

Editor

Al Myers, USAWA Webmaster and Secretary/Treasurer of the USAWA

Preview

2009 was a year of change for the USAWA. The USAWA Website became the mode of communication for the organization with Bill Clark stepping down as publisher/editor of the Strength Journal. This booklet summary is compiled to provide a written record of the events that occurred in the USAWA during the year 2009. All of the information in this book originated from the USAWA Website - which includes the USAWA Daily News and meet results. Also included in this book is several summaries that were compiled during the year and biographies of several Hall of Fame Members. Since this summary is copied from the website which is designed for website links, several highlighted areas are for links that are not available in printed form. I left these in place because I wanted this book to be a copy of what is available on the website and to prevent any additional editing on my part.

Acknowledgements

I want to thanks all the contributing writers to the USAWA Daily News. This includes Thom Van Vleck, John McKean, Dennis Mitchell, and Ben Edwards. I also want to thank the many people who have sent me pictures to be used on the website.

About the USAWA

Mission

The USAWA was formed to continue the long standing tradition of old-time weightlifters like Eugen Sandow, Louis Cyr, Arthur Saxon, Hermann Goerner, Warren Lincoln Travis, and many others. We strive to preserve the history of the original forms of weightlifting, which in the past has been referred to as "odd lifting". Many of the lifts we perform are based on stage acts or challenge lifts of old-time strongmen.

History

The USAWA was organized in 1987 and was a charter member of the International All-Round Weightlifting Association. The USAWA has over 150 recognized lifts and 8000 plus records, so any strength athlete can find their niche. We have a drug testing program to encourage drug free lifting. Numerous local meets and a National competition are held each year to find true "all-round" weightlifters.

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2009 Review of the USAWA Daily News

March 15, 2009

[Quiz of the Week](#)

[Name this Mystery Lifter](#)



Scott Schmidt, of Cleveland Ohio, correctly identified this lifter as Howard Prechtel.

April 28, 2009

[Quiz of the Week](#) - Question provided by Dale Friesz

Which lifter has participated in the most National Championships?

Winner receives a USAWA Patch!!!!

Rules: 1st response to webmaster with correct answer wins
Only 1 answer per day

Hint: He has competed in 20 of the 21 National Championships, only missing the very first one in 1988.

We have a winner!!!! **Scott Schmidt, of Cleveland Ohio**, named the lifter who has participated in the most National Championships. It is **Dennis Mitchell**. Dennis has been very involved with the USAWA since the beginning. He has served as chairperson of the Technical Committee for many years. He also was Co-Meet Director of the 2008 National Championships. Next in line is our President, Denny Habecker, who has competed in 19 of the 21 Championships, followed by Art Montini (18 of the 21) and Dale Friesz (17 of the 21).

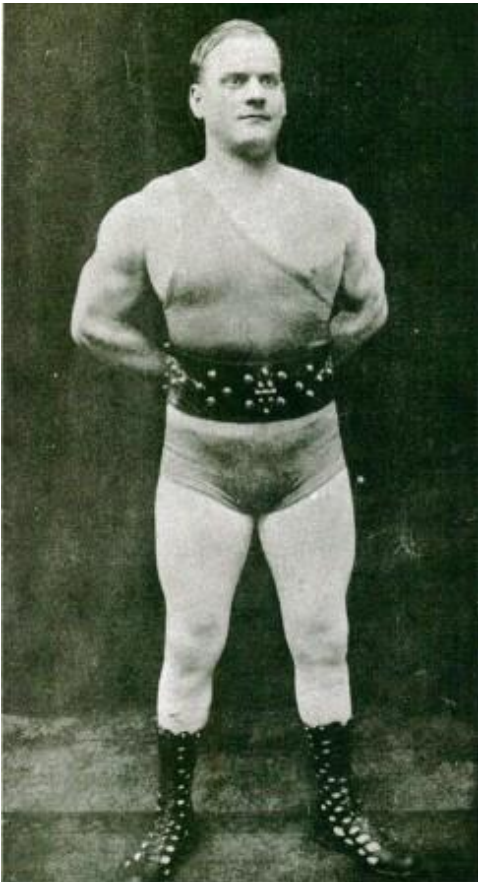


Dennis Mitchell, performing one of his favorite lifts, the Bent Press, at the IAWA World Championships in Christchurch, New Zealand.

May 4th, 2009

Quiz of the Week

Who is this Strongman from the past?



Congratulations to this weeks winner - **Thom Van Vleck of Kirksville, Missouri.** He correctly identified this strongman from the early 1900's as **Warren Lincoln Travis.** Travis was born in Brooklyn and turned professional at the age of 21. He was of modest size for a strongman of that era, weighing only around 200 pounds at his prime. In 1906, he was awarded the "World's Greatest Weightlifter" by a popular strength publication at the time, and received a jewel-studded belt which he is wearing in this picture. Travis was also an all-round weightlifter and has had much influence on the lifts done today in the USAWA. He favorite lifts were the Heavy Lifts, such as the Harness Lift and the Back Lift, and the Finger Lifts. In front of witness's, he has lifted 3985 pounds in the Harness Lift and 4140 pounds in the Back Lift. In 1907, he lifted with one finger 667 pounds!!!! Travis was a fantastic performer and would present himself as "The Strongest Man in the World" at his performances. Travis was very successful as a businessman, and as a result was very wealthy. When other strongmen would challenge him, he would often put up very large amounts of money as a side bet, which resulted in very few takers. Warren Lincoln Travis continued to lift heavy weights until his death. At the age of 65, Travis died during one of his performances of a heart attack at Luna Park on Coney Island. Several skeptics at the time blamed his death on his heavy lifting in his older age. I do not believe this, as I know several lifters today maintain great heath and continue to lift and compete past the age of 80!!! His lifetime of lifting and training probably added many years to his life. Warren Lincoln Travis left a Challenge to the World in his will, which was an open challenge to anyone who could duplicate or exceed his lifting accomplishments. The first person to do this would receive his prized jewel-studded belt!! Listed below is the challenge Travis claimed he could do.

Warren Lincoln Travis - Challenge to the World

1. Take a 100 pound barbell from the floor with both hands, and press it overhead 10 times while seated (must be done in 30 seconds)
2. Take a pair of 90 pound dumbbells from the side of the body to the shoulders, and press it to arms length overhead.
3. Teeth lift from the floor, hands behind neck, 350 pounds.
4. Finger Lift from the floor 350 pounds with one finger, eight times in five seconds.
5. Finger lift from the floor 560 pounds with one finger once.
6. Two hand grip lift, straddling the weight, 700 pounds twenty times in ten seconds.
7. Hand and Thigh Lift 1600 pounds once.
8. Back Lift 3660 pounds once.
9. Harness Lift 3580 pounds once.
10. Back Lift 2000 pounds, 250 times in seven minutes.

Also, his rules stated that these lifts must all be done in 30 MINUTES!! And must be done for TEN STRAIGHT YEARS!!!! Needless to say, his jewel-studded belt still resides in the York Barbell Hall of Fame.

May 22nd, 2009

Habecker Is Awarded the Kelly Cup



USAWA President Denny Habecker of Lebanon Pennsylvania recently was awarded the very prestigious Kelly Cup. The Kelly Cup is the highest award given to an amateur athlete for participation in the Keystone State Summer Games in Pennsylvania. Denny was honored this past month by a special ceremony at the State Capital in Harrisburg. The late Jack Kelly was from Philadelphia and was an Olympic medalist in rowing, along with serving as President of the US Olympic Committee. This award is given to an athlete who excels in their sport in the Keystone State Games and provides a positive role model in their community. This definitely describes Denny Habecker. Denny has been involved in weightlifting for over 40 years and has participated in 23 Keystone State Games. Overall he has won 16 gold medals in weightlifting throughout his years of competing in the games. In 2008, Denny competed in the games less than 6 months following hip replacement surgery!!! Denny has been part of the leadership team for the weightlifting

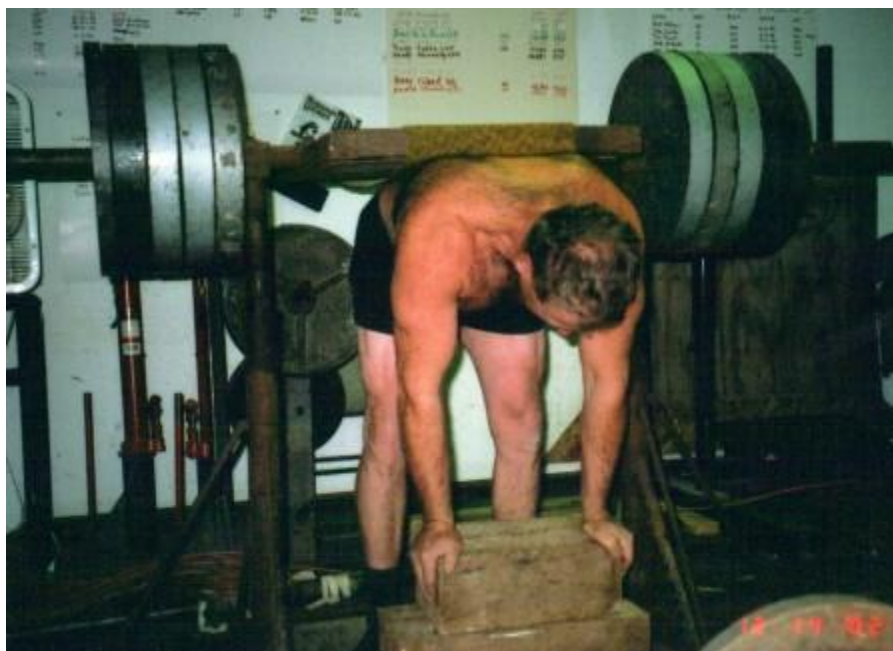
event, and often provides equipment for the competition. In 2008, he was also named Outstanding Athlete in Weightlifting at the games. Denny's attitude, leadership and sportsmanship sets the standard that all athletes should aspire for.

May 29th, 2009

Quiz of the Week

In the USAWA, lifts done for repetitions may be contested in competition and for records. The ultimate record for repetitions is the **TOTAL POUNDAGE**, where the lifter may choose any lift and rep/set scheme, to lift the most weight within a given time frame. The standard for this record was initially set by the great Warren Lincoln Travis in 1927 when he Back Lifted 5.5 million pounds in 3 hours, 9 minutes. This was done by doing 5500 reps with 1000 pounds.

Name the **TWO USAWA LIFTERS** who have exceeded this, along with their **TOTAL POUNDAGE**.



Steve Schmidt setting the all-time record for TOTAL POUNDAGE on December 14th, 2002

Congratulations to the Winner of this week's quiz - **Tom Ryan** of Acworth, Georgia - who correctly identified the two USAWA lifters as **Steve Schmidt** and **Howard Prechtel**. Tom had an advantage in this quiz, as he was a witness and assisted in the counting of repetitions during Steve Schmidt's record. Howard Prechtel initially broke Travis's record in 1982 by Back Lifting 6,066,060 pounds in 3 hours, 9 minutes. It was accomplished by doing 5460 reps with 1111 pounds. This was then upped by Steve Schmidt, on December 14th, 2002 at Clark's Gym, in which he lifted 8,087,095 pounds in 2 hours 50 minutes. Steve was 48 years old at the time and weighed only 209 pounds. He accomplished this by lifting 1,115 pounds a total of 7253 times, using the Back Lift. Bill Clark was the official judge and counter of this Herculean effort. I was fortunate to also have witnessed this event and can attest to the stamina Steve exhibited in accomplishing this feat. He was performing 45 reps per minute, which gave him only about 30 seconds rest per minute. He maintained this pace for two hours!!!! Steve broke Howard's record in 1 hour, 57 minutes. The conditioning required for something like this must be much the same as that of a marathon runner. I was amazed how quickly Steve recovered

following this endurance record, as he did not seem out of breath at all afterwards and even joined in with us on some other record lifts. Will this **TOTAL POUNDAGE** record be broken in the next 100 years? Only time will tell.....

June 3rd, 2009

Lifter Interview - Tom Ryan

by Al Myers

Al : where do you currently live and what do you do for a living?

Tom: I live in Acworth, Georgia (outside Atlanta) and have lived in Georgia most of my life, being a native Atlantan. I was a college professor for decades and now teach online courses for statistics.com. I have also done some course development work for them and do occasional consulting through them. I have written four statistics books (600-page books) for my New York area publisher and expect to finish my fifth book by the end of the year. I have also done a considerable amount of additional writing, including some sports writing, such as six articles on basketball statistics within the past few years for betterbasketball.com. I enjoy doing various types of writing and a few weeks ago wrote a guest column on teaching quantitative courses that was in the Atlanta paper on May 20th. The American Statistical Association, which elected me a Fellow in 2000 (I've been a member since 1972), somehow found out about that article and have linked the article at their website.

Al: When did you first start weightlifting and how did you get started?

Tom: I started lifting weights in December, 1958, at the age of 13. I would have made an ideal "before" picture for a bodybuilding course ad as I was 5-7 and weighed only 107 pounds. I was all skin and bones and my father even called me "Bones". I believe I pressed 40 pounds for 8 reps in my first workout. I was in the 8th grade at the time and there were two kids in my physical education class who couldn't climb the rope in the gym and touch the ceiling. I was one of the two. Then I started lifting weights and did succeed (to the cheers of my fellow students), even after almost dying from whooping cough and missing a few weeks of school.



I went from "bones" to almost the other extreme, eventually reaching 305 pounds, with my highest competitive bodyweight being 296 at two contests. I did not compete when I was in my prime, as I wanted to wait until I was a national caliber lifter before I entered competition. By my mid-30s, however, I realized that was never going to happen, and that was a depressing realization because I trained very hard. Then my life changed when I wrote to Murray Levin, who ran U.S. Olympic lifting at the time, in 1981 and offered to help in any way that I could. Murray sent my letter to Bill Clark, who immediately wrote to me. Bill had a paragraph about me in his Master's newsletter in 1982, even though I was only 36 at the time and Master's lifting then started at age 40. Bill also sent me his Missouri Valley newsletter. This was well before the days of the USAWA but Bill had introduced me to a new world and I now had something to train for.

Al: Was there any one person who introduced you to lifting?

Tom: No one got me started. It was pure self-motivation, being motivated by my lack of strength and muscles. As I aged and started becoming stronger, with a 289 clean and jerk in training at the age of 19, I idolized Tony Garcy, five-time national Olympic lifting champion, and followed his career very closely. I eventually met Tony at the 1966 Senior Nationals and spoke with him briefly then. Several months ago I sent him a sympathy card after the death of one of his sons and received a nice card and note from he and his wife in reply. I was also motivated by Paul Anderson, whom I met in 1972 and corresponded with during the early 1970s, as well as the late 1980s.

Al: When did you first get involved with the all-rounds? Didn't you compete in one of the very first World Meets?

Tom: I am one of the charter members of the USAWA, as indicated by the list on page 23 of the 5/17/09 edition of the *Strength Journal*. I competed in my first Zercher Meet in 1987, about the time that plans to start the USAWA were being formalized, so I just naturally became a member of the USAWA. Yes, I competed in the World Meet in Plymouth Meeting, PA in 1989. I suffered a tricep injury during the Pullover and Push event that took a very long time to fully heal.

Al: What have been your favorite lifts?

Tom: Over the years my favorite lifts have been the ones that I can do, quite frankly, and that list shrinks as I age! LOL When I was much younger, I enjoyed pressing and tried different types of pressing. My best pressing performance in USAWA competition occurred at the 1989 Zercher Meet when I did a heels together military press with 200 and then pressed 210 on my last attempt but lost my balance and had to take two steps backward. Later that year I thought I had pressed 209 at the World Meet, but I expected the weight to be heavier than it was and put a bit too much body into the lift, resulting in two red lights for backbend.

Probably my lifetime best pressing, considering form, was done in training one day in 1977 when I did a wide-grip military press with 229 for 4 reps. My heels weren't together but those were strict presses with no lower body movement at all. That was one of those magic moments when I was really "on" and knew that would never happen again. And it didn't!

During the late 1980s and early 1990s I made some reasonable one-hand deadlifts in USAWA contests, ranging from 330 to my PR of 345. My back started "complaining" about any type of deadlift with very much weight as I moved through my 50s, so I became somewhat of a one-arm thumbless deadlift specialist, doing over 200 officially. This is the type of lift that allows grip specialists like Ben Edwards to excel. In my case, I think it is a matter of technique because my hand strength is rather ordinary. I also found that I was reasonably good at the rectangular fix, at least for my age, as I made 95 pounds at the age of 61.

Al: I know one of your interests has been the history of weightlifting. Who are some of your favorite old time strongmen?

Tom: There are people who know more about the history of weightlifting and oldtime strongmen than I do, but yes, I have been interested in these subjects for decades and began work on a book on historical strength figures in the late 1980s. I mentioned Tony Garcy previously but I would rather not think of him as "oldtime" since he is only 6 years older than me. LOL. Rather, if we think of strongmen who performed in the general vicinity of 1900, there were certain performances that I wish I could have seen. In particular, one evening in 1889 Apollon (Louis Uni) did not know that the iron bars on a gate that was part of his stage performance had been tempered by a blacksmith, who was bribed by a prankster. Unaware of this, Apollon and his massive forearms struggled to bend the bars, while his wife prodded him, assuming that he was just being lazy. Finally Apollon was able to bend the bars enough for him to slide through them, but he was totally exhausted and explained to the audience that he was unable to continue his performance. David Willoughby believed that this may have been Apollon's greatest strength feat.



I wish I could have also seen the bent presses of Arthur Saxon. It is hard for me to believe that a man weighing only about 204 pounds could bent press close to 400. (He is credited with 370 but reportedly did 386 unofficially and supposedly attempted 409 but the weights started falling off the bar.) Bent pressing was popular in the 1940s, especially in the New York area, and although Al Beinert bent pressed 360 in the mid-1900s weighing almost 60 pounds more than Saxon, nobody has approached Saxon's record.

It would also have been fun to meet some of the leading strongmen of centuries ago, like Thomas Topham and Giovanni Belzoni, not to mention the enigmatic giant, Angus McAskill.

Al: Do you have any special memories of any all-round weightlifting meets?

Tom: Well, I would like to forget the injuries that I sustained! LOL Yes, I certainly have fond memories of people with varied backgrounds and professions and from different parts of the country and world getting together for fun and competition. There were personal duels I had with Bill Clark at Zercher Meets, with him insisting that we compete straight up, despite our differences in age

and bodyweight. It was fun seeing Steve Schmidt do harness lifts with well over 3,000 pounds, far in excess of what the rest of us did, and more recently to see his feats, either in person or on film, with bar bending and teeth lifting and pulling very heavy vehicles, as well as record-breaking repetition back lifting. Although I didn't witness it, Joe Garcia's hand and thigh lift with 1,910 is a tremendous accomplishment, the highest lift on record. Since I go back a long way, there were some competitions in which I saw Ed Zercher do some exhibition leg pressing when he was 80 or so. Yes, I have many fond memories.

Al: What do you think the future of the USAWA will be?

Over the years, Bill Clark had hoped that the USAWA could attract some of the strength stars of the past, but that hasn't happened. Jim Bradford, who is now 80 and was a silver medalist in the 1952 and 1960 Olympics, has been an ardent follower, but I don't recall him competing in any USAWA contest. There are so many official lifts that virtually everyone, regardless of physical condition, will be able to find some lifts that they can do. I would like to see more people compete, both young and old, but our numbers are dwindling, not increasing. Hopefully your considerable and praiseworthy efforts with this website, Al, will increase interest in the USAWA. We can only hope.

Al: Thank you, Tom, for participating in this interview.

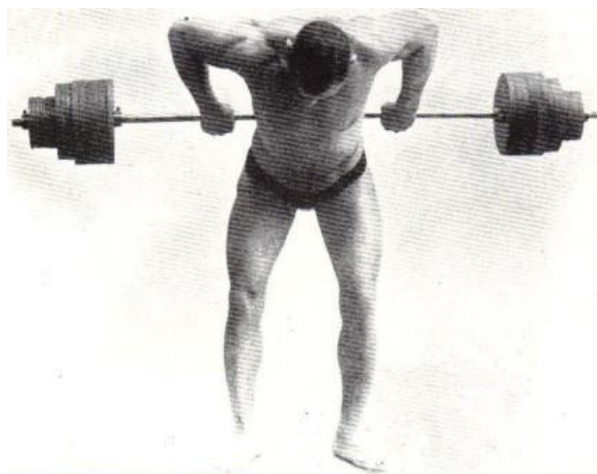
June 11th, 2009

Quiz of the Week

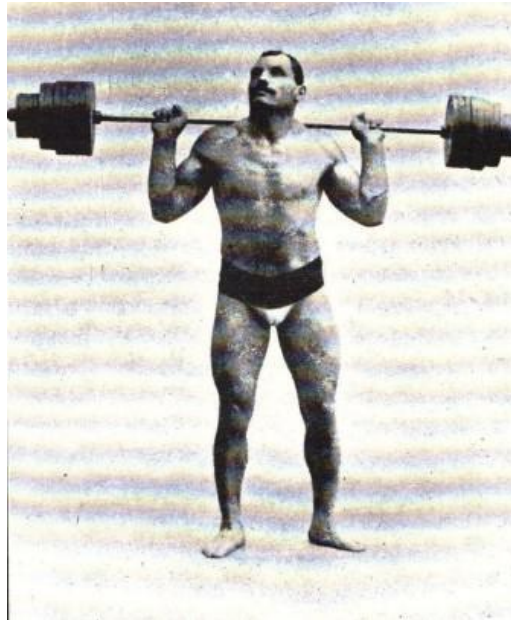
Name this USAWA Lift and who it is named after. Also, name the USAWA lifter that has lifted the most weight in this lift in an USAWA event.



Step 1 - Lift the bar behind the back



Step 2 - Roll the bar up the back onto the shoulders

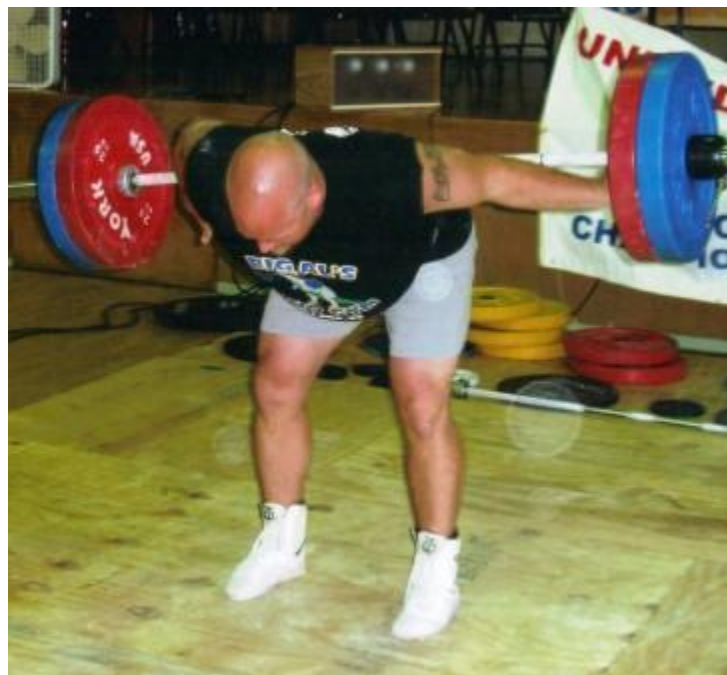


Step 3 - Perform a behind the neck jerk

Winner receives an USAWA patch

Rules: First correct answer to webmaster wins, and only one answer may be given per day.

Congratulations to **Chad Ullom of Topeka, Kansas** for correctly identifying this lift as the **Arthur Lift**, named after the great old-time German strongman **Arthur Saxon** (and demonstrated by him in these photos). This lift requires great shoulder flexibility. The bar starts on the platform behind the lifter, and is raised behind the back until the bar is positioned above the hips (or above the belt). At this point, the lifter bends forward, and in a series of steps rolls the bar up the back until it is fixed across the shoulders. The hands are allowed to come free of the bar during this. The lifter then stands and performs a behind the neck jerk, at which time the lift is completed. Saxon is reported to have done 386 pounds in this lift, as it was witnessed by Warren Lincoln Travis. This lift was introduced to the USAWA by **Art Montini** - so in a way it is named after two Arthurs. The top weight ever lifted in the Arthur Lift in the USAWA was done by **Chad Ullom**, who lifted 297 pounds at the 2007 National Championships.



Chad Ullom performing the Arthur Lift at the 2007 National Championships

June 21st, 2009

NEWS FLASH Results of the National Championships

The 2009 USAWA National Championships, held at the Dino Gym in Holland Kansas, turned out to be a big success despite the low turnout of competitors. It was a close competition that went down to the last event, the Back Lift, to determine this year's Overall Best Lifter. The top five overall placings were:

1. Al Myers 3399 points
2. Mike McBride 3274 points
3. Chad Ullom 3195 points
4. Joe Garcia 2838 points
5. Randy Smith 2658 points

Full Meet coverage will be coming soon.

June 25th, 2009

Highlights of the National Meeting by Al Myers

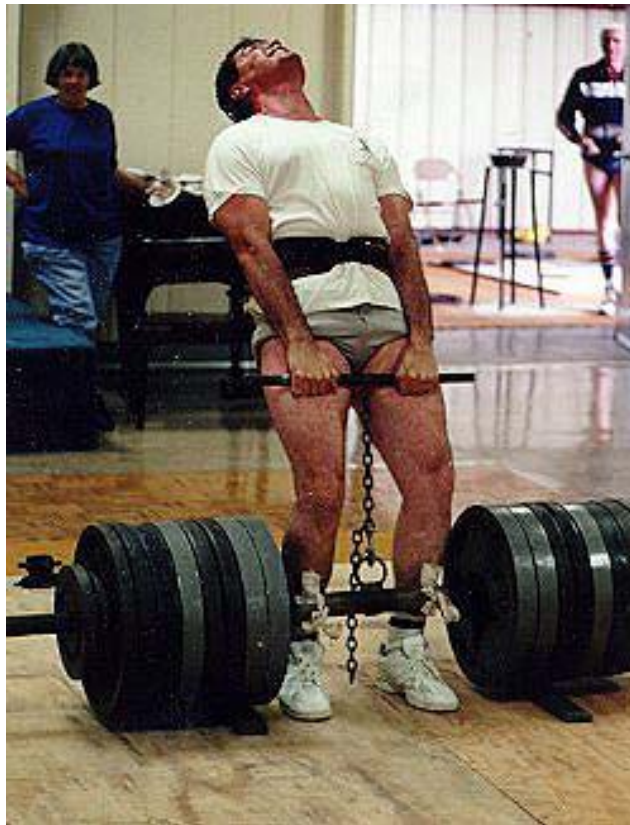
After the chalk settled, and the lifters full from a BBQ of burgers and chicken, the USAWA membership sat down to have the National Meeting, presided over by USAWA President Denny Habecker. Several issues were on the agenda this year that if voted "yes on" could change the direction of the USAWA and the future of the organization. The first item brought up was the review of the bylaws. The USAWA has been working with bylaws that were developed when the organization began in 1987. In this time no changes have ever been made to the bylaws, despite the fact that the USAWA has been operating in a different fashion from what the original bylaws outlined. Much of this was the result of the failure of the USAWA to grow in numbers - and the original bylaws were written with the idea that the USAWA was going to be a large organization and thus would require complex governing bylaws. After a short discussion, a committee was formed to re-write the bylaws. Members of this committee are Tim Piper, Joe Garcia and myself. The next item brought to the floor was the process of Hall of Fame Induction. The previous system was a point system in which an individual must accumulate 1000 points, and upon reaching this number, would automatically be the Hall of Fame. One person was designated to keep track of everyone's points. This system ceased to work when the individual in charge of it retired and no one took it over, and thus no one has been inducted since 2003. I presented a new Hall of Fame Induction form to the membership based on a nomination process whereas an individual would nominate someone and be the one responsible for figuring the nominees points, taking the pressure off of one individual. No motion was made to accept this new form. Again, a committee was formed to investigate this process and to report to the membership at next years annual meeting. The Hall of Fame committee consists of Denny Habecker, Dennis Mitchell, and Dale Friesz. The next item was a review of the Officials' Test. Discussion included that the current rules test is too long and is discouraging people from taking it. As of now, only 8 individuals have taken the rules test in the past 3 years. This was countered by discussion pointing out the importance of having an extensive rules test with stringent criteria in order to become a qualified official, much like other sports organizations. Also included in this was reasons why a practical exam should be implemented. No motions were made. Joe Garcia volunteered to be the Officials' Chairman. The next item was the approval of the new Rule Book. The Rule Book was updated and expanded on this spring, and was reviewed by several people. The approval of the Rule Book passed unanimously. The motion was amended to include a date of August 1st for the new Rule Book to take effect. The reason given for this was to give time so people could be made aware of it that do not have access to a computer. The proposed Rule Book has been available on the website for the past 6 weeks. The next item brought up was a review of the drug testing policy. Much concern was voiced by the membership about the considerable expense the testing program is costing the organization, and that other cheaper testing programs should be looked at. Amongst the discussion was the importance of maintaining an extensive quality testing program, which this program has done, and having outside individuals doing the testing instead of doing the testing in-house. A motion was made by Chad Ullom to continue with our current testing program and it passed by majority vote. The next item discussed was the future of the Strength Journal, which is published by Bill Clark. Bill Clark announced that he was resigning as publisher of the Journal, effective at the end of the year. Discussion included trying to convince Bill to have a change of mind, but it was to no avail. The next agenda item was election of officers. It started with Bill Clark announcing that he was resigning as Secretary/Treasurer after over 20 years in this capacity. A motion was then made by Bill Clark nominating Denny Habecker for President, myself as Secretary/Treasurer and Chad Ullom as Vice President. The motion was seconded by Randy Smith and passed unanimously. Included in this motion was that the new officers would take office at the beginning of 2010 to allow time for transition. The next item was a review of the record keeping process. Discussion included the possibility of having the Record List put on the website. Joe Garcia, the Official Record Keeper expressed concerns over bandwidth and whether this would be possible with the new website. This was discussed and agreed upon that it needed to be looked into further before the Record List would be put on the website. Joe and I agreed that we will work together on getting the Record List on the website. The next item was a review of the website. Discussion amongst the membership included wanting to have a message board, and being able to register online for membership and sanctioning. Next up was a review of club memberships and the discussion of team awards. In the past, club awards have been given out but this ceased when club memberships declined. As of now, the USAWA has 4 registered clubs. The membership agreed that this was not enough clubs to have a club award program. Next item up was a discussion of insurance. As of now, the USAWA does not provide insurance for sanctioned meets, nor has an insurance policy that would allow meet directors to purchase insurance for meets. Meet Directors must find their own insurance, or just go with out. Discussion included having this looked into and what the costs would be to the organization. No motions were made and no committee formed. The next agenda item was a review of the age adjustment, and whether the point correction was fair. This issue was brought up at the IAWA meeting last fall. Dennis Mitchell presented a survey done by the IAWA committee that was formed to study this. The study showed 1 percent was somewhat fair up to the age of 60, but after the age of 60 performance decrease was more rapid than 1 percent. Concerns were expressed by the membership that increasing the age adjustment for lifters over 60 may deter new young lifters from joining the USAWA. The majority of the membership felt that no change should be made, and this should be the USAWA recommendation to IAWA at the IAWA meeting in October. The next item was an issue brought forward by the Technical Committee concerning whether using the Zercher Lift in the Continental to Belt should continue to be allowed. This

issue was brought up at the last IAWA Meeting requesting that the Continental to Belt should be divided into two lifts - the Continental to Belt and the Continental to Belt Anyhow. Discussion among members felt that by the definition of a continental using a Zercher Lift to get the bar to the belt is within the description of a continental, and there would be no point in separating them. This was also the recommendation of the Technical Committee. Next up was a discussion involving whether we should remain part of the IAWA, or join with the BSAG. Membership voiced overwhelming support of IAWA, and after a very short discussion, no motions were made. The next item was a motion made by Bill Clark naming the Overall Best Lifter Award at Nationals the Monahan Award, in honor and memory of Rex Monahan. It passed unanimously. The last item was asking for bids for the 2010 National Championships. Denny Habecker put in the only bid, and it was accepted unanimously.

June 29th, 2009

Quiz of the Week

A Hall of Fame Biography is now available for **Joe Garcia**. Check it out here - [Biography](#). Joe is famous for his Hand and Thigh Lifting - and holds the all-time record in this lift by lifting **1910 pounds**! Not only has he lifted more than anyone in the history of the USAWA, but also of **All Time**, even exceeding the Hand and Thigh Lifts of the old time strongmen.



Joe Garcia with the Hand and Thigh Lift

Quiz Question: Name the lifter whose all-time record was broken by Joe Garcia, and the weight of the previous record.

Rules of contest: 1 answer per day, first correct answer to webmaster wins

Winner receives a USAWA Patch!!!!

Mike McBride, of Columbia Missouri, correctly answered the quiz. The previous Hand and Thigh Lift record holder was the New Jersey Strongman, **Jack Walsh**. He did a Hand and Thigh Lift of 1900 pounds in 1950 at Trenton, New Jersey. This beat the previous record held by **Louis Cyr** of Canada, who had a Hand and Thigh Lift of 1897 pounds, set in 1896. Will it be another 50 years before **Joe Garcia's** Hand and Thigh Lift record is broken?

June 30th, 2009

So you think the **Van Dam Lift** is impossible??? **Rob Van Dam**, of wrestling fame, is responsible for this lift being in the USAWA Rule Book and to this date he has been the only one to perform the Van Dam Lift. For those who are unfamiliar with the Van Dam Lift - it involves lifting a heavy dumbbell from the floor to the waist while maintaining the full splits with each foot/leg supported on a bench. Rob Van Dam demonstrated this lift with a dumbbell of 166 pounds. For those who still don't believe it - it can be viewed on this [YouTube Video](#) and was officiated by USAWA officials.



Steve Freides, at 149 pounds, one arm pressing a Kettlebell of 53 pounds while maintaining the full splits.

Now along comes **Steve Freides, of Ridgewood New Jersey**, who just may be the second person to accomplish the Van Dam Lift. Steve started out childhood suffering from severe asthma and allergies, to enduring a severe back injury as an adult that left him bedridden for several months and unable to walk without limping for over a year. At this point in his life, Steve decided to forget about his physical setbacks and took up an aggressive exercise program involving daily stretching and training with Kettlebells. He also runs, swims and bicycles. He has even entered several powerlifting meets, setting some deadlifting records in the process. Steve is a certified Personal Trainer by the National Strength and Conditioning Association and was certified as a Russian Kettlebell Challenge Instructor by **Pavel Tsatsouline**. He received his RKC Level 2 certification in 2007.

Now the question remains - will Steve enter an All-Round Weightlifting Record Day and be the only person to do the impossible Van Dam Lift besides the man himself, Rob Van Dam? Lets hope it happens!!!!!!

July 3rd, 2009

This is a reprint of an article by John McKean in the February 1979 issue of Muscular Development. It is a very well written story about Art Montini and how weightlifting helped him overcome severe burns and disability. Art was the oldest competitor at the 2009 USAWA National Championships, and after doing a Back Lift with 1000 pounds at 81 years of age is showing no signs of slowing down!! Read and enjoy.

Powerlifting Saved This Man's Life!!!!

by John McKean



Arthur Montini - his speedy recovery from a near fatality is an amazing testament to the benefits of powerlifting, and weight training exercises.

The 250 pound squat was a slow teeth-gnashing struggle toward completion even though the trembling lifter hadn't quite hit the parallel mark. It was the most beautiful lift I can ever remember seeing!! Let me explain my excitement over such a mediocre performance. The lifter was 50-year old Arthur Montini, a very popular powerlifting competitor, official, and meet director in Western Pennsylvania's Allegheny Mountain Association. Certainly nowhere near his best, Art ground out the light squat in defiance of a severe accident three months earlier which threatened him with total physical debilitation.

A Steelworker from Aliquippa, Pennsylvania, Montini was caught in a disastrous furnace explosion at the mill, leaving him as little more than a burnt, barely alive, mass of human flesh. Doctors at the Western Pennsylvania Burn Unit confirmed that he received burns covering over 65% of his body. His chances of survival were practically nil. Although punished with pain almost beyond comprehension, Montini's amazing body, toughened by over 30 years of heavy barbell training, proved to be the winning factor in the life or death struggle. Certain that this man's age would be a negative factor, doctors were astonished when tests confirmed Art's physical condition to be that of a very healthy 21 year old!! And, matching a fighting body, the old iron slinger had an unyielding desire and determination not only to live but to completely heal - and quickly!!! Showing unbelievably rapid progress from the start, Art was soon allowed visitors. The place looked like a major lifting meet after a while! Testament to the esteem held for this local iron game celebrity was the large influx of lifters and officials who kept pouring in. The nurses were most pleased to see so many good looking, muscular young men in the hospital corridors!

Art cheerfully greeted all his visitors, maintaining good spirits despite the pain and extreme discomfort he was constantly experiencing. Except for the "mummy" bandages which covered him head to toe, he remained the same old talkative, personable Art Montini. Naturally, conversation with his weightlifting buddies always revolved around training. Refusing to acknowledge his condition, Art claimed the worst part of his hospitalization was the inactivity - he desperately wanted to get back to his barbells!! All of us who visited, to the man, were left with absolutely no doubt that the old master would return to the lifting platform once more!!

Recovery from severe burns is a very slow and agonizing process. Daily removal of dead skin as well as constant medication and extensive bandaging are the necessary horrors burn patients must face. Body heat loss, due to the lack of outer skin, causes almost constant shivering, and chances of acquiring an infection are extremely high. But Art Montini is not the type of guy to lie around feeling sorry for himself, and he refused to merely endure a long, drawn out healing process. His three decades of training had convinced him that he could force cell growth if only he could exercise and acquire the necessary nutrients. He knew that his body would not let him down now, having been well versed in making speedy recuperation from constant heavy workouts over the years!

Shortly after his admission into the hospital, Art decided to make good use of a bar hanging across his bed, normally used to help patients pull themselves up to a sitting position. Not only did he sit up, but he proceeded to do set after set of chin-ups on the bar! Considering his blistered skin and total body bandaging, this movement was not exactly easy. But Art liked the feel of the exercise and welcomed the opportunity to get his blood circulating more rapidly and his muscles working again. Soon other improvisations, such as isometric contractions, were incorporated into his makeshift workout. The pain involved was inconsequential compared to this chance to make productive use of his excessive spare time. Now I've heard of training under adverse conditions, but this was almost incomprehensible - here was a man who was beginning his comeback while still on the critical list!!

Supplements were next. Art had his friends sneak in boxes of his favorite Hoffman Hi-Protein Candy Bars, Massive doses of Vitamin C and E, and a few other vitamin and mineral aids. The hospital had already placed him on a high calorie, high protein, balanced diet in order to fulfill the massive needs of replacing dead and dying cells of the burnt skin. However, Montini knew that even huge quantities of today's rather devitalized, processed foods would not do the job. Certainly the hospital food was not quite good enough for a weightlifter! The self-prescribed, highly supplemented diet quickly worked its magic. In light of Art's ever accelerating recovery rate, even the skeptical doctors were forced to encourage him to continue his intake of protein, vitamins, and minerals.

Fantastic physical condition and tremendous recuperative abilities are not normal characteristics of a 50-year old man. Of course, Art Montini has been very stubborn to acknowledge either physical or mental aging, having found his personal "fountain of youth" through powerlifting. By thinking and training like a young athlete, he has maintained the body of a young athlete - perhaps the saving grace from his terrible accident. Art has always ignored so-called "conditioning" programs - or "suggested" exercises for middle-aged men. In fact, I sincerely doubt that he has ever performed a truly light workout in his career. No calisthenics, 10-pound dumbbells, or high rep-low weight movements for this iron man!! Art goes to the gym to be challenged and loves to load those heavy plates on the Olympic bar! He is a competitor, always will be, and never plans to change the enjoyment he derives from powerlift training. Even after his relatively short hospital stay, though still healing and bandaged to some degree, Art was in the gym squatting, benching, and deadlifting!!

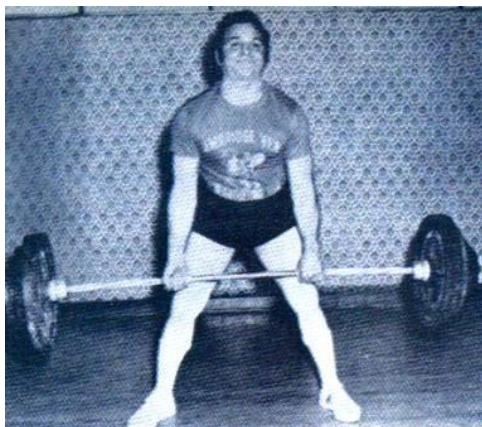


Although still bandaged from his recent, very serious accident, Art Montini performs a favorite strength building movement - incline sit-ups with a pair of York 110 pounders! Talk about abs -wow!

Montini has competed in area power meets since their inception in the 60's, but has diligently performed the heavy movements since his earliest barbell training during the late 1940's. Over the years he has acquired a vast knowledge of training methods and lifting techniques, determining those which work best for him. His body and mental attitude seem to prefer a very basic system of heavy weights and low reps. Depending on the nearness of a meet, he will perform maximum attempts for sets of five, three or single reps on the powerlifts. Also, with fondness for his Olympic lifting days, the "old man" likes to work up in singles to a heavy press, snatch, and clean and jerk as supplemental exercises.

Progress, not maintenance, is his constant goal. "When I can't increase my poundages on the lifts, I'll quit - and those days are a long way off!" claims the hardened veteran. Indeed, his best gains have been made in recent years as the iron "bug" has bitten harder than ever. Displaying the exuberance and energy of a teenager, Montini takes almost masochistic delight in forcing out reps with

maximum or near-maximum weight. He loves to put himself to the test at a contest and is in his glory competing, officiating, coaching or just being with his fellow lifters.



Concentration with heavy attempts is the key to Montini's routine. Here he sinks his teeth into a heavy deadlift.

When asked which bodybuilding exercises he performs to supplement his heavy lifting and for general physical fitness, Art just laughs. He very pointedly comments that max poundage powerlifting is bodybuilding! However, the old boy has often been observed doing sets of high incline sit-ups - while holding two 110-pound dumbbells! Just can't keep the guy away from those heavy weights! As far as a physique is concerned, that 50-year-old tank of a torso speaks for itself!

Montini is perhaps one of the premiere teachers of powerlifting in the country, based on his experience and the number of students he has reached. Over 20 years ago he and Harry McCoy founded the highly popular Ambridge V.F.W. Barbell Club. Devoting much of his spare time toward working for the betterment of this non-profit gym, Art has developed many fine Olympic and power lifters. He leads his teams into practically every area competition, and personally conducts several large meets at the V.F.W. each year. No matter how experienced or prestigious the trainee, this old wizard of weights is always sought for help and advice. Currently, the president of the club, Montini remains the head guru of power at the Ambridge V.F.W.

Presently Art chooses to ignore the wounds, scars, and bandaging remaining from his all too recent accident and has plunged knee deep into a competitive powerlifting routine. He is still upset that the untimely explosion ruined his plans to compete in the 1978 Masters' Age National Championships, but vows to be ready for 1979! The body may still be a bit wracked up right now, but the competitive spirit has reached an all-time high!

Art Montini has shown us all how our beloved sport can condition both body and mind to handle even the most severe stress. Some current fitness "experts" find it fashionable to dismiss heavy weight training as a viable source of exercise for health and longevity. However, Art's punishing ordeal points out that in addition to providing stimulus for the muscles, powerlifting can create development of tremendous recuperative powers, strong resistance to physical damage, and a mental "toughness" not tolerant of defeat. And just ask Art about longevity. He'll cheerfully tell you that not only has weightlifting given him so much health and happiness during his lifetime, its benefits have granted him life itself!!



Art has been grinding out heavy squats like this for over 30 years!

July 6th, 2009

More on Jack Walsh.....

Jack Walsh, the New Jersey Strongman, was a strongman showman more than a weightlifter. He loved the Heavy Lifts, such as the Back Lift and the Hand and Thigh Lift because they were crowd favorites with the large amount of weight lifted. He was not a big man, standing a little more than 5'6" and weighing 180-200 pounds at his heaviest. Thus, his best claims in the Back Lift of 4700 pounds and 1900 pounds in the Hand and Thigh Lift seem even more spectacular. His best lifts were done in the early 1950's. He was also good at the one arm Clean and Jerk, with a best of 210 pounds done with a barbell. He excelled at the finger lifts - doing a middle finger lift of 550 pounds (using a padded ring which is not used today).

But this lifting stunt of his caught my attention more than any others - he would hang from a chin-up bar with ONLY his chin supporting him, and while in this "hanging position" perform a crucifix with a pair of 50 pound dumbbells!!! Is this possible? I have some leftover USAWA Nationals T-shirts and will give one away to anyone who sends me a picture of themselves doing this!! I'll make it easy - Just do it with a pair of 20 pound dumbbells!!

July 7th, 2009

NEWS FROM THE DINO GYM by Al Myers

Conner Wins Liberty Strongman Classic!!



John Conner training for the Hummer Tire Deadlift - where he pulled 905 pounds.

John Conner, the Dino Gym Phenom, won the Liberty Strongman Classic this past weekend in Philadelphia. This professional strongman contest was directed by **Al Thompson**, and was attended by several of the top professional strongmen in the United States. I am very proud of John, as I have watched him train very hard these past few months with a new sense of determination. I don't think John is anywhere near his potential yet.

At times, it was estimated that over 7000 people were watching the strongman show. Here is a [YouTube Video](#) of John being the first competitor to load all 5 stones at Frawly Stadium - just watch the fans go wild!!!

July 9th, 2009

I received the drug testing report today from the National Center for Drug Free Sports regarding drug testing at this year's National Championship. The 10 athletes tested all tested negative.

July 13th, 2009

I'm a big fan of Dave Letterman's **TOP TEN** - now lets apply it to all-round weightlifting!!!

TOP TEN reasons you know you are getting old as an all-round weightlifter by Al Myers

10. You don't take warm-ups anymore - they would just tire you out
9. "Enhanced" has a new meaning - you have at least one artificial joint
8. You really enjoy the lifts you get to lay down to dountil you have to get back up
7. You start thinking the loaders at the meet would make good pall bearers
6. Putting your lifting shoes on is all the stretching you need
5. You have to hand your cane to a spotter before lifting
4. You have become a Doctor's "test subject" - and he writes a paper about you
3. You have to explain to the judges that your press-out was really just a very slow jerk
2. The drug testers laugh when you give your urine sample

And the #1 reason...

1. Instead of a post-workout protein shake and vitamins, you wash down your heart pills with a beer!!!

July 14th, 2009

I have added several new events to the Event Calendar. Among these are the fall meet schedule for **Clark's Gym**, and two postal competitions promoted by **John Wilmot**. John is again promoting the **USAWA National Postal Championships** in the month of December. This is a great opportunity to compete against a national field of athletes without the costs of travel. You can do the lifts in the gym where you train. All lifts must be performed on one day. The only requirement is to have your lifts judged by one certified USAWA official.

I have also added an **Officials** section to the website. This section includes the names of all USAWA Certified Officials. It also includes the **Rules Test**. The Rules Test is an open book exam over rules covered in the Rule Book. So, the time is now to take the Rules Test and become an USAWA Official!!!

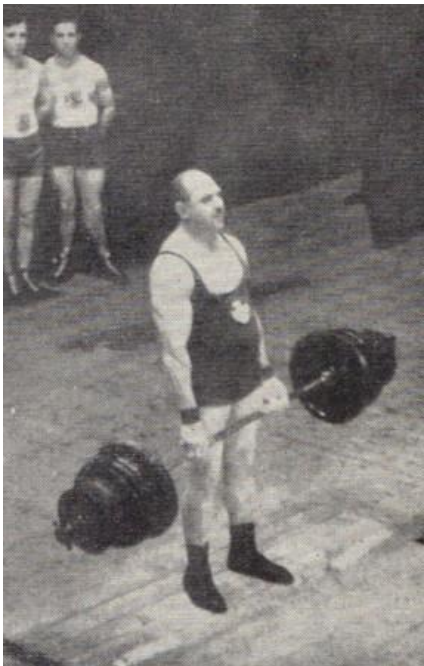
July 15th, 2009

I just received another email from **Steve Freides**, of New Jersey, who I mentioned a couple of weeks ago as possibly the first lifter, besides **Rob Van Dam**, to set a record in the **Van Dam Lift**. Well, he is busy training it and told me he is planning on going to a USAWA Record Day in the fall. For those who still don't believe it - here is a [YouTube Video](#) of Steve training the Van Dam Lift. This makes me hurt just watching it!!!

July 17th, 2009

Quiz of the Week

The **Goerner Deadlift Dozen** has been a fixture meet at **Clark's Gym** since 1995. **Bill Clark** started this meet in memory of the great **German Strongman Hermann Goerner**, who excelled at all deadlifting movements. An extra lift was added in 2001, the Reeves Deadlift, and then it became the Goerner Deadlift Dozen plus One.



Question: **Name the oldest lifter to win the Goerner Deadlift Dozen.**

Winner receives a USAWA patch.

Rules: Only one answer per day, and the first correct answer to webmaster wins.

Picture to Left:

Hermann Goerner performing a four-finger Deadlift of **595 1/2 pounds** using only the index and middle fingers of each hand. This lift was done on November 30th, 1933.

Goerner is credited with a one hand Deadlift of **727 1/2 pounds** (the best of all-time) and a two hand deadlift of **793 3/4 pounds**.



Picture credit: Goerner the Mighty by Edgar Mueller

July 19th, 2009

More on the finger strength of **Hermann Goerner**...

Hermann Goerner trained the deadlift in many different ways. Pulling was always a part of his workouts - but he never really trained to have a maximum deadlift. He considered the variations of the deadlift to be more "showing" and useful in his strongman performances. He did one arm deadlifts in many different ways - thumbless grip, normal grip with no hook, grip with a hook, bent arm style, etc. He also did two hand deadlifts with different variations - such as an overhand grip with no hook, bent arm style, 2 bar deadlifts, finger deadlifts, etc.

This brings me to the topic of the day - **The Middle Fingers Deadlift**. Of all the Finger Deadlifts, the Middle Finger is the one where the most weight can be lifted. The rules of the Middle Fingers Deadlift are simple - you grip the bar with the middle fingers only (No other fingers may touch the middle finger when it is gripping the bar) and you do a deadlift. It is allowable to use an alternate grip on the bar.

Hermann Goerner claimed a best in the Middle Fingers Deadlift of **308 pounds** set in the 1920's. Compared with his other finger lifts, I don't feel this "best" was anywhere near what he was capable of doing. The other day in the gym we had a Middle Fingers Deadlift impromptu competition - just to see what could be done. None of the guys participating in this are in training for finger lifting competition - and several of them had never even done a Finger Deadlift before. I was very surprised how well a couple of them did.



Chuck Cookson (Left Picture) pulling a 340 pound Middle Fingers Deadlift, only to get topped by **Sam Cox** (Right Picture) who lifted 345 pounds in the Middle Fingers Deadlift.

What is the best Middle Fingers Deadlift of All-Time???

I did some research of past USAWA record lists, and a brief internet search, and this is what I have found. I do not present this as an official list of the best Middle Fingers Deadlifts, as I am sure there are Middle Fingers Deadlift marks that I am not aware of. Also, some of these marks may have been judged by different standards. Some were in competitions and some just witnessed.

(Only lifts above Goerner's Middle Fingers Deadlift of 308 pounds need apply)

Top List for the Middle Fingers Deadlift (that I am aware of)

1. 411 pounds by **John McLoughlin**. Done at the German-American Athletic Club in New York City in 1954.
2. 403 Pounds by **David Horne**.
3. 400 Pounds by **Kevin Fulton**. Done at the 1994 Super Grip Challenge.
4. 345 Pounds by **Sam Cox**. Done at the Dino Gym in Abilene, Kansas in 2009.
5. 340 Pounds by **Chuck Cookson**. Done at the Dino Gym in Abilene, Kansas in 2009.
6. 330 Pounds by **Steve Sherwood**. Done at the 1992 British Grip Championships.
330 Pounds by **Steve Gardner**.
330 Pounds by **John Gardner**.
9. 309 Pounds by **Bill DiCioccio**. Done at the 1994 Gold Cup.

If anyone knows of other lifters who have exceeded Goerner's Middle Fingers Deadlift of 308 pounds, please let me know and I will gladly give them credit and put them on the list. Or do it yourself - and beat a "Best" of Hermann Goerner.

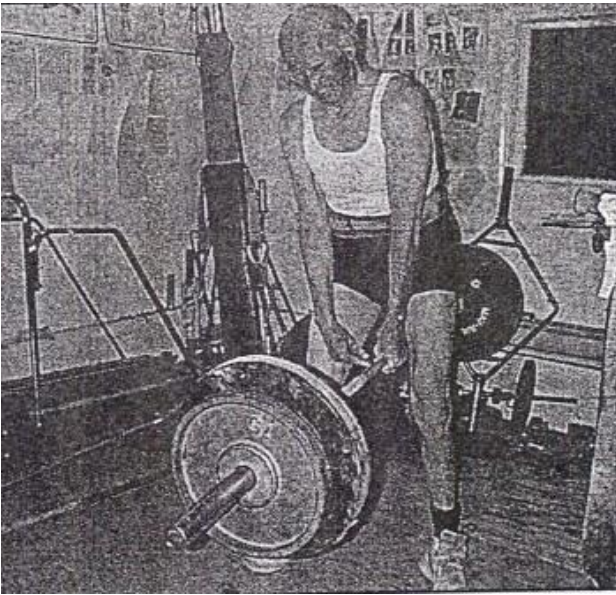
Other Middle Fingers Deadlifts that should be mentioned:

230 Pounds by **Mary McConnaughey**. Done at the 2005 Goerner Deadlift Dozen. This is probably the top women's mark of all time.

237 Pounds by **Roy Mason**. This is probably the best Middle Fingers Deadlift for a lifter over 75 years of age. Roy weighed only 150 pounds when he lifted this.

July 20th, 2009

We have a **WINNER** to the quiz of the week - **Joe Garcia** of Sturgeon, Missouri, correctly identified the oldest lifter to ever win the **Goerner Deadlift Dozen** as the late **Rex Monahan** of Sterling, Colorado. Rex won the Goerner Deadlift Dozen in 1996, 1997, and 1998. In his last victory he was 74 years old. Rex died January 19th, 2009 - 6 weeks after this past year's Goerner Meet - and one in which he had hoped to compete in. He had made plans to ride with me to the meet, and even said it would probably be his last meet. I was disappointed when his declining health prevented this from happening. Rex was a Deadlifting specialist - having Deadlifted with heels together a best of 325#, a Hack Lift of 369#, and a Jefferson Lift of 375#. All these lifts were done over 70 years of age and under 200 pounds bodyweight. His best lift was the one handed Deadlift - where he pulled 353 pounds when he was over 75 years old!!!! That record may last as long as **Hermann Goerner's** One Handed Deadlift record!!! Rex was also outstanding in the Finger Deadlifts. He has done 150 pounds on the Little Fingers Deadlift!! Rex was a great supporter of the USAWA, and went to every National and World event he could and won many championships. He has over 100 USAWA records. He was inducted into the USAWA Hall of Fame in 2002. As a special tribute to Rex, the Overall Best Lifter Award at this past year's National Championships was named the **Monahan Award**.



Picture to Left:

Rex Monahan, in 2003, training his favorite lift - the one handed Deadlift - in preparation for the World Championships.

July 21st, 2009

NEWS FROM THE DINO GYM

This past weekend, the Dino Gym promoted two competitions on Saturday, July 18th. The first was a Bench Press/Deadlift Competition sanctioned through the organization 100% Raw Powerlifting. The second was the Central Plains Highlander sanctioned through the North American Highlander Association. NAHA is a new organization promoted by D.J. Satterfield, that provides competitions that are a combination of Highland Games and Strongman. This sport requires the athleticism of Highland Game athletes along with the strength of Strongman to be successful at it. The Dino Gym is promoting the first NAHA Nationals at the Dino Gym on September 19th, 2009. 100% Raw Powerlifting is an organization that limits the use of lifting gear (allows belts only!) and the meets are drug-tested. Both of these are good fits for the Dino Gym!!!! Even though the turnout was small and most of the competitors were gym members, the quality in these two competitions was outstanding!!!

For Full Meet Results [Click Here](#)

July 22nd, 2009

History of the Goerner Deadlift Dozen

Dale Friesz, who holds the unofficial title as **Historian** of the USAWA, provided me with this chart of the past winners of the **Goerner Deadlift Dozen**. It not only includes the winners each year, but also the winner's total and adjusted point totals. As you can see from this chart, Dale has the distinction of being the winner in the very first Goerner Meet. The lifts contested in the Goerner Deadlift Dozen are as follows:

Deadlift - Heels Together
Hack Lift
Jefferson Lift
2 Bar Deadlift
Right Hand Deadlift
Left Hand Deadlift

Right Hand Deadlift - Thumbless
 Left Hand Deadlift - Thumbless
 Index Fingers Deadlift
 Middle Fingers Deadlift
 Ring Fingers Deadlift
 Little Fingers Deadlift
 Reeves Deadlift

YEAR	LIFTER	AGE	BWT	TOTAL	POINTS
1995	Dale Friesz, Virginia	53	183	2800	3028.09
1996	Rex Monahan, Colorado	72	186	2742.5	3396.58
1997	Rex Monahan, Colorado	73	198.25	2685	3229.48
1998	Rex Monahan, Colorado	74	197.25	2615	3176.52
1999	Kevin Fulton, Nebraska	39	260.5	4195	3257.42
2000	Kevin Fulton, Nebraska	40	260	4200	3301.12
2001	Seth Holcomb, Nebraska	16	192	3340	3359.51
2002	Al Myers, Kansas	36	272	4020	3058.42
2003	Bill Clark, Missouri	71	237	2765	2996.41
2004	Mike McBride, Missouri	27	225	4025	3372.15
2005	Mike McBride, Missouri	28	229	2755	2231.83
2006	Al Myers, Kansas	40	251	4020	3214.90
2007	Cancelled Due to Ice				
2008	Al Myers, Kansas	42	248	4325	3547.00

POINTS - formula adjusted for age and bodyweight

July 23rd, 2009

At the recent USAWA National Meeting, a topic was brought up that created a lot of discussion. It was not brought up by anyone as a motion, only as a point of discussion. No official action was taken and no vote was taken by the membership. It involved the IAWA study into the **age allowance**, or as what the USAWA refers to - the age adjustment. Last year at the IAWA Meeting, this topic was brought up and a committee was formed to investigate it. The committee has done a study of three lifts and the decrease in performance of these three lifts with age. The summary of this can be viewed here - [Study of Age Percentage Allowance](#). As of now, IAWA uses the same age adjustment percentages as the USAWA which is one percent per year starting at 40 years of age. For a complete summary of how scoring is done in the USAWA - [Click Here](#).

IAWA(UK) uses a somewhat different age correction where a lifter gains one percent per year starting at 36 years of age, until the age of 66 years where it increase to 2 percent. This 2 percent is only for the years of age over 66, not all the years. So you can see, the IAWA(UK) system favors older lifters slightly more than the USAWA system.

The big question is - **What is fair?** The majority amongst those present at the USAWA Meeting involved in the discussion felt that the current system is fine as it is - but that only applies to the USAWA. What is decided at the IAWA Meeting may be completely different as lifters from other countries will be involved in the discussion, and the vote on it if there is one.

Bill Clark made these comments in the last **Strength Journal** stating his viewpoint on this, "As a 77 year old, I get 38 percent and can come close to winning if I have a good day. I don't expect to beat anyone simply by raising the percentage. For all purposes, we weren't meant to beat up on a strong 30 year old by a formula. I'm very happy with my 38 percent and often feel guilty taking it. There's no way I deserve 54 percent at age 77. Next thing, I'll be taking steroids to enhance my 54 percent. Come on, get serious."

If anyone wants their viewpoints on this stated, please send them to me and I will make them known. I will also try to obtain the graphs of this study so you can evaluate them yourself.

July 24th, 2009

A Hall of Fame Biography is now available for **Denny Habecker**. Denny is the current USAWA President and has been the biggest USAWA meet promoter for the past several years. He is the meet director for this year's **IAWA World Championships**, which is going to be held in Lebanon, Pennsylvania on October 3rd and 4th, 2009. Denny puts on top quality meets and this is one you don't want to miss!!! [Click Here](#) to read Denny's Hall of Fame Biography.



