 540 600 242 lb. J. Manly 450 650 700 710 L. Angle T. Fouts C. Miller 605 450 600 555 G. Reitter 275 lb. D. Dague L. Jennelle P. Tedrick 700 460 600 550 600 300 1550 D. Beversdorf 605 S. Brooks 630 730 D. Thompso J. Gutridge 850 550 650 530 670 SHW K. Holshuer 600 800 700 J. Phillips ELITE 181 lb. 600 500 620 1720 660 365 600 198 lb. 725 450 650 1825 D. Blankenship 220 lb. C. Young P. Sutphir 275 lb. 500 650 340 550 565 775 2080 525 730 2015 740 760 740 730 700 . Myers 570 D. Thomp 850 550 730 M. Ruggeria 1000\* 560 750 . Hutso 825 ior 198 lb. J. Murphy Master 198 lb 670 335 580 R. Fortsen 500 300 550 220 lb. 710 340 550 275 lb. 600 435 550 1585 L. Jennelle 500 300 550 R. Fortsen 220 lb. C. Young P. Sutphir 710 340 550 242 lb. 710 450 605 1765 600 500 620 1720 GUEST LIFTERS: IR. Lifter Dana Walker of VA Deadlifted 285 @ 123. Rodney Kenley Deadlifted 365 (PR). LOCATION: Ramada Inn, South Carolina, West Virginia, MEET DIRECTORS:
Shawn's second meet at 220 and only the third
competition he has lifted in. Other 220's were
tee), and Chad Miller of Charleston, W. OFFICIALS: Mike Hill, Louie Simmons, Todd Brock
SPONSOR: Westside Barbell of Columbus,
a 1470 for Jeremy. JOE JENKINS was off to a
KEVIN HOLSUER made only tee), and Chad Miller of Charleston, WV. OF-FICIALS: Mike Hill, Louie Simmons, Todd Brock SPONSOR: Westside Barbell of Columbus, Ohio. TABLE SCORERS: Teresa Phillips, Terri Clark. SPOTTER/LOADERS: Donald Robbins, Jr., and volunteers. SPEAKER/ANNOUNCER: Jerry Conrad. SPECIAL THANKS: Bob Hill, Paul Sutphin, and many others who (for their love of the Sport) contributed to the overall success of the Sport of the Sport

APF Mountaineer Barbell/BP 24 Feb 01 - S. Charleston, WV

148 lb.

245 D. Revels

BENCH

D Revels

220 lb.

were 11 over 500, including Kevirf Holshiers
600. The Deadlifts included 16 that were 650
or over, including 7 over 700. Several Totals
over 2000! The meet drew lifters from all over
the Northern, Eastern, and Southern parts of
the United States. Many thanks to LOUIE
SIMMONS and the Westside Barbell for their
help and support given to this meet. When it
was learned that the Westside Invitational
242 lb. class, CABE REITTER help and support given to this meet. When it was learned that the Westside Invitational would not be held in 2001, this contest was scheduled. The "Westside is the best side", as it is said by many folks in Charleston, West Virginia and throughout the world. And as many of us lifters know, these guys can back it up! Now, on with the meet. We'll begin in the 123 lb. class where female Jr. lifter Dana Walker pulled a 285 DL. There were no Powerlifters in the 132 lb. class. Teenager Dave Revels from Oak Hill, WV BP'ed 245 at the age of 17 in the 148 lb. class. In the 181 lb. class, MIKE MAXWELL of Zanesville, Ohio squatted a 660, benched 365 and deadlifted 600 for a 1625 Total. Like his father Charlie, this guy is going to be a great lifter. WV Masters Bencher Donald Robbins, 5r. set a new WV BP Record in the 65-69 age group @ 255. Also among the Master's Division Benchers was Ken Samples of Charleston, WV who BP'ed 260 while Rodney Kenley did a PR DL of 365. The 198 lb. class has a control of the flu bus that of the first part of the flush of the flush of the first part of the flush of the first part of the flush of the f ifter LEWIS JENNELLE only completed 3 lifts spotters, loaders, and all the other help that we received at this year's event. They are the ones of Charleston, WV who BP'ed 260 while Rodney Kenley did a PR DL of 365. The 198 lb. class had Westside Barbell's DAN BLANKENSHIP who TOTALED 1825, nearly 100 lb. over ELITE of 1701. DAVE BEVERSDORF (Dr. Dave) Westside Barbell's DAN BLANKENSHIP who TOTALED 1825, nearly 100 lb. over ELITE of 1815. The state of 1815 of 1 Barbell RICHARD FORTSEN, lifted well to win the Master's Division. He squatted 500, benched 300, and deadlifted 550 for a 1350 Total. He has made great strides since coming to the Mountianeer Barbell Club. SONNY
KERCHNER, who had the flu, had a pretty good day going with a 950 Subtotal but elected to withdraw and not deadlift, Jerry Swanker came to Bench and did a 530 even though he only made his opener. Pretty good opener, huh? Other performances in the 198 lb. class were tose of JOE JESTER, ROB McNUTT, and BRIAN SULLIVAN from Connecticut. Joe Totaled a 1450 with some nice lifts of 550-400 and 500. Rob was close behind with a Squat of 500, Bench of 425, Deadlift of 505 for a 1430 Total. Brian Sullivan, who came all the way from Connecticut, did a Squat of 450, Bench of 350. Local Bencher Bud Samples lifted 310 for a win in the WY Division. CHRIS YOUNG of Mountianeer

