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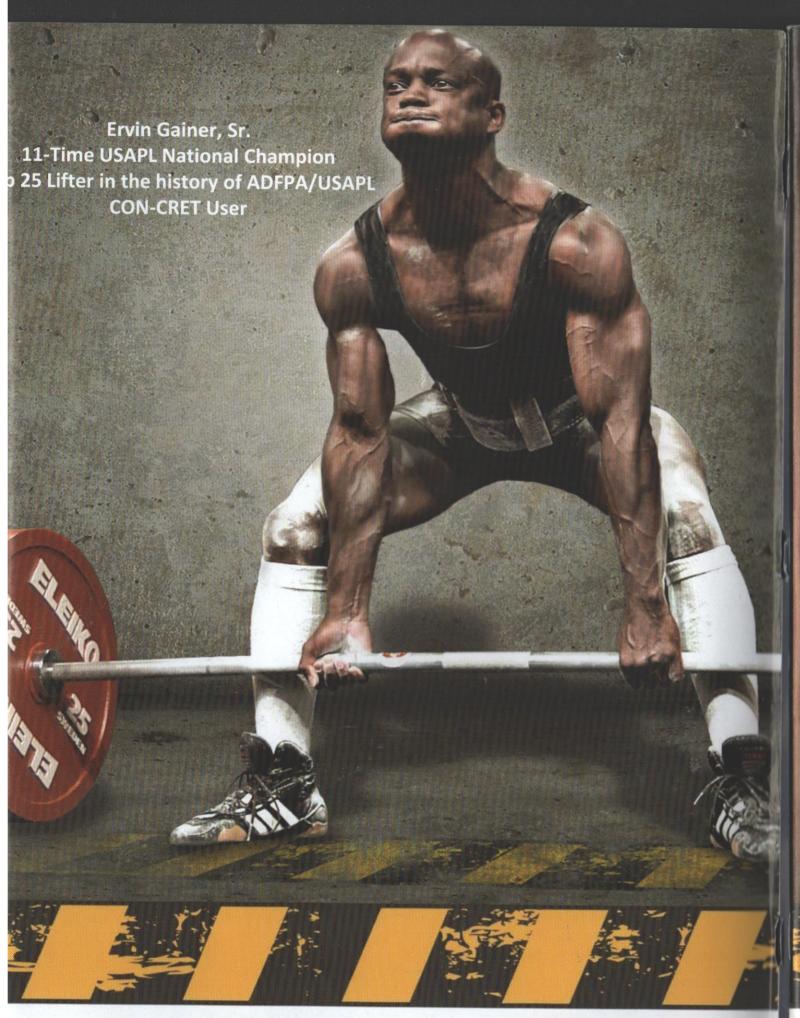
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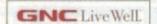


\*When taken as directed. Actual results may vary.





For more information, visit us at:



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

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#### **MUSCLE MENU**

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ON THE COVER ... Seven of the top lifters at the WABDL World Championships. (photos by Namea Designs & PL USA)

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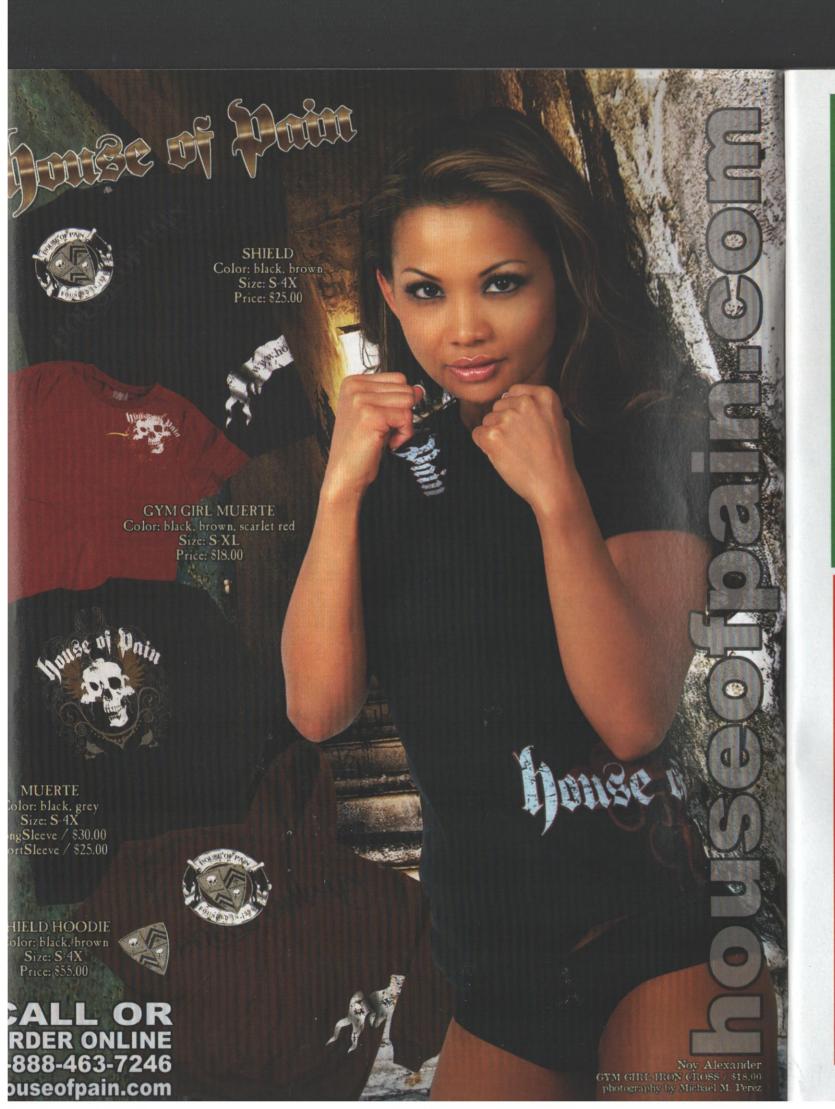
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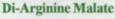
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led to this

We won't say that it's 100% perfect, but it is true that MILO has something of a crystal ball when it comes to sensing what's about to happen in the strength worldwhich is why we put Phil Pfister on the cover of our June issue last year, predicting that it might be his year to win the World's Strongest Man contest. Phil went on to win-the first American since Bill Kazmaier-and Phil, bless his soul, made no bones about what fired him up to win the big one . . . it was our cover!

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#### Freak Fix is Made With 100% Ultra-Pure Whey Protein Unlike Inferior Milk Protein.

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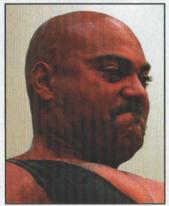
In a 6-week clinical study, subjects ingesting a key ingredient in Freak Fix gained a shocking 15 times more lean mass than the placebo group (5.88 lbs vs. 0.37 lbs)!

#### 11th WABDL USP Labs World **Bench Press & Deadlift** 15-20 NOV 07 - Anaheim, CA There were 583 lifters from 37 states

in the USA and the following

countries: Finland, Sweden, Norway

Brazil, Guatemala, Canada, New Zealand Estonia India United Kingdom, Saudi Arabia, Vietnam, Poland, Palestine, which amounted to 53 contestants who came from foreign countries. The contest was six days and we ran 62 flights over those six days. There were 45 world records in the deadlift and 59 world records in the bench press. The venue was the Anaheim Hilton Hotel, which is three blocks from Disneyland and many lifters brought their families and had a great time. I flew Tommy Kono in from Hawaii and Bruce Wilhelm presented him with an award as the greatest Olympic lifter of all time. Tommy won eight consecutive world championships from 1952 to 1959 in three different weight classes, 148, 165, and 181. He won gold medals each at the 1952 Olympics in Helsinki, Finland, the 1956 Olympics in Melbourne, Australia, and a silver medal at the 1960 Olympics in Rome, Italy. He competed in 40 different countries and won three Mr. Universe contests in bodybuilding. The Shah of Iran was in Honolulu sometime in the late Sixties and sent a limo to Kono's house and had dinner with Tommy Kono at the Royal Hawaiian Hotel. Tommy had won both a Mr. Universe contest and a World Olympic Lifting championship in Teheran and the Shah said the people of Iran considered him to be the greatest athlete in the world and that he had achieved almost mythical status in Iran, Tommy set 41 world records and he was the coach of the German weightlifting team at the 1972 Olympics, the Mexican weightlifting team at the 1968 Olympics in Mexico City and the Japanese weightlifting team at the 1964 Olympics in Tokyo. Tommy Kono was the first person to arouse my interest in lifting when I was growing up in northeast lowa. When I was in 7th grade I started working in my dad's lumberyard in Harper's Ferry, Iowa, on the Mississippi River. It would take two men three days to unload 900 sacks of cement in a railroad boxcar. When I was 14, I had read where Tommy Kono had set two world records. My dad would pay two men \$60 total for 2-1/2 days to unload the cement. At



Colin Keohuloa came from HI

#### **USPLABSWABDLWORLDS**

as told to Powerlifting USA by Gus Rethwisch



Tommy Kono formally recognized by WABDL and Bruce Wilhelm.

age 14 I said, "Give me \$40 and I'll do it by myself in one day." I started at 6:30AM and finished at 6:30PM with no breaks other than juice and water. My back locked up for a full day: and if I moved at all, I got a huge cramp. I was hooked on lifting ever since, even though I didn't do any formal lifting until about nine years later. I also need to talk about the

presenter Kono's award. Bruce Wilhelm. Bruce won two World's Strongest Man contests on Sports Spectacular in 1977 and 1978. He was on prime time network TV from 1:00PM to 2:00PM Saturday for 20 Saturdays, He was one of the Miller Lite All-Stars and was featured on three different commercials that aired off and on for two years. He won the Big 8 championship for Oklahoma State

Steven Herrmann hauls a DL.

he was an All-American shot putter with 69 feet six inches being his best, at Arizona State. He swam with the Santa Clara Swim Club when he was in high school and tied for third in the 1976 Olympics in Montreal with a 485 lb. clean and jerk and 407 lb. snatch. He power cleaned 485. We became friends when I competed against him in the 1978 World's Strongest Man contest, which was contested at Universal Studios. He won and I was in fourth place, but couldn't do the refrigerator race because I had injured my heel on the tram pull and finished fifth out of ten. The meet was contested over three days. We did ten events. The temperature was 109 and they had third stage smog alerts

every day. When the Strongman was televised they only did one event per Saturday for ten Saturdays, the average viewing audience was 26 million, more than what the Beatles had on the Ed Sullivan show in 1964. Back to the WABDL Worlds. The Anaheim Hilton is a 1500 room hotel, by far the best venue ever for any kind of weightlifting event in southern

California. but it still doesn't quite measure up to big casino hotels like the Riviera in Vegas, which has 2200 rooms and the Peppermill and Reno Hilton in Reno, which have 1700 rooms and 2000 rooms respectively. In the **DEADLIFT** Class I Omar Alageeli of Saudi Arabia set a national record of 303 in the 132s. He is the first lifter Saudi from Arabia represent his country in any international powerlifting

tournament in any federation. At 148, Ben Kammueller of Wisconsin set a state record 440.7. Justin Gourley of Illinois was second with the same weight and an Illinois state record. At 165, Joseph Lamonica of Canada set a Canadian national record of 440.7 but finished second to Erik Vorsatz of California who hauled in 457.2 to win the World's in Class I/ 165. At 198 Brendan Ridings of Illinois set a state record 633.7 to beat out Earl Solidium of Hawaii who set a state record 601.8. Nate Krohn of Minnesota was third with 600.7 and a state record. Bobby Burns of Indiana was fifth with a state record 562. At 220 Jeremy Drecksel of Utah set a Utah record 606.2 to win the

Worlds over Andy Whitaker of Louisiana who pulled 584 for a state record. At 259 Colin Keohuloa of Hawaii pulled a huge 661.2 for a state record to easily win the gold by about 100 lbs. In 308, Timothy Palengat pulled a California state record 633.7 to edge out Robert Speno of California who did 628.2 which was a California record for a short period of time. At super Eric Welch who is six foot six inches and hails from Nevada set a Nevada record 694.2 to beat Thomas Guinev of Oklahoma who did a respectable 661.2. The three lifters with great coefficients were: Andrew Billing of Illinois with 556.5 at 181, Brendan Riding of Illinois with 633.7 at 198, and Colin Keohuloa of Hawaii with 661.2 at 259. Moving onto Junior men deadlift, at 132 Nick Lenhart of Utah had an off day with 485. He's done over 500 lbs. In second was Neal Crago of Illinois with 457.2 which was an Illinois state record. At 148 Ben Kammueller set a WI record 440.7 to win his second word title. He also won in Class L At 165 Laramie McMasters of Illinois won easily with n impressive 562 and an Illinois state record to boot. At 181 Steven Herrmann of Michigan opened with 617.2 and jumped to 661.2 and was close, but he still won the gold by over 100 lbs. Galen Lyle of Minnesota was second with a Minnesota state record 485. At 198, Brendan Ridings of Illinois won his second world title for the week 63.7. Bobby Burns was second with an Indiana record 562. At 220 Jason Perez of Texas won with 650.2 and Daniel Winslow of Idaho was third with an Idaho record 600.7. Andy Whitaker was fourth with a Louisiana record 584 and Patrick Shippert of Illinois was second with 606.2. At 242 Andy Munsey won the gold with 584 and came close with 617. Ben Smith of Maine was third with a state record 462.7. At 259 David Bergman of Massachusetts won gold with a 573 state record. At 308 Ronnie Castro of California didn't set a record but came up with a nice 672. At super



Tyler Roessler of Utah won gold with a state record 622.7. High

Ricardo Nort came from Brazil

coefficients in lunior were Brendan Ridings with 633.7 at 198, and Jason Perez with 650 at 220. In Junior women, Natalie Freed Pennsylvania set a world record 303 at 105 and Katelyn Tobin of Minnesota set a world record 325 at 114. In Law/Fire Master 40-47/242 Jim Casemier Michigan set a Michigan record







Tom Eiseman looking for 800#

State Chairman Joe Mickelson who pulled 611.7. Joe works for the Seattle department and has over 200 men underneath him that he manages. Joe does a great job as state chairman. He traveled to a meet in Cour d' Alene, Idaho, and he went to all of the meets in Washington, Olympia, Aberdeen, Seattle, Pasco, and Issaquah. That's the job of a state chairman to help out at meets and make sure that everything runs as smoothly as possible. At Super Alan Valentin of Hawaii won gold with a state record 556.5. In Master 54-60/ 165 Gregory Kleyn of Illinois set a

with those kids

gotten off of the

street and drugs.

At 308, Alan

Heta, the Vice

President of

WARDI for New

Zealand and

Australia, pulled

418.7 to finish

second to the

world record 540. Alan Sheen of Louisiana was second with a state record 402.2. During hurricane Katrina Alan's home was badly damaged, but he still made it to the Worlds. That's dedication and that's what keeps me passionate about WABDL. It's for the rank and file. Everybody gets treated equally and as fairly as possible. In third place at 54-60/165 was Gary Miller of Nevada with a 336 state record. At 181, Eric Ansberry keeps making progress as he won his first World Championship in six tries with a 451.7. At 198 Anders Wahlund of Sweden came back after a three year absence due to heart problems and pulled a 573 Swedish national record to win gold. At 259 Eddie Morgan of Arkansas set a world record 651.3. Eddie is a

schoolteacher who teaches math. At

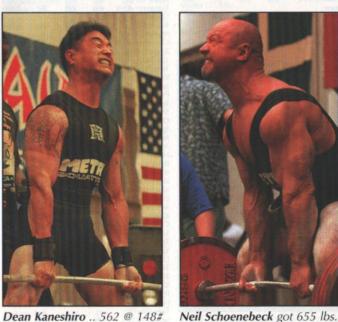
Super steady Leo Contreras won with



Eddie Morgan and his WR 651.

an easy 413 deadlift. Leo has been to every Worlds since 2000. In Master 61-67 there was some unbelievable deadlifting, probably the best in the whole contest, all things considered! At 148 Ted Feight, the WABDL Michigan State Chairman won with a state record 363.7. Ted won two bronze stars and a silver star in Vietnam with the Army light infantry. You would never know by looking at him, and he never told me. I was in his house once and I said, "Is this what I think it is?" He just said, "Lock

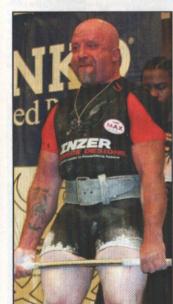
(continued on page 80)



Neil Schoenebeck got 655 lbs.



Sakari Selkainaho from Finland.



Al Dawson pulled a solid 666.

WPC Wo	rld	Champions	nin
30 OCT-4 N	OV	Championsh 07 - Togliatti,	RUS
BENCH	•	Stoyanov-RUS	363
WOMEN		Togoyev-RUS	319
98 lbs.		Master (40-44)	
Open		Bychkov-RUS	187
Voronova-EST	154	Master (45-49)	
105 lbs.		Shteynbergs-LAT	314
Junior (20-23)		Master (50-54)	
Sergiyenko-RUS	148	Kim-RUS	363
Open		Master (65-69)	
Dzina-RUS	159	Kiselev-RUS	203
Okhotina-RUS	_	Chistyakov-RUS	148
115 lbs.		Open	
Teen (18-19)		Sivokon-KAZ	523
Grishechkina-RUS	165	Speranskiy-RUS	485
Junior (20-23)		Allakhverdiye-AZ	E 396
Shmakova-RUS	137	Nikitin-RUS	385
Open		Eldin-FRA	319
Zotova-RUS	215	165 lbs.	
Shtin-RUS	165	Teen (13-15)	
Gileva-RUS	_	Tychynin-RUS	336
123 lbs.		Yakfarov-RUS	319

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8 lbs.		Master (40-44)			
pen		Bychkov-RUS	187		
oronova-EST	154	Master (45-49)			
05 lbs.		Shteynbergs-LAT	314		
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pen		Master (65-69)			104
zina-RUS	159	Kiselev-RUS	203		
khotina-RUS	_	Chistyakov-RUS	148		
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ntin-RUS	165	Teen (13-15)	225	\$550000 NO. (1)	
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23 lbs.		Yakfarov-RUS	319	1/1-1: 14	
een (16-17)		Teen (16-17)		Vladimir Ma	axim
odelko-RUS	104	Lopatin-RUS	374		
een (18-19)		Khrushchev-RUS	275	Baumer-EST	551
melina-RUS	159	Teen (18-19)		Garipov-RUS	485
mior (20-23)		Chebykin-RUS	402	Shchuplov-RUS	463
urina-RUS	275	Bogatyrev-RUS	391	Metelev-RUS	451
alobina-RUS	237	Fedotov-RUS	264	Panin-RUS	446
rineva-RUS	182	Junior (20-23)	20.	Dyachenko-RUS	446
ayeva-RUS	171	Nekipelov-RUS	485	Avdonin-RUS	418
		Blinov-RUS	413	Bogatkov-RUS	****
pen SVV	100			198 lbs.	
ptakova-SVK	198	Upolovnikov-RUS	407	Teen (16-17)	
epanovich-RUS	187	Zlobin-RUS	385		220
23 lbs.		Abubekirov-RUS	374	Udovichenko-RUS	
een (18-19)		Semikolenny-RUS	363	Maklakov-RUS	286
styuzhanin-RUS		Pshenichnyy-RUS	330	Teen (18-19)	
aveshnikov-RUS	126	Olexandr-USA	-	Romanov-RUS	440
mior (20-23)		Master (45-49)		Dorgobuzov-UKR	440
ondratova-RUS	215	Baranchikov-RUS	341	Balashov-RUS	308
epanova-RUS	215	Stoyanov-RUS	270	Junior (20-23)	
pen		Master (50-54)		Yevtushenko-RUS	551
laltseva-RUS	242	Tatarkin-RUS	402	Abdullin-RUS	529
	242		402	Hooker-USA	485
laster (45-49)		Master (55-59)	222		
harif-ISR	99	Khlopenev-RUS	330	Rogov-RUS	424
48 lbs.		Master (65-69)		Stefantsov-RUS	396
een (18-19)		Petukhov-RUS	314	Grigoryev-RUS	330
okareva-RUS	171	Master (70-74)		Markiv-UKR	_
mior (20-23)		Pereladov-RUS	209	Stefanchishe-UKR	_
ovtsova-RUS	_	Open		Ibragimov-AZE	_
pen		Aliyev-AZE	446	Master (40-44)	
	264				485
ledvedeva-RUS		Rode-RUS	440		
ubrovina-RUS	193	Kutuzov-GER	413	Rollot-FRA	440
laster (45-49)		Paderin-RUS	413	Shubin-UKR	385
arkus-ISR	132	Uskov-RUS	391	Rachkov-RUS	385
55 lbs.		Tsetsulin-RUS	352	Master (45-49)	
pen		Abubekirov-RUS	352	Nochvin-RUS	485
neludko-RUS	330	Pleshkov-RUS	352	Akentyev-RUS	451
nacheva-RUS	253	Kokorev-RUS		Theaux-FRA	396
	253			Master (50-54)	330
aputa-RUS		Robey-USA			407
okra-SVK	215	181 lbs.		Mattei-FRA	407
31 lbs.		Teen (13-15)		Zavyalov-RUS	380
pen		Duskryadche-RUS	187	Muran-RUS	-
ablina-RUS	253	Teen (16-17)		Ponomarev-RUS	_
ackova-CZE	198	Chudin-RUS	330	Master (55-59)	
98+ lbs.		Titov-RUS	314	Pyatakhin-RUS	380
aster (45-49)		Abdulayev-RUS	308	Barskiy-ISR	363
antanen-FIN		Teen (18-19)	500	Metelkin-RUS	253
	- TE   17		274		233
ALE		Mikayelyan-RUS	374	Master (60-64)	-
15 lbs.		Fedotkin-UKR	363	Bolshov-RUS	275
een (13-15)		Markelov-RUS	330	Mertsalov-RUS	_
etukhov-RUS	165	Junior (20-23)		Open	
omin-UKR	132	Kargapolov-RUS	474	Bazilevich-UKR	617
avlyuk-RUS	121	Dyatlov-UKR	418	Mamedov-RUS	595
lexandrov-RUS	176	Shapovalov-RUS	402	Shishkin-RUS	562
pen		Grishin-RUS	396	Severinov-RUS	551
rtemyev-RUS	297	Shisterov-RUS		Ponomarev-RUS	551
	29/		390		512
24 lbs.		Doronin-RUS		Ibragimov-AZE	507
een (13-15)		Dyachenko-RUS	T	Dubrovin-RUS	
aranov-RUS	176	Master (40-44)		Vateha-SVK	507
mazyan-RUS	253	Grebers-LAT	429	Royanov-RUS	507
nior (20-23)		Petryakov-RUS	418	Ruchkin-RUS	479
bdiyev-RUS	286	Melnikov-RUS	407	Belousov-RUS	479
pen		Alexeyev-RUS	264	Mirzoyan-RUS	457
rtemyev-RUS	303	Rodionov-RUS		Koshkin-RUS	_
	253			220lbs.	
nuchin-RUS 32 lbs.	233	Master (45-49)	206	Teen (18-19)	
		Reshetnikov-RUS			201
een (13-15)		Baykin-RUS	396	Trubachistovs-LAT	
ornyy-UKR	154	Master (50-54)		Mashkevich-RUS	347
een (16-17)		Likh-RUS	341	Tyurin-RUS	341
nelaykin-RUS	231	Larin-RUS	275	Junior (20-23)	
een (18-19)		Master (55-59)		Mardanov-AZE	606
achan-UKR	209	Korolchenko-RUS		Borshchev-RUS	562
	203		200		551
nior (20-23)	274	Druzhkov-RUS	1	Ayvazyan-RUS	
artanov-RUS	374	Stankevich-RUS		Kurbatov-RUS	518
aster (40-44)		Master (60-64)	The same	Kvasnikov-RUS	446
ukhamedy-RUS	176	Craig-USA	429	Kholkin-RUS	363
aster (55-59)		Tsariyev-RUS	286	Master (40-44)	
heblakov-RUS	214	Biserov-RUS		Kushin-RUS	617
pen		Master (65-69)	700	Tolmachev-RUS	330
artanov-RUS	374	Yakushov-RUS	264	Nekhayenko-RUS	_
	314		204		
18 lbs.		Master (70-74)	202	Belikov-RUS	
een (18-19)		Malyshev-RUS		Gromov-RUS	-
henichnyy-RUS	242	Open		Master (45-49)	
nior (20-23)		Koshkin-RUS	661	Paley-RUS	606
aravayev-RUS	374	Nechayev-RUS	595	Subbota-RUS	330
olesnikov-RUS	363	Popov-RUS		Master (50-54)	
sunov-RUS	363	Nigmatulin-RUS	551	Tokarev-RUS	418
		0			



n Bench Press

	K				
ladimir Ma	aximo	v was the Be	est (	Open Bench I	Presi
umer-EST					, 00.
ripov-RUS	551 485	Master (55-59) Givens-USA	446	Tretyakov-RUS 275 lbs.	
chuplov-RUS	463	Porotskiy-ISR	330	Teen (16-17)	
etelev-RUS	451	Master (60-64)	300	Voronin-RUS	352
nin-RUS	446	Lancaster-USA	_	Teen (18-19)	
rachenko-RUS	446	Master (65-69)		Krymskiy-RUS	485
donin-RUS	418	Martirosov-RUS	314	Zverev-RUS	374
gatkov-RUS	-	Master (70-74)		Junior (20-23)	
8 lbs.		Goldman-RUS	352	Korshkov-RUS	611
en (16-17) lovichenko-RUS	330	Open Fedyayev-RUS	661	Matsur-RUS Master (40-44)	606
aklakov-RUS	286	Minuth-USA	661	Duseyev-RUS	573
en (18-19)		Kushin-RUS	617	Chernykh-RUS	551
manov-RUS	440	Paley-RUS	606	Luchkov-RUS	540
orgobuzov-UKR		Gromov-RUS	573	Norkin-RUS	507
lashov-RUS	308	Grigoryev-RUS	551	Lukyanchik-RUS	352
nior (20-23)		Martirosyan-RUS	551	Novolokov-RUS	-
vtushenko-RUS dullin-RUS	529	Gorbunenko-RUS	551	Master (45-49)	EE1
oker-USA	485	Simagin-RUS Petukhov-RUS	551 551	Lopatskiy-RUS Sychev-RUS	551 391
gov-RUS	424	Palshin-RUS	540	Master (50-54)	331
fantsov-RUS	396	Korshunov-RUS	529	Pevko-LAT	628
igoryev-RUS	330	Denisov-RUS	529	Zemerov-RUS	485
rkiv-UKR	-	Fadeyev-RUS	507	Bulichev-RUS	485
fanchishe-UKR	_	Dolgov-RUS	507	Rantanen-FIN	-
agimov-AZE	-	Mirzoyan-RUS	463	Master (65-69)	262
ernovniko-RUS	485	Zozzoli-FRA Chidingov-RUS	463 451	Dmitriyev-RUS Dobri-EST	363
llot-FRA	440	Gaak-RUS	431	Open Open	319
ubin-UKR	385	Bobkov-RUS		Kushnarev-RUS	749
chkov-RUS	385	Omelkov-RUS	_	Laszlo-HUN	733
ster (45-49)		Garzha-RUS	_	Bobchenko-UKR	688
chvin-RUS	485	Berman-RUS	-	Koltakov-UKR	639
entyev-RUS	451	Otavin-RUS	-	Velibekov-RUS	573
eaux-FRA	396	242 lbs. Teen (16-17)		Duseyev-RUS	573
ster (50-54) attei-FRA	407	Malyugin-RUS	463	Dvorak-CZE Seregin-RUS	556 518
vyalov-RUS	380	Litvinenko-PMR		Kadera-CZE	507
ıran-RUS	_	Teen (18-19)		Shishlyanniko-RUS	
nomarev-RUS	_	Shpringer-RUS	512	Spisak-SVK	396
ister (55-59)		Pestichev-RUS	485	WOMEN	SQ
atakhin-RUS	380	Junior (20-23)		98 lbs.	
rskiy-ISR	363	Brylin-RUS	573	Open	242
etelkin-RUS ester (60-64)	253	Kubata-RUS Rondalainen-EST	529 463	Novikova-RUS 104 lbs.	242
Ishov-RUS	275	Maslov-RUS	-400	Teen (16-17)	
ertsalov-RUS	_	Master (40-44)		Snakova-SVK	226
en		Neklyudov-RUS	727	Open	
zilevich-UKR	617	Tretyakov-RUS	672	Dzina-RUS	286
medov-RUS	595	Ponomarev-RUS	507	114 lbs.	
shkin-RUS	562 551	Podelko-RUS	-	Teen (16-17)	206
verinov-RUS nomarev-RUS	551	Master (45-49) Pozdnyakov-RUS	496	Khabibullina-RUS Teen (18-19)	286
agimov-AZE	512	Yagovkin-RUS	490	recir(10-13)	
brovin-RUS	507	Kazanev-RUS	418	a Grand Ma	
teha-SVK	507	Bartolomei-USA	-	and a second	W/A
yanov-RUS	507	Master (50-54)			
chkin-RUS	479	Bobrov-RUS	496		
lousov-RUS rzoyan-RUS	479 457	Pokhvashche-RUS Master (55-59)	400	360	
shkin-RUS	-	Larin-RUS	374		
Olbs.		Master (60-64)	4	20	
en (18-19)		Maslov-RUS	352	ALL AND ASSAULT	mic stable
bachistovs-LAT		Ishchenko-RUS	352		
shkevich-RUS	347	Master (65-69)	204		000
urin-RUS	341	Lobachev-RUS	286		Var
nior (20-23) ordanov-AZE	606	Open Neklyudov-RUS	727		
rshchev-RUS	562	Dexter-USA	705	DEER	TA
vazyan-RUS	551	Ozols-LAT	677	Market	51
rbatov-RUS	518	Czegeny-HUN	672	A.CN	ANG
asnikov-RUS	446	Pyshmintsev-RUS	600	All litters To a	
olkin-RUS	363	Kolesnikov-RUS	573		
ster (40-44)	(17	Kostylev-RUS	551		
shin-RUS machev-RUS	617 330	Likhman-RUS Bubnov-RUS	551		7000
khayenko-RUS	_	Chizhov-RUS	551 529		
ikov-RUS	_	Golodnov-RUS	529		

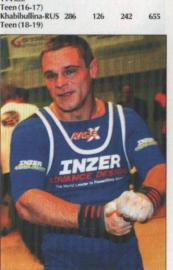
Kucherov-RUS

Kurpishev-RUS — Gorbachev-RUS — Rakhmanov-RUS —

Balakin-RUS

529 529 485

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or at	the Wo	orldo	K
er at	me vve	nius	T
Kapus	ta-RUS	-	S
Zaytse Kiseler	v-RUS	-	C
308 lbs			Z
Teen (			1
Teen (	rev-RUS	352	T
Lukkar	inen-FIN	551	Ju
Junior	(20-23)		P
Shlyko	-RUS	595 595	C
Master	r (40-44)	3,3	D
	nov-RUS	810	B
Vesely Open	-CZE	507	F
Maxim	nov-RUS	810	1
	ov-RUS	595	P
Reutov	in-RUS	485	N
Murnie	ex-LAT	_	S
Gonch	ar-UKR	-	N
Bulgak	ov-RUS		1
Gulyay	ov-RUS cov-RUS yev-RUS	-	C
Ligier- 308+II	FKA	-	SI
Teen (1	18-19)		1
Sarych	ev-RUS	633	T
Clark-	(40-44)	606	P
Master	(45-49)		Ju
	iov-RUS	308	Si
Open Shabal	in-RUS	705	1: T
Budey-	-RUS	628	B
Brazhl Korkin	in-RUS	595 556	0
Grad-I		330	0
	ov-RUS	_	B
BP	DL	TOT	1: T
	0.	.01	SI
***	225		T
104	226	573	F
			K
110	253	589	Ju
159	308	755	DO
			B
126	242	655	C
120	242	003	Z
-			K
A.			Ju
		North Control	Pe



Alexey Sivokon won the 148 lb. class bench press with 523 lbs.

-	Grishechkina-RUS Gass-RUS	253 242	159 143	281 220	694 606
	Open Zotova-RUS Petryukova-RUS	330 319	209 154	374 319	914 793
	Master (55-59) Orenicova-SVK	242	143	242	628
	123lbs. Teen (16-17) Sborovskaya-RUS	242	110	275	628
	Teen (18-19) Amelina-RUS	380	165	352	898
	Junior (20-23) Yurina-RUS	424	264	330	1019
	Isayeva-RUS Poteshkina-RUS	286 286	154	242	683 286
	Open Medvedeva-RUS 132 lbs.	485	253	374	111
	Teen (18-19) Ustyuzhanin-RUS Junior (20-23)	308	176	264	749
	Kondratova-RUS	429	198	352	981
S	Stepanova-RUS Tomchina-RUS	396 385	209 176	330 352	937 914
	Shkermuntov-RUS Open	352	165	330	848
	Tomchina-RUS Zubareva-RUS	385 275	176 121	352 253	914 650
2	148 lbs. Teen (18-19)	2/3	121	233	0.50
1	Tokareva-RUS Junior (20-23)	341	165	242	749
5	Petrovich-BLR Open	352	248	418	1019
5	Umerenkova-RUS Dubrovina-RUS	418 418	198 198	374 297	992 914
7	Bobchenko-UKR Master (45-49)	440	-	The same	440
)	Fedorova-RUS 165 lbs.	275	165	308	749
5	Open Povolotskaya-RUS Master (45-49)	595	270	474	1339
	Sheremenko-UKR Master (50-54)	358	170	352	881
	Stabile-USA 181 lbs.	-	-	- 113	
	Open Sheverdina-RUS MALE 115 lbs.	507	369	446	132
3	Teen (13-15) Pavlyuk-RUS	341	121	286	749
6	Petukhov-RUS Junior (20-23)	275	154	303	733
3	Scoular-GBR 123 lbs. Teen (13-15)	330	170	374	876
3	Baranov-RUS Gornyy-UKR	308 292	176 159	330 297	815 749
•	Open Onuchin-RUS Beliyev-AZE	418 352	281 220	474 347	1173
	132 lbs. Teen (16-17)	332	220	34/	920
	Shelaykin-RUS Teen (18-19)	396	242	418	1058
	Fatfullin-RUS	418 396	237 253	418	1074
	Amazyan-RUS Kachan-UKR Junior (20-23)	352	214	396 407	975
	Dzagoyev-RUS Open	440	209	352	1003
	Bagin-RUS Master (55-59)	518	275	463	1256
	Cheblakov-RUS Zagirov-RUS 148 lbs.	308 308	209 143	347 374	865 826
-	Teen (16-17)	407	275	420	1111
	Kondratyev-RUS Junior (20-23)	407	275	429	1113
	Petyanov-RUS Kolesnikov-RUS	628 507	330 347	474 463	1433
	Stoyanov-RUS Open	507	330	463	1300
		683 523	440 330	551 518	1675
	Atakishiev-AZE	523 518	325	518 501	1372
	Master (40-44) Bychkov-RUS Master (45-49)	286	198	374	859
	Shteynbergs-LAT Master (50-54)	330	319	363	1014
	Zhidkov-RUS Master (65-69)	429	270	474	1173
	Kiselev-RUS Chistyakov-RUS	292 198	198 148	363 231	854 578
	165 lbs. Teen (13-15)	F40	201	***	40.
	Yakfarov-RUS Duskryadche-RUS Teen (16-17)	518	281	440	1240
	Tibilov-RUS	606	319	551	1477
	Ilyin-RUS	463 518	286 220	463 440	1212
	Nosyrev-RUS Teen (18-19)	396	220	396	1014
	Sergun-RUS	584	325	529	1438



200		STATISTICS.		131
Andrey Sha	rapo	v 90	kg ch	amp
Bogatyrev-RUS	_	100		_
Junior (20-23)				
Nekipelov-RUS	661	474	529	1664
Yanshin-RUS	650	396	463	1510
Petyanov-RUS	628	330	479	1438
Salnikov-RUS	606	297	529	1433
Klintsov-RUS	474	286	374	1135
Open Kulkov-RUS	705	385	639	1730
Glazunov-RUS	683	440	551	1675
Konstantinov-RUS		385	551	1620
Kutuzov-GER	584	440	507	1532
Mamedov-AZE	628	336	540	1504
Askerov-KGZ	573	396	529	1499
Ivanov-RUS	551	319	507	1377
Kokorev-RUS	-	-	- 11	-
Paderin-RUS	540	380	-	920
Master (40-44)				
Trukhnin-RUS	507	264	485	1256
Master (45-49)	200	72. 2000	ALC:	No.
Breton-FRA	507	275	573	1355
Stoyanov-RUS	440	275	418	1133
Master (50-54)		250	F40	***
Gorodulin-UKR	551	358	540	1449
Sayfutdinov-KGZ	463	220	374	1058
Master (55-59)	100	252	440	110
Sedelkin-RUS	496	253	440	1190
Master (60-64)	E30	407	4F4	120
Chepets-RUS	529	407	451	138
Master (70-74) Pereladov-RUS	286	220	396	903
181 lbs.	200	220	390	903
Teen (16-17)				
Gladun-UKR	683	363	573	1620
Krupnov-RUS	485	308	418	1212
Maklakov-RUS	400	300	410	1212
Abdulayev-RUS	463			463
Teen (18-19)	403	OF STREET	TONY	400
Mayorov-RUS	672	429	562	166
Oubrovin-RUS	529	352	512	139
Konkin-RUS	573	319	474	136
unior (20-23)	3.3	3.0		130
Grishin-RUS	661	385	606	1653
Yakimenkov-RUS	650	407	584	1642
Dyatlov-UKR	661	407	529	1598
Gorlov-RUS	551	264	529	134
Blinov-RUS	-		-	-
Druzhinin-RUS	661	- 11	No.	661
Open				
Tomchin-RUS	771	418	683	1873
Bogdanov-RUS	683	463	639	178
Polfuntikov-RUS	595	396	507	1499
Master (40-44)				
Alekseyev-RUS	396	264	440	1102
Master (50-54)				
Cheredniche-UKR		264	451	119
Larin-RUS	341	242	352	937
Master (55-59)			100	
Glazunov-RUS	666	396	551	161
Master (60-64)	-	950	-	
Tkachenko-RUS	573	319	523	141
Master (65-69)	***	955	-	-
Yakushev-RUS	402	259	429	109
198 lbs.				
Teen (16-17)				
Panferov-RUS	529	314	451	129
Leonnyuk-RUS	474	286	396	115
Teen (18-19)	-			-
Romanov-RUS	716	463	617	179
Garmashov-RUS	650	-	-	650
Junior (20-23)			-	
Bezuglov-RUS	815	485	705	200
Grigoryev-RUS	617	330	551	149
Hooker-USA	-	-	-	-
Open	00-	-	mon	
Sharapov-RUS	826	534	700	206
Piskunov-RUS	749	463	617	182
Karasik-RUS	672	440	688	180
Peter-SVK	694	474	622	179
Zaytsev-RUS	639	474 352	661	177



1223 Teen (18-19) Tsatsulin-RU

1923 Tyurin-RUS 1488

Junior (20-23)

Kopyl-RUS 1752

1675 Borshchev-RUS

1135 Open Grachev-RUS

Bogdanov-RUS 1940

Gavrilov-RUS

Valevey-RUS

Zozzoli-FRA

Master (40-44)

Nechosa-RUS

Hunter-GBR

Master (45-49) Kholodov-RUS

Master (50-54) Tokarev-RUS

nov-RUS

1422

1256 Didenkul-RUS

1653

Ladevshchiko-RUS 628

Bershadskiy-UKR 485

Chertushkin-RUS 551

837

617

672

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595 650

507

396 463

474

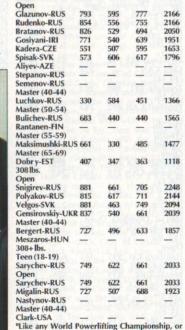
485

1240

826 1394

1554

	ELena Povo	olotsk	aya
	Master (60-64) Andrianov-RUS	507	374
	Khudoleyev-RUS	485	341
	Lancaster-USA	440	385
	Master (70-74)		500
	Skvortsov-RUS	424	292
	242 lbs.		
	Teen (16-17)		
	Malyugin-RUS	661	463
	Litvinenko-MLD	573	363
	Teen (18-19)	600	
	Shpringer-RUS	639	474
	Junior (20-23)	027	
	Brylin-RUS Sidelnikov-RUS	837	556
	Open	1000	50.00
	Fatemi-IRI	826	600
	Aghaev-AZE	859	529
	Kharchev-RUS	815	496
	Blinkov-RUS	815	545
	Khudoyarov-AZE	727	562
	Kozlov-RUS	777	518
	Nay-AUS	749	551
	Dvorak-CZE	749	562
	Petrov-RUS	793	507
	Ballod-RUS	826	501
	Blumfelds-LAT	727	463
_	Ryabets-RUS	694	440
	Price-GBR	683 551	474
	Poletayev-RUS Zaytsev-RUS	793	485
	Master (40-44)	/33	405
	Pavlyuk-RUS	705	474
	Tsygankov-RUS	617	451
	Master (45-49)		
	Makovskiy-RUS	540	402
	Master (55-59)		
551	Larin-RUS	639	374
33.	Dergilev-RUS	440	308
	Savelyev-RUS	330	308
	275 lbs.		
859	Teen (16-17)	512	253
	Smith-USA Teen (18-19)	512	253
	Zverev-RUS	573	407
	Open	373	407
	Glazunov-RUS	793	595
	Rudenko-RUS	854	556
	Bratanov-RUS	826	529
	Gosiyani-IRI	771	540
	Kadera-CZE	551	507
John St	Spisak-SVK	573	606
	Aliyev-AZE	-	-
	Stepanov-RUS	_	_
	Semenov-RUS	7	100
00000	Master (40-44)		



dictable, yet they can cause you to adjust your plans, and this is why we must focus on the prize, to successfully reach the summit. Tolyatti was no exception. The bad weather increased the difficulty to reach the meet site on time, as airline flights from all countries were extremely delayed. In my life, I have traveled internationally and

domestically for pleasure, military duty, and ca-reer. The lesson I take with me: never panic, see the whole picture and adjust.

There was a terrorist bomb attack that killed 8-12 people and injured many more, then another bomb attack in the city of over one million. The city was locked down, and soliders were everywhere for safety. This issue stopped about 30% of the lifters from coming. I never felt that I nor the meet site was in any danger, all bags and individuals were checked at the door by soliders. There were those individuals who were inspired and made the adjust-ments, and those who didn't and never made it past

the red lights.

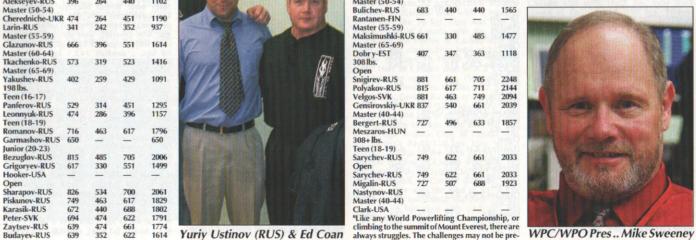
REPORT: I witnessed the first WPC World

Championship held in Russia. It was tremendous
and filled with explosive international lifters from
all over the world. In my career, I have attended many levels of international competition, all over the world, and this meet did not disappoint. Meet Directors Yuriy Ustinov and Konstantin Rogojnikov, along with their staff, engineered one of the best along with their staff, engineered one of the best international meets this year. They deserve all the credit and support from the WPC. I arrived on Sunday, traveling by myself worked out well. On Monday, weigh-ins started at the meet site. There was massive room for warmups, platform, and spectators. Lifters went throught the weigh-in procedure smoothly, and at the end of the day there was a reserve the principle in the distinct profile and was a press meeting involving television, radio, and newspapers. Throughout the city, there were bill-boards with meet information everywhere.

Doards with meet information everywhere. With a championship this size there are always surprises. The staff had full days judging the teenage, open, masters, and bench only divisions for men and women. One section ended at 3:00AM and the next day at 1:30AM. There I was, an American, 55 years old, walking 1.5 kilometers to my hotel

The front platform view was colorful, featuring the sponsors and using modern technology to provide information on the lifters. The computer system used was first class, with info in the warmup area displayed on high definition screens. Even if there was a language barrier, a lifter could track his progress. The warm up area had plenty of space, equipment, and weights. A two person medical staff was on hand for lifter access. There thre three squat monolifts in the warmup roon, placed on sheets of plywood. The monolift on the competition platform was placed on two sheets to give it a more solid base. Some lifters thought the platform monolift could have been more stable, but my thoughts are it was more stable that those in the thoughts are it was more stable that those in the warmup area. The spotters were some of the best I have seen and did a great job. All the judges were of international rating and acted so. They were rotated often and given suggestions when needed. After every day's events there was an award ceremony, acknowledging the lifters and their achievements with medals, trophies, certificates, and well-deserved photos. There was plenty of food and drink that could be purchased at the meet site. The main powerlifting vendors - Metal. I titan, Inzer and the tpowerlifting vendors - Metal, Titan, Inzer and the t-shirts sold out completely! There will always be critics and some will never be satisfied, wait 'til the Olympics in Beijing! My opinion is that Russia is a true international player in the global powerlifting world. I left ten days later with wonderful memories of the people I met and shared time with. I confirmed what I knew already, Yuriy Ustinov and staff are the right people for the WPC job! I will be

Mike Sweeney, WPC/WPO President Irnmike@aol.com



#### **GPC World Championships** 22-27 OCT 07 - Calgary, CAN

BENCH		(55-59)	,,	
WOMEN		Kruger-	GER	451
115 lbs.		220 lbs.		
(50-54)		Junior		
Nefjodova-LAT	132	Girardi	n-CH	407
132 lbs.		Open		
(16-17)		Herber	t-FRA	639
Montgomer-USA	137		rma-CAN	
148 lbs.		Rautio-	FIN	440
Open		(40-44)		
Cooney-CAN	159	Vrba-C	ZR	374
(40-44)		Dean-L	ISA	330
Sparango-USA	259	(45-49)	1 Dien	
(65-69)		Brasseu		507
Keresey-USA	Total Co		wski-CAN	330
181 lbs.		(50-54)	-Maries	
Open Bouton CAN	150		ald-USA	_
Barter-CAN MEN	159	(55-59)	ED A	308
123 lbs.		Douet-	rka	300
Special Olympics		(60-64) Marion	EDA	374
Duckett-CAN	115	242 lbs.	-FRA	3/4
132 lbs.	***	Open		
(65-69)		Woode	-CAN	402
Schweitzer-GER	137	Kousa-l	IN	396
Special Olympics		(40-44)		-
Hurley-CAN	115	Didler-	FRA	540
148 lbs.			son-USA	
(40-44)		(45-49)		
Triangle-BEL	181	Krumbh	olz-GER	463
(55-59)		(55-59)		
Guercio-FRA	292	Vetter-	GER	485
165 lbs.		(60-64)		
Junior			schil-US	A 501
Clark-USA	314	4th-5	18	
(55-59)	A PART OF	275 lbs.		
Muller-GER	281	Junior	and a second	Till a
Lazreg-FRA	264	Collins-	USA	650
(60-64)	264	Open	- 1104	004
Winterschei-GER		Harriso		804
Feraud-FRA	264		ach-GER	600 584
181 lbs. Junior		(50-54)	m-riin	304
Marro-FRA	418	Sinclair	LICA	363
Open	410	(60-64)	USA	303
Sparango-USA	374	Meek-L	ISA	490
(55-59)		308 lbs.		430
Leskenmaa-FIN	352	Open		
(60-64)		Piatelli-	CAN	600
Kubick-FRA	330	(40-44)		
(65-69)		Marr-U	SA	545
Hogg-AUS	341	308+lb	š.	
(/0-/4)		Junior		
Gontoli-FRA	214	Lisogor-	UKR	451
198 lbs.		(40-44)		
Open	Table 1	Watts-I	JSA	644
Gonzalez-FRA	485	(45-49)		
(50-54)		Ramsey	-USA	512
Glenn-USA	319			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
Open				
Leverett-USA	286	176	314	777
115 lbs.				
(50-54)				
Nefjodov-LAT	231	121	297	650
123 lbs.				
Open				
Herbepti-FRA	330	198	330	859
(40-44)				
	000	132	248	589
Senger-CAN	209	134		
Senger-CAN (50-54)	209			
(50-54)	209	176		789
	286	176	326	789
(50-54)		176		789



Michiels-BEL 418 231 396 1047

Ann Leverett GPC World Champ



165 lbs

(18-19)

(50-54)

(65-69)

40-44)

(45-49)

Conant-USA 518 2171 407 3097

Brown-USA 402 319 407 1129

Special Olympics Open Luyendy-CAN 192 159 242 595

Hansiurg-CH 595 341 677 1614

380

529 371 584

209 407

562

589

1207

1609

1603

1488

1484

617

Dowdell-USA 440 286 479

Greenba-CAN 319 165 363

Hogg-AUS 132 352 176

Phillips-CAN 633 413

Sparang-USA 518 385 479

Graham-CAN 622 303 562

Brooks-GRR 633

Towes-CAN —

			1		(45-49)	333	3/4	440	141
				00000	Graham-GBR	683	418	617	171
				-27000				617	171
Dan Mar	tin c	ut of	1 ac 1/	одас	Slyk-CAN	237	176	286	700
Dali Mai	un	iut or	Las VI	egas.	(55-59)		240		4=0
					Dunn-CAN	606	319	661	158
	4th-I	DL-418			Special Olym				1
(40-44)					Smith-CAN	88	93	115	297
Hinds-CAN	143	104	176	424	242 lbs.				
148 lbs.					Open				
(18-19)					Kosnar-CHZ	848	595	705	214
Toews-CAN	297	143	308	749	Middleton-GB	R	793	529	716
Junior					2039				
Sohier-BEL	352	154	330	837	Vauls-GBR	749	518	650	191
Open					Zimmer-CAN	694	606	617	191
Hartnett-USA	584	264	540	1388	Merrill-CAN	722	429	584	173
Baldwin-USA	501	352	474	1328	Simek-CHZ	485	418	529	143
McDougall-C	AN	180	115	220	Kousa-FIN	_	_	-	_
517					Ville-FIN	_	1	_	_
(40-44)					(50-54)				
Sparagn-USA	369	237	396	1003	Bowman-USA	711	429	617	175
181 lbs.				A SECTION ASSESSMENT	Special Olym				
Open					Gray-CAN	192	154	226	573
Stumpfova-IR	F582	330	463	1375	Special Olym				0,0
(45-49)	2002	330	.03	.373	Harding-CAN		220	253	716
Nefjodov-LAT	T 457	253	402	1113	Russel-CAN	220	214	286	722
ricijouov-Erri		P-259		1113	275 lbs.	220	217	200	122
Special Olym					Open Open				
Cooke-CAN	99	93	132	325	Schrott-GER	903	562	705	217
McDona-CAN		66	148	292	Ihalainen-FIN		617	451	55 55 510
198 lbs.	4 //	00	140	292		551	259		136
	-: /	10 11)			Leavins-CAN	331	259	479	128
Special Olym		110	198	451	Bailey-USA	7	Town		_
Sullivan-CAN MEN	143	110	190	431	(40-44)	700	207		
The state of the s					Boulton-GBR	782	297	617	169
115 lbs.		120			Tilson-USA	644	435	584	166
Special Olym			400		(45-49)				
Duckett-CAN	154	143	159	457	Marshall-GBR		440	771	206
123 lbs.						4th-S	Q-881		
Special Olym			-	No.	(60-64)			12820	
Piche-CAN	93	115	181	391	Meek-USA	688	523	562	1774
132 lbs.	2003				308 lbs.				
Special Olym					Open		1000		
Hurley-CAN		148	181	518	Stutes-USA	903	705	661	2270
Special Olym	pics (				Piattelli-CAN	821	705	661	2188
Hale-CAN	13	132	209	354	Crets-BEL	771	529	793	2094
148 lbs.					(45-49)				
Open					Marshall-GBR	810	485	722	2017
McNamar-IRI	E 738	385	551	1675	308+ lbs.				
Lang-CAN	-	226	352	578	Open				
(40-44)					DeVadde-BEL	727	474	573	177
Triangle-BEL	308	203	330	843			4.		
(55-59)				T.	20 10 15 17 18 AL				7 7 7
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Lovelace-USA463 330 474 1267

Pereira-CAN 490 104 529 1124

Martin-USA 508 248 457 1213

551 600

1151

1273

Overbay-USA 523 369 463

Johnston-CAN 738 363 170

Fisher-CAN 501 308 551

Caplan-USA 683 507 562 Overbay-USA 479 303 485 1267

Kratochvi-CZR749 440 584 Weiss-FRA 639 418

Vrba-CHZ 595 374 440 1410

Special Olympics (40-44) Ricardo-CAN 237 148 275

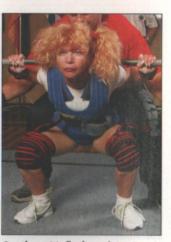
Moore-USA -

198 lbs.

(45-49)

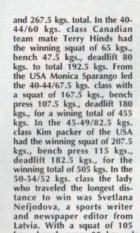
Ville-FIN Hook-USA (40-44)

Shannon Hartnett pulling huge.



Svetlana Nefjodova from Latvia

The annual GPC World Powerlifting and Bench Press Championships were held in the beautiful city of Calgary, Alberta, Canada. Brian Johnston, meet director and company, went all out for this contest sparing no expense to make sure the venue and equipment was first rate. Linda Orr did an excellent job managing the event with valued help from Lora Greco, Michelle Senger, Paz Greenbaum, Louise Piatelli, and Shaun Owens. The meet hotel and contest venue were the beautiful Sheraton Suites Calgary Eau Claire in downtown Calgary. The city of Calgary is now a boom town with a crane on almost every block with new construction. After all the preparation the turnout from the European nations was very disappointing. There were a total of 70 powerlifting entries and 52 Bench Press only entries with most from the US followed by Canada. Great Britain mustered six powerlifters and no Bench only and Belgium had 5 powerlifters and no Bench only. With 4 out of 5 GPC Board Members living in Great Britain and Belgium I would expect better participation from those two countries. I remember the 1999 World Powerlifting Championships in Calgary, 40 powerlifters from Austria and 39 powerlifters from Great Britain alone The GPC President explained that Calgary was just too far for the Europeans to travel. With the exclusion of Russia from the bids for future contests for the same reason and the revocation of the bid from Slovakia for 2008, which was awarded by vote at the AGM in Belgium in 2006, it seems the GPC is becoming a centralized seems the GPC is becoming a centralized European federation. Thanks again to Brian Johnston for providing the best spotter/loading crew available, the Heinz Buhl team from Austria. The Women led off the powerlifting with Lauren Towes of Canada winning the 18-19/67.5 kgs. category with a squat of 135 kgs., bench 65 kgs., deadlift 140 kgs. to total 340 kgs. Kelly Sohier of Belgian won her junior 67.5 kgs. class with a total of 380 kgs. and team mate Wendi Michiels won the 60 kgs. open class with 475 kgs. total. The perennial winner from Savannah, Geor-gia, Ann Leverett, won the open 48 kgs. class with a squat of 130 kgs., bench press 80 kgs., deadlift 142.5 kgs. with the winning total of 352.5 kgs. Natacha Herbeptin of France won the open 56 kgs. class with a 390 kgs. total. Shannon Hartnett, a marine biologist from California, dominated the open 67.5 kgs. class with a squat of 265 kgs., bench 120 kgs., 245 kgs. deadlift, for a great total of 630 kgs. Followed by Atlanta Police Officer kgs. Followed by Atlanta Police Officer. Sonji Baldwin with squat 227.5 kgs., bench press 160 kgs., deadlift 215 kgs. and a total of 602.5 kgs. For the bronze medal Andrea McDougall of Canada had a squat of 82.5 kgs., bench 52.5 kgs., deadlift 100 kgs. for a total of 234.5 kgs. Petra Stumpfova from Ireland won the open 82.5 class with a total of 622.5 kgs. Michelle Senger of Canada won the masters 40-44/56 kgs. class with a squat of 95 kgs. kgs., bench 60 kgs., deadlift 112.5 kgs



of 102.5 kgs. and a deadlift of 160 kgs. in the squat, had a 320 kgs. Ronald Dowdell of the USA who had 200 bench and a deadlift of 300 Ronald Dowdell of the USA who had 200 kgs. in the squat, 130 kgs. bench, 217.5 kgs. for the best total of the win in the 75 kgs. open class over Ben Greenbaum of Canada with squat 145 gso. horch press 75 kgs., deadlift 165 kgs., for a total of 385 kgs. In the open 82.5kgs. class Kalin Hansjurg of the Sweden had a total of 732.5 kgs. bench, 300 kgs. weden had a total of 732.5 kgs. bench green with total of 732.5 kgs. bench green with total of 727.5 kgs. bench and a deadlift of 300 kgs. for the best total of the best total of the best total of the win. Mario Piatelli of Canada had a good day to take the silver medal with a good 372.5 kgs. squat, 320 kgs. bench, 300 kgs. deadlift to total 992.5 kgs. Philippe Crets of Belgian managed the bronze medal with a total of 950 kgs. The lone super of Great Britain with total of 727.5 kgs. of Great Britain with total of 727.5 kgs. heavy weight from Belgium, followed by Leon Sparango of the USA with 627.5 kgs. In the open 90 kgs. class leremy Overbay won with squat of 237.5 kgs., bench press 167.5 kgs., deadlift 210 Rudy Triangle of Belgium was recommendation of the USA with a total of 805 kgs. In the master's 40-44/67.5 kgs. class kgs., bench press 167.5 kgs., deadlift 210 Rudy Triangle of Belgium was

kgs. to total 915 kgs. In the kgs. In the bench press only division the 125 kgs. class with 222.5 kgs. (L.B.)

for a winning total of 357.5 kgs. Brad Conant from the USA led off the men's session in winning the 18-19/75 kgs. charles Bailey gave 455 kgs. a squat of 312.5 kgs., bench press 95 kgs., deadlift 185 kgs. for a total of 750 kgs. Gerry McNamara from Ireland won the open 67.5 kgs. Class did not have a successful squat but took lifts in the bench of 102.5 kgs. and a deadlift of 160 kgs. Tond Lang of 160 kgs. Tond Lang

master's 40-44/67.5 kgs. class kgb, bench press 167.5 kgs. deadlift 210 kgs., and total 615 kgs. over fellow mapposed with a total of 382.5 kgs. class with sugar 27.5 kgs. hench press 167.5 kgs. deadlift 272.5 kgs. In the 32.5 kgs. class with sugar 27.5 kgs. and total of 805 kgs. followed by Frank Weiss of France with the total of 740 kgs. The 170 kgs. open class of the total of 740 kgs. The 170 kgs. open class followed by Frank Weiss of France with the total of 740 kgs. The 170 kgs. open class followed by Frank Weiss of France with the total of 740 kgs. The 170 kgs. open class followed by Frank Weiss of France with the total of 740 kgs. The 170 kgs. open class followed by Frank Weiss of France with the total of 740 kgs. The 170 kgs. open class followed by Frank Weiss of France with the total of 97.5 kgs. followed by the super with sup 137.5 kgs., deadlift 220 kgs. to total 575 kgs. In the total of 375 kgs. teem of Great Britain won with a total of 317.5 kgs. Lee Marshal of Great Britain won the 125 kgs. class with a total of 935 kgs. Greg Damminga of the US had a good day in the 45-49/140 kgs. class with a squat of 367.5 kgs., bench press 220 kgs., bench press 220 kgs., deadlift 280 kgs. over lamber 29 kgs. deas with a squat of 370 kgs. Greg Damminga of the US had a good day in the 45-49/140 kgs. class with a squat of 367.5 kgs. class with a squat of 367.5 kgs. class with a squat of 367.5 kgs. tee had 245 kgs. to an over of the US won the 100 kgs. class with a squat of 370 kgs. Scott Smith of Canada won the 140 kgs. class with a squat of 387.5 kgs. Lee had 240 kgs. Class with a squat of 367.5 kgs. class with a squat of 367.5 kgs., bench press pecialists Matthew Ducket won the 56 kgs. class with 52.5 kgs. and kgs. Class with 272.5 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. to the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. to the US won the master's 40-44/110 kgs. class with a total of 317.5 kgs. Lee had 180 kgs. class with a squat of 327.5 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. to the US won the 140 kgs. class with 272.5 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. In the 40-44 age group M

50-54/75 kgs. Gary Brown of the US won his division with a squat of 182.5 kgs., bench 145 kgs., deadlift 185 kgs. and class Jackie Cooney-Lebbert of Canada wins the 67.5 kgs. open class Layna Barter if through to win the 110 kgs. class with a squat of 322.5 kgs., bench press 195 kgs., deadlift 280 kgs. for a total of 797.5 kgs. In the 55-59/67.5 kgs. Cary Bobrovitz of Canada wins with 72.5 kgs. Monica Sparango of the US had a good day in the 67.5 kgs. Cary Bobrovitz of Canada wins with 72.5 kgs. with 117.5 kgs. deadlift 280 kgs. for a total of 797.5 kgs. In the 55-59/67.5 kgs. Cary Bobrovitz of Canada wins with 60 kgs. Evangeline Keresey of the US had a bad day missing 75 kgs. in three attempts. In the men's lunior won with a squat of 182.5 kgs., won with 132.5 kgs., deadlift 180 kgs. and a total of 495 kgs. US won with 142.5 kgs. Julien Marro of Robert Lovelace of the US won the 82.5 kgs. class with a squat 190 kgs. Julien Girardin of Sweden won of 210 kgs., bench 150 kgs., the Junior 100 kgs. class with 185 kgs. deadlift 215 kgs. and total of 575 kgs. Louis Dunn of Canada 82.5 kgs. class with 170 kgs. Laurent Nefjodova, a sports writer and newspaper editor from Latvia. With a squat of 105 kgs., bench press 55 kgs., deadlift 135 410 kgs. which he opened with and made kgs., for the winning total of 295 kgs. Lora on his third attempt. He benched 255 kgs. class with a quad of 275 kgs., bench press 54/56 kgs. class with squat 130 kgs. winning total of 320 kgs. for the winning total of 357.5 kgs. deadlift 148.5 kg

Glenn of the US won the gold medal in the 50-54/ 82.5 kgs. class with 145 kgs. Louis Guercio of France won the 55-59/ 67.5 kgs. class with 132.5 kgs. In the 55-59/75 kgs. class Gerd Mueller of Germany had 127.5 kgs. to win over Mihoud Lazreg of France who had 120 kgs. Risto Leskenmaa of Finland won the 55-59/82.5 kgs. class with 160 kgs. In the 55-59/90 kgs. Klaus Gerhard Kruger won with 205 kgs. In the same age group Didier Douet of



Craig Stutes ... 2270 total (courtesy Baker)



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

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



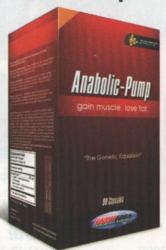
"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more eight but my joints feel much better, not nearly as sore anymore. It's been a rare occu

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

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

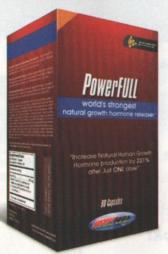
NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records

#### **Anabolic-Pump™**



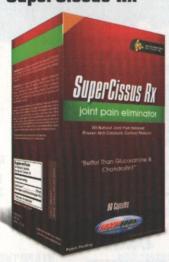
Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic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

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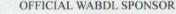
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Do you know the importance of special strength development? What are the velocities of explosive strength and isometric strength? The answer is high velocity and zero velocity. But what does this have to do with you? Will one help develop mostly speed and the other strength?