Denny Habecker performing a Hack Lift.

August 11th, 2009

Update on the Middle Fingers Deadlift

Since I have put up the list of the top Middle Fingers Deadlifts of All-Time, I have been informed of two more making the list. Steve Gardner, the IAWA President, and his son John Gardner have both lifted 330 pounds in the Middle Fingers Deadlift!!! This is the updated list.

Top List for the Middle Fingers Deadlift

1. 411 pounds by **John McLoughlin**. Done at the German-American Athletic Club in New York City in 1954.
2. 403 Pounds by **David Horne**.
3. 400 Pounds by **Kevin Fulton**. Done at the 1994 Super Grip Challenge.
4. 345 Pounds by **Sam Cox**. Done at the Dino Gym in Abilene, Kansas in 2009.
5. 340 Pounds by **Chuck Cookson**. Done at the Dino Gym in Abilene, Kansas

in 2009.

6. 330 Pounds by **Steve Sherwood**. Done at the 1992 British Grip Championships.

330 Pounds by **Steve Gardner**.

330 Pounds by **John Gardner**.

9. 309 Pounds by **Bill DiCioccio Sr.** Done at the 1994 Gold Cup.

August 12th, 2009

The King's Stone by Al Myers

Just recently I was on vacation in Hawaii and had a chance to try my hand (or back!) at lifting the **Naha Stone**, which is located in front of the Public Library in **Hilo**, on the big Island of Hawaii.



Attempting to lift the 7000 pound Naha Stone

The story behind the **Naha Stone** is a very interesting one. According to legend, **King Kamehameha** not only lifted this huge volcanic rock but stood it on end and flipped it over!! **King Kamehameha** was the first Hawaiian King to unite all the Hawaiian Islands under a single ruler. The legend goes that early in time a kahuna (or holy man) prophesied that a very strong warrior would eventually lift this stone, and upon doing so, would become a great King and Ruler over all the Hawaiian Islands. **King Kamehameha** was a very big man, standing over 7 feet tall and weighing over 400 pounds.



I gave the **Naha Stone** all I could and at one point thought I heard it cracking the ground, but that was just my back. I guess I am not destined to be the next King of Hawaii!!

August 13th, 2009

The deadline for the **IAWA World Team All-Round Weightlifting Postal Challenge** is approaching!! Lifting must be completed and turned in by the end of August. This is an opportunity for your team/club to see how you rank against other teams/clubs in the World! This postal challenge meet is directed by the IAWA President **Steve Gardner**. Only four lifts are contested - so just pick a day for your training group to do all the lifts at the same time and consider it a workout. It is important that this postal challenge be officiated by 3 IAWA officials (or two if the lift passes unanimously) as this is an official meet with lifts being eligible for World Records. How often can you set a World Record in your own gym?? Don't let this opportunity slip by.

[PostalChallenge09.pdf](#)

[PostalScoresheet09.pdf](#)

If you want me to submit your Team results for you just send them to me and I'll get them submitted.

August 14th, 2009

Dale Friesz - the "Miracle Man"

A Hall of Fame Biography is now available for **Dale Friesz**. Dale is truly an amazing individual who is an inspiration to everyone who meets him. Dale has overcome many very serious medical issues to resume not just lifting, but competition lifting!!! Dale just recently spent 9 days in the hospital for treatment of a leg infection - but I fully expect to see him lifting at this year's World Championships in October. Whenever I have an ache or pain when I'm working out and I feel like complaining about it - I think of Dale, who has every excuse not to train but keeps at it relentlessly - and then I realize that my aches and pains aren't all that bad!! You can always count on seeing Dale at every year's National Championships. He is one of the charter members of the USAWA. For Dale's Biography - [Click Here](#)



605# Neck Lift by Dale Friesz

August 15th, 2009

I recently received an email from **Brian Brown**, of Dubuque, Iowa asking the question - Why is the **Turkish Get Up** not an USAWA lift? Well - my answer was IT SHOULD BE!!!! This was a very popular lift among old-time strongmen. It was a favorite of such greats as **Arthur Saxon**, **George Hackenschmidt**, and **Sig Klein**. Thanks to Brian for providing this writeup about the Turkish Get Up.



"It is a splendid exercise and showy feat to lie down and regain upright position holding a dumbbell overhead" - Thomas Inch

The Turkish Get Up by Brian Brown

The Turkish Get Up is a great old-time strongman exercise in addition to being a great shoulder rehab, core building, and flexibility enhancing exercise. It also works all the muscles of the body, so it's a great exercise to have in your arsenal in case you're short of time for a workout.

In truth I don't know what's Turkish about the Get Up. I do know that you can do a Get Up with two hands or one hand. Typically the Turkish Get Up refers to the one-hand version of the Get Up. And you can use any kind of resistance you like, whether it be a dumbbell, kettlebell, barbell, sandbag, or your kid. I've tried it with my kids -- it's a great circus trick and they like it too!

To perform the Turkish Get Up, lie on your back with the weight overhead in one hand. While keeping your elbow locked and the weight overhead you 'get up' to a standing position. For competition purposes, this would be the end of the movement. But for training purposes, it's more challenging if you then reverse the movement until you are lying back on the floor. Then you repeat for the other arm.

The basic sequence of the Turkish Get Up is as follows, to begin the movement, crunch your abs and obliques while moving the dumbbell slowly forward, then push off the floor with your free arm. If you can make it to the sitting position, you are pretty much home free! Then bring your leg opposite the weight

underneath your body so that you are in a lunge position, then stand up with the weight.

There is another method whereby after you are in the sitting position, you get in the deep (seriously deep!) overhead squat position and stand up from there. But this is much more difficult than the 'lunging' method and requires quite a bit more flexibility and as such, less weight can be used.

Jeff Martone commented that the Turkish Get Up helped to rehab his bad shoulder. I've found this to be the case also. I had a delicate right shoulder from too much bench pressing and shot putting when I was in high school. When I discovered the Turkish Get Up a few years ago my shoulder problems disappeared. Also I have a friend with chronic back problems and he said that his back problems diminished remarkably after including the Turkish Get Up in his program. There is something unique to this movement in that the shoulders and hips seem to rotate around the axis underneath the weight, providing beneficial full range of motion.

I recommend sticking with low repetitions with this movement, unless you're using it for a warm-up. Even with low reps, the Turkish Get Up can provide quite a metabolism boost. In the following video sequence I'm breaking my PR in the Turkish Get Up using 86.25 pounds (not bad for 6'2", 188 lbs, and 36 years, if I don't say so myself). Notice that I'm under the load for roughly 55 seconds. How many of these 'singles' do you think I could handle in a workout? I can almost get around a 400m track in that amount of time!

[YouTube Video](#) of Brian Brown performing a Turkish Get Up

A nice, challenging, simple workout is to do the Turkish Get Up as described above, but to insert an overhead squat once you are in the standing position, then continue with the Turkish Get Up by reversing the movement to the floor, and repeating with the other arm. You could also insert a press once you are in the standing position. I also like to superset Turkish Get Ups with a heavy lower body movement like squats since I use dumbbells for the Turkish Get Up and my bar is free for another movement.

What type of resistance you prefer is up to you. Based upon my experience, a barbell is easier than a dumbbell due to the additional balance provided by the length of the bar. And a kettlebell is easier than a dumbbell because the kettlebell rides a bit lower on the arm. For me, it's easier to get the dumbbell into position compared to a barbell or a kettlebell.

It is said that back in the day, weightlifters had to Turkish Get Up 100 pounds before they were allowed to learn the Olympic lifts. This exercise is also supposed to be a staple of cage-fighters. 100 pounds is my goal, but I'll leave the cage fighting to the pros!

August 17th, 2009

Schedule Updates

There have been some changes and updates made to the **Event Calendar**. Several date changes have been made for the Clark's Gym Meet Schedule. **Bill Clark** is hosting 7 meets/record days over the next several months. No entry forms are available for these meets and it is very important that you contact Bill in advance if you plan to attend. Bill does not charge an entry fee for any of his meets - so there is no excuse not to support them! Bill is "**THE FATHER**" of all-round weightlifting, and along with a great day of competition you get the chance to have all your questions answered concerning all-round weightlifting!! The day ends with everyone gathering at the Golden Corral for a post-meet meal! A day just doesn't get any better than this.

I have also added the entry form for the **2010 Dino Gym Challenge**. Every year I change the lifts for the Dino Challenge, and this year the Dino Gym is presenting "**The Arthur Saxon Pentathlon**". The lifts in this meet

were some of the favorites of **Arthur Saxon**. There will be one unofficial USAWA lift in the meet - the Plank Support. This was a very popular lift in many of the Saxon Trio's performances and shows.



Arthur Saxon's Plank Support Lift

August 18th, 2009

Training with Thom "**THE ANVIL**" Van Vleck by Al Myers

Last week I had the opportunity to spend an afternoon training at my gym with **Thom "THE ANVIL" Van Vleck**. We spent the entire workout training with anvils only!! I have a collection of three anvils, weighing 110, 152, and 190 pounds. You would be surprised how difficult you can make an anvil workout. Thom knows many ways how to use anvils for training. Training with anvils was very popular with old time strongmen. **George Jowett**, famous strongman and writer, lifted a 168 pound anvil by the horn with only one hand!!



Anvil Collection - 110# unknown, 152# Peter Wright, 190# Peter Wright

Thom is a very popular writer for **MILO**, and has written many articles over the past several years. One of his earliest articles was about how it was a right of passage into the JWC (**Jackson Weightlifting Club**) to be able to lift **Grandpa Jackson's** anvil overhead!! This anvil has been passed down through the generations of the JWC, and Thom has it as a center piece in his gym today. It weighs somewhere between 150 and 200 pounds. When you enter the JWC (Thom's gym) - be prepared to be challenged by Grandpa Jackson's anvil!!!



Thom pressing my 110# anvil with one hand only!!!!

The workout started out with doing some snatches, swings and French Presses with my 110# anvil. Lifting anvils is not the same as lifting barbells - an anvil is just a huge chunk of iron that is hard to grab and hold on to!!! But then, it is an exhilarating feeling to be able to master lifting such an awkward object. We are fortunate today that we have bars with roller sleeves that contain fine ball bearings, and plates that are milled perfectly, to provide upmost balance and control when lifting weights. The old time strongmen did not have this type of equipment, but made the most of what they had and still made amazing strength gains.



Thom pressing the 152# anvil, and myself pressing the 190# anvil.

We then progressed to doing clean and presses with the 152 pound anvil. We started out doing strict presses and finished by doing push presses with it. It is difficult to keep an anvil from "getting out in front of you" when pressing it overhead and to maintain the lockout. But the more reps we did with it the better both of us got. I then took on the 190# anvil and cleaned and pressed it several times. After this we did some one handed lifting with the anvils by gripping them by the horn - "Jowett style". You really feel this in the forearm muscles. I

have done alot of Vertical Bar lifting with a 2" bar - but the horn of an anvil has a taper to it that makes it way more difficult!!



I managed lifting the 110# anvil, but then Thom showed me up by lifting the 110# anvil and the 152# anvil at the same time!! Now you see why he is known as Thom the Anvil??

The next exercise we did was loading and deloading the three anvils onto platforms. This is a full body exercise. We did several "runs" of these until our backs starting cramping!! At this point I thought we would call it a workout but Thom had more in mind! We finished this 3 hour workout by carrying the 190# anvil down and back my 100 foot course (200 feet total) several times with the anvil cradled in our arms. This tested my cardiovascular endurance and left me in a heap of sweat and breathing like a race horse. Now - THAT is what you can call an ALL-ROUND workout and we didn't even touch a barbell or dumbbell!!!



I'm loading the last anvil, only to get ready to deload it. Thom the Anvil smiling and having fun as he finishes the 200 foot course carrying the 190# anvil.

August 19th, 2009

More about George Jowett

I mentioned **George Jowett** yesterday in my training article about anvils. George Jowett was more than just an anvil lifter - it's just that his most famous lifting feat involved using his legendary 168 pound anvil. It is reported that in the late 1920's at a strength show in Philadelphia, he grabbed his 168 pound anvil by the horn, and in one motion did a swing with it and caught it at his shoulder and proceeded to press it over head with one arm!!! It is one thing to be able to pick up a heavy anvil one handed - but to clean it one handed is almost beyond belief!! George Jowett possessed huge forearms - measured at times over 16 inches.



**George Jowett lifting his legendary
168 anvil by the horn.**

George Jowett was born in England, and as a child was critically injured when he fell against a fireplace. This accident left him crippled. When he was 8 years old his parents were told by the doctors that it was unlikely that he would live to be 15, and if he did, would probably never walk again. He proved them wrong - not only did he walk again but went on to become one of the premier strength athletes of the early 1900's.

Jowett started out in gymnastics and achieved many awards in his teens. He then became a boxer and won world titles as a lightweight boxer. At the age of 19, he moved to Canada and started weightlifting. Weighing just 176 pounds, George did a clean and jerk with 340 pounds!! He was also very good at the one arm swing - his best being 210 pounds. He then became a competitive bodybuilder and is considered by many to be the Father of American Bodybuilding.

By the early 1920's, George moved to Philadelphia and founded the Jowett Institute for Physical Culture. He started a mail order business selling muscle courses that lifters would subscribe to. Each course was laid out for the entire month and each month George would send out the next month's course! This was very profitable for him and it grew into a big business. He was very successful as a writer and has written many weightlifting courses and books. His book in 1925, "**The World's Weight Lifting Rules and Records**", was the foundation for the rules used for the all-round lifts in the USAWA today.

August 20th, 2009

Congratulations to David Beversdorf!!!!

David Beversdorf, of **Clark's Championship Gym**, just recently bench pressed **630 pounds** at a powerlifting meet that was part

of the Missouri State Fair. This was done on August 16th, in Sedalia, Missouri. The meet was sanctioned by SLP. David is a 43 year old neurologist on the staff at the University of Missouri Hospital and Medical Center. David has been training at Clark's Gym for about a year.



**David Beversdorf, of Clark's Gym, benching 630 pounds.
Notice Clark's Gym members James Foster (to left) and Joe Garcia (to right) spotting.**

I met David at Clark's Gym this past spring at the Deanna Springs Memorial. A few months earlier David had broken **Steve Schmidt's** ALL TIME USAWA record in the **Roman Chair Bench Press** with a lift of 215 pounds at a Clark's Gym Record Day.

August 21st, 2009

Roger Davis Lifts the Dinnie Stones

Congratulations to **Roger Davis** for finally reaching his longtime goal of lifting the **Dinnie Stones**. Roger is an all-round weight lifter from England who has competed in several **IWA World Championships**, and has won many Championships. He is 39 years old and weighs only around 80 kilograms - which makes this feat all the more impressive!!

The **Dinnie Stones** are located just outside of Aberdeen, Scotland at the **Bridge of Potarch**. They were originally used as anchors for the bridge during the construction of the bridge. While helping his father repair the bridge in 1860, **Donald Dinnie** lifted both of these stones and carried them across the bridge, a distance of over 15 feet.

Roger commented, "It was a great feeling when I finally lifted the stones, especially as clan Chieftain David Webster as well as a large crowd of spectators witnessed it." He added, "The lifting of the Dinnie Stones really has filled me with a positive attitude."

I'm looking forward to seeing Roger this coming October in Lebanon at this year's IAWA World Championships so I can hear first-hand his story about his amazing accomplishment of lifting the Dinnie Stones - a claim not many can make.

Roger Davis lifting both Dinnie Stones at the same time!!



August 22nd, 2009

Quiz of the Week

Name the two USAWA lifters who have lifted the Dinnie Stones.



Dinnie Stones

Rules: Only one answer per day, first correct answer to webmaster wins.

Grand Prize - Winner receives an USAWA Patch!!

August 24th, 2009

The Deadline for the **IAWA World Championships** is approaching!!! Please get your entry in before the closing date of September 3rd, so **Meet Director Denny Habecker** will have the numbers in hand to properly make the final plans for the meet. The World Meet is only in the States every 3-4 years. All USAWA members should take advantage of this and enter!!!! Let's do our best to represent the United States when the World meet is in our own country!!!!

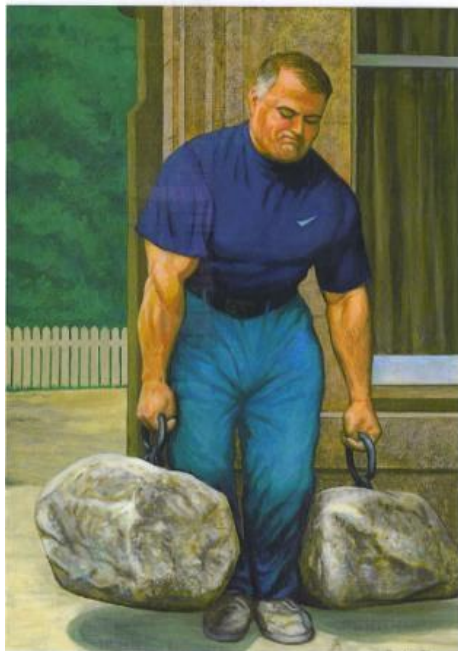
[Information Page for 2009 IAWA World Championships](#)

[Entry Form for 2009 IAWA World Championships](#)

I am still waiting for a correct answer to the quiz of the week. I'll give out a hint - one lifter is known for his one handed deadlifting and the other lifter for introducing the 2 inch barbell to the USAWA.

August 25th, 2009

The winner of this week's quiz is **Ben Edwards**, of Lawrence, Kansas. He correctly identified the two USAWA lifters that have lifted the Dinnie Stones as **Frank Ciavattone**, of Walpole Massachusetts, and **Kevin Fulton** of Litchfield, Nebraska.



Frank Ciavattone (left picture) lifting both Dinnie Stones in September, 1996.

Kevin Fulton (right picture) lifting both Dinnie Stones in October, 2001.

The **Dinnie Stones** are still located near their original place in front of the Potarch Hotel - which is next to the Potarch Bridge that the River Dee runs under. They are located close to Aberdeen, Scotland. They were originally weighed at 435 pounds and 340 pounds (for a total weight of 775#), but since have been reweighed by **Gordon Dinnie** in 1998 at 413 pounds and 321 pounds (a total weight of 734 pounds).

Donald Dinnie is said to have picked up both of these stones (at the same time) and walked the width of the Potarch Bridge - a distance close to 17 feet!!!

For a complete listing of those of have lifted the Dinnie Stones - [Click Here](#)

August 26th, 2009

Ben Edwards

Ben Edwards, the winner of the latest Quiz of the Week, has announced he intends to host an USAWA grip competition. There has not been a grip competition in the USAWA since **Kevin Fulton** hosted the annual Super Grip Challenges. Ben has been a "grip specialist" and has competed in numerous grip competitions over the past several years. He also holds several grip records in the USAWA. He has expanded his lifting to training all the all-round lifts and competed in this past year's National Championships. Ben intends to enter more all-round meets in the future. The USAWA needs more energetic, young lifters like Ben Edwards!!!!



Ben Edwards performing a One Handed Thumbless Grip Deadlift of 230 pounds at the 2009 Dino Gym Record Day. Ben's best One handed Thumbless Grip Deadlift is 250 pounds, which is one of the best in the USAWA Record List.

Top 5 All-Time One-Handed Thumbless Grip Deadlifts in the USAWA

1. 266 pounds Mike McBride
2. 254 pounds Tom Ryan
3. 250 pounds Ben Edwards
4. 230 pounds Al Myers
5. 225 pounds Matt Graham

August 27th, 2009

(The following is part of an interesting article written by All-Rounder John McKean several years ago. John has won many All-Round National and World Championships in his weight class, and has written articles for Muscular Development, Hardgainer, Strength and Health, Ironman, Powerlifting USA, and MILO)

Strength Through Variety (Part 1) by John McKean



John McKean demonstrating the Pullover and Push with a thick handle, old style barbell. The Pullover and Push was done by old time strongmen before the days of the Bench Press.

Competition can certainly bring out the beast in you. An almost fanatical drive to excel, improve, and outdo the other guy always yields an unmatched training intensity. Yet even the most diehard lifter occasionally finds himself bored stiff with the same old squat, bench press, snatch or jerk, workout after workout. Wouldn't it be wonderful to find the incentive to add this competitive fire to shoot for maximum poundages on a *lot* of movements rather than just a few? How would you like the challenge offered by a *huge variety* of exercises which can instill tremendous total body power?

Well . . . welcome to the wonderful world of all-round weightlifting.

Simply put, all-round weightlifting consists of almost *anything* but the powerlifts or two Olympic lifts. In our IAWA (International All-Round Weightlifting Association) meets we perform many recognizable events such as dumbbell and barbell presses, strict and cheat curls, hack lifts, leg presses, pullovers, weighted situps, etc. Also contested are forerunners of modern weightlifting which include one-arm snatches, one-arm clean and jerks, push presses, continental cleans and snatches, and jerks behind the neck. Early powerlifting forms are represented by the straddle lift, lying pullover and push, front squat, stiff-legged deadlift, and Steinborn maneuver. And a few ultra-heavy harness events, favored by old-time professional strongmen, are employed via the hip lift, hand and thigh, and back lift.

Lest any potential all-round trainee be intimidated by this awesome variety, let me be quick to explain that never are our listed 150-plus lifts all included in one contest. Generally, for a major contest, 8-10 of the more popular lifts are done over two days. For instance, the 1992 US National meet held in Boston, Massachusetts, featured the neck lift, Jefferson, continental snatch, press behind neck, pullover and push, Zercher, Steinborn, hip lift, hand and thigh, and one-hand deadlift. Local meets usually offer 3-5 movements or are "record days" where a competitor can select his own choice of lifts for record purposes. A few times, however, zealous promoters have posted lists of 15-20 lifts for grueling two-day affairs – believe me, a total body-numbing experience.

August 28th, 2009

(The following is part of an interesting article written by All-Rounder John McKean several years ago. John has won many All-Round National and World Championships in his weight class, and has written

articles for Muscular Development, Hardgainer, Strength and Health, Ironman, Powerlifting USA, and MILO)

Strength Through Variety (Part 2) by John McKean



John McKean demonstrating the Jefferson Lift, which is also known as the Straddle Deadlift.

A brief look at weightlifting's history will quickly show that many of the above-mentioned lifts were the basis of meets during the 1900-1930 era. Rare was it when an early contest didn't feature a one-arm snatch, dumbbell swing, or the amazing bent-press (yes, it's once again being given its due – number 48 on our all-round list). Extensive record lists on about 50 events were kept in the US and Great Britain prior to 1940, with other informal local listings recorded in both countries during the sixties and seventies.

When serious interest once again picked up, officials from the two lands met in 1987 to write a constitution and promote the new-to-many concept of all-round competition. When these modern day founding fathers established the up to date rules and regulations, they insisted on pure body dynamics to do the lifting – no super suits or supportive gear, no wraps, and absolutely no drugs.

About now, I'm certain many will question the feasibility of training limit poundages on 10-20 big lifts at a time. Doesn't this go against the grain of current advice to avoid long routines? No. In fact, the real beauty of our all-round sessions is that we're actually forced to restrict quality training time on each individual lift to an absolute minimum. The necessity of these ultra-abbreviated strength routines has taught us how to reach maximum intensity for handling true top weights more often than ever before.

Although there's a wide range of effective schedules used by our present crop of all-rounders, and highly specialized methods for handling some of our more unique lifts, here's a sample training procedure used by 12 of us at the Ambridge VFW Barbell Club, near Pittsburgh, Pennsylvania. Essentially, we've achieved phenomenal progress over the past five years by doing single repetitions on each of about 6 exercises per workout. We switch lifts every day of our three weekly sessions so that a total of 18 moves are given a short, high-intensity burst once a week. After a special non-weight warmup (more on this later) we do just 3 singles per exercise, best characterized as heavy, heavier, and heaviest. The last attempt is usually fairly close to a limit. And, because this quick, brutal style of training seems to fuel our mental competitive aggression, we always feel motivated to try to up that poundage each week.

Sure, this is heavy stuff. Yet in all our collective time with all-round training, none of us has ever felt even slightly burned out, suffered serious injury, or even felt overly tired from a workout (contests are something else, however). It seems when gains keep coming as rapidly as they have, lifts are always being rotated, and workouts are over before we have a chance of even getting mentally fatigued, our sport always stays fresh, exciting, and ever challenging. After all, how hard can it be to perform a workout of only 18 reps? (Better wait to answer till you actually experience this unique form of intensity and variety).

Most all-round movements are complex by nature and work the entire body at once. Each exercise serves as a supplement to the others, so there's absolutely no need to waste extra time on assistance exercises. This is also a big reason why we get away with training any particular lift but once a week; *all* muscle groups are pushed totally each training day, no matter what combination of exercises is employed. After all, why should we bother with, say, the highly overrated and widely overused bench press – very one dimensional when compared to the whole-body functioning of all-round's dynamic pullover and push.

How well does all-round training serve the average person? Let me offer two rather extreme examples. On a novice level would be my 13-year old son Robbie. Beginning when he was 10, Robbie found immediate pleasure over his rapid strength gains. Thanks to the wide variety of moves and abbreviated training (yes, I put him on heavy singles immediately, despite dire warnings I've read by "experts"), he never experienced much muscle soreness nor ever any boredom with his quick workouts. In three years he has gained fifty pounds of muscle (puberty helped), tripled his strength, and has established fifty world records in the pre-teen division.

Recently, while on the way to winning his third consecutive title at 1992's national championship in Boston, this 165-pound "little boy" performed a show-stopping hand and thigh (short range deadlift). I've never seen another youngster of this age who could match Rob's grip strength to do a 250-pound one-arm deadlift, or the neck power to equal his 300-pound head harness lift. But early in his training, Robbie perceptively put me straight on what this sport is all about. Telling him to follow me downstairs to begin "exercising" one day, he firmly replied, "Dad, I don't exercise, I *lift*."

On the other end of the spectrum is longtime powerlifting and weightlifting competitor, 65-year old Art Montini. As is the case with all of us master lifters, Art discovered that no form of training or competition is as much fun as all-round lifting. Montini never misses one of these exciting workouts and seems to heft new personal bests each time he sets foot in a gym. Who says you stop gaining beyond 35? Art's name is all over the current record book and he's never failed to win the outstanding master award at any of our national meets. Seeing the agile oldster deftly upend a 300-pound barbell, twist and stoop to shoulder it then easily squat in the complicated Steinborn lift, or perform his mind-boggling 1,800-pound hip lift would convince anyone that Art drinks gallons daily from the fountain of youth.

August 29th, 2009

(The following is part of an interesting article written by All-Rounder John McKean several years ago. John has won many All-Round National and World Championships in his weight class, and has written articles for Muscular Development, Hardgainer, Strength and Health, Ironman, Powerlifting USA, and MILO)

Strength Through Variety (Part 3) by John McKean



John McKean squatting 530 pounds for a Pennsylvania State Record in 1980. This was done at the Great Lakes Championships in Erie, Pennsylvania in the 148# weight class. John's best competition squat was 555 pounds - before the age of super squat suits!!

“All you need in life is ignorance and confidence, and then success is sure!” stated beloved storyteller Mark Twain. In his famous tongue-in-cheek manner, Twain may have unwittingly provided one of the biggest truths in strength training. For if, as lifters, we envision great success with a highly personalized, unique training pattern, and let our enthusiasm run rampant in its employment, we usually achieve stellar results. Yet, often such a self-styled program is never attempted if those ever-present “experts” are consulted.

Looking back, I suppose my own powerlifting career, which peaked about twenty years ago, could definitely be described as “ignorant yet confident”. Due to a particular fondness for squatting, I naively assumed that some serious specialization on this lift, sustained drive to excel, and very concentrated effort in the gym would allow me to outdo most competitors. Emphasizing mostly brutal, ever-heavier single attempts in training, I actually did manage to establish many local and state records, topping out at 530- and 550-pound bests in the lightweight and middleweight divisions. Heck, it was no real surprise to discover from magazine polls back then that my lifts were even listed among the top ten in the nation for several years. Only later did the shocking truth reveal itself – with my light bone structure (6” wrists), overly long thigh bones, use of neither drugs or supportive gear, and unsophisticated training methods, there was “no possibility” of becoming even mediocre in this event. Man, was I fortunate that nobody told me until it was too late.

My history has provided firsthand education of the absolute value of using a limited program of extremely heavy singles in order to approach one’s maximum power potential. When constantly knocking heads with tiptop poundages, many physical disadvantages can be placed on the back burner. Yet in modern strength literature, noted “authorities” constantly belittle the value of “ones”. Where, I’ve often wondered, did these hardheads come up with the ridiculous “testing strength vs. training for strength” theory which is used so frequently to knock the use of near-limit singles? In actual application, I’ve never seen just such a short, intelligent program fail *anybody*.

Perhaps many of us master competitors lucked out by starting our training in an age when strength was king – all major bodybuilding and weightlifting moves were keyed toward low-rep, heavy poundages. In the “good old days” we maxed out on everything all the time – and loved it. Our Iron Game heroes, now legends in the sport, regularly utilized short, basic programs which always culminated in several heavy singles. Interestingly, when the renowned Bulgarian national weightlifting team was asked how they developed their “revolutionary” training concept of singling out on all lifts every session, they replied, “from studying the old system of the Americans which we read about in the magazines of the fifties and sixties.”

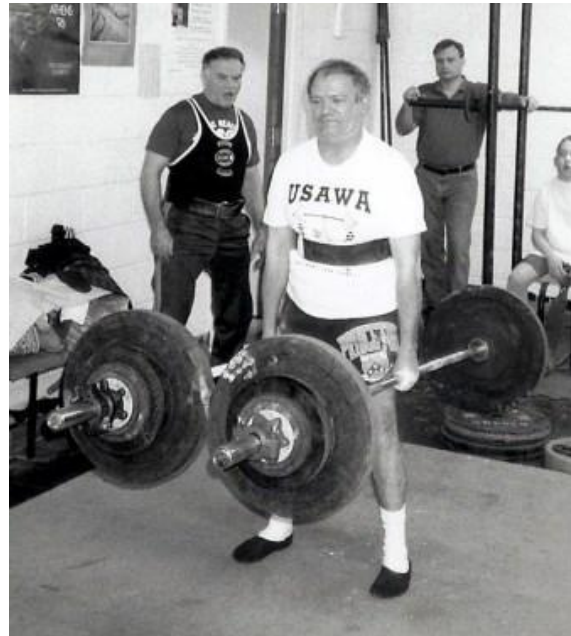
So, with the advent of modern all-round competition, many of us enthusiastic older trainees already had a tried and true system which easily enabled as many as twenty lifts per week to be worked. Yep, those blessed singles allowed us to spread our energy around while still training with super intensity. Only now, with all-round’s vast array of maneuvers (over 150 lifts which can be contested), we find ourselves using fewer singles per move but making better gains in *total body power* than ever before, despite our ages being in the forties, fifties and sixties.

A real mental key to deploying a “singles” training schedule is simply to eliminate that *word* in favor of “a lift”. A near-max *lift* is certainly about as intense as effort as can be done, yet that low, low number still bothers some. Too many strength trainees today have been constantly brainwashed to the “more is better” concept, even within the context of a set. But, after all, what is a set of, say, eight reps? Simply seven *warmups* finalized by *one* tough rep (though with a sub-par poundage compared to a truly heavy single). Why not conserve time and energy by doing a *lift* with perhaps 40% more weight in the first place?

August 31st, 2009

(The following is part of an interesting article written by All-Rounder John McKean several years ago. John has won many All-Round National and World Championships in his weight class, and has written articles for Muscular Development, Hardgainer, Strength and Health, Ironman, Powerlifting USA, and MILO)

Strength Through Variety (Part 4) by John McKean



John McKean in competition doing a One Arm Deadlift (Picture to left) and a Deadlift with 2 Bars (Picture to right)

Can I entice you to try a short, intense, very stimulating all-round training schedule which capitalizes on these dynamic singular efforts? My training partner, Art Montini, has devised a unique circuit-like routine that is as exciting as it is challenging. Art schedules four or five exercises per session, each done for but 4 singles. Ordering the various lifts from lightest to heaviest, he does a first round of one exercise after the other with all of them at approximately 77% (based on their heaviest poundage for *that day, not all-time bests* – we still cycle the intensity to an upcoming contest). Art then does a second round with 85% for each lift, then a round with 92½ %, and a final rotation with 100% efforts. Montini claims a special mental “freshness” while powerfully bouncing from lift to lift and says the recuperation between rounds yields superior readiness for maximum attempts.

Following is a sample strength rotation schedule based on my current training for upcoming all-round competitions. I begin with a highly specialized, “heavy hands” total-body aerobic warmup (15-20 minutes) which thoroughly prepares my body to hit big poundages immediately. Note that the movements are ordered from lightest to heaviest.

Round 1: one lift/rep with 77½ % of that day’s maximum.

Round 2: 85%

Round 3: 92½ %

Round 4: 100%

Tuesday - Push Press, Steinborn, Neck Lift, Straddle Lift

Thursday - One-Arm Swing, Pullover & Push, Dumbbell Squat, Zercher, Hand & Thigh

Saturday - Power Snatch, Dumbbell Press, Pullover & Press, One-Arm Deadlift, Hip Lift

Each day’s session works every inch of the body, but any particular lift is only done once per week. **One can freely substitute any power, Olympic or major bodybuilding movement, as long as attention is devoted toward involving the total musculature.** Of course, workouts can be reduced if desired to two per week and with fewer exercises.

September 2nd, 2009

The One Arm Dumbbell Swing by Al Myers

My training partner **Chad Ullom** and I just spent a training session training the **One Arm Dumbbell Swing**. This is a lift not well understood today, but at one time was a very popular lift among old time strongmen. One arm lifts were once trained as much as two arm lifts - but not anymore. The **USAWA rules** for the One Arm Dumbbell Swing are quite simple - but certain things must be done for a Dumbbell Swing to be “legal”. These include:

- once the dumbbell leaves the platform it must be in continual motion until lockout
- the rod of the dumbbell must maintain a 90 degree angle to the body
- the non-lifting hand must not touch the lifting arm or dumbbell
- the arm must be straight in receiving the dumbbell overhead - in other words - NO PRESS OUT
- the lift ends on command once the feet are in line and the dumbbell is in control overhead



Al Myers (picture to left) and Chad Ullom (picture to right) both performing One Arm Dumbbell Swings with 145 pounds.

There are two styles that are used the most when doing an One Arm Dumbbell Swing. I use the more traditional style of "swinging" the dumbbell between my legs once to gain momentum to propel it overhead. Chad uses a "snatch style" where he takes it from the floor overhead in one motion and drops under the dumbbell when he catches it overhead. This is difficult in the sense that the hand is turned different than a Dumbbell Snatch. The USAWA Rules allow the lifting arm to bend during the lift and the feet to move.

Top Ten All-Time USAWA One Arm Dumbbell Swings

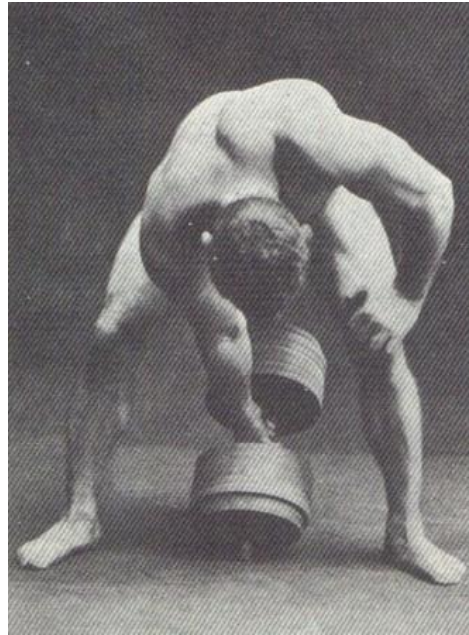
1.	143 Pounds	Chad Ullom
2.	140 Pounds	Mike McBride
	140 Pounds	Frank Ciavattone
4.	121 Pounds	Al Myers
5.	120 Pounds	Ed Schock
	120 Pounds	Jim Goviannini
	120 Pounds	Abe Smith
	120 Pounds	Robert English
9.	115 Pounds	Scott Schmidt
	115 Pounds	Jason Weigle

Coming Soon - The Top Ten One Arm Dumbbell Swings of All-Time.

Will any of these USAWA lifters make the list?

September 3rd, 2009

Single-handed Dumbbell Swing by Arthur Saxon



Arthur Saxon performing a One Arm Dumbbell Swing

The muscles called into play are practically the same here as in the one-handed snatch , but the bell must be placed on end between the feet as shown in illustration. Keep the head down, then, with a perfectly straight arm, pull up, using a combination of muscular efforts and concentration as described in the snatch lift. Lean back and watch the dumbbell with your eyes, and when it is at a suitable height suddenly dip beneath same and twist your wrist violently, so that you may place a straight arm beneath the bell.

Credit: The Development of Physical Power by Arthur Saxon

September 4th, 2009

History of the One Arm Dumbbell Swing

by Al Myers

The One Arm (or one-hand as it was originally known as) **Dumbbell Swing** has been contested in weightlifting competitions as far back as the late 1800's. In the early days, One Arm Swings were often done with Kettlebells. The USAWA rules only allow the use of dumbbells today.

There were originally two basic styles of One Arm Swings - the **Classic French Style** and the **British Style**. The French Style was the technique used first in the late 1800's to early 1930's, whereas the British Style became more popular after 1920. The differences between the two styles are significant. The French Style used equally loaded, balanced dumbbells and when swung overhead used a straight arm throughout. The British

Style allowed the use of "**Backhang**" and the bending of the lifting arm.

Backhang is allowed by the USAWA Rules when doing Swings. **What is Backhang?** Backhang is the unequal loading of a dumbbell where more weight is put on the back end of the dumbbell prior to the lift. The USAWA rules allow backhang up to 10 kilograms or 22 pounds. Several of the old time strongmen would use backhang up to 40 pounds!! Once you master the technique using Backhang, it is possible to lift more in the One Arm Swing than with an equally loaded dumbbell.



Chad Ullom has the Top One Arm Dumbbell Swing ever done in the USAWA with a lift of 143 pounds. This was accomplished at the 2007 IAWA World Championships in New Zealand.

Tomorrow News - The Top Ten **ALL-TIME** One Arm Dumbbell Swings

September 5th, 2009

Top Ten **ALL-TIME** One Arm Dumbbell Swing by Al Myers

It is a difficult task to try to come up with an **All-Time Top Ten** list for any lift, and the One Arm Dumbbell Swing is even more difficult than others. I used many resources in formulating this list and want to state that I have tried my best to make this list as accurate as possible but I know that the list is not perfect. Several factors made this research difficult. Were the lifts official or unofficial? Was a dumbbell used or a Kettlebell used? Was the lift actually an One Arm Swing or was it an One Arm Dumbbell Snatch? I want to thank everyone on the Iron History Forum for helping me with this project - their knowledge on lifting history far exceeds mine!!!

TOP TEN PERFORMANCES ALL-TIME

THE ONE ARM DUMBBELL SWING

Rank	Pounds	Lifter	Date
1.	220	Hermann Goerner (Germany)	1920
2.	219	Charles Rigoulot (France)	1932
3.	202	Maurice Deriaz (Switzerland)	1912
4.	199	Jean Francois LeBreton (France)	1907
5.	198	Ernest Cadine (France)	1925
6.	194	Emile Deriaz (Switzerland)	1904
7.	190	Ron Walker (England)	1937
8.	187	Arthur Saxon (Germany)	1905
9.	178	Stan Kratkowski (United States)	1934
10.	176	Gabriel Lassortesse (France)	1907

As you can see from this list - all the top ten lifts of ALL-TIME in the One Arm Dumbbell Swing happened before the year 1937. The swing is definitely a "forgotten lift". As I said the other day, one arm lifts were often contested in lifting competitions in the early 1900's. Today, the only opportunity to do an One Arm lift is in an All-Round weightlifting competition. And given the large number of All-Round lifts - the chance to do an One Arm Swing in competition does not come around that often. It takes extra time to load a swing dumbbell during competition which leads Meet Directors in not selecting the One Arm Dumbbell swing for a competition lift.

Steve Angell, in an IAWA competition, did an One Arm Swing with 165 pounds. **Rick Meldon**, weighing only 160 pounds, did an One Arm Swing with 172 pounds in an IAWA event - the highest over bodyweight One Arm Swing ever in competition!!!

September 9th, 2009

Important Notice

Denny Habecker has informed me that he is extending the deadline for entering the **World Championships** to **Saturday, September 12th**. So if you forgot to enter, here's your second chance. There are no qualifications needed to enter the IAWA World Championships - just send in the entry form!!! The IAWA World Championships are only in the United States every 4 to 5 years. Don't lose out on this opportunity !

[Information Page.pdf](#)

[Entry Form.pdf](#)

September 10th, 2009

John Grimek and the One Arm Dumbbell Swing

by Al Myers



John Grimek performing an One Arm Dumbbell Swing.

I can't finish the story on the One Arm Dumbbell Swing without mentioning **John Grimek**. As most All-Rounders know, John Grimek has had a tremendous influence on the USAWA. He is one of the very few **USAWA Hall of Fame** members who didn't earn his way into the USAWA Hall of Fame by competing in USAWA competitions. He got nominated and inducted with the first USAWA Hall of Fame Class in 1993 because of the way he trained, how he promoted odd lifting (or all-round lifting as it is known today), and the great respect all-round lifters have for him.

Most lifters know John Grimek the bodybuilder. After all, he is the only man to ever win two AAU Mr. America titles (1940 and 1941). He had the "perfect physique" and was way ahead of his time in bodybuilding. He also won the Mr. Universe title in 1948 and the Mr. USA title in 1949.

Most lifters know John Grimek the weightlifter. After all, he was a National Weightlifting Champion and member of the famous Olympic Weightlifting Team that competed in Berlin in 1936.

But I argue he was foremost an All-Round Weightlifter!!! His training program consisted, as he put it, of using "1001 exercises" to not only increase muscle size and strength, but flexibility and athleticism as well. He excelled at one arm lifts like the bent press, one arm snatch, side press, and the one arm dumbbell swing. He even did support lifts like the Harness Lift and Hip Lift. He was also a great gymnast - and often did handstand pushups with ease. But this is not intended to be an autobiography of John Grimek - I don't have enough space for that - instead just an article showing his great ability in the One Arm Dumbbell Swing. I was hoping that I could find proof that John Grimek had done a Swing that would have put him into the Top Ten of All-Time. I have read that he did swings with over 200 pounds in training - but I couldn't substantiate them. An article by one of his training partners, **Gord Venables** in 1943, stated that he and Grimek had both done 175 pounds in the One Arm Dumbbell Swing in training.

I ran across this old [YouTube Video](#) showing John Grimek doing some lifting and posing at a weightlifting picnic at York around the year 1940. The quality of the video is not the best - but it clearly shows what a great lifter and performer John Grimek was!!

John Grimek died on November 20th, 1998.

September 11th, 2009

Dino Days

On the weekend of **September 19th and 20th**, the **Dino Gym** will be hosting the annual Dino Days which involves a full weekend of strength competitions. This event is held at the Dino Gym Complex - which has a weightroom that is equipped for all-rounders, powerlifters, and Olympic lifters, an indoor strongman training facility that has all the equipment any strongman would ever need to train with, and a 5 acre outdoor Highland Games training field that is set up year round. The weekend schedule looks like this:

Day 1 (Saturday, September 19th)

NAHA Nationals - sanctioned by the North American Highlander Association

The Dino Gym is proud to host the very first Highlander Nationals. Highlander competitions are a mixture of Highland Game events and Strongman events. Several Highlander competitions have been held this year and have been well attended. For an entry form - [2009NAHANationals.pdf](#)

Day 2 (Sunday, September 20th)

Team Nationals - sanctioned by the USAWA

Team Nationals has divisions for 2-man, 2-person, and 2-women lifting. This is the third year in a row that the Dino Gym has hosted the USAWA Team Nationals. For an entry form - [TeamNationals2009.pdf](#)

September 12th, 2009

TEAM LIFTING

by Al Myers

The date for the **USAWA Team Nationals** is approaching fast (**Next Weekend -Sunday, September 20th, 2009**). Team lifting is when two individuals (the Team) perform a lift together. The USAWA provides divisions for 2-Man, 2-Person, and 2-Woman Teams. A 2-person team is a team made up of a male and a female. All of these divisions are contested at the National Team Championships.



My training partner Chad Ullom (to left) and myself training the 2-Man Zercher Lift in preparation for the 2007 Team Nationals. We ended up lifting 705 pounds at Nationals.

Rules for Team Lifts (taken from the USAWA Rulebook)

"Any approved lift may be done as a Team Lift, provided it is done according to the rules of the individual lift. Team Lifts consist of two lifters performing a lift together. This may consist of male-male, female-female, or female-male teams. The combination of lifters may be of any age or weight. The weight class the Team will be in will be that of the heaviest lifter and the age class that of the youngest lifter. An exception is if a Junior lifter is teamed with an Open or Master lifter, in which the age class will be the class of the older lifter. "

Team lifting is very challenging because factors come into play that when lifting on a bar by yourself you don't experience. The timing of the lift with your partner has to be the same or imbalances occur. It helps if both lifters are of the same height and body type so the bar is at the same height during and at the finish of the lift. Flexibility becomes more of a factor because of the limited space a bar provides when two lifters have a hold of it!! Lifting styles also come into play. For example - when doing a clean, one lifter can't squat clean the bar while the other power cleans it!! Another factor you don't think of until you actually do Team Lifting is trust. A missed lift can be catastrophic in team lifting because one person may be successfully completing the lift when this happens and unaware that one side of the bar is dropping fast!!! You have to know each others capabilities and be able to TRUST that your lifting partner won't let you down.

But at the same time, Team Lifting provides a great challenge. In some lifts you can actually lift more together than the sum of each of your individual lifts. Chad and I found this out a couple of years ago when the Team One Arm Deadlift was contested at Team Nationals. We had an idea of what we thought we could do together based on each of our individual One Arm Deadlifts - but forgot a big difference that was going to occur when we were both gripping the bar. That difference was we were able to create an "alternate grip" on the bar by facing away from each other, thus helping in blocking the "bar roll" that occurs in any one arm deadlift. We ended up lifting more together than the sum of our "Bests" at the time.

There is still time to enter the USAWA Team Nationals.

September 13th, 2009

(I just received the Strength Journal, published by Bill Clark, and learned of the death of two all-round weightlifters. The following is from the Strength Journal).

Sad News from the Strength Journal by Bill Clark

Word comes to us well after the fact that Cleveland's **Bob Cox** has died. I have no obituary to pass along to the membership. If anyone has such, please get it to me. Bob was an active lifter until knee replacement put him on the sidelines. He was 84 years old and a major contributor to the Journal. He was a training partner with Fred Kwast, Howard Prechtel, and many other Cleveland lifters dating back to World War II.

Kevin Heavner, who still holds the Mansfield Lift record, died recently at age 52. He lived in Columbia, trained in his garage, and dropped out of Olympic competition years ago. He was an excellent Olympic lifter with a chance to be a national class competitor, but chose to lift for fun. He lived no more than five minutes from Clark's Gym and occasionally dropped by to check if anyone had broken his Mansfield record, but chose to train at home. Death was sudden. He seemed to be in excellent health. Some of his weights have been donated to our gym. Kevin was one of those folks about whom Ring Lardner once wrote - "The World of Men Who Might Have Been" - but he was happy with his place in life and in lifting.

September 14th, 2009

Quiz of the Week

Name the Lifter who currently has the most USAWA Records.

Winner receives an **USAWA Patch!!**



Rules: First correct answer to the webmaster wins, and only one answer may be given per day.

September 15th, 2009

The GARDNER LIFTS

by Al Myers



James Gardner doing a Half Gardner at the 2008 IAWA World Championships.

James is the master of this lift which carries his name - and successfully lifted 176 pounds at a bodyweight of only 87.5 kilograms in front of IAWA Officials.

After the article regarding the **Turkish Get Up** (TGU) last month, I received a couple of emails from All-Round lifters reminding me of the similarities between the the Turkish Get Up and the Official IAWA and USAWA All-Round Lifts - the **Gardner Lifts**. **Steve Gardner** presented this lift to the IAWA World Council Meeting in Cleveland in 1995 for new lift approval, and the council not only approved the lift but named it after him!!!! In fact, there are two Gardner lifts - the **Half Gardner** and the **Full Gardner**.

However, there are some differences between the Turkish Get Up and the Gardner Lifts. In the Gardner Lifts, the lift starts at the top, while the TGU starts lying on the floor. The Gardner lifts allow only the use of a barbell, while the TGU allows the use of any implement - bar, dumbbell, or kettlebell. The Half Gardner Lift ends when the lifter is lying on the platform on his/her back, with the bar held in a single, straight arm overhead under control. In a sense - the starting position for the Turkish Get Up. In the Full Gardner Lift, once a Half Gardner is completed, the lifter receives a command to "Get Up" and return to the standing position with the bar overhead. So - part of the Full Gardner involves doing a Turkish Get Up. This sequence of lifts is easily summed up with this formula:

Full Gardner = Half Gardner + Turkish Get Up

These lifts are more difficult than just standing and lying down with weights. There is technique involved with steps taken in lying down and standing that helps in making these lifts easier to perform. It is important to first learn the "steps" and then follow the same step pattern each time. These lifts also involve flexibility - especially with the shoulder. It is a good lift for any age. I was amazed by

Art Montini at last year's World Championship when he did a **Half Gardner** of 39 pounds - and Art is over 80 years of age!! Most guys his age have difficulty getting out of bed and tying their own shoes. Art is living proof that weight training is indeed the "fountain of youth"!!!

September 16th, 2009

Rules for the Gardner Lifts

(The following are the USAWA Rules for the Full and Half Gardner Lifts, taken from the USAWA Rulebook)

D11. Gardner – Full

The first part of this lift is to perform a Half Gardner according to the rules of the Gardner – Half. Once in the finished position on the platform of the Half Gardner, an official will give the command to rise. The lifter must not rise before the command or it will be a disqualification. The rules of the Gardner –Half apply to the rise as well. Once the lifter is standing upright, with the bar motionless at arm's length overhead, the feet parallel and in line with the torso, an official will give a command to lower the bar. The bar may be in any degree of rotation when overhead. The bar must be returned to the platform under control by the lifter to complete the lift. It is acceptable to use both hands to lower the bar.

D12. Gardner – Half

The lifter may put the bar overhead into the starting position by any method, except upending the bar. This may be done using a One-Arm Clean and Jerk, One-Arm Snatch, pushing the bar overhead in one hand using both hands, putting the bar overhead with two hands and then moving it to one hand, etc. The bar is gripped in the center. The start position is when the bar is held motionless overhead with a straight arm, the lifter's body upright with legs straight, and the feet parallel and in line with the torso. The non-lifting hand must be free from the body. Once in this position, an official will give a command to start the lift. The lifter will then lower the body to a lying position on the lifters back on the platform by any method, ending with the bar held at arm's length overhead. The lifting arm must remain straight throughout the entire lift. When the lifter is in the lying position on the platform, the shoulders, legs, hips, head and non-lifting arm must all be in contact with the platform. The bar or plates must not make contact with the platform during the lift. The bar must be under control at all times. The non-lifting hand may be placed on the platform for support during the lift. The bar is allowed to have a slight tilt to it during the lift, as long as the lifter has the bar under control. The bar is allowed to rotate during the lift and may be in any degree of rotation when the lift is complete. Once the lifter is in the proper position lying on the platform, with the lifting arm straight and the bar motionless, an official will give a command to end the lift. The lifter may use both hands to lower the bar or spotters may assist in removing the bar.

September 17th, 2009

USAWA Records in the Gardner Lifts

These are the current overall weight class USAWA records for the Half Gardner and the Full Gardner. **John Monk** is the only USAWA lifter to have lifted his bodyweight in the Half Gardner - which he did at the 2001 Gold Cup. John has a best Half Gardner of 165 pounds and a best Full Gardner of 111 pounds. These are the top marks ever done in the USAWA.

Half Gardner

Weight Class	Lifter	Pounds Lifted
60kg	Mike O'Brien	71
65kg	Izzy Mabrey	88
70kg	John Monk	154
75kg	John Monk	70
80kg	John Monk	165
85kg	John Monk	143
90kg	Denny Habecker	99
95kg	Ed Schock	110
100kg	Chad Ullom	121
105kg	Bill Spayd	126
110kg	Jason Weigle	143
115kg	Ralph Cirafes	99
120kg	Kevin Fulton	122
125kg	Frank Ciavattone	132
125+kg	Frank Ciavattone	96

Full Gardner

Weight Class	Lifter	Pounds Lifted
60kg	Mike O'Brien	45
65kg	Barry Pensyl	65
70kg	John Monk	111
75kg	John Monk	110
80kg	Abe Smith	95
85kg	John Monk	110
90kg	Tim Piper	68
95kg	James Foster	65
100kg	Bill Spayd	100
105kg	Ed Schock	110
110kg	Mike McBride	95
115kg	None	None
120kg	None	None
125kg	Demetrius Davis	70
125+kg	Bill Rogers	70

September 18th, 2009

2009 Gold Cup

An entry form is now available for the **2009 Gold Cup** which will be held in Glasgow, Scotland on Saturday, November 7th. **David McFadzean**, of the **Castlemilk Gym**, is the Meet Director. For those not familiar with the Gold Cup, the meet consists of a lifter picking one lift and then performing a World Record with this lift with his/her FIRST ATTEMPT. There will be a banquet following the Gold Cup. The Castlemilk Gym will also be the host of the **2010 IAWA World Championships**.

Gold Cup Entry Form - [Gold Cup IAWA.pdf](#)

All World Records are available on the [IAWA\(UK\) website](#).

September 19th, 2009

I did not receive a correct answer for this week's Quiz of the Week. The USAWA lifter who currently has the most USAWA records is our one and only **USAWA President Denny Habecker**. Denny has been setting records since the USAWA Record List started and is still going strong!!! Denny currently has 341 records, but is followed very closely by **Art Montini** who has 337 records. They both lead the rest of the pack by over 100 records!!!



Denny Habecker added more records to the Record List at this year's National Championships

Top Ten ALL-TIME USAWA Record Holders

(number of current records listed first)

1. 341 Denny Habecker
2. 337 Art Montini
3. 221 John McKean
4. 217 Bill Clark
5. 214 Noi Phumchona
6. 208 Joe Garcia
7. 204 Dennis Mitchell
8. 201 Bob Hirsch

9. 199 Frank Ciavattone
10. 171 Howard Prechtel

The Entry Deadline has PASSED for this year's **IAWA World Championships** hosted by Denny Habecker in Lebanon, Pennsylvania. Any entries at this point require special permission from the Meet Director - so contact Denny and hope that space still exists!!

September 20th, 2009

Team Nationals - The Dino Gym versus The JWC

by Al Myers

Team Nationals Group Photo



Front row (left to right) - Al Myers and Chad Ullom

Back row (left to right) - John O'Brien and Thom Van Vleck

The **Dino Gym** and the **JWC** squared off against each other as the only two entries in this year's **USAWA Team Nationals**. The Dino Gym Team consisted on **Chad Ullom** and myself, while the JWC Team consisted of **Thom Van Vleck** and **John O'Brien**. Team Dino Gym took the early lead and held on for the Overall Win - but there were no losers in this event as both teams were in different weight classes and divisions. Several difficult lifts were contested this year that required the teams to work well in unison. The meet started out with the Team One Arm Snatch. Performing an One Arm Snatch by yourself is difficult enough - but it is twice as hard when doing it as a Team. Both lifter's lockouts have to be in perfect synch with one another - or the weight will shift to the lifter with the slower lockout and make it impossible for that lifter to finish the lift. The next lift was the Team Deadlift with the Fulton Bar, done with a Ciavattone Grip. Again, both lifters need to pull with the same speed and style because if the bar doesn't come up even, the weight shifts to the lifter on the low side and you will lose your grip. The Team Bench Press - Feet in Air had to be the most difficult (and unnerving) lift in the entire competition. Balance was a big factor in this lift, and not only did it require total confidence in your team partner but the other team as well. After all, we had to spot each other!!! Both Teams could have done more in this lift. The meet ended with the Team Jefferson Lift. The Team Jefferson Lift is much easier together than you would originally think.

By positioning your feet "opposite of each other", the bar comes straight up and doesn't want to twist. Several new **USAWA Team Records** were set today and much fun was had by all in this "friendly" competition. In fact, Thom and John wanted a rematch - and Chad and I accepted. So there will be more to come involving the Dino Gym versus the JWC.

For Full Meet Report - [Click Here](#)

September 21st, 2009

More Coverage of the Dino Days

by Al Myers



NAHA Nationals - Class Winners

Lightweight - Justin Cantwell, Kansas City

Middleweight - Mark Wechter, Oregon

Heavyweight - Matt Vincent, Louisiana

Masters - John O'Brien, Missouri

Part of this past weekend Dino Days activities involved hosting the **2009 NAHA Nationals**. NAHA stands for North American Highlander Association. This organization offers competitions that are a cross between Highland Games and Strongman Competitions, in which events are selected from both. It was well attended with 22 athletes competing. We had great weather and I think everyone had a great time!! The Dino Gym had several gym members competing - **Chad Ullom, Ryan Batchman, Matt Tyler, Jesse Landes, and Darren Barnhart**.

NAHA is possible because of the efforts of **D.J. Satterfield** and **Richard "Vince" Vincent**. These two guys are "for the athletes" and do everything possible to make sure that their competitions are fun and well ran. **Elite Nutrition** was the official sponsor of this event, and among many things, provided \$1000 in CASH as prize money!!! I also need to thank fellow gym member, training partner, and Kansas NAHA State Chairman **Scott Tully** - he was the "man behind the scenes" that made this whole event happen!!!

For full event coverage - Check out the [NAHA Website](#)

September 22nd, 2009

Blowing Up a Hot Water Bottle

by Al Myers

I got to see firsthand someone blowing up a hot water bottle this past weekend. At the conclusion of the Team Nationals, **Thom Van Vleck (President of the JWC)** amazed us by blowing up a hot water bottle in 31.62 seconds!! This takes tremendous abdominal strength and chest/lung capacity to accomplish this feat. This was the first time I had ever seen this performed - although I have heard about others having done it for quite some time.



What does this have to do with All-Round Weightlifting?

Well, for one thing all-round strength comes in many forms and sometimes not always involves lifting some sort of implement, like a barbell or dumbbell. Second, the Old Time Strongmen often performed similar feats to this (that required some sort of "special" strength) that were done purely for show performances to impress the crowds. And there is nothing as showy as watching a water bottle constantly expanding with each breath to the point that it explodes!!! **Bob Hoffman**, of York Barbell, wrote many articles about doing exercises that developed lung capacity and chest expansion. He would even do deep breathing exercises in between his workout sets to help in developing a larger chest.

Take this as a challenge - all you need to do is buy a hot water bottle and start blowing!! A few cautions though - don't inhale on the bottle when it is expanded or the water bottle pressure may damage your lungs and be sure to wear eye protection!!

September 23rd, 2009

The JWC Perspective on Team Nationals

by Thom Van Vleck



John O'Brien (of the JWC) loading the last stone at the NAHA Nationals to secure his first place finish!!

John O'Brien and I have trained together for about 6 years now. John is one of my partners on our Strongman Evangelism team and since we are similar height and strength, we figured this would be a good event for us.

Believe it or not, I last competed in an "odd lift" meet nearly 30 years ago. I have helped with USAWA meets and even helped coach John in his USAWA efforts over the years, but I was so focused on my Highland Games career I just hadn't had the right time to do a meet. Well, having just finished the NAHA Highlander meet the previous day, I had no excuses so John and I joined in. I soon realized what I was missing out on!

Team lifting puts a premium on team work. You have to match your partner's efforts while applying your own maximum effort into the lift. Timing is everything. A lesson learned on the first lift of the day, the Two man one arm Snatch. John and I can both power snatch around 225lbs.....but it 's a whole new ball game when you have to do it together. We managed 215lbs. On the other lifts, the Straddle or Jefferson Lift, the thick bar Ciavattone grip deadlift, and the Bench Press Feet in Air did not require split second timing, but still you had to lock out together.

I don't think at any point John and I felt we were a threat to Chad and Al.....they had been training for this event while John and I had not. We just might have to put some more effort into it for next year and see if we can catch Al and Chad napping. We did manage to beat them on one lift, the BP with Feet in Air with our age handicap, but to be honest, their last attempt looked easier than ours.

