



AMERICA'S CHOICE  
FOR DRUG-FREE STRENGTHSPORT<sup>SM</sup>

## 2009 ARNOLD SPORTS FESTIVAL INVITATION

Promoted by: USA Powerlifting Federation

### EXECUTIVE COMMITTEE BOARD OF DIRECTORS

#### PRESIDENT

Larry Maile, Ph.D.  
3601 Raspberry, 7B.  
Anchorage, AK 99502  
907 334-9977  
Email: l-maile@  
usapowerlifting.com

#### VICE-PRESIDENT

Johnny Graham  
1706 Shoemaker Dr.  
Killeen, TX 76543  
907 245-1464

ANGELA SIMON  
1188 Laurel Ave.  
St Paul, MN 55104  
651-260-2644

Geoffrey Plante  
12 Woods Edge Lane  
West Sand Lake, NY 12196  
518 431-7020  
Fax 518-431-7037

#### SECRETARY

Angela Simon  
1188 Laurel Ave.  
St Paul, MN 55104  
651-260-2644

#### TREASURER

Geoffrey Plante  
12 Woods Edge Lane  
West Sand Lake, NY 12196  
518 431-7020  
Fax 518-431-7037

Bettina Altizer  
4455 Laurelwood Dr.  
Roanoke, VA 24018  
540 774-7326

Eliot Feldman  
728 S Mount Pleasant Rd.  
Philadelphia, PA 19119  
215-668-6910

Greg Page  
2044 Cambridge  
Twinsburg, OH 44087  
330-405-8972

Lance Slaughter  
4437 S. Centinela  
Los Angeles, CA 90066  
310 995-0047

Steve Howard  
2107 Arrow Court  
Rapid City, SD 57702  
605 348-4039

#### Office Administrator

PO Box 668  
Columbia City, IN 46725  
260 248-4889  
Fax 260 248-4879

#### Office Administrator

Barbara Born  
usapladmin@skynet.net

Executive Assistant  
usapl@fwi.com

USA Powerlifting invites members from your Federation to participate at the **2009 Arnold Sports Festival**. Events to be held are the **CON-CRET Raw Challenge** (*US Lifters Only*), **Pro GNC Deadlift Competition**, **Pro Titan Bench Bash Competition** and **Quest Pro American Invitational**. Athletes have been selected based off of set criteria that can be found on the official website (located below).

#### Invitee Lists:

**CON-CRET Raw Challenge:** [www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD\\_raw.htm](http://www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD_raw.htm)

**Pro GNC Deadlift Competition:** [www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD\\_dl.htm](http://www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD_dl.htm)

**Pro Titan Bench Competition:** [www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD\\_bp.htm](http://www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD_bp.htm)

**Quest Pro American:** [www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD\\_quest.htm](http://www.usapowerlifting.com/nationals/arnold/2009/09ARNOLD_quest.htm)

**Acceptance Deadline:** 1 November 2008. Athlete acceptance for International Lifters must be submitted through Federation President.

**Host City :** Columbus, Ohio / USA

**Date:** 6-8 March 2009

**Venue:** Columbus Convention Center

**Technical Meeting:** Thursday, 5 March 2009 – 7:00pm

**Hotels:** University Plaza Hotel ( [www.universityplazaosu.com](http://www.universityplazaosu.com) )  
3110 Olentangy River Road  
Columbus, Ohio 43202  
Phone: 614-267-7461  
Fax: 614-267-3978

Room: 139.00 USD per night, (hotel taxes additional).

Additional meet hotel to be designated at a later date. Hotels may also be found at:

[www.arnoldsportsfestival.com/h\\_hotels.asp](http://www.arnoldsportsfestival.com/h_hotels.asp)

All delegates to make own reservations and pay the hotel directly by credit card or cash. Please make reservations early.

**Arrivals/Transportation:** Port Columbus International Airport (airport code: CMH)  
There is a shuttle transfer for free from the hotel to the Convention Center

**Scales:** Scales available at venue

**Photos:** Identification is necessary for security reasons; each nation must send one photo for each lifter, coach and official. Digital photos preferred.

**Entry/Anti-Doping Fee:** 150.00 USD for each International lifter declared must be paid by federation at the technical meeting. **US lifters must pay fee by 30 November 2008 to the USAPL National Office.** (Entry/Anti-doping fees are non-refundable.)

**Official Website:** [www.usapowerlifting.com/nationals/arnold/index.shtml](http://www.usapowerlifting.com/nationals/arnold/index.shtml)

**Arnold Sports Festival Website:** [www.arnoldsportsfestival.com](http://www.arnoldsportsfestival.com)

*The American Drug Free Powerlifting Association, Inc.*

**MENS SANA IN CORPORE SANO – A SOUND MIND IN A SOUND BODY**

<http://www.usapowerlifting.com> • <http://www.adfpa.com>