

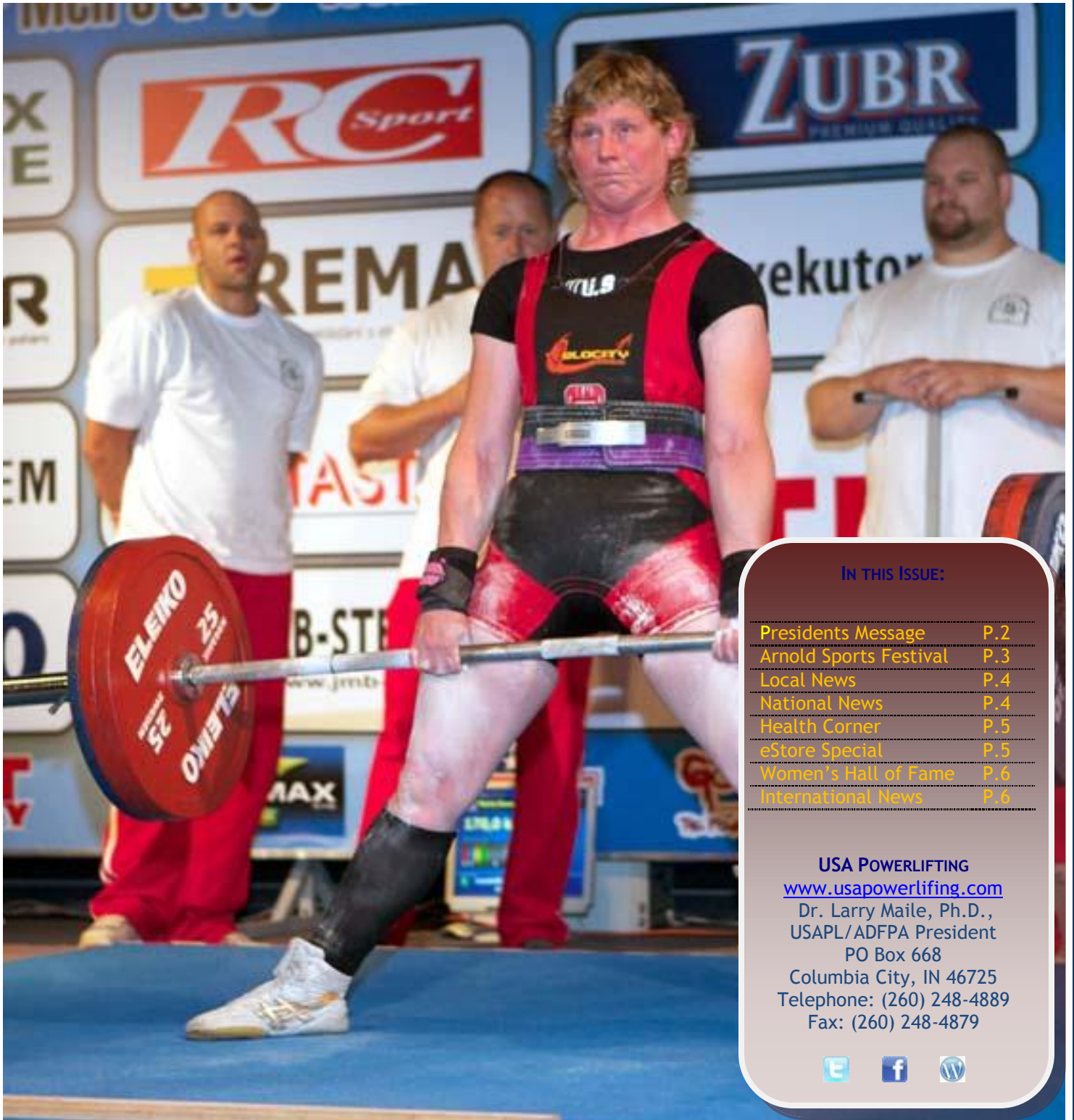


The Choice for Drug-free Strength Sport



# POWERLINES

November 2010



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## PRESIDENT'S REPORT



The end of 2010 is in sight! That means a number of things for our members including the IPF Open World Championships, planning for the Arnold Sports Festival, the end of our membership year, and most importantly, the beginning of our 2011 competition season.