Isometric work will increase strength where speed is less important. Explosive strength is essential when high velocity is required against small loads. Remember, the amount of speed obtained is a direct reflection of external resistance.

Let's look at how to build special strengths and to understand how important a role they play in the development of a world class powerlifter. Through much study of world class weight lifters, the average weight lifted by percent and total volume goes up as mastery of the sport increases. This rule holds true for throwers and sprinters as well. I'm probably the only person to collect data on world class powerlifters, so some may think my findings inconclusive because there's no other data to compare to. However, they are along the same lines as the Soviet Olympic lifters.

One must possess all special strengths to succeed. Explosive strength is also referred to as explosive power and is the ability to rapidly increase force (Tidow, 1990). It is best developed through jumping, bounding, and other forms of plyometrics, not Olympic lifts. To be the fastest would require no resistance.

For jumping, one must use a rotational system: vertical jumping, jumping from the knees, jumping from the knees with weight on your back, power snatch on the knees, power snatch while seated, power snatch into a split stance.

We have had enormous success with football 40-yard times from jumping with dumbbells of different weights and onto different box heights, jumping with ankle weights up to 20 pounds on each leg, a combination of jumping with dumbbells and ankle weights, and jumping onto a box while standing on a foam pad. It is to be noted that many don't know how to jump or land. Here we do a series of jumps up to a box and down and up to a second, and possibly a third.

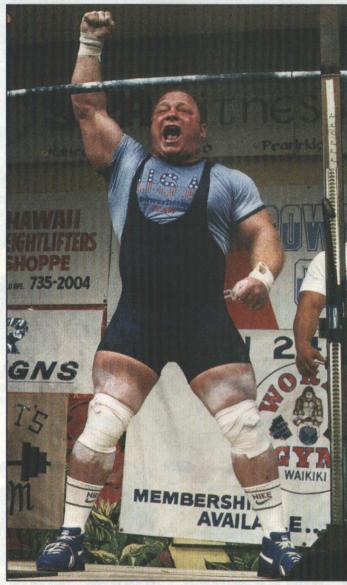
Jumping is not as simple as it looks. For general explosive strength, jump down and onto an even higher box. For the development of concentric strength, we jump down from a low box to a much higher box. Eccentric development is best gained by jumping down from a high box and rebounding up to a low box. The optimal box height depends on general fitness.

Jumping with resistance does not disturb jumping form, but running with resistance will. You need to know these basic concepts. Much information can be found on this subject in the book Explosive Power and Jumping Ability for all Sports (Starzynski and Sozanski).

Speed strength is the ability to exert maximal

WESTSIDE TRAINING

## SPECIAL STRENGTH as told by Louie Simmons



Dr. Squat - Fred Hatfield Ph.D. .. one of the first to squat 1000 lbs.

force during high-speed movement (Allerheiligen, 1994). It is most common to train athletes of all types with small weight resistance to build speed strength. This is a very sensible method to increase speed, sometimes referred to as the dynamic method. This is quite common for football players. By using light weights of the same resistance over and over, one can develop a phenomenon known as the speed barrier. I watch runners run at the same pace; then eventually they cannot run faster. This is true for football players as well. If a player trains with only light weights, he will not become any stronger or faster. The problem of a speed barrier occurs most likely with novices who start sport-specific

training too early without extensive GPP. You have all seen it: Ball players that only play their brand of baseball, football, or basketball (Naglak, 1977).

The answer is to raise absolute strength. Increasing maximal strength improves speed of movement with heavy weight and will have a positive effect on small loads or even body weight. Let's say lifter A can squat a max of 300 pounds and trains at 60%, or 180 pounds, for speed strength for multiple sets, and lifter B can squat 600 pounds for a max. Now let's say lifter Buses lifter A's 60% (180 pounds). Can you imagine how fast he would move the same 180 pounds? This points out the importance of raising your limit strength to improve speed strength.

How can the speed barrier be broken? On speed strength day, we use a 3-week wave with bar weight ranging from 40% to 60% of a 1-rep max. To vary the accommodating resistance, we use one, two, or three sets of 5/8-inch chain hanging from the bar. (The Westside Barbell DVDs will show you how to use chains correctly.) After a 3-week wave, switch to weight releasers. Increase or decrease the weight during the 3 weeks. We also use a wide variety of band tensions. We also hang kettle bells from the bar using a doubled-up mini-band. Use your imagination. There are many ways to break the speed barrier. For more information, see Science of Sports Training (Kurz).

Strength speed is sometimes referred to as slow strength. When lifting near-maximal loads over 90%, the barbell will move slowly due to minimal acceleration. As Dr. Hatfield said, no one can lift a heavy weight slow. Instead one tries to complete the lift as fast as possible. The top weight lifters overseas use weights from 75% to 85% 51% of the time.

All strength types are connected. When one is properly trained using the three methods—dynamic, repetition, and maximal effort—each method will contribute to the other two.

'Of course, a barrier exists with heavy weights as well. We have all been stuck at some weight in some lift. We know that one must

train as heavy and often as possible. If one trains with a weight of 90% or more for more than 3 weeks, one will fail, thus causing a slow speed barrier. What's the answer?

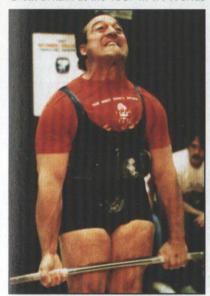
At Westside we use the conjugate system. Each week we max out, but we switch the core exercise each week. For example, for squat or deadlift training, on week 1 do a low box squat with the Buffalo bar; week 2, rack pulls; week 3, lightened band deadlifts; week 4, Safety squat bar on a foam box while standing on foam. On bench max effort day, on week 1 do 3-board press; week 2, cambered bar with 5 sets of

(continued on page 68)





Arthur White got an 826 at 242 for 14 Great Britain at the 1987 I.P.F. Worlds 15



Vince Anello is among the lightest lifters in history to make it into the 804# club 46



**John Kuc** went from the making IPF history to set new records in the ADFPA

#### IPF Men's Worlds 365 kg + Deadlifts 1971-2007 by Brad Gillingham

Class KG LB Place

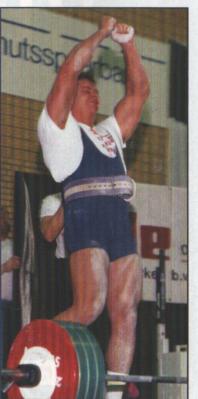
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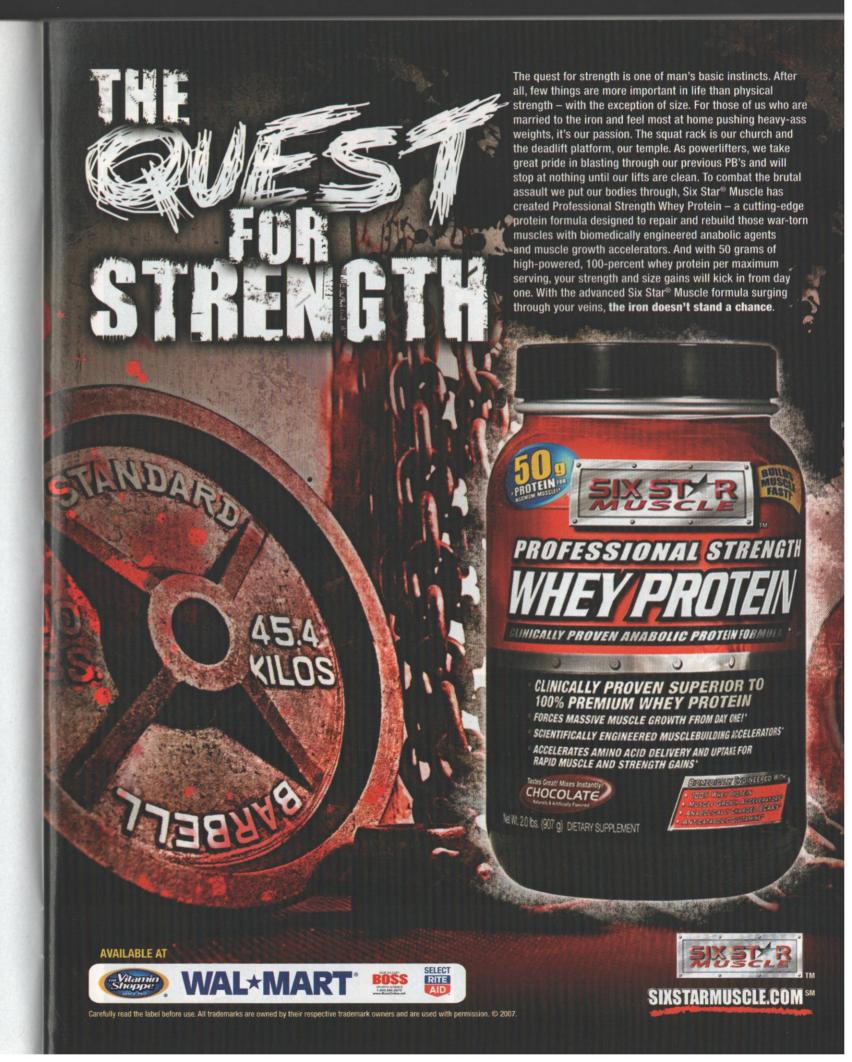
Meszaros of Hungary has four of the biggest deadlifts ever done in the IPF



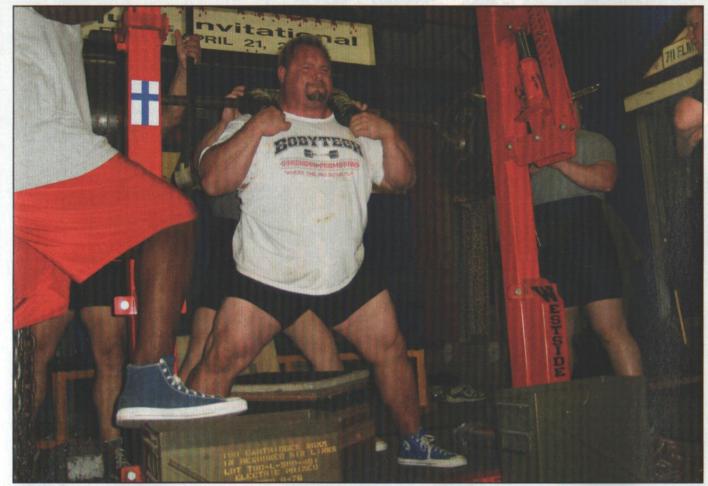
Compiler Brad Gillingham is on this list for a noteworthy eight mighty DLs



Martikainen-Finland 125+ 365 804 Stavanger, Norway 2006 Aare Kapyla pulled 848 at 242 at the '90 IPF Worlds in Den Haag, Holland



## Strength-Size-Power — OPTIMIZE Your Post-Workout Nutrition!!!



Donnie Thompson – is certainly one of the world's strongest human beings, with one of the highest powerlifting totals ever posted!

consume a whey-only protein shake valid, but neglects the "rest of the muscular protein and blunts its

has been shrouded in half-truths and The reasoning provided is that the lies for too long. It is time to set the quick absorption rate of whey session in the gymour body is in a net The current accepted norm for when the body is most receptive to muscle protein. Intense training ineffective. Whey protein is quickly PWO nutrition is that one should said stimulation. This concept is accelerates the catabolism of

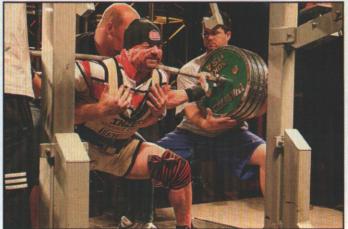
Immediately after an intense resulting in a net catabolic state.

Post-workout (PWO) nutrition as soon as possible after training. story" as Paul Harvey used to say. synthesis with this double whammy

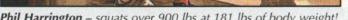
The consumption of whey stimulates protein synthesis at a time negative state relative to skeletal protein by itself PWO is really quite

(continued on next page)





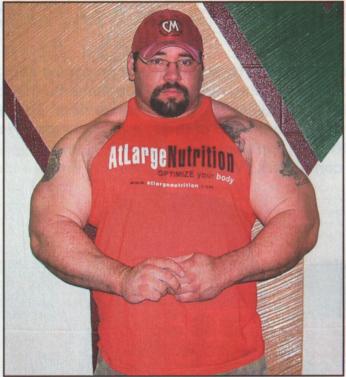
Chuck Vogelpohl - raw power incarnate, a ferocious competitor! Phil Harrington - squats over 900 lbs at 181 lbs of body weight!



absorbed and does promote a spike in protein synthesis. However, whey does very little to attenuate protein catabolism, thus it only affects one portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high quality proteins such as casein and egg.

The real key to the PWO puzzle lies in empirical evidence (what the biggest and strongest have known for years) and in the research if one is unbiased and willing to delve into the world of scientific mumbo-iumbo (I know, there are a few of those terms used here). Men like Louis Cyr, Paul Anderson, Doug Hepburn, and now Chuck Vogelpohl, Phil Harrington, and Donnie Thompson, the **strongest** men to have ever walked the planet, have always known the one must eat after training. From milk to steaks, calorie dense, protein packed foods have always been the PWO foods of choice for the mass monsters. Research proves-out this iron wisdom. A efficient means of getting the skeletal

anabolic hormone, is released reduced protein synthesis. primarily in response to the ingestion



complete "meal" PWO is the most Mike Wolfe – bench presser extraordinaire, with a ripped physique!

important are briefly outlined below: Its presence in and of itself does not protein catabolism. The ingestion of benefits from each and every training directly enhance protein synthesis, a meal PWO quickly reduces its session. Heck, you may even 1) Insulin, a very important but its absence results in dramatically blood levels thus permitting an become one of the strongest men on

2) Cortisol is a catabolic

muscles into a net positive protein of carbohydrates. Insulin provides hormone released during and after consumed. Follow these instructions state. This is due to a myriad of for a "permissive" effect relative to training which both suppresses and you will be able to train harder. factors of which the three most the stimulation of protein synthesis. protein synthesis and enhances more often, and reap increased

> anabolic environment. 3) Amino acids from ingested athletes pictured above

protein work in concert with insulin to synergistically enhance protein

Now, for an additional fact that you may never have heard before (especially in an article like this): protein synthesis, assuming a normal level of nutrition, will be spiked within a few hours of training and a net positive protein state will be realized nearly irrespective of what is done nutritionally. That said, a net positive state will be more quickly realized and said state will be more anabolic if one consumes a complete meal as soon as possible after training. If said meal is in a liquid state the results will be even better. Thus, the ideal PWO meal is a liquid shake which provides all of the macronutrients to include a high quality protein blend, a relatively high-GI rating form of carbohydrate. and a small amount of fat (so as to not delay absorption). Opticen by AtLarge Nutrition, LLC (www.atlargenutrition.com) is a product which does exactly that.

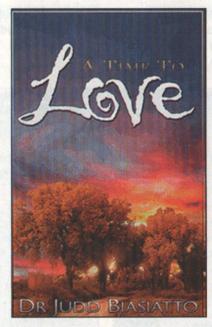
For best results, one 2/3 serving size Opticen shake should be consumed immediately PWO. At the 1-hour PWO mark, another shake, or a solid food meal should be the planet like the AtLarge Nutrition

#### This is for a great cause. If you can help, we would greatly appreciate it. If you need assistance ordering books, I will be glad to help you ... Constance

#### **GIVE A GIFT OF LOVE**

Most of you know Dr. Judd Biasiotto. For those of you who might not know him, Dr. Judd is a renowned sports psychologist, an award winning speaker and writer (he has written 44 books and close to 700 articles), a celebrated educator, a world class athlete, and a close friend.

Every year Dr. Judd writes a motivational book to help the needy and impoverished. This year Dr. Judd is committed to help Judy McCarty who is suffering from a serious incurable illness and is in dire financial need. Judd wrote the book "A Time to Love" for her. All of the proceeds from "A Time to Love" will be donated to Judy. The book is totally enjoyable. It's an instructional book for the soul. "A Time to Love" is designed to be a collector's item. It has a high quality matted hardback cover with high quality paper. More importantly, the book is a treasure chest of magnificent stories that will warm your heart, enlighten your mind and inspire your soul to strive for success, happiness, and self-fulfillment. It is a splendid manuscript



about love, compassion, tolerance, courage, and self-assurance. Every page shines with warmth and wisdom. It is truly an instruction book for the soul. One of the best works I have ever read, I know you will love it. In fact, if after reading this book you don't think it is one of the most inspiring books you ever read, Dr. Judd said he would personally send you your money back and you can donate the book to your local library.

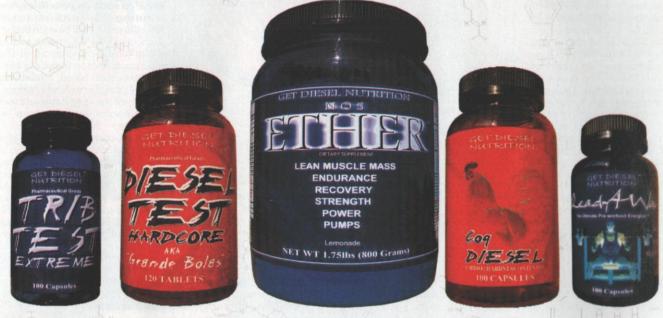
Judd and I are hoping that you might want to give it to others as a gift of love throughout the coming year. After reading this book, I think you will agree that it would be a wonderful gift for someone you love. Consequently, if you can find it in your heart to purchase additional copies of "A Time to Love" as gifts for the people you love, you will also be giving a gift of love to someone who is in great need.

To purchase "A Time to Love" go to www.DrJudd.net, which is offered at \$12.95 per copy plus shipping and handling.

Constance Lee, Crlee93@aol.com

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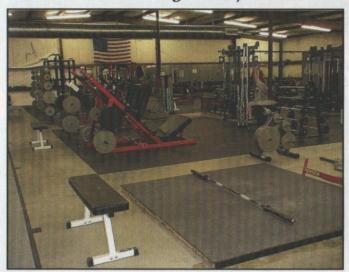






## HARD COREGYM#70 Brute Strength Gym

(Power & Strength in Norfolk, VA) as told to Powerlifiting USA by Rick Brewer



Last month we saw some leprechauns wrestling at Shamrock Athletic Club. I've always loved leprechauns and even the Keebler elves, so that was fun. I saw a dwarf Michael Jackson dancing in the New York City subway tunnels one time, and that was a little scary - but other than that one incident - I applaud the wide diversity of life. This month, I'm gonna tell you a joke about a 320# male gynecologist. But hold on; I'm getting ahead of myself

First, I got a note from Gayle Schroeder telling me about a new gym that was friendly to strongman competitors. Gayle has been powerlifting since 1986, and he's been promoting powerlifting meets for over a decade so he knows what makes a good gym. Brute

normal strongman events indoors: Conan's Wheel, Power-Stairs, Sled, Yoke, Tire Flipping, Farmers Walk, etc. AND they have keg throwing & a weighted wheelbarrowoutside. Way cool by

There are some gyms that let you drag sleds outside, and a few other gyms that have some tires to flip - but not a lot of commercial gyms that have all of this under one roof. That's why most of my strongman friends are forced to train at home. The fact is, I can't think of a single top-tier strongest man competitor who primarily trains at a regular gym. But Brute Strength is not just a regular gym.

Here's the Brute Strength story, straight from the mouth of their director Gayle Schroeder, with random insertions from (me):

I've been a personal/ strength trainer since '94 and have had to train my clients at a local gym. Dr. David Peters. who is now the owner of Brute Strength Gym, has been my client for the past 2.5 years. Over the past 3 years, I

branched out into training middle and high school athletes. Not only do (I help them) squat and deadlift, but our training incorporates a lot of sled and strongman training. No machines, only free weight. Although the owners at the old gym had been gracious enough to allow me to bring in my own equipment, I was pretty much scoffed at by the grand trainers at that gym.

David came to me to train him for strongman. He's a big man: 6'3", 320 lbs. Funniest thing is that he's a gynecologist. (Told va!) Our (intimidating) presence and training methods, although tolerated, were not very appreciated. (Perhaps Dave's offer of free gynecological exams to various attractive women in the gym may have been offensive to some of them. Go figure.)

So, 2 years ago we started working on ideas for the dream training facility. We had the same dream and vision: To train strongman events indoors and outdoors. To train for powerlifting with the best equipment. To train (high school) athletes as real athletes, not as fitness boys. Brute Strength Gym was soon

When I describe this gym to people, they do not understandor think that I'm talking junk. (Is it cuz the initials are BS?) But when they walk into the gym they are in awe!

I have it set up so strongman events are good to go; from training to the actual competitions. Very little workeffort is needed to set up a strongest man event

We have (2) 100 ft. lanes to perform; Sled [dragging, pulling and pushingl; Super Yoke, Tire Flipping, Farmers Walk. Also, my football and baseball players can work on their 40 and 60 sprints, as well as the shuttle. I also have ply blocks for them.

We have 4 power platforms: the big one have the Mono Lift and Hydraulic Squat; while the 2 smaller platforms are for deadlifting, log-lifting or weight-lifting [we have bumper plates as well]

Indoors we also have the Power Stairs and Conan's Wheel, Atlas Stone.

This whole area is easily set up to run a Full Powerlifting or Weight Lifting Meet, with room for spectators; or a Strongman Competition [which we can also run outside]

We have a fully equipped weight room: all equipment is from Forza or Elite. Dumbbells [up to 200 lbs.] and plates from Ivanko. We have all the powerlifting needs: from bands to chains, and boards to power racks. We also have everything else; from kettlebells to medicine balls. (There is) not much we are

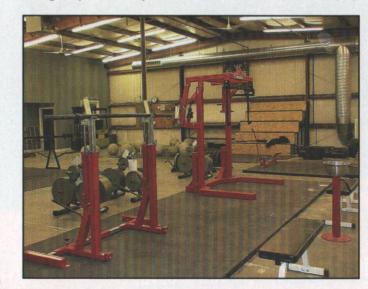
Outside we are going to have a small track. In the center will be a permanently installed

Throw for Height [keg toss]; Shot-Put; Husafel Stone, and we already have a concrete arena for car flipping (who lets you flip their car?), and tire flipping.

Our lounge has a big screen TV (for people too lazy to work out?), on which we run DVDs of strongman, powerlifting, or the movie '300' (awesome flick!).

This is not just our dream [David's and mine]. This is every lifter's dream. If you can get out here to see it, you will not be disappointed. It's not fancy. It's not supposed to be. It's just a big warehouse (full of meaty

(continued on page 100)







Staring upward at 711 pounds of cold iron, arms locked by his tight bench shirt, Ben White gripped the bar with his chalkdusted hands. Psyched and in the zone, his entire body tensed under the stacked bar as his muscles unleashed the most explosive power he'd ever called upon. That was at Ben's

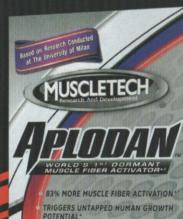
With Aplodan™. Ben regularly presses 315 pounds for 30 reps, or will toss up 505 pounds for nine reps - raw. Having also benched 605 pounds raw, he's ready to suit up again and truly test his limits! Convinced that Aplodan is a potent powerhouse, Ben White is returning to powerlifting, and he's hungry for more weight and a new PB as he climbs toward 1,000 pounds!

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Countless other powerlifters are training toward new totals with Aplodan's potent, strength-boosting formula. Now it's your turn to join them. Prepare your muscles for an assault of raw, explosive power and become a recordbreaking powerhouse with the latest advancement in

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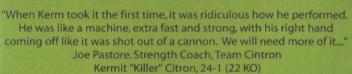


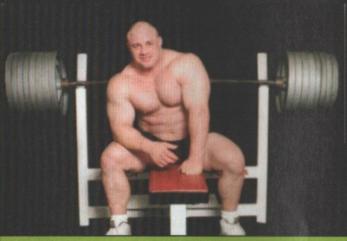
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Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

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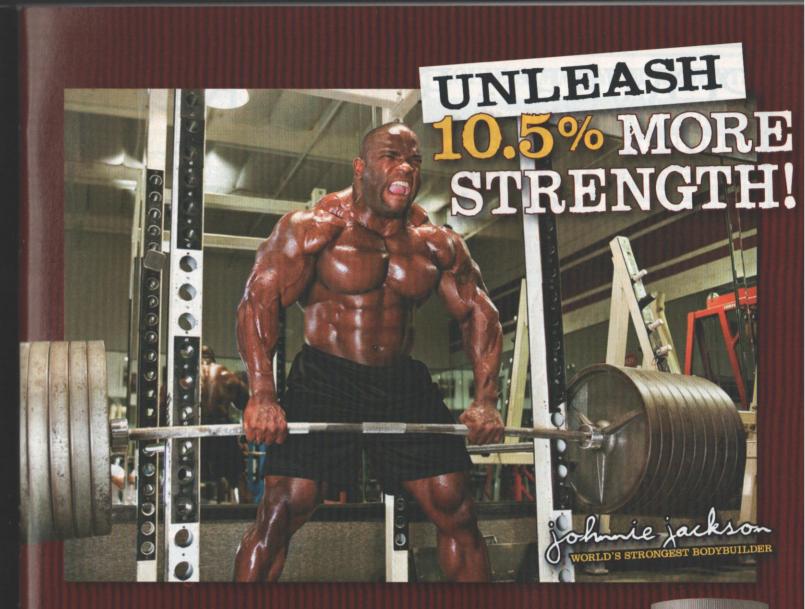
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adrenaline maxed, you desperately struggle for one last rep. But when you're at the brink of muscular failure, and with the iron threatening to defeat you, you've gotta do more than just dig deep. You've gotta defeat the destructive forces within – forces trying to cripple your strength and prevent you from moving the iron. These nasty forces are fatigue toxins such as ammonia and they will paralyze your strength in an instant! The more you bang out the reps, the more these toxins set in and inevitably shut your muscles down. But when failure is not an option, there's

GAKIC\* – the world's first and only muscle fatigue toxin neutralizer!

GAKIC is the result of eight years of scientific research conducted at the prestigious University of Florida and is engineered to neutralize fatigue toxins. In fact, in a gold standard, double-blind, placebocontrolled study, subjects taking GAKIC immediately increased their strength by an astonishing 10.5 percent while increasing resistance to fatigue by up to an amazing 28 percent! For you this means more reps, heavier weights and more raw power. Get GAKIC on your side today and unleash hell on the iron.

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In a clinical study, GAKIC\* supplementation increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. © 2007. All trademarks are owned by their respective trademark owners. GAKIC is patented and available only from Team MuscleTech\*. For more information visit GAKIC.com\*

## POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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

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

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

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

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

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

2) When the electrical impulse

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

3) Acetylche line binds to receptor sites on the m scle, recreating the electric action pc tential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticus un in the muscle.
5) The calcium comacts the contractile machinery of the succle (actin and myosin), and muscular contraction

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

and most easily fatiqued

muscle groups, where

each neuron must ser-

vice larger numbers of

muscle fibers (i.e. white

type II-b fibers in the

thighs, back, and other

major groups critical to

maximum lifts in strength

Training, however

is for another article,

and the above physical

adaptation does not in-

crease neurotransmitter

production or the num-

per of receptor sites for

them: the two missing

links, sotospeak. Within

the context of this brief

article, we shall focus on

the most neglected ve-

hicle for maximal

strength development

via supplementation:

president of Human Per-

formance Specialists, a

sports pharmaceutical

Thomas Incledon,

acetylcholine.

consulting firm, cites acetylcholine and

associated neural co-factors as the

next generation of ergogenics: "In-

creasing acetylcholine and neurotrans-

mitter enhancers will be one of the next

phases. When vou increase acetylcho-

line, you are able to activate more

muscle fiber, which, in turn, lowers the

relative intensity of a workout [by in-

creasing the amount of weight that can

By actively providing the precur-

sors and conversion agents necessary

for optimization of nerve conduction,

strength is increased through the power

of multiplication: using more muscle

fiber in a given movement, which

equals greater gains and hypertrophy

The quantifiable real-world improve-

ments athletes are demonstrating with

neural accelerators, now that they are

appearing in the competitive circuits,

is more impressive than physiological

Scot Mendelson, who has increased

his world-record bench-press from

786.2 lbs. to 1008 lbs., now has 9

world records to his credit and states:

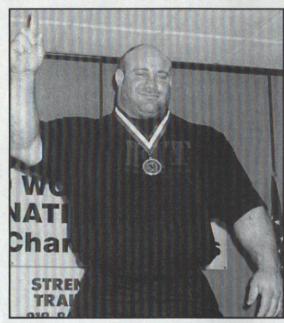
"BodyQUICK [the only acetylcholine-

based neural accelerator currently on

theory or hypothetical speculation.

in a shorter period of time

be lifted).



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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www.getbodyguick.com

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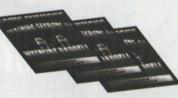
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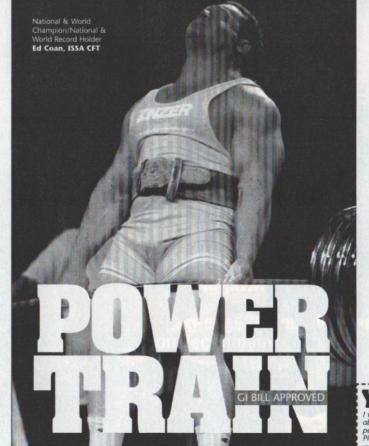
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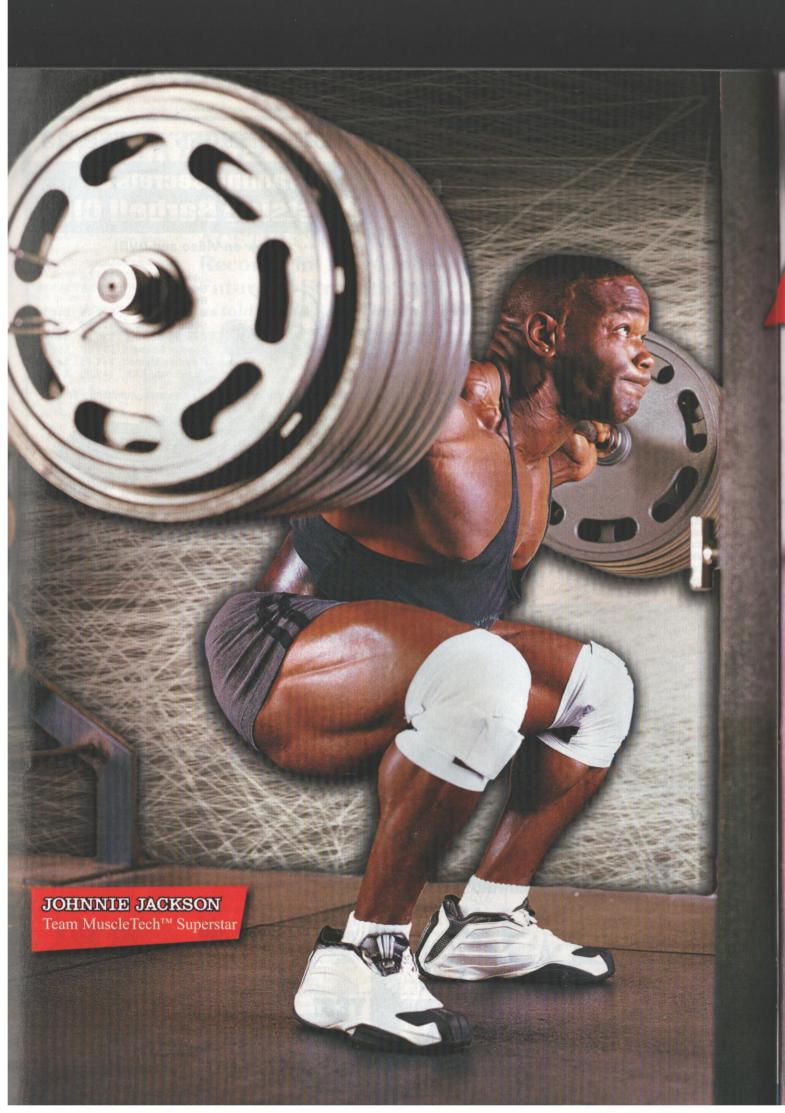




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Q: I loved your last column on Quinoa. Since I read the article I have been eating it every day and lactually like it. You were on the money when you said that it will help give you more energy for your training. I noticed a big difference and so did my training partners when I was leaving them in the dust during our training sessions. I have a question for you about ginger. I have heard that it has a lot of health benefits. Ilike to drink ginger tea especially in the winter cold weather. My mom had me drink it all the time and I guess it has just stuck with me all these years. If you could give me some in depth info on it that would be great. Thanks again for such an interesting column. Sincerely, Geoff Justinson

A: It's nice to have you write back again. In regards to your question all I can say is that mom is always right and you should listen to her more often. Yes, ginger offers tons of nutritional benefits that just about anyone can take advantage of. Ginger has many known scientific health benefits and it also has a very positive reputation in Traditional Chinese Medicine as well. No matter which way you slice it there is a lot of good that can be taken from using ginger regularly in your nutrition plan. I am going to give you some of the major benefits that ginger has to offer your health. Let's take a look.

Ginger has numerous different gastrointestinal benefits that everyone can take advantage of One of these benefits includes its positive affect on motion sickness and sea sickness. In one study it was actually put up against the most popular motion sickness drug and was found to be more effective at reducing symptoms

· Here is another benefit just about all male powerlifters can take advantage from. Actually their families and pets even more so. Ginger has been shown to have a positive effect on eliminating gas. You all know who you are and what you do once you come home from the gum

For those of you who get gas and cramping after a meal, ginger may just be the answer. Not only does it help eliminate that funk you carry around with you like a cloud of napalm, but it can also help ease stomach cramps. It can help soothe your little tummy when you decide to go and eat six greasy burritos because they were on sale for ninety-nine cents each.

Another stomach related benefit to ginger is the fact that it helps stimulate digestion. This means that it will help you breakdown your foods more efficiently so your body will utilize more of the nutrients

For those of you who know someone that has undergone chemotherapy you can fully attest

## NUTRITION

## Power Nutrition Q & A

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

that the side effects can be horrible. Ginger has been shown to have benefit for those individuals that are going through chemo and suffer from nausea. This is a common side effect that the large majority of people do suffer from. Different studies have shown that ginger does help reduce this problem

In the Journal of Obstetrics and Gynaecology one study showed that consuming small amounts of ginger can actually reduce the symptoms of nausea and vomiting in pregnant women.

· If you suffer from rheumatoid or osteoarthritis listen up! Ginger has some very potent anti inflammatory benefits that can work wonders on your pain.

· Gingerwon't only cut inflammation when taken daily, but it will also help reduce swelling as well.

One very promising fact is that ginger has shown some very good effects on arthritis in the knees.

In another study published in Osteoarthritis Cartilage, not only did those taking ginger find a huge improvement in their knee pain but they also noticed a huge difference in knee swelling.

 Now to make consuming ginger even sweeter I have even better news. Ginger has been shown to have antioxidant benefits as well.

 In case you didn't know antioxidants fight free radical damage that can cause such diseases like Cancer

· According to one very important study, ginger extract was shown to have anti tumour effects on your body's cells. If this doesn't make you want to start including ginger in your daily plan then I don't what will

 Another study showed that the active phytonutrient in ginger known as Gingerol can play a very important role in dealing with Cancer

· This study showed that it actually killed ovarian Cancer cells. Hey Power Vixens reading this pay attention

This was caused by two different mechanisms. The first was autophagocytosis which in layman's terms is a form of self digestion that causes its destruction.

 The second mechanism was by apoptosis which is a form of programmed cell death.



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

· Another thing that will blow your mind is the fact that these ovarian Cancer cells often become resistant to different drugs designed to destroy them. But this is not the case with ginger as the Cancer cells do not become resistant to its Cancer eradicating effects.

· Ginger has been shown to have benefits for those with Diabetes and high blood sugar levels. Ginger helps reduce serum glucose levels thereby helping improve Insulin sensitivity.

· Ginger also has a very beneficial effect on your cardiovascular system. It has been shown to help reduce your bad or LDL cholesterol and prevent hardening of the arteries.

These are two things that all Powerlifters can take advantage from since cardiovascular disease is a plague in our sport

· Ginger also can help strengthen your immune system and protect you from invading pathogens. This has been shown with some respiratory tract pathogens known to wreak havoc especially on those who suffer from respiratory ailments like asthma.

As you can see, ginger offers a lot of health benefits that just about all of us can take advantage of. There are many ways to get your daily dose of ginger without it becoming a hassle. One way is to use it in your cooking. There are numerous dishes where you can use small amounts of ginger to help flavour up a bland dish. For those of you who like tea it is very easy to consume this as well. All you need to do is dice up a few slices of fresh ginger and throw it in your tea pot and boil. Once this is done, you can just drink it with your meals to help

aid in the digestion process. You will love ginger tea on those cold and blustery winter mornings to help warm you up before you go out in the cold. You can also buy ginger tea in already prepared packets. You can find this at any Traditional Chinese Herbal store. used to buy these all the time as all you have to do is add them to some hot water and the crystals dissolve. would prefer you to use fresh ginger, but when time is of the ssence this is better than chugging back some cola. For those of you who simply can't take the taste of ginger I recommend you get some ginger extract cansules Make sure you get one that has at least a 5% concentration of Gingerols. This way you can take them without having to taste it. I actually like ginger slices with my sushi and sashimi. I add it right on top of the sushi and then dunk it in some soy sauce and wasabi. I am getting hungry just thinking about it, but in Japanese tradition it usually isn't supposed to be eaten with the sushi, but afterwards to clean your palate. Ginger should be something that you start incorporating into your nutrition plan for so many reasons. It doesn't have to be time consuming or a pain in the backside

Q: I just wanted to drop you a line to tell you that I find your column new and interesting each time I pick it up. I also have one thing that I would like to see more of. Why haven't you done any interviews lately? You used to do them with different nutritionists or specialists in the past but I haven't seen one in a very long time. I like your column a lot but one of the things that I really found interesting was some of the interviews that you did. So what gives? Yours Truly, Sherry Thomas

A: Ok, you got me here, you are 100% correct. I have not run an interview in a long time, my bad! I am actually working with a few other nutritionists that specialize in different fields as we speak. I have some very interesting ideas planned for 2008. I am hoping to run at least 3-4 different interviews in the new year on some really good topics that will relate to powerlifters. I have some well thought out ideas that are going to help shed some light on several new topics that I have not discussed in the past. Just wait and see. Some of the information is going to shock you. Don't be too mad at me because you can look forward to some really in depth, out of the box topics that are really going to open your eyes on several different fronts. Each article or interview that I do does take a lot of time. There is a lot of prep work involved, and I try to make each of my articles to be

packed with info that you can actually apply to your life. If I just go off on a scientific tangent there will be a few of you that will find it interesting but the other 99% of you will just flip the page and read the next article in the magazine. I don't want that to happen so I try my best to write in a manner that best suits my intended audience. Since I can relate to the powerlifting community, I think I do a pretty good job at getting my message across. Don't be a hater, because you can look forward to some very interesting interviews coming just around the corner!

Q: I have heard you promote extra

virgin olive oil in your column

numerous times. I was wondering

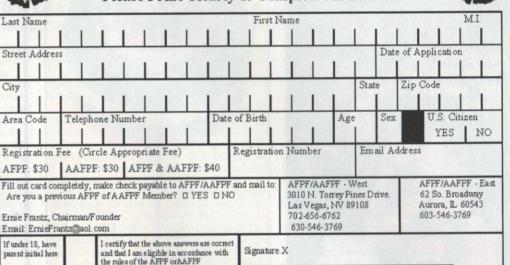
what is the difference between

the extra virgin olive oil and just the regular olive oil? I know the regular one is cheaper so I was wondering if there was any nutritional difference or is it all pretty much the same thing? If you could let me know more about this that would be great. Sincerely, Latasha Johnson A: I have talked about olive oil numerous times before and the many good things it has to offer your health and performance. Not only does it taste great, (I guess being Italian has me biased) but if you consider just the cardiovascular benefits it has makes it a "must have" oil. Now there is definitely a difference when it comes to comparing extra virgin olive oil and other forms of olive oil. First off you should know that extra virgin olive oil (EVOO) comes from the first pressing of the olive. This makes it the most pure. This also means that it has the lowest level of acidity which is less than 1%. EVOO also signifies that the extraction process took place through physical means and not by the use of chemicals. It also contains no other subgrade refined oils added to the mix. This is why you will find EVOO to have the strongest and richest taste of any olive oils on the market. You should also look to make sure that it says "first cold pressed" on the label. This means not only that it contains oil from the first press, but also the fact that heat was not used in the extraction process which can damage the oil and cause its chemistry to be altered.

Let's take a look at the other types. Virgin Olive Oil is another one that you will see line the shelves at the grocery store. Its acidity rate will not usually exceed 2%. With Virgin Olive Oil no other refined oils can be added as well. There are no chemicals used in the extraction process. It will also not necessarily be the first press of the olive as with EVOO. Pure Olive oil is another term used on labels that you may notice when going to your local grocery store. This type of olive oil

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is not as "Pure" as the two above. This is usually blended oil. This refers to it being a mix of some refined oil and also a small portion of one of the purer forms of olive oil. To make sure you understand this properly you need to know what refined refers to when you are talking about olive oil. Refined means that the oil has been chemically treated. This is not good for several reasons. One major reason is the fact that it destroys the fatty acid content of the oil. The whole purpose of consuming olive oil, besides it tasting incredible (there I go again) is to take advantage of the health benefits these good fats have to offer your

body. With Pure Olive Oil you are not getting the same cardiovascular benefit as when consuming EVOO. For my personal choice I wouldn't use anything but EVOO. You want an oil to remain as pure as possible and not to be laced with chemicals or solvents. You also want to make sure that the fatty acid structure is intact so you can take advantage of what nature intended. Remember, not only for olive oil, but for all foods, the closer it is to nature the better it is for you. This is a rule that I tell all my clients and one that holds true when choosing the best foods.

So, until next month, eat clean, train hard, and start eating more ginger as I guarantee your

long term health will thank me later.

If you have any questions or comments please contact me at:

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

Note: I had a major virus take down my computer system in December that lasted close to two weeks before being resolved. If you have e-mailed me and not got a response, forgive me, as I have lost some of the e-mails and couldn't respond. If you sent me an e-mail, send it again, as all problems have been rectified.



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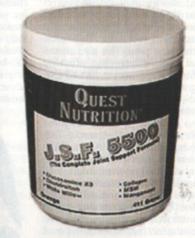
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Simply put Marion Jones is gifted. Even without drugs, Jones may very well have been the fastest woman on earth and arguably the greatest female athlete in the

world. As a small child, she was great at everything she attempted ... softball, basketball, track and field, tennis, golf, even volleyball. At age 15, presumably without drugs, she ran the 200 meters in 22.87 seconds, breaking the national high school record, and at the age of 18, she led the University of North Carolina to a national championship in basketball. There was nothing she couldn't do in the field of sports at an elite level. Like I said, even without drugs, she was strictly world class. With drugs, she became otherworldly ... perhaps the greatest female athlete to ever walk the face of the earth. She certainly could outrun just about anything on earth and anywhere else for that matter. That is the catch ... with drugs she was wraithlike, without them simply world class. She clearly understood the circumstances, and she obviously understood the decision she had to make ... a choice that would be difficult for any athlete.

Bruce McDaniel, a former world class high jumper, informed me of the difficulty of making such a decision. "When I was in my first year of college," said Bruce, "my coach came to me and said that if I was ever going to make it to the next level, I would have to start using drugs. I was by far the best high jumper on the team. Actually, I was the best straddler in the world. To be honest, I really wasn't convinced that steroids were going to make me that much better so I begged off. Within less than a year, my competitors who were using steroids started closing in on me. Guys who were nowhere as good as I was were jumping right with me. I' realized real quickly that unless I started using drugs I would never fulfill my dreams as an Olympic athlete. Believe me that decision haunted me for years, but I never succumbed to the temptation. I felt drug use was cheating, and I was concerned about the health effects. Of course, I never did realize my dream of being an Olympic athlete, which hurts to this very day.

I am sure that is the same decision Marion Jones had to make. I am not saying I agree with her decision, but I understand why she made it. The way it is today, it is difficult to compete unless you cheat. That sounds terrible to say, but unless you are gifted, your chance of competing at a world class level are slim unless you use drugs. The fact is that drugs give you that much of an advantage. With drugs an average athlete can become world class, a world class athlete can become otherworldly ... they work just that well."

And what does this tell us? McDaniels summed that up nicely as well. "That old saying, 'Cheaters never win is the furthest thing from the truth.' Cheaters do win. If you want to win, you should cheat... that is exactly what cases like Marion Jones and Barry Bonds tell us. Our children see that the way to succeed in sports is to cheat, and consequently many of them will give in to such

## DR. JUDD

## What Can Be Learned From Marion Jones? as told to Powerlifiting USA by Judson Biasiotto Ph.D.

temptation, especially when they see that the reward for cheating far outweighs the consequences. That is why I hope some day they can get on top of the drug situation and literally get cheaters out of all sports."

At least today Jones is extremely remorseful that she cheated ... NOT! As Mike Golic said, "She is sorry that she got caught ... it is forced remorse, not genuine sorrow." I would have to agree with Golic. I find it difficult to believe that Jones would ever have admitted she cheated if she had not gotten caught red handed. Let's be frank, she adamantly denied she had ever taken drugs for close to a decade. Worse yet, she sued BALCO founder Victor Conte, in 2004, for \$25 million alleging Conte tarnished her reputation when he said on ABC's 20/20 that he supplied performance-enhancing drugs to Jones. She settled that lawsuit on February 5 2006. According to Conte, the lawsuit cost him a lot of money to defend himself. She also slandered her ex-husband, C. J. Hunter, calling him a liar and a cheat. Just as revealing, she wrote in her 2004 autobiography Life in the Fast Lane, "I have always been unequivocal in my opinion: I am against performanceenhancing drugs. I have never taken them, and I never will." She also made this quote on Sept. 26, 2006 edition of The New York Times after receiving word that her "A" sample tested positive for a steroid at the U.S. Track and Field Championship. "I've defended myself against this. I said I never used performance-enhancing drugs. I'm for a drug-free sport.

What does this tell us? Simply put, that a cheater can also be good liar. One thing I will say, though, Jones understood exactly what she had done. She not only apologized to her family, friends and supporters, but she also apologized to all of her competitors, whom she had cheated. She acknowledged that her fellow competitors, teammates and the sport are paying

the price for her mistakes and that her admission cannot erase all of that damage. And it certainly was major damage. Not only did she steal all of those Olympic medals from her competitors, but she also stole millions of dollars in bonuses and commercial endorsements. Bruce summed that up nicely also:

"The gut wrenching thing from an athlete's standpoint is that you train

your entire life to realize your goals. You do everything ethically and morally right and then a cheater comes along and robs you of all you worked for your entire athletic life ... the opportunity to compete, the recognition andin many cases - a lot of money. That is certainly how it was for me. There were guys who would never have beaten me drug free, but they went right on past me because they were loaded on drugs. It is not fair and it hurts. I know a lot of people will say that everyone at that level is dirty. That is not the case. I never used drugs, and a lot of my friends who were world class competitors never used them. That is just an excuse for cheaters. Even if that were true, which it isn't, that still is not fair to the guy who does everything right and does not make it to that level because his competitors were loaded on drugs. Who knows, that guy you never heard of may very well be a world class competitor if everyone was drug free. That is the problem; good people are ing robbed of their dreams

Of course, Jones paid for her cheating and indiscretion. All of her medals, as well as her relay teammates' medals, had to be returned, and she was required to repay an estimated \$750,000 that she was awarded for her winnings. Actually, the financial penalty was rather lenient considering that she earned over \$20 million in endorsement moneys from her victories. That goes without mentioning the money and glory she stole from her competitors. Australian Olympic Committee Chief John Coates echoes those sentiments: "It's very, very disappointing for all of the athletes that competed against her (Jones). ... I don't think an acknowledgment now will ever right the injustice for those other ladies who were robbed of glory, money and opportunities. I would hope that she is punished thoroughly." Darryl Seibel, spokesman for the U.S. Olympic Committee, agrees with Coates: "Our position on doping is

unequivocal. Doping is cheating, and under no circumstance will it be tolerated. If an athlete cheats, they deserve to pay the price for their action."

What can we learn from this? Perhaps Jon Drummond, a gold medalist in the 400 relay in Sydney summed it all up best: "Any use of performanceenhancing substances is a tragedy for the athlete, their teammates, friends, family and the sport. It's like that old saying, 'Cheaters never win.' So no matter how glorious or glamorous things look, you'll get caught and pay a price for it. It doesn't help track and field at all, except maybe by letting the world know that people always get to the bottom of things. We shouldn't be afraid of the truth, but it's sad it came to this. I hope it never happens again, but I am



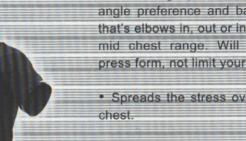
Dr. Judd Biasiotto squatting a world class 603 in the 132lb. class.

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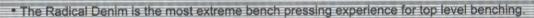
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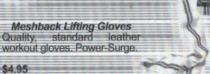
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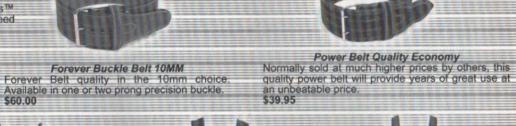
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Assistance exercises can strengthen weaknesses and build on strengths on all three powerlifts. They also add variety to our workouts and also help improve our physiques. The trouble is, we do not always get the results we'd expect from our efforts. The countless tricep press downs you grunted out the last training cycle did not translate to an improved bench press. Things do not add up, but the answer may be very easy to find.

Look first at your exercise form used on your assistance work. Most lifters start out with great attention to exercise form, properly performing assistance lifts. But to keep the weight increasing, lifters add other muscles outside of the targeted ones, decreasing the range of motion of the exercise or add momentum. Ingenious lifters combine all these weight enhancing techniques to keep the weight moving up. The result is an assistance exercise barely resembling what the lifter started using.

Every exercise has standard cheating techniques universally shared by lifters. Let's look at a few of the most popular assistance exercises and the cheating techniques most commonly used. While you're reading, take an objective look at your own technique to see if it

applies to you.

Let's begin with the most popular assistance exercise, the bicep curl. The majority of lifters do not lower the bar to full extension, thereby reducing the range of motion. Lifters justify this by saying this keeps tension on the bicep for building a Mr. Olympia bicep peak. This is a tired excuse. A lifter knows exactly how far he can lower the weight in a lift and still get it back up again. If he'd lower it another inch, he would not to be able to curl it up again. This is similar to cutting a squat off high, any lower and they

would get buried. That is an instinctive ability lifters are born with. Another popular curl cheat is turning it into a reverse grip power clean. The weight is heaved up using more lower back and traps than biceps. Combining reducing range of motion with the reverse power clean heave-ho creates the best scenario. For best results. perform your curls with a full extension and contraction with a full range of motion. Keep your back straight and curl with the biceps, don't lift the weight using power clean technique.

Bent over rowing is a favorite lat exercise. This can resemble a bent over power clean curl as in the example above. A lot of swinging and heaving, not much lat work. Keep your back flat, parallel to the ground and pull your elbows back with the lats using the arms as hooks. Using a rowing machine can help reduce your swinging, but are not cheat-

Shrugs are the best choice for deadlift lockout power, but best results come only if the traps are doing the shrugging. Too many lifters' shrugs consist of bending their arms with little, if any, shrug motion. Focus on shrugging with your traps, again

## STARTIN' OUT

## EXERCISE FORM as told to PL USA by Doug Daniels

nd.
Look first at your exercise form used on assistance work. Most lifters start out with arms with your shrug weight, you're using some side of your body. This results in uneven strength development and imbalance. Of course, throw in decreasing range of movement

weenie weights. Use your traps to shrug and watch your deadlift improve.

Incline benches work the upper pecs and front delts. The inclined angle of the bench reduces the contribution from the pecs so less weight can be used than in the standard flat bench press. Resourceful lifters have conquered this limitation. As they press the bar, they raise their butts and lower back off the bench, moving their torso parallel to the floor, turning this exercise into a pseudo flat bench. Might as well stick with flat benches in this case. If you chose to do inclines, maintain the proper position on the incline bench. A rule of thumb is the greater the incline angle; the less pec and more delt. A thirty-degree angle may be best all around incline angle of choice.

Decline benches focus on overloading the lower pec. Some lifters claim that they can decline more than they can flat bench. The reason this is possible is they lower the bar below their chest, nearer their waists, decreasing the range of motion. Physics 101 teaches us that the less distance you need to move something, the easier it is. If you chose to do declines, lower the bar to chest level for a full range of motion

and best results.

Tricep pulley pressdowns are great for building bench power but they are also victims of workarounds. They're several ways of cheating on this exercise. Leaning into the movement helps to get weight down. Keeping the elbows out away from the body adds the delts, pecs and lats to the exercise making it a dip like movement. Leaning more to one side than the other, results in more than 50% of the weight being moved by one side of your body. This results in uneven

strength development and imbalance. Of course, throw in decreasing range of movement either on top or on the bottom. The pulley cable should remain in line with your nose to be sure each arm is doing its equal share. Bring the weight up as far as you can while keeping your elbows locked to the side of your torso and press the weight down to lockout.

These are just a few examples. As I wrote earlier, every exercise has some standard cheating technique. If I have described your exercise form, drop the weight used and learn and maintain proper form. This can be the hugest challenge for most lifters. Using lower weights with perfect form can be very ego killing. I sound like a skipping CD but the judges and spectators at the meets DO NOT CARE how much you can cheat curl or heave row. Using proper exercise form also greatly decreases the chance of injury. For best results, keep continual tabs on your exercise form. Increase the weight and reps only when you can do it using proper form. Have a knowledgeable lifter demonstrate proper form and critique your form. There is a chance you were performing exercise incorrectly from the getgo. If your assistance exercises are going up but your competitive lifts aren't, step back and objectively examine your exercise form.



**Bruce Randall** made huge gains in strength and bodyweight doing the Good Morning exercise. The key in any assistance movement for the powerlifts is to use enough weight to stimulate the muscles involved, but not so much weight that proper form (and maybe something else!) gets broken in the process.

Dear Mr. Gallagher,

I hope I caught you before you put your thesaurus away. I wanted to respond to your article in the October issue of *Powerlifting USA*. I was not intending to respond to yours, but you brought out so many valid points, I couldn't resist.

First of all, I am not sure where you are from but we Northerners don't consider NASCAR to be a sport nor do we consider the drivers to be athletes. Comparing powerlifting to race car engines caught my attention. You indicate how NASCAR placed limits on engine size and did so due to advances in technology. Please don't get me wrong, I am in favor of technology, but not in favor of changing the rules of our sport. Why was it ok for NASCAR to place limitations on engines, but not ok for Powerlifting to do the same? Probably for starters, unlike NASCAR we have some 20 different organizations all of which due to egos and for monetary reasons have let our rules go to hell. How much technology did it take to go from a single ply to a double ply to a triple ply? I don't believe that was rocket science. As I stated before, when bench shirts were established, they were defined as a tight fitting t-shirt and had to follow the design of a t-shirt. Explain to me how an open back Velcro bench shirt mimics a t-shirt? Oh, I know, it's technology.

Math was my best subject in school and I greatly appreciated the fact that you figured out the percentages that shirts have typically added to one's bench press. You indicated that lifts in the bench press have improved by 40-60% and someday it may go to 100%... Can you tell me of any sport, legitimate or not, whereby an improvement of 40-60% was found and deemed acceptable? Can you imagine what would happen if the sport of weightlifting saw the type of improvement that we have seen in Powerlift-

**OPINION** 

ing. It is making a joke out of the sport I have enjoyed for almost 40 years. Sometimes you have to put the sport first, ahead of everything else. We have leaders of organizations and equipment manufacturers that support the philosophy that bigger is better, but what do you think goes through the average person's mind when he sees an individual bench 300 in the gym and 500 in a shirt. Does he come away saying "Wow that guy got 200 lbs. out of his shirt, wasn't that awesome".

