

Dear USAWA Friends,

This book is the Year in Review for 2013. It contains all the blogs, meet results, and information that was placed on the USAWA website for the past year. Another great year in the USAWA came and went, with many highlights. I just copied the information to this book as it was displayed on the website, thus the reason for the lack of proper publishing formats in this book.

I hope you enjoy reading about the year of 2013 in the USAWA. This information is very important in preserving the history of the USAWA. After reading this book, it is obvious to see that the future of the USAWA is bright!

Sincerely,

Al Myers

## [Wrist Roller Tip From Hackenschmidt](#)

 January 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Roger LaPointe trains the wrist roller in strict fashion. (caption by webmaster)

George Hackenschmidt was one of the greatest wrestlers and weightlifters of all time. While his writings on weightlifting were relatively limited, if you take every word very seriously and actually do everything he recommends, you will get extremely strong indeed.

The wrist roller is a tool to which Hackenschmidt devotes more than an entire page and a two illustrations, in his book “The Way to Live”. Here is one tip, “...roll it round with both hands, winding up the cord. Continue until the weight is wound close up and then unwind to full length. Both wind and unwind with continuous and also with reverse rollings. Continue until tired. The rolling movement to be always steady and gradual.” p. 61

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=KT11WR>

### **Mistake #1: The Unwinding Phase**

I see a lot of lifters cheat with wrist rollers. There are a lot of different techniques for seriously training with a wrist roller, but don't cheat. The only person you are cheating is yourself. Make sure you take the unwinding phase as seriously as the winding phase. Sure, gravity WILL take that weight to the ground, but it is your job to resist gravity, using a strong, secure grip and the full range of motion.

 Categories: [USAWA Daily News](#) |  Tags: [Roger LaPointe](#), [Wrist Roller](#)

## [You Play Like You Practice](#)

 January 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

By James R. Fuller

Wasn't exactly sure how to best mark the lovely below freezing tar I'd be squatting upon for the USAWA National Postal Championships Squat-12" Base event. As my girlfriend looked around for a ruler, I spied a painter's stir stick. Stick looked to be close to 12". Tape measure confirmed it. Some irony there, for you see, at this time I paint for a living. The stick worked great in its capacity as keeper of the 12" stance.



A Painter's Stick measures at 12" which makes it a perfect thing to use to gauge your 12" Base Squat!

The Squats went great. Actually, I was more comfortable than expected. Yes, my left knee prevented me from doing more but, the stance was alright. I don't think in near 30 years of training have I measured my stance. So, imagine my surprise when I took a good look at the stick after I was done. Look and you'll see I was using a 9-10" stance.

Years of Olympic Squatting probably is to explain for my comfort level. I'm 5'11" tall so I just naturally assumed a 12" stance would be a squeeze for me. Granted if feet straight ahead was required, I would probably be VERY uncomfortable. Even though I wanted 400lbs on this lift, 346lbs with a bum knee ain't too shabby. It does go back to my soccer coach who during practice said, "You play like you practice!"

Here's me doing the Squat-12" Base:

<https://www.youtube.com/watch?v=ttsQNwSe6fw>

[National Championships](#)

 January 10, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**MEET ANNOUCEMENT**

**2013 USAWA NATIONAL CHAMPIONSHIPS**



The 2010 USAWA National Championships was also promoted by Denny and Judy Habecker. This shows Denny "busy at work" calculating the day's results while Frank Ciavattone is "looking over his shoulder" to make sure he doesn't make any mistakes!

Denny Habecker, the USAWA National Championships meet promoter, has just released the entry form for this year's Championships. It will be held the last weekend of June, which has become the traditional time of the year for the National Championships. Denny is a very seasoned Championship promoter and has promoted several Championship events. Every one that he has promoted that I have attended has always been done with upmost professionalism. Denny always makes his events truly for the lifters. Make sure to get this date on your meet calendar right now!

### **Schedule of Events**

Venue: Lebanon Senior Center , 710 Maple St. Lebanon, Pa.

Weigh-ins: 7:30 A.M. to 8:30 A.M. –Saturday and Sunday

Lifting starts: 9:30 A.M.

Lifts: Saturday – June 29, 2013

**Deadlift – One Arm**

**Clean & Press – 12" Base**

**Pullover – Straight Arm  
Continental To Belt**

Lifts: Sunday – June 30, 2013

**Snatch – One Arm  
Pullover and Push  
Deadlift – Ciavattone Grip**

Entry Fee – \$55.00

T-Shirt Included

Awards: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each weight class and Age divisions for Masters, Juniors, and Women, Based on total poundage lifted. Best Lifter Awards for each age group in Masters, Juniors, Senior [20-39], and Women by Formula.

INFO PAGE – [2013 USAWA Nationals – info page](#)

ENTRY FORM – [2013 USAWA Nationals – Entry](#)

[Art's Birthday Bash](#)



January 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**MEET ANNOUNCEMENT  
ART'S BIRTHDAY BASH**

Meet Details:

Date: October 13th, 2013

Venue: Ambridge VFW BBC, Ambridge, PA

Meet Director: Art Montini

ENTRY FORM – [2013 Arts Birthday Bash Entry Form](#)

[The Man Cave Concept](#)



January 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Framed posters are a great addition to man caves.

Wouldn't you think that a Man Cave would have some cool fitness equipment?

"Man Caves" have apparently become big business. I was at Home Depot and saw a book on building a man cave and there is even a magazine devoted to the Man Cave. Strangely, I expected at least one of them to include weightlifting equipment, or maybe a heavy bag.

All the popular literature seems to show a man cave as being more like a modern drinking establishment, where you supply your own keg and pay the cable bill. I like large screen televisions too, but my idea of a man cave would be a place for getting drunk with my buddies.

I have been building man caves for years. Of course, they were called weight rooms. Here are some ideas for past cool man caves, for the active guy. These are tips beyond just putting in good stereo speakers.

1. Personal Flavor: For Christmas, I just gave a buddy from school an original James Bond "Thunderball" framed record album, for his weight room. Yep, it had some of that cool 60s art that makes you think of what makes James Bond cool and he is a serious fan. That old 33 1/3 rpm album art was out of this world. He also has some of my Atomic Athletic posters and reproduction, as well as original, instructional wall charts. Whatever you put up, frame it.

2. Good Looking Equipment: Try to think like an architect when putting together your man cave weight room. For example, maybe instead of the standard black heavy bag, you put in a red or dark brown leather one. I have even done custom 3 strand rope and pulley systems using antique barn or ships pulleys to hang the bag. We have put in adjustable height speed bags that have the classic worm screw for adjustment and butcher block type wood board.

3. Actually put in lighting and paint that is nice and bright. Don't be afraid to actually use "white" paint. Just because your wife is calling it the man cave doesn't mean it has to be dark and dingy.

4. Weights: Before you even move in your weights and your bench, or whatever, make sure they are clean. Here is a tip, if you have rusty old weights, clean them with a wire brush and some brake

cleaner from the auto parts store. Then repaint with some cheap spray paint. If you are buying a new piece, like a bench or power rack, don't be afraid of equipment colors other than white. Personally, I have been repainting my equipment a lime green candy coat with wrinkle black accents. Of course, we can run automotive paints here in the Atomic Athletic shop, but I have done that for other people as well.

5. Lastly, you should have some respect for yourself and at least paint those basement block walls, or put some dry wall up in your garage.

All the best, Roger LaPointe  
"Today is a good day to lift."

### [Dino Gym Challenge REMINDER](#)

 January 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



The Dino Gym has been issued a challenge from the Hoghton Barbell Club. Pictured left to right in front of the Dinnie Stones: Josh Haydock, Mark Haydock, Alex Rigbye

The Annual Dino Gym Challenge is now only ONE WEEK away. I have received several commitments from lifters that plan to compete. It is looking to be a well-attended meet. I'm hoping for 15-20 lifters – and I think I might get that many. The entry form is available on the website, and I'm still taking entries so it is NOT too late to attend!

A new twist has been recently added to this year's Dino Gym Challenge. Mark Haydock, of the Houghton Barbell Club in Preston, England has issued the Dino Gym a "head-to-head" Challenge. Of course I accepted!!! We even put up "stakes" for the challenge. The loser will have to "pay up" gym shirts to the winner. His club has three members who are going to participate – Mark, Josh Haydock, and Alex Rigbye. They plan to do the same lifts as us on the same day so the results will be known that same day. This means that the "top three" placing Dino Gym members of the day will be entered in this challenge against our English counterparts. All adjusted scores will be added together from the three participants from each club to form a final total team score. So I'm expecting BIG THINGS out of the Dino Gym members on this one – so come ready to put up BIG LIFTS!! Mark Haydock is promoting the IAWA World Championships next fall and I don't want to have to be showing up with my "tail between my legs" paying up the losing bet!!!

If weather permits there may be a shooting contest immediately following the meet for anyone who is interested. I'm thinking of having four different competition categories.

1. 25 target trap shoot
2. 10 shot small bore (.223 and below)- 100 and 200 yards
3. 10 shot large bore (above .233)- 100 and 200 yards
4. 10 shot handgun 10 yards & 25 yards

You can enter one, a couple, or all of these categories depending on what gun/guns you bring. Let me know if anyone is interested in this. This way the Dino Challenge will cover two of my favorite interests – shooting and lifting!!! I'll provide the targets but you provide the gun/ammo for which category you plan to enter. Handguns will be shot free hand, while rifles will be shot from a shooting bench. Bipods will be allowed.

I am in the process of having some really special awards made for this year's meet. I really hope that they will be done in time. How many times have you went to a meet with NO ENTRY FEE and received an award? Not many I would guess – but this is the yearly Club Meet that I promote and I like to give back to our club's membership, so I think it is only the right thing to do. I should also mention that this is a "functioning award" that I know many will like, especially guys like Dan Wagman.

I'm looking forward to seeing everyone next Saturday!!!

[HMB: THE LIFTER'S SUPPLEMENT?](#)

 January 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

**HMB: THE LIFTER'S SUPPLEMENT?**

Fact vs. Fiction and Hype

By Dan Wagman, PhD, CSCS

Publisher/Editor in Chief, [Journal of Pure Power](#) (JOPP)

I'm writing this because as a sports scientist, and dedicated barbell bender, I want people to understand that supplement companies realize that most of you hold science in high regard—which is why they use “science” to sell you their products. Of course they also cash in on the emotions and passions you hold for your sport; they know that you want to get the most out of your training and that you'll leave no stone unturned. Unfortunately, most of the time you're being taken advantage of. I'd like to share a recent experience with you that highlights this, in hopes that you'll become a bit more wiser to the game that's being played.

## Background

I was recently contacted by a well-known strength athlete who receives sponsorship from a nutrition supplement company that specializes in  $\beta$ -hydroxy- $\beta$ -methylbutyrate, or simply HMB. In brief, HMB is a metabolite of the essential amino acid leucine (new research on this amino acid is reviewed in JOPP's January issue; [click here](#) for a free sample). Both leucine and HMB have been shown to hold certain properties that could be beneficial to the strength athlete. But of course just holding such properties isn't enough to conclude that your strength will go through the roof. After all, water holds essential properties our body needs, yet nobody would believe that by drinking more water before your attempt, you'll end up increasing your Continental to Chest by 50 pounds. But that's what research is for—investigating something under controlled conditions to see what's actually occurring.

So this company's claim is that HMB improves “strength, endurance, and recovery.” The company also claims that they're all about “science instead of hype” and then go on to cite a lot of research on HMB with their own brief summaries thereof. From what I could tell, all of these research summaries are positive. And that's where I got curious...

## The Science

From previous study on HMB, I remembered that the research was equivocal. Why then, if this company was scientifically oriented, did they only list studies with positive results? In order to refamiliarize myself with the latest findings, and as a first step, I did a quick search of the scientific literature on HMB. Well, they're still not in agreement on whether HMB will increase your performance or not. Now, before you take that as evidence that science is just a bunch of baloney, please understand that the reason for why studies aren't always in agreement is because different research methods were used. It should come as no surprise that if you compare men to women, or an upper body exercise to a lower body exercise, or taking a supplement for seven days vs. seven weeks, etc., etc., that you'll end up with conflicting results.

Anyway, my next step was to look at some of the research the company claims to be proof that HMB will increase performance. I randomly selected a study they cite. Here's the company's summary:

*This randomized, double-blind, placebo-controlled study examined HMB supplementation in young male and female elite volleyball players for 7 wks. HMB supplementation resulted in improved body composition and significantly increased strength, while also decreasing fat mass percentage. HMB supplementation also increased peak and mean anaerobic power. No changes in hormones or inflammatory mediators were seen in this study.*

Sounds good, but my next step was to look at the actual study, referenced below. A rather different picture emerged. First, the subjects were adolescents, as young as 13. That's a huge flag because there's an abundance of studies showing that adolescents respond to training, supplements, etc., quite differently than adults. Besides, can you really compare a 14-year old girl's responses to HMB to that of a 36-year old male strength athlete? Next, the researchers used skinfold thickness to determine changes in fat-free mass, i.e., gains/losses in muscle mass. That method, however, isn't the most accurate way to measure changes in muscle mass, especially in athletes and young people. In fact, the formula alone used for these calculations holds an error rate of nearly 4%. Consider that the placebo group showed changes ranging between 56.4 kg to 56.3 kg vs 59.3 kg to 61.6 kg for the HMB group. Though the HMB group showed statistically significant gains in muscle, in only considering the approximate 4% error rate for the formula, you end up with around 4.5 pounds (about 2 kg) worth of error. Since we're talking about approximate error rates, and not even considering *all* sources of error in this method of determining fat-free mass, there's no need for my math to be 100% accurate. The point is that you can easily see that as it relates to fat-free mass changes, HMB in this study isn't much to hang your hat on.

But what about strength? That's even more interesting. You see, the researchers found that the HMB group increased their strength significantly more than the placebo group—*but only in knee flexion* (such as in leg curls). No significant gains in strength were seen in knee extension, biceps curls, or triceps extensions. Now, also consider that strength was measured isokinetically. This means that equipment was used in which the speed of movement is held constant, in this case rep speed was measured at 180° and 60° per second. Of course any exercise you perform in the gym or competition isn't isokinetic, it's dynamic in that the speed of movement changes throughout the range of motion. So clearly, it's difficult to generalize from an isokinetic curl to a dynamic squat. But again, please don't dismiss the science because they used isokinetics to measure strength. You see, it's very important to make sure that subjects perform an exercise identically, otherwise you introduce error into the experiment. If there's any complaint on your part, it should be directed toward the supplement company for generating a false impression.

The research team also looked at peak and average anaerobic power via a cycle ergometer. Here some significant differences were noted for HMB. However, for rates of fatigue, aerobic fitness, or any of the hormonal and inflammatory measures taken, nothing significant was recorded allowing you to conclude that HMB might increase strength.

So how does this compare to the company's summary? Not much. Add to that, that the research team discussed the various limitations of their work, all of which the company left out in their summary, and you can see how the company grossly exaggerated the study's findings.

### **Take-Home Message**

I'm sure you're curious about this company's name. But I'm not going to give it. Why? Because what I've shared with you is common among supplement companies. This particular company isn't any worse than any of the other ones out there. So I feel that their particular name is irrelevant. The point is that you can't trust any of them, even if they throw the word "science" around and list research. And even if the company employs scientists, that's no guarantee, either. You see, last year I shined a bright light on how a company that produces mouthpieces and claims it'll increase your strength, misrepresented what their scientists actually said ([Click here](#) and scroll down to *Mouthpieces for Peak Performance?*).

So are these companies purposely lying to you? That's a tough question to answer. I would, however, say that they purposely hype their products to make sales. And what about HMB? Based on a quick review of the current science, my personal opinion is that you'd get more out of your training by focusing on a scientific approach thereto. And don't forget about training the muscle between your ears; critical thinking and a healthy dose of scepticism when it comes to supplements is always in order.

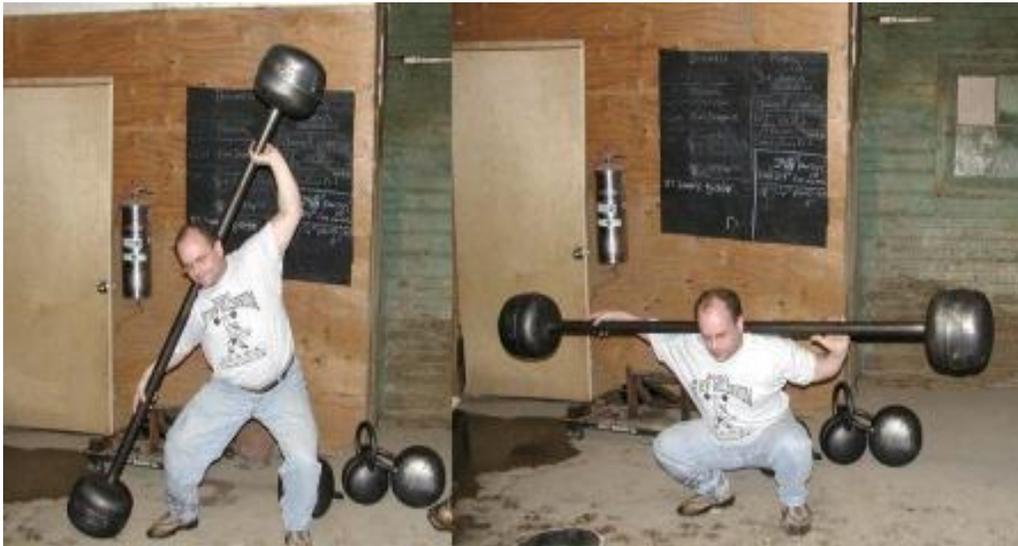
### **Reference**

Portal S., et al. The effect of HMB supplementation on body composition, fitness, hormonal and inflammatory mediators in elite adolescent volleyball players: a prospective randomized, double-blind, placebo-controlled study. *European Journal of Applied Physiology*. 111(9):2261-2269, 2011.

### [Why a Thick Bar Steinborn Lift?](#)

 January 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Roger LaPointe performing a Steinborn Lift with a thick bar shot-loaded barbell.

I have always loved the Steinborn Lift. So, the question is, why do a thick bar Steinborn lift?

Well, one good reason is if you can't seem to clean the bar, this is a good way to get it in position for lifting the bar overhead. On a non-rotating thick bar that doesn't have knurling, there is a good chance that I wouldn't have been able to explosively lift it. Of course, I may have just done that lift because it's fun to do, especially with a real shot loading barbell.

As I have been going through old photos, for a project soon to be announced, I found these great older shots of me doing a Steinborn. These shots are about ten years old and, if I remember correctly, the shot loading barbell was empty with a weight of about 150 pounds, with a non-rotating 2 1/4 inch diameter, un-knurled bar. I was lifting in the 69 kg Class at that time, or 152 pound bodyweight.

### **THE LIFT**

Essentially, you lift one end of the bar and completely upend it. A shot loading bar is perfect for that, with the rounded heads. The shot will also help the process, as gravity makes it shift. Once you find the center of the bar with your shoulders, you cantilever it down while squatting under it. Finally, you stand up with it and put it over head with either a press from behind the neck, or better yet, a jerk from behind the neck.

That is a great lift for a show, because you can have people from the audience try to lift it, then you quickly and easily have it over head and back down on the ground. Then move on to your next lift. The weight will not actually be so much that you are really exhausted. If your bar is of large enough diameter, there is no way anyone will be able to clean it.

Learn more cool show lifts and stunts here:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK22C>

All the best, Roger LaPointe  
“Today is a good day to lift.”

### [Club Challenge](#)

 January 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET ANNOUNCEMENT**

### **2013 USAWA CLUB CHALLENGE**



Meet director John McKean "in action" at last years Club Challenge under the watchful eyes of Art Montini and Rudy Bletscher.

The date for the USAWA Club Challenge has been set! This meet has become the premier meet in the USAWA which features club (or team) competition. It is unique in that it is NOT a personal competition, but instead a 3-person competition of the representatives of each club. The scores from each lifter are added together to form a club score. No individual recognition is given in this meet. The winning club has the bragging rights of having the “top performing” club in the USAWA for the year.

John McKean, of the Ambridge Barbell Club, has been the meet director for this meet since it’s beginning. The Ambridge BBC is one of the longest standing clubs in the USAWA, and has had club membership in the USAWA since 1993. Only Clarks Gym has a longer running membership status. The patriarch of the Ambridge Barbell Club, Art Montini, has been one of the most influential men in the history of the USAWA.

Eventually I would like to see each entered club in this challenge consisting of only club members (as identified on the membership roster). This way the challenge would truly represent each individual club performance. However so far, this has not been required for entry into the Club Challenge. So if two clubs want to “come together” to field a team, that is allowable. You may also enter if you can’t be part of a three-person team, but when the scoring is done you will be at a disadvantage because the scoring is based on three individuals and it will be difficult to “single handily” compete against the scores of three.

**MEET DETAILS:**

**Date: Saturday, March 2nd**

**Venue: Ambridge BBC**

**Meet Directors: John McKean & Art Montini**

**Entry Fee: None**

**Start Time: 1:00 PM**

**Sanction: USAWA**

**Lifts:**

**Bench Press – Fulton Bar**

**Peoples Deadlift**

**Bent Over Row**

**There is no entry form for this competition. If interested, contact myself (at [amyers@usawa.com](mailto:amyers@usawa.com)) or John McKean.**

[Presidential Speech](#)

 January 16, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers, IAWA President

Another year is underway in the World of All Round Weightlifting and the IAWA. Our history has been a rich one over the past 25 years in IAWA. I feel the time is here that I should make my “presidential speech” – since being elected the IAWA President last October at the AGM of IAWA. I know this is an expected duty of any incoming President - but I am doing this with some reservations, as I feel that we “have a good thing going” and BIG major changes are not really needed in our organization. This is due to the previous administration, especially under the

guidance of Past IAWA President Steve Gardner. Steve has lead IAWA in excellent fashion over his two 4-year terms as IAWA President. I am only hoping that I will be able to “follow in his footsteps” with the same enthusiasm and passion that he has shown for IAWA. One thing that has always impressed me with Steve is his belief in the democratic principle within the organization, which I wholeheartedly agree with. IAWA is a democratic body, and in turn should represent the majority viewpoints of the membership. I promise that I will do my best to represent the feelings of those that elected me, even if my feelings are different on issues. I’m your elected representative and it’s my duty to represent your views. Please contact me with your concerns if you have them. I am “very open” to hearing from the membership and encouraging discussions to solve problem issues.

The International All Round Weightlifting Association (IAWA) is the “umbrella World organization” of three Nations that contain organized All Round Weightlifting associations – the USAWA, the IAWA(UK), and the ARWLWA. I feel the primary purpose of IAWA is to provide the guidance to allow all three organizations to come together for annual World competitions, ie The IAWA World Championships, the Gold Cup, and the IAWA World Postal Meet. As President, I will make sure to represent all Nations involved. I also recognize that we are not all “mirror images” of each other, and that is a good thing. The USAWA has distinctive qualities to it that are different than the IAWA(UK), while the ARWLWA has it’s own very unique “flavor” to their organization. We are all different in many ways. History and membership viewpoints are what have driven this, and thus each organization is providing what is wanted by those directly involved. That’s why I’m saying these differences are a good thing and should be emphasized and commended, instead of criticized and condemned. However, there are ever-constant problems in “coming together” for World events when ideas are different. There has to be some “give and take” to work out these issues – and that is the primary purpose of IAWA – not to supersede established traditions within a nations governing body.

I do feel that the relations are at an “ALL TIME HIGH” between the USAWA, the IAWA(UK), and the ARWLWA. This has been shown over the last couple of World Championships. Again, much of this is attributed to the work of Steve and his ability to promote unity and work through difficulties diplomatically. He has that gift of leadership. I will continually “lean on him” for advice in any major IAWA decision made or influenced by myself, as well as the elected board of officers and the IAWA Technical Committee. The positive relations have also been enhanced by the available networking medias now-a-days. The USAWA, IAWA-UK, and the ARWLWA each have active Facebook pages to facilitate communications between not only their membership, but others as well. Practically every day I have contact with someone overseas, either via facebook, message boards, or email.

Ok – up till now it seems like I’m just being “general” with all this talk. I’m sounding like a Politician just throwing out “feel good” concepts that are not specific in any way. Well, let me give a couple “specific” ideas that I would like to see get accomplished during my next four years in office.

## **Develop for the first time a IAWA Rulebook**

Up till now there has not really been an IAWA Rulebook. Each organization has followed their own rulebook which has left many rules of IAWA “unwritten”. Examples of this is that there are NO WRITTEN rules outlining the proper approval presentation of lifts, the rules of government for the World Championships and the Gold Cup, rules for the IAWA Drug Testing Policy, etc. I could go “on and on” about this as these “unwritten rules” apply to MAJOR ISSUES, which are WAY BEYOND individual lift rules which are only MINOR in comparison.

## **Encourage and recruit at least one more “member Nation” to IAWA**

Though the years IAWA has had many lifters from countries outside of the United States, the UK, and Australia compete in the Worlds or Gold Cup. However, as I stated earlier, these other Nations do not have organized All Round Associations consisting of bylaws, Rules, and sanctioned competitions – and these lifters have competed in IAWA events on their own. I would like to see other Nations “step up” and form All Round Weightlifting organizations that would join IAWA to strengthen and expand our organization. I will make it a goal of mine to help facilitate this, and provide any guidance that is needed to accomplish this.

## **Develop historical archives for IAWA**

I have already done some of this which is available on the USAWA website under the “history” section. However, I would like to see our history preserved beyond what I have already done. I hate to see the past history of the organization “lost” as time goes by. We have to remember where we came from, as that defines who we are now. There are VERY FEW around anymore that have been with IAWA since the beginning and know this history firsthand. I think it is important that the younger lifters have somewhere to look to find out more about the history of our organization.

We may not be a huge organization that has thousands of members – but we are a “close knit” group. I would contend that having a large membership with hundreds of lifters at the World Championships may NOT be a good thing. Right now we all know each other and when we get together at meets it is like seeing your family members at a family reunion. The camaraderie between competitors is strong –something you do not see in other lifting sports. Little things like that would be lost with a large membership. We presently have a great IAWA World Record data base – with thanks owed to Chris Bass for this, and before him, to Frank Allen. The drug testing at IAWA events has been upheld to the ethics of the organization. We state that we are a drug-free organization and we do the testing to prove it. That’s something to be proud of. We have been diligent in promoting our events. Not once since the World Championships or Gold Cup has started has these events not been contested on a yearly basis. The annual promotions of these events are vital to the future of IAWA, as they are the basis of our yearly success. Included in this is the IAWA Annual General Meeting – which allows the membership to speak their concerns and voting to be

taken place to uphold the democratic principles of the IAWA. The AGM is held every year without fail. Under my term, I promise to keep these events held faithfully on an annual basis.

Like I said earlier – the IAWA has had a rich history of success. Despite a few “up and downs” and doubters through the years, the organization has not only survived but has thrived. At the past IAWA World Championships last fall we celebrated the 25 year anniversary of IAWA. Let’s make the NEXT 25 years just as good as the first 25 years!

### [IAWA Flags](#)

 January 17, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



### IAWA Banner

A while back on the IAWA(UK) Facebook page Steve Gardner posed this question to the membership, “How many countries have been represented in IAWA competitions over the past 25 years?” This may include just 1 lifter from any given country. Several responses were given to fully answer this question. The final count came to 15 NATIONS that have sent at least one representative to an IAWA event or competition!

Steve then put together this banner which shows the flags of all countries that have had past involvement in IAWA. Can you identify all the flags? I had to “cheat” and look a few up – but here are the answers!

United Kingdom	Germany	New Zealand	China
Canada	Ireland	Finland	Italy
Thailand	Australia	Pakistan	Spain
Wales	United States	Scotland	England

 Categories: [USAWA Daily News](#) |  Tags: [IAWA](#), [IAWA Banner](#)

[National Postal](#)

 January 17, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET RESULTS**

### **2013 USAWA NATIONAL POSTAL CHAMPIONSHIPS**

Congratulations to all the lifters that took part in the 2013 National Postal Championships!!! It was a well represented meet – with a total of 19 lifters taking part. Gabby Jobe was the lone female entrant – and for that she gathered the title of National Postal Champion. The Mens Division was a “slug fest” with several BIG NAME lifters competing. Dino Gym member Chad Ullom took top honors, edging out Orié Barnett. Troy Goetsch was third, Joe Ciavattone Jr. fourth, and Eric Todd fifth. The BIG BULL Bryan Benzel came in sixth, but he posted the highest total of the meet at 1261 pounds.

Gabby was the youngest lifter of the meet at 10 years of age. Denny “the PREZ” Habecker was the oldest lifter of the meet at 70 years of age. Gabby was the lightest competitor at 103 pounds. The lightest male lifter was Denny, at 190 pounds. The heaviest lifter of the meet was close between my two training partners Scott Tully and Mark Mitchell, as well as Lance Foster. Scott ended up reigning as the heavyweight supremo at 331 pounds – of solid muscle I might add!

### **MEET RESULTS:**

2013 National Postal Championships  
December, 2012

Meet Director: John Wilmot

Lifters using a Certified Official (1 official system used):

Gabby Jobe – Certified Officials Alison Jobe, Jesse Jobe

Troy Goetsch – Certified Officials Jesse Jobe, Bryan Benzel

Barry Bryan – Certified Official Denny Habecker

Scott Tully – Certified Official Al Myers  
 Mark Mitchell – Certified Official Al Myers  
 Denny Habecker – Certified Official Barry Bryan  
 Tim Songster Sr. – Certified Officials Jesse Jobe, Dan Bunch  
 Joe Ciavattone Jr. – Certified Official Joe Ciavattone Sr.  
 Jesse Jobe – Certified Officials Bryan Benzel, Dan Bunch  
 Chad Ullom – Certified Official Al Myers  
 Eric Todd – Certified Official Lance Foster  
 Daniel Bunch – Certified Official Jesse Jobe, Bryan Benzel  
 Bryan Benzel – Certified Officials Jesse Jobe, Dan Bunch  
 Lance Foster – Certified Official Eric Todd

Lifters using a non-certified Judge (Not eligible for records):

Samuel Rogers – Judge Orié Barnett  
 John Wilmot – Judge Kay Wilmot  
 Orié Barnett – Judge Samuel Rogers  
 Joe Ciavattone Sr. – Judge Joe Ciavattone Jr.

Lifter without any Judge (Exhibition Only):

James Fuller – no Judge

Lifts: Clean and Press – Reverse Grip, Squat – 12” Base, Deadlift – 2 Dumbbells

### **WOMENS DIVISION**

LIFTER	AGE	BWT	C&P	SQ	DBDL	TOT	PTS
Gabby Jobe	10	103	41	90	100	231	435.9

### **MENS DIVISION**

LIFTER	AGE	BWT	C&P	SQ	DBDL	TOT	PTS
Chad Ullom	41	251	198	507	552	1257	1015.2
Orié Barnett	51	229	190	485	400	1075	998.9
Troy Goetsch	26	198	181	455	430	1066	958.0
Joe Ciavattone Jr.	19	218	200	450	450	1100	956.2

Eric Todd	37	260	225	455	520	1200	933.4
Bryan Benzel	25	292	261	500	500	1261	926.1
Samuel Rogers	50	208	180	395	328	903	876.0
Mark Mitchell	52	327	220	451	422	1093	861.1
Joe Ciavattone Sr.	44	228	185	400	400	985	860.7
Jesse Jobe	35	242	200	365	450	1015	818.8
Tim Songster Sr.	45	204	175	345	350	870	814.7
Barry Bryan	54	197	176	231	360	768	794.7
Scott Tully	37	331	176	418	510	1104	765.5
Daniel Bunch	48	365	176	315	390	881	740.1
Denny Habecker	70	190	110	176	294	580	699.8
John Wilmot	65	219	105	205	300	610	653.2
Lance Foster	47	326	141	250	350	741	568.9
James Fuller	41	234	143	346	501	990	827.5

NOTES: All weights recorded in pounds. BWT is bodyweight in pounds. TOT is total pounds lifted. PTS is adjusted points for bodyweight and age correction.

### [A Shark Tearing Flesh](#)

 January 18, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



### Atomic Athletic Wrist Roller

Have you ever studied how a shark tears flesh? It is more than just a bite. The shark grabs flesh with its mouth and then twists the limb and grinds the teeth in a smearing motion. A shark's teeth cut like a serrated knife while wrenching the animal against the natural bio-mechanical direction of that limb's joint. If the shark's prey does have the ability to resist, let's say it's a person standing in shallow water, the jaws quickly reach bone and then tear the tendons and ligaments.

Learn from the shark! Your grip will naturally seize any object like the jaws of a shark. You just need to develop your grip to be as strong as its jaws. The linear motions we are used to working with, in the Western World, are simply not enough. Amazingly, we have a simple tool that has been a part of the Western world's body building physical culture that is so under utilized it will make you sick! While the simple wrist roller has been sold as an also-ran gizmo for packing a "All-In-One" bodybuilding kit, for kids to open at a birthday party, the martial arts masters of the East have been making full use of this awesome tool! Now it is your turn. Get your Atomic Athletic Firestorm Wrist Roller Now! Make your forearms burn with just the right workout. Whether your sport is combat MMA or grappling on the grid iron, football or fighting, you need this kind of force on your side. Your opponent certainly will be using one.



More pictures of the Atomic Athletic Wrist Roller

Made of the same North American hardwood as the best baseball bats, white ash, you know it's strong. Our beautiful fire red stain and clear lacquer finish ensure years of serious use.

Length: 21" Solid Hardwood

Grip Diameter: 1 1/4"

Kernmantle Cord Length: 10 FEET

Be one of the first. Here is your link to the forearm strength you have always wanted.

### [A Poet and Didn't Know it! Part 1](#)

 January 21, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

I was going through some old magazines recently. These aren't just magazines that are old...they are magazines that have been in my possession since they were purchased by me from the newsstand (yes, we had one in Kirksville...and it's still here!) since I started training. The past 20 years I have spent a lot of my magazine time on the ones that my Uncle's gave me from the 50's and 60's and the ones my grandfather gave me from the 30's and 40's plus some I have bought over the years from collectors or "inherited" from other old club members who know I will keep them and take care of them. I have ignored the 70's, 80's and up. Partly because I see those era's as tainted by steroids and partly because I felt like the commercialism really got carried away (I know, I know.....all the early mags sold stuff too....and were practically catalogs for products....but it just seemed to get worse!).

At any rate, I dug out some late 70's mags recently. This included some old "Muscle Builder" mags by Weider. There's a reason I hadn't looked at these for years! I bought them back in the day because there was little information available and I took what I could get! At any rate, as I thumbed through a 1979 issue a piece of paper fell out. It was folded up note book paper with the vertical red line on the left side where you would start writing and the blue lines so you would keep things neat and straight plus three holes to put it in a three ring binder. I felt like I had to describe that as I don't think the younger kids would know what I'm talking about!!!! The paper indicated to me it was from school and it was probably something I had wrote while goofing off and avoiding class work. I often would sit and draw pictures related to lifting, sketch out workout routines, write out goals, or just about anything you could imagine related to weightlifting.....from the age of 15 to 18 I was as fanatical as they come!

This particular piece of paper was jammed in an article by Mike Mentzer on calf training. I recall that article well! It almost landed me in the Emergency Room. I often was too impatient (that's what they called Attention Deficit Disorder what I was a kid) to read all the "details". My calves were as skinny as a marathon runner and I wanted to gain some size. This article detailed about a dozen or so exercises and in my haste to get "Diamond Shaped" calves I decided to do them all for 3 sets of 20 with maximum weights. The next day my calves were so sore I could hardly walk. It

was also a day I was supposed to go rabbit hunting with my Uncle Phil (also an accomplished lifter and as sadistic as they come when it comes to training!). He saw me hobble out (in SERIOUS PAIN) and quickly surmised I was sore from lifting. He offered to call off the hunting but I wasn't going to give him the satisfaction as I knew I'd never hear the end of it. So we proceeded to hunt for the next 8 hours in cold, wind, and rain and I'm pretty sure he picked the spots that required the most walking to get to. Finally, we went home and my calves actually felt a little better....until I laid down. Then, they began to feel like they were on fire and someone was slicing them open with a scalpel! They hurt so bad quiet tears ran down my face. My mom found me and evidently I was having trouble hiding my distress and wanted to take me to the ER. I refused, and I recall her going in trying to talk my Dad into "making" me go....but lucky for me my Dad was as sadistic as my Uncle and laughed his butt off as he knew exactly what was going on. I was lost in the memory as I held that paper in my hand.

So, back to my story....I opened up this long, lost paper expecting some workout routine, or something like that....and found a poem. It was a poem I had written when I was around 15 years old. You have to understand that I started lifting at age 13...but on my 15th birthday (because I read where Arnold started seriously training at age 15) I went "all in". And when I say all in, I was training around 3 hours EVERY DAY and lived, ate, and breathed lifting every waking moment....and then I would DREAM about it at night! Evidently, I had run out of routines and things to write about and had written a poem. While I write a lot and always have....I haven't written a lot of poems. I don't remember writing this one, but I do know I wrote it as I recognized my handwriting. I peeled the yellowed and folded pages open and began to read.

In Part II, the poem.

### [Dino Gym Challenge](#)



January 21, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

#### **2013 DINO GYM CHALLENGE**

***"PRESENTING AN OLD TIME STRONGMAN POWERLIFTING MEET"***



Group picture of the participants in the 2013 Dino Gym Challenge.

**MEET REPORT:**

I was expecting maybe 10 or 12 lifters for the annual Dino Gym Challenge – but then to my amazement lifters kept showing up and showing up!! The total number of entrants came to 21 lifters!!!! That's only a few off what entered the World Meet that I promoted last fall!!! I was very excited to see this, as it shows the interest that lifters have in the "new" Old Time Strongman Competitions. This meet was promoted as an "Old Time Strongman Powerlifting Meet" because it contained three OTSM lifts that are partial-lift deviations of the three powerlifts (Squat, Bench Press, and Deadlift). The meet included two Official OTSM lifts (the Anderson Squat and the Peoples Deadlift) as well as one exhibition lift (the Hackenschmidt Floor Press). The Hack FP "went over" really real with the lifters and I hope that it will become approved as an official OTSM lift this year.



The three officials of the Dino Gym Challenge holding their souvenir beer mugs - complete with Dino Gym logo!! These mugs were given as the awards to all participants. (left to right: Chad Ullom, Thom Van Vleck, LaVerne Myers)

One thing that I GREATLY appreciate with the Dino Gym members is how we always “come together” to support each other in our promoted events. Putting on any competition requires lots of “behind the scenes” work, and manpower on the day of the event. Even though we had more lifters show up than expected, things ran very smoothly because there was enough “helpers” to make it happen. Often after meets the attention is always on the lifting performances, but things wouldn’t happen if it wasn’t for those facilitating the meet. In this meet report I want to mention these guys first (they’re often the last mentioned). The USAWA OTSM Chairman Thom Van Vleck is first on my list to thank. Thom has been promoting the yearly OTSM Championships, and he has made a effort to be at most ALL of the OTSM meets in the USAWA, offering leadership and support. He took on the hardest event to officiate (the Anderson Squat) for the day. Chad Ullom, who normally doesn’t miss an opportunity to compete, sat this one out so he could be one of the needed officials of the day. He officiated the Peoples Deadlift as well as loaded that event the entire day. LaVerne Myers officiated the new OTSM event, the Hackenschmidt Floor Press. LaVerne has been a very important official in the club, and does an outstanding job. He is very professional in his officiating and keeps things on pace. His group finished before Chad’s and Thom’s in every rotation!!! I also want to thank Mike Murdock and Tyler Cookson for helping spot and load throughout the day. This help allowed me to focus on the daily details, keeping the scores

updated, and taking lots of pictures. Finally, I want to mention and thank my wife Leslie who made the lunch for everyone and puts up with me for stressing over every “little detail”.



Dan Wagman pressing 435 pounds, which was the top Hackenschmidt Floor Press of the meet.

Now onto the lifting performances. The IAWA World Champs Dan Wagman and Ruth Jackson made their appearance from Colorado, and added another overall victory to their USAWA resumes. Both performed outstanding in all of these OTSM events. Dan “put up” the top Hackenschmidt Floor Press of the day with 435 pounds. Newcomer Mike McIntyre lifted 410 pounds in the FP. Mike is a member of the JWC, and at 29 years of age, has his best lifting years still ahead of him. KC Strongman Eric Todd also lifted 410 pounds in the FP. That’s THREE lifters over 400 pounds!!!

I was very interested to see the big lifts in the Anderson Squat. I was hoping to see several lifts over 800 pounds – and that I did!! Eric Todd became the first USAWA lifter to ever go over 900 pounds (with a lift of 903#). ET has been “making his name known” in the USAWA this past year with winning the Heavy Lift Champs last spring, and setting the ALL TIME neck lift record at Worlds. His second place finish in this stellar-packed field of lifters show that he is also a top contender in any future OTSM competition. John O’Brien of the JWC upped his personal record in the Anderson Squat to 810 pounds. I want to mention that John did this after losing over 30 pounds of bodyweight. This bodyweight loss while maintaining his same strength helped him with the formula adjustment and aided him to get third place overall at this meet. I say this because he “just edged” out Alan English by one point!!! Alan is a Dino Gym member who I have FINALLY got to compete in an USAWA competition. He is a gifted strength athlete who has lots of strongman victories to his name. I hope that this meet has inspired him to compete more in the USAWA, because if he does, you will see several great things out of him in the future. Rounding out the top five was another Dino Gym member, Scott Campbell. Scott finished off his day with the second highest Anderson Squat, with a lift of 881 pounds. Scott is a seasoned Highland Game Athlete who has strength that he doesn’t really know he has.



Dino Gym member Chuck Cookson had the top Peoples Deadlift of the meet with this 800 pound lift!

I got a couple of other lifters that I want to mention. First – Chuck Cookson. Chuck started the meet off by putting up the top Peoples Deadlift of the day – 800 pounds!!! However, he opened a little too high on the Anderson Squat (800 pounds!!!) and couldn't get a lift in. If he would have got in an Anderson Squat, he would have placed much higher in the overall. I want to thank Art Montini and Denny Habecker for making the trip from Pennsylvania to compete. It's always inspiring to watch these two lift in meets. I would like to know how many USAWA meets these two have competed in throughout the years. They seem to always be at USAWA events, and have been doing this for 25 years!!! I really doubt if there are very many other lifters in the USAWA that have competed as many times as these two. I want to thank a couple of Jobe Steel Jungle lifters who made the trip – Tim Songster and Dan Bunch. I really appreciate it when lifters travel to my meets from out of state. This includes Dean Ross from Oklahoma. I did a quick count and lifters from six states competed in this meet. That's simply amazing!!!

As always, I still have lots more to report on but I got to draw a conclusion to my meet report at some point. Tomorrow I'll reveal the results from the challenge between the Dino Gym and the Hoghton Barbell Club. Also, I still have the results from the shooting competition that went on after the meet to report on. That'll be coming later this week. Again, I want to thank EVERYONE who competed, helped out, or just showed up to watch. This will go down as one of the best Dino Gym Challenges of ALL TIME.

**MEET RESULTS:**

Dino Gym Challenge  
Dino Gym, Abilene, Kansas  
Saturday, January 19th, 2013

Meet Director: Al Myers

Officials (1 official system used): Thom Van Vleck, Chad Ullom, LaVerne Myers

Scorekeeper: Al Myers

Loaders: Tyler Cookson, Mike Murdock

Lifts: Anderson Squat, Hackenschmidt Floor Press, Peoples Deadlift

### **WOMENS DIVISION**

LIFTER	AGE	BWT	SQ	FP	DL	TOT	PTS
Ruth Jackson	51	107	286	160	319	765	1180.1
Jera Kressly	28	219	319	0	379	698	593.2

EXTRA ATTEMPTS MADE FOR RECORD:

Ruth Jackson: Anderson Squat 308#

Ruth Jackson: Hackenschmidt Floor Press 180#

Jera Kressly: Anderson Squat 352#

Jera Kressly: Peoples Deadlift 399#

### **MENS DIVISION**

LIFTER	AGE	BWT	SQ	FP	DL	TOT	PTS
Dan Wagman	50	185	738	435	677	1850	1917.6
Eric Todd	38	262	903	410	717	2030	1573.1
John O'Brien	44	262	810	380	554	1744	1419.0
Alan English	29	231	694	320	702	1716	1418.1
Scott Campbell	38	287	881	325	654	1860	1378.8
Mark Mitchell	52	316	672	365	624	1661	1329.4

Tim Songster Sr.	45	205	501	285	554	1340	1251.8
Mike McIntyre	29	273	600	410	604	1614	1225.5
Darren Barnhart	45	302	628	340	624	1592	1221.1
Dave Glasgow	59	252	507	250	504	1261	1195.4
Doug Kressly	33	276	540	320	604	1464	1106.1
Scott Tully	37	313	600	320	604	1524	1086.2
Dan Bunch	48	360	551	275	624	1450	1055.3
Denny Habecker	70	198	331	215	349	895	1052.9
Dean Ross	70	273	402	180	379	961	955.9
Ben Edwards	37	217	440	225	449	1114	951.4
Art Montini	85	175	209	120	306	635	895.2
Chuck Cookson	43	275	0	300	800	1100	865.7
Lance Foster	47	330	402	180	554	1136	851.9

**EXTRA ATTEMPTS MADE FOR RECORD:**

Denny Habecker: Anderson Squat 352#  
Denny Habecker: Hackenschmidt Floor Press 225#  
Denny Habecker: Peoples Deadlift 369#  
Dan Bunch: Peoples Deadlift 649#  
Dan Wagman: Anderson Squat 782#  
Dan Wagman: Peoples Deadlift 707#  
Dean Ross: Peoples Deadlift 399#  
Lance Foster: Hackenschmidt Floor Press 190#

**EXTRA LIFTS MADE FOR RECORD:**

Dan Wagman: Curl – Cheat, Reverse Grip 204#  
Dan Wagman: Vertical Bar Deadlift – 1 Bar, 2", Left Hand 180#  
Dan Wagman: Vertical Bar Deadlift – 1 Bar, 1", Left Hand 217#  
Dan Wagman: Vertical Bar Deadlift – 1 Bar, 1", Right Hand 217#

Ruth Jackson: Bench Press – Right Arm 44#  
Ruth Jackson: Bench Press – Left Arm 44#  
Ruth Jackson: Bench Press – Feet in Air 110#  
Ruth Jackson: Bench Press – Hands Together 93.5#  
Ruth Jackson: Holdout – Raised 33#  
Ruth Jackson: Holdout – Lowered 33#  
Ruth Jackson: Deadlift – Right Arm 181.75#  
Ruth Jackson: Deadlift – Left Arm 181.75#  
Ruth Jackson: Deadlift – Ciavattone Grip, Right Arm 90#  
Ruth Jackson: Deadlift – Ciavattone Grip, Left Arm 90#

*NOTES: All lifts recorded in pounds. BWT is bodyweight in pounds. TOT is total pounds lifted. PTS are adjusted points for bodyweight and age correction.*

### [Hoghton Barbell Club Victorious!](#)

 January 22, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Mark Haydock, the leader of the Hoghton Barbell Club, performing a 272.5 kg Squat at the 2012 IAWA Gold Cup in Glasgow, Scotland. Spotters include Chad Ullom (left), Alex Rigbye (center), and Steve Angell (right).

The Dino Gym was issued a challenge from the Hoghton Barbell Club of Preston, England in last weekend's Dino Gym Challenge. Well, the results are in and have been tabulated and the Hoghton Barbell Club has come out victorious! Congratulations to the Hoghton Barbell Club! This "challenge" was mentioned several times on Saturday and I'm sure it pushed the Dino Gym members to greater lifting numbers. I'm very proud of the Dino Crew and their lifting in the Dino Gym Challenge, however, it just wasn't quite enough to overcome the powerful Hoghton club. The finish was pretty close though: 1. Hoghton BB Club 4287.7 points, 2. Dino Gym 4126.3 points. The only "consolation prize" the Dino Gym got was that in total pounds lifted the Dino Gym had 5237 pounds to Hoghton's 4961 pounds.

It was agreed beforehand that the points of the top three performers of each club would be added together to form the TEAM SCORE. The Hoghton Club consisted of Josh Haydock, Alex Rigbye, and Mark Haydock. The scoring members of the Dino Gym were Alan English, Scott Campbell, and Mark Mitchell. Other Dino Gym members that competed in the Challenge were Darren Barnhart, Scott Tully, Dean Ross, Ben Edwards, and Chuck Cookson.

The leader of Hoghton Barbell Club, Mark Haydock, sent this note to me when he sent me his club's results:

*A brief report on todays lifts, the squat went really well, all three of us hit personal best lifts I was 6kg up on training, Josh was 30kg up, and Alex was 90kg up!! The press was a bit of a damp squid and we didn't really feel it was much different to a normal bench press. Josh and Alex were slightly up on the deadlift poundages and finished their days lifting with a smile on their faces, but with sore bodies! I only took 2 deadlift attempts, both were very strong pulls but I am currently nursing a strained finger injury and my grip is compromised at the moment, I made both lifts with a double overhand hook grip. We will be waiting with baited breath to see how we drop into the total set of results... Thanks Mark H*

I think it is worth pointing out that Mark Haydock performed a 917 pound Anderson Squat! That's a big lift!!!! Again, congrats to the Hoghton Barbell Club for winning this challenge. The next time I see ya Mark, I'll have those Dino Gym T-shirts to "pay up" the bet!!!!

**MEET RESULTS:**

Lifts: Anderson Squat, Hackenschmidt Floor Press, Peoples Deadlift

**1. Hoghton Barbell Club – 4287.7 points**

LIFTER	AGE	BWT	SQ	FP	DL	TOT	PTS
Josh Haydock	22	80.0kg	642	264	440	1346	1293.8
Alex Rigbye	24	92.0kg	751	313	610	1674	1484.2

Mark Haydock	37	118.0kg	917	341	683	1941	1509.7
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## 2. Dino Gym – 4126.3 points

LIFTER	AGE	BWT	SQ	FP	DL	TOT	PTS
Mark Mitchell	52	316#	672	365	624	1661	1329.4
Scott Campbell	38	287#	881	325	654	1860	1378.8
Alan English	29	231#	694	320	702	1716	1418.1

*NOTES: BWT is bodyweight. TOT is total pounds lifted. PTS are adjusted points corrected for age and bodyweight.*

### [A Poet and Didn't Know it. Part II](#)

 January 23, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

Here it is, the “long lost” poem from my past around 1979:

**Each and every day, when time is free**

**I head to the weight room to pay my fee**

**Sometimes alone or with a friend**

**I lift the weights to no end**

**My chest, covered with muscle and sinew**

**Is filled with happiness that is not new**

**From the first rep to the last**

**I build strength that cannot be past**

**I am above the rest**

**In my happiness**

**Because weightlifting is like no other sport**

**It's just me and the weights, from beginning to end**

**and if I am true, I will always win in the end**

Now....I'm not going to be submitting this to any poetry competition anytime soon but this really got me to thinking. What motivated me back then? Had I lost some of that? I "self analyzed" myself and looked for what the 15 year old me could tell the 48 year old me.

**Each and every day, when time is free how do I use my free time.** *Back then, I looked forward to every free moment and filling it with training or thinking about training. I was excited!*

**I head to the weight room to pay my fee lifting it paying the price.** *Every time I go to the gym I want to pay the price and NOT sell myself short.*

**Sometimes alone or with a friend.** *I can have a training partner, but you have to lift first and foremost for you!*

**I lift the weights to no end.** *I leave it all in the gym*

**My chest, covered with muscle and sinew.** *I am there to get strong! Never forget the main goal!*

**Is filled with happiness that is not new.** *I found joy in the journey and not just the goal.*

**From the first rep to the last.** *Make every rep count, never just go through the motions.*

**I build strength that cannot be past.** *Regardless of what "chicken salad theory" says, I have to have the attitude that I can be as strong as I want to be as long as I am willing to work hard enough.*

**I am above the rest in my happiness.** *I am exceptional. American was built on exceptional-ism. As long as I don't bring anyone else down in the process. If you want to be your best you have to think you are the best and find joy in that.*

**Because weightlifting is like no other sport.** *Weightlifting is special. If you don't get that....I can't explain it.*

**It's just me and the weights, from beginning to end.** *It starts with me and ends with me. I can want help, I can accept help...but I should never NEED help. I take personal responsibility for all that I do and if I get help, then it's icing on the cake. I have to do this for myself.*

**and if I am true, I will always win in the end.** *Fate or destiny.....I believe I am in control (no matter how delusional that may be) because when I believe I'm in control then I will believe that what I do will actually make a difference and if I believe that I'm more likely to actually do it. I must stay true to my belief if I want to have any chance at getting stronger because if I don't, I will most certainly not get strong.*

Now, I'm not sure if 15 year old Thom really believed all those things....I like to think that in some way the seeds for my beliefs had been sown. But the reality is that I don't know what I was thinking then...but it my thoughts can say a lot of where I'm at now. My mother used to tell me about the "Rawlings Curse" (my birth name was "Rawlings"...that's a long story). It was almost this idea that those of us with Rawlings blood couldn't help but fail. I hated that idea. I wanted to be

successful. I rejected her logic and decided that I wanted to be in control of my fate. I made that decision at a very young age. However, one time my Uncle Phil did tell me, "If I believed in bad luck...and I don't....you have it". I could let life kick the life out of me. But I choose not to and I lift on. It's all a matter of how you want to look at it....your perception is your reality. My perception is that every challenge I've had in life has made me stronger. I look forward to the next challenge.

### [Dino Gym Shooting Competition](#)

 January 24, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Dave Glasgow won the Handgun Division, as well as the Small Bore Rifle Division.

I'm sure everyone is wondering how the shooting competition following the Dino Gym Challenge turned out. Well, it ended up taking about as long as the meet to complete! I had several entrants in each shooting division, with some outstanding marksmanship taking place. Luckily, we had a perfect day of weather with very minimal wind. Four divisions were contested, and each person could enter whichever division they wanted, depending on what their shooting expertise was. Darren Barnhart was the only one to enter all four divisions. The four shooting divisions were:

1. Shotgun Trap Shot
2. Small Bore Rifle (.223 caliber and smaller)
3. Large Bore Rifle (above .223 caliber)
4. Handgun



Darren Barnhart entered all four divisions, showing his diversity as a shooter. He's indeed an All-Round shooter!

The TOP THREE in each division are as follows:

**Shotgun Trap Shot** – 25 blue rock targets were throw from an electric trap thrower, with each shooter getting one shot per target.

1. Darren Barnhart – 18/25
2. Thom Van Vleck – 16/25
- 2 (tie). Chad Ullom – 16/25

**Small Bore Rifle** – 5 shots at 100 yards and 5 shots at 200 yards.

1. Dave Glasgow – 61 points
2. Darren Barnhart – 58 points
3. Chad Ullom – 36 points

**Large Bore Rifle** – 5 shots at 100 yards and 5 shots at 200 yards.

1. Thom Van Vleck – 71 points
2. Darren Barnhart – 16 points
3. Dan Wagman – 0 points!

**Handgun** – 5 shots at 3 yards, 5 shots at 7 yards, 5 shots at 10 yards

1. Dave Glasgow – 176 points
2. Dan Wagman – 152 points
3. Chad Ullom – 96 points



World Champ Dan Wagman takes aim - I just don't know at what!!!

Now for a little commentary on the days shooting. First, I didn't compete, but instead acted as the official to make sure everything was done on the "up and up". I was most surprised by Chad Ullom. Chad continues to show everyone that he seems to be a natural at everything. He doesn't even own a gun, and very rarely has ever shot one, but wanted to compete so he borrowed a shotgun from Darren to enter the shotgun contest. He started off miserably – missing his first half dozen shots. At this point – he made a newbie mistake and jammed up Darren's gun so it wouldn't work anymore. I then had to let him borrow one of mine to finish his shoot. At this juncture I gave him a few shooting tips and reminded him of the value of my shotgun, and that I would hold him accountably for it if he broke it. Well, this motivational talk of mine must have got him focused and he seemed to "get on fire" and started hitting every target!!! Thom was solid as expected in the Trap Shoot, but still ended up with a tie with Chad for second. Darren won the event with a very good 18 out of 25. Next up was the small bore rifle competition. Again, Chad was up against a couple of seasoned shooters in Darren and Dave, but made a fine showing to get third with again a borrowed rifle, edging out John O'Brien who scored a 27. Darren had the lead after round 1 at 100 yards, but sharp-shooter Dave eclipsed him in round 2 at 200 yards to win the small bore. The large bore rifle had three entrants: Thom, Darren, and Dan. A controversy immediately resulted as Dan was going to enter using his 5.56 M4 Colt Carbine. A discussion ensued that this division was for .223 caliber and above, but after a group consensus, it was determined that

the 5.56 caliber was indeed just slightly larger than the .223 caliber, and thus within the rules to be entered. Thom was one hand with his trusty 6mm Remington rifle. I could tell by the way he carassed his gun that it was a trusty ole friend of his, and that he had an intimate relationship with it. I want to mention something here about rifle shooting. Long distance rifle shooting requires a steady hand and a silent concentration – not exactly the mindset that most weightlifters have. Most of us that have been around Dan in the weightroom know that he gets about “as jacked” as any lifter could before an attempt. I could see his jugular pulse beating away as he set up for his shots. I thought for a moment that he was going to pull an ammonia cap out of his pocket to give him more of an adrenalin rush. Add in the fact that he was shooting “open sights” and that the M4 Colt is designed to be shot as “accuracy through volume”, it was not adding up well for him. I was slightly embarrassed to tell him that not only did he not hit the target once – but that he wasn’t even on the paper!!! Now Thom was another story. He destroyed the target with each shot using his bolt-action rifle in systematic fashion, and won by a HUGE MARGIN. But Thom told me afterwards that his years in the Marines trained him well for distance shooting, and that paid off in his victory in this division. We finished the day with the handgun division. We conducted the event under the rules established for qualifying for the Kansas concealed license. Darren was shooting a ultralight handgun that looked like it would fit in your front pocket without being noticed. Chad borrowed a .22 pistol from Darren, Dave was shooting a 9mm semiautomatic, and Dan was shooting a huge 45 caliber. Quite a diverse set of handguns for this competition. Dave showed his years as a policemen training on the 9mm that he was in a “class of his own”. His shooting technique was superb and hit the center on practically every shot. Dan shooting his huge 45 made it about impossible for me to tally his score as he shot the entire center of the target out, and Chad really surprised me by hitting the target on every one of his shots. Overall, this was a great competition and a fitting ending to a great day at the Dino Gym!!!

### [1930's Style Dumbbell Swing Video](#)

 January 25, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Roger LaPointe training the Dumbbell Swing at the Atomic Athletic club.

Impossible right?

173 1/4 Pound One Hand Dumbbell Swing at a bodyweight of 168 pounds, was the British record in 1930. Yep, you read that correctly. The record was an OVER body weight dumbbell swing. How did they do it with all that centrifugal force? I've been doing my research. Yes, I am a detail oriented guy when it comes to weightlifting. I've been working on it in the gym.

FIRST MILESTONE: Now I have it on video that I have passed the 50% of bodyweight milestone. Check out the video here.

<http://www.youtube.com/atomicathletic>

The dumbbell bars that I train with are right here:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=WDB20>

I highly recommend the Allen Collars when doing dumbbell work. (You can special order the exact bars that use in the video, by phone.)

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=COL04>

All the best, Roger LaPointe

"Today is a good day to lift."

[Writing Contest](#)



January 26, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

It's been awhile since I have had a writing contest for the USAWA Daily News – so I think it's time for another one! The topic I'm going to choose for this contest is a "report on an unusual training implement/device that you use in your gym for training". The more unique the better. I would like to hear about the purpose or function of the implement/device, as well as its history. Every club gym I have been in has a few pieces of unusual equipment that is not seen in most other gyms – so pick something you like and write a little story on it. The deadline for story submission is by the date of the USAWA Grip Champs – February 9th. The stories will run on the USAWA website. I have not decided yet on prizes – but there will be nice prizes for the winners. I promise!

### **Rules for Contest**

1. Submit story by February 9th
2. Must include a picture with story
3. Story length between 500 and 1000 words

You may submit your story to me by email, through a letter, or by writing it yourself on the USAWA website. If you want to write it on the website and you don't have "author status", send me an email and I'll make the changes to give you this access. It's not hard. My goal with doing this is to increase future writing contributions to the USAWA website. I want to keep reminding everyone that this website was set up to represent the viewpoints and contributions of the membership, not just mine. Now get to work!!!!

### [A Day in the Life of Eric Todd](#)

 January 27, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Ben Edwards

Give this video 5 minutes of your day if you have ever wondered what a high level strongman's normal day looks like. I've had the pleasure of competing in a few of the same USAWA contests as Eric. He is a very nice guy who has encouraging words and motivational wisdom for everyone around him. He's also a Special Ed teacher, which isn't what most people would guess a strongman would be. Not all strongmen are bouncers in other words. I hear that a lot from people who just don't know how stereotypical and outdated that is on many levels.

<http://www.youtube.com/watch?v=ZBCzgcuv7Kw&sns=fb>

*(WEBMASTERS COMMENTS: This was written by Ben on Facebook, and I just think it needs to be shared here in the USAWA Daily News for those who missed it. It gives a little insight into the life of ET, who has been a big part of the USAWA this past year.)*

### [Franks BBC Record Day](#)

 January 27, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

#### **MEET ANNOUNCEMENT**

#### **FRANK'S BARBELL CLUB RECORD DAY**

Frank Ciavattone, owner and Club President of Frank's Barbell Club, has sanctioned a record day at his gym on March 16th, 2013. Most lifts can be contested for USAWA/IAWA records, but to be sure I recommend you contact Frank beforehand. Below is the contact information for Frank:

Frank's Barbell Club  
204 East Street  
East Walpole, MA 02032  
Phone: (508)-668-5200

There is no entry form for this record day. Contact Frank directly for further details.

[Hey, Old Guy Lifters!](#)

 January 30, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



An Old Time Strongman performing a Yoke Lift with a man on his shoulders!

Old guy lifters are finally getting a little respect.

The world sure is changing. I re-posted a cool photo within Facebook that Facebook "Friends" seem to be loving. It's an old black & white photo of this old guy lifting a home made barbell with two of his buddies hanging off the ends. I would re-post it here, but I don't want to violate any copyright laws.

Discussion with Jeff Bankens:

**Jeff Bankens:** I wanna be scary strong like that when I'm a senior.

**Roger La Pointe:** Keep it up and you will be. 15 years ago, when I worked for York Barbell, I sold a set of "chest expanders" with the the surgical tubing, to Tommy Kono. I believe he had just had his hip replaced and he was still in his hospital bed. He couldn't think of any other tool he could use in his condition, but he didn't want to miss a workout.

### **True Story**

I remember my Grandmother warning me that weightlifting was dangerous. It would make me "muscle bound" and it was "bad for my heart".

For those of you who don't know him, Jeff Bankens is a performing strongman from Louisiana who did his act at the Atomic Athletic Great Black Swamp Old Time Strongman Picnic in 2012. He has certainly "Friended" me on Facebook and I encourage you to "Friend" him as well. He has a lot of great stuff on YouTube and you will also find out more about his traveling shows.

I sure am glad I didn't listen to her warning. Here another great photo of an older guy lifting something cool. I don't know who took this photo or how old it is, but it is in my PRE-WWII folder. I know you want to see amazing Masters Age lifting, so I encourage you to also check out the USAWA meet coverage that we have available on the Atomic Athletic web site. Here are links for reference:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=VID004>

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=VID001>

All the best, Roger LaPointe

"Today is a good day to lift"

[Bob's Bombs](#)



January 30, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Dino Gym member Ben Edwards lifting Bob's Bombs at the 2013 Dino Gym Challenge.

I'll start this writing contest off by writing about a piece of equipment in the Dino Gym that is very "dear to my heart". I'm talking about Bob's Bombs. Yes, that's right – these are actually bombs!!! Years ago we lost a very special friend and training partner Bob Maxey. Bob was the type of training partner that would NEVER miss workouts, and always knew how to motivate the rest of us to push ourselves in our workouts. Because if we didn't – Bob would "call us out" – and you didn't want him to do that because he knew how to speak his mind in such a way that it bordered on being rude, but wasn't. He didn't "suger coat" it when he thought we were slacking. He simply knew when we were capable of giving more effort than we were giving, and we knew he was right.

One night Bob brought these beautiful pair of blue bombs into the gym (they were empty training shells thank goodness!!). For a while in Salina Bob had ran a bar which he named the "Blue Bomb Bar", and these bomb shells hung from the ceiling as decor. I'll never forget Bob's request to me. He wanted me to fill these bombs to 100 pounds each and attach handles so he could use them as farmers walk implements. Of course, I obliged. At the time I had no idea what training Bob was expecting to do with them, but I never questioned his training methods which were often quite bizarre and unorthodox.

It took me that week to get them "in working order" for him. I filled them with sand and perfectly center balanced the handles. Well, the first night in the gym after I finished them Bob revealed what he was going to do with them. He planned to carry both of them to the "top of the hill and back" behind the gym every Tuesday night as a way of giving himself a little cardio. For those of you that have been to the Dino Gym know that this is no small feat. I'm talking to the fence at the top of the hill. This means down through the raven, pass the ballfield, pass the shelter, pass the throwing trigs, TO THE FENCE. That's a total distance of 200 yards, and then you have to walk back. But when Bob set his mind to something – he was intent on accomplishing his goals. That first night I had to watch him just because I didn't believe he was going to try to carry 200 pounds

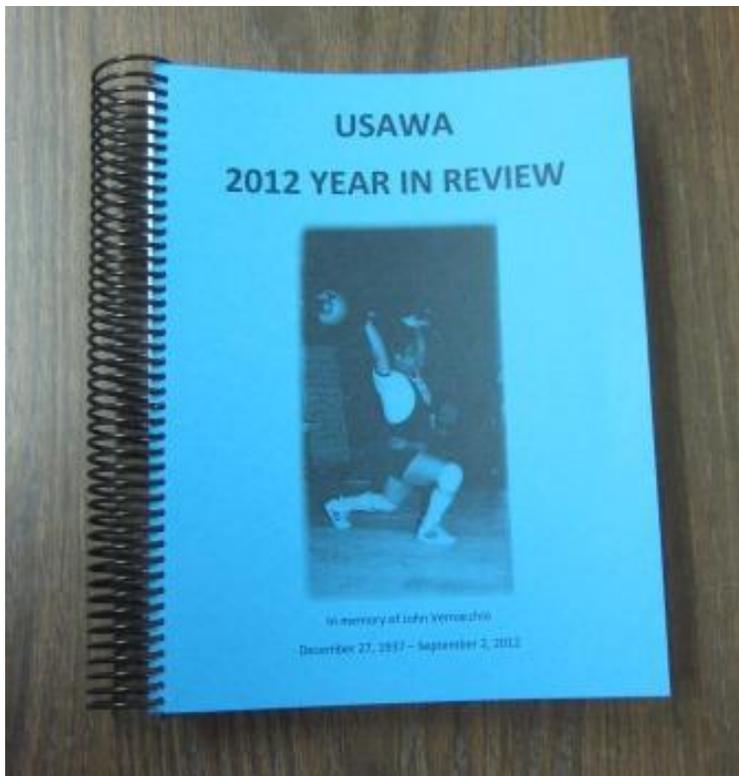
over a distance of a quarter mile over rough up and down yard terrain. I have no idea how many times he sat the weights down and rested (quite a few), but 30 minutes later he was back to the gym with the BOMBS in hand!! I also want to mention for those of you that didn't know Bob, that he was a large man at around 400 pounds. He was "huffing and puffing" – but he accomplished what he set out to do. That alone was worth the effort it took me to modify those bombs into farmers walk implements. He repeated this feat several times over a period of 3 or 4 years.

Today Bob's Bombs sit in front of the Dino Gym as a memory to him. Occasionally I get to tell someone new to the gym this story about Bob, and remind them of the challenge that Bob left all of us with his pair of bombs. The blue paint is now faded on them, but I will never repaint them. They are part of the lifting legacy of my great friend Bob Maxey.

### [2012 USAWA Year In Review](#)

 January 31, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



The 2012 Year In Review is dedicated to the late, great John Vernacchio.

For the fourth year now, I have done a 2012 USAWA Year In Review. This book contains all of the information that has been placed on the USAWA website throughout the prior year. If a blog was written – it is included in this review book. All together, this review book is 476 pages and contains 164,701 words!!! Definitely not something you would get read in one evening! I have had a few copies printed and bound, so if anyone wants one send me an email with your request. The books

cost \$50, payable to the USAWA. This was the cost of the printing so no money is being made here. Of course, if you just want the file I'll email it to you free of charge and you can print it out yourself. The book is printed in black and white. Color printing would have been 3 times as much!

This book is not edited. I just copied and pasted from the website. I do this monthly as a way of backing up the website, so making this book is not really that much work for me. And after the problems with the website this past week, where we lost over a days worth of material, it goes to show that the internet may not be a permanent source of this important information. Having a hard copy book that you can place on your bookshelf will still be there in 50 years!!

### [Cloud Hands of an Angell](#)

 January 31, 2013 | Authored by [Al Myers](#) | [Edit](#)

By John McKean



Steve "THE PEACEFUL WARRIOR" Angell, on holiday, performing Tai Chi on the beach of Sri Lanka.

"THUMP!!" Ohhh, seein' stars and feelin' pain! This new training equipment is gonna kill me yet!

Strangely enough, I'd not yet started my morning workout; rather, good wife Marilyn was busily twirling her arms in our kitchen, intent on swinging the very well sculpted, long chunks of wood known as "Indian Clubs." She CLAIMED that her eyes were closed while thriving within the healing, calming powers of the circular motion, obviously not sensing me walking in when her "war club" bounced off my noggin! (But why was she grinning??) And to think this handsome set of clubs, recently obtained from that master purveyor of old time gear, Roger LaPointe, had been my loving, thoughtful birthday gift to her! Actually Marilyn has greatly enjoyed this 2500+ year old exercise mode, also finding it necessary and beneficial to stabilize a recent arm/shoulder condition.



This is just part of Steve's Indian Club collection.

My own major incentive to employ mere 1 to 2 pound wooden weights as a huge improvement to my weightlifting program came from an Angell! No, not a vision from a winged and white gowned type, but directly from a LIVING LEGEND of All-Rounds, England's super strong Steve Angell !! Through his insightful "Peaceful Warrior" concept, which tones mind, body, and spirit through such disciplines as tai chi, gigong, yoga, Indian Clubs, and high rep kettlebell work, Steve has found the way to acquiring physical/mental BALANCE to help recuperate from years of overzealous max poundage weightlifting. This well thought out and age-proven regimen hasn't exactly diminished Steve's awesome strength or mind blowing physique, if you've seen photos of last season's "impossible" 20 reps with the Dinnie Stones, or his impromptu all-round successes!

Emailing back and forth with mighty Steve came encouraging words that very few ever need employ more than a pair of one, two to three pounders for healing, warm-up, shoulder restoration, and a terrific sense of well-being. Then, while discussing this matter, we both arrived at a theory simultaneously that most martial and meditative arts may well have been derived from ancient club training! (History shows that all martial arts forms originally traveled from India). In fact, Steve had an instant epiphany on this thought, realizing a vital movement known as "Cloud Hands" from Tai Chi, was also one of his very favorite traditional maneuvers with wooden pins! It would be a bit hard to describe Cloud Hands, even with photos, but fortunately Steve made a dynamite YOU TUBE video for me that you can see here – <http://www.youtube.com/watch?v=JRbio87dHAM>

Hmmm, although I doubt that those 20" guns came exclusively from club work, you can readily detect the dreamlike, circular toning (the gigong effect) and rhythmic tranquility of deep breathing that Steve and I (and Marilyn, when she's not intent in whacking the crap outta me-much as I usually deserve it!) enjoy daily.

So our little home garage gym has what can be considered "unusual equipment" by today's standards, with my growing collection of Indian clubs. I doubt you'll find many commercial gyms, high tech spas, or even old time "pits" which have rows of these well-balanced chunks of wood that once surrounded lairs of Goernor, Saxon, and Sandow!

Following Steve Angell's lead, I, too, looked to various martial arts to discover circular strategies of movement for my lightweight clubs. Some traditional Indian and British exercises are often used, but prove boring within the necessary high rep format. However, from the concise rotational motions of Indonesian "Silat" jurus (forms) came a more meaningful, often thought provoking, type of exercise. Also this proved to be a refreshing and needed change from our usual linear weightlifting, and tends to heal through more gentle pressure of leverage resistance. Now, at last year's Bowling Green, Ohio meet, ole Roger took a video of my unique Silat club program, so hopefully sometime soon he'll release this on his Atomic Athletic site (put McKean on screen and there goes the business, Rog is probably thinking!!).

No, I'll never get near the phenomenal Indian Club endurance record of Australian Tom Burroughs during the early 1900s of over 100 consecutive hours of swinging a pair of 3 pound 6 ounce clubs (no food or water breaks, no sitting or resting, no pause whatsoever in achieving an average of 80 reps per minute!). By the way, Indian club work was Tom's primary and most beloved form of exercise to achieve world class status also in boxing, wrestling, swimming, fencing, gymnastics, and track! For me, if it keeps this cranky, crotchety senior citizen from feeling any older from day to day, I'll be content; however, last year it did get me down, with little effort, into a lower weight class, gave relief to my always aching shoulders, instilled some of the best warm-ups ever prior to lifting, and seemed to yield a special form of energy for everything I did! The only downside to club training that I've found is worrying about my nicely curved "bowling pins" getting smudged when training at the Ambridge VFW; not that the old gym isn't always kept spotlessly well maintained, just that prodigious bowler Art would get chocolate on the wood, when he tried to roll a donut between them!

### [Improved Forms and Applications](#)



February 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

Thanks to Dan Wagman, there has been an improvement in the USAWA Forms and Applications. NOW we had PDF's that have the ability to be edited! No longer will you even have to "hand write" anything when sending in your USAWA applications. I'm hoping this will help me out

as well – because some of you have handwriting as bad as mine. I’m going to include these new forms in this blog just so you can see firsthand how nice they are!

These documents are available on the website column on the left, under “Forms and Applications”.

[Individual Membership Application \(EDIT PDF\)](#)

[Meet Sanction Application \(EDIT PDF\)](#)

[Club Membership Application \(EDIT PDF\)](#)

[HOF Nomination Form \(EDIT PDF\)](#)

[Online Store Order Form \(EDIT PDF\)](#)

[My Training Adventure in Graduate School](#)

 February 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Mike McIntyre



Mike McIntyre, of the JWC, pulling a 604 pound Peoples Deadlift at the 2013 Dino Gym Challenge, his first USAWA competition. (caption courtesy of the webmaster)

I am a graduate student at A.T. Still University, an Osteopathic medical school in Kirksville, Missouri. I have had the pleasure of meeting many great people while working on my master’s degree. I have

also found the time and motivation to re-discover my passion for weightlifting. This is something I had been away from for many years prior to moving to Missouri. One of the people I have formed a great friendship with is Thom Van Vleck. Thom has written a story about the Osteoblasters before and I'd like to extend upon it. Thom has introduced me to the USAWA and Highland Games, both of which I have come to love for the competition and camaraderie. A few weeks ago I was able to experience my first USAWA event at The Dino Gym and this was just awesome! Well, that's a little about me, now, on to my story.

"You are your own first healer"... "I am my own first patient"... These principles are repeated hundreds of times throughout the educational adventure known as medical school. However, the time crunch and fast paced learning environment make it very difficult for students to truly embrace this attitude. It seems as though one of the first things to be put on the back burner is personal health and wellness, especially when it takes so much time, commitment, and energy to stay afloat in such a demanding curriculum. Motivation quotes are plastered throughout the internet but one of the easiest to believe, and one of my favorites is that "a one hour workout is only four percent of your day, no excuses." This is the very attitude that is pushed at A.T. Still University by the Osteoblasters Weightlifting Club (OWC). I put in so much time and work to officially establish the OWC as a University club because I honestly believe that the benefits of exercise go far beyond the body; to the mind and spirit. This trifecta, "Body, Mind, and Spirit" is another principle that is mentioned countless times at any Osteopathic medical institution. With the help of Thomas Van Vleck, the director of counseling, Dan Martin, the director of the Thompson Campus Center and Jared Nichols, a medical student, I was able to see my dreams for this club come true.



Mike performed a 410 pound Hackenschmidt Floor Press. He was one of only 3 lifters who exceeded 400 pounds at the meet. (photo and caption courtesy of webmaster).

With the New Year (2012), came the beginning of the Osteoblasters. I started to design a fitness approach that would be fun, effective, and fit within the confines of about an hour. Even if I could reach out to only a dozen students I was going to consider this a successful endeavor. I designed a blend of circuit training, powerlifting, olympic lifting, strongman training, Crossfit, and I even incorporated exercises to promote the maintenance of basic movement skills, and what I came up with has evolved into the "Osteoblasters." If people who cherish time so much are willing to devote an hour to me several times a week I figured I owed it to them to make every minute worthwhile.

At the end of my grueling workout, with several people near complete exhaustion, some people seemingly in pain, I walked around to ensure that everyone was okay and get some feedback. What I got back were "high-fives", some "wows", and even some comments that are inappropriate to put in print. Thinking I may have scared some people away I prepared for the next class to be smaller and have less energy overall. What actually happened was over 50 people showed up! It did not take more than a few days for the word to spread about how great this "Osteoblasters" program was and how much everyone enjoyed the challenge. I was in no way prepared for this influx of people and was forced to scramble to adapt a workout that would accommodate fifty or so people. It was not easy but I made it happen.

This blend of so many exercise styles seems to be appealing to everyone. We are not training for a competition, a race, or even to get better at a sport, we are training for life. Everyone can find at least a few things they are good at, and I force them to work through things that they may find difficult. One of the things that I never imagined would become part of this workout "class" was the camaraderie most people experience when being part of an athletics team. The majority of people do not continue competitive athletics after high school so this is an area that is easily lost as we "grow up." The Osteoblasters are just that, a team. We are a team of individual working towards a common goal, not to win a competition or break a world record, simply to get better. Everyone is always looking to break their own personal records whether it is the number of pull ups, weight of a deadlift, or the duration of a hand stand, everyone shows up to get better. This camaraderie extends far beyond the gym as well. I see these people studying together, working together, and hanging out together. This makes all the time and work that I put into this program completely worth it.

I have been able to reach beyond the student population as well and have members of the faculty, staff, and even significant others of students as members of the OWC. We have established a great program that I hope will last for many years. Sometimes people need a push to remember that you are your own first patient. It is extremely important to study and do well while in school but it is also very important to remember your own personal health and wellness. The OWC takes this responsibility to the core of its mission statement: "The OWC will work to improve the well-being of its members through strength training and conditioning. The OWC aims to reach out to people of all levels of experience and offer a safe and structured platform for physical health and wellness."

Hope you all enjoyed this little story of how I am keeping weightlifting and competition alive and well, even in the demanding environment of a medical school!

### [Eastern Open Postal](#)

 February 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

#### **USAWA Eastern Open Postal Meet**

Dates: Between March 1<sup>st</sup> and March 31<sup>st</sup>, 2013

Entry form must be postmarked by April 5<sup>th</sup>, 2013

Must be a current USAWA member to be eligible for competition

Entry Fee: None

Official USAWA rules apply as outlined in the Rule Book

Lifts:

**Snatch – One Arm**

**Clean and Press**

**Jefferson Lift**

ENTRY FORM (PDF) – [2013 Eastern Open Postal Meet Entry Form](#)

### [Middle Atlantic Postal](#)

 February 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

#### **USAWA Middle Atlantic Open Postal Meet**

Dates: Between June 1<sup>st</sup> and June 30<sup>th</sup>, 2013

Entry form must be postmarked by July 5<sup>th</sup>, 2013

Must be a current USAWA member to be eligible for competition

Entry Fee: None

Official USAWA rules apply as outlined in the Rule Book

Lifts:

**Press – From Rack**

**Curl – Reverse Grip**

**Hack Lift**

ENTRY FORM (PDF) – [2013 Middle Atlantic Open Postal Meet Entry Form](#)

[Delaware Valley Postal](#)



February 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**USAWA Delaware Valley Open Postal Meet**

Dates: Between September 1<sup>st</sup> and September 30<sup>th</sup>, 2013

Entry form must be postmarked by October 5<sup>th</sup>, 2013

Must be a current USAWA member to be eligible for competition

Entry Fee: None

Official USAWA rules apply as outlined in the Rule Book

Lifts:

**Clean and Press – 12" Base**

**Swing – Dumbbell, One Arm**

**Deadlift – 2 Bars**

ENTRY FORM (PDF) – [2013 Delaware Valley Open Postal Meet Entry Form](#)

[Postal Championships](#)



February 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**USAWA National Postal Championships**

Dates: Between December 1<sup>st</sup> and December 31<sup>st</sup>, 2013

Entry form must be postmarked by January 5<sup>th</sup>, 2014

Must be a current USAWA member to be eligible for competition

Entry Fee: None

Official USAWA rules apply as outlined in the Rule Book

Lifts:

**Clean and Jerk – One Arm**

**Curl – 2 Dumbbells, Cheat**

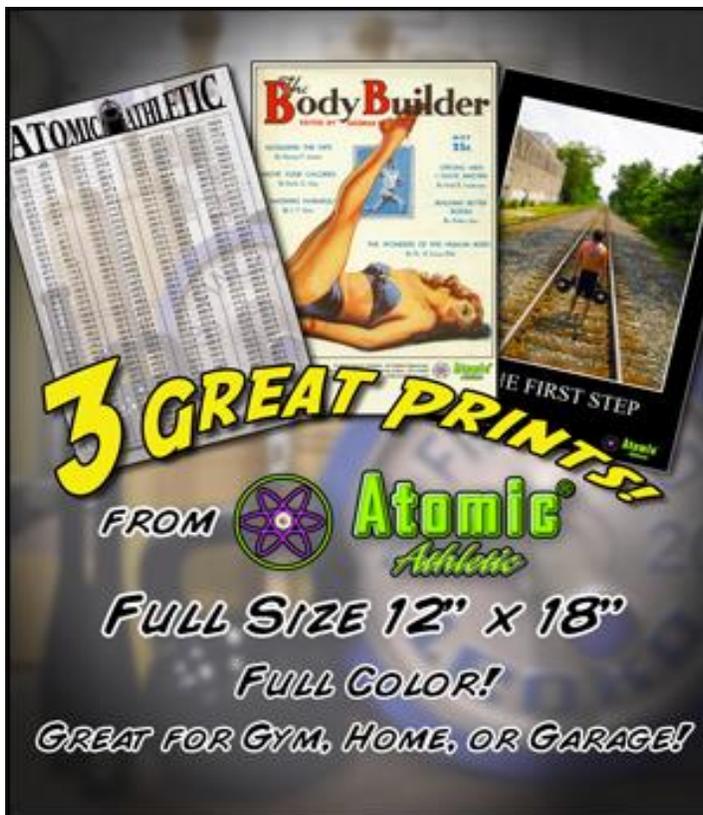
**Deadlift – Heels Together**

ENTRY FORM (PDF) – [2013 National Postal Championships Entry Form](#)

[An Atmosphere of Strength](#)

 February 2, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Prints available from Atomic Athletic.

