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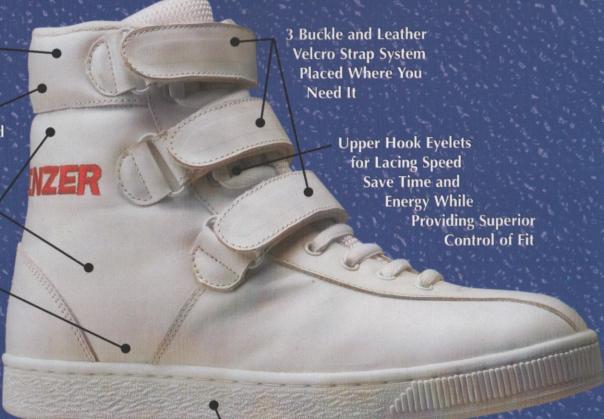
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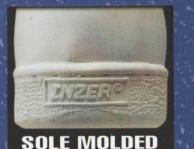
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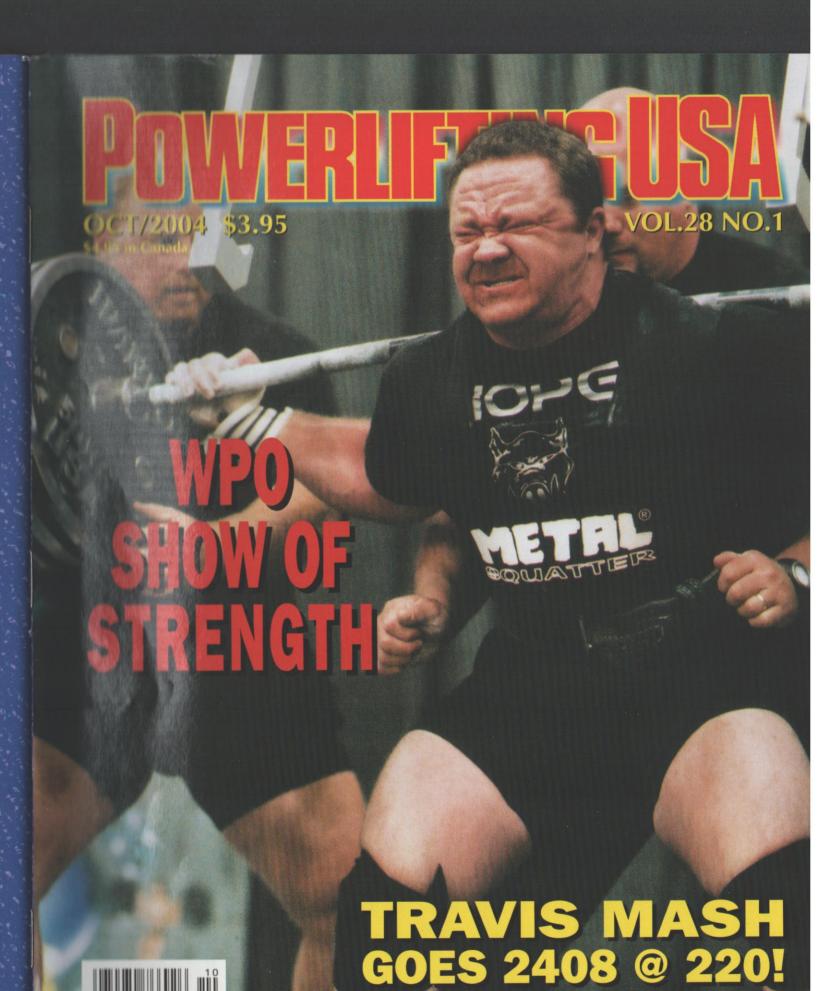
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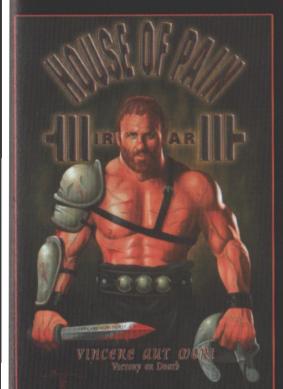
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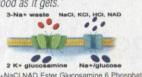


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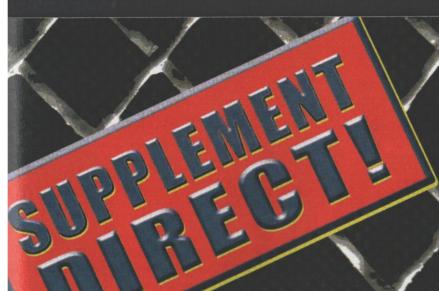




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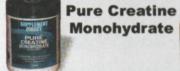
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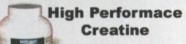
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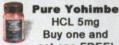


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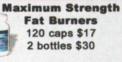
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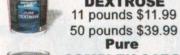


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The 3rd annual GNC Show of Strength World Expo took place once again at the elegant Cobb Galleria Centre facility in the northern Atlanta suburbs, and had even more events than last year to entice the fitness oriented crowd the vendors were hoping for. For example, there were two strongman contests running concurrently this time (one Pro, one Amateur), and the Total Nonstop Action (TNA) Wrestling Federation tryouts were a very popular new event. This year's overall spectator turnout was better than last, according to HOUSE OF PAIN's Rick Brewer, but the WPO World Powerlifting Finals was the focus of this article, as well as hundreds

The lifting was distributed over the three days of the SOS. with the WPO superclasses for the lightweights (up to 165) and middleweights (up to 220) competing on Friday, the Heavyweights (242s and 275s) on Saturday, and the Super Heavyweights (308s and true SHWs) providing Sunday's much

of fans, who often overflowed the extensive seating area in an SRO tribute to the appeal of this

The WPO Finals ... seen by PL USA Editor Mike Lambert



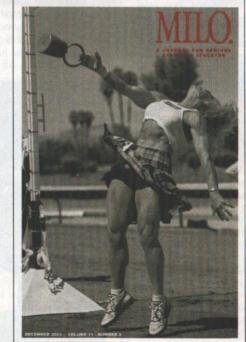
Almost 2600! .. Paul Childress kept his cool amidst ferocious competition and prevailed @ SHW

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

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

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

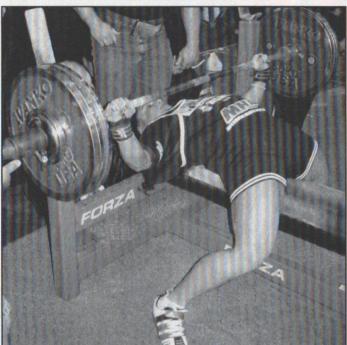
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Kara Bohigian gave a 402 Bench Press @ 148 a convincing try!

anticipated finale.

"Guest lifters" included two exceptional ladies: Amy Weisberger (not battling the scales to make the 132 lb. class limit this time) and Kara Bohigian (lifting in front of her many appreciative hometown fans). Amy (39) attacked the squat with the advantage of her solid bodyweight increase, and explosively drove up each lift, even an all time record 556 4th attempt. She tokened a 55 lb. bench to secure the record, and then pointed out a shoulder problem that kept her from trying any further pressing. In the deadlift she made an impressive re-take of a 462 deadlift after a clear miss on her

initial try.

Kara also rocked in the squat, but not with her 562 3rd attempt, and in the bench press, she stunned lifters and audience with excellent lifts of 374 and 385, before trying a mind-boggling new benchmark of 402 on a 4th, utilizing state of the art technique, including a tremendous arch. Her 501 pull produced a spectacular 1421 total, which will likely rank 20ish on our next PL USA TOP 100 for lightweights.

In the WPO Lightweight division, Angelo Berardinelli was present, but not on the scoreboard, and John Reese of Moscow (Idaho) had the misfortune of believing a schedule typo in the program and missed the Lightweight competition. Due to the error, he was allowed to compete the next day, and

h Press @ 148 a convincing try! showed power of substance in the squat with a comeback attempt at 705 as a 165er, but then got bit by the bombout bug

in the bench with an ambitious

457 opener.

Competing within the WPO format at an extreme bodyweight disadvantage, 20 year old Richard Hawthorne made a phenomenal leap up the all time squat list, off his own shoulders, to the rarefied 650 lb. ranks of the immortal Joe Bradley. A bit of BP difficulty was guickly resolved, but he dropped 99 lbs. of potential total, by missing 600 lbs. in the DL twice. Brian Strickland was using this meet to try to qualify for the Arnold Classic, and his missed 727 squat would have been a great help. Dan Petrillo opened with 275 in the bench was he injured? Guess not, as he rammed his way to a beautiful 503 4th attempt final for a new WPO World Record (worth \$1000!) Nick Hatch can't be 18 ... he performs his lifts with the strength and experience of a man twice that age ... that must be the influence of Coach Rick Hussey of Big Iron Gym in Omaha. After missing a WPO world record 710 squat (his 683 opener was a WR to start with!), he came back and forced it up, and then triumphantly refused to guit with an almost unimaginable 733. He kept it up in the bench ... 485 was a tough miss on his 2nd, but he fearlessly returned to get it on a 3rd, in a

very difficult effort, but a further

507 world record was too much,

even for SuperTeen. As great as

Hatch was, Brian Schwab was greater, trying a (then) World Record squat of 688, then making a new WPO World Record of 503 (exceeding his standing 501) and then even going for an all time world best lift of 520. Tony Conyers had no trouble winning the division, despite not repeating his 800 plus performances in the squat, but he also went for a WPO World Record in the bench, and he confidently broke the 1900 barrier in the total.

In the Middleweight division. Mike Coe had us fearing the worst for a second, when he took 755 down and then kept on going down and forward. After a cautious return to his feet, he didn't appear to be seriously injured, but did not continue lifting. Also running aground early was rugged Kyle Robertson, who seemed at ease with the big weights he was handling, but he didn't get the judge's calls. Mike Roberts got a couple of nice squats, but after a monster 611 BP opener, he did not continue. New Finnish WPO hopeful Ilkka Mursu couldn't get his squat rolling, but Kieran K. let him continue in the BP anyway. Mike Danforth did not get a squat on the board, and Dmytro "Popeye" Soloviov of the Ukraine was able to happily return from a missed opener in the squat to post a massive 547 BP as a 181er (he's got even bigger forearms than his 242 lb. brother Oleksy). Ron Palmer didn't make the journey down the bodyweight scale to the 165s, and - instead - shoved around some monster weights at 181 ... 845 in the squat was just a hair off, and his try to 551 in the bench was moving well, though not finished. He was reportedly off to the Bench America World meet in Chicago, the next day, for an exhibition, before next heading out to Fresno for the WPC World Championships the following week. Arnold Coleman looked like

he was at the wrong end of the venue (the bodybuilding show was at a location far opposite of the lifting), but his muscles remembered how to move big iron, despite a timing out glitch on his 3rd squat. Michael Cartinian, a densely muscled fireplug of a 198 pounder, squatted immaculately, and seemed on track with a gigantic 617 BP attempt, but it wasn't quite there. Finnish WPO veteran Tatu Avola squatted a Coanesque 859 as a 198er, and could have ended up over 2100 with another attempt or two to the good. The bulging thighs of Germany's Harald Selsam broke the 900 lb. squat standard, but a misload issue besmirched his 936 attempt. In his WPO debut, Brandon Cass lifted like a "crain" in the squat, and was solid in the other two lifts as well. He comes to the platform without an entourage of backslappers, and does battle with huge weights on his own. Kenny Patterson has made an excellent conversion to a three lift competitor, and went 10 times bodyweight plus in the process, 881 was a great squat, and in the bench, he went for it ... smashing up a WPO WR 716, and then going for everything on a 4th with an all time mark of 740, that was just too much

After all that quality lifting, we finally got to the top three in



Richard Hawthorne's remarkable ride with a 650 squat at 132!



Nick Hatch could hardly be stopped in the squat - 735!

the division. Dondell Blue has made the remarkable transition to squatting superstardom, smoothly motoring up with 870, 909, and 942. He made his opening BP shirtless, then went to 589 for a shirted success. Card carrying Powerlifting Warrior Chuck Vogelpohl opened with a WPO World Record of 994 in the squat, missed it oddly, then returned to get it on the board, before missing 1030. 501 was another odd miss in the bench, but was repeated to the good, however, a giant jump to 595 was an awkward and a potentially costly miss. Standing on top of the 220 lb. world was Travis Mash. After recovering from an injury, T.M. came in thick and incredibly strong. He forcibly manhandled his squats, and his bench was better than ever (to a temporary WPO World Record 696). With his first DL of 738, he got another WPO WR in the total, and with his next attempt he did the nearly unthinkable breaking the all time 220 lb. total record of Ed Coan, to with

2408. In the WPO Heavyweight division, Noel Levario seemed ready to join his fellow Illinois lifters in the top rungs, but he fell to the bench bomb disease that affected a disturbingly large number of the heavier lifters. In the WPO, if you miss your first two attempts in any lift, you are not allowed to continue. It is a rule distinction that is deceptively dangerous. Basically, you don't have three attempts you have two attempts to make one lift ... after that, your third or even fourth attempt is gravy. Despite the demands of the WPO spotlight to break records and excel overall, the lifters who consistently prevail are those who lift as if they only had two attempts per lift, and then go onward from that point. Chris Mason looked huge at 242, but after three big squats (ending at a big 920!), he struggled on two attempts to get a BP in. J. L. Holdsworth ... definitely "warrior class" and definitely on the way up in the WPO had some thinking he might try as much as



Tony Conyers has been on top of the Power Game for decades.

800 in the BP, but two awkward attempts at 733 turned him into a spectator.

Oleksy Soloviov earned the

Former IPF competitor

crowd's respect with 7 big lifts, and an almost 633 in the BP. The man who is afraid of no weight, Marc Bartley, left too much weight off the scorecard in the squat to repeat at 2400 plus, like he did at the APF Seniors, and that kept him out of the top three. John "Chester' Stafford has Westside Barbell tattooed on his shoulder, and takes Louie's lessons to heart . he's superstrong in every lift, and shows astonishing speed in the deadlift, in particular. He fell back on a 931 squat, and missed two other third attempts, but still edged in ahead of the South Carolinian Bartley. Just nudging Stafford was Illinois' Jason Patrick. 986 was a key miss in the squat for J.P., and he had to sniff the trail that Jose Garcia was blazing all the rest of the way. Jose looks lean, even at the enhanced bodyweight of 256, but he doesn't lift lean. His 1008 squat was picture perfect, and he was much improved in

the bench as well, just being outclassed by a huge 639 on his 3rd attempt. He missed 782 in the deadlift on a tough effort, but somehow bumped his resolve up on his 3rd attempt to nail it for a sensational 2414 total and a WPO divisional title. (Winners of each division got \$3500, followed by \$1500 for 2nd, and \$750 for third place finishers).

With a ton and a half (plus) of athletes weighing in, the ground was shaking in anticipation of Sunday's Superheavyweight lifting. The opening squat attempt for this Gang of Nine was a mere 959, and four of the openers were over 1000!

Andy Bolton's opener of 970 was easy, and 1058 was hardly more. He then went to a WPO World Record of 1118 and did a dutifully deep dip with it. With a huge squat number under his thick lifting belt, he opened boldly at 600 in the bench, but awkwardly drove it into the racks twice and was - shockingly - out of the meet. Germany's Holger Kuttroff opened badly with 1014, then came back to make the



Chuck Vogelpohl was ready for battle in the Middleweight class.

same weight as if he was a different man altogether. 1058 was too, too much, and ... regrettably ... he tore his pec on his opener 595 BP and was gone. Brent Mikesell had been looking forward to this meet (andthe subsequent WPC Worlds) after his disappointing injury at the Arnold Classic. He fell back with 1003 on his first try here, and just couldn't do it on his 2nd and the World's Greatest Squatter was out. WPO newcomer

Jonathan Bernor showed real intestinal fortitude by relaunching 1019 for a judge-convincing attempt on his 3rd squat, but neither 705 nor 733 were hit on the right spot in the bench. WPO Prez Kieran Kidder was visibly wincing as lifter after lifter in this division bit the dust in the bench press. Considering the weights involved, the equipment, and the technique(s) employed, hitting a big bench in WPO competition is like jumping up onto a giant, spinning ball bearing, slicked with oil, with a beaker of nitroglycerine in both hands ... if you don't do it just right, it can blow up in your

Garry Frank was gigantic and looking so confident ... with no obvious trace of the back problem that he suffered after his 2800 plus all time total record. His opener squat of 1025 was so easy, and 1063 was hardly a limit, but it seemed to be cut just high both times. Garry strode away and returned to the bench after everyone else had finished, to open with the astonishing poundage of 804. He basically threw the weight up, but a bit off line, and it went into the racks, and an increase to ... gosh ... 821 did the same, and the World's Strongest Powerlifter was no longer in the meet either.

Matt Smith was ready to play his solid hand, but a controversy over his technique cost him his opener squat. He repeated it nicely, and then exploded cleanly with 1052, and was going to make it, but fell back with it before he could (article continued on page 90)



Jose Garcia gets ready to spit in the face of the 2400 lb. barrier.

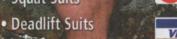


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Recuperative Modalities

as told to Powerlifting USA by Marc Cavigioli

Other than genetics, four factors, training, nutrition, mental approach and recuperation dictate maximum athletic performance. Recreational athletes often overlook recuperation. Many athletes, especially the young, feel if they get eight hours of sleep per night they've recovered. And while the young can often get away with this approach, even their performance would benefit from a more complete protocol. By the time an athlete reaches his or her middle thirties even the most oblivious notice slowing recovery ability. As one ages it becomes increasingly imperative to focus on and plan recuperative techniques. Theoretically, the greater one's recovery between workouts, the harder and/or more often one should be able to train which in turn should produce greater results.

So what else is there besides sleep that promotes recovery? In answering this question it is important to keep in mind that there are two types of stress from which to recover, mental and physical. Mental stress is easier for the average person to address because it does not require any special services or equipment. Anyone who has trained

intensely for a period of time knows the brain can only gear up for maximum effort so often before fatigue and burnout set in. In fact. Bob Lowery, Wisconsin State Powerlifting champion for most of the 1970s, attributed part of training partner Bill Kazmier's greatness to his ability to push himself repeatedly for months on end being ss subject to mental fatigue so ervasive at the elite level.

The simplest component of

mental recovery is merely thinking of other things when not training. This technique is passive. Concentrating on other "stuff" outside the gym helps keep your mind fresh for training. While it's crucial to keep laser-like focus while training, it's just as important to engage in diversionary recreation. Obsession with objectives and training while outside the gym are sure precursors to burnout. Scheduled time for self-hypnosis or mental rehearsal of upcoming workouts is not obsession but rather part of a planned strategy. Aside from these required forays into the all-powerful mind, absorbing hobbies and other recreations provide relief from the white-hot drive required to score new PRs or

a big total. Clearing one's mind, through meditation is a more active form of this idea. If you've got no interests other than training and competing, you may be subjecting yourself to greater risk of burnout.

Self-hypnosis itself can be an active form of mental recovery. In this case the hypnotic objective may be to instill a healing sense of relaxation either generally or specific to a problem area. Self-hypnosis can also be used to develop mindcalming techniques that once developed can be available on a moment's notice. For example, just prior to record breaking attempts it can be useful to calm and empty the mind of distractions prior to marshalling one's reserves for the all-out effort.

Physical recovery also falls into two categories, active and passive. Active rest includes physical activities that maintain or improve circulation and lymphatic return. Elevated circulation leads to a restorative perfusion of muscle tissue. This brings regenerative nutrients to the area while clearing wastes the metabolic by-products of training. Active rest includes walking, light running, biking, swimming or other forms of light physical work. Ken Patera walked his dog for active rest while Bob Lowery preferred pickup games of basketball. These should not be taxing so are pursued at low intensity. Active rest can also take the form of light training days provided the weight used does not exceed 55-60% of heavy training weight. Mild cardio-vascular work for fifteen to twenty minutes several times per week is sufficient while unlikely to make incursions into recovery. The former Soviet athletes were famous for their active rest protocols

Passive rest includes sedentary activities (movies, reading etc.) and Sleep is a recuperative modality that not only aids physical recovery but also rejuvenates the mind. The correct amount of sleep varies dramatically from individual to individual. Some rare champions function well on five hours of sleep er night while Chuck Ahrens was famous for espousing ten hours of slumber. Each athlete needs to find their own requirements. There have been times during intense training when I've slept almost entire weekends. When feeling significant fatique it's advisable to concede to the body's wishes or pay the price in performance decrement, illness or

Though it's best to obtain the bulk of sleep during one's regular sleep cycle, short naps ranging from fifteen minutes to two hours can boost recovery. Athletes generally need greater amounts of sleep and should be encouraged to nap. Research discovered introverts often

> need more sleep while extroverts need less. The exceptions in the study were athletes who often were both extroverted required more sleep. Short naps can be just the thing to boost performance/intensity as well as post-training

> Perhaps the most cumbersome form of recovery for the average athlete is active-passive rest, sedentary activity that also improves circulation and lymphatic return. include massage, whirlpools, hot tubs, ice packs and other common athletic training modalities.

Of these, ice packs are readily accessible to anyone. Steve Sandersen the nine hundred plus squatter packs his back and knees with ice for thirty minutes after training. He passed this practice on to his friend Ed Coan whom he claims uses it to this day. Ice enhances

cold causes blood vessels to constrict in order to preserve body heat. After some minutes however, vessel dilation augments blood flow in order to prevent tissue necrosis of the chilled area. This increased perfusion is generally agreed to reach deeper than heat induced vessel dilation. As such, ice therapy, called cryotherapy, is ideal when nothing else is available. Cryotherapy works best when ice is applied for fifteen to twenty minutes, removed, the area lightly exercised to warm and superperfuse the area followed by another fifteen to twenty minutes of ice.

Of these active-passive modalities, massage is without question the most effective. Soft tissue therapy is not the pleasant sensual experience most people envision. The breaking up of scar tissue, known as deep tissue therapy can be quite uncomfortable

if not downright painful. Keep in mind however that Jack Meager the pioneer of athletic massage in this country believes massage should not be overly painful. Of course, everyone's pain threshold is different so level of ideal pressure may differ significantly between people.

As athletes train, particularly

strength athletes who repeatedly execute high intensity contractions, they create micro tears in muscles. Healing these tears and then supercompensating against further trauma is the basis of the overload principle. Sometimes however, tears do not heal entirely. As well, scar tissue develops if tearing is greater than ideal. Gradual accretion of scar tissue creates what are called adhesions, bundles of muscle fibers that clump together. This is a chronic condition of which the athlete is usually not aware. Adhesions, being less flexible and mobile than surrounding tissue, become a focal point for further injury. Pulls (which are minor tears) and more significant tears can often occur around these "stuck" bundles. Adhesions left untreated jeopardize training by posing a risk of injury.

Skilled massage therapists are quick to find adhesions. Through use of various techniques such as cross-fiber friction they break up the clusters. Adhesions have been described as "rivers" which can run the entire length of the muscle belly. Within these adhesions certain areas are particularly tight and sensitive. These areas known as trigger points are treated with direct firm pressure held for up to thirty seconds. Attention to trigger points ameliorates tension in the whole

Once adhesions have been addressed flexibility is improved or restored. At this point light exercise, stretching and ice can bring back full function though more often than

"As one ages it becomes increasingly imperative to focus on and plan recuperative techniques."

> ... Marc Cavigioli

not at least several massage sessions are required.

The efficacy of such work cannot be overstated. Some years ago I injured a hamstring while doing high pulls from the floor. My ex-wife, a massage therapist, worked on my hamstring. Idid not apply ice or use any other therapeutic modality. One week later I was able to train at full intensity. Despite the injury skilled and timely massage prevented me from loosing even one training session!

Massage therapy can enhance performance when applied immediately prior to an event and will speed recovery if applied immediately after. Anytime is the right time for massage.

To be effective the therapist must be skilled and have sufficient power in his/her hands to break up adhesions. It can be very taxing work. An unskilled, weak therapist is caressing more than anything, from a performance standpoint is basically wasting time. The biggest drawback of

massage is the lack of skilled, powerful therapists and cost. Getting professional massages throughout the week as former Soviet athletes did is cost prohibitive for all but the luckiest athletes. The good news is most of the body is within one's own reach, so read up on technique and start rubbing for higher PRs and fewer injuries. Murphy's Law dictates that the area often in greatest need of massage is one we cannot reach, the back. Athletes without the luxury of a cooperative significant other can make like cows and use objects or furniture to try to break up adhesions. The trick, that which makes a therapist skillful, is finding the adhesions and trigger points. I had a pull in my lat-tri tiein and massaged it on dipping bars. I've also used to corners of a bench for glute-adductors and doorframes on middle traps. Another technique

is to lay and roll on a tennis or racquetball. Ouch! But when no other alternatives are available, worth the pain.

The best way to massage adhesions and spasms in one's back if alone is to insert an adjustable dumbbell bar or wooden dowel (preferably with a rounded end) into the hole of a power rack's upright. The rack is ideal for this because its holes provide plenty of height variation. Push yourself against the end of the bar. With practice you can find the exact trigger points and even follow an adhesion for it's entire length.

For those who have access to a worthwhile therapist or can cut some sort of deal, massage even if only once or twice per month can be worth it.

The next best thing to massage is use of a hot tub, another former Soviet practice. Here too expense is an issue, but once the tub is purchased, maintenance costs, while significant are nowhere near those of massage. I recently purchased a second hand tub. While civilians fawn over the luxury, any performance athlete approaching middle age will attest that facilitating recovery is more a requirement than luxury. After years of battle soaking in a tub becomes a necessary and precautionary restorative along with being a warrior's hard earned spoil.

A hot tub functions similarly to massage though not quite as effectively. The water's high temperature increases blood flow to the skin lowering muscle viscosity and relaxing the mind. We all know how the mind controls the body, right? A high quality tub has powerful iets which can be intensified by adding bubbles to the jet stream. These jets are directed at adhesions and muscles in spasm. The combination of increased blood flow, thoroughly relaxed muscles and aquatic massage can work wonders. After using the tub for two weeks, I eliminated triceps pain that had been undercutting training intensity for over a year. The tub's best feature is long term cost efficiency

I've mentioned the lifestyle and protocols of former Soviet athletes. was no accident that when we were sending strictly amateur athletes to the games, their athletes, enjoying the lifestyles and benefits of professionals, were mopping the floor with us in many events. A major benefit of the professional athlete's lifestyle is availability of recovery methods that are increasingly important when pushing one's body to its genetic limit. For the rest of us, we need pay extra attention to making recovery a priority.

over frequent massage

Marc Cavigioli Iron Shark Barbell Club

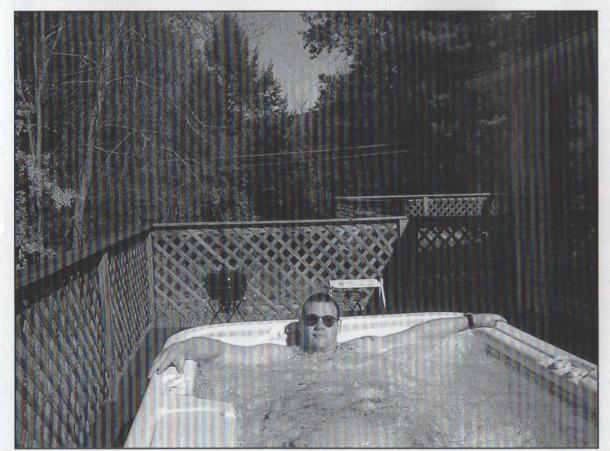
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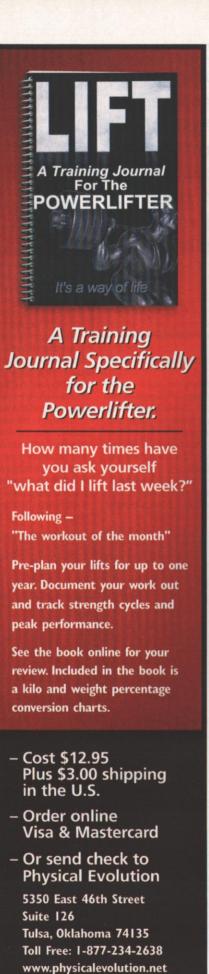
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Author Marc Cavigioli relaxes in the hot tub as part of his Recuperation Modality (photograph courtesy of Marc).







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TRAINING

OPTIMAL ECCENTRICS

as told to Powerlifting USA by Louie Simmons

What do we really know about eccentric (lowering) work? The eccentric phase causes most muscular soreness This causes much of the burn that bodybuilders talk about. The eccentric phase, when performed slowly, greatly contributes to muscle hypertrophy (growth). We also know that in an attempt to raise absolute strength. eccentric training alone fails miserably

In the late 1970s, Mike Bridges experimented with eccentric bench pressing. He told me that the only result he got from eccentrics was a pec injury. This is confirmed by research that shows that most injuries occur during the yielding, or eccentric, phase.

Vince Anello also experimented with

eccentric work, doing eccentric deadlifts with as much as 880. When he returned to conventional deadlifts, to his dismay, his deadlift had decreased. Vince told me that anything will make your deadlift go up - except eccentrics.

What does this mean? Are eccentrics a waste? Well, yes and no.

Eccentric training alone is a waste. However, a strength-shortening cycle, eccentric training followed by a concentric phase, can be very beneficial when done correctly, i.e" with optimal speed.

When doing pure plyometrics -dropping from a prescribed height - the speed of descent is about 9.8 meters/second, or the speed of gravity near earth. With depth jumps there is an inunediate rebound, causing a powerful stretch reflex produced from the kinetic energy of the dropping phase.

Plyometrics were developed by Verkhoshansky in 1958 after he watched a triple jumper

train. He was astonished by the energetic rebounding after each landing in the triple jump. That energetic response was the basis of plyometrics. Plyometrics have proven vital in the training of explosive as well as absolute strength.



Vince Anello, at the 1980 Sr. Nationals, reportedly tried eccentric deadlifts up to 880lbs. in training.

It is known that training with However, heavy weights will add strength potential to muscles and that light weights with a rapid concentric phase will increase speed and explosive strength. It is obvious that without the lowering, or eccentric, phase there would be no sudden stretch preceding a voluntary effort. Kinetic energy is gathered in the eccentric phase. This causes a sudden release of elastic energy stored in the tendons and soft tissues of the body. Heavier weight will not add to the rebound phase as effectively as using an overspeed eccentric phase.

How can this be done? Using Jump-Stretch bands will cause a forced overspeed eccentric phase. This is maximal powermetrics. The combination of eccentric and concentric actions forms a natural type of muscle functioning called the stretch-shortening cycle (SSC) (Norman and Komi, 1979; Komi, 1984).

There is no eccentric phase in a depth jump. By definition, in an eccentric action the muscle must be active during the stretching phase. The energy created by the body dropping is gravitational potential energy. When the body lands on a surface, it becomes kinetic energy, which is transfered in the body as a stretch reflex.

In the calculation of kinetic energy, increasing velocity is much more important than increasing

mass. This is because velocity is squared in the equation KE = (1/2)mv.

This is why the squat-under in Olympic lifting is so important.

When the lifter falls under the bar, he is producing kinetic energy for reversing the direction of the bar. This dropping under the bar should not be confused with an eccentric phase. For an eccentric phase to occur, muscle tension must accompany the action. The squatunder has no such muscle tension.

We know that 40-50% more muscle can be used during the eccentric phase, and this is where a real problem occurs. As the barbell grows heavier, one tends to lower the bar slower and slower.

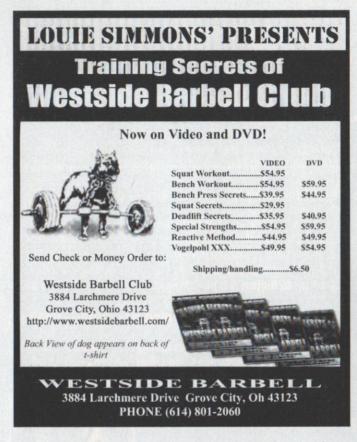
counterproductive. When slowing down the eccentric motion, we are limiting the energy that can be stored in the muscles and tendons. The myotactic reflex occurs when a muscle is stretched by an external force. Yes, this causes a stretch reflex, but the faster the eccentric phase, the greater the stretch reflex. This, of course, can have a negative effect on the Golgi tendon reflex. The Golgi tendon reflex helps prevent extremely high and potentially dangerous loads to the tendon. With overspeed eccentrics, we try to override this phenomenon.

In Science and Practice of Strength Training Zatsiorsky states that elite athletes develop very high forces of elastic energy in the tendons rather than the muscles. This should alert us to lower the barbell at an optimal speed as weights grow heavier. If the barbell slows down as the weight grows heavier, the length of the muscle is stretched and the muscle tension increases, which could lead to injury.

Because this myotactic reflex is counterbalanced by the Golgi tendon reflex, an inhibition of muscle action occurs, causing a less than maximal concentric phase. Of course, this limits the potential to overcome heavier loads in training or at meet time.

The answer to this dilemma is to use only enough eccentric muscle tension to control the barbell in the correct path. If, in fact, one uses 40-50% more muscle tension to lower weights, does it not make sense to use only up to 50% of your eccentric strength when lowering





a weight? This will contribute to a stronger concentric phase, producing a higher result.

Using the Tendo unit, we found that when doing speed strength work in the bench press and squat, the eccentric phase moves at a rate of 0.7-0.8 meters per second (m/s). This is basically the same as the concentric phase. This maximizes the stretch reflex. Simply said, the faster down, the faster up. With near-maximal weight, the same trend was observed: the eccentric and concentric phases were both 0.45-0.6 m/s.

Band and bar weight were used to achieve these results. When all resistance was from barbell and plate weight, the lowering time was considerable longer.

The eccentric phase was 0.4 m/s on speed squat and bench and 0.6 m/s for the concentric phase. With near maximal weight, the eccentric phase was 0.37 m/s and concentric phase was 0.40-0.50 m/s.

This means that bands can play a valuable role in increasing the eccentric phase of barbell lifts. This will teach you to use less eccentric muscle action. As weights grow heavier, the bar speed should find an optimal speed regardless of external resistance.

The above data was collected using eight 900+ squatters and eight 600+ benchers. The results were nearly equal for both phases,

each lifter varying less than a tenth of a meter/second eccentrically or concentrically with circa-max weights, I was the slowest by a small margin during both phases. Dave Tate was the fastest. On speed work, the same results were obtained. J. L. Holdsworth was the fastest, and Chuck Vogelpohl was the slowest. Again, only one-tenth of a meter/second separated the eccentric and concentric phase of each lifter. The same results occurred in the bench press.

In the above test, all bench subjects benched in T-shirts. All squatters wore standard groove briefs, no knee wraps, and squatted on a box. All subjects were at the same level of general physical preparedness.

The key to lifting larger weights is concentrating on the eccentric phase, especially with the overspeed eccentric method, i.e., using a large amount of tension. Learn to relax to reduce some muscle tension in the eccentric phase to prevent inhibiting the stretch reflex, and watch your total go crazy. At the 2004 WPO qualifier in Baton Rouge we gained our fifth 2400+ total. The results speak for themselves.

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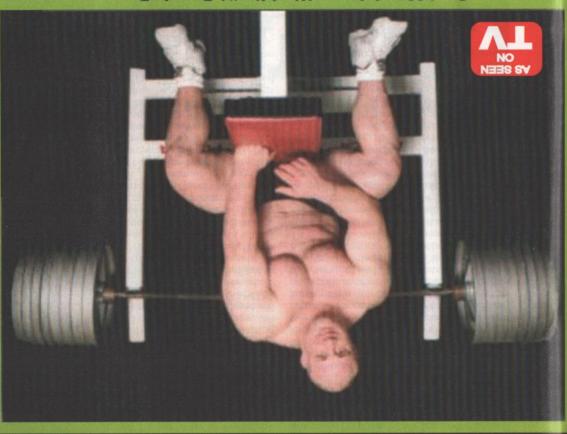
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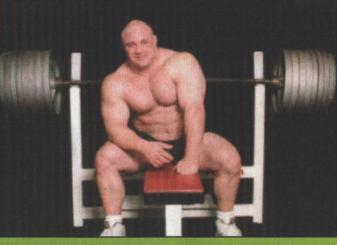
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Dr. Judd

as told by Judd Biasiotto Ph. D.



TRY SOMETHING NEW...Dr. Judd working on a sculpture. (Photograph courtesy Mike Lambert)

Ever since I can remember I have had a walk through a door frame and my shoulders love affair with powerlifting. In fact, my exgirlfriend would always say, "Judd, I think you love powerlifting more than you love me." I would reply, "Yes! But I love you more than I love tennis." Needless to say, that is why she is my exgirlfriend. Still as much as I love powerlifting I have never understood why some athletes will risk life and limb to participate in the sport. I am not talking about guys taking illicit and dangerous drugs either ... although that has always given me reason to pause. What I am talking about are guys who have serious injuries, who day in and day out, crawl under spine-bending weights that could literally cripple them for life so that they can compete in powerlifting ... a sport that

they will derive minimal overt rewards from. My good friend Tom Dorsey is a prime example of what I am talking about. First, let me say that Tom is extremely intelligent and successful. He is a distinguished CNBC and Fox TV business analyst, a celebrated stock market analyst, one of the top master lifters in the world, and the author of a best selling book...Point and Figure Charting: The Essential Application for Forecasting and Tracking the Markets. Consequently, Tom certainly does not need powerlifting to define who he is ... or at least I wouldn't think so. Yet, every day he gingerly walks into the gym to train. The reason he walks so tentatively is because he has absolutely no cartilage in either of his knees ... none ... zero ... zilch. He is literally functioning with bone on bone in those knees, and it has been like that since 1997. It is extremely painful for him to make any type of lateral movement; making a flight of winding stairs is excruciating, squatting more than a quarter of a ton ... well that is agonizing just to watch. At the AAU Nationals in Richmond, Virginia, his knees were so swollen they looked like basketballs. When he squatted, you could actually hear the bones in his knees grinding. His knees became so severely distended and impaired that there was a chance he could snap his hip joint if he continued on with the competition. All of his friends and even some of his competitors told him to stop lifting ... it wasn't worth it, they told him. Of course, he didn't listen. He went out

and pulled a national record deadlift literally straight legged. He was so bowed over it looked like he was going to rip his spine right out of his back. The pain on his face divulged the torment that his body was

If that doesn't freak you out, I am sure this will. The following day CNBC TV came to do a documentary on him, and with his entire body racked in pain, he pulled the same weight that he pulled the day before for the national record. His legs were so swollen he could barely walk, but he just had to do

The day after that an X-ray revealed that he needed a total knee replacement. His knees were so damaged that the doctor didn't know how he could even walk on them. That was two years ago. He is still walking around on that damaged knee, still lifting backbreaking weight and still living in agonizing pain. INSANITY!

When I asked him why he would put his body through such hell just to win a trophy or break a record he responded, "I like the feeling of being massive and powerful. I like when I

scrap the sides of it. At 56 it just feels good to be stronger than most of the younger guys in the gym. What's pain anyway? It's all relative when you get use to it ... it's normal'

My former coach Ben Lockett is another powerlifter woven from the same cloth. Like om, he is extremely intelligent and successful. He has won National and World titles in both Olympic lifting and powerlifting; he was the Southeastern Director of the United States Secret Service, and he is a very prosperous entrepreneur. Like Tom, he doesn't need powerlifter to define who he is, but analogous to Tom he just can't seem to walk away from the sport he loves. Worse yet, over the years, powerlifting has literally twisted, crippled, and disfigured his body. He has had more injuries than any ten men I know. If they took a MRI of Ben's entire body, they would probably find that nothing inside of him is in the right place. He is that mangled up. About six months ago, he had his entire right hip replaced with a porcelain insert. You would think that would be the end of it. No! He is back in the gym lifting heavy weight living on Vioxx and cortisone to kill the pain. His doctor who also works out at the gym has warned him repeatedly that if he continues this madness he is going to end up in a wheel chair, but Ben doesn't or won't pay heed to him. He will shuffle, at times stumble, into the weight room, stack a ton of weight on the bar and then go about brutalizing himself for two or three hours. He is in pain twenty-four seven, but he just won't give it a rest. Like Tom, he indicates that mass and power are his driving force. "I love the feeling of being strong, of being able to do what is a fantasy for most other men. I don't want to lose that feeling.

Remarkably Tom and Ben are not the exceptions to the rule, and, in fact, they may simply be the tip of the iceberg. How deep that iceberg goes I really can't say, but I have noticed over the years more and more powerlifters engaging in this type of INSANITY. In actuality they are exhibiting characteristics of true addiction ... developing obsessive-compulsive behavior in an attempt to achieve their goals. In many cases, these athletes will place a higher

priority on their sport than they do on work, family, interpersonal relationships, and even on their own health. They will not stop training, even for a day, to attend to other matters in life or to allow an injury to heal properly. In fact, in an attempt to attain the perfect body and/or performance level, these individuals will actually push their bodies beyond their biological limits to the point of serious injury. For these individuals, sport is not just a game that is played at certain times, rather it is their social life, psychological life, and physical life. They practically surrender their entire lives for that one single purpose ... to be big, powerful, and successful. In fact, these individuals seem quite willing to sacrifice the very essence of life just to achieve physical greatness. In my opinion, that's not sports that's blind obsession.

Without question, this type of thinking is a myopic view of what life is all about. I believe in the commitment to excellence in every walk of life, but I do not believe in blind obsession. It is mere insanity and nothing that I would even consider advocating. I don't believe that winning is everything or that winning outweighs every aspect of human welfare. I certainly don't believe that being big and powerful at the expense of injury and suffering is rational. No championship is worth a life or, for that matter human suffering. To think otherwise is in a sense . . . sick Obviously, this is not the spirit of athletics.

Now, there is nothing wrong with being totally committed to excellence. There is nothing wrong with giving your heart and soul to achieve a goal. There is nothing wrong with pushing your body and mind to the furthermost reaches of which you are capable. There is something definitely wrong, though, when you take it to the point that success in sports, business or politics outweighs every aspect of human interest. When training and/or sports becomes an obsession and a danger to your health and the well being of others, that's when the desire to excel crosses over the line to insanity. That's when the commitment to excellence becomes

As I mentioned, I love powerlifting, and I enjoy just about all athletics. In fact, sports are a major aspect of my life. In all honesty, there is nothing in my life that I enjoy more than competition. The euphoria and celebration that I receive from participating in sports transcends anything that I have ever experienced. For me, sports are truly a gift from God, and I am sure that for many of you the feeling is mutual. As important as sports are to us, it is imperative that we put them in perspective. I really mean that. Sports are fun, exciting and challenging, but they are just games, nothing more - nothing less.

With that in mind, here are a few suggestions that may help you cope with your sport a little better and hopefully keep you from burning out or killing yourself.

First of all, be realistic. Not everyone can be a world champion; otherwise, everyone would be. Determine the cost-reward benefit of what you are doing. It may not make good sense to sacrifice everything - your money, time, energy, personal relationships, etc., just to have a chance to win a weightlifting contest or look like Magus Ver Magnusson. As I said before, goals that are totally unrealistic will only lead to frustration and failure. Set your goals just out of reach, not out of sight. Most importantly, be honest with yourself about your abilities.

Also understand that although there is a linear relationship between hard work and success, you may eventually reach a point of

diminishing returns where a significantly greater amount of effort will only yield meager results. You sacrifice more, get less in return, and end up totally frustrated and depressed. It may be better to seek a happy medium, or as they say in business, an optimum cost to reward benefit ratio. A long these lines there is going to be a time in every man's life when enough is enough ... especially in powerlifting where the use of massive weight can be detrimental to your health. Know when to say, "No Mas"

Put sports in perspective. The world is not going to end tomorrow if you miss a particular workout. No matter what you lift or what your record is, chances are that it will be forgotten or broken in time. Establish your priorities in life. Remember for all of us there has to be life after

sport ... nothing is forever.

Set time aside for other activities. Read, visit a museum, go to a movie, or engage in any other activity you might enjoy outside of the gym. Note that a well-balanced existence will enhance your life and happiness, and in the long run, most likely enhance your performance. One thing that I have found helpful is to pick a new project each month such as sculpting, painting, carpentry, etc. Who cares if you are good at it? The experience is what you are seeking. This will help you become more of a multidimensional person

Take a couple of days off now and then. Maybe you should even take a couple of weeks off. Break the vicious cycle of training day in and day out. All work and no play make Magnus a dull boy. It will probably make you the same way. Give your mind and body a rest. However, just as you must plan your training cycles, you must also plan for periods of extended rest. With programmed rest periods in your monthly and yearly training schedules, you should be able to prevent burnout.

This is very important. What happens in the gym should stay in the gym. When you train, you should focus solely on workout. vour However, when you leave the gym, you should then start focusing on the rest of your life. Good or bad, leave your workout in the gym. It is like the businessman who brings his work home with him. All he succeeds accomplishing is to make himself, his family and everyone else around him miserable Every aspect of your life should be distinct. Only then is a balanced and multidimensional life possible.

If you feel like you are on the verge of obsession, or you are already somewhat

Championships in Salzburg, Austria to tour the original home used as the set in the award-winning "Sound of Music" motion picture including the gazebo, seen behind them, which appeared in the film as well. (Photograph provided by courtesy Lambert)

prior to their competitive efforts at the 1996 IPF Men's World



obsessive and you can't seem to control it, you can certainly take you to great heights, but it can may want to seek counseling. Total obsession also detrimental to your health and well being.



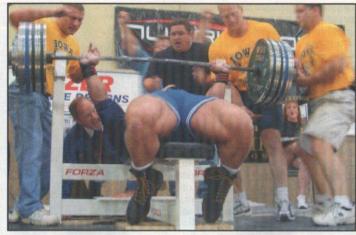
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Iowa APF State & WPO Qualifier 7 AUG 04 - Dubuque, IA APF Iowa State 275

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K. Grandick	225	Rob Luyando 61	1
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J. Pauls	137	Master 2	
Men		220	
Open		Fred Risius	
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Brian Mull	457	Lightweight BP	
D. Gonzalez	446	(451# to qualify)	
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Paul Harris	617	Brad Hein 67	8
T. Osbourne	496	Richie Briggs 57	8
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Andy Fiedler more than qualified for WPO competition with his 826 BP at 275 lbs. (Photograph provided by the courtesy of Sean Katterle)

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Steve Barton 198		314	451	1171	-
Landon Evans	578	391	451	1512	1
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Bill Becker Master 1 181	650	231	600	1479	1
Tom Denton	622	281	501	1314	-
Chris Maiden 242					1
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Powerlifting	SQ	BP	DL	TOT	-
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M. Cartinian		600	617	2057*	i
Mike Roberts		606	854	2002*	-
Mike Luckett		424	606	1754*	-

Heavyweight lose Garcia 986	567	799	2352*
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Kevin Thomas 733	540	705	1974
Noel Levario			
Superheavyweight			

* met WPO qualifying total. "Along the shore of the mighty Mississippi gathered the mightiest of lowa's powerlifters. It

ranks of this year's pros. The city of Dubuque began formation in the 1780's, when French Canadian fur trader Julien Dubuque settled to conduct fur-trading business with the Mesquakie tribe of Native Americans, Soon after Native Americans. Soon after his relocating, however, he discovered that the region's real financial value lay in its lead mines and the lead rush was on! Years later, after Dubuque's passing away, the Mesquakie's would fall into the Blackhawk War with their



Sean Katterle

the Blackhawk War with their adversaries, the Fox and Sauk tribes. In 1833, as part of the peace Champion Personal Training (www.apftreaty, the Mesquakies ceded the area to the USA federal government, and the City Bricktown Brewery, Chiropractic Rehab Sales (em) of Dubuque was officially conceived. It Center, Hawkeye Boat Sales is a city pioneered by the strong and so (www.hawkeyeboatsales.com), it was a fitting host for this competition of muscle and might! The event took place (www.heartlandheathfood.com), Kobush on August 7th and it was held at the

beautiful Grand River Center along the bank of the Mississippi. The Grand River Center's gathering hall has a magnificent stage and room for 3,000 cheering powerlifting fans! Adjacent to the convention center is the luxurious 31 suite Grand Harbor Resort and the 25,000 square foot Water Park (which offers water slides, a loop-to-loop inside/outside water chute, and inner tube lazy river and two gigantic hot tubs.) Post competition, the lifters and fans had their choice of dozens of bars, restaurants and nightclubs (log on to www.dubuque365.com to check out the scene.) My choice of after hours was the Nightclub (loud music, happening college scene, platters of hot wings and \$1 pints of Budweiser on industry night! Maybe we can get Bill to host an after show party next time?) and the Diamond Jo Riverboat Casino (I "bombed out" at the Roulette Wheel.) The caliber of lifters at this competition was really impressive! From the monstrous Andy Fiedler benching 826 pounds, to Scot Mendelson taking yet more (unsuccessful, but amazing) runs at 900+ pound presses, to Brandon "C4" Cass totaling 2123 in the 220 pound class, this show was a barn burner! In the squats, we saw Michael Cartinian hit an 843@198, Jose Garcia ram up a 986 in the 242's and Jose Garcia ram up a 986 in the 242's and superlifting newcomer John Reese destroy a 661 in the 165's! When the bench press bar got loaded, Brad Hein jacked up a 678@220, Jim Grandick won his war with a 683 in the 275's and Brad Heck rocked a 523@165! Then it was time to call for the knuckle draggers as the deadlifting round the mightiest of lowa's powerlifters. It was time for the iron to ring out and the battle cries to be heard 'cause Dubuque's strongest son, Bill Carpenter, was hosting the APF lowa State and WPO Qualifier! It was early August and the exhaulted GNC Show of Strength was drawing near. This lowa competition was to be the last chance for some of the sport's most ambitious to try for a spot amongst the action on ranks of this year's pros. The dvd, for only \$29.99, by sending

in your check/money order to Bill Carpenter at 145 State Street, Dubuque, IA 52003. (Log on to www.apf-iowa.com for details.) A major reason that powerlifting is advancing in popularity and professionalism is the support of the sponsors. I'd like to say thanks to the sponsors of this fantastic competition for making it all possible: Nutris B o d i e s (www.nutribodies.com), Inzer Designs

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Chiropractic, Phoenix Fitness, Shot Tower Inn, Tan World Dubuque (www.tanworld.com), Paramount EMS, American Trust Bank and Chad Fenwick of the YMCA. Also, thanks to the spotter/ loaders (you protect lives every time you're on stage), promoter extraordinaire Bill Carpenter, Becca "The Iron Maiden" Swanson for expediting, Dave Reagan for DJing, the friendly and fair judges Mike Sweeney, Eric Stone and Bob Spaulding and to Kieran "The Iron Overlord" Kidder and to Kieran "The Iron Overlord" Kidder for both announcing and for bringing me out from the west coast to go beserk on the microphone. Thanks also to Maris Sternberg for running the scorer's table and thanks to all the lifters, friends and fans who showed up to compete, watch and help make the show a success. A special thanks to Powerlifting USA for covering the competition, Powerlifting covering the competition. Powerlifting USA for USA promotes and supports the sport of powerlifting like no other publication and I hope that all powerlifters choose them as their magazine source for the sport". This Meet Report was submitted to Powerlifting USA by Sean Katterle.

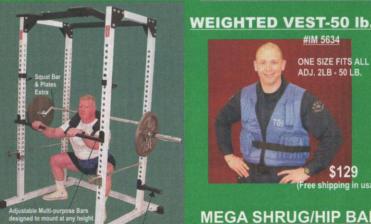
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How many times can you remember a lifter losing a deadlift just shy of lockout? He got if off the floor and past the knees, only to not be able to get his back erect to complete the lift. There is no single answer on how this can be overcome, but a basic key to overcoming lockout problems is strengthening the trapezius muscles. The trapezius muscles are keus in all three powerlifts; deadlift lockout power, bench press stability, as well as cushioning and supporting the bar on your back during the squat. Actually, a well developed set of trapezius (traps) are the trademark of a strength athlete. The best exercise I know of to strengthen and build the traps are good old shoulder shrugs. Unfortunately, shoulder shrugs are commonly one of the most inappropriately performed exercises. Fortunately, this can easily be remedied by making

execution. Many lifters bend their arms while shrugging, seemingly trying to upright row the weight up. Relying on the much weaker biceps to do most of the pulling, denies your stronger traps the beneficial training effect of the full load. Think about it, if you can upright row your shrug weight, you're probably using a relatively poundage. Use your arms as hooks; shrug or pull the weight up with the traps, while keeping your arms relaxed. Soon, the weights you will be using will exceed your old upright row - sissy shrug. This is a rare time when proper form will actually allow you to lift more weight.

some adjustments in

Many lifters are not shrugging through the full range of motion. This is

especially true with the upright rowers in the previous paragraph. Since the bar seems to be moving upwards, the lifter thinks the traps are being worked. The fact is much of the movement results from bending the arms, while the shoulders hardly elevate. Concentrate on pulling through a full range of motion with just trap power. Shrug your shoulders up to your ears and lower the weight to a stretch position.

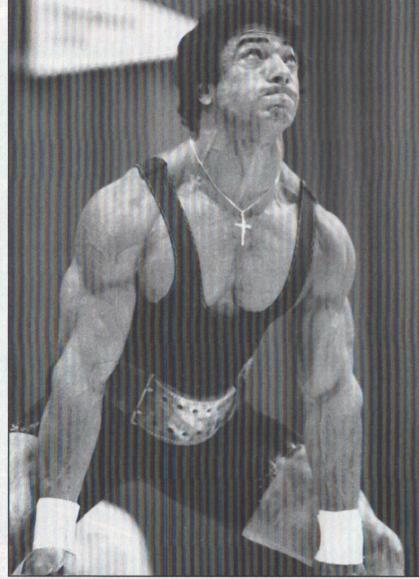
Pulling your shoulders back at

STARTIN' OUT

A special section dedicated to the beginning lifter

SHOULDER SHRUGS

as told to Powerlifting USA by Doug Daniels



Jay Rosciglione ... demonstrating the role of the traps in a properly pulled deadlift.

the top of the shrug is not necessary and is a waste of energy. This extra movement doesn't really work the traps. Here is a case when doing less is more.

While most lifters use a power bar for shrugs, dumbbells or the trap bar can be viable alternatives. They can even provide the advantage of keeping the weight in-line with the trap muscle. This differs from using a barbell where the weight is in front of the body, decreasing leverage. There are

also high tech machines that can be used for shrugs. These can lower the stress on the lower back. Whatever apparatus you chose, follow the exercise guidelines in this article, concentrating on full range of movement and pulling the weight with your traps.

Olympic lifters perform a variation of the shrug using a wide or 'snatch' grip. This type of shrug works the traps in a slightly different manner and can be included in powerlifting routines for added

variotu

A little leg kick to get a heavy weight moving can be very useful. Just remember to shrug through the full range of motion and to not pull with the biceps. On your last rep, hold the weight at the top for a count of two and, without relaxing, try to pull it even higher and hold for another count of 2. This is a great finisher for the traps.

Include shrugs in your training schedule once or twice a week for 3-6 sets. These are best performed on deadlift or back day. Drop shrugs 2-3 weeks prior a contest to avoid overtraining. Reps are up to you, and may be varied over your training cycle although I would suggest keeping the reps at 3 and above. I suggest using lifting straps while doing any type of shrug. You don't want your grip giving out before your traps do.

Paul Kelso has a great book titled "The Kelso Shrug" that is full of shrug variations, for not just the shoulder shrug, but for lat and chest work, with most designed with the powerlifter in mind. You should be able to find the ad for it somewhere in this magazine. It can prove to be a great resource. (editor's note ... that ad will appear on page 58 of this increal)

Getting the most from your shoulder shrugs can result in better deadlift lockout power as well as increases in the squat and bench press. Well developed traps also can help complete your physique, adding that classic look of power. Remember to let your traps move the weight, although a little leg kick on really heavy weights is okay. Don't bendyour arms or try to upright row your shrugs. Try a few variations of shrugs for variety and to stimulate more muscle

growth. Shoulder shrugs are definitely one the best assistance exercises for a powerlifter and that's nothing to shrug at.

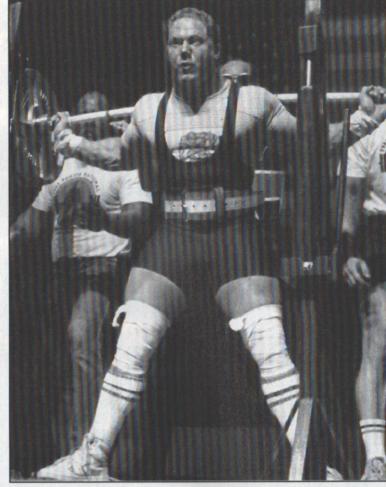
Doug Daniel's Web address: members.aol.com/ ddanil12345/ default.htm

NEVER QUIT! as told by Joe Ladnier

At some point in your lifting career, you're going to ask yourself how long you'll be able to continue putting your body through these brutal workouts. When is enough, ENOUGH? How old does a person need to be to quit lifting weights? The answer is "NEVER QUIT"!!! Ernie Frantzis 69 y.o.a. and is one of the pioneers of our sport. He has competed in both powerlifting and bodybuilding on national and international levels. Can you believe he squatted over 800lbs when he was 63 y.o.a. and has been lifting for over 50 years? Ernie is just an example, many former champions of iron are still lifting today. Several of my clients are in their 50's and 60's and have told me on more than one occasion that they wished that they had started lifting when they were younger, because of how good they feel today. Research has proven that exercise and healthy eating are the only true ways of feeling and actually being healthy. It is considered today's fountain of youth!