This week our Men's and Women's Open National Teams will head to South Africa to compete with the best in the world. They are under the guidance of Dr. Robert Keller (Men's Team, second year head coach), and Matt Gary (Women's Team, first year head coach). This is only a small part of these two gentlemen's experience. They have both served as head coaches at the international level, have been assistants on every team we send, and have both worked tirelessly at the individual athlete level to athletes achieve their potential. The athletes they coach represent the best in the country this year and we are confident that they will represent the U.S., and USA Powerlifting admirably.

We are planning furiously for the Arnold Sports Festival in March. We are starting to get athlete entries in. Please see the Arnold page for a list of qualified athletes. If you are on the list, you are invited to compete. We are also planning for a slightly different show this year, moving to a smaller, but more centrally located ballroom that is immediately across from the expo center. We are adding an Ohio Invitational this year, and the NAPF American Invitational is an open format meet for 2011. We would like to welcome Brown's Gym as a Title Sponsor of the NAPF meet, joining GNC ProPerformance and Titan Support Systems. We are continuing to look for sponsorship for our Raw Challenge. Please contact me directly if you are interested in being a part of the biggest show on earth! This year the Arnold is adding an indoor track meet and a hockey tournament and it is expected to go over 20,000 athletes!

Finally, now that we are in November your membership renewal will be valid until the end of 2011. Join now to continue to receive this newsletter and to make sure you are ready to compete in this coming year.

In strength, LJM

## ARNOLD SPORTS FESTIVAL LOGO CONTEST

Got a creative side? Help design the 2011 Arnold Sports Festival logo and win \$300 in USAPL Merchandise!

### Information for your submittal:

Logo to include a minimum of:

- USAPL Logo
- IPF Logo
- *The Contest year: 2011*
- *Contest Name: Arnold Sports Festival*
- *City Name: Columbus, OH*
- *Wording: America's Choice for Drug-free Strength Sport*

### Art Format:

Design: 4-color

Sample format for submittal: .jpg

Final Version format: .eps illustrator vector art, 300 dpi with the colors separated

### Deadlines:

Samples Due no later than November 10th

Winner Announced in the December issue of Powerlines

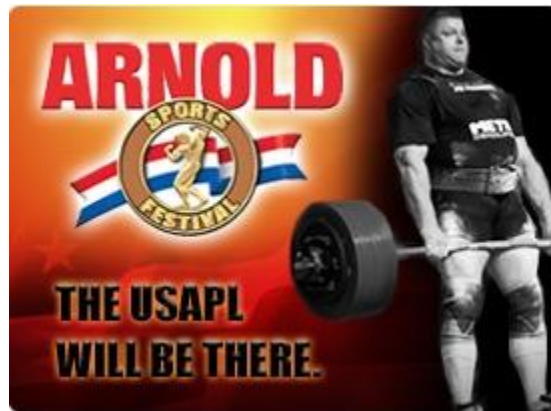
Submit to: [pribic@usapowerlifting.com](mailto:pribic@usapowerlifting.com)

Please send medium size jpgs. You will receive an acknowledgement email to show your submittal has been received.

Past Winning logos:

2009 & 2010 by Vicki Dixon, 2008 by Chris Parody





Official USAPL Webpage: [arnold.usepowerlifting.com](http://arnold.usepowerlifting.com)

The USAPL Arnold webpage will be the main source of communication with lifters for this event (we will no longer be sending individual emails). Please opt to subscribe to the website in order to be notified when new updates are available. You will also find a link to this page off of the main page on the USAPL Official Website.

The rosters for the GNC Pro Deadlift and the Titan Pro Bench Bash are filled. We are just finalizing a few International lifters, but otherwise the stage is set and the competition looks exciting!

The USAPL Raw Challenge and the NAPF Brown's Gym Pro Powerlifting competitions are coming together well. If you lifted in a 2010 Nationals, a 2010 IPF event or the 2010 Arnold, you may be qualified! Check out the [Criteria](#) and if you meet it, get your Entry in before the November 30<sup>th</sup> deadline or before the meet is filled (60 lifter limit for Brown's and 75 lifter limit for Raw).

Don't forget to pre-order your Arnold Shirts! They are limited quantity and sell out, so if you want one as a souvenir, get it now! The Arnold T-shirt Logo winner will be announced in December.

The Arnold Sports Festival has teamed up with American Airlines for a 5% discount on travel to the Arnold. Use Promotional code 1920AE when booking online at [www.aa.com](http://www.aa.com).

Thank you to our sponsors for helping make this event a success! If you are interested in sponsoring, please contact [l-maile@usapowerlifting.com](mailto:l-maile@usapowerlifting.com).