Barbell Club is Challed and 730 DL produced an outstanding TOTAL of 2130. JOSH GUTRIDGE TO-WING, DONALD ROBBINS, JR., SHAWN SHILLY YOUNG, DONALD and a 500 Deadlift for a Total of 1350. Local Bencher Bud Samples lifted 310 for a win in the WV Division. CHRIS YOUNG of Mountianeer Barbell Club in Charleston, WV went 750-500-650 for a 1900 TOTAL... well over the minimum standards for Elite. GRANT AUSTIN from VA posted a 1600 TOTAL and also won the BP Division with a lift of 485. In the Master's Division PAUL SUPHIN of Bluefield, WV came to lift and made what appeared to be very easy lifts. His SQ of 710 was solid and he even attempted to try 805 on his 3rd. With only a 340 BP (done with the reverse grip) and 550 DL, he still managed a 1600 TOTAL. In the BP Division, Mike Horton and teammate Dave Callahan lifted 380 and 440 respectively. Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in and so won the BP Division, Mike Horton and teammate Dave Callahan's 440 is a new WV Master's Record in Master Squate ever made in WV.

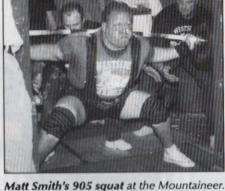
The Matter Base and the totake Weath to take West Virginia Powerlift in gate to take Weath to take West Virginia Powerlift in gate to take Weath to take West Virginia Powerlift in gate to take West Virginia Powerlift in gate to take West Nation to take West Virginia Power in the tate 2400 plus Total is just around the corner. Mike has unlimited be seen in the water to take West Virginia Power in the tate 2400 plus Total is just arou Callahan lifted 380 and 440 respectively.

Callahan's 440 is a new WV Master's Record in the 45-49 age group in the BP Division. Teenage lifter from Charleston, Shawn Knighton Benched 290. Shawn has also done a 325 at 242, which is an All-Time WV Teenage BP Record -242 for the 16-17 age group. He is also a regular at Mountianeer Barbell. This was Shawn's second meet at 220 and only the third Benched over 600 lbs. I'm

the meet, LIFTER/STATISTICS: 37 Powerlifters, MANLY from South Carolina, TOTALED a solid uct and training partner of

9 Bench Pressers, Seven (7) Totals over 2000 including 1@2310&1@2240! Mike Ruggeria's missed attempts - a 725 SQ, 1000 lb. SQUATI Highlights & Contest Report: The Mountaineer Barbell Powerlifting and Bench Press Championship was held February 24th, 2001 before a packed house at the Ramada Inn in South Charleston, West Virginia. There were thirty-six (36) Powerlifters lifting and eleven (11) Benchers. There were 6 Squats over 800, including Matt Smith's 905 and the incredible one-half ton lifted by Mike Ruggeria. Among the Bench Presses, there were 11 over 500, including Kevirf Holshiers 600. The Deadlifts included 16 that were 650 or over, including 7 over 700. Several Totals

much for this day. In the 308 class, DONNIE THOMPSON from South Carolina began his victory day with a 775 SQ and then completed 825. This was not enough as he finished @ 850! His BP-550 and 730 DL produced an outstand-



CHAD MILLER, MR. & MRS. JOHN PHILLIPS, pleted MR. & MRS. RICHARD FORTSEN, BRENT TRACY, PAUL SUTPHIN, CHRIS & KELLY YOUNG, DONALD ROBBINS, JR., SHAWN



Mike Ruggeria cracks the 1000 pound barrier!

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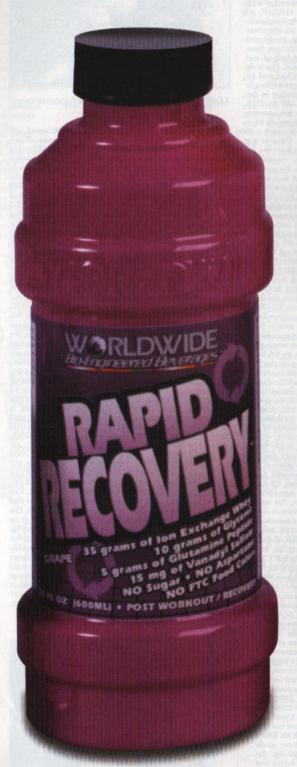
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"Uncle Larry" with Ford Zangl.

their support. Hurley Meeks also finished third with a bench of 120 kg in the 75 kg class. His wife Ilona helped take pictures for me on day one. Joe McDermott finished out of the medal hunt in fourth with a 147.5 kg bench in the 82.5 kg class. Dennis Ballen won the silver with a lift of 160 kg in the 90 kg division. Dennis is a little hard of hearing and would have won the gold for holding the bar the longest after the start command. Jim Bourisaw will have his medal, I am sure, with him everywhere he goes for quite a while. Jim came in from St. Louis with Greg Chrun and finished third in the 100 kg class with a lift of 170 kg. Jim was 2.5 kilos out of second which I am sure he will be thinking about for quite a while. Ray Klocek also competed in this class and finished 7th with his opening attempt of 135 kg. Joe Yanovitch and Sheldon Levy



Jim Klostergaard, whose bench pressing roots go all the way back to the era of the original Westside Barbell Club, waves to the crowd after receiving his IPF gold medal.



Fred Dini went three for three and was third in the Best Lifter calculations for the Masters II 275 lb. class.

were two of the older lifters in their age group and finished 6th and 8th respectively with lifts of 147.5 kg and 100 kg. Sheldon's wife Joan helped with pictures also, but unfortunately exposed some of mine. Sheldon's daughter Susan came in from California to root for her dad.