Although you might train like and visually see yourself as a machine, the fact remains that we are not made of stainless steel and we must take proper care of our bodies. Some lifters are fortunate enough not to ever have had any type of major injuries, others of us are not so fortunate. I've been an athlete all of my life and have been lifting for 25 years. During this time, I've seen my share of injuries. In 1986, Iruptured my right patella tendon while doing a 900 lb. close stance squat. While I was squatting, the tendon that attaches the knee to the quad tore completely apart. After reconstructive surgery, I started rehabbing my knee myself. Fourteen months after the accident, I competed in the NPC Jr. Florida bodybuilding contest. The surgeon who had repaired my knee, told me that I'd never squat again. In 1988, I sent him a picture of me squatting over 800 lbs.

My point is that we all make our own decisions, which means that we also make our own limitations! Now physically, I was probably capable of handling the heavy weights again after six months of rehab, but mentally it took me approximately eighteen months before I could squat heavy again. The injury made me realize that I was human and that I wasn't a machine. In 2002, my left shoulder began bothering me. Before and after workouts, I could barely raise my arm, due to the pain. It seemed like during the workout I was fine and could train with minimal pain. It was after winning the APF Senior Nationals and benching my highest ever of 661 lbs., that I had



Back in 1983, Joe Ladnier was crushing the weights and winning the USPF Senior Nationals and trip to the IPF Worlds, against the likes of Fred Hatfield and Jim Cash. (Photograph provided by Mike Lambert)

centrating mainly on one lift, I have benched 800 lbs. in training and currently hold the WPC masters world bench press record with an official 716 lbs in the 242 lb class.

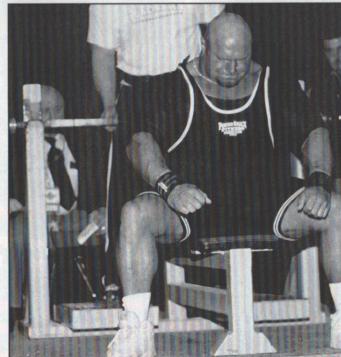
At forty, I'm stronger in some areas than I was twenty years ago, but I'm also more knowledgeable now than I was then. I've learned to listen to my body and take the breaks I need to recuperate from lifting the heavy weights. Competition is not as important to me now as it was then, I get more enjoyment from helping other lifters attain their goals. My kids are getting into it now and I'm coaching their high school powerlifting team. I may not compete forever, but I will always do some sort of powerlifting, it's part of

Only the Strongest and the Wisest survive in today's sports!

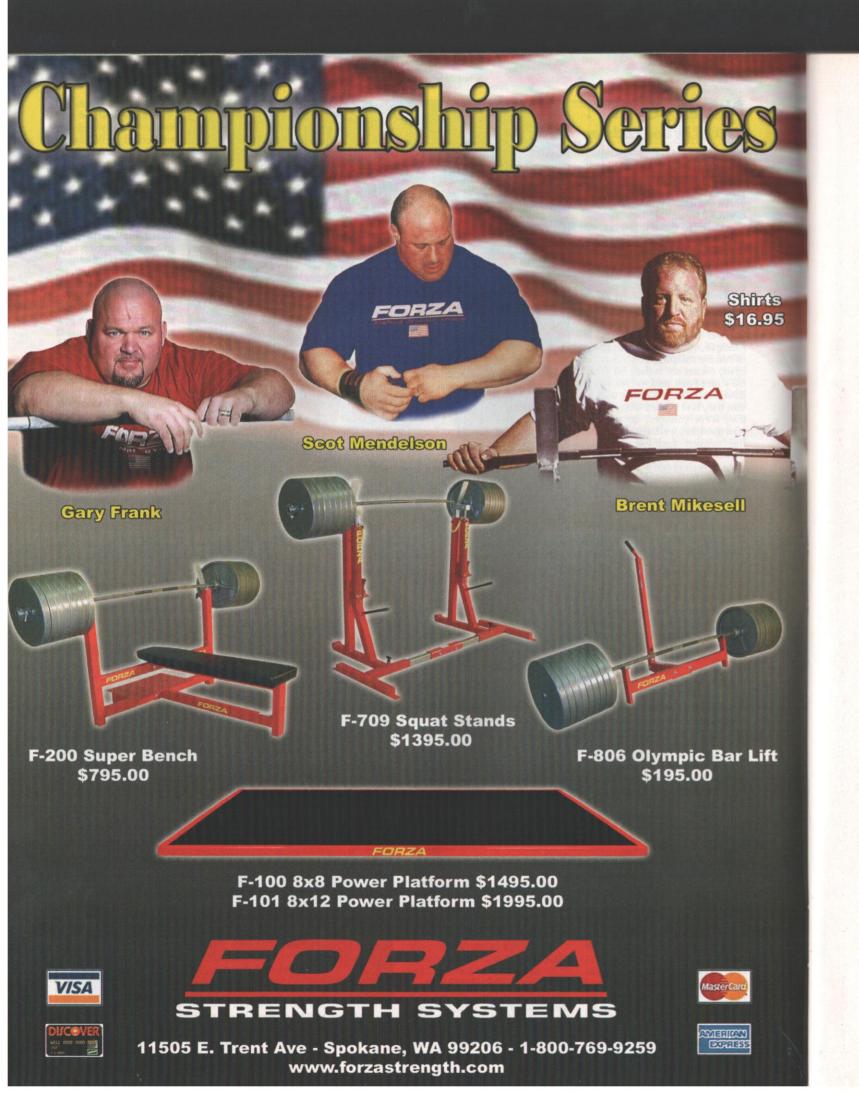
Joe Ladnier The POWERPIT GYM 11185C Gorenflo Rd. D'Iberville, Ms. 39540 228-669-4240 www.joeladnier.com



In 2003, while training for the Arnold Classic, Istumbled with 875 on my back, fell and tore everything in my right knee again. Only this time, they were minimal tears (except for the ACL, it's completely detached) so surgery wasn't required. This explains the big jump in my bench press. By con-



He Won't QUIT!... 20 years later, and barely a month after shoulder surgery, Joe Ladnier was back benching big on the WPO platform in 2003. (Photograph courtesy of Mike Lambert)





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Introduction

Throughout my career I have been particularly interested in how powerlifters interpret the environment and what happens between their perception of and their action within that environment. Namely, the control that they use or fail to use in order to achieve their goals. In addition to working with and coaching athletes from nearly all aspects of sport, I have competed on a national level in powerlifting for twenty years while overcoming shoulder surgery, facial surgery, radical back surgery, gunshot wounds, seven unsuccessful retinal surgeries, and the loss of my left eye. I am by no means, bragging about my battle scars. What I am doing is illustrating the fact that I have learned to use cognitive control to accomplish my goals in the face of severe adversity. I know what it's like to learn to walk again, to learn to drive again, to learn to live again. This is how I connect with people who need my help to achieve their goals. Not by talking about it or by writing about it, but by understanding it. I'm concerned with what works, when it works, how it works, and why it works when it comes to improving powerlifting performance.

Cognitive Control

I use the term cognitive control to incorporate a variety of characteristics such as information processing, self-concept, perceived

Power Research

COGNITIVE CONTROL AND POWERLIFTING PERFORMANCE

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

control, imagery, and selfregulation. These thought processes are based on the powerful belief that you can influence the outcomes and consequences in your life. It sounds crazy, but it's not. You're where you're at right now as a result of thousands of decisions that you've made in the past. Everyone is where they are, who they are, and what they are because of their control over their own circumstances. Some people eat too much and become fat, obnoxious, and lazy. They've lost control over their circumstances. Their shape reflects their attitude. It's funny to hear the excuses when a person loses control...it's always someone else's fault. Without actively accepting the blame and taking control, change is impossible. Without busting your ass in the gym and training so hard

that you see God and all the Apostles, you will never get to the top of your game. This type of attitude is a function of the mind that requires control.

Granted, a great deal of athletic ability is predetermined, but one thing that is not predetermined is how well you develop your resources. Cognitive control is what separates elite athletes from their non-elite counterparts. Using cognitive control teaches you to think effectively. Thinking, at least critical thinking has become a lost art. Most people let someone else or the TV do the thinking for them because they don't want to spend the time and energy on thinking for themselves. When they actually do something, they do it wrong and then they waste energy on correcting their mistakes. Some people produce a lot of garbage

that way. You must learn to produce things that result from superior thinking which is a by-product of cognitive control.

The Self-Concept

If you wish to maximize your potential, you must know the content and meaning of the self. It's important to understand that the self is divided into two parts, the public part that everyone else sees and the private part that only you see. It's the core of your personality. It's the internal mechanism that takes what I'm writing and translates it into action on the powerlifting platform. This is the part when you're alone, examining your conscience. Since we're all "actors upon a stage" to some extent, then the public self is the costume and the mask we wear when we're playing a particular role in a particular situation. The private self is when we go backstage and take off the costume and the mask. The word personality is derived from the Greek root "persona", which means mask. It's only when we take off the mask that we tap into our minds. Too often, we get caught up in playing the role that we never get a chance to take off the mask. Being peacefully alone is when we are in contact with the real us. That is the time when we must re-program our minds for success. Cognitive control enhances the self-concept by increasing confidence. Consequently, the more resources and means to goal-attainment, the stronger perceived control and the stronger your chances for success

Imagery

According to Suinn (1976). imagery is a well-controlled copy of experience, a sort of body-thinking similar to the powerful dreams we have while sleeping. Cognitive control is linked with mental imagery by changing your perception of the environment. magery facilitates sustained levels of performance by increasing your confidence to succeed. The brain stores categories of shape and movement. Sport performance tasks are cognitively stored as internal forms. These internal forms become "mental blueprints" comprising an essential link between perception and performance. Using imagery teaches you to mentally rehearse the events of training and of competition in order to control your performance in both domains.

Conclusions

After reading this paper, you can now use cognitive control to guard you against failure and pull you toward success. Failure becomes a challenge, an incentive to try harder, to persist. By using

these concepts, you'll learn to accept the reality of competition, and make the best of it by growing from the experience. You must take direct action to solve your problems, and focus on coping strategies when things get tough.

Lastly, I'm providing four analogies that will allow you internalize these concepts and increase your powerlifting performance:

1. Act Like a Thermostat Thermostats regulate temperature. They have a pre-set internal standard, say 70. When the environment (the room) gets below that standard, the output of the thermostat turns on the furnace and then shuts it off when the room reaches 70 degrees. Likewise, you must regulate your output in the environment (the world). Pay attention to the input of the environment and then compare it with your internal standard, constantly adjusting your mental thermostat through cognitive control. Your output should mirror your thinking in such a way that you continually raise your internal standard to increase your performance level in your environment.

2. Think Like a Mechanic
Mechanics troubleshoot the

problem then use the right tools to fix it. That's what you need to do.... isolate the problem, and then fix it. Through a better understanding of your self-concept you gain a better understanding of the problems you might need to fix. After fixing the car, the mechanic takes it for a test run to further clarify and to make sure it's fixed. That's what you need to do, constantly test yourself so that you can monitor your performance and make sure you are using the right tools. Also, the mechanic uses an internal standard (just like a thermostat) with which to compare the test run. He or she has a clear idea of how the car should perform. You too must have a clear idea of vour performance.

3. Control Your Imagery

If you focus on an idea or successful event regularly, you increase its potential to become reality. Cognitively controlling mental rehearsal can decrease precontest anxiety by increasing the mental familiarity of the event, especially a powerlifting contest. But, be careful when applying this strategy because some people actually become worse after using imagery. That's because they are mentally rehearsing failure. By visualizing mistakes, you not only mentally rehearse them, you

magnify them, reinforce them, and increase the probability of their occurrence. Cognitive control allows you to replace the mistake with the correct response. Thereby re-programming the brain for success. If you compete in any sport long enough, sooner or later, you're bound to get the snot kicked out of you, and you can't keep that image in your mind. Missing a huge lift in competition causes negative emotions because your ego has been threatened. It is then that you must use cognitive control to rise above the ashes. Practice organizing the visual information of successful events so that you can recall categories of correct biomechanics and movement sensation in your imagery.

4. Become a Gold-Miner

To be at the top of your game, you must act like a miner who pans for gold in a stream by sifting through the rocks and minerals to obtain the precious metal. Sift through your experiences with the world and judge their value. If a new viewpoint is obtained, analyze it, just as the gold miner analyzes what's trappedin the pan. Surround yourself with people and things that make you feel successful. Ask yourself, is what I'm doing right now going to make me a winner or a loser? Everything and everyone

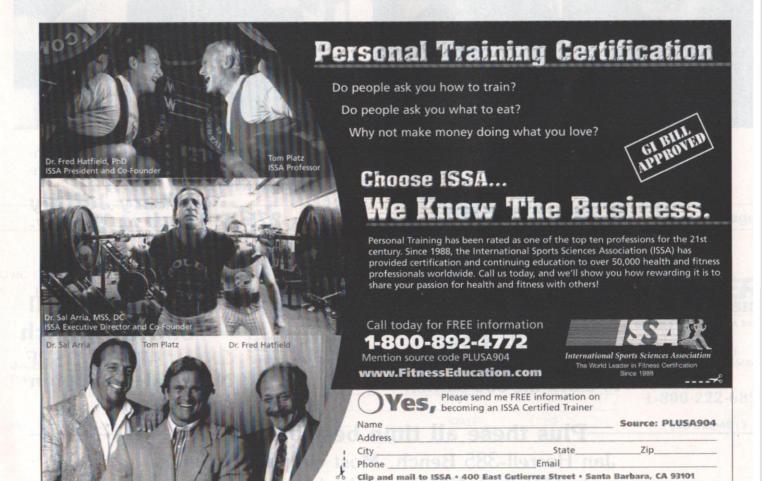
that doesn't help you obtain your goals must be looked at as a distraction. If you've ever sat next to some bozo at a powerlifting meet who complains about the judging and complains about the environment and complains about the other lifters and complains about why he missed a lift, then you know exactly what I'm talking about. This is the last thing you need to be hearing when you're wrapping your knees and your name is being called on deck. If you're trapping nonsense and garbage, then it must be thrown out from your mind just as the gold miner throws out the rocks from the pan. This is extremely important when examining what you think as a powerlifter. You have developed a precious relationship with vourself. Self competes with self. Your goals should be set by your self...not by others. Cognitive control is paramount for success. If it is lacking, then powerlifting ceases to be an effective means for personal growth.

Reference: Suinn, R. M., (1976). Body thinking: Psychology for Olympic champs. Psychology Today, July, 38-42.

Acknowledgment: I'dlike to thank Mike Lambert for giving me the opportunity to share my research experiences with the readers of Powerlifting USA.



Mike Miller had to use cognitive control to come up with 1100 pounds in the squat at Gene Rychlak's Northeast Regional, and he even tried 1175! (Photograph provided by the courtesy of Mike Miller)



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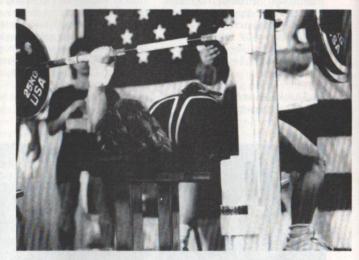
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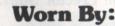
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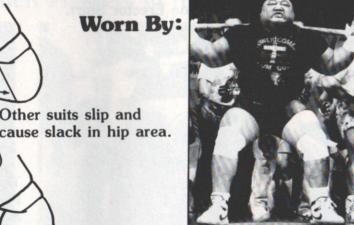
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ASK THE DOCTOR

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

Hi Dr. Di Pasquale: First of all, I want to thank you for taking the time to answer back. It is much appreciated. My goal is to reach 75 kilo for a competition this November and to be able to lift a total that will enable me to qualify for the Seniors after only one years of powerlifting.

Like I told you on the last email, dropping from around 90 kilo down to 80 kilo was very easy, because of the Metabolic Diet, and I even found out that at some point I was losing body fat and gaining weight and muscle mass!!! But from 80 down was another story since I had lower my calorie intake from basically 4000 cal to merely 1800 cal. to get lower. And 1800 cal. didn't seem to be nearly enough to get my training done. That is why I decided to start your recommended supplementation.

I have been taking EFA+, Exersol Power Competition Workout System and Creatine Advantage now for 1 week and the results are just incredible. I was able to train harder and longer, and I could recover faster then ever. I will order today the rest of the products you suggested me because I feel like I will need all the help I can get to reach my goal!!!

About the supplement regimen you did for me, I have a few questions before I order the products you recommend. First I would like to say that I react quite well to the Creatine Advantage, a lot more than the straight creatine I was using, and that it does not bother me at all. And I would be willing to take more than 1 scoop per day, but I don't want my weight to go up to much as I need to be within a kilo of 75 kilos so that I can easily make the weight for the competition in November.

Also, about Metabolic, Nitabol and Creatine Advantage, is there a

period of latency between the moment you start taking those supplements and the time they start acting and increasing your performance and

recovery, and if there is one, how long is it.

Thank you very much for your time I am looking forward to see how well I can do with all your supplements! Vincent

Hi Vincent: You could go up to two scoops of Creatine Advantage per day. At that level you would maximize your energy stores on the various levels as described in the Creatine Advantage info that's available on line at http://www.metabolicdiet.com/store admin/ customers all cc.asp.

All three products that you mentioned, and many of the others in my line up, have both immediate and ongoing effects that build as you take them. The immediate effects are due to the changes in the activity and sensitivity of various hormones and signaling systems in the body and to the correction of any deficiencies/problems. whereas the ongoing effects are due to the long term presence of the anabolic, anti-catabolic, fat burning, energy providing environment that leads to accumulated increases in various factors that effects body composition, performance and health. Let me know how you do. Best regards, Mauro

Hi Mauro: Just wanted to let you know that things are on track. I just finished a four week workout cycle and basically hit all my PRs for those workouts. This was on around 1500 cals/day and 30 aminos. I've never been able to eat that few calories and in addition gain strength. For example, my last deadlift workout consisted of 430/4, 460/3, and 492/ 2 without accessories. That's simply the best I've ever done for that workout either dieting or no dieting. I'm leaning out and should hit the stage better than before.

Have you ever thought about marketing the Aminos to AIDS. cancer, and burn patients? It might be really beneficial for them in terms of maintaining or even gaining whatever lean mass they have. I'd be interested in your thoughts on this since I'm in a medical setting at work. Thanks. Gene

Hi Gene: I'm glad things are working out so well. The Amino, and many of the other supplements, especially the ones I've reformulated in the last year, are complex formulations and a quantum leap from the other nutritional supplements on the market today. In each of the supplements I've researched the pathways that are the most likely to give the desired results, and then searched out the combination of ingredients that would act both additively and synergistically affect

There's a lot more to the formulations than I've put into the information pieces. However, I'm updating these to reflect some of the thinking that went into making them. For example I never really explained the reason why ladded AMP and the TCA cycle intermediates until you asked about Amino. I then incorporated that information into the new Amino information that is on line at http:// www.mdplusstore.com/pdfs/amino.pdf.

As far as recommending Amino for cachectic states such as AIDS, cancer and burn patients, as well as sarcopenia, I've thought of it but haven't acted as yet. However Amino, and some of the other supplements, including, and especially the new ReNew, would be very useful for patients suffering from catabolic states. I'm going to approach a few people I know about trying a combination of three or four supplements for some of these conditions. Let me know if anyone there might be interested as well.

BTW the new ReNew just came in today. It's an extremely complex formulation and is very useful for regenerating/protecting the body. Among other things, it will be the main supplement in the new Anti-aging/Longevity Pak that I'm adding to the MD+ lineup.

I'm working on an info piece right now for ReNew. I've attached the new nutrition panel that I took off the label and which unfortunately is not really sharp although you can make out the ingredients.

In the meantime I've written down some of the effects of some of the ingredients in ReNew (there's more). I know it sounds like a panacea for whatever ails you, but there's backup for all of it. I've started taking it already. Maybe this is why I'm writing this at 3:00 AM with not even a thought of going to bed.

In any case the best time for you to use it is right after training as it would enhance the training effect as well as provide the advantages outlined below. For those that are really going through a rough time it can be used twice and even three times a day as an induction phase before getting results and then cutting back to a

I'll send you the full info piece as soon as it's in presentable form. Best regards, Mauro

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owerlifters have really gotten into the Nutrition side of powerlifting as of late. I get so many e-mails on a daily basis that I have a hard time keeping up with all the work. One of the questions I am asked is "What are some of the best tips to follow for nutrition without making things too complicated." Another favorite question is "What should I eatso that I have a major advantage over my competition." Well, the following article will be perfect for those out there who are too lazy to stick with a proper meal plan, but at the same time don't want to see their closest competitor gaining on them because they are eating like a champ. So, for all those helpful powerlifters out there here are some valuable nutrition recommendations that you can give to your closest competitor in your

#1: Eat only once per day The first piece of valuable nutrition advice to tell your closest competitor is to eat only once per day. You see eating once per day is the single best way to get stronger. When you only eat once per day your body will absorb all the nutrients you feed it. Not only that it will also help lower your body fat as well. Isn't this the way that our ancient ancestors the cave man ate? Heck, he wouldn't eat for days and until he killed himself a brontosaurus, then he could munch down and get a super feeding. We have to get back to our roots and there is no better time then now. Forget about that eating 5 or 6 times per day crap. Who the hell has the time do something as stupid as that. All we have to do is look at nature to realize that just eating once per day is all that you need. Let's take a look at the lion. He eats once per day when he runs down some poor antelope and her babies. Once he has ripped them to shreds it's now time to devour every morsel. Mr. Lion doesn't just sit there and space out his meals every 3 hours. He eats it all at once in one big massive feeding. If it's good enough for Mr. Lion, then it's good enough for him. The lion is the king of the jungle so if you want to be king of the powerlifting world then

#2: Eat carbs alone

follow in his footsteps and eat big.

That's right, don't listen to all these nutrition gurus or medical studies that are currently out there. Eat your carbs alone without protein or fat. Carbs are king and if you let these low carb freaks tell you what to do you will never have the gold. Eat as many carbs as you can and when you can't eat any more, go and have some more! A few top recipes would be white flour, maple syrup and some sugarladen fruit punch drink. Put it all in

NUTRITION

THE TOP 10 POWER NUTRITION TIPS FOR YOUR CLOSEST COMPETITOR

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

simple sugars and that hint of fructose from the healthy fruit punch drink. Boy, is that refreshing! Just remind him that to keep his energy high at all times he should no doubt eat tons of High Glycemic Index carbs. Yes, they get into your bloodstream the fastest and, hev. they may cause low blood sugar down the road, but instead of worrying about that just have some more. When the blood sugar gets a little low suck back some more potato chips, bagels, pastries, doughnuts, Cheezies, and any other refined carb snack. Avoid low glycemic index carbs, as they are good for endurance athletes like marathon runners. Since no powerlifter I know is planning to run, (except to the bathroom after eating a bad fajita), the best carbs to take in would be ones that drive our insulin and blood sugar levels into the stratosphere. A constant high blood concentration of not only insulin, but also sugar, is no doubt the best thing you can do to keep you energized all day long. Remind him that we are not bodybuilders so watching the carbs we take in is of no concern to us. We are powerlifters and we can eat what we want, when we want, and that is truly why bodybuilders don't like us-they are just jealous!

a blender and - voila - you have

yourself the ultimate meal. We got

your ultra-refined carbs, some

#3: Don't drink water

The next piece of advice you should give him is to tell him to lav off the water. Why drink water when there are so many other better drinks out there like beer. sugary fruit drinks, coffee and those ice slushy drinks that are so good on a hot summer day. Don't you remember those days back when you were a kid when the ice cream truck would start playing that hypnotizing music drawing all the kids in the neighborhood into a gyrating frenzy chasing after the truck. Remember how the nice man would make you those awesome snow cones or those Italian icies. Man, those were the days. It feels just like it was yesterday. Oops, sorry, I got lost in a time warp there for a minute. Tell him that water is for babies, so let all the



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

pretty boys drink their water. Explain that water is way overrated and if he really wants to be a powerlifter he should avoid water and have some hard liquor instead. Tell him that you only live once so give it your all on the platform and at the local pub as well. What really is water? Hell, he probably doesn't have a clue so why would you want to drink tons of something when vou don't even know what it is? At least he knows beer is made of barley, hops and other natural

#4: Avoid protein at all costs

Now, don't get me wrong. I am not saying you should avoid it completely since there are a lot of really tasty power foods out there that do contain protein. These include pepperoni, sausage, deli meats, bacon, porkribs and more. The key here is to stay away from those lean cuts of protein like the chicken breasts, lean steaks, tuna, turkey, veal, salmon and all those tasteless foods that all those health freaks eat all day long. The main reason for eating the deli meats and sausage and such is not for the protein, but for the healthy fat they contain. Yes, it is a saturated fat and all those dieticians out there will tell you this is the bad fat. But hey, who are you going to believe nowadays anyway? Today they say its bad, tomorrow the will say its good for you. I say go with your stomach. There is no better natural indicator for what is good or bad for you. If your little tummy wants some baby back ribs dripping with extra thick barbecue sauce, then go crazy and eat yourself into an oblivion.

#5: Don't use supplements - they are a waste of money

In this day and age when natural supplements are all the rage one sound piece of advice for your friend would be to avoid them at all costs. Let's take a look at multivitamins. Who the hell needs them? Remind him that if he really gets a micronutrient deficiency he will know right away. With his awesome nutrition plan that he is currently following how could he have any type of deficiency? Heck, if he were lacking any nutrient he would know from how he felt. Just because he got scurvy a couple times doesn't mean he really had a deficiency. Protein powder is another waste of money. Explain to him that most out there now is made from whey. If he doesn't what that is then explain to him how the dairy companies years ago used to dump it into the rivers to get rid of it because they thought it was a waste product. And now all these suckers are drinking it. Protein is way overrated these days and it is just a fad nutrient at best. Tell him how you saw some outdated studies from the early 50's that said how too much protein could make you blow out your kidneys. Wow, scary stuff! If you eat at least once per day you won't need anything else.

#6: Eat at the local buffet the morning of your contest

Now competition day nutrition is the most important day of the year so make sure that you guide him in the right direction. With this whole "Nutrition" thing taking off in the Powerlifting mags, many powerlifters are actually preparing their own meals on the day of the competition. Tell him why go against the grain, food is food, and as long as it fills your stomach then it doesn't matter. The best place to eat would be no doubt at the local greasy restaurant that your hotel competition site has in the lobby. What could be better then a super duper buffet right before he goes on and does his squats. That a boy, put some of those pancakes on your plate sky high, yep, don't forget that greasy sausage, and last throw in some bacon just dripping with oil. Now that's a power packed meal that is going to no doubt help him hit a PR. The main thing here is to reinforce in his mind, over and over, that the more he eats before his squats, the more he will lift. Eat more-lift more, it makes sense to me! Tell him to ignore those guys in the warm up room who are eating those chicken breasts and yams. Those are for losers. Tell him that if you eat like a fitness model you will end up

lifting like one so make sure he doesn't forget at least one stick of butter on his pancakes to get in some of those healthy fats. One last thing, make sure that he doesn't just go up to the buffet just once. Make sure he hits at least 3-5 full rounds before he retires his cutlery. Since he is going to eat nothing for the rest of the competition he better increase his energy reserves as much as possible to get him through his big day.

#7: Drink Soda and other Sugar Loaded drinks on competition Day

factor and you want your

competitor to make sure he is

perfect for the day of the

competition. Tell him to avoid

those super hydrating glucose

polymer nutrient-partitioning

drinks that those smarty pants

lifters are drinking. Tell him

there is nothing better than an

Hydration is another key

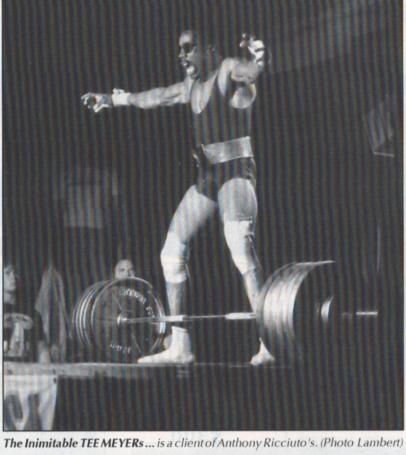
ice cold cola. Heck, not only is it refreshing, but it will cut his thirst like never before. Make sure he has at least 4 liters of this energy elixir on hand for the competition. He should drink it before each major lift and in between attempts. When his energy is getting low and when he starts falling into a diabetic coma tell him to shrug it off and have another glass of cola. Real powerlifters don't let diabetes get in their way of that big squat, so make sure he is all sugared up before his lifts. What is a better energy stimulant than sugar? It's the best out there. Sugar has been around since the beginning of the earth so what better energy aid could outdo this powerful nutrient? What's good about it is its easy accessible. Just go down to your local supermarket and you can find it in tons of different foods. And for you hardcore powerlifters out there, don't play around with just a little in your foods. Pick yourself up a 5 pound bag and go to town. guarantee that if you finish that whole bag before the contest you will be as jacked up as Tony Montana in the last part of Scarface. If he doesn't believe you, just remind him that when your little boy Joey drinks 4 or 5 cans of cola, he can play outside all day long without getting tired. He runs around like a little wild animal doped up on PCP and he barely breaks a sweat. If that isn't proof, then I don't know what is. If it works for Joey, then it

#8: Don't Eat your Fruit and Vegetables

will no doubt work for this

powerlifting superstar!

Oh boy, just saying those words makes me sick. Fruits and vegetables are also overrated foods. Now maybe if you were a cow or a



giraffe then this should be a main staple in your diet but we are powerlifters. We aren't some type of herbivorous animal, we want real food. What does eating broccoli have to do with improving your deadlift? Absolutely nothing, so throw it away and have yourself a big piece of white bread with peanut butter and jelly slapped on there like it was a piece of art. Now that's a meal, baby! Wash it down with a big glass of Chocolate milk and, voila, we got ourselves everything a powerlifter could ever want. Fruits and vegetables are a powerlifting no no. Maybe this whole anti-fruits and vegetables thing dates back to my childhood where I was forced to eat loads of cauliflower and green beans because I couldn't get dessert if I first didn't eat those nasty green vegetables. Tell your newfound friend that vegetables are not going to do anything to help you lift more so what is the purpose of torturing yourself by eating them.

#9: Skip Your breakfast

There are a lot of people out there who say that breakfast is the most important meal of the day, but why should we go with what society tells us to do. Tell your closet competitor that this is nothing but a ploy to make sure that you can't think for yourself. In this time and age when time is of the essence who the hell has time for breakfast. Powerlifters don't need to eat first thing in the morning. If you get up and your stomach is growling, have some coffee. Why would you want to load your body down with food when in reality it will just slow you down. Get yourself a big pot of coffee, brew it real strong and there you go... the ultimate powerlifter's breakfast. To make this even more of a Nutrition Powerhouse add in at least 7-9 tablespoons of sugar and as much cream as the cup will hold and ... voila... a breakfast made in powerlifting heaven. It has all the nutrients you need to keep you going. The sugar will give you the initial blast of energy and just as you start coming off the downward insulin spike you have the huge dose of caffeine to give you that jolt to keep you going all day long. Who wants to sit through a boring breakfast of egg whites and oatmeal. That sounds like a big waste of time!

#10: Don't Work with a Professional

Now this is the biggest waste of time. Tell your closest competitor that working one on one with a professional sports nutritionist will

do absolutely nothing for his performance in the least. Why would he want to take the time to go for all the consultations and then on top of it have to follow some customized program. Hell, that sounds like a prison term in itself. What the hell do these nutritionist guys know anyway? They quote this study and that study, but in the end who really cares? Food is food and if it tastes good that's all that matters. Tell him not to get scared with all those health warning they all seem to give out. Hey, people 500 years ago didn't have people telling them what to eat, so why should start now. Powerlifting is a sport about lifting, not eating, so there is no point to all the nutrition mumbo jumbo that seems to have taken center stage in powerlifting circles. So what if eating badly gives you a little diabetes or angina. Heck, real powerlifters don't get scared of a little chest pain and a tingling sensation down their arm. Most guys don't die from their first heart attack anyway. Eating

for health is way overrated, not to mention eating for performance. Don't waste your time trying to follow some customized plan. You only live once so make sure you eat what you want when you want and don't let anybody tell you any different!

Conclusion

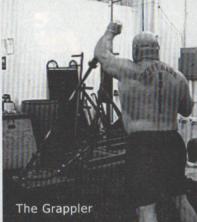
Here you have it the top 10 nutritional tips for your closest competitor. Since you are too lazy to follow a nutrition plan to increase vour performance, vou can at least try and sabotage your closest competitor's nutritional plan, so he won't get ahead either. At least with him following your nutritional guidance, as laid out in this article, you can be sure that he won't be reaping any of the benefits that you yourself are missing out on. This will at least keep things on a level playing field and, best of all, you won't have to feel bad about you not sticking to your nutrition plan. So, until next month, misguide your competition as much as possible and, most importantly, don't take any of your own advice!

If you would like to know more about the Nutrition XP3 Customized Nutrition Kit or have any questions please feel free to contact me Aricciuto@Xtremepower.com.

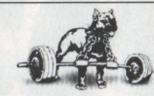
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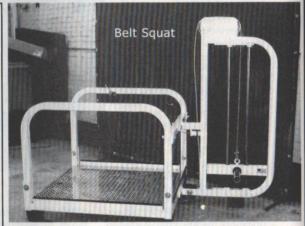
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Power Rack

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The Bloody Lawn Gum was first HARD CORE GYM #35 a backyard gym. The owner Nico Feliciano was deadlifting one The Bloody Lawn Gym as told to Rick Brewer Saturday afternoon when the temp was around 116 degrees and

works long hours, and sometimes slammed the bar a bit too hard against his shin, to the point of pulls night hours when needed, thus making workout time very difficult, bleeding, and blood got all over the lawn, hence the name BLG. The but sometimes you can hear the CD heat never stopped us from training. player in the garage at midnight playing the tunes of Iron Maiden, Saxon, Falconer, Hammerfall, At times the bar got so hot we had to wear 2 shirts not to get burned Metallica and Motorhead along with when we squatted. The BLG experienced training the loud banging of the plates. The evolutions. From Bodybuilding to name BLG is becoming synonymous with Powerlifting in AZ and we have PL and within PL it evolved from Progressive overload to Dino promoted powerlifting by training/Strongman to its current conducting seminars and helping

training protocols: Westside training

The BLG has now moved in to a

small one car garage in Surprise,

AZ. BLG is always looking under all

stones for ways to get strong and

leaves no stones unturned. BLG

founder Nico Feliciano has made

the journey to Westside Barbell Club

and to the Metal Militia compound in

NY. Currently the BLG is the

Southwest chapter of the Metal Militia

(strongest benchers in the world).

Nico Feliciano says "WS has assisted

me with bringing my squats from a 475 to 700 and Metal Militia has

taken my bench to close to 600

BLG on occasion. We all compete

Many have come and visited the

(over 600 in the gym).

Members

charter

220

Don

and

Nico

and

NASA and **WABDL**

Feliciano - 308

submaster national

champion; Robert "Puke" Clark - 220 state competitor

member of the BLG; Lawrence DeAlva

submaster national

champ with an 810 squat; Tom Burke 242 state and National champ; and Jay T Gunz

Powersportchamp.

space, the BLG is not limited on determination and equipment. We have GHR, reverse hyper, Crepensek Power Rack, Manta Rays, and all kinds

of bars, boards, bands, chains, etc. BLG founder

Nico Feliciano works as a Data Tech for a large

telecommunications

company and

While limited on

here in AZ.

include:

State

and

Champ: Kralovetz SHW

state

and Metal militia training.

BLG would like to thank HOP for the opportunity and BLG would like to also thank NASA for coming to AZ4 times a year and supporting powerlifting and would like to thank all my training partners for their

BLG is powerlifting in AZ!

Rick: Does anyone still bleed? BLG: Robert "Puke" Clark gets nosebleeds during his Westside Max-Effort SO

Rick: Good enough. How did he get his nickname

BLG: "Puke" got his nickname the first time he worked out with me. We were doing lots of Dino-stuff then and I had him do sand bag carries at about 100 degrees outside

and he went the distance, collapsing several times. When done, he was about to go "lights out" and suddenly started to puke. He said he was puking tuna, so I named him Puke. Rick: What does vomited tuna smell like? Never mind. Tell us more of the interesting Dinotraining techniques; for the readers who came late to the party. BLG: We used to do sand bag carries, bottom position squats, keg lifts, power rack isometrics, used to lift stones and carry for distance. 20 rep squats. Trap bar deadlifts, etc. Rick: Tell us more about your current workouts - have they evolved?

BLG: Since 2002, we follow a basic Westside template for SQ and DL. We do box squats, bands, chains. We do two Westside workouts a week - one for dynamic effort and one for max effort. We pull a sled. I even made the trek to Westside to meet Louie Simmons and have become friends with some of the Westside Lifters

Rick: Cool. Tell us more about vourself

BLG: Who am I? 38 year old father of 2 (15 and 6). I work for a telecommunications company, working long hours, including night

work at times. I am a several times NASA state champion and have won the Submaster Nationals on the bench as well as the Western Nationals for the 3 powerlifts.

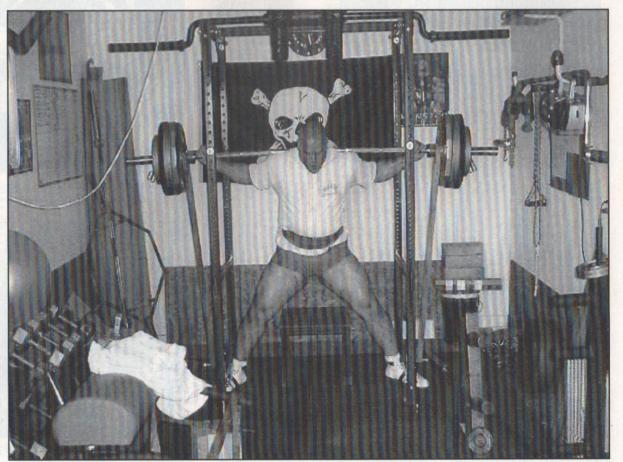
Rick: Can you give us your favorite heavy metal tunes and/or lyrics? BGL: We listen to lots of heavy metal here to keep us going. Most fav are Iron Maiden, Saxon, Falconer, and Hammerfall. From AC/DC we like "If you want blood, you got it" (bloody lawn gym...get it?). From Maiden we like "if you are going to die, die with your boots

Rick: Cool quote-we all want to die with our boots on! Anything else you want to tell the readers? BLG: I would like to include in the article a big thank you to God, my family, Louie Simmons, Sebastian Burns, Bill Crawford, NASA, all my training partners and to HOUSE OF PAIN for the chance to spread the blood to the readers of PLUSA.

Spread the blood?" Is this guy cool or what?! Until next month, stay away from Tuna Fish vomit, and 'spread the blood.' Speaking of that, we'll look into a bloody good storu next month!

> Questions/Comments rick@housofpain.com

> > PO Box 333 Fate, TX 75132



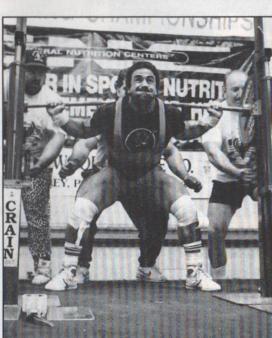
Bloody Lawn Gym Founder Nico Feliciano has all the modern gym conveniences to do band squats and much more.

WorldAll-Time Best Men's Squats by the new "Glossbrenner Formula" compiled by Herb Glossbrenner PL USA

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Rank	Pts. 303.475	Lifter Stanaszek, Andrzej	YOB/Nat. 71POL	Lift/kg. 300.5	Bwt./kg. 50	Date 05NOV03	Sanctio
2	275.250	Goggins, Steven	63USA	500.5	120.45	01MAR03	WPO
3	272.735	Mikesell, Brent	67USA	517.5	145	30NOV03	WPC
4	270.497	Vogelpohl, Chuck	65USA	464.93	99.80	29MAR02	IPA W/PO
5	266,633 266,512	Coan, Edward Karlsson, Magnus	63USA 67SWE	471 320	107.60	12AUG01 020CT99	WPO
7	265.425	Bolton, Andrew	70GBR	505.5	147.5	08NOV03	WPO
8	264.428	Turtianinen, Ano	57FIN	490	130.70	01MAR03	WPO
9	261,601	Childress, Paul	71USA	492.5	140	06MAR04	WPO
10	259.927 259.020	Conyers, Anthony Wessels, William	58USA 63USA	377.5 455.5	75 106.1	05MAR04 11NOV95	WPO
12	258.401	Kellum, Jesse	65USA	443	99.20	07NOV03	WPO
13	257.039	Shestakov, Igor	69RUS	370	74.10	29NOV03	WPC
14	255.091	Pasanella, David	62USA	467.5	124.80	28MAY89	APF
15 16	254.863 253.379	Hatfield, Fred Lowe , Gregory	42USA 57USA	460 458.13	117 117.93	23MAR87 14NOV98	APF FCI
17	252.212	Palmer, Ronald	73USA	357.5	72.62	08FEB03	WPO
18	252.051	Olech, Jaroslaw	74POL	332.5	66.5	05NOV03	IPF
19	252.005	Hoemer, Thomas J	.78USA	325	64.80	05JUN04	APF
20 21	251.530 250.884	Basson,Oan	781SR 69USA	471 4690	136.70 125	01MAR03 28MAR04	WPO APF
22	250.571	Hoskinson, James Frank, Garry	64USA	492.5	170.5	04APR04	APF
23	249.999	Karwoski ,Kirk	66USA	455	121.45	23JUL95	USPF
24	249.856	Crain, Rickey	53USA	362.87	75	23NOV96	IPA
25	249.634	Bartley, Mark	68USA	457.5 435	124.80 103.42	06JUN04	APF
26 27	249.548 248.342	Urchick, Paul Mehan, Allen	59USA 74CAN	460	130.45	11APR98 30NOV03	WPC
28	248.064	Berardinelli, Angelo	65USA	358.5	74.5	28FEB03	WPO
29	248.043	Kamand, Anthony	61USA	383.29	81.98	28MAR93	APA
30	247.975	Kemp, Peter	71GBR	250	50.80	15AUG99	IPF WPO
31	247.092 247.019	Gallo, Craig Ruggiera, Michael	62USA 67USA	465 476.27	139.75 156,04	09NOV02 04APR04	IPA
33	246.559	Bell, Gene	56USA	382.5	82,50	O8APR88	APF
34	246.559	Harrington, Phil	73USA	382.5	82,50	05MAR04	WPO
35	246.269	Zweng, Matthew	72USA	402.5	90 120.20	24FEB02 16NOV86	WPO
36 37	246.068 245.690	Furnas, Douglas Bradley, Joseph	58USA 56USA	446.79 295	60	07NOV80	WPC
38	244.948	Bridges, Michael	57USA	380	82.5	11JUL82	USPF
39	243.928	Kuttroff, Holger	69GER	459	139.70	06APR03	WPC
40	243.687	Hutson, Anthony	62USA	471.71	159	10AUG03	IPA WPF
41 42	243.675 242.770	Fedosienko, Serge Bailey, Charles	82RUS 63USA	250 440	51.60 119.20	05NOV03 07DEC03	APF
43	242.579	Mash, Travis	73USA	417.30	100	22MAR03	APF
44	242.388	Nichols, William	58USA	430.91	110	18APR87	APF
45	242.113	Kazakov, Ravil	82RUS	290	59.85	12MAR04	IPF
46 47	242.056 242.032	Passillo, Hark Hooper, Wade	60USA 70USA	454.5 351	138.35 74.85	30OCT99 24FEB02	APF WPO
48	241.776	Waddington, David	57USA	454.95	139.70	13JUN81	USM
49	241.541	Dimel, Matthew	60USA	458.13	144.7	03MAY86	USM
50 51	241.354	Jackson, Jesse	USA	322.5 442.25	67.5 125	28JUL90	APF IPA
52	241.204 241.022	Green, John Kidder, Kieran	65USA 69USA	455	141.5	16NOV03 260CT02	WPC
53	240.992	Laine, Jarmo	66FIN	350	75	24FEB02	WPO
54	240.407	Clark, Anthony	66USA	460.39	151.27	28MAR93	APA
55	239.983	Rosciglione, Jay	56USA	347.5	74.70 110	31MAY96	APF IPA
56 57	239.836 239.786	Starov, Mikhail Bailey, Jerome	73UKR USA	426.38 412.5	100	07JUL96 01JUN96	APF
58	239.673	Allocco, Michael	78uSA	437,5	122.95	01MAY04	APF
59	239.665	Moran, Lee	55USA	453.79	143.60	08JUL84	USPF
60	239.481 239.233	Badenhorst, Gerrit Wohleber, Daniel	62RSA	450	138.80 121.56	140CT90 12DEC82	WPC
61	239.233	Selsam, Harold	60USA 68GER	435.45 410	99.40	05APR03	USM WPC
63	238.926	Perez, Jose	60USA	347	75	20NOV94	APF
64	238.914	Hammerton, Kevin	66GBR	411	100	JUL00	WPC
65	238.757	Pavlov, Konstantin	73RUS	267.5	56	12MAR04	IPF APF
66 67	238.6]2 238.52	Warman, Scott Primich. Neville	57USA 67RSA	437.5 370	125 82.5	07AUC93 22JUN01	IPF
68	238.317	Moore, Beau	66USA	455	149.20	06MAR04	WPO
69	238.199	Griffin, Michael	75USA	432.5	120.20	06JUN04	APF
70	238.016 237.969	McNamara, Gerald Wardell, John	63IRE	320	68 99.35	22APR01 16NOV02	IPF IPA
71 72	237.797	Smith, Matthew	68USA 74USA	408.23 457.5	154.5	06MAR04	WPO
73	237.656	Garcia, Jose	77USA	422.5	110	08NOV03	WPO
74	237.627	Luckett, Larry	58USA	317.52	67.5	24FEB88	FCI
75	237.572	Levario, Noel	73USA 56USA	432.5	121.60	08NOV03	WPO
76 77	237.267 237.110	Alexander, Ausby Sivokon, Alexei	73KAZ	341 316	73.94 67.30	02APR89 16NOV00	IPF
78	236.768	Simmons, Louie	47USA	417.31	106.82	16JUN00	IPA
79	235.552	Coleman, Amold	65USA	365	82.35	24FEB02	WPO
80	235.424	Hatch, Nicholas	85USA	320	68.90	08MAY04	APF
81 82	235.132 235.094	Booker, Michael Ivanenko, Vladimir	81USA 56UKR	227.5 417.5	49 109.60	03NOV00 18NOV00	AAU IPF
83	235.019	Bai ley, Oonald	USA	430.91	125	17JUN00	IPA
84	234.843	Wetler, Michael	65AUT	417.5	110	080EC02	WPC
85	234.835	Inaba, Hideaki	44JPN 75INA	243	52	15JUN86	IPF IPF
86 87	234.724 234.704	Sutrisno, Oarimin Hu, Chun-Hsiung	75INA 74TPE	280 261	59.60 55.60	04NOV03 01 NOV97	IPF
88	234.528	Rychlak, Eugene	68USA	455.86	162	13APR03	IPA
89	234.478	Isaac, Timothy	61USA	. 442.5	141.5	JUN89	USM
90	234.352	Cunha, Joseph	59USA	242.5	52	17OCT81	USPF
91 92	234.163 234.081	Henry, Clive Lapshin, Maxim	66GBR 65AUT	427.5 310	123 66.8	11MAY03 02OCT03	IPF IPF
93	233.908	Herring, George	59USA	362.87	82.5	26MAR88	USPF
94	233.885	Forbes, Theodore	71USA	427.5	123.60	06JUN04	APF
95	233.883	thalainen, Jani	75FIN	415	109.25	01MAR03	WPO
96 97	233.631 233.409	Taylor, Layne Russ, Ed	USA 67USA	435.45 447.5	133.87 168.35	01DEC90 08JUN03	FCI APF
98	233.374	Papazov, Vitaly	80UKR	430.5	128.2	12MAY02	IPF
99	233.339	Malanichev, Andrei	77RUS	430	127.7	02MAR03	IPF
100	233.199	Tregloan, Peter	57GBR	457.5	169	08DEC02	WPC



Mike Allocco will probably be moving up this list in the years to come. (Photograph courtesy of Mike Lambert)



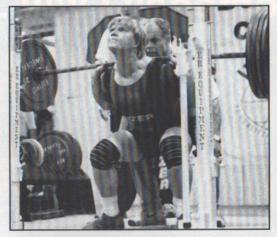
Tony Kamand shocked the world with his 845 squat at 181 in '93. (Photograph courtesy of Mike Lambert)



Sweden's Magnus Karlsson 705 at 132 is a spectacular achievement. (Photograph courtesy of Mike Lambert)

WorldAll-Time Best Women's Squats by the new "Glossbrenner Formula" compiled by Herb Glossbrenner PL USA

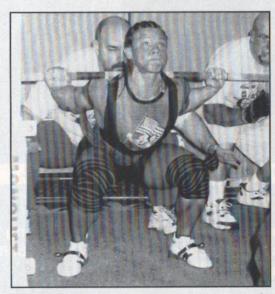
by u	ic new	Glossbi elliler i or	iliula C	omplied	by Herb	Glossbielin	
Rank	Pts.	Lifter	Yr.Bom/N		Lift/kg.	Bwt./kg.	Date Sand
1	251.010 247.925	Avigliano, Nance	56USA 73USA	252.5 352.5	59.5 104.78	25AUG02 15NOV03	WPC APF
2 3	239.219	Swanson, Rebecca Lafina, Olesya	79RUS	215	51.70	10MAR04	IPF
4	238.308	Warman, Mary	58USA	240	59.60	10NOV96	WPC
5	237.462	Zurcher, Andrea	78SWI	250	63	04MAY03	IPF
6	235.563	Filimonova, Inna	76RUS	225	55.80	26FEB03	IPF
7 8	231.828 231.334	Tatarova, Irina Weisberger, Amy	75RUS 65USA	230 233.60	58.5 59.80	10MAR04 08AUG03	IPF IPA
9	228.098	Kudinova, Marina	77RUS	260	69.90	02MAR01	IPF
10	227.612	Scanlon, Julie	76USA	272.5	74.65	05MAR04	WPO
11	227.150	Borodkina, Viktoria	79RUS	250	66.65	10MAR04	IPF
12	2Z7.058	Sommers, Kimberly	65USA	205	52	04JUL98	APF WPO
13 14	226.750 226.494	Bohigian, Kara Mills, Jill	75USA 71USA	250 282.5	66.80 80	07NOV03 29NOV03	WPC
15	225.004	Vandeweghe, Stefanie	55USA	267.5	74.34	13DEC98	APF
16	224.933	Eltsova, Tatyana	78RUS	215	55.85	10MAR01	IPF
17	223.400	Grimwood, Tamara	64USA	281.22	81.19	15APR95	IPA
18	222.530	Nikolaenko, Svetlana	81RUS	200	51.70	26FEB03	IPF
19 20	221.828 221.064	Hyser, Victoria Ivanova, Zhanna	73RSA 84UKR	212.5 235.5	56 65.5	09NOV0I 05JUN04	WPC IPF
21	220.489	Gibson, Vanessa	69GBR	210	55.60	09NOV96	WPC
22	219.367	Reshel, Dawn	55USA	287.12	86.64	15MAY88	APF
23	219.199	Abramova, Irina	72RUS	220.5	59.5	02DEC00	IPF
24	219.032	Potselueva, Galina	80RUS	220	59.40	10MAR04	IPF
25 26	218.244 218.133	Dodd, Laura Liggett, Mariah	USA 58USA	257.5 240.5	73.5 66.80	21NOV9I 07NOV00	WPC WPC
27	218.114	Zaugolova,Yu1ia	81RUS	255	72.5	11SEP03	IPF
28	217.133	Shafer, Ruth	59USA	231.33	63.96	22Nov83	USM
29	217.050	Pisarenko, Viktoria	79RUS	240	67.05	05JUN04	IPF
30	216.724	Phelps, Rebecca	77USA 63FIN	255	73.20	05JUN04	APF IPF
31 32	215.468 214.796	Koskinen, Raija Kanutkina, Veronika	79RUS	171 202.5	43.90 55.45	28NOV03 10MAR04	IPF
33	214.581	Tokarena, Natalya	84RUS	185	51.80	10MAR04	IPF
34	213.588	Dedulya, Svetlana	75RUS	255	74.80	24MAY03	IPF
35	213.380	Thomas, Lesley Jane	66GBR	200	54.5	05DEC03	WPCOM
36	213.121	Yakovleva, Anastasya	83RUS	232.5	65.9	11MAR04	USAPL
37 38	212.651 212.373	Ribic, Priscilla Parrish, Shannon	73USA 62USA	235 188.24	67.'00 50.80	09JUL04 12ApR03	IPA
39	212.404	Guminska, Lesya	80UKR	235	67.10	28FEB03	IPF
40	210.949	Tesleva, Svetlana	75RUS	177.5	47.5	10MAR04	IPF
41	209.865	Fomina, Elena	69RUS	212.5	60	02MAR01	IPF
42	209.850	Zhukova, Elana	72UKR	246 230	72.80	22MAY99 08MAR03	IPF APF
43	209.472 209.426	Vaughn, Amy Jeffrey, Mary	80USA 60USA	200	66.45 55.79	16JUL88	APF
45	209.052	Ivanova, Larisa	63UKR	232.5	67.5	09NOV00	IPF
46	208.624	Mazaylova, Evgenya	82RUS	260	79.90	111MAR04	IPF
47	208.149	Taranova, Yulia	79RUS	175	47.44	26FEB00	IPF
48	207.885	Ortega, Melissa	77USA 77RUS	230 210	67.10 59.90	29NOV03 05JUN04	WPC IPF
49 50	207.669 207.396	Revva, Maria Amdahl, Beatte	69NOR	210	60	04APR94	IPF
51	207.396	Malyugina, Nadezheda	80UZB	210	60	01MAY03	IPF
52	207.365	Chan, Cien-Ming	76TPE	19].5	55.60	99	IPF
53	207.207	Omytruk, Olena	83UKR	192.5	53.90	02MAR04	IPF IPF
54 55	206.841 206.662	Kehanen, Virpi Sarala, Shetty	79FIN 59IND	195 250	55.45 76.30	09MAR03 03MAR01	IPF
56	206.657	Chen, Kuan-Ting	77TPE	175	47.90	20AUG01	IPF
57	206.518	Murasheva, Alexandria	83RUS	260	81.20	11MAR04	IPF
58	206.164	Belova, Oxana	75RUS	185	51.60	26NOV99	IPF
59	205.811	Cornette, Stephan Pavel, Petra	75FRA	177.5	51.80 52	23MAY03 09NOV96	IPF WPC
60	205.459 205.420	Nelubova, Valentina	RSA 66RUS	182.5 207.5	59.40	24MAY03	IPF
62	205.395	Stiklestad, Anne	75NOR	245	74.70	20JUN97	IPF
63	204.870	Costanzo, Lorraine	54USA	285	98.88	22NOV87	IPF
64	204.679	Shapovalova, Natalya	83RUS	172.5	47.60	30MAY02	IPF IPF
65	204.537 204.221	Iskandarova, Valida Rohal-Byland, Terry	74KAZ 60USA	217.5 242.5	63.80 74.20	02MAY03 26JAN85	USPE
67	204.221	Abdulina, Vita	67UKR	192.5	54.90	29NOV03	IPF
68	204.155	Nikulina, Elena	77RUS	195	55.80	10MAR04	IPF
69	204,177	Mendelson, Shawna	72USA	255	80.20	05JUN04	APF
70	204.109	Altizer, Bettina	62USA	202.5 225	58.5	07MAY95	I PF
71 72	203.366 203.]14	Tanakova, Ekatarina Boudreau, Carrie	64RUS 67USA	191.5	67.10 54.90	28MAY94 21 JUL95	USPF
73	202.893	Sjostrand, Lisa	68SWE	225	67.30	01MAR97	IPF
74	202.845	Puzanova, Tatyana	74RUS	242.5	74.95	01MAR01	IPF
75	202.702	Pavlovskaya, Kira	83RUS	.192.5	55.40	10MARD4	IPF
76	202.630	Thysse, Petra	RSA	170.5 222.5	47.5 66.5	07NOV92 26MAY00	WPC IPF
77 78	202.519 202.165	Frangi, Irene Marx, Ingeberg	64ARG 70BEL	202.5	59.20	29NOV97	IPF
79	202.041	Earney, Debra	54USA	237.5	73.10	31MAY96	APF
80	201.916	Orsini, Antonette	64ITA	220	65.80	19MAY99	IPF
81	201.882	Saski, Oxana	82UKR	202.5	59.30	23FEB00	IPF
82 83	201.552 201.512	Dmytruk, Oxana Laha, Sumita	83UKR IND	170 235	47.65 72.30	10SEP03 24JUN91	IPF IPF
84	201.312	Karpova, Gallna	68RUS	295	116.40	11MAR04	IPF
85	200.926	Barybina, Natalya	83RUS	220	65.25	10MAR04	IPF
86	200.570	Ford, Krista	66USA	255	82.5	05JUN04	APF
87	200.117	Steenrod, Victoria	49USA	190.87	55.70	28JAN84	USPF
88 89	199.773 199.713	Chen, Chun-Ju Chuvileva, Olga	82TPE 79RUS	157.5 215	43.5 64.80	25MAY00 11MAR04	IPF
90	199.651	Ignatenkova, Elena	71RUS	252.5	81.80	27MAY00	IPF
91	199.635	Millen, Cathy	67NZL	241.5	76.30	02NOV91	IPF
92	199.017	Kurina, Yulia	81RUS	270	85.90	27FEB03	IPF
93	198.539	Hare, Monica	72USA	235.	73.85	30NOV02	USAPL
94 95	198.59 198.485	Burkey, Jennifer Prymenchuk, Tetyana	70USA 72UKR	188.24 90	55.30 55.95	08AUG03 02MAR04	IPA IPF
96	198.341	Ustinov, Olga	84RUS	190	56	10MAR04	IPF
97	198.240	Haapoja, Paivi	65FIN	197.5	58.80	24MAY03	IPF
98	197.780	Matejova, Oava	75SLO	200	59.90	30NOV01	IPF
99	197.440	Savola, Pirjo	68FIN	197.5	59.10	30NOV02 02MAR04	IPF I'PF
100	197.188	Toropovska, Nina	81UKR	235.0	74.60	JEIVERROM	



The Mighty Russian ... Svetlana Dedulya at the 1993 IPF Women's Worlds. (Photograph by Lambert)

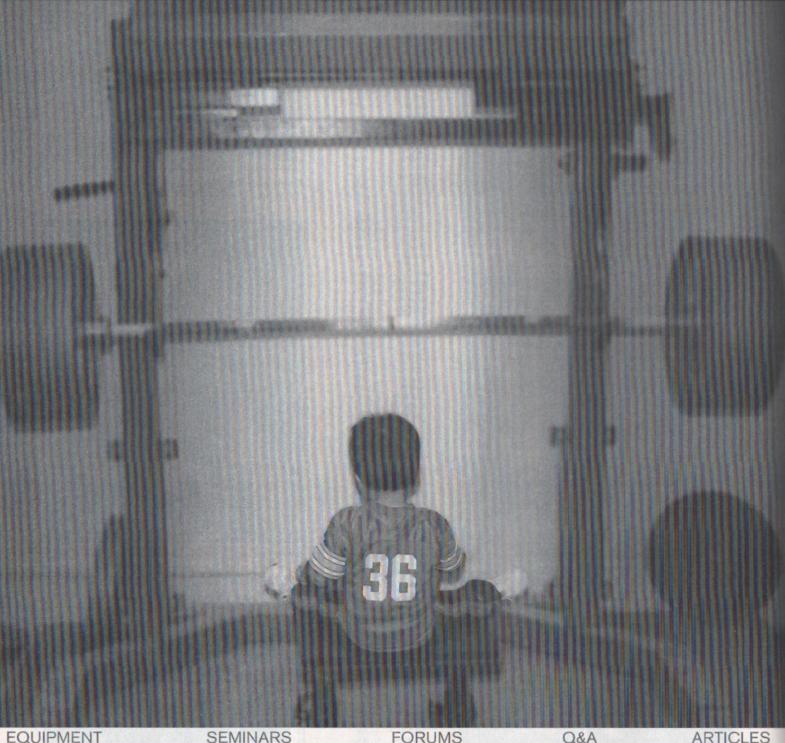


Still #1 Nance Avigliano (Glossbrenner photo)



Melissa Ortegawas very impressive winning the 2003 APF Seniors. (Photo courtesy of Glossbrenner)

Someday I will...