Idon't have a problem with technology; I just spent \$80,000.00 on a laser that treats periodontal disease and am one of a handful of dentists in Ohio who have one. Yes, companies like Titan went to a stronger material and a new design. They worked within the guidelines and due to supply and demand and, probably for financial reasons, also manufacture double ply shirts. I also don't find fault with the lifters who go to triple ply or squat 4 inches high. The problem is with the organizations that allow the referees to pass a squat that is 4 inches high or a bench press where by the bar goes to the waist or they never lock out.

If, and this is a big if, the sport of powerlifting became an Olympic sport, what do you think would happen? First of all, they would want to work with an organization that has a large international following. They would also insist on a strong drug testing program. I also believe they would want an organization that adheres to a strict set of rules. The IPF has more competing countries than any other organization, they

drug test and they still adhere to the basic rules of the sport. How do you explain it when an IPF champion has trouble making the Top 20 list of "Powerlifting USA Magazine"? Oh, I forgot, it's technology.

If a 220 lb. lifter can squat 1,000 lbs going 4 inches high wearing a double ply canvas suit with extra long knee wraps, then I give him a great deal of credit. Is that person stronger than a 220 lb lifter who squats 800 in an IPF meet? I don't know, but until the two compete head to head, I believe each one deserves credit based on what they did under a particular set of circumstances. Please don't tell me that the lifter squatting 800 is antitechnology. I recently spoke with 2 meet directors running non-sanctioned meets. Both allow for double ply, but not triple ply. Are they antitechnology? Their comments were they didn't want it to look like a circus with the triple ply. Can someone explain to me why it doesn't look like a circus with double ply or even single ply? Wherever a lifter wants to compete, under whatever conditions is all right with me. Until they have competed on the same platform with the same conditions, don't tell me one is better than the other. Each lifter has their own valid reasons for lifting as they do.

When the sport of powerlifting evolved it basically divided into 2 groups, drug free and not. You are right that we have way too many variables nowadays to secure a fair ranking system. I believe we have 3 basic groups of lifters; raw; single ply lifters who adhere to basic rules and, lastly, anything goes lifters. Each group needs to respect the others and that was

Some of the higher lifts are due to technology, but most are due to heads of organizations, meet directors, equipment manufacturers and referees that have allowed the sport of power-

lifting to change for the worse. You indicated that your 700+ bench press friend doesn't work his raw bench and instead of spending a year to add 50 lbs. to his raw bench he might get the 50 lb. jump by working with his shirt. Doesn't this sound absurd to you? It is a joke, not technology. So what do you tell an individual who is getting started in the sport of Powerlifting? Do you tell them it's not about how strong you are, it's about how you can master the equipment? What other sport is there that is not based on athletic performance but instead on equipment or what you call technology? Football, Basketball, Baseball, Hockey, Wrestling, Track and Field, Volleyball, I don't believe so. Now don't put words in my mouth. As in the example I gave previously, the 1,000 lb squatter is an athlete, but look at what some of these lifters are getting credit for. You gave me credit as a sensitive, intelligent person. I am hoping that you are brighter than some of these individuals that go on line and make no sense (Yes, I'm talking about you Billy).

I think I'm going to invent a bowling ball that explodes when it hits any pin and assures each person of a 300 game. Wouldn't that be wonderful? Technology is such a wonderful thing.

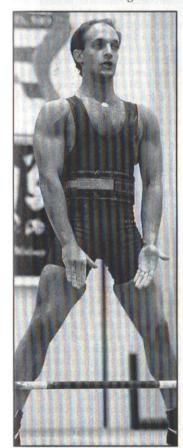
Larry Miller D.D.S.



Larry Miller DDS is one of the best master bench pressers in USAPL and IPF history.



Lamar Gant is the best of the best in the deadlift.. the shot above is from 1982 when he pulled the all time best in this weight class.



Dave 'Slice' Weiss ... was a very successful national competitor in the A.D.F.P.A. during the 90s.

## **ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S**

123 Pound (56 Kilogram) Weight Division -- DEADLIFT

BP X-Bwt American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 639.3 (290.0) \*5.18X Lamar Gant/57 7/10/82 (290.0 kg. @ 56.0 kg. 1st. man to DL quint bw.) (Dayton, Oh) (USPF/IPF)
2. 578.7 (262.5) \*4.69X Damarrio "Doc" Holloway/80 4/30/06 (262.5 kg. @ 56.0 kg.) (Duluth, Georgia) (USAPL)
3. 573.2 (260.0) \*4.65X Richard Hawthorne/84 5/17/03 (260.0 kg. @ 123.4 lb.) (Gadsden, Alabama) (WABDL)
4. 573.2 (260.0) \*4.68X Mike Ewoldsen/65 2/13/05 (260.0 kg. @ 122.5 lb.) (Oklahoma City, Oklahoma) (NASA)
5. 562.2 (255.0) 4.55X Tim Taylor/66 10/28/89 (255.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
7. 551.2 (250.0) 4.46X Fric Kupperstein/66 3/6/04 (250.0 kg.) (Plymouth, Massachusetts) (USAPL)
8. 549.5 (249.2) 4.45X Mike Cross/47 8/30/74 (550.0 lb., which later weighed out at 549.5 lb.) (Arlington, Texas) (AAU)
9. 548.3 (248.7) 4.44X Allen Clark/51 2/19/72 (548.25 lb.) (Creas) (AAU) 548.3 (248.7) 4.44X Allen Clark/51 2/19/72 (548.25 lb.) (Texas) (AAU) 540.0 (244.9) 4.37X Miguel Castro 11/19/88 (540.0 lb.) (Schererville, Indiana) (ADFPA) 534.6 (242.5) 4.33X Ernesto Milian/47 11/21/87 (242.5 kg.) (Dayton, Ohio) (APF/WPC) 529.1 (240.0) 4.29X Bobby Adams 3/11/89 (240.0 kg.) (Fort Hood, Texas) (USPF) 525.0 (238.1) 4.25X Joe Bradley/56 5/13/78 (525.0 lb.) (Port Edwards, Wisconsin) (USPF) 525.0 (238.1) 4.25X Joe Bradley/56 5/13/78 (525.0 lb.) (Port Edwards, Wisconsin) (USPF) 523.6 (237.5) 4.24X Clarence Fielder 7/31/92 (237.5 kg.) (Raleigh, North Carolina) (USPF) 520.0 (235.9) 4.21X Herb Blake/58 12/9/89 (520.0 lb.) (Adel, Georgia) (USPF) 518.1 (235.0) \*4.23X Jeremy Scruggs/83 9/11/05 (235.0 kg. © 55.6 kg.) (Fort Wayne, Indiana) (USAPL/IPF) 513.7 (233.0) 4.16X Dave Weiss/69 8/24/96 (233.0 kg.) (Chicago, Illinois) (ADFPA/WDFPF) 512.6 (232.5) 4.15X Bob Lech 8/18/79 (232.5 kg.) (Bay Saint Louis, Mississippi) (USPF) 512.6 (232.5) 4.15X M. Long 2/13/88 (232.5 kg.) (Dallas, Texas) (USPF) 507.1 (230.0) 4.11X Roman Garcia/84 (237.0 kg.) (Saint Louis, Missouri) (USAPL) 507.1 (230.0) 4.11X Roman Garcia/84 12/4/04 (230.0 kg.) (Harlingen, Texas) (APF) 507.1 (230.0) \*4.14X Erwin Gainer/66 10/15/07 (230.0 kg.) (Bay Garcia) (AFF) 501.6 (227.5) \*4.06X Russ Steinhouser 6/2/84 (227.5 kg.) (Bay Society) (Portland, Maine) (USPF) 501.6 (227.5) 4.06X Sinh Connolly 12/17/94 (227.5 kg.) (Dallas, Texas) (NASA) 501.6 (227.5) 4.06X Pete Gutierrez 3/15/97 (227.5 kg.) (Chicago, Illinois) (ADFPA) 501.6 (227.5) 4.06X Marc Morishige 11/15/01 (227.5 kg.) (Reno, Nevada) (WABDL) 501.6 (227.5) 4.06X Marc Morishige 11/15/01 (227.5 kg.) (Reno, Nevada) (WABDL) 501.6 (227.5) 4.06X Bobby Sanders 11/17/02 (227.5 kg.) (Reno, Nevada) (WABDL)
500.0 (226.8) 4.05X O'Neal Simmons 1995 (500.0 lb.) (Texas State Championships) (THSPA)
496.0 (225.0) 4.02X Glen Shoblock 10/4/80 (225.0 kg.) (Lebec, California) (USPF/IPF)
496.0 (225.0) 4.02X Cedric Butler 4/11/87 (225.0 kg.) (Fort Knox, Kentucky) (USPF) 30. 496.0 (225.0) 4.02X Glen Shoblock 10/4/80 (225.0 kg.) (Lebec, California) (USPF/IPF)
31. 496.0 (225.0) 4.02X Cedric Butler 4/11/87 (225.0 kg.) (Fort Knox, Kentucky) (USPF)
32. 496.0 (225.0) 4.02X Mark Hartman/73 7/25/92 (225.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
33. 495.0 (224.5) 4.01X Julio Nunez/43 3/3/79 (495.0 lb.) (Denver, Colorado) (AAU)
34. 490.5 (222.5) 3.97X Tim Durachta 6/15/96 (222.5 kg.) (Saint Louis, Missouri) (ADFPA)
35. 490.5 (222.5) 3.97X Wil Taylor/69 3/29/98 (222.5 kg.) (Denver, Colorado) (USAPL)
36. 490.0 (222.3) \*4.12X Roger Thompson 11/7/98 (490.0 lb. @ 119.0 lb.) (Effingham, Illinois) (NSM)
37. 486.1 (220.5) 3.94X Vincent Niedoliwka 6/14/02 (220.5 kg.) (Killeen, Texas) (USAPL)
38. 485.0 (220.0) \*3.94X Vincent Niedoliwka 6/14/02 (220.0 kg. @ 55.44 kg.) (Austin, Texas) (USPF)
39. 485.0 (220.0) \*3.94X Trey Cunningham/79 9/15/00 (220.0 kg. @ 55.8 kg.) (Chia Yi, Taiwan) (USAPL/IPF)
40. 485.0 (220.0) \*3.94X Mika Kiletico/80 9/14/01 (220.0 kg. @ 55.9 kg.) (Sofia, Bulgaria) (USAPL/IPF)
41. 485.0 (220.0) 3.93X Joseph Bernazzani 10/9/71 (485.0 lb.) (Slippery Rock, Pennsylvania) (NSM)
42. 485.0 (220.0) \*3.93X Norb Paterniti 11/17/84 (485.0 lb.) (Slippery Rock, Pennsylvania) (NSM)
43. 485.0 (220.0) \*3.93X Ken Snell/59 5/5/02 (485.0 lb. @ 56.0 kg.) (Lakeland, Florida) (NSM)
44. 480.0 (217.7) 3.89X Edrid Richard 2/6/88 (480.0 lb.) (Tacoma, Washington) (ADFPA)
45. 480.0 (217.7) 3.89X Joe Lusk 5/11/85 (217.5 kg.) (Dallas, Texas) (USPF)
47. 479.5 (217.5) \*3.88X Galen Takushi 10/20/85 (140.0 kg.) (Honolulu, Hawaii) (USPF)
48. 479.5 (217.5) \*3.88X Brian Foddrill 7/14/89 (217.5 kg.) (Callas, Nevada) (USPF/IPF)
50. 475.0 (215.5) 3.88X Brian Foddrill 7/14/89 (217.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
51. 475.0 (215.5) 3.88X Brian Foddrill 7/14/89 (217.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
52. 475.0 (215.5) 3.88X Brian Foddrill 7/14/89 (217.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
53. 475.0 (215.5) 3.88X Brian Foddrill 7/14/89 (217.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
54. 475.0 (215.5) 3.88X Brian Foddri



Vince Niedoliwka accomplished a lot as a teen lifter. Above he is competing at the 2002 USAPL Men's National Championship.



Herb Blake ... a warrior at the military and open national level, his best ever pull of 520 places him 15th of all time in the 123s.



Glen Shoblock was born to deadlift and he did his best at the Central California Championship in Lebec, California back in 1980.

#### ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 105 Pound (48 Kilogram) Weight Division -- DEADLIFT

37. 320.0 (145.1) 3.02X Judith Gedney/40 8/86 (175.0 lb.) (Milian, Illinois) (NSM)
38. 319.7 (145.0) \*3.21X Joan Fruth/54 2/20/82 (145.0 kg. @ 45.2 kg.) (Auburn, Alabama) (USPF)
39. 319.7 (145.0) 3.02X Shirley Gutierrez 12/7/85 (145.0 kg.) (San Francisco, California) (USPF)
40. 319.7 (145.0) \*3.02X Shirley Gutierrez 12/7/85 (145.0 kg.) (San Jose, California) (USPF)
41. 319.7 (145.0) \*3.05X Debbie Burke 4/6/91 (145.0 kg.) (San Jose, California) (USPF)
42. 319.7 (145.0) \*3.07X Lynne Fuller-Barlow/59 11/7/98 (145.0 kg.) (Chicago, Illinois) (ADFPA)
42. 319.7 (145.0) \*3.02X Stephanie Kubik 11/15/03 (145.0 kg.) (Escondido, California) (USAPL)
43. 315.0 (142.9) \*3.00X B. Conis 4/30/83 (315.0 lb. @ 105.0 lb.) (Ames, Iowa) (USPF)
45. 315.0 (142.9) \*3.00X B. Conis 4/30/83 (315.0 lb. @ 105.0 lb.) (Ames, Iowa) (USPF)
46. 314.2 (142.5) \*3.06X Debbie Spaeth 1/28/84 (142.5 kg.) (Austin, Texas) (USPF/IPF)
47. 314.2 (142.5) 2.97X Silver Gotshalk 5/12/84 (142.5 kg.) (Indianapolis, Indiana) (ADFPA)
48. 314.2 (142.5) 2.97X Pam Booth 8/5/84 (142.5 kg.) (Chillicothe, Ohio) (USPF)
49. 314.2 (142.5) 2.97X Delcy Palk /714/89 (142.5 kg.) (Ias Vegas, Nevada) (USPF/IPF)
50. 314.2 (142.5) 2.97X Delcy Palk /714/89 (142.5 kg.) (Ias Vegas, Nevada) (USPF/IPF)
50. 314.2 (142.5) 2.97X Delcy Palk /714/89 (142.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
50. 314.2 (142.5) 2.97X Delcy Palk /714/89 (142.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
50. 314.2 (142.5) 2.97X Delcy Palk /714/89 (142.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
50. 314.2 (142.5) 2.97X Delcy Palk /714/89 (142.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
6 indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



lennifer Maile pulled an IPF World Record 403 lbs. at the 2002 USAPL Women's National



Diana Rowell did numerous woman in U.S.A. 105 lb. history Championship in Lincolnwood. spectacular deadlifts in the 80s. to break the 400 pound barrier. Women's Worlds in Brussels.





lift 25 years ago at the 1982 Women's Nationals that still ranks in the ALL TIME TOP 50 today.



Majik Jones is only the second Sherri Burns did her best deadlifting at the 1988 IPF

This is the second in a series of three articles outlining the effects and benefits of what I call the Foundation Supplements. In my MD+ line of supplements the Foundations Supplements are represented by MVM, a multiple vitamin and mineral formula formulated for anyone who's serious about exercise, Antiox, a complete antioxidant formulation, and EFA+,

an essential fatty acid formulation that has much articular cartilage. more than just the essential fatty acids. For more information on all three of these go to www.MDPlusStore.com and don't forget to use the discount code PLUSA to get 15% off anything in my

Antioxidants form a front line defense against cell damage caused by free radicals, which are involved in muscle, joint and tendon damage and inflammation, degenerative arthritis and even in the aging process. The use of antioxidants can reduce free radical damage that occurs when we exercise1 and can also attenuate the ongoing damage to injured tissues caused by free radicals, thus accelerating the healing process.

Antioxidants, such as vitamins C and E (see under Vitamins below), selenium, green tea, reduced glutathione and N-acetyl-cysteine (NAC) can play an important role in reducing inflammation and fatigue, decreasing tissue damage, and in both preventing and treating injuries.

Various antioxidants such as vitamin E. have been found to be useful in the treatment of some forms of arthritis2 and in dealing with the oxidative stress of exercise.3 As well, oxidative damage has been shown to contribute to the pathogenesis of injuries and arthritis, and the use of antioxidants, such as NAC,4 shown to have therapeutic value for reducing endothelial dysfunction, inflammation, fibrosis, invasion and cartilage erosion.

A recent study found that a combination of 2 antioxidants, selenomethionine and epigallocatechingallate (the main antioxidant in green tea extract), had beneficial effects on catabolic and anabolic gene expression of articular chondrocytes.<sup>5</sup> The authors of the study concluded that "Our data provide insights into the mechanisms whereby ECGg and selenium modulate chondrocyte metabolism. Despite their differential mechanisms of action, the 2 compounds may exert global beneficial effects on

## ASK THE DOCTOR

#### Antioxidants - Maximizing the Training Effect as told to PL USA by Mauro Di Pasquale M.D.

#### VITAMIN C

Vitamin C is essential to proper collagen synthesis, and this is evident in the vitamin C deficiency disease scurvy, in which the collagen fibers synthesized in the body cannot form fibers properly, resulting in lesions, blood vessel fragility and poor wound healing.

Vitamin C has been shown to have some anticatabolic effects that likely involves decreasing exercise induced cortisol but may also have some effects through its antioxidant action. Conversely, some of the anticatabolic effects of antioxidants may be mediated through a decrease in cortisol.

Antioxidants may be of some use in training induced muscle ischemia and injury. Research shows that exercise can adversely affect muscle tissue by increasing the formation of free radicals. These free radicals can then lead to muscle fatigue, inflammation and muscular damage.<sup>6</sup> During normal conditions free radicals are generated at a low rate and neutralized by antioxidant enzymes in the liver and skeletal muscle and other systems. Unfortunately, the increase in free radicals caused by exercise accompanies a simultaneous decrease in the supply of antioxidants to handle them. Vitamin E, for instance, can be severely decreased by training thus depleting muscle of its major antioxidant force.

A study examined the potential protective effect of pretreatment with corticosteroids or antioxidants (ascorbic acid or allopurinol) in rabbits with reperfusion-induced damage to skeletal muscle after ischemia.8 In this study 4 hours of limb ischemia induced by a pneumatic tourniquet, followed by reperfusion for 1 hour, caused a considerable amount ultrastructural damage to the anterior tibialis muscles accompanied by a rise in circulating creatine kinase activity. Pretreatment of animals with depomedrone by a single 8 mg bolus injection led to a preservation of the anterior tibialis structure on both light and electron microscopy. High-dose continuous intravenous infusion with ascorbic acid (80 mg/hr) throughout the period of ischemia and reperfusion also preserved skeletal muscle structure, although allopurinol in various doses had no protective

These data are fully compatible with a mechanism of ischemia/

reperfusion-induced injury to skeletal muscle, involving generation of oxygen radicals and neutrophil sequestration and activation. They also indicate that damage to human skeletal muscle caused by prolonged use of a tourniquet is likely to be reduced by simple pharmacological interventions.

Vitamin C is necessary for collagen synthesis and is a strong antioxidant with beneficial effects on pro-inflammatory cytokines.9 Research on vitamin C shows that it may have important effects in reducing pain and inflammation secondary to exercise. In one study 400 mg daily of vitamin C reduced post exercise pain and inflammation. 10 Vitamin C is involved in the enzymatic hydroxylation of proline to form 4hydroxyproline, an amino acid that is an integral part of collagen and elastin

COENZYME Q10 (UBIQUINONE-10)

Coenzyme Q10 acts as an electron carrier of the respiratory chain in mitochondria. As well, it has been shown that the reduced form of coenzyme Q10 is an important physiological lipid-soluble antioxidant and scavenges free radicals generated chemically within liposomal membranes. 11,12 It has also been shown that vitamin E and ubinone increase physical working capacity of experimental animals. 13

Generation of free radicals and subsequent lipid peroxidation have been proposed to contribute to delayed tissue damage. One study has found that ascorbate and ubiquinol levels were decreased after trauma. 14 In this study, changes in tissue levels of ubiquinol, but not ascorbate reflected the degree of trauma. The authors suggest that ubiquinol levels may provide a useful marker of the oxidative component of the secondary injury response.

ZINC Zinc deficiency in humans is widespread<sup>15</sup> and athletes may be particularly prone to lower plasma zinc levels. 16 Zinc is a constituent of more than a hundred fundamentally important enzymes, so zinc

> deficiency can adversely effect the reproductive hormones and as such

> Zinc deficiency adversely affects protein synthesis. In one study the effects of zinc deficiency in rats, on the levels of free amino acid in urine, plasma and skin extract were investigated. 19 Zinc deficiency adversely affected skin protein synthesis. Especially where a deficiency may be present, supplemental zinc has resulted in an incréase the secretion of growth hormone and IGF-I,20 and testosterone<sup>21</sup> and to raise plasma testosterone and sperm count.22,23

Magnesium supplementation has been shown to increase protein synthesis and strength.24 In another study the authors felt that insulin sensitivity can be improved by reduction of excessive body weight regular physical activity and, possibly, by correcting a subclinical magnesium deficiency. CALCIUM

Calcium permits the contractile filaments of the muscle cell -actin filaments and myosin filaments- to

deficiency has many negative effects on almost every body function. 17 As well, zinc

impair athletic efforts. 18

MAGNESIUM

Mike Stagg ... co-director of the 2008 WDFPF World PL contest.



WDFPF World Powerlifting

18 NOV 07 - Grangemouth, SCO

Powerlifting SQ BP DL TOT

Gedney-USA 221!\* 116!\* 255!\* 594 4th-SQ-226!\*

Anderso-SCO 374!\* 237!\* 429!\* 1041!

Gedney-USA 181 104 249 535

Reeves-ENG 77 77!\* 209 363

Lozano-FRA 231!\* 137 308 677!\*

231 143!\* 253 628

98 lbs. Master VI

129 lbs.

Master I

Master I

Master VI

105 lbs.

Master

Master II

Smith-IRE

many) and Judy Gedney (USA

Open									
Marinov-GER	192	132	286	611					
129 lbs.					Moffat-SCO	567	341	556	1466
Open					Halai-IRE	529	380	507	1416
	181	122	200	622					
Isaac-ENG	101	132	308	022	Crump-ENG	496	352	556	1405
Master I					Open/MPF				
Smith-IRE	154	115!*	253	523	Cook-WAL	_	_	_	_ 1
139 lbs.					Master I/MPF				1
Open/Master	V					534	369	540	1444
Kostadin-AUS		145!*	308!*	6061*	Colella-ITA				
	242.	1431	300.	090.		540	385*	512	1438
154 lbs.					Master III				
Open					VanNiek-ENG	595	308	512	1416
Freeman-ENG	286	154	380	821	220 lbs.				
Vogt-SWI	242	154	308	705	Open				1
176 lbs.					Saunder-ENG	700	507	733	1940
Open								650	1697
	252		210	777		639	407	030	109/
Roddie-IRE	253	154	319	727	Open/MPF				
Teen III					Vowles-ENG	628	358	661	1647
Rebman-USA	297	143!*	297!*	738!*	Junior				
198+ lbs.					Hanley-IRE	485	363!*	551	1399
Open					Master I	103	505.	33.	
Saussios-FRA	214	231	451	997		-0-	201	405	1200
	314	231	431	331		507	396	485	1388
MEN					Master III				
132 lbs.					Mitchell-ENG	396	286	529	1212
Master II					242 lbs.				
Brown-ENG	385	198	474!*	1058					
Master V	505			.000	Norton-ENG	755!*	507	595	1857
	275	107	210	700		/33:	30/	393	103/
Morrison-USA	12/5	187	319	782	Master III				
148 lbs.					Pilling-ENG	639	385	639	1664
Master IV					Godon-FRA	507	380	606	1493
McBride-SCO	440	264	523!*	1229!	Kirillov-RUS	418	358	396	1173
Master V					275 lbs.				1
Colella-ITA	446	237	407	1001					
	440	23/	407	1031	Open				4000
Junior					Pilling-ENG	755	507	727	1989
McNab-ENG	341	242	374	959	Tikhonov-RUS	771	534	639	1945
165 lbs.					Andrich-USA	700	485	617	1802
Open					Master II				
Brown-SCO	529	308	545	1383	Lovejoy-USA	410	402	485	1306
	507	330	440			410	402	403	1300
Mikosz-ENG	307	330	440	12/0	Master III				
Master II						700!*	458!*	606	1764!
Troullis-GBR	485!*	314!*	606!*	1405!	Davidso-SCO	463	308	485	1256
Master III					Master V				
Forde-IRE	451	242!*	468!*	1162!	Johnston-IRE	418	237	352	1008
Gayton-USA	374	264	440	1080	Teen I	***	20,	332	.000
	374	204	440	1000			24210	45210	11701
Master IV					Dechamp-BEL	474!*	242!*	463!*	1179!
DeLaport-FRA		281	463	1140	Teen III				
	4th-SQ	2-418!*			Dechamp-BEL	584!*	325	562	1471
181 lbs.					Raw				
Open					114 lbs.				1 29
Rowe-ENG	485	308	534	1228					
				1320	Open/Teen I				
O'Duill-IRE	474	325	507	1306	Prepelit-MOL	237!*	154!*		688!
Master I							4th-DL	-308!*	
Redmond-IRE	-	-	_	-	123 lbs.				
Master IV					Teen II				
Campbel-SCO	418	303	418	1140		286	159	358!*	804!*
	110	303				200	133	330:	0041
198 lbs.					132 lbs.				N. S. C.
Open					Open				100
Meldon-ENG	606	385!*	556	1548		264	209	425	899
Sherlock-ENC	595	396!*	507	1499	Teen I				
				0.00	Stagg-USA	209	143	292	644
						203	143	232	344
<b>建设是第7</b>	BN RA	19/11	見 祖 を	7	Teen III	2001			
The state of the s	A SUL	100	10 10 10		Doyle-IRE	209!*	110	341	661
000		100	BF 4	1 1	148 lbs.				
3 3	Contract of	<b>建建</b>		5.6	Open				ALCOHOL:
40	Sea IV	10		2.5	Ford-ENG	385	297	512	1196
0		M S		100		-	4th-DL		

	Master I				
<b>在新疆的</b>	McKeagne-IRE	341	248!*	424!*	10
A PERMIT	Master II				
66	Rogerso-ENG	303	198	396	89
11 100 100 100 100	Master III				
	Meredit-ENG	380!*	270	440!*	10
Mary and	TENES AND F	4th-SC	2-385!*		
	Open				
	Stagg-USA	352	270	440	10
	Rutherfo-SCO	325	242	402	97
	Cheema-ENG	264	237	363	86
	Teen III				
	Gormley-IRE	286!*	187!*	341!*	81
连接 田 田村	Teen II				
	Bell-SCO	303!*	198!*	407!*	90
		4th-SC	2-314!*		
	Wallace-USA	253	181	336	77
	Kirwan-IRE	198	115	286	60
	Teen I				

Mariyana Marinova (Ger

	No.					Bell-3CO	4th-SQ	-314!*	407.	909.
	1811	ALC:	19	168		Wallace-USA	253	181	336	771
						Kirwan-IRE Teen I	198	115	286	600
	1					McKeagne-IRE 165 lbs.	253	154	341!*	749!*
	2222000	-				Open				
	Mariyana	a Ma	rinov	/a (C	ier-	Prothero-WAL		275	551	1245
	many) and	Hudy	Gedr	iev (U	SA)	Martin-IRE	363	275	496	1135
	,,	,		,		Munks-ENG	363	242	463	1069
			244			Gavigan-IRE	358	220	485 474	1063
	Moffat-SCO Halai-IRE	567 529	341 380	556 507	1466 1416	Taylor-ENG Lyon-SCO	297	253	4/4	1025
	Crump-ENG	496	352	556	1405	Master I		100		
	Open/MPF	450	332	330	1405	Constant-ENG	319	264	429	1014
	Cook-WAL	_	_	_	_	Wilson-ENG	319	264	396	981
	Master I/MPF					Master II				
	Maden-ENG	534	369	540	1444	Herbst-USA	275	286	424	986
	Colella-ITA	540	385*	512	1438	Master III				
	Master III					Roberts-ENG	363!*	220	429!*	1014
	VanNiek-ENG	595	308	512	1416	Gayton-USA	319	242	451	1014
	220 lbs.					Junior/MPF Wilkinso-ENG	125*	264*	496	1196*
	Open Saunder-ENG	700	507	733	1940	Junior	433	204	470	1190
		639	407	650	1697	Kample-IRE	286	220	463!*	970!*
	Open/MPF	000		000		Teen II				
	Vowles-ENG	628	358	661	1647	Wallace-USA	385!*	220	485!*	1091!
	Junior					Lynch-IRE	286	237	407	931
	Hanley-IRE	485	363!*	551	1399	Teen III				
	Master I					Cheema-ENG	308	220	429	959
	O'Brien-IRE	507	396	485	1388	181 lbs.				
	Master III	201	200		1010	Junior	474	202	C1118	12771
	Mitchell-ENG	396	286	529	1212	Sturmer-GER Belimen-ENG		292 264	611!*	1377! 1014
	242 lbs. Open					Master II	330	204	410	1014
	Norton-ENG	755!*	507	595	1857	Mauhour-FRA	440	286	584	1311
	Master III	755.	50,	333	1037	Edwards-ENG		308!*	440	1113
	Pilling-ENG	639	385	639	1664	Master III				
	Godon-FRA	507	380	606	1493	Brogan-IRE	330!*	259!*	418!*	1008!
	Kirillov-RUS	418	358	396	1173	Master VI				
	275 lbs.					West-ENG	286	209	358	854
	Open		-07		1000	Open	-00	207	F04	1201
	Pilling-ENG Tikhonov-RUS	755	507 534	727 639	1989 1945	Ryan-IRE 0	509	297	584	1391
	Andrich-USA		485	617	1802	Rowe-ENG	440			440
	Master II	700	403	017	1002		III			440
	Lovejoy-USA	418	402	485	1306	Bonner-ENG	496!*	341!*	595!*	1433
	Master III					Open/Master	IV			
	Allison-ENG	700!*	458!*	606	1764!	Clow-AUS	429!*	248	468!*	1146!
!	Davidso-SCO	463	308	485	1256	Teen II				
	Master V					Chism-IRE	330!*	237	440	1008!
	Johnston-IRE	418	237	352	1008		297	187	396	881
	Teen I	47410	24218	46218	1179!	Reed-SCO 198 lbs.	275	-		275
	Dechamp-BEL Teen III	4/4:	242!*	463!*	11/9:	Master I				
	Dechamp-BEL	584!*	325	562	1471	Bailey-ENG	413	336	479	1229
	Raw		-	-		Golding-ENG	396	264	485	1146
	114 lbs.					Master V				
	Open/Teen I					Davies-ENG	407!*	242	485	1135
	Prepelit-MOL	237!*			688!	Open				
			4th-DI	308!*		Lowe-ENG	512	380	556	1449
	123 lbs.					Scully-IRE	440	325	523	1289
	Teen II	206	150	2501*	00418	DeCostan-ITA		275 308	529 540	1267 1245
	Walker-USA 132 lbs.	200	159	358!*	0041	Yelverton-IRE Doyle-IRE	440	209	529	1179
	Open Open					Teen III	440	203	323	11/3
	Gavigan-IRE	264	209	425	899	Allison-ENG	396!*	242	529	1168
	Teen I					Kirwan-IRE	330	209	463!*	1003
	Stagg-USA	209	143	292	644	Conlon-IRE	286	231	374	892
	Teen III					220 lbs.				
	Doyle-IRE	209!*	110	341	661	Junior DT				
	148 lbs.						496	352!*	694	1543!
	Open	205	207	F10	1100	Junior	454	275	EAF	1272
	Ford-ENG	385	297	512	1196	Malyshe-RUS Greenall-ENG		275 297	545 440	1273 1113
	Open/Master	1	4th-DI	-323		Master I	3/4	23/	110	1113
	Bedford-ENG		286	501!*	1190!	Gesualdo-ITA	496	352	595	1444
		THE PARTY								



970 365				1	
103		1		100	
315!*					
909!*	Chelsea Re	hman	11	N Te	on 3
771	Cheisea Re	oman	0	4, 10	JII 3.
749!*	Master II Green-ENG Master III	429	275	540	1245
1245	Jex-ENG	523!*	319	595	1438
1135	Master V Mansfiel-USA	440	242	463	1146
1063	Open DT Marshall-ENG 0	573	413	661	1647
014	Open Servotte-BEL	573	385	540	1499
981	McDonn-USA		385	573	1499
106	Allonby-ENG McLaughl-IRE		314 286	540 529	1273 1212
986	Open/Master Wallace-USA	II/MPF		534	
1014	1455* 242 lbs.				
1196*	Trueman-ENG 1504!	551!*	341	611!*	
	Hollowa-ENG	501 485!*	314 264!*	529 556!*	1344
091!	1306! Master III	403;	204:	330:	
959	Pilling-ENG Master IV	551	325	573	1449
1377!	Leadbett-ENG 1366!	440!*	319!*	606!*	
1014	Master V McConnel-IRE 1306!	485!*	314!*	507!*	
1311	1300.	4th-SC	2-496!*		
1008!	Simpson-SCO Open		55	451	948
354	Jones-WAL Gillard-ENG	584 485	418 341	617 628	1620 1455
1391	Teen III Meehan-IRE 1162!	440	275!*	446!*	
110	1102:	4th-SC	2-464!*		
140 1433	Cathcart-IRE 275 lbs. Open	308	264	463!*	1036
1146!	Evans-WAL Faherty-IRE	556 551	385 308	589 644	1532 1504
1008! 381 275	Junior Allison-ENG 1433!	529!*	308	595!*	
1229	Teen III Carter-ENG 1311!	451!*	297!*	562!*	
1146	Master II Stokes-ENG	474	308	529	1311
1135	Lovejoy-USA Master III	446	352	507	1306
1449		424	341	463	1229
1289	Davidso-SCO Master V	3/4	286	440	1102
1267	Johnston-IRE 319 lbs.	396!*	231	352	981
1179	Master I	617	463	60218	
1168	Sutton-WAL 1763!	617	463	683!*	
892	Open Baker-ENG Bondare-MOL	556 573	479 418	617 562	1653 1554
1543!	!=Age Class Roor National I	ecords. Record	*=Wor s. DT=	ld, Eur Drug	opean, Tesed.
1273	Best Lifters W	omen	Equipp	ed: 1st	Mary
1113	Anderson, 2nd Smith. Best Li	ifters V	Vomen	Unequ	ipped:
1444	1st Jordana Fro 3rd Gladys S	aussios	e, 2nd Best	Lifters	ozano, Men
	Equipped: 1st Pilling, 3rd M	axim T	ikhonov	. Best	Lifters
T	Men Unequip 2nd Peter Sutt 2007 W.D.F.P.	ped: 1 ton, 3rd	st Sim	on Ma Bonne	rshall, r. The
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(article continued on page 90)

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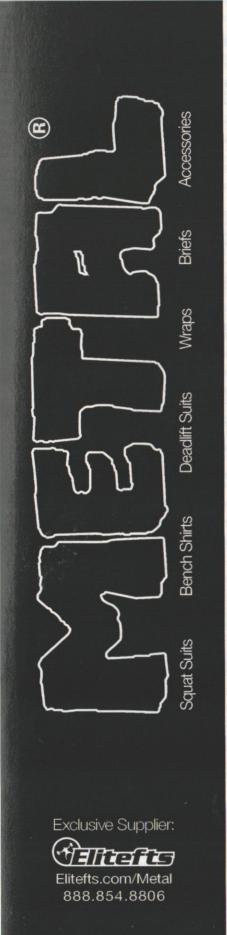
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## General Physical Preparedness THE HARD WAY as told by Aaron DiPrima In training, we at Strength Beyond have been

In training, we at Strength Beyond have been focusing more on the conditioning aspect as of late, i.e., gettingin better shape so you can train harder. In my previous article I documented how my training partner Dain Soppelsa dropped almost 100 lbs. of bodyweight and kept his bench press up. These drills were part of our training during this time. Most weight training enthusiasts weight train to get in shape, we on the other hand

get in shape in order to benefit our training. Plus, it is always nice not to be fat when talking to women or trying to get on carnival rides. The conditioning drills we use are always done after the workouts. This has the effect that workouts and regular training seem ridiculously easy (at this point) because for one, we are in much better shape, and two, the drills are so challenging.

One of the drills we refer to as Mark Romans (named for a pudgy, four eyed, geeky, pretentious, holier than thou moron) .He is the reason other races make fun of white people, This drill sucks as well, hence the name. To perform Mark Romans you will need Kettlebells, a Prowler, and you do not need Mark Roman, actually nobody needs Mark Roman, but every gym I've been to has at least one (some have many) but you do need a workout partner. Simply push the prowler down to the end of the parking lot, with your partner carrying the Kettlebells, switch with your parter so you are carrying the Kettlebells and he or she is pushing the prowler, walk back and then switch again, try to go until someone gives up. Try different size Kettlebells and different weights on the Prowler.

The second drill we refer to as '300s' after the movie namesake and because it will get you shredded up like a spartan soldier. Hanging around after the

workouts in full spartan gear and applying lotion to your workout partners muscular shoulders in homo-erotic fashion is optional. A word of advice, if you go to a bar or nightclub in full spartan getup DO NOT BREAK CHARACTER! If you do, they will lose respect for you! This drill you do by

HIGHESTQUALITYSUPPLEMENTSDIRECT!!!

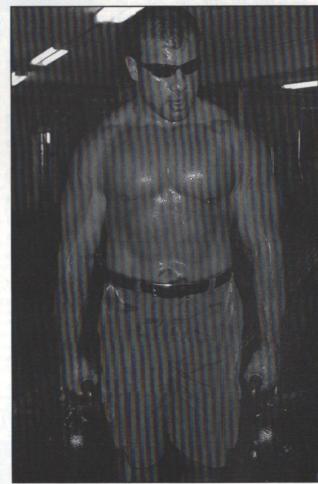
NOMIDDLEMAN!

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Fitness Systems Manufacturing Corp

yourself. Set up the Prowler and the Kettlbells on one end of the parking lot, and put a weighted sled with a handle on the other side. Now push the prowler to the sled, pull the sled backwards holding the handle, working the quads, back to the Kettlbells, and walk the Kettlbells to the Prowler and start over again. You can go for time or rotations. Any combinations of different size kettles or different weights on the devices can be used.

The final drill we refer to as "Porn Stars". There is no real reason we call them this, we just really enjoy porn, I guess, and wanted to give a little something back to the industry. We load up the prowler with 25 lb. plates on a crossbar we had welded on laterally. Push the prowler to the end

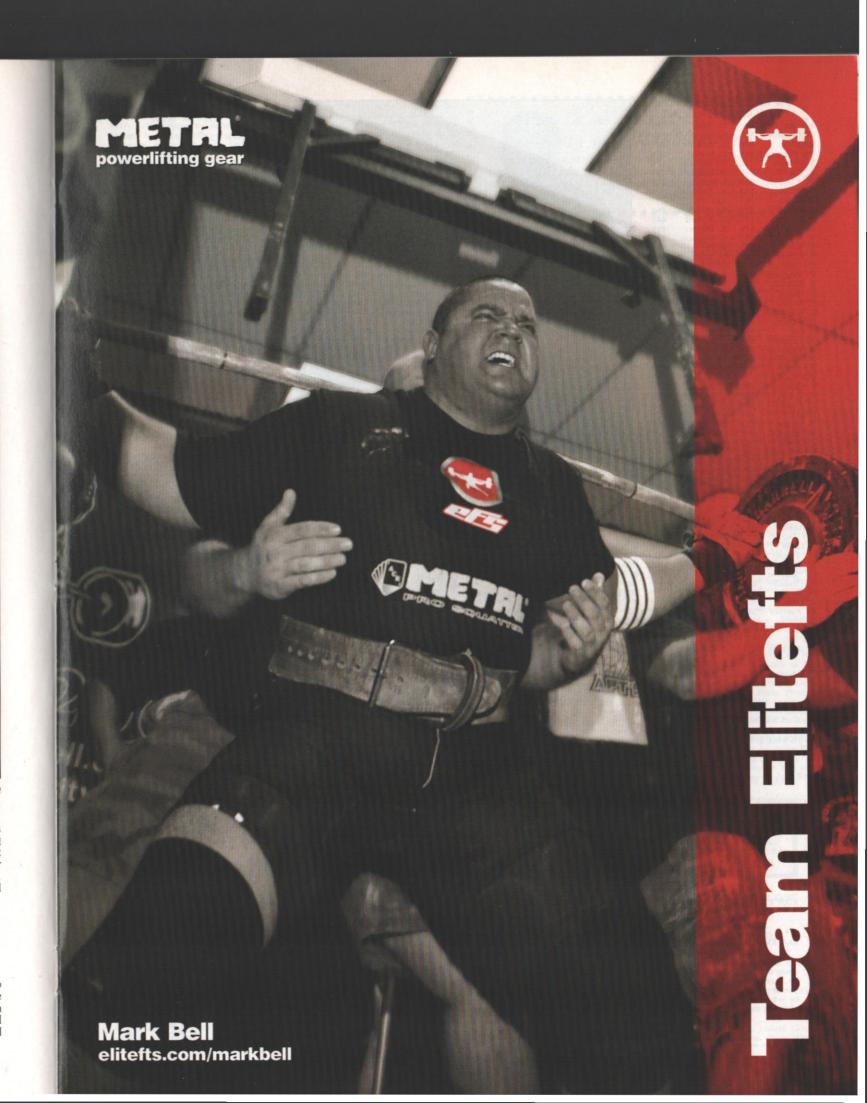


Getting Ripped and Ready ... article author Aaron DiPrima practicing what he preaches at the Strength Beyond facility.

of the parking lot, take off a 25lb plate from each side, push to the starting position, repeat stripping the weight, back and forth until there is no weight loaded laterally, now proceed to curse me for coming up with such a ridiculously painful drill, throw up, and spend the rest of the day in a wiped out coma like state.

Please call with any questions Aaron DiPrima Strength Beyond 269-655-0066

And as much as I hate to admit it, I hope no one takes this the wrong way as Roman and I are friends. Actually I would probably guess that I am his only friend around here because everything I said about him is totally accurate and he would agree with me.



#### 100% Raw World Bench Press 17 NOV 07 - Currituck, NC G. Silva 148 lbs. & Below ummerfield 353 R. Powell Claypatch 248 Secrist Manuel 242 M. Wilson Zak 231 Claypatch 204 B. Dahlahr I. Ruffalo 248 A. Patterson . Swain 220 lbs. R. O'Dwyer Harris 182 C. Pickett K. Dulmer Wescott S. Freeman Self Gubbs K. Pitt D. Lhota 364 165 Jackson Shifflett 154 353 336 Waggoner 154 138 McReynolds 298 132 Martin Echols 292 Powell 132 B. Powell 287 Whetstone 132 Montgomery 242 McBride 112 W Anders 209 M. Israetel Zak Connelly N. Givens Dantzler A. Kadick H. Lassiter 66 242 lbs Wright A. Fazio 165 lbs. 402 Love K. Ackah 408 I Kelly 364 Dyles Self 353 C. Kennedy 369 A. Brown 314 M. Binkley 353 CW Betts 287 Wescott 292 275 lbs. Curtis 162

Henry

. Donahoe

Salton

Fecteau

Adams

181 lbs. S. Judah

W. Lynch

G. Columbo

K. Connelly M. Rossi

K. Dobson

D. Jones Wheeler

Apseloff

A. Bannerman 397

Sylvester

Kirkwood

237

215

182

116

452\*

413

380 358

336 325

281 276

226

R. Barradas 452 J. McBride

D. Owens

B. Biggs

SHW M. Belk

I. Myers

WOMEN

(14-15)

H. Canada

W. Walker

D. Bateman S. Dellinger

(Open)
J. McBride

K. Connelly

M. Steward D. Trang E. Stine

314

112

112



James Love and Kwansh Ackah went 1-2 in the 165 lb. class at the 100% Raw World Championships (photos courtesy of Paul Bossi

105 lbs.		(16-17)		(12-13)		(16-17)	
(45-49)		E. Adams	116	C. Dantzler	77	J. Powell	187
H. Lassiter	66	MEN		(14-15)		C. Gomes	154
123 lbs.		105 lbs.		B. Etringer	176!	148 lbs.	
Open		Open		(18-19)		Open	
K. Self	165	J. Martin	125	A. Fazio	-	B. Edwards	281
132 lbs.		(18-19)		(70-74)		B. Silva	276
(45-49)		J. Martin	125	B. Swain	187	W. Claypatch	248
K. Wescott	171	114 lbs.		132 lbs.		J. Manuel	242
148 lbs.		Open		Open		B. Zak	231
Open		H. Claypatch	204!	J. Powell	187	(16-17)	
J. Zak	110	(20-24)		(12-13)		P. DiDario	198
148 (30-34)		H. Claypatch	204!	S. Gubbs	165!	(18-19)	
J. Zak	110!	123 lbs.		(14-15)		J. Manuel	242
(40-44)		Open		B. Harris	182!	(25-29)	
J. Whetstone	132	B. Swain	187	J. Feldman	138	B. Silva	276
165 lbs.		B. Etringer	176	X. Escala	132	(30-34)	

#### 100% RAW Powerlifting Federation FIRST NAME: LAST NAME: STREET ADDRESS: CITY/STATE/ZIP: AREA CODE / TELEPHONE: \_ DATE OF BIRTH: AGE: SEX: E-MAIL ADDRESS: REGISTRATION FEE MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMPEN, NC 27921 \$25 - ADULTS NOTE: Your 100% RAW Membership Will Expire \$10 - HIGH SCHOOL One Year From The Date of Application LIFTERS SIGNATURE: PARENTS SIGNATURE IF UNDER 18 YRS, OLD DATE OF APPLICATION: (This Will Be Your Renewal Date) By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by

signing this membership application, I have chosen to compete in Powerlifting at my own risk.

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B. Edwards	281	(20-24)	
B. Edwards B. Zak	231	M. Isratel	-
(60-64)		(35-39)	
C. Waggoner P/F/M	154!	C. Pickett J. Jackson	441
B. Silva	276!	(40-44)	-
165 lbs.		S. Freeman	397!
Open		(45-49)	226
J. Love K. Ackah L. Dyles	419!	J. Shifflett (50-54)	336
L. Dyles	369	D. Lhota	364
J. Self	369	B. Powell	287
D. Moore	353	Montgomery	242
M. Binkley	353 336	(55-59) R. O'Dwyer	463!
J. Brown C. Balance	242	(65-69)	403.
D. Sylvester	231	W. Anderson	209
A. Donohoe	215	P/F/M	
(14-15) C. Henry	237!	S. Freeman B. Powell	397! 287
(16-17)	23/.	242 lbs.	207
S. Kirkwood	209	Open	
(18-19)	100	J. Wright	413
A. Salton (20-24)	182	J. Kelly C. Kennedy	364 353
L. Dyles	369!	(12-13)	333
D. Moore	353	M. Doherty	176!
M. Binkley C. Balance	353	(16-17)	
D. Sylvester	242	A. Brown (18-19)	314
(25-29)	231	CW Betts	287
K. Ackah	408!	(25-29)	
(30-34)	336	J. Wright (30-34)	413
J. Brown (35-39)	330	J. Kelly	364
J. Self	369!	(35-39)	
(50-54)	200	S. Parrish C. Kennedy	375
F. Wescott (55-59)	292	(45-49)	353
A. Donahoe	215!	J. Roscoe	402
(60-64)		(60-64)	
R. Fecteau P/F/M	176	I. Brooks P/F/M	303
K. Ackah	408!	S. Parrish	375
M. Binkley C. Balance	353	275 lbs.	
	242	Open	162
181 lbs. (Open)		D. Owens (18-19)	463
C ludah	452	D. Trang	347
W. Lynch A. Bannerman G. Columbo	413	(30-34)	162
G. Columbo	380	D. Owens (35-39)	463
K. Dobson J. Wheeler	325	D. Curtis	453
J. Wheeler	225	M. Steward (40-44)	435
(14-15) N. Apseloff	281!	R. Biggs	
(16-17)		(55-59)	
J. Wheeler	226	E. Stine	314!
(18-19) M. Rossi	336!	308 lbs. Open	
D. Jones	276	M. Belk	584!
(20-24)		J. Myers	385
S. Judah P/F/M	452!	D. Bateman S. Dellinger	281
S. Judah	452!		
(35-39) W. Lynch A. Bannerman		D. Bateman	281
W. Lynch	413	(20-24) W. Walker	364
G. Columbo	380	(25-29)	304
G. Columbo K. Dobson	226		-
198 lbs.		(30-34) M. Belk	584!
Open R. Barradas	451	P/F/M	304.
Summerfield	353	J. Myers	386!
	270	SHW	1
(20-24) J. Secrist	276	Open H. Canada	474!
M. Wilson	270	H. Canada T. Dillard Jr.	_
(35-39)	450	(35-39)	
R. Barradas (45-49)	432	H. Canada (45-49)	474!
G. Silva	375	T. Dillard Jr.	-
A. Patterson (55-59)		REPS WOMEN	
R. Powell	287	135 lbs.	
(70-74)		K. Wescott	17
	254! 248	K. Self MEN	9
220 lbs.	10	135 lbs.	
Open		B. Harris	18
C. Pickett	441	185 lbs. A. Bannerman	34
K. Pitt	391	J. Self	31
K. Dulmer K. Pitt D. Lhota	364	225 lbs	
J. McReynolds	298	K. O'Dwyer	37
B. Powell	297	R. O'Dwyer K. Pitt J. Jackson	24

I. Brooks

S. Parrish

N. Givens

A. Kadick

(18-19)

!=World Records. \*=Meet records. Best at press time. We will be looking to take lifters - Teen: Michael Rossi, Female: the show on the road in 2008. States we are Kerry Self, Submaster: Robert Barradas, looking at are Texas, California, Nevada,

Master I: Ed Connelly, Master II: Roy Illinois and Florida. We will take a poll on O'Dwyer, Master III: Brian Swain, Light our forum and this will play a huge roll in Weight: Kwansh Ackah, Middle Weight: our determination of location. Every year Weight: Kwansh Ackah, Middle Weight: our determination of location. Every year Robert Barradas, Heavyweight: Michael the closest class is the women's division, as it always seems to come down to Kelly Ackah. World Championship Belts - Teen: Michael Rossi, Female: Kerry Self, Master: Of Virginia. Kelly proved why she's one of Virginia. Kelly proved why she's one of the best, as she hit a big 170 at 132. Somehow Kerry seems to know just what she needs, as her 165 at 123, edged Kelly class: Carleton Pickett, 242 class: Jeremy Wright, Heavyweight: Michael Belk, Survivel Wright, Michael Belk, Survivel Wrigh

class: Carleton Pickett, 242 class: Jeremy once again and earned her a third consecutive world title. Can she make it four, or per Heavyweight: Herman Canada. Team (Champions: Open-Raw Dogs. Mixed-Camp was Janet Whestone who benched a solid was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. Second. This was the most loaded 165 class ever. S

military award. I would also like to mention Donnell Moore and Michael Binkley who both hit 353 to finish in 5th and 6th place. There has been many years that 353 would have earned a world title. Can't say it enough. Wow. What a class. The 181 class can often be boring, because it's the "Chill" Will Lynch show. Will is absolutely one of the nicest lifters I've ever met, which probably does little to ease the pain as he has won five strait world titles, and never needed more then his first attempt to do it. Will nailed his opener of 413, but something different was in the air. From Florida a young man named Stephen Judah had listed a 452 opener. Could he deliver? He did, setting a new meet record. Although Will has benched 450 on several occasions, he didn't have the strength to leap over that mark. The scary part about Stephen is he's only a junior, and won the best lifter junior award. Finishing in 3rd was 2006 198 runner up, Anthony Bannerman. Finishing in fifth was Ken Connelly of Illinois who won the best lifter (40-49), and in 6th was Michael Rossi of Massachusetts who earned a world cham. (40-49), and in 6th was Michael Rossi of ing company of Raleigh, Brute Strength Massachusetts, who earned a world championship belt and best lifter award for This meet was an exhibition in RAW strength, being pound per pound the best teen lifter award a special congratulations to Kerry of the meet. This was another very loaded class. Noone had ever won back to back for successfully defending their titles. titles at 198. Robert Barradas of Georgia
used a 452 bench to become the first, and
was only four pounds off breaking the 3rd
meet record of the day. He also earned the

O'Duyer. Hope to see everyone next year.

Train hard. (results courtesy of Paul Bossi) meet record of the day. He also earned the best Submaster award. The scary part about Robert is he's strong enough to contend for the 220 title, and yet at 189 pounds he's a light 198. Maybe he can be the first lifter to win six strait titles, breaking the mark of Will Lynch. George Silva of Massachusetts used a 375 to finish in second, and Mitchell Summerfield of North Carolina landed in third. With six teen competitors, the 220 division was tied with the 165's as the second biggest class of the day. With no world champions on hand at 220, the question was who would win their first title. Kristopher Dulmer of New York used a 419 to earn the third spot Carleton Pickett finished second in 2006, but even a 20 lb. jump to 441 left him in second again. In the end it was a surprise. Roy O'Dwyer who competes in the masters (55-59) age group proved what a master lifter can do nailing a 463 to earn the 220 world title, the master world title, and the best lifter (50-59). Absolutely one of the most inspirational lifts of the day. In 2006 the 242 class was the toughest of the meet. but missing the top three lifters from last year, this class was up for grabs. Scott

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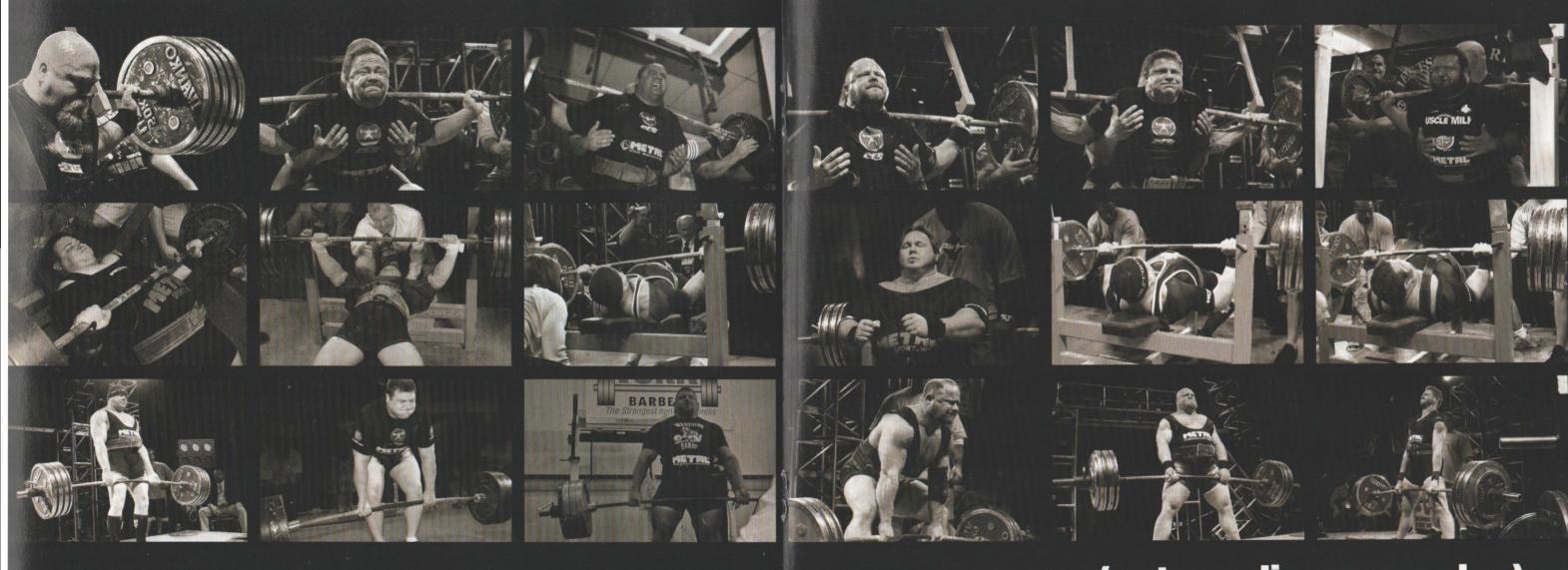
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Kerry Self, who benched 165 in the 123 lb. class for the world title in Currituck stands with Ms. North Carolina contestant Ashley Jordan.