#### USA POWERLIFTING'S ARNOLD SPORTS FESTIVAL OFFICIAL SPONSORS





### LOCAL NEWS

Meet Directors/State Chairs - Submit your local meet reports, links to results and photos for the newsletter to [pribic@usapowerlifting.com](mailto:pribic@usapowerlifting.com)

No result, reports or photos submitted this month.

### ADVERTISING OPPORTUNITIES WITH USAPL

Contact USAPL Treasurer Geoff Plante ([gsp12196@aol.com](mailto:gsp12196@aol.com)) if you would like to advertise in Powerlines, the USAPL website or to become a sponsor of USA Powerlifting. A great way to advertise your company.



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### NATIONAL NEWS

#### DEADLIFT AND PUSH-PULL NATIONALS – DENVER, CO

Deadlift and Push Pull Nationals was another successful meet put on by the Rocky Mountain Lifting Club and Dan & Jennifer Gaudreau.

Teale Adelman won best lifter for the women with a DL of 175kgs in the 56kg weight class, this was a wilks of 206.3. Teale not only had a big DL she benched big too, 97.5kg. The men were definitely going big and out to fight for the best wilks. Bryan Dermody came out on top with a DL of 342.5kg this gave him a wilks of 200.1.

One of the most inspiring lifters of the meet was Nick Ward. Just weeks before the meet Nick was in ICU on a ventilator for 3 days. Nick is a fighter and didn't let this keep him down. Look for big things from him in the near future! Teale & Bryan are headed to the 2011 Arnold Sports Festival as the best lifters received an automatic bid to compete at the GNC Pro Performance Deadlift competition.

**THE BEST PERFORMING**  
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**HAS JUST GOTTEN**  
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- ▶ NEW! REINFORCED 3CM SEAMS

**CENTURION**  
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**HEALTH CORNER:**

**PREVENTING INJURY BY FINDING MUSCLE BALANCE:**

**PART 2 –LOW BACK PAIN RESULTING FROM TIGHT HIP FLEXORS**

Erin Ribic, PT, DPT, CSCS

Our sport focuses on 3 main lifts. Each of these lifts position us in a way that causes our iliopsoas muscles (hip flexors) to be placed in an actively shortened position, whenever the back is extended and the pelvis tilted forward. With the squat we use these muscles to control our posture during the descent; with bench this group of muscles is shortened when we “arch” our backs and on the deadlift we again are shortening these muscles to hold our back in an arched position for our posture when pulling.

The result of this? Short hip flexors! How do you know if you have “short hip flexors”? A specific and easy way to tell if your hip flexors are shortened is in the position below. Figure A demonstrates how your leg will rest, when relaxed, if your hip flexors are a balanced length. Figure B is an example of how your leg will look if your hip flexors are shortened.



**Figure A (balanced iliopsoas)**



**Figure B (short iliopsoas)**

You should be able to keep your back flat on the table AND have your thigh resting at the same time. Is your thigh off the table? Have your lifting partner gentle press down until you feel and GENTLE stretch on the front of your hip joint and HOLD for 60 seconds. Your back should remain flat on the bench throughout the duration of the stretch. How does this help low back pain? If you are standing, sitting, or resting with your back hyper extended there is more pressure on your lumbar spine joints and intervertebral discs with less stabilization by your deep abdominals for support. Stay tuned next month for how to strengthen these deeper abdominal muscles....

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## CALENDAR OF EVENTS

All USAPL sanctioned meets can be found on the USAPL Official Website at: [www.usapowerlifting.com/calendar.shtml](http://www.usapowerlifting.com/calendar.shtml)  
Start planning...

## WOMEN'S HALL OF FAME

Submit your Nomination now for the 2011 Women's Hall of Fame.

Please visit [www.usapowerlifting.com/halloffame/women/index.shtml](http://www.usapowerlifting.com/halloffame/women/index.shtml) for more information including the Nomination forms and our past inductee bios.

Questions? Nominations? Please contact Women's Committee Chair, [Priscilla Ribic](#).

## INTERNATIONAL NEWS –

### IPF OPEN WORLD TEAM

As this issue of Powerlines hits your desktop, Team USA will be outbound for Open Worlds in South Africa.