SEMINARS

FORUMS

A&P

ARTICLES

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

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WORKOUT OF THE MONTH

10 Week Deadlift Routine

by World Record Breaker Troy Hicks

Troy Hicks (below) was one of the great deadlifters in the history of the lightweights, setting a world record of 639 pounds, before moving up the the Middleweights to make history in that class as well. (photograph by Mike Lambert, at the 1984 Senior Nationals)

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training

poundages specified over the entire span of a strength training cycle, laid out for you by a Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example; if your lift

is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified 1.2 (600 divided by 500).

I feel you could improve your deadlift as much as 30 to 50 lbs on this routine, which assumes a 500 Ib. starting deadlift capability coming in. It's a 10 week cycle, in which the first 8 weeks involve pure training, week 9 is dedicated to working on form and maintaining the feel of the weight, and Week 10 is for mental preparation and rest before the meet.

Recommended Stretching Exer-cises - 1) Hang from chin bar with toes pointed down and 2) Lay on back, touch toes to floor, and reach back over your head to stretch the lower back.

recommend hyperextensions for conditioning the lower back. Also, standing on a box 6 inches high and doing deadlifts helps condition the lower back and I believe helps you to move the bar off the floor quicker to help get through your sticking

Doing lockouts with the bar at the knees with training straps, shrugs with Olympic bar and t-bar rows are done to strengthen the traps and upper back for the lockout.

After the first 4 weeks drop all assistance exercises except hyperextensions, so that you don't over work your back, which does not recover as quickly as other body parts. Do hyperextensions throughout the complete routine to keep your lower back muscles stretched and flexible.

I also think that some high bar squats should be included, as I feel they help with the drive off the

Consistency and hard work are the keys to achieving your goals.

Week 1: DL: 135x8; 225x8, 315x5. 405x5, 455x5. DL (6"box): 225x5, 225x5,

DL no rack, from knees, w/straps: 450x5, 500x5.

Shrugs w/Olympic Bar: 3x225x5. T-Bar Row: 125x5, 175x5,

Hyperextensions: 2x25. Week 2:

DL: 135x8, 225x8, 315x5, 405x5, 475x3.



DL (6"box): 225x5, 275x5, 315x5. DL no rack, from knees, 475x5, 515x5.

Shrugs w/Olymptc Bar: 3x225x5. T-Bar Row: 125x5, 175x5, 225x5. Hyperextensions: 2x25. Week 3:

DL: 135x8, 225x8, 315x5, 405x5, 485x3.

DL(6"box): 225x5, zte^ 315X5 DL no rack, from knees, w/straps. 500x5, 525x5.

Shrugs w/Olympic Bar: 3x225x5. T-Bar Rows: 125x5, 175x5, 225x5. Hyperextensions: 2x25.

Week 4: DL: 135x8, 225x8, 315x5.

405x5, 495x3. DL (6"box): 225x5, 275x5, 315x5. DL no rack, from knees,

525x5, 550x3. Shrugs w/Olympic Bar: 3x225x5 T-Bar Rows: 125x5, 175x5,

225x5. '-'I'Derextensions: 2x25. Week 5: DL: 135x8, 225x5, 315x5, 405x5. 505x3, 515x1.

Hyperextensions: 2x25. Week 6: DL: 135x8, 225x5, 315x5 405x3, 505x3, 525x1. Hyperextensions: 2x25.

Week 7: DL: 135x8, 225x5, 315x5, 405x3, 505x1, 525x2. Hyperextensions: 2x25.

Week 8: DL: 135x8, 225x5, 315x5, 405x3,

505x1,525x3. Hyperextensions: Week 9:

DL: 135x5, 225x2. 315x1. 405x1. Hyperextension: 2x25.

Week 10:

Meet Attempts: 525, 550, 565.

		Championshi		(17-19)		Caffrey	500		-	SEE SEE		-
	04 -	Piscataway,		Andrews		Marshall	450	100 PM	655		多语用	100
SQUAT 132 lbs.		Ryan Mann	455* 410	Lifetime Cawley!	595*	Aludauri		A	21.3		6.63	100
(40-44) Raw		Open Raw	4.0	Lewis .	515	(55-59) Cote	530		2553	35.	图 图图 2	100
Hockeborn	255*	Massetti	330	Kalfrin		242 lbs.	330	RE.	1200	" .		130
(45-49) Raw	17.00	Lifetime Raw	4004	Open		(20-23) Raw		Name of Street			100	EB
Spano 181 lbs.	165*	Martin (40-44)	420*	Norris (35-39)	570	Finland	530		200	8E)		200
(50-54) Raw		Mann	410	Allen		(40-44) Raw Erb	490*	7	ALC:	场音	1	
Cinelli	270*	Foltz	320	Lifetime Raw		(45-49)	430	10233		1997		W
220 lbs.		(35-39) Raw		Mamedov!	460	Anderson	555	2 4 3	611	V 1		-
Lifetime Raw Aludauri	550*	Ross Kampo	350 315	(40-44)	595*	Open	705	37				1
Caffrey	450	(60-64) Raw	313	Cawley Norris	570	Cooper! Wilkerson	705 450				12	34 N
242 lbs.		Freed	325*	Dupont	365	(55-59)	430				MI	1
Lifetime		(65-69)		(75-59) Raw		Dusenbury	505*				49	4
Maltezos	685*	Lozano 198 lbs.	275*	Romero	135*	275 lbs.			-	-		M
Open Maltezos	685*	(17-19) Raw		SHW Lifetime		Lifetime Ray Olaaje	W 630*					
(45-49)	-	Kemble	335*	Imuhadze	400	(45-49)	630					
Lovejoy	575*	Turner	225	Lattimer		O'Neill	640		200			U
275 lbs.		Lifetime	400	Lifetime Raw		Finland						1
Lifetime Raw Kristoff!	660	Matta Jachim	400 365	Montano (40-44)	400	SHW						
(45-49)	000	(35-39)	303	Mackey		(40-44) Mackey	480					
O'Neill	660*	Swanson		(45-49) Raw		(45-49) Raw						
BENCH		(40-44)		Brown	240*	Brown	375*			-		
123 lbs. (45-49)		Jachim (45-49)	365	DEADLIFT		Lifetime Ray					0	ALL.
Proctor	145*	Dunn	335	123 lbs. (20-23)		Lattimer PWRCURL			- 10			SEDE/
(17-19) Raw		Williams	300	Ferguson!	390*			One of the t	femal	e con	npeti	tors
Fitzpatrick	110*	(60-64) Raw		(17-19) Raw		(40-49)		this year				
132 lbs.		Churchman (60-64)		Fitzpatrick	235*	Klaassen	70*	Champions				
Open Raw Hockeborn!	205*	Churchman	325	Hoxworth (40-44) Raw	190	132 lbs. (40-49)		of Troy Ford				
(40-44) Raw		(70-74) Raw	-	Klaassen	260*	Spano	70*	0111071010	, cac	cper	ricici	note
Hockeborn	205*	Rosenfield	275*	132 lbs.		MEN		Whidden	255	155*	280	690
(45-49) Raw	105+	(70-74)	2054	(40-44) Raw		148 lbs.		132 lbs. (40-44				
Spano 148 lbs.	105-	Rosenfield 220 lbs.	305*	Hockeborn	255*	Open	120	Hockeborn	255*	205*	255*	715
(40-44) Raw		(17-19) Raw		(45-49) Raw Spano	280*	Dessau Mosier	130	(45-49) Raw Spano	165*	105*	280	550
Rosenthal	85	Hafiz	310*	MEN	200	165 lbs.	100	148 lbs.	103	103	200	330
165 lbs.		(17-19)		100 lbs.		(17-19)		Lifetime Raw				
Lifetime Raw Kossak	1550	Rogers Open	325	(9-10) Raw		Slagus	135*	Musser!	340.	190*	350*	880
MEN	133	Feehan!	505	Diekel 114 lbs.	185*	Open Edwards	150	Vega SHW	255	130	350*	735
100 lbs.		Tiger Sr	450	(13-16) Raw		Merabishvil		Lifetime Raw				
(9-10) Raw		Campanella	445	Zambelli	180*		85	Theodoropoulo	s	325	155	365
Diekel	80*	Storey	420	148 lbs.		(40-49)		845				
114 lbs. (9-10) Raw		Ehrhardt Diciano	405 400	(13-16)	400	Edwards!	150*	(40-44) Raw	150	120	200	
Lewis	70	Lifetime Raw	400	Richardson (13-16) Raw	400	(50-59) Legg	85	McGee MEN	150	120	280	550
123 lbs.		Davis!	495	Hoxworth	310*	181 lbs.	0.5	100 lbs. (9-10)	Raw			
(17-19) Raw		Shaw	455	165 lbs.		Open		Litowsky	90	55	125	270
Claypatch 132 lbs.	180*	Aludauri (35-39) Raw	425	(13-16) Raw	27.00	Wilhelm!	170	114 lbs. (11-12				
(40-44)		Shaw	455*	Erb (17-19)	260*	Massetti Saralidze	165 150	Bomberger Foltz	190* 125	90* 65	170* 170	450°
Helms		Stalica	410	Space	415	(40-49)	130	(13-16)	123	03	170	300
148 lbs.		Caffrey	300	165 lbs.		Wilhelm	170	McAvoy	265	190	280	735
(13-16) Raw	2054	Open Raw		(20-23) Raw		(50-59)		132 lbs. (20-23				
Cawley (13-16)	205-	Shaw (40-44)	455	Merabishvili Myers	420 315	Cinelli	115		360	225	375	960
Cawley	250*	Mellinger		(55-59) Raw	313	198 lbs. (17-19)		148 lbs. (13-16 Richardson	345	160	400	905
Open Raw		(45-49)			500*	Turner	140	(45-49)	-	.00	400	303
Love!		Ehrhardt	405	(50-54) Raw		Open		Corsi		370	250	450
4th Mosier		(50-54)	450		325	Seunarine	140	1070				
(35-39)	193	Tiger Sr Brown	430	Police Raw Legg	325*	(40-49) Carr	165*	165 lbs. (13-16 Klaassen	300	165	330	795
Dessau	270	(55-59)	100	Lifetime Raw	323	Dunn	155	(17-19)	300	103	330	793
(55-59)		Cote	430*		325	Williams		Heilman	370	220	410	1000
Morrison	220*	Shales 4th	420*	181 lbs.		220 lbs.		Space	300	175	415	890
165 lbs. (20-23) Raw		(55-59) Raw	430*	(17-19) Space	455*	Open	2108	(20-23) Raw Dimura!	425*	265	405*	1175
Merabishvili	225	Shales	375*	Lifetime Raw	433	Aludauri! Diciano	170		425	265	485*	117:
(20-23)		(60-64)			575*	Marshall	160	Cantrambone	325	260*	410	995
Myers	205	Davis	275	(55-59)		(40-49)		(55-59) Raw				
Lifetime Venturella	350	242 lbs. Open			540	Feehan		Hoxworth	400*	225*	500*	1125
Open	330	Brown	475	(65-69) Raw Jenkins	500*	Loomis Campanella	155 150	(65-69) Wolff	290*	190*	385	865
Venturella	350	Wilkerson	415	198 lbs.	300	242 lbs.	130	181 lbs. (17-19		130	303	003
(40-44)		Anderson	410	Lifetime		Open		Space	395	230	455	1080
Venturella		Lifetime Brown			470	Jmuhadze	180					
Caliguri Lifetime Raw	320	Jmuhadze	475 420	(40-44) lachim	370	(40-49)	1658	Rock Lifetime	475	315	510	1300
Claypatch	270	Copenhaver		(45-49)	3/0	Slagus (50-59)	165	Alongi	405	365	385	1155
Legg		(40-44) Raw			735	Levine	145*	(35-39) Raw	The same		- 00	
(35-39) Raw		Erb	330	(45-49) Raw		275 lbs.		Lombardo	315	275	420	1010
Lara	300	(50-54) Raw	215		510*	Open		(40-44)		255		
(50-54) Raw Wooten	305*	Levine (50-54)	315	Police Raw Skinner	510*	Mamedov! SHW	190	Catina (50-54) Raw	455	265	460	1180
Legg		Levine	315	Police	310	Open		Cinelli	270	235	340	845
(45-49) Raw		(60-64) Raw		Skinner	525	Jmuhadze	210*	(55-59)				
Claypatch	270	Bidinotto	300*	220		Opio	140		455*	245	540*	1240
181 lbs. (13-16)		(60-64) Bidinotto	360*	Lifetime Raw POWERLIFTING		SQ BP	DL	Dennison 198 lbs. (13-16	430	235	530	1195
Swanson	275*	Police	550	TOT		-4 DI	2.	Tidy 108. (13-16	355	135	350	840
JHUIIJUII		Stears	430	WOMEN				Lifetime Raw			-	
(17-19) Raw					-							
(17-19) Raw Fabozzi		275 lbs.		123 lbs. (40-44)		90 400	100	Kadle	450	330	560*	1340
(17-19) Raw			210*	123 lbs. (40-44)	Raw 140	80 180	400	Kadle Mangine Seunarine	450 475 520*	330 350* 300	560* 510 505	1340 1333 1325



Weaver

Edwards

Gorman

Ruscitelli

Kliefoth

(50-54)

Givens

Givens

Boston

Davis!

Schaffer

Caffrey

Aludauri

Loomis

(50-54)

(17-19) Raw

Lifetime Raw

Brown

Miller

Lifetime

Perrotta!

Killen (40-44) Raw

Lifetime Raw

Police

(40-44) Raw

40-44

Sadiv

340 240 405 985

430* 550

350 500

520 380 425 1325

555 430* 550 1535

540* 315* 530 1385*

520 380* 425 1325

520 380* 425 1325

535 375 540 1450

565 495* 600 1660*

565 375 560 1500 500 390 480 1370 450 300 500 1250

565 375 560 1500

350 260 440 1050

570 400 510 1510

550* 325* 550* 1425*

460* 335 525 1320

470 410* 545 1425

675 400 560 1635

525 410 500 1435

4th-BP-500*

550 425 ---

430* 550 1570

1350

s at Bartos rld Hammond esv

					(40-44) Kaw					
(eborn 9) Raw	255*	205*	255*	715*	Bradley	550	395*	525	1470	
0	165*	105*	280	550*	(45-49) Lovejoy	F7F	410*	Far	1520	
lbs.					275 lbs.	5/5	410-	535	1520	
me Raw					Lifetime Raw					
er!	340.	190*	350*	880		660	400	600	1660	
	255	130	350*	735	Open Open	000	400	600	1000	
me Raw					Reyes	630	375	575	1575	
doropoul		225	400	2/5	SHW Lifetime					
aoropoui	108	323	155	365	Yawn				1550	
4) Raw					Theodoropoulo 1505	es	600	405	500	
ee	150	120	280	550	(35-39)					
lbs. (9-10) Raw				Yawn	610	400	540	1550	
	90	55	125	270						
bs. (11-1					TRANSPERS		S SECTION A	100		ı
berger			170*	450*	THE RESERVE	ш		100	(mage)	ı
6)	125		170	360	GEEST #1			3.5	A H	ı
voy	265	100	200	725	THE RESIDENCE	100			30 111	ı
lbs. (20-2		190	280	735	12 3 3 5 A C	100	F 1 92	7 (8)	A.EE	ı
naro		225	375	960	100000000000000000000000000000000000000		111	100		ı
lbs. (13-1		223	3/3	960	A STATE OF THE PARTY OF THE PAR		医多型	10000	100	ı
ardson		160	400	905	MM BAIR		2		12.6	ı
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Joe Alongi with his 1st place award in his first WNPF World Championship, after 12 years and 17 competitions. He won in the 181 lb. lifetime division with lifts of 405, 365, 385 for 1155, after enduring the death of his girlfriend's son just a week before the meet, during which time he lost 7 pounds of bodyweight, to 173. Under the circumstances, no PRs were possible, but loe looks forward to the 410 lb. world record in this division as a goal for next year. (photo by Joe Alongi Sr.)



James Davis (220 class) was the Best Lifter in the Raw Division.

610* 400" 540* Yawn 1550

- Best Lifters. * WNPF World Record. #

- Tied World record. Team Champions: Powerlifting - Ephrata. Bench Press -Ephrata. Deadlift - Hoxworth Gym. Pow-erlifting (Teenage) - Calvary. Hello to all, for World Meet Number Thirteen for the WNPF. I can remember the very first one where we had 422 lifters, the biggest meet in powerlifting history. I hope we never have another one of those, but that meet put the WNPF on the map. This contest was moved from its original time in the fall to the summer. We ended up with 208 total lifters for a summer time World Championships. We were very happy with this turnout. We will move the Worlds back to the Fall in 2005 and we will be in Orlando, Florida, I want to thank all of the lifters that attended this event, from the lifters in the USA to the lifters that came from the Republic of Georgia. We had a total of seven countries attend this year championship. want to thank my staff for a wonderful job. They are: Lester, Denise, Annette, Ron Ehrhardt, Ron Deamicis, Herman, Moses, Bryan, John, Kenny, Perry, Thomas, William, Moms, Steven, Jamie, Buddy, Jim, Adrian, Perry and Tee Meyers. Again there were a few lifters that were no happy with the judging at the Worlds, but nappy with the judging at the words, but this happens every year. Our judges do a very good job. They are tough but fair to each and every lifter. There is no favoritism in the WNPF. Our spotters caught every lifter on every attempt and there was only one misload the entire weekend. We also held our Annual World Strongman Championships on Sunday and Matt Keller won this event again for the second time in a row. We held our annual WNPF banquet on Saturday with many awards given out to the top lifters of the year. A WNPF Hall of Fame was started and Annette Schneidmill was the first inductee. This hall of fame is for past WNPF superstars. The requirements are you must be out of the sport for five years and you must be a past WNPF record and you must be a past WNPF record holder and champion and also a good sportsman. Other past lifters were also inducted but we will give out these awards later this year. Now on to the eet. We will not be able to talk about every WNPF lifter at the Worlds because Mike Lambert will kill us for taking up too much space in this magazine. In the women's division Lynnie Whidden won her weight class and set a new WNPF world bench press record. Koley Hokeborn set several WNPF full meet and single lift world records and her first WNPF world title. Koley is a top WNPF female lifter She benched 205 pounds RAW in the 132 class. In the 148s we were waiting for this battle with Musser and Vega. Musser got out to a big lead in the squat 340 to 255 and then she got an even bigger lead after the bench 190 to 130. She was now up by 145 pounds and going into the deadlift. Denise and Melissa tied in the deadlift with 350 pounds. Denise won another best lifter award and her first WNPF raw world title. A.T. won her first WNPF World title in the SHW open raw division. Bomberger won his second WNPF world title over Foltz in the youth division. Molinaro won his first title in the 132 junior division. Tony Dimura won his first title and set a few WNPF records also. Gary Hoxworth is still going strong, with over 40 years experience. Gary set four world records and he also won the best lifter award in the deadlift only division. Rock, Catina, Alongi, Cinelli and Lombardo all won WNPF World titles in the 181 class. Ray Dennison and Tom Conway battled in the masters 55-59 division with Tom coming out ahead by 55 pounds. In the 198's Terry Edwards won the lifetime equipped division over four competitors with a 1570 total. Joe Ruscitelli took the masters class and set a new world masters bench press record in the 198's. Kadle won by five pounds over Mangine in the raw division. In the

as far as learning how to powerlift Imagine once he learn how to lift where his total will be. Wayne Kliefoth won the masters 198 and set several records Chris Loomis and Ralph Brown won their classes in the 220 masters. Floyd Givens took the masters and police divisions even though he suffered an injury in the squat event. Bartos and Hammond lifted superbly in the teenage divisions with Bartos setting four new world records. Miller and Kristoff won their raw classes in the 242 and 275's. John Perrotta won the 242's over Joel Killen. Joel actually could have lifted in the masters but be chose to lift in the open for the competi-tion. Jeff Bradley set a new World bench record in the masters 242 class. Mr. Reves and Mr. Yawn won their first titles WNPF. Teddy T. was off in the deadlift and bench over wise he would have gave Mr. Yawn more of a battle. In the Bench only divisions all of the women set new world records except for Rosenthal. Ms. Rosenthal actually lifted in her first world meet and did very well. Now for the big boys. Diekel, Lewis, Claypatch and Cawley lifted well and ost of them set records. Mr. Love did a RAW 360 in the 148's. This guy is strong, very strong, and he showed it with his first WNPF World title. Dessau won the submasters division and Morrison took the Masters over 50 class. Claypatch, Wooten and Charles V. won their classes in the 165's. John is an amazing lifter, he has no legs on the lower part but he balances himself on the bench without any problems and pushes his benches up strong. Bob Legg, always dependable and consistent, is one of those guys who just love the sport. He comes to the meet to have fun and to try and set personal records. We are happy to have Bob as a WNPF member. Little Bruce Swanson won the 181 teenage division. Fabozzi beat out Snouffer by 10 pounds. They battled until the last attempt. Ryan impact of the personal statempt. proved to 455 this year from 420 last year. Martin hit 420 raw in the 181 lifetime class and he also set a new record. Mann took first in the masters and second in the lifetime division. Bill Ross beat out John Kampa in the subs 181 raw division and Rudy Lozano came from CA to take the masters 65-69 division. Jamie Matta won the lifetime division and Chruchman won-the masters 60+ division. Burt Rosenfield won both the masters raw and equipped divisions in the

220's James Davis won his first WNPF

title with a 1660 total and 500 bench. James is new to the sport with only

year of experience under his belt. He is

very strong but he has a long way to go

198 70+ division. We had a good battle in the 220 class raw and equipped divi-sions. John Feehan from Ireland won the masters and open divisions with a 510 bench. This was his opener and today this was all that he needed to win. As you can see the other five lifters were not very far apart with their lifts. Davis beat out Shaw the raw class but Shaw won the open and submasters division in the 220's. Mellinger had an off day but I'm sure he will come back stronger next year. Tiger Sr. (Republic of GA) won the masters class and Roland Cote and Shales were very close in the master's 55-59 divisions. Jimmy Brown won two divisions and his first WNPF title in the 242's. Erb Levine, Bidinotto and Stears won their classes. Bidinotto set two new world masters classes. In the 275 class, what a day. There were so many lifters that bombed or passed on lifts in this class including the SHW lifters. We sat there and watch uneven lockouts, seesawing, butts rising up and foot movement by many lifters. Three of these lifters finally got their third attempts Lewis, Cawley and Norris to stay in the meet. Memadov won the 275 raw division and set a new world and republic of Georgia record. In the deadlift Maria Ferguson showed out. She has to be in the top three deadlift in the women's 123 class. She pulled 390 pounds and missed 410. Tracy Fitzpatrick won her first WNPF title and dedicated her meet to her dad who got in a car accident a few months earlier. Jim was also a WNPF lifter and he trained Tracy hard for this world meet and thanks to Joe Careri she continued her training for this meet. Zambelli, Howorth and Erb all set new WNPF records. Merabishvili won over Dan Myers in the junior 165 class. Space set a new WNPF record, Rijos Soto won the raw division and Jenkins took the masters 65-69 division with a lift of 500 pounds. Andy Skinner from Canada set several Canadian records as well as new WNPF World records. Tee Meyers put on his usual show with a 735 deadlift. He came up to New Jersey to judge, sell clothes and entertain. I thank Tee for all of his help this weekend. Caffrey won the lifetime raw division over two competi-tors, one from Canada and the other from the Republic of Georgia. Finland took the junior division 242. Jeff Anderson from N.I. won the masters 242 division. Big Cooper pulled 705 in the 242's. He's good for 760-770, but not today. The giant Olaaje pulled 630. John is 6'8" tall. Jim Dusenbury from N.Y. set a new record and he's always very complementary about the WNPF meets and staff. Terry O'Neill from England hit 640 pounds

World Natural Powerlifting Federation (WNPF) Membership Registration							
LASTNAME	FIRSTNAME	INT					
STREETADDRESS	We the second						
CITY,STATE,ZIP	100						
AREACODE,TELEPHONE:	DATEOFBIRTH						

CHECK ONE: LIFETIME DRUGFREE

REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$20.00 HIGH SCHOOL

SEX

\$40.00 ADULTS

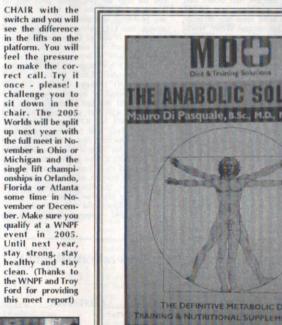
FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO: WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214 (770) 996-3418

SYRSMIN

SIGNATURE/PARENTS SIGNATURE IF UNDER 18 (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year) I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

two new WNPF records in the SHW class. The highlights in the World Squat Championship include the Russian Aladuari sted a 550 with a win over Cafftey and Nick Maltezos, coming back after break-ing his arm last year, when he squatted 685 and missed 700. In the Power Curl Worlds the Russians dominated. Brian Edwards won both the masters and open divisions and the best lifter award on day one. Mark Wilhelm took the title home in 181's over Massetti. This was a very close contest between Wilhelm and Massetti. In the 198 masters newcomer Carr defeated Dunn and Williams. Aludauri defeated USA's Diciano and Canada's Marshall in the 220's. Both Tim and Mike Slagus put on excellent perfor-mances and they both set new world records. We want to give thanks to Tom Conway and Team Calvary for attending and doing so well. Also Team Ephrata for bringing a team and thanks to Barry Erb. Thanks to Lynnie Whidden and her team ITom Orlando. Thanks to team Hoxworth also. Lifters please keep in mind that the WNPF is here for you to have fun. We're not out to bash anyone, play favoritism or to get people upset to the point where a fight may start, or violence and obscene language is used. We had an incident at the Worlds where one lifter will no longer be allowed to participate in the WNPF and it's a shame that this had to happen, but no one - and I mean no one - is bigger than the WNPF organization - not the lifters, staff, officials or administrators. Anyone who thinks for a mo-ment that this person was right for what he did, well, we don't want you in the WNPF, and this includes the people that talk on the internet forums and the people who heard one side of the story and people who weren't there. We are here to do the best job that we can in putting on these meets. We don't make millions of dollars doing this and if you knew how much it cost to put on one of these meets I'm sure lifters would look at things a little differently. We do it because we like to and we like making people happy and we want people to go home with good memories. If you get a red light, try not to look at it like we don't want you to get the lift. That is the last thing we want. We felt very bad that many lifters bombed on Sunday. If there were no rules and if this was an anything goes league, I'm sure people would still find something to bash us about. We try to have the lifters do the lifts correct or as close to correct as possible at Worlds. This is not to say that any officials are perfect because that they are not, they do make mistakes. Lifts look different depending on where you are seated or standing. Most of the people in the audience believe they can see the calls on the platform, but - trust me - they can't. Lifters think they can see every thing from the warm-up room, trust me they can't. I've said this before and I will say it again. I challenge any lifter, spectator or coach to sit down in the

the masters 45-49 class. Big Irv Brown set





Buddy Cawley, 275 pound master lifter, benching 595 pounds at the WNPF World Championships.

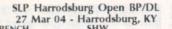


WNPF World Competitors from the Republic of Georgia, along with the WNPF Staff and other lifters.

THE DEFINITIVE METABOLIC DIET RAINING & NUTRITIONAL SUPPLEMENT BOO

BOOK REVIEW Dr. Mauro DiPasquale's "THE ANABOLIC SOLUTION ... the Definitive Metabolic Diet, Training & Nutritional Supplement Book For Recreational & Competitive Powerlifters" distills the essentials of Dr. Mauro's very effective Metabolic Diet and applies them to the rigors of a powerlifter's regimen. The diet is tailorable, with "set point" determination being adaptable to the

genetic makeup of each individual. The purpose of this approach is to make your body burn fat as it's primary energy source, and everything he postulates is supported by clinical research ... as Dr. M. likes to say "hysteria is not my stock in trade". There are extensive graphs and understandable explanations of the rationale behind this approach to diet and lifting performance, and because Dr. DiPasquale is a former Champion Powerlifter, he knows whereof he speaks from both ends of the spectrum. You can literally think positively about dropping a weight class and retaining your strength with this type of approach, so if that's of interest, check out the ad on page 81 of this edition of PL USA. (Mike Lambert)



27 Mar 0	4 - H	larrodsburg, K	Y
BENCH		SHW	
WOMEN		S. Matzek	375
Junior		Open	
148 lbs.		220 lbs.	
M. Templeton		D. Nealy	600
4th	200*	B. Templeton	410
MEN		242 lbs.	
Teen (13-15)		A. Carter	405
181 lbs.		4th	425
B. Francis	150	M. Cox	405
4th	165	308 lbs.	
242 lbs.		W. Beach	460
T. Jackson	155	4th	470
4th	165	DEADLIFT	
Teen (18-19)		MEN	
148 lbs.		Teen (18-19)	
G. Shubert	265*	148 lbs.	
Submaster		G. Shubert	405
D. England	315	Master (40-44)	
4th	320	275 lbs.	
242 lbs.		R. Richey	550
J. Kathman	420	Master (55-59)	
Master (40-44)	THE CLE	165 lbs.	
275 lbs.		L. Greer	340
R. Richey	570*		
Master (50-54)			
*=Son Light Por	wer K	entucky state rec	ord

Best Lifter Bench Press - DEWAYNE NEALY.
Best Lifter Deadlift - GREG SHUBERT. The Son Light Power Harrodsburg Open Bench Press/Deadlift Championship was held Press/Deadlift Championship was held March 27, 2004 at Bluegrass Fitness Center in Harrodsburg, Kentucky. Thanks to owner Todd Darland and to manager Becky Barry for allowing us to host this event at their gym. Thanks also to my son Joey, Randy Richey and everyone else who helped out with the competition. In the bench press event Miranda Templeton won at junior 148, setting the Kentucky and everyone else with 420. In the master men's state record there with 180. A fourth attempt gave Miranda her first 200 bench! In the teenage men's 13-15 age division Blake Francis won at 181 with 150, followed by a 165 pr fourth. Greg Shubert broke the existing fourth. Greg Shubert broke the existing of the mark of 320. Weighing in at just 208 deadlift competition of the win at 220. Weighing in at just 208 deadlift competition of the win at 242 with 450. In the master men's agood day at 308, finishing with 460 serving the form the mark of 320. Joe Kathman captured the with 410. Taking the win at 242 was Adam carter, who finished with 405, A fourth with 410. Taking the win at 242 was Adam carter, who finished with 405, A fourth with 410. Taking the win at 242 was Adam carter, who finished with 405, A fourth with 425 was also good. Mike Cox (Mr. van the counter of 375 for the win. Big age of 375, just missing a personal best between the counter of 375, just missing a personal best for the win at 220. Weighing in at just 208 deadlift competition. Greg Shubert set his counter of the division of th



Best lifters Greg Shubert and Dewayne Nealy with Bluegrass Fitness managers Becky Barry at the SLP Harrodsburg Open on March 27, 2004. (Photograph provided by courtesy of Dr. Darrell Latch)



USA POWERLIFTING CORNER

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President's Message: Fine tuning our programs

Here at USA Powerlifting, we continually try to improve our programs. As many of you know, and consistent with our mission, we strive for upgrades that solidify our leadership in the area of drug testing. One of the concerns of our members has been that while we publish a list of those who fail drug tests, we haven't let the public know about our successes. We are proud of our lifters and we want you to be as well. Because of this, we have initiated a searchable data base that lists ALL of those we drug test. You may access this information at: http://

www.usapowerlifting.com/ committees/drugtesting/ drugtestingdb/index.php. One thing has come to light: our collectors need instruction in managing the paperwork. To meet this need, USA Powerlifting has developed a Drug Testing Officer Certification process. This will be launched by the end of 2004, and will assure the highest standards of quality in our testing program.

Merchandising

The USA Powerlifting Merchandising Program is alive and well! Since opening our e-(http:// www.usapowerlifting.com/ merchandise/index.shtml). You can now purchase USAPL merchandise online. You will also see our dedicated volunteers at every National Championships offering t-shirts, sweats, hats, and kids' gear. Check out the e-store for our monthly special. You can also join USA Powerlifting via the e-store, or donate to support our THE WORLD. Last programs.

American Open: Philadelphia, December 11-12,2005

The 2004 American Open will be held in Philadelphia the second weekend in December. This competition provides nationallevel production and competition for those who have not yet hit an elite total. There will also be a number of other athletes attending to guest lift, attempt records, and to contest friendly "grudge matches." Plan to attend. It looks to be a great production and a great time. For more information, see the link on the USAPL Calendar page: http:/ /www.usapowerlifting.com/ schedule shtml.

IPF Bench World Championships, Cleveland, December 2-5, 2005

The 15th IPF Open Bench Press World Championships for men and women will be held in Cleveland, Ohio this December. This year's meet promises to be a great venue, and to have some hotly contested classes. The meet will be held at the Holiday Inn

Ballroom, with three days of competition starting with the lighter men and women. There will also be tours to the Rock and Roll Hall of Fame and the Cleveland Rain Forest. For further information, go to Invitations www.powerliftingipf.com.

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

The 22nd USA Powerlifting Women's National Championships will be held in St. Louis, Missouri in early February. There are several things the will make this one of the highlights of the USAPL calendar. First, and maybe most significantly, the USAPL Women's Nationals is the LARGEST women's strength event IN year, 130 women

ranging in age from 10 to 66 contested one of the most exciting meets of the year. This meet is the selection meet for women for the Master Bench Press World Championships, Open Women's World Championships, and Junior and Sub-Junior World Championships. In addition, this will be an opportunity for our Women's Champions to interact with and mentor young women and girls who may join our sport. St. Louis has the largest Girl Scout Council in the United States. Meet promoters Harold Gaines and Rick Fowler have arranged for assignment of girls to each returning champion to escort them, assist with equipment, and for sightseeing. It should be a great experience for both the lifters and their "shadows."

Junior/Subjuniors Return Victorious

The 2004 IPF Junior and Subjunior World Championships were held in Pretoria, South Africa September 8 - 12. This was the first year of the combined Jr. and Subjunior Divisions. Previously, these had been separate championships had been separated, but are now combined to better resources and to give similar-aged people the chance to

The second second				
2004 Top 20-275 Men				
1. Lowe	955	515	800	2270
2. Tony Cardella	827	612	766	2205
3. Greg Wagner	849	568	689	2105
4. Scott Lade	772	672	628	2072
5. Emilio Saldierna	849	535	678	2061
6. William Ferguson	805	551	694	2050
7. Sean Culnan	755	562	716	2034
8. Matt Wenning	816	551	667	2034
9. Mike Anderson	799	518	689	2006
10. Scott Ward	744	557	672	1973
11. Chris Dippre	832	441	683	1957
12. Deron Rogers	744	441	744	1929
13. Kelvin Hayes	750	510	660	1920
14. R. Meulenberg	744	485	689	1918
15. Brad Madvig	700	500	705	1905
16. Pat Anderson	722	529	645	1896
17. David Gonzales	750	496	645	1890
18. Jon Defoor	705	502	661	1868
19. James Toland	672	540	639	1852
20. Scott Schoen	645	480	716	1841
2004 Top 20-198+ Wo	men			
1. Liz Willet	634	391	485	1510
2. Harriet Hall	524	321	485	1329
3. Jamie Johnson	408	281	441	1130
4. Jeri Shepherd	419	220	397	1036
5. Sandra Sebastian	402	215	419	1036
6. Gracie Espericuet	a424	220	386	1031
7. Erika Headrick	429.9	192.9	402.3	1025.
8. Shea Wallus	363.8	259	358.2	981
9. Sue Hallen	353	287	331	970
10. Jade Dickens	364	226	380	970
11. G. Espericueta	397	187	386	970
12. Jade Dickens	375	231	342	948
13. Shea Wallus	342	254	353	948
14. Kate Ahlers	336.2	226	352.7	914.9
15. Elise Moran	374.8	181.9	347.2	903.9
16. Tamara Walter	402.3	143.3	358.2	903.9
17. Robyn Lupton	347	204	336	887
18. Iilani Taylor	364	187	331	882
19. S. Dzurnak	336	231	314	882
121 Of DEUIHAN	220	401	214	002

see each other compete and to interact. U.S. lifters placed very well. The Subjunior Women won the Gold Team Medal, the Junior Women the Silver, and both the Subjunior and Junior each won the Bronze Team Medal.

Individual Overall Medals -

Subjunior Women:

Caitlin Miller, 48 kg., Silver Medal Lora Marietta, 52 kg., Bronze Medal Carly Nogle, 56 kg., Silver Medal Molly Dennany, 67.5 kg., Silver Medal Angelle Matt, 75 kg., Silver Medal Bonica Brown, 90 kg., Silver Medal Erika Headrick, +90 kg., Silver Medal Shea Wallus, +90 kg., Bronze Medal. Subjunior Men:

Mathew Knight, 52 kg., Silver Medal Timothy Cross, 56 kg., Bronze Medal Cory Saltzman, 90 kg., Bronze Medal Jon Krogman, 110 kg., Gold Medal Kyle Harvey, 125 kg., Gold Medal Justin Newsome, +125 kg., Bronze Medal

Junior Women:

Tina Carder, 44 kg., Gold Medal Ashley Mathern, 48 kg., Gold Medal Desirae Arelliano, 52 kg., Bronze Medal Ashley Awalt, 56 kg., Silver Medal Codi Grubbs, 60 kg., Silver Medal Alyssa Hitchcock,

> 67.5 kg., Broze Medal Kimmie Everett, 75 kg., Silver Medal Kelly Louque, 90 kg., Bronze Medal Jamie Johnson, +90 kg., Bronze Medal.

Junior Men:

Jeremiah Welch, 52 kg., Bronze Medal Mike Hafenbrack, 56 kg., Silver Medal David Hammer, 75 kg., Bronze Medal Steve McLawchlin, 82.5 kg., Gold Medal Josh Chovanec, +125 kg., Bronze Medal.

Greatjob, everyone. The U.S. is proud of you.

Top Twenty

This month, we feature the top 20 women at 90+ kg. (more than 198 lbs.) and the top 20 men at 125 kg. (275 lbs.) This month, we start with 2004 totals, to date. To search the lifter data base, or for the complete 2003 Top Twenty lists, please see: http:// www.usapowerlifting.com/ newsletter/ranking/ rankings.html.



Dr. Pat Anderson, who wrote up the USAPL Men's Nationals in our August issue, is among the topranked lifters in the USAPL 275 lb. class rankings, seen at left. (Photograph by Mike Lambert)

USAPL Nation's Capital Cup 14 May 04 - Oakton, VA

Bench	201	198	Sold.	48, 1191	USA
148			e Wels	sh 340	15-16
40-44		50-54		540	MALE
Anita Kellogg	185	Al Sta		290	114 lbs. Y
165		220		10 7120	I. Bell
55-59		40-44			M. Gremil
C. Braun	125	John	Shifflett	355	Teen-3
148		242			D. Summe
14-15		B. Pr	ediger	475	123 lbs. T
Trey Angle	180				C. Martine
165		Greg	Bunch	430	Teen-3
D. Maorury	_	40-44			I. Giorno
181		Chris	Felix	480	148 lbs. A
Tony Ware	355	55-59			R. White
40-44		W. H	albert	315	Junior
Stephen Jaffe	360				F. Hernan
114	SQ	BP	DL	TOT	Teen-3
45-49	055				B. Phifer
Kathi Muttart	175	105	240	520	A. Hinkley
123					Master-3
50-54					P. Wong
D. Picciotti	245	140	305	690	Teen-1
148					R. Deleon
J. Welther	235	135	240	610	165 lbs. T
148					C. Harget
40-44					R. Rendon
Rene Bybee	160	100	190	450	Master-1
45-49					V. Martin
Lynne Nelson	350	200	450	1000	Open
14-15				THE YEAR	T. Riffe
Trey Angle	305	180	360	845	H. Tan

All memberships expire 12 months from date of purchase

Stuart Dean 500 400 525 1425 18-19 Bryce Miller 520 310 500 1330 SHW 510 330 600 1440 John James Male-Best Lifter: Chris Mathews, Best D. Bench Press: Brian Prediger, Best Masters J. Williams Lifter: John James, Most Improved: Trey Angle. Female-Best Lifter: Joanne Welther, Master-1 Best Bench Press: Anita Kellogg, Best Masters Lifter: Lynne Nelson Most Improved: Demeter Picciotti.(from USAPL) Most A. Fortunato USAPL Texas State (kg) 15-16 MAY 04 - Killeen, TX SQ BP DL TOT 114 lbs. Youth-1 137.5 70 172.5 370 M. Gremillion 57.5 35 105 197.5 Teen-3 D. Summers 155 102.5 170 427.5 G. Pamplin 123 lbs. Teen-1 275 lbs. Teen-1 C. Martinez 135 85 150 370 Teen-3 Giorno

117.5

97.5

145 bomb

148 lbs. Master-1

A. Hinkley

C. Hargett

V. Martinoi

165 lbs Teen-2

Michael Jones 510 315 450 1275

Mike Ippolito 375 270 355 1000 Steve Banowit 280 — — —

Kevin Smith 325 575 375 950

Dustin Montana245 185 335 765

M. LaMartina 245 235 325 805

Dan Johnston 500 405 520 1425 275

Ramsey Miller 145 145 550 840

Chris Mathews 545 405 540

400 290 485 1175

16-17

50-54

50-54

College

220

Al Staman

255 150 bomb A. Franks 242 lbs. Disabled C. Colchado 215 180 227.5 622.5 227.5 160 250 637.5 M. White Open
D. Broseman 287.5 157.5 267.5 712.5 I. Gremillion 190 145 222.5 557.5 M. McLennan 112.5 37.5 120 Master-2/open 297.5 240 230 767.5 E. Benitez 181 lbs. Teen-1 240 105 182.5 515 D. Hypolite C. Carson T. Workman Teen-2 235 145 245 625 1 20 80 142.5 342.5 M. Lara Teen-2 230 [20 2[5 565 220]27.5 197.5 545 J. Borger C. Vidal 165 115 182.5 462.5 J. Harvey A. Locklear Hernandez 115 62.5 160 337.5 E. Mann 300 197.5 255 752.5 M. Espinoza 197.5 - -125 75 150 350 SHW Disabled 227.5 195 227.5 650 O. Sanchez Open/Master-1 265 220 245 732.5 Master-4 305 170 240 715 SHW Open Master-1 175 122.5 197.5 495 C. Bryant FEMALE 175 110 185 470 125 102.5 150 377.5 B. Morales 65 30 80 Teen-1 230 150 232.5 612.5 K. Hernandez 67.5 32.5 75 175 215 150 232.5 597.5 105 lbs. Teen-2

V. Roblendo 70 32.5 85 187.5 172.5 100 185 457.5 114 lbs. Teen-2 107.5 47.5 132.5 287.5 262.5 187.5 285 735 80 40 97.5 217.5 227.5 152.5 250 630 I. Kirt 217.5 155 262.5 605 123 lbs. Teen-1 102.5 45 125 272.5 D. Parks 227.5 160 235 622.5 A. Baum R. Mendozai 105 40 80 40 C. Scobey 77.5 35 87.5 200 167.5 442.5 Teen-2 127.5 87.5 137.5 352.5 B. Vallejo 97.5 52.5 112.5 262.5 P. Farley 90 117.5 267.5 190 132.5 175 497.5 60 132 lbs. Teen-2 237.5 155 257.5 650 S. Neal 97.5 40 117.5 255 Teen-1 205 122.5 220 547.5 40 77.5 212.5 C. Shoemate 95 105 65 125 295' 270 157.5 290 717.5 A. Litras Master-1 132.5 62.5 167.5 362.5 H. Hughes 148 lbs. Teen-1 140 [05 140 385 110 45 265 187.5 272.5 725 D. Torres 100 42.5 95 237.5 100 42.5 95 237.5 B. Eycepak 282.5 175 300 757.5 V. Abila 215 185 240 640 Reinhard 210 167.5 220 597.5 M. Smith 95 47.5 95 232.5 155 92.5 147.5 395 K. McFarland 205 182.5 235 622.5 A. Sasilvas 127.5 75 127.5 330 125 52.5 140 317.5 Widted K. Wilson 122.5 70 112.5 305 165 lbs. Teen-1 82.5 45 107.5 250 A. Garza K. Burnett 110 50 90 35 110 235 Teen-2 K. Karl 125 52.5 145 312.5 E. Fitzpatrick 112.5 50 115 277.5

97.5 55 102.5 255

110 50 130 290

167.5 70 160 397.5

132.5 52.5 105 290

132.5 80 132.5 345

145 97.5 155 397.5

182.5 97.5 190 470

100

170 105 155

125 297.5

137.5 360

125 60

112.5 60

147.5 75

Bomb

(Thanks to USAPL for providing results)

S. Perez

198 lbs. Teen-2

A. Pearson

B. Burdick

M. Baum

J. Dickens

S. Sebastian

A Garcia

Teen-2

Teen-1

Burdick

Teen-3

37.5 85 205.5

227.5 137.5 202.5 567.5 H. Brolding 77.5 47.5 90 215

220 125 222.5 567.5 Teen-1

Pritchard

. Vasquez

Shirley

D. Chavez

D. Lesak.

Teen-2

B. Fariasi

Chapa

220 lbs. Youth

Open
D. Dent

R. Duvall

D. Widma

M. Rojas

Johnson

Teen-3

Allen

D. Middleton bomb

M. Boepple

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If an suspended from membership for any reason, including testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE:	alexander (Sabelet	M. Minister	If under 21 yrs	., Parent Initial:	Date:	Prior	Reg. #	BURNE
Name:	Michiganithing	A. Managed	Phone: (_		E-Mail:	MILL NEWS	PERSON REPORTED	Cale Sa
Address:	ALTERNATION AND ADDRESS.		City:	Control States	X 3 JUNE 1	State:2	Zip Code:	-
Date Of Birth:	Age:	Sex: U.	S. Citizen? U	SAPL Registered C	lub Represented	o (SARREDA DA	ATTORNEY SERVICE AND ADDRESS OF THE PERSON NAMED IN COLUMN TO PERSO	Children.
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NASA 1	WORL	D CUP (kg)								400							
		4 - OKC, OK		E. Carlson	175	A. Eubanks		wcm3		198	T. 1		Jack Thomas	52.5	127.5		375
BP Only	000	loe Dentice	62.5	m3		Women's BP (only	2.2.22	0.5	A. Mc		97.5	Herb Heald	52.5	115	165	332.5
bphs		cnov	62.5	Win Smith	110	THE RESIDENCE OF THE PARTY OF T	10	Jo Ann Petray	25	wdlm5	Distance of		220 Cana Barras		120	177 -	252 5
148		242		John Palumbo		A. McTighe wir	10:	DL Only		198	Tiebe	97.5	Gene Runge 242	55	120	177.5	352.5
Mikey Hall	55	John Cagiano	87 5		103	98		wdlhs		A. Mc		97.5	P. Hollinger	67.	122 5	272 5	470 -
165	33	cp+f	02.3	Jerry Jones	175	C. Wingert		165		165	211		m3	67.5	132.5	2/2.5	4/2.5
Derek Board	105	242		308	17.3	32.5		Jesse Hayes	135	lesse	Haves	135	181				
181	.03	Neil Miller	70	J. McIntyre	190	wm1		wdlm2	133	Jesse	liayes	133	David Brady	35	105	137 5	277.5
Taylor Mills	65	cpure		m4		149		PowerSportCu	1/50	BP	DL	TOT	m4	33	103	137.3	2//.5
Stephen Simps		165		165		Mary Hetzel	100	Full Meet	11130	Di.	DL	.0.	198				
275			52.5	Harold Hager		wm2	100	hs					Bill Lumpkin	55	135	172.5	362 5
	82.5	Deadlift Only	THE T	181		132		148					m5	33	133	172.3	302.3
bpm1	04.0	dlm1		Larry Dennis	177.5	Storm Sermay		D. Watkins	52.5	75	150	277.5	148				
165		165		I. McDermott		47.5		165	32.3	13	130	277.3	Bill Anderson	62 5	112 5	187 5	362 5
Tal Crim	107.5	Tal Crim	175	242	137.13	165		Derek Board	52.5	105	155	312.5	275	02.3	112.5	107.5	302.3
181		dlm2		Bobby Wilson	205	M. Welch		181	32.3	103		3.2.3	Rick Newton	55	110	212.5	377 5
Larry Dennis	150	198		308		113.5		Taylor Mills	35	65	110	210	308			- 12.5	377.3
bpm2		Herb Heald	145	Tom Manno	318.5	198		275		00			Jack Gossard	57.5	162.5	182.5	402 5
148		242		nat		A. McTighe	105	5D. Blackwell	47.5	82.5	155	285	nov	0,10	102.5	.02.5	402.5
R. Tinkman	82.5	P. Hollinger	272.			wm5	DEE.	int		-			181				
198		dlnat			175	148		220					J. McDougal	65	162.5	237.5	465
Herb Heald	115	309		309		Mary Hetzel	100	OEric Freeman	77.5	167.5	5 185	430	242	0.5	,02.3	237.13	405
220		Jack Gossard	182.	Tom Manno	318.5	wmp		ir					Chris Morse	92.5	172.5	280	545
Gene Runge	120	dlp		nov		165		148					p+f			133 11	
242		165		181		M. Welch		Matt Qualls	67.5	142.5	5 155	365	220				
P. Hollinger	132.5	Tal Crim	175	David Torrez	182.5	113.5		I. Crawford	62.5		160	317.5	J. McDaniel	67.5	145	255	467.5
bpm3		Bench		p+f		wsm1		242					242		-	FAT I	100
198		hs		242		132		Daniel Davis	77.5	175	222.5	475	Kory Bauer	87.5	182.5	250	520
Win Smith	110	148		Mike Stumbo	220	T. Adelmann		m1			ALC: UNK	W. Village	275				Time.
bpm5		Mikey Hall	55	pure		107.5		181					David Bevis	92.5	187.5	212.5	492.5
148		int		165		wsmp		Eric Coutu	70				308				
R. Tinkman	82.5	198		Ruben Lopez	137.5	114		198					B.McGlothlin	77.5	147.5	220	445
181		Troy Stuart	200	220		R. Hedrick	50	Tony Hill	50	122.5	5 150	322.5	pure				
Larry Dennis	150	181		M. Romero	250	youth		220					148				
bpmp		David Torrez	182.	5242		132		Jerry Linder	60	120	192.5	372.5	Jeff Phillips	68.5	125	227.5	421
198		jr		A. Childers	227.5	Devin Peters		242					181				
Win Smith	110	148		275		22.5		Neil Eddins	85	177.5	5 272.5	535	Bryan Kimble	67.5	140	200	407.5
220		J. Crawford	95	Rich Kahle	252.5	Squat Only		308					275				
Joe Dentice	155	m1			250	sqm2		Jack Gossard	57.5	162.5	5 182.5	402.5	John Werner	90	187.5	305	582.5
bpp		181		308		132		m2					sm1				
165	The second		177.	Tom Manno	318.5	Gary Landess	90	132					181				
Tal Crim	107.5			Jack Gossard	162.5	181		Gary Landess	40	75	150	265	Robert Maggi	47.5	135	150	332.5
bpsmp		G. Martin	185	sm1		J. McDermott	125	5198					sm2				
shw		220		220		sqm5											
Carl Causin	220			Joe Thompson	235	181											
bpteen		S. Grayson	165	242		J. McDermott	125						The second	16 78		TELET.	
165		Michael Heari	ing	Trent Gunter	175	sqmp		- 3 10 10 10			-						63
B. Cooper	97.5	242	000	sm2		275		Name of the			Pa	11	Kelso's				M. Vers
Curl Only		Lee Elliff	230	165 S. Wingort	140	Rick Newton	205	_			1 0	ul I	10000				

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Mike Stumbo 220 S. Wingert

M. Adelmann 252.5 Job Hou-sey

181

242

192.5 Rich Kahle

J. McDermott 157.5 John Cagiano 207.5

Droegemeir

Ray Widdison 157.5

140

252.5

Steve Cyranoski

Tom Manno 318.5198

Aug/93... USPF Seniors, USPF Masters, 100 198, ADEPA TOP 20 123s NASA Masters, Legends of PL, World Apr/94... Saliva Tests, Coan DL Video, United We Stand, TOP 100 165s. Record Breakers, Rack Training, TOP Bob Dempsey Profile, Psyching Up or Jan/95... WPC Worlds, IPF Worlds, IPF Success Syndrome, TOP 100 132s

cm2

220

cm4

Herh Heald

Gene Runge

Neil Miller

P. Hollinger

I. Blackwell

52.5

70

45

m2

220

Tony Leach

Grand Nationals, Female Confessions, May/94... USPF/ADFPA Collegiates, Performance Review, TOP 100 181s. Supplements, AAU Jr. Olympics, New 100 114s, ADFPA TOP 20 198s

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165s, ADFPA TOP 20 SHWs.