Creating an atmosphere of strength is hard to do, in today's world.

More people are lifting weights than ever before, but strong people are still called "dinosaurs" and lifting heavy weights is called "old school". It's no wonder that desk jockeys are flocking to obstacle course races and other events that are considered tough.

Humans need a challenge.

We also need a place to train for that physical challenge. It's not politically correct to say that we need to push ourselves. There are some of us left that don't want to be in a contest where everyone gets a medal. We actually want to know who did the best and what was that best lift or the best time, because those of us who crave a challenge want to beat that guy in the next event.

If this is you, then you need to build the most useful and inspiring training atmosphere that you can. This concept applies to what you have on the walls of your gym. One of the charts you need is a Kilo Conversion Chart. You don't want to enter that next contest to find that they are using kilos and you lift in pounds, or vice versa, and you don't know what your opening attempts should be.

Check it out:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=POSCP1>

Don't delay. Start your personal challenge now.

Live strong, Roger LaPointe

"Today is a good day to lift."

### [Past IAWA Officers](#)



February 3, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

These past few months I have been working on a project. I have been trying to develop a historical archive of the past IAWA Officers. This has not been an easy task – as this information has not been located in a single source, but rather, multiple sources. After searching through many past USAWA Strength Journals, IAWA(UK) Strength Journals, past IAWA World Meeting minutes, and talking to individuals who held office, I finally think I have this list complete. If anyone notices any errors in this list – please let me know so I can get to the “bottom of it” and make the proper corrections. This archive will be kept on the USAWA website under the “history” section for future reference. I especially want to thank Steve Gardner, Frank Allen, and Chris Bass for their help in getting this project done.

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### **Elected October 5th, 2012 – Salina, Kansas, USA**

IAWA PRESIDENT

Al Myers, United States

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

Denny Habecker, United States

Chad Ullom, United States

Steve Gardner, England

George Dick, Scotland

Peter Phillips, Australia

Robin Lukosius, Australia

IAWA RECORD REGISTRAR

Chris Bass, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell - Chairman, United States

Denny Habecker, United States

Al Myers, United States

Steve Gardner, England

Steve Sherwood, England

Peter Phillips, Australia

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**Elected October 3rd, 2008 – Barton under Needwood, England**

IAWA PRESIDENT

Steve Gardner, England

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

John Vernacchio, United States

Denny Habecker, United States

Mike Archer, England

William Wright, Scotland

Frank Lamp, Australia

IAWA RECORD REGISTRAR

Chris Bass, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States  
John Vernacchio, United States  
Denny Habecker, United States  
Steve Gardner, England  
Bill Chapman, Australia  
Steve Sherwood, England

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

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**Elected October 1st, 2004 – Burton on Trent, England**

IAWA PRESIDENT

Steve Gardner, England

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

John Vernacchio, United States  
Denny Habecker, United States  
Mike Archer, England  
William Wright, Scotland  
Frank Lamp, Australia

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States  
John Vernacchio, United States  
Denny Habecker, United States  
Steve Gardner, England  
Bill Chapman, Australia  
Steve Sherwood, England

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

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**Elected September 1st, 2000 – Walpole, Massachusetts, United States**

IAWA PRESIDENT

Howard Prechtel, United States

(Steve Gardner, England, was appointed the duties of President in 2001 after Howard Prechtel's resignation)

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

John Vernacchio, United States

Frank Lamp, Australia

William Wright, Scotland

Mike Archer, England

Steve Gardner, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

John Vernacchio, United States

Denny Habecker, United States

Steve Gardner, England

William Wright, Scotland

Steve Sherwood, England

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

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**September 20th, 1996 – Glasgow, Scotland**

IAWA PRESIDENT

Howard Prechtel, United States

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

Frank Lamp, Australia

Mike Archer, England

William Wright, Scotland  
Steve Gardner, England  
John Vernacchio, United States

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States  
Denny Habecker, United States  
John Vernacchio, United States  
Steve Gardner, England  
Steve Sherwood, England  
William Wright, Scotland

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States  
Steve Sherwood, England

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**Elected September 11th, 1992 – Twickenham, London, England**

IAWA PRESIDENT

Frank Allen, England

IAWA GENERAL SECRETARY

John McKean, United States

IAWA TREASURERS

Bill Clark, United States  
Frank Allen, England

IAWA VICE PRESIDENTS

Frank Lamp, Australia  
Mike Archer, England  
William Wright, Scotland  
Steve Gardner, England  
Frank Ciavattone, United States  
John Vernacchio, United States  
Howard Prechtel, United States

IAWA TECHNICAL COMMITTEE

Mike Archer – Chairman, England  
Adrian Blindt, England  
Bob Smith, England  
Ken Edge, England  
Art Montini, United States  
Bob Moore, United States

IAWA RESEARCH COMMITTEE

Bill Clark – Chairman, United States  
Joe McCoy, United States  
Tom Ryan, United States  
Terry Todd, United States  
Frank Lamp, Australia  
Frank Allen, England

IAWA MEDICAL COMMITTEE

John McKean – Chairman, United States  
Roger Lynch, United States  
Joe Caron, United States  
Adrian Blindt, England  
Steve Sherwood, England

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**Self Appointed July 1st, 1987**

IAWA PRESIDENT

Bill Clark, United States

IAWA GENERAL SECRETARY/TREASURER

Frank Allen, England

IAWA VICE PRESIDENT

Jon Carr, United States

IAWA REGISTRAR

Joe McCoy, United States

IAWA BOARD OF DIRECTORS

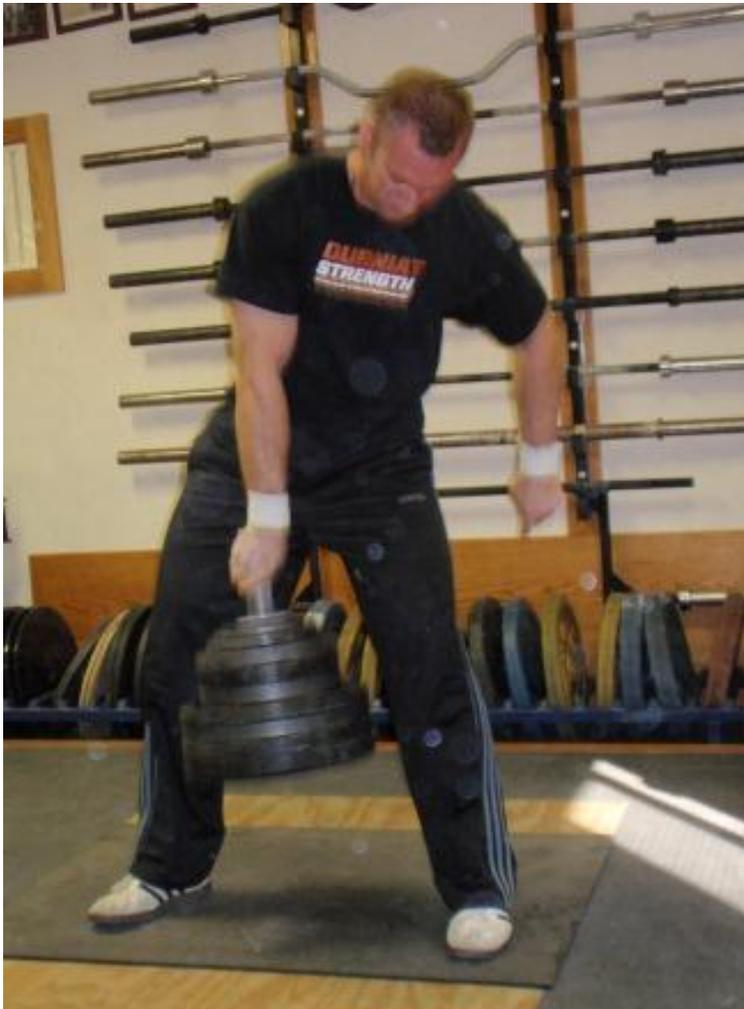
Bill Clark, United States  
Jon Carr, United States  
Frank Allen, England  
Joe McCoy, United States  
Tony Cook, England  
Clive Nevis, England  
Frank Lamp, Australia  
Teddy Kaplan, Israel

📁 Categories: [USAWA Daily News](#) | 🏷️ Tags: [History](#), [IAWA History](#), [IAWA Officers](#)

### [Rules for the VB DL – 1 bar, 2", One Hand](#)

📅 February 4, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Andrew Durniat's 250 pound Vertical Bar Deadlift - 1 Bar, 2", One Hand at the 2010 USAWA Grip Championships. Andrew was the first lifter in the USAWA to exceed 250 pounds in this lift.

This is a lift that has been contested before in the USAWA Grip Championships. It is a very popular grip lift, and I know the favorite of several. For those of you that may have performed Vertical Bar Lifts in other organizations, pay attention to the USAWA rules for it. They are quite different and may affect the amount of weight you can lift. The USAWA rules for the Vertical Bar Deadlift – 1 Bar, 2”, One Hand is as follows:

### ***123. Vertical Bar Deadlift – 1 Bar, 1”, One Hand***

*The setup for this lift requires a Vertical Bar, which is a bar of one inch diameter with a maximum length of 18 inches. A collar or plate must be tightly fastened or welded to the bottom so plates may be added to the bar. No knurling is allowed on the bar. The lifter may straddle the weight or have it placed to the lifter’s side. Width of feet placement is optional, but the feet must be in line with the torso. Feet must not move during the lift, but the heels and toes may rise. The bar may be gripped by any grip with only one hand near the top of the vertical bar. The forearm is not allowed to touch the bar. The lifting hand must not touch the body during the lift, but the weight may accidentally touch the legs provided it does not aid in the lift. The non-lifting hand may be braced on the leg or body during the lift, but must be free from the body at the completion of the lift. The lift begins at the lifter’s discretion. The body must then straighten, lifting the Vertical Bar from the platform. The legs must be straight and knees locked at the completion of the lift, but the shoulders and body do not need to be erect. The lifting hand must be above the level of mid-thighs at the completion of the lift. Any rotation of the bar must be completely stopped. Once the weight is motionless, an official will give a command to end the lift.*

### ***124. Vertical Bar Deadlift -1 Bar, 2”, One Hand***

*The rules of the Vertical Bar Deadlift – 1Bar, 1”, One Hand apply except a two inch diameter Vertical Bar is used.*

I have covered this lift in several past USAWA Daily News blogs. I will help you out here with the search on these, as I think “refreshing” yourself on this lift may prove to be beneficial to your performance. In several of these Vertical Bar blogs, tips were given out.

1. This blog was written on February 10th, 2010 by me and it outlines some of the historical significance of the VB, plus has a cool picture of Ben Edwards lifting the “then record” of 235 pounds.

<http://www.usawa.com/tag/vertical-bar/>

2. This blog was written on September 2nd, 2011 by Ben Edwards. Ben gives out some training tips en route to his new record of 251 pounds.

<http://www.usawa.com/2-vertical-bar-training-tips/>

3. This blog was written by me on November 5th, 2011 . Most of it is about the 2 BAR VB DL, but some of it applies to the 1 BAR VB DL. However, most of it is myself complaining about the differences between the USAWA and IAWA rules on this lift!!!

<http://www.usawa.com/vertical-bar-deadlift-2-bars-2/>

**Past History of the ALL-TIME USAWA RECORD in the Vertical Bar Deadlift – 1 bar, 2", One Hand:**

RECORD	LIFTER	DATE	LOCATION
168	Jim Welsh	11/2/2003	2003 Gold Cup
185	Bob Hirsh	11/23/2003	Jump Stretch RD
200	Frank Ciavattone	6/5/2004	2004 Nationals
224	Scott Schmidt	6/25/2005	2005 Nationals
231	Frank Ciavattone	10/10/2005	Franks Record Day
235	Ben Edwards	11/22/2009	Clarks Record Day
250	Andrew Durniat	2/13/2010	2010 Grip Champs
251	Ben Edwards	8/28/2011	Dino Days RD
253	Adam Glass	3/3/2012	Minnesota Meet
255	Troy Goetsch	5/20/2012	Jobes Steel Jungle RD

*NOTES: All records recorded in pounds.*

As far as I can find, Jim Welsh was the first lifter to do this lift in official competition. The VB DL – 2 Bars was done in several competitions over a few years before the one hand version was contested. Frank Ciavattone was the first lifter to break the 200# barrier, and held the record for the longest period (2005-2009). The past two years have seen the most activity with big lifts and new ALL TIME records being established. Andrew Durniat was the first lifter to exceed 250 pounds. Troy Goetsch currently holds the best mark. I have witnessed and/or judged the record lifts by Ben Edwards, Adam Glass, and Andrew Durniat. My training partners Scott Tully and Darren Barnhart judged Troy's lift, and they have assured me that it was officiated according to the same standards as the others. These four grip masters are still at the top of their game – and I would just LOVE to see them together in the same USAWA competition to decide once and for all, who is the BEST in the USAWA at the One Hand 2" VB DL!!!

## [Rules for the Pinch Grip](#)

 February 5, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Mark Mitchell, of the Dino Gym, lifting 252# in the Pinch Grip at the 2012 Dino Gym Record Day. This is the ALL TIME best Pinch Grip in the history of the USAWA.

The first lift conducted in the USAWA Grip Championships will be the Pinch Grip. This lift is in the rulebook under “Special Equipment Lifts”. The reason for this is that the “special equipment” is the plates themselves – as that is what is used to pinch to make the lift. The USAWA rules for the Pinch Grip are as follows:

### **115. Pinch Grip**

*The setup for this lift requires two metal plates joined together with smooth surfaces facing outward. A bar may be placed between the plates to hold them together, and should be long enough to add plates to it. Front hang or back hang is allowed to the loading of the center bar. Collars should be used on this bar. The lifter’s fingers must not touch any added plates. The width of the two plates joined together must be between 2 ¼ inches and 2 ½ inches. The lifter will straddle the weight, with the weight being placed in front of the lifter. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Feet must not move during the lift, but the heels and toes may rise. The lifter will then grip the plates with both hands on the top of both plates. The palms of the hands must be facing the lifter. The lift begins at the lifter’s discretion. The weight must be lifted to a point where the lifter’s legs are straight and the body upright. Once the weight is motionless, an official will give a command to lower the weight.*

At the Grip Champs, we will use two old york 45# plates as the “gripping plates” with a VB holding them together. You will like these plates for this lift because these are the old “milled” York

Plates. If you don't know why these are better, you soon will when you get your mitts on them. I do have some 35# plates if less weight is going to be lifted. I also want to emphasize that the only substance that may be used on the hands is chalk. I will be watching this closely!! The rules do not specify whether the arms can be bent or not - so that means they may be bent during the lift.

Below are the Overall Mens USAWA records in the Pinch Grip. I expect to see several of these get broken at the USAWA Grip Championships!!!

WT CLASS	LIFT	LIFTER	DATE	MEET
70	100	Howard, Colby	5/23/1999	99 Super Grip Challenge
75	135	Jaeschke, Jon	10/18/2003	2003 Super Grip Challenge
80	150	Jaeschke, Chris	10/19/2002	2002 SuperGrip
85	190	Wagman, Dan	12/1/2012	2012 Gracie Club RD
90	170	Goetsch, Troy	5/20/2012	2012 Jobes Steel Jungle RD
95	170	Fulton, Doug	5/23/1999	99 Super Grip Challenge
100	162	Edwards, Ben	2/12/2011	2011 Grip Championships
105	204	Glass, Adam	3/3/2012	2012 Minnesota Meet
110	170	Capello, Mac	5/20/2012	2012 Jobes Steel Jungle RD
115	175	Carlton, Brian	9/16/2001	2001 Supergrip Challenge
120	200	Graham, Matt	10/19/2002	2002 SuperGrip
125	200	Graham, Matt	10/18/2003	2003 Super Grip Challenge
125+	252	Mitchell, Mark	2/12/2012	2012 Dino Gym Record

				Day
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NOTES: The record lift are recorded in pounds.

[Cancer Benefit by Powerhouse Gym](#)

 February 6, 2013 | Authored by [Al Myers](#) | [Edit](#)

*(WEBMASTER: The Powerhouse Gym in Burton, England recently did a weightlifting fundraiser for Breast Cancer and Cancer Research. The following writeup was done by Steve on the IAWA(UK) Facebook page, but I feel it is noteworthy to on the USAWA website as well. Well done to Powerhouse Gym!!!)*

by Steve Gardner

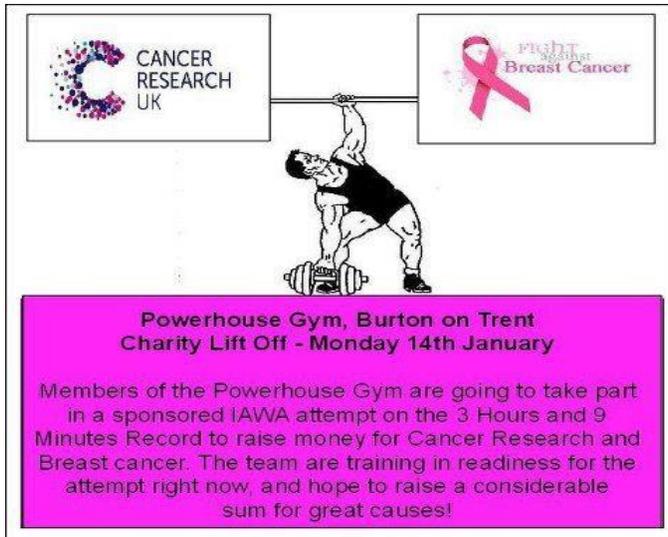
**Powerhouse Gym Charity Weightlifting Record Attempt**



Participants in the Charity Benefit from the Powerhouse Gym.

At 6pm on Monday 14th January 2013, ten members of the Powerhouse Gym took part in an epic attempt to lift as much weight as they could in three hours and nine minutes: as per the IAWA World Record criteria. The event was run to raise money for Charity as well as for the individuals to attempt to set new records in the lift. To complete the challenge the lifters used the hand and thigh lift with varying weights from 50, 100 and 150 kilos for repetitions. As the event proceeded the lifters grip started to suffer and were callouses torn, with a great added pressure on the referees

and organising officials as the constant counting and officiating of all the repetitions, and keeping the lifting to a regular order, making sure every attempt was properly completed and recorded, took its toll. The last 30 minutes was at fever pitch as lifters used every last ounce of enthusiasm to complete as many lifts as possible within the time, and when it was all over the officials and lifters were mentally shattered as well as physically.



Promotion for the Charity Lift Off.

At the end of the event, the team had amassed an amazing total of One Million, Nine Hundred and Eighty One Thousand and Seven Hundred Kilos (1,981,700.00) a mind boggling amount. Karen and Steve the main organisers of the event are very proud of the lifters who completed the challenge and now hope to be IAWA record holders with: Paula De La Mata 45,500.00 Jason Dorn 199,250.00 Graham Saxton 182,000.00 Mark Price 264,000.00 Simon 232,000.00 Luke Davis 268,000.00 James Gardner 300,000.00 and John Gardner 337,000.00.

Hopefully the team will have raised a good sum of money for Breast Cancer and Cancer research and we will keep people informed once we have the grand total, and Karen will arrange for a representative from the Cancer unit at Burton Hospital to come along and receive the money – Once again..Well done all, and a big thanks to all who sponsored the team!!

[2012 Postal Meet Series](#)

 February 6, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



2012 USAWA Postal Series Champions - Gabby Jobe (left) and Chad Ullom (right).

For the second year now, the USAWA has recognized the “overall” winners from the USAWA Postal Series, which consists of the 4 quarterly postal meets offered throughout the year. I will give a review of how this is scored. For each meet entered a participant receives points depending on their placing which then “adds up” to a final year total, that determines the Postal Series ranking. The points earned are based on the number of entrants in each postal meet. For example, if 10 lifters are entered, the winner receives 10 points and the last place finisher receives 1 point. This way EVERYONE who enters is guaranteed to earn at least a point toward their year end total. The Postal Championships are worth DOUBLE POINTS, because it is the Championship after all and is the pinnacle of the yearly postal meets.

This year was a great year for the USAWA Postal Series. I am glad to see how this program has taken “a foothold” in the USAWA. Much of this is due to the efforts of John Wilmot, who FINALLY was given an official title by the USAWA. Last year at the annual meeting of the USAWA, John was appointed by the membership the official title USAWA Postal Meet Director. This position was added to the USAWA bylaws outlining the duties which John has done an excellent job of upholding. John sends out certificates to each winner following the individual postal meets, and provides me with a tallied result sheet in a timely manner to be published on the website. I want to mention as well that this entire program is ran on a “shoe string” budget. Heck – there’s not even a budget since there is no entry fees charged to the entrants and thus NO INCOME to fund it!!!

Now for the BIG WINNERS of the 2012 Postal Meet Series:

**WOMEN – Gabby Jobe**

**MEN – Chad Ullom**

**WOMENS TOP THREE PLACINGS**

1. Gabby Jobe – 5 points
2. Molly Myers – 3 points
3. Bri Ullom – 2 points

### **MENS TOP TEN PLACINGS**

1. Chad Ullom – 66 points
2. Orié Barnett – 56 points
3. Troy Goetsch – 51 points
4. Bryan Benzé – 47 points
5. Sam Rogers – 39 points
6. Eric Todd – 36 points
7. Jesse Jobe – 30 points
8. Joe Ciavattone Jr. – 28 points
9. Tim Songster – 25 points
10. Les Cramer – 25 points

Altogether, there were 24 total lifters that competed in at least one of the Postal Series Meets. This included 21 men, and 3 women (or girls!). I always want to mention the lifters that competed in ALL of the postal meets offered during the year – this year that included 6 lifters! So special recognition for this commitment goes to Chad Ullom, Orié Barnett, Sam Rogers, Denny Habecker, Gabby Jobe, and the Postal Meet Director himself John Wilmot.

It was a great year for the USAWA Postal Meets! I hope the coming year will yield the same (or better!) response. Within the next few days I will release the details and entry forms for the upcoming 2013 Postal Meets.

[Lifter of the Month: Art Montini](#)



February 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

The Lifter of the Month for the first month of 2013 goes to ART MONTINI!



Art Montini (right) receiving his meet award at the 2013 Dino Gym Challenge from meet promoter Al Myers (left).

In the January, only one USAWA event was contested – The Dino Gym Challenge. This meet featured a selection of Old Time Strongman lifts (Anderson Squat, Hackenschmidt Floor Press, and the Peoples Deadlift). It was definitely a heavy-weight challenging competition of events. I was surprised to even see our “senior member” of the USAWA Art Montini show up to take on this type of meet. And not only did he complete all these joint-shearing lifts, he excelled in them! He put up great lifts: Anderson Squat 209 pounds, Hackenschmidt Floor Press 120 pounds, and Peoples Deadlift 306 pounds. Art at age 85, lifts like a man much younger and certainly was an inspiration to anyone who was fortunate to watch him on this day. That earned him the Lifter of the Month against a field of very strong younger lifters. Art also was one of the lifters who traveled the farthest for this meet (from Pittsburgh), which shows his dedication to the USAWA. Congrats Art – you earned it.

[Rules for the Deadlift – Fulton Bar, Ciavattone Grip](#)

 February 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Scottish grip sensation Andy Tomlin performing the Deadlift - Fulton Bar, Ciavattone Grip, or is he doing the Two Hands Fulton Deadlift? Andy's best in this lift is 165.5 kilograms.

This will be the third and final lift in the USAWA Grip Championships. It is a lift that has been contested often in the USAWA, and has been part of past Grip Championships. This lift was also a lift in the 2011 IAWA World Championships in Australia. The USAWA Rules for the Deadlift – Fulton Bar, Ciavattone Grip is:

**F7. Deadlift – Fulton Bar, Ciavattone Grip**

*The rules of the Deadlift – Ciavattone Grip apply except a Fulton Bar is used.*

**B3. Deadlift – Ciavattone Grip**

*The rules of the Deadlift apply except a Ciavattone Grip must be used. A Ciavattone Grip is an overhand grip in which the palms of both hands are facing the lifter. No hooking of the thumb and fingers is allowed.*

I was having a facebook discussion the other day with a good friend from Scotland, Andy Tomlin. We were discussing this lift, and it was pretty clear that we were having a “language barrier” in our conversation. The reason for this was the difference in nomenclature in how this lift is named in the USAWA vs. the IAWA(UK). I have a difficult time understanding Andy when we are visiting “face to face”, but add in different names for things and corresponding through internet messaging, and

things get really confusing. I've been over this before in prior blogs on this lift, but I think some defining of terms are still in order.

First of all, the USAWA defines the 2 inch bar as the Fulton Bar whereas the IAWA(UK) uses this term for two bar lifts only – the Two Hands Fulton Deadlift and the One Hand Fulton Barbell Deadlift. The USAWA Rulebook, in Section VI. 23., gives this definition of the Fulton Bar:

23. *The Fulton Bar (2" Bar) must meet the following specifications.*

- *The diameter of the bar must be a minimum of 1 15/16 inches.*
- *The bar may be a pipe or a solid steel shaft.*
- *There must be no rotation to the sleeves of the bar.*
- *The minimum distance between the inside collars is 51 inches.*
- *The maximum distance between the inside collars is 58 inches.*
- *The minimum total length must not be less than 7 feet.*
- *There must not be any knurling on the bar.*
- *The weight of the bar must be clearly marked.*
- *The bar must be straight*

This means in the USAWA any official lift in which the Fulton Bar is used, the Fulton Bar name is used in its naming. This is not the case with the IAWA(UK) rules however. An example would be a simple snatch using a bar that meets the above specs, the USAWA would have the lift named "Snatch – Fulton Bar" where the IAWA(UK) name would be "Two Hands Snatch – 2 Inch Bar". Now back to the Deadlift – Fulton Bar, Ciavattone Grip and the Deadlift – Fulton Bar and the difference in names between the USAWA and the IAWA(UK). This chart compares the difference in naming:

<b>USAWA NAME</b>	<b>IAWA(UK) NAME</b>
Deadlift – Fulton Bar, Ciavattone Grip	Two Hands Fulton Deadlift
Deadlift – Fulton Bar	Two Hands Deadlift – 2 Inch Bar

The USAWA lift Deadlift – Fulton Bar and the IAWA(UK) lift Two Hands Deadlift – 2 Inch Bar is the same lift, which allows the use of an alternate grip on the bar vs. The Deadlift – Fulton Bar, Ciavattone Grip and the Two Hands Fulton Deadlift require an overgrip on the bar, with knuckles facing away from the lifter. But there's more!!!! There is ONE rule difference for this lift! The USAWA defines that this lift be done with a Ciavattone Grip. The Ciavattone Grip is defined in the glossary of the USAWA Rulebook as:

**Ciavattone Grip** – This is a grip where the knuckles are facing away from the lifter, and the palms are facing the lifter. The thumbs and fingers must not be hooked in any manner.

The IAWA(UK) does not recognize this definition in their rulebook for multiple different lifts. The use of Ciavattone is limited to the naming of just two IAWA(UK) lifts – the Two Hands Ciavattone Deadlift and the One Hand Ciavattone Deadlift. Both of these lifts require the same criteria as the USAWA – namely overhand grip and NO HOOK! However, this does NOT apply to the IAWA(UK) Two Hands Fulton Deadlift. Under the IAWA(UK) rules this lift can be hooked, whereas under USAWA rules it CAN NOT. Does this affect very many lifters? Probably not – but for guys that got fingers long enough to hook a 2” bar it can make a huge difference!

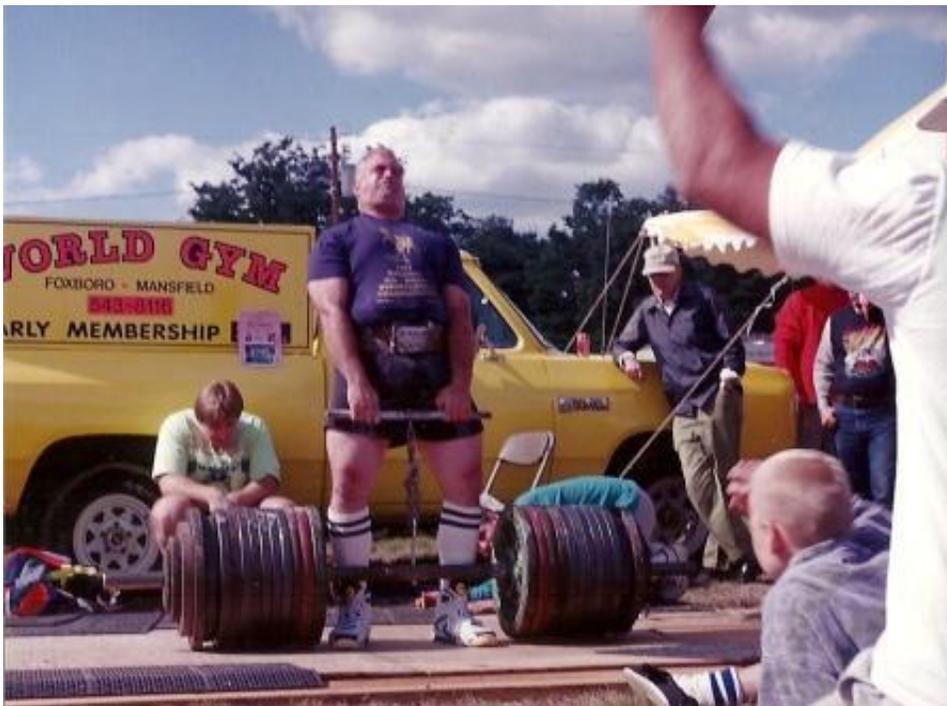
### [Heavy Lift Championships](#)

 February 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## MEET ANNOUNCEMENT

### 2013 USAWA HEAVY LIFT CHAMPIONSHIPS



Heavy Lift Championship's meet promoter Frank Ciavattone performing a 1515 pound Hand and Thigh Lift at a meet a few years ago.

I am very glad to announce that the Heavy Lift Championships will be returning to Walpole, Massachusetts for this year. Frank Ciavattone will be hosting this year's Championships. As most of you know, Frank has been one of the most active MAJOR meet promoters throughout the years in the USAWA. Frank has promoted numerous other Heavy Lift Championships so seeing this meet

“return home” is a good feeling. I have NO DOUBT that Frank will make this years event a glorious occasion and a fun experience for everyone who attends.

The events contested in this year’s Heavy Lift Champs will be: Neck Lift, Hand and Thigh Lift, and the Hip Lift. It will be held in Frank’s gym, but he has told me that if the weather is nice it might be held outside. The entry fee is \$55, payable to Frank. All rules of USAWA Championship events will be in place, i.e. USAWA scoring, individual class and age awards, as well as Best Lifter Age Group Awards.

I have been to Frank’s promotions (which is what they are – as the day extends far more than the meet itself), and I can personally guarantee that Frank will put on a TOP NOTCH EVENT. Frank plans to have a back-yard cook out after the Championships, which I hope includes a little of that fabulous Italian food the Ciavattone Family has been known for!!! I’m planning on going just for the food!!!

#### **MEET DETAILS:**

DATE: Saturday, May 4th, 2013

LOCATION: Frank’s Barbell Club

LIFTS CONTESTED: Neck Lift, Hand and Thigh Lift, Hip Lift

WEIGH INS: 8:00 AM – 9:00 AM Lifting at 10:00 AM

ENTRY FEE: \$55, deadline is April 19th, 2013

DIVISIONS: Juniors, Women, Masters, Seniors, and Open

AWARDS: For all weight and age classes

MEET INFORMATION SHEET (PDF): [2013 Heavy Lift Championships Information](#)

MEET ENTRY FORM (PDF): [2013 Heavy Lift Championships Entry Form](#)

[USAWA Signature Events](#)

 February 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

One of the terms that Bill Clark often used in his Strength Journals was the expression “Signature Events”. What exactly is meant by this? I always took it to mean events/competitions that were the most important ones in the USAWA. Obviously, this changes with time. In the past few years the USAWA has began to offer yearly CHAMPIONSHIPS that recognize specialities within the organization. I would say that these Championships are the signature events in the USAWA

today. These events symbolize the BEST of the BEST – and gives each lifter the chance to prove to the USAWA that they are indeed a champion.

The USAWA offers 8 different Championships. With the USAWA Grip Championships being held tomorrow, I want to remind everyone of it’s importance and why if you are an all-rounder who excels in grip lifts this is a meet you should be at so you have the opportunity to be in the running for the USAWA Grip Champion!!!

**USAWA SIGNATURE CHAMPIONSHIP EVENTS**

CHAMPIONSHIP	YEARLY DATE	LOCATION	DIRECTOR
Grip Championships	2nd weekend of Feb.	Dino Gym	Al Myers
Club Championships	1st or 2nd weekend of March	Ambridge	John McKean
Heavy Lift Championships	1st or 2nd weekend of May	rotates	rotates
National Championships	3rd or 4th weekend of June	rotates	rotates
Presidential Cup	1st or 2nd weekend of Aug	Habeckers Gym	Denny Habecker
Team Championships	3rd or 4th weekend of Aug	Dino Gym	Al Myers
Old Time Strongman Championships	November	JWC	Thom Van Vleck
Postal Championships	December	Postal	John Wilmot

The DADDY of all these Championships is the USAWA National Championship. The reason is that it recognizes the best ALL-ROUND lifters in the organization. It contains a selection of ANY lift within the organization (out of around 200), and often contains a good balance of all types of lifting. A few years ago I had a good discussion with Dale Friesze (and we ALL KNOW Dale doesn’t mind sharing his opinions! LOL), and he felt the name NATIONALS should just be used for the National Championships to identify its significance as the only “true” Nationals in the USAWA. Well, I

couldn't argue with him so from that point on I have been referring to our yearly BIG MEET as the National Championships and the rest of these important meets as the Championships. This hasn't always been the case, and in years past meets like the Heavy Lift Championships was called the Heavy Lift Nationals. But from now on it will be called the Heavy Lift Championships.

Each of these other Championships represent unique areas within the USAWA. The Grip Championships only includes official USAWA lifts that test the grip, the Heavy Lift Championships contain only Heavy Lifts, and the Old Time Strongman Championships only include OTSM lifts. The Club Championships is unique in that it recognizes the top performing USAWA club, as it scored using a team score of 3 club members added together. The Presidential Cup is hosted by the USAWA President to recognize a top Record Day performer. Think of it as the Championships of Record Days. The Team Championships is the championships that recognizes Team Lifting (2-man, 2-women, 2-person). The Postal Championships recognizes the top performers in the postal meets. The beauty of having these different Championships is that if you have special skills in lifting you can find an avenue in which you can compete in a specialized Championship. It's just one of the ways that the USAWA gives opportunities to lifters who like to specialize in the different areas of all-round strength.

As secretary, it is my job to sanction events/competitions. Since these are our organizations most important events (ie Signature Events) I try not to allow other meets to be sanctioned on the same day as one of our Championships. I know this hasn't always been the case, but from now on I will try to make sure there are no other USAWA meet conflicts on the same day as one of these Championships. Now since I have announced the "yearly dates" of these Championships, the Championships have "first dibs" on those dates for sanction. This way no one will have any USAWA reason NOT to attend any of the USAWA Championships!

### [The Fulton Bar Debate](#)

 February 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



This is a picture of Matt Graham pulling a 2" Bar Overhand Deadlift of 540 pounds at the 2001 SuperGrip Challenge hosted by Kevin Fulton. (photo courtesy of Dan Wagman, who was there and competed in the meet as well).

I always enjoy a good discussion/debate on anything All-Round in nature. Well, these past couple of weeks there has been a very interesting discussion in the USAWA Discussion Forum regarding the Fulton Bar. If you have missed it – before you read today's story it might be worthwhile to check it out so you will be "up to speed" on the subject. I usually try to stay neutral in my writings, and give out just the facts and stuff. But today I'm going to include a few of my opinions of the subject as well. So be prepared! I'm also going to "highlight" a few of the things that have been discussed in the forum, and then give an editorial on them. I plan to "go beyond" any comments I made in my forum replies. I will also not "name any names" as the opinions expressed here are strictly mine. Read the forum if you want that other information.

I also will keep this story as to what actually applies to the USAWA/IAWA. A little history on the Fulton Bar is in order first. Most know that the Fulton Bar is named after grip-sensation, All-Round Weightlifting Champion Kevin Fulton. Most DON'T know that originally the name was given to a dumbbell lift with a 2" diameter handle. Over 3 years ago I wrote a blog covering this (<http://www.usawa.com/the-fulton-dumbbell-deadlift/>), but I'm going to repeat a piece of it here as well, as this story needs to be told more than once:

*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 led 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!*

The naming of the 2" bar as the Fulton Bar in the USAWA became named that way later. I have checked back in old meet results, and to the best of my research have determined that the first Fulton Bar lifts done in the USAWA were performed in 1995. Bob Hirsh, USAWA Hall of Famer, performed lifts at a couple of record days (Arts Birthday Bash & the Buckeye Record Breakers) using the Fulton Bar. He was one of the first record-setters. At this point these lifts were called numerous things, like Fulton Deadlift with knuckles front, Fulton Deadlift Reverse Grip, Fulton Deadlift with Overgrip, or Fulton Deadlift with alternate grip. Nothing was consistent. The Fulton Bar Lifts really never "took off" in the USAWA till 1999 when Kevin Fulton started using the Fulton Bar in his annual SuperGrip Challenges in Litchfield, Nebraska. Now the story gets real interesting. In the beginning in the USAWA the deadlift with the Fulton Bar using an Alternate Grip was called the Two Hands Fulton Deadlift! Exactly the same name that the IAWA(UK) uses today to refer to the lift where an overhand grip (with hook) is used on the 2 inch bar!!! This is backed up in several reliable sources – ie old entry forms, meet results, and even in the initial USAWA Rulebook!!!!

This comes directly from the 2003 USAWA Rulebook Edition (which is considered the original USAWA rulebook):

**F23. Two-Hand Fulton Deadlift-** *The rules of the deadlift apply with two exceptions. 1. The bar must be at least 1-15/16 inches in diameter. 2. Foot placing is optional. The hook grip is allowed.*

Nothing is mentioned about a Ciavattone Grip being used, or having the knuckles forward. So you see – confusion in the naming of these lifts went back to the very beginning. The USAWA lift Deadlift – Fulton Bar, Ciavattone Grip was not placed in the USAWA rulebook till the 2009 Edition. However, it was contested several times in USAWA competition before then and records were being kept in it, which makes no sense to me because if it was not official in the Rulebook with established approved written rules then it shouldn't be present in the Official Record List. But back then the USAWA operated like the Wild West – no written law and the guy with the fastest draw was named Sheriff. Policies seemed to change on a whim and the town folks weren't asked.

Which brings us to the TOP ALL-TIME Deadlift – Fulton Bar, Ciavattone Grip in the USAWA Record List. This GREAT RECORD is held by Matt Graham with a 540 lb. lift performed at the 2001 SuperGrip Challenge held at Kevin Fulton's place. However, he did this lift by using a hook grip on

the 2" bar!!!! I have knowledge of this from very several reliable sources (including from Matt!). First of all, anyone who can hook grip a Fulton Bar is in a "class of their own" as most can't even touch fingers on it. I'm going to defend Matt here. First of all, when he did it it WAS NOT against any USAWA Rule, and is not his fault at all that it is now in the USAWA Record List. The lift was listed in the meet results as "2" deadlift overhand", and the meet results were typed by Kevin Fulton himself. Kevin was too humble to even identify the lift correctly (ie Fulton Deadlift) that bore his name in the results !!! The problem arises when these results were put into the record list without a proper rule in place first. With no official rule – the lift is just an exhibition lift with the rules set at the moment by the meet director, which may change the next time the lift is contested. Of course, there could have been others that "hooked" the Fulton Bar in this meet (I doubt it!) and set USAWA records as well, but because it was not 540 pounds no one notices. This includes other meets as well during that time period. Again, the first written USAWA rule for the Deadlift – Fulton Bar, Ciavattone Grip came out in the 2009 Rulebook (3rd Edition) and these previous records just got "incorporated" into the Record List under the new name.

I know I have gotten extremely "long winded" with all this, and I'm sure most have quit reading by now. But I've just covered some of the history of the Fulton Bar and I haven't even GOT to my opinions yet!!! I still have MUCH MORE I could say on this subject, but I guess I better save it for another day....

### [Deanna Springs Memorial](#)

 February 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

#### **MEET ANNOUNCEMENT**

##### **Deanna Springs Memorial Meet**

Meet Director: Bill Clark & Joe Garcia

Date: Saturday, March 23rd, 2013

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 8 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member

Lifts: Crucifix, Cheat Curl, Deanna Lift, Hand and Thigh Lift, and Hip Lift

To enter, a confirmation must be sent to Bill Clark by the Tuesday preceding the meet. Bill can be reached by phone: 573-474-4510, Fax: 573-474-1449, or mail: Bill Clark, 3906 Grace Ellen Drive, Columbia, Missouri, 65202.

### [Fulton Bar Debate Continued](#)

 February 10, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Kevin Fulton performing a Deadlift - Fulton Bar of 555 pounds at the 2001 Old Settlers Classic.

I said I had more to say on this subject – so here it is. As most know, the USAWA has different names than the IAWA(UK) for several of the same All Round Lifts. There are also MANY rule differences between the USAWA Rulebook and the IAWA(UK) Rulebook. The Deadlift – Fulton Bar, Ciavattone Grip is just one of many, with the main difference being the IAWA(UK) allows the Fulton Bar to be hooked gripped whereas the USAWA does not. This does not apply to most lifters, but for those few that have big hands and long fingers it makes a HUGE difference.

Before the 2009 USAWA Rulebook, some USAWA lifts had different names as well (which most still didn't match the IAWA-UK names). However, several lifts were renamed to give a more clear naming that properly described the lift being done. I think this was a good thing. It was at this time the Deadlift – Fulton Bar, Ciavattone Grip become an official USAWA lift for the first time even though it had been contested several times in competition before this.

I'm sure there are those that ask, "Why was this rule written this way, requiring a Ciavattone Grip?". Especially in the light that the IAWA(UK) already had a lift in their Rulebook with a comparable lift. I am going to explain that, as I was a big part of this "updated USAWA Rulebook". The most important thing in establishing rules for any lift is this question – WHAT WAS THE INTENT OF THE LIFT? The Deadlift – Ciavattone Grip (which the IAWA-UK calls the Two Hands Ciavattone Deadlift) was originally called the Two Hands Ciavattone Lift in the USAWA Rulebook. This lift was introduced to the All Rounds by Frank Ciavattone, and it's intent was to test

the lifter in a overhand grip deadlift, without the use of a hook. For most lifters, the limitation is the grip since a hook grip can not be used. I know for myself that it amounts to close to 200 pounds difference in comparison to a overhand deadlift which I'm allowed to hook. The lift Deadlift – Fulton Bar, Ciavattone Grip is an extension of that lift, with the difference being a Fulton Bar is substituted for a regular bar. This change makes it even more of a grip lift, which is the INTENT of the lift. It's meant to be a grip lift. I would argue that by allowing a hook grip this intent is taken away. Most grip competitions that use a 2" bar for overhand deadlifting DO NOT allow a hook grip to be used for that EXACT REASON (like the recent Visegrip Viking Grip Competition at the LA Fit Expo where Mike Burke lifted an unbelievable 235 kilograms!).

It is obvious to me that there was no clear communication between the USAWA and the IAWA(UK) on this lift when the rules were written. I say this because the ORIGINAL RULE for the USAWA Two Hand Fulton Deadlift was for a lift that allowed an alternate grip on a Fulton Bar under the rules of a deadlift (so hooking is allowed). The IAWA(UK)'s original rule for the exact same name, Two Hands Fulton Deadlift, was an entirely different lift requiring an overhand grip! That's a major difference, and one in which I think the IAWA(UK) got wrong. Back to intent, the original Fulton Deadlift was intended to be done with an alternate grip on a Fulton Bar. This is supported by the original rule in the USAWA Rulebook (along with the picture of Kevin Fulton originally performing it this way!).

Back to lift names, I will say the USAWA Rulebook definitely has clearer and more descriptive names than the IAWA(UK) Rulebook. Anyone who reads the name Deadlift – Fulton Bar, Ciavattone Grip knows EXACTLY what is expected out of the lift by the name alone. You really don't even need to read the rules for it. However, the IAWA(UK) name of Two Hands Fulton Deadlift can be misleading. You MUST read the rule to fully understand what is expected out of the lift, and even then, it DOES NOT state whether a hook grip is allowed or not. You just have to "assume" a hook is allowed, because it doesn't say you can't. Assumptions have no place in a rulebook. Rules should be clear and precise, and after reading a rule one should know EXACTLY what is allowed. This also applies to the naming of the deadlift with a Fulton Bar allowing an alternate grip. The USAWA has this lift named Deadlift – Fulton Bar. That name is very clear – rules of the deadlift using a Fulton Bar. The IAWA(UK) calls this lift Two Hands Deadlift – 2 Inch Bar, which is clear in name description, but leads to confusion as to why it is different than the other lift, the Two Hands Fulton Deadlift? I remember this happening several years ago in the IAWA World Postal Meet hosted by the Australians. One of the lifts contested was listed this way – Fulton Dead Lift with Smooth Bar. Well, when the results were turned in a couple of Americans performed the lift using an alternate grip instead of an overhand grip as intended. Innocent mistake if you ask me considering the ambiguous naming of the lift. These kind of things would NOT happen if all lifts had more descriptive names given to them.

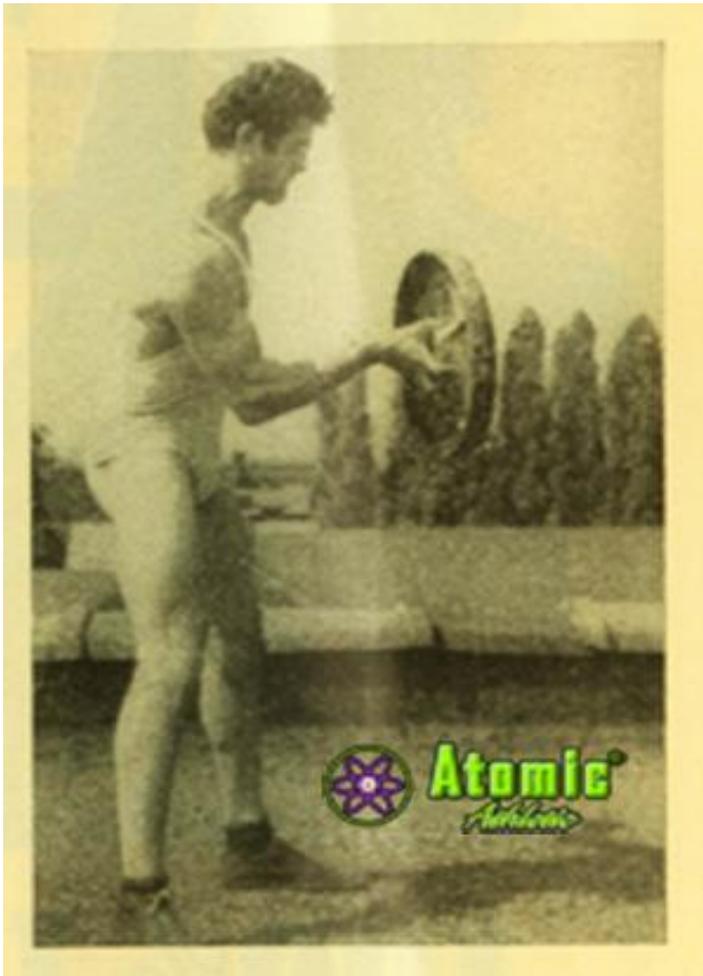
I'm sure some of you are thinking that all this is just nonsense – and we should "just lift" and not worry about things. But I want to see things improve to a point where we don't have the problems associated with this kind of confusion between the USAWA and the IAWA(UK). Which brings me to

my next task of the day – of contacting World Record Registrar Chris Bass and telling him that the my listed IAWA WORLD RECORD in the Two Hands Fulton Deadlift of 215.5 kilograms was actually done with an alternate grip!!! Point made.

[Hey...Get a Grip](#)

 February 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



An Old Time Strongman curling a York 45 by the hub!!!

Check out this photo from the April 1941 Strength & Health Magazine. What you see is Tarzan Lunt, the weightlifting coach of the Harrisburg YMCA, curling a York 45 pound Olympic plate, by the HUB. Pretty cool.

Now, you want a good grip? Sure, the guy with a crushing hand shake is a jerk. Yet, wouldn't it be nice if your grip were so rock solid that you had to deliberately NOT crush people's hands? It's not merely an issue of spending hours a day doing specific grip work. You have to have proper rest, recovery and variety in your grip training.

Today, I spoke with a juggler, who has been in the Guinness Book, about heavy juggling. He found that more than an hour a day with 5 pound juggling weights lead to tendonitis in his biceps tendon, at the elbow. However, 4 pounds was OK. Crazy. Right? Today, at 70 years old, he has found that he loves training with our solid wood Indian Clubs that weigh 1 1/2 pounds. Guys, that is really significant. Look up the weight for juggler's clubs. Jugglers use materials that differ by ounces, the vast majority less than one pound in total weight.

Why are clubs important?

They develop wrist and forearm strength, combined with flexibility. Then switch to something like grippers and thick bar work.

[Joe the Turk OTSM](#)



February 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Tim Piper

## **MEET ANNOUNCEMENT**

### **“Joe the Turk” Old Time Strongman Meet**

“Joe the Turk” was the first “strongman” in Macomb Illinois. He came to town as a part of the Salvation Army, ran the crooked mayor and his henchmen out of town, and some accounts claim he actually took over the ousted mayors duties for a short period of time. “Joe the Turk” holds a unique and special place in the history of the Macomb Salvation Army, and what better way to honor his memory but to host an OTSM in his memory. The awards for this event will be unique collectors items bearing his likeness. The meet will be held at the very same Salvation Army building that the Joe once called home. Weather permitting the meet will take place outside.

My daughter and I had a great time last year at the OTSM championships and thought it would be fun to host an OTSM in Macomb. We will likely get a decent crowd of lifters from our gym but hope that more will make the trek to Macomb for some heavy lifting.

#### **MEET DETAILS:**

**DATE:** Saturday, April 27th, 2013

**Location:** 505 N. Randolph Street Macomb, IL 61455

**Divisions:** Juniors, Women, Masters, and Open

**Rules:** USAWA rules and scoring apply to all lifts. Drug testing rules apply.

**Lifts:** Apollon's Lift

Anderson Squat

Anderson Press

Peoples Deadlift

Weigh-in: 9:00-10:00 a.m. of meet day

Lifting: 10:00 a.m.

Entry Fee: \$20, all profits benefit the Salvation Army lifting program

AWARDS: For all weight and age classes

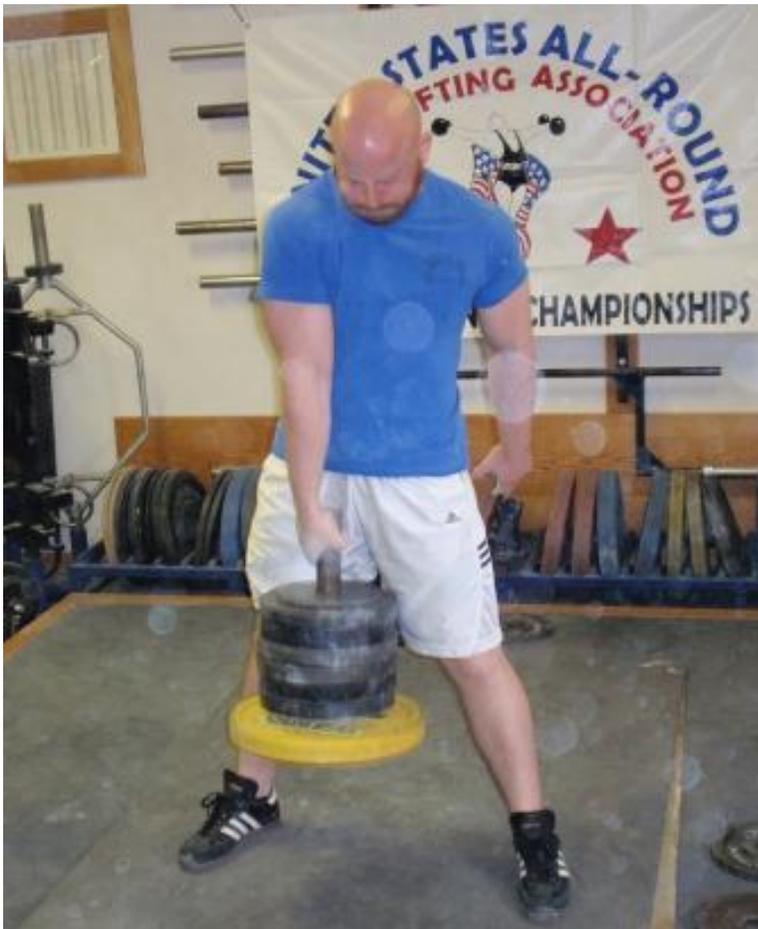
ENTRY FORM - [Joe the Turk OTSM 2013](#)

[Grip Championships](#)

 February 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

### 2013 USAWA GRIP CHAMPIONSHIPS



Troy Goetsch lifting 260 pounds on the One Hand 2" Vertical Bar Deadlift. Troy won BEST MENS OVERALL LIFTER at the 2013 USAWA Grip Championships.

Since the first OFFICIAL USAWA Grip Championships in 2011, this meet has seen more lifters entered each year. 2011 had 8 lifters, 2012 had 11 lifters, and this year we had 16 lifters! If the Grip Championships continually experiences this type of growth it will not be long and this will be the most attended yearly meet in the USAWA.

I was amazed at the quality of lifting that took place. The Mens Division was STACKED. Troy Goetsch, of Jobes Steel Jungle, came out as the BEST OVERALL MENS LIFTER in the end. Ruth Jackson added another title to her USAWA resume with taking the BEST OVERALL WOMENS LIFTER. Dan Wagman finished second overall, and LaVerne Myers surprised everyone with his third place overall finish. I predicted there would be some ALL TIME RECORDS broken – and Troy made sure that happened! His 255# Pinch Grip and his 260# 1 hand VB DL are now new USAWA All Time Records. He made these lifts look easy and performed them in impeccable form. My next predication is that he will up both of these records within the next year.



Ken Glasgow (right) receiving his USAWA Grip Championship Award from meet director Al Myers (left).

Darren Barnhart had an excellent meet, and if not for Troy being present, would have had numbers at the very top. Darren did a Pinch Grip with 250#, and had a very close miss at 275#. He posted the second highest total (780 pounds) behind Troy's total (860 pounds). LaVerne Myers may have ended up in third, but he was NUMBER ONE for best dressed. He showed up sporting a new matching stylish short & shirt, complete with new lifting shoes. This must have given him a surge of confidence, because he ended the meet with a Personal Record in the Deadlift – Fulton Bar, Ciavattone Grip of 300 pounds! Ken Glasgow needs mentioned as well. Ken was the oldest lifter that competed, at age 76. I was very impressed with his lifting. Mike Pringle made his "USAWA

debut” in this meet. Mike lifted very well, and I hope to see more of him in USAWA competitions in the future. Denny Habecker came the farthest for the meet, from Lebanon, PA. This makes the second meet in less than a month that Denny has attended at the Dino Gym!

I have several people I want to personally thank. First – my wife Leslie who made the lunch and provided numerous other meals to lifters over the weekend. Next, I couldn’t have done this without the help of Chuck Cookson, who did ALL the loading. Chuck laid off competing to load instead, which is critical for a meet to run efficiently. I also want to mention Terry Barlet , who made the road trip with Denny. I talked him into taking all the meet pictures. I will have these pictures available on our USAWA Facebook Page later this week. This Grip Championships had participants from several states – Kansas, Pennsylvania, Colorado, Nebraska, Iowa, Missouri, and Oklahoma. I felt VERY HAPPY about the success of the meet. Thanks again to all those who attended! It’s this type of support that keeps these events going in the USAWA.

*(Dan Wagman video recorded the meet and has placed the videos on his website - <http://jopp.us/2013grip.html>)*

**MEET RESULTS:**

2013 Grip Championships

Dino Gym

Abilene, Kansas

Saturday, February 9, 2013

Meet Director: Al Myers

Scorekeeper/Timekeeper/Announcer: Al Myers

Loader: Chuck Cookson

Photographer: Terry Barlet

Caterer: Leslie Myers

Officials (3-official system used): Al Myers (head), Denny Habecker, Darren Barnhart, LaVerne Myers, Mike Murdock, Chad Ullom

Lifts: Pinch Grip, Vertical Bar Deadlift – 1 Bar, 2”, One Hand, Deadlift – Fulton Bar, Ciavattone Grip

**WOMENS DIVISION**

LIFTER	AGE	BWT	PINCH	VB	DL	TOT	PTS
Ruth Jackson	51	108	107	110R	135	352	539.1

EXTRA LIFTS FOR RECORD:

Ruth Jackson: Vertical Bar Deadlift, 2", Right Hand 120#

**MENS DIVISION**

LIFTER	AGE	BWT	PIN	VB	DL	TOT	PTS
Troy Goetsch	26	199	240	260R	360	860	770.5
Dan Wagman	50	183	200	180R	280	660	688.4
LaVerne Myers	68	247	180	180R	300	660	679.6
Darren Barnhart	45	305	250	205R	325	780	595.5
Dave Glasgow	59	252	181	170R	275	626	593.5
Denny Habecker	70	193	125	130R	235	490	585.0
Chad Ullom	41	252	180	200R	326	706	568.9
Bryan Benzell	25	290	240	210R	320	770	567.9
Mark Mitchell	52	313	230	150R	325	705	567.8
Mike Pringle	37	193	150	165L	250	565	514.9
Ken Glasgow	76	217	100	135R	205	440	514.8
Dan Bunch	48	358	195	180L	330	705	514.3
Dean Ross	70	271	150	135R	230	515	514.2
Mike Murdock	72	206	100	110R	180	390	455.8
Doug Kressly	33	278	170	160R	250	580	436.7

EXTRA LIFTS FOR RECORD:

Mike Pringle: Pinch Grip 175#

Dan Wagman: Pinch Grip 215#

Chad Ullom: Pinch Grip 200#

Troy Goetsch: Pinch Grip 255#

LaVerne Myers: Pinch Grip 200#

*NOTES: All lifts recorded in pounds. BWT is bodyweight in pounds. R and L designate the right and left hands. TOT is total pounds lifter. PTS are adjusted points for bodyweight and age corrections.*

### **BEST LIFTER AWARDS:**

Womens Master: Ruth Jackson

Womens Overall: Ruth Jackson

Mens Senior 20-39: Troy Goetsch

Mens Master 40-44: Chad Ullom

Mens Master 45-49: Darren Barnhart

Mens Master 50-54: Dan Wagman

Mens Master 55-59: Dave Glasgow

Mens Master 65-69: LaVerne Myers

Mens Master 70-74: Denny Habecker

Mens Master 75-79: Ken Glasgow

### [Dino Gym Record Day](#)

 February 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

### **DINO GYM RECORD DAY**



Group picture from the 2013 Dino Gym Record Day: (front left to right) Dan Wagman, Ruth Jackson, Denny Habecker (back left to right) LaVerne Myers, Al Myers, Dean Ross, Mike Pringle

The Dino Gym had a very good Record Day the day following the Grip Championships. 6 lifters took part – Ruth Jackson, Dan Wagman, Dean Ross, Denny Habecker, LaVerne Myers, and myself. Ken Glasgow performed a record lift the day before which I added to these results. I was surprised by the efforts that were displayed, especially considering that most all of these lifters had competed the day before. The current IAWA Womens OVERALL BEST LIFTER Ruth Jackson stole the show with her setting USAWA records in 30 different lifts! Just watching RJ max out in one lift after the other made me tired! Dan Wagman had the lift that impressed me the most – doing a Pull Up with 120 pounds attached to his waist. The rules of the Pull Up call for the chin to be ABOVE the bar at completion, and the lifter must hold for a down command. This makes doing a USAWA Pull Up MUCH harder than commonly performed pull ups by lifters in training sessions. To properly judge this lift, it requires the official to stand on a chair to have a level view of the bar and the chin. I made sure Dan reached the proper height. I made a point to tell Dan that his big handlebar mustache was providing him an advantage, as it was obstructing (and distracting!) my view of his chin! LOL. The second most impressive lift I seen was my Dad, LaVerne, performing a PULL UP!! I had no idea that he could do that! However, I made him do another one with 5# so he could get a record. Doing a lift with no weight doesn't get you in the record list. I bet there are VERY FEW men over the age of 65 that weigh 250 pounds who can do a legal USAWA Pull Up.



Dean Ross performed the Carter Lift with 433# pounds for USAWA Record.

Dean Ross picked a couple of odd lifts to do for records. He performed a 1200# Back Lift, which is a lift that is not available to be done in most gyms. He also performed a Carter Lift, of 433#. This lift is one of the strange, unique lifts of the USAWA. It requires the performance of a Hip Lift and a Squat in the SAME LIFT! Only one other lifter has a USAWA record in the Carter Lift, and that is Bob

Maxey. Dean told me the reason he wanted to do this lift was in Bob's memory. I remember the day that Bob did his Carter Lift and I also remember how nervous I was spotting him. Dean had me worried as well when he started as he fell down a couple of times and I didn't want this meet to be added to Dean's list of head injuries that he has suffered in his life. But eventually he got the balance right, and did a perfect executed Carter Lift.

Denny Habecker performed 10 lifts for record which will expand his lead over Art in the Records Race. Last year at this record day Denny "took it easy" on the record book and only did a few records. But this year he really went after it, and I don't blame him as Art seems to be getting stronger with age. Denny, Dean and LaVerne had a little "mini competition" in the 3" bar deadlift. Denny held with these two who are much bigger than him, and finished with a great lift of 280 pounds.

Afterwards, we all went out to eat together at a local Mexican restaurant in Abilene. That has become a tradition of meets held at the Dino Gym. I always enjoy getting to spend time with "fellow lifters" over some good food in a relaxed environment after a day of hard lifting, because that's when I hear the BEST STORIES!

#### **MEET RESULTS:**

Dino Gym Record Day

Dino Gym

Abilene, Kansas

February 10th, 2013

Meet Director: Al Myers

Officials (1-official system used): Al Myers, Denny Habecker, LaVerne Myers

Loader: Mike Pringle and lifters

Lifts: Record Day

#### **Ruth Jackson – Age 51, BWT 108#, Female**

French Press: 25#

Pullover – Bent Arm: 63#

Bench Press – Fulton Bar: 130#

Bench Press – Reverse Grip: 95#

Gardner – Full: 15#

Gardner – Half: 45#

Abdominal Raise: 25#

Allen Lift: 15#

Deadlift – Fulton Bar, Right Hand: 68#

Deadlift – Fulton Bar, Left Hand: 68#

Deadlift – 3" Bar: 153#  
Continental to Chest – Fulton Bar: 63#  
Deadlift – Trap Bar: 207#  
Clean and Press – Middle Fingers: 25#  
Snatch – On Knees: 45#  
Clean and Press – On Knees: 55#  
Clean and Press – Fulton Bar: 63#  
Maxey Press: 73#  
Clean and Push Press – Fulton Bar: 73#  
Curl – 2 Dumbbells, Cheat: 70#  
Curl – Dumbbell, Cheat, Right Arm: 40#  
Curl – Dumbbell, Cheat, Left Arm: 40#  
Pullover – Straight Arm: 35#  
Weaver Stick: 1#  
Pullup: 25#  
Chin Up: 25#  
Snatch – Dumbbell, Right Arm: 45#  
Snatch – Dumbbell, Left Arm: 45#  
Saxon Snatch: 25#  
Snatch – 2 Dumbbells: 50#

**Al Myers – Age 46, BWT 241#**

Deadlift – Ciavattone Grip, Right Arm: 231#  
Deadlift – Ciavattone Grip, Left Arm: 198#  
Deadlift – Fulton Bar, Right Arm: 170#  
Curl – Dumbbell, Cheat, Right Arm: 85#  
Curl – Dumbbell, Cheat, Left Arm: 85#

**Dan Wagman – Age 50, BWT 183#**

Snatch – Left Arm: 125#  
Pull Up: 120#  
Snatch – Dumbbell, Right Arm: 110#  
Snatch – Dumbbell, Left Arm: 110#

**LaVerne Myers – Age 68, BWT 247#**

Bench Press – Left Arm: 50#  
Bench Press – Right Arm: 50#  
Deadlift – 3" Bar: 255#  
Press – Dumbbell, Right Arm: 45#  
Press – Dumbbell, Left Arm: 45#

Deadlift – Ciavattone Grip, Right Arm: 170#  
Deadlift – Ciavattone Grip, Left Arm: 170#  
Deadlift – Reeves: 185#  
Pull Up: 5#

**Denny Habecker – Age 70, BWT 196#**

Anderson Press: 175#  
Clean and Jerk – Behind Neck: 143.3#  
Deadlift – 3" Bar: 280#  
Clean and Jerk – Dumbbell, Left Arm: 55#  
Clean and Jerk – Fulton Bar: 113#  
Clean and Press: 137.8#  
Deadlift – Dumbbell, Left Arm: 125#  
Deadlift – Dumbbell, Right Arm: 125#  
Swing – Dumbbell, Left Arm: 55#  
Swing – Dumbbell, Right Arm: 75#

**Dean Ross – Age 70, BWT 269#**

Deadlift – Trap Bar: 321#  
Back Lift: 1200#  
Deadlift – 3" Bar: 280#  
Deadlift – Ciavattone Grip, Right Arm: 148#  
Deadlift – Reeves: 235#  
Carter Lift: 433#  
Deadlift – Dumbbell, Right Arm: 125#  
Deadlift – Dumbbell, Left Arm: 125#  
Snatch – Dumbbell, Right Arm: 55#  
Snatch – Dumbbell, Left Arm: 55#

**Ken Glasgow – Age 76, BWT 217#**

Deadlift – Trap Bar: 302#

*NOTES: All lifts and bodyweights recorded in pounds.*

[Postal Meets Announcement](#)



February 13, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

The USAWA Postal Meet schedule has been released for 2013! The USAWA Official Postal Meet Director John Wilmot has planned a challenging set of postal meets for the USAWA for the coming

year. The USAWA quarterly postal series has been gaining in popularity, with this past year being the most participated series to date. John deserves a “BIG THANKS” for the work he puts into setting up these postal meets and doing the scoring. He always sends out nice certificates to recognize a lifter's performance. And I want to mention this again – entering these postal meets is at NO CHARGE!

This year's schedule is as follows:

**Eastern Open Postal Meet**  
**March 1st to March 31st**

**Middle Atlantic Postal Meet**  
**June 1st to June 30th**

**Delaware Valley Postal Meet**  
**September 1st to September 30th**

**National Postal Championships**  
**December 1st to December 31st**

The rules of entering postal meets are pretty simple:

1. Do all the lifts in ONE DAY only
2. Follow the rules of the USAWA as outlined in the USAWA Rulebook
3. Fill out the entry form correctly (must include signatures of officials) and send it to John Wilmot
4. Submit the entry form by the deadline date
5. Be a current PAID UP member of the USAWA

That's it – pretty simple. Anyone should be able to follow those simple rules, and if not, find a training partner who is smarter than yourself to do it for you. You may have anyone judge your lifts to score for the competition, but if you want your lifts to count for an USAWA record, this judge MUST be a USAWA Certified Official. Also, if you are not a USAWA member your results will be omitted from the website's results when I receive them, so it's a good idea to join the USAWA before you send your postal meet results to John.

The entry forms for these Postal Meets are available under the heading “USAWA Future Events”, which is located on the right side of the home page.

[Grip Postal – USAWA vs. IAWA\(UK\)](#)

 February 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

I'm sure everyone is wondering how the Grip Postal Challenge turned out between the USAWA versus the IAWA(UK). Well, the results have been tabulated and the **USAWA won over the**

**IAWA(UK) 258.2 points to 231.2 points.** This was based on the average adjusted point scores of all the lifters entered. The USAWA points were adjusted to kilogram scores as the USAWA recorded the meet results in pounds while the IAWA(UK) recorded their scores in kilograms.

This Postal Grip Challenge was initiated by myself and Mark Haydock. I promoted the USAWA Grip Championships last weekend, and Mark promoted the IAWA(UK) Grip Championships the weekend before that. We both prior agreed on the selected lifts being the same so this international postal challenge could be conducted.

There were many GREAT LIFTS performed in this challenge. But since we decided it would be based on average, that changes things. A few great lifters won't win it for ya, as everyone is instrumental in the outcome as their scores are worth just as much. IAWA(UK) does deserve a consolation prize however, since there were 20 lifters entered in the IAWA(UK) Championships while the USAWA had only 16 lifters entered. It was great to see some "new faces" entered in these competitions on both sides. These two meets may end up being the best attended meets for both the USAWA and the IAWA(UK) in the future.

Remember – this is all in fun. I know both sides could argue that the other side had advantages "here and there" in lift rules and scoring differences. I know this postal challenge brought several issues "to head" that need to be addressed by IAWA in the future in order to keep consistency between the USAWA and the IAWA(UK).

Congrats to all lifters that took part in this Grip Postal Competition!!!

[Avoid Cracking your Skull!](#)

 February 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Quality leather Medicine Balls are available from Atomic Athletic.

You know that great explosive pop you get when you do your Power Jerk correctly?

You know what I am talking about. It's when the bar goes overhead into the lock out position so easily it seems nothing. Well, you can also do that with stones. Pardon the pun, but it's tons of fun.

TIP: Avoid Cracking Your Skull With The Big Rock.

So, how does one safely train to do that, you ask?

When you are comfortable with this exercise, then you can go outside and do this with a stone. Don't be afraid to dump your stone. The technique for doing that is basically the same as with an Olympic barbell with bumper plates. You just happen to be using a stone and you aren't on a weightlifting platform, but outside and creating crater holes in the dirt.

#### THE EXERCISE

The key is to make the rock go straight up. Start by practicing the power jerk with a barbell. Then comes the clever part. Get yourself a nice "soft" leather medicine ball. I have a 20 Pound Leather Med Ball that I use for this exercise. Go to a basketball court, preferably when no one is playing basketball. Position yourself in the lock-out directly under the net. Now you start popping the med ball up through the bottom of the net. The less motion you have with the net, but better.

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=MED20L>

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK90>

Have fun.

All the best, Roger LaPointe

"Today is good day to lift."

[Club Champs REMINDER](#)



February 16, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



The entrance of the historic Ambridge Barbell Club!

It will not be long now and the USAWA CLUB CHAMPIONSHIPS will be taking place. This meet is hosted by one of the oldest clubs in the USAWA (the Ambridge BBC) and directed by a couple of the oldest guys in the USAWA (Art Montini & John McKean). The equipment in the club has been around at least a century (some forged by Bob Hoffman), and I believe the building was one of the first ones built in the Pittsburgh area (an old VFW hall).

All of this adds up to a GREAT PLACE for an ALL ROUND WEIGHTLIFTING CHAMPIONSHIPS! Ambridge Barbell Club has been the site of the Club Champs since it started, and is the perfect location for it. Ambridge is in the “center” of the USAWA membership, and is within a long day drive for most everyone. The Dino Gym will have a team present again, as well as the JWC, Ambridge BBC, and Habeckers Gym. There may be a couple of other clubs entered as well.

All it takes to enter is three club members to form your club’s team. This is a team competition, and NOT an individual competition. The point scores of the three club members are added together to form a club score. The club with the highest team total is declared the USAWA Club Champion of the year.

#### **DATE REMINDER – SATURDAY MARCH 2nd**

Entry information is available under USAWA Future Events in right column of the homepage.

[World Record List](#)

 February 18, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Chris Bass (left) working "the table" at the 2012 IAWA World Championships along with Steve Gardner (right).

Chris Bass of Grimsby, England is the Official IAWA World Record List Registrar. Chris has held this position for several years now, having taking it over from Frank Allen. Chris operates an All Round Weightlifting Club, the Haven Gymnasium, and is an active member of IAWA. Chris does an EXCELLENT JOB of maintaining this World Record List, which is an overwhelming task. He also maintains the IAWA(UK) Record List to add to his workload of record keeping. Lately, Chris has been keeping an updated IAWA World Record List available for downloading/viewing on his club's website. I know he is updating it frequently as he keeps me informed of any recent World Records performed in the USAWA.

LINK TO IAWA WORLD RECORD LIST - <http://www.havengym.org.uk/>

From now on, this link to the IAWA World Record List will be easily available on the USAWA website. It is now included under the section "RECORD LIST", located on the top line of the homepage, third item from the left. The World Record List is located under the information for the USAWA Record List. Simply "click" on the link to the list there and the IAWA World Record List will always be "at your fingertips!".

Numerous IAWA World Records were set at the past USAWA Grip Championships. For those interested, this is the record sheet that Chris sent to me following the meet in which he marks the World Records set – [USAWA 2013 Grip Championships](#)

We are very fortunate to have Chris performing this important job in IAWA. He takes this role very serious. He made the trip from England to the World Championships in Salina, Kansas just to be the meets scorekeeper/recorder. He often updates the World Record List at meets when he has “downtime” in his scoring responsibilities. That’s the way to keep the list current!! Chris is always at the big IAWA events which demonstrates his commitment to the position of IAWA Registrar, and his devotion to IAWA. We owe him a BIG THANK YOU!!!

### [Me and my walking stick](#)

 February 19, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

*(WEBMASTER NOTE: Recently I issued a writing contest, in which I challenged lifters to write about an unusual training implement/device that they use in their training. The stories were submitted and judged, and I’m going to initially publish the top three stories in the USAWA Daily News as they were the contest award winners. Thank you to everyone who submitted stories for this competition, as they were all excellent. Here’s story NUMBER THREE:)*



Me with my walking stick.

Recently Al Myers put out the challenge for another writing contest. This time around the challenge was to write a story on “an unusual training implement/device that you use in your gym for training”. First of all, I’m pretty excited about this because I am hoping many of our members get involved and I will see some new things to possibly try out. When you have been lifting as long as some of us have, you kind of need something new every once in awhile to spark that fire!

Second of all, I have a lot of unusual stuff in my gym! Every so often I find something or make something that can be that “something new” to get me going. Often, I use it for awhile and more often than not, it ends up stored away for long periods of time. So I sat in my gym, trying to think of what I wanted to write about. Then it hit me.

I would write about the one piece of equipment, other than a barbell, that I have used the most in my gym. While not a completely unique piece of equipment, it is practical, can build strength, and I would think could benefit any gym. But that’s not why I wanted to write about it. It’s the story behind it and what it means to me.

Many of you know that when I was around 10 years old I was in a terrible accident. Before that time I could run like nobodies business. I was by far the best athlete in my school and once, while in the 4th grade, got beat up by a 6th grader after I showed him up in gym class. Then it was all taken away in an instant. Both legs were broken, my hip, both arms, a severe concussion, internal injuries.....let’s just say it was a bad deal. My parents were initially told I would be brain damaged (I can see those who know me nodding their head and thinking “that explains a lot”!), crippled (almost lost my right leg), and even possibly blind. I spent 3 plus months flat on my back with no guarantee I would ever make it out of that bed to anything more than a wheelchair.



The "tip" of the walking stick....painted green for my favorite color. That metal tip has saved me from some nasty falls!

I cannot explain to you what it is like to wake up in a bed two weeks removed from your last memory with that memory being a sunshine filled day having fun with your friends with your body busted up and on so many pain medications you keep seeing things that aren’t there.

As I lay there and my situation became more and more known to me, I sunk into a deep depression. My Mom and Dad were having problems and this only led to bigger problems. My

father dealt with it by going to work driving his truck and staying away while my mother stayed by my side 24/7. While I appreciated my mother's dedication, she bought into the possible negative outcomes and this made it tough for me to stay positive. I know realize we both share a family "curse" of depression and it was no fault of hers. I did have the support of my extended family and many would often come visit.

One person in particular came every chance he got. Of course, this was between his two jobs at the shoe factory and evening janitor work. That person was my grandfather Dalton Jackson. He and I were fast friends before this accident and this only brought us closer together. We often went on hikes in the woods, hunted arrowheads, and in general had fun in the outdoors. Dalton, or "Pop" as I called him, showed up shortly after I first came to with an old "Outdoors" book. It was a book on how to camp, canoe, hunt, fish....a basic survival book. This was 1974 and this book was from the 50's. It had some photos and drawings made by the author. Kind of what he had learned in his lifetime outdoors.

In particular, there was a story on how to make a walking stick. It was very simple. You would take an old hoe, cut then blade off leaving a short metal "spike" on the end. Pop pointed it out and promised that when I got out, we would make one. It was that optimism that I hung on to. Pop said I would need a walking stick which implied I would be walking again some day....and I believed him.



The top of the walking stick with the badge that represents the Isle of Skye in Scotland. This badge was with me when I climbed two of the tallest mountains in Scotland.

Shortly after I got home, I was in a wheel chair for some time. At one point, we went out to the barn and he took a hoe he used in his own garden and we took a hacksaw and cut the blade off. We then took some sandpaper to the wooden handle and sanded it smooth and then applied a little stain and some Shellac. Pop used Shellac often. Don't see it much any more, but if you've

ever heard the expression “he got shellacked” that’s where it comes from. It put a nice, shiny, coat to seal it against water.

Obviously, I couldn’t use it right away. But sitting in a wheel chair before cable television, computers, and the fact we didn’t even have a phone for awhile.....you get pretty bored. I would take that walking stick and find all kinds of things to do with it. My grandfather showed me some exercises that I now realize were related to the “Weaver” stick. I would lever that thing in all different directions chocking up on it as needed. I would also pretend to do bench presses, overheads....you name it.

Then, as I started to be able to walk and I started lifting as a way to gain strength that stick found it’s way into my lifting. I would use it to loosen up my shoulders. I also couldn’t even squat my body weight so I initially lowered myself to a chair and use my arms to assist in my squats. Then, when I could do a squat without help, the first thing I remember squatting was that walking stick across my shoulders.

Yes, I even hiked with it. Pop and I retraced the railroad bed of the CB&Q that my Great Grandfather helped build in the 1800’s from Kirksville to Trenton. It was about 60 miles that we did a few miles at a time. I later took that walking stick and hiked in the Rockies, Yellowstone, Glacier National Park, the Appalachians, the Ozarks.....countless treks and hikes. I have even taken it in parades. I couldn’t take it to Scotland so I bought a hiking badge and have fixed the badge to a stick in Scotland and then taken the badge and put it on my old “hiking stick”.

Most any time I go to my gym to loosen my shoulders I will grab that stick. I will also pick it up when I work grip and lever it in all kinds of positions. I am pretty decent at levering a sledge hammer and I honestly believe using this stick over the years is why. I also try to walk a mile every day around my property and that stick makes the walk with me most every time.

I would have to say that most people would find it pretty plain. But not me. That stick has power. It made me believe and it reminds me of “Pop” every time I look at it. I know he sacrificed a perfectly good hoe for me to have that stick because he understood what it meant. I have always believed there are no “secret” routines....only the one’s that you truly believe in will be the one’s that work. My walking stick is symbolic of that!

Now, you will have to excuse me....I have a walk to go on!

## [CHINNING ADDICTION](#)



February 20, 2013 | Authored by [Al Myers](#) | [Edit](#)

By Dan Wagman, PhD, CSCS

Publisher, [Journal of Pure Power](#)

Consultant, [Body Intellect](#)

*(WEBMASTER NOTE: Recently I issued a writing contest, in which I challenged lifters to write about an unusual training implement/device that they use in their training. The stories were submitted and judged, and I'm going to initially publish the top three stories in the USAWA Daily News as they were the contest award winners. Thank you to everyone who submitted stories for this competition, as they were all excellent. Here's story RANKED NUMBER TWO:)*



Dan Wagman performing a One Arm Chin Up on his fingerboard. The top picture is a "closeup" of the fingerboard.

My oddest training device is my fingerboard; it comes out of the realm of bouldering. In the rock-climbing world this strength-training device is rather common as climbers use it to strengthen their fingers and pull-up prowess. I use it in my Dungeon exclusively for weighted pull-ups and one-armed pull-ups.

What's different with a fingerboard compared to a chinning bar is that you have different gripping options. You can use a narrow or shoulder-width grip, but you can also change the amount of grip your hands actually have. So you can use a grip that's similar to what you'd have on a bar or you can pull while palming the fingerboard, meaning that your fingers aren't wrapped around anything, but instead are flat on a slightly conical surface that extends from your fingertips down to your palm. That's how I warm up my pull-ups and I have found it to increase my grip strength. Then there are slots and holes of different sizes so that you can pull with the first link of any number of

fingers you'd like to use. And of course you also have the option of doing one-armed pull-ups with any combination of fingers or hand-hold method you'd like. All of this turns pull-ups into an entirely different dimension, quite different than what the usual weight lifter would do. But once I go from my fingerboard to a regular chinning bar, I'm moving a lot more weight.

### **My Historical Context**



Recently Dan Wagman performed a Pullup with 120 lbs. extra weight at the Dino Gym Record Day. The USAWA rules of the Pull Up require the point of the chin to be above the bar and held for a down command. This is the BEST Pullup listed in the USAWA Record List, so it's obvious Dan's training approaches have been working! (photo and caption courtesy of webmaster).

Although I don't know much about the history of fingerboards in the climbing world, I can tell you that it's nearly non-existent in weight lifting gyms. But here's how this training came about for me. When I started lifting as a teenager, I was consumed by trying to become as strong as possible. One of the guys in the gym would always do pull-ups. He also added weight around his waist with some silly looking ropes. But he also pulled himself over the bar with ONE ARM, and could do that with both arms for reps. That blew me away and after watching him for some weeks I built up the courage to approach him.