- Nominations: <http://results.powerlifting.org/ipf?eventid=2010RSA1>
- Live Streaming: Watch the IPF Website for announcements: <http://www.powerlifting-ipf.com/>
- Live Scoreboard: <http://www.russprache.at/goodlift/ots.html>

## IPF 28TH MEN'S AND 19TH WOMEN'S MASTERS WORLD CHAMPIONSHIPS

By: Malinda Baum



Passport, check, lifting gear, check.....Plane tickets to Prague.....check! Once again the Masters' USA team packed their bags and headed off to the Czech Republic for Worlds. Several on the team have applied for dual citizenship as this is their third trip in 4 years to the Czech Republic for competition. This year the team had several new faces as well as a new head coach at the helm, Greg Jones. The competition was held in Pilsen, just outside of Prague, in the same venue that hosted Sub-Junior/Junior Worlds just two weeks prior.



Most will say that the primary story from any meet is the lifting. Each team and individual competitor tries their hardest and does their best, they train and hurt and plan for this one moment. However, the stories behind the strong bodies and how they made it to this day will in this case leave you breathless. Master's Team USA - Torn, Broken, Scarred.....But Never Beaten!!

With the technical meeting complete and final nominations set, it was time for our athletes to hit the platform.

**Day one** of competition would feature the Men's Master 1, 2 and 3 56-67.5 kg and the Women Master's 1, 2 and 3 48-56 kg classes. First up were the Men, Master's 2 and 3, weight classes 56 kg, 60 kg and 67.5 kg. Team USA had two athletes in this first round of competition - Jeff Jacobs in the Masters 3, 67.5 class and Paul Mears in the Masters 2, 67.5 class. Both men were in for a fight. Paul started off with an easy 162.5kg squat and then jumped to 175kg making that as well. His third did not go as easy for him, missing 180kg. Jeff had a bit more difficult time with the squat missing his first two attempts, but finally getting his third one in at 192.5 kg, giving him the gold in squat. Moving on to bench: Paul once again hit his first two attempts adding 95 kg to his total. Jeff's butterflies must have left him by this time as all three of his attempts seemed to fly, posting 117.5 kg to his total and adding another gold medal to his collection. Paul had a bit of trouble with dead lifts, only getting his opener. He finished his day with a 180 kg dead, a 450 kg total and a 6<sup>th</sup> place overall. Paul had a good day going 5 for 9, giving the Master's 2 men their first team points. Jeff finished out the day with a bang, going 3 for 3 on dead lifts with a final pull of 222.5 kg. This pull gave him his third gold event medal and secured his first place finish in the class with a 532.5 kg total. Jeff gave the Masters 3 men their first team points and the USA their first national anthem of the meet.

Next up were the women. Team USA had four lifters in this session, Kimberly Ryman, JoJo Ocampo, Danna Snow and Bebe Burns. Bebe, in the 48 kg weight class and a masters 3 lifter, was first up on the platform for the women. Bebe, a breast cancer survivor who also has had knee replacement surgery in the last year, never ceases to amaze. She had no issue with squats finishing 3/3 with a top weight of 80 kg, bench gave her a bit more trouble as she only managed to get her opener in at 37.5 kg, but she finished strong in the dead lift with another 3/3 day there and a top weight of 72.5 kg. Bebe had a good day finishing with a 190kg total going 7/9.

Kim Ryman and JoJo Ocampo, both new comers to the Masters World team, also hit the platform in the 48 kg class for the Women's Masters 1 team. Both had a fight on their hands as the Italian was tough competition for them. Kim stepped under the squat bar first with a 100 kg attempt, which she handled with no issues. Unfortunately her next two attempts did not go as easy for her, missing both. JoJo also had difficulties with squats taking to her third to get one in. Kim finished squats with a 100 kg mark and the bronze medal and JoJo had a 105 kg posted giving her the silver. Next up, bench, which seemed to go a bit better for both lifters. Kim finished with a 55 kg lift, going 2 for 3 in this event and another bronze medal for her collection. JoJo had a perfect 3 for 3 day in the bench, posting 57.5 kg to her total and adding another silver medal to her collection. Kim had a great day on the platform for dead lifts, finishing the day with a perfect 3 for 3 and added 130 kg to her total and a silver medal in the event. JoJo finished out with a 117.5 kg dead lift, getting her first and second attempts and a bronze medal. Kim finished with a 285 kg total, 6 for 9 day and a silver medal total overall for her class. JoJo, also on a 6 for 9 day finished with a 280 kg total and the bronze medal overall.

