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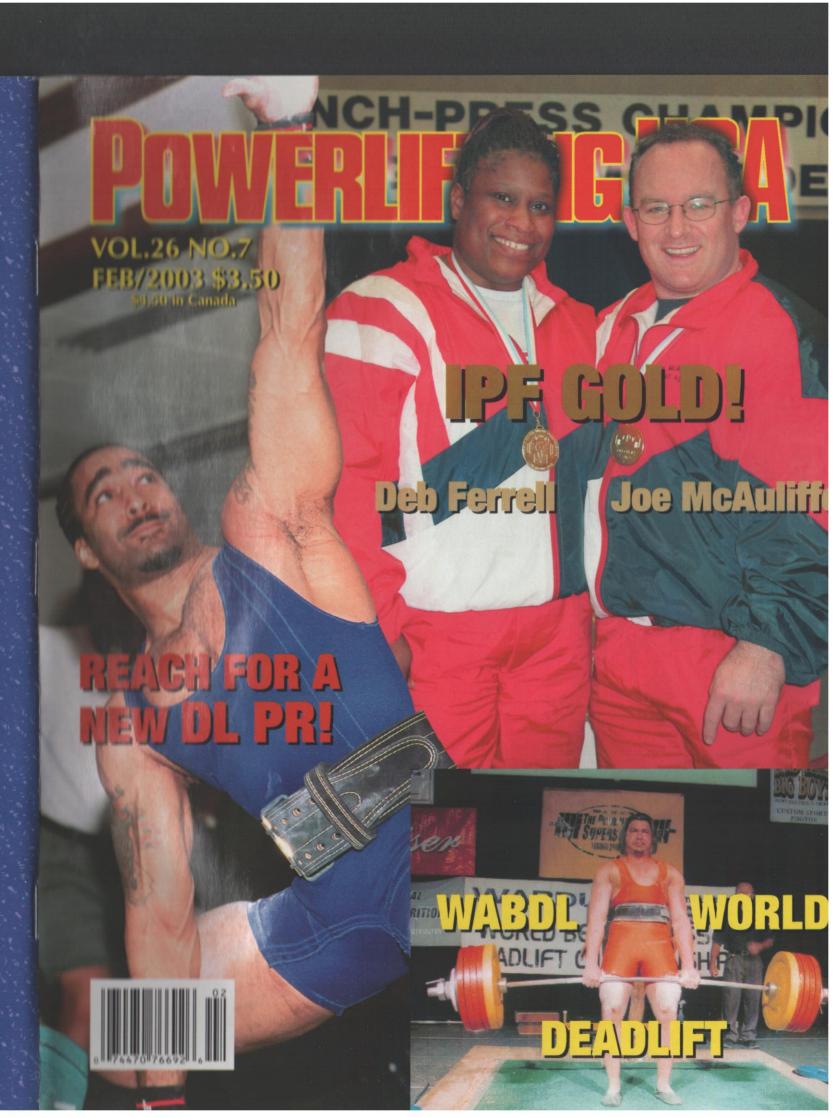
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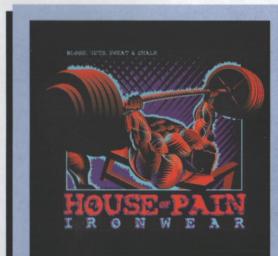


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- The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and greater safety.



Also ask us about the new **phenom** Bench Press Shirt!

This year's IPF World Bench Press Championships were held in Hamm, Luxembourg. IPF Treasurer Gaston Parage was the meet director. Gaston's friend, Alaen, served as expeditor and hand off specialist. He is Luxembourg's version of Eric Curry and did a fine job. The meet was sponsored by Inzer Advance Designs and Peter Thorne was there as his representative. I ran into Peter at the airport and discussed some of meet particulars. The meet venue was the Omni Sports Center which was well equipped with 6 ER racks, which appears to be the most popular squat and bench press rack in Europe and the U.S. A number of individuals have attempted to copy their design in the U.S. ER owner Eric Rasmussen was there competing and is a great individual as well as a great lifter. I wish him well at this year's Masters Bench Press Worlds.

On paper the US men's team appeared to be the favorite. Most were equipped with Titan's new NXG+ Fury shirt and everyone was hitting big PRs. Unfortunately, the domino theory was in effect. The ladies started out on the wrong foot and we had some bad luck thereaf

Eva Svjantekova from Slovakja went 3 for 3 to win the meet's first gold medal with a bench of 95 kg. Japanese power house Yukako Fukushima easily won the 48 kg class with her third attempt lift of 122.5 kg. The Japanese lifters are

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IPFWorld Bench Press

as told to PL USA by Dr. Larry Miller



Deb Ferrell got both the World Title and the World Record. (L. Miller)

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always polite and interesting to watch. (They are also the first to appear on the dance floor after the banquet!). It is not unusual for them to videotape their lifts and study their lifts while waiting between their attempts. We also noted that they have developed a new method of using garbage bags

to help put on their bench shirts. They wrap the bag around their arms instead of inserting the arm through the bag. (Joe McAuliffe and coach Kevin Farley were using suit slippers to get the sleeves up the arm and Dave Doan had his own bag made of a stronger material. Take your pick.

You'll ever buy. PERIOD!

I hope Joe washed his suit slippers after his last heavy squat work out!)

The 52 kg. class was won by Russian lifter Irina Krylova with a second attempt lift of 107.5 kg, U.S. team newcomer Faydra Geraghtu fell to some tough judging and failed to get in a lift. I was not present to see her lift but according to those in attendance, her opening attempt looked pretty good. From my standpoint the judging was the toughest I have seen

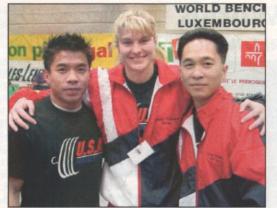
The 56 kg class gold medal winner and women's overall best lifter, Tamara Althaus from Germany, hit a world record third attempt lift of 135 kg which would be a very competitive lift in the men's division. U.S. lifter Diane Sivenu had some technical problems and failed to get a lift in as did 2 other women in the weight class. Some thought that Diane was concentrating on the banana split I owed her instead of her lift. Next time I will get her the banana split before she lifts. I was side referee for the 60 and 75 kg weight classes, so I had an excellent seat for the competition. Many of the women in the flights had extreme arches and therefore the issue of hips or buttocks on the bench came into play. I left my seat a number of times, to get a better view, and found the buttocks to be off the bench.

We were expecting a competitive 60 kg class and got it. Maki Wada from Japan jumped 10 kg on her third attempt to win the class and set

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Peter Wong, Jennifer Thompson, Hung Pham. (Pham)

a world record with a lift of 135 kg. U.S. lifter Jennifer Thompson broke the world record on her second attempt, but was unable to get her third. U.S. lifter Jill Darling was close to medaling but just missed her third attempt lift of 132.5 kg. and ended up finishing fourth with a bench of 122.5 kg. Jill weighed in almost 2 kg too light and that probably cost her a medal.

Clara Kasbaran from France won the gold in the 67.5 kg class with a subpar lift (for her) of 132.5 kg. US lifter Jennifer Robertson from West

Virginia got all three of her attempts and finished fourth, just out of the medal hunt, with a lift of 120 kg. Fifteen vear old US lifter Devan Doan set a national record bench of 87.5 kg. I don't know of any other US team that had a father/daughter combination. Father Dave Doan got her started so that he wouldn't have to beat up on any of her boy friends. He didn't realize that by age 15 she would be out squatting and deadlifting him. It's a good thing she won't ever be in his weight class.

Chinese Taipei lifter Min-Chu Hung won the 75 kg class with a bench press of 137.5 kg. U.S. lifter Sandra Perron finished fifth with a bench of 120 kg. Sandra spent the rest of the weekend putting on shirts, loading in the back, and helping out any way she could. Christy Newman finished in seventh, but definitely took the best pictures

of the entire meet. She gave me a lesson or two with my new camera, so hopefully I will be taking some decent pictures in the future. Christy only got in her opening lift of 115 kg.

Hungarian lifter Timea Zavodszki hit all three of her lifts and finished with a 155 kg bench to win the 82.5 kg class. Dr. Monique Hartle, lifting for Canada, benched 95 kg for a Canadian National record. Some team members were debating whom they would prefer to have work on them. Mike or Monique. As Chiropractors, they have helped many lifters with their aches and pains and believe me when I tell vou that I am speaking from personal experience. Mike really helped me with my back and forearm pain.

Russia finished 1 & 2 in the 90 kg class with Irina Naskripnyak getting the gold with a lift of 145 kg.

A year can be a long wait and it was for Deborah Ferrell. Deb was edged out for the gold last year in New Zealand by Chen-Yeh Chao from Chinese Taipei. Deb knew she was stronger and her time would come. Guess what, it did. Deb hit

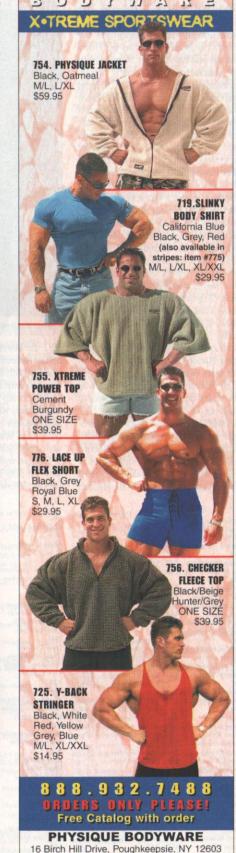
all three of her lifts and finished with a world record lift of 180 kg. She was so excited she jumped up and down and injured her leg. Charity Reynolds finished in seventh with an opening lift of 70 kg. Coach Hartle elected not to put her in her new Fury so she went raw. Charity helped me take pictures while I was in the back helping our lifters. The women's team tied with France on points, but finished fourth with fewer second place finishes. Russia won the women's team competition followed closely by Japan.



Mike Hara is impressed after Joe McAuliffe reveals his "abs". (Pham)

The men's competition began with a strong bench exhibition from Latvian lifter Andris Rudulis. Andris finished with a second attempt lift of 162.5 kg. U.S. lifter Hung Pham won the bronze with his second attempt lift of 135 kg. It was nice to see

(this article is continued on page 84)



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In class I Jon Shapiro set a Calif State Record at 132 with 385. Jon is a Special Olympian and is one of the best prepared and most professional looking lifters I have ever seen - his dress and platform demeanor is impeccable and he has a passion for the game. He is ably coached by Homi Shivaie and has perfect from in both the deadlift and the bench. Jason Imamura won the 132 with 402 tying the Hawaii State Record. At 148 Shawn Hildesheim set an Idaho State Record with a very capable 458 to beat out six contestants. Eric Nahorniak of Nevada was 2nd with 451 and Garret Langmead was 3rd with an Oregon State Record 430. Amadeo Fernandez of Texas was 4th with 402. At 165 Ronnie High set a Texas State Record with 490 and 70 year old Martin Garry set a Nevada State Record with 440 for 2nd and Curtis Stranghoener was 3rd with a Hawaii State Record 407. At 181 Pablo Arriaga of Texas won the Worlds with a 523. Jon Yoshimura of New Jersey was 2nd with 473. At 198 Sean Olsen of Utah beat out 13 contestants with a State Record 628. Steve Ughe, the College Professor looking leader of Palace Gum team from Burlingame, Calif. was 2nd with a State Record 578. Brant Bishop of Alabama was 3rd with same weight 578. Nathan Nelson of Nevada was 4th with 562. At 220 Brett Blausev beat out 9 contestants with a 617 Nevada State Record. Jason Gibson of Utah was 2nd with 562. At 242 Terry Putman of Okla set a State Record with 617 to beat out 10 contestants in a good 4 way battle. Buddy Mckee of Alabama was 2nd with State Record

WABDL WORLDS

14-18 NOV 02 - Reno, NV

Buddy McKee

402 Ed Barnes 358 Michael Smyser Tim Prince

458* Henry Higgins 451 Bobby Blackmo

451 Bobby Blackmon 430* Gregg Ramsdell

402 Mike Murphy 363 Kevin Lockett

490 Ted Stewart 440* Carl Wimmer

407 leff McGrath

325 Mario Cravea

473 Tom Ekenberg

551 Alan Valentin

545 Disabled Men

501 198 473 Nick Sinardi

407 220

562 242

534 308

Bryan Huffer

Matthew Taylor

Michael Elliot

Cody Cochado

545 Bobby Blackmon 501

529 Omar Sanchez 523 Disabled Women

Brett Fleak John Newman

578 Bubba McConnell 551

William Carpenter551

Norman Rial

303 275

617

462

451

640*

490

512

429

DEADLIFT

on Shapiro

S. Hildesheim

Eric Nahorniak

G. Langmead

David Brinegar

Ronnie High

C. Stranghoe

Pablo Arriaga

Ion Yoshimur

Steve Ughe

Mark Pearce

Bobby Myers

Michael Choate

Matthew Christie 523 165

VIce Lujan

Mike Dees

lason Gibson

Al Tortorelli

Michael Rainey

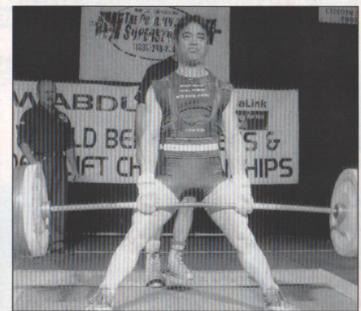
Harland Barrett

George Phipps Robert Budd

132

WABDL Deadlift Worlds

as told by Meet Director GUS RETHWISCH



Dean Kaneshiro of Hawaii (photographs taken by Goroza of Hawaii)

578

617. Ed Barnes of Calif was 3rd with a State Record 589 and Michael Smyser was 4th with 573. Tim Prince of Utah was 5th with a State Record 523. At 275 Norman Rial of Calif beat out 6 contestants with a State Record 578. Ted Stewart of Nevada was 2nd with 573. Carl Wimmer of Utah was 3rd with a 523 State Record. Jeff McGrath of Oregon was 4th with a State Record 507. At 308 Tom Ekenberg of Texas was the World Champion with a 640

166 148

Ammon Stephens 501* David Marchant

534

Jr. M 20-25

Michael Aultman 429 Jake Scheid 413

Casey Dunaway 518 Jackson Smith 451

Don Goldsworthy 611

Ryan La Place

Tony Caprari

Vice Lujan

Chris Duffin

Tony Arterburn

Jerry Pritchett Chad Shiel

r. W 20-25

L.Richardson

Terry Wilson

Ronlad England 242

220

Stacey Hamman

Chad Matthews

165

181 Peter Alfredsson 275

518 275 451 Patrick Fay

650 Leticia Buie

165

606 Pablo Arriaga

734! William Rivord 573 220

540* Zachary Clark

733! Brent Howard

352* Gordon Crisp Law/Fire Open

Carl Wimmer

545! Camellia Luprete 259

Law/Fire Sub Men

424 Law/Fire

766! 123

523 4th

611 199+

Brandon Chamras 578 Carolyn Fay 24 William Hamilton 545* Law/Fire Open Men

424 148

363

David Edmondson462 Karen Gordon 363!

672! 181

540* Andy Ellis

Eric Fox

523

170 Walt Faulkner

Law/Fire Maste

C. McFarland

Tommy Green

Camellia Luprete 259

David Edmondson462

672

523

Bobby Driskill

Buddy McKee

State Record. Brett Fleak of Oklahoma was 2nd with the same weight 640 which was an Oklahoma State Record. In 3rd was John "Paul" Newman of Washington with a 578 State Record.

In Disabled Men Mathew Taylor III set a Record with 490 and was named Outstanding deadlifter in disabled with Cody Colchado who did 600 for a Blind Athletes World Record.

In Disabled Women Lisa Marie

Garcia set a Washington State Record for open women with 166 weighing only 94. She also set a Blind World Record

In Junior Men at 165 Ammon Stephens set a Utah State Record with 501 to win the worlds at 165. At 181 Peter Alfredsson of Sweden won the Worlds with a Swedish Record 534. In 2nd was Casey Dunaway with a 518 Alabama State Record. At 198 Tony Caprari, whom I feel is the best deadlifter in the World, pulled a 766 World Record and he's only 21. He also passed his 3rd drug test in WABDL. He came close with 777. In 2nd was Chad Mathews, with 650, who is from Texas. 3rd Place went to Matthew Christie of Georgia who set a Georgia State Record with 523. At 220 Chris Duffin of Oregon pulled a 611 for the World Title, Brandon Chamras of Oklahoma was 2nd with 578. William Hamilton of Alabama was 3rd with 545. At 275 Jerry Pritchett set a World Record with 734. He is the owner of the gym that Jon Cole, Jack Barnes, Freight Train Dave Keaggy, Bill Crandall, Mike Matuzak, among others, trained at in Phoenix, Arizona back in the late 60s and early 70s. Chad Shiel of Canada was 2nd with 573. Bobby Snyder of Alabama was 3rd with a State Record 540. At 308

Toby Levers set a World Record 733. In Junior Women Leonetta Richardsen of Hawaii out pulled Stacey Hammar of Idaho 363 to 352.

In Law/Fire Master men 40-47 Dave Edmonson pulled a super 462 well off his World Record 518. At 198 Terry Wilson set a World and Oregon record 545. At 220 Zach Clark set a

606 595 435

Adrian Brooks

551

Ronnell Spikes

Darren Carr	407	Steve Gaytan	523	Raul Lopez	523	308	
220		Brad Stewart	507	Donn Imrie	501	Richard Hamilton	485
Rodger Broome	567*	Daivd Machado	501	242		M 61-67	
Kevin Eller	518	Dan Davidson		Cliff Sandberg	633	148	
242		275		Gary Stevens	556	P. McKenzie	441!
Doug Tracy	600*	Walt Faulkner	705!	Bill Anderberg	545	165	
Michael Smyser	573	Bob Smith	622	Mike Murphy	462	Richard Gidcumb	385*
ance Davis	529	Ken Eyre	540	275		181	
aw/Fire Submast	er	308		Phil Andrews	782!	John Scott	418
123		Cyril Lewis	722	Sam Pecktol	716	198	
Michael Lemes	270	Andy Medak	700	Steve Brown	600*	John Herbein	501
Cathy Bramanti	231	Steve Khader	633	Patrick Fay	589	220	
148		John Newman	578	Keith Huffer	540	Bob Bassman	462
atasia Anzai	264	Joe Mickelson	567	Leo Contreras	451	242	
M40-46		Paul Ratsch		308		Robert Andre	479
123		309		Tom Ekenberg	640	275	
Bobby Sanders	479	James Young	655	M 54-60		Jimmy Duckett	385*
148		Brian Rehberg	655	148		308	
lth	501!	David Chase	573	Theodore Feight	363*	Gary Johnson	325
165		AlanValentin	562	165		M 68-74	16
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Danny Winslow		132		Christian Brenol	374	Robert Cortes	479
eo Mattoni	518	Homi Shivaie	424	181		4th	490!
Ronnie High	490	Gary Bobrovitz	303	R. Confreras	545	165	
Marloe Mosley	451	148		Gene Alexander	545*	Martin Garry	440!
181		Dean Kaneshiro	551*	Bob Hochstein	540	198	
eamon Woodley	673!	David Higgins	418*	Frank Isernio	451	Earl Cotton	440
Gary Hamer	485	Clotario Portugal	297	Al Dalton	352	Al Cardwell	347
198		165		198		M 75-79	
George Herring	672	Richard Cirigliano	617!	Olicio do Santos	683	148	
David Bertier	556	181		T. Haggenmiller	529	Arthur Whinston	170
Mike McCormack	473	John Tyree	589	Chet Lundy	523	165	
220		Perry Plush	556	G. Holzinger	462	Iim Schall	341!
). Burlingame	573	Ron McNeely	551	Jim Snodgrass	446	242	
la Whatley	562	John Clay	523	220		Herbert Brandt	358!
arry Benner	551	Fred Martichuski	402	J. Skip Hall	573	M 80+	330.
Ronald England	540	Eric Ansbery	352	Onnie Jordan	595	181	
Paul Wondra	501	198		Dave Cheek	462	Donald Dreyer	209!
Michael Elliott	429	Richard Hagedorn	601	242	-	0	207.
42		4th	618!	McElvin Pope	567	132	
erry Capello	705	Ronald Proctor	496	Burt Merriman	507	R. Hawthorne	573!
ete Jackson	688	Mark Mauldin	479	275	307	148	3/3:
U Dawson	639	Cecil Wood	451	Bud Davis	650!	lason Imamura	402
u Dawsoll	037	CECH THOOU	421	DUU Davis	030:	rason imamura	407

World Record 672 and Dwayne England was 2nd with a Texas State Record 540. At 242 Tyler Kopta set an Oregon State Record 589. Michael Irwin of Illinois was 2nd with 578. Michael is the National Record holder. At 275 Walt Faulkner set a World Record with 705 - he's been shooting for 700 for over a year and he finally got it. At Super Dave Marchant, a Policeman from Murray, Utah, got a World Record 600.

In Master Men 48+ Charles McFarland hauled in an Oregon State Record 567.

In Law/Fire Master Women Leticia Rosales Buie set a World Record with

325 at 123. In Law/Fire Open Men Pablo Arriaga of Texas set a State Record 523. At 198 William Rivord of North Carolina set a World Record 634 and Zach Clark won at 220 with 672. At 242 Brent Hoawrd of Maine set a World Record with 755 and passed the drug test. Tony Arterburn of North Carolina was 2nd with 606. At 275 Carl Wimmer of Utah set a State Record 523

In Women's Law/Fire Open Karen Gordon of Illinois weighing only 122 pulled a World Record 363. That's a huge co-efficient. She's a State Trooper out of Illinois.

In Law/Fire Submaster Men Andy Ellis of Texas won the war with 523. but Eric Fox of Oregon got the World Record because he set it first. Ellis was the lighter man and won the World Championship. At 220 Rodger Broome of Utah set a State Record with 567 and Kevin Ellrt of Oregon was 2nd with 518. At 242 Doug Tracy

of Nevada set a State Record with 600 with Michaek Smuser of Calif in 2nd with 573.

In Women's Law/Fire Submaster Michael Lemes at 123 and Latasia Anzai both from Hawaii and coached by Keith Ward set World Records with 270 and 264 respectively. These 2 ladies will both do 400 within 18 months. Keith also coaches Carmella Baqui who has done 341 at 105.

In Master Men 40-46 at 123 Bobby Sanders pulled a huge World Record 501. At 165 Leo Mattoni was the World Champ with 518 and Ronnie High of Texas was 2nd with 490. At 181 Leanon Woodley of Washington set a World Record with 673. Its just a matter of time before he hits 700 and when he does he will be 45 or 46. At 198 the old veteran, George Henry, one of the top three powerlifters ever at 198 had an off day. He was hoping to pull 760 or better but had to settle for 672. He was coaching about 20 lifters and helping them with their bench shirts and I think he was fatigued when he finally lifted which was after 3 days of coaching his team. Anyway, he won 672 to 556 for David Bertier who came in 2nd. At 220 Duane Burlingame of Illinois set a State Record with 573 to win the World Title. Ray Whatley of Colorado was 2nd with 562 - a State Record. At 242 Jerry Capello of Oregon who has coached 9 women to World Titles and World Record in the last three years did a sub par 705 for the World Title. He holds the World Record at both 220 and 242 with 745 being his best. Pete Jackson of Kansas was 2nd with 688 and Al Dawson of

Washington was 3rd with 639. At 275



Randall Henderson pulled a 766!

Watt Falkner won the Worlds with a 705 Bob Smith was 2nd with 622. He is usually good for 670 or so. At 308 Cyril Lewis pulled a 722. He's capable of 750 or more and may pull 800 if he wants it bad enough. Andy "Conan" Medak was 2nd with 700. At Super Randy Young and Brian Rehberg got into a real dog fight. They both did 655 but Young was the lighter man.

In Masters 47-53 at 132 Homi Shivaie tied the Calif State Record with 424. Gary Bobrovitz from Canada was

2nd with 303. At 148 Dean Kaneshiro was very impressive with a 551 World Record. David Higgins was 2nd with a Wash State Record 418 and Clotario Ortiz Portugal of Brazil was 3rd with 297. At 165 Richard Cirigliano was the World Champion with a World Record 617. Richard, pound for pound, is one of the best deadlifters in the World especially when you add in his age of 48. At 181. John Tyree pulled 589 and locked out 602 which I thought was good, but it was turned down. It could have gone either way. Anyway, he was still World Champion. John brought two full teams and he ably coached many of his lifter to World Titles. Perry Plush of Washington was 2nd with 556 and Ron McNeely of Alabama was 3rd with 551. Ron owns a World Gym in Birmingham, Alabama and also played professional baseball in the Oakland Athletics system, reaching the Double A level. At 198 the WABDL Alabama State Chairman Rich Hagedorn pulled 601 to win the World Championships and then, in his own words, pulled a World Record 618 and said "I had no idea where that came from." It was a gut busting, face contorted to the max, eyeballs popping deadlift. In 2nd was Ronald Proctor from Georgia with 496. Jamey Mauldin was 3rd with 479. At 220 David Stratton from Seattle pulled a World Record 677 - keep in mind we're talking almost 50 years of age -David will pull 700 at age 50. Not very many pullers can make that claim. Kevin Fisher of Calif, the former World Record Holder, pulled 644 for 2nd. Now that Kevin has some competition he will up the ante. In 3rd place was

			,	3			DZISV	s with a soul
G. Landmead	430	Joe Thompson	694	Lauren Dare	236	Jenn Martindale	248	Stefen Hudso
Juan Monoz	396	308		Emily Matlack	198	148	12/16/	114
165		Cyril Lewis	722	198		Elodia Womack	242	George Jacks
Richard Cirigliano		Andy Medak	700	Holley Matlack	225	Jeanne Watts	286	132
Monte Hokoana	545	Steve Khader	633	Sub M 34-39		Josie Jackson	264*	R. Hawthorn
Kenny Rothe	496*	Dean Munsey	628	165		165		Cory Johnson
Matthew Taylor	490	309		Michael Haynes	424	Latasia Anzai	264	Michael Brov
Michael Haynes	424	Brian Oldham	749*	181		165		Dean Harter
181		Chad Aichs	722	Brian Johnston	573	Kelley Mahoney	303	148
Leamon Woodley		Vincent Eldridge	716	Don Moser	501	181		Ryan Caprari
Perry Plush	556	J. Diaz de Leon	600	Matt Taylor	451	Jennifer Taylor	375	Thomas Jacks
Matt Taylor	451	William Baker	551	Richard Anderson	402*			Kyle Herzik
198		Special Olympian	Men	198		Kelli Sandoval		Trevor Stewa
Tony Caprari	766!	132		Jeff Ray		B. Brown	286	C. McCorma
George Herring	672	Jon Shapiro	352	Randy Green	633	199		165
Chad Matthews	650	148		Mark Pearce	551	Sheri Wyatt	402	Jason McWa
Jeff Ray	644*	Chad McFarland	391	Bobby Myers	545	Daria Cal	402	Kyle Durr
E. Mil-Homens	622	Eric Janvier	242	220		Carrie Novikoff	352	Michael Min
Richard Hagedorn	1601	Mike Sirard	209	R. Henderson		Kristin La Monica	314	181
4th	618	165		Scott Deal	688	Teen M 13-15		Nick Luiz
Cecil Wood	451	Sean Coward	281	Harry Woods	523	123		Philip Boozer
220		Michael Bailey	225	242		Mitchell Ellis	308*	Kevin Knack
R. Henderson	766!	181		Robert Vessels	749!	132		Osman Zece
Scott Deal	688	Antwon Belfils	352	Ronald Harlow	644	Adrian Brooks	341	198
Niclas Friberg	650	Brent Ruth	325	Terry Putman	617	148		Kevin Bowen
Chris Duffin	611	Michael McHugh	319	Cody Colchado	600	Coty Hargett	425!	Nicholas Pop
Willis Smith	578	198		Lance Davis	529	Justin Berman	330	Dustin McFa
Jason Gibson	562	Andrew Bixler	363	275		Adam Castleman	325	M. Bennett
Steve Pena	562	Adam Markham	303	Joe Thompson	694	Bryan Huffer	181	220
William Hamilton	545	Aaron Szoke	236	Carl Rogers	628	165		Kaleb Crafts
Harry Woods	523	220		308		Daniel Winslow	479!	Kevin Adams
Paul Wondra	501	Scott Cortez	380	Mark Phillips	661*	Micah Poppell	385	242
Thomas Reiher	473	Kasey Dean	242	309		Jeremy Fairchild	352	Brandon Huf
Dan Tubridy	457	Jeff Hybl	203	Vincent Eldridge	716	Zach O'Quinn	352	Jim Pritchett
242		Anthony Johnson	473	Rick McClung	628	181		Charlie Proct
Brent Howard	755	Trevor Irwin	209	Sub W 34-39		Andy Munsey	440	308
Ben Matheson	749	242		105		Josh Devereuz	402*	Zakary Smith
Robert Vessels	749	L. Henderson	325	Carmela Baqui	341!	Adam Contreras	347*	309
Jerry Capello	727	Brian Jonasson	314	114		220		Andrew Jaco
Bobby Driskill	639	275		Tara Rivers	181	Christian Benvin	314*	Teen W 13-1.
Al Dawson	622	Troy Hubbard	192	123		Teen M 16-19	-	97
Dan Davidson		Special Olym Wor		Iulie Green	303	105		Katherine To
275		105		Michael Lemes	270	Randall Griggs	319	132
Jerry Pritchett	734	Soledad Rosas	121	132	2,0	4th	336!	Kaila Fairchil
Noah Chambreau		181		Cathy Bramanti	231	Hector Perez	314!	4th
Hoan Chambreau	/10	101		Cathy bramanti	231	riccion relez	314.	

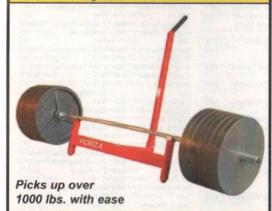
idson	181	Jessica Miller	260*	Mary Jacobson Gael Okicich	380*	148 Mary Jacobson	380!
ckson	429!	Amanda Proctor	303!	165	300	Denise Connors	203
ickson	429:	165	303:	Lyn Silbert	403!		203
orne	573!	Nikki Williams	281!	Nicole Rodatos	297	Wilma Cadavona	336!
nson	363	M. O'Halloran	176*	198		199	
Brown	330	Teen W 16-19		Susan Adkison	402	Carolyn Fay	248
ter	325	97		Atalie Garrish	303	WM 54-60	
		Lisa Garcia	154	199		105	
rari	479	4th	166!	Kireen Ellis	468!	Mary Pederson	170!
ackson	473	105		Daria Cal	402	123	
ik	380	Abigail Guenzi	203	Amy Vander Pol	336	Crish Lydon	259
ewart	374*	132		Carri Novikoff	330	4th	264!
mack	330	Erica Ansberry	248	WM 40-46		132	
		148		123		Jo Walker	402
Walter	407	Emily Pritchett	259*	Carol Myers	402	148	
	402	181		Drusilla Amos	325	Gael Okicich	308
Minahan	402	Kelly Womack	330!	Leticia Buie	315!	4th	314!
		Debra Anderson	319	Denise Ruff	286	Barbara Anderson	292
	556*	198		C. Nicholson	275	Claire Heckathor	246
ozer	424	Antonia Maurer	209*	Ruth Kirby	248	198	
ack	424	199		132		Karen Polansky	341!
ecena	407	Jana Prothman	358*	Alene Brisbane	325*	Dawn Ivey-Vick	242*
		Alyxa Conlee	154	KC Inlow	319*	Pat Robey	230
wen	501	W		Jill Deuser	264	199	
Poppell	479	97		Mary Lee	236	Leilah Watson	370!
cFarland	462	Malia Weinress	248	148		WM 61-67	
tt	418	105		Robin Finnerty	308	123	
		Kelly La Cour	242	Bonita Betz	225	Jane Honeycutt	217!
fts	523	Patricia Loera	214	181		132	
ams	369	Mary Pederson	170*	Alicia Valenzuela	303	Martha Hopkins	181
		114		198		4th	198!
Huffer	523*	Jenny Macy	308	Susan Adkison	402!	148	
ett	429	123		199		Sue Clark	220*
roctor	380	Carol Myers	402	Margie Huston	264	WM 68-74	
		Karen Gordon	358	WM 47-53		123	
nith	512	4th	363*	114		Malvina Basso	176
		Laci Livingston	358	Glenda Egan	253	4th	181!
acoby	440!	Drusilla Amos	319	Heidi Rodriguez	253	WM 75-79	
3-15		Nikki Buchanan	303	123		132	
		Danna Snow	253	Carolyn Schwarz	225	M. Whinston	132
Todd	148	132		132		4th	143!
		Jo Walker	402	Patty Pendergast	319!		
child	303	148		Patti Ehmen	308*		
	308!	Victoria Reese	407*	Margaret Morris	236*		



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Raul Lopez with a Nevada State Record 523, At 242 the World Championships with 633. At 275 Phil Andrews opened with a World Record 782 and jumped to 840 but it was a no go. Sam Pecktol was 2nd with an Oregon State Record 716 and a PR at age 48. Steve Brown was 3rd with a Calif State Record 600 which was eventually eclipsed by Phil Andrews. It was Brown's first time in the magic 600 club. At 308 Tom Ekenberg pulled 640. I hear he is being coached by some former phenom, but he won't tell me who it is. He's aiming for Tom McCullough's Texas State Record 755 which he will get within 18 months.

In Masters 54-60 at 148 Ted Feight set a Michigan State Record with 363. At 165 James Chistian pulled 462 for the World Title. His Texas State Record is 496. Christian Brenol of France was 2nd with 374. At 181 Roberto Contreras of Texas set a State Record 545. Gene Alexander was 2nd with the same weight and a Washington State Record but was the heavier man. Bob Hochstein was 3rd with an Illinois State Record 540, At 198 Olicio Dos Santos from Brazil pulled 683 at age 58 and almost made 716. In my book, all things considered: drug free, age, bodyweight, Tony Caprari and Olicio Dos Santos are the two best deadlifters in the World. Caprari has passed 3 drug tests and Dos Santos has passed two. Tom Haggenmiller, the WABDL Minnesota State Chairman, was 2nd with 529. At 220 Onnie Jordan pulled 595 for the World Title and Skip Hall was 2nd with 573. Skip is 57 and is still competing in Ultimate Fighting and has a record of 57-2. The two he lost were to guys 25 years younger than him. Skip runs a Martial Arts Studio in Birmingham, Alabama. At 242, Mac Pope set a Maryland State Record with 567. Burt Merriman of Canada was 2nd with 507. At 275 Bud Davis of Utah pulled 650 at age 59 for a World Record. Bud deadlifts stifflegged and he amazes people with his form. He jerks at the bottom and only moves the weight 3 or 4 inches and then proceeds to pull stiff legged from mid shin, very slowly but no stop, no hitch and hauls it in. He's 6'3" and lifts conventional - one of the strongest backs I've ever seen. He's a rancher and has done a lot of manual labor in his time. Ronnell Spikes of Iron Island Gym was 2nd with 606. Ronnell was the former World Record holder. Mike Fryar of Washington was 3rd with 595.

In Master 61-67 Precious McKenzie of New Zealand set a World Record with 441 at age 64 weighing 136! As I stated in an earlier article a 50 million dollar budget movie is being made about his life starring Cuba Gooding Jr. and Halle Berry as his wife. He is a Member of the British Empire (MBE) and has been competing for over 40 years. At 165 Richard Gidcumb set a Michigan State Record with 385 for the win. At 181, Mike Scott, who started lifting in Hawaii with Tommy Kono back in 1960. pulled 418 for the win. Kono won eight World Olympic Lifting Championships in a row from 1952 1959 and came in 2nd in 1960. He won a Gold Medal in both Helsinki in 1952 and Melbourne, Australia in 1956 and a Silver in Rome in 1960. Scott has competed in olympic lifting, bodybuilding and powerlifting and formerly owned the Power Pit gym in Hawaii for 20 years, from 1977-1997. He was an IPF International Judge and judged this Contest for parts of 5 days. At 198, John Herbein, a graduate of the Naval Academy, pulled 501 for the win at 198. He has done 551 at age 59, but has had a couple of injuries to deal with lately. At 220 Bob Bassman of Texas tied his Texas State Record with 462 and Robert Andre of North Dakota set a North Dakota Record with 479 at 242. Jimmy Duckett of Oklahoma, who reminds me of Will Rogers Jr. with his



Carmela Baqui pulled 341 weighing only 104

humor, pulled an Oklahoma State Record 385 at

In Master 68-74, 71 year old Robert Cortes (who has great stories to tell of the legendary strength of Wayne Bouvier) pulled a World Record 490 at 148. At 165 Martin Garry pulled a World Record 440. At 198 Earl Cotton Jr. pulled 440 for the World Championships we're talking 70 year old men pulling some big weight, weighing less than 200.

In Master 75-79 at 165 Jim Schall of Washington set a World Record with 341 and at 242 Herbert Brandt of Florida pulled a 358 for a World Record and in the 80+ division 83 year old Dr. Donald Dreyer pulled a World Record 209. Dr. Dreyer is still a practicing physician. He is the epitome of why we all lift - to feel good and stay young and look good.

In Men's Open, Richard Hawthorne of Mississippi, who trains with Tony Caprari and is only 18, pulled 573 at 132 for a World Record. That's getting up in Lamar Gant's territory and if he sticks with it he should deadlift 630-650 in 3 years. At 148, 47 year old Dean Kaneshiro won easily with 551. Dean is from Hawaii and will probably pull 600 by the time he's 50 at 148! Brad Montague of Utah was 3rd with 490. Juan Carlos Monoz of Guatemala was 4th with 396. At 165 Richard Cirigliano, who is 48 won, easily over the younger guys with 617. Monte Hokoana of Hawaii was 2nd with 545. Kenny Rothe of Utah was 3rd with a State Record 496. At 181, Leamon Woodley, who is 46, won easily with 673, I'm really impressed with all of the aforementioned lifters, approaching 50 and all the way up to 83, lifting respectable to incredible poundages. At 198 open, the deadlifter for the 21st century - Tony Caprari - pulled 766 at 198 age 21 and passed the drug test. George Herring of Georgia was 2nd with 672. Chad Mathews of Texas was 3rd with 650. There were 7 contestants with 6 deadlifting over 618. At 220 Randall Henderson pulled 766 for a World Record. Scott Deal of North Carolina pulled a State Record 688. Niclas Friberg of Sweden was 3rd with 650. There were 12 contestants all told. At 242 Brent Howard of Maine, a former Marine who was stationed at the Pentagon for a while, pulled 755. Brent is one of the best showmen I've ever seen. He gets the crowd gong more than anybody. Ben Matheson and Bob Vessels of Alabama pulled 749 to finish 2nd and 3rd respectively. Jerry Capello also pulled 727 for 4th. 4 guys over 700 in that category. At 275 Jerry Pritchett beat Noah Chambreau 734 to 716. Chambreau jumped all the way to 816 on his 2nd and missed and his 3rd attempt was the same. Joe Thompson of Wyoming was 3rd with 694. At 308 Cyril Lewis pulled 722. At super, 385# Brian

Oldham of Minnesota pulled 749 for a State Record. Chad Aichs of Nevada was 2nd with 722 and 410# Vince Eldridge of Washington was 3rd with 716. In this World Championships 16 lifters deadlifted over 700, but nobody

In Special Olympian Outstanding performances were turned in by Jon Shapiro with 352 at 132; Chad McFarland 391 at 148; Anthony Johnson 473 at 220.

In Special Olympian Women Lauren Dare was best lifter with 236 at

In Submaster men at 165 Michael Havnes of Utah set a State Record with 424. At 181 Brian Johnston of Canada won with 573. At 198 Jeff Ray or Alabama set a State Record 644. Randy Green, who owns Flex Gym in Sparks, Nevada, was 2nd with 633. Randy coaches a team out of his gym and they all have perfect deadlift form. At 220, Randall Henderson set a World Record 766 and he could hit 800 soon. At 242. Bob Vessels set a World Record with 749. He also holds the World Record at 275 with 777. Ron Harlow of Illinois was 2nd with 644. At 275, Joe Thompson of Wyoming pulled 694 for the World Title. Joe is a miner and works about 1500' underground. At 308 Mark Phillips of Tennessee pulled 661 for a State Record and 1st place. At Super Vince Eldridge pulled 716 for 1st.



Bud Davis - pulled 650 @ age 59!

In Submaster women Carmela Baqui of Hawaii set a World Record with 341 weighing only 104 - that's big time. At 114 Tara Rivers of Louisiana pulled 181 for 1st. At 123 Jake Green

was 1st with 303. At 148 Jeane Watts pulled 286 with Josie Jackson of Texas 2nd with a State Record 264. At 165, Kelley Mahoney, who manages a Golds Gumin Kennewick, Washington, pulled 303 for 1st. At 181, Jennifer Taylor pulled 375 for a World Record. At Super, both Sheri Wyatt and Daria Cal both of whom are trained by Bull Stewart - pulled 402, but Wyatt was the lighter woman.

In Teenage men 13-15 Mitchell Ellis set a Texas State Record with 308. At 132 Adrian Brooks pulled 341 at age 14. At 148 Coty Lane Hargett pulled a World Record 425. At 165 Daniel Winslow pulled 479 for a World Record. At 181 Andy Munsey pulled 440 for a 1st over Josh Devereaux of Texas who pulled 402.

In Teenage 16-19 Randall Griggs pulled a World Record 336 at 105. Hector Archila Perez of Guatemala was 2nd with 314. At 114, George Jackson of Texas pulled a World Record 429 with flair. At 132, Richard Hawthorne pulled an unbelievable 573 for a World Record. At 148, Ryan Caprari - Tony's brother, pulled 479. One year ago he pulled 287. Thomas Jackson of Washington was 2nd with 473. Ryan Caprari is only 16. At 181, Nick Luiz pulled a Calif State Record 556. At 198, Kevin Bowen pulled 501 for 1st. At 220, Kaleb Crafts set a Utah State Record with 523 and at 242 Brandon Huffer set a Calif Record with

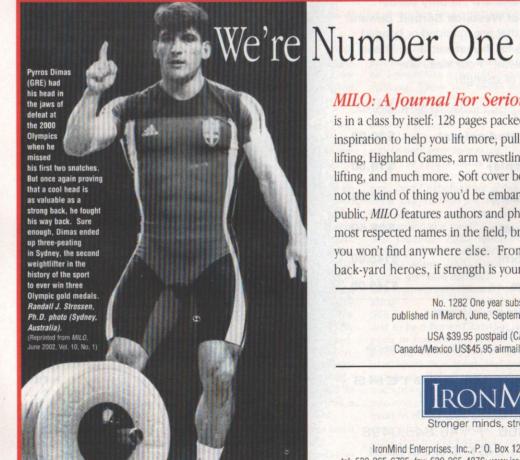
523. At Super, Andy Jacoby set a World Record with 440.

In Teen Women 13-15 Kaila Fairchild set a World Record with 308 at 132 at age 14 - very impressive. At 148 Amanda Proctor of Georgia set a World Record 303. At 165 Nikki Wiliams set a World Record 281.

In Teen Women 16-19 Lisa Maria Garcia, who is blind, set a World Record 166 at 97. At 181 Kelly Womack set a World Record 330 Debra Anderson of Minnesota was 2nd with 319. At unlimited Jana Prothman pulled 358 for 1st. She is coached by Joe Head.

In open women, Malia Weinress of Calif pulled a State Record 248 at 97. At 105 Kelly LaCour pulled 242. At 114 Jenny Macy pulled 308. At 123 Carol Myers pulled a huge 402! Karen Gordon was 2nd with a 363 Illinois State Record. Laci Livingston of Texas was 3rd with 358. There were 6 contestants and 5 pulled over 300. At 132 59 year old Jo Walker pull 402 just short of her 407 World Record. She is coming back from a shoulder injury. incurred while benching. She was out for 2 years. Imagine that - making a comeback at 59 and only weighing 130. It was her 2nd meet back. In her 1st one she did 363 - 4 months ago. Jerri Lippert holds the open World Record in WABDL with 413. Jerri is the greatest female bencher in history

(article continued on page 90)



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FORCE TRAINING

by Dave Tate of Elite Fitness Systems

Question: Is it possible to perform a max effort Squat and Deadlift workout without the aid of special bars? For example, I read all the time about the Safety Squat Bar, cambered squat bar and Buffalo Bar. What is the purpose of these bars and can I perform a workout properly without

Answer: Yes, you can perform a max effort workout without the aid of these bars. As long as you have an adjustable box and a good power rack, you can perform just about every exercise. Do not think that you need to spend a ton of money in You will notice that the camber of the

order to perform a Westside routine. We got strong long before the introduction of these bars. You have to remember that your attitude, not your equipment, is the most important thing in you reaching your goals. But these different bars can help and will certainly make a difference in your training.

The Safety Squat Bar is one of the most frequently used bars in the weight room and for good reason. When people miss a squat, they generally fall forward and that is what this bar will help you fight through. bar is slightly forward. What this will do is pull you forward. When attempting a squat with this bar you will have to fight the bar from pulling you forward and help your body learn to overcome this tendency. The padded voke will also allow you keep your hands at your sides. This vill allow you to take stress off of your shoulders. This will do wonders for your bench training and recovery. This bar is also used for chain suspended good mornings. To do these properly, hang the bar at about waist level using heavy chains. The chains are hung from the top of the

power rack. Position yourself under

The cambered squat bar is also a great training tool. Not only does it allow you to take stress off of your shoulders, but because of the extreme camber of the bar, it changes the way good mornings and squats effect your body. Squatting with this bar is very hard and you have to be careful how hard you flex off of the bottom of the box. Because the bar weight has a tendency to swing back and forth, it will force you to stay tight in the bottom position. The benefits of this are obvious. When we use this bar for squatting we almost always use a low box (1 or 2 inches below parallel) and never wear a belt. Our stance is much closer than our competition or dynamic squat stance. It is much like the stance taken when performing a conventional deadlift. When doing good mornings, the cambered bar will take your upper back out of the lift and put much more stress on the erectors. These can be done from the rack or suspending the bar in chains. Because this bar stresses the posterior chain in a different manner than the Safety Squat Bar, it is a good way to complement your training. If you are interested in either of these bars, visit our

For more information on equipment, books, apparel, training accessories, articles, Force Training seminars and over 10,000 archived answers visit www.EliteFTS.com.

APF, and WPO?

the bar and perform a good morning from the bottom position. These will do wonders for your deadlift as both exercises start with no eccentric (lowering) phase. You will also notice that these will pull you forward so make sure your beginning position is perfect. I do not recommend performing regular good mornings with this bar as it will pull you forward too much. The Safety Squat Bar will build your upper back like no other bar. This is key in building a big deadlift. If your upper back is weak, I highly recommend using this bar to bring up that weakness. Be certain to put safety pins underneath the bar when doing any chain suspended

online store at www.EliteFTS.com.

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INTERVIEW

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

GB: Your choice of lifting gear?

SG: I like Inzer gear. Single and

Double layer has been my best

choice. Hardcore is my favorite,

although I would like to try a

canvas for fun! I try to keep an

open mind about gear. I'm trying

some of Titan's new gear during

this training cucle. I just try to

comply with whatever federation

GB: What is your ideal platform

SG: Monolift, squat bar, and elite

deadlift bar. The Monolift is great.

even for walk out squats, because

nothing gets in the way of your

equipment to use in a meet?

rules I'm lifting in.

Steve Goggins is one of the greatest powerlifters in the world today. His feats of strength are truly amazing and are becoming legendary. Here is some general information about Mr. Goggins. Full Name: Steve Danny Goggins. Marital status: Single. Hometown: Chatham, VA. Job: Fitness Trainer/Tech. Hobbies: Video Games and Drag Racing. Height and weight: 5'8", weight at the moment is 265

GB: What was your background growing up?

SG: I was raised in a rural part of town. I was a three sport athlete in high school. I played football, wrestled, and did track & field. I was a 4 year letterman in Varsity football. I was selected to the all district and regional teams as a halfback. In track & field, I threw the shot and discus, ran the 880 yard relay race, 330 intermediate hurdles, 100 yard dash (which is now the 100 meter dash) and long jump. I was selected the MVP of my track team.

GB: Do you have other interests? SG: Coaching others, (kids or adults), in weight training/powerlifting or other sports.

GB: Tell the readers about your military career.

SG: I joined the service in September of 1983. I completed basic in AIT training at Fort Dix, New Jersey. I was then stationed at Fort Benning, Georgia. I later went through airborne training and was relocated to Fort Bragg, North Carolina, and was assigned to the 1/325 82nd Airborne for two years. My last assignment was Fort Hood, Texas. I was honorably discharged in May of 1990.

SG: My powerlifting career actually started in the 11th grade, although I started lifting weights at the age of twelve. My first meet was a local YMCA meet. My lifts were 350 squat, 320 bench, and 480 deadlift. All I used was a belt. Then I waited about two years

GB: When did you start powerlift-

lifting was almost nonexistent in my town. GB: What were some of the high points of your lifting career: USPF,

before my next contest. Power-

SG: USPF: 220# class - 2204: 242# class - over 2300 and 964 squat. I broke numerous state

Steve Goggins interviewed for Powerlifting USA by GENE BELL



Steve Goggins pulling out a win at his most memorable competition, the '86 USPF Junior Nationals, against seventeen fierce competitors.

and Dad have always been my

mentors in life. In powerlifting, l

just wanted to be the best I could

be. I never had a mentor in pow-

erlifting. There was never any-

thing in powerlifting that I felt I

couldn't do if trained hard and

GB: What type of nutritional and

SG: I use supplements provided

by Quest Nutrition. I use the Syn-

eray and Carbohydrate drink. I

eat a low-fat, high protein diet.

GB: What are your best lifts in

SG: Training: 1050 squat, 600

bench, and 947 deadlift (with

straps). Meet: 1036 squat, 562

head to the USAPL and win my

training and in a meet?

bench, and 854 deadlift

supplement plan do you use?

believed in myself.

and national records. I also won the Mountaineer Cup in 2002. APF: 242# class - 2399 and several thousand pound squats; 275# class - 2419 total. WPO: I won the heavyweight title championship

GB: What powerlifting competition was your most memorable?

SG: My most memorable competition ever was the 1986 USPF Junior Nationals. I competed at 220 and had 17 competitors in my class. I won this contest with a 2039 total. The second place finisher had 2003 and there were 12 others who totaled over 1900. My best contest to date. That was my sixth competition in my lifting career, including my YMCA meet. I have broken quite a few records, but I don't keep up with them all. The squat record is the one I am most proud of - 1032#. Even though it has been broken, I believe I will own it again soon. GB: What powerlifting competi-

tion have you enjoyed the most? SG: Most enjoyable moment in PL: The first time I squatted a 1000 pounds.

GB: Any mentors who have had a positive effect on your life? SG: I would have to say my Mom

class and an IPF world title. I think that would just about do it! The rocking chair would be next.

GB: Give an overview of your training prior to a meet? SG: Twelve weeks of intense train-

ing, almost Rocky-like :). I like to start with high reps and pyramid down to low reps (BASIC). I video all squat workouts to see my mistakes. I use boards and chains to bench. I do very heavy rack work for my deadlift. I also like to use as little gear as possible for train-

GB: Off-season training plan?

SG: High reps, and a lot of different assistant work. I like to try new things. This is the best time to try new exercises and gear. I also take this time to heal up and enjoy other things in life moreso than I would if I were training for

GB: Who would you include on your Top Five Dream Team?

SG: SHW - OD Wilson, 275 Dave Pasanella, 220-242 - Eddu Coan, 181-198- "The Great Gene Bell", and 148-165 - Dan Austin GB: Favorite place to train?

SG: I haven't found that dream gym yet. I'm still searching. The best so far would be Coffee's Gym in Marietta, GA and Stroud's Fitness in Hurst, TX.

GB: Any additional comments? GB: Future goals in life and Power-SG: Yes, powerlifting has been a great thing in my life, with a lot of SG: To be the best person I can be ups and downs. I have exceeded and to be a better Christian. My all of my expectations. I am just having fun and living a dream. I goals in powerlifting are hitting some big numbers, like an 1100 hope that one day powerlifting plus squat in a meet and have will unite into one organization. people say "Wow, that was deep The sport is quickly becoming a and strong" plus a bench of 600 joke with too many organizations. plus and pull 925. Then I want to

I would like to thank all my friends and family for believing in me. Thanks to all my fans who pull for me and speak on my behalf. GOD BLESS YOU ALL!

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Rules for meet posted February 15th

Winning at my first IPF Worlds is a dream come true. I remember

reading about IPF World Championships in PL USA as a teenager and dreamed of standing on that podium with a gold medal around my neck. As I stood there, fulfilling my dream, tears of joy filled my eves as I listened to our national anthem. I realized that all the adversity (injuries, equipment, failures, poor judging, and other personal issues) that I had faced the last few years had not only made me a better lifter, but a better man. This was my day. There I was, the only male US lifter with a gold medal. It being the 20th anniversary of my first Teenage Nationals (where I bombed!) made me want to share my knowledge.

This article is dedicated to my fellow comrades as I know them all to be worthy of this feeling. It is truly incredible. I know you feel it, Deborah! It is great to see such a wonderful person reach her goals (Deborah Ferrell). I know I can speak for the rest of the team when I say that she has the best laugh and smile in powerlifting! As I was getting ready to lift, I tried not to get too involved with the Day One

lifters as I did not want to become emotional. I did, however, keep my eyes and ears open and watched some of our nation's greatest lifters make errors that would cost them. Here are some suggestions.

1. Gear. I recommend at least 4 workouts in the shirt before the meet, if you have the time and can afford to have a loose, a snug, and a tight as can be shirt. Additionally, make sure to do at least 1 good workout in your tightest shirt while being at contest bodyweight. Two weeks before the Worlds I weighed 198 lbs. I did 565 and stretched the shirt out, so I knew I had at least that in the tank. Shirt tweaking can take at least 2 months, in process, because the manufacturers are very busy - so plan ahead for delays! Another idea is to be able to handle an easy opener in your looser shirt. Judging at IPF meets is incredibly strict, so I lowered my opener and used my second tightest shirt for my 1st and 2nd attempts and then switched to the "tight as can be" shirt for my 3rd and 4th. It was easy for me to stay in the groove, but if the shirt does not fit perfectly you will adjust your form and that will not be allowed by the judges. Practice does not make perfect. Perfect practice makes perfect results. The stress level will definitely go down if you are comfortable with your shirt!

"LESSONSLEARNED"



Joe on the Victory Stand ... realizing his dreams

2. Video. Since national and international judging is so strict your form needs to be perfect. Video yourself and be honest about your performance.

3. Warmups. Since the warm up area was so small and crowded, I tried to stay away from it as much as possible. It's not about claustrophobia, it's about oxugen. You see, in between sets the air you breath needs to be as clean as possible so you can get more oxygen per breath. A crowded small room with no open windows and people smoking (yeah, smoking) is filled with carbon dioxide from the expelled breath of other people. Don't worry about order, weights, spots, and loading because your coaches will have that handled for you. Find an open space nearby and suck clean air for maximum recovery between sets. This is extremely important - it sets the tone!