WNPF Ten	nesse	e Cha	ampior	ships
1 SEP (	)7 - C	levela	and, O	H
BENCH		Phill	ips	285
181 lbs.		DEA	DLIFT	
Subs Raw		165	lbs.	
McCurley	225	(40-4	9) Raw	
220 lbs.		McA	doo	240
Lifetime Raw		220	lbs.	
Moore!	405*	Subs		
275 lbs.		Adco	ck!	565
(40-49) Raw		POW	ER CUI	RL
Muncy	285*	220	lbs.	
300 lbs.		(50-5	(9)	
Subs Raw		Woo	ds	130
Powerliftng	SQ	BP	DL	TOT
114 lbs.				
(9-10) Raw				
Alford	100	75	135	310
198 lbs.				
Lifetime Raw				
Bishop!	505	400	550	1455
220 lbs.				
(40-49) Raw				
Linginfelter				
*=WNPF Stat				
Team Champs	· Fndu	namoo	(from	WNPF

# Strong(er)



elitefts

(extraordinary resolve)

#### SPF World Championship 6 OCT 07 - Gatlinburg, TN Masters (60-64) 181 lbs. R. Maddox 140 Masters (65-69) D. Wingo 181 lbs. L. Cramer Masters (70-74) . Michael 405 148 lbs. R. Gidcumb 80 580 R. Bagley DEADLIFT Submasters WOMEN SHW 425 K. Crump luniors Masters (50-54) 165 lbs. L. Trussell 185 . Gayton Masters (40-44) 165 lbs. Masters (50-54) SHW P. McAdow 280 MEN M. Cain Equipped 165 lbs. Masters (60-64) 210 J. Gayton 275 lbs. T. Feight 475 R. Maddox 300 B. Driskell Masters (70-74) Masters (40-44) R. Gidcumb 210 SHW Masters (75-79) . Searcy Masters (45-49) 275 lbs. B. Bradford 240 Teen (18-19) B Driskell 675 Masters (50-54) S. Bates 165 lbs Gayton 165 lbs. SHW N. Pressnell M. Cain 220 lbs. Masters (70-74) K. Lambardo R. Gidcumb 350 242 Class . Metcalf 305 Raw SHW luniors S. Ford 450 SHW S. Ford 600 220 lbs. Open 165 lbs. 415 S. Tipton 308 lbs. 425 A. Thompson 335 308 lbs. SHW D. Patrick Sumasters 181 lbs. Submasters 259 lbs. W. Stover 430 M. Royulston 350 Masters (45-49) 400 I. Sneed 198 lbs 259 lbs . Lombardo 390 M. Royalston 505 Masters (60-64) Masters (40-44) 198 lbs R. Maddox 300 B. St.Clair 259 lbs. 320 C. West B. Lindsey Masters (65-69) SHW 220 lbs. Searcy K. Rowan Masters (50-54) G. Lambdin 235 165 lbs Masters (70-74) J. Gayton 220 lbs SOUAT C. Weichold 270 MEN Masters (75-79) 242 lbs. Multi Ply E. Jones I. Gavton 425 CURLS Masters (50-54) MEN I. Gayton Teen (18-19) Masters (65-69) 165 lbs. I. Cramer Masters (70-74) 220 lbs. 148 lbs. K. Lambardo 180 Masters (50-54) Raw 165 lbs. 120 I. Gayton SHW 525 200 M. Cain 220 lbs. 440 BENCH for Reps Lbs. Reps Teen (18-19) 165 lbs. R. Stephenson 150 21 A. Thompso 275 12 Submasters 198 lbs. B. Bind 200 12 Masters (45-49) T. Lambardo 195 3 Masters (70-75)

148 lbs. R. Gidcumb

140 21

MuscleMeds	
Pharmadynamic Testosterone Te Patented Anti-Aromatase Comple Patented Fastsorb Delivery	
ZRT TE INCREASES TESTOS	STED STERONE 10,000%
Dietary Supplement	60 Fastsorb Tablets

lack Up Your TESTOSTERONE an Amazing 10,000% Laboratory tests reveal that ARIMATEST is the most powerful anti-aromatase agent in existence. This unique compound reduces estrogen and triggers never before seen elevations in testosterone. A recent ZRT Laboratory trial on ARIMATEST documented increases in free testosterone of over 10,000%. Yes, you read it right. That's 10,000%. While other supplements are bragging about 200%, 300% and the closest competitor brags about 600% increases—ARIMATEST blows them away. ARIMATEST is a bio-engineered aromatase-inhibitor complex designed to produce a precise succession of testosterone elevating action via fast acting Al-1 and Al-2 aromataseinhibiting ingredients, plus inclusion of the slower acting Al-3 bioactive for prolonged ultra-high free-testosterone elevating effects. ARIMATEST features a new pharmaceutical Fastsorb Technology, which allows for rapid and high levels of absorption directly into the bloodstream primarily through buccal cavity (mouth). Arimatest's three-stage anti-aromatase activity and superior bioavailability causes a dramatic decrease in estrogen and a huge increase in total testosterone and free testosterone. These supra-physiological levels of free testosterone allow for maximum tissue saturation and powerful anabolic effects. Results like this were previously unheard of and are equivalent to taking hundreds of milligrams of injectables. One reason most people don't see significant gains from other testosterone boosting supplements is because they simply do not raise testosterone levels high enough. In order to really pack on muscle like pro bodybuilders do, you need super high off the chart levels. Check out the charts from the ZRT Lab tests at ARIMATEST.COM-to see real off the chart results. If you want to see instant dramatic gains in muscle mass and strength, put ARIMATEST to the TEST. You won't be disappointed! Call MuscleMEDS 888-575-7067 or go online to order ARIMATEST.COM

Push Pull MEN Multi-Ply	ВР	DL	тот	J. Gayton Masters (50-54) SHW	310	475	785
Juniors 165 lbs.				M. Cain Raw	500	600	1100
J. Naylor J. Gayton	315 310	500 475	815 785	Juniors 165 lbs.			
220 lbs. J. Fields	475	540	1015	J. Lanzotta 220 lbs.	305	385	690
Masters (40-44) 220 lbs.				J. Carr 165 lbs.	325	500	825
G. Wilson Masters (50-54)	405	405	810	J. Adams 220 lbs.	235	335	570
165 lbs.				S. Tipton	450	440	890

308 lbs.		345	630	975
		225	440	
A. Thompson Masters (40- 198 lbs.		335	440	775
A. Womack		245	325	570
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Single Ply				
165 lbs.		200		
Blankenship	420	280	410	1110
Raw Juniors				
198 lbs.				
K. Cooper	315	195	330	840
Open			000	
K. Cooper	315	195	330	840
Masters				
181 lbs.				
V. Traugot	255	145	300	700
MEN Single Plu				
Single Ply Teen				
165 lbs.				
T. Childress	410	215	420	1045
R. Stephenso	n 350	245	350	900
Multi-Ply				
165 lbs.				
J. Gayton	425	310	475	1210
242 lbs. M. Harris	F75	370	ror	1520
Masters (50-	575	3/0	585	1530
165 lbs.	)4)			
J. Gayton	425	310	475	1210
Masters (55-				
181 lbs.				
B. Tomkins	330	260	410	1000
Masters (60-6	54)			
148 lbs.	350	210	345	005
T. Feight Raw	330	210	345	905
Teen				
275 lbs.				
2/5 IDS.		215	450	4430
D. Olesen	465	213	450	1130
D. Olesen 198 lbs.				1130
D. Olesen 198 lbs. M. Bishop	510	365	535	1410
D. Olesen 198 lbs. M. Bishop 220 lbs.	510	365	535	1410
D. Olesen 198 lbs. M. Bishop 220 lbs. M. Smith				
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245 620 075

259 lbs.

SLP	Lift fo	or the Lord	
31 MAR	07 -	Scottsville,	KY
BENCH		220 lbs.	
FEMALE			450
Raw		A. King	375
Master (45-49	9)	242 lbs.	
148 lbs.		R. Evetts	440
D. Young	185*	Submaster	
4th-190*		165 lbs.	
Open		R. Boswell	275
148 lbs.		Master (45-49	9)
	185*	220 lbs.	
4th-190*		R. Dickerson	320
MALE		4th-335	
Wheel Chair		275 lbs.	
198 lbs.		R. Richey	560
L. Morgan			
Teen (13-15)		Master (60-64	1)
148 lbs.		165 lbs.	
C. Foster	175		225
198 lbs.		Master (65-69	))
T. Scott	215*	181 lbs.	
4th-220*		W. Stinson	240
Teen (16-17)		Open	
275 lbs.		220 lbs.	
T. Jackson	265		720*
4th-280		Raw	
Junior		Novice	
181 lbs.		181 lbs.	2024
C. witcher	415	D. Richards	325*

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181 lbs. Master (40-44) D. Richards 450 275 lbs. B. Green 340 Teen (13-15) Master (45-49) 275 lbs. 355\* 4th-250\* Taylor 325 Submaster D. Young 308 lbs 165 lbs. 435\* R. Boswell R. McGee Master (55-59) Master (40-44) 275 lbs. B. Johnson B. Green Master (60-64) 4th-315\* Master (65-69) 165 lbs. 400\* Greer 270\* Master (65-69) C. Green DEADLIFT 181 lbs. W. Stinson 275 MALE \*=Son Light Power Kentucky state records. Best Lifter Bench Press: Dewayne Nealy. Best Lifter Deadlift: Billy Green, The third annual Son Light Power Lift For The Lord most special concerns was for the recov-

while Billy Green won at 40-44/275 with 340. Jay Tee Taylor set the record at 45-49/198 with 355 over Danny Young, who finished with 325. Rickey McGee broke the current state record at 308 with a solid BENCH 435. B.J. Johnson broke the state record All Lifte twice at 55-59/220 with his 305 third and 315 fourth attempts. Chuck Green, who holds the state record at 65-69/220 in the assisted division, broke the raw record 198 lbs. assisted division, broke the raw record 198 lbs. there with 270. In the assisted division it (45-49) Life E was Lee Morgan, breaking his own state record in the wheel chair 198 division with 225. For the 13-15 age group Corp Foster won at 148 with 175 while Tyler Scott, grandson of the great Paul Wrenn, broke the state record at 198 with 220. Lifetime E Terry Jackson won at 16-17/275 with a personal best 280. At junior men, Cody Ironman Witcher, cheered on by the Cody Witcher All Lifter Fan Club, broke the state record at 181 114 lbs. with 415, just missing a final attempt with (12-13) 430 At 220 it was John Thomas over Aaron Bench Press & Deadlift Championship was held at Victory Hill Church. Thanks to Randy Richey and the gang from Omega Force Christian Power Team for hosting this event and for all their helds in the second of the s Force Christian Power Team for hosting this event and for all their help in setting up, spotting and loading during the meet. As always, we opened with a prayer, giving thanks for our many blessings and remembering those in need. One of our at 45-49/275 with a solid 605 fourth attention of the set of the se (55-59) E I. Hopi (20-23) Ray attempt. Larry Greer won at 60- 64/165 ery of Anthony Ervin, a great lifter from Tullahoma, Tennessee, who was involved Wayne Stinson took the 65-69/181 class J. Schneck with 240. For the open division, Dewayne (35-39) who is still recovering at Vanderbilt Medical in Nashville, Tennessee. Rev. Medical in Nashville, Tennessee. Rev. Rick Dickerson led us in a wonderful Not surprisingly, Dewayne once again (40-44) Raw prayer. In the raw bench press event won the best lifter award. One of the E. Dibari Debbie Young, lifting in just her second prayer. In the raw bench press event Debbie Young, lifting in just her second meet, broke the Kentucky state records for both the assisted and raw divisions at 45-49/148 and open 148. Debbie finished with 185, then followed with a successful personal best 190 fourth. Dustin Richards set the state record at novice 181 with 325

best 250! The kids only eleven years old! D. Crans Robert Boswell also picked up his second Win of the day at submaster 165 with his M. Scala pr 315 pull there. Best lifter Billy Green von at 40-44/275 with 530 while Larry L=Lifetime. E=Equipment. The 10th An-Greer broke his own state record at 60- nual AAU Fred Rogers/Paul Smart Bench 64/165 with 400! Wayne Stinson tied his Press Deadlift Classic was held at

Raw Life L. Cichelli 440\*! (45-49) E 180\* J. Constantine 385 (50-54)325\* Lifetime M. Arcarisi DEADLIFT All Lifters 220 lbs. (55-59) Raw B. Marsh BP DL 65 205\* 275 380\* 535\*! 920 260\* 435 695 240\* 355\* 695\* 275 475 750 225 305 530\* 400 550 950 Thanks to Kristi Wells for taking care of the door and 50/50 tickets. Until the New 350 460 810 435 585\*! 1020 York States on February 9th and the AAU Bench Press Nationals on March 15th train drug free. (Steve Rogers AAU NYS)

own state record at 65-69/181 with 275. Donselaar's Partyhouse. Due to high Thanks again to all who beloed out. See school football season, the turnout was a Thanks again to all who helped out. See school football season, the turnout was a you all again next year. (Darrell Latch) little light but it was still a great day of lifting with new American and State records set. Bench records were set by John Hopf 55-59/181 Equipped NYS record of 240 lbs. Joe Rosato 35-39 Lifetime Raw BENCH

D. Herbst 330

181 with a State and American record of 260 lbs. Joe Rosato 35-39 Lifetime Raw BENCH 380 lbs. Mark Becht 45-49/198 Lifetime State record of 325 lbs. and John Constatin 220/45-49 Equip with a 385 lbs. State record. The Stallion Leo Cichelli 220/45-49 Raw set a State and American record of 440 lbs. Deadlift records were set by Chris Merkle 12-13 Raw Lifetime 114 a state record of 205 lbs. John Hopf 55-59/ 181 Raw a state record of 355#. Mark "Beefy" Harrison 40-44/275 a state and American record of 585 lbs. Darryl Crans 55-59/275 Raw a State and American record of 470#, Bob Marsh 220/55-59 Raw a state record of 500 lbs. and Mike Scala 275 Raw Lifetime with a 550 lbs. lift. The day was a tough day for me because my shoulders were too injured to lift. That is the first time I could not lift at the meet that honors my fallen heroes, my father Fred Rogers and my good friend Paul Smart. I thank Dr. Dave Kingwater for orking on my shoulder to try to help me lift but it just wasn't meant to be. He is a great friend. I have been seeing my massage therapist Val Stowell and chiro massage therapist Val Stowell and Chiro-practor James Yadanza and my shoulders are coming along finally. I would like to thank my wife Michelle, you are the best at all you do for AAU, the records, the head table, and all the paperwork. I Love you, you are my rock! To the crew: Terrry Stafford, Jason Stafford, Brett Wells, Pete Hurd (a.k.a. Tony Stewart) and Rich Molisani. I will go down to the last meet that we ever run and you guys are the absolute best, you make all this possible. I could not lift at these meet without you.

\*=State Records. !=American Records.

280 470\*! 750

#### AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION

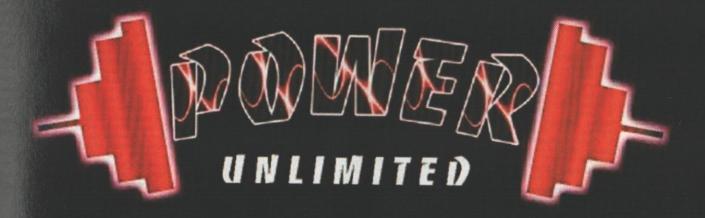


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Use Legal Name						Celler Low 12		
First		Middle	die		Last			
Street Address		City	у		County		State	Zip
Application Date		Work Phone/Ex	k Phone/Ext. Horne Phone					
E-Mail Address						Fax Number		
Birth Date		Gender		Cell Number				
Do you have Health and Accident Insurance?  YES NO	Club Code (If Known)		Name (If Known)					Sport Code (see list below)
By paying or authorizing p if so, I must apply for mem aspect, including but not li Policies, which are availab years old.	bership (and receive imited to my (street) a	approval) the ddress and b	rough the AAU N birth date. The A	ational Offi applicant ag	rees to b	<ol> <li>this application e bound by the A</li> </ol>	AU Code,	including all AAU
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Date			Da	ate				

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12 JAN, SLP Central Illinois Winter Open BP/DL (Athens, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9, sonlight gym @verizon.net, www.sonlightpower.com

19 JAN, SLP Ozark Fitness Open BP/DL (Poplar Bluff, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, sonlightgym@verizon.net.

26 JAN, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com 26 JAN, APF North Carolina State (Clayton, NC) Kyle Robertson, 919-625-8921

26 JAN, USPF 3rd PowerBowl BP & DL (Middletown Mall) Power Promotions, Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554, mccase@yahoo.com, 304-376-2432 2 FEB, Slaughterhouse Gym & Iron Age Gym BP/DL/Ironman (equipped & raw - Minerva, OH) Craig Hurst 330-868-7925 or Dave Bosler 330-868-3109

2 FEB, AAU Sooner State Winter Games, Crain's Muscle World, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689

**2 FEB**, APF Colorado State Push Pull (Pueblo, CO) Chris Helton, 719-330-6409

2 FEB, USAPL MN State Open, Angela Simons, 1168 Laurel Ave., St. Paul, MN 55104, 651-260-2644 2 FEB, SPF Alabama State PL/BP (Adult Activity Center, Gulf Shores, AL) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net,

www.southernpowerlifting.com **9 FEB**, APF Open State PL/BP/DL & Raw (Phoenix, AZ) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

9 FEB, USAPL Go Big Bench Meet, Jack Kaplan, 2146 Embden Pond Rd., Embden, ME 04958, 207-566-5727

9 FEB, WABDL PA/OH/WV/NY BP/DL World Qualifier (high end

## COMING EVENTS

swords 1st-5th place - Holiday Inn, Beaver Falls, PA) Charles Venturella 7 2 4 - 6 5 4 - 4 1 1 7 , sircharles148@peoplepc.com

9 FEB - WNPF Lifetime Southern
 USA PL, BP, DL, PC Championships
 (Warner Robins, GA) WNPF Lifetime
 PO Box 142347, Fayetteville, GA
 30214, 678 817-4743,

wnpflifetime@aol.com
9 FEB - WNPF 5th South Georgia PL,
BP, DL, PC (Warner Robins, GA)
Troy Ford 678 817-4743,
wnpf@aol.com

9 FEB, WABDL Power Station Bar Bending State Open (Humble, TX) Tiny Meeker 832-423-7662

9 FEB, IBP Regional Push Pull (Mocksville, NC) Keith Payne 336-2 5 1 - 8 7 0 4, keith@ironboypowerlifting.net

9 FEB, SLP Meador's Gym Open BP/DL Classic (Lawrenceburg, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 FEB, SLP Black Iron Gym Open BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9, sonlightgym@verizon.net, www.sonlightpower.com

10 FEB, 2nd Blackstone's Gym Classic (BP, DL, Ironman - Lafayette, OH) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-4964

15-17 FEB, USAPL Women's Nationals (Killeen, TX) Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779 16 FEB, USPF American Cup PL

(Invitational Only - Los Angeles, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com 15-17 FEB, LA Fitness Expo/WPO

Finals/Scot Mendelson BP (Los Angeles, CA) Scot Mendelson, 818-817-3643

16 FEB, APF Open State PL/BP-DL/DL/Raw (Phoenix, AZ) J.R. Bolger, 602-820-3497

16 FEB, SLP Brickyard Open BP/ DL (Milwaulkee, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlightgym@verizon.net,

www.sonlightpower.com
16 FEB, SPF Iron Chain Class
(Woodbury, TN) Jesse Rodgers, 4233 4 4 - 7 1 6 1
rodgersmadmax@bellsouth.net,
www.southernpowerlifting.com
16 FEB, AAU Wisconsin State &

16 FEB, AAU Wisconsin State & Midwestern Regional BP/DL/PP, Wisconsin Health & Fitness, N112 W15800 West Mequon Rd., Germantown, WI 53022, Dave Constantineau, 262-253-1278, Guy Powell, 920-988-5161

16 FEB, West Coast Open & Novice BP, John Ford 650-303-7518 16 FEB, Red Brick Meet (Assist, Raw, all weight & age divisions - Lewiston Red Brick School, Lewiston, NY) Dennis Brochey, Meet Director, 205 N. 5th St., Lewiston, NY 14092, 716-2 0 0 - 3 5 3 3, edbrochey@roadrunner.com. This is a benefit meet for our troops overseas and their families back here.

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

16-17 FEB, NASA Ohio State High School & Teenage Nationals PL, BP, PP & PS (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.yhepower.com

17 FEB, ADFPF 1st Rocks Massachusetts State PL (unequipped, equipped - SETS, Hingham, MA) Mark Marrocco, 781-243-1662, www.adfpf.org

17 FEB, USPF Fit Expo BP/DL (Los Angeles, CA) Steve Denison 6 6 1 - 3 3 3 - 9 8 0 0, p w r l f t r s @ m s n . c o m, www.powerliftingCA.com

## APF/AAPF WPO Schedule

2 FEB, APF Colorado State Push Pull

9 FEB, APF Open State PL/BP/DL /Raw

16 FEB, APF Open State PL/BP/DL/ Raw
23 FEB, Orlando Barbell BP/DL Classic

1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL
8 MAR, APF John H. Reagan PL
12 MAR, AAPF 12th Annual FrankKostyo Meet
15-16 MAR, APF/AAPF Illinois State
15-16 MAR, APF/AAPF Alabama State
16 MAR, APF/AAPF Alabama State
22-23 MAR, APF/AAPF Snake River PL/BP/DL
29 MAR, APF/AAPF Michigan State
29 MAR, APF Hawg Farm BP
12 APR, APF Gulf Coast Open

12-13 APR, AAPF Nationals
3-4 MAY, APF Master, Teen & Junior Nationals
5 MAY, APF Bench Press Meet
30-31 MAY, APF Senior Nationals
JUN, APF/AAPF Chicago Summer Bash 5
16 AUG, APF Push Pull Meet
23 AUG, APF/AAPF High Country Push/Pull
OCT, APF/AAPF Snake River
OCT, APF Halloween Monster Bench Bash
8 NOV, APF Bench Press
NOV, WPC World PL/BP

Dates subject to change Call 886-389-4744 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

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17-19 FEB, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

23 FEB, ADFPF Bill Beckwith Memorial PL/Single Lift, Rich Van Eck (Wayland, MI) rvaneck@bpcbci.com, 269-521-4031

23 FEB, WABDL Karl Tyler Montana State BP (Ruby's Inn, Missoula, MT) Gus Rethwisch 763-545-8654 or 503-901-1622

23 FEB, SLP Bluegrass Open BP/ DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

23 FEB, ADAU Emmanuel Single Lift Open, Sam Contakos, Box 1084, Johnstown, PA 15907 workout@aim.com

23 FEB, 2nd Annual Barno/Newman Classic & IPA Qualifier (Full power, BP Aston, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-9487823, bench\_a\_grand@yahoo.com 23 FEB, APA Louisiana Record Breakers (Natchitoches, LA - PL, BP DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-

23 FEB. APF Orlando Barbell BP/ DL Classic (fUniversity of Central Florida, Orlando, FL) Brian Schwab, Meet Director, 407-678-2447. ightweightnower@aol.com

23 FEB - WNPF 2nd All Raw World Cup PL, BP, DL, PC (Raw only -Bordentown, NJ) Troy Ford 678 817-4743, wnpf@aol.com

23 FEB, Indiana High School & State Open Meet (Indianapolis) Job Hou-Seye, Meet Director, 1-888-J0B-HOUSEYE

23 FEB, SPF Tennessee State (Chattanooga, TN) Jesse Rodgers, 4 2 3 - 3 4 4 - 7 1 6 1 . rodgersmadmax@bellsouth.net, www.southernpowerlifting.com 23 FEB, West Virginia High School

#### APC California State

Powerlifting & Bench Press (open, masters, teenage, women, junior) A.P.C. National Qualifier

## March 1st, 2008

(Fresno, CA) Bob & Kim Packer 559-322-6805, 559-323-3892

## NASA Powerlifting & Power Sports

February 2008

9th - Arizona State, Mesa, AZ

16th - Missouri State, Diamond (Joplin area), MO

16th & 17th-Teen Nat's & Ohio State HS Champs, Springfield, OH (Greg Van Hoose)

23rd - East Texas State, Tyler, TX

23rd - Indiana State, Indianapolis, IN (Job Hou-seve)

#### March

1st - BP Nationals & Western States PS & PP Open, Denver, CO

15th - Power Sports Nationals, Oklahoma City, OK 16th - 1st Annual Pro Power Sports Championships, OKC

22nd-Tennessee State Championships, Pickwick State Park, TN 29-30th - High School Nationals, OKC

#### April

5th - Illinois State, Niles, IL. (David Oyler)

12th - Kansas State Championships, Salina, KS

19th - Ohio State Championships, Lancaster, Ohio

19th - The "Damned Large One", Madison, WI (Job Hou-seye)

26th - Iowa State Championships, Des Moines, IA

26th - New Mexico State, Rio Rancho, NM (Mike & Teale Adelmann)

#### May

3rd - Western State Nationals, Mesa, AZ

3rd - Oklahoma State Championships, OKC, OK

10th - West Texas State, Hereford, TX

17th - Colorado State Championships, Denver, CO.

24th - South Texas Open, Alvin, TX

Arkansas State, Russellville, AR

June

14th - East Texas Open, Tyler, TX USA Nationals, Ohio June?????

> \_Complete NASA Coming Events and Entry Forms at: www.nasa-sports.com Coming in 2008 - NASA Pro Power Sports

Powerlifting (South Charleston High School, South Charleston, WV) John Messinger, school 304-766-0352, home 304-744-2475

24 FEB, UPA Battle of the Bench Press, Jon Elick, 8226 Stoutsville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com 24 FEB, 18th Winter BP/DL Classic Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683,

29 FEB - 2 MAR, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600

1 MAR, APC California State, Bob Packer, 555-322-6805 1 MAR. Police & Fire Nationals

Kansas City, KS) JDuree@aol.com MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, aplcachair@aol.com

1 MAR, Dutch International PL/ BP, Fitness Centrum Butzelaar, Bouwerskamp 21, 8301 AE Emmeloord, Holland. www.wpfpowerlifting.com
1 MAR, NPA Midwest Open Drug

Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

1 MAR, USPF National Qualifier Norfolk, VA) Brute Strength Gvm 757-893-9111, 757-650-5410, schroeder\_gayle@yahoo.com,

www.powerandstrength.com

1 MAR, Macomb Salvation Army
ADFPF Record Breaker & International Qualifier (unequipped, equipped, PL/Single - Evansville, IN) Tim Piper & Judith M. Gedney 309 837-2111, www.adfpf.org

1 MAR, SPF Kentucky State PL/BP (Mt. Washington, KY) Jesse Rodgers, 4 2 3 - 3 4 4 - 7 1 6 1 , rodgersmadmax@bellsouth.net,

MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL (Mexico, MO) Bill

Duncan, 410-474-1071

1 MAR, SLP Memphis Open BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

1 MAR, WABDL California State BP & DL (Holiday Inn, Chico, CA) Gus Rethwisch 763-545-8654 or 503-901-1622

2 MAR, New Jersey High School Drug Free PL (high school only) Paul 609-567-0046. o567@comcast.net

2 or 9 MAR - WNPF Ohio State (Youngstown, OH) Ron Deamicis 330-792-6670, powerlt@aol.com 7-8 MAR, USAPL Military/Armed

Forces Nationals, James Henderson-Coffey, 2490 Hallmark Dr., Pensacola, FL 32503, 850-748-7565

8 MAR, USAPL Virginia Open (PL/ BP/DL/Ironman raw assisted) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com
8 MAR, USAPL MO State & Ozark

Open, Harold Gaines, 2 Tristan Ter Charles, MO 63303, 314-805-

8 MAR, WABDL Iron Gladiator World Record Breakers (Red Lion Hotel, Pasco, WA) Gus Rethwisch 763-545-8654 or 503-901-1622 8 MAR, Bench on the Bayou VI

(master, teen, female, open-Lafavette, LA) Travis Werner, 337-280-6969, www.angelfire.com/theforce/ MAR, APF John H. Reagan PL

(John H. Reagan High School, Houston, TX) Tom McCullough, tom\_mccullough@texaspowerscene.com, www.texaspowerscene.com/meets/ 2008/ReaganChampionships.html 8 MAR, IBP FirstHealth BP Classic (Roddingham, NC) Keith Payne 336-2 5 1 - 8 7 0 4 , keith@ironboypowerlifting.net

8 MAR, USA "RAW" Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Classic, Darrel Latch, 126W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.net.

9 MAR, AFPF/AAFPF Illinois Open State/Credo/Raw (Bolingbrook, IL) Frantz Sports Center, 62 S. Broadway IL erniefrantz@aol.com, 630-897-2582 MAR, 100% RAW Masters

National BP/SC, 100% RAW/ AAU New England BP/SC, AAU (YMCA, Burlington, VT) Bret Kernoff, 802-865-2747, vermontpowerlifting.com, bret@vermontpowerlifting.com 15 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Walker's Gym. Hopewell, VA) BarryWalker, 804-

15 MAR, 100% Raw Ironman Nationals/United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville. VA 22968, valifting@aol.com, w.rawpowerlifting.com

15 MAR, NASA Power Sports Nationals (Un/Equipped/PS/BP/

#### UPCOMING SLP COMPETITIONS

9 FEB, SLP Meador's Gym Open BP/DL Classic (Indiana) 10 FEB. SLP Black Iron Gym Open BP/DL (Beach Grove, IN) 16 FEB, SLP Brickyard Open BP/DL (Milwaulkee, MI) 23 FEB, SLP Bluegrass Open BP/DL (Louisville, KY)

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

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

PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com 15 MAR, USAPL NJ State High

School BP, Mark Salandra, Thompson Close, Hillsborough, NJ 908-874-6125, www.strengthcondition.com

15 MAR, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-277-

15 MAR, AAPF 12th annual Frank Kostyo Meet (Lakeland, FL) Ken Snell, 863-687-6268

15 MAR, Allentown YMCA/YWCA BP/DL, Mike Macharsky or Bonnie Benner, 425 S. 15th St., Allentown, PA 18102, 610-434-9333

15 MAR, SLP Michigan Open BP/ DL (Ionia, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightnower.com

15 MAR. SSA War Town Challenge (Edge Fitness, Warner Robbins, GA) Jerry Vincent, 111 Sunnymeade Dr. Warner Robbins, GA 31093, Jerry. Vincent@perdue.com, 478-

15 MAR, WABDL National Teenage (Radisson Hotel, Denver, CO) Gary Gertner 720-394-

6 6 5 7 , gertner@mullenhighschool.com 15-16 MAR, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630-794-0594

15-16 MAR, APF/AAPF Alabama State, Buddy McKee, 3516 Park Lane, Rainbow City, AL 35906. mastermonster@comcast.net, 356-305-2380, 256-613-2753 3-5pm 16 MAR. APF California State (Sherman Oaks, CA) Scot Mendelson, 818-399-0905

16 MAR, USPF Rhode Island State, State High School, State Police & Fire Bob Connell Jr. Bob@ripl.org, www.ripl.org, 401-743-5739

16 MAR. WNPF Ohio State (Youngstown, OH) Ron, 330-792-670 or 330-819-3078

16 MAR, Welsh & England PL, BP, DL, Four Seasons, Trallwn Road, Llansamlet, Swansea, Ken Williams (07970 625946) Nigel Wilding (07814 939047) www.wpfpowerlifting.com 16 MAR, NASA 1st Annual Pro

Power Sports (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com 22 MAR, IBP WNC Barbell Push Pull (Asheville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net 22 MAR, SLP Arkansas State BP/DL (Conway, AR) Darrel Latch, 126 W. Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

22 MAR. IPA Bench Armageddon Biggest Bench in Allentown Allentown, PA) Gene Rychlak, Jr. 143 Second Ave., Royersford, PA 19468, 610-948-7823.

Bench\_a\_grand@yahoo.com

22 MAR, 100% Raw Nebraska State PL/BP/PP, AV Sorenson, 4808 Cass St., Omaha, NE 68132, DJ Satterfield 4 0 2 - 5 9 2 - 1 2 4 3 linechair@yahoo.com

22 MAR, 1st Support Your Troops Strongman Challenge, Dan Belanger, Box 2050, Pace, FL 32571, 850-

WNPF EVENTS

WE OFFER FULL MEETS, BENCH ONLY,

AND POWERCURL EVENTS.

DEADLIFT ONLY, SQUAT ONLY, REPS

RAW, SINGLE PLY AND UNLIMITED DIVISIONS

PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl

FEBRUARY 9

5th SOUTH GEORGIA PL, BP, DL, PC

Warner Robins, GA,

FEBRUARY 23

2ND ALL RAW WORLD CUP PL, BP, DL, PC

(For RAW lifters only)

Bordentown, NJ

MARCH 30

WNPF AMERICAN CUP OPEN

Subs and Masters Championships & Youth, Teen & Junior Nationals

Philadelphia, PA

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

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(FOR THE LIFETIME DRUG FREE LIFTER)

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EQUIIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING

FOR THE LIFETIME DRUG FREE LIFTER)

FEBRUARY 9 1st SOUTHERN USA PL, BP, DL, PC CHAMPIONSHIPS

Warner Robins, GA

MARCH 30

WNPF LIFETIME DRUG FREE SINGLE LIFT NATIONALS - BP/DL/PC

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

Philadelphia, PA

9 9 5 - 1 2 9 0 ,

22 MAR. USPF West Virginia Powerlifting & Holley Open (South Charleston, WV) John Messinger, home 304-744-2475, school 304-766-0352

22 MAR, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411 22,23 MAR, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) 208-520-8773, snakeriverp@vahoo.com

28-30 MAR, 100% RAW/RAW United Submasters & Masters Nationals and Elementary/ Middle/High School/Collegiate Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, March 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us 28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080,

269-664-4814 29 MAR, APF/AAPF Michigan State (Taylor, MI) J.J. Thomas, 734-642-7877. www.detroitbarbell.com 29 MAR, APF Hawg Farm BP (Evansville, IN) Larry Hoover, 812-3 8 5 - 9 9 3 2

29 MAR, SLP Lift for the Lord BP/ DL (Cave City, KY)
29 MAR, N. Virginia Raw PL/BP

(VA), John James 703-475-9885, www.northernvirginiarawpower.com 29 MAR, USAPL Police/Fire Nationals (Scranton, PA) Steve Mann, 845-485-1574

29 MAR. USAPL MS Invitational Brother Bennett PL Meet, Ted Longo, 799 Ewa St., Diamondhead, MS 39525, 228-324-1473

29 MAR, USAPL Alabama State Open, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2198 29 MAR. USAPL The Battle of the Great Lakes XI, Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624

29 MAR, USAPL Bare Fitness PP/ BP (Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, fpanaro@hyc.rr.com

29 MAR, ADAU Great Lakes BP, Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

**29 MAR**, ADAU Open Pennsylvania PL, Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727 29 MAR, SSA Lattimer's Jersey Iron Classic (Thorofare, NJ) Shawn Lattimer, Meet Director, 856-981-5981, slattimer@yahoo.com,

ww.strengthalliance.com 29 MAR, SSA West Coast Spring Ironman Classic (Newport, OR) Jason 540-336-2779. Centoni www.strengthalliance.com

29-30 MAR, USAPL Pennsylvania State (Scranton, PA) Steve Mann, 845-485-1574

29-30 MAR, USPF California State PL/BP/DL (Bakersfield, CA) Steve 661-333-9800, Denison. pwrlftrs@msn.com

www.powerliftingCA.com
29,30 MAR, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble OK. 73068, 405-527-8513,

SQBPDL@aol.com 30 MAR, 9th Pittsburgh Monster BP/DL (men/women, all classes, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108,

30 MAR - WNPF Lifetime Single Lift National BP/DL/PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 ,

wnpflifetime@aol.com 30 MAR - WNPF American Cup Open Subs, Masters & Youth, Teen & Junior Nationals PL, BP, DL, PC (Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com

MAR, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, 26164,

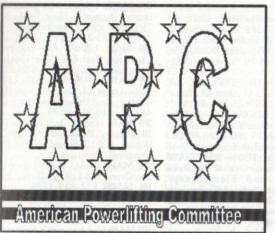
gvhl@wirefire.com MAR, PPL Augusta Open Strong Man & Woman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 70-790-3806, pythongym@aol.com

MAR, USAPL California State (Hemet, Womelsdorf, Mike usanlcachair@aol.com

5 APR, Spring Bash Push/Pull Challenge (Tuscon, AZ) Balance Fitness, 520-292-2100 or Chris Lomuto, 520-907-3258

5 APR, IL State & YMCA Great Lakes, David Oyler & Cheryl Targos, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, IL60174, 847-

5 APR - WNPF Lifetime Georgia PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Favetteville, GA 30214, 678 817 4743 wnnflifetime@aol.com



The APC is the only American Federation that truly exists for the lifters. The proceeds from all membership card sales goes into the Athlete's Fund to help pay for travel to the GPC World Powerlifting Championships.

February 16, 2008, APC West Coast BP, John Ford, 650-303-7518 March 1, 2008, APC California Open PL and BP April 12, 2008, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080 May 3, 2008, APC Central California Open/Novice PL/BP Jun 2008, APC National PL/BP (Las Vegas, NV) July 26, 2008, APC Northern California Push/Pull, BP/DL October 18, 2008, APC Northern California Open PL/BP, John Ford, 650-303-7518

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

5 APR - WNPF Tri-State Challenge GA, vs TN, AL (The winning WNPF state chair will take home the championship trophy so come out and represent your state, PL, BP, DL PC - Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

5 APR - WNPF Western PA Championships (Beaver Falls, PA) Ron 330-792-6670, owerlt103@aol.com

5 APR, USAPL Richmond Open PL/ BP (sculptured awards -Mechanicsville, VA) Phillip Battle 804-301-2196, p battle@hotmail.com

APR, ADFPF Single Lift Nationals & WDFPF World Qualifier (equipped, raw, men, women, open, 3 teens, 10 masters, police/fire/military - S. Bend, IN) Dick VanEck & Jon 309-837-2111,

Smoker www.adfpf.org 12 APR, SLP National Raw BP/ DL (Sallisaw, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9

BP, DL (Works Fitness World, New

Martinsville, WV) Power Promotions,

Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554,

mccase@vahoo.com, 304-376-2432

12 APR, WABDL Northwest Regional

BP & DL (Medford, OR) Dan Guches

541-890-3258 or Sam Pecktol 541-

12 APR, WABDL Heart of America BP/DL (Gateway Center, Collinsville,

12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080

12 APR, APF Gulf Coast (New Port

Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738

12-13 APR, AAPF Nationals (Lake

George, NY) Sam Luciano, 518-

13 APR- WNPF Upstate NY II

(Buffalo, NY) Ron Deamicis 330-792-

19 APR. Bartlesville Classic

(Bartlesville, OK) JDuree@aol.com

PO Box 142347, Fayetteville,

GA 30214, 678 817-4743,

19 APR, Kern County High School

6670, powerlt@aol.com

747-3242

L) Erica Haislar 618-530-5402

nnesaw@fitnessresource.com 19 APR, WABDL Florida BP/DL sonlightgym@verizon.net. (Lakeland, FL) Louis Baltz 863-687www.sonlightpower.com 12 APR, USPF Works Fitness PL,

19 APR, WABDL River Country Classic (Gadsden, AL) Brant Bishop 256-390-4436

wnpflifetime@aol.com

wnpf@aol.com

888-JOB-HOUSEYE

19 APR, PPL Georgia State Drug Free PL, PPL, 2250 Lumpkin Rd.,

Augusta, GA 30906, 706-790-3806,

19 APR - WNPF National BP.

Bench for Reps, DL & PC

Championships (Atlantic City, NJ) Troy Ford 678-817-4743,

19 APR, Mighty Christian Powerlifting

themightygibbors@aol.com, 973-

19 APR, Damn Large One (Madison, WI) Job Hou-Seye, Meet Director, 1-

19 APR, USPF Pro Performance

Fitness Expo PL, Matt McCase, 210

Gilbob St., Fairmont, WV 26554.

304-376-7538, mccase@yahoo.com 19 APR, North Georgia Barbell Club

Classic PL Showdown, Georgia

Deadlift (Kennesaw, GA) Jon Grove.

70-426-1077

IV (Dover, NJ)

19 APR, 13th Dungeon Powerworks Slam BP/DL (3 Rivers, MI) Mark Mellinger, 369-435-7586, 15681 Featherstone, Constantine, MI

19 APR, 100% Raw Maryland State PL/BP Open Invitational (open to all states) Dan Corridean, 240-417-

2229, Bdan1745@aol.com 19 APR, SLP Wisconsin State BP/ DL (Delavan, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

19, 20 APR, Powerpalooza 10 (Full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench a grand@vahoo.com

19, 20 APR, BPO British PL, BP, DL (University of Bath, Claverton Down, Bath, Somerset) Greg Ashford (01373 859997) www.wpfpowerlifting.com 25 APR, IBP Raw Bench Press &

Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, Strict Curl (Pfafftown, NC) Keith Payne www.powerliftingCA.com
19 APR - WNPF Lifetime All 3 3 6 - 2 5 1 - 8 7 0 4 keith@ironboypowerlifting.net American Bench Press, Deadlift 26 APR, IBP Tarheel State PL & Powercurl Championships (Pfafftown, NC) Keith Payne 336-2 5 1 - 8 7 0 4 , (Atlantic City, NJ) WNPF Lifetime, keith@ironboypowerlifting.net

26 APR, 29th Raw ADAU Power

Day Classic (separate BP and DL, open and all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214.

26 APR, SLP National BP/DL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com 26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA valifting@aol.com, www.rawpowerlifting.com

26 APR, ADFPF 3rd Massachusetts State DL Invitational (unequipped, equipped-SETS, Hingham, MA) Meet Shocket, Director. Saul shocketa@aol.com 26 APR, ADFPF Michigan State & Open PL/Single (unequipped, equipped - Lansing Community College, Lansing, MI) Meet Director Jeff Buchin, www.adfpf.org,

26 APR - WNPF Lifetime North American PL, BP, DL, PC Championships (Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

26 APR - WNPF 9th Elite Nationals & Subs/Masters National (PL, BP, DL, PC -Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com

26 APR, Brute Strength Strongman (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder\_gayle@yahoo.com,

www.powerandstrength.com
26 APR, NASA NM State (PL/BP/ mike@liftinglarge.com,

26-27 APR, 100% Raw Y Nationals Sports Weekend & Texas State (Holiday Inn Express, Plano, TX) Kirk Stroud, 512-329-8528, www.ymcanationals.com

26-27 APR, UPA Powerlifting & BP Nationals (Columbus, OH) Kenny Patterson, Meet Director, 614-335-5181, Kpatterson@unitedpowerlifting association.com, www.

unitedpowerliftingassociation.com 26-27 APR, IPA Iron House Classic PL&BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com

APR (dates TBA), Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic (Richmond. VA) Judy & Steve Wood, 804-5 5 9 - 4 6 2 4 , vapowerlifting@aol.com 2-4 MAY (NEW DATE), USAPL Master Nationals, Robert Keller Box 291571, Davie, FL 33329, 954-790-2249 MAY, Central California Open &

vice PL/BP MAY, USPF San Diego Open PL/

BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com 3 MAY - WNPF Lifetime Palmetto PL,

BP, DL, PC Championships & Collegiate Challenge (Clemson, SC) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 3 MAY - WNPF 11th Carolina State

PL, BP, DL, PC & Collegiate Challenge Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

3 MAY, USPF Military Nationals (San Diego, CA) Steve Denison 6 6 1 - 3 3 3 - 9 8 0 0, pwrlftrs@msn.com. www.powerliftingCA.com

3 MAY, ADFPF Open PL/BP hallenge, Jason Peck, South Gallia High School, Gallipolis, OH, ey@logonix.net

3 MAY, IPA Virginia State & National Qualifier (Fredericksburg, VA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, Bench\_a\_grand@yahoo.com 3 MAY, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, A) Don Bell 360-533-6620

3,4 MAY, WPC Austria Nationals, Harald Selsam, kapout@aon.at 3-4 MAY, APF Master, Teen & Junior Nationals & WPC World Qualifier (Baton Rouge, LA) Garry Frank, 225-241-8154

4 MAY - WNPF Flatline Classic (PL, BP, DL, PC - Richmond, KY) Evan Claunch or Mike Watkins, 859-582-606-271-0037 www.flatlinepowerlifting.com/wnpf/ 2008\_FPC\_ENTRYFORM.pdf

MAY, APF Bench Press Meet Phoenix, AZ) J.R. Bolger, 602-281-6489, azapf@cox.net 10 MAY, WABDL Texas BP/DL (Houston, TX) Tiny Meeker 832-423-

10 MAY, Lifetime Natural Powerlifting Nationals, Darrel Latch, 126 W. Sale Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com

10 MAY, APA Fit For Life Power

Palooza (Shreveport, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077 rcidzik@yahoo.com, www.apa-

10 MAY, Mr. T's Freak Show II (strongman, powerlifting - New ondon, WI) Tom Theama 920-359-0132 thoama@charter net

16-17 MAY, USAPL Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691 16-18 MAY (New DATE/NAME), 100% RAW/RAW United Florida State (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us 17 MAY, WABDL USP Labs National BP/DL (Wisconsin Dells,

WI) Gus Rethwisch 763-545-8654 or 503-901-1622 17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-

5429, sonlightgym@verizon.net, www.sonlightnower.com 17 MAY, San Jose Open PL/BP/ DL, Steve Denison, 661-333-9800,

pwrlftrs@msn.com www.powerliftingCA.com
23-25 MAY, WPC European Cup

(Vienna, Austria) Harald Selsam, kapoun@aon.at 30-31 MAY 1 JUN, APF Senior

Nationals (1-3 qualifies for WPC Worlds - Omaha, NE) Rick Hussey/ Swanson.

www.bigirongym.com 31 MAY, 3rd USPF Summerfest BP/ .DL (Wavetech Park) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com 31 MAY, WABDL Golden State BP/ DL (Doubletree Hotel, Modesto, CA) Mike Womack 209-303-4105

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

31 MAY - WNPF Lifetime Elite PL, BP, DL, PC Nationals (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 817-4743,

wnpflifetime@aol.com 31 MAY - WNPF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico -Ephrata, PA) Troy Ford 678-817-4743 wnnf@aol.com

MAY - WNPF USA vs. Brazil (Caxias do Sul, Brazil) Troy Ford 678-817-

MAY '08, WDFPF European Single Event (Como, Italy) www.wdfpf.cc 6 JUN, SPF Nationals PL/BP

(Gatlinburg, TN) Jesse Rodgers, 4 2 3 - 3 4 4 - 7 1 6 1, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com 7 JUN, NPA Central States Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

7 JUN, WADL National Push Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch 763-545-8654 or 503-901-1622 7 JUN, SLP Missouri Open BP/DL

(Chesterfield, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com 7-8 JUN, Immaculate Heart of Mary

Festival BP/DL Ironman & Strongman (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078

7-8 JUN, USAPL NJ State HS PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com 14 JUN. SLP Superman Classic BP/ DL (Metropolis, IL) Darrel Latch, 126 Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

14 JUN. WABDL Rocky Mountain Regional BP/DL (Hampton Inn. Salt Lake City, UT) David Edgell 81-721-

13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

13-15 JUN, USAPL Men's, Teen, Junior Nationals, Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779 14 JUN, USPF Muscle Beach BP/

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

21 JUN, WADL Northeastern Regional BP/DL (Newport, ME) Al Stork 207-223-5915 21 JUN, Sonny's 4th WABDL Push

Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito 808-221-0129 Jocelyn Ronolo 808-387-8776. evana Furtado 808-368-6727

21 JUN, USA Raw Bench Press Federation Summer Nationals (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229 803-736-1956

21 JUN, ADPF PL National & WDFPF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters, police/fire/military - Evansville, IN) Meet directors: Mike Stagg 812-204-3755, Derek Wallace 812-217-0939, Dick Connor 812-867-1736, or 309-837-2111, www.adfpf.org

21 JUN, 100% RAW & AAU RAW wisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director, Bret Kernoff 802-8 6 5 - 2 7 4 7 bret@vermontpowerliting.com,

www.vermontpowerlifting.com 26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Jahnhalle), Friedrich-Ludwig-Jan-Strasse, 91301 Forchhein, Germany, Peter and Wiemann, Jorg

www.wpfpowerlifting.com 28 JUN, ADAU National Powerlifting (men, women, all ages) Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

28 JUN - WNPF 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Ford 678-817-4743, wnpf@aol.com
28 JUN - WNPF Lifetime Raw

Nationals & Powerfest 2K8 (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA

valifting@aol.com, 22968. www.rawpowerlifting.com

28 JUN, WABDL 12th Alki Beach

BP/DL (Seattle, WA) Bull Stewart 206-725-7894

28,29 JUN, USPF Multi-Nationals (Men, Women, Masters, Police & Fire. BP & DL, Sheraton-Providence Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net,

www.ripl.org
JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone, 6 3 0 - 7 9 4 - 0 5 9 4 thestone@chicagopowerlifting.com
JUN - WNPF Lifetime Pan-

Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

JUN - WNPF Powerfest 2K8 PL, BP, DL, PC (Nanuet, NY) Troy Ford 678-817-4743, wnpf@aol.com

JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted Isabella, uspf-ri@cox.net, Matt McCase mccase@yahoo.com JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506,

JUN, APC National PL/BP (Las Vegas)
5 JUL, SLP Samson's Gym Open

BP/DL (Hamilton, OH) Darrel Latch. 126 W. Sale, Tucola, IL 61953, 217sonlightgym@verizon.net,

www.sonlightpower.com
12 JUL, Nebraska Strongest Man Strongman Competition (American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-

12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www vhenower com

12 JUL. USPF Fresno Open PL/ BP/DL, Steve Denison, 661-333pwrlftrs@msn.com, www.powerliftingCA.com
12 JUL - WNPF North Americans

PL. BP. DL. PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com 12 JUL - WNPF Lifetime USA PL,

BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnnflifetime@aol.com 12 JUL, ANPPC World Cup PL,

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

12 JUL, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch 763-545-8654 or 503-901-1622

19 JUL. PPL Southeasterns, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

www.sonlightpower.com
19 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch 763-545-8654 or 503-901-1622

19 JUL. USAPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com,

www.virginiausapl.com
19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-527-8513

19-20 JUL - WNPF Drug Free Nationals & Team Ford vs. Team Deamicis (PA) Troy Ford 678-817-4743, wnpf@aol.com or Ron Deamicis 330-792-6670, powerlt103@aol.com

26 JUL, APC Northern California

26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-999-7845, www.allamericanfitnessvt.com 26 JUL - WNPF Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC -Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743,

wnpflifetime@aol.com 26 JUL - WNPF 16th Florida State & USA Championships (Kissimmee FL) Troy Ford 678-817-4743,

wnnf@aol com 26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason 540-336-2779 Centoni

26 JUL, SLP YMCA of Kansas City Push/Pull Classic (Kansas City, KS) Darrel Latch, 126 W. Sale, Tucola, IL 217-253-5429. 61953. sonlightgym@verizon.net,

27 JUL, WNPF Drug Free

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Contact: Jon Grove 770-426-1077 E-mail: Kennesaw@fitnessresource.com

Nationals (Youngstown, OH) Ron, 330-792-6670 or 330-519-

26-27 JUL, UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting. Amateur Strongman, Amateur Bench Press, Bill Carpenter 563-599-1390, Kenny Patterson 614-563-0279

26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines 314-805-2044,

www.usaplnationals.com 1-3 AUG, AWPC World PL/BP (Oakbrook, IL) Kieran Kidder/Amy 866-389-4744. Jackson. amyljackson@cox.net

30 JUL-3 AUG, AWPC/WPC Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wpc@wpc-wpo.ru 1-3 AUG, 100% RAW/RAW

United Women's Nationals and Kids/Youth/Teenage Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321tshontis@brevard.k12.fl.us

2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve 661-333-9800. pwrlftrs@msn.com www.powerliftingCA.com

2 AUG, SSA Backyard Bench/ Deadlift/Iron Man (Iron Asylym Gym Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasvlumgvm.com 2 AUG, WABDL Iron Gladiators Great Northern BP/DL (Red Lion Hottel, Olympia, WA) Gus Rethwisch 763-545-8654 or 503-901-1622

3 AUG, SLP Vince Soto Memorial/ Ohio State Fair BP/DL (Columbus OH) Darrel Latch, 126 W. Sale, Tucola, 61953, 217-253-5429 sonlightgym@verizon.net,

9 AUG, N. Virginia Raw PL/BP (VA) John James 703-475-9885. www.northernvirginiarawpower.com 9 AUG, Fall Classic (Bartlesville, OK) Duree@aol.com

9 AUG, WABDL Southern Regional BP/DL (Crown Plaza Hotel, Dallas, TX) Gus Rethwisch 763-545-8654 or 503-901-1622

9 AUG. SLP Wisconsin State Fair BP/DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217sonlightgym@verizon.net,

www.sonlightpower.com

10 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Darrel Latch. 126 W. Sale, Tucola, IL 61953, 217-

2 5 3 - 5 4 2 9 , sonlightgym@verizon.net,

www.sonlightpower.com
10 AUG - WNPF Lifetime 1st
World Cup BP, DL, PC
Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347,

Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

10 AUG - WNPF Single Lift Nationals & Ironman Nationals (BP, DL, PC -Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com 16 AUG, SLP Indiana State Fair BP/

DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217sonlightgym@verizon.net

www.sonlightpower.com
16 AUG, WABDL World Cup (120

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E-mail: gedney@logonix.net or jm-gedney@wiu.edu

or Jon G. Smoker (1-800-760-3257) E-mail: jjrcsmoker@hotmail.com

Miles NW of Helsinki, Tampere. Finland) Sakari Selkainaho 011-358-505-354-106

16 AUG, APF Push Pull Meet Phoenix, AZ) J.R. Bolger, 602-218-

6489, azapf@cox.net 17 AUG, SLP Illinois State Fair BP/

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

23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA valifting@aol.com.

23 AUG, APF/AAPF High Country Push/Pull (Brigham City, UT) Jon Cunningham, 801-985-1164

23 AUG, IBP Mountain Bench Bash & Strict Curl (Asheville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

23 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 sonlightgym@verizon.net,

30 AUG, 2nd USPF Works Outdoor

BP/DL (New Martinsville, WV) Matt McCase, 210 Gilbob St., Fairmont WV 26554, 304-376-7538, ahoo com

30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914

6 SEP, NASA NM Regional (PL/BP/ mike@liftinglarge.com, www.liftinglarge.com

6 SEP - WNPF Lifetime Southern States (Fitzgerald, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA

678 817-4743, 30214,

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

6 SEP, WABDL United We Stand BP/DL (New Castle, PA) charles Venturella 724-654-4117

6 SEP, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker

6 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-- 5 4 2 9 sonlightgym@verizon.net,

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

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

13 SEP, NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

13 SEP, USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-5 3 - 5 4 2 9 sonlightgym@verizon.net,

www.sonlightpower.com
13 SEP, WABDL Hawaii BP/DL (Kamilioki Elementary School, Waimanalo, HI) Keith Ward, 808-375-8700

13 SEP, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894 13,14 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve 661-333-9800, pwrlftrs@msn.com,

www.powerliftingCA.com
20 SEP, WABDL National Collegiate BP/DL (Gateway Center, Collinsville, IL) John Hudson 217-377-4640

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

20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboo, VT) Meet Director Bret Kernoff, 802-6 5 - 2 7 4 7 . Vermontpowerlifting.com, 26 SEP, IBP 8th Bench Press Classic & Strict Curl (Pfafftown, NC) Keith 336-251-8704, Paune

27 SEP, IBP Regional PL (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

27 SEP, SLP Nationals

Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com 27 SEP - WNPF 20th Lifetime

Nationals (Bordentown, NJ) Troy 678-817-4743, Ford wnpf@aol.com

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

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

28 SEP - WNPF 17th Penn States Open PL. BP. DL Champs (Ephrata. A) contact Troy Ford 678-817-

28 SEP, UK Open PL, BP, DL (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047)

www.wpfpowerlifting.com 3-5 OCT, 100% RAW/RAW United Armed Forces Nationals and North American Open (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards onored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-0 5 - 1 1 9 4 .

hontis@brevard.k12.fl.us OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve 661-333-9800, Denison. pwrlftrs@msn.com, www.powerliftingCA.com

OCT, USPF Collegiate ationals, (Modesto Junior College, Modesto, CA) Steve
Denison 661-333-9800,
p w r l f t r s @ m s n . c o m ,
www.powerliftingCA.como 4 OCT, SPF/WBPLA World PL/ BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net 4 OCT, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W.

Sale, Tucola, IL 61953, 217-253-5429. sonlightgym@verizon.net,

10-12 OCT, WDFPF Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military - Antwerp, BEL) Wim Backelant, 309-837-2111, www.adfpf.org

11 OCT - WNPF 9th Palmetto PL BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

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

11 OCT, SSA Full Power/Ironman/ Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002. www.ironasulumgum.com 18 OCT, SLP Monon Fitness BP/ DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-5 4 2 9 sonlightgym@verizon.net,

18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-

3806, pythongym@aol.com 18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net,

www.powerliftingCA.com
18 OCT, APC Northern California
Open PL/BP, John Ford 650-303-

25 OCT, 4th Westminster Family Center Open BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452

25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779,

www.strengthalliance.com 25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-

3214, al@pikitup.com
25 OCT, USPF Pro Performance

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

> International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678

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

1 NOV. USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucola IL 61953, 217-253-5429, sonlightgym@verizon.net,

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

8 NOV, Regionals (Kansas City, KS)

AZ) J.R. Bolger, 602-218-6489,

DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch 763-545-8654 or 503-901-162215 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, 61953, 217-253-5429 sonlightgym@verizon.net,

25 OCT, ANPPC National

www.sonlightpower.com 25-26 OCT - WNPF Lifetime 1ST

wnpflifetime@aol.com
OCT, APF/AAPF Snake River PL/
BP/DL & Special Olympics (Idaho
Falls, ID) Mike & Linda Higgins, 208-521-3434

JDuree@aol.com 8 NOV, APF Bench Press (Phoenix,

12-17 NOV, WABDL World BP

www.sonlightpower.com
13 NOV, WPF World PL
Championships (Vienna, Austria)
15 NOV, N. Virginia Raw PL/BP,
John James 703-475-9885,

22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
22-23 NOV - WNPF 17th WNPF
World PL BP, DL & PC
Championships (Atlanta, GA) Troy 678-817-4743, Ford

wnpf@aol.com 13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner,

www.wpfpowerlifting.com NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, II. 60506, 866-389-4744 5-7 DEC, 100% RAW/RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

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

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

www.virginiausapl.com
6 DEC - WNPF McCray/Peace
Memorial BP, DL, PC & Police/ Fire/Military Nationals NJ) Troy Ford 678-

817-4743. wnpf@aol.com

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

DEC - WNPF 7th Eastern USA PL BP. DL. PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com 6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel

Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.net,

DEC, 16th Raw ADAU Coal ountry Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-

DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 9 3 9 0 4 7 ) www.wpfpowerlifting.com

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

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com 27 DEC, SLP The Last One! BP/DL

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

#### American Powerlifting Committee (APC) www.americanpowerliftingcommitte.com P O Box 40 Bogart, Ga. 30622

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

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Date of Birth_	Age Sex US Citizen	Club
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APC Orlando Muniz-Zacca 1 DEC 07 - Hollywood, FL Powerlifting SQ BP DL TOT 132 lbs. Master (60-64) 462 281 490 1233 F. Milian 380 259 397 1036 Milian 402 303 452 1157 This small powerlifting meet was set up to commemorate the passing of my goo friend and training partner Orlando Muniz Zacca. The participants of this meet also knew Orlando through the years. Ever though I have not trained with Orlando lately, since I have been living in House ton, Texas, for the last year and a half, lowe many of my achievements to his coaching. Orlando had an ability that few individuals have, he could look at a lifter and tell exactly what was wrong with th lift and how to correct it. Working ou with Orlando was not only limited to thi unique ability, he was also one of th funniest guys I have ever met. Everyon who knew Orlando will agree on this one hundred per cent. We will miss you Big O.

If under 21 Parent or Guardian



Orlando Muniz-Zacca, shown above spotting Mike Bridges at the historic 1978 Senior National Championships, has passed away, and his friend Ernie Milian ran a meet in Hol-A. Brown (25-29) lywood, FL, to remember him.

-	J. Kiernan		315	475	790
-	220 lbs.				
	Submaster M. Ferlito		425	455	880
-	(Thank you to	Sandi			
	YEL ALL				
	100% Raw	Nort	h Car	olina (	State
	23 JUN				
_	BENCH			ight	
	FEMALE			r (40-44	
	148 lbs.		E. Ho	rwitz /Master	225
	Master (50-54	)		/Master	(50-
	R. Jenkins 165 lbs.	90	54) B Por	well	215
	Junior		Open .		313
	L. Sandee	105		r (60-64	(1)
	MALE		I. Bro	oks	265
3	123 lbs. Teen (14-15)		275 II	r (50-54	n
	B. Etringer	160	J. Hill	liard	475
6	132 lbs.		Open	girling.	Wilder .
	Teen (14-15)/		M. Be	lk	580
7	J. Powell 148 lbs.	160	K. Col		455
0	Open		B. Jon	(30-34)	540
d	E. Patton	260	Subma		340
-	165 lbs.		F. Bar		410
0	Junior (20-24)		308 II		
n o	D. Sylvester Master (60-64		Subma L. Rate	es	390
-	R. Fecteau			(45-49	
1	Open			Vicker	480
S	D. Jones	305	SHW		
er	J. Manuel S. Kirkwood Open/(30-34)	300 265	J. Ger		445
e	Open/(30-34)	203	DEAD		445
rt	J. Brown	330	MALE		
s	181 lbs.		123 It		
e e	Junior (20-24) A. Williams			(14-15) inger	245
e	(25-29)		132 lb		245
).	J. Adams	425	Open/	Teen (1	4-15)
;)	Master (50-54		J. Pow		225
	J. Layman Open	275	165 lb Open	15.	
		350		kwood	435
	D. Wilson M. Franklin	325		kwood nuel	400
	Open/(25-29)	225	181 lb		ACT.
	S. Wesley Submaster	335		(55-59 man	470
	G. Dale	415	198 lb		4,0
	198 lbs.		Junior	(20-24)	
	(30-34)	215		lson	
	S. Cox Junior (20-24)	315		(45-49	
	M. Wilson	300	220 lb	S.	000
	Master (45-49)			(65-69	
	T. Whitted	250	W. Ar	derson	275
	Open Summerfield	325		(20-24)	
			A. Bro		435
		250		(40-44	
	Open/P/F/M	TOE		rwitz	
	Master (45-49) J. Lovallo	375	64)	Master	(00-
	220 lbs.		I. Broo	oks	405
	Junior (20-24)		CURL		
	J. Wilson	345	MALE	MIG.	
	Master (45-49) R. Pardue	350	123 lb Teen (		
	Master (65-69)		B. Etir		70
	W. Anderson	125	132 lb	is.	
	Open/Submast		Open/		4-15)
	C. Pickett Submaster	410	J. Pow 181 lb		85
	C V I				

Submaster

145

198 lbs.