Moving onto the M1 women, Danna Snow was set to take the stage. Danna had a great day, for someone who just 7 weeks prior to this competition, broke her leg.....yes, that's right, she broke her leg while training for the meet. How exactly did she do this you ask? Well, while squatting, she broke the fibula bone in her lower leg, wait it gets better... from knee wraps. When Danna stepped under the squat bar at the meet for the first time she did so without wraps, not that anyone would blame her. She handled her first attempt no questions asked then wrapped for her second which was done as easily as the first. Her third did not get passed, but all in all a good day for squats, posting a 115 kgs and bronze medal attempt. Danna would finish the rest of the meet perfectly going 6 for 6 in the remaining two events. She added 85 kg and a gold medal in the bench as well as 160 kg and a silver in the dead lift. She finished with an stellar 8 for 9 day, 360 kg total and the silver overall medal. Not bad for someone who had been told she had a through and through break in her fibula and was placed in a cast. The women's teams were now on the board.

You would think this would be enough excitement for day one, but we were not done yet. One more lifting session was left to go, Men's Masters 1, 56 through 67.5 kg weight classes, and team USA had three lifters scheduled to lift. Eric



Kupperstein in the 56 kg class, Kevin Jones in the 60 kg class, and the return of Greg Simmons in the 67.5 kg class. Eric was unopposed but still showed us some amazing lifts finishing the day with a world record dead lift of 248.5 kgs. Eric had a 8/9 day with a 202.5 kg squat, 122.5 kg bench and that amazingly easy 248.5 kg world record dead lift. He earned gold medals across the board with a 573.5 kg total.

Kevin Jones also had a personal best day after a tough couple of months prior to the meet. Kevin is the son-in-law of the late Jim Lyons, a long time Masters Team member. Jim "Dad" Lyons was watching over Kevin and smiling down on him. Jim was Kevin's training partner up until August 14<sup>th</sup> when he passed away from injuries he received following a fall from a ladder. Kevin had personal bests in all his lifts and a fantastic day as he missed only one dead lift. Kevin posted a 190 kg squat, 122.5 kg bench and 185 kg dead lift. His lifts gave him the silver in the squat, and bronze in the bench and dead lift. His total of 497.5 kg gave him the silver medal overall edging out the third place finisher from Slovakia by 2.5kg. Jim "Dad" Lyons would surely have been proud.

Greg Simmons had a bit tougher fight ahead of him in the heavily contested 67.5 kg class. The top three medals were decided on the final three dead lifts of the session. Greg had a rough start missing his first squat, coming back to get the 222.5 kg on his second but missing his third as well. Bench went much better for him, as he finished with a bronze medal posting 155 kg and a 3/3 day. He also had a better day in the dead lift, finishing his day out with a 237.5 kg. Simmons finished his day 6/9 with a 615 kg total and a sixth place over all. It was a long first day, with Team USA off to a great start, many personal best and triumphs. We would be ready for day two.

**Day two** would feature Men's Masters 1-3 75 kg class and Women Masters 1-3 60-67.5 kg class. Team USA had two men and six women lifting this day. It was to be a busy day. First session would be the men, bring Mark Cucinella and William "Bill" Weinstock to the platform. Both had a great day. Mark had a perfect day in the squat finishing out with a big 202.5 kg and the bronze medal. He had a rough day in the bench only getting his opener of 127.5 kg but it was good enough for the silver medal. Mark finished strong in the dead lift choosing to increase to 205 kg after a missed opener of 195 kg. After a successful second attempt he then went on to pull 212.5 kg which gave him the bronze in the dead lift. Mark finished the day with a 542.5 kg total taking the silver overall medal. Bill finished the day 6/9 getting only his opener in the squat of 160 kg. Bench went a bit better for him, getting two and finishing bench with a weight of 90 kg. He finished strong with all three dead lifts and a weight of 192.5 kg. Nice job to you both.

Now it was the Women's turn to take the platform. Several new comers to the Masters' world platform would be stepping under the bar during this session. The 60 kg class had veteran Rita Carrlsson and new comer Anne Kemmerer lifting. Both had a tough fight on their hands as the Italian would total 435 kg breaking the squat world record, not once but twice. Rita had a great day finishing with a 352.5 kg total going 7/9 only missing her final bench and dead lift. She added four silver medals to her growing collection posting a 137.5 kg squat, 57.5 kg bench and a 157.5 kg dead lift. Anne was not to be left out of the medal count finishing with four bronze medals in her first World Meet. Anne totaled 277.5kg, going 7/9, not missing a squat or dead lift. She posted a 95 kg squat, 55 kg bench and a 127.5 kg dead lift.