It is a lot of fun to walk up to a bar loaded to 850lbs and think that you are going to lift it. Even if it's a two man lift, seeing all those plates rise up is a real adrenaline rush. I know we were too tentative on this lift and next year I see 1000lb as a real possibility.

I think the best part of All around lifting is the fun of trying new things and having so many ways you can set a record. You get sore in ways that regular training will never make you sore. You also learn how to "lift on the fly". What I mean by that is that many guys train a limited number of lifts and their strength gets very specific. In other words, a powerlifter will get very strong on the Bench, Dead, and Squat, but they ever find themselves in need of tapping into that strength outside their usual training range of motion, they'll find themselves coming up short. All around does just that, it trains you to be all around strong.

At any rate, it was a blast. I look forward to the Dino Gym/JWC rematch next year. I plan on bringing more than one team of lifters to take out the Dino Gym crew once and for all! Anybody going to stop us! It was great fun, how lifting should be.

September 24th, 2009

What's the most painful lift in the USAWA? by Al Myers

I have done most of the lifts in the USAWA by now (out of a list of close to 200) and after a tough workout last night doing the Zercher Lift and waking up today with several new bruises - I was thinking - What lift is more painful than Zerchers?? Well, I have got to put my vote in for a lift that seems innocent enough but will leave you shaking your hand in pain - the **Little Fingers Deadlift**!!! I think my problem with this lift is that all the pain is focused on one little body part and not spread out over a larger area!! The Little Fingers Deadlift is always the last event in the **Goerner Deadlift** - but I always wish it was the first event so I could get it over with! It doesn't matter what weight is on the bar - it always HURTS!!



I even think Bill Clark might agree with me on this -especially when the bar "pops out" and immediately you feel the burning sensation of your little finger's flexor tendons snapping back into place!!

So - [email me](#) your vote and I'll keep a tally.

By the way, I don't think **Ben Edwards** will be voting for the Little Fingers Deadlift. Watch him in this [YouTube Video](#) doing a Little Fingers Deadlift of 160 pounds with ease. I can't believe anyone actually trains this lift! But that is the beauty of all-round weightlifting - there's a lift for everyone.

September 25th, 2009

Is The IAWA Age Adjustment Fair?? by Al Myers

A topic that will be discussed at this year's World Meeting at the World Championship will be the age adjustment. This was brought up last year and an IAWA committee was formed to investigate it and present a recommendation to the meeting this year. The membership will be called on to vote on this, whether to make a change or keep things as they are.

This subject is very interesting to me as I hear arguments from both sides. Young lifters think the older lifters get too much adjustment, while the older lifters don't feel like they get enough. Formulas are always hard to develop and make completely fair as there are so many variables to consider.

I did a study of my own on three lifts. I want to emphasize **THIS IS NOT THE IAWA STUDY**. It is merely a study which I did to satisfy my own curiosity on this subject. I think it is important that I have this information in hand in order to make an informative vote. I just collected some numbers and did a few calculations. I am not doing this to try to "sway votes" one way or the other. I just wanted to see what "the numbers" really show in regard to decreased lifting performance with age.

Study of the Age Adjustment

Objective: To collect information from age group USAWA records, make USAWA and IAWA(UK) age corrections for comparison, and determine what correction for age group records are needed in order for the age group records to be the same as the overall records.

Design: I collected information from age group USAWA records in three lifts - Bench Press Feet in Air, Hack Lift, and the Zercher Lift. I picked these three lifts for these reasons: they evaluate all areas of overall strength -pressing, pulling and squatting, and the data base for these records was full in regard to records in all weight classes and age divisions. I calculated an average of all weight class records within an age group so bodyweight adjustments would not be a factor in this study. I utilized this formula to determine what correction is needed in order to adjust to the average of the Overall Record.

$$\text{Correction Needed} = (\text{Overall Record} - \text{Age group Record}) / \text{Age Group Record}$$

Assumptions: I used the USAWA and IAWA(UK) age correction for the top age of each division despite the record may have been set a younger age within the division. The record list does not provide that data.

Results:

All Records listed in pounds.

Bench Press Feet in Air

Age Group	Overall Record	USAWA Correction	IAWA(UK) Correction	Correction Needed
Overall	353	353	353	0%
40-44	280	294	305	26.1%
45-49	268	295	306	31.7%
50-54	246	283	293	43.5%
55-59	228	274	274	54.8%
60-64	209	261	270	68.9%
65-69	194	252	268	82.0%
70-74	167	225	247	111.4%
75-79	141	197	223	150.4%
80-84	116	168	195	204.3%

Hack Lift

Age Group	Overall Record	USAWA Correction	IAWA(UK) Correction	Correction Needed
Overall	538	538	538	0%
40-44	465	488	507	15.7%
45-49	401	441	457	34.2%
50-54	382	439	455	40.8%
55-59	330	396	409	63.0%
60-64	320	400	413	68.1%
65-69	321	417	443	67.6%
70-74	304	410	450	77.0%
75-79	242	339	382	122.3%
80-84	168	244	282	220.2%

Zercher Lift

Age Group	Overall Record	USAWA Correction	IAWA(UK) Correction	Correction Needed
Overall	452	452	452	0%
40-44	372	391	405	21.5%
45-49	352	387	401	28.4%
50-54	339	390	403	33.3%
55-59	331	397	410	36.6%
60-64	296	370	382	52.7%
65-69	280	364	386	61.4%
70-74	246	332	364	83.7%
75-79	204	286	322	121.6%
80-84	180	261	302	151.1%

Summary:

Age Group	USAWA Correction	IAWA(UK) Correction	Data Range	Data Average
Overall	0%	0%	0%	0%
40-44	5%	9%	15.7% - 26.1%	21.1%
45-49	10%	14%	28.4% - 34.2%	31.4%
50-54	15%	19%	33.3% - 43.5%	39.2%
55-59	20%	24%	36.6% - 63.0%	51.5%
60-64	25%	29%	52.7% - 68.9%	63.2%
65-69	30%	38%	61.4% - 82.0%	70.3%
70-74	35%	48%	77.0% - 111.4%	90.7%
75-79	40%	58%	121.6% - 150.4%	131.4%
80-84	45%	68%	151.1% - 220.2%	191.8%

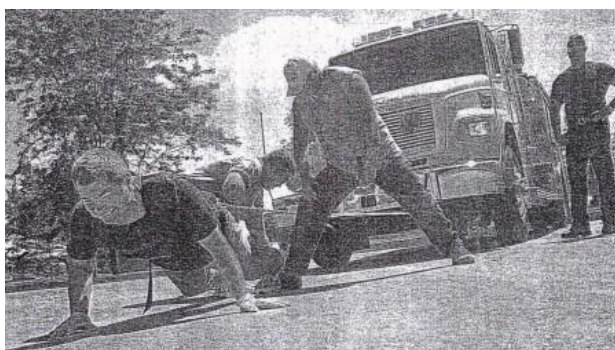
As you can clearly see, the USAWA and the IAWA(UK) age corrections do not keep up with the performance decrease with increased age for these three lifts that were selected from the USAWA Record List. No calculations were done to determine the statistical significance of this study.

September 26th, 2009

History of the USAWA - What happened 5 years ago? by Al Myers

(It is amazing how fast time goes sometimes - and 5 years does not seem like a long time. The following is a summary of the USAWA September news that happened in 2004, as taken from the Strength Journal published by Bill Clark.)

USAWA News from September, 2004



Joe Garcia, representing Clark's Gym, pulls a fire truck at the Mid-Mo Strongman Competition.

Ciavattone Best at Heavy Lift Meet

Frank Ciavattone was the best lifter at the USAWA Heavy Lift Championships, which was held in Lebanon, PA and directed by Denny and Judy Habecker. This was a big event for Frank, as it marked his 25th anniversary of beating colon cancer. This meet was attended by 13 lifters!! Frank finished the meet with a 1902# Hip Lift. John Vernacchio was on hand to officiate.

Mid- Mo Strongman Competition

Clark's gym hosted their first-ever strongman competition. Helping Bill Clark in the promotion was Demetrius Davis, Sam Huff and Joe Garcia. These events were selected - clean and push press, burlap bag hold, medley consisting of carrying an anvil, a farmer's walk, and a tire flip, bus/fire truck pull, and a stone load.

Steve Schmidt at the Knox Fair

Steve Schmidt made his second appearance at the Knox Fair in Knox, Indiana to put on a teeth pulling performance. Steve pulled a Mack truck, weighing 18,700 pounds, with his teeth down a 50 foot course on the main street of Knox. He also put on a bending performance - bending bars over his head and nose. Steve even bent a half-inch bar, 4 feet long, over his lower teeth!!

September 27th, 2009

Barrel Pressing by George Jowett



As I have remarked in this book, barrel lifting was very popular with the old-time strength athletes. For developing the fingers, hands, wrists and arms, there is nothing any better. Apart from this, barrel lifting is great for general body building. Of course, a barrel is not the handiest thing in the world to have around the house, but if a person is sincere in his search for great strength and muscular development he will always find a way to practice.

The difficulty lies in getting the barrel to the shoulder, therefore it is very necessary that the exercise be first practiced with a small nail keg or an empty regular-sized barrel. If you employ a regular-sized barrel you will find it easier to manipulate it if you will pull the barrel in close to the body, then back, and thus aid in the upward movement by allowing the barrel to roll up the body to the shoulders. From this point push the barrel to arm's length overhead. This, in addition to developing great strength, will teach you equilibrium in lifting objects overhead as nothing else will.

Credit: *Molding a Mighty Grip* by George Jowett

Matt Tyler, of the Dino Gym, pressing a 205 pound keg (the modern version of a barrel) overhead for reps in a recent workout.

September 28th, 2009

Bed of Nails by Al Myers

This past weekend at the **McPherson Scottish Highland Games** in McPherson, Kansas my friend **Thom Van Vleck** and I did a noontime performance that was reminiscent of a classic old-time strongman show act - **laying on a Bed of Nails!!** Thom laid on the bed of nails while I broke a block of cement with a sledgehammer that was placed on his body! Thom is blessed with a thick hide, which is the only explanation how someone could actually endure something like this. When he approached me with this idea - I quickly volunteered to be the hammer man. I know now that Thom must really trust me as a friend - after all he didn't even know if I could swing the 8# sledgehammer straight!! We warmed up "for the big event" with me striking the sledgehammer on an anvil, which was on his chest, a few times just to make sure I wouldn't miss! (Truth be known - we didn't even practice this beforehand which further questions our sanity). I knew I would have to make a pretty hard swing if the block was going to break - and I sure didn't want it not to break and then having to make more than one swing!



**Thom first got "comfortable" on the bed of nails, and then I asked him,
"Do you really want to go through with this?"**



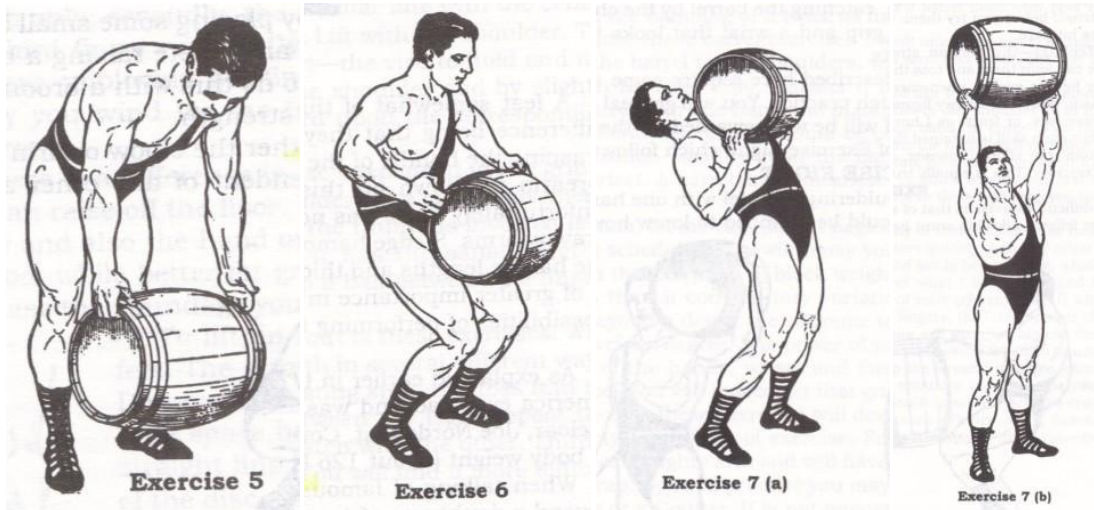
**I took a steady aim, brought the sledgehammer up, and then WAM!! -
the block busted into many pieces!!!**

The show turned out to be a big success! Afterwards, several spectators came up to "check out" the bed of nails to see if it was real. It was - Thom didn't even take the points of the nails!!

September 29th, 2009

Techniques for Pressing a Barrel

by George Jowett



There are several interesting ways of raising a barrel from the ground to arm's length overhead. One way is by what Swedish athletes term the "slow hang" position. That is, you lift the barrel off the ground slowly to the position as shown in Exercise 5. There you pause a moment and with a snap move to the position in Exercise 6 and from thence to the shoulder as in Exercise 7(a), and to arm's length overhead as in Exercise 7(b).

Another method is to pause as in Exercise 5 position and then in one movement sweep to the shoulders. This can be changed to sweeping the barrel from the ground to arm's length overhead or to the shoulders only. Another movement which will stimulate powerful forces is to pause at the point shown in Exercise 5 and then in one movement sweep the barrel to arm's length overhead.

Apart from the manner in which other muscles in the body will respond, the grip and the arms will obtain tremendous development through these exercises. You will not have to do much of this training before you will feel the results on the grip and in the arms. Man for man the old-time strength athlete was miles ahead of the present day athlete for grip. Rarely did one see a strength athlete of those days without a powerful and splendidly shaped pair of arms. The reason why we do not see so much grip and arm stunts today is because most of the crop of modern strength athletes are incapable. If they were equal to the tests they would perform them. A strong man is only bounded by the limitations of his own strength.

You should study carefully the illustrations accompanying these barrel exercises. I took great care when posing for them so that every detail would be caught by the artist. The finger grips and the hand positions are the most important, but overlook nothing. The stance of the legs, the position of the back and the distance when leaning back. The positions of the elbows are very important. Study them and you will find that progress will come faster to you in every way.

Credit: **Molding a Mighty Grip** by George Jowett, published in 1930

September 30th, 2009

(This following is the write-up and results from the IAWA World Team Postal Competition. Congratulations to the winning team - **Sunbury 1** of England. The team members are **Rick Meldon**, **Tom Meldon**, and **Tom Chantler**. Thanks to IAWA President **Steve Gardner** for organizing this competition and providing award certificates to all competitors.)

IAWA World Team Postal Competition 2009

A word from the Organiser:

This postal competition was organised as a 'Fun' team event, for teams of three, but also with the flexibility to allow individual lifters to join in to see where they rank amongst the other lifters. We had lifters from England, USA and Australia taking part, and from the ages divisions of Juniors 13 + Under through to the Masters 75+. Well done to all who took part, I will organise another competition for next year with four different lifts. Please see below that the results are figured first as teams and then as individuals. Best Wishes and Happy Lifting – Steve Gardner

For Full Meet Results - [Click Here](#)

October 1st, 2009

Individual Results from the IAWA World Team Postal Competition



Rick Meldon - Top Individual at the World Team Postal Competition

Along with figuring Team results, the meet organizer **Steve Gardner**, also figured individual results from the IAWA World Team Postal Competition. The individual winner of this postal competition was **Rick Meldon**, England, of the Sunbury Club. Congratulations Rick!!! Rick's team also won the Team Title - making him a double winner. Rick Meldon has been winning championships in the IAWA since the IAWA origin, starting with his first overall best lifter victory in 1990. He was the Best Master Lifter , Best Open Lifter, and the Overall Best Lifter in the 2008 IAWA World Championships held in Burton, England on October 4th & 5th, 2008. At this meet, he was crowned "Champion of Champions". The Meet Director, **Steve Gardner**, had invited all the previous Overall Best Lifters to this meet to compete against each other to decide who was the Champion of Champions!! Rick has won two other Overall Best Lifter titles at the IAWA World Meet, in 1992 and 2004. Rick has more Overall Best Lifter titles at the World Meet than anyone else in the history of the IAWA.

Top Individuals in the Postal Competition

1. Rick Meldon, England 432.5 pts
2. Al Myers, USA 379.5 pts
3. Steve Sherwood, England 369.5 pts
4. Nick Swain, England 349.4 pts
5. Steve Andrews, England 346.8 pts
6. Chad Ullom, USA 329.4 pts
7. Peter Phillips, Australia 324.1 pts
8. Graham Saxton, England 321.3 pts
9. Phillipe Crisp, England 312.5 pts
10. James Gardner, England 298.9 pts

These point totals were calculated using bodyweight adjustments, age adjustments, and applying the **Blindt Formula**. For those not familiar with the Blindt Formula, it involves multiplying each lift by a factor that is supposed to bring all lifts to the same weighted value. Every lift has a different factor. The intended purpose of using the Blindt Formula is to keep the heavier lifts from being a bigger part of a lifter's total than the lighter lifts. The Blindt Formula has not been used recently in any USAWA competitions.

For Full Meet Results - [Click Here](#)

October 2nd, 2009

The Mystery of Arthur Saxon's Death

(April 28, 1878 to August 6, 1921)

by Al Myers



Arthur Saxon was an old time strongman who never left any questions about what weight he lifted - his lifts were often weighed and people who questioned his strength were silenced. Saxon preferred barbells and dumbbells in his strength shows and never performed show acts that included trickery or slight of hand. Even when the famous Scottish Strongman **Donald Dinnie** questioned whether Arthur Saxon could do what he said he could Arthur sought out Dinnie and preceded to prove himself by lifting on Dinnie's equipment. He bent pressed 340 pounds using Dinnie's weights!! Donald Dinnie became a believer that Arthur Saxon was as strong as he said he was.

However, despite living a lifting career that never left questions unanswered - his death was quite different - and clouded with mystery. I have read three different accounts of how Arthur Saxon died - and I don't really know which one is correct. All sources seem to be reputable. I am sure these accounts are debatable - and if anyone knows more on this please email me so we can discuss it.

Story 1: After WWI, Arthur resumed putting on Strength Shows by himself. The war had caused the Saxon Trio to break up. Times were tough and Arthur continued to put on show after show to make ends meet. Due to his long hours and poor working conditions, he developed pneumonia but declined medical attention. He continued to put on performance after performance until eventually the pneumonia overcame him.

Story 2: Arthur was at the height of his career. During one of his strength shows, he was doing a support lift where he was supporting a heavy wooden bridge that a car was driven over. Apparently, the wooden bridge broke and the car and several people fell on him causing great injury. He was in the hospital a long time, and had operations where "iron bolts" were driven in at several places. He never fully recovered, and died from pneumonia as a complication of his weakened condition.

Story 3: Arthur was married to an English girl that he met while putting on his strength show tours throughout England. However, he was in Germany while she was still in England when the war started. After the war, circumstances arose that prevented Arthur and his wife from being reunited. This caused Arthur to go into a deep depression, and on a cold winter night, he went on a drinking binge. The police found him the next day, lying in the street dead. The cause of death was given as pneumonia.

Which story would you like to believe?

My pick is Story #1 - a mighty strongman never quitting until his dying breath!!

Which story is true?

Who knows. Even the whereabouts of Arthur Saxon's gravesite is unknown!!

Arthur Saxon died at the age of 43 - the same age that I am now. This is the reason that I am honoring Arthur Saxon at my **2010 Dino Gym Challenge** by hosting the "Arthur Saxon Pentathlon".

October 7th, 2009

News Flash - Top Ten Placings IAWA World Championships October 3rd & 4th, 2009

1. 764.3 pts Mark Haydock, England
2. 763.1 pts Al Myers, USA
3. 749.7 pts Chad Ullom, USA
4. 738.4 pts Roger Davis, England
5. 661.1 pts Denny Habecker, USA
6. 658.2 pts John Monk, USA
7. 655.2 pts Bill Spayd, USA

8. 588.9 pts Art Montini, USA
9. 584.5 pts Scott Schmidt, USA
10. 582.1 pts Josh Haydock, England

Full results and meet write-up will be available later this week.

October 8th, 2009

2009 IAWA World Championships

Meet Report by Al Myers



Overall IAWA World Champion Mark Haydock
230 Kilogram Zercher Lift

"What we lacked in quantity we made up for in quality", said **IAWA President Steve Gardner** at the World Council Meeting Saturday night. This quote really summed up this year's World Championships. There may not have been a lot of lifters present - but the competition was intense. **Mark "Haystack" Haydock** captured the 2009 Championship's Overall Best Lifter on his last successful lift of the competition, by doing a monstrous 230 kilogram Zercher Lift!! This puts him in a small group of lifters who have exceeded over 500 pounds in the Zercher Lift throughout the history of the IAWA. The top four places were really close and decided by under 30 adjusted points. This competition had lifters of all age groups - from 15 year old **Kohl Hess** to 81 year old **Art Montini**. **Denny and Judy Habecker** did an outstanding job of making this event a special occasion for everyone. They even invited the lifters to their house Saturday and Sunday nights after the competition for food and refreshments. We were entertained by **George "the Magician" Dick** with his many card tricks. I am still scratching my head on the one where the card passed through Chad and ended up stuck on the glass on the shelf behind him. Denny and Judy know how to run a smooth meet. Everything went according to plan and both days finished in good time. The banquet was fantastic with a wide selection of food. Everyone left on a full stomach!! **Steve Gardner** worked the microphone and score table, and like always, kept the meet running efficiently. **John Horn** spent 2 full days loading and spotting and definitely deserves a big pat on the back. It takes people like John, who do the work behind the scenes, to make a meet successful.



Frank Ciavattone pulling a Ciavattone Grip Deadlift

It was a real pleasure getting to see **Frank Ciavattone** again. Frank has just recently had a hip replacement and wasn't fully ready to compete in a meet yet. But Frank is a great Champion and made it to this meet to show support to the IAWA!! When he pulled his last Ciavattone Grip Deadlift, a lift named after Frank because of his amazing gripping power, he dedicated it to **Karen Gardner** in her battle in overcoming cancer - it was an emotional moving moment. Karen is the "First Lady" of All-Round Weightlifting and everyone has the utmost respect for her. It has now been 30 years since Frank has been cancer free himself.



Howard Prechtel and Bob Geib

Another great surprise this weekend was the return of **Howard Prechtel**. The meet about stopped when in walks Howard and **Bob Geib!!!** Howard spent many years as the IAWA President and has done as much through the years for the USAWA as anyone. Howard seemed to really enjoy himself at the meet, and even picked up a loaded barbell a

couple of times. A person may forget a lot of things in life - but you never forget how to lift weights!!! Welcome back Howard!! Also - thanks to Bob for bringing Howard to this meet.



Group Photo of the IAWA World Championships

I had a great time - got to see alot of old friends, and even made a couple of lifts that I had to push myself on. Thanks again to Denny and Judy for hosting this Championship and I'm already looking forward to Scotland in 2010!!



Top Three Individuals at the 2009 IAWA World Championships
Left to Right: Chad Ullom, Mark Haydock, Al Myers

For Full Meet Report - [Click Here](#)

October 9th, 2009

Minutes from the IAWA World Council Meeting

By Steve Gardner



Picture left to right: IAWA President Steve Gardner,
Meet Directors Judy and Denny Habecker

IAWA World Council Meeting

Held at 4pm on Saturday 3rd October 2009 – Lebanon PA. U.S.A.

Present: England: Steve Gardner Karen Gardner Mark Haydock Josh Haydock Roger Davis and John Kavanagh Scotland: George Dick USA: John Vernacchio Al Myers Chad Ullom Dennis Vandermark John Monk Frank Ciavattone Art Montini Bill Spayd Scott Schmidt Howard Prechtel Bob Geib Dennis Mitchell Denny Habecker

Apologies: Frank Allen (UK)

The Meeting was chaired by IAWA President: Steve Gardner

A discussion on the minutes of the World Council Meeting held in October 2008 at Burton on Trent, England, revealed two points that were due to be re discussed:

The Continental to the Belt

There had been a request for the lift to be considered as two different lifts ... performed using an Olympic style pull...alternatively using a Zercher style. Dennis Mitchell reported that the Technical Committee were unanimous in their recommendation to the meeting that the lift be left as it is. This was reasoned as being a lift performed in the 'Continental' style meaning anyway or how. After further discussion on the matter a vote was taken, it was felt that part of the excitement of the lift was the fact it can be done in different ways. The proposal to the meeting being that the lift be left unchanged and just one lift ...this was carried unanimously.

Age percentage for Master Lifters at the World Championships

It was suggested in 2008 that maybe the age percent allowance for Master lifters is not sufficient. A study was conducted by Steve Gardner and Graham Saxton from the UK and also by Al Myers from the USA. Both camps agreed that the current allowance sees the Master lifters fall away from the level playing field, after 60 to 70 years of age, and quite significantly after 80 years of age. Many different ideas and proposals were discussed, in the end a proposal was formulated that everyone present seemed happy with. The majority of the Technical Committee were present and also in agreement, and the proposal was passed. Proposal was that percentage starts at 40 as at present but at 66 years of age the lifter gets 2 percent per year instead of just 1 (only for those years over 66). It was noted that if it is felt in the future that this system does not work, we are at liberty to change back or change otherwise.

International Venues

The World Championships for 2010 is already set as Glasgow, Scotland in early October

Promoter is George Dick

George proposed the lifts for the competition to the meeting, and they agreed and passed:

Day One – 2 Hands Clean and Push Press / 1 Hand Barbell Snatch / Cont. to Belt / Steinborn

Day Two – Cheat Curl / 1 Hand Dumbbell Press (opp Hand)/ Trap Bar Deadlift

The Gold Cup for 2010 – A proposal was made for Frank Ciavattone to run the event in Boston

In early November. Frank said he would look forward to arranging the competition – All agreed to sanction the application **BUT** there would be no heavy chain lifts without prior consultation with Frank

The World Championships for 2011 – A letter of application was received from the Australian IAWA group via Justine Martin to run the Championships in late September. The Promoter would be Peter Phillips. After discussion the meeting accepted and sanctioned the proposal.

The Gold Cup for 2011, an application was received from Steve Gardner to run the event in early November in England, if another venue in England was not forthcoming. All agreed and sanctioned.

Any Other business

Dennis Mitchell informed the meeting that he had received a letter from Bill Chapman, asking that at future World Championships could two best overall Masters awards be given, one for under 60 years and one for over 60 years. It was discussed and agreed that promoters can do this if they wish, but our current situation is that it is up to the promoters as to which awards they feel inclined to present, and is not mandatory.

Dennis Habecker appealed to lifters within the IAWA organization to be mindful of sending in entries for competitions before the said entry deadlines, so as to assist the meet directors to be able to run the competitions.

There being no other business – The President: Steve Gardner, thanked all for their attendance and closed the meeting.

October 10th, 2009

Art's Birthday Bash is Tomorrow!!!



**Art Montini doing a Clean and Press - Behind Neck
at the 2009 IAWA World Championships**

Art Montini, who is turning 82 this weekend, always celebrates his birthday by hosting a weightlifting meet. This is the 19th year for Art's Birthday Bash! What a great birthday present Art gives himself - he gets to lift weights and set a few records in the process. The meet is tomorrow so it's still not too late to make it. This meet is a record day - which means you pick the lifts and records you want to break!! It's **YOU** against the **USAWA Record List!!!** Art puts a maximum limit of 5 records per lifter.

Art's Birthday Bash is held at the **Ambridge VFW Barbell Club**.

For Entry Form - [Art's Birthday Bash.pdf](#)

October 11th, 2009

Warren Lincoln Travis and the Back Lift

by Al Myers



Warren Lincoln Travis Back Lifting.
His best Back Lift was 4240 pounds.

Discussion this past week on the **USAWA Discussion Forum** involved discussing our favorite Old Time Strongmen. One who was brought up was **Warren Lincoln Travis**. I have always been a fan of Travis - he always did his own thing and didn't follow the crowd of other strongmen. He obviously was most famous for his Hip Lifting, Harness Lifting, Back Lifting, and Finger Lifting. These lifts were not exactly the fortes of other strongmen. I would have to say that Warren Lincoln Travis is the reason that we do the Heavy Lifts in the USAWA today.

Travis would always challenge other lifters to contests involving Total Poundage. With his specialty on the Heavy Lifts and the large amount of weight that he could lift this way - he never found any takers!!

I recently found this video of Warren Lincoln Travis Back Lifting (Thanks to Abe Smith!!). On his platform, he used people as weight. Unbelievable!! Watch how he twists his body when he has his Back Lift locked out. This video can be viewed using Windows Media Player. Plus - watch how he likes to reward himself after a hard workout. This is classic!!!

[Video of Warren Lincoln Travis Back Lifting](#)

October 12th, 2009

55 New USAWA Records Set at World Championships



Kohl Hess set 7 new USAWA Records in the 14-15 year old age division, 120 kg Weight Class at the World Championships

Despite the low turnout of lifters at the **2009 IAWA World Championships**, a large number of USAWA records were set. This exemplifies the high quality of lifters present at this meet. Along with USAWA records set - a large number of IAWA World records were set. These records can be found on the [IAWA\(UK\) Website](#), which is updated by the IAWA Records Registrar **Chris Bass**. In the battle for most USAWA Records of ALL-TIME, **Denny Habecker** has increased his total to 345 records, but **Art Montini** is gaining ground as he increased his record total to 343. Will the new ALL-TIME Record leader change after the record day at Art's Birthday Bash this past weekend?

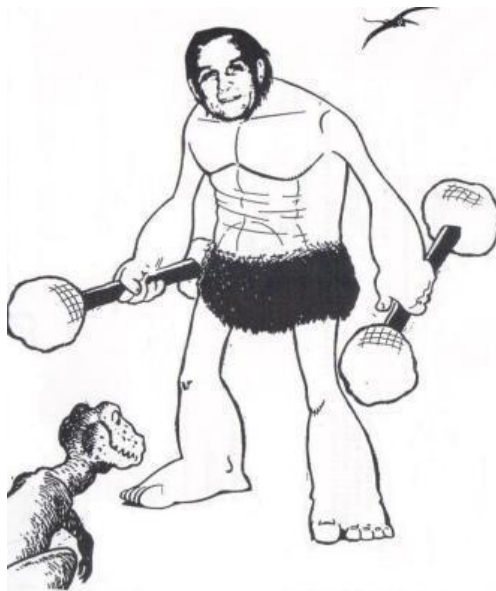
I'll let you know tomorrow.

List of New USAWA Records from Worlds - [Worlds09Records.pdf](#)

October 13th, 2009

Wonderful Lifting at Art's Birthday Bash

by John McKean



Caveman Art Montini - He's been lifting weights for over 60 Years!

On a gorgeous,crisp Fall day, ole Art Montini turned 82 ;rare when the annual meet falls exactly on the old boy's actual birth date,but it happened this year! And,as usual, Art was at the gym setting up at 6:30 AM & trying to keep flies off the donuts and cake that he treats us to each year! His first "customer" was newcomer, 28 year old Ernie Beath from Maryland, all 390 pounds of him (Art immediately tried to hide the donuts,but Earnie turned out to be an amazingly light eater!). Actually Earnie arrived the night before with his parents in their spacious motor home ,and in need of a place to park for the night. Art knew that the Ambridge police chief was a long time member of our gym so Earnie & family got to park in the safest spot in town, the police station lot (as Earnie's mom bragged, "Our first arrest!")!

After the group from Cleveland arrived and USAWA prez Denny Habecker made it in from Lebanon, we were set to go. Amazing athlete Dennis Mitchell immediately decided to chisel up his 77 yr old abs a bit more and embarked on a marathon Roman Chair situp session; he broke his former record by 5 reps with a steady ,perfect grind-out of 525 reps in

38 minutes!

Then Art Montini showed us an amazing teeth lift with 128 # -of course we teased him that he should get extra credit for the lift because he's lifting with just his one remaining tooth (kidding,of course, he has a full,natural set. Years of good Italian food must yield strong,durable chompers!!).

Denny Habecker did 5 good records,following a 4 1/2 hour morning drive. Since he did things like a reverse curl,one arm deadlifts, and odd grip presses, we all figured that long sessions at the steering wheel must be great arm warmups!

Scott and Kathy Schmidt made their annual appearance, and we always enjoy their good cheer and smiling faces, with Scott displaying his usual olympic lift perfection on moves like the continental and the push press.

Of course, a huge (and I mean HUGE!) surprise and treat for us all was watching the very first all-round contest of the aforementioned Earnie Beath (who,not too unexpectantly , goes by the nickname "Beef"!). Earnie had been emailing over the past few months and expressed interest in getting official credit for his pressing ability; I was fascinated with his ultra heavy training methods and the lifts he modestly admitted to. Despite meet nerves and some travel fatigue, Earnie showed rock solid power in the push press from racks- he went through attempts of 315 pounds, 361, and 381 as easily as I can push press a bare bar (maybe easier!!). He actually tried a fourth attempt at 401 and only missed at the very top of the lockout!! All his records this time were in pressing moves, including some he'd never tried before,such as the reflex and alternate grip. Believe me, this young man is nowhere near his potential yet, and now has the incentive of USAWA competition to spur him on! A most welcome addition to our USAWA family!

And as the lifts were all done just before 1 PM,Art & I threw them all out of the gym so we could rush home to watch our Superbowl champion Steelers beat Detroit. A most productive birthday for Art!

For Full Meet Results - [Click Here](#)

Update on Records Race

As in the battle for most ALL-TIME USAWA Records, Denny got 7 new records compared to Art's 5 new records. Denny Habecker still leads with 352 Records to Art's 348 Records.

October 14th, 2009

David Beversdorf and the Best Roman Chair Bench Press of All-Time by Al Myers

David Beversdorf, of Clark's Championship Gym, has been training a lift that most other all-rounders want to avoid - the **Roman Chair Bench Press**. This past weekend, Dave was the lone entrant at a record day held at Clark's Gym. Last spring David performed a 215 pound RC Bench, which was the top mark of All-Time in the USAWA, until now. At this Record Day he upped that to **250 Pounds** in the Roman Chair Bench Press. Dave said to me in an email, "Got 250 on the Roman Chair Bench. Had to double it because in the excitement I forgot to wait for the press command the first time." All I can say is WOW - I have trained the RC Bench myself some and can tell you from experience it is a lift that puts unbelievable pressure on the lower back. Dave obviously has a very strong back to go along with his tremendous abdominal strength. If Dave did 250# for a double - he may soon be upping this record again!

But there is more! He did several other presses for records - such as a 310# Hands Together Bench Press, 405# Alternate

Grip Bench Press, 380# Reverse Grip Bench Press, 130# Left Hand Bench Press, and a 160# Right Hand Bench Press. After all this, Dave still tried to go for the Feet in the Air Bench Press record but said, "he was out of gas". Truly a great day of pressing for David Beversdorf!! David wanted to make sure to thank **Bryan Mann** of the MU Strength Team and **James Foster** of Clark's Gym for spotting and helping him.

[YouTube Video](#) of David's Record Roman Chair Bench Press

With the rise of **Dave Beversdorf** and newcomer **Ernie Beath** in All-Rounds - I'm glad I'm not a SHW!!! Now that is a competition I would pay to see - Dave versus Ernie in a Press Off!!

For Full Meet Results - [Click Here](#)

October 15th, 2009

USAWA on Facebook

Chad Ullom, the new USAWA Vice President to be, has developed a group Facebook page for the USAWA. Chad already has several pictures from various all-round weightlifting meets on it. It is set up in a way that anyone may put pictures from competitions on it so everyone can enjoy them. Thanks Chad for getting this started.

Heartland Armwrestling

Mary McConnaughey has recently registered her club, **Heartland Armwrestling**, as a club member in the USAWA. Mary has competed in several All-Round meets in the past and always brings several young competitors to the meets. I always enjoy it when Mary is at a meet I'm at because she encourages all the lifters non-stop. Just don't challenge her in the Finger Lifts or she'll beat you!! Welcome Mary and [Heartland Armwrestling](#)!!

Rule Books Available

I have several Rule Books printed up and available for sale. They are \$30 each (including shipping) and contain color pictures. For more information on purchasing - [Click Here](#)

Hot Water Bottle Video

A few weeks ago I covered a story in which **Thom Van Vleck**, of the Jackson Weightlifting Club, blew up a Hot Water Bottle. Now I have a video of him doing it - which was taken at the McPherson Highland Games on September 26th. To see the video - [Click Here](#)

JWC All-Round Challenge

Thom Van Vleck and the **JWC** are hosting their first ever All-Round Weightlifting competition on Saturday, November 21st, 2009. It will be a record day. For those who have not been to the JWC Training Hall, make a point to attend this event. The JWC is a club filled with history, much of which is prominently displayed on the walls of the gym. You will also be intrigued by the collection of Old Time Weightlifting equipment - such as old Jackson and York plates.

For an entry - [JWC All Round entry.pdf](#)

Correction on Team Postal Results

When the scoresheet for the IAWA World Team Postal Competition was double checked, an error was found in the scoring. This mistake resulted in a big change - making the **Hastings Warriors** of England the Overall Team Champions. The team of the Hastings Warriors included **Nick Swain**, **Phillipe Crisp**, and **Sam Hills**. This was the only mistake - all the other results are the same. Congratulations to the Hastings Warriors.

For the corrected results sheet - [Click Here](#)

October 16th, 2009

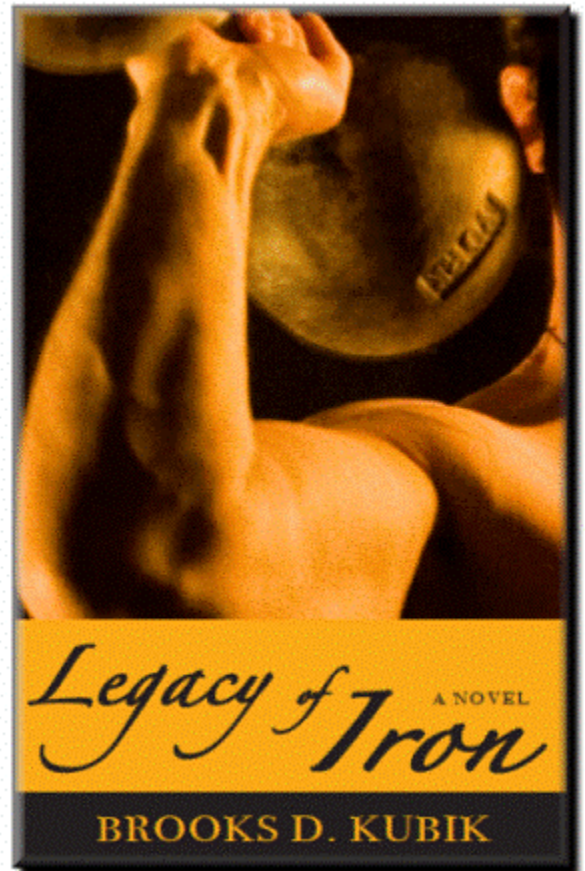
Legacy of Iron - a Novel by Brooks Kubik

Book Review by Al Myers

I just finished reading what I consider one of the most informative, entertaining books regarding weightlifting that I have ever read!! It has been over ten years since **Brooks Kubik** wrote the classic training book **Dinosaur Training**. I read Dinosaur Training at least once per year and find new information in it each time. In fact, the book Dinosaur Training inspired me to name my gym the Dino Gym. **Dinosaur Training** outlined my training approach exactly - and when I was reading it for the first time I would constantly nod my head and say, "Yes - I agree - That's how I train!!" Brooks Kubik did me a big favor - now there is no need for me to ever write a book describing my training - Brooks Kubik already did it!!!

Back to Review of the *Legacy of Iron*..

Brooks Kubik does a great job of combining a fictional novel and factual information regarding training and famous weightlifters from the 1930's. The story centers around the life of a young lifter, by the name of **Jim Miller**, who was beaten up as a young kid by the local bully, and in response, started weightlifting. The time frame the novel occurs in, as Kubik refers to, as the Golden Era of Weightlifting. This was the time **Bob Hoffman** and the **York Barbell Club** was producing weightlifting Champions like **John Grimek**, **Steve Stanko**, **Gord Venables** and many others. The *Legacy of Iron* mixes weightlifting history and a suspenseful story line that keeps your attention throughout the entire book.



I HIGHLY recommend that you order a copy of the *Legacy of Iron* - I promise you will not be disappointed!! I admit that I was slightly let down when I finished the book and on the last page it said, To Be Continued. I wanted to read more!! But then I found out that Brooks Kubik already had the sequel out, *Legacy of Iron - Clouds of War*!! I immediately ordered his second book (yesterday) and can't hardly wait until I get it. My advice for you is to order both of them at the same time so you can immediately start reading the second book after the first book and not have to deal

with the frustration of waiting for it like me!!

To order - visit the [Old Time Strongman](#) website. They provide outstanding customer service and timely delivery on products.

October 17th, 2009

My Interview with Frank Ciavattone

by Al Myers

Recently at the World Championships I got the great honor of getting the opportunity to compete with **Frank Ciavattone** again. It has been several years since Frank has been able to compete because of various injuries, with the last one being a hip replacement. Frank is a true Pioneer in the Sport of All-Round Weightlifting and contains a wealth of information. He is also the ultimate sportsman by demonstrating that a big man can be very strong without the use of drugs, showing that strength comes from within, and displays the unselfish attitude of always helping out his fellow competitors.



Frank Ciavattone performing a One Arm Hack Lift at the 2005 USAWA National Championships. I'm standing behind him watching and learning. Frank has the top USAWA lift of All-Time in this lift at 402 pounds.

Al: Where do you current live and what do you do for a living?

Frank: I live at 204 East St. E. Walpole, MA 02032. I am a self-employed Excavator Contractor two-thirds of the season and a Heavy Snow Remover the remaining time.

Al: When did you first start weightlifting and how did you get started?

Frank: I started to lift after I received a 75lb. weight set for Christmas in 1966. My uncle Ralph (my godfather) was a bodybuilder in the early 1950's. He actually placed 5th in the 1951 Mr. Boston Contest. Plus my dad was a Marine during the Korean War and was a Power Shovel operator (steam shovel). Running this type of equipment makes

you strong. I remember how big, calloused and strong his hands were. No doubt they were my inspiration.

Al: What got you started in All-Round Weightlifting?

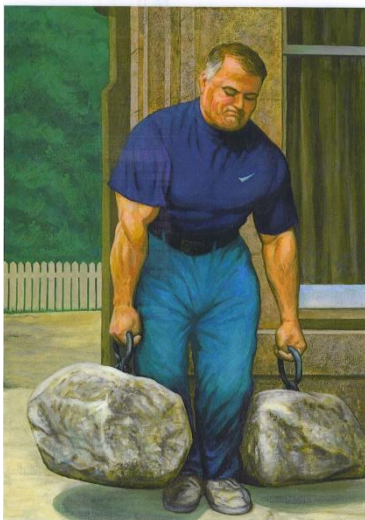
Frank: I trained for many years (1971 to 1988) with my coach Joe Mills of The Central Falls Weightlifting Club in Central Falls, R.I. Joe trained some of the best Olympic lifters in the country and the world, such as Mark Cameron and Bob Bednarski. Joe did this with respect and honesty. I was always very close to Joe and he knew I would never make it as a World champ in Olympic lifting. He suggested to me to work the lifts that I could out lift all the other lifters from the club in and go for the best there ever was. His only suggestion was stay around 275lbs. or less. I never ever got the drug speech from him as he knew my family and how we were raised and the rest is history. I also had some tremendous help from Bill Clark, John Vernacchio, and Howard Prechtel. I met Bill at the 1984 American Championships in Conn. He told me how they do Allround lifting in Missouri and sent me newsletters to see the records and THEN another sparkplug lit. I've got all his newsletters ever since. I basically was a charter member in 1988 but due to a personal problem could not go to England. John & Howard gave me endless phone time on educating me how to do a lot of the lifts before upcoming contests. I can not leave without mentioning Frank Gancarz and Ed Jubinville (both deceased) who played a big part in making me feel Allround lifting was just as important as life itself! To these MEN I truly admire and respect and I thank them from the bottom of my HEART!

To Be Continued

October 18th, 2009

My Interview with Frank Ciavattone

by Al Myers



Frank Ciavattone was the first American to ever lift the Dinnie stones unassisted. He performed this amazing feat in 1995.

AI: I know you have promoted several All-Round meets throughout the years. Could you tell me about some of the most memorable meets you have promoted?

Frank: I have run National and World competitions in both Allrounds and Heavy Lifts. The most memorable Allround meet was definitely the 1st one in 1993, in my home towns of Norwood/Walpole, Mass. All in one meet I had my family, friends, the towns people, and all the lifters from other countries. They were also like friends and family. With that combination it was a week of comradeship, competitiveness, and support. The rest was a true celebration of what this sport is by bringing a half dozen countries together as human beings. This is a time I will always cherish in my heart. As the Heavy Lifts go, I would have to say Winning the Outstanding Lifter Title at the 2005 World Heavy Lift Championships in front of my home towns Norwood/Walpole, Mass. I was in the 275lb. class. I gave the award to my daughter Domenique. That was a Hallmark moment for me.

AI: How many times have you competed overseas at World Meets? I know when you where in Scotland you became the first American to ever lift the Dinnie Stones without straps. Could you tell me the story about your success in lifting the Dinnie Stones?

Frank: I have lifted overseas in 6 World Championships and 1 Millennium Gold Cup for a total of 7 trips. The Dinnie Stones story got started by Willie Wright and his team wanting me to go north and give them a try! They offered to take time off from work and take me. For this I said yes and would give it my best shot. Well after lifting in 2 day competition with 10 lifts at the 1996 World Championships, and the 9th lift being a 507lb. right hand- 1 arm deadlift, I was beat. After the meet we all got ready for the banquet, which anyone who's ever lifted in Scotland know their banquets are right up there with the best of them. Well around midnight Willie informed me that the mini-bus was leaving at 5 a.m. sharp, tomorrow morning with about a 4 or 5 hour drive. The next day everything goes on schedule and we arrive there with a full mini-bus. I never saw the stones in person before but have to say I was overwhelmed at them. They were both chained to the wall, and it was drizzling out. Everything had a film of water over it, and the marble size piece of chalk I brought was disintegrated. So I found an area not so wet and dug my hands through the dirt to dry them up and it helped. At this point I picked up the little stone right and left, then I did the same to the big stone. Well now I thought I did it. They all yelled NO - do the 2 stones together. Since they were chained to the wall I decided to keep my 2 feet together since the stones were close to the wall. It was hard for me to straddle them and definitely too tight to have one on each side. So finally on my 1st. attempt I reached down and slowly stood up, and stood there while Willie Wright gave his down signal. I was in another world as I felt like I could not put them down. I got an IAWA World record certificate and the honors of being the 1st. US citizen to lift up the stones without straps or other assistance. Also to be one of few to lift them feet together. I am not sure who the others are. The truth to all this is I lifted them fatigued, never seen them before, and never trained to lift them. No excuses - just

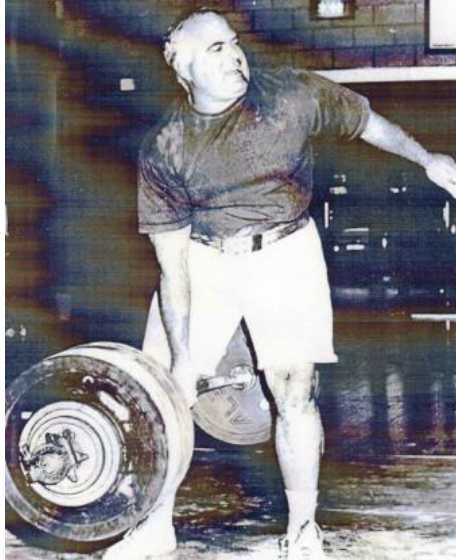
got of the bus and within 5 minutes lifted both of the ground. I did it my way!!!!!!

To Be Continued

October 19th, 2009

My Interview with Frank Ciavattone

by Al Myers



Two of Frank Ciavattone's Favorite Lifts

Deadlift - One Arm (picture to left) and Neck Lift (Picture to right)

Al: What have been your favorite All-Round lifts? What records have you set that you are most proud of?

Frank: My favorite lifts were the three Ciavattone lifts, One hand deadlift and the Necklift. They all seemed natural for me. As for records, my favorite's are one arm Hacklift right hand 402 1/5 lb's, one arm Deadlift right hand 562 1/5 lbs, one arm Ciavattone lift right hand 331 lbs, Neck lift 808 lbs, Hand and thigh 1610 lbs, and a Hip lift of 2515 lbs.

Al: What advice do you have for new All-Round lifters?

Frank: Stay away from any artificial way of getting ahead. Hard, hard, hard work is what got me to do the best I could without jeopardizing my number one thing in my life, FAMILY. Keep your priorities in the right order. This formula keeps everyone happy and supportive.

Al: What is needed in the USAWA for the organization to grow?

Frank: Get involved in your particular region or state. Do the best of your ability and either promote, coach, run a meet or like I do every year, go to schools and promote our drug free sport with a talk of how you can be a World Champ without drugs. Then show them some feat of strength they may never see again. If everyone did this instead of complaining the USAWA

would be that much stronger!!!!!!

AI: Do you have any other thoughts about All-Round weightlifting that you would like to mention?

Frank: The sun does not shine for everyone in most sports, as it does not shine for the same in Olympic lifting, Powerlifting, or Strongman events. But I'm sure if you tried the USAWA you will find that the sun does shine on one of our 100+ lifts. So give our sport a try. I have also met some of the most caring athletes, friends and families out of any other sport I have participated. Thank You for this opportunity.

AI: Frank, thanks so much for participating in this interview. It is always a pleasure getting to visit with you.

For Frank Ciavattone's Hall of Fame Biography - [Click Here](#)

October 20th, 2009

WHERE'S THE BEEF?

At Future USAWA meets!

by John McKean



John McKean and Ernie "Beef" Beath

His online handle is "Beef" and at 6'2" and 390 pounds, big Ernie Beath sure fits the billing! The polite and pleasant 28-year-old strongman from Cambridge, Maryland, and I started e-mailing sometime back, and I was simply astounded over his reported training poundages. It was only natural that the pressing variations he

favors be verified for the world by doing them in sanctioned USAWA events, and he was most anxious to acquire official verification. So Ernie traveled over to Ambridge for Art's annual Birthday Bash Record Day, and wasted no time doing a perfect world record rack push press with 381 pounds. It was so easy that we talked him into a 401 pound attempt, which was almost locked out, perhaps simply a victim of first meet jitters! But he'll try over 400 at our December 6 meet (We'd like a big turnout guys!!! Come on over!) and will take a shot at a huge JERK from the rack, where's his gym best is over 450!!



Ernie Beath and a 381 pound Push Press from Rack

Ernie is a home trainee, and has developed his training concepts almost entirely on his own. He found out early on that he could make best strength gains with heavy singles, so goes almost to top limits on a variety of lifts (2 or 3 per session, 4 times per week on average) every workout. He really enjoys pushing big weights overhead, doing things like the above mentioned presses & jerks from the rack, clean & press behind the neck, and even strict presses while seated flat on the floor. However, he's not too keen on flat benches or lying down to lift, ever since a training accident with 700 pounds in the partial close grip bench press cost him an eye (after the hospitalization, he bounced right back to the heavy lifting that means so much to him!).

A true all-rounder, Ernie has always done "variations" from standard lifts, even without knowing about us in the USAWA, such as Zerchers, squats with the bar held overhead in snatch position, various close stance deadlift forms, and high pulls/continental types. An unusual move that both Ernie and I are trying to get established as an official IAWA lift is the bent over row in both strict and "power" forms. The Beefster hauls in over 500 pounds in this back strengthening, total body movement. Again he relegates this typical bodybuilding exercise away from its normal roots by pulling exclusively with heavy singles!

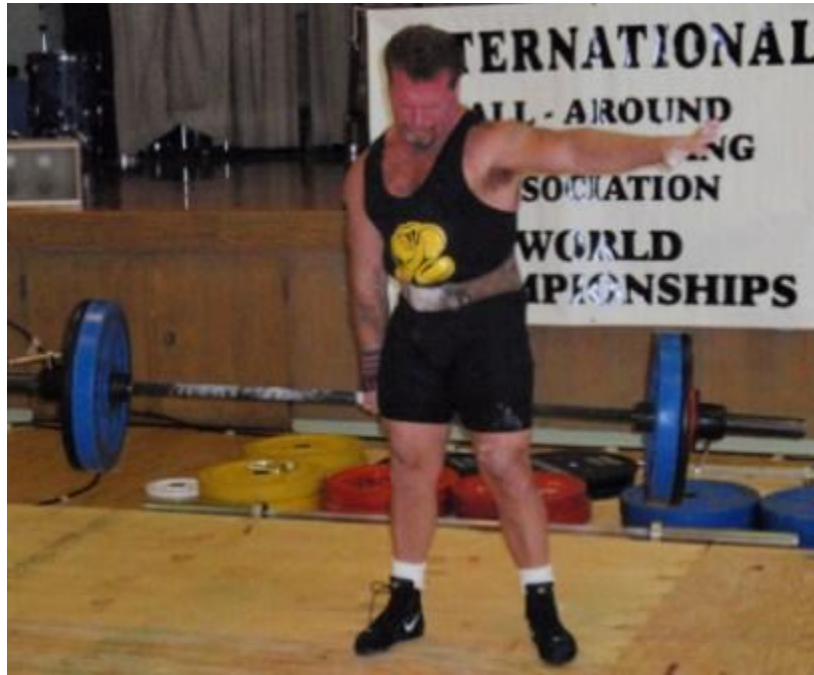
Another unique aspect of Ernie's training is his use of heavy chains over the barbell. Quite often, for jerks, presses, and front squats he'll place a 60 pound chain over each end of the bar. And on "good" days he has a pair of 100# chains! Of course the lifts start with lesser weight, with much of the chain linkage on the ground, but by lift's end, ALL that unwieldy weight comes together! Ernie claims a regular 400# jerk with a barbell, for example, seems so easy and balanced in comparison to one with his heavy, awkward chains!!

We are fortunate to be witnessing just the beginning from this youthful behemoth ! A most welcome newcomer to our USAWA fraternity, I'm sure Ernie's name will soon be all over the record book!

Check this video out to watch Ernie in his USAWA Debut - [YouTube Video](#)

October 21st, 2009

Results of the Delaware Valley Open Postal Meet by Al Myers



John Monk performing a One Arm Hack Lift at Worlds.

The Best Lifters of the latest Postal Competition are Men - **John Monk, Jr.** and Women - **Kari Landis**. Congratulations to Kari and John on their victories!!

This Postal Meet was directed by **John Wilmot**. Postal Meets provide great opportunities to compete without ever leaving your own gym. All you need to do is complete the lifts, under USAWA Rules, and send in your results. However, certain things need to be followed in order for your lifts to be official and eligible for records. For this Postal Meet, I didn't receive any information whether the lifters had their lifts judged by Certified Official/Officials or not.

The following is from the Rule Book:

Section V.4. of the Rule Book states:

Records may be established in any USAWA sanctioned competition or event provided that one certified USAWA official is present to officiate and approve the lift. If three USAWA officials are used to judge the lift, the lifter must receive the approval of two.

Section V. 12. of the Rule Book states:

All results submitted for records must include the names of the certified officials that judged the record lifts.

The new Rule Book became effective August 1st, 2009. There are several things that are outlined in more detail than in the previous Rule Book. This is one of those things - that is why I am bringing attention to it now. The website is now the source of meet information for the Records Chairmen (**Joe Garcia** of the USAWA and **Chris Bass** of the IAWA). It is my responsibility to make sure the proper and correct information is available to them - so they will know if lifts are eligible

for the Record List or not. Emphasis is now being put on having Certified Officials if you want a record. Regarding Postal Meets and Record Days, I will list in the results the name/names of the Certified Officials present for each lifter, and whether the One or Three Official System was used. Remember, only one Certified Official is needed for USAWA Records but three Officials are needed for IAWA Records (Or just two if both deem the lift good).

This is the time to take the Rules Test and become an USAWA Certified Official!

For Full Results of the 2009 Delaware Valley Open Postal Meet - [Click Here](#)

October 22nd, 2009

IAWA Age Adjustment Changed

by Al Myers

The long standing debate on whether the age adjustment should be changed was resolved this month at the World Council Meeting held in conjunction with the IAWA World Championships. This discussion started last year at the World Meeting, which was held in England, by **Wilf Chapman** of Australia. Wilf felt that the older lifters were not being compensated adequately by the age adjustment. After discussion, the membership felt that this needed to be looked into further before any changes would be made.

Steve Gardner and **Graham Saxton** of England, and myself of the United States, conducted separate studies on the age adjustment. Both of our studies supported that the age correction formula that has been used is very inadequate for lifters over the age of 65. These studies were presented to the membership at the Meeting this year, and finally, this issue has been resolved! The USAWA and the IAWA(UK) have always used different age correction formulas, but the IAWA has previously used the USAWA formula, which gives 1 percent per year starting at the age of 40. The IAWA(UK) gives 1 percent per year starting at age 36 and then 2 percent per year starting at age 66.

What was agreed upon by the membership was a compromise of these two correction systems. Now for IAWA competitions, a lifter receives 1 percent per year starting at the age of 40, and at the age of 66 receives 2 percent.

United States study - [AgeCorrectionStudy.pdf](#)

England's study - [ageallowance1.pdf](#)

Now my opinion..

I truly believe that for our organization to grow we must always tilt the formula to allow a strong young lifter to beat a strong older lifter. Best lifters should be decided by the weight lifted and not by a formula. However, the previous system didn't even allow the older lifter (over the age of 65) to even be in consideration. Contrary to what those on the "other side" of this argument (not wanting to see any changes) might say - this small change will not let older lifters easily beat young lifters!! Just look at the studies and the numbers and you will see what I am saying. Giving a 70 year old lifter 36 percent adjustment is still not much compared to what they really should be getting if we want complete equality (the studies showed that 90 percent correction is needed for a 70 year old). By the way, these studies were done using data from the USAWA and IAWA Record Lists which provided over 20 years of data collection!! I base my opinion on numbers and statistics and not "gut feelings".

I was also glad to see the age correction adjustment still starting at the age of 40. This seems logical to me - as it is the time a lifter enters the Masters division and becomes eligible for Masters age group records. Now I hope that the USAWA and the IAWA(UK) will come together on this and both adopt the IAWA system for age correction. Unification on this would be a good thing for the IAWA.

October 23rd, 2009

Challenge Barbells

by Al Myers



John Conner, of the Dino Gym, lifts the Dino Gym's Challenge Barbell. This Challenge Barbell weighs 585 pounds and has a 2.5" diameter handle. When John did this - he deadlifted it for three reps!!

Every gym or club should have a **Challenge Barbell**. There is nothing as inviting as a heavy, already fix-loaded barbell that just sits in the corner of a gym just daring someone to lift it! The lifting of a Challenge Barbell becomes an issue of pride among gym members - everyone wants to be part of "the list" of those who have succeeded. It gives great motivation to those who haven't yet - and inspires their training to keep improving, until the day comes when they are successful in lifting the Challenge Barbell. The overwhelming sense of accomplishment is felt when a Challenge Barbell is lifted - knowing that you have overcome the challenge laid out in front of you.

Most Old Time Strongmen had some sort of Challenge Barbell or Challenge Dumbbell that they would use in their show acts. It usually was specifically made to emphasize their strength in a particular lift. They would flaunt this Challenge to other strongmen - and when others would fail with it give themselves a "pat on the back" and proclaim themselves as the strongest!! Often these Challenge Barbells would be made in a way that made them difficult to lift without practice on them - thus giving the owner a tremendous advantage. Most Challenge Barbells were poorly balanced, or had hand spacings that weren't optimal for other lifters.

I am going to be doing stories about several Challenge Barbells of famous Old Time Strongmen over the next few weeks. If anyone has a Challenge Barbell in their gym or club, please send me the details and I will run the story of it right here, in the **USAWA Daily News**.