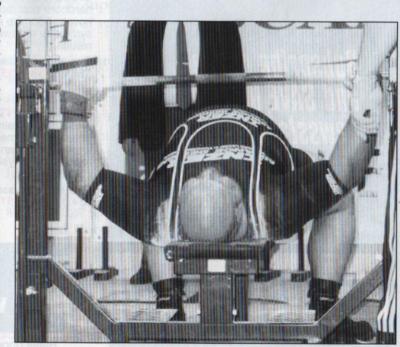
I honestly don't believe that we would have finished nearly as well as we did without all the help from our coaches. Again a special thanks to Steve S., Kevin F., Nectar K., Johnny G., and Steve H. A number of our lifters got free bench shirts from John Inzer, so a special thanks to Inzer Advance designs who

appeared to be a major sponsor of this meet and from what I was told will be helping out at next year's championship in Killeen, Texas. Saturday night after the competition, I went out to dinner with Norbert Wallach, IPF President and Heiner Koebrich, IPF General Secretary. Based on the discussions, it appears that the IPF has the inside lane to Olumpic recognition. We have a number of organizations within the US many having world competitions. I don't believe that any compare to the IPF. Within the many organizations we have a number of great lifters. If you think that you are the best then you will have your chance to prove it. The 2002 Master's Bench Press Worlds will be held in Killeen, Texas. with Johnny Graham as the meet director. This year's

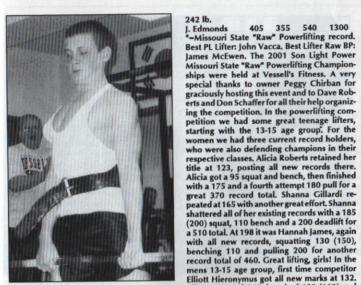
meet had some 25 countries compete. With the IPF returning to the US, it will give all athletes a legitimate chance to prove how good they actually are. To qualify for the first IPF meet to be held in the US for quite a while, you can compete at the Masters Nationals or the Bench Press Nationals.

I was told of one unfortunate incident involving one of our lifters trated our sport as it has many othwhich caused embarrassment to the US team. It appeared to me and many others that we do not get much of a break when we compete overseas. Many lifters, coaches and

spouses of team members did not feel that we received the courtesies which we are accustomed to in the US. During the Technical meeting I was told by our 2 coaches that the person handing out the packets of information was reluctant to give the US theirs even though it had been requested a number of times. It is unfortunate that politics has infilers. Many of us felt that we were rudely treated, but there is no excuse for the actions of one of our lifters and I apologize on behalf of the US team. Dr. Larry Miller



Big Dan Gaudreau with the biggest bench press of the entire USA contingent.



1st time competitor, Elliott Hieronymus locks out SR & PR 270 at 13-15 /132. (Photo provided courtesy of Dr. Darrell Latch).

Missouri State

24 Mar 01 - Rolla, MO RENCH W. Smith (65-69) 308 lb. Teen (13-15) 132 lb. D. Schaffer 150\* MEN 160\* Open 181 lb. B. Kleffher 198 lh 275\* Q. Rogers 325 N. LaStrada (16-17) 165 lb. 280\* J. Sutton 220 lb. 308 lb. 250\* D. McFadden 255\* 242 lb. (18-19) 308 lb. I McEwen 370\* 275 lb. C. LaStrada R. Fonner Submaster SHW 450\* 308 lb. C. Lowe 350\* 475\* C. Bliss Master (40-44) DEADLIFT 220 lb MEN 350\* Teen (13-15) S. Hazen Master (50-54) 132 lb. E. Hierony 198 lb 300\* 198 lb. 270 N. LaStrada B. Harris 275 Open E. Coates Master (55-59) 181 lb. WOMEN SQ Teen (13-15) 123 lb. DL TOT BP 95 175\* 365\* 95\* 165 lb. 185\* 110\* 200\* 495\* S. Gillard 135\* 110\* 200\* MEN Teen (13-15) 132 lb. 150\* 270\* 660\* F. Hierony mus 240\* 670\* 198 lb. 390\* 275\* 430\* 1095\* (16-17) 165 lb. 230 205 315 745 242 lb. 450 330\* 385 1165 275 lb. 405\* 315\* 425\* 1145\* 445\* 1165\* D. Roberts 415\* 420\* 505\* 1340\* (50-54) 242 lb. 485\* 275\* 540\* 1300\* T. Roberts Open 148 lb. R. Bertel 375\* 875\* I. Neef 500 435 525 1460

win. Big Don Missouri State "Raw" Powerlifting Champion-ships were held at Vessell's Fitness. A very special thanks to owner Peggy Chirban for graciously hosting this event and to Dave Rob-ended the day edly the top world at 65-69/308,

ships were held at Vessell's fitness. A very special thanks to owner Peggy Chirban for graciously hosting this event and to Dave Roberts and Don Schaffer for all their help organizing the competition. In the powerlifting competition we had some great teenage lifters, starting with the 13-15 age group. For the women we had three current record holders, who were also defending champions in their respective classes. Alicia Roberts retained her title at 123, posting all new records there. Alicia got a 95 squat and bench, then finished with a 175 and a fourth attempt 180 pull for a great 370 record total. Shanna Gillardi repeated at 165 with another great effort. Shanna shattered all of her existing records with a 185 (200) squat, 110 bench and a 200 deadlift for a 510 total. At 198 it was Hannah James, again with all new records, squatting 130 (150), benching 110 and pulling 200 for another record total of 460. Great lifting, girls! In the mens 13-15 age group, first time competitor Elliott Hieronymus got all new marks at 132. Elliott squatted 240, benched 150 (160) and pulled 270 for a 670 total. Nick Lustrate, also at 13-15 took the crown at 198, again with all new records. Nick went 390-275-430-1095, a great total for that age group, Paul Kuntz won the title at 16-17/165, going 230-205-315-745, making eight out of nine of his attempts. At 242 itwas Michael Green with a 1165 total. Michael got a solid 450 squat, a record 330 bench and a 385 deadlift; a great day for this strong young lifter. Also at 16-17 was 275 winner Steve Birdsong. Steve set all new state records there going 405-315-425(445)-1165. Steve looked especially strong on his fourth attempt deadlift with 445. Dave Roberts captured the submaster 275 class with a great day of lifting. He started with a 415 squat, then a great 420 class, again with all new state records in the state record with all new state records in the state records in the state record with all new s