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Jeff Phillips

John Werner

Jo Ann Petrav 40

PS Women's

Curl Only

PS Women's

BP Only

wbpm3

275

282.5

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

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

Multi-Year Training System, First Seniors,

148				
Jeff Phillips 220	68.5		227.5	
Terry Tucker 308	85	160	292.5	537.5
John Crone smp	70	187.5	265	522.5
181				
J. McDougal	65	162.5	237.5	
Bryan Kimble 220	67.5	140	200	407.5
Terry Tucker 242	85	160	292.5	537.5
R. Storment	70	120	212.5	402.5
148				
J. Crawford teen	137.5			
114 C. Anderson 165	25	35	77.5	137.5
B. Cooper		97.5	155	305
whs 165	ull Mee	N. C. P. S.		
Jesse Hayes wir	42.5	82.5	135	260
97 C. Wingert wm3	21	32.5	70	123.5
165 Elaine Waugh wsqm3	30	42.5	97.5	170
165 Elaine Waugh	52.5			
PS Youth youth				
O. Wingert	12.5	17.5	47.5	77.5
Q. Wingert K. Kimble	10	15	45	70
C. Anderson	20	27.5	62.5	110
132 Devin Peters	12.5	22.5	62.5	97.5
148			-	
M. Samarron	25	40	85	150
Men's Powerli	ifting			
114				
B.Williamson 148	105	75	135	315
D. Watkins 165	140	87.5	150	377.5
K. Jones	212.5	107.5	225	545
K. Jones J. Sentlinger 220	147.5	105	160	412.5
C. Anderson	220	177.5	245	642.5
Greg Steele int	215	137.5		567.5
181	ole più			
David Torez 220	272.5		227.5	
Jake House	280	182.5	272.5	735

S. Donahue

leff Blaine

Response", TOP 100 148s Nov/96... APF Can-AM, Clark benches Mark Pasillo, TOP 100 123s 780, James Henderson says "Face Me", Sep/97... USAPL/USPF/APF Triple Training by Louie, TOP 242s. Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Interview, Herb G. "Responds to the

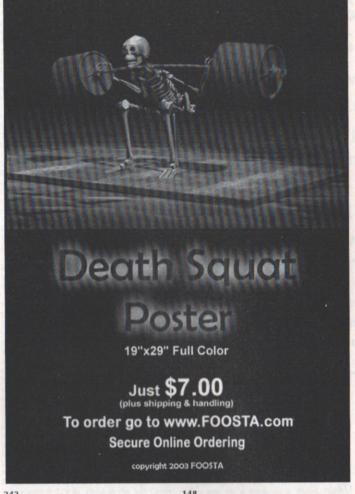
lan/97 ... IPF Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

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



215 147.5 215 577.5 I. Lassley 160 220 670

IPF Women, TOP 198s

280 177 5 287 5 745

Terry Perkins 307.5 167.5 237.5 712.5 220 Charles Gray 237.5 150 222.5 610 R. Baker Larry Dennis 185 177.5 200 562.5 G. Gonzalez Danny Black 207.5 137.5 200 545

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Wilson 305 205 282.5 792.5 Rick Chavez 312.5 175 257.5 745 Steve Cyranoski 132 Gary Landess 90 75 150 315 181 McDemott 125 157.5 157.5 440 Steve Miscoi 157.5 112.5 142.5 412.5 60 175 137.5 372.5 Bill Helmich 217.5 165 252.5 635 200 125 200 525 308 252.5 160 225 637.5 C. Clonce 180 115 200 495 H. Heyman 148 T. Hedrick 177.5 125 201 503.5 Larry Dennis 177.5 200 562.5 I. McDemott 125 157.5 157.5 440 215 155 205 575 Ion Dotson David Brown 240 165 230 635 Michael Hearing 242 Bobby Wilson 305 205 282.5 792.5 Rick Chavez 312.5 175 257.5 745 Ed Lytle 140 102.5 150 392.5 nat M. Fleming 222.5 150 260 632.5 181 Danny Black 207.5 137.5 200 545 220 R. Baker 212.5 122.5 225 560 Rick Chavez 312.5 175 257.5 745 Ranshottom 347.5 250 332.5 930 . Samarron 285 160 262.5 707.5 R. Samarron 317.5 182.5 300 800 181 T. Hedrick 177.5 125 201 503.5 David Torez 272.5 182.5 227.5 682.5 212.5 122.5 225 560

lon Dotson 215 155 205 575 R. Tavanello 227.5 162.5 205 595

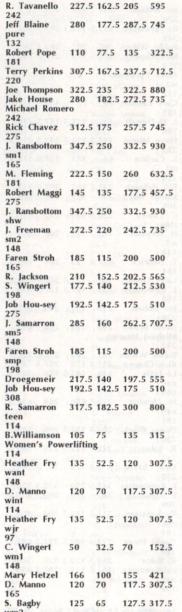
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Ken Emrich, Power Biceps Training, Berardinelli, World 's Strongest Man May/99 ... LA Tech Program, "Sir Feb/97... Power of Compelling Larry Miller interview, Top 100 Ltwts. Jouko Ahola, Jon Arenberg, IPF Women's Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, World's FASTEST Bench Presser, Rick Aug/98... USAPL Men's, Platform Russian Stretches, TOP100 275s.

Gaugler Profile, Light Training Days, Deadlifts, ADFPA Women, Yueh-Chun Jun/99 ... Powerlifters as Bodybuilders, Chang, IPF World's, APF Nationals, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Protein Powders, Louie Simmons Squat Sep/98... APF Seniors. Part 1, the Ed Training, "Choking", TOP 100 SHWs Workout, USPF's Best Women, Walt Coan Decision, Power Bells, York Aug/99 ... the Rubber Band Man, the Summer Picnic, Visit to Westside, 3x3 "Muscletown USA" book, Beauty & the Your Squat, Ken Ufford 800 lb. Deadlift Jan/98... IPF Men - Master - Jr. Worlds, Training Plan Part 1, TOP 100 132s Beast, IGF-1, Overcoming Plateaus Part WDFPF Men - Teen - Jr. - Master Worlds, Nov/98... A Worlds to Remember, Japan 2 by Louie Simmons, TOP 100 123s Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Joe Dube, Jackie Davis, TOP 100 Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York

> Injury Avoidance, USA All Time 800 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal 20 Women, Teen, Master Rankings, Jan/99 ... WABDL Worlds, WPC Worlds Phase by Louie Simmons, TOP 148s James Henderson, George Nelson, 1st Pt. 1, IPF Men's Worlds Report, Louie Nov/99 ... Muscle Beach Lives, East



Away From Death, Dynamic Duo by Fred Peterson, TOP 100 SHWs.

USAPL/AAU BP Natls, Meet Information Diminishing Returns, Louie on Squatting Management, Maximal Resistance in the 800s and 900s, TOP 100 114s Method by Louis S. TOP 100 181s Jan/00 ... IPF Worlds, WABDL Worlds, AAPF/APF Natls., IPF Women's Worlds,

Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s

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

TOP 20 Women - Teen - Masters, The Club, TOP 100 148s. Conjugate Method by Lou Simmons Interview, PL USA Cover Chronology, Simmons, TOP 100 165s

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

Chemical Exercise, TOP 100 275s.



132 Storm Sermay	80	47.5	80	207.5					
wm3 148					L. Anderson	72.5	52.5	110	235
Kay Lamb wm5	90	47.5	90	227.5	Mary Hetzel	166	100	155	421
148 Mary Hetzel wpure	166	100	155	421	M. Garrett wsm1 132	192.5	77.5	145	415
114 Heather Fry	135	52.5	120	307.5	T. Adelmann wsm2	157.5	110	142.5	410

German Breakthrough, DL Details, Walk Canada to Westside, BP by Larry Miller, Training by Louis S., TOP 100 198s

Jul/00 ... WPO Pro Championships, Dec/99 ... IPF World Masters/Juniors, The 900 Lb. Squat Club, Beyond Gillingham Won, Louie on Special Chalk & Powder, TOP 100 132s Aug/00 ... USAPL Men's, APF Srs. Pt. I, Dave Ricks Interview, Russian Mystery, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL Feb/00 ... WPC Worlds Pt. I, Battle of the BP/DL, Pre-Meet Checklist, Do the SQ -Giants, The Real Triac, IPF World BP, by Louie, Emie Frantz Insights, Rick Louie, TOP 100 242s

Mar/00 ... USAPL Women's , WPC Taco, Powerlifting's Salvation?, Beauty Fusner's Program, Why Can't I Gain Salvagni, TOP 181s Worlds Pt. II, World's Strongest Man, & the Beast, Women's 300 Bench Press Weight by J.M. Blakley, Top 100 275's Jan/02 ... IPF Men's Worlds, WABDL BP

Nov/00 ... Best Bench of All Time, final Apr/00 ... Amold Classic, WPF Worlds, More from Ken Leistner, Drug Free Bz [J.M., Victor Naleikin Interview, Diane Training the Lockout, TOP 100 198s Mike Danforth, Leonard McCormick Guide, Advanced Squat Cycle by Louie

Dec/00 ... Tao of Competition Pt. I, IPF May/00 ... Dennis Cieri, J.M. Press?, Jr. + Masters Worlds, More World Record Hamman, Leslie Look SQ Workout, Shoulders, All Time SQs, TOP 100 220s Knee Wraps, the Passing of Tamara Benches by Louie Simmons, the Bench Fixing Lockout, TOP 100 114s

Jan/01 ... IPF Men's Worlds, WABDL Seniors, USAPL Men's, FIBO, Stretching Becca Swanson, 850 DLs, Louie on "the Jun/00 ... Garry Frank Profile, Black's Worlds, AWPC Worlds, Roy Fokken BP With Bands, Box Squats by Louie S., Repetition Method"

Strengths, TOP 100 220s.

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

2535, Bill Crawford BPs 750, Daisuke Squat Workout, "Analyzing Your Squat" Midote, Jeremy Arias, Extra Workouts by by Louie S., TOP 100 165s

May/01 ... Ed Coan Interview, Russian Ams, Halbert Video, WPO BP for Cash, Oct/00 ... Positive Illusions, Tako not BP Training, Russian Nationals, Rob Westside Success , Jill Mills, Rich Jun/01 ... Siouz-Z Hartwig, Russian Worlds, Garry Frank goes 2606, IPA Squat Cycle, Big Boys Menu Plan by Nationals, Carmen Perrotta Interview, Siveny Interview, Top 100 SHWs

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

Aug/01 ... Garry Frank Goes 2601 - APF 20 Teen/Women/Masters, Russ Barlow, Health World, Dawn Reshel Dies, From Workout, Eccentric & Concentric Warrior Spirit,, TOP 100 123s

114 R. Hedrick wteen	90	50	115	255
165 Schwaninger	130	75		352.5
Push / Pull m1		BP	DL	тот
165 Tal Crim 181		107.5	175	282.5
Larry Dennis 220		177.5	200	377.5
Todd Campbell 242	160	Sec.	432.5	
Neil Eddins 275			272.5	
Scott McReyno m2 132	lds	172.5	272.5	445
Gary Landess		75	150	225
Jim McDermott	157.5	157.5	315	
Jack Thomas m3		127.5	195	322.5
220 Bill Helmich m4		165	252.5	417.5
198 John Blackwell m5 181	97.5	150	247.5	
Larry Dennis Jim McDermott 308	157.5	177.5 157.5	200 315	377.5
Rick Dench pure		182.5	257.5	440
181 Bryan Kimble sm2		140	200	340
165 Shawn Wingert smp 198		140	212.5	352.5
Chris Droegem Women's Push wjr		140	197.5	337.5
97 C. Wingert wm3		32.5	70	102.5
148 Kay Lamb wpure 132		47.5	90	137.5
Laura Andersor wsm2 132	,	52.5	110	162.5
Laura Anderson wsmp	1	52.5	110	162.5
114 Robbin Hedrick wteen 165		50	115	165

Anderson 72.5 52.5 110 235

Feb/01 ... Garry Frank Goes 2500, WPC Routine, Ray Benemerito, Knee Pain & Worlds PT.1, IPA Nationals, How Brad MSM, Louie on Exercises for the Triceps,

Oct/01 ... World Games, TomManno

Nov/01 ... Nance Avigliano, USAPL BP Apr/01 ... Arnold Classic, Frank Goes Nationals, IPF Jr. Worlds, T.J. Hoerner

Dec/01 ... IPF World Masters, WPC Can

Feb/002 ... WABDL DL Worlds, IPF BP Mar/02 ... USAPL Women's Natls, TOP

B. Schwaninger 75 147.5 222.5 J. Bell

(Thanks to Ric	hard P	eters f		results)
USAPL F				
14 MAR	04 - 6	Cleary	vater.	FL
WOMEN		BP		TOT
123 lbs. Open		DI	DL	101
J. Rotzinger	265	155	330	750
L. Whidden	255	135	300	690
Masters-1 (40-		133	300	030
132 lbs. Colle				
R. Monfort	210	130	210	550
		130	210	330
Master-1 (40-4 C. McKenzie	150	100	210	460
		100	210	400
148 lbs. Colle	giate	150	260	625
C. Schlomer	170			635
T. Thomoson		160	255	585
165 lbs. Open				
K. Dakoski	100 B	-	-/-	Tours.
Collegiate	Barre I		14	
J. Bryant	200	125	245	570
Master-1			The same	
C. Mette	225	150	250	625
K. Dakoski	-	-	-	-
198+ lbs. Teer	1 (14-1	5)		
A. Kolba	300	135	250	685
Open				
N. Edelson	305	155	445	905
Master-1				
N. Edelson	305	155	445	905
N. McGee	_			100
MEN				
148 lbs. Open				
	505	345	540	1390
R. Grayes		343	340	1390
D. Taylor	535		Tex	
Collegiate		205	240	000
P. Gallagher D. Harvey	255	305	340	900
D. Harvey	290	190	405	885
165 lbs. Colle				
J. Jordan	325	235	390	
	215	200	365	780
Master-3 (60-		200		THE PERSON NAMED IN
B. Player		305	415	1135
181 lbs. Mast	er-1 (4	10-49)		
A. Byas	525	320	620	1465
Master-3 (60-	69)			
L. Cramer	400	260	380	1040
198 lbs. Open				
		300	405	1055
F. Ricon T. Edwards	620	425	570	1615
J. Ulvang	_	0.00	_	
Collegiate				
C. Wilcoxson	480	330	435	1245
A. Simons	380	300		1080
J. McNeill	285	230	385	900
	203	230	303	900
Teen (16-17)	450	245	FOO	1205
J. Harris	460	245	500	1205
Master-1 (40-	49)			
J. Ulvang	-	-	-	-
Master-2 (50-		10000		
M. Hamburg	275	275		
J. Klostergaar	d 455	420	145	1020
N. Sinardi	405	230	565	1200
220 lbs. Oper	1			
M Forrantell	i 700	450	670	1820

DL Training, Jennifer Thompson, Back Explosive Strength, TOP 100 181 Up Your BP, TOP 242s

M .Ferrantelli 700 450 670 1820

Jun/02 ... Meet Scot Mendelson, IPF Louie Simmons on Volume. Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s. Aug/02 ... APF Seniors, USAPL Men's Natls, USPF Srs/Mountaineer Cup IV, lists, Controlled Chaos BP, The Tendo Alexander, "Story of Arthur Jones", Speed SQ/TOT, TOP 100 SHWs Strong Legs for Recods by Louie, Your Unit, TOP 20 Women/Master/Teen lists Day Pt. 1 by Louie S., TOP 100 165s Sep/04 IPA Worlds, Mountainee Bench Shirt by Halbert, TOP 123s.

by Louie S., Preventive Maintenance, Back by Louie, TOP 100 242s. Mikesell Interview, TOP 100 132s Shirt Blues, TOP 100 148s

Worlds, Serious Mass Pt. 1, Priscilla Mikesell Squats 1107, Louie on The Brent Mikesell Interview, IPF President's MULTIPLE QUANTITIES: 2-3 BACK Interview, Ed Coan DL, TOP 100 165s Workout, Team PL, TOP 100 SHWs Apr/04 ... Frank Goes 2706/28051, -\$4 EACH, 10-24 BACK ISSUES -\$3.50 Dec/02 ... WPO Semis (931 DLI), Bench SEP/03 ... USAPL Men's Natls, Bench Arnold Classic, Power Nutrition Recipes, EACH, 25+ BACK ISSUES - WE Bash for Cash, WPC Worlds, IPF SubJr. America, Keeping Iron in the Blood, 1000 Louie on "the Staggered Load", California NEGOTIATE A BETTER PRICE)

Teen (16-17) B. Lawrence 4 Master-1 (40-49) 490 245 455 1190 T. Caffery 380 340 440 1180 242 lbs. Open 775 405 650 1830 C. Hesse J. Jordon 390 570 1565 Collegiate M. Manzo 420 350 475 1245 Master-1 (40-49) 510 390 515 1415 Master-4 (70-79) J. Yanovitch 275 lbs. Open 220 275 305 800 M. Schumac 415 400 530 1345 C. Armiger R. Yawn II 450 315 460 1225 C. Marsh 435 I. Schultz. Teen (16-17) J. Kolba Teen (18-19) J. Marala Outstanding Women's Lifter Open - Jenn Rotzinger. Outstanding Women's Lifter Masters - Lynne Whidden. Outstanding women's Lifter Teen/Junior - Amy Kolba Outstanding Men's Open Lifter - Mike Ferrantelli. Outstanding Men's Master Ferrantelli. Outstanding Men's Master Lifter - Aaron Byas. Outstanding Men's Teen/Junior Lifter - Chris Armiger. The USAPL is alive and well in Florida. We held our first State Powerlifting Championships in several years. A great crowd showed up at Clearwater High School to see some outstanding lifting at all levels, High School through Masters. With the wealth of talent in Florida, we were not surprised to have several past National and World class. Bill Player was there as a warm-up to the IPF North American's where he is planning to break a few Masters American Records. Aaron Byas, at 50 years old and a bodyweight of 179, squatted 525 and deadlifted 620. He gave 655 a heck of a ride before losing his grip Terry Edwards squatted 620 lb. and bench pressed 425 lb.

@ 198. Jim Klostergaard came all the way from Texas to guest lift, and benched a School Brice Lawrence, Jason Harris, and Collegiate Nationals. Special thanks go ut to two guys who made a great day teenage sensation Amy Kolba, squatted possible. Meet Director Vince Lombardi, who through his hard work and diligence have a great future in powerlifting. Jenn kept the Meet running smooth and made it enjoyable for all of the lifters. Also to Julian Ulvang, who drove up from South Florida with plans to compete, but due to an emergency had to fill the Head Judge's chair all day. (Results by Terry Caffery)

635 415 610 1660

365 325

335 450 1205

400 1090

Collegiate T. Nelson

R. Hayne

Bench Bash, Ano Turtiainen, Louie on Worlds, Fred Hatfield, Louie on lb. Squat Club, What You Need in Your Hall of Fame, TOP 100 242s Jan/03 ... IPF Men's Worlds, WABDL BP Oct/03 ... Gene Bell, John Ware Greatest Men's & Women's Ratings, 15 Worlds, IPF Masters Worlds, Becca Workout, Sioux-z Hartwig, A.R.T. Min. Injury Solution, Delayed

rankings, Ken Patera, TOP 100 220s.

May/03 ... Bill Crawford's Road Back, Feb/04...IPFWorldBP, WABDL Worlds, LIST THE ISSUES YOU WOULD LIKE Oct/02 ... 556 squat @132 by Nance Odd Haugen, Virtual Force by Louie, Hyperhydration, Coan Update, Low (AND ALTERNATES), MAKE OUT A Avigliano, USAPL BP Natls, Powerhouse Bill Kazmaier Profile Pt. 1, Women's Back Pain, Becca Benches 465, All Time CHECK (\$5 PER ISSUE, INCLUDING Grains, The Positive of Negatives, Bench 500 lb. SQs & DLs, TOP 100 275s.

Nov/02 ... Sivokon Speaks, IPF Jr. 821, 825, 832, 875 ... APF Seniors, benches 501, Water Technology Pt. 2, CA 93011. (SPECIAL PRICE ON Ribic Interview, Willie Wessels Bench Press Shirt, Vince Anello Deadlift Message, TOP 100 220s

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Champions fighting it out in many divisions. The fans really enjoyed the Open 220 lb. Solve the Open 220 lb. The fans really enjoyed the Adsolve the Open 220 lb. The fans really enjoyed the Adsolve the Open 220 lb. The fans really enjoyed the Adsolve the Adsolve the Open 220 lb. The fans really enjoyed the Adsolve the Adsolve the Solve the Adsolve the Adsolve the

Gym, TOP 100 114s

World Masters BP, Fatten Up Your Total, Swanson Squats 705, Intensity Zone Techniques, 50 Best SQs/BPs, Louie S. Transformation by Louie S. Loading Pt. 1 by Louie, TOP 100 198s. on Training the Back, TOP 100 132s. Feb/03 ... IPF BP Worlds, WABDL DL Nov/03 ... Bench Bashfor Cash - Rychlak, APF Nationals, Louie Simmons on his Worlds, Steve Goggins Interview, Lattimer, Schick Interviews, WPĆ North "Virtual Force Swing", Digit Ratios and "Lessons Learned", All Time 308 & SHW Ams, IPF Jr. Worlds, Mastering Technique Strength, TOP 100 275s by Louie, TOP 148s

Men's 300 kg &Women's 300 lb. BP 900, IPF World Masters, Ausby Simmons, Luke lams, Women's All Tim Strongman, Training Organization Pt. 1 Harris Pt.1, Equipment, Never Looking SQ, Atlantis Foundation, Louie on Max Louie Simmons, TOP 100 114s Effort Day, Mabel Rader, TOP 165s

Best BPs,TOP 100 198s

Jun/04...TOP 20 Women, Teen, Masters

lul/04 ... APF Seniors, Bench America II

Aug/04 ... IPF Women's Worlds, USAPI Mar/03 ... Brad Gillingham Comeback, Dec/03 ... WPO Finals, Rychlak BPs Men's Nationals, World Powers by Louis

Apr/03 ... WPO Finals & Bench Bash for Jan/04 ... IPF Worlds, WPC Worlds, IPA Cup, Becca Swanson, Shrugs for a Big Sep/02 ... Kennelly BPs 800, American Cash, Crawford Benches 785, Jamie Seniors, Acetylcholine, Wade Hooper BP, Advanced System for Beginners by

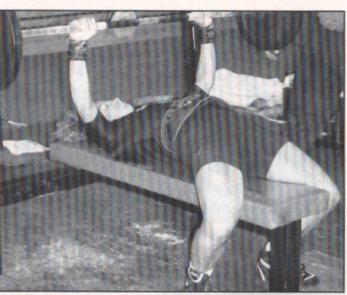
> S&H), SEND TO POWERLIFTING USA. Aug/03 ... Mendelson Benches 804, Mar/04... USAPL Women's Natls., Becca BACK ISSUES, BOX 467, CAMARILLO, ISSUES - \$4.50 EACH, 4-9 BACK ISSUES

APA Iron Bash BP/DI Push-Pull

19 JUL	04 -	Lincoln, ME	
BENCH		Petrino, T	540
MEN		Submaster	
Open 181 lbs.		242 lbs.	
Osgood, D	535	Schulz, R	250
Hennessey, B	455	275 lbs.	
(16-17) 148 lb		Clevette, M	500
Willey, J	260	WOMEN	
165 lbs.		132 lbs. (13-15	5)
Lusby, A	260	Campbell, T	115
242 lbs.		DT 123 lbs.	
Belyeu, C	265	Morong, P	130
Campbell, D		132 lbs.	
(18-19)		Cannon, M	165
Wells, K	305	UNL	
Junior 181 lbs		Campbell, K	275
Osgood, D	535	Master-1 UNL	
Decker, C	290	Campbell, K	275
Master 220 lb	s.	Open 114 lbs.	
Skillings, W	275	Mayo, K	95
275 lbs.		DEADLIFT	
Ducette, N	480	Junior 275 lbs.	
308 lbs.		Lanoue, B	670
Petrino, T	540	Master 181 lbs	
SHW		Sanders, J	400
Roberts, F	325	242 lbs.	
Master 198 lb	s.	Howard, B	700
Taylor, F	365	Open 165 lbs.	
Bolduc, J	315	Pond, T	375
220 lbs.		WOMEN	
Hennessey, B	455	123 lbs.	
242 lbs.		Morong, P	280
Schulz, R	250		
275 lbs.	L. P		
Clevette, M	500		

Push-Pull DI TOT Junior 220 lbs. 335 485 820 Master-1 198 lbs. Morong, D Master-3 165 lbs. 365 525 890 160 350 510 French, E Open 198 lbs. Morong, D 165 lbs. 365 525 890 205 375 580 The APA Maine Iron Bash was a great success thanks to the organizational

of Al and Jane Stork, and Lynn Athearn, plus some great judges, spotters and loaders. This was a great meet and was loads of fun. A great crew manned the score table and Jane outstanding job announcing. She is one of the best I have ever seen. Too many nar ames but to mention, but everybody did an outstanding job, running one of the best meets to ever take place in Maine. Beautiful Swords were presented to each lifter and Battle Axes to best lifters! Several records were set including: Women's 105 Open - 95 lb. bench press by Kimberly Mayo (Maine Record) Women's 123 Drug Tested - 130 lb. bench press by Pamela Morong (Maine Record). Women's 132 Teenage 13-15 Drug Tested - 125 lb. bench press by Campbell Tiffany (Maine American Record. Record, WP A World record). Women's UNL Open - 295 lb. Bench Press by Karen Campbell (Maine Record). Women's UNL Drug Tested - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb bench press by Karen



Pamela Morong nears lockout with a successful 130 bench attemp at the APA Maine Iron Bash. (Photograph provided by Scott Taylo

Drug Tested - 280 lb. Deadlift by Pamela Morong (Maine Record). Men's 165 lb.

Brain Lanoue sets a drug tested Connecticut Jr. Record with a

big 670 pull at the APA Maine Iron Bash. (Scott Taylor photo)

Master 40-44 - 295 lb. bench press by Karen Deadlift by Edward French (Maine Record Campbell (World Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Deadlift by Doug Morong (Maine Record Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's UNL Master 40-44 - 295 lb. bench press by Karen Campbell (Maine Record). Women's 123 (Maine Record). Men's 148 lb. Teenage 16-12 (Maine Record Jaren Willey (Maine Record). Men's 16 Master 60-64 Open - 350 lb. Deadlift by lb. Master 60-64 Open - 160 lb. Bench Pre Edward French (Maine Record), Men's 165 by Edward French (Maine Record), Men Master 60-64 Drug Tested - 350 lb. 165 lb. Master60-64 Drug Tested - 160 lb Bench Press by Edward

French (Main Record). Men's 181 lb Open - 535 lb. bene press by Damia Osgood (Main Record). Men's 181 lb Junior 20-23, Open 535 lb. bench press b Damian Osgoo (Maine Record). Men 181 lb. Junior 20-2: Open - 535 lb. bend press by Damiai Osgood (Americai Record). Men's 181 lb Junior 20-23, Open 535 lb. bench press by Damian Osgood (WP) World Record), Men 181 lb. Junior 20-2 Drug Tested - 290 lb bench press by Core Decker Record). Men's 220 lb lunior 20-23, Open 335 lb. bench press l Grant Bailey (Main Record). Men's 198 lb Teenage 16-17 Open 305 lb. bench press by Scott Fisher Kyle Wells (Maine Open Record). Men's 198 lb. B. Dowling Warren Skillings (Maine Record). Men's

Open - 275 lb. bench press by Warren Skillings (Maine Record). Men's 242 lb. Teenage 16-17 Drug Tested - 265 lb. bench Chris Belyeu (Maine Record). Men's 242 lb. Teenage 16-17 Open - 265 lb. bench press by Chris Belyeu (Maine Record). Men's 242 lb. Teenage 18-19 Open - 465 lb. bench press by Kyle Davis (Maine Record), Men's SHW Master 45-49 Drug Tested - 340 lb. bench press by Franklin Roberts (Maine Record), Men's SHW Master 45-49 Open - 340 lb. bench press by Franklin Roberts (Maine Record). As you can see, a lot of outstanding lifting took place. We look forward to the next Al Stork/Lynn Athearn production to take place in the state of Maine soon! (These neet results provided by Scott Taylor) APA Iron Barbarian

Championships

24 April - 04 Coralville, IA

SO BP DL TOT

	womens	30	DL	DL	101
н	148				
Ŋ.	DT				
8	D. Tucker	235	125	235	595
8	H. Popejoy	285	-	-000	- M
1	L. Laughlin	225	120	250	595
	Jr.				
ot	C. Peters	-	180		-
	181				
T)	13-15				
	Amber Ferns	155	85	225	445
	Men				
1).	165				
b.	16-17				
1).	N. Nicholson	415	285	405	1105
ift	18-19				
75	Jared Burns	405	315	500	1220
b.	DT				
ut	Jared Burns	405	315	500	1220
17	Open				- N
ey	Wes Keith	_	250	465	715
6-	181		-		
by	Jr.				
55	Alex King	360	330	475	1165
55	198	500	330	4,0	
's	Troy Crigger	575	380	610	1565
b.	J. Pumphrey	580	375	515	1470
rd	Jared Beard	550	425	313	1470
ie	DT Deard	330	723		
b.	Merchlewiter	610	425	550	1585
h	Josh Power	585	455		1540
in	Open	303	433	300	1340
ie	Brian Rue		295		
b.	220	-	293	771-0	C. Control
υ.	Chris Belshe	750	450	640	1840
	4th	780	430	040	1040
у			295	500	1100
bd	T. Harrington	365			1160
's	Chuck Marbes	-	295	465	760
3,	R. Nygaard 242	-	350	1000	
		725	405		1700
in	Chad Crigger B. Oudenhoven		405	650	1790
b.			425	475	900
	DT				
7	242				
у	DT				
A	Joel Anderson	_	325	_	
1s	Open				
23	R. Luyando	-	565	-	TO VILLE
b.	Submaster		9.90		
y	R. Luyando	-	565	NTO SON	Stania I
ie	275				
b.	Open				The state of
-		505		505	1325
ру	Jeff Leach	-	625	-	- ovy
ie	4th		655		
b.	SHW				

Teenage 16-17 Drug 4th 625
Tested - 305 lb. bench DT denotes drug tested. Chris Belshe: Best press by Kyle Wells Lifter-Full Power, Danelle Tucker: Female (Maine Record). Men's Best Lifter-Full Power, Brian Oudenhoven: 198 lb. Master 55-59 Best Lifter-Push/Pull, Jeff Leach: Best Lifter-Open - 365 lb. bench Bench Press. Equipment: Ivanko plates, press by Frank Taylor Forza racks, Forza competition Benches Maine Record). Men's for warm-up and Platform, Forza Deadlift 198 lb. Master 55-59 helper. A very special thanks to Brian Drug Tested - 365 lb. Allen of Gold's Gym for hosting this event. bench press by Frank I would like to thank the spotter/loaders Taylor (Maine Record). who did a great job and put in a long hard Men's 220 lb. Master day, and of course the referee's who did 45-49 Drug Tested - an outstanding job with fair and consistent 275 lb. bench press by judging. Several state and regional records were set at this competition and lifters (Maine Record). Men's from 4 states participated in the event. 220 lb. Master 45-49 (Results by Scott Taylor - APA President).

625 465 580 1670

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

29-31 OCT, AAU World BP, DL, Push-Pull, & AAU International Full Power (world and american records can be broken in both meets - Showplace Annex, Richmond, VA) aaupower@aol.com, 804-233-

30 OCT, NAP Northern Regional (Burr, IL) Bob Garza, 281-820-5923, www.nappowerlifting.com 30 OCT, APA Last Man Standing Push/Pull, Lebanon, NH, Calvin Frost, Box 612, Windsor, VT

30 OCT, NASA W. Texas Regional PL, BP, PS (Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com

30 OCT, USAPL Albany Strength PL Championships, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-

30 OCT, USPF Monster BP and Return of the Living Deadlift, Kevin Meskew, 9235 Woodale Ave., Arleta, CA 91331, 818-

30 OCT, Monster BP/DL, Rolling Thunder Rockhard Fitness, Lake Placid, NY, Dr. John Cerruti, 518-523-7173

30 OCT, 22nd annual Raw "ADAU" Central PA Open PL (open & all age groups, men & women -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

30 OCT, ANPPC National PL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253www.sonlightpower.com,

30,31 OCT, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

sonlight@netcare-il.com

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

31 OCT, Best of the Southwest Raw BP/DL (Bodytorium Fitness Center, McMurray, PA) Steve Siwiak, 724-941-7270

31 OCT, Halloween Havoc BP (60 entry limit, all wt. classes & divs. - Taylor, PA) Joe Moe 570-562-3642, moceyunj@neiu.org or rhsvpmoe@ns.neiu.k12.pa.us OCT, APF Full Meet, The Gym in Elk River, MN, 763-441-4232 OCT/NOV, INSA/INSAA World PL/BP/DL/BP rep, David

Newingham or Kirk Stroud, 727-492-0723 novafitness@earthlink.net OCT, 5th NHSP Record Break-

ers, Jamie Fellows, Box 375, Belmont NH 03220

3-7 NOV, World Powerlifting Committee World PL & BP, L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, 7 1 3 - 3 0 8 0 lbbaker@irondawg.com, www.wpcworlds2004.com

6 NOV (NEW DATE), APF Mis sissippi State Powerlifting+Bench Press Open (Casino Magic, Biloxi MS), Joe Ladnier, The Power Pit Gym, 11185c Gorenflo Rd. D'Iberville, MS 39565, 228-669-228-826-1132. theladinc@bellsouth.net

6 NOV, USAPL Southeastern USA BP/PL (Nova Southeastern Univ., Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384www.geocities.com/

6 NOV, USAPL N.J. State, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

6 NOV, APA Rise of the Titans BP (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com 6 NOV, USAPL Alaska State PL,

Ron Burnett, 13400 Lamb Dr. Anchorage, AK 99516, 907-345-

6 NOV. USAPL Northwest Women's Regional PL, Paula Houston 4709 S. Hudson St., Seattle, WA 98118, 206-760-8724 6 NOV, APA New York State Open BP (Sidney, NY) Chris Byrnes, 607-563-8580, 607-437-2436

hurnes@stnu.rr.com 6 NOV, Atillis Gym BP (Wildwood, NJ) Mike Charnik, 856-228-7180, or The Gym 609-729-

6 NOV, USAPL Dakota Open PL/BP Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

6 NOV, APF/AAPF BP/DL Clas sic, Iron Island Gym, 3465 Lawson Blvd., Oceanside, NY 11572, 516-594-9014, FAX 5 1 6 - 5 9 4 - 9 4 2 6 ,

Flwrpwr@msn.com 6 NOV, Northern VA Raw PL & BP, (Sterling Community Center, Sterling, VA) John James 703-475-9885

6 NOV, APA Ironslingers Battle of the Mid-West Push-Pull, BP, DL (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927 941-697-7962, FAX 801-905 7046, scott@apa-wpa.com

6 NOV, APF Texas Cup (Dallas Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6 NOV, USA 'RAW' BENCH PRESS FEDERATION WALLY STROSNIDER MEMORIAL GRAND NATIONALS (Tuscola, II.) Son Light Power, 122 W. Sale

COMING EVENTS

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

6,7 NOV, NASA Iowa Regional (PL, BP, PS - Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

6.7 NOV, USAPL University Cup (Baton Rouge, LA - Holiday Inn on Airline) John Magendie, agendie@hotmail.com

6.7 NOV, USAPL I-100 Rock Solid Push/Pull, Tom Murray, 380 Pine Tree Rd., Ithaca, NY 14850, 607-279-7554

7 NOV, New England Raw PL & BP, Joe Reeves, 33 Pine St., Riv-RI 02915, www.reevesnutrition.com, 401-3 7 - 1 7 2 8 Joemusclehead@cs.com

7 NOV, SLP Vermillion County Show of Strength PL/BP/DL (Danville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429 www.sonlightpower.com,

9-14 NOV, IPF World Men's (Capetown, SA) 10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-7625066 or 901-1622, www.wabdl.org, gethomas@bendcable.com 13 NOV, APF/AAPF Region 6 (Frantz Gym - Aurora, IL) Ernie Frantz, 630-892-1491

13 NOV, USAPL Michigan State PL, Mike Poirier, 1279 103rd Ave., Plainwell, MI 49080, 269-

13 NOV, AOL Columbus's BP & DL, AOL Columbus Fit. Ctr., 5000 Arlington Ctr. Blvd., Columbus, OH 43220, Pete Urda 614-538-3636 13 NOV. 3rd APA Battle of the Badasses PP, BP, DL (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 NOV, USPF TX Cup and Mountaineer Cup VII Pro Quali-fier, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759. (512) 835-5303. www texasuspf net

13 NOV, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com. www usapl-ca.org

13 NOV. NAP Texas Mid-State Record Breakers (Waco, TX) Bob 281-820-5923. Garza. www.nappowerlifting.com

APF/AAPF/WPO Schedule

10-30+31-04, APF Pine Tree Powerlifting Open. Lewiston Maine. (Russ Barlow) 11-06-04, AAPF Southern States Powerlifting+ Bench Press Open. (Kieran Kidder) 12-4+5-04 APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 03-19+20-05 APF Maine State PL & BP. (Chris Wiers) 03-19+20-05 APF Jr. National BP & BP. (Chris

04-22+23+24-05 AAPF National BP & PL (Russ Barlow)

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

13 NOV, SLP Ohio State BP/ DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 217-253-5429, www.sonlightpowerram,sonlight@netrareil.com 13 NOV, NASA Southeastern States Regional (PL, BP, PSs -Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

13 NOV. NASA Kansas City Regionals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree 7086@aol.com

14 NOV, SLP Lynne Boshoven Classic BP/DL (Wyoming, MI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

sonlight@netcare-il.com 14 NOV, ADAU Connecticut State Open PL+BP, Rob Delavega, Powerhouse Gym 71 Commerce Drive, Brookfield, CT 06804,

Stetler Ave., Shamokin Dam,

PA 17876, Mark Chaillet, 717-

4 9 5 - 0 0 2 4 ,

chailfit@suscom.net or Ellen

20 NOV, USAPL Longhorn

Open, Kim Beckwith, 8216

Burlesan Rd., Austin, TX 78744,

512-385-5420

Chaillet, echaillet@aol.com

20 NOV, NASA Arizona Re-203-775-8548 gional (PL, BP, PS - Mesa, AZ) Rich Peters, Box 735, Noble, OK phobrookfield@aol.com 19-21 NOV (NEW DATES), IPA Senior National PL & BP (in-405-527-8513. cludes a raw div.), Champs Fitness & Sports Center, 15

444-5596

20 NOV, APA Magnolia Open PL, BP, DL, P-P (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-

20 NOV, Omaha Open BP, DL,

Ctr., 4808 Cass St., Omaha, NE

68132, Keith Machulda, 402-

Push/Pull, A. V. Sorensen Rec.

20 NOV, SLP Kentucky State BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

gvhl@wirefire.com

1-5 DEC, IPF World Bench

Hotel - 800-835-7903 Block

AAU 6) Martin Drake, Box

108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

4 DEC, USAPL Kentucky State/ Open/Raw, Shane Bosaw, 225

Kentucky Ave., Providence, KY 42450, 270-667-7140

4 DEC, NCAAU Red Swaim Me-

morial Open presented by Johnnie

Howie and the Enterprise Work-

out Center, 704-289-4940.

jfhowie@carolina.rr.com

www.ncaau.org/powerlfiting/

PL/BP, Buddy Duke, 201 N.

Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 (gym),

4 DEC, APA West Coast PL, BP

DL, P-P (Kennewick, WA) Scott

Taylor, Box 27204, El Jobean, FL

33927, 941-697-7962, FAX

801-905-7046, scott@apa-

4 DEC, APC Excalibur Classic PL

& BP (Birmingham, AL - open

novice, masters, teen, women) Jeff

Green, Andrews Sport & Fitness,

700 Montgomery Hwy, Suite 100,

Birmingham, AL 35216, 2050817-6811, 823-4745

4 DEC, Big Bench Shootout (men,

women, teen, jr., submaster, mas-

ter, all ages - 1st 50 lifters) Louie

LaPoint, 337 Roxbury St., Keene,

4 DEC (New Date), AAU Larry

Garro Memorial Raw BP, DL, Iron

Man/Iron Woman Open, Brian

Washington, Box 20042, Balti-more, MD 21284, 410-265-

4 DEC, 5th annual MPA Christ-

mas Bench Classic (The Gym in Elk

River (MN)), Dave harrison, 763-

4 DEC, WNPF World Record

Breakers + WNPF International

Single Lift Championships

(Atlant, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com

4 DEC, APF Rio Grande Valley

Meet (Harlingen - Men + Women

Open, Below I, Masters (5 yr.

Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-

6460, www.seguinfitness.com 4 DEC, NASA Southwest PS, PB,

DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

4 DEC, 2nd James B. Larusso

Bench Press Meet (teen, women,

masters, and all wt. classes) Muscle

World Gym, 401 Hand Ave., Cape

May Court House, NJ 08210,

8264. Brian@usbf.net

NH 03431, 603-352-8590

pages/entryfordec4.pdf 4 DEC, 21st Southeastern Cup

bduke@southlink.us

20-21 NOV (revised dates), **WDFPF World Championships** (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com

20,21 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714

21 NOV, 1st Battle of the Bench Albert Lewis, 716-886-3145 ext 476, JCC, 787 Delaware, Buffalo,

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

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

21 NOV (NEW DATE), SLP Central Illinois Open BP/DL (Hillsboro, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 www.sonlightpower.com, sonlight@netcare-il.com

21 NOV, IPA Gorilla Warfare II (Holiday Inn, Johnston, NY) Rich 857-8637. Mike 654-9110. www.gorillapackpowerliftingteam.com. gorillawarfare2@vahoo.com

27 NOV, NASA Kansas Regional (PL, BP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 27 NOV, Raw Bench Press Meet

(\$300 for 1st place by formula 2nd & 3rd place trophies. \$30 registration fee, Nov. 13th dead-line, weigh-ins @ 6:30pm) Forum Fitness, Glen Carbon, IL, 618-2 8 8 - 9 1 5 0 Forum_Fitness@msn.com, or

mpost57@sbcglobal.net 27 NOV, APF Galaxy Gym Invitational PL/BP, Jamie Fellows 17 Circle Dr., Meredith, NH 03253, 6 0 3 - 2 7 9 - 0 7 5 8, fellows03220@yahoo.com

27 NOV, Gym Warriors presents Push Pull BP/DL Raw, Big Lou, 3 1st Ave., Peabody, MA 01960, 978-538-3910

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

27,28 NOV (date assigned), USAPL Virginia State PL/BP (raw & assisted), John Shifflett, Box 941, Stanardsville, 22973 valifting@aol.com,

28 NOV, USAPL Life Time Nationals, John Shufflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com NOV. 100% Raw World BP. Paul Bossi, 252-339-5025 NOV, NASA WV Regional, Greg

609-465-4723 4 DEC, 17th Elkhart BP Classic & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 3 0 4 - 2 7 3 - 2 2 8 3, Jon Smoker, 30174 CR 16. Elkhart, IN 46516, 574-674-

Press (Cleveland, OH) 3-5 DEC, AAU Drug Tested 11.12 December 2004 World PL + Intl. BP and DL (Laughlin, NV - River Palms

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

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

4,5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491 worldpowerlifting.org
5 DEC, (New Meet) SLP Missouri

Christmas for Kids BP/DL (Poplar Bluff, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 2 1 7 - 2 5 3 - 5 4 2 9 www.sonlightpower.com, sonlight@netcare-il.com

11 DEC, APF/AAPF South Carolina (1st meet in Columbia, SC in 20 yrs.) Strom Thurmond Wellness & Fitness Center, Will Millman, APF/AAPF S. Carolina State Chair, 843-886-5366, FAX 8 4 3 - 8 8 6 - 3 5 0 9 shelter223@aol com

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

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

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

90602, www.worldlegionofpower.com
11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Ander-402-427-8085.

11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Anto-TX, 78249, 210-699-0964 11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com

11 DEC. 4th Pocket Samson's

11 DEC, 2nd annual Body by George Mini-Meet (Lawrenceville, GA - all classes) George Herring, 770-963-6738

562-693-8005.

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

Toys for Tots Christmas BP (male male, all wt. classes, all divs., raw or assisted - New Oxford Gym. New Oxford, PA) 717-624-8570 11 DEC, USAPL River's Edge PL & BP (St. Louis, MO) Rick Fowler, 1713 Garfield, Granite City, IL 62040, 618-451-4737 11 DEC, USAPL Ketchikan Record Breakers, Doug Gregg, 1225 S. Higgins Rd., Ketchikan, AK 99901, 907-247-8963

11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953. 2 1 7 - 2 5 3 - 5 4 2 9

4 December 2004 2nd annual IAMES B. LARUSSO Bench Press Meet CapeMayCourthouse, NJ08210 Call Muscle World Gym 609-465-4723 or contact loe at 609-607-4299 SculptedTrophies & Cash Prizes

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Dr. Arnold Nerenberg

Chairman & Co-founder

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** We Would appreciate receiving your application by 11/10/04 **

11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com,

www.sonlightpower.com,

11 DEC, NASA Missouri Re-

gional (PL, BP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK

sonlight@netcare-il.com

11,12 DEC (NEW DATE), USAPL American Open, Robert Keller, rhk@verizon.net, 954-384-4472, http:// mysite.verizon.net/rhk

11.12 DEC. 51st APF Iron Man PL/BP & Mr. Iron Man/Ms. Iron Woman, Bob Packer, 559-322-6805 (w), 658-5457(h), www.calapf.com

11, 12 DEC, USAPL Colorado PL/BP, Dan Gaudreau, 155 S. Dearborn Dr., Aurora, CO 80012. 303-475-3366

12 DEC, SLP Turner Classic BP/ DL (Salisaw, OK) Son Light Power, 122 W. Sale, Tuscola, IL 61953 2 1 7 - 2 5 3 - 5 4 2 9 www.sonlightpower.com, sonlight@netcare-il.com

12 DEC, 12th Raw "ADAU" Coal Country Classic (SQ, BP, DL separate events, no total, open & all age groups -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 al@pikitup.com

12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com 18 DEC (2nd new date), WNPF IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC Bordentown, NJ, 770-997-0589, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

18 DEC, SLP "The Last One" BP/DL (Tuscola, II.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429 www.sonlightpower.com sonlight@netcare-il.com

18 DEC, APA E. Coast Record Breakers BP, DL, P-P (Bristol, VA) Scott Taylor, Box 27204, El obean, FL 33927, 941-697 7962, FAX 801-905-7046, scott@apa-wpa.com

8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, squat@foryou.net

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

8 JAN (NEW DATE), USAPL New York State BP/DL, Brewster Health & Fitness, 1620 Rt. 22 Towne Centre, Brewster, NY, Bruce Swanson, 845-279-3246. www.geocities.com/ bruceswanson500/files/ 1204USAPLBENCHDEAD.htm 8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

APF MISSISSIPPI STATE POWERLIFTING & BENCHPRESS OPEN SATURDAY, November 6th, 2004 MEET DIRECTOR: Joe Ladnier, APF Mississippi State Chairman SANCTIONED BY: American Powerlifting Federation

Strict APF/WPC Rules will be followed Wayne Pullum, Head Referee LOCATION: Casino Magic Biloxi

151 Beach Blvd. Biloxi, MS 39530 228-386-4600 Room Rates:

11/4/04,11/5/04,11/6/04 \$89.00* (special rate per nite) \$149.00 (normal rate per nite) (*Reservations must be made no later than October 6th, 2004

to get the special rate of \$89.00 each nite) Call 866-315-6240 ELIGIBILITY: Open to all APF registered athletes. You must have a valid,

current APF card. Lifters may register at weigh-in on Friday for \$30 (cash only) WEIGH-IN:

Friday, November 5th, 2004 10:00 AM - 10:00 PM LIFTING TIME:

Saturday November 6th, 2004 10:00 AM - until PM

JOE LADNIER 12201 Overlook Rd. Vancleave, MS 39565 228-669-4240 or 228-826-1132 E-mail: the ladinc@bellsouth.net Meet applications available from website www.joeladnier.com The POWERPIT GYM

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	rginine AKG, 150 gm 18.50
	itrulline Malate, 2:1, 180 grams 24.50
	Creatine Mono. 99+%, Micronized, 1kg 18.75
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15 JAN, NASA E. Texas Open (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 405-527-8513, SQBPDL@aol.com

15 JAN, Glenwood Athletic Club Open BP, G.A.C., 611 Hwy 70E, Suite 5, Glenwood, AR 71943, 870-356-6250

15 JAN, PPL Augusta Drug Free Open, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 JAN, USAPL Nor Cal Winter Classic (PL. BP. DL - Livermore, CA) Dr. Rob Meulenberg, 925-8 0 3 - 5 0 2 9 , rwmeulenberg@hotmail.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com,

www.usapl-ca.org 22 JAN, Iron Boy Push-Pull (Mocksville, NC) Keith Payne, 3 3 6 - 7 6 6 - 3 3 4 7 . keith@ironboypoewrlifting.net

22 JAN, APA Louisiana Record Breakers, Matt Walter, Southeastern LA Football, SLU 10309, Hammond, LA 70402, 985-549-5795, Mwalters24@hotmail.com 22 JAN, AAU-USPF Oklahoma Winter Sports Festival BP-DL,

Crain's Muscle World Ltd., 405-275-3689, rcrain@charter.net 22 JAN, SPF Alabama State Push/Pull, BP (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410,

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

29 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-

29 JAN, Boardwalk Gym BP (Winona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI

29 JAN, APA Patriot Challenge, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049. Tom McCullough, txpowerscene@earthlink.net

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

29 JAN, SPF Southern BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876www.southerpowerlifting.com

5.6 FEB, USAPL Women's Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044 12 FEB, 6th NASA High School Championships (BP, PL, PS - 1st 50 entries) Smitty, The Gym, 112 W. North St,. Flora, IL 62839, 618-662-1-8PM

lesmitty@bspeedy.com 12 FEB, NASA National Awards Banquet (OKC, OK) Rich Peters

12 FEB, 14th New Castle BP (men, master, women, teen) Chuck

Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529
12,13 FEB, NASA Natural Nationals (PL, BP, PS - OKC, OK)
Pick Paters Roy 735 Noble. Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

19 FEB, AAU Missouri State (X-Treme Sports & Fitness, Union, MO) Darin Gilley, 2820 Old Gray Summit Rd., Pacific, MO 63039, 6 3 6 - 7 4 2 - 4 5 3 7 ,

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

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

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

26 FEB, UAPC National BP (Gainesville, GA - AWPC World qualifier)www.amateurworld powerliftingcommittee.com, L.B. Baker, 770-725-6684, mobile 770-713-3080, mobile 770-713-308 LBBAKER@irondawg.com

26 FEB, AAU-USPF Oklahoma 405-275-3689, rcrain@charter.net

26 FEB, USAPL Upper Ohio Valley Meet, (J.B. Chambers YMCA, Wheeling, WV 26003) pushnpulliron@yahoo.com, 304-242-8086

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

FEB, NASA Power Sports Nationals, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 kristina@golds

5 MAR, USAPL Kansas Ironman & BP Open, W. David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761 5 MAR, NASA BP Nationals &

Rocky Mtn. PS & PP (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Lutheran Brethren Church, 113 S. Hillside Ave. Succasunna, NJ 07876, 973-5 8 4 - 7 4 1 0 pamerman@hillsidelbc.org

12 MAR, NASA Ohio State (PL BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068 405-527-8513, SQBPDL@aol.com

12 MAR, NASA PowerSports

Anti-Drug Athletes United

Check out the ADAU at www.pikitup.com

(Raw) National Championship (Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 4 0 5 - 5 2 7 - 8 5 1 3,

SQBPDL@aol.com
12 MAR, 1st APF/AAPF Alabama State Open PL, BP (AL records will be established -Econolodge Conference Center, Attalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002

13 MAR, Lawrence Co. Super BP & DL (raw or equipped - all divs. - trophies 1st-5th, free meet t-shirt, \$30 entry fee) Charles Venturella, 718 Mabel St., New Castle, PA 16107, 724-654-

19 MAR, APF/AAPF Midwest Open (Kansas City) Susan, 816-9 1 4 - 9 7 0 9 , www.midwestbarbell.com

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

PL/BP (Holiday Inn, Manchester, TN) Jesse Rodgers, 423-876-4 1

www.southernpowerlifting.com 19,20 MAR, APF Junior National BP & PL (WPO qualifier - open to all elite & master level lifters) Chris Wler, 14 Fern St., Auburn, ME 04210, 207-777-

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

26 MAR, APA Blue Springs Classic, Roger Broeg, Box 4122, Topeka, KS 66604, 785-228-9781 26 MAR, NASA MO State & Open High School State (PL, BP, PS, PP) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

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

Pull & Raw BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-4 1

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

3 APR (corrected date), 6th Pittsburgh Monster BP & DL (men & women, all div., all classes, cash prizes - Holidy Inn Airport) Mike Barravecchio, 301 Spring Water Ct., Moon Township, PA 15108, 724-457-2708

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

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

9 APR, APF House of Pain Texas State Open (Round Rock - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 , www.seguinfitness.com

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

www.americanpowerliftingcommittee.com 9 APR, NASA Kansas State (PL, BP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 4 0 5 - 5 2 7 - 8 5 1 3, SQBPDL@aol.com

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

16 APR, NASA Iowa State (PL BP, PP, PS) Rich Peters, Box 735 Noble, OK 73068, 405-527-

8513, SQBPDL@aol.com 16 APR, USAPL Richmond Open PL & BP, Phillip Battle, Box 9173, Richmond, VA 23228, 804-737-9622 301-2196, www.Virginiausapl.com, P_Battle@hotmail.com, Nick Minneti, 804-262-7892 before 9PM, SACRIGEN@hotmail.com 16 APR, Open BP Meet, Glenwood Athletic Club, 611 Hwy 70E, Suite 5, Glenwood, AR

71943, 870-356-6250 16,17 APR, IPA Iron House Classic PL & BP (Newark, OH) Mike 740-704-4747. Maxwell.

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

23 APR, Red Swaim Memorial IBP NC State DL (Winston-Salem, NC) Keith Payne, 336-766-

keith@ironboypowerlifting.net 23 APR, Kern County High School (Stockdale H.S., Bakers-

23 APR, NASA Tennessee St. (PL, BP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 405-527-8513. SOBPDL@aol.com

APR, USAPL North Carolina PL, BP & Open State (Charlotte, NC) Jennifer Thompson, 704-483-6332, www.carolinapowerlifting.com APR, USAPL Richmond Open PL + BP (55 lifter limit) Phillip Battle, Box 9713, Richmond, VA 23228, 804-301-2196 P Battle@hotmail.com

APR, PPL Georgia Drug Free State, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

6-8 MAY, USAPL Men's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

7 MAY, NASA N. Carolina St. (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 7 MAY, NASA New Mexico State

(Rio Rancho, NM) Mike Adelmann, powerlifter@surfbest.net, 505-453-6637

7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough,

txpowerscene@earthlink.net 14 MAY, NASA Oklahoma State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football -Buffalo, NY - men, women, teen, master) Dennis Green 716-851-

20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com 21 MAY, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 28 MAY, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 405-527-8513,

4 JUN, APF South Texas (Seguin - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 800-378-6460.

www.seguinfitness.com 4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-1

www.southernpowerlifting.com 4,5 JUN, NASA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

11 JUN, USPF Venice BP/DL (2 single lift meets, not total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

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

25 JUN, AAU-USPF Sooner

State Games, 405-275-3689, rcrain@charter.net

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

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

9-10 JUL, WPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (WPC World Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, www.irondawg.com

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

30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F.

30 JUL, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols. 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

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

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

JUL, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-

PYTHONGYM@AOL.COM JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884. ussapl@hotmail.com

6 AUG, APF Southeast Challenge (Orange - men & women -

open, below 1, masters (5 yr. age groups), submaster, junior (2 vr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378 6460, www.seguinfitness.com

6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlftrs@msn.com. www.powerliftingca.com, 661-

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-9 9 5 - 0 0 4 7 lanceslaughter@yahoo.com,

www.usapl-ca.org
20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 4 2 3 - 8 7 6 - 8 4 1 0 , www.southernpowerlifting.com 3 SEP, SPF Virginia State Push/ Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr. Hixson, TN 37343, 423-876-4 1

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

10 SEP, USPF Venice Beach Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

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

17 SEP, NASA New Mexico Regional (PL, BP, PS - Albuguerque, Mike Adelmann. powerlifter@surfbest.net

24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735. Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

8 OCT, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 405-527-8513. SOBPDL@aol.com

15 OCT, NASA West Texas State

(PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, 73068.