Press Release from John McKean

John's Birthday Meet Dec 6 at Ambridge

Well, Art's annual meet was so much fun, that we decided to have another on Sunday Dec 6. All the new "energy" that I'm seeing in recent USAWA and IAWA meets has convinced me to "unretire" and get my butt back on the platform! Besides I have birthdays, too (Dec 15-all cash donations accepted!!!) By the sounds of it, we'll have plenty of judges, so, as usual, everything will be done in front of 3 officials and all lifts can qualify for world records. We even have brought back the old USAWA record certificates, now in color, but you can only get them for lifts done in Ambridge!! The meet will be primarily a "record day", but we also will have the judges and plan to set marks for John Wilmot's Dec Postal Meet". Of course there's no charge for an entry fee, just plan to have a great time! Travel safely! JOHN

October 24th, 2009

ADIOS to the Strength Journal

by Al Myers

"Adios" was the lead story headline for the latest Strength Journal, which I received yesterday. And with this - I mean the last Strength Journal. **Bill Clark** has published the **Strength Journal** for over 20 years covering news from the USAWA, but over 50 years including other strength news. I read this last Journal with great sadness, as I'm sure most others did as well. But as Bill said in this last Journal, "All things must have a finish. That's this letter." I owe Bill Clark a great deal of gratitude for getting me started in the All-Rounds. I clearly remember my first time meeting him several years ago. I was winding down my powerlifting career and just wanted to see "what this all-round lifting was all about". So myself and several of my training partners headed to **Clark's Gym** in Columbia on a cold December day to try out a record day on Saturday, followed by the Goerner Deadlift Dozen on Sunday. Bill knew we were coming and greeted us at the door (he also knew we were Powerlifters) and one of the first things he said was for us to look at the sign by the door. It had the Gym Rules which spelled out NO WRAPS and NO DRUGS ALLOWED. Bill is one to get right to the point. I knew right away that this was my type of gym and that I was welcome!! Immediately I found out what all-round weightlifting was all about - and I was very intrigued. **Steve Schmidt** was there that day and was going for a repetition Back Lift record. I had no idea at the time the importance of the record he was breaking. I do now - it was the greatest Back Lift repetition record of All-Time. I also met **Tom Ryan** that weekend. Tom helped us tremendously - and showed us the proper way to do these strange new lifts that we were trying for the first time.

Bill immediately put us to work breaking USAWA records. Of course we were just focusing on bench press type lifts at first, until Bill said, "I have never seen that much bench pressing in Clark's Gym before." I soon found out that All-Round Weightlifting was much more - when Bill brought out the ring and challenged us to Finger Lifting. I thought later that this must have been his way to test us - to see if we really had what it takes to become All-Round Weightlifters. We maxed on every finger of each hand and Bill made us go all out. After all - He WAS!!! I left that weekend with several sore fingers but knowing that this sport was for me - thanks to Bill Clark. I would like to know how many lifters Bill has introduced to All-Round Weightlifting - I'm sure it is more than I could count.

The Strength Journal has been the backbone of the USAWA since the start. It will not be the same not receiving any more of them in the future. In the past when I found a Strength Journal in the mail - I would open it up right away - even before looking at any of my other mail. I would like to think that I could maybe talk Bill into writing a few stories for the **USAWA Daily News** in the future. But I know Bill has said in the past that he

would never put anything on the internet - and Bill is a man of conviction so I believe I probably won't be successful in this endeavor. But I will keep trying to change his mind on this so hopefully we can read the words of Bill Clark again.

Bill, I know you probably will never see this, but THANK YOU for everything you have done for the USAWA. THANKS for the many years of publishing the Strength Journal. THANKS for the leadership you have given to our organization. And most importantly - THANKS for getting me started in this great sport of All-Round Weightlifting.

October 25th, 2009

A Big Thank You to Bill Clark

by Scott Schmidt

I spoke to Bill Clark in early September to confirm his receipt of my membership check. At the end of our conversation, when I said "See you in Lebanon" and he replied "No you won't, I'm done", I felt the air go out of the balloon, because one of the Icons of the Strength Sports was stepping down. I'm certain Bill will receive many tributes and accolades for all the effort he has put in to keeping the games strong people play alive. But I wanted to send my own recognition, so the folks out there who have relied on Bill to keep things going, will realize, it's time to step up, and bring their leadership qualities to the table, so our whole organization can continue to thrive and prosper.

Bill Clark had a vision to promote the competitions of Olympic Weightlifting and All Around Weightlifting for many years. If it wasn't for Bill Clark introducing the Masters program to Olympic Weightlifting back in the 70's, and bringing the All Around's in by the late 80's, I'm certain many of us would have missed a lot of fun memories and achievements in our lives. Being able to succeed at the tough sport of moving iron brings a lot of good qualities to your life style. When you consider all the people who have been influenced by the good things Bill has promoted, I think the man deserves a whole lot of credit for his efforts.

So, in summary, thanks a ton, Bill

October 26th, 2009

Al Myers Inducted into the RMSA Hall of Fame

by Thom Van Vleck



Al Myers receiving the RMSA Hall of Fame Award
Picture Left to Right: Thom Van Vleck, Al Myers, and Chad Ullom

*I recently was contacted by **Greg Bradshaw** of the **Rocky Mountain Scottish Athletes (RMSA)** and asked if I would do the honors of inducting our own **Al Myers** into the **RMSA Hall of Fame**. They asked that I do it at the **McPherson Scottish Highland Games** in **McPherson, Kansas**. Al was the Athletic Director of this games for many years and built it into one of the premier Scottish Games in the Midwest. In 2007, Al hosted the **Scottish Masters World Championships** in **McPherson**. I presented a speech for Al and in it are things I think you should all know about him and that his involvement in Strength Sports goes far beyond the **USAWA**. Al has had quite a career as an athlete and going into the **RMSA Hall of Fame** (there has been only 6 inductees in over 30 years) is a just reward for a great athlete and friend.*

Here is my speech: [AlMyers HOF Speech.pdf](#)

October 27th, 2009

The Life of Howard Prechtel

by Dennis Mitchell



Howard Prechtel and one of his favorite lifts - the Hip Lift

Back in the late 1940's Howard Prechtel was competing in Olympic Lifting. At that time it was the only way to compete. However, his real love in lifting was the odd lifts. That was what the All-Round lifts were called then. As power lifting became more popular he competed in that also. With the organizing of All-Round lifting Howard was in his true element. He still competed in both Olympic and Power lifting, while competing in All-Round meets, setting many National and World records. Besides competing he was active as a referee and meet promoter for both National and World meets. He organized the Gold Cup Record Day, which has become an annual event. For many years he held the Buckeye Record Day every February. He has been both the National and World President. Howard is also known for his ability as a "Bone Setter". Though he had no formal training, he learned his skills from a fellow lifter who was a medical professor, and taught him the art of manipulation.



Howard Prechtel in his earlier days competing in Olympic Weightlifting

Here are some of Howard's lifting accomplishments. At age 52, he did a Harness lift of 1,910 pounds for 22 reps in 30 seconds. At age 57, he broke Warren Travis' record set in 1927, by lifting 1,111 pounds 5,460 times in 3 hours and nine minutes. What lift? The Travis lift! At age 62, he did a Roman Chair sit up with 908 pounds. At age 70, he did 105 reps in 75 seconds with 1,102 pounds, in the Travis lift. Other than his lifting accomplishments Howard was a decorated Marine in the second world war, where he served for four years in the Pacific. He took part in several invasions and was wounded twice. He seldom talked about this except that it was very horrible and it was best left in the past.

October 28th, 2009

The Challenge Barbell of W.A. Pullum

by Al Myers



W.A. Pullum and his famous Challenge Barbell

To win the 100 pound offered in connection with this challenge, the man taking it up had first to lift overhead in the "One Hand Anyhow" style this barbell loaded to a poundage equivalent to 1 1/2 times his own weight, after which a kettlebell representing a third of the barbell poundage had to be lifted overhead with the other hand.

This "double-bodyweight" feat of W.A. Pullum was performed twelve times a week at music halls. The Challenge, however, was never accepted.

Source: How to Use a Barbell by W.A. Pullum

November 1st, 2009

My trip to the York Barbell Museum

by Al Myers



**A Bronze Bust of the founder
of York Barbell - Bob Hoffman**

Following the **IAWA World Championships** last month, I got to do something I have always wanted to do - go see the famous **York Barbell Museum** in York, Pennsylvania. It only took Chad and I a hour or two to make the trip from Lebanon - and it was worth it! The museum contains the entire history of York Barbell, photos and equipment of Old Time Strongmen, and the USA Weightlifting Hall of Fame. We met up with **Mike Locondro**, who is the retail manager of York Barbell, and got insight into York Barbell beyond that normally seen by a normal museum tour. As some of you know, Mike has competed in USAWA competitions in the past and was very good, placing 10th Overall in the 1993 & 1995 World Championships. He was very gracious to us and gave us a tour of the York Gym, which is off-limits to the general public. He spent over two hours visiting with us. Chad and I thought we must have been receiving special treatment because we were All-Rounders, but the truth is Mike is just an outstanding salesman and treats all customers that way.



Picture to Left: Chad posing with the full-size sculpture of Eugen Sandow
Picture to Right: Myself posing with the full-size sculpture of John Grimek

Now back to the York Museum - I can't even start to describe everything that we seen. A highlight for me was seeing the **Travis Dumbbell**, which **Warren Lincoln Travis** used in many of his strength shows. It weighs 1500 pounds empty!! It seemed much bigger to me than the prior impression I had of it from pictures. The York Museum contains the Challenge Barbells of **Eugen Sandow** and **G.W. Rolandow**. Just getting to put your hands on a barbell with so much history is an amazing feeling. The museum has the Challenge Dumbbell of **Louis Cyr**. It weighs empty 202 pounds and fully loaded with lead shot weighs 270 pounds. Cyr could easily take it one handed and Side Press it. These are just a few of the museum items - there is much more!! The museum details the complete history of York Barbell, and tells the story of how **Bob Hoffman** built York Barbell into a weightlifting empire. If you ever get the chance to go to the York Barbell Museum - make sure to give yourself at least a half day to see it all!

But give Mike a call first - and tell him you're an All-Rounder.

November 2nd, 2009

To the Top of Scotland

by Thom Van Vleck



Thom Van Vleck at the Top of Scotland

On a recent trip to the Scottish Masters World Championships I decided to take a day and do some mountain climbing. My grandfather had a copy of the famous painting "Monarch of the Glen" when I was a kid and the Cairngorm Mountains are the back drop that inspired the painting. I decided, to honor my grandfather, I'd climb that mountain! And, to honor my friend, Al Myers, I wore my Dino Gym cap when I did it.

It was a 9 hour grueling hike for a 300lb, 45year old weightlifter with a bum hip. The weather turned typically bad....really bad and it turned into a real adventure. But an adventure I'll never forget and one I'm writing a much longer story about that I'll share when it is done. I made it to the top of the 2nd and 5th tallest Mountains in Scotland. Ben Mduibh was thought to be the tallest mountain in Scotland for centuries and traditionally is still thought of as the tallest (it falls short by a mere 30ft). Many legends surround it, it's said to be haunted, and you will find primitive stone "forts" that the highlanders used centuries ago when they used the Mountain tops to signal each other in times of invasion.

The picture is at the top of Mduibh because when I made it to the top of Cairngorm, I was dealing with freezing rain, winds gusting 70plus mph, and fog so thick you could barely see! I made it, just barely!

Recent Update

Word has just came to me from the Official's Chairman, **Joe Garcia**, that **Scott Tully** has passed the USAWA Rules Test. Congratulations Scott on becoming an USAWA Official! The USAWA needs more people like Scott to step up and become USAWA Officials. I now have the Rules Test available in 4 different formats on the website. [Click Here for Rules Test.](#)

November 3rd, 2009

The Life of a Physical Culturist

by Al Myers



Sig Klein was one of the prominent Physical Culturists in the United States in the early 1900's.

Yesterday's story of Thom climbing the mountain in Scotland got me thinking. First - Why would Thom do something like that? Thom is a guy with no experience in mountain climbing. He took no gear and items that may be needed for survival. He is obviously not built like a professional hiker. And top of all this - he took on this formidable adventure by himself!!

Well, the answer "crazy" first comes to mind.

But truthfully, I understand why he did this. It is all about seeing the physical challenge in front of you, setting a goal, and then having the mindset to make it happen. You "trust" that your training will carry over and allow your body to be able to "rise to the occasion" and achieve whatever physical obstacle you may encounter. You have confidence in your body that it will not let you down.

I have been doing a lot of reading lately about Old Time Strongmen and one term that is always brought up is the term "Physical Culturist". Just what does this mean? Physical culture is more than weightlifting, more than running or walking, more than being able to throw a hammer far, and more than being able to pick up a big stone. It is the combination of all of the above - plus living a lifestyle that allows the body and mind to grow and develop both physically, mentally and spiritually. This sums up Thom Van Vleck. Thom living the life of a Physical Culturist prepared him for this challenge.

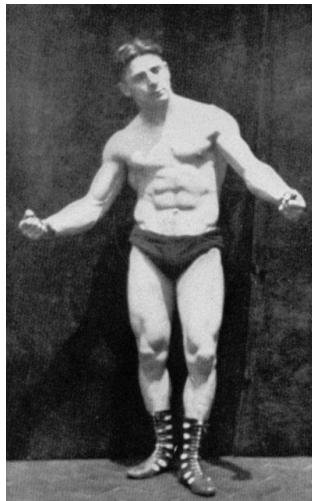
The Old Time Strongmen knew something about training that modern day weightlifters have forgotten. The Oldtime Strongmen's training focus was based on not only developing strength, but maintaining good health and fitness. Today, everyone has to specialize in order to excel in any type of lifting - whether that be Olympic Lifting, Powerlifting or Bodybuilding. I understand that. But much is lost and sacrificed in order to achieve a high level of performance in these specific lifting sports. Living the life of a Physical Culturist requires one's training to be well-rounded. I have been there and made those mistakes myself. When I was heavy into powerlifting and could Bench Press over 500 pounds I thought I was strong. But take me outside of my comfort zone of pressing a weight while lying on a bench, I found that other things suffered. At that point in time I couldn't even play softball with my daughters because my shoulders were too tight to throw a ball. My cardio fitness was very poor - just walking short distances would tire me out. After all, I didn't want to do any other training on my legs besides squats because I feared it might adversely affect my recovery time and my squat wouldn't improve. My flexibility was terrible. I had trouble bending over and tying my shoes. I could deadlift over 750 pounds, but I knew that I couldn't spend the day picking up rocks in a plowed field all day long like I could when I was a kid. My health was suffering. I was weighing close to 300 pounds (more than my frame could take) and was starting to have problems with high blood pressure. Gaining body weight was always the answer when I would hit lifting plateaus. I had become a prisoner to my own training.

These things are what lead me to All-Round Weightlifting. I want my training to be more than just about strength. I want to live the life of a Physical Culturist, just like the Old Time Strongmen did. Now I go on ten mile bike rides with my wife. I spend time playing catch with my daughters. When I go hunting, I can walk all day long now and not get tired. I have lost about 50 pounds body weight and my blood pressure is under control. My approach to training has changed completely - thanks to All-Round Weightlifting!!

November 4th, 2009

Siegmund Klein, A man of Two Eras

by Dennis Mitchell



Siegmund Klein was a well-rounded strength athlete and early day bodybuilder. He was also a very accomplished

tumbler and hand balancer. Klein owned and ran one of the most popular gyms of all-time in New York City for over 50 years.

Siegmund Klein was born on April 10, 1902, in Kronisberg Germany, also known as West Prussia. His family moved one year later to Cleveland Ohio. He still has family living in the greater Cleveland area. Siegmund was never a 97 pound weakling and was a sturdy healthy child. His father was a strong and muscular man, and Siegmund said he got his desire to be strong and well built from his father. At age 12, his first set of dumbbells were two discarded iron weights used to counter balance the raising of windows. He got his first set of real weights when he was 17, and trained in his secret attic gym. Siegmund was a true All-Rounder, not only doing the standard lifts but the odd lifts as well. He was a physique man, an excellent poser, and muscle control artist. He was an admirer of Professor Louis Attila, the man who invented the Bent Press. The Professor died before Siegmund could meet him. However he did meet his widow and with her permission took over running the gym which was located in New York City. He also married their daughter Grace. He eventually opened his own gym. His gym was a show place known through out the weightlifting world. It was equipped with the old time globe barbells and dumbbells.

He is credited with inventing some new equipment - the "Feet Press Machine, The Iron Boot, and the 'In-Klein' Board". Somehow he managed to be friendly with the two barbell super powers - Bob Hoffman's York Barbell Club, and Joe Weider's IFBB organization. He wrote articles for both organizations and was not only written about in their magazines but his photographs were on their magazine covers. He also was on the covers of Iron Man, Vim Magazine, LaCulture Physique, and Macfadden's Physical Culture Magazine. He even published his own magazine, The Klein's Bell, from June 1931 to December 1932. After that he wrote for Hoffman's Strength & Health magazine. He was inducted into Joe Weider's Bodybuilding Hall of Fame in 2006. At a body weight of between 147 to 150 pounds he did the following lifts: Strict military press 229.25 pounds, strict press behind head 206 pounds, one arm snatch 160 pounds, one arm clean and jerk 190.5 pounds, crucifix 126.75 pounds (total), alternate dumbbell press with two 100 pound dumbbells for ten reps, a bent press of 209 pounds and a side press of 174 pounds. He also did 10 reps with 300 pounds in the deep knee bend. Notice that I did not say squat, as in his day they were done on your toes, not flat footed. The Association of Old Time Barbell and Strongmen began with a birthday celebration for Siegmund. It was so well received that they have been meeting yearly since then. Siegmund Klein passed away May 24, 1987. The end of an era.

November 7th, 2009

G.W. Rolandow's Challenge Barbell

by Al Myers



The Rolandow Challenge Barbell now resides in the York Barbell Museum.

G.W. Rolandow was a Swiss born strongman who came to the United States and became an American citizen in 1896. He lived his entire life in New York City. His Challenge Barbell had a thick handle, and weighed 175 pounds empty, but 299 pounds fully loaded. He was able to Bent Press his Challenge Barbell fully loaded - and lifted it in his nightly strongman performances. The Rolandow Barbell was purchased by **Professor Attila**, and later owned by **Sig Klein**. Sig Klein often used it when he was demonstrating the Bent Press.

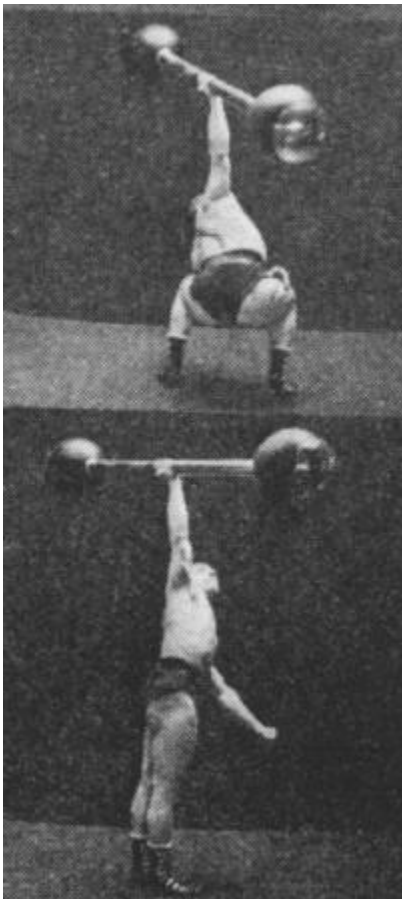


Photo to Left: **Sig Klein** demonstrating a Bent Press with the Rolandow Barbell.

This was written by Sig Klein shortly after lifting the Rolandow Barbell in 1937.

"It was Saturday, April 10th, on my thirty-fifth birthday that I lifted the Rolandow Bell again. It went up on my first attempt. So pleased was I with this accomplishment that I have not up to this present writing lifted this weight since. I have never tried to lift more in the Bent-Press than 209 pounds. It seems that no matter how much weight I would ever lift again in the Bent-Press, I would never again have the pleasure or satisfaction that I derived when I first succeeded with this ponderous weight. This was in 1937. It was about this time that I published "How to Bent-Press", feeling that such a booklet was needed for the thousands of weight-lifters whose interest I had now aroused in this lift."

November 8th, 2009

Mark Mitchell

New USAWA Official



Mark Mitchell performing a 505 pound 12" Base Squat at a Record Day at Clark's Gym in 2002. This is the best 12" Base Squat of All-Time in the USAWA. Mark also has the USAWA All-Time Best lift in the Reeves Deadlift, with a record lift of 400 pounds.

Mark Mitchell, of the **Dino Gym**, just recently passed the USAWA Official's Test. Mark has been lifting weights for over 25 years. He competed as a 3-lift Powerlifter for many years, but now competes mainly in Powersport Competitions. Powersports is an off-shoot of powerlifting that includes the Curl, the Bench Press and the Deadlift. These events are done without the use of supporting equipment (with the exception of a belt) and are Drug-Free competitions. Mark has been involved in officiating USAWA events in the gym for several years, and has even judged at the National Championships in 2006 and 2009. Mark has competed in several USAWA events throughout the years - mostly postal meets and record days. Mark started weight training many years ago in Columbia under the coaching of **Bill Clark** - so he has been exposed to All-Round lifting for a long time!! Mark has always been a tremendous squatter and holds the Dino Gym Squat Record with a lift of 810 pounds.

Welcome Mark to the recently growing crew of USAWA Officials!

November 9th, 2009

Granddad's Tall Tales were not so Tall After All

by Thom Van Vleck



Katie Sandwina and her husband Max Heymann

When I was a kid, my granddad told me stories when I would spend the night. He was a great story teller and often, I fought sleep to listen to them. The topics were many, but since he had an interest in weightlifting, he often told me of strongmen of his day or before.

On one occasion he told me of a woman named Katie Sandwina. What I recall from his stories was she was 6'3" tall and 250lbs. She could carry a 1000lb cannon on her shoulder, lift her husband overhead with one arm, clean and push press 300lbs, and she never lost a wrestling match against a man. He told me that she once beat Sandow in a lifting contest.

Many years later, I read an article in an old Iron Man magazine on Katie and found that much of what he told was TRUE. Here are some of the things I have found out on Katie.

Katie Brumbach was her real name and her parents were circus performers Philippe and Johanna Brumbach. Both were large people and her father was said to have a 56" chest. In her early years, Katie performed with her family and her father would offer one hundred marks to any man in the audience who could defeat her in wrestling. It was claimed no one ever succeeded in winning the prize and it is also said Katie met her husband of fifty-two years, Max Heymann when he tried to beat her in a wrestling match and she knocked him out! They were married for 52 years....maybe he was afraid to leave! It was said that when Katie was just a teen she was over 6ft tall, 187lbs, and had 17" biceps and 26.5" thighs and was even larger after that. From what I can tell, she would feign modesty when asked for her dimensions. Perhaps it was modesty, or showmanship, but I do know that an Iron Man article on her listed her at 6'3" and 250lbs, confirming my grandfather's claim.

Brumbach took the stage name "Sandwina" after defeating the Sandow during her show. She offered a cash prize to anyone that could outlift her and Sandow took the stage. Katie lifted 300lbs over head and Sandow only managed to lift to his chest. After this victory, she adopted the stage name "Sandwina" as a feminine derivative of Sandow. I sometimes wonder if these sorts of things are staged by the strongmen to give each other credibility, but at any rate, it is agreed the event happened and it launched her career.

Sandwina worked in the Ringling Bros & Barnum & Bailey circus until she was at least 60, possibly 64. One of her standard performance feats was lifting her husband (who weighed 165 pounds) overhead with one hand. She performed many other feats, such as bending steel bars and the pull apart with four horses. She would hold carousels of 14 people on her shoulders and support a half ton of cannons on her back. In between all of that, she also bore a son, Theodore Sandwina who not surprisingly became a large man and was a champion boxer.

There is no doubt Sandwina was quite a strong woman and many of her feats were real or at least close to the claims made about her. She may have been the strongest woman of all time!

November 10th, 2009

The 2009 IAWA Gold Cup – A Great Success!

by Steve Gardner



2009 IAWA Gold Cup Group Picture

There were 25 lifters taking part in this years Gold Cup World Record Breakers Tournament, which was held in Glasgow, Scotland. All of the hard work and effort put in by this years promoter **David McFadzean** and his support team at the **Castlemilk Gym Club**, was repaid in fine style as the 2009 event was a great success. The list of impressive records that were broken and set was of a very high standard, with several new lifters taking part and giving a good account of themselves too! A big welcome into the IAWA family goes out to: The **Hughes trio, sister and brothers, Nicola, Robbie and Chris**, and also to **Alan Higgs** and **Tom Moffat**, they all lifted well. It was nice to see **Frank Allen** back in action, and also **Steve Angell** on impressive form. People were pleased to see **Karen Gardner** perform her first lifting since her Cancer operation a year ago, and **Agnes Mcinally** who is slowly returning to form after her problems too, Agnes says she has found a new incentive in the sport: helping to coach new lifter **Nicola Hughes**. **Denny Habecker** from the USA never fails to delight us on the platform, and he too is recently back from a hip operation. **Mark Haydock** lifted the heaviest ever trap bar deadlift at 323.5 kilos much to the delight of a heavily pregnant Mrs Haydock (soon to deliver). All in all it was a really nice day, a good competition in a great atmosphere. Well done again to David and his team on a job well done!

For Full Meet Results - [Click Here](#)

November 11th, 2009

Performance Strongman

by Thom Van Vleck



Picture to Left: Thom Van Vleck breaking bricks using the "Double Forearm Break Style"



Picture to Right: John O'Brien using grip pressure only to blow up unopened cans of soda

Many USAWA members are aware of our own **Steve Schmidt's** career as a performance strongman, AKA "Strongman Steve". He travels around doing strongman shows that often mirror his lifting efforts in the USAWA meets he competes in. As a matter of fact, I'd say that had it not been for Steve's efforts to become a top USAWA lifter, his strongman career might not have ever happened! USAWA member **Eric Todd**, who has also joined the JWC for our shows at times, also does performance Strongman shows.

There are two other USAWA members that also have a strongman career as a part of the "Jackson Weightlifting Club". This includes **John O'Brien** and **Thom Van Vleck**. After the "JWC All-Round Challenge" on Nov. 21 the other two more members of the JWC team should also be USAWA members, **Brett and Brian Kerby** as they are slated to compete in that contest.

The USAWA has a rich history and connection to being what I call a Performance Strongman. Many of the old timers like **Appollon**, **Saxon**, and **Sadow** travelled around earning their living performing, not competing. Today, guys like Steve, Eric and the JWC members do it for other reasons.

While just a few of the JWC members do performance strongman shows, they do it to spread the word of **Jesus Christ**. We are Christian men who believe that God has given us a talent and that we are to use that talent for Him. We are a non-denominational group that often also delivers secular messages such as being anti drug, staying in school, and being good citizens. But we never sacrifice our core message.

Brian Kerby and myself, Thom Van Vleck, are the core members of the JWC evangelism effort. We have been brothers in the Word and Iron since our teenage years and always shared a love of the iron sports. We finally had a chance to go and help **Randy Richey** and his strongman evangelism team, **Omega Force**, at the US Strongman Nationals in St. Louis. We ended up being a part of the show and were soon offered to travel with them overseas. Brian and I realized this would not be possible with our family, church, and job obligations and soon realized that God wanted us to share our talents locally.

This story will be continued tomorrow.....

November 12th, 2009

Performance Strongman

by Thom Van Vleck



Picture to Left: Brian Kerby "picking up girls" Strongman Style
Picture to Right: Brett Kirby bending a 5/8" bar with his teeth

We began to do Strongman shows for Bible Camps and Youth Groups in the local area. Soon, word spread and **Brett Kerby** and then **John O'Brien** joined our efforts. We all developed special talents and skills and soon had a show that I believe rivals any group in that's out there in term of the quality of feats we perform!

To date, we have done over 250 shows to an estimated 25,000 people since 2003. Over 100 of these have been large productions that involved hundreds of spectators. Some are smaller, what we call "gym bag" shows where we just come in and do a handful of feats in a smaller venue. The JWC is not just about evangelism work. That "strongman" part is only a short part of the 80 plus year history of the club. In the past 15 years we also put on many secular events. We have held over 25 Highland Games events, 10 strongman contests, helped the local Irondogs at Truman State with a dozen or so powerlifting meets and Olympic Lifting meets, as well as helping train local lifters. Two of our members, **Bill Leffler** and **Jim Spalding**, are multi Masters World Champions in Scottish Highland Games. Not even mentioning the past JWC teams and their accomplishments as well as their own roll in All Round history. That's another story!

Now, the JWC will be hosting its first USAWA meet after becoming a member club earlier this year. The first of what I hope is many. It just seems a natural fit since so many USAWA lifts have their roots in the history of the first performance strongmen and women. I know that we, the JWC, are looking forward to being a part of the USAWA!

Press Report

(**Denny Habecker**, the **USAWA President**, just returned from the **Gold Cup in Scotland**. He was the only lifter from the United States who competed this year. Congratulations to Denny for his fine lifting and representing the USAWA at this prestigious event. The following is Denny's report of the 2009 Gold Cup)



Denny Habecker doing a Clean and Seated Press at the 2009 Gold Cup

I just returned home from Scotland, where I lifted in the 2009 IAWA Gold Cup.

I felt the meet was a great success! David McFadzean and the Castlemilk Gym Club always put on a quality meet. It was great seeing some people I haven't seen in quite a while. Steve Angell, Andy Tomlin, Frank Allen, are a few of my good friends that have come back from injuries or surgeries. It was also good to see so many new people, that I hadn't met before, on the platform. The lifting was of a very high quality as might be expected of a Gold Cup. Some of the lifts that impressed me the most were Mark Haydock's 323.5 Kg. Trap Bar Deadlift, Steve Angell's 300 Kg. Trap Bar Deadlift, Andy Tomlin's 140 Kg. Middle Fingers Deadlift, and James Gardner's 147 Kg. Dumbbell Deadlift. James very nearly succeeded with 167 Kg. . He just couldn't get it quite high enough on his second and third attempts. There were a lot of impressive lifts done at this meet. I was just glad to be there and share the platform with so many outstanding lifters.

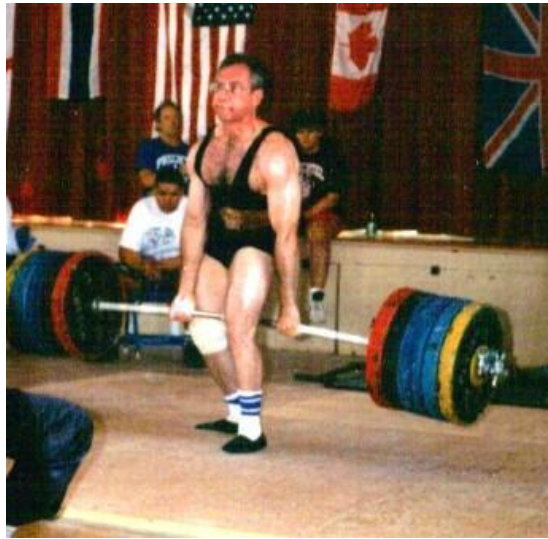
I hope next years meet at Frank Ciavattone's brings out as many lifters as this one did.

Denny Habecker

November 13th, 2009

Lift Profile - the Jefferson Lift

by Al Myers



**Bob Hirsh has the top All-Time USAWA
Jefferson Lift with a lift of 702 pounds.**

The Jefferson Lift goes by many names - it is also called the Straddle Deadlift, while others refer to it as the Kennedy Lift (which is not technically correct). The Jefferson Lift is basically just a deadlift done with one leg on each side of the bar. It is one of the more popular All-Round lifts, and often is done at major competitions. It was included this year as part of the World Team Postal Championships.

Rules for the Jefferson Lift:

This lift is also known as the Straddle Deadlift. The rules of the Deadlift apply except that the bar will be lifted between the legs, with a leg on each side of the bar. The lifter may face any direction and feet placement is optional. One hand will grip the bar in front of the lifter while the other hand will grip the bar behind the lifter. The bar may touch the insides of either leg during the lift. The heels are allowed to rise as the bar is lifted, but the feet must not change position. The bar is allowed to change directions or rotate during the lift.

Videos of the Jefferson Lift from the 2000 IAWA World Championships

[YouTube Video](#) - Rex Monahan

[YouTube Video](#) - Kevin Fulton

Press Release

Two More USAWA Officials

Joe Garcia, the Official's Director, just informed me that **Darren Barnhart** and **Kurt Wilkens** have passed the USAWA Rules Test. Congratulations to Darren and Kurt. Darren is a member of the Dino Gym and has been competing in USAWA competitions for several years now. Kurt is from South Florida and is a newcomer to the USAWA. Those of you that follow the USAWA Discussion Forum know Kurt well. He has been one of the forum's most active members. Hopefully, he'll enter his first USAWA competition soon.

Louis Attila, The Professor

by Dennis Mitchell



Two Classic Pictures of Louis Attila, The Professor

Louis Attila, whose real name was **Ludwig Durlacher**, was born July 2, 1844 in Karlsruhe Germany. He was a well educated young man having studied with **Professor Ernst**, in Berlin. He played the piano and had mastered five languages. The significant change in his life came when he saw the Italian strongman **Felice Napoli** perform. Many strongmen at that time made their living by performing in theaters, music halls, and the circus. Young Ludwig became Napoli's student, and learned all about the strongman profession. Staging, costumes, posing, showmanship, and performing. It seemed that there were two types of strongman shows. One where the performers were truly very strong and impressed the audience with lifting and supporting heavy weights, breaking chains and horse shoes. etc. Other strongman acts depended more on showmanship and staging, than on strength. Ludwig learned his craft well and worked with Napoli for a time, but in 1863 at the age of 19 he set off on his own. It is not clear how long he worked by himself as after a time he teamed up with "**Valerie the Female Gladiator**". He also toured in both Europe and America. Ludwig, who now called himself Louis Attila (he took his name from the leader of the Huns), is also credited with inventing the Roman Chair, the shot loading globe barbell, the "Human Bridge" stunt that later became a regular part in many strongman acts. He was also the inventor of the Bent Press and was the first person to do 200 pounds in this lift. Other than lifting Attila was a very good all round athlete, and excelled in track and field and swimming. Although being only 5' 4" tall he had a very good physique, weighing 175 pounds with a 46" chest, 17.5" neck, 16.5" calves, 25" thighs, and a 36" waist. His career was very successful and he performed in the capitals of Europe to standing room only crowds. In many of the cities where he performed he was asked to help and give advice to people on how to exercise. In approximately 1886-1887 he began to cut back on his strongman shows and opened his first gym in Brussels. It was at this gym that he first met **Friedrich Muller**, who is better known as **Eugene Sandow**. Attila was credited with discovering Sandow and coached him, and also performed with him. However this is material for another article. Attila opened another gym in London, and because of his success as a performer and his knowledge as an instructor he was very successful. Over the years he had many of Europe's royalty as clients. Attila immigrated to New York City in August of 1893. New York had a

large German population and he felt opening a gym there would attract them, having a German speaking owner. He also said that New York was full of office workers who were in need of rejuvenation. He named his gym, "Attila's Athletic Studio and School of Physical Culture". He was very successful and was the first to use weight training to help athletes improve themselves for other sports, particularly boxing. One of his students was boxing champion **James J. Corbett**. He was also among the first to encourage women to engage in muscle building workouts. He ran his gym until his death, March 15, 1924, at which time his son-in-law **Seigmond Klein** took over.

November 17th, 2009

International "Tough Guy" Finger Lift Challenge

by John McKean

On a gorgeous Pennsylvania Fall day, IAWA president Steve Gardner and his always charming wife Karen convinced their American hosts, the equally charming USAWA first couple, Denny and Judy Habecker, to travel to Ambridge to challenge a not-so-charming pair, Art Montini and John McKean, to an impromptu finger lift team meet. Steve had the great idea that a friendly visit to the VFW "cave" would prove more sociable if we actually lifted something while amidst our usual spirited conversation (it's rumored that Art only speaks in grunts if something heavy is not in his hands!). We were honored that Steve and Karen would spend some of their three-week American vacation with us at the Ambridge gym!

Steve set up three teams - the two ladies were the female team, Steve & Denny were the "presidential" reps, and Art & I were the Ambridge grunge boys! (Well, Steve had nicer team names!). So we agreed to do the index finger, ring finger, and middle finger ring lifts. We had a lot of laughs and some very sore fingers!! Karen and Judy did some very impressive pulls, with their efforts threatening to make the rest of us look bad at the onset! But in the final tally, ole 82 year old Art Montini was the star of the show, with quick effortless pulls of very heavy, record weights; the guy seems to feel no pain!

After the lifting and Steve's meticulous tallies of scores, Art showed us an amazing little home cooking restaurant on one of the side streets of downtown Ambridge. The food was as amazing as the lifting and the magical day we shared as all-round "brothers (and sisters) of Iron"! With the sun just retreating over the hills of the Steel Valley, Steve, Karen, Denny, and Judy headed back to Lebanon, content with a good day's work!

Another Report on the "Tough Guy" Challenge

by Steve Gardner

It was fantastic to meet up again with my old Pals Art Montini and John McKean, though I soon found myself wondering who dreamed up the idea of this finger lift meet down in the Ambridge dungeons, then I remembered it was me..

We had scheduled the get together during our trip to the States and figured it would be a harmless bit of fun and painless too if we had a little finger lift meet...OUCH was i wrong!

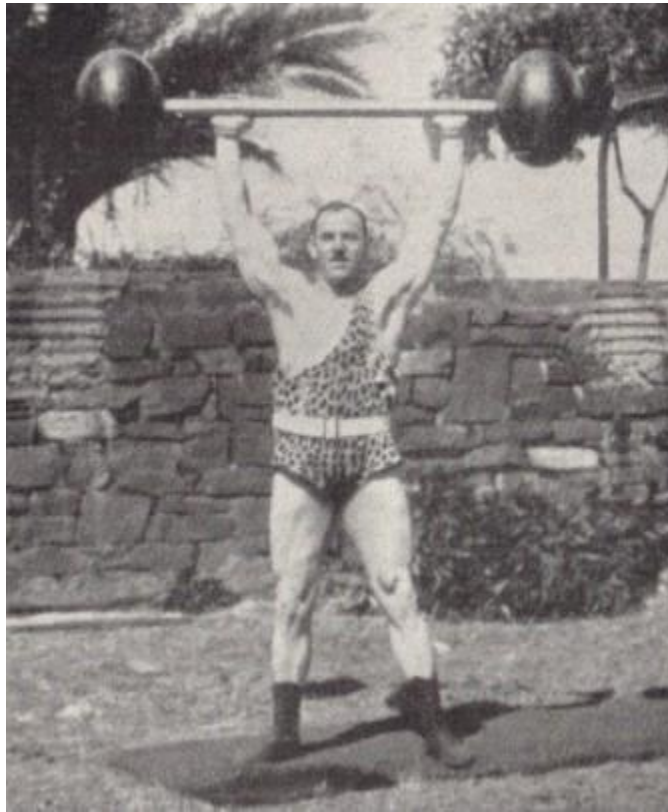
It was a great meet, and everyone joined in, I partnered Denny to take on the formidable duo from Pittsburgh, and then Judy and Karen decided to join in too. Me and the Denster were catching it from all directions as everyone lifted out of their skin, and pushed us all the way. I had to settle for second best at the end of the day to the 'Master' himself, the one and only Art Montini. I have done finger lifting for a while and have been with the best. Well I gotta tell you, I never saw a performance like it from a man of his years. Awesome is the only word I can come up with right now. Art was the best lifter of the meet and it was well deserved. His team partner was excellent too. Nice to see John M lifting again, even if he was in the team that beat me. Myself and the Denster did our best but on the day second was where we were at, and even second was not that far ahead of the team that finished third.

Judy and Karen were amazing, and had me and Denny worried. They pulled off some amazing lifts, well done girls. When it was all over we went and enjoyed dinner together in a wonderful little restaurant that Art uses in downtown Ambridge. A perfect end to a perfect day!

For November 18th, 2009

The Challenge Barbell of Hermann Goerner

by Al Myers



Hermann Goerner lifting his famous Challenge Barbell.
This photograph was taken in Cape Town, South Africa in 1923.

Hermann Goerner had a Challenge Barbell that only he could lift. It had solid globe metal ends, connected by a 2-3/8" diameter shaft, and weighed 330 3/4 pounds (150 Kilos). It was said the Goerner could lift his Challenge Barbell overhead anytime - day or night - for over 20 years. He didn't even need warmups to do it - and often hoisted his Challenge Barbell overhead in street clothes. This really demonstrated the strength of Hermann Goerner's hands - as most other challengers could not even pick it off the ground. Goerner would use a power clean to get the barbell to the shoulders, and then put it overhead with a push jerk.

Source: Goerner the Mighty by Edgar Mueller Full Meet Results - [Click Here](#)

November 19th, 2009

Bob Burtzloff

The USAWA's BEST in the One Arm Clean and Jerk

by Al Myers



Bob Burtzloff performing a One Arm Clean and Jerk in the early 1980's.
Bob is doing this outside his house in the pasture in South-Western Kansas.
The bar is loaded with 10 Kilo bumpers for a total weight of 231 pounds.
As you can tell, the ground is not exactly level.

As I promised last week on the **USAWA Discussion Forum**, I am featuring a story today on **Bob Burtzloff** from Liberal, Kansas. As some of you know, Bob is my brother-in-law and one of the pioneers of All-Round Weightlifting. He was competing in All-Round Weightlifting (or Odd Lifting as it was known then) before the USAWA was even an organization. Lifters like Bob are the reason we have an organization today. If it wasn't for lifters competing in this sport before it organized - there may not have been an USAWA!! The USAWA started in 1987, but **Bill Clark** was hosting Odd Lift Meets long before this.

But back to today's story on Bob Burtzloff. Bob was a true all-rounder - excelling at several different types of lifts. However, one of his favorite lifts was the **One Arm Clean and Jerk**. Bob was a very accomplished Olympic Lifter in the state of Kansas. He won several State Championships in Olympic Lifting so it was only natural for him to be great in the One Arm Clean and Jerk. His best official One Arm Clean and Jerk was 253 pounds, but I know he had done up to 275 pounds in training. Most guys can't do this much in the Two Handed Clean and Jerk!!

There are two very different and distinct techniques for doing an One Arm Clean and Jerk - and Bob was the master of both. The most common technique is to side clean the bar prior to the Jerk. The other technique is to One Arm Clean the bar in front, much like a regular Clean. This is very difficult to do as the rules state, *"In receiving the bar at the shoulder, the bar must not make contact or rest on the shoulder or chest opposite to the lifting arm. The center of the sternum is the line of lineation."* Very few have the ability to do this while maintaining control of the bar. Bob also had a "stunt" he would do in the One Arm Clean and Jerk. He would first side clean the bar with his right arm, Jerk it overhead, lower it back to the shoulder, and then TOSS THE BAR over his head and catch it in his left hand dead center. At that point he would Jerk it overhead with his left arm before returning the bar to the platform. And I'm not talking about him using light weight on this - in 1988 at the **IWA World Championships** in England Bob did this with 220 pounds!! Everyone in attendance was shocked and in disbelief!! I have witnessed Bob doing this several times in the past and can attest that it is just one of those things you have to see to truly believe.

Bob retired from All-Round Weightlifting by 1990, but he has made a few appearances at All-Round Meets since. In 2004, Bob competed in my **Dino Gym Challenge** and did a 175 pound One Arm Clean and Jerk which is the All-Time BEST in the USAWA Record List. Bob was the BEST before the USAWA and is STILL the BEST in the One Arm Clean and Jerk!!!



**Bob Burtzloff setting the Best One Arm Clean and Jerk Record in the USAWA.
This was done at the 2004 Dino Gym Challenge with a lift of 175 pounds.**

TOP USAWA ALL-TIME ONE ARM CLEAN and JERKS

1. 175 Pounds Bob Burtzloff
2. 165 Pounds Matt Doster
3. 160 Pounds Barry Bryan
4. 160 Pounds Joe McCoy
5. 154 Pounds Al Myers
6. 154 Pounds Bill Spayd
7. 154 Pounds Don Verterosa
8. 145 Pounds Mike McBride
9. 138 Pounds Dennis Stahnke
10. 132 Pounds Bob Karhan
- 132 Pounds Ed Schock

Special Bonus - [YouTube Video](#) of Bob Burtzloff doing a One Arm Clean and Jerk from an Odd Lifting meet in 1986. It appears the weight on the bar is over 200 pounds.

Meet Reminder: This coming weekend has two USAWA events scheduled. Thom Van Vleck will be hosting a Record Day on Saturday at the JWC Training Hall and Bill Clark will be hosting a Record Day on Sunday at Clark's Gym. These two Record Days are only a hour apart - so you have the opportunity to make it a "double header" and do both!

November 20th, 2009

Getting Kids involved in Strength

by Thom Van Vleck



Ethan Van Vleck Supports the Weight of the Moon on his Back

It is so important to give kids positive outlets for their energy or they will find the negative things on their own. We all train for different reasons and often for many reasons. Fame, health, competition, pleasure are just a few reasons to choose from. But I think the most important is to be a good role model and make an effort to teach a new generation about the importance of strength and what it can do for you.

I tell my kids bedtime stories, just like many fathers do. But my stories often are about famous strength legends, like **Milo**, **Hercules**, **Samson**, and **Atlas** as well as contemporary legends like **Saxon**, **Sandwina**, and many others. I want to instill my kids the idea that weight training and achieving strength is important for many reasons. If they can stick to it, they will learn to stick with many challenges that will come in life.

Recently I had the honor of inducting **Al Myers** into the RMSA Hall of Fame and my family went along for the trip. For me, this included doing two strongman exhibitions and competing in a full Scottish Highland Games with my family present. It was a real family affair with Al and his family there along with us.

During our trip to McPherson, we traveled as a family to the Kansas Cosmosphere. If you are a fan of space travel, this is a great place to go. While there, we walked by a replica of the moon and before we knew it, my youngest son, **Ethan**, scrambled underneath and pretended to groan as if lifting a heavy, heavy weight. This drew the attention of many people there and some laughter followed as Ethan refused to move until a picture was taken! He came over to me afterwards and I gave him a "high five" and he said, "I lifted it just like Atlas lifted the world"!

As our generation ages, we need to instill the same love for the iron game into our children that we have. It won't just "happen", like our own developed abilities, it takes "workouts" and effort. We need to bring kids along with us to our meets and explain to them what is going on and make it fun so they will want to do

it! I work every day to keep and maintain my children's respect. Ethan insists he will someday be as strong as me and you know what, I believe he will be stronger!

November 23rd, 2009

Charles Rigoulot and his Challenge Barbell

by Al Myers



Charles Rigoulot and his Challenge Barbell

Charles Rigoulot was born in a small town close to Paris, France in 1903. He started to lift weights at an early age and soon became one of the strongest weightlifters in France. Rigoulot was a specialist in the quick lifts, and excelled at the Clean and Jerks, Snatches, and Swings. He was also great in the One Handed Snatch. So it is only fitting that Rigoulot would build a Challenge Barbell to give him "an edge" in these lifts. His Challenge Barbell was a special made bar that contained shot-loaded globes on the ends. The bar was over 8 feet in length and was exceedingly springy. Rigoulot mastered the technique of using this "spring" to enhance his lifts - much like the Olympic lifters of today do on the "new-age" Olympic bars. His challengers could not easily adjust to his Challenge Barbell flexing and rebounding, and often lifted less on it than if they were lifting on a rigid bar!!

November 24th, 2009

The Missouri All-Round Double-Header

by Al Myers



JWC Record Day Group Picture

Left to Right: Tedd Van Vleck, Josh Hettinger, Al Myers, Thom Van Vleck, and Chad Ullom

I had one of the most fun weekends of weightlifting I have ever had this past weekend. It is not very often that I get the chance to do TWO different meets in the same weekend. On Saturday, **Thom Van Vleck** hosted his first ever All-Round event at the **JWC Training Hall**, which is Thom's private gym. I have been to Thom's gym several times before so I know the history of his gym - but this time was extra special since I actually got to compete there! Representing the **Dino Gym** was **Chad Ullom** and myself, and representing the **JWC** was **Thom** and **Josh Hettinger**. Thom's brother Tedd was there to help load and to provide comic relief. Thanks Tedd for everything you did to help us - but next time I am going to talk you into lifting! I'm not going to go into everything Thom has in his gym except to say that the JWC Training Hall is filled with about anything an all-rounder would want, and has more autographed pictures on the walls than any gym I have ever been in!! The "environment" of the JWC Training Hall inspires you - you feel like the great lifters and throwers in the pictures are watching over you while you lift as you try to perform up to their expectations!! Chad Ullom came ready to go - and started this record day off with some UNBELIEVABLE lifting. Chad went up to the 110K class and set several very impressive records including a 475# Continental to Belt (the top ALL-TIME in the USAWA), a 510# Hack lift, a 375# One Arm Deadlift - Left, a 410# One Arm Deadlift - Right, and a 410# Steinborn Lift (breaking Bob Burtzloff's 20 year old record). I also should note that Chad had another commitment on this day and had to leave early - so he did all this in a little over 1 hour!! After Chad left, the rest of us just looked at each other and wondered how we could top that! Next, Thom got two of his kids involved - **Morgan** and **Dalton**. They each did a few records. I was very impressed with their efforts. Josh Hettinger isn't a newcomer to the USAWA. He lifted in one of my Dino Challenges a few years ago and it was great to see him back in action. I made Thom a Circus Dumbbell (it has a 3" diameter handle and is very big, with 12" diameter ends). When I brought it into the JWC Training Hall I announced that the Dino Gym Record with this DB was 165 pounds (taken to chest with two hands and then taken overhead with one hand). Josh is a pressing machine and said, "then load it to 170#", which he made it easily. So for the time being, the JWC has a record better than the Dino Gym (but THAT won't last long haha). Thom's **Uncle Wayne Jackson** was there to watch - and after Josh pressed this massive Circus DB - Uncle Wayne said, "seeing that made coming worthwhile". This was quite a compliment to Josh as Uncle Wayne was a great presser in his day, having done over 300# in the Olympic Press. Josh did several other impressive records as well. Thom was "a man on a mission" when he started breaking records. He must have broke or set over 50 USAWA records! Finally, I was getting worn out judging him and hinted that he didn't have to do ALL the lifts in the record list today and maybe it would be better if he "saved" a few for another day! I could tell Thom was disappointed hearing this as I think he had planned on doing 100! (Plus I knew he promised to grill me a BIG steak for supper and it was getting late and I was getting hungry!). This record day was a first rate event - and Thom even had medals for everyone who broke records. Thom and the JWC are a great addition to the USAWA and this was a great kickoff for them!



Picture to Left: Thom Van Vleck performing a 300# Reeves Deadlift



Picture to Right: Chad Ullom performing a 510# Hack Lift

The next day (Sunday) Thom and I made our way south to Columbia, to participate in **Bill Clark's Record Day**. I always enjoy going to Bill's gym - it takes you back in time. Most of Bill's equipment and weights have been in his gym for years - and would be "collector's items" on ebay. There are not very many gyms nowadays where you can train on York Globe Dumbbells and then load your bar with Milo plates!! His platform is made out of solid oak planks that have withstood the years of dropped overheads. There is no shiny chrome equipment around - just rustic equipment with names like "Hospital Harry". The gym has no A/C and minimal heating. Anything that needs lubrication is rubbed down with axle grease. Truly a Hard Core All-Rounders paradise! I was glad to see **Ben Edwards** already there when I walked in the door. Ben was polishing off the record list in one of his favorite lifts - the Vertical Bar Deadlift - both 1" and 2". Bill was judging him hard - there were no quick down commands!! Ben finished off with a 235# 2" One hand VB deadlift - the best of ALL-TIME. Ben next took on another one of his favorites - the thumbless grip deadlift. He came into this record day with a best of 250#, set in 2003, which had him at the number 3 spot ALL-TIME. I decided to join him on this lift, mainly to "push him a little" as he was gunning for the top spot held by **Mike McBride** at 266#, set in 2005. We both started at 235#, which we both got easily, and kept adding 10# until we both hit our MAX at 275# - tying the two of us for the BEST ALL-TIME. This was the highlight lift of my weekend - and I hadn't even planned to do it. This is by far more than I have ever done in this lift and it was done under the strict judging of Bill Clark. Ben is a great competitor and friend and "friendly competitions" like this bring out the best you. We concluded the day by gorging ourselves at the bunk of the Golden Corral - A Clark's Gym Post Meet Tradition!!



Picture to Left: Ben Edwards performing a 235# 2" Vertical Bar Deadlift
 Picture to Right: Al Myers performing a 370# One Arm Dumbbell Deadlift



Bill Clark stepped up to the bar to pull this 135# Index Finger Deadlift after a couple of record day participants (names withheld) missed this lift.

JWC Record Day puts the “Record” in Record Day

by Thom Van Vleck



Grandpa Jackson's Anvil - The Centerpiece of the Jackson Weightlifting Club

On November 21, 2009 we had a fun day of lifting at the Jackson Weightlifting Club training hall. This was the first USAWA contest at the newest USAWA member club. JWC members **Josh Hettinger** and myself, **Thom Van Vleck**, took on Dino Gym Members **Al Myers** and **Chad Ullom**.

My two oldest children, **Morgan and Dalton** also got in the action. Morgan is a USA Weightlifting member who just entered her first Olympic lifting contest just weeks prior and is now ranked in the top ten in her age and weight group in the US Weightlifting rankings for 2009. JWC members **Tedd Van Vleck** and **Wayne Jackson** were also on hand to cheer and coach.

There were 90 total records broken with some amazing lifts along the way. Chad only had a short time to lift and was primed for a big day so we let him loose on the weights. He did not disappoint. I'm not sure if I was more impressed with his 475lbs Continental to the belt or his One hand Deadlift with the right hand with 410lbs! He did 375lbs with the left hand along with a Hack lift of 510lbs and a Steinborn of 410lbs beating the record of the legendary **Bob Burtzloff**. He also hit a Hack lift - Right Arm of 285lbs and even threw in a PIPER SQUAT with 125lbs for good measure.

Al broke 21 total records with 10 open records and 11 master records. Josh Hettinger got in the action and was game to try 16 different lifts eventually, setting Open records in 9 of them. Josh also hoisted the “Circus Dumbbell” loaded to 170lbs to top the best Dino Gym record of 165lbs in that event continuing the friendly rivalry between the JWC and the Dino Gym. This is a special Dumbbell that is loaded on the inside and has a 3” handle. You can two hand clean it, but then must press it, any way you wish, to arms length overhead.

Dalton and Morgan Van Vleck had a friendly sibling rivalry in the Deadlift with a 12” base. Morgan showed she can still lift more than her little brother with a 140lbs effort to Dalton's 130lbs. Dalton sure gave that 140lbs a try!

I started out the day only competing in my second USAWA meet ever. I had lifted in an “odd-lift meet” back in 1979 held by **Bill Clark** and while I had attended a few over the years had failed to join the fun. I recently took the judges test and while I passed it nothing beats experience in learning the fundamentals of a proper lift. So, I

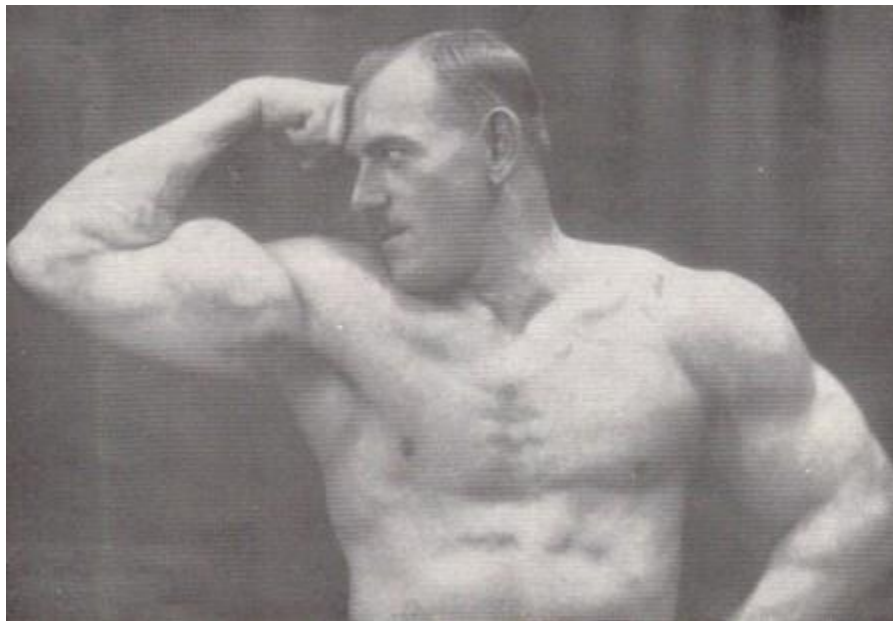
wanted to use this opportunity to try as many lifts as possible. My enthusiasm got the best of me and I ended up with 46 records by the end of the day! It was just so much fun, I couldn't stop. Al finally convinced me to stop as his stomach was well past empty and he wanted to enjoy the big steaks I had promised him. About an hour later, when the adrenaline of the meet wore off, I FELT like I'd broken 46 bones, not records!

Many jokes were told, stories told and retold, and I ended the day convinced I had to host another meet again. My first love is still the Scottish Highland Games, but I could see really enjoying the cross training advantages of the All-Round lifting. Thanks to all who came and get-well wishes to my training partner and friend, **Brian Kerby** who was supposed to be at the meet but was in the hospital ill. He is now at home recuperating and should be 100% again soon.

For full meet results - [JWC Record Day](#) [Clark's Gym Record Day](#)
November 26th, 2009

The Mighty Hermann Goerner

by Dennis Mitchell



Hermann Goerner at age 36. This picture was taken around 1927, when Goerner was in his weightlifting prime.

Hermann Goerner was born April 13, 1891, in Haenichen, Germany. At birth he gave no indication that he would grow to be one of the worlds strongest men, and he eventually reached a weight of 245 pounds at 6' 1". He had 18.25 inch biceps, 16" forearms, 27" thighs, and an expanded chest of 52".

Hermann Goerner started lifting weights at the age of ten, though never stated what got him interested in lifting. By the age of fourteen he had grown to five feet six inches tall and weighed 185.25 pounds, and could swing with a straight arm a 110.25 pound kettlebell. He participated in running, jumping, swimming, and acrobatics along with boxing and wrestling. He also enjoyed playing the piano and was a good billiards player. He continued swimming throughout his lifting career. At age eighteen he was working as a stove fitter. He had developed a fine physique and supplemented his income by posing for artists and sculptors.

He gained some local recognition, in 1911, by winning both the Middle Germany and the Brandenburg Province weightlifting championships. In 1912, he won a National contest in Berlin. Like

many strongmen of that time he formed a trio with his brother Otto Goerner and friend Otto Brauer. They performed throughout the cities of middle Germany. Their act consisted of lifting, supporting feats, and juggling kettlebells. In 1913, at the age of twenty-two, he took third place in the German Weightlifting Championships. At that time five lifts were contested - the one hand snatch, the one hand clean and jerk, the two hands press, the two hands snatch, and the two hands clean and jerk. In 1920 a match was arranged between Hermann and Karl Morke, who was then world heavy weight champion. Hermann was out to redeem himself after his third place in the German National meet. Again the five lifts were used, plus a sixth lift of the lifters choice. Morke chose the squat and Hermann chose the dead lift, the lift that he was most noted for. Hermann totaled 214 pounds more than the champion. In 1922 Hermann turned professional, where he earned far more than he did as a stove fitter. In that year he also married Elsie Jwifel. The two of them performed with the Pagel's Circus and traveled through South Africa. In the late 1920s, with the help of W. A. Pullum, he performed in England.

Hermann is best known for his one hand dead lift of 727.25 pounds. This lift has never been equaled or surpassed by anyone else since. He also did a 793.75 pound two hands dead lift using an overhand hook grip, not an alternate grip like what is used by most deadlifters today . He was outstanding in many lifts, too numerous to list here. He had a "Challenge " barbell of 330 pounds that had a thick 2.75 inch diameter bar that he would clean and jerk at every performance. He was exceptionally good at curling, having done 242.5 pounds in strict form. In spite of being badly wounded in the first world war, in which he lost an eye, got shrapnel in his legs, and for a time was a prisoner of war, he did these remarkable lifts.

Hermann Goerner passed away in 1956.

November 27th, 2009

The Fulton Dumbbell Deadlift

by Al Myers



Al Myers performing a One Arm Fulton Dumbbell Deadlift with 170 pounds at Clark's Record Day.

One of the lifts I did last weekend at Clark's Record Day was the Fulton Dumbbell Deadlift. I wanted to do this lift to point out a mistake that was made in the new Rule Book and found by **Dale Friesz**. Despite the extensive review process of the new Rule Book, I knew mistakes were still possible and here is one. Thanks Dale for finding it!