4. Hydration. On the plane I drank almost 1 gallon of water. I brought some on and told the flight attendant that I was a competitive lifter and she was quite helpful in getting me more. With the cost of airfare, I believe it is your right to be a pain in the butt about this issue. The flight attendant said that in her training they taught her to drink 2 x 8 ounce glasses of water, per hour of flight, to avoid jet lag. I could write for

a long time about how the dehydration from jet lag will hurt your performance, but not in this article. It is very, very, very important. Got it? Get it? Good! Drink water, and we're 'gold'.

and we're 'gold'. 5. Positive attitude. When your country asks you to represent them at such a prestigious meeting as the IPF Worlds, you should be proud of yourself and happy to be there. I am saddened when I see people traveling half-way across the world to compete and be unhappy and unsure of themselves. I enjoved every minute of the experience, from the trip over with my old friend and coach to the experience of getting to know some of the other members of the team. From gear check to medal ceremony, I was like a little kid at the Super Bowl soaking up all the people, sights, and sounds while maintaining an even emotional pace, staying cool until that time when the judge says "start". That's when the beast was let out of his cage. He loaded up his cannon as the bar descended to my chest! When I heard my

friend Kevin call "press" I felt the FURY of my explosive shirt, the power of my highly trained muscles, the hormonal explosion from my endocrine system, and love in my heart. I still love to bench, just as much as when I was a 14 year old high school freshman. After lockout, my intellect took over and put the beast back in his cage and waited for the "rack" signal. After a small pause before the judges decision, it then

became total elation. It was hard to describe the joy I feltat that moment and I thanked God I was there. Whether you think you can or think you can't - you are right!

6. Have a purpose larger than yourself. As I traveled to Luxembourg I went there dedicated to winning! Winning for God, country, family, friends, clients, sponsors, and most of all myson, Aidan Joseph, who has taught me

the true meaning of love. I have learned selflessness and left selfishness behind as a part of my maturation. I now have 'Poppa Power' because of my son. Somehow I am able to summon more emotion on the platform so I can do my best to make him proud of me.

I am the luckiest man alive. God has given me a sound body, good mind, and a big heart. I have a wonderful family. Father Edward, mother Patricia, and sister Trish. I get to make a living doing what I love. My team's inspiration and help were crucial to my success, especially those last few weeks. I have Dr. Gene Hession and Dr. Gordon Donald for 24 hour sports medicine help and the strongest set of hands on earth to heal me, Bridget Meyler, my sports massage therapist. I also have a long list of sponsors (check website) to thank for their financial support. Pete Alaniz of Titan Support System makes the best bench shirts on earth. I would like to acknowledge Jonathan and Austin Tiere for helping to motivate me to lift rhinos!

In closing, I would like to tell Myca Geraghty to rest a little bit. It is great to know you. He is a guy that is so passionate about helping others that it inspires me. He is the best shirt man in the world. Tony Succarotte is the funniest man alive! Thanks to Dr. Mike Hartle, Gene Bell, and Larry Miller for their great coaching. Thanks to my friend and best powerlifting coach in the world - Kevin Farley whom I share my gold medal with. He will bench 500 at Nationals next year, and Kevin and I was "safe all the way." I hope General Patton was happy when I brought my gold medal

> God bless America! Never give up your dreams!

Joe McAuliffe BS, MA, CSCS



Joe's son-Aidan Joseph-gives him "Poppa Power"

13

During my time here at Powerlifting USA magazine, I have gotten hundreds of e-mails from powerlifters in regards to nutrition questions or for program design. With my monthly column, I try to provide material that is educational and applicable to what you are trying to accomplish in the gym and on the platform. In this issue of PL USA, I would like to share with you some of my letters that I have received from readers. One of the things that you may enjoy from these question and answer sessions is that you may notice yourself having the same problems in regards to your power nutrition plan. Here are two recent letters that I received from readers. I know that you will not only find them informative but humorous as

Q: I first want to say that I am a big fan of your column. It is really nice to have a nutritional section in Powerlifting USA as I know it is one of the most overlooked aspects of our sport. I have been a powerlifter for the last 6 years and I follow the Westside method of training. I train 4 days a week for about an hour each session. I weigh 232 pounds and I recently have had my body fat percentage taken and it was 28%. I am currently having a hard time to put on lean muscle while dropping the extra pounds around my waist. I currently eat 3 meals per day and I don't particularly watch what I eat. I have never counted calories or my protein intake, but your nutrition column sparked some interest so I decided to give it a try. I went through a normal day of eating and at the end of the day I calculated what I ate. I calculated my calories at about 1835. My protein intake was at 67 grams and my carbohydrates were 150 grams for the day. Is this enough protein for my weight and workout schedule? Sincerely: John Tho-

A: John, I am glad to hear that vou like the nutritional articles and find them a benefit. You are not taking in the proper amount of calories or protein that your body needs to perform at its optimal level. First off, your calorie intake is way too low for your bodyweight. With the above cal-

"I am willing to put up \$5,000 in cash for this bet, are you? Now all you have to do is follow one of my nutritional regimen for a 12 week cycle."

NUTRITION

Power Nutrition Q & A

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

are not even getting 8 calories per pound of bodyweight. This is not enough calories for any powerlifter at your weight to take in on a daily basis, even if you are dieting. The protein intake is right on the money ... NOT! It is no wonder that you are having a hard time putting on muscle and losing body fat. At your weight the minimum amount of protein that you should be getting in on a daily basis is 1 grain per pound of bodyweight. You are about 165 grams deficient of the minimum amount of protein that you need on a daily basis. How can you make progress eating like this? You won't! First off, get your calories up otherwise you are going to decrease your metabolic rate. This will help you jack up your body fat percentage and lose muscle at the same time. The minimum amount of calories you should be taking in is 2800 calories and once you train your metabolism to work at a more efficient rate they should be increased over a period of time to an amount that would be optimal for your individual needs. I have powerlifters in your weight class consuming more than 5,000 calories per day and they are actually losing fat! Again this is all gauged in accordance to many factors including your basal metabolic rate, total energy expenditure, level of insulin sensitivity, thermic effect of food, age, macronutrient ratios and much more.

culations that you gave me you

As for the protein, you have to increase your daily intake. According to the info that you sent me you are getting 67 grams per day. Protein has 4 calories per gram (67x4) which gives you a whopping caloric intake from nutrient dense protein at 268 calories. Subtract that from your 1835 and that gives 1567 calories from carbohydrates and fat. Now doesn't this look a little off? You have 268 calories from protein and 1567 calories from fat and carbohydrates. Now let's take it a step further. You mentioned that you ate 150 grams of carbohydrates in your plan. As you prob-

ably already know carbohydrates

have 4 calories per gram as well. This will give us (150 grams x 4 calories) a carbohydrate calorie count of 600 calories. John, you forgot to mention how many grams of fat you ate during the day, but it doesn't matter as a little simple arithmetic will give us the answer. Since fat has 9 calories per gram, we can now subtract your total caloric intake minus your protein and carbohydrate caloric intake (1835 calories - 868 calories). This gives you 967 calories derived from fat. This gives us a whopping intake of 107.5 grams of fat. Now, if we take a further look into your macronutrient ratios for the day you have a distribution of your calories at Protein 15%, Carbohydrates 32% and your Fat intake at 53%. This macronutrient ratio is way off no matter how you look at

the picture. The only thing that you will do with this type of nutritional plan is decrease your energy level, increase your fat stores, decrease your volume workload in the gym, reduce your recovery rate, catabolize vour lean muscle tissue, decrease your strength and prevent an increase in lean muscle. This doesn't sound so good does it, John?

Now ask vourself a few questions. How good is my recovery rate? Have I noticed an increase in my bodyfat percentage over the last few months? Have I put on any noticeable amount of lean muscle tissue in the last six months? How much has my total increased since my last competition? Do I have a hard time increasing my total volume workload? Do I burn out too fast in the gym or at competitions? Do I find my-

self having to use stimulants to keep me fueled up for my workouts? Do I seem to have high and low energy levels throughout the day? Do I find myself tired after eating my lunch or dinner? John. you don't even have to answer these questions as I am sure I already know the answer to all of them. If you don't treat your body like a machine and provide it with quality fuel, then it will not work at its optimal level. What this means for the powerlifter is a lower energy level, increased body fat percentage, a decrease in lean muscle tissue, and a lower total!

John, I highly recommend that you sit down with a Sports Nutritionist that works with strength athletes and get your meal plan fixed. Your progress in the gym is most definitely being hindered by your sub par nutritional intake. John I hope that I opened your eyes on what is wrong with your diet and I know once you clean up your nutritional plan you will be very happy with the

Q: I have been reading your nutritional column for the last few months and all I have to say is that you are way off on your nutritional thinking. Powerlifters don't need to watch what they eat, that's one of

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(800-777-1324) Or send money order to: Beyond a Century, Inc. -since 1983-173 Lily Bay Road, Greenville ME 04441 Hundreds of Products - FREE catalog! Order On-Line with our Secure Server: www.beyond-a-century.com Authenticity of Products Guaranteed! the things that makes this sport so great. I don't watch what I eat and I am already very strong. I have done a 520 squat at 268 pounds bodyweight. I think all this nutritional mumbo jumbo is a crock! I eat fast foods, candy bars, soda and just about anything else that I want on a daily basis and I am still as strong as an ox. I think if you eat all your so called health foods or you have a diet like mine, it won't make a difference once you step up on the platform. If all your nutritional ideas are so great, who have you worked with that can give credit for you nutritional plans? I think we should leave all that watch your fat, drink your water stuff to bodybuilders. Now what do you have to say nutrition man? Sincerely, Mark "Candy Man" Clements

A: Hey Mark, the first thing you need to do is lay off the candy bars and gummi bears as I think they have put you into a sugar induced hyperactive state leading to some severe hallucinations! Now, I know that you might like to toot your own horn, but a 520 squat at 268 pounds bodyweight isn't even a double bodyweight squat. There are women in the 132 pound class out-squatting you, so I would first start off by not being so cocky about being as strong as an ox. Hey, don't get me wrong. I love this sport as much as you, but eating low quality garbage food is not what makes this sport great. Yes, we may not have to diet like a bodybuilder or shave off all our body hair and get all tanned up when we have to step onstage, but that doesn't mean we should eat an unhealthy diet based upon fast foods and

Now, whether you agree or disagree with my nutritional views that is your business. Freedom of speech is one of the things that makes this country so great, but step back and take a look as what you are saying. From your letter, you basically told me that no matter what you eat, it won't affect your performance the least bit? Do you really believe that to be the truth? So, if you eat a diet of fast food and candy bars like you mentioned above, or if you scientifically lay out a customized plan that balances your macronutrients in the optimal amounts, and maximize your micronutrients, you will be lifting the same amount of weight? Well, from looking at your letter you don't have any educational background in the nutritional sciences, so I won't even start quoting different studies to prove that you are dead wrong in your assumptions. I know for a lot of lifters, studies don't really mean a thing. I will be one of the first people to say that not everything in a study will apply in the outside real world 100% of the time. They do, however, if they are performed in a proper setting with proper controls will help us understand how nutrients can help to better our performance.

So, since we won't touch the scientific end in this conversation, how about some real world results? I have worked with numerous professional athletes from many different sports. The top names that I have worked with are too numerous to mention in this column but I will mentions some of my top stars.

Just to name a few of the individuals that I work with for nutritional counseling include: * Glen Ross - 3 time Britain's Strongest

* Hugo Girard - 4 time Canada's and 2

Time North America's Strongest Man

- * Oscar Chaplin III Junior World Champion and 2000 Sydney Olympic Weightlifter
- * Mike Ruggeria 1000 pound squatter and Elite Lifter
- * Joe McAuliffe IPF World Record holder in the Bench Press
- * Dr. Larry Miller World Record Holder in the Bench Press 529 @ 165
- * Bill Crawford 765 Bench Press World Record @ 275 * Jamie Harris - 771 Bench Press World
- * Bill Sindelar USAPL Masters National
- Champion * Tee Meyers - 6 time World Drug Free
- Champion, 760 deadlift @ 189 * Jennifer Maile - Subjunior World Champion and IPF World Record Holder in the
- * Eric Knight National Bench Press
- * Hennis Washington III Top 132 lb. WPO lifter
- * Karen Sizemore Biggest Female Bench Press 450 lbs
- * Liz Willet Multiple National Drug Free
- * Dione Wessels World Powerlifting Champion and top level strongwoman
- * Amy Weisberger 8 time World Champion 132 lbs
- * World's Strongest Powerlifter Garry Frank - 2640 Total and All Time World Record Deadlift 931 lbs.
- I worked with Garry prior to his all time world record Deadlift of 931 that he set back

then all I can say is the proof is in the pudding. The protein pudding that is! These are just to name a few of the people that have worked with, so if you doubt my credibility give Garry a call as he would be glad to give you the 411

in November. If someone of his caliber is

seeing a major difference in his performance,

on how my nutritional programs have helped him reach new heights.

It is your backwards mentality that you have for sports nutrition that is holding you back from reaching your potential. Don't take it from me, take it from one of my world champion athletes and see what they have to say. If that still doesn't convince you I will give you a little wager that may help you to see the light. I am willing to put up \$5,000 in cash for this bet, are you? Now all you have to do is follow one of my nutritional regimen for a 12 week cycle. Don't alter your training, equipment, sleep schedule, or lifestyle. If you don't hit a PR in all three powerlifts after you have honestly followed my nutritional and supplementation program for 12 weeks, then the cash is yours. How's that for a little faith in what I do? If you are interested in setting up this wager please contact me, and I will set the ball in motion. If I don't hear from you, then

If you have any questions or comments feet free to write me at a aricciuto@xtremepower.com. You can read more of my articles at www.X-tremePower.com

I know that you probably got lost under a pile

of candy bar wrappers or fell into a diabetic

coma from your current nutritional plan.

Mark, I look forward to hearing from you.

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INTERVIEW

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

At this year's Nordic Championships in Sweden, Danish SHW Niels Staerkjaer broke the 23 year old bench record of Swedish legend Lars Hedlund. Right after the meet I interviewed Niels for PL USA.

TK: Tell us what happened at this year's Nordic Championships.

NS: I opened with 315kg in the squat and chose 340 for my second, but got it turned down 2-1. Since the European Cup 5 weeks before, I had only done 2 squat sessions, so I decided to not take my third and focus on the bench. In the bench I opened with 277.5 and then went straight for a new European record with 285.5kg. It went up easy and the record was mine. I then lifted 290kg on my third and it still felt pretty easy. It came up a little uneven, and I had to slow down to correct it, but I felt strong, I decided to go for 300kg on a fourth attempt. It didn't feel very heavy, but I probably got a little too excited and I hit the bar too low on the chest and it

TK: Did you expect to break the ER? NS: I have probably never been more sure than this time. As powerful as I felt at the Europeans 2 weeks prior, I was sure that the record would fall. I lost the gold there because 282.5kg came up too fast, so I was confident that 285.5 wouldn't be a problem. Trying to peak twice in two weeks is difficult, but I ate plenty and tried to stick to my usual preparations. I ended up being even stronger at the second meet.

TK: How do you feel as the new SHW record holder?

NS: It feels great. It was the oldest European bench record, and has been right in front of my eyes for a few years. After the disappointment at the Europeans, it was good to not only beat the record, but beat it by a big margin.

TK: Tell me something about your youth.

NS: I was born 25 July 1966 in Thisted, a small town in northwest Denmark. My parents are Jorgen and Vera. Both worked at the local hospital, which we lived right next to.

TK: What is your education:

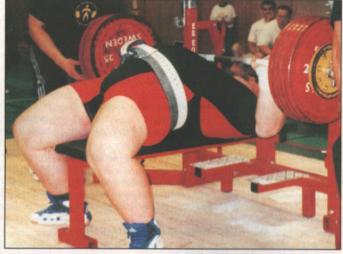
NS: I have a BA in Business Administration and a Masters Degree in Economics.

TK: What is your occupation?

NS: Until recently, I have been working as an advertising executive in a telecommunication company. Right now, I'm starting studies in Human Resource Management.

NIELS STAERKJAER

interviewed for PL USA by Thomas Klose



Niels Staerkjaer's new European Record bench of 629 lbs. Niels finished 4th at this year's IPF Bench Press Worlds with 633. (Niels)

TK: What were your early activities in sports?

NS: My main sport as a youth was Team Handball, which I was fairly successful with.

TK: What was your first contact with weights?

NS: Mandatory lifting with the Team Handball group at age 16. After one year, I quit the team and focused on lifting. Some lifters started a new gym and I followed them and became involved in what became one of the premier powerlifting clubs in Denmark - Thisted Vaegttraenings Forening.

TK: What kind of weights could you handle?

NS: I did 100kg in the bench press after lifting for 8 weeks (I was only 78kg back then). Nobody back then knew how to train for strength. It was high reps to failure all the time. TK: When did you enter your first

NS: I got a phone call that a position on the team for the 1988 Nordic Junior Championships was open. Not many competitors were expected, so I was sure to get a medal (turned out not to be the case). I had 2 weeks to prepare and buy/borrow some equipment. I think I did 600kg in the 110kg class.

TK: How did you progress over the years?

NS: After my first few meets I started at University and became involved in American Football. I continued lifting in the basement of my dorm. Imade a comeback in 1995, winning the Bench Nationals with 227.5kg in the 125kg class. I then started taking benching seriously and was looking at 255 by the 1997 Bench Worlds. I then injured my elbow boxing (it had actually been broken), bombed at the meet, and that slowed my progress for the next few years. I got 257.5kg at the Worlds next year, which gave me third place, and 260 the following year for a fifth place. In 2000 I decided to focus on playing American football (we were ranked #5 in Europe) and didn't do any international lifting. I finally got some improvement on my elbow problem and at the 2001 European Bench Press Championships I did 275kg for third place. I injured myself again at last year's Worlds, but I knew good things would come in

TK: What titles have you won?
NS: I placed third at the 1998 Bench
Worlds. I finished second at this
year's Europeans and placed third
in 1997 & 2001, plus 4 golds at the
Nordic Bench Press and 7 National
bench titles.

TK: Any special memories in PL?
NS: The medal in 1997. Knowing that I could be on the podium with James Henderson convinced me that I had the talent to be really good.

TK: Please give as a training overview. NS: I bench 4 times a week, and squat/deadlift once a week. OK-I'm

a specialist. I go by feel every time. My training consists mostly of: Bench press with bands - speed work. Bench press with chains - the cornerstone of my training. Reverse bands decline bench press - where I go heavy. Narrow grip bench press with both chains and bands - for triceps strength. Regular bench press, if I want to focus on the bottom. The only assistance work I do is high rep/light laterals and triceps extensions for recuperation purposes.

TK: What is your nutrition like?
NS: I try to limit carbs, to eat more
meat, and watch my calories, so I
don't get even heavier! I take protein
shakes. Udo's Choice, and glu-

cosamine as supplements
TK: What is the situation of PL in

NS: We still suffer under the bad reputation the steroid users gave us back in the Eighties. We are increasing in numbers, and trying to get more publicity for the sport, but have mostly been successful at the local level. Recently there have been reports from our Nationals on National TV and with the IPF Men's Open Worlds next year in Denmark we are hoping to finally get noticed. TK: How is PL organized in your country?

NS: We are under the national sports federation, and get money from them based on the number of lifters. The powerlifting federation consists of clubs and you have to be a member of a club to lift in Denmark. All lifters in these clubs are subject to No-notice OMT by an independent anti-doping agency. The elite sports organization, Team Danmark, supports us too, paying part of the salary of our national coach, and those lifters that win medals at the World or European championships get money and additional support. like medical experts if you get in-

TK: What are your goals for the future?

NS: Getting 300kg, scaring Midote at the Worlds, and making a big total at the next years IPF Men's Open on my home turf.

TK: Is there anything you would like to

have changed or improved in PL?

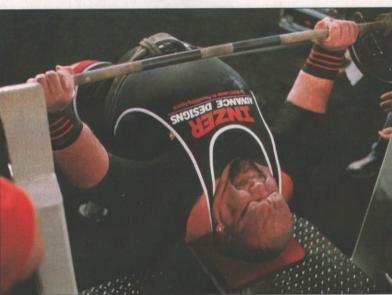
NS: More Out of Meet testing, and severe penalties for those countries that don't take it seriously.

TK: Any special comments?

NS: I would like to give special thanks to all the guys I train with, my national coach Johan Westerberg, Pete from Titan and all the twisted lifters

answering letters concerning my views on the state of powerlifting, but I had so many people responding to the articles and letters that I published over the last few months

You Don't Have To Be A Sanitation Expert to Recognize Garbage by Judd Biasiotto Ph.D.



Clay Brandenberg received no credit for his benches at the Bench Bash for Cash

pompous ass. What right do you have criticizing anything or anyone in the sport of powerlifting? You are not even a powerlifter; you are "freaken" bodybuilder for God's sake. How would you know what is right for the sport when time

In all frankness, I was finished

that I felt compelled to address

some of these issues one more

time. In truth, the response has

been overwhelming. Clearly, there

is an immense concern and con-

sciousness when it comes to the

state of affairs of powerlifting today.

As in the past, views ranged from

one end of the spectrum to the

other with many falling some-

where in between. My obser-

vations regarding the rules,

equipment and officiating in

powerlifting were described by

some as imprudent, reckless,

prehistoric, idiotic, and down

right stupid. On the flip side,

there were also those who saw

my opinions as valid, convinc-

ing, forthright, and honest.

Regardless of how people felt

about my opinion, a lot of

what was written was ex-

tremely interesting and infor-

mative. What follows is a small,

but representative sample of

the letters I received and my

Dr. Judd: You are a

responses to them.

God's sake. How would you know what is right for the sport when you don't even compete in the sport? You probably couldn't bench press your own weight, yet you sit around criticizing world class athletes. You couldn't even carry their jock, yet you sit on your butt and criticize them ...

James Lewis James: How does that saying go ... you don't have to be a sanitation expert to recognize garbage when you see it. In other words, I don't have to be a world class athlete or a morality expert to recognize when athletes in any sport are bending the rules and in some cases breaking the rules to enhance their performance. Nor does anyone else need such qualifications to evaluate the overt performance of athletes in any sport. True, you can fool some of the people some of the time, but you can't fool all of the people all of the time. In general, people are not stupid. When you start bending the rules, altering equipment, and manipulating the truth for your own benefit, people are eventually going to catch on and then your credibility is going to go right out the window. If we fail to be straightforward and honest, the consequences, over time, often prove to be far more destructive and painful than the benefit derived from the deception and falsehood. If this is true, and statistics bares this out, then we may want to seek alternatives to the deception that is being created.

In reference to your second point, my intention is not to criticize anyone. Conversely, I am trying to help the powerlifting community recognize that they might be going down a path that will eventually lead them to self-destruction. My contention is, and I may be wrong, that most of what is transpiring, in powerlifting today, is being done to build our own egos. In other words, athletes and powerlifting organizations are manipulating the rules to engage in one-upmanship games to impress others. When this is done, your real self, to some degree, becomes permanently violated and all future achievements and successes assume the possibility of a series of lies and tricks. Let me give you a quick example. When Ben Johnson tested positive for using steroids at the Seoul Olympics, everything he did before or after was viewed by the general public as being specious and fraudulent. When a sport or athlete loses its integrity, it loses everything. It seems to me that if we want our sport to last and grow, honesty and truth must be our inevitable goal.

Dr. Judd: I received my latest issue of PL USA and read your article containing some of the letters vou have received. Along those lines, you will see on page 6 an account of a bench meet for cash. It mentions that one lifter, Clay Brandenbera. bombed out after finding that he could not get 723 pounds down to his chest, could not get 760 down to his chest (why would he attempt to lift 760 lbs. if he couldn't lift 723 lbs.), then could not quite lock out 771. If you can't get 771 down to your chest. what does that say about the shirt you are wearing?? What a pathetic joke bench pressing has become!!! It is worse than the squat suit fiasco. The only honest powerlift is the deadlift (I guess??) Ken Adney

Dear Ken: It says volumes about the direction that the sport of powerlifting is going. What amazes

me is that few people see anything wrong with this type of absurdity. Even the most naive of us knows that these lifts made with this type of equipment are not valid, but we hear about such lifts so often and become so desensitized to them that they no longer offend us. Even well meaning journalists, who give strong lip service to their dedication to bringing us the truth, often perjure themselves to gain favor with those individuals who are bending the truth. In truth, I don't think many of us have thought it through

clearly enough to have a suitable opinion. Using such equipment might not actually be cheating by the rules set down by some powerlifting organizations, but lifters using such aids are definitely indulging in half-truths by rearranging and adjusting the facts of what they are doing. The ramification of such an act does not end with it's telling. As long as half-truths are presented with degrees of whiteness or blackness, we are usually left with feelings of confusion, uncertainty, resentfulness, and suspicion. I believe this is the futility to which you are al-

As far as the deadlift being the only valid lift in powerlifting, I find it quite interesting that many guys who record superhuman bench presses can barely deadlift

their bodyweight. Does anyone find that a little peculiar?

Dr. Judd: You might want to check out Steve Rushin's column in the latest SPORTS ILLUSTRATED (Lance Armstrong Sportsman of the Year issue). In it, he decries the trend in sports of changing rules to artificially "improve" records and performances. Interesting, eh? He notes that in the early 1950's, the sport of bowling recorded about 192, 300 games. Last year that number increased to over 40,000, due to changes in the ball and slicker waxing of the lanes.

Anyway, as you pointed out, the problem is not limited to PL. I think it is a reflection of the "instant gratification" tendency of our society. We want to reach the top, but if that proves demanding, we want the top lowered down to us so as to make the ascent easier. If I can just live to 100, I'll probably be able to find a means to "squat" 1500 lbs., "score" 200 on my IQ test, and "build" a 26" arm. Maybe then I'll be satisfied. But wait!! Now I hear someone is coming out with a DL shirt

that has telescoping sleeves so I can add 10" to my reach. That'll allow me to shorten my pull by the same 10". Then I'll really be king of the hill, my buddies will look up to me, I'll get more chicks

Although some lifters are undoubtedly threatened by suggestions that they are not the Second Coming, the truth must be told. I remember when "Raw" referred to uncooked meat and "gear" was how I got from 1st to 2nd in my old Honda Civic. The way we are heading now, at the 2005 Arnold Classic, I wouldn't be surprised if Anthony Clark gets hit in the head with a folding steel chair wielded by Jamie Harris. We are getting very close to that circus mentality. Sincerely, Ernest Roy PT

Dear Ernest: I read Rushin's article, and I suggest everyone else, who has any concern about what is transpiring in sports these days, do so. As Rushin suggests, the changing of rules and the use of enhancing performance equipment to break records and improve performance are significantly undermining the integrity of sports. I also found it interesting that Rushin pointed out that fan interest in sports using such

is waning. When fraudulent practices surface in any sport, all future achievements in that sport become suspect. In general, fans disdain being conned or ripped off. I could not agree with Rushin more, but then remember, you read that line of reasoning here first.

Dr. Judd: You are a %\$#* 1%. lving, stupid, mindless, %&*^# son-of-a-bitch. No Name

Dear No Name: And ..

Dr. Judd: I have really enjoyed your articles over the years. and I have found your last couple of articles to be extremely candid and forthright. You said a lot of things that needed to be said a long time ago. What I would like to know is how would you change things if you could? Is it possible to right the ship, or is powerlifting too far gone? Theresa

Dear Theresa: Nothing is impossible, but not everything is easy. However, like you, I do believe powerlifting needs to be re-established and given a major face-lift before it is too late. The way things are going now the sport is becoming a travesty. So, if I were the king

gimmicks to enhance performance of powerlifting for a day here are some of the things I would recom-

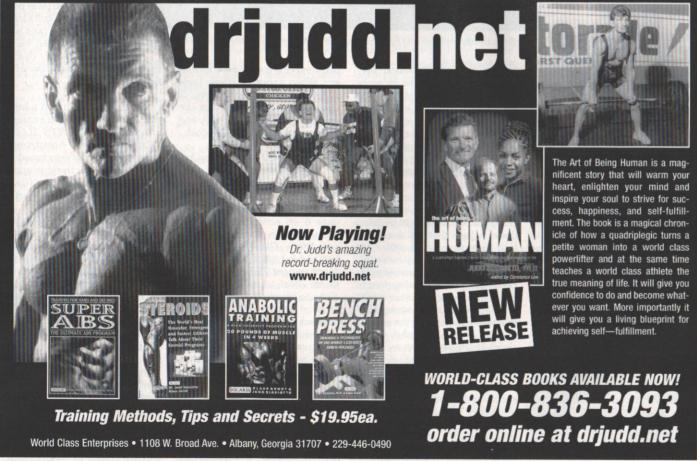
> The first thing I would do would be to establish a world wide governing body for the sport. Powerlifting is one of the few sports in the world that is truly global. This is a plus for the sport. Needless to say, because of its international active participation, its governing board should be represented internationally. Once I had a legitimate governing body, I would then have them establish and/or re-establish rules that are designed to be fair to each athlete and ones that would insure the safety of each athlete. For example, if equipment were deemed necessary to protect the athletes. I would make sure it was designed for that specific purpose ... not designed to enhance performance.

Once fair and safe rules are established, I would make sure that they are strictly enforced. I would do this by requiring that all officials be certified. I would also establish a rules committee, and I would have that committee deal strictly and harshly with athletes who intentionally break the rules. For example, if an athlete knowingly used illegal drugs to gain an unfair advantage over other athletes, I would ban him

from the sport for a minimum of five years. His second violation would result in a ban for life. In short, I would have little tolerance for athletes who knowingly cheat to

Last but not least, I would ask lifting publications and statisticians not to recognize any championship, rating, or lifts that are won or established in any other organization. I firmly believe that one reason a lot of this bogus lifting is taking place and continues to take place is that we give credibility to these illegitimate lifts by publishing them in the rankings and in powerlifting publications. If we recognized only legitimate lifting. I firmly believe that eventually all "bona fide" lifters would conform to lifting by the book. In general, if you don't reinforce behavior, it will eventually extinguish. Actually, this is exactly what RING MAGAZINE, the bible of pugilistic statistics and information, did in the sport of boxing. They only publish the rankings and bouts that are sanctioned by legitimate boxing organizations.

In a nutshell, that is what I would recommend. Like I said, it would not be easy, but it could be done. and in my mind, it would go a long way in rescuing the sport.



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Eriek Nickson's Deadlift Routine

Mu name is Eriek Zachary Nickson. I am a 27 year old Industrial Steel Worker. I reside in Gary, Indiana with my loving wife Carmenlita and two year old son Zyriek. Basketball was my sport of choice until 1999, when I became a member of a local health club. I no longer had the desire to play basketball and at this time I decided to dedicate my time to lifting weights. The transition from basketball to weightlifting took place over an eight month time frame in which I went from 148 lbs. of muscle of 172 lbs. of real muscle, with no special diet and no supplements. The day finally arrived, the day of my first competition. I weighed in at 176 pounds, and I competed in the 181 pound weight class. I was a novice to the world of powerlifting. Needless to say, I had no idea there were so many rules, regulations and a wide range of weight classes. I won my very first competition in April 2000. I squatted 440 pounds, bench pressed 315 pounds, and deadlifted 475 pounds. I truly excelled at this competition to the point that many other experienced powerlifters were impressed with my ability and strength, and were very much surprised that this was my first competition. I knew, at this point, that powerlifting was a natural for me. The past two years have been spectacular. I have broken two Indiana state records. I have the second strongest deadlift and the seventh highest total on PLUSA's TOP 100 list. I am USA Powerlifting's third strongest drug free powerlifter in the nation, at 165 lbs. The 2002 Men's Powerlifting National Championships marked my first national appearance, where I took third, just missing 2nd.

The following is my personal deadlift routine. This routine has been most effective when preparing for my competitions. It is a nine week, extensive training cycle. This workout is based on a lifter whose maximum deadlift is 500 pounds. A lifter will be able to add twenty to twenty five pounds to their deadlift, through this program. I deadlift once a week, for nine weeks. For example, I deadlift every Wednesday, and after I deadlift, I do my assistance exercises, which include good mornings, bicep curls, heavy shoulder shrugs, lat cable pulls, deltoid work and ab work.

Week One: 350x2, 375x2, 400x2x6. Followed by all assistance exercises.

Week Two: 350x2, 375x2, 400x3x6. Followed by all assistance exercises.

Week Three: 350x3, 350x2, 375x2, 400x2x6. Followed by all assistance exer-

Week Four: 350x2, 375x2, 400x5x6. Followed by all assistance exercises. Week Five: 350x2, 375x2, 400x2x6. 375x2, 450x4x4.

Eriek Nickson setting up for an impressive deadlift attempt at the USAPL Men's Championships Week Nine: 350x2, 375x1. Followed by all assistance exer-

Week Six: 350x2, 375x2, 400x6x6. Stop all assistance exercises.

Week Seven: 350x2, 375x2, 425x5x5.

Week Eight: 350x2,

Followed by light abdominal work.

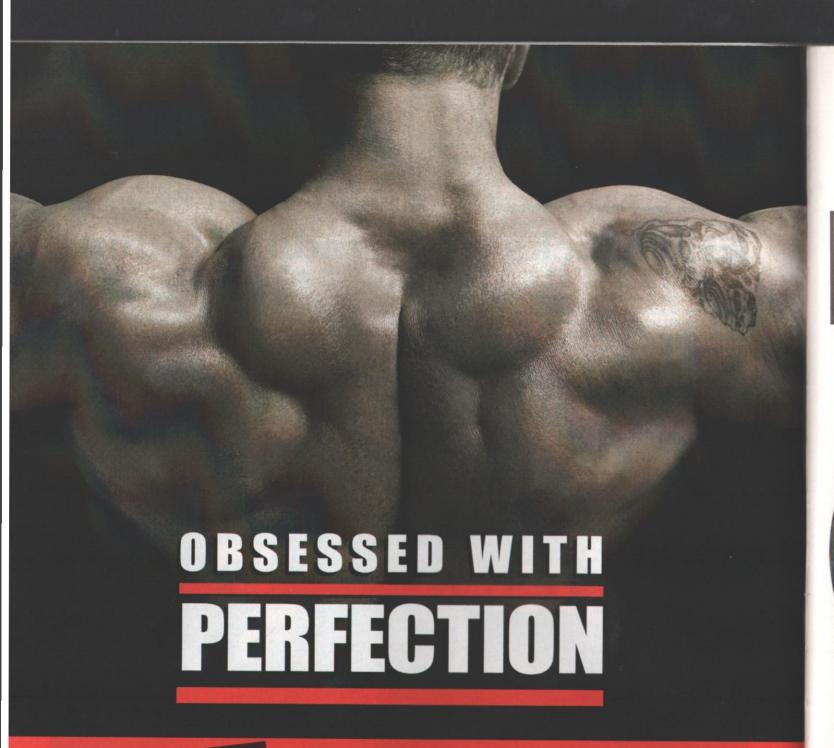
The assistance exercises are done using three sets of ten (speed work). The contest should go as follows: First Attempt -480 pounds, Second Attempt -520 pounds, Third Attempt -

525 pounds. Good Luck!!!!!!

I would like to give thanks to my supportive family and friends. I would also like to give thanks to Greg Simmons, Ervin Gainer, and the Diveria family for all their assistance. Direct questions to Epowerlifting@msn.com or call 219-588-9005









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USA ALL TIME TOP 308s

as told to PL USA by HERB GLOSSBRENNER

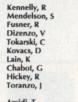
usti	JIG COTE
SQUAT	
1025	Gallo, C
1014	Childress, P
1003	Waddington, D
1003	Bassam, O
1002	Passilo, M
960	Taylor, L
959	Coates, R
953	Moran, L
953	Warman, S
950	Nettles, D
(10)	
950	Waddle, T
950	Barno, D
942	Kidder, K
937	Kolberer, R
935	Tate, C
930	Teter, M
926	Chaillet, M
926	Karwoski, K
926	Nichols, W
914	Kenady, D
(20)	
914	Wohleber, D
910	Stafford, J
909	Masters, W
909	Olmo, M
905	Fusner, R
903	Hardridge, A
903	Mitchell, G
903	Schott, J
903	Hill, H
903	Faamusilli, J
(30)	
901	Cole, J
900	Dempsey, R
900	Kovacs, D
885	Mikesell, B
881	Gollehon, M
881	Wisner, J
881	Grove, J
880	Barlow, R
880	Forbes, T
876	Candella, T
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875	lams, L
875	Ward, G

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A STATE OF THE PARTY OF THE PAR	782
13JUN81	735
10NOV02	730
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01DEC90	725
12DEC98	722
17DEC83	722
21NOV99	720
19NOV95	720
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05DEC99	718
17JUN00	716

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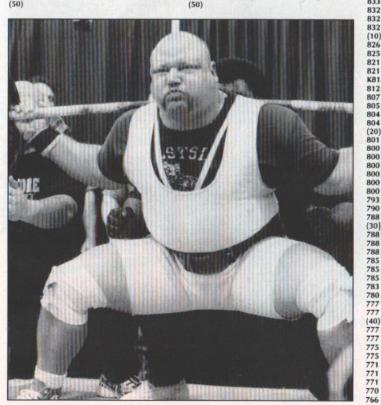
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Wong, S Siders, B Couch, M Baker, A

Gillespie, W Tuita, K Fitzgerald, D Tate, M Kirit, S





Craig Gallo has the Biggest Squat, at 1025, in the 308 pound division. (50)

DEADLI	FT		TOTAL		
903	Kenady, D	06APR86	2403	Childress, P	
882	Cole, J	28OCT72	2363	Cole, J	
K865	Long, T	06MAR83	2358	Fusner, R	
848	Wohleber, D	11NOV84	2353	Coales, R	
843	Grande, L	17APR94	2351	Kovacs, D	
840	Chaillet, M	16NOV86	2248	Bassarn, O	
833	Kuc, J	21MAY72	2325	Barno, D	
832	Cundy, D	SEP71	2313	Waddington, D	
832	Kazmaier, W	04MAY79	2300	Skiver, T	
832	Piekut, J	14JUN81	2298	Kenady, D	
(10)			(10)		
826	Barry, L	12AUG01	2280	Stafford, J	
825	Gillingham, B	01FEB91	2270	Kazmaier, W	
821	Phillipi, M	16JUN96	2265	Gallo, C	
821	Warman, S	21NOV99	2260	Chaillet, M	
K815	Hill, H	24SEP94	2260	Waddle, T	
812	Barwick, W	30OCT82	2254	Warman, S	
807	Fletcher, T	70	2254	Barry, L	
805	Morgan, M	71	2248	Grove, J	
804	Boscaccy, B	05JUN83	2243	Ware, J	
804	Clary, F	17APR94	2237	Wiers, C	
(20)			(20)		
301	Kovacs, D	20JUL02	2232	Masters, W	
800	Drapel, J	JUL82	2225	Pearce, R	
800	Dempsey, R	01AUG82	2221	Hill, H	
300	Palucci, T	82	2221	Moore, B	
300	Kretsch, B	13NOV88	2205	Tate, D	
300	Manno, M	26MAR00	2204	Long, T	
300	Stafford, J	19NOV00	2204	Hardridge, A	
793	Ware, J	16MAR86	2204	Springer, P	
790	Cassidy, H	06NOV71	2204	Mimnaugh, W	
788	Barlow, R	07JUL91	2200	Barlow, R	
30}			(30)		
788	Waddle, T	01JUN96	2199	Siders, B	
788	Brink, G	15APR00	2190	Gillingham, B	
788	Wiers, C	24AUG02	2182	Nettles, D	
785	Grove, J	25MAR00	2182	Kidder, K	
785	McGettigan, P	05FEB00	2175	Clary, F	
785	Skiver, T	13OCT01	2175	Mikesell, B	
783	Frank, G	24MAR88	2170	Dempsey, R	
780	Ruggiera, M	28JUN98	2170	Morgan, M	
777	Shaw, D	26JUN81	2166	Boscaccy, B	
777	Braxton, C	25OCT81	2166	Phillipi, M	
401			(40)		

16JUN02 21MAY88

29OCT95

Mimnaug Ward, G Barno, D Clifford,

Teter, M Collins, H Cassidy, H Doonkeen, LaBare, A

USA ALL TIME TOP 50 +308 - Superheavyweight

as told to PL USA by Herb Glossbrenner

			BENCH		
SQUAT	Mikesell, B	17MAR02	800	Clark, A	01MAR97
1074		16JUN02	771	Harris, J	24JUN01
1019	Gallo, C	28MAR93	750	Rychlak, E	12DEC02
1015	Clark, A		738	Frank, G	24JUN01
1014	Frank, G	16JUN02 03MAY86	733	Tokarski, C	11NOV95
1010	Dimel, M		727		23NOV96
1008	Hamman, S	10MAR96		Tuita, K	08SEP01
1005	Hutson, A	17NOV02	722	Brandenburg, C	
1003	Kidder, K	270CT02	722	Moore, B	08SEP01
1002	Wilson, O.D.	16FEB89	722	Williams, W	20SEP97
1000	Moran, L	08JUL84	711	Henderson, J	13JUL97
(10)			(10)		
1000	Ware, J	12MAY90	700	Maddy, J	07APR91
1000	Byran, T	19NOV00	700	Barnes, D	21NOV99
1000	Ruggeria, M	24FEB01	700	Skiver, T	10FEB02
986	Thompson, D	09NOV02	700	Miller, M	29SEP02
981	Fely, D	12FEB82	699	Voronin, J	24JUN01
975	Wrenn, P	12JUL81	677	Rogers, T	09SEP00
975	Hechter, G	02JUN85	675	Williams, J	09NOV72
975	Isaac, T	JUN89	675	Kovacs, D	19NOV00
970	Waddington, D	01APR84	672	Duarte, W	03JUL99
970	Young, C	11DEC88	672	Gillespie, W	18NOV02
(20)			(20)		
970	Dirkson, R	21APR96	670	Smith, M	18NOV01
970	Russ, E	16JUN02 9	666	Manno, T	18NOV02
960	Hunt, J.R.	18NOV01	665	Hunt, J.R.	01NOV98
959	Nettles, D	24JUN01	K661	Kazmaier, W	31JAN81
959	Saunders, A	03MAR02	661	Pitts, G	09MAY92
959	Smith, M	16JUN02	660	Thompson, D	30MAR02
953	Henry, M	04OCT95	K650	Hayes, M	28MAR93
950	Kovacs, D	23NOV97	K650	Lawson, W	29OCT95
948	Broudeur, P	19JUL86	K650	Wong S	12AUG00
942	Mersberg, J	29FEB92	K650	Yitts, R	12AUG01
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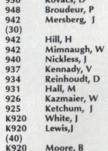
Grant, M

Richardson,

Luster, A Hall, M 26

Price, M

Moran, L



K920 (40) K920 Moore, E 920 920 914 910 910 909 909 905 905 Henry, A Brodsky, S Buchanan,

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ated by Ernie Frantz, after deadlifting 910 Junior Nationals. (Mariah Liggett photograph)

DEADL	IFT	
931	Frank, G	09NOV02
925	Heisey, G	15MAR92
903	Henry, M	16JUL95
886	Kazmaier, W	29NOV81
885	Reinhoudt, D	03MAY75
876	Wilson, O.D.	16FEB89
865	Rethwisch, G	25JAN86
859	Kenady, D	04MAY79
855	Wrenn, P	15AUG76
854	Gillingham, B	17NOV02
(10)		
848	Young, C	02FEB86
845	Kuc, J	11NOV72
840	Reynolds, G	05JUN82
840	Ware, J	29JAN89
835	Culnan, S	01MAY99
832	Lacy, R	03DEC88
830	Kovacs, D	19NOV00
826	Rainey, R	19APR86
826	Hill, H	16JUL95
825	Smith, M	18NOV0
(20)		
821	Hechter, G	03MAR8
821	Dimel, M	26JUL92
820	Morgan, M	72
820	Ufford, K	22MAR97
K815	Wright, D	12DEC87
K810	Desadler, C	21JUN89
810	Skiver, T	23MAR02
805	Smith, T	17DEC77
805	Brodsky, S	10APR88
805	Ruggiera, M	17JUN00
(30)		
804	Steinacher, R	10NOV8
804	Barlow, R	06NOV9
804	Brink, G	12NOV0
804	Barry, L	16JUN02
804	Mikesell, B	25AUG02
804	Thompson, D	09NOV0
800	Boyce, B	10NOV7
800	Hemphell, S	29MAY82
800	Rienstra, J	17JUN85
800	Rannals, C	17APR99
(40)		
799	Baty, M	08JUL84
793	Hall, M	23NOV8
793	Siders, B	14JUL02

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Cook, J Brown, D Mimnaugh, W Patterson, R Collins, H Orr, J

Frank, G 2460 Clark, A Wilson, O.D. K2430 Mikesell R 2427 Ware, I K2425 Kazmaier, W K2425 Kovacs, D Reinhoudt, I

Ruggiera, M Hechter, G

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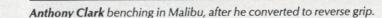
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Henry, M Barlly, L Kidder, K Young, C Waddington, D Kenady, D Nettles, D Gillingham,

Pitts, G Rychiak, E Siders, B Rethwisch, G Isaac, T Moran, L Hill, H

06MAY72 19NOV89 24JUL83 Patterson, F Bouvier, W 06NOV99 Barlow, E 30MAR02 Henry, A 18FEB89 31AUG75 Broasky, S 07APR91 17FEB85 Steinacker, R 17JUN00 Yitts, E



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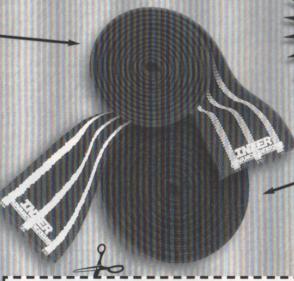
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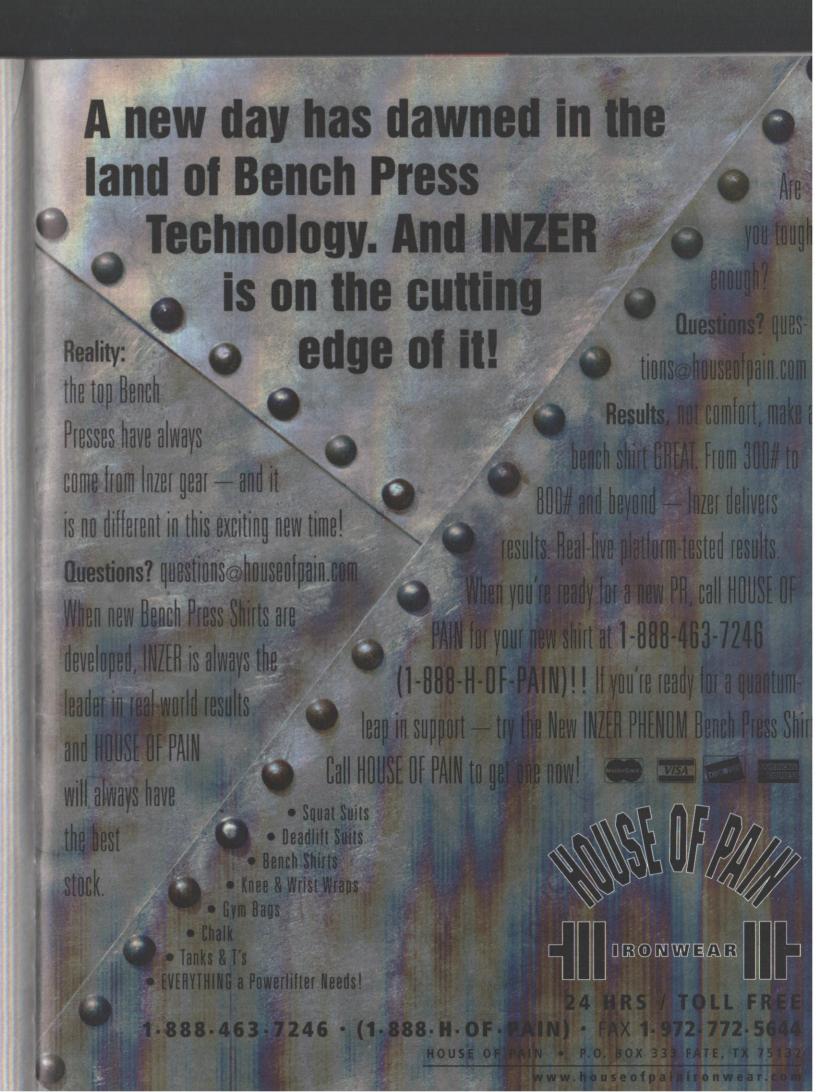
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TRAINING

Intensity Zone Loading. Part 2. The Bench and Deadlift

as told to Powerlifting USA by Louie Simmons

The loading for the bench press is similar to that for squatting, but, of course, it must be somewhat lighter due to the smaller muscle groups used. It has a dynamic method day. This occurs on Satur-

day or Sunday. The max effort day is Wednesday, about 72 hours later, which is the amount of time required to recover from extreme workouts. We do a circa-max phase, but the de-loading phase is some-

Let's start with the dynamic method day. Here we do 9 sets of 3 reps. The reason for this is we use three different grips on the bench: 3 sets with the index finger just touch- long. You have ing the smooth part of the bar, 3 sets 2 inches from the smooth part of the bar, and 3 sets with the little finger on the power ring. These can be done in any sequence.

Increasing bar speed is most important, not raising bar weight. Remember Fred Boldt? He made a 495 official bench at 165 training with 185 pounds and two sets of 5/ 8 inch chains or a mini-band. In October 2002 he made a 540 bench weighing 163 with the same bar weight. How? A faster bar equals more force. Eskil Thomasson at 275 made a 485 bench when Fred

.... "You can buy a better bench shirt only for so to get stronger eventually, and this will help".

did his 495 and a 550 at the same

In a weekly plan, or a microcycle, the bar loading equals 27 lifts per week. In 4 weeks, or a monthly load or mesocucle, the number of lifts is 104. The percent may vary slightly, but the main reasons for this day are 2-fold: (1) speed strength preparation and (2) developing the ability to direct one's movements correctly. Why 3 reps? We set the number of reps so the lifter can still do the last. or third, rep of a set at maximal velocity. A fast descent and a fast reversal phase will increase reac-

The training percent with a combination of bar weight and bands looks like this. The bar weight is 33%, the bar and band weight at the bottom is 42%, and the bar and band weight at the top is 50%. The number of lifts per week or per month remains the same when using chains, i.e., 27 per week, or 104 per month.

our own research it was found that lifts above 90% of a 1RM look like this. The last lift before a record attempt is about 90%. After a 90% lift, tru a new record and possibly one more lift. This is a total of 3 lifts. For example, if your 2 board record is 500 pounds, your 90% weight would be 455, easy to load. Then do 505 for a personal record and then 510 or 520. That is all you will achieve if you are an advanced

The number of lifts will remain

meet in October. They train together, but most importantly they use the same bar weight.

One must not only increase coordination and technical skill, but also develop a complex manifestation of velocities: (1) increasing velocity and (2) gathering momen-

What about max effort day? By

the same regardless if they are fullrange or partial. I frequently refer to Prilepin's table, but we vary the number of lifts somewhat. Prilepin's table was calculated for the Olumpic lifts, not the power lifts. I calculate the percent on dynamic day on the basis of a contest max, meaning a bench shirt max. No bench shirt is used on max effort day, but the changes in the number of lifts are due to the fact that the pressing muscles can't withstand the work

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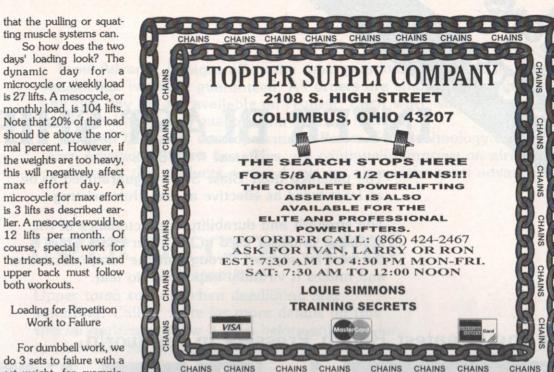
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be done for pushups as well.

dunamic day for a microcycle or weekly load is 27 lifts. A mesocycle, or monthly load, is 104 lifts.

Note that 20% of the load should be above the normal percent. However, if the weights are too heavy, this will negatively affect max effort day. A microcycle for max effort is 3 lifts as described earlier. A mesocycle would be 12 lifts per month. Of course, special work for

> Loading for Repetition Work to Failure

both workouts.

For dumbbell work, we do 3 sets to failure with a set weight, for example, 100 pounds. First, warm up with lighter dumbbells.

Then do a max set to failure. Rest about 5 minutes and then do a second set to failure. Take 5 minutes of rest again and do a final set. Keep a record of your 1-set and 3set maxes. Try records in the seated,

flat, incline, and decline presses and

OF STATE OF

presses on a stability ball. This can A dumbbell or barbell rep max should be done every 4 or 5 weeks for 2 weeks in a row. A guideline for When using a barbell, a 6 rep max works well. Either a close grip barbell work is that it should represent about 80% of a 1RM without a or a wide or illegally wide grip can

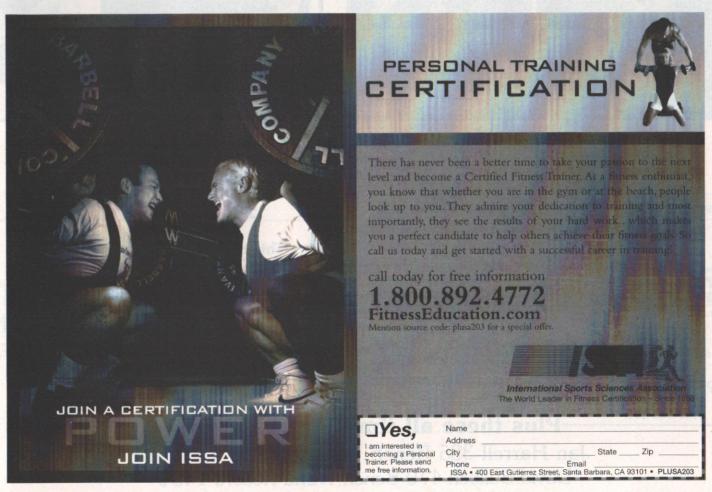
shirt. When using dumbbellls, simply add the total reps on all 3 sets. As your total volume increases with the same dumbbells, your bench should go up.

Speed Deadlifts

These can be done on either dynamic squat day or max effort day. When using 60-70%, do between 6 and 10 singles. The rest intervals are important, 30-45 seconds between singles. Do not do reps on speed deadlifts. The reason for this is that no eccentric work is being done during a deadlift. The CNS is stressed more when deadlifting than when squatting or benching, so do only the optimal number of reps according to Prilepin's table, not the maximal number.

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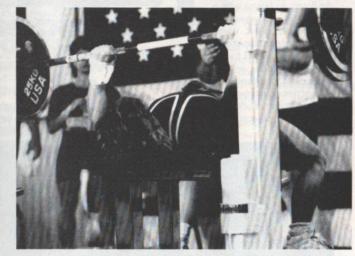
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Your last lift at a meet may be the completion of your latest training cycle, but in reality, it also is the beginning of your next one. This is a great opportunity to evaluate and critique your planning and preparation for the meet as well as actual competitive experience at the meet. A lot can be learned from that long day that can make future meets more successful.