	especially strong on his fourth attempt deadlift with 445. Dave Roberts captured the submas- ter 275 class with a great day of lifting. He	See you all next Latch for providi	year!	(Thank e results	of this	Darre
	started with a 415 squat, then a great 420					
	bench. Dave finished with a strong 505 pull for	USAP	L Vir	ginia	Open	
	a 1340 total, all new Missouri State "Raw"	10 Mar 01				, VA
	records for that class. Our only master lifter					
	was Tom Roberts, who took the 50-54/242	BENCH		A. Man	(20-23)	400
	class, again with all new state records in the	FEMALE			(35-39)	
	process. Tom got the second biggest squat of	114 lb. Open	145	J. Chris		365
	the meet with 485, benched 275, then tied the	A. Mamola 132 lb. Open	143	(50-54)		303
	biggest pull of the competition with a solid 540 for a 1300 total. In the open classes, Rick Betel	B. Altizer	255	W. Bro		250
	posted all new records at 148, going 300-200-	181 lb. (55-59)	233	220 lb.	uicis	
	375-875 for the win. At 181 it was Jody Need	G. Leader	175	Armed	Forces	
	with a record breaking 420 squat, along with a	MEN		S. Batti		340
	275 bench, 350 pull and a 1035 total for the	148 lb. (14-15)		(50-54)		
	win. Jody just missed a 285 record bench on his	I. Dunbar	205	J. Clint		320
	final attempt, coming just inches of lockout!	165 lb. Open		(45-49)		
	John Vacua, the originator of the Missouri	T. Robinson	250	A. Stat		315
	"Raw" Federation, went away with the best	(55-59)	-	242 lb.		
	lifter title, as well as the win at 220. John got the	L. Cardon	360	M. Bla		290
	biggest squat of the meet with a strong 500,	FEMALE	SQ	BP	DL	TOT
,	follow by the biggest bench with 435. This	132 lb. Open	-	N. P. S.		
	came within ten pounds of John's existing	B. Altizer	380	255	320	955
	record of 445. Finishing with a 525 pull, John	165 lb. (40-44)				
	also had the biggest total of the competition	B. Hayes	275	190	355	820
	with 1460! Last up was 242 class winner Joe	198 lb. (20-23)				
	Edmond. Joe is a great deadlifter, as was evi-	M. Fadeley	225	160	325	710
	dent by his strong 540 pull. Joe also had a	MEN 148 lb. (14	4-15)			
	respectable bench of 355 to go along with his	J. Dunbar	260	205	300	765
	405 squat to finish with a 1300 total. In the	165 lb. Open				
	bench press competition it was Elliott	C. Lee	430	415	475	1320
	Hieronymus for the win at 13-15/132, making	B. Carroll	400	300	475	1175
	150, then following up with a state record 160	(20-23)				
	fourth attempt. Also in the 13-15 age group	C. Lee	430	415	475	1320
	was 198 winner Nick Lustrate, who finished	Class-2				
	with a state record 275. Jack Tankersley had a	B. Carroll	400	300	475	1175
	great bench at 165, in the 16-17 age class,	(40-44)				
	finishing with a new state record 280, all at a	S. Lutz	420	240	400	1060
	bodyweight of 156. Also in the 16-17 age group	(55-59)				
	was first-time competitor Chad Paxton. At 308,	L. Cardon	150	360	155	665
	Chad did good, finishing with three new state	181 lb. Open				1000
	records and 255 to his credit. In the 18-19 age	S. DeBendittis	405	270	405	1080
	group was 308 winner Chris Lustrate, Big Chris	(20-23)		245	420	115
	showed plenty of strength, finishing with a new	S. Chattin	415	315	420	1150
	Missouri state record 370. The biggest lift of	(35-39)		270	440	1165
	the day came from submaster SHW winner	D. Silveus	455	2/0	440	110.
	Chris Lowe. Chris set a record with each of his	(50-54)	400	285	500	118
	lifts to finish with a personal best 475. Steve	H. Gutnick	400	203	300	
	Hazen, who holds the master 4044 record at	(55-59)	305	225	435	965
	242, now holds the 220 record also, ended the	C. Jackson	303	223	433	303
	day with a strong 350. We had three lifters in	Police/Fire	280	190	315	785
	the 50-54 division, two at 198 and one 242	C. Riggleman 198 lb. (16-17)	200	150	3.3	, 03
	competitor. Curt Poling, Sr. won the 198 class with a new state record of 300. Second at 198	B. Leonard	355	205	405	965
	was Bill Harris with 270. Ed Coates had lost	(18-19)	333	203	100	203
	about sixty pounds but still came through with	K. Robertson	440	335	500	127
	a strong 275 to capture the title at 242. Win		770	333	300	
	Smith set the record at 55-59/181 with four	T. Linn	605	355	625	158
	Similar set the record at 33-33/101 with room	I. Liiiii	003	000		



67 year old, Don Schaffer locks out an easy 410 in the 275 lb. class at the Missouri State PL. (Photograph