In the 67.5 kg class Team USA had lifters in all age groups, Masters 1, 2 and 3. This class had favorite Donna Marts, Cathy Marksteiner, Gail Moore and new comer Tinamarie Crawford. Tinamarie was a somewhat familiar with the venue and hotel, since she was at the location two weeks earlier with her daughter for sub-junior worlds.....must be in the genes! Tinamarie was not to be out done by her daughter and took home the Bronze medal in the bench.

Donna Marts took the Masters 2 division with a 437.5 kg total, but it did not come without a cost. At some point during the meet, Donna separated her shoulder but still posted a winning total -- Torn, Broken, Scarred.....but not Beaten!! Donna had a pretty good day finishing with four gold medals and a 7/9 day posting a 165 kg squat, 102.5 bench and a 170 kg dead lift. Cathy also had a great day, taking home a Silver overall medal in her second Masters World Power lifting appearance. She totaled 375 kg, had a 6/9 day, posting a 135 kg squat, 85 kg bench and 155 kg dead lift. Gail was the only Master 3 lifter the USA had in the session, but she was not to be out lifted by the young ones. Gail totaled 360 kg, posting a 130 kg squat, 85.5 kg bench and a huge 147.5 kg dead lift. Gail would not know how she placed over all until the final day of lifting for the women. She and Bebe had to wait another couple of days to see how they finished over all since the scoring for Master 3 women is done on Wilkes points. Team USA had a good day and a good finish to day two.



**Day three** would see only men lifting, as the women who were originally scheduled to lift on this day were moved to day four. This left only the Men's 82.5 kg class all ages and Masters 2 and 3 90 kg classes to lift, but what a day it was. Team USA had four in these classes - Thomas Cencich, Alan Tepper, Jimmie Espinoza and Raymond Penland. The classes were stacked across the board with each of the US lifters set to have a tough battle. Cencich finished 6<sup>th</sup> overall in his age group with a 580 kg total. Going 5/9, posting a 205 kg squat, 185 kg bench, and a 190 kg dead lift. Tepper had a good day as well finishing 5<sup>th</sup> overall in the class with a squat of 185 kg, bench of 132.5 kg and deadlift of 207.5 kg. Espinoza finished in 7<sup>th</sup> place overall posting a 155 kg squat, 132.5 kg bench and 185 kg dead lift and a total of 472.5 kg. Raymond lifted in the 90 kg class finishing the day 7/9 with a 185 kg squat, 127.5 kg bench, and 200 kg dead lift. He totaled 512.5 kgs and a 6<sup>th</sup> place finish overall.

Day four would bring to the platform Men's masters 1 - 90 kg class; Women's masters 1-3, 75-90+ kg classes; and Men's masters 2 and 3 100 kg class. It would prove to be another long day. Up for the Men's team would be Jonathan Gallmeier, Raymond Baxter, Dave Clark, and Raymond Curtis. The Women's team would have Rhonda Clark, Laura Styrlund, Barbara Chaszczewics, Malinda Baum, Regina Hackney, Susan Hallen, and Janet Koenig on the platform.

Jonathan would be Team USA's first lifter of the day setting the bar high for the rest of the team. Jonathan had an almost perfect day, going 8/9 just missing his third squat. He ended the day with a 547.5 kg total that consisted of a 192.5 kg squat, 147.5 kg bench and 207.5 dead lift.

The Women's team would be on the platform next deciding the final team points and winners of the Women's team competition. Rhonda Clark would be making her World team return, having missed World's in 2009 due to her deployment at that time to Iraq. She made the return a fantastic one - finishing the day 7/9 with a 452.5 kg total and winning the overall gold. Her total consisted of a bronze medal 165 kg squat; 87.5 kg bench; and a beautifully strong gold medal 200 kg dead lift.