SOBPDL@aol.com 15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 61-333-9800

22 OCT, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 29 OCT, NASA North Carolina Regional (PL BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 5 NOV, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups) police, fire, single lifts) Seguin Fitness, 256 W Court St., Seguin, TX 78155, 800-378-6460,

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

5 NOV. USAPL California State (PL, BP Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance 310-995-0047, Slaughter, lanceslaughter@vahoo.com, www.usapl-ca.org

15-20 NOV (NEW DATE) - IPF Men's Worlds (W. Palm Beach, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.geocities.com/floridausapl 15-20 NOV, IPF Pan-American Men's &

Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl 19 NOV, NASA Arizona Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDL@aol.com 26 NOV, NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SORPDI @aol com

NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884,

ussapl@hotmail.com

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

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

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10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

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

floridausapl APR 06, IPF World Masters BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl MAY 06, USAPL Men's Nationals PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

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Submaster		132 II		
319 lbs.				315*
J. Bishop	505		220 lb	
Master (60-64)			Muller	
275 lbs.		275 II		
S. Sison	425*		drich	455
			(16-17)	
		C. An	derson	185
Powerlifting	SO	BP	DL	TOT
132 lbs. (14-15	()		The state	
	370	165	330	865
181 lbs. (16-17	7)			
M. Smith	435	260	485	1180
(18-19) 148 lbs	ş.			
G. France		260	460	1220
181 lbs.				
D. Amond	465	250	440	1155
Master (40-44)	198	lbs.		
	480	330	530	1340
319 lbs.				
R. Fletcher	745	470	705	1920
Master (45-49)				
R. Smith	550	425	505	1480
Master (50-54)	165	lbs.		
A. Sheen	225	200	330	755
Master (55-59)	198	lbs.		
J. Wold	430	300	500	1230
Open 181 lbs.				
D. Cagnolatti	565	400	560	1525
198 lbs.				
A. Serio	650	365	625	1640
242 lbs.				
E. Hacobs	225	300	435	960
275 lbs.				
P. Andrich	655	455	625	1735
WOMEN				
Teen (14-15) 1	05 lbs	š.		
C. McCord	190	95	250	535
Master (45-49)	165	lbs.		
M. Creel				
*=MS State Red	cords.	Best L	ifters:	Open -
Adrian Serio. N	laster	- Paul	Fletche	r. Teen

- Glen France. Scorers: Jo Moore & Lisa

Crain. (Thanks to USAPI for the results)

	03 -	Swanzey, NH	
MEN		Junior (20-23)	
Open 132 lbs.		Marrama-189	495
C. Brown	215	J. Cahoon-192	405
148 lbs.		C. Grenon-148	
J. Hadad	325	J. Witham-132	
C. Grenon	305		315
J. Floyd	260	C.Hoffman-214	
165 lbs.		C. Frost-220	
B. Durant	310	K. Fisk-198	340
181 lbs.		J. Frazier-197	250
M. Ioannu	380	Submaster (33-	
P. Soto	330	R. Pursell-204	
F. Quirk	315	J. Hadad-146 L. Miles-257	325
C. West	310	L. Miles-257	425
198 lbs.		B. Durant-157	
J. Bianchi!	515	P.Wardner-165	215
W. Clark	425	Master (40-44)	
M. Folini	420	M. Folini-198	
E. Jackson	415	M. Sirois-214	440
220 lbs.		M. loannu-181	
R. Pursell	450	Desautelle-181	335
M. Sirois	440	Master (45-46)	
J. Joyce	420		315
C. Stoey	390	M. Vainas-192	305
242 lbs.		Master (50-54)	
J. Boughton	500	B.Borofsky-260	315
J. Cross	380	Master (55-59)	
275 lbs.	405		410
L. Miles	425		285
A. Currier	415	Master (60-64)	
S. Neil	410		330
M. Currier	370	Novice	200
SHW		J. Cross-242	380
J. Laclair	420		310
Teen (13-15)			260
148 lbs.	225		315
L. Wardner	235	D. Kirby-148	250
Teen (16-17)	250	WOMEN	
D. Kirby	250	Open 123 lbs.	170
258 lbs. K. Madden	260	N. Cotnoir!	170
	260	J. Minor-123	145
Teen (18-19)		Junior (13-23)	
165 lbs. K. Ellis	245		140
K. EIIIS	245	Master (40+)	105
I-Post Lifter U	iablia	E. Narkum-121	
pice 225 at 140	igning	hts: Jeff Hadad o	nd a
		in the opens and	
Cropon was also	eo bal	h an APF record. hind at 148 open	CIIII
305. Bill Duran	se ne	illiu at 140 open	WITH

also got 3rd at 40-44. The big show of the day was Joe Bianchi out of Clinton, MA, a 15 year old record with 265. 57 year old

New Product

fine 310. Bill also was 4th at submaster with a state record 515. Rick Marrama did a state record at 165. Mike loannu got 380 a strong 495 at 189 lbs. and only 21 years and just missed 400 at 181 for the win. Mike day was Joe Bianchi out of Clinton, MA, weighing 193, smoked a 515 for first place and the best lifter award. Wayne Clark, Mike Folini, and Eric Jackson were all fighting for 2nd with Wayne coming out on top with 425 to Mike's 420 and Eric's 415. Iffer. In the women's increase a lifter. In the women's junior division Tanya Mike Folini's 420 was also a masters state record. Mike is 43 and a police officer with the Peterborough NH dept. Justin Boughton leasily won the 242s with 500 and near miss tate record. Meet Director: Louie LaPoint. Head Table: Dave Miller. Judges: Phil Thomsen, Charlie Lane, Lyle Fisk, Joe Ascani, Bill Durant. Spotters: Phil Thomsen, Lyle Fisk, Allen Madden. Website: www.geocities.com/armstrength Till next time. (Thanks to Louie LaPoint for results)

Henry J. Knight Memorial 2 24 JUL 04 - Galt, CA

BENCH		DEADLIFT	
MEN		MEN	
Teen (13-15) (Raw)		Youth (7-9) (Raw)	
198 lbs.		98 lbs.	
T. Knight	315*	D. Knight	135*
Open		Open (Raw)	
242 lbs.		242 lbs.	
M. Knight	585*		600
Master (45-49)		M. Knight	500
242 lbs.		275 lbs.	
M. Knight	585*		550*
addition in		Master (45-49)	
		242 lbs.	
		D. Skeva	600
		M. Knight	500

=Personal Record. The Henry J. Knight Memorial BP/DL Classic 2 was held on Saturday, July 24, 2004, at the Dungeon Gym, in Galt, CA. Henry Knight would have been 80 years old on July 24, 2004, but been 80 years old on July 24, 2004, but passed away on March 22, 2003, from Lou Gehrig's Disease. In the Teenage 198 lb. division, 15 year old Tony Knight bench pressed a huge 315 raw for a new personal record! Tony currently holds the APA California State, American and World Records in the bench press, having set them on May 8, 2004, in Sacramento, CA. them on May 8, 2004, in Sacramento, CA. In the Open and Master 242 lb. division, 46 year old Mike Knight opened up with an easy 425 raw bench press, and after putting on his Inzer double-denim bench shirt, proceeded to blast 545 and 585 for a new PR! All of the dead lifts in this competition were done raw. In the Youth 98 lb. division, 8 year old David Knight tied 98 lb. division, 8 year old David Knight tied his PR with a big 135! David wanted to compete, and pulled without training, just natural strength. He's got a bright future in powerlifting. In the Open and Master 242 lb. division, 45 year old Darryl Skeva, originally from Chicago, home of Ditka and "DaBears", pulled a huge 600 deadlift! Darryl proceeded to give a little deadlifting demonstration at the completion of the competition, by doing 505 for 8 easy reps! In the Open 275 lb. division, from San Jose, Nito Gomez pulled a huge PR 550. Nito weighed in at a light 246 lbs. and had weighed in at a light 246 lbs. and had recently torn a pec in training, so opted to do the deadlift only. Nito is a bodybuilder and former pro wrestler, having wrestled on televison in the WWF (WWE) for a time in the late 1980's, against "Ravishing" Rick Rude, "Mr. Perfect" Curt Hennig, Akeem, Bad News Brown, and other superstars of professional wrestling. Nito is 39 years old. I'd like to thank the spotters,

	loaders, judges and Magazine. (results cou	Powe	erliftin	g USA
DUAL ISOLATE WHEY PROTEIN 2 Speed Formula Elerans diprotein per servins NET WE S LESS (1, 8555)	APA Great I 7 AUG 04 - N WOMEN PUSH-PULL Open UNL A. Watson	Vauke BP		TOT
	MEN Teen (18-19) 165 lbs.		475i!	
	M. Burns 198 lbs. Drug Tested S. Ermel		430i	
	BENCH S. Ermel	385	485	570
The same of the sa	V. Levin DEADLIFT	355	_	=
the state of the s	S. Ermel BENCH 220 lbs.	O	485	-
The state of the s	D. Potempa PUSH-PULL	390	-	- 1
GEARMAN NUTRITION has developed OVERDRIVE DUAL ISO-	Junior 242 lbs. J. Ditzer	250	(20:11	.000
LATE PROTEIN . Due to the product's easy digestion, it is common for users to absorb 75-100 grams of protein in a single shake! It works	C. DaLoia BENCH Open	350 370i	630i! ⁴	850
as a 2 speed with a 70% whey isolate / 30% milk isolate ratio. The	P. Rodriguez	480	_	_
product is sugar - free with only 1.5 gram of carbs per serving. For additional carbs, add another product called 100% CARB (pure oats	T. Wilke PUSH-PULL	375	-	-
and grains) GEARMAN NUTRITION is a powerlifting based company that is always researching the newest, cutting edge strength	Open J. Ditzer 275 lbs.	350	630i	980
supplements. To learn more about GEARMAN NUTRITION and its products, call 1-813-843-7652 or visit gearmannutrition.com	N. Zostautas *=World Record. i=Illin can Record. (results of			

APA Blue Springs Meet 12 JUN 04 - Blue Springs, MO Teen (18-19) RENCH 181 lbs. N. Crafton Submaster 220 lb. 148 lbs. Open Teen (18-19) B. Cass S. Clark M. Keafer 235 D. Schroeder 298 181 lbs. 4th 435 N. Gentges I. Falcon 198 lbs. Master (40-44) B. Stevens Master (45-49) 375 DEADLIFT RP DL TOT 165 lbs Master (40-44) 460 310 425 1195 I. Clark 445 Teen (18-19) 335 450 1285 330 460 1240 450 T. Wallach 495 181 lbs. Teen (16-17) 455 260 440 1155 B. Vasquez 465 198 lbs. Teen (13-15) 390 250 460 N. Falcon Master (45-49) 500 525 M. Boyer MT(18-19) Z. Talbot Open 220 lbs. 540 320 570 1430 745 455 640 1840 C. Belshe 550 775 2170 B. Cass 880 242 lbs. MO/M(45-49) 540 260 475 1275 J. Hilburn 4th 495 S. Kelly 500 300 500 1300 600 475 575 1650 S. White

600

125 90 4th

4th 235 125 85

235

I. Humbyrd B. Dowling

Submaster S. Fisher

WOMEN

V. Robbin

132 lbs. 5. Wood

S. Yanez

D. Mitchell 4th 198 lbs.

Teen (16-17)

A. Klock

4th 181 lbs.

114 lbs.

585 1630

610 2035

195 410 200

265

280 300 180 350 830

205 120 290 615

635 515 600 1750

The APA/WPA returned to Blue Springs MO on June 12, 2004. The meet was held at World Gym and directed by Rodney Wood. There were approximately 30 lift-ers present, and the crowd was huge, leaving standing room only for anyone who may have arrived a little late. Outstanding lightweight lifter was hotly contested be-tween Nate Nicholson and Zeke Talbot Nate came out with an American Records in the squat for the 1655 18-19 year old division and the outstanding lightweight lifter award. Zeke, in his first real outing at 198, broke the DL American record, actually shattered it by 20 lbs. for the 18actually snatured it by 20 ibs. for the to-19 age division. Both of these lifters competed in the drug free division, and we look forward to seeing more from both of these outstanding lifters. Nathan Gengtes, Team Midwest Barbell, won outstanding Bench Press by formula, with an American and World record at 181 (18-19) division with a strong press of 435 and not too far off from hitting a 455. Nathan also competed in the drug free division. The very talented and strong Dina Mitchell won outstanding Women's lifter by Formula, from Team Midwest Barbell. She hit a squat



Brandon Cass squatting big (845 lbs. at 217 bodyweight!) at the APA Blue Springs Championships (Photograph was provided by the courtesy of APA Blue Springs Meet Director, Mr. Rodney Wood)

(Photograph was provided by the courtesy of APA Blue Springs Meet Director, Mr. Rodney Wood)

310, Bench 180, and DL 350. All of her numbers were either MO or Midwest regional records. There were a total of 5 ladies competing, all of whom competed in late to none other than Bryon Dowling AKA Bubba for a very clean and strong press of 600. The amazing part was after 600 we went straight to 700 and came real close to locking it out both times. Given a few more months to train and Bubba will be joining the 700 club. Bubba also hit an 825 squat and totaled his first 2000 lbs., finishing with a 2035 total. In the Father-Son Division, we had John and Nick Falcon battling against Ira and Seth Clark. All four of these guys are real class acts and have a great deal of potential as lifters. This award was fun to give out and we look forward to seeing more father and son combos in the upcoming day in the open 220 class with a total wood, Missouri APA, for this meet report)

APPLICATION FOR REGISTRATION World Powerlifting Alliance American Powerlifting Association



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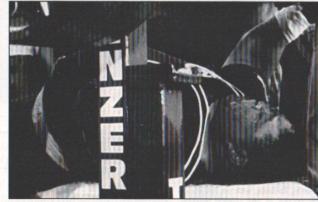
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IPA Strength Spectacular 29,30 MAY 04 - Bethlehem, PA Bench Only John Ramsey Women 165 Pro 198 Pro Oper Masters 45-49 Jose Cabrera 500 B. Graube 3051 242 165 Pro Masters 50-54 F. Wilkerson 425 Kelly Felske 242 Amateur Masters 55-59 165 Robert J. Belerby Amateur Open Masters/F+L 242 Pro Open/Submasters Bob Legg 2 181 Teen(18-19) 220 Kevin Hahn P. Nicholson 330 Amateur Open 220 Amateur Aaron Svera 475 Teen(18-19) 308 Ryan DeLong 425! **Amateur Masters** John Doherty 540 Amateur Open 308 Pro Open Ryan DeLong 425! John Hart 600 Open/Masters SQ Full Power Women 114 Teen(16-17) J. Andiorio 200 123 Amateur Elite 200! 120! 270 590 Jenny Burkey 450 230 300 980 123 Pro Open J. Faraone 3' 148 Teen(18-19) 315 290! 345 950 Nicole Lach 55 170 135 360 165 Teen(18-19) Sarah Baird 235 145 270 650 165 Pro Open Elena Seiple 500 285 470 1255 Hulsberg-Lee 535 265 405 1205 114 Teen(14-15) T. McAvoy 255 185! 315 755 132 Teen(16-17) S. Lagravenis 330 148 Teen(14-15) 370 860 A. Puglisi 3: 148 Teen(16-17) 350 2201 375 945 265 185 335 785 C. Rufolo 165 Teen(16-17) 315 190 I. Manolio 350 Grian Blazak 125 265 575 185 165 Amateur Flite 700 460 570 1730 Brian Crowe 181 Tean(16-17) Daniel Wong 480 245 510! 1235 181 Teen(16-17) Mike Barkosi 500 275 450 1225 J.J. Gilly 410 240 435 1085 I.I. Gilly 181 Pro Open Brad Vargeson 198 Amateur Masters 55-59

605 350 505 1460

Paul Kane



Brian Weston squats 1000 weighing only 233 at the IPA Nazareth a personal PR at this meet bob hit an 820 Barbell Strength Spectacular. (Photograph courtesy Mike Lambert) squat on his 3rd attempt a 500 lb bench and a 695 lb d/l . Bob ended the day with a 2015 total. Mike Stuchiner. AKA Mike Francini

				1600	
Seabrook	625	455	600	1680	1
20 Amateur	Masters			4040	1
ory King 75 Teen(16-1	510	285	450	1245	
		420		1510	-
	555	430	555	1540	5
den	0)
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on Mayes	705	460	575	1/40	1
an Wowak	cl				
42 Amateur			100	1900	
hillip Wylie		500	650	1900	1
42 Masters		5501		1000	5
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. Donegon		480	630		1
uis Aguilera		475	525	1145	1
75 Amateur				4570	1
David Linton	585	460	525	1570	
obert Feene	у				1
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bench press guru Bill Crawford, hit a huge had a good day with a 730 squat 500 lb 450 squat, 230 bench and 300 lb deadlift bench and a 620 d/l ending the day with an for a 980 total in the women's 123 am elite 1850 total. Nazareth Barbell newcomers class. Jenny has been on the powerlifting Chris Petricari and Mark Bossowski showed scene for a few years now and proves that their stuff. Chris hi and 800 lb squat a 505 you don't have to be big to move some big bench and a 625 lb deadlift giving him a weight. New on the powerlifting scene were Nazareth Barbells 165 Lb. pro women, Elena Seiple and Heather Lee Hulsberg. This was the first full meet for both ladies and they did it with some big numbers. Both resolved we should see some big numbers. When the water of the work in January of this year. They wanted to use powerlifting as a means to increase overall body mass and muscle growth and have deep with great success. growth and have done so with great success. Both of the women were coached by Nazareth Barbells head coach Mike Miller. Elena set the stage with a strong and powerful 500Lb. squat a 285Lb bench and a massive 470 Lb deadlift. Elena took 500 or her 3rd attempt and had it to her knees. Elena finished the day off with a 1255 lb total!!! 149 lbs away from the women's all time total 165 lb world record...not bad for a first meet, 155 lb heather was up next and topped her teammate's squat by 35 lbs. giving her a 535 lb squat. Heather then went 265 on the bench and 400 lbs. on the deadlift for a huge 1205 lb total. Keep an eye on these two you will see big things from them next year. If that weren't enough Bonnie Graube and Kelly Felske set records in the bench press in the 165lb class. Bonnie set the women's Pro-Master WR 45-49 with a 305 lb bench and Kelly Felske set the women's 165lb pro masters 50-54

bench record. Kelly is the first women over were coached by John Graube, Brian crow showed the 165lb men how it was done by squatting 700 lbs, benching 460 and hitting 570 d/l for a huge 1730 total way to go Brian!!! Best lifter on the bench went to Nazareth Barbell's own John Ramsey who hit his first official 500 at a body weight of

220 and 44 yrs. of age.
Day 2 brought out the freaks with Brian
Weston mashing a 1,000lb squat at a body
weight of 233, Brian went on to bench 560 and d/l 635 for a 2195 total, not bad for a guy who didn't train for the meet Brian was nspired to lift by the \$1,000.00 booty that was up for grabs. Brian Ulrich of Living arts Tattoo in New Hope PA. Offered \$1,000.00 cash prize to any man who had the minerals to squat a 1,000 at 242lbs or less body weight, insane Brian Weston met the challenge. Next on the list we have Southside barbells own Bob Youngs who hit 1930 lb total just 16lbs shy of elite. Mark squatted 750 hit his opener on the bench, which was a raw 365 and pulled 600 on the dead as soon as we get marks shirt issues

17 JU	L 04	- Ade	I, GA	6
BENCH		Joe I		
148/BO			OJ 18-	19
G. Bradley	225	Shaw		380
165/BO		165/F	301 20-	
Thomas Giese	270			se 270
165/BO			30M 40	
Doc Roudebush			Roudeb	
181/BO			SOM 50	
Erik Kaminski	365			320
198/BO PFM	303		SOM 5	
A.Abercromie	290			er 390
242/BO PFH	290		SOM 5	
	325			
Joe Franklin	323			lls 205
123/BOJ 13			30M 60	
P. Darby	105		owan	
220/BOJ 14			SOM 65	
C. Vaughen	275		lon Shu	
308/BOJ 16-17			305 35	
Nick Helms	330	M. N	toulder	275
275/BOJ 16-17		-		
Powerlifting	SQ	BP	DL	TOT
123/JB 13				
P. Darby	235	105	240	580
181/JB 14				
S. Pybus	450	235	505	1190
220/JB 14				
C. Vaughen	315	275	385	975
308/JB 16-17				
Nick Helms	310	330	450	1090
275/JB 16-17				
	405			
308/JB 18-19				
Shawn Ford	405	380	525	1310
165/M 40-45	405	300	323	
Doc Roudebus				
181/M 55-59				
Howard Sauls	255	205	200	760
	233	203	300	700
242/M 60-64	225	200	360	065
	325	200	360	903
220/M 60-64				
Gerald Hagen				
198/M 65-69				
Jack Sanders				
181/MW 50-54				
Susan Hill	225	110	290	625
181/N	-			Lenger
Howard Sauls	255	205	300	760
242/N			MA TO S	MARIA
Marvin Mays	435	335	525	1295
165/0				Labor D
Doc Roudebus	h			
181/0				
Erik Kaminski	485	365	400	1250
198/WS 35-39				
S. Jackson		240	370	925
Female Sport				
Jackson. Mal				
Cooper D. Lore		It. fran		Dula

encer Pybus. (Results from Buddy Duke)

Wisconsin's Best BP 02 APR 04 - Independence, WI Pre-Teen Mauel, A 110 Jacobs, E. Russett, A. 198 lbs. Teen 114 lbs. Jenkins, T. 110 Butler, W. 310 Foley, B. 115 Gillette, M. Gorka, B. 115 Gillette, A. Schaufenbil, H. 110 Dixon, D. 275 132 lbs 220 lbs Docken, S.a 165 Gould, J. Woodcock, A. 135 McFarland, T. Nielsen, M. Maloney, C. 95 Nielsen, M. 95 Levenance, E. Olson, L. Talcott, T. 130 Kromroy, K. 110 Johnson, J. 100 Fuchs, R. Holzem, B. 385 Maloney. WOMEN Open 114 lbs. Frank, R. Fleisner, B. 175 Seitz, T 480 475 132 lbs. Hanson. 165 Turner, M. 148 lbs Husom, C 295 160 Strangfeld, J. Lemier, K. 275 lbs. Submasters Wilburn, D.

150 Franco, J.

Easterly, J. 145 Pechmiller,

185 Kester, J.

308 lbs.

140 Knueppel, K. 125 SHW

Riggs, J. 250 Kadrlik, C.

230 Submasters

225 Kulig, K.

300 Masters-1

181 lbs. 400 Brandli, J.

300 Woodman,

315 198 lbs

295 220 lbs.

190 True, M.

225 242 lbs.

195 275 lbs

315 Jacobs, J.

270 Reiter D

240 Masters-1

235 181 lbs. 220 Tafelski, R.

242 lbs

385 Willette P.

300 275 lbs.

225 Brodt R.

315 Nelson, T

198 lbs. 475 Roffler, C.

220 lbs

245 Murphy, D.

410 242 lbs Draeger, D. 320 Becker, S. Sippel, W. 210

On Saturday April 3rd 2004, 111 entries competed in the 6th Annual Wisconsin's Best Bench Press In Independence, WI. In the Pre- Teen Division the lone contestant Austin Russett benched 110 lbs. in the 148 class. In the Teen Women's Division Stevie Cross benched 110 to take first in the 105 lb. class. The 123's sow Brittany Gorka

edge Heather Schaufenbil by 5 pounds 115 to 110 to take first. In the 132's Sheila

Docken benched a nice 165 to take first Oller Alisha Woodcock Third went to

Cassie Maloney with 95 pounds. The 148 pound teen women's class went to Brittany Holzem hitting 130, Brilta Cook came in second with 110 pounds. The Women's

Police/Fire

Elting, J.

Carlson, S.

Kaufmann, M.

M.

Thronson, M.t 205 Jensen, A.

Wundrow, D. 245 Maloney,

150 308 lbs.

250 165 lbs.

242 lbs. 235 Wahl, S.

Knueppel, K. Bromeisl, S.

225 Christopherson, T. 195 225

390

500

350

380

425

240

415

320

425

GIRLS

Daniels, S.

Teen 114 lbs

BOYS

Dahl, J.

123 lbs

132 lbs

148 lbs.

Fox, I.

Dahl, K.

Kampa, C. Bingham,

Cross, T. Kottke, K.

Woodman.

Brady, K.

Timm, C.

181 lbs.

Cady, I. Fritsch, C.

Nelson,

Koxlien, B.

Ward, B.

220 lbs

Wundrow, T. 198 lbs.

Steinmetz, B.

Hazuga, S. 242 lbs.

Tuschel F

Cook, C. Trippler, B.

Sonsalla, C.

S1rangfeld, J. 275 lbs.

Andersen, C.

Anderson, C.

Isaacs, D. SHW

Garza, S. MEN

165 lbs

Stinson, T.

Open 148 lbs.

Komperud, E. 250 275 lbs. Theyer, T. 245 Murphy,

Harvey, K.

Komperud,

Hager, B. Dachel, N.

165 lbs.

open classes had three liners all unopposed in their classes. Rene' Frank benched 175 Superheavy weight class Santiago Garza lbs. at 114, Jana Rudrud went 165 at 132 put up a huge 475 to win as he was lbs., and Kristina Lemier went 160 at 148 uncontested. In the Open Division the pounds. In the Submasters women Sarah 148's were a close race as Eric Komperud. "Tool Man" Jacobs' nice 320. Finally in the 275's Mike Kaufwers by 1875 to 1875. pounds. In the Submasters women Sarah Daniels lined 150 as well to take first place also unappeased. In the Teen Boys Division, Josh Dahl was the lone competitor in his class taking home a nice 145 pound bench. In the 123's, it was Kyle Dahl hitting 165 to Corey Kampa's 140 to get the win. In the 132# class, Tim Cross hit a nice 250 to take first over Kevin Kottke and his 230 pound bench. The 148's went to Jeremy Fox as he edged Bill Parsons by 10 pounds, 235 to 225 to get the win. Chip Timm led the 165 pound class was won by Tanner Jenkins as he benched 390 pounds to Waylon Butlers and benched 390 pounds to Waylon Butlers are deged Bill Parsons by 10 pounds, 235 to 225 to get the win. Chip Timm led the 165 pound class was won by Tanner Jenkins as he benched 390 pounds to Waylon Butlers alone in their weight classes. Bob went 320 to take first place. The more pound so were pounds as Fric Komperud alone in the 165's to Dan Reiter's 410. In the Masters Two Dan class as he bested the field by fifty pounds with a 300 lb. bench. Coming in second was 500 bench. Brian Fleisner wowed the first place of the first place of the first place iffers with a 300 lb. bench. Coming in second was 500 bench. Brian Fleisner wowed the crowd with his 555 bench as he took home place down as he benched 400 to beat second place bench of 480. The 275 pound class was dominated by Josh Cady as he benched 400 to beat second place bench of 480. The 275 pound class cole Fritsch who did hit a nice 315. The 198's went to Dan Wundrow as he edged out Brandon Ward by 20 pounds, 245 to 225. Ben Steimetz benched 315 pounes to take the 220 pound weight class. The 242 pound with a proposed to be tough as Donnie Wilburn put up 560 pounds for the win over J.C. Franco take the 220 pound weight class. The 242 pound class was won by Elvin Tuschel as he benched 270 pounds to beat second place Crain Bonsalla who managed a 240 place bench of 480. The 275 bested the field by 65 pounds, as his 365 beat Scott Kane's 300. In the 306 pound class, Chris in Brandli benching 240, and Leonard with a nice all taking first by being the lone entry in the rweight classes. They were Chris Raffler benching 215, George Solfakis prooved to be tough as Donnie Wilburn put up 560 pounds for the win over J.C. Franco and his second place 540. In the 308's Jon Kester benched 515 to edge Kevin all our sponsors locally and nationally all our sponsors locally and nationally and nationally pound class was won by Elvin Tuschel as he benched 270 pounds to beat second place 540. In the 308's Jon Wilburn put up 560 pounds as bench as he took home first place over Tom Seitz and his second their weight classes. They were Chris all taking first by being the lone entry in the rweight classes. They were Chris all taking first by being the lone entry self-law first place and Fire Division had three lifters all taking first by being the lone entry saffler benching 215, George Solfakis going 390 and Don Murphy putting up 280. In the Police and Fire Di Kane's 300. In the 306 pound class, Chris Jim Brandli benching 240, and Leonard you all. (Results courtesy Glen Woychik)



ELITE FITNESS SYSTEMS carries the complete line of Flex Bands®. Flex Bands® were developed by former football coach Dick Hartzell These are the only bands endorsed by Louie Simmons of Westside Barbell. Beware of imitators with inferior bands that are molded or bonded together. They are backed by full 1-year warranty. These are a must for any serious athlete! Four sizes are available, listed below in order of strength:

C	OST/ONE BAND
(1/2" wide, assorted colors	\$10.00
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e (1-3/4" wide, Green)	\$22.50
(2-1/2" wide, Blue)	\$28.50
tretch Regular Platform	\$145.00
tretch Sumo Platform	\$245.00
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International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name		Initial	IPA# for Renewal		
Street Address	Versenuege e ₁ 2.00	W. CAVIL. 2.10.	City		
State or Province	neris of shouldern	Zip Code	lability)	Country	
Telephone	Date of Birth	Age	Sex	Pro Am Elite Am	
Sign if above answer	rs are correct. Parents s	ign if under 18 y	ears.	Date	

Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404, www.ipapower.com

SLP Guy Carlton Memorial Illinois State Fair BP/DL 22 AUG 04 - Springfield, IL

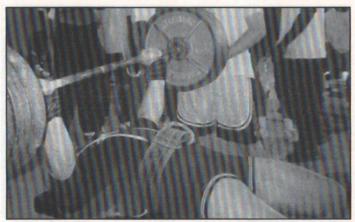
S. Edwards 350

open men 148

BENCH PRESS

K. Turner (4th)	165		260
teenage men 1	3.15	Rill Runch	380
105	3-13	A. Gallagher	375
	165*	181	
teenage men 1	8-19	lason Carson	420
165			405
Ali Aliabadi	245	198	
181		Tom Ragusa	470
Cole Bensa	420*	R. Alvarado	365
(4th)			280
junior men		220	
181		Robert Young	475
J. Amsbury 198	325	D. Hammond	420
B. Griffith	450	G. Parquette	275
Mike Grim	285		
220		Ed Clark	
M. Alvarado			625
275			500
J. Dillman			400
308		shw	
Lee Mateer	425*	Erik Foggey	550
(4th)		DEADLIFT	
submaster men		open women	
165		165	
Jeff Beaudry	340	Buffy Gordon	475*
181		novice men	
Nick Darland	380	198	
Tim Seats	355	Jacob Green	575*
198		junior men	
Craig Long	340	198	
242		Mike Grim	460
Tom Oberle	400	(4th)	500
shw		submaster men	
Robert Vick	525*		
	-44	Tom Oberle	
275		master men 40	-44
Greg Gordon		198	
D. Swanberg	400	Leo Welch	655*
master men 45	-49	master men 45	-49
165	245	198	-7-
J. Amsbury 198	315		575
	500*	police & fire	
D. Newman E. Anderson	315	W. C. Guy	525
E. Anderson	515	(4th)	550
master men 50 132	-34	shw	330
	105*	S. Edwards	525*
master men 55	50	open men	323
181	-37	181	
R. Carlson	285	S. Hedger	490
master men 60		(4th)	500
198	-0-4	198	300
Jim Hussey	315	Leo Welch	655
242		R Richardson	525
G. Morgan	405	Robert Mann	420
police & fire/6	0-64	220	720
198	-	D. Hammond	500
John Andris	280	D. Hammond G. Parquette	465
police & fire		242	-
181		Larry Best	640
Anton White		Ed Clark	560
(4th)		2-man/junior n	
275		308	10 8
T.y Harrison	675	John DeFreitas	1
T.y Harrison John Hurtado		Eric Powers	900*
shw			MELL

Team: The Gladiators - Chicago, Illinois Best Bencher - It. wt. - JASON CARSON Best Bencher - hvy. wt. - TOMMY HARRISON. Best Deadlifter - It. wt. -BUFFY GORDON - Washington, Illinois. Best Deadlifter - hvy. wt. - LEO WELCH - Springfield, Illinois. * Son Light Power nois state record. The Son Light Power Guy Carlton Memorial Illinois State Fair nch Press/Deadlift Championship was held August 22, 2004 at the Special Events Tent on the fairgrounds. Another great event with even greater lifters, old friends and new ones as well! In the bench press event Kristyle Turner won the open women's 148 class with 165 before locking out an all time personal best 180 for her fourth! First-time competitor
Nick Raburn took the teenage men's 1315/105 title with a new Illinois state
record of 165. Ali Aliabadi won the 18-19/165 class with 245 while Cole Bensa took the honors at 181 with 420. A fourth with 430 was also good, both being new state records for the class. Jerry Amsbury got a new personal best at junior 181 with his final attempt of 325 while Brad Griffith



Steve Parkhurst with 500 @ open 242 at the SLP Illinois State Fair BP/DL Championship. (Photograph courtesy of Dr. Darrell Latch)

Mateer won at 308 with a new state record of 425. Coming back with a strong fourth, Lee got his first official 500 bench with ease! Jeff Beaudry was the winner in the submaster 165 class, finishing with 340 while Nick Darland won a close one over Tim Seats 380 to 355. Lifting in his first competition, Craig Long took the title at 198 with 340 while Tom Oberle failed to get more than his opener of 400 for the win at 242. Big Robert Vick set the state record at shw with 525, just missing his final attempt with 565 at lockout. Greg Gordon is coming back strong from a bicep tear, taking the 40-44/275 class with 500. Darrell Swanberg was second at 275 with 400. James Amsbury got a new personal best of 315 as he moved up to the 165 class, taking the 45-49 division there. Dave Newman finally got the 500 bench he has been looking for, locking out that weight on his second attempt for the win and a new state record for the 45-49/198 class! Eric "The Fox" Anderson was second at 198 with 315, nursing an injury to his right forearm. Jack Bellmer set the state record for the 50-54/132 class with a solid 195 while Richard Carlson won at 55-59/181 with his opener of 285. In the 60-64 age group Jim Hussey won at 198 with 315 while Gerald Morgan took the win at 242 with 405, making just his opener. John Andris looked strong at police & fire/60-64, taking the title at 198 with 280. In theopen police & fire division Anton White got a new personal mark at 181 with 415, then came back with a new state record of 430 for a fourth! Best heavyweight lifter Tommy Harrison had some problems finding the groove, making just his opener of 675, but missing his final two attempts with 705. John Hurtado finished second behind fommy, making a new personal record of 375. In the open division Travis Liles won at 148 with 260 while Bill Bunch took the 165's with 380. Andrew Gallagher was close second at 165 with 375, lifting in his first meet! Best lifter in the lighter classes, Jason Carson, won at 181 with 420. Placing second at 181 was Ryan Leverton, who finished with a 405 personal best. Tom Ragusa won the 198 class with a personal best 470 while Rommel Alvarado finished second with 365 and Robert Mann third with a personal best 280. Robert Young returned to competition after seven years away from the sport to take the 220 class with 475. Robert won his class lifting without a bench shirt! Second place at 220 went to David Hammond, who finished with a personal best 420. Gary Parquette was third with 275, making just his opener. Ed Clark won at 242 with 600 before taking a fourth with a personal best 625, which he made with a struggle. Steve Parkhurst was second at 242 with a picture-perfect 500 while Corey Mann was third with his

Grim was second at 198 with 285. It was Maicol Alvarado for the title at 220 with

330, making just his opener. Jason Dillman was the winner of the 275 class with a personal best 370 while Lee

opener of 400. Big Erik Foggey won at shw, making just his opener of 550, after missing 600 twice. Erik, who locked out 600 at the fair two years ago, has got to be one of the strongest 'raw' lifters in the world! In the deadlift competition Buffy Gordon stunned the crowd with a great personal best 475 pull for the title at open women 165. This was not only a new state record for Buffy but also earned her the well-deserved best lifter title for the lighter lifters! She even gave a go at 500, just missing at lockout! Wow! In the men's novice division Jacob Green won at 198 with a new state record of 575. Mike Grim won at junior 198 with 460, followed by his first ever 500 pull! Tom Oberle finished a great day with a solid 580 personal best and state record pull naster 242. Leo Welch, best lifter at submaster 242. Leo Welch, best mess for the heavier classes, won at both the 40-44/198 and open 198 classes, setting the state record for the master's division with 655. Mike Raya looked strong at 45-49/198, pulling an easy 575 for the win. First-time puller W. C. Guy did great with a 525 third and a 550 fourth pull and the win at police & fire/220. Stirling Edwards

> AFTER THE TERROR (Tales of Terrorism: Revenge and Retribution)... is the title of a new book, published by Hats Off Books and written by Joe Pyra, the veteran powerlifter and official, who recently has been recovering from a triple bypass operation in April of this year. The book is a 213 page collection of 15 short stories which revolve about the theme "what's goes around, comes around it comes to the acts of terrorists, both in today's context, and earlier. None of the stories have anything to do with the sport of Powerlifting (except for a reference to a certain individual, whom many PLers will instantly recognize as a well known lifter/official who is still active in the sport), but considering our current international climate, several of them are particularly relevant. Published under the relevant. Published under the name "A. Pyra" AFTER THE TERROR (ISBN 1-58736-6-364-X) is \$17.95 in paperback and is available on the internet at Wheatmark.com/bookstore, Bookpublisher.com Barnesand Noble.com A m a z o n . c o m , Booksamillion.com and from Borders, or it can be ordered from your favorite bookstore.

got a strong 525 state record with his win at shw. In the open division it was Starkey Hedger with a new personal best 500 fourth attempt, after finishing with 490. Second pace at 198 went to Dr. Rob Richardson who got a strong personal best 525. Third place at 198 went to Robert Mann with 420. David Hammond got a pr 500 with his win at 220, followed by Gary Parquette, who finished with a personal best 465. Larry Best looked Ed Clark finished with his opener of 560. In the two-man event the team of John DeFreitas and Eric Powers pulled a state record 900 at junior 308. The team title once again went to The Gladiators from Chicago, Illinois! This annual event was held in memory of Guy Carlton, 1984 Olympic Bronze medalist in weightlifting. Guy was a gym owner and trainer and several times national olympic lifting champion who passed away in 2001. Guy left a family and many friends as well as the hundreds of lifters he influenced throughout the years. We celebrate his spirit on this day. See you all again next year! (Results courtesy Dr. Darrell Latch)

Iron House Push\Pull

07 AUG 04 - Newark, OH

140 Open

185 P. Kevs

Open
D. Beversdorf —

450

M. Blanton Submaster

I. Martz

08 lbs.

Fletcher

RENCH

114 lbs.

Teen V. Guitier

T. Storch

B. Augustine

G. McElroy Teen	350	M. Smith Submaster	<u>80</u>
J. Ashworth	300	T. Grenager	520
A. Sturgil	250	DEADLIFT	
Junior	-50	Teen	
181 lbs.		114 lbs.	
A. Rousen	320	V. Guaitieri	260
M. Lyone	315	Open	
K. Bech	210	132 lbs.	
198 lbs.		T. Storch	250
J. Smith	_	148 lbs.	
220 lbs.		A. Wiseberger	435
Master		B. Augustine	310
P. Sutphin	420	Teen	
Teen		165 lbs.	
A. Hoff	_	J. Ashworth	540
242 lbs.		Junior	
Junior		181 lbs.	
M. Smith	575	A. Rouan	550
M. Smith Z. Cole	570	M. Lyons	550
308 lbs.		Open	
W. Noble	390	J. Brock	500
Open		A. Cress	450
181 lbs.		Teen	
F. Boldt	575	K. Bech	320
J. Brock	365	Open	
J. Brock A. Cress C. Planz	315	198 lbs.	
C. Planz	_	E. Felts	600
198 lbs.		Junior	
J. Jasler	525	308 lbs.	
E. Felts	375	W. Noble	500
220 lbs.		Master	
M. Hill	530		
S. Boardman	525		565
D. Miller	515	T. Dascoli	385
M. Serler	510		
I. Murphy	425		625
D. Keens	405		555
D. Keens B. Korman J. Watson	325	B. Korman	450
J. Watson	-	Junior	
Submaster		242 lbs.	
S. Frazier	-	T. Blank	550
242 lbs.		Open	
Master		T. Fellure	705
H. Wolring	515	J. Young	640
Open		S. McKimmie	560
S. McGinnis	550		545
I. Fellow	520	Submaster	
J. Young	450	S. Nagle	530
B. Youst	300	Master	
M. Bell	-	275 lbs.	×75
Submaster		K. Kline	675
S. Nagle	T.	B. Beck	575
K. Wentworth		J. Mertz	560
275 lbs.		SHW B. Bradshaw	700
Master	440	P. Bradshaw	700

440 Submaster

Best Lifter Bench: Fred Boldt, Best Lifter

400 T. Greninger

Low Side Iron Man Meet 13 JUN 04 - Deerlodge, MT SQ BP TOT 350 275 410 1035 Gonzales 275 225 C. Coleman 400 181 lbs. Master K. Anderson 190 185 315 690 205 205 275 685 B. Wright Golden Master 235 225 300 760 198 lbs Open G. Williams 475 365 460 1300 450 315 455 185 160 300 . Stroug 300 645 300 235 365 900 A. Peterson Grand Master 155 155 225 535 R. Hylton 220 lbs. Phy. Challenged/Open S. TsuJi 325 245 245 815 Open Rupp 450 365 455 315 455 R. Sparks S. Skold 385 285 225 425 425 S. Dyer 340 500 260 300 350 R. Longknife I. lette 235 225 Master S. Kling Grand Master R. Stewart Golden Master C. Atlas

The Montana State Prison Inmate popula tion in conjunction with the MSP Recreation Department conducted the annua LOW side Powermeet, which included all eligible inmates from the Low Security Compound. This year we reached out to the entire Low Side population encour-aging all inmates to attend the event regardless of age, health, or disability. This event promotes health and fitness by encouraging those who attend the meet to exercise and lift weights. This was a non-sanctioned meet however, we used the USA Power Lifting (Formerly ADFPA) rules. and regulations. Per prison policy, nmates competing in the event were not permitted to use supplements, bench shirts or squat suits making this meet by definition, a Raw meet. Thirty-three inmates (33) competed in the competition the winner being the best in each weigh class with the greatest combined total. Up and coming lifter Jesse "Chewy Little Popey" Gonzales performed very well at Popey" Gonzales performed very well at his first ever power lifting meet in the 165 lb. open class. Jesse's impressive com-bined total was 1035 lbs. with a body weight of only 162 lbs. Gerald Williams did a great job in the 198 lbs. open class with a bodyweight of 184 lbs. he holds many records in two weight divisions within MSP. In the physically challenged, 220 lb. class, the one and only, the "Hawk" Steven Tsu Ji, established all new records in his weight division. Rob-ert Sparks set a new MSP record in the Squat, at 215 lb. competing in the 220 lb open class, Robert had an impressive 455 Ib squat. Charles Rupp broke the old MSP "Total pounds" record in the 220 lbs. Open class with an impressive 1315 lb. total. This is of course, without the assistance of supplements, bench shirt or squat suit. Vernon Baker was the oldest lifter in the power meet. Competing in the 220 lbs. Golden Oldies Masters weight class, at 205 lbs. At the age of 75 years young Vernon encouraged a lot of the younger lifters in the power meet as well

Open S. Anderson 435 300 500 1235

300 300

400 1000

319 lbs.

Master

Wilcock

R. Deavila

Dont train alone always use spotters. Don't train when hurt - always consult your Doctor.

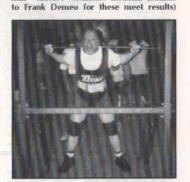
as many of the inmates who did not lift. This was the first time ever that he competed in a power meet and he thanks his personal trainer, Davey Hart. It just goes to show you that you are never too old to lift weights. The "most improved" lifter, Bobby "Bi-Lo" Wilson did a great job breaking the old prison record in 242 lbs. open class. In the squat with 540 lbs., in the bench with 405 lbs. and a 560 lb. dead lift. With a total of 1505 lbs. This was his second power meet competition. Jack Griffin, age 53 lifting in the Grand Masters 242 lb class broke his old records with a 575 lb squat and a 610 dead lift. Jack also had the greatest total for the meet at 1660 lbs. Andy Wigner, broke a prison record in the 275 lb Open Class with a deadlift of 535 lbs. with a body weight of 261 lbs. Steven Walker, 29, broke a bench record in the 275 lb. Open class with an impressive 340 lb. bench. Steve weighed in at 251 lbs. Collens Lester, lifting in the masters class at age 42 broke all previous records in the 275 lb. weight division. Ernest Wilcock also broke all records in the 319 lb. masters class. I would like to thank the staff who made this meet possible: Our Sponsor, John Derzay for his work coordination our activities, Don Berryman in the Education Department, John Stevenson in the Recreation Department, Security Major Tom Wood, Associate Warden Myron Beeson, Associate Warden Leonard Mihelich, Deputy Warden Ross Swanson and all correctional officers in atten-dance. I would also like to say thanks to everyone who helped out with this event, our Judges: David Wilson, Tony Leyba, & Farren Galpin. Videographer and cam-era operators Steve Macomber & Zach

Steinberg J Announcer Edison Ross. Spot-ters: Ken Miller, George Demers, Merlyn Marceau, Jason Tomlin, Terry Feller, Steve Keefe, Barry Besch, Stan Edwards Sean Wentz, Travis McClees, Attorney Keith Brown, and special thanks to Joseph Anthony for his work in coordination the event and putting the numbers together. (results by Jack Griffin LS-BBC Chairman)

GMCF NYS Postal 20 APR 04 - Comstock, NY 165 lbs.

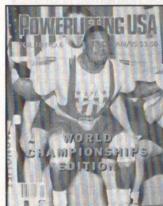
SQ BP DL 190 180 320 H. Thomas Griffin 410 300 181 lbs. 470 330 530 1330 198 lbs. 605 280 500 F. Demeo* 1385 H. Spencer* 220 lbs. 365 W. Schurmans 242 lbs. 705 400 670 1775 275 lbs. 590 430 590 1610 Joseph Schwartz Formula: C. Adams 924.78, D. Self 917.70, A. Griffin 854.26, F. Demed 850.05, H. Spencer* 827.37, E. Joseph 821.10, W. Schurman* 691.84, H. Tho-

mas* 485.07. *=Masters division. (Thanks



Frank Demeo (48), squatting 605 at 198 lbs. at the GMCF NYS Postal (Photo courtesy F. Demeo)

BACK ISSUE OF THE MONTH



The January 1995 edition of PL USA featured the powerfully sculpted Curtis Leslie on the cover, winning the 242s at the WPC Worlds in Columbus, OH. Mike Mastrean took the 198 Juniors at this meet, with lifts of 733 446 655 1834. 2nd, 3rd, and 4th to Neville Primich of South Africa in the Open 165s were Rickey Crain, Jay Rosciglione, and Angelo Berardinelli. Also featured were the IPF Worlds from South Africa,

Dave Ricks (1780 @165), Ed Coan (2281 @ 220), Kirk Karwoski (2160 @ 242), but perhaps the sentimental favorite was Walter Thomas winning the 181s ... after turning 49 just 2 days before the competition, giving Walter at least one open world title in each the last 3 decades. He was joined in celebration by his long time friendly rival, Ron Collins. Louie Simmons told how ... incredibly . three of the Junior age lifters at Westside Barbell were all benching over 600 lbs.! (Halbert, Obradovic, and Patterson). Krista Ford related her story of personal success in Powerlifting and life after a difficult start in her childhood. Evolution Training Part II carried on the unique training and supplementation program recommended by Jay Schroeder and Vladimir Anisimov. Hal Hudson reported on the IPF World Masters Championships from Bratislava, Slovakia. Our Workout of the Month highlighted the routine of

where USA winners included

triple bodyweight puller Shirley Scheffler. A real Pioneer of Powerlifting, Jack Keammerer, the 1972 IPF World Champion, was interviewed by Bruce Citerman, and we also interviewed another veteran, who set many IPF World Records in his career, John Redding. Bob Gaynor chatted with ADFPA women's star lifter Michele DeGennaro, but, sadly, we had to report the passing of two great contributors to the sport, Larry Garro, and the founding President of the ADFPA Brother Bennet. Michael Soong did his numbers and declared Andrzej Stanaszek to be the Greatest Squatter of All Time. IPF President Heinz Vierthaler was interviewed by Marty Gallagher regarding Powerlifting's past, present, and future - and was quoted as saying "We cannot foolishly dream the Olympic dream; at the

moment there is no chance for

powerlifting". The reigning IPF

Superheavyweight Champion,

Karl Saliger of Austria, was profiled

by Dr. Judd Biasiotto, and was

guoted "A lot of lifts that American

absolutely ridiculous. They are totally bogus. They mean nothing!" On the TOP 100 list for 181s, the top lifts were by Rob Wagner (722 squat), Scott Werner (542 bench), Bill Cavalier (716 deadlift), and Walter Thomas (1818 total). Also appearing on the list were Matt Zweng (585 squat ... #66), Dennis Brady (418 bench - #54), Fabian Wambsgans (600 deadlift - #56). and Keith Kanemoto (1543 total -#43). In the results section, James Benemerito was pictured breaking one of his own brother's records ... a 605 deadlift at 148. Herb Glossbrenner's list of the TOP 100 Deadlifters of All Time in the 148 lb. class had Dan Austin at #1 with 705, and Robert Cortes was was 89th on the list for his 575 done back in 1980. Iron Island Gym's Ralph Raiola was honored as one of the APF's top state chairmen for generating the highest increase in membership for one year. You can order this issue, before it sells out, along with many others ... all described in our catalog of Powerlifting collectibilia beginning on page 48. athletes claim to have made are

		Last One!	
27 Dec	03	- Tuscola, IL	
BENCH		R. Fornecker	340
MEN		275 lbs.	
Teen (13-15)		J. Welker J. White	355
105 lbs.		I. White	350
T. Groff	65*	Police/Fire	
4th	70*	165 lbs.	
220 lbs.		A. White	
R. Lister	190	400*	
Teen (16-17)		181 lbs.	
123 lbs.		R. Murray	325
B. Faught	160	*220 lbs.	
132 lbs.		L. Hillard	
J. Lynn	140	540*	
181 lbs.		4th	
C. Fulscher	275	560*	
198 lbs.		275 lbs.	
A. Groff		T. Harrison	
4th		625*	
C. Booten		Open 181 lbs.	
4th		N. Darland	350
Teen (18-19)		R. Mann	265
M. Welsh	300	4th	270
Junior	000	198 lbs.	-
M. Bell	330		425
220 lbs.	-	4th	440
M. Fornecker	295	242 lbs.	
4th		E. Clark	585
Master (40-44)	1000	The second second second	610
M. Maxwell		DEADLIFT	
R. Patton		MEN	
242 lbs.		Teen (13-15)	
D. Haycraft	485	220 lbs.	
Master (45-49)		R. Lister	
198 lbs.		355*	
D. Newman	425	4th	
4th		370*	
275 lbs.		Teen (16-17)	
K. Hutchinson	445	132 lbs.	
Master (50-54)		J. Lynn	
198 lbs.		345*	
R. Palmer	305	4th	
4th		360*	
242 lbs	0.0	181 lbs	

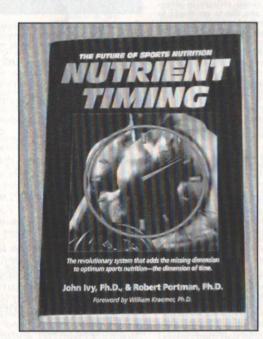
C. Fulscher	490	Master (40-44)	
4th	505*		
198 lbs.	303	M. Maxwell	45
C. Booten	280		
4th	305	165 lbs.	
Junior		D. Belt	56
148 lbs.		198 lbs.	
C. Jordan	445*	M. Raya	56
220 lbs.		Open 242 lbs.	
M. Fornecker	435		55
275 lbs.		275 lbs.	
B. Williamson	640*	B. Williamson	54
*=Son Light P	ower	Illinois state re-	cord
		Press - TO	
HARRISON. Be	st Lift	er Deadlift - DE	NNI
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Light Power C	ym in	Tuscola, Illino	is of
December 27	2003	Thanks to al	l m

help; son Joey, wife Susie, Rob Mann Linda Middleton, Dave Bragg, Matt Welsh Dave Newman, leff Welker and Doug Haycraft for helping with the load spotting and judging duties. In the bench press event first-time competitor Ta'shun Groff won at 13-15/105 with a new state record of 70 on his fourth attempt. Ta'shun had finished with 65 for his third. Ryan time Mark had gotten 300 in a competi- 242. Doug is the current Illinois state fourth for the win at 198. Randy For



Lance Hillard with state record 560 @ police & fire/220 (D. Latch)

Lister guest lifted in the 13-15/220 class, tion. Matt Bell looked strong with his record holder for that class with 530. finishing with 190. In the 16-17 age opener of 330, then switched shirts and division Brett Faught set the Illinois state went to 415 for his last two attempts. Not record at 123 with his 160 second attempt. real close but definitely will get that class, finishing with 425, followed by a A final attempt with a personal best 175 weight soon. Michael Fornecker came all stronger 440 fourth. Kevin Hutchinson, failed about halfway up. John Lynn guest the way from Louisiana to lift with his state record holder at 45-49/275, had lifted in the 132 class, finishing with a father Randy, who lives within a hundred personal best 140. Chris Fulscher won at miles of here. Michael finished with 295 his 445 "raw" opener. Kevin walked up to 181 with 275 while Andrew Groff took the then returned for a successful fourth of 198 class with 240. A fourth with 260 was 300, another personal record and the win in shame, as the crowd threw anything also good. Second place at 198 went to at junior 2201 Mike Maxwell looked they could at him. That's a long way from Cody Booten, who finished with 170, then strong with his win at 40-44/220, taking 650, Kevin! But that's okay, he'll be back a fourth of 180. Both of these lifts were that class with 360. Roger Patton was next year close to 700, after he's had time new personal records for Cody. Mark second at 198 with 275, just missing a 300 to dial in his shirt! At 50-54 Rick Palmer Welsh captured the 18-19/198 class with final attempt. Doug Haycraft only got in a solid 300 final attempt. This was the first his opener of 485 with his win at 40-44/ finishing with 305 before making a 315

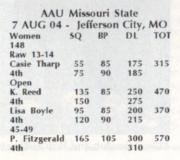


Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed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

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

guy is an inspiration to us all, having had two hip replacements and still just as strong as ever. Jeff is also one of the most dedicated coaches in the sport, having trained many young lifters over th years. Second place at 275 went to John White who finished with a personal best 350. Anton White finally got his first 400 bench on his final attempt and the win at police & fire 165. This was also a new state record for Anton, who had set the record at 380 earlier this year. Robert "Ponch" Murray took the 181class with an easy 325, just missing a personal best 350 at lockout. Lance Hillard, the good-looking one of the brothers, proved he was also the strongest as he pressed out a solid 540 third, followed by a 560 pr fourth at 220. Weighing in at just 211, both of these lifts were new Illinois state records. Tommy Harrison just keeps getting stronger, finishing here with a personal best and new Illinois state record at 275 with 625! Tommy, who also competes at 242, came in and said to me, "I'm just a little over." 258 is a little more than just a little, Tommy! A great lift from a great guy, Tommy also was awarded the best lifter trophy for the meet. In the open division Nick Darland won at 181 vith a personal best 350, taking the title over Rob Mann, who finished with 265 and a fourth with 270. Rob's last thre attempts were all new personal records. Our final bench competitor was Ed Clark. Ed took the open 242 class with 585 then came back with a personal best 610 for his forth. Ed finished second to Tommy Harrison for best lifter. In the deadlift competition Ryan Lister set a new Illinois state record in the 13-15/ 220 class with his 355 third and 370 fourth attempts. John Lynn also set a new state record for his class, 16-17/132, finishing with 345 and his fourth of 360. Chrsi Fulscher had a great day, making his third with 490, then coming back with a new state record of 505 for the 16-17/181 class. Cody Booten, lifting in his first competition, pulled a 280 third and a 305 pr fourth at 198. Cody was lifting as a guest lifter. Chris Jordan broke the state record at junior 148 with his 445 final attempt. Chris, who wrestles at EIU, had dropped twenty pounds in bodyweight but still pulled 300 over his bwt. Michael Fomecker got his second pr of the day with his second win at junior 220, finishing with 435. Brandon Williamson regained his state record at junior 275 with his 640 pr final pull, taking also the open 275 class. Mike Maxwell won his second title of the day with a new pr of 455 at 40-44/220. Dennis Belt, undoubtedly one of the best natural master deadlifters in the world, won at 4~9/165 with 560. Dennis set the state record there, winning also the best lifter award for the competition at a 158 bwt. Mike Raya, current state record holder at 45-49/198, won that class with 560. In the open division Jeremy King pulled an easy 550 at 242, locking out 600 strongly, but was called for slight hitching. At least now he knows he can get the weight, needing only to keep the head movement at the top of the lift. Thanks to everyone who helped out and to all the lifters everywhere who made 2003 a great year for Son Light Power This was our sixty-ninth meet of the year! Hope to see you all again in 2004! (Results courtesy of Dr. Darrell Latch)

got a big 340 with his win at 242 while Jeff Welker won at 275 with 355. This





Dr. Darrell Latch with female athlete of the year Erica Haislar & coach of the year Billy Jeffries at the SLP meet in Tuscola, IL. (Latch)

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Chickahominy YMCA BP Classic 01 MAY 04 - Sandston, VA Open Assisted Teen (1819) Ferrell V. Navarre 235* T Kontos 148 lbs. Open Raw Master (45-49) D. Mason Master (45-49) Assisted S. Zerbe 375* Raw R. Skelton F Shrader Ir 235* Master (45-49) 230* F. Slavery B. Taylor Open I. Cobb 265* L. Jenkins 265* W. Epps 181 lbs. H. Gav WOMEN 450* Open Raw 325 T. Delph Lawyer Palmer 315 132 lbs Master (65-69) 150* B. Feltner F. Feltner 275* Junior (20-23) D. Martin 280 Open Raw 270 A. Albertson D. Baldwin 250 M. Condrey . Gregory . Stumbo (45-49) Raw D. Smith (50-54) Raw

Alston 198 lbs. *=Record. OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all. The Chickahominy Family YMCA Bench Press Classic was held on May 1, 2004. The event was well attended with 54 competitors. The par ticipants ranged in age from 15 to 69 years. This was the fourth year the event was held and 21 course records were set. The highlights of the Classic include: participants that lifted double body weight raw & assisted, pressing 2.5 times body weight, and several lifts over 500 lbs. Several competitors beat their own course records set in 2003. Proceeds from the Bench Press Classic will provide scholarships to summer camp along with financial assistance for members of the community to participate in 5 YMCA programs that otherwise could not be afforded. Special thanks goes out to event sponsors which include Iron House Gyro, Joe's Inn, Mike's Olympic Gym and The Weight Room. (Thanks to Chickahominy Y for these meet results



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rage can be obtained from your local AAU Associa ANNUAL MEMBERSHIP DUES Regular Fee 10.00 12.00 Youth Athlete 14.00 Volunteer or Officia 12.00 Adult Athletes in the Following Sports: 10.00 SPORT CODE **AAU National Headquaters** c/o The Walt Disney World Reso PO Box 10,000 Lake Buena Vista, FL 32830 THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC. agree to be bound by the AAU Code as well as AAU operating rocedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any ser

APF Carolina Summer Smash 10 JUL 04 - Charleston, SC Bench Only Flight Carl Griggs 165 Barbara Roby 57.5 Men's IR Teen D. Ricafrente 187.5 Donnie Thompson Mikey Effner 152.5 275 G. Haslam Police/Fire 160 Men's Open K. Beckman 102.5 148 Eric Knight G. Haslam 160 Men's Masters 181
Bill Milner 102.5
Eric Hubbs 275
W. Williams 170
Women's Open 148
Linda Jones 130
Linda Jo Susan Finley 112.5 115 75 Women's Masters Barbara Roby 85 57.5 90 232.5 Men's JR Teen Mark Rufail 205 137.5 200 542.5 142.5 190 537.5 Police/Fire Tim Mast 182.5 182.5 210 575 Men's Master M Steck 182.5 140 182.5 505 G. Camacho 112.5 102.5 157.5 372.5 Steve Clark 190 137.5 197.5 525 262.5 180 265 707.5 S. Hines 195 150 142.5 487.5 M. Shealy J.Blankenship 207.5 132.5 207.5 547.5 Hendrix 205 137.5 200 542.5 Brian Bleu 182.5 125 182.5 490 Keith Farrara 365 M. Johnston 412.5 227.5 320 960

REGISTRATION FEE

A.A.P.F. A.P.F. & A.A.P.F. \$30 \$40

Troy Brown 272.5 200 252.5 725 227.5 192.5 255 675 lason Lawson 320 337.5 657.5

Eric Hubbs 217.5 A. Pickens 410 207.5 292.5 910

The APF's second South Carolina meet,"The Carolina Summer Smash", was held on July 10th, 2004 at Charleston Southern University Meet director and 177.5 South Carolina State Chairman Captain Will Millman was again at the helm of his Grant Austin 182.5 great team with Matt Oesch on the attempt of 75 kg. Her last attempt of 82.5 kg was a little too much for Cat today. Her deadlift went more smoothly making all three attempts up to 127.5 kg giving her a total of 317.5 kg (700 lbs) and first place in her weight class. Linda Jones was next in her weight class. Linda Jones was next

@ 148. She put on a great display of
Powerlifting by going 8/9 missing only
her last bench press attempt. She finished
with a 130 kg squat, a 65 kg bench and a
147.5 kg deadlift to total 342.5 kg (755
lbs) to win the Women's 148 Open and the
PEST FEMALE LIFTED of the day Norther BEST FEMALE LIFTER of the day. Next up was Susan Finley @ 148 battling with her squat, finally to be successful on her last BEST FEMALE LIFTER of the day. Next up Men's Masters division started with 72 show with lifts of 250, 260, and 265 kg was Susan Finley @ 148 battling with her squared for the successful on her last 112.5 kg, bench pressing 102.5 kg and 7/9 totaling 707.5 kg (1560 lbs). He won attempt with 112.5kg. She also had deadlifting 157.5 kg to total 372.5 kg (821 first place in his division and established problems with her bench and bowed out lbs) setting a new South Carolina State after 3 "superwoman" tries. "Big Sue" record in the squared and winning a first records. The Men's Open was our biggest

Rufail squatted 205 kg, benched 137.5 kg, and deadlifted 200 kg for a 542.5 kg (1196

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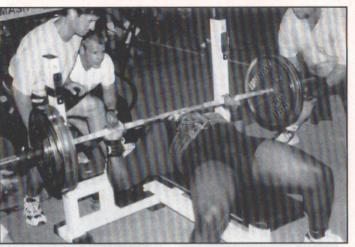
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ARE YOU A PREVIOUS A.P.F. OR A.A.P.F MEMBER? YES NO

ATHELETES, fill out card completely, make check payable to and mail with fee to: A.P.F. OR A.A.P.F.