The Rule for the Deadlift - 2 Fulton Dumbbells should be this:

The rules of the Deadlift - 2 Dumbbells apply except the dumbbells used must have handles of 2" in diameter. No knurling is allowed on the handles. The maximum diameter of the plates used is 18 inches.

Previously, due to a typo, it stated that only 11 inch diameter plates could be used. This typo happened because the Inch Dumbbell Deadlift does require a maximum diameter of 11 inch plates, and the rule for this lift is close to the Fulton Dumbbell Deadlift in the Rule Book. Once again, copy and pasting created a problem for me!! The reason for the Inch Dumbbell Deadlift requiring maximum 11" plates is because the original Inch Dumbbell was a globe dumbbell, and the rule was written to best simulate the original Inch Dumbbells size using a plate loaded dumbbell handle. This mistake will be corrected in next years updated Rule Book.

Now for the story on how the Fulton Dumbbell got its name....

Back in the early 80's at a odd lifting meet in Liberal, Kansas, meet director **Bob Burtzloff** included a thick-handled dumbbell deadlift in the contest. This dumbbell had a smooth 2 inch diameter handle. **Wilbur Miller**, the "Cimarron Kid" and Kansas lifting legend, was the hands on favorite to win this event. Wilbur has huge hands with long fingers and was very rarely beaten in any lifting event that involved grip strength. But this day was one of those rare days - when a young farm boy from Nebraska by the name of **Kevin Fulton** pulled off the upset! Upon Fulton's winning - **Bill Clark** announced that this lift would be forever named the Fulton Lift. This eventually lead to the naming of the 2" bar as the Fulton Bar along with the Fulton Dumbbell. As for Wilbur - upon the finish of the event he went back to the warm-up area and proceeded to pull more on this lift than he did in competition. He went home knowing that he may not have won the event on this day, but with the satisfaction of knowing he would next time!

November 28th, 2009

Odds and Ends

by Al Myers

Membership Renewals

As of now, all individual memberships and club memberships need to be sent to me and not to Bill Clark. Memberships run for the calendar year (first of January to end of December) and are required to participate in any USAWA event or competition. Make sure to fill out, sign, and send in the Drug Waiver with your membership application. I will be keeping a current membership roster on the website. This membership roster will replace membership cards.

Rule Books for Sale

The USAWA has Rule Books available for sale. Contact me if you want one. A Rule Book costs \$30 which includes postage. Make checks payable to the USAWA. The Rule Book is available for free on the website - but by the time you print one out and use up half a color printer cartridge and get it bound you will have about

this much money in one. The USAWA is selling these Rule Books AT COST!!

USAWA National Postal Competition

Don't forget the month of December is the month to do the National Postal Competition. John Wilmot is hosting this postal event again and lets make it a big success for him. I have heard that awards will be sent to the winners this year for it!! What a good deal - no charge to enter and possibly win an award!! Entry forms are available in the event calendar.

Ullom gets "dropped" by the Shoulder Drop

Last weekend at the JWC Record Day, Chad Ullom apparently misunderstood the rules for the Shoulder Drop. He thought not only the bar must drop - but the lifter as well!! Check it out in this video - [YouTube Video](#)

USAWA Daily News

I want the USAWA Daily News to be for EVERYBODY! If you have an interesting story, training article, or just want your voice to be heard please write something up and send it to me. I'll include your story in the Daily News and even give you the credit!

Bill Clark's Column in the Columbia Daily Tribune

As most of you know, Bill Clark writes several weekly columns for the Columbia Daily Tribune. Recently, he wrote a column about his involvement with weightlifting during the last 50 years in Columbia, Missouri. Very interesting! To read it - [Click Here](#)

The USAWA on Facebook

Chad Ullom has created an USAWA Facebook page for the purpose of everyone contributing their pictures from various competitions to it. This will allow everyone to "share" pictures. There are already over 100 pictures on this Facebook Page. To see this Facebook page - [Click Here](#)

USAWA Video Page

I am currently working on developing a website page that will contain videos of various All-Round lifts. I plan on making it available when I reach 25 videos - and I'm not there yet. I need help!! Please send me any videos or links to a videos so I can put them on this page. The videos must be of official USAWA lifts that are done according to USAWA rules.

Website Registration

Please take the time to register for the USAWA Website. You do not need to be an USAWA member to be registered for the site. This is my "e-mailing list" for direct emails concerning the USAWA. You also need be registered with the website to have access to the Membership Roster and the USAWA Discussion Forum. To register for the website - [Click Here](#)

December 1st, 2009

In Memory of Bob Cox

by Al Myers

Bob Cox, a longtime USAWA lifter from Cleveland, passed away last May. Bob was very involved with All-Round Weightlifting in Ohio and participated in several All-Round Meets throughout the years. He will be missed by everyone. Dennis Mitchell sent me his obituary, which I would like to share here.

Robert P. Cox, age 84, passed away May 8, 2009. Beloved husband of Shirley (nee Peterman), loving father of John (Sherry), Joyce Acord (Dennis Riggleman), and the late Dale, dear grandfather of Heather Cox (deceased), James Cox, Jessica Acord, Shayna Cox, Steven Acord, great-grandfather of four, dear brother of Marilyn, Doris, the late Barbara and Marjorie. Memorial contributions may be forwarded to Lakewood Presbyterian Church, 14502 Detroit Ave., Lakewood, 44107. Inurnment Thursday, May 14 at 12:30 p.m. at Ohio Western Reserve National Cemetery. A memorial Service will be held at Lakewood Presbyterian Church, Friday, May 15 at 11 a.m. Friends may call at the Busch Funeral Home.

Bob Cox currently holds 63 USAWA Records - with most of them set when he was over the age of 70!

For a list of his records: [Bob Cox Records.pdf](#)

Here are a couple of videos of Bob Cox from the 2000 IAWA World Championships - which was held in Mansfield, Massachusetts:

[YouTube Video](#) - Bob Cox performing a Continental Snatch

[YouTube Video](#) - Bob Cox performing a One Arm Deadlift

December 2nd, 2009

Meeting Tommy Kono

by Thom Van Vleck



Tommy Kono and Thom Van Vleck

It is not often you get to meet a living legend, but earlier this year I did just that! I was at the Arnold Fitness Expo for the first time in my life. I got to meet a slew of legends, current stars, and I'm sure some future

legends. This included **Frank Zane**, **Lou Ferrigno**, **Phil Pfister**, **Derek Poundstone**, even **Arnold** himself as well as many others. But I have to say, the one that I saw that literally gave me the biggest thrill was **Tamio "Tommy" Kono**. Growing up in a weightlifting family, Tommy was like a mythical legend to me. I expected to see Arnold there, as well as many others, but I didn't know Kono was going to be there so when I literally ran into him in the hallway while talking to my wife on my cell phone.....well, my heart jumped in my throat and I literally hung up on her as I ran to him like some star crossed teen seeing a teen idol. At least I didn't scream!

Some might wonder who Tommy Kono was. Well, let me tell you about the man that was voted the “**Greatest Weightlifter of the 20th Century**”. He represented the U.S.A. in the 50s and 60s. Tommy Kono is the only lifter to have world records in four different weightlifting classes from 149lbs to 198lbs. He won a Gold Medal at both the 1952 and 1956 Olympic Games, and a Silver Medal at the 1960 Olympics. He was world champion from 1953 - 1959 and set 21 world records. He was the Pan-Am Games champion in 1955, 1959, and 1963. In 1976, he coached the United States' Olympic weightlifting team in the Montreal Games. He was also a successful Bodybuilder, winning the Mr. Universe title in 1955 and 1957. Of Japanese descent, Kono was born in Sacramento, California, on June 27th, 1930. Kono's family was relocated to Tule Lake internment camp during World War II. Tule lake camp was in a very isolated area in the desert in northern California. Sickly as a child, the desert air helped Kono's asthma. It was during the relocation that Kono was introduced by neighbors to weight training . After 3 1/2 years they were released and he finished high school at Sacramento High. In the 1970s he moved to Hawaii, where he has lived ever since and in 1993 he was elected to the International Weightlifting Hall of Fame.

Tommy was extremely cordial and allowed me to have my picture taken with him and a copy hangs with pride in the JWC gym. He made a glowing comment that I must be a champion myself and commented on how big and strong I looked as he sized me up. I was very impressed by him and he lived up to my lofty expectations. Tommy is a legend in the truest sense.

December 3rd, 2009

The Apollon Wheels by Al Myers



The Apollon Wheels were made famous by the legendary French Professional Strongman, **Louis Uni AKA Apollon**, in the late 1800's. Apollon used these in his strongman stage shows and billed them as the UNLIFTABLE Challenge Barbell. The Apollon Wheels were an old set of railroad car wheels connected by an axel. The Apollon Wheels weigh 366 pounds (total weight). The diameter of the Wheels are 26 inches and the diameter of the axel is 1.93 inches. The width of the Wheels are 4 inches wide and the length of the axel is under 6 feet (several sources report different lengths).

Who has lifted the original Apollon Wheels?

Besides Apollon himself, only three individuals have ever lifted the original Apollon Wheels. The first to lift the Apollon Wheels was **Charles Rigoulet** on March 3rd, 1930. Rigoulet, a Frenchman, was a World Weightlifting Champion and is credited with the first 400 pound Clean and Jerk in history!!! The next to lift the Apollon Wheels was **John Davis**, of the United States, on September 13th, 1949. Davis was also a World Champion Weightlifter and was the first man to Clean and Jerk 400 pounds under official meet conditions. **Norb Schemansky**, of

the United States, was the third to lift the Apollon Wheels on October 17th, 1954, just one week after winning the World Championships. After Schemansky had the Wheels to his chest - he jerked the Apollon Wheels three times in a row!!!

Norb Schemansky lifting the Apollon Wheels

Several modern day strength athletes have lifted Apollon Wheels replicas, but only these three lifters (or 4 if you count Apollon) lifted the original Apollon Wheels overhead. Today, the Apollon Wheels reside at the Musee National du Sport (a museum) in Paris, France.

December 4th, 2009

The Dino Gym's Replica of the Apollon Wheels by Al Myers



Picture to Left: The Dino Gym's Apollon Wheels Replica
Picture to Right: Al Myers taking the Apollon Wheels Replica Overhead

The Apollon Wheels have a mythical attraction to them. What makes a better Challenge Barbell than TRAIN WHEELS! I have heard the stories of **Louis Uni (Apollon)** lifting these giant Train Wheels is his performances, and can only imagine how impressive he must have looked doing it. I only wish there were some pictures of him lifting them!!

Several people have made replicas of the Apollon Wheels (AW). I have seen lots of pictures of them. What I don't understand is why most replicas don't resemble the original Apollon Wheels in the slightest. Just look at the pictures of them and you will see what I am saying. Most have rims that are way wider than the original Apollon Wheels. The hub design is not even remotely the same with some. Some replicas are plated with shiny chrome. The spokes are even turned wrong in some! Sometimes I question whether they even used the original's AW measurements! Most replicas that have been made look much bigger than the original AW.

I have wanted to undertake this project for quite some time - ever since I read in MILO several years ago (September 2004) an article about the Hollie Brothers and their quest in making an Apollon Wheel replica. They did it right, and tried to make a replica as close to the original as possible. I had decided then, that when I took on this project, that would be my goal also. Several design issues immediately became a problem. First, only a "handful" of measurements have been recorded for the original AW and published. I read all the

resources and tried to use what I considered the most accurate information. I have several pictures of the original AW - and had to extrapolate from these pictures and estimate some measurements - like the length of the gussets and width and diameter of the hub. The one thing I did NOT want to be the same with my replica as the original AW was the weight. The original AW weighed 366# (or 365# as some sources report). I did not want to make it that heavy. I don't need any more heavy doorstops! I wanted to make a replica that I could lift and train with! So I decided my design weight goal would be around 250 pounds. The final weight of my AW replica turned out to be 240 pounds - which is ideal.

This project turned out to be a big success. I was very pleased how my Apollon Wheels Replica turned out. It's nice to have something like this in the gym - when new lifters join their eyes are immediately drawn to this huge 2" bar containing railroad car wheels as the plates. It's at that time I ask, "Have you heard the story about Apollon and his Challenge Barbell?"

December 7th, 2009

Goerner Deadlift Dozen Plus One

by Al Myers



Group Picture at the 2009 Goerner Deadlift Dozen Plus One
Left to Right: Chad Ullom, Al Myers, and Rudy Bletscher

Only three lifters attended the Goerner Deadlift this year - and all were representatives of the **Dino Gym**. However, despite this small turnout, the competition was fierce for the overall. I was able to pull the win out over my good friend and training partner **Chad Ullom**. This was my 4th Goerner win - which is the most by any individual in the history of the Goerner Deadlift. It has taken me several years but finally my finger deadlifts don't let me down at the end of this meet! They still have a long ways to go though, but they are not near the embarrassment they used to be for me (like the time **Mary Mac** beat me in poundage on ALL the finger deadlifts at this meet!). Chad had an outstanding performance - by far his best ever in this meet. I looked back at the results of past Goerner meets and Chad posted the second highest adjusted points of All-Time, with my adjusted points this year being the highest. So any other year Chad would have won - and this says a lot since many great lifters have lifted in the Goerner Meet throughout the years. Outstanding deadlifters such as **Rex Monahan**, **Kevin Fulton**, and **Mike McBride** have all lifted at the Goerner in the past. Chad's One Arm Deadlift has been really improving lately (he got 410# with his right at a record day a few weeks ago) and he was hoping to go over 400# again, but had balance issues on his last pull, causing him to miss it. He then tried for a record 445# One Arm Deadlift and had it up high enough - but just couldn't hold it long enough to satisfy Bill's two second count. Give Chad some more time with this lift and I think you will see him pull over 500#!! Rudy again turned in a solid meet. At 74 years old, Rudy is very

muscular for his age - and he doesn't even spend much time training with weights. Most of his training involves doing bodyweight exercises - like pushups, deep knee bends, and situps. He can still quickly drop to the floor and pound out the pushups! He does the work around his farm the "hard way" and in return, reaps strength the old-fashioned way. I'm talking about such things as carrying buckets by hand, cutting down trees with a hand saw, and hand loading bags of feed - tasks that most farmers use mechanical assistance for. But it has paid off for Rudy - and I only hope when I'm his age I can be in the shape he is now. I enjoyed getting to meet **James Hockemeyer**, of Fulton Missouri, who came to watch this meet and to see Bill. James is an old Olympic Lifter/Powerlifter and has been a supporter of the Strength Journal for years, but has never tested himself in the All-Rounds. I was glad to see **Tom Powell** there. Tom always shows up to load at Clark's meets. This time, he brought his step-son along to help also. Loaders often don't get thanked enough - so I brought along a Dino Gym T-Shirt for Tom as a token payment for all his efforts! Thanks again Tom!!

I could go on and on about this meet, but I'm going to cut it short. This has always been one of my favorite meets for a lot of reasons - and many thanks goes to **Bill Clark** for hosting it. When the meet was over, I told Bill that I will always make sure the Goerner Deadlift continues, and when the day comes that he is ready to pass it along to someone else, I will be ready take it.

For Full Meet Results - [Click Here](#)

John's Birthday Record Day

by John McKean

Nature threw us one of its usual December curves with snow squalls on Saturday, which kept some away, but Sunday was sunny and clear, though cold! Art & I arrived early and weren't sure if anyone would show up when the gym was still empty at 8:30, but we had a surprise official turn up for a workout - young **Bill DiCioccio**, veteran of most USAWA meets during the 90s. Then **Big Ernie Beath**, now at 400 pounds, "crowded" the gym all by himself! He and his mom & dad had driven their van up the previous day to slowly traverse any weather problems; traveling slow through the mountain areas, his dad said the drive from Maryland took almost 11 hours (normally 5). Then **Scott & Cathy Schmidt** bounced in from Cleveland - didn't even see white stuff on the way over! Denny Habecker had given us frantic phone calls the evening before as he was almost snowed under in Lebanon, but made the drive on Sunday in record time!

Big Ernie was anxious to start and began as everyone else was just getting settled in. The drive & weather set him back just a bit, as he could "only" manage a rack jerk of 406 pounds!! He tried 426 three times, but had trouble holding the lockout!! Well, he may have been tired, but that lifting sure woke the rest of us up!! Ernie also did an EASY rack push press of 386. and a dumbbell side press of 154 that looked more like a strict stance DB press!! Denny, Art, and **Kohl Hess**, a promising new teen who Denny brought over, did the postal meet qualifying lifts under official judging, and set a few records while doing so! Of course ole Art, just had to throw in a few extra lifts for records, as did the always smiling Scott Schmidt (probably smiling because his rolling barbell after the set down almost nailed me twice!). Even this old man, though not quite my birthday yet (on the 15th I turn 64; all gifts freely accepted!!!), managed to lose the "return from retirement" rust to post a few new marks!

We managed to get done at about 12:30, so it turned out to be a very efficient session. Everyone was so enthused about the "BIG WORKOUT" at the club, that Art & I have agreed to conduct several more throughout the calendar year. Heck, the gym is fairly vacant on Sundays, and it doesn't cost us anything !! Besides EVERYONE does their best lifting with the shared adrenaline flowing through the air (or is that smell just our gym mold, some of which is almost older than Art??!!), and our new record certificates are already a hit! See ya all there at upcoming meets!

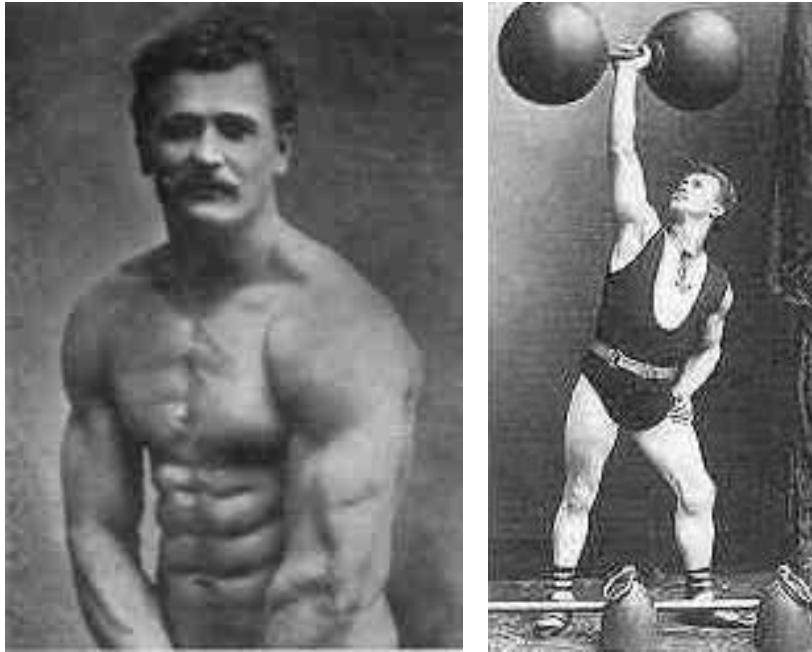
[YouTube Video](#) of Ernie and his Record Performances

For Full Meet Results - [Click Here](#)

December 9th, 2009

Friedrech Wilhelm Muller

by Dennis Mitchell



**Two classical pictures of Friedrech Wilhelm Muller
(better known under his stage name of Eugen Sandow).**

Friedrech Wilhelm Muller was born April 2, 1867, in Königsberg, East Prussia. His father was a German army officer and his mother was from Russia. He also had an older brother who was a professor at the University of Göttingen. Friedrech was an excellent student, and even though he described himself as a delicate child he grew to be quite proficient as a gymnast and was a good all-round athlete. His parents had hopes for him to enter the clergy.

After his father retired from the military, he went into the jewelry business. He would take young Friedrech with him on some of his business trips. It was on a trip to Italy, when Friedrech was ten years old, that he saw the sculptures of the Roman athletes. It was from these that he first desired to get physically strong and have a well developed body.

Even though his father had been an officer in the German Army, Friedrech left East Prussia to avoid military service. He could never return or he would have been arrested for avoiding his military obligation.

He made his living by being an acrobat in the circus. It was on his second trip to London, England that he met Professor Louis Attila. Attila saw Friedrech's great potential and coached him, and taught him how to perform as a professional strongman. He learned so well, that Attila and he traveled together performing strongman acts in various theaters, music halls, etc. It was at this time that Attila thought that Friedrech should change his name, as was the custom of most strong men performers. One story is that he took his Russian mother's name Sandov, (the V being pronounced as a W) and became Eugen Sandow. They had a very popular and successful strongman act. After a while Attila returned to his gym in London and Sandow continued to perform alone.

Florenz Ziegfeld saw Sandow performing his strongman act a circus side show and hired him for his own carnival show. After a while it became apparent that people were more interested in Sandows

muscles than how much he could lift, and a "Muscle display performance" was added to his show.

There was a very popular strongman act in London at that time by the name of Samson and Cyclops. At every performance they would offer one hundred English pounds to any one who could duplicate the feats performed by Cyclops, and one thousand English pounds to any one who could beat any of Samson's feats. Sandow returned to London and with Attila watched several of their performances. When Attila felt the time was right Sandow accepted their challenge and defeated them both. Sandow was not only a very good showman but was also a very strong and capable lifter, and his reputation was made.

In 1894 Sandow once again joined with Florenze Ziegfeld and performed at the World's Colombian Exposition, in Chicago. The only exhibit more popular than Sandow was "Little Egypt".

Sandow was married in 1894 to Blanch Brooks Sandow. They had two daughters.

There were many different claims made as to Sandow's measurements. I will list the ones taken by Dr. Sargent of Harvard University: height, 5'7.25", expanded chest, 47", waist, 32.75", thigh, 23", upper arm, 17", and he weighed 180 pounds.

There were many conflicting claims about his strength. He did have an official bent press of 269 pounds and an unofficial lift of 280 pounds.

Sandow's greatest contribution was that he inspired many people to be physically fit, and taught that the average person could improve their strength and the development of their body. He ran the Sandow Institute of Physical Culture and also published Sandow's magazine of Physical Culture and British Sport.

Eugen Sandow died on October 14, 1925. Again, there were various accounts of what caused his death, but the one generally accepted was he broke a blood vessel in his brain while lifting his car out of a ditch after an accident.

December 10th, 2009

The JWC's Apollon Wheels Replica

by Thom Van Vleck



Thom Van Vleck, of the JWC, takes the Apollon Wheels Replica overhead at the JWC Training Hall

Al had told me for years he was wanting to make some Apollon's Wheels and he finally made them! The best part was he made two sets and gave one to me as a contribution to our Strongman Evangelism shows.

Lifting Al's version of the Apollon's Wheels were like lifting history. But that did not change the fact they were formidable pieces of equipment!

My strategy was to do an over and under grip on bar and continental it to the belt. Then, I switched to a double overhand grip and popped it in the air. I had to let go of the bar, as it will not rotate (and you don't want it to rotate on you as it could build so much momentum it could throw you over backwards or break your wrists). Then drop under the bar and regrip it in a "rack" position. Once here, it was just a matter of completing the push press. I was so excited that once I got it overhead I did a 360 degree turn with it at arms length.

If you travel to my gym or Al's, the Apollon's axle is a must see!

December 15th, 2009

Records Race

by Al Myers

After the recent activity of several record days and meets, I thought it would be a good time to revisit the USAWA Records Race between **Denny "Prez" Habecker** and **Art "Man of Steel" Montini**. After Worlds, Denny was holding a slight lead over Art for most current records held in the USAWA (4 records). It is still very close, but Denny has increased his lead over Art. These two are WAY AHEAD of the rest of the field, and I have a feeling the battle between the two of them will continue for quite some time. I have expanded the list from the TOP TEN to the lifters who hold over 100 USAWA current records. I'm going to call it the CENTURY CLUB, which seems appropriate since most lifters in it are approaching that age! To date, there are 20 lifters who hold over 100 USAWA records. Special recognition goes to **Scott Schmidt** - the most recent addition to this elite group of lifters.

Century Club

1. 361 Denny Habecker
2. 350 Art Montini
3. 225 John McKean
4. 216 Bill Clark
5. 214 Noi Phumchona
6. 207 Dennis Mitchell
207 Frank Ciavattone
8. 204 Joe Garcia
9. 201 Bob Hirsh
10. 195 Al Myers
11. 171 Howard Prechtel
12. 138 Dale Friesz
13. 137 Jim Malloy
14. 134 Ed Schock
15. 123 John Monk
16. 118 Mary McConnaughey

17. 114 Chris Waterman
18. 110 Joshua Monk
19. 106 John Vernacchio
- 106 Scott Schmidt

Congratulations to JIM MALLOY - who just recently passed the USAWA Rules Test. Jim has now joined the ranks of a LEVEL 2 Official - which includes passing the Rules Test and having the experience of officiating in over 25 USAWA/IAWA competitions. I want to point out that all certified officials (both level 1 and level 2) have the same authority as officials. "Level 2" just distinguishes those who have completed both avenues in becoming an USAWA official. I know there probably are individuals who have met the "experience requirement" to be on the list (as a Level 1 Official) and are not listed there. I have no way of knowing who these are if I am not told, especially if these individual's involvement happened many years ago, before I got involved in the USAWA. Most old result sheets didn't list who the Officials were even. If this is YOU , and you have officiated in over 25 USAWA All-Round Competitions in the past, and want to get involved again in the USAWA as an Official - PLEASE let me know and I'll gladly put you on the list. The USAWA would LOVE to get you back into the fold!! The "experience" route was developed in the Rule Book as a "Grandfather Clause" so those very qualified and experienced officials would not have to "start over" in getting certified as an USAWA Official. After all, these individuals have already "earned" their official status the hard way - by sitting in the judges chair for many, many hours. The purpose of the Rules Test is about certifying NEW officials.

December 16th, 2009

Matt Graham

The USAWA's Grip Sensation
by Al Myers



Matt Graham pinch gripping Two York 45's in one hand and lifting the Inch Dumbbell with the other.

Roger Davis inquired last week on the **USAWA Discussion Forum** about the Deadlift - Fulton Bar, Ciavattone Grip. There has been some differences in "the name" of this lift between the USAWA and the IAWA(UK). This has lead to some records that have been put in the IAWA Record List that probably shouldn't be there. I am not going to go into detail here regarding that discussion (check out the USAWA Discussion Forum if you are interested in this). But the discussion lead to the phenomenal lifting of **Matt Graham**, of Liberal, Kansas, and his great 540# Deadlift on the Fulton Bar, done with a overhand grip at the 2001 SuperGrip Challenge, hosted by **Kevin Fulton**. This is a remarkable lift, and possibly could be the highest of All-Time done in this fashion. Matt hasn't competed recently in any USAWA meet, but I would like to take today to highlight some of his amazing grip feats. Several of his grip lifts done in the USAWA are the tops in the USAWA Record List. I had the opportunity to train with Matt a few times, and he competed in my Dino Gym Challenge several times. Matt is trained by an USAWA lifting legend, and a great grip master himself, **Bob Burtzloff**. I have witnessed Matt doing several grip feats that just left me shaking my head in disbelief!! I have seen him "snatch" the 50# Blob with one hand, close the #3 COC gripper three times in a row, and pinch grip two 45# plates and lift them high enough to place them on top of a tall barrel.

Matt is built to be a great grip lifter. He is 6'7" and weighed around 325# at one time (now he's a little lighter). He has very long fingers, and an even larger thumb in proportion. His fingers are long enough that he can Hook Grip a 2" bar! Not many people can do that! Several of his grip feats are well-documented. He competed several years at Kevin Fulton's SuperGrip Challenge in Litchfield, Nebraska and won many of them - and he was judged by a couple of very qualified officials - **Kevin Fulton** and **Bill Clark**. Matt is indeed the "real deal" when it comes to grip power!!

Matt Graham's USAWA Grip Records

600# - Deadlift - 3" Bar
455# - Deadlift - Fulton Bar, Ciavattone Grip
540# - Deadlift - Fulton Bar, Overhand Grip (with Hook)
225# - Deadlift - No Thumb, Left Arm
344# - Deadlift - Two "Inch" Dumbbells
200# - Pinch Grip

Still not convinced that Matt is the USAWA's Grip Sensation?

Then check out this video evidence.

[YouTube Video](#) - Matt doing a 600# Deadlift with 3" bar.

[YouTube Video](#) - Matt doing a 540# Deadlift - Fulton Bar, Overhand Grip using a Hook Grip.

[YouTube Video](#) - Matt deadlifting two Inch Dumbbells at the same time.

[YouTube Video](#) - Matt taking the Inch Dumbbell overhead with only one hand using a knee kick, outside on a windy day.

[YouTube Video](#) - Matt doing a 192# One Arm Clean and Jerk with the Fulton Bar.

Maybe I can convince Matt to make a "comeback" at this year's USAWA's Grip Challenge, hosted by Ben Edwards in February?

December 17th, 2009

Dale Harder's Strength & Speed Newsletter

by Al Myers



Are you like me and get NOTHING out of reading today's muscle mags? Most of the information in them I don't believe anyhow - usually an article about one of TODAY'S top bodybuilders and his "secret program". Somehow I doubt this bodybuilder would actually tell his competition his "secret program" in a magazine thus giving his competition an edge over him. I also get tired of the rampant commercialism in these magazines about all the special supplements that a lifter should be taking. How healthy is taking handfuls of pills everyday if they are not medically needed? If you got rid of all the BS in these pump-up mags, they would be reduced to one page of useful information.

However, there are still some GREAT newsletters and magazines available for the hard core strength athlete. One of these is **Dale Harder's Strength and Speed Newsletter**. This is a MUST READ for any lifter. Dale is an amazing strength historian and writer, and produces an information-packed Newsletter every two months. In it you find every page is interesting, and it contains no ads trying to sell you the latest nutritional gimmick. Dale has covered numerous All-Round Weightlifting Events and All-Round Lifters in the past in his Newsletter. Also, in his Newsletter you will find coverage of Olympic Lifting, Powerlifting, Strongman Competitions, Highland Games and even interesting strength trivia. Dale loves statistics and it shows in his Newsletter. You often get rankings and comparisons of different strength feats. Plus, Dale has written several strength books that are a MUST BUY. I have always considered ***The Super Athletes by David Willoughby*** as the book that contains the greatest accumulation of strength history (which was published in 1970). Well, **Dale Harder** is the modern day **David Willoughby** and if you put all of his writings together in one publication it would surpass Willoughby's book.

Take the time today to give yourself a Christmas Present and subscribe to Dale's Strength and Speed Newsletter. Better yet - buy a couple of his books at the same time. I guarantee that you will not be disappointed!

[CLICK HERE](#) to go to Dale Harder's Website to subscribe.

December 18th, 2009

Are Today's Lifters Stronger than Yesterday's Lifters?

by Al Myers

That is a question worth finding an answer to!! But how do you "really know"? Rule changes, drug use and today's equipment allowances make it near impossible to answer this question using Powerlifting Records. In today's "geared" Powerlifting it is as important to learn how to maximize your equipment to it's potential as to get stronger. That is an art in itself that has nothing to do with actually getting stronger. New advanced bars and rule changes have definitely helped Olympic Lifters today - so it is hard to use Olympic Lifting as your model.

I am going to undertake this challenge of answering this question using All-Round Weightlifting as my data source. After all, not much has changed in All-Round Weightlifting over the last 50 years. We have never allowed any gear besides a lifting belt, no one can say we are drug users as we test regularly and more than any other organization at meets, and our rules have not really changed any. Sure - some may say the "judging was more strict in the old days", but I have watched old videos and I feel not much has really changed with officiating. After all, **Bill Clark** was judging THEN and is judging NOW!!

Thanks to **Frank Ciavattone** for providing me with the old Region IV Missouri Valley Odd Lift record List so I have something to compare today's lifts with. This Record List covered the States of Texas, Louisiana, Arkansas, Oklahoma, Kansas, and Missouri. This was also the Region that Odd Lifting was most contested in - under the direction of **Bill Clark**. This Record List was established in 1961 and went to 1987, at which time the USAWA was formed and the USAWA Record List started. So we got 26 years on the Old Record List and 22 years on the New Record List. Sounds like a good matchup to me! There are some difficulties in setting up this comparison however - as in the "Old Days" weight classes were in pounds and today they are in Kilograms. But I have devised a plan for comparison and it goes like this:

Group 1. Compare best record mark in the "Old" 148# Class and below to today's 70 K Class and below.

Group 2. Compare best mark in the "Old" 165# and 181# Class to today's best record in the 75 K and 80 K Classes.

Group 3. Compare the best record in the "Old" 198# and 220# Classes to today's best record in the 85 K, 90 K, and 100 K classes.

Group 4. Compare the "Old" 242# Class and HVY Class records to the best record in today's 105 K, 110 K, 115 K, 120 K, 125 K, and 125+ K classes.

This give 4 body weight groups to compare in rounds. I will pick lifts that were done in the "Old Days" as some of the newer lifts we have today were not done then. All together - I have come up with 36 lifts to compare so this will be an extensive study. So come back tomorrow to the **USAWA Daily News** for the First Round of this Comparison!! I'll see if I can answer that age-old question, "Are today's lifters stronger than yesterday's lifters?"

December 19th, 2009

Round 1 - Yesterday versus Today

(Yesterdays 148# Class and Below versus Todays 70 K Class and Below)

by Al Myers

Results:

Lift	Yesterday	Today	Winner
Deadlift - One Arm	319# - Randy Joe Holden (1985)	369# - John McKean (1993)	Today
Deadlift - Heels Together	500# - Glen Terry (1985)	452# - Bob Hirsh (2004)	Yesterday
Deadlift - Middle Fingers	255# - Art Tarwater (1961)	245# - Colby Howard (1999)	Yesterday
Deadlift - One Leg	215# - Robbie Porter (1983)	235# - Bob Hirsh (2004)	Today
Hack Lift	550# - Glenn Terry (1986)	550# - Bob Hirsh (1991)	TIE
Jefferson Lift	540# - Edwin Stitt (1986)	634# - Bob Hirsh (1994)	Today
Hand and Thigh Lift	850# - Glenn Terry (1986)	1108# - Roger Lynch (1991)	Today
Neck Lift	405# - Jim Borwick (1987)	600# - John Monk (2000)	Today

Harness Lift	1800# - Glenn Terry (1986)	1805# - John Monk (2000)	Today
Hip Lift	1200# - Edwin Stitt (1986)	1640# - Bob Hirsh (1993)	Today
Back Lift	800# - Larry Blatt (1986)	1305# - John Monk (2000)	Today
Deadlift - 2 Dumbbells	440# - Robbie Porter (1984)	377# - John Monk (2005)	Yesterday
Clean and Press	220# - Guy Gronniger (1967)	176# - Chris Waterman (1997)	Yesterday
Clean and Seated Press	165# - Fred Yeargood (1977)	165# - John Monk (2000)	TIE
French Press	125# - Fred Yeargood (1974)	77# - Chris Waterman (2001)	Yesterday
Bent Press	80# - Fred Yeargood (1985)	72# - Dennis Mitchell (1998)	Yesterday
Bench Press - Feet in Air	290# - Glenn Terry (1985)	270# - James Longo (1990)	Yesterday
Bench Press - Hands Together	155# - Robert Johnson (1984)	240# - John Monk (1999)	Today
Front Squat	308# - Brent Pierce (1984)	315# - George James (2006)	Today
Snatch - One Arm	150# - Gordon Strain (1931)	127# - Chris Waterman (1991)	Yesterday
Continental to Chest	308# - Brent Pierce (1987)	325# - Chris Waterman (1996)	Today
Jerk - From Rack	260# - Willie Wells (1958)	281# - Chris Waterman (1997)	Today
Clean and Jerk - One Arm	170# - Gordon Strain (1931)	132# - Pete Zaremba (1997)	Yesterday
Swing - One Dumbbell	135# - Gordon Strain (1927)	90# - Pete Zaremba (1996)	Yesterday
Zercher Lift	430# - Edwin Stitt (1986)	408# - Bob Hirsh (1993)	Yesterday
Steinborn Lift	250# - Glenn Terry (1985)	325# - John Monk (2002)	Today
Cheat Curl	160# - Fred Yeargood (1974)	180# - Jason Groves (2002)	Today
Pinch Grip	115# - Wayne Smith (1980)	100# - Colby Howard (1999)	Yesterday
Crucifix	70# - William Nicholson (1982)	90# - John Monk (2001)	Today
Pullover - Straight Arm	90# - Dick Hamilton (1963)	100# - John Monk (2004)	Today
Pullover and Push	264# - Randy Joe Holden (1987)	297# - John Monk (2006)	Today
Clean and Press - Behind Neck	165# - Fred Yeargood (1977)	183# - Bob Hirsh (1992)	Today
Clean and Press - Heels Together	176# - Robbie Porter (1984)	182# - Chris Waterman (1991)	Today
Clean and Press - Dumbbells	160# - Robbie Porter (1984)	155# - John Monk (2006)	Yesterday
Pullover and Press	135# - Art Tarwater (1962)	265# - John Monk (2005)	Today
Bench Press - Roman Chair	150# - Glenn Terry (1995)	135# - Kyle Achenbach (2006)	Yesterday

Today's lifters win over Yesterday's lifters!!

The final score is: **Today 20 wins, Yesterday 14 wins, 2 ties**

At times it seemed close, but due to **John Monk** (9 wins), **Bob Hirsh** (4 wins) and **Chris Waterman** (3 wins), this trio beat the Yesterday lifters by themselves. Today's dominance in the Heavy Lifts appeared to be a big factor in the win. I'm not sure why **Gordon Strain's** records were in the record list (before the Mo Valley listed started), but they were so I used them in this comparison. Gordon Strain's lifts would be great compared to Heavyweight lifters!!

Tomorrow will be round 2 of this epic battle. It will be Yesterdays 165# Class and 181# Class versus Today's 75 K, 80 K, and 85 K Classes. Yesterday lifters include a lineup of big names such as **Ray Webb**, **Sid Littleton**, and **Joe Southard** versus Today's lifters of **Bob Hirsh**, **Abe Smith**, and **Barry Bryan**.

Will Yesterday's lifters tie up the score? Or will Today's lifters win another one? Tune in tomorrow to the **USAWA Daily News** to find out.....

December 20th, 2009

Round 2 - Yesterday versus Today

(Yesterdays 165# & 181# Classes versus Today's 75 K, 80 K, and 85 K Classes)
by Al Myers

Results:

Lift	Yesterday	Today	Winner
Deadlift - One Arm	317# - Ray Esquibel (1987)	441# - Bob Hirsh (1995)	Today

Deadlift - Heels Together	570# - Sid Littleton (1986)	560# - Bob Hirsh (1995)	Yesterday
Deadlift - Middle Fingers	350# - Bill Broadnax (1981)	235# - Dale Friesz (1995)	Yesterday
Deadlift - One Leg	160# - Ray Esquibel (1987)	260# - Abe Smith (2001)	Today
Hack Lift	600# - Sid Littleton (1985)	670# - Bob Hirsh (1997)	Today
Jefferson Lift	580# - Sid Littleton (1986)	702# - Bob Hirsh (1996)	Today
Hand and Thigh Lift	1000# - Kevin Hale (1986)	1350# - Bill DiCiccio, Jr. (1994)	Today
Neck Lift	450# - Ed Zercher III (1987)	605# - Dale Friesz (1995)	Today
Harness Lift	2300# - Rick Evans (1986)	2060# - Abe Smith (2005)	Yesterday
Hip Lift	1900# - Sid Littleton (1987)	2030# - Bill DiCiccio, Sr. (1997)	Today
Back Lift	1265# - Ed Zercher III (1987)	2200# - Tim Pinkerton (2005)	Today
Deadlift - 2 Dumbbells	410# - Sid Littleton (1985)	515# - Bob Hirsh (1995)	Today
Clean and Press	285# - Robert Burnett (1967)	220# - Abe Smith (2004)	Yesterday
Clean and Seated Press	210# - Dave Hahn (1962)	220# - Bob Hirsh (1996)	Today
French Press	190# - Jim Charlton (1981)	121# - Bob Hirsh (2001)	Yesterday
Bent Press	115# - David Lloyd (1975)	90# - Dennis Mitchell (1990)	Yesterday
Bench Press - Feet in Air	352# - Ronnie Kinnamon (1984)	364# - Barry Bryan (1990)	Today
Bench Press - Hands Together	275# - Ronnie Kinnamon (1984)	250# - Lon Beffort (2005)	Yesterday
Front Squat	360# - Dennis Turner (1979)	380# - Barry Bryan (1990)	Today
Snatch - One Arm	135# - David Lloyd (1976)	160# - Barry Bryan (1990)	Today
Continental to Chest	264# - John Haynes (1987)	353# - Barry Bryan (1990)	Today
Jerk - From Rack	315# - Swede Salsbury (1963)	353# - Barry Bryan (1990)	Today
Clean and Jerk - One Arm	155# - David Llyod (1976)	160# - Barry Bryan (1991)	Today
Swing - One Dumbbell	110# - Ray Webb (1984)	120# - Abe Smith (2004)	Today
Zercher Lift	475# - Rick Evans (1986)	504# - Bob Hirsh (1995)	Today
Steinborn Lift	325# - Sid Littleton (1982)	340# - Dan Wagman (2006)	Today
Cheat Curl	255# - Dave Hahn (1962)	220# - Drue Moore (1995)	Yesterday
Pinch Grip	205# - Tim McClain (1981)	160# - Matt Kucera (2001)	Yesterday
Crucifix	130# - Joe Southard (1963)	90# - John Monk (2002)	Yesterday
Pullover - Straight Arm	90# - Dick Hamilton (1963)	110# - Bob Hirsh (1996)	Today
Pullover and Push	315# - Alense Barber (1986)	364# - Barry Bryan (1990)	Today
Clean and Press - Behind Neck	200# - Wayne Gardner (1975)	209# - Bob Hirsh (1997)	Today
Clean and Press - Heels Together	195# - Chester Words (1984)	248# - Barry Bryan (1990)	Today
Clean and Press - Dumbbells	150# - Ray Webb (1984)	200# - Abe Smith (2006)	Today
Pullover and Press	225# - Carles Allen (1984)	287# - Bob Hirsh (1996)	Today
Bench Press - Roman Chair	185# - Kevin Hale (1985)	135# - John Monk (2006)	Yesterday

Final Score of Round 2

Today's lifters 25 wins to Yesterday's lifters 11 wins.

Today's Lifters win in a landslide Victory! It seemed for Today's lifters that **Bob Hirsh** dominated (9 wins total), and in his weaker lifts **Barry Bryan** took over (8 wins). Yesterday's Lifters were lead by **Sid Littleton** (5 wins) - who made up about half of the wins for Yesterday's team. This list is an ALL-STAR lineup and

everyone on it deserves recognition - after all I picked the BEST out of more than one weight class.

Now Today's Lifters lead by a 2-0 margin over Yesterday's lifters. Can Yesterday's lifters win the next two rounds in the battle of the heavyweights? Or will Round 3 be just more evidence that Today's lifters are stronger than Yesterdays lifters? Round 3 brings out the 198# Class and 220# Class for the Yesterday's Lifters versus the 90 K, 95 K, and 100 K Classes for Today's lifters. Tomorrow's battles will include these famous all-rounders going head to head - **Stan Frenchie** vs. **Ed Schock**, **Bob Burtzloff** vs. **Phil Anderson**, and **Steve Schmidt** vs. **Steve Schmidt**. This Round will be somewhat different than the previous two - as you will see a few lifters playing for both teams. Anyone want to put out any bets??? I got a feeling this is going to be a real BATTLE!!

December 21st, 2009

Round 3 - Yesterday versus Today

(Yesterday's 198# Class and 220# Class versus Today's 90 K, 95, and 100 K Classes)
by Al Myers

Results:

Lift	Yesterday	Today	Winner
Deadlift - One Arm	352# - Clay Oliver (1985)	410# - Don Verterosa (1989)	Today
Deadlift - Heels Together	600# - Stan Frenchie (1986)	605# - Ed Schock (2003)	Today
Deadlift - Middle Fingers	335# - Daryl Johnson (1980)	309# - Bill DiCiccio (2003)	Yesterday
Deadlift - One Leg	270# - Steve Schmidt (1987)	295# - Eric Overfelt (1989)	Today
Hack Lift	700# - Stan Frenchie (1986)	615# - Ed Schock (2002)	Yesterday
Jefferson Lift	700# - Stan Frenchie (1986)	605# - Ed Schock (2001)	Yesterday
Hand and Thigh Lift	1225# - Steve Schmidt (1987)	1620# - Joe Garcia (1995)	Today
Neck Lift	500# - Steve Schmidt (1987)	676# - Joe Ciavattone (1992)	Today
Harness Lift	3325# - Steve Schmidt (1987)	3515# - Steve Schmidt (1991)	Today
Hip Lift	2515# - Steve Schmidt (1987)	2525# - John Carter (1994)	Today
Back Lift	2805# - Steve Schmidt (1987)	2912# - Steve Schmidt (1992)	Today
Deadlift - 2 Dumbbells	500# - Clay Oliver (1985)	332# - Chuck Urbanski (1995)	Yesterday
Clean and Press	280# - Ron Sisk (1965)	231# - Drue Moore (1997)	Yesterday
Clean and Seated Press	253# - Don Gleneski (1987)	245# - Phil Anderson (1988)	Yesterday
French Press	185# - Homer Lewellan (1962)	125# - Randy Smith (2009)	Yesterday
Bent Press	175# - Bruce Stresnider (1962)	110# - Robert English (1998)	Yesterday
Bench Press - Feet in Air	385# - Bob Burtzloff (1986)	480# - Tony Succarotte (2004)	Today
Bench Press - Hands Together	250# - Rocky Proctor (1984)	225# - Mike McBride (2004)	Yesterday
Front Squat	380# - Leonard Friesz (1963)	441# - Tim Bruner (1989)	Today
Snatch - One Arm	154# - Bob Burtzloff (1986)	171# - Thomas Incledon (1999)	Today
Continental to Chest	358# - Phil Anderson (1987)	380# - Phil Anderson (1989)	Today
Jerk - From Rack	350# - Leonard Friesz (1963)	331# - Don Venterosa (1993)	Yesterday
Clean & Jerk - One Arm	187# - Bob Burtzloff (1986)	154# - Don Venterosa (1995)	Yesterday
Swing - Dumbbell, One Arm	120# - Clay Oliver (1985)	120# - Ed Schock (2002)	TIE
Zercher Lift	460# - Stan Frenchie (1987)	500# - Phil Anderson (1988)	Today
Steinborn Lift	365# - Ray Wells (1974)	375# - Steve Schmidt (1989)	Today
Cheat Curl	245# - Homer Lewellan (1962)	235# - Phil Anderson (1988)	Yesterday

Pinch Grip	198# - Kevin Fulton (1983)	170# - Doug Fulton (1999)	Yesterday
Crucifix	104# - Steve Schmidt (1983)	100# - Bill Spayd (2001)	Yesterday
Pullover - Straight Arm	135# - Steve Schmidt (1984)	110# - Tony Succarotte (2004)	Yesterday
Pullover and Push	441# - Bob Burtzloff (1986)	446# - Phil Anderson (1989)	Today
Clean & Press - Behind Neck	220# - Jimmy Lott (1978)	198# - Terry Grow (1994)	Yesterday
Clean & Press - Heels Together	237# - Ron Sisk (1986)	254# - Tim Bruner (1989)	Today
Clean & Press - Dumbbells	200# - Bob Burtzloff (1986)	200# - Ed Schock (2004)	TIE
Pullover and Press	314# - Steve Schmidt (1984)	281# - Robert English (1998)	Yesterday
Bench Press - Roman Chair	200# - Steve Schmidt (1985)	100# - Lewis Heater (2009)	Yesterday

Yesterday's lifters finally WIN one!!

It was close, but Yesterday's Lifters get 18 wins to Today's Lifters 16 wins, with two ties. Now the overall score is Today 2 wins - Yesterday 1 win. Tomorrow's round will be the final round - with Yesterday's 242# and SHW Classes battling Today's 105K, 110k, 115K, 120K, 125K, and 125K+ Classes. Some really BIG NAMES will take each other on in this one. Yesterday's team will include guys like **Wilbur Miller, Bob Burtzloff, Steve Schmidt, Wayne Jackson, and Clay Oliver** versus Today's team of **Frank Ciavattone, Joe Ciavattone, Bob Moore, Chad Ullom, Mike McBride** and others. Yesterday's team needs this win to say that Yesterday's lifters are just as good as Today's lifters. I can't wait to see how this turns out - as it appears Yesterday's team is stacked with a lot of great talent. Come back tomorrow to the **USAWA Daily News** for the final results - and the answer to that long asked question.

December 22nd, 2009

Round 4 - Yesterday versus Today

(Yesterday's 242# & SHW Classes versus Today's 105K to 125K+ Classes)

by Al Myers

Results:

Lift	Yesterday	Today	Winner
Deadlift - One Arm	455# - Joe Nanney (1961)	562# - Frank Ciavattone (2000)	Today
Deadlift - Heels Together	670# - Lou Greenlaw (1982)	650# - Al Myers (2004)	Yesterday
Deadlift - Middle Fingers	350# - Ken McClain (1984)	400# - Kevin Fulton (1999)	Today
Deadlift - One Leg	305# - Bill Clark (1963)	309# - Al Myers (2005)	Today
Hack Lift	650# - Wilbur Miller (1963)	620# - Ed Schock (2002)	Yesterday
Jefferson Lift	650# - Wilbur Miller (1963)	617# - Bob Moore (1992)	Yesterday
Hand and Thigh Lift	1150# - Steve Schmidt (1986)	1910# - Joe Garcia (1997)	Today
Neck Lift	470# - Steve Schmidt (1986)	805# - Joe Ciavattone (2005)	Today
Harness Lift	3000# - Steve Schmidt (1986)	3500# - Steve Schmidt (1988)	Today
Hip Lift	2135# - Steve Schmidt (1986)	2515# - Frank Ciavattone (2007)	Today
Back Lift	2610# - Steve Schmidt (1986)	3050# - Steve Schmidt (2009)	Today

Clean and Press	330# - Wayne Jackson (1971)	276# - John Dundon (1997)	Yesterday
Clean and Seated Press	280# - Wayne Jackson (1983)	275# - Brian Meek (1988)	Yesterday
French Press	135# - Wayne Jackson (1981)	140# - Joe Ciavattone (2009)	Today
Bent Press	220# - Bob Burtzloff (1984)	105# - Mike McBride (1998)	Yesterday
Bench Press - Feet in Air	465# - Gary McClain (1980)	441# - Brian Meek (1989)	Yesterday
Bench Press - Hands Together	265# - Callie Dealy (1982)	310# - Dave Beversdorf (2009)	Today
Front Squat	470# - Terry Stephens (1979)	507# - Brian Meek (1989)	Today
Snatch - One Arm	170# - Bob Burtzloff (1982)	171# - Bob Burtzloff (1987)	Today
Continental to Chest	363# - Bob Burtzloff (1987)	358# - Frank Ciavattone (1992)	Yesterday
Jerk - From Rack	407# - Clay Oliver (1986)	397# - Clay Oliver (1987)	Yesterday
Clean & Jerk - One Arm	253# - Bob Burtzloff (1983)	175# - Bob Burtzloff (2004)	Yesterday
Swing - Dumbbell, One Arm	145# - Bob Burtzloff (1985)	143# - Chad Ullom (2007)	Yesterday
Zercher Lift	505# - Bill Davis (1979)	529# - Bob Moore (1992)	Today
Steinborn Lift	460# - Al Robbins (1967)	430# - Chad Ullom (2007)	Yesterday
Cheat Curl	253# - Ray Bradley (1979)	260# - Antoniano DelSignore (2003)	Today
Pinch Grip	210# - Jim Easley (1981)	200# - Matt Graham (2002)	Yesterday
Crucifix	110# - Steve Schmidt (1985)	140# - Eric Todd (2005)	Today
Pullover - Straight Arm	126# - Steve Schmidt (1985)	132# - Al Myers (2009)	Today
Pullover and Push	474# - Bob Burtzloff (1986)	474# - Bob Burtzloff (1987)	TIE
Clean & Press - Behind Neck	220# - Bob Burtzloff (1984)	251# - Ernie Beath (2009)	Today
Clean & Press - Heels Together	300# - Wayne Jackson (1983)	300# - Brian Meek (1989)	TIE
Deadlift - Dumbbells	520# - Wilbur Miller (1984)	480# - Al Myers (2009)	Yesterday
Clean & Press - Dumbbells	240# - Ken McClain (1986)	240# - Ken McClain (1987)	TIE
Pullover and Press	165# - Ed Zercher Sr. (1963)	352# - Al Myers (2007)	Today
Bench Press - Roman Chair	210# - Bob Burtzloff (1985)	250# - Dave Beversdorf (2009)	Today

It was close - but Today's Lifters pull out the WIN!

Final score in Round 4 - Today 19 wins, Yesterday 14 wins, 3 ties.

So overall - Today's Lifters win 3 Rounds to Yesterday's Lifters winning 1 Round. Does this review comparison really answer the question, "Are today's lifters stronger than yesterday's lifters?". I still can't say that for sure because Today's lifters do have a few advantages that the lifters before us didn't have - such as better bars and equipment to compete with, a better understanding of proper training learned from those before us, and more opportunities to compete than they did. I do think this study showed that several lifters from the past would still be great in today's lifting world. In all rounds, Today's lifters dominated the Heavy Lifts which definitely helped in margin of victory but if taken out wouldn't have changed the outcome. I found this study to be very interesting - and was glad to see "the numbers" of several oldtime lifters that I have only heard about. ANYONE making these lists are/were truly great lifters. I welcome any comments from those who have memories of these past lifts/lifters. I think it is very important to keep track of the history of our sport. We have to remember that those before us paved the way for what we have today. If it wasn't for interest in All-Round Weightlifting 50 years ago - we may not even have All-Round Weightlifting today!!

December 23rd, 2009

The Jackson Weightlifting Club and Paul Anderson

By Thom Van Vleck

A lot has been said about Paul Anderson over the years. He has become an almost mythical person with often fantastic feats of strength to his credit. Paul was the 1956 Olympic Superheavyweight World Champion, this is well documented. He then became a professional strongman and traveled all over the nation, and world, next couple of decades using his strength talents to spread a Christian message. Often, exactly what Paul lifted and how he lifted it has been the center of debate. Paul rarely lifted in anything close to contest conditions and his weights could rarely be verified. Often, his lifts were exaggerated by enthusiastic fans and few of the hundreds of exhibitions he did were well documented. No one can say exactly what Paul did or didn't do over the course of his entire career.

However, two of my Uncles did see Paul when he was in his prime. I consider them to be reliable sources and I recently talked to them again to get the "straight scoop" on what they saw and their impression of Paul.

Wayne Jackson met Paul in February of 1967 Monroe, Iowa. Paul was preaching and performing after an Olympic Lifting meet held there that day. The meet was over and Paul came out and talked for about 30 minutes. Wayne said Paul would have been 34 years old, and that Paul said he weighed 375lbs. Wayne was always good at guessing people's bodyweight and he thought that was pretty accurate. He also said he'd guess Paul was 5'8" to 5'9" tall. He said that Paul started lifting after he finished talking. Wayne said that if he warmed up, he did not see him do it and that it was impossible for him to have warmed up after the speech he gave. Wayne said that Paul did no warm ups, just went straight to the weight and lifted it. He said that Paul used the bars and weights used in the contest and Wayne felt certain of the weights he lifted. Wayne was always a master at glancing at a bar and telling you how much was on it and was meticulous about things being accurate. He said Paul did the following lifts and feats:

1. 755lb Squat, below parallel, barefoot, swimming trunks, t shirt, belt only.
2. 700lb deadlift
3. 370lb Power Clean and Press followed by a 390lb power clean and press (Wayne said he did a slight squat on the clean to catch it and did not hold the press at the top, but pressed it in a strict fashion).
4. Drove a nail thru a board with the nail wrapped in something using arm strength.
5. Back lift with volunteers in the audience, Wayne said he could not recall them mentioning the weight, but he'd guess there were 20 teenage boys and girls on the table.
6. Finally, the last feat was Paul skipped rope and did all kinds of moves with the rope. Wayne called it "real fancy footwork like boxers did". He said he was amazed how fast and nimble Paul was and this impressed him as much as the weight lifted.

Phil Jackson met Paul twice. The first time was in April of 1968 at a Church in Montgomery, Alabama. He said that Paul had on a black outfit, tight and stretchy like wrestlers wore and the letters "PA" were embroidered on breast of the shirt to one side. Paul did a side press with a 225lb Dumbbell for 15 reps. Phil said that Paul didn't lock out each rep, but that he had each rep to arms length and felt he could have locked them out had he wanted to. Paul blew up a hot water bottle, drove the spike through a board and did a back lift. He said he got to sit on the table when Paul lifted it and that there were a lot of young people, mostly teens on the table. He guessed there were about 2000lbs total. He said Paul lifted it easily, and then twisted from side to side with it. Afterwards, Phil had his wife take a picture of him with Paul.

Phil requested a private meeting with Paul and was granted it in the study of the Church after the show. He said Paul appeared very tired and when Phil tried to tell him how much he admired him Paul said, "Admire me for what I say and not for my strength". They sat and visited and while Phil is a devout Christian and felt secure in his own salvation he felt Paul was uncomfortable talking about his own strength and much preferred to talk

about his Christian faith. He said in hindsight Paul probably thought he was being sent someone who wanted to become a Christian and not just a fan. Phil said he was not “put off” by Paul at all, though.

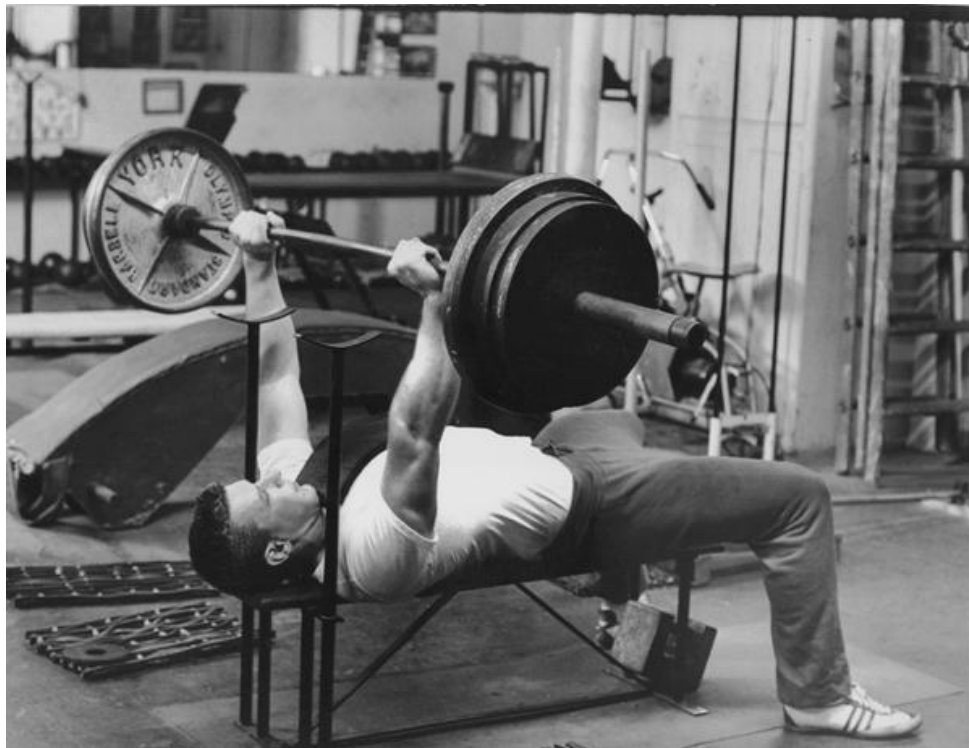
Phil offered to help him load his gear into the truck and trailer Paul had. Paul refused help and said he loaded and unloaded his own gear at all times. Phil said he went and sat in his car across the street and watched Paul load his truck. He said that he was amazed at how strong Paul looked and how thick his shoulders, back, arms and in particular his neck were. Phil said he was in “Awe” of Paul and had never seen anything like him up to that point in his life. He said that the next time he was impressed by someone that looked to be on Paul’s level was when he met Joe Dube, which would have been about the time Dube won the Superheavyweight World title in 1969. Phil saw Paul speak at a Church in Atlanta about 3 months later. Paul did no feats of strength, just delivered a message while wearing a suit and tie. Phil said the suit and tie made him appear even bigger.