Our next two lifters, in a tactical coaching move facilitated by the new team of Greg Jones and Gina Stepleton, switched from the 82.5 kg class to the 90 kg class, which proved to be a great strategy. Barbara, a newcomer to the Master's team, had a good first world experience. Finishing her day 6/9 with a 435 kg total and winning the bronze medals across the board. Those medals were achieved with a 112.5 kg squat, 60 kg bench and a 135 kg dead lift. Laura in her typical form also had a very good meet winning gold in each event and of course the gold overall. She finished 7/9, with a 165 kg squat, a huge 117.5 kg bench, and a 175 kg dead lift, totaling 457.5 kg. Her performance was undoubtedly enhanced by all the good consumables available in Pilsen. Finishing out the Masters 1 lifters was Malinda Baum. Malinda had good day ending with a 420 kg total, 6/9 and a personal best bench. She came away with gold across the board with lifts of 150 kg squat, 110 kg bench, and a 160 kg dead lift. This day's lifting secured for the Masters 1 Women team gold.

The Master 2 and 3 Women were to follow suit both winning team gold. Helping in this achievement were some very strong ladies, both physically and mentally. Team USA started off this group with Regina Hackney, who just a few days before had us all wondering if she would be able to compete. Regina does double duty at most World events as she is both a lifter and a referee. Just two days earlier, while working as technical controller, she missed a step on the platform and fell to the ground, landing on her head - HARD. She insisted that she was fine although after an examination by the meet medical staff she was found to have a cut on her head and a fairly large goose egg as well. When her lifting day arrived she was sporting a shiner that made it look like she had taken a detour to kick boxing worlds on her way to this meet. Regina was not about to be removed from the lifting order so easily, so up to the platform she went. She a good day, had all things considered, posting gold medal performances in all three events with numbers totaling 250 kg; a 5/9 day - a 60 kg squat, 67.5 kg bench and a 122.5 kg dead lift. Regina had been - Torn, Broken, Scarred.....But Not Beaten!!

Next up for the Women would be Susan "Sue" Hallen and newcomer, Janet Koenig. Janet making her first Masters World showing had a very good day, going 7/9 and a 317.5 kg total. She was successful with a 100 kg squat, 65 kg bench and finished the day with a 152.5 kg dead lift. This gave her four silver medals to start her collection, a very nice first World meet appearance. Janet had some pretty tough competition, as veteran lifter Sue Hallen was in her



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class. Sue had a great day bringing home gold hardware across the board with a 150 kg squat, 120 kg bench and a 145 kg dead lift on a 6/9 day. This final day of lifting by the USA Masters 2 women cemented yet another world title.

This is also the day that the Masters 3 Women would find out how they fared, and fared well they did! Gail Moore came home with a Bronze overall medal; Bebe placed just behind Gail and not far behind was Regina. Their collective performances gave the Masters 3 Women the team trophy as well. Way to go all Team USA Women!!!

**Day four** was not yet done however still up were the Masters 2 and 3, 100 kg class to finish off the night. Ray Baxter was up for the team USA 100 kg M2 class. Ray was no stranger to the World stage and knew he had some tough competition, but this did not shake him. He had a strong day finishing out with a 715 kg total and just missing the overall bronze medal by 15 kg. Baxter went 6/9, posting a 282.5 kg squat, a bronze medal 182.5 kg bench, and a 250 kg dead lift. Team USA still had two lifters left both in the M3 100 kg class. Raymond Curtis, who had the distinction of being the oldest lifter in the meet at 78 years of age, was making his second Masters Worlds appearance. He finished the meet with a 392.5 kg total, going 5/9. His numbers were - squat 127.5 kg, bench 105 kg and dead lift of 160 kg. Dave Clark was also in this class and planned on giving a good fight for the gold. Dave has been on this platform before and was not going to go down without a fight. Squats gave him a bit of trouble, but he got his third attempt in at 200 kg. Bench was a lot easier for him, going two for three here and adding another 170 kg and taking the silver medal. Dead lifts also seemed a bit easier as he got his first two finishing the day out with a 260 kg pull, a gold medal and totaling 630 kg. Dave missed the gold medal overall by a mere 30 kg, but secured the silver medal. Day four came to a close with the women's teams securing the team trophies and the men adding more points to the drive for top team.



**Day five** brings us to the Masters 1, 100 kg class and the Masters 2 and 3, 110 kg classes. Team USA would have newcomers Ken Gack, and Segismundo Pares as well as the return of William "Bill" Sindelar lifting on this day. First on the platform would be Ken Gack, who opened with an easy squat of 282.5 kg then jumped to 300 kg. His third would prove to be too much for him this day, so 300 kg would be his first number. He went on to post a 215 kg bench, good enough for the bronze medal and to pull 267.5 kg dead lift. Gack totaled 782.5 kg and finished just barely out of third overall.