There are many reviewable aspects of the competition. Let's start with the commute to the meet. Some meets are a great distance away and require several hours or more of travel time either by car or air. For these, the best bet would be to arrive the day prior to avoid rushing or, at worst, missing the meet altogether due to an unforeseen circumstance or travel delay. Getting there the day prior would allow you to compete fresh without the tiring frustrations of early morning travel. Even if the meet is local and requires a short commute, still try to arrive with time to spare. That extra breathing room can work wonders to reduce stress. Also, be aware of time changes when traveling into different time zones.

Hopefully, before you leave

home, you checked to make sure you brought all your lifting equipment, including spares. Even if you brought everything you needed for the meet, consider developing a checklist to review while you pack for your next meet. Check your equipment before and after every meet to make sure they're usable or in need of replacement. A meet is a good place to get info and tips on other brands of lifting gear such as squat suits and knee wraps from other lifters. If something sounds promising, give it a try during your next training cycle. If it proves superior, use it for your next meet. Each brand of squat suit, knee wraps, etc., performs differently and can be more effective for one lifter than another, so keep an open mind in respect to new products and developments in lifting gear. But don't ever try new gear like knee wraps, etc. for the first time at a meet. Use what you came with. Using untested gear at a meet is asking for disaster. It requires time during your cycle to become accustomed to the effects of each piece lifting gear and how they work in combination with other gear.

Food and drink consumed the day of the meet are critical to success and maintaining a high energy level during those endless meets. Many lifters like to eat high energy breakfasts, like pancakes and eggs, the morning of the meet to sustain their energy. I would avoid eating anything you are not used to. This could cause some digestive problems that can wipe out all your hard training with a single stomach cramp. It is

STARTIN' OUT

A special section dedicated to the beginning lifter

MEETEVALUATION

as told to Powerlifting USA by Doug Daniels



Top Lifters ... evaluate their meet right after the awards are presented.

wise to bring some food and beverages to consume during the contest. I would suggest some water, sports drinks and light food. Sandwiches are not a bad idea especially if there is not good food available at or near the meet. Fast food may upset your stomach and may not be a good choice. Bring a cooler to keep everything cold and fresh. If you experienced problems at the meet due to something you ate, try to identify what it was and stay away from it next time. Things that seemed to digest well should be considered again for the next meet.

Evaluate how your attempts were chosen. Many lifters come to a meet with an idea of how they would like to see their attempts go. Let's say you plan to open the squat at 400, take a 35 pound jump to 435, and then go for 450 as a third. Sometimes your attempts don't go as planned. That 400 opener felt a lot heavier than usual. A tough success at 400 may require you to drop your second attempt to 425. There are times when 400 feels like 300 and you're good for more, too. Experience is the best source of how to

choose your attempts at the meet when your lifting does not go the way you had expected. Sometimes it could be due to the weights (bar and plates) at the meet weighing more or less than the weights you lift with in the gym. A competent coach who knows your abilities can help you with these decisions. If you make mistakes, use this as a learning experience for future contests. Always come to a meet with realistic expectations, but be prepared to make intelligent and realistic adjustments on the fly. Also remember that if one lift goes bad, it may foretell troubles in the other succeeding lifts, so you may need to make adjustments in those also. I would hesitate in adjusting openers upwards, because if you can not make your opener, you are out. Your succeeding attempts can be easily raised if your opener goes

Warm-ups are critical to success at a contest. Seldom is there enough equipment, platforms or space to go around. If you don't keep tabs on how soon you're due on the platform, you may have to lift before you've taken a final warm-up or, on the other hand, you may finish your warm-ups too soon and have to wait a long time to lift. In either case, you are exposing yourself to injury as well as lessening your chances for a good lift. I've seen too many lifters miss attempts because they were in the warm-up room when their name was announced to take a lift. If you had a problem in this area, make sure at the next meet you have a plan coming in. Refer to a recent article of mine in PL USA for more detail on meet warm-ups

Occupying yourself during the times when you are not lifting is worth considering. Make sure you have comfortable clothes to wear while waiting. Sweats make sense at meets where it can get chilly. Listening to music with a portable CD, MP3 or tape player with headphones can help during these times as well as when waiting to lift in the on-deck area. Take a walk outside the meet area to clear out the cobwebs. Fresh air can work wonders after spending hours around sweat, chalk, baby powder and Ben-Gay.

Over time, lifting tends to make us bigger and heavier. Making weight can get more and more difficult. This could be signaling you that a move up in weight class should be considered. A tough time making weight can really sap your strength level on meet day. If this is the case, consider making the move up in weight class. On the other hand, you may determine that lifting at too high a weight may not be desirable or healthy any longer. If so, work to lower your body fat level by reducing your calorie intake and adding some aerobic exercise to your training over the

As you can see, there are a lot of factors to evaluate after your last meet attempt is taken. You don't need to think about all this stuff right after the meet. Sometimes we need to get our minds off the meet and go and relax and eat and drink things we couldn't while trying to make weight. Remember that all that effort, the best routine, and nutrition can all be wasted if we blow it at the meet due to poor planning or execution. Make each meet a learning experience, using each one to make succeeding meets more successful.

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

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POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

Ken Patera is one of the most relaxed, personable champions I have ever interviewed. Though I have only met him once, he spoke to me as if to an old, close friend. Most probably remember Ken from

his professional wrestling days, and the more mature will remember his weightlifting performances in the Sixties. Back in those days, Ken became first American to clean and jerk, as well as press, 500 pounds. His best rack press was a mammoth 552 1/2 pounds. While contested lifts brought Ken into the limelight, incredible weights he moved during training lent to his workouts a bizarre surre-

How about 501 1/2 power clean, 515 squat clean, 408x2 strict behind the neck press, 820x3 back squat with no knee wraps and a 4" Olympic belt, 650 front squat, 573 3/4 good mornings, 560 bench press (hardly ever did them!), 785x2 clean grip deadlift?! All of this was documented in photos, on film, or in front of reputable lifters. I don't think Salvador Dali ever did anything that sur-

real. If you combine this with his casual 66 foot shot put and his ability to flat foot dunk a basketball weighing 340, you have the makings of a super athlete.

Ken was so dominant that in the '71 Pan Am Games he won four gold medals, setting a record in every lift as well as the total. In his article on Ken Patera in Milo (July 1994) Bruce Wilhelm recounts the story of Ken doing shrug pulls with 740 pounds. He shrugged so powerfully on one rep that he bent the York competition bar, prompting a bystander to take the bar home as a mantelepiece.

Physical challenge has always been Patera's fascination. Raised in Portland, OR, Ken showed athletic proclivity and determination at an early age. At ten he was already improving his vertical jump through squatting and skipping rope for forty five minutes. He began leaping to touch the eave of his house (to his recollection about ten feet). By seventh grade he could reach it, by eighth he could place his whole palm on the roof, making a leap of perhaps ten and a half feet. He was committed to dunking a basketball and did so at an outdoor playground by graduation. He was

KEN PATERA

as told to PL USA by Marc Cavigioli



American Strength Legend KEN PATERA with author MARC CAVIGIOLI

5'10" and weighed 165. He threw the 12 lb. shot 55' even, earning him second in the state in his last official high school meet. He has achieved almost everything he set out to do. Such tenacity is reflective of Ken's intense personal drive and competitive spirit.

Ken is 'work ethic' personified. "The best athletes aren't always the most gifted ones." He believes strong work ethic can make less gifted athletes competitive. "With a little ability, work ethic can help you surpass lazier, more gifted athletes. If you can't do it six months from now, doesn't mean you can't do it a year from now."

For all his success, lack of support for weightlifters was prevalent when he was competing. He lifted for Hoffman's York Barbell Club, but support amounted to a can of low grade protein powder, a handshake, and a "good luck, pal". Facilities were scarce and brutally spartan. After winning the National Championship, he was dismayed that both the medals and plaques weren't even metal, but the colored plastic one might find in a Cracker

Ken's training was an individualized approach uniquely suited to

how he felt each training day. A big believer in variety, he changed exercises often, particularly assistance exercises. There were no secret formulas, no mathematical concepts, and no esoteric combination of unique exercises in his program. What made Ken's training so effective was Ken's hard work. Suffering numerous debilitating injuries, he only trained eighteen months within three years, thus his staggering performances resulted from hell-fire training while he was healthy. Those who claimed he never trained to his potential were not aware of the severity of his injuries.

Following a "Romanian" training protocol in the late Sixties, he used a calculator to design a twelve week program. It was a folly that required weeks of recovery. He describes prognosticating workouts with a calculator as "...false hope. You can't say in sixteen days we'll go at 95%, because that's what's on the schedule. That is so bogus! When I was doing it, I knew it was wrong. The body does not acclimate in a linear or mathematical pattern." Thereafter, Ken trained exclusively by how he felt.

Lack of support also meant a lack of coaching. Though occasionally speaking to Tommy Kono, who was the coaching the Mexican and subsequently the German teams. both Jim Schmitz and he were just learning, often at Ken's expense. He describes his training as "hit or miss, to say the least."

> Patera made adjustments to "Bulgarian training" bringing it down to reality. These modifications were closer to the original intent than what 'experts' had professed. He emphasized that nebulous translations of Eastern Bloc programs often left garbled advice, and if something seemed unrealistic, it probably was. Ironically, the routine Ken developed fell into other hands and was published as a "Bulgarian Training System", with the unscrupulous 'author' taking the credit for himself!

> Ken is highly skeptical of Eastern Bloc routines claiming twice a day training and maxing several times per week. He suspects such routines reflect the day's greatest effort, but nowhere near personal bests. These, according to Ken, are translation glitches. "No one

can perform personal bests several times per week for months. It's impossible. You have to read between the lines or you miss the finer

From the outset, Patera pioneered self-hypnosis. "How much do you lift when preparing for maxes?" a man once asked him. "I don't lift anything." was Ken's enigmatic response. Patera went on to describe visualization: Emptying a closet of all its contents, sitting on a stool in the dark for hours, Ken would see the gym and himself in it. He pictured the scene down to minute details, the smell, the temperature, plates clanging. He'd see the bar and chalk his hands. The entire lift from approaching the bar to returning it to the platform were experienced in the virtual reality of his mind. "What'll that do for you?" the man then asked. "You'd be amazed what it'll do!" Ken replied. This was one of the factors that set Ken apart from the crowd, apart by a long shot. Some fifteen years later, in '77, he took a course in sport psychology at Brigham Young and surprised the professor by telling him he'd been practicing the techniques that were covered long before the text they used in the class was even published.

His focus is illustrated by the following example. Training with Don Cundy, Roger Sadecki, Charlie Jones, and Mike MacDonald at the St. Paul YMCA, Ken was stymied by the psychological block of trying to overhead press 500 lbs. For weeks he was stuck at 485-490. After turning on his mental artillery, in Mel Hennesy's garage gym, he bypassed 500 going right to 505. Off the rack he banged out a whopping triple! This is the power of the mind.

Certainly novices are green to such cerebral effort, but Ken sees other common mistakes in training. Using too much weight and not enough reps to build a base, as well as too many exercises per bodypart, resultant from misguided, unstructured training transposed from bodybuilding magazines.

Ken changed exercises frequently going no longer than, say, six weeks per exercise. Changing and blending are key components of the Patera system.

A typical pre-competition session for hang cleans might be 135x3, 225x3, 315x3, 405x3, 450x2, 475x1, 475x1, 475x1 with three or four minutes between each heavy single, but he uses higher foundational reps off-season. "Train exclusively how you feel on a particular day, listening to what your body tells you," was a theme he repeated often. "On days you feel poorly, leave, rather than risk injury and adding wear and tear. I would do this and come back a couple of days later and crush everything." Competition training entailed three or four exercises per workout, two to three times per week. Typical workouts might include, (low back work before overhead) power cleans, high pulls, and front squats, rack presses and, if feeling energetic, an assistance exercise or so. Ken usually did pressing movements following his lower back work to ensure a proper warm-up. He rarely did back squats, as they aggravated his knees. Had he trained with healthy knees, he suspects training would have been significantly different.

When not competing, Ken would drop from 330 pounds bodyweight to 275, enabling him to play tennis, run, swim and dive. For a superheavyweight this practice was less than ideal. He believes "To be a true superheavyweight, to train effectively, you gotta maintain that 300 plus pounds year round."

As a super-muscular professional wrestler Ken would drop to 250 lbs., eliminate all heavy lifting, use lighter weight and higher reps.

A big believer in sports nutrition, Patera feels sound eating habits will help augment performance.

An elite athlete needs to take advantage of every angle he/she can. Ken's diet is less what muscle magazines profess (high protein, low carb, low fat) and closer to what exercise physiologists and nutritionists endorse - moderately high protein, moderately high carbs, and medium fat. "Without carbohydrates where are you going to get the energy? It takes huge amounts of energy to lift the weights I handled in training. If the body must seek energy from protein because a low carb diet, you force it to follow a metabolically inefficient path and performance suffers. For the average trainee low carb is fine, but I was a world-class athlete. I needed

Ken speaks from experience having experimented with touted diose supplement manufacturers.

nutritional stratagems as far back as thirty five years ago. While some supplements have come a long way since then, the body and basic food have not changed. "Low carb diets are why some athletes walk around in a stupor."

Ken drank a lot of whole milk as well. "Today people say, 'oh, that whole milk'll kill va.' And I ask 'em, so how much did you lift?". He also consumed a lot of beef. "Barbell plates and T-bone steaks, "he guips. Red meat is a bit higher in creatine than poultry, so while folks today eat chicken and supplement with creatine, Ken says he enjoyed the steaks far more than the spoonful of creatine!

But while sports nutrition may be helpful, Ken is skeptical of gran-

"These guys make claims to sell. Back when I trained, the expression was 'If you don't need a prescription for it, it doesn't work.' Well, that's still the expression!"

Respective to steroids, he feels the best method for the protection of athletes is to monitor use. Trying to ban is pointless because bans have been in place for years, but athletes are using steroids in everincreasing degrees. Tests are an admission of heavy drug use in sport, and not just lifters, but everyone from swimmers, to lougers, to basketball stars. To think otherwise is downright naive. He believes the hypocrisy is the result of officials who try to govern the lives of athletes when they've never sweated a bead of perspiration in their own lives. If concern for athlete's health



were truly the aim of drug testing, we would have adopted a more effective policy years ago. Rather than sweeping drug use under the carpet, saying "my athletes are clean and have tested negative." ergogenic aids should be supervised for the athlete's safety.

While drug use is considered unethical because it voids the "level playing field", anyone who has considered the role of genetics in sport knows the level playing field is a myth, a farce. As a society we can turn our backs on our athletes for only so long. They are caught between the demand for a level of performance achievable only through pharmaceuticals, yet are punished for doing what it takes to achieve that level.

Though a realist. Ken is a staunch opponent of drug use. He has never endorsed them and is disappointed that so many youths try to find shortcuts - missing the Patera message of hard work.

For recovery in heavy training Ken would jog about a mile, clearing metabolites without taxing the system or prompting fiber conversion. Following a heavy workout, sometimes two but more often three days later he could duplicate it. The body is not a machine and simply requires lots of rest to recover. Requisite sleep was on the order of nine to ten hours with one to two hour naps in the afternoon. (Authors note: Chuck Ahrens - another super-powerhouse - supposedly believed in many hours of quality sleep to move big weights. Great minds think alike, and fools ignore sound advice at their peril.). Active rest included walking, which Ken is still does today, taking his big, black Lab for outings.

Patera was perhaps one of the only wrestlers capable of body-slamming the late Andre the Giant. They were fast friends and wrestled each other often. Ken frequently slammed Andre, but always with the Giant's help and cooperation. Andre was French and was wrestling before a French-Canadian audience in Montreal where he was the town favorite. Andre told Ken, "You're not going to slam me in this town tonight, brother." Patera waited until the crowd distracted Andre and before the gargantuan knew what was happening, Ken had lifted and slammed him. Andre looked at Ken with newfound respect afterwards.

I asked him who impressed him as a professional wrestler in the strength department. While respectful of all participants, he said none came close to his level of performance. He commended Tony Atlas and Dino Bravo as accomplished bench pressers, while not

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being a fan of bench pressing himself. Bruno Sammartino is an athlete whom Ken tips his hat to, enjoying a warm friendship with that legend to this day. "Bruno could do it all. He was involved in weightlifting as well as powerlifting. I think it was at a York picnic that he benched 565." Other muscular wrestlers of his day such as Ivan Putski and Superfly Snuka used lighter weights, though Snuka was capable of about a 460 bench.

Patera feels a large bone structure is critical for attaining elite levels of strength. Known for his "Golden Gate" width shoulder span. Ken says "If you don't have the bone structure, you'll never lift big weights, I don't care how hard you work or how many steroids you pump through your body."

Today Ken owns the American Wrestling Alliance, (AWA), and runs a wrestling camp. He only accepts 8 to 9 students at a time, being concerned about quality not quantity. He wants promoters to notice "Jeez, he's a hell of a wrestler," and the response to be "of course, he is he's one of Ken Patera's."

Before ending our talk, Ken stressed coaches should realize weight training is more than a tool for building strength; it can be used to build motivation, camaraderie, and - most importantly - team unity. He also espoused the value of education because, "Without wisdom, without knowledge - you have noth-

Regarding training and competition, "Always make sure you're having fun. Stay relaxed and focused, but don't get overly serious about anything. Take momentary setbacks in stride and focus on the meet, regardless of sporadic low training performance. Emotional well-being and self-worth should not be tied into performance because while some butterflies are good, indicating arousal, and getting too wound up is counter-productive.

I asked Ken for more Patera philosophy, life's lessons as it were, and without hesitation he said, "Live life to the fullest because you never know what's around the corner, pal. Never think you're better than anyone else, because you're not."

Having interviewed Ken, I can honestly say, with no butt-kissing, the world seems a better place with him in it. I've never been spoken to so congenially by so great a personage. A champion with his ability often feels justified in assuming a certain arrogance. Nothing could be further from Ken's down to earth personality. Having only met him once and spoken several times on the phone, I feel I can count him among my friends.

POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

New Research Applications as told by Mauro DiPasquale M.D.

Taurine - The New Supplement Superstar?

Taurine, a sulfur-containing amino acid and the second most abundant amino acid, and the most abundant free amino acid, found in skeletal muscle tissue, has manu properties that can enhance the training effect. I've known about the amino acid taurine and it's importance to training for many years. In fact in my 1997 Amino Acids and Proteins for the Athlete - The Anabolic Edge, published by CRC Press, I mentioned the many properties of taurine, including it's abilities to increase growth hormone, protect joints, and protect the liver, as well as its antioxidant and anabolic effects. Taurine has also been shown to have insulin like effects and to help control cell volume. The volumizing effect on muscle cells is felt to lead to an increase in protein synthesis

Over the years oral taurine administration has been shown to help muscle cramping in patients with liver cirrhosis and myotonic dystrophy. Several studies have suggested that it may also help to alleviate muscle cramps occurring during and after exercise. But there's more to the story. Lately, taurine has been shown to be even more of an amino acid superstar, perhaps even on the level of the glutamine, glutamate, 2oxoglutarate trio of amino and keto acids.

A recent study on rats has shown that oral taurine supplementation may increase muscle performance and reduce muscle injury caused by exercise. The aim of the study was to determine if increasing muscle levels of taurine would decrease free radical damage after exerciseinduced injury. The authors found that first of all taurine levels rose in muscle after supplementation, and secondly that running performance was improved by the taurine supplementation. Thus it appears taurine supplementation may facilitate exercise performance and reduce some of the counterproductive muscle injury caused by exercise.

And as if that weren't enough, there is some evidence to show that taurine may enhance training fur-

ther by decreasing training induced fatigue. A recent paper has shown that Na+-K+-ATPase activity is depressed with fatigue, regardless of training state, suggesting that this may be an important determinant of fatigue. Another recent paper associated fatigue and training with reduced Ca2+-ATPase activity. Previous studies have shown that taurine stimulates Na+-K+-ATPase activity and also the pumping rate of the Ca2+-activated ATPase pump. While the evidence is circumstantial at present and a direct study linking the two research findings needs to be done, it's quite possible that supplemental taurine. besides all the positive effects we know it has, may also reduce exercise induced fatigue.

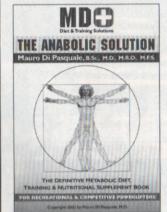
Because of all these properties, taurine is an integral part of my Power Drink, Resolve, Resolve Competition, Creatine Advantage and Amino.

Being Fit may not be enough!

Over the years the fit and fat controversy has been the subject of a lot of debate. A new study has shed some light on whether weight doesn't matter and it's enough to be fit to reap the benefits that exercise has to offer. A new study has shed some light on this controversy by showing that weight matters and that regular exercise doesn't cancel out the health risks of being overweight or overfat. It seems that the people who live the longest are the ones that are fit and of normal

The findings in this study are based on over 5,000 men and women who were followed from 1972 to 1998. During that time their fitness levels and body mass index were regularly assessed. They were then grouped into 4 categories: fit-not fat; fit-fat; unfit-fat; and unfit-not fat. Among both women and men, the unfit-fat group faced the greatest risk of death. But while exercise helped boost longevity in the overweight group, it did not erase all the negative effects of the excess weight. Likewise, people who were thin but unfit also faced a

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The bottom line is that it's best under control.

shortened life span, results showed. to keep fit and keep your weight

POWER PROFILE a detailed PL USA look at some of the best lifters in the world

Have you ever heard the quote, "his was a tale of sorrow?" (It's famous.) Remember the movie "Conan the Barbarian"? Arnold

Schwarzengger sprang on the scene in a big way, back before Terminator had even been thought of! In the early part of the movie, young Conan is captured and enslaved after his family is cruelly murdered by warring tribes. He grew up in bondage, under forced labor and harsh conditions - and the narrator explains: "his was a tale of sorrow." We'll get back to this thought in a minute.

One of my favorite small meet promoters is Duane Burlingame, His powerlifting meets are small, and that might cause some people to quit. Not Duane. Here is his story:

"I began lifting to

gain quality bodyweight. In high school, I went out for football and basketball, but sat the bench, as I was very thin. I weighed 152 lbs. at 6'2". My first weight set was plastic sandfilled set. (Join the club! - Rick). The only lifts I did were bench press, barbell curl, and bent rows. I didn't even know there was a tricep muscle.

At eighteen, I was going to go in the Army to be either an MP or Ranger. I was in Chicago ready to sign on, but didn't because of my first girlfriend, which I married later that year. Later, she wanted to have me murdered for my life insurance. (Cool. Did she try? - Rick) We had a little boy, but he died at just under five months of age from SIDS. I was at work and got a call to come home. It was the hardest thing I have ever had to go through in my life. We got a divorce shortly after.

Less than a year later, I was seeing someone else and they were killed because of a D.U.I. driver. (Life started out pretty tough.) At that point, I closed myself off to trusting anyone or opening up, as I never wanted to be hurt so bad ever again. I was upset with the world and with God. I was just twenty years old.

All of that brought me to weight lifting. (Finally, a step in the right direction!) I joined a local Y for a few years and lifting gave me some positive results. It was a great release for

MAD AT THE WORLD?

(Duane's not anymore.) by Rick Brewer something to joke about for some



Duane Burlingame and a major league assembly of trophies. (by courtesy of House of Pain)

me. I could see myself getting results physically and it was also helping in other ways, giving me something to focus on. I competed in drug free bodybuilding for a number of years. (I also raced MOTO/X for a number of years. I did pretty good in both, but I lost a child to a motorcucle accident.)

I began to compete in drug free powerlifting in 05/98; my first meet was the L.N.P.S. Nationals in Tuscola, IL., promoted by Darrell Latch. (Darrell Latch is another really hard working powerlifting meet promoter, who probably puts on more meets than anyone I know). He has helped me a lot with my lifting; giving me advice when I have competed at his meets. I have also been given help and advice from the great Ernie Frantz and Tom Carnaghi. With the help I got from Ernie and Tom, my squat skyrock-

I've been lifting about 25 years. The first two meets I competed in I didn't use a bench shirt, and my singlet was made from an animal pelt. (OK, maybe I threw that last part in - Rick) I compete in the Master and Open 220 Class at this time. I'm 45 years old and stand 6'2 ". I have competed in the A.A.P.F. A.W.P.C., L.N.P.S., A.N.P.P.C., S.L.P., N.P.A., and W.A.B.D.L. My best lifts so far in competition are an 805 squat, 410 bench, 680 deadlift, and 1895 total. I use a Frantz squat suit, Inzer Single Ply HP bench shirt, and a Titan suit for deadlifting. I hope to get my bench moving once I use a better shirt and get some help with that. It's tough to excel without a good training partner. I buy all my lifting gear and needs from House of Pain. They have great service, and are the best. (I swear, we did NOT torture this man.)

At my first world meet (the A.W.P.C.), my friend was helping me get my straps on my DL suit when his hand slipped and he hit me in the head. I thought it was actually funny, as he was so concerned and worried asking my if I was okay. (I think this head injury explains many things - Rick)

I use creatine, whey protein, multi-vitamin/mineral and glucose. The brands I use have been Optimum Nutrition, Pro-Lab, Muscletech, and Beverly Int'l. I felt that I get my best results from Optimum Products. I eat pretty much whatever I want and stay pretty lean and have had no problems staying in my weight class. (I cannot relate to Duane at

I brought my own power rack and bars to the place I train at. They have been real helpful and have not complained about the heavy deadlifting noise. One morning I was deadlifting, and the clock upstairs above where I was lifting fell off the wall and scared the staff. It was

> time. Every time I'd come to lift they would say, "Take the clock down -Duane is here to lift!"

I train four days a week year round and compete 4-8 times a year depending on my schedule and finances. (Wow, that's a lot of meets for a drug-free lifter - Rick) I usually use the Pyramid system going from warmups of eight, down to singles. I plan to give the bands a try in training soon also. (Rick's note: you'll love'em!) I like using a MonoLift-it helps a lot to prevent injury. Unfortunately, I had a major knee injury which may cause me to stop lifting in full meets sooner than I'd like. I'd like to see an adjustable beam used

for the squat, so when the lifter breaks parallel a sound would go off - and the lifter would know they could come up with the weight. It would also take the guesswork out of the squat. (Interesting idea.)

Some of the great lifters in the Midwest that I have had an opportunity to meet have been Ernie Frantz, Tom Carnaghi, Darrell Latch, Bernie Ferro, Eric Maroscher, Darrell Kibbler, Linda Middleton, and Dennis Belt - to name a few. I love our sport and almost everyone I have met is great. There are a few that are jealous of others and their achievements, but I believe you have that in any sport. I still love lifting today as much as I did when I started In many ways I believe it saved my life. (Giving me discipline and something to strive for and put my energy in.)

I have two jobs; one as a warehouse worker for a large company and the other teaching people how to use the lifting equipment at the gym I train at. Once I walked four miles to work out when my car wouldn't start. It was 30 degrees out. I didn't wear a coat, and for fun I put wet clothes on and walked backwards. (OK, maybe I added the last sentence - Rick)

I feel meet directors should give quality awards out since lifters train so hard all year long and spend a lot of money to train and compete.

(Fair enough.) I promote two small meets a year for lifters to compete in and learn about our great sport. (Fantastic!)

I think the great thing about working out is that anyone can make gains and feel better about themselves no matter their age or goals. My lifting goals are to enjoy the sport as long as I can, help others, and achieve the very best I can. I wish that people would not stereotype lifters. Some people I talk to prior to meeting me say they thought I would be different than I am. (Me too; I thought he would be smaller!)

More "train-wreck" trivia: I had a severe head injury in grade school. I was tossed headfirst into a cement wall knocking me out. (I told mom to quit, but she wouldn't listen.) I have fallen twice with over 700 squatting while training: that was not fun. (No wonder he took a power rack to the gym!) I wish my Mom was alive to see the success I have in powerlifting. She passed away from cancer, and it was very sad. My Dad and I helped to take care of her before she died. It is a terrible disease". (Duane has also had 2 children die, but still has 3 live children. He is even a grandpa!)

Two random Duane thoughts: I wish our sport was in the Olympics, and I'd like to see DI meets with two divisions - one for Sumo and one for conventional. (Why.?)

What is Duane doing now? "I'm single and have a wonderful 2 year old son who is my life. I enjoy teaching him things, helping him learn about life. We have so much fun together, he means the world to me. (Dane is 2 1/2 years only.) I raise money for charity through my lifting - getting people to make pledges for my total weight lifted at my meets. I raise money for SIDS of Illinois, St. Jude Children's Hospital, and the American Cancer Society. I've been able to raise over \$1000.00 for SIDS. I give thanks to God, my parents, friends, sponsors, lifting partners, all the great lifters I have met, and PL USA magazine for all their help and support. I have new found faith in God these days, and it is important to know that I believe. My future goal - to make this world a better place for my kids and others growing up".

Most importantly, his "tale of sorrow" has ended. (Duane is finally living large! If Duane can promote a couple of powerlifting meets - maybe you can, too. At the very least, you can recruit a few new lifters at you gym to compete at the next meet you attend)!

ATTENTION: Last call for photos/ info on the following prospective Hard-Core Gyms: Central Illinois

Correction ... in the coverage of the WPC Worlds in the December issue of POWERLIFTING USA, Sakari Selkainaho would like to make a few clarifications. He was not actually one of the promoters of the contest "Ano and Minna Turtiainen did all the work themselves. Since I founded the FPO (Finnish Powerlifting Organization), my goal was to have the Worlds here. I was involved with the process on a couple of occasions, starting from writing down the bid for the meet, but the effort was theirs. My role was being one of the sponsors". He also points out that the TV coverage was national, not local. "The meet came out on our national sports channel and MTV3, which is the biggest TV channel in Finland. Both showed a two hour program. Ano and Minna paid the expense to get the coverage themselves. The national sports channel also had Ano and WPO/WPC President Kieran Kidder as guests on a talk show hosted by Juhani Tamminen, a world famous National Team and NHL Ice Hockey coach." This is not a critique of Herb (Glossbrenner) "We were glad to have him here. I think he liked it here too. Saying The Best WPC Worlds Ever' is a lot, coming from a man who has seen it all. I just want to give the credit to whom it really belongs. The next big international meet is the WPO/EPO qualifier on June 8-9th, Kieran Kidder saw the quality and standard and granted this European gateway to the WPO. Couldn't be a nice compliment and I feel it's really starting to get things rolling here."

Weightlifting Gym (Peoria, IL), Blackberg's Total Gym (Columbia, SC), American Eagle Bodybuilding Gym (Norwalk, CA), 16th M.P. Brigade Gym (Ft. Bragg), Covert Gym (St. Louis, MO), Circleville Barbell Club (#740-420-3063), Olympia Gym (Wakefield, MA), Thorbecke's Gym (Tempe, AZ), Gold's Gym (Venice, CA), World Gym (Venice, CA), Seguin Fitness (Seguin, TX),

Iron Sport Gym (unknown location; Steve Pulcinella), Southside Gym (Stratford, CT), Powerhouse Fitness Center (Raleigh, NC)

> Questions? Comments? Rick@houseofpain.com

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Whatever Happened To Hot Stuff?

I desperately need some help!! Several years ago I used a fantastic supplement powder called HOT STUFF. It was far and away the best supplement I have ever used. I

have been looking everywhere for it recently but I can't seem to find it anywhere. One store clerk told me it had drugs in it



and was banned by the FDA. Does anyone know if this is true, and if not, where can I buy it again?

We've got some good news for you. HOT STUFF is still available at select gyms and health food stores but if you can't find it in your area, you can purchase it directly from the company by calling 1-877-914-9910 or order it off their web site at www.HotStuffWorld.com. And by the way, as great as it works, the rumors that it contained drugs were never true.

USAPL Squat Nationals 28 SEP 02 - SHERIDAN, CO.

WOMENS		M3	
M2		181	
123		STEVE HARMS	314*
JEANNE HARMS	187	242	
MENS OPEN		BILL SINDELAR	523*
132		M4	
TROY KIBEL	303 *	165	
148		TOM BYINGTON	314 *
KEITH SCISNEY	540 *	M7	
181		165	
DAVE KROEKER	429*	DAN GOODWIN	192*
275		MENS JUNIOR	
STEVE HOWARD	529	220	
MENS MASTER		MATT HARUTUN	303
M2		MENS SPECIAL O	L.
198		132	
JERRY HUNDLEY	303	TROY KIBEL	303*
275		198	
STEVE HOWARD	529*	IFRRY HUNDLEY	303*

AAPF/APF Extreme Fitness BP

* DENOTES NATIONAL RECORD (THANKS TO DAN GAUDREAU FOR PROVIDING RESULTS.)

132 Master 55+		198 Sub	
Brenda Feltner	84	George Ferrell	465
148 Open		C.T. Hall	353
Tricia Courville	133	202	
181 Submaster		Open	
Robin Pultz	183*	William Byiers	570
165 Master 45+		Masters 50+	
Martha Oliver	177*	Ron barley	476*
Teen		50+	
132		David Stantey	383
Chris Farmer	138	Jim Hale	238
165		Open	
Michael Huck	199	Mike Gray	238
Bob Watts Jr.	194	Masters 242	
Junior		John Dean	405
181		Master 275	
Travis Hern	232	David Burruss	350
Master		275 Open	
148 40+		Dan Dean	454
Scott Zerbe	364	275 Sub	
181 60+		Danny Pullen	443
Earl Feltner	117	Super Open	
		Carroll Thorton	454

* - American AAPF record.Thanks to John & Bonnie Graube for the great help, Thanks to Extreme gym: Jack Cox - owner. Best Lifter Male: William Byiers. Best Lifter Female: Robin Pultz. (Thanks to Sam Morris for providing these results to PLUSA.)

USAPL Maine Holiday Classic 19 OCT 02 - Brunswick, ME

19 OCT			asters B			
148			hibault	330		
Anthony Williams	275		ers Benc			
165	213	40-44		POP B		
Ray Thibautt	330	John I	Flaherty	300		
181		Grandmasters Bench				
Steve Fornier	280	50-54				
198		Lynn	Atheam			
Mike Laliberte	390		& Fire	Bench		
Dave Claroni	330		hibault	330		
David Babcock	315		Claroni	330		
220			en Oper			
Josh Gottieb	425		Clough			
242			Correr			
Seth Reardon	230		Mattu			
Lynn Athearn			en Mast			
			Clough			
148	SQ	BP	DL	TOT		
Anthony Williams		275	405	990		
165		9				
Alan Cayer	540	360	600	1500		
Sean Dicataldo	550	340	600	1490		
Toby Pond	245	205	340	790		
198						
Mike Lalibete	600	390	540	1530		
Mike Campbell	550	360	550	1460		
Dave Jackson 220	300	205	355	840		
losh Gotlieb	575	425	525	1525		
loe Moses	550	335	550	1435		
Ryan Luchka	375	340	450	1165		
Garrett Chabot	315	325	400	1040		
242	313	323	400	1040		
Sam Tyler	600	420	580	1600		
David Sneed						
275		240				
Dan Wiswell 275+	585	340	630	1555		
Walter Sabine	700	400	500	1600		
Teen Division						
18-19 Years Old						
198						
Mike Campbell	550	360	550	1460		
Jacob Carpenter	380	240	380	1000		
Submasters Divisi	on	1-75.61	7.23	9 12/1		
Sam Tyler						
Masters Division						
John Flaherty	45	300	610			

50-59				
Dave Jackson	300	205	355	
60+				
Shorty Wade	250	200	300	750
Bob Ayers	205	140	300	645
Women Open Di	vision			
Cheryl Correra	250	135	270	655
Florette Ruggiero	230	145	315	690
Womens Grandm	asters			
Florette Ryggiero	230	145	315	690
(Thanks to Lance I	Reardon	for thes	e meet	results

4th USAPL Wellness & Fitness BP 09 NOV 02 - Salem, VA

FEMALE		College 181	
Open 105		Matt McCoy	360*
Angela Mamola	150*	Masters 40-44 18	11
Jr. 20-23 114		Mike Dennis	335
Laura Wright	110*	Open 198	
Open		Jonathan Greene	425
Masters (40-44)	132	Ricardo Moreira	370
Leigh Hanes	170	Masters 55-59 19	8
MALE		Bill Lindsey	390*
Teen 16-17 132		Open 220	
Jamie Lytton	145*	Jerry Davis	435
Ir.(20-23)		Dustin Seacrist	395
College 148		Keith Ruble	380
Kris Wiesak	250*	Masters 45-49 22	0
Teen 16-17 165		Charles Law	380
Josh Dunbar	245	Masters 60-64 22	
College 165		Bob Thompson	325*
John Nakovich	300	Teen 18-19 242	
Open 165		Tom Keim	370
Micah McCann	315*	Masters 55-59 24	2
Masters 50-54 16	5	Kyle Christian	380*
Fred Pifer	200*	Open 242	
Open 181		Mike Cumbee	400
Darin Hull	445*	Oven 319	STATE
Adam Mamola	425	David Redman	500
CharlesHatcher	355	Masters 40-44 31	9
Ir 20-23 181		Patrick Brody	385
Blake Law	265	Masters 60-64 31	9
	1000	Bob Ewers	350*
* denotes state re	cords.	BESTOVERALL: 10	
		8-319+ Jonathan C	
-2.2x BW. (Thank			

9th Ed Jubinville Memorial BP 16 NOV 02 - Pittsfield, MA

m	111 35-39		Brendan Weiss	305
to	Donna McBumey	140	181 65-69	
1.)	111 Open		Norm Bessette	190
	Donna McBumey	140	181 Open	
	139 40-44		Lew Steiner	350
	Cris Carl	145	181 40-44	
	139 Open		Lew Steiner	350
	Nancy Famigletti	215	220 Open	
0	176 55-59		Peter Barrett	560
	Sandy Cseh	85	Curtis Clapp	435
	176 Open		Gabe Ting	385
0	Carrie Fountaine	110	Fred Engel	360
	Male		220 55-59	
	114 14-15		Roland Cote, Jr	430
	Kyle Lapatin	70	Bob Gray	250
	165 Open		220 40-44	
0	Sean Quail	275	Curtis Clapp	435
0	165 65-69		Fred Mink	425
	Robert Cseh	230	Frank Willard	410
	165 40-44		220 35-39	
5	Jim Wysocki	310	Fred Engel	360
0	Tom Fresia	305	242 Open	
	165 45-49		J. Hardgrove	500
	Chip McCann	290	242 50-54	
	165 20-24		John O'Brien	265
	Ron Beattie	315	275 Open	
	181 14-15		Patrick Johnson 4	85
	Josh Mucia	185	Glenn Jackson 43.	5
	181 16-17		275 45-49	
	Colin Walton	260	Keith Lang	475
			275 over	
			Jacob Kuhnen	365

No matter what time of year we hold a contest it never fails to snow. Last May we had snowstorm during our Fred Pfister Push and Pull Meet and this November we receive more snow and rain for our Ed Jubinville Bench Press Contest. Only 30 lifters competed but it ran smoothly and the lifting was great. Peter Barrett returned and won the Men's Heavy Overall with a lift of 560 lbs however he ried 600 and got it halfway. Lew Steiner won the Light Men's Open benching 350 and Roland Cote Jr. won the Masters benching 420. I had heard about Nancy Famigletti all week, she had our lady local lifters scared straight and she delivered. Nancy opened with 200, at a bodyweight of 134, which was awesome and then finished with 215. She just missed 225. On a special note Keith Lang returned to competition, a champion in his own right, and benched 475 just missing 500. Loaders were Nick Miller, Jim Ford and Sophann Nhim. This was a special event, both Ford and Nhim have been Overall Winners at our meets', and they actually worked a little at this one. Side Judges Steve Kosof and Jim VanAllen. Head Judge Ray Dunn. (Thanks to Berkshire Nautilius for providing meet results.)

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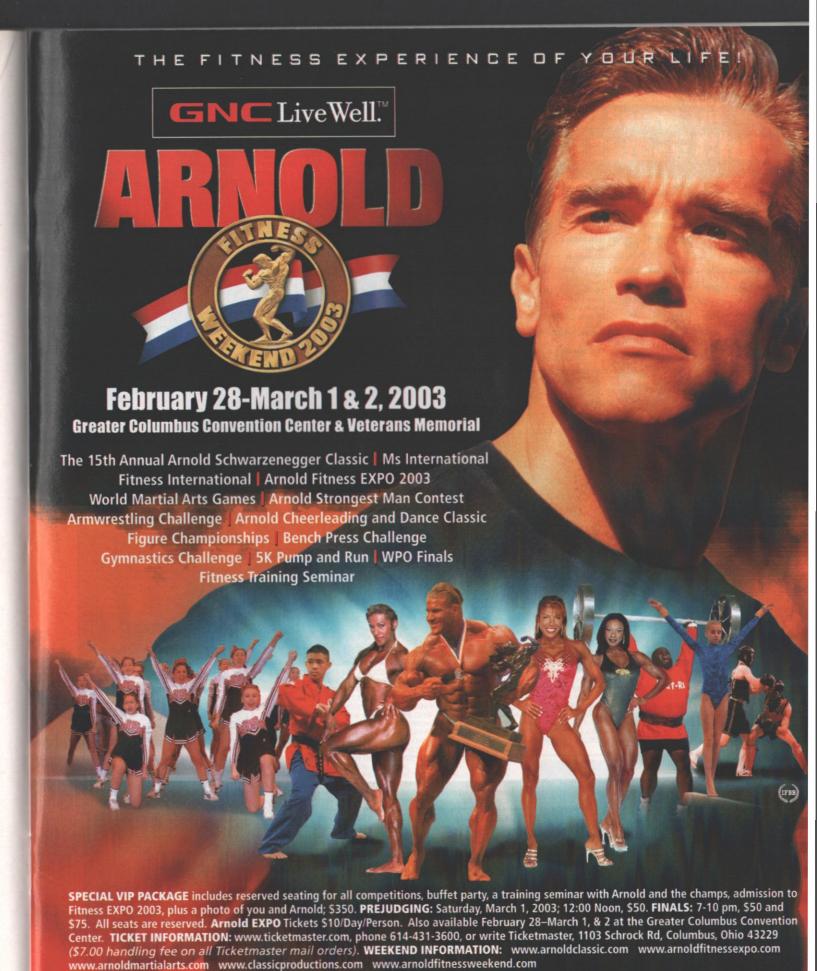
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WNPF Powe 26 OCT 0					Open Don Graham	475	285	475	1235
	2 - 10		town,	J. 1	35-39				
SQUAT		242			Vince Graham	520	385	565	1470
Assisted		Oper			Mike Ciletti	425	340	430	1195
Female 17-19		100000000000000000000000000000000000000	Morra	525	40-49				
148		RAW			Don Graham	475	285	475	1235
Sarah Schaffer	220	132			Dennis Foltz	350	305	400	1055
Men Assisted		14-16			50-59				
181			Giesey	195	Thomas Conway	470	265	540	1275
35-39		165			Police/Fire/Milita	ry			
Wayne Fosmire	500	50-59			Thomas Conway	470	265	540	1275
198		Steve	Tharp	360	Greg Foy	440	245	420	1103
20-25		242			198				
Ryan Cidzik	460	Oper	n		Open				
Open		Pete	Primeau	550	Pete Catina	505	290	475	1270
Scott Rowe	660	40-41	В		40-49				
220		Pete	Primeau	550	Pete Catina	505	290	475	1270
50-59		275			Paul Dunn	450	325	455	1230
William Schaffer	460	35-39	9		50-59				
		Kevi	Nolan	615	John Phillips	500	345	500	1345
Female Assisted	SQ	BP	DL	TOT	60-69	-			
123	1				Joe Miozza	295	245	300	840
35-39					220				
Lee Ann Hillard	150	105	230	485	Open				
60-69					Dave Polis	575	415	575	1565
C. Winkelblech	205!	85	285!	675	35-39				
148					Dave Polis	575	415	575	1565
17-19					James Perry	550	345	570	1465
Sarah Schaffer	220	120	240	580	Thomas Chaffin	500	335	500	1335
35-39					50-59				
Silvia Smith	240	145	280	665	William Schaffer	460	300	440	1200
165					60-69	***	500		
Open					Paul Manion	450!	260	475	1185
Denise Husser	400	210	400	1010	raul Manion	430.	200	4/3	110.
SHW									
14-16					REPRESENTATION OF THE PERSON NAMED IN	TEACHT.	107188	1111111	
Clara Queen	280	120	290	690	BREE				
40-49		150000			THE PARTY OF	48233		73131	21194
Erika Decree	275	225	300	800	DESCRIPTION OF THE PERSON OF T	77131		Area	4

150

250!

255

550 495

1415

115 235



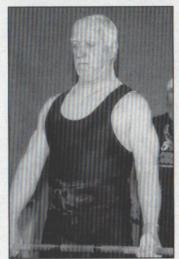
WNPF World Champions (left to right) Dave Polis, Jeff Peshek, Mike McNinch, kneeling-Matt Savachko. (photos courtesy of Ron DeAmicis)



DATE OF BIRTH
CK ONE: LIFETIME DRUGFREE 5 YRS. MIN
FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE T WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214 (770) 996-3418

WNPF Team World Champions and Team of the Year - Ephrata Powerlifting from Pennsylvania.

70-79					
Melvin Huff 242	350	205	400	955	
Open					
Brad Hennebert 35-39	475	350	550	1375	
Taariq Aziz	610	420	590	1620	
Fred Ciarduilo 40-49	500	330	465	1295	
Brad Lovejoy 50-59	525	350	500	1375	
Ralph Brown Jr Police/Fire/Milita	550!	430	530	1510	
Taariq Aziz 275	610	420	590	1620	
Open					
Jeff Peshek	670	580!	580	1830	
David Coleman 35-39	610	500	675	1785	
Jeff Peshek	670	580	580	1830	
Harold Mobley 40-49	600	445	585	1630	
Jay Kleinsmith	600	485	485	1570	
Randy Hugg SHW 20-25	525	375	525	1425	
Brian Bacher 132	635	405	600	1640	
14-15					
Dallas White Mens Raw 132	285	150	325	760	
14-16					
Mike Giesey	195	160!	260!	615	



80 Year Old WNPF World Masters Champion-Bladden McClelland.

Lance Klaasen 148	170	105	200	475
Matt Blessing	265!	205!	330!	800!
Gary Noxworth	350	220	475	1045
50-59	360	270	460	1090
181 17-19				
Rocco Destefano Open	450	280	500	1230
Jon Rock 50-59	450	350		1400!
70-79		Full S		1025
80-89				535
198	225	205	295	725
Mike McNinch 220	520	360	470	1350
	640	250		1575
				1465
				1395
Donn Taylor 40-49	430	305	550	1285
Wayne Kliefoth 242 20-25	640!	350!	585!	1575!
Doug Koch	535	335	550	1420
Pete Primeau 35-39	550	370	615	1535
Edward Dibari	505	400	480	1385
	148 14-16 Matt Blessing 50-59 Gary Noxworth 165 50-59 Steve Tharp 181 17-19 Rocco Destefano Open Jon Rock 50-59 Mike McCorkle 70-79 Ben Creech 80-89 B. McClelland 198 Open Mike McNinch 220 Open Mike McNinch 220 Open Wayne Kliefoth Gary Tiseuich Josef Schaffer Donn Taylor 40-49 Wayne Kliefoth 242 20-25 Doug Koch Open Pete Primeau 35-39	148 14-16 Matt Blessing 265! 50-59 350 165 350 50-59 350 181 17-19 Rocco Destefano 450 Open 450 Jon Rock 450 50-59 450 Mike McCorkle 425 70-79 450 Ben Creech 190 80-89 8. McClelland 225 198 Open Mike McNinch 520 Open 480 Mayne Kliefoth 640 Gary Tiseuich 40 Josef Schaffer 475 Donn Taylor 430 40-49 49 Wayne Kliefoth 640! 242 20-25 Doug Koch 535 Open 520 70-79 50 80-89 8. McClelland 9 40 198 40 198	148 14-16 Matt Blessing 265! 205! 50-59 350 220 165 360 270 181 17-19 360 280 Rocco Destefano 450 280 Open 450 350 50-59 350 350 Sob-59 450 350 Sob-59 450 350 Sib-89 425 215 80-89 8 425 205 80-89 8 400 400 80-89 8 400 400 90 400 400 360 198 400 400 360 200 480 385 385 10sef Schaffer 475 420 400 10sef Schaffer 475 420 400 10sef Schaffer 475 420 400 20-25 40-49 490 400 350! 40-49 400 350! 350! 40-49 400 350! 350! 40-49 400 350! 350! 40-49 400 400 350! 40-49	148 14-16 Matt Blessing 265! 205! 330! 50-59 Cary Noxworth 350 220 475 165 50-59 Steve Tharp 360 270 460 181 17-19 Rocco Destefano 450 280 500 Open Jon Rock 450 350 600! 50-59 Mike McCorkle 425 215 385 70-79 Mike McCorkle 425 215 385 70-79 Ben Creech 190 105 240 80-89 R. McClelland 225 205 295 198 Open Mike McNinch 520 360 470 200 Open Wayne Kliefoth 640 350 585 Gary Tiseuich 408 385 600 Josef Schaffer 475 420 500 Donn Taylor 430 305 550 40-49 Wayne Kliefoth 640! 350! 585! 242 20-25 200 500 500 Doug Koch 535 335 550 Open Pete Primeau 550 370



Dr. John Rock broke both the WNPF American and World Record and the total record in the 181lb. Raw Open class. (this photograph taken by Calvin Brodus)

40-49					
Pete Primeau	550	370	615!	1525	
Police/Fire/Milit	arv				
Bob Nagle		410	500	1410	
Edward Dibari		400	480	1385	
275					
35-39					
Kevin Nolan	615	380	610	1605	
40-49					
Rich Luklan	545	390	580	1515	
Dirk Pounds	550	365	585	1500	
THE HOLIDAY	INN MI	ETROPL	EX IN Y	OUNGS-	
TOWN, OHIO	WAS TI	HE SITE	FOR T	HE 2002	
W.N.P.F. WORL					
CHAMPIONSHI					
GROUP OF LI	FTERS A	ND M	EET PER	SONNEL	
MADE THIS AN					
MEET, SOME N					
LOT OF GREAT	LIFTING	WAS	DONE B	Y ALL OF	
THE COMPETIT					
DIVISION LEE	ANN I	MILLAR	D AND	CAROL	
WINKELBLECH					
NING THEIR D	IVISION	IS WITH	H WINK	ELBLECH	
SETTING NEWS	OUATA	NDDEA	DUFTR	ECORDS.	
SARAH SCHAF					
SELF WINNING					
ANDSILVIATAR					
LIETEMANNININ					

LIFTS WINNING HER DIVISION, DENISE MUSSER DID SOME GREAT LIFTING WINNING HER DIVI-SION AND ALSO WINNING BEST LIFTER IN THE FEMALE DIVISIONS. DENISE ALSO WAS GIVEN

AN AWARD FOR BEST FEMALE LIFTER OF THE YEAR ALONG WITH SARAH SCRAFER. BOTH THESE FEMALES DID SOME GREAT LIFTING THIS YEAR AND ARE A PLEASURE TO HAVE AT ANY

MEET. ERIKA DECREE AND CLARA QUEEN TURNED IN SOME FINE TOTALS WINNING THEIR DIVISIONS AND DOING SOME PERSONNEL BEST LIFTS. IN THE FEMALE RAW DIVISIONS SHAUNNA
HENNEBERT AND ROSE NALL DID SOME FINE
LIFTING AND BOTH GET BETTER EVERY MEET. JESSICA KRAMB SET A NEW DEADLIFT RECORD WHILE WINNING HER DIVISION AND JOCELYN MARTIN DID SOME STRONGLIFTS WINNIGHER DIVISION. IN THE MENS ASSISTED DIVISION YOUTH LIFTER MATT LYDEN DID SOME NICE LIFTS BEING THE ONLY YOUTH ENTRY. IN THE TEEN DIVISIONS MIKE FERGUSEN, T.I. FOWLER AND DALLAS WHITE DID SOME STRONG LIFTS WINNING THEIR DIVISIONS WITH FERGUSON SETTING A NEW RECORD IN THE BENCH. IN THE 1651 R CLASS DAVID BARNES TURNED IN A FINE TOTAL WINNING THE JUNIOR DIVISION AND BLESSING DID SOME STRONG LIFTING WITH ALSO BEST LIFTER. ALLEN MCVANEY AND RUSS GIESEY WINNING HIS DIVISION AND ALSO THE MASTERS 40-49 WITH RICH ALSO BEST LIFTER. ALLEN MCVANEY AND RUSS GIESEY WINNING HIS DIVISION AND ALSO THE EDGING OUT DIRK WITH BOTH LIFTERS PUSH-METIVIER BATTLED INTHE OPEN DIVISION WITH SQUAT ONLY DIVISION SETTING NEW RECORDS IN G. UP SOME HEAVY WEIGHT. IN THE SQUAT MCVANEYTAKINGTHEDIVISION AND METIVIER
IN THE BENCH AND DEADLIFT. MATT BLESSING
ONLY STRONG LIFTS WERE MADE BY SEVERAL
WINNING THE MASTERS. IN THE 181 LB
SETSEVERAL NEW RECORDS INTHE 148LB CLASS.
LIFTERS WITH SCOTT ROWETAKING BEST LIFTER.
CLASS DON GRAHAM TOOK THE OPEN DIVISION AND EDGED OUT DENNIS FOLTZTO ALSO
WINNIG HIS DIVISION AND ALSO BEST LIFTER.
FOSMIRE DID STRONG LIFTS WINNING THEIR WIN THE MASTERS 40-9. IN THE SUBMASTERS ROCCO ALSO TOOK BEST TEEN LIFTER OF THE VINCE GRAHAM AND MIKE CILETTI PUT UP YEAR AT THE AWARDS BANQUET. MASTER LIFT- /DAUGHTER TEAM OF BILL AND SARAH SOME FINE LIFTS WITH GRAHAM TAKING THE ERS GARY HOXWORTH AND STEVE THARP SCHAFFER. KEVIN NOLAN DID A EASY LIFT WIN-SOME FINE LIFTS WITH GRAHAM TAKING THE DIVISION. THOMAS CONWAY AND GREG FOY TURNED IN STRONG TOTALS WINNING THEIR NINGTHE 275 LB RAW SUBMASTERS DIVISION. BATTLED IN THE POLICE/FIRE/MILITARY DIVISIONS WITH THARP ALSO TAKING THE THE SAME TWO TEAMS WHO BATTLED AT THE SOUNT THE 19BLB CLASS PETE CATINA SET A NEW TOTAL AND DEADLIFT RECORD TOWN BOTH THE OPEN AND MASTERS 40-49 WINNING THE OPEN DIVISION AND ALSO BEST THE TEAM TITLE ALONG WITH TEAM OF THE JUST EDGING OUT PAUL DUNN WITH BOTH LIFTERS DOING STRONG LIFTS. MASTER LIFTENS BEST AND LIFTER. THEN ALONG CAME THE MASTER LIFT. SEVERAL OF THE LIFTERS FROM EPHRATA AND SOUNT THE 220LB CLASS DAVE POLISH DID SOME IN THE 92BLB CLASS BIG MIKE MCCINCH RESTORMED AND LIGHBY THIS PLANT OF THE LIFTERS WHO COMPETED IN THE 220LB CLASS DAVE POLISH DID SOME IN THE 92BLB CLASS BIG MIKE MCCINCH RESTORMED AND SUCCESSION TURNED AND SUCCESSION TURNED AND SUCCESSION THE LIFTERS WHO COMPETED AS THE PLANT OF THE LIFTERS WHO COMPETED IN THE 92BLB CLASS BOY BE AND SUCCESSION TO THE SURGE PROPORTION TO T STRONG LIFTS WINNING THE OPEN DIVISION TURNED AND CLAIMED THIS YEARS TITLE PUT-YEAR MAKING THIS AN ENJOYABLE AND SUC-AND WAS IN A BATTLE WITH JAMES PERRY AND TING UP SOME GREAT LIFTS. IN THE 220LB CESSFUL YEAR. SPECIAL THANKS TO MY CREW THOMAS CHAFFIN IN THE SUBMASTERS DIVI-CLASS A FOUR WAY BATTLE OCCURRED IN THE AND ALL THE PEOPLE WHO HELPED WITH RUN-SION COMING AWAY WITH THAT DIVISION OPEN DIVISION BETWEEN WAYNE KLIEFOTH, NING THESE MEETS THIS YEAR, BEST OF LUCK ALSO. ALL THREE LIFTERS DID SOME GREAT
UFTS IN THE MEET. DAVE ALSO TOOK OPEN
TAYLOR WITH ALLT
LIFTER OF THE YEAR AT THE AWARDS BANQUET
HEAVY WEIGHT. AFTER A GREAT YEAR OF LIFTING. MASTER LIFT-ERS BILL SCHAEFER, PAUL MANION, AND THE DIVISION ERS BILL SCHAEFER, PAUL MANION, AND THE DIVISION MELVIN HUFF DID SOME GREAT LIFTING WIN- ALONG WITH THE NING THEIR DIVISIONS WITH MANION WIN- MASTERS 40-49 SET-NING BEST MASTER LIFTER FOR THE MEET. TING MELVIN HUFFTOOK THE MASTERS 70-79 LIFTER RECORDS, OFTHE YEAR ATTHE AWARDS BANQUET. INTHE

242 LB CLASS BRAD HENNEBERT TURNED IN

SOME STRONG LIFTS WINNING THE OPEN DIVISION AND BOTH HE AND HIS WIFE SHAUNNA

KOCH DID SOME CLAIMED TITLES THIS YEAR. IN THE SUBMAS-FINE LIFTS WIN-TERS TAARIQ AZIZ AND FRED CIARDULLO PUT UP SOME STRONG LIFTS WITH AZIZ WINNING DIVISION AS DID THE DIVISION ALONG WITH THE POLIE/FIRE/
MILITARY DIVISION. MASTER LIFTERS BRAD POLICE/FIRE/MILILOVEJOY AND RALPH BROWN JR DID SOME TARY DIVISION.
GREAT LIFTING WINNING THEIR DIVISIONS PETE PRIMEAU WITH RALPH WINNING BEST LIFTER MASTERS EDGED OUT BOB 50-59. INTHE 275 LB CLASS JEFF PESHEK BATTLED NAGLEINTHE MAS-WITH DAVE COLEMAN IN THE OPEN DIVISION

TERS 40-49 AND AND HAROLD MOBLEY IR IN THE SUBMASTERS ALSO TOOK THE DIVISION WITH ALL THREE LIFTERS PUTTING UP STRONG LIFTS, IEFF TOOK BOTH DIVISIONS AND TWO SOUAT ALONG WITH BEST LIFTER AND TO TOP THINGS ONLY DIVISIONS.
OFF JEFF ALSO TOOK SUBMASTER LIFTER OF IN THE 275 LB THE YEAR AT THE AWARDS BANQUET. IN THE CLASS KEVIN MASTERS 40-49 JAY KLEINSMITH AND RANDY NOLAN WAS HUGG FOUGHT ITOUT WITH JAY EDGING OUT STRONG WINRANDY FOR THIS YEARS TITLE. IN THE RAW NING THE SUB-DIVISIONS TEEN LIFTERS MIKE GIESEY, LANCE MASTERS DIVI-

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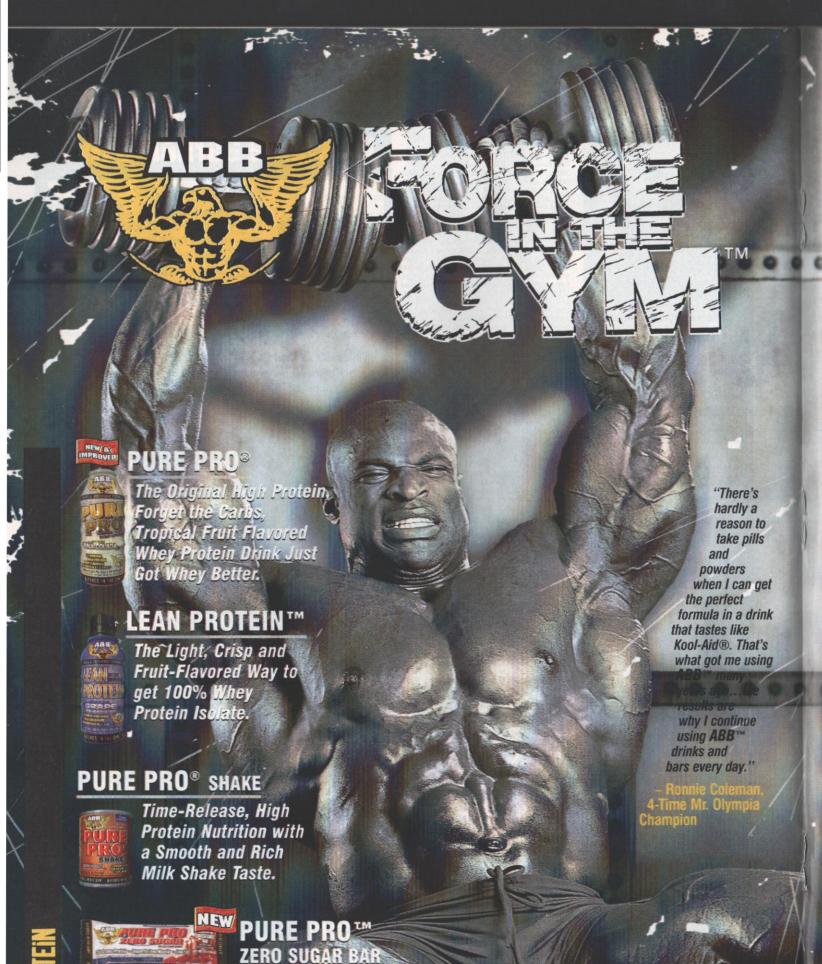
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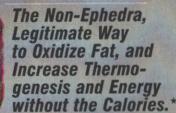
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PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters. NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s Apr/94... Saliva Tests, Coan Deadlift Video.

Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout. Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve rain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine. TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Com-

pounds, TOP 100 242s. May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight

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Classes, Joe McAuliffe Squat Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... TRIPLE SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Suc cess Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts. Multi-Year Training System, First Seniors, Framework for the Novice

Jun/96 ... WPA Worlds, ADFPA Womens Subtotal Supermen, HMB, KIC, LEUCINE, Homeopathic Testosterone, All Time Records, Lifting Belts, TOP 100 SHWs Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Sim ons, Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie ons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner *Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me". Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s Jan/97 ... IPF Men's Worlds, WPC Worlds Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Apr/97... Clark Benches 800 - Waterman

600@181, USA Powerlifting Crisis, World's trongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

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

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sep/97... USAPL/USPF/APFTriple Seniors ue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s. Oct/97... Brad Gillingham Profile, Resis-

tance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest.

World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Work-out, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL

Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Pic-nic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons. John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Reauma Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPFWorld Meets Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s n/99 ... WABDL Worlds, WPC Worlds

Pt. 1, IPF Men's Worlds Report, Louie nons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s. Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview,

Snell DL Workout, TOP 100 220s Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie ons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside tational, USAPL Women's Nationals Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Sim on Pre-Meet Training, "Choking", TOP 100 SHWs

Aug/99 ... the Rubber Band Man. "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie nons, TOP 100 123s

Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular. TOP 100 132s

Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Sim mons, TOP 148s

Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons. TÓP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lift

ers of the Century, More Big BPs by Louie S, TOP 100 220s

Maine

the National YMCA Meet - IACK SIDERIS - appeared on the cover, along with an inset of Larry Pacifico with his two young prodigies: Christina Papalios and Joe Ladnier. Bench Press Star leff Magruder offered a plate rack that would hold ten 300 lb. olympic sets. In the report of the YMCA Nationals, a young lifter by the name of ED COAN won the 165s with 655 402 683 1741. Bob Gaynor issued notice of the comeback of John Kuc, the only lifter to win World titles (4 of them) at SHW and 242, who was going to come out of retirement and "His goal is to prove World Records can be set without dangerous and artificial aids." The qualifying totals for the Men's Senior Nationals were 114 - 1069, 123 - 1190, 132 - 1284, 148 - 1410, 165 - 1625, 181 - 1714, 198 - 1813, 220 - 1895, 242 - 1984, 275 -2061, SHW - 2143, and for the Women's Nationals they were : 97 - 518, 105 - 562, 114 - 606, 123 - 661, 132 - 705, 148 - 744, 165 - 772, 181 - 794, 198 - 804, SHW - 816. Hideaki Inaba was profiled, along with which a photo of Inaba-san and Larry Pacifico appeared, each holding up 9 fingers, for each of their world titles (at that time). We had a report of lifter Jess Wood, who had handled as much as 1005x2 in the squat, weighing 205, back in 1978. When rules regarding wraps were passed, Jess protested the changes and apparently never lifted in an organized powerlifting meet again. Dr. Fred Hatfield wrote about "The Elusive Three Lift Max" and how to peak your training cycle to maximize chances for three lift success. On the TOP 100 for the 198s, the top lifts were by Sam Mangialardi (771 squat), Walter Thomas (518 bench), Vince Anello (821 lb. deadlift), and Walter Thomas in the total (2006). Future USPF President Ian Shendow was 86th in the squat with 630. Kit Price was 84th in the bench with 418. Shawn Cain was 82nd in the deadlift with 640, and former Masters Chairman Nate Foster was 53rd in the total with 1703. Ken Leistner profiled his good friend and good lifter George Parigian. At the Body Shop Meet in Weirton, WV, teenager Brent Tracey went 400 270 485 1155 at 148. Future Masters Legend Chuck Braxton won the SHWs at the All South Open in Raleigh, NC with 755 435 755 1945. At the NSGA Edzell US Military in Europe meet in Scotland, Masters Champ Gary Ferstler won the 198s with a 1455 total. Future IPF World Champion Vicki Steenrod won the women's 114s at the Greater Texas Classic. At the Whittier Open, future world masters bench champion Jim Klostergaard benched 462 at 181. George Zangas of Marathon Distributing won the Western Open in the 220s with 584 341 600 1526.

20 Years Ago in PL USA Best Heavyweight Lifter at

Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights. Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls . IPF Women's Worlds

Wade Hooper Interview, Ioe Onosai, Building the Torso, TOP 100 123s Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL TPre-Meet Checklist, How to Do the SQ-by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Rench Press Club TOP 100 148s Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie

Simmons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies Jan/01 ... IPF Men's Worlds, WABDI Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - Mas ters Rankings, Hooking Up the Bands. USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Aidote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's rogram, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig Interview, Rus-

sian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview Shane Hamman Leslie Look SO Workout, Fixing Lockout, TOP 100 114s Aug/01 ... Garry Frank Goes 2601 - APF iors, USAPL Men's, FIBO, Stretching

With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno Inerview, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s. Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s

Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s Jan/02 ... IPF Men's Worlds, WABDL BF Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s Feb/002 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shou ders, All Time TOP 50 SQs, TOP 100 220s Mar/02 USAPI Women's Nationals TOP 20 Teen/Women/Masters, Russ Bar low, Jorgen Ljungberg, Becca Swanson 850 DLs, Louie on "the Repetition Method" Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen Interview Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s May/02 ... Brent Mikesell's 1074 Squal Plyometrics, Finnish DL Secrets, TOP 100 Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s.

Jun/02... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie mons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs. Jul/02 ... Kennelly Benc hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore erview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Recods by Louie, ir Bench Shirt by Halbert, TOP 123s. Sep/02 ... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Ma nance, Mikesell Interview, TOP 100 132s Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s Nov/02 ... Sivokon Speaks, IPF Ir. Worlds, rious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan Deadlift Workout, TOP 100 165s

Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds Fred Hatfield Interview Louie on Explosive Strength, TOP 100 181 Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s. LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK IS-SUES, POST OFFICE BOX 3238, CAMA-RILLO, CALIFORNIA 93011, USA.

10 Years Ago in PL USA Kirk Karwoski appeared in a graveyard on the cover with a shovel, ten 100 lb. plates, a gravestone reading "Here Lies 1/2 Ton" and the caption that he was getting ready to "bury" 1000 lbs. in the squat. Inside we had Kirk's leg training program, Tee Meyers Deadlift Workout of the Month, and Herb Glossbrenner's revealing profile of Matt Dimel, who was coming back after a horrible training injury with a 1020 lb. squat back in 1987. Phosphocreatine and the Competitive Powerlifter was explained by former Russian research scientist Moris Silber M.D., P.h.D. The TOP 100 165s saw leaders of Rickey Crain in the squat (735), Scott Werner in the bench (500), John Inzer in the deadlift (748), and Fred Toins in the total (1755), loe Braca was 87th in the squat (540), Rickey Crain was 96th in the bench with 370, Gordon Santee was 74th in the deadlift (551), and Bill Scully was 83rd in the total (1405). The theory behind the Weight Release System was explained by developer Bill Kowalcyk. The use of the Blaster Bar at Iron Island Gym was described by Dr. Ken Leistner. Bettina Altizer was interviewed by Bob Gaynor and credited her early coach John Gamble as being one of her heroes. "Pyramid Cycling" was described by Greg Reshel, along with a photo Dawn Sharon, who was in "deep off-season" preparation for an attempt on a 700 lb. squat. A couple of significant videos were reviewed: TRAINING SECRETS OF WESTSIDE BARBELL CLUB - The Bench Press Video" by Louie Simmons as well as the premier edition of POW!ERLIFTER Video Magazine by Ned Low, which described how Ed Coan got started in lifting, among many other features. Planning for a major motion picture about Powerlifters and Bodybuilders was announced, to be produced by Donnie Williams of Houston. Erin Ennis, the daughter of Bill Ennis (Weightlifters Warehouse) was pictured with her award from her first contest - the ADFPA Deadlift Nationals. Paul Fletcher was pictured in the report of the Bob Hafner meet in New Orleans, going 450 BP and 625 DL at 242. Prince's East Coast BP/DL meet in Canonsburg, PA saw Jamie Harris bench 620 (the previous year he'd done 500, and 430 the year before that, at this same meet!). Interestingly, Dan Kovacs came in 3rd @ SHW with 480 there. Elwin Paskell won the 198s at the Dedham BP Classic (MA) with a 465 at 198. USPF President Sandy King noted that the IPF's approval of the Inzer Blast Shirt had brought the sport of Powerlifting into the world of high technology.

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4-11+12+13-03 AAPF Nationals Powerlifting + Bench Press (Chicago,

4-26-03 AAPF Florida State Powerlifting Championship (Tampa, Fl.) 5-9+10+11-03 APF Masters, Junior + Teenage Nationals (Daytona

5-30+31+6-1-03 APF Mens+Womens Senior Nationals Powerlifting + Bench Press (location tba)

6-14-03 APF Florida State Powerlifting Championship (Daytona Beach,

7-12-03 APF Florida Push/Pull (Daytona Beach, Fl.)

8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine) 9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, Fl.)

10-25-03 AAPF Southern States Powerlifting Championship (Daytona

12-6+7-03 APF Southern States Powerlifting Championship (Daytona, FI.)

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

22 FEB, USAPL The Ron Falcone Invitational, Ron Falcone, 16 Chadwick Rd, Wayne, NJ 07470, 973-942-0924 22 FEB, Powerman Push Pull, New River

Fitness Center, Radford, Va, Grant Austin, 704-573-6806 or Rodney Kenley 540-633-1797

22 FEB, USAPL Colorado BP Championship, Dan Gaudreau, 155 S Dearborn Circle, Aurora CO 80012, 303-475-3366 22 FEB, APA Mid-South US Bench Press, Mississippi, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Sco

22 FEB, APF BENCH BASHER + DL, 1825 S. Franklin Rd, Indianapolis, IN 46239, APF State Chairman: Rocky Tilson, 317-862-6033, 317-359-1900

22 FEB, Winter Bench Press Classic, Brendan Yoder, 57745 CR117, Goshen, IN 46528 574-875-0471

22 FEB, 1st Annual Pro-Fitness "Raw with a Pause" Bench Press Championships (Shelby, NC) Tim Brittain, 1243-B East Dixon Blvd, Shelby, NC 28150, 704-484-

22 FEB (new date), IPA Beast of Bench, Mike Miller 610-746-700, nazbar@enter.net 22 FEB, SLP Mason-Dixon Open BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 FEB, NASS Strongman Contest - St.

Louis, MO (AM), Rick King - 314-423-2525, Willie Wessels - 314-609-6031, dwes370162@msn.com

22 FEB, APF Missouri State Record Setters (PM), Rick King 314-423-2525, Willie Wessels 314-609-6031. dwes370162@msn.com

www.nastrongman.com 22 FEB, Saratoga YMCA Bench Press, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, (518) 587-3000, www.geocities.com/ muscleworkspowerteam.

22 FEB, WABDL Drug Tested Pendulum Fitness Texas BP + DL (Dallas) Bob Garza,

22,23 FEB, WABDL Drug Tested California State Bench Press and Deadlift Championships, Monterey, CA, Fairgrounds, Matt parque, 831-277-4766 23 FEB, SLP Brazil YMCA BP/DL Chal-

lenge II (Brazil, IN) Son Light Power, 122 W. St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com, sonlight@netcare-il.com 28 FEB - 1 MAR, AAU/USPF Oklahoma

State BP/DL/Powerlifting Championships & Oklahoma Open, Tulsa, Oklahoma, Rickey Dale Crain 405-275-3689, rcrain@charter.net or Hugh Dunagan 918-

28 FEB - 1,2 MAR, Arnold Classic Bench Press Challenge & WPO Finals, Classic Productions, Inc., 1456 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, FAX 614-431-3493, dfitnessexpo.com

1 MAR, USAPL Virginia Open PL/BP, John Shifflett, 15427 Brandy Rd, Culpeper VA 22701, 434-985-3932 1 MAR, (NEW DATE & LOCATION) APA Battle of the Badasses II Bench

Coming Events

Press & Deadlift Championships (Georgetown, SC), Scott Taylor, PO Box 27204 Fl.Johean Fl. 33927 P. 941-697-7962. F: 801-905-7046. Scott@apa-

1 MAR, (NEW DATE) WABDL Drug Tested Southeast Regional Bench Press and Deadlift Championships, Jackson, GA (Near Atlanta), Randell Wrye, 770-

1 MAR, USAPL Ketchikan Powerlifting Competition, Doug Gregg, 1225 S Higgins Rd, Ketchikan, AK 99901, 907-247-8463 1 MAR, SLP Southern Illinois Open BP/ DL Championships (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com

1 MAR, WNPF Natural Northeastern (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

1 MAR, 12th Larry Frederick Jr. Memorial BP, North Penn YMCA, Lansdale, PA, Steve Unrath, 215-368-1601

1 MAR, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct, Rapid City, SD 57702, 605-348-4039

1 MAR, IPF North American Cup (Philadelphia) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net 1 MAR (NEW DATE), USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com 1 MAR, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Quali fier), Rich Peters SQBPDL@aol.com or 405-527-8513

1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049 1,2 MAR, USAPL Pennsylvania State, (Philadelpia - Open, Teen, Junior, Colle-giate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net

1,2 MAR, APF California State Meet (Red Lion Inn, Sacramento) Al Garcia, 916-482-

2 MAR, USAPL Sloux City Open, Bryan Getchell, 2729 Chambers, Sioux City IA 51104, 712-258-4965

2 MAR, WNPF New York Championshi Waterloo, New York, Ron DeAmicis, 6531 New Rd, Youngstown, Ohio 44575 **2 MAR,** SLP Missouri State 'Raw' Powerlift-

ing/BP/DL Championships (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 217-253-5429, www.sonlightpower.com, sonlight@netcare

2 MAR. WNPF Pennsulvania State (Lancaster, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

2 MAR, NJ High School Drug Free Pow lifting Championships (Students Only), Paul Sacco 609-567-0046

2 MAR, NPA Northern Illinois Open BP, DL, & PL (Drug Tested) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032 8 MAR, St. Patrick's Day BP & DL (Sport & Fitness [formerly 'The Gym'], Fredericksburg, VA) 540-898-5139 or

8 MAR, USAPL 2003 Military Nationals, JD Carr, 8815 Sunny Point Dr, Spring TX 77379, 281-376-1756

8 MAR, USAPL Albany Strength Powerlift-ing BP Championships, John Payette, 332 Central Ave, Albany NY 12206, 518-436-8 MAR, WABDL Drug Tested House of

Pain World Cup Bench Press and Deadlift Championships, Holiday Inn Hotel and Suites, Meso, AZ (Phoenix), Gus Rethwisch, 503-762-5066, Mike Desrosiers, 480-218-8 MAR, APA Midwest Powerlifting Open,

P, BP, P/P, DL competitions (Blue Springs, MO) Roger Broeg, 319-753-0676, iowaapachair@apa-wpa.com

8 MAR, APA US Open Bench Press And Deadlift (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa

wpa.com 8 MAR, USPF Oregon PL, Terry Wilson, 541-774-6829, TeamJCSO@yahoo.com 8 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com, sonlight@netcare-il.com

8 MAR, WNPF South Carolina State (Greenville, SC) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, etteville, GA 30214

8 MAR, USAPL 5th Annual Michiana PL meet, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186

8 MAR, USAPL Michigan State Collegiate/ Jr. PL & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-

8 MAR, NASA BENCH PRESS & DEAD-LIFT NATIONAL CHAMPIONSHIPS, Offering a "New" Unlimited Equipment Division along with our regular Single Ply Divisions in the BP only (Spring-

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March 29th Tupelo, Mississippi **DWG Productions** 608-787-5693 dwgsmg78@msn.com

OH) Rich Peters SQBPDL@aol.com or 405-527-8513 8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC. 113S. Hillside Ave., Succasunna, NJ 07876, 9 7 3 - 5 8 4 - 7 4 1 0 , n@worldnet.att.net

9 MAR, APA New York State Open Bench Press Championship, Sidney, NY, Christopher Byrnes, 150 Johnston Circle Sidney, NY 13838, (607) 563-8580 or CTByrnes@STNY.rr.com (Call after 5pm 9 MAR, Pump Total Fitness 12th Annual BP Contest (Teen, Masters, Women, Open -Raw+Shirt), Pump Total Fitness, 2352 US Hwy 27, St. Johns, MI 48877, 989-224-

9 MAR, 4th Annual West Lafayette Classic, Muscle Bound Fitness Center, 102 East Main Street, West Lafayette, OH 43845. John or Kayleen Blackstone @ 740-545-0840 or 740-545-6577

9 MAR, SLP Southwest Missouri BP/DL Championships (Springfield, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
14-16 MAR, APF Jr. Nationals PL/BP (Open to all APF lifters who have not won the Seniors and meet qualifying total) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-6696 15 MAR, Beast of the Northeast BP/DL (separate events - Bradford, PA) Carl Seeker, 24 Jefferson St., Warren, 16365, 814-723-3442 seeker@westpa.net

15 MAR, Nebraska State/Midwest Open. APF Spring PL Championships, AVS 4808 Cass St., Omaha, NE, Rick or Becca 402-392-2446

15 MAR, (NEW DATE) USAPI. Battle of the Great Lakes VI PL/BP (Cleveland, OH M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 330-908-6199 ext 5261. bigkanaga@aol.com

15 MAR, Great Northern Bench Press & Deadlift Championships (with poerlifting), Gateway Athletic Club, Seattle, WA, Bull Stewart, 206-725-7894 & 206-343-4692 15 MAR, W. Va. USPF State Powerlifting. Squat & Deadlift Championships, & Holley Open Powerlifting & Bench Press, Institute, W.Va., John Messinger, 304-744-2475 15 MAR, IPA Ohio Open Bench Invitational, Competitive Edge, 33501 - A Lake Rd, Avon Lake, OH 44012, Drew Lindsley

440-930-2272 15 MAR, USAPL MN State BP/Ironman Championships, Brad Madvig, 2713 Louisiana Ave S, St. Louis Park, MN 55426, 612-619-5178

15 MAR, USPF Virginia State Open PL/ BP. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http:// www.powerandstrength.com (Online Entry

15 MAR, USAPL Georgia State and Southern State Championships, Sherman Ledford, 3000 Mattison St. NW, Duluth, GA 30096, 770-623-1504. shermanl@quest

15 MAR, USAPL Ironman BP/DL and Record Breakers, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156

15 MAR, SLP Heath Clifton Memorial BP/ DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 217-253-5429 www.sonlightpower.com, sonlight@netcare-

15 MAR, WABDL Drug Tested Michigan

Meet, Bob Garza 281-820-5923

15 MAR, Winona Spring Class BP (Winona, MN) 608-787-5693 or 507-452-7133 DWG Productions, 2018 Jackson St. LaCrosse, WI 54601

15 MAR (NEW DATE), APF Jacksonville Open Powerlifting Championship (Jax, FL) 2003 AAU FIRE & POLICE NATIONAL POWERLIFTING FIRE

> APRIL 12 & 13, 2003 RICHMOND, VIRGINIA

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15-16 MAR, APF Massachusetts State (Open to all APF lifters, all Divisions) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-

15,16 MAR, NASA NATURAL NATION-ALS PL, BP & Power Sport (Okla. City, OK) Rich Peters SQBPDL@aol.com or 405-527-8513

21-23 MAR, USAPL High School Nationals, James Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672 22 MAR, 13th Weightlifting Unlimited Bench Press, Randy Brooks, 525 Whitacre St, Winchester, VA 22601, 540-667-6288 22 MAR, APA Battle of the Bad Johnny Perry Memorial, Planet Fitness, 11684 US highway west, NC, Jason Hocutt,

> 22 March 2003 the 13th Weightlifting Unlimited Bench Press Randy Brooks

525 Whitacre St. Winchester, VA 22601 540-667-6288

2005 Horton Rd, Kightdale, NC 27545, Jeff McVicar, gomarines@hotmail.com 22 MAR, (NEW DATE) 4 Seasons Spring Bench Press, Kevin Deming, Four Season Association, 904 Four Seasons Rd., Bloomington, Il 61701, 309-663-2022 ext. 34, Kevin@4Seasons-club.com

22 MAR, 40th annual Great Lakes Drug-Free, Raw Powerlifting Championships (Erie, PA) 814-833-3727

22 MAR, World Gym BP, World Gym, 3845 Bayshore Dr., North Cape May, NJ 08204, 609-898-3800

22 MAR, AAPF/APF Snake River PL & Push/Pull, YMCA, 155 N, Corner St, Idaho Falls, 83402, Mike/Linda Higgins, 208-523-0600, snakeriverp@yahoo.com

22 MAR, Minnesota State High School Bench Press & Powerlifting Championships, Pelican Rapids, Minnesota, Steve Nelson 218-863-7758

22 MAR, SLP High School Nationals (Indianapolis, IN) Dr. Darrell Latch, www.sonlightpower.com

22 MAR, WNPF Western PA (Beaver Falls, PA) Ron DeAmicis, 6531 New Rd., Youngvn, OH 44515, 330-792-6670 22 MAR, WNPF Alabama State (Mont-

gomery, AL) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fauetteville, GA 30214 22 MAR, ADAU Great Lakes Champion ship (National Qualifier - Open + All Age

Groups, Men and Women) Joe Orengia, 4468 W. 26th st., Erie, PA 16506 814-833-3727, www.pikitup.com 22,23 MAR, WABDL Drug Tested Pepsi

Northwest Regional Bench Press and Deadlift Championships, Double Tree Hotel, Springfield - Eugene Hotel, Springfield, OR, Gus Rethwisch, 503-5066

22-23 MAR, Canadian Powerlifting Championships, Bruce Greig, Box 4, Okotoks, Alberta T1S1 A4, Canada, P: 403-938-3067, F: 403-938-0489.

www.CPC-powerlifting.com

23 MAR, SLP Illinois Open BP/DL Championships (Hillsboro, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
29 MAR, USAPL Oxman Classic III High School Meet, Gary Gertner, 3601 S Lowell Blud, Denver, CO 80236, 303-425-1320 29 MAR, USPF UTAH State & Open Powerlifting & Bench Press Champion ships, Physiques Finest, 770 South 200 East, Brigham City, UT, Mail Entries to: Rocky Mountain Athletic Center, 1968 West 6000 South, Roy UT 84067

29 MAR, 5th Annual Wisconsin's Best Bench Press, Glen Woychik, N34146 Moga Rd, Independence, WI 54747 or www.wisconsinsbestbench.com, 715-985-

29 MAR, WABDL 5th Annual Oklahoma State Bench Press and Deadlift Championships, McAlester, OK, (Open, Novice, Class I, Teen, Junior, Womens, Masters, Submasters, Law and Fire), Kim Brownfield, PO Box 36 Council Hill, OK. 74428, 918-473-1059

29 MAR, 23rd Annual Central Ohio B.P. Championships, (Open, Masters, Teen and Women Div.), Doug Glitt, 13344 Ashville Pike, Ashville, OH, 43103, 740-983-4760 29 MAR, USAPL WA State PL Championships, Meet Directors: Lester Chow, 425-776-0726, lester.chow@seattle.govor Kevin D Stewart, 18310 36th Ave W Apt E-1, Lynnwood WA 98037, 206-617stewartkevin@hotmail.com

29 MAR, Fitness Max Bench Press Championships, (Tupelo, Mississippi) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or 662-841-0297 29 MAR, NASA Missouri State, Carthage, MO, NASA, PO Box 735, Noble, OK.

73068, www.nasa-sports.com
29 MAR, MPA State Powerlifting Championships, JR's Powerhouse Gym, 2900 Rice Street, Little Canada, MN 55117, 651-486-

29 MAR, Georgia State Open PL & BP (Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.irowdawg.com 29 MAR, USPF GA State (Forsythe, Ga). Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltell.net

29 MAR, SLP John Ware Classic Powerlifting/Bench Press/Deadlift Championships (Kirksville, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com, sonlight@netcare-il.com

29 MAR, NASA VA State Championships. PL, BP & PS (Charlottesville, VA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com 29,30 MAR, USAPL Oxman Classic III, Gary Gertner, 3601 S Lowell Blvd, Den ver, CO 80236, 303-425-1320

30 MAR, (NEW DATE) USPF Rhode Island State Powerlifting + Bench Press Championships, *** This Contest is now an open state meet. All lifters are welcome from in state or out of state. All lifters will be able to place in the contest ***, Ted J. Isabella, 40 Hillcrest Dr. Cranston, RI 02921, 401-946-5350 ail: uspf-ri@cox.net

30 MAR, Cabin Fever DL + BP. Jon Smoker, 30907 CR 16, Euchant, IN 46576, 574-674-6683

30 MAR, SLP Indiana State BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 MAR, Pittsburgh Monster BP & DL (men & women - all divisions - all classes cash prizes - Holiday Inn Airport - Moon Township, PA) Mike Barravecchio, 301 Springwater Ct., Moon, PA 15108, 724-

MAR, 100% Raw North Carolina State. Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

5 APR. Fitness Connection Barbenders BP/DL (separate events) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

5 APR. APA Fastern US Powerlifting & Bench Press & Maryland State Championships, Ft. Washington, Maryand, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P. 941-697-7962 F. 801-905-7046 Scott@ana-wpa.com or World Gym: 301-292-9000, or Sherwin Pagtakhan,

spagtakhan@northropgrumman.com
5 APR, USBF BAAC RAW Bench Press Open & Power Curl Championships, 658 Boulton St, Bel Air, MD 21014, Dave Capozzoli, 410-838-2607, atrdave99@aol.com

5 APR, 100% RAW Senior Nationals (Lynchburg, VA), Spero Tshontikidis, HMA, 200 Military Drive, Chatham, VA 24531 434-432-2582

5 APR, NASA Colorado State, Denver, CO, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com 5 APR, USA 'RAW' BENCH PRESS FEDERATION SPRING NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com 5 APR (new date), IPA AM OPEN Bench Press Championships + Pro Invitational Bench Press, Gene Rychlak Jr. 143 2nd Ave., Royersford, PA 19468, 610-948-7823 5 APR, WNPF Lifetime Drug Free Bench Press & Deadlift Nationals, Ironman & Powercurl (Atlantic City, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347,

Fauetteville GA 30214 5 APR, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240 5 APR, APF Florida State Bench Press (Daytona Beach)

386-252-8193 or email hugeiron@logicalcity.com 5,6 APR, APF Maine State Powerlifting Championships (open contest), Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282 207-225-5070

6 APR AALI Massachusetts State, Larry Larsen, 781-

6 APR, Lawrence County Super Bench (men, women, teen, open, 20-23, 33-39, 40-49, 50+, novice, raw Ino bench shirt - no formulas. trophies 1st-5th) Charles Venturella, New Castle, PA 16101, 724-654-4117 6 APR, APA CT Open Bench Bash, Donna Slaga, 38

John Brook Rd, Canterbury, CT 06331, 860-546-2091, 6 APR, SLP Primetime Fitness BP/DL Championships

(Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
11 APR, AAU Spring Break Bench Press Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org aaupower@aol.com, aau-east.com, fax: 804-266-8908 11-13 APR, AAPF Nationals Powerlifting + Bench

Press (Chicago IL) 386-252-8193 or email hugeiron@logicalcity.com 12 APR, 2nd Annual New Image

Bench Press Championships, Waverly High School, Waverly, NY 14892, Kirk Sorensen @ New Image Gym, 607-565-4439 12 APR, WABDL Utah State High

School, Randy Marchant, 801-465-2349, Dave Marchant, 801-256-9412 12 APR, Downtown Fitness BP (Reedsburg, WI), DWG Productions, 608-787-5693 or 608-524-4282

12 APR, APA Eastern U.S. Powerlifting and Bench Press, APA Maryland State Powerlifting, (Ft. Washington Maryland), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-

12 APR SLP Memphis Open BP/DL Championships (Memphis, TN) Son Light Power, 122 W. Sale St., Tuscola, 61953, 217-253-5429, www.sonlightpower.com,

12 APR (NEW DATE), WNPF Dayton Open (Dayton, OH) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fauetteville GA 30214

12 APR, NASA Ohio State PL, BP, Power Sport, (Springfield, OH) Rich Peters SQBPDL@aol.com or 405-527-8513

12 APR, ISA Superman (Clean & Jerk, BP, and DL), Push/pull, BP contest, 24- Hour Total Fitness, Lithia Springs,

GA, (866) push-pull, (770) 739-0184, or (770) 838-1009. \$400.00 to be won in this contest, ISA, 951 Maple Street,

g@aol.com, www.virginiausapl.com

12,13 APR, AAU Police and Fire Nationals (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aaupower@aol.com, aau-east.com, fax: 804-266-

12,13 APR, AAU Triple Crown Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aaupower@aol.com, aau-east.com, fax: 804-266-8908

ships, Burlington, Iowa, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046,

12,13 APR, USAPL California State PL & BP Champi

Classic, Newark, OH, www.ironhousezanesville.com or Mike Maxwell mmaxwel@columbus.rr.com or 740-704-4747 12,13 APR, AAU VA State Championships, (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Rich-

mond, Va 23225 or aausports.org 12,13 APR, USAPL Collegiate Nationals, Michael Cissell, 15 Lakeside Drive, Lake St. Louis, MO 63367,

13 APR, SLP MID WEST Raw Powerlifting BP/DL Championships (Jefferson City, MO.), Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, 13 APR, 18th APF Olympic Fitness BP (St. Charles, IL)

13 APR, WABDL Drug Tested Southwest Regional Bench

ess and Deadlift Championships, Marriott, Fullerton, CA, Jody Woods, 916-485-3808

224 N. Fourth St., St. Charles, IL 60174, 630-377-7527 19 APR, (NEW DATE) 9th Annual Dungeon Powerworks am Bench & Deadlift, Drug Free Only, Mark Mellinger 15681 Featherstone Rd., Constantine, MI 49042 (616) 435-7586 or Tyrone Ward (616) 273-1092

rollton, GA 30117

12 APR, White's Truck Stop/YMCA Spring BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932,

12,13 APR, WPA World Powerlifting Championships, & Can-Am International Bench & Deadlift Champion-

onships, (Napa, CA), Jason Burnell, 510-232-4775, deepsquatter@deepsquatter.com, Lance Slaughter, 4437 S Centinela Ave, Los Angeles CA 90066, 310-995-0047,

lanceoslaughter@yahoo.com, www.usapl-ca.org
12,13 APR, IPA Powerlifting Competition/Iron House

636-561-1242, mcis904082@aol.com 12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

Terry Dangerfield, 630-377-7527

13 APR, 18th APF Olympic BP, Olympic Fitness Center

19 APR (NEW DATE), PPL Georgia State "Drug Free", Python Power League, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com, netown.aol.com/pythongym

19 APR. APF Louisiana State / Open (Baton Rouge) Garry



Frank 225-926-7473

19 APR, SLP Midwest Muscle Classic BP/DL Champion ships (Wausau, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, ww.sonlightpower.com, sonlight@netcare-il.com

25 APR, 25th anniversary Met-Rx USPF Women's Sr. National Powerlifting Championship (cash prizes - Wayfarer Inn Convention Center, Bedford, NH)
Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-6226-5489, www.americanpowerlifting.com davefollansbee@aol.com

26 APR, USAPL Nebraska State (Burwell, NE) James Hart, jmshrt@aol.com or www.nebraskapowerliftingcom 402-470-3672

26 APR, WNPF Michigan St. & Can Am Nationals, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 APR, 10th Allstar Bench Press/ Dedlift Georgia Open, (Open, Masters, Novice, Teen, Women), 2117 Cove Ridge Court, Suwanee, GA 30024, George Herring,

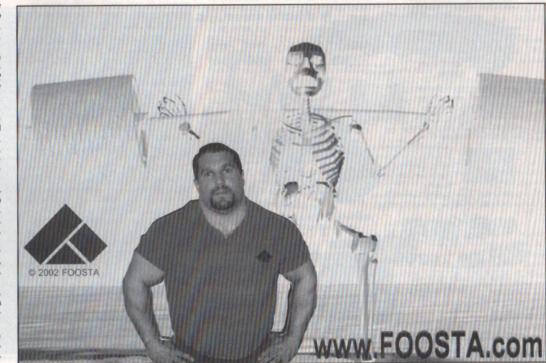
26 APR, WABDL National High School + National Law Enforcement, Randy Marchant, 801-465-2349, Dave Marchant, 801-256-9412

26 APR, South Florida Spring Bench and Deadlift meet, Lantana FL, Bob Youngs, 561-718-9877, southsidebarbell@hotmail.com

26 APR, APF Central California Open & Novice PL & BP (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805 26 APR, 24th Raw ADAU "Power Day Classic" (separate BP & DL contests, open and all age groups for men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 26 APR, USAPL Zumbro Valley Open, Steve Johnson 405 5th ST NW, Kasson, MN 55944, 507-634-4730

26 APR, SLP NATIONAL BP/DL CHAMPIONSHIPS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 APR, Azalea Festival Strongman Challenge, Norfolk,



26 APR, Azalea Festival Strongman Challenge, Norfolk, VA. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http://www.powerandstrength.com/Online

26 APR, Chickahominy YMCA BP Classic (Teen 15, 16-17, 18-19, Junior 20-23, Open 24 and Over, Masters 40+: Five year Increments) Chickahominy Family YMCA, 5401 Whiteside Rd, Sanston, VA, 804-737-

26 APR, AAPF Florida State (Tampa, FL) 386-252-8193 huggiron@logicalcity.com

26,27 APR, NASA High School National Championships, PL & Power Sports, (OKC, OK) Rich Peters SOBPDL@aol.com or 405-527-8513 26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283,

27 APR (REVISED DATE), WNPF PAN-AM Championships - Stuart, FL (30 miles north of Palm Beach), 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214 27 APR, SLP Little Rock Open BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

APR, US Open PL & BP (Cash prizes), USPF Collegiate Nationals & Junior Nationals, USPF New Hampshire State & Region 1 PL/BP/DL, Dave Follansbee, 865 cond St., Manchester, NH 03102, 603-626-5489 SO700@aol.com

APR, 100% Raw Battle of the Benches, Paul Bossi, 4007 Timmerman Dr., Elizaheth City NC 27909 252-338-2004 APR. Laughlin's River Run BP (Laughlin

NV - men, women, masters - book early!!!) Chris Kostas, 1854 Pineridge Rd,. Frazier Park. CA 93225, 661-215-0115. kostas@frazmtn.com

2-4 MAY, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

3 MAY, The Power Gym "Day of Domination" Bench Press Championships, Drug Free Only, All weight classes & divison Taylor, PA. Joe Moceyunas (570) 562-3642 or Powergym316@CS.com

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3 MAY, Wisconsin State Bench Press

Championships-Drug Tested, Ford's Gym -2590 E. Washington Ane Madison WI 53704, (608) 249-

www.fordsgym.com
3 MAY, SLP Mid-South BP/DL Championships (Paducah KY) Son Light Power 122 W. Sale St. Tuscola, IL. 61953 217-253-5429

www.sonlightpower.com, sonlight@netcare-

3 MAY, USAPL MI State HS/Teen & Qualifier, Mike Michelakis, 1111 Marshlyn Dr. Niles MI 49120, 269-687-8186 3 MAY, NASA KY State Championships.

PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com 3,4 MAY, WABDL Drug Tested Monster Muscle World Record Breakers, West Coast Hotel, Pasco, WA (Formerly Double Tree Hotel), Gus Rethwisch, 503-762-5066 3,4 MAY, NASA North Carolina State,

NASA, PO Box 735, Noble, OK. 73068. www.nasa-sports.com 4 MAY, SLP Southeast Iowa BP/DL Cham-

pionships (Coralville, IA) Son Light Power, 122 W Sale St Tuscola II 61953 217-253-5429, www.sonlightpower.com, onlight@netcare-il.com

4 MAY, WNPF Teen, Junior, Youth National Championships (Philadelphia, 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Favetteville, GA 30214

9-11 MAY, APF Masters, Juniors Teenage Nationals (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

10 MAY, California State Strict Curl Competition, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775

10 MAY, NASA New Mexico State Powerlifting/ Power Sports Championships, Rio Rancho, NM, Mike Adelmann, PO Box 44582, Rio Rancho, NM 87124, 505-301-3887, powerlifter2100@msn.com 10 MAY, WABDL Drug Tested Oregon Best Bench Contest, Timber Hotel, Coas Bay, OR, Byron Beebe, 541-751-9505

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> 10 MAY, IPA Ohio Invitational Full Power & Bench Press, Competitive Edge, 33501 -A Lake Rd, Avon Lake, OH 44012, Drew Lindsley 440-930-2272

March 15, 2003 For Info Call Bob Garza 281-820-5923

10 MAY, APA Western USA Powerlifting Bench Press, and Deadlift Championships (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962. F: 801-905-7046, Scott@apa-

10 MAY, SLP Cross County Pull BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953. 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 MAY (NEW DATE), APA Buckeye BP (Springfield, OH) Bruce Stotler apa_ohio@yahoo.com

10 MAY, Old Dominion BP and Curl, John Shifflett Box 941 Stanardsville 22973 (434) 985-3932, valifting@aol.com,

10 11 MAY, NASA Iowa State, Des Moines, IA, NASA, PO Box 735, Noble. OK. 73068, www.nasa-sports.com

17 MAY, AAU Arkansas RAW Powerlifting + Bench Press Open (All Weight and Age Classes) Conway, AR, Daniel Singleton, 1200 #rd St, Hotsprings, AR 71913, 501-623-6014

17 MAY, Cortland Fitness Center -Cortland NY, Powerlifting, Ironman or any two lift combo, any single lift - non sanctioned, drug free meet - Duane Card Sr., 50 Owego St #6, Cortland NY 13045, 607-753-8294

17 MAY, APA North American Open Bench Press & Deadlift Championships. Robbinsdale, Minnesota, Scott Taylor, PO Box 27204, El Jobean, FL 33927, P. 941-697-7962. F: 801-905-7046. Scott@apa-wpa.com

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17 MAY, Dolphin Fitness Club Bench Press, Frank Panaro 839 Rt 52, Walden, NY 12586, 845-778-1884

17 MAY, No Druggies Allowed Single Lift Championship (SQ, BP, DL Erie. PA) 814-833-3727 17 MAY LISAPI Rocky Mountain States & Bill's Big Cat BP, Bill Davis. 1800 Garrett Way #19, Pocatello ID 83201 208

17 MAY, APA North American BP/DL (Robbinsdale, MN) APA, PO Box 27204, El Jobean, Florida 33927-

7204, apapresident@yahoo.com 17 MAY, WABDL Drug Tested Riverfest Bench Press and Deadlift, Gadsen, Ala bama, Rick Hagedom, 256-441-0143

17 MAY, WABDL Drug Tested Florida State Bench Press and Deadlift Champion ships, Lakeland, FL, Ken Snell and Louis Baltz 863-687-6268

17 MAY, WABDL Drug Tested House of Pain Rocky Mountain Regional Bench Press and Deadlift Championships, Holiday Inn Airport, Boise, ID, Gus Rethwisch, 503-762-5066

17 MAY, NASA West Texas State, Lubbock, TX, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com 17 MAY, USPF Spartan Bench Press

Granada Hills, Entry Form at www.powerliftingca.com, Kevin Meske 9235 Woodale Ave. Arleta. CA 91331. (818) 899-7555, Warrior01@earthlink.net 17 MAY, USBF Larry Garro Memoria Bench & Ironman/Ironwoman Open; USPC Power curl (Cash Award); Brian Washington, PO Box 20042; Baltimore, MD 21284 0042- 410-265-8264 Brian@usbf.net 17 MAY, LIFETIME NATURAL POW-

ERLIFTING SOCIETY NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com. ht@netcare-il.com

17 MAY, WNPF Raw Nationals & Powerfest 2k3 (Stamford, CT) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214 17 MAY, 2nd USPF Open BP and Deadlift Contest (Sponsored by Erie C.C. Football

Team - Buffalo NY) Open -Women - Teen - High School -Submasters - Masters, Dennis Green 716-851-1898

17 MAY, USAPL New England States Open, Greg Kostas, 113 Linden St. Whitman, MA 02382 781-477-6714

17 MAY, ADAU "NO druggies Allowed" Squat - Bench- Deadlift Championships (No total single lift national qualifier open + all age groups - men + women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727 www nikitun com

18 MAY, SLP Chicagoland Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St. Tuscola, IL. 61953, 217-253-2 9

www.sonlightpower.com, sonlight@netcare-il.com 18 MAY, WNPF Police.

Firefighter, Military Na tionals & Spring BP & DL Bash (Edison, NJ) 770-WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

21-25 MAY, IPF Women's World Powerlifting Championships, Dennis Brady,

5920 N. Ridge, Chicago, IL 60660, 773-561-9692

24 MAY, Double Masters Meet, Jon Smoker, 30907 CR 16, Euchant, IN 46576, 574-674-6683

24 MAY, 4th Annual Police & Fire Powerlifting Nationals, Capital Center Inn. 914 S.E. Madison, (Madison & 10th St. exit) Topeka, KS 66106, 888-421-9020 or 785-232-7721, or James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326 or Eil JDuree7086@aol.com

30-31 MAY, 1 JUN, APF Mens + Womens Senior Nationals Powerlifting + Bench Press 386-252-8193 or

email hugeiron@logicalcity.com
31 MAY. (NEW DATE) WNPF USA vs Bahamas (Freeport, Bahamas) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418

31 MAY, WABDL Drug Tested Capitol City Bench Press and Deadlift Championships. Marriot Hotel, Rancho Cordova, CA (Near Sacaramento), Jody Woods, 916-485-

31 MAY, SLP Harrodsburg Open BP/DL Championships (Harrodsburg, KY) Son Light ver, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com.

sonlight@netcare-il.com
MAY, 100% Raw Elizabeth City Open PL, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004 MAY, NASA MD State High School BP (Keymar, MD) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-

2283. gvhl@wirefire.com MAY, NASA PA State Championships, PL, BP & PS Championships (Uniontown, PA) Greg Van Hoose, RTE 1 Box 166. Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

MAY, APA Western USA Open Power lifting, Bench Press, & Deadlift Championships, Kennewick, WA, Scott Taylo PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046,

Scott@ana-wna co 31 MAY-1 JUN, USAPL Heavy Metal Classic, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156

1 JUN, SLP Indiana Summer BP/DL Championships (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com. sonlight@netcare-il.com

6-8 JUN, WABDL Drug Tested Pendulum Fitness Nationals BP + DL Championships, Houston, TX, Bob Garza, 281-820-5923

7 JUN, 100% RAW Virginia State Championships (Richmond, VA), Spero Tshontikidis, HMA, 200 Military Drive, Chatham, VA 24531, 434-432-2582 7 JUN, Capitol City Challenge Strong-man, Ford's Gym - 2590 E. Washington

Ave., Madison, WI 53704, (608) 249-4227, www.fordsgym.com9
7 JUN. Popsturoolah American Stroke

Assn. Bench Contest (Tampa Bay, FL) Well, 727-741-3094. www.floridabench.com

7 JUN, MPA State Bench Press & Deadlift Championships, Dave Harrison, The Gym in Elk River, 550 Freeport Ave, Elk River, MN 55330, 763-441-4232

7 JUN, USAPL Pete Lenzi Memorial BP + DL (Cleveland, OH - M/F Open, H.S. 1 & II, Jrs., Collegiate, Masters, Women, Police/ Fire/Mil Raw Novice) Garu Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com7

7 JUN, SLP Superman Classic BP/DL Championships (Metropolis, IL.) Son Light Power, 122W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 JUN, Strawberry Fest Strongman/woman, RAW BP Outside, John Shifflett, Box 941. Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com



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7 JUN. USPF/AAU Sooner State Games. Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051 7,8 JUN, NASA Masters/Submasters

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National Championships PL, BP, & PS, (Mesa, AZ - You must qualify to lift if you live in a State where NASA conducts meets), Rich Peters SQBPDL@aol.com or 405-527-8513 8 JUN, Men & Women of Steel BP II, (Assisted. RAW, Open Men & Women, Teen, Junior, Submaster & Masterl, Bob Verner, 826 Hazelwood Avenue, Pittsburgh, PA 15217, 412-521-2620

8 JUN. (REVISED DATE) WNPF Mens USA PL/BP/DL/SQ Nationals (Atlanta, GA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

14 JUN. APF Muscle Beach, Venice Bench Press Competition, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775 14 JUN. NASA USA Championships &

Unlimited Bench Press, Springfield, OH, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com
14 JUN, USPF California State Powerlift-

ing, Bench Press & Deadlift Championship Norwalk, Entry Form at w.powerliftingca.com, Chuck LaMantia 1-994-5198, 714-944-5198, 714-994-5198. CKCCLAMA@aol.com

14 JUN, SLP Illinois State BP/DL Chamonships, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429,

14 JUN, APF Florida State (Daytona Beach, FL) 386-252-8193 or email

14.15 JUN, AAU High School Nationals (Providence, RI) Larry Larsen, 781-767-0764. www.agusports.org (under powerlifting)

15 JUN. Summer '03 Push/Pull Meet, Jon Smoker, 30907 CR 16, Euchant, IN 16576 571.674.6683

21 JUN. 1st Annual Chestnut Ridge Lions Bench Challenge, Chestnut Ridge Highschool, 2588 Quaker Valley Road, New Paris, PA 15554-4195, Tammy J. Miller, 1035 Ellis Road, Schellsburg, PA 15559-8228, 814-733-4174

21 JUN, 4th Annual Blackberry Barbell Barbender BP + DL Classic, Bruce Swanson, 902 Village Dr, Brewster, NY 10509, 845-279-2346, http://www.geocities.com/ pricesuan500 /index html

21 JUN, NASA East Texas Open, Longview, TX, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

21 JUN, SLP Wisconsin Rapids BP/DL Championships (Wisconsin Rapids, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 217-253-5429 61953

www.sonlightpower.com, sonlight@netcare

21,22 JUN, AAU National Bench. Deadlift & Push Pull Championships, Vista (San Diego) Ca, (meet capped at 300 lifters), Martin Drake, PO Box 108. Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

22 JUN, APA CT Open BP & DL Chamonships, Donna Slaga, 38 John Brook Rd. Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

22 JUN (NEW DATE), WNPF Women's Nationals & Men's Elite Nationals (Philadelphia, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347,

Fayetteville, GA 30214
28 JUN, New England's Strongest Man
(Teen, JR, Submen, Master, Open) 5 Events, Louie LaPoint, 337 Roxbury St, Keene NH 03431 603-352-8590

28 JUN. WNPF American Powerlift Championships, WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418

28 JUN, WABDL Drug Tested Utah State Bench Press and Deadlift Championships, Salt Lake City, UT, Randy Marchant, (801) 377-0294

28 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

conlight@netcare-il.com 29 JUN, Fireworks in the Rockies - Big Bench Blowout III, Gary Gertner, 3601 S Lowell Blud, Denver, CO 80236, 303-

425-1320 JUN, 100% Raw North Carolina State BP, Paul Bossi, 4007 Timmerman Dr., Eliza-

beth City, NC 27909, 252-338-2004 3 JUL, Iowa/Midwest Open Touch and Go Bench Press (teen, novice, open, submasters, master 1-2-3, women) Wayne Hammes Box 433, Oskaloosa, IA 52577, 641-673-5240

5 JUL, America's 1st Unsanctioned National Bench Press Championships (Allstate Arena, Chicago, IL) www.BenchAmerica.com 5 JUL, NASA 4th of July Spectacular,

Houston Area, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com 5 JUL, SLP Ft. Hamilton Days BP/DL

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

12 JUL, Allentown SportsFest VII BP + DL, No Walk-ons, Freg Glass, Fred's Gym, 811 N. Jordan Street Allentown, PA 18102, 610-770-9333, frdglss@aol.com 12 JUL, Dodge City Power Fest, Powerlifting & Power Sports, Dodge House, 620-225-9900. Jim Duree, 5619 Pawnee Ave, Kansas Sity, KS 66106, 913-596-7326 or JDuree7086@aol.com

12 JUL, APF Venice Beach Open DL, 310-399-2775 12 JUL, NASA Arizona State, Mesa, AZ, NASA PO Box 735, Noble, OK. 73068,

12 JUL. NASA Bluegrass Open

Powersports, Bench Press & Deadlift Chamonship, @ Henderson, Ky, Info: Showtime @ 1-270-830-7290

12 JUL, Body Factory Full Power Challenge / Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090 12 JUL, SLP Waupaca Open BP/DL Classic (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com, sonlight@netcare-il.com

12 JUL, NASA WV Open / High School State BP & DL (Buckhannon, WV) Greg Van Hoose RTF 1 Box 166, Ravenswood WV 26164, (304) 273-2283, gvhl@wirefire.com

12 JULI APE Florida Push/Pull (Dautona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

12 JUL, Independence BP & Curl, John Shifflett. Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com

12.13 JUL (NEW DATE), WNPF Drug Free Nationals (World qualifier) Ros DeAmicis, 6531 New Rd., Youngstown OH 44515, 330-792-6670 13 JUL. SLP Heart of Illinois Open BP/DL Classic (Peoria, IL) Son Light Power, 122 W.

Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com 18-20 JUL, USAPL Men's Nationals

Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039 19 JUL, 2nd LaCrosse Interstate Fair Bench Press (W. Salem, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI

608-787-5693. 54601. dwgsmg78@msn.com

19 JUL, GA Games Powerlifting and Bench Press Championships (Marietta, GA), Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltel.net

19 JUL, ANPPC WORLD CUP, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com als (men & women of any age, in all wt. classes - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

19 JUL, WNPF New Jersey State (Bordentown, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fauetteville GA 30214 19,20 JUL, NASA Grand Nationals,

Hickory, NC, NASA, PO Box 735, Noble, OK. 73068, www.nasasports.com 20 JUL, SLP Mid-Summer Open BP/DL Championships (Naperville, IL) Son Light

Power 122W. Sale St., Tuscola, IL, 61953, 217-253-5429 www.sonlightpower.com. sonlight@netcare-il.com

20 JUL, WNPF Newark Open BP/DL (Newark, DE) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214 26 JUL, APA Houston Record Breakers,

Houston Tx, (Houston, TX), Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough 281-752-0540 powerlifter@angelfire.com

26 JUL, WABDL Drug Tested Midwes Regional (Holiday Inn Minneapolis West, St. Louis Park) Gus Rethwisch, 503-762-5066 26 JUL NASA High School Summer Championships, Okla. City, OK, NASA, PO Box 735, Noble, OK. 73068, www.nasa-

26 JUL WNPF Submaster & Masters Nationals & Gulf Coast (PL/BP/DL/ SQ - Biloxi, MS) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418 26 JUL, USAPL NJ Bench Press Open,

"toll free" 1-888-669-6316 or send check or money COUNTRY POWER INC. 85-979 FARRINGTON HWY WAIANAE, HI 96792

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Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-

JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117 JUL, PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

2 AUG, SLP Ohio State Fair BP/DL Championships (Columbus, OH) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

2,3 AUG, Monster Muscle North American Bench Press and Deadlift Championships, Sheaton Airport Hotel, Portland, OR, Gus Rethwisch, (503) 762-5066

2,3 AUG, NASA World Cup PL, BP, & PS, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com 8-10 AUG, IPA World Powerlifting Championships, Radisson Penn Harris Hotel and Conference Center, Harrisburg, Pennsylvania, Mark Chaillet: 717-495-0024, Chailfit@NFDC.net or Ellen Chaillet:

9 AUG, APF Vench Beach Push/Pull PL, 310-399-2775 9 AUG, SLP Wisconsin State Fair BP/DL Championships (West Allis, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

10 AUG, SLP Missouri State Fair BP/DL Championships (Sedalia, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

16 AUG, Drug Tested WABDL Southern Regional Bench Press and Deadlift Championships, New Orleans, LA, Arrid Hansell, 504-491-5061

16 AUG, SLP Indiana State Fair BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429,

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

16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, g@aol.com, www.virginiausapl.com

16,17 AUG, North American Powerlifting Championships, Capri Center, Red Deer, Alta, Bruce Greig, Box 4, Okotoks, Alta-T1S1A4, Can, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com 17 AUG, SLP Illinois State Fair BP/DL Championships (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 AUG, USPF Northern California Push/Pull Champion ship - Modesto, Entry Form at www.powerliftingca.com, Burnell. deepsquatter@deepsquatter.com and Dave Cummers david cummerow@vahoo.com

23 AUG, 7th Annual WABDL Drug Tested Alki Beach Bench Press and Deadlift Championships, Alik Beach, Seattle, WA, Bull Stewart, 206-725-7894 and 206-343-

23 AUG, SLP Kentucky State Fair BP/DL Championships (Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 AUG, ISA Presents Full Power III, Powerlifting, Push/ Pull, And Bench Press Championships, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

23,24 AUG, AAU North American Powerlifting, Bench, Deadlift and Push Pull, San Bernardino, California, Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

23,24 AUG, USAPL Bench Press Nationals, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

30 AUG, Granite State Open Bench Press / Deadlift (Seperate Contests) (Open, Teen, JR, Sub, Master, Women), Louie LaPoint, 337 Roxbury St. Keene, NH 03431. 603-352-8590

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

6 SEP, SLP Tennessee State Fair BP/DL Championships (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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6 SEP, APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL) 386-252-8193

6,7 SEP, WABDL Drug Tested West Coast Bench Press and Deadlift Championships, Marriot Hotel, Rancho Cordova, CA. (near Sacramento), Jody Woods, 916-485-3808 13 SEP, APF Muscle Beach, Venice West Coast Bench Press, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775

13 SEP, USPF Eastern Regional Open; Div(s): Bench, ronman/Ironwoman, AAA Armwrestling, & USPC Power Curl; Brian Washington, PO Box 20042; Baltimore, MD 21284-0042; 410-265-8264, Brian@usbf.net

13 SEP, WNPF Lifetime Drug Free PL/BP/DL/SQ Nationals (Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-

13 SEP (NEW DATE), IPA PA State / NE Regionals Bangor, PA, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

13 SEP, IPA PA State / NE Regionals, Gene Ruchlak, Jr.

19 SEP, RAW Virginia State Bench Press, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com 20 SEP, WABDL Drug Tested Hawaii State Championships Bench Press & Deadlift, Waimanalo, Hawaii, Keith (808) 259-9800, toll free 877-259-5267, Kenekes@hawaji RR com

20 SEP, SLP OPEN POWERLIFTING/BP/DL NA-TIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20,21 SEP, Life Time Drug Free Nationals, Tom North, 2025 E Shady Grove #2, Irving, TX 75060, 972-721-

27 SEP, Iron Zone Powerlifting Meet, Xtreme Events, T. Goad, James@physicalplanet.net

27 SEP, WABDL Drug Tested Washington State Bench Press and Deadlift Championships (with Powerlifting), Aberen, WA, Dr. Don Bell, 360-532-8339

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

4 OCT, NASA Colorado Regional, Denver CO, NASA, PO Box 735, Noble, OK. 73068, www.nasa-sports.com

4 OCT, SLP Fall BP/DL Classic (Mattoon, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com 5 OCT, 18th Semi-Annual APF Olympic Fitness BP (St. Charles, IL) Terry Dangerfield, 630-377-7527

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

5 OCT, 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 00174, 630-377-7527
11 OCT, APF Northern California Open PL & BP (San rancisco, CA) John Ford 650-757-9506

11 OCT, USPF Central California Powerlifting, Bench Press & Deadlift Championship - Bakersfield, Entry Form www.powerliftingca.com, Lisa Denison, 661-644-7724, PWRLFTRS@msn.com

11 OCT, SLP Arkansas State BP/DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

11 or 18 OCT, US Navy Fleet Week, East Coast Strongman Championship. Va Beach, VA. NAS Oceana. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http:// www.powerandstrength.com (Online Entry Soon)

17-19 OCT, WDFPF World Powerlifting Championships, (Equipped & Unequipped) & Congress St. Petersburg, Russia, Andrew Cominos, Tel: 01637 860908, Fax: 01637 860911

18 OCT, 12th Annual Muscle Beach, Venice Special Olympics Power Lift-Off, INVITATION ONLY, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775

18 OCT. SIP Wisconsin State BP/DI Championships (Kaukauno, WI) Son Light Power, 122 W. Sale St., Tuscola, L. 61953, 217-253-5429, www.sonlightpower.com,

24-26 OCT, WNPF World Championships & World Strongman Championships, WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-

25 OCT, 21st Raw ADAU Central PA Open (open and all age groups - men & women - Bigler, PA) Siegel Engraving,

25 OCT, ANPPC NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
25 OCT, AAPF Southern States Powerlift ing Championship (Daytona Beach FL) 386-252-8193 or email hugeiron@logicalcity.com 26 OCT, Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master) 2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

26 OCT, SLP Midwest Open BP/DL Championships (Indianapolis, IN) Son Light Power 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

OCT, PPL USA "Drug Free" Powerlifting Championships, Full Power, Bench Only, Deadlift only & Iron Man, Python Power League, Attn: Tee "Skin Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906, 706-790-3806,

OCT-NOV. AAU World Full Power Championships - (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org, aaupower@aol.com, aau-east.com, fax: 804-266-8908 1 NOV, USA 'RAW' BENCH PRESS

FEDERATION GRAND NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com
1,2 NOV, NASA North Carolina Regional, Hickory, NC, NASA, PO Box 735, Noble,

2 NOV, SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253www.sonlightpower.com,

sonlight@netcare-il.com
7 NOV, RAW Blue Ridge Bench Press Classic, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com 8 NOV. 100% RAW World Championship (Lynchburg, VA), Spero Tshontikidis, HMA, 200 Military Drive, Chatham, VA 24531, 434-432-2582 8 NOV. SLP Fitness One Fall BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com

sonlight@netcare-il.com 8-9 NOV, USAPL NJ State PL, Joe Morreale, 350 RT 46, Rockaway, NJ 07866,

973-627-9156 9 NOV, SLP Franklin Health & Fitness BP/ DL Classic (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com,

14-16 NOV, IPA Sr. Nationals, Radisson Penn Harris Hotel + Convention Center (Harrisburg, PA) Mark Chaillet @ 717-495-0024, chailfit@NDFC.net or echaillet@aol.com

15 NOV, SLP Kentucky State BP/DL Championships (Paducah, KY) Son Light Power 122W. Sale St., Tuscola, IL. 61953, 217-253-5429. www.sonlightpower.com.

16 NOV, SLP NATIONAL 'RAW' POW-ERLIFTING/BP/DL NATIONALS (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 NOV, SLP Chicagoland Classic BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

6 DEC. APF 50th annual IRON MAN Open

26 April 2003 **APF Central California** Open & Novice PL & BP Fresno, California

Open, Master, Teen, Junior, Women

Bob Packer 559-658-5437 or 559-322-6805

PL & BP challenge, Mr. Iron Man, Ms. Iron

Woman, and Over 40 Mr. Iron Man (Fresno, CA) Bob Packer, 559-658-5437 or 559-

6 DEC. USAPL New York State Bench . Deadlift Championships, Bruce Swanson, 902 Village Dr, Brewster, NY 10509, 845-

279-2346, http://www.geocities.com/

bruceswan500/index.html

6 DEC, 3rd Toys for Tots Christmas BP,

Glenn Murphy Jr, BOX 1013, Westminster,

6 DEC, Miller Chevrolet Christmas Bench

Press Classic, Dave Harrison, The Gym in

Elk River, 550 Freeport Ave, Elk River, MN

6 DEC, NASA Bluegrass Regional

Powersports, Bench Press & Deadlift Cham-

pionship, @ Henderson, Ky Info: Showtime

6 DEC, SLP Christmas For Kids BP/DL

Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953,

217-253-5429, www.sonlightpower.com.

6 DEC, USAPL Virginia State PL & BP,

John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com,

6,7 DEC, AAUWorld Benchress, Dead-lift and Push Pull Champ

onships, Laughlin, Nevada, (meet

capped at 400 lifters), Martin Drake,

PO Box 108, Nuevo, CA 92567, 909

6-7 DEC, APF Southern States (Daytona

Championships (Mechesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL.

www.sonlightpower.com, sonlight@netcare

9-14 DEC, WABDL Drug Tested Worlds

(Riviera Hotel, Las Vegas, NV) Gus

13 DEC. NASA Missouri Regional,

Carthage, MO, NASA, PO Box 735, Noble,

13 DEC, ISA Presents Superman of

the Century, Superman, Powerlifting

Superman of the Century, Push/Pull,

And Bench Press Nationals (SMC con-

sists of total full powerlifting + clean

and jerk), 24- Hour Total Fitness, Li-

thia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009,

\$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA

13 DEC, Christmas BP Classic/Curl, John

Shifflett, Box 941, Stanardsville, 22973,

OK. 73068, www.nasa-sports.com

Rethwisch, 503-762-5066

61953.

217-253-5429.

928-4797, ntrlpwr@pe.net

FL) 386-252-8193 or

on@logicalcity.com

MD 21158

55330, 763-441-4232

@ 1-270-830-7209

sonlight@netcare-il.com

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

14 DEC, SLP Little Rock Open II BP/DL

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

Classic (Little Rock AR) Son Light Power 122 W. Sale St., Tuscola, IL. 61953, 217

253-5429, www.sonlightpower.com

sonlight@netcare-il.com
26-28 MAR 04, USAPL High School

Nationals, Bruce Sullivan, 1545 4 1/2

mile Rd, Racine WI 53402, 262-639-

ships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

27 DEC, SLP The Last One! BP/DL Cham

pionships, Son Light Power, 122 W. Sale

St., Tuscola, IL. 61953, 217-253-5429,

www.sonlightpower.com.sonlight@netcare

P.S. when writing include a Stamped,

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12-19 OCT, WPC World Champie

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Circleville Barbell Club Members at the Lynch Mob Bench Press: (left to right) Ellery Elick, Tom Huffer, Rob Valentine, Jake Barber, Jeff Burton. Nick Maloney, Chuck Reed, Mark Monroe, Steve Largent, Dave Rainies, Dave Dille, Barry Sowers, Doug Moss, and Jon Elick. (J. Elick)

Lynch Mob Bench Press

ZI SEP	02 - 0	Circleville, On	
Women		Largent, Steven	85
Cox, Jessica	185	165	
Freitag, Lauren	175	Bob Segnini	325
Wright, Tiffany	160	Mat Glascoe	300
Youker, Cyndy	145	Barber, Jake	300
Tanowitz, Jill	130	Tom Woodruff	285
Curry, Valerie	150	O'Brien, Steve	275
Eblin, Tammy	105	Hannigan, Sean	265
Clifford, Colleen	105	Gillum, Mark	260
Teen		181	
Bahas, Dustin	235	Huffer, Tom	350
Hannigan, Sean	265	Eblin, Eddie	300
O'Brien, Steve	275	242	
Newsome, Mark	335	Kyle, Bill	485
Maloney, Nick	125	Baldwin, Troy	450
Leib, Mike	155	Huff, Lawrence	395
Master 60+		Monroe, Mark	375
Curley, Sidney	300	275	
Master 50-59		Valentine, Rob	475
Brown, Mike	345	Underwood, Keit	h465
Lewis, Ray	170	Weaver, Edgil	440
Master 40-49		Fellure, Todd	435
Ramey, Tom	400	Shiland, Patrick	415
Dille, Dave	245	308	
148		Raines, Dave	425
Maloney, Nick	125	Autorita Petr	

Team winner: Circleville Barbell. The 3rd Annual Lynch Mob Shirtless Bench press Competition was a fantastic meet this year. Forty competitions showed up to press their best without the aid of bench shirts. The only supportive equipment permitted was wrist wraps and a belt. Surprisingly, the largest class of the meet was the Women. Eight lifters, many new to competition, squared off for top many new to competition, squared oil for top honors in this category. The Reshel formula was used to determine placement. Tiffany Wright and Cyndy Youker tied for third place. Lauren Freitag took second with an impressive 175 bench. In her first meet, Jessica Cox blasted 185, with room to spare, taking first place. The Teenage class also had spare, taking Irist place. The Teenage class also had several young men who were competing in their first meet. The Reshel formula and teen age coefficient were used to determine the top three places in this class. Eighteen year-old Steve O'Brien came in third with a 275 bench. Sean Hannigan, 17, took second with a 265 effort First place went to seven-teen year-old Dustin Bahas, with a 235 bench at just under 130 bodyweight. The Master's classes were broken down into the 40.40 group 50.50. were broken down into the 40-49 group, 50-59 group, and the 60 and over group. The Reshel Formula and Master's Age Multiplier were used to determine the placement. At 47 years old, Tom Ramey pressed 400 to take first over 40 year-old Dave Dille, who hit a solid 245. Mike Brown, at 57 years old, finished first with an easy 345. Ray Lewis took second with his 170 bench at 56 years-old. There was a lone lifter in the sixty-and-over class. Sidney Curley, at 63 years young, pushed an impressive 300. In the Men's Open 148, Nick Maloney

bench to take third place. Dave Raines was the only lifter in the 308 class, and benched a nice 425. The home team, Circleville Barbell Club, held on over Chillicothe's Body Structure Team, to win the team championship. Many thanks to my meet staff, who Chillicothe's Body Structure ream, we championship. Many thanks to my meet staff, who made this a very smooth-running event. John "Dink" Weaver and Jon Elick were meet directors & scoretable staff, Aaron Lake and Barry Sowers were the loaders, Doug Moss, Dustin Wood, and Jeff Burton did a great job judging, and Ellery Elick kept things moving as the announcer. Special thanks go to Bob Shaefer for his assistance, Wes Kampen of Monstermuscle for providing complimentary T-Monstermuscle for providing complimentary T-shirts and magazines, and George Halbert for stopping by to mingle with the lifters. Hope to see you all next year. (Jonathan Elick provided results.)

Bob Hafner Championships 19 OCT 02 - New Orleans, CA

148/Bench Press	200		Echols	405
J. Echols 220	200	220 Rob I	lafner	500
Michael Thomas	385	242	lainer	300
242	303		Reape	600
Jim Phelps	415	Maste		/
Seth Demberg Deadlift/148	350	Charl		ggio 210 dis 180
Open 3 Lift 148	SQ	BP	DL	тот
James Echols 181	300	200	405	905
Vince Welch 198	335	235	340	910
Mark Tusa 220	500	305	500	1305
Raul Ramirez	380	220	400	1000
Jody Steen	675	385	585	1645
JD Guttierez	450	225	550	1225
David Nichols 242	485	350	560	1395
Jasper Buffkin	425	310	450	1185
Greg Paliaro Masters	445	325	430	1200
Bentley Carter Special Olympics 123	460	320	450	1230
Nicholas Guillot 114		135	205	340
Martin Martinez 132		140	325	465
David Dawson 198	195	120	290	605
Patrick Pope	415	230	450	1093
Mark Tusa 220	500	305	500	1305
Raul Ramirez 242	380	220	400	1000
Brian Gagnet	325	185	375	885

Sidney Curley, at 63 years young, pushed an impressive 300. In the Men's Open 148, Nick Maloney took first place with a 125 bench. Steve Largent followed with 85. These guys are very young and their fathers are both accomplished powerlifters. I expect to see some big numbers in the years to come. The 165 class had seven competitors, all very close with regards to their lifts. Jake Barber and Matt Clascoe both benched 300. Matt took second over Jake due to a lighter bodyweight. First place went to 80b Segnini, who finished with 325. In the 181's Tom Huffer managed only his opener of 350, but it was more than enough, as Eddie Eblin hit 300 for second place. Tom also took the Lightweight Best Lifter honors- in the 242s Lawrence Huff finished third with a final lift of 395. He had more finished third with a final lift of 395. He had more in him, as each lift seemed easier that the last. Troy These guys are dialed in on technique and attempt for second place. First place went to Bill Kyle who came up from Stockdale, Ohio. Bill benched a solid was too fried to repeat. Not easy to run a meet and 485, and just missed loading out 500. He also armed the Heavyweight Best Lifter honors. More big lifts in the 275 class, as Rob Valentine smoked 475 for the top spot Keith Underwood finished second, with 465. Edgil Weaver posted a 440 Facility. (Thanks to Jack Reape for these results)

J.M. BLAKLEY

XTM: Extreme Training Methods VideoThis tape contains 3 hours of the most advanced bench press assistance exercises and training methods. Over 27 exercises, each outlined in detail and fully explained in principle and execu-tion with common errors highlighted and correct technique clearly defined. Chains, bands, speed drills JM presses, floor work, assistance exercises that works is left out! This is a complete and thorough training video and includes both basic strength programs and modified programs with loads of theory explained. This video goes all the nsely before... welcome to the next level... welcome to XTM.

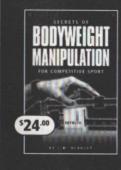


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100% 'RAW' World Championships 16 NOV 02 - Fort Detrick, MD

Women's Division	1			
132	SQ	BP	DL	TOT
50-54				
Janice Sturniolo		130	315	
148				
40-44				
Puth Souders	220	125*	280	645*
4t h	225*		300*	
Pachel Manning	140	95	190	425
165				
40-44				
Kimberly Camp	140*	105*	240*	485*
55-59				
Karin Nevinger		90		
Men's Division				
66				
0-9		711 H	1.37	VE
N. Skonieczny	80	60*	145*	285*
N. Skonieczny	80	55	145	280
4th	105*			
132				
14-15				
Ryan Horne	240	210*	250	700
18-19				
Jeff Davis	300*	235	400*	935*
20-24				
Frank Pevell		205		
148				
18-19				
Sawo Jones			325	
35-39				
Victor Aybar	350	260	480	1090
45-49			900	
Dale Helfrick	315*	220	430	965*
4th		225*	445*	
165 14-15		1		
Dustin Mullis	300	200	350	850
Christopher Reid	135	155	300	590
40-44		-		
John Polak	460	350	525	1335
Lance Bravard	350	250	500	1100
60-64				
Henry Dudley	235*	*100*	305*	640*
181 16-17	Serie.			
Aaron Gladhill	255**	220**	355**	830*
25-29				
Ryan Massey	500**	360**	570**	1430
50-54	1			
Ed Lough	325*	230	380	935
55-59				070
Doc Junkins	315	245	410	970
4th		250*		
198 20-24				
Indian Section 16		A STATE OF		

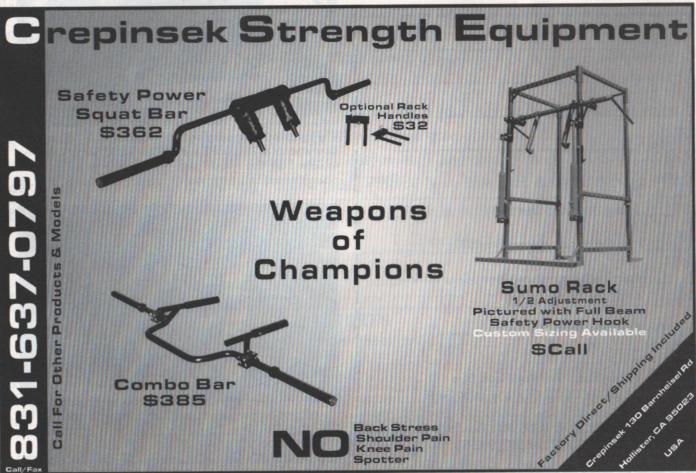
Warren Olesinski 4th	430	375 385*	560	1365
25-29				
Matt Oberholzer 30-34	375	275	525	1175
Kevin Webber	510*	355*	535	1400
Marty Martin Shawn Hann	355	300 380	410	1065
40-44				
Spero Tshontikidis	335	245	445	1045
Wallace Barnett 220 30-34	315	300*	425*	1040*
Shawn Boylan	550	315	600	1465
Graham Bartholog	mew		600	
Dave Lhota 50-54		385*		
Larry Bucchioni 242 30-34		250		
Jeff Deigan	640*	415	700*	1755*
Marcus Schmidt 275 30-34	615*	315	615*	1545*
Jason Harper 40-44	500	410	600	1510
Glenn Evans	555**	300**	600**	1455**
Wardell Sewell			575	
Ben Cangelosi 4th	660*	510 520*	690*	1860*
* - RAW World R	ecord.		0% PAV	V" World

ergangement and support.

Record. Ultimate Fitness, Overall Men's Champions Southpointe Fitness, Senior Men's Champions Southpointe Fitness, Senior Men's Champions. Southpointe Fitness Fitness ferd the Master's division. Sports Connection teamble for South Records to the Master's division. Sports Connection teamble for South Records to the Master's division. Sports Connection teamble for South Records and the Master's division. Sports Connection teamble for South Records and the Master's Division for include a 700-pound deadiff in the 242s. Finally, Ironsport's Ben Cangelosi registered the meet's biggest total at 1860 pounds, to include a 700-pound squafility for the meet's biggest total at 1860 pounds, to include a 700-pound squafility for the meet's biggest total at 1860 pounds, to include a 700-pound squafility for South Records and South Records and South Reco Record. Ultimate Fitness, Overall Men's Champions Sports Connection, Overall Mixed Champions Southpointe Fitness, Senior Men's Champions. God is our refuge and strength, an ever-present help in trouble. Psalm 46. First, let us give thanks to the Lord Jesus Christ for his mercy and love. No



Team Ultimate Fitness at the 2002 Raw Worlds (Photo by L. Bravard)



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WABDL Alki Beach 24 AUG 02 - Seattle, WA

	3 02		
DEADLIFT Open Women		198+ Kireen Ellis	235
97		Teen Women 16-	
C. Loukprasong	140	181 B. Buck-Wood	160
A. Thompson	290	Sub Women 34-3	
198 Jennifer Witte	250	123 Rebbca Sexton	90
198+	230	181	
Kireen Ellis 4th	450 465!	Dina Mudry Linda Smith	145
Teen Women 16-		198+	
M. McMillon	230	Sheri Wyatt Dari Cal	225 125
132		Master Women 4	
Omoshade Idowr	250	123 Carol Myers	190
Bonnie		148	
Buck-Wood Sub Women 34-3	250	Nancy Carpenter Master Women 5	120
181		132	
Linda Smith 198+	225	Gael Okicich Lynette Topper	100 95
Sheri Wyatt	405	165	
Daria Cal Master Women 4	350	Cathy Chapman Master Women 6	130 1-67
123		114	
Carol Myers Master Women 5	360! 4-60	Zoe Ericson Open Men	75!
132		181	200
Gael Okicich Master Women 6	280 1 -67	Sofala Maiava Steve Olson	380 375
114		Eric Dobb	215
Zoe Ericson Open Men	170!	220 Harland Barrett	300
165		242	425
Matthew Taylor 220	505	Ted Depoe Steadman Mathis	435
David Stratton	660	275	450
Harland Barrett 275	505	Noah Chambreau Kenny Hammond	
Noah Chambreau		Pete Markoff Class 1 Men	405
Andy Medak Pete Markoff	650 550	165	
SHW		Michael Inter 308	275
Vince Eldridge Teen Men 13-15	751!	James Crawford	475
SHW	400	Teen Men 13-15 165	
Jordan Wilson Teen Men 16-19	425	Andy Hedman	185
165	205	Teen Men 16-19 Ken Umelsu	181 225
Sam Schollmeyer Teen Men 16-19	305	198	223
181	225	Matthew Dixon Teen Men 16-19	315
Kent Umetsu Junior Men 20-25	335	275	
148 Chris Green	475*	Shawn Milliken Junior Men 20-25	500
165	4/3	165	
T. Mc Kinney	400	T. Me Kinney Sub Men 34-39	260
181		165	
Chris Galicinao Junior Men 20-25	550	Jon Sakamoto 181	275
Theodore Brown	515	Tod Finley	255
220 Michael Finks	430	242 Bob King	350
Sub Men 34-39		275	
242 Rob Peck	425	Kevin Stewart Master Men 40-46	550
275		165	
Kevin Stewart Master Men 40-46	650	Leo Mattoni 181	275
165		James Healy 198	245
Leo Mattoni 181	510	Gerald Brown	335
Leamon Woodley	660	David Stevens Master Men 40-46	315
198 Gerald Brown	560	275	6
Gerald Brown 308		275 Tod Christensen	430
Gerald Brown	560	275 Tod Christensen 308 Joe Mickelson	420
Gerald Brown 308 Joe Mickelson Master Men 47-53 220	560	275 Tod Christensen 308 Joe Mickelson Master Men 54-60	420
Gerald Brown 308 Joe Mickelson Master Men 47-53	560 660!	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio	420
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181	560 660!	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198	420
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181	560 660!	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220	420 275 325
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198	560 660! 520* 440	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat	420
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308	560 660! 520* 440 465	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis	420 275 325 235
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White	560 660! 520* 440	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis 308	420 275 325 235 430
Gerald Brown 308 30e Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181	560 660! 520* 440 465 390	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis 308 Robert Smith 308	420 275 325 235 430 405
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181 Eric Fleming	560 660! 520* 440 465 390	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis 308 Robert Smith 308 John White	420 275 325 235 430
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181 Eric Fleming David Chadwick 275	560 660! 520* 440 465 390 325 250	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis 308 Robert Smith 308 John White Master Men 61-67 275	420 275 325 235 430 405 375*
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181 Eric Fleming David Chadwick 27-7 Howard Felton	560 660! 520* 440 465 390 325 250	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis 308 Robert Smith 308 John White Master Men 61-67 275 Gary Thomas	420 275 325 235 430 405
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181 Eric Fleming David Chadwick 275 Howard Felton Single-Lift Bench F Open Women	560 660! 520* 440 465 390 325 250	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis 308 Robert Smith 308 John White Master Men 61-67 275 Gary Thomas Special Olympian 181	420 275 325 235 430 405 375* 425*
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181 Eric Fleming David Chadwick 275 Howard Felton Single-Lift Bench P Open Women 148	560 660! 520* 440 465 390 325 250 175 Press	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Haroid Barrat 242 Steadman Mathis 308 Robert Smith 308 John White Master Men 61-67 275 Gary Thomas Special Olympian 181	420 275 325 235 430 405 375*
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181 Eric Fleming David Chadwick 275 Howard Felton Single-Lift Bench P Open Women 148 A. Thompson In Open Women	560 660! 520* 440 465 390 325 250 175 Press	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Haroid Barrat 242 Steadman Mathis 308 Robert Smith 308 John White Master Men 61-67 275 Gary Thomas Special Olympian 181 David Chadwick iift Candy Loukpra	420 275 325 235 430 405 375* 425*
Gerald Brown 308 Joe Mickelson Master Men 47-53 220 David Stratton Master Men 54-60 181 Gene Alexander Frank Isernio 198 G. Holzinger 308 John White Special Olympian 181 Eric Fleming David Chadwick 275 Howard Felton Single-Lift Bench P Open Women 148 A. Thompson In Open Women pulled 140 at 97.	560 660! 520* 440 465 390 325 250 175 rress	275 Tod Christensen 308 Joe Mickelson Master Men 54-60 181 Frank Isernio 198 G. Holzinger 220 Harold Barrat 242 Steadman Mathis 308 John White Master Men 61-67 275 Gary Thomas Special Olympian 181 David Chadwick	420 275 325 235 430 405 375* 425* 125 asong lireen



Kireen Ellis with a WABDL World Record 465 DL. (courtesy Gus)

Myers pulled a 360 World Record at 123. In Master few minutes earlier with 440. Moving on to the women 61-67 Zoe Ericson pulled a World Record at 114 with 170. In Submaster 198+ Daria Cal set a Washington State Record with 235, Sheri pulled 405 - a fantastic pull for any. In open men at Wyatt was 2nd with 225. In Master Women 40-46 165 Matthew Taylor pulled 505. He gels dialysis 3

123 Carol Myers set a World Record with 190. In times a weak for kidney problems. At 220 David

Stratton pulled 660 and also pulled the same

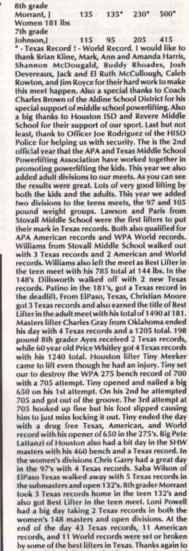
Record at 114 with 75. In Class 1 James Carwford weight in Master 47-53 220 for a World Record. At set a Washington State Record with 475 at 308. In 275 Noah Chambreau of Nevada opened with 750 Master men 54-60 John White set a Wash. State and missed but came back and got it on his 2nd Record at 308 with 375 and in master men 61-67 attempt and thats all he got. Andy Medak was 2nd Gary Thomas set a Washington State Record at 275 with 650. At super Vince Eldridge got Wash State
Record in the open and a World Record in Submasbenched 500. He holds the World Record with 518. kecord in the open and a World Record in Submasters with 751. Vince has been competing for 15 the only wears a single ply shirt and has passed a years and is what I would call a true powerlifting fanalic. Its the most important thing in his life and he is truly lifetime drug free. In Teen Men 13-15 the is truly lifetime drug free. In Teen Men 13-15 the istruly lifetime drug free. In Teen Men 13-15 the istruly lifetime drug free. In Teen Men 13-15 to going to be easy to bring down. He deadlifts 620 and squats 660 at age 17. I want to thank Bull Green set a Wash, State Record at 148 with a better should be a served to be added to the served of the year. In Junior men Christopen Wears a specific part of the only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He has a full ride at the University of Gregon as a fullback and should start as a freshment of the start of the only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He only wears a single ply shirt and has passed a drug test. He on Green set a Wash. State Record at 148 with a better than average 475. At 181 Chris Calicinao pulled the state of the state 660 and in Master 54-60 181 Gene Alexander set
a state record 520 after Frank Isernio had set it a
(Thanks to Gus Rethwisch for providing the results)



MSPA	Patric	t One	n										
				Aguayo, E.						300			
02 - F				Starks, C	125	115	275	515		525	350	545	1420
	Wome	n 148 lbs		7th grade									A SHEET
650!	Open			Patix, F	75	65	160	300					1240*
			160 *	Men 165						350	180	400	930
570				8th grade					Men 220				
				Marshall, K	180	155	260	595	8th grade				
	Wome	n 165 lbs		Valdez, K	175	125	230		Turner, R				615
				Vasquez,F	155	135	230	520	Swanson, M	205	95	260	560
460*				7th grade									
	Maybe	erry, J	260	Bano,R	135	110	230						
SO	BP	DL	TOT	Chakravarty, A	95	55	175	235	Solais, M	115	185	350	650
-	-			Men 181					Teen 16-17				
80!	80!	150!	310!	8th grade					Jaurez, E	400	315	360	1075
			1	Patino, S	180	155	350*	685	Men 275 lbs				
				Brewer, J	115	180	350	645	8th grade				
135!	80!	205!	420!	Guerro, G	140	160	250	550	Remo, M			-	725
			E Bloom	Submaster 33-39					Slewart, A	230			690
75	75	75	225	Moore, Christian	550*	325	625*	1490*	Jones, B	250	250	180	680
815	20%	libra	of Series	Master 40-49									
				Gray, C	450*	305	450*	1205*		585	380	525	1490
250*	135	400!	785!	Men 198					Men 308 lbs				
		320	110	8th grade					8th grade				
				Aves, K	250	180*	330	760*	Coupean,J	150	160	350	660
130	-	200	No.	Gibson, B	180	180	310	670	Women 97 lbs				
20	75	185	355	Rodriguez, P	155	150	230	555	Open				
33		103	333						Garry, C	225*	120*	245*	590*
				Estes, I	95	80	140	315	Women 123 lbs				
205	135	405*	745*	Open					Open				
03	110	300	560	Ash,I	500	325	600	1425	Wilson, S	240	140	275	655
	02 - H 650! 570	02 - Housto Wome 650! Open Powel 570 Maste Powel Wome Teen 1 460* Deadd Mayb SQ BP 80! 80! 135! 80! 75 75 250* 135 230 160 130 90 95 75	02 - Houston, Text Women 148 lbs 650! Open Powell, L 570 Master 40-49 Powell, L Women 165 lbs Teen 16-17 460* Deadlift Mayberry, J SQ BP DL 80! 80! 150! 135! 80! 205! 75 75 75 250* 135 400! 230 160 320 130 90 205 95 75 185	Powell, L 160 * Master 40-49 Powell, L 160 * Women 165 lbs Teen 16-17 Deadlift Mayberry, J 260 SQ BP DL TOT 80! 80! 150! 310! 135! 80! 205! 420! 75 75 75 225 250* 135 400! 785! 230 160 320 110 130 90 205 430 95 75 185 355	02 - Houston, Texas	O2 - Houston, Texas Aguayo,E. 160 120 250 530 Drug ree	O2 - Houston, Texas Aguayo,E. 160 120 230 530 Drug ree 148 Ibs 152 152 155 1	O2 - Houston, Texas Aguayo,E. 160 120 250 350 Drug ree 140 180 1	O2 - Houston, Texas Aguayo, E. 160 120 250 330 Drug ree				

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POWERLIFTING Lamonted of December 17 Press PRESS To 100 of Bellevin 17 Press The Beach Press Brinch Assault So.	SOCIAT AND DEARNEY BUTTON BUTT
Biggest Bench Greatest Powerbuild Texas Style Champions Beginners in Squat Prer	Counting AI A Manual Vallarias Processing 1995 Part Casely King Of Women Biggest Service Press Press Press Press Part Note
SPECIALTY WIDEOS SPECIALTY WIDEOS SOUTH WORDS TRAINING SECRETS OF WES	STEHUIDO AND SPORTS SOURCE MEDICINE TSIDE BARBELL
The Metabolic Det - The Storods Game Product - T	Deception Deception Deception Deception Deception Deception Data Say No To Desption Strong Control Strong Contr
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132 Andy Kottwitz 92.5 105 92.5 150 347.5 Mike Tolliver 115 170 455 181 Zac Cooper Josh Johnso 167.5 207.5 127.5 192.5 527.5 Collins Watson 165 David Noonar 212.5 130 242.5 585 152.5 142.5 227.5 522.5 Willie Sanchez **Russell Smith** 275 Ryan Stewart C. Strewblow 182.5 160 190 532.5 195 SHW

all who helped this meet be the success it was and

also a special thanks to Rickey Crain of Crains Muscle World and John Inzer of Inzer Advance Designs. (Thanks to Tom McCullough for results.)

USAPL John Ware Classic (kg) 23 MAR 02 - Kirksville, MO SQ BP DL TOT

C. Hegenderfer 72.5 55 90 217.5

USAPL WV Classic Powerlifting 13 APR 02 - Bluefield, WV

Masters 55-59 SQ BP DL TOT Vince White 225* 225* 225* 675*
*-Denotes West Virginia State Record. (Thanks to

USAPL for providing these meet results to PLUSA)

(Thanks to USAPL for providing these meet results)

180 175 200 555

Record - the highest deadlifter for a female in WABDL. Watch out for this women - she will put

600 within 2 years. In Master women 40-46 Carol

110	DF **	VAC	n in	
09 NOV 02 -	ROL		OCK,	TEXAS
WOMENS SQUA	T	Jeff Hai 308	rrison	221
T. Burchfield 198	281	Emic St MASTE	rell RS 45-4	418
Lisa Yeager WOMENS DEAD	LIFT	165 Sheldor	n Weinge	ust 380
T. Burchfield	308	198 Tito Ma	ita	374
165 Trish Swander	325	Charles	Turco	418
WOMEN BP Submaster/Master 148	r	Goorge	Wells RS 40-44	276
Lani Powell	154	165 Kennet		341
Trish Swanda Open Women	192	198 Tim Tre		325
114 Carol Richardson	154	220	Campbe	
123 Marin Frechette	137	John He		424
123 S. Swander	60		STER 35	369 -39
148 Lani Powell	154	Rey Gu	evara	
Susan Lee 165	115	Ralph A		468
Trish Swander MENSSQUAT 220	192	Kevin M 198 James V		402
Matthew Lee 242	435	220 Ed Wilk	DA MA	534
Elvin Smith MENS DEADLIFT	601	JUNIOR 165	MEN	
Charles Turco	604		y utierrez	303 259
Matthew Lee 242 Elvin Smith	529	198 Justin H		270
POLICE/FIRE BP	551	1giacio 220 Matthe		308
Kenneth Cook Todd Jones	341 276	242 Blair Me		159
198 James Whitney	402	OPEN 165	Ervs Sk	of your
Pablo Arfiaga 220	352	Sheldor 181	Weingu	
Bob Preshong 242	435	Ralph A 198		468
Chuck DeLaRosa Larry Holley 275	363 363	Tito Ma Pablo A Grant C	rriaga	374 352 341
Chris Willis MASTERS 50+	363	220 Bob Pre		435
148 Jack Heizelman	165	242 John He	Mining	424
198 Dan Bell	358	275 Elisco R		424
Elvin Smith 275	336	Chris W Rick Pur 308		363
David Brcoks	325	David S	chatersh	
& FIREFIGHTER 165	sQ	BP	DL	тот
C. Johnson BELOW CLASS I V	308 VOME	132 N	147	766
114 Jenni Goode	209	104	248	561
Carole Cummins Laura Esquivel	187 154	88 66	226 198	501 418.
123 Marin Frediette		N File	ME 29/1	
132 Carrie Padilla	209	121	221	551
148 E. Dimitrijevic	226	104	226	556
165 C. Johnson	308	132	325	765
Deborah Sanchez Norma Saenz 198	187	187	281	655
Marisela Ramirez SHW	281	110	248	639
Christine Orr Master WOMEN	221 40+	126	264	611
123 Charlotte Lester	221	115	248	584
148 Diana Deleon 165	170	99	187	456
Gloria Mendez 181	286	159	325	770
Dorothy Rawe SUBMASTER WO	143 MEN 3	82 5-39	187	412
148 Christina And	314	176	386	876
165 Trish Swander	297	192	325	814
181 Diana Westlierly		286	424	1134
JUNIOR WOMEN 123 148	10-19	121	308	710
M. Eikenburg JUNIOR WOMEN	231 13-15	132	270	633
105	143	71	148	362

	123					John Dziedzic	424	303	507	1234	Rueben Herrers	501	314	435	1250
•	Cristal Magana	159	88	187	434	242					308				
	OPEN WOMEN 123					Stewart Beasley BELOW CLASS I	584 MEN	358	551	1493	Kevin McAfee SHW	705	424	651	1780
	Susan Rinn	369	236	325	930	148					CliffHuffman	473	226	407	1106
	132					Jose Moreno	303	221	352	876	MASTERS MEN 5	0-65			
	Stacy Urso	369	176	429	974	165					132				
	148				The same	Frank Guticrrez	270	259	358	887	James Fisher	297	159	331	787
	Melissa Ortega	369	236	402	1007	165					198				
	Cecilia Palomo 165	276	203	314	793	Rey Guevara 198					E.W. Godfrey 198	402	264	407	1073
	Trish Swander	297	192	325	814	Pablo Arriaga	446	352	518	1316	CliffManis	270	187	402	859
	181					Chad Pitts	507	236	479	1222	220				
	Diana Weatherly	424	286	424	1134	Blake Johnson	413	325	468	1206	Dick Youngman	485	276	319	1080
	Susan Hartley	203	121	221	545	Tim Tremper	292	325	424	1041	242				
	SHW					Brian Chomopski					Elvin Smith	601	336	551	1488
	Kimberly Pitts	418	336	402	1156	220					275				
	SPECIAL OLYMPI	ICS				Cody Goode	601	386	556	1543	David Brooks	501	325	501	1327
	123					Mike Dugan	562	380	556	1498	308				
	Raul Garza Jr	148	99	203	450	Brian Wright	551	424	523	1498	Ernie Surell	705	418	584	1707
	165					Billy Cooper	512	374	479	1365	MASTERS MEN 4	5-49			
	Luis Salinas	187	143	231	561	Mike Farris	441	336	512	1289	220				
	308					Matthew Lee	435	308	529	1272	Larry Mistric	694	435	633	1762
	Eli Vela	221	148	236	605	Juan Reyna					John Dziedzic	424	303	507	1234
	198					242					MASTERS MEN 4	0-44			
	Shawn Larson	143	115	181	439	Todd Cox	623	462	623	1708	198				
	POLICE/FIREFIGH	HTER				Paul Fisk	501	407	534	1442	Mike Harrison	429	231	523	1183
	198					Shawn Hartley	415	374	473	1262	Sleve Kuykendall	331	276	435	1042
	Pablo Arfiaga	446	352	511	1316	Roger Diaz					220				
	Blake Johnson	413	325	468	1206	275					Tracy Glawe	651	380	601	1632
	220					Chirs Benzaquen	677	435	529	1641	242				

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- Relow 1 220s. REST LIFTER WOMEN: Susan Rinn Open Women 123. BEST BENCH WOMEN: Susan Rinn - Open Women 123. BEST SQUAT WOMEN: Susan Rinn - Open Women 123. BEST DEADLIFTER WOMEN: Stacy Urso - Open Women 132 (Thanks to Seguin Fitness for providing these meet results.) Muscle Bound Fitness Fall Classic

05 OCT 02	2 - W.	Lafayette, OH	Hard T
181		Ed Whitmore	275
Open		Raw Masters	
Dennis Shilling	385	Mike Leikari	330
Submaster		Submaster	
Dennis Shilling	385	Kirk Bardos	380
Master		275	
Rick Williamson	220	Raw Open	
Raw Open		Edgil Weaver	450
Jay Dotson	315	Open	
198		Jason Voekel	410
Raw Open		308	
Mark Lahna	360	Raw Open	
220		Cedric Anderson	430
Raw Open		Open	
Dean Garret	350	Tony Tamules	530
Phillip Walls	315	DEADLIFT	
Open		Dave Russell	425
Ralph Young	540	Phillip Walls	620
Jason McConnell	325	Shawn McDonald	
242 Open		Jason McConnell	450
Jeffery Clay	440	Jeff Fry	530
Masters		Jeff Morhgan	565
Jeffery Clay	440	Kirk Bardos	560
Raw Open		Jason Voekel	490
Mike Leikari	330	Tony Tamules	575
Best Lifter in Ben	ch - Ral	ph Young. Best Lif	ter in
Deadlift - Phillip V	Walls. S	pecial Thanks to Jun	dges -
Scot Stoffer, Jim	Whyde	and Greg Kikenl	berry.
Loaders - John N	laloy a	nd Gerry Griffith.	Score
table - Pam Mcke	e and F	Reran Preher. (Than	iks to
John Blackstone f	or provi	iding these meet res	sults.)

SUMMER BEAST BP/DL 13 IIII 02 - Bradford PA

Bench 132		308 Alan Baker	600
Kevin Bisker	260	Buster Godden	440
165	200	SHW	
Andrew Murphy	250	Shawn Lewis	430
181	230	Teenage Bench	
Mike Maroni	365	Lou Costa	410
Chad Hayden	335	Ryan Stuart	250
Tim Myers	280	Josh Marks	315
198		Jordan Weir	275
Mike Haviland	410	Masters	
John Rimer	365	Mike Close	485
220		John Rimer	365
Travis Godden	500	Deadlift	
lim Reed	380	148	
Dave Frenz	345	Morgan O'Brien	375
Joe Ross	210	181	
242		Tim Myers	560
Scott Pollard	500	Chad Hayden	350
Dave Osborne	390	198	
Chuck Darnetto	365	Paul Statzer	530
242 Subs		John Rimer	530
Carl Seeker	505	Masters	
275		John Rimer	530
Marcus Coulter	575	220	
Denny Martin	520	Jim Reed	630
Jacob Sack	445	242	
David Spry	425	Chuck Darnetto 308	560
(Northwest Huma		Alan Baker	635

USAPL Polaris Fall Classic (kg)

10 NOV 02		BP	DL	TOT
WOMEN	SQ	BP	DL	101
67.5 kg	Malaga			
Pricilla Ribic	197.5		210*	572.5
Jennifer Franklin 75 kg	102.5	72.5	132.5	307.5
Autumn Harris +90kg	70	52.5	92.5*	
D. Calhoun MEN	142.5	87.5	175	405
90 kg		No Smills		OULINE.
Steve Fisher 100 kg	212.5	147.5	217.5	577.5
Hal Lloyd	202.5	137.5	230	570
Douglas Green	247.5	125	262.5	
John Wayman +125 kg	205	160	255	620
Master	245	152.5	230	627.5
90 kg (40-44)				
Larry Maile 100 kg (45-49)	60	60	60	180
Lawrence Everett	60	60	60	180
* - American Reco			e Lifter	- Priscill

Ribic. Best Male Lifter - Steve Fisher.Best Master

Lifter-Hal Lloyd. Best Teen Lifter-Jennifer Franklin (thanks to USAPL for providing the meet results)

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63

A Master SQ b. Karen 140 70 60 M.T. 105 60 inc, Gaye 70 52 / en, Della 77.5 40 comens Nov./< Class 1 omens Nov./< 85 Jackson, Randy 107.5 B Adens Teen Casillo, Luis 15 132.5 Contreras, Adam 10 180 Derr, Nathan 16 Derr, Nathan 16 O'Neill, Susan 40 102.5 85 115 132.5 105 357.5 300

28 DEC 02 - Napa, CA (kg)

One KILOGRAM equals 2.2046 Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double sion of 115 kilograms to 253 pounds. amount (23) for a total of 253, which is the converthe amount (230) and add 10 percent of the doubled

ry the lightweights, however, was the return to the day platform of Justin Maile. The Alaska transplant set will be union State Records in each lift and an open state to de record in the squat. His squat also exceeded the will be current American Record lift. The Open Heavy-wen weights saw Big Dave Freeland finish in hid place, do as He dropped some weight but looked bigger than State He dropped some weight but looked bigger tool in whe second place was lerry Tremblay. Not to be out-cl in done by his son, Jerry broke his own submaster 31 he deadlift record on his third pullt Keith Kanemoto et wrapped up first place and set Master Bench and le total records. Almost as important, Keith came he within inches of pulling his first 600 deadlift. I'll bet y- we see it in Aprilt The Single Lift Bench Press event e. drew a number of liftens. Luis Castillo set a Teen an State Record in his first meet. Susan O'Neill set a In Masters record of her own. Other highlights in-tic cluded Steve Pena's 462 at 2720, Duane Van Zandts 1- Cluded Steve Pena's 462 at 2720, Duane Van Zandts 1- Cluded Steve Pena's 462 at 2720, Duane Van Zandts 1- Cluded Steve Pena's 462 at 8720, Duan

> at 61 years old and Rob Fornachon's 187.5 lb. lift at 75 years of age and only 165 lbs. Of course, Mike Hara also hit a 507 lbs opener at 165 lbs. Body-weight. We finished up with three deadlift only it competitors. Jeffrey Stanley pulled 451 at 148. 1 Donn Inrie, my old neighbor in Hercules pulled a nice 501 lbs lift for second place. Masters DL winner Dave Berlier Iold me he was gunning for the RAW Division Bench Only 187 Novak 16 NOV 02 - Kinchel 365*

e Berlier told me he was gunning for the	KAW DIVISION	SC	BP	טר	101	Dozema
te DL record before the meet and he	170	T LOSS				- Bey. Sp
anly! Congrats Dave it was good to see	Ritchie	245!	180!	3501	775!	meet pos
go out to Basic's Gym for hosting this	187					this year
e third straight year. It's a great place to	Cruz	430	315	500	1245	the retur
impete. If you're in Napa check it out -	Hannah	245	275	450	970	well and
n California lifters train there. We were	Dotson-El	500*	325	145	970	from Car
have a loading/spotting crew of vet-	205					two frier
this year and they did a great job - Big	Dozeman	475*	350	435	1260	old Ritch
eric, Dean from Oregon, Steve, Glenn,	Pope	455	350	450	1255	bodywei
and Rob. Our score table staff and refs	Mie	300	300	500	1100	institutio
ob-Joe, Lance, John, Frank, Gina from	Thomas	275	275	425	975	aggravat
yce, Mikey, L'il Frankey, Bootsy and of	Abrams	275	240	400	915	record a
e K. who helped set up and lifted!	227					Bey set in
u guys nothing happens on meet day!	Brown-Bey	515*	370*	640*	1525*	big total!
could not get it done without you.	Pure Division					squal rec
to my sponsors: Inzer Advance Designs	170	State S				OHAVICIO
of Pain IronWear. They've supported	Jancar	440*	235	440	1115	Magnus
fornia unwaveringly and make it easier	187					At 200,
out these meets on! Last but not least,	Cushman	485	295	470	1250	where h
Imy lifters for showing up and perform-	Fountaine	425	315	415	1155	division
it all for you! See ya at the State Meet.	Cooper	400	300	450	1150	bwt. ben
ason Burnell for providing the results.)	205					420 at 2

eloe, MI		Mull	485	320	315	1320	leading us into the new year. (F	e new y	ear. (F
	300	227	530	335	8	1465	HEADI COLOBAD	2	2
ivision		280		ł		Name of Street	08 DEC 02 - Auro	02-	Auro
	420	*- Inst. Record. ! - Masters 2 Record. Director	640	iters 2 I	Record.	Director:	BENCH - WOMEN	-	808
DL	101	Dozeman. Coordinator. Mastaw. Best lifter-Brown	inator.	Mastaw.	Best lift	er-Brown	A. SORTWELL	120	OPEI 132
3501	775!	meet possible. This was the 2nd meet I put together this year and the last as the uncoming year will see	is was th	ne 2nd m	neet I pu	t together ar will see	MEN		1HO
500	1245	the return of form	ner prez	Chuck S	aches.	Things ran	THOMAS CREW	110	JOE
Ē	970	well and we saw the return of the outside lifters	the ret	urn of t	he outs	ide lifters	MASTER		JOEY
143	9/0	two friends Cooper and Mie. In the 170's 56 year	per and	Mie. In	the 170	's 56 year	JOHN LUJAN	175	B. SH
435	1260	old Ritchie upped his total by 195 lbs at a lighter	d his tot	al by 19	5 lbs a	t a lighter	242 M2		220
450	1255	bodyweight. At 187, Dotson-El squatted 500 for ar	87, Dots	on-El sq	qualited.	500 for an	MIKE MCKENZIE 225	225	N KO
425	975	aggravated back injury still managed a 475 square	inimy s	fill man	giner an	475 squat	R. MINSHEW	175	242
400	915	record and win in the 205's. The 227's saw Brown	the 20	5's. The	227's sa	w Brown-	SHW M1		B. H.
640*	1525*	Bey set institutional records in all 3 lifts and post a	nal reco	rds in al	13 lifts	and post a	TEEN 132	SQ	89
		squat record with 440 in the 170's. Cushman pull off a victory in the 187's as does Mull at 205. At 227	1440 in	the 170 s does M	's. Cush	man pulls)5. At 227,	JASON TRUDELL 130*		105*
440	1115	Magnuson breaks into the 600 club with a big pull: At 200, Morgan squats 640 before the bench	s into th	640 b	ub with efore t	a big pull! he bench	181	142.5	107.
470	1250	where he failed to get his opener. In the bench	to get	nis oper	per. In I	he bench	JOSH INGOLD	172.5" 110"	110
450	1150	bwt. bench with 365 in the raw and Fargo with a	365 in	the raw	and Fai	go with a	C. SINGLETON	147.5 97.5	97.5
							CHARDSON	140 227.5	945

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ilting were the order of the day. Lifting commenced with the Novice/Below Class I division, which was filled with new lifters, thanks in part to offered a prize package for veteran lifters that brought a new lifter to compete at the meet. These lifters were short on experience but were long on alent. Caye Lynn McIlwaine lifted at 132 and set all new women's Master in each lift! Not a bad first Iy. Mary Titus edged her out of second place. Lazara Loveall had the biggest bench of the day for all the women and was our Top Novice lifter for the aldes. Big Scott Cartwright lifted well enough that he's no longer classified as a below Class one lifter. He took top honors in the division for the men with balanced lifting including a nice 473 bench! In second place, was Victor Tanverakul who lifted his way to Junior State Records in the equat and total. Ryan Hebelet, Barrett Mazum and George Payne rounded out the top 5. Up next were the Masters. Theresa Merenkov used a 281 lbs. Ryan Hebelet, Barrett Mazum and Caorge Payne rounded out the top 5. Up next were the Masters for Jace by two Wilkes points. In first place was Karen Polansky who simply overpowered the field. She had the biggest total by about 70 kgs and squatted and deadlifted over 300 lbs. Creat lifting for anyone but she's a master 4 lifter now and isn't showing any signs of slowing down- All three ladies and 4th place finisher Delia Cheignen setstate records in the firespective weight classes/age groups! Stephanie kubik and Star Smith battled it out in the women's open. Star had the biggest bench or oress but Sheebanie used her big

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A OSTWALD
148
C. BURROUGHS
LAURA HIGDON
165

42.5 57.5 85 75 70 52.5 70 70

182.5 235 235 250 302.5 225 225 390 300 302.5

55 82.5 80 80 120 70

BL PEREZ 114 S KINGSTON N NGUYEN 132

P GIDDINGS C ARMSTRONG 198

140* 102.5

181

137.5 102.5 150 110* 127.5

MASTER
165 M3
M CUCINELLA
M4
BOB BEAMER
198
M1

157.5

172.5

122.5

202.5

477.5

R MARTINEZ C BILBEY M2 J HANDLEY M5

205 220 140

162.5 135

582.5

187.5 192.5

417.5

Rob T. Dozeman)

	9	,			,	
	USAPL C	010	RADO	COLORADO STATE	J.	
		02-	Aurora,	a, CO		
ā	BENCH - WOMEN		808 G		210	
3	181 M1		OPEN			
R.	A. SORTWELL	120	132	HOMAS CREW	794	
5 4	MEN		181	אט כאנ	44 110	
5	THOMAS CREW	110	JOE FR	FRANKLIN		
2	MASTER		JOEY A	OEY MARTINEZ	EZ 150	
=	198 M1		198			
2	JOHN LUJAN	175	B. SHA	B. SHALKOWSKI	KI 220"	
e	242 M2		220			
5	MIKE MCKENZIE	225	J. KOS	KOSIVENI		
5	275 M3		M. KU	M. KUDACKEK	K 155	
at	R. MINSHEW	175	242 B HIII	24Z	N 165	
7	IW WILL	3		2	5	
2	132	200	DF	20	2	
S	JASON TRUDELL	130*	105*	162.5*	397.5*	
,7	165					
=	MICHAEL SELL	142.5	107.5*	175*	425	
- 5	181	170 54	110*	195*	467 5*	
2 3	198	6,4.5		103	C. 704	
2	C. SINGLETON	147.5	97.5	195	440	
S.	220					
	NOSC	140	945	160	392.5	
		227.5	140	237.5	605	
	ILINIOR	205	147.5	235	587.5	
	165					
	LUKE HANIFEN	196	170	205	570	
	220					
	M. TARZWELL	185	125	192.5	502.5	
	WHS				CHARLES TO A	
	KIP SIXBURY	290	197.5	297.5	785	
	WOMEN					
	MASTER					
	132					
	DONALDSON	57.5	30	62.5	150	
	97					
	BL PEREZ	55	42.5	85	182.5	
	114					

*- Denotes State Record. (Dan Gaudreau	P. MCGARRIGLE 105	KIP SIXBERY	B. HUTCHISON	242	ROB STANFIELD	RAY BIRCH	ALVIN UEUNTEN	S. ZWAANSTRA	CODYCLARK	CHARLES BILBEY	RUSSELL CLARK	NOAH DIVINE	198	JOEY MARTINEZ	DAVE KROEKER	LHANIFEN	MARK SIGALA	165	MIKEO'HARA	JEREMY ARIAS	148	TROY KIRE	OPEN	D WORELY	M3	242	RAY BIRCH	220	P PREDICKI	MS
tecord.	105	290	240		200		290		205	220	260	295		182.5	205	195	215		120	257.5*		135		252.5			220		165	
Dan Ga	112.5	197.5	165		137.5	147.5	175	215	155	135	192.5	170		150	137.5	1/0	150		102.5	165*		105		112.5			147.5		132.5	
udreau	182.5	297.5	260		220	250	270	322.5	2/3	217.5	780	252.5		227.5	227.5	202	250		150	262.5		150		260*			250		187.5	
-results.)	400	785	665		557.5	617.5	735	842.5	367.3	572.5	712.5	717.5		560	570	3/0	615		372.5	665*	200	390		625			617.5		485	

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275 W. Crawford

375 P. Bossi

265 J. Cox

245 198 (NOVICE)

C. Pannell 198 (35-39)

J. Bean 198 (45-49) W. Bateman

325 220 (OPEN)

W. Sexton

190 S. Sexton 145 220 (P/Fire)

480 220 (14-15)

425 220(16-17)

440 S.Deuel

425 220 (45-49)

410 W. Sexton 405 220 (60-64)

370 G. Holzmiller

365 242 (OPEN)

160 W. Batema

242 (P/Fire)

A. Proctor

S. Freeman

242 (45-49)

242 (50-54)

M. Leibacher 275 (Open) L. Elliott

B. Faircloth

275 (12-13)

275 (35-39)

H.Canada

50 B. Faircloth

5. Cassel1 55* 319 (OPEN)

270* W. Riddick

190 319 (45-49)

85 (POLICE/FIRE)

J. Baker 275 (NOVICE)

220 (20-24)

220 (35-39)

198 (OPEN)

320

340

350

490

190!