For information call: Ph: 630-892-1491 or Fax: 630-892-0909

Check ONE box that applies belo



Troy Brown bencing 200kg, underwatchful eyes. (Photo W. Millman)

young lifters. In the Police and Fire, "The Big Dog", Tim Mast (now down to 275 as "The Medium Dog") squatted 182.5 kg, benched 182.5 kg, and deadlifted 210 kg for a total of 575 kg (1267.5 lbs) for first place. This is Tim's first year of place. This is Tim's first year of Powerlifting and we all look forward to great lifts from him in the future. The Men's Masters division started with 72 year old Stewart Hines whose 25 years of lifting experience produced some impressive numbers. He opened with a 250 kg squat and then bettered it to 262.5 be on his last attempt. He pushed his bench up to 180 kg and put on a deadlift show with lifts of 250, 260, and 265 kg year old George Camacho @ 181 squatting rounding out a day of great lifting gains gains. 537.5 kg 1185 lbs). Both lifters won first first meet set the South Carolina records Bruff @ 275 worked his way up to a 227.5 place trophies and established the South Carolina records in their categories. Making only the first attempts in all three best bench press of 192.5 kg, and a

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problems with her bench and bowed out to the squart and winning a first superwoman" tries. "Big Sue" record in the squart and winning a first records. The Men's Open was our biggest will be back! The Women's Masters place trophy. Michael Steck was our next division with 10 lifters. Brian "Tattoo" featured Barbara Roby, (Catherine's Mom) Masters lifter @ 181. This was the first Bleu @ 220 (in his first Powerlifting to the squarted as the squarted as the squarted as the squarted with the square of the s benched 55.7.5 kg and deadlifted 90 kg perfect day going 9/9 with a 182.5 kg 125kg bench and a 182.5 kg deadlift to going 7/9 and totaling 232.5 kg (512.5 lbs) earning a first place trophy. The next deadlift to total 505 kg (1113.3 lbs) and division, Men's JR/Teen was a look into win a first place trophy. He also set South a first timer was next. At 181 he squatted the future of our sport with two 19 year Carolina records with all of his lifts. 207.5 kg, benched 132.5 kg and deadlifted olds in their first meet. At 220 lbs Mark Steve Clark our 198 lb Master squatted 207.5 kg for a 547.5 kg (1207 lbs) total 427 lbs. 190 kg, benched 137.5 kg and deadlifted winning a first place trophy. Next up was 197.5 kg for a 525 kg (1157 lb) total, first Chris Hendrix @ 220 also in his first meet. b) total going 8/9. At 308, Preston "Beef" place in his division and posting South He squatted 205 kg, benched 137.5 kg and Deaver squatted 205 kg, benched 142.5 kg total kg and deadlifted 190 kg going 7/9 to total Michael Shealy, 52 years old, who at our (1196 lbs) and a first place trophy. Jared 537.5 kg 1185 lbs). Both lifters won first first meet set the South Carolina records Bruff @ 275 worked his way up to a 227.5 Carolina records in their categories. Making only the first attempts in all three best bench press of 192.5 kg, and a Hats off to Donnie Thompson and the lifts he posted a 195 kg squat, a 150 kg personal best deadlift of 255 kg to finish "Compound" for bringing us these super bench and a 142.5 kg deadlift to total with 675 kg (1488 lbs) for a second place trophy. Also @ 275, local favorite Troy Brown posted a 272.5 kg squat, a 200 kg bench and a 252.5 kg deadlift to total 725



Mike Johnston and Will Millman

weight class and a new State record in the deadlift. Next up was Jason Lawson lifting in his first Powerlifting meet @ 275. He opened with a 295 kg attempt at squat and barely missed it con back with a 295 kg again and then up to 320 kg successfully on his third attempt. He struggled with his bench but blew us ith a 337.5 kg (744 lbs) deadlift on his third attempt for the best deadlift on his first attempt for the best deadlift of the meet. At 308 Aaron Pickens posted a big 410 kg squat (second only to Mike Johnston), a 207.5 kg bench and a 292.5 kg deadlift just missing 320 kg. He totaled 910 kg (2006 lbs) for first place in his weight class. Up next was 220 lb Keith Ferrara who opened with an attempt of a(3.6x bodyweight) 365 kg (800 lb) squat. He missed it twice but came back on his third attempt to get "three white lights". He bowed out after missing his lights". He bowed out after missing his bench press but Keith will be back. He is a strong 220 lb. lifter. At 242 lbs, South Carolina Strongman and the best APF male lifter, Mike Johnston stood ready to defend his title. He started with a 392.5 kg squat on his first attempt and powered it up to 412.5 kg (909 lbs) or his next attempt for the biggest squat or the meet. His bench press of 227.5 kg (502 lbs) was also the best of the day. He finished his lifting with a 320 kg deadlift to total 960 kg (2116 lbs) winning the Men's Open division @ 242 and retaining his title as BEST MALE LIFTER in South Carolina". Our guest lifter Donnie Thompson electrified the crowd with squat attempts of 455 kg (1003 lbs) and both but drawing the crowds approval for having witnessed, for the first time at our meets, a mountain of a man standing with over 1000 lbs of iron on his massive shoulders. During our first break we were entertained by Billy McElveen, (Mr. Haney) a 52 year old expowerlifter showing us a training routine that he has mastered using 65 lb. kettlebells, tossing them around like they were jelly donuts. The second break was highlighted with a "Rolling Thunder" grip strength competition with

the winners, Warren Pernick and Barbara Roby, receiving IRON MIND gift certificates. The BENCH PRESS competition started with the Womens Master Barbara Roby posting 57.5 kg (127lbs) to be our one and only BEST FEMALE BENCH PRESSER. Mikey Effner, local 19 year old was the lone Mens IR/Teen @ 165. He solidly pushed up a second attempt bench of 152.5 kg (336 lbs) more than enough to earn him a first place trophy. Kenny Beckman, competing n his first meet @ 165 in the Police and Fire division posted a 102.5 kg (226 lb) bench press for a first place trophy. Also in Police/Fire but @ 275 "Big" George Haslan age 56 pushed up a very impressive 160 kg (353 lb) bench press for his first place trophy in Police/Fire and second place in Mens Master. The Men's Masters saw Bill Milner, 74 years young @ 181, bench press 102.5 kg (226 lbs) for first place in his age category. Willard "Killer" Williams @ 220 kept up the level of excitement with his display of energy and power, benching 170 kg (375 lbs) to win his first place trophy. Carl Griggs also 220 started with 160 kg

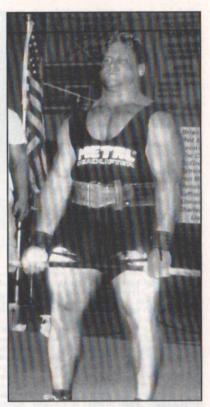


Linda Jones, Best Female Lifter, squatting 130 kg. (Photo Millman)

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kg for his second but couldn't quite catch the "Killer" with his third attempt @ 170 kg. He placed second for the day. Next up was Eric Hubbs, no stranger to Powerlifting. At 275 lbs his power was evident as he smashed up a 217.5 kg (480 lb) bench to win first place trophies in Men's Master and Men's Open. He also set new South Carolina records for his lift. Doug Ricafrente, one of our local APF referees and bench presser "par excellence", can still, at age 58 put up a "400 lb bench" 187.5 kg (413 lbs) to be exact. He won a first place trophy and established a South Carolina record. In Men's Open, Eric "Little Superman" Knight brought the crowd to its feet with an amazing 177.5 kg (391 lb)(2.7 x body weight) bench press to win his weight class and BEST MALE BENCH PRESS trophies also setting the South Carolina State record. Grant Austin opened with a 182.5 kg bench, passed on his second attempt ecause of shirt problems, and then called for 255 kg (a 160 lb increase) for his final attempt He took control of the bar, but only momentarily as the bar oushed his arms down HARD. Only the quick, powerful hand of Jason was between the bar and Grant's neck as the side spotters stopped it cold. After a quick recovery Grant, and the crowd, acknowledged the spotters for a job well done! Our final lifter was (soon to be Dad again)John "Corey" Williams who at 29 years old and 275 lbs had a smooth 197.5 kg (435 lb) bench press for a second place trophy

I want to acknowledge and thank the rest of my team of friends and family who helped make this meet a success. My wife, Marge; Brian Mac; LeeRay; Lenny; Doug; Donnie; Marc; Leon; Pop, JR and



Mike Johnston, Best Male Lifter, deadlifting 320 kg. (Photo Millman)

April; Doc; Charlie; Richard; Warren; Diana; Tim; David; Phyllis; Kay; Billy and Chad. A special thanks to our sponsors and the APF for making all of this possible. (Results by Will Millman)

NTERACTIVE BOOK/D\

OPTIMAL MUSCLE TRAINING "The Biomechanics of lifting for maximum growth and strength" by Ken Kinakin is this just another training book? no way. First off, this is a book AND a companion DVD, which opens an entire new dimension in weight training instruction. Second, author Ken Kinakin is not just a chiropractor, and a certified strength and conditioning specialist, and a certified personal trainer. He's been a bodybuilder and a competitive POWERLIFTER for over 20 years, as well as a member of the Canadian and International Powerlifting Federation Medical Committees, and a renowned speaker on weight training, injury treatment, rehab, and nutrition. Ken's is the "optimal" approach, indeed, merging the appropriate exercise science with his effective chiropractic expertise to produce results in the "real" world, where athletes face career ending injuries and waste years in the training room trying to overcome unknown weaknesses. In Chapter 1, Dr. Kinakin optimizes the strength training approach in relation to existing weight training dysfunctions. Chapter 2 assesses one's overall readiness to train with weights, and Chapter 3 establishes a practical link between each individual muscle's function and correct exercise movement. Chapter 4 presents a very unique and useful "risk-benefit" concept for analyzing the appropriateness of individual weight training exercises. There's even a very usable guide for designing personal training programs in Chapter 5. The big time bonus is the interactive DVD, included in the binding of the book, which represents a profound opportunity for self-understanding, what with the rich synergy between these printed words and the directly complementary visual demonstrations. (P.S. ... buyers of OPTIMAL MUSCLE

TRAINING also receive special access to the 'members only' section of Dr. Kinakin's website, with detailed description of additional exercises, printable versions of the sample forms referred to in the book and on the DVD, plus additional chapters on rest and recovery, and even more beyond that!) OPTIMAL MUSCLE TRAINING is a multi-media approach to personal strength development, written by a broadly acclaimed professional, who actually LIFTS in PL competition himself! Order your copy now, \$27.95 US plus \$4 shipping and handling to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011, 800-448SLP Tennessee State Fair RP/DI 11 SFP 04 - Nashville TN

BENCH PRESS D. Grimes (4th) open men n 13-15 123 Wheeler 440 Lauren Greer 95* (4th) 100° D. Nealy Adam Carter 500 M. Templeton 220* Jeff Weaver 550 open women 148 (4th) Harley Timbs 570 (4th) (4th) I. Brasseaux 275* (4th) 430 DEADLIFT novice men 220 Keith Taylor 325* D. McCoig 475 Keith Taylor 450 men 13-15 132 Robert Ervin 165* Mike Baugh men 13-15 123 148 D. Chandler 210* Brantley 235* F. Brantley men 18-19 308 Blake Francis 200* Jasper Price 365* A. Lombardy 350* submaster men

M. Jones 670 women - JOHANNA BRASSFAUX, Best Bench Presser - men -

395*

open men 242

Mike Cox

Deron Rogers 765*

Jack Brown 440*

C. Lankford 350

master men 50-54

Eddie Akins 400*

police-fire/40-44

Enis Jackson 380*

(4th)



Dewayne Nealy with an SLP State Record 700 @ open 220 completed at the Tennessee State Fair BP/DL. (Photograph by Dr. Darrell Latch)

350* DERON ROGERS. * Son Light Power 'raw', Joe finished with 275, before making 365* Tennessee state record. The Son Light a fourth with an amazing 285! And this Power Tennessee State Fair Bench Press/ at a 156 bodyweight! In the novice men's Deadlift Championship was held on the division Keith Taylor set the state record fairgrounds September 11, 2004. A special at 220 with 325 while Garfield Adams won thanks out to the folks in Special Events at 275. Garfield's final attempt with 415 and to Alison Harris of Purity Dairies for set the state record there. We also had sponsoring this event. Also present was some great teenage lifters at 13-15, all Bill Cody of WSM radio where the station setting state records for their respective did a live-remote taping of the bench classes. First at 132 was Robert Ervin. press competition. We all had a great Robert finished with 165, then came back press competition. We all had a great time! In the bench press event it was Delores Grimes taking both the novice Johnson won at 148 with 200 while Erick and open women's 148 classes, setting the state record in each with her 110 final master men 55-59 attempt. Before that Delores had finished at 198, finishing with 200. Jasper Price with 105. It was great to have Delores looked strong at junior men/181, setting Larry Greer 365* with us, who came all the way from Ft. the state record there with his third (365) Belvoir, Virginia to compete. At teenage and fourth (380) attempts. Anthony 13-15/123 a newcomer, Lauren Greer, Lombardy set the record at 242 with 350. 13-15/123 a newcomer, Lauren Greer, Lombardy set the record at 242 with 350. set the Tennessee state record there with State record holder for the submaster and 95, followed with a personal best 100 open 242 classes, Jeff Weaver, took both fourth attempt. Old "Carrot-Top" did with 550. Coming back off a triceps good for her first time out! Another great injury, Jeff tried a fourth with 600, but failed at the bottom. I'm sure we'll see Templeton. Miranda finished the day that 600 before the end of the year, with a power state record of 230. Our first threat lack Resum had a great day at 40. with a new state record of 220! Our final though! Jack Brown had a great day at 40women's competitor was Johanna 44/181, taking that class with two new Brasseaux, winner of the open 165 class personal and Tennessee state records. and best lifter among the women. Lifting lack finished with 440, then an equally

Brantley took the 181 class with 235. Finally, it was Blake Francis for the win

POW!ERLIFTER VIDEO #40 ... already 40 editions ... man, that's hard to believe. This edition has exceptional video quality, and jumps right into one of the best little (1200 sq. ft) FOR REAL power gyms in the World.. North Georgia Barbell Club. Host Jon Grove gives the tour and introduces us to some of the greats who lift there ... Kara Bohigian is awesome and gives some great tips on her arch technique (can you believe it? ... her big sponsor is not a vitamin company, or a PL equipment manufacturer ... it's a MAKEUP company!) and she has another great tip on how to get a top end bench shirt on quickly and comfortably. The newest toy in the gym (a

strongman's "tree trunk" style pressing bar) provides a great new training angle for some of the benchers, and Arnold Classic Champ Scott Albano shows his efficently short stroke in the bench and then offers up a surprising tip on how often he keeps his hips on the bench in training. Then there's the dialog with the incredible Steve Goggins the first man to squat 1100 in competition. Next segment, Zach Passman shows how to do some nail bending and age group phenom Brian Meek delves into nuances of deadlift training that only a true master of the lift could appreciate and note for your benefit. The Cuban Bull .. Joel Toranzo ... says hello, and Gea Johnson interviews the recovering Tom Manno (upset after missing virtually no workouts for years) and extracts some training gems from Tom's insightful analysis of the bench. Then, it's off to the brand new "digs" of Massive Scot Mendelson's at the FIT facility in Sherman Oaks, California, His 3000 sq. ft. facility caters to a wide range of athletic disciplines .. he even has training classes for kids! Vickee and Chuck tie everything together, as usual, for another great edition of POW!ERLIFTER VIDEO. Check out their ad on page 25 in this issue of Powerlifting USA.



strong fourth of 450! Charles Lankford, lifting in his first competition, tied the state record at 350 with his third attempt, then came back for the record with 360 and the title at 40-44/198! Eddie Akins set the state record at 50-54/242, lifting 400 'raw' on his final attempt! This was a new personal 'raw' record for Eddie. Breaking his own state record at police & fire/40-44/198 was Enis Jackson. Enis finished with 380 before his fourth with 395. In the open police & fire division it was Keith Johnson with 530, followed by an even stronger fourth of 550! Both were new Tennessee state records for the class. In the open division lamie Wheeler won at 198 with an easy 440, and probably twenty more pounds left in him. At 220 Dewayne Nealy finally got that magical 700 he has been working so hard for the past three years. Opening with an easy 600, Dewayne went straight to 700, and with a near perfect lift-off, took the "press call" and rammed the weight straight up to lock out. No stopping or dipping, this bench would have passed anywhere! And by the way, we had three national judges present plus two other side judges to approve of the lift. Good! Three whites! Dewayne went on to

attempt an all-time high 740 @ 220, but the lift off wasn't quite there. Taking second at 220 was Adam Carter, who finished with his first 500 bench! Chris Johnson finished in second place at 242, behind Jeff Weaver with 455, followed by a personal best 470. Harley Timbs had a great day at 275, breaking the state record there with 570 before coming back with a personal best 605 fourth Then at shw it was the "Clown Prince of the Lifters Club of Oak Ridge, Tennessee Michael Jones. Mike really got the crowd going each time he came and left the platform. He finished with an easy 430. In the deadlift competition Dustin McCoig set the state record at novice 198 with second one of the day) was 220 winner. Keith Taylor. Keith finished with 450. Mike Baugh, son of legendary lifter, Jerry Baugh, set the record at 242 with 575. Like father, like son! (It was great to see Jerry after all these years.) Dylan Chandler set the state record for the 13-15/123 class with 210 while Frick Brantley got his second state record of the day at 181 with 365. Big Russ Morgan set the state record for the 18-19/308 class with an easy 535. This was Russ' first deadlift competition, remarking, "I've only trained the deadlift a few times!"....someone should take that kid out back and beat him.... what, no out back and beat him... What, no takers...he's only 19, 300 lbs. and big as a barn!? Phillip Jeter showed lots of potential with his 450 pull at junior 181. Once he gets his form down, look out! Craig Paxson looked strong at submaster 181, finishing there with a new state record of 500 Eddie Akins also pulled 500, his second state record of the day at 50-54/242! Larry Greer upped his personal best to 380, setting the state record at 55-59/165. Grandpa Greer, you better stay in shape, cause it won't be long before those hairy-legged boys will come a-Inose hairy-legged boys will come acallin' for yer daughter, Ol' Carrot-Top! In the open division Mike Cox finally had a good day, pulling a new state and persaonal best 605 for the win at open 242. Deron Rogers got a strong 765 at 308, before just missing 800 at the top for the win over William Beach, who finished with a strong 665! Up last was shw winner Mike Jones with a solid 670 pull. The kid had an easy 700 in him but couldn't be persuaded into a fourth. Thanks to my son oey and Justin Maurer for their loading and spotting and a special word of appreciation goes out to all the lifters and supporters from The Lifter's Club of Oak Ridge, Tennessee for their continued participation in this event. See you all next year for a very special 100th. Anniversary edition of the Tennessee State Fair with many special awards and surprises for our event! (This meet report provided by the courtesy of Dr. D. Latch)

Bob Samuels/David Berger

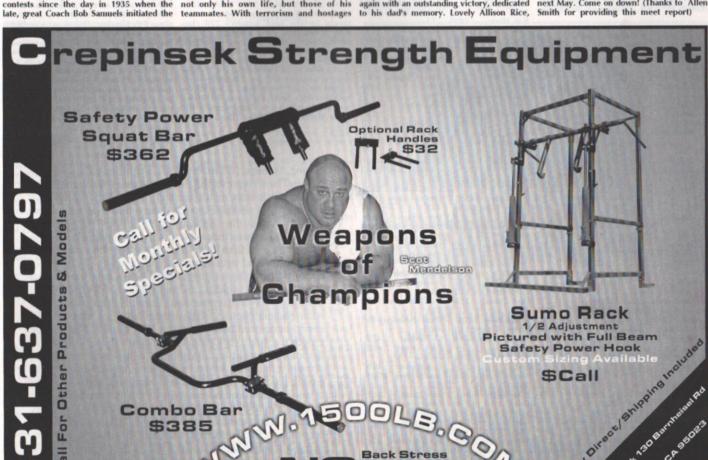
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D. Marr				560	
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C. Goodwin				540	
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D. Page	210			bs. BP	
Special Olym	pian	DL			
R. Remerez		I. Bo	zzelle	395	
Masters (form	ula)	560			
S. Demberg	400	198	lbs.		
D. Civello	305	M. T	usa	315	
DEADLIFT		490			
Special Olym	pian	220	lbs.		
B. Gannett		C. Se	cott	365	
Open		525			
Masters (form	ula)	Masters (formula)			
		BP	DL	TOT	
R. Curtis		220	295	955	
C. Dimaggio		175	300	475	
A. Sheen		140	365	505	
FEMALE					
132 lbs.					
A. Rice		90	185	275	
Special Olym	pian				
123 lbs.					
N. Guillot		180	225	405	
132 lbs.					
J. Osherran		135	170	305	
P. Pope		235	425	650	
220 lbs.					
J. Delaney				205	
The Rob Samu	rels/Da	wid Re	rger A	Aemoria	

first iron contests. When contests would disappea in the area, an unexpected rescue came in the person of hulking former Temple University varsity lineman, Seth Demberg. Now the director of physical education at the lewish Community Center complexes, in the true spirit of interfaith spirit of interfaith brotherhood, Seth invited the former lifters, and particularly Lee Circle's Special Olympians, to have a new home at the JCC. Most appropriately, the old - yet new - meet is named after the man who was the father of area, the late Bob Samuels. A man who made the transition from state strongman to a record holding formal lifter, Bob was truly a renaissance man. A businessman who started from nothing and rose to the top, he had been a stuntman and character actor (under the stage name of Bob Stanley), a self-taught scholar and

writer but was most well Powerlifting Tournament was held at the Uptown Jewish Community Center. The atmosphere at the very last powerlifting meet ever to be held in the New Orleans Lee Circle YMCA was like that at a funeral. Everyone sensed that the 150-year old historical fixture would soon be demolished. The sixth oldest "Y" in the country and the first in the South, it was also the venue of some of the greatest lifters and lifting contests since the day in 1935 when the late, great Coach Bob Samuels initiated the started in the middle nineteen thirties both partner in a hand-balancing act as well as the weight programs at the Lee Circle someone who helped him make the after meet dining celebration, as well as atmosphere at the weight programs at the Lee Circle someone who helped him make the after meet dining celebration, as well as the weight programs at the Lee Circle someone who helped him make the after meet dining celebration, as well as the weight programs at the Lee Circle someone who helped him make the after meet dining celebration, as well as the weight programs at the Lee Circle someone who helped him make the after meet dining celebration, as well as the weight programs at the Lee Circle someone who helped him make the after meet dining cat someone who helped him make the someone who helped him make the someone who helped him make the after meet dining cat sement atmospher who helped him make the someone who helped him make

71-year old Charlie Dimaggio making a big deadlift at the Bob Samuels/David Berger Powerlifting Tournament at the New Orleans Jewish Community Center.

o much on our minds, we the sole female lifter, put on a real display of power. A first time competitive lifter she underestimated her strength, making thought it right to remember David in the sport he loved so much with a Best Lifter her top deadlift with absolute ease. Next year we expect Allison to return with a 300 eet for both his coach and pound deadlift, owing to the power in her himself. In his four years at Tulane University, just a couple of blocks from the of Bob Samuels (a 375-pound bench at age Couple of blocks from the of Bob Samuels (a 373-point bell.) at age JCC, David was part of the 72- Carl Norberg (460 at 70) and Bruno community, one of us. The Samartino -- fabulous benches at 70+), as David Berger Best Lifter older age outstanding benchers. Terrell Trophy went to Dr. Joe St. Pierre (who brought along four Bozzelle. When loe entered generations of relatives from Mandeville the building, we were surprised when he said he deadlift. Allen Sheen also chipped in with came to lift. Looking scholarly, he seemed some fine lifting. It was great to see Bob Hafner in fine deadlifting form, too. Aptly dwarfed standing next to he pulled a picture perfect 500 pounds, the hulking bearded giant very same poundage he hoisted in 1988, Seth Demberg. Yet, he put on an outstanding lifting devastating case of leukemia to lift again on an outstanding lifting devastating case of leukernia to lift again performance, pulling 560 as a source of inspiration to us all. In the in the deadlift, and just back of our minds, we could almost hear missing the magic 400 pound bench press by a scant five Anderson, who stood with Bob during his Of all the fight for life, cheering him on. The Bob ants, the Samuels/David Berger contest was a participants, sentimental crowd favorite was little Charlie DiMaggio. At 71 - the very and the other the Jewish JCC - got together last active Bob Samuels for the first time some wonderful thing lifter. Charlie recently had could ensue. We hope that this will be just delicate knee surgery. Yet the first of such unions. in which all of us he would not defer in the community will benefit. To be deeply competing in a meet thanked are Dr. Ben and Dorothy Berger dedicated to someone who who generously financed the meet in The Bob Samuels/David Berger Memorial known as a selfless humanitarian. Bob also had been so important in his life as a coach, memory of their only son David. Also, Ray Powerlifting Tournament was held at the



Knee Pain

SLP Indiana State Fair BP/DL 21 AUG 04 - Indianapolis, IN BENCH PRESS

K. Martin 125* Tony Macik 440* open men 148 Pamela Bartz 140 (4th) 145 Jason May (4th) 165 Marie Lyons 125 D. Bancroft 200 (4th) 135 198 Mike Coe 530* 330* D. Graves Carl Rush 220 300 Brian Monday 405 242 220 C. Holloway 365* C. Biddinger 365 242 Mike Lerma 450* Trent Rogers —— 275
Dasan Spires 475* DEADLIFT 405 teenage men 13-15 women 16-17 181 Greg Hines 350 Pamela Bartz 305* (4th) 375* (4th) 320*

teenage men 18-19 220 junior men 198 submaster women 198 Paul Turner 225 Tina King 3 (4th) 250 novice women 165 Reput Oortel 470* Brent Oertel 470* Tina King David Dwan 400 open women 165 Vince Gartin 385* Tina King novice men 220 Bob Wall 415* W. Johnston 430*

Tom Boyer 480* J. Nicholson 445 242
P. McGeorge 465*
(4th) 470*
master men 55-59
master men 45-49

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Registration Fee \$25.00

NATIONAL HEADQUARTERS

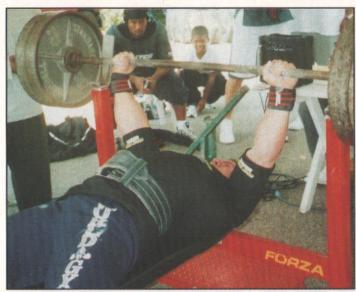
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master men 45-49 (4th) 181 220 Mike Lindsey 350 (4th) 355* (4th) 525* master men 50-54 junior men 275 T. Striverson 550* Mike Lindsey 460 police & fire open men



Paul McGeorge with state record 470 @ 50-54/242. (Photo Dr. Latch) place trophy to Demetrese. Third place

148		(4th)	550	į
Jason May	350	man-woman	80-84	
198		132		j
Joe Ellis	520	Roger & Jos		
275		Merrell	245*	ı
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the tent for t bench press new Indiana women's 16 125. This wa	he outsic event R state re -17/123 as Rebek	de competition. ebekah Johnson ecord for the t class, finishin ah's first comp	In the set a seenage g with etition.	and the same of the same of
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and the win there. Marie Lyons won at junior women 165 with 125, but came back with a successful fourth pr of 135. At novice men Carl Rush set the state by a 310 fourth attempt. Chad Holloway broke the state record at 220 with 365

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finished with 350 before making a fourth with a state record 355. Tom Boyer looked as strong as ever with his win at 50-54/220, finishing with a personal best and new state record 480 before taking a stab at 500, which he should have otten, but which stalled just at lock out. Paul McGeorge continues to push the limits at 50-54/242, finishing with a new state record there at 470. Ted Striverson won at 55-59 275 again with a new state record of 550. Kendall Martin got a new personal best with his win at police & fire 165, finishing with 315. Then at police & fire 275 it was Big Tony Macik with 440, another new state record for him. In the open division Jason May won at 148 with 245, then a fourth of 250 while Dennis Bancroft won at 165 with 200. Mike Coe 530, taking also the best lifter award for the heavier classes. Demetrese Graves finished second to Mike with 420, though at 198 went to Darnell Griffin who finished with 415. Brian Monday, also lifting in his first meet, got a new pr at 220 with 405. Chris Staples won at 242 with 375 while Chad Biddinger placed second with 365. Trent Rogers, who could have easily won record at 165 with 330 while first-timer the class 'raw', came to the meet to work Bill Lane won at 198 with 300, followed on his shirt. Opening with 550, then progressing through 625 and 660, even a fourth with 700 was never able to touch while Mike Lerma captured the title at his chest, though he did give a valiant 242 with 450. This was also a new state effort to lock out each lift. Then at 275 record for Mike. Dasan Spires got his was Chip Beck who won with 405. In the state record at 275 with 475, just missing deadlift competition Pamela Bartz won a bid with 500. Greg Hines struggled with her second title of the day at 16-17/148, state record at 275 with 475, just missing deadlift competition Pamera Bartz won a bid with 500. Greg Hines struggled with her second title of the day at 16-17/148, his shirt, making just his opener of 350, breaking the state record there with her but came back with a great fourth attempt of 375 to up his own state record at 13-Marie Lyons also posted a new state for the property of the state record at 13-Marie Lyons also posted a new state and the state record at 13-Marie Lyons also posted a new state record at 13-Marie 15/181. Brother Jeremy Hines also had record at junior 165 with 250 and 265, some problems with his shirt, but finished both of which were also new personal some problems with his shirt, but finished the day with a new personal and Indiana marks. Best lifter among the women was state record of 520, which he made on a fourth attempt after finishing with 505. Lifting in his first meet, Paul Turner finished with 225 before making 250 on a fourth at junior 198. Brent Oertel broke the existing state record at junior 220 with 470 while David Dwan finished

second with 400. Best lifter in the lighter

classes, Vince Gartin, broke the state

record at submaster 165 with a personal

best 385. Bob Wall did the same at 220

with 415, taking just his opening lift. Mike Lindsey had the makings of a great day with his win at 45-49/181. Mike



Brent Oertel with state record 700



lbs. @ junior 220 lbs. (Dr. D. Latch)



Roger & Josie Merrell with state record 245 @ man-woman/80-84/ 132 at the SLP Indiana State Fair BP/DL Championship. (Photo Latch)

showed up to compete with their peers and co-workers. In the women's division, Claudia Tasca took the 115 lbs. class with a solid 90 lb. bench. In the 127 lb. class,

Shannon Florsheim lifted unopposed and also benched 90 lbs. Judy Wade did her

first contest, and did a great job! Not only did she get a 2nd place. trophy for her weight class, but she took 1st place in the

40 and over class! I know that her

husband, Bob, was prouder than a peacock that his wife (Judy) did so well! Lyn Smith

took the over 127 lb. class with a powerful 120 lb. bench! Lynn barely missed 135

lbs., but he's only 10 years old and hasn't

lbs., but he's only 10 years old and hasn't worked out much for the contest. Mike Hollis took 1st place at 165 lbs. for the second straight year. He lifted an incredible 300 lbs. at a body weight of 161 lbs.! Mike just barely missed 315, which would have put him in the running for best lifter award. Raymond Chaplin benched 245 for 2nd place in a tough weight class. Peter Errante took 1st place in the 181 lb. class with a nifty 260 lb. bench. Pete tried to sneak out the door

bench. Pete tried to sneak out the door before signing up for the contest but Jeff "Pops" Lowell grabbed him by the "scruff of the neck" and told Pete: "You aren't

going anywhere!" Brian London benched 225 lbs. for 2nd place. Joe "The Legend"

225 lbs. for 2nd place. Joe "The Legend" Glennon took 1st place in his weight class with an impressive 285 lb. bench. He also took 1st place in the over 40 class for the 3rd straight year, beating out his buddy Fred Vogel with room to spare! One strange thing happened when Joe went to get his trophy. Some guy from the credit union saw him hiding under one of the sit-down benches, and said to Joe: "Are you hiding." I guess Joe

hiding? Why are you hiding?" I guess Joe was a little shy about getting all those trophies! Daren Ward took 2nd place

with a solid 250 lb. bench. Daren told me

"Orest" inspired him to compete in the bench contest this year. Jeff "Pops"

Lowell took 3rd place with a nice 175 lb.

bench. Jeff appeared to discover the "fountain of youth," after retiring several years ago. Jeff looked actually younger since he retired! I hope some of the Picatinny employees who have 35, 40, or even 50 years will take this as an "omen".

by a 450 fourth while "Sand-Bagger"Chad Holloway did the same at 220 with 500 and 525! Wesley also won the best lifter award for the lighter classes. Jason Nicholson won at junior 198 with 445 as Brent Oertel pulled his first 700 deadlift on a fourth attempt to win at 220. Brent not only set a new state record there but also easily won the best lifter title for the heavier classes. Mike Lindsey set the heavier classes. Mike Lindsey set his second personal record of the day at 45-49/181, finishing with 460. In the open division Jason May was the winner at 148 with 350 while Joe Ellis took the 198 title with 520. Joe finally pulled his first ever 500 deadlift on his second attempt! Chip Beck won at 275 with 525 before finishing with 550. In a special man-woman event, Roger & Josie Merrell together pulled 245 for a new state record at 80-84/132. Roger, age 84, and his wife, Josie, age 82, are retired his wife, Josie, age 82, are retired Methodist ministers from Michigan and five times world champions. This was the first time they had competed since 2001, both having triple bi-pass surgery three years ago! What a great testimony to health and perseverance! Thanks to my sons D. C. and Joey for all their help and to the staff at Monon Fitness! See you all again pay year! (Panks to Dr. and to the staff at Monon Fitness! See you all again next year! (Thanks to Dr. Darrell Latch for providing these results)

17th Picatinny Arsenal BP

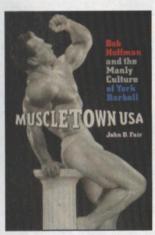
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19 MAY	04 -	Picatinny,	NJ
BENCH		J.Lowell	175
115 lbs.		J. Glennon	285
C. Taska	90	D. Ward	250
127 lbs.		220 lbs.	
S. Florsheim	90	J. Lewis	225
127+ lbs.		220+ lbs.	
J. Wade	55	P. Redner	405
Smith	120	F. Vogel	300
148 lbs.		R. Wade	250
C. Crowley	225		
D. Nguyen	200		
R. Wade Jr.	55		
165 lbs.			
M. Hollis	300		
R. Chaplin	245		
181 lbs.			
B. London	225		
P. Errante	260		
198 lbs.			
TI AMIL A			n L

The 17th Annual Picatinny Arsenal Bench Press Contest was held at the gym at Picatinny Arsenal, NJ. Eighteen lifters an impressive 225 lb bench. Especially impressive since he opened with only 90 lbs.! James told me he was a little tired before the contest, because he played his good friend "Jason Kidd" of the NJ Nets on the Monday before in a game of one on one. In the 220 lb. and over division Paul Redner opened with an "awe-inspiring" 405 lb. bench! Paul missed his 200 and 3rd lifts at 425 lbs. by a fraction of an inch. Paul took the men's best overall lift for the 3rd time in five years. Fred Vogel took 2nd place with a 300 lb. bench. It was Fred's 40th powerlifting/ bench press contest in the last twelve years. I guess some people don't know when to quit! Bob Wade took 3rd place in the 220 and over weight class with a respectable 250 lb. bench. But what shocked the crowd before Bob went to do his 2nd lift at 265 lbs., was that one of Bob's baby pigs got out of its cage in the back of the gym. The baby pig ran right toward Bob and jumped up onto the Bench Press! John Vidal (the Head Judge) out of Press! John Vidal (the Head Judge) out of force of habit yelled: "Press!" This sent the baby pig to the back of the gym and into its cage! Bob missed his 2nd lift, but still had a big smile on his face! The bench contest was a huge success thanks to Tom Carty who was everywhere and helped out everywhere he could, Joe Wilce who promoted and organized the meet did a great job. The Head judge "John Vidal Sassoon" did a remarkable job for his first time. Thank the Colonia Sais for first time! Thanks to Colonel Seitz for giving out !he trophies, and all of the ladies who helped out at the scorer's table. Also thanks to the lifters, for

without them there would be no contest Everyone had a great time and we hope to see you next year, at the 18th Annual Picatinny Arsenal Bench Press Contest. (Thank you to Fred Vogel for providing this meet report to Powerlifting

27 MAR	04 -	Circleville, O	H
65 lbs.		T. Harold, Jr	660
. Maynard	425	Master (40-44)	
A. Gillum	285	W. Thomas	510
81 lbs.		H. Wotring	500
. Elick	440	M. Grimsley	400
t. Stewart	380	Master (45-49)	
. Williams	365	D. Wilson	550
98 lbs.		D. Shively	400
. Schroeck	475	Wigglesworth	430
C. Crabtree		Master (50-54)	
3. Clark	460	T. Boyer	425
20 lbs.		Master (55-59)	
3. Bodnar	585	M. Brown	365
. Scott	505	J. Vest	340
A. Chenos	485	E. Caplan	250
42 lbs.		Master (60+)	
. Conner	660	J. Telljohn	375
. Baldwin	560	C. Workman	280
A. Bell	525	Teen	
75 lbs.		M. Brown	610
V. Thomas	510	B. Kelly	380
. Fellure	505	D. Haddox	320
. Retzler	410	WOMEN	
08 lbs.		K. Hardbarger	130
M. Brown	610	A. Wolf	135
HW			

Barbell Club. (Results courtesy Jon Elick)



MUSCLETOWN USA ... "Bob Hoffman and the Manly Culture of York Barbell" by John D. Fair, Professor of History at Georgia College and State University in Milledgeville, GA, stands out as a profoundly rigorous historical analysis of one of the Iron Game's singularly most influential individuals. Often called the "Father of World Weightlifting", he poured millions of dollars into Olympic Lifting, Powerlifting, and Bodybuilding, among his various sports interests. Dozens of memorable photos and illustrations are woven through the extraordinarily detailed text, which documents a complicated, yet mesmerizing, tale of one man's remarkable power, ego, generosity, and sometimes mystifying whimsey. Where would the International Powerlifting Federation ... or the sport of Powerlifting itself ... be now, if it weren't for those enormous early benefactions of Bob Hoffman staging the first World Championships, sending teams abroad, etc.? The band of Bob Hoffman touched virtually every great figure in the Iron Game, during his heyday, and every circumstance we experience in our sport today can be tracked back to a connection to York Barbell and Bob Hoffman. From the byzantine financial aspects of York BBC to the unusual personal relationships that Bob cultivated, the true history of an Iron Game Icon is disclosed in this book starting a company in the toughest of economic times, producing an incredible array of World and National champions out of a little lifting club in York, Pennsylvania, followed by a tragic decline this is the story of York Barbell and the Man Who Made it Great ... BOBHOFFMAN. Paperback edition ... \$24.95 plus \$4 shipping and handling the limited edition hardbound copy ... for the true collector (we only have few copies left!) \$65 plus \$4 s/h to Powerlifting USA, Box 467, Camarillo, CA 93011



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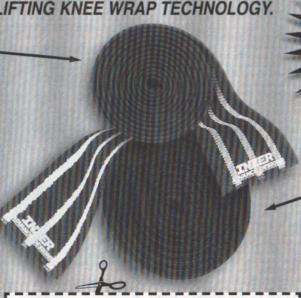
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- **Doing Multiple Rep Sets**

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

A PARADIGM SHIFT IN KNEE WRAP DESIGN!

(16-19) 220 lbs. Lee-83 375* DEADLIET Class-1 WOMEN Master (54-60) 132 lbs. 181 lbs C. Brawley 185 242 lbs S. Sermay N. Edelson 435*# D. Reio

WABDL FL BP/DL

17 APR 04 - Lakeland, FL

165 lbs

97 lbs.

(13-15)

B. Silk-9

B. Silk, Jr

K. Joyer

A. Carpanini 165* 181 lbs.

242 lbs. R. Zareck 345*

275 lbs. E. Hargrove 270

F. Flack

(68-74) 165 lbs.

B. Tinkler 235* 181 lbs.

T. Trevoarh 250* 242 lbs.

J. Yong (80+) 181 lbs.

198 lbs.

S. Montrose-86 135

M. Williams 275*

Open 198+ lbs. 350 N. Edelson 435* 425* 97 lbs. V. Dubois B. Silk-9 145* (13-15) 105 lbs. 181 lbs. 148 lbs. 220 lbs

3. Burritt 400 350 R. Lynch 165 lbs. K. Stone 242 lbs. A. Carpanini 277. D. Cox B. Silk, Jr. 30 Class-1 105 lbs. . Widener

J. Daniels 181 lbs. Law/Fire C. Brawley 165 lbs. K. Stover K. mannchen 375 Master (40-47) Junior 198 lbs. 450* D. Reio

Law/Fire T. Lang Master (48+) Law/Fire B. Whittington . McBride Submaster 220 lbs

Open 114 lbs 125* K. Stover R. Kelley! 460 275 lbs. Widener 400 B. Burritt Submaster Law/Fire

500* 220 lbs. V. Lopez 500 Open 165 lbs. D. Chase R. Daniels 198 lbs. 520 123 lbs.

250 J. Cervero Master (40-46) 148 lbs. 285* 123 lbs. K. Snell! 181 lbs.

320 242 lbs. C. Hyde C. Morti 220 lbs. T. Lang 242 lbs. 450* 308 lbs. T. Mahoney 700 A. Mahon SHW (47-53) 165 lbs

J. Lynch 500 (54-60) 165 lbs. D. Chase K. Mannchen 375* Master (47-53) 198 lbs 242 lbs. K. Conaway 242 lbs. (61-67) 181 lbs.

D. Prevatt (54-60)(68-74) 181 lbs. T. Trevorah 420 T. Jenkins 242 lbs.

340* (80+) 181 lbs. P. Kinser S. Montrose 215*# F. McBride 385* 198 lbs.

class with a state record 155 lbs. The division. Francis McBride also benched a came all the way from Pensacola, benched of the class and benched in the 97 lb. class and benched in impressive 70 lbs. In the 13-15 age group, Anthony Carpanini a state record in the law and fire division a state record in the 242 lbs. class. Ed with a 285 lbs. bench in the 259 lbs. class. Hargrove hoisted-up 270 lbs. to win the Special Olympian, Scott Beasley benched a state record 125 lbs. in the open 114 lbs. up a whopping 400 lbs. for a state record

New Product



The COMPEX MUSCLE STIMULATOR the first device of its kind cleared by the FDA for sale in the U.S. without a prescription is now available. The easy-to-use interactive programming screen lets the user select from 75 customizable programs to train muscle fibers for specific sports or fitness goals. A lightweight handheld device, the unit silently produces safe, consistent muscle contractions without muscular, cardiovascular or psychological fatigue. Super Bowl champ Jerry Rice states "Lifting weights on my quads, I couldn't get the size and strength I needed. Compex gave me the size and strength -- it's my secret weapon" Clinically proven to increase muscle strength, power and endurance, and speed muscle recovery, Compex products are widely used by elite athletes in virtually every major sport throughout Europe. Compex Sport is intended to stimulate healthy muscles ir order to inprove or facilitate muscle performance. Compex Sport is not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind. The Compex Sport comes as a kit with the EMS unit, instruction manual, training planner CD containing 75 different muscle training routines, rechargeable battery pack, three sets of electrodes, lead wires, guides for electrode placement and carrying case. Suggested retail price: \$899. It is available at select sporting goods stores, through www.Compex.US or by calling toll free 1-866-826-6739. diseases or medical conditions of any kind. The Compex Sport comes toll free 1-866-826-6739.

won the 165 lbs. class with a state record class. Ryan Kelly benched an impressive won the los los. class with a state record class, kyan keny benched an impressive loss. It is a state record in the benched 165 lbs. for a state record in the and best lifter of the bench press. Brian 181 lbs. class. Kamran Joyer took the 242 Burritt won the open 220s with a 400 lbs. with a state record 215 lbs. Adam Johnson bench. Victor Lopez tied for the highest won the 16-19 age group 220 lbs. class with bench of themeet with a state record 500 a 375 lbs. state record bench. Carson lbs. to win the super heavy weight class. Brawley and Alex Mahon each won their line masters 40-46 age group, Ken Snell weight class int eh Class-1 division with finished with 250 lbs. for first place. Glen weight class int eh Class-1 division with 1250 lbs. and 330 lbs. respectively. Damo Ford set a state record with 285 lbs. in the Rieo won the 198 lbs. class junior division with a nice 350 bench and Vladimir Dubois set a state record in the junior 259 lbs. Lang set another state record in the 220s class with 425 lbs. In the submaster division, Ryan Birt won the 181 with a personal lbs. Lang set another state record in the 220s with 450 lbs. Alec Mahor benched 330 lbs. to with 450 lbs. Alec Mahor benched 330 lbs. Lang set another state record in the 242s and David Chase won the language of the property with 500 lbs. In the 4753 and best of 425 lbs. Brian Buritt won the 220s with 400 lbs. over Kenny Stover who benched 350 lbs. Kenny Stover is coming back after literally showing his butt years !=Best Lifter. #= World record. *=State record. The WABDL FL State Bench Press and Deadlift Championships started off with over 30 competitors in the bench state record as well in the 275 lbs. class a state record in the 242s with a nice 340 record. press. Storm Sermay, vacationing from with a 300 lbs. bench. In the submaster law lbs. bench. Francis McBride also set a state New Mexico, decided to compete while and fire divisions, "comeback" Kenny record in the 259 lbs. class with a 285 lb. visiting. Storm competed in the women's Storm competed in the 230 lbs. in bench. The 61-67 age group had 4 competitive 220 lbs. class. Tim Lang also benched to setting a state record with Marvin Williams a state record with an outstanding 450 lbs. setting a state record in the 181 lbs. class in the 220 lbs. d-47 age group law and fire with a 275 lbs. bench. Richard Zareck, who division. Francis McBride also benched a came all the way from Pensacola, benched

super heavys with 500 lbs. In the 47-53 age group, Kim Conaway set a state record with 395 lbs. in the 19 lbs. class. Don Prevatt also set a state record with a 326.5 lb.

benched an impressive 380 lbs. to win the 242s. In the 80-84 age group, Charles Lee benched an unbelievable world record 240 lbs. in the 198 lbs. class! Most boys 60 years younger would like to do that, and he did it without a bench shirt! Stephen Montrose won the 85-89 age group with a very impressive 135 lbs. in the 181 lbs. He tried to break his world record on his 3rd attempt and could not quite lock it out. Both of these gentlemen are true testament and inspiration to the sport of powerlifting. Never can you be too old! The deadlift competition got underway with Storm Sermay pulling a nice 185 lbs. to win the 54-60 age group 132 lbs. class. Nancy Edelson pulled an outstanding 435 lbs. for a new world record in the 198s plus class. Nancy also won the open class and set a state record. The youngster Brandon Silk deadlifted a nice 145 lbs. in the 97 lbs. weight class. Joey Daniels pulled an im-pressive 270 lbs. to set a state record in the 13-15 age group 105 lbs. class. Ray Lynch also set a state record with a 280 lbs. pull in the 148 lbs. class. Anthony Carpanini pulled 277.5 to set the state record in the 13-15 age group with an impressive 300 lbs. deadlift for a state record in the 181 lbs. class. Joey Daniels also won the 105 lbs. class-1 division with a state record 270 lbs. Carson Brawley deadlifted a personal best 460 lbs. to win the class-1 181 lbs. Kurt Mannchen finished off the class-1 group with a 375 lbs. deadlift to win the 165 lbs class Damon Reio won the 198 lbs. junior division with 480 lbs. Blake Whittington back out of retirement, set a new state record in the 259 lbs. class with a very impressive 620 lbs. Kenny Stover won th mpressive 620 lbs. Renny stover won the law and fire 220 lbs. class with a state record 530 lbs. personal best deadlift. In the open division, Richard Daniels pulled an impressive 520 lbs. for a state record and 1st place in the 165 lbs. class. Jeff Cervero won the 220s with an outstanding 620 lb. pull. In the master 40-46 age group Ken Snell pulled 450 lbs. at 1123 lbs. to win his class and best lifter honors. Chris Hyde pulled a 500 lbs. state record to win the 242s and big Tom Mahoney pulled the heaviest deadlift of the meet - 700 lbs.! Tom deadlifted a personal best, 390 lbs., for a state record in the 61-67 age group 181 lbs. class. Tommy Trevorah pulled a state record 420 lbs. to win the 181s and Left Meyer deadlifted a state record 430 lbs. in Meyer deadlifted a state record 450 lbs. in the 242 lbs. class. Stephen Montrose set a new world record in the 85-88 age group 181 lbs. class with an outstanding 215 lbs. deadlift! In the 80- 84 age group, Charles Lee deadlifted an incredible 375 lbs. in the 198 lbs. class for a new world record! We hope to see these two incredible lifters for many years to come. A special thank to Louis Baltz, All American Gym, Junk Yard Dogg, BJ Stigall, Joey Satterfield, Tom O'Donnell, Ellen Trevorah, Brett Moorehead, Bubba Hammsek, Dan Jones, Tim Calhoun, Gus Rethweich, and all the lifters and spectators who make these meets possible. (from All American Gym)

in the 308 lbs. class. In the 68-74 age group

Bill Tinkler set a state record with 235 lbs. in the 165 lbs. class. Tommy "I'm coming

back" Trevorah pushed-up a state record 250 lbs. to win the 181s. Johnny Yong

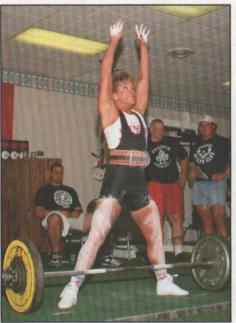
One KILOGRAM equals 2.2046

or 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 the amount (230) and add 10 percent of the doubled amount (23) for a total of 253. which is the conversion of 115 kilograms to 253 pounds.