Both of my Uncles were devout Christians before and after meeting Paul Anderson, but both stated they were inspired by his words and his lifting. I recall in the 80’s, just before Paul passed away there was a big event held in, I think, Florida that honored him. I wanted to go at the time, but could not afford it and could find no one that wanted to split costs. Now I wish I would have made that trip even if I begged, borrowed, or stole the money to do it. I have that picture of Paul with Phil hanging in my gym and consider Paul an honorary member of the JWC.

December 29th, 2009

What is the "Right Way" by Thom Van Vleck

I had the privilege of doing an article a few years ago that included Al Oerter. Many know that Al won 4 Gold medals, breaking the Olympic record each time. No one has dominated the Olympics quite the way Al did and just before he passed away he granted me an interview and I did a story on him for Milo magazine. In the process, we corresponded for some time afterwards and talked training many times. For my article, I requested and received several good photos of Al. I asked specifically for one of him training and this is the one I he sent:



I liked the photo for a lot of reasons and sometimes a picture is worth a thousand words. You will note that he has a 50lbs scale weight on the end of the bench. This was to help keep the bench down as Al said he always benched very dynamically....or should I say the "ol' bounce and heave" or "cheat bench". You will note the padding on his chest. He told me it was to cushion his chest as he really slammed the weight down and then drove his hips as high as he could to complete each rep. He also told me he used a weight light enough to explode off his chest and he also told me that this was his intended purpose. Being a thrower, he wanted to be explosive, so he took the most undynamic of lifts and turned it into something very dynamic. In other words, he cheated on purpose.

Very often we are told the "right way" to do things. The reality is that our bodies adapt to what we throw at it and if winning a bench press contest is what you desire, then you want to train that way. Al Oerter had other goals in mind and trained the lift for his own purpose. My point is, there are many "right ways" to do any lift, the only thing wrong would be to do it in a way that does not make you stronger in the way you want to be.

December 30th, 2009

A USAWA Christmas Carol by Thom Van Vleck

My father in law, Bob Baybo, came up for a visit from St. Louis today. He is 70 this year and still in great shape. He lifts, bike rides, scuba dives, he has lots of interests that keep him active. Back in the 60's and 70's he was a bodybuilder. He entered a couple of small contests, but 4 kids to take care of meant it was more of a sideline than his goal in life.

Before that, he played a lot of baseball, even ending up with a tryout with the St. Louis Cardinals. He retold that story today for my kids, his eyes still twinkled at what he called his best day ever on the field. He said his glove was like a vacuum, he hit everything that was thrown at him, and didn't miss a throw, but alas, it was not to be and he went about the business of the rest of his life after a few more tries at the big time.

He ended his story with "no regrets". Maybe some dashed dreams, but he felt like he did his best, he played his hardest, he did the best that he could but time and circumstance weren't in his favor. Then he talked about a trip he has planned for 2010. It will involve a grueling hike and physical challenges that a man half his age would probably cringe at.

I try to live that way. I lift as hard as I can, when I can. I don't shy away from a chance to display my skills, and I try to go after my dreams while I can because life will soon enough take the opportunities away. We all seem to reflect on our past at the end of the year. I think that is good. We should count our blessings, share stories, love and laugh.

We should share in the present. Tell stories, share a few laughs, maybe a tear or two. Be there for one another, show support, let others know you are there for them.

And soon, the New Year comes. The future. New goals to chase, new dreams are born, and new stories to be made.

Merry Christmas and a Happy New Year to all the members of the USAWA! Now is the time to reflect on your past, share your present, and plan for the future!

December 31st, 2009


Use it or Lose it by Thom Van Vleck

I like to lift weights, but I also "LIKE" weights. I have some antique stuff in my gym but I am not a collector. Everything in my gym is there for training. If it breaks, so be it, but I don't like to have things around just to collect dust.


One of my favorites, is a complete Jackson Barbell set I have. There is a long story on how the Jackson Weightlifting Club had a set, lost it, then got it back. It is also a story that is not quite finished as I am still trying to find a pair of 2 1/2lbs plates to complete the lost set (that's a big hint for anyone out there who knows where I could get a couple!). Oh, and in case you thought maybe the maker of Jackson Barbells was a relative of the Mom's family and the JWC family....the simple answer is "not that I know of" but he's certainly a brother in iron. Just a happy coincidence.

I also have a collection of Jackson advertising. Most of which I have framed in my gym, but some socked away for when I have more wall space.

**THE NEW JACKSON ADJUSTABLE
DUMBBELL SETS**



"The JACKSON NO. 8, ADJUSTABLE DUMBBELL SET. One Bar Loaded, The Other Disassembled."



Henry Aranda, Famous Jackson Barbell Man, Demonstrates A Capital Exercise With The JACKSON NO. 8, DUMBBELL SET.

Here is the last word in highly portable and compact body building equipment, and at the lowest prices in history! Just compare the quality and prices with other makes.

Dumbbells are the oldest form of exercise apparatus, have been building supermen through the ages, and will continue to do so. Properly used, no apparatus is superior in getting results than the time tried dumbbells. If you are a very busy man, 10 to 15 minutes every other day with your dumbbells will maintain splendid health and physical fitness. If you have more time, dumbbells will build for you the perfect physique. The weakest person can start beneficial exercise with dumbbells, for you can start with a weight as little as two pounds, and work up to heavier weights progressively. Do not delay longer, order your dumbbell set now, and start on the road to health and physical fitness. Your Jackson dumbbell set will come to you complete with the famous Jackson International training courses, and you will be ready to start training the minute you receive your handsome Jackson dumbbell set.

50 Jackson adjustable dumbbell set, \$3.00
80 Jackson adjustable dumbbell set, 6.00
100 Jackson adjustable dumbbell set, 7.00
Prices F.O.B. Springfield, N. J.
Terms, cash with order. C.O.D. orders 1/3 down, rest of the Mississippi is down. To save time, send certified checks, or post office money order.

SEE NEW PRICE LIST

**Jackson International Barbell Co.
Springfield, New Jersey**

The above is a nice example. I really like the "capital exercise" that was chosen to illustrate the benefits of owning a set of Jackson "Dumbbells" (I also like the way they spell Dumbell). At any rate, It might be a good exercise to try as I see Al Myer's has a "two hands anyhow" coming up in his Dino Gym meet on January 16th, 2010!

I like the old stuff as well as the new stuff. When I wrap my hands around the oly bar from the set my Uncles ordered in 1957....I'm inspired. You know that there's a basement somewhere with a dumbbell set just like the one above and it's just rusting away, long forgotten. I won't knock guys who collect stuff, I can understand that, but to me, it was made to be used and my stuff will get used until it falls apart....but considering how Andy made his stuff...I may fall apart long before that happens.

USAWA Hall of Fame

The highest honor in the USAWA is to be inducted into the Hall of Fame. The following are the current Hall of Fame Members. To be eligible for induction, a person must make significant contributions in the leadership, support or promotion of the USAWA or achieve outstanding success as a competitor at the National or World level. Biographies are included for some Hall of Fame Members.

Class of 2003:

Bill DiCioccio

Class of 2002:

Dale Friesz - [Biography](#)

Class of 2001:

Rex Monahan

Class of 2000:

Bob Hirsh

Class of 1999:

Bill Clark - [Biography](#)

John McKean - [Biography](#)

Class of 1997:

Denny Habecker - [Biography](#)

Joe Garcia - [Biography](#)

Dennis Mitchell - [Biography](#)

Chris Waterman

Deanna Springs - [Biography](#)

Class of 1996:

Frank Ciavattone - [Biography](#)

Joe Ciavattone

Jim Malloy - [Biography](#)

John Vernacchio - [Biography](#)

Class of 1993:

John Grimek

Art Montini - [Biography](#)

Howard Prechtel

Noi Phumchaona

Steve Schmidt - [Biography](#)

Ed Zercher

Hall of Fame Biography - Dale Friesz Class of 2002

Dale E. Friesz was born on July 30th, 1940 in St. Louis, Missouri. As the son of a career Army Colonel he traveled a lot as a youth. His family spent two tours in Virginia, across the Potomac River from Washington D.C.. Dale has lived at the same address for the past 35 years - 11523 Wild Acre Way, Fairfax Station, Virginia, 22039-2117.

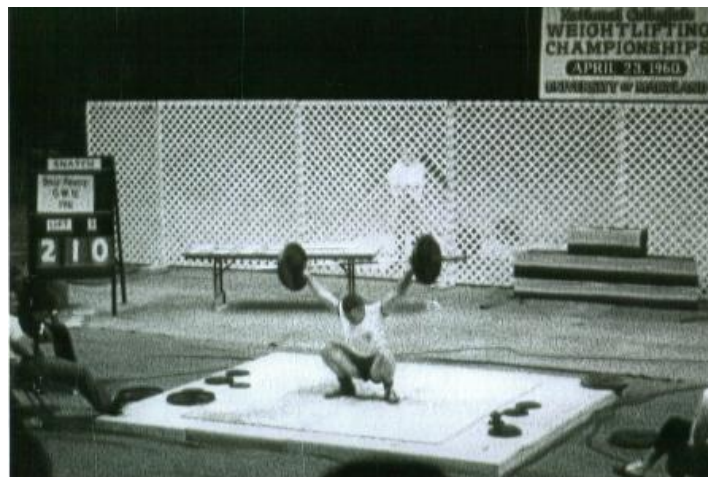
Dale did his undergraduate and graduate work at George Washington University in Washington D.C.. He spent 11 years as Director of Human Resources for Fairfax County before taking over the family owned shooting sports business. He ran it for 21 years until his retirement.

Dale has been married to Penny for 43 years. They have three beautiful children - Pamela, Mark and Karen. They also have a great son-in-law Mark, one lovely daughter-in-law Christine, and two beautiful grand children Ansley and Cody. Dale believes his family is his greatest treasure.



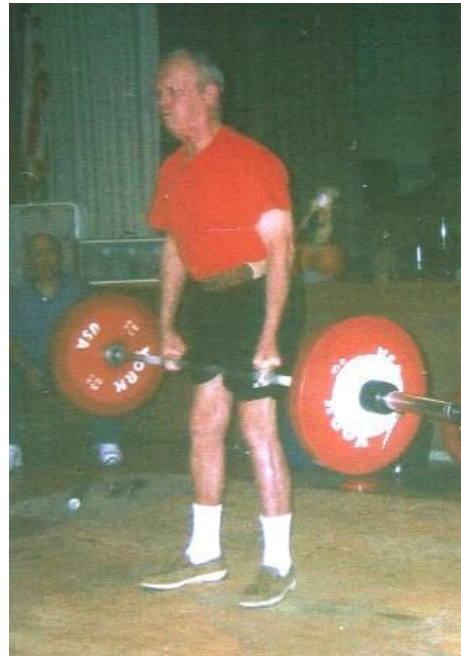
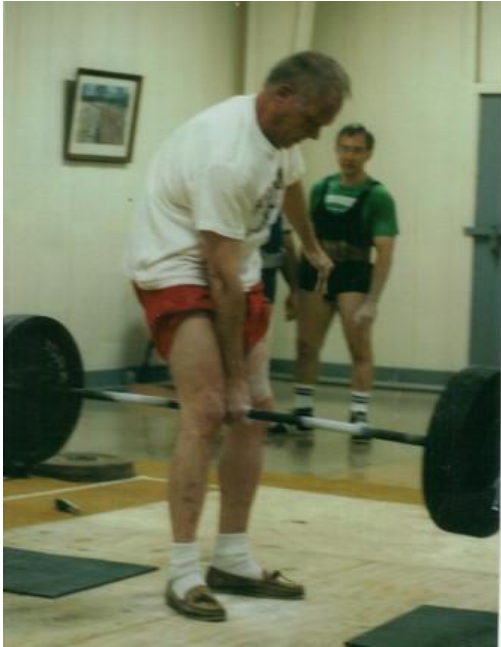
Dale Friesz at age 19

Dale learned about Olympic lifting from his older brother Leonard. Dale taught himself to be an Olympic lifter. It was at the 1960 National Collegiate Weightlifting Championships at the University of Maryland that he first met fellow USAWA Hall of Famer, John Vernacchio. In 1963, at the Junior Nationals in Columbia, Missouri he was introduced by his older brother to Bill Clark. In preparation for entering Bill Clark's Masters Olympic Weightlifting at age 39, he again started Olympic lifting. Dale stayed with that style of competition until back and shoulder problems put him on the shelf at age 45.



210 pound Snatch at age 19 at the 1960 National Collegiate Championships

Dale was inspired by Bill Clark's writings to join the USAWA and is a charter member. The bug to lift again took hold and against medical advice (birth defect in back and a bad shoulder) he entered his first all-round meet in 1989. He has won 18 Masters National Championships, and has placed in several open all-round competitions - which includes the Zercher Meet, the Heavy Lift Championships, and the Deadlift Dozen. Dale has created more than 150 USAWA records.



Picture to left: Dale attempting a 360 pound One Hand Deadlift at age 54 (85 kg class)
Picture to right: Dale doing a Ring Fingers Deadlift of 187 pounds at age 67 (85 kg class)

Dale is most proud of his Right Hand Deadlift of 353.6 pounds at age 52 in the 85 kilogram class and his Neck Lift of 605 pounds at age 55 in the 85 kilogram class. When these lifts were made they were not only masters records but also open records. Dale also like all the Finger Deadlifts and holds a wide range of records in each weight class from 75 kg to 90 kg. He received the Francis D. Ciavattone Sr. AWARD FOR COURAGE in 2003.



Dale doing a heavy Neck Lift

Since 2002 Dale has spent nearly as much time in the hospital with a variety of life threatening issues as he has spent trying to train. Yet as recently as May 2009 he did a 405 pound Neck Lift record at age 68 in the 85 kilogram class at the Heavy Lift National Championships.

Dale believes, as does his primary physician, that weightlifting is responsible for him being alive. Dale thanks Bill Clark for having the sagacity to create masters weightlifting competition!!!

Hall of Fame Biography - Bill Clark Class of 1999



William Merle Clark was born in Clinton, Missouri on August 18th, 1932. He graduated from Clinton High School in 1949, and then spent three years in the U.S. Army (1951-1954), including a year in Korea. Bill graduated from the University of Missouri School of Journalism in 1958, and worked briefly on the sports desk of the Lexington Kentucky Leader. He returned to Columbia Missouri in 1958, where he has lived since. Bill married Dolores Denny on August 11th, 1955 and they have five children and five grandchildren. He was a full-time major league baseball scout for 36 years (1968-2003). He retired from baseball at the end of the 2003 season and has been a columnist for the Columbia Daily Tribune since March of 2004. Bill has written for numerous baseball publications through the years and even worked as a sports reporter in the baseball off-season. He has officiated over 20 sports from the junior high school level to the international level from 1949 until today. He wrote the original Powerlifting and All-Round Weightlifting rule books and is currently writing a book about the fun of officiating more than 10,000 athletic contests. As a member of the Amateur Athletic Union (AAU) weightlifting committee (1959-1990), he was responsible for the origin of the following:

- Powerlifting as a separate sport (1964)
- Masters lifting, both Olympic Lifting and Powerlifting (1973)
- Held the first womens only Powerlifting and Olympic meets which gave the start to women's competitive lifting (1976)
- Introduced prison weightlifting and the acceptance of inmates as full AAU members (1966). Held the first prison weightlifting postal competition (1962)
- Created the odd lifting record book (1961)
- Formation of the USAWA and the IAWA (began in 1983, finalized in 1986)
- Wrote the first USAWA and IAWA Rule Book (1986)

Bill started weightlifting in 1959 when his boxing team was looking for an off-season sport. There was not a state meet at the time, so he held the very first one in Columbia in 1959. He held the Junior Nationals and the National Teenage Championships in Columbia from 1962-1964, including the "Mr." contests for each, along with numerous state and

regional meets both in Columbia and in many prisons throughout the Midwest. He has directed over 100 meets under USAWA sanction at his gym, Clark's Championship Gym, including the USAWA National Championships in 1995, 1997, and 2001. Bill has been the sole sponsor of the Showme State Games Powerlifting Meet since 1988. Both Bill and Dolores are in the Missouri State Games Volunteer Hall of Fame. He has had a commercial gym in Columbia since 1987, which is one of very few commercial gyms in the country that specializes in All-Round Weightlifting. Bill was the first President of the IAWA and has been the Secretary of the USAWA since the beginning. He is responsible for starting the drug testing program and the certification of officials in the USAWA. Bill has published a weightlifting newsletter since 1960, and is now nearing his 50th year! The past 19 years have been devoted to the all-rounds, with his publication "The Strength Journal" being the sole source of information regarding All-Round Weightlifting in the US. Bill's main contribution to weightlifting was the origin of the masters program. The idea came to the table in 1973 at the AAU convention, and was approved by a laugh with the mention of old people wanting to lift and compete. In 1974, only four lifters entered the National Masters Meet - Jim Witt, Jack Lano, Wilbur Miller, and Bill Clark. The Meet was cancelled that year. In 1975, the meet was held in Columbia with 15 entries. Today, the masters program is found in 70 nations and accepted without question. Master lifters outnumber open lifters in the US today. Bill was one of a half-dozen people who brought Powerlifting to the committee floor of the AAU in 1962, and saw it approved two years later as a sport by the AAU. Today, Powerlifting has expanded far beyond Olympic Lifting as a sport. In 1976, Bill violated the IWF rules which limited lifting to males only, and worded a sanction which made a combined Power/Olympic lifting competition into an all-female meet. It broke the gender barrier and women's weightlifting was off and running. Bill commented, "In retrospect, I take pride in being the driving force to establish Powerlifting, women's lifting, prison lifting, master's lifting, odd lifting - and seeing them all grow and prosper." Bill holds over 200 records in the USAWA, with most of them occurring after multiple joint replacements. Bill said, "I do take pride in my hip and harness lifts that were done after four joints - both knees and both hips - were totally replaced and being able to remain competitive with the youngsters in the finger lifts. Age and replacements have slowed the competitive urge today, particularly with the loss of cartilage in both the upper and lower spine." In his earlier years, Bill was best known and seldom beaten in the Zercher and Steinborn lifts, once doing 460# in the Zercher and 455# in the Steinborn on the same day. There has not been an USAWA member since capable of doing this. When asked if he had any special memories of a competition, Bill replied, "The one I most remember was in 1994 in Middletown Pennsylvania when I made a hip lift with 1400 pounds, less than five months after I had a double joint replacement - the right knee and the right hip on the the same day - a double only a few have tried!" Bill Clark will always be known as the "Founder of All-Round Weightlifting", and his influences and contributions to the iron game will forever be felt. His last comment was this, "It has been a good 50 year run in the weight game. I'm now looking for time to go through voluminous files and to do a book I've promised myself for years, titled, An Irreverent History of Weightlifting."

Hall of Fame Biography - John McKean Class of 1999

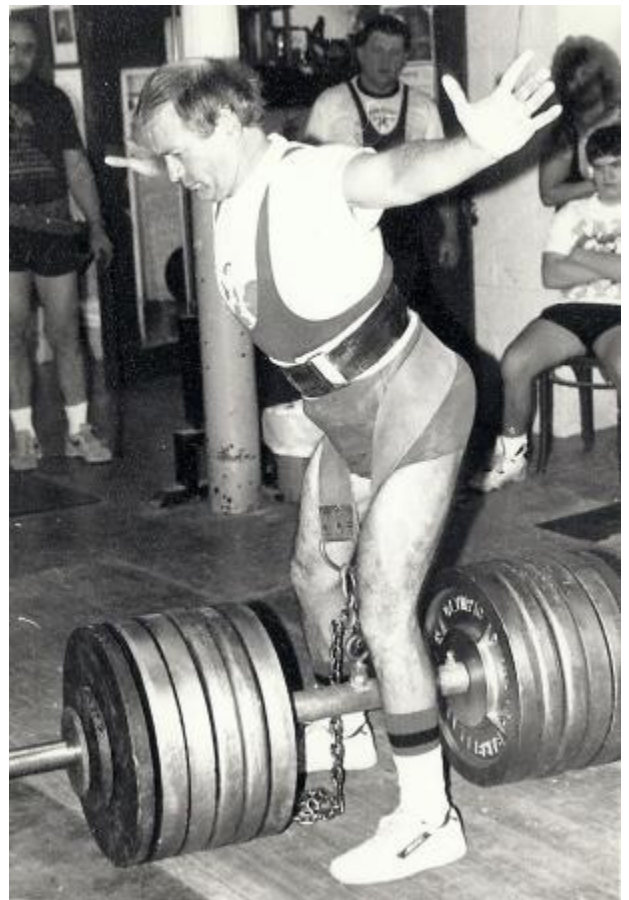


John was born on December 15th, 1945 and has been competing in weightlifting for over 45 years, starting in 1962. He started as a lifter primarily as a powerlifter, but also has competed in master's olympic lifting, having won two US National titles. However, all-round weightlifting soon captivated his attention and he has devoted all of his efforts toward all-round training and competition since its inception. John is a retired teacher (32 years in Jr. High math), a retired martial arts instructor (American Combatives for individuals and airline crews), and a retired weightlifter. John has won so many National and World Meets that he has lost count!!! One



accomplishment that he has done that is hard to top is that he went for over 20 years never losing a meet in his age and weight division! He presently has over 125 USAWA and IAWA records on the books. His earliest all-round weightlifting inspirations came from the great National and World Meets that John Vernacchio promoted, followed by the tremendous atmosphere that Frank Ciavattone created in his National and World Meets. John said, "These guys worked so hard to insure that everyone enjoyed themselves and they provided the absolute best conditions to do top notch lifting!! Their meets were more like great workouts with good friends than the usual cut

and dry weightlifting competitions. Just big parties, really!!!". John has served as an official at many meets, and served a term as the IAWA international secretary. He has wrote extensively about all-round weightlifting training methods in Hardgainer magazine and MILO. He has been involved in the promotion of several National Meets which includes being the meet director at two National Championships in Ambridge with Art Montini, and being the co-director at the two National Meets at Jumpstretch Fitness in Youngstown, Ohio. John has received much personal satisfaction from the great time he has had getting his two sons, Sean and Rob, involved in the USAWA along with many of his school students. One of his biggest thrills in lifting was being probably the only teacher to establish an official class for all-round weightlifting in the public school system. For four years he was given the state's mandate (IEP) to take over the complete physical education of a legally blind student by the name of Matt Van Fossan. Matt, under John's coaching, really took to lifting and established several teen National and World Records and even won a National Championship!!! These days



John trains at home, still writes a bit, and lives near Pittsburgh with his wife of 40 years, Marilyn. He is still very involved in the lives of his two grown sons, Rob and Sean.

Hall of Fame Biography - Denny Habecker Class of 1997



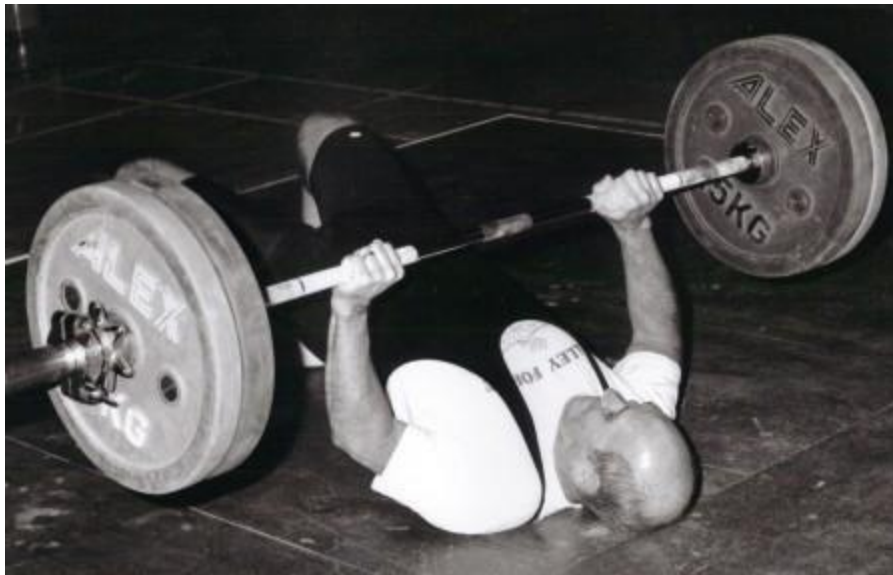
Denny was born and raised in Lebanon, Pennsylvania and has lived there all but 3 years of his life. His father was always involved in sports when Denny was growing up, and Denny has continued that tradition. He graduated from Lebanon High School in 1960 and got a job at Bayer Corporation in 1964 and worked there until his retirement in August, 2008. He got married in 1964 to Judy Gensemer. Judy is now a retired R.N. and they have one son who is an elementary school principal. His son and daughter-in-law have given them 3 grandsons that they are very proud of.

Denny started lifting in the spring of 1957 to build himself up for high school football. He entered a couple of bodybuilding contests in 1961 and 1962 before deciding weightlifting competitions were more fun. He competed in Olympic lifting competitions, with a few powerlifting competitions thrown in, from 1962 until 1975. Then with family commitments and other sports (volleyball, basketball) taking up his time, he didn't compete again in weightlifting until 1984. He saw the results of the 1983 National Masters Olympic Lifting Championships and decided to start competing again. Denny entered John Vernacchio's Eastern Masters and Tri-States Masters competitions every year and became a member of John's Valley Forge Lifting Team. In

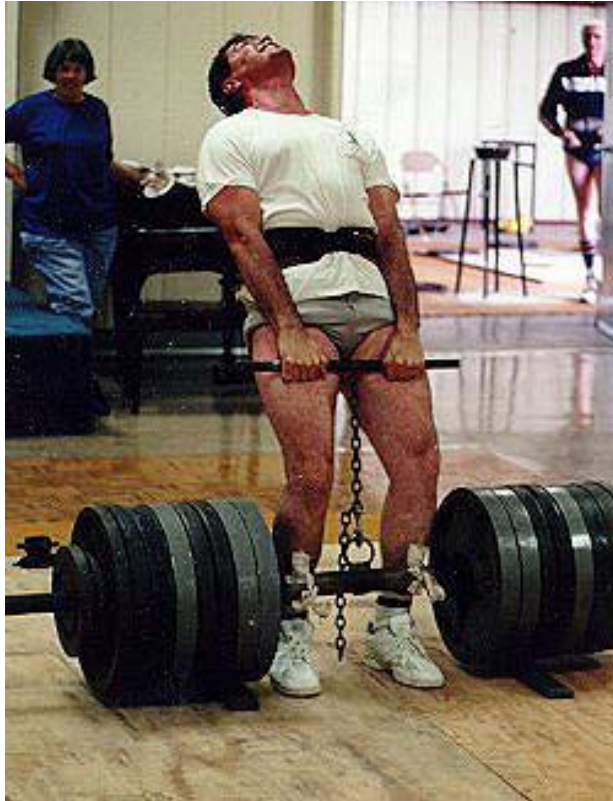
1989 John told him about an all-round weightlifting competition he was having. John talked him into entering it and Denny soon became hooked on all-round weightlifting.

Denny has been in every National All-rounds since 1990, 16 World All-rounds since 1991, and 13 Gold Cups since 1994, competing in Scotland, England, Australia, and New Zealand. In Olympic lifting, he has competed in 24 straight Keystone Games, 21 National Masters, 5 Pan-American Masters, 2 American Masters and 2 World Masters Championships since 1984. He also lifted in the 1992 WPA World Masters Powerlifting Championships. Denny still played volleyball, basketball, and softball in an over 40 league most of those years. He had to give up the other sports two years ago because of an arthritic hip.

Denny now trains at the New York Fitness Club in Lebanon and in his basement gym. He has been on the IAWA technical committee since 2000 and President of the USAWA since 2007. He has promoted the 2000 & 2007 USAWA Nationals, 2002, 2005 & 2009 IAWA World's, 2006 & 2008 Gold Cup, and the 2004 & 2009 National Heavylift Championships. Denny was inducted into the Lebanon Valley Sports Hall of Fame in 1996, the Central Chapter of the Pennsylvania Sports Hall of Fame in 1998, and in 2009 was given the Kelly Cup Award for his Keystone Games accomplishments. He was the overall best lifter of the 1999 USAWA National Championships and 10 times best lifter in his age group. He has placed in the top 10 in 14 USAWA National Championships and 8 IAWA World Championships. His favorite lifts are the Arthur lift and the Pullover and Push. His 87.5 kilogram Clean and Press with Heels Together, which was done in his first All-round Meet in 1989, is still a record.



Hall of Fame Biography - Joe Garcia Class of 1997

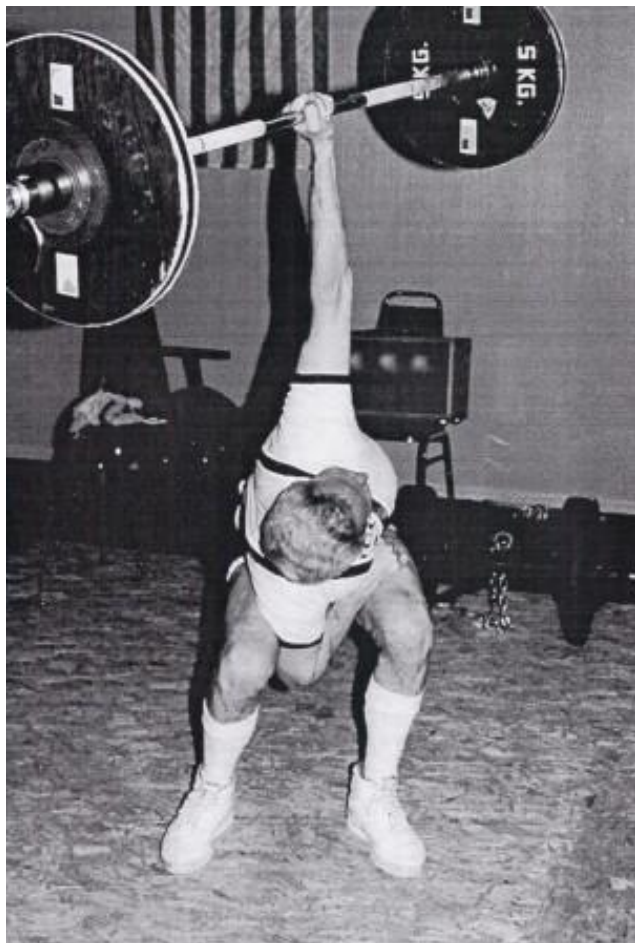


Joseph Anthony Garcia was born in Dewitt, Iowa, August 12, 1953. Joe and his wife Cindy started dating the last week of high school, got married August 11, 1973 and currently live in the country near Sturgeon, Missouri on 27 acres with their animals. Joe received a Business Degree with a major in accounting from the University of Iowa and got his first job as an accountant, but has spent the majority of his employed life in software, both as a developer and as a consultant. Joe's immediate family consists of his wife and himself, a cat and 5 horses. He comes from a large family that had 9 kids. Joe actually started lifting back in the late 70's when he was a policeman. As part of getting into shape, he got involved with the USAWA in 1987 when he was at a customer's location and looked out the window and saw a small sign that read 'Clark's Championship Gym'. Joe said, "I went over and met Bill, joined the gym and have been a member of both the gym and the USAWA since that time." Joe has been involved with some sport ever since he was a little kid, from baseball to track, basketball and football in high school, rugby in college, boxing as a cop, and finally Taekwondo in the early eighties, where he received a second degree black belt. Now days, he coaches boxing, lifts and competes in Cowboy Mounted Shooting. When asked who was responsible for getting him involved in all-round weightlifting, Joe replied, "Bill Clark introduced me to the USAWA and I would have to say he is responsible for my having accomplished what I have in the sport."

Joe lifts both at Clark's gym and at home. Joe has been the USAWA Record Keeper since the start of the USAWA and still holds that position. Joe was also responsible for designing and starting the USAWA website in the mid 90's. He has been an official at many meets over the years. Bill and Joe have promoted three USAWA National Championships in Columbia, Missouri (1995, 1997, 2001). He has also helped Bill put on numerous meets at the gym. Joe's favorite lifts are the big bar lifts, and when asked if there was any record he was the most proud of, he replied, "I would have to say my record of 1910 pounds in the Hand and Thigh Lift is the one I am most proud of." Joe's record in the Hand and Thigh of 1910 pounds, which was set in 1997, remains the top Hand and Thigh Lift in history. Joe competed in the first World meet which was held in England, and has competed in several World Championships and National Championships since. Joe has placed in the Top Ten Overall in 10 National Championships, with three third place finishes overall in 2001,

1997, and 1988. He was the top overall Master at the National Championships in 2006 and 2001. He has also won numerous age group Best Lifter Awards at the Nationals. Joe is one of very few lifters who have been with the USAWA from the very beginning who is still competing at the top level - as showed by his most recent placing of 4th overall at the 2009 National Championships. Joe is always helping out new lifters at meets and has done numerous things through the years to promote the USAWA. Joe Garcia sets the standard that all future Hall of Famers should aspire for.

Hall of Fame Biography - Dennis Mitchell Class of 1997



Dennis Mitchell was born February 15th, 1932 in Cleveland, Ohio. He still lives in Cleveland. He was "raised" in the family business of photography, and worked in the family business part time during High School and College. After returning home from two years in the Army, Dennis worked full time with his father until his father retired in 1961. Dennis continued the family's photography business until he retired in 1995. Dennis has been married to his wife Flossy for close to 48 years. They have two daughters and four grand children. Dennis started lifting in May of 1943. He started out with bodybuilding and some Olympic lifting training. He got involved with the USAWA in 1989. Dennis is very involved in other sports. He also has competed in running, swimming, and Judo. He still competes in Olympic Weightlifting and Masters Swimming. Howard Prechtel, who Dennis has known since 1949, introduced him to All-Round Weightlifting. Dennis remarked, "I've always been interested in training the odd lifts, and being part of the USAWA allowed me to enter competitions where these lifts are contested." During the 1940's and the 1950's, Dennis trained at Joe Raymond's A.C. He now trains at home and has a very complete home gym which is set up for All-Round Weightlifting training. Dennis is a member of the Ohio Olympic Weightlifting committee. He is chairman of the World All-Round Technical Committee. He has held that position for several years. Dennis is also a very active official, having judged at many local, National, and World meets. Dennis was the Co-Meet Director of the 2008 National Championships in Columbus Ohio. He also has helped organize the local portion for six All-Round World Postal Meets. The chain lifts and the Bent Press are his favorite

lifts. Dennis has competed in 20 National Meets, 19 World Meets, and 6 World Postal Meets. He has lifted in many states, and overseas in England, Scotland, Australia, and New Zealand. Dennis has won his weight and age class in 20 National Meets, 17 World Meets, and 6 World Postal Meets. When asked what he likes about All-Round Weightlifting, he replied, "One of the best parts of being involved in the All-Rounds is the people. They are just a super group."

Hall of Fame Biography - Deanna Springs Class of 1997



Deanna Springs and Al Springs performing a Team Cheat Curl

Deanna Springs was born in Gallatin, Missouri, daughter of Ray and Gertrude Cook. Deanna was introduced to All-Round Weightlifting by her husband, Al Springs, in 1990. Having no prior sports experience, she quickly developed a love for weightlifting, and trained with Al at their gym. Together, they also promoted several local competitions. Someone else who inspired her to take up weightlifting was Bill Clark. Deanna and Al would often compete in the All-Round Weightlifting competitions that Bill hosted at his gym. Her best National placing was placing 3rd overall at the 1994 USAWA National Championships in East Lake, Ohio. Deanna's favorite lifts were the Zercher Lift and the Hand and Thigh. Her best Hand and Thigh was 620 pounds. That is how the Deanna Lift, which was named in her honor, came to be - by combining the movements of the Hand and Thigh and the Zercher Lift. Deanna died in 1995. Every year Bill Clark hosts the Deanna Springs Memorial, a meet which features the Deanna Lift.

Hall of Fame Biography - Frank Ciavattone

Class of 1996

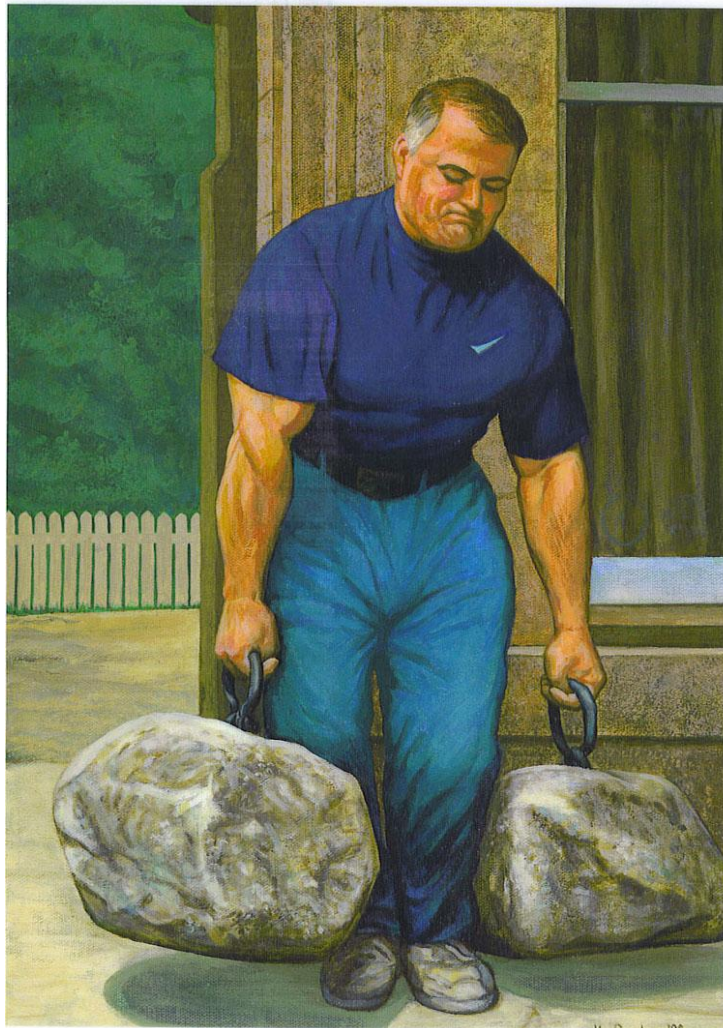


Frank Ciavattone performing a One Arm Hack Lift at the 2005 USAWA National Championships. Frank has the top USAWA lift of All-Time in this lift at 402 pounds.

Frank Ciavattone lives in Walpole, Massachusetts. He is a self-employed Excavator Contractor two-thirds of the season and a Heavy Snow Remover the remaining time. He started to lift weights after he received a 75lb. weight set for Christmas in 1966. Frank's uncle Ralph was a bodybuilder in the early 1950's who placed 5th in the 1951 Mr. Boston Contest. Frank's dad was a Marine during the Korean War and was a Power Shovel operator (steam shovel). These two men were Frank's early inspiration to take up weight training.

Frank trained for many years (1971 to 1988) with his coach Joe Mills of The Central Falls Weightlifting Club in Central Falls, Rhode Island. Frank started out doing some Olympic lifting but soon found out that he had tremendous potential with All-Round Weightlifting. It was at this time that he got help from Bill Clark, John Vernacchio, and Howard Prechtel - all of which were very accomplished and experienced All-Round Weightlifters. Frank was a charter member of the USAWA, and competed in the organization from the start. Frank is a very sincere and honest person who always gives thanks to those who help him. He commented, " John & Howard gave me endless phone time on educating me how to do a lot of the lifts before upcoming contests. I can not leave without mentioning Frank Gancarz and Ed Jubinville (both deceased) who played a big part in making me feel Allround lifting was just as important as life itself! To these MEN I truly admire and respect and I thank them from the bottom of my HEART! "

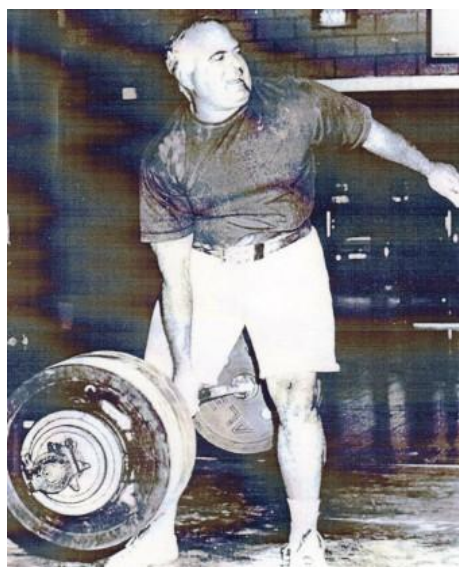
Frank was also involved in meet promotions. He was the Meet Director for several National Championships (1996 and 1998) and World Championships (1993 and 2000) in both All-Round Weightlifting and The Heavy Lifts. His most memorable All-Round meet was definitely the 1st one in 1993, in his home town of Norwood/Walpole, Massachusetts. Frank had his family, friends, the towns people, and lifters from other countries all together in one meet. Frank said, "With that combination it was a week of comradeship, competitiveness, and support. The rest was a true celebration of what this sport is by bringing a half dozen countries together as human beings. This is a time I will always cherish in my heart." One of his most cherish meet wins was winning the Outstanding Lifter Title at the 2005 World Heavy Lift Championships in front of his home town Norwood/Walpole. Regarding this, Frank said, "I was in the 275lb. class. I gave the award to my daughter Domenique. That was a Hallmark moment for me."



Frank Ciavattone was the first American to ever lift the Dinnie stones unassisted. He performed this amazing feat in 1995.

Frank has lifted overseas in 6 World Championships and 1 Millennium Gold Cup for a total of 7 trips. When in Scotland at the 1995 IAWA World Championships Frank achieved something no other American had ever done previously. This story is best told in his own words, "The Dinnie Stones story got started by Willie Wright and his team wanting me to go north and give them a try! They offered to take time off from work and take me. For this I said yes and would give it my best shot. Well after lifting in 2

day competition with 10 lifts at the 1996 World Championships, and the 9th lift being a 507lb. right hand- 1 arm deadlift, I was beat. After the meet we all got ready for the banquet, which anyone who's ever lifted in Scotland know their banquets are right up there with the best of them. Well around midnight Willie informed me that the mini-bus was leaving at 5 a.m. sharp, tomorrow morning with about a 4 or 5 hour drive. The next day everything goes on schedule and we arrive there with a full mini-bus. I never saw the stones in person before but have to say I was overwhelmed at them. They were both chained to the wall, and it was drizzling out. Everything had a film of water over it, and the marble size piece of chalk I brought was disintegrated. So I found an area not so wet and dug my hands through the dirt to dry them up and it helped. At this point I picked up the little stone right and left, then I did the same to the big stone. Well now I thought I did it. They all yelled NO - do the 2 stones together. Since they were chained to the wall I decided to keep my 2 feet together since the stones were close to the wall. It was hard for me to straddle them and definitely too tight to have one on each side. So finally on my 1st. attempt I reached down and slowly stood up, and stood there while Willie Wright gave his down signal. I was in another world as I felt like I could not put them down. I got an IAWA World record certificate and the honors of being the 1st. US citizen to lift up the stones without straps or other assistance. Also to be one of few to lift them feet together. I am not sure who the others are. The truth to all this is I lifted them fatigued, never seen them before, and never trained to lift them. No excuses - just got of the bus and within 5 minutes lifted both of the ground. I did it my way!!!!!!"



Two of Frank Ciavattone's Favorite Lifts
Deadlift - One Arm (picture to left) and Neck Lift (Picture to right)

Franks favorite lifts are the three Ciavattone lifts, the One Arm Deadlift and the Neck Lift. He also excelled at these lift and set many USAWA records in them. His records are One Arm Hack Lift -right hand 402 1/5 pounds, One Arm Deadlift - right hand 562 1/5 pounds, One Arm Ciavattone Lift - right hand 331 pounds, Neck Lift 808 pounds, Hand and Thigh 1610 pounds, and a Hip Lift of 2515 pounds. Frank has won 15 IAWA World Championships, 14 USAWA National Championships, 3 Heavy Lift World Championships, and 5 USAWA Heavy Lift National Championships. Frank was the Overall Best Master lifter at the 1998 National Championships. He has placed in the top 10 Overall at 9 National Championships.

There is more to Frank than just being one of the best All-Round Weightlifters of All-Time. He is a man of integrity and outstanding character. He always is willing to help those who need it, and is the perfect role model for the young generation of lifters. When asked what advice he would have for a new lifer, this is what Frank said, "Stay away from any artificial way of getting ahead. Hard, hard, hard work is what got me to do the best I could without jeopardizing my number one thing in my life, FAMILY. Keep your priorities in the right order. This formula keeps everyone happy and supportive." I would say this sums up Frank Ciavattone.

Frank is a true Pioneer in the Sport of All-Round Weightlifting. He is the ultimate sportsman by demonstrating that a big man can be very strong without the use of drugs, showing that strength comes from within, and displays the unselfish attitude of always helping out his fellow competitors.

Hall of Fame Biography - Jim Malloy class of 1996



Jim Malloy was born July 7th, 1941 and currently lives in Cleveland, Ohio. Following High School graduation, Jim went to work in a steel mill where he has worked for over 47 years. He has been married to his wife, Sandy, for over 45 years. They have one daughter, Tracey, who now lives in Texas. Jim started out with Olympic Weightlifting in 1968, and then got involved with the USAWA in April of 1990 after being introduced to all-round weightlifting by Bob Karhan. Jim spends most of his training time lifting in his garage. When asked if there were any lifters that inspired him in all-round weightlifting, Jim named two great lifters - Howard Prectel and Art Montini. Jim worked out with Howard quite often, and often helped Howard in the promotion of several competitions, which included a National Championship, a World Championship and several Gold Cups. Jim is a true all-rounder with his lifting and has set USAWA records in many lifts that are very different from each other. Jim has done a 400# Front squat, a 400# one handed Deadlift, a Continental to Chest and Jerk of 300#, and a 420# Zercher Lift. I should also mention that these were all done after the age of 50!!!! Jim has set over 100 USAWA records and has lifted in close to 100 competitions. Among his greatest accomplishments in the USAWA was winning overall Best Lifter at the National

Championships in 1997. He was the Master's Best Lifter in 1994 and 1997 at the National Championships. He has also won many Championships in his age and weight class. Another thing that is very impressive is Jim has placed in the Top Ten Overall in 12 National Championships!!!! He has also placed in the top six in 4 IAWA World Championships, with his best placing being 3rd Overall in 1995. When asked what he likes about the USAWA, Jim replied, "I have lifted in several

other weightlifting organizations, but nothing compares to the people I have met in the USAWA." Jim is a great Champion and role model in the sport of All-Round Weightlifting.

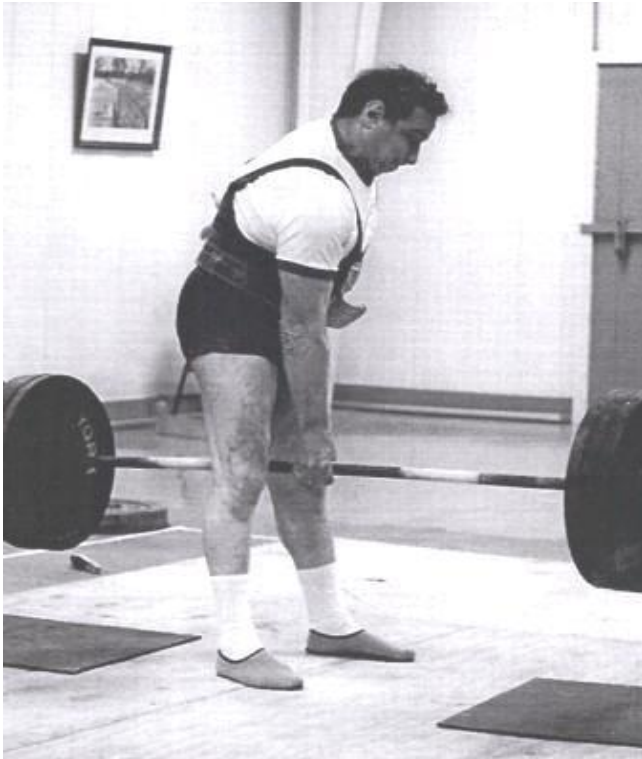
Hall of Fame Biography - John Vernacchio Class of 1996



John Vernacchio was born in 1936 and grew up in Norristown, Pennsylvania where he still resides today. He attended Holy Savior Catholic Elementary School and graduated from Bishop High School in 1956. He attended Shippensburg State University where he played football while attaining his degree. After graduation in 1961, he finished his education at Temple University where he earned his Masters degree in Exercise Physiology. John taught High School for several years and coached football. He has also coached football at the College and minor pro league level. At the present time, John is working as a rehabilitation therapist for a Chiropractor. John has two grown sons - John born in 1962 and Jeffrey born in 1965. John lives in Texas and has two daughters. Jeff lives in Pennsylvania with one son. Both received B.S. degrees from Westchester State University. John started training when he was 13 years old at the local YMCA and began competing in weightlifting in 1957 with friends Richard Durante and Domenic DeSanto. John won his first National title in 1961 at the National Collegiate Weightlifting Championships. He

continued to train under the direction of James Messer at the Holy Savior Weightlifting Club. John got his start in Olympic lifting, but eventually competed in powerlifting for many years for the Valley Forge Weighting/Powerlifting Club. John was one of the charter members of the USAWA, being involved since the beginning in 1987. He was introduced to the USAWA by Bill Clark. John has served two terms as President of the USAWA, and one term as Vice President of IAWA. He has promoted several National and International competitions throughout the years. He has promoted three National Meets - in 1988, 1989, and 2004. John has the distinction of being the Meet Director of the very first National Meet (1988). He has promoted three World meets - in 1989, 1991, and 1997. He also promoted the 2003 Gold Cup. His favorite lifts are the military press and the squat. Even though John has won numerous weightlifting, powerlifting, and all-round meets through the years, when asked what his greatest accomplishment was, he replied, "My biggest accomplishment was to see both my sons graduate from College." John Vernacchio displays every quality a Hall of Famer should possess - excellence with the iron and excellence in life.

Hall of Fame Biography - Art Montini Class of 1993



Art Montini was in the inaugural class of Hall of Fame inductees - and rightfully so. Art is the most decorated all-rounder in USAWA history, having won overall best lifter at four National Championships (1991, 1992, 1993, and 1995). He was born October 11th, 1927 in Beaver County, Pennsylvania. After graduating from High School, Art joined the Navy in 1945 and served our country in WWII aboard a naval ship. After his military service, he went to work in a steel mill in which he continued until retirement. Art's early sport activities included playing "sandlot" baseball, and even some semi-pro football. Art started lifting weights when he was 20 years old. At first, he competed in Olympic lifting. But once he got started competing in all-round weightlifting that was his focus from then on. Art's favorite lifts are the Steinborn and all of the chain lifts. However, he trains all of the all-round lifts at different times in his workouts. Art is one of only two lifters that has over 300 USAWA records!! Art is a member of the Ambridge V.F.W. Barbell Club and does all of his training there. He has competed in over 100 all-round weightlifting meets!!!! You can always count on Art being at the National Championships. He has even been involved in the promotion

of the National Championships, being the Co-Meet Director of the Nationals in 1991 and 1999 in Ambridge. Art is an outstanding official as well, both at the National level and at the World level. When asked what he enjoys about the USAWA, he replied, "I really enjoy competing with other lifters. I've made many great friends at all of the meets." In 1988, Art was selected to the Beaver County Sports Hall of Fame. Today, Art lives in Aliquippa, Pennsylvania and still competes in all-round weightlifting meets even though he is over 80 years of age!! He even celebrates his birthday every year by hosting Art's Birthday Bash, an all-round weightlifting meet, on his birthday.

Hall of Fame Biography Steve Schmidt Class of 1993



Steve Schmidt was born on August 22nd, 1955 in Franklin County Missouri. He still lives there and is self-employed in the fertilizer business and as a farmer. Steve is married with two grown sons and 3 grandchildren. He started lifting in 1977 as a powerlifter. He got involved with the USAWA from the very beginning. In fact, he held the very first membership card issued. Steve has spent most of his time training at home in an old building with no heat, electricity or doors, but at times trains at Clark's Gym in Columbia Missouri and represents Clark's Gym when he competes. Steve was the Overall Best Lifter at the first two National Meets in 1988 and 1989. He was the Open Best Lifter in 1991. He was the Overall IAWA Best Lifter at the 1989 World Championships in Plymouth Meeting Pennsylvania. He has promoted the Backbreaker Meet 7

times, which consists of the Neck Lift, Hand and Thigh Lift, Hip Lift, Harness Lift and the Back Lift, in the late 80's and early 90's. It was held at his farm. Today, Bill Clark hosts this meet at his gym every year and it is now named the Schmidt's Backbreaker Pentathlon, after Steve. He has won the Backbreaker 14 times and the Zercher Meet 8 times. Steve's favorite lifts are the Harness Lift, Back Lift and Teeth Lift. He holds the overall USAWA record in the Harness Lift at 3515 pounds and the overall USAWA record in the Back Lift at 3050 pounds. Steve holds nearly every repetition record in the Hip Lift, Harness Lift and the Back Lift. He holds the Total Poundage record using the Back Lift, doing 8,087,095 pounds in 2 hours and 50 minutes!! He also holds the Teeth Lift record with a lift of 390 pounds, with his hands held behind his back! Steve has also done numerous strength shows in which he pulls heavy loads with just his teeth!! He is also a World Class Bender and has performed at the AOBS Banquet where he did 10 repetitions in the Hip Lift with 1800 pounds! Steve has very calm demeanor when he lifts and often makes impossible lifts look remarkably easy. When asked why he likes all-round lifting, Steve replied, "It's the best!!" Steve has always been a man of few words and just lets his outstanding lifting accomplishments speak for themselves.

USAWA Meet Results

Attention Meet Directors/Meet Reporters: Please send meet results, write-ups, and pictures to the webmaster soon after the competition for immediate posting.

2009 Meet Results

[John's Birthday Record Day - December 6](#)

[Goerner Deadlift Dozen Plus One - December 5](#)

[Clark's Gym Record Day - November 22](#)

[JWC 1st Annual All-Round Challenge - November 21](#)

[IAWA Tough Guy Finger Lift Challenge - November 13](#)

[IAWA Gold Cup - November 7](#)

[Clark's Gym Record Day - October 11](#)

[Art's Birthday Bash - October 11](#)

[IAWA World Championships - October 3-4](#)

[Delaware Valley Open Postal Meet - September 30](#)

[USAWA Team Nationals - September 20](#)

[IAWA World Team Postal Competition - August 31](#)

[Middle Atlantic Open Postal Meet - June 30](#)

[USAWA National Championships - June 20](#)

[USAWA Heavy Lift Championships - May16](#)

[Eastern Open Postal Meet - March](#)

[Deanna Springs Memorial - March 28](#)

[Clark's Gym Record Day - February 22](#)

[Dino Gym Record Day - February 15](#)

[Zercher Meet - January 31](#)

[Dino Challenge - January 17](#)

2009 Dino Challenge
January 17th, 2009
Dino Gym, Abilene, Kansas

Lifts: Kelly Snatch, Zeigler Clean, Judd Clean & Jerk, James Lift, and the Allen Lift.

Meet Director: Al Myers

Official (1 official system used): Bill Clark

Loaders: Mike Murdoch and Mark Mitchell

Lifter	BW	AGE	Kelly	Ziegler	Judd	James	Allen	Total
Chad Ullom	231	37	70	150	150	125	35	530
Al Myers	251	42	50	100	100	85	45	380
Scott Campbell	303	34	25	65	120	125	25	360
Rudy Bletscher	222	73	25	85	50	55	2	217

All Lift Results in Pounds.

Extra lifts for record
Chad Ullom, Zeigler Clean: 200#

Record Session:
Steve Schmidt, Age: 53, BW:230; Backlift: 3050#

Press Release:

Steve Schmidt sets USAWA Back Lift Record!

HOLLAND, Kansas - Steve Schmidt became the first man to Backlift over 3000 pounds in the an official USAWA meet. His 3050# Backlift record was set at the Dino Challenge in Holland, Kansas on January 17th. He lifted in a record session prior to the meet which was judged by Bill Clark, Al Myers, and Chad Ullom. He broke the previous record of 2920# three times with lifts of 2930#, 3000# and finally his new record of 3050#. Steve has been training the back lift over 20 years to achieve this hard earned record. Steve owns nearly ever rep record with the back lift, including his famous 8 million pound rep record in 3 hours set in 2002.

The Dino Challenge drew 4 lifters to compete in a meet that tested not only strength, but flexibility and agility. Chad Ullom, of Topeka Kansas, came out on top winning 3 of the 5 events. He surprised everyone with his 200# Zeigler Clean, which is a clean done balancing a 2.5# plate on your head!!! Chad also won the Dino Challenge last year. Rudy Bletscher, at 73 years old, showed everyone that he still has the athleticism to complete this selection of difficult lifts.

The USAWA is a charter member of the International All-Round Weightlifting Association. Organized in 1987, with members across the Untied States, the USAWA recognizes over 150 lifts and over 7000 individual records. Any strength athlete can find their niche and compete. Numerous local meets and a national competition are held each year. USAWA promotes drug free participation. More info is available on their website USAWA.com.

Event Photos:



Chad Ullom with a 200# Zeigler Clean.



Steve Schmidt with a 3050# Back Lift.



The official judge - Bill Clark.

Zercher Meet
Clarks Gym
January 31, 2009

Meet Director: Bill Clark
Official (1 official system used): Bill Clark
Loader: Tom Powell

Lifters:

Abe Smith 27 years, 180 lbs
Joe Garcia 55 years, 236 lbs
Lewis Heater 16 years, 201 lbs

Lifts:	Smith	Garcia	Heater
Leg Press	800	450	650
Clean & Press, HT	225	165	155
Clean & Jerk	280	185	170
Deadlift, Heels Together	450	275	400
Bench, Feet in Air	300	240	240
Hack Lift	390	275	225
Zercher	375	250	360
Deadlift, One Arm	300 L	250 R	200 R
Steinborn	305	195	235
Neck Lift	325	405	375
Hand & Thigh	1275	1275	675
Hip Lift	1475	1875	1285
Harness Lift	1875	2295	2000
Total	8370	8135	6870
Points	7950.66	7714.42	6732.53

All lifts in pounds. Clean and Press done with heels together.

Dino Gym Record Day
February 15, 2009
Dino Gym, Abilene, Kansas

Meet Director: Al Myers
Officials (3 official system used): Al Myers, Ben Edwards, and Brian Krenzin

Lifters and Records:

Chris Krenzin BW - 123 lbs. Age - 8 years Class: Male 60 Kilos 8-9 Age Group

Curl, Strict 30 lbs. Deadlift, Heels Together 130 lbs.
Vertical Bar, 2", Right Arm 73 lbs.

Molly Myers BW - 114 lbs. Age - 10 years Class: Female 55 Kilos 10-11 Age Group

Curl, Strict 35 lbs.	Curl, Cheat 45 lbs.
Clean and Press 45 lbs.	Deadlift, Right Arm 90 lbs.
Deadlift, Left Arm 90 lbs.	Deadlift, Heels Together 160 lbs.
Jefferson Lift 160 lbs.	Pullover & Push 70 lbs.
Bench Feet in Air 60 lbs.	Bench, Hands Together 45 lbs.
Maxey Press 40 lbs.	Mansfield Lift 70 lbs.
Vertical Bar, 2", Right Arm 88 lbs.	

Tyler Krenzin BW - 105 lbs. Age - 11 years Class: Male 50 Kilos 10-11 Age Group

Curl, Strict 25 lbs.	Deadlift, Heels Together 120 lbs.
Vertical Bar, 2", Right Arm 63 lbs.	

Casey Barten BW - 175 lbs. Age - 29 years Class: Male 80 Kilo Open Age Group

Bench Press, Right Hand 70 lbs	Bench Press, Left Hand 80 lbs.
Deadlift, Fulton Bar, Left Arm 121 lbs.	Vertical Bar, 1", Right Arm 185 lbs.
Vertical Bar, 1", Left Arm 165 lbs.	

Ben Edwards BW - 218 lbs. Age - 33 years Class: Male 100 Kilo Open Age Group

Vertical Bar, 2", Right Arm 202 lbs.	Vertical Bar, 2", Left Arm 202 lbs.
Deadlift, No Thumb, Left Arm 230 lbs.	

Jason Payne BW - 272.5 lbs. Age - 43 years Class: Male 125 Kilo 40-44 Age Group

Hub Lift, Right Arm 62 lbs.