Turns out he was training for his main passion — bouldering. When you're on a rock-face, it can be very important to be able to pull yourself up to the next hold with one arm. And so those silly ropes he used to hold additional weight, well, they were two different types of climbing ropes with specialty knots, one around his waist and the other attached via a carabiner for additional weight. The next time I saw him he brought ropes and a carabiner to the gym and made me my own chinning rig. Now *that's* the best present I ever got and I still use it all the time.

### **Progressing Difficulty**

So in my training back then I continued to pile on the weight for my pull-ups. But when I tried a one-armed pull-up, I couldn't even bend my elbow an inch — literally. So I reduced the difficulty by doing one-armed pull-downs. Once I could do my body weight, I increased the difficulty by pulling on a chinning bar instead. But it still took some time until I was able to pull myself to the bar with one arm. For the last 15 years or so, however, I use a bouldering fingerboard for all my pull-ups. Why? It's just another method to increase the difficulty of pull-ups. And I suppose I don't have to explain to a bunch of all-round lifters why that's a good thing, do I?

My passion for lifting weights and one-armed pull-ups lives on as strong as ever. I was able to send my friend a picture of me doing one-armed chins weighing 190 pounds with a 35-pound plate around my waist as it appeared in *Milo*. He was proud to know that he was the one who started this insanity in me. But of course he's insane, too; how many guys do you know who in their late 50's do one-armed pull-ups for reps with each arm?

### [GONE FISHIN' – THE HARD WAY](#)



February 22, 2013 | Authored by [Al Myers](#) | [Edit](#)

BY DAVE GLASGOW

*(WEBMASTER NOTE: Recently I issued a writing contest, in which I challenged lifters to write about an unusual training implement/device that they use in their training. The stories were submitted and judged, and I'm going to initially publish the top three stories in the USAWA Daily News as they were the contest award winners. Thank you to everyone who submitted stories for this competition, as they were all excellent. Here's story RANKED NUMBER ONE:)*



THIS IS MY DAD, DOING WHAT I REMEMBER HIM FOR, WORKING.

“DAD!! WE GOT A FISHIN’ JOB!”, I SAID, OVER THE PAY PHONE. “CHRIST!!” WHAT HAPPENED THIS TIME??”, WAS HIS REPLY. HE KNEW, FROM PREVIOUS EXPERIENCE, THAT A CALL FROM ME AT SEVEN IN THE EVENING WAS NEVER GOOD NEWS. AS I EXPLAINED WHAT HAD OCCURRED, I COULD HEAR MUMBLED, MUFFLED WORDS AND CURSES I HAD NOT PREVIOUSLY BEEN EXPOSED TO, COMING FROM HIS END OF THE RECEIVER! BEING IN OUR OCCUPATION, THAT WAS SAYING SOMETHING!

FOR THOSE OF YOU WHO DON’T KNOW ME, I WAS BORNE, BAPTISED AND RAISED IN THE ‘OIL PATCH’(DAMN PROUD OF IT!). I HAVE SPOKEN OF IT PREVIOUSLY IN A COUPLE OF ARTICLES I WROTE ABOUT WHAT WE DID WITH OUR DRILLING BUSINESS. THIS WAS DIRTY, HARD, HEAVY LABOR, IN ALL SORTS OF WEATHER. THE DRILLING ASPECT OF THE JOB WAS THE ‘EASY’ PART DUE TO THE FACT THAT, IF ALL WENT WELL, THERE WAS A LOT OF ‘ASS TIME’. THIS PARTICULAR OCCASION, HOWEVER, WAS NOT GOING TO BE ONE OF THOSE TIMES.

THE “FISHIN’ JOB” I REFERRED TO EARLIER IS IN REFERENCE TO OUR STRING OF TOOLS BEING LOST AT THE BOTTOM OF THE HOLE, ABOUT 200’ BELOW THE SURFACE OF THE EARTH. THE REASON FOR THIS IS THAT THE ‘ROPE SOCKET’ THAT HELD THE CABLE TO THE REST OF THE ‘TOOLS’ HAD,

UNFORTUNATELY, TWISTED OFF (COME UNSCREWED). WHEN THIS EVENT HAPPENS, IT RUINS THE THREADS THAT ARE ON THE INSIDE OF THE 'ROPE SOCKET', RENDERING IT USELESS. WE HAD SEVERAL OTHERS AND THIS PARTICULAR ONE WAS CAST ASIDE UNTIL IT COULD BE RETHREADED AND PUT BACK INTO SERVICE.

FURTHER, TO RETRIEVE THE TOOLS, YOU, LITERALLY, HAD TO 'FISH' THEM OUT WITH A DEVICE THAT TOOK A FRICTION HOLD TO THE TOP OF THE TOOLS AND, IF THE DRILLING GODS WERE IN A GOOD MOOD, PRESTO!, YOU WERE BACK IN BUSINESS. THE FACT THAT THIS HAPPENED ON THIS PARTICULAR DAY WAS ESPECIALLY PROBLEMATIC AS WE WERE BEING PRESSURED TO FINISH THE WELL, IN ORDER FOR THE 'BIG RIG' TO COME IN AND GO TO THE TOTAL DEPTH. THIS WOULD ONLY SET US BACK A WHOLE DAY, IF WE WERE LUCKY.

WELL, THE GODS MUST HAVE BEEN SNOOZING BECAUSE WE SNEAKED BY THEM AND GOT OUR STRING OF TOOLS ON THE FIRST RUN!!

UNFORTUNATELY FOR US, THE OIL PATCH PETERED OUT IN THE EARLY '80s AND I WAS LOOKING FOR WORK. THE ROPE SOCKET WAS NEVER REPAIRED AND SAT WITH THE OTHER, RUSTING TOOLS AND RELICS OF A DAY GONE BY. I TOOK A COURSE TO A COMPLETELY DIFFERENT DIRECTION, CAREER WISE, AND LEFT THE OIL PATCH FAR BEHIND.

JUMP AHEAD 20 YEARS. MY FAMILY AND I EXPERIENCED A NUMBER OF 'CHALLENGES' IN THE FORM OF ILLNESS, DEATH AND HARDSHIP. THIS ALL CAME ABOUT IN THE PERIOD OF ABOUT EIGHTEEN MONTHS. CONSEQUENTLY, I MUST CONFESS, I HAD HAD ABOUT ALL I COULD TAKE.



THE ROPE SOCKET I USE FOR MY 'ALTERNATE' TRAINING.

SIGNIFICANTLY FOR THIS STORY, FOR SOME REASON, THROUGH THE YEARS, I REMEMBERED THAT ROPE SOCKET AND HOW I ALWAYS THOUGHT IT WOULD BE A GOOD WAY TO DO SOME 'ALTERNATE' TRAINING. SO, THE NIGHT PRIOR TO A HUGE SURGICAL PROCEDURE THAT I WAS TO HAVE, I FIGURED THIS WAS AS GOOD A TIME AS ANY TO FIND OUT.

I TOOK THE SHORT DRIVE TO THE FAMILY FARM (**LEDAIG**, TRUELY, MY 'SAFE HAVEN/HARBOUR'), FOUND THAT ROPE SOCKET AND PROCEEDED TO HAVE ONE, 'LAST WORKOUT' BEFORE BEING INCAPACITATED FOR, WHAT TURNED OUT TO BE, A NUMBER OF WEEKS. THE FACT THAT I JUST BURIED MY BELOVED DAD TWO DAYS BEFORE JUST ADDED TO THE INTENSITY AND EMOTION. YOU SEE, MY DAD AND I ALWAYS SHARED A LOVE OF THE OIL PATCH(NOT TO MENTION, EACH OTHER) AND I SAW THIS AS A WAY TO 'CONNECT' WITH HIM ONE LAST TIME AND PHYSICALLY READY MYSELF FOR WHATEVER WAS TO COME.

NOW, FOLKS, THE ROPE SOCKET IN QUESTION, WEIGHTS, I WOULD GUESS 175 POUNDS. I HAVE NEVER WEIGHTED IT, AND, TO ME, IT IS NOT IMPORTANT. IT'S HEAVY FOR ME AND THAT IS ALL THAT MATTERS.

AS I HAVE TOLD MOST OF YOU AT ONE TIME OR ANOTHER, I DO NOT CONSIDER MYSELF THAT STRONG OF PERSON. I CERTAINLY DO NOT DO WELL AT CLEANING THE WEIGHT. HOWEVER, THAT EVENING, I CLEANED AND PRESSED THAT ROPE SOCKET AT LEAST 30 TIMES IN AN HOUR. EVERYTIME I WOULD START TO GET TIRED, I JUST HAD TO THINK OF DAD, THE PROCEDURE TO COME, WHAT OUR FAMILY WAS GOING THRU AS A WHOLE AND I WOULD BE INVIGORATED FOR ONE MORE SET. FINALLY, I WAS TOTALLY EXHAUSTED WHEN I FINALLY DECIDED I HAD HAD ENOUGH. I WAS SPENT, EMOTIONALLY, AS WELL AS PHYSICALLY. HOWEVER, MENTALLY, I WAS READY FOR THE CHALLENGES TO COME IN THE NEXT DAYS!

IN THE END, ALL TURNED OUT WELL. IT IS SAID THAT TOUGH TIMES DON'T LAST, BUT TOUGH PEOPLE DO! I AM PAINFULLY AWARE I AM NOT THE TOUGHEST GUY AROUND; HOWEVER, I CAN NOT SAY THAT FOR MY WIFE AND KIDS, AS THEY WOULD RANK RIGHT AMONG THE TOUGHEST. HOWEVER, I WEATHERED THE STORM; OUR FAMILY AND FRIENDS CLOSED RANKS AROUND US AND WE CAME OUT THE OTHER END, WHOLE.

REGARDLESS, I STILL REMEMBER THAT "PRE-OP WORKOUT", ON A HOT, STILL SUMMER EVENING. I THINK OF IT OFTEN. IT WILL GO DOWN AS, PROBABLY, THE MOST MEMORABLE AND PRODUCTIVE WORKOUT OF MY LIFE!

FINALLY, I WILL SMILE AND REMEMBER, LOVINGLY, THE MEMORY OF THOSE MUMBLED, MUFFLED WORDS AND CURSES OF MY DAD, WHO, I AM SURE, WAS WATCHING OVER ME (AND MY FAMILY) ALL THE TIME.

[Flaming Indian Clubs](#)



February 23, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Flaming Indian Clubs!!!

I called Larry, an old friend, this morning. Just when I thought I had heard it all, Larry had another awesome story with visual impact to spare. Larry doesn't even use "weights" for his weightlifting anymore. In fact, he gave away all of his barbell and dumbbell plates. Of course, resistance training is still part of his life and that means I have to ask him what he is doing now.

ROUTINE? Anything but...



Indian Clubs by Atomic Athletic.

Indian clubs are an integral part of Larry's current training routine. We talked about some of the endless variations of club swinging. One key is how some practitioners get lazy and try to go too heavy with their clubs. Now, there is heavy and then there is heavy. Larry was talking about EGO heavy, where you start seeing the clubs flop around, or even sit on the shoulders. While being dangerous, it's also not very helpful.

"So Larry, how do you recommend dealing with ego laziness? Are you a spiked club kinda guy?" Spiking clubs is something that you will occasionally see in the Kushti Wrestling schools in India, where there can be a hundred or more nails sticking out of the club. It provides incentive not to let the club get too close, but I don't think insurance companies cover that sort of tool.

"No, of course not, Roger. That could lead to sliced up shoulders and blood. Nope. My Dad used to light his on fire." "Really?" I replied. "Oh yeah," he said, "he used wood ones that he coated with some kind of fuel. Then he would train at night in our back yard. It was one heck of a display. It really lit things up. Of course, I don't recommend that. But he always said that it ensured perfect form. I like to think about that when I use clubs today. My form always improves."

Next time you are training with your clubs, imagine they are on fire. Your form will get a little more precise as well.

All the best, Roger LaPointe

"Today is a good day to lift."

### [How to Evaluate a Lifting Bar](#)

 February 24, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



COURSE 101: BAR BENDING. Any thoughts on whether this bar returned to its original straightness?

Most that know me know that I have a passion with lifting bars. I have over 50 bars in the Dino Gym – some excellent high quality bars, some just good bars, and others that are just “run of the

mill” bars. I don’t consider myself a collector either, as I use most of these bars in training from time to time.

Most lifters don’t take notice of the bar they are lifting on. It’s just a piece of equipment that is necessary to lift the plates that are on it. There’s nothing wrong with that thinking. After all, the purpose of training is to get stronger and that can be done using anything – including a bad bar. Having HIGH QUALITY BARS for training is not a big determining factor in getting stronger. The bar is just a means to an end result. I’m saying this because I want to make the point that having TOP TIER bars for training are not necessary, they are more just a luxury.

Now how does one evaluate what constitutes a quality bar? There are “hundreds” of bars on the market – with each one having a “sales pitch” behind it. Bars are generally broken into 2 categories:

### **1. Economy Bars (or Junk Bars)**

Economy bars are bars made with cheaper steel, poorer sleeve designs, “looser” quality controls, and are sold at a lower price. I refer to these as “junk bars”. I have several of them by the way. They usually don’t last long though in the Dino Gym, and get bent. But they serve the purpose they are used for, namely exercises that put a bar at “high risk” for damage. Like rack pulls, quick lifts in the rack, one arm lifts, etc. I don’t want to jeopardize a good bar for these exercises as they are not designed for it. I think of “junk bars” as disposable – use them till they bend, then throw them away.

### **2. Commercial Bars (or High Quality Bars)**

This category should be named HIGH QUALITY bars instead, because it is very common for commercial gyms to have economy bars that are “passed off” as a commercial bar. Just put a shiny coat of chrome on a bar and it becomes a “good bar” in most gym-goers eyes. There are many manufacturers of junk bars, but only a few make the top end bars. Don’t always rely on this though, as most manufacturers of high quality bars also have a economy line as well. There are probably over 20 junk bars to every 1 high quality bar sold. If you want to know the difference – just look at the price tag! Cheap bars are “cheap” and high quality bars cost more. You get what you pay for.

High quality bars are made from higher tensile strength steel, sleeves are secured with roll pins or snap rings and contain either bearings or quality bushings, and have better knurling. They are less apt to permanently bend when used. Often high quality bars are often made with a purpose in mind – Olympic weightlifting, general powerlifting, deadlifting, squatting, etc. They are designed for the exercise in question. They often have a good finish – having been zinc plated or a black oxide finish. They are not chrome plated! Factors which influence steel properties are many – combination of alloys, heat treatment procedures, carbon content, etc – I don’t want to get into that in this story as there’s too many other things to talk about. I will keep it simple here and say high quality bars are made with better steel (and it’s not from China!!!).

From now on I'm just going to talk about high quality bars, as junk bars really don't need evaluated. Terming them "junk bars" is evaluation enough. I like to break down the evaluation of a high quality bar into these 6 attributes:

1. Strength Rating
2. Dimensions – bar diameter & lengths
3. Sleeve Design
4. Knurling
5. Finish
6. Feel

### **1. Strength Rating**

This is often the NUMBER ONE thing that lifters look at when picking out a bar, and is really just a small factor in the total picture of a high quality bar. Years ago bar manufacturers would promote their product by giving out a Static Rating, a number which was intended to mean the weight the bar could hold before it would bend permanently. The first bar I bought was sold as a 700 lb. test bar. I thought that sounded good – as I wasn't squatting or deadlifting 700 pounds yet. Well, I bent it with doing explosive squats with 405 shortly after I bought it. Something wasn't adding up! I then bought another cheap 700 lb. test bar and bent it as well. It was at this time I was studying engineering at Kansas State University and was taking an engineering course, statics and dynamics, that I realized my errors in my thinking. The Static Test in determining this POUND RATING was done entirely different than what I was doing with the bar in the squat rack. In a Static Test the weight is loaded slowly on a bar as its supported, which allows the steel to "conform" to the bend, not under a sudden load as I was putting it under as I was ascending with my squats. Its a Static Rating – not a Dynamic Rating. Add in differences of where the bar is being supported during these Static Tests, and you can see this is a very poor rating system for evaluating bar strengths. You would assume that the bar would be supported in the middle – but I question if that has always been the case in giving out test strength ratings. Moving the supports outwards would increase the Rating. It wasn't long before most bars went to a 1000 lb. rating, then onto 1500 lbs. and above. After all, a higher Static Rating equated to a better bar and more sales (a marketing fallacy that lifters have "fell for" for years in my opinion).

Now most high quality bars are sold with a PSI Rating of Tensile Strength instead of a Static Rating (even though often you will see both disclosed on a bar). PSI stands for pounds per square inch. This rating is intended to tell you how much force can be applied to a bar before it breaks. This means more to me than a Static Rating because at least you know the force was applied at a set point, ie the middle. The testing involves putting a bar in a press and applying pressure to higher levels, until it snaps. The limitation is still that it is a static force measurement, not a dynamic one as the "real world" bar would be experiencing. But it is a better testing method for determining a bars strength rating than the Static Test. But what lifter really wants to know what PSI it would take break a bar? No one wants to push a bar to THAT LIMIT! I'm more

interested in how much force (in PSI) a bar can take and still return to straightness. That is termed Yield Strength – and a measurement that bar manufacturers rarely reveal for “who knows why”. Probably because it is a much lower number than Tensile Strength PSI and marketing doesn’t want lifters to mistakenly compare “apples to oranges”, because they don’t know the difference.

## **2. Dimensions**

A bar’s dimensions are very important in evaluating a bar, and these measurements vary significantly from bar to bar. Like I said earlier, most high quality bars are designed with a specific lifting purpose in mind. For example, Olympic weightlifting bars have very different dimensions than a deadlifting bar. Even among Olympic WL bars, these measurements are different. One WL bar may have a diameter of 28mm, and another one may be 29mm. The length between collars may be slightly different as well. The high quality deadlifting bars have a diameter of 27mm, while the high quality squat bars may be 32mm. The marker lines on bars are different as well. Powerlifting bars should have the 32 inch marker line for hand placement, which is NOT the handspacing for Oly lifting. WL bars should have the weightlifting marker lines instead. The standard length for most bars is 7 feet, but some bars are longer (i.e. deadlifting and squat bars). Pay attention to these dimensions when picking out a high quality bar. You want the bar to serve the purpose you intended for it.

## **3. Sleeve Design**

Sleeve designs are different for every bar, but are very important in making a bar a high quality bar. For weightlifting, the sleeves should rotate very smoothly to accommodate snatching and clean and jerks. I have taken apart many bars, and I always marvel at the insides of bar sleeves. This is the part of the bar no one ever sees. I enjoy taking sleeves apart, and I think of it as doing an autopsy on a bar (which it usually is as the bar was previously “killed off” and bent, thus the reason I was disassembling it). There are many ways sleeves are designed to enhance rotation. This is what I have seen, from worse to best: 1. metal on metal, 2. plastic bushings, 3. nylon bushings/brass bushings, 4. ball bearings, & 5. needle bearings. That pretty much sums it up. Needle bearings have long been considered the “gold standard” – but I can tell you there are differences there as well. I’ve taken apart several junk bars that I’m surprised they rotate at all, as all they contain is a couple of worn cheap plastic bushings – yet are marketed as having bushings. These type of bushings shouldn’t even be called bushings as they are so inferior to the quality bushings (like nylon and brass) high quality bars have. The diameter of the sleeves should always be checked. Most high quality bars have sleeves that are very close to 2” (sometimes as much as 1-31/32”). If your plates are high quality as well (and in turn have close tolerances for the bar hole), the bar may not fit well in some plates. The reason for this is that at the “top end” the bar is made for the plate being used, and BY THE SAME MANUFACTURER. The Manufacturer makes the bar and plates as a set to “go together” with close tolerances, so the plates won’t be “sloppy” on the bar. The way the sleeve is held onto the bar also tells a lot about the quality. You can quickly

spot a low quality bar if the sleeve is held on by a bolt in the end. This is the cheapest and easiest way to hold the sleeve on, but this bolt never seems to stay tight and requires constant attention so the sleeve doesn't fall off! This design allows lateral sleeve movement on the bar, which is undesirable. It gets worse with wear. The "high end" bars use snap rings or roll pins. A few use both. The best design is using snap rings, as they are concealed and very rarely fail (yet I have seen it happen, but only when the bar was used in an unconventional matter).

#### **4. Knurling**

Every bar has its own unique knurling. I think of knurling as the "fingerprint" of a bar. It defines the bar and makes it different from other bars. Most people think knurling is cut into a bar, but that is false, as knurling is actually done by a pressing process. There are many different "setups" for knurling, with each one giving a unique knurl. Some are deeper, some wider, different patterns, etc. The purpose of having knurling is to enhance your grip on the bar, without causing damage to your hand. Different lifters have different preferences on the "aggressiveness" of the knurl. The spacing of the knurling is different as well. Some bars have center knurling, while others don't.

#### **5. Finish**

The top choices for a bar finish are these: 1. none or blued, 2. Chrome plated, 3. Zinc plated, and 4. Black oxide. If you are fortunate to have a stainless steel bar you have a bar that DOES NOT need a finish. The stainless steel stays looking good always! I have one Stainless Steel Bar, that I have had for over 5 years, and it has NO rust or corrosion on it. It looks as good now as when I bought it. However, stainless steel is very expensive (3 to 5 times that of other steel), and is difficult to machine which makes these bars prohibitively expensive. That's why you don't see them much. Chrome plating is the standard of economy bars because it's the lowest cost way of keeping a bar shiny. That's what you see on bars in commercial gyms, as they can be wiped clean after usage and remain with a glossy finish. I actually hate chrome plated bars – they are harder to grip, the chrome often starts to flake off after heavy use, and the chrome doesn't hold chalk well. Zinc plating has become more common recently. At first glance you might think a Zinc plated bar was chromed, but you can tell the difference if you see both of them side by side. Black oxide is also a very common bar finish. I really like this finish as these bars hold chalk well and the knurling is not coated with chrome or zinc and has a better feel. Now there are also a few high quality bars that have no finish (or maybe just a bluing). You can spot these in the gym because they are rusted and look like crap. But that doesn't bother me getting a little rust on my hands if the bar is a great bar otherwise! I have one of these in the gym (I won't name it!) that is one of my favorite bars. You have to remember that a finish is put on a bar for only one reason – to make it look better. It provides no benefit to the functionality or performance of the bar, and I've talked to several lifters that prefer the feel of the "natural steel" over that of a bar with a finish.

#### **6. Feel**

Now this is the intrinsic category. No measurements or processing procedures here to make an evaluation. It comes down to answering this question, "how does the bar feel in your hands when you lift on it?". Do you like it? Or does it just don't feel right? A bar may look like the "bar of your dreams", but when you load it up to a heavy weight and perform a lift, does it feel as good as it looks? I've been disappointed before with a new bar. There are several factors that make bars feel different. The biggest one is "bar deflection". This is the bend that occurs when the bar is moved or accelerated during a lift. It is purely a result of the steel properties of the bar, and is different for every bar. Some bars deflect more, while others are stiffer when lifting on. The bar diameter and ratings may tell you a little on this, but it comes down to the steel used. I say this because I have bars that have the same diameters and ratings, yet deflect (or bend) differently when lifted on. As well, each lifter has their own preference. The same goes for "bar oscillation". This is sometimes referred to as whip. It occurs when the bar is deflected during acceleration of a lift, and then the movement of the bar is ceased. The oscillation will continue upwards. Some bars will deflect, then return to position quicker than others and have less oscillation. Others will tend to oscillate, which can be viewed as favorable or not, depending on the lifter and how they can adjust to it. Sometimes it can be used to the lifters advantage, as often seen in the clean when rebounding from the catch to the squat. Sometimes "the feel" is purely psychological with a bar. I have a couple of bars that are my "go to" bars when I want to get a big lift in for the workout. I've had success with them in the past – and this confidence is propagated into future success. The question is answered - the bar just feels good in my hands when I lift on it!

I hope all this helps in understanding how to evaluate a lifting bar. I apologize for getting so long with all this – which I guess goes to show that I may be beyond passionate on this subject and bordering on obsessive/compulsive. I'm going to cover a few of the bars in the Dino Gym over the next couple of months in USAWA Daily News stories. Several of the Dino Gym bars have interesting stories that go with them. and I want to share this with you.

And to answer the question in BAR BENDING:101 – that poor bar was never straight again!

[Building a Training Hall](#)

 February 26, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



The Ambridge Barbell Club can be classified as an "Old School" Training Hall!

Training halls are not built over night. What do you think of when you hear about a training hall? My guess is that a different image is conjured up from when you hear "fitness facility". Am I right?

The old gyms and YMCAs, where many greats in the iron game trained, tended to be dingy after thoughts, as far as facilities would go. The great old training halls that I think of had beautiful woodwork. They may have had lines of old globe type barbells and Indian clubs lining the walls. There would always be a heavy duty, slightly raised wooden lifting platform in the center of the room. There was always some boxing equipment, or even an old full ring.

These were the genuine "man caves" of a bygone era. You didn't see pastel colors or ferns. There might be a mirror on one wall, but the art work would typically be nicely framed instructional courses, anatomical charts or promo photographs of strongmen from the past. There would be a bulletin board with the information on the next weightlifting contests or wrestling matches. Guys like Sig Klein would be your instructor, not a "personal trainer". They were genuine record holders who had actually competed and set records. Respect was implicit and you asked them questions.

You would never question them. You want to see training halls? Is it time that your place started morphing into a training hall, instead of just “weights in the basement”?

All the best, Roger LaPointe  
“Today is a good day to lift.”

### [CLUB CHALLENGE CANCELLED](#)

 February 26, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

### **URGENT ANNOUNCEMENT**

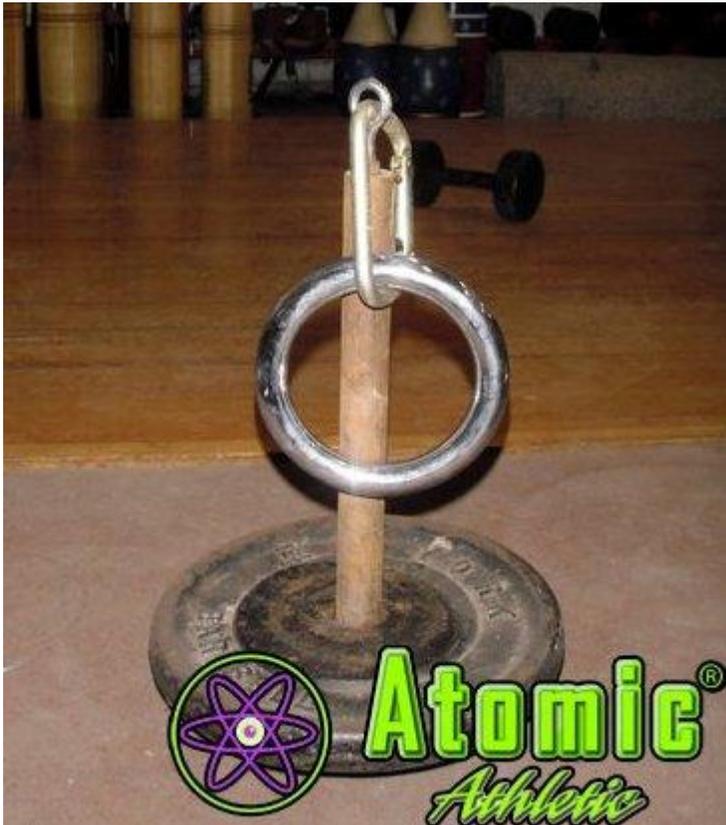
I just received word from John McKean, the Meet Director of this weekend’s USAWA Club Challenge, that he is cancelling the meet. John has concerns of the recent bad weather and poor road conditions, and does not want to risk anyone’s travel. The weather has been unpredictable recently, and the roads could quickly become hazardous for travel.

Please pass this information along to anyone that may have planned to attend the Club Championships.

### [Give’em The Finger](#)

 February 28, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



The Set-up for the Finger Lifts.

Ever wanted to just give the whole world the finger? Yeah. I know. You do things your way, because that's the way you like it.

Well, you be pretty sure you have some of the strongest fingers when you give'em the finger. Atomic Athletic has some tips and tools. One of the tools is a serious steel lifting ring.

### **3 Tips for Finger Lifts**

1. Start off light. That's every single workout. You don't want to pop a tendon.
2. Exercise & Competition are two different things. Don't use other fingers for support. Don't train individual fingers for 1 Rep Maxing, unless that's your thing...
3. Stretch your fingers before AND after this exercise, not just before and after your whole training session. Feel free to ignore this one, if you don't care about fine motor skills, like typing.

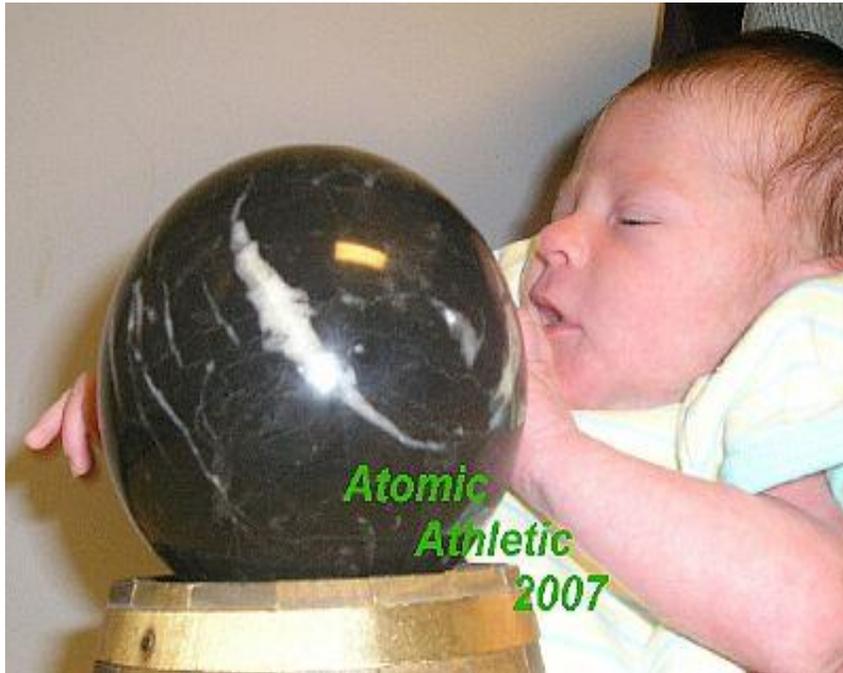
We actually sell two different sizes, just specify the one you want in the Customer Instructions section of the order: choices are big or small. They are the same price.

All the best, Roger LaPointe  
"Today is a good day to lift."

[Discover New Eyes](#)

 March 5, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Jackson LaPointe agrees with Yasser, "Don't be a crying baby!" Stone lifting is apparently in his genes. Jackson is only 6 days old and he is already hefting stone balls onto barrels!

"The real act of discovery consists not in finding new lands but in seeing with new eyes." Marcel Proust

I have had a stunning number of questions about how I "train" my son, who is five years old. This is thanks to my using him as a model for some of our shirts, as well as my relating truths I have learned from him. It is also a compliment, so I thank you all.

"So?" you ask, "what are the most popular questions and what perspective are people coming from?" Well, many questions seem to be from dads who want their kid to become a better athlete. Cool. I understand the desire. As for being an expert on raising a kid, this is my first time around, so take that for what it is. Here is my advice for "training" your future athlete: train your child's mind.

If you are an Atomic Athletic fan, then you probably know or guess that I look at training and the world a little differently than most. This can be a double edged sword. A friend of mine recently quoted Theodore Seuss Geisel, also known as Dr. Seuss, who said, "I like nonsense. It wakes up the brain cells. Fantasy is a necessary ingredient in living, It's a way of looking at life through the wrong end of a telescope. And that enables you to laugh at life's realities." I did a day of volunteer work at my son's kindergarten class and noticed that while all the other kids were using single colors, staying in the lines and making their coloring projects pretty much the same, my son's was completely different. While he stayed in the lines, he also had multi-colored swirls, patches of color and pictures within pictures. I like to think that my 5 year old has the lessons of the good Dr. firmly ingrained in his head. He also loves to play outside, pick up heavy things and fight with a heavy bag.

He regularly sees new, strange and unusual “toys” at my office and warehouse. His first reaction is to play with them.

If you are genuinely interested in training that will take you on a different journey, start here:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK90>

Train your mind first.

All the best, Roger LaPointe

“Today is a good day to lift.”

### [LESSONS LEARNED FROM ‘THE PINES’](#)

 March 6, 2013 | Authored by [Al Myers](#) | [Edit](#)

BY DAVE GLASGOW

WHEN I WAS A KID, MY FRIENDS AND I HAD A NAME FOR BEING SECOND STRING ON ANY TEAM WE PLAYED ON. WE CALLED IT “RIDING THE PINES”. I WAS VERY FAMILIAR WITH THAT TERM AS I HAVE A LOT OF EXPERIENCE WITH THAT PARTICULAR VIEW OF MOST SPORTING EVENTS I ‘PARTICIPATED’ IN. IT STARTED FROM A YOUNG AGE.

I DISTINCTLY REMEMBER MY FORAY INTO THE ATHLETIC WORLD. I WAS 5 YEARS OLD. MY AUNT AND UNCLE GOT ME A PLASTIC BALL AND BAT FOR MY BIRTHDAY. THE FIRST TIME I HIT THAT SPHERE IN THE ‘SWEET SPOT’, I WAS HOOKED. FROM THAT MOMENT ON, I WOULD PLAY ANY SPORT THAT CAME MY WAY. THE ONLY PROBLEM WAS, MY EAGERNESS TO PLAY FAR OUTSTRETCHED MY ABILITIES.

AS A ADOLESCENT AND TEENAGER, ESPECIALLY IN THE ERA I GREW UP, NO ONE (OR DAMN FEW) KNEW ABOUT ‘GENETICS’ OR NATURAL ABILITY. SURE, NATURAL ABILITY WAS TALKED ABOUT, BUT MOST OF US THOUGHT WE COULD OVERCOME THAT WITH HARD WORK AND PERSISTANCE. THIS WAS, TO A POINT, TRUE. HOWEVER, LITTLE DID WE KNOW THAT THE VAST MAJORITY OF US DID’NT HAVE THAT ‘X’ FACTOR AND OUR EFFORTS WERE, MOSTLY, SELF FLAGELLATION. AS FOR ME, ‘THE PINES’ WERE MY CONSTANT COMPANIONS.

LOOKING BACK ON THOSE DAYS, I REALIZE, NOW, THAT I **THOUGHT** I WAS A LOT BETTER THAN I WAS. IT NEVER OCCURRED TO ME THAT THE MANY COACHES I HAD SAW MY ABILITIES AND PRESCRIBED THE BEST PLACE FOR MY CONTRIBUTION TO THE TEAM.

HOWEVER, HERE ARE SOME THINGS I LEARNED BY BEING A UNIFORMED SPECTATOR.

**PERSISTANCE.** NO MATTER WHAT SPORT I WAS PLAYING, I MADE EVERY PRACTICE, EVERY MEETING, CHEERED MY TEAMMATES, WHATEVER WAS ASKED OF ME. THIS PERSISTANCE CAME IN REAL HANDY LATER IN MY LIFE.

**DETERMINATION.** WHAT MORE CAN I SAY ABOUT THAT. IT IS SELF EVIDENT. TO DO ANYTHING IN LIFE, YOU NEED THIS QUALITY, IN AN ABUNDENT AMOUNT. BELIEVE ME, SITTING ON THE PINES, SOMETIMES, TOOK ALL THE DETERMINATION I COULD MUSTER.

**RESILANCE.** SITTING ON THE BENCH TAKES A LOT OF THIS. DAILY REJECTION, IN FRONT OF YOUR PEERS, IS NOT SOMETHING I ENJOYED, AT ALL. HOWEVER, I WAS GOING TO BE DAMNED IF I WAS GOING TO GIVE IN AND QUIT. ALL I NEEDED WAS ONE 'CHANCE'! (THAT 'CHANCE' CAME IN A COLLEGE SOCCER GAME. WHAT HAPPENED IN THAT GAME IS STILL PAINFUL, BUT I DID'NT STOP. I SHOWED UP FOR PRACTICE THE NEXT DAY. I HAVE NO EARTHLY IDEA WHY.)

**WILL POWER.** ANY OF YOU WHO HAVE HAD TO MAKE WEIGHT KNOWS WHAT I AM TALKING ABOUT HERE. SHOW ME A HIGH SCHOOL KID WHO IS'NT CONSTANTLY HUNGRY AND I'LL SHOW YOU A SICK KID. THIS AUTO-STARVATION WILL TEST THE VERY CORE OF YOUR BEING. AND QUESTION YOUR SANITY.

**SELF ESTEEM.** YEAH, I KNOW. HOW MUCH SELF ESTEEM CAN YOU GET ON THE PINES?? GOOD QUESTION. I HAVE THOUGHT ABOUT THIS A LOT. I HAVE COME TO THE CONCLUSION THAT MY PARTICIPATION MADE ME THINK MORE OF MYSELF, DUE TO THE FACT THAT, BY GOD, I MAY BE ON THE BENCH WITH PRECIOUS LITTLE PLAYING TIME BUT I WAS PART OF A TEAM! SOMETHING BIGGER THAN MYSELF. THE CAMMERADERIE CARRIED OVER TO A SENSE OF SELF WORTH THAT I AM STILL PROUD OF TODAY.

I HAVE COME TO REALIZE THAT MY TIME ON 'THE PINES' SHAPED ME INTO WHO I AM TODAY. LIFE THROWS A LOT OF CURVE BALLS AND TAKEDOWNS. STANDING IN TOUGH TO ATTEMPT TO HIT A CURVE BALL THAT MAY OR MAY NOT BREAK IS A PARODY OF LIFE THAT IS HARD TO DENY (YEAH, I DID GET TO PLAY. ONCE IN A WHILE!). BEING TAKEN DOWN IN A MATCH IS NOTHING COMPARED TO WHAT CAN AND WILL HAPPEN TO YOU IN THE REAL WORLD. LAY THERE AND GET PINNED OR GET TO YOUR BASE AND **WORK** OUT OF IT.

FINALLY, THE SPLINTERS IN MY ASS HAVE LEFT ME WITH GREAT MEMORIES AND I HAVE NO DOUBT THAT BEING PART OF A TEAM KEPT ME OUT OF A LOT OF TROUBLE THEN. BESIDES, WHAT BETTER WAY TO GET A RING SIDE SEAT TO THE BEST SHOW IN TOWN!??

[Bikini Clad Phone Book Tear](#)



March 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



#### Bikini Clad Phone Book Tear

Don't let the marketing gurus pull the wool over your eyes. Two piece swim suits were around before 1946. The Bikini was just not the name. Here is Relna McRae tearing a Los Angeles telephone book, from the July 1944 Strength & Health magazine. If you want to see some great feats of strength, done live, check out the Night of Strength III DVD . The standout performer is Pat Povilaitis, who is NOT in a Bikini.

If that isn't enough for you, Pat "The Human Vise" Povilaitis shows everyone at the picnic how he got his nick name. Here is a shot with Pat tearing a deck of cards, with his hands in hand cuffs and a 350 Chevy Engine Block hanging from is head!

You can also see more of Pat, or get the DVD for the 1st Atomic Athletic Great Black Swamp Olde Time Strongman Picnic:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=VID210>

Time to decorate the Training Hall or Den?

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=POS2006>

All the best, Roger LaPointe

"Today is a good day to lift."

## [IAWA World Postal](#)

 March 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

### **MEET ANNOUNCEMENT**

### **2013 IAWA 'ANDY GODDARD' WORLD POSTAL ALL ROUND CHAMPIONSHIPS**



The late Andy Goddard performing a very difficult IAWA lift - the Middle Fingers Hack Lift.

Steve Gardner has just announced the details of the 2013 IAWA World Postal Meet. Steve has been promoting the IAWA World Postal Championships for the past few years in memory of his good friend and training partner Andy Goddard. I was very fortunate to have known Andy, and competed with him several times before his “too soon” departure. He was an ALL ROUND GREAT GUY as well as a very good All Round Weightlifter. I’m glad that this postal championship is dedicated to him, and I applaud Steve for keeping Andy’s memory alive by promoting this important IAWA event in his memory.

The three big promotions of IAWA are the IAWA World Championships, the IAWA Gold Cup, and this World Postal Championships. Worlds and the Gold Cup requires traveling, but this Postal Champs can be done right in your own gym! I think this meet is a very important one as it allows everyone the opportunity to compete in a big IAWA event no matter what your circumstances are. It is also free to enter, so there are very few reasons as to not enter it!

The rules for this event are as follows (as outlined on the entry form):

*This competition is open to all IAWA lifters, for teams of three, and individuals as well. Teams may be a mix of open/masters/juniors/ladies, as well as all age and bodyweight allowances will figure in for the results. No limit to the number of lifters, if a team or group enter more than three: the top three will form the team score. A sheet caters to 5 lifters. If you have two teams, then just copy, and use two sheets, etc. All lifts must be officiated by 2 or 3 IAWA Referees (they should sign the score sheet). YOU DO NOT HAVE TO BE IN A TEAM. Individuals may also take part in the competition as all rankings will be listed for age/weight classes. Have fun lifting in the Annual "Andy Goddard" Memorial Competition. Good luck.*

Now for some added important information:

1. The date for entry is the END OF JULY. Make sure your lifts are completed and sent to Steve by that time .
2. The lifts chosen for this event are the Snatch -One Arm (with bar), the Pullover and Push, the Clean and Jerk, and the Deadlift. The One arm snatch and the P&P are USAWA official lifts and the rules are outlined in the USAWA rulebook. The Clean and Jerk and the the Deadlift are IAWA lifts (not USAWA lifts). However, the rules for these two lifts are outlined in the USAWA Rulebook under Section X. Rules of the Basic Movements.
3. If you live in the United States, you MUST be an USAWA member to participate. Make sure to join before you lift in this postal championships or you will find that your lifts will not be recorded in the official scoresheet.
4. All lifts must be performed in the same day. This is not specified in the event rules, but is a assumed rule of all postal meets.
5. Please enter your results in kilograms in the scoresheet. Steve would make the conversions for you - but the meet is scored in kilograms so enter them that way.
6. Make sure you PRINT the names of the three officials used as well as having the officials sign the scoresheet. For USAWA lifters, these officials must be active current certified USAWA officials. Make sure to check their "status" on the website before assuming they are current.
7. As per any meet and as OUTLINED in the rulebook, you get three attempts. These must be declared and adhered to. You don't just keep adding weight till you miss and take unlimited attempts. That's not the way a meet runs. The fourth block in the entry form is for an extra fourth attempt for record.
8. Make sure to list all attempts on the entry form. Circle the ones you make and cross thru the ones that are missed.
9. Please write CLEARLY on the scoresheet, and fill out the scoresheet completely!

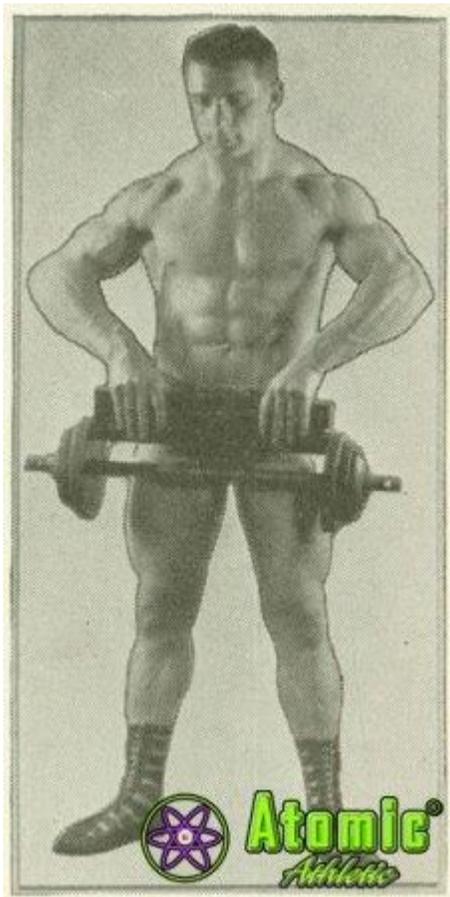
10. Remember this postal championship is ran on the HONOR SYSTEM. Be truthful in your efforts, and feel good about giving your best performance in an honorable manner. If everyone does that – the future of this meet is strong.

**ENTRY FORM – [2013 World Postal Entry](#)**

[DIY Pinch Bar](#)

 March 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Sig Klein and the Pinch Grip.

Grip strength training is nothing new folks. Check out the photo of Sig Klein using a home made pinch grip bar.

Get yourself a nice 4 x 4 beam of wood, sink in a pair of eye hooks and you use that to lift your barbell. Slice up your beam to other thicknesses to work the grip with other sizes. Personally, I find a little stain and poly on mine makes it a nicer looking tool, but that's really unnecessary. Here are some exercises for your grip with your new Wooden Pinch Bar.

Try these out for size:

Reverse Curls

One Hand Deadlifts

Two Hand Deadlifts

Bent Over Rows

Pinching From the Ends

Wrist Curls

Hack Lifts

That should give you enough to try out and fry your hands. If you want more ideas, check out these three publications:

Garage Gym Guide

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK1000>

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK072>

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK90>

All the best, Roger LaPointe

“Today is a good day to lift.”

[New Zealand All Round WL](#)



March 10, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



New Zealand All Round Weightlifting Association

I have just heard that ALL ROUND WEIGHTLIFTING may be rejuvenated in New Zealand. Cliff Harvey has moved back there, and has taken an interest in promoting the sport. Cliff has been very involved with All Round lifting for many years, and was a big of the 2007 IAWA World Championships held in Christchurch, NZ. I attended that World Meet, and it was a unbelievable

meet. The meet director was Bruce Savage, but several others were instrumental as well in promoting this Championship.



Cliff Harvey performing an One Arm DL in the 2007 IAWA World Championships in New Zealand.

Cliff placed 6th OVERALL at the 2007 IAWA Championships in New Zealand. That year has been the only year the IAWA Champs have been held in New Zealand. Let's hope that Cliff gets the New Zealanders reorganized and they host another big IAWA meet in the future!

### [The Most Sexy Bald Men in IAWA](#)

 March 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by the DINO MAN, AUTHORITY ON BALD WEIGHTLIFTERS

Just when you think the USAWA website has stooped to a new "all time low", I try to take things a little deeper. Thus today's story. You know – our organization is loaded with bald lifters. Several of these All-Round muscle-men got chrome-domes that radiate sexy. It is a proven fact that baldness is a sign of vitality and virility (I think I read that in Mens Health...). I have been known to shave my

head for a big meet every now and then – just to give myself that extra BOOST of testosterone that comes from having a sweaty shiny crown!!! I think is about time that these bald guys get a little recognition, so I conducted a survey of the MOST SEXY BALD MEN in IAWA. Of course, I couldn't make this decision by myself so I assimilated a panel of women to make this big decision so it's totally impartial on my part. I collected pictures of all the good looking bald guys in IAWA and presented them to the panel to make a ranking. I'm only going to reveal the TOP FIVE, but there were over 20 pictures entered. Just in case you wondered – only lifters that have competed in the IAWA Gold Cup or the IAWA Worlds within the past 3 years were entered. I'm keeping the identities of this panel a secret – as I don't want them to get any complaints personally for not being picked, or worse yet, words of passion from a bald headed romeo.

Let the countdown begin to NUMBER ONE!!!

#### **5. Graham Saxton, ENGLAND**



Graham Saxton

This burly built muscle bound man oozes sexyness from his shiny noggin. I want to mention that Graham wasn't always bald (I have pictures of him sporting a full head of hair and a beard!), but that was before he became handsome.

#### 4. John Gardner, ENGLAND



John Gardner

I was somewhat surprised with Big John making the top five. However, as one of the panelist remarked, "he looks like a big teddy bear to me". Another lady said she would just love to rub his head, as she was sure it would bring her good luck.

#### 3. Chad Ullom, UNITED STATES



Chad Ullom

Chad was the only American to make the top five. Comments from the panel ranged from, “he looks like a crazy man”, to “I bet he knows how to have fun”.

## **2. Andy Tomlin, SCOTLAND**



Andy Tomlin

I expected Andy to make it to the top of this competition. Andy has the perfect bald head – it’s perfectly shaped and it looks like he doesn’t even have to shave it!! It’s always glossy. I suspect that he waxes it.

## **1. Peter Phillips, AUSTRALIA**



Peter Phillips

Peter didn't just win the voting majority of the panel for top spot, he had TWICE as many votes as anyone else! That makes Peter the SEXIEST BALD MAN IN IAWA. I know Peter – and from what he has told me he is also quite the romantic. When in Perth last year, he took several of us to this peaceful little stream outside of the city. It was a beautiful quiet spot. Peter told me, "this is the place I like to bring a Sheila and enjoy a nice bottle of wine." I just know his perfected bald head probably helps out the romance.

CONGRATS to all bald men in IAWA!!! This is your day!!!!

*COMING SOON FROM THE DINO MAN – the men in IAWA with the best hair!!*

### [Bathroom Key Lift](#)

 March 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



The Bathroom Key at Atomic Athletic.

EVERYTHING becomes a game at Atomic Athletic... A lifting game.

PHOTO 1: Michael Codding is contemplating how badly he really needs to go to the john. One too many bathroom keys have disappeared here at Atomic Athletic, so we went one step further than the gas station attendant route. Yes, that is one of the base pipes that a fire hydrant would fit onto. It is just as heavy as it looks...

PHOTO 2: The bathroom key farmers walk is one of the dreaded events at the Atomic Athletic warehouse gym. What the heck! It's only 110 pounds. However, Michael Codding starts his walk with an eager look on his face.

PHOTO 3: Fortunately, we did NOT have to mark a spot of failure in this farmers walk. We keep two pens for that purpose, one yellow and one brown. The bathroom key is heavy and control is really the issue here. Everything is a workout at Atomic Athletic.

Painful but true advice on successfully getting strong in a Garage Gym:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK1000>

For more tips:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK90>

All the best, Roger LaPointe

“Today is a good day to lift.”

[USAWA Officials Program](#)

 March 13, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Chad Ullom has just been promoted to a LEVEL 2 USAWA official. Chad has been one of the "top three" most active USAWA officials in IAWA competitions over the past 5 years. In this picture, Chad (on left) is officiating at the 2012 Gold Cup in Glasgow, Scotland.

One thing that has happened over the past three years has been the development of an USAWA Officials Program. The program started in mid-2009 with the initial guidelines. Since then the program has been improved with rule amendments requiring additional criteria. I finally feel that we now have a TOP NOTCH officials program, and that is something to be proud of. Before 2009 several programs had TRIED to be initiated, but failed. Anyone at that time could be an official in an USAWA meet, without any qualifications. The previous rulebooks had NO guidelines established for becoming an official, other than a couple vague lines such as these, “all officials must be approved by the USAWA”, and “the general secretary shall maintain a list of the national

officials”. That’s it. There’s no point in having rules/laws if they’re ambiguous, and are not enforced. Now if you want your lifts to count you MUST be officiated by a certified USAWA official that is listed on the Officials List. If this does not happen – the lift/meet was not official, and all invalid results will not be reported in the meet results on the website as well as no records being established. That’s “the bite” for not following the USAWA rules.

I’m VERY EXCITED to report a couple of “firsts” that have just occurred within the Officials Programs. Ruth Jackson has just successfully passed the USAWA Rules Test and will become the first USAWA member to undergo the Practical Training Session in becoming an USAWA official. This change was just passed at the past USAWA meeting as further development of the Officials Program. She will have one year to accomplish this training. The development of the Officials Program has been a gradual plan to allow for it’s success, with additional requirements being added yearly. I have felt that the reason the previous official programs have failed were because of a couple factors, 1. requiring “too much” to begin with that NO ONE wanted to abide by, and 2. No penalties/ramifications for not participating in the program (afterall, before you could STILL be an official in all meets with the SAME privileges as someone certified ). The IAWA(UK) has ALWAYS been WAY AHEAD of us with their officials program, and have required practical training for years before an IAWA(UK) official could be certified. Now I feel our officials program is as good (if not better!) than theirs.

The second “first” is that Chad Ullom has become the first member to apply and be granted Level 2 certification. Congrats Chad! This requires an official to be qualified in TWO CATAGORIES , thus the name Level 2. Level 2 officials are required to have passed the testing requirements, AND the experience requirements. Level 2 USAWA officials are considered the TOP TIER of USAWA Officials, and have Lifetime Certification.

All the details of the USAWA Officials Program are outlined in the USAWA Rulebook and on this website under “Officials List and Rules Test”

<http://www.usawa.com/officials-2/>

[Designing a Dumbbell for One Lift](#)

 March 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Roger LaPointe "in video action" performing a dumbbell swing.

I've got this really cool customer who used to be a Marine Sniper Instructor Trainer. Talk about a specialist. He had me make him a custom barbell a couple of years ago. He was very specific about what he wanted. Now, he had been buying from me for a while and I have a pretty good idea about how he trains and what he trains for today. It is not his previous job, after all, he is retired from the military. On the other hand, I know he appreciates using the right tool for the job.

I have been specializing my training around a single lift over the last year. You may have seen some of the articles and videos I've done on the One Hand Dumbbell Swing. As I have been doing this training, I have also been studying the literature on the lift. Some of this information is over a hundred years old. I like that old information. When I can find a tip that allows me to tweak what I am doing that little bit, it makes me feel like Indiana Jones. The archeologist in me feels like those long dead coaches are talking to me. It's cool.

YouTube Video for the One Hand Dumbbell Swing:

<http://www.youtube.com/atomicathletic>

So, I am going to give you guys a list of parts/tools that will help you experiment. Think of it as an engineer's proto – typing tool. Once you have these parts, if you want to talk to me about some of the other pieces that I play with, most of which are NOT on the web site. Then you can pick up a phone and call, but here is the starting line.

- Long Dumbbell Bar
- Allen Collars (I have bunches of these.)
- Heavy Duty (3/4 Pound) Wrenchless Screw Collars(Great for quick changes.)
- Shot Loading Dumbbell

You also need a selection of Plates. Get some larger ones, like 35 Pounders. Also get a variety of thicknesses: pancake vs. contoured with the lip. You may also want some other bar lengths. All of these variables are fun to play with. You don't want to get hung up on what the other guys are doing, for example: experiment with back loading your dumbbell and tipping your dumbbells.

Enjoy, Roger LaPointe

"Today is a good day to lift."

### [Al Springs and his Tractor Lift](#)

 March 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers and Lance Foster



Al Springs performing his Tractor Lift, which weighs over 3000 pounds!

Most everyone in the USAWA knows or has heard of Al Springs from Dearborn, Missouri. Al is an eccentric ole' all rounder, who has been involved with the USAWA for many, many years and has a great passion for weightlifting and anything "all round" in nature. He is reminiscent of the OLD TIME STRONGMEN of the turn of the previous century in his mindset, and takes on strength challenges that others might pass on. He is still a very active USAWA member at over 70 years of age. He competes a few times every year in our organization and even competed on the WORLD

STAGE of IAWA this past October at the IAWA World Championships in Salina, Kansas. He won his age and weight class, earning him the right to call himself a World Champion.

I always enjoy my conversations with Al. We talk on the phone every couple of months, and when he calls I answer “this is Al”, and he responds, “this is Al” as well. I know immediately who I am talking to. Recently Lance Foster shared this very interesting picture of Al Springs performing, what he calls, his Tractor Lift. Lance was able to get Al to share his story on his Tractor Lift and this is what Al said:

*“Normal H Farmall tractors weigh about 6000 lbs which was too much for lifting, but long enough for what I wanted to transfer into a strongman project, actually a vision of my art to lift. After the transfer the tractor weighs about 3000 lbs. I made the harness belt also. The chains hooked to the tractor’s frame was 200 lbs. While the tractor was in the barn, I would do reps with it. I moved it outside for my daughter to take pictures. My wife Deanna judged the lift. As far as I know, this is the first time anyone has lifted a tractor that big. I’ve heard that Paul Anderson lifted a car.”*

All I can say is this – THAT’S AN IMPRESSIVE HARNESS LIFT! Harness lifting was a common strength feat done by Old Time Strongmen as large amounts of weight can be lifted this way. It was also common for Old Time Strongmen to perform their Harness Lifting on an elevated platform, with the weights below. This gives a spectacular view of the effort and the success of the lift. Guys like Al Springs represent the roots of All Round Weightlifting and the Old Time Strongman connection, and he is the perfect example of someone who supports the mission statement of the USAWA.

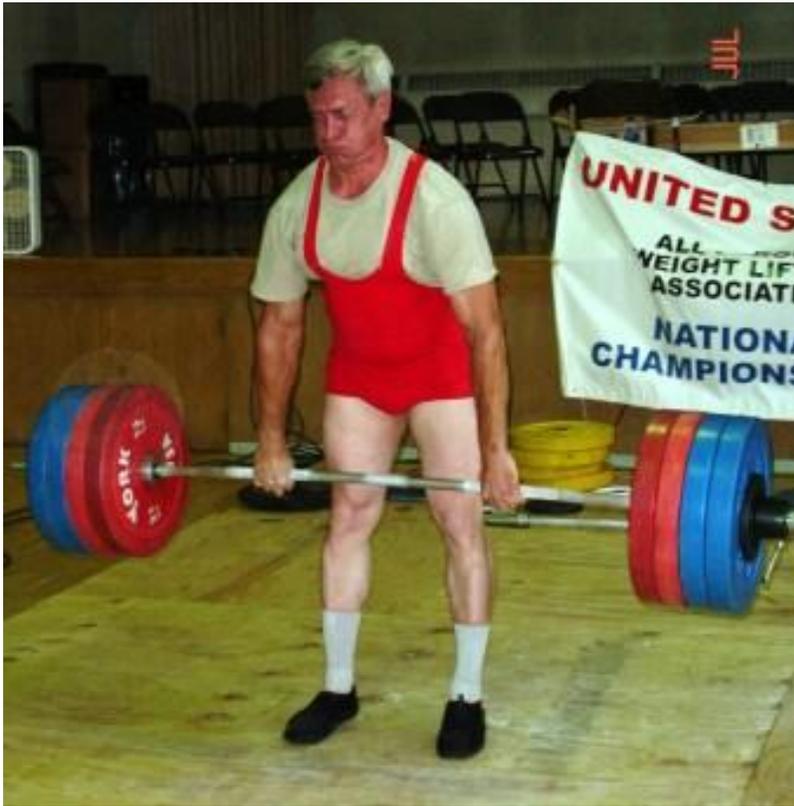
#### **MISSION STATEMENT OF THE USAWA**

**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.**

[Stiff Legged DL’s vs. Romanian DL’s](#)

 March 18, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Ed Schock performing a 210 KG Stiff Legged Deadlift at the 2007 USAWA National Championships in Lebanon, PA. Ed is one "of the few" lifters that have done a stiff legged deadlift of over 500 pounds in USAWA competition.

This is the question that often gets asked in the gym – which is better – stifflegged deadlifts or Romanian deadlifts? That’s a question that is quite debateable as some don’t like either, while some prefer one over the other, and gives passionate reasons. Much like asking a guy if he prefers blonds or brunettes. You’ll end up with someone saying they prefer redheads.

However, I do believe that MOST lifters really don’t know the difference between Stifflegged Deadlifts and Romanian Deadlifts. I often hear lifters saying they are doing one of these lifts, when in fact, they are doing the other. So I’m going to take a “step back” here and explain both of these common accessory deadlift exercises. If all this is stuff you already know, just look at the picture of Ed Schock, skip the rest of the story, and hope I write something more interesting tomorrow. But I CONSTANTLY hear stuff from lifters that tell me that there’s more confusion between these two lifts than admitted. Some even think they are the same lift! But they aren’t!

### **STIFF LEGGED DEADLIFT**

This lift is actually an official USAWA lift. The USAWA rules are pretty simple for it: *“The rules of the Deadlift apply except that the legs must be straight and locked before the beginning of the lift and must remain so throughout the lift. Any width of stance is allowed. The arms are allowed to be inside the legs.”* Now this official rule is a pretty good explanation of a proper stifflegged deadlift, with one exception. That is allowing sumo stance! That completely neutralizes the strength-

gaining purpose of a stiff-legged deadlift in training. The SL deadlift should be done with a narrow stance. I feel these principles define a stiff legged deadlift:

- Narrow stance.
- Legs straight throughout the lift, or maybe “just slightly” bent and remain in same degree of flexion throughout.
- Toes should be pointed out slightly, just like your regular deadlift stance.
- Hands should be positioned on the bar in an overgrip fashion. If you have a weak grip – hook grip the bar or use straps.
- Shoulders “rolled over”, and the back rounded at the beginning of the pull.
- Bar starts over toes.
- Hips positioned over the feet throughout the lift.
- Back goes from a point of flexion to extension during the lift.
- Bar comes into contact with thighs during lift and remains close to the body from that point on.
- Each rep done slow and under control.

The SL Deadlift puts extreme pressure on the lower back, especially at the beginning of the lift. The starting position, with the shoulders rolled over, is what Doctors for years have said is “the WRONG WAY to pick something up”! But that is what makes it such a great exercise for developing that strong lower lumbar strength. It takes the back from flexion to extension throughout the execution. The SL deadlift develops sudden strength from the floor, and if you have problems getting your deadlifts started, this lift will enhance your starting strength in the deadlift.

## **ROMANIAN DEADLIFT**

The Romanian Deadlift, or RDL’s as they are often called, is a favorite accessory exercise for Olympic lifters. The story goes that a World Class Romanian Olympic lifter popularized this lift, thus it became named that way. It is a much more difficult exercise to learn than the stifflegged deadlift. The following principles define a Romanian Deadlift:

- A normal shoulder width stance is taken, with toes facing straight ahead.
- The bar is gripped with an overhand grip.
- Knees are in a state of flexion of around 20 degrees during the duration except at the finish, and in the beginning are even slightly more flexed.

- Shoulders stay up and the back remains in a neutral flat state. This is the biggest difference between a SLDL and a RDL. The back must never flex forward or straighten. IT MUST STAY IN THE SAME STRAIGHT FLAT POSITION THROUGHOUT.
- Hips are “pushed back” behind the heels during the lift.
- The bar stays close to the body throughout.
- Plates may not touch the platform, depending on the lifters flexibility.

Now for my editorial. Both of these exercises work the hamstrings and lower back extensively. Both are intended to be done for repetitions (with the exception of the Stifflegged DL if it is done in an official USAWA competition). I will say this – do the RDL’s if you are an Olympic lifter and the SL DL if you are a powerlifter. The reason for this is that I do believe that “form carryover” exists, and that RDL’s will cause breakdown in your deadlift form (pushing hips too far back) and SL DL’s will cause breakdown in your clean technique (by not keeping the shoulders up). This is my opinion of course. Another argument you will hear on SL DL’s is that they are a very dangerous exercise to do. The reasons given are the rounding and unrounding of the back puts excessive pressure on the spinal erectors and vertebral discs. But this excessive pressure is “the secret” as to why SL DL’s will build extreme lower back strength. If you perform them slow and steady for repetitions, they can be done safely. RDL’s have received complaints that they put extreme pressure on the hamstrings, and can lead to hamstring pulls/tears. But that is the reason they are being done – to strengthen the hamstrings! Again, if a lifter has poor hamstring flexibility start the RDL’s from the hang. With time, you will notice your flexibility improves and the hamstrings get stronger. Starting from the hang also helps maintaining the straight back alignment with the shoulders erect. Some lifters will do stifflegged deadlifts standing on blocks as to increase the range of motion. I have done them that way before as well, but prefer to do them from the floor now. I do NOT feel this added range of motion is adding anything to the benefits, as you will have to use less weight and thus not stimulate the muscles to the same degree as from the floor. The purpose of even doing this exercise is to enhance your pulling strength, and have carry over to your max deadlift. Having flexibility beyond what is needed to do a normal deadlift serves no purpose in increasing your maximum deadlift.

I have always been a bigger fan of the Stiff legged deadlift. I have done them weekly for over 20 years and I have never sustained an injury doing them. I have at times worked up to 450-500 lbs. for reps of 3-8, with each rep paused on the floor. I’ll push them hard – but not to failure. My max deadlift has ALWAYS directly corresponded to the weight I was training my SL’s with. The higher the SL’s – the higher the DL. But I have never been a trained Oly lifter, thus that is the reason I prefer SL’s. My training partner Scott Tully has always liked RDL’s, mainly because his start in lifting was with Olympic weightlifting. We argue constantly over this, as I’m trying to convert him to SL’s, but for some reason he can’t keep his legs straight (LOL) from too many years of doing RDL’s. Bottom line is this – both of these exercises are OUTSTANDING exercises and at least you should consider implementing one of them into your training program.

## [Dale Friesz Passes](#)

 March 19, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Dale Friesz, July 30th, 1940 - March 18th, 2013. This picture was taken at the 2010 USAWA National Championships in Lebanon, PA.

Today I have some sad news to report. Yesterday I received word that long time USAWA member Dale Friesz has died. This is tragic news for the USAWA, as Dale has been a “foundation member” of the USAWA and has been such a tremendous supporter of the USAWA thru the years. I am saddened by this news, as hardly a week goes by that Dale and I don’t correspond at least once via email. Everyone knows about the health issues that Dale has been dealing with for years, yet he always rebounded and made it back to the lifting platform. He has been an inspiration to everyone who has met him.

I will let everyone know when I get more details of the funeral arrangements. In the meantime I would like to ask everyone to share tributes about Dale that I can share in the USAWA Daily News. These tributes can be emailed to me ([amyers@usawa.com](mailto:amyers@usawa.com)) or placed on the USAWA or IAWA Facebook pages.

Take a moment today and read Dale’s USAWA Hall of Fame Biography – <http://www.usawa.com/hall-of-fame-biography-dale-friesz-class-of-2002/>.

[Dale’s Funeral Arrangements](#)

 March 20, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

This information was sent to me today by Dale's daughter Pam. It includes the details of Dale's visitation and Funeral.

*Dear family and friends,  
Thank you for your many kind words and thoughts for all of us. Here are the details for Dad's visitation and funeral. The obituary will appear in the Washington Post and also in the memory book on [www.moneyandking.com](http://www.moneyandking.com). Thank you,  
Penny, Pam, Mark, and Karen*

### **Thursday, March 21**

Money and King Funeral Home

171 W. Maple Avenue

Vienna, VA 22180

Visitation: 2:00 – 4:00 PM and 7:00 – 9:00 PM

### **Friday, March 22**

St. Mary's Historic Catholic Church

Ox Road and Fairfax Station Road

Fairfax Station, VA 22039

Funeral Mass: 11:00 AM

Burial immediately following – St. Mary's Church cemetery

In lieu of flowers, donations may be made to the Wounded Warriors or

St. Katharine Drexel Mission Building Fund

14535 John Marshall Hwy, #210

Gainesville, VA 20155

[Remembering Dale](#)

 March 21, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

Today I would like to share several of the tributes to him from friends and lifters. These comments have been taken from several sources – emails, facebook comments, forum comments, etc. It is obvious that Dale had many friends in the All Round community, and that he was very well respected. First, I would like to say a few things about Dale. I've always considered him the Historian of the USAWA, even though it was an unofficial title. Whenever I had a question on something that had happened in the past in the USAWA and I didn't know the answer – I would ask him and he would know. Often his answer included more information than I requested. He had a "complete set" of old Bill Clark Strength Journals and kept everything well-organized as an historical archive. I will greatly miss Dale's help! I also could count on Dale to give me his "honest opinion" on USAWA matters. In his weekly emails, he would always have some comment on USAWA matters on how he would like to see things done. I greatly respected him for that, and took his issues "to heart" as he presented them in a reasonable, logical manner. I have NEVER meant someone who had such a passion and love for the All Rounds as Dale. Most would have given up lifting facing the physical barriers that Dale faced – but he kept positive and maintained his involvement in the sport to the best of his ability. I will forever remember this about him.

*After meeting Dale years ago during an All Around Weightlifting competition, it was obvious to me this man had his focus on success. Not only was I impressed by his determination, but his positive attitude was remarkable as well. As our USAWA events continued, Dale displayed his commitment to competition not only for his own results, but also attended them to remain a great motivator in the background for other fellow athletes. Dale's strong spirit enabled him to overcome countless critical health circumstances. I'm certain his strength training background allowed him to activate positive improvements to his condition. In spite of all the suffering Dale had to put up with, ultimately his faith in positivity kept him going. Dale's record setting attitude has to be a USAWA textbook example of how determination leads to success. Rest in Peace, Dale. May our Dear Lord comfort and bless your family. – **Scott Schmidt***

*My sympathies go out to Dale's friends and family. – **Lance Foster***

*Condolances. Rest in Peace, Dale – **Eric Todd***

*I would just like to say that Dale was Crazy...but he is my kind of crazy! What I mean by that is I've been lifting since 1977 and competing since 1979 and I have no plans on quitting....ever! I will lift up until the day God calls me home and I hope there's a lifting platform there or in my book that won't be heaven! Dale was a guy that never quit. Even when he was on his last leg...literally...the guy DID not quit. I know some folks would think that was crazy, but I think it took courage. I recall Michael J. Fox, after he was diagnosed with Parkinson's doing an interview. After he listed all his projects the reporter said, "shouldn't someone like you be resting more" and he got mad and looked at her and said, "RESTING FOR WHAT..." He then went on to talk about how he knew he had limited time and*

*he had things to do...well, Dale had things to do. Most guys would have rotted away in some retirement village...Dale had things to do and I respect that. The next time I am too tired, too sore, too something to workout I will think of the great length Dale went to lift and I'll shut up and train a little harder. I remember reading a saying that went like this, "Life's journey is not to arrive at the grave safely in a well preserved body, but rather to slide in sideways, totally worn out, shouting "Holy &hit, what a ride!" That was Dale and some day (hopefully in about another 30 or so years) it will be me! I am a Christian, I believe in heaven, and I see Dale young, strong, and working on his Clean and Jerk. One of my favorite lines for "Gladiator" is, "I will see you again...but not yet, not yet". – Thom Van Vleck*

*My condolences go out to friends and family of Dale. - Troy Goetsch*

*Dale will be missed. I remember the first few years I lifted in the USAWA, Dale and I were in the same age group and weight class and we had some great battles. He was always there to give you advice and encouragement. He was a great competitor and a really great and courageous man. - Denny Habecker*

*Dale was a great competitor. I was fortunate to lift with Dale at Art's Birthday Bash 2011 and recent Presidential Cup 2012. Dale was a fine example of never quit or give up. – Barry Bryan*

*I was very sad to learn of the passing of Dale Friesz. Dale was known to several UK lifters who had met him at competitions in the US. Dale was a very nice man, and he performed some very good lifts over the years. He was one of the stalwart members of the USAWA and he will be sadly missed. Dale had suffered terrible ill health over recent years, but it did not stop his enthusiasm to lift. Even after losing a leg, he still battled his way on to the platform to strut his stuff. – Steve Gardner*

*Never really got to know Dale that well on my travels to America, but a sad loss none the less. We have sadly lost a few of the old school lifters now. RIP Dale. – Steve Angell*

*Oh how sad! Dale he was a nice guy! RIP Dale. – Cara Collins*

*Sorry to hear, another great lifter passes on. Big John Vernachio will have a bit of competition up there now. - Billy Bourne*

*Dale was one of the most dedicated lifters I've ever known. I mean, I have seen the guy compete when he would have to hook up an IV between events to his pic line! Dale dealt with many health issues the past few years, but he never let it get in the way of his lifting and competing. I'm sure he gave his Dr's fits! Dale was great to have at meets, especially during the meetings as he was not afraid to speak his mind and made sure to keep us on track and remind us the purpose of the USAWA! Dale will be missed – Chad Ullom*

*Sad news of Dale. No doubt he touched and inspired many. From all here at All-Round Weightlifting Western Australia please accept our condolences on the passing of Dale. Although most of us have never met Dale, we have read and heard of his lifting career and battles.*

*“Passed friends and memories are but a thought away, Remember them often”*. - **Robin Lukosius and Members of All-Round Weightlifting Western Australia**

*I’ll always remember the many meets that Dale and I competed in together. He was always there to do his best and to help and encourage the other lifters. He was the most determined lifter I can think of. He never complained about his problems. He will be greatly missed.* - **Dennis Mitchell**

## [The Stiff-Legged Deadlift Must Die](#)

 March 23, 2013 | Authored by [Al Myers](#) | [Edit](#)

By Dan Wagman, PhD, CSCS

I’m glad that Al’s article on the Romainian Deadlift (RDL) and Stiff-Legged Deadlift (SLDL) mentioned the dangers of the SLDL. *Everything* about the SLDL is contrary to proper lifting technique, biomechanics, and physiology-and as such increases injury risk immensely. And since we’re talking about the back, an injury there can be life changing and lifting career ending. Please let me explain...and I’ll do this as briefly as possible and in a step-by-step sequence.

A properly executed RDL reduces the risk of injury over the SLDL many fold. For one, a properly executed RDL allows the lifter to simply deadlift the barbell off the ground; this means that proper lifting technique can be employed before you even start doing a RDL. Then, as you commence the RDL, the barbell is slid down the thighs, over the knees, and about half way down the legs, while at all times remaining in contact with the body. This is achieved by keeping the back in a neutral position (flat) and by shifting the center of mass back toward your heels as much as possible. If you find yourself losing balance backwards and your toes popping up a bit, then you’re doing a proper RDL. By keeping the back flat and keeping the center of mass as close to the coronal plane\* as possible, the shearing forces upon the lower back are minimized. Research on the squat has demonstrated clearly and unequivocally, how the more the center of mass moves away from the coronal plane (forward), by as an example doing a low-bar sq compared to a high-bar sq, shearing forces on the lower back increase many fold. (Certain dl comparison studies have demonstrated this, too.)

So what about shearing forces? Whenever you lift something, joints move, and shearing forces exist. But by observing proper lifting technique, grounded in sound biomechanics, these shearing forces are something your body can handle and adapt to so that they become a non-issue. And so in the low-bar squat, even though the shearing forces upon the lower back are greater than in the high-bar squat, since proper lifting technique can nevertheless be maintained, these forces don’t add up to an increased injury risk. Not so in the SLDL!

Some of the technique strategies necessary to reduce shearing forces upon the lower back when you lift is to bend the knees, keep the back in neutral, and keep the center of mass as close to the coronal plane as possible. This can all be achieved with *every* pull off the ground-*except* the SLDL.

And what makes the SLDL particularly insidious is that execution of this lift requires you to violate *all* principles of proper lifting. And that's why this lift must die...

- Whenever the center of mass moves forward...you're increasing shearing forces upon the lower back; you can't do a SLDL with the bar close to the body.
- Whenever you lift something with locked knees...you're increasing shearing forces upon the lower back; this is one of the chief aspects resulting in a barbell away from your body.
- Whenever you round your back, you're taking the curvatures out of your spine, thus reducing the structural strength of the spine, thereby increasing forces upon all vertebrae of the spine...and you're also increasing shearing forces upon the lower back; you couldn't lift with neutral spine (flat back) even if you tried when your knees are supposed to remain locked.
- Whenever you lift more weight...you're increasing shearing forces upon the lower back; but in the SLDL this occurs due to poor technique that places anatomical structures (tendons, ligaments, discs, muscles, etc.) at additional risk by ostensibly weakening them.

Up until now I've withheld personal opinion and just shared scientific fact. But based on these scientific facts, my personal opinion is that if the IAWA Worlds had the SLDL as a contested lift, I'd only do a token lift with the minimum amount possible, even if that meant losing the worlds by 10 pounds. And not trying to pick on Al here, I would like you to consider that him having done SLDL's for 20 years without injury is simply a function of luck. If I were him, I'd consider the facts of biomechanics and I'd stop doing SLDL's now and thank Lady Luck every day that I made it through the mine field intact.

So now some of you might be thinking that, "Yeah, well, but the SLDL does help my deadlift by giving me more strength off the ground." Guys, let's be honest here, that's just conjecture based on what came out of the "Golden Age of Lifting." It can be argued that these guys gave rise to the field of exercise science. And now that it has advanced, we should not hold on to old and unproven myths, but embrace the advances in knowledge these guys laid the foundation for. So, sure, you might *think* that SLDL's will help you get the barbell off the ground, because that's what you feel. But what you're feeling there is just an acute sense of what's going on due to a new exercise-it'll fade...and the feelings are not a reflection of reality. Research has shown that in an effort to get the barbell moving off the ground, you need more speed-not a violation of good lifting form and enough luck to survive that. So you'd be much better off training high pulls than SLDL's to increase your pull off the ground. There's a reason weightlifters tend to be great deadlifters...and it's not because they do SLDL's.

Overall, there is absolutely no reason to do the one lift that violates *all* principles of proper lifting. And as to being a contested lift in IAWA and USAWA...who cares. Is it worth the risk? At the end of

the day, that's *your* decision. I can only hope that you'll be able to take the above as useful evidence to derive at a more informed decision. As for me, SLDL RIP.

\*Imagine looking at a person from the side and dividing that person into equal halves front and back. The center line that divides front and back is the coronal plane.

### [Take Control of Your Forearms](#)

 March 24, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Roger LaPointe training his forearms from an elevated position, using a wrist roller and a heavy rope attached to weight. (photo courtesy of Atomic Athletic)

You can take control of your forearm growth. This is what is great about progressive resistance training. You are in control. The key is consistency. I don't know how many times I have heard people talk about muscle confusion, chaos, or randomness being the key to training. Now, if you are simply an out of shape slob, anything will work when you first start off, because something is better than nothing. However, purely random exercises are not going to help you reach your potential.

The first step in any kind of training is learning how to use your tools. They all seem very simple. For example, how hard can it be to learn how to use a wrist roller? Technically, it is a stick with a cord that holds a weight. The learning process is more than just reading or watching a video, it includes doing something. You must actually pick up the item and start emulating what you have seen.

For example, in the Frightening Forearms DVD I show several methods of using your whole body with a wrist roller.

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=VID111>

In the book "72 Consummate Arts Secrets of the Shaolin Temple", the chapter on the Pot Lifting Arts you will find out a great method on how to increase the weight you are lifting.

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK072>

You have read about it and watched me actually do things with a wrist roller. That is the easy part. Get out of your arm chair and be an athlete. Pick up your Wrist Roller and try the techniques you have seen.

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=KT11WR>

For a few weeks, you will try something new with your Wrist Roller every single day, regardless of what the rest of your workout is like. Even if you have to use nothing more than a 1 1/4 Pound Plate, you will try the various techniques until you feel you really understand what is going on. IN THE PROCESS, you will actually be getting more exercise than you can believe!

Here is the entire Pot Lifting Arts Kit I have put together:

<http://www.atomicathletic.com/store/ProductInfo.aspx?productid=BK72P2>

That is STEP 1 toward grabbing control of your forearm strength.

All the best, Roger LaPointe  
"Today is a good day to lift."

[Frank's Barbell RB](#)



March 25, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Frank Ciavattone Jr.

Due to our area receiving 100 plus inches of snow in the past couple of months, most of our competitors were unable to attend due to plowing snow. This was the first Saturday that we had any number of attendees making it possible to hold this competition.

Our furthest entrant came from upstate Maine and the other two entrants were from Walpole, MA. I was the only qualified referee so my lifts did not count toward official records but the other

two competitor's lifts are valid. We had one loader, helper and spectator which was famous author on strength, Peter Vuono from Brockton, MA. Everyone gave 100% and made this competition a worthwhile event. After the competition we enjoyed a meal and award ceremony and then right back to snow plowing.

### **MEET RESULTS:**

Frank's Barbell Club Meet Record Breaker  
Saturday, March 16, 2013

Location: Frank's Barbell Club in East Walpole, MA

Meet Promoter: Frank Ciavattone Jr.

Officials (1 official system used): Frank Ciavattone Jr.

#### **Jeff Ciavattone - 33 years old, 235 lbs.**

One hand Fulton dumbbell (Ciavattone grip) – right 190 lbs. & left 190 lbs.

Index finger dead-lift – 231 lbs.

Ring finger dead-lift – 159 lbs.

#### **Jim Fuller - 41 years old, 228 lbs.**

Kelley snatch - 108 lbs.

Kneeling snatch – 108 lbs.

Middle finger dead-lift - 266 lbs.

#### **Frank Ciavattone Jr. -58 years old, 289 lbs.**

Reeves deadlift - 345 lbs.

One hand Fulton dumbbell (Ciavattone grip) – right 190 lbs.

Little finger deadlift w/ring – left 110 lbs. & right 125 lbs.

WEBMASTER NOTE: James Fuller recorded the meet, and placed the video on YouTube which he shared in the USAWA Discussion Forum. I am placing a link to it here, as it's very inspirational!

[https://www.youtube.com/watch?v=dBplg5btGVk&feature=player\\_detailpage](https://www.youtube.com/watch?v=dBplg5btGVk&feature=player_detailpage)

[The MOST INTERESTING MAN IN THE WORLD – Dr. Robert Goldman](#)

 March 26, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

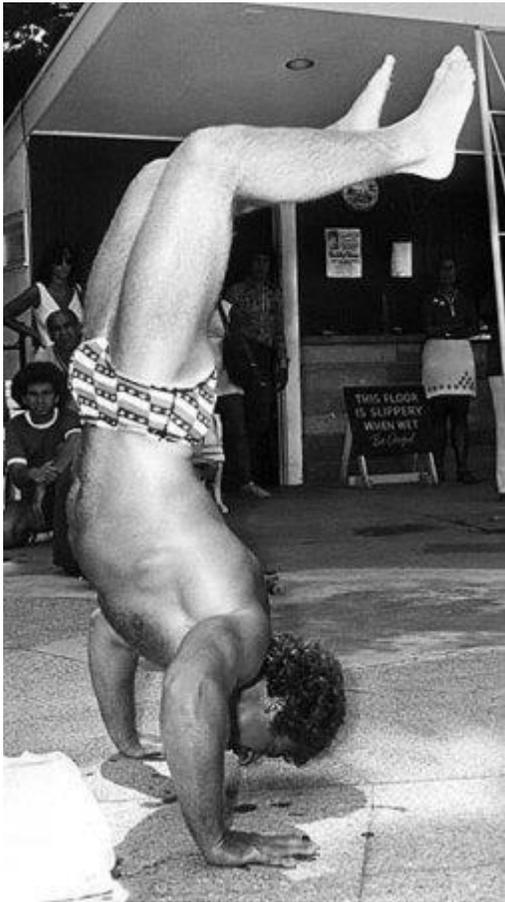


Thom (right picture) and myself (left picture) with Dr. Goldman at the 2013 Arnold Highland Games in Columbus, Ohio.