Next up on the platform were the 110 kg Masters 2 and 3. Bill Sindelar would have a good day going 5/9, totaling 662.5 kgs. Sindelar lifted a strong 237.5 squat, 175 kg bench and a 250 kg dead lift. Also lifting in the class was Pares who fought hard and came out on the medal platform with a bronze medal when the dust settled. Pares totaled 722.5 kg and a 5/9 day. He registered a 245 kg squat, a gold medal 222.5 bench, and a 255 kg dead lift for a bronze medal finish. Nice job for the men. For the Masters 3, Team USA would have William "Bill" Helmich. Bill's day went almost to plan, with a second place finish, totaling 580 kg. He had a good squat day taking the bronze medal with 200 kg. He then benched 142.5 kg adding another bronze medal and dead lifted 237.5 kg. Not a bad day for a guy with two bad shoulders.



**Day Six** and the final day of lifting!! Time for the big guys to take center stage after a long week of waiting and watching. This day started with the 110 kg Masters 1 class in which Team USA had one lifter, Gregory Nucci. Nucci had been waiting, watching and helping all week long and it was finally his turn to see what he could do. Greg had a good day totaling 712.5 kg. His squats seemed to fly with his final attempt being 275 kg. Bench however seemed to give him a hard time but he managed to get his third attempt of 192.5 kg, and as well as two dead lifts with his best being 245 kg.

Next we would have the 125 kg and 125 + kg men on the platform. Team USA had eight lifters in these classes, so a busy day of lifting was still ahead. Lifting for the USA in the 125 kg class would be William “Bill” Collins, Curtis Wainwright, David Schneider, and Crayton Taylor. Collins had a 7/9 day capturing the bronze medal in the class, with a 305 kg squat, a gold medal 237.5 kg bench and a 280 kg dead lift. Curtis Wainwright came to the platform next and totaled 692.5 kg, with a 262.5 kg squat, a 187.5 kg bench and a 242.5 kg dead lift. Most impressive was the fact that he had his first 9/9 meet and achieved it on a World Championship stage.

Schneider had a tough time getting a squat passed although did manage a 205 kg bench and a 262.5 dead lift. Crayton Taylor, the USA’s M3 in this weight class, came away with four medals; a silver in the squat for his 237.5 kg, bronze in bench for 162.5 kg, a silver in dead lift for his 250 kg pull and a silver overall medal with a total of 650 kg.

On to the 125 + kg class and the final chance for the men to add team points to our tally. In this group the US had four lifters - Steve Johnson, Steve Green, Dan Gaudreau, and Harry Heyman. Steve Johnson was unable to get a squat passed but did get a 175 kg bench and a 242.5 kg dead lift. Steve Green had a good day finishing up with a 817.5 kg total and gold across the board. Steve went 5/9 with a 315 kg squat, 242.5 kg bench and a 260 kg dead lift. Gaudreau was unsuccessful in getting a bench passed by the judges, but did squat 355 kg. Last up was Harry Heyman for Team USA. Harry has been on the World stage many times in the past and today proved to be a good day for him. He added four bronze medals to those he currently owns with a 135 kg squat, 100 kg bench and 170 kg pull to his collection with a 405 kg total.

Men’s Team USA lost the silver in the M1 division to France based on first place finishes. The M2 men placed third overall and the M3 Men brought home the team gold again. Nice job by all of the men.

This was a learning year for many of the lifters and coaches. In the end, Team USA would prevail... in medals, trophies and mentality, because we are a team and a family that might be Torn, Broken and Scarred...but we are never Beaten...and we will be back next year.

- **Results:** [www.powerlifting-ipf.com/World-Masters-Powerlifting.293.0.html](http://www.powerlifting-ipf.com/World-Masters-Powerlifting.293.0.html)
- **Photos** by George Marts: <http://gallery.me.com/idahoag>
- **YouTube** by George Marts: [http://www.youtube.com/results?search\\_query=2010+ipf+master+worlds&aq=f](http://www.youtube.com/results?search_query=2010+ipf+master+worlds&aq=f)

## **NEXT ISSUES:**

Have a topic you want covered or want to contribute to Powerlines? How about Video or Photos? Please email [pribic@usapowerlifting.com](mailto:pribic@usapowerlifting.com).

## **DID YOU KNOW THE USAPL IS COMMUNICATING WITH ITS MEMBERS ALMOST DAILY?**

The USAPL is connecting to our membership via Twitter and Facebook on almost a daily basis! Be active & join us.

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