Brian Krenzin BW - 330 lbs. Age - 38 years Class: Male Unlimited Open Age Group

Abdominal Raise, Roman Chair 60 lbs.	Wrist Curl 150 lbs.
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Al Myers BW - 255 lbs. Age - 42 years Class: Male 120 Kilo 40-44 Age Group

Roman Chair Situp 1000 lbs.	Wrist Curl 220 lbs.
Deadlift, No Thumb, Right Arm 230 lbs.	Curl, Strict 101 lbs.
Deadlift, Inch DB, Right Arm 140 lbs.	Deadlift, Inch DB, Left Arm 130 lbs.

LaVerne Myers BW - 244 lbs. Age - 64 years Class: Male 115 Kilo 60-64 Age Group

Vertical Bar, 2", Left Arm 167 lbs.	Deadlift, Inch DB, Right Arm 140 lbs.
Deadlift, Inch DB, Left Arm 140 lbs.	Curl, Strict 101 lbs.
Wrist Curl 180 lbs.	

Record Day Writeup - by Al Myers

We had a very successful record day at the Dino Gym. We had 9 lifters and over 40 USAWA records broken! There were many highlights of the day. I was very excited to see Ben Edwards, of Lawrence Kansas, show up. Ben is well known for his grip accomplishments. He has competed in numerous grip competitions. He lifted 202 pounds in the one-arm 2" Vertical Bar Deadlift with both the right and left!! I have always felt that breaking the 200 pound barrier in the 2"VB is the mark that puts a lifter in an

elite group. Doing it with both hands is even more impressive. The USAWA rules for One-Arm VB lifting is more strict than other organizations. The lifting hand has to be above mid-thigh, the legs straight, and the bar has to be completely motionless at the finish. I was glad to see Jason Payne make his return to the USAWA. Jason came in set to break the gym record in the hub lift. The hub lift is not an USAWA lift. The gym record was 55 pounds until Jason broke it numerous times. He ended up with 62 pounds. Afterwards, he gave a shot at hub lifting an old-style York 45, but was too tired at that point. I think he would have had a good chance at it if he was fresh!! We had three young kids set numerous records. It is really exciting to see the enthusiasm in young lifters as they set a record. You can see in their faces the feeling of accomplishment. My daughter, Molly, even set the most records at 13. She became the first female to set a gym record. She did 70 pounds in the Mansfield Lift!! I have a feeling that this may stand for quite some time in our gym. The highlight for me on this day was having my father compete in his first weightlifting event. I was quite surprised how well he did considering this was his first time ever lifting weights. My dad has spent his life as a dairyman and farmer and the years of hard farm work is a strength training program in itself. When I was setting a record in the one-arm Inch Dumbbell Deadlift, he joined in and beat me head to head!! This is a dumbbell with a handle of 2.5 inches in diameter. We both got 140 pounds with our right arms, but he got 140 with his left while I could manage just 130. His lift of 167pounds in the one-arm 2" VB was also quite impressive. I want to thank everyone who showed up to make this day a great success.

Deanna Springs Memorial Meet

March 28, 2009
Clark's Gym, Columbia, Missouri

Meet Director: Bill Clark
Official (1 official system used): Bill Clark
Loader: James Foster

Lifts: Crucifix, Cheat Curl, Hand and Thigh, Hip Lift, Deanna Lift

Lifter	Age	BW	Crucifix	Cheat Curl	H&T	Hip	Deanna	Total	Points
Joe Garcia	55	240	70	155	1275	1875	575	3950	3711.88
Al Myers	42	253	90	190	1105	1475	755	3615	2936.31
Chad Ullom	37	232	80	175	1105	1475	665	3500	2886.45
Al Springs	67	212	40	65	375	525	235	1240	1373.01

Body weight in pounds. All lifts in pounds.

Joe Garcia wins the Deanna Meet
Meet report by Al Myers

Four lifters made their way to Clark's Gym during a late spring snow storm to participate in the Deanna Springs Memorial. The day I left for the meet I received over 6 inches of snow at home, which is unusual for Kansas in March. I was able to stay ahead of the storm and was fortunate that the weather had improved when it was time to return home. This meet is a memorial meet honoring the late Deanna Springs, who was the wife of Al Springs. So, it was a quite a highlight, when Al Springs showed up!!! Al has had a rough year having just had heart bypass surgery this year. He has been involved with the USAWA for many years, not just as a lifter but also as a meet promoter. Most lifters would give up lifting after heart surgery. But Al is a hardcore lifter, like many of the other USAWA lifters, and shows what determination is all about. He is a true inspiration to everyone!! Joe Garcia easily won the meet with his strength in the heavy lifts. Joe made a huge hip lift of 1875#, and almost made 2075#. Joe is a technician in the heavy lifts. One thing I really admire about Joe is his willingness to share lifting tips with his competitors. My training partner Chad Ullom again turned in a solid

lifting performance. Chad is a very well-rounded lifter and has very few weak lifts. I want to thank Bill Clark again for hosting this annual event. We concluded the day with our traditional post-meet meal at the Golden Corral. Everyone left with sore muscles and a full belly.



Group Picture - Front row Bill Clark. Back row left to right Al Springs, Joe Garcia, Al Myers, and Chad Ullom



Hand and Thigh by Joe Garcia

Eastern Open Postal Meet
March 2009

Meet Director: John Wilmot

Lifts: French Press, Cheat Curl, and Jefferson Lift

Lifter	Age	BWT	Wt.Class	French	Curl	Jefferson	Total	Points
Women:								
Kari Landis	27	170	80	35	80	185	300	295.14
Men:								
John Monk, Jr.	43	175	80	100	150	425	675	678.34
Denny Habecker	66	184	85	77	110	275.5	462.5	550.78
Randy Smith	54	193	90	125	185	315	625	655.50
Jonathan Ciavattone	14	195	90	80	135	315	530	576.66
Joe Ciavattone, Jr.	15	205	95	120	175	455	750	760.55
Dennis Vandermark	55	207	95	60	135	250	445	452.76
John Wilmot	62	213	100	80	120	300	500	531.11
Orie Barnett	48	229.5	105	138	155	425	718	649.34
Al Myers	42	252	115	120	198	573	891	725.65
Joe Ciavattone, Sr.	40	245	115	140	200	405	745	603.31
James Malloy	67	248	115	110	140	350	600	612.17

BWT in pounds. Wt. Class in kilograms. Lifts in pounds. Points are age and weight adjusted.

Best Female Lifter: Kari Landis

Best Male Lifter: Joe Ciavattone, Jr.

2009 USAWA Heavy Lift Championships

May 16th, 2009

Habecker's Garage

Meet Director: Denny Habecker

Scorekeeper: Judy Habecker

Loader: Alan Schmidt and all lifters

Officials: Three Officials used on all lifts - Denny Habecker, Art Montini, Dale Friesz, Al Myers, Chad Ullom, Scott Schmidt

Lifts: Neck Lift, Hand and Thigh, Hip Lift

Lifter	Age	BW	Neck	H&T	Hip	Total	Points
Al Myers	42	254	405	1204	1845	3454.0	2800.6
Chad Ullom	37	230	501.8	1204	1603	3308.8	2740.0
Dale Friesz	68	178	405	405	1000	1810.0	2231.0
Art Montini	81	182	309.5	405	895	1609.5	2155.4
Denny Habecker	66	189	276.5	593	895	1764.5	2067.0

Scott Schmidt	56	266	249	1004	0	1253.0	1127.6
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BW (Bodyweight) in pounds. All lifts in pounds. Points are weight and age adjusted.

Record attempts: Scott Schmidt 1581# in Hip Lift

Press Release:

USAWA Heavy Lift National Championships

Meet report by Al Myers

Lebanon, PA - Denny Habecker hosted the 2009 Heavy Lift Championships on May 16th, 2009. Only six lifters participated, but the field was full of experienced lifters. The meet was decided by my last Hip Lift, which I had to make to edge out my good friend and training partner Chad Ullom. With his encouragement, I was able to make the lift!!! However, the win was offset with a loss. I have always struggled with the Neck Lift, and I would just watch in amazement as the "Miracle Man" Dale Friesz and the "Man of Steel" Art Montini Neck Lift. They lift weights in the Neck Lift that a normal person would think impossible considering their ages and bodyweights. Once finished with the Neck Lift, and with a pain in my neck, I made the statement, "If anyone could show me how to lift 500 pounds in this lift, I will buy everyone steak dinners afterwards!!!" Well, the two of them started giving me tips and "the secret" and before I knew it I Neck Lifted 500 pounds easily, and I now feel 600 is a real possibility. I try to be a man of my word, so supper afterwards was on me!! But it was a loss I didn't mind!!! Scott Schmidt showed everyone how much determination he has. He missed his opener in the Hip Lift - everytime with balance issues. However, even when he was out of attempts, he took an extra attempt and got it to set a new age group Hip Lift Record!!!! The Heavy Lifts are fickle, and the slightest change in body position can make several hundred pounds difference. I know Scott wasn't totally satisfied, but I wouldn't be surprised if the next time he Hip Lifts he goes over 2000#!!! We even had a surprise guest. Toward the end of the meet, in walks "The Living Legend" John Vernacchio. John was a fierce competitor in the earlier USAWA days, and was responsible for promoting some of the biggest meets ever in the USAWA. I really enjoyed getting to visit with him. After the meet, Judy Habecker prepared the best post-meet meal I have ever had. Denny and Judy are very gracious hosts and they did everything possible to make this day a special event for everyone.

2009 USAWA National Championships

Dino Gym, Abilene, Kansas

June 20th, 2009

Meet Director: Al Myers

Lifts: Snatch - one arm, Cheat Curl, Clean & Jerk - Fulton Bar, Pullover and Press, Deadlift - 2 bars, Backlift

Officials (3 official system used): Bill Clark, Thom Van Vleck, Mark Mitchell

Loaders: Darren Barnhart, Ryan Batchman

Scorekeeper: Scott Tully

Lifter	Age	BWT	Snatch	Curl	C&J	P&P	DL-2BB	Back	Total	WAP	AAP
Al Myers	42	253	145 R	205	255	320	560	2700	4185	3300.29	3399.30
Mike McBride	32	229	135 L	220	250	290	450	2600	3945	3274.75	3274.75
Chad Ullom	37	228	155 R	195	255	295	540	2400	3840	3195.65	3195.65
Joe Garcia	55	234	95 R	155	185	220	330	2000	2985	2447.40	2838.99

Randy Smith	54	194	100 R	180	180	205	380	1500	2545	2312.13	2658.95
Rudy Bletscher	73	218	55 R	100	100	120	280	1500	2155	1836.50	2460.91
Denny Habecker	66	192	70 R	120	150	195	330	1200	2065	1885.76	2394.91
Ben Edwards	34	215	115 R	145	185	250	400	1500	2595	2229.62	2229.62
Art Montini	81	175	35 L	80	75	120	220	1000	1530	1478.44	2099.38
Tim Piper	39	187	105 L	165	180	160	350	1200	2160	2005.99	2005.99
Charlie Scott	74	148	50 R	90	90	125	220	700	1275	1370.37	1850.00
Dennis Mitchell	77	161	30 R	80	55	75	190	750	1180	1200.30	1656.41
Dale Friesz	68	175	27.5 R	82.5	45	100	240	800	1295	1248.51	1610.58

Notes: All lifts in pounds. BWT = bodyweight, WAP = Weight Adjusted Points, AAP = Age Adjusted Points

Extra Attempts for records:

Chad Ullom Pullover and Press 311 lbs.

Joe Garcia Deadlift - 2 bars 350 lbs.

Dennis Mitchell Snatch - one arm 30 lbs. (Left), Cheat Curl 83.5 lbs., Deadlift - 2 bars 200 lbs.

Best Lifter Awards:

Best Lifter Overall Al Myers

Best Lifter Open Al Myers

Best Lifter Master Al Myers

Best Lifter 20-39 Age Group Mike McBride

Best Lifter 40-44 Age Group Al Myers

Best Lifter 50-54 Age Group Randy Smith

Best Lifter 55-59 Age Group Joe Garcia

Best Lifter 65-69 Age Group Denny Habecker

Best Lifter 70-74 Age Group Rudy Bletscher

Best Lifter 75-79 Age Group Dennis Mitchell

Best Lifter 80-84 Age Group Art Montini

2009 USAWA Nationals



Pictured front row left to right: Rudy Bletscher, Denny Habecker, Art Montini, Dale Friesz, Dennis Mitchell

Pictured back row left to right: Charlie Scott, Randy Smith, Tim Piper, Ben Edwards, Joe Garcia, Al Myers, Chad Ullom

Middle Atlantic Open Postal Meet
June 2009

Meet Director: John Wilmot

Lifts: Clean and Press - Reverse Grip, Continental Snatch, Hack Lift

Lifter	Age	BWT	C&P	Snatch	Hack	Total	Points
Al Myers	42	255	220	198	573	991	802.19
Orie Barnett	48	227	170	110	405	685	622.33
John Wilmot	62	213	110	100	300	510	541.74

BWT - Bodyweight in pounds. All lifts in pounds. Points are age and bodyweight adjusted.

Best Overall Lifter Al Myers

IAWA World 'Open' Team Postal Competition 2009

A word from the Organiser:

This postal competition was organised as a 'Fun' team event, for teams of three, but also with the flexibility to allow individual lifters to join in to see where they rank amongst the other lifters. We had lifters from England, USA and Australia taking part, and from the ages divisions of Juniors 13 + Under through to the Masters 75+. Well done to all who took part, I will organise another competition for next year with four different lifts. Please see below that the results are figured first as teams and then as individuals. Best Wishes and Happy Lifting – Steve Gardner

(3 Teams comprised of only 2 members, but there were also 3 individual lifters, so the individuals were added to those teams as 'guests' to round things up into teams of 3.)

Pos.	Team	Team Members	Amended Points
1	Hastings Warriors 1 (Eng)	Nick Swain Phillipe Crisp Sam Hills	963.6
2	Sunbury1 (Eng)	Rick Meldon Tom Meldon Tom Chantler	961.3
3	Dino Gym (USA)	Al Myers Chad Ullom Darren Barnhart	931.8

4	Haven Hotshots (Eng)	Steve Sherwood Tom Allsop Stewart Brookes	920.8

5	Powerhouse Gym (Eng)	James Gardner	Jon Eccleshall	Graham Saxton	890.9
6	Belmont WA (Australia)	Peter Phillips	Samuel Trew	Nic Porter (Guest)	808.1
7	Old and Done (USA)	Jim Malloy	Scott Schmidt	Bill Crozier	745.3
8	Granby Grippers (Eng)	Steve & Daniel Andrews	Karl Birkinshaw (Guest)		735.1
9	Hastings Warriors 2 (Eng)	Steve Shah	Ed Shortle	Gordon Fairey	703.4
10	Haven Heroes (Eng)	John Kavanagh	Dave Moreton	Peter Lee (Guest)	674.4
11	Sunbury 2 (Eng)	Jeff Luther	Trevor Evans	Nick Sayce	598.8

Individual Amended Totals - Ranking of all lifters

(After Bodyweight, Age and Blindt Formulas are applied)

1	Rick Meldon	(Eng)	432.5
2	Al Myers	(USA)	379.5
3	Steve Sherwood	(Eng)	369.5
4	Nick Swain	(Eng)	349.4
5	Steve Andrews	(Eng)	346.8
6	Chad Ullom	(USA)	329.4
7	Phillipe Crisp	(Eng)	326.3
8	Peter Phillips	(Australia)	324.1
9	Graham Saxton	(Eng)	321.3
10	James Gardner	(Eng)	298.9

Individual Amended Totals – Rankings Continued

11	Scott Schmidt	294.7
12	Sam Hills	287.9
13	Tom Allsop	285.4
14	Tom Meldon	284.8
15	Steve Shah	281.5

16	Jonny Eccleshall	270.7
17	Stewart Brookes	265.9
18	John Kavanagh	262.0
19	Jim Malloy	260.9
20	Samuel Trew	250.8
21	Tom Chantler	244.1
22	Dave Morton	241.9
23	Ed Shortle	237.2
24	Nic Porter	233.4
25	Darren Barnhart	222.9
26	Jeff Luther	210.5
27	Karl Birkinshaw	210.1
28	Trevor Evans	210.0
29	Gordon Fairey	184.7
30	Nick Sayce	178.3
31	Daniel Andrews	178.2
32	Peter Lee	170.6
33	Bill Crozier	189.7

Individual Class Winners and Positions – World ‘Open’ Postal 2009

Juniors13+U

Daniel Andrews J13 +Under 55k Champion

OPEN

Stewart Brooks Open 70k Champion

Nic Porter Open 75k 4th

Nick Sayce Open 75k 6th

Jonny Eccleshall Open 80k 2nd

Karl Birkinshaw	Open 85k 5th
John Kavanagh	Open 90k 3rd
James Gardner	Open 95k Champion
Phillipe Crisp	Open 100k Champion
Gordon Fairey	Open 100k 2nd
Chad Ullom	Open 105k Champion
Samuel Trew	Open 105k 2nd
Tom Chantler	Open 125k Champion

Masters 40+

Nick Swain	Open 90k Champion and 40+ 90k Champion
Al Myers	Open 120k Champion and 40+ 120k Champion
Darren Barnhart	Open 125+ Champion and 40+ 125k Champion

Masters 45+

Steve Andrews	Open 75k Champion and 45+ 75k Champion
Rick Meldon	Open 85k Champion and 45+ 85k Champion
Sam Hills	Open 85k 2nd and 45+ 85k 2nd
Tom Allsop	Open 90k 2nd and 45+ 90k Champion
Graham Saxton	Open 110k Champion 45+ 110k Champion

Masters 50+

Dave Morton	Open 75k 2nd and 50+ 75k Champion
Jeff Luther	Open 75k 5th and 50+ 75k 3rd
Ed Shorttle	Open 75k 3rd and 50+ 75k 2nd
Tom Meldon	Open 85k 3rd and 50+ 85k Champion

Masters 55+

Steve Sherwood	Open 80k Champion and 55+ 80k Champion
Peter Phillips	Open 110k Champion and 55+ 110k Champion

Scott Schmidt Open 120k 2nd and 55+ 120k Champion

Masters 60+

Steve Shah Open 85k 4th and 60+ 85k Champion

Trevor Evans Open 85k 6th and 60+ 85k 2nd

Masters 65+

Jim Malloy Open 115k Champion and 65+ 115k Champion

Masters 70+

Bill Crozier Open 105k 2nd and 70+ 105k Champion

Masters 75+

Peter Lee Open 85k 7th and 75+ 85k Champion

Individual Lift Rankings

(After Bodyweight, Age and Blindt Formula is applied)

Squat Rankings

1	Rick Meldon	240.5	139.2
2	Al Myers	272.5	128.8
3	Phillipe Crisp	240.5	120.3
4	Peter Phillips	210	114.7
5	Nick Swain	200.5	113.4
6	Steve Sherwood	160	108.0
7	Tom Meldon	170.5	104.9
8	Chad Ullom	220	104.4
9	Steve Shah	155.5	101.6
10	Steve Andrews	145	97.8

11	Scott Schmidt	182	96.4
12	Graham Saxton	190	96.3
13	Tom Chantler	210.5	94.4
14	Sam Hills	155.5	92.1
15	Darren Barnhart	210	90.1
16	Tom Allsop	150	85.1
17	Jim Malloy	137.5	83.7
18	Samuel Trew	170	79.3
19	James Gardner	150	75.8
20	Ed Shortle	105.5	70.1
21	Nic Porter	115	67.6
22	Jonny Eccleshall	120	66.3
23	Trevor Evans	95	65.3
24	John Kavanagh	127.5	64.5
25	Dave Morton	95	63.3
26	Bill Crozier	92.5	62.7
27	Gordon Fairey	125.5	61.8
28	Daniel Andrews	62.5	60.8
29	Stewart Brookes	95	58.4
30	Karl Birkinshaw	100	53.6
31	Nick Sayce	85	49.4
32	Peter Lee	60	49.1
33	Jeff Luther	70	48.2

Pullover and Push Rankings

1	Rick Meldon	180.5	117.8
2	Nick Swain	153	97.6
3	Steve Andrews	127.5	97.0
4	Al Myers	170	90.6
5	Chad Ullom	160	85.6
6	Steve Sherwood	110	83.8
7	Phillipe Crisp	140.5	80.1
8	Graham Saxton	135	77.5
9	Tom Meldon	110.5	76.7
10	Jim Malloy	105	72.1

Pullover and Push Rankings Continued

11	James Gardner	120	68.4
12	Sam Hills	100.5	67.1
13	Stewart Brooks	95	65.8
14	Tom Allsop	100	64.0
15	Scott Schmidt	105	62.7
16	Jeff Luther	77.5	60.1
16	Dave Morton	80	60.1
18	John Kavanagh	100	57.0
19	Peter Phillips	85	52.3
20	Jonny Eccleshall	90	56.0
21	Steve Shah	70.5	51.9
22	Trevor Evans	65	50.4
23	Samuel Trew	90	47.3
24	Ed Shortle	60.5	45.3

25	Karl Birkinshaw	70	42.3
26	Tom Chantler	80.5	40.7
27	Nick Sayce	60	39.3
28	Nic Porter	55	36.4
29	Gordon Fairey	65.5	36.3
30	Peter Lee	39.1	36.0
31	Daniel Andrews	31.7	34.8
32	Bill Crozier	42.5	32.5
33	Darren Barnhart	65	31.4

Straddle Deadlift Rankings

1	Steve Sherwood	200	96.5
2	Rick Meldon	230.5	95.3
3	Al Myers	250	84.4
4	Peter Phillips	210	82.0
5	Sam Hills	190.5	80.6
6	Chad Ullom	235	79.7
7	James Gardner	220	79.5
8	Jonny Eccleshall	200	78.9
9	Graham Saxton	200	78.4
10	Phillipe Crisp	210.5	76.1

11	Nic Porter	180	75.6
12	Tom Meldon	170.5	75.0
13	Steve Shah	160.5	74.9
14	Steve Andrews	155	74.7
14	Stewart Brooks	170	74.7

16	Samuel Trew	220	73.4
17	Nick Swain	180.5	73.0
18	Darren Barnhart	235	72.0
19	Ed Shortle	150.5	71.5
20	Scott Schmidt	182	68.9

Straddle Deadlift Rankings Continued

21	Tom Chantler	210.5	67.4
22	John Kavanagh	180	65.1
22	Karl Birkinshaw	170	65.1
24	Tom Allsop	160	64.9
25	Jim Malloy	137.5	59.8
26	Dave Morton	125	59.5
27	Bill Crozier	100	55.7
28	Peter Lee	90	52.6
29	Gordon Fairey	140.5	49.4
30	Jeff Luther	100	49.2
31	Trevor Evans	100	49.1
32	Daniel Andrews	62.5	43.5
33	Nick Sayce	100	41.5

One Hand Clean And Jerk Rankings (L or R)

1	Steve Sherwood (R)	52.5	81.2
2	Rick Meldon (R)	60.5	80.2
3	Steve Andrews (R)	50	77.2
4	Al Myers (R)	70	75.7
5	John Kavanagh (R)	65	75.3
6	James Gardner (R)	65	75.2

7	Peter Phillips (R)	60	75.1
8	Tom Allsop (R)	55	71.5
9	Jonny Eccleshall (R)	55	69.5
10	Graham Saxton (R)	55	69.1

11	Stewart Brooks (L)	47.6	67.0
12	Scott Schmidt (R)	55	66.7
13	Nick Swain (R)	50.5	65.4
14	Chad Ullom (R)	55	59.7
15	Dave Morton (R)	38.6	58.9
16	Nic Porter (R)	40	53.8
17	Jeff Luther (R)	33.7	53.1
18	Steve Shah (L)	35.5	53.1
19	Samuel Trew (L)	47.5	50.8
20	Ed Shortle (L)	33.0	50.2
21	Phillipe Crisp (R)	43.0	49.8
22	Karl Birkinshaw (L)	40	49.1
23	Nick Sayce (R)	36.2	48.1
23	Sam Hills (L)	35.5	48.1
25	Jim Malloy (R)	32.5	45.3
26	Trevor Evans (R)	28.7	45.2
27	Tom Chantler (R)	40.5	41.6
28	Daniel Andrews (R)	17.6	39.2
29	Bill Crozier (R)	25	38.8
30	Gordon Fairey (R)	33.0	37.2
31	Peter Lee (R)	17.6	33.0

32 Darren Barnhart (R) 30 29.4
33 Tom Meldon (R) 20 28.2

Team Nationals
Dino Gym, Abilene, Kansas
September 20th, 2009

Meet Director: Al Myers

Lifts: Team Snatch - One Arm
Team Bench Press - Feet in Air
Team Deadlift - Fulton Bar, Ciavattone Grip
Team Jefferson Lift

Officials (3 official system used): Scott Tully, Al Myers, Chad Ullom, Thom Van Vleck, John O'Brien

Scorekeeper: Scott Tully

Dino Gym Team:

Al Myers - 43 years old, 255 pounds BWT
Chad Ullom - 37 years old, 232 pounds BWT
OPEN DIVISION & 120 KG WEIGHT CLASS

JWC Team:

Thom Van Vleck - 45 years old, 293 pounds BWT
John O'Brien - 40 years old, 280.5 pounds BWT
MASTERS 40-44 AGE GROUP DIVISION & 125 KG PLUS WEIGHT CLASS

Results:

Team	Snatch	Deadlift	Bench Press	Jefferson	Total	Points
Dino Gym	235	606	575	1000	2416	1897.8
JWC	215	518	575	850	2158	1600.0

All lifts recorded in pounds. Points are bodyweight and age adjusted.

Meet Writeup:

Team Nationals - The Dino Gym versus The JWC
by Al Myers

Team Nationals Group Photo



Front row (left to right) - Al Myers and Chad Ullom
Back row (left to right) - John O'Brien and Thom Van Vleck

2009 Delaware Valley Open Postal Meet
 September 1st - 30th, 2009

Meet Director: John Wilmot

Lifts: Bench Press Feet in Air, Squat 12" Base, Deadlift Heels Together

Lifter and Certified Official/Officials:

Kari Landis - John Monk

John Monk, Jr. - No Certified Official

Denny Habecker - No Certified Official

Dennis Vandermark - John Monk

John Wilmot - No Certified Official

Bill Crozier - No Certified Official

Nate Shelly - No Certified Official

Results:

Lifter	Age	BWT	Class	Bench	Squat	Deadlift	Total	Points
Kari Landis	27	175	80	95	100	225	420	405.85
John Monk, Jr.	43	175.5	80	280	390	425	1095	1098.83
Denny Habecker	66	190	90	176	222	281	679	793.77
Dennis Vandermark	56	205	95	210	250	290	750	773.78
John Wilmot	62	210	100	150	225	325	700	749.07
Bill Crozier	72	224	105	160	210	260	630	704.25
Nate Shelly -extra lifter	20	154	70	215	275	300	790	827.13

BWT - bodyweight in pounds

Points are bodyweight and age adjusted.

Best Lifters: Women - Kari Landis Men - John Monk, Jr.

2009 IAWA World Championships
Lebanon, Pennsylvania
October 3rd & 4th, 2009

Meet Directors: Denny and Judy Habecker

Lifts on Day 1: Hack Lift - One Arm, Clean and Press Behind Neck, Straight Arm Pullover, Deadlift -Ciavattone Grip
Lifts on Day 2: Snatch - One Arm, Pullover and Press, Zercher Lift

Officials (3 official system used): Karen Gardner, Frank Ciavattone, Al Myers, Dennis Mitchell, George Dick, Art Montini

Loader: John Horn plus others

Scorekeeper: Steve Gardner and Judy Habecker

Emcee: Steve Gardner

Results:

Name	BWT	Class	Age	Division	Hack	C&P	Pullover	Deadlift	Snatch	P&P	Zercher	Points
Mark Haydock ENG	122.9	125	34	Open	145 R	105	57.5	227.5	80 R	157.5	230	764.3
Al Myers USA	114.7	115	43	M40+	150 R	90	60	210	70 R	160	190	763.1
Chad Ullom USA	104.3	105	37	Open	140 R	90	55	205	70 R	145	200	749.7
Roger Davis ENG	81.6	85	39	Open	117.5 R	80	45	185	60 R	120	170	738.4
Denny Habecker USA	86.1	90	67	M65+	90 R	65	32.5	140	35 R	95	95	661.1
John Monk USA	79.8	80	43	M40+	100 R	75	47.5	122.5	50 R	125	137.5	658.2
Bill Spayd USA	107.9	110	35	Open	110 R	90	55	200	60 R	120	170	655.2
Scott Schmidt USA	119.7	120	56	M55+	100 R	92.5	40	182.5	40 L	92.5	115	598.5
Art Montini USA	78.2	80	81	M80+	60 R	32.5	27.5	105	20 R	60	77.5	588.9
Josh Haydock ENG	66.9	70	19	J18/19	72.5 R	55	25	132.5	37.5 R	70	137.5	582.1
John Kavanagh ENG	94.3	95	21	Open	80 R	82.5	30	170	52.5 R	105	140	577.1
George Dick SCT	127.4	125+	60	M60+	102.5 R	60	30	175	40 R	90	120	559.7
Dennis Mitchell USA	72.1	75	77	M75+	50 L	20	20	90	15 L	35	85	484.4
Dennis Vandermark USA	92.5	95	56	M55+	75 L	---	30	130	22.5 R	60	110	442.0
Kohl Hess USA	118.8	120	15	J14/15	82.5 R	42.5	27.5	120	30 R	60	80	394.4
Frank Ciavattone USA	127.0	125+	54	M50+	90 R	20	15	182.5	20 R	25	20	321.3

BWT are bodyweights on day 1. All lifts are in kilograms. Points are age and bodyweight adjusted.
All lifters except Bill Spayd weighed in the second day for records. All lifters were in the same bodyweight class as Day 1.

Extra Attempts for Records:

Dennis Mitchell - Hack - One Arm 50 R, Straight Arm Pullover 22.5, Deadlift Ciavattone Grip 98

John Monk - Snatch - One Arm 55 R, Straight Arm Pullover 50

Kohl Hess - Clean & Press Behind Neck 45, Straight Arm Pullover 28.5, Zercher Lift 92.5

Denny Habecker - Pullover and Press 98

Mark Haydock - Straight Arm Pullover 61

Best Lifter Awards:

Josh Haydock - Junior 18/19 70 kg Champion and Best Junior 18/19

Kohl Hess - Junior 14/15 120 kg Champion and Best Junior 14/15

Dennis Mitchell - Masters 75+ 75 kg Champion and Best Master 75+

Art Montini - Masters 80+ 80 kg Champion and Best Master 80+

John Monk - Masters 40+ 80 kg Champion

Roger Davis - Open 85 kg Champion

Denny Habecker - Masters 65+ 90 kg Champion and Best Master 65+

Dennis Vandermark - Masters 55+ 95 kg Champion

John Kavanagh - Open 95 kg Champion

Chad Ullom - Open 105 kg Champion

Bill Spayd - Open 110 kg Champion

Al Myers - Masters 40+ 115 kg Champion and Best Master 40+
Scott Schmidt - Masters 55+ and Open 120 kg Champion and Best Master 55+
Mark Haydock - Open 125 kg Champion
Frank Ciavattone - Masters 50+ and Open 125+ kg Champion and Best Master 50+
George Dick - Masters 60+ 125 kg Champion and Best Master 60+

Art's Birthday Bash
Record Day
Ambridge VFW Barbell Club
October 11th, 2009

Meet Director: Art Montini

Officials (3 official system used): Art Montini, Denny Habecker, Dennis Mitchell, Scott Schmidt, Kathy Schmidt, John McKean

Results: [Copy of o9 bash meet.pdf](#)

Meet Report:

Art's Birthday Bash Record Day Ambridge VFW Barbell Club Ambridge, PA 11-Oct-09

IAWA INTERNATIONAL OFFICIALS:

Art Montini, Denny Habecker, Dennis Mitchell,
Scott Schmidt, Kathy Schmidt, John McKean

<u>Name</u>	<u>Record</u>	<u>Bodyweigh t</u>	<u>Age</u>	<u>Class</u>
Dennis Mitchell Roman Chair Situps	525 reps, 38 minutes	160	77	75K, Masters, 75+
Art Montini Teeth Lift Left Hand Zercher Right Hand Zercher Two Hand Vertical Bar (2") Lift Two Hand Deadlift	128# 110# 110# 158# 250#	174	82	80K, Masters, 80+
Denny Habecker Reverse Curl Alternate Grip Clean and Press	35K 57.5K	192	67	90K, Masters, 65+

Reverse Grip Clean and Press	57.5K
Left Hand Ciavattone Deadlift	70K
Right Hand Deadlift	122.5K

Scott Schmidt	261	56	120K, Masters, 55+
Continental to Belt	150K		
2" Vertical Bar Deadlift - Right Hand	105K		
Push Press from Rack	105K		

Ernie Beath	390	28	125+K (SHW)
Push Press from Racks	381#		
Clean & Press Behind Neck	251#		
Press Behind Neck from Racks	271#		
Clean & Reflex Push Press	225#		
Clean & Alternate Grip Press	205#		
Clean & Reverse Grip Press	205#		

Clark's Record Day
Columbia, Missouri
October 11th, 2009

Meet Director: Bill Clark

Official (1 official system used): Bill Clark

Results:

David Beversdorf 296 pounds BWT, 44 years old

Roman Chair Bench Press 250#
Bench Press - Hands Together 310#
Bench Press - Alternate Grip 405#
Bench Press - Reverse Grip 380#
Bench Press - Left Hand 130#
Bench Press - Right Hand 160#

IAWA Gold Cup 2009

Castlemilk, Glasgow, Scotland. Saturday 7th November

Promoter: David McFadzean (assisted by members of the Castlemilk Gym)

Lifter	Class	Div	Lifts
Steve Gardner	125+	M50+	R/H Ring Finger Lift 80k - L/H Index Finger Lift 75k
Frank Allen	90	M65+	Pullover at arms Length 45k
David McFadzean	100	Open	R/H Dumbell Deadlift 105k
Bill Wright	80	65+	R/H Dumbell C+Jerk 35k

Karen Gardner	80	50+	R/H Mid Finger Lift 40k - R/H Index Finger Lift 40k
Nicola Hughes	90	Open	2 inch bar Straddle D Lift 107.5k - L/H Zercher 60k
Chris Hughes	70	J18/19	2 inch bar Straddle D Lift 155k
James Gardner	95	Open	R/H Dumbell Deadlift 147k
Robbie Hughes	60	J14/15	Trap Bar Deadlift 135k
Agnes Mcinally	65	M50+	2 inch bar Straddle Deadlift 90k
George Dick	125+	M60+	Steinborn Lift 115k - Front Squat 110k
Graham Saxton	110	M45+	Steinborn Lift 137.5 - 2 inch bar Hacklift 202.5k
Chris Ross	95	Open	L/H Middle finger Lift 102.7k
Mathew Finkle	70	M40+	2 inch bar Hacklift 120k
Alex Rigbye	95	Open	2 Hands Thumbless Deadlift 142.5
Tom Moffat	95	Open	Trap Bar Deadlift 260k - 2 inch bar Straddle D Lift 230k
Steve Angell	110	Open	Trap bar Deadlift 300k
Joshua Haydock	70	J18/19	Trap Bar Deadlift 182.5k - Front Squat 105k
Mark Haydock	125	Open	2 Hands Thumbless D Lift 200k - Trap Bar D Lift 323.5k
Denny Habecker	90	M65+	Seated C+ Press B/Neck 60k - Trap Bar D Lift 160k
Alan Higgs	95	M50+	Trap Bar Deadlift 190k
Andy Tomlin	95	M40+	Middle Fingers Deadlift 140k
Steve Andrews	70	M50+	R/H Zercher 100k - L/H Thumbless D Lift 66k
Karl Birkinshaw	85	Open	Reflex C + Push Press 62.5k - Bwt Reps DLift 83k x 41 reps
Graham Always	110	Open	L/H Bench Press 32.5k

2 Man Lifts:

David McFadzean and Chris Hughes (Open 100k Class) 2 Man Hacklift 280k

Mathew Finkle and Robbie Hughes (Open 70k Class) 2 Man Straddle Dead Lift 250k

Andy Tomlin and Chris Ross (Open 95k Class) 2 Man Straddle Dead Lift 350k

MC Recorder: Steve Gardner **Assistant:** Judy Habecker **Drug Testing:** Frank Allen

Referees: Frank Allen Steve Andrews Denny Habecker Andy Tomlin Agnes Mcinally David Mcfadzean Karen Gardner George Dick Graham Saxton James Gardner

The 2009 'Tough Guy' Trans Continental Finger Lift Challenge

Friday 13th November – Ambridge, PA U.S.A.

*(All competition lifts were performed **Right Handed**, except for Denny Habecker who did his with the **Left Hand**, and in pounds which were converted to kilos)*

Lifter	Bwt	Class	Age	Div	Ring	Fing	Index	Fing	Mid	Fing	Total	Amend
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Team: The Ambridge Boyz

Art Montini	82.5	85	82	M80+	58.0		51.2		73.9		183.1	273.0
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John Mckean		79.3	80	63	M60+	49.4	51.2	58.0			158.6	188.5
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Team Amend Total 461.5

Team: Lebanon Storm International

Denny Habecker	90.7	95	67	M65+	37.6	42.1	46.7	126.4	145.7			
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Steve Gardner	150.5	125+	53	M50+	73.9	78.4	92.0	244.3	193.2			
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Team Amend Total 338.9

Team: Grannies R US

Karen Gardner	76.6	80	50	M50+	37.6	38.7	42.1	118.4	167.1			
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Judy Habecker	79.8	80	68	M65+	33.1	28.5	33.1	94.7	149.5			
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Team Amend Total 316.6

Extra Lift Outside The Competition

John Mckean L/H Ring Finger Lift 42.1k

Referees: John Mckean Denny Habecker Art Montini Steve Gardner

JWC 1st Annual All-Round Challenge
November 21st, 2009
JWC Training Hall, Kirksville, Missouri

Meet Director: Thom Van Vleck

USAWA Officials: Chad Ullom, Al Myers, Thom Van Vleck
(Chad Ullom used the 3 Official System and all others used the 1 Official System)

Loader: Tedd Van Vleck

Results:

Al Myers Age 43 40-44 Age Group

120kg Weight Class (Actual weight 260.5lbs)

Bench Press - Left Arm = **95lbs**

Bench Press - Right Arm = **115lbs**

Abdominal Raise = **45lbs**

Pullover - Bent Arm = **145lbs**

Clean & Jerk - Dumbbell, Right Arm = **130lbs**

Swing - Dumbbell, Right Arm = **130lbs**

Side Press - Dumbbell, Left Arm = **80lbs**

Side Press - Dumbbell, Right Arm = **80lbs**

Press - Dumbbell, Right Arm = **100lbs**

Snatch - Dumbbell, Right Arm = **120lbs**

Press - From Rack = **205lbs**

Chad Ullom Age 37 Open Age Class

110kg Class (Actual weight 237.0lbs)

Deadlift - Left Arm = **375lbs**

Deadlift - Right Arm = **410lbs**

Continental to Belt = **475lbs**

Hack Lift = **510lbs**

Steinborn Lift = **410lbs**

Hack Lift - Right Arm = **285lbs**

Snatch - Left Arm = **125lbs**

Piper Squat = **125lbs**

Morgan Van Vleck Age 12 Female

45kg Class (Actual weight 94.0lbs)

Snatch - From Hang = **41.5lbs**

Continental Snatch = **41.5lbs**

Deadlift - 12" Base = **140lbs**

Dalton Van Vleck Age 10

35kg Class (Actual Weight 75.5lbs)

Deadlift - 12" Base = **130lb**

Josh Hettinger Age 29 Open Age Class

125+ Class (Actual Weight 336lbs)

Shoulder Drop = **100lbs**

Lano Lift = **45lbs**

Curl - Reverse Grip = **185lbs**

Pullover -Bent Arm = **165lbs**

Clean & Jerk - Dumbbell, Right Arm = **130lbs**

Clean & Jerk - Dumbbell, Left Arm = **130lbs**

Side Press - Dumbbell, Right Arm = **110lbs**

Side Press - Dumbbell, Left Arm = **110 lbs**

Finger Lift - Right, Middle = **125lbs**

Deadlift - Ciavattone Grip, Right Arm = **225lbs**

Deadlift - Ciavattone Grip, Left Arm = **225lbs**

Snatch - Right Arm = **135lbs**

Snatch - Left Arm = **125lbs**

Bench Press - Right Arm = **95lbs**

Press - Dumbbell, Right Arm = **100lbs**

Circus DB (3" handle, two hand clean, one hand press) = **170lbs**

Thom Van Vleck Age 45 45-49 Age Group

125+ Class (Actual Weight 288lbs)

Finger Lift - Left Thumb = **30lbs**

Finger Lift - Right Thumb = **30lbs**

Finger Lift - Left Middle = **111lbs**

Snatch - On Knees = **100lbs**

French Press = **65lbs**

Curl - Reverse Grip = **135lbs**

Curl - Cheat = **185lbs**

Continental Snatch = **185lbs**

Continental to Chest = **245lbs**

Continental to Belt = **360lbs**

Deadlift - Stiff legged = **225lbs**

Pull Over - Bent Arm = **95lbs**

Deadlift - Reeves = **300lbs**

Deadlift - Ciavattone Grip, Left Arm = **135lbs**

Deadlift - Left Arm = **135lbs**

Deadlift - One Leg, Left = **135lbs**

Deadlift - One Leg, Right = **135lbs**

Side Press - Dumbbell, Right Arm = **80lbs**

Side Press - Dumbbell, Left Arm = **80lbs**

Press - Dumbbell, Right Arm = **80lbs**

Press - Dumbbell, Left Arm = **80lbs**

Snatch - Dumbbell, Left Arm = **100lbs**

Snatch - Dumbbell, Right Arm = **100lbs**

Curl - Dumbbell, Cheat, Left Arm = **80lbs**

Curl - Dumbbell, Cheat, Right Arm = **80lbs**

Swing - Dumbbell, Left Arm = **80lbs**

Swing - Dumbbell, Right Arm = **80lbs**

Clean & Press - On Knees = **135lbs**

Press - From Rack, Behind Neck = **135lbs**

Jerk - From Rack, Behind Neck = **225lbs**

Push Press - From Rack = **225lbs**

Miller Clean & Jerk = **95lbs**

Clark's Gym Record Day

November 22nd, 2009

Clark's Gym, Columbia, Missouri

Meet Director: Bill Clark

Official (1 Official System Used): Bill Clark

Loader: Tom Powell

Records:

Ben Edwards - 215 lbs, 34 years old

Vertical Bar Deadlift - 1 bar, 1", Left Hand = **315 lbs.**

Vertical Bar Deadlift - 1 bar, 1", Right Hand = **255 lbs.**

Vertical Bar Deadlift - 2 bars, 1" = **410 lbs.**

Vertical Bar Deadlift - 1 bar, 2", Left Hand = **235 lbs.**

Vertical Bar Deadlift - 1 bar, 2", Right Hand = **210 lbs.**

Vertical Bar Deadlift - 2 bars, 2" = **366 lbs.**

Deadlift - Fulton Dumbbell, Left Arm = **165 lbs.**

Deadlift - Fulton Dumbbell, Right Arm = **165 lbs.**

Deadlift - 2 Fulton Dumbbells = **310 lbs.**

Deadlift - No Thumb, Right Arm = **275 lbs.**

Al Myers - 255 lbs, 43 years old

Deadlift - Dumbbell, Right Arm = **370 lbs.**

Deadlift - Dumbbell, Left Arm = **330 lbs.**

Deadlift - 2 Dumbbells = **480 lbs.**

Deadlift - Fulton Dumbbell, Right Arm = **170 lbs.**

Deadlift - Fulton Dumbbell, Left Arm = **170 lbs.**

Deadlift - 2 Fulton Dumbbells = **310 lbs.**

Hack Lift - Left Arm = **235 lbs.**

Deadlift - No Thumb, Right Arm = **275 lbs.**

Thom Van Vleck - 288 lbs, 45 years old

Deadlift - Dumbbell, Right Arm = **240 lbs.**

Deadlift - Dumbbell, Left Arm = **240 lbs.**

Deadlift - 2 Dumbbells = **300 lbs.**

Deadlift - Fulton Dumbbell, Right Arm = **115 lbs.**

Deadlift - 2 Fulton Dumbbells = **230 lbs.**

Hack Lift - Left Arm = **145 lbs.**

Hack Lift - Right Arm = **145 lbs.**

Deadlift - No Thumb, Right Arm = **165 lbs.**

Deadlift - No Thumb, Left Arm = **165 lbs.**

Deadlift - Fingers, Middle = **145 lbs.**

Deadlift - Fingers, Ring = **145 lbs.**

Goerner Deadlift Dozen plus One

Clark's Gym

Columbia, Missouri

December 5th, 2009

Meet Director: Bill Clark

Official: (One Official System) Bill Clark

Loader: Tom Powell

Lifts: Deadlift - Heels Together, Jefferson Lift, Hack Lift, Deadlift - 2 Bars, Deadlift - No Thumb, One Arm (right and left), Deadlift - One Arm (Right and Left), Deadlift - Reeves, Deadlift - Index Fingers, Deadlift - Middle Fingers, Deadlift - Ring Fingers, Deadlift - Little Fingers

Results:

Lifter	Age	BWT	DL-HT	Jeff	Hack	2 Bar	DL -NT, Right	DL - NT, Left	DL - Right
Al Myers	43	254	550	550	500	590	250	250	365
Chad Ullom	37	230	495	500	475	500	225	185	365
Rudy Bletscher	74	219	275	225	225	270	155	155	175

Lifter	DL -Left	Reeves	DL-MF	DL-IF	DL-RF	DL-LF	Total	Pts	ADJ Pts
Al Myers	365	335	305	225	225	155	4665	3672.29	3819.18
Chad Ullom	385	305	300	225	225	100	4285	3550.12	3550.12
Rudy Bletscher	175	185	135	135	115	65	2290	1947.19	2628.71

All lifts and bodyweights were recorded in pounds.
No records were set on extra attempts.
BW

John's Birthday Record Day

(and National Postal Meet Qualifier)

Ambridge VFW Barbell Club, Ambridge, PA

December 6, 2009

All lifts listed in pounds except as noted

IAWA International Officials: (3 judges on all lifts)

Art Montini, Denny Habecker, Scott Schmidt, John McKean

Results:

John McKean - 174.5 lbs., 63 years old, 60+ 80K Class

Ciavattone Deadlift	335
One-Arm Hack (L)	175
One-Arm Hack (R)	215
One-DB DL (R)	225
Hack Lift - 2" Bar	275

Art Montini - 181 lbs, 82 years old, 80+ 85 K Class

Clean and Press - 2" Bar	65
2 Hands Anyhow DB/BB	60
Clean & Push Press	80
Zercher	158
Ciavattone DL	200

Denny Habecker - 200 lbs, 67 years old, 65+ 95 K Class

Clean & Push Press	148
Zercher	215
Ciavattone DL	290

Scott Schmidt - 262 lbs., 57 years old, 55+ 120 K Class

Clean & Seated Press-Behind Neck	75K
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Clean & Seated Press	80K
Vertical Bar DL - 1 bar, 1", (L)	92.5K
2 Hand (1 bar) 1" Vertical Bar Deadlift	150K

Kohl Hess - 264 lbs., 15 years old, Jr. 14-15 120 K Class

Clean & Push Press	130
Zercher	215
Ciavattone DL	290

Ernie Beath - 400 lbs., 28 years old, Open 125+ Class

Jerk From Rack	406
Push Press From Rack	386
Overhead Squat (Arms Ext)	251
RH Side Press DB	154
LH Side Press DB	134
Alternate Grip Clean & Press	225
Reverse Grip Clean & Press	225

T - Bodyweight Pts - Lynch Points ADJ Pts - Age adjusted Lynch Points

2009 National Postal Championships
December 1st - 30th

Meet Director: John Wilmot

Some used the three official system while others used the one official system:

Art Montini - Officials: Denny Habecker, Scott Schmidt, and John McKean

Denny Habecker - Officials: Art Montini, Scott Schmidt, and John McKean

Kohl Hess - Officials: Art Montini, Scott Schmidt, and John McKean

Molly Myers - Official: Al Myers

Al Myers - Official: Chad Ullom

Dennis Vandermark - Official: John Monk Jr.

John Monk Jr. - Official: No certified official used

Joe Ciavattone Jr. - Official: Mike O'Brien

Jonathan Ciavattone - Official: Joe Ciavattone Sr.

Joe Ciavattone Sr. - Official: Mike O'Brien

Orie Barnett - Official: No certified official used

John Wilmot - Official: No certified official used

Lifts: Clean and Push Press, Zercher Lift, Deadlift - Ciavattone Grip

Results:

Women

Lifter	Age	BWT	Wt Cls	Push Press	Zercher	Deadlift	Total	Points
Molly Myers	11	128	60	60	85	175	320	506.59

Men

Lifter	Age	BWT	Wt Cls	Push Press	Zercher	Deadlift	Total	Points
Al Myers	43	257	120	264.5	407.7	462.7	1134.9	923.58
Chad Ullom	38	237	110	253.5	407.7	440.7	1101.9	898.60
Joe Ciavattone Jr.	16	207	95	200	325	365	890	858.19
Orie Barnett	48	228.6	105	188	330	415	933	845.10
John Monk Jr.	44	175	80	205	325	275	805	816.17
Joe Ciavattone Sr.	41	245	115	220	325	425	970	793.00
Denny Habecker	67	200	95	148	215	290	653	746.99
John Wilmot	62	212	100	135	205	335	675	718.25
Jonathan Ciavattone	15	207	95	145	230	300	675	680.46
Dennis Vandermark	56	206	95	95	225	285	605	621.99
Art Montini	82	181	85	80	158	200	438	592.83
Kohl Hess	15	264	120	130	215	290	635	563.75

"BWT" is bodyweight in pounds. "Wt Cls" is kilogram weight class. "Total" is total pounds lifted. "Points" is bodyweight and age adjusted points.

Best Lifter Awards:

Women Juniors - Molly Myers

Men Juniors - Joe Ciavattone Jr.

Master 40-44 Age Group - Al Myers

Master 45-49 Age Group - Orie Barnett

Master 55-59 Age Group - Dennis Vandermark

Master 60-64 Age Group - John Wilmot

Master 65-69 Age Group - Denny Habecker

Master 80-84 Age Group - Art Montini

Men Overall Open - Chad Ullom

Men Overall Master - Al Myers

Men Overall - Al Myers

USAWA Scoring

The USAWA has several bodyweight classes and age group classes for lifters to compete in. Any lifter may find a class to compete in where the competition is against other lifters of the same bodyweight and age. The USAWA has three main age groups which are the Junior, Open, and Masters age groups. The Junior age group includes lifters who have not reached their 20th birthday. The Junior age groups may be further split into smaller age groups. These include 13 and under, 14-15, 16-17, and 18-19. The Open age group includes lifters who are over the age of 20. Often there is an age group for the ages of 20-39. The Master age group includes lifters who are over the age of 40. Master age groups are often split into smaller age group classes. These include 40-44, 45-49, 50-54, etc. There are 19 bodyweight classes, beginning at 40 kilograms. There is a new bodyweight class for every 5 kilograms above 40 kilograms until 125 kilograms is reached. Lifters above 125 kilograms compete in the unlimited class. At the National Championships, lifters compete in one of these 19 weight classes within the smallest split of age groups for class placings. Best lifter awards are given for each age group and is determined by formula adjusting the lifter's total for bodyweight and age. For local competitions, the Meet Director is in charge of how the scoring is done for each competition and the type of awards given. The Meet Director may combine different weight classes or age groups to make different divisions. The Meet Director may have all the lifters compete against each other, in which the lifter's total is formula adjusted for bodyweight and age. The method for adjusting for bodyweight and age is this:

1st - Make the bodyweight adjustment. This is done by using the Lynch Formula. The Lynch Formula is:

$$\text{Lynch Points} = \text{Total Weight Lifted} \times \text{Lynch Factor}$$

The Lynch Factor is a coefficient that corresponds to a lifter's bodyweight. The intent of the Lynch Formula is to create a fair way of comparing all lifters, regardless of bodyweight. Click here for the [Lynch Factor Chart.pdf](#) to obtain Lynch Factors.

2nd - Make the age adjustment. For the Junior and Masters classes, an adjustment is made for age. The formula for the age adjustment is this:

$$\text{Age adjusted Lynch Points} = \text{Lynch Points} + (\text{Age Percent} \times \text{Lynch Points})$$

This provides a handicap for the Junior and Master lifters. The Age Percent for a Junior is this:

Age	Age Percent

12 and under	- 33%
13	- 25%
14	- 20%
15	- 15%
16	- 10%
17	- 5%
18	- 3%
19	- 2%

The Age Percent for a Master is 1% for each year of age starting at 40. So, a lifter of 40 years of age receives 1%, 41 years of age receives 2%, 42 years of age receives 3%, etc.

USAWA Registered Member Clubs

There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2009. To apply for club membership - [Click here](#)

Current Clubs:

[Al's Dino Gym](#) - (2003-2010)

Location: Abilene, Kansas

Contact: Al Myers

Ambridge VFW Barbell Club - (1993-2010)

Location: Ambridge, Pennsylvania

Contact: Art Montini

Clark's Championship Gym - (1989-2010)

Location: Columbia, Missouri

Contact: Bill Clark

[Jackson Weightlifting Club](#) - (2009)

Location: Kirksville, Missouri

Contact: Thom Van Vleck

Joe's Gym - (2002, 2010)

Location: Norwood, Massachusetts

Contact: Joe Ciavattone Sr.