A few weeks ago I made the trip to the Arnold Classic in Columbus, Ohio. The plans were made for this trip to be in conjunction with the USAWA Club Championships in Pittsburgh, but when the Club Champs were called off because of bad weather that didn't really end up happening, we decided to just make the trip to the Arnold anyways. The four of us (me, Chad Ullom, Thom Van Vleck, and Mike McIntyre) had already made the plans to be gone, so instead of only getting one day at the Arnold, now we got two days.

You always meet interesting people at these kind of events. Some you heard of beforehand, and others for the first time. On Sunday we attended the Arnold Classic Highland Games to support several throwers that we know. It was a grand event, and sponsored by Dr. Robert Goldman. Dr. Goldman put up the prize money for the invited pros as well as funding the game expenses. This was the first time I had met him, and I was very impressed. When I got back home I did some research on him, and I might have to say, he is the MOST INTERESTING MAN IN THE WORLD. In fact, I have not met anyone who has accomplished what he has in his life in so many different arenas. Add in the fact that he has a little "all round weightlifter" in him and I was thoroughly impressed. But before I get to that, you need to read his resume first:

<http://drbobgoldman.com/>



Dr. Bob Goldman performing a WR 321 consecutive handstand pushups (photo courtesy of Dr. Goldman's website).

It would take a book to write about all of the accomplishments that Dr. Goldman has achieved (or a very extensive website like the one he has!). One of his first books was titled “Death in the Locker Room” which was one of the first unveiling’s of the drug and steroid scene in competitive sports. Dr. Goldman is very anti-drug, and even required steroid testing at the Arnold Highland Games (which is not the common practice in Highland Games) . Thom and I compared him to the mysterious Dos Equis man that you often see in beer commercials (who is portrayed as the Most Interesting Man in the World in the beer advertisements). Dr. Goldman just radiates confidence and vitality, and after meeting him, you know there is more to the story than what you experienced in that interaction. On top of all the books he has written and the medical advances he is responsible for, he has achieved some great All Round lifting accomplishments. He has set several Guinness World Records in such strength events as the handstand pushup, situps for repetitions, one arm pushups, and many others. The following YouTube Video is very interesting, and is worth the 15 minutes it takes to watch.

YouTube Video – A lifetime of firsts: The story of Dr. Bob Goldman

<http://www.youtube.com/watch?v=lyDgV5WOxH8>

It's great the World has men like Dr. Robert Goldman. He is proof that if you have a positive attitude and strong work ethic, anything is possible to achieve. He's a great role model for all of mankind.

[My tribute to Dale "THE MIRACLE MAN" Friesz](#)

 March 27, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Dale Friesz made the trip to Las Vegas for the 2012 USAWA National Championships last summer. This was Dale's 20th National Meet that he has competed in. Pictured left to right: Art Montini, Al Myers, Dale Friesz

The USAWA will greatly miss Dale Friesz. Dale's passion for All Round Weightlifting and his love for the USAWA was "way beyond" that of most lifters. He was in a "class of his own" in terms of dedication. Several lifters "come and go" in the USAWA through the years, but Dale kept steady with his never-ending involvement. I want to take today's story to share my tribute to Dale with everyone. I know lots of the newer USAWA members are not aware of the things Dale has accomplished in the USAWA. Dale stated in his USAWA Hall of Fame biography that he got started in lifting by the encouragement of his brother Leonard. Leonard had a stellar lifting career, and at

one time was competing in Olympic Weightlifting in the Missouri Valley Region. I remember seeing Leonard's name in numerous past meet results. Dale was influenced into becoming involved in the USAWA by two legendary USAWA lifters, John Vernacchio and Bill Clark. This was also stated in his HOF bio. I want to mention this footnote as well – when I was working on the project to get all USAWA Hall of Famers to have a biography on this website I set out questionnaires to each member which I based writing their bios on. Dale was one of “the few” who wanted to write his bio himself, which he did. He told me in an email he wanted it to be written right! (which I took as him not trusting me to get all the important facts and details in it!!!!) .



Dale receiving the award for winning the FIRST EVER Presidential Cup in 2012. Dale is on the left, with the USAWA President Denny Habecker on the right doing the presentation.

Dales first competition in the USAWA was on November 11th, 1989, in a meet in Valley Forge, PA hosted by John Vernacchio. Dale's first year of USAWA membership began the very first year the USAWA began collecting dues – 1988. Since that time Dale has had a CONTINUOUS membership in the USAWA (26 years!!!). Dale always joined before the membership year began, and often he was the FIRST MEMBERSHIP for the year I would receive. That's a testament to his strong connection and support to the USAWA. Dale is one of only four USAWA members that has maintained continuous membership in the USAWA (Bill Clark, Joe Garcia, and Art Montini are the others) since the organization formed. This makes him one of the CHARTER MEMBERS of the USAWA. At this past year's Nationals, a very special award was given to Dale. It was called the “25 Year Participation Award”, given to the lifters that have participated in the most USAWA National Championships in the 25 year history of the USAWA. Dale had competed in 20 out of the 25 Nationals!!! That's an amazing track record!! The other winners were Denny Habecker, Art

Montini, and Dennis Mitchell. Dale only missed the 1988, 1989, 2000, 2006, & the 2011 Nationals. I was glad to see him involved in our 25th Nationals in Las Vegas last June. I met him at the airport and I could tell that the flight had taken a toll on him, but he seemed very excited to be there and able to take part in this very important USAWA meet. No matter how Dale felt physically, he always seem upbeat and glad to be taking part in the competition.



Dale performing one of his favorite lifts, the Neck Lift, at the 2009 USAWA Heavy Lift Championships in Lebanon, PA. This was the day that I got Dale to reveal his "neck lifting secrets" to me. He was the master of technique in the Neck Lift!!

Dale competed in several meets in Clarks Gym through the years. His favorite was the Zercher Classic, which he competed in for the first time in 1991. Dale had a good meet that day – placing one placing higher than Bill Clark! The next year Dale returned to the Zercher and moved up a few places to fourth place out of 10 lifters (behind Steve Schmidt, John Carter, and Joe Garcia). It was a tough field and had to be one of Dale’s best meets of his USAWA career. He raised his total by 735 pounds from the previous year. Then in 1994 he placed THIRD in the Zercher (his highest Zercher placing). I know Dale was a big fan of this meet as he has provided me a complete historical review of all past Zercher Meets. That’s one of the many reasons why I have often referred to Dale as the HISTORIAN of the USAWA even though it was a unofficial title. He keep a record of this type of information and was always there for me when I had “questions”. Much of the information on this website under the “history section” was researched and documented by Dale. Another one of

his favorite “Clark Meets” was the Hermann Goerner Deadlift Dozen. Dale has the distinction of WINNING the first ever Goerner Deadlift in 1995. He beat such notable lifters that day as Rex Monahan, Joe Garcia, Al Springs and others. I say it was one of Dale’s BEST EVER USAWA days – in addition to winning overall best lifter, he set his memorable 605 pound Neck Lift in a record setting session afterwards. He was 55 years old and weighed 183 pounds that day.

Recently I had received an email from Dale in which he commented how 2012 was, and I’ll quote him, *“I consider this to be a decent year for me – as I broke 7 or so finger lift records (all previously set by someone with 2 normal legs!), winning the Presidential Cup, and being named lifter of the month for August. This made my efforts/pain worthwhile”*. He was looking forward to the year 2013. Dale NEVER seemed to get discouraged, and always was thinking about his next competition. I was so glad to see him win the Inaugural Presidential Cup last August. His winning performance included a 154 pound Ring Fingers Deadlift with a prosthetic leg! Later in the year I included this performance of his as one of the TOP TEN performances in the USAWA for the year 2012. Dale sent me an email after that announcement thanking me, but he EARNED IT!



Dale performing the Pullover and Push in the 2010 USAWA Championships. This was the last meet Dale competed in before his leg amputation.

Dale has dealt with more physical obstacles than anyone I have ever known, and yet continued to train and compete. The list is enormous and so long I have lost count. But included is hip replacement, aortic reconstruction, back surgery with laminectomy, shoulder replacement, heart surgery several times, three heart attacks, numerous leg surgeries, and then the leg amputation. I’m sure I’m missing many other health-related issues here. It was common for Dale

to compete in a big meet shortly after a major operation. I remember once just a few weeks after open-heart surgery he was on the platform competing. After his hip replacement, he was in a meet 3 months later. This quote came from the Strength Journal from Dale before his hip replacement. Dale said, *"I always wanted to be like Tommy Kono and John Grimek and on February 12th, 2001, I'll get me wish. I'll get a new hip."* Dale always had a dry sense of humor when it came to things! When he was staying at my place for the 2009 USAWA Nationals he "instructed me" on his medications so in case something went wrong I would be aware of what medicines he was on. This was a list no shorter than 17 different pills!!!! Dale's mindset was like no other, and is the main reason he was awarded the Courage Award by the USAWA EVERY YEAR since the USAWA Awards Program began in 2010. Before this, he was awarded the Ciavattone Courage Award in 2004 by Frank Ciavattone, who gave out the award yearly to honor someone who showed great courage in remembrance of Frank's dad. I once jokingly commented to Dale that he's won the Courage Award so many times it should be named after him when he's gone! Now..... I'm serious about that.



In 2009, the USAWA Nationals were held at the Dino Gym in Abilene, KS. Dale stayed at my house during that time and I will forever remember the stories that were told by Dale. This picture is from the meet of him performing a Cheat Curl.

Dale was inducted into the USAWA Hall of Fame in 2002. His induction happened at the 2002 Nationals, held in Ambridge, PA. I would like to share this story about Dale and his entering into the HOF by Bill Clark, someone who Dale had great respect and admiration for. *"When Dale Friesz showed up to lift at the USAWA Nationals in June in Ambridge, PA., USAWA President Howard Prechtel was prepared. Dale needed to medal at the Nationals to be eligible for the Hall of Fame*

*and Howard figured correctly that Dale would do that. So much to Dale's surprise, he was inducted into the USAWA Hall of Fame on the spot with the plaque already engraved in his name. That Dale was even lifting in Ambridge was Hall of Fame material in itself. In February, he spent 15 days in the hospital (six days in intensive care) and lost 21 pounds in 21 days from an already slender frame. In a few weeks, he seemed on the road to recovery from what had been diagnosed as advanced vascular disease. But, in May, along came what Dale called "Scary Story No. 2", viral heart infection, bronchial shutdown, pneumonia, liquid retention around the heart – back to the hospital for nine days. And a matter of six weeks later, he was back on the platform earning his spot in the Hall of Fame. I can assure you – no one was happier to be in Ambridge than Dale Friesz." – by Bill Clark in the Strength Journal Vol. XIII No. 3*



Dale "in action" performing another one of his favorite lifts - the finger lift!

In 2006 at the USAWA National Meeting, the USAWA passed a rule requiring that all officials pass a Open Book Rules Test to be certified as an USAWA official. Dale was the FIRST ONE to take and pass this exam. He was one of the few LEVEL TWO officials in the USAWA. He had a keen sense of the Rule Book, and kept up on it as things evolved. Often he would "question" things in the Rulebook, and due to this, several discrepancies were found and corrected. Dale was never an officer in the USAWA, but his presence as a member exerted as much influence as any officer. In my opinion, he was one of the TOP TEN most influential people ever involved in the USAWA. He often served on committees, and provided valuable input. His input on the HOF committee was

instrumental in developing new guidelines for entry. He also served on the Rulebook Review committee and was very helpful to me in the big Rulebook revision of 2009. In 2011 at my encouraging Dale registered his club with the USAWA. He named it M&D Triceratops, and he was the only member. Often at meets he would be wearing a ball cap or tshirt sporting his clubs logo. I could tell this was something Dale was proud of, and it showed his commitment to the USAWA.

Dale’s favorite all round lifts were the finger lifts, the finger deadlifts, the Neck Lift, and the one arm deadlift. I just did a USAWA record count of the number of current USAWA records Dale holds, and his count is at 160. He holds records in 64 different USAWA lifts! Dale was one of the original members of the CENTURY CLUB, a designation I gave to lifters who currently hold over 100 USAWA records. The records he was most proud of were; 215# Ring Fingers Deadlift done at the 2001 Gold Cup, 354# Right Arm Deadlift done at the 1992 Gold Cup, and his 605# Neck Lift done at the 1995 Goerner.

Dale’s National and World Meet Accomplishments:

2012 Nationals	Best Lifter Mens Master 70-74
2010 Nationals	9th Place Overall
2008 Nationals	8th Place Overall
2005 Worlds	Best Lifter Mens Master 65-69
1999 Nationals	6th Place Overall
1997 Nationals	7th Place Overall
1996 Nationals	10th Place Overall
1996 Nationals	Best Lifter Mens Master 55-59
1995 Nationals	4th Place Overall
1992 Nationals	8th Place Overall

\*plus numerous class/bodyweight National & World Championship awards\*

Dale would often sign off his emails with these words, “Don’t let the USAWA die!!” That’s a promise that I will not let him down on. I owe Dale alot- he really helped me understand the historical importance of the USAWA and the philosophy of the organization. I will never forget Dale and his love for the USAWA and all round weightlifting. Often when I’m having a “rough day” in the gym, I think of Dale and the hardships he overcame with his lifting and it motivates me to keep positive

and work harder. After all, my physical problems are NOTHING compared to what he endured when training!! I gave Dale the nickname “MIRACLE MAN” in several past blog stories. I know he appreciated that (he told me so) as it was given as a sign of respect to him in his ability to overcome serious physical barriers miraculously.

Dale – YOU WILL BE MISSED! But I promise everyone this – I will keep Dale’s memory alive in the USAWA for as long as I’m involved.

### [Lifter of the Month: Troy Goetsch](#)

 April 2, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Troy Goetsch lifting 255# in the 2 hands Pinch Grip at the 2013 USAWA Grip Championships. This is the ALL TIME best Pinch Grip in the USAWA record book.

I’m glad to announce Troy Goetsch as the LIFTER OF THE MONTH for February. Troy “sealed the deal” with his big win at the USAWA Grip Championships, by beating out a field of 15 other lifters. Troy lifts for the Jobs Steel Jungle Club, the new up and coming club in the USAWA. Troy also competes in strongman, and is a very good competitor in it. He has lifted in several of the strongman comps put on by the Dino Gym, and always places high.

Congrats Troy for being the February Lifter of the Month!

### [Milk Shake Challenge](#)

by Roger LaPointe



Magazine advertisement for Hoffman's Super Hi-Protein.

The old York Barbell gym had one of the first in-house “smoothie” operations. They just called them protein shakes. These were a big source of inspiration for friendly betting on lifts, particularly on Saturdays.

You see, Hoffman would come in on Saturdays. It wasn't so much that he would coach, but he handed out money. Certain York lifters might get a \$20, or possibly more, if they did a really great lift. That meant that many lifters who did not have a contest that weekend would be maxing out. Even if there wasn't a possibility for cash, there was always the challenge possibility with your buddy.

Andy doesn't know it yet, but he is going to get a challenge from me today. Andy is 5 years my junior and he has 50 pounds in bodyweight on me, but I think I can take him in overhead squats. I will let him choose, max weight or reps. We shall see...

I just talked with Fred Lowe about the old York shakes on Facebook. Here is what he said: “Oh, it

was just milk, a scoop of ice cream, some hi-protein, maybe some flavoring or berries. “ They were no more than a dollar.

### [Introducing the DRAGSTER](#)

 April 4, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



### The DRAGSTER

I’m constantly thinking up new ways to impose self-induced torture on my training partners. It’s the DINO GYM mentality! We have a 150 foot cement “runway” in front of the gym that is perfectly level – that we use for pulling sleds, walking with yokes and farmers implements, carrying kegs, and the like. It’s a great way to get in a little “cardio” after a lifting session, and after a few runs, you are totally “wiped out”. Plus doing these activities are WAY MORE fun than sitting like a puppet on the stationary exercise bike or walking aimlessly to nowhere on the treadmill. That type of cardiovascular training bores me to tears. Actually, I can’t even stand it its so boring. I just watch the clock constantly – waiting for my 30 minutes to elapse so I can quit. Training is suppose to be fun!!!!



Al "the DINOMAN" Myers giving Darren Barnhart a fast run on the DRAGSTER.

Well – NOW IT IS!!! I’ve pushed on all types of prowlers, and love them. But I always felt like the prowler could be improved, so thus, the invention of the DINO GYM DRAGSTER! You can think of the dragster as the “ultimate prowler” – it takes the prowler to a whole nother level! I’ve spent a lot of time on this design, and after much prototype redesigning, it finally is perfected.

Last weekend was the BIG TEST DAY for the final design of the dragster. I gathered several of my training partners for this grueling experiment, and we spent a couple of hours being test subjects. I had no idea how exhausted I was becoming because I was having so much fun! The next few days I paid the price with my front quads being so sore I couldn’t go up steps. The unique thing about the dragster is that it can take “live weight” along with added plates. Of course, when I say “live weight” I mean one of your training partners. Actually, I had as much fun riding the dragster as pushing it. Sorta made me feel like a kid again riding my sled down the hill when it snowed. This “live weight” added a whole new dimension to the training as when you were the one pushing you wanted to give the other guy a fast run – thus the reason for the name DRAGSTER!!!

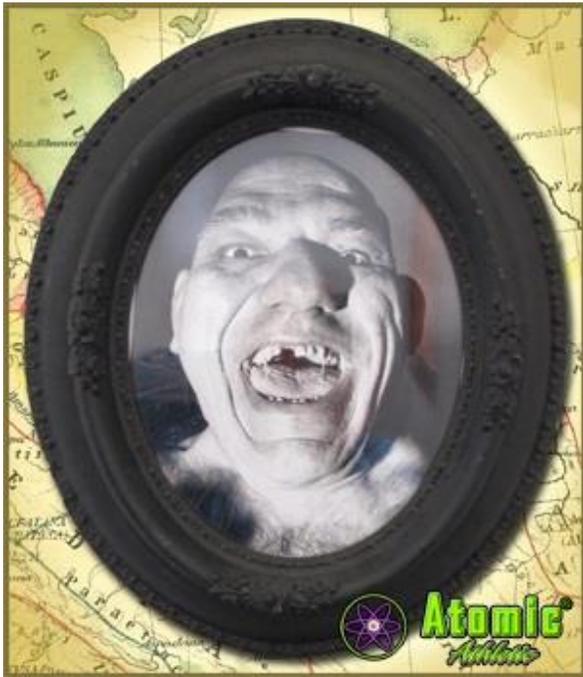
This is the perfect training implement for everyone – lifters, athletes, strongmen, etc. I’m going to take the Dragster to production. If anyone is interested in one – send me an email and I’ll give you a quote.

[What a Mug on that Guy](#)



April 5, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Portrait of Maurice "The French Angel" Tillet, that hangs in the gym at Atomic Athletic.

I got the coolest photo the other day. It is Maurice "The French Angel" Tillet. Just having a space to lift in is not enough. There are lots of gyms that have no soul. There are lots of gyms that are sterile and faceless or just fake and seem to be pandering to a certain client. What you have to do is create a lifter's atmosphere.

"Oh My God!" laughed Andy as he walked up. I hung that framed photo at the top of the stairs leading to my office.

"That brightened my day. I was dragging. That is funny. Thank you." Andy, my assistant, couldn't say enough.

You have to create a real lifter's atmosphere to get the attitude right. I happened to get that frame out of an old barn in the middle of nowhere Ohio. All I needed to do was blast it with the air compressor and it was ready to Tillet's face, or as ready as anything could be. What a mug on that guy!

I have two jobs going right now that include photos or posters or other customized art for different facilities. Sure, having great equipment helps make for a feel in a gym, but operating rooms have expensive stuff too. Great does not necessarily mean expensive, or on the other end, cheapee homemade. Of course, homemade CAN be great. For some gyms, having a Giant Circus Hammer hanging on the wall would be enough and in others it would be lost. I stick with the Supreme Court on this one, when it comes to cool, I know it when I see it.

[Learning the Secret](#)

 April 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



The Firestorm Wrist Roller, by Atomic Athletic.

Lost variations of exercises can be your key to success. Because you know the secret, I am going to let you in on this one. When I stumbled across this variation on wrist roller work, it was one of those DUH moments for me. You know what I am talking about, when you see something for the first time and say to yourself, “Duh! Why didn’t I think of that?”

This exercise does not come from an exotic locale, like the Shaolin Temple or a Kushti Wrestling school in Varanasi, but from strange and exotic 1960’s New Jersey. Of course, to a kid from Michigan, it may as well have been the North Pole. Presented by Professor E. M. Orlick, we have “Series B: Arms Bent and Elbows Held In Against Your Sides”. Try your wrist roller work with your arms like this. “Your lower arms must be bent so that they are at right angles to your upper arms and parallel to the floor.”

If you have one of the Firestorm Wrist Rollers we sell, it should be just long enough for you to have your arms straight out and not crowded in next to the cord in the center. If you collect wrist rollers, like I do, then you will know how this exercise is virtually impossible to do with the little short red wrist roller that York sold many years ago. You simply don’t get anything close to a full range of motion in the palms up, bent arm position with a short wrist roller. Don’t get me wrong, you can do some other interesting things with some of the short wrist rollers, but this is not one of them.

Once you have mastered this movement with a light weight, cut your 10 reps down to 5 reps and really increase the weight. With your arms in this position, you should be able to do a lot more weight than with the straight arm, palms down position. In addition to pyramiding the weight, I like to do a set/rep variation in this position that goes from very light weight for 20 reps to very heavy weight where 5 reps may be impossible, then back again, repeating several times.

#### [HOME EQUIPMENT \(THE BEGINNINGS\)](#)

 April 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

BY DAVE GLASGOW

“MY IRONING BOARD!!”, YELLED MY MOM. “WHAT HAPPENED TO MY IRONING BOARD??!! DAVID!! YOU GET DOWN HERE, RIGHT NOW!!!” EVEN THOUGH I WAS IN MY UPSTAIRS BEDROOM, DOOR SHUT TIGHTLY, I COULD HEAR HER AS THOUGH I HAD ON HEAD PHONES. SIGHING HEAVILY, I STARTED DOWN THE STAIRS TO MEET MY FATE. AFTER FIFTY YEARS, A LOT OF WHAT I WAS THINKING HAS LONG SINCE BEEN ERASED FROM MY MEMORY. WHAT I DO RECALL, HOWEVER, WAS IMPENDING DOOM AND A SUDDEN HOPE THAT I COULD BE TRANSPORTED, INSTANTLY, TO AN ISLAND OF LEPROSY INFECTED CANNIBALS; ANY THING WOULD BE BETTER THAN HAVING TO FACE THE WRATH OF MY, SOMEWHAT, FIREY TEMPERED MOM.

THE EVENTS LEADING UP TO THIS SITUATION OCCURRED SOME WEEKS PRIOR. MY BROTHER, FOURTEEN AT THE TIME, CAME HOME WITH A COPY OF A BODY BUILDING MAGAZINE. STRIDING THROUGH THE DOOR WITH FIXED PURPOSE, HE SLUNG HIMSELF ON THE COUCH IN OUR FRONT ROOM AND STARTED TO PERUSE THE ARTICLES. BEING IN CONSTANT AWE OF MY BROTHER, I GRABBED A SEAT NEXT TO HIM. ALTHOUGH I WAS GREETED WITH A LOOK OF DISGUST, IT DIDN'T DISSUADE MY INTEREST IN WHAT HE WAS LOOKING AT.

MY FIRST THOUGHT WAS, “WHY ARE THE GUYS SO SHINY??” MY NEXT THOUGHT WAS, “HOLY COW!! HOW DID THEY GET SO BIG!!” I KNOW THAT MY BROTHER WAS EQUALLY IMPRESSED AND WE BOTH WERE ‘WOW’ING ALMOST EVER TURNED PAGE. YOU’D OF THOUGH IT WAS A GIRLY MAGAZINE!! LITTLE DID I KNOW THAT THIS WAS MY INTRODUCTION INTO A WORLD THAT, UP UNTIL THEN, I NEVER KNEW EXISTED! A WORLD THAT WOULD BECOME A VERY LARGE PART OF MY LIFE.

AFTER A LITTLE WHILE, I COULD SEE IN MY BROTHERS EYES THAT THE WHEELS WERE TURNING. HE LOOKED AT ME AND SAID. “I BET I CAN MAKE A LOT OF THIS STUFF TO WORKOUT WITH. THEN, WE CAN START WORKING OUT.” WE?? DID HE SAY WE??? WAS HE GOING TO INCLUDE **ME??** WELL, HELL, YEAH!! LET’S DO IT!!

NOW, YOU HAVE TO UNDERSTAND, MY BROTHER WAS THE TYPE PERSON WHO COULD MAKE THINGS FROM SCRATCH, AS HE DID JUST THAT YEAR WHEN HE MADE A BEAUTIFUL CHEST OF DRAWERS IN JUNIOR HIGH. AS FOR ME, I COULDN’T THEN, AND STILL CAN’T, DRAW A STRAIGHT LINE WITH A RULER. HOWEVER, I WAS SURE GAME FOR ANY TYPE PROJECT I COULD BE INVOLVED WITH IF IT MEANT SPENDING TIME WITH MY BROTHER!

HAVING SPENT THE FORMATIVE YEARS OF OUR LIVES ON A FARM , WE HAD A VIRTUAL CORNECOPIA OF ODDS AND ENDS TO START OUR EQUIPMENT MANUFACTURING PROCESS WITH. AGAIN, THE YEARS CLOUD THE PICTURE BUT I CAN TELL YOU THAT THE DRILLING RIG WAS A PART OF IT. AS I RECALL, ONE OF THE STAKES FOR THE GUY WIRES WEIGHTED 40 POUNDS. THE FIRST TIME I PUT THAT OVERHEAD, I CAME AWAY FEELING AS THOUGH I WERE KING KONG AND ONE BAAAD DUDE!

IT WAS DECIDED WE NEEDED A DUMBBELL (THAT’S WHAT THE BIG BOYS HAD, AFTER ALL!). LONG STORY SHORT, WE GATHERED UP ENOUGH LEAD TO MAKE A 20 POUND DUMBBELL, ‘ACQUIRED’ A

PIECE OF HALF INCH ROD AND WE WERE IN BUSINESS. FORGET THE FACT THAT WE USED MOM'S STOVE AS THE FORGE AND A COFFEE CAN FOR THE FORM. YOU ALL ARE NOT STRANGERS TO THIS PROCESS, ARE YOU?! ( I AM QUITE POSITIVE IF OUR FOLKS HAD FOUND OUT THAT LITTLE FACT, THERE WOULD HAVE BEEN SANCTIONS FORTHCOMING.) I WAS GIVEN THE JOB OF 'EYE-BALLING" THE ROD FOR PLUMB. WE COOLED THE HOT LEAD WITH A COLD WASH RAG APPLIED TO THE SIDES OF THE CAN. IT WAS'NT LONG BEFORE THE FINISHED PRODUCT LAY IN FRONT OF US, AWAITING OUR EAGER ATTENTION.

WELL, I AM QUITE CERTAIN IT WAS MY BROTHER'S IDEA. SURELY, I WAS NOTHING MORE THAN AN INNOCENT BYSTANDER, ONE OF THE NAMELESS RABBLE THAT GETS CAUGHT UP IN THIS SORT OF THING. I DO KNOW THAT, IN THE END, JUST AS MANY INNOCENTS FIND OUT, SOMETIMES THE HANGERS ON SUFFER WITH THE PERPETRATORS. REGARDLESS, ACCORDING TO THE MAGAZINE, EVERY GOOD GYM HAD AN INCLINE BOARD FOR DOING SITUPS. YEAH, YOU GUESSED IT. OUT CAME MOM'S IRONING BOARD.

MOM'S BOARD, WHICH SHE RECEIVED AS A WEDDING PRESENT IN 1947, HAD BEEN A LOYAL AND PROVEN FRIEND UNTIL THIS ONE FAITHFUL DAY IN 1962. I AM ALSO CONFIDENT THAT THE MANUFACTURERS HAD NOT FACTORED INTO THE DESIGN THEIR BOARD BEING USED AS A PLATOFRM FOR SERIOUS EXERCISE. OBVIOUSLY, THIS SMALL FACTOR HAD BEEN OVERLOOKED BY THE HEROES OF THIS STORY.

PLACING ONE END OF THE BOARD ON THE COUCH, WE HAD THE PROPER INCLINE. I WAS GIVEN THE 'HONOR' OF BEING THE FIRST TO TRY IT. NOW, IN 1962, I DOUBT I WEIGHTED 60 POUNDS. I COMPLETED THE TEST PHASE OF OUR ENDEAVOR WITHOUT INCIDENT. NOW, IT WAS MY BROTHER'S TURN. REMEMBER, MY BROTHER WAS FIVE YEARS OLDER THAN ME, AND, WELL, A LOT HEAVIER. HE MOUNTED THE BOARD, LAID BACK AND BEGAN TO EXERCISE. HE NO MORE THAN REACHED A POINT WHERE HIS BODY WAS PERPENDICULAR TO THE FLOOR WHEN WE HEARD A LOUD C-R-A-C-K!! HE IMMEDIATELY LOST SOME ATTITUDE AND I LOOKED IN HORROR AT THE BOARD. IT WAS NOW BROKEN IN THE MIDDLE, SHOWING ABOUT A THIRTY DEGREE INCLINE OF IT'S OWN!! OH, MY SWEET JESUS!!!! GOD ONLY KNOWS WHAT MY BROTHER SAID, OR THOUGHT!!

AS HINTED PRIOR, MY BROTHER WAS A PRETY HANDY GUY. HOWEVER, TRY AS HE MAY, HE COULD NOT GET THAT BOARD BACK TO ANYTHING RESEMBLING FLAT. AFTER REPEATED TRIES AND NUMEROUS IDEAS, HE (WE) OPTED TO GET IT AS CLOSE TO ORIGINAL AS POSSIBLE, MAKE SURE THE COVER WAS AS SMOOTH AS WE COULD GET IT AND HOPE FOR THE BEST.

WHICH BRINGS US BACK TO THE BEGINNING OF THE STORY. AGAIN, I HAVE TO DEFER TO THE FRAILTY OF AGE AS I DON'T REMEMBER WHAT WAS SAID, WHAT DIRE PUNISHMENT WAS DOLED OUT OR EVEN HOW I MANAGED TO IMPLICATE MY BROTHER. THE ONE THING THAT I DO KNOW, FOR SURE, WAS THAT YOU ABSOLUTELY NEVER LIED TO MOM AND DAD. THIS WAS A LESSON LEARNED THE HARD WAY, BUT ONLY HAD TO BE TAUGHT ONCE. I SPILLED THE BEANS ABOUT MY

PART AND STOOD TO RECEIVE SENTENCE. I HAD NO CHOICE BUT IMPLICATE MY BROTHER IN THE MISDEED.

FINALLY, THREE THINGS CAME OUT OF THIS INCIDENT. ONE, WE NEVER DID SIT UPS ON MOM'S BOARD AGAIN. TWO, DAD GOT MOM A NEW, **METAL** IRONING BOARD, WHICH, SMOOTHED THE FUR OF MY STLLL, FURIOUS MOM. THREE, YOURS TRULY GOT HIS ASS BEAT BY AN IRATE BROTHER WHO REFUSED TO ACCEPT OR UNDERSTAND WHY I COULDN'T KEEP MY MOUTH SHUT AND KEEP HIM OUT OF DUTCH!!!

THUS, BEGAN MY FORAY INTO THE WORLD OF IRON, ONE OF THE MORE PRECARIOUS BEGINNINGS ANYWHERE, I AM SURE!

I HAVE NOT DONE AN INCLINE SIT UP TO THIS DAY.....

## [WOMEN'S DIFFERENCES](#)



April 10, 2013 | Authored by [Al Myers](#) | [Edit](#)

### **WOMEN 'S DIFFERENCES**

10 Reasons why women shouldn't train like men

By Dan Wagman, PhD, CSCS

Publisher and Editor in Chief, [Journal of Pure Power \(JOPP\)](#)

Consultant, [Body Intellect](#) Sports Performance Enhancement Consortium

I can't imagine living at a time when people thought that women can't be medical doctors, lawyers, leaders in government—or athletes. Thanks to Title IX in the United States, women have been able to excel at any sport they desire. But in the desire to receive equal footing with men in sport—and to maintain it—women, coaches, and other sports professionals have almost forgotten one basic fact—women are *not* men.

So you might say to yourself, “Good one Dan, ain't that obvious?” Well, of course it is. But that also extends into *how* women should train for sport because of *how* they adapt to training. You see, most people assume that if a guy can squat a lot of weight, so can a woman, and if a guy trains *this* way for a big squat, well, so can a woman. I would argue that the point is *not* whether the woman *can* train the same way as a guy, rather whether the woman *should* train the same way—especially if she has max gains in mind.

Though the woman athlete and her coach is at the heart of making training decisions, we shouldn't be too hard on them for adhering to outdated training principles. The fact is, exercise scientists have just recently begun to investigate in what areas, to what extent, and why women ought not train the same way men do. Basically the way it works is that some athlete or coach generates a hypothesis about how one ought to train. Then scientists test the hypothesis for its merit and

degree of truth. If proven true, then the hypothesis gets bumped up to the level of theory, in which case it receives further scrutiny to see in what areas the theory may hold more or less true. So in the case of women vs. men, early thinking was that the bench press is a great exercise for the pecs. Research in men has proved this to be false as other muscles are much more involved in the execution of this lift. But to what extent do these findings hold true in women?

*JOPP* is, as you know, at the forefront of sharing the latest scientific findings in strength/power sport with its readership. And so this journal has a solid record for bringing women and their coaches up to speed on training issues. To follow, my top 10...

1. Women fatigue less from an equal amount of weight training than men.
2. Women lose more strength after a set than men.
3. Women can demonstrate max power in a wider range of 1-RM (1-rep max, the max amount of weight you can lift once) than men; in the jump squat it's between 30% to 40% 1-RM for men and between 30% to 50% 1-RM for women.
4. Hamstring to quad activation ratios are lower in women than men.
5. Women have a higher sweat threshold than men, meaning their body temperature regulatory mechanisms aren't as efficient.
6. Women show less muscle damage after training at the same level of intensity as men.
7. Women have less passive resistance (kinda like sturdiness) in the ankle muscle-tendon unit than men, contributing to less efficiency and economy in various leg movements.
8. Women synthesize about 55% less collagen than men, which is related to having smaller tendons, tendons not responding to training as well, and tending to hold higher injury potential than men.
9. Women can train at a given high intensity, e.g., 90% 1-RM, more frequently than men and make more gains by doing so.
10. Women show little difference in rest periods between sets of 60, 90, 120, 240, and more seconds, therefore women can rest for as little as 60 seconds between sets for optimal gains—men need much more rest.

That my top 10 list holds important training implications for women is clear. So as in all walks of life, paying attention to scientific developments—and implementing them in your training—is the key to success. And that's where men and women don't differ from each other.

[Championship Entry Reminders](#)



April 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

I just want to remind everyone that the entry deadlines for the Heavy Lift Championships and the USAWA National Championships are coming up. Frank Ciavattone is hosting the 2013 USAWA Heavy Lift Championships on May 4th in Boston, MA and Denny Habecker is hosting the 2013 USAWA Nationals Championships on June 29 & 30th in Lebanon, PA. However, both of these MAJOR COMPETITIONS require prior registration to enter so you need to get your entry in by the entry deadline. I know I've "harped" on this issue before, but here I go again. It takes considerable planning and upfront expense to promote a major event and a meet director needs to know in advance how many to "plan the party for". I consider it disrespectful to think you can enter at the "last minute" when there is an entry deadline in place. That's why I'm reminding everyone of these dates now.

### **ENTRY DEADLINES**

Heavy Lift Championships – April 19th

National Championships – May 28th

The entry forms for these meets are located in USAWA Future Events on the right column of the website.

[Congrats to Paula!](#)



April 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Paula DeLaMata receiving her Sports Scholarship Award for her outstanding weight lifting accomplishments in 2012.

I always like to see lifters get recognition by their local community for their personal accomplishments. Recently, Paula DeLaMata was awarded the Sports Scholarship Award for her All-Round Weightlifting accomplishments for the year 2012. This award was given to her on March 21st in East Staffordshire, England. Anyone who has been involved at all in IAWA knows Paula. Her vibrant and extremely outgoing personality makes her an “instant hit” at All Round meets. This, combined with her outstanding lifting, makes her STAND OUT to all the other lifters. She won her class at the 2012 IAWA World All Round Championships last fall in Salina, Kansas.



The local newspaper featured Paula!

This exert came from a local paper, *“The evening saw the Burton Albion Football Club Sports Personality of the Year awarded to weightlifter Paula DeLaMata . Paula has had an amazing year in her sport, winning several major honors, including the IAWA 2012 Open World Championships which were held in Kansas in October. Paula aims for this year are to defend her world title and maintain her position representing IAWA(UK) in International Competition.”*

Congratulations Paula! I think I can speak on behalf of the entire IAWA membership when I say this, WE ARE PROUD OF YOU!

### [Ronnie Coleman vs. Roy Mason](#)

 April 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

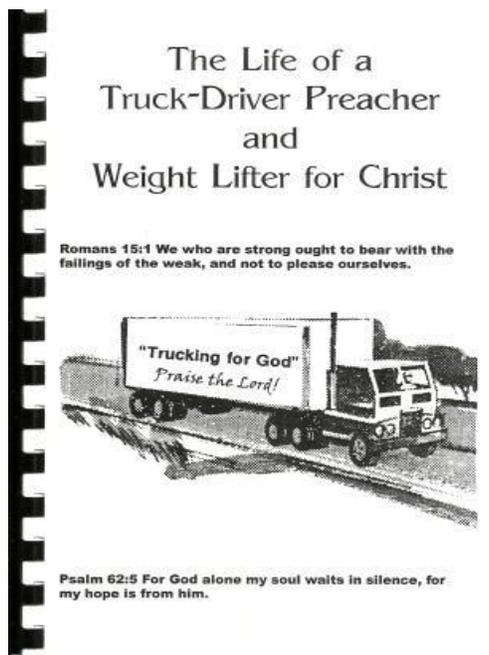
The other day on Facebook I saw this YouTube Video for the first time. Actually I was surprised I hadn't seen it before as I like to watch YouTube Videos of any type of lifting. It featured an unlikely duo competing in a deadlifting competition - Ronnie Coleman and Roy Mason. EVERYONE knows 8-TIME Mr. Olympia (1998-2005) Ronnie Coleman, but I bet just a few have heard of the elder deadlifting machine Roy Mason. I'm going to start this story off with the video (which you MUST WATCH) as a teaser, then I'll give a little USAWA history lesson as it applies to both of these great strength athletes.

[http://www.youtube.com/watch?v=eeGZOMtXpBU&feature=player\\_embedded](http://www.youtube.com/watch?v=eeGZOMtXpBU&feature=player_embedded)

Under the caption of this video you will notice that mention was made that this was Ronnie Coleman's first powerlifting competition. I have no idea how many more he ever did as his future in Bodybuilding fame was about to ignite. He sure looked the part in that meet. Also, you will notice by the date of the video the meet was contested on 1/29/1994. You may ask "what's the significance of that?" . Well, to most "not much" except if you are interested in the history of the USAWA, then it becomes a very important trivia question that you can quiz your workout partners on during an evening training session. That meet was the Fourth Annual Texas Deadlift Classic held in Alvarado, Texas directed by the famed All Rounder Joe McCoy and SANCTIONED THRU THE USAWA! I checked back through old memberships rosters and Ronnie Coleman is indeed listed as a USAWA member for that year of 1994. This was also the only USAWA meet that he competed in. His 728# deadlift from that meet is listed as the overall record in the 12" base deadlift for the 120kg class. It is the TOP 12" base deadlift listed in the USAWA record list. This came from the meet report published in the Strength Journal, *“All lifts were done with the 12 inch maximum heel spacing and done with two hands. All were judged by USAWA officials Howard Prechtel, Noi Phumchaona, Bob Cox, Phil Anderson, and Joe McCoy.”* After watching this video, I would question "how much" the 12 inch heel spacing was really adhered to – but I'll let you make your own decisions on that!!

Now onto the story of Roy Mason and his ties to the USAWA. Credit to getting Roy involved in the USAWA goes to Joe McCoy. This was said by Bill Clark in an edition of a 1994 Strength Journal, *“Roy Mason is a deadlifting wonder. At the age of 76, he beats most men 40 years younger in the regular deadlift. The Red Wing, Minnesota resident has long thrilled powerlifting crowds with his rare ability. Joe McCoy has twice brought Roy to the platform in sanctioned exhibitions to join the USAWA record list – and Roy has done so in amazing fashion. Roy not only lifts amazing poundages, but he preaches a sermon and excites the crowd as he lifts.”*

Roy Mason currently holds 3 individual USAWA records: 485 lbs. in the 12” base deadlift in the 75 age group/70 kg class from the meet in the video (this is ALSO an overall record in the 70 kilogram class - SIMPLY AMAZING!) and a record in the middle fingers deadlift of 237 lbs. in the 75 age/70 kg BWT class from a meet on 4/10/1994. He also holds one TEAM RECORD. This was done after the deadlift competition from the video in which he teamed up with Bill Decker to pull a Two-man Deadlift of 661 pounds in the 75 age group/75 KG BWT class. This was covered in a past blog I wrote ( <http://www.usawa.com/summary-of-usawa-team-records/>) and contains a great picture of their record setting effort, which is a record that I think will be a long while before anyone EVER BREAKS. Following that Texas Deadlift Classic, Roy also performed these finger deadlifts for exhibition: 330.5 lbs. in the two fingers deadlift (ring and middle), 381.5 lbs. in the three fingers deadlift (no thumb or little fingers), and finally 463 lbs. in the deadlift with all but the little fingers.

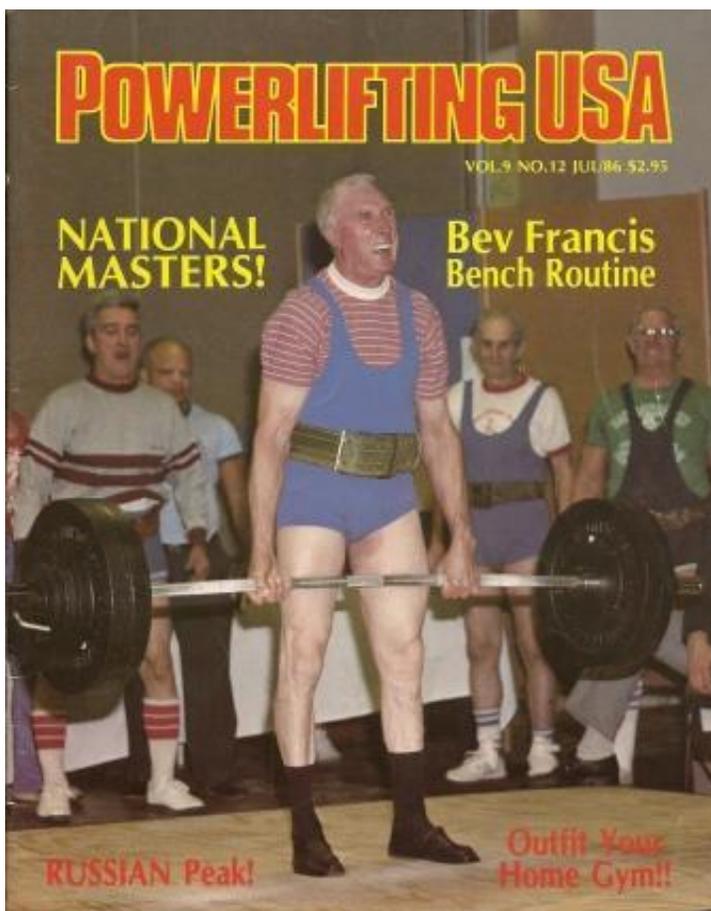


Roy Mason's book, "The Life of a Truck-Driver Preacher and Weight Lifter for Christ".

I first met Roy in the mid-90's when he stopped at our gym in Salina to give an evangelistic strength performance. Roy Mason spent his life as a long haul truck driver and traveling evangelist spreading the word of Christianity. He used his God-given deadlifting skills to reinforce his testimony. Certainly he made an impact on everyone in the room while he delivered his message - and we listened in awe. He was a gifted speaker and had a high degree of modesty. I never

remember him once bragging (or even mentioning) his lifting accomplishments during his testimony. As he went across the country on his truck runs, he would stop at many places along the way to spread his Christian beliefs. I bought his book, "The Life of a Truck-Driver Preacher and Weightlifter for Christ" on that day and I have read it several times since then. These are some of Roy's words from the introduction of his book, "I am very proud to be called the truck-driver preacher. I consider it a great honor that God has called me to be a spokesman of his. Also, what a privilege to proclaim the word of God to each and everyone that I am privileged to meet." His book contains a reflection of his life experiences, interactions he had with other people he met giving his testimonies, and how it all has affected him spiritually. He spends very little time in his book talking about his weight lifting accomplishments, and it's only at the very end. I have no idea if this book of his is still available. It's a simple book with no color photos and bound with a plastic binder, but a great source of Christian inspiration.

However, I already knew of Roy's great lifting accomplishments when I heard him speak. When I started lifting in the early 80's I remember reading his name from National Masters Powerlifting Championship meet results and other big meets and his unbelievable deadlifts at an age of over 60. I'll never forget seeing him on the cover of the July, 1986 issue of POWERLIFTING USA. In that U.S.P.F. National Masters, he deadlifted 562 pounds at 68 years of age!! I had to do "some digging" but I found that issue of PL USA so I could include that "cover shot" in this story so you would believe me!



Roy Mason on the cover of July, 1986 issue of POWERLIFTING USA.

Take the time to watch that video again. I heard Joe McCoy several times yelling encouragement in the background for both lifters. I also think that YouTube Video clip came from a video that was taken by Joe during the meet. That meet will go down as “one of the classics” in USAWA history. Thank you Joe McCoy for making it happen.

Roy Mason died in 2005 at the age of 87 years – but he will not be forgotten.

### [REMINDER – Joe the Turk Meet](#)

 April 13, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Tim Piper

The date is quick approaching for the “Joe the Turk” OTSM meet in Macomb IL. Because I know you are all going to need to refuel at the meet the Salvation Army will be selling lunch at the meet. They haven’t decided what they will sell yet but last meet we hosted they had pulled pork and homemade cookies and brownies. All the funds go directly to supporting the Salvation Army programs and they typically sell for FAR TOO LITTLE in my opinion.

We have our unique awards already in and I think they will be not only interesting but useful as well.

Please send entries soon so they can plan their food purchases. Hope to see you all there.

### [The Hub Lift Clean & Press](#)

 April 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



James Fuller hub lifting an Old-style York Deep-Dish 45 lb plate, then cleaning and pressing it!

Last month at Frank's Barbell Record Breakers James Fuller did something that really impressed me. Most of us know James by his secret forum identity only (61pwcc , ok – it's not a secret anymore!!). I first met him at the Heavy Lift Championships in York, PA in 2011. James epitomizes an all rounder – he is constantly thinking of different lifting movements to incorporate into his daily training. He is interested in ALL TYPES of strength. Just watch some of his YouTube Videos of his training in his dungeon and you'll see what I'm talking about!

Now what did he do that impressed me so much? Well – even though he did several spectacular record lifts that wasn't it. In fact, this strength feat was done as an exhibition lift that is not an official lift of the USAWA and thus is not a record of any kind. It was him hub lifting an old style deep-dish York 45 plate, then cleaning it, and finishing off by pressing it. That's quite a grip feat. James commented in the forum by saying, *"I hub lifted one of Frank's York Deep Dish 45's and he in turn used MY York Deep Dish 45's that I just got. Been wanting to Hub Clean & Press a 45er for awhile."*

I have a old York deep-dish 45 in the Dino Gym, and I've only seen a few lifters even lift it up by the hub. I consider that a great grip feat and definitely puts a person in a "class of their own". Performing a Clean & Press by the hub is just unreal! I just hope James shows up at the Heavy Lift Champs this spring in Walpole, as I'll try to talk him into repeating this effort so I can see it first-hand!

### [Choosing Indian Clubs](#)

 April 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Roger LaPointe



Roger and a couple of his BIG Indian Clubs!

Boy oh, boy. I am so glad the new web site is up and running. Now I can start addressing some of the most popular questions. If you have not been to look at the Atomic Athletic web site recently, here is a link: <http://www.atomicathletic.com/>

**#1 QUESTION: What size Indian Clubs should I buy?**



Atomic Athletic has a full supply and selection of Indian Clubs.

Obviously, if you are a 100 pound woman, you will be using clubs smaller than what a 300 pound man is going to use. However, I can give you some advice that will apply, regardless of your basic strength level.

1. Everyone needs to learn technique. Start smaller than what you think you will ultimately work up to using. Just because you regularly use 50 pound dumbbells, does not mean that you can use a 50 pound Indian club. In fact, I would say that the ratio is more like 4:1. I will use 100 pound dumbbells for some exercises, but I don't use anything heavier than 24 pounds as a club.

2. Roger, you use 24 Pound Persian Meel type Indian clubs, so do you still use lighter clubs? Yes. I start every workout with an antique pair of 1 1/2 Pound wooden clubs. I work up from there. Just like dumbbells, you would do different exercises with 10 pounders and 100 pounders, but both are useful, even within the same workout.

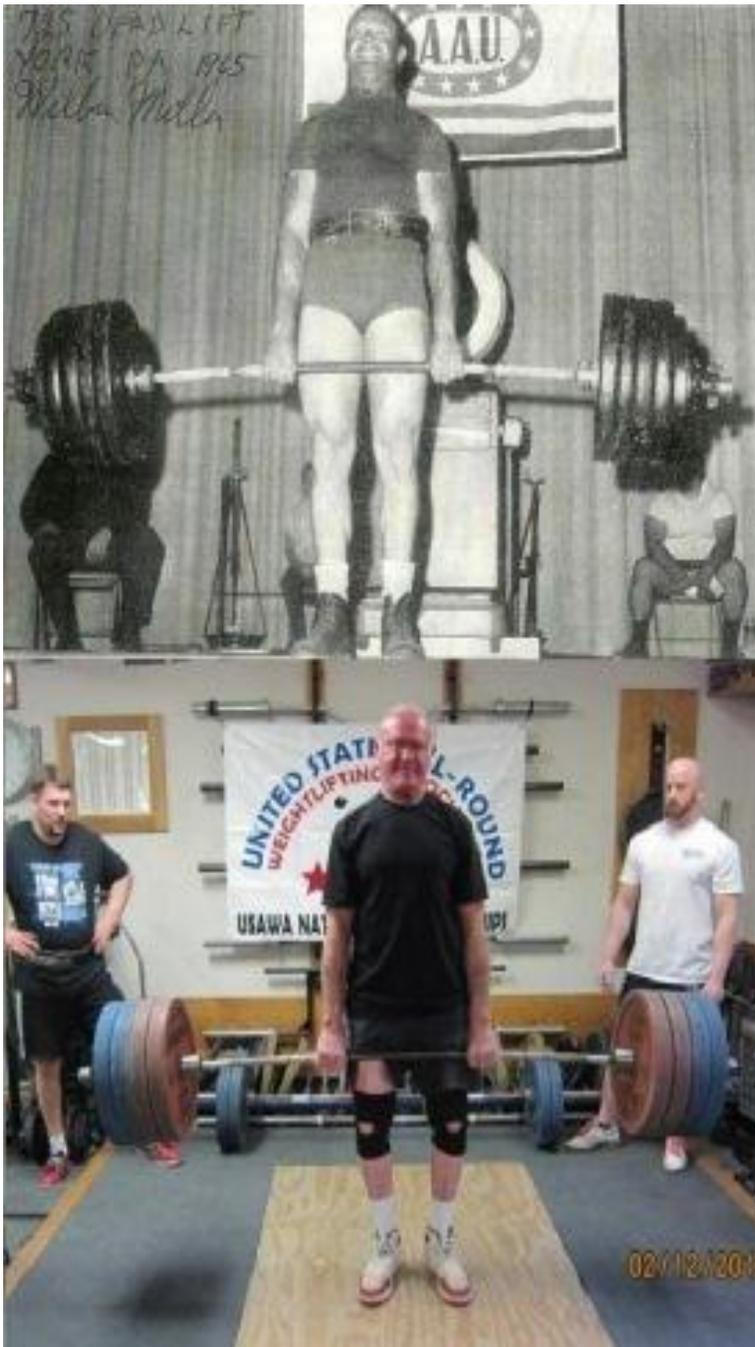
3. Based on my body size, how heavy will I be able to go with Indian Clubs? Well, I am 5'3" & 160 pounds and I can use up to the 24 Pound Meels, but I have met 300 pound guys who can't do much of anything with 12 Pound Meels – until they have learned the technique. I have also worked with some women, who have great technique that can use 12 Pound Meels as well as doing an hour with 2 Pound HIP Clubs. So, take that for what it is.

[Wilbur Miller](#)



April 16, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Wilbur Miller pulling a 725# deadlift in York in 1965 (above), and then close to 50 years later pulling a 457# deadlift in 2012 at the Dino Gym (below).

Anyone involved with the All-Rounds in the midwest knows “the name” of Wilbur Miller. I am very fortunate to know Wilbur personally, and he has been to my gym several times now. He is an ICON amongst past strength athletes in the state of Kansas, and if I was voting, I would vote him as the GREATEST ALL ROUND STRENGTH ATHLETE ever from the state of Kansas. I know that’s saying alot, as there have been several others worthy of this distinction as well. The reason I’m “putting my vote” on Wilbur is his diversity in strength and how he excelled in each discipline, whether it was Olympic Lifting, Powerlifting, Grip, or All Round. Recently, Wilbur was at the Dino Gym when some

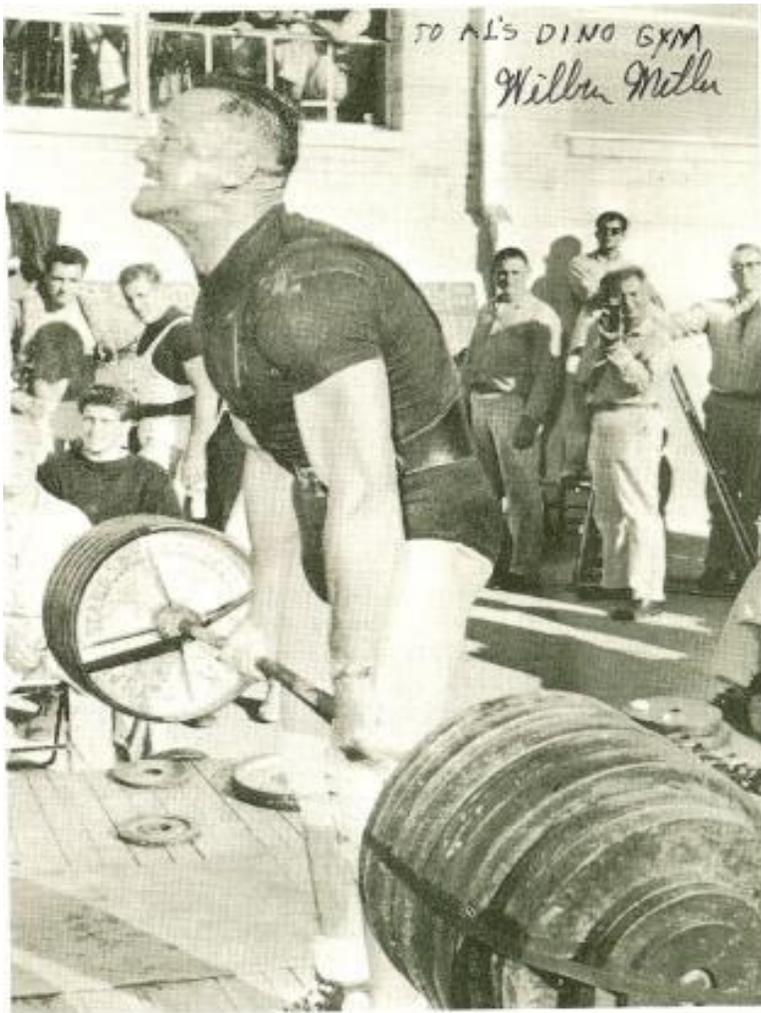
of the guys were doing Strongman, and he commented to me how he wished that was around when he was younger. I'm betting if it was, and Wilbur competed in Strongman – he would have excelled in that as well!

I'm glad to see Wilbur back into "action" in the USAWA. The USAWA has a lot to thank Wilbur Miller for. He was a big part of the "grassroot movement" that started the USAWA and the IAWA. At the time (late 60's to mid 80's), there were no organized associations for All Round Weightlifting like we have now with the USAWA, and the only option for this type of lifting (then known primarily as Odd Lifting) was within the Missouri Valley Region IV by Bill Clark promotions. Wilbur often took part in these, and set at the time many Region IV records. These records did not transfer into the modern day USAWA record book. But if they did – many of Wilbur's records would STILL be standing.

A little over a year ago, Thom Van Vleck wrote a nice biography about Wilbur for MILO (December 2011, Volume 19, Number 3). I've told Thom that I thought this was one of his best Milo stories ever, but I know I am biased because of the respect I have for Wilbur and what he has done for All Round Weightlifting. I want to highlight just a few of the things that Thom revealed about Wilbur in that story. However, if you are interested I recommend you order that issue of MILO, and it is worth it just for Thom's story alone.

Wilbur was born in 1932 in Cimarron, Kansas. That is the reason he acquired the nickname of "the Cimarron Kid". He was a gifted High School athlete – excelling in all sports. It's hard to believe but Wilbur ran the mile in Highschool. He ran a best of 4 minutes, 33.6 seconds. In the state finals, he placed third behind two runners, Wes Santee and Billy Tidwell, who both went on to International Fame as World Class milers (that tidbit of trivia was not in Thom's story, but rather told to me by Bill Clark). Wilbur became interested in lifting at the age of 23, after injuring his back in a horse riding accident. What started out as physical therapy to recover from an injury turned into passion that led to lifting greatness! Wilbur was always known for having outstanding technique. Thom titled his MILO story this way "Wilbur Miller: Lifting Perfection" because Wilbur was well-known for having perfect lifting technique. Wilbur had a "story book" lifting career that propelled him into the Powerlifting Hall of Fame and the Weightlifting Hall of Fame. My feeling is the only thing missing is that he should also be in the All Round (USAWA) Hall of Fame! After all, it was lifters like him (and a few others) that set the "groundwork" for the future of the USAWA. Wilbur stills trains on York bars and plates that he purchased when he was a young man. I have a picture displayed in the Dino Gym that is "personally autographed" by Wilbur. It is one of my favorites. One of the reasons for this is that is because the bar is "fully loaded" with straps holding the plates on because there wasn't enough room for the collars! At the time the main plates available were Deep Dish York 45's with wide-flanged rims which took up a lot of room on the bar. Thom made this comment in his story which I think is worth repeating, *"Some have claimed that the reason York quit making the deep-dish 4 and went to a thinner, sleeker version was because of Wilbur's ability to max out the amount of weight on the bar with his monster deadlifts."* Thom then went onto to

say, "How would you like to be the reason the biggest maker of weights in the US had to change its design!"



This is that "autographed picture" in the Dino Gym that shows the plates loaded to the end of the bar!

Wilbur's best lifts in competition were: 725# deadlift, 320# clean and press, 320# snatch (split-style), and a 385# clean and jerk. Wilbur often competed in the 240-250 lb bodyweight range, which often put him as very light heavyweight because this was at the time that the heavyweight class started at 110 kilograms. He often gave up over 100 pounds bodyweight to his competitors! His 725 pound deadlift was an All Time Deadlift record at the time, and was done in 1965 in York, Pennsylvania. He weighed 245 pounds in that meet. I did some research on his best All Round lifts and this is what I found from an old Region VI Missouri Valley Record List. Below is just a few of his records at the time:

LIFT	RECORD
------	--------

Middle Fingers Deadlift	320 pounds (1983)
Hack Lift	650 pounds (1963)
Jefferson Lift	650 pounds (1963)
2-Dumbbell Deadlift	520 pounds (1984)
Strict Curl	180 pounds (1964)
Abdominal Raise	105 pounds (1962)
Miller Clean and Jerk	135 pounds (1979)

That last lift mentioned, the Miller Clean and Jerk, was named after Wilbur by Bill Clark in 1979. It is that “dreaded lift” where a Clean and Jerk is performed by the middle fingers only! It is a very painful lift! Someday I will get Wilbur to demonstrate this lifted named after him for a picture. I asked him to do it for me this past year, but he said it’s been awhile since he did it and he wanted to “train it” for a while before the photo op! I bet he’ll match his “bar and two plates’ for me like he did over 30 years ago!!!



Wilbur Miller (left) and USAWA President Denny Habecker (right) at the 2012 Dino Gym Challenge.

Wilbur currently has 7 records in the USAWA. Like I said, those earlier Mo-Valley records didn't carry over so these are records he has set recently. All of them are in the 75-79 age group, 100-105 kg weight class. I would like to see the lifter that can break these marks!!!

LIFT	RECORD
12" Base Deadlift	457 pounds (100kg class)
12" Base Deadlift	450 pounds (105kg class)
Deadlift – Ciavattone Grip	397 pounds (100kg class)
Deadlift – Ciavattone Grip	350 pounds (105kg class)
Deadlift – Heels Together	419 pounds (100kg class)
Deadlift – Heels Together	400 pounds (105kg class)
12" Base Squat	320 pounds (100kg class)

I have MANY MORE things and stories I could tell about Wilbur here, but I don't want my story to be longer than the one Thom did for MILO (another reminder – BUY that issue!). I want to close this by saying a few words about Wilbur as a person. He is an extremely modest and humble person and it takes a bit to get him to talk about his accomplishments in the lifting game. It is very obvious that he truly loves weightlifting and the people involved in it. When he's been at the Dino Gym, he's "all smiles" and just loves to be part of day. He's always offering words of encouragement to the other lifters. In today's world of BIG EGOS and SELF PROMOTERS, there are few around anymore like Wilbur Miller who lifts for the "love of the sport". I consider him a great weightlifting role model and I try everyday to have the attitude and character that he has shown.

[Joe the Turk Meet POSTPONED!](#)

 April 22, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

The Joe the Turk meet set for the Macomb Salvation Army Gym for this weekend has been postponed due to a terrible flood in the gym. They are still cleaning up and the decision was made to postpone the meet. Updates will be given regarding a "make up date" at a later time.

Here is a story on the devastation and how you can help our brothers and sisters out!

Last fall I went over to help judge a meet in Macomb, Illinois. It was the “Macomb Fall Record Breakers” meet and was being put on by Tim Piper. Tim needed some help and I was glad to help out. He was also donating some weights to the weightlifting club I am the staff adviser for at the University I work at (the Osteoblasters Weightlifting Club). I had never been to the Salvation Army Gym in Macomb and was quite pleased when I got there! It was “Old School” with tons of old equipment, platforms to do “REAL” lifting off of, and tons of trophies and pictures from some 40 years of operation. It was a gym that any USAWA member would have loved to train in and every “Planet Fitness” members nightmare! The “Salvation Army Gym” is also a USAWA official club and are currently in good standing. That’s why it was such sad news to hear that the recent heavy rains had flooded the gym which is located in the basement of the local Salvation Army.



At least 2 feet of water filled the gym!

There were plenty of pictures on facebook but sometimes when you have been somewhere you can appreciate just how bad something is. This particular club had a huge number of photos that went from floor to ceiling in some areas and a lot of equipment that ended up under water. Here are some photos to give you a “before” and “after” perspective.



Here is a "before photo" with Tim Piper spotting Whitney.



The same corner of the gym underwater!

The clean up has begun and the water has been pumped out. I understand they are taking photos that were water damaged and trying to scan them to make new ones. There will no doubt be a lot of work left to do and I'm unsure if there was any insurance. Most insurance won't pay for flooding anyway unless you have a special flood policy and most don't as it's expensive and I'm sure a Salvation Army couldn't afford it.



The water has been pumped out, leaving a huge mess!

Keep these guys in your thoughts and prayers. This isn't some fancy, high dollar gym....it's a Salvation Army! If you can help them out by either providing labor or sending a donation I'm sure it would be appreciated! This gym needs to go on as it provides a workout area for many who couldn't afford it otherwise. It's the type of place I got started in when I couldn't afford the fancy gym membership! I'm sure many of you can relate. Plus, Tim and Dawn are such great people who work so hard to bring meets and weight training to others. Let's help'em out! You can send a donation to Tim Piper at: Tim Piper, 15401 E. 1750th Street, Macomb, IL 61455 or you can call him at 309 221 0276.

[Eastern Open Postal](#)

 April 23, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET RESULTS**

### **EASTERN OPEN POSTAL MEET**

MEET RESULTS:

Eastern Open Postal Meet

March 1-31st, 2013

Meet Director: John Wilmot

Lifts: Snatch – One Arm, Clean and Press, Jefferson Lift

Lifters using a USAWA Certified Official:

Gabby Jobe – Official Jesse Jobe, Alison Jobe  
 Barry Bryan – Official Denny Habecker  
 Denny Habecker – Official Barry Bryan  
 Tim Songster Sr. – Official Dan Bunch  
 Al Myers – Official Scott Tully  
 Chad Ullom – Official Al Myers  
 Eric Todd – Official Lance Foster  
 Scott Tully – Official Al Myers  
 Dan Bunch – Officials Bryan Benzel, Jesse Jobe  
 Lance Foster – Official Eric Todd

Lifters using a non-certified judge:

Ruth Jackson – Judge Dan Wagman  
 Dan Wagman – Judge Ruth Jackson  
 Les Cramer – Judge Monica Cook  
 Samuel Rogers – Judge Orié Barnett, Aaron Hougland  
 John Wilmot – Judge Kay Wilmot  
 Aaron Hougland – Judge Orié Barnett, Samuel Rogers  
 Orié Barnett – Judge Samuel Rogers, Aaron Hougland

### **WOMENS DIVISION**

LIFTER	AGE	BWT	Sn1	C&P	Jeff	TOT	PTS
Ruth Jackson	51	107	55 R	85	235	375	577.4
Gabby Jobe	10	109	20 R	46	150	216	388.7

### **MENS DIVISION**

LIFTER	AGE	BWT	Sn1	C&P	Jeff	TOT	PTS
Dan Wagman	50	180	130 L	190	505	825	867.4
Al Myers	46	237	150 R	177	540	867	756.5
Barry Bryan	55	194	99.2 R	187.4	402.8	689.4	727.0
Chad Ullom	41	253	154 R	198	518	870	699.8
Samuel Rogers	50	206	96 R	191	401.3	688.3	670.4

Orie Barnett	52	231	111 R	182	416.3	709.3	662.0
Les Cramer	71	187	67.5 R	145	325	537.5	658.0
Denny Habecker	70	192	66.1 R	143.3	308.6	518	620.5
Eric Todd	38	255	95 R	225	455	775	608.8
Tim Songster Sr.	46	204	85 R	175	350	610	576.6
Aaron Hougland	35	318	96 R	221	476	793	563.7
Scott Tully	37	316	105 R	187	440	732	520.4
John Wilmot	66	222	60 R	120	305	485	519.9
Dan Bunch	48	366	105 ?	190	275	570	441.7
Lance Foster	47	326	65 R	135	355	555	426.1

*NOTES: BWT is bodyweight in pounds. R & L designate right or left arm used. TOT is total pounds lifted. PTS are adjusted points for bodyweight and age correction.*

### [Presidential Cup](#)

 April 24, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET ANNOUNCEMENT THE 2013 USAWA PRESIDENTIAL CUP**



The BIG AWARD given out in 2012 for the winner of the Presidential Cup!

For the second year in a row, the now “Annual” USAWA Presidential Cup is being hosted again by our USAWA President Denny Habecker. This is one of the CHAMPIONSHIP events hosted in the USAWA, and is the Championships of Record Days. It follows along “the lines” of the IAWA Gold Cup – a lifter picks their best lift and contests it for a USAWA record in this prestigious record day. After all lifters have performed their record lifts, Denny will pick the effort that impresses him the most and award that lifter the PRESIDENTIAL CUP. Only one lifter will receive this very important award. If time allows, lifters will have the opportunity to perform other record day lifts. So it is a good idea to come with the BIG LIFT in mind, but also be prepared to do other lifts for record if the time allows.

Last year the late Dale Friesz won the Presidential Cup with his 154 pound Ring Fingers Deadlift. It was a very impressive lift considering the physical issues Dale was dealing with at the time. When Denny chose Dale as the winner of the Presidential Cup, I was very glad to see it. Now looking back, it was a “fitting end” to Dale’s long and distinguished USAWA career. He will forever be THE ONE who won the first ever Presidential Cup.

Now a little “rehash” on the Presidential Cup. This is a reprint of the guidelines laid out last year:

*The Presidential Cup will follow along some of the same guidelines as the Gold Cup, which is the IAWA meet which recognizes outstanding performances by lifters in the lift/lifts of their choosing. The Gold Cup started in 1991 under the direction of then-IAWA President Howard Prechtel. However there will be some differences in the guidelines of the USAWA Presidential Cup:*

- *The Presidential Cup is hosted annually by the USAWA President only.*
- *Must be a USAWA member to participate.*
- *A lifter may choose any official USAWA lift/lifts (number set by the President) to set a USAWA record/records in.*
- *The lifter must open at a USAWA Record Poundage on first attempt.*
- *The top performance record lift of the entire record day, which will be chosen by the President, will be awarded the PRESIDENTIAL CUP.*

#### **MEET DETAILS:**

USAWA Presidential Cup

Saturday, August 10th, 2013

Meet Director: Denny Habecker

Location: Habecker's Gym, Lebanon, PA

Lifts: Bring your best lift for record!

Start time: 10 AM, with weigh-ins before this

Entry Form: None, but advance notice is required.

Denny may be reached by email – [dhabecker@usawa.com](mailto:dhabecker@usawa.com)

[IAWA Gold Cup](#)

 April 27, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

#### **MEET ANNOUNCEMENT**

#### **2013 IAWA GOLD CUP**



This was the platform background with the flags at the 2012 IAWA Gold Cup in Glasgow, Scotland.

The USAWA President Denny Habecker will be hosting this year's IAWA Gold Cup in Lebanon, PA. The Gold Cup is one of "the three" major IAWA events, and is rotated annually between the membership Nations in IAWA. Last year the Gold Cup was in Glasgow, Scotland and the year before that in Burton, England. So it's a BIG DEAL when the Gold Cup is hosted in the United States! It gives the opportunity for USAWA lifters to compete in it without having to travel overseas.

This is the THIRD TIME Denny has hosted the Gold Cup (2006 & 2008 were the other times). The late John Vernacchio hosted the Gold Cup three times as well (1992, 1996, & 2003) and the LEGEND Howard Prechtel, who was the one to originate the concept of the Gold Cup, hosted it four times (1991, 1994, 1998, & 2001). This means Denny is achieving the status of Gold Cup fame as a meet director of the IAWA Gold Cup.

Let's really show the Gold Cup some big support this year from the USAWA! Mark November 2nd on your calendar right now.

**ENTRY FORM – [2013 GOLD CUP ENTRY](#)**

**INFO SHEET – [2013 Gold Cup INFO PAGE](#)**

[Heavy Lift Championships](#)

 May 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**2013 USAWA HEAVY LIFT CHAMPIONSHIPS**



The group picture from the 2013 USAWA Heavy Lift Championships in Walpole, Massachusetts.

What an exciting Heavy Lift Championships last weekend! I knew I could expect a great meet atmosphere with the meet being held at Franks Barbell Club, hosted by meet promoter extraordinaire Frank Ciavattone, but this time Frank even exceeded my expectations! Frank is a very seasoned USAWA meet promoter, having promoted numerous past National Championships and World Championships. Frank is a meet promoter who knows how to put the “lifter’s first”. He always has the basics well-covered, then he throws in unexpected special things which makes his promotions “one of a kind”. I regard Frank as one of the BEST meet promoters within the USAWA EVER, and I am VERY GLAD to see him “back in action” putting on meets. Frank will be the host of the 2014 IAWA World Championships, which will be a special affair. Everyone BETTER get that meet “penciled in” on your future meet itinerary. It will be one you WILL NOT want to miss.



Dennis Mitchell performing a 630 pound Hip Lift.

Since the weather was very nice (low 60's), Frank had set up a platform outside for the meet to be conducted on. It provided the perfect atmosphere for a Heavy Lift Championships. Most everyone was in shorts and t-shirts (with the exception of Flossy!) as the day progressed. Ten lifters competed in this Championships. I view the Heavy Lift Championships as the SECOND most important Championship event within the USAWA (the National Championships being the NUMBER ONE). I say this because the Heavy Lift Championships has a longer history than all the others, and because the Heavy Lifts are very uniquely all-round lifts. No other lifting organization features these lifts.

Colleen Lane competed in her first Heavy Lift Championships and came away with an overall women's title. I was most impressed with her 450# Hand and Thigh lift. Denny Habecker was as "solid as ever" with his lifting. Denny finished off the day with a record 1000# Hip Lift. Dennis Mitchell had many records, with his 455# Hand & Thigh impressing me the most. This day marked a BIG DAY for Dennis as it marked his 70th year of active competition in lifting. That's right – 70 years!!!! And in that run Dennis has never missed a year without hitting the platform at least once. Truly an amazing record that very, very few will ever achieve. Art Montini again showed that he is not ready to slow down yet. Art had a great day and finished with a 700# Hip Lift. I would like to see another 85 year old man do that! NOT LIKELY! Joe Ciavattone Sr. had a day to be proud of. He finished third overall in a field of wily veterans in the Heavy Lifts, and in the process he set a PERSONAL RECORD in the Neck Lift with an outstanding lift of 805 pounds! Joe was the first USAWA lifter to break 800 pounds in the Neck Lift years ago with his historic 804.5#, and I know he had to question since if he was every going to do more. Well, after what I saw of him last weekend, I would say he has lots more in him! It was a very solid lift with plenty of clearance. I could tell that this lift alone made him tremendously satisfied with his day's lifting. Congrats Joe – you earned it!



Joe Ciavattone Sr. performing a big Neck Lift enroute to his new personal record of 805 pounds!

However, the real “story of the day” should go to Joe Ciavattone Jr. It’s been a couple of years since I have seen Joe Jr, and since that time Junior has grown into a MAN! His neck is now thicker than ole dad’s, and his strength is just starting to mature. His future is very promising as a future USAWA superstar. I also want to mention that Joe Jr. is very coachable, and wants to learn how to be a better lifter. I tried to give him as much advice as I could, and he then would take it IMMEDIATELY to the platform for a bigger lift! That trait will take him to the next level. He took an extra attempt in the Neck Lift and he easily got 700 lbs, with much more in the tank. He also took a fourth on the Hand and Thigh and destroyed 1400 pounds. Those are the best lifts of ALL TIME in the USAWA for a teenager. I really liked watching Joe Jr. compete in this meet. He has a fierce competitive mindset. Mark my words on this – Joe Ciavattone Jr. will be a future Overall National Champ!



Joe Ciavattone Jr. performing a new ALL TIME teenage USAWA record in the Hand and Thigh with this 1400 pound lift!

Jim Fuller made his trip from Maine for his second appearance in the Heavy Lift Championships. I first met James at York a few years ago at the Heavy Lift Championships. He has made great progress with his heavy lifting since then. He put up a 1100# hand and thigh and a 1400# Hip Lift in this meet. He has his own harness equipment, and it’s obvious that he has been training these very difficult lifts. I was most impressed with him missing 1350# on his second attempt hip, only to come back at 1400# and NAIL IT! That’s gutsy! Afterwards at Franks backyard picnic, James cleaned and pressed Franks Old 45 Deep Dish York by hub pinching it with one hand for me. I was

even more impressed seeing it first hand than from the pictures he had sent me from Franks last record day. I have a Deep Dish York 45, and I could tell immediately that Franks was different. The hub on Franks 45 was very wide (we measured it at 4-3/4"). My York 45 is much less in diameter. Frank said his York 45 was made in the 1930's (while mine was made in the 50's). Apparently very few are still around as the design of the thick hub caused the plate to be thinner and most have broken apart at the junction of the base of the hub and the plate. Bottom line – this Deep Dish York 45 is MUCH harder to hub lift than the newer ones!!! James hub lifted it several times with ease.



James Fuller "playing around" hub pinching Franks very difficult old York Deep Dish 45.

Franks son Jeff lifted and did very well, placing fourth overall. Jeff did well in every lift – 650# Neck, 1200# Hand and Thigh, and a 1400# Hip. Jeff has loads of natural lifting ability (a Ciavattone trait!!!). He looked to be good for more in each event to me. It was a great pleasure to have Frank join us on the lifting platform. I know Frank had lots on his mind hosting the meet at his place, serving as head official most of the day, and organizing the awards banquet and meal afterwards. Frank has great heavy lifting technique, and it's obvious he has spent a lot of time "polishing his trade" with the heavy lifts.



The great display of after-meet food prepared by Frank and his family!

After the meet, we were treated to a HUGE ITALIAN feast at Franks place. You name it he had it – pasta, salad, meatballs, chicken, sausage, etc. A totally top notch affair. Many thanks are in order for Franks family in preparing this feast. I also want to thank the outstanding loaders who worked hard all day – Dave, Peter, and Charlie. You guys made this event move along with your outstanding loading all day.

Meet Results:

2013 Heavy Lift Championships  
 Franks Barbell Club  
 Walpole, Massachusetts  
 May 4th, 2013

Meet Director: Frank Ciavattone

Announcer and Scorekeeper: Al Myers

Officials (3 official system used): Frank Ciavattone (head official), Denny Habecker, Dennis Mitchell, Joe Ciavattone Sr., Art Montini, Al Myers

Loaders: Dave Hartnett, Peter Vouno, Charlie Payne

Lifts: Neck Lift, Hand and Thigh Lift, Hip Lift

**WOMENS DIVISION**

LIFTER	AGE	BWT	Neck	H&T	Hip	TOT	PTS
Colleen Lane	57	206	175	450	500	1125	1166.5

## MENS DIVISION

LIFTER	AGE	BWT	Neck	H&T	Hip	TOT	PTS
Al Myers	46	235	780	1300	1800	3880	3400.6
Joe Ciavattone Jr.	19	224	600	1200	1750	3550	3040.2
Joe Ciavattone Sr.	44	217	725	1100	1500	3325	2981.5
Jeff Ciavattone	33	235	650	1200	1400	3250	2662.1
Jim Fuller	41	226	400	1100	1400	2900	2472.0
Denny Habecker	70	191	270	775	950	1995	2396.3
Dennis Mitchell	81	152	245	425	630	1300	1949.4
Art Montini	85	177	200	450	700	1350	1890.4
Frank Ciavattone	58	285	300	800	1000	2100	1858.8

*NOTES: All weights recorded in pounds. BWT is bodyweight in pounds. TOT is total pounds lifted. PTS are adjusted points for bodyweight and age correction.*

### EXTRA LIFTS FOR RECORD

Denny Habecker: Hip Lift 1000#

Dennis Mitchell: Hand and Thigh Lift 455#

Joe Ciavattone Sr.: Neck Lift 805#

Joe Ciavattone Jr.: Neck Lift 700#

Joe Ciavattone Jr.: Hand and Thigh Lift 1400#

### BEST LIFTER AWARDS

Women Master 55-59 100KG Class – Colleen Lane

Mens Teenage 18-19 105 KG Class – Joe Ciavattone Jr.

Mens Senior 110 KG Class – Jeff Ciavattone

Mens Master 40-44 100 KG Class – Joe Ciavattone Sr.

Mens Master 40-44 105 KG Class – Jim Fuller

Mens Master 45-49 110 KG Class – Al Myers

Mens Master 55-59 125+ KG Class – Frank Ciavattone

Mens Master 70-74 90 KG Class – Denny Habecker

Mens Master 80-84 70 KG Class – Dennis Mitchell

Mens Master 85-89 85 KG Class – Art Montini

Overall Mens Best Lifter – Al Myers

### [Lifter of the Month: James Fuller](#)

 May 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



James Fuller performing a double hub lift with a pair of BEN Olympic plates at Frank's Barbell Club on May 4th, 2013. Take notice of Frank's very old Deep Dish York 45 on the ground with the very wide hub.

The lifter of the month for the month of March goes to James Fuller!

The only USAWA competition that was held in March was Frank's Barbell Club Record Breaker, held on March 16th. James resides in Hallowell, Maine. To my knowledge, he is the only USAWA registered member from the state of Maine. James has been actively involved in the USAWA for 3 years, and has competed in several USAWA competitions, including two Heavy Lift Championships. Just last weekend James lifted in the Heavy Lift Champs in Walpole, Massachusetts, and in the process was crowned AGE/BWT Heavy Lift Champion and placed 5th overall in a very tough field of competitors.

After the competition, James put on a hub lifting demo in which he cleaned and pressed Frank's very old Deep Dish York 45 (which has a very wide 4-3/4" hub), double hub lifted a pair of wide-flanged BEN Olympic plates, snatched a BEN plate by the hub, and did a partial holdout with a BEN plated by the hub. All this hub lifting was done in quick fashion with very little rest time! I should mention that a large crowd was present to witness this extraordinary lifting besides just myself.

But the lifts that won James the LIFTER OF THE MONTH was not his hub lifting. It was because of a couple of very difficult record day lifts which he completed at Franks. The first being a Kelly Snatch of 108 pounds, and the second being a Kneeling Snatch of 108 pounds. His record in the Kelly Snatch is an ALL TIME record across all weight classes!

Congrats James for being the March LIFTER OF THE MONTH!