265*

325*

190*

265!

245

425!

325

330!

230

365*

410

370!

P. Bossi

W. Crawfor

J. Bean W. Bateman

S. Freeman

Q Lawerence

J Cox S Deuel G Holzmille

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C. Edalgo K. Mallory

A. Proctor

R. Staten V. Smith

Elliott

J. Hillard

Roberts

G. Briggs W Riddick

S. Cassell W. Ferguson J. Baker

A. Chamble

EEN BELT

T. Hague W. Riadick

C. Ballance

A. Proctor

G. Briggs D. Young

S. Tipton K. Taylor

66 (8-9) Q Thom

88 (10-11)

114(10-11)

114(14-15)

132 (OPEN

132(12-13)

132 (65-69)

M. Bertrand

WOMEN'S BELT

MASTERBELT G Baggett J. Hillard

D. Moore

M. Leibache

425! 165 (16-17) A Roberts S. Freman 375 365 S. Cassell WOMEN 181 (Open) ! - World record. * - State record. Four foot team trophies, best lifter plaques in every imaginable division, eight 18"x15" recognition plagues for everything from best sport to coach and referee of

S. Tipton 190! 165 OPEN

275

tionally finish in first or second overall, often found an excellent battle for second. Sylvester Freeman

tionally finish in first or second overall, often found themselves placing fourth or lower at this meet. In the interest of space I want to mention the op lifters for each Championship Belt. The 148 class had fourteen lifters, and we new it was going to be tough when National Champion Trey Hague tied his best performance, and only finished in fourth. Andrew Waits from Georgia only got his opener, but the World/Meet record 330 was thirty pounds higher then his next competitor. The 165 class was equally loaded with thirteen lifters, four benching 300+. In the end it was Corky Baggett, who nailed a 3355 (45-49) World/Meet record to claim the 165 belt. At 181 James Savage hit 400 pounds for a world with the same of the world was enough to earn first place. Kinta Mallory was enough to earn first place. Kinta Mallory was enough to earn first place with a 425 four fourth. Carl Elliott had and off day, belt. At 181 James Savage hit 400 pounds for a world was enough to earn first place. With a 425 four fourth. Carl Elliott had and off day, the same of the division, eight 18"x15" recognition plagues for everything from best sport to coach and referee of the year, personalized music, videos, and best of all twelve championship belts that cost well over two hundred dollars each. In the end Paul Bossi put a lot of money (nearly seven thousand dollars in awards alone), time, and heart into this meet, and 1 feel confident in saying it's his best meet yet...and he holds a lot of meets. I want to take a moment to thank the event sponsors. (Apple Bee's, Fitness Warehouse, Perry Auto Group, Levels Down Down, MCM Auto Sales, Dr. Tim Tolson, and George & Company, We had and awesome crew made up of judges (Tim Lyons, Donnly Nelson, Dave Balduf, Tom Holroyd), Table help (Dawn Nelson, Jenn Zak, Pam Balance), and spotters/plat form mangers (Donny Marcu, Sam Bloodworth, Ronne Biggs, and Gus Mojicak). The lifting itself was brutally tough in each weight class, and lifters that tradi-

Champions imited Colors / 2XL & 3XL \$38.99 FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG REDLINE Power \$17.95 \$19.95 BOZZER WRAP ROLLER Auras roter nur REALLY WORKS! \$129.95 You will receive 2 Split plns with your Wray **Power Shoe** THE ONLY SQUAT SHOE EVER DESIGNED FOR SQUATTING BY A WORLD CLASS SQUATTER • Wedge Heel • 2 Velcro Straps For Support Cowhide Outer For Support • Pigskin Inner For Comfort • Sizes 03-15 • Made in U.S.A. Otomix \$99.00 \$50.00

Virginia would win the Police/Fire title. There are currently four meets scheduled for the next six Richard Austin months, so if you like big trophies, and lots of

		Tree S	7	
24 NOV	02 -	Lewis	ton, A	1E
Men AAPF	SQ	BP	DL	TOT
Eric Fortin	600	402	667	1670
Ethan Baker	507	424	507	1438
Tom Sunshine	369	259	413	1041
Men JR				
Robert Weber	749	512	611	1873
Rob Trundy	600	402	523	1526
Josh Cahoon	479	347	600	1427
Greg Levasseur	551	363	573	1487
Eric Jackson	501	358	485	1344
Joe Sylvia	617	407	501	1525
Etahn Baker	507	424	507	1438
Ryan Benson	501	336	650	1487
Chad Frost	545	325	485	1356
Men Master 40-49	9			
D. Montembault	727	424	600	1752
Tim Lane	716	352	683	1752
Michael Toderico	578	407	551	1536
Robert Chance	512	281	479	1273
Mark Strumph	424	281	418	1124
Brian Amadei	374	270	435	1080

Men Master 50+					
Richard Austin	534	341	435	1311	
William Smith	473	347	473	1294	
James Boulos	391	292	457	1140	
Frank Ventrigila	242	165	270	677	
Men Open 184					
Tom Sunshine	369	259	413	1041	
Men open 165					
Charlie Kanavas	507	341	534	1383	
Men open 181					
Mike Danforth	749	440	672	1862	
Joshua Smith	475	363	501	1339	
Randy Pushard	402	303	496	1201	
Men open 198					
Eric Fortin	600	402	667	1670	
Josh Cahoon	479	347	600	1427	
John Westleigh	501	308	540	1350	
Eric Jackson	501	358	485	1344	
Jake Sodano	380	242	473	1096	
Men Open 220					
Ed Nesti	622	391	589	1603	
Andrew Cardinal	551	385	584	1520	
Mark Plescia	650	325	501	1476	
Ethan Baker	507	424	507	1438	
Frank Ventriglia	424	248	473	1146	
Men Open 242					
Benji Hill	749	446	600	1796	
Jeffrey Joyce	710	407	606	1724	
Greg Leasseur	551	363	573	1487	
Jason Cross	473	352	573	1399	
Men Open 275					

Danforth (at 181, 749, 441, 672, 1862). Best Lifter Female: Susan Pike (at 181 (bwl. 168) 325, 176, 402, 903). Best Lifter Master 40-49: Dennis 771 694 611 573 1851 699 711 611 683 650 606 259 319 749 Women Open 132 Kristie Anderson 297 132 319 749 325 176 402 903

815 749 716 485 512

854

Tim Lane Men Open SHW Jamie Harris Jason Pouliot

Patrick Begin Kent Scovill Erik Gordon

Kristie Anderson 297

Women Open 181

352

551 407 600 804 716

203 209 275

Montembault (47 yrs old, 212 lbs., 727, 424, 600 1752). Best Lifter Master 50+: Richard Austin (7) Men Junior: Robert Webber (23 vrs old, 302 lbs. 749, 512, 611, 1873), Best Lifter Men Teen; John 749, 512, 611, 1873). Best Litter men reen: John Vigilio (19 yrs old, 178 lbs., 501, 330, 562, 1394). Best Lifter Women Junior: Kristie Anderson (23 yrs old, 129 lbs., 297, 132, 319, 749). Best Lifter Men AAPF: Eric Fortin (196 lbs., 600, 402, 667, 1670). Other notable lifter included SHW Jamie Harris who showed that bench press specialist can do all three lifts (804, 551, 650, 2006), Ron Dayton (275, 2205), Greg Panora (275, 22 yrs old, 2022), Ethai Baker (218, unofficial AAPF Jr Bench press record Baker (218, unofficial AAPF Jr Bench press record 425), Billy Mimnaugh (314, 600 bench press) and Jason Miller (267, 600 bench press). Table: Lynne Barlow, Norm Guay, Erica Blanchard, Monique Cote, Judges: Tron" Mike Scott, Steve Smith, Steve Cote, Scott Worthing. Spotters/Loaders: Chris Wiers, Scott Blanchard, Brian Blanchard, Nick Dulac. Set Up/ Breakdown: Scott Blanchard, Chris Wiers, Nick Dulac, John Pelletier, Tim Lane, Norm Caux, Erably Ventrial; 19, SS 2nd Erics Blanchard. Guay, Frank Ventriglia JR + SR, and Frica Blanchard. I would like to thank everyone involved including: Galaxy Gym, Southside Gym, Austin's Gym, Worlds Gym, Hard-core Barbell for it is all of you that makes this a first class show. (Thanks to Rus USAPL Illinois State HS (kg) 14 APR 02 - North Park University

47.5 47.5 85

125 72.5 145 342.5

147.5 92.5 167.5 407.5

145 145

137.5 302.5

160 417.5 177.5 405

160 372.5

137.5 320

160 395

205 490 190 467.1 165 435 182.5 415

490 467.5

127.5 197.5 495

105 195 445 102.5 175 425 90 182.5 410

87.5

72.5

167.5 107.5 175

90

102.5

267.5 117.5 175

150 110 205

167.5 127.5 210 500 187.5 117.5 192.5 497.5

170 110 205 485

142.5 115

152.5 75 135 70

112.5 70

145

160 175 150

145

Mark Wohland 167.5 102.5 192.5 462.5

75kg Nicole Ehrhart 70 42.5 100 212.5

105 77.5

95 70

92.5 190

56kg April Marlatt 102.5 60 Christina Ballard 52.5 45

67.5kg

52kg

Jeremy Meyer 60kg Varsity

Ryan Ferro Steve Whaley 67.5kg Daryl Reed

Brad Scaputo 75kg

Brian Hines Aaron Becker

Mike Segreti

Varsity Zach Lyons

Jeff Baran Brent Belt

Alex François

Eric Hoffman

Robert Peter

Frosh-Soph Greg Skupien Bill Kaech

Agustin Ruand Karl Mueller

Louis Ramos TomSavage

Frosh-Soph

100kg

125kg

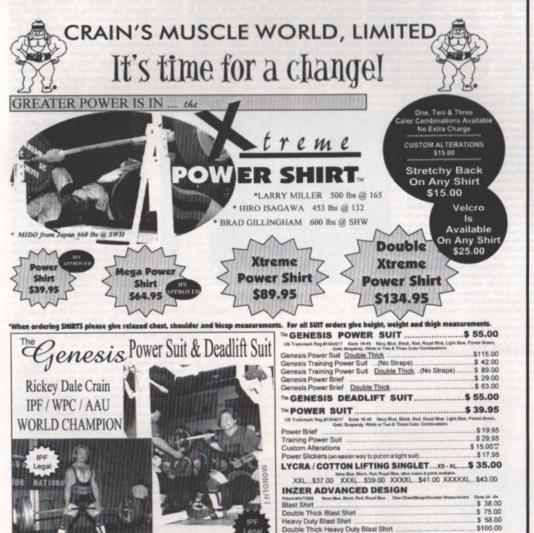
Varsity Issac Daniels Frosh-Soph John Noboa Unlimited

82.5kg

Brian Kowieski

Edwardm Hespen 135 Frosh-Soph

Dan Racic



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Double Thick High Performance Heavy Duty Blast Shirt 800 lbs @ 165 lb 1-800-272-0051

Nick Slusher 202.5 102.5 200 505

Best Lifters: Women's Division - April Marlatt.

Men's Varsity Division - Sean Kenney, Zach Lyons, James Sweeney. Men's Freshman-Sophomore Division - Jeremy Meyer. Team Champions: Women's Division - Dundee-Crown. Men's Varsity Division-Stagg. Lane Tech, Dundee-Crown. Men's Freshman-Sophomore Division. (Thanks to USAPL for providing these meet results to PLUSA.)

Gorilla Warfare - IPA Full Power & BP 16 NOV 02 - Amsterdam, NY

101404	02 - /	AIIISTE	uaiii,	
148 PRO		4th		500
Jeff Manfredi	405	220 Ar	mateur	Master
181 Amateur Op	en	Gary Ju		415
Jon Dispenza	365	Herb B	lachorik	325
181Ama Teen			nateur!	
Joe Francisco	155		emken	480
181 Junior Amat	eur	275 PR		
Nick Zabansky	360			ns 620
Tyler Mayer	275	Ben W	hite	600
181 Amateur Ma	ster		O Mas	
M. McCormick	260	Vinnie	Vardine	530
198 Amateur		SHW		
Craig Schmalz	485*	Amate	ur Mast	ers
		John G	alligan	620
123 Women Am	ateur	SQ	BP	DL
Guiliani				
165 Women Am	ateur			
Sandi McCaslin		355*	155	315
SHW Women Ar	nateur			
Jean Putnam		330	175	250
148 Amateur				
Keith Odell		305	270	400
220 Amateur Op	en			
Brett Pavlus		520	340	580
Rich Putnam				
220 Amaleur Jun	ior			
John Poremba		525	300	600
220 Amaleur Ma				
Lawrence Bagnol	ia	420	285	505
220 PRO				
Ray Brunk		670	560	570
242 Amaleur				
Jeff Rock		685	490	640*
Zane McCaslin		550	380	500
242 Amaleur Ma	ster			
Al Kirby		505	390*	510
275 Amateur				
eff CanAlstyne		530	430	450
275 Pro				
Hank Sargent		740	500	775*
4th				800*

** - Indicates IPA World Record. I'm probably not the best person to be giving an account of the meet as my adrenaline runs so high during competitions that I become a bit euphoric. So, if there are any errors or omissions, please be gentle. The 21st Century Fitness Arena is located "off the beaten path" in Perth (yup, blink and ya miss it), Upstate New York. It's a bit ironic that you make this trip through the woods and back country to arrive at "Gorilla Warfare". Gym owners Chris Wilbur and Joe Mitchko ran the event with the help of many volunteers. Dave Leone represented the IPA and was assisted in judging by Mark French and Doug Hill. House Of Pain Ironwear supplied all of the spotters, loaders, and volunteers with aweson testifishirts and also donated \$50 gift certificates for the best lifters in Full Power and in the Bench. All of the competing members of the Gorilla Pack received cool tee-shirts from Universal Nutrition/ Animal Stak, along with training manuals, stickers and other handouts for the spectators. Inzer Advanced Designs also sent along some cool work our gear and oift certificate, along with tee shirts that the set of the proper in the point of the Gorilla Pack followed with a 530 lb. deadlift. Now the only time this guy, ever got deep enough with his squal in training and today he steps up to the platform and today he s - Indicates IPA World Record. I'm probably not vanced Designs also sent along some cool work our gear and gift certificates, along with tee shirts that we gave out to record breakers. Be sure to check out our "friends and distinguished guests" page on deallift. John Poremba followed and our website, we are going to do some appreciation pages for our sponsors that will prove to be inter-

Last Name

Street Address

State or Province

Telephone

esting. Of course, the meet could not have went nearly as well as it did without the Monolift. Which was loaned to us by Mike Miller and Deb Ames of Nazareth Bar bell. A few of us from the Gorilla Pack drove to Nazareth, Pa. in a pickup truck on Thursday to pick it up and returned it the day after meet. While there on Su Mike gave Rich and Zane a bench lesson. Zane did 380 in the meet lesson. Zane did 380 in the meet on Saturday and benched 405 for Mike on Sunday. Mike po-litely told him to "stop dicking the dog" ... heh heh heh. Deb wasn't there when we visited the wasn't there when we visited the gym. She was busy out at the Nationals setting a 230 lb. bench press record. It was hard not to know this as Mike was so proud of her he painted it in huge yellow letters across the gym win-dow. Congratulations Deb, and thank you both for the Monolift. The event kicked off with lean Putnam squatting 230 lb. She is the Gorilla Pack's SHW amateur

a 173 lb. bench press and a 250 lb. deadlift. This was Jean's 2nd competition. She's really stepping up. Keith O'Dell was next on the platform. Keith well to say that). Zane competes @ 242. He squatering the remove you from the pedestal of which I have came all the way from Rhode Island to compete. This was his first meet. Competing in 148, he ended up with a 305 lb. squat, a 270 lb. bench and a 400 Ib. deadlift. Pretty impressive maiden voyage. We hope to be seeing a lot more of Keith. He's a great guy. Next up was Sandi McCaslin, the Gorilla Pack's own "Candy Ass" (and yours truly). I have only been lifting about 4 months, and ended up with a 355 lb. IPA world record squat, a 155 lb. bench press (maybe Deb Ames could give me some pointers there), and a 315 lb. deadlift, with a IPA World record total of 825 lbs. In the 165 class. Jeff

International Powerlifting Association

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Sign if above answers are correct. Parents sign if under 18 years.



John Galligan with his 620 IPA World Bench Press Record

women's class. She ended up with a 330 lb, squat. Next on the platform was another Gorilla Pack of encouragement for every lifter on the platform the meet ... Zane "Holywood" McCaslin (I was pald the well to say that). Zane competes @ 242. He squateted 550, benched 380 (was he dickin' the dog?), and pulled 500 lbs. Zane and I started lifting to together, so he also has only been at it about 4 months. Next upwas Ray Brunk of Albany Strength. Now Albany Strength really sent up some big guns for Corilla Warfare. Ray nailed all 3 squats flawlessly, ending up with a 670 lb. squat, a 650 lb. bench and a 570 lb. deadlift. Awesomet Next of the big guns was Jeff Rock. Jeff made Albany Strength proud with his 685 lb. squat, 490 lb. bench and IPA world record pull of 800 lbs. The special proud with his 685 lb. squat, 490 lb. bench and IPA world record 640 lb. deadlift. The Gorilla Pack's own Rich "Freak" Putnam was next. Now this meet



Sandi McCaslin squatted and totaled World Records of 355 and 825. (McCaslin photos)

New

Am

Country

Pro Elite Am

Date

Renewal

Joe Fransisco, competing 181 teen for the Gorilla Pack benched 155 lbs. This was Joe's first meet and he has only been training a few months. Good Job Mini Bus! Tyler Mayer, also with the Gorilla Pack, and also his first meet, Gorilla Pack, and also his lirst meet, competed 181 junior. He benched 275 lbs. Well done! Nick Zabansky benched an impressive 360 lbs. In the same class. Jonathan Dispenza traveled 31/2 hours from Silver Creek. NY to compete at Gorilla Warfare. He benched 365 and could be first also appeared. scaled his first place spot. Great job Jonathan. Thanks from the Gorilla Pack for the great letter you sent following the meet. It was really great meeting you and we hope we can do it again. Cary Jurnak benched 415 lbs. In the 220 master division against Herb Bachorik who benched 325 lbs, Jeff Manfredi competing 148 pro benched 405 lbs. Craig Schmalz benched 485 for

was probably way up on top the list of Rich's worst

days. He was unsuccessful

in all 3 lifts in the squat and in the bench. While in

warm-ups things were hur-ried along and Zane had

to go downstairs to squat. Zane feels like Maverick

Zane feels like Maverick when he left his wing man, because after Zane left him, Rich's leg gave out at the bottom of a 585 lb. squat and his spotters opted to tip him forward and roll it off his head

rather than pull it off his back. Needless to say Rich ended up with a knot on his skull the size of a tennis

ball and had all the symp

toms of a concussion. H

toms of a concussion. He attempted to do the meet, which was unsuccessful, but regardless he still spot-ted, assisted with knee

wraps, aided with bench

shirts, and shouted words

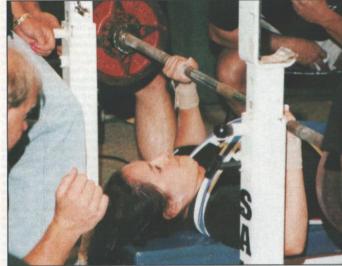
405 lbs. Craig Schmalz benched 485 for his world record and then topped it with a 4th attempt of 500 lbs. John Zemken benched a 480 lb. world record in the 242 submaster division and Michael McCormick benched 260 lbs. In the 181 masters division. Ben "The Showstopper" White of Albany Strength blew 600 lbs. off his chest with ease. I'm was have a lossed with this rab tops his chief of the strength of the strengt sure he was pleased with this as he tore his shirt off sure he was pleased with this as he tore his shirt off after the lift for the finale. Now I'm not sure if the call him "Showstopper" for his bench or for his floor show, but both were impressive and entertaining. Vinnie Vardine showed up, less the blonde highlights and benched 530 lbs. Vinnie is certainly an awesome addition to any bench meet. The Metal Militia's own Sebastian Burns rocked the house with a 620 lb. bench press. Sebastian re-cently benched 700 lbs. at an IPA meet at Nazareth Barbell. Awesome!! Last but not least was the Gorilla Pack's own president, John Galligan. John benched a world record 620 lbs. in the SHW masters division just like a tiger on a gazelle. He just missed lockout on his 4th attempt of 650 lbs. John, you make us proud. You are an inspiration to the team. The Gorilla Pack would like to thank all the team. The Gorilla Pack would like to thank all of their sponsors including Adirondack Feed Center. Arthur Carl Spring, Esq., DeCresente Distributing, Fratianni Auction Gallery, House of Pain Ironwear, Inzer Advance Designs. Market Street Pizza, MCM Cable. 0 & D Reproductions, Red Bull, Saratoga Water, Subway, Sue's Painted Lady Antiques, Tony Preston Auctions and Universal Nutrition. Thanks to all of you we had some great the mean at the mean and the process of t giveaways at the meet and raised enough money for a new squat bar and a set of bands, with more to spare. Thanks once again to Nazareth Barbell for the Monolift and thanks to all the loaders, spotters and volunteers. For more information about our sponsors and some great photos of the meet, please visit our website at www.gorillapack.net. Until next time, see what you want and look past

INSA/INSAA World Championships 26 OCT 02 - Plano, TX (kg)





Men Open 75 kg. Luke Bevill 82.5 kg. Eric DiFrancesco 250 160 250 Ted Wooley 195 117.5 205 90 kg. 227.5 137.5 260 100 kg. Lee Huddle 225.5 160 250 632.5 Bennie Foreman 290 187.5 330 807.5 Submaster Submans.
82.5 kg.
Eric Difrancesco 250 160 250 660
Ted Wooley 195 117.5 205 517.5 202.5 142.5 210 555 82.5 kg. Eric DiFrancesco 250 85 Jorge Aguirre 130 102.5 175 407.5 **Brian Davis** 75 kg. 310 145 160 615 Shelby lones 82.5 kg. Mark Galinsky 195 117.5 205 517.5 125 kg. Michael Ringer 305 177.5 295 777.5 75 kg. Luke Bevill 200 137.5 202.5 540 Eric Gunn 227.5 147.5 275 650 Teenage (13-15) 67.5 Daniel VanHuss 125 77.5 145 347.5 70 40 92.5 202.5 Ziljan Aguirre what you need. (Thanks to S. McCaslin for results.)



Natalie Moore ... benching at the INSA Worlds (Newingham photos)

Natalle Mo	ore	. ben	ching	at the
eenage (16-17) 0 kg.				
sh Harp	102.5	67.5	115	285
5 kg. ohn Smiley	187.5	117.5	177.5	482.5
00 kg. Pavid Rogers Vomen Open	252.5	140	222.5	615
6 kg. leather Hughes	117.5	65	140	322.5
atalie Moore	117.5	67.5	123.5	308.5
2.5 kg.				
telissa Aguire een (13-15)	70	40	97.5	207.5
8 kg. abara Vallejo	62.5	30	77.5	170
0 kg. leather Whited een (16-1 7)	102.5	65	112.5	280
4 kg. vetta Murrieta	80	50	110	240
8 kg. at Leggett	100	50	117.5	267.5
6 kg. rystal Ramirez	95	62.5	97.5	255
ayl a Farris 7.5 kg.	75	37.5	97.5	210
atie Ramirez	82.5	42.5	92.5	217.5
randis Deoreo 2.5 kg.	82.5	52.5	97.5	232.5
ebecca Nieto 0 kg.	52.5	35	80	167.5
indsay Burdick	137.5	76	122.5	330
Il Rios	97.5	60	100	257.5
licole Ortiz HW	80	42.5	92.5	215
rittany Burdick een (18-19) 2	122.5	75.6	122.5	320
atricia Chavira olice/Fire Open 1 0 kg.	107.5	57.5	122.5	320
ames Foley	255		237.5	625

This was to be the INSA's second annual World Championship. There were over 100 athletes that had qualified to attend this year's event. This was also the first time ever that Special Needs Athletes have ever competed with athletes from the general population. The INSA and Team BATS from Birdville, Texas, have started a new and exciting trend in the

Jexas, have started a new and exciting trend in the sport of powerlifting.

The powerlifting meet got off to the tremendous start as the women pushed some hard-core weight. Most of the opening lifts in Flight A were sought after and conquered by the women featured in the meet. Yvette Murrieta had a successful opening first lift, as did Diane Weatherly. Heather Hughes, and Heather Whited also had successful for lifts to teach the supplies and descriptions. first lifts, not to mention world records set on their opening lifts by Krstal Rameriez, and Rebecca Nieto. The second round was a different story,

Katie Ramierez geared herself up for her second attempt squatting 72.5 kg. There was a slight problem as Ramierez went down for her squat, but problem as Ramierez went down for her squat, but she was able to explode upward out of it for a successful lift. Melissa Aguire didn't fare as well as one side of the barbell tipped more than was allowable leading to an unsuccessful second lift. Yvette Murietta had problems with her lift as well, and unfortunately did a double dip leading to an unsuccessful squat. Diane Weatherly also experi-enced a slight setback as she had a slight twist squat attempt. Second attempts on

Flight A didn't go without any successful lifts, as Natalie Moore, Patricia Chavira, B. Burdick, and K. Ramierez, proved that they were more than up to the challenge. L. Burdick was able to set a world

they meant business, as many world records were made and broken this day. Flight B also showed

made and broken this day. Flight B also showed some serious muscle going after some serious lifts. The men stepped up to the plate in Flight B and showed that they were ready and gunning to lift some heavy weight, but the opening lifts were not to be as easily handled as they were in Flight A. Zig showed determination to open well, but missed his showed that they were ready and gunning to lift some heavy weight, but the opening lifts were not be as easily handled as they were in Flight A. Zig showed determination to open well, but missed his 60 kg squat. Other squats were missed due to slight errors. Eric Gunn missed his squat by coming up too soon, and Brian Davis didn't go quite deep enough and narrowly missed his 105 kg squat attempt. Better luck was found by some of the other competitors, however, as Ted Wooley, Joe Ojeda, and Luke Bevill (who had heart surgery last levels and the properties of the competitions). See the competitions of the service of the service of the competitions of the service of the s too soon, and Brian Davis didn't go quite deep lenough and narrowly missed his 105 kg squat unsuccessful lift. Shelby Jones was looking good as attempl. Better luck was found by some of the other competitors, however, as Ted Wooley, Joe Ojeda, and Luke Bevill (who had heart surgery last lost control of the bar leading to so some solid successfull for the strength of the strength have to go to Mark Galinsky, as he used very good

form to conquer his opening squat. Although he had competed before as a bodybuilder, this was the first powerlifting meet for Galinsky. Daniel Van Huss was one of the numbers who made a world record squat, as was Sebastian Coferwho made his record squat, as was sebastian Coler who made his 237.5 kg world record opener. The second squat attempts of flight B, for some reason, seemed to come much easier, though with just as much effort and determination. Zilgian (Zig) Aguirre was able to make his 60 kg. Willie Smith went all out for 227.5 kg squat as well. It was a bit of a struggle, but he let out a triumphant yell as he stood it all the way up for a successful squat. There were some personal disappointments felt by the lifters in the world record attempts. Bevil looked good going down for his squat of 212.5 kg, but had a bit of trouble as he started to go back down after almost trouble as he started to go back down after almost standing up leading to an unsuccessful squat attempt. Difrancesco encountered some trouble as he experienced a loss of control of the bar during his 275 kg world record squat attempt. Joe Ojeda was given good news when he was informed of his successful 202.5 kg world record attempt, and Sebastian Cofer had a similar happening as he met his 257.5 kg world record attempt with success and much congratulatory words from friends and fellow lifters. This, of course, lead the flight into it's round of third attempts. Aguire and Smith were round of third attempts. Aguirre and Smith were successful at their world record attempts. Van Huss just barely missed the two inch lockout point on his just barely missed the two inch lockout point on his 133.5 world record squat attempt, and Aguirre didn't go low enough as he missed his 152.5 kg squat attempt. A similar situation happened to Gunn, as he missed his 237.5 kg world record attempt and Smiley was a bit short on smiles as he narrowly missed his 197.5 world record attempt. Cofer, being very enthusiastic about his lift, went to head of the signal which cost him a successful lift, while College and the state of th the challenge. L. Burdick was able to set a world record with her 127.5 kg squat. With a slight while Ojeda got stuck on the bottom, and wasn't trembling of the legs, but a will that just couldn't be extinguished, Pat Leggett showed also that she was ready for setting a world record as she accomplished her 95 kg squat. Hird attempts had some mixed results as well.

21.5 kg squat attempt. Willie Smith "got jiggy with it", and was able to make a successful 195 kg squat, and was able to make a successful 195 mixed results as well.

Diane Weatherly valiantly went after that 192.5 kg world record. Unfortunately, it just wasn't within her grasp. K. Rameriez also barely missed her 87.5 kg world record attempt. It just didn't seem to be in the cards this go round for Brandis DeOreo, B. Burdick, and Aguire. This round of attempts wasn't without its victors. Nicki Ortiz made her 87.5 kg squat look easy, and Kat Leggelt was able to make her 107.5 kg squat though with some trouble. Flight A was rounded out with successful lifts made by Chavira, Moore, and L. Burdick. Overall, the woman truly showed that they came to this meet to show their male counterparts, and themselves that they meant business, as many world records were world record squat. At this point, it would seem that the lifters of this flight had nothing left to give, but that notion was definitely proven wrong as the diffinitely more poised and ready as he went into his fourth squat attempt. He looked strong going into the squat, but again fate would have its way as denied a successful lift. Harp wasn't able to hear the sound of victory either, missing his 112.5 kg world record squat. At this point, it would seem world record squat. At this point, it would seem that the lifters of this flight had nothing left to give, but that notion was definitely proven wrong as the tight that the lifters of this flight had nothing left to give, but that notion was definitely proven wrong as the tight that the lifters of this flight had nothing left to give, but that notion was definitely proven wrong as the tight that the lifters of this flight had nothing left to give, but that notion was definitely more poised and ready as he went into his fourth squat attempt. He looked strong going into the squat, but again fate would have its way as he went into his fourth squat attempt. He looked strong going into the squat, but again fate would have its way as he went into his fourth squat attempt. He looked strong going into the squat, but again fate would have its way as he went int good graces as he completed as successful 197.5 kg squat.

It was now time for Flight C to take the stage.

Steve Burns was able to make a successful INSA

Many good lifts were to be had during the



Diane Weatherly, with her award, presented by promoter Kirk Stroud

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second attempts of flight C, but also some near misses. Lee Huddle gave a valiant effort, but just wasn't able to make his 222.5 kg squat. Tom Foley truly went all out for his squat attempt of 247.5 kg, but just didn't go deep enough. The tide turned, however, as Steve Burns's hit his 225.5 kg attempt. Good fortune was to again follow as David Rogers made his 230 kg lift. Watson conquered his 272.5 kg squat, Ringer made good at his 292.5 kg, Casey Fumlinson did vell with his 307.5 kg squat, and with a slight struggle on the way up, Emerson showed he was pumped and ready as he made his 265 kg squat. Although Harris was successful at his second squat attempt, it just wasn't there for Meza who didn't go it just wasn't there for Meza who didn't go deep enough to get enough white lights to quantify his 350 kg squat. Eric had a similar problem missing his 377 kg squat. Jeff Weatherly made his 310 kg squat, and Wearden showed his 317.5 kg squat that was boss. Most noted, Shelby Jones, who needed this lift to stay in the meet, through great determination made his 310 kg squat. A few fourth attempts finished out this light and squat portion of the meet.

A few fourth attempts linished out this light and squat portion of the meet. David Rogers went vehemently after his fourth squat attempt but unfortunately tipped backwards leading to an unsuccess-ful squat. Foley also went all out but wasn't able to attain his 272.5 kg lift. Better forlune was to be found by Randall Harris. however, as he successfully completed his 365 kg squat for the INSA world record.

In order to keep things running smoothly, the meet went straight into the bench press without a break. Flight A was ready to go as they breezed through their ready to go as they breezed through their opening attempts. The second attempts for this flight proved to be, for the most part, no problem as well. The second attempts in the bench press went very well for Flight A - Kalie Rameriez hit her 42.5 kg opening bench for an INSA world record. Krystal Rameriez did well also as she nailed her 45 to 18 t ke INSA world record. Unfortunately Aguire didn't fair as well as she missed her 45 kg bench, but Kat Leggett was able to reinstate Flight A's winning streak as she set the INSA world record with her 47.5 kg bench. DeOreo demolished her 52.5 kg INSA world record bench press, as did Alex

erith a second and a second pile to the press would be read as successfully completed her 67.5 kg bench. The second attempts, for the most part, seemed almost child's play for Fight A. The third attempts on the Po 7 kg weight to the lock out position were with sad and acouple of near hits and misses. Vallejo had control on the down part of her 32.5 kg bench, as the press attempt, but experienced a lipping of the bar courred again as Murifetta come back down leading to red lights on her 37.5 kg bench. Another world record for her her A. Sk gattempt, and lips started to change for his flight, however, at Ortical anders and the second started to come back down leading to red lights on her 37.5 kg bench press attempt, and it light to the lock own leading to red lights on her 37.5 kg bench. Another world record for her her and the second started to come back down leading to red lights on her 37.5 kg bench, bress attempt, and it light, however, at Ortical anders and the second started to come back down leading to red lights on her 37.5 kg bench. The second adding to red lights on her 37.5 kg bench press attempt, and it light to the lock completed be red assistance. 7.25 kg must have been the magic number, as L Burdick was complished, this lime by 8. Burdick with her 80 kg bench. Another world record for the 180 kg attempt, and it is a good part of the 20.5 kg bench. Decree wasn't quite able to complete the lock and not stopped to the press attempt, to find the press attempt, and it is the sourcessfully completed her bench press attempt, and it is the sourcessfully completed her bench press attempt, to find the press attempt, and the sourcessfully completed her bench press attempt, and the sourcessfully completed her bench press attempt, and the sourcessfully completed her bench press attempt, to find the press attempt to find the press attempt. Unfortunately Alexandria with an INSA 60 kg bench press world record. Chavira showed much heart as she went for her 57.5 kg squat but she just wasn't able to do it The lipping of the bar occurred again as Murfietta came close, but not quite, to accomplishing her 52.5. kg bench. DeOreo pushed hard as well with her 55 kg bench press attempt. Unfortunately, DeOreo wasn't quite able to complete the lockout faze of the bench, and Rios narrowly missed her 62.5 kg bench attempt. Chavira was able to change the tide as she completed her 57.5 kg bench attempt. Chavira was able to change the tide as she completed her 57.5 kg bench were also to be had Hughes and Whited with their Individual 65 kg benches, and B. Burdick with a 72.5 kg bench. L. Burdick wasn't quite able to make her 72.5 kg bench attempt, D. Weatherly did well on the descent part of her bench, but got statuck on the pressing motion. Many offered yells and well on the descent part of her bench, but got stuck on the pressing motion. Many offered yells and cheers of encouragement as D. Weatherly tried wholeheartedly to press on, but it was to no avail. The third attempts were much more difficult then the previous attempts for this flight, and the fourth attempts would truly be a challenge to overcome. The fourth attempts for Flight A in the bench press of off to a produstart Valleio parrowly missed there also impressive, but there was much more to be said for the fortifude it took flight 13 loface their flight were also impressive, but there was much more to be said for the fortifude it took flight 13 loface their flight were also impressive, but there was much more to be said for the fortifude it took flight 13 loface their flight were also impressive, but there was much more to be said for the fortifude it took flight 13 loface their flight were also impressive, but there was much more to be said for the fortifude it took flight 13 loface their flight were also impressive, but there was much more to be said for the fortifude it took flight 13 loface their flight were also impressive, but there was much more to be said for the fortifude it took flight 13 loface their flight were also impressive the flight 13 loface their flight were also impressive the flight 13 loface their flight 13 loface their flight 14 loface the fl The fourth attempts for Flight A in the bench press got off to a rocky start. Vallejo narrowly missed her 32.5 kg bench attempt, as did Nieto for 37.5 kg, who pressed a little bit before being given the signal, Nikki Ortiz for 47.5 kg, and Murrietta and Leggett both missed their 52.5 kg bench press attempts. Katie Ramierez helped to pick up the winning pace as she nailed her 47.5 kg bench for



Jeremy Scruggs with his very big trophy.

the INSA world record. Trouble started brewing again however, as the tipping of the barbell lead to the denying of a successful bench by DeOreo on her 55 kg attempt, and Chavira on her 60 kg bench attempt. Krystal Rameriez came close, but not quite, to completing her 65 kg bench attempt, while a similar fate befell Hughes on her 67.5 kg

this lift, but wasn't able to make his 147.5 push through on his 210 kg bench press attempt, kg attempt. Much better news was to be heard by Slade Stephens as he got the white lights he needed to officially validate wite lights he needed to officially validate talhele and fierce competitor, just wasn't able to make his 165 kg bench attempt, for fight C went pretty well, and second attempt, and neither was Sebastian Cofer for his easily handled as the first. and neither was Sebastian Cofer for his
182.5 kg attempt. Eric Gunn really psyched
himself up for his bench attempt. But after
a few intense slaps to the face and back, he
ust wasn't able to push through on his 160
kg attempt. Definitely, this was a lough go
around for flight B, but the fourth attempts



Randall Harris - before his IPF Junior World Title.

Aguirre just missed it for their individual 92.5 attempts. Things started to turn around for this flight, as Davis made good on his 102.5 kg bench press, sitting the INSA world record. Unfortunately, that good for fortune didn't follow Calvo or Scruggs, as Calvo missed his 105 kg attempt, and Scruggs missed his 110 kg attempt, and Scruggs missed his 110 kg attempt. Galinsky, showing very strict form once again, accomplished his 117.5 INSA world record bench. Jeff Weatherly made a valiant effort, but just barely missed his 122.5 kg attempt; as did Ted Wooley, for the same weight not being able to conquer kg attempt; as did fed Wooley, for the 172.5 kg bench either. Craig Bowen and Bernie same weight not being able to conquer foreman did very well on their opening individual this bench attempt, and Ojeda truly wanted bench attempt, and Ojeda truly wanted bench attempt, and Ojeda truly wanted but even after giving it all he had he just couldn't bit lift, but wasn't able to make his 147.5 kg attempt. Much better news was to be heard by Slade Stephens as he got the wasn't able to fiscally wasted by the pended too fiscally wall date.

did have its share of victories, as well as, attempt. Burt Tyree did well with his second bench did have its share of victories, as well as, disappointments.

Harp, trying to tackle his 70 kg attempt again after missing it in his previous attempt, but even after a couple of slaps to the neck, unfortunately Ross Wearden wasn't quite able to make it on this bench press attempt. Van Huss went for what he knew, but again was not able to make his 823.25 kg bench attempt. Smiley didn't fair well either on his 122.5 kg bench attempt, but Gallinsky was able to make his 823.25 kg the chatter of the neck, got himself fired up and ready to go for his bench press attempt. Tumlinson pressed hard and stayed with it, and was rewarded with a victory this his magic number as he successfully upon completion of his 247.5 kg bench press. this his magic number as he successfully upon completion of his 247.5 kg bench press. benched 122.5, which was also for the Armijo was hoping to go with the flow of victories, INSA world record. Cofer knew what he and pressed hard as well, but had a bit of trouble

INSA world record. Cofer knew what he was up against, and took some time to really get himself focused on his bench. On the platform he steadied himself, making sure his feet were still, and stayed during the entire lift. His extra focus and attention to detail was rewarded as he claimed victory over his 182.5 kg bench. Flight B showed a lot of heart as they truly gave it their all in their bench press attempts. Flight Cwas up next, pumped and ready to show that they too meant business, and was ready to move some serious poundage.

Flight C definitely opened up strong on the bench press. Burns tired hard, but just wasn't able to make the sum of the press attempts and the strict of the strict o

viejo and Nieto did very well as they individually deadlifted 70 kg. Katie Rameriez did well with 82.5 kg deadlift, as did Harris and Ortiz with their individual 85 kg deadlifts. Krystal Rameriez, not to be out done, pulled hard and nailed her 90 kg deadlift for the INSA world record. DeOreo wanted a world record of her own, and pulled with all he night to clench her 97.5 kg deadlift or the INSA world record. Aguirre followed in DeOreo's footsteps, also making the 97.5 kg deadlift. Rios stepped up to the plate and hit a ne run with 100 kg lift. Murrieta and Wooded couldn't wait to show the other lifters what they were made of, and successfully completed their ndividual 105 kg deadlift. Leggett squared off and conquered her 110 kg INSA world record deadlift, while B. Burdick set herself up for her INSA world record 115 kg deadlift. L. Burdick was trying to push the

envelope a bit with her lift, but just wasn't quite able to make it happen on her 122.5 kg attempt. Natalie Moore stayed with the same weight for her second deadlift that was previously attempted by the condition of the conditi

went on to usher in the lifting to be done by flight B.

Flight B was fired up and ready to go. They did very well on their opening lifts. Herbert did well with his deadlift of 55 kg. Nathan Smith followed suit with a successful lift of 77.5 kg as did Zig Aguirre for 92.5 kg, Harp for 100 kg, and Van Huss for 137.5 kg. Davis pulled hard and was also able to make the 137.5 kg deadlift, unfortunately it just wasn't there for Smiley as he missed his opening deadlift. Galinsky, again focusing very intently on form, and execution, was successful on his opening deadlift of 182.5 kg. Jones did well on his deadlift, 262.5 deadlift attempt, but just contained as he went for his deadlift on his deadlift. Galinsky, again focusing very intently on form, and execution, was successful on his opening deadlift of 182.5 kg. Jones did well on his deadlift, 262.5 deadlift attempt, but just wasn't the to make it happen. Simble of the wave of victory, as well, as he pulled through on Sim 190 kg lift. Scruggs showed the others what he

Herbert did well on his 62.5 kg deadlift to get his INSA world record, and Nathan Smith also got a INSA world record with his 85 kg lift. It just wasn't to be had for Z. Aguirre as he tried his best, but just wasn't able to pull the 100 kg to clench a victory for this attempt. Harp followed up with a good pull though on his 110 kg INSA world record deadlift. Van Huss, also ready to show that he meant business, pulled through on his 145 kg lift, which was also for an INSA world record. Davis was ready to get a world record as well, as he successfully deadlifted 147.5 kg. J. Aguirre was definitely hungy for an INSA world record as he completed his 162.5 kg lift. John Smiley got a little stuck in the middle of his deadlift attempt, but was able to pull through and made his 177.5 kg lift. Bevill, again very serious about his preparations for his lift, but didn't quite have it for his 22.5 kg attempt. Bevill world equal through and made his 177.5 kg lift. Bevill, again very serious about his preparations for his lift, but didn't quite have it for his 210 kg upward, then he settled down into his stance for his ness, pulled through on his 145 kg lift, which was also for an INSA worder eccord. Davis was ready to get a word' record as well, as he successfully deadlifted 147.5 kg lift, look sonley got a little stuck in the middle of his deadlift attempt, but was able to pull through and made his 177.5 kg lift. John Sonley got a little stuck in the middle of his deadlift attempt, but was able to pull through and made his 177.5 kg lift. Bevill, again very serious about his preparations for his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, reached a hand to heaven as he gave a stem gaze upward, then settled down into his trace; to his lift, but didn't quite have it for his 210 kg and lift. The settled down into his trace; to his lift, but didn't quite have it for his 210 kg and lift. The settled down into his trace; to his lift, but didn't quite have it for his 210 kg and lift. The lift of his lift, but didn't quite have it for his 210 kg are lift of his lift, but didn't quite have it for his 210 kg as well he had not have a his lift, but didn't quite have it for his 210 kg as well he had not have a his his lift, but didn't quite have it for his 210 kg as well he had not have a his lift, but didn't quite have it for his 210 kg as well his lift, but didn't quite have it for his 210 kg as well had not have a lift of his lift, but didn't quite have it for his

second deadlift that was previously attempted by LB urdick. It looked close as she had a bit of trouble with the final lock out point of the deadlift, but she stayed with it, and completed the lockout faze for a successful 122.5 kg lift. Chavira gave a valiant effort, but just wasn't able to make things happen on her 132.5 kg lift. Hughes shared a similar fate as she was unable to complete her 145 kg deadlift attempt, but Diane Weatherly, through strong will and determination, was able to help finish out the flight with a successful lift. The third attempts had similar completions and failures, but the rebirth attempts really showed the true grit of this flight. Farris pulled hard, but just wasn't able to make his 102.5 kg attempt, but Katie Rameriez was able to turn it around a bit as he did well on his 97.5 kg attempt, but Katie Rameriez was able to conquer this weight, and was given the white lights to validate her 102.5 kg deadlift. Vallejo was able to complete a successful lift, as well, with an 82.5 kg deadlift clinching for her the INSA world record was to be had by none other than Nieto who did well on her 85 kg lift. This flight did well on its lifts, and the meet went on to usher in the lifting to be done by flight 8 was fired up and party loss. They did the loss of fate well on 197.5 kg lift, Davis for his 182.5 kg lift. The third attempts had similar complete his 182.5 kg attempt, as bele to turn it around a bit as he did well on his 97.5 kg attempt for her believed to conquer this weight, and was given the white lights to validate her 102.5 kg deadlift. Vallejo was able to complete his 175.8 kg lift, Davis for his 175 kg lift, Paguira sa he rought lift, Paguira sa her cond. And the meet was the began to change, as many superb began to change, as many superb lifters were unable to accomplish the task they had set before themselves. Z. Aguirre pulled hard but het ask they had set before themsel

and Bevill got himself ready for battle. Bevill rode the wave of victory, as well, as he pulled through on his 190 kg lift. Scruggs showed the others what he was made of with a successful pull of 200 kg, as did Joe Ojeda and Ted Wooley for a good solid 205 kg individually. Eric DiFrancesco was ready to take it up a notch, and pulled 230 kg for the INSA world record. DiFrancesco showed much enthusiasm as he celebrated with family and friends. But this flight was far from being finished with their opening lift, Coffer did very well on his opening lift, making the 237.5 kg deadlift, and Gunn pulled 247.5 kg made his opener look easy. W. Smith with a slow and controlled rise, made good on his 260 kg deadlift attempt, while Mark Hall did himself pround as he pulled victoriously on his 272.5 kg lift. The first attempts for this flight were fairly forth coming, and the second attempts offered much the same with a little uneasiness here and there.

Herbert did well on his 62.5 kg deadlift to get his lifts world record, and Nathan Smith also got a lift was first proved to be witness first hand the kind of behavior that makes it sport great. The, third attempts proved to be



One of the Special Needs Athletes at the INSA Worlds.

the fitness center one evening to the implemental obstacles. Tumlinson did even better as he got his 307.5 kg lift. Fatigue was starting to set in as the other lifters stepped up to the platform. Wearden pulled with much fortitude, but just couldn't lock out his hips do nhis 290 kg attempt. Unfortunately Ringer didn't fair much better as he missed his 312.5 kg attempt, as did Foreman for 345 kg and Harris for 347.5 kg. a Pierce knew what he was up against and was determined to do what many before him could not do. Pierce stepped up to the platform and gave a might pull. He was given the signal to return the bar to its starting position. It was a valiant effort that all most proved too much for his athletic prowess to take. But his efforts were well rewarded as he got the white lights that shined on his victorious 297.5 kg deadlift. "That's it!", declared Pierce as he walked off the platform. He had done well, and had proven many things to himself, and the other lifters around him. There would be no third attempt for him. His work had been done. The second attempts were impressive with a few problems here, and there, but the third attempts would prove to be a truly monumental obstacle for flight C to overcome. Rogers, hoping to build off his previous success, just wasn't able to finish his 235 kg lift. Foley also had problems with his 235 kg attempt, as did huddle for 260 kg and Tidwell for 280 kg. All hope of the platform had proved to shine a beacon of light as he successfully com-

ship donations. They felt it might take forever, but due to the generosity of HEB Harris fitness center and Director became true. HEB Harris do assisted us in setting up train-ing schedules and times, and are always readily available to help. They have 7 athletes pre paring for the Special Olympic competition, Shane Coulson 32, Cory Buster 23, James Cropp 22, Joshua Altman 17, Brandon Ford 17, Charles Momentoff 17 & Derick Hawes 16. They practice 4 times per week on Tuesday and Thursday nights, Saturday and Sunday afternoons. When they began they found the 45 - pound bar to he to heavy for some of our athletes to pick up with any control and confidence, 4 months later we see them pick-ing up 175+ pounds with ease some lift as much as 225-230 They contacted Al Mendez,

Powerlifting director for Texas Special Olympics, to find out how we could participate in competitions prior to their re-gional and state meets. They were referred to Kirk Stroud of Stroud's Fitness Center, Bedford Rd. in Hurst, and David Newingham of Nova Fitness of Florida. Kirk invited them to he fitness center one evening to watch their members prac





Lisa Denison's 3rd attempt squat of 391 at the USPF Central California Open Championship. (photograph provided courtesy of Steve Denison)

USPF Central California PL/BP & DL

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Adam Suarez	584	402	501	1487
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Mark Straley 512 314 507 1333 Michael Brown 407 292 446 1146

Mike Womelsdorf 363 Heavy 220-308+ 418 750 Steve Brown 551 Ruben Arredondo 490 Master Men 50-54 402 352 Light 114-198 429 187 424 1041 Steve Somerman Heavy 220-308+ Brad King 5 Master Men 55-59 Light 114-198 551 380

Light 114-198
Mitch Sperling 429 330 429 1190
Mitch Sperling 429 330 429 1190
PL Best Lifter Open Women - Lisa Denison. PL Best
Lifter Teen Men - Eric Graves. PL Best Lifter Open
Men Light (114-198) - Scott Layman. PL Best Lifter
Open Men Heavy (220-308+) - Scott Waits. PL Best
Master Lifter Light (114-198) - Mitch Sperling. PL
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Kanemolo. BP Best Lifter Open Men Heavy (220-308+) - Russell Kitani. BP Best Master Lifter High Merlino. American Record: Jerry Swift, 148 Master
40-44, bench 330. 50 lbs. State Powerlifting Records
set: Scott Layman. Open Men 148, squat 600 lbs. set: Scott Layman, Open Men 148, squat 600 lbs, total 1521 lbs. Vince Tanabe, 148 Submaster Men, squat 462 lbs, deadlift 512 lbs, total 1239 lbs. Keith

oviding the meet results to Powerlifting USA.)