Junior (20-24)

SSA Backyard Meet 4 AUG 07 - Tribes Hill, NY

P. Porcelli 490

Masters (50-54)

V. Vardine 455

225 315 540

DL TOT

308 lbs. Teen (18-19)

W. Bonner 375 Masters (40-44) 330 M. Montano 485

F. Farina

BENCH MEN

T. Stanton Open R. Hillyard

275 lbs.

148 lbs.

R. West

198 lbs Teen (16-17)

Masters (40-44)

## BODYTECHUSA.COM RENGTH MAGAZINE Where the big boys play ®

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0	C. Pickett	175	275 lbs.	
Open Summerfield 135	242 lbs.		Submaster I	
			G. Vigil 13	2 325 385
Open/Junior (20-24) B. Martin 130	B. Powell		308 lbs.	2 323 303
220 lbs.	Master (60-		High School	
Submaster	I. Brooks	75		1 259 418
	lbs.	Reps		Mike & Teale Adel
BENCH for Reps MALE	105.	Keps	(Results courtesy	Time a rease maci
Lightweight	170	32	WABDL	Nevada State
D. Wilson	180	23	11 AUG	07 - Elko, NV
J. Layman	120	3	BENCH	K. Williams
B. Etringer	120	3	WOMEN	4th-104*
Heavyweight	195	31		198 lbs.
J. Lovallo	180	29	148 lbs.	
J. Adams	185	29	T. Agenbroad 10	
G. Dale		-	165 lbs.	123 lbs.
(Thank you to Paul B	ossi for these	results)		K. Phipps
			4th-104*	MEN
NASA Push-It	Pull-It Lift	-It	198 lbs.	Class I
1 DEC 07 - All			J. Chappell 10	
	High School		UL UL	E. Nahorniak
BENCH	M. Klett	220		37 4th-347*
MALE		220	Submaster Submaster	K. Nichols
181 lbs.		220	148 lbs.	198 lbs.
Submaster Pure		220	T. Agenbroad 10	
R. Widdison 330	165 lbs.		I. Agenbroad It	T D. MIVAICE

(Inank you to I	raui i	DOSSI IOI	these	results)	K. W	/illiams
NASA Pu	ish-l	t Pull-	It Lift	-It	198	
1 DEC 07	- Al	huque	raue.	NM		nappell
BENCH			chool		UL	шррен
MALE		M. Kle		220		ichards
181 lbc		Teen				naster
Submaster Pur	e	M. Kle	tt	220	148	lbs.
R. Widdison	330	165 lb	s.			genbroad
220 lbs.		Int			165	
Master I		R. Arc	huleta	319		
I. Berlin	451	220 lb	is.			
Raw		Master	IV			
132 lbs.		E. Eva		264		5568
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FEMALE					18.0	As .
148 lbs.					4	
Master III					3	1
J. Wood		99	203	303	13	T. C.
165 lbs.						一
Master III						-
E. Waugh		99	214	314	. 6	25 71
MALE					3 2	Last Nan
181 lbs.					3 2	1220
Submaster I		314	435	749	- 13	18 8 5
T. Duran 198 lbs.		314	433	143	. 18	313, 17, 19
Master II						Street Ac
E. Duran		314	485	799	1	237
Open		3.4	403		1	1833
C. Harty		374	501	876	18 6	185 全
220 lbs.					13	0
Master I					13 3	City
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Master Pure						1111
R. Garcia		424	551	975	1	
Novice					100	Current
N. Garcia		369	501	870	- 3	1 是 自 2
Teen		240		004	- 13	Elite Ma
S. Smith		319	501	821		
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Submaster I		325	385	711	199	Teena
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FEMALE	Ch	DI	DL	101		& Spe
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Submaster Pu	re				1	II UIIU
B. Koski	165	325	446	937		1000

ı	B. Nichols	-	J. DiGregorio	176
ı	259 lbs.		198 lbs.	201
ı	Blankenship	457*	W. Prince	281
ı				
ı	C. Wimmer	551	181 lbs.	
	Disabled		Cunningham	503
	220 lbs.		100 lbc	
	D. West	314	F. Dena III	-
ı	<b>Junior 920-25</b>	)	D. Tracy 308 lbs. J. Dennison Submaster (33	446
	148 lbs.		308 lbs.	
	1. Frank	325*	I. Dennison	578
	Law/Fire	0.00	Submaster (33	-39)
	Master (48-55	()	148 lbs	33,
ı	100 lbe	,	148 lbs. K. Nichols 220 lbs. B. Nichols	137
8	190 lbs.	AFFIR	220 lbs	13/
	M. Berteaux	4331	D Michele	
	Law/Fire Ope	en	B. Nichols	-
	275 lbs.		B. Nichols Teen (18-19) 181 lbs.	
1	T. Prince	501	181 lbs.	
1	308 IDS.		E. Daucette	209
1	C. Wimmer	551*	275 lbs.	
	Master (40-46	5)	J. Davis DEADLIFT WOMEN	275
	165 lbs.		DEADLIFT	
	K. Lyons	308	WOMEN	
_	181 lbs.	-	Open	
	D. Carr	_	148 lbs.	
	Cunningham	50314	T. Agenbroad	276
	198 lbs.	303.	4th-283*	2/1
			C. Danielson	261
	F. Dena III	_	C. Danielson	204
	Master (47-53	3)	4th-282*	
	148 lbs.		165 lbs.	
		303*	K. Williams	248
n)	198 lbs.		4th-264*	
	R. Cowles	319	198 lbs.	
	4th-325*		I. Chappell	231
	M .Berteaux	455*	UL	
	**		!!!	429
	M. Mari	402*		
	SHW	102	Submaster 148 lbs.	
	C C-1	520	T Agenbroad	276
	Master (54-66	0)	T. Agenbroad	27
	musici (54-0	0)	Terr moo	
	165 lbs.	2254	165 lbs.	24
	G. Miller	336*	K. Williams 4th-264*	241
	181 lbs.		4th-264*	
	K. Cain	242	198 lbs.	
	220 lbs.		J. Chappell Teen (12-13) 181 lbs.	23
	D. West	314	Teen (12-13)	
	SHW		181 lbs.	
	P. Herdt	418	Teen (12-13) 181 lbs. J. Wickens Teen (18-19) 123 lbs. K. Phipps 4th-270*	28
	Master (61-6	7)	Teen (18-19)	
	181 lbs		123 lbs.	
	D. Covello	181	K. Phinns	24
	Master (69.7	4)	4th-270*	
	waster (66-7	*)	401-270	
	THE WAY I	100		
		7075	THE SHALL SH	



Eric Nahorniak qualified for the WABDL World Championships with his lifting at the WABDL Nevada State Championships.

		C D' L 4438
	MEN	S. Richey 413*
	Class I	Master (54-60)
1	198 lbs.	165 lbs.
	J. LaReaux 485	G. Miller 314
9	220 lbs.	4th-325*
	J. Avila 468	181 lbs.
	Law/Fire	K. Cain 264
0	Master (48-55)	Master (68-74)
	308 lbs.	1811 bs.
	K. Eyre 473*	J. DiGregorio 203
8	Master (40-46)	4th-214*
	165 lbs.	Open
	K. Lyons 385	165 lbs.
1*	181 lbs.	A. Stephens 440
	J. Cunningham	181 lbs.
	512	Cunningham 512
1!*	Master (47-53)	198 lbs.
		D. Tracy 584
	*=State Records. !=	World Records. Meet
8		ez. (Thanks to Gus
		ding the meet results)



132 325 385 843

220 lbs.

T. Norwood 121 259 418 799

## Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name First N	Initial Renewal Current Card # (If Renewa
Street Address	Club Name
City	State Zip Area Code / Telephone
Current WABDL Classification Referee Status  Elite Mater I II III IV World National	U.S. Citizen? Date of Birth Sex Today's Date Card Issued By Y N M F
Registration Fee: \$35.00 Teenagers, Disabled, & Special Olympians: \$25.00 Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH	NOTE: All WABDL-sanctioned meets will be subject to drug testing.  In recognizing the need for drug usage detection, I ago to submit to any testing procedures deemed appropria

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As a Power Lifter trained to get big and strong and I

powerful!

thought nothing of eating a whole family pizza followed with a half gallon of ice cream by myself in one sitting. I loved Power Lifting because I could

I had a physical checkup by my family doctor two months after turning 50 years of



age. At 5 feet 11 1/2 inches in height I weighed 316 pounds and my blood pressure was too high so the doctor prescribed blood pressure medication for my condition.

I told him I did not need it because I would drop my bodyweight. He countered by telling me that losing weight would not do it. He



my high school days as a champion 200-pound wrestler. I was never able to wear 36" size paints. Now I can fit into size 34". This shows the effec-iveness of the TK waist band along with exercise and diet.

was thinking I meant 20-30 pounds but I was thinking in terms of losing 100 pounds. I left his office with the blood pressure medicine in hand but with a definite goal in mind -- that of losing 100 pounds of body fat by following a sound diet and an exercise program geared to lose body fat

My background as an athlete in Power Lifting helped me set definite goals so my plan included following a good nutritional program I picked up from (Power Nutrition) articles in Powerlifting USA. Cardiovascular exercise was included too so the increased circulation prevents loose skin from forming as fat would disappear.

The cardiovascular movements such as jumping rope, biking or jogging meant constant pounding on the knee joints and to pre-

vent wear and tear and to keep stability and warmth in the knees, I used the TK Knee Bands. The pounding

affects the lower back and spine as well so I wore the TK Waist Band that kept my back warm and gave good support to the lower eat to my heart's content and become big and back.

> The one thing that helped me lose inches around my waist was the TK Waist Band. It is common to lose 3 pounds or so in exercising



from sweating and all this can be gained back by hydrating yourself but what most people do not understand is that the TK Waist Band helps generate heat and that in turn improves blood circulation. This, in turn, helps metabolize this area faster

My waist came down from 44 inches to 34 inches and I did lose 100 pounds in body fat in 7 months' time. If you check my shoulder and chest area on the "after" picture, I have not lost any size or shape there but the waist has impressively trimmed down. Incidentally, my blood pressure reading is perfect and I do not take any medication. They say with age comes wisdom and I find this to be so true.

In one photo you see me wearing what I call the TK Suit of Armor for my exercise program....prevents injuries of the knees, lower back and trims the waist. The support and warmth created by the TK bands on the joints is critical especially for a heavy person who perform any repetitive movements. I strongly advise anyone who wishes to lose bodyweight to wear these TK Bands as a protective measure against stress and strain of the joints that will under go constant pounding. If your joints go, so does you cardio-

vascular exercises and

good chance of Benching double body-

weight...and at a wiser age of 51!

the high metabolic

PS. Now, for the first time in my life, I have a

For knee or elbow provide stability and warmth Improve Circulation Prevent injuries Train Harder S. M \$39.95 L \$42.95 pr YOUR ABS! T.K. Waist Band provides both support comfort odor free One Size Fits All REVOLUTIONARY TOOL TO PER-LOAD AND SELF-SPOT **DUMBBELLS!** Powerhooks make your workouts More intense–More Effective Results in maximum \$49.95 pair ORDER NOW! Add \$6.75 S&H per order 888-669-6316 or send check or money order to COUNTRY POWER INC. 85-979 Farrington Hwy.

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 Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



- 1. Just wrap the belt around your waist like any normal belt.
- Place the leather end of the belt through the for assistance to get your belt tight. stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
- 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nvlon strap.
- 4. Ratchet/tighten belt as desired
- 5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by . Hand-crafted in the USA. Patent # 5,647,824 pushing out with your turmy or using your hands.

- · It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- · Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need
- · Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.

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he World Leader in Powerlifting Appare

(continued from page 18)

chains; week 3, floor press; week 4, steep incline press. These are just examples, and of course, the small exercises or special exercises will change as well, but not as often. By constantly changing the core lift each week, one can max out throughout the year without burning out. This system allows you to work on your weaknesses. This is a tremendous advantage over other systems, plus it perfects your form.

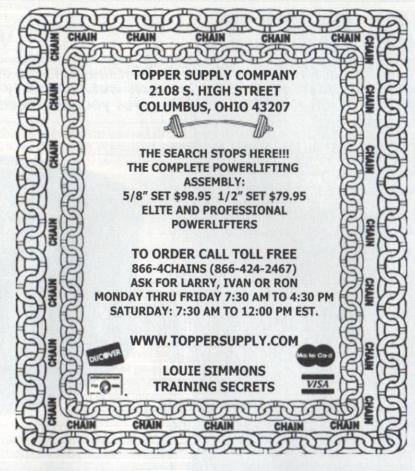
Another special strength is isometrics. Bob Peoples experimented with isometrics years ago. He found them very taxing yet very productive. He would sometimes hold the weight for 40 seconds. Bob found it hard on the circulation. A second method was to select a position and barely move the weight off the pins. Set a goal of 5 reps and work up to 10 reps; then add weight. For both systems he would use very heavy weight. We use more moderate weight for many sets.

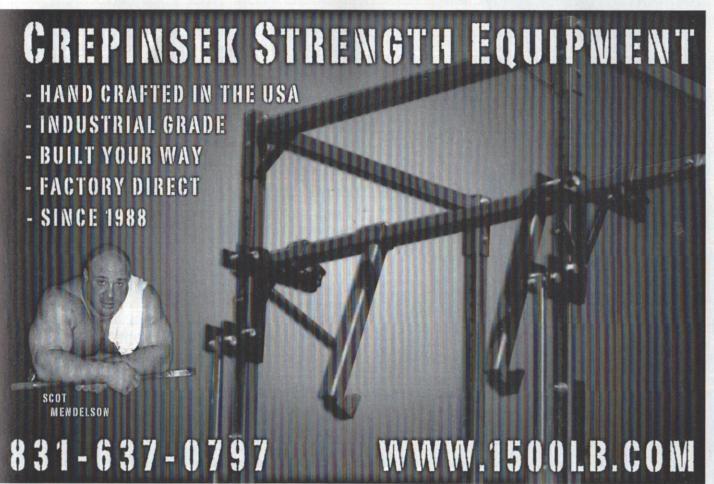
Isometrics will build strength 15 degrees in each direction, above and below the bar position. The Eastern Bloc training system found that it was just as effective to pull on a static bar for time as it was to pull very hard for 3-6 seconds. Select three or four positions to work from in each workout.

In isometric action the muscle tension changes while the length of the muscle remains constant. The effort for the most part should be increased gradually until the desired intensity is achieved. Of course, it is hard to gauge the amount of effort being displayed. You can approximate the effort more closely by lifting a predetermined weight off one pin up to a second pin. Hold for the time desired. Always do isometric work at the end of the workout.

It is your job as a coach or a self-taught weight enthusiast to learn where and when to use the strength methods described

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





(continued from page 46)

associate and produce the force that generates movement. When the nerve cell innervating a muscle cell signals that cell to contract, calcium is released from the sarcoplasmic reticulum into the region of the contractile filaments. thereby permitting contraction to occur. In one study calcium was shown to be effective in prolonging time of onset of fatigue in striated muscle.26

Several studies have shown that calcium plays a key role in body weight regulation and especially on fat metabolism (with possible effects on lipolysis, fat oxidation, lipogenesis, energy expenditure, and appetite suppression) and thus is a useful supplement for those looking to decrease weight and body

For example, Zemel et al. (2002) looked at the effects of calcium supplements on obese adults who were dieting. They found that a high-calcium diet (1200-1300 mg/day) resulted in greater weight and fat loss in humans compared to a low-calcium diet (400-

Another study published in November, 2004 found that a high intake of calcium may hinder weight and fat regain.37 The study found that after putting mice on a low calorie diet and producing weight and body fat loss, that those on a low calcium diet regained their weight after 6 weeks. However, for those on a high calcium diet it was a different story. They found that the high calcium diets produced significant increases in lipolysis, decreases in fatty acid synthase expression and activity, and reduced fat regain. They also found that increasing calcium through the use of dairy products had significantly greater effects on fat regain.

CHROMIUM

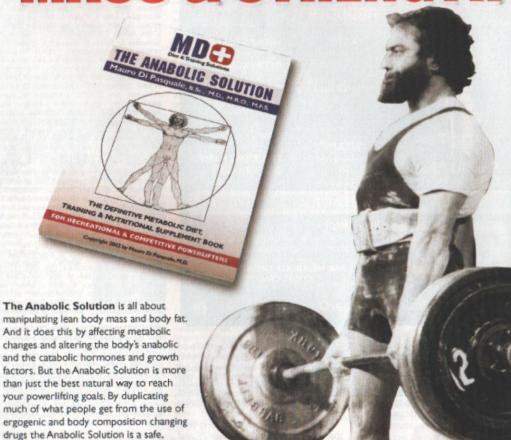
It has been shown through various studies that chromium is an essential element involved in carbohydrate and lipid metabolism. Since the need for chromium increases with exercise.38 and modern refined foods are low in chromium, there may be a need for chromium supplementation in athletes and other active people,39 and especially in those wanting to lose weight and/or improve their body composition.40

Insufficient dietary chromium has been linked to maturity-onset diabetes and cardiovascular diseases, with supplemental chromium resulting in improvements of risk factors associated with these diseases. 41, 42, 43

One of the most frustrating aspects of being overfat is that your body has become conditioned to converting excess calories, especially if combined with high carbohydrate intake, into body fat. Part of the problem with this fat conditioning involves insulin. The problem is that as you gain more body fat you become more insulin resistance so that you need more insulin to do the same job as when you had less body fat. This increase in insulin decreases your ability to use body fat as fuel, and stores more energy as body fat. The end result is a

Chromium helps to increase

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insulin sensitivity and thus your body's ability to burn off body fat as a preferred fuel, and decreases body fat production. Along with its effects on muscle, chromium picolinate has been shown to have significant effects on body composition. 44,45,46

effective, and natural alternative to the

use of these drugs.

Although most diets just barely provide the RDA for chromium, for many it's not enough to make up for daily losses, especially if they exercise. CHROMIUM AND CONJUGATED LINOLEIC

ACID (CLA)

It's been shown that combining chromium with CLA (see below for information on CLA) enhances insulin sensitivity and body composition even more when used together. A recent study found that CLA alone lowered body weight, total body fat mass, and visceral fat mass, the last of which decreased further with the combination of CLA and Chromium.4

#### POTASSIUM

Potassium is one of the essential dietary minerals. While most diets supply an adequate amount of potassium, athletes may have increased needs since it is one of the electrolytes lost in sweat. While it is important for athletes to replace the increased electrolytes lost due to sweating, it is especially important to replace potassium.

Even mild potassium deficiency can lead to fatigue and decreased performance, 48 while a significant deficiency can lead to cardiac problems. Muscular fatigue is manifested by a decline in force- or power-generating capacity and may be prominent in both submaximal and maximal contractions. Disturbances in muscle electrolytes play an important role in the development of muscular fatigue. Unfortunately, surprisingly little research has been carried out to

investigate the effects of exogenous potassium on training intensity and muscle hypertrophy.

Studies with isolated animal muscle fibers have shown that potassium may help alleviate muscle fatigue. KCl- or caffeine-induced release of Ca2+ from intracellular stores has been shown to decrease fatigue by reversing longlasting interference in excitationcontraction coupling.49

Since some studies have implicated the decline of the intracellular to extracellular potassium gradient and extracellular K+ accumulation during activity is an essential factor of muscle fatigue, 50 it might be argued that excessive potassium accumulation at the surface of the muscle cell might increase fatigue. A recent study investigated the role of K+ in muscle fatigue by testing whether an increased extracellular K+



concentration in unfatigued muscle fibers caused a decrease in force similar to the decrease observed during fatigue.51 The authors concluded that exogenous potassium does not cause accumulation of K+ at the surface of the sarcolemma that is sufficiently large to suppress force development during

It has been shown that potassium deficiency can result in lower GH and IGF-I levels and that potassium replacement restores these levels. The problem appears to be at the pituitary evel rather than the muscular level since the use of GHRH did not correct serum levels.52 As well a recent study has shown that potassium deficiency inhibits protein synthesis.53

#### ALPHA LIPOIC ACID

Alpha lipoic acid (ALA) has potent antioxidant properties intrinsically and secondary to its ability to increase levels of intra-cellular glutathione, and its ability to recycle other antioxidants such as vitamin C, vitamin E and glutathione. 54,55,56,57,58 ALA and glutathione have been shown to have significant effects in decreasing mercury toxicity in the body.59

Alpha lipoic acid also has significant anti-inflammatory properties and has been shown to inhibit IL-1, a proinflammatory cytokine and also inhibit the synthesis of PGE2 by inhibiting COX-2 activity.

This latter mode of action, along with similar effects from CLA, simulates the anti-inflammatory effects of the

present class of NSAIDS such as Celebrex, Advil. Aleve, etc. As well, EFA+ contains fish oil with substantial amounts of DHA and EPA, which has also been shown to have effects similar to the anti-inflammatory prescription and OTC drugs.60

ALA's actions on decreasing both the pro-inflammatory cytokines<sup>6162</sup> and because of its effects on decreasing secondary cortisol elevations.

It has been shown to inhibit cross-linking among proteins, a process that contributes to the aging process in the body and especially in collagen-heavy tissues such as skin. Alpha-lipoic acid activates a collagenregulating factor known as AP-1 that turns on enzymes that digest glycationdamaged collagen and thus make the skin more supple and youthful looking.

Besides having potent antioxidant and anti-inflammatory effects, ALA also has significant anabolic effects secondary to its beneficial effects on insulin sensitivity and growth hormone and IGF-I secretion, all factors involved in maintaining, repairing and musculoskeletal regenerating

The bottom line is that antioxidants can decrease unproductive cell damage, help the recovery process, help to prevent injuries, decrease fatigue, and play an important role in maximizing the training effect and subsequently improving performance and body

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Open

K. Bates

132 lbs.

R. Durbin

S. Myers

D. Peerv

Master I

P. Young 181 lbs.

J. Legard

198 lbs

Master 1

R. Nielsen

K. Wetzel

155 110 235 500

300 200 360

300

445

E. Cristurean 430 260

425 240 420 1085

430

465

400 255 450 1105

1155

USAPL 17th Idaho State Open 17 NOV 07 - Pocatello, ID 255 405 1050 390 RENCH 198 lbs 220 lbs. Master II Open K. Hansell 335 114 lbs B. Cowles 460 300 565 1325 220 lbs. Open S. Tal 242 lbs. Open V. Anderson 185 420 B. Clark 715\* 440 665 Teen III Master II 1820\* 420 185 M. Mari B. Stewart M. Riedy B. Moehrke 610 460 MEN D. West 335 340 500 148 lbs. 242 lbs. Nielsen 440 380 500 1320 Open/Master III R. Durbin 315 M. Riedy 440 515 350 520 1385 Wolf 165 lbs. Open/Master III 275 lbs. D. Wolf 350 Macter II 293 275\* lbs. I. Dunlap S. Schultz 625 475\* 615 1715 Teen III 181 lbs Open T. Wlkinson D. Flonta 525\* Master III 500 445 600 1545 B. Baker 365\* Master II Master III C. Nielsen Teen II T. Stewart 500 295 540 1335 320\* Master IV P. Herdt 275+ lbs. Teen III Powerlifting SQ BP DL TOT 650\* 525\* 635\* D. Flonta WOMEN 1810\* 123 lbs. Open 2. Janquart 585 365 485 1435 Master IV
S. Anderson 135 135 135 405
\* State Records. Meet Director: Bill Davis.
Best Lifter Female: Amanda Moe. Best Lifter Male. Brandon Clark "Fitness to the last two years. These young lifters, with their enthusiasm and perseverance in this sport, not only have represented lifter Male. Brandon Clark "Fitness to the last Control of the nation, and the lifter Male. Brandon Clark "Fitness to the last two years. These young lifters, with their enthusiasm and perseverance in this sport, not only have represented lidaho to the rest of the nation, and the L. Hofheins 260 165 340 765 132 lbs. Open V. Anderson 270 185 350 805 165 lbs. Lifter Male: Brandon Clark. "Fitness Inc., United States to the world, but they have of Pocatello hosted the USAPL 17th Idaho also worked hard to encourage other State/Open, in which 39 people particiyoung people to compete in powerlifting. Jr. Danny Flonta while an additional 16 benchers comtheir coach, Steve Rayborn, of Columbia INN, WAR BONNET H. Davidson 135 130 305 570 Teen II 375\* 185\* 360\* 920\* 198 lbs

Rocky Mountain Basin and points further. In addition to the 21 lifters from Idaho, Montana sent 5, Utah provided 4, N. Stevenson 425\* 260\* 415 1100\* Wyoming sent 3, Or-egon sent 2, Wash-460 315 445 1220 460 315 445 1220 ington provided 2, 1 340 250 440 1030 lifter came from Ne-

vada, and one lifter

even came from as far away as Illinois! Amanda Moe The Idaho State Open meet is held each year in Pocatello on the Saturday preceding Thanksgiving. The most impressive male lifter was Brandon Clark, 42, from Pocatello, who won first eted State Champion jackin the open 242s with a total of 1820. ets. These jackets, pro-Brandon stunned lifters and audience vided by Pepsi-Cola, are when he squatted 715 as his opener. This presented to the highest was after an absence of three years from placing resident in each competition! The most impressive female lifter was Amanda Moe, of Nampa, ID, sion. The 2007 Idaho

records for Teen Women's 181s ending with a total of 920. The most immale bencher was Danny Flonta of Nampa, 19, who benched 525 in the +275 class, not only an Idaho State

record but also a Brandon Clark potential USAPL American Record. The most impressive meet directors Bill and Nancy Davis, as female bencher was Vickie Anderson well as by their excellent crew of scorers from Butte, MT, 49, who benched 185 at (Nancy Davis and Janet Wright), ana weight of only 129.75 lbs. Ordinarily we nouncers (Dave Gates, Misty Olsen, and try to identify a single lifter who is the 'Most Inspirational' but this year the meet organizers decided that a certain group of lifters deserved attention for their inspiring work and progress in this sport, namely the teenage lifters of Idaho rep-resented by Danny Flonta (19), Nick Stevenson (17), and Amanda Moe (17) who have progressed from state-wide high school meets, to National High School and National Subjunior meets to competing at the IPF World Sub-Juniors meets for

ing aspiring young lifters to compete at local media, especially Channel Three the National and World level. Ryan (KIDK-TV) AND Channel Eight (KIF I-TV) Nielsen and his brother Jay have lent for their support and coverage of this invaluable services to these High School event. (Write Up by Mr. Sean Anderson.)

meets by their judging running the scoring table, announcing and managing the platform in an expert manner. While all the lifters who set a complete set of new State State Champions are:



Kamie Olsen). Ditmars. Sean Anderson, Drew Wolf and Mike Hudson), spot-ters, loaders, and other volunteers. We wish also to thank our permanent sponsors, namely, TITAN SUPPORT SYS-TEMS, PEPSI, PIZZA-HUT, TACO BELL

COORS LIGHT,

HOGIVOGI REST

Men - Nick Stevenson, Nampa; Rick Durbin, Hayden Lake; Pat Young, Boise;

Joel Legard, Post Falls; Patrick Smith, Pocatello; Brandon Clark, Chubbuck; Thad

Wilkinson, Pocatello; Philip Janquart, Sun Valley; Masters, Sam Schultz,

Pocatello; Teen Women, Amanda Moe, and Teen Men, Danny Flonta, both of

Nampa. Both ordinary and elite lifters had the opportunity to enjoy the sport in this meet thanks to the commitment of time,

energy, and personal resources shown by



COTTONTREE INN, WAR BONNET ELECTRIC, BLACK peted in "Bill's Bad Ass Bench Press Meet." High School, and Ryan Nielsen, USAPL SWAN INN, INTERMOUNTAIN MIND ME-Competitors came from throughout the State Referee, have played in empower- CHANICS, NUTRITION OUTLET, HONDA Competitors came from throughout the State Referee, have played in empower- ing these young athletes. Steve revived of POCATELLO,GYM OUTFITTERS, the annual Idaho State High School SUNNYSIDE-UP TANNING, STAR 98.5 Meets in 2003, serving as Meet Director for the past five seasons and recruit-POWERLIFTING USA. Also we thank our



Pat Smith, Thad Wilkinson, Bob Moerhrke, Bill Davis, Sam Schultz. (as seen left to right)

#### USA Powerlifting™ (formerly ADFPA) Membership Application ● PO Box 668, Columbia City, IN 46725

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IPA 27 OCT			Open	Н	165 lbs. Open AM					
BENCH MALE	J.	F. C	ostanzo ter Pro	520	B. Fineis-Curi	530	335 4th-E	450 0L-465	1315	
148 lbs.		J. C	ash	430	Open AM					
Master Pro		Ope	n Pro		A. Tressler	500	330	375	1205	
J. Scalzo	470	M. 5	Senter	_	Teen					
Teen		275	lbs.		J. Gheen	305	145	320	770	
A. James	-	Junie	or		MEN					
181 lbs.		B. B	oggia	635	132 lbs.					
Open Pro		Junio			Teen					
J. Frye	_	A. H	loff	610	D. Leopold	335	_	285	620	
198 lbs.		Mast	ter Pro		148 lbs.					
Open		D. E	Beversdo	rf 630	Teen					
Z. Sandrin	455	Oper	n Pro		B. McCabe	355	175	410	940	
Junior		M. E	Blanton	520	181 lbs.					
G. Shaaffer	_	Mast	ter AM		Teen					
Open Pro		D. V	Vilson	-	Z. Wilson	590	375	590	1555	
G. Halbert	-	Oper	n Pro		T. Harmer	445	245	425	1115	
220 lbs.		S. V	ickery	-	198 lbs.					
Master AM	20,5	308	lbs.		Open Pro					
T. Schmidt	605	Oper	n Pro		P. Harrington	920	600	680	2200	
Master AM		M. 1	Wenning	785	J. Adams	800	525	640	1965	
Powerlifting	SQ	BP	DL	TOT	B. Bishop	760	515	660	1935	
WOMEN					M. Hill	800	460	605	1865	
123 lbs.					J. Brown	780	520	505	1805	
Submaster Al	И				T. Williams	550	500	500	1550	
S. Bullock	185	95	200	480	Teen					
132 lbs.					T. Bradbury	405	245	385	1035	
Open Pro					220 lbs.					
J. Forgatsch	350	210	285	845	Junior					i

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. Sherfield	_	450	560	1010	M. Bell	_	525	425	950	
Open Pro					D. Dague	740	500	600	1840	
. McNutt	650	510	570	1730	Open AM					
). Hanson	500	-	_	500	S. Copppola	864	610	700	2174	
1. Coe	500	-	_	500	C. Young	735	550	665	1950	
42 lbs.					Open Pro					
unior					P. Hakola	850	615	685	2150	
Bednar	850	570	700	2120	R. Miller	700	525	575	1800	
. Roman	705	505	755	1965	S. Henderson	600	500	600	1700	
pen Pro					J. Obradovic	775	135	650	1560	
1. Lewis	900	650	675	2225	Teen Pro					
1. Smith	550	_	_	550	D. Hoff	1005	680	745	2430	
ubmaster Pr	0		A STATE		308 lbs.					
I. McMahan	535	425	475	1435	Junior					
75 lbs.					C. Fought	920	600	750	2270	
laster Pro					Master AM					
. Aracri	680	575	500	1755	M. Woods	605	-	405	1010	
					Open Pro					
					M. Lenigar	830	665	675	2170	
					T. Forby	815	525	635	1975	
- PURCHARRIES					Steltenkamp	-	760	600	1360	
					Best Lifter: Ph weight Lifter:					

		Building Op Van Wert, O	
BENCH		M. Frank	
FEMALE		308 lbs.	330
Novice		C. Headrich	455*
148 lbs.		Teen (18-19)	
S. Haller			
Submaster	10000	N. Root	265
148 lbs.		Submaster	
S. Haller	180*	275 lbs.	
Master (55-5	9)	C. Holloway	405
181 lbs.		SHW	
M. Harmon	110*	D. Ahr	550*
MALE		Master (40-44	1)
Novice		220 lbs.	
181 lbs.		J. Hellard	350
M. Crouch	225	242 lbs.	
198 lbs.			450
C. Clark	-	275 lbs.	
220 lbs.		E. Turner	485
. Crouch	290	4th-500	
242 lbs.		Master (45-49	9)
T. Warner	375		
275 lbs.		J. Thomas	450
T. Mailloux	420	4th-485*	

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290 while Todd Warner took the 242's finishing with 485, taking the win over went to Randy James, his first ever overall with 375. At 275 it was Terry Mailloux over Michael Frank 420 to 350, as Charles James broke the state record at 45-49/308 Marianne Harmon won her second title of Master (40-44) 181 lbs.

J. Schoonover 460

\*=Son Light Power Ohio state records.

Best Lifter Bench Press; Randy James. Best lifter Beadlift: Ed Turner. Team: 1st-The James Gang. 2nd-Total Solutions. The Son Light Power The Body Building Open Bench Presss & Deadlift Championship was held at the club. Thanks to owners Neil and Jinny Schaadt for once again hosting this event. In the bench press competition first time lifter Susie Haller won at novice 148, setting the Ohio state record at 181 with 20. Noils Root with 179 while 181 with 200. Noils Root won at 18-19/181 with 265. At submaster record there and at submaster 148 with a strong 180. Marianne Harmon won at 55-59/181, also getting a new state record at 308 with 425. John Thomas broke the state record at 45-49/220 by five pounds, as Charles J. Schoonover date 45-49/308 with 455. For the 13-15 age teenage men's with a solid 550, coming close with his day at 55-59/181, setting her second if the day at 55-59/181, setting he

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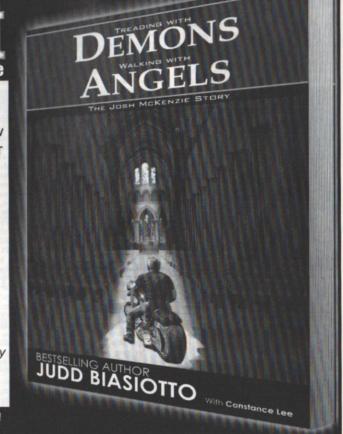
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USAPL 5th Tom Foley Classic 3 NOV 07 - Nanuet, NY

K. Mukherjee 300

242 lbs.

WOMEN

181 lbs.

10011		#4# INO.	
C. Sperber	140	M. Ansolone	475
Open		275 lbs.	
S. Keeling	100	R. Scott	575
Master		DEADLIFT	
S. Keeling	100	WOMEN	
MEN		S. Keeling	150
Teen		MEN	
Lightweight		Teen	
to 181 lbs.		Lightweight	
B. DeMeck	315	to 181 lbs.	
R. Whiting	275	J. Napoli	530
B. Jarak	205	B. DeMeck	500
Heavyweight		C. MacRobbie	375
182+ lbs.		Heavyweight	
P. Lynch	350	182 lbs.	
	305	M. Carter	505
J. Gambino	425	P. Curry	480
Junior		P. Lynch	525
Lightweight		Junior	
to 181 lbs.		to 181 lbs.	
M. DeSimone	375	M. DeSimone	475
Z. Karpf	285	A. Yudman	500
Heavyweight		Z. Karpf	425
182+ lbs.		Heavyweight	
A. Muscatella	385	182 lbs.	
R. Davidson	425	C. Merkle	540
T. Shortall	355	T. Shortall	500
Master 1 (40-4	19)	Submaster	
J. Peters	390	B. Fahrenfeld	630
G. Kizian		Master 1 (40-4	
J. Sperber	315	J. Peters	425
Master II (50-	59)	G. Kuzian	
P. Darbouze	60	J. Sperber	425
M. Mosner	365	Open	
M. Mosner J. Micik	235	165 lbs.	
Police/Fire		R. Sunshine	375
C. Russo	425	181 lbs.	
Open		1 DiPocco	

220 lbs.

M. Sayegh SHW C. Livolsi for two weeks as a warm up for the AAU Thomas J. Foley Scholarship Fund. (Thank 198+ lbs.



Some of the Participants at the USAPL Tom Foley Bench Pre Deadlift Classic held in Nanuet, NY. (courtesy of Premier Fitne

Vegas this December. The Open Class was the smallest of the ;roup with Chris Ruskie winning the 181 lb. class benching BENCH 390 lbs. Chris Livolsi finished up in AAPF second place with 335 lbs. Kushal WOMEN Mukherjee was the only 198 pounder, SHW penching raw 300 lbs. Open 242 was won Open by DJ Mike Ansolone benching 475 lbs., R. Nutter just missing the lockout of 500 lbs. Our only 275 lb. bencher was Richie Scott, SHW having his best day ever pressing 575 lbs. Open and a great attempt at 600 lbs. The G. Riggs Deadlift competition started off with our AAPF only woman deadlifter, Shelley Keeling WOMEN pulling 150 lbs. The Teenage Lightweight 123 lbs. division was won by Joe Napoli, pulling Open 530 lbs. Bobby DeMeck was 2nd with 500 K. Tobi lbs. and Chris MacRobbie came in third 148 lbs. with 375 lbs. The Teenage Heavyweight Open C. Livolsi 335 M. Sayegn 565 With 375 lbs. The Teenage Freavyweight Open division was just as close as the Light- D. Damminga 327 211 381 E. Poitevien 625 weight division as Matt Carter won with J. Mahoney 507 301 476 Best Bench Women: Shelley Keeling. Best bis 505 lb. pull, Paul Curry was second Bench Men: Mike Desimone. Best Deadlift with 480 lbs., and Patrick Lynch was third Open Moreover Shelley Keling. Pacific with 480 lbs., and Patrick Lynch was third Open up to compete with all classes having great numbers. In the Bench Press Women's Division, Teenager Cassie Sperber Shortall was second pulling 500 lbs. Meet benched 140 lbs. while Masters and Open winner Shelley Keeling benched 100 lbs. The Teenage Lightweight Division had excellent competition. Bobby DeMeet took first place benching 315 lbs., Robert Whiting second benching 275 lbs., and Brandon Jarak all the way from California, finished up with 205 lbs. The Teenage Heavyweight Division had five competitors. The top three were, Patrick Lynch benching 350 lbs., Alex Turdo with 305 lbs., and Joe Gambino in his first competition ever benched 425 lbs. The Junior division was also loaded with competitions, totaling eight. In the Lightweight Sperbary and in preparation for the favyweight Division had five competition ever benched 425 lbs. The Junior division was also loaded with competitions was also loaded with competitions, totaling eight. In the Lightweight Division had five competition ever benched 425 lbs. The Junior division was also loaded with competition was also loaded with competition was division was also loaded with competition was also loaded with competition was also loaded with competition was division was also loaded with competition was also loaded with competition was division was divis Junior division. Mike DeSimone broke the AAU Worlds, pulled a strong 625 lbs. on Frosh-Soph New York State Junior Bench record with 375 lbs., weighing only 146 lbs. Zack Fahrenfeld, recovering from injuries, J. Cooper AAU Worlds. Ironwoman goes to Shelley H. Smith Keeling, Ironman Mike DeSimone, Best 105 lbs. Ibs., just missing 400 lbs. Rob Davidson with a personal best of 425 lbs. placed second. Thomas Shortall, the only raw bencher, benched 355 lbs. and missed 395 lbs. The Master's I 40-49 years old, was won by left Peters, having the best day of Michelle Forese and Ellen Conception for 123 lbs. March 123 lbs. Tocoper worked out with 550 lbs on his quest to the AAU Worlds. Ironwoman goes to Shelley H. Smith Keeling, Ironman Mike DeSimone, Best 105 lbs. Brian Fahrenfeld. Thanks to the USAPL Judges John, Don, and Chris for judging a K. Hicks fair and successful meet. A special thanks 114 lbs. to Scott Jaffer for commentating and to M. Alfred Michelle Forese and Ellen Concepti for 123 lbs. won by Jeff Peters, having the best day of Michelle Forese and Ellen Goneconti for 123 lbs. his life benching 390 lbs., Gerard Kuzian running the score table, and to loaders/ S. Smiddy his life benching 390 lbs., Gerard Kuzian was a close second benching 380 lbs. Jeff Sperber, the only raw bencher, finished up with 315 lbs. for third place. The Masters II 50-59 years old, was won by National Bench Press Champ Phil Darbouze benching 460 lbs. Second place was Mike Mosner benching a personal best of 365 lbs. Dr. James Micik finished off the Masters II group benching 235 lbs. The only Police and Fire participant was firefighter Chris Russo who after a long layoff did an easy 425 lbs. After drag practicipated for two weeks as a warm up for the AAU

World Powerlifting Championships in Las you to Premier Fitness for these results) M. Davis

		B			Raw				
			-	5.79	132 lbs. K. Dirkson	231	115	259	606
	AL E			是		4th-BP		DL-27	
					A. Pence	170	115	176	463
		10		*	B. Block	143	77	203	424
Silver #	100		The state of		Junior-Senior				
					97 lbs. M. Hinijosa	187	99	209	496
F		1			114 lbs.	R 181		200	430
1						170		214	474
FUE	1			. 1011	M. Pendleton	159	82	165	407
	No.	-		1444	123 lbs.	100	-	a point	400
			三面			132	88	176	396
		8		Mary I	W. Corwin 132 lbs.	126	77	176	380
					C. Hancock	253	93	325	672
4					M. Winterhof		99	281	650
	not.						4th-DI		Sens
	A				A. Miller	203	104	203	512
ALD O SEL					148 lbs.				
SAPL Ton	1 Fole	y Be	ench F	ress/	S. Pinson	297	143	374	815
. (courtes	v of I	rem	ier Fit	ness)	P. Wilson	203	66	275	545
· (courtes	,			1000)	165 lbs. M. Jackson	225	126	347	799
West Me	etro (	ham	pionsh	ips	B. Wooster		148		700
22 SEP	07 - E	lk Ri	ver, M	N	Di Trooster	4th-DI		200	700
NCH		APF	R (math		S. Ceasar		104	270	573
APF		220 I			A. Ferrell		115	192	529
OMEN			r (45-4		E. Alfred	220	99	-	319
IW		R. De		426	181 lbs.	224			1000
pen			r (60-6		K. Cline			286	700
Nutter		SHW	orton	331	A. Frock A. Martin		132 93	231 198	545 446
IW		Open			198 lbs.	134	93	170	440
pen		C. Ka		621	A. Walden	170	110	192	474
Riggs	566				198+ lbs.			and have	lield
APF	SQ	BP	DL	TOT	T. Vargas	584	253	424	1262
OMEN					K. Cochran	275	181	303	760
3 lbs.					J. Stevens	132	126	242	501
pen Tobin	267	151	326	724	Raw				
Tobin 8 lbs.	267	151	326	734	132 lbs.	170	115	176	462
pen .					A. Pence 198 lbs.	170	115	176	463
Damminga	327	211	381	904	H. Block	231	132	253	617
	507	301	476	1284	4ths-24		137	270	
8 lbs.					198+ lbs.				
pen					M. Paris	286	137	330	755
Kuderick	677	421	541	1639		4th-SQ	2-297	DL-35	2
PF					Pure Raw				
I lbs.					132 lbs. A. Pence	170	115	176	463
pen .					Teen Raw	170	113	170	403
Schroeder	537	366	526	1429	132 lbs.				
8 lbs.					A. Pence	170	115	176	463
pen					MALE				
Boros	527	371	481	1379	Frosh-Soph				
2 lbs.					114 lbs.		00	220	
Neihaus	702	456	551	1709	C. Wells 123 lbs.	154	88	220	463
aster's (50-5		430	331	1709	R. Ozuna	308	226	391	925
Gnerre	767	586	691	2044	D. Tanner	165	115	226	507
Wood	677	476	651	1799	132 lbs.	Marine.			
5 lbs.			Part I		J. Bolt	281	192	314	788
pen					148 lbs.				
Goldstone		-		-	B. Boggess	341	181	385	909
hank you to	Jerry G	nerre	tor the	results)		303	159	303	766
					165 lbs.	363	192	274	021
NASA Hi	gh Sc	hool	Natio	nal	L. Dunlap T. Wright	303	198	374 369	931 870
31 MAR-1	APR	07 -	OKC,	OK	A. Stephens	297	181	358	837
MALE	SQ	BP	DL	TOT	J. Beard	Table .	187	330	518
osh-Soph					181 lbs.			THE REAL	
lbs.	404	-		201	J. Morton	380	248	429	1058
Cooper	121	71	203	396	M. Krause	402	248	402	1052
Smith	4th-SC	44	132	252	T. Trout	330	198	363	920
5 lbs.	"	44	132	253	J. Cavage J. Ryczek	341	198 209	363 358	903 898
Smiddy	181	110	209	501	B. Sultemeier		170	336	755
barrel and	4th-BP			manin	Raw		136	in the	
Hicks	137	66	170	374	114 lbs.				
4 lbs.	0.30	1000	date	THE P	C. Thomas	192	121	264	578
Alfred	176	88	270	534	J. Severs	198	126	308	633
3 lbs.	202	110	227	551	123 lbs.	214	107	210	722
Smiddy 2 lbs.	203	110	237	551	B. Conley C. Nelson	214	187 187	319 314	722 716
Wheaton	203	99	308	611	C. Heison	4th-BP		314	, 10
Smith	137	71	203	413	J. Abbott	226	176	292	694
Boyd	148	77	170	396	J. Bolander	253	126	303	683
8 lbs.					M. Cookson	170	104	253	529
Credit	187	88	248	523	R. Barrasa	231	170	303	705
Zinkhon	170	88	220	479	132 lbs.	200	470	250	744
Rainwater	137	77	226	440	B. Freeman	286	170	259	716
1 lbs. Kelly	226	115	303	644	B. Lindeman B. Keenan	237	154 165	330 352	722 749
8 lbs.		113	303	044	J. Franklin	259	148	242	650
Crichton	214	110	242	567	M. Puckett	192	115	203	512
Brassfield	165	110	231	507	148 lbs.	THE REAL PROPERTY.		900	
8+ lbs.					B. Dolph	-	187	_	187
Davis	264	154	248	666	B. Umberham	226	132	303	661

K. Collins 187 99 242 529

B. Dolph	253	192	308	755
B. James	358	231	413	1003
D. Estridge	203	137	253	595
		214	402	870
M. Sparks	253			
P. Scholar	292	159	336	788
S. Schmid	270	154	303	727
T. Palmer	231	154	308	694
T. Bates	297	214	314	826
T. Cookson	248	170	330	749
165 lbs.				
C. Fowler	248	137	270	655
C. Reppert	253	165	303	722
J. Bonura	374	264	402	1041
	286	203	358	848
J. Benear	396		363	959
J. Ford		198		
J. Rangel	391	209	418	1019
L. Frost	303	209	374	887
N. Murphy	270	176	363	810
181 lbs.				
A. Cattell	308	187	352	848
A. Russell	347	242	468	1058
Overholser	369	292	463	1124
	402	203	402	1008
T. Skaggs	402	203	402	1000
Junior-Senior				
123 lbs.				000
C. Johnson	325	187	380	892
C. Lee	248	143	314	705
165 lbs.				
M. Nesmeyer	424	270	402	1096
L. Threkeld	314	209	330	854
181 lbs.	I CAT			Dest
R. Forst	457	259	440	1157
			479	1140
H. Saxion	402	259		997
J. Aguilar	330	242	424	99/
Raw				
114 lbs.				
M. Roark	248	-159	319	407
132 lbs.				
M. Roats	281	198	391	870
D. Miller	303	159	391	854
A. Thompson	303	181	363	848
			369	848
C. Bowers	292	187		
B. Floyd	259	154	385	799
D. Hazlett	226	170	286	683
148 lbs.				
Hendrickson	352	198	446	997
J. Lee	391	209	385	986
F. Rodriguez	319	220	407	948
	303	187	418	909
			407	
R. Ogden	275	198		
B. Chaney	292	187	374	854
T. Chatham	275	181	380	837
165 lbs.				
C. Nissen	358	237	457	1052
P. Mercado		226	424	1030
C. Williams	297		435	997
I. Amburgey			402	992
			347	914
J. Greenwood	1 332	214	347	314
181 lbs.		0.40	***	4000
B. Clark		319	562	1322
J. Downing	479	259	402	1140
Street Block	4th-S	Q-490		
A. Scisney	369	286	457	1113
A. Scisney J. Mullins	402	259	369	1030
	319			567
FEMALE	CR	RP	DL	TOT
		DI.	-	.01
Junior-Senior				
132 lbs.	60	00	201	440
Winterhoff	60	99	281	440
Tot tally not	4th-I	DL-292		
148 lbs.				
K. Gilmartin				
S. Seaton				352
181 lbs.		deylo	No such	Linew
K. Cline	77		286	545
MALE	11	101		343
Frosh-Soph				
114 lbs.	anin a	404		454
C. Thomas				451
123 lbs.	6 116	d some	X TOTAL	th made
C. Nelson				595
	4th-F	3P-192		
D. Bowman	60	110		374
132 lbs.	1		nl val	months
B. Lindeman	112	154	330	597
M. Puckett	/1	113	203	371
148 lbs.	440	244	402	722
M. Sparks	115	214	402	/33
J. Lewis	121	203	319	644
B. Dolph	93	187	308	589
B. Dolph T. Palmer	99	154	308	562
T lordan	93	143	314	551
S. Schmid	88	154	303	545
D. Estridge	71	137	253	463
165 lbs.			233	100
L. Frost	115	200	274	700
L. Frost	115	100	3/4	670
T. Webb	115	192	363	6/2
J. Benear	82	203	358	644
B. Freitas	93	170	374	639

104 192 341

7. Wade

53	192	308	755	181 lbs.				
58	231	413	1003	Overholser	143	292	463	898
03	137	253	595		4th-C	R-151		
53	214	402	870	J. Davis	132	242	424	799
92	159	336	788	J. Langley	126	242	336	705
70	154	303	727	A. Cattell	93	187	352	633
31	154	308	694	Junior-Senior				
97	214	314	826	114 lbs.				
48	170	330	749	E. Le	82	159	275	518
				132 lbs.				
48	137	270	655	S. White	115	209	330	655
53	165	303	722	C. Bowers	88	187	369	644
74	264	402	1041	B. Moore	88	154	358	600
86	203	358	848	D. Hazlett	82	170	286	540
96	198	363	959	T. Lu	71	126	303	501
91	209	418	1019	148 lbs.				
03	209	374	887	B. Chaney	88	187	374	650
70	176	363	810	P. Pham	77	121	314	512
				165 lbs.				
80	187	352	848	B. Roark	99	170	474	744
47	242	468	1058	D. Toops II	104	192	336	633
69	292	463	1124	181 lbs.				
02	203	402	1008	D. Carter	121	226	463	810
				J. Dickson	132	270	380	782
				J. Downing	121	259	402	782
25	187	380	892	R. Thompson	137	259	358	755
48	143	314	705	N. Chaney	99	159	391	650
				N. Charron	110	148	314	573
24	270	402	1096	(Thanks to Ri	ich Pe	ters for	these	results
14	209	330	854					
57	259	440	1157	WNPF Jak	e the	Hami	mer C	lassic
02	259	479	1140	8 SEP 0	7 - F	itzgera	ald , C	GA

165 lbs.				
B. Roark	99	170	474	744
D. Toops II	104	192	336	633
181 lbs.				
D. Carter	121	226		810
J. Dickson	132	270		782
J. Downing	121	259	402	
R. Thompson	137	259	358	
N. Chaney	99	159		650
N. Charron	110	148	314	573
(Thanks to Ri	ch Pete	ers for	these	result
WNPF Jake	e the	Hami	mer (	lassic
8 SEP 0				
	/ - 11		ne Ray	
BENCH		Barny		340
132 lbs.				
(13-16) Raw	125		me/Op	425
Wilcox	135	McKi		423
MEN			nney	FOE
80 lbs.				303
(11-12)	1201	Open		455
Padgett	120*	Moor 300 I		433
114 lbs.			ne Ra	- I
(13-16) Raw	0.54			315
Petrik	85*	Cawl		313
148 lbs.		Open		211
Lifetime	245	Cawl		315
Albert	315		9) Raw	315
Subs	245	Cawl		
Albert	315		me/Op	
165 lbs.		Cawl		315
(13-16) Raw	207	(40-4		241
Wagner	205	Cawl		315
(17-19) Raw	265		me/Op	700
Wilcox	265	Cawl		
198 lbs.			9) UNI	
(17-19) Raw		Cawl		700
Nelson	285	SHW		
220 lbs.		Lifeti		=0
Lifetime Raw		Regis		720
Renfroe	370	DEAL	DLIFT	
242 lbs.				