### [Yearly Awards Nominations](#)



May 13, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

It's that time of the year again to nominate deserving lifters for the yearly awards! The USAWA award program was started in 2009 to honor those individuals that displays outstanding achievements throughout the year in different categories. I have been the USAWA Award Director that entire time and was the one who started the USAWA Awards Program. Part of the USAWA budget goes to these awards, which means that part of your membership dues support this program. These awards are awarded at the Annual General Meeting of the USAWA, which occurs at the same time as the National Championships. It is important to remember when "casting your vote" that these awards are for the calendar year 2012 (which is the calendar the USAWA follows for memberships, etc.). Now for a little "overview" of the rules for nominations:

- You must be a USAWA member to make a nomination or cast a vote
- Nominated individuals must be a USAWA members to be eligible
- Only one individual may be nominated per person per award
- Two nominations for each award may be submitted, one for your choice of the Winner and one for your choice of the runner-up.
- The awards are for the calendar year 2012
- An individual may be nominated for more than one award

These are the different awards for which you should chose your nominations for:

***Athlete of the Year*** – This award is for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should

*figure in high. Also, participation in other Championship Competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation in elite IAWA events such as the Gold Cup should make an influence on earning this award as well.*

**Leadership Award** – *This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.*

**Sportsmanship Award** – *This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by an specific example of exceptional sportsmanship.*

**Courage Award** – *This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.*

**Newcomer Award**– *This award goes to an individual who is new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.*

As stated earlier in the rules, I would like you to submit your choice for the WINNER and your choice for the RUNNER UP for each award. I will score it this way: for each nomination per award I will give 2 points for the nominated winner and 1 point for the nominated runner up. I will then add up all the points from all nominations with the person receiving the most points declared the winner and the one with the second most points the runner up. So you can see that the Award Winners are chosen by YOU THE MEMBERSHIP! That's the way it should be done.

Please email me at [amyers@usawa.com](mailto:amyers@usawa.com) with your nominations. The deadline for this is this Friday. I'm only giving a week because it has been my experience with this is that if a person does not make their nominations shortly after reading this announcement, it never gets done. So make it easy on yourself (and me!) and turn your nominations in today!!!!

[Lifter of the Month: Dan Wagman](#)

 May 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Dan Wagman "in action" at the 2013 Dino Gym Record Day in February performing a 110# Dumbbell Snatch.

Dan Wagman becomes the FIRST "two time" winner of the Lifter of the Month with him being declared the Lifter of the Month for the month of April! Dan's previous Lifter of the Month recognition was after he won the Overall Men's Best Lifter Award at the IAWA Worlds last October, with him earning the Lifter of the Month for October, 2012 following that big World Meet win.

This Lifter of the Month recognition was the result of his outstanding overall win in the Eastern Open Postal Meet, the first of the quarterly USAWA Postal Series. It was a "loaded" group of lifters who competed in this last postal, and as many entered as ever before. Winning this meet was certainly worthy of receiving the Lifter of the Month for!!! Congrats Dan!!!!

*WEBMASTER NOTE: All past USAWA Lifters of the Month are keep on a list available on the upper left hand side of the homepage, under USAWA Information.*

[Joe Jr. & Sr. – FOOTBALL CHAMPS!](#)

 May 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Joe Ciavattone Jr. (left) and Joe Ciavattone Sr. (right) proudly hold the conference championship trophy following the game!

A couple of weeks ago I had a very nice “sit down” visit with Joe Ciavattone Jr. and Joe Ciavattone Sr. following the Heavy Lift Championships in Walpole, Massachusetts. That’s one thing I really like about the USAWA, most all of us know each other and the after-meet conversations are very enjoyable where we can just relax following a day of competition and enjoy each other’s company. It’s often in these talks that I learn new information about the lives of other all-rounders. This is exactly what happened during my visit with Joe Jr. and Sr.



Joe Jr. and Sr. were the first Father-Son duo to play on the Cobras at the same time. Here they show their conference Championship rings as a result of their football success.

This past year this father-son All Round Weightlifting duo has been involved in another sport – FOOTBALL! They both have been part of the Middleboro Cobras, a semi-pro team in the Eastern Football League. Both were rookies on the team, with Joe Sr. being the oldest rookie on the team. However, the years of lifting and training has kept him much younger in “athletic years”. Most guys in their 40’s would NEVER consider making an upstart in a hard physical game like football at that age. But most guys are not Joe Ciavattone Sr.! They were the first Father-Son combo that ever played on this team at the same time. There were other son’s that followed in Dad’s footsteps and played on the team – but in later years. Not at the same time!!! The history of the Cobras goes back over 70 years to give a perspective on that accomplishment.



A "close up" picture of the Championship rings!

Their team had outstanding success. They played an eleven game season, and with the playoffs and Championship game, finished with a record of 12 and 1. This included winning the conference championship! Both Joe Jr. and Joe Sr. had their championship rings on hand to prove this to me. By the size of their rings, I would have said they won the Superbowl! The Cobras are an excellent team, winning the conference championship in "back to back" seasons, and winning 8 of the last 10 titles!

Joe Jr was the starting fullback at a strapping 220 pounds, and was the youngest player on the team. Joe Jr. had a stellar High School athletic career, earning All League honors in High School football and varsity All Star recognition in Lacrosse. His strong contributions to the team during the season resulted in him being named Offensive Rookie of the Year. Before this, it had been 27 years since Joe Sr. played his last football game (which was in High School!). However, he has always been involved in coaching and has a keen understanding of the game before he began playing on the Cobras. Joe Sr. played offensive guard and special teams.

The season begins next month for them and runs through October. So if you are wondering why you are not seeing Joe Jr & Sr in USAWA meet results, you know why. They are busy playing football!!!

[HUBanero Training or Setting Your Grip On Fire](#)

 May 16, 2013 | Authored by [61pwcc](#) | [Edit](#)

by James Fuller

Driving home from the 2013 Heavy Lift Championships, I realized I had a puzzle to solve. How to continue improving my Hub lifting ability without the aid of Frank Ciavattone's large hub Yorks? Remember, Frank's hubs are the SAME 4 3/4" across as on my 100 lbers!! Lifting by the hub is NOT at all like lifting a thick bar, pinch gripping a bunch of 10 lb plates or crushing a gripper to death. Hub lifting is uniquely it's own. The performance is not straightforward as Al Myers can tell you.



4 Spoke Grip Nemesis

To Frank's meet, I brought 2 45lb BEN Deep Dish plates. These were my Hub Lifting practice plates. The hubs are the same 3 1/2" across as my York Deep Dish 45's but have only 3 'spokes'. The spokes are the risers on plates most people don't notice. Near the lip or flange of the plate, they start low and gradually get taller like a ramp until they merge into the hub.

I showed Al how to grab the hub with index and middle finger together while the ring finger is on the other side of the spoke. The thumb doesn't seem to contribute much. The pinky 'backs up' the ring finger at best. From here twist hand INWARDS against the spokes, as if to unscrew the top off a pickle jar. Now pick up the weight. When I'm done training with these plates it is the ring finger(s) that feel the most stress/work. The twisting helps get my hands closer to the hub and effectively 'shortens' my fingers. As Al pointed out a smaller hand person has the advantage when it comes to Hub Lifting. The larger the hand, the more work that has to be done by the finger tips alone.

My 4 spoke York 45's give me nothing to twist against. The spokes are laid out differently and require me to pick them up 'straight on' by the finger tips. I can not lift them this way...yet. I need something lighter but with similar dimensions. I believe I've found a possible solution. I bought a couple of Fire Hydrant Nozzle Caps(FHNC) at a local Antique shop.



Comparison of Nozzle Cover: Gripping Lip (left) and Gripping Base (right)

These caps provide 3 different gripping 'handles' to train. The top is a pentagon. One fits a thumb and 3 fingers while the other fits a thumb and 2 fingers. Oddly, the smaller pentagon is on the heavier cap. The second 'handle' is a lip just below the base of the pentagon. The lip can only be picked up by the finger tips. The 3rd handle is the base below the lip. This is the widest part of the cap. One measures 4 3/4" and the other is 4 1/4". One flares out much like a hub. The other is straight and has finger holds. With hand over the pentagon, there's more distance between the palm and the fingers, requiring more fingertip strength to pick up the cap. The insides are threaded so that I can attach a pipe and add weight. The whopping cost for these caps were 10.00\$. Some rattle can rust converter to keep the tetanus down to a minimum and I'm off to the races. I'm curious to see how training with these turns out. You certainly can't beat the price. Remember, there's nothing like fire hydrant parts to add fire to your training.

[Club Championships](#)

 May 18, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET ANNOUNCEMENT 2013 USAWA CLUB CHAMPIONSHIPS**



Dave and Gunner Glasgow

The Club Championships has been rescheduled! After the cancellation last March in Ambridge due to bad weather, the Club Championships was looking “not to happen” this year. However, I consider this meet as one of our “signature events” in the USAWA since it is a Championship Event, and these are the meets that really need to be contested every year. The Club Championships began in 2010 with the Ambridge Barbell Club hosting it since then. Dave Glasgow, the leader of the Ledaig Heavy Athletics, has agreed to promote it this summer so that this important competition will continue on an annual basis.

The Club Championships is much different than other competitions. It is NOT an individual competition, but rather, a club competition. The scores of three members of a club are “added together” to form a club score. This way clubs are pitted against each other, with each member making their own contribution to their club. Awards will be given out on a “club basis” – there will be no individual recognition at this event.

The rules for the Club Championships are pretty straightforward:

1. Each Club brings up to three lifters to compete. Clubs may enter with less than three members, but will be at a disadvantage when scores are added together.

2. Club members MUST be registered with their club of participation (as documented on the membership roster).
3. Adjusted Point scores are added together to form a club score.
4. Club with the highest Club Score is awarded the Club Champion.

The Ledaig HA's has been a big club player in the USAWA over the past few years. Now since Dave has his new training facility built I expect even more involvement with promotions. I consider Ledaig as one of the TOP CLUBS in the USAWA. At the 2012 IAWA World Championships last fall in Salina, their club won the team title at the Championships (combined pt scores of all members participating). That's a big club win – winning Worlds!!!! In 2011 Ledaig won the team title at the USAWA Nationals in Kirksville. Also, last year at Nationals in Las Vegas they were awarded the Runner Up Club of the Year in the USAWA!

I'm really excited about this year's Club Championships. I truly believe the success of the USAWA lies with club involvement. Meets like this one foster that involvement. Year's ago it was important to lifters to be "part of a club" when going to competitions. Club spirit was high – and lifters often competed in their club shirts showing their support to their club. I want to bring that feeling back, and this meet is a great way to do that. It should be an honor for a club member to get selected to represent their club at the Club Championships. Let's make this a great meet!

#### **MEET DETAILS:**

2013 USAWA Club Championships

Sunday, July 14th, 2013

Ledaig Heavy Athletics Training Facility

Rainbow Bend, KS

Sanction – USAWA

Entry Fee – None

Weighins: 9:00 AM

Start time: 10:00 AM

LIFTS:

Bench Press – Fulton Bar

Zercher Lift

Peoples Deadlift

There will be a record breaker session after the competition if anyone is interested. Award certificates will be awarded to the winning clubs. There is no entry form, but please contact Dave prior to the event if you are entering a team at [dglasgow@cox.net](mailto:dglasgow@cox.net) . The directions to the meet are:

GPS Coordinates are: Decimal coordinates (latitude, longitude):  
37.16499343231285,-97.13128566741943

### [World Championships](#)

 May 21, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET ANNOUNCEMENT**

### **2013 IAWA World Championships**



Mark and I enjoying some "beach time" on Scarborough Beach near Perth, Western Australia, while there for the 2011 IAWA World Championships.

The entry form and meet details have been released for the 2013 IAWA World Championships. Mark Haydock, of Preston, England, will be this year's meet director and host. Mark runs an all round club, the Houghton Barbell Club. Mark has been very involved in IAWA and has attended many World Championships. He was the Overall Best Lifter in the 2009 Championship in Lebanon, PA.

All it takes for a USAWA member to enter the IAWA World Championships is to be a USAWA current member. There are NO pre-meet qualifications to enter. Just fill out the entry form completely and send it to Mark, then book your flight to England. That's it! The entry deadline is August 31st.

The meet is a two day meet (Saturday October 5th & Sunday October 6th). In the Info Sheet Mark has given several suggestions for places to stay. The lifts for the World Championships are:

DAY ONE

**Clean and Press**

**Continental Snatch**

**Pullover – Straight Arm**

**Vertical Bar Deadlift – 1 Arm, 2", One Hand**

DAY TWO

**Squat**

**Clean and Jerk – Dumbbell, One Arm**

**Deadlift – Trap Bar**

ENTRY FORM (PDF) – [2013 IAWA World Championships Entry](#)

INFO SHEET (PDF) - [2013 IAWA World Championships Info](#)

[Club of the Year: LEDAIG HA](#)

 May 24, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Ledaig HA won the team title for the Overall best team at the 2012 IAWA World Championships. Pictured (left to right): Jera Kressly, Dave Glasgow, Doug Kressly

Congratulations to LEDAIG HEAVY ATHLETICS for being the named the USAWA Club of the Year for 2012!!!!

Ledaig has been very active in the USAWA these past few years. Their “rise to prominence” in the USAWA started in 2010. The club’s founder and leader, Dave Glasgow, has been a solid force in the organization. Ledaig HA is located in Rainbow Bend, Kansas – outside of Winfield, or if you are less knowledgeable about Kansas, south of Wichita a ways. Dave refers to Rainbow Bend as “a community” instead of a town. I’ve been there and you better not blink when you drive thru it or you will miss it! It’s even smaller than the town of Holland where the Dino Gym resides!

Unlike the other USAWA awards where the winners are selected by nomination and vote of the membership, the Club of the Year is earned. It is based on a point system where each club earns points for various involvements in the USAWA throughout the year. I think this system is very fair – and it makes it easy for me to calculate all clubs point totals. This is the guidelines for which a club earns points:

***Club Awards are determined by adding up club points using this 4-Step System:***

- 1. One point awarded*** to the club for EACH USAWA registered member that lists the club as their affiliated club on their membership application. This designation is also listed beside the members name on the membership roster.
- 2. Two points awarded*** to the club for EACH club member that participates in the National Championships, World Championships, and Gold Cup. Points are awarded for each competition, so if one club athlete competes in all three of these big meets it would generate 6 points for the club.
- 3. Three points awarded*** to the club for EACH USAWA sanctioned event or competition the club promotes.
- 4. Four bonus points awarded*** to the club for promotion of the National Championships, World Championships, and Gold Cup.

As you can see – having lots of club members who are heavily involved in our “big meets” really help with the yearly score. Ledaig had 9 club members for the year 2012: Dave Glasgow, Kenny Glasgow, Amber Glasgow, Tim Harbison, Doug Kressly, Jera Kressly, Mike Murdock, Kristen Traub, and Larry Traub. The Ledaig HA won the team title at the 2012 IAWA World Championships, and was runner up at the 2012 USAWA National Championships. At both of these big meets, the Ledaig Club had members place very high overall in addition to winning Age/BWT championships. At Nationals, Larry was 2nd overall and Dave 4th, and at Worlds Dave was 3rd overall, Doug 9th overall, and Jera was third overall in the women’s division. That’s quite a list of accomplishments!!!

[Memorial Day](#)

 May 27, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



There was the platform that Frank Ciavattone set up for the Heavy Lift Championships this year. Frank is proud to show his patriotism to the United States!

Today is an important day being Memorial Day. It seems most Americans appear to have forgotten the meaning of this important day, and only think of it as a “day off” from work and a good day to go to the lake to have fun. Memorial Day was originally called Decoration Day – and got that name as it was the day to decorate graves. Most all Americans have been touched in some way by losing a family member (possible even in prior generations) or friend in the armed forces. Take this day to remember those who have died in our nations service. Whether you go to the cemeteries, or you just take a few moments of your day to reflect.

My friend Dave Glasgow would be proud of me for this, as he has often called into question the proper etiquette for the hanging of the Flag of the United States at meets. The flag should be lowered to half-staff position till noon to honor those who have died, then raised to full-staff at noon for the remainder of the day.

The year 2012 had a record number of 16 registered member clubs in the USAWA! I’m only going to give the TOP FIVE placings, and just making this top 5 listing is a great accomplishment for any club!

#### **TOP SCORING USAWA CLUBS FOR 2012**

- 1st. Ledaig Heavy Athletics – 25 points
- 2nd. Salvation Army Gym – 20 points

- 3rd. Ambridge Barbell Club – 19 points
- 4th (tie). Clarks Gym – 13 points
- 4th (tie). Jobs Steel Jungle – 13 points
- 5th . Habeckers Gym – 12 points

The Salvation Army Gym had an outstanding year in the USAWA. The clubs leader Tim Piper was very involved in the USAWA throughout the year. Tim competed in the Nationals in Vegas (6th Overall) and at the Worlds in Salina (7th Overall). I was very impressed with them earning the RUNNER UP Club of the Year in the USAWA. These two club awards (to the Ledaig Heavy Athletics and the Salvation Army Gym) will be presented at the Awards Ceremony in conjunction with the National Championships next month. Last year's winner of the Club of the Year, the Dino Gym, will have the HONOR of presenting these two clubs their Club Awards.

### [Frank's Backyard](#)

 May 28, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Part of Frank's backyard involves the storage of his heavy-duty dirt and snow moving equipment.

When I was at Frank Ciavattone's place for the Heavy Lift Championships, I was extremely impressed with his gym and his setup for the competition. The meet was held outside in Frank's backyard, just outside of Frank's Barbell Club gym. Frank's gym is located in the basement of his house and contains decades worth of history and collectibles. I love home gyms – and Frank's is one of the nicest I have ever seen. Another thing about home gyms is EVERYTHING is used for training. Even pieces of equipment that probably should be in a trophy case because of the collectible value. I noticed several Berg Hantel plates that Frank was actively using!



Frank's "1-TON" train wheels, and his green smaller railway wheels.

But back to the topic of the day – Frank’s backyard! It is an All Rounders paradise playground – with numerous “challenge items” positioned throughout the yard. My wife Leslie commented to me right away by saying, “THIS looks like our backyard!” Yep honey, there are actually a few other passionate iron-heads who don’t mind having their yard cluttered with human torture devices. I was most impressed with Frank’s GIANT set of train wheels that he uses for hip and harness lifting. Their weight is clearly painted on the side – 1 TON – in white lettering. They even sit on a section of iron train tracks! I also have a set of train wheels on a heavy bar, but mine are slightly smaller and weigh in at 1400 lbs. – so Frank has me topped when it comes to train wheels. He told me that he has often used these train wheels for strength exhibitions that he has performed thru the years for many causes, mostly charities.



Frank's setup for doing Hand and Thigh Lifts, which permanently resides in his backyard.

Frank also has a pair of smaller train wheels on a heavy bar that he uses for Hand and Thigh lifting. I asked him what they weighed, and he said somewhere between 600 and 700 pounds. I took that as he has never actually weighed them, but just knows from the “feel of the weight”. Frank said he has lifted those wheels hundreds of times in the Hand and Thigh lift, and mostly use them for rep work. I say that is part of the reason for Frank’s “picture perfect” hand and thigh form.



James Fuller bent pressing the red railway wheels after the 2013 Heavy Lift Championships. The green wheels are in the picture to the right.

Another classic challenge lift of his is his challenge red and green railway wheels. They both are fastened tightly (so no rotation) to a 2" diameter solid shaft that is roughly the length of a barbell. The total weight of the green wheels is 190 pounds, and 145 pounds on the red wheels. . I first became aware of this challenge implement several years ago when I seen a picture of Steve Angell performing a one arm jerk (two hands to shoulder) with the green wheels following the 2000 IAWA World Championships, which were hosted by Frank. After the Heavies, James Fuller really enjoyed using these old railway wheels to Bent Press. I enjoyed seeing such an old time all round lift like the Bent Press being performed with this awkward lifting implement. It was reminiscent of an Old Time Strongman circus act.

The “ambiance” of Frank’s back yard was complemented with the presence of his heavy work equipment, used to move dirt and snow. The size and power of Frank’s “work machines” just leave you in awe. But those can be the topic of another day’s story! After the meet, Frank “fired up” his fire pit and we sat around it telling stories into the night. Great times are had in Frank’s backyard.

### [JWC Redesigned Logo](#)

 May 31, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



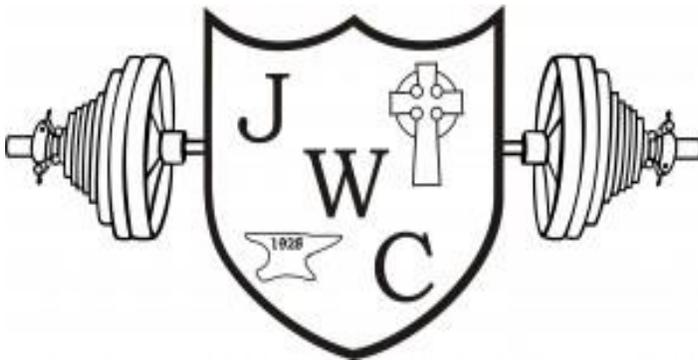
The New JWC logo.

The Jackson Weightlifting Club is one of the oldest Clubs in the USAWA...and that’s saying a lot because there are some old clubs! To me, what sets the JWC apart is it very much is a family club. Sure, there are lots of non family members, but the core has been my family and for over 85 years there has been a member of my family at the lead. While I hope that continues, I just hope it’s around another 85 years regardless of who is running it! I am pretty proud to keep the tradition going of lifting for not only strength of body, but strength of mind, spirit, and character. That’s why on the logo below that adorns the front of the shirt it says “Strength, Faith, Honor, and Wisdom”. I would say that lifting is more about life than winning awards for the JWC.....but awards are nice, too!

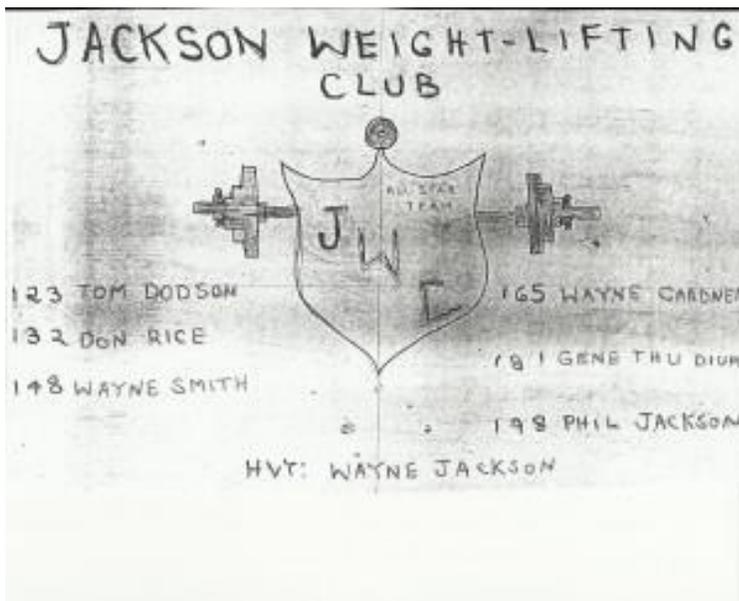


Logo that's on the front of the new JWC shirts

The anvil that is on the both sides is a silhouette of the Original "Grandpa Jackson" Anvil that sits in my gym. Many will remember the story I've probably told too many times of my Great Grandfather lifting that anvil to impress his kids, then my grandfather turning to weight training to achieve that same feat....then that turning into a tradition of lifting in our family. And yes, 1928 was the year my grandfather started lifting with his future brother in law and his friends that led to the formation of the the JWC. While the name "Jackson Weightlifting Club" wasn't coined until 1957, I consider 1928 as the date the idea was born....which was more important than the name. That idea was a man could use weights to make himself better in all ways....not just physical strength.



The "old" logo in use since the 90's.



The Logo drawn by my Uncle Phil in the late 50's that inspired all the future logos.

Here are the old logos just to let you compare. I have tried to stay true to the original as I want to always honor those that came before me and paved the way. I know I've shared the symbolism of it before, but since I've made an update, I wanted to share again. I plan on having the shirts available at my Highland Games in October and the Old Time Strongman Championships this fall (looking at a December date). So if you like them, come and compete and get one as a meet shirt! I know a shirt won't make my lift more (well....unless it was a bench shirt...but who likes those!)...but when I wear this shirt, I feel extra inspired to not let the tradition down!

### [Heavy Lifting Objects](#)

 June 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Frank's "1 TON" Train wheels, that he uses for hip and harness lifting.

The other day I covered a story about Frank's big "1-TON" train wheels in his backyard, and how he uses them in his training for heavy hip and harness lifting. These big train wheels are more than just "yard art" to Frank – they are an important apparatus used in his all round training. Several other all rounders have similar things they use for training the heavy chain lifts. I have been in many all round club gyms and have seen other heavy things used. It goes to show that there are things to train on besides bars and plates.



Al Springs uses these "giant tires" to train the hip and harness lifts.

Al Springs has his "giant tires" that he uses for Hip and Harness lifting. Very impressive setup!



This is All-Round lifing legend Steve Schmidt's setup for training the Heavy Lifts, complete with his walker.

Steve Schmidt has his "big frame" that he uses. He did many of his 3000 pound plus Harness Lifts using this setup.



The Dino Gym's Train Wheels, which reside by the front door of the gym.

At the Dino Gym, I have a couple of Train Wheels on a Heavy Lift bar that I use to train the hip and harness lifts. Altogether, they weigh in at 1425 pounds including the bar. I have done a set of 20 reps in the Harness Lift with these, and sets of 5-10 for hip lifting. As of yet, I have not done a Hand and Thigh with them. I'm gonna make that a goal of mine this summer – 1 rep in the Hand and Thigh with these train wheels!!! That's a perfect summer challenge for me!!

### [Dino Days Record Day](#)

 June 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

### **MEET ANNOUNCEMENT – DINO DAYS RECORD DAY**

**Meet Director:** Al Myers and the Dino Gym

**Meet Date:** Sunday, August 18th, 2013 10:00 AM-4:00PM

**Location:** Dino Gym, Abilene, Kansas

**Sanction:** USAWA

**Entry Form:** None – just show up

**Entry Fee:** None

**Lifts:** Record Day – Pick any lifts you can set a USAWA record in!

Maximum of 5 lifts for record is set.

Contact me at [amyers@usawa.com](mailto:amyers@usawa.com) if you have any questions

## [The Makings of an Olympic Champion](#)

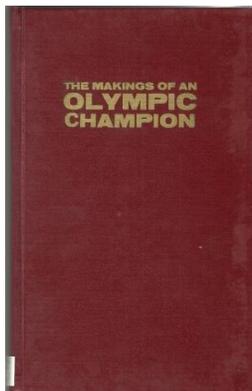
 June 4, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



A picture of Dr. Wright (left) and Olympic coach Bob Hoffman (right) that was included in his book.

NOW that's a book title that will grab your attention!! I have a huge bookshelf in my office, full of all kinds of books. Some I've read several times, and some I have never even opened a page of. I love these early summer nights in Kansas this time of the year. The temperature stays in the low 70s, and the bugs aren't in quantities that they are trying to devour you yet. There's nothing better than to grab a good book and relax in a comfortable chair on the deck for the evening. I usually have the BIG GREEN EGG smoking some delicious piece of redmeat in the background as I just sit back, smell the mouth watering aroma, and relax! Now that's the good life – especially if you had got a good workout in beforehand.



The book, "The Makings of an Olympic Champion", by Russell Wright D.O.

Well, this book on my bookshelf caught my attention the other night. I had never read it before, but for some reason, it looked right for the reading. What caught my attention was that the book, "The Makings of an Olympic Champion", was written by Russell Wright, DO. His name "rang a bell" inside my ole noggin. I must have received this book at some point from Thom, because I had remembered Thom writing a website story about Dr. Wright some time back. I had to do some website research (YES THAT CAN BE DONE WITH THE SEARCH FUNCTION AT THE TOP RIGHT CORNER!), and sure enough, Thom had written a lengthy blog covering the life of Dr. Russell Wright. I would recommend you reread Thom's story: <http://www.usawa.com/dr-russell-wright/> I won't go into detail on Dr. Wright's life history, as Thom covered that quite well in his story.

Dr. Wright was a Doctor of Osteopathic Medicine. He is regarded as one of the early sports-specific doctors. He also had a special interest in weightlifting. In his book, he talks in detail about his involvement with such notable weightlifters such as Tommy Kono, Norbert Schemansky, Bob Bednarski, Bob Hoffman, and others. "The Making of an Olympic Champion" was published in 1976. My copy is even signed by Dr. Wright on the front page! Lots of the information in the book is "dated", and several of the ideas that he discussed have since been disproved by science. But none the less, it contains a wealth of insight into the mind of a brilliant medical professional who's main goal was to improve athletic ability through the use of Osteopathic Medicine. I especially liked his chapter centered around the importance of stretching and flexibility as it applied to a trained weightlifter. He was also very much against the use of anabolic steroids in strength sports, which I applaud. He spent much time demeaning their use, and summed up his feelings with this paragraph that gets right to the point, which I think is worthy to repeat here in closing.

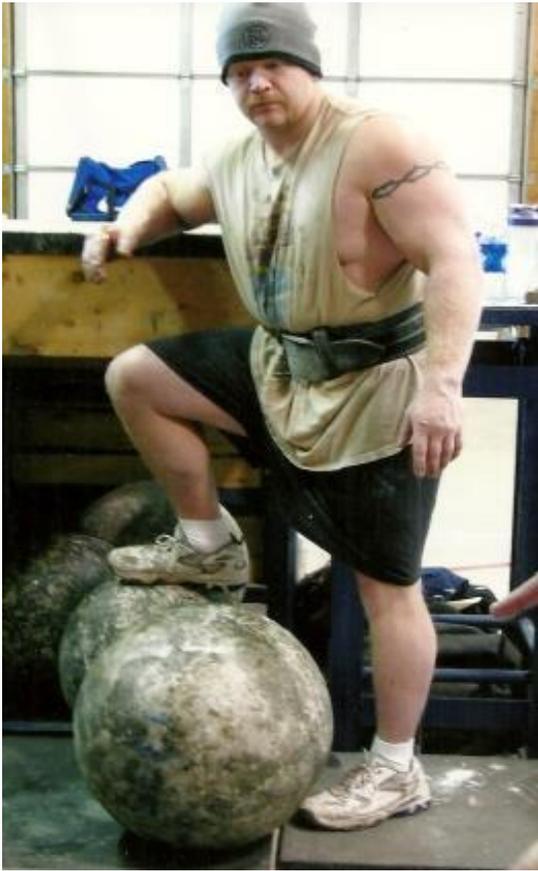
*You get an athlete who destroys himself with anabolic steroids. He may become a great champion with the use of the drugs, and then he wears a peanut shell and a rubber band for a jockstrap the rest of his life because his testicles are atrophied. I don't consider it worth it. You're an athlete only a few years, but you've got to be a man a long time. – from Dr. Wright's book "The Makings of an Olympic Champion"*

[Moving Past the Hype of Science](#)



June 6, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Eric Todd



This is a picture of Eric "ET" Todd training strongman events at the Dino Gym a few years back. Eric is one of "very few" men that have loaded the Dino Gym's 405# stone to a 48" platform. (photo courtesy of webmaster).

It has been quite obvious that a number of you on here are very interested in the science behind weight training. I tried to go down that road once. I had been competing a few years, won some meets, won a strongman nationals and placed well in others, and had won my pro card in strongman. I heard other guys who would talk about the science behind what we were doing. I began to think that if I was more knowledgeable in this arena, it may lend itself to further success. So I delved in. I ordered some books on programming, read some online articles about the science between diet and nutrition, and so on and so forth. It was about 10 minutes into this venture that I realized I may better enjoy myself (and understand what I am doing) if I were to go watch the grass grow or possibly find a recently painted wall somewhere that I could enjoy watching dry. I guess it is for some, but not for everybody. As luck would have it, I have surrounded myself with some very knowledgeable people in that area that I can go to if I have a question. I just bring a translator along to decipher what they are saying.

No, what fascinates me the most about strength training/competition is the psychology involved. I love the concept of man against immovable object. I love facing the worthy adversary and conquering it with a successful lift, or coming back to defeat the iron a different day. Falling down,

but coming back again, and again, and again. Even if George Kennedy is standing over you telling you “Stay down. You’re beat.”

My way at looking at weightlifting, strongman (or any physical conquest for that matter) is a rather primordial one. When attacking a top end or PR type weight, I am often able to go inside my head, and establish a fight or flight frame of mind, if only for a moment or two. Shoot, there have been times when I came back out of my head to attack the iron, I found I had tears in my eyes and a rage in my heart. That heap of scrap didn’t stand a chance! When I set myself up for a heavy lift I sell my soul to the devil. Did the same thing when stepping on a wrestling mat, a football field, or preparing to run a 400m dash. I throw everything I have into it, and when it is said and done, I will have won or I would have lost, but there would be no doubt either way. No excuses. Now for the disclaimer. This methodology has often left me with injury, and has left me a crippled, hobbled old man at 38. But I wouldn’t do it any other way.

I will have to say, that seeing a big lift gets me going. But what really jacks me up, almost to the point of swinging at the fences my adrenaline is running so, has nothing to do with the amount of weight moved. It is when you see somebody who sells themselves out on a lift. One of those deadlifts that takes 15 second to complete. Or the yoke walk that was so slow and arduous that the individual never had a chance of a decent placing, but they never set it down, never gave up on it, all the way to the end. That kind of effort is a real inspiration. Where it is cool to see someone make a lift look easy, what really shows the do or die attitude I am talking about is when the lift is not easy, as a matter of fact, there are a few times when there is grave doubt about the lifter completing it. But they dig in, they grind it out. They exhaust themselves physically. And most importantly, they exhaust themselves mentally.

Now, this article was not written in an effort to make me seem like a bad ass. It is just an effort to explain the mentality that has been engrained in me through where I came from. Everything you got, you earned, and there was no place for excuses. If you were not tough, you were going to get tough. Nor is it in an effort to slam those who enjoy the science behind it. I know it has its place, and I seek help from those smarter than me all the time. My point is that science does not have an answer for everything. And sometimes when George Kennedy is standing above you, you have to get up one more time, and reply “You’re gonna have to kill me.”

### [Deanna Springs Meet](#)



June 7, 2013 | Authored by [Joe Garcia](#) | [Edit](#)

by Joe Garcia

### **DEANNA SPRINGS MEMORIAL MEET**

On October 5, 1995 Deanna Springs was killed in a car accident. Her husband Al, a long time member of the USAWA, and also her coach, created the Deanna Springs Memorial Meet in her honor. The first event was held March 30, 1996 in Al’s garage in St. Joseph MO. There were 5

contestants who showed up, Amorkor Allennunking, Dennis Mitchell, Al Springs, Bill Clark and myself. For the first two years the lifts were the Crucifix, Cheat Curl, Jefferson Lift, Zercher Lift, and the Hand and Thigh. In 1998 a new lift was created, called the Deanna lift, which is a combination of the Hand and Thigh and the Zercher. That lift replaced the Zercher and the Hip Lift replaced the Jefferson Lift, with the 5 lifts remaining the same for the event over the years. This year three of those original participants, Al, Bill and myself were on hand though Bill was limited to the role of head Judge. Rounding out the cast were Dean Ross and Lance Foster. Mike Murdock was at the gym but elected not to lift in the competition.

Meet Results:

Deanna Springs Meet  
 Clark's Gym  
 Columbia, MO  
 March 23rd, 2013

Meet Director: Bill Clark

Officials (3 official system used): Bill Clark, Joe Garcia, Mike Murdock

Lifts: Crucifix, Curl – Cheat, Deanna Lift, Hand and Thigh Lift, Hip Lift

Lifter	Age	Bwt	Cruc	Cheat	Dean	H&T	Hip	Total	Points
Joe Garcia	59	205	60	135	485	1200	1600	3480	3682.39
Dean Ross	70	262	40	95	355	500	755	1745	1772.06
Lance Foster	47	314	40	145	430	700	1050	2365	1815.00
Al Springs	70	195	40	65	325	425	525	1380	1639.12

Extra Lifts for Record:

Dave Beversdorf – HVT - Age 46 – Left Hand Bench Press – 150lbs

All weights are listed in pounds. Points are adjusted points for age and bodyweight.

[Joe the Turk OTSM](#)

 June 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET ANNOUNCEMENT**

### **“Joe the Turk” Old Time Strongman Meet**

Tim Piper has rescheduled his Old Time Strongman meet that was cancelled due to the unfortunate flooding that took out their gym last month. I’m glad to see that Tim has been able to get the gym back to order, and hasn’t forgot about the USAWA meet he was planning on having! I highly encourage everyone to try to make it to this meet of his and show great USAWA support!

The following was written by Tim in the “first” meet announcement. I want to reprint it again here as it gives a little understanding why the name “Joe the Turk” was given to this competition.

*“Joe the Turk” was the first “strongman” in Macomb Illinois. He came to town as a part of the Salvation Army, ran the crooked mayor and his henchmen out of town, and some accounts claim he actually took over the ousted mayors duties for a short period of time. “Joe the Turk” holds a unique and special place in the history of the Macomb Salvation Army, and what better way to honor his memory but to host an OTSM in his memory. The awards for this event will be unique collectors items bearing his likeness. The meet will be held at the very same Salvation Army building that the Joe once called home. Weather permitting the meet will take place outside. My daughter and I had a great time last year at the OTSM championships and thought it would be fun to host an OTSM in Macomb. We will likely get a decent crowd of lifters from our gym but hope that more will make the trek to Macomb for some heavy lifting.*

#### **MEET DETAILS:**

Date: July 27th, 2013

Location: 505 N. Randolph Street Macomb, IL 61455

Divisions: Juniors, Women, Masters, and Open

Rules: USAWA rules and scoring apply to all lifts. Drug testing rules apply.

Lifts: Apollon’s Lift

Anderson Squat

Dumbbell to Shoulder

Peoples Deadlift

Weigh-in: 10:00 – 11:00 a.m. of meet day

Lifting: 11:00 a.m.

Entry Fee: \$20, all profits benefit the Salvation Army lifting program

Awards: For all weight and age classes

ENTRY FORM (PDF): [Joe the Turk OTSM 2013](#)

### [Team Championships](#)

 June 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## MEET ANNOUNCEMENT

### 2013 USAWA TEAM CHAMPIONSHIPS



I'm a little reluctant to share this picture, as I don't want to discourage participation in the Team Championships. But Team lifting can be a different challenge - and when things go bad - there can be a disaster! It's pretty easy to tell how this lift ended for Chad and I as we were preparing for the Team Champs a few years back!!! Not good and it was all Chad's fault.

Every year the Dino Gym has an annual weekend celebration which we call the DINO DAYS. It usually includes competitions of different kinds, and lots of good food and socializing! This year will be no exception to that. It is a gym affair, but the invite goes out to anyone else who wants to show up and be part of the fun. Also, as has been the case the past few years, the USAWA Team Championships will be held at the Dino Gym that same weekend.

The Team Championships are different than any other type of meet that you can enter. It involves having a teammate that joins you in lifting – with BOTH of you lifting on the bar at the SAME TIME! Team Lifting has three categories for Team Lifts: 2-Man (male & male), 2-Female (female & female), and Mixed Pair (female and male). The weight class the team is entered in is the weight class of the heaviest lifter, and the age group the team is entered in is the age class of the youngest lifter. An exception is if a Junior lifter is teamed with a Senior (20-39 age) or Master Lifter (greater than age 40). In that case, the age class designation will be designated as open.

This is a fun event to compete in. As I've said before – if you have a bad day you can always blame it on your partner! And if you have a great day – you can take all the credit! This is one of the “signature events” in the USAWA since it is one of our Championship Events, and the winners will be declared the USAWA Team Champions for the year.

ENTRY FORM – [TeamChampionships2013](#)

[Denny in the NEWS!](#)

 June 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## Lifter continues to hoist trophies

At the age of 19 and weighing 167 pounds, Dennis Habecker entered his first weightlifting competition that would take the Lebanon resident all over the world to not only compete but eventually earn induction into the United States Allround Weightlifting Association Hall of Fame in 1998.

“I started lifting after ninth grade and kept going through high school,” the now 70-year old said. “I went to York Barbell twice a month to watch and work out but never had formal training and learned by watching the guys in York and reading magazines. Over the years I’ve worked out at so many different places locally. Most of the top lifters were helpful and would give me tips.”

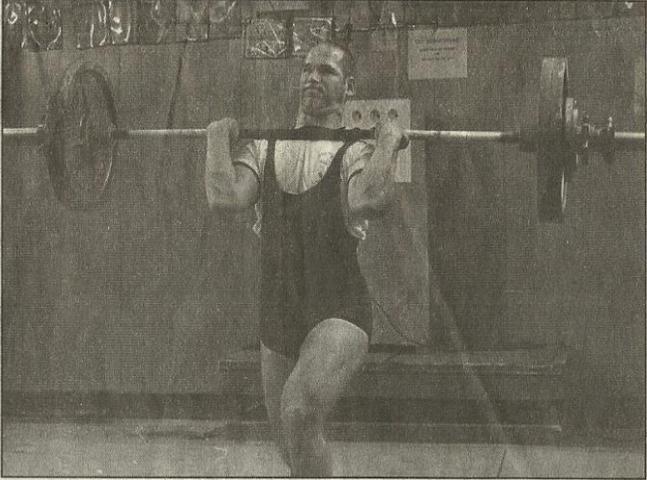
Unlike many sports, there is no financial reward for all the hard work it takes to be successful in the weightlifting world, he said.

“There are no financial gains in winning a competition because you just get trophies unless you go to the Olympics, then you get something for setting a national or world record. Any expenses are my responsibility but I’m allowed to get sponsors, and I did that one time in the early 90s.”

Habecker has competed in more than 330 competitions in England, Scotland, Australia, New Zealand, Puerto Rico, Hawaii and all over the United States.

“To me the most impressive win was being named best overall lifter at the 1999 United States Allround Weightlifting Association National Championships,” he stated. “That’s based on how much you lift, get a co-efficient for body weight (176 pounds) plus add an age percentage to get your total. That’s the only overall lifter win I’ve had in nationals.”

Since 1986 Habecker has been in every Keystone State Games, winning 19 gold medals. His other successes include 23 National Masters Weightlifting Championships (1 gold-5 silver medals), two American Master Championships (1 gold-1 silver medal), five Pan American Masters (1 gold-3 silver medals), 11 Eastern Masters Championships (5 gold-6 silver medals, Best Lifter), 23 USAWA Championships and 20 International Allround Weightlifting Association World Championships.



Weighing in at 179 pounds, Dennis Habecker, does a 260-pound clean lift at the Feb. 9, 1974, Greater Philadelphia Championships.

Denny Habecker makes the paper!

Denny Habecker makes the paper! Recently, our USAWA Denny Habecker was featured in the local Lebanon newspaper. Most don't realize that Denny is more than just an all round lifter – he has also been very active in Olympic Weightlifting throughout his life. He has been actively competing

for over 50 years! From this article, it states that Denny has competed in more than 330 competitions. He has competed in England, Scotland, Australia, New Zealand, Puerto Rico, Hawaii, in addition to all over the United States. He has been named to “the Top 60 Lebanon County Sports Individuals”. He is the only lifter to have earned this honor.

### [Lifter of the Month: Dennis Mitchell](#)

 June 13, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Dennis Mitchell (left) receiving his Championship Award from meet director Frank Ciavattone at the 2013 USAWA Heavy Lift Championships.

The lifter of the Month for the month of May goes to Dennis Mitchell – and for good reason. At the Heavy Lift Championships last month Dennis has accomplished something VERY FEW lifters EVER achieve. He eclipsed a milestone of competing for 70 years. That’s right – 70 years of active competition! In my book, that’s an amazing accomplishment and worthy of special recognition.

I first met Dennis at Nationals 10 years ago or so. Since then I have got to know him very well, as he is always representing the USAWA at national and international events. He has been one of the most loyal supporters of the USAWA since the organization began.

Congratulations Dennis on winning this months Lifter of the Month!!!

[2013 Meeting Agenda](#)

by Al Myers

The 2013 USAWA National Championships is almost upon us, and with that comes the Annual National Meeting of the USAWA. The USAWA is governed throughout the year by the elected 5-person Executive Board, but membership votes at the annual meeting decide the “big issues”. The agenda for the meeting is set and has been approved by the Exec Board. The meeting agenda seems pretty benign this year, with no major problems or issues to solve! Hopefully, this will keep the meeting shorter than it has been the past couple of years! The big agenda item is the election of officers and the two “at large” Executive Board members. Election in the USAWA happens every two years, on “odd-number years”, with the membership in attendance casting the votes. No absentee or proxy votes are allowed. If you are displeased with the current administration, this is the time to show up at the meeting to let your “voice be known” by either running for office yourself or supporting another candidate. The USAWA is ran by the membership and the Officers and the Executive Board answer to the concerns of the membership in terms of being elected officials. There are no term limits in the USAWA. This was fully supported by former USAWA Secretary Bill Clark, and I used to hear him say several times in the past, “if you don’t like who’s in office – then vote em out!”

The Annual Meeting will be held late Saturday afternoon following the conclusion of the day’s lifting. Approximate time of the meeting will be around 5-6 PM. The meeting will be held at the Habecker’s house. The USAWA Awards ceremony will not be held in conjunction with the meeting this year, like it has been in the past. It will be held on Sunday following the meets award ceremony. I felt that having the Awards Ceremony for the annual USAWA awards to be “too much” to be held after the meeting, when everyone was exhausted from the long meeting and ready to relax and eat supper. Now when the meeting is over we can get right to Judy’s good fixings!

### **Business Agenda for the 2013 USAWA Annual National Meeting**

1. Meeting called to order by USAWA President Denny Habecker
2. Reading of previous meetings minutes by USAWA Secretary Al Myers
3. Report of financial status by USAWA Treasurer Al Myers
4. Report from the Officials Director Joe Garcia
5. Report from the Website Director Al Myers
6. Report from the Records Director Joe Garcia
7. Report from the Awards Director Al Myers

8. Report from the Drug Enforcement Director Chad Ullom
9. Report from the Postal Meet Director John Wilmot
10. Discussion and vote on the new proposed lift
  - Hackenschmidt Floor Press
  - Call for new IAWA lift proposals
11. Discussion and vote on Rulebook Changes
12. Discussion of other new business brought forth by the membership
13. Accept bids for 2014 National Championships
14. Election of New Officers and Executive Board Members
15. Meeting adjourned

## [Thom Van Vleck: NEW Level 2 Official](#)

 June 20, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Thom Van Vleck (right) is joined by fellow USAWA officials LaVerne Myers (left) and Denny Habecker (middle) at the USAWA Heavy Lift Championships in York in 2011. As you can see, these three took their judging duties very serious as they are getting "down and dirty" to get a good view of the lifting!

Thom Van Vleck has just been promoted to the highest level of officiating status in the USAWA. He is now a Level 2 Official, and joins a very short list of the most qualified officials within the USAWA. Since the development of the USAWA Officials Program in 2009, officials must NOW be certified to judge any USAWA competition/event. I would like to review a bit of this as it pertains to USAWA Rulebook:

## **VII. Officials**

10. *There will be two levels of classification for Certified USAWA officials.*

- Level 1 Test Qualified – *The official has passed the USAWA Rules Test and completed the practical training sessions.*
- Level 1 Experience Qualified – *The official has the experience of officiating in 25 or more competitions or events.*
- Level 2 – *The official has passed the USAWA Rules Test and has completed the practical training sessions, and has the experience of officiating in 25 or more competitions or events.*

Thom has been officiating in the USAWA for close to 10 years and has officiated at some "BIG" meets. He has officiated numerous championships events, including the 2006, 2009, and 2011 National Championships. He also officiated at the 2012 IAWA World Championships. He earned the Level 2 classification for officiating in over 25 events (as well as passing the USAWA Rules Test). He is now awarded a LIFETIME OFFICIALS CARD in the USAWA and will have the ability to approve new officials that undergo the Practical Training Sessions. Congrats Thom!!!

[Nationals Venue Site](#)



June 24, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

This is just a reminder that the National Championships this coming weekend will be at the home of Denny and Judy Habecker (address is located on the Entry Info Sheet). Denny has announced this some time back on the USAWA Discussion Forum, but it may have been missed by some. Denny has a large backyard, and plans to have a tent and platform set up for the competition. So come prepared to be outside! When Denny hosted the 2010 Nationals he had it outside as well. I really enjoyed it – the "environment" of the meet seemed more relaxed than being inside. Weigh-ins will be 7:30-8:30 Saturday morning, with the lifting starting at 9:30. There will be enough lifters to have two sessions. The first session will be in the morning, and the second session will be in the afternoon.

Also – the Annual National Meeting will be held Saturday afternoon immediately following the day’s lifting. It is not mandatory to attend this meeting – but if you want to be part of the organizations “politics” this is your chance!

Now this comes from Judy (the real mastermind behind this weekend’s festivities - I know the truth Denny!!!):

*From Judy-*

*Just want all the lifters and their supporters to know that food will be available at our home on Friday evening, after weigh-in Saturday and Sunday, breakfast will be available until half-hour (9:30) before meet start, and Saturday evening a meal will be served. Sunday afternoon- evening a banquet style meal will be served. So Please come to our home to all of the above or whenever you wish. Please, if you can ,let me know when you’ll be attending, so I can be sure to prepare enough food. Also, please let me know of any allergies so I can serve food safely, Thanks See you June 28,29,30, Hope all have a safe trip, There is a Holiday Inn Express about 5 minutes from our home, Phone Number is 717-273-9800–2205 East Cumberland Street and a Day’s Inn with phone number– 717-273-6771 at 625 Quentin Road which is about 5 miles from our home.*

### [Gettin’ Flipped Off!](#)

 July 7, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Tedd Van Vleck, part of the Jackson Weightlifting Club, works on flipping an 800lb tire

If you are a true All-Rounder you probably are always looking for new ways to train. I would guess everyone that follows training at all has at least seen the “Tire Flip”. It has really gained in popularity the past couple decades and is really is a “new lift” in the grand scheme of progressive

resistance training. I can say from my personal experience it is a great “head to toe” exercise and you engage every muscle at some point. It also build cardio as I know a few flips with an 800lb tire will leave me gasping for air.

Another USAWA member, Eric Todd, has a great video on this that should be watched if you are interested in the tire flip.

YouTube Video: [Eric Todd Tire Flip](#)

Eric gives a good description. Here is what I think about on the tire flip.

Stand about a foot or so away from the edge a little wider than my deadlift, maybe more of a squat stance. Get low into a squat position and get my fingers under the bottom edge and my shoulders and biceps pressed into the tire so close my chin is on top or over the top of the tire. I also set up with an angle to drive into the tire...NOT come straight up. As I come up I'm thinking speed. Not deadlift, but clean. Trying to get that tire into the “2nd pull” range of the clean or the “hang clean” range and then exploding up. When the tire is past that pulling range I take a small step with my left foot and drive my right knee into the tire trying to drive it with my hip and keep the momentum going. That small step allows me to keep up with the tire as it moves forward. Then I try to get my hands into a “bench press” position and get my shoulders under the tire to finish it. If you are in a contest and doing the tire for distance, I liked to try and shove the tire as hard as I could...sometimes you can get a little extra distance on it. At the least in practice it's a strong finish to a good exercise.

Here are a few cautions. First, keep in mind the tire can...and will...fall back on you and many have been seriously injured in this way. I just try and stay aware but a spotter with a milk crate to slide under the tire as it goes up is a good idea. We had a guy in a strongman contest I ran a few years ago have it fall back and after that I used the metal milk crate. Another major issue is guys will try and “curl” the tire. Trying to move weights that heavy with the biceps only is asking for a blown bicep. Use your legs, hips, and back. In Olympic lifting they teach the arms are just hooks and flexing the elbows can actually dampen the pull of the hips. Finally, use a tire that's light enough to practice good technique on and not the heaviest one you can barely turn....that's like maxing on the deadlift every workout. Eventually it catches up to you!

As I said, I'm seeing tires everywhere. I think they are great, but like anything, you should know what you are doing!

[National Championships](#)



July 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## MEET REPORT

### 2013 USAWA NATIONAL CHAMPIONSHIPS

#### HABECKERS PROMOTE ANOTHER FABULOUS NATIONALS



Group picture from the 2013 USAWA National Championships in Lebanon, PA

Denny and Judy Habecker put on ANOTHER great USAWA National Championships. The weekend was filled with fun times and great lifting. Denny had planned the championships to be another “tent meet” like the last one he did in 2010 due to the low initial entry list, but this time he had a surge in late entries and ended up with 17 competitors – 4 women and 13 men. Luckily we had great weather all weekend (there was rain in the forecast) and uncharacteristic cool temperatures. Denny set up a big platform covered by a big tent in his backyard for the event which gave us lots of room to lift and move around.

The womens division had 4 entries – the most since the 2004 Nationals where 5 women were entered. This makes this the second most competitive womens class since the first USAWA Nationals was contested. It was also exciting to see two young Junior gals making their first National appearance – Molly Myers and Brianna Ullom. These two lifted outstanding, with both edging past last years Overall Champion Susan Sees. Molly was solid in all lifts, and Bree seemed to get stronger with each attempt she took. Both of these girls have “loads” of natural lifting ability, and if they keep interested in lifting both have very promising lifting careers ahead of them. Susan was great as always, and made MANY fourth attempts for new records. I was glad to see Colleen entered in this meet. Colleen made her USAWA debut at the Heavy Lift Champs in May, so this made two big meets for her in less than two months.



Frank Ciavattone performing his signature lift, the Ciavattone Grip Deadlift, with 202.5 KG.

The mens division had several of the “regulars” entered. Going to these meets is like going to a family reunion. You see old friends that you might only see once a year or so. There was plenty of great lifting over the two days. I was especially impressed with the three lifters that were over the age of 80 that competed – Art Montini, Dick Durante, and Dennis Mitchell. These guys are seasoned all rounders who are extremely experienced, and give inspiration to anyone who thinks they are too old to lift weights.

Randy Smith made the long drive from Marquette, Michigan to compete in his 9th USAWA National Championships. Randy lifted exceptional, gathering a fourth place Overall and earning another National Champ award. Randy is a very consistent lifter year to year, having placed in the TOP TEN in each of his National appearances. He’s on track to becoming an eventual hall of famer. Speaking of Hall of Famers, recent HOF award winner Bob Geib made his appearance at the meet. Bob is one of my favorite all round lifters to be around at meets. He is always upbeat, and just seems to always be having a fun time!! He’s also serves a very critical function in keeping lifters ready to lift, as he has his chiro table on sight and does many adjustments on lifters throughout the weekend. Bob mentored under THE LEGEND Howard Prechtel and when Bob is “at work” at a USAWA event it keeps Howard’s memory alive in my mind. Many lifters owe Bob a big thanks for what he does to help out their lifting. Bob also “saved me” over the weekend. I was doing the scorekeeping and announcing in addition to trying to lift, and it seemed I was a little overwhelmed at times during my lifting session. I take great pride in not making any scorekeeping or announcing errors, and I would have made one if it wasn’t for Bob. I accidentally got “out of call order” once,

but after talking Bob into changing his attempt to a higher weight, which he agreed to with a smile, it kept my perfect record for the day intact! And he got the lift!!!

James Fuller made his first appearance at a USAWA National Championships. James is an eccentric individual, who is filled with enthusiasm for all round lifting and the USAWA. He kept everyone entertained with his jokes and antics over the course of the weekend, in addition to putting on several strength demos in the evening for us (after a day of lifting!!). He demonstrated unusual all rounds lifts such as the Bent Press, self loaded leg press, Kelly Snatch, and the likes. He just never seems to tire out! I consider James one of the great new additions to the USAWA, and I hope that he keeps himself really involved in the organization. He placed extremely well – fifth place overall in the standings. Several of his lifts really impressed me - his 65 KG One Arm Snatch, the 180 KG Continental to Belt Zercher style, and his 55 KG straight arm pullover.



Joe Ciavattone Jr. performing the best Clean and Press, 12" base of the meet with this 100 KG

It's always a pleasure having the "Ciavattones" at meets. Frank is one of our sports foundation members – and his influence on the USAWA has been huge. Frank still has some BIG LIFTING in him. He did an easy 162.5 KG right arm deadlift and a 202.5 KG Ciavattone Grip Deadlift. Frank was the one who introduced the Ciavattone Grip to the USAWA (overhand grip with NO HOOK). When I explained this to Molly, she had this stunned look on her face as she realized that she had just met the person the lift she was doing was named after! Frank spent a good part of the meet

sitting in the head officials chair. Frank is an excellent official – and is very fair in his officiating. I always feel comfortable with him sitting as the head official. Now onto the other two Ciavattones in attendance – Joe Jr. and Joe Sr. I knew announcing I was going to have a problem with these two keeping their names straight in my announcing so I referred to Joe Jr. as Junior most of the day to keep things in order. Junior is a lifter who has LOTS of future potential. Actually, he is stronger than he realizes right now and with just a little more meet experience he will soon capitalize on his untapped strength. I said this when I was presenting his Championship Award, but I would like to mention it here as well. I predict him to be a OVERALL NATIONAL CHAMP in a future Nationals very soon. On top of his gifted natural strength, he has a tough lifting mentality and wants to learn more about the all round lifts. Now a little on Joe Sr., who also lifted excellent. I will say Joe Sr. does not look his age. My wife initially thought both Joes were brothers instead of father-son. Joe Sr. could have had a higher total but he backed off on what he could have lifted in the Ciavattone Deadlift because he didn't want to erase John Vernacchios National Record off the record list. That's showing great respect to someone who was a role model and great friend.

My training bud Chad Ullom has had a busy past 6 weeks of competition. The week he left for Nationals he just got back from a very busy competition schedule in Scotland and Germany (I'll save the details of that for another story). He lifted beyond what I expected of him, considering the travel lag he had to be feeling and the lack of contest preparation. Chad was "nip and tuck" with Denny in the overall till his last lift, which he needed to get to secure a second place overall in the meet. He pulled a Personal Record 210 KGs in the Ciavattone Deadlift to edge Denny out by only 1 point! Denny was sitting in the Head Officials chair at the time so I waited till after Chad's successful lift to inform him that Chad just nipped him! LOL



The Dino Gym won the BEST CLUB of the National Championships. Club members (left to right) in picture: Al Myers, Molly Myers, Brianna Ullom, and Chad Ullom.

There are still several more stories of this meet that I could tell in this meet report, but I'll cut it off here (I'll save my "wordiness" for the writeup of the meetings minutes). But before I end, I have to mention the work and hospitality done by Judy. Judy prepared meals for EVERYONE both days – including breakfast!!! I sorta embarrassed myself when I didn't announce the plans for Sunday night's banquet until reminded, but I assumed the big delicious meal that Judy served us Saturday night was the banquet meal instead!! Judy goes way beyond anything expected with her hospitality. I hope everyone who attended takes the time to write her (and Denny!) a personal thank you card thanking them for the weekend.

I want to mention the outstanding efforts by the officials over the course of the weekend. The head officials (Frank, Scott, Barry, and Denny) were top notch. Also, the loaders were outstanding (Terry Barlet and John Horn). These guys DID NOT make a misload all weekend. I want to thank my wife Leslie and daughter Kate for taking lots of pictures of the lifting (625 to be precise). These pictures will be available on the USAWA facebook page for all the view (and download if wanted). But above all – thanks to the lifters who showed up and supported the USAWA!

MEET RESULTS:

2013 USAWA National Championships

Habeckers Gym

Lebanon, PA

June 29th & 30th, 2013

Meet Director: Denny Habecker

Announcer and Scorekeeper: Al Myers

Caterer & Host: Judy Habecker

Photographers: Leslie Myers & Kate Myers

Loaders: Terry Barlet and John Horn

Officials (3 official system used): Scott Schmidt, Barry Bryan, Frank Ciavattone, Chad Ullom, Joe Ciavattone Sr., Dennis Mitchell, Denny Habecker

Lifts Day 1: Deadlift – One Arm, Clean and Press – 12" Base, Pullover – Straight Arm, Continental to Belt

Lifts Day 2: Snatch – One Arm, Pullover and Push, Deadlift – Ciavattone Grip

**WOMENS DIVISION**

**DAY 1**

Lifter	AGE	BWT	DL-1	C&P	Pull	Con
Molly Myers	14	167	70-R	40	15	72.5
Brianna Ullom	15	143	50-R	35	15	40
Susan Sees	50	214	55-R	35	12.5	70
Colleen Lane	57	214	60-R	25	10	50

**EXTRA ATTEMPTS FOR RECORD**

Brianna Ullom: Deadlift – Right Arm 60

Susan Sees: Deadlift – Right Arm 60

Colleen Lane: Deadlift – Right Arm 65

Susan Sees: Clean and Press, 12" Base 40

Susan Sees: Pullover-Straight Arm 15

Molly Myers: Continental to Belt 80

Susan Sees: Continental to Belt 75

DAY 2

Lifter	BWT	SN-1	P&P	DL-CG	TOT	LYN	PTS
Molly Myers	169	25-R	50	85	358	354.0	424.8
Brianna Ullom	143	20-R	40	80	280	308.2	354.4
Susan Sees	214	17.5-R	40	80	310	266.8	296.2
Colleen Lane	214	10-R	30	85	270	232.4	274.2

EXTRA ATTEMPTS FOR RECORD

Susan Sees: Snatch – Right Arm 20

Susan Sees: Pullover and Push 43.5

Molly Myers: Deadlift – Ciavattone Grip 92.5

Brianna Ullom: Deadlift – Ciavattone Grip 85

Susan Sees: Deadlift – Ciavattone Grip 96

**MENS DIVISION**

DAY 1

Lifter	AGE	BWT	DL-1	C&P	Pull	Con
Al Myers	46	231	173-R	80	55	180
Chad Ullom	41	252	190-R	90	45	200
Denny Habecker	70	185	120-R	67.5	37.5	122.5
Randy Smith	58	194	137.5-R	60	35	140
James Fuller	41	232	140-R	72.5	55	180
Joe Ciavattone Jr.	20	229	137.5-R	100	40	180
Joe Ciavattone Sr.	44	217	120-R	77.5	30	155
Scott Schmidt	60	239	115-R	70	20	110
Art Montini	85	175	80-R	30	22.5	60

Dick Durante	81	180	70-R	40	20	80
Dennis Mitchell	81	151	60.5-R	20	25	50
Bob Geib	70	264	75-R	45	15	80
Frank Ciavattone	58	292	162.5-R	0	0	0

EXTRA ATTEMPTS FOR RECORD

Denny Habecker: Clean and Press, 12" Base 70

Denny Habecker: Pullover-Straight Arm 40

Denny Habecker: Continental to Belt 130

James Fuller: Deadlift – Right Arm 155

Joe Ciavattone Sr.: Deadlift – Right Arm 137.5

Dennis Mitchell: Deadlift – Left Arm 60.5

Dennis Mitchell: Continental to Belt 52.5

Bob Geib: Continental to Belt 90

DAY 2

Lifter	BWT	SN-1	P&P	DL-CG	TOT	LYN	PTS
Al Myers	231	65-R	160	195	908	750.0	802.5
Chad Ullom	253	65-R	150	210	950	750.5	765.5
Denny Habecker	186	35-R	102.5	140	625	583.3	764.1
Randy Smith	197	45-R	107.5	160	685	621.9	740.1
James Fuller	234	65-L	140	200	853	702.0	716.1
Joe Ciavattone Jr.	228	47.5-R	140	192.5	838	695.2	695.2
Joe Ciavattone Sr.	219	42.5-L	126	150	701	597.7	627.6
Scott Schmidt	241	35-R	90	140	580	470.7	569.6

Art Montini	175	15-R	60	105	373	359.7	525.1
Dick Durante	DNW	25-L	40	100	375	355.9	505.5
Dennis Mitchell	151	12.5-R	35	90	293	310.9	441.5
Bob Geib	264	22.5-R	42.5	130	410	316.5	414.6
Frank Ciavattone	291	20-R	0	202.5	385	283.0	336.8

**EXTRA ATTEMPTS FOR RECORD**

Bob Geib: Snatch – Right Arm 25

Dennis Mitchell: Pullover and Push 38

Dennis Mitchell: Deadlift- Ciavattone Grip 95

Bob Geib: Pullover and Push 46

Bob Geib: Deadlift-Ciavattone Grip 140

*NOTES: AGE is age in years. BWT is bodyweight in pounds. All lifts recorded in kilograms. TOT is total kilograms lifted. LYN is adjusted Lynch Points. PTS is adjusted points for age correction. R and L designate arm used.*

**BEST LIFTER AWARDS**

Best Womens Junior: Molly Myers

Best Womens Master: Susan Sees

Best Women Overall: Molly Myers

Best Mens Senior 20-39: Joe Ciavattone Jr.

Best Mens Master 40-44: Chad Ullom

Best Mens Master 45-49: Al Myers

Best Mens Master 55-59: Randy Smith

Best Mens Master 60-64: Scott Schmidt

Best Mens Master 70-74: Denny Habecker

Best Mens Master 80-84: Dick Durante

Best Mens Master 85-89: Art Montini

Best Mens Master Overall: Al Myers

Best Mens Overall: Al Myers

Best Club: Dino Gym (Al Myers, Chad Ullom, Molly Myers, Brianna Ullom)

Best Club Runner Up: Joe's Gym (Joe Ciavattone Sr., Joe Ciavattone Jr.)

## [2013 Minutes](#)

 July 10, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers, USAWA Secretary

### **MINUTES FROM THE 2013 ANNUAL NATIONAL MEETING**

The 2013 USAWA Annual National Meeting was called to order by President Denny Habecker at 6:30 PM, Saturday, June 29th at the residence of the Habeckers. Roll call was taken and there were 14 members in attendance: Al Myers, Denny Habecker, Chad Ullom, James Fuller, Frank Ciavattone, Dennis Mitchell, Bob Geib, Susan Sees, Randy Smith, Judy Habecker, Scott Schmidt, Dick Durante, Colleen Lane, and Art Montini. Minutes from the 2012 meeting in Las Vegas were read by USAWA secretary Al Myers. Chad moved to accept the minutes with a second by Scott Schmidt. The minutes passed unanimously. A treasurer report was then read by Al Myers. A 2013 income and expense report was discussed, along with a 2013 budget which has been previously reviewed and approved by the USAWA executive board. Highlights of the report included a net loss for 2012 of \$631.18, and budget plans for how to not lose money for the USAWA in 2013. Memberships for 2012 were 116 members, which membership dues is the largest source of income for the organization. Bob moved to accept the report, James gave a second, and it passed unanimously. The Officials Report was next read by Denny Habecker, on behalf of the Officials Director Joe Garcia who was not in attendance. Highlights included the addition of two new Level 2 officials, Chad Ullom and Thom Van Vleck, and the status of 7 officials who let their official certification status lapse by not renewing by retaking the Rules Test. The report ended with an apology from Joe for not being able to be in attendance, as he had business conflicts. Chad moved to accept the report, James gave a second, and it passed unanimously. Next was the Website Directors Report by Website Director Al Myers. Highlights included the reporting over over 1000 blogs on the website, the average hits on the site being over 500 daily, and the status of the online USAWA store which has generated \$900 in annual sales last year. The report included the hope to eventually get sponsors to help offset the website expenses. Frank moved to accept the report, Scott gave a second, and it passed unanimously. The next report was the reading of the Records Directors Report by Denny Habecker, again on behalf of Joe Garcia the Records Director. Highlights of the report included the addition of over 750 records over the past year, trivia record information on the amount of records in different categories, and the top USAWA record holders. Joe ended by mentioning that if anyone wants a copy of the record list they should just send him an email and he will send them a current list in Excel format. James moved to accept the report, Chad gave a second, and it passed unanimously. The Awards Directors Report was read next by Awards Director Al Myers. Highlights of the report included how the awards program works, the purpose of it, with the main purpose being the presentation of the annual USAWA awards. A budget of \$1000 is allocated to the awards program, and in 2012 that entire amount was used to buy the awards presented on behalf of the USAWA. Chad moved to accept, James gave a second, and it passed unanimously. Next up was the report from the Drug

Enforcement Director Chad Ullom. Chad stated that 20 drug tests were conducted over this past year at 8 competitions, with no positive tests found. Discussion included one statement from Scott Schmidt that Chad's report was very comprehensive, which generated a very chuckles from the membership. Bob moved to accept the report, Scott gave a second, and it passed unanimously. The last report was the Postal Meet Directors report read by Al Myers on behalf of John Wilmot, who was not in attendance. Al read a letter to the membership from John in which John stated his goals in developing the postal meets and how he feels they have been well received over the past year, and how he greatly supports the postal series concept which includes a yearly ranking of all lifters who have competed in at least one of the quarterly postal meets. Chad moved to accept the report, Scott gave a second, and it passed unanimously. Next up on the agenda was the discussion and proposal of one new lift to the membership, the Hackenschmidt Floor Press. This new Old Time Strongman lift was originally proposed to the Executive Board by Al Myers following it being contested as an exhibition lift in the Dino Challenge Old Time Strongman meet in January. A written rule for the lift was read which had been previously reviewed and approved by the Executive Board. There was no discussion. Frank moved to accept the lift, a second was made by Chad, and it passed unanimously. Al then moved that the records set at the Dino Challenge be accepted as records retroactively, as the same rule was used at that time for this lift. Chad gave a second. There was no discussion and an unanimous vote in favor was taken. At this point, a call to the membership was made by USAWA secretary Al Myers if anyone had any official USAWA lift they would like to see presented to IAWA to be voted on for official IAWA lift status at the IAWA meeting. This is mandated by the USAWA rules if new lifts are to be presented to IAWA on behalf of the USAWA – they must receive majority membership support at the annual meeting before being presented. No lifts were proposed by the USAWA memberships to be presented for IAWA lift acceptance. The next order of business was the discussion of USAWA Rulebook changes. Al read a short list of proposed changes, which included: state 18" max height for seat in seated clean and press, add scoring guidelines to the rulebook, add to measure to the bottom of bar in the Anderson Press, Peoples Deadlift, and the Anderson Squat, develop a different section for guidelines in the rulebook for the National Championships, and add a deadline for turning in meet results to the USAWA Secretary of 1 week following a competition/event or it will result in loss of sanction. There was no discussion. Chad moved to accept the rulebook changes, Judy gave a second, and it passed unanimously. Next was any other New Business brought up by the membership. Art brought up a discussion asking why two weighins are required for two day meets (one on each day). Al explained that the rules state that weighins are not required both days, but a second day weighin is required if a lifter wants to set records on that day, but the first day weighin determines the official weight for the entire two day competition. Arguments in support of having a one day weighin were made, with several feeling that a lifters bodyweight is generally not much different the second day than the first. Art then moved to allow for a weighin on the first day for two day meets which would allow records to be set on the second day under the weighin of the first day. Scott gave a second. Discussion continued with those opposed not feeling that it was fair to those current record holders who's records could be broken by someone who did not weighin that same day as previously been required. A vote was taken and the motion

failed. Five were in favor – Art, Scott, Dick, Chad, and James. Nine were against – Al, Denny, Judy, Frank, Susan, Bob, Dennis, Randy, and Colleen. The next item for discussion was brought up by Chad as to why the USAWA Record List was not on the website yet, considering this issue was discussed at last years Annual National Meeting as well. Al responded with the same answer he gave the prior year. Al stated firmly that three criteria must be met for the record list to be included on the website, which are: 1. only official USAWA lifts recorded in the record list, 2. all lifts be named the same in the record list as in the USAWA rulebook, and 3. overall records kept that are required by the rulebook. Al went on to state that these requests are minimal requirements for the record list, and if the current record list is placed online as is it would result in a barrage of questions and complaints to himself, the webmaster. Scott moved that these record list requirements be directed to Joe Garcia, the Record List Director, and that compliance is obtained in 90 days or the Executive Board has the authorization to find a replacement. The motion included that this directive be performed by President Denny Habecker. Frank gave the second. There was no further discussion and a vote was taken. It passed unanimously. The next agenda item was taking bids for the 2014 USAWA National Championships. Only one bid was submitted, and it was from Tim Piper of the Salvation Army Gym in Macomb, Illinois. The bid was read by Al, since Tim was not able to be in attendance. Al went on to state his support of Tim's bid, and how he feels this would be an excellent venue for the Nationals. There was no discussion. Scott moved to accept the bid, James gave a second, and it passed unanimously. The last agenda item was the election of new officers and executive board members. Elections are held in the USAWA every two years, on odd-numbered years. Discussion included support of the current officers and executive board members, and nobody in attendance voiced any desire to want to run for any position. Bob moved to retain the current officers and executive board members for another term. Randy gave a second, and it passed unanimously. Officers and Executive Board members include: President Denny Habecker, Vice President Chad Ullom, Secretary/Treasurer Al Myers, at large Executive Board member Dennis Mitchell, and at large Executive Board member Scott Schmidt. This concluded the agenda items for the 2013 Annual National Meeting. Chad moved to adjourn the meeting, James gave a second, and it passed unanimously. President Denny Habecker declared the meeting adjourned at 7:50 PM.

### [NEWCOMER AWARD WINNERS](#)



July 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



James Fuller (left) receiving the Runner Up Newcomer Award following the 2013 USAWA National Championships. The award was presented by USAWA President Denny Habecker (right).

I always enjoy the USAWA Annual Awards presentation. This program to recognize outstanding accomplishments was started in 2010. The program is funded by the USAWA bank account, and all award winners are chosen by the membership. This means if you win one of these awards – it is because your peers deemed you worthy. That means much more than one individual making the choices, or a selection committee deciding.

The first award given out was the Newcomer Award. This award is defined as, *“This award goes to an individual who is new to the USAWA or has become involved again in the organization. It recognizes a lifter who has shown great involvement or outstanding performance throughout the past year. it doesn’t have to be someone in their first year involved in the USAWA. “*

This year Award Winners are:

**WINNER – RUTH JACKSON**

**RUNNER UP – JAMES FULLER**

James was on hand at Nationals to receive his award. I know Ruth has made plans to attend the Team Championships in August at the Dino Gym, so I plan to present her award to her then. Congrats to both of these lifters!!!!

### [COURAGE AWARD WINNERS](#)

 July 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Art Montini (right) receiving the Runner Up Courage from President Denny Habecker (left) at the 2013 USAWA National Championships.

The Courage Award, presented on behalf of the USAWA, goes to an individual who *“shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.”*

The Courage Award Winners for this year go to:

## **WINNER – DALE FRIESZ**

## **RUNNER UP – ART MONTINI**

Several months ago the USAWA lost one of the TRUE SUPPORTERS of the USAWA, with the death of Dale Friesz. Dale was actively involved in the USAWA for practically the entire time since the organization began. He was at almost EVERY National Championships, and it was obvious that his passion for all round weightlifting was beyond that of the normal USAWA member. I miss our weekly email correspondence – Dale always had ideas on how to better our organization.

We all know Dale has been the perennial winner of the Courage Award since the program started. His persistence to continue competition despite battling physical hardships and barriers were like nothing I've ever seen before, of which I've covered in details in previous stories. Last year at Nationals in Vegas Dale truly gave the grittiest effort on the platform I've witnessed. However, I was somewhat surprised to see Dale gather the most votes for this years Courage Award, considering he is no longer with us on the platform. This goes to show the respect Dale had from his lifting friends and those members of the USAWA to receive an award like this posthumously. I've said this before, but it would seem fitting that the Courage Award in the future take on the name "Dale Friesz Courage Award" as Dale has set "the bar" for deserving it.

Runner Up goes to Art Montini – Dale's ole friend and competitor. Art continues to amaze everyone with his active meet participation at the age of 85! At Nationals Art visited with me about plans to attend the IAWA Worlds in England this fall. His enthusiasm for all round competition is more than most guys a QUARTER of his age!

## [LEADERSHIP AWARD WINNERS](#)



July 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Denny Habecker receiving his Leadership Award in the left picture from Al Myers, and Al Myers receiving his Leadership Award from Denny Habecker in the right picture.

The Leadership Award given on behalf of the USAWA goes to individuals “that have shown exceptional leadership qualities within the USAWA during the past year. This could be going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publication about the USAWA, or through any other means of providing leadership within the USAWA.”

This year Leadership Award Winners are:

**WINNER – AL MYERS**

**RUNNER UP – DENNY HABECKER**

I was honored to share the stage with Denny in receiving this award from the USAWA.

[Club Championships](#)

 July 16, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**MEET RESULTS**

**2013 USAWA CLUB CHAMPIONSHIPS**



Group picture from the 2013 USAWA Club Championships.

Thanks to Dave Glasgow of the Ledaig Heavy Athletics Club the club championships was able to be contested again this year. Dave agreed to host this Championships since it was cancelled last March due to bad weather. Last weekend was a very big weekend for the Ledaig Club of Rainbow Bend, Kansas. The club hosted its annual Highland Games on Saturday, threw a big party on Saturday night, and then had this USAWA Championship competition on Saturday. Dave has hosted his annual event for a few years now, and to make it even more of a special occasion, plans it each year around his birthday. This year was a memorable year for Dave – and on Sunday at the Club Champs Dave turned 60! I came bearing a gift – a new 175# Atlas Stone. I thought this present might be in the running for Dave’s favorite BDAY present, but then when I got there I saw that Dave’s wife Gunner had given him a new 4-wheeler! I should have taken that as “a sign” for how the day’s competition was going to turn out for the Dino Gym.

Only two USAWA Clubs made an appearance at this year’s Club Championships – the host club Ledaig and the Dino Gym. As per the standing rules of the Club Championships, each registered club of the USAWA is allowed an entry into this Championship event to recognize the top Clubs in the USAWA. This is NOT an individual competition, and no individual scores are revealed. Rather, a total point score of the top 3 club members are added together to form the team club score. A club may enter more than 3 individuals in the competition if wanted, with the advantage being if someone has an “off day” or gets hurt, another club member can “pick up the slack” and become a scoring member. I want each club to feel unity in their participation as a club, and either win or lose as a club. To be eligible to participate with a registered club, a lifter must be affiliated with the club as outlined on the membership application and the membership roster.



Birthday Boy Dave Glasgow performing a 315 pound Zercher Lift.

Well, Club Ledaig came into this with 7 participating club members to the Dino Gym's 3. I felt outnumbered and over-gunned from the start. I felt my Dino team was solid (Chad Ullom, Dean Ross, and LaVerne Myers), but so was the Ledaig club. The heavy hitter Larry Traub made the trip from Louisville (2011 OVERALL Best Lifter from the National Championships), so I knew they were going to have a good addition to their clubs points with Larry lifting. This past year Dave built a big new shed and relocated his gym. This was the inaugural USAWA event in the new facility. His gym is a perfect setup for all round lifting, and for hosting a meet of this size. There was plenty of space to move around and warmup for the days lifting. Club Ledaig has as many (or more!) USAWA members than any other club, and it seemed like most were in attendance (Dave, Larry Traub, Amber Glasgow, Mike Murdock, Kenny Glasgow, Jera Kressly, Doug Kressly, and Logan Kressly).

By the time the last Peoples Deadlift was completed (Larry's 640), I pretty much knew that the Dino Gym was going to be in second place. We have won the overall best club at the past three Club Championships, but all things come to an end. The final score was:

**1. Ledaig Heavy Athletics – 3308.2 pts**

Competing members: Mike Murdock, Larry Traub, Dave Glasgow, Kenny Glasgow, Jera Kressly, Logan Kressly, Amber Glasgow

**2. Dino Gym – 2569.1 pts**

Competing members: Chad Ullom, Dean Ross, LaVerne Myers

My hat is off to Dave Glasgow and the Ledaig HAC. Congrats to them on their BIG WIN at the Club Championships, and for all the hard work they did to put on the competition. I would have to say that has to be the best birthday present any club leader could receive from his club members!

**MEET RESULTS:**

USAWA Club Championships

July 14th, 2013

Ledaig Athletic Club

Rainbow Bend, Kansas

Meet Director: Dave Glasgow

Announcer & Scorekeeper: Al Myers

Official (1 official system used): Al Myers

Loaders: Everyone present!

Lifts: Zercher Lift, Bench Press – Fulton Bar, Peoples Deadlift

1. Ledaig Heavy Athletic Club – 3308.2 points

LIFTER	AGE	BWT	Zercher	BP-FB	Peoples
Mike Murdock	73	199		135	
Larry Traub	59	201	375	275	640
Dave Glasgow	60	250	315	265	475
Kenny Glasgow	76	218	225	130	345
Jera Kressly	28	230	250	150	385
Logan Kressly	15	167	245	175	385
Amber Glasgow	34	149	190	105	300

2. Dino Gym – 2569.1 points

LIFTER	AGE	BWT	Zercher	BP-FB	Peoples
Dean Ross	70	266	250	185	405

Chad Ullom	41	252	415	310	605
LaVerne Myers	69	249	175	140	315

EXTRA ATTEMPTS FOR RECORD

Jera Kressly: Peoples Deadlift 405

Logan Kressly: Peoples Deadlift 395

NOTES: AGE is age in years. BWT is bodyweight in pounds.

[SPORTSMANSHIP AWARD WINNERS](#)

 July 16, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Dave Glasgow (left) receiving the USAWA Sportsmanship Award from USAWA Secretary Al Myers (right).

While at the Club Championships at the Ledaig HA Club in Rainbow Bend, Kansas, I was able to personally present a USAWA annual Award Winner. Every year the USAWA gives a SPORTSMANSHIP AWARD. This award goes to an individual who *“possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be conduct at all events, or by an specific example of exceptional sportsmanship.”*

This year award winners are:

**WINNER – DAVE GLASGOW**

**RUNNER UP – LANCE FOSTER**

Both Dave and Lance are very worthy recipients of this award. They both are very tough competitors, and always exhibit great effort on the platform, but at the same time are tremendously supportive of the other lifters. Congratulations to Dave and Lance!

#### [ATHLETE OF THE YEAR AWARD WINNERS](#)

 July 17, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Chad Ullom (center) receiving the 2012 USAWA Athlete of the Year Award from USAWA President Denny Habecker (left). USAWA Award Director Al Myers (right) also was involved in the presentation.