J. Piner		425	280	495	1200
(35-39) B. Mea		450	340	490	1290
B. Mea 220 lb.		450	340	490	1290
B. Whi		645	410	700	1755
Class-2					DS (8)
	emaker	450	300	450	1200
Armed	Forces				
S. Batti		450	340	520	1300
242 lb.					
D. Tay		705	405	600	1710
D. Dor (55-59)		460	340	550	1350
M. Nic	hols	390	265	505	1160
(60-64 R. Roo		540	360	555	1455
275 lb.		340	300	333	
P. Batt		640	445	610	1695
I. Mad		605	415	525	1545
S. Broc (20-23	kshire	565	390	575	1530
P. Batt		640	445	610	1695
B. Side		780	640	730	2150

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USAPL Illion	nois!	State	Great	Rivers
27 Mar	01 -	Harris	burg.	IL
BENCH			r (40-44	
132 lb.		242 lb		
T. Taylor	330	M. Fri	zzell	425
165 lb.			r (60-64	1)
B. Gibbons	315	220 lb		
R. Tirado	305	L. Mar	cum	200
181 lb.		275 lb		
P. Beebe	355	W. Hir		315
220 lb.		G/R O		
T. Corsi	430	181 lb		
K. Hazlett	395	R. Pali		405
242 lb.	Similar	220 lb		
N. Kirkiris	365	T. Con		430
SHW		242 lb		
D. Schlattman	375	M. Fri		425
181 lb. Teen (14		SHW		Mark
A. Gibson	100	D. Cal	loway	530
198+ lb.		220 lb		0100102
S. Hamilton	100	GR M		
165 lb. (18-19)		(45-49		
R. Vyka	260	D. Hal		375
WOMEN	SQ	BP	DL	TOT
132 lb. Teen (14		Dr	DL	101
S. Ledbetter	135	95	205	435
148 lb.	133	93	203	433
K.Murrow	85	80	165	330
181 lb.	03	00	103	330
A. Bush	165	115	255	535
(16-17) 114 lb.	165	113	233	333
G. Milstead	115	85	205	405
123 lb.	113	63	203	403
A. Jackson	190	115	255	560
L. Walters	115	75	170	360
132 lb.	113	13	170	300
	***	65	130	310
E. Sweat	115	03	130	310
148 lb.	120	85	255	470
C. DeVillez	130	1 1		360
B. Bishop	95	90	175	360
165 lb.		400		
A. Olgelsby	190	100	255	545
181 lb.		400	-	400
J. Johnson	165	100	225	490
198 lb.	200	440	200	640
M. Hunt	200	140	300	640
198+ lb.		0.5	225	
B. Rhine	170	95	235	500
(18-19) 198 lb.		100	270	COF
D. Ital	215	120	270	605

LICARI IIII --- -- Ctata Carat Diagram



De Ann Ital-4 Illinois State Records inthe 198 18-19 teen women class. (Photo provided by S&M Fitness).

198+ lb.				
K. Lawson	105	105	210	420
Open 97 lb.				
T. Smith	80	70	145	295
114 lb.				
G. Milstead	115	85	205	405
123 lb.				
A. Jackson	190	115	255	560
132 lb.				
E. Sweat	115	65	130	310
148 lb.	A Just	1.3		
B. Bishop	95	90	175	360
165 lb.				
A. Oldelsby	190	100	255	545
181 lb.				
A. Bush	165	115	255	535
198 lb.				

M.Hunt	200	140	300	640
198+ lb.				
B. Rhine	170	95	235	500
G/R Teen (18-1				
L. Atkinson	235	90	280	605
Open 97 lb. T. Smith	80	70	145	295
148 lb.	80	70	143	293
C. DeVillez	130	85	255	470
132 lb.	130	03	233	4,0
A. Pennell	170	100	200	470
181 lb.				
J. Johnson	165	100	225	490
198 lb.				
M. Hunt	200	140	300	640
198+ lb.				
K. Lawson	105	105	210	420
MEN Teen (14	15) SH	W		
J. Newsome	440	245	525	1210
(16-17) 275 lb.				
M. Stokich	275	205	350	830
(18-19) 165 lb.				
J. Anderson	465	280	440	1185
Master (40-44)				
T. Sallee	365	225	440	1030
(45-49) 181 lb.				
D. Wiley	605	355	555	1515
220 lb.				
A. Probyn WOMEN Police	360	260	415	1035



Rick Fowler doing a 650 lb. squat. (Photo provided by S&M Fitness)

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On March 17, 2001, Kathleen Conroy witnessed an amazing act of pure strength and determination that she feels must be recognized by all powerlifting fans. During the Great Rivers ILL Meet, Ron Palmer, weighing 171 lbs., started the competition with a squat of 455 lbs. followed with a second lift of 500 lbs. After a slight movement of his foot his third lift of 525 was disqualified leaving Ron 105 lbs. behind the first place lifter. Next came the bench press competition with an opening lift of 375 lbs. and a second lift of 405 lbs. On the third lift, the entire gym was quieted when Ron's wrist turn just before lock out and 435 lbs. came crashing onto his chest. It all happened so quickly the spotters couldn't move fast enough to stop the weight from falling. When Ron raised from the bench everyone thought the meet was over for him, but his pure determination and strength forced him on. Now Ron was 55 lbs. under the first place lifter. The deadlift competition would decide the day's results. I have to say the first place lifter seemed to be breathing easy. Knowing the pain Ron must be feeling in his chest and seeing the ice laying across his wrist, it should be an easy finish. Not the case... Ron open the deadlift competition with 500 lbs. and jumped to an amazing 600 lbs. for his second attempt. Now Ron found himself with a secure second place standing and only 10 lbs. out of first place. Ron did not come to this meet to settle for second. With a final deadlift of 625 lbs. Ron "Lionheart" Palmer took over first place with room to spare. The final results were as follows: First place in 171 lbs. open weight class: squat 500, bench 405, deadlift 625, total 1530.