Pro Fitness Summer Bench (kg) 10 AUG 02 - Rockaway, NJ

	Open Men 148		Juniors	
	Chris Apistar	102.5	Mike Culpski	160
	Michael Santiago		Brandon Felice	145
	Open Men 165		Nick Gallatsatos	127.5
	Mark Richmond	167.5	Submaster	
	Michael Minch	160	Bobby Dunado	192.5
	Jeffrey Lyons	150	Brian Bumitt	187.5
	Joe Callguari	150	Herman Patrick	185
	Open Men 181		Charles Neel	202.5
	Joe DeMatteo	195	Women by formu	la
	Open Men 198		Sheila Harvey	50
	Dennis Cieri	260	Beverly Salemo	42.5
	Brian Buritt	167.5	Tara Spencer	
	Hermah Patrick	185	RAW	
	Anthony Scotto	150	Adam Chamic	152.5
	Jason Sims	145	Earl Hunter	200
	Open Men 220		Ron Hackaper	135
	Rich Kruzsely	182.5	Travis Rossier	170
	Mike Campanella	175	Michael Risi	
	Open Men 242		Master Men	
	Donald Stevenson	245	Bill Phillips	185
	Dan Beggs	185	Mike Gregus	167.5
	Open Men 275		Michael Minch	160
	Kevin Hebert	222.5	Earl Hunter	200
	Bart Lombardi	205	Dan Beggs	185
1	Teens		Mike Campanella	175
	Justin Rogers	135	Michael Graham	107.5
	Ryan McDonough	110	S. Krawozyk	120
1	Beau Reed	100	James Capers	
			Michael Risi	
	38 enthusiastic li	fters to	ook part in this a	nnual

was firm and consistent as would be expected the Women's division, Sheila Harvey came out squat 462 lbs, deadlift 512 lbs, total 1239 lbs. Keith retirement to win over Pro Fitness' Beverly Salern Kanemoto, 198 Master Men 40-44, bench 479 lbs. Mike Elwelf, 220 Master Men 40-44, bench 462 lbs. John Ford, 308 Master Men 45-49, deadlift 750 lbs. State Single Lift Records set: Keith Kanemoto, 198 Master 40-44, bench 479 lbs. Jim Merlino, 165 Dunado won the Submaster Division over three

Master 60-64, bench 303 lbs. Rene Reyes, 275
Master 50-54, deadlift 363 lbs. Thanks to all of our
registration. Jennifer Wood, scoreboard. Lance
Slaughter, scoreboard program. Lisa Denison, Announcer, registration. Thanks to our Spotters and Loaders: Bob Arnold, Don Arnold, Jeff Hayes, Joe
Grissom, Daniel Sepeda, David Tooker. Thanks to
our Sponsors: Wheeler Fitness Equipment, Ken
Wheeler Sabol and Keene Chiropractic, Jason Sabol
Digital Disc Jockeys, Chuck LaMantia Inzer Advance Designs (John Inzer) 24 Hour Fitness (William Robinson—Gen Mgr) (Thanks to Steve Denison for providing the meet results to Powerlitting USA.) Herbert all lifted well and won the 220, 242, 275 classes respectably. Best Lifter Dennis Cleri was impressive in winning the 198 lb Division. He missed his first attempt, but h his final attempt was a strong 550 lbs effort, which would unofficially the the current Bench Press IPF record, as I understand it, Thanks to all who helped the meet be a success. (Thanks to both the USAPL & Bill Clayton for oviding these results to POWERLIFTING USA.)

WABDL Night of the Champions II

7.5	26 OC	T 02 -	Lakeland, FL	
	BENCH		242	
2.5	148		Junior	
7.5	Open		Blake Whittington	355
5	Ellen Miller	220	Law 40-47	
2.5	Law/Submaster		Greg Policastro	350
	Ellen Miller	220	Law 48+	
	68-74		Francis McBride	290
.5	McConnaughey	70	54-60	
	Open 198+		Francis McBride	290
	Kari Sabin	310	Randy Morris	275
2.5	Open 165		DEADLIFT	
0	Ryan Birt	405	Open 198+	
5	Submaster 165		Kari Sabin	430
0	Ryan Birt	405	Junior 165	
	181		Ryan Browne	500
	16-19		Fire 165	
5	Stephen Judah	400	Ryan Browne	500
7.5	Adam Johnson	345	61-67 181	
0	61-67		Marvin Williams	340
0	Marvin Williams	260	68-74 181	
5	68-74		Earl Foran	275
5	Earl Foran	185	Junior 198	
7.5	198		Don Beasock	440
0	16-19		198	
	Clayton Lang	435	Class 1	
	Derrick Davis	275	Tim Calhoon	500
ual	Junior		Don Beasock	440
Fit-	Don Beasock	320	Open	
he	Class I		Jeff Cervero	615
ift-	Clayton Lang	435	220	
by	Roger Koller	345	40-46	
ng	Tim Calhoon	340	Jimmy McDonald	520
In	Don Beasock	320	Junior 242	
of	Submaster		Blake Whittington	600
10.	Roger Koller	345	Law 40-47	
ivi-	Open	7310	Greg Policastro	430
ter	Ryan Kelly	440	275	
to	40-46	The state of	54-60	
œ"	Kim Conaway	375	Randy Morris	420
ree	(Thanks to All Am	erican	Gym for the meet re-	sults

Application for Registration UNITED STATES POWERLIFTING FEDERATION (801) 776-2300 • FAX (801) 776-4600 YN N IPF Cat 1 Cat 2 M F N NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High Registration Fee \$25.00 School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS In recognizing the need for drug-usage detection, I agree to submit to P.O. Box 650 any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests. Roy, Utah 84067 If Under 18 have Parent Initial _

In Memory of ROSS PHILLIPS



"Ross had won 5 APF World Championships and 5 WABDL World Championships in the deadlift. He had done 534 at 165 at age 65 and 530 at 181 at age 66. He didn't start lifting until 12 years ago. He had been a smoker, but he quit and dedicated himself to the Iron Game with a passion - the only way to lift weights. He had a business called Upfront Auto Service and half of his business space was a good, spacious hard-core gym with the best deadlift platform I have ever seen. He helped Randy Patterson get his squat over 900 and a 2240 total. Ross was also an International Judge in the APF and a World Judge in WABDL. He was a good, fair judge. He had helped me on numerous occasions, judging meets as far back as 1991. The same passion he had for lifting he displayed in judging, with class - always dressed in his blazer and grey slacks. About 5 months ago he was diagnosed with lung cancer. He said he was going to beat it - he went down fighting - the only way he knew how - with passion. He died in early November at age 70. He both lifted and judged at most of the WABDL meets. I and many others in WABDL will truly miss him". (from Gus Rethwisch)

07 SEP 02				The second second	J. Icenhour 220	395 470	240 285	510 580	1145
BENCH PRESS B. Kegler	360	T. Pete M. Nie		450 460	P. Lorentz T. Hines	665 660	400 440	670 560	1735 1660
Womens Open	SQ	BP	DL	TOT	275			300	1000
M. Shuttew	210	160	235	605	B. Durham	650	425	660	1735
K. Bakke Womens Masters	280	155	275	710	Rich Eding Mens Junior	625	415	625	1665
J. Drenth Mens Open	255	145	325	725	C. Nelson Mens Master	470	305	435	1200
181					G. Grahn	420	285	450	1155
T. Reid	515	390	600	1505	R. Kolbeck	600	400	620	1620
S. Reid	460	280	500	1240	(Thanks to USA)	L for pr	oviding	these m	eet result

17th Olympic Fitness BP

12 OCI	02 -	St. Charles, II	1000	
67.5 open		110 Open		1
Craig Terwilliger	115	Paul Rodriguez	202.5	1
82.5 Open		140 Open/Maste	r	
Brian Francke	150	David Meservey	182.5	1
90 Master		SHW Master		(
Larry Kimmel	140	Steve Brodsky	245	8
100 Open		Open		
Michael Bartley	175	Chris Therman		
Small turnout but	great	lifting from all. That	nks a lot	
guys, see you nex	t year	. (Thanks to Terry I	Danger-	
field for providing	g thes	es meet results to	PLUSA.)	-

WNPF ATLANTA OPEN 07 SEP 02 ATLANTA, GA

	U/ SEP	UZ /	AILAI	NIA, G	A
	BENCH ONLY		DUNG	CAN	300
	105		242		
	11-13		SUBS		
	PADGETT	105	MON	ROE	420
	165			RAW	
	OPEN RAW		MURI		430
	EDWARDS	75	SHW	***	430
	MEN	13	300 350 150	RAW	
	14-16			KENSHII	350
	TURNER	175	DEAD		330
	148	1/3	148	LIFE	
				D. 4.147	
	JUNIOR RAW		60-69		
	CLARE	200	PADG		280*
	OPEN	200		OR RAW	
	BROWN	320	CLARI		330
	TAM	225	220	(P) (P) (P)	
	50-59 RAW			OR RAW	
	SIMON	165*	DUNC	CAN	400
	RAW		242		
	PADGETT	145	60-69		
	165		CLARI		250
	17-19		POWE	RCURL	
	BRINSON	325	148		
	181		WOM	EN'S OP	EN
	JUNIOR		CURT	IN	75*
	RUTHERFORD	375	148 O	PEN	
	JUNIOR RAW		TAM		120
	MACKIE	235	CLARE		105
	OPEN RAW		198 O	PEN	
	MARTIN	330	MART		145
	220		SHW		
	JUNIOR RAW				150*
	181	50	BP		TOT
	40-49	SQ	Dr	DL	101
	WHITE	340	220	450	1000
		340	230	450	1020
	198				
	40-49 RAW				
	HOUSWORTH	375	275	365	1015
	OPEN		1000		
	MERRITT	325	300	475	1100
	IRONMAN		BP	DL	TOT
	148				
	SUBS				
	CURTIN		120	280*	400
	MEN				
	60				
	9-10				
	PADGETT		70	130	200
	132				
	11-13 RAW				
1	ZERBE		115	270*	385

ASSOCIATION OFFICE COPY

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 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

First		Middle	Last			ase and indemnity of the		
Date of Birth	Age	Sex A	opplication Date Social	Security Number		e bound by the AAU Co		District Control of the Control of t
THE A	MATEU	R ATHLETIC U	NION OF THE UNITE	D STATES, INC.	ARE YOU ALREAD	Y COVERED WITH HEALTH & ACCIL	DENT INSURANCE?	Yes No
Lake Buens \	resua, FL	3/830			Club No.:	Club Name:	E-Mail	
PO Box 10.00		22020			CHECK ONE:Yo	uth Program Adult Progr	am Added Benefit	Yes_N
ofo The Wall			SPORT CODE	ASSOCIATION CODE	MEMBERSHIP CATEGORY	CHECK ONE: Athlete (CoachOfficial	Voluntee
Diving, Fencing Challenged, Ra	Golf, Ju	mp Rope, Physica I, Rowing, Sailing,	ng, Canoe, Cross Count I Fitness, Physically Squash, Field, and Volleyball	ry.	Chinese Martial Adult Tae Kw	s in the Following Sports: Arts. Judo, Jujitsu, and Karate yon Do Athletes ifting Athletes	20.00 30.00	Not Availab 35.00
	es in th	e Following Sp		Not Available 12.00	Field Hockey, Fla Rugby, Soccer, V	ag Football, Hockey (Ice and Rolle Water Polo and Wrestling,	rr).	
Coach		MILE SOL	12.00	14.00	Surfing, Trampol	ine & Tumbling, Triathlon, and We s in the Following Sports:	eightlifting 20.00	25.00
ANNUAL N	10 100000000000000000000000000000000000	ERSHIP DUI	Regular Fee	"AB" Fee 12.00	Baseball, Biathlo Kayak, Gymnast	s in the Following Sports: in, Basketball, Broomball, Cycling, ics, Modern Pentathlon, Multi-Eve tathlon), Physique, Softball,		23.50
40.0	pri	mary coverage) for all properly sa n coverage can be	nctioned AAU ever	its and supervis		Regular Fee	"AB" Fee

and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive
approval) through the AAU National Office.
NOTE: Parent/Guardian signature required if member under 18 years old.
Member's Signature
Parent/Guardian Signature

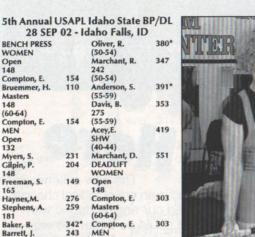
SPECIAL OLYMPIAN 125* 195* 320 DREXLER 450 640 1090 (Thanks to WNPF for providing these meet results.)

WALKER'S CYM RD CLASSIC

)	RAW DIVISION:	-	Hopewell, VA	
'	Women:		Chris Neville	295
	0-130		181	
	Jeany Walker	195	Richard Wilson	250
	Men:		Carl Kindervater	210
	165		OPEN DIVISION:	
	Chris Neville	295	198	
	181		Rodney Jones	410
	Ivan Homer		Glem Leaks	315
	Mark Davis	315	220	
	198		Joe Cox	375
	Joe Kuhns	415	242	
	Barry Ellis	315	Adam Read	460
	Deranda Mason	300	Pele Carter	385
	220		275	
	Larry Mason	340	Jeff Turner	550
	RAW MASTER		Sid Cormick	540
	181 (40-49)		Kirby Gank	475
	Carl Kindervater	210	Petey Cropp	585
	198 (50-59)		OPEN MASTER:	
	Reggie Stubbs	270	242 (40-49)	232
	242 (60-69)		Tony Walker	315
	Robert Spiers	365	198 (50-59)	
	RAW TEEN:		Tommy Mitchell	355
	165		220 (50-59)	
	Joseph Whitaker 220	160	Danny Taylor	330
		170	TEEN:	
	Josh Edwards RAW -POLICE	170	165 Eddie Schrader	400
				195
	Barry would like	to tha	ank the members/s	taff c
			ed with the loading	
	ung, expediting, ju	aging	, setting-up, and cle lker for providing re	anin
	up. (manks to bar	iy wa	iker for providing re	Suits

		S/SMART CLA	SSIC
26 OCT	02 -	Savannah, NY	
BENCH RAW		Scott Shales 242 Lifetime	400
132 16-17		Mark Harrison	370
Ryan Moore	155*	275 35-39	
148 35-39 Jamie Sykes	200	RL Murray 275 Lifetime	465
165 14-15	200	Joe Behari	465*
Sarah Peters	125*	319 40-44	-
165 OPEN		Maurice Harling	405*
Andrea O'Neil	140*	319 35-39	***
198 16-17 Rex O'Corr	255	Steve Rogers 319	440
198	233	Adam Buckholtz	390
Shawn Perry	325	SHW 45-49	Fall Control
198 40-44		Thomas Link	425*
Leo Cichelli 319 20-23	435*	DEADLIFT	
Kevin Conklin	350*	148 35-39 Jamie Sykes	335*
EQUIPMENT:	330	165 14-15	333
181 50-54		Sarah Peters	220*
John Hopf	290	165	39
181 John Valenza	380	Andrea O'Neil 242 35-39	245*
220 45-49	300	Mark Harrison	525*
Mike Arcarisi	280	275 45-49	323
220 40-44		John Scheimann	600*
Dave Herbst	350	319 20-23	
220 55-59	The Eth	Kevin Conklin Annual AAU Fred R	650*
		held at the Savann	
ementary School	with a	great day of dru	g free
lifting. Eight bench	record	s were set and six de	eadlift
		nch records were 'Neil, Ryan Moore	
Cichelli, Kevin Cor	nklin. lo	e Behari, Maurice H	larling
and Thomas Link	. Jamie	Sykes, Sarah Peter	rs, An-
drea O'Neil, Mar	k Harris	on, John Schieman	n and
		dlift records. I wou	
hest raw bencher	in NVS	some lifts. First one age bracket or other	of the
with a state reco	rd of 4	35 at 198. And tw	o out-
standing deadlifts	by ex-It	haca Bomber and B	uffalo
Bill John Schiema	nn 45-4	9 275 with a 600# r	ecord.
		20-23 State record ift 700# soon. I hop	
at one of our m	eets. I	would like to that	nk my
massage therapist	Val Sto	well and my chirop	ractor
Jamey Yadanza fo	r keepi	ng me lifting. It has	been
		noulder tendinitis, t	
		to keep lifting eve f my max. Lets hop	
		etter. I would like to	
		d, Jason Stafford,	
Molisani, Mark H	lowell,	Jim Lee, and RL M	urray.
		wife Michelle for	
		round. Dave Hert	
lift at Lancasters P	arty Ho	ntil the state bench, ouse on January 18,	2003
		ree. (Thanks to Stev	

take care and train drug free. (Thanks to Steve "Big Dawg" Rogers, AAU NYS Chair, for these results.)



Barrett, J.

Phippen, J.

Anderson, S.

Rogers, C.

Roberts, N.

(18-19)

(14-15)

(18-19)

Tibbs, J.

397 132 Myers, S.

457*

551

182*

226

154 198

320

Thompson, D. 254* Crafts, K. 220 Masters

165

391 Barre*t*t, J.

198 524 Mecham, S.

Oliver, R.

Rogers, C. Teen

(18-19)

Myers, H.

(18-19)

220

Marchant, J.

Thompson, D.

World Masters Bench Press Team Member Eula Comptom easily locks out 303 lbs. (Brad Compton)

peted. Utah alone sent 13 lifters with a sizeable contingent from Spanish Fork. Idaho State residents competed for state records and all competitors competed for, what will become highly coveted, World Gym fleece vests embroidered with Idaho State Champion. The biggest bench of the day belonged to Dave Marchant (age 40, SHW division) with his 2nd attempt of 551 lbs. This push was good enough to net Dave 1st in Masters and Open divisions as well as Best Bench Press of the day, corrected for body weight. Dave nearly got his 3rd attempt of 558, but to no avail. Dave is half of the powerlifting Marchant brothers, who are attempting to instill their powerlifting skills in the next generation of Marchant powerlifters. Joseph Marchant, Dave's son, competed in the teenage division at age 14 for only his 2nd powerlifting meet. His bench press of 154 lbs didn't net him in Thompson, D. 254* Crafts, K. 480
Thompson, D. 254* Crafts, K. 480
Tall assers
Crafts, K. 364 220
Masters
(40-44)

Baker, B. 342* (55-59)
G60-64)
Davis, B. 628
Beardall, E. 220
Beardall, E. 220
Hongson, D. 254* SHW
220
(40-44)
Beardall, E. 220
B 480

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Conditions Of Membership: As a condition of membership to USAPL, I agree to folious and obey all uses regulations, and drug testing procedures are subject to change at any time and that I agree to allow any obey any new or changed rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If do test positive for a banned substance, larger that the results of the test are conclusive, and I further agree to 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 for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, is hall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If am suspended from membership for a membership for a permanent interest, in Powerlithing USA, or any other publication that USAPL so chooses.

•Hats - \$15.00 (qty.___)(colors: white, navy, black)

___ If under 21 yrs., Parent Initial: ____ Date: ___ _______E-Mail:_____ Phone: (____ __ State:____ Zip Code:___ Address: __ Age: ____ Sex: ____ U.S. Citizen? ____ USAPL Registered Club Represented: ___ Date Of Birth: ___

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year; any meet) - \$30.00 • Special Olympian - \$10.00 • High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00 Competing Divisions: (please circle all that apply)

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Master (40 yrs. & up)

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•Lifter Classification Patch - \$5.00 (qty. ____) (must provide meet results) Check/Money Order # Credit Card: Visa-Mastercard-Discover Exp. Date: ___ Card # Cardholder Signature:

All memberships expire 12 months from date of purchase.

Membership Price: \$ Merchandise Total: \$ Merchandise Shipping: \$4.00 Total Purchased: \$_

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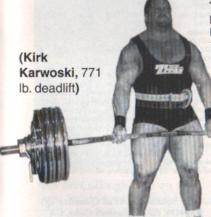


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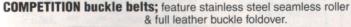


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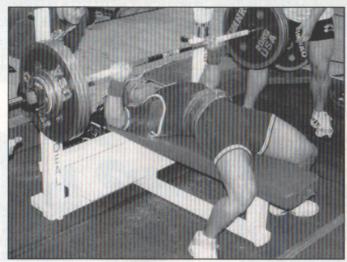
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APF BIG IRON OPEN & NE STATE 07 DEC 02 - Omaha, NE

Women Bench		Brad F	tein	529
Master 198+		Tom Y		363
Deb Ground	187	275	oung	30.
Men Bench Novice			ummin	gs 589
148		220	" 1	
Jamie Hanes 165	225	Leona 275	402	
Gary Negal 275	314	Stewa	rt Venak	ole 451
Brian Holmes Teen	446	181 Mike I	Foyt	253
148	200	198		22
Nick Hatch Open	358	Lyle Olson 220		231
198			Henry	358
Dominic Reed	341	275		
242		Tom F	lolzapfe	358
Women 165	SQ	BP	DL	TOT
Taylor Rice Open 97	319	115	319	754
Annette Hunold	214	93	220	529
Becca Swanson Men Novice 198	705	352	600	1636
Brian Mull	484	308	523	1316



Nick Hatch benched 358 in the 148s, at 16 years of age. (Big Iron)

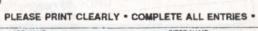
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			Doug Abbey 198	573	352	551	1476
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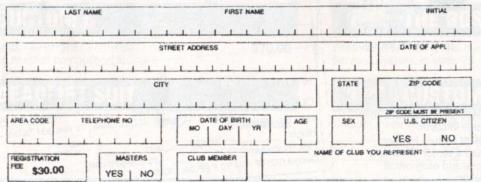
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Doug Abbey went 573 352 551 1478 at 148 at the APF Big Iron Open.

242	644	462	551	1658
Tony Jordan	402	253	517	1173
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Nick Hatch	484	358	396	1234
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Doug Ruse	358	314.1		1113
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Master 1	-			
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Terry Grindstaff	451	308	446	1206
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Jeff George	606	330	606	1542
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Jeff Anderson	661	402	551	1614
Push/Pull		BP	DL	TOT
Novice				
198				
Justin Graalfs		325	529	854
Teen				
198 Todd Kowal		391	534	925

Membership Application AMERICAN POWERLIFTING FEDERATION





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MAKE CHECK PAYABLE TO: A.P.F. Headquarters

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418 578 997 352 551 903 Tim Gilbert 424 578 1002 303 479 782

Aaron Wilson 501 644 1146 The Dec 7, 2002 APF Big Iron & Nebraska State The Dec 7, 2002 APF Big Iron & Nebraska State Open was one of the best meets we ever had. There were 25 Big Iron Gym lifters. Every lifter, from novice to advance had a great meet. There were 10 APF National Records set that day. Four of them were set by Douglas Abbey, 148 Sub-master. He hit 10x body weight with a 573, 352, 551 total 1476 lbs. Becca Swanson, 198+ Open, set two records. She squatted All-Time Record 705 lbs and totaled All-Time Record 1636 lbs. Jim Grandick, 275 Sub-master, deadlifted a National Record of 673 lbs. She squatted All-Time Record 705 lbs and totaled All-Time Record 1636 lbs. Jim Grandick, 275 Submaster, deadlifted a National Record of 672 lbs. One of the records was a 705 lb. deadlift set by Randall Ward, 242 Sub-Master. Mark Will, 220 Sub-Master, set the total record at 1884 lbs. The amazing 148, 17 year old, Nick Hatch set the teen bench record at 358 lbs. Big Iron Gym gave out swords for best lifters. The biggest swords went to the full meet lifters and deadlifters. Daggers went to best benchers. The Full Meet heavyweight winner was Mark Will and the lightweight winner was Doug Abbey. Best Deadlifter awards went to heavyweight Randall Ward and lightweight Doug Abbey. The Best Bencher daggers went to heavyweight Dan Cummings and lightweight Nick Hatch. Plaques and quarter inch metals went to all of the lifters. Special congratulations to Dan Cummings, a true competitor. He continues to fight leukemia and felt ill the week of the meet. That didn't stop him. He came, in 15 lbs lighter than usual, dropping a weight class and still pushed out a Nebraska All-Time Record. (Thanks to Big Iron Gym, Becca and Rick, for providing these meet results to PLUSA.)

1st Cutting Edge Summer Classic 24 AUG 02 - Albany, NY SQ BP DL TOT 116 80 169 365 127 85 180 Special Olympics Chris Voovs 173 143 211 190 207 295 692 200 217 320 Teen 220 Pat Carey 203 516 1024 D.I. Todd 145 280 350 775 Pete Loux BL 411 320 517 1248 4th 532

4th 532
The 1st Annual CuttingEdge Summer Classic was held on 8/24/02 and was a huge success. Three special features highlighted this inaugural meet: 1. Weights could be chosen to the nearest pound, 2. Lifters could choose between 3 types of bars(Okie, Trap, or a special Sumo bar), 3. All lifters were granted out of contest 4th attempts, if wanted. (Thanks to Cutting Edge Sport Sciences "Professional Speed-Strength Training and Consulting for all Athletes" 1095 Central Ave, Albany, NY 12205)

USAPL Southern CA Fall Qualifier(kg) 02 NOV 02 - Thousand Oaks, CA

Women	SQ	BP	DL	TOT
56 T1/O				
Nichelle Whitfield	110#	72.5#	155#	337.5#
67.5				
M2/O				
Sasha Meshkov	142.5*	62.5*	150*	355*
M1/O				
Melody Jordan	80	80	100	260
90 M1/O				
Vicky Hembree	182.5*	130!*	182.5!	*495!*
Men				
67.5 O				
Scott Layman	250	175	237.5	662.5!
100				
0				
D. Lewandowski	100	92.5	110	302.5
M1/O				
Kevin Jordan	65	65	65	195
110 M4/O				
Bob Evans	172.5	135	190	497.5
125 O				
Riccardo Magni	260	187.5	280	727.5
! - Open State Re	cord. #	- Teen	State Re	cord. * -
Master State Reco				
for providing the m				



Amanda Harris, 11, won the 97 lb. class at the APA Lone Star Open

Tom McCullough with an APA Texas State Record 675 deadlift. (photos courtesy of Scott Taylor)

APA Alabama Open BP & DL

BENCH		DEADLIFT	
MEN		Women	
Junior		Open	
C. Dennis	405	L. Harrell	300
Submaster		MEN	
T. Van Hoorne	450	Submaster	
Open 198		T. Alexander	500
S. Harrell	400	40-49	
Open 242		D. Lewis	285
S. Kanaday	365	Open 198	
Open 275		S. Avery	590
T. Smith	440	Open 242	
J. Green	350	S. Kanaday	600
G. Martin	335	Open 275	
Open SHW		J. Green	650
C. Savage	400	Open SHW	
		C. Savage	600

Special thanks to Johnny Sheakley and the folks of Gold's Gym, Montgomery Alabama for putting together a fun meet with several great lifts. (Thanks to Scott Taylor-APA President for the meet results)

APA	Lone	Star C	pen	
09 NO	V 02 -	Hous	ton, T)	(
BENCH		Open	242	
WOMEN		L. Fent	i	405
Open 132		Open	275	
J. Fenti	125	J. Willi	amson	470
MEN		B. Koc	h	550
Teen 13-15		Guest	275	
A. Crappel	300		Cullough	675
40-49		Open		
B. Koch	550	M. Ha	rris	350
WOMEN Open 97	SQ	BP	DL	TOT
A. Harris MEN	135	65	135	335
Teen 13-15				
R. Mccuistion	375*	200	330	905*
J. Devereux	290	215*	350	855
4th			380*	885*
Junior 20-23				
C. Frei Submaster	225	210	375	800
D. Flunker	535	400	625*	1560
J. Nicolosi	630	385	535	1550
S. Burtshell	550	420	525	1495
B. Propst 40-49	400*	300	475*	1175
C. Mccuistion 50-59	440	275	485	1200
B. Kline Open 148	425	315	480a	1220!
D. Sanchez	365	235	455	1055

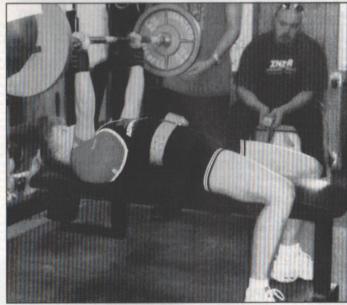
Open 198
J. Ash
J. Ash place in Houston during the upcoming year. (Thanks to Scott Taylor - APA President for these results.) **USAPL Ketchikan Recordbreakers**

FEMALE	SO	BP	DL	TOT
123	34	ъ.	DL.	101
Taylor Gregg MALE	140	110!	175	425
148 Doug Gregg	405*	240*	425*	1070*
181 Rich Stillman	405	255	440*	1100
190 Floyd Frank	380	280	435	1095
198 Bob Hewitt	415*	260	435	1110*
Trevor Eubanks	175	135	200	510
Gene Wyman 242	240	175	300	715
				215

4 SEASONS FALL BENCH PRESS 12 OCT 02 - Bloomington, IL

		2 - 6	noomington, it	
	TEEN 16-17		220	
1	132		BRIAN BUNCH	350
t	TANNER PACHIS	215	MEMBERS	
r	148		148	
-	NICK BRUBAKER	155	TODD SMEDLEY	245
1	181		165	
2	ANDREW OMAN	225	RYAN LEVERTON	355
t	WOMEN		BRIAN EVERETT	275
	165		198	
5	ANGELA AUTH	120	TOM RAGUSA	425
	MASTERS		PAUL MANNS	365
	55-59		220	
	198		BOB HORNKE	405
	ROBERT YOUNG	370	FRED ALBRIGHT	365
	60-64		242	
	198		C.J. JONES	340
	TERRY WHITE	370	SHW	
	NON-MEMBERS		KEVIN SNYDER	450
	165		CRAIG CANFIELD	360
	NICK DELUIS	385		
	JASPER GLAUS	370		
	181			
	JASON CARSON			
	MARK ANGELOS	205		
	198			
	JAMES BUNCH	400		
	PAT NORTHCUTT			
	JOHN HAGER			
			NICK DELUIS. That	
			ss/Hammer Strengt	
			Equipment, Direct F	
	Solutions, Midwes	t Com	mercial Fitness, Ame	erican

Nutrition Wholesalers. (Thanks to Kevin Deming for providing the meet results to *Powerlifing USA*)



Jennifer Fenti benching 125 in the 132 s at the APA Lone Star Open.

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance



First Name	Last Name Mi	ddle Initial Today's Date
Street Address	City	State Zip Code
Telephone Number	E-Mail address	Date of Birth
Sex Social S	ecurity Number Signature (Parent if under 18 years old)

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

(article continued from page 9)

and a great all around lifter. However, within 6 months Jo will deadlift 429 and will do 440-451 at age 60 weighing 132. That would make her the greatest female deadlifter ever! At 148, Victoria Reese, who is very vivacious and looks great and is coached by Joe Head of Headquarters Fitness in Seattle, pulled 407 for a Washington State Record. Gail Okicich was 3rd with a Washington State and World Record in Masters with 314. Gail is 57. At 165, Lyn Silbert deadlifted 403 for a World Record and passed the drug test. At 198 Susan Adkinson set a World Record 402. She owns a gum in Defuniak Springs, Florida and trains hard and trains smart. She has put 80# on her deadlift in a year. At unlimited, the best raw talent that I have ever seen in a female deadlifter is possessed by Kireen Ellis, who is coached by Bull Stewart. She is 6'0 weighs a very proportional 215. She has played minor league basketball for the WNBA. In her 1st contest in late August she did 465. At this one she did 468 and jumped all the way to 501 and had it over her knees. She had 485 in her. She will have the heaviest deadlift of all time if she stays with it - 625 is doable.

In master Women 40-46 Carol Muers set a World Record at 123 with 402 and beat out 6 contestants. Dru Amos was 2nd with 325. At 132 Alene Brisbane set a Calif State Record 325. At 181 Alicia Valenezuela of Guatemala won the Worlds with 303. She is the president of the IPF branch of Guatemala and she brought her entire team to the WABDL Worlds. At 198 Susan Adkinson set a 2nd World Record with 402. She also set the open World Record.

In master 47-53 Glenda Egan won with 253. At 132 Margaret Morris, trained by John Tyree, set a Texas State Record with 236 for 3rd place. Patti Ehmen of Alabama was 2nd with a State Record 308 and Patty Pendergast of Oregon, who is coached by one of the best master deadlifts in the World -Jerry Capello, pulled a World Record 319. At 148 Mary Jacobson pulled a World Record 380. She manages Iron Island Gym in Alameda, California, one of the oldest gyms on the West Coast. Opened in 1945, it is where many of the greats in bodybuilding and lifting have trained; Chuck Ahrens, Steve Reeves, Clancy Ross, Jack Delinger, Reg Park, Steve Marjanian. Amold Schwarzenegger once told me the most impressive feat of strength he ever saw was Chuck Ahrens with his back to a wall do strict curls with 315 on a barbell - not an EZ curl bar - he did 3 sets of 10 with 315. Compare that to a strong man contest I had in Bend, Oregon about 3 years ago

where 500 pound Jeff Maddy, who has benched 700 drug free, and he could only manage 255 on an EZ curl bar for one rep and Ken Brown. who has competed in numerous ESPN Strongman contests, could only manage 235 for one rep. Chuck did this lifts in 1968. Getting back to the meet. William Lee Cadavona of Idaho pulled a World Record 336.

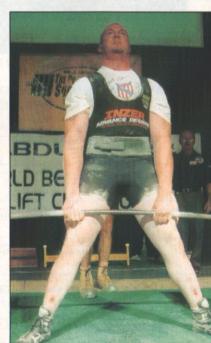
In Master Women 54-60 at 105 Mary Pederson hauled in a World Record 170#. At 123 Crish Lydon set a World Record with 264. At 132 Jo Walker did an incredible 402, but her old record of 407 still stands. At 148 Gail Okicich set a World Record with 314 and at 198 Karen Polansky set a World Record 341. At unlimited Leila Watson set a World Record with 370.

In Master women 61-67 Jane Honevcutt set a World Record 214 at 123 - think about it - 61 yrs old 123 pulling 214 - there's construction workers who either couldn't

lift that weight or would have trouble with it. At 132 Martha "Lloud" Hopkins set a World Record with 198. At 148 Sue Clark set a Texas Record with

In Masters 68-74 Malvina Basso of Brazil set a World Record with 181 at 123. She is 72 years old. In master women 75-79 Melicant Whinston set a World Record 143 at age 76. She still competes in masters track meets in discus, long jump and 100 meters. She has the legs of a 35 year old woman.

Well, that wraps up the 6th WABDL World Championships for the deadlift. We had 290 lifters in Portland in 1997, the day after Thanksgiving. It was a 2 1/2 day meet. In '98, we had 400



Jerry Pritchett holds on to tradition in AZ



Susan Adkinson pulled a World Record

lifters in Portland. In 99, we had 430 lifters in Portland for a 31/2 day meet. In 2000, we had 452 lifters in Reno for a 4 day meet. In 2001 we had 482 lifters for a 5 day meet in Reno and this year we had 610 lifters for a 5 day meet and next year's World's will be in Las Vegas at the Riviera Hotel on the Strip not downtown - across from the Circus Circus, next to the Hilton, and Wavne Newton's Stardust Hotel and a 15 minute walk from the New monuments like the Venetian, New York New York, MGM Grand, and the Hard Rock Cafe Hotel. This will be a 6 day meet December 9-14. The Board of Directors and I at WABDL aim to provide great meets at fun, convenient

> locations, we return all phone calls as soon as possible, we don't neglect what some meet directors or federations would call "Small Stuff" like member application cards, labels for trophies, trophies and certificates. For this World Championship alone we sent out 512 State Record certificates, 102 National certificates, and 102 World Record Certificates - free of charge-but at a cost to WABDL of about \$1350.

The Team Standings: Joe Head's Headquarters Fitness of Seattle was 1st, George Herring's Team from Atlanta was 2nd, Mary Jacobson's Iron Island team was 3rd from Alameda, Calif, John Tyree's Team Fitness from Duncanville. TX was 4th, Matt La Marque's Iron Society from Monterey, Calif was 5th, and Bobby Sanders' and Leticia Rosales Buie's Mighty Ones from Santa Cruz. Calif were 6th. The following people passed drug tests sent to

Aegis Labs in Nashville, Tennessee: Colin Bonneau, Frank Beeler. George Nelson, Sheldon Weingust, David Stratton, Richard Cirigliano, Victoria Reese, Kireen Ellis, Lyn Silbert, Taylor Tom. Matt Lamarque, Bill Gillespie, Jason Jackson, John Stewart, Tony Caprari, Brent Howard, Randall Henderson, Bob Levering, Josh Bryant, Phil Davi, and Jim Cunnington. Two people flunkedone is pending. We at WABDL don't divulge names of lifters who flunk - but you can bet that they are discouraged from lifting in this federation in a very aggressive way.

I want to thank the weigh-in room staff, Barbara and Patrick Fairchild, Julie Green, Anice Edmondson, Adam Gruver, Vickie Gruver, Jim Snodgrass, Rick Hagedorn, Dave Edmondson, Chris Erhardt, and Steve Wong and, of course, Gary Thomas, who was the weigh-in room coordinator. Also to Dr. Mark Webber, the drug control officer. I want to thank our

sponsors Dave Silver, Scott Miscknich and Angie Robertson of Thermalink the makers of Hot and Cold Pack therapy - the best product ever for sprains, pulls, and tears. Also Rick Brewer of House of Pain who sells Inzer Products and great t-shirts, duffle bags, leather jackets, etc. He and his father are great people and really know the sport. Also Wes Kampen and Michelle Sheedy of the Powerlifting Superstore and Monster Muscle the Magazine. These 3 sponsors have given tremendous financial assistance to WABDL. The WABDL budget for the year was \$121,000 and they provided a significant amount to that budget. Also Neal Spruce and Jim Starr of Apex and Ergogen who have been the 4th biggest sponsor over the last 5 years. Also Johnny Anderson of Advocare, Mike Lambert of Powerlifting USA who has contributed both financial assistance and tremendous coverage for WABDL meets. Don Buehl of Vital Foods, Don Hauna of Coca Cola, Nye Smolley and Brian Clary of Budweiser, Giorgio Usai of Forza Strength systems who supplied the platform bench and York Barbell who has supplied two kilo sets via Mark Chaillet and Cisco Adler. Also Richard Fossat of Nor-Cal Nutrition, distributors of American Body Building products, Dave and Anice Edmondson and Dave Johnson of Pharmanex, Christine Goroza of Namea Designs and Camille Luprete who is a great female lifter and has a great new line of lifting shoes that can be obtained from Rick Brewer and remember Inzer Products can be purchased from Wes Kampen and Powerlifting Superstore and Rick Brewer of House of Pain. See you in Las Vegas

(GUS RETHWISCH)

APA Nutmeg State Open BP & DL 08 DEC 02 - Norwich, CT

Jason Knobler

Bench Press - Women 242 lbs. Lightweight Elwin Paskell

Martine St. Jean 200*

Krysann Radtke	100*	Dan lozzi	415	
Middleweight		Lon Baker	360*	
Kate Taillon	137.5	275lbs.		
Heavyweight		Ben White	665	
Lynn Cannamela	160*	John Cleary	460	- P
Master 40+		James Bourgault	440	AI D
Kate Taillon	137.5	Alain Dumouchel		
Sandra Silvia	95	Gabe Bonneville	415	
		308lbs.	413	
Marlene Berman	103:	Billy Tucker	500	
Men			375	
Special Olympic	1000	Aaron Daniels	NASAN WALL	77
148 lbs.		Deadlift - Womer		
Jesse Bilger	110*	Women's Light W		
181 lbs.	- Don't	Martine St. Jean	325	
David Dennin	200*	Women's Middle		
4th	210*	Kate Taillon	317.5	
Teen 13-15		Women's Heavy	Wt.	
Dolan Simmons	205*	Carrie Fountaine	285	
Tim Montague	210*	4th	295*	
Teen 16-17		Lynn Cannamela	260*	
Andrew Sciaba	260	4th	270	CONTRACTOR OF THE CONTRACTOR O
Jeffrey Laurin	255	Women's Master	25000	A STATE OF THE PARTY OF THE PAR
Patrick Lauzon	235	Kate Taillon	317.5	
Teen 18-19	233	Marlene Berman		
	Liner		220:	
Jim Mioduszews		Deadlift - Men		
Cory Wasniewsk		Special Olympics		
Chris Mehmel	225	148 lbs.		
Men's Junior 20-		Jesse Bilger	185 *	
Josh Beaudry	400	181 lbs.		
Bryan Hitchcock		David Dennin	300*	SECTION OF THE ALL SECTION OF THE SE
Nick Galiatsatos	290	4 th	310*	CONTRACTOR INCOMES LABORED TO A STATE OF THE
Michael Morin	255	Men's Teen 13-15		
Shane Brown	240	Dolan Simmons J	r375	BEN WHITE bench pressing at the
Joe Humphries	280	Tim Montague	330*	and the second processing are an
Submaster 33-39		Men's Teen 16-17	,	
Elwin Paskell	570	Jeffrey Laurin	430	my determination for putting on the best meets
Brett Moorehead	410!	Patrick Lauzon	420	possible, Lon and Dawn Baker, Mikel Brockway,
Kenny Biron	415	Men's Teen 18-19)	Michelle McKenzie, Lynn Cannamela, Mike Fields,
Dolan Simmons	410*	Cory Wasniewski		
4th	417.5		400	Kurt Bergeron, Cory Wasniewski, Dennis
Men's Master 40		Men's Junior 200		Montembault, Dan Rivers, Don Rivers and Jim
Billy Tucker	500	Josh Beaudry	585*	Mioduszewski, you guys are the best and I am
	460	4th	600*	blessed to call you my friends. We had some great
John Cleary	425	Anthony Pagano	515	lifting take place in the bench press and Canada's
Curtis Clapp	120000		530*	Martine St. Jean, our women's lightweight winner,
Lou Steiner	365	Joe Humphries		got things rolling right from the start. Martine Was
Allan Perkins	375	4th	540*	battling a bad cold but had no problems with the
Kevin Willett	330	Submaster 33-39		weights. She benched a nice 200 at 123 lbs. to set
Mark Bilger	250	Robert Burrows	485*	a new Canadian Record, win her division and take
Men's Master 45		Glenray Sibley	455	home best lifter honors. Krysann Radtke, also a
Dan Cowee	405	Men's Master 40-		lightweight, set a new Junior CT State Record in her
Jeff Milne	400	Mike Cormier	565*	very first meet. She will be adding to that record
John Sanders	175	Curtis Clapp	550*	soon I'm sure. Kate Taillon, of SC, headed north
Men's Master 50	-59	4th	580*	and won both our middleweight and master divi-
Calvin Frost	402.5!	Lou Steiner	425	sions benching 137.5 and coming close with 150.
Roland Cote	420	Mark Bilger	360	63 yr. old Marlene Berman of MA had a great day
Rich Altieri	335*	Men's Master 45-		finishing with a WPA World Record of 105 lbs.
Lon Baker	360*	John Sanders	320	
Tim Whalen	300	Men's Master 50-		Lynn Cannamela made her return to the platform
Pete Schuren		Roland Cote	525*	in style with a CT record bench of 160 lbs. In the
Men's Master 70	and bu	John Novak	350 *	men's divisions, Special Olympians Jesse Bilger
Austin Myers	190	Robert Cole	475 *	and David Dennin put on quite the show for us as
	130	Victor Klein	435!	they both set CT State Records. Teenagers Dolan
Men's Open		Men's Open	4331	Simmons Jr. and Tim Montague battled back and
148 lbs.		men's Open		forth in the 13-15 age division and both set CT

Men's Open 165 lbs.

181 lbs.

Lou Steiner

Mark Bilger 198 lbs.

David Jensen

Curtis Clapp

Joseph Humph

Gabe Bonneville

James Bourgault Glenray Sibley 308 lbs.

Aaron Daniels

Jim Gardner 275 lbs.

Rrian Ris

220 lbs.

Steven Ritucci

Anthony Pagano

David Swinburne 580

425

550

265

290 255

415

365 250

365 305

425

425

487.5* 4th

Jason Strucinski

Brett Moorehead 410!

Steven Ritucci 335 David Rodriguez 320

Kurt Bergeron

Eric Quintin

Michael Morin

M. Van Vranken

Brian Bissonefte

Curtis Clapp

Craig Plante

181 lbs. Craig Schmalz

Mark Bilger

198 lbs. Tom Stucke

220 lbs.

proving by leaps and bounds and having just recently turned 20, look for him to be tearing up those records the way he did the teen es530 540* 525* records soon. MA's Elwin 625 Paskell once again won our submaster division and 455 came very close with a world record attempt of 602.5. Brett Moorehead of ME 555* didn't go down without a - WPA World Record. * - State Record. The 2002 fight and set a world record APA Nutmeg State Open BP & DL attracted over 100 lifters from 8 states plus Canada, making it our largest meet to date. Over 25 state records and 8 in the process with a huge 410 at 162 lbs. Brett just missed another world recon with a massive 442.5 attempthat he'll have on the book world records were set. I have more than a few people to thank for our meets being so successful. Rickey Dale Crain of Crain's Muscle World was kind enough to provide gift certificates for the lifters and Met-Rx provided supplements. Guest soon. Dolan Simmons Sr., a submaster himself, benched a very nice 417.5 with muc Lifter 730 lb. bencher Vincent Dizenzo put on a more to spare for a new CT great lifting exhibition for the crowd, even though he had been very ill all week. Most people would record. Dolan and Dolan Jr were one of a number of have backed out in a heartbeat rather than risk injury, not Vincent. He was determined to make present and like father like good on his offer to put on the exhibition and boy did he, repping with 600 lbs.! Thanks a bunch son, both set CT state Vinnie, you are a real pro and the crowd loved you.

To all of my terrific helpers who share Mark's and with 7 entries and big Billy

won by Josh Beaudry who

benched 400 at 195 lbs. Josh



sing at the APA Nutmeg State Open (photos by D. Slaga)

Mike Fields, ki. Dennis st and I am ms with the master 50-59 division. Nice job Calvin! Roland cote of that same division won best master lifter by adtke, also a d a great day forth in the 13-15 age division and both set CT records in the process with Dolan coming out on top this meet. I get the feeling Tim will be looking to change that next time. The Teen 16-17 division lb. class. Craig was our lightweight best lifter. Tom was won by Andy Sciaba who battled two tough
Canadians, Jeffrey Laurin and Patrick Lauzon, for
a new CT state record with a lift of 487.5, breaking

the win. Jim Mioduszewski continues to improve each meet and put up a very nice 315 to win the Teen 18-19 division. The men's junior division was process. MA champ Peter Barrett finally gave one of our meets a shot and made it count with a world

Josh Beaudry deadlifts at the APA Nutmeg State Open

Tucker of RI came out on top with a nice 500 and had \$25 all but locked out. Dan Cowee and Jeff Milne have battled back and forth the last couple of meets in our master 45-49 division. They both once the company of t of meets in our master 45-49 division. They both weigh within a 1/2 lb. of each other and are equally matched in strength. Jeff won the last meet and Dan evened the score this time with a 405 lb. lift to Jeff's 400. Look for many more battles from these two. VI's Calvin Frost made the trip down and had process. It has been a long road back but Lynn has made it. 63 yr. old Marlene Berman wasn't satisfied with just a world record bench, so she figured she'd pull a big 220 to take home a deadlift world record as well. I get the feeling Marlene will be rewriting the record books a time or two (or three). Special Olympians Jesse Bilger and David Dennin contina terrific day. At 56 yrs. old and only 195.75 lbs Calvin benched a world record 402.5 to win the ued their winning ways with CT state record pulls for each of them. Way to go guys! Teen's Dolan Simmons Jr. and Tim Montague continued their bench battle right into the deadlifts and Dolan lifted in the 50-59 division and both set CT records with Lon making an impressive return to the platform after suffering a severe rotator cuff tear that came out on top with a fine 375 to win the 13-15 division. Canadian's Jeffrey Laurin and Patrick Lauzon went head to head in the teen 16-17 required surgery. Everyone's favorite lifter Austin Myers won the 70+ division. He made a very nice 190 and came ever so close with 200. Austin never division and leffrey came out on top with a lift o 430 at 170 lbs. Cory Wasniewski took home the teen 18-19 trophy with a big CT record pull of 590 lbs. and gave 600 lbs. a ride for good measure as 190 and came ever so close with 200. Austin never fails to inspire all of us. The men's open 148 lb. class was won by Jason Strucinski. Jason benched 330 and came close with a CT state record 342.5 attempt. Considering this was only his 2nd or 3rd meet, I'd say he's doing well. Submaster Brett Moorehead entered and won the 165 lb. class with his massive 410 world record and will be adding to well. Josh Beaudry hasn't been in the Junior divi-sion very long but that isn't stopping him from rewriting the record books. Josh pulled 585 at 195 lbs. for a new CT state record only to follow it with a massive 4th attempt of 600 lbs. Josh won our best heavyweight lifter award. Joe Humphries set a nice CT record of his own in the Junior division with a 530 3rd attempt and 540 4th. The men's submaster division winner was Robert Burrows who continued the record breaking trend with his own CT state record pull of 485 lbs. Mike Cormier won the master 40-44 division with a MA record 565 at 176.5 lbs. and was our best lightweight lifter. Curtis

Clapp pulled a nice MA record of 580 in this class as well. John Sanders of NH made the trip down and made it count by wir the master 45-49 division. The master 50 59 division had some tough competition with all setting records. Roland Cote pulled 525 for a new CT state record and best master lifter honors. John Novak broke the 50-54 world record with his 3rd attempt and came close with a 4th attempt to break it again. 59 yr. old Bob Cole pulled a nice 475 for a new CT state Cote pulled a nice 475 for a new CT state record and 51 yr. old Victor Klein added his world record pull to the mix. In the men's open 1811 lb. class, Anthony Pagano locked out a nice 515 to take the win. David Swinburne won the 198 lb. class with his receiver streams of 500 and with his opening attempt of 580 and twice came very close to a CT state record 600. The 220 lb. class was won by David Jensen with a big 620 pull to best the MA open record by 45 lbs.! Curtis Clapp pulled a MA master's state record 580 in this class with Joe Humphries and Jim Gardner pulling state records as well. Gabe Bonneville was our 275 lb. class winner with 625 and came really close with 655. Aaron Daniels finished out the meet with the 308 lb. division win and a CT state record 555 pull in only his first neet. Thanks to all the lifters for your continued support and we hope to see you in the Spring! (Thanks to Donna Slaga for providing these meet results.)

record lift of 580 in the 220 lb. class and looked good for

more. Our submaster win

ner Elwin Paskell went home with a win in the 242 lb. class

as well with his fine 570. as well with his fine 570. NY's Ben White was a man on a mission in the 275 lb. class. Ben benched a whop-ping 665 at only 267.5 lbs. and just missed 680. Ben's

lift puts him 18th on the all

time list according to Michael

Soong and was done in a poly shirt. Look for him to be

moving up that list soon. Ben was our best heavyweight

lifter, Our 308 lb, class win

took home the master 40-44

trophy as well. Martine St. Jean showed that she has a terrific deadlift to go with that big bench of hers.

Martine pulled 325 in the lightweight division to take the win and best woman lifter

award. Kate Taillon, a decep-tively strong lifter, showed a lot of heart on a nice world

record pull of 317.5 to take home middleweight and master honors. MA's Carrie

Fountains won the heavyweight class with a new MA state record pull of 295, look for more from her soon. Lynn

Cannamela set a CT state

Miller's Ironhouse Natural BP 08 IUN 02 - Cumberland, MD

Women		Mike Davis	265			
J. Robertson	215	165				
Teen		D. Blattenberger	420			
Vernon Haines	325	Terry Davis	320			
Mike Davis	265	Ryan Slanoc	300			
David Walker	230	181				
Bryan Hare	325	Jason Toth	370			
Raw Lt		Joseph Ring	370			
Carl West BL	405	Jason Metz	330			
Paul Davidson	255	198				
Brian Heitzel	225	Michale Kibler	385			
Raw Hwt		Trent Ghattas	370			
James Nowlin	440	Andy Pannone	360			
Jason Kenney	405	Tony Lafallotte	330			
Butch Downey	350	220				
W. Mcdonald	370	Barry Pochiba BL	450			
Submasters (35-3	9)	Randy Brooks 40				
Randy Robinson	465	Kevin Smay	400			
W. Mcdonald	370	Bill Arnold	360			
Jeff Gibson	320	242				
Masters (40-49)		Mike Leventry	500			
D. Blattenberger	420	Rick Toby	400			
Carl West	320	Adam Katrancha	400			
Grand Masters (5	0+)	Wavne Smith	340			
Barry Pochiba	450	275				
Randy Brooks	405	Bud Drummond	440			
Buck Carmack	355	2. Buck Carmack	355			
F. Fleckenstein	230	275+				
Open		M. Rosentrator	525			
148		Dale Leatherman	360			
Brian Snurr	270	Daile Leatherman	-00			
The state of the s						

Miller's Ironhouse Cym Brian Miller held it's 9th. annual Miller's Ironhouse Natural Bench Press Competition on June 8th at Allegany High School in Cumberland, Md. Fifty-one male and female competitors ages 14-65 came from Maryland, Pennsylvania, Virginia, and West Virginia. This local strength contest has been very successful each year with nationally ranked lifters coming in from various states. It's an encouragement to see lifters travel year after year to attend this meet and make it very successful. I thank the Lord for the ability and opportunity to continue sponsoring this annual event. The overall winner in the female division was Jennifer Robertson from Inwood, WV. who pressed 215 pounds at 1431b bodyweight. Carl West from from Bonker Hill, WV. caplured the Raw division with his 405 pound lift at 168lbs. David Blattenberger from Martinsburg, PA. took the best lifter award in the open lightweights with his 420 pound lift at 165 lb. bodyweight. Fifty year old Barry Pochiba from Cannonsburg, PA. won the overall open heavyweights with his press of 450 pounds at 212 lb. bodyweight. For information on next year's contest call 301-777-0644. (Thanks to

8th APF Michigan Wolverine Open 12 OCT 02 - Roseville, MI

12 OCT 02 - Roseville, MI Powerlifting SQ BP DL TO	TC
Open Men	
181	
Ripley 555 360 495 14	110
Lasky 525 265 510 13	300
198	
O'Brien 450 335 430 12	215
220	
Miller 510 345 500 13	155
242	
Roman 550 380 560 14	190
Mortenson 535 425 450 14	110
Armentrout 420 275 405 11	00
Hammer 800 490 665 19	955
275	
Anderson 760 415 610 17	85
	00
	185
308	
	180
Teen 14-15	
242	
Skiver Jr. 310 200 320 83	10
275	
Juniors	
	55
242	
	60
Submaster	
181	
	10
Master 40-44	
181	
	10
Master 45-49	
275	
	85
	110
Master 50-54	
181	
	25
Master 70-74	
165	
Creech 190 110 230 53	10
Master 80-84	
181	



51 Year Old Monte Rosentrator from Bedford, PA attempting a personal best of 525 lbs. at the 9th annual Miller's Ironhouse Bench Press competition held at Allegany High School. Monte attempted 540 pounds, but could not lock it out. (Miller's Ironhouse Gym photo)

McMillan Open Women	215	200	290	705	Master 65-69 SHW				
123					Collins	125	95	230	450
Wilson	315	180	310	805	Master 70-74	DATE OF	Denile !		HEATT STATE
165					165				
Chicha	180	100	260	540	Drotar	90	70	175	335
Master 40-44					Ironman Men				
123					Open		BP	DL	TOT
Wilson	315	180	310	805	165				
148					Ritter		270	350	620
Sommer	100	75	175	350	220				
Master 50-54					A. DiPrima		500	600	1100
165					275				
Lanman	125	125	230	480	Abfalter		550	655	1205

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Forstner	475	675	1150
SHW			
Roberts	405	425	830
Stratakis	510		
Junior			
148			
Chai	235	345	580
1998			
Hull	275	405	680
220			
J. DiPrima	410	145	525
Submaster			
242			
Mortenson	425	450	875
Master 60-64			
Denney	300	385	685
Master 65-69			
198			
Hughes	220	300	520
Ironman Women			
Open			
123			
Wilson	180	310	490
Master 50-54			
SHW			
Irwin	100	205	305
Master 75-79			
181			
Unger	55	100	155
Guest Lifter			
308			

The 8th Annual Wolverine Open was held in the spacious Roseville Recreation Center. The meet was a huge success with many lifters competing in their first meet. This meet has a history of bringing new people into our sport. I was especially pleased with the increased number of female and junior lifters. In the Powerlifting Open class, Greg Ripley hit a PR squat en route to winning the 181's and best lifter for the Men's Lightweight division. Jim O'Brien came up from Ohio and also hit some PR's. Nick Hammer won best lifter for Men's Heavy-weights with an impressive 1955 total. The scary thing is that Nick is only 231 Greg McMillan won best lifter for the Master's division with a nice 1425 total in the 181's. Laura Wilson continued her dominance over Michigan women winning best lifter for the Female division. She hit an 805 total in the 123's. Pam Chicha will be giving Laura a run for her money in future meets as she didn't even come close to her potential on this day. Her final pull with 260 looked like a warmup. In the Ironman class, Big Paul Stratakis finally smashed the 500 bench barrier with a gut busting 510 push. The bar took around what seemed like 5 minutes to lockout and. Paul almost ripped his head off coming off the bench! Of course with his head, it would have bent the bar. Dave Tate came up to guest lift in the bench and hit an easy 560 and barely missed a 610. I want to thank the judges, 805 Spaulding, John Maddox, and Paul Sary, for their great job of being fair and consistent with the calls. Spotters and loaders John Czerwiec, Dave Vontom and James Chantler did a great job with no misloads and no dumped bars. James in a human loading chart which really sped things up. Andy Briggs, Martin Howard and Taggert Doll ran the meet director program, music and announced. My bride Cindy and Judi Hinze ran the door with admissions and concessions. Crain's Muscle World gave gift certificates for best lifers. RDC helps this way in every meet we run. I hope the lifters return this generosity with some well-des

TOUCH 'N GO YMCA BENCH PRESS

19 OCT	02 -	Ashtabula, OH	
Women		198	
Vanessa Oswalt		Bill Moss	385
Master		Rob Dierich	345
C. Venturella	380	Mike Lybarger	340
Lonnie Anderson	470	220	
Ray Manes	330	Ryan Humphrey	410
Bob Marsell	330	Carl Kunzi	375
Robert Verdi	375	Robert Verdi	375
165		242	
C. Venturella	380	Steve Sardella	390
Bob Marsell	330	Chester Bednar	385
Jason Cross	320	Gory Hudson	375
181		SHW	
Ray Manes	330	Lonnie Anderson	470
MANUAL PROPERTY AND ADDRESS.		Adam Rulfone	380

Most Improved - Adam Bulfone. Outstanding Lifter - Charles Venturella. Most Weight - Lonnie Anderson. Farthest Distance - Cart Kurizo, Mount Vernon. Special Award Ray Manes. 20 people participated and most of them made all three attempts which made for a competitive day. The awards once again were made by Play All Awards, with the first place award being a sculptured trophy made by Niels Anderson Awards. I would like to thank all who participated and helped out the day of the event, and without out sponsors, none of this would take place. (Thanks to Lomie Anderson for the results.)