The TOP AWARD given out every year by the USAWA is the Athlete of the Year. This award is *“for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should figure in high. Also, participation in other Championship competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation in elite IAWA events such as the Gold Cup or the IAWA World Postal Meet should make an influence on earning this award as well.”*

The two winners this year were pretty much a “no brainer”. These two lifters exemplified the above criteria to a tee. They both are more than deserving of this prestigious award, which I consider the “Heisman” of the USAWA. The winners are:

**WINNER – CHAD ULLOM**

**RUNNER UP – DAN WAGMAN**

They were chosen by a nomination/vote of the USAWA membership. Chad and Dan together received over 90% of the votes cast, so I would consider them “landslide winners”. Chad was SUPER ACTIVE in the USAWA this past year, winning or placing very high in so many meets that it would make a long list. He added numerous titles to his USAWA resume. He is “on pace” to be a future USAWA Hall of Famer. I will try to remember as many as I can here:

2012 Dino Challenge Overall Winner

2012 IAWA Gold Cup in Glasgow, Scotland – World Record

2012 USAWA Old Time Strongman Championships – Overall Winner

2012 IAWA World Championships – World Class Champion and 2nd Overall

2012 USAWA Team Championships – part of Overall Winning Team

2012 IAWA World Postal Championships – part of Overall 2-man Winning Team

2012 USAWA National Championships in Las Vegas – National Class Champion and 2nd Overall

2012 USAWA Club Championships – part of Overall Winning Club

2012 USAWA Grip Championships – Class Champion and 3rd Overall

2012 USAWA Postal Championships – Overall Winner

2012 USAWA Postal Series – Overall Winner

I didn’t even mention the numerous other smaller USAWA events that Chad participated in! Chad’s yearly success in the USAWA for 2012 could be argued as one of the BEST years any lifter has ever had in the USAWA. Runner Up Dan Wagman is just as worthy – as he took the OVERALL WORLD CHAMPION TITLE at the 2012 IAWA World Championships in Salina, Kansas. That’s the biggest title any lifter in the USAWA/IAWA can win during the course of a year. Chad received his award at the USAWA National Championships, and I plan to present Dan his award later this summer when I will see him next. Congratulations to both of these tremendous lifters.

## [LEDAIG – CLUB OF THE YEAR](#)

 July 18, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



The Ledaig Heavy Athletics club receiving the USAWA Club of the Year Award.

I was glad to be able to personally present Dave Glasgow and the rest of the Ledaig “gang” their USAWA Award for 2012 Club of the Year at the Club Championships last weekend! Congrats to the Ledaig HA!!

## [New Orleans Anvil Lifting](#)

 July 19, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)



Columbian Anvil at Sigles Metal Shop in the French Quarter....it waited 57 years for me to come lift it!

by Thom Van Vleck

Recently a friend of mine said that every weightlifter is always secretly sizing up objects around him to see if he can lift them. I guess I do that to. Some you know are impossible, others not so impossible. I like to keep my eye out for Anvils. Most of you know my affinity for anvils, you can find an previous article I wrote on my own family anvil here:

[Grandpa Jackson's Anvil](#)

This past month I was able to take my wife on a surprise trip to New Orleans. The choice to go there was almost chance. I had a credit to use, there was a deal on New Orleans.....so there you go! We were just looking to spend some time sight seeing in the French Quarter. Now, everyone has heard of Bourbon Street, and it goes right through the middle of the French Quarter. But there is much more to it than that and my wife and I set about exploring the back streets checking out the unusual stores, bars, and shops. Some were "interesting" to say the least but I came across one place that was closed on that day that intrigued me. I was called Sigles Antiques and Metal Craft.

Sigles was a nondescript shop on Royal next to the Andrew Jackson Hotel. There is a story on the Jackson side of my family that we are related, but I can't prove it. But my wife thinks his crusty, stubborn attitude pretty much proves we are related! Sigles had all kinds of iron work. Scroll work, hitching post tops, all kinds of stuff. A very elderly woman ran the shop who I later found out was 91. She said that she and her husband had owned the shop for 57 years. My wife bought some fluer-de-lei coat hangers and I found a nice spear top that I'm going to use for one of my Highland Games flags.

Then I noticed a shop door that said no customers in the shop. "SHOP" ....I had to see the metal shop! I very politely asked the owner's wife if I could check it out even if the husband wasn't there. She graciously complied and it was like stepping back in time! All kinds of old tools....I mean really old stuff! And then....there it was....the Anvil. She had no idea about where it came from except it came with the shop when they bought it 57 years ago! I explained I liked to lift things and she gave me the go ahead. It was not fixed to the stand and it was fairly easy, I would guess it around 150lbs. I then took some photos so I could learn more about it and promised to share that with her as she was curious herself!

The Anvil had what looked to be a "V" or inverted pyramid and a large "M" on the other side. I did some research and found out this was a historically significant anvil. It was a "Columbian" which were manufactured in Cleveland, Ohio from about 1903 to 1925. They were the first anvils to be "Cast Steel" in one solid piece. Evidently this made them very tough compared to the "Wrought Iron" Anvils made before that were welded from pieces into one Anvil. They were very popular in their time and while the "Cast" or "tool" or "Crucible" type steel was very expensive it required less

labor to finish and it was around this time labor was becoming more expensive than materials so they really took off. This particular Anvil is of the “London Pattern” and it would be valued at 2-4 bucks a pound....but to me it’s priceless! They made these from 10lbs to 800lbs in increments and in 1925 or 26 the company quit making them and imported a like cast steel anvil from Sweden. I wonder if it’s the same steel foundry that makes Eleiko! (or made Eleiko as I hear they get their product from China now....).

I have work trip that takes me back in September. I plan to share what I learned and visit the shop again. These folks live above their shop and are in their 90’s and have no plans to retire. I think that’s pretty cool and....as far as she knows....NOBODY had lifted that anvil overhead before! My wife said, “Leave it to you to find something to lift in the French Quarter”. Yes, I’m always looking for something to lift!

### [Middle Atlantic Postal Meet](#)



July 20, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

The “second quarter” USAWA Postal Meet has just been compiled. The date of completion was the end of the month of June. Nine lifters took part – 8 men and 1 woman. It was a great selection of all round lifts contested – press from rack, reverse grip curl, and the hack lift.

The big winners of the 2013 Middle Atlantic Postal Meet were Dan Wagman (men) and Ruth Jackson (women). Congratulations to both of these two!

I just want to make a couple of comments requiring postal meets. First, postal meets require lifters to be truthful in their submissions as well as knowledgeable of the current rules for each lift contested. In this meet the Curl – Reverse Grip was contested. The USAWA has two curl lifts that use the Reverse Grip – this lift as well as the Curl – Cheat, Reverse Grip. The difference being the Curl – Reverse Grip is done using the rules of the Rectangular Fix while the Curl – Cheat, Reverse Grip uses the rule of the Cheat Curl. That’s a big difference, as much more weight is able to be lifted using the rules of the Cheat Curl. I don’t want to “point fingers” here – but there seemed to be some big weights lifted in this lift in this meet for using the rules of the Rectangular Fix. Chad did 132 pounds in the Curl – Reverse Grip at the World Championships last fall, and that currently stands as the top Curl – Reverse Grip poundage in the USAWA Record Book. Five lifters lifted more than Chad did in this meet (hic, hic.... I call BS). It is a lifters responsibility in a postal meet to read the rule of the lift from the USAWA Rulebook before performing the lift in a postal meet, as it is unfair to the other lifters who are “doing things right”. And as a reminder – the USAWA Rulebook is FREE OF CHARGE to download from this website!!

I also received a note from Postal Meet Director John Wilmot when he sent me the results. He singled out one particular lifter (who I won’t name here) who seems to have problems with his literary neatness in penmanship. As John put it, “his writing is small and blurred”. This has

happened on multiple occasions now for this unnamed lifter, and makes compiling these postal meet results more complicated for John if he can't read a lifter's handwriting. I am somewhat sympathetic to this writing deficiency, as I have the same problem. It seems to be a common affliction amongst those that spend way too many years in College (hint hint as to this lifter's identity) that their handwriting degrades to the point of being unreadable (I blame it on taking class notes at a rapid pace, which I use as my excuse!).

It is also important to make sure you indicate if your results are turned in in pounds or kilograms. It is obvious to me that one lifter in this meet turned his lifts into John in kilograms and they got recorded in the official meet results as pounds. That is a "meet killer" for anyone.

I apologize for being so critical in this meet report. But the future of our postal meets depend on lifters being knowledgeable of the USAWA Rulebook, being truthful in their turned in meet results, and submitting result sheets that are properly filled out.

### **MEET RESULTS:**

2013 Middle Atlantic Postal Meet  
June 30th, 2013

Meet Director: John Wilmot

Lifter using the 3-official system:

Bill Crozier – Certified Officials Jim Malloy, Scott Schmidt

Lifters using the 1-Official System:

Denny Habecker – Certified Official Judy Habecker

Lifters using non-certified judges:

Ruth Jackson – Judge Dan Wagman

Dan Wagman – Judge Ruth Jackson

Les Cramer – Judge Monica Cook

Samuel Rogers – Judge Ori Barnett, Judge Aaron Hougland

Orie Barnett – Judge Sam Rogers, Judge Aaron Hougland

John Wilmot – Judge Kay Wilmot

Aaron Hougland – Judge Ori Barnett, Judge Sam Rogers

Lifts contested: Press – From Rack, Curl – Reverse Grip, Hack Lift

### **WOMENS DIVISION**

LIFTER	AGE	BWT	Press	Curl	Hack	PTS
Ruth Jackson	51	105	85	50	215	544.8

## MENS DIVISION

LIFTER	AGE	BWT	Press	Curl	Hack	PTS
Dan Wagman	50	185	200	140	425	786.4
Orie Barnett	52	229	178	169	441	738.4
Les Cramer	71	186	140	135	300	706.8
Samuel Rogers	50	204	172	138	349	646.2
Aaron Houghland	36	275	195	200	400	601.6
John Wilmot	66	226	115	95	290	530.9
Bill Crozier	76	208	60	65	175	359.2
Denny Habecker	70	187	65	35	70	206.7

*NOTES: AGE is age in years. BWT is bodyweight in pounds. All results recorded in pounds. PTS are adjusted points for age and bodyweight.*

[Lifter of the Month: Molly Myers](#)

 July 22, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Molly Myers pulling a 92.5 KG Ciavattone Grip Deadlift at the 2013 USAWA National Championships.

The lifter of the month for the month of June goes to Molly Myers! The lifter of the month was established to recognize an outstanding performance over the course of the month in USAWA competitions/events. Molly was awarded BEST OVERALL FEMALE LIFTER at the 2013 USAWA National Championships in Lebanon, PA. I consider winning Best Overall Lifter at Nationals as a “slam dunk” in consideration of the Lifter of the Month Award. Molly established 12 new USAWA records at Nationals (2nd most of any lifter at the meet) which included 3 new National Meet records. Her lifts were outstanding: 80 KG continental to belt, 70 KG one arm deadlift, 40 KG clean and press, 25 KG one arm snatch, 50 KG pullover and push, and a 92.5 KG ciavattone grip deadlift. Those are some BIG LIFTS for a girl who is only 14 years old!!!!

Congrats Molly on your lifter of the month award!!!! (your ole dad is proud of ya!)

[Looking for Mr. Goodbar](#)

 July 24, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)



My latest addition....a Pendlay bushing bar.

by Thom Van Vleck

I consider Al Myers to be the definitive expert on bars and he has written article before on them that I could never compete with in regards to expertise. I just have to admit...I'm a bit of an addict when it comes to my training and the equipment involved. The Pendlay bar is the 19th in my collection.

Since I am a counselor and a Certified Substance Abuse counselor I often make comparisons with my lifting as an addiction. First of all an addiction is defined as a behavior that is continued despite adverse consequences. I don't like to think that my training has adverse consequences but I bet there are some that would disagree. All the injuries, the increased bodyweight, lifting to the point of getting petechia (red spots from broken capillaries), and all the other things those of us who lift see as "normal". Or maybe it might be odd that I have 19 bars to lift on! I do feel a bit like a addict when it comes to my training!

So, that aside, there are three reasons I bought a new bar. Each one I have has it's own use! Some are specialized, like my trap bar, but most are different variations of a standard Olympic bar. I think Al Myers has twice as many as me and he'd say the same thing. I wanted a good bar for push presses as that is one lift I'm doing well on and still hitting some lifetime PR's on.

There is another reason for a new bar. When I get something new, it's "newness" motivates my training. I get this belief that I can lift more, excitement to go and try it out, and often because I think that...it becomes true and I have some good workouts with my "new toy". Of course, I sometimes will pull out the oldest bar in my collection, bought in 1938 and used my my

grandfather....or the bar from 1957 that was the first Oly bar the JWC had....those have some mojo of their own and maybe someday my kids or grandkids will think the same of this bar.

Finally, one more reason for a new bar. I am getting to an age where I have worked hard and have a little more money than I did years ago. I have taken care of my obligations and let's be honest, this is a lot cheaper than other mid life crises, like a sports car or motorcycle! I don't have many life time "PR's" left in me and this may help me get "one more". A reward for hard work...whatever you want to call it...but this will motivate me as well!

So, I have a new bar. You can come by and look at it...but for now it's mine....and you can't use it because I don't want it bent! But eventually, another will come and this will be up for grabs. Because even though I have a new bar and it's the best one I've ever owned....I'm still looking for "Mr. Goodbar".

### [Scott Schmidt – New LEVEL 2 OFFICIAL](#)

 July 25, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Bob Geib lifting under the watch of 3 Level 2 USAWA Officials at the 2013 USAWA National Championships: Chad Ullom (left), Scott Schmidt (center), and Joe Ciavattone (right).

It's always exciting news when a new USAWA certified official reaches LEVEL 2 officiating status. Congratulations goes to Scott Schmidt for becoming the most recent Level 2 official. Scott went about reaching Level 2 status in an unorthodox manner. Let me explain.

The typical process of becoming a USAWA official involves taking the Rule Test first. This consists of an open book exam of 100 questions covering the rules in the USAWA Rulebook. There is no time limit for taking the test, and to pass it you must score over 90%. After passing the Rules Test, an

aspiring official must then perform the Practical Training Sessions, which consists of attending 3 meets and judging alongside a Level 2 official. After this has been completed successfully, a person becomes a Level 1 Test Qualified Official. The “other” category of Level 1 officials is the Level 1 Experience Qualified. This was created to allow those very experienced USAWA officials to be “grandfathered in” as officials when the USAWA Officials Program began in 2009. To be eligible to become a Level 1 Experience Qualified Official, one must have officiated in over 25 prior USAWA competitions and/or events. Once a Level 1 Test Qualified official has officiated over 25 competitions they can apply for Level 2 status.

Scott has been an official in the USAWA for over 20 years. He has officiated 100’s of events, and often serves as the head official in big competitions. He spent 2 days sitting in the HEAD CHAIR at this past National Championships, and is regarded as one of the best officials in the USAWA by the lifters. He was formally listed as a Level 1 Experience Official, and now since he has passed the USAWA Rules Test, he has “officially” joined the Level 2 group of elite USAWA officials. Since Scott grandfathered in, he went about this entire process in reverse order by taking the rules test last! I have hoped that all of the Level 1 Experience Qualified officials would take the rules test and become Level 2 officials to show support to the USAWA Officials Program. It is next to impossible to become a Level 2 Experience Qualified official now as the initial grant of Certified Official status without taking the rules test is not allowed anymore.

Again, Congrats to Scott!

[Joe the Turk reminder](#)

 July 26, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Paul Anderson training a partial squat that is very close to the USAWA lift that bears his name in the USAWA - the Anderson Squat. Notice the homemade wooden rack that supports the weight just below lockout.

This will be the last reminder for the “Joe the Turk” OTSM competition tomorrow, hosted by Tim Piper and the Salvation Army Gym in Macomb, Illinois. It is looking to be a good turnout on hand. I’m leaving with Chad shortly, and I talked to Denny yesterday and him and Art are making the trek from PA. Thom will be there as well, and I’m sure several of the local gym members will be competing. There’s a great selection of Old Time Strongman lifts in this meet – Anderson Squat, Dumbbell to Shoulder, Peoples Deadlift, and the Apollon’s Lift. That’s a meet for everyone!

### [Jobe’s Superman Meet](#)



July 29, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Jesse Jobe

#### MEET ANNOUNCEMENT

#### **Superman Meet**

I have always been fascinated by all forms of lifting. And years ago I remember reading about some meets called Superman meets, where a lifter performed the Olympic lifts and the Powerlifting lifts for a Superman total. I wanted to be able to stay as close as possible to the traditional lifts so the most logical step to me was to use an axle for all the lifts except the squat. I think with an axle being used it will definitely limit what some people can clean and snatch, and with the bar being so stiff it will make the deadlift very interesting.

#### Meet Details:

Meet Director: Jesse Jobe and Jobe’s Steel Jungle

Date: September 15<sup>th</sup>

Location: Jobe’s Residence 3448 ave. B Council Bluffs, IA 51501

Divisions: Juniors, Masters, Women, and Open.

Rules: USAWA rules and scoring apply to all lifts. Drug testing rules apply.

#### Lifts:

Clean and Jerk - Fulton Bar

Snatch – Fulton Bar

12” Base Squat

Fulton Bar Bench Press

Deadlift – Fulton Bar

Weigh in: 10:00am to 11:00 day of meet

Lifting: 11:00 am

Entry fee: 20\$

Awards: Trophies for top 3 in the overall, Medals for all other top 3. If there are enough Women entered I will do a top 3 for that also. I will also be hosting a BBQ after the meet which will be included with the entry fee.

ENTRY FORM (PDF): [Superman Meet Entry Form](#)

[Jackson Stones](#)

 July 30, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



My circle drive, the Jackson Stones in the foreground and my other concrete "strongman" stones behind them.

When you come to my place I have a circle drive in front of my house. In the center is a tree planted on honor of my mother in law, Peggy Lynn Barton-Baybo, who passed away about 10 years ago. Around the tree are four limestone fence posts that weigh around 225lbs each that came from central Kansas courtesy of Ryan Batchman. Ryan is a great lifter (one time USAWA member) and thrower and a real friend. They came from his farm and are fence posts carved from limestone used in the 1800's in central Kansas when trees where scarce. Then around that are my strongman stones. I have several different sized concrete stones....kind of your traditional strongman stones from 225lbs to 300lbs. The biggest round stone sits on a concrete slab from my Great Grandpa Baugher's well. It has a hole in it where the pump went and a concrete ring around it. I like it

because it reminds me of a mill stone. But I also have three natural Granite stones I dug up on my farm starting 20 years ago.



The 220lb "First" Jackson Stone

I eventually dubbed my three natural Granite stones the “Jackson Stones”. But early on, about 20 years ago I discovered some stones that had been pushed in a draw on my farm. Years ago the top had been row cropped and I’m sure as they came up with these glacial till stones they pushed them in the draw to get them out of the way. They were half buried and I just wanted one to practice stone lifting so I picked the smaller one that was around 220lbs. A good “starter” stone. This stone was kept in my yard and from time to time I’d lift it. It was used in my first ever strongman contest as part of a medley event. Chad Ullom was at that event.



The second Jackson Stone, 299lbs

About 15 years ago I decided I needed a bigger stone so I went back to the draw and after much digging and work pulled this 299lber out. It looks smaller in the photo but it’s not as round as the first one and the odd shape made it a challenge. It was at that same time I pulled out the third stone, which weighed in at 330lbs. This trio of stones was used in several of my strongman contests and was part of my training when I used to work on strongman events. They also were often used in our strongman shows that USAWA member John O’Brien did with me. We had a standard Whiskey Barrel that we would lift the stones on.



The 330lbs, the third Jackson Stone.

These stand as a challenge for anyone that comes to my place. As far as I know, only Eric Todd, John O'Brien, Joe Costello, Brian Kerby, and myself have lifted all three in succession. While they are rough and easier to grip, they are odd shaped and finding the center of gravity can be a real problem. Making them challenging in their own way. For years I just guessed the weight and I was at 225, 300, and 325. I finally weighed them officially and found I was not too far off! I have a plan if I can find a 440lber to make some Dinnie Style rings! The pink granite crystals make them really beautiful in my book over the grey concrete stone. I hope others will take the challenge. If you want a crack, just come to my place!

[Joe the Turk OTSM](#)

 July 31, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Tim Piper

**"Joe the Turk" Old Time Strongman Meet- Press Release**



This is the group picture from the 2013 "Joe the Turk" Old Time Strongman Meet.

The Macomb Salvation Army hosted the "Joe the Turk" Old Time Strongman Meet on July 27. "Joe the Turk" was Macomb Illinois' original "strongman" and holds a unique and special place in the history of the Macomb Salvation Army. At the turn of the 20th century Joe the Turk was in Macomb for a short time helping clean up the town of crooked laymen and henchmen. He did so by being unafraid of their tactics and standing steadfast in his belief that good would prevail. While he only spent a short time in Macomb it seemed fitting to name the United States All-round Weightlifting Association (USAWA) sanctioned meet in his honor.

The USAWA was formed over 25 years ago to continue the longstanding tradition of old-time weightlifters like Eugene Sandow, Louis Cyr, Apollon, Paul Anderson, and countless others. The organization hosts meets throughout the country and is a member of the International All-round Weightlifting Association (IAWA). The lifts contested in USAWA meets are often based upon lifts that were performed in traveling circus performance acts, side shows, and festivals. Many bear the name of the old-time strongman who made them most famous. The lifts are quite atypical, involve often unseen variations of squats, deadlifts, and overhead movements, employing primarily simple bars and plates without the benefit of spotters. Like the old-time strongman, the lifter is tested for maximum strength while maintaining control of the barbell at all times. This was a small but exciting meet with all lifters setting numerous national records.



Whitney Piper performing a Peoples Deadlift, enroute to winning the women's division.

The meet was held outside the Salvation Army gym in the warm sun. The first lift was the Apollon's lift which involves taking a 2 inch barbell overhead in any manner the lifter chooses. Twelve year old, 79 pound, Whitney Piper did well setting new records for teenage and open womens divisions with a lift of 33pounds. Traveling from Pennsylvania 85 year old, 176 pound Art Montini lifted 66 pounds, setting a new master record. Also from Pennsylvania, 70 year old, 185 pound Denny Habecker set a new master record of 132 pounds. Weighing in at 202 pounds, 43 year old Tim Piper set a new master record of 198 pounds. 41 year old Chad Ullom of Kansas weighed in 252 pounds and finished up the Apollon's lift with 253 pounds.

The next lift was the Dumbbell to shoulder which is nothing more than bringing a heavy dumbbell to shoulder height and displaying control before getting a down signal from the judge. Whitney lifted 28 pounds for a new womens and teenage record. Montini lifted 46 pounds, Habecker lifted 112, and Ullom lifted 244 pounds, all good for a new master records. Piper lifted 189 pounds for a new national and master record.



Chad Ullom won the Men's Division, and was awarded a set of 40 year old Indian Clubs for his efforts!

The next lift was the Anderson squat, named after the late Paul Anderson. This lift consists of a partial squat with the barbell starting at 2/3 the individuals standing height. Whitney lifted 110 pounds for new teenage and open national records. Montini did well with 198 pounds. Habecker set a new master record with 308 pounds. Piper set new master and open records with a 507 pound lift. Ullom topped the field for the day at 793 pounds, just 7 pounds off his the national record of 800 pounds.

The final lift of the day was the Peoples deadlift, named after Tennessee powerlifter Bob Peoples, and is a deadlift that starts with the barbell at 18 inches off the ground. Whitney lifter 165 pounds for new teenage and open national records. Montini pulled 319 pounds, Habecker lifted 374, and Piper lifted 407, all good enough to set new national records. Chad Ullom was the strongest in this lift with 639 pounds setting new master and open records.



This is the sign out front of the Salvation Army Gym.

The scoring for USAWA meets consists of adjustments made for age and weight to equalize for fair scoring of the best pound-for-pound lifters. After all calculations were done Chad Ullom was determined to be the best overall lifter for the day. All lifters received commemorative “Joe the Turk” mugs. For his efforts the best overall lifter Chad Ullom received a set of Indian clubs similar to the sort that Joe might have recognized in his days in Macomb. The meet was a success and plans are already starting for next years “Joe the Turk” Old Time Strongman meet as well as the USAWA National meet, both to be held in Macomb Illinois.

#### **MEET RESULTS:**

Joe the Turk OTSM Meet

July 27th, 2013

Salvation Army Gym

Macomb, Illinois

Meet Director: Tim Piper

Announcer/Scorekeeper: Al Myers

Head Official/Timekeeper (1 official system used): Thom Van Vleck

Lifts: Apollon Lift, Anderson Squat, Dumbbell to Shoulder, Peoples Deadlift

### WOMENS DIVISION

Lifter	Age	BWT	Apol	SQ	DB	DL	TOT	PTS
Whitney Piper	12	79	15	50	13	75	153	381.9

### MENS DIVISION

Lifter	Age	BWT	Apol	SQ	DB	DL	TOT	PTS
Chad Ullom	41	252	115	360	110.5	290	876	705.5
Tim Piper	43	202	90	230	85.5	185	591	545.5
Denny Habecker	70	185	60	140	50.5	170	421	514.4
Art Montini	85	176	30	90	20.5	145	286	400.9

*NOTES: BWT is bodyweight in pounds. All lifts recorded in kilograms. TOT is total kilograms lifted. PTS are adjusted points corrected for age and bodyweight.*

[Club Award to the Salvation Army Gym](#)

 August 1, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



The Salvation Army Gym - Runner Up CLUB OF THE YEAR in the USAWA.

I was glad to be able to personally award the Salvation Army Gym their Runner Club Award from the USAWA at their USAWA meet last weekend. These awards, presented on behalf of the USAWA, were given out at the National Championships. However, since no representatives from the Salvation Army Gym were able to be present at Nationals, this meet of theirs was the perfect opportunity for me to be able to give them the recognition they deserve.



Tim Piper (left) receiving the Club Award from USAWA Awards Director Al Myers (right).

The Club Awards are the only special USAWA awards that are not selected by membership nomination/vote. Points are accrued throughout the year for various things like USAWA memberships that represent the club, club promotions, and participation of club members in USAWA competitions. The points are simply “added up”, and the clubs that earn the most points are the winners. So you can see that this award is actually EARNED!

Congratulations to the Salvation Army Gym for an outstanding past year in the USAWA! The next year will be a BIG ONE for them as well as they will be the host of the 2014 USAWA National Championships.

### [The Wagman Log – Not So Pristine](#)

 August 2, 2013 | Authored by [Al Myers](#) | [Edit](#)

By Dan Wagman, PhD, CSCS

Publisher/Editor in Chief: [Journal of Pure Power](#) (JOPP)

Consultant: [Body Intellect Sports Performance Enhancement Consortium](#)



Dan Wagman's homemade wooden log.

Recently Thom Van Vleck wrote a wonderful article about the Jackson Stones on his farm. One of the responses to that article on the USAWA Forum mentioned how strongman should be about lifting such oddly shaped stones, not what you find today with the “pristine standardized stuff you see anymore.” I immediately thought to myself, “Yeah, just like the silly perfectly balanced steel logs they use anymore.” So allow me to introduce you to my log—a *real* log.



Dan pressing Kaz's wooden log in the 1991 USA Strongman Championships.

In the early 90's Bill Kazmaier put on the first USA Strongman Championships and I wanted to compete. Of course one of the events included the log press. My gym owner was very supportive of my powerlifting and we even put on a State Bench Press meet together. So as soon as he heard that I wanted to compete in strongman USA's, he offered to "sponsor" me—by cutting down a tree in his yard so I could practice the log press. I thought he was kidding...until he pulled his truck up to the front of the gym, gesturing me to hop in. We proceeded to head to his place to take down a tree. It actually didn't take very long at all. He had a chain saw, cut that thing down, cut off the branches, cut the log to four feet, and then used the tip of the chain saw to cut out hand-holds through which we drilled holes and inserted 1-inch pipe as grips—done!

We threw the log in his truck and went straight back to the gym. Next step, weighing the log...200 pounds. Next step...lifting it. My friend had first crack at it and couldn't lift it. Then I went and with much, much difficulty I was able to press it out for one rep. After applying some of that new science I learned since I had just started my graduate work in exercise science, I was up to 16 reps in two weeks and then over 20 at the end of a month. At Kaz's meet I ended up with the highest log press rep-count by knocking out 22 reps with Kaz's *real* log. Those were the days...

After several months the log dried out and started to lose weight. To make it heavier I would periodically hose it down with water, but that made no difference and it stabilized in weight at 155 pounds. Of course I had to find a way to add weight, which I did by bolting floor flanges to each side and screwing in 2.5 inch pipe; now I could add plates. Time to crank!

After perfecting the clean and press or push-press with that log and then having to press a wonderfully balanced steel log, it's no wonder why I tend to spank my competition in the log press. I'd go as far as saying that lifting a perfectly balanced steel log serves to *limit* your strength gains. It's probably the same thing with stones...Maybe in this day and age STRONGMAN should be renamed to something more pristine such as not-as-STRONG-as-I-could-be-MAN.

[David Webster & the Dinnie Stones](#)

 August 3, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



I was able to catch up with David Webster again (I've met him many times at prior Highland Games) at the 2013 Arnold Classic in Columbus, Ohio. Pictured left to right: Al Myers, David Webster, & Chad Ullom

If it wasn't for David Webster, the stone lifting World might never have heard of the Dinnie Stones. David Webster is the man who made the presence of the Dinnie Stones well known. Without this, all the recent notoriety the Dinnie Stones have received would have never happened. These famous lifting stones might be laying obscure at the bottom of the river bed in the River Dee instead. Today I would like to share some previous published information about David Webster's and his tie to the Dinnie Stone's legacy.

From the book "**The Super Athletes**" by David Willoughby:

*Here is an example of how strong Dinnie was is a simple feat of lifting and carrying. This information was kindly furnished to me by David Webster of Glasgow, a famous strand-pulling expert and an authority on Donald Dinnie. Outside the hotel in Potarch, Scotland, are two large and heavy boulders which used to be used in tethering horses (while their masters went into the hotel to refresh themselves). One of the boulders weighs 340 pounds and the other 445. In the top of each weight is fastened a ring made of 1/2-inch round iron and just large enough to grip with one hand. The story is that Dinnie's father was able to lift the 445 pound stone onto a wall 3 1/2 feet high and that Dinnie himself carried both stones (one in front of him and the other behind) a distance of five or six yards.*

Another great resource on Donald Dinnie and the Dinnie Stones is David Webster's and Gordon Dinnie's book, "**Donald Dinnie – The First Sporting Superstar**". This book is a MUST for anyone who has interest in the Dinnie Stones or stone lifting in general (YES – that's a plug for the book!). This is a short piece from the book, which is written in such manner as to reflect Donald Dinnie's own account.

*In the Deeside district there are many stories told of his extraordinary feats. Just let me tell you one.*

*On the granite stone bridge that crosses the River Dee at Potarch there were, and still are, two large stones weighing about 8 cwt the pair, placed in a recess. In the early 1830's massive iron rings were placed in them, to which ropes were fixed so that scaffolds could be attached for pointing the bridge. Now, one of those stones was somewhat heavier than the other. Very few strong men of that day could lift the heavy one with both hands, but my father could raise one in each hand with apparent ease, and could throw the heavier stone of the two on to the top of a parapet wall of the bridge.*

*On one occasion, I have been told, he took one stone in each hand and carried them both to the end of the bridge and back – a distance of 100 yards. This achievement has been pronounced the greatest feat of strength ever performed in Scotland.*

*Those stones are still on the bridge and I myself lifted one in each hand on many occasions and one market day, I carried them across the bridge and back, some four to five yards. I did not, however, attempt to go to the end of the bridge, as my father had done.*

If you want more information than THAT from the book, you should buy it! I consider both of these literary accounts as the basis of the history and legend of the Dinnie Stones, which David Webster is a big part of. You can read lots of speculations and opinions from those posting on the internet on how Donald Dinnie intended the Dinnie Stones to be lifted, whether Donald Dinnie actually carried both stones at the same time unassisted across the bridge, and so on. All of that is just talk and is meaningless, as I have not been aware of any ACTUAL PROOF of the feats of Donald Dinnie in regard to the Dinnie Stones. That only actual support to the Dinnie Stone stories are the written accounts passed down in history, like the two above.

I chose to believe the above words of David Webster because I WANT to believe in the legend of Donald Dinnie and the Dinnie Stones . Let the Dinnie Stone legacy continue to live!

[Grandpa's Farm: A Legacy of Strength](#)



August 6, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Eric Todd



This is a picture of the barn Grandpa built in 1950, that I maintain and use today.

I have shared this story in a number of forms on a number of different occasions. But I feel it is worth repeating here once again. For anyone interested in seeing a brief video, the condensed version, please look here: <http://www.youtube.com/watch?v=wK3NYJs4nec>

My Grandpa, Gus Lohman, was a farmer. He was a farmer all of his life. He came from generations of farmers. His Great Grandfather John Lohman came over from Germany. He built himself a dugout house, and according to a book on the history of Clinton County, Missouri, he became one of the prominent farmers in the area. Grandpa attended the old Deer Creek one room schoolhouse, where he graduated the eighth grade. That is the extent of his formal education. From there he became a farm hand, where he saved up enough money to purchase his own farm. Through his incredible work ethic and farm savvy, he saved up enough money to purchase the adjacent farm, giving him a farm of almost 500 acres, which he farmed successfully for the rest of his life. This is the farm I was raised on.

I grew up knowing Grandpa as a gruff, but kind man with a great sense of humor. But most of all, I remember him for his toughness. I worked on the farm with him a great deal as a kid. I started young and continued through my teenage years. Grandpa was always a fan of feats of strength. It was a huge compliment when Grandpa referred to someone as "stout". However, I have never encountered anybody who was able to work the way Grandpa could. He never seemed to tire. And I was working with him when he was in his seventies and eighties.

I would later hear stories from the old men in the country store or around the neighborhood about Grandpa. One tells about when someone had been crude in front of a lady, Grandpa punched him so hard it sent him through a barn wall. Another was a story about a stallion that no one could

break. This is when Grandpa was quite young. When Grandpa claimed that he would be riding that horse to town that night, no one thought it was possible. Until Aunt Josie and Uncle Sally were in their Model T on the way to the movies that night. A lone rider came galloping past them. It was Grandpa on that very stallion. These are a couple of many stories, and I was always intrigued by stories of Grandpa's Strength.

However, the most impressive feat of strength was one I learned about after Grandpa passed. Deep into his eighties, Grandpa developed cancer and fought it off valiantly, but ultimately lost. I remember when I was very young, Grandpa "retiring". He sold off his cattle and all his machinery. This lasted a couple months, and then he bought it all back and continued farming. At the time, as a small boy, I didn't think much of it. However; after he passed, I was told that at that time, over 20 years prior, Grandpa had been diagnosed with cancer, and was given six months to live. He fought and lived well past that, and worked every day of it.

After Grandpa died, I decided there was no place I would rather live and raise a family then on Grandpa's farm. I moved back, and took to taking care of it as well as weight training and strongman training there. The Grandpa's spirit of toughness and hard work served, and still serves today, as a big motivator in my training.

My mother and father also live on Grandpa's farm. They have most of my life. We always had a pretty simple, hard working life out there. When I was quite young (I believe 3 years old) I took note of Dad going out to run the country roads for exercise. I got the notion that I wanted to do what Dad was doing, so I would throw my mud boots on and light out after him. Before long I was running a mile or two at a time. When I was about nine, and had discovered that wrestling was something I could do competitively, dad made me a dumbbell to work out with. I used it religiously, along with doing pushups and sit-ups. When dad saw how determined I was, we made a makeshift weight room out in the old milk barn, and Dad and I would train together. After the workout, we would talk about what would make a champion, and even more important, what it took to make a man.

I never appreciated my father to the extent that I should have growing up. See, my father was diagnosed with epilepsy when he was 13. HE didn't have control of it through medication until he was around 30. At that time, he was finally able to obtain a drivers license. Because of the late start, he was never confident in his driving, but he braved treacherous roads in the winter without fail. He was often unsteady in walking due to his medication, but he always made it to work, even after a number of falls to ensure he made it to work to make a living to take care of his family.

For a few years as I was on the mend from a severe back injury, me and Dad trained together again. We competed together in powerlifting meets. It was a valuable experience to be able to train with dad again, and ultimately compete with him, side by side.

My mother was always the cement that held our family together. She was the rock that we would lean against for our own strength in hard times. She always gave to her family first, and often went

without herself. A few years ago we had just had our little girl. My wife had to go back to work, but we were confident, as Mom would be taking care of Phoebe during the days. This went well for a few months, but one Sunday night, Mom called. She wasn't feeling well, and would not be able to take care of Phoebe the next day. This worried me. I knew mom would have to be on her deathbed in order to not take care of Phoebe. The next day, I called to check on her. She was feeling worse, so I convinced her to get to the ER. She was diagnosed with colon cancer and had to have emergency surgery. After the surgery was over, I felt like I would need to be strong for her. What did I know? Even though she had been through that incredible trauma, had a ventilator in, and was only able to communicate through writing with her swollen hand, she continued to look after us, checking to be sure Dad had taken his medication and scolding us for not getting anything to eat.

Yeah, I come from good stock. Where will this legacy of Grandpa's farm go? Where Everett is only 5 months old, Phoebe has been trying to lift things since she could walk. Though I scold her, when she is bench pressing the coffee table, or when she is supposed to be going to bed she grabs this 2# antique dumbbell I have setting by my chair and starts lifting it overhead saying "I'm exercising", I know it is in her blood. My wife told me one day when she and Phoebe were out on the back deck where I have two throw away ez curl bars setting, and Phoebe went up and futilely tried to lift the first one. She said to herself, "That's Daddy's." Then she went to the lighter one and lifted it about 4-5" off the ground. "That's mine," she beamed. I could only smile.

Yeah, I come from good stock. So what is my responsibility to the legacy of strength on grandpa's farm? I will not push my children into weight lifting or sport if that is not something they want for themselves. But it is up to me to teach them the value of hard work, determination, tenacity, and more than anything, strength of character. To do anything less would do a disservice to those who came before them, and the legacy of Grandpa's farm.

### [OTSM Championships](#)



August 7, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

## **MEET ANNOUNCEMENT**

### **Third Annual Old Time Strongman Championships**



Chad Ullom with a successful unassisted lift with the Dinnie Stones. An OTSM Championship lift for this year!

A date has been set for the OTSM. December 7th! So mark your calendars! Here are the details to date:

**Date:** 12/7/2013

**Time:** 10:00am weigh in begins, warm ups with a start time of noon.

**Place:** Kirksville, Missouri (exact location TBD)

**Events:** Anderson Squat, Anderson Press, Dinnie Lift (order will depend if we have to split into flights)

**Entry Fee:** \$25

I wanted to have a three lift meet with a squat type lift, a press type lift, and a pull type lift. Also, all the lifts are current OTSM official lifts. Winners will be determine by weight class and age and an overall best male and female lifter will be determined using weight and age formulas. Lifters will get a JWC club t-shirt, anvil trophy for winners, refreshments, and certificates with meet results for everyone.

Entry Information: Send your name, entry fee and shirt size to:

Thom Van Vleck  
23958 Morgan Road  
GreenTop, MO 63546

ENTRY FORM (PDF): [2013 OTSM Championships Entry Form](#)

[World Postal Meet](#)

 August 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Steve Gardner

## MEET RESULTS

### Andy Goddard Memorial – World Postal Challenge 2013

A Total of 62 Lifters took part in this year's event, 25 teams in all. Results from teams that lifted in front of 3 refs, were submitted for record claims. Several prominent lifters were injured and having to lift below par, but the IAWA spirit saw them still compete, and so well done to you all! In the team event: Well done to Hoghton Barbell finishing ahead of the Burton Powerhouse first team, and a great result by The Ciavattones first team to finish third overall. In the individual overall rankings: Well done to Mark Haydock, a clear winner, ahead of Joe Ciavattone Jnr. who was superb in second position just ahead of Steve Andrews. Cast your eyes down the top ten amended totals and see what an impressive list it is, everyone who took part was a winner! Fantastic to have 14 female lifters, and a great big thanks goes out to Cliff Harvey for bringing New Zealand back to the fold with a bang! See all rankings in division order also to find your individual division placing. All results were amended using bodyweight and age formulas.

World Postal Meet Results (pdf):

[Andy Goddard 2013 Results](#)

The following result sheets contains the lifters that used 3 officials to qualify for IAWA World Records (pdf):

[AndyGoddard2013](#)

[Interview with Chad Ullom](#)

 August 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



The start of the Dinnie Walk, one of the events in the World Stone Challenge.

**Al:** Recently you participated in the World Stone Championships in Scotland. Could you tell me how you got invited to this prestigious event? Please feel free to share any other details of the event.

**Chad:** *Well, Francis Brebner has been planning on doing this type of challenge for many years, but circumstances caused it to fall through. He didn't tell me this, but I believe after the controversy involving the Dinnie stones last year, he decided that this was going to be the year to pull it off. Given the success in lifting the stones that Al Myers, Mark Haydock and I had last year, he extended an invitation to all of us to come over and compete in this challenge. I made it clear to Francis that I am NOT a stonelifter! I had success with the Dinnies because I have a good hook grip and a strong enough back. After the support he showed us on the Milo forum and in writing the Milo article, I wanted to go and support the event. Not to mention, it involved a trip to Scotland!*



Inver Stone

**AI:** What were the events, and how did you do?

**Chad:** We started off with the Dinnie stone carry for distance. We were allowed to use straps since the farthest walks on record were done with straps. This caused even more of a dust up after we were done! Now, I have rarely lifted with straps so I made a big mistake! I didn't wrap my right strap all the way around and after two feet my strap broke! I was going to try again, but someone shut us down early (that is another story!). The two feet got me 4<sup>th</sup> place, Mark finished 2<sup>nd</sup> with 9 (I need to check that) and a big Hungarian named Peter Putzer walked 18'4"! Going over the 5 yard mark that was our target! It was very impressive to watch!

We then did the bare handed walk with the smaller Dinnie stone. Mark took 1<sup>st</sup> in this event with 30ft, and I came in 3<sup>rd</sup> with 21.

Next it was on to the Inver stone. We were given 75 seconds to lift it as many times as we could with 1 point awarded for lapping it, 2 for bringing it to the chest and 5 for an overhead press. I was able to bring it to my chest 4 times which again placed me 4<sup>th</sup>.

Next was the inverstone carry. I went 1<sup>st</sup> here and made a big mistake! I brought it to my chest and squeezed, cutting off my breath so I only went 37 feet and finished 5<sup>th</sup> here.

On the final day, we threw a 98 pound stone that the Portland stone was designed after. This one turned out to be my best event and with some advice from Ryan Vierra, I took 2<sup>nd</sup> place with a throw of 12'2.

Mark ended up tied for 1<sup>st</sup>, but lost on count back to Istvan Sarai. Overall, I finished 5<sup>th</sup>, but it was a lot of fun and I was honored to participate!



The one handed Dinnie Stone Walk.

**Al:** I seen that you lifted the Inver Stone, something that you couldn't do on the stone tour following the Gold Cup. I bet this was exciting for you. Could you share the details of that accomplishment?

**Chad:** *That was very important to me. As I've said, I'm not a stone lifter, but this was something I really wanted to do. I was disappointed after the gold cup that I wasn't able to lift the inver, but I was totally focused on the Dinnies! Well, before we got there, I felt the butterflies. After all, this was being filmed and I didn't want to fail! I went over to warm up, I grabbed it and it came off the ground very easily! I had some issues with balance during the comp, but I was happy to bring it to my chest 4 times.*



Hans Darrow hosted a good ole fashioned BBQ on our first night in Germany, and he welcomed us right into his home.

**Al:** I know after this Stone Championships, you went to Berlin, Germany to participate in the IHGF World Amateur Highland Game Championships. How did that go, and what were the highlights of competing against the International Highland Gamers?

**Chad:** *That was a very humbling experience! Hans Darrow and his family treated us like one of their own. I'm happy to say that the international throwers are a great group of guys and I made some new friends! I finished in 10<sup>th</sup> place out of 14, I was happy with how I threw. I threw pretty close to seasons best in each event, nothing great, but I didn't bomb anything either. The highlight for me was definitely caber. Going in, I wanted to surprise some people with the caber. I ended up placing 3<sup>rd</sup> here and was very happy with that. It was a tough stick, only 5 got a turn I believe. I'm happy to say that I was able to turn it all 3 times.*



Setting up for the Weight for Height.

**Al:** I know there has to be at least one interesting story you would like to share with us from this trip. I don't expect for you to share the ones you told me privately about Hamish Davidson, but I'm sure there has to be one that is fit to tell here!

**Chad:** *That's a tough one, LOL. The best stories aren't mine to tell, but I can tell you Francis Brebner had me in tears for days after! So the best story that is PG would be after the bar closed down! Several of us decided to go out and celebrate. We started at the field watching the fire show drinking beer, diesel(beer & cola mixed 1:1), and a few shots. After a stop at a regular bar we moved to a dance club. Had a great time, and closed it down! A few of us decided to walk back to the hotel, a few others took a cab to another bar. So, 3am in Germany and everyone I was with spoke only broken English! We weren't 100% sure where we were so one of the guys stepped away to call a cab and left me with his brother. Well, we waited....and waited...finally his brother laid down on the sidewalk and passed out! After a half hour, I woke him up and said we have to try to find our way! We disagreed on where to go, but I finally convinced him to head my way. Turns out, we were like 3 blocks from the hotel! We must been out there a half hour! The best part is we found his brother drinking in the hotel bar!*



Hammer Throw

**AI:** What can you tell me about the organizers of these events?

**Chad:** Francis Brebner and Ryan Viera make up the IHGF (international highland games federation). I'm not sure how many countries they went through on this trip, but they are working very hard to expand highland games across the world! I would say they are having great success, the games in Germany had 14 athletes representing 11 countries! I believe it was the most countries in an international highland game. They are taking some heat for reasons I don't understand in some circles. I can tell you after spending a week with these two, they are doing this for the love of the sport! They have a wealth of knowledge and a true passion for the games. They also drug test at each of their games which makes them fit right in to our way of thinking! I wish these men great success in what they're doing.



Group picture at the Highland Game Championships.

**Al:** Thank you for taking the time to do this short interview. The USAWA is very proud of you and these great accomplishments!

**Chad:** Thank you Al!

[Presidential Cup & Century Club](#)

 August 8, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Susan Sees (left) and Bob Geib (right) at the 2013 USAWA National Championships. At this meet Bob eclipsed 100 USAWA records and joined the Century Club.

The Presidential Cup is coming up fast (THIS WEEKEND)! It is hosted by our USAWA President Denny Habecker at his gym, Habeckers Gym, in Lebanon, PA.

I have my plane ticket bought and ready to “join in” this premier Record Day event in the USAWA. The Presidential Cup is modeled after the IAWA Gold Cup, to allow each lifter to showcase their favorite and best lifts. There will be a champion crowned. As per rules of this event, the President is the one to make the decision on which Record Lift performed impresses him the most and that person will be awarded the Champion of the Presidential Cup. Last year at the inaugural USAWA Presidential Cup the late Dale Friesz was awarded the Championship trophy. Everyone was

in agreement that Dale rightfully deserved this honor. Dale will forever be known as the FIRST PERSON to be crowned the champion of the Presidential Cup.

It has been awhile since I have given an update on the Records Race and the members of the Century Club. After doing a little figuring, I was surprised to see the number of record increases and the new members of the Century Club. I should have recognized a few lifters before now! The Century Club has now grown to 25 members (from 23 on last count). I accurately predicted recent Hall of Famer Bob Geib would be joining the list after his latest resurgence in the USAWA, and Ruth Jackson has come out of nowhere to join the Century Club!! Ruth has had a stellar year in the USAWA – capped by winning Overall Best Female Lifter at the IAWA World Championships last October. Congratulations to both of these two for this accomplishment. Since the list has now grown, I am going to break it down into two listings – one for women and one for the men.

**WOMEN'S CENTURY CLUB**  
**(as of August 7th, 2013)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT	CHANGE
1	Noi Phumchona	263	265	- 2
2	Ruth Jackson	180	new	— —
3	Mary McConnaughey	117	117	0

**MEN'S CENTURY CLUB**  
**(as of August 7th, 2013)**

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT	CHANGE
1	Denny Habecker	480	447	+ 33
2	Art Montini	425	413	+ 12
3	Al Myers	411	396	+ 15
4	John McKean	291	292	- 1
5	Dennis Mitchell	266	260	+ 6
6	Frank Ciavattone	265	262	+ 3

7	Joe Garcia	238	243	- 5
8	Bob Hirsh	229	229	0
9	Chad Ullom	200	195	+ 5
10	Bill Clark	198	200	- 2
11	Howard Prechtel	174	175	- 1
12	Dale Friesz	160	162	- 2
13	Dean Ross	155	132	+ 23
14	Jim Malloy	153	153	0
15	Scott Schmidt	151	148	+ 3
16	John Monk	148	148	0
17	Ed Schock	138	142	- 4
18	Chris Waterman	137	137	0
19	Rudy Bletscher	131	126	- 5
20	Mike Murdock	107	104	+ 3
21	John Vernacchio	102	105	- 3
22	Bob Geib	102	new	---

As you can see there are no “major changes” at the top of the Century Club. Denny has stretched his lead over Art to such a degree that I won’t even call it a records race anymore between them (I’m calling you out Art to kick it in gear a bit!!! haha). Denny has added the more records to his count since the previous count (33 records) than anyone else. He is on pace to break the 500 barrier by the end of this year! I also added a “change” number to this list. That is how much the lifter’s record count has changed since the last count. You have to remember these are absolute counts, so you may think you have set more records than listed (which is probably true), but some of the records you previously owned might be getting broken in the process. The only way to keep going forward is to add more records than you are losing – and that is only accomplished by meet participation! I’ll again mention Art here – as I know Denny is getting great satisfaction out of

breaking Art's records in the 70/85 KG class, thus adding one for himself and taking one away from Art at the same time!!!

I'm getting to pride myself of making predictions on who the next Century Club members will be. I have been pretty much "right one" with every one. Now let me make my next predictions. Pretty easy if you ask me – it will go to a Ciavattone, either Joe Sr., Joe Jr., or Jeff. They are all "knocking on the door" of getting 100 USAWA records on the books. Now don't let me down guys on this!!!

I'm looking forward to celebrating the USAWA this weekend at the Presidential Cup. See everyone there!

### [Presidential Cup](#)

 August 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

MEET RESULTS & REPORT

### **2013 USAWA PRESIDENTIAL CUP**



Participants in the 2013 USAWA Presidential Cup (left to right): Al Myers, Denny Habecker, Art Montini, & LaVerne Myers

The second annual Presidential Cup only brought four lifters to the platform, but it was filled with some outstanding lifting performances in the host site, Habecker's Gym. This USAWA Championships crowns a Champion of the Record Days. The basis of this honor is chosen by our USAWA President Denny Habecker on the Record lift that impressed him the most. After all the dust had settled, our Prez made his decision, and the Champion of the Presidential Cup went to Art

Montini with his unreal performance in the Teeth Lift. I pretty much think all in attendance agreed to this choice!



Art Montini (right) and his Presidential Cup, awarded to him by USAWA President Denny Habecker (left).

The Teeth Lift is not a lift very many lifters would want to try a max lift in. Art came to this meet with a new fabricated teeth bit all ready to set a new record. He had worn his old one out!!! Now that shows commitment to training the ole chompers. He finished off with a lift of 107 pounds. I should remind everyone that Art is 85 years old, and soon to be 86! I was going to say next that most people his age don't even have their original teeth, but that applies to Art as well. He did this with false teeth! I guess that would build in a little safety margin – if you failed your teeth would just spit out with the bit! Now that would be a sight to see.

There were also lots of other great lifting. Denny performed a 176 lb. Hackenschmidt Floor Press and a 200 lb. Bentover Row. LaVerne set a big record with a 232 lb. One Arm Deadlift record (breaking a mark held previously by Bill Clark), and did it using a Ciavattone Grip. He also did a 200 lb. Bentover Row and a one handed Thumbless Deadlift of 200 lbs. I broke a couple of records held by my buddy Chad (since he wasn't in attendance!) which included a 303 lb. Bentover Row and a 211# one arm Thumbless Grip Deadlift. The highlight of my day was teaming up with my Dad in the Team One Arm Thumbless Grip Deadlift with a lift of 451 pounds.



LaVerne Myers pulling 232 pounds in the One Arm Deadlift, using a Ciavattone Grip.

This is a great event, and hopefully more lifters will attend next year. Denny has agreed to keeping this as a fixture event in the USAWA. Congratulations to all lifters who took part.

### **MEET RESULTS**

2013 Presidential Cup

August 10th, 2013

Habeckers Gym

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Scorekeeper: Judy Habecker

Officials (3 official system used on all lifts): Denny Habecker, Al Myers, Art Montini, LaVerne Myers, Judy Habecker

**Al Myers – 46 years old, 235 pounds**

Hackenschmidt Floor Press: 331 pounds  
Deadlift – No Thumb, Left Arm: 200 pounds  
Deadlift – No Thumb, Right Arm: 211 pounds  
Bentover Row: 303 pounds

**LaVerne Myers – 69 years old, 250 pounds**

Deadlift – Left Arm: 232 pounds  
Deadlift – No Thumb, Left Arm: 200 pounds  
Bentover Row: 200 pounds

**Denny Habecker – 70 years old, 187 pounds**

Hackenschmidt Floor Press: 176 pounds  
Deadlift – Right Arm, Ciavattone Grip: 165 pounds  
Bentover Row: 200 pounds

**Art Montini – 85 years old, 177 pounds**

Hack Lift: 154 pounds  
Deadlift – Left Arm, Ciavattone Grip: 122 pounds  
Deadlift – Right Arm, Ciavattone Grip: 122 pounds  
Teeth Lift: 107 pounds

**Al Myers and LaVerne Myers – 45-49 age group, 115 KG Class**

Team Deadlift – No Thumb, Right Arm: 451 pounds

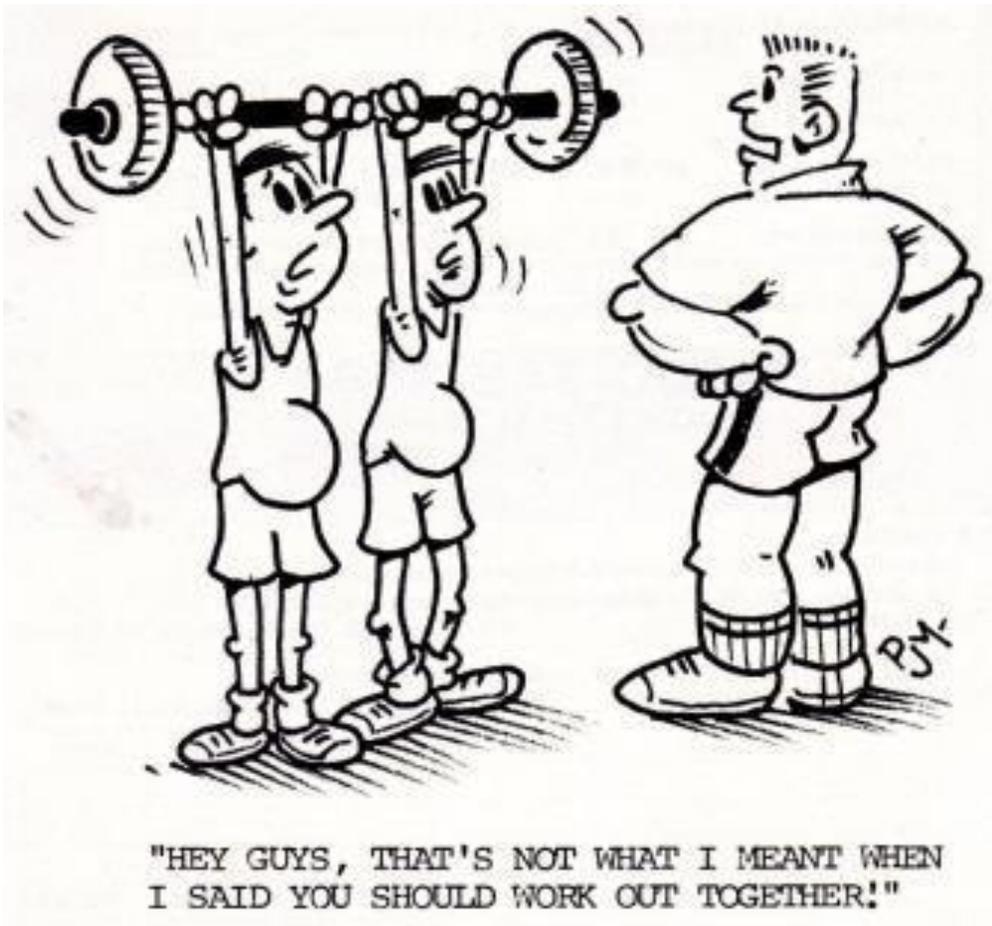
**Denny Habecker and Art Montini – 70-74 age group, 85 KG Class**

Team Deadlift: 303 pounds

[Team Champs Reminder](#)

 August 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

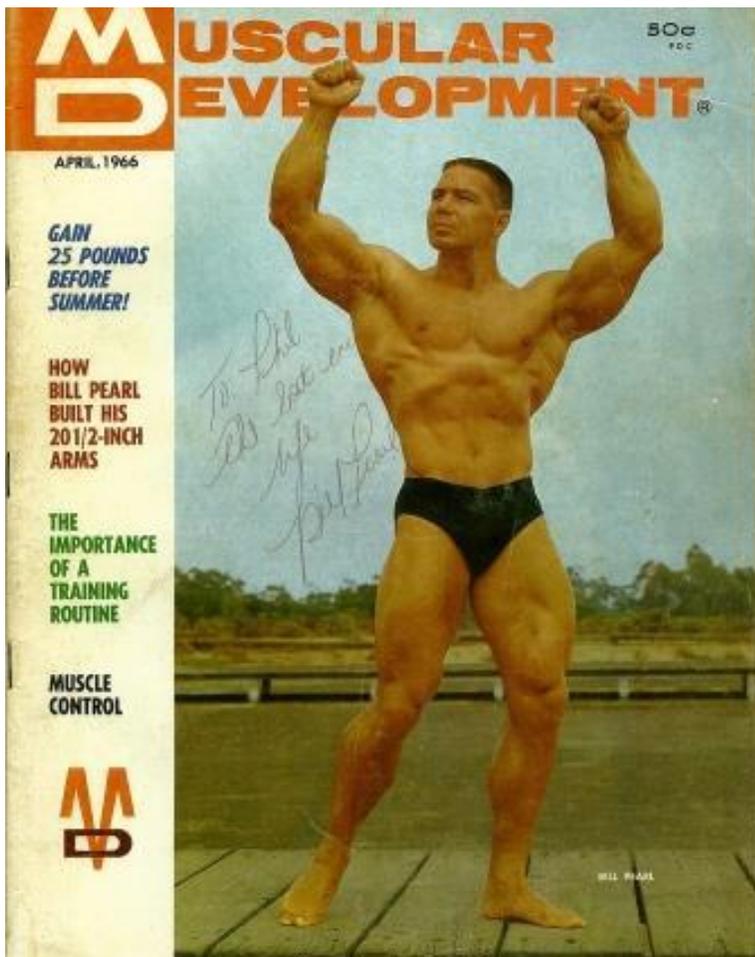


REMINDER – the USAWA Team Championship is this weekend!

[Unorthodoxy: A Training Program](#)

 August 16, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

By Thom Van Vleck



Bill Pearl autographed this cover of Muscular Development for my Uncle Phil. This picture hangs in the JWC Training Hall and inspires me in my bodybuilding workouts.

Anybody that trains for any length of time will get stale on any particular routine. Everybody knows that. We constantly switch things around to keep things fresh. For many of us this means recycling many of the basic routines over and over....which can become stale within itself. I have been training for 36 years and it's easy to get stuck in a rut and make no progress. Or in my case, at age 49....trying to hold off the aging process which means lifting a weight I did 10 years ago is considered progress!!!! With those kinds of goals (avoiding decline instead of making gains) it becomes harder for me to stay motivated and enthusiastic about my training.

So, last year I decided I needed to shake some things up. I upped my sets and reps, added more exercises to the mix, and did what I would call an "Old School Bodybuilding" Workout. Something that would make Reg Park or Bill Pearl happy! This meant training heavy, but with more sets and reps. I figured my single rep strength would suffer but to my surprise....it's doing quite well. I would credit the routine, but I really think it's the enthusiasm this routine has created in my training. My enthusiasm has been the highest it has been in years!

I really tried to start thinking outside the box. I recalled about 18 years ago working my Bench Press for a solid year and adding a paltry 5lbs to my max. Back then I was in my early 30's and

expected more! I went from 360lbs to 365lbs. I went into my next workout with no real plan and decided to hit ten sets of ten reps with 185lbs (about 50% of my max). Boy was I sore the next day. I had been used to a basic 3 sets of 8 reps program and this more than quadrupled my reps. I went into my next workout still without a plan so I just added 10lbs and decided to make hitting 225lbs for 10 sets of 10 reps my goal. I spent the next 6 months doing this same routine with NO ASSISTANCE work (of course, I was working back and legs....but no upper body assistance work). This may be hard to believe, but I eventually did 300lbs for 10 sets of 10 reps.

Now, before Al Myers calls BS on me....let me explain. When I did the 185, it was full reps, controlled, with a full pause at the bottom. As I increased my form got sloppier and sloppier....I didn't care because I was so frustrated with my bench anyways. I began to do half reps only locking out the last rep and slamming them harder and harder off my chest. I also began to wear two, three, and even five tight t-shirts for extra padding. So, I'm sure if I'd been doing these in a gym there would have been some guy making fun of me, telling me I was a joke, etc. etc. I will be the first to admit that ten sets of ten reps with 300 was about the ugliest benches you would ever see.

The result. The next week I warmed up. I loaded 370 for the easiest PR I'd had in years. I got cocky and jumped to 390....and got it. Then I went to 400lbs...and I narrowly missed the first try and then did it on a second attempt! I jumped up and screamed like I'd won the lottery! The last Powerlifting meet I was in I got that 400lbs wearing a single ply bench shirt and that was my last powerlifting meet. I would point out I got 2 reds on that 400 for moving my feet....but I got it as far as I was concerned. At that point Highland Games were beginning to consume my interest and I haven't maxed on the bench since.

More recently, I have went back to that 10x10....with a twist. I call it the 10x10x10. Again, this is Unorthodox and will likely get you funny looks in gyms and chastised by most trainers. But I just don't care if it gets me results and keeps my interest up. That's worth more than "perfect form and the perfect routine". So, here are two examples of my 10x10x10.

The first is the Dumbbell Press. I do 10 sets of 10 reps....but at 10 different angles. I have an adjustable bench that goes from a straight up and down to different angles of inclines all the way to a flat bench and then I slide plates under the front end to get two levels of declines. So it's ten sets of ten reps done ten different angles. I have done this with the same weight allowing minimal rest and I've done it increasing the weight each set.

The second version of my 10x10x10 is with the box squat. I have been using a safety squat bar which right there will get you made fun of by some guys. I contend that you can save your back a lot with that bar and at my age that's an issue. I also would contend that you have to be very disciplined in using it as you can easily cheat. I focus on keeping me weight centered on the balls of my feet and only using my hands to keep my body upright. This limits the weight...which is hard on the ego...but keeps the focus on my legs where I want it. I do 10 sets of 10 on the squat but I start with a rock bottom squat, then to an 8" box, then 10".....in 2" increments up to 24" which from me having a 36" inseam is well above parallel (God forbid!). All the while I jump up in weight.

I'm not trying to say these are "secret routines" or you will have great gains, I'm just trying to show you how I have used some "Unorthodoxy" in my training to keep me motivated. So, from time to time try being a little unorthodox in your training. I would still say a good, structured program is best, but every so often do something outside the box. A little change from time to time is good.

### [Team Championships](#)

 August 19, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

### **2013 USAWA TEAM CHAMPIONSHIPS**



Group picture from the 2013 USAWA Team Championships.

The Dino Gym hosted the USAWA Team Championships last weekend. This is a championship event that contests "team lifting". Team lifting consists of lifting on the bar with a partner – and consists of three divisions: 2-MAN, 2-WOMAN, and MIXED PAIR. Mixed pair is a team that consists of a male & female. Four lifts were contested: Bench Press – Hands Together, Deadlift – Fulton Bar, One Arm, Deadlift – Heels Together, and the Hip Lift. The first three lifts went fairly quickly, but we ran into some difficulties with the Team Hip Lift. To my best knowledge, the Hip Lift being performed as a Team Lift has never been contested before in history. I had made a extra long Heavy Bar, but it required some slight modifications to it as the event was in progress. All of the teams could have done MUCH MORE in this lift if given some more time training it and getting used to the timing of performing a Hip Lift with a partner.



Logan Kressly and Jera Kressly performing a Mixed Pairs Heels Together Deadlift of 600 pounds.

I was very excited to have ALL THREE DIVISIONS represented in this championships. That has never happened before. The Ledaig HA was well represented with Jera and Logan Kressly lifting in the Mixed Pairs, and winning the Overall Mixed Pair Championships. The 2-Woman Division saw a combination of Overall World Champ Ruth Jackson, and Overall Nationals Champ Molly Myers. They formed a formidable duo. The 2-Man Division was won by myself and Chad Ullom. Denny Habecker and Art Montini competed in their first USAWA Team Championships. Their lifting was superb, and each lift they did appeared to be done very easily.

#### **MEET RESULTS:**

2013 USAWA Team Championships

Dino Gym, Holland, Kansas

August 17th, 2013

Meet Director: Al Myers

Scorekeeper: Al Myers

Loaders: Dean Ross, Dave Glasgow

Photographer: Doug Kressly

Officials (1-official system used): Al Myers & Denny Habecker

Lifts: Bench Press – Hands Together, Deadlift – Fulton Bar, One Arm, Deadlift – Heels Together, Hip Lift

### **WOMENS DIVISION**

1. Ruth Jackson (51 years old, & 107 lbs) and Molly Myers (15 years old, & 171 lbs)

Open age class and 80 KG weight class

BP-HT	DL-FB	DL-HT	Hip	TOT	PTS
160	198-R	375	550	1283	1444.6

EXTRA

Bench Press – Hands Together: 180 lbs.

### **MIXED PAIR DIVISION**

1. Jera Kressly ( 28 years old, & 231 lbs) and Logan Kressly (15 years old, & 169 lbs)

Open age Class and 105 KG Weight Class

BP-HT	DL-FB	DL-HT	Hip	TOT	PTS
225	352-R	551	1423	2551	2108.2

EXTRA

Deadlift – Heels Together: 600 lbs.

### **MENS DIVISION**

1. Al Myers 46 years old, & 235 lbs) and Chad Ullom (41 years old, 252 lbs)

40-44 Age Class and 115 KG Weight Class

BP-HT	DL-FB	DL-HT	Hip	TOT	PTS
450	452-R	904	2503	4309	3472.2

2. Denny Habecker (70 years old, & 189 lbs) and Art Montini (85 years old, & 174 lbs)

70-74 Age Class and 90 KG Weight Class

BP-HT	DL-FB	DL-HT	Hip	TOT	PTS
200	275-R	452	1150	2077	2509.7

EXTRA:

Deadlift – Fulton Bar, Right: 308 lbs.

*NOTES: All lifts recorded in pounds. R designates right arm used. TOT is total pounds lifted. PTS are adjusted points for age and bodyweight corrections.*

### [Dino Days Record Day](#)



August 20, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

The Dino Days Weekend finished off with a USAWA Record Day on Sunday. For the first time EVER, I had a conflict and could not be present at the record day on Sunday. However, I left Denny Habecker and Scott Tully in charge, and would you believe this – it was the BEST record day the Dino Gym has ever seen! 13 lifters showed up to tackle the USAWA record list and many new records were set. When I got back home Sunday night, Denny “filled me in” on the day’s top performances. I was very impressed with the quality of lifting that took place. I just HATED to miss it, especially when it was done in the Dino Gym!!!

There was a wide range of lifts performed. Just look down over the results and you will see many different lifts mentioned. The youngest lifter was Gabby Jobe at age ten, and the oldest lifter was Art Montini at age 85. The lightest lifter was Ruth Jackson at 107 lbs. and the heaviest lifter was Dan Bunch at 379 lbs. The lightest lift for record was Ruth Jackson’s Rectangular Fix at 38 lbs., and the heaviest lift for record was Eric Todd’s Neck Lift of 1040 lbs. Several ALL TIME records were set. ET’s neck lift, Jesse Jobe’s Continental To Belt of 513 lbs., Alison Jobe’s Continental to Belt, Alan English’s Overhead Squat, etc. Denny Habecker and Art Montini teamed up for a 507 lb. Team Deadlift as well.

This was a record day that will be remembered. I want to thank EVERYONE who showed up and supported the USAWA in this meet.

### **MEET RESULTS:**

Dino Days Record Day

Dino Gym, Holland, Kansas

August 18th, 2013

Meet Director: Al Myers

Lifts: Record Day (5 lift maximum)

Officials (1 official system used): Denny Habecker, Art Montini, Lance Foster, Eric Todd

**Gabby Jobe – Female, 10 years old, 118 lbs. BWT**

Bench Press – Feet in Air: 65 lbs  
Clean and Press: 50 lbs.  
Peoples Deadlift: 176.2 lbs.  
Anderson Squat: 180 lbs.

**Alan English – 29 years old, 242 lbs. BWT**

Apollons Lift: 323 lbs.  
Turkish Get Up: 115 lbs.  
Clean and Jerk – 2 Dumbbells: 220 lbs.  
Squat – Overhead: 277.5 lbs.

**Jesse Jobe – 36 years old, 240 lbs. BWT**

Press – From Rack: 230 lbs.  
Bent Over Row: 322 lbs.  
Continental to Belt: 513 lbs.  
Phumchaona Lift: 840 lbs.  
Bench Press – Fulton Bar: 303 lbs.

**Alison Jobe – Female, 37 years old, 250 lbs. BWT**

Deadlift – No Thumbs, Overhand Grip: 186.2 lbs.  
Continental to Belt: 186.2 lbs.  
Deadlift – Ciavattone Grip: 236.7 lbs.  
Vertical Bar Deadlift – 1 Bar, 1”, Right Hand: 144 lbs.  
Vertical Bar Deadlift – 1 Bar, 1”, Left Hand: 130 lbs.  
Clean and Press – Middle Fingers: 57.5 lbs.

**Scott Tully – 37 years old, 315 lbs. BWT**

Turkish Get Up: 88 lbs.  
Snatch – 2 Dumbbells: 120 lbs.  
Lateral Raise – lying: 90 lbs.

**Eric Todd – 38 years old, 261 lbs. BWT**

Press – From Rack: 260 lbs.  
Bench Press – Hands Together: 300 lbs.  
Press – Dumbbell, Right Arm: 130 lbs.  
Pullover – Straight Arms: 95 lbs.  
Neck Lift: 1040 lbs.

**Lance Foster – 47 years old, 322 lbs. BWT**

Jefferson Lift: 360 lbs.

Cyr Press: 85 lbs.

Neck Lift: 330 lbs.

**Dan Bunch – 49 years old, 379 lbs. BWT**

Deadlift – Stiff Legged: 396.7 lbs.

Deadlift – No Thumb, Left Arm: 206.2 lbs.

Deadlift – Ciavattone Grip, Left Arm: 220.2 lbs.

**Dan Wagman – 50 years old, 180 lbs. BWT**

Clean and Press – 12" Base: 190 lbs.

Swing – Dumbbell, Left Arm: 125 lbs.

Swing – Dumbbell, Right Arm: 125 lbs.

Deadlift – 2 Bars: 550 lbs.

Bench Press – Reverse Grip: 300 lbs.

**Ruth Jackson – Female, 51 years old, 107 lbs. BWT**

Deadlift – Reeves: 75 lbs.

Rectangular Fix – Fulton Bar: 38 lbs.

Bench Press – Alternate Grip: 105 lbs.

Squat – Piper: 167.5 lbs.

Snatch – Right Arm: 57.5 lbs.

**Denny Habecker – 70 years old, 190 lbs. BWT**

Press – From Rack: 150 lbs.

Clean and Press – Behind Neck: 135 lbs.

Clean and Press – Heels Together: 140 lbs.

Clean and Seated Press: 125 lbs.

**Dean Ross – 70 years old, 265 lbs. BWT**

Bench Press – Feet in Air: 195 lbs.

Bench Press – Hands Together: 165 lbs.

Bench Press – Reverse Grip: 155 lbs.

Bent Over Row: 204 lbs.

Deadlift – 2 Dumbbells: 260 lbs.

**Art Montini – 85 years old, 174 lbs. BWT**

Deadlift – Dumbbell, Left Arm: 70 lbs.

Deadlift – Dumbbell, Right Arm: 70 lbs.

Deadlift – 2 Dumbbells: 140 lbs.

Bent Over Row: 95 lbs.

### **Denny Habecker & Art Montini – 70-74 Age Group and 90 KG Weight Class**

Team 2-Man Deadlift: 507 lbs.

#### [Boxes for Lifting](#)

 August 21, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

Boxes of different sizes can be a real plus to any gym. They can be used for a variety of things. Let's look at some of the types.

#### **Squat Boxes**



My squat boxes with a 1 inch spacer that I can use to take them from 8" to 25". They are reinforced with a 2x4 frame inside.

Most people think of them for box squats which is what mine probably get used for the most. I prefer to NOT do the box squats where you actually sit down on the box, but instead use mine to gauge depth. But that debate is for another article. These boxes aren't always the strongest because they typically aren't used to drop weight on. Mine are strong enough to hold someone standing on them plus weight, but not drop the weight. I made mine so that one box could be flipped on a side for a different height (I stole that idea from Al Myers....who probably stole it from someone else). I have used mine for setting weights on to allow for different starting heights, as plyo boxes, and for many other things over the years. They are just handy to have!



My "Jerk Boxes" that Al Myers made for me. These are made of metal and are a fixed height.

### **Jerk (High) Boxes**

These boxes are built with the intent of dropping the weight on them. They need to be super durable. I have some high ones that Al Myers made me that I asked for after injuring my shoulder trying to "catch" a heavy push press. Al made them....then liked them so much he made some for himself. They have a thick sheet of rubber on them as well. The High "Jerk" boxes I have are a steel frame with wooden platform on top. They are usually made of wood. Mine set high enough from me to do push presses and Jerks while standing over them. I can also take squats out of them but from a low position. Usually these have a way to make some adjustments on them, mine were custom for my height.

### **Pull (Low) Boxes**



These are 3"-6" short solid wood boxes. They are stackable up to 9" for the Peoples Deadlift.

These boxes are also built with the intent of dropping weights on them. In this case they are low for doing pulls and are built very strongly for dropping the heaviest of weights. I have 4 boxes. Two are 3" thick and the other two are 6" thick. I can stack them and make them 9" or the same as a People's Deadlift. Mine are scrap boards sandwiched with plywood and rubber matting. I put handles on them to make them easy to move. They are solid wood glued and screwed together.

## Other “Boxes”.

There are many things you could use to achieve the same purpose and often it can mean re-purposing other objects. If you are like me, you will find many other uses for these boxes in your training than what they were first built for. This is especially true as I get older but at the same time as my kids train more and more I find them coming up with creative ways to use the boxes (and not all of it involves lifting...but that’s okay, too!).

### [My Visit to Ledaig Heavy Athletics](#)

 August 27, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Banner that hangs in the Ledaig gym

Recently I got to make my first trip to Ledaig since Dave built his new facility. This is Dave Glasgow’s family gym. I say family gym because it belongs to his whole family. You drive down that road and it’s hard to figure out which “Glasgow” to stop at as each mailbox has that name on it. But if you know Dave and he counts you as a friend, then you are family, too! This sits on some family property about 30 miles from Wichita, Kansas but really miles away from anyone! It is near Rainbow Bend, Kansas and if you can find that then you are right up there with Columbus and Magellan as an explorer. Dave used to train in a round metal tank that would literally roast you on a hot day. The frame for the gym was put up years ago, I believe Dave’s Dad had built a metal frame and never finished it. Dave got it done and there is a gym, shop and garage housed in the large building. You could park a dozen cars in there if it were cleared out, but Dave has a quarter sectioned off for the gym that is walled in and the rest is full of tools, cars, and projects!



Dave Glasgow cutting some steel rod in his gym to make stakes for Highland Games trigs.

I have been to many gyms over the years and to me my favorites also include other “manly” pursuits. My Uncle Phil has a reloading room attached to his gym. Al Myers has a full scale metal shop in his gym. Randy Richey (<http://www.usawa.com/omega-force-christian-strongman-team/>) has one of the coolest gyms I’ve ever seen with the a massive metal shop. Hard to believe anyone could top Al’s gym, but Randy just might! I can’t top those guys but my gym has a workshop as well. Dave has entered the fray with a huge workshop area with the ability to cut, weld, and shape metal along with working on the two antique corvettes parked in his gym.



Some old school Eleiko bumpers at Ledaig

Another hallmark of a cool gym in my book is to have historical and cool things to lift. Ledaig has many things, old and new to lift. I was especially salivating over his Eleiko plates. They are old and

well used, but still cool nonetheless. Dave has some equipment that he has used for many, many years in his gym and you can just feel the positive “mojo” in there!

If you get a chance to make it to a USAWA meet at Ledaig, it’s worth the journey. You can fly into Wichita and that gets you close. But if you drive there just know this: The cell phone reception is not very good and on more than one occasion I have fielded a call from a lost lifter driving the countryside looking for “Rainbow Bend”. Be sure you know how to get there! Because it truly can be one of those places that “you can’t get there from here”!

## [A PLACE TO CALL HOME](#)

 August 28, 2013 | Authored by [Al Myers](#) | [Edit](#)

BY DAVE GLASGOW



THE WEIGHTROOMS POWER RACK, COMPLETE WITH A GOOD STUMP TO SQUAT TO.

I ENJOY PRIVATE GYMS THE MOST. MOST PERSONAL GYMS I HAVE BEEN IN HAVE THAT ‘LIVED IN’ FEELING. THEY **ALL** HAVE A PERSONALITY OF THEIR OWN. SOME OF THE MORE RECENT ONES I HAVE BEEN IN ARE FLOYD TRAUB, THOM VAN VLECK AND, OF COURSE, THE MECCA OF THEM ALL, AL’S DINO GYM.

THEY ARE ALL AS YOU WOULD EXPECT FROM THEIR OWNERS. FLOYD’S SMALL, CONCISE, BASIC. THOMS IS SMALL BUT CRAMMED WITH LIFTING EQUIPMENT FROM THE PAST AND PRESENT, ALONG WITH MEMORABILIA OF TIMES PAST. AL’S IS SO JAMMED WITH ITEMS THAT IT IS SOMETIMES HARD TO GET AROUND WHEN THERE IS LIFTING GOING ON!

I SUPPOSE I DIDN’T THINK ABOUT IT UNTIL THOM CAME HOME WITH ME A COUPLE WEEKS AGO FOR A QUICK ‘LOOK SEE’ OF MY PLACE. WHILE THERE, I NOTICED HIM TAKING A VIDEO OF THE

YEAR OLD WEIGHT ROOM I HAVE IN MY TWO YEAR OLD SHOP (YEAH, I'M BRAGGIN', JUST A LITTLE!). I WONDERED AT THE TIME WHY HE DID IT BUT I DID'NT SAY ANYTHING TO HIM AT THE TIME. MAYBE HE WAS PLANNING TO STEAL MY IDEAS!!!

THIS NEW WEIGHT ROOM IS THE CULMINATION OF DECADES OF PRIOR WEIGHTROOMS I HAVE HAD MY STUFF IN. I TRIED TO COUNT THE PLACES A COUPLE TIMES AND I FINALLY SETTLED ON ELEVEN DIFFERENT SPOTS THAT I COULD RECALL. THERE HAVE BEEN BARNs, BASEMENTS(ONE IN PARTICULAR REMINDS ME OF A STORY, BUT THAT IS FOR A LATTER TIME), AN OLD V.F.W. HALL, TWO GARAGES, A FORMER BAR (NOW DOJO), WELL, YOU GET THE DRIFT. JUST ABOUT ANY PLACE THAT SOMEBODY WITH SOME ROOM WOULD LET ME HANG MY HAT. THE UNIQUE THING ABOUT EACH OF THESE DOMAINS WAS THAT EACH HAD THERE OWN LITTLE QUIRKS AND NUANCES. I HAVE MEMORIES OF EACH OF THESE PLACES THAT I WILL CHUCKLE AT TO THIS DAY. THE ONE THAT MAKES ME SMILE THE MOST, HOWEVER, INVOLVED MY BOY, DEREK.

WHEN WE HAD THE WEIGHTS IN THE OLD V.F.W. HALL, IT WAS RIGHT NEXT TO A CONVENIENCE STORE. NOW, YOU HAVE TO UNDERSTAND, MY BOY NEVER GAVE TWO HOOTS ABOUT WEIGHTLIFTING (HE WAS 6-7 AT THE TIME), HE DID, HOWEVER, LOVE A SOFT DRINK CALLED 'CLEARLY CANADIAN'. IF HE KNEW I WAS HEADED OUT TO LIFT, HE WOULD WANT TO TAG ALONG. HE WOULD WATCH ME FOR THE HOUR AND A HALF THAT I WORKED OUT, ENTERTAINING HIMSELF IN WHATEVER WAY HE COULD. THEN, WHEN I WAS FINISHED, HE WOULD RUN TO TURN THE LIGHTS OFF AND HEAD FOR THE DOOR. ABOUT HALF WAY ACROSS THE PARKING LOT, I WOULD HEAR, "DAD, CAN WE GET A CLEARLY CANADIAN?" IT MAKES ME A LITTLE MISTY EYED TO THINK OF IT BUT HE NEVER FAILED TO GET WHAT HE CAME FOR AND I GOT A CHRISHED MEMORY I WILL CARRY TILL THE END. I EVEN TOOK TO MAKING SURE I HAD THE MONIES ENOUGH TO SNAG A COUPLE DRINKS BEFORE I LEFT THE HOUSE EACH TIME.

THE MOST ACTIVE OF THE PREVIOUS DOMICILES WAS IN THE GARAGE OF THE FIRST HOUSE GUNN AND I OWNED. IT HAD A DIRT FLOOR UNTIL I SAVED UP ENOUGH TO PUT A CONCRETE FLOOR IN IT. WE ALSO HAD A WOOD STOVE THAT WOULD RUN YOU OUT OF THE PLACE!! IN THE SUMMER, HOWEVER, WE WERE ON OUR OWN!! WE HAD 5 OR 6 GUYS AT ANY ONE TIME AND I LOOKED FORWARD TO EACH SESSION DUE TO THE COMMERADERIE THAT IT PRODUCED. MOST OF THE GUYS WERE FOOTBALL PLAYERS FROM THE LOCAL COLLEGE BUT WE HAD CONSTRUCTION WORKERS AND OTHER HANGERS ON THAT MADE FOR A ROWDY MIX!

LOCATING THE WEIGHT ROOM IN A DOJO GOT US SOME STRANGE LOOKS AND I LAUGHED MORE THAN ONCE WHEN WE WOULD BE LIFTING AT THE SAME TIME TAE KWON DO CLASSES WERE ABOUT TO START. THERE WOULD BE LAUGHING, JOKING AND GENERAL 'GRAB ASSING' FROM THE STUDENTS UNTIL THEY SAW WE WERE THERE, THEN IT WOULD GET VERY QUET!!! I HAVE NO IDEA WHY!??