Timothy Taylor in the 132 lb. class best lifter. (Photo by S&M Fitness).

330

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135 250 680

570

L. Waller 295 MEN Police/Fire 181 lb

M. Carwyle

Open 132

R. Ramo

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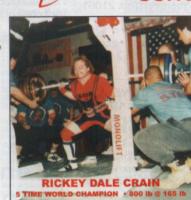




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TOP 100 For standard SHW/ 125+ kg. USA lifters in results received from Apr/2000 through Mar/2001.

1003 Mikesell, B..6/11/00 1000 Bryan, T..11/19/00 1000 Ruggiera, M..2/24/01 970 Frank, G..2/24/01 970 Frank, G., 2/24/01 953 Nettles, D., 6/11/00 950 Barno, D., 6/17/00 950 Hunt, J.R., 11/19/00 942 Gallo, C., 11/18/00 930 Teter, M., 6/17/00 930 Childress, P.1.11/19/00

915 Kovacs, D..11/19/00 910 Stafford, J..11/19/00 905 Fusner, R..6/17/00 905 Minnaugh, B..11/19/00 905 Smith, M..2/24/01 903 Voronin, J..6/11/00\ 903 Saunders, T..6/25/00 903 Kidder, K..11/19/00 900 Magee, J..7/8/00 887 Thomason, H..8/13/00

881 Ross, A..5/21/00 880 Forbes, T..6/17/00 870 Labere, A..5/20/00 870 Binkowski, J..12/16/00\ 865 Toms, P..6/17/00 865 Brodsky, S..11/19/00 860 Musser, T..11/19/00 850 Knowles..11/19/00 850 Knowles..11/19/00 850 Thompson, D..2/24/01

850 Willoughby, J. 2/24/01 848 Buono, A. 6/25/00 840 Youngs, BZ. 6/17/00 830 Gimbel, B. 6/17/00 830 Sefcik, J. 6/17/00 825 Holshuer, K. 11/19/00 825 Hutson, T. 2/24/01 821 Gillingham, B. 7/9/00 821 Barlow, R. 11/18/00 821 Moore, B. 12/2/00

815 Stratakis, P. 12/3/00 810 Smith, E. 6/4/00 805 Safreed, R. 6/17/00 804 Kenhour, B. 4/30/00 804 Adelmann, M. 5/20/00 804 Nelson, C. 6/11/00 804 Robbins, S. 6/25/00 804 Culnan, S. 7/9/00 804 Lewis, C. 112/9/00 804 Barry, L. 2/24/01

800 Morgan, M..6/17/00 800 Lawrence, A..9/3/00 800 Hatfield, V..11/18/00 800 Russ, E..2/10/01 795 Lee, B..11/4/00 785 Grove, J..5/20/00 788 Grove, J..5/20/00 788 Meek, B..3/25/01 782 Ford, J..3/25/01 780 Siders, B..3/10/01

777 Achtsam, F..4/8/00 771 Munsey, D..6/17/00 771 Ahlo, M..7/9/00 771 Gaudreau, D..10/8/00 770 Oyler, D..11/19/00 700 Pearson, D..3/17/01 766 Jacobson, B..4/1/00 755 Bryant, J..3/25/01 750 Neal, M..4/29/00 750 Sempek, J..11/18/00

750 Gaydos, R..11/19/00 749 Harris, R..4/16/00 749 Richards, E..6/11/00 749 Richards, E..6/11/00 738 Gratton, D..2/25/01 735 Sorg, F..7/8/00 735 Wheeler..11/19/00 733 Coody, D..4/16/00 733 Leonard, P..10/7/00 727 Hulslander, D..7/9/00

725 Oldham, B..5/6/00 725 Graham, R..5/21/00 725 Therman, C..11/19/00 725 Jordan, A..3/25/01 722 Leiato, T..3/10/01 716 Spencer, C..4/15/00 716 Doggendorf, M..5/21/00 716 Marcum, S..6/4/00 715 Callahan, C..4/2/00 710 Mitchell, M..5/6/00

710 Brink, G..10/7/00 705 Jones, R..4/8/00 705 Brown, D..4/15/00 705 Brodeur, P..5/21/00 705 Lopez, F..6/3/00 705 Karabel, L..6/4/00 705 Wesolowski, A..7/9/0 705 Wiger, M..10/28/00 705 Pledger, J..11/4/00

733 Kennelly, R..6/4/00 711 Frank, G..6/11/00 705 Fusner, R..3/4/01 677 Rogers, T..9/9/00 675 Moore, B..6/17/00 675 Kovacs, D..11/19/00 672 Brandenburg, C..1/20/01 661 Meeker, T..3/9/00 655 Voronin, J..6/11/00 655 Shell, J..1/20/01

650 Kirit, S..11/19/00 650 Manno, T..2/3/01 644 Ned, M..4/9/00 640 Siders, B..3/10/01 639 Gillespie, B..11/19/00 635 Hunt, J.R..11/19/00 638 Wong, S..11/19/00 617 Nieporte, R..6/11/00 617 Leaito, T..3/10/01

611 Gillingham, B..7/9/00 611 Lewis, J..9/17/00 610 Tancii, J..7/26/00 606 Blakley, J.M..9/9/00 606 Cunningham, J..11/19/00 605 Smith, M..6/17/00 601 Rameey, A..3/18/01 600 Hodge, M..5/7/00 600 Barno, D..6/17/00 600 Morgan, M..6/17/00

600 Rodriguez, M..10/14/00 600 Wiers, C..10/28/00 600 Fortune, D..2/11/01 600 Holshuer, K..2/24/01 600 Holshuer, K..2/24/01 589 Ahlo, M..6/10/00 589 Condon, M..3/10/01 585 Yitts, R..6/17/00 584 Pruitt, J.J..5/6/00 578 Woelk, S..6/3/00 578 Gaudreau, D..1/28/01