Devolution Fitness Spring Classic

Revolution F 10 APR 0	itnes	s Spri	ng Cl	assic
BENCH	4 - 0	amp i	AIII, P	A
J. Stahl-275		560		
Plug-181		405		
WOMEN	SQ	BP	DL	TOT
123 lbs.	34		DL	101
K. Stuckey	240	160	225	625
148 lbs.	240	.00	223	023
B. Hood	255	110	215	560
165 lbs.	200		OUV.	500
M. Kirk	185	200	235	620
MEN				-
Open 165 lbs.				
B. Crow!	685	465	570	
1720	9939			
181 lbs.				
S. Lerrisey	660	420	300	
1380				
C. Lambert	420	315	450	
1185				
J. Smith	360	265	430	
1075				
198 lbs.				
B. Young	650	460	550	
1660				50E /
J. Porter	565	405	565	
1555				
E. lennanz	450	350	500	
1300				
242 lbs.				
M. Fausey	635	465	625	
1725				
J. Mayas	700	420	580	
1700				
T. Bumgardner	640	425	560	
1625				
L. Livermore	500	430	550	
1480				
275 lbs.				
S. Manning	700			
308 lbs.				
S. Comareski	650	530	600	
1760				
Teen				
C. Stover-220	445	260	485	
1210				
D. Leitch-220	420	235	525	
1160				
J. Wert -198	450	260	445	
1155				
T. Carl-148 T. Bumgardner	230	185	310	725
1. Bumgardner	out	260	455	
The newly ope	ned R	evoluti	on Gy	m and
Fitness in Camp	p Hill,	Penns	ylvania	along
with what cou	ild no	w be	called,	Dana
Howard Produ annual Spring	ctions	once	again	held
annual Spring	PL /	Meet.	Howai	rd, wh
calmly waltze	ed on	to the	PL se	cene l
benching 600	0 242	in a s	cant tv	vo yea

Multiple monolifts, quality bars, and ample



INMEMORY well-liked powerlifting figure and co-owner of a gym in New Holland, PA, Ashley Boyce was shot and killed in front of her gym this past February, apparently by her ex-boyfriend Benjamin Bottenfield, who was also suspected of strangling his own 13 year old son, William, the same day, however, the elder Bottenfield's barely recognizable body was later found in the remains of a burned out cabin. Both Ashlev and Bottenfield's ex-wife had taken out "protection from abuse" orders against him due to previous violent episodes. Amonth prior to the murders, Bottenfield had given up 8 firearms in response to a judge's order. (Photograph courtesy of Mike Lambert)

was with a great sadness. Powerlifting then excels. A true independent lifter, Howard Productions, once again held its annual Spring PL Meet. Howard, who calmly waltzed onto the PL scene by benching 600 @ 242 in a scant two years has been the meet's organizer since its beginning. Formerly Gold's, the aforementioned Revolution Gym has recently lost yet another great champion and even better friend with the tragic and senseless death of Ashley Boyce of RA'S being in the senseless death of Ashley Boyce of RA'S being in the series of the entire of the post openers only. And what openers they are for an upcoming meet, choosing to post openers only. And what openers they are for an upcoming meet, choosing to post openers only. And what openers they are for an upcoming meet, choosing to post openers only. And what openers they were Weighing in 168 (on his way to his usual 165 class), Larrisey posted stout in a final tribute of solemn remembrance where each discipline can thrive. Make no mistake about it, interspersed among its general members are world, national, and local champion powerlifters and bodybuilders alike. In an area where fitness can be deep cuts in white lights. You were a wonderful friend, white lights. You were a wonderful friend, who will be so fondly remembered and so sadly missed. As Ashley was found of saying, "Let's go girl!" So in her honor, on the following lifters weight classes. The 181 lb. class saw Chris Lombard taking second centers are plentiful, Revolution Gym and to the lady lifters we will go. Three female their respective weight classes. The 181 fitness makes it perfectly clear that there's competitors powered their way through lb. class saw Chris Lombard taking second some powerful stuff going on inside their this year's Revolution Gym Spring PL Meet place posting 420 in the squat, 315 in the walls! This year's Pl. meet took on a -all posting strong numbers! The woman's bench, and pulling 450 for an 1185 total. different look than of years past. The lifting 123 lb. class boasted very impressive first area was moved from the gym floor to a timer Kristen Stuckey. "Six" as she is known awards with his fine efforts of 380 in the separate room outfitted for powerlifting. (she's all of "isty" inches - north to south bench, and 430 pull for a 1075

Lifters could utilize the gym area for warm-ups before moving to the main room of get down to business. Though having a squal, 160 lbs. in the bench, and a 225 pull: lifting in the 198's taking first place honors of get down to business. Though having a real form, and loose gear! on his way to PR's in each lift. Young posted easily manageable number of lifters and being in a gym almosphere, tills meet had relative newcomer, Brittany Hood posted ending up with a PR total of 1660. Second all of the workings of a national level meet. all of the workings of a national level meet. some fine numbers just starting out as well. Another lifter with great form, Brittany @ iffing space allowed the lifters to warmup comfortably. What separates this local
meet from most others in the cast and crew
who continue to organize the event. With
household PL names like Tom Levering at
the microphone, the Grimwoods - Bob and
the microphone and Soo dead rounded out the top
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the microphone and Soo dead ro Terry - judging, Carl Seeker creating full meet litter moving some serious weight. three in the 198's. Mark Fausey and John awesome awards and judging, and 97 lb. Melanie Kirk got a slow start with her Mayes fought it out in the open 242's with powerhouse "Scraps" Grimwood working squat, which certainly was not a strength just 25 lbs. separating their totals! Mays the scorer's table, it's easy to see how this issue. Wearing no gear, her 185 lb. squat stepped out in front with a 700 lb. squat to meet had a high caliber feel. It's always and 235 lb. deadlift could have easily been Fausey's 635. Fausey fought back with a

world-class competitors. Strong lifting was displayed throughout all of the weight classes. All of the new and young lifters handled themselves with poise and control while on the platform. In years to come this focus and concentration will serve them wen if they choo to continue competing. And judging by their ef-forts, many of them should inue. The individual weight classes were highlighted with fine perfor-mances by the following lifters: Much has bee written about the outstanding performances of perennial world class Brian Crowe - and much will continue to be. What should be chronicled most, however, is his sincere manner and admitrue champion in the most meaningful sense of the word. And oh ves, his stratospheric, as usual. 685 fast and strong in the squat. Coming up with 700 on his third attempt as well, only to be red lighted on a very close call. 465 in the bench, just missing 495, and a strong 570 pull, to finish up with a hefty 1720 total and most ding lifter award all at 165 b/w! Newcomer phenom, Shay Larrisey, is making some serious waves on the elite power-lifting scene. And it couldn't happen to a nicer guy. This double Masters Degree lifter listens,

time to gear up! The men's side of lifting ran the gamut

from first time lifters to

place in the 198's went to Josh Porter Josh's strong 565 squat, 350 bench, and 585 meet had a high caliber feel. It's always and 235 ib. deadlift could have easily been great when long time powerlifting person100 lbs. and 50 lbs. more, respectively,
465 bench to Mayes' 420. Mayes gave it his with a suit and a little technical help. Get all going 3 for 3 in his pulls, but came up stories of the good 'ol days. However, as lifting friends gathered on this occasion it bench is an IPA Jr. World record right now, win. A fine battle, guys. Not far behind in 275

third in the 242's was Terry Bumgardner with a strong 640 squat, 425 bench, and 560 pull efforts, giving him a 1625 total for the day. Big Steve Comeresky has been steadily building up his numbers over the years in the 308's. Well known on the local lifting scene, Steve's excellent form, steady im provement, and congenial attitude make him a fine lifter. Steve's strong 650 squat, 530 bench (just missing 550), and 600 pull earned him top honors in the 308's. Honorable mention goes to rock solid Shannor Manning. Manning's sheer size is matched only by his personality. Usually wearing no gear to speak of, Manning's numbers are always big time. What was big this time, however, was the fact that he was big time, however, was the fact that he was big time sick! After posting a mammoth 700 lb. opener squat, Manning had to bow out gracefully while his body was wracked with some type of virus. In his good-natured fashion, Manning said her would be back soon. No doubt to post some more sick numbers. The Teen lifter division saw tough lifters battle it out for the top four tough lifters battle it out for the top four placings. Jason Wert took top honors by formula with his 450 squat, 260 bench, and 3 for 3 pulls ending with 445 and a 1155 total in the 198's. Doug Leitch took second with his fine 420. Within the full meet were bench only lifters as well. John Stahl is no stranger to elite benching circles. At 260 lb. B/w Big John, with his always proper form and set up, calmly powered up 580 before just missing 615. Rounding out the bench only portion was the notorious "Plug". Benching in the 181 lb. Class, Plug opened with a strong 375 before getting 405 on his second attempt, and just coming up a bit short on his third attempt 420. Many thinks go out to all of those individuals who continue to helped make this annual event a success, from the spotters, to the loaders, the scorers table crew, expediters, and all of those at Revolution Gym and Fitness. Most of all, however thanks to the lifters and the audience. Without your competitive efforts and heartfelt support these meets would not be possible. Hope to see you all next year! (report - Bob Grimwood)

ADAU Catasaugua Single Lift Classic 31 JUL 04 - Lehigh Valley, PA

ST JOE 0	+ - LC	16 - 17	1
SQUAT		16 - 17	
105		Ian Shupp	330
14- 15		4th	345*
Ethan Smith	185	319	
4th	194*	Open	
	134	A. Gonzalez	
123			
14 - 15 / Fe		Curt Eckroth	
C.Kirkpatrick	170*	BENCH PRESS	
14 - 15		105	
Jared Keller	165*	14 -15	
Open		Ethan Smith	120*
M. Kuhns	485*	114	
132	100	18 - 19	
16 - 17		A. Badgujar	1404
	207		140
Ben Kunkel	205	123	
148		14 - 15 / Fe	
14 - 15		C.Kirkpatrick	115*
Matt Drury	205	14 - 15	
60 - 64		Jared Keller	130
Italo Bonacci	320*	Open	
165	-	M. Kuhns	275*
Open		Tim Tullio	125
	390	55 - 59	123
	390		405
181		Tim Tullio	125
14 - 15		132	
Tim Kunkel	310*	16 - 17	
Open		Ben Kunkel	165
C.Cirnigliaro	410	148	
Don Kuhns	410*	55 - 59	
Special Olym		Paul Griffith	245*
Craig Maurer	170	Barry Pensyl	195
198		60 - 64	1
16 - 17		Italo Bonacci	205*
Dan Rimbey	400*	Special Olym	
	400	Special Olym	pian
40 - 44		Michael Gaal	145
	480	165	
220		16 - 17	
40 - 44		B. Rebarchak	305*
Paul Felix	350	Open	
242		Hector Roca	340
Open		B. Rebarchak	
Tom Skelly	525*	Bob Legg	220
Chris Kollar		50 - 54	
40 - 44	370	Bob Thomas	255
	270		
Chris Kollar	3/0	4th	265*
55 - 60		Bob Legg	220
Chuck Crider	405	181	

n Kunkel	290*	Paul Owens	315
- 17 Canasana	220	40 – 44 J. McGowan	365
Gengaro	220	319	303
CONTRACTOR OF THE PARTY OF THE	260	Open	
- 23 Junio		A. Gonzalez	450
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- 44	2004	Jared Keller	250
	380*	132	
- 74	0404	16 - 17	240
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ecial Olym		148	
le Miller	210	16 - 17	270
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pen	200	4th	
Darbouze		385*	
ian Ramage		60 - 64	
-39 Sub-M	aster	Italo Bonacci	
ean Lewis	315	380*	
- 44	BAN STORY	Special Olym	
ul Felix		Michael Gaal	205
- 49 Darbouze	N. Eller	165	
	390	Open	1500
12		Hector Roca	
pen		Grant Neary	
b Eckhart			320
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nuck Crider	355	181	
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-39 Sub-M	aster	4th	

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40 - 44		Chan Keis	40	I dui I Cita	** "
J. McGowan	365	20 - 23 Junior		242	
319		P. Ferriello 4	70	Open	
Open		40 - 44		Tom Skelly	600
A. Gonzalez		David Jones 4	40	Rob Eckhart	560
S. Shannon	440	Special Olymp	ian	Mike Cooper	520
David Krieg		Craig Maurer 3		45 - 49	
DEADLIFT		198		Mark Bowen	500
105		16 - 17		55 - 59	
14 - 15		Dan Rimbey 5	60*	Chuck Crider	500
Ethan Smith		Open		275	
4th			40	14 - 15	
225*		35-39 Sub-Mas	ster	McClafferty	375
114			75	Open	
18 - 19		40 - 44		Doug Croley	500
A. Badgujar		Pat Horan 4	75	35-39 Sub-M	
285*		Special Olymp		Paul Owens	
123		Kyle Miller 2		319	
14 - 15 / Fer	nale	220		Open	
C.Kirkpatrick		Open		David Krieg	590
240*		Brian Ramage 5	35	Curt Eckroth	54
14 - 15		* - American R	acore	Final statisti	re.
Jared Keller		participants, 34			
132		set by 23 indi			
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Ben Kunkel		9th Annual Cata	acaud	ua Classic Sing	la I
148		Championships			
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385*		and raised a t	atal	of \$2000 on f	on t
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Open		Best Squat awa	aru w	Michael Kul	USA
Hector Roca		National Chan	npron	Michael Kui	mis
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50 - 54	220	pounds in the 1			
Bob Legg	320	took the Best Be			
181		American record			
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Tim Kunkel		of 500 pounds			
390*		163.9. Many tha			
18 - 19		whom this me	et wo	uid not be po	SSIL
D. Samuels	535	Title sponsor	Nutri	tional Techno	ogi
4th		Al & Brenda S	negel	of Siegel Engi	avi

554* 40 - 44 Chad Reis 440 Paul Felix



Chris Cirnigliaro (I) President of the Twin City PL Team presents Patrick Horan with his first place trophy in the squat competition at the 9th Annual ADAU Catasaugua Classic. Horan was the 198 lb. 40-44 age group winner in all three events setting an American Record ere in the bench with 380 lbs. (Photo courtesy of Nicholas Theodorou)

who not only supplied the sharp-looking awards but also worked the entire meet Rob Eckhart of the Lehighton Athletic Booster Club, John Shubert of Rutler Screen Printing, Don Kuhns, Certified Massage Therapist, Louise Tusak of the Bethlehem Special Olympics, Dr. Nalyn Marcus of Marcus Family Chiropractic, Jim Ochse - Speed, Agility & Quickness Specialist, Steve Hrycko of Fitness Central and Mike Lambert of Powerlifting USA.

ecial thanks to the judges - Al Siegel Brenda Siegel, Dean Lewis and Chris Border. And to Don Kuhns, Chris Border and Patrick Horan who went way above and beyond. Also, the members of the and beyond. Also, the inellibers of the Twin City Powerlifting Team (Easton, PA/ Phillipsburg, NJ), Chris Cirnigliaro, John D'Imperio, Ryan Hagenbuch, Mike Hitcho, Branden Pensyl, Barry & Linda Pensyl, Branden Pensyl, Barry & Linda Pensyl, Brian Ramage, lan Shupp, Lori, David and all of the spotters, loaders, expeditors, table helpers – too numerous to mention by name, all who worked so tirelessly to make this a huge success! Thank you! (Thanks to Nicholas Theodorou for results)

New Castle Bench Press

	- N	ew Castle, PA 242 lbs.	
WOMEN		m	560*
D. Harkleroad 9	90*		300
J. Ullrich -	-	R. Cooper D. Petrelli	Tiesel
MEN			Tool-
Teen		275 lbs.	440+
(16 & Under)		N. Rolle	440*
J. Smith 2	20*	P. Hilliard	504
J. Linton -	_	D. Hardic	-
N. Weisenstein		SHW	-
J. Izzo -	_	B. Karlovic	705*
K. Sensesak -	-	B. Lenzi	-
(17-18)		B. Powell	-
	885*	Master 35	
J. Moffie -	_	D. Dessau	280*
T. Guarnieri -		Master 40	
B. Jones -	The last	J. Peshek	680*
148 lbs.		M. Keyser	-
D. Dessau 2	280*	P. Hilliard	-
165 lbs.		Master 45	
C. Wittway	300*	B. Lenzi	575*
P. Gennaro, Sr.		N. Rolle	-
181 lbs.		D. Hardic	-
J. Smith	125*	Master 50	
P. Gennaro, Jr		R. Cooper	450*
198 lbs		R. Verdi	_
S. Prozy	130*	B. Thomas	-
M. Keyser -	_	Master 55	
220 11-		G. Langham	425*
D Dudach	115*	B. Kolling	_
C. Tarr	,,,	Overall Winne	r
D. Dudash G. Tarr G. Langham		B. Karlovic	705*
(Thanks to Chuc	L 1111	rich for the re-	enlte)
(Illanks to Chuc	n Oil	inch for the re-	

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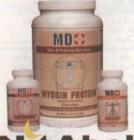
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Summer '04 Push/Pull 12 IIIN 04 Cranger IN

13 JUN	04 - Granger, IN	1
BENCH	J. Balantine	
GIRLS	242 lbs.	
Teen 132 lbs.	A. Storm	42
S. Skiver	90 T. Sullivan	36
BOYS	275 lbs.	30.
Teen (14-15)		510
	S. Powell	
148 lbs.	J. Conley	45.
N. Duncan	150 Exhibition	
(16-17)	198 lbs.	
C. Patterson	280 L. Bontrager	30
Novice	DEADLIFT	
165lbs.	GIRLS	
D. Craigo	250 Teen 132 lbs.	
198 lbs.	S. Skiver	23
J. Taylor	365 Youth 70 lbs.	
242 lbs.		13
S. Mahl	285 Teen (16-17)	
275 lbs.	148 lbs.	
G. Coy	300 C. Patterson	40
SHW		40
D. Stouder	WOMEN	
	440 165 lbs.	
WOMEN	L. Boshoven5	51
L. Boshoven	250 MEN	
Master	Novice 275 lb	S.
181 lbs.	G. Coy 350 Master (50+)	40
M. Schroen	350 Master (50+)	
242 lbs.	G. Heiss5	42
M. Mellinger	440 Master (55+)	
275 lbs.	148 lbs.	
	580 M. Wider	42
M. Flagg	450 4th	44
Master (45+)	Natural	
181 lbs.	198 lbs.	
	337.6. Dailing	64
4th		04
	350 220 lbs.	
2/5 IDS.	M. King	53
P. vancamp	345 Open 198 lbs.	120
Master (50+)	J. Balentine T. Sullivan	50
220 lbs.	T. Sullivan	45.
T. Horvath		
275 lbs.	J. Conley	60
T. Striverson	515	
Master		
Open 220 lbs.		
T. Sheehan	385	
Natural	Tally Tally	
165 lbs.		
	380	
198 lbs.	TOTAL TORNING	
C. Dailing	475*	
T. Wallace		
T. Wallace	420	
I. Taylor	365	

J. Taylor 365 Open 198 lbs. T. Wallace 420 **=Central Bench Press League record. Best lifters: Bench press - Raoul Donati, Deadlift - Chad Dailing. Special thanks to: Anson Wood, Larry Boynton, Mike Wider, Lynne Boshoven, Brendan Yoder and Rob Reed. We've been doing this meet since the summer of '92 and it has always produced some stellar lifting. I think a lot of lifters use this meet to bring to fruition the training they have been doing since late winter and on through the spring, before they shut it down for the sununer. The star of this show, as he has been at a lot of meets lately, was Chad Dailing. He got a pr and Central Bench Press League record 475 in the bench to take second in the best lifter there, and hit a phenomenal 640 in the deadlift that will place him way up in the rankings. Best lifter in the bench was the great Raoul Donati who used the meet to work out some bugs with a new shirt, and despite not having it all figured out yet, he got a great 580 at 275. In the Masters division, Mark Mellinger got a great 440 at 242, while Ted Striverson was his usual mind boggling self, getting a good 515 at 275 in the 50 plus. Steve Powell came back after a few years and some non-sport related injuries and took up where he left off, getting 510 and missing closely with Junior (24 605. Bodybuilder and 50 plus lifter, Tim 165 lbs. Sheehan, had his best day ever, getting a strong 385 at 220. He's trained by Lynne Boshoven and that certainly doesn't hurt. Teen lifter Cody Patterson came close to R. Lewis double bedservieth 2004 1242. a double bodyweight bench with 280 at 242 lbs. G. Phipps 144. Probably his next meet he'll get it. And C. Schwacofer 319.5 R. Harris 144. Probably his next meet he'll get it. And c. Schwacofer rounding out an excellent group of Master lifters were two more who got pr's, Mike D. Freeland 4th S50; Mike at 181and Larry at 45+, 181. Tenager Sarah Skiver (talk about good genes) got the deadlifts off to a great start with a 230 at 132. I can certainly picture her on a National platform in the near 97 lbs.



Carolyn Schwarz with a WABDL W 47-53) at the WABDL West Coast me

47-55) at the WADDL West Coast	•
distant future. Pre-teen (9) Stephen King	
got a pr with 135 at 68 lbs. It probably	1
helped that he got to use regulation plates	-
for the first time. Now the sky's the limit.	1
At the other end of the scale, 50+ lifter	1
Gordy Heiss made a pr 425. And Lynne	1
Boshoven weighed in at 165 for the tirst	1
time in years and made a pr at that weight	1
with a strong 510 at 46! And that makes her	1
both a great female and Master lifter.	1
(Thanks to Jon Smoker for these results)	-
	1
WABDL West Coast BP/DL	
06 SEP 03 - Sacramento, CA	1

				Mast
WARDI	West	Coast BP/DL		242
OC SED O	2 60	cramento, CA		S. Ka
UO SEP U.) - 3d	cramento, CA		259
BENCH		C. Fernandez		T. Ek
MEN		123 lbs.		Maste
Class-1		5. Weber	99	165
C. McFarland	187*	S. Armstrong	170	4th
148 lbs.		MEN		242
E. Nahorniak				M. B
N. Mansourion				Maste
4th	341.5	198 lbs.		242
103 103.		D. Weinberg	303	J. Pe
D. Knudsen	248	220 lbs.		Maste
181 lbs		/ Clark	457	165
S. Evleshin	275.5	242 lbs.		R. Fo
R. Lewis	336	I. Soekardi J. Kim	407	220
M. Balestreri	347	J. Kim	451*	E. M
R. Eley	396	275 lbs.		Open
4th	407*	B. Sabin	402	N. M.
198 lbs.		308 lbs.		C. Ba
J. Sawyer	242.5	J. Minahan	530	T. To
D. McFarland	259	309+ lbs.		165
A. Lie M.McCormack	303	D. Schultz	451	T. Ce
M.McCormack	336	Law/Fire		A. Fr
I. O'Reilly	424	Open 220 lbs.		198
C. Dexter	440*	Open 220 lbs. Z. Clark	457	A. Li
220 lbs.		T. Yamanaka	473	C. D
T. Ornduff	407	259 lbs.		A. PI
D. Martinez			440*	N. B
M. Hatfield	429	309+ lbs.		220
R. Harris		D. Schultz	451	M. D
242 lbs.		Law/Fire		T. Ya
R. Budd	336	242 lbs.		G. 51
J. Kim	451	D. Randa		M. L
E. Barnes	462	Master (40-46)		4th
259 lbs.	A THE DE	Master (40-46) 165 lbs.		M. L
Starkweather	473*	T. Cencich	325*	S. Pe
T. Ekenberg		181 lbs.		242
308 lbs.		B. Levering		
L. Contreras	396	B. Levering		259
lunion (20 25)		1 Cayanaugh	336	D. F
165 lbs.		220 lbs.		4th
K. Herzik	220	D. Lindsey		308
· · · · · · · · · · · · · · · · · · ·	226	254		E 14/

D. Peterson

F. Dena III

D. English 479.5*259 lbs

Starkweather

R. Sanchez

358 Sp. 435 19

440* N.

407 18

473* R.

473 A.

352.5

556*! I. Soekardi

	Pinerer	10		198 lbs.		L. Contreras 309 lbs.	473
		STATE OF THE PARTY		D. Plank	132*	309 lbs.	
Alle	至是是		- 14	Master (47-53)		B. Phillips	451
Sea Sec				114 lbs.	00	Master (54-60)	
3 Bar 1977		2.12(1)	3.8			198 lbs.	
三國國 (1) (2)				K. Andrews	110	C. Lundy	431
1.00			22	165 lbs.	110	T. Ekenberg	622*1
ENGINEE .			-62			Master (61-67)	
	The same	A THE RESERVE OF THE PARTY OF T		4th			
larld Page	127	1 deadlift (1	111	199+ lbs.		L. Vincent	363
			17/	S. Vaterlaus			
eet in Saci	ramei	nto. (Rethwis				309 lbs.	
				DEADLIFT		T. Krachunis	309*1
18 lbs.		M. Hatfield	429*	MEN		Open 148 lbs.	
Minahan	530*	M. Ludovico	451*	Class-1		(Ralanga	402
actor (47-53)		WOMEN		122 lbc		165 lbe	
11 lbs.	100	Submaster (34-	39)	C. McFarland	380*	T. Adams	584
Ansberry	264.5	Submaster (34- 114 lbs. C. Solo 123 lbs. J. Braguine I. Green		148 lbs.		A. Franks	618
O lbs.		C. 50lo	104.5	E. Nahorniak	424*	4th	622*
Wyckon	341.5	123 IDS.	122	165 lbs.		198 lbs.	
8 lbs.	418	J. Braguine	101*1	5. Isang	413	A. Lie	4/3
Controvas	206	J. Green	101	D. Knudsen	435	AA Despesions	
OH lbe	390	J. Green 132 lbs. L. Balestrini 148 lbs. L. Saunders	150	6 Culashin	226	M. Desrosiers	640
Phillins	264 5	148 lbs	133	A Dina	468	Ath	650*
aster (54-60)	204.3	148 lbs. L. Saunders J. Watts 199+ lbs. A. VanderPol	110	Ath	486*	242 lbe	630
2 lhs		I. Watts	187	R Lowis	584*	D. Tubridy	473
Kaananu	303	199+ lbs		198 lbs	304	259 lbs	4,3
9 lbs.	000	A. VanderPol	192	A Lie	473	T. Fkenherg	622*
Ekenberg	402	MEN		I. Sawyer	479.5	D. Freeland	634*
actor (61-67)		Teen (13-15)		M.McCormack	512.5	309 lbs.	1102
5 lbs.		181 lbs.		A. Tortorelli	551	C. Aichs	
5 lbs. Vincent h	281	MEN Teen (13-15) 181 lbs. B. Williams	225	220 lbs.		Sp. Olympian	
h	286.5	Teen (16-19) 165 lbs.		L. Nino	507	198 lbs.	
2 lbs.		165 lbs.			600*	N. Ceglia	418
. Bonifield	303	R. Gernert	363	242 lbc		Submaster (24	20)
aster (68-74)		R. Gernert 181 lbs.		E. Barnes	578.5	165 lbs.	
2 lbs.		M. Minahan	264.5	R. Budd	578.5	S. Tsang	413
Peters	198	B. Hackett	391*	308 lbs.		181 lbs.	
aster (75-79)		181 lbs. M. Minahan B. Hackett 198 lbs. C. Cook		L. Contreras	473	R. Troup	457*
5 lbs.		C. Cook	242.5	Junior (20-25)		WOMEN	
Fornachon	2013	770 IDS.		165 lbs		Submaster (34-	39)
0 lbs.		B. Butka	225	K. Herzik		105 lbs.	
Miranda	248	A. Contreras S. Drumm 242 lbs.	236	181 lbs.		A. Vallejo	264.5*
pen 148 lbs.	226	S. Drumm	314	R. Lewis	584*	114 lbs.	
Mansourian	336	242 lbs. J. Pritchett WOMEN Teen (13-15) 123 lbs.	207 5	198 lbs.		C. Salo	170
Balanga	34/	J. Pritchett	297.5	P. McCusker	507	123 lbs.	200
T Uhe	413	Toon (12 15)		259 IDS.	C2 441	J. Green	292
Concich	325*	123 lbe		WOMEN	034":). braguine	314*
							314
8 lbs.	332.3	132 lbs. K. Brown	113.3	123 lbe		L. Balestrini	341 5
				140 100.		148 lbs	341.3
Dexter	440*	K. Brown 4th T. Miller 165 lbs. M. O'Halloran Teen (16-19)	99*	S. Weber	203	1 Saunders	198
Planchon	462	T. Miller	121*	132 lbs.	203	L. Saunders J. Watts	314
Bruckner		165 lbs.	THE STATE OF	C. Luiz	253.5	4th	331*
20 lbs.		M. O'Halloran	132*	4th	270*	199 lbs.	
. Desrosiers	451	Teen (16-19) 148 lbs.		148 lbs.		A. VanderPol	314
					275.5	MEN	
. Stephens	523.5	E. Pritchett	110	4th	303*	Teen (13-15)	
. Lamarque	571	199+ lbs.		165 lbs.		181 lbs.	
h	600*	E. Pritchett 199+ lbs. T. Perry	14.5	Armstrong	292	B. Williams	385
. Ludovico		Open 97 lbs.		4th	314*	Teen (16-19)	
Pena				MEN		148 lbs.	
12 lbs.		105 lbs.		Law/Fire		C. McCormack	341.5
Tubridy	451	P. Loera	115.5			181 lbs.	
9 lbs.		123 lbs.		Z. Clark	633	M. Minahan	451
Freeland		L. Christopher				198 lbs.	
h 08 lbs.		A. Svendsen	150	1. Soekardi	650*		446
Wong		4th 132 lbs.	159	198 lbs.		220 lbs.	2525
99+ lbs.		L. Hunter	122	C. McFarland	556.5		352.5
Aichs	402	L. Balestrini	150	M Russual	595		501.5
. Olympian	402	J. Deuser	187*	Law/Fire	393	242 lbs. J. Pritchett	440
8 lbs.		148 lbs.	107	Open 220 lbs.		WOMEN	440
Ceglia	236	J. Watts	187	Z. Clark	633	Teen (13-15)	
ibmaster (34-	30)	165 lbe		Law/Eine		123 lbs.	
B1 lbs.	55,	M. O'Halloran	132	Submaster		K. Phipps	214
	***	181 lbs.		220 lbs.			226!
8 lbs.	ATRICE.	A. Wilkinson			507	132 lbs.	
Green	385	Master (40-46)					192
Planchon	462*	105 lbs.		R Russell		J. Miller	231
20 lbs.		D. Brown	126	D. Kanda		Teen (16-19)	
						and the second	

Master (40-46)

440

507 529

567.5

573* 650*

220 lbs. D. Lindsey

G. Phipps 242 lbs.

D. English

I. Soekardi

Master (47-53) 181 lbs.

C. McFarland 556.5 115.5 259 lbs.

K. Huffer 154* G. Stevens

176* 308 lbs.

E. Ansberry 341.5 198 lbs.

L. Contreras 473

121

154

187*

C. Maha

N. Avilla K. Inlow A. Brisbane

I. Deuser

148 lbs. S. Maher E. Womack S. Hedman

165 lbs. S. Moore 181 lbs.

C. Ugarte

148 lbs.		J. Deuser	292 1	n
F. Pritcnett	253.5	K. Inlow	314 1	ti
199 lbs. T. Perry Open 105 lbs		A. Brisbane	336	1
T. Perry	248*	148 lbs.	1	ir
Open 105 lbs.		148 lbs. S. Hedman	275.5	1
P. Loera	242.5	S. Maher	286.5	1
A. Valleio	264.5	*181 lbs.		1
123 lbs.		C. Ugarte		W
L. Christopher	242.5	319.5*	THE PERSON NAMED IN	5
132 lbs.		A. Sozzi	Tele I	1
L. Hunter	259	A. Sozzi 330.5*		1
A. Brisbane	336	198 lbs.	1	W
I Ralostrini	341 5	*D Plank	253 5	A
148 lbs.		199 lbs.	# 10.	C
G. Gendotti	275.5	199 lbs. V. Dell'Acqua	275.5	b
4th	303	Master (47-53) 114 lbs. 5. Keathly C. Schwarz 148 lbs. K. Andrews 165 lbs. J. Henner		A
J. Watts	314	114 lbs.		L
4th	331	S. Keathly	154.2	5
181 lbs.		C. Schwarz	271*!	p
A. Wilkinson	203	148 lbs.	Mass.	l
Master (40-46)		K. Andrews	132	a
105 lbs.		165 lbs.		L
D. Brown	242.5	J. Henner	242.5	S
4111	200	4(11		(
123 lbs.		253.5*		r
L. Christopher	242.5	199 lbs.	The state of	S
132 lbs.		S. Vaterlaus	248*	6
* State Record.	! Worl	199 lbs. S. Vaterlaus d Record. + Nat	ional	(
		t Hotel in Ra		

Balestini pulled a California 341.5 and was named outstanding lifter for open women. The platform, and is the coowner of Flex Gym in Sparks, Nevada, put up a world record 181.7 at submaster 123. Sue Vaterlaus set a national record in women's master 47-53 198+ bench with 181.7. World record in the deadlift were set by David Freeland junior 259 with 634.8. Tom Ekenberg out of Texas in master 48-60 259# class pulled 622.7, J.P. Krachun, an ex-pro wrestler, pulled 309.6 at super in master 61-67. Carolyn Schwarz pulled 271.1 in master 47-53 114# and Karina and outstanding lifter for open women, and was named outstanding lifter for open women, and outstanding lifter for open women. The judges were Dave Freeland, Russ record 253.5 and Sue Vaterlaus in 47-53 to 184.6 pulled a California at 47-53 and Sue Vaterlaus in 47-53 and 271.1 in master 47-53 114# and Karina Phipps, in teen 113-15 123# with 226.8. Going back to the bench press, California records were set by: Narbe Mansourian, class-1, 148, 341.5. David Martinez, class 1, 220, 418.7. Tom Starkweather, class-1. 259, 473.7. Tom is at a disadvantage in benching since he's 6 feet 3 inches. Other California record were set by Marcus Matheney, Junior, 308, 479.5. Jeff Kim, law/fire master, 242, 451.7. Andrew Porlaw/fire master, 242, 451.7. Andrew Porter, law/fire open, 259, 485. John Minahan, master 40-46, 308, 530.1. John has managed to lose about 30# without losing any strength. More California record were set by David Martinez, master men, 47-53, 220, 418.7. Andre Planchen, 462.7, in 220, 418.7. Andre Planchen, 462.7, in submaster 198. Matt Lamarque, open, 220, benched 600.7 and passed his 2nd drug test. Mark Hatfield, submaster, 220, pushed up a California record 429.7, but then Mike Ludovico pushed up 451.7 to break it. California state records also were set by Bobby Hackett, teen 16-19, 181, slammed up 391.2. Nevada records in the bench press were set by: Rick Eley, class-1, 181 407.7. Cory Dexter, class-1, 198, 440.7. Fil Dena III, master men 40-46, 220, 440.7. Fil has been competing in WABDL for about six years and he steadily upped his bench from the high 390s to 440.7. Other Nevada records were set by Brian Phillips, master 47-53, super 264.5. Jim Pritchett, 16-19, 47-53, super 264.5. Jim Pritchett, 16-19, 242, 297.5. Chad McFarland set an Oregon, class-1, 132 bench record with 187. Tom Cencich set Colorado record in open and master 40-46, 165 class with 325. Now, moving on to the ladies. California bench records were set by: Kristy Brown, teen 13-15, 132, with 99#. Margot O'Halloran, teen 13-15, 165, 132.2. Jill Deuser set California records in both master womer 40-46, and open with 187.2. Other Califor

nia records in the bench were set by 6 foot tall Carla Ugarte, master women 40-46, 181, with 154#, which was broken later on in the meet by Annette Sozzi-Dangel with 176#. Diana Plank, master women 40-46, 198, pushed 132.2. Jane Henner locked out 132 in master 47-53, 165#, Nevada women 132 in master 47-53, 165#. Nevada women who set bench records were: April Svendsen with 159.75 in open women 123#. Tracy Perry popped 143.2 in teen 16-19 198+. Karina Phipps, teen 13-15, 123, with 115.5. Lynda Christopher benched an Arizona record 121.2 in master 40-46, 123. California records in the deadlift were set by: Eric Nahorniak, class-1, 148, 424.2. Aaron Pina, class-1, 181, 486.1. Ryan Lewis came back to break it with a huge 584. In class-1 220, Ismyanto Soekardi pulled 600.75 for a California state record.

In junior men, 181, Ryan Lewis added another state record with his 584. Crystal uiz set a California record 303 and Sabrina Armstrong at junior 165 set a California record 314. Other California records in the deadlift were set by Ismyanto 123 lbs. 253.5*
L. Christopher 242.5 199 lbs.

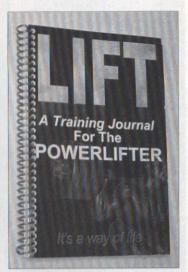
S. Vaterlaus 248*

* State Record. ! World Record. + National Record. The Marriot Hotel in Rancho Cordova, a suburb of Sacramento, has great rooms and a classy ballroom. A great place to have a meet. Jody Woods and his wife Lorraine run a very good meet. Jody is willing to pay for his staff so we have good judges, and enough spotter loaders. He flies me down from Portland, and gets me a rental car. He also pays for my secretary, Elma Thomas, and her husband to help with the WABDL computer program and with weigh-ins. He had 142 bodies and about 206 benchers and deadlifters. It ran a California record. In submaster 123, Jeanne Braguine pulled about 206 benchers and deadlifters. It ran 314 and a California record. Jeanne Braguine pulled a 264.5 weighing only 105, for a California record. In submaster 123, Jeanne Braguine pulled 314 and a California record. Jeanne Watts, about 206 benchers and deadlifters. It ran
a little long, but we were done by 8:45pm.
Next year it will be a two day meet. World
records in the bench were set by David
311.6 and is one of the vocal leaders of the Freeland, who has passed 3 drug tests. He put up with authority 556.6 in junior 259# Alene Bridbane, and coached very ably by class. He's a cross between a Greek God and Brian Bosworth. Julie Green, who is all Balestini pulled a California 341.5 and was

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what you were doing in previous by Gerald Herron, there's a great workouts ... realistically, you will shot of one of PL Sculptor Neils never remember every detail in Anderson's creations on the your head ... and such cover, and for ordering information can be vital in information see their adonpage pointing your next few workouts 12 of this issue of Powerlifting

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Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WARDL)

Last Name	(36)	First Name		Initial	Renewal Y N	Current Card # (If Renewal
Street Address			Total Volume			Club Name
City			State	Zi	P	Area Code/Telephone
Current WABDL Classificati	And Carlotte	Street to Jan 19	itizen? Date o	f Birth Sex M F	Today's Date	Card Issued By

Registration Fee: Adults \$25 Teens \$15 Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial

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

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

Signature_

83

NASA Tri-State 31 JUL 04 - Flora, IL 181 lbs. R. Corev PS SQUAT 140 Masters-2 A. O'Brien 242 lbs. R. Tabaka Masters-3 275 lbs. 242 lbs. R. Hesterly 425+ PS BENCH J. Evans Masters-3 181 lbs. Intermediate 308 lbs. 475+ R. Corey M. Rose Masters-3 Powerlifting YOUTH SQ BP DL 115 70 155 340 G. Brown* S. Maffett 125 70 200 395 132 lbs. C. Langhoff 181 lbs. 220 95 245 560 300 140 300 740 A. Winkle 114 lbs. High School 170+ 80 245+ 495+ L. Harris 135 95+ 240 470 148 lbs. Teen 340+ 165 310+ 815+ . Henkel* 165 lbs. High School 305 205 382.5+892.5 300 160 400+ 860 R. Bure J. Maffett 181 lbs. High School K. Monken. 415+ 185 435 1035 W. Harris 305 260+ 415 980 198 lbs. Masters-2 K. Pickens 520+ 350+ 460+ 1330+

Bill Luebbers drops down with his easy opening 530 first attempt. Bill was eight-of-nine with four state records and won the Men's B. Luebbers 610+ 420+ 580+ 1610+ Heavyweight Outstanding Lifter Award at the Nasa Tri-State Meet.

535	350+	560!!	1445	N. Katsantonis Pure Novice	425	300	445	1170
					475+	215	450	1140

High School				
S. Hough	365	245	340	950
275 lbs. Intern	nediate			
J. Sanders	535+	350+	580+1	465+
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High School				
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114 lbs. High	School			
M. Karr	135	75	170	380
132 lbs. Teen		, ,	.,,	300
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148 lbs. Pure				303
F. Brown*	255.	110	200.	CATA
Masters-2		110	200+	0434
Masters-2	240.	1/0.	245.	
P. Davis Power Sports	240+	160+	245+	645+ TOT
Power Sports	CK	Rh	DL	101
YOUTH				
90.25 lbs.			Hert year	IA. Beam
J. Phillips	45+	80+	165+	290+
GIRLS	2439			
High School 12	23 lbs.			
C. Welty	62.5+	77.5	170	310
MALE				
198 lbs. Maste				
P. Titzer			375	690
Masters-3				
J. Racklin	110	180	300	590
220.2 lbs. Teer	n			
J. Lenee	70	135	335	540
Masters-1				
B. O'Dell*	125	305+	475	905
242 lbs. Maste			10000	1 1 1 1 1 1
R. Whitmire			375	975
Masters-2	100		0,0	
W. Garland	150	315	405	870
275 lbs. Maste			403	0,0
R. Hesterly			425	228
Masters-3 187			423	033
I. Racklin			305	615
SHW		203	303	013
Masters Pure	105	405	460	1050
J. Phillips	100+	405	46U+	1050
PUSH-PULL		DL	101	
Submasters-2				

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This Curl Attempt by 44-year old Rick Whitmire didn'tgo, but the APFWBC 1995 World Bench Press record holder still turned in an outstanding day with a solid 150 pound curl, 450 pound state record bench press and a 375 pound deadlift. Watching Rick is Kajo Powerhouse teammate Willis Garland. (Photograph Smitty) Outstanding Lifter trophy for the teenage division. Travis's

235+! 400+! 635+!

opening squat of 290 pounds cracked the existing mark. He just missed - twice - in an attempt to break the 148 pound bench press record, but came back strong to 148 lbs. J. Olive Masters-2 220 lbs. B. O'Dell 305+! 475+! 780+! establish a new standard in the deadlift of 310 pounds for a State Record 815 pound 225+! 490+! 715+! B. Tabaka 225+! 490+! 715+! 310 pounds for a State Record 815 pound total. Teammate Keith Monken recorded +=State Record. *=Outstanding Lifter just one state record, but his 1,035 total was more than enough for him to claim the Outstanding Lifter trophy in the raise a little money for the Flora High School cheerleaders and to have a little fun. The meet wasn't conceived to be BIG, but more of a neighborhood-type meet. A little bigger than a gym meet, but not a lot. Things began to get tense leading up to of Danny Gill, with Danny serving as a Things began to get tense leading up to this year's meet when the number of entries exceeded the 44 trophies ordered comeback meet saw the 207 pound lifter from Niles Anderson. Things settled in with nearly 50 bodies and only a couple participating in more than one division. Still, there was the pressure of pulling it off in a timely fashion, with close, confined with "Bill! Bill! He's our man! If he can't son Mitch, along with Danny's sister
Diana enlisted some outstanding help in
the form of Dr. Daryl Johnson and his
Heripped the 530 off the floor, but failed lovely wife Tobey, along with local to get white lights on his second attempt. powerlifters Kay Lamb, David Riley, Brian He came right back to easily lock out the Lane, April Smith. Bethany Schwaninger, and Kevin Thies to not only run the meet the Best Lifter award. It was Justin Evans, in a timely fashion (trophies given out form the best times in Centralia, IL, claiming before 5 p.m.), but also to make everyone feel comfortable and able to enjoy the meet. Helping with the judging were Dr. Frank Hettiger and co-meet promoter Mable Smith. NASA High School National to Blake O'Dell, who made the long trip days with the weet the meet to be some time to be still the best first award. It was justine towards the second to be seen to be seen to be successful. It was justine towards the second towards in Centralia, IL, claiming Outstanding Lifter honors in the bench promoter to be seen to champion Jordan Wathan used the meet to test judge for her referee's card. But, Blake curled 125 pounds then pushed up lifting is what any power meet is ultimately a 305 State Record bench press before about and with 67 state records broken, the meet was more than successful. There 905 total. The meet also featured a pair

were also several of "Olympic" lifters American records with Willis Garland, either broken, or from Decatur, IL and established. NASA's Jon Racklin from new Push-Pull Division Olney, IL saw a trio of entries participating. Willis, with James Olive, Blake the 2002 World O'Dell, and Bob Masters Games Tabaka all setting State champion in the 50-and American 54 age group and fourstandards for their time National respective classes. Bob Champion American also broke the existing Record holder in the Master's record, and snatch turned in a established one in huge 150 pound curl Master's 2 Power and 315 bench in the Sports squats. The meet 242 class. Jon, making drew a half dozen Youth his second drew a half dozen Youth his Division lifters with appearance at the Tri-hometown favorite State and fresh off Gabrielle Brown competing in the Pan-stealing the show and Am Games, curled Gabrielle tealing the show and the Outstanding Youth Lifter trophy by amassing 129 out of a possible 135 points. Gabrielle's final dead will represented with lift of 155 pounds was right at the NASA limit ght of 165 pounds was right at the NASA limit ght of 165 pounds was right at the NASA limit ght of 165 pounds was right at the NASA limit ght of 165 pounds was right at the NASA limit ght of 165 pounds was right of 165 pounds at a possible 135 points. of 1.5 times the Whitmire, the 1995 bodyweight for Youth APF/WBC World bodyweight for Youth lifters. Keeping things in the family, older sister Felicia turned in an excellent first meet to win the Women's Outstanding Lifter trophy. Felicia, who is also one of the cheerleaders the meet raises money for, capped off a perfect is stage for a team competition with the target than the stage for a team competition with the stage for a team competit

raises money for, capped off a perfect day with a 280 pound deadlift. She and little sister were two of just three lifters to post a nine-for-nine day. The other little with a perfect day was Olney's Bob Tabaka. Felicia's counterparts were a pair of lifters were a pair of lifters from K&P Gym in Breese. Travis Henkel recorded State Records in the squat, dead lift and total on his way to winning the Outstanding Lifter

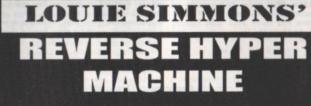
State Complete and simited to just six lifters and the order of finished deadlift. She and little sased on average team coefficient. The home team finished a distant third, while other little with a perfect score of 15AA at a weight of 155 pounds to claim the Outstanding Youth Lifter Award. (Photo courtesy of Smitty) to limit the size of the meet to the first 50 of the Flora High School cheerleading squad, but an outstanding day of those who train to whare some time with others who love to recorded State Records in the squat, dead lift and total on his way to winning the Outstanding Lifter

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

12-year old Gabrielle Brown sets up for her

second deadlift at a weight of 145 pounds.

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

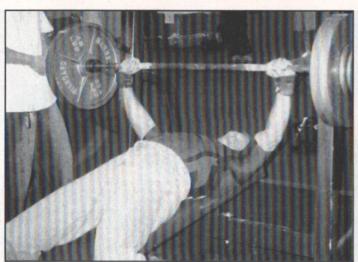




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Big Dawg BP/DL Record Breakers 17 APR 04 - Clyde, NY

(45-49) (12-13)275 lbs. R (40-44) 135* R. Murray SHW (35-39) (35-39) R 135* 319 lbs. Open M. Gerkin 198 lbs. Open 500 S. Rogers 380 DEADLIFT C. Hewitt 220 lbs. (40-44) E J. Mitchell 420 220 lbs. Open 615* 420 1. Cuyler Open R R. Barber 400 (45-49) R M. Zane 370 J. Carioti 44 242 lbs. (55-59) R 275 lbs. Open R 440* D. Haensch 245* K. Conklin 605 Ironman RP DI TOT 165 lbs. R (12-13) 115* 155 270 F. Houseknecht 200* 335* 535 M. Fhler (18-19)240 380* 620 Featherly 225* 350 575 Sykes 198 lbs. (18-19) 315* 455* 770 N. Peters SHW Open 125* 250* 375 D. Valesquez 220 lbs. R (14-15) 265* 400* 665 B. Hanvey (40-44)300 370 670 M. Peters (14-15) 255* 395* 650 Brown 242 lbs. (35-39) 370 540 910 M. Harrison 460 540 1000 275 lbs . Houseknecht 250 400 650 319 lbs. (40-44) L . Rogers *=State record. Steve "Big Dawg" Rogers benches 500 finally! The Big Dawg Bench Press / Deadlift Record Breakers was a terrific day of lifting. 12 AAU NYS bench press records were set and 8 deadlift



Dave Downey with a state record 255 BP @ 60-64/165 at the SLP Wolf Gary Koch 195 Jeff Brewer 485 Pac Championships. (both photographs courtesy Dr. Darrell Latch) men 45-49 (raw) 220 Stu

14-15 255#. Richard Haensch 242 raw 5559 245#. My great friend and training partner R.L. Murray 275 raw 40-44 440#. My quest for 500# has finally ended. What a great day to break the 319 Open 40-44 eand Lifetime Steve Big Dawg Rogers benched 500#. This has been a long journey with plenty of shoulder problems and personal hardships, but I finally did it. There has been plenty of support and help along the way. First, my wife Michelle who has loved and supported me through all of these years. To my chiropractor Dr. James Yadanza thanks for benched 500#. This has been a long journey with plenty of shoulder problems and personal hardships, but I finally did it. There has been plenty of support and help along the way. First, my wife Michelle who has loved and supported me through all of these years. To my chiropractor Dr. James Yadanza thanks for benched 500 without mentioning my brother Fred Rogers. This lead to the support of support and help along the way. First, my wife Michelle who has loved and supported me through all of these years. To my chiropractor Dr. James Yadanza thanks for best Best Bencher - AARON MICKELSON. Best Best Bencher - AARON MICKELSON. Best Best Bencher - ARON MICKELSON. Best B

SHW raw 250#. Billy Hanvey 220 14-15 lifting. To my uncle Terry Stafford, who has raw 400#. Jeremey Brown 14-15 395#. supported me on training nights as well as James Carioti 181 Open raw 440#. Jeffrey attending 45 out of my 53 meets, thanks for raw 400#. Jeremey Brown 14-15 395#. James Carioti 181 Open raw 440#. Jeffrey Cuyler 220 Open 615#. Bench records were set by: Erik Houseknecht 165 RAW 12-13 115#. Matt Ehler 165 raw 16-17 200#. Jamie Sykes 165 raw 35-39 225#. Nick Peters 198 18-19 315#. Billy Hanvey 220 raw 14-15 265#. Jeremey Brown 220 a team effort, we did it guys. Special thanks (Thanks to USAPL for providing results.)

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has loved and supported me through all of this. My guys RL Murray who I have lifted with for 15 years and never let me give up.

We always

We always

We will, My set up and tear down crew, Rich supported me through all of this. My guys RL Murray who I have lifted with for 15 years and never let me give up.

RL Murray, Brett Wells, Jim Lee and Mark for their assistance in organizing this Howell. My wife Michelle for everything event and to Sun Prairie Fitness Director

Date

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Special Olympian \$10.00

SLP Wolf Pac BP/DL

18 SEP 04 - Sun Prairie, WI RENCH PRESS Terry Turner 360 submaster women master men 60-64 165 Colleen Doll 145* Dave Downie 255* vomen 40-44 open men 165 120* J. Hemmrich 320 Kim Long men 16-17 Guy Powell 475 165 Scott Potter 225 Lee Gaffigan 430 DEADLIFT 220 submaster women A Mickelson 475 165 leff Zastrow 420 Colleen Doll 255* submaster men (4th) women 40-44 Rill Morse 405 181 Kim Long 305* Eric Bauman 410 (4th) 320* Gary Gulseth — submaster men master men 40-44 242 Rill Morse 660* A. Williams 340 master men 45-49 master men 45-49 181 Scott Hubert 560 220 Stu Coogan 500 D. George 300* 242 master men 50-54 Mike Rufflo 580*

We always
pushed on together RL. Rich Molisani, my
lift off guy, who always told me this would
happen and always there on training night

K. Marray, pret view, mild the properties of the pression of the set up and christy Wells thanks for taking care of happen and always there on training night successful competition. In the bench press event "the meanest woman" in Sun Prairie, press records were set and 8 deadlift records were set. Deadlift records were set. Deadlift records were set. Deadlift records were set. Deadlift records were set by: Matt Bhler 165 raw 16-17 335#. Josh Featherly 165 raw 18-19 380#. Nick Peters 198 raw 18-19 455#. Danielle Valesquez meets. We have talked endless hours about 199 and always there on training night admission. Special thanks to Mark Flartison to encourage and not let me get down. To my great friend Tom Kristoff, who I have bench. Thanks to all of these people, you been through a lot with at all of our lifting are the best. (Thanks to Steven Rogers, 198 raw 18-19 455#. Danielle Valesquez meets. We have talked endless hours about 199 and always there on training night admission. Special thanks to Mark Flartison successful competition. In the bench press event "the meanest woman" in Sun Prairie, Colleen Doll, was competing for the first flight and my 500# my great friend Tom Kristoff, who I have bench. Thanks to all of these people, you been through a lot with at all of our lifting are the best. (Thanks to Steven Rogers, 198 raw 18-19 455#. Danielle Valesquez meets. We have talked endless hours about 199 and always there on training night admission. Special thanks to Mark Flartison successful competition. In the bench press event "the meanest woman" in Sun Prairie, Colleen Doll, was competing in the sub master woman" in Sun Prairie, 199 and 199 an record there with a strong 145. competing for the first time was Kim Long, who won the master women's 40-44/181 class with a new state record of 120. Our only teenager, Scott Potter, won at 16-17/ 165 with 225, making just his opener. In the junior men's division Aaron Mickelson at 220 with his 475 opener, failing with 500 twice. Aaron also won the best lifter award for the bench competition. At second place for the 220's was Jeff Zastrow with his 420 opener. Both of these boys have 500 in them! In the submaster division Bill Morse took the 242 class with 405 while Eric Bauman won at 275 with 410 when Gary Gulseth failed with his opener f 520. Anthony Williams finished with 340 and the win at 40-44/181 while Gary Koch won at 45-49/220 with 195. Dennis George, a great meet promoter from LaCrosse, Wisconsin, set the state record for the 45-49/242 'raw' division with 300. coming off of shoulder surgery earlier this year. At 50-54/198 it was Dave Mickelson, having some problems with his shirt and settling with 255. Terry furner, also competing in the 'raw division, set the state record at 50-54/242 with 360. Terry is usually over 400, but had lost thirty pounds over the last few months, and it kind of took its toll. Start eating again, Terry! Then at 60-65/165 we had Dale Downie, who went three for three to finish with a new state record of 255! In the open division Jeremy Hemmrich only got in his opener of 320 for the win at 165. Guy Powell, struggling with a slight pec injury, only attempted his opener of 475 @ 308, passing on his final two attempts. Lee Gaffigan finished in second place with 430. In the deadlift competition we saw the return of "the mean one", Colleen Doll. As she approched the platform Big John Page, who weighed

in at 290, must have been in her way, so she just knocked him down, also knocking

over the lights and both side judges. Be

John Page got his own SLP state record at the Wolf Pac meet with M.

lift! Colleen finished with 255 then came back with a personal best 275 for her final attempt. Both were new Wisconsin state K. Rossi-193 525* 430 525* 1480* S. Michelson 480 320 540 1340 records for Colleen. Kimberly Long and had a great day of lifting, breaking the state record for the 40-44/181 class with state record for the 40-44/181 class with large third and 320 fourth attempt. You J. Ricci-257 570* 350 550* 1470* J. Ricci-257 500 375 500 1375 husband, also named Kim Long, who is Recuperating from successful knee replacement successful knee replacement surgery, and another great powerlifter. Bill Morse won his second title of the day at submaster 242 with a new state record pull of 660. In the master men's 45-49 division Scott Hubert settled with his opener of 560 for the win over Jeff Brewer, who pulled a successful opener of 485, but also pulled a hamstring muscle and passed on his final two attempts. Stuart Coogan opened with an easy 500, then in typical Stuart fashion, jumped to 560, missing that weight twice. At 242 it was Mike Rufflo with a new state record of 580. In the open division John Page, visibly shaken by his encounter with Colleen Doll, was only able to manage 715, which was still a new Wisconsin state record for the class. John was also awarded the best lifter trophy for the competition. Of course, Colleen felt she was entitled to the best lifter trophy and even threatened to "wrestle" John for it! Like I said, "the meanest woman" in Sun Prairie! Second place at 308 went to Lee Gaffigan, who finished with 660. Sun Prairie Athletic Club is the biggest health club in Wisconsin, with 10,000 members and 350 employees. But everyone including the staff were just some of the the friendliest people I have ever met! One such person was Jerome Domain, who is a native of Dominica Island. Jerome, one of the trainers at Sun Prairie, competed as a long jumper in the 1996 Olympics, winning the bronze medal at the 1995 World Games. A special thanks to my judges Jack Twet, Kim Long and Jeff Brewer, the spotters and loaders, Casey Long and John Schmied and to Vicki Preuss, who took some great pictures of the meet. See you all again next year! (results provided by Dr. Darrell Latch)

USAPL Rage-X Houston Qualifier

18 July 04 - Ho	ouston, TX (kg
Men	BP
Adam Watson	90
125	
Marc LeBlanc	157.5
100	
Steve Rosenberg	120
Charlie Turco	197.5
125+	
Paul "Tiny" Meeker	337.5
Bobby Leitz	182.5
(Thanks to USAPL fo	or providing resu

USAPL New England Open 15 May 04 - Warwick, RI Powerlifting SQ BP DL TOT

Special Olympics Sight Impaired M. Yontz-190 440 310 415 1235 WOMEN D.Hatfield! 440* 285* 385* 1110* D. Siaga-147 300 235 375 press - 365 Deadill - 110 Iolai. Johns Siaga - Women's Open & Masters - 300 Squat - 235 Bench press - 375 Deadlift - 910 Total. Donna Aliminosa - Women's Open & Grandmasters - 215 Squat, 255 Deadlift, 565 Total. Kevin Rossi - Men's Masters-1 D. Aliminosa 215* 95 255* G. Parisi-112 225 115 265 255* 565* F. Ruggiero 300* 160 325 785* Masters D. Slaga-147 300 235 375 910 525 Squat, 430 Deadlift, 1480 Total. Joe D. Farrar-122 220* 100 210* Wencus - Men's Grandmasters - 510 Squat, 350 Beach, 600 Deadlift, 1460 Total. Fred Roderick 195* 115* 230* 540* Grandmasters Archambault - Mens Grandmasters, 81 Aliminosa 215 95 255 565 years old - 345 Squat, 400 Deadlift. Mite Parisi-112 225 115 265 605 Petrarca - Men's 148 Div. 475 Squat. 475 6. McKinlay 290 185 295 710 F. Ruggiero 300* 160 325 185* Deadlift, Matt Vail - Men's 181 lb. Div. 470 squat, 405 Bench press, 525 Deadlift, 1400 Total. Mike Campbell - Men's 198 lb. Div. 620 Squat, 440 Bench press, 600 Deadlift, MEN Teen/High School C. Leuth-160 420 255 470 1145 1660 Total. Mike Laliberte - Men's 198 lb. Div. 585 Squat, 380 Bench press, 580 R. Fasano Jr 385 220 M Penza-129 275 215 340 130 Deadlift, 1545 Total, Keith Lambert - Men's Abrama-263 460 290 500 1250 Tomolilo 420 210 370 1000 Ball-173 305 115 385 875 220 lb. Div. 655 Squat, 400 Bench press, 565 Deadlift, 1620 Total. Guy Ziriak -Men's SHW Div.-715 Squat, 500 Bench 1000 press. The following lifters went 9 for 9: Sonja McKinlay, Zachary Abrams. This Petrarca 475 295 475 1245 a 715 deadlift at 308 open class.