THE ONE THAT CAUSED THE MOST UP-ROAR, HOWEVER, WAS WHEN WE PUT MY GEAR IN A BUDDY'S GARAGE. HE HAD A THREE BAY SET UP THAT WE WOUND UP USING TWO OF THE BAYS. THIS CAUSED ALL KINDS OF HELL FROM MY PAL'S WIFE, BECAUSE YOU CAN GUESS WHO'S

STALL GOT TAKEN!! MY PAL WAS A COP, AND HIS REASONING WAS BECAUSE, ONE, HE NEEDED TO STAY IN SHAPE FOR HIS JOB AND, TWO, THERE WAS NO WAY HE COULD LEAVE HIS UNDER COVER COP CAR ON THE STREET!!! WHICH MEANT HER CAR WAS LEFT OUT IN ALL SORTS OF WEATHER, AND, SEEING AS SHE HAD TO LEAVE FOR WORK VERY EARLY IN THE MORNING, MADE FOR SOME TENSE SITUATIONS!! I LAUGH AS I WRITE THIS BECAUSE KATHY DIRECTLY BLAMED YOURS TRULY FOR THE INVASION OF “HER SPACE”! TO MY KNOWLEDGE, SHE STILL HARBORS A CASE OF THE ASS TOWARD ME!!! (ALTHOUGH, AFTER 25 YEARS, I AM SURE IT IS MOSTLY TONGUE IN CHEEK.)

WHEN THE NEW WEIGHT ROOM WAS BUILT, I KNEW IT WOULD HAVE A FEW STORIES OF IT’S OWN BEFORE IT WAS OVER. POSSIBLY, THE BEST STORY THAT WILL BE TOLD IS HOW A COUPLE COLLEGE BUDDIES GOT TOGETHER TO BUILD WHAT I HAD ALWAYS DREAMED OF. I WILL NOT RECOUNT THAT STORY BUT I, MOST CERTAINLY WOULD NOT HAVE IT WERE IT NOT FOR FLOYD TRAUB. HOW DO YOU REPAY SOMEONE FOR KINDNESSES SUCH AS THAT?? UNLESS THERE IS SOME NATURAL DISASTER, THIS WILL BE THE FINAL RESTING PLACE FOR MY EQUIPMENT.

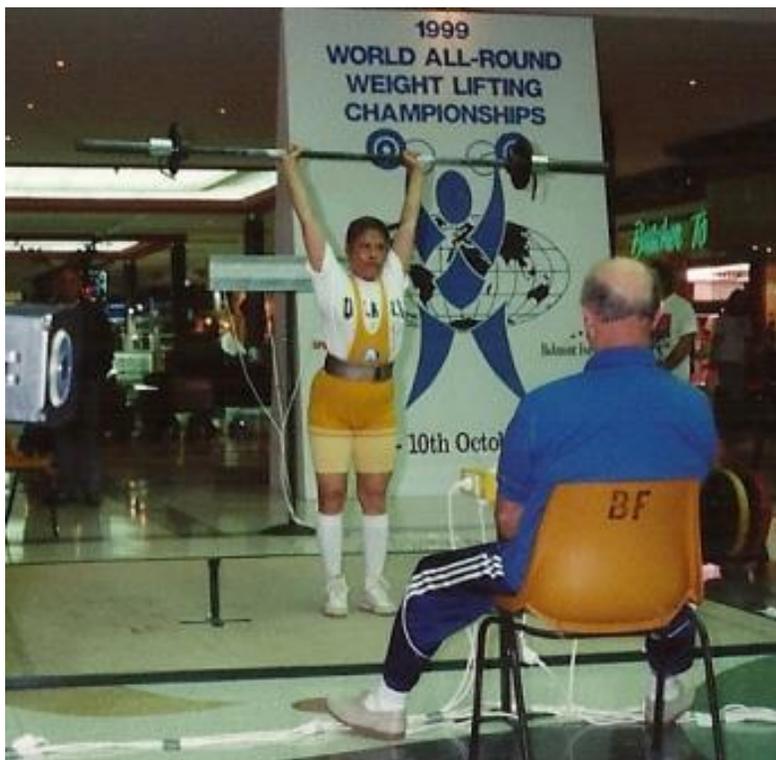
BEING A SENTAMENTAL SORT, I CAN’T HELP BUT HONOR ALL THOSE PLACES THAT I HAVE USED FOR MY WEIGHTS AND THE GUYS THAT SHARED THE WORKOUT TIME WITH ME. I ALSO REMEMBER THE NAME WE GAVE TO THE FIRST PLACE. SO, TO RECOGNIZE THE PEOPLE AND PLACES THAT HAVE MADE MY WORKOUTS MEMORABLE FOR ALMOST FOUR DECADES, I NAME THIS FINAL WEIGHTROOM, ‘**SCRAPIRON WEIGHHOUSE-#12**’, THE CROWN JEWEL OF THE **LEDAIG HEAVY ATHLETICS TRAIING FACILITY**.

[Phumchaona Lift](#)



August 29, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Noi Phumchaona performing a Clean and Press at the 1999 IAWA World Championships in Australia.

The USAWA is full of odd and weird all round lifts. Some have been performed rarely – and some NEVER! Well, at my Dino Days Record Days one of these lifts was performed for USAWA Record for the first time. It took someone as odd as the lift itself to finally make this happen in the USAWA (and that is supposed to be a compliment!). Anyone with normal sense would have passed on attempting this lift for record.

Jesse Jobe, of the Jobe's Steel Jungle, performed a Phumchaona Lift of 840 pounds. This is the FIRST and ONLY record lift established in the Phumchaona Lift. I appreciate lifters like Jesse bringing recognition to the "less popular" lifts in the USAWA by performing them in record days. If you look hard in the Rule Book and compare it to the Record List you will find there are a few other USAWA lifts that have never been performed for record. I know which ones they are – but I'll leave it up to you to figure out the ones!

The Phumchaona Lift was named after Noi Phumchaona, the most celebrated female USAWA lifter in history. Noi was the OVERALL BEST LIFTER at the USAWA Nationals four times (2002, 1999, 1998, & 1997). She was married to the legendary Hall of Famer Howard Prechtel. Together they made a dynamic husband/wife duo, and their presence was at most every major competition during the 1990's and early 2000's. Together they have more USAWA/IAWA Championships than any other husband/wife combo in the history of our organization. The Phumchaona Lift is an official lift of the USAWA only (not an IAWA lift).

The rules for the Phumchaona Lift are as follows:

## ***114. Phumchaona Lift***

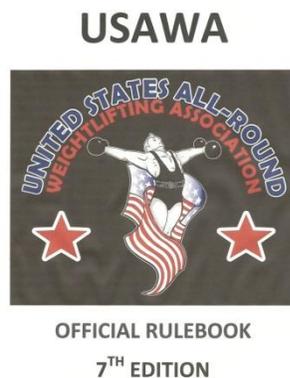
*This lift combines a Hip Lift and a Clean and Press with two dumbbells. The rules of the Hip Lift and Clean and Press – 2 Dumbbells apply with these exceptions. The lifter gets in position for a Hip Lift holding two dumbbells at arms' length by the sides. The dumbbells may be cleaned and pressed before, during, or after the Hip Lift. Any combination of movements is allowed. The only command from an official during this lift will be a command to end the lift when both the Hip Lift and the Clean and Press with two dumbbells are completed.*

As you can see, this is a extremely difficult lift which combines a heavy lift and a dumbbell lift. It is definitely a “one of a kind” lift. The interesting thing is that there is not a documented case of Noi actually performing this lift. I have done some research on when this lift originated – and I am at a dead end. I even went to the effort of contacting several of the “long in the tooth” USAWA members to give me input for this story, and I’ve only received one email response back in which he didn’t have anything to add. So this makes the Phumchaona Lift an all-round mystery for now.

[New Rulebook Available!](#)

 September 3, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



USAWA Rulebook 7th Edition

A new, updated USAWA Rulebook is now available. It is located on the website, under the top heading “Rulebook”. It is available as a pdf download, or available in hard copy form which can be ordered from the USAWA online store.

This is the 7th Edition of the USAWA Rulebook. Since 2009 there has been an updated Rulebook available every year based on the rule changes that occurred at the Annual Meeting. Before that there were only 2 Rulebooks printed in the previous 20 years plus. The current Rulebook is always the one to follow in terms of the current rules and regulations of the USAWA. This year only one new official USAWA lift was added – the Old Time Strongman Lift the Hackenschmidt Floor Press. The major changes in the Rulebook were the addition of two sections – Official Scoring and

National Championships Guidelines. Both of these sections were very warranted as they contain several of the previous “unwritten rules” of the USAWA, and everyone knows how I dislike unwritten rules! An appendix was also added which contains the Lynch Factor Chart, weigh-in forms, and meet scoresheets. The USAWA Bylaws are also included in this Rulebook.

I also added a few new pictures to our great Rulebook. I feel very good about the progress our Rulebook has made over these past few years. It is still far from perfect, but at least now when problems are addressed as they occur and decisions are made to rectify the situation – it happens. I always welcome comments from the membership concerning questions or misunderstanding of statements in the Rulebook if they appear to be confusing. Only through this diligence can the Rulebook continue to be improved!

### [Battle in the Barn](#)

 September 4, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Eric Todd

#### **MEET ANNOUNCEMENT**

#### **2nd ANNUAL BATTLE IN THE BARN**



Warning signs as you enter the gym!

On October 19, ET’s House of Iron and Stone will play host to the 2<sup>nd</sup> annual “Battle in the Barn”. The following events will be contested:

**Cyr Press**

**Dumbbell to the Shoulder**

**People’s Deadlift**

**Dinnie Lift**

I feel our gym has one of the best environments for an Old Time Strongman meet. While our “barn” has more the appearance of half a giant tin can than what most would visualize when you say barn, I would argue that many of the conditions are similar to the barns that many old timers would train and compete in back in the day. It is a place to get strong. Period.

There are no frills. There is iron, and lots of it. Some of it is rusty. There is a large collection of strongman equipment. In the summer, it is hot. In the winter we have a couple of wood stoves to help take the edge off. We can usually get it up to 35-40 degrees in there for our weekend workouts. If you want something to drink, bring it with you. We don't have running water. So, if nature calls, find a nice spot outside where the Johnson's can't see you, or walk out back to the outhouse. The TP is in the ammo box. So, come on out. It should be a fun day of lifting and camaraderie. I am doing the awards a bit differently this year. We are doing top 3 by formula as well as top 3 by total weight lifted. This way we reward the pound for pound as well as top weight moved. Maybe we will break a record or two after the meet. I know that I will be attempting to break the neck lift record for the Guinness book that day. Hope to see you there.

ENTRY FORM (PDF): [Battle in the Barn II](#)

[Why Progressive Resistance Isn't Always Progressive](#)

 September 6, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Milo of Croton is often credited with originating the concept of Progressive Resistance.....at least in folk lore.

Most everyone knows the story of Milo. He was a Greek wrestler that dominated wrestling in ancient Greece in his time...that is pretty much a fact. The legend is he became that way because he observed that he could lift a bull on his shoulder and he supposed that if he did that every day that he should still be able to do that when the bull was full grown. He then did that, and carried

the bull on his shoulders into the Olympic Stadium, slew it and ate meat from it raw to intimidate his fellow wrestlers. That part may be fact, partly true, or just a great story. I know it would play well in modern professional wrestling!

The idea was that if you put the body under increasing progressive resistance it would adapt slowly but surely and become stronger. I think most of us understand that if you weight train, that's the idea! What I don't think most realize is that the adaptation to work load is a flat, linear line from weak to strong. It actually probably looks like a zig zag line to slow climbs over time where you see ups and downs that if averaged made a nice linear line.

Most people handle making gains pretty well. Who doesn't! What really separates those who make great gains is those who handle the down times. My point is that when you have times that you slide it's how you react to that lack of progress or even loss of progress that dictates long term success. It's the reason they set up great boxers with "bums" they can beat up on. Sure, lots of wins and knockouts will sell lots of tickets but that's not why they really do that. It's to create confidence in the fighter. Getting you butt kicked does not instill confidence in most people.

Those most successful are those that learn to deal with failure and find the ways to most quickly turn it around. They have short memories on failure and stay focused on success. They know that failure is part of the process and keep their head down and keep working. They understand that progress isn't always linear, accept it, and make each failure a part of their learning process. They also understand that a lack of progress means a time for change and they don't stubbornly hold onto a set routine just for the sake of finishing that routine. They make adjustments and keep focused on what's going to help them reach their goal

So, my point is, progressive resistance may not always be as progressive. Success comes from dealing with that quickly, efficiently, and getting back on track. So the next time you hit a sticking point...know that's when champions are made...not when it's going well. Because even great boxing champs get knocked out once and you never see them at the top again. But the greatest come back time and again!

[RIP Casey Viator](#)

 September 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Casey Viator

News has spread this week “across the web” of the death of 1980’s bodybuilding icon Casey Viator. He died on September 4th (on his birthday!) at his home from a reported heart attack.

Casey Viator was best known for winning the 1970 AAU Mr. America at the age of 19, the youngest to ever win that title. I remember following his pro bodybuilding days in the 80’s. He placed third at the 1983 Mr. Olympia in a controversial bodybuilding contest (aren’t they all???), behind Mr. O winner Chris Dickerson and Frank Zane. This was at the time that I was really getting interested in weight training, and followed all top contests intently. Casey Viator had a “thickness” to his muscularity that many of the other top bodybuilders did not have at the time. He also had the reputation of training with maximum intensity, and was one of the first top bodybuilders to embrace the HIT (High Intensity Training) program.

I will say his legacy will be forever tied to Arthur Jones and the COLORADO EXPERIMENT held in the spring of 1973. His death brought that to my mind, as I remember reading the report of that over 30 years ago, yet I still had vague memories of it and the remarkable growth Viator made during that experiment. I had to “go to the files” and find it to reread again - and it still boggles the mind to think that a man could gain over 63 pounds of muscle of a period of 28 days training exclusively on Nautilus equipment! From the report it states, “during a period of 28 days, as a result of 14 workouts, involving a total training time of 7 hours, 50 1/2 minutes, an average of 33.6 minutes per workout, his gains were as follow...an average muscle mass increase of 4.51 pounds per workout...or .36 pounds per set...an average gain of 8.04 pounds from each hour of training.”

As a younger newbie weight lifter this scientific study (hic, hic...) sounded like the groundwork of a master lifting plan to me. To say I was more than intrigued at the time would be an understatement. I later realized that this was nothing more than a grand marketing scheme by

Arthur Jones to promote his Nautilus equipment line. Careful review of that “flimsy study” now would be critiqued to death with obvious flaws present. But regardless, it is a GOOD STORY and makes for an interesting discussion amongst those that are interested. The debate is better left for a discussion forum over the scientific merit of the COLORADO EXPERIMENT.

However, Casey Viator was one of many that inspired my early “battle with the iron”. It is sad to see your lifting hero’s die, and especially at a young age (Viator was only 62). It seems like just yesterday to me that he was THE MAN with the biggest bi’s battling it out in the Mr. Olympia!!!

### [Lifter of the Month: Chad Ullom](#)

 September 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Chad Ullom performing a 793.5# Anderson Squat at "Joe the Turk" Old Time Strongman Meet in Macomb, Illinois.

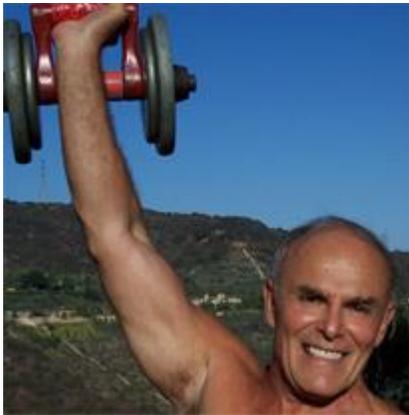
Congratulations goes to Chad Ullom for being selected as the USAWA Lifter of the Month for the month of July. Chad had a very active summer – placing second overall at Nationals in the Mens Division, competing in the World Stone Challenge in Scotland, participating in the USAWA Club Championships, and finishing with a FIRST PLACE overall finish at Joe the Turk OTSM in Macomb in July. Add in that he was “one of the few” USAWA members to represent the USAWA in the IAWA World Postal Meet which was contested in July, and he becomes a VERY WORTHY choice for lifter of the month.

CONGRATS CHAD!

[To Kettlebell or Not](#)

September 11, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Here's a photo that shows a handle like the one that my grandfather used to convert his dumbbell into a kettlebell.

I work at a University and we have a rec center on campus. It's a small school so the rec center is actually pretty decent for our size but still small. The guy that runs it has been there for 30 plus years and he is very upbeat and positive. Dan came out of the 70's running craze and still runs to this day. Nothing wrong with that, but he's not really a weightlifter and he knows it. I am a weightlifter and not much of a runner...so we keep each other balanced.

Dan tries to stay on top of the latest trends and has bought a handful of Kettlebells. They get used a great deal in the Osteoblasters "crossfit" style workouts that we have 4 days a week. We have a more traditional weightlifting group but the ratio is about 10 to 1 (the crossfit wins hands down). If you don't know what that type of training is just imagine multiple stations where people move rapidly from one high rep, low weight or bodyweight exercise to another done in an open area and NOT in the regular lifting area) We have both been surprised at the success of the workouts. He likes the cardio aspect and I like the lifting aspect.....but neither of us would have guessed how well this would have went over. The problem is...we're old and we don't know what's "in" these days. At least that's the only explanation I can think of.

So we try and keep each other up to date on what's "hot" in the fitness and lifting world. Dan wants to appeal to all the students including the students who lift heavy...like us. He asked me the other day if I thought he should get a set of Kettlebells for the gym. His concern is that the space is small and most of what he sees is people doing dynamic movements with them such as swings and flipping them to arms length. He's worried about somebody getting conked on the head or a kettlebell going out a plate glass window. I'm worried NOBODY will use them enough to justify

valuable gym space as the place is often packed! Plus that money could go for other things that would get used more often.



Here's what standard kettlebells look like.....as if you really needed to see them! But there are an ever increasing list of variations of them out there much like how the globe dumbbells became all different shapes.

Now you have to understand that me and Kettlebells go way back....well...sort of. I have never....EVER...trained with them. Sure, I've pulled them out and played with them and I even bought three of them for my gym that were close to the weights used in the highland games. Right now I've loaned them to the club because after I bought them and built a cool shelf to put them on....they were pretty much paperweights and novelties after that. Now before you Kettlebellers get your panties in a bunch let me go on.

My long relationship with kettlebells was that my grandfather had a kettlebell handle that went on a regular York 1" loadable dumbbell making it a makeshift kettlebell. He also had some block scale weights that were kind of like using kettlebells. He would do high reps and sometimes would just grab it and do a few reps between chores around the house. My grandfather never trained to max out...always for fitness. He lived a very healthy and active life to the age of 85....when he was hit by a car! I think he would have live to be 100 and been one of those guys that would be in fantastic shape his entire life. But we all thought his lifting routine....especially the kettlebells was....uhhhhh....well....we called it the "fruitcake" routine because it seemed to have a little of everything and a lot of nothing and appeared thrown together most of the time. However, I think he may have had the last laugh.

So, what's all this mean in regards to kettlebells. I told Dan that I thought they were a great idea to be used for the Osteoblaster workouts and we needed some more for the 45 to 90 people that show up for each workout. But as far as having a rack in the gym....so few would use it that it would be not worth it in my opinion.

There used to be a business supply chain centered locally that went out of business. It seemed to be a powerful business and I wondered why. I met someone that knew. He said his grandfather (who was the patriarch of the business) said, "Computers are just a fad...typewriters are where its at and where its always gonna be". We can laugh now at that business decision but some of us

older guys probably all had a typewriter at one time (Bill Clark still does). Kettlebells are kind of like typewriters in my mind. But again...before the kettlebell nuts get a screw loose...one more story. When I was in the Marines 30 years ago I copied Morse Code. We used teletypes (a cross between an electric typewriter and early computer) and actual computers. When the power went out....we pulled out our trusty "Royal" manual typewriters. I still have one in the closet in case I need to continue to write after the zombie apocalypse. So my point is, Kettlebells can be useful and every once in awhile pulled out for something different and they can be VERY useful in the crossfit type workouts. But their use is limited for those seeking pure strength and cannot, in my opinion, be a central part of your training like the dumbbell. The dumbbell....with the dumbest name next to the "Jerk" and "Snatch" (that's another story altogether about stupid names in lifting) is still the Prince of the gym next to the King Barbell! Okay, I'm done and I'm sure there's some kettle bell heads out there ready to burn my house down.

## [SUPERMAN CANCELLED](#)

 September 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

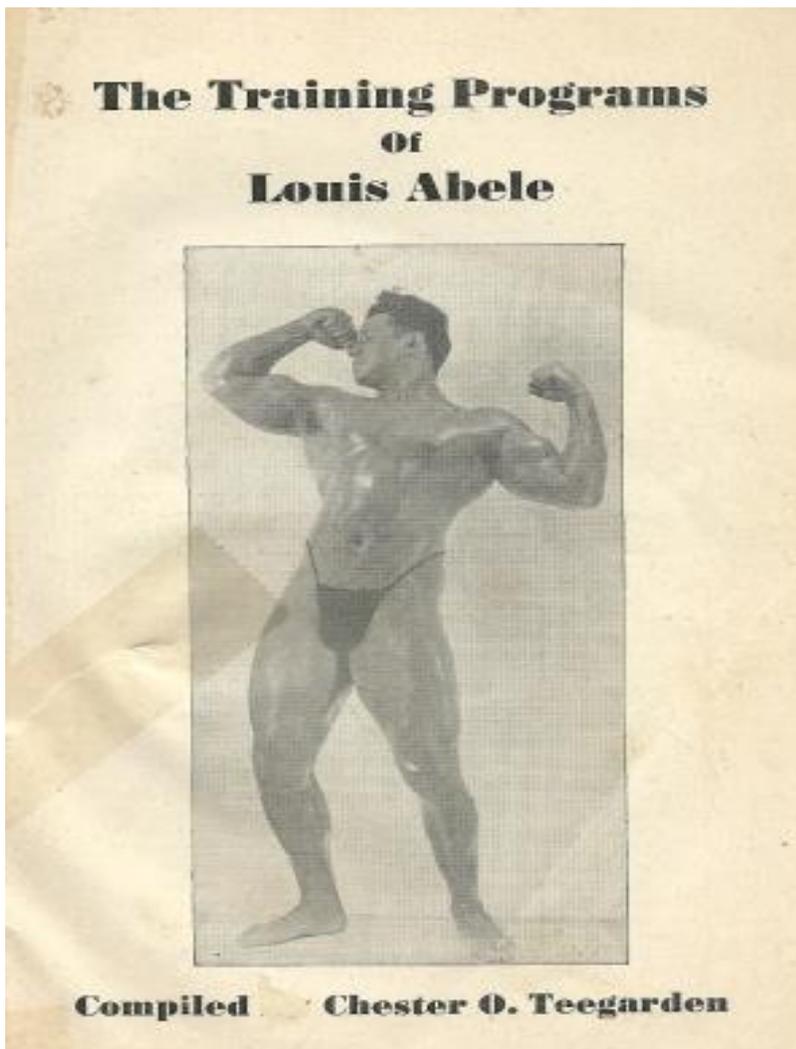
I just received word that this weekend's USAWA all round meet at Jobe's Steel Jungle is CANCELLED due to lack of entries. Jesse was advertising this meet as the "SUPERMAN MEET". It contained the all round versions of the two Olympic Lifts and the 3 Powerlifts – 5 lifts in total. Several of the lifts were going to be using the Fulton Bar instead of a regular lifting bar to add to the challenge.

I was planning on attending this meet to announce and score-keep, and was looking forward to seeing some big lifts in these lifts, which are perfect to demonstrate who the really strong lifters are. I'm disappointed this had to happen, but as I told Jesse, I fully understand why. As Bill Clark used to say, "I threw a party and no one showed up" after some meets that he had with very poor attendance. One must remember that hosting meets is a costly endeavor to a meet promoter and it takes entry fees to pay the bills so you "come close" to breaking even. Having sanctioned meets is the backbone of the USAWA, and without them we are not an organization that promotes all round competition lifting. I'll quit harping now – but as I told Jesse his idea of having this SUPERMAN MEET was a brilliant idea – but brilliance doesn't always sell tickets.

## [Louis Abele's Training Program](#)

 September 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Louis Abele

At our Nationals in June, Dennis Mitchell loaned me a pamphlet that outlined Louis Abele's Training Programs. It was compiled by Chester O. Teegarden, and published in 1948. It is only 15 pages long, and has lots of interesting training information and insight into the training philosophies of Louis Abele. I actually had set this pamphlet aside and just rediscovered it to read (so I haven't forgot about it Dennis!). I blame my distraction on this to all that was going on at the National Meet.

Louis Abele was often in the shadows of other great York lifters at the time – namely John Grimek, Steve Stanko, and John Davis. However the progress he made in Olympic lifting compelled him onto the national stage as one of the best heavy weight lifters of the time. I asked Dennis about Louis Abele and this was his reply, " *I never had the opportunity to meet Louis Able. He had the misfortune of being at his best when John Davis was at his best. He could never get the recognition that he deserved as he was overshadowed by John. The thing that I found very interesting about his training was that he used a large verity of lifts. I've only read one other study where it was felt that instead of doing, for example four sets of squats, to do one set of lunges, one set of front squats, a*

*set of back squats and then one set of leg presses. I've used this form of training as I've gotten older as I am trying to keep as many parts moving in as many directions as I can."*

I want to thank Dennis for sharing this Louis Abele Training Program with me, and thus in turn I'm gonna share it with you! Interesting historical information like this is easily lost with the passage of time. It is a pdf so simply open it, print it off, and save it for future generations of lifters (or put it in some digital file that will soon "die off" when your computer crashes because you forgot to have it backed up!")

### **The Training Programs of Louis Abele (PDF) – [Louis Abele Training Programs](#)**

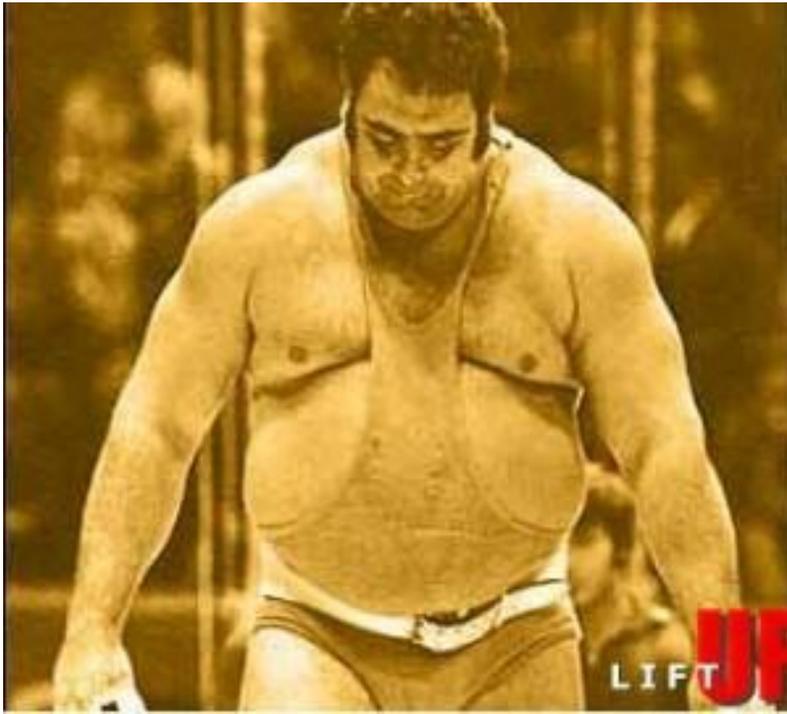
I very much enjoy visiting with Dennis and discussing such issues as how he has seen lifting change in his lifetime. Dennis is over 80 years of age and STILL COMPETING in competitions (both all round and Olympic lifting). He has a wealth of information and wisdom. He has had a lifting career that has spanned over 60 years so he has "been there" and "seen it all". I can't help but finish with a little story on Dennis that I found humorous. At Nationals he made a comment to my daughter Molly (age 15) and Chad's daughter Bree (age 16) as they were "playing" with their cell phones. I was fortunate to overhear this story that he told these two young girls about how he has seen communication improve over the years. It is priceless, and left a look of disbelief on the girls' faces!!

*"In 1954, Fort Monmouth in New Jersey I was in the last class to learn how to use carrier pigeons. They were still being used in the Korean War. Any time I use E-Mail or cell phones I think of this. We had a special net pouch that we could carry the birds in when we out in the fields. The only company the army found that could make these pouches was a company that made ladies undergarments, the Maidenform Co.....Denny M. "*

### [Best Exercise Ever](#)

 September 17, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



This man used the "Best Exercise Ever" to great effect!

Many years ago I was reading an old Ironman Magazine. When I say "old" I mean when Peary Radar ran it and when it was a great strength publication and not a bodybuilding rag. They had asked a question of a number of lifters and gym owners (those that trained people in their gym). The question was if you could only do one exercise what would that exercise be? The idea seemed to get at what they thought the best exercise was. Now, I have to be honest here, I can't remember which exercise won but I do recall pretty much all the the answers were one of two exercises.

One of these two exercises is still a pretty common exercise. I bet everyone that reads this has done it and almost all would agree it's a great exercise. I know Paul Anderson would agree. Have you guessed? That's right, the squat. I'm sure that just about everyone that's lifted has at one time done a squat. Sure, most don't do it much but I bet they at least tried it! Most found out that squats are hard to do because they utilize almost all the largest muscles in the body. If you are doing them right, you can get really strong and fit doing them.

The other exercise, the one I think won the most votes for being the best single exercise, is hardly done at all. As a matter of fact, I've never seen anyone do them in a gym other than one man and I hang around a lot of lifters. The one man that did them was my Uncle Wayne Jackson. And he did them because it was his favorite lift to do.

This "mystery" lift has a strange history. Let me give you some hints. First of all, you can do it with a standard barbell. You need no special equipment like the squat (squat racks...unless you are Henry Steinborn). Second of all, I bet if you were told you could only do one lift the rest of your life you WOULD choose this lift. But how realistic is that? Even if you were stuck on a deserted island

with a barbell the only way that would happen is if someone held a gun to your head every workout until you died. Finally, this lift used to be one of the most contested lifts on the planet. There was a time when it was contested more than the Bench Press, the Squat, or the Deadlift in competition. You could win an Olympic medal doing this lift and you cannot win one doing the Powerlifts. Have you guessed?

The Clean & Press. For some 50 years the Clean & Press was one of the THREE Olympic lifts along with the Snatch and Clean & Jerk. It was dropped from competition after 1972. There were several reasons but mainly because the judging had gotten so lax that records were meaningless. Instead of trying to fix the problem the lift was just dropped. My Uncle Wayne still holds the Missouri State record in that lift and it was his favorite lift to do. When they dropped it....his competition career ended as the lift meant that much to him.

My understanding was that early Olympics had many lifts and it took too much time so they condensed it down to three. The Snatch was considered a “quick” and “athletic” lift while the Clean & Press was considered a “strength” and “power” lift. The Clean & Jerk was in between. It was felt the three lifts together were the ultimate measure of athletic strength. I tend to agree and am sad that the the lift in no longer contested. I don’t think Olympic lifting in the USA has ever recovered from that loss and led to the rise of powerlifting at that same time. But that’s a history lesson.

The Clean & Press arguably is the most complete exercise there is. I know if I could only do one exercise it would be that lift or some variation. In particular, I have enjoyed training the log lift C & P. I’m curious if any of you have ever done this exercise (not parts of it, but all together!). If not, I would suggest trying a few some time. Nothing works more muscles using a standard barbell in a single exercise movement and there is nothing that says “strong” than lifting a barbell from the floor to overhead using brute upper body strength on the press! Just take a look at Zydrunas Savickas clean and press a 400 pound plus log! So, throw in a C & P to your training and do what some have called the “BEST EXERCISE EVER”!

### [Super Arm Blaster](#)

 September 18, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Arnold using the Super Arm Blaster!

The Super Arm Blaster, now that's a "blast from the past", or should I say "blaster from the paster"! The other night while training alone I spotted something shiny sticking out from behind the dumbbell rack. As I dug through miscellaneous plates and other lifting paraphernalia that I've accumulated over the years, there it was – the SUPER ARM BLASTER. It brought back memories of when I bought the thing as I thought its use would give me monstrous arms, just like Arnold's. Now it has been residing in obscurity for years without any use. One of many training tools that I've tried and found just didn't work well for me in my training objectives.

Of course, I had to take a picture of it and send it to Thom to see if he knew what it was. He did, and answered my text very quickly with the correct response so I know he didn't "look it up". I give Joe Weider the credit for inventing this isolating bicep training device. He started marketing it in the mid 1970's in his magazines, and it "sold strong" through the 1980's. That's when I bought mine. It was initially called the "Joe Weider's Super Arm Blaster" or "Arnold's Super Arm Blaster", and sold for \$19.95. Early magazines often contained advertisements for it picturing Arnold Schwarzenegger demonstrating its use. He was Weider's selling point man on the Arm Blaster, and I'm sure propagated many sells.

This came from an early advertisement:

*Something new and fabulous has happened for creating Super-arm size....real fast! Blast your arms into new and exciting growth no matter how big they are now – just as Arnold Schwarzenegger did, increasing his arms from 21" to 22 1/2" with Joe Weider's new patented "Arnold's Super-Arm Blaster". It isolates the arms so that you can put out 100% muscular effort and mental concentration without having to fight arm balance at the sides – thereby allowing you to stimulate all of the deeper under-lying muscle fibers with greater intensity!*



The Dino Gym's Arm Blaster, which is still in working shape after 30 years!

The ad goes on from there with more selling points on how the Arm Blaster would take your arm size to new heights – that would leave any newbie iron boy in a frenzy. How could you NOT have one of these???? I admit – the sales pitch made me fork over money I didn't have at the time! But looking back – the image of Arnold pounding out EZ bar curls with his super arm blaster probably was worth the money in inspiration alone. Whether he really used it much in his training is really just a mute point!

Arnold does mention the Arm Blaster in his book, *"The Encyclopedia of Modern Bodybuilding"*. It includes a picture of him using the Arm Blaster while performing a set of Alternate Dumbbell Curls with this caption, *"Using the Arm Blaster you get the strictness of a preacher curl, with the elbows fixed solidly in place, which is especially good for training the lower biceps"*. This book was published in 1985, well after his financially binding endorsement days with Weider. At this point his bodybuilding fame days were over and he was enjoying box office success with his Conan movies and the first Terminator movie. Money could not have been an issue for him at this time to continue to promote the Arm Blaster – so I'm assuming he felt there was some merit to it's use.

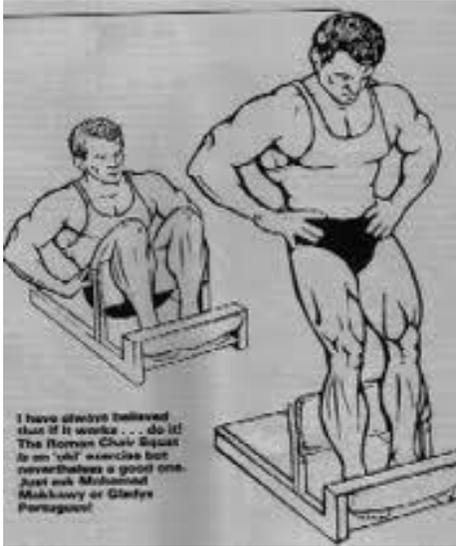
I hadn't thought of the Arm Blaster for years until this workout. I assumed this antiquated piece of equipment was no longer on the market, but after doing a short internet search I see that there are

other manufacturers that have continued to market it. That's good news for any iron newbie - buy one and be inspired to bicep greatness!

## [Roman Chair Squat](#)

 September 23, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



### The Roman Chair Squat

Some time back Al Myers wrote a great article on the Roman Chair and it's place in the USAWA as a contested lift. It can be found here: <http://www.usawa.com/roman-chair/>. It even inspired me to make a Roman chair and add some Roman Chair sit ups to my workout.

Recently, I have been doing some bodybuilding. My workouts have traditionally been basic movements for low reps and heavy weights. Not much assistance work. My transition was not an easy one as I didn't want to be too much of a sissy bodybuilder. So I decided to pull out some of my Bill Pearl Training Manuals (purchased by my Uncle Phil Jackson and autographed to Phil by Pearl himself no less) and follow Bill's advice. Why? Because Bill was BIG and STRONG. My Uncle saw Bill give a seminar in 1967 after his third Mr. Universe. He said Bill loaded 300lbs on an Olympic bar and easily power cleaned it, pressed it overhead, then pressed it behind the neck twice!

At any rate, right or wrong, I figured if Bill Pearl did it then it must be good! I also believe most any program will help you if you believe in it and I was raised to believe that Bill Pearl was almost mythological...the Babe Ruth of Bodybuilding. So as I looked at how Bill trained his legs I found that one of Bill's favorite exercises was the Roman Chair Squat. It is very similar to the Sissy Squat. My legs have always been a weakness for me so I've started doing them. I like them, but you can't handle much weight (as a matter of fact, this is a body weight exercise for me).

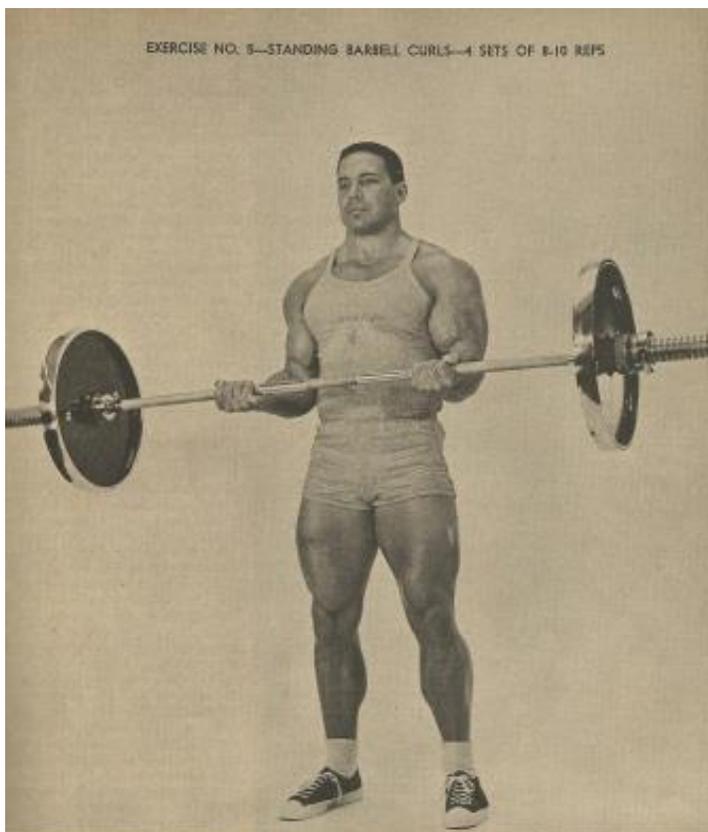
I also learned a little bit of history as I went about my research on this exercise. In Al's article he mentioned that a lifter from Rome did work on the Roman Chair at Professor Attila's gym and it became quite popular. This was shared with Sig Klein who did a type of plank movement (and I suspect this led to the Roman Chair Bench Press lift in the USAWA). But I believe I've found the original purpose the Roman Chair was invented for! In ancient times latrines were basically ditches. You would have to squat over them and since you didn't want to fall in you would hook your feet under something and leverage out to "do your business". I think this is much better explanation than Al's medieval torture device chair in his article!

What ever the case, the Roman Chair can be used for much more than sit ups! But regardless of what you do on a Roman Chair.....it all is painful! And I, for one, am thankful to have a modern toilet!

### [Training arms with Bill Pearl](#)

 September 26, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Bill Pearl performing a standing Barbell Curl.

Thom's story the other day about Bill Pearl and his leg training got me thinking about the great Bill Pearl and his training. I always greatly admired Bill Pearl's physique, and consider it the IDEAL muscular build. I know nowadays the trend in bodybuilding is to build muscular mass to the

extreme, but in doing so it portrays a body image that is unrealistic for any normal individual. It is hard for me to look at today's top bodybuilders and feel a sense of inspiration, as their body's muscularity is "way over the top". It's more a freak show to me than anything else. Totally unattainable for anyone who wants to lift weights naturally, be healthy, and still have a life of going to work everyday and raising a family. When you look at the old pictures of Bill Pearl – you see a man who built his outstanding physique through hard work and proper diet, utilizing the same things that are available to the vast majority of weight trainees. At least you feel that you might be able to accomplish the same thing he did (but that's probably unlikely as well as not everyone is blessed with the muscle building genetics and symmetry that Bill Pearl has!!!)

I always thought Bill Pearl's strong areas were his arms. He had deep muscular triceps and very big balanced biceps. His arms had "the look" that they were very strong as well as being impressive in sight. I like to read old lifting magazines for my training knowledge instead of the new muscle "rags". I feel the information in the old magazines to be more truthful. Last night I ran across an article in the January, 1968 issue of Dan Lurie's Muscle Training written by Bill Pearl, titled *How to Build Big Arms*. It was a great article, and one in which I'm going to share part of here as to Bill's favorite arm exercises outlined in his article. You will notice that these exercises are not anything new and secret. Instead they are basic movements that are often overlooked by lifters who are on the constant search for the latest and newest training program. Most of the time the BEST training programs are the ones that have been tried and used successfully by the many – not the latest fab program used by the few. Now onto Bill Pearl's arm program!



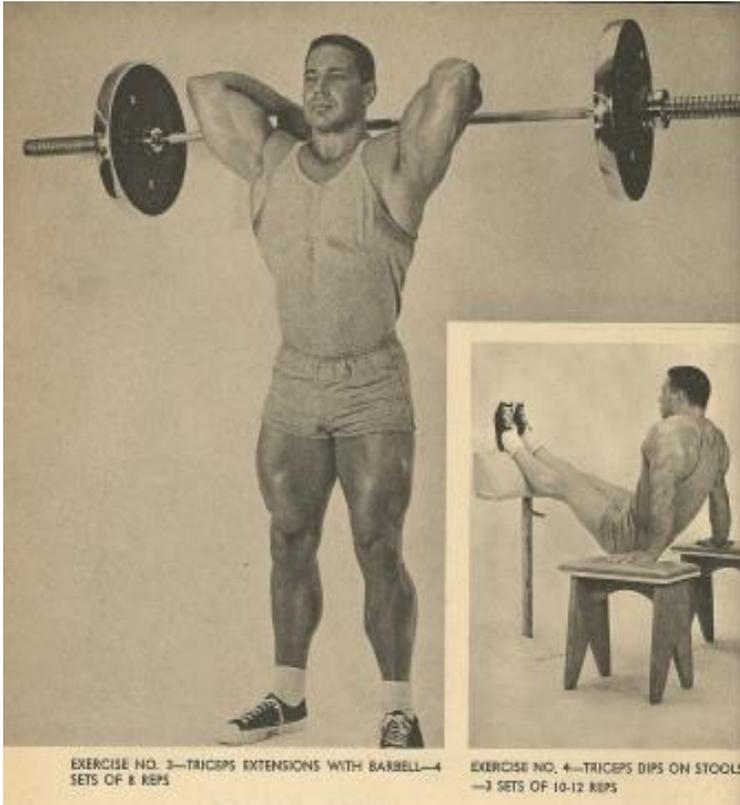
A couple more of Bill Pearl's favorite arm exercises.

### **EXERCISE NO. 1 – TRICEPS PUSH DOWN ON LAT MACHINE**

He recommended 4 sets of 10 reps, and emphasized keeping good technique – arms' to the sides of the body keeping the elbows in a "fixed" position, and performing complete extension on each repetition.

### **EXERCISE NO. 2 – SEATED DUMBBELL CURLS**

Again he recommended 4 sets of 8-10 reps, and using good form. Keep the back straight, and perform full curl movements. Keep the curls strict and do not swing the weights.



Still more of Pearl's arm favorites!

### **EXERCISE NO. 3 – TRICEPS EXTENSIONS WITH BARBELL**

He liked doing this exercise standing with a regular barbell with 4 sets of 8 reps. After reading his description it seemed practically identically to our USAWA rules for the FRENCH PRESS. He keep the elbows high, and even stated that he used an 8 inch hand spacing (the USAWA rules for the French Press call for a 6 inch spacing). He performed it very strictly.

### **EXERCISE NO. 4 – TRICEP DIPS ON STOOLS**

Here he recommended 3 sets of 10-12 reps. He braced himself across two stools with his feet supported on a bench (see picture). One interesting thing Bill mentioned was to have your feet

HIGHER than your hands, as it forces the triceps to work harder. Take the dip as low as you can go. He preferred the stool dip over the parallel bar dip.

### **EXERCISE NO. 5 – STANDING BARBELL CURLS**

Again 4 sets of 8-10 reps. He liked doing them strict. These are his words, “Do NOT press your elbows into your sides. Do NOT swing the barbell. Do NOT bend over backwards.”

There you go – a very simple 5 exercise arm program that will make functionally arm strength and size improvements. Anything that is “good enough” for Bill Pearl is good enough for me!!!

[Where do we go?](#)



September 27, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Eric Todd

The USAWA has been around for 26 years. To my knowledge, there is no other governing body for all-round lifting in the USA, and only a small splinter group in the UK outside of our world organization, the IAWA. Anybody who is anybody in all-round in America is a member of the USAWA. So why is it, that after 26 years we still have fewer than 100 members? I believe there are several reasons behind this, which I will address in this essay. So, we need to decide if we like the status quo. If not, do we want to grow, and if so, how?

People do not like to get out of their comfort zone. In most of the other strength disciplines, there are a handful of movements that you must become proficient at. So, an individual may find one area that he excels in, and stick with that. I would say the vast majority of competitors find one discipline they are comfortable in and then do not deviate from it. The USAWA has over 200 lifts to tackle, some of them quite unorthodox. So, most lifters choose to stick to their bench press meets, or Oly lifting, or even strongman in order not to risk failure in competing at something they are not familiar with. I would argue that the USAWA has something for everyone, so most anyone can find success in all-round. In addition to that, I would argue that in order to be a true strength athlete, you need to get outside your comfort zone. My forte was always strongman, but I would compete in powerlifting, all-round, highland, and even an oly meet just to challenge myself, to broaden my horizons, to grow, and to be a true strength athlete. All-round pretty much affords you that opportunity all blanketed in one organization.

There is not a lot of glamour in all-round. Our meets, including our championships and national meets are held in small gyms or at people’s private facilities, and the crowd of spectators is a handful of family members. There are no magazine covers, no opportunity to “go pro”, no money, no live streams, and often not even a cheap plastic trophy to lug with you when you go home. Definitely not the place for trophy hunters.

People in the US have not been exposed to all-round. People recognize the benchpress, squat and deadlift of powerlifting. They are familiar with the men in kilts “flipping telephone poles” in

highland games. They have seen the mighty men during the Olympics snatch and clean and jerk. They have come across world's strongest man on ESPN whilst flipping through channels. So, if I compete in one of those disciplines, they have a frame of reference to what I am doing. The VAST majority of people have never heard of all-round. Nor have they ever heard of a Steinborn or a harness lift. Unfortunately, if they were to read the requirements of a few of our lifts, they would probably have no desire to try them.

Furthermore, we are a raw, drug tested organization. There is no possible way to artificially inflate your numbers in the USAWA. There are people whose egos cannot handle lifting less than what they were able to do when artificially aided.

One last reason I will mention that I feel we struggle to draw competitors is "the formula". I know I have walked away from my share of meets irritated by it. I have out-lifted people by 1000 and more pounds in a meet, only to be beaten by "the formula". If you are a 300+ pound behemoth, you will struggle to find great success in all-round. Though I understand the need for a formula to compare across divisions, I feel that we lose a lot of the bigger lifters because of ours.

So, the question remains-do we want to grow? I spoke with Al about this on an occasion or two. My opinion is this, take it for what it is worth. We do not want to grow at all costs. Growth is good, but we don't just need more lifters. We need more of the "right" lifters. When I started competing in strongman, it was a small organization. The competitors knew and respected each other. We competed hard against each other, but would root for the other guy because we respected him and wanted to beat him at his best. We would travel to train with each other, eat dinner with each other, email or call each other about training, competitions, etc. This is kind of how I feel all-round is in its current state. You go to a meet, and it is like a family reunion. The guys you are competing with have probably been tested, and even if it has been a while, you know their character well enough at this point to know they are clean. You are treated with respect amongst the lifters as well as within the organization. When strongman started growing, it eventually drew some individuals I did not like being around. Not collectively, but there was a lot more than before. There was a lot more narcissism, more ego-centrism. It became much less a brotherhood, and more just a sport.

So, growth can be a double edged sword. I know I hate to see meets that get only 2 or 3 lifters or have to be cancelled for lack of competitors. And with so few competitors in our pool, this is going to happen. I would like for every meet to have 15+ competitors, competition within the divisions, and awards for the competitors. I would love to see increased membership numbers helping us increase our organization financially. But do we want to sacrifice the integrity of our sport as well the great camaraderie within to accomplish this?

I, for one, do not have any answers. However, I am interested to see what you all say. I am just hoping to create some dialogue that could potentially serve to help guide our direction into the future.

## [News Update for 2013 IAWA Worlds](#)

 September 27, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Steve Gardner

Information for those attending the IAWA Worlds in Accrington.

### **Friday**

5.30pm to 7.30pm the IAWA World Council Meeting will take place at the Lifting Venue (Hollins Tech College).

Scales should be available for practice weigh ins.

At 7.30pm the group will move along to the Main Bar at the nearby Dunkenhalgh Hotel as a meeting point for any that want to meet up and socialise:

The Dunkenhalgh Hotel, Blackburn Road, Clayton-Le-Moors, BB5 5JP, Tel : 01254 426800

### **Saturday**

8am to 9.30am Weigh In (You will need your starting attempts)

9.45am Officials and Lifters Briefing

10am Sharp – Lifting will Start

NOTE: Lifters should not leave the building unless they have checked if they are required for Drug Testing!

### **Sunday**

9 – 9.45am Weigh In (only those hoping to claim World Records on day two need to weigh in – otherwise the Saturday weigh in is good for the two days)

i.e. if you want to claim a record you need to weigh!

10am Lifting will start Prompt!

Because of the large entry field, the lifting will be divided into 2 groups and each group into 2 Flights

Some lifts will be performed on just one platform, but most will be done on two platforms, this is for time purposes, not wishing to see people still lifting late in the evening and on Sunday we have to finish on time ready for the presentation and then the Banquet- and also for Equipment Logistics!

Mark has some volunteer loaders who will be helping out over the weekend, but any other help will be appreciated too by any lifters who are not lifting or refereeing.

The officials schedule will be put together on Friday and all will be informed in time of their refereeing times – Don't forget your official's shirt!

### [York Adjustable Krusher](#)

 September 30, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Denny Habecker and his York Adjustable Krusher.

When I was at Denny's last month for the USAWA Presidential Cup I got to spend some more time in the Habecker's Gym. I really enjoy private club gyms as they have character (unlike commercial gyms), and often have interesting pieces of equipment in them that are "part of the collection" of the owner. As I was nosing around in Denny's stuff, I found just one of these neat collectable pieces! He had a York Adjustable Krusher. Most lifters would have no idea what that even is.

The York Krusher was a novelty piece of equipment that was intended to train the pectorals and the upper back. Unlike the York Hercules Cable Sets which worked by pulling against steel strands (springs), the Krusher worked by pushing the handles together against spring tension. The Krusher was made out of cast aluminum and had the capacity to add up to 5 springs for added tension. The

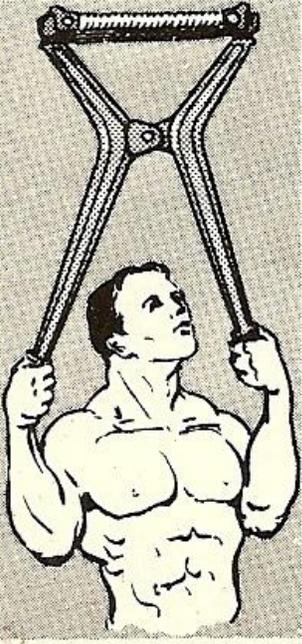
handles were straight which allowed a lifter to push them together from several different angles – in front, to the side, or overhead.

**ADJUSTABLE KRUSHER**

Dozens of upper-body building progressive exercises can be performed with York's amazing **ADJUSTABLE KRUSHER**.

Work your pectorals and latissimus muscles from entirely different angles—develop new symmetry — get broader! Perfect for the man who wants to develop greater breadth and a deeper chest in the privacy of his own room.

You get **FIVE** powerful chrome plated steel springs —enough to give the strongest bodybuilder a rugged workout. Frame constructed of die-cast aluminum. Price F.O.B. York, Pa. \$16.95

An illustration of a muscular man from the chest up, holding the handles of the Adjustable Krusher. The device is a Y-shaped frame with a horizontal bar at the top and two long handles extending downwards. The man is looking upwards and to the right, with his arms extended upwards, holding the handles. The device is positioned above his head, and he appears to be in the middle of a workout.

Advertisement for the Krusher from an issue of Muscular Development.

I find it interesting that they named this device the Krusher (with a K) instead of Crusher. Adds a like uniqueness to it from a marketing standpoint. I gather it was first marketed in the early 60's and thru the 70's from the advertisements in York's muscle magazines at the time. It was not advertised in their magazines prior to this. Also interesting is that the Krusher was never really "pushed" in any of their magazine stories (that I recall, I may be wrong here). It's sole inclusion was the small ad in the back of the magazines with a short advertising pitch. I've heard a rumor (might be true) that John Grimek once suffered a bad eye injury when one of the springs in his Krusher came loose while he was using it and it snapped back into his eye ball!!! That's the kind of thing Bob Hoffman would want to keep quiet when the lead spokesman for his company had that happen to him with one of their products!!

The Krusher was never a big sell item for York, and this is the first one I had ever seen first hand. They can still be found selling on ebay – I seen one selling for close to \$300 recently. I also don't remember seeing the Krusher displayed in the York Museum. Most of their other past historical training items are, so this must never had been a popular item for them.

Next time I see Denny I'm going to ask him if he'll consider putting his Krusher in his will to be willed to me! And to remind him to wear safety glasses when he trains on it!

[Founding USAWA Principles](#)

by Al Myers

I've been appreciating the comments on the USAWA Discussion Forum recently in regards to ET's editorial story the other day about problems and issues the USAWA faces in stimulating new memberships. I have to admit – most of ET's sentiments I have felt at some time or another. Our organization is very unique in several ways compared to other lifting organizations. Some of the comments in the forum suggested ideas that sure sound good on paper (and would mimic the policies of other established lifting organizations), but they go against the founding principles of the USAWA. I know there are several new members to the USAWA that are not "in tune" to the historical philosophies of the USAWA, so I want to go over them today. These were foundation Principles of the USAWA, established by Bill Clark and the initial founding members of the USAWA 26 years ago when the initial USAWA bylaws were written. These ideas were the groundwork of the USAWA, and have been maintained throughout the years. Here they are – the 5 founding principles of the USAWA:

### **1. Contest lifts not currently contested in other lifting organizations.**

The concept of the "all -rounds" was to offer a competitive avenue for contesting lifts not being offered by other lifting organizations, ie powerlifting and Olympic lifting. These means the Bench Press, Squat, Deadlift, Clean and Jerk, and the Snatch are not eligible to be USAWA lifts. This statement is and has been the VERY FIRST rule in the USAWA rulebook since the beginning. The intention here was to offer competition in lifts "outside" of the other forms of lifting – and to recognize what was called the "odd lifts". The idea of this is to have an organization that is not just another form of powerlifting or Olympic lifting.

### **2. Drug Free Organization**

From the beginning drug free competition within the USAWA was a goal. Drug Free competition is only insured by actually having drug testing occur. I know at times in the past this had to be questioned (adequate drug testing), but now we have one of the best drug testing programs of any lifting organization. We test at many meets, and a wide range of lifters are tested.

### **3. Use of minimal supportive equipment.**

The initial intention of the USAWA was to have an organization that only included the use of a belt. No wraps, no suits, no anything else. But this principle was compromised with the addition of wrist wraps within a couple of years. The argument for wrist wraps was for wrist protection doing one arm swings, not wrist support. This "opened the door" to allowing wrist wraps for all lifts. Next came the use of knee wraps for the squats. However, the USAWA for the most part has maintained this original principle and has not allowed the wide range of supportive equipment that is now available to the lifters.

#### **4. Age and bodyweight corrections.**

From the beginning, the idea in the USAWA was to have all competitors competing against each other with formula adjustments. This includes using the Lynch Formula to correct for bodyweight, and the Age Allowance Percent for age correction. I won't get into my views here on whether I feel these corrections are "fair" – but just making the point that this was an original principle that the USAWA was founded on.

#### **5. Affiliate with IAWA for World Competitions.**

From the day of the official organization of the USAWA, the IAWA was formed as well to give international competition. However, the USAWA has always had their own set of working bylaws separate from the IAWA. With time things have "evolved" within the USAWA to have some differences between the USAWA and the IAWA(UK), but integrity was kept in the main rules and concepts which has allowed this peaceful union over the past 26 years. It is important that when changes are made in the USAWA, we must always remember our IAWA affiliation and how this may affect our relationship within IAWA. Making changes about "little things" within the USAWA is one thing – but when "big issues" are addressed the decision is much larger than the USAWA. The last thing we want to do is damage our IAWA affiliation.

I may not fully agree with all of these founding principles of the USAWA – but I will support them because they are what our organization was formed from. Much like the articles in the United States Constitution – they were set for a reason by our founding fathers and should be respected and not changed or challenged. I just wanted to write this editorial because I know people often wonder how I stand on these issues. Well, the above Founding Principles are "set in concrete" in my opinion and should not be changed EVER within the USAWA. If we do change them we might as well change our name as well – because we wouldn't be the same USAWA that our founding fathers envisioned for us.

[The Adventures of Russ Murphy](#)



October 3, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Russ Murphy crossing Boulder Falls - using only a cable and his strength!

This past weekend I had a visitor for the weekend, an ole friend from Colorado, who spent the weekend with me so we could attend the McPherson Highland Games together. I have known Russ for over 25 years and we have spent much time together during the course of our Highland Games pursuits. Most of you that know me know how I like to tell “Russ stories” - as Russ is one of the most interesting men I have ever met in my life. He has had many exciting adventures in his life, and has many great stories to tell because of these adventures. I had heard this one before, but I always like to hear Russ’s stories “over and over” as I pick up new details each time that help my storytelling!

The year was 1962. It was mid summer, July to be exact. Russ had just came off his “big win” of winning the Rocky Mountain Olympic Weightlifting Championships in the heavy weight division in May. He was weighing a slim but muscular body weight of 235 pounds. At 24 years old he was a physical specimen from those many weight training sessions. He was bull strong, yet still very athletic. This adventure occurred west of Boulder, Colorado on route 119 – near Boulder Falls. Russ was hiking with some friends in the mountains near the falls, when they came upon a steep canyon river below the falls. Russ told his friends that he wanted to go to the other

side. The canyon wall was too steep to climb down - plus Russ told me he didn't want to get wet crossing the river. Between the canyon walls was an old mining cable used to transport a mining bucket from one side to the other. The cable was old, but very rigid and secure, and with a diameter of 1 1/2 inch Russ felt it was secure enough to use to climb across the canyon! His friends thought he was crazy and elected to stay on the canyon ridge while Russ took hold of the cable and used it to make this daring crossing. I should mention that he had no safety harness or way of attaching himself to the cable. If he would have lost his grip – he would have fell into a swirling rocky pool below and would have met his demise. It's a good thing his friends stayed and took pictures of this wild stunt, because otherwise it would be a hard story for me to believe. I asked how far a drop it was (like it really matters as anything over 20 feet would be deadly), and Russ wasn't sure – he said he didn't look down!!! He guessed it was something like 100 feet or so at the highest. He used his legs over the cable most of the way, but during the finish he went “hand over hand” dangling above the rapid falls. He said the cable went at least the length of a football field (that's over 100 yards!!!). The cable was tied to an old tree above the bottom canyon floor, so at the end of the cable climb Russ dropped onto a soft sand bar 20 feet below. He then free-climbed the canyon wall over 100 feet high to reach his destination!!

I asked him how he felt during all this, and whether at any point he felt he shouldn't have started, and Russ responded with his ever present smile, “I was a flea opposed to an ox”. I took that as meaning that he wasn't worried at all, and knew he would be able to achieve something this treacherous without any risk of self-injury.

Just another chapter in “the Adventures of Russ Murphy”.

### [World Championships](#)



October 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Steve Gardner

**IAWA World Championships – Accrington, England 2013**



Mark Haydock, Best Overall Open Lifter and Best Overall Male Lifter with IAWA President Al Myers (left picture). Paula De La Mata, Best Overall Female Lifter with IAWA President Al Myers (right picture).

Right, I don't know where to start...so much to report on... this had to be one of the best IAWA World Championships ever! Sorry that with illness and injury problems Gary Ell and Mark Rattenberry didn't make it but they would sure have been proud of their young team mate, Junior lifter Jevan Cockbain who was great. In the Junior ranks young Connor Mansell was also outstanding! Mark Haydock and his team of support headed up by wife Sam, put on an amazing championships, full marks guys, and also Dean Kent and Exertrain who provided equipment etc all in all a great job.

Dan Butterworth and his partner Andy Milner were ace on the platform loading every lift over the weekend, and the other platform was looked after by a rotation of the lifters, I have never known so many to volunteer to help and get stuck in – a credit to IAWA. The referees were diligent and ever keen to take position when asked in the hot seats, we used 21 officials this year, 17 in the chairs, 1 as Technical Officer and Drug Tester (many drug tests carried out and Technical issues addressed – well done Frank Allen) and 3 working the scoring announcing table. I was so impressed with my assistant on the MC Announcing / recording task, I have had a lot of experience of handling 2 platforms at the same time, but Al Myers, our IAWA President, from Kansas USA took to the task like a 'good un' and made my job easier and well done again Al! Chris Bass was on top of his game with all the figures and records on his computer, he was a great aid to the lifters throughout the weekend! We had a great young man named Ollie Melidoni in action all weekend providing a great service for sport massage and injury / strain treatment. Everyone commented on his friendly and professional approach to the job, he doesn't know it yet but he will be adopted by IAWA and we hope to see him at future events!

As for the lifting...where to start? on a personal note, some of the most exciting moments for me were: Timo from Finland with an amazing World Record Vertical pull on the 2 inch bar, Paul

Barrette pulling the 250 kilos on the Trap Bar for a record at 70 kilos bodyweight, John Kavanagh with his 65 kilos Dumbbell Clean and Jerk (also Sam Trew on that lift) Jenn Tibbenham on the Squat, new World Record, my son James taking the World Record with 260.5k, Mark Haydock with his 342.5 Trap Bar – heaviest ever! the list is endless, of course I was overjoyed for the lifters from my club who I have worked hard with over the last 8 weeks and it was magic to see them come through: my son James, Paula and Graham taking World titles and Luke Davis with a super performance and taking a runners up spot (it will be there for you if you keep working like you do Luke)

On a general note, I was so impressed with all of the lifters, it really was an outstanding weekend, The Scotland team did a great job! the lifters from Spain were great and took a bagful of records home with them as did the Australian team – excellent guys, just cant say enough, our friends from the USA stalwarts like Denny Habecker and Art Montini – hey what about it Art Montini 85 years of age, a role model to us all. and the other Nations represented too for Ireland, Pakistan and Finland – just amazing! The lifters from across England came together for a great display, and the Metamorfit Club from the South East bringing 7 lifters along to have a great time, full of enthusiasm – just great. Well done to all, each and every one who made the effort to be there. More info and results to follow soon!!!

MEET RESULTS:

[World Champs 2013 Day1](#)      [World Champs 2013 Day2](#)

[World Champs 2013 Both Days](#)

[New England RB](#)



October 10, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**MEET ANNOUNCEMENT**

**NEW ENGLAND ALL ROUND RECORD BREAKERS**



### Frank's Barbell Club

A sanction request has just been approved for Frank Ciavattone to host a Record Breakers Day at his gym on November 30th, 2013. Frank has an excellent home gym that can virtually accommodate any all round lift – thus making it an ideal venue for a record day. His gym is filled with a historical collection of lifting equipment, awards, and pictures. Frank has promoted several New England Record Breakers with great success in the past.

#### MEET DETAILS:

Meet Director: Frank Ciavattone

Location: Frank's Barbell Club

Date: November 30th, 2013

There is no entry form but please contact Frank in advance with your intentions of entering so he can make adequate plans.

[Why Progressive Resistance isn't always Progressive Pt 2](#)

 October 11, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

Next year I turn 50. When I was a kid I remember when my grandmother turned 50 and she made it out like she was practically dead! On the other hand I am enjoying life quite a bit as of late. I'm the happiest I've ever been to be honest. I'm healthy, I like my work, my marriage the best

ever. All my kids are teenagers and yet we get along very well. Life is good. I have nothing to complain about as I roll into the 2nd half of life should I live to be 100.

I also am working out as hard as I ever have. But there have been adjustments in how I measure progress. When I was young I needed to have actual “progress” in my progressive resistance to be happy. When I was 30 I benched 360. I worked my bench for a year and then I maxed out and hit 365. When I was 30....that was a major disappointment. There was also a time when I squatted 400 and then spent a solid year focusing on my squat and ended at 600! That was great progress!

As I bear down on 50 my idea of progress has changed. It would be unrealistic for me to look at adding 200lbs to any lift....except maybe some heavy lift in the USAWA. I am now at a point in my life where holding the line is a huge victory for me. I push pressed 300 for the first time almost 20 years ago. Every so often I do a few and I seem to always hit 300....but my long ago goal of 400 will not likely happen. I throw in the highland games and I’m throwing as well or better than I ever have....but setting personal bests are few and far between. I also understand that the day will come when I will set my last personal record. Then my idea of progress will have to change again.

At that point, it will be begrudgingly giving up my strength. Mark my words, I plan on going down swinging. But I know I’ll eventually go down. I recall trying to get a buddy that had been a good lifter in his 20’s to try masters lifting. His comment was, “I want to be good....not good for my age”. While I can appreciate that statement, I’ll tell you that I’m happy to be good for my age!

So as I get older my idea of progress will adjust. Otherwise it will all become an exercise (no pun intended) in futility. My Uncle Phil once asked me, “Why do you continue to train when you know someday age and time will take it all away”. Of course he knew the answer and was just challenging me as he so often has in my life. To me it’s like climbing a mountain. Once you are at the top, the only way to go after that is down. But I would rather enjoy the view as from up high as long as I can. Not everyone gets to the top but everyone eventually finds the bottom. Life is a precious gift and I plan on sliding into my grave sideways someday as they say....well worn and yelling what a ride!

[IAWA World Meeting](#)

 October 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

At the IAWA Worlds last weekend I conducted my first IAWA World Council Meeting as the IAWA President. It was a well attended meeting – possibly one of the largest attended ever. I took roll call and counted 28 members in attendance. This report is not intended to be the official minutes of the meeting. Frank Allen is the IAWA General Secretary and with that title comes the duty of keeping the official meeting minutes. If I receive the official minutes from him I will also run them on the USAWA website.

The IAWA Vice President's (up to 2 from each member nation) were confirmed: United States – Denny Habecker and Chad Ullom, UK – Steve Gardner and George Dick, Australia – Peter Phillips and Robin Lucocious, and New Zealand – Cliff Harvey. The only VP's not in attendance at the meeting were Chad Ullom, Robin Lucocious, and Cliff Harvey. The IAWA Technical Committee was confirmed: Dennis Mitchell (chairman-USA), Denny Habecker (USA), Al Myers (USA), Steve Gardner (UK), Steve Sherwood (UK), and Peter Phillips (Australia). It was unfortunate that Dennis Mitchell could not be in attendance. Dennis NEVER misses a World Meeting, but had to this time since he has just recently had a knee replaced and could not fly. No one on the technical committee had anything to report on so there were no technical reports. During new business, Peter Phillips from Australia presented a new lift to be considered by the membership. It is an overhand deadlift using what is called a "Phillips Grip" – a grip in which the bar is held by the end of the fingers only, and can not touch the palm or thumb. The Australians had contested this lift in a local meet and felt it was well received. Akele then presented a dumbbell lift in which a db is pressed overhead, and then a squat is performed holding the dumbbell overhead. After some discussion, it was agreed that these lifts need to be presented to the IAWA technical committee first for review, and then when proper rules are written be presented next year at the World Meeting for a vote and possible acceptance. I addressed this at the meeting, and I want to here as well on the proper way I feel new lifts should be presented in IAWA. First, I think both of these presented lifts sound good, but need more review first before being accepted as a new lift. Once accepted as an official lift, there is no going back so we need to be diligent in making sure that new lifts are "good lifts" – meaning they have well written rules in hand first before being voted on and accepted. The problem is that a process for this (lift proposals) is not outlined anywhere in IAWA. I feel this protocol should be the proper procedure for this: 1. When a lifter has an idea for a lift, he provides a good description and written rules for the lift to the IAWA Technical Committee first during the year, 2. The Technical Committee evaluates the lift, makes recommendations on the rules of the lift with possible changes or adding more technical detail, and then take a vote on whether the lift should be proposed to the membership for vote, 3. The proposed lift, with a well written rule in hand, is presented to the membership for vote, 4. The lift AS IS either passes or fails, and no changes are made once presented. If it fails for some reason, it should be "taken back" to the Technical Committee for re-evaluation and possible changes to be proposed the following year. By having a process like this in place, it provides adequate time for a thorough evaluation before a lift is presented and accepted. Also, what is the point of the Technical Committee if they are not really in charge of addressing technical issues like new proposed lifts?

Other new business included a proposal from me that we OFFICIALLY have an IAWA World Postal Meet. We have been having World Postal Meets (in some form) every year, but never under official direction of the IAWA. Everyone was in agreement on this and during the discussion a couple of other items were added to my motion as amendments. First – the IAWA World Postal Meet could be conducted using one official (instead of the three required in IAWA), and Second – it would contain the first days lifts of that year's World Championships, and Third – it would be conducted in the month of August which is a couple of months in advance of Worlds. Having it as

this time would allow the lifters who are training for the Worlds to easily be able to “work in” these postal lifts for the World Postal Meet, plus add incentive to others to attend Worlds since they have already done half of the World Meet lifts in preparing for the World Postal. Steve Gardner agreed to promote the World Postal Meet next year, but only wanted to commit to one year on it at this time.

The lifts that were submitted by Frank Ciavattone, the promoter of the 2014 IAWA Worlds, were voted on and passed as submitted. The lifts will be: Day 1- Cheat Curl, Pullover and Press, and the 1 Arm Deadlift. Day 2 – 1 Arm Clean and Jerk, Continental Clean and Jerk, and the Ciavattone Grip Deadlift. The date was set as September 27th & 28th in Norwood (close to Boston).

Proposals were made and accepted for upcoming years IAWA Events. These bids were accepted:

2014 Gold Cup – Burton, England Promoter – Steve Gardner

2015 Worlds – Glasgow, Scotland .

2015 Gold Cup – Perth, Australia

2016 Worlds – Auckland, New Zealand Promoter – Cliff Harvey

2016 Gold Cup – Abilene, Kansas Promoter – Al Myers

Overall it was a very productive IAWA Annual Meeting. The meeting lasted less than 2 hours and a lot was decided upon. I feel very good about the future of IAWA!!!

### [GOLD CUP REMINDER](#)



October 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Steve Gardner

**IAWA GOLD CUP – Annual WORLD RECORD BREAKERS TOURNAMENT**



Gold Cup is coming up soon!

Saturday November 2nd – Lebanon Pennsylvania USA

Promoter – Denny Habecker.

This is IAWA's second most important event after the World Championships, a lifter must be a current IAWA Member and a World Record Holder to take part. The lifter can elect to go for any World Record they like BUT they must start with the World Record Attempt for their opening Lift!...

It is a great event, and also an opportunity to remember Howard Prechtel (the event founder from the USA) those members of IAWA that remember Howard, remember that he was a proud lion of a man, still lifting good iron into his later years. An ex Marine that was badly injured in World War 11, he was liked by all, so the Gold Cup will always be linked with his memory!

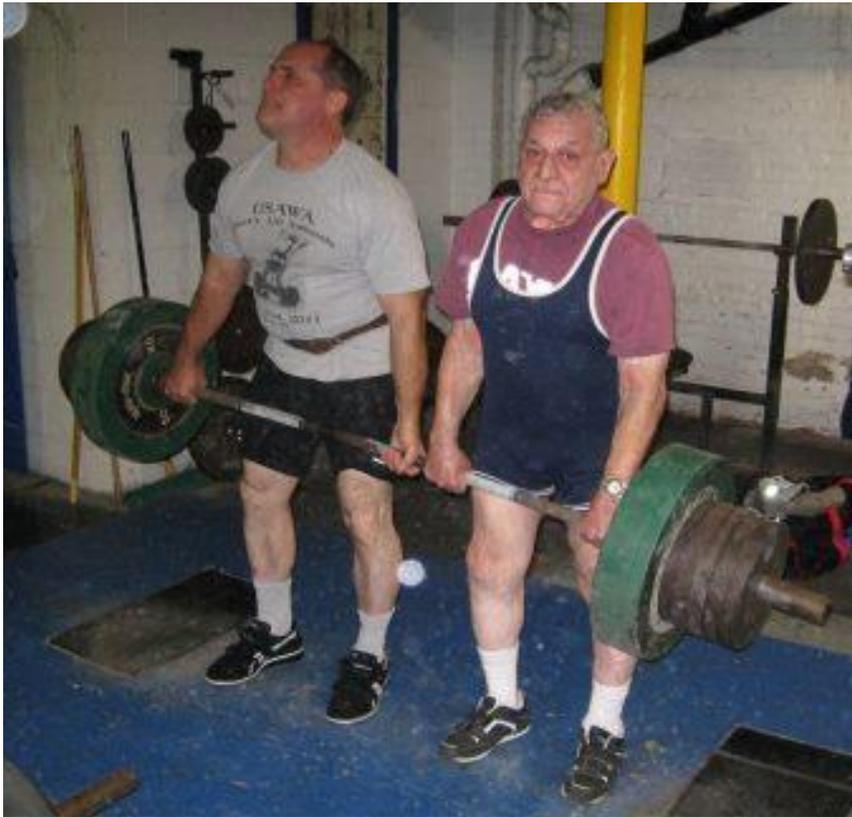
Anyone interested in taking part don't forget to contact: Denny Habecker. Tel: 001717 2725077 E  
Mail:liftingliar@comcast.net

And do it soon!

[Art's Birthday Bash](#)

 October 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by James Fuller



Barry Bryan (left) and Art Montini (right) performing a 2-Man Deadlift of 515 pounds at Art's Birthday Bash!

I had a great weekend getting down to lift @ Art's Birthday Bash(86 years old)!! It was worth the 11 hour drive down. The Ambridge VFW Hall gym is worth the trip in of itself. Lots of good old equipment. Art was his usual jovial self. I got to meet Jim Malloy, John McKean and Barry Bryan. I met up with Denny Habecker and Barry @ Denny's and we rode to Art's in the A.M. Of course, Art had boxes of doughnuts waiting for us as we rolled in @ 9:30. Now seeing as Art gets to the gym @ 4:30, he was ready for his midmorning nap. Fortunately, he stayed awake long enough to do some Team Deadlifting with Barry Bryan....they got over 500lb!!!

I got a new record on my Kelly Snatch of 113lb and missed 118. Barbell Bent Pressed 130lb with my Right and Left. Did a Reeves Deadlift of 275lbs which, was odd for I thought I was going to go 300+ for certain. Finally, I smoked a 528lb Fulton Jefferson Lift. I felt each and everyone of these lifts all the way home @ 4 AM!! I can't wait 'til next year!!



Art taking a little rest in between record lifts - but at 86 years of age he deserves it!!!

### **MEET RESULTS**

2013 Art's Birthday Bash

October 12th, 2013

Ambridge BBC

Pittsburgh, PA

Meet Director: Art Montini

Lifts: Record Day

Officials (3-Official Used): Denny Habecker, Scott Schmidt, Jim Malloy, Art Montini, Barry Bryan

Lifts and Lifters:

#### **James Fuller – Age 41 [ 40-44] 110 Kg. Class**

Snatch – Kelly: 113 Lbs / 51.25 Kg.

Bent Press – Left : 130 Lbs. / 58.96 Kg.

Bent Press – Right: 130 Lbs / 58.96 Kg.

Jefferson Lift – Fulton Bar: 529.1 Lbs. / 240 Kg.

Deadlift – Reeves: 275.57 Lbs. / 125 Kg.

#### **Barry Bryan – Age 55 [55-59] 90 Kg Class**

Curl – Reverse Grip: 118 Lbs. / 53.52 Kg.  
Push Press - From Racks: 220.46 Lbs. / 100 Kg.  
People’s Deadlift: 440.92 Lbs.  
2- Man Deadlift with Art Montini: 515 Lbs. / 233.6 Kg.

**Scott Schmidt – Age 60 [60-64] 110 Kg. Class**

Seated Press – From Rack, Behind Neck: 143.3 Lbs. / 65 Kg.

**Denny Habecker – Age 71 [70-74] 85 Kg. Class**

Curl – Strict: 75 Lbs. / 34 Kg.  
Seated Press – From Rack, Behind Neck: 105 Lbs. / 47.6 Kg.  
Push Press – From Racks: 160 Lbs. / 72.57 Kg.  
Press – Dumbbell, Right Arm: 70 Lbs. / 31.75 Kg.  
Bench Press – Feet in Air: 180 Lbs. / 81.65 Kg.

**Jim Malloy – Age 72 [70-74] 120 Kg. Class**

Vertical Bar Deadlift – 1 Bar, 2”, Left Hand: 141 Lbs. / 64 Kg.  
Vertical Bar Deadlift – 1 Bar, 2”, Right Hand: 178 Lbs. / 70.74 Kg.  
Vertical Bar Deadlift – 1 Bar, 1”, Right Hand: 178 lbs. / 70.74 Kg.  
People’s Deadlift: 365 Lbs.

**Art Montini Age 86 [85-89] 80 Kg. Class**

Deadlift – Fulton Bar, Left Arm: 77.16 Lbs. / 35 Kg.  
Deadlift – Fulton Bar, Right Arm: 77.16 Lbs. / 35 Kg.  
Deadlift – Fulton Bar, Ciavattone Grip: 165.34 Lbs. / 75 Kg.  
Deadlift – Ciavattone Grip, Right Arm: 154.34 Lbs. / 70 Kg.  
2- Man Deadlift with Barry Bryan: 515 Lbs. / 233.6 Kg.

[The VBAR has been raised](#)

 October 15, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Timo Luttamus of Finland performing a new ALL TIME overall IAWA record in the Vbar lift at the 2013 IAWA World Championships with a lift of 122.5 KG.

One of the exciting BIG LIFTS of the 2013 IAWA World Championships included a new ALL TIME IAWA RECORD in the one arm 2" vertical bar. Timo Luttamus of Finland performed a new record lift of 122.5 KG with ease. I was glad to be able to witness this lift first hand, and see the perfection in which it was performed. This was a fourth attempt for record as he had just previously got 117.5 KG on his third. For those of you that get kilogram confused – this comes out to 270 pounds!

Timo is one of the best grip guys I've been around. Pretty much any type of grip-lift he excels in. The day after the meet I went over to Mark Haydock's (the meet promoter) gym and he told me that Timo had visited his gym prior to the meet and easily picked up Mark's Inch Dumbbell replica. That didn't surprise me!!!

The IAWA rules for the vertical bar are slightly different than the USAWA rules. I won't get into that here as I've hashed it over in prior blog stories – but I consider the USAWA rules to be more difficult. The reason I say this is that the USAWA rules require the VBAR to be raised to the point where the hand is mid-thigh and the length of the VBAR is limited to 18" maximum. IAWA

rules allow up to a 30" Vbar to be used and it only needs to be clear of the floor motionless till the down command to be given. Well – in this comp the Vbar was less than 18" and Timo lifted it plenty high to pass USAWA rules. He left NO DOUBT that he is now king of the vertical bar.

### [Hercules Chained](#)

 October 18, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Who can forget Steve Reeves in "Hercules Unchained" using the chains that imprisoned him to then turn the tables and vanquish his enemy.

Have you been workin' on the Chain Gang? Well, earlier in this century that would not have been a compliment when prisoners were put to hard, manual labor all while chained to each other or chained to an iron ball to keep them from running away. The word "Chain" comes from a latin word that referred to a "snare" or "net". In Modern times when we think of chains we might think of Chain mail, Chain of stores, or a Chain reaction. But what I'm talking about today using metal chains to help you get stronger in your lifting.

A few years back I bought 40 feet of half inch chain. The half inch is the diameter of the rod used to make the chain, which means they were quite big and they weighed about 2lbs a foot. I initially bought them to use in our strongman shows. I would do this squat and offer my personal testimony on how my legs had been broken badly and my faith had let to my recovery. I found that most folks didn't relate will to a barbell so I bought the chain and draped it over me, the bar and the weights. I would also use it as an object lesson on how we can become "chained" by lies and sin and forgiveness can set us free from that burden.

Then they started to become more and more popular for training in general. Often they are hung on the ends of barbells or in some way so that as you lift, you slowly pull more and more chain from the floor. So if I had a 300lb barbell and 100lbs of chains on a squat bar then at the start of the squat you would have 400lbs on your shoulders. As you went down and the chains slowly bunch up on the floor you would drop the weight to 300lbs at the bottom. I think there are several reasons they can be a help to training.

First, the practical reasons:

1. Increased stability. Nothing like a shifting weight to make you work to stabilize the weight. This is one advantage chains have over using the rubber bands....you are challenged to keep the weight balanced. One of the reasons barbells are superior to machines is this factor and chains amp that factor up.

2. Speed training. It's not uncommon on some lifts, like the squat, to find yourself backing off at the top. Having the chains increasing the weight as you go up causes you to keep pushing. My opinion is that increases the efficiency of the lift for the athlete and makes it more useful for those lifting for other reasons than weightlifting competition.