Charles Register benching 720

	at the WN				
	Classic (co	ourtes	sy of I	roy F	ore
	148 lbs.		Padget		62
	Lifetime		(40-44)		
	Sams	355*			57
	MEN		POWE		
	80 lbs.		114 lb		
	(11-12)	2004	(13-16)		
	Padgett	200*			55
	198 lbs.		165 lb		
s)	Lifetime Raw		(13-16		
	Marsh	550	Wagne		11
	242 lbs.		(17-19		95
	Subs Raw		Wilco		95
	King!	620	242 lb	15.	14
	(40-44)		Ecker	DI	
9	Ironman		BP	DL	TO
	80 lbs.				
	(9-10) Raw			1071	15
	Parker		50*	105*	13
	MEN				
	165 lbs.				
	(17-19) Raw		265	450	71
	Wilcox!		265	450	/
	198 lbs.				
	(13-16) Raw		115	250	36
	Chambers		115	250	31
	242 lbs.				
	(17-19) Raw		207	415	70
	Ecker		285	413	-
	(50-59)		245	485	04
	Horsitng	udo I	315 -Past		
	*=State reco	ras.	= best	loland	T.
IL	Champs Iron	cn: N	Marritt	Island.	T
1	Champs Powe				
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,	classic for the	VVINI	r. we	neiu in	NA/I
	in honor of competitor Jal	a gre	laott la	ke lost	his
*	to cancer and	wo lone	gett. Ja	we had	to l
,	a meet for him	L was	at to the	nk hie v	vito
	his children	for all	owing	ue to	viie
	nis children	or all	owing	us to p	Jul

meet on for him. We ended up with 27 lifters from Georgia and Florida , a big thank you to Willy Wilcox and the Merritt Island Power team for coming up to Fitzgerald for this event. Thanks to the Skinny Man for helping us out by head judging, we appreciate you. Thanks to Art, Lionel, Will, Lester and Moms for helping make this meet a success. We had a few first time lifters with Kady Parker lifting in her first meet and totaling 155 lbs. Rhonda Sams pulled the biggest deadlift of the day With a 355 and a miss at 375 Rachel Wilcox benched an impressive 135 lbs. raw. Austin Firecraker Padgett benched 120 and pulled 200 weighing 80 lbs. Big Cody Petrik moved his bench up to 85 lbs. Brian Albert came all the way from the Atlanta area to bench 315 lbs. and just missed 340. Jeff Wagner benched 205 raw and curled 115 lbs. Mike Wilcox has some of the best genetics in the sport, this kid is just plain strong. He benched 265 raw and pulled 450 weighing 158. John Marsh pulled 550 and went three for three. Phillip Chambers just turned 13 years old, 195 lbs. and about 5'11" tall benched 115 and pulled 250. Emanuel Nelson benched 285 in the 17-19 division, Michael Renfroe really helped us put this meet on in Fitzgerald and 1 thank him for it. Mike hit his opener at 370 and missed the magic number 400 twice. Larry Horstingand Mark King drove down from the Warner Robins area and they both did well with Larry pulling 485 and Mark pulling 620 raw. Rick Padgett pulled 575 raw and pulled 625 in the equipped division. Jason Barnwell benched 340 raw in the 242 class. Brian McKinney pushed up a personal best 505 in the 242 class weighing 223 lbs. Robbie Moore was playing on the platform with easy 405, 425 and 455 successful attempts. Buddy Cawley the strongest dentist in the world did a warm-up 315 lbs. on the platform to qualify for the raw and single ply divi-sions at worlds and then jumped to 690 and then 700 for two more successful at-tempts. Charles The New "Big Tiny" Team Register opened with 720 and made it look Team like 135 lbs. on the bar. We couldn't believe how easy this weight went up. Charles is saving himself for Worlds in orial Atlanta where he hopes to hit 805 lbs. Its meet going to be some show with Charles NPF Register, Jeff Peshek and Buddy Cawley life benching at worlds in November. Thanks have to everyone for making this meet a good and one and hopefully we'll have more lifters join us in Fitzgerald in 2008. (WNPF)



#### Application for Registration in the Natural Athlete Strength Association

State	First Na	me -	AND DESCRIPTION OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TWIND TWO IS NAMED IN COLUMN TWO IS NAMED IN COLUMN TWO IS NAMED IN	Last Na	me-					ate-	—	_	-
NASA   Description   Push Pull   Bear   Pure   Push Pull   Bear   Pure   Push Pull   Bear   Pure   Submaster Pure   Submast	Mailing	Addr	ess					(	City				_
Reep Copy Of This Card For Your Records - Memberships Are Kept On Computer File And Are Not Mailed	State	box la	Zip			Pho	one-						
Power Info	Date of	Birth	William to Milheab	Age		E-ma	ail Ac	dress	s				
NASA   Nasa   Push	К	eep Co	ppy Of This Card For Y	our Records - M	embe	rships A	are Kep	t On Co	mputer File And	Are N	lot Mail	ed	
NASA   Nasa   Push		7600	I compete in-	Powerlifti	na		BP	Oniv	Power	Spo	rts		
NASA   Iowa   Regional   27 OCT 07 - Des   Moines, IA   MALE   IA   Iowa   Iowa   Ia   Iowa		simili	the wall yet out the										
NASA Iowa Regional 27 OCT 07 - Des Moines, IA BP DL TOT M. Brown 402 275 451 1129 Novice 1. Haines 429 — 429 859 198 lbs. Open Master 1 1. Fruitt 209 B. Phillips 358 Powerlifting SQ BP DL TOT J. Goes 369 253 435 1058 Submaster Pure Submaster Pure E. Rebhuhn 363 R. Meyer 286 Open Late II MALE 198 lbs. Des CURL M. Rodriguez 413 281 501 1196 J. Goes 369 253 435 1058 Master II MALE 198 lbs. D. Wilson — 88 198 286 Open Open D. Rhoades 600 253 600 1455 J. Graham 529 336 573 1438 Master I B. Truitt 104 Master IV D. Walker 501 242 lbs. Open Master II 220 lbs. D. Rhoades 600 253 600 1455 J. Graham 529 336 573 1438 Master I B. Truitt 104 Master IV D. Walker 501 242 lbs. Open Master II 220 lbs. L. Truitt 154 Master IV D. Walker 501 242 lbs. Open Master II 220 lbs. L. Hairis 418 253 440 1113 Submaster Pure J. Harris 418 253 440			Wat Oakaa	The second secon	ase C	ircle	selow		000.00				
NASA lowa Regional 27 OCT 07 - Des Moines, IA MALE 8 Novice 9 I. Haines 429 — 429 859 198 lbs. 220 lbs. Pure 19. Morris 275 lbs.			High Schoo	1\$15.00				Adult	\$30.00				
A	NASA,	P.O. 1	Box 735, Noble, (	OK. 73068	Ph	one-	105-5	27-45	89 www.	NASA	A-SPC	RTS.	СОМ
27 OCT 07 - Des Moines, IA   MALE   Novice   SENCH   PS BENCH   275 lbs.   Pure   198 lbs.   198 lbs.   Master I   P. Morris   SQ   BP   DL   TOT   J. Goes   369   253   435   1058   Master IV   SUbmaster Pure   E. Rebhuhn   363   R. Meyer   286   Open   D. Roades   600   253   600   1455   J. Graham   529   336   573   1438   Submaster IV   D. Walker   501   242 lbs.   Open   Master IV   D. Walker   501   242 lbs.   J. Truitt   104   Master IV   D. Walker   501   242 lbs.   J. Truitt   154   Raw   275 lbs.   J. Gazzo   385   231   512   1129   242 lbs.   J. Harris   418   253   440   1113   418   J. Harris													
27 OCT 07 - Des Moines, IA   MALE   Novice   SENCH   PS BENCH   275 lbs.   Pure   198 lbs.   198 lbs.   Master I   P. Morris   SQ   BP   DL   TOT   J. Goes   369   253   435   1058   Master IV   SUbmaster Pure   E. Rebhuhn   363   R. Meyer   286   Open   D. Roades   600   253   600   1455   J. Graham   529   336   573   1438   Submaster IV   D. Walker   501   242 lbs.   Open   Master IV   D. Walker   501   242 lbs.   J. Truitt   104   Master IV   D. Walker   501   242 lbs.   J. Truitt   154   Raw   275 lbs.   J. Gazzo   385   231   512   1129   242 lbs.   J. Harris   418   253   440   1113   418   J. Harris	NAS	A low	va Regional	Puch Pull		pp.	DI	TOT	M Proum	402	275	AE1	1120
BENCH						DI	DL	101		402	2/3	431	1129
Den   Master   B. Truitt   209   B. Phillips   358   Powerlifting   SQ   BP   DL   TOT   J. Goes   369   253   435   1058   MALE   Submaster   Pure   L. Rebhuhn   363   R. Meyer   286   Open   Search   Submaster   L. MALE   198   Bs.   J. Truitt   363   148   Ibs.   D. Wilson   Master   L. Master   L. J. Truitt   104   Master   L. J. Truitt   104   Master   L. Master   L. Master   L. Master   L. J. Truitt   104   Master   L. Master   L. J. Truitt   104   Master   L. Master   L. Master   L. Master   L. Master   L. J. Truitt   154   Master   L. Master										429	-	429	859
B. Truitt 209 B. Phillips 358 Powerlifting SQ BP DL TOT J. Goes 369 253 435 1058 Master IV Submaster Pure E. Rebhuhn 363 R. Meyer 286 Open Open PS CURL MALE 198 lbs.  J. Truitt 363 148 lbs. Open D. Rhoades 600 253 600 1455 Open J. Graham 529 336 573 1438 Naster I D. Wilson — B. Truitt 104 Master IV D. Walker 501 242 lbs. J. Felton 55 55 380 490 J. Harris 418 253 440 1113 Submaster Pure J. Harris 418 253 440 1113 Raw 275 lbs. Submaster Pure High School R. Meyer 159 Rosenberger 281 170 347 799 C. Frazier 512 341 534 1388 Submaster I	148 lbs.								198 lbs.				
220 lbs.   275 lbs.   MALE   Master IV   D. Wilson   — 88   198   286							474	749	Master I				
Submaster Pure E. Rebhuhn         Submaster Pure E. Rebhuhn         Submaster Pure E. Rebhuhn         Submaster Pure E. Rebhuhn         181 lbs.         D. Wilson — Open Open Open Open Open Open Open Open							DL	TOT		369	253	435	1058
E. Rebhuhn 263 R. Meyer 286 Open Open 242 lbs. MALE 198 lbs. 198 lbs. 220 lbs. Junior 275 lbs. Open Asster II D. Walker 501 242 lbs. Master II 200 lbs. J. Felton 55 55 380 490 J. Harris 418 253 440 1113 Raw 275 lbs. Submaster Pure Raw 275 lbs. Submaster Pure Raw 275 lbs. Submaster Pure Raw 275 lbs. R. Meyer 159 Rosenberger 281 170 347 799 C. Frazier 512 341 534 1388 Raw Raw 187 PS DEADLIFT Raw Raw 187 PS DEADLIFT Raw Raw 187 PS DEADLIFT Raw Raw Raw 187 PS DEADLIFT Raw Raw Raw 187 PS DEADLIFT Raw												U. 1989	-
242 lbs.         PS CURL         M. Rodriguez 413         281         501         1196         J. Goes         369         253         435         1058           Master II         MALE         198 lbs.         220 lbs.         Junior         220 lbs.         Junior         220 lbs.         Junior         Junior         363         148 lbs.         Master III         J. Graham         529         336         573         1438         Novice         J. Harris         418         253         440         1113         Submaster Pure         J. Harris         418         253         440         1113         1113         J. Harris         418         253         440         1113         1113         J. Harris         418         253         440         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1113         1										-	88	198	286
Master II         MALE         198 lbs.         220 lbs.           J. Truitt         363 l48 lbs.         Master III         Junior           275 lbs.         D. Rhoades         600 253 600 1455         J. Graham 529 336 573 1438           Master I         B. Truitt         104 Master IV         Novice           D. Walker 501 242 lbs.         J. Felton 55 55 380 490 J. Harris 418 253 440 1113           Open Master II         220 lbs.         J. Truitt 154 Master I         J. Harris 418 253 440 1113           F. McKelrey 424 J. Truitt 154 Raw         J. Gazzo 385 231 512 1129 242 lbs.         J. Harris 418 253 440 1113           High School R. Meyer 159 Rosenberger 281 170 347 799         C. Frazier 512 341 534 1388           R. Davis 187 PS DEADLIFT         Raw         Submaster I				- Post				1100		260	252	425	4050
J. Truitt   363   148   lbs.   Master III   D. Rhoades   600   253   600   1455   J. Graham   529   336   573   1438   Master I   D. Walker   501   242   lbs.   J. Felton   55   55   380   490   J. Harris   418   253   440   1113   Master I   J. Truitt   154   Master I   J. Truitt   154   Master I   J. Gazzo   385   231   512   1129   242   lbs.   J. Harris   418   253   440   1113   418   253   440   1113   418   418   253   440   1113   418   418   253   440   1113   418   418   253   440   1113   418   418   253   440   1113   418   418   253   440   1113   418   418   253   440   1113   418					413	201	501	1196		369	253	435	1058
D. Rhoades   D. Rhoades   Auster IV   D. Walker   Submaster IV   D. Walker   Submaster IV   D. Walker   Submaster IV   D. Walker   Submaster IV   Submaste		363											
Master I         B. Truitt         104 Master IV         Master IV         Novice           D. Walker         501 242 lbs.         J. Felton         55 55 380 490         J. Harris         418 253 440 1113           Open         Master II         220 lbs.         Submaster Pure         J. Harris         418 253 440 1113           E. McKelrey         424 J. Truitt         154 Master I         J. Gazzo 385 231 512 1129         242 lbs.           148 lbs.         Submaster Pure         Master IV         Int           High School         R. Meyer         159 Rosenberger         281 170 347 799         C. Frazier         512 341 534 1388           R. Davis         187 PS DEADLIFT         Raw         Submaster I         Submaster I		100			600	253	600	1455		529	336	573	1438
D. Walker 501 242 lbs. J. Felton 55 55 380 490 J. Harris 418 253 440 1113 Submaster Pure J. Harris 418 253 440 1113 Submaster Pure J. Harris 418 253 440 1113 Raw 275 lbs. J. Gazzo 385 231 512 1129 242 lbs. Int High School R. Meyer 159 Rosenberger 281 170 347 799 C. Frazier 512 341 534 1388 Submaster I					000	200	000	1433		323	330	3/3	1430
Open         Master II         220 lbs.         Submaster Pure           E. McKelrey         424 J. Truitt         154 Master I         J. Gazzo         385 231 512 1129 242 lbs.           148 lbs.         Submaster Pure Master IV         Master IV         Int           High School R. Meyer         R. Meyer         159 Rosenberger         281 170 347 799 281 799 281 281 281 281 281 281 281 281 281 281					55	55	380	490	The second secon	418	253	440	1113
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148 lbs.         Submaster Pure High School         Master IV         Int         Int         C. Frazier         512 341 534 1388           R. Davis         187 PS DEADLIFT         Raw         Submaster I         Submaster I	E. McKelrey	424	J. Truitt 154	Master I							253	440	1113
High School R. Meyer 159 Rosenberger 281 170 347 799 C. Frazier 512 341 534 1388 R. Davis 187 PS DEADLIFT Raw Submaster I	Raw			J. Gazzo	385	231	512	1129	242 lbs.				
R. Davis 187 PS DEADLIFT Raw Submaster I													
					281	170	347	799		512	341	534	1388
Novice MAIF 165 lbs 1 Rlaine 523 319 540 1383		The state of the s											
				165 lbs.					J. Blaine	523	319	540	1383
K. Foshe 214 181 lbs. Master I 308 lbs.					224		201						
Teen High School D. Bland 231 176 286 694 Submaster I	The second secon				231	176	286	694			200		4400
J. Perkins 209 D. Shepard — 181 lbs. N. Schluter 518 369 600 1488 165 lbs. 275 lbs. Master I Submaster Pure											369	600	1488
165 lbs. 275 lbs. Master I Submaster Pure Teen Submaster Pure M. Brown 402 275 451 1129 A. Wright 683 512 600 1796					402	275	451	1120			512	600	1706
A. Kenyon 220 R. Meyer 451 Master V Power Sports CR BP DL TOT		220			402	2/3	431	1129					

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P.O. Box 650 Roy, Utah 84067						appropriate b		

MALE 77 lbs. Youth S. Hou-Seye 27 148 lbs. High School I. Carter 55 121 242 418 J. Zhriseo Teen D. Allen 104 209 303 617 198 lbs. Master IV 77 D. Wilson 77 K. Thompson 132 281 402 815 242 lbs. R. Baker 137 242 485 865 275 lbs. Submaster Pure R. Meyer 159 286 451 898 Venue: Des Moines Strength Institute. (Thanks to Rich Peters for these results)

**USPF WNY Championships** 10 NOV 07 - Webster, NY BENCH Only W. Cruz (45-49) 242 lbs. MALE Teen N. Woloszin 215 K. Naslund 385 181 lbs. 275 lbs. D. Kevte 305 I. Cartagena 355 DEADLIFT 198 lbs. MALE E. Carter 4th-415 K. Vinci 375 550 275 lbs. A. Pera J. Cartagena 590 (40-44)242 lbs. BP DL TOT Ironman 198 lbs. 335 450 785 I. Moore B. Wilkinson 235 355 590 242 lbs. B. Trybalski 315 540 855 308+ lbs. T. Zee Guest Lifter 450 525 975 465 465

181 lbs. W. LaRue The WNY Bench Press and Deadlift Championships was a fantastic meet. The contest went very well and there were no serious injuries. The meet was held at the YMCA and sponsored by the Pain Clinic. In the Teen division Bench Only in the 130 class Nick Woloszin benched 215 lbs. and just missed 220 on two attempts. He is only five pounds away from the NYS record! In the 181 Bench only division David Keyte went 2 out of 3 for the day and went home went 2 out of 3 for the day and went home with a first place sword. Keith Vinci was injured on his first attempt yet tried all three even through the severe pain. Did I mention he is a Marine? Keith came back and won the Deadlift only in the 181 class despite the injury. In the 198 class Bench Only Edward Carter went 4 for 4 on the day and took first place. In the 242 master Division Keith Naslund took first place. In the 275 class Teen division Josh Cartagena went 3 for 3. Josh came back for the Deadlift and took first place in the 275 bench only, deadlift only and Ironman. Josh drove in from NJ the day of the meet! In the Iron man 198 class Joe Moore cleaned house and took best lifter Iron man. Bill Wilkinson had a great day and finished 2nd in the 198 Iron Man. This was Bill's first meet and he hit PRs in both the Bench and the Deadlift. In the 242 class Brandon Trybalski took first place in the Iron Man. This was Brandon's first meet and he posted some impressive lifts. Tim Zee took first place in the 308+ Iron Man with a near miss on a 500 bench and an impressive 525 deadlift. Tim definitely had more in him. In the Guest Lifter class Bill La Rue struggled on the bench, but he made up for that on the deadlift. Bill was very strong as a light 181 and will do well on the platform in the future again. Anthony Pera lived up to the nick name Bear. Anthony benched 550 lbs. and just missed 600 lbs. at 197! Lastly, Wilfredo Cruz had a great day with a 425 bench and I look forward to seeing him hit even bigger weights very soon. I would like to thank my wife for her support and help in

making this meet a success. I would also like to thank the YMCA in Webster, NY for allowing the USPF the opportunity to hold this meet there. A big thanks to my friends Mark and Maria for their superior judging. A big thanks to Joe and Tim for pulling double duty - lifting and helping out. Thanks to the spotters and loaders - they did great! Looking forward to the meets to be held in 2008 and more success in the USPF. (results Mike Kenney NYS Chair)

APF Florida State BP/Ironman 4 AUG 07 - Boca Raton, FL P. Donahue 500 DEADLIFT BENCH Open/Masters L. Adams 550 220 lbs. L. Russell E. Rectenwald 660 DL TOT Ironman 450 560 1010 J. Breece L. Hosterman 315 430 745 Romoser 198 lbs. 220 445 665 M. Kantor Masters 315 430 745 I. Romoser

Venue: Hardcore Crossfit. Thanks to our sponsors: Elite Fitness Systems, Hardcore Crossfit, Tuck's Nutrition, and Southside Barbell. (results courtesy of Bob Youngs)

NOVA Raw PL/BP 10 NOV 07 - Chantilly, VA

. Marchio 195! K. Spittler 275 lbs.

285!

Powerlifting SQ BP DL TOT 165 lbs.

(15-16)

181 lbs.

(19-20)

P. Selita

(75-79)

H. Pitt

242 lbs.

S. Kuzma

325

475

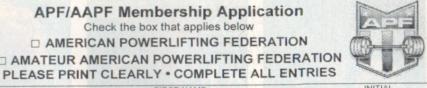
/VIIIILGI Y				
J. Lewis	320!	285!	440!	1045
220 lbs.				
J. Riker	495	415!	500	1410
(19-20)				
J. Mills	315!	265!	405!	1145
(20-24)				
J. Riker	495!	415!	500	1410
(45-49)				
D. Stanley	470!	340!	495!	1305
242 lbs.				
K. Spittler	405	325	465	1195
(45-49)		207		
L. Nordstrom		295	515!	
J. Irvn	425		405	1195
!=NOVA Raw	kecord	s. (resul	ts John J	ames)
WNPF No	V	ark St	ata On	on
				CII
5 AUG	0/ -			
BENCH		Curry		475
123 lbs.		(40-49	9)	
Lifetime Raw		Sadi!	7.7	635
Peang	230		aybaugh	600
132 lbs.		(50-59		
Lifetime		Buchl		470
Javakhishvili!	3/5	220 1		
148 lbs.			ne Raw	
Junior Raw	205		emyioon	433
Desimone	305	(40-49		640
Junior	255	Slayb		640
Desimone	355	Lopez 275 I		010
220 lbs.		Lifeti		
(50-59) Raw Darbouze	405	Hiber		605
(50-59)	403		ERCURL	003
Darbouze	455	132 I		
242 lbs.	433	Open		
Lifetime			hishvili	145
Ansolone	485	165 I		
(40-49)	403	(40-4		
Haley	460		nani	130
DEADLIFT	A 10 1	220 1		
148 lbs.		Open		
(17-19) Raw			emyioor	145
MacRobbie	400	SQUA		THE REAL PROPERTY.
165 lbs.		220		
Lifetime Raw		7 4 4 7 7 7 7	me Raw	
Roca!	550		emiyoor	
198 lbs.		275		
(17-19) Raw		Lifeti		
Carter	500	Hiber	rt	600



#### APF/AAPF Membership Application

Check the box that applies below

☐ AMERICAN POWERLIFTING FEDERATION ☐ AMATEUR AMERICAN POWERLIFTING FEDERATION



LAST NAME	FIRST NAME		INITIAL
8	STREET ADDRESS		DATE OF APPLICATION
c	IIIY	STATE	ZIP CODE
AREA CODE TELEPHONE NUMB	DATE OF BIRTH MO DATE YEAR	AGE	SEX US CITIZEN YES   NO
REGISTRATION FEE (CIRCLE APPRORIATE FEE) AAPF AAPF \$30 \$30 \$40	REGISTRATION NUMBER	E-	MAIL ADDRESS
ATHELETES	5, fill out card completely, make check pay	able to and m	ail with fee to: APF/AAPF

ARE	OU A PREVIOUS APF OR AAF	PF MEMBER?   YES	□ NO	505 Westgate Drive Aurora, IL 60506
IF UNDER 18, HAVE PARENT		worldpowerlif	ftingcongre	ess.com • 1-866-389-4744
INITIAL	I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF	SIGNATURE X		

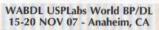
Powerlifting SQ BP DL TOT gorm which wasnt too bad. The next meet will be roomier for everyone with a different set up and separate warm-up of the lifters and part of the meet was exciting with MacRobbie weighing 136 deadlifting 400, and a comeback will be roomier for everyone with a different set up and separate warm-up on the platwill be roomier for everyone with a different set up and separate warm-up on the platwill be roomier for everyone with a different set up and separate warm-up on the platwill be roomier for everyone with a and hit 470 lbs. Kevin Hibertwas impressive in both the squat and deadlift hitting 600 and 605 lbs. John Antignani did well in his first curl event this guy is built like and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and hit 470 lbs. Kevin Hibertwas impressive in both the squat and headlift hitting of on and 605 lbs. John Antignani did well in his first curl event this guy is built like a bodybuilder. Many thanks go to the 75 at 220/age 50), Ansolone (485 at 242) and Haley (460 at 242/over age 40) all their favorite lifters. Thanks to Roy Max-level

World Natural Powerlifti Membership Registration	g Federation (WNPF)
LAST NAME	FIRST NAME INT
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CITY, STATE, ZIP	which is the control of the control
AREA CODE, TELEPHONE:	DATE OF BIRTH
AGE SEX CHECK	ONE: LIFETIME DRUGFREE 5 YRS. MIN
REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$20.00 HIGH SCHOOL \$40.00 ADULTS	FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
SIGNATURE / PARENTS SIGNATUR	
I agree to submit to any testing proce not challenge them in any way. I also	(memberships are valid for one year) lures in or out of contest by WNPF officials and shall accept the results and gree not to sue the WNPF for injuries that may occur during competition, trave that powerlifting is a dangerous sport and I choose to compete at my own in

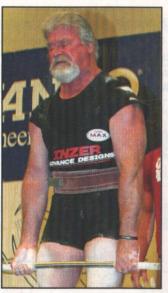


#### (continued from page 9)

and load, shoot, duck, run, and hope for the best. I was one of the luckier ones." Never said another word and I never asked any more about it. I saw my share of action in around Da Nang, Vietnam, from July 4, 1968 to July 4, 1969, but guys like him go to the action and make the action and it's not pretty. Most guys that think they're bad asses and haven't got a clue until you've been through what he's been through. At 165 James Christian who has been to ten WABDL World Championships and won eight of them set a Texas state record 496 to win the gold. James is 63 and weighed in at 165. Moses Timbal was a close second with a Hawaii record 485. Moses rents beautiful cabins in Hana, Maui. If you're interested call him at 808-248-7508 and combine a vacation with some workouts. Arlindo Da Silva of Brazil was third with a national record 385.7. At 181, Bob Krowech, weighing 179, set a world record 585.1 and pulled 600.7 over his knees. Phenomenal lifter. His training is over the top. He's from Minnesota. He also does lots of cardio and he's 63. He flies 150,000 miles a year. He owns his own engineering company and goes to places like Vietnam. Thailand, Indonesia, Mexico,



		- Anaheim,		Campbell Sandoval
BENCH		Submaster		UL
WOMEN		148 lbs.		Heta-NZL
Junior		Itule	187*	Master (47-5)
105 lbs.		Master (40-46)		105 lbs.
Freed	188#*	97 lbs.		Poyner
114 lbs.		Moorman	154	Vermes
Tobin	143*	105 lbs.		114 lbs.
132 lbs.		Vallejo	154	Hedman
Ansberry	187*	114 lbs.		123 lbs.
148 lbs.		Rivera	165	Denniston
Lyman	165	123 lbs.		McGuire
198 lbs.		Christopher	126	148 lbs.
Vaterlaus	187	Barnhill	159	Presley
Law/Fire		Lamp	198*	165 lbs.
Master (40-47)		132 lbs.		Carpenter-CA
UL		Cable	159*	181 lbs.
Heta-NZL	214#	Sutton	104	Weber
Law/Fire		148 lbs.		Michaels-Ols
Master (56+)		Bradshaw	121	Lewis
181 lbs.		Nolen	248#*	198 lbs.
Jones	126	Watts	214	Erickson
Law/Fire Open		Jacobs	220	UL
123 lbs.		165 lbs.		Vaterlaus
Lamp	198#*	Klocke		Huston
Law/Fire		198 lbs.		Mangaoang



Bud Davis 650 at 65 yrs. of age

Taiwan, Australia, you name it, and he never misses a workout. He said he had to be real creative to get 500 lbs. on the bar in Ho Chi Minh City, Vietnam, Ed Angstrom of Iowa was second with 418 and a state record. At 198 Tom Haggenmiller, the WABDL State Chairman for Minnesota and one of two lifters to make all 11 World Championships won at 198 with 457.2. At 220 Vince Breaux did 562 and attempted 600.7 to come in second to the legendary Olicio Dos Santos Filho of Brazil who set a world record with a very hard fought 672 weighing only 201.8 at age 64. Vince Breaux is 67. Olicio has the biggest erectors I've ever seen. At 259, 65-year-old Bud Davis of Utah pulled 650 in a completely stiff legged conventional style! He weighed 250 two years ago at age 63 and he pulled a 683 world record. In Master 68-74 there was also some very impressive lifting. At 165, 74 vear old Leo Houkala of Sweden set a world record 507 weighing 163.7. that's incredible! At 181 Rudy Lozano of California pulled a California record 402.2 and at 220 Jim Huggins of Washington set a state record 418.7. At 259, 69 year old Ered Peterson of Massachusetts set a world record with a huge 622.7 and got 644.7 over his knees! He will do 650 at age 70, an incredible feat of

400#\* 97 lbs. 253\* Abblett

199#\* 114 lbs

214!

126 82

104\*

104

154

220 181

181

CAN 198!

114 lbs Pantilat 148 lbs.

Buchanar

132 lbs.

181 lbs.

Jones

123 lbs

254#\* Basso-BRA

148 lbs.

Zwetsloo 181 lbs.

Master (68-74)

Master (75-79) 132 lbs.

Bax 198 lbs. Chilgren Master (61-67)

Michaels-Olson

Master (47-53)



Teresa Jacobs WA record setter

strength! He inspired me to get back into heavy lifting, saying "Don't let anybody say you are too old and don't set any limits" In Master 75-79 Robert Cortes at age 77 pulled a world record 447 at 154#. At 242 six foot four inch Russell Combest pulled 429.7 at age 76 with Lou Corelli in 2nd with a Washington record 402.2. In Master 80-84/165 82 year old Jim Schall pulled 303 for a Washington state record. In Master 85+, 86 year old Bladen McClelland of Michigan pulled a Michigan record 275.5 weighing 172. This group of Master men from 40-46 up was incredible! In Master women 40-46/148 Teresa Jacobs of Washington set a state record with 414.3. Jeanne Watts was second with 385.7. At 181 Jennifer Taylor set a world record 413.2 and she had room for ten more. At 198 Kelli Sandoval won gold with an Oregon record 402.2. Karen Campbell of Maine was second with 374. Last August Karen also pulled 402.2. In unlimited Rauaroha Joy Heta of New Zealand set a national record 319.5. In Master women 47-53/105 Karen Poyner of Virginia edged Marie Vermes of California 270 to 264.5. Marie's 264.5 was a California record. At 114 Suzanne Hedman of California set a world record 303. At 181 Cindy Weber pulled 413.2 to beat Pamela Michaels

ster (80-84)

132 lbs.

Davenp

Poyner 114 lbs.

Pantilat

123 lbs.

132 lbs

148 lbs

85#\*

99

121

115\*

110

248#

126\*

101#\*

170#\*

771



Jennifer Taylor set a new record



Fred Peterson .... no age limits!



Robert Krowech amazing pulls

Olson who pulled a 360.2 Washington record. In Master women 54-60/97 Sherry Abblett set world record 210.3 weighing 93 lbs. It was the 6th consecutive worlds where she set a world record. At 114 Ita Pantilat of Washington set a world record with 300.8 weighing 112 lbs., close to triple bodyweight. At 148 Susan Bax set a California record

159

242

380#

259\* 220 181

314\*

82\*

192#

192

159

275

137

181 lbs.

Weber

198 lbs

Oha

225#\* Richards

Mangaoang

Vecchio

123 lbs.

148 lb

Special Olympian 181 lbs.

154

154

192

159 126

192 187 181

<b>中国现在多种</b>	LFA	的影響學學	
Mueller,	236	Harris	170#*
Teen (12-13)		181 lbs.	
114 lbs.		Otto	187*
Miskinis	88#*	198 lbs.	
123 lbs.		Sua	214#*
Samoylich	100#*		
165 lbs.		Biddle	143
Heta-NZL	165#	105 lbs.	
Teen (14-15)		Williams	176#*
97 lbs.		114 lbs.	
Cunningham	121#*	Embry	143*
Tavares	88*	123 lbs.	
114 lbs.		Phipps	166°
Selkainaho-FIN	82!	Teen (18-19)	
123 lbs.		181 lbs.	
Sanchez	159#*	Gathright	347#*
148 lbs.		MEN	
Biddle	154*	Class I	
165 lbs.		132 lbs.	
Grant	148	Lenhart	319*
Husseini	110*	Alaqeeli-SAU	115!
Teen (16-17)		148 lbs.	
114 lbs.		Nahorniak	363*
Reyes	165#*	Belen	314
Moorman	143#*		275*
Cade	121	165 lbs.	1101
123 lbs.	411	Anderbring-SWE	336!

with 196 to capture gold. In Master women 61-67/114 Betty Lafferty set a world record 214.7 weighing 108. In Master 68-74/181 Winifred Pristell pulled a huge 253.5 world record. The oldest women in the meet 80 vear old Melicent Whinston set a world record at 132 with 143.2. She has competed in ten world championships and still competes in Masters track & field and she and her husband still drive all over the state of Oregon. He is 83 and is a retired patent attorney. In Open men 114 the reigning world record holder Tony Scheldrup of Minnesota (he's done 441.7) had to settle for 424 and a gold. At 132 Gary Bobrovitz of Canada beat Omar Alageeli of Saudi Arabia 330 to 303, both lifts were national record. Bobrovitz is with Canadian Broadcasting, in Calgary, Alberta, Canada. At 148 Nick Dunn who has traps to his ears set a world record 589.5, the old record was 578 held by Joel Scott. Nick is the epitome of a deadlifter, if you know anything about deadlifting then all it takes is one look at him and you just go, "That's a deadlifter, a gun slinger, dangerous", like you can't take it all in and really comprehend that he's turned himself into a deadlift monster. In second place was 50 year old Dean Kaneshiro with an amazing 562. At 165 Ryan Snelling won his ninth straight world championship with 622.7. Pasi Sipilainen of Finland was second with 600.7 and 50 year old Richard Cirigliano was third with 600.7. At 181. Tom Eiseman wor easily with his opener at 727, which is truly remarkable except it's routine for him. I think he opens too high



Dave Forstner double 700 club.

and he's recently done 771 on an opener and has been in the 755-766 range. If he opens at 644, then 694, then 733, now he's ready for a PR world record of 773.7 or 777. He's talking 800 but he's got other territory to cover before he hits 800 and he's going to have to weigh a full 198, in my opinion, to get a 788 on up. I was head judge for Tee Myers in Manchester, Tennessee in August and Tee had perfect attempt of 633, 672, 716, 745.1. At 198 Josh Decker who did 705 in July had to settle for 683 and the world championship with Leamon Woodley second at 672.7 and a state record. At 220, Tatu Avola of Finland was the world champion with 716 and Niclas Friberg of Sweden was second with At 259 Terry Putnam of Oklahoma set an Oklahoma record 678.8 but finished second to Eric Krych who pulled 688.7. Eric originally wasn't going to compete because he wasn't in top shape, but his 688.7 was enough. His best is 700.1. At 275, strongman contestant Ryan Klein of Nevada evaporated 800.1, extremely explosive! Phil Andrews has the world record at 810. Jussi Tuomainen of Finland deadlifted 793.5, but Dave Forstner was declared the world champion on a technicality with 672.2. Ronnie Castro was second with 672.2. At super, 58 year old Odd Haugen of Norway won with 722 and David Edgell of Utah as second with the same weight. David is the Utah state

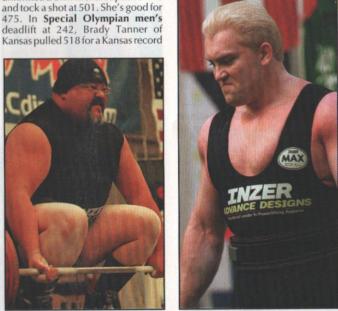


Nick Dunn born to be a puller

David Edgell Utah State Chair.

are 20-30 years younger than him.





Eric Krych disdain for the iron.

Huddleston	325	Murphy	512*	Harrison	826#	Perez	424	198 lbs.		Nort-BRA	600!	Daniels	502#*	Tugnait-IND	-
	325	Henry	504*	308 lbs.		Herzik	385	Berteaux	435	Austin	462	Somera	473*	259 lbs.	111
	275	Loss	468	Womack		Contreras	303	Guardado	253*	SHW		Selkainaho-FIN	462!	Hoekstra	622
		Ewen	369	SHW		242 lbs.		220 lbs.		Watts	673#*	Baertlein	440	Ludlam	584
181 lbs.		Kos	352	Wong		Carson	611	Denniston	358*	Murrell	402	Espinoza	385	275 lbs.	
	363	275 lbs.	332	Junior (20-25)		Girard	413*	308 lbs.		Law/Fire Subma	ster	198 lbs.		Lincoln Jr.	705
198 lbs.	303	Vickers	451	132 lbs.		Munsey	391	Sabin	611*	220 lbs.		Frickey	464*	Doublin	622
	453*	308 lbs.	431	Lenhart	319*	Smith	385*	Law/Fire Master		Prose	518*	Bazinet	451*	Gulseth	551*
Derengowski	452*	Speno	523	148 lbs.		259 lbs.	-	198 lbs.	7.0	242 lbs.		Hatfield	440	Hurley	518
	451	Mata	501	Kammueller	275*		551	Parsons	435#*	Wicks	485*	Bradshaw	_	Shadid	418
Dawidowics-POI		Kaio	407	165 lbs.	2,3	Bergman	363*	Dye	319	Tallerico	391	Levering		Kumar-IND	385!
418!		SHW	407	McMasters	314	Kos	352*	220 lbs.		Wakakuwa		Noblit	-11	308 lbs.	
	403		501*	181 lbs.	317	Gonzalez		Orlando	424#*	308 lbs.		220 lbs.		Aleaga	633
	330	Guernsey	407	Herrmann	462	Ewen	IN	259 lbs.		Nort-BRA	600!	Millrany	629	Mata	501
Cross	375		402	Lyle	363	275 lbs.		Lincoln	501	Austin	462*	Pukkila-FIN	473	SHW	
Bradshaw	TA	Murrell	314	198 lbs.	303	TO THE REAL PROPERTY OF THE PARTY OF THE PAR	562*	Law/Fire Open	301	SHW		DeGennaro	451	Overbey	705*
Solidum		Sayles			4554	Reeves	302	165 lbs.		Reich	562	Hamblin	407*	Marchant	650
220 lbs.		Disabled		. Samoylich	455*	SHW	385	Baker	485#*	Master (40-46)	302	dePaz-GUA	396!	Guernsey	501*
Whitaker	451*	Baker-CAN	121	Derengowski	452*	Roessler	303		347*	148 lbs.		Petersen		Wong	
Perez	429	181 lbs.	ALELO I	Cotto	403*	Law/Fire		Dean	34/	Venturella	426#*	242 lbs.		Master (47-53)	
Armstrong	424	Oliveira-BRA	330!	Greenberg	363	Master (40-47)		181 lbs.	4040	165 lbs.	420#	Brubaker	617*	148 lbs.	
Hamblin	407*	259 lbs.		Cross	330	308 lbs.		White	424*		220	Young	617*	Evangelista	
Jauregui	407	Bonifield	363*	220 lbs.	<b>持续</b>	Sua	507	242 lbs.	204	Lyons	330	Alvari	501*	165 lbs.	
Birring-GBR	385!	Elite Open		Marrama		*SHW		Tallerico	391	Laurel	325		451	Baker	485#*
242 lbs.		148 lbs.		Demarinis		*Marchant	650	275 lbs.	5.9.1	Unson	225	Phipps	418	White	325
Pokora	457*	Imamura		Ferguson	457	Law/Fire		Vickers	451	181 lbs.		Ross	391	181 lbs.	323
259 lbs.		275 lbs.		Whitaker	451	Master (48-55)		308 lbs.		Cunningham	504#*	Dahlstrom	231	101 108.	



Dawn Richards tried a 501 pull

and Bobby Lord of Texas at 259 smoked 600.7 for a Texas record. Both of those lifts were done in perfect form with a lot of heart. In Submaster Men 165 Monte Hokoana got 578.5 for the win but he's been there before and he's definitely good for 611 with a tweak in his training and his attempts. At 181 George Soto set a California record 545.5 and at 198 Nate Krohn of Minnesota won worlds with a 600.7. At 220 Jeremy Drecksel of Utah edged out Ed "Kookie" Barnes on bodyweight with a 606 Utah record. At 259 Bill Hislop of Michigan set a state record 628 to beat Sean Erhardt who set a Washington record 611.7. At 308 Dave Forstner of Michigan won with 672 and David Edgell beat Chris Grantano at Super 722 to 716. Chris did 733 in Hawaii in July and is capable of 744 or so if he concentrates on deadlifting and ess on strongman. In Submaster Women, there were only six contestants and Teri Agenbroad of Nevada won at 148 with a Nevada record 297.5 with Lee Itule second with an Arizona record 286.52. Leilana McKindra of Indiana won gold with a 369.2 an Indiana record. In Teen men 12-13, Chace Akina of Hawaii set a world record 254.6 weighing 104. Dylan Sites of Oregon set a state record at 114 with 264. At 165 Tarig Qadir won the world's with 244.7. In 14-15/97 Dakota Lane

set a Colorado record with 330.5 to capture the world title. Max Sandoval hit a 352.5, a notable lift, to take gold at 148, and at 275 K.C. Sameylich set a Colorado record 512.5 very impressive for a 14 year old. Elliot Stratton hit 374 at 181. In Teen 16-17, Jacob Hendee of Washington set a world record 199.3 weighing 97.2. At 132, Josh Vernes set a California record 264.5 for the win. At 148 William Anthony Baxter set a world record 440.7 but then Eduardo Pruneda of Colorado took a fourth and beat the world record with 441.8. There were seven contestants all together at 148. At 165, Jonathan Post of Colorado set a world record 502.6 a fantastic lift at age 16. At 181, Daniel Ortiz of California pulled 496 to beat Andrew Cross of Colorado who pulled a Colorado state record 468.2. At 198, Jake Garbush of Washington and John Thrailkill of California both nulled 505. Garbush got the world title and Thrailkill the world record since he did it first. At 220, Pavel Kokhanevich of Colorado set a state record 463.8 to take the 220 class unopposed. At 242, Henry Hoy of Hawaii set a world record 529 and at 275 Delfred Kalani Kaipo of Hawaii also set a



A. J. Mangum 666 WR Deadlift



world record of 551. At 308, Tohora Harawira of New Zealand set a world record 385.7. Tohara and the rest of the New Zealand contingent really partied at Disneyland. In Teen men's deadlift 18-19, Vince Scavuzzo of Colorado set a state record at 148 with 447.3 and edged out Mike Nguyen of Vietnam who set a national record 446.2. Justin Gourley of Illinois was third with a state record 440.7. At 181, A.J. Mangum who only weighed 165.4 pulled a monster 666.7 world record. Jason Wright of Virginia was second with a state record 518. At 198, Trevor Herston of Washington was the world champion with a state record 540. At 220, Connor Rounds set a Washington record 584 a very respectable deadlift for a 214 lb. teenager. At 308, Abel Dominguez III of Texas pulled 600.7 for the world

title. In Teen women 12-13/114 12 year old Ali Miskinis of Ohio set a world record 174 to win the world's unopposed. Donna Sameylich of Colorado set a state record 214.7 to beat Daria Dermelev of Estonia who pulled 187. At 165. Aroha Heta of New Zealand set a world record 242.5 and 181 Jacqueline Wickens of Nevada 14-15/97 Cheyene Tavares of Hawaii set a world record 200.4. At 148, Sarah Biddle of Indiana set a state record 253.5. In 16-17 five lifters set world records. Anna Cade of Washington pulled 281 at 114. Amanda Harris pulled 281 at 123; Jennifer Otto pulled 309.6 at 181. At 198, there were two monster lifts Jessica Hurley of Hawaii won with 424.2 and Kayla Sua was second with 408.8, both world records. In Teen women 18-19 there were only three lifters. At 123, Karina Phipps. coached by her father, pulled 270 for the win. At 165, Breanna Potrie set a California record 308.5, and at 181, Courtney Gathright got a world record 402.2. All of the deadlift sessions were very exciting and most of the lifters had great form. Many of the coaches were responsible for that form. Joe Head of Headquarters Fitness coached lifters such as Teresa Jacobs who pulled 414.3 at 165 in her forties. Seventeen-vear-old Kayla Sua pulled 408, All of loe's lifters have perfect deadlift form. Also, Team Headquarters won the team title. In second place was Team Dirty Dozen from Salt Lake City, coached by Dave Edgell. He pulled 722; Nick Dunn pulled 589 at 148. In third place was Bull Stewart's team from Seattle and all of his lifters had great form. Ron Garofalo's team Colorado Gold won the teenage team title and he deadlifts 700 at 181. The Finnish and Swedish teams were also excellent deadlifters. Moving onto the BENCH PRESS, in Class 1/132, Nick Lenhart of Utah set a state record 319.5. Omar Alaqeeli of Saudi Arabia was second. At 148, Eric Nahorniak set a Nevada record 363.7. At 165, Jonas Anderbring of Sweden won gold with a national record 336. At 198, Matt Ogurek beat out nine

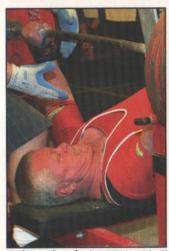
pulled an incredible 308.5 at age 13

for a world record. In Teen women



Courtney Gathright benched a WR 347#

Lo	380	Jacka	545*	Mauldin	358	148 lbs.		Bonifield	363	Master (75-79)		Alageeli-SAU	110!	Tracy	
Janoff	374	308 lbs.		Kadlub	336	Feight	214	308 lbs.		165 lbs.		148 lbs.		Brizendine	
Brekke	303	Ryan	639	lones	303	165 lbs.	125	Smith-CAN	551#	Cortes	242	Venturella	426#*	Washburn	
Baptista-BRA	220	Schultz	611*	Guardado	253	White	270	SHW	9 3 1	181 lbs.	Will b	Harmon		220 lbs.	
198 lbs.		Kamaka	523*	Kline	Like	DaSilva-BRA	220	lames	462	Munly	170	Evangelista		Green	661
Berteaux	440	Kaaloa	479	220 lbs.		181 lbs.	1000	Master (68-74)	4.128	198 lbs.		165 lbs.		Marrama	661#*
Solar	363	Mickelson	479	Orlando	424	Minietta	330*	148 lbs.		Waite	181	Davila	485*	Millrany	629#*
Stirling-CAN	358	Heta-NZL	374!	Kirk	214	Angstrom	303*	Gidcumb	203	242 lbs.		Smith	447*	Bertelmann	584*
220 lbs.		SHW		Marba		Hawkins	270	165 lbs.		Combest	286	Sipilainen-FIN	407	Pena	540*
Macauley	507*	Manno	683#*	242 lbs.		Witzel	248	Tinkler	231	Master (80-84)	200	181 lbs.		Beavers	485*
Frizzell	501	Gertner	575*	Pokora	446*	198 lbs.	1240	Goodman	220	148 lbs.		Linerud	532#*	Pukkila-FIN	473
Armstrong	424	Savles	314	259 lbs.	X 14 1	Dve	336	181 lbs.		Fornachon	182#*	Neal	507	Perez	429*
Welker	374	Mersberg		Filho-BRA	374	Nasser	264	Vause	214	Whinston	93	Paivoke-FIN	473!	Brault	413
McHale	369	Master (54-60)		Harkins	292	Haggenmiller	264	Boves	143	165 lbs.	33	Kowarsch	473*	dePaz-GUA	396!
Baldwin	121	132 lbs.		275 lbs.	6113	Beteta	PER	Lozano		Schall	148*	Selkainaho-FIN	462	Avola-FIN	_
242 lbs.		Bobrovitz-CAN	292#	Bonneau-CAN	534!	220 lbs.		198 lbs.		220 lbs.	110	White	435	242 lbs.	
Patrick	526*	165 lbs.	BR L	Webb		Breaux	446	Prince	282*	Miranda	236	Diaz	_	Hunter	706#*
Stevens	363	Miller	358#*	308 lbs.		Filho-BRA	352!	DiLiddo	253	Master (85+)	200	Hill		Young	617
259 lbs.	BNB	Sheen	231	Sabin	611#*		319	Perkins	198*	181 lbs.		198 lbs.		Zimmerma-CAN	
Duncan	490*	181 lbs.		Fahrenbruch	534#*	The second secon		220 lbs.	130	McClelland	200#*	Decker	518*	Norman	501
Brewer	457	Plush	369	VanBrocklin	418	Evans	436*	Smith	369*	Drever	157#*	Gillam	501*	Dahlstrom	391
L' Huillier	451*	Alvarez	352	Knapp	407*	Smith III	436°	Bassman	369	Open	137	Carson	501	259 lbs.	
Arrovo	451	Ansberry	341	SHW		Garris	303	Herbein	275	114 lbs.		Militana	479	Hoekstra	622
Stanford	L	Sharma	264!	Herdt	424	259 lbs.	303	Ketchersid	236	Scheldrup	276#*	Frickey	464	Ihalainen-FIN	606
Hofer	<b>多王</b> 图	Hill		Contreras	407	Lincoln	551#*	275 lbs.	230	132 lbs.	21.01	Bazinet	451*	Parnell	600
275 lbs.		198 lbs.		Master (61-67)		Acey	424	Kehl	447#*		292!	Abukhater-PAL	451!	Chun	573
		THE RESERVE		(01-07)			VIII		111111111111111111111111111111111111111	DODIOVILE-CAIN	2721	Additional Control			3,3



Robert Lincoln Sr. 551 at 60+!!

contestants with a 453.9 Michigan record. Richard Derengowski was second with an Illinois record 452.8 and Ahmed Abukhater of Palestine was third at 451.7, the toughest match-up of the week. At 220, Andy Whitaker of Louisiana set a state record 451.7 to round up gold over six contestants. At 242, Leonard Pokora of Michigan set a state record 457.2. At 259, Joey Murphy of Georgia set a state record 512.5 with Stephen Henry of California second with a state record 504.8. At 308 Robert Speno of California beat out three contestants with a 523.5. At Super, Greg Guernsey of Maine set a state record 501.5 to beat out four contestants. In Disabled men Steve Baker of Canada put up 121.2 At 165, Vilmer Oliveira of Brazil put up 330.5 and Mike Bonifield of

California, who is over 70, benched 363.7. In Elite Open Jason Imamura, Steve Wong and Mike Womack all bombed-out. At 275. Tommy Harrison got a world record 826.5 weighing 268.2. Tommy is a Chicago cop and has huge arms. In Junior men at 132, Nick Lenhart won with a Utah state record 319.5 at 148 Ben Kammueller of Wisconsin set a state record 275.5. At 198, Slavic Samoylich of Colorado set a state record 455 to beat out five contestants. Richard Derengowski was a close second with an Illinois state record 452.8. H. Adam Cotto of Louisiana was

third with a state record 403.23.

At 220, Rick Marrama of Massachusetts was huge with a world record 661.2. Sean Demarinis was second with a 576.3 opener world record but Marrama destroyed that record. At 242 Christopher Carson of Ohio popped a 611.7 to far outdistance the competition. Greg Girard was in second with a Michigan state record 413.52 and Ben Smith of Maine was fourth with a state record 385.7. At 259. Tom Emelander of Texas hit a big 551 and Tom Bergman of Massachusetts was second with a state record 363.7. At 275, Daniel Reeves was very above average with a 562 Arizona state record. In Junior women at 105, Natalie Freed of Pennsylvania set a world record 188.3, which is a very high coefficient. At 114, Katelyn Tobin of Minnesota set a state record 143.2. Katelyn ended up with four world titles. At 132, Erica Ansberry set a California record with 187.2. In Law/ Fire Master 40-47/Super Dave Marchant of Utah, who has the world record with 723, had to settle for 650 on this day for a world title. In Law/ Fire 48-55/198 Mike Berteaux, one of the Colorado WABDL Chairmen, had an off day with 435. He holds the world record with 513 but he won the Worlds so he was satisfied, but probably not happy about his performance. At 220, in Law/Fire 48-55. William Denniston won with a Michigan record 358. At 308, Bruce Sabin finally got the magic 600 bench he was looking for with a state record 611.7. Bruce is 51 and getting stronger. In Law/Fire Master 56+ Joseph Parsons of Oklahoma a world record at 198 with 435. At 220, Larry



Tommy Harrison got an 826 BP @ 268.

record with 424. Robert Lincoln, Sr., of California benched 501, but he was going to come back a few days later in Master 61-67 and blow some minds. In Law/Fire Master women 40-47/Unlimited, Rauaroha Joy Heta of New Zealand set a world record with 214.7. Louise Jones, a very impressive six footer won Law/Fire Master 56+/181 women with 126. She used to compete in Track & Field and has had back problems that have hindered her training. She could easily pass for 40 due to her physical training over the years. In Law/Fire Open men, George Baker of oklahoma, after a three-year bsence, set a big time world record of 485 at 165. In second place was Jason Dean of Alabama with a state record 347, At 181, Anton White of Illinois set a state record 424.2. At 308. Ricardo Nort of Brazil did the first 600 bench by a Brazilian lifter, ever. At super, Wayne Watts after a four-year absence due to injuries was huge with a world record 673.3. Wayne is a great guy, and always smiling and friendly to everybody. In Law/Fire Open women, Lauri Lamp of Washington set a world record 198.2 at 123, her fifth Law/Fire world record. In Law/Fire Submaster men, Wayne Prose set an Illinois record at 220 with a perfectly executed 518. Cliff Wicks of Nevada won the World's at 242 with a state record 485. Ricardo Nort won his second world title of the meet with a 600.7 at 308 and Marcus Austin of Ohio was second with a state record 462.7. At Super, Keoni "Bulla" Reich of Hawaii popped a 562 for the gold. In Master 40-46 men/148, WABDL Chairman from Pennsylvania, Chuck

> Venturella set a world record 426.4. Chuck can do five reps at 310 raw. At 181, Keith Daniels of Hawaii set a world record with 502.6 and took the gold. Andrew Somera was second with a Washington 473.7, and Sakari Selkainaho was 3rd with a Finnish record 462.7. At 198, there were three bomb-outs. Jason Frickey was the winner when the smoke cleared with a Louisiana state 464.9. Mike Bazinet of Maine was second with a state record 451.7. Mike owns a mailing and labeling business in Bangor, Maine, and has a great operation. He took me for a tour of his business, how



Breaking the Barrier Bruce Sabin

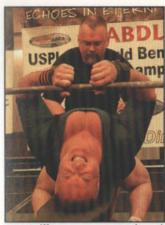


Wayne Watts came back - 673



Chuck Venturalla 426 @ 148.

Rinkinen-FIN	551	Mersberg	HI	Soto	308	275 lbs.	606	Lane 132 lbs.	104*	Krajnik 165 lbs.	187	Nguyen-VTN Scavuzzo	275 242*	Lamonica-CAN 181 lbs.	440!	
Hislop	540*	Vick	-	198 lbs.		Aumavae			181*		275*	181 lbs.	242	Billing	556	
Desrosiers	-	Special Olympia	ın	Carson	501*	Selstrom	579*	Daru	101-	Post	203*		281	Marxheimer	501	
Engelke	-	105 lbs.		Ogurek	452*	Bankston	562	148 lbs.	480	Stern	203*	Mangum			462	
Hofer	-11	Rocha	82	Dawidowics-PC	)L	308 lbs.	1億里。	Ditty	170	181 lbs.	2.2.1	Wilks	121	Cunningham	402	
275 lbs.		148 lbs.		418!		Forstner	705*	165 lbs.	<b>NEU</b>	Sato III	330#*	198 lbs.		198 lbs.	C220	
Rosendahl-FIN	611!	Mickaels	110*	Wright	-	Kaio		Ross	209	Cross	297*	Ommen	413*	Ridings	633*	
Cikana	562	165 lbs.		Brizendine	-	SHW		181 lbs.		Ortiz	231	Gilbertson	314	Solidum	601*	
Bankston	562	Turner	181*	220 lbs.		Meeker	900#*	DePinto	231	198 lbs.		Devlyn	292	Yerby	600	
Pritchett	_	242 lbs.		Pena	540	Jordan	705	Stratton	203	Garbush	314*	Short	1-8	Krohn	600*	
Stewart		Tanner	402*	Barnes	534	Lamont	606	Richardson	154	Thrailkill	292*	220 lbs.		Cross	562	
308 lbs.		Ross	220*	DeLuca	518	Vick	-	220 lbs.		Scimeca	253*	Jimenez	358	Burns	562*	
Tuomainen-FIN	804#	259 lbs.		Drecksel	418	Teen (12-13)		McKenna	236*	Palomaki	225	308 lbs.		Cotto	485	
Forstner	705	Lord	286	Jauregui	407	97 lbs.		Henry	181	220 lbs.		Dominguez III	462*	220 lbs.		
Alexander	562	SHW		Green		Grizzle	71	242 lbs.		Saran	391*	DEADLIFT		Drecksel	606*	
Smith-CAN	551!	Mayes	236	242 lbs.		105 lbs.		Comito	181	Biroan	336	MEN		Whitaker	584*	
Kamaka	523	Submaster (33-3		Wakakuwa	600	Akina	126	275 lbs.		242 lbs.		Class I		Petersen	573	
Mickelson	479	148 lbs.	THE PERSON	Thomas	507	114 lbs.	THE R.	Samovlich	352*	Lindsey	369*	132 lbs.		259 lbs.		
SHW	47.7	Edralin	347	Singh-IND	418!	Sites	143	Teen (16-17)		O'Donald	341	Alageeli-SAU	303!	Keohuloa	661*	
Meeker	900#*	Balanga	303	Tubridy	_	132 lbs.		123 lbs.		Hoy	308	148 lbs.		Henry	567	
Crawford III	733	165 lbs.	303	259 lbs.	119.00	Grizzle	137	Tovev	181*	275 lbs.		Gourley	440*	Arrovo	501	
	716*	Smith	413	Chun	573	165 lbs.	100	148 lbs.		Kaipo	292*	Kammueller	440*	275 lbs.		
Manno	705	Hokoana	385	Hislop	540*	Oadir	148	Belen	330	308 lbs.		Nahorniak	435	Cikana	578	
Overbey		181 lbs.	303	Mercado	446*	McFarland	93	Pruneda	225	Harawira-NZL	286#	Miskinis	380	Bankston	562	
Jordan	705		F07*	Erhardt	446	Teen (14-15)	33	Miskinis	225	Teen (18-19)	200	165 lbs.		Rizzo		
O' Neill	611	Neal	507*		0.00	97 lbs.		Carter	203	148 lbs.		Vorsatz	457	308 lbs.		
Lamont		Paivoke-FIN	473!	Desrosiers	1	97 108.		Carter	203	140 103.		VUISHIZ	-01	300 103		



Ken Millrany prepares to bench

envelopes are stuffed, sealed, labeled, and stamped. It's an amazing process. He can do 3000 envelopes an hour. At 220, Ken Millrany of Tennessee won the Worlds with a 606.2, way ahead of second place finisher Juha Pukkila of Finland. At 242, Brian Brubaker of California finished first. Jeff Alvari was second with a Utah record 501.5. There were seven contestants at Master 40-46/242. At 259. Scott Hoekstra won the World's with a solid 622.7. Scott has been tested numerous times and has passed. At 275, Robert Lincoln Ir., put up 705 to beat Eric Doublin of Texas who did a very respectable 622.7. Gary Gulseth of Wisconsin was third with a state record 551. Narash Kumar of India was sixth with 385.7. At Super, Ken Overbey

of Alabama set a state record 705 with Dave Marchant of Utah in second with 650. Greg Guernsey of Maine was third with a state record 501.5. There were nine lifters that benched over 600 in Master 40-46 and two that benched over 700 In Master 47-53/ George Baker Oklahoma set a world record

Speno SHW Welch

Guiney Contrera Disabled

181 lbs.

Lenhart

Crago 148 lbs.

Kammuel Czaja 165 lbs.

McMaster

Ridings Cross Burns

Oliveira-BRA Junior (20-25) 132 lbs.



Roger Ryan BPed a 639 @ 51

551 507 485

650

606 600\* 584\*

507\* 413

584 540 462\*

573\*

672

451

622\*

633

Marchant

220 lbs.

Dean 198 lbs.

242 lbs

**Tallerico** 

308 lbs. Nort-BRA

Law/Fire Submaster

Casagrande-BRA 728#

SHW

181 lbs

242 lbs.

Law/Fire Master (48-55)

Law/Fire Open 165 lbs.

Samoylich Samoylich

220 lbs.

Whitake

Herzik

242 lbs.

259 lbs.

Bergmar 308 lbs.

SHW

242 lbs

Law/Fire Master (40-47)

628\*

694\*

661

413

440!

457

440

363

562\*

303

617

485\*

485. George is one of the top four or five lightweight master benchers in the world. At 181/ 47-53 Mark Lo of Hawaii beat out four contestants with a 380. Mark and I both trained at the Power Pit in Hawaii in the eighties. At 198. Mike Bertreaux who works as an Air Marshall and travels all over the world won 198 with 440.7 but he has done 513 very recently. At 220 Ed Macauley of

Oregon set a state record 507 to edge out Mike Frizzell of Illinois who put up a 501.5. At 242. Mark Patrick of Georgia set a state record 526.8 to win gold. Both Ed Macauley and Mark Patrick have trained hard and made small consistent gains the drug free way. At 259, Rick Duncan set a Texas state record of 490.5 in route to winning the world title. Ron L'Huiller of Michigan was fourth with a Michigan state record 451.7. At 308, Roger Ryan put up a 639.2 at age 51. Dennis Schultz was second with a California 611.7 and Lyle Kamaka was third with a Hawaii record 523.5. Roger Ryan has put up 700 in a two-ply shirt. At Super, Tom Manno set a world record 683.2 that had a questionable lockout. His elbows are bent from previous injuries. In second

place was Gary Gertner Colorado with a state record 575.2. Garvisthe WARDI Colorado State Chairman. Master 54-60/132 Gary Bobrovitz of

Canada set a world record 292. Gary has recruited lifters from the Calgary area to compete in WABDL. At 165, Gary Miller of Nevada set a world record 358. Gary is from Pahrump, not far from Area 51. If all of a sudden

308 lbs. Nort-BRA

Unson 181 lbs.

Baertlein

198 lbs.

Hatfield

220 lbs.

Tortorelli

South Hamblin

James Jr 242 lbs.

Master (40-46)

Guches Selkainaho-FIN

589

435\*

451\*

600\*

633

556

501

701#

391

de-BRA 728!

556

710#

501\*

701#\*

479

589 562!

534

462 457

457

628

259 lbs.

275 lbs. Shadid

SHW

Welch

Munsey

123 lbs.

Murphy Ja 148 lbs.

Cirigliano White 181 lbs.

Marchant Master (47-53)

661°

655\*

292\*

446

512

SHW

Valentin Master (54-60) 132 lbs.

brovitz-CAN 330



Gary Gertner coach & lifter

181, Perry Plush beat out six lifters with a 369.2 and his first place win helped Joe Head's e a m Headquarters team win first place in the team competition. All of Joe Head's team members train at his gym, which is auite

Gary benches 558

then we would have to believe that

the UFOs in and

around area 51 are

experimental

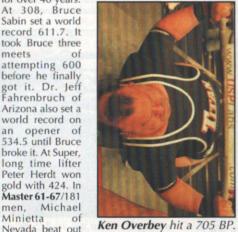
flying object. At

not

USA

accomplishment. Joe's team has won two team titles, tied for first one other time, and came in second another time, At 198, Mark "lamey" Mauldin of Texas beat out five contestants with a 358. Jamey has brought in numerous sponsors for WABDL and on at least two occasions the sponsorship money definitely saved ne federation from dire financial problems. At 242, Leonard Pokora of Michigan set a Michigan record with 446 to win the World's. Larry Orlando of California won the 220 class with 424. At 275. Collin Bonneau of Canada set a national record 534.5. Collin is an accomplished church musician. He plays all brass instruments and has played in the Canadian Royal Band. He has been church organist

for over 40 years. At 308, Bruce Sabin set a world record 611.7. It took Bruce three meets attempting 600 before he finally got it. Dr. leff Fahrenbruch of Arizona also set a world record on an opener of 534.5 until Bruce broke it. At Super, long time lifter Peter Herdt won gold with 424. In Master 61-67/181 men. Michael Minietta





330.5. At 198, Joe Beteta or Oregon beat out four contestants with a 336 which is 30 pounds less than what he's done recently. At 220, world record holder Vince Breaux had to settle for 446 even though his world record is 458. At 242, Vietnam combat veteran Daniel Smith III set a California record 436.3 to edge out Bob Evans who did the same weight was the heavier man. Evans has the state record because he did it first. At 259. Robert Lincoln, Sr., hit the highest bench ever for a man over 60 with 551, a world record. That's an incredible lift for a man his age! It's an incredible lift for any age! At 308, Robert O. Smith, who is 65, trumps Robert Lincoln. He is heavier, but

he's four years older and he did the same weight 551, an incredible feat. So both Robert Lincoln and Robert O. Smith have the highest bench over 60 and I think they both will hit 600 in their sixties in a single ply shirt! Robert O' has won ten WABDL orld championships in a row. He's a member of the screen actor's guild and has had numerous bit parts in movies and has done numerous voice-overs for cartoon such as the



**Morgan** Harkins

275 lbs.

SHW

556\*

651#

418

529

Master (68-74)

Houkala-SWE

507#

148 lbs.

165 lbs.



Pat Robey from 70 up to 248 lbs.