C. Wasniewski 525 350 625 1500
D. Poulos-179 425 305 540 1270
When she's ready to lift, she's ready to lift! Colleen finished with 255 then came lift! Colleen finished with 255 then came
C. Clifford-274 405 310 430 1145 event featured 60 lifters who came from the following stales: MA, RI, CT, NH, ME and DE. The lifting was excellent once again as the results will attest to the quality of the lifters who compete in the USAPL. This event featured a split session on !=Best Lifter. Meet Directors: Greg Kostas and Rene Moyen. Women's Overall Best Lifter: Disa Hatfield. Men's Overall Best Lifter: Mike Campbell. Team Sandings: 1st athlete during all of his attempts. It was Summit Point, WV who lifted 570 pounds in - Next Level Fitness, RI. 2nd - Bally's, RI. most appreciated. Thanks again to Rene the 242 lb. class. Tim Wharton from Lavale, - Next Level Fitness, Rl. 2nd - Bally's, Rl. 3rd - Xaverian, MA. CT State Records: Disa Haffield - Women's 181 lb. Div. 440 Squat, 285 Bench press, 385 Deadlift, 1110 Total. Matt Vail - Men's 181 lb. Div. 405 Bench press. NH State Records: Donna Aliminosa of Women's 97 lb. Div. 215 Squat, 255 Deadlift, 565 Total. RI State Records: the lifters who support our USAPL events - Women's 97 lb. Div. 215 Squat, 255 Total. Dianne Farrar - Women's Grandmasters 300 Squat, 785 Total. Dianne Farrar - Women's Masters 123 lb. Div. 220 Squat, 210 Deadlift, 530 Total. Laurie Roderick - Women's Masters 132 lb. Div. 225 Squat, 252 Deadlift, 530 Total. Laurie Roderick - Women's Masters 132 lb. Div. 255 Squat, 525 Deadlift, 150 Deadlift, 540 Total. Kevin Rossi - Men's Masters 198 lb. Div. 525 Squat, 525 Deadlift, 1470 Dowerlifting going until others could pick. 1480 Total. John Ricci - Men's Masters 275 at least 25 years and tech New England
1b. Div. 570 Squat, 550 Deadlift, 1470 powerlifting going until others could pick165 Total. Mike Petrarca - Men's 148 lb. Div. up the torch! Joe was the "unofficial" J. Benemerito 525 405 545 1475
1475 Deadlift, 1245 Total. Mike Campbell father of Women's powerlifting back in the - Men's 198 lb. Div. - 620 Squat, 1660 Total. 1980's and also brought powerlifting some Sanction #6-04-5. (results courtesy USAPL)

Keith Lambert - Men's 220 lb. Div. 655 television coverage as well. Without Joe's Squat, 1620 Total. Officials: Greg Kostas-MA National. Joe Wencus-MA State. Rene. done this alone. And now, with Rene Moyen-RI State. Joe Peters - RI State. Eric Moyen's help and the members of Next Cordiero-MA State (Ppending). Mike Level, I look forward to at least another 25 Laliberte-ME State. Disa Hatfield-CT State years! God Bless, Yours in Powerlifting. Pending). Meet Highlights: Disa Hatfield (Thanks to Greg Kostas for these results)

- Women's Open - 440 Squat - 285 Bench

press - 385 Deadlift - 1110 Total. Donna 11th Miller's Ironhouse Natural RP 12 IUN 04 - Cumberland MD

12 1014 07		dilliberiality, it	
BENCH		R. Brooks	415
WOMEN		O. Leatherman	415
C. Crifes	100	G. Masters (55	+)
I. Robertson	250	R. Toby Sr.	225
D. Grimes	90	148 lbs.	
Teen		S. Gregory	265
M. Davis	325	165 lbs.	
D. Walker	210	T. Davis	340
L. Darby	235	M. Davis	325
Raw Lt.		198 lbs.	
D. Walker	210	T. Wharton	395
Raw Hwt.		D. Crites	320
W. Sharpe	500	220 lbs.	
D. Leatherman		R. Brooks	415
B. Downey	350		390
Submaster (35-	39)	G. Keller	390
W. Sharpe	500	242 lbs.	
J. Richard		R. Robinson	540
J. Palmer	300	R. Shiley	325
Masters (40-49)	275+ lbs.	
R. Robinson	540	B. Clark	510
T. Davis	340	W. Sharpe	
S. Gregory	265	O. Leatherman	415
G. Masters (50			
Best Lifters: Wo	omen	- Jennifer Robe	rtson
		rpe. Open Lt	

This event reatured a spirt session on Kaw - William Sharpe. Open Lt. - IIm Saturday with one flight in the morning and Wharton. Open H. - Randy Robinson. The the other flight in the afternoon. Even 11th Annual Miller's Ironhouse All Natural the other flight in the afternoon. Even lifters who came by themselves had no problem having a fellow lifter assist them with their gear and with words of encouragement during their attempts. This is what separates the USAPI events from others. Thanks to former RI State Chairman David Roderick, whose wife lifted in the event but state of Maryland. The overall lifter in the found time to assist our sight-impaired men's open was Randy Robinson from

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president of LIAPC/AWF	C. C						

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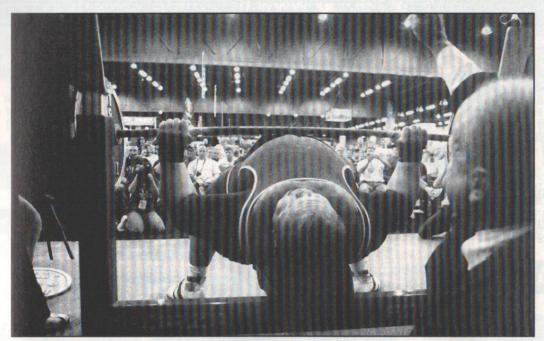
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Overall (TOP OF TRAP TO 6" BELOW CROTCH)	part)	esopia.			
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Donnie Thompson went for 804 while the crowd watched and ref Gordon Santee gave him the signal.

	WPO F	inals	- GN	C Sh	ow o	f Stre	ength	- 8-1	0 00	T 04	- Atla	anta,	GA			
GUEST LIFTERS	wt.	SQ1	SQ2	SQ3	4th	BP1	BP2	BP3	4th	ST	DL1	DL2	DL3	4th	TOT/WPO	
Kara Bohigian	148	490	534	562		374	385	385	402	920	424	479	501		1421/1421	
Amy Weisberger	148	473	529	545	556	55	_	_		600	435	462	462		1063/1063	
WPO LIGHTWEIGH	TDIVISI	ON														
Tony Conyers	165	672	766	810		413	451	473	507	1240	611	661	705		1901/1901	
Brian Schwab	148	633	661	688		473	490	503	520	1162	573	600	617		1763/1765	
Nick Hatch	148	685	710	710	735	468	485	485	507	1196	512	529	540		1724/1749	
Dan Petrillo	165	655	699	-		275	418	468	503	1124	523	573	611		1696/1732	
Brian Strickland	165	650	727	727		391	407	418		1068	562	595	606		1675/1675	
Richard Hawthorne		132	540	611	650	275	275	303		925	501	600	600		1427/1427	
John Reese	165	639	683	705		457	457									
Angelo Berardinelli		165														
WPO MIDDLEWEIG	HT DIVI	SION														
Travis Mash	220	859	903	947		639	672	696		1642	738	766	804		2408/2410	
Chuck Vogelpohl	220	994	994	1030		501	501	595		1493	755	804	821		2298/2300	
Dondell Blue	220	870	909	942		501	589	600		1532	650	710	733		2243/2243	
	220	799	837	881		644	694	716	740	1598	589	622	644		2221/2221	
	220	804	804	848		501	534	551		1399	722	766	804		2166/2166	
	220	821	909	936		452	485	501		1394	672	710	727		2105/2105	
	198	815	859	859		462	490	507		1350	727	760	760		2077/2077	
Michael Cartinian	198	777	832	859		551	589	617		1449	567	606	622		2072/2072	
	198	705	755	815		523	556	562		1377	650	672	705		2050/2050	
	181	760	845	845		485	518	529	551	1289	628	661	710		1951/1951	
	181	683	683	699		507	529	529	547	1229	639	672	672		1868/1887	
	181	760	815	0,0			-	-			003		-		1000, 100,	
	198	749	749			507	529	529								
	220	738	771	804		611										
	220	843	881													
	198	755														
WPO HEAVYWEIGH	The state of the s															
	275	942	992	1008		606	622	639		1631	749	782	782		2414/2414	
	275	936	986	986		617	633	650		1586	744	771	799		2358/2358	
	275	865	931	931		650	683	705		1548	749	804	837		2353/2353	
	275	964	1030			655	688	705		1653	694	727	727		2347/2347	
	242	837	881	903		595	633	633		1499	727	777	804		2303/2303	
,	275	865	865	953		733	733	055		1433	, 2,	,,,	004		2505/2505	
	242	815	887	920		584	600									
	275	881	947	975		622	622									
WPO SUPERHEAVY	The second second		2300 200	313		022	022									
	308		1087	1124		661	683	694		1807	733	771	793		2579/2579	
	SHW	970		1014		705	749	804		1719	744	804	832		2551/2551	
	SHW	959		1041		722	755	771		1796	749	804	804		2546/2546	
	SHW	992		1052		633	683	683				843	843		2375/2375	
	SHW		1063	Cont. 10. 10.		810	821	003		1023	,43	043	043		23/3/23/3	
	308	975		1019		705	733									
,	SHW	2 20 20	1003	1019		703	733									
DICHE WIRESCH	SITYV	1003	1003													
Holger Kutroff	308	1014	1014	1050		595										

(article continued from page 7) finish it off. 683 was too much in the bench, as was a very substantial 843 deadlift. He passed his 3rd, but still went 2375 ... on just 3 good attempts.

In recent years, Beau Moore had steadily molded himself into the third highest totaling SHW of all time, and today he wanted even more ... after a 1008 squat, he jumped up to a bigger PR of 1041 for a rousing success. In the bench, he was also on a roll, until a gigantic 771 stalled on him. After a 749 DL, 804 would have given him a 2601 total and at least a temporary lead in this very challenging class, but he dropped it on his first try and chugged to a halt early on his final attempt, just 11 pounds back of his PR total. Donnie Thompson had the best lifting day of his life by far, opening huge and going up from there, and his big 832 deadlift put him into 2nd place.

The class of this class was the mighty 308 pounder Paul Childress singularly strong, he carefully crafts his massive totals with precise attempt selection. Opening gigantically at 1025, he then bumped it up to 1087, and then stunned everyone with a jump to 1124 for a spot on good lift, followed by a very emotional celebration. In the bench, his momentum continued, until a tough 694 set him back 11 pounds at subtotal In the deadlift, he steadily pulled away from his competitors, and on his last attempt, the 2600 barrier was his for the bashing, but 793 was not to be. He emerged as the king, in a battle royale of the biggest names in Superheavyweight history.



TwinLab continued its very generous sponsorship of WPO Championship PL competitions.

WABDL Oklahoma State BP/DL 17-18 APR 04 - Tulsa, OK

165 lbs.

DEADLIFT

MEN		G. Baker	462
Class-1		4th	473*!
165 lbe		198 lbs.	
	352	J. Guardado	236
220 IDS.		220 lbs.	William .
M. Harness	479		430*
M. Harness B. Tanner	451	242 lbs.	
4th	468*	T. Leach	440
242 lbs.		308 lbs.	121
B. Runnestrand	650*	A. Webb	424
Junior (20-25)		Master (54-60)	
165 lbs. R. Lenaburg 181 lbs.	405*	198 lbs. J. Snodgrass	330
K. Lenaburg	403	259 lbs.	330
C Pall	584*	C Valable	424*
Master (40-46)	304	Master (51-61) 1	81 lbs
198 lbs.		W. Smith	242
T 14/ 14	490*	4th	248*
Master (75-79) 148 lbs. S. Berry Open 165 lbs.		(61-67)	
S Berry		I. Duckett	347
Open 165 lbs.	-00	J. Duckett 4th	360*
Open 165 lbs. M. Fleming	584*	148 lbs.	detai
198 lbs.		(75-79)	
N.LaChappelle	523*	S. Berry	165
Submaster (34-	39)	4th	170*
T. Fagers	529*!	WOMEN Master (54-60)	
BENCH		198 lbs.	
MEN		D Delleree	214
Class-1		4th	220*!
148 lbs.		MEN	
S. Burpo	308*	4th MEN Open 132 lbs. A. Hrenchir 148 lbs. S. Burpo	
181 lbs.		A. Hrenchir	314*
D. Garcia	413	148 lbs.	
4th	418*	S. Burpo	308*
242 lbs.		165 IDS.	
B. Fleek	451	G. Baker	462
4th	457*	4th	473*
C. Sherwood B. Tanner	424	R. Coffey 4th	369
B. Tanner	292	4th	380
			369
B. Runnestrand	429*	181 lbs. D. Garcia	
Junior (20-25)		D. Garcia	413
165 lbs.			418
R. Coffey	369	M. Rodriguez 198 lbs.	485
4th	380*	198 lbs.	
R. Lenaburg	308	P. Radmilovlch P. Thomas	352
181 lbs.		P. Thomas	473
Z. Jones	319	220 lbs.	
308 lbs.		B. Neal	567
	622	242 lbs.	
WOMEN		T. Ward	501*
Junior 114 lbs.		308 lbs.	
M. Leach	159	J. Erickson	622
4th	176*	SHW	
MEN		T. McKinney	562
Law/Fire		WOMEN	
Master (48+)		Open 114 lbs.	
198 lbs.	001	M. Leach	159
J. Guardado	236	4th	176*
259 lbs.		MEN	20)
J. Park	425	Submaster (34-	39)
Law/Fire		198 lbs.	424*
Open 242 lbs. C. Sherwood	121	G Bullington	424
C. Snerwood	424	Teen (13-15)	320
Master (40-46)		E. Howard	
198 lbs.	252	4th	336*
P. Radmilovich	1352	Teen (16-19)	
242 lbs.	441	132 lbs. B. Harvey	170
T. Luce	441 456*		1/0
	501*		181
T. Ward 275 lbs.			101
	50.		
		181 lbs.	358*
J. Stewart SHW	551		358*

J. Quickle 435*
*=State Record. !=World Record. In the deadlift Class-1, Brady Tanner, a special olympian, pulled a Kansas state record 468.2 in the 242# class. Needless to say, he was very happy and so was everybody in the audience. At 259 Brandon Runnestrand set an Oklahoma state record 650.2. In junior men at 165, Ryan Len set an OK state record 485. At 181 Chac Bell, who was the most exciting lifter in the meet, pulled and ripped a 584 Texas state meet, puned and ripped a 584 Texas state record. In master men (40-46), Tim Welton of Colorado, who has competed in more different states in WABDL then any other WABDL lifter, set a state record 490.5 at 198. He has competed in Michigan, Illi-nois, Tennessee, Alabama, Utah, California, Oregon, Nevada, Idaho and Texas. In

M. Hamby 622 Z. Homer T. McKinney 562* 4th

Master (47-53)

308 lbs.

358



GENE BAKER ... with a WABDL World Record 473 bench press in Masters 47-53 at the Oklahoma State meet. (photo courtesy Baker)

WOMEN

Open 75 kg.

Collegiate 60 kg.

67.5 kg.

75 kg.

I. Wiersma

Master (40) G. Wright

82.5 kg.

Master (60+)

Open 90 kg. J. Ulveng

P. Currey

I. Wilsey M. Brown

C. Wilcoxson

Master (35-39)

Master (40+)

T. O'Maile

I. Landau

100 kg. Open

Nelson

Collegiate B. Markham

110 kg. Teen (14-15)

Dieffenbach

Collegiate

McNeil R. Hall

master (75-79) Sonny Berry deadlifted 460. He will bench 500 as a teenager. I master (75-79) Sonny Berry deadlifted 460. He will bench 500 as a teenager. I 253.5 for an Oklahoma record at age 77. want to thank Jeremy Murrell, the meet In open men, Marchand Fleming pulled a director. The judges were: Richard 584 at 165 for an Oklahoma record. At 198, McKEefer, Jim Snodgrass and Ken Ander-Kensas record. In submaster men, Todd contest for reps based on body weight was Eggers pulled a world record 529 at 148. A tremendous pull and he had more in him.

In the bench press in class-1 Scott Burpo pushed an Oklahoma record at 148 with 308.5. at 181 Dell Garcia set a Texas

Eager and George Entot baker, who set a J. Christi masters world record at 165 with 473, did G. Ford 48 reps at 165 and John Frickson did 42 reps pushed an Oklahoma record at 148 with 308.5. at 181 Dell Garcia set a Texas record with 418.7, and at 242 Brian Fleak was very muscular and popped a 457.2 to set an Oklahoma record and to beat two other lifters by a comfortable margin. RENCH Special olympian Brpdy Tanner set a Kan-sas class-1 record with 314 at 242. At 259 Open 67.5 kg. D. Lundgren Brandon Runnestrand set an Oklahoma record with 429.7. In junior men Randy MEN Coffee set an Oklahoma record 380.2 at only 165. In junior women, Melissa leach S. Tsuda set an Oklahoma record at 114 with 176.2. In law/fire master 48+ at 259, Johnny Park B. Tinkler set a world record with 425.3. In master men (40-46) 242, Tracy Ward set Arkansas 82.5 kg records in both master and open with 501.5. Tony Luce set an Oklahoma record Master (40+) with 466. In master men (47-53) 165#, 90 kg. George Elliot Baker set world records 3 D. Klein times with 440, 462.7 and 473.7 in a single fly shirt. At 220 Nick Dwinell set an C. Lui Oklahoma record with 430.8. In master men (54-60) Gene Knight set an Oklahoma Master (50+) record at 259# with 424.2. In master (61-67), Timmy Duckett at 259# set an Okla-Open 110 l Open 110 kg. homa record with 170.7 at 148#. In master women (54-60) 198#, Donna Delleree set a world record with 220.2. In open men, John Erickson benched 622 but locked out WOMEN both 700.8 and 716, but got them turned down 2 to 1. He will bench 750 before the R. Lemus year is over. Hi's very athletic and the bar explodes off his chest. He only weighed R. Monfort 288 and is only 23. In teen men (13-15) 198#, Eli Howard was very aggressive and impressive with a world record 336. In teen (16-19) Eric Waltrip set a world record with 358. At 198 Zach Horner set a world record with 369.7 and at 308 Josh K. Stofan Quickle pushed up 435 and was good for



Johnny Park ... (left) benched 425 for an Oklahoma, National, and World record in the 48+ Law/Fire 259 lb. class and Gene Knight (right) benced 424 for an Oklahoma State record in the 54-60, 259 lb. class. (G. Knight)

C. Mathews 112.5 170 282.5 Best overall female lifter: Brenda Lemus, from Tropic Gym in Margate, FL. Best overall male lifer: Greg Wright, from World Gym in Ft. Lauderdale, FL. Team Champions: World Gym in Ft. Lauderdale, FL - 1st place masters. 1st place collegiate team: Florida Gulf Coast University (FGCU). (Thanks to USAPL for providing results)

Teen 918-19)

Collegiate

Master (40+) J. Clark

Master (60+)

R. Hayne

125 kg.

USAPL Tropical Games (kg) 17 JUL 04 - W. Palm Beach, FL D. Braverman 187.5 220 lbs. Master (60+) D. Braverman 187.5 275 lbs. M2 102.5 Open 125 kg. 227.5 DT Dixon DEADLIFT 702.5MEN Open 75 kg. 137.5E. DeLeon Master (40+) 82.5 kg. 167.5\$. Conlin Master (60+) 165 P. Currey 167.5 Master (50+) 90 kg. 165 L. Russell 100 kg. 185 D. Peterson Master (40+) 190 125 kg. DL 75 90 42.5 107.5 150 145 200 345 137.5 165 302.5 160 237.5 397.5 157.5 192.5 350 122.5 200 322.5 110 182.5 292.5 137.5 207.5 345 145 205 350 130 192.5 322.5 187.5 265 452.5 182.5 260 442.5 155 215 370

127.5 230 357.5

Taylor, the APA President, for providing 42.5 100 142.5 the meet report to POWERLIFTING USA)

APA Largo Open BP/Push-Pull 22 MAY 04 - Largo, FL WOMEN DL TOT 145 - -Lang 156 315 466 J. Rotsinger 156 315 466 Rotsinger Christian 387.5 -165 lbs. M1 110 -J. Ball 255 -198 lbs. M3 M. Churchman 330 325 — 440 - -440 - -308 lbs. Open J. Humphrey 237.5 Teen (16-17) 432.5 535 -Humphrey 432.5 535 -227.5 J. McNea1 330 - -330

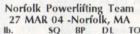
120 130 250

162.5 195 357.5

182.5 295 477.5

Novice J. McNeal W=Women. O=Open. DT=Drug Tested. T=Teenage. M1=Master (40-49). 272.5 M2=Master (50-59). M3=Master (60-69). Some records that were set at this meet: Jackie Humphrey - 432.5 Bench press, 227.5 WPA Teenage World record & Florida APA Teenage record. Tallie Gainer - 440 Bench Press, APA Florida Drug Free Master Record, Jimmy May - 325 Bench Press, APA Georgia Drug Free master Record. Glen Ford - 287.5 Bench Press, APA Florida Master Drug Free Record. Jordan Chris-87.5 162.5 tian - 195 Bench Press, APA Teenage (13-15) National Record and APA Teenage Florida Record. Jenn Rotsinger - 156 Bench Press, APA Womens Drug Free Florida Record. Lyndsey Lang - 145 Bench Press, APA Womens Teenage Drug Free Florida Record. Best Lifter Awards by Formula: Lyndsey Lang - Women's Best Lifter (Bench 112.5 175 287.5 Press). Tallie Gainer - Men's Best Lifter (Bench Press. Jenn Rotsinger - Women's 155 272.5 427.5 Best Lifter (Push-Pull). Jackie Humphrey Men's Best Lifter (Push - Pull). An event only turns out as good as the quality of those helping make it happen and we were fortunate enough to have Henry Nguyen, the owner of Millennium Gym & Fitness as the host of this event and his great staff as spotter/loaders. On the platform as referee's were David Little, Joe Dalton, and Florida State Chairman Brian Highnote These are the individuals that made this a well run event and they did a great job making this a memorable contest. Not to mention, a crowd of vocal and supportive spectators who cheered many of th ers. On to state records and personal best attempts. To each of these individuals I say thank you for all of your help and support Although the turnout wasn't huge the quality was great and several records were set. We look forward to holding another event in Largo soon. A special congratulations to those who set records today. I was amazed at the poundages going up from young teenagers all the way up to men in their sixties! (Thanks to Scott

Camp Fallujah Powerlifting 21 AUG 04 - Fallujah, Iraq Powerlifting SQ BP WOMEN's DIVISION 165 lb class 155 125 240 520 MEN'S DIVISON M. Williams 400 385 470 1255 198 lb class Rick Collins 585 275 460 275 400 I. Atkinson 330 1005 220 lb clas Worthington 505 345 485 1335 385 380 460 1225 405 335 405 1145 Kimmons Norman 242 lb class Chris Helm 520 360 600 275 lb class I.Washington 315 335 405 1055 Best Male Lifter: Chris Helms (399 points) Best Female Lifter: Jessica Gomez (231 points) Team Champions: 9th COMM. (results from Meet Director Zeke Brown)



450!	265!	500!	1215
440	315	565	1320
350	315	425	1090
315	265	_	-
570!	380!	505	1455
450	325	475	1250
445	305	491	1241
365	305	435	1105
315	_	_	bmb
_	_	-	bmb
565	310	505	1380
575	290	485	1320
405	360	550	1315
490	290	525	1305
405	315	525	1245
450	235	511	1196
435	260	455	1150
605	485!	550	1640
	\$Q 450! 440 350 315 570! 450 445 365 315	SQ BP 450! 265! 440 315 350 315 315 265 570! 380! 450 325 365 305 315 — 565 310 575 290 405 360 490 290 405 315 450 235 435 260	450! 265! 500! 440 315 565 350 315 425 315 265 — 570! 380! 505 450 325 475 445 305 491 365 305 435 315 — — — — — — — — — — — — — — — — — — —



Meet Director Zeke Brown and Ms. Gomez at the Camp Fallujah meet

Bob Bianchi (Bench, Dead Lift Judge). Coefficient (Strongest Pound For Pound):

(!)= No squat/Deadlift suit, Bench Shirt Andrews, J. 734.87, Camelo, M. 729.58, Record. Bmb= 3 Lifters Didn't Complete King, W. 691.72, Calabello, M. 677.32, Meet/ Earned (Bunker Buster Award). Best Carbonic, C. 660.56, Moore, J. 653.85, Lightweight lifter: H. Santiago. Best Heavylightweight lifter: H. Santiago. Best Heavyweight lifter: M. Reed. Most Improved Manny Camelo +131 lbs. From 9/28/03 this guy would accomplish is he took
(+131 lbs.) Lifter: M. Camelo. Head Judge: Senior Meet. Top Three Squats: 1. Reed, M.
Dennis Montembault, WPC, 220 lb. Master's 605, 2. Lund, M. 575, 3. Imbriglio 570. Top keep him out of the visiting room. The 220 Weight Inter: M. Reed. Most Improved Manny Camelo +131 lbs. From 9/28/03 this guy would accomplish is he took (+131 lbs.) Lifter: M. Camelo. Head Judge: Senior Meet. Top Three Squats: 1. Reed, M. powerlifting seriously. That is, if i could Dennis Montembault, WPC, 220 lb. Master's 605, 2. Lund, M. 575, 3. Imbriglio 570. Top World Record Squat Holder (826 lbs.), And Three Benches: 1. Reed, M. 485, 2. Imbriglio lb. class has dome great competition, but World. Side Judge: Jim Bourgault, APA, 275 lifts: 1. Burton, D. 565, 2. Williams, M.550, stood victorious; taking his weight class lb. Master's Bench Press Record Holder. 3. Walld, S. 525. Top Three Totals: 1. Reed, for the first time. Delacruz is another lifter Side Judge: Carey "Flesh" Williams, NPT M. 1640, 2. Imbliglio 1455, 3. Delactuz, who had limited training, but I hope he gets Vice-President (squat Judge). Side Judge: A. 1380. N.P.T. Meet Notes: I would like ready for the May or September meet, so to start by saying that this meet was filled by some outstanding lifters. All 18 com-the day belongs to Mike Williams. Will-Santiago, H. 891.68, Reed, M. 875.26, petitors gave it all they had, and a great iams has a prosthetic leg, but that wasn't Imbriglio, T. 866.30, Bulton, D. 833.31, time was had by all the lifters and spectagoing to hold him back. He squatted 405, Delacruz, A. 770.04, Lund, M. 760.05, tors. Hector Santiago was the only lifter in benched 360, and had the second biggest Ward, S. 758.07, Williams, M. 738.63, the 148 lb. class, and he was by far the bast deadlift of the day with a 550 lb. pull. Two

lifter of the day. He had a very impressive 450 lb. squat, which is a new "No Squat Suit" record, but he wouldn't stop there; he went on to bench 265, and deadlift 500 for yet two more "No Equipment" records. This guy is amazing, and he has told me that he is looking to break the "All Time" Squat record in May, or September. 480 is a big squat, but I believe he can do it! The 181 lb. class has been lacking great power for the past three meets, but Danny Burton brought some respect back with his 1320 total; squatting 440, benching 315, and with the biggest deadlift of the day; 565. Carabello competed for his third time, and he had personal bests in both his squat and bench. Oriz, a first timer, couldn't complete the meet, and was awarded the Bunker Buster Award. The 198 lbs. class was taken by Tim Imbriglio, Imbriglio broke the "No Squat Suit" record held by Keegan, but not before Keegan wrapped his knees, and spotted him. That's what I call sportsmanship. Imbriglio squatted 570, benched 380 to beat his old "No Bench Shirt" record, and deadlifted 505; he totaled 1455 to break the "No equipment" record. The show that Andrews and Camelo put on for second place was great to watch. Andrews competed for his first time, and totaled 1250. He looks strong, and think we converted another one. Camelo came out of the 181s to compete at a heavier weight, and it seems to have worked for him. Camelo came in this meet with very little training, but he surpassed his total from 9/

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other 220 lb. lifters that should be mentioned are Lund and Ward, Lund, a first time competitor, squatted 575 and Ward had the third biggest deadlift of the day, with a 525 lb. yank. With some experience, and some balance in his lifts, Lund should be a great competitor. The 242 lb. class was won by Jason Moore, and he qualified for the team right on the dot. Doody had some difficulties in training, and it showed. I hope to see some improvements next March. Remember Doody, REDEMPTION! The only lifter in the 275 lb. class was Mark Reed, but that didn't stop him from putting on a show.
Reed squatted 605 for a personal best,
and benched 485 for a "No Bench Shirt"
record. He just missed 515 at the lock out, but I see that going up at his next meet. Thank you to all the men who helped us put this show on. Without you we couldn't do it! (This report from John P. Keegan)

APA Houston Record Breakers 24 IUN 04 - Houston, TX

_ , , , , ,				
Bench Press		275 II	bs.	
148 lbs.		Maste	r 40-4	11
Teen 18-19		Marc	LeBla	nc375
Adam Watson	205	4th		400t
Open		SHW		
Mike Pawlik	230	Subma		
220 lbs.		D. Pr		
Submaster 33	-39	Deadl		nly
C. Maylone	305	105 II		
Open		Teen		
C. Maylone	305			ell 150t
220 lbs.		198 I		
Master 50-52		Maste		
S. Rosenberg	350t	Brian	Kline	552v
Powerlifting 5	SQ.	BP	DL	TOT
Men				
148 lbs.				
Teen 11-12				
J. Burttschell	225w	140w	225	590w
181 lbs.				
Teen 13-15				
	450w	260t	335	1045w
Junior 20-23				
James Evans	565w	330	485	1380w
Open				
R. Durant*	505	345	530	1380
220 lbs.				
Open	The second			14000
Donny Adams	445	290	440	1175
Master 45-49		Parti	200	A 1977
R. Mitchell	405	275	375	1055
242 lbs.				
Master 45-49	151	1		
Wagenseller	450	410t	420	1280

t - Texas Record. a - American Record. w - World Record. * - Best Lifter. The 3rd Annual APA Houston Record Breakers got off to a start on a hot, humid morning on Saturday, July 24th in Houston, Texas. Meet directors were Tom and Maria McCullough, head judge Mark Harris, and side judges Josh Ash and Ann Harris. Spotters were Mike Pawlik, Brian Nugier, and Chris Tucker. The meet got started with the 148's youth division and 11 year old Jesse Burttschell. Jesse opened up on the squat with a 205 for a Texas record and came right back with a 225 for a World record. One his third attempt Jessie just missed 245. In the bench press Jesse was 3 for 3 going 140 on his third for a World record. In the deadlift Jesse hit 225 on his 2nd attempt putting him at a 590 total for a new world record. There was a three way battle in the 181's between 15 year old Joe Sassie, junior lifter James Evans, ahd 25 year old Ricky Durant. Ricky missed 535 on his 3rd attempt leaving him with a 505 squat, Joe just missed a 500 squat leaving m with a 450 for a teen world record, and James just missed a 3rd attempt at 600 leaving him with a junior world record of 565 on his 2nd attempt. In the bench press Joe ended up with a Texas record at 260, while James got 330 and Ricky nailed a 345 on his 3rd attempt. On the deadlift, Joe ended his day with a easy 335 leaving him with a 1045 total for a new teen world record. James and Ricky ended up with twin 1380 totals with pulls of 505 by James and 500 by Ricky, James total of 1380 was more than enough for a new junior world record. Ricky's 1380 total was enough to give



Big Damon Prudhomme with a 565 attempt in his first ever competition. (photographs by Tom McCullough)

him a slight advantage thus winning him the title of Best Lifter. Donny Adams (25) won the 198's with a 445 squat, 290 bench, 440 deadlift and 1175 total. Master lifter Robert Mitchell (48) won the 220's with a 405 squat, 275 bench, 275 deadlift and a 1055 total. Master lifter Gene Wagenseller (45) had a big day taking the 242's with a 450 squat, a Texas record in the bench of 410, a 420 deadlift, and a 1280 total. In the bench press only division 148'er Adam Watson (18) went 195, 205 and just missed 230. Lifting in his first meet ever, spotter Mike Pawlik took a break from his duties and opened up with a 230 missing it. Once Mike settled down he came right back to easily nail 230. On his 3rd attempt Pawlik missed 235. Welcome to the sport Mike! In the 220's submaster lifter Chester Maylone got 285 on his 1st, 305 on his 2nd and just missed 325. Master lifter Steve Rosenberg (52) nailed 350 on his 1st attempt for a Texas 365 on his 2nd and 3rd. Master lifter Marc LeBlanc (41) had a great day setting 4 Texas records. LeBlanc blew up 345 on his 1st attempt, 355 on his 2nd, 375 on his 3rd and came right back to nail 400 on a 4th attempt. The big mar from Louisiana Damon Prudhomme, with



Brian Kline (53) with a 552 DL for an APA Masters WR. (Tom M.) T. Weston 147.5 135 192.5 475

weight to the chest. On his 2nd attempt of 550, again the weight would just not touch. back on his 3rd attempt and took 565 and once again he still had problems touching the weight to the chest. Look numbers coming form this new lifter in the future. Lifting in the deadlift only division we Burttschell Kline. Cody. only 9 years old, lifted in the teen 11-12 I. Mendaje

(40-44)

(60-64)

M. Sperling

255 147.5 205

192.5 122.5 195 510

212.5 160 212.5 585

division. This was the first time Cody had ever been in a meet and he easily got a your Texas record with his 2nd attempt of 150 pounds. Not bad since Cody only weighed in at 98 pounds. Master lifter Brian Kline (53) opened with an easy 450 coming right back on the 2nd attempt with 500. On his 3rd Brian needed to break 550 to take a new world record so Brian went 552 and easily pulled it the top taking the record. Thanks to Houston ISD for supporting this sport and allowing us to use their facilities. Another thanks to House of Pain for attending this meet. Hope you guys made some money! Thanks also to Inzer Advance Designs and Powerlifting USA for their continued support of both our meets and the sport. A big hats off to head judge Mark Harris, and side judges Josh Ash and Ann Harris, spotters were Mike Pawlik, Brian Nugier, and Chris Tucker and score keeper Maria McCullough who all worked hard to make this meet happen. (Thanks to Thomas McCullough for these results.)

APF Central CA Open & Novice 24 APR 04 - Fresno, CA

Z4 AFR	04 -	Liesuc	, ca	
BENCH		D. Pefz	7	
MALE		137.5		
52 kg. (13-15)		(50-54)		
S. Corner	50.0	D. Rob	inson	117.
56 kg. 13-15		110 kg	. Open	100
A. Nomez	47.5	J. Smit	h	215
75 kg.		J. Smith	eil	_
Novice/Open		B. Line		r.
H. Rios	107.5	5192.5		
82.5 kg. Open		125 kg	. Open	
B. Mendoza	205	R. Line	oln, Jr	
90 kg. Junior		272.5		
C. Katsapis	205	M. Cut	Z	235
T. Orwoll	155	S. Doz	ier	175
Open		(55-59)		
John Alvarado	227.	ST. Agu	lar	160
John Deloca	135.0	0140 kg	. Open	
T. Johnson	127.	5M. Rio	s	175
(45-49)		SHW (Open	
T. Johnson	127.	5D. Col	eman	
100 kg. Open		227.5		
R. Girard	227.	55. Gar	cia	210
M. Greg		L. Con		195
D. Pefz	137.	5(50-54)		
(16-17)		L. Con	treras	195
A. Contreras	100	(40-44)	1	
Novice		A. Ran		1
Powerlifting	SQ	BP	DL	TOT
60 lbs. Junior				
S. Sheklanian	165	112.5	185	462.5
75 lbs. Open				
B. Burghand	_	-	-	_
82.5 lbs. Open				
R. Smith	197.	5 117.5	207.5	522.5
90 lbs. Junior				
T. Orwoll	227.	5 155	235	617.5
Open				
J. Kegrice	332.	5 177.5	305	815

(65-69) 215 155 185 555 100 lbs. (16-17) E. Charboneau 137.5 97.5 157.5 392.5 (45-49) R Arrendondo 227.5 182.5 227.5 (50-54)B. King 110 lbs. 307.5 172.5 295 775 Novice/Open 260 165 240 665 . Aichela 145 190 535 T. O'Neill 302.5 -(60-64) R. Bevendsen 200 145 185 530 342.5 217.5 302.5 Burgess 862.5 320 182.5 272.5 775 M. Moore 272.5 187.5 227.5 M. Burrell Novice Rodenburg 157.5 142.5 230 530 140 lbs. (45-49) Healy 322.5 260 300 882.5 150 195 205 550 L. Contreras I. Ginoctean 132.5 162.5 227.5 (40-49)305 265 240 810 295 245 227.5 Sheffield N. Benjamin (50-54)L. Contreras 150 195 205 550 FEMALE 148 lbs. Ope 102.5 65 115 N. Harvey (40-44)L. Ponce (60-64)110 47.5 137.5 295 E. Keresy 181 lbs. Open 132.5 102.5 135 370 (40-44)K. Packer 190 80 157.5 427.5 198 lbs. Open 145 72.5 137.5 355 E. Lawson 125 60 145 330 H. Pardi SHW Open 7.5 L. Baldrige 145 75 130 350 Novice L. Baldrige 145 75 130 350 Best Lifters: Masters - Pete Wison, Women - Evangeline Keresy, Teen/Jr - Shant Sheklanian, Open - James Kegrice, Novice - Richard Aichely, Bench - Robert Lincoin. Jr. (results - Wheeler's Fitness Equipment)

3rc	f Fall	Classic	
12 OCT	03 -	Lafayette, O	H
BENCH		T. Lochran	32
Open		275 lbs.	
165 lbs.		A. Nediff	34
S. Higgins	400	DEADLIFT	
Master		Teen	
181 lbs.		148 lbs.	
T. Proya	460	C. Warren	35
Open		Open	
T. Proya	460	165 lbs.	
Raw Open		B. Simmons	38
198 lbs.		181 lbs.	
B. Weingarth	225	S. Jones	42
220 lbs.		275 lbs.	
M. Lahna	380	A. Timmas	40
Submaster			
Best Lifter Ben	ch - T	om Proya. Best	Lifte

Deadlift - Steve Jones. Winner at rep bench was Tom Proya, 33 reps at bodyweight. Musclebound Fitness would bodyweight. Musclebound Fifness would like to thank the following: Judges - John Malet, Ralph Young, and Rusty Block. Score Table - Pam and Wes McKee. (Thanks to Kayleen Blackstone for results)

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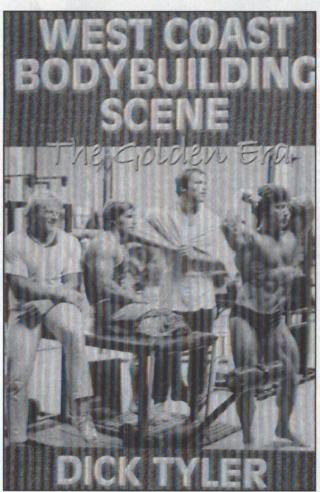
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Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at \$24.95 a copy, plus \$4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

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lb./ kg. USA lifters in results 2003 thru August 2004

	IOPI
	SQUAT
1 2 3 4 5 6 7 8 9	584 Hawthorne, R. 4/17/04 505 Kuhns, M. 3/20/04 490 Holloway, D7/9/04 460 Burkey, J5/1/04 435 Wong, P7/19/03 435 Garcia, R. 11/15/03 530 Cheyne, S3/27/04 430 Medina, D3/27/04 430 Brubaker, D3/27/04 430 Caputo, R4/17/04
11 12 13 14 15 16 17 18 19 20	418 Lamb, B10/11/03 418 Kupperstein, E3/6/04 415 Hafenbrack11/15/03 415 Snell, K3/20/04 415 Hill, M3/27/04 413 Scruggs, J4/3/04 410 Martinez, C3/27/04 407 Sanders, B6/23/03 405 Parrish, S8/03 402 Hunter, S2/7/04
21 22 23 24 25 26 27 28 29 30	402 Cross, T3/19/04 395 Guzman, M3/27/04 395 Caseras, T3/27/04 390 Martinez, A3/27/04 390 Snyder, S4/3/04 385 Myers, Q3/27/04 380 Ponce, J3/27/04 375 Olcsvary11/15/03 375 Ortiz, C3/27/04
31 32 33 34 35 36 37 38 39 40	375 Clarkson, C3/27/04 374 Hile, J3/19/04 370 Griffen, K3/27/04 369 Nogle, C7/03 369 Wiltz, R4/3/04 365 Melancon, S11/15/03 365 Knox, J3/27/04 365 Green, R7/9/04 363 Leoni, R6/7/03 363 Ballard, R4/3/04
41 42 43 44 45 46 47 48 49 50	363 Tom, K. 8/04 355 Mata, L. 3/27/04 352 Meadows, S 7/19/03 352 Rinn, S 6/5/04 350 Wells, B 3/27/04 347 Ladnier, T 6/5/04 341 Marietta, Leah. 4/10/04 335 Horton, C 3/27/04 335 Garcia, F 3/27/04 330 Kirkland, M 4/17/04
51 52 53 54 55 56 57 58 59 60	330 Faraone, J5/1/04 325 Figueraa, C6/28/03 325 Motter, A1/31/04 325 Cooper3/21/04 321 Hughes, H6/21/03 320 Thomas, B3/27/04 319 Murphy, G10/31/03 319 Bonner, T10/31/03 319 Grubbs, C1/31/04 315 McClosky1/25/04
61 62 63 64 65 66 67 68 69 70	315 Palacios, B3/19/04 314 Mayes, J3/6/04 310 Cunningham11/15/03 310 Milliom, A3/19/04 310 Davis, S3/19/04 305 Dupuis, D10/18/03 305 Bodine, R4/04 303 Jackson, D10/31/03 303 Jackson, D10/31/03 303 Conner, J3/19/04
71 72 73 74 75 76 77 78 79 80	303 Dahl, K3/19/04 303 Williams, C3/19/04 303 Bell, B4/3/04 300 Ramirez, P11/15/03 300 Ybarra, M12/6/03 300 Barry, J3/6/04 300 Momoh5/15/04 300 Mollica, T7/9/04 298 Nash, M2/7/04 297 Martinez, C5/15/04
81 82 83 84 85 86 87 88 89 90	295 Moore, D10/25/03 295 Rotramel, T3/19/04 292 Deutsch, D1/31/04 292 Yamashita, J4/20/04 292 Rowe, C7/04 290 Kelley, C11/8/03 290 Anderson, D3/19/04 286 Cincotta, N3/6/04 286 Badagliacco, J3/19/04 285 Tibbs, A3/19/04
01	281 Modeiros T 3/19/04

-	TOP 1	OO For stand received	dard 123 lb./ kg. US from Jun 2003 thru A
	SQUAT	BENCH	DEADLIFT
	584 Hawthorne, R. 4/17/04 505 Kuhns, M. 3/20/04 490 Holloway, D. 7/9/04 460 Burkey, J. 5/1/04 435 Wong, P. 7/19/03 435 Garcia, R. 11/15/03 530 Cheyne, S. 3/27/04 430 Medina, D. 3/27/04 430 Brubaker, D. 3/27/04 430 Caputo, R. 4/17/04	391 Booker, M6/21/03 352 Wong, P5/1/04 340 Petrencak, S7/5/03 336 Zehr, A5/1/04 330 Kuhns, M10/25/03 325 Zacht, A2/21/04 315 Jasper, C7/5/03 305 Hrenchir, A3/20/04 303 Olcsvary5/1/04 297 Hawthorne, R4/17/04	573 Hawthorne, R9/6/03 570 Holloway, D1/17/04 551 Kupperstein, E3/6/04 501 Scruggs, J4/3/04 485 Sanders, B6/23/03 473 Garcia, R11/15/03 462 Meadows, S7/19/03 460 Snell, K3/20/04 451 Leoni, R6/7/03 450 Caputo, R4/17/04
	418 Lamb, B10/11/03 418 Kupperstein, E3/6/04 415 Hafenbrack11/15/03 415 Snell, K3/20/04 415 Hill, M3/27/04 413 Scruggs, J4/3/04 410 Martinez, C3/27/04 407 Sanders, B6/23/03 405 Parrish, S8/8/03 402 Hunter, S2/7/04	292 Holloway, D7/9/04 290 Faraone, J5/29/04 275 Williams, V. 8/28/04 264 Scruggs, J4/3/04 260 Snell, K10/18/03 260 Burkey, J11/29/03 260 Cheyne, S3/27/04 260 Sanchez, E3/28/04 250 Krumrie, N2/1/04 250 Ortiz, C3/27/04	446 Hunter, S2/7/04 446 Wong, P4/10/04 445 Cheyne, S3/27/04 440 Snyder, S4/3/04 435 Hafenbrack. 11/15/03 430 Stein, K3/27/04 425 Olcsvary11/15/03 425 Hill, M3/27/04 420 Myers, Q3/27/04 420 Salem, N3/28/04
	402 Cross, T3/19/04 395 Guzman, M3/27/04 395 Caseras, T3/27/04 390 Martinez, A3/27/04 390 Snyder, S4/3/04 385 Myers, Q3/27/04 380 Stein, K3/27/04 380 Ponce, J3/27/04 375 Olcsvary1/15/03 375 Ortiz, C3/27/04	248 Meadows, S7/19/03 248 Darling, J12/5/03 245 Kabasakalian, D6/22/ 245 Hafenbrack11/15/03 245 Helms, J6/12/04 242 Culp, L8/2/03 242 Rinn, S6/5/04 240 Melancon, S11/15/03 240 Medina, D3/27/04 236 Sanders, B6/23/03	415 Thomas, B3/27/04 413 Nogle, C7/03 (833 Lamb, B10/11/03 410 Medina, D3/27/04 407 Wiltz, R4/3/04 405 Dupuis, D10/18/03 405 Guzman, M3/27/04 405 Ortiz, C3/27/04 402 Myers, C12/14/03 400 Figueroa, C6/28/03
	375 Clarkson, C3/27/04 374 Hile, J3/19/04 370 Griffen, K3/27/04 369 Nogle, C7/03 369 Wiltz, R4/3/04 365 Melancon, S11/15/03 365 Knox, J3/27/04 365 Green, R7/9/04 363 Leoni, R6/7/03 363 Ballard, R4/3/04	236 Cross, T3/19/04 235 Morrison, R3/13/04 235 Guzman, M3/27/04 235 Caputo, R4/17/04 235 Navarre, V5/1/04 231 Hunter, S2/7/04 231 Kupperstein, E3/6/04 230 Lamb, B7/19/03 230 Pichay, V12/14/03 230 Voen, V5/1/04	400 Melancon, S11/15/03 400 Horton, C3/27/04 395 Brubaker, D3/27/04 390 Clarkson, C3/27/04 390 Ferguson8/6/04 385 Parrish, S8/8/03 385 Badagliacco, J3/19/04 380 Hughes, H2/14/04 380 Martinez, C3/27/04
	363 Tom, K8/04 355 Mata, L3/27/04 352 Meadows, S7/19/03 352 Rinn, S6/5/04 350 Wells, B3/27/04 347 Ladnier, T6/5/04 341 Marietta, Leah4/10/04 335 Horton, C3/27/04 335 Garcia, F3/27/04 330 Kirkland, M4/17/04	225 Leoni, R7/5/03 225 Siddons, B8/16/03 225 Garcia R. 11/15/03	370 Kuhns, M10/25/03 370 Martinez, Z3/27/04 370 Griffen, K3/27/04 370 Ponce, J3/27/04 370 Garcia, F3/27/04 369 Hile, J3/19/04 369 Colark, W4/3/04 365 Wells, B3/27/04 364 Gordon, K4/3/04
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10 Wells, D3/21/04	33Z Jackson, D., 10/31/03
10 Mata, L3/27/04	352 Cincotta, N3/6/04
209 Russillo, R8/15/03	352 Akina, K5/22/04
209 Magierek, T12/6/03	350 Caseras, T3/27/04
209 Pineda, I3/27/04	350 Kirkland, M., 4/17/04
05 Newark, R11/8/03	349 Ellis, M6/6/03
05 Clarkson, C3/27/04	347 Yamashita, J12/20/03
05 Martinez, A3/27/04	347 Cross, T., 3/19/04
05 Green, R7/9/04	347 Austin, D., 4/3/04
203 Gilpin, P8/16/03	345 Faraone, J., 5/29/04
03 Arnold, G9/6/03	345 Green, R., 7/9/04
203 Ramos, A., 4/24/04	341 Booker, M., 6/21/03
203 Akina, K5/22/04	341 Pfeifer, T4/3/04
200 Montano, A7/20/03	337 Marietta, Leah 12/14/0
00 Logedon H 11/15/03	336 Grubbe C 1/31/04

/04	200 Montano, A7/20/03
19/04	200 Logsdon, H11/15/03
4	200 Griffen, K3/27/04
/15/03	200 Scofield, C3/27/04
/6/03	200 Snyder, S4/3/04
04	198 Schultz, M 10/31/03
04	198 Muers, C12/14/03
/04	198 Yamashita, J12/20/03
04	198 Nogle, C3/19/04
/15/04	195 Stidham, W2/21/04
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295 Moore, D., 10/25/03	195 Caseras, T3/27/04
295 Rotramel, T3/19/04	194 Rowe, C7/04
292 Deutsch, D1/31/04	192 Hile, J11/1/03
292 Yamashita, J4/20/04	192 Arndt, D12/14/03
292 Rowe, C7/04	192 Nash, M2/7/04
290 Kelley, C11/8/03	192 Clark, W4/3/04
290 Anderson, D3/19/04	190 Ponce, J3/27/04
286 Cincotta, N3/6/04	190 Wilcox5/1/04
286 Badagliacco, J3/19/04	187 Sarris, M12/5/03
285 Tibbs, A3/19/04	187 Badagliacco, J3/19/04
281 Medeiros, T3/19/04	187 Martinez, C5/15/04
281 Ketzner, T., 4/3/04	187 Leech, J., 6/12/04
280 Bures, K3/19/04	186 Bloom, C., 6/12/04
280 Jones, S3/19/04	185 Parrish, S8/8/03
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275 Wilson, L12/13/03	181 Ray, Jessica7/26/03
275 Riddle, K3/6/04	181 Green, J9/6/03

187 Martinez, C5/15/04	3
187 Leech, J6/12/04	3
186 Bloom, C6/12/04	3
185 Parrish, S8/8/03	3
185 McClosky1/25/04	3
185 Dahl, K4/3/04	3
185 Bodine, R4/04	3
181 Ellis, M6/6/03	3
181 Ray, Jessica7/26/03	3
191 Groom I 0/6/02	2

330 Braguine, J..3/6/04 330 Rotzinger, J..3/14/04 330 Williams, C..3/19/04 330 Bell, B..4/3/04 330 Martinez, C..5/15/04 330 Switzer, J..7/04 325 Haislar, E..3/20/04 325 Bodine, R..4/04 300 Momoh..5/15/04

320 Pataky, B..5/8/04 319 Nevarez, J..6/21/03 319 Gering, J..11/8/03 319 Wright, A..6/12/04 315 Barry, J..3/19/04 315 King, M..3/19/04 315 Urkey, J..5/1/04

TOTAL

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1095 Hafenbrack...11/15/03 1090 Olcsvary...11/15/03 1085 Snell, K...3/20/04 1080 Hunter, S...2/7/04 1080 Medina, D..3/27/04 1063 Meadows, S...7/19/03 1058 Lamb, B..10/11/03 1050 Hill, M...3/27/04 1045 Brubaker, D...3/27/04

1030 Leoni, R...6/7/03 1030 Ortiz, C...3/27/04 1030 Snyder, S...4/3/04 1020 Myers, Q...3/27/04 1020 Myers, Q...3/27/04 1015 Martinez, C...3/27/04 1005 Melancon, S...11/15/03 1003 Wiltz, R...4/3/04 986 Cross, T...3/19/04 975 Parrish, S...8/8/03

975 Stein, K..3/27/04 970 Clarkson, C..3/27/04 965 Martinez, A..3/27/04 955 Horton, C..3/27/04 950 Knox, J..3/27/04 950 Faraone, J..5/29/9/04 945 Thomas, B..3/27/04 940 Griffen, K..3/27/04 940 Griffen, K..3/27/04

940 Caseras, T..3/27/04 936 Ballard, R..4/3/04 931 Hile, J..3/19/04 925 Wells, B..3/27/04 920 Mata, L..3/27/04 915 Green, R..7/9/04 900 Figueroa, C..6/28/03 898 Rinn, S..6/5/04 885 Garcia, F..3/27/04 875 Dupuis, D..10/18/03

865 Burgoyne, C..11/15/03 865 Nash, M..2/7/04 859 Badagliacco, J..3/19/04 848 Conner, J..3/19/04 845 Rowe, C..7/04 837 Grubbs, C..1/31/04 837 Marietta, Leah. 4/10/04 835 Kirkland, M..4/17/04 832 Hughes, H..6/21/03 832 Dahl, K..3/19/04

830 McClosky..1/25/04 826 Murphy, G..10/31/03 815 Bodine, R..4/04 815 Martinez, C..5/15/04 810 Bonner, T..10/31/03 810 Clark, W..4/3/04 810 Tom, K..8/04 804 Jackson, D..10/31/03 804 Cincotta, N..3/6/04 804 Yamashita, J..4/20/04

337 Marietta, Leah.. 12/14/03 793 Williams, C...3/19/04 336 Grubbs, C...1/31/04 793 Ladnier, T...6/5/04 782 Mayes, J...3/6/04 782 Mayes, J...3/6/04 335 Manuel, G...12/6/03 780 Cunningham.. 11/15/03 780 Palacios, B...3/19/04 777 Akina, K...5/22/04 332 Mayes, J...3/6/04 765 Momoh.. 5/15/04 765 Bloom, C...6/12/04

760 Zagone, B. 4/17/04 760 Pavlovsky, G. 6/12/04 755 Cooper. 3/21/04 755 Giorno, J. 5/15/04 750 Rotzinger, J. 3/14/04 749 Deutsch, D. 10/8/03 744 Schultz, M. 10/31/03 744 Casper, P. 5/21/04 740 Milliorn, A. 3/19/04 740 Cabeza. 5/1/04

735 Barry, J..3/19/04 733 Whidden..6/8/03 733 Navvare, V..10/31/03 733 Motter, A..1/31/04 733 Ketzner, T..4/3/04 730 Ramirez, P..11/15/03 730 Wilson, L..12/13/03 727 Nitzken, D..3/19/04

Achievement Awards

PL USA Top 100



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. I you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 132s

Corrections - On the Women's TOP 20 rankings, Michael Soong has pointed out that Stacy Milbauer and Melissa Falcon were accidentally listed in the 97 lb. class in the results of the USAPL Decemberfest meet, whilee Stacy was actually in the 132 and Melissa in the 165s. Sioux-z Hartwig should have been credited with 948 total and 369 deadlift on the 123 lb. ranking. In the AAU Jr. Olympics results (7/03), Carly Nogle actually weighed in the 132 lb. class, rather than the 123s. Amy Weisberger actually did her 515 squat on 8/8/03 (132 lb. list). Kari Sabin was actually competing as a SHW on 3/ 22/03. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Box 467, Camarillo, CA 93011

What They're Not Telling You **About Anabolic Steroids!**

Unfortunately, there is a popular misconception in the sports world today that anabolic steroids are relatively harmless drugs whose side effects have been blown way out of proportion. That's pure nonsense! The truth is that steroids can totally destroy your life and even kill you.

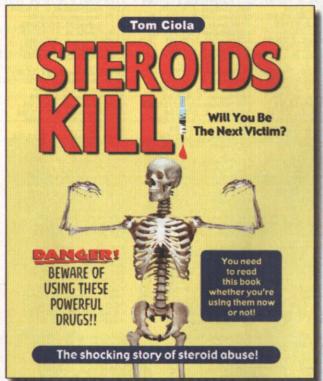
Are you currently using steroids or perhaps thinking about starting? If so, you owe it to yourself to read the brand new book STEROIDS KILL! - by Tom Ciola. Here at last is the unvarnished truth about the dangers of anabolic steroids and other performanceenhancing drugs. It's full of hard-hitting, bone-chilling facts that will make you think twice about using these

drugs. The well-researched information and true stories from athletes are guaranteed to present the steroid controversy to you in a way you've never heard it before.

Lies Of The 'Drug Merchants'

Steroids are BIG BUSINESS and many of the people involved with them are anxious to allure others into their destructive and often deadly trap. That's why they hope you never read STEROIDS KILL! Here's just a brief sampling of the misinformation going around today:

The "drug merchants" will tell you that thousands of athletes are using steroids with very few cases of serious side effects. Well this is just pure RUBBISH! Not only are many steroid users getting sick from using the drugs, some are even dying! The reason you never hear about these people is because most of them are not famous, would never compete



and will never make it into the muscle magazines or national media. But they're out there having all kinds of health problems - not to mention the emotional, psychological and financial toll the drugs are taking on them. And worse, as this book will show you, some are even paying the ulti-

who start using these drugs, will ommended and safe amounts. And the worst thing yet is that the dosage Orlando, FL 32811. levels continue to rise.

who start using steroids will never bother seeing a doctor. And as far as blood tests go, understand that at best, they are like a photographic snapshot. They can only tell you about the present. In fact, it's quite possible for you to get a reassuring report from a doctor today on a blood test that a week or two later could show numbers that are off the charts. And just as a point of interest, there have actually been several bodybuilders who have used steroids under a doctor's supervision and still ended up in serious trouble.

They say that steroids aren't addictive but don't you believe it. Bodybuilders and athletes who start using them have great difficulty

quitting. That's because it becomes extremely depressing to see steroidinduced gains in muscle and strength start to dissipate the day you stop using the drugs.

How To Order

So before you become another steroid statistic, you owe it to your-They'll also assure you that if you self to read this book. It's available use the drugs properly and have reg- for \$19.95 (plus \$4.95 S&H). So why ular medical checkups, there's no not order your own personal copy of danger. This is also total BALONEY! STEROIDS KILL! right now! It just The main reason is that most people may be the most important book you've ever read. To order by mail, never use them "properly." Quite the just write the words "Steroids Kill" on opposite! It's a known fact that the a piece of paper with your name and average drug dosages used by ath- address along with a check or money letes are out in the stratosphere - far order for \$24.90 and mail it to exceeding anything close to the rec- Athletes Against Steroids, 731 Kirkman Road, Dept. SK-PL.

For even faster delivery, you can order with a credit card either by call-And as far as medical checkups are ing our toll free number at 1-877concerned - more wishful thinking! 914-9910 or by placing your order on First of all, the majority of athletes line at www.AthletesAgainstSteroids.org