575 Wouk, K..5/6/00 575 Binkowski, J..12/16/00 575 Williamson, D..3/3/01 573 Nelson, G..9/9/00 573 Gleason, K..9/9/00 573 Schoenberger, R..11/4/00 573 Lualernaga, T..11/19/00 573 Barry, L..2/24/01 570 Stafford, J..11/19/00 565 Cummings, D..3/17/01

562 Cutts, R..4/30/00 562 Ross, A..5/21/00 562 Giboan, J..5/21/00 562 Shields, A..11/18/00 562 Jackson, B..11/19/00 562 Lewis, C..12/9/00 562 Hulslander, D..2/25/01 561 Chaffin, D..7/8/00 560 Bailey, C..4/22/00 560 Catli..6/11/00

560 Ruggiera, M..2/24/01 556 Mikesell, B..6/11/00 556 Gallo, C..11/18/00 555 Forsythe, L..12/16/00 551 Price, M..4/30/00 551 Robbins, S..5/20/00 551 Cain, M..5/21/00 551 Brown, D..6/25/00 551 Barkow, R..11/18/00 551 Polk, L..12/3/00

551 Bryant, J..3/25/01 550 Heard, J..6/3/00 550 Teter, M..6/17/00 550 Woychik..6/24/00 550 Brown, P..6/25/00 550 Powell, B..7/8/00 550 Callaway, D..8/19/00 550 Wilson, H..9/3/00 550 Branham, S..9/9/00 550 Jackson, J..11/11/00

550 Childress, P..11/19/00 550 Graube, J..1/27/01 550 Russ, E..2/10/01 550 Thompson, D..2/24/01 550 Lazzareschi, G..3/25/01 545 Kidder, K..12/16/00 540 Neal, M..4/29/00 540 Labare, A..5/20/00 540 Borreo, F..6/3/00 540 Hatfield, V..7/9/00

540 Culnan, S..11/19/00 540 Mimnaugh, B..11/19/00 540 Lopez, F..12/3/00 540 Dixon, M..1/20/01 540 Grove, J..3/3/01 540 Filiaga, T..3/10/01 535 Frisby, B..7/15/00 535 Brodsky, S..11/19/00

## DEADLIFT

890 Frank, G..12/3/00 843 Gillingham, B..4/9/00 830 Kovacs, D..11/19/00 810 Culnan, S..2/10/01 805 Ruggiera, M..6/17/00 804 Brink, G..11/12/00 804 Barry, L..2/24/01 800 Stafford, J..11/19/00 788 Brown, D..6/25/00 782 Mikesell, B..6/11/00

782 Barlow, R..11/18/00 777 Richards, E..6/11/00 775 Barno, D..6/17/00 775 Smith, M..2/24/01 771 Ufford, K..12/2/00 770 Grove, J..3/3/01 755 Fusner, R..11/19/00 765 Yitts, R..6/17/00 760 Foreman, B..10/28/00 755 Mimnaugh, B..11/19/00

755 McCullough, T..2/17/01 750 Knowles...11/19/00 744 Gallo, C..11/18/00 740 Toms, P..6/17/00 740 Toms, P..6/17/00 738 Nettles, D..6/11/00 735 Hatfield, V..11/18/00 733 Monsey, D..9/23/00 733 More, B..11/19/00 733 Bradshaw, P..3/10/01

730 Lawrence, A..9/3/00 730 Fletcher, P..10/7/00 730 Thompson, D..2/24/01 730 Siders, B..3/10/01 730 Siders, B...3/10/01 727 Ross, A..5/21/00 725 Lynch..4/29/00 724 Gimbel, B..6/17/00 722 Holshuser, K..2/24/01 720 Moyer, M..4/2/00 720 Childress, P..11/19/00

720 Binkowski, J..12/16/00 715 Forsythe, L..4/22/00 715 Oldham, B..6/3/00 711 Voronin, J..6/11/00 710 Eldridge, V..11/19/00 710 Pope, J..12/9/00 710 Hulslander, D..2/25/01 705 Robbins, S..6/25/00 705 Wesolowski, k..7/9/00 705 Wesolowski, k..7/9/00

705 Lewis, C..12/9/00 705 Leiato, T..3/10/01 705 Ford, J..3/25/01 700 Russell, R..4/15/00 700 Vaughn, T..4/22/00 700 Clary, F..5/6/00 700 Sauter, J..5/7/00 700 Willoughby, J..6/17/00 700 Willoughby, J..6/17/00 700 Reeves, J..71/5/00

700 Wnuk, K..10/7/00 700 Hunt, J.R..11/19/00 700 Brodsky, S..11/19/00 700 Smith, E..12/9/00 700 James, J..2/4/01 699 Garcia, G..4/16/00 699 Graham, M..5/6/00 699 Doggendorf, M..5/21/00 694 Adelmann, M..5/20/00 694 Lee, B..11/4/00

688 Weiss, J..11/19/00 685 Teter, M..6/17/00 683 Seunders, T..6/25/00 683 McCune, B..8/26/00 680 Oyler, D..6/17/00 677 Wiers, C..3/18/01 672 Harris, R..4/16/00 672 Canilf, M..5/7/00 670 Virgin, S..5/13/00 670 Wright..7/8/00

670 Aton, R. 8/19/00 670 Meek, B. 12/3/00 670 Meek, B. 12/3/00 670 Gutridge, J. 2/24/01 666 Jacobson, B. 4/1/00 666 Busteed, B. 7/16/00 666 Orr, J. 7/22/00 666 Williams, T. 8/13/00 665 Museer, T. 11/19/00 661 Labare, A. 5/20/00 661 Brodeur, P. 5/21/00