WABDL MIDWEST REGIONAL 10 AUG 02 - FARGO, ND

RENCH PKE22		103	
Women's Open		Brent Kegler	347
97		4th	385
Cheryl Anderson	121	220	
SHW		Chris Oen	352
Kelly Franklin	297	Men's Law & Fire	
	308	Open	
4th		308	
Women's Submas	ster		462
SHW		Warren Wiedrich	402
Kelly Franklin	297	Submaster	
4th	308	308	
Women's		Warren Wiedrich	462*
Master (61-67)		DEADLIFT	
132		Women's	
A. N. Goldstein	71	Teenage (16-19)	
Women's		181	
Teen (16-19)		Deb Anderson	314*
181		Men's Open	
Deb Anderson	137		
Men's Open	13,	lake Suedel	518
148		Paul Kadlec	418
	264	165	410
Jake Suedel		Adam Suedel	363
Paul Kadlec	264		303
Dustin Wiedrich	181	181	
165		Joe Icenhour	562
Brent Kegler	347	198	
4th	358	Scott Wahlberg	440
Adam Suedel	236	SHW	
4th	242	Brian Oldham	738
181		Men's Submaster	
Jamie Siebrecht	374	181	
John Chase	231	Alex Zorbas	446
198	231	198	
Scott Wahlberg	402	Charley Turner	418
	396	220	410
Shawn Friday			600
Charley Turner	319	Ben Snelson	000
220		Men's Master (54	160)
Chris Oen		198	
Men's Submaster	-116	T. Haggenmiller	470
181		Dan Hawkinson	462
Alex Zorbas	352		
198		Dennis Johnson	639*
Shawn Friday	396	Men's Master (61	-67)
Charley Turner		165	June 1
		Richard Gidcumb	325
148	,	242	weeklete.
John Newe	214		440
Men's Master (54			462
	-00)		402
198	250	Men's Master (75	1+)
Dan Hawkinson	352	165	
		Robert Stephan	300
	-67)	Men's Teenage (1	
165		123	ojelika.
Richard Gidcumb			314
Men's Teenage (1	13-15)	4th	331*
123		Men's Teenage (1	6-19)
Travis Friedsam	143	220	
Men's Teenage (1			462
148	,	242	402
Dustin Wiedrich	181	Shawn McConne	
181	101	Men's lunior	11-102

Men's Junior

264 Warren Wiedrich 407

363

231 148

Shawn McConnell 347
Men's Junior

Chris Oen
Men's Law & Fire
Sub - Master

Adam Geigle

Jake Suedel

Jake Suedel 303 220

* - Denotes World Record. Best Men's Open Bencher: Brent Kegler. Best Women's Open Bencher: Kelly Franklin. Best Men's Master Bencher: Dan Hawkinson. Best Men's Master Bencher: Dan Hawkinson. Best Men's Open Deadlifter: Jake Suedel. Best Men's Master Deadlifter: Robert Stephan. Paid attendance: 52. The Midwest Regional was the largest sanctioned contest in North Dakota since the early 1980's, when Pt USA cover man Paul Whitney used to put on meets. Thirty lifters from North Dakota, Minnesota, Wisconsin, Iowa, Michigan, and Canada tested their strength. I was impressed that ten lifters from the Twin Cities drove 240 miles to compete at my contest. The contest, with my experienced help, ran smoothly! 800 lb. squatter Paul Whitney did his usual excellent job announcing. Anybody can announce what the weight is and who is lifting, but it takes a real pro to actually make the contest interesting by providing commentary and background to the spectators and lifters. Nobody does it better! Former ADFPA National Champion Julie Schulz ran the scorer's table smoothly. Nick Beening and Tom Hines did a great job spotting and loading. Tom was invaluable in helping me set up. After he was benching, two-time ADFPA Collegiate National Champion Shawn Friday helped load during the deadlifts and did a great job. A special thanks to Ann Schuler and WABDL President Gus Rethwisch for their excellent job of judging and setting up at the contest. Gus, did that bell hop have balls or was he just stupid? On to the lifting. In the Women's Open, there were two impressive benchers, with contrasting body structures and at the opposite end of the weight spectrum. Model Cheryl Anderson benched a state record 121 @ 97. Whereas, Jake Suedel edged out his training partner Paul

WABDL MIDWEST REGIONAL CHAMPEONSHIPS FARGOIND FARGOIND

The Power Plant Gym Team from Hazen, ND at the WABDL Midwest Regional: (from left, front row) John Chase, Warren Wiedrich, Dustin Weidrich, Shawn McConnell, Adam Geigle, with WABDL President Gus Rethwisch (left) and Meet Director Rich Edinger in back row.

Kadlec on bodyweight for the win. They both benched 264. In the 165's, Brent Kegler on the strength of his 347 bench and 4th attempt of 358 captured first place and best lifter! In the 181s, Iowa's Jamie Siebrecht benched a solid 374. Jamie would have been in the hunt for best lifter, but he only got his opener on the boards. Teenager John Chase took second. In the 198's, an exciting battle ensued between Scott Wahlberg, and Shawn Friday. It came down to their third attempts. Scott made his at 402, whereas Shawn missed his attempt at 402. Scott lost best lifter titles by .01 of a point! Canada's Charley Turner finished third with a strong 319. In the 220s, Chris Oen benched a solid 352 for first place. Other highlights during the bench press included Alex Zorbas' 352 bench at 181 to take first place in the submaster division. Alex was in friendly competition with his training partner, Dan Hawkinson. Dan, once again, took best master bencher off the strength of his 352 pound bench. In the Men's Law and Fire Division, in the 308, Warren Wiedrich, coach of the Power Plant Cym from Hazen, ND, benched 462 for a new world record! Warren had bad luck on his second and third attempts, as he just missed 473. Look for



Best Deadlifter JAKE SUEDEL with his award. (both photos were provided to PL USA by Rich Edinger)

Warren to bench well over 500 at his next contest. On to the deadlifts. Deb Anderson, a teenager from Fergus Falls, MN started the fireworks in the deadlift, setting a teenage world record with 314 in the 181's. Travis Friedsam continued the world record barrage with a new teenage world record of 331 @ 1231 in the Men's Open, in the 148's, Jake Suedel, deadlifted a huge 518 and he barely missed a 534 4th attempt at a junior world record, Jake took home first place and best deadlifter in the Men's Open! Adam Suedel took home first place honors in the 165's. Powerlifting Pit's own Joe Icenhour vaporized 562 earning him first place honors in the 181s. Joe barely missed 584 twice. Look for him to deadlift 600 within the next year. It never fails – something always happens that you forgot to plan for. I knew that Brian Oldham was coming and I knew that my balance beam scale only goes up to 350. But for some reason, I forgot to make arrangements to have a digital scale at the contest. Ohwell, Brian, once again, had to be taken to MeritCare to be weighed. He weighed in at 379.9. I was impressed with Brian. His deadlift technique has improved 100% since the 2000 Fargo Open. Brian pulled a strong 738. If he gets his squats down and develops any kind of intensity, Brian HAS THE POTENTIAL to total 2000 at this year's 2003 USAPL Men's Nationals. There were many other great deadlifts, including Ben Snelson's 600 lb. deadlift @ 220s to capture first place in the submaster division. There was some great master deadlifting. In the 54-60, Tom Haggenmiller captured first place in the 198s with a 496. In the 220's, Dennis Johnson pulled an incredible 639 for a new world record! Not only is Dennis a great lifter, but a very kind and gracious individual. In the 61-67, Richard Gidcumb traveled all the way from Michigan to pull a strong 235. 8165 to capture first place in the submaster division.

a very kind and gracious individual. In the 61-67, Richard Gidcumb traveled all the way from Michigan to pull a strong 325@165 to capture first place. Once again, 81 year old Robert Stephan captured the best master deadlifter award! Robert pulled a mind-boggling 352 lbs. at 165s for first place and for a new world record. The Power Plant Gym from Hazen, ND took home the team award. Coach Wiedrich has some lifters who have great potential in the sport, including Shawn McConnell and Adam Geigle. We drug tested four lifters: Franklin, Kegler, Oldham, and McConnell and all tests were negative! After the contest, the crew and the lifters went to Playmakers to eat some pizza, drink some beer, and tell war stories. Whitney's stories about Jerry Jones, Mike MacDonald and even Arnold, no matter how many times I hear them, are still great. Thanks for everybody who came! (Thanks to RichEdinger for providing these meet results to PLUSA.)

JU P

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

If under 18, have parent initial ____

Signature__

(article continued from page 5)

Hung back lifting on the US team. We desperately need good lighter weight lifters to help beat the Japanese for team points. Japanese lifter Yuji Miyazaki set a world record with a lift of 185 kg which also landed him a second place finish for overall best lifter award. US lifter Peter Wong medaled at his first international meet with a 140 kg bench. Hung and Peter were helpful in the back and Peter was kind enough to do some videotaping for me. Peter is great with the video, especially if you need to tape a women's swimsuit edition.

The 60 kg class was won by everyone's best friend - Tagi Pamian from the Netherlands. Tagi beat Hiro Isagawa on bodyweight with a lift of 195 kg. I gave Tagi one of Titan's shirts to wear so we'll wait to see if he goes over 200 kg next year. Pat Wilson gave Tagi a copy of the recent Powerlifting USA issue which had him listed in the triple bodyweight bench press club.

The 67.5 kg class saw French lifter Alphons Cucuzella win with a 190 kg bench. The class could have been won by any of the top four finishers. US lifter Lance Slaughter finished fourth with a lift of 182.5. losing a medal on bodyweight. I was busy warming up during Lance's flight, but I guess one of Lance's lifts (which looked perfect) wasn't passed. A videotape of the lift was taken to a member of the jury, who agreed the lift looked good. This is where the trouble began. The head referee was from Great Britain, and did not seem to like the US lifters. He was overheard accusing one of our lifters of being on steroids and was making other disparaging remarks about the team. According to team coach Hartle, the referee was excused from any other judging for the weekend. Unfortunately, that was too little too late for Mike Hara and myself, as he also was allowed to judge our flight.



Succarotte came close to a win (Miller)



Pat Wilson (left) and Dave Doan followed Laszlo Meszarosto the Gold at 242 lbs. (Pham photograph)

It would have been nice to have had the jury pull him sooner, rather than later, if he was judged to be unqualified. Mike Hara and I both had firsts at this meet. It is the first time either of us had bombed at an international competition. Complaint Number 2 for me was the lot numbers. Lot numbers are supposed to be random, but the top 4 nominations received the same order for their lot numbers which left me at a disadvantage. Based on my poor lot number. I increased my opener by 5 kg. Mike and I both got our 3 lifts up, but not to the satisfaction of the referees. I am not sure why Mike's lifts were turned down. Mine were a bit more sloppy. The eventual winner was from Japan, Daiki Kodama, who got the gold on his third attempt lift of 225 kg. I am thinking of moving up to 82.5 kg class, but the bad news is

that I would have to face Russian lifter Alexy Vorobyev who won the gold with a world record lift of 252.5 kg. He finished third in the overall best lifter category.

Not only did US lifter Joe McAuliffe win a gold medal and set a world record with a lift of 255.5 kg, he also started a new tradition. If you run outside in the middle of the night in the bitter cold in just your underwear with a silver medalist, then the following year the silver medalist will win the gold. It also helps if your coach joins you. Dennis Cieri also competed in the 90 kg class but finished a disappointing fourth with his third attempt lift of 242.5 kg. Dennis

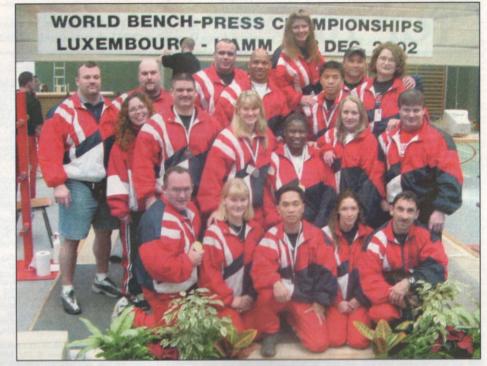
IPF World 5-8 DEC 02		ARTON TO THE	v	Perron/USA
Women's Division	1st	2nd	3rd	Takacova/CZ Newman/US
97 lb.				Gall/GER
Svjantekova/SLO	187	198	209	Bosak/POL
Friedrich/GER	176	181	-187	Chamberlain
Kozdryk/POL	165	176	-181	181 lb.
Golubeva/RUS	165	-176	-181	Zavodszki/H
Wanko/AUT	148	154	-165	Yurik/RUS
Kitamura/RSA	-154	154		Strik/HOL
Iwasaki/JPN	-165	-165	-181	Witt/GER
105 lb.				Beer/AUT
Fukushima/JPN	253	-164	-270	Szczepanik/P
Svahn/DEN	-198	198	-203	Hartle/CAN
Arpala/FIN	181	192	-203	Dhopatkari/I
Illeditsch/GER	176	-187	-192	198 lb.
Dalling/CAN	154	165	-176	Naskripnyak/
114 lb.		224	0.10	Paltseva/RUS
Krylova/RUS	225	236	-248	Duhem/FRA
Mingot/FRA	-231	231	-248	Phandin/FRA
Braun/AUT	209	-220	-225	Kardosova/SI
Sirki_/FIN	203	-214	-214	Meulen/HOL
Simon/HUN	-154	154	170	Trum/GER
Geraghty/USA	-154	-154	-154	SHW
Sakurai/JPN 123 lb.	-220	-225	-225	Ferrel/USA
Althaus/GER	275	286	298*	Chao/TAI
Althaus/GER		303*	298	Piatrova/BLO
Pracella/FRA	4th 231	-236	-248	Schaefer/HO
Wagner/LUX	203	214	220	Formgren/SW
Krampf/AUT	-198	198	209	Nokua/FIN
Nemoto/JPN	-198	203	-214	Reynolds/US
Pendry/GB	165	-176	-187	Rane/IND
Nakayama/JPN	-220	-220	-220	Teams: RUS 5
Eriksson/SWE	-198	-198	-214	TAI 30, AUT 2
Siveny/USA	-176	-176	-181	SLO 18, BLO
132 lb.	-170	-170	-101	9, LUX 8, INC Althaus 161.5
Wada/JPN	-275	275	297*	Men's Divisio
Thompson/USA	275	286*	-297*	114 lb.
Zhylskaya/BLO	275	-292*	-292*	Rudulis/LAT
Darling/USA	248	270	-292*	Klein/GER
Komi/JPN	259	-275	-281	Pham/USA
Busarova/RUS	225	-231	-231	123 lb.
Villwock/GER	-203	203	-220	Miyazaki/JPN
Radwanska/POL	198	-214	-214	Mukhamatya
Aloeva/UKR	-159	159	-170	Wong/USA
Baruah/IND	93	104	110	Fitzpatrick/RS
Kuleshova/RUS	-270	-270	-270	Zebedee/GB
148 lb.	-270	-270	-270	132 lb.
Kasbarian/FRA	275	281	292	
Chou/TAI	-253	253	-259	Parnian/HOL
Sawa/JPN	231	242	253	Isagawa/JPN
Robertson/USA	220	231	242	Nakayama/JP Zakiev/RUS
G_ransdotter/SWE	225	236	-253	
Kunkel/GER	203	220	-236	Carlsson/SWI
Rajala/FIN	198	-209	-235	Hermann/PO
				Hsieh/TAI
Doan/USA	-181	181	192	Toth/HUN
165 lb.	206	202	200	Su/TAI
Hung/TAI	286	303	-308	Lietzau/GER
Stehlikova/CZE	275	292	-303	Ferreira/LUX
Oba/JPN	-292	-292	292	148 lb.
Biernacka/POL	-264	264	-275	Cucuzella/FR

Perron/USA	72 2 2 3		
remon/OSA	253	264	-275
Takacova/CZE	248	259	-270
Newman/USA	253	-286	-286
Gall/GER	236	253	-264
Bosak/POL	231	-242	-242
Chamberlain/GB	-176	176	192
181 lb.	.,,	.,,	
Zavodszki/HUN	319	330	341
Yurik/RUS	297	303	308
Strik/HOL	292	-308	-314
Witt/GER	231	248	-264
Beer/AUT	220	236	248
Szczepanik/POL	220	-236	236
Hartle/CAN	176	192	209
Dhopatkari/IND	121	-132	132
198 lb.			William .
Naskripnyak/RUS	319	-336	-336
Paltseva/RUS	297	308	-319
Duhem/FRA	275	286	303
Phandin/FRA	275	286	303
Kardosova/SLO	242	253	-264
Meulen/HOL	253	-264	-264
Trum/GER	-248	248	-259
SHW			
Ferrel/USA	363	380	396*
Chao/TAI	385	-396*	-396*
Piatrova/BLO	-314	314	325
chaefer/HOL	286	-303	-341
ormgren/SWE	275	281m	-297m
Nokua/FIN	-220	220	-236
Reynolds/USA	154	-176	
			-176
Rane/IND	132	143	-154
eams: RUS 54, JPN 52,			
SLO 18, BLO 16, CZE 14	, SWE 1	2, CAN	10, DEN
SLO 18, BLO 16, CZE 14 9, LUX 8, IND 7, GB 6, R	SA 5, UK	2, CAN (R 2. Bes	10, DEN t Lifters:
SLO 18, BLO 16, CZE 14 9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi	SA 5, Ul ma 154.	2, CAN (R 2. Bes 90, Wada	10, DEN t Lifters: 1 152.88
SLO 18, BLO 16, CZE 14 9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division	SA 5, UK	2, CAN (R 2. Bes	10, DEN t Lifters:
SLO 18, BLO 16, CZE 14 9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb.	1, SWE 1 SA 5, UI ma 154. 1st	2, CAN (R 2. Bes 90, Wada 2nd	10, DEN at Lifters: a 152.88 3rd
SLO 18, BLO 16, CZE 14 D, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT	1, SWE 1 SA 5, UI ma 154.5 1st	2, CAN (R 2. Bes 90, Wada 2nd 358	10, DEN at Lifters: a 152.88 3rd
GLO 18, BLO 16, CZE 14 , LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT	1, SWE 1 SA 5, UI ma 154. 1st	2, CAN (R 2. Bes 90, Wada 2nd	10, DEN at Lifters: a 152.88 3rd
SLO 18, BLO 16, CZE 14 3, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER	1, SWE 1 SA 5, UI ma 154.5 1st	2, CAN (R 2. Bes 90, Wada 2nd 358	10, DEN at Lifters: a 152.88 3rd
SLO 18, BLO 16, CZE 14 , LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA	1, SWE 1 SA 5, UI ma 154. 1st 341 292	2, CAN (R 2. Bes 90, Wada 2nd 358 303	10, DEN at Lifters: 1 152.88 3rd -369 308
SLO 18, BLO 16, CZE 14 , LUX 8, IND 7, GB 6, R Allhaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb.	4, SWE 1 SA 5, Uk ma 154.5 1st 341 292 253	2, CAN (R 2. Bes 90, Wada 2nd 358 303 297	10, DEN t Lifters: a 152.88 3rd -369 308 -308
SLO 18, BLO 16, CZE 14, D, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN	4, SWE 1 SA 5, UI ma 154. 1st 341 292 253 396	2, CAN 16 (R 2. Bes 90, Wada 2nd 358 303 297 -407*	10, DEN d Lifters: a 152.88 3rd -369 308 -308
SLO 18, BLO 16, CZE 1-6 S, LUX 8, IND 7, CB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS	341 292 253 396 374	2, CAN 16 (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391	10, DEN t Lifters: 152.88 3rd -369 308 -308 407* -402
SLO 18, BLO 16, CZE 1.9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA	341 292 253 396 374 -308	2, CAN (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308	10, DEN d Lifters: a 152.88 3rd -369 308 -308 407* -402 -314
ILO 18, BLO 16, CZE 14, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 14 lb. Ludulis/LAT Glein/GER Ham/USA 223 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA itzpatrick/RSA	341 292 253 396 374 -308 253	2, CAN 16R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264	10, DEN d Lifters: a 152.88 3rd -369 308 -308 407* -402 -314 275
SLO 18, BLO 16, CZE 1-6, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT (lein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA itizpatrick/RSA Lebedee/CB	341 292 253 396 374 -308	2, CAN (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308	10, DEN d Lifters: a 152.88 3rd -369 308 -308 407* -402 -314
SLO 1B, BLO 16, CZE 1-0, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT (klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 32 lb.	341 292 253 396 374 -308 253 220	2, CAN 1 (R 2. Bes 2. Bes 2nd 358 303 297 -407* -391 308 264 -231	10, DEN t Lifters: 1152.88 3rd -369 308 -308 407* -402 -314 275 -231
SLO 18, BLO 16, CZE 1-6, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Kudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL	341 292 253 396 374 -308 225 402	2, CAN 1 (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264 -231	10, DEN t Lifters: 1152.88 3rd -369 308 -308 407* -402 -314 275 -231
SLO 18, BLO 16, CZE 14, O., LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT (Iein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA (Itizpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL sagawa/JPN	341 292 253 396 374 -308 253 220 402 385	2, CAN '(R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264 -231 413 407	10, DEN t Lifters: 1152.88 3rd -369 308 -308 407* -402 -314 429 429
SLO 18, BLO 16, CZE 1-6, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Isagawa/JPN Nakayama/JPN	4, SWE 1 SA 5, UI ma 154. 1st 341 292 253 396 374 -308 253 220 402 385 396	2, CAN '(R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264 -231 413 407 -407	10, DEN LLifters: 152.88 3rd -369 308 -308 407* -402 -314 275 -231 429 429 424
SLO 18, BLO 16, CZE 14, D, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Kudulis/LAT (lein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Sagawa/JPN Nakayama/JPN Lakiev/RUS	4, SWE 1 SA 5, UI ma 154. 1st 341 292 253 396 374 -308 253 220 402 385 396 374	2, CAN (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264 -231 413 407 -407 396	10, DEN t Lifters: 152.88 3rd -369 308 -308 407* -402 -3314 275 -231 429 429 424 418
SLO 18, BLO 16, CZE 1-9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Isagawa/JPN Nakayama/JPN Zakiev/RUS Carlsson/SWE	4, SWE 1 SA 5, UI ma 154. 1st 341 292 253 396 374 -308 253 220 402 385 396 374 396 374 380	2, CAN 1 (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264 -231 413 407 -407 396 -402	10, DEN at lifters: 1152.88 3rd -369 308 -308 -308 -314 275 314 429 424 418 -413
SLO 18, BLO 16, CZE 1-9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Isagawa/JPN Nakayama/JPN Zakiev/RUS Carlsson/SWE	4, SWE 1 SA 5, UI ma 154. 1st 341 292 253 396 374 -308 253 220 402 385 396 374	2, CAN (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264 -231 413 407 -407 396	10, DEN t Lifters: 152.88 3rd -369 308 -308 407* -402 -3314 275 -231 429 429 424 418
SLO 18, BLO 16, CZE 1-6, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Sagawa/JPN Nakayama/JPN Zakiev/RUS Carlsson/SWE Hermann/POL	4, SWE 1 SA 5, UI ma 154. 1st 341 292 253 396 374 -308 253 220 402 385 396 374 396 374 380	2, CAN 1 (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 308 264 -231 413 407 -407 396 -402	10, DEN at lifters: 1152.88 3rd -369 308 -308 -308 -314 275 314 429 424 418 -413
SLO 18, BLO 16, CZE 1-6, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL sagawa/JPN Nakayama/JPN Zakiev/RUS Carlsson/SWE Hermann/POL Hsieh/TAI	4, SWE 1 SA 5, UI ma 154.1 1st 341 292 253 396 374 -308 253 220 402 385 396 374 380 341	2, CAN (R 2. Bes 90, Wada 2nd 358 303 297 -407* -391 413 407 -407 396 -402 363	10, DEN at Lifters: 1152.88 3rd -369 308 -308 407* -402 -314 275 -231 429 424 418 413 -380
SLO 18, BLO 16, CZE 14, SI, LUX, SI, SI, SI, SI, SI, SI, SI, SI, SI, SI	4, SWE 1 SA 5, UI ma 154.1 1st 341 292 253 396 374 -308 253 220 402 385 396 374 380 341 330	2, CAN (R 2. Bess)	10, DEN at lifters: 1152.88 3rd -369 308 -308 -308 -308 407* 402 -314 275 429 429 424 418 -380 341 319
SLO 18, BLO 16, CZE 14, 9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Isagawa/JPN Nakayama/JPN Zakiev/RUS Carlsson/SWE Hermann/POL Hsieh/TAI Toth/HUN Su/TAI	4, SWE 1 SA 5, U) ma 154.5 1st 341 292 253 396 374 -308 253 220 402 385 396 374 380 341 380 341 380 341 380 341 380	2, CAN (R 2. Bes 90, Wadis 2nd 358 303 297 407* -391 308 407 407 407 396 402 363 -341 308 -319	10, DEN at Lifters: 1152.88 3rd -369 308 -308 -308 407* 402 275 -231 429 424 418 -380 341 3319 -319
TAI 30, AUT 27, POL 25, SLO 18, BLO 16, CZE 14, SLO 18, BLO 16, CZE 14, SLO 18, SLO 18	4, SWE 1 SA 5, UI ma 154. 1 1st 341 292 253 396 374 -308 253 220 402 385 396 374 380 396 374 380 297 396 374 380 297 396 374 385 396 374 385 396 374 385 396 374 385 396 374 385 396 374 385 385 385 385 385 385 385 385 385 385	2, CAN (R 2. Bes	10, DEN t Lifters: 152.88 3rd -369 308 -308 407* -402 -314 275 -231 429 429 424 418 -413 -380 341 319 -275
SLO 18, BLO 16, CZE 14 9, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Isagawa/JPN Nakayama/JPN Zakiev/RUS Carlsson/SWE Hermann/POL Hsieh/TAI Tolh/HUN Su/TAI Lietzau/GER Ferreira/LUX	4, SWE 1 SA 5, U) ma 154.5 1st 341 292 253 396 374 -308 253 220 402 385 396 374 380 341 380 341 380 341 380 341 380	2, CAN (R 2. Bes 90, Wadis 2nd 358 303 297 407* -391 308 407 407 407 396 402 363 -341 308 -319	10, DEN at Lifters: 1152.88 3rd -369 308 -308 -308 407* 402 275 -231 429 424 418 -380 341 3319 -319
SLO 18, BLO 16, CZE 14, SI, LUX 8, IND 7, GB 6, R Althaus 161.55, Fukushi Men's Division 114 lb. Rudulis/LAT Klein/GER Pham/USA 123 lb. Miyazaki/JPN Mukhamatyanov/RUS Wong/USA Fitzpatrick/RSA Zebedee/GB 132 lb. Parnian/HOL Isagawa/JPN Nakayama/JPN Nakayama/JPN Zakiev/RUS Carlsson/SWE Hermann/POL Hsieh/TAI Ioth/HUN Su/TAI Lietzau/GER	4, SWE 1 SA 5, UI ma 154. 1 1st 341 292 253 396 374 -308 253 220 402 385 396 374 380 396 374 380 297 396 374 380 297 396 374 385 396 374 385 396 374 385 396 374 385 396 374 385 396 374 385 385 385 385 385 385 385 385 385 385	2, CAN (R 2. Bes	10, DEN t Lifters: 152.88 3rd -369 308 -308 407* -402 -314 275 -231 429 429 424 418 -413 -380 341 319 -275

went for a world record fourth attempt, but only got 1 white light.

The 100 kg class was won by Russian lifter Evgueniy Matasov, who benched 252.5 kg. US lifter Tony Succarotte finished in second to win the silver. Tony pushed his third attempt lift of 257.5 to lockout, but supposedly got called for his pause, which looked good to me and a number of others. I thought Tony was a little sloppy at the top, but his pause was fine. He is protesting the lift with the IPF, because he felt that the Russian's pause was much shorter than his. I think everyone knows that, of the two, Tony was the stronger that day.

The 110 kg class helped us get some valuable points. Overall best lifter Laszlo Meszaros broke world records on all three lifts and finished with 295 kg. US lifter Pat Wilson is not well known, since he only lifts locally in Ohio, but he made a name for himself with his 272.5 kg lift. He would have been credited with a successful third lift of 275 kg except for the fact he didn't hear the start signal and did a double pump. Dave Doan came with a goal of getting a medal and he did by lifting 260 kg on his second attempt. Both Pat and Dave have made significant gains with their Titan NXG+bench shirts. Pat is a light 242 pounder who is capable of benching around 640 lbs. Dave and



EAM USA at the IPF World Bench Press Championships in Hamm, Luxembourgh (Pham photo)

Devon were cheered on by Darcy

	3		1 KONTO	TEAM USA at the IPF Wo				
Pracownik/POL	413	-424	429	Raskin/GER	496	512	529	
stappenbeck/GER	402	-413	-418	Sohlmann/FIN	507	518	-540	
Slaughter/USA	402	-413	-424	Dahlstrom/SWE	518	-534	-540	
Zuzuk/UKR	391	402	-407	Turpeinen/FIN	507	518	-540	
Sitruk/FRA	330	347	363	Marek/CZE	485	507	-523	
Nebola/CZE	330	347	-352	Hegedus/HUN	-501	501	-518	
ettner/AUT	330	341	-347	Weaver/NZ	418	-435	435	
Rheaume/CAN	286	308	-325	Pacini/LUX	396	413	-424	
onsson/SWE	-402	-402	-402	Turgut/BEL	380	-385		
Chernyshov/UKR	-374	-374	-374	Xenoporus/RSA	380	-407	-407	
165 lb.				Lewis/GB	-501	-501	-501	
Codama/JPN	-496	-496	496	Marten/GER	-490	-490	-507	
akahashi/JPN	496	496	-512	242 lb.				
uhasz/HUN	-435	-446	457	Meszaros/HUN	629*	639*	650*	
Conye/HUN	446	-457	457	Wilson/USA	578	600	-606	
Zeilinger/AUT	429	-446	-446	Doan/USA	-573	573	-589	
.eadbetter/GB	374	396	429	Khuazev/RUS	529	551	-578	
/allazza/AUT	369	380	-391	Hoen/GER	496	512	529	
Rasmusen/DEN	363	380	-396	Vacietis/LAT	507	-518	-518	
Breton/FRA	330	358	-380	Kircher/GER	496	-518	-518	
ixmer/LUX	308	-325	-325	Cosmo/RSA	440	462	-485	
Hara/Mike/SA	-501	-507	-507	Palansamy/IND	275	286	-297	
chesnokov/RUS	-451	-451	-451	Saito/JPN	-589	-589	-606	
Miller/USA	-507	-507	-507	275 lb.				
Narolskyy/UKR	-424	-446	-446	Isakov/RUS	-622	622	-639	
181 lb.	2 years 18			Mirowski/POL	573	595	606	
/orobyev/RUS	529	-540	556*	Maximov/RUS	573	589	-606	
Watanabe/JPN	496	518	-540	Battye/GB	562	584	-600	
Wegiera/POL	473	490	-501	Gusev/BLO	584	-606	-606	
Grossbeck/AUT	418	440	-462	Lehto/FIN	567	584	-595	
Compain/FRA	-440	-440	440	Havrda/CZE	529	556	567	
homas/FRA	429	-440	-440	Furesund/NOR	518	551	-556	
Urban/SLO	407	418	435	Gulbis/LAT	-518	518	534	
Farshid/IRN	-358	358	391	VanHeerde/RSA	529	-556	-595	
uncker/LUX	347	363	374	Roch/GER	507	523	-534	
Niripendra/IND	-319	319	-330	Furman/RSA	468	490	-507	
Otani/JPN	-518	-518	-518	Sota/CZE	462	479	-490	
(ustan/HUN	-485	-485	-496	Armstrong/NZ	418	440	451	
198 lb.				Royer/CAN	440	-457	-457	
McAuliffe/USA	534	545	562	Stoppa/GER	440	-457	-457	
richamie, our	4th	563*		SHW				
(upcsik/HUN	545	-556	-556	Midote/JPN	661	-683	-683	
reydun/UKR	529	-545	545	Wiklund/SWE	639	-655	-666	
Zubriks/LAT	-518	518	534	Sandvik/FIN	-595	606	633	
Cieri/USA	-534	-534	534	Staerkjaer/DEN	-622	633	-644	
Cishimoto/JPN	534	-551	-556	Hodge/USA	606	622	-644	
Grabski/POL	518	-534	-540	Veldeman/BEL	562	573	-584	
Pinhero/POR	-485	485	-512	Sedmik/CZE	-551	551	-639	
Brnck/LUX	485	-501	-501	Hritz/SLO	-507	523	-551	
Neto/FRA	-457	457	-462	Bukowski/GER	485	-507	-507	
Schulz/GER	440	-457	457	Thompson/GB	485	-507	-507	
Haugland/NOR	424	-446	-446	Naude/RSA	-440	440	468	
Elliot/CAN	319	330	-341	Hildenbrants/LAT	462	-485	-490	
ruchon/CAN	286	-308		Lundberg/SWE	-628	-639	-666	
	-507	-507	-507					
Yang/TAI Pakarinen/FIN	473	473	490	Teams: JPN 63, RUS 60, USA 54, HUN 40, POL 35, GER 34, FRA 31, UKR 31, LAT 27, FIN 20, GB				
	4/3	4/3	490					
220 lb.		.551	556	20, AUT 20, SWE 19,				
Matasov/RUS	-551	-551	556	DEN 10, SLO 7, TAI 7,				
Succarotte/USA	-529	551	-567	5, NOR 4, POR 3, IRN				
Ponomarenko/UKR	551	-562	-562	Meszaros 173.69, M				
Makrushyn/UKR	507	534	-551	169.90. * IPF Women			M - IPF	
Hara/IDN	-573	574	-220	Masters Womens World Record.				

Doan, who also helped me take pictures. Defending champion Edward Isakov from Russia won the gold with a bench of 282.5 kg bench. Superheavyweight lifter Daisuke Midote from Japan only got his opener of 300 kg which was still 10 kg ahead of the second place finisher. US lifter Mike Hodge also had a good deal of success with his Fury and finished in fifth with a bench of 282.5 kg. Mike is adjusting to a tighter shirt and I am confident that he will be a member of the 300 kg bench club soon. The US team finished third behind the winning team from Japan followed by Russia.

This US team was well staffed with coaches. Head coach Dr. Mike Hartle called all the right numbers and helped with chiropractic adjustments. He also helped put on shirts and helped motivate a number of lifters. The only complaint was I don't know if he left many eggs after he was done eating breakfast. Mike also stood up and lodged a protest regarding the judging in the 148 and 165 lb weight classes. He helped Dave Doan get a favorable lot number after his name was omitted from his weight class. They were going to give him a lower lot number until Mike protested. Assistant coach and Powerlifting legend Gene Bell was there. Gene is the nicest person you'll ever meet. I have never heard him use the word 'no'. Unfortunately, Gene will be retiring from the Air Force, which is dropping it's funding for coaches and athletes. The US team has a new coaching position of 'Ass' coach, which was given to Kevin Farley. I am not sure of the qualifications which led him to this position, but I am hoping to be his assistant next year. Kevin came to help his longtime friend Joe McAuliffe, but he also helped a number of other lifters, including myself. Myca Geraghty came to help his wife, but he also offered his expertise in putting on shirts. He was working hard, as evidenced by the sweat pouring off his forehead. Myca is as good as it gets at getting the shirts to fit perfectly. Myca is planning on going to Czechoslovakia to help the Masters Worlds Bench Team along with head coach Kevin Farley.

Cleveland will be hosting this world championship meet in 2 years, so if you want to compete against the best and claim yourself as a true world champion start preparing now. Only single ply shirts are allowed and you will likely be tested. Next year's Bench Nationals are in New Jersey and the year following that will be in Killeen, Texas-which will qualify you for the World Meet in Cleveland.

The team had a few sponsors. House of Pain along with Inzer Advance Designs supplied all team members with gym bags. John Inzer also sponsored the meet and provided the team with singlets and bench press shirts and probably anything else they needed. Titan owner Pete Alaniz supplied a number of his new Fury shirts to a majority of the team. Both of our gold medal winners wore the NXG+ bench shirts. Pete also supplied our team shirts, singlets and wrist wraps. Thanks to all Dr. LARRY MILLER

TOP 100

For standard 220 lb./100 kg. USA lifters in results received from December/2001 thru November/2002

SOLIAT

1025 Vogelpohl, C..3/30/02 900 Wardell, J..11/17/02 881 Mash, T..6/16/02 865 Ferrara, K..11/9/02 850 Blue, D..6/1/02 840 Cox, J..6/02 837 Urchick, P..6/16/02 830 Delvey, P..8/24/02 821 Ferrantelli, M..5/11/02 815 Patterson, K..6/16/02

815 Albano, S..11/30/02 805 Burlingame, D..3/02 800 Roberts, M..11/17/02 775 Crane, D..11/17/02 770 Arrington, B..3/30/02 770 Black, John..11/17/02 755 Pearce, R..3/16/02 750 Bauer, P..11/17/02 749 Maroscher, E..3/02 730 Helmick, S..11/17/02

727 Montembault..11/24/0 722 Lawrence, R..6/16/02 720 McCode..10/5/02 720 Scott, G..11/1/02 716 Coe, M..5/26/02 710 Szudarek, M..4/7/02 710 Riemer, T..7/13/02 705 Fuller, A..5/26/02 705 Sutphin, P..7/20/02 705 Phillips, M..10/26/02

705 Ferro, B..10/26/02 705 Weatherly, J..11/9/02 700 Bethel, R..3/16/02 700 Bell, J..3/23/02 700 Bennett, B..4/7/02 700 Campbell, G..4/20/02 700 Jeurink, J..5/26/02 700 Barker, D..7/20/02 700 French, C..7/20/02 700 Evans..10/5/02

700 Hakola, P..11/17/02 699 Hopper, B..12/1/01 699 Davi, P..5/26/02 699 Arntzen, E..6/29/02 688 Chovanec, P..4/14/02 683 Will, M..3/23/02 683 Thompson, J..5/25/02 688 Chovand, J..6/22/02 687 Ghand, J..6/22/02

677 Lawary, R..5/4/02 677 Driggers, A..5/11/02 677 Burnell, J..7/14/02 677 Garcia, T..10/5/02 677 Tumlinson, C..10/26/02 675 Steen, J.10/19/02 675 Rectenwald, E..11/17/02 675 Werner, T..11/30/02 672 Succarotte, T..7/14/02

672 Sierpien, D..11/9/02 670 Williams..3/16/02 670 Bray, D..4/7/02 670 Brunk, R..11/16/02 670 Crigger, C..11/23/02 666 Willet, M..12/8/01 666 Meyers, C..6/9/02 665 Lorentz, P..9/7/02 661 Radulovich, B..12/9/01 661 McCabon, P. 5/11/02

661 McCahon, P..5/11/02 661 Stills, R..7/14/02 661 Pressell, G..10/25/02 660 Cadotto, C..12/8/01 660 Becker, M..1/19/02 660 Hines, T..9/7/02 655 Roberts, S..5/5/02 650 Myers, D..2/9/02 650 Garcia..3/16/02 650 Warren, B..3/30/02

650 Althoff, D..3/30/02 650 Karacson, R. 4/27/02 650 Laliberte, M..5/18/02 650 Kliefoth..6/2/02 650 Dwyer, J..6/9/02 650 Angle, L..7/20/02 650 Taschuk, M..9/21/02 650 Griner, M..10/27/02 650 Delsignore, M..10/27/02 650 Glaw, T..11/9/02

91 650 Adams, J.11/17/02 92 650 Shirey, M...11/23/02 93 650 Plescia, M..11/24/02 94 650 Weaver, J.11/30/02 95 645 Kodya, M..1/19/02 96 644 Vbarra, F.12/8/01 97 640 Higgins, T..3/9/02 98 640 Loganbill, L..3/30/02 96 640 King, M..5/26/02

BENCH

673 Patterson, K..11/9/02 600 Albano, S..11/30/02 578 McAuliffe, J..7/14/02 575 Barrett, P..5/18/02 575 Landino, M..11/24/02 573 Lawrence, R..11/10/02 570 Scott, G..1/02 570 Syott, G..1/02 562 Succarotte, T..8/25/02 562 Succarotte, T..8/25/02

560 Campbell, G..6/23/02 560 Brunk, R..11/16/02 555 Mills, M..11/23/02 551 Kelly, B..11/10/02 550 Fetty, B..6/22/02 550 Markwood, M..8/31/02 550 Smith, C..11/9/02 545 Urchick, P..6/16/02 545 Parrish, K..8/11/02 545 Bossi, P..9/14/02

545 Lamarque, M..11/17/02 545 Raymor, J..11/17/02 540 Young, R..12/7/01 540 Fernartelli, M..5/11/02 540 Woods, H..11/17/02 540 Wardell, J..11/17/02 534 Vogelpohl, C..11/9/02 534 Wilkinson, E..11/9/02 534 Wilkinson, E..11/9/02 530 Sturkle, J..6/29/02

530 Peterson, J. 8/3/02 530 Adams, J. 1.0/5/02 530 Schmidt, T. 10/19/02 529 Ludovico, M. 11/17/02 525 Ferrara, K. 3/30/02 525 Lewis, S. 4/7/02 525 Conner, S. 5/4/02 525 Barnickel, D. 7/6/02 525 Morris, S. 8/3/02 523 Mash, T. 2/24/02

523 Dale, R..3/10/02 523 Rectenwald, E..6/1/02 520 Malcomson, L..3/16/02 520 Driggers, M..11/23/02 518 Dohaniuk, R..5/5/02 515 Meyer, R..1/20/02 515 Schoenbeck, N..3/16/02 515 McIntyre, S..4/7/02 515 Poore, C..6/8/02 515 Bluck, R..7/14/02

512 Duffin, C..11/7/02 512 Stephens, G..11/17/02 510 Hall, J.T..4/7/02 507 Rhodes, Z..12/8/01 507 Thodes, Z..12/8/02 507 Thomas, P..11/17/02 505 Tomko, W..11/17/02 505 Austin, G..11/17/02 501 Davi, P..12/8/01 501 Loomis, J..3/10/02

501 Pearce, R..3/16/02 501 Will, M..3/23/02 501 Gregory, B..3/02 501 Ota, M..9/28/02 501 Neal, B..11/17/02 501 McKenzie, M..11/17/02 501 Bell, G..11/23/02 500 Wagner, P..1/19/02 500 Venable, T..3/16/02 500 Kelley, T..4/20/02

500 Godden, T..5/4/02 500 Ward, D..6/29/02 500 Cox, J..6/02 500 Dietrich, J..8/24/02 500 Ellis, R..9/7/02 500 DiPrima, A.10/12/02 500 Barett, K..10/19/02 500 Branch, J..11/16/02 500 Herring, G..11/23/02 496 Blue, D..12/1/01

490 Bell, J..12/1/01 490 Shahid, M..12/16/01 490 Naylor, R..8/3/02 490 Black, Jason..8/18/02 490 Eucker, B..8/25/02 490 Cravatta, J..11/17/02 490 Burkett, K..11/30/02 485 McMillan, D..1/26/02 485 Chalmers, S..3/02 485 White, E..5/19/02

485 Reed, A..5/25/02 485 Pena, S..5/26/02 485 Halliday, M..8/24/02 485 Lee-Faulk, B..11/17/02 481 Thompson, J..5/25/02 480 Dallluge, R..12/1/01 480 Cormier, E..3/3/02 480 Groves, J..4/13/02 480 Lord, R..4/20/02 480 Newell, M..4/27/02

DEADLIFT

799 Gahagan, C..4/28/02 766 Henderson, R..11/17/02 755 Wogelpohl, C..3/30/02 755 McCahon, P..5/11/02 750 Ferrara, K..11/17/02 745 Capello, Jerry..6/8/02 745 Adams, J..11/17/02 744 Mash, T..6/16/02 705 Clark, Z..12/8/01 705 Capella, Jarrod..8/4/02

705 Phillips, M..10/26/02 700 Lawary, R..12/1/01 700 Bell, J..3/23/02 700 Stills, R..8/10/02 700 Sowinski, J..8/10/02 700 Thomas..11/24/02 699 Blue, D..6/1/02 699 Blue, D..6/16/02 699 Shoopman, J..10/5/02 690 Maroscher, E..3/02

688 Pearce, R..3/16/02 688 Deal, S..11/17/02 683 Chovanec, P..4/14/02 683 Cadotto, C..11/9/02 680 Burlingame, D..3/02 680 Wardell, J..11/17/02 680 Crigger, C..1/23/02 677 Dover, D..4/13/02 677 Pessell, G..5/26/02 677 Succarotte, T..7/14/02

677 Baltimore, J..9/14/02 677 Tumlinson, C..10/26/02 677 Stratton, D..11/17/02 675 Hudin, P..8/3/02 672 Poulich, A..7/14/02 670 Delvey, P..7/20/02 670 Lorentz, P..9/7/02 666 McGinty, D..10/27/02 665 Groves, J..4/13/02

665 Ksepka, K. 8/17/02 661 Karacson, R. 4/27/02 660 Edelstein, M. 1/27/02 660 Lump, D. 3/16/02 660 Hernandez, R. 7/02 660 Reynolds, K. 11/30/02 655 Johnson, D. 2/2/02 655 Bogart, C. 3/16/02

655 Bush, K..5/26/02 655 Slaybaugh, C..7/13/02 650 Davi, P..12/8/01 650 Willett, M..12/8/01 650 Goodhew, J..12/8/01 650 Conklin, B..4/7/02 650 White, E..5/19/02 650 Rewart, M..5/26/02 650 Mistric, L..6/8/02 650 Kelly, K..6/8/02

650 Schottel, J..6/22/02 650 Maganello, P..6/22/02 650 Cash, K..8/17/02 650 McCode..10/5/02 650 Ferro, B..10/26/02 650 Bell, G..11/23/02 644 Musto, M..12/28/01 644 Will, M..3/23/02 644 Duyer, J..6/9/02 644 Clark, D..10/12/02

644 Fisher, K..11/17/02 640 McShane, J..4/27/02 640 Cervero, J..5/5/02 640 Taschuk, M..6/1/02 640 Riemer, T..7/13/02 640 Heck, B..10/13/02 640 Hekok, B..10/13/02 640 Shirey, M..11/23/02 639 Landry, S..12/2/01 639 Ferantelli, M..5/11/02

639 Myakov, A.:5/19/02 639 Weatherly, J.:10/26/02 635 Bray, D.:4/7/02 635 McDonald, S.:4/28/02 635 McDonald, S.:4/28/02 635 Rowe, S.:7/7/02 633 Vasquez, J.:3/16/02 633 Beasley, T.:3/17/02 633 Patterson, K.:11/9/02 630 Garcia...3/16/02

630 Reed, J..7/13/02 630 Hunt, C..10/5/02 630 Revs, A..10//5/02 630 McCray. 11/24/02 630 Cairl, N..11/24/02 628 Sibigtroth, R..3/02 628 Gordon, K..3/16/02 628 Tremblay, J..4/28/02 628 Amtren, E..6/29/02 628 Burnell, J..7/14/02

2305 Vogelpohl, C..3/30/02 2132 Mash, T..6/16/02 2120 Wardell, J..11/17/02 2110 Patterson, K..11/9/02 2070 Roberts, M..11/17/02 2061 Urchick, P..6/16/02 2044 Blue, D..6/1/02 2025 Ferrara, K..11/17/02 2005 Albano, S..11/30/02 2006 Ferrantelli, M..5/11/02

1965 Cox, J..6/02 1945 Pearce, R..3/16/02 1906 Gahagan, C..4/28/02 1905 Scott, G..11/17/02 1895 Burlingame, D..3/02 1880 Bell, J..3/23/02 1868 Succarotte, T..7/14/02 1869 Phillips, M..10/26/02 1855 Campbell, G..4/20/02

1835 Arrington, B..3/30/02 1829 Will, M..3/23/02 1824 Maroscher, E..3/02 1820 Delvey, P..7/20/02 1820 Delvey, P..7/20/02 1818 McCahon, P..5/11/02 1818 Tumlinson, C..10/26/02 1813 Davi, P..5/26/02 1807 Poulich, A..7/14/02

1800 Cadotto, C..12/8/01 1800 Brunk, R..11/16/02 1800 Bauer, P..11/17/02 1791 Coe, M..5/26/02 1785 Pessell, G..5/26/02 1780 Thompson, J.5/25/02 1779 Lawary, R..5/4/02 1775 Rectenwald, E..11/17/02 1774 Weatherly, J. 10/26/02

1765 Helmick, S..11/17/02 1765 Hakola, P..11/17/02 1763 Stills, R..7/14/02 1763 Garcia, T..10/5/02 1763 Mistric, L..11/9/02 1757 Bell, G..11/23/02 1755 Crigger, C..11/23/02 1752 Montembault, D..11/24/02 1750 Ferro, B..10/26/02

1741 White, E..5/19/02 1735 Lorentz, P..9/7/02 1735 Crane, D..11/17/02 1730 Hopper, B..12/1/01 1730 Chalmers, S..3/02 1730 Arntzen, E..6/29/02 1730 Riemer, T..7/13/02 1730 Burnell, J..7/14/02 1725 Evans..10/5/02 1719 Willett, M..12/8/01

1719 Willett, M..12/8/01 1719 Musto, M..4/28/02 1715 Barker, D..7/20/02 1715 Black, John..11/17/02 1715 McCray..11/24/02 1708 Williams, N..4/7/02 1708 Schraub, J..6/22/02 1708 Bateman, S..7/14/02 1703 Dover, D..4/13/02 1703 Driggers, A..5/11/02 1703 Shoopman, J..10/5/02

1700 Sierpien, D..12/8/01 1700 Werner, T..11/30/02 1695 Shahid, M..12/16/01 1695 Wekh..4/20/02 1695 Angle, L..7/20/02 1690 Becker, M..1/19/02 1690 Sutphin, P..7/20/02 1686 Sibigtroth, R..3/02 1685 Edelstein, M..1/27/02

1681 Szudarek, M..4/7/02 1680 Warren, B..3/30/02 1680 Bray, D..4/7/02 1680 Beald, T..7/27/02 1675 Elwell, M..10/5/02 1675 Griner, M..10/27/02 1670 Hunt..3/16/02 1670 Hernandez, R..7/02 1665 Cash, K..8/17/02

1665 Mink, J..11/17/02 1664 Goodhew, J..12/8/01 1664 Conklin, B..4/7/02 1664 Karacson, R..4/27/02 1660 Bethel, R..3/16/02 1660 Hines, T..9/7/02 1660 Shirey, M..11/23/02 1655 Hudin, P..8/3/02 1655 Porter, R..11/17/02 1653 Roberts, S..5/5/02

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NEXT MONTH... TOP 20 lists

Corrections.... Joe Mukite and Doug Heath were not recognized on the Triple Bodyweight Bench Press Club listing. On the All Time Push Pull list in the JAN/03 issue the "BP" column was mislabeled as "SQ". Becca Swanson's lifts of 635 squat and 1556 total should have been listed in the TOP 100 for 198s. Chad Dailing's name was mispelled on the TOP 100 198 lb. class list as Dahling and Darline. The 425 bench press of Rudy Lopez was omitted from the TOP 100 181 list. Jeff Mumaw should have been credited with a 525 squat on the TOP 100 181 lb. class list. J. Manly was miscredited for a 600 bench press on the TOP 100 242 lb. class rankings in the April 2002 issue of PL USA. We recognize the fact that we do make errors in our own compilation of the various ranking lists and meet resultswe publish, however, in some cases we were not able to obtain a timely copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Post Office Box 467, Camarillo, California 93011.

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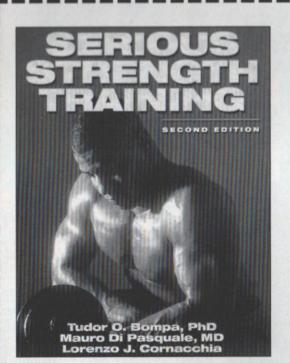
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