Incredible Hulk. He started Olympic lifting in California in 1963 and has been lifting non-stop ever since. At Super. Don James of Oregon, who has done 523 at age 63, just had knee surgery about 2-1/2 months ago and won with a 462.7. In Master 68-74/ 148 men, Richard Gidcomb set a Michigan record 203.7. At 165, Bill Tinkler of Florida put up 231.2 for a world title. At 181, Charlie Vause was good for 214.7 and a world title. At 198, William Prince put up a nice 282.1 for a Nevada state record and for his world title. At 220, Korean war hero (silver star) Harold Smith benched 369 raw at age 73! Bob Bassman of Texas was second with 369, but was the heavier man. John Herbein, a graduate of the Naval Academy and a former captain in the Navy was third with 275.5. At 275, Bob Kehl of California was very impressive with a world record 447.3 at age 69! In Master 75-79/165, Robert Cortes hit 242.5 at age 77 and was the best of four lifters in that age group, Russell Combest was pretty good with 286.5 raw at age 76. He's six foot four inches, and he only weighs 229. In Master 80-84, Robert Fornachon of California set a world record 182.8 weighing 145 at age 81. At 165, Jim Schall set a Washington record 148.7. At 83, Eugene Miranda looked pretty good with 236.7 weighing 214. In Master 85+, Bladen McClelland set a world record 200.4 at age 86 at 172 bodyweight! He bounces up the steps to the stage like he's 50! Dr. Donald Dreyer of Louisiana, who still practices medicine at age 86, also set a world record with 157.5 on an opener for second place. In Women

352\* McClelland

402\*

374

418\*

622#\*

447#\*

330

429

181\* 132

303\*

Open 114 lbs.

Dunn

Balanga 165 lbs.

181 lbs.

Jurgens

Scheldrup 132 lbs.

Alaqeeli-SAU 148 lbs.

Bobrovitz-CAN 330!

en-FIN

Houkala-SWE

Selkainaho-FIN

Andrade

Tinkler 181 lbs.

Lozano 198 lbs. Perkins 220 lbs.

Huggins 259 lbs.

Cortes 198 lbs.

Waite 242 lbs.

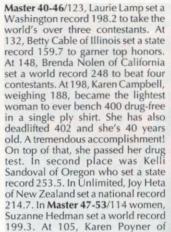
Corulli

148 lbs.

165 lbs.

Master (85+)

Peterson Master (75-79) 165 lbs.



Virginia put up 126.7 weighing 102.4. At 123. aren Denniston of Michigan set a state record 104.5. At 148, Peach Presley won the World's with a 154 in only her second meet. She also helped sell tickets and elped set up the ospitality suite. At 165. Nancy Carpenter of Canada set national record 198.2 for a world

275\*

424

303!

562 485

622

600!

507! 424

727 628\*

585

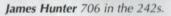
562

523

title. At 181, Cindy Weber blasted 242.5 with a lot of bar speed to win the Worlds, At 198, Cheryl Erickson won a world title with 181.7. At Unlimited, Sue Vaterlaus has made small strides in her training since 2002 when she was only benching 126. Well, these small strides add up and she got a world record 254.6 to beat Margie Huston who got a 220.2. In Master 54-60/97 women, Sherry Abblett got a world record 85. weighing 93 pounds. At 114, 58vear-old Ita Pantilat at 112 got a world record 225.7. Very impressive! In Master women 61-67/114 Betty Lafferty of Alabama weighing 109 hit a 154 at age 63. In second was Mary Ellen Buchanan with a Washington record 115.5. At 132, Mary Miller of Indiana won the World's with 110 lbs. At 181, Pat

Robey, ably coached by Joe Head, put up a very impressive 248 at age 63 for a world record. Pat is a perfect example of "it's never too late to start lifting for health." She started at age 56 and has lost 20 pounds, and her bench has gone from 70 pounds to 248 in that time. Louise lones was second with a California record 126.7. In Master 68-74/123 women, Yoka Zwetsloot of California set a world record 101.2 in her first Worlds. At 181, Winifred Pristell set world record 170.7. Bull Stewart, who is one of the best deadlifters of all time, ably coaches her. In Master 75-79/132 women, Malvina Basso of Brazil set a national record 77 lbs The oldest woman in the meet Melicent Whinston, is 80 and did a world record 68.2 weighing 132. She's in perfect

shape. She walks straight with the gait of a 50 year old. In Open Men 114, Tony Scheldrup of Minnesota set a world record bench of 276.6. Tony also holds the world record deadlift 441.2. At 132, Gary Bobrovitz of Canada set a national record 292. In second place was Omar Alageeli of Saudi Arabia with a



national record 110. At 148, the two big guns Freddie Evangelista and Kevin Harmon bombed and Charles Venturella set a world record 426.4 at age 44. At 165, Ray Hickman, Michael Hara, and Joe Luther were absent and Adolpho Davila of California put up 485. He's done 507 and he's capable of a 525. In second place was David R. Smith with a Texas record 447.3. Pasi Sipilainen of Finland was third with 407.7. At 181, Don Linerud of Idaho set a world record 532.3, a big time lift. In second was Chris Neal of Mississippi with 507 and Korry Kowarsch of Minnesota was third with a state record 473.7. Kim Paivoke of Finland was fourth with a national record 473.7. At 198, Josh Decker of Michigan set a state record 518 to beat Jason Carson and Christopher Gillam of Arizona who both put up 501.5. Gillian's lift was an Arizona state record. David Militana of Tennessee was fourth with a state record 479.5 and Jason Frickey of Louisiana was fifth with a state record 464.9. At 220, Rick Marrama of Massachusetts set a world record, as did Michael Green with 661.2. Marrama was the lighter man 210.4 to 220.2 and won the world title. Ken Millrany was third with 629.3. Chad Bertelmann of Hawaii was fourth with a state record 584. Steve Pena of California, who is legally blind, was fifth with 540. At 242, James Hunter of California keeps going up the ladder quietly, with a 706.3 world record and a world title. He has set nine Open and Submaster world record in the last three years. Jeremy Zimmerman of Canada was second with a national record 551 At 259 there were three bombs, and they were all 600 benchers. Scott Hoekstra was world champion after the smoke cleared with 622.7. Jani Ihalainen of Finland was second with 606.6 and Patrick Parnell of Texas was third with 600.7. At 275, Jari Rosendahl of Finland set a national record and won the World's with 611.7 and Brad Cikana and Brandon Bankston of Louisiana were at 562 with Cikana being the lighter man at second. At 308, Dave Forstner of Michigan won with 705. Dave is the first lifter in WABDL to both bench and deadlift 700! At Super, Tiny Meeker benched 900.4 to become the first man in WABDL to bench

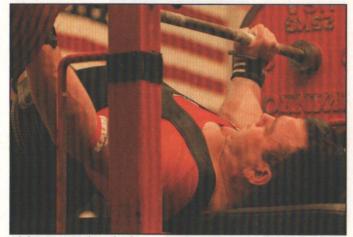


Don Linerud ... 532 BP at 181#

Wright	518*	Klein	800*	Mayes	330	105 lbs.		242 lbs.		Garbush	501#
Diaz	496	Rosendahl-FIN	738	Submaster (33-	39)	Akina	254#*	Comito	303	Metzger	435
198 lbs.		Pritchett	722	165 lbs.		114 lbs.		275 lbs.		Phipps	407
Decker	683	Shadid	673*	Hokoana	578	Sites	264*	Samoylich	512*	Scimeca	330*
Woodley	672	Cikana	578	181 lbs.		132 lbs.		Teen (16-17)		220 lbs.	
Wilsey	622*	308 lbs.		Soto	545*	Grizzle	220	105 lbs.		Kokhanevich	463*
Tracy	584	Tuomainen-FIN	793#	198 lbs.		165 lbs.		Hendee	199#*	242 lbs.	
Wahlund-SWE	573	Castro	672	Krohn	600	Qadir	244*	132 lbs.		Hoy	529#
Mangano		Forstner	672	220 lbs.		McFarland	192	Vermes	264*	Lindsey	424*
220 lbs.		Medak	650	Barnes	606	Teen (14-15)		148 lbs.		275 lbs.	
Avola-FIN	716	Mickelson	611	Drecksel	606*	97 lbs.		Pruneda	441#*	Kaipo	551#
Friberg-SWE	650	Phillips	606	Graupmann	451	Lane	203*	Baxter	440#*	308 lbs.	
Burlingame	644	SHW		Friberg-SWE	_	132 lbs.		Belen	418	Harawira-NZL	385#
Brault	545	Haugen-NOR	722!	259 lbs.		Daru	330*	Lund	402*	Teen (18-19)	
Simpson	451	Edgell	722	Hislop	628*	148 lbs.		Miskinis	380	148 lbs.	
242 lbs.		Grantano	716	Erhardt	611*	Sandoval	352	Carter	330	Scavuzzo	447*
Bianchi	661	Hudson	655	275 lbs.		Everett	297	Krajnik	330	Nguyen-VNM	446!
Zimmerma-CAN	600	O' Neill	567	Bankston	562	165 lbs.		165 lbs.		Gourley	440*
259 lbs.		Special Olympia	ın	308 lbs.		Smith	264	Post	502#*	181 lbs.	
Krych	688	105 lbs.		Forstner	672	181 lbs.		Stern	363*	Mangum	666#
Putman	678*	Rocha	154*	SHW		Stratton	374	181 lbs.		Wright	518*
Keohuloa	661*	242 lbs.		Grantano	716	DePinto	369	Ortiz	496	Wilks	270
Hislop	628	Tanner	518*	Edgell	722	Richardson	308	Cross	468*	198 lbs.	
Engelke	562	259 lbs.		Teen (12-13)		220 lbs.		Sato III	402	Herston	540*
Ihalainen-FIN		Lord	600*	97 lbs.		Henry	325	198 lbs.		Devlyn	429
275 lbs.		SHW		Grizzle	159	McKenna	314*	Thrailkill	501#*	220 lbs.	

There was some controversy surrounding his lift. His left arm was either locked out or very close. The call was 2-1. The judge on Tiny's left gave him a white. The head judge Gordon Santee, gave him a red, and the judge on the right initially gave him a red and then changed it to a white because he thought the head judge said take it instead of rack it. Gordon didn't think his right arm was locked out. If anybody sees the lift on the internet use the letter P in the blue banner. GLC Direct, No Pain, and the bar starts in the middle of the straight line in the P below the circle and ends up in the same spot. With the tight sleeves on the next generation bench shirts and the forearms reacting to holding 900 gives some weird looks. Was it a good lift? I didn't see it as I was dealing with a hotel problem, but I do know that I saw 936 and he got it more than half way up, so the power was there. Do I want gifts in WABDL? Hell no! But judges are human and too many people were let up on the stage and there were too many spotters all affecting the judge's performance. Tiny also passed the drug test for the fifth time, plus at least one or two in USA Powerlifting. In 308, Steve Wong, who bombed, came within two inches of touching with 909 and blew the weight back up. James Crawford was second with 733 in super. He's done 804. Tom Manno got a 716 that was a questionable call. Ken Overbey of Alabama and Scott Jordan of Arizona both did 705. In Open women at 94.6, Christine Moorman benched 154.2 raw! At 105, Alexandra Vallejo put up 154 to beat Maria Davenport of Idaho who set a state record 148.7. Ita Pantilat, who is 58, beat five women with 225.7. At 123, Rachelle Unson pushed 192.7 for the world championship. At 132, Mary Ann Hobbs of Headquarters Fitness won gold with 192.7. At 148, Virpi Pukkila of Finland was the world champion with 275.5. At 181, Courtney Gathright of Texas won with a state record 303 and at 198 nobody was close to Karen Campbell who set a world record 380.2. L. Janett Loveall was second with a state record 259. At unlimited Dawn Richards set a Utah record with 314. In Special Olympic men, Brady Tanner put up an amazing 402 at 242. In Submaster men Ata Edralin of Hawaii won the World's at 148 with a 347 and a shot at 400 that was close. At 165, David R. Smith won with 413. He got 447

900 and he did it in a single ply shirt.



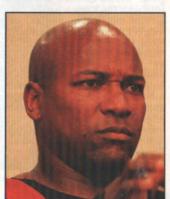
Rick Marrama benched a super 661 in the 220s to win the gold.

in Open. At 181, Jason Carson of Illinois won gold with a state record 501.5 raw. Matt Ogurek was second with a Michigan record 452.8. Robert Dawidowics of Poland was third with 418.7. At 220, Steve Pena of California put up 540 (he is legally blind) and won the Worlds. at 259, Troy Chun of Oregon got a 573 to take the World's over Bill Hislop of Michigan who set a state record 540. At 275, Sam Aumavae of Oregon coached by the legendary Mark Caplan (who squatted 740 at 198, in the old days with an ancient squat suit). Anyway, Sam benched 606 for a world championship. In second was Swede Selstrom with a 579.6 Washington state record. Swede has probably the widest shoulders of any lifter in the meet, the biggest back of any lifter in the meet. At 308, Dave Forstner of Michigan won with a state records 705.2 and again the first lifter in WABDL to both bench and deadlift 700 lbs. At Super, Tiny Meeker did 900.4 but only gets credit for 833.1 world record in both open and Submaster and 900.4 in Elite Open. Tiny's opener was 833.1. The limit for open in super is 832. you can only go the smallest increment, which is 1.1 lbs. over the limit to remain in the Open. Any lift after that puts you in Elite Open, Scott Jordan was second with 705.2 and Roy Lamont was third with 606.2. the first time Roy got over 600. In Submaster 123 women Rachelle Unson set a world record 192.7. At 148, Virpi Pukkila of Finalnd won her second world title with 275.5 and Nancy Mueller of Washington won at unlimited with 236.7. In Teen 12-13 men there were no state

was the most impressive with a 143.2 bench at 114. In Teen 14-15/97 Dakota Lane benched a Colorado record 104.5 weighing only 82 lbs. At 132, Sean Daru of Colorado set a state record 181.7. At 181, Shane DePinto of Colorado was fairly impressive with 231 for the gold. At 220, Connor McKenna set a Colorado record 236.7 to easily win the world title and at 275 K.C. Samoylich of Colorado set a state record 352.5 which is very good for a 15 year old. In **Teen 16-17**/123 Brandon Tovey of Oregon set a state record 181.7 At 148 Travel Belen of Washington was a hundred pounds better than four other competitors with 330.5. At 165, Jonathan Post of Colorado won worlds with a state record 275.5. Jonathon was the team captain of Colorado Gold, who are coached by Ron Garofalo, won the teenage team title. Colorado Patriots coached by Gary Gertner placed second in the teen team category. At 181, Judd Sato III of Hawaii set a world record 330.5. Andrew Cross of Colorado was second with a state record 297.5. At 198, Jake Garbush of Washington won world's with a state record 314. John Thrailkill of California was second with a state record 292 and Roman Scimeca of Hawaii was third with a state record 253.5. At 220. Amritnal Saran of California was huge with a California record 391.2. At 242, Adam Lindsey of Nevada set a state record 369.2 to beat out three contestants. At 275, Delfred Kalani Kaipoi of Hawaii set a state record 292. At 308, Tohora Harawira of New Zealand set a world record 286.5 for a world championship. In

records and Dylan Sites of Oregon

Teen 18-19/148 men bench press Mike Nguven of Vietnam beat Vince Scavuzzo of Colorado 275.5 to 242.5. Scavuzzo set a Colorado state record. At 181, A.I. Mangum won the bench world's with 281 to go along with his huge world record deadlift of 666.7. At 198, Matthew Ommen of Arizona set a state record 413.2 to beat out four competitors easily. At 220. Thoma limenez of California put up a 258 to easily win his world championship and at 308 Abel Dominguez III of Texas set a state record 462.7 to win the world's unopposed. In Women's Teen 12-13/114 bench, Ali Miskinis of Ohio set a world record 88 lbs. At 123, Donna Samoylich of Colorado set a world record 100.1. At 165, Aroha Heta of New Zealand set a world record 165.2 which is getting up there for a 12 year old. In teen 14-15/ 97, Geri Cunningham of Utah set a world record 121.2, at 114. Veera Selkainaho of Finland set a national record 82.5 to win her world title. At 123, Lacee Sanchez of Oklahoma 165.2. Sarah Moorman was in second place with a Washington and world record 143.2 that was shattered by Ambyr, At 123, Amanda Harris set a world record 170.7. At 181, lennifer and 20 points for her team for her Williams set a world record 176.2.



413

396

396 374

440\*

264

314

297\* 286\*

314

McKindra

165 lbs.

set a world record 159.7. At 148, Sarah Biddle (154 BP @148 is an accomplished harp and piano player. In Teen 16-14/114 women, Ambyr Reyes of Utah set a world record Otto won world's with a Washington record 187.2. At 198, Kayla Sua nelped Headquarters Fitness win the team title with a world record 214.7 world title. In Teen 18-19/105, Nikki She holds world records in seven different weight classes in Teen 18-

Michael G	reen gre	at spoi	rtsman.

114 lbs.		Cade	281#*
Miskinis	174#*	123 lbs.	
123 lbs.		Harris	281#*
Samoylich	214*	148 lbs.	
Dermeleva-EST	187!	Wass	336
165 lbs.		181 lbs.	
Heta-NZL	242#	Otto	308#*
181 lbs.		198 lbs.	
Wickens	308#*	Hurley	424#*
Teen (14-15)		Sua	408#*
97 lbs.		UL	
Tavares	200#*	Biddle	286
148 lbs.		Teen (18-19)	
Biddle	253*	123 lbs.	
165 lbs.		Phipps	270
Grant	286	165 lbs.	
Husseini	245*	Potrie	308*
Teen (16-17)		181 lbs.	
114 lbs.		Gathright	402#*
#=World Reco	ords. !	=National Re	cords.
*=State Record	s. (cou	rtesy Gus Retl	hwisch
and Flma Thon			

programs. Gary coordinated the weigh-in room for four days. Then on Sunday November 18, Gary had emergency back surgery at University of California Irvine Medical Center. Elma was with him all night Sunday and still did the computer on Monday at age 69. Gary is also 69. Things got very hectic on Monday and Tuesday, November 19 and 20th, to say the least. When Elma couldn't do all the computer work Brent Bishop and Chris Erhardt filled in and we didn't break stride. Brent was the computer expeditor all week, and Chris Erhardt also worked on the computer, did scorekeeping and was the MC. Brian Welker and his wife Denise sold tickets, Brian judged and worked in the weigh-in room. Brian is also a major sponsor. They also flew free of charge to Phoenix and Lansing, Michigan, to help out with meets there. They are a huge support system for WABDL. Jim Presley, Peach

19.. They are as follows, 154 in 97,

176 at 105, 192.7 at 114, 204.8 at

123, 214.7 at 132, 231.2 at 148, and

264.5 at 165. That's almost

impossible! Moving onto the 114

class, Cassie Embry of Utah set a

state record with 143.2. At 123.

Karina Phipps of Nevada set a state record 166.3 to win her world title.

Her father George Phipps coaches

about 15 Christian youth members

in his garage and has done a terrific

job with them. At 181, Courtney

Gathright set a huge, large, world

record of 347. She is coached by

Tiny Meeker. She also set a world

record deadlift of 402. she

conceivably could bench 400 and

deadlift 450 as a teenager. Seventy-

two lifters deadlifted over 600, 12

went over 700, and one did 800. The

ten over 700 were Evandro

Casagrande of Brazil 728.6, Ricardo

Nort of Brazil 710.7, Keoni Reich of

Hawaii 701.9, Tom Eiseman of New

Jersey 727.5, Tatu Avola of Finland

716.2, Jerry Pritchett of Arizona 722,

Jari Rosendahl of Finalnd 738.5, Jussi

Tuiomanen of Finland 793.5, Odd

Haugen of Norway 722 at age 58,

David Edgell of Utah 722, and Chris

Grantano of California 716.2, and

Ryan Klein did 800.1. Thirty three

lifters benched over 600, eleven

benched over 700, three benched

over 800, and one benched 900. the

eleven that benched over 700,

including three at over 800 and one

at over 900 were Robert Lincoln Jr. of

California 706.1, Jussi Tuomainen of

Finland 804. Dave Forstner of

Michigan with 705. Tommy Harrison

of Illinois 826, and Tiny Meeker of

Texas 900.4, as well as James Hunter

706.5. Ken Overbey 705. Scott

Wesley Jordan 705, Tom Manno 716,

and James Crawford 733. I want to

thank the Biddles of Indiana, Brent,

Diane, Sarah, and Hannah. They

came down to the loading dock and

help bring all the equipment up to

the ballroom, which was on the

second floor. They worked numerous

hours in the weigh-in room. Gary

and Elma Thomas who were at the

hotel from November 10 to

November 23. Elma did all of the

computer work, except one day,

Gary and Elma stuffed lifter packets,

about 400 of them, with t-shirts and

Robert Lincoln Jr. went over 7

Austin Webb, Brent, Diane Sarah, and Hannah Biddle, Dave Forstner, Mike and Kristy Scott and Gary Thomas was the coordinator. The title sponsor was Jon Doyle of USP Labs. The other sponsors were Brent Mikesell of Iron Gladiator, Chris and Diane Winters of Aquavybe bottled water, Pete Alaniz and Ken Anderson of Titan Support Systems, Mike Lambert of Powerlifting USA, Brian Welker of Welker's Competitive Edge Gym, Camille Luprete and her customized lifting shoes, Neal Spruce and Odd Haugen of Apex Fitness, Giorgio Usai and Giorgio Usai Jr. who have contributed numerous benches and money over the years and they are from Forza Strength Systems, Chet Groskreutz of Ivanko Barbell, who have donated four complete Ivanko sets over the last few years, Shawn Madere of GLC Direct, makers of a joint formula that is among the best in the world and



lari Rosendahl is from Finland. (photos of this event from Namea Design & POWERLIFTING USA)

would be banned if they lifted in the

WABDL Worlds have been noted.

These lifters are living in fear of USA Powerlifting and the IPF. The very

best lifters in the USA Powerlifting

are the only lifters that USA

Powerlifting cares about and even

they don't get rewarded with an all



WABDL World Championship Team Champions: Joe Head's Headquarters Fitness: first row, I-r, Maryann Hobbs, Erin Lyman, Mary-Ellen Buchanan, Pat Robey; 2nd row, Gary Witzel, Marilyn Lewis, Perry Plush, Teresa Jacobs, Cheryl Erickson, A.J. Baxter, Kayla Sua; 3rd row Dan Marxheimer, Jeff Benesi, Frank Sua, Bob Robey, Keith Cunningham; 4th row Del Chinn, & Mr. Joseph Head

Presley and Larry and Betty Hansen helped out with trophies, prepared the meals in the hospitality sold tickets and Jim judged. Chris Erhardt also helped out with the presentation of trophies. Dr. Don Bell and Mike Scott along with Chris Erhardt were MCs. Kristy Scott was a scorekeeper. Kristy and Mike also helped in the weigh-in room. Jocelyn Ronolo was computer expeditor for the warm-up room as well as Brent Bishop. Dr. Mark Webber conducted the drug testing. Christine Goroza of Hawaii was the official photographer. Teresa Rethwisch sold tickets at the door. Don James Jr. was the platform manger. Jeff Jones, a retired police sergeant from Sparks, Nevada, provided security. Chuck Venturella and Delps Awards provided trophies and labels for the trophies. The judges were Don James, Sr., John Hudson, David Edgell, Ken Millrany, Gordon Santee, Jody Woods, Jim Snodgrass, Brian Welker, Jim Presley, Brian Baertlein, and Ken Anderson. The weigh-in room staff included Ken Overbey, Eric Krych, Shawna Staines,

Christine Goroza at Namea Designs The following lifters passed their drug tests: Tiny Meeker, Tommy Harrison, Dave Forstner, Chris Neal, Troy Chun, Karen Campbell, Tom Manno, Wayne Watts, Ken Overbey, Robert Lincoln Jr., Chris Carson, Ryan Klein, Ken Millrany and Jason Perez. Two foreign lifters, one from Brazil, one from Finland, flunked their drug tests. They both set world records. Four USA lifters flunked. One set a world record, two benched over 600 lbs. In the past, Steve Wong has been tested five times, Tiny Meeker five, and Michael Womack four times. The IPF and USA Powerlifting did everything in their power to disrupt the WABDL Worlds with their illegal ban of USA Powerlifting and IPF lifters who compete in legitimate drug tested organizations such as AAU, WABDL, and WDFPA. The APF and Ernie Frantz sued the IPF and won. Evidently the IPF didn't learn their lesson. Various names of USA Powerlifting people, state chairmen, etc., who have called up WABDL lifters and told them they

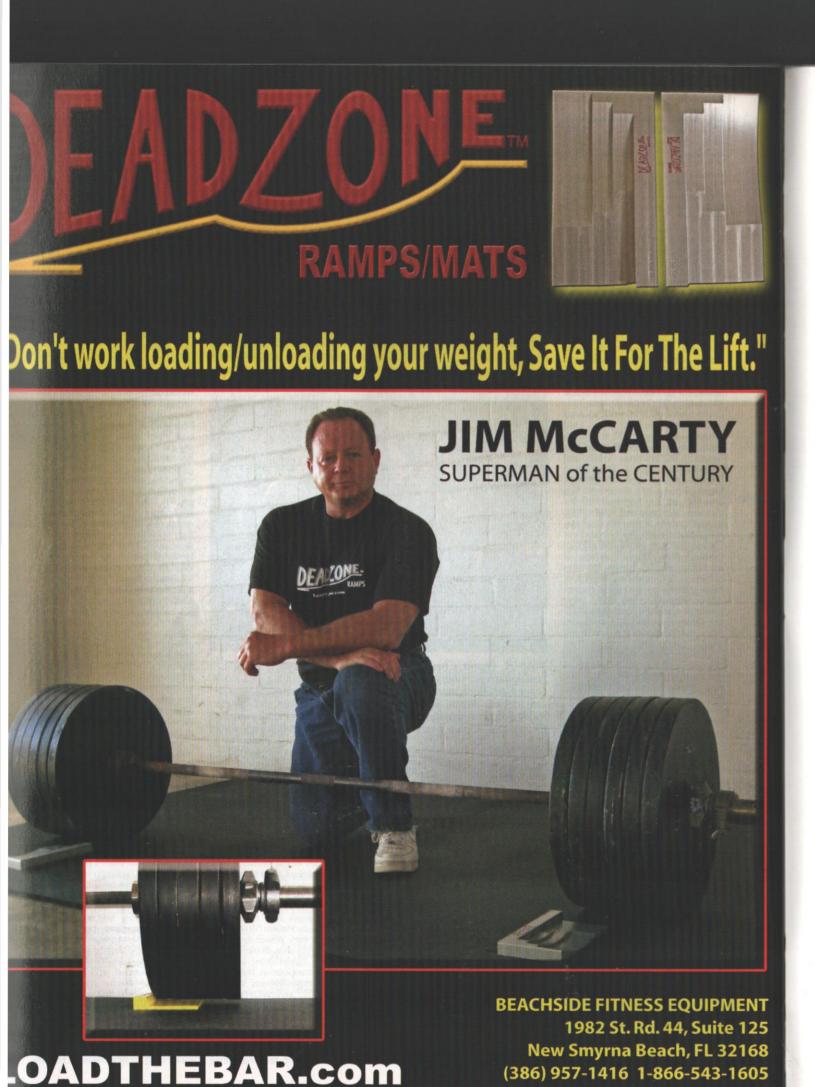
expenses paid trip to Europe. What's the \$40 in card money being used for? Then the big name lifters are all so enamored with the chance to compete with the best in the world they are like deer with headlights in their eyes. Look who the best is. Here's the results of the Men's IPF World's 123: Won by a Russian 155 lb. ahead of the second place finisher. 132: Second place was a Russian 148: Won by a Russian who was 138 lbs. ahead of the second place finisher. 165: Third place was a Russian and Wade Hooper, the best powerlifter in USA Powerlifting, only peat him by 34 lbs. 181: A Russian tied for first with a 1923 total, 198: A Russian finished 215 lbs. ahead of the second place finishing and looks like he could have easily totaled 2200 after making a 749 DL and missing 793 and 826. 220: The First through third were two Russian and a lifter from the Ukraine. 242: First was a Russian, second was a Ukrainian, Tony Harris of USA was sixth, 300 lbs. behind the winner and next year the gap will be bigger. 275; There was no Russian. If there was, it would have been a different story. 275+: A Russian won. In the women's world's at 198+, a Russian won, 198: A Russian was second, a Ukrainian third. 181: A Russian won. 165: A Russian won. 148: A Russian won and a Ukrainian was second. 132: A Russian won. 123: A Russian won, a Russian was second, and a Ukrainian was third, 115: A Ukrainian won. My memory isn't too good any more, but didn't the Russians and Ukrainians - their entire team - not just certain lifters have a 18 month drug suspension and then it was shortened to 12 months. thought the minister Jim Jones was dead. Remember that guy in French Guyana? Drink the poison and if you have enough faith you won't die. Go to the IPF Worlds and drink the poison, you won't die if you have enough faith! Too much poison, too much faith, and not enough reason.

ienez	490	105 105.		Master (4/-33)		140 IDS.		vallejo	2/0	vveber
B lbs.		Vallejo	270	105 lbs.		Bax	196*	Poyner	270	Gathright
minguez III	600	114 lbs.		Vermes	264*	165 lbs.		114 lbs.		198 lbs.
DMEN		Rivera	270	Poyner	270	Evans	187	Tobin	325*	Loveall
nior		123 lbs.		114 lbs.		198 lbs.		Pantilat	300	Mangaoan
5 lbs.		Barnhill	292	Hedman	303#	*Chilgren	248	Howard	236	Campbell
ed	303#*	Lamp	209	Morris	248	Master (61-67)		Lafferty	214	UL
4 lbs.		Christopher	176	123 lbs.		114 lbs.		123 lbs.		Richards
bin	325#*	132 lbs.		McGuire	187	Lafferty	214#*	Barnhill	292	Submaster
B lbs.		Cable	281	181 lbs.		Master (68-74)		Unson	264	UL
nan	325	148 lbs.		Weber	413	181 lbs.		Christopher	176	Unson
w/Fire		Jacobs	414*	Michaels	360*	Pristell	253#*	132 lbs.		132 lbs.
ster (40-47)		Watts	385*	Lewis	330	Master (75-79)		Hobbs	314	Hobbs
		165 lbs.		UL		132 lbs.		148 lbs.		148 lbs.
ta-NZL	319!	Klocke	347	Mangaoang	341	Basso-BRA	132!	Jacobs	414*	Agenbroad
w/Fire Open		181 lbs.		Huston	281	148 lbs.		Watts	385	Itule
3 lbs.		Taylor	413#*	Vaterlaus	270	Combest	181	Danielson	286*	165 lbs.
mp	209*	198 lbs.		Master (54-60)		Master (80-84)		Staines	281	Starks
W/Fire Subma	ster	Sandoval	402*	97 lbs		132 lbs		Agenbroad	281	111

Heta-NZL 319! Pantilat Master (47-53) 148 lbs

MISKIIIS	1/40	143 105.	
123 lbs.		Harris	281#*
		148 lbs.	
Dermeleva-EST	187!	Wass	336
165 lbs.		181 lbs.	
Heta-NZL	242#	Otto	308#*
181 lbs.		198 lbs.	
Wickens	308#*	Hurley	424#*
Teen (14-15)		Sua	408#*
97 lbs.		UL	
Tavares	200#*	Biddle	286
148 lbs.		Teen (18-19)	
Biddle	253*	123 lbs.	
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Grant	286	165 lbs.	
Husseini	245*	Potrie	308*
Teen (16-17)		181 lbs.	
114 lbs.		Gathright	402#*
#=World Reco	ords. !	=National Re	cords.
*=State Record	s. (cou	rtesy Gus Reth	wisch
and Elma Thon	nas, W/	ABDL Secretary	()
	-		

Jime 308 Don WO Juni 105 Free 114 Tob 148 Lym Mas UL Het Law 123





Master I

Merrill

Master I Nutter

MEN AD

198 lbs.

Quatrochi 220 lbs.

Master I

Open

275 lbs.

Haigh 308 lbs

Grimm

PRO

Frv

Pfeiffer

Hillyard Heavyweight

Mickelson

Sceppe

SHW

Venue: Grand River Center. (Thanks to

together the U.P.A. and have a new label

Burdette

Kennelly

Harrison Rausch

Master II

308+ lbs.

Lightweight

Open

402

474

562

551

High School Gutierrez

Hennessey

Goliszek

Leibfried

165 lbs.

Master

181 lbs.

Master

Rieger

Open Farley

Master I

Master II

Warstler Webb

220 lbs

Master

Bauer

Berding S. Judd

T. Judd

Junior Sahfield

Master I

Pernu

Tigges

(386) 957-1416 1-866-543-1605

Tomaszkiewic 242 lbs

Schmidke

Egli

High School Nelson

Chrencik

UNL

Nuller

Becca Swanson, Jeff McVicar, and Rick Hussey relaxing at the bar.

with the sincerity of a .45 between the eyes, this meet is a MUST ATTEND. It is smooth, professional, fast, friendly and That was his goal. I was putting a little has all the electricity of the Arnold in a much less crowded atmosphere. You can shake hands with your buddy's and the shake hands with your buddy's and the buddy and executed it. By the way he did big names without having to beat your type 804 afterward and if you see the way through 10,000 strangers walking video you'll see just how close the guy exhibition hall we use for the powerlifting show at the Arnold and is in NO WAY heros in the sport, this is the place to be Nice hotels, good food, and Midwest hospitality. A real kick ass place to watch some freaky stuff go down, get some pictures with your neros, and bring some pictures to get autographed. I don't know a single one of these great people who wouldn't be happy to sign whatever you have. Hats off to Bill's family, Kenny, all the spotters, loaders, judges and table people for putting on the Ritz. Now for the Talent themselves. Rob

Luyando is a freak, as the world knows, and pushed just a little further with the record plates to hit a 905 at 240. Not really his style to chip it up instead of blasting it out of the water, but he gave it a shot with 921 or so and missed. Rob is a riot and is the best sport around as seen here and in his skivvies in Bodytalk Magazine. He always makes a guy feel welcome. He got down to the weight with little effort and just to show how good of shape he was in he blanked out, dehydrated, and smoked a red light, only to hit the gas in an evasive maneuver hard on a 45 degree angle over a curb, through the bushes, another curb, and into a parking lot -- with his foot on the gas the whole time!! Didn't bust a tire or gas the whole time:: Didn't bust a tire or anything, parked perfect! It was hilarious. I asked him if he wanted me to patriotism. He's an expecting Father wrong way on a one way and smoked two red lights myself. We were all laughed up purple. Tara Runde, as well as Scott Sceppe and Richie Briggs, were in the drive. We switched and I went up the wrong way on a one way and smoked two

Ryan hit a 960+ something to take the win in the Supers. The guy's a stud, literally. I was watching on a dozen and pull some pranks but I never lead you and pull some pranks but I never lead you when 'Studly' walked by with a tank top. He showed up to the meet with a pretty bad groin tear. The top of his left leg was all black and blue and he just tied it up with a knee wrap (Inzer) haha. We were talking about his warmups being fun without any leg drive and he didn't use his legs until the 960 something. It was pretty funny to see a light foot flat on the floor with 800 plus in the warm up room. Ryan is a beast. And he takes up too much room in public, haha. But he's got the all that and walking the face of the earth. All that and will cool. Rick has been battling some serious health ups and downs. He tells the horror stories with a smile. He is one of those people who will never let you feel uncomfortable. He can somehow the la first hand account of tough things gome by and have you in stitches at the same time. He's one tough hombre. Becca and he were a great sight to see.

There are so many people to talk about. Bobby and Kathy Fields, Bobby ended up going to the hospital after the meet with a bruised lung I think. Freakin Bobby. And I think I enjoyed meeting some and dozen. Rick has been battling some serious health ups and downs. He tells the horror stories with a smile. He is one of those people who will never let you feel uncomfortable. He can somehow the life of those people who will never let you feel uncomfortable. He can somehow gome by and have you in stitches at the same time. He's one tough hombre. Becca and he were a great sight to see.

There are so many people to talk about. Bobby and Kathy Fields, Bobby and Kathy Fields, Bobby. And I think I enjoyed meeting serious health ups and downs. He tells the horror stories with a smile. He is one of those people who will never let you feel uncomfortable. He can somehow the with a walking the face of the earth. All that and will cool. Rick has been bat room in public, haha. But he's got the all scott Sceppe (pronounced SEP - for you timer and the babes. What else is there anyway????

RICH-lak) haha). Scott was there with a Richie Briggs is one of the funniest

people I have ever met in my life. If he ever runs out of options, stand up would be a natural for him. Every move that dude makes leaves the bunch in stitches. Big Bad Ryan Kennelly (McVicar)

It's hard to explain his humor but an of which would be appropriate to mention. I could go on and on but you gotta see

Shawn Frankl's secret weapon!

alone with Rob or somebody laughing about something and you'll hear a quiet voice add on some derogatory phrase that tops it all and turns you close to a stroke with laughter. This happens constantly when he is around and you just cannot help but to be happy around Richie. Everyone loves that guy. Out of the blue, he's on the scene with an 830+ bench @ 242 (check results) and his form is real, real clean. The guy's a pro and ior!! I hope he is around forever. "Shawn Frank!" The name is

synonymous with Freak. Scott Sceppe and Shawn were all set to go head to head in the 198s, both with 740-760 under their belts. Shawn had a flawless meet, like the pro that he is. His attempts were something like 40, 60, and 80, all of them textbook. What ended up was the very first 4 times bodyweight over 700 pounds around with plastic bags of free stuff.

Was, Shawn is only 30 years old and is on a roll, benching and full power, that exhibition hall we use for the powerlifting most of us can only dream of. This after serving a full tour of duty in Afghanistan. crowded. I am trying to change that. If Nothing there better than any of our you ever wanted to be in a personal other fine troops all over the world, but atmosphere with some of the biggest I think it is well worth mentioning as



Richie Briggs relaxes post-event.

Ryan hit a 960+ something to take the walking the face of the earth. All that and was. Thanks for readin', JEFF McVICAR

fearsome looking monster, Nick (who's last name I couldn't get cuz Scott SCEPPE phone!.) Those two are a freakin riot. We found a lot in common to talk about, none

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for yourselves. Fly out there for the next meet. Fly into Moline IL. And get a rental. It'll save you quite a bit whatever you spend for the trip, it will be well worth the money. Special thanks to Tony Runde for

special thanks to Tony kunde for putting Rob and I up. Tony's left power training for a while and is fighting M.M.A. He's doing scary good too. Pick a fight when you meet him, hahaha, and I cant leave without saying how great it report at www.jeffmcvicar.com) This weekend was nothing short of consistent huge lifting, talent, and loads of laughs. Bill Carpenter and legendary bench specialist Kenny Patterson have put together the U.P.A. and have a new label.



(article continued from page 47)

CHAMPIONSHIPS were held in the Grangemouth Sports Stadium of Grangemouth Sports Stadium of Grangemouth Scotland approximately 30 miles from Edinburgh. The general location of Grangemouth made side trips to various historic sites easily accessible via train, coach/bus or car. The United Kingdom weather cooperated thereby blessing visitors with opportunities to visit a beautiful and extremely friendly Scotland. This was the second World Championships held under the direction of Scotland's Hamish Davidson who was Brad Lovejoy ... Kingsville, Ohio recently featured in Milo magazine as a World Powerlifting Champion, Strongman & Highland Games competi tor. Athletes representing 14 W.D.F.P.F.
Member nations participated in both the
UNEQUIPPED & EQUIPPED Divisions ofPowerlifting. The WDFPF Congress held Fri. Nov. 21st, was productive and especially exciting for the ADFPF as their bid to host the 2008 POWERLIFTING WORLD CHAMPIONSHIPS was unanimously accepted by the voting representatives. Saturday, the first day of competition included 165 athletes competing in the UNEQUIPPED Division. This UN-EOUIPPED Division was clearly preferred by the majority of the countries in attendance. The EQUIPPED Division was





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ing up to 18 attempts. Within 2 days these lifters executed up to 6 attempts in each powerlifting event: the Squat, Bench Press & Deadlift. The American Team consisted of 15 lifters; 2 strong women and 13 powerful men. 3 members of the U.S. contingent competed in full powerlifting meets 2 days in a row! By the end of Sunday's competition, our U.S. Team broke 16 World Records spread across the following competition Categories: OPEN, TEEN 2; TEEN 3; MASTERS & Police/Fire/Military. World Records established by ADFPF U.S. Teammates were as follows: Chelsea Rebman - Teen 3; Zane Walker - Teen 2; Caleb Wallace - Teen 2; Derek Wallace - Masters 2 & PolicelFirelMilitary and Judith Gedney -M 6. U.S. Team members finishing in the top 3 places of their Weight Classes and respective Divisions were: Matthew Stagg 1st Place in Teen 1; Michael Stagg 3rd Place in Open; Jacob Wallace 2nd Place in Teen 2; Robert Herbst 1st Place in M 2; contested on Sunday when 50 athletes produced eye-bugging and sometimes gut-busting efforts to win the gold. A few brave athletes, mostly from the U.S., got

Part of Team USA ... (J. Gedney)

Johnny Gayton 2nd Place in M 3 missing placing 4th on body weight; Chelsea 1 8t by body weight; Brad Lovejoy 2nd Rebman - 1st in T 3; Judith Gedney 1st in Place in M 2; Pete Andrich 3rd Place in M 6. Full Championships Results of their money's worth from this opportunity brave athletes, mostly from the U.S., got



A.D.F.P.F. & W.D.F.P.F. NEWS UPDATE ... Topping the list of EXCITING NEWS for 2008 is the fact that the World Drug Free Powerlifting Federation, Inc. unanimously supported the bid for the A.D.F.P.F. to host the 2008 POWERLIFTING WORLD CHAMPION-SHIPS. This event will take place in downtown EVANSVILLE, IN the venue being the CENTRE connected with the EXECUTIVE INN (our meet hotel) on NOVEMBER 22nd (UNEQUIPPED Division) & 23rd (EQUIPPED Division). The W.D.F.P.F. CONGRESS will take place on Friday, November 21st. Much appreciation goes to the Meet Directors who prepared this impressive bid. MICHAE E. STAGG, DICK CONNOR & DEREK WALLACE.

The goal of the AD.F.P.F. is to field full teams in each CATEGORY of competition including OPEN; TEEN 1; TEEN 2; TEEN 3; JUNIOR; POLICE/FIRE/MILIT ARY & MASTERS in various age-groups. ONE OPEN Team will be selected to earn Team Points competing against each of the TEAMS representing W.D.F.P.F. REGISTERED NATIONS.

SELECTION PROCESS for U.S. TEAM MEMBERS attendine W.D.F.P.F. WORLD CHAMPIONSHIPS:

- 1. U.S. TEAM applicants MUST be REGISTERED with the AD.F.P.F. NO LATER THAN APRIL Ist, '08.
- 2. World Championships QUALIFICATION TOTALS &/or SCORES must be reached or surpassed during '07 or '08 ADFPF &/or WDFPF events. (POWERLIFTING TOTALS found on pages 15-19 of your Rulebook. SINGLE EVENT SCORES can be downloaded from the Website.)
- 3. Lifters QUALIFYING during AD.F.P.F. NATIONAL or W.D.F.P.F. WORLD EVENTS will be considered before those qualifying in A.D.F.P.F. Meets. Applications may be considered from other DRUG-TESTED organizations.
- 4. Once the QUALIFICATION TOTAL/SCORE has been achieved, athletes may complete the 2008 U.S. Team APPLICATION PROCESS which will be available on the website by March.

2008 POWERLIFTING WORLD CHAMPIONSHIPS Information:

- 1. Lifters should be prepared for a 2 PLATFORM competition for BOTH DAYS of competition.
- 2. UNEQUIPPED Division competition will take place on SATURDAY, NOV. 22nd, TWO Weigh-In time will be scheduled.
- 3. EQUIPPED Division competition will take place on SUNDAY, NOY. 23rd. TWO Weigh-In times MAY be scheduled.
- 4. A social for the participants will be arranged in the hotel following the competition on Sunday.

ACCOMMODATIONS: The downtown EXECUTIVE INN connected to the Venue, has provided lifters with an excellent discounted rate; these rooms normally start at \$130.00 per night but we'll be provided with rooms for \$69.00/night! 100 rooms are being held for participants including a limited number of Parlor Suites (living room included with bedroom for \$82.00/night. Breakfast is NOT included.

- 1. The hotel has a heated indoor pool.
- 2. Hotel Exercise facility: the ADVANTAGE COURT & FITNESS center is available to hotel guests at no extra cost and is located on the 8th floor of the parking garage connected to the Executive Inn by a crosswalk. Equipment includes tennis courts, sauna, cardio & lifting machines
- 3. The hotel restaurant is open for breakfast from 6:30 to 11:00 a.m.; for lunch from 11:00 to 1:30 p.m. and from 5:30 to 9:30 for supper.
- 4. Small refrigerators and/or microwaves are available for rent at \$10.00 each per day.
- 5. Reservation information and contact numbers will be available on the website in the near future.
- 6. Numerous restaurants are located within walking distance including at the Casino Pavilion

2008 W.D.F.P.Fe SINGLE EVENT WORLD CHAMMPIONSHIPS Information: AD.F.P.F. Members interested in traveling to ANTWERP, BELGIUM to participate in this exciting event should clear their calendars for the following competitive schedule: FRIDAY, OCT. 10th: SQUAT Event starting with the UNEOUIPPED Division, followed by the EOUIPPED Division, SATURDAY, OCT. 11th: BENCH PRESS Event starting with the UNEQUIPPED Division, followed by the EQUIPPED Division. SUNDAY, OCT. 12th: the DEADLIFT EVENT starting with the UNEQUIPPED Division, followed by the EQUIPPED Division. Meet Director & W.D.F.P.F. President Wim Backelant. More information on this WORLD CHAMPIONSHIPS sanctioned by the WORLD DRUG-FREE POWERLIFTING FEDERATION will soon be available. The SELECTION PROCESS FOR U.S. TEAM MEMBERS attending this WORLD CHAMMPIONSHIPS is explained above.

NOTE TO LIFTERS NOT YET REGISTERED with the A.D.F.P.F.: Complete the AD.F.P.F. Registration form, available on the website, as quickly as possible making sure that you do NOT miss the 2008 WORLD CHAMPIONSHIPS REGISTRATION DEADLINE of APRIL 1st.

A.D.F.P.F. & W.D.F.P.F. Record Certificates: A.D.F.P.F. AMERICAN, NATIONAL & STATE Record Certificates as well as W.D.F.P.F. WORLD & EUROPEAN Record Certificates are available by downloading the RECORD CERTIFICATE ORDER FORM on our website. Fill in all the REQUIRED INFORMATION and mail with the fee (\$10.00 for U.S. mailings; checks made payable to S. J. McCombs) to the address provided on the form

ADFPF Canton 10 NOV 0				D. Wilhelms Military/Fire/		385!	507	1344
BENCH	FEMA			D. Wilhelms		385	507	1344
FEMALE	Raw	-		242 lbs.				
Raw	105 I	bs.		Open				
105 lbs.	Teen	I (14-1	5)		501	374	523	1399
Teen I (14-15)	J. Sin		203!*	Raw				
J. Singel 77!*				165 lbs.	.,			
176 lbs.	Open		22710	Teen III (18-19 T. Freckleton		292!	391	1036
Open	B. Sir		237!*	Teen III (18-19		292:	331	1030
B. Singel 115! Master I (40-44)	B. Sir	r 1 (40	237!*		281	237	396	914
B. Singel 115!			237.	181 lbs.			-	
MALE	148 I			Junior (20-23)				
220 lbs.		III (18-	19)	C. Stear	369	220	407!	997
Open	B. Fa		418!	Teen II (16-17				
D. Walker 534	220 1	bs.		B. Rude	292	231	303	826
Master I (40-44)		(20-23		198 lbs.				
D. Walker 534		ray	429	Junior (20-23) R. Wilkens	319	231	402	953
242 lbs.	Raw			220 lbs.	319	231	402	933
Open	132 I			Open Open				
G. Biggiam 474 Master I (40-44)		ortney	3031*	D. Behrens	474	319	567	1361
G. Biggiam 474	Teen	II (16-1		Junior (20-23)				
Raw		ortney	303!*	D. Behrens	474!	319	567!	1361
148 lbs.	220 1			Police/Fire/M	ilitary			
Open	Maste	r I (40	-44)	B. Cannon	451!	374!	507!	1333!
N. Dreisig 303	J. Bu	ltemeie	r 424	Open				
Junior (20-23)	SQUA			B. Cannon	451	374	507	1333
N. Dreisig 303				S. Chikando Teen II (16-17	463	336!	562	1361!
165 lbs.		II (16-1		D. Grimm	424	446	446	1317
Master II (45-49) C. Phillips 270	242 l	den	330:	242 lbs.	727	440	440	
198 lbs.	Open			Master I (40-4	4)			
Junior (20-23)	R. Pe		518!	R. Cairns	380!*	303!*	402!*	
J. Shippert 314				1085!*				
220 lbs.	Open			319 lbs.				
Master VI (65-69)	T. W	ilke	518	Open				4000
T. Andrews 299				C. Forestier	407	308	562	1278
Master 1 (40-44)	220			Teen II (16-17	374!	330	385	1091!
J. Bultemeier 347		r 1 (40		B. Henry !=American Re				
242 lbs. Open	242 I	ltemeie	1 323	ton hosted its				
D. Phelps 297	Open			Meet at Canto				
DEADLIFT		nelps	418	and Canton I	High S	chool	teache	r Chris
Powerlifting SQ	BP	DL	TOT	Siders says th				
WOMEN				number of pa				
Raw				were 33 parti	cipants	this	year, w	which is
111 lbs.				over twice as year. Ages of	many	partic	ipants	rom 1
Teen I (14-15) S. Bacon 115	55!	176!	347!	to 69, and par				
S. Bacon 115 138 lbs.	331	176:	34/1	Indiana, Mich	igan.	Wiscon	isin, a	nd Ha
Open				Indiana, Mich waii. "I was	extren	nely p	leased	at the
L. Mangold 275	148	325!	749!	significant in year," said Si	crease	in par	rticipa	nts this
Master 1 (40-44)				year," said Si	ders w	ho ho	pes to	see ar
B. Hartman 181	121!	253!	556!	increase agair				
MEN				there were six	Canto	n parti	cipants	at this
148 lbs.				year's meet. F				
Teen II (14-25)	2021	2741	0001	and one is a Canton partie	cinante	inclu	dod. S	equate
C. Harris 314 198 lbs.	203!	374!	892!	Bacon, Tim Fre	eckleto	n. Bryan	n Rude	Danie
				Grimm, Bren	t Hen	rv. and	Chri	stophe
Open J. Simpson 369	275	479!	1124	Forestier. "We	are so	fortun	ate to	be able
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Open				performance-	enhand	ing dr	ugs,"	empha
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mior (20-23) . Wilkens				
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inior (20-23)				
. Behrens	474!	319	567!	1361
olice/Fire/M				
. Cannon	451!	374!	507!	1333!
pen				
. Cannon . Chikando	451	374	507	1333
		336!	562	1361!
een II (16-17				1400
	424	446	446	1317
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laster 1 (40-4	4)			
. Cairns	380!*	303!*	402!*	
085!*				
19 lbs.				
pen				
. Forestier	407	308	562	1278
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. Henry -American Re	374!	330	385	1091!
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on hosted its				
leet at Canto				
nd Canton I				
iders says th	e meet	went	well a	nd the
umber of pa	rticipa	nts inc	reased.	There
vere 33 parti ver twice as	cipants	this y	ear, w	hich is
ver twice as	many	partic	ipants	as last
ear. Ages of	particip	ants ra	inged fi	rom 14
69, and par	rticipan	ts came	e from	Illinois,
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aii. "I was	extren	nely pl	leased	at the
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nere were six				
ear's meet. F	ive are	high s	chool s	tudents
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ithout the u	unctes	Can i	be suc	cessiui
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erformance-	use of	illegal	and h	narmful

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sized Siders. Siders noted the importance Masters of local sponsors Mid-America National 220 lbs. petitioned for the world meet to be held in petitioned for the world meet to be held in the U.S. for 2008. If they get the bid, this would provide our lifters the opportunity to compete in a world event and potentially set world records, says Siders. The meet will be held in November of 2008. "I would have to change the dates of our Canton meet to make sure we were ready for the world events, but I would be very excited to be able to early high school lifters for Novice." to be able to enter high school lifters for Novice this event," reports Siders. Meet Article written by Meet Director Christopher Siders. (Thanks to Judy Gedney for results)

NPA Mid America Drug Free 10 FEB 07 - Freeport, IL Powerliftng SQ BP DL Open 181 lbs. R. Adams 530 315 540 1385 198 lbs. 550 400 565 1515 M. Loring 220 lbs. 805 390 655 1845 670 410 600 1680

Bank, Monical's, Camille's, and Canton Burlingame 805 390 655 1845
Unit School District 66. Siders says the sponsors who support this drug-free event small meet with some excellent lifting, are extremely important. The American Rich Adams got personal records in both Drug-Free Powerlifting Federation squat and deadlift to win the 181 class with (ADFPF) is the nation's premier amateur a 1385 total. Mike Loring took the 198 title (ADFPF) is the nation's premier amateur powerlifting organization, hosting several meets across the U.S., including the National Drug-Free Single Event and Powerlifting Meets. Siders explains they are the U.S. affiliate to the World Drug-Free Powerlifting Federation (WDFPF). Each year the ADFPF sends a team to the world events. Last year the world events were held in Ireland, and this year they will be held in Scotland. The ADFPF has nettitioned for the world meet to be held in second to the power of the world meet and the power of the world meet across the U.S., including seven with a 1515 total getting a personal record bench of 400! Duane Burlingame took the 198 title with a 1515 total getting a personal record bench of 400! Duane Burlingame took the open and masters with an 1830 total. Big Brian Finn had a personal record in the square hitting 670 strongly to add to his total winning the 242 class. Thanks to all that helped out! Till next time, please do somethign to help make the world a better place for our children. (Duane Burlingame) SLP Strongest in Arkansas 14 OCT 07 - Dover, AR

C. Moore 4th-470\* Master (60-64) 242 lbs. Teen (13-15) C. Freeman 285\* J. Turner Open 308 lbs. C. Moore 4th-470\* \*=Son Light Power State Records. The Son

Light Power Strongest in Arkansas Bench Press Championship was held at Flex Fitness. Thanks to owner Cordy for hosting this event. In the novice division it was Chris Moore with a new Arkansas state record of 455 at 308. A fourth with a personal best 470 was also good. Colton Freeman broke his own state record at 13-15/181 with a personal best 285. Jim Turner, state record-holder at 60-64/242 won there with 345. Then at open 308 Chris Moore won his second title of the day, breaking his second raw state record of the day. Thanks to the spotters and loaders for helping out. (courtesy Dr. Darrell Latch)

#### AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

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

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

Structure, officiating and organizational administration.

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

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

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

o choose.		If Under	21 yrs., Parent Initial	Date		Prior Registration No	
lame		Phone_		E-mail			-
Address			City		State	Zip Code	-
Date of Birth	Gender	U.S. Citizen?	ADFPF Registered Club N	Member			

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG
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Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable

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#### APF Ohio State 14 OCT 07 - Circleville, OH McWhorter

IEN		Master	(43-45	"
pen		220 lbs		
81 lbs.		R. Larg	ent	460
. Scherer	375	Master		
98 lbs.		181 lbs		
. Elick	530	Zimmer	man	285
. Schoffner	430	242 lbs		
20 lbs.		D. Gob	le	475
. Largent	460	Master	(70-74	1)
75 lbs.		220 lbs		
. Welch	720	C. Wor	kman	260
owerlifting IEN	SQ	BP	DL	тот
pen				
81 lbs.				
. Diemert	610	355	525	1490
. Hibbing	550	325	480	135
98 lbs.				
. Jeschenig	790	440	640	187
75 lbs.				
. Chilia	915	575	700	219
Goodwin	475	550	515	154
een (18-19)				
20 lbs.				
. Lemons	625	380	525	1530
aw				



At the APF Ohio State Meet ... (left to right) APF Ohio State Chairman Jason Harbin, Darien Bolin - who sold t-shirts, and meet director Jon Elick, promoting one of the event's major sponsors, APT ProWristWraps. (photo courtesy of Jon Elick)

proved that he be- Awards and raffle prizes. AtLarge also Chilia nailed the to Jon Elick for providing the meet results biggest squat of the day with 915. Tack on a 575 bench and 700 deadlift and he

goes home with the biggest total of C. Chilia 915 575 700 2190 J. Goodwin 475 550 515 1540 1540 J. Goodwin 475 550 515 1540 1540 J. Goodwin 475 550 515 1540 J. Goodwin 475 550 154 J. Goodwin 475 550 154 J. Goodwin 475 550 154 J. Goodwin 475 550 515 1540 J. Goodwin 475 550 515 1540 J. Goodwin 475 550 1540 J. Goodwin 475 550 154 J. Goodwin 475 J. Goodwi

proved that he belongs with the big made sure my platform crew were dressed alike in Atlarge t-shirts. Alan, owner of 440-640 for an 1870 total. In the 275 and beyond to help with sponsorship. APT class, Jon Goodwin lifted in his first full meet totaling 1540 by way of a 475-50-515 log popped. Check this more provided a case of the best wraps on the planet for sale/prizes/etc. Ken Anderson graciously donated a gift certificate for by way of a 475-50-515 log popped. Check this more provided a case of the best wraps on the planet for sale/prizes/etc. Ken Anderson graciously donated a gift certificate for by way of a 475-50-515 log popped. 550-515. Jon opened Check him out at by squatting raw. If he could have fin-ished locking out The Max, famous for Chemically Engi-700 on subsequent neered apparel. Seeker provided all the attempts, that total would have been cally, Zanzi's Pizza was kind enough to much better. Also in feed all of my meet staff. Hope to make this the 275s, Chris a bigger, better event next year! (Thanks



Circleville Barbell's Jon Goodwin tried a 700 SQ in his first PL meet.