661 Gaudreau, D..7/9/00 661 Thomason, H..8/13/00 661 Stout, T..12/2/00 661 Clark, A..2/17/01 660 Mahoney, T..4/2/00 660 Adkins, A..10/21/00 660 Glesson, K..10/8/00 660 Nelson, C..11/19/00 660 Stratakis, P..12/3/00 655 Rychlak, G..4/1/00

2535 Frank, G..2/24/01 2420 Kovaca, D..11/19/00 2358 Fusner, R..11/19/00 2342 Mikesell, B..6/11/00 2325 Barno, D..6/17/00 2310 Ruggiera, M..6/17/00 2285 Hunt, J.R..11/19/00 2282 Voronin, J..6/11/00 2280 Stafford, J..11/19/00 2280 Stafford, J..1/19/00

2243 Gallo, C.11/18/00 2240 Smith, M..2/24/01 2200 Yitts, R..6/17/00 2200 Minnaugh, B..11/19/00 2200 Childress, P..11/19/00 2199 Nettles, D..6/11/00 2182 Barry, L..2/24/01 2176 Moore, B..11/19/00 2171 Ross, A.5/21/00

2165 Binkowski, J..12/16/00 2154 Barlow, R..11/18/00 2150 Bryan, T..11/19/00 2150 Siders, B..3/10/01 2150 Siders, B..3/10/01 2130 Thompson, D..2/24/01 2127 Culnan, S..79/00 2110 Saunders, T..6/25/00 2100 Morgan, M..6/17/00 2100 Knowles. 11/19/00 2100 Holshuer, K..11/19/00

2100 Brodsky, S..11/19/00 2083 Lewis, C..12/9/00 2080 Toms, P..6/17/00 2072 Labare, A..5/20/00 2061 Robbins, S..6/25/00 2061 Grove, J..2/24/01 2055 Hatfield, V..11/18/00 2044 Leisto, T..3/10/01 2030 Lawrence, A..9/3/00 2011 Buono, A..6/25/00

2005 Adelmann, M..5/20/00 2000 Gimbel, B..6/17/00 2000 Gimbel, B..6/17/00 2000 Lee, B..11/4/00 2000 Musser, T..11/19/00 1995 Brown, D..4/16/00 1995 Gaudreau, D..10/8/00 1995 Hulslander, D..2/25/01 1973 Meek, B..3/25/01

1950 Russ, E..2/10/01 1945 Smith, E..6/4/00 1945 Bryant, J..3/25/01 1940 Richards, E..6/11/00 1940 Ufford, K..12/2/00 1930 Neal, M..4/29/00 1920 Willoughby, J..6/17/00 1915 Mahoney, T..4/2/00 1901 Harris, R..4/16/00 1901 Bradshaw, P..3/10/01

1901 Brink, G..3/25/01 1900 Forsythe, L..4/22/00 1900 Sefcik, J..6/17/00 1900 Safreed, R..6/17/00 1895 Stratakis, P..12/3/00 1884 Karabel, L..6/4/00 1884 Lopez, F..12/3/00 1879 Munsey, D..6/17/00 1875 Callahan, C..4/2/00

1867 Caniff, M..5/7/00 1862 Whers, C..10/28/00 1860 Wnuk, K..10/28/00 1856 Ahlo, M..7/9/00 1851 Doggendorf, M..5/21/00 1850 Gutridge, J..2/24/01 1850 Jordan, A..3/25/01 1846 Garris, D..11/4/00 1840 Moyer, M..4/2/00 1840 Forbes, T..8/10/00

1840 Gratton, D..2/25/01 1840 Pearson, D..3/17/01 1835 Marcum, S..6/4/00 1829 Icenhour, B..4/30/00 1825 Sempek, J..11/18/00 1825 Oyler, D..11/19/00 1825 Gaydos, R..11/19/00 1824 Cain, M..4/30/00 1815 Oldham, B..5/6/00 1813 Nelson, C..6/11/00

1813 Wesolowski, A..7/9/00 1802 Williams, T..8/13/00 1800 Clary, F..5/6/00 1800 Aichs, 2C..8/6/00 1791 Achtsam, F..4/8/00 1791 Ford, J..3/25/01 1790 Therman, C..11/19/00 1780 Garcia, G..4/16/00 1780 Johnson, R..8/12/00 1775 Minneti, N..12/9/00

## PL USA Top 100 **Achievement Awards**



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## **NEXT MONTH... TOP 114s**

Corrections... Andy Moreno's California State Junior (14-16 age group) record bench press of 220 lbs. in the 123 lb. class, which was achieved at the USPF California State meet in San Luis Obispo last October 7th, was not reflected on the TOP 20 list for Teenagers for the year 2000, as published in the March 2001 issue of POWERLIFT-ING USA. In this case, we did not receive the results of the competition in question in time to use in our complication of that list. Brian Dolan benched 540 at Dr. Darrell Latch's May 13th, 2000 contest. In the tabular results, his bodyweight was not indicated, however, it was mentioned in the text of the meet report, but we didn't catch it and his effort was not reflected on the TOP 100 listing for the 275 lb. weight class. Brian only weighed 250, well below the class limit. We certainly do apologize for any errors that our readers find in the various lists we publish, and we encourage you to please send any corrections to "PL USA ERRORS", Box 467, Camarillo, CA 93011. Sometimes we miss the lifts, sometimes the results are not available, and sometimes the bodyweights of the competitor are not indicated - there are several possible reasons for a mistake. (Sometimes, it takes a while to verify the correction before it is published.)

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