[Heartland Armwrestling](#) - (2009-2010)

Location: Omaha, Nebraska

Contact: Mary McConnaughey

Past Clubs:

Bob's Lifting News - (1997-2003)

Braveheart WLC - (2000-2003)

Jump Stretch - (2002-2003)

New England All-Rounders -(1993-1999, 2004-2007)

Olympic Health Club Cleveland - (2001)

Powerzone - (2000-2007)

Prechtel's AC - (1991-2004)

SE Pennsylvania - (2005)

Valley Forge WLC - (1989-1995)

2009 USAWA National Championships

June 20th, 2009

Dino Gym

Abilene, Kansas

Meet Director: Al Myers

Scorekeeper: Scott Tully

Loaders: Darren Barnhart, Ryan Batchman

Officials: Bill Clark, Thom Van Vleck, Mark Mitchell

Lifts: Snatch - one arm, Cheat Curl, Clean & Jerk - Fulton Bar, Deadlift - 2 Bars, Pullover and Press, Back Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Mike McBride, Missouri
3. Chad Ullom, Kansas
4. Joe Garcia, Missouri
5. Randy Smith, Michigan
6. Rudy Bletscher, Kansas
7. Denny Habecker, Pennsylvania
8. Ben Edwards, Kansas
9. Art Montini, Pennsylvania
10. Tim Piper, Illinois

Best Lifter Awards:

Men Overall	Al Myers
Men Open	Al Myers
Men Master	Al Myers
Men Top Total	Al Myers
Men 20-39 Age Group	Mike McBride
Men 40-44 Age Group	Al Myers
Men 50-54 Age Group	Randy Smith
Men 55-59 Age Group	Joe Garcia
Men 65-69 Age Group	Denny Habecker
Men 70-74 Age Group	Rudy Bletscher
Men 75-79 Age Group	Dennis Mitchell
Men 80-84 Age Group	Art Montini

2008 USAWA National Championships

August 3rd, 2008

Ohio State Fair

Columbus, Ohio

Meet Director: Dennis Mitchell and Megan Tornstrom DeFourny of the
Columbus Weightlifting Club

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Loaders: Zach Beadle, Brandon Rhines, Bob Davis, Paul Stey

Officials: Bill Clark, Denny Habecker, Art Montini, Jim Malloy, Dale Friesz, Al Myers, Chad Ullom, Dennis Mitchell, Scott Schmidt

Lifts: One-Arm Clean & Jerk, Pullover & Push, Zercher, One-Arm Deadlift, Hip Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Scott Schmidt, Ohio
3. Andy Durniat, Ohio
4. Chad Ullom, Kansas
5. Jim Malloy, Ohio
6. Denny Habecker, Pennsylvania
7. Don Bisesi, Ohio
8. Dale Friesz, Virginia
9. Art Montini, Pennsylvania
10. Dennis Mitchell, Ohio

Best Lifter Awards:

Men Open	Al Myers
Men Master	Al Myers

2007 USAWA National Championships

July 7th, 2007

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Loaders: Terry Barlet, John Horn, Don Brandt

Officials: Denny Habecker, Jim Malloy, John Vernacchio, Barry Bryan, Art Montini, Dennis Mitchell, John McKean

Lifts: One-Arm Clean & Jerk, Clean and Press Heels Together, Stiff Legged Deadlift, Pullover & Push, Arthur Lift, One-Arm Deadlift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. Al Myers, Kansas
3. John Monk, Pennsylvania
4. Randy Smith, Michigan
5. Chad Ullom, Kansas
6. Denny Habecker, Pennsylvania
7. John McKean, Pennsylvania
8. Jim Malloy, Ohio
9. Art Montini, Pennsylvania
10. Bob D'Angelo, Pennsylvania

Women: Top Placing

1. Elizabeth Monk, Pennsylvania

Best Lifter Awards:

Women Overall	Elizabeth Monk
Women Junior	Elizabeth Monk
Men Junior	James Gilligan
Men 20-39 Age Group	Chad Ullom
Men 40-44 Age Group	Al Myers
Men 45-49 Age Group	Paul Montgomery
Men 50-54 Age Group	Ed Schock
Men 60-64 Age Group	Denny Habecker
Men 65-69 Age Group	Jim Malloy
Men 75-79 Age Group	Art Montini
Men Master	Ed Schock
Men Open	Al Myers

2006 USAWA National Championships

June 17th, 2006

Salina, Kansas

Meet Director: Al Myers

Emcee: Bill Clark

Scorekeepers: Scott Tully, Karla Barnhart

Loaders: Ryan Batchman, Tom Maxey

Officials: Thom Van Vleck, Bob Burtzloff, Chuck Cookson, Eric Todd, Doug Longbine, Mark Mitchell

Lifts: One-Arm Snatch, Clean and Press Heels Together, Bench Press Feet in Air, Steinborn, Deadlift 12" Base, Harness Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Ian Reel, Kansas
3. Bret Carter, Nebraska
4. Joe Garcia, Missouri
5. Dan Wagman, Colorado
6. Laynne Burnett, Kansas
7. Dan Mather, Kansas
8. Tim Pinkerton, Nebraska
9. Randy Smith, Michigan
10. Darren Barnhart, Kansas

Women: Top Two Placings

1. Amorkor Ollennuking, Missouri
2. Stephanie Beemer, Kansas

Best Lifter Awards:

Women Junior	Stephanie Beemer
Women Master	Amorkor Ollennuking
Women Open	Amorkor Ollennuking
Men Junior	Ian Reel
Men 20-39 Age Under 175lb	Dan Mather
Men 20-39 Age 176lb-200lb	Dan Wagman
Men 20-39 Age 201lb-231lb	Bret Carter
Men 20-39 Age 232lb-265lb	Al Myers
Men 20-39 Age 266lb-300lb	Darren Barnhart
Men 40-49 Age Group	Laynne Burnett
Men 50-59 Age Group	Joe Garcia
Men 60-69 Age Group	Denny Habecker
Men 70-79 Age Group	Dennis Mitchell
Men 90 Plus Age Group	Clyde Myers
Men Open	Al Myers
Men Master	Joe Garcia

2005 USAWA National Championships

June 25-26, 2005

Jump Stretch Fitness Center

Youngstown, Ohio

Meet Directors: Dick Hartzell and Carl LaRosa

Emcee: Bill Clark

Scorekeeper: Bill Clark

Lifts: Deadlift with Fulton Bar, Bench Press feet in air, Cheat Curl, French Press, 2-Hand Anyhow

with Barbell & Dumbbell, Vertical Bar 1 Bar 2" 1 Hand, 1-Arm Hack Lift, Clean & Seated Press, Neck Lift

Men: Top Ten Placings

1. Mike McBride, Missouri
2. Al Myers, Kansas
3. Randy Smith, Michigan
4. Jim Malloy, Ohio
5. Frank Ciavattone, Massachusetts
6. John McKean, Pennsylvania
7. Denny Habecker, Pennsylvania
8. Scott Schmidt, Ohio
9. Ian Reel, Kansas
10. Andy Loudon, Ohio

Best Lifter Awards:

Men Junior	Ian Reel
Men Open	Mike McBride
Men Master	Randy Smith

2004 USAWA National Championships
June 5-6, 2004
North Penn YMCA
Lansdale, Pennsylvania

Meet Director: John Vernacchio

Emcee: Larry Butts

Lifts: Cheat Curl, Vertical Bar 1 Bar 2" 1 Hand, Trap Bar Deadlift, Straight Arm Pullover, Bench feet in air, Continental to Belt, One-Arm Hack Lift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. John Monk, Pennsylvania
3. Tony Succarotti, Delaware
4. Bill Spayd, Pennsylvania
5. Frank Ciavattone, Massachusetts
6. Larry Silvestri, Massachusetts
7. Denny Habecker, Pennsylvania
8. Randy Smith, Michigan
9. Bob D'Angelo, Pennsylvania
10. Richard Durante, Pennsylvania

Women: Top Three Placings

1. Pam Maciolek, Pennsylvania
2. Tammie Rudisill, Pennsylvania
3. Maria Guaret, Pennsylvania

Best Lifter Awards:

Women 20-39 Age Group	Tammie Rudisill
Women Master Overall	Pam Maciolek
Women Open	Pam Maciolek
Men Junior 16-17	Cale Demille
Men 20-39 Age Group	John Monk
Men 40-44 Age Group	Larry Silvestri
Men 45-49 Age Group	Frank Ciavattone
Men 50-54 Age Group	Ed Schock
Men 55-59 Age Group	Larry Blockston
Men 60-64 Age Group	Denny Habecker
Men 65-69 Age Group	John Vernacchio
Men 70-74 Age Group	Richard Durante
Men 75-79 Age Group	Joe Amendalaro
Men 80-84 Age Group	John Dorylis
Men Open	Ed Schock
Men Masters	Ed Schock
Men Junior	Cale DeMille

2003 USAWA National Championships

June 7-8, 2003

Jump Stretch Fitness Center

Youngstown, Ohio

Meet Directors: Dick Hartzell and Carl LaRosa

Emcee: Bill Clark

Scorekeeper: Bill Clark

Loaders: Chris Rice, Gary Smith, Jason Groves, Bob Carcelli, Chris Waterman

Lifts: One-Arm Snatch, Clean & Press Heels Together, Stiff Legged Deadlift, Hack Lift, Bench Alternate Grip, Cheat Curl, Vertical Bar 2 Bar 2", Zercher Lift

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Bill Spayd, Pennsylvania
3. John Monk, Pennsylvania
4. Brandan Aldan, Ohio

5. Chris Waterman, Ohio
6. Al Myers, Kansas
7. Jason Groves, Ohio
8. Antonio DelSignore, Ohio
9. Randy Smith, Michigan
10. Denny Habecker, Pennsylvania

Women: Top Two Placings

1. Rita Hall, Pennsylvania
2. Marian LaRosa, Ohio

Best Lifter Awards:

Women 40-44 Age Group	Rita Hall
Women 60-64 Age Group	Marian LaRosa
Women Master	Rita Hall
Women Open	Rita Hall
Men Junior 14-15	Joshua Monk
Men Junior 16-17	Kiff Kincaid
Men Junior 18-19	Joe Hunter
Men Junior Overall	Joshua Monk
Men 20-39 Age Group	Bill Spayd
Men 40-44 Age Group	David Olsavsky
Men 45-49 Age Group	Bob Hirsh
Men 55-59 Age Group	John McKean
Men 60-64 Age Group	Denny Habecker
Men 65-69 Age Group	Andy Komorny
Men 70-74 Age Group	Dennis Mitchell
Men 75-79 Age Group	Art Montini
Men 80-84 Age Group	Jack Lano
Men Master Overall	Bob Hirsh
Men Open	Bob Hirsh

2002 USAWA National Championships

June 29-30, 2002

Ambridge, Pennsylvania

Meet Directors: Art Montini and John McKean

Scorekeeper: Marilyn McKean

Lifts: Steinborn, One-Arm Hack Lift, Trap Bar Deadlift, Clean and Seated Press Behind Neck, One-Arm Clean and Jerk, Stiff Legged Deadlift, Hip

Men: Top Ten Placings

1. Bill DiCioccio Sr., Pennsylvania
2. John Monk, Pennsylvania
3. Brandon Aldan, Ohio
4. Frank Ciavattone, Massachusetts
5. Denny Habecker, Pennsylvania
6. Art Montini, Pennsylvania
7. Larry Silvestri, Massachusetts
8. Dennis Mitchell, Ohio
9. Joe Hunter, Ohio
10. Bob Geib, Hawaii

Women: Top Two Placings

1. Noi Phumchaona, Ohio
2. Carolyn Goolsby, South Carolina

Best Lifter Awards:

Women Open	Noi Phumchaona
Women Master	Noi Phumchaona
Men Open	John Monk
Men Master	Bill DiCioccio, Sr.
Men Junior	Joe Hunter
13 and Under Junior	Joshua Monk
15 and Under Junior	Cale Demille
17 and Under Junior	Joe Hunter
20-39 Age Group	John Monk
40-44 Age Group	Nils Larson
45-49 Age Group	Frank Ciavattone
55-59 Age Group	Denny Habecker
60-64 Age Group	Bill DiCioccio Sr.
65-69 Age Group	Andy Komarny
70-74 Age Group	Art Montini
75-79 Age Group	Rex Monahan

2001 USAWA National Championships

June 23-24, 2001

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Emcee: Bill Clark

Scorekeeper: Bill Clark

Loaders: Joel Anderson, Jonathan Anderson, James Foster, Tom Powell

Officials: Art Montini, Kerry Clark, Casey Clark, Joe Garcia, Dale Friesz, Howard Prechtel, John Monk

Lifts: 1-Arm Snatch, 2-Barbell Deadlift, Hand and Thigh, 1-Arm Hack, Clean and Press heels together, Steinborn, 2-hand Anyhow with Barbell and Dumbbell

Men: Top Ten Placings

1. John Monk, Pennsylvania
2. Abe Smith, Missouri
3. Joe Garcia, Missouri
4. Denny Habecker, Pennsylvania
5. Bob Geib, Hawaii
6. Al Springs, Missouri
7. Dennis Mitchell, Ohio
8. Dave DeForest, Missouri
9. Rex Monahan, Colorado
10. Art Montini, Pennsylvania

Women: Top Two Placings

1. Amorkor Ollenuking, Missouri
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women Open	Amorkor Ollennuking
Women Master	Noi Phumchaona
Men Open	John Monk
Men Master	Joe Garcia
Men Junior	Abe Smith

2000 USAWA National Championships

July 1-2, 2000

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Assistant: John Long

Loaders: Terry Barlet, Tom Minnich, Neely Frye, Jason Hlavaty, John Hlavaty, Chris Loewer, Doug Campbell, Reggie Hayes, Brandon Pensyl, Mark O'Brien

Lifts: One Hand Snatch, Clean and Press Heels Together, One Hand Ciavattone Deadlift, Pullover and Push, Hack Lift, Clean and Jerk Behind Neck, Zercher Lift, Neck Lift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania

2. Frank Ciavattone, Massachusetts
3. John Monk, Pennsylvania
4. John McKean, Pennsylvania
5. Art Montini, Pennsylvania
6. Bill Spayd, Pennsylvania
7. Joe Ciavattone, Massachusetts
8. Denny Habecker, Pennsylvania
9. Jeff Ciavattone, Massachusetts
10. Brian Crowe, Pennsylvania

Women: Top Three Placings

1. Su.J. Mason, Pennsylvania
2. Noi Phumchaona, Ohio
3. Cara Collins, Massachusetts

Best Lifter Awards:

Women Open	Su.J. Mason
Women Master	Noi Phumchaona
Men Junior Overall	Jim Loewer
Men Open	Ed Schock
Men Master	Ed Schock
Men 20-39 Age Group	John Monk
Men 45-49 Age Group	Ed Schock
Men 50-54 Age Group	John McKean
Men 55-59 Age Group	Denny Habecker
Men 65-69 Age Group	Dennis Mitchell
Men 70-74 Age Group	Art Montini
Men 75-79 Age Group	Howard Prechtel
Men 80-84 Age Group	Paul Eberhardinger

1999 USAWA National Championships
June 26-27, 1999
Ambridge, Pennsylvania

Meet Directors: Art Montini and John McKean

Emcee: Bill Clark

Scorekeeper: Marilyn McKean

Loaders: Jason Zajec, Bill Spayd, Bob Geib, Chris Pennington, Joshua Monk, Mike Pinkoski, Izzy Mabrey, John Monk, Mike O'Brien

Officials: Art Montini, Dennis Mitchell, Denny Habecker, Rob McKean, Frank Ciavattone, Jim Goviannini, Bob Geib, Jeff Ciavattone, Joe Garcia, John Kurtz, John McKean, John Monk, Jim Malloy, Bob Karhan, Bob Hirsch, Pete Zaremba

Lifts: Clean and Push Press, One Arm Swing, Deadlift with Ciavattone Grip, Steinborn, Arthur Lift, One Arm Deadlift, Hip Lift

Men: Top Ten Placings

1. Denny Habecker, Pennsylvania
2. Jim Malloy, Ohio
3. Pete Zaremba, Ohio
4. Joe Garcia, Missouri
5. Frank Ciavattone, Massachusetts
6. Dale Friesz, Virginia
7. Scott Schmidt, Ohio
8. Chris Waterman, Ohio
9. John McKean, Pennsylvania
10. Jeff Ciavattone, Massachusetts

Women: Top Placing

1. Noi Phumchaona, Ohio

Best Lifters Awards:

Women Open	Noi Phumchaona
Women Master	Noi Phumchaona
Men Open	Denny Habecker
Men Master	Denny Habecker
Men Junior	Jeff Ciavattone
Men Junior 11-12 Age Group	John Blockston
Men Junior 14-15 Age Group	James Loewer
Men Junior 16-17 Age Group	Sean McKean
Men Junior 18-19 Age Group	Jeff Ciavattone
Men 20-39 Age Group	Pete Zaremba
Men 40-44 Age Group	Frank Ciavattone
Men 45-49 Age Group	Joe Garcia
Men 50-54 Age Group	John McKean
Men 55-59 Age Group	Denny Habecker
Men 65-69 Age Group	Dennis Mitchell
Men 70-74 Age Group	Art Montini

1998 USAWA National Championships
July 25-26, 1998
Mansfield, Massachusetts

Meet Director: Frank Ciavattone

Loaders: Mike Enright, Chris Sullivan, Nick Lacivita, Jim Paluso

Lifts: One-Hand Clean and Jerk, Pullover and Press, Deadlift with Ciavattone Grip, Cheat Curl, Clean and Press on Knees, Continental Snatch, Bench Press Feet in Air, Neck Lift

Men: Top Ten Placings

1. Joe Ciavattone, Massachusetts
2. John Monk, Pennsylvania
3. Frank Ciavattone, Massachusetts
4. Bill Spayd, Pennsylvania
5. Joe Garcia, Missouri
6. Jeff Ciavattone, Massachusetts
7. John McKean, Pennsylvania
8. Denny Habecker, Pennsylvania
9. Tim Kennedy, Massachusetts
10. Ralph Cirafesi, Pennsylvania

Women: Top Three Placings

1. Noi Phumchaona, Ohio
2. Cara Collins, Massachusetts
3. Dominique Ciavattone, Massachusetts

Best Lifters Awards:

Women Junior	Domenique Ciavattone	
Women Open	Noi Phumchaona	
Women Master	Noi Phumchaona	
Men Junior	Jeff Ciavattone	
Men Open	Joe Ciavattone	Men
Master	Frank Ciavattone	
Frank Ciavattone Sr. Award	Denny Habecker	

1997 USAWA National Championships

June 14-15, 1997

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Emcee: Bill Clark

Equipment Hauler: John Carter

Sales: Dolores Clark

Loaders: John Carter, Andy Bate, Charles Wade, Dan Thompson, Tyler Lasley, Judy Habecker

Head Officials: Kerry Clark, Casey Clark

Lifts: Clean and Press Heels Together, Deadlift with Ciavattone Grip, Steinborn, Hand and Thigh, One-Hand Deadlift, Pullover and Push, Clean and Press on Knees, Neck Lift

Men: Top Ten Placings

1. Jim Malloy, Ohio
2. Bob Hirsh, Ohio
3. Joe Garcia, Missouri
4. Chris Waterman, Ohio
5. Joe Caron, Kansas
6. Denny Habecker, Pennsylvania
7. Dale Friesz, Virginia
8. John Vernacchio, Pennsylvania
9. John Carter, Missouri
10. Howard Prechtel, Ohio

Women: Top Three Placings

1. Noi Phumchaona, Ohio
2. Karen Devine, Pennsylvania
3. Emily Gordon, Missouri

Best Lifters Awards:

Men Overall	Jim Malloy	
Women Open	Noi Phumchaona	
Women Master	Noi Phumchaona	
Men Open	Bob Hirsh	
Men Master	Jim Malloy	
Men 20-39 Age Group	John Carter	
Men 40-44 Age Group	Bob Hirsh	
Men 50-54 Age Group	Joe Caron	
Men 55-59 Age Group	Jim Malloy	
Men 60-64 Age Group	John Vernacchio	
Men 65-69 Age Group	Dennis Mitchell	
Men 70-74 Age Group	Howard Prechtel	
Men 75-79 Age Group	Jack Lano	Women
Junior	Emily Gordon	
Men Junior	Jonathon Anderson	

1996 USAWA National Championships

June 22-23, 1996

Mansfield, Massachusetts

Meet Director: Frank Ciavattone

Loaders: Mark Bridges, Ramon Lopez, Jim Collins

Lifts: Clean and Press Heels Together, Continental to Chest, Pullover and Press, Zercher Lift, Deadlift with Ciavattone Grip, One-Arm Clean and Jerk, One-Arm Deadlift, Neck Lift

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Chris Waterman, Ohio
3. Barry Pensyl, Pennsylvania
4. Art Montini, Pennsylvania
5. Jim Malloy, Ohio
6. Joe Ciavattone, Massachusetts
7. Denny Habecker, Pennsylvania
8. Pete Zaremba, Ohio
9. Howard Prechtel, Ohio
10. Dale Friesz, Virginia

Women: Top Three Placings

1. Cara Ciavattone, Massachusetts
2. Noi Phumchaona, Ohio
3. Holly Ciavattone, Massachusetts

Best Lifter Awards:

Women Junior	Holly Ciavattone
Women Open	Cara Ciavattone
Women Master	Noi Phumchaona
Men Junior	Jeff Ciavattone
Men Open	Bob Hirsh
Men Master	Bob Hirsh
Men 40-44 Age Group	Bob Hirsh
Men 45-49 Age Group	Barry Pensyl
Men 50-54 Age Group	Jim Malloy
Men 55-59 Age Group	Dale Friesz
Men 60-64 Age Group	Dennis Mitchell
Men 65-69 Age Group	Art Montini
Men 70-74 Age Group	Howard Prechtel
Frank Ciavattone Sr. Award	Bill Clark

1995 USAWA National Championships

June 3-4, 1995

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Lifts: Continental to Chest and Jerk, Deadlift Heels Together, Pullover and Push, Zercher Lift, Neck Lift, Clean and Press Heels Together, Bench Press Feet in Air, One-Hand Deadlift, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bob Hirsh, Ohio
3. John Carter, Missouri
4. Dale Friesz, Virginia
5. Jim Malloy, Ohio
6. Denny Habecker, Pennsylvania
7. Howard Prechtel, Ohio
8. Joe Garcia, Missouri
9. Chris Waterman, Ohio
10. Randy Joe Holden, Kansas

Women: Top Two Placings

1. Kerry Clark, Missouri
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women Open	Kerry Clark
Women Master	Noi Phumchaona
Men Open	Art Montini
Men Master	Art Montini
Men Junior	Adam Geib

1994 USAWA National Championships

June 4-5, 1994

East Lake, Ohio

Meet Director: Howard Prechtel

Emcee: Bill Clark

Scorekeeper: Marilyn McKean

Lifts: Clean and Push Press, Jefferson Lift, One-Hand Hack Lift, Cheat Curl, One-Hand Snatch, Zercher Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Bill DiCioccio Jr, Pennsylvania
3. Jim Malloy, Ohio
4. Bill DiCioccio Sr, Pennsylvania
5. Goeff Gazda, Ohio
6. Art Montini, Pennsylvania
7. Chris Waterman, Ohio
8. Howard Prechtel, Ohio
9. Mike Locondro, Pennsylvania

10. John McKean, Pennsylvania

Women: Top Three Placings

1. Jacqueline Simonsen, Vermont
2. Noi Phumchaona, Ohio
3. Deanna Springs, Missouri

Best Lifter Awards:

Women Open	Jacqueline Simonsen
Women Master	Noi Phumchaona
Men Open	Bob Hirsh
Men Master	Jim Malloy
Men Junior	Robbie McKean

1993 USAWA National Championships

May 22-23, 1993

Middletown, Pennsylvania

Meet Directors: Paul Montini and Paul Healey

Lifts: Clean and Push Press, Jefferson Lift, Steinborn, Zercher Lift, Hand and Thigh, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Jim Malloy, Ohio
4. Bill DiCioccio Jr, Pennsylvania
5. Bob Hirsh, Ohio
6. Barry Pensyl, Pennsylvania
7. Chris Waterman, Ohio
8. John Kurtz, Ohio
9. John McKean, Pennsylvania
10. John Monk, Pennsylvania

Women: Top Three Placings

1. Jacqueline Caron, Vermont
2. Noi Phumchaona, Ohio
3. Kerry Clark, Missouri

Best Lifter Awards:

Women Open	Jacqueline Caron
Men Open	Bill DiCioccio Jr.
Women Master	Noi Phumchaona
Men Master	Art Montini

Men Junior	Rocco Montini
Men 40-44 Age Group	Paul Montini
Men 45-49 Age Group	Barry Pensyl
Men 50-54 Age Group	Bill DiCioccio Sr.
Men 55-59 Age Group	John Vernacchio
Men 60-64 Age Group	Dennis Mitchell
Men 65-69 Age Group	Art Montini
Men 70-74 Age Group	Paul Eberhardinger

1992 USAWA National Championships
May 30-31, 1992
Walpole, Massachusetts

Meet Directors: Bob Moore and Roger Lynch

Emcees: Joe Caron and Bob Moore

Head Officials: Bill Clark, Armand Turgeon, Joe Garcia, John Vernacchio

Lifts: Continental Snatch, Pullover and Push, Steinborn, Hand and Thigh, Neck Lift, Jefferson Lift, One-Hand Deadlift, Zercher Lift, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Jim Malloy, Ohio
4. Roger Lynch, Massachusetts
5. John McKean, Pennsylvania
6. Frank Ciavattone, Massachusetts
7. Bill DiCioccio Jr., Pennsylvania
8. Dale Friesz, Virginia
9. Bob Moore, Massachusetts
10. Joe Garcia, Missouri

Women: Top Two Placings

1. Jacqueline Caron, Vermont
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women 20-39 Age Group	Jacqueline Caron
Women Master	Noi Phumchaona
Men Junior 13 and Under	Rocky Montini
Men Junior 14-15	Bradley Ward
Men Junior 16-17	Daniel Drake
Men Junior Overall	Rocky Montini

Men 20-39 Age Group	Roger Lynch
Men 40-44 Age Group	Paul Montini
Men 45-49 Age Group	John McKean
Men 50-54 Age Group	Bill DiCioccio Sr.
Men 55-59 Age Group	John Vernacchio
Men 60-64 Age Group	Art Montini
Men 65-69 Age Group	Rex Monahan
Men Master Overall	Art Montini
Men Open Overall	Roger Lynch

1991 USAWA National Championships
 July 13-14, 1991
 Ambridge, Pennsylvania

Meet Director: Art Montini and John McKean

Lifts: One-Hand Clean and Jerk, Hack Lift, Pullover and Push, Steinborn, Hand and Thigh, Continental Snatch, One-Hand Deadlift, Zercher Lift, Neck Lift, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Steve Schmidt, Missouri
4. Barry Bryan, Pennsylvania
5. Roger Lynch, Massachusetts
6. John McKean, Pennsylvania
7. Jim Malloy, Ohio
8. Joe Garcia, Missouri
9. John Monk, Pennsylvania
10. Frank Ciavattone, Massachusetts

Women: Top Three Placings

1. Jeanne Burchett, Pennsylvania
2. Noi Phumchaona, Ohio
3. Suree Hughes, Ohio

Best Lifter Awards:

Women Masters	Jeanne Burchett
Women Open	Jeanne Burchett
Men Junior	Robbie McKean
Men 20-39 Age Group	Steve Schmidt
Men 40-44 Age Group	Paul Montini
Men 45-49 Age Group	John McKean
Men 50-54 Age Group	Bill DiCioccio Sr.

Men 55-59 Age Group	Dennis Mitchell
Men 60-64 Age Group	Art Montini
Men 65-69 Age Group	Howard Prechtel
Men Master	Art Montini
Men Open	Steve Schmidt

1990 USAWA National Championships
 July 15-16, 1990
 Akron, Ohio

Meet Director: Attilio Alacchi

Lifts: Clean and Press, Front Squat, Continental to Chest, Pullover and Push, Neck Lift, One-Hand Snatch, Bench Press Feet in Air, One-Arm Deadlift, Hand and Thigh, Zercher Lift

Men: Top Ten Placings

1. Barry Bryan, Pennsylvania
2. Art Montini, Pennsylvania
3. Frank Ciavattone, Massachusetts
4. Jim Bufalini, Pennsylvania
5. Don Verterosa, Massachusetts
6. John Vernacchio, Pennsylvania
7. John McKean, Pennsylvania
8. Chris Waterman, Ohio
9. Jim Malloy, Ohio
10. Bill DiCioccio Sr., Pennsylvania

Women: Top Three Placings

1. Jeanne Burchett, Pennsylvania
2. Noi Phumchaona, Ohio
3. Suree Hughes, Ohio

Best Lifter Awards:

Women Master Overall	Jeanne Burchett
Women Open Overall	Jeanne Burchett
Men Junior	Robbie McKean
Men 20-39 Age Group	Barry Bryan
Men 40-44 Age Group	John McKean
Men 45-49 Age Group	Jim Malloy
Men 50-54 Age Group	John Vernacchio
Men 55-59 Age Group	Gonzalo Gonzales
Men 60-64 Age Group	Art Montini
Men 65-69 Age Group	Howard Prechtel
Men Master Overall	Art Montini

1989 USAWA National Championships

June 24-25, 1989

Plymouth Meeting, Pennsylvania

Meet Director: John Vernacchio

Lifts: One Hand Deadlift, Neck Lift, Clean and Press heels together, Zercher, Hip Lift, Bench Press feet in air, Pullover and Push, One Hand Snatch, Continental to Chest, Front Squat

Men: Top Ten Placings

1. Steve Schmidt, Missouri
2. Art Montini, Pennsylvania
3. Tim Bruner, Texas
4. John McKean, Pennsylvania
5. Phil Anderson, Texas
6. Brian Meek, Texas
7. Bill DiCiccio Sr., Pennsylvania
8. John Carter, Missouri
9. Jim Bufalini, Pennsylvania
10. John Vernacchio, Pennsylvania

Women: Top Two Placings

1. Cindy Garcia, Missouri
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women Open	Cindy Garcia
Women Master	Noi Phumchaona
Men Open	Steve Schmidt
Men Master	Art Montini
Men Junior	Frank Shuba, Jr.

1988 USAWA National Championships

July 9-10, 1988

Plymouth Meeting, Pennsylvania

Meet Director: John Vernacchio

Lifts: Leg Press, Clean & Press - heels together, Front Squat, Hand & Thigh, Bench Press - feet in air, Deadlift - one hand, Zercher, Hip Lift

Men: Top Ten Placings

1. Steve Schmidt, Missouri
2. Phil Anderson, Texas
3. Joe Garcia, Missouri
4. John Vernacchio, Pennsylvania
5. John McKean, Pennsylvania
6. Dan Ciccarelli, Pennsylvania
7. Italo Bonacci, Pennsylvania
8. Gonzalo Gonzalez, New York
9. Art Montini, Pennsylvania
10. Bill Clark, Missouri

Best Lifter Awards:

Men Open	Steve Schmidt
Men Master	Art Montini
Men Junior	Casey Clark
Men 40-44 Age Group	John McKean
Men 45-49 Age Group	Bill DiCiccio, Sr.
Men 50-54 Age Group	John Vernacchio
Men 55-59 Age Group	Gonzalo Gonzalez
Men 60-64 Age Group	Art Montini
Men 65-69 Age Group	Harrison Skeete
Team Champion	Valley Forge Club

Summary of Best Lifters by Year

Historical summaries researched and tabulated by Dale Friesz

2009 Best Lifters	Men	Women
Overall	Al Myers	None
Open	Al Myers	None
Master	Al Myers	None
Junior	None	None

2008 Best Lifters	Men	Women
Overall	Al Myers	None
Open	Al Myers	None
Master	Al Myers	None
Junior	None	None

2007 Best Lifters	Men	Women
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Overall	Ed Schock	Elizabeth Monk
Open	Al Myers	None
Master	Ed Schock	None
Junior	James Gilligan	Elizabeth Monk

2006 Best Lifters	Men	Women
Overall	Al Myers	Amorkor Ollennuking
Open	Al Myers	Amorkor Ollennuking
Master	Joe Garcia	Amorkor Ollennuking
Junior	Ian Reel	Stephanie Beemer

2005 Best Lifters	Men	Women
Overall	Mike McBride	None
Open	Mike McBride	None
Master	Randy Smith	None
Junior	Ian Reel	None

2004 Best Lifters	Men	Women
Overall	Ed Schock	Pam Maciolek
Open	Ed Schock	Pam Maciolek
Master	Ed Schock	Pam Maciolek
Junior	Cale DeMille	None

2003 Best Lifters	Men	Women
Overall	Bob Hirsh	Rita Hall
Open	Bill Spayd	Rita Hall
Master	Bob Hirsh	Rita Hall
Junior	Joshua Monk	None

2002 Best Lifters	Men	Women
Overall	Bill DiCioccio, Sr.	Noi Phumchaona
Open	John Monk	Noi Phumchaona
Master	Bill DiCioccio, Sr.	Noi Phumchaona
Junior	Joe Hunter	None

2001 Best Lifters	Men	Women
Overall	John Monk	Amorkor Ollennuking

Open	John Monk	Amorkor Ollennuking
Master	Joe Garcia	Noi Phumchaona
Junior	Abe Smith	None

2000 Best Lifters	Men	Women
Overall	Ed Schock	Su. J. Mason
Open	Ed Schock	Su. J. Mason
Master	Ed Schock	Noi Phumchaona
Junior	Jim Loewer	None

1999 Best Lifters	Men	Women
Overall	Denny Habecker	Noi Phumchaona
Open	Denny Habecker	Noi Phumchaona
Master	Denny Habecker	Noi Phumchaona
Junior	Jeff Ciavattone	None

1998 Best Lifters	Men	Women
Overall	Joe Ciavattone	Noi Phumchaona
Open	Joe Ciavattone	Noi Phumchaona
Master	Frank Ciavattone	Noi Phumchaona
Junior	Jeff Ciavattone	Domenique Ciavattone

1997 Best Lifters	Men	Women
Overall	Jim Malloy	Noi Phumchaona
Open	Bob Hirsh	Noi Phumchaona
Master	Jim Malloy	Noi Phumchaona
Junior	Jonathan Anderson	Emily Gordon

1996 Best Lifters	Men	Women
Overall	Bob Hirsh	Cara Ciavattone
Open	Bob Hirsh	Cara Ciavattone
Master	Bob Hirsh	Noi Phumchaona
Junior	Jeff Ciavattone	Holly Ciavattone

1995 Best Lifters	Men	Women
Overall	Art Montini	Kerry Clark
Open	Art Montini	Kerry Clark

Master	Art Montini	Noi Phumchaona
Junior	Adam Geib	None

1994 Best Lifters	Men	Women
Overall	Bob Hirsh	Jacqueline Simonsen
Open	Bob Hirsh	Jacqueline Simonsen
Master	Jim Malloy	Noi Phumchaona
Junior	Robbie McKean	None

1993 Best Lifters	Men	Women
Overall	Art Montini	Jacqueline Caron
Open	Bill DiCiccio, Jr.	Jacqueline Caron
Master	Art Montini	Noi Phumchaona
Junior	Rocky Montini	None

1992 Best Lifters	Men	Women
Overall	Art Montini	Jacqueline Caron
Open	Roger Lynch	Jacqueline Caron
Master	Art Montini	Noi Phumchaona
Junior	Rocky Montini	None

1991 Best Lifters	Men	Women
Overall	Art Montini	Jeanne Burchett
Open	Steve Schmidt	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None

1990 Best Lifters	Men	Women
Overall	Barry Bryan	Jeanne Burchett
Open	Barry Bryan	Jeanne Burchett
Master	Art Montini	Jeanne Burchett
Junior	Robbie McKean	None

1989 Best Lifters	Men	Women
Overall	Steve Schmidt	Cindy Garcia
Open	Steve Schmidt	Cindy Garcia
Master	Art Montini	Noi Phumchaona
Junior	Frank Shuba, Jr.	None

1988 Best Lifters	Men	Women
Overall	Steve Schmidt	None
Open	Steve Schmidt	None
Master	Art Montini	None
Junior	Casey Clark	None

Summary of Locations by Year

Historical summaries researched and tabulated by Dale Friesz

2009 June 20th, Abilene Kansas
 2008 August 3rd, Columbus Ohio
 2007 July 7th, Lebanon Pennsylvania
 2006 June 17th, Salina Kansas
 2005 June 25-26th, Youngstown Ohio
 2004 June 5-6th, Lansdale Pennsylvania
 2003 June 7-8th, Youngstown, Ohio
 2002 June 29-30th, Ambridge, Pennsylvania
 2001 June 23-24th, Columbia Missouri
 2000 July 1-2nd, Lebanon Pennsylvania
 1999 June 26-27th, Ambridge Pennsylvania
 1998 July 25-26th, Mansfield Massachusetts
 1997 June 14-15th, Columbia Missouri
 1996 June 22-23rd, Mansfield Massachusetts
 1995 June 3-4th, Columbia Missouri
 1994 June 4-5th, East Lake Ohio
 1993 May 22-23rd, Middletown Pennsylvania
 1992 May 30-31st, Walpole, Massachusetts
 1991 July 13-14th, Ambridge Pennsylvania
 1990 July 15-16th, Akron Ohio
 1989 June 24-25th, Plymouth Meeting Pennsylvania
 1988 July 9-10th, Plymouth Meeting Pennsylvania

Summary of Lifts Contested by Year

Historical summaries researched and tabulated by Dale Friesz

Year Number of Lifts

2009	6
2008	5
2007	6
2006	6
2005	9
2004	7
2003	8
2002	7
2001	7
2000	8
1999	7
1998	8
1997	8
1996	8
1995	9
1994	7
1993	6
1992	9
1991	10
1990	10
1989	10
1988	8

Lifts Contested at past National Championships

1. **Deadlift - one arm (12 times)** - 2008, 2007, 1999, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989, 1988
2. **Zercher Lift (12 times)** - 2008, 2003, 2000, 1996, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988
3. **Clean and Press - heels together (11 times)** - 2007, 2006, 2003, 2001, 2000, 1997, 1996, 1995, 1990, 1989, 1988
4. **Hip Lift (10 times)** - 2008, 2002, 1999, 1995, 1994, 1993, 1992, 1991, 1989, 1988
5. **Neck Lift (10 times)** - 2005, 2000, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989
6. **Steinborn (9 times)** - 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
7. **Snatch - one arm (8 times)** - 2009, 2006, 2003, 2001, 2000, 1994, 1990, 1989
8. **Pullover and Push (8 times)** - 2008, 2007, 1997, 1995, 1992, 1991, 1990, 1989
9. **Bench Press - feet in air (8 times)** - 2006, 2005, 2004, 1998, 1995, 1990, 1989, 1988

10. **Hand and Thigh (8 times)** - 2001, 1997, 1994, 1993, 1992, 1991, 1990, 1988
11. **Cheat Curl (6 times)** - 2009, 2005, 2004, 2003, 1998, 1994
12. **Clean and Jerk - one arm (5 times)** - 2008, 2005, 2004, 2002, 1994
13. **Hack Lift - one arm (5 times)** - 2005, 2004, 2002, 2001, 1994
14. **Pullover and Press (3 times)** - 2009, 1998, 1996
15. **Deadlift - stifflegged (3 times)** - 2007, 2003, 2002
16. **Hack Lift (3 times)** - 2003, 2000, 1991
17. **Deadlift - Ciavattone Grip (3 times)** - 1999, 1997, 1996
18. **Clean and Push Press (3 times)** - 1999, 1994, 1993
19. **Continental Snatch (3 times)** - 1998, 1992, 1991
20. **Continental to Chest (3 times)** - 1996, 1990, 1989
21. **Jefferson Lift (3 times)** - 1994, 1993, 1992
22. **Front Squat (3 times)** - 1990, 1989, 1988
23. **Deadlift - 2 bars (2 times)** - 2009, 2001
24. **Arthur Lift (2 times)** - 2007, 1991
25. **Vertical Bar Deadlift - 1 bar, 2", 1 hand (2 times)** - 2005, 2004
26. **Two Hands Anyhow (2 times)** - 2005, 2001
27. **Trap Bar Deadlift (2 times)** - 2004, 2002
28. **Clean and Press - on knees (2 times)** - 1998, 1997
29. **Back Lift (1 time)** - 2009
30. **Clean and Jerk - Fulton Bar (1 time)** - 2009
31. **Deadlift - 12" base (1 time)** - 2006
32. **Harness Lift (1 time)** - 2006

33. **Deadlift - Fulton Bar (1 time)** - 2005
34. **French Press (1 time)** - 2005
35. **Clean and Seated Press (1 time)** - 2005
36. **Continental to Belt (1 time)** - 2004
37. **Pullover - straight arm (1 time)** - 2004
38. **Bench Press - alternate grip (1 time)** - 2003
39. **Vertical Bar Deadlift - 2 bars, 2" (1 time)** - 2003
40. **Clean and Seated Press - behind neck (1 time)** - 2002
41. **Deadlift - one arm, Ciavattone Grip (1 time)** - 2000
42. **Clean and Jerk - behind neck (1 time)** - 2000
43. **Swing - one arm (1 time)** - 1999
44. **Continental to Chest and Jerk (1 time)** - 1995
45. **Deadlift - heels together (1 time)** - 1995

Summary of Meet Promoters by Year

Historical summaries researched and tabulated by Dale Friesz

Meet Promoters by Year

2009 Al Myers
2008 Dennis Mitchell and Megan DeFourny
2007 Denny Habecker
2006 Al Myers
2005 Dick Hartzell and Carl LaRosa
2004 John Vernacchio
2003 Dick Hartzell and Carl LaRosa
2002 Art Montini and John McKean
2001 Bill Clark and Joe Garcia
2000 Denny Habecker

1999 Art Montini and John McKean
1998 Frank Ciavattone
1997 Bill Clark and Joe Garcia
1996 Frank Ciavattone
1995 Bill Clark and Joe Garcia
1994 Howard Prechtel
1993 Paul Montini and Paul Healey
1992 Bob Moore and Roger Lynch
1991 Art Montini and John McKean
1990 Attilo Alachio
1989 John Vernacchio
1988 John Vernacchio

2009 IAWA World Championships
October 3rd & 4th, 2009
Lebanon, Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Hack Lift - One Arm, Clean and Press Behind Neck, Straight Arm Pullover, Deadlift - Ciavattone Grip, Snatch - One Arm, Pullover and Press, Zercher Lift

Scorekeeper: Steve Gardner and Judy Habecker

Emcee: Steve Gardner

Loader: John Horn

Men: Top Ten Placings

1. Mark Haydock, England
2. Al Myers, United States
3. Chad Ullom, United States
4. Roger Davis, England
5. Denny Habecker, United States
6. John Monk, United States
7. Bill Spayd, United States
8. Scott Schmidt, United States
9. Art Montini, United States
10. Josh Haydock, England

Best Lifter Awards:

Josh Haydock - Junior 18/19 70 kg Champion and Best Junior 18/19
Kohl Hess - Junior 14/15 120 kg Champion and Best Junior 14/15
Dennis Mitchell - Masters 75+ 75 kg Champion and Best Master 75+
Art Montini - Masters 80+ 80 kg Champion and Best Master 80+
John Monk - Masters 40+ 80 kg Champion

Roger Davis - Open 85 kg Champion
Denny Habecker - Masters 65+ 90 kg Champion and Best Master 65+
Dennis Vandermark - Masters 55+ 95 kg Champion
John Kavanagh - Open 95 kg Champion
Chad Ullom - Open 105 kg Champion
Bill Spayd - Open 110 kg Champion
Al Myers - Masters 40+ 115 kg Champion and Best Master 40+
Scott Schmidt - Masters 55+ and Open 120 kg Champion and Best Master 55+
Mark Haydock - Open 125 kg Champion
Frank Ciavattone - Masters 50+ ,Open 125+ kg Champion and Best Master 50+
George Dick - Masters 60+ 125 kg Champion and Best Master 60+

2008 IAWA World Championships

October 4th & 5th, 2008

Burton, England

Meet Director: Steve Gardner

Lifts: Clean and Jerk one arm, Pullover and Push, Continental to Belt, Half Gardner, Reflex Clean and Jerk, Hack Lift

Men: Top Ten Placings

1. Rick Meldon, England
2. Steve Andrews, England
3. Mark Haydock, England
4. Al Myers, United States
5. Thilo Thauer, Germany
6. Gerry Davidson, England
7. James Gardner, England
8. Andy Goddard, England
9. Chad Ullom, United States
10. Roger Davis, England

Women: Top Three Placings

1. Mandy Hughes, England
2. Tuakau Wiakato, New Zealand
3. Heather Mansell, England

Best Lifter Awards:

Men Junior - Mathew Mansell

Women Junior -Mandy Hughes

Open Women - Mandy Hughes

Open Men - Rick Meldon

Master Women - Karen Gardner

Master Men - Rick Meldon

Champion of Champions - Rick Meldon

International Challenge Cup

- 1st England
 - 2nd USA
 - 3rd Scotland
-

2007 IAWA World Championships

August 17th & 18th, 2007

Christchurch, New Zealand

Meet Director: Bruce Savage

Lifts: Swing one dumbbell, Continental Snatch, Deadlift one arm, Clean and Press, Bench Press hands together, Straddle Deadlift

Men: Top 10 Placings

1. Peter Phillips, Australia
2. Al Myers, United States
3. Frank Allen, England
4. James Gardner, England
5. Chad Ullom, United States
6. Cliff Harvey, New Zealand
7. Colin Wright, New Zealand
8. Denny Habecker, United States
9. Bill Chapman, Australia
10. Brian Armstrong, New Zealand

Women: Top Two Placings

1. Tuakau Waikato, New Zealand
2. Justine Martin, Australia

Best Lifter Awards:

Women Junior - Alexandra Martin

Women Overall - Tuakau Waikato

Men Junior - Zak Martin

Men Master - Peter Phillips

Men Open - James Gardner

2006 IAWA World Championships

October 14th & 15th, 2006

Glasgow, Scotland

Meet Director: George Dick

Lifts: Clean and Push Press, Pullover straight arms, Steinborn, Clean and Jerk Fulton Bar, Pullover and Push, Trap Bar Deadlift

Men: Top 10 Placings

1. Al Myers, United States
2. Steve Andrews, England
3. Nick Swain, England
4. Roger Davis, England
5. Thilo Thauer, Germany
6. Gerry Davidson, England
7. Frank Allen, England
8. Andy Goddard, England
9. Bill Sterling, Scotland
10. John Monk, United States

Women: Top Three Placings

1. Mandy Hughes, England
2. Sandie Gurney, England
3. Karen Gardner, England

Best Lifter Awards:

Women Junior - Mandy Hughes

Women Open - Sandie Gurney

Women Master - Karen Gardner

Men Junior - Peter Robson

Men Open - Al Myers

Men Master - Al Myers

2005 IAWA World Championships

October 15th & 16th, 2005

Lebanon Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Clean and Jerk one arm, Pullover and Press, Deadlift-Ciavattone grip, Snatch from hang, Clean and Press behind neck, Deadlift trap bar

Men: Top Ten Placings

1. Ed Schock, United States
2. Bill Spayd, United States
3. Roger Davis, England
4. Frank Allen, England
5. Justin Achenbach, United States

6. John Monk, United States
7. Chris Waterman, United States
8. Mathew Doster, United States
9. Joshua Monk, United States
10. Randy Smith, United States

Women: Top Three Placings

1. Elizabeth Monk, United States
2. Mandy Hughes, England
3. Karen Gardner, England

Best Lifter Awards:

Junior Female - Elizabeth Monk

Junior Male - Justin Achenbach

Open Male - Bill Spayd

Female Master 40+ - Tonia Scowden-Schumski

Male Master 40+ - Larry Silvestri

Female Master 45+ - Karen Gardner

Male Master 45+ - Andy Goddard

Male Master 50+ - Ed Schock

Male Master 55+ - John McKean

Male Master 60+ - Frank Allen

Male Master 65+ - Dale Friesz

Male Master 70+ - Dick Durante

Male Master 75+ - Art Montini

Male Master 85+ - Paul Eberhardinger

2004 IAWA World Championships

October 2nd & 3rd, 2004

Burton, England

Meet Director: Steve Gardner

Lifts: Clean and Push Press, Continental Snatch, Clean and Jerk behind neck, Front Squat, Pullover and Push, Straddle Deadlift

Men: Top Ten Placings

1. Rick Meldon, England
2. Ed Schock, United States
3. Roger Davis, England
4. Steve Andrews, England
5. Bill Spayd, United States
6. John Monk, United States
7. Clive Nevis, England

8. David Abbiell, England
9. Gerry Davidson, England
10. Andy Goddard, England

Women: Top Three Placings

1. Agnes McInally, England
2. Mandy Hughes, England
3. Julia Phillips, Australia

2003 IAWA World Championships
October 4th & 5th, 2003
Perth, Australia

Meet Director: Frank Lamp

Lifts: Cheat Curl, Snatch-Dumbbell one arm, Deadlift one arm, Press Dumbbell one arm, Continental to Chest and Jerk, Straddle Deadlift

Men: Top Ten Placings

1. Bill Spayd, United States
2. Bill Kappel, Australia
3. Frank Allen, England
4. Denny Habecker, United States
5. John Patterson, Australia
6. James Power, Ireland
7. Frank Tatum Jr., Australia
8. John McBay, Australia
9. Frank Tatum Sr., Australia
10. Cliff Harvey, New Zealand

Women: Top Three Placings

1. Monica Cook, Australia
2. Julia Phillips, Australia
3. Anne Rollo, Australia

2002 IAWA World Championships
September 21st & 22nd, 2002
Lebanon Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Clean and Jerk one arm, Clean and Push Press, Continental to Belt, Deadlift one arm, Deadlift 2 bars, Pullover and

Push, Steinborn

Men: Top Ten Placings

1. Ed Schock, United States
2. John Monk, United States
3. Bill Spayd, United States
4. John McKean, United States
5. Frank Allen, England
6. Denny Habecker, United States
7. Brandon Aldan, United States
8. Kevin Fulton, United States
9. Howard Lasky, United States
10. Andy Goddard, England

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Karen Gardner, England
3. Rita Hall, United States

Best Lifter Awards:

Women Master - Noi Phumchaona

Men Master - Ed Schock

Men Junior - Aaron Barnes

Men Junior 13&Under - Joshua Monk

Men Junior 14-15 Age Group - Cale DeMille

Men Junior 18-19 Age Group - Aaron Barnes

Men 20-39 Age Group - John Monk

Men 40-44 Age Group - Kevin Fulton

Men 45-49 Age Group - Ed Schock

Men 50-54 Age Group - George Dick

Men 55-59 Age Group - John McKean

Men 60-64 Age Group - Frank Allen

Men 65-69 Age Group - Andy Komorny

Men 70-74 Age Group - Dick Durante

Men 75-79 Age Group - Rex Monahan

Men 80-84 Age Group - Paul Eberhardinger

2001 IAWA World Championships

October 6th & 7th, 2001

Glasgow, Scotland

Meet Director: George Dick

Lifts: Clean and Press, Continental Snatch, Zercher one arm, Straddle Deadlift, Half Gardner, Deadlift - Ciavattone one

arm, Pullover and Push, Steinborn

Men: Top Ten Placings

1. Steve Angell, England
2. John Monk, United States
3. Steve Andrews, England
4. Frank Allen, England
5. Keith Murdie, England
6. Denny Habecker, United States
7. Des Fenton, Scotland
8. Andy Tomlin, Scotland
9. James Gardner, England
10. Kevin Fulton, United States

Women: Top Three Placings

1. Agnes McInally, Scotland
2. Karen Gardner, England
3. Leanne Gosling, England

Best Lifter Awards:

Women - Agnes McInally

Men Junior - James Gardner

Men Open 1st - Steve Angell

Men Open 2nd - John Monk

Men Open 3rd - Steve Andrews

Men Master 1st - Steve Andrews

Men Master 2nd - Frank Allen

Men Master 3rd - Keith Murdie

2000 IAWA World Championships

September 2nd & 3rd, 2000

Mansfield Massachusetts, United States

Meet Director: Frank Ciavattone

Lifts: Snatch one arm, Pullover and Push, Straddle Deadlift, Continental Snatch, Deadlift one arm Ciavattone grip, Half Gardner

Men: Top Ten Placings

1. Steve Angell, England
2. Ed Schock, United States
3. Frank Allen, England
4. Mike Archer, England
5. Neil Abrey, England

6. Keith Murdie, England
7. John Monk, United States
8. Frank Ciavattone, United States
9. John McKean, United States
10. Denny Habecker, United States

Women: Top Three Placings

1. Monica Cook, Australia
2. Noi Phumchaona, United States
3. Karen Gardner, England

Best Lifter Awards:

Women Overall - Monica Cook

Women Junior - Dominique Ciavattone

Women Master - Noi Phumchaona

Men Junior - John Gardner

Men Overall - Steve Angell

Men Master - Ed Schock

Men 20-39 Age Group - Steve Angell

Men 40-44 Age Group - Kevin Fulton

Men 45-49 Age Group - Ed Schock

Men 50-54 Age Group - John McKean

Men 55-59 Age Group - Frank Allen

Men 60-64 Age Group - Keith Murdie

Men 65-69 Age Group - Mike Archer

Men 70-74 Age Group - Art Montini

Men 75-79 Age Group - Rex Monahan

1999 IAWA World Championships

October 8th & 9th, 1999

Perth, Australia

Meet Director: Frank Lamp

Lifts: Snatch one arm, Clean and Press dumbbells, Continental to Chest and Jerk, Swing one arm, Clean and Press, Deadlift one arm

Men: Top Ten Placings

1. Mike Archer, England
2. Frank Allen, England
3. Denny Habecker, United States
4. John Patterson, Australia
5. Sam Hills, England
6. Frank Ciavattone, United States

7. Kevin Combes, Australia
8. Tom Davies, Australia
9. Rex Monahan, United States
10. Brian Te Tei, New Zealand

Women: Top Two Placings

1. Noi Phumchaona, United States
2. Monica Cook, Australia

Best Lifter Awards:

Women Open - Monica Cook

Women Master - Noi Phumchaona

Men Junior - Shannon Best

Men Open - Sam Hills

Men Master - Mike Archer

Men 40-44 Age Group - Frank Ciavattone

Men 50-54 Age Group - Bill Kappel

Men 55-59 Age Group - Denny Habecker

Men 60-64 Age Group - Peter Lathrope

Men 65-69 Age Group - Mike Archer

Men 70-74 Age Group - Howard Prechtel

Men 75-79 Age Group - Rex Monahan

1998 IAWA World Championships

October 3rd & 4th, 1998

Leicester, England

Meet Director: Frank Allen

Lifts: Snatch one arm, Clean and Push Press, Pullover and Press, Hack Lift, Continental to Chest and Jerk, Zercher Lift

Men: Top Ten Placings

1. Keith Murdie, England
2. Neil Abernethy, England
3. Mike Archer, England
4. Sam Hills, England
5. Gerry Davidson, England
6. Frank Allen, England
7. Steve Andrews, England
8. Jim Edwards, England
9. Frank Ciavattone, United States
10. William Wright, Scotland

Women: Top Three Placings

1. Agnes McInally, Scotland
2. Tracy Emmerson, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open - Agnes McInally

Women Master - Agnes McInally

Men Junior - Wayne Vasey

Men Open - Neil Abery

Men Master - Keith Murdie

Men 40-49 Age Group - Frank Ciavattone

Men 50-59 Age Group - Frank Allen

Men 60-69 Age Group - Keith Murdie

Men 70 Plus Age Group - Howard Prechtel

1997 IAWA World Championships

October 18th & 19th, 1997

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press 12" base, Snatch one arm, Continental to Belt, Jerk from rack, Squat, Bench Press, Deadlift

Men: Top Ten Placings

1. Bob Hirsh, United States
2. James Dundon, United States
3. Steve Angell, England
4. Jim Malloy, United States
5. Chris Waterman, United States
6. Drue Moore, United States
7. Keith Murdie, England
8. Barry Pensyl, United States
9. Mike Archer, England
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Mary Ann Kraiger, United States
3. Kathy Schmidt, United States

Best Lifter Awards:

Women Overall - Noi Phumchaona

Men Overall - Bob Hirsh

Female 20-39 Age Group - Mary Ann Kraiger

Female 40-44 Age Group - Kathy Schmidt
Female 50-54 Age Group - Noi Phumchaona
Men Junior 14-15 Age Group - Tom McGuire
Men Junior 18-19 Age Group - S.J. Vernacchio
Men 20-39 Age Group - Jim Dundon
Men 40-44 Age Group - Bob Hirsh
Men 45-49 Age Group - Barry Pensyl
Men 50-54 Age Group - John Kurtz
Men 55-59 Age Group - Jim Malloy
Men 60-64 Age Group - Mike Archer
Men 65-69 Age Group - Dick Durante
Men 70-74 Age Group - Art Montini
Men 75-79 Age Group - Paul Eberhardinger

1996 IAWA World Championships
September 21st & 22nd, 1996
Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Clean and Press, Swing one arm, Zercher one arm, Pullover straight arms, Straddle Deadlift, Continental Snatch, Pullover and Push, Deadlift one arm, Two Hands Anyhow

Men: Top Ten Placings

1. Steve Angell, England
2. Mike Archer, England
3. Frank Allen, England
4. Steve Andrews, England
5. Andy Tomlin, Scotland
6. Keith Murdie, England
7. Gerry McGuire, England
8. Willie Wright, Scotland
9. David Ridler, Scotland
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Agnes McNally, Scotland
3. Marey-Ann Smith, England

1995 IAWA World Championships
August 12th & 13th, 1995
East Lake Ohio, United States

Meet Director: Howard Prechtel

Lifts: Clean and Jerk one arm, Clean and Push Press, Hacklift one arm, Pullover and Press, Continental Snatch, Jefferson Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, United States
2. Frank Allen, England
3. Jim Malloy, United States
4. Jeff Gazda, United States
5. Bill DiCioccio Sr., United States
6. Barry Pensyl, United States
7. Chris Waterman, United States
8. Keith Murdie, England
9. Steve Angell, England
10. Mike Locondro, United States

Women: Top Two Placings

1. Noi Phumchaona, United States
2. Maryann Kraiger, United States

Best Lifter Awards:

Men Junior - Robbie McKean

Women Open - Maryann Kraiger

Women Master - Noi Phumchaona

Men Open - Jeff Gazda

Men 40-44 Age Group - Bob Hirsh

Men 45-49 Age Group - Barry Pensyl

Men 50-54 Age Group - Frank Allen

Men 55-59 Age Group - Bill DiCioccio Sr.

Men 60-64 Age Group - Dennis Mitchell

Men 65-69 Age Group - Art Montini

Men 70-74 Age Group - Howard Prechtel

1994 IAWA World Championships

October 8th & 9th, 1994

Burton, England

Meet Director: Steve Gardner

Lifts: Snatch one arm, Cheat Curl, Continental Snatch, Pullover and Push, Hack Lift, Dumbbell Clean and Jerk, Clean and Push Press, Continental to Chest, Zercher Lift

Men: Top Ten Placings

1. Frank Allen, England
2. Steve Angell, England
3. Steve Sherwood, England
4. Mike Archer, England
5. Bob Howe, England
6. Keith Murdie, England
7. Steve Andrews, England
8. Peter Ford, England
9. Andy Tomlin, Scotland
10. Willie Wright, Scotland

Women: Top Two Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States

Best Lifter Awards:

Men Junior - John Gardner

Men Open - Steve Angell

Men Master - Frank Allen

Women Open - Jacqueline Simonsen

Women Master - Noi Phumchaona

1993 IAWA World Championships

July 17th & 18th, 1993

Walpole Massachusetts, United States

Meet Director: Frank Ciavattone

Lifts: Continental Snatch, Staddle Deadlift, Pullover and Push, Hand and Thigh, Jerk from rack, Deadlift one arm, Zercher Lift, Steinborn

Men: Top Ten Placings

1. Frank Allen, England
2. Steve Sherwood, England
3. Chris Waterman, United States
4. Jim Malloy, United States
5. Bob Hirsh, United States
6. Don Venterosa, United States
7. Steve Angell, England
8. Mike Archer, England
9. John McKean, United States
10. Mike Locondro, United States

Women: Top Three Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States
3. Mary Jo McVay, United States

Best Lifter Awards:

Men Junior - Robbie McKean

Women Junior - Holly Ciavattone

Women Open - Jacqueline Simonsen

Women Master - Noi Phumchaona

Men Open - Chris Waterman

Men Master - Frank Allen

1992 IAWA World Championships

September 12th & 13th, 1992

Twickenham, England

Meet Director: Frank Allen

Lifts: Snatch one arm, Continental Snatch, Continental to Chest, Pullover and Press, Straddle Deadlift, Continental Clean and Jerk, Clean and Press, Zercher Lift, Cheat Curl, Hack Lift

Men: Top Ten Placings

1. Rick Meldon, England
2. Nick Carpenter, England
3. Tom Meldon, England
4. David Horne, England
5. Steve Sherwood, England
6. Bob Moore, United States
7. David Young, England
8. Steve Andrews, England
9. John Guerin, England
10. Derek Smith, England

Women: Top Three Placings

1. Jacqueline Caron, United States
2. Wendy Samways, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open - Jacqueline Caron

Women Master - Noi Phumchaona

Men Junior - Paul Crooks

Men Open - Rick Meldon

Men Master - John Guerin

1991 IAWA World Championships

August, 1991

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Military Press, One Hand Snatch, Clean and Jerk, Deadlift, Zercher, Front Squat, Pullover and Push, One Hand Deadlift, Cheat Curl, Hand and Thigh

Men: Top Ten Placings

1. Adrian Blindt, England
2. Frank Allen, England
3. Art Montini, United States
4. Billy Bourne, Ireland
5. Barry Bryan, United States
6. Jim Malloy, United States
7. Chris Waterman, United States
8. Barry Pensyl, United States
9. Roger Lynch, United States
10. Don Venterosa, United States

Women: Top Three Placings

1. Suzanne Brooker, United States
2. Annette Blindt, England
3. Wendy Samways, England

Best Lifter Awards:

Women Junior - Paula Thompson

Men Junior - Billy Bourne

Women Overall - Suzanne Brooker

Men Overall - Adrian Blindt

Women Master - Noi Phumchaona

Men Master - Frank Allen

1990 IAWA World Championships

August 25th & 26th, 1990

Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Press, Continental Snatch, One Hand Clean and Jerk, Pullover and Push, Zercher, One Hand Snatch, Clean and Jerk Behind Neck, Steinborn, Hack Lift, Two Hands Anyhow

Men: Top Ten Placings

1. Rick Meldon, England
2. Adrian Blindt, England
3. Frank Allen, England
4. Barry Bryan, United States
5. Steve Andrews, England
6. Tom Meldon, England
7. Art Montini, United States
8. John Norton, England
9. Billy Bourne, Ireland
10. Gerry Davidson, England

Women: Top Two Placings

1. Annette Blindt, England
2. Noi Phumchaona, United States

Best Lifter Awards:

Men Junior - Billy Bourne

Men Open - Rick Meldon

Men Master - Frank Allen

Women - Annette Blindt

1989 IAWA World Championships

June 24-25, 1989

Plymouth Meeting, Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press, Front Squat, Continental to Chest, Neck Lift, Pullover and Push, Snatch - one arm, Bench Press - feet in air, Deadlift - one arm, Zercher Lift, Hip Lift

Men: Top Ten Placings

1. Steve Schmidt, United States
2. Adrian Blindt, England
3. Rick Meldon, England
4. Art Montini, United States
5. Tim Bruner, United States
6. John McKean, United States
7. Steve Andrews, England
8. Phil Anderson, United States
9. Billy Bourne, Ireland

10. Bill DiCioccio Sr., United States

Women: Top Three Placings

1. Cindy Garcia, United States
2. Wendy Samways, England
3. Annette Blindt, England

1988 IAWA World Championships

August 27-28, 1988

Leicester, England

Meet Director: Frank Allen

Lifts: Snatch - one arm, Clean & Jerk - one arm, Clean & Press with dumbbells, Continental to Chest, Zercher Lift, Clean & Press, Jerk from rack, Front Squat, Hack Lift, Steinborn

Men: Top Ten Placings

1. Adrian Blindt, England
2. Rick Meldon, England
3. Phil Anderson, United States
4. Mike Archer, England
5. Frank Allen, England
6. Tom Meldon, England
7. Robert Jones, England
8. Chris Gladding, England
9. Gerry Davidson, England
10. Clive Nevis, England

Women: Top Three Placings

1. Annette Blindt, England
2. Wendy Samways, England
3. Doris DeLaRosa, United States

Best Lifter Awards:

Men Open - Adrian Blindt

Women Open - Annette Blindt

Men Master - Mike Archer

Women Master - Noi Phumchaona

Men Junior - David Fish

Men 40-44 Age Group - Pat Meehan

Men 45-49 Age Group - Frank Allen

Men 50-54 Age Group - Gerry Davidson

Men 55-59 Age Group - Mike Archer

Men 60-64 Age Group - Howard Prechtel

Men 70-74 Age Group - Henry Smith

2009 Gold Cup
November 7th, 2009
Glasgow, Scotland

Meet Director: David McFadzean

2008 Gold Cup
November 8th, 2008
Lebanon, Pennsylvania, USA

Meet Director: Denny Habecker

2007 Gold Cup
November 10th, 2007
Leicester, England

Meet Director: Frank Allen

2006 Gold Cup
November 4th, 2006
Lebanon, Pennsylvania, USA

Meet Director: Denny Habecker

2005 Gold Cup
October 29th, 2005
Maui, Hawaii

Meet Director: Bob Geib

2004 Gold Cup
October 23rd, 2004

Glasgow, Scotland

Meet Director: William Wright

2003 Gold Cup

November 2nd, 2003

Lansdale, Pennsylvania, USA

Meet Director: John Vernacchio

2002 Gold Cup

November 2nd, 2002

Leicester, England

Meet Director: Frank Allen

2001 Gold Cup

November 3rd, 2001

Cleveland, Ohio, USA

Meet Director: Howard Prechtel

2000 Gold Cup

October 14th, 2000

Burton upon Trent, England

Meet Director: Steve Gardner

USAWA Links

Organizations

[I.A.W.K \(UK\)](#) - This is the organization for drug-free all-round weightlifting in the United Kingdom.

[North American Highlander Association](#) - NAHA is an organization that offers competitions that features a combination of the Scottish Highland Games and Strongman.

[The Association of Oldetime Barbell & Strongmen](#) - This organization celebrates the history of old-time weightlifters and strongmen by hosting an annual banquet. You will receive a quarterly newsletter with membership.

Individuals

[Strongman Steve Schmidt](#) - This website features Steve Schmidt, and his accomplishments in bar bending, teeth lifting, and heavy lifts.

Commercial

[B-S Weightlifting Equipment Inc.](#) - B-S Weightlifting Equipment is a company that sells high quality, competitive priced weightlifting equipment, which includes bars, free weights, dumbbells and kettlebells.

[Old Time Strongman Training and Physical Culture](#) - This website by John Wood focuses on the training methods of old time strongmen. It also provides classic strongman books and equipment for sale.

[Dale Harder's Strength and Speed Newsletter](#) - This Newsletter, written by Dale Harder, covers all aspects of strength competitions and events. You receive 6 issues per year.