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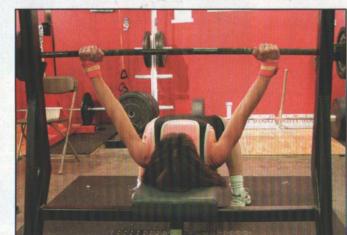
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First Name		Last Name		Middle Initial	Today	's Date
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Telephone Nu	mber	E-Mail ac	ldress		Date	of Birth
Sex	Social Sec	urity Number	Signat	ture (Parent if un	der 18 ye	ars old)

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APA Iron Gladi	iators of the West	Push Pull	BP	DL	тот	Open				
	Sacramento, CA	FEMALE	DI	DL	101	A. Aerts		390	470	860
BENCH	DEADLIFT	114 lbs.				Open DT		390	4/0	000
FEMALE	FEMALE	Master I DT				A. Aerts		390	470	860
114 lbs.	105 lbs.	B. Aerts	100!	215	315	Powerlifting	SQ	BP	DL	TOT
Master I DT	Master I DT	Open DT	100.	213	313	FEMALE	30	DI	DL	101
	M. Vermes 255!*	B. Aerts	100!	215	315	114 lbs.				
Open DT	114 lbs.	Raw	100.	213	313	Master I DT				
	Master I DT	114 lbs.				B. Aerts	140!	100!*	215	455
132 lbs.	B. Aerts 215	Master I DT				Open DT	140.	100.	213	433
Submaster DT	Submaster DT	B. Aerts	85	175	260	B. Aerts	140!	100!*	215	455
S. Mitchell 115		Open Open	03	173	200	Raw	140:	100.	213	433
Raw	Raw	B. Aerts	85	175	260	114 lbs.				
114 lbs.	114 lbs.	Open DT	03	173	200	Master I DT				
Master I DT	Master I DT	B. Aerts	85	175	260	B. Aerts	115	85	175	375
B. Aerts 85	B. Aerts 175	MALE	03	","	200	Open	113	03	1/3	3/3
Open 03	Open 173	198 lbs.				B. Aerts	115	85	175	375
B. Aerts 85	B. Aerts 175	Master II DT				Open DT	113	03	173	3/3
Open DT	Open DT	P. Dver	220	405	625	B. Aerts	115	85	175	375
B. Aerts 85	B. Aerts 175	220 lbs.			020	123 lbs.		05	.,,	313
123 lbs.	MALE	Master II DT				Master II DT				
Submaster DT	198 lbs.	T. Robinson	320	330	650	D. Cameron	140	95	200	435
A. Goule 130		K. Kirk	205	380	585	D. Cumeron		Q-150!	200	400
148 lbs.	P. Dver 405	308 lbs.	200	500	303	MALE		4 .50.		
Master I DT	220 lbs.	Open DT				Master II				
C. Huff 185	Master II DT	A. Aerts	475	550	975	A. Aerts	300	475	550	1325
4th-190!	P. Murphy 525!	Master II		000	,,,	308 lbs.	300	-	330	.020
MALE	242 lbs.	A. Aerts	475	550	975	Open DT				
198 lbs.	Master I DT	Raw		-		A. Aerts	300	475	550	1325
Master III DT	R. Exum 600!	198 lbs.				Raw				
B. Nasser 245	308 lbs.	Master II DT				181 lbs.				
220 lbs.	Master II	P. Dver	220	405	-625	Submaster Di	1			
Master III DT	A. Aerts 550	308 lbs.				C. Conrad	325	270	415	1010
R. Urrea 315		Master II DT				198 lbs.				
Teen DT	A. Aerts 550	A. Aerts	390	470	860	Master III DT				
M. Short 385					199					
242 lbs.	165 lbs.				- 8 ml					
Master III DT	Open DT				0.000		01313111		10000	
	K T' -1 105	2 20 20 20 20 20 20 20 20 20 20 20 20 20			10. 1000 mg	25 (10 to 20				2000



Bonnie Aerts set records at the APA meet in Sacramento Oct. 27th with 565 deadlifts. Both men didn't make



Jeff Crow pulled 565 @ 242 at the APA Iron Gladiators of the West event (Scott Taylor photo)

D. Knapp 260 195 320 775

	app	4th-DI	-325		
	Open DT				
	A. Nunez	460	315	500	1275
	A. Nieto	395	325	_	720
	220 lbs.				
	Open DT				
	L. Chitwood	415	340	485	1240
	E. Helms	415	305	480	1200
	M. Stumpf	425	255	480	1160
	275 lbs.				
	Open DT				
	A. Laughlin	485	385	570	1440
	308 lbs.				
	Master II DT				
	A. Aerts	225	390	470	1085
	Open				
	A. Aerts	225	390	470	1085
	Open DT	225	200	470	1005
	A. Aerts	225	390	470	1085
	!=California	ecords	. = W	orid re	cords.
	DT=Drug Teste	ed. Chip	Conra	d's Bod	lyTribe
	Fitness was the Gladiators eve	e site of	this y	ears AP	A Iron
	Gladiators eve	nt and	typical	ot all	events
	hosted by Boo	lyTribe	this ev	ent wa	is well
	organized and	excitin	g. Spe	cial tha	nks to
	Chip and the o	rew he	provid	ed for	putting
	on an outstar	iding e	vent. L	ifting (	quality
	was great in t	ootn the	raw (	ategori	es and
	equipment as				
	majority of lift	ers opt	ing to I	int in ti	ne raw
•	divisions. Littii	ng raw	Andy	Laughin	n took
	the overall be	est litte	r awar	a in ti	ne full
	divisions. Lifting the overall because the power event. Indies compendents continuation.	we na	d some	outst	anding
	Acres compe	ting at	ent co	vent. I	nactor
	records and g	ate hatt	or with	overv	moot
	Donna Came	ron so	t a no	w Cali	fornia
	master record	in the	emust	Alison	Coule
	took the wom	on's su	hmaste	class	in the
	bench press ev	ent with	h a 130	lift an	dafter
	a 20 year layo	ff from	compe	ing Car	a Huff
	came back to	the pla	tform	to set	a Cali-
	came back to fornia master	record	with a	raw 1	90 lb.
	bench press! I	n the d	eadlift	Maria V	/ermes
	at 104 bodywe	eight an	d at 48	vears	of age
	set Californi	a. Ame	erican.	and	World
	records in the lb. pull! Way	deadlif	t with	a smoo	th 255
	lb. pull! Way	to go A	Maria!	Quite a	battle
	took place in t	he raw	220 lb.	portion	of the
	full power e	vent w	ith Le	vi Chi	twood
	taking the lead	spot w	ith a 1	240 tota	al, Eric
	Helms coming place slot with third was Matt Another good	right b	ehind f	or the	second
	place slot with	a 1200	) pound	total,	and in
	third was Matt	Stump	f with	an 1160	total.
	Another good	battle	took	place	in the
	master III. 27	5 lb. d	ivision	of the	bench
	press event wi	th Bob	Kehl er	nerging	as the
	victor with a	430 lb	. benc	press	at 69
	years of age! I	n the s	econd	place sl	ot was
	Mike Bonifield	bench	ing 35	at 66	years
	of age, and in	third p	lace wa	is 62 ye	ear old
	Phil Crawford	who be	enched	295. Al	three
	gentlemen did men between	some	outstar	nding li	its for
	men between	60 and	70 yea	rs of ag	e. The
	raw 242 class	in the	dead	int ever	nt was
	very close. Jef right on each	Crow	and Er	K Hoin	were
	right on each	other. I	soth lif	ters end	ded up
	with 565 dead	mits. Be	oth me	n didn'	make

their 3rd attempts with Crow trying 575 pounds and Holm trying 600 and both tied on second attempts with 565. However, the first place spot in these situations goes to the lightest lifter and Crow was three pounds lighter than Holm so the 1st place spot went to Jeff Crow. Best Lifter awards were the APA Executioner sculpture which is from a line of sculptures that are available only at APA meets. Special thanks to all the lifters who showed and thanks to all the lifters who showed and performed some excellent lifts, to Chip Conrad for providing a great meet site and staff, our referee's and the spotters and loaders who did one heck of an outstanding job throughout the day. I look forward to the next APA in Sacramento which will be held in March. (Scott Taylor results)



Matthew Iaconianni benched 220 at 148 at the APA Eastern US Open (Scott Taylor photographs)

13 OCT 07 -			
	T. Lew		480
FEMALE	DEADI		
UNL	FEMAL		
	165 lb	S.	
Gloudemams 175			
MALE	P. Zale		405
	MALE		
Junior DT Raw			
J. Jahn 300			
Master II DT	S. Sali		
Push Pull	BP	DL	101
MALE			
148 lbs.			
Open DT Raw			
M. Iaconianni	220	285	505
198 lbs.			
Teen DT Raw	40=	265	
J. Eger	185	365	550
242 lbs.			
Master II DT Raw	220	===	0=0
J. Ott	330	520	850
DT Raw	220		050
J. Ott	530	520	850



Toan Khuu squatted 585 way to a 1580 total in the class in California, Mary

275 lbs.				
Submaster D'	I			
W. Jordan		385	550	935
Open DT				
W. Jordan		385	550	935
Powerlifting	SO	BP	DL	TOT
MALE	-			
181 lbs.				
Open				
DT				
	485	345	515	1345
242 lbs.	403	343	313	1343
Open DT/UN	I Con			
T. Khuu			660	1500
	303	333	000	1300
275 lbs.				
Open DT				
P. McKenney				
DT=Drug Test	ted. Be	st Lifte	r Powe	erlifting
Toan Khuu. B	lest Lif	ter Pus	h Pull:	Wayne
Toan Knuu. D				
Jordan. Best L	ifter Be	ench: T	om Lew	is. Bes

100% Raw Su	preme Fitness
13 OCT 07 - E	
BENCH	B. Borofsky 289
FEMALE	SHW
	Submasters (35-39)
	R. Rebovich 385
	CURL
MALE	FEMALE
165 lbs.	165 lbs.
Submasters (35-39)	Submasters (35-39)
D. Umstead 303	R. Sorenson 88
181 lbs.	4th-93
Submasters (35-39)	
l. Freedman 308	
Masters (45-49)	
l. Bessette 321	
220 lbs.	165 lbs.
Master (60-64)	Submasters (35-39)
R. Comito 253	
Masters (50-54)	4th-134
K. Mattson 385	181 lbs.
242 lbs.	Open
Open	J. Freedman 140
E. Martinez 413	
275 lbs.	Juniors (20-24)
	M. McTaggart143
R. Cross 303	
Masters (55-59)	Open

	D. McGinty
100	275 lbs.
0-2	Master (60-64)
-	R. Cross
CCC	4th-135
	Masters (55-59
	B. Borofsky
4.73	SHW
THE REAL PROPERTY.	Law/Submaste
400000	R. Rebovich
	Push Pull
	All Lifters
10	105 lbs.
300	Teen (12-13)
100	C. Parker
41	114 lbs.
on the	Master (40-44)
242 lb.	D. McBurney
land.	132 lbs.
iand.	Teen (16-17)
	10011

	132 IDS.				
	Teen (16-17)				
	P. Willette	165	270	435	
	181 lbs.				
	Juniors (20-24)				
	B. O'Reilly	314	551	865	
	Youth (10-11)				
	J. Rebovich	77	209	286	
		4th-D	L-214		
	198 lbs.				
	Teen (14-15)				
	K. Fagan	192	369	562	
	Juniors (20-24)				
;	M. McTaggart	281	490	771	
		4th-D	L-512		
	220 lbs.				
)	Open				
	A. Abram	363	501	865	
	National records we				
)	ing lifters: Carol Pa	acetti-W	omen's	60-64	
:	Bench Press, Carol				
e	64 Deadlift, Carol	Pacetti	-Wome	n's 60-	
it	64 Strict Curl, Donn				
S	40-44 Bench, Donn				
;)	40-44 Deadlift, John				
,	Bench Press, Ray Co				
	Curl, Ray Cross-Men				
	Rebovich-Boys 11-				
	Sorenson-Woman'				
	curl, David Umste				
	Strict curl. (results				
)	Strict Curt. (results	courtes			

))				
	NASA S	South	Texas Open	
			Alvin, TX	
	BENCH		C. Turner	451
))	MALE		PS BENCH	
	220 lbs.		MALE	
	High School		275 lbs.	
	N. Hamme	270	Master II	
	242 lbs.		R. Harris	325
	Novice		PS CURL	
	D. Mora	_	MALE	
	Submaster II		165 lbs.	
9)	R. Perez	457	Police/Fire	
	Raw		C. Schaffer	104
	242 lbs.		275 lbs.	
	Master III		Master II	
	G. Wilkerson	314	R. Harris	165
)	275 lbs.		PS DEADLIFT	
	Master		MALE	
	Pure		275 lbs.	
	A. Lavick	451	Master II	
	SHW		R. Harris	380
	Junior			

,	200	DEADL			Push Pull 165 lbs.		BP	DL	тот
s. (60-64)	100	181 lbs			Master I				
	132	Master		)	C. Schaffer		242	292	534
1-135	132	C. Pace		220	Police/Fire				30.
s (55-59	9)	4th-			C. Schaffer		242	292	534
	148	242 lbs			Powerlifting	SQ	BP	DL	TOT
		Open	1		148 lbs.				
ubmaste	rs	C. Mini	nes	633	Novice				
	184				E. Campos	104	93	154	352
ull		BP	DL	TOT	Submaster 1				
ters					P. Gutierrez	402	281	468	1151
s.					Teen				
12-13)					DelaFuente	446	220	374	1041
ker		82	181	264	181 lbs.				
S.					Submaster I			200	
(40-44)	)				V. Johnson	501	308	501	1311
Burney		154	341	496	198 lbs.				
S.					High School				1000
16-17)					S. Salinas	451	325	451	1229
lette		165	270	435	Teen	205	240	440	1050
5.					H. Corbett	385	248	418	1052
(20-24)	)	211		000	E. Billiot	341	214	407	964
teilly		314	551	865	220 lbs.				
(10-11)			200	206	Junior/Pure	451	247	501	1300
ovich		77	209	286	D. SanMiguel	431	347	301	1300
s.		4th-DI	-214		275 lbs. Master I				
14-15)					J. Cannon	457	319	457	1234
		192	369	562	Open	437	313	437	1234
an (20-24)	,	132	303	302	J. Cannon	457	319	457	1234
Taggart		281	490	771	Submaster 1	40,			
		4th-DI			M. Rivera	501	336	540	1377
s.		1000			Raw				
					165 lbs.				
am		363	501	865	Master III				
al record	ds we	re set b	v the f	follow-	P. Miller	281	203	330	815
Press, Cadlift, C	rol Pa	cetti-Wo	men's	60-64	220 lbs.				
Press, (	Carol	Pacetti-	Women	's 60-	Master Pure				
adlift, C	arol	Pacetti-\	<b>Vomen</b>	's 60-	G. McNeil	518	358	584	1460
ct Curl,	Donn	a McBur	ney-Wo	oman's	242 lbs.				
Bench,					Submaster I				
Deadlift,					S. Berry	402	286	496	1185
Press, R	ay Cr	oss-Mens	60-64	Strict	<b>Power Sports</b>	CR	BP	DL	TOT
lay Cross					FEMALE				
ich-Boys					198+ lbs.				
son-Wo						00	202	341	622
					C. Cannon	88	203	341	633
curl. (res	suits c	courtesy	Bret K	ernon)	MALE 165 lbs.				
					Master I				
NASA S	South	Texas	Open	1	C. Schaffer	104	242	292	639
		- Alvin			Master III	104	242		033
1		C. Tur	ner	451	P. Miller	99	203	330	633
		C. Turi	ICH		Police/Fire				
is.		MALE			C. Schaffer	104	242	292	639
School		275 lb	s.		220 lbs.				
mme	270	Master			Master Pure				
is.		R. Har		325	G. McNeil	170	358	584	1113
e		PS CUI	RL		275 lbs.				
ra	_	MALE			Master II				
ster II		165 lb	s.		R. Harris	165	325	380	870
ez	457	Police	/Fire		Special Thanks	go ou	t to G	arrett,	Wayne
		C. Sch	affer	104	and Don Tay	lor, S	teve a	nd Da	inielle
is.		275 lb			Wisnieski, Lee	and Ka	thy Ell	iff, Mik	e Hall
111	20.0	Master			and all the of	her gre	eat pec	pple in	Alvin.
lkerson	314	R. Har		165	Although this				
is.		PS DE	ADLIFT		great time and	a gre	at vac	ation.	we all
r		MALE			had a great aff	er mee	t meal	at the	Bar-B-
1.1	4.7.4	275 lb			Que place. In	all ther	e were	12 01	us and
vick	451	Master		200	we had a grea	bin is	May of	2009 6	ryone:
		R. Har	115	380	Next meet in A	to Ric	h Pete	rs for	results)



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# 3 inches in the rear to

there! (Thanks to Rich Peters for results)

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295 K. Tingley 181 lbs.

M. Bonifield 355 198 lbs.
P. Crawford 295 Master II DT

295

390

390

Open DT 430 J. Valencia 430

P. Dyer 220 lbs.

Open DT

J. Crow E. Holm

275 lbs. Open DT

B. Glenn 308 lbs.

A. Aerts

Open DT A. Aerts

390 Open A. Aerts

Master II DT

475 Submaster K. Brown 475 242 lbs.

425

565

565

480

D. Yancy 275 lbs.

Open DT A. Aerts Master II

A. Aerts

D. Yancy 275 lbs.

308 lbs.

A. Aerts

A. Aerts

Open DT A. Aerts

Master III DT

Master II DT

Master III DT P. Crawford 295

Raw 242 lbs.

Master III DT B. Kehl

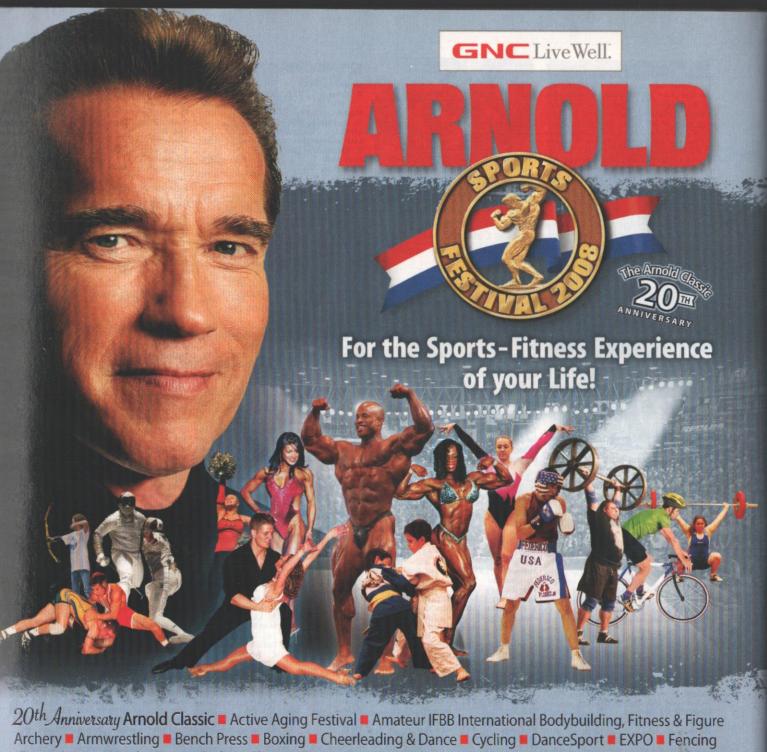


Figure International Fitness Fashion Show Fitness International Fitness Training Seminar Grappling/Ju Jitsu Gymnastics ■ Judo ■ Karate ■ Martial Arts Festival ■ Ms. International ■ Powerlifting ■ Pump & Run (5K) Strength Training Summit Strongman Contest Table Tennis Tae Kwon Do Weightlifting Wrestling Wu Shu VIP PACKAGE - Pro competitions Friday & Saturday (reserved seating), buffet dance party, fitness training seminar with Arnold and the champs, 3-day admission to Arnold Fitness EXPO; \$350. INDIVIDUAL TICKETS - Pro Women's FINALS: Friday, 7-10 pm; \$50 and \$75 (reserved seating). Arnold Classic PREJUDGING: Saturday, 12:00 Noon; \$50. Arnold Classic FINALS: Saturday, 7-10 pm; \$50 and \$75 (reserved seating). FITNESS TRAINING SEMINAR: Sunday, 9-12 noon; \$50. Amateur Fitness & Figure PREJUDGING: Thursday, 7 pm; \$25. Amateur Men's & Women's Bodybuilding PREJUDGING: Friday, 9 am; \$25. Amateur Men's & Women's Bodybuilding, Fitness & Figure FINALS: Saturday, 9 am; \$10 EXPO ticket. ARNOLD EXPO Tickets: \$10/Day/Person, 10yrs, & under FREE if accompanied by an adult. NO STROLLERS ALLOWED. TICKETS AND INFORMATION: www.ticketmaster.com/arnold or phone 614-431-3600.

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Nationwide Arena 

Columbus, Ohio USA

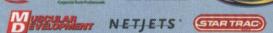
















jantana (HEMISTRY)





ANPPC World Cup

AINI	LCA	voriu (	cup	
14 JU	L 07 -	Tusco	ola, IL	
BENCH		Police	Fire (	40-44)
Master (45-49	9)	308 lb	is.	
220 lbe		P No	wton	445*
M. Maxwell	360	Open		
Master (50-54	1)	198 lb	s.	
198 lbs.		C. Erb	er	230
D. Newman	385*	DEAD	LIFT	
308 lbs.		Junior		
308 lbs. C. Cozine	505*	198 lb	is.	
Master (55-59	9)	C. Ful	scher	540*
101 105.				9)
D. Sparks	-	181 lb	s.	
308 lbs.		M. Ra		525
B. Blackmon	450*	Open		
Master (65-69	9)	198 lb	os.	
220 lbs.		C. Erl	er	420*
C. Green	310*			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Master (45-49	9)			
181 lbs.				
E. Reeves	355*	225*	345*	925*
Open				
165 lbs.				
	235	135	275	645
MEN				
Junior				
198 lbs.				
J. Stanton	600*	295	575*	1470
Submaster				
220 lbs.				
M. Maidens		280	460*	1110
Master (40-4	4)			
220 lbs.				
T. Carnaghi	780*	380	605	1765
Master (45-49	9)			
242 lbs.				
C. Price	625	-	-	-
Master (50-5	4)			
198 lbs.				
D. Newman	505*	385*	485*	1375
220 lbs.				
R. Butcher		-	-	-
Master (65-6	9)			

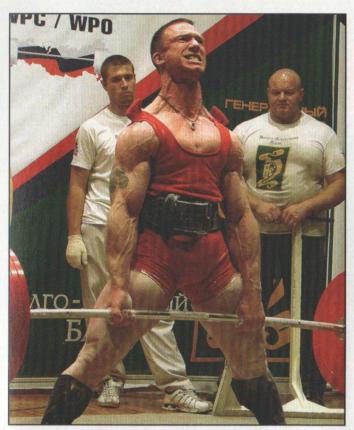


"E" Girl Reeves with a world

)						
	242 lbs.					
	T. Hall	415*	215*	485*	1115	
	Open					
	165 lbs.					
	P. Halverson	350	335	400	1085	
	181 lbs.					
	T. Borrelli	325	255	375	955	
	220 lbs.					
	T. Carnaghi	780*	380	605	1765	
	*=ANPPC W					
	Powerlifting:					
	Bench Press:					

Light Power Gym. At the last moment we had two teams cancel, including a team competing in the 50-54/220 class, was on from the country of Colombia, who had problems getting here. Nontheless we the day. Sixty-eight year old Tom Hall from the country of Colombia, who had problems getting here. Nontheless we had a great meet filled with some impressive lifting. Starting with the women's division, "E" Girl Reeves had a great day, setting all new world cup marks for the 45-49/181s. "E" Girl finished with a 355 squat, 225 bench and a 345 pull for a record 925 total. Jessica Gosney, lifting in her first world cup, did well at open 165. Lifting "raw", Jessica had a 235 squat, 135 bench and a 275 deadlift for a fine 645 total. Junior 198 winner, Jesse Stanton actually got in a great 700 squat, but was called for depth, then settled with is opener of 600. Making just his opening bench with 295, Jesse finished the day by making all three of his deadlift were also new world cup records. Newcomer Mark Maidens won at submaster 220, finishing with a fine 1110 total. Mark, who also new world cup records. Newcomer Mark Maidens won at submaster 220, finishing with a fine 1110 total. Mark, who lifts "raw" with near perfect form. set new prs in his squat with 370 and the deadlift. Mark's pull with 460 also broke the existing world cup record. In the bench press Mark finished with 280, just missing a personal best final attempt with 300. Tom Carnaghi continues to make his "comeback", lifting here at master 40-44/220. Tom started with a great 780 record squat. His 380 bench, along with his 605 pull gave him his world cup total of 1765. Tom also won at 220 open, taking the overall best lifter as well. Moing to the 50-54/198 class, Dave Newman came to break all of the records there, which he did with just his openers. Dave ended with a 505 squat, 385 bench and a 485 pull for a record 1375 total. Upset with the personal best 700 squat he came to get, Dr. Charles Price dropped out of the competition, taking Randy Butcher with





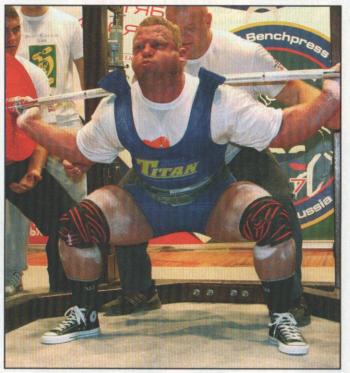
Marcel Mette of Germany finished 4th in the 75 kgs. in Togliatti, RUS.

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Craig Coombes of Great Britain opened & closed at 925 in the squat.

WPO Semi Finals

	3	3-4 N	OV 0	7 - 1	ogliai	tti, RUS	5			
Powerlifting MEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	тот
Open 165 lbs.										
Ayvazov-RUS	705	737	771	374	396	407	595	633	644	1824
Pryakhin-RUS	694	715	749	418	457	463	611	655	_	1824
Nekipelov-RUS	617	660	727	462	479	479	578	606	633	1813
Mette-GER 220 lbs.	661	715	738	374	402	413	562	595	611	1730
Ayvazov-RUS	859	902	948	517	518	540	738	815	815	2182
Sharapov-RUS	793	858	859	220	_	_	220	_	_	1234
		4th-Se	Q-916							
Reksne-LAT	815	814	_	572	595	595	716	716	716	_
Coombes-GBR 275 lbs.	925	924	925	-	-	-	-	-	-	-
Stepanov-RUS 275+ lbs.	837	880	914	528	529	551	683	705	727	2138
Turtiainen-FIN	1036	1100	1151	638	672	672	815	859	_	2557
Karnaukhov-UKR	925	968	970	550	551	595	749	821	859	2386
Nastynov-RUS	925	1012	1107	506	562	584	661	716	760	2226
Murtom ki-FIN	970	968	970	_	_ 8		-	_	_	_
(Thank you to Yur	iy Ustin	nov, P	residen	t AW	PC/WI	PC/WPO	Russi	ia, for	these	results)

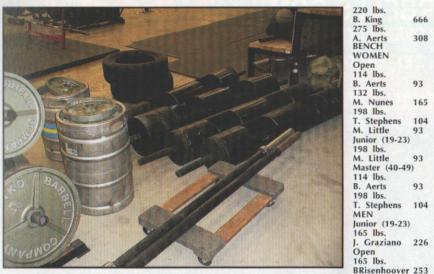


Ano Turtiainen squatted 1102 and totaled 2557 at the WPO Semifinals contested in Russia

Powerlifting	SO	BP	DL	TOT
148 lbs.	24			
Myler	265	295	365	925
165 lbs.			- 1	
Freeman	345	285	395	1025
Brown	345	245	420	1010
Rogers	285	185	410	880
Herron	275	225	315	815
181 lbs.				
Mask	445	305	455	1205
Henderson	365	315	515	1195
Warren	315	275	455	1045
Barfell	335	225	480	1040
lohnson	245	205	405	855
198 lbs.				
Kaurman	225	195	315	735
220 lbs.				
Villa	495	305	525	1325
Morgan	315	275	530	1120
Flowers	335	225	475	1035
Harrington	275	265	365	905
248 lbs.				
Depriest	445	345	475	1265
Carter-X	-	295	500	795
275 lbs.				
Hamilton	505		565	1455
Meet Directo				
good turn ou				
Thanks to the	meet	worker	s as th	e mee



10,000 Square Ft. Showroom Open to the Public



(continued from page 25)

lifters).

Why did we open it? David loves the strength sports. He supports the lifters and wants to provide them with the best equipment and environment to prepare for competition or for their personal gains. We were both tired of the negative attitude (and ridiculous rules) of other gym owners toward strength athletes. Also, I wanted a place where I could train my athletes without worrying about the weather. (And they both wanted the big-screen

Gayle, all I can say is WOW. This is probably the best strongman-training facility that I've ever heard of! So many guys have to train outside, or in barns; this is a great idea!! Sounds way cool to me, and also know how tough it can be to keep highschool lifters focused. So my hat is off to both Gayle & David!

As far as that goes; we offer a HOUSE OF PAIN shout out to all the other lifters at Brute

USPF (	Centi	ral Cal	ifornia	1
7 OCT				
Powerlifting				
WOMEN				
Junior (13-15)				
148 lbs.				
C. LaMantia	121	71	214	407
Junior (19-23)				
198 lbs.				
M. Little	187	93	226	507
Open				
114 lbs.				
B. Aerts	121	93	192	407
148 lbs.				
C. LaMantia	121	71	214	407
198 lbs.				
M. Little	187	93	226	507
198+ lbs.				
N. l'Anson		254	358	993
Master (40-49	)			
114 lbs.				
B. Aerts	121	93	192	407
198+ lbs.				
N. l'Anson	380	254	358	993
MEN				
Junior (16-18)				
308 lbs.				

D. Ortega 551 402 534 1488

Strength - including Stella Krupinski (APF Nats in 2007), Thomas Dillard (Raw Nationals & World), a trio of strongest man competitors (Jeff Crane, Kenny Davis, and Tim Stallings), and to all the future supermen who are training there while still in high school.

This article is geared for strongmen - so it is dedicated to our good friend Jesse Marunde. We have a lot of friends that are big-time strongest-men competitors, but Jesse was a special favorite. He went out in a blaze of glory doing what he loved - training for Strongest Man competition. I bow my head and offer a heartfelt prayer for his widow Callie and their family. Everyone here at HOUSE OF PAIN will miss him, and I look forward to seeing him again in heaven..

Until next Rick@houseofpain.com.

#### **HOUSE OF PAIN** P.O.Box 333 Fate, TX 75132

					The second second	2000		
114 lbs.								
C. LaMantia	110	66	159	336	NASA	Arizo	ona Regional	
148 lbs.							- Mesa, AZ	
S. Layman	584	385	512	1482	BENCH		T. Manno	104
165 lbs.			*		MALE		165 lbs.	
S. Santellan	253	203	374	832	198 lbs.		Teen	
181 lbs.					Int		D. Wilson	187
B. Pacheco	446	370	463	1279	L. Olsen	_	181 lbs.	
198 lbs.					Novice		High School	
M. Gautreaux	424 .	297	435	1157	H. Pineda	380	A. Trail	209
B. Ball	286	308	402	997	220 lbs.	500	220 lbs.	203
220 lbs.					Master II		Master IV	
A. Aguilar	457	330	529	1317	I. Olson	352	E. Evatt	259
242 lbs.					Police/Fire	332	PS BENCH	
B. Marum	584	451	573	1609	J. Olson	352	220 lbs.	
P. O'Neal	485	297	518	1300	SHW	332	Master IV	
275 lbs.					Open		E. Evatt	259
A. Aerts	308	464	518	1290	T. Manno	711	Open	
308 lbs.					Raw		Schmuecker	363
B. Mikesell	771	507	655	1934	123 lbs.		PS CURL	303
Master (40-49	))				High School		220 lbs.	
220 lbs.					J. Pereja	203	Novice	
B. Moberg	391	275	429	1096	132 lbs.	203	J. Fsaguirre	137
J. Torrence	319	319	402	1041	Teen		). Isagairie	
275 lbs.					I. Adams	214		
I. Amaral	463	297	479	1240	148 lbs.			
308 lbs.					Youth			
B. Mikesell	771	507	655	1934	Push Pull		BP DL	TOT
Master (50-59	))				MALE			
	W. Land							

220 lbs.					Street Street
B. King	666	407	672	1747	165 lbs.
275 lbs.	200			1000	Teen D. Wilson
A. Aerts BENCH	308	464 DEAD	518	1290	181 lbs.
WOMEN		WOM			High School
Open			(13-15)		B. Trail
114 lbs.		148 II			198 lbs.
B. Aerts	93		Mantia	214	Teen B. Edwards
132 lbs. M. Nunes	165	Open 114 II			242 lbs.
198 lbs.	103	B. Aei		192	High School
	104	148 II	os.		K. Hagbers
M. Little	93	C. La	Mantia	214	308 lbs.
Junior (19-23)		198 II	os.		Int H. Thomas
198 lbs.	02		phens		Powerlifting
M. Little Master (40-49	93	M. Lit	(19-23)	226	MALE
114 lbs.	,	198 II			220 lbs.
B. Aerts	93	M. Li		226	Open
198 lbs.		Maste	r (40-49		J. Correa
T. Stephens	104				275 lbs.
MEN (10 22)		B. Ae		192	Master II J. Kessinge
Junior (19-23) 165 lbs.		198 II		206	308 lbs.
	226	MEN	phens	286	Int
Open			(16-18)		H. Thomas
165 lbs.		308 II			Open
BRisenhoover	253	D. Or		534	H. Thomas
181 lbs.			(19-23)		Raw 114 lbs.
MRisenhoover	286	198 II			Youth
1. Smalley 198 lbs.		T. Ng	uyen	568	M. Burkeen
C. Tremblay		220 II A. Ag		529	123 lbs.
275 lbs.		Open	unai	323	High School
A. Aerts	464	114 II	os.		B. Hicks
308 lbs.		C. La	Mantia	159	132 lbs. High School
A. Galafate	479	165 II			E. Ruiz
308+ lbs. D. Schultz	551		ntellan	374	Junior
Master (40-49		181 II		463	E. Sanches
242 lbs.		220 II	os.	403	148 lbs.
D. Copeland	352	M. Fr	aze	507	High Scho
308+ lbs.		275 II	os.		C. Green
		A. Ae		518	Junior I Garcia
Master (50-59 198 lbs.	)	308	lafate	E01	J. Garcia N. Weame
P. Dyer	198		r (50-59		Novice
275 lbs.		198 II		'	J. Garcia
A. Aerts	464	P. Dy		385	165 lbs.
Master (60+)		220 H	os.		High School
198 lbs.	205	D. Bu	rke	413	M. Lamast
S. LaFollette 275 lbs.	325				C. Souza
P Crawford	297	A. Ae		518	Teen
Meet Director	: Stev	e Den	ison. In	terna-	D. Wilson
tional: Refered	e: Bill	Ennis.	State	Refer-	181 lbs.
ees: Alan Aei	rts, Ke	elli La	Mantia,	Mike	High Scho
Koufos, Curtis					A. Trail Open
Steve Matthey Wilson, Stev	e De	nison	and (	huck	P. Septon
Inhantin Ann	OIII CO	v. Chu	CL I SAA	antia	Teen
Scorekeeper: Score Sheet &	Kelli	LaMa	ntia. M	laster	J. Lain
Score Sheet &	Comp	outer: S	Steve De	nison.	198 lbs.
Sponers & Loa	aders:	rrank	Capie. C	narne	Junior
Telesco, John George Beckha	Alvai	d Prove	n Batist	nwab,	J. Garrett Teen
					B. Edwards
Desmond Fitze	Gerald	. Conc	essions:	Tyler	242 lbs.
VanLoon and	Chris F	ernand	lez. (rest	ilts of	High School
the meet are					K. Hagber
					Power Spo
NIACA	A .:-	no D	ainI		FEMALE 123 lbs.
NASA	Arizo	na Ke	egional		Youth
3 NO	V U/	T. Ma	d, AZ	104	K. Ishimats
MALE		165 H	be	104	MALE

	181 lbs.		18/	352	540
	High School B. Trail 198 lbs.		214	358	573
	Teen B. Edwards 242 lbs.		198	369	567
	High School K. Hagberg 308 lbs.		203	369	573
	Int H. Thomason Powerlifting	5Q	479 BP	644 DL	1124 TOT
	MALE 220 lbs. Open				
	J. Correa 275 lbs. Master II		264		1118
	J. Kessinger 308 lbs. Int				1278
	H. Thomason Open				1929
	H. Thomason Raw 114 lbs.	804	479	644	1929
	Youth M. Burkeen	187	126	231	545
	123 lbs. High School B. Hicks		121		573
	132 lbs. High School				
	E. Ruiz Junior	286	187		810
	E. Sanches 148 lbs. High School		187		782
	C. Green Junior L. Garcia		187 248		920 1041
	J. Garcia N. Weamer Novice J. Garcia			380	931
	165 lbs			457	1041
	High School M. Lamaster Open				1014
	Teen			440	1058
	D. Wilson 181 lbs. High School	292	187	352	832
	A. Trail Open	259	209	352	821
	P. Septon Teen	336	248	451	1036
	J. Lain 198 lbs. Junior	319	231	402	953
	J. Garrett Teen	220	220	424	865
1	B. Edwards 242 lbs.	297	198	369	865
	High School K. Hagberg	297	203	369	870
	Power Sports FEMALE 123 lbs.	CR	BP	DL .	тот
	Youth K. Ishimatsu	38	66	165	270
	MALE 67 lbs. Youth			*	
	S. Hou-Seye 123 lbs. High School	27	44	99	170
	N. Dzuback 132 lbs. High School	66	126	237	429
	J. Pereja J. Charles Junior	115 82	203 115	325 203	644 402
	E. Sanches 148 lbs. High School	93	187	325	606
	S. Shapiro	110	203	330	644
	Teen T. Dwiggins 181 lbs.	110	176	319	606
	High School B. Trail 242 lbs.	115	214	358	688
	M. Marquez	148	275	429	854
	(Thanks to Ric	ch Pete	rs for	the res	ults)

187 352 540



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E. Welch

Mickelson 440

Master (54-60)

WOMEN

L. Lamp Master (47-53)

114 lbs

123 lbs.

165 lbs.

181 lbs

Master (40-46)

Mcguire

P. Michaels 220

J. Mangaoang 222\*

M. Huston 2 Master (54-60)

4th-214!\* 148 lbs.

Lastufka

181 lbs. W. Pristell

165 lbs

C. Ward

R. Talley

C. Frost

114 lbs.

MEN

148 lbs

220 lbs.

G. Loss

275 lbs.

B. Sargent

E. Welch

181 lbs

242 lbs.

Law/Fire

308 lbs

K. Lentz

D. Unson

198 lbs.

Hart

A. Munsey

Master (40-47)

Master (40-46) 165 lbs.

4th-485\*

Junior (20-25)

D. Harnden 413

K. McQuade

Teen (14-15)

Master (68-74)

4th-148!\*

123 lbs. I. Pantilat

165

88

221\*

209

143

204\*

358

468

451

385

47-53/308 lbs.

198 lbs.			37		
R. Chwalek	297			LI CONTRACTOR	
259 lbs.	204	Ine Mickel	son -	47-53/308	lhe
D. Harkins		joe mienei	3011	47-33/300	03.
Master (61-67	)			200 11-	
198 lbs.		Master (54-60	))	308 lbs.	
G. Holzinger	336	123 lbs.			661
242 lbs.			271!*		
K. Johnson	303	Master (68-74	1)	D. Munsey	
L. Taylor	192	181 lbs.		Master (47-53	)
308 lbs.		W. Pristell	214	181 lbs.	
R. Smith	535!	4th-225!*		L. Woodley	688
Master (68-74	)	Open		308 lbs.	
198 lbs.		198 lbs.		J. Mickelson	
	231	F. Magaoang	426*	Master (54-60	))
Master 975-79	9)	Submaster		181 lbs.	
198 lbs.		123 lbs.		J. Rankin	
R. Waite	165	R. Unson	270*	Master (61-67	)
Open		Teen (14-15)		198 lbs.	
181 lbs.		123 lbs.		G. Holzinger	435
D. Linerud	512*	R. Talley	165	Mster (75-79)	
SHW		MEN		198 lbs.	
J. Crawford	710	Class 1		R. Waite	303
Special Olym	pian	181 lbs.		Open	
181 lbs.		T. Thomas	463*	181 lbs.	
B. Steinmetz		198 lbs.		L. Woodley	688
Submaster (33	3-39)	J. Sandlin	451	242 lbs.	
181 lbs.		220 lbs.		J. Sukkar	
M. Husert	236	N. Dufour	600	Submaster (33	3-39)
SHW		242 lbs.		181 lbs.	
J. Crawford	710	M. Cheng	518	M Husert	473
Teen (14-15)		308 lbs.		242 lbs.	
165 lbs.		E. Welch	661*	M. Cheng	518
D. Derwon	198	SHW		Teen (12-13)	
220 lbs.		D. Harnden	600	123 lbs.	
B. Henry	170	Junior (20-25)		C. Summers	231
Teen 916-17)		148 lbs.		Teen (14-15)	
S. Sandberg	231*	M. Czaja	303	132 lbs.	
DEADLIFT		181 lbs.		C. Williams	270
WOMEN		S. Hart	413	165 lbs.	
Master (40-46	)	198 lbs.		J. Summers	248
123 lbs.		1. Sandlin	451	181 lbs.	
L. Lamp	220	242 lbs.		E. Stratton	347
Master (47-53		A. Munsey	584	220 lbs.	
114 lbs.		Master (40-46		B. Henry	308
J. Morris	264	165 lbs.	1	Teen (16-17)	
123 lbs.		D. Unson	440	105 lbs.	
B. McGuire	203	2. 0113011		I. Hendee	176!*
UL		1-World Page	rde *-	State Records.	
J. Mangaoang	358			art. (Thanks to	
4th-363*				art. (Inanks to	



Andy Munsey used his lifting at the WABDL Alki Beach competition to qualify himself for the WABDL World Championshipsin Anaheim

BENCH

For standard 148 lb./67.5 Kg. USA lifters in results received from OCT/06 through OCT/07

	444	4	
SQ	UA	T	

	SQUAT
1	727 Schwab, B11/4/06
2	722 Williams, C11/7/06
3	639 Dunn, J6/15/07
4	622 Hoerner, T.J., 7/7/07
5	622 Edmondson, D8/4/07
6	615 Murygin, R8/19/07
7	584 Layman, S10/7/06
8	584 Matsumoto, D7/7/07
9	584 Hartnett, S6/15/07
10	573 Perry, R6/30/07
11	565 Hara B 3/24/07

565 Niedolitwka, V..10/27/07 560 Ceklovsky, J..3/31/07 555 Rodgers, C..2/17/07 555 Christensen, J..3/24/07 551 Scisney, K..10/2/06 551 Morse, C..8/4/07 550 Barnes, C..3/24/07 540 Kuhns, M..10/28/06 540 Derstine, M..12/9/06

540 Caffey, J..3/24/07 540 Johnson, C..3/24/07 535 Costanzo, D..4/1/07 534 Ribic, P.11/6/06 534 Bohigian, K..3/17/07 529 Wong, P..3/3/07 529 Baldwin, S..6/22/07 525 Morrow, J..12/3/06 525 Trapani, F..3/17/07 518 Scelfo, V..4/13/07

515 Rios, S..3/24/07 512 Ruiz, M..4/14/07 512 Montefolka, B..6/21/07 507 Martin, K..4/28/07 501 Weinstein, L..12/9/06 501 Billancione, R..3/24/07 501 Waggener, Z..4/14/07 501 Young, D..7/21/07 500 Hill, C..3/24/07

500 Flores, J..3/24/07 500 Tepper, S..5/12/07 496 Stroh, F..6/16/07 490 Johns, A..12/2/06 485 Ramirez, R..3/24/07 485 Barthold, B..3/24/07 485 Westwood, S..5/5/07 485 Tanabe, V..5/5/07 485 Sorenson, D..8/11/07 480 Mullins, L..3/24/07

480 Ferguson, J..3/24/07 480 Edwards, J..3/24/07 475 Angkoon, R..3/24/07 473 Keenan, N..6/21/07 470 Revels, M..11/18/06 470 Hkson, A..3/24/07 462 Silbert, L..11/4/06 462 Robinson, M..3/24/07 462 Sato, B..6/2/07 462 Schwalbach, R..7/7/07

460 Dickson, T..2/24/07 460 Dipple, C..3/24/07 460 Figueroa, S..3/24/07 457 Krampitz, G.3/17/07 455 Robinson, P..3/9/07 455 Ingram, B..3/24/07 451 Bates, W..3/30/07 451 Cook, C..4/14/07 451 Martin, J..4/13/07 451 Shouse, A..5/19/07

450 Martin, E..2/17/07 450 Wynn, T..4/21/07 446 DeLaFuente, N..7/7/07 445 Winchel, S..3/9/07 445 Trejo, F..3/24/07 440 Squier, W..1/27/07 440 Brown, K..2/24/07 440 Starnes, M..2/24/07 440 Hohman, Z..2/24/07 440 Vera, R..3/24/07

440 Mojica, L..3/24/07 440 Barrera, L..3/24/07 440 Clements, C.J..3/24/07 440 Newsome, N..3/30/07 440 Raker, A..3/30/07 440 LePierre, B..4/13/07 440 Lee, G..6/30/07 440 Hendrickson, N..9/4/07 440 Wess, R..10/12/07 435 Edwards, J..3/24/07

435 Rodriguez, J.J. 3/24/07 435 Ramierez, M. 3/24/07 435 Joseph, C. 9/15/07 430 Compos, W. 2/3/07 430 Williams, T. 3/3/07 430 Williams, T. 3/3/07 430 Burgess, D. 3/24/07 430 Brida, J. 6/23/07 429 Rohan, B. 110/2/06 429 Bissen, J. 11/4/06

#### DEADLIFT

Schwab, B8/19/07	600 Castro, M5/4/07
Ceklovsky, J 10/14/06	600 Schwab, B8/19/07
Unten, K7/14/07	595 Williams, C11/7/06
Smith, J3/31/07	590 Niedoliwka, V 10/27/
Imamura, J6/2/07	589 Hoerner, T.J7/7/07
Williams, C11/7/06	578 Dunn, N11/15/06
Harmon, K10/14/06	578 Derstine, M12/9/06
Albano, T10/14/06	578 Ruiz, M11/18/06
Trapani, F3/17/07	570 Morrow, J6/23/07
Evangelista, A., 6/9/07	562 Billancione, R3/24/0

418 Matsumoto, D..7/7/07 413 Bohigian, K..3/17/07 407 Byrnes, C..2/11/07 405 Morrow, J..6/23/07 402 Tiley, J..1/27/07 402 Edralin, A..7/14/07 396 Venturella, C..7/21/07 391 Layman, S..10/7/06 391 Montefolka, B..6/21/07 385 Wong, P..3/3/07

385 Manuel, D..8/11/07 375 Murygin, R..8/19/07 375 Niedoliwka, V..10/27/07 370 O'Grady, S..10/20/07 369 Smith, D..11/16/06 369 Arnold, J..3/17/07 365 Flowers, C..4/28/07 363 Scisney, K..10/2/06 363 Mansourian, N..12/16/06

363 Knight, E..3/24/07 360 Kuhns, M..10/28/06 360 Davis, M..10/20/07 358 Leibfried, D..9/1/07 355 Viars, D..4/14/07 355 Viars, D..4/14/07 355 DeSimone..8/5/07 352 Locklear, K..3/24/07 352 Kelly, T..4/7/07 352 Dunn, J..6/15/07 352 Baldwin, S..6/22/07

352 Thompson, M. 7/14/07 350 Revels, M. 11/18/06 350 Fraley, J. 3/25/07 350 Tepper, S. 5/12/07 350 Sampras, N. 7/26/07 347 Nahorniak, E. 8/11/07 345 Ingram, B. 3/24/07 341 Derstine, M. 12/9/06 341 Marino, M. 3/10/07 341 Poitevint, K. 8/11/07

340 Borzok, M..11/10/06 340 Zehr, A..8/10/07 336 Kunkel, B..11/15/06 336 Langmead, G..3/24/07 336 Acosta..4/21/07 336 Belen, T..6/9/07 336 Silva, E..7/14/07 336 Edmondson, D..8/4/07 336 Sorenson, D..8/11/07 330 McCoy, T..12/2/06

330 Shuhei, O..2/17/07 330 Hoerner, T.J..7/7/07 325 Rohan, B..10/2/06 325 Vargas, W..11/15/06 325 Neal, J..4/14/07 325 Norse, C..6/30/07 325 Ernest, A..7/14/07 325 Ramos, A..8/11/07 325 Frank, J..8/11/07 325 Petrencak, S..8/18/07

320 Shouse, A..11/11/06 320 Majewski, C..3/17/07 320 Costanzo, D..4/1/07 320 Ranelli, F..8/5/07 319 Westwood, S..6/16/07 319 Beaudry, J..7/14/07 319 Perea, L..8/4/07 315 Liggett, M..10/14/06 315 Renard, N..3/10/07 315 Albert..9/8/07

314 Johns, A..12/2/06 314 Weinstein, L..12/9/06 314 Waggener, Z..4/14/07 314 Piccione, J..4/14/07 314 Quintana, B..7/28/07 314 Angelone, S..10/20/07 310 Keirsey, D..5/19/07 310 Sylvester, D..7/26/07 310 Aldag, T..8/11/07 308 Dessau, D..11/15/06

305 Lauricella, M..11/16/06 305 Miller, B..3/10/07 305 Dreisig, N..3/10/07 305 Rodriguez, J.J..3/24/07 305 Cagno, V..3/31/07 305 DiFrancisco, P..5/5/07 305 Wilson, S..7/14/07 303 Cole, S..11/15/06 303 Mach, T.J..12/2/06 303 Scanga, F..1/27/07

558 Kaneshiro, D..7/14/07 552 Hartnett, S..3/2/07 551 Schalbach, R..7/7/07 545 Rios, S..3/24/07 545 Edmondson, D..8/4/07 544 Eggers, T..11/15/06 529 Weinstein, L..12/9/06 529 Ribic, P..2/16/07 523 Scisney, K..10/2/06

523 Phillips, J.. 1/27/07 523 Sorenson, D..3/31/07 520 Edwards, J..3/24/07 518 Rohan, B..10/2/06 518 Layman, S..3/17/07 515 Rodgers, C..2/17/07 512 Balanga, C.. 1/16/06 507 Murygin, R..4/28/07 507 Higgins, D..6/9/07

507 Gutierrez, P., 8/4/07 505 Trapani, T., 3/17/07 505 Catell, B., 8/18/07 501 Langmead, G., 11/16/06 501 Padro, J., 11/18/06 501 Warner, J., 12/16/06 501 Wong, P., 3/3/07 501 Tanabe, V., 5/5/07 501 Stroh, F., 6/16/07 501 Perry, R., 6/30/07

500 Estes..11/4/06 500 Revels, M..11/18/06 500 Gayle, G..2/24/07 500 Falconi, L..7/29/07 496 Krampitz, G..3/17/07 495 Dipple, C..3/24/07 490 Kunkel, B..11/15/06 490 Hendrickson, N..9/4/07 485 Robinson, M..3/25/07 485 Robinson, M..3/25/07

480 Ingram, B..3/24/07 480 Figueroa, S..3/24/07 480 Angkoon, R..3/24/07 480 Padilla, H..4/1/07 479 Montefolka, B..12/2/06 479 Sato, B..12/2/06 479 Spiekerman, K..3/30/07 479 Baldwin, S..6/22/07 479 Matsumoto, D..7/7/07 475 Thomas, L..2/3/07

475 Manuel, S..7/26/07 473 Terwilliger, C..11/11/06 473 Russell, A..3/10/07 473 Hinz, K..3/30/07 473 Durant, S..3/30/07 473 Waggener, Z..4/14/07 473 Adame, A..5/5/07 473 Shouse, A..5/19/07 473 Herstein, J..8/4/07 473 Leanos, A..10/6/07

473 Wess, R..10/12/07 470 Bohigian, K..12/16/06 470 Hare, B..2/3/07 470 Mullins, L..3/24/07 468 Evangelista, A..11/15/06 468 Lee, W..3/3/07 468 Acosta, M..3/3/07 468 Westwood, S..5/5/07 468 Westwood, S..5/5/07 465 Christensen, J..3/24/07

465 Ramirez, R..3/24/07 462 Santee, G..12/16/06 462 Ianno, J..10/12/07 460 Williams, R..1/27/07 460 Dickson, T..2/24/07 460 Yeng, L..3/9/07 460 Ferguson, J..3/24/07 460 Vera, R..3/24/07 460 Columbia, P..6/23/07

457 Scanga, F..1/27/07 457 Bates, W..3/30/07 457 Ferron, R..3/31/07 457 Funn, J..4/13/07 457 Wider, M..4/13/07 457 Neal, J..4/14/07 457 Piccione, J..4/14/07 457 Zanetti, L..6/9/07 455 Gego, J..11/7/06 455 Torres, A..2/24/07

1855 Schwab, B..8/19/07 1769 Williams, C..11/7/06 1543 Hoerner, T.J..7/7/07 1530 Niedoliwka, V..10/27/07 1490 Murygin, R..8/19/07 1482 Layman, S..10/7/06 1470 Morrow, J..12/3/06 1466 Matsumoto, D..7/7/07 1466 Edmondson, D..8/4/07 1460 Derstine, M..12/9/06

1455 Trapani, F.,3/17/07 1450 Ceklovsky, J.,3/31/07 1444 Dunn, J.,6/15/07 1437 Scisney, K.,10/2/06 1416 Wong, P.,3/3/07 1399 Hartnett, S.,6/15/07 1390 Bohigian, K.,12/16/06 1372 Perry R.,6/30/07 1370 Rodgers, C.,2/17/07 1361 Montefolka, B.,6/21/07

1361 Baldwin, S..6/22/07 1344 Ribic, P..11/6/06 1344 Weinstein, L..12/9/06 1344 Billancione, R..3/24/07 1339 Ruiz, M..4/14/07 1330 Hill, C..3/24/07 1325 Rios, S..3/24/07 1320 Revels, M..11/18/06 1320 Christensen, J. 3/24/07 1320 Christensen, J..3/24/0 1317 Sorenson, D..3/31/07

1300 Stroh, F..6/16/07 1300 Schwalbach, R..7/7/07 1300 Morse, C..8/4/07 1289 Waggener, Z..4/14/07 1280 Ingram, B..3/24/07 1280 Costanzo, D..4/1/07 1275 Caffey, J..3/24/07 1275 Barnes, C..3/24/07 1275 Hare, B..3/24/07 1273 Rohan, B..10/2/06

1273 Westwood, S. .6/16/07 1270 Kuhns, M. .10/28/06 1255 Dipple, C. .3/24/07 1251 Martin, K. .4/28/07 1250 Tepper, S. .5/12/07 1245 Tleby, J. .1/27/07 1245 Johnson, C. .3/24/07 1245 Robinson, M. .3/25/07 1245 Shouse, A. .5/19/07 1240 Estes..11/4/06

1235 Figueroa, S..3/24/07 1234 Tanabe, V..8/11/07 1234 Sato, B..6/2/07 1229 Johns, A..12/2/06

1206 Padro, J..11/18/06 1206 Hendrickson, N..9/4/07 1205 Edwards, J..3/24/07 1201 Scelfo, V..4/13/07 1201 Young, D..7/21/07 1201 Gutterrez, P..8/4/07 1195 Rodriguez, J.J..3/24/07 1195 Neal, J..4/14/07 1190 Angkoon, R..3/24/07 1190 Ferguson, J..3/24/07

1190 Barthold, B..3/24/07 1190 Edwards, J..3/24/07 1185 Vera, R..3/24/07 1185 Vers, R..10/12/07 1179 Scanga, F..1/27/07 1175 Wynn, T..4/21/07 1168 Piccione, J..4/14/07 1165 Mojica, L..3/24/07 1162 Terwilliger, C..11/11/06

1160 Hixson, A..3/24/07 1157 Ferron, R..3/31/07 1157 Cook, C..4/14/07 1157 Lewis, S..10/6/07 1155 Dickson, T..2/24/07 1151 Silbert, L..12/9/06 1151 Bates, W..3/30/07 1151 Bates, W..3/30/07 1151 Acosta, M..4/14/07 1151 Keenan, M..6/231/07 1151 Leanos, A..10/6/07

1150 Trejo, F..3/24/07 1145 Gengo, J..11/7/06 1140 Brown, K..2/24/07 1140 Lee, W..3/3/07 1140 Baines, T..6/9/07 1135 Burgess, D..3/24/07 1135 Mobbs, C..3/24/07 1129 Melancon, J..11/18/06 1129 Lee, G.6/30/07 1129 Fredehagen, R..8/4/07

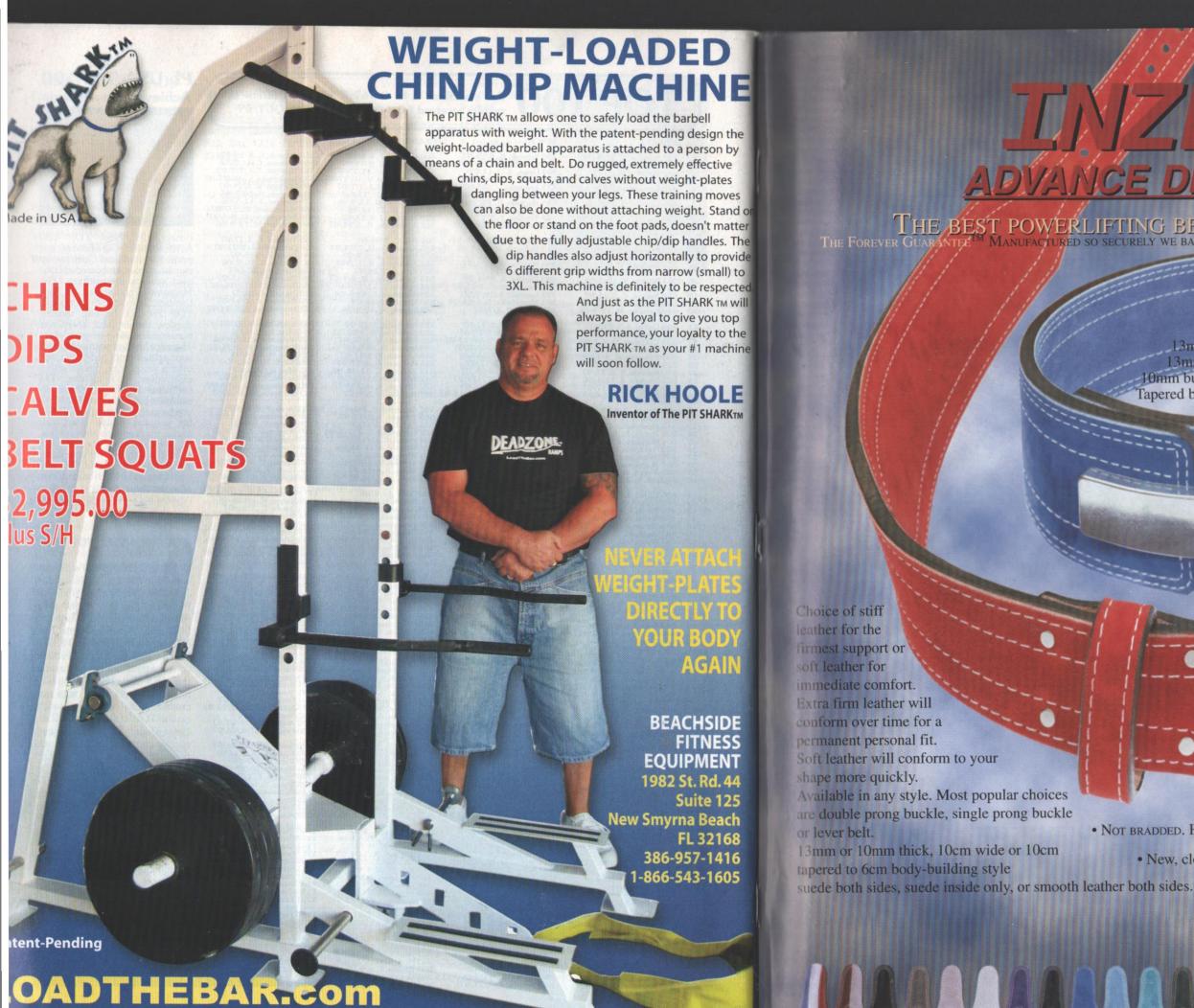
#### PL USA Top 100 **Achievement Awards**



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, 1 and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

#### **NEXT MONTH... TOP 165s**

**CORRECTIONS** ... Two lifters were left off the results of the July 28th KCF meet (Oct/07 PL USA, pg. 96). In the 242 Assisted division Mr. Pyane did 500 365 705 1570 and Mr Harrison did 525 300 550 1375 Sabra Callahan was not credited with her 220 lb. bench press on the 123 lb. class TOP 100 ranking. Mario Forte was not credited with his 403 deadlift on the TOP 100 for the 132 lb. class. Janet Faraone did not receive credit for her 330 bench press, at 123 lbs., on the TOP 100 ranking previous to the one in the December 2007 issue of PL USA. Jeff McVicar indicates he should have been listed for a 705 BP in the TOP 100 ranking for the 198 lb. class. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.



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