3. Weak Points. Chains might help you work on your weak points or sticking points. Sure, this is debatable but in my mind you basically take one lift with chains and do two lifts at once. For example, on the bench press you can do a full movement then work on your lock outs with partials....or just do bench's with chains and increase the load at the top!

Second, the mental impact:

1. If you use chains and then switch to a regular barbell, the regular barbell will seem easier to handle and increase your confidence.

2. We can all get stale or stagnant in our training and adding chains can mix things up and bring some freshness to your training.

3. Finally....let's face it...chains hanging around your gym look cool and I'll admit....a couple of times I've grabbed a hold of a couple of 8 ft sections of my largest chain and done my best "Steve Reeves" impression! When I bring people who don't train regularly to see my gym guess what one of the first things they focus on....the BIG CHAINS.

I'm not making any promises that you will add big pounds to your lifts using chains. I'm just offering up some ideas to add to your arsenal of training methods. I wouldn't...and don't....use them year around. I mix them in here and there. Chains are symbolic in so many ways and they can get your most important training tool inspired and working hard again....YOUR BRAIN. Get some chains and become Hercules...but CHAINED!

[Battle in the Barn II](#)

 October 21, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Eric Todd



Group picture of participants at the Battle in the Barn II. (left to right): Conan Wass, Mike Pringle, Eric Todd, Lance Foster, Thom Van Vleck, Dean Ross, and Scott Tully

Battle in the Barn 2013 is done and in the books. We had lots of fun, and some great lifting occurred. I would like to thank Al for coming out and running the score table, and Thom for being our Judge. I would also like to give a huge thanks to Conan Wass for loading for us. Five lifters competed in 4 lifts. Dean Ross came all the way from Oklahoma for the event.



Eric Todd (left) being presented the overall lifter awards from Al Myers (right).

Some of the highlights from the meet for me were:

Dean Ross absolutely grinding out his last deadlift. HE just got edged out on a final lift from getting 3<sup>rd</sup> by formula.

Lance Foster's Dumbbell to the shoulder. He hit a big number, but missed out on his next one which would have been a BIG PR. If he had not bombed on the deadlift, he would have been right in the mix.



Thom Van Vleck, the USAWA chair of the OTSM, served as the official.

Professor Scott Tully making a clutch Dinnie lift to put himself into 3<sup>rd</sup> by formula.

What I was most impressed with was a lean, mean Mike Pringle. I hardly recognized him when he rolled in. This was Mike's the second ever all-round meet that he has competed in, and he came in STRONG! I was very impressed with his dumbbell to the shoulder technique. It seemed very efficient, though I could not duplicate it. His People's deadlift was also incredibly strong.

We scored this meet two ways. One was by the standard formula, and the other was by straight weight lifted.

By formula, the meet ended like this:

- 5<sup>th</sup>-Lance Foster
- 4<sup>th</sup>-Dean Ross
- 3<sup>rd</sup>-Scott Tully
- 2<sup>nd</sup>-Mike Pringle
- 1<sup>st</sup>-Eric Todd

By straight weight the results are as follows:

- 5<sup>th</sup>-Lance Foster
- 4<sup>th</sup>-Dean Ross

3<sup>rd</sup>-Mike Pringle

2<sup>nd</sup>-Scott Tully

1<sup>st</sup>-Eric Todd



Lance Foster performing a 495 pound Dinnie Lift.

**MEET RESULTS:**

2013 Battle in the Barn II

Saturday, October 19th, 2013

ET's House of Iron and Stone

Turney, Missouri

Meet Director: Eric Todd

Meet Announcer & Scorekeeper: Al Myers

Official (1 official system used): Thom Van Vleck

Loader: Conan Wass

Lifts: Cyr Press, Dumbbell to Shoulder, Peoples Deadlift, Dinnie Lift

LIFTER	AGE	BWT	Cyr	DB	DL	Din	TOT	PTS
Eric Todd	38	262	170	265	605	770	1810	1402
Mike Pringle	37	175	110	225	520	535	1390	1342
Scott Tully	37	342	130	150	565	605	1450	990
Dean Ross	70	273	60	125	375	435	995	989
Lance Foster	47	330	80	175	0	495	750	562

*NOTES: All lifts recorded in pounds. BWT is bodyweight in pounds. TOT is total pounds lifted. PTS are adjusted points for bodyweight and age correction.*

RECORD LIFT FOLLOWING MEET:

Eric Todd – Neck Lift 1000 lbs.

This lift was officiated by three officials (Al Myers, Thom Van Vleck, and Lance Foster). The plates were weighed individually as well as the bar to verify the accuracy of the final weight, and the lift was held for 2.06 seconds.

[Delaware Valley Open](#)

 October 22, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

### **2013 DELAWARE VALLEY OPEN POSTAL MEET**

MEET RESULTS:

Meet Director: John Wilmot

Date: September, 2013

Lifts: Clean and Press – 12” Base, Swing – Dumbbell, One Arm, Deadlift – 2 Bars

Lifters and Officials:

Lifters using the 3-Official System:

Bill Crozier – Certified Officials Jim Malloy, Scott Schmidt

Lifters using the 1-Official System:

Denny Habecker – Certified Official Judy Habecker

Eric Todd – Certified Official Lance Foster

Lance Foster – Certified Official Eric Todd

Lifters using a non-certified Judge:

Ruth Jackson – Judge Dan Wagman

Dan Wagman – Judge Ruth Jackson

Sam Rogers – Judge Orié Barnett

John Wilmot – Judge Emile LeMoigne

Orié Barnett – Judge Sam Rogers

### **WOMENS DIVISION**

LIFTER	AGE	BWT	C&P	Swing	DL	TOT	PTS
Ruth Jackson	51	106	87	50-R	220	357	553

### **MENS DIVISION**

LIFTER	AGE	BWT	C&P	Swing	DL	TOT	PTS
Dan Wagman	50	183	180	115-L	520	815	850
Eric Todd	38	260	245	125	520	890	692
Orié Barnett	52	237	180	105	454	739	681
Denny Habecker	71	185	148	70	330	548	676
Sam Rogers	50	205	170	90	314	574	562
John Wilmot	66	215	100	40-R	270	410	447
Lance Foster	47	330	135	55	350	540	431
Bill Crozier	76	207	80	50	180	310	372

*NOTES: AGE is age in years. BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total weight lifted. PTS are total adjusted points corrected for age and bodyweight.*

[OTSM Championships UPDATE](#)

 October 24, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

Now that my Scottish Highland Games has been completed my focus has shifted to the OTSM on December 7th. So far I have one entry in hand (thank you to Dean Ross) and several who have shown interest. Here are some updates to the previously posted information.

**1. Shirt deadline:** I have promised a shirt for those that enter but I'm going to have to put a deadline on the shirt as they were so popular at my Highland Games...I SOLD OUT! So, if you are coming and want a shirt I need your shirt size (at the least) by November 15th. I don't necessarily need your entry.....but that would be nice. I will take entries on meet day....BUT DON'T EXPECT A SHIRT.

**2. Location:** The contest will be held at my gym in the basement of my home. The first year we had 10 lifters, but last year we had fewer. I can't justify loading all my equipment up, renting the old school gym, and hauling all the stuff in, then hauling it back out. It's a tight fit, but if the weather is nice, one or more events will be outside.

**3. Breakfast:** It has been a tradition for my contests to eat breakfast at Pancake City before the meet (dutch). Anyone that wants to weigh in BEFORE breakfast be at my place at 7:30am and please, give me a heads up or you might find me sleeping...or WORSE! We will then head in to Pancake City for a good, ol' greasy breakfast or a stack of flapjacks....or BOTH. If Art comes....THEY HAVE COFFEE!!!!

I hope all the USAWA members will consider coming to the meet! See you there!

*WEBMASTER'S COMMENT: The entry information and entry form for the 2013 USAWA Old Time Strongman Championships is located under "USAWA Future Events" in the column to the right. Simply "click" on it to access this important information!*

[A good POWER RACK is hard to find](#)



October 25, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



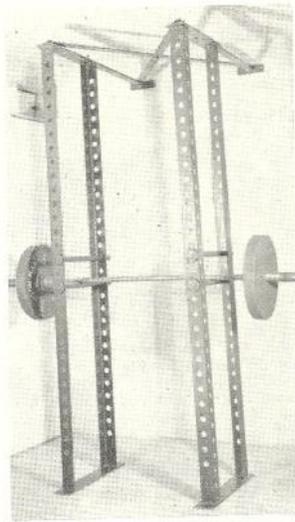
This is the custom-built Power Rack in the Dino Gym, which I made many years ago. It has many unique features (like hydraulic jacks attached to the bar hooks for easy adjustment of a loaded bar) that benefit lifters and lifting!!

I've spent a good part of my adult life in the gym training, and with that experience comes exposure to many different type of power racks. Some good, but most have deficiencies in my opinion. There always seems to be some feature that is less than optimal on each one I have used. But Power Racks (or often called Power Cages – same thing, different name) have come a long ways since the early York Cages or Iron Man Power Racks. I consider a good power rack as the **SECOND MOST IMPORTANT** piece of equipment in a gym (behind bars and plates). A good power rack is the centerpiece of any serious gym, and often the most used piece of equipment in a free weight based training facility. Up to 50% of my training time is spent in the “rack” each week doing a multitude of different lifts. Having a good power rack to fulfill your training objectives goes a **LONG WAYS** to making continued strength improvement. Today I'm going to go over power rack features that I feel are very important in having the ultimate power rack, from most important to least important.

### **1. Sturdy construction and Size**

There are many racks on the market made out of lightweight tubing, with bolt-on construction. A Power Rack should be heavy duty and not “bouncing around” every time a squat is racked in it. A frame made out of at least 2.5” 11 gauge square tubing is necessary. Also – the side frames should be welded and not bolted together. Most commercial racks that are sold will use bolt-on construction to minimize the shipping costs – but in turn will cause inherent weaknesses in the power rack. Bolts will loosen up with time, and bolted construction allows “wobble room” in the

joints. Depth of power racks is also important to give plenty of room for lifting. The depth of a power rack should be at least 36 inches. The power rack should be high enough to not interfere with any type of overhead lifting you want to do – but this is often limited by ceiling height.



Basic Power Rack—8 feet tall  
(Barbell not included)

Power Racks have come a long ways since this "top of the line" power rack advertised in a 1966 issue of Iron Man.

## **2. Bar Hooks** (or J-hooks as they are normally called)

I think the bar hooks (which holds the bar in the power rack) either “makes or breaks” a good rack. They are the most functionally used piece of the Power Rack, and should be of the highest quality, yet often good racks have junky bar hooks. A bad bar hook will be an ongoing frustration and will soon completely overshadow all other aspects of your power rack. Most bar hooks are made by utilizing bending, which often gives an inconsistent product. Most bent- type bar hooks I’ve seen have a sloppy fit on the rack. The reason for this because of the bending a good consistent tolerance can’t be maintained – and thus manufacturers make them loose to insure that they will fit in all cases. I just hate bar hooks that “swing in the breeze” on a rack. Every time the bar is moved the bar hook will slide to the side. Bar hooks should also be of adequate length, but at the same time not too long as to catch the bar as a lifter comes up from a squat. Short bar hooks are a bigger problem. A bar hook should be of length to allow a lifter to rack the weight easily. Another important feature is NO SHARP EDGES. I have scars on both of my shoulders that occurred as the result of bar hook injuries in the gym. Both times I wasn’t paying attention and caught the edge of my shoulders on bar hooks attached to the front of the rack. Add in the number of times I’ve cut the outside of my palms from sharp edges on hooks as I was racking a heavy squat, and you can see why I think this is an important feature. Bar hooks should also be easy to adjust to different heights, and not require specialized wrenches or tools to do this.

## **3. Elevated bottom cross member**

Most of the commercial power racks available DO NOT allow a wide based squatter to get proper foot placement. A floor cross member interferes with the feet when trying to take a wide stance squat (often limited to 43" or 44" at width). This problem is easily addressed by raising the bottom cross member up 12 inches. That's it – but for some reason power racks often are not designed that way. A good power rack should allow for "sumo stance" lifting.

#### **4. Multiple adjustments**

A good power rack should allow for any spacing of the bar hooks or safety supports. I've seen some manufacturers go way overboard with the number of holes they place in their uprights (and make a holey looking rack, haha), but most have hole spacings that are too far apart, thus making it more difficult to get the correct setup for the hooks and supports. Most serious lifters like their bar height setting for unracking a bar down to an inch of being correct. I think anything over 2" spacing is too much. But placing more holes in tubing is an expensive manufacturing cost – so this is often compromised in providing a top quality product.

#### **5. Safety supports**

A good power rack will have quality safety supports. Safety supports are the adjustable cross members that will catch the bar in case of a failed lift. Think of them as your safety net. They should adjust easily, yet be very sturdy and secure. Often you will see a rod inserted through the holes of the rack for this. That is a poor design in my book as no rod is going to stay straight after dropping a loaded bar on it. Some manufacturers have a pipe that you insert the rod through for the safety supports. Again that is a cheap poor solution to safety supports. Safety supports should be strong enough to lift off of – like doing rack pulls. For this they need to be well made. Having them lined with rubber to protect the bar is also a good idea, yet most all of them don't have that. They should be easy to adjust to different height as well.

#### **6. Able to take Add-ons**

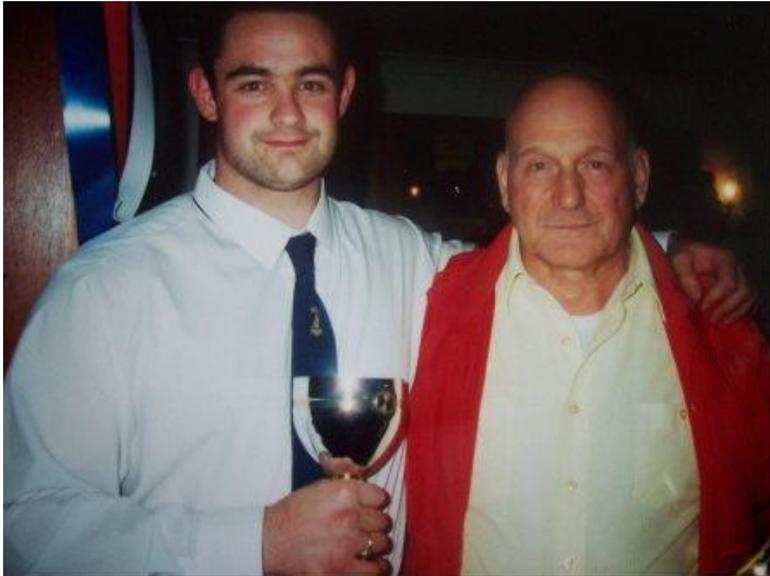
Add-ons for power racks are the new thing amongst the leaders of manufacturers of power racks. However, I prefer a power rack that "looks like a power rack" and not cluttered with unnecessary appendages hanging off it at all angles, but I know I'm in the minority on this. As for the add-ons I'm talking about here – chin up bars, plate storage, bar racks, band/chain peg attachments, land-mine attachments, chain/band storage, dip attachments, front safety supports, med ball bounce plates, etc. And there's even more!!! Before long the power rack doesn't even look like a power rack anymore. Gyms and training facilities like to keep a "clean house" and with all the new training devices being used nowadays, it is hard to find a place to store them so the solution seems to be to just hang them on the power rack. The important thing here is to have a power rack that has the capability to utilize whatever add-on YOU WANT.

I know I've covered a lot here – but Power Racks are something that I'm passionate about. If anyone ever wants to either discuss power racks, or has specific questions about them just drop me an email ([amyers@usawa.com](mailto:amyers@usawa.com)). I'm always glad to hear from other power rack enthusiasts!

### [Gold Cup History](#)

 October 28, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



British All Round Champion Steve Angell (left) and Howard Prechtel (right) together at the 1994 IAWA Worlds in Burton-upon-Trent, England.

The 2013 IAWA Gold Cup is coming up this weekend. It is one of three big IAWA promotions (the Worlds and World Postal are the other two). I am really looking forward to attending this prestigious meet hosted by our USAWA President Denny Habecker in Lebanon, PA. Denny has promoted several other Gold Cups and is one of the premier meet promoters in the USAWA – so it, without a doubt, will be a well organized affair.

The Gold Cup is often a misunderstood event, especially if you have never attended it before. I've had lifters question me why "go to a meet where you can only do one lift for record?", especially considering you can potentially set several World Records at a local record day. Let me tell you – the Gold Cup is not like any local record day. The Gold Cup is about the experience of competing in an international event where lifters from several countries will be represented. The direction of the Gold Cup is overseen by the IAWA officers and technical committee to insure that the Gold Cup gives the atmosphere of something very important (which it is!). It allows a lifter to showcase their best lifts on a BIG STAGE for IAWA World Record in front of their IAWA peers. Each lifter and their record lift receives the total attention of those present. When a lifter is performing their Gold Cup lift they have the stage to themselves - and is the only thing going on at the moment. After the

meet is over there is always a big banquet to enjoy a great meal, fellowship with other lifters, and have a formal awards ceremony. The banquet is always a highlight for me at the Gold Cup.

Now a little “history lesson” on the Gold Cup:

The first Gold Cup was held in 1991 in Lakewood, Ohio under the direction of Howard Prechtel, IAWA President at the time and originator of the Gold Cup. This year marks the 23rd year of the Gold Cup. In this span the Gold Cup has been promoted every year, without missing a single year. The following came from a 1991 issue of Bill Clark’s Strength Journal outlining Howard’s concepts on the Gold Cup:

*On November 23, in Cleveland, Howard will be directing the First Meet Of Champions. The concept is thus: Only people who have won IAWA titles will be invited....a list of some 25 from the USA and England. Each lifter will be allowed to do only one lift of his choice....and he’ll get only one attempt at that lift – which must be a world record. That means only 25 lifts and 25 lifters. Better warm up good – for the TV cameras will take only one look at you. Of the 25 lifters, it looks like we’ll have at least 15 different types of lifts. Howard will be trying a record sit-up, for instance. If you’re a world record holder, but not an IAWA champion, don’t ask. It is a record-makers meet open only to IAWA Champions.*

You can see that Howard had a lofty goal originally that this would become a televised feature of All Round Lifting. That never really materialized. Also, you can see that the original criteria for even entering the Gold Cup was pretty strict. Things have evolved with the Gold Cup since then, but there still are entry criteria. For the past few years this has been the main rules regarding entry into the Gold Cup:

1. Lifter must open on their first attempt at an IAWA World Record lift. However, a lifter is given three attempts to repeat an attempt or increase the poundage.
2. To enter the Gold Cup, the lifter must be a current holder of an IAWA World Record.
3. The lifter must be a member of the IAWA, or a member in an affiliated organization of IAWA.

If a lifter can not accomplish a World Record in any IAWA lift, an entry can still be approved. It is of the IAWA philosophy now that NO LIFTER be denied the opportunity to compete in this event. The offering of a Silver Cup Award (for setting a National Record) and the Bronze Cup Award (for a lifter setting a personal record) has been added to allow for this.

You may wonder how that FIRST EVER Gold Cup turned out. Of the 34 lifters that were invited (yes – the first year this meet was by invitation only), 31 entered. All 31 lifters were successful setting new IAWA World Records. As for Howard, it turned out well for him in the success of the promotion and with his quest of setting a new record. The following report from the Strength Journal sums up Howard’s day quite nicely:

*After all the effort and money Howard put into the meet, he was the final lifter. He attempted to break an 85-year-old mark in the Travis Lift by doing 60 reps in 60 seconds with 1510 pounds. Travis*

*had done 56 reps in 60 seconds with 1500 pounds in 1906...when he was a young man. Howard, at 66, hardly qualifies as young (except at heart), but he banged out 45 reps with the 1510 in 60 seconds....easily a new IAWA record.*

I would truly encourage all all-rounders to try to make it to a Gold Cup. Once you go once, you will understand why I think it is an elite type competition. You meet the “legends” of the sport, and get to see world class all rounders perform their best lifts for World Records.

## [The Guy in the Gym](#)



October 29, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Eric Todd

A number of years ago, when I was in my late teens, my sister was married to a real tool shed who fancied himself a bad mother. I will from here forward refer to him as “Dick”. He was always trying to impress us with stories about being some kind of a tai kung flung master whom his sensei considered one of the most dangerous men in the world. A pretty big dude, but I later decided that while perhaps he may have been the baddest man in the dojo, it was one that catered to kindergarteners. Well, one day, my brother and I were wrestling in the yard as we often did for conditioning and fun, when “Dick” came up and grabbed me. He clearly was in the mood to show who the alpha-male was, so I dug in with some underhooks and suplexed him to the ground. He lay there whimpering, not wanting any more.

Another time, when I was home on sebatival from college, I was lifting in my parent’s basement. I was warming up on bench with 225 and “Dick” came down the stairs. He cockily indicated that he wished to lift with me. I was fine with that, so I traded places with him to give him a spot. Then, as I unracked the weight, it plummeted to “Dick’s” chest and pinned him down to the bench. I found myself deadlifting all 225 pounds off of him. I was embarrassed for him and ashamed of him, so I suggested that he needed to warm up a little. We dropped the weight down to 170ish. Same result. Finally, we dropped it down to one wheel, 135. “Dick” was able to grind out a rep. After that he made a hasty retreat upstairs.

From that time on, “Dick” no longer challenged me during the remainder of his tenure as my sister’s husband. On many occasions after that, however, I did get to hear about the proverbial “guy in the gym”. This guy was amazing! His arms were definitely bigger than mine. When Dick found out how much I was benching, this guy was doing almost double. I am pretty sure he could curl the whole stack on the nautilus machine. When I asked how much he could squat, “Dick” really didn’t have a frame of reference, so I am pretty sure he said like 1000 pounds, which at the time was world record poundage.

I have said it before, I like physical strength. But in my eyes, it pales in comparison to what lies between your ears. I really do not care what you can lift, if you give your all in whatever arena you

are in, you are a strong individual. If you are bested, you will continue to come back and try again and again. Maybe winning, maybe losing, but you don't give up. Tenacity.

Then there are those weak minded cowards who, when bested, not only give up, they also try and find a way to bring he who has bested him down as well. We have all heard about the guy in the gym. The one at "Dick's" gym may or may not have existed. But it is for guys like "Dick" that I choose to while my time with doers. Guys who enter the arena. Those who tell themselves that the body can handle things that the mind tries to tell it aren't possible. Guys who believe. Life is too short to listen to guys like "Dick".

### [No Stupid Lifts, Just Stupid Lifters](#)

 October 30, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Wilbur Miller doing a barbell leg press

Recently I got kind of sore at a guy for criticizing a leg press done by my friend Wilbur Miller. Wilbur and my Uncle Wayne had some epic battles back in the day and while Wilbur won the overall in every meet he was never able to beat my Uncle in the Clean and Press. Wayne took great pride in that as Wilbur was, in his mind, the greatest of his era. I have written an article for MILO magazine on Wilbur and he continues to be involved in the USAWA to this day.

So this picture came up and this guy took it for face value and called it "Stupid". Well, I let him have it. I was probably too harsh but I knew the story behind this photo. The guy also said that if this was a good lift then you would see people doing it everywhere. First of all, Wilbur usually did his lifting in an old York Power Rack where he could leg press in a rack with a very tight gap. I did leg pressed that way early in my training as well. Second of all, this photo was take out of the rack to demonstrate the lift. Third, Wilbur did them because he didn't have a proper leg press or leg

sled. It might be stupid to do this lift if you had a good leg press or out of a power rack....but it was dang smart to do them when Wilbur had some back issues and wanted to work his legs hard and he had no other recourse.

This got me to thinking about all the name calling and commentary from know-it-all lifters on the internet. And to be honest, I've been one, too and I regret it. A quick glance and you might think a lot of lifts would be useless or even dangerous. But the reality is there are no stupid lift...only stupid lifters!

I would contend that ANY lift that can be done could have a useful purpose at some point of any lifters career. Maybe because of injury, or an unusual weakness, or a lack of proper equipment. Over the years I have made it a point to train with many of the best lifters in the country and I have found that almost ALL of the best have all kinds of unusual lifts they have developed that fits their needs. Those same lifts, in the wrong context, could be disastrous to others.

Many times I have had a lifter tell me of a lift they do and my initial reaction is to roll my eyes and shake my head. But in my 35 plus years of lifting there have been countless times I've ended up adopting that lift for my own needs. So, my point is don't judge, keep your mind open, and be like a U. S. Marine: "Improvise, Adapt, and Overcome". In other words....don't be stupid!

[My reflections on the Gold Cup](#)



November 4, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Steve Gardner (left) and Denny Habecker (right) - two VERY IMPORTANT men in the IAWA.

I've just returned from the 2013 IAWA Gold Cup in Lebanon, Pennsylvania. It was an exciting weekend!! Today I'm going to give some of my reflections of "the cup". This is not intended to be a meet report as I have none of the meet results in hand yet. That will be coming later.

The enjoyment of meets for me goes "way beyond" the day of lifting. It includes the experiences of the travel, visiting with good friends, and learning new things about all round weightlifting. And those things were in abundance with this trip! My father LaVerne was traveling with me, along with training bud Chad Ullom. We flew from KC to Harrisburg early Friday morning and arrived there before noon. My dad has taken an interest in researching the family history of the Myers family, and he had planned out an afternoon agenda for this including meeting some relatives. Our line of the Myers family settled south of Harrisburg near York Springs. We visited a few cemeteries to confirm some of my dad's research, and actually found the house of Nicholas II Myres (that is the way he spelled our last name!) who was the second generation Myers off the boat. The house was built in 1795 and has been kept in excellent shape. We met the current owners who were quite helpful in our research – as they had a great interest in the history of their house.

After arriving in Lebanon finally after this long day, we were really tired so we decided to just grab a bite to eat and "hit the sack". I got a full 8 hours of sleep which I needed for the long meet day on Saturday. The meet was held in a venue that Denny has had meets in before. It has a big gym area with lots of lifting space. Upon arriving, I soon met up with many all round friends. It is amazing how many close friendships I have made thru the years from being involved in the USAWA/IAWA.

The meet had a very good turnout – and I believe close to 20 lifters were on hand. Steve and Karen Gardner, and Graham and Toni Saxton made the trip from England. All four of them participated in the Cup representing the IAWA(UK). I was so impressed by Karen even competing. She has just recently had a serious surgery and I wasn't even sure she was going to make the trip, let alone LIFT! However, Karen's support to the IAWA exceeds most everyone else's and this proves it. Steve was the first person on the platform doing his big Gold Cup lift in a finger lift, and then spent the rest of the day announcing and scorekeeping. I've said this before but it needs repeating again. Steve and Karen Gardner and Denny and Judy Habecker are the FOUNDATION of our organization. They are the ones that hold everything together in both the IAWA(UK) and the USAWA, and gives the IAWA the leadership that allows us to be successful and well-organized. Judy spent the day helping keep score, and providing the "behind the scenes" work that made the day go smoothly.



Graham Saxton of England performing a World Record in the Middle Fingers Straddle Deadlift.

I was glad to see Toni Saxton make it to the platform for the FIRST TIME. She performed her VB lift perfectly. Graham Saxton is as seasoned IAWA lifter as there is. He did a huge middle fingers straddle deadlift, and a Hand and Thigh Lift (which I believe was the first time he has ever tried it?). Graham also spent most of the day in the officials chair. I consider Graham one of the best officials in IAWA and I know things will be "done right" when he's judging the lifts. The Gold Cup is intended to be an international competition, and the presence of these four from the Powerhouse Gym in Burton, England made it happen!

It was indeed a day of “who’s who” in attendance. The room was full of USAWA Hall of Famers and the elite lifters from our organization. I was very glad to see Jim Malloy there competing, as well as his Cleveland training partner Scott Schmidt. These two Hall of Famers have been a mainstay in the history of the USAWA. Speaking of Cleveland – I was REALLY surprised to see Dennis Mitchell returning to the platform so quickly following knee replacement. Dennis has been a long time IAWA supporter and has attended as many IAWA events as any other lifter in the history of the organization, so a little “bump in the road” like a knee replacement wasn’t going to keep him away! Frank Ciavattone made the trip to the GC as well. Frank is another USAWA Hall of Famer and future promoter of the 2014 IAWA Worlds. Frank performed one of his signature lifts – the one handed Ciavattone Grip Deadlift. It’s always a pleasure to see Frank at work in a meet. Another East Coast lifter – James Fuller – made his FIRST Gold Cup appearance. Jim did the ever-difficult Bent Press Anyhow as his Gold Cup lift, and finished with a great lift of 60 kilograms. I’ve always said the Bent Press is one of the most painful lifts to watch, and probably to do.



Frank Ciavattone performing one of his signature lifts, the One Arm Ciavattone Grip Deadlift, for a IAWA World Record.

The Dino Gym was well represented with myself, my father LaVerne, Chad Ullom, and Dean Ross being there to support the event. LaVerne lifted exceptionally – with his One Arm Fulton Bar Deadlift impressing me the most. I say that because he did 80 Kilograms and broke THE RECORD held by me!!! Chad did two big type lifts for his GC lifts – the clean and jerk and the front squat. Chad’s front squat of 211 kilograms broke the record held by current OVERALL WORLD

CHAMP Mark Haydock. I kidded Chad by saying he was showing Mark NO RESPECT. I might add that Chad did this wearing NO knee wraps Mark.....



Chad Ullom performed the last lift of the 2013 IAWA Gold Cup with this IAWA World Record Front Squat.

Barry Bryan did a couple of World Records in the bench press. He made them look very easy. I was head judge on his lifts, and after I gave him a press command, he waited another second or two to press the bar. I haven't seen that happen very often before. Now who have I forgotten?? ART!!! Art always "steals the show" when he attends a meet. Art, at age 86, continues to make it to all of the big IAWA meets and lift. He performed a couple of Fulton Bar lifts and made them look ridiculously easy. He's an inspiration to everyone.

Afterwards, Denny and Judy planned a nice banquet meal at a local restaurant named Risser's Family Restaurant (it was located in Myerstown!!). It was a home-style feast that left everyone with a full belly. Most of us then retired to Denny's place for some post-meet celebration (actually just there to drink his beer haha). Lots of good stories were told, parlor tricks were done by Steve and Chad, unbelievable tales were told by Al and Graham, and Denny made all of our eyes water (mostly with his jokes....).

[Top 4 Questions to Ask a Strength Athlete](#)

 November 6, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Eric Todd

I have been competing in strength sports for a number of years now. Anyone who knows me knows that is what I do. Though the people I associate with outside the strongman and weightlifting community are for the most part a well-meaning group of people, I sometimes have gotten some interesting questions from them. Here are some of my favorites:

1) *Why do you do that?* I usually get this when a person first finds out the arena in which I compete in, or find that I lifted x amount in a certain lift. Definitely when I set the necklift record. The arrogant response is “If you have to ask, you would not understand anyhow.” The fact is, many people cannot understand this, because they cannot understand the quality of being competitive, or the drive to be the best at something. They are satisfied with living in mediocrity. That is fine for them, just not for me.

2) *Aren't you afraid of hurting your back or Aren't you afraid of getting a hernia?* (these both kind of fall under the same category) No. I am not. I choose not to live in fear. As it turns out I have done both and continue to lift pretty heavy, so I guess there was nothing to be afraid of in the first place.

3) *Are all the guys that compete on steroids?* No. I am not (I assume that is why you are asking). I know there are others who are clean. However, in strongman I kept getting surprised by how many dirty lifters there were. Even some that I assumed were clean that were not. I guess they better find some better stuff. That is one reason that the USAWA is a HUGE breath of fresh air. It is nice to lift against other clean lifters.

4) *Why haven't I seen you on TV?* This is one of the more absurd questions, in my book. While I have competed with the best, and have beaten some of the best at one time or another, at 5'11", with small joints and no drugs, there is really only so far my work ethic and genetics was going to take me in the strongman arena. I went all out, but this is the reality. Secondly, I always thought of it like this: I do strongman events on Saturdays. Other guys go golfing on Saturdays. They even might be pretty serious about their golf game. Would it make a whole lot of sense for me to ask them why I have not seen them on TV competing in the Masters or something? Competing in the Masters or World's Strongest Man is for the truly elite, the best of the best. He hasn't made it to that point, and neither have I. It is that simple, and not something it seems I would have to explain. It is not like I am one of only 13 guys in the world who do strongman and the other 12 are the ones who go to Worlds.

Anyhow, those are my top 4 questions that the layman feels necessary to ask someone who competes in strength sports. Some are kind of funny, and some just sad. Aside from the steroids question, I assume they don't mean much by them. It is just humorous sometimes to realize how we are perceived by those on the outside.

[Dino Gym Challenge](#)



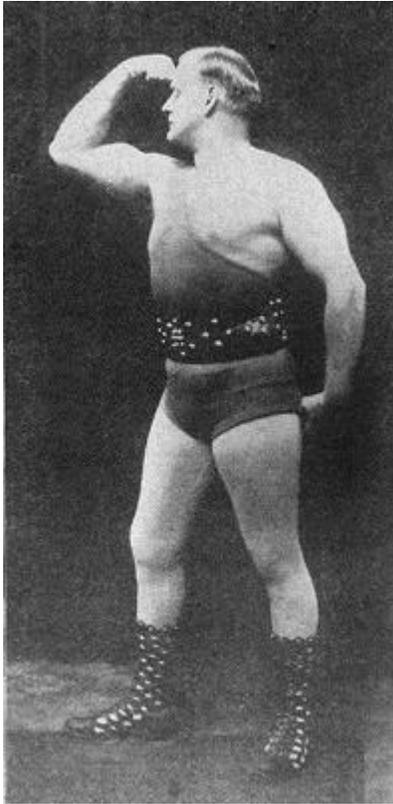
November 7, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT -

### **DINO GYM CHALLENGE**

**“Presenting a Challenge Left by Warren Lincoln Travis”**



The Coney Island Strongman, Warren Lincoln Travis.

Warren Lincoln Travis has always been one of my favorite Old Time Strongmen. WLT was the consummate circus Old Time Strongman, performing strength shows at the World's Circus Side Show in Coney Island for over 25 years. He was one of the few strongmen of that era to keep his strength exhibitions in the United States. In an interview with Sig Klein, Travis told him that he had many opportunities to travel abroad and perform, but had made a promise to his mother that he would not travel overseas to Europe! Showdowns with other famous strongmen of that era, like Sandow and Saxon, never materialized for Travis. At one time a match between Saxon and Travis about happened when Saxon was in New York performing for the Ringling Brothers Circus. WLT trained hard for that encounter. WLT declared that he knew he could never beat Arthur Saxon in the Bent Press or the Foot Press, but was confident he could out do him in the Harness Lift, Back Lift, and the Finger Lifts.

WLT was also a strongman who excelled in competitive all round lifting. He loved the one arm lifts, and was truly an all round weightlifter in addition to a strongman. Some of his best all round lifts

were: Pullover and Press 290 pounds, Bent Press 270 pounds, Clean and Jerk with Dumbbells 229 pounds, Dumbbell Curl 170 pounds, and two dumbbells Continental Jerk 260 pounds.

Travis was most known for his endurance lifting. He set several records for repetition-lifting in the Back Lift and Harness Lift. Part of WLT's legacy is that he left a 10 lift "Challenge to the World" that he completed. This challenge was left in his will, with the first person to accomplish it after his death receiving his prized jewel-studded belt! No one has accomplished this "challenge" yet! It has some hard stipulations – in addition to performing the 10 challenge lifts one must do the entire challenge in under 30 minutes and succeed with it for 10 straight years!!! The basis of the lifts for this year's Dino Challenge comes from WLT's "10 Lift Challenge to the World".

### **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.

Warren Lincoln Travis was born as Roland Morgan in Brooklyn (he was adopted), New York on February 21st, 1875. He died July 13th, 1941.

### **MEET DETAILS:**

Meet Director: Al Myers, phone #785-479-2264

Meet Date: Saturday, January 18th, 2014, 10 AM – 4 PM

Location: Dino Gym, 1126 Eden Road, Abilene, Kansas, 67410

Sanction: USAWA, must be a member to compete

Weigh-ins: 9-10 AM day of the meet

Divisions: Mens and Womens

Awards: None

Entry: There is no entry form and no entry fee, but I must be told a week in advance if you plan to attend. I will have a teeth bit available for use – but it will shared by all and may not be to your mouth size. I recommend you bring your own to use if this is an issue to you.

Lifts:

**Teeth Lift**

**Finger Lift – Middle Finger**

**Kennedy Lift**

**Harness Lift**

**Back Lift**

These were 5 of Warren Lincoln Travis's favorite lifts. This meet will allow you to see how you "stack up" against one of the best U.S. Old Time Strongmen in history. If anyone wants to attempt to duplicate the "10 Lift Challenge" that WLT left as his legacy – please let me know and I'll make arrangements for it.

[Ironman Lost...and FOUND!](#)

 November 9, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Thin style Ironman 50lb plate

There were Ironman triathlons, Iron Man comics, Black Sabbath singing "I am Iron Man", Iron Man movies...but when I think of Ironman...I think of Peary Radar's old magazine and all the equipment he made over the years. In the JWC training hall we have had a pair of Ironman plates my Uncles (Wayne and Phil Jackson) ordered back in the 60's. There is also a missing set. In case you didn't know it, back then you could order them "milled" to exact weight or "unmilled" which were half as much in cost. With the "unmilled" you never knew what you were going to get. Both sets of plates were unmilled.

First, the plates I still have. They are thick around the edges and weigh 57.5lbs each while they have "50" on them....looks like my Uncle's got their money's worth on those babies! I have used them many times over the years because they are slightly larger than my other plates and are lifting from the floor and put these plates on it makes the others easier to slide on and off. Plus the fact that I gained 15lb seemed to be a psychological boost and let's face it...they are just cool.



Thick style plates that weigh 57.5lbs each!

Now, to the story of the lost plates. They were what I'll call a "thin" style plate. The one's we had actually weighed 47.5lbs each. There was a local lifter that was a kid my Uncle was trying to help out. He loaned the plates to him and over time the kid kind of claimed them. That happened to my Uncle Wayne a lot! When I tried to get them back he had SOLD them! That also happened more than once. I remember them in vivid detail. They were thin, flat, with circular ridges that made them look like a bullseye. One of the plates had a chip out of it. I found the guy that bought them, but he gave them to his brother who lived out of state. After a couple of attempts and promises....I finally gave up on ever getting these back.

Now that was the early 80's so fast forward almost 30 years. A good friend of mind called up looking for an incline and I had one. He said he wanted to trade some stuff including a pair of Ironman plates. When I got there I wish I could say they were the exact "long lost" pair....but they were not. However, they were a "spot on" twin...or twins! While not the exact pair, I am pretty pleased that somehow after all these years these plates seemed to fall right into my lap! A plus is I might have gotten a better deal as these are right on 50lbs each.

Needless to say, like everything in my gym, they will be put to use. And when I do....may I'll have to put on some "Ironman" on the stereo!

### [THE TRUTH MAY HURT \(BUT IT'S STILL THE TRUTH\)](#)

 November 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

BY DAVE GLASGOW

I LOVE WORKING WITH METAL. CUTTING, GRINDING, FITTING, MELTING. IT'S ALL FASCINATING TO ME. HOWEVER, MOST OF ALL, I LOVE TO WELD. NOW, I WILL GRANT YOU, I AM NOT THAT GREAT A WELDER. I LEARNED MANY YEARS AGO FROM A MAN WHO WAS PRETTY DAMN GOOD AT FABRICATING THINGS. HE COULD 'EYE-BALL' A BENT PIECE OF STEEL, AND IN NO TIME, HAVE IT BACK TO VERY NEAR PERFECT. I ALWAYS MARVELED AT THAT AND ASKED HOW HE GOT SO GOOD

AT IT. HE LOOKED AT ME AND SAID, 'PATIENCE, PERSISTANCE AND YOU HAVE TO DO IT CONSISTANTLY.'

THE OTHER DAY, I WAS ATTEMPTING TO GET MY WELDER STARTED TO MAKE UP SOME STANDS I HAVE WANTED FOR A WHILE NOW. TRY AS I MIGHT, I COULD NOT GET THE DAMN THING TO RUN. I AM NO MECHANIC. I KNOW THE RUDIMENTARY CONCEPTS BEHIND A COMBUSION ENGINE AND THAT IS IT. I FINALLY PINNED IT DOWN TO A FUEL PROBLEM. THAT ENGINE HAS NOT BEEN RUN ENOUGH OVER THE YEARS FOR IT TO PERFORM CORRECTLY! BUILD UP IN THE FUEL TANK HAS CAUSED ALL SORTS OF CRUD AND SCALE TO BUILD UP IN IT AND HAS GOTTEN TO THE BOTTOM OF THE TANK AND, THUS, INTO THE FUEL SYSTEM ITSELF. NOW, I STILL HAVE NOT GOTTEN THAT BLESSED THING TO GO, YET. BUT, I WILL. IT MAY TAKE SOME TIME BUT I WILL.

WHICH BRINGS ME TO THE POINT OF THIS WRITING. I ACTUALLY HAVE TWO POINTS, HOWEVER, BARE WITH ME. ONE THING AT A TIME.

I AM GUILTY OF THE BIGGEST SIN IN WEIGHT TRAINING(LIFTING). I AM NOT VERY CONSISTANT. SUBCONSCIOUSLY, I HAVE KNOWN THIS FOR YEARS. ABOUT THREE YEARS AGO, A GOOD FRIEND OF MINE WAS TALKING TO ME ABOUT TRAINING AND HE SAID, 'YOUR MAJOR PROBLEM IS YOU DON'T STAY WITH IT LONG ENOUGH TO DO YOU ANY REAL GOOD!' BUSTED!! THERE IT WAS. THE TRUTH WAS SHOOVED DIRECTLY DOWN MY THROAT. I KNEW IT, IT DID'NT FEEL REAL GOOD BUT SOMEONE ELSE HAD TO SAY IT TO ME FOR IT TO REALLY SINK IN.

THAT THOUGHT POPPED INTO MY HEAD, AS I WAS STRUGGLING FUTILLY OVER THAT WELDER ENGINE, 'THIS DAMN THING IS JUST AS I AM. IT WOULD BE A PRETTY GOOD WELDER IF IT WERE USED MORE OFTEN!' HOW MANY TIMES HAVE WE HEARD, 'DON'T USE IT, LOSE IT?' WELL, HERE WAS A MECHANICAL AND HUMAN EXAMPLE, INCARNATE.

THE OTHER POINT I WOULD LIKE TO SUBMIT IS THIS. IN ORDER FOR THINGS TO WORK CORRECTLY IN OUR LIFTING, WE HAVE TO BE **PATIENT** AND **PERSISTANT**, WHICH MEANS WE MUST HAVE **CONSISTANCEY** OF TRAINING. THIS MEANS YOU HAVE TO, SOMETIMES, 'WILL' YOURSELF TO THE GYM, WORK HARD AND ACCEPT THE SMALL GAINS THAT COME YOUR WAY. AND BE GLAD FOR IT!!

THIS PAST YEAR, MY OWN TRAINING HAS BEEN MORE CONSISTANT THAN ANY OTHER TIME IN MY LIFE. I HAVE A TRAINING PARTNER THAT NEVER MISSES A WORKOUT. THERE ARE DAYS I AM SURE I WOULD JUST GO HOME IF I KNEW HE WAS'NT THERE, WAITING FOR ME. GOOD TRAINING PARTNERS ARE AS IMPORTANT AS ANY EQUIPMENT YOU COULD EVER PURCHASE.

AND, GUESS WHAT?! LAST SPRING, I POSTED A LIFE TIME BEST SQUAT! EVEN AT MY AGE!! I WAS VERY PLEASED WITH THAT. HOWEVER, IT WAS JUST PROOF POSITIVE THAT YOU HAVE TO BE REGULAR IN YOUR TRAINING. VERY SIMPLY PUT, ..... 'SHOW UP, SHUT UP, GET TO WORK'!

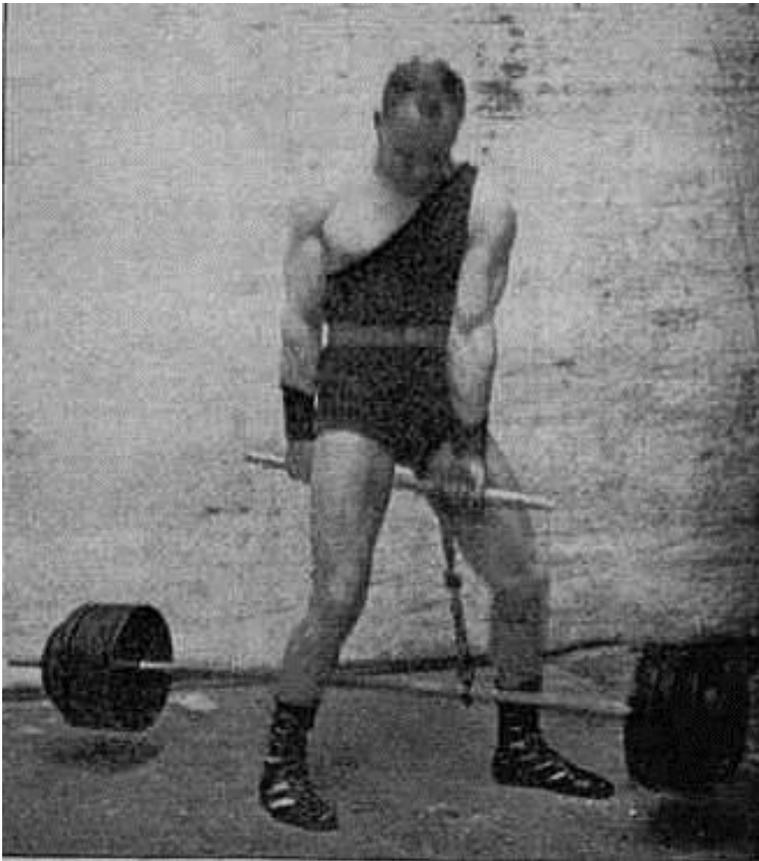
'PATIENCE, PERSISTANCE AND YOU HAVE TO DO IT CONSISTANTLY'. THAT OLE MAN KNEW EXACTLY WHAT HE WAS TALKING ABOUT!

I SURE DO MISS HIM.

## [Kennedy Lift](#)

 November 12, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Here's an Old Time Strongman performing a variation of the Kennedy Lift by utilizing a Hand and Thigh Bar attached to a regular bar.

I've received a few questions regarding the nature of the "Kennedy Lift" following my announcement of the Dino Gym Challenge, which includes a lift by this name. It was one of the lifts that Warren Lincoln Travis included in his "Challenge to the World", in which he challenges 20 repetitions at 700 pounds in 10 seconds. In his Challenge WLT calls it instead the Two Hand Grip Lift, but it is the same lift. Other sources originally called it the Hands Alone Lift. I'm sure the reason for this name was to differentiate it from the Hand and Thigh Lift – meaning no parts of the implement should be touching the body besides the hands (thus Hands Alone), as illustrated in the picture with this story.

The Kennedy Lift is nothing more than a partial Jefferson Lift (or straddle deadlift). I've heard lifters in the past refer to the Jefferson Lift AS the Kennedy Lift, but this is only partially true (pun intended). The Kennedy Lift is done by straddling the weight with the lift being close to

lockout. The range of movement is reported to be several inches to just clearing the floor, depending on sources. The Kennedy is not an official lift of the USAWA, but is one worthy of it. It will be performed in the Dino Gym Challenge as an exhibition lift that will count in the meet scoring (allowed under the rules of the USAWA). If it is well received by those in attendance, I may submit it for lift approval in the USAWA. It has the “history” to be an official All Round lift for sure.

I had to do some “digging” in my files to find a good reference to the origins of the Kennedy Lift. Some of the information on the internet is not entirely true, so I had to make some decisions as to what I thought were the facts. The following piece was written by Warren Lincoln Travis, titled “My 40 years with the World’s Strongest Men”, in which he talks about how the Kennedy Lift came to be. I tend to believe what WLT says in his writings, and here it is:

*About forty years ago, at the height of the new wave of strong man popularity, the late Richard K. Fox, then publisher of the Police Gazette, the leading sporting journal of America, had a 1000 pound dumb-bell cast, but it was not in the shape of the dumbbells today. It was more like a massive block of iron. He offered a very valuable gold medal and title to the first man to lift this 1000 pound weight. At that time there was a man known as James Walter Kennedy who was athletically inclined and developed. He was an oarsman and general athlete, leaning, however, more toward the strong man. He was about 6 feet tall and weighed around 190 pounds, had jet black curly hair and moustache and at a time was a special officer at the Globe Museum at 298-300 Bowery, New York City. Kennedy took a notion that he could lift this 1000 pound dumbbell with his hands and he began to train with a big whiskey cask, not using whiskey in it, but water, sand and rock as he gained strength. In other words, he used the Milo Bar Bell system of gradually increasing weight as he improved in his strength. The first time he tried lifting the 1000 pound weight he failed but some time later he succeeded. His style was to straddle the weight and have one hand in front of his body grasping the weight and the other hand grasping it in the rear of his body, this position being known as the Hands Alone Lift. His body was erect with the exception that the knees were bent about 2 or 3 inches. – by Warren Lincoln Travis*

I envision the technique to be very similar to how most lift the Dinnie Stones, using the straddle style. I think it very fitting that the origins of this lift was described by Warren Lincoln Travis, and must have been one he appreciated, as he included it in his “Challenge to the World”. James Walter Kennedy was 29 years old when he accomplished winning this challenge set forth by Richard K. Fox. He came from Quincy, Illinois. The date of this strongman debut of the Kennedy Lift was January 25th, 1890. The “1000 pound dumbbell” was actually a 1030 pound solid iron block with handles affixed to the top 24 inches from the ground.

At the Dino Challenge we will be using a bar set up on blocks so weight can be added to that of a lifters’ preference and the rules of the USAWA can be followed in adding weight over three attempts. It will be done according to the rules of the Jefferson Lift, except the bar will be at a higher position than the floor. The bar height will be a set height (yet to be determined) so that it will NOT just be a “lockout lift” like the Heavy Lifts are.

## [Gold Cup](#)

 November 13, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Steve Gardner



Al Myers of the USA is presented with the Howard Prechtel Memorial Trophy at the 2013 IAWA Gold Cup, only the 2nd time the cup has been presented, Al won with an outstanding Power Row of 145 kilos.

What an outstanding event the 2013 Gold Cup turned out to be! despite losing a few entrants at the last minute we still had 16 IAWA Gold Cup Winners with their records broken on the day with a further 14 World Records to follow. Once again the event was put on in great style by meet directors Denny and Judy Habecker, and it was great to see everyone getting in there to help with setting up and tearing down afterwards. The loaders were just great as always, the referees worked well throughout and I was pleased to have my assistant Judy keeping check alongside me too! The lifting was just great, where to start??



James Fuller of the USA was the Runner Up for the Howard Prechtel Memorial Trophy at the 2013 IAWA Gold Cup - seen here with an impressive lift ' The Bent Press' (Anyhow to Shoulders) with 60 kilos.

Denny Habecker showed he was still King of the Press, Barry Bryan was a knockout on the Bench Press lifts and Laverne Myers wowed everyone with his lifts especially the One Hand Fulton! Karen Gardner lifted light as she was still recovering from her latest Breast Cancer operation saga and Toni Saxton was competing for her first time ever, husband Graham must have been impressed as we all were with her Vertical Bar Strength. Art Montini was outstanding on the 2" bar and Al Myers was exceptional in the Power Row and Thumbless Deadlift. Jim Malloy showed real grit with his lifts, as did Dennis Mitchell, also recently recovered from surgery. James Fuller performed a wonderful Bent Press and followed with a big 2" Bar Straddle, whilst Graham Saxton pulled a great Middle fingers Straddle and then did a Hand and Thigh lift for his first time ever. Scott Schmidt was excellent with his Clean and Press Behind the Neck, and Dean Ross had fun with the Trap Bar and the Hip Lift for new records too! Chad Ullom was on great form with a great Clean and Jerk followed by IAWA's heaviest ever Front Squat, and big Frankie Ciavattone brought proceedings to an end with a One Hand Ciavattone Deadlift and a big Hip Lift to follow.



The English Contingent at the 2013 Gold Cup World Record Breakers Event - 2nd November 2013. Steve and Karen Gardner - Toni and Graham Saxton (Toni was making her debut on a weightlifting platform - Well Done Toni)

The whole day was a real positive advertisement for all round weightlifting, and was thoroughly enjoyed by all. Howard Prechtel (the founder of the event) was remembered on the day by the presenting of the Trophy bearing his name. James Fuller was a great runner up with his tremendous Bent Press lift, but Al Myers took the trophy for his exceptional Power Row. For those that were able to stay, the banquet that followed was excellent, and all who attended knew they had witnessed something special that day – the 23rd Annual IAWA GOLD CUP!

Best Wishes to all and heres to the next time – Steve Gardner

2013 Gold Cup RESULTS – [IAWA 2013 GOLD CUP](#)

[Teeth Lifting](#)

 November 19, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Art Montini Teeth Lifting at the 2013 USAWA Presidential Cup in Lebanon, PA.

Since the announcement of the Teeth Lift in the Dino Challenge in January it has received some discussion in the USAWA discussion forum. Probably the “most talk” the Teeth Lift has ever received in the USAWA! The inclusion of the Teeth Lift in the WLT Dino Challenge will be the first time the Teeth Lift has been contested in a USAWA competition. To date it has only been contested by a few lifters in Record Days. Here’s a little “refresher” on the USAWA rules of the Teeth Lift:

#### **USAWA Rule I19. Teeth Lift**

*The setup for this lift requires a mouthpiece fitted to the lifter’s bite, a connecting chain, and a Vertical Bar to load plates to. The hands may not touch the mouthpiece, chain, or Vertical Bar during the lift. The lift begins at the lifter’s discretion. The weight may accidentally touch the legs during the lift, but the connecting chain must not touch any part of the body. The hands may brace on the legs and body during the lift, but must be free from the body upon completion of the lift. The width of feet placement is optional, but the feet must be parallel and in line with the torso. The feet must not move during the lift, but the heels and toes may rise. The lifter must lift the weight by the*

*jaws clenched on the mouthpiece only, by extending upward. The legs must be straight upon completion of the lift, but the body does not need to be erect. Once the weight is clear of the platform and motionless, an official will give a command to end the lift.*

The rules are pretty straight-forward, and are similar to many other official USAWA rules for other lifts. The critical things are – hands off legs at completion, legs straight, and weight clear of the platform. The thing that makes Teeth Lifting a challenge is finding a Teeth Bit that one can use. It's not like this is a piece of lifting equipment that is readily available to buy nowadays!! However, in the "lifting days of the past" it was easy to buy a Teeth Bit. Virtually every issue of old "Muscular Development" had ads in the back with them for sale. I would say the popularity of Teeth Lifting really went downhill by the mid 70's. Now if you want a Teeth Bit you have to have it custom made for you, or make one yourself. It's important that it fits "your bite" – not only for teeth protection but to give you the tightest fit for lifting more weight.

**DEVELOP YOUR NECK**



You can get rid of that scrawny neck and skinny face!

Teeth Lifting builds a strong, muscular neck and manly, square jaws. Improve your facial appearance. Promotes dental health. The YORK TEETH LIFTER can hold over 500-pounds! Each one custom made, send impression of teeth on piece of cardboard.  
Complete with chain .....\$5.95

This is an ad for a Teeth Bit in an old issue of Muscular Development.

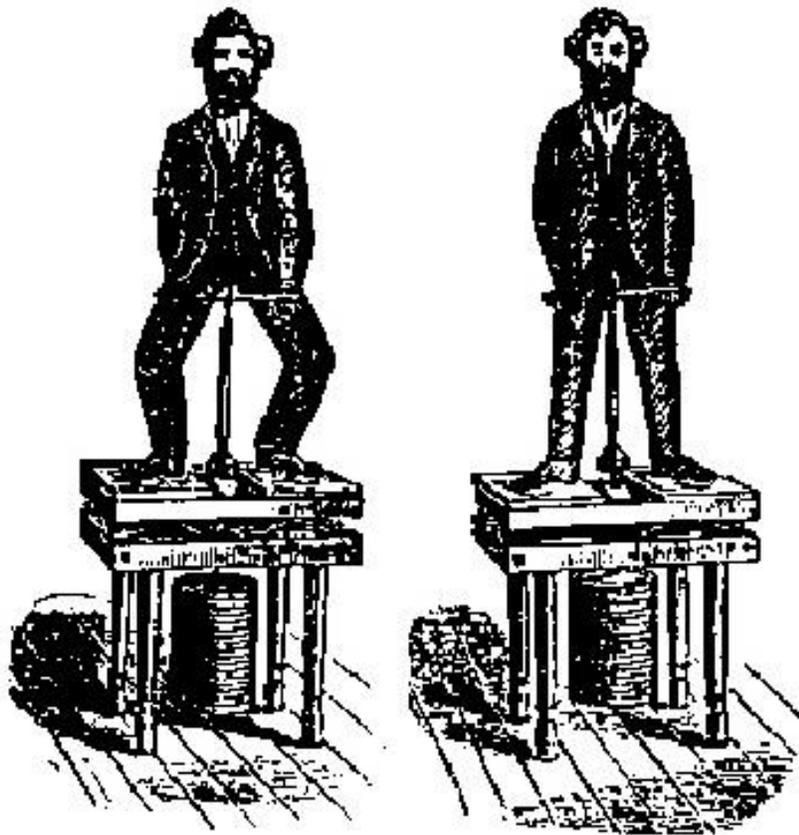
I've been lucky to see "the best" in the USAWA teeth lifting in action. Years ago I was at the meet in Clark's Gym when Steve Schmidt did his "record smashing" Teeth Lift of 390 pounds, which is the highest Teeth Lift record in the USAWA record list. I witnessed Steve exceed 300 pounds SEVERAL TIMES in the Teeth Lift. The ole ironmaster Art Montini has the most Teeth Lift records "on the books", and has been teeth lifting for years. In August Art used the Teeth Lift to win the USAWA Presidential Cup with a fine lift of 107 pounds at over 85 years old!!! Art is one of the few teeth lifters that have WORN OUT teeth bits thru years of use! Just this year Art made himself a new teeth bit.

The legendary strongman Warren Lincoln Travis was quite the Teeth Lifter, and the best of his day. Willoughby in his book *"Super Athletes"* reported him lifting 311 pounds in the Teeth Lift in Brooklyn, NY in 1918. This was considered the unofficial WORLD RECORD for over 80 years!!! That is until Steve Schmidt exceeded it several times in the mid-2000's!!! I consider Steve's Teeth Lift record of 390 lbs. (which was done with the hands behind back, as was Travis's) as the unofficial overall World Record in the Teeth Lift now. Maybe this Dino Challenge in January will bring Steve Schmidt out of competition retirement. Especially since it contains ALL of his best lifts!!!! I would love to see him in action teeth lifting again.

[KENNEDY – a modern HEALTH lift?](#)

 November 20, 2013 | Authored by [Al Myers](#) | [Edit](#)

by John McKean



This is a drawing of David Butlers wooden machine used for the Health Lift.

Summoning all of his concentration and most of his strength, the sinewy young man tugged mightily at the bar across his thighs. 1100 pounds left the ground rather easily. Unfortunately, his much larger opponent soon placed a heavy leather harness around his hips for the next event in this contest and elevated a staggering 2100 pounds! Sound like another description of the mighty Steve Schmidt destroying his competition in winning yet another of his Zercher Classic titles?

Surprisingly the contest mentioned occurred about 120 years before big Steve was amazing crowds with his awesome chain lifts!

To be fair, the loser of the above mentioned “challenge” meet weighed less than 150 pounds, and had never even tried a hip lift before. His name was Dr. George Barker Windship, a famous Boston physician, lecturer, and self taught heavy lifting fanatic. Lifting around the 1860s (yep, the nineteenth century!) he eventually acquired a custom made hip belt and went on to perform a 2600 pound hip lift, plus other equally mind blowing harness events ; you can see the good doc was ahead of his time -heck, he was ahead of OUR time!!

To Dr. Windship’s credit, he promoted heavy lifting to large, appreciative audiences throughout the Northeast, even to the point of directing his patients to the gym attached to his doctor’s office. He did not enjoy, nor promote lightweight lifting schemes! Now, his speciality, suggested to all clients, was mostly a short range deadlift that was performed from a high platform, attached to massive weights below. It was almost a hand and thigh type of set up, except it had a bit of range to it, unlike some modern hand and thigh records whose only movement was mostly restricted to the imagination of a straining, isometric style lifter and a cooperative official. Windship achieved over 1200 pounds this apparatus deadlift, then limited from further gains as grip strength wouldn’t permit.

As impressive as Dr. Windship’s strength, fitness, and teaching were, it took an equally fascinating figure of this same time frame, David P. Butler, to really popularize heavy harness lifting to the general public. Building himself up from a complete physical wreck, so bad that doctors told him just to go away, lay down , and die (what, no Obamacare??!!), David totally redefined his body and strength with his amazing HEALTH LIFT. Then he showed genius in getting the word out to the public, eventually selling his wooden “machine” and establishing a chain of successful gyms throughout Boston and New York. Mr. Butler even wrote a rather amazing course on his one lift method, surprisingly similar in content to our “modern” training wisdom!

OK, you’re asking, where am I going with all this history, even though it is so rich in All-Round lifting tradition? Simple -the lift that David Butler claimed was all anyone needed for unmatched internal and external fitness was essentially the KENNEDY lift that our own Al Myers is currently trying to establish onto the USAWA list! Butler believed the hand holding grip was vital to total body strength, as was an exact centering of the lift below one’s torso. He stood on his heavy duty wooden platform, straddled the long steel rod attached to weights below through a centered hole in the floor, hands fore& aft as in the Jefferson, and stood up several inches. By the way, I would have loved training in one of Butler’s gyms -he recommended only 4 progressively heavy singles on his HEALTH LIFT, done 3 times weekly, along with some light extra dumbbell & pulley work.

Much later in weightlifting history, all the way into the 1920s , the great Alan Calvert, in his classic “SUPER STRENGTH” text was also a huge believer in the Kennedy lift. Photos in his book display a “high Jefferson” performed with chains attached to a heavy barbell. Calvert indicated that this partial maneuver was superior to either the hand and thigh or the hip lift for developing sheer leg

power, and safer for the lifter. In fact, some of the harness lift specialists of his day, he explained, relied heavily on the Kennedy lift to build power on the more limited movement chain events.

Well, we sure seem to have one heckuva case for setting wheels in motion to establish the Kennedy as an official lift. And history seems to support the fact that we could add significantly to our own HEALTH by training it! As David Butler put it "A PERFECT lift develops a PERFECT body!"

## [Shoulder Drop Rules](#)

 November 23, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck

Time for me to stir some controversy! Okay, so many years ago my grandfather Dalton Jackson taught me the shoulder drop. He told me it was how the "old timers" did it. First, let's review the USAWA rules for the Shoulder Drop.

**Shoulder Drop:** *The bar is first cleaned and placed at the base of the neck to start this lift. Feet placement is optional. Once the lifter is upright, and the bar motionless, an official will give a command to start the lift. The lifter will then release the grip on the bar, allowing the bar to drop from the shoulders behind the back. The bar must not be rolled down the back or arms. The lifter must catch the bar in the hands at arms' length behind the back. The legs must remain straight throughout the lift. The lift ends on command by an official when the bar is controlled in the hands by the lifter.*

The way my grandfather taught me was exactly the same as above except of one key thing. My grandfather would bend his knees as he caught the bar and "shock absorb" the weight. Obviously, much more can be handled in this way. You can "feel" the weight hit the hands and then this allows time to "grab" while you sink with the weight. The locked knees method becomes a guessing game and using much weight at all easily results on spinal strain, busted knuckles, and in some cases (like Chad Ullom) getting what amounts to a "horse collar" tackle by the weight!

First of all, I would like to know the history on this rule. I'm not saying it's wrong, I would just like to know where it comes from. My grandfather got all of his information through magazines or 2nd hand so he could have easily gotten this wrong. But I have tried to research this to no avail. So if anyone out there knows more about this let me know.

Second of all, unless there is some historic reason for the knees to be kept locked, I would like to see the rule changed to allow for bent knees. I would argue a lot less injuries would result with greater poundages used and the lift would become more skill based.

Third...if there is a historical reason for the locked knees then I would like to submit a new lift at the next meeting. The Jackson Shoulder Drop, which would allow for the bent knees.

I know, what's the big deal! The shoulder drop is an obscure lift and rarely done. But I can tell you that my Grandfather did it often. He did a lift where he would clean the weight, press it overhead, lower it behind the neck, shoulder drop it, and set it on the platform. He eventually did 135lbs this way which was pretty good for a guy that could barely press much more than that at the time! So, if you know anything about this lift other than what's in the rule book please get on the forum and let me know. Also, let me know if you have a beef with me submitting a new lift that would allow a knee bend and why.

### [My Plate Collection](#)

 November 26, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



The plate collection in the Dino Gym.

I've never been much of a collector – I've always thought why get something to just look at and not use? However, I do have a plate collection in the Dino Gym from several different weightlifting plate manufacturers. This collection started several years ago when my buddy Thom gave me a few different types of plates in one of our "topper gift" exchanges. It contained mostly 1-1/4 and 2 1/2 pound plates. Since then I've added to this collection. Most of these plates were made by "iron casters" that are no longer in business – which makes them so unique and special to me.



This is a Milo Bar Bell plate that is over 100 years old!

This is the list of plates that I currently have:

Kung Cheng  
Hercules  
Milo Barbell  
Champs Barbell  
Healthways Hollywood  
Beerbell  
All American Ways to Health  
Dan Lurie Brooklyn NY  
Pro Gym Barbell  
Fit for Life  
Weider Barbell  
Jack LaLanne  
Keys  
Billard Barbell  
Prosport Fitness  
York Barbell  
Golds Gym  
Paramount Las Angeles  
DP  
Intersport  
Sunsport Champion

A few of these brand name plates were obviously cast by the same mold. Champs Barbell, Healthways, and the All American Ways to Health look very identical in shape and size. Altogether, I have 21 different plates out of well over 100 plate manufacturers that has been in existence. My favorite is the Milo Barbell plate, that was cast by Alan Calvert and his Milo Barbell company that was the precursor of York Barbell. It is the exact casting of the “first generation” York plates. The one very unique plate in the above collection, which has NOTHING to do with being used to place on a bar to lift, is the Beerbell. It is a 1 1/4 lb. plate that is shaped to sit a cold can of beer on!! Other favorites of mine are the Jack LaLanne plate, the Dan Lurie plate, and the obscure Kung Cheng and Hercules plates.

I decided today would be a good day to run this story about my plate collection since Christmas is coming up. I know I’m a hard guy to find a gift for – so I’m just throwing out some ideas here!!! LOL I could always take a few additions to my plate collection.

[Thanksgiving Day Workout](#)



November 28, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Not sure if this is exactly how my house will look on Thanksgiving...but close!

Some families have a tradition of playing football on Thanksgiving. I have a personal tradition of lifting on Thanksgiving! I started this several years ago when Thanksgiving for my extended family kind of fell to me and my wife. My grandmother passed away in 1990 and up until then we would spend ever Thanksgiving and Christmas with my grandparents. All my cousins, aunts and uncles would come and often it was a very full house. After her passing that "mantle" was passed on. My parents took Christmas and my wife and I took Thanksgiving.

Thanksgiving is notorious.....and yet beloved....for the massive meal of Turkey and all the trimmings. After a meal like that....about all you can do is lay around while your body directs all it's resources to digesting a very heavy meal. If you are like me, there seems to be something about eating a lot that makes me get hungry again sooner than normal. Not sure why, but it just simply adds to the calorie intake for the day.

So to counteract this I started a personal tradition of working out on Thanksgiving. After all, aren't we supposed to be thankful on that day and what am I most thankful about personally? Being blessed with an able body AND blessed by God to live in a country and a time where I can enjoy that luxury! Of course, nothing like a tough workout to make you good and hungry for the feast. I know that one of the added benefits for me in my training is that food seems to be so much more enjoyable after a workout!

I try and involve my family when I can and I know my son Ethan is planning to workout with me. Maybe others as well! So here is my workout for Thanksgiving 2013!

5:30am A 3 mile walk! Ethan is going and my dog, Sunny always enjoys it as well. I live in the country and depending on who's house I go by there might be 3 or 4 dogs walking with us by the

end. I think they look for me! Our cat will sometimes follow in the shadows as well, creeping along the overgrown fence lines.

7:00am Active recovery routine. This is a dozen or so stretching exercises that seem to keep my old bones limber. I will also fire up the smoker at this point as well.

8:00am Got a back workout planned this time. I will warm up and hit a good ol' 5x5 on the Power Clean. This will be followed by several Lat and Trap exercises....I always mix them up but I will likely get in 3 sets of 20 on each. Then it will be Bicep work followed by grip work. I have been doing standard DB curls, hammer curls, and then finish with Concentration Curls. The Grip work will be straight out of Bill Pearls training manuals.

10:00am will be Brunch. My wife has traditionally made Scotch Eggs. This is boiled eggs wrapped in sausage, breaded and deep fried. Some pancakes, coffee, and fresh fruit.

The rest of the day will be preparing the big meal! Lots of good food and good friends over. Looks like we will have an even dozen this year!

So, how about a Thanksgiving Workout! Start a tradition!

### [Dino Gym Record Day](#)



November 29, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

## **MEET ANNOUNCEMENT DINO GYM RECORD DAY**

**Meet Director:** Al Myers and the Dino Gym

**Meet Date:** Sunday, February 9th, 2014 10:00 AM-4:00PM

**Location:** Dino Gym, Abilene, Kansas

**Sanction:** USAWA

**Entry Form:** None – just show up

**Entry Fee:** None

**Lifts:** Record Day – Pick any lifts you can set a USAWA record in!

Contact me at [amyers@usawa.com](mailto:amyers@usawa.com) if you have any questions

### [Grip Championships](#)



November 29, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

**MEET ANNOUNCEMENT**  
**2014 USAWA GRIP CHAMPIONSHIPS**



LaVerne Myers performing a 112# Dumbbell Walk at the 2012 USAWA Grip Championships under the watch of Denny Habecker (left) and Dave Glasgow (right). The Dumbbell Walk will be in this year's Grip Championships as well.

I will be hosting the USAWA Grip Championships again this year at the Dino Gym. Last year this meet was a great success with many entrants – and hopefully this year will be even better. This is one of the USAWA's Championship events, and one of the signature competitions within the USAWA each year. It is designed to recognize the top lifters in a selection of grip events, which are official lifts of the USAWA. The USAWA has several lifts that are “grip oriented” and since this is a Championship Competition only official lifts of the USAWA are eligible to be in this competition.

It is always a difficult thing for me to pick the lifts for this meet. It seems no matter what I pick – there is always someone who doesn't like my choices! So this year I got myself “off the hook” by letting others chose a lift a piece for the Grip Champs. The lucky participants for this assignment were Thom, Chad, Dave, and my Dad LaVerne. I won't reveal what each of their choices were – but it is pretty easy to tell by looking at the selected lifts in this meet. Three of them picked their “pet lift” while the choice of the fourth was just being sadistic.

As with keeping with the traditional date of the Grip Championships, it will be held on the second Saturday in February (Feb 8th). Put this date on your calendar and make it to the Dino Gym for a day of fun!!!

**MEET DETAILS:**

Meet Director: Al Myers

Meet Date: Saturday, February 8th, 2014 10:00 AM – 4:00 PM

Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410

Sanction: United States All-Round Weightlifting Association. Individual USAWA membership is required of each participant.

Weigh-ins: 9:00-10:00 AM the day of the meet. Lifting will start at 10:00 AM

Divisions: Juniors, Women, Masters, and Open

Awards: Championship Certificates

Entry Fee: None – but please notify me ahead of time if you plan to enter

Lifts:

**Dumbbell Walk**

**Deadlift – 2 Fulton Dumbbells**

**Deadlift – One Arm**

**Deadlift – Middle Fingers**

Rules: USAWA General Rules and Scoring Apply.

This will be a **DRUG TESTED** event.

Registration: No Entry Form, but please contact me ahead of the meet if you plan to attend at [amyers@usawa.com](mailto:amyers@usawa.com)

[Lifter of the Month: Denny Habecker](#)



December 3, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Denny Habecker competing in the 2013 Presidential Cup, here performing a 165 pound Right Arm Ciavattone Grip Deadlift. Denny also promoted this meet in his gym, Habeckers Gym.

I know I've got a little behind on the Lifters of the Month – so I'm gonna take this week to catch up! The Lifter of the Month for August was a pretty easy choice, and it goes to our USAWA President Denny Habecker. Denny was the ONLY lifter to compete in ALL of the USAWA competitions in the month of August (World Postal Champs, Presidential Cup, Team Championships, and the Dino Days Record Day). That's a very busy month of competing!! Denny is one of the most persistent competitors I have ever met – he doesn't EVER take any "down time" from competition.

We are very fortunate to have Denny as our President. I regard him as the best President the USAWA has ever had, and that says a lot as there have been some excellent men in this position in the past. A President should be someone who is very involved in the organization, and attends a wide range of events to interact with the membership and support USAWA promotions. Denny goes beyond the call of duty with this!!!

Congratulations to Denny for winning the USAWA LIFTER OF THE MONTH for the month of August!!!!

[Mike Jenkins: A Real Giant](#)

 December 3, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



An autographed Photo Mike sent me being presented his Award for winning the Arnold Pro Strongman Contest by none other than Arnold himself.

When I was a kid I was fascinated by giants. Fictional ones like the Irish Giant Finn MacCool and the Scottish Giant Benandonner (The Red Man) and real ones like my favorite Angus MacAskill. I'll have to admit, I wanted to be a Giant myself and if anyone could "will" themselves to be taller (actually, John Grimek claimed to have done just that using stretching exercises) then I did it.

I recently had the privilege to do a story in another real, modern day giant. His name was Mike Jenkins (MILO September 2012 Vol 20 No 2). Mike was 6'6" tall and weighed over 400lbs at his competitive best. He did not carry much fat, he was relatively lean. He was just a big human being! Mike had told me he was 225lbs when he was 10 years old and by the time he was 15 he was 300lbs!

Mike had been a football player at James Madison University where he won a National Championship. He briefly played Pro football but soon found himself in Strongman. He won the inaugural Amateur Arnold Strongman Classic in 2010 and quickly turned pro. He shocked many in his first 2011 World's Strongest Man when he made it to the finals and then won the first two events! However, a back injury took him out and we were left to wonder "what it". He came back in 2012 to get 5th dealing with injuries. He won the "Giant's Live" in 2012 in Australia against top competition and he also won the Arnold Pro Strongman Classic in 2012. I have always thought the Arnold Strongman contest was a much better measure of strength than the WSM as many of the events were more static, pure strength events in my opinion. At that time I knew it was only a matter of time before Mike was the World's Strongest Man officially!

Alas, it was not to be. Thanksgiving morning he was found dead. His wife said he died in his sleep and while I'm sure there will be much said about it but today I just want to honor the man and a friend taken much too soon. When I did the article on him I interviewed him by phone and

email. Since then, I had kept in touch but I had never got to meet him face to face. I try not to have regrets but I have to admit, I have a few. One I have was that I missed my chance to meet him in person earlier this year I was at the Arnold Fit Expo where Mike was acting as the color commentator as he was recovering from an injury. At the time, I thought, “Well, there will be another chance”.

I know that often people will say nice things about someone after they have died. Here’s the thing, when I say Mike was a good man, a good husband, son, brother, and friend.....a truly nice guy....it’s TRUE. He always answered my emails, he always asked about my training and how my competitions were going. He was always posting on his facebook page the accomplishments of others, especially those he trained in his gym and his wife Keri. He treated everyone as an equal when clearly, most of us were not his equal in the strength world! I once asked him who he respected most in the strength world and his reply was “EVERYONE” because to him you deserved respect if you had the guts to get out there and put yourself on the line!

Mike will be missed greatly and I know his wife Keri is heartbroken. I hope you will join me in sending a prayer their way and remembering Mike Jenkins....a true giant of a man.

### [Lifter of the Month: John Wilmot](#)

 December 5, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



As Tom Ryan performs a big Hip Lift in an All Round Meet in the late 80’s, John Wilmot looks on in the background.

The lifter of the month for September goes to our long-term USAWA Postal Meet Director John Wilmot. The only USAWA competition held in the month of September was our 3rd quarter postal,

the Delaware Valley Open Postal Meet. Amazingly, since the USAWA Postal Series began - John has competed in EVERY postal meet. That's showing quite a commitment to the organization!!!

Congratulations to John Wilmot for being awarded USAWA LIFTER OF THE MONTH for September!!!

[Lifter of the Month: Barry Bryan](#)

 December 9, 2013 | Authored by [Al Myers](#) | [Edit](#)



Barry Bryan at the 2013 IAWA Gold Cup (left) with USAWA President Denny Habecker (right).

by Al Myers

The Lifter of the Month for October goes to BARRY BRYAN for his outstanding performances in Art's Birthday Bash. I am so glad to see Barry "back in action" in the USAWA. Barry is a joy to be around at meets – always helping out lifters, the meet promoter, or just assisting in any way he can. He is a LEVEL 2 certified USAWA official, and has been involved in many National Championships.

Congratulations to Barry Bryan for being Lifter of the Month for October!!!!

[Accepting New Memberships!!!](#)

 December 9, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

It's now past the first of December and it's TIME to send in your membership dues for 2014!!

This process is pretty simple, 1. print off the membership application from this website, under “forms and applications”, 2. fill out completely and sign, 3. enclose application with the \$25 membership dues in an envelop and send to me for processing.

I want to remind everyone that membership in the USAWA is for the calendar year, so it is in your best interest to join before the year starts to be able to enjoy the full year benefits in our organization. I’ve already received a few memberships for 2014 – and they have already been included in the NEW 2014 Membership Roster. Any membership applications received before Jan 1st will be identified as “January 1st” on the roster list to show that these individuals sent their applications in ahead of time. Last year we had 20 lifters do this – lets beat that number this year!!!

### [Lifter of the Month: Al Myers](#)

 December 10, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Chad Ullom



Lifter of the month for November is Al Myers, here doing a 182.5 KG thumbless grip DL at the Gold Cup.

November lifter of the month goes to Al Myers. Al was succesful with a 145kg (319lb) Power Row at the Gold Cup. Not only was this a new world record, but also earned Al The Howard Prechtel Memorial Trophy! This trophy is presented to the highest amended total lift using Age, weight, and Blindt formulas. Al also did a thumbless DL of 182.5KG (401lb) for his second world record. The contributions Al makes the USAWA and IAWA cannot be overstated. I’m not sure where we would

be as an organization without Al's commitment, time and effort he puts into it every day!  
Congratulations Al!

### [OTSM Championships](#)

 December 11, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Thom Van Vleck

### **2013 USAWA OLD TIME STRONGMAN CHAMPIONSHIPS**



Group picture from the 2013 OTSM Championships.

The 3rd annual Old Time Strong Man (OTSM) Championship capped off a great year for OTSM in the USAWA. This year saw FOUR OTSM meets with 38 total competitors. I will try and do around up of the four meets at a later time, but for now here's the lowdown for the OTSM Championships at the JWC Training Hall.

Let's do something different and lead off with those that make the meet happen. John O'Brien and Laverne Myers were my loaders and this is no easy task at an OTSM meet, especially when it comes to the Dinnie lift where you have to load one implement at 75% of the other...John O'Brien manned the calculator and I think he needed his Ph.D to figure that out! Not a single mistake! Al Myers was on hand as the scorekeeper and supplied the lifters with information on the current records for the lifts. I acted as the head judge and I think I did a good job as almost every lift was passed and I got no dirty looks!

We had 7 lifters brave the bad weather to come to meet. I had a few cancellations due to the weather but I totally understand. The Dino Gym was well represented with Scott Tully and Mark

Mitchell. Al Springs came up for the meet. Mike McIntyre was there to represent the JWC for me while Lance Foster and Eric Todd represented KC Strongman while Denny Habecker was there representing his own "Habecker's Gym".

We started with the Anderson Squat and it became apparent that Eric Todd was going to be the man to beat as he topped all the lifters by a wide margin going over 800lbs. It also became clear there was going to be a fight for 2nd and 3rd.



Eric Todd used a 355 pound Anderson Press help him to Overall Best Lifter at the 2013 OTSM Championships.

The second lift was the Anderson Press. Again, Eric Todd was the top lifter. But Mike McIntyre put up a great effort and after the results were entered Mike was in 2nd overall and Denny was 3rd. Mark Mitchell was a very close 4th. Eric was going to have to bomb the last event to lose but it was turning into a very exciting finish with the Dinnie lift coming up.

In the Dinnie Lift Al Springs opened at 185 and did something I don't think I've ever seen. He jumped 200lbs for his 2nd attempt...and MADE IT! He also went on to make 405 for his third. Lance Foster his several PR's and the Dinnie lift was a big one as he jumped over 50lbs from his last meet. Mark Mitchell lost his grip on his last attempt and then struggled through several attempts and with the clock ticking down finally found the groove. It's always impressive to me when a lifter struggles mightily and then comes through in the end. Denny went three for three which ended up being important to him as he barely ended up edging Mike McIntyre in points....it was a fraction of a point in the end. Mike did all he could to hang onto 2nd including pulling a 710lb lift...impressive because he had NEVER done the lift before. Eric pulled the 710 for his second and wanted to try a PR....the only problem was we couldn't fit enough weight on the bar! Eric had easily won the meet

so it was inconsequential to the meet but I still felt bad that Eric couldn't take a crack at his own USAWA record.

All the lifters got the "famous" JWC anvil trophies and also a long sleeve JWC Club shirt. Everyone seemed to have a good time and it seemed to be one of the most friendly meets I've been to as the lifters seemed to be joking and laughing a lot and there was a lot of encouragement when it was time to lift. It is times like those that I am proud to belong to the USAWA! I am already thinking about next year and I hope we can continue to grow. If you have any ideas for lifts, let me or Al Myers know. See you next year!

## MEET RESULTS

2013 USAWA OTSM Championships

December 7th, 2013

JWC Training Hall, Kirksville, Missouri

Meet Director: Thom Van Vleck

Announcer and Scorekeeper: Al Myers

Official (1-official system used): Thom Van Vleck

Loaders: LaVerne Myers and John O'Brien

Lifts: Anderson Squat, Anderson Press, Dinnie Lift

## MENS DIVISION

LIFTER	AGE	BWT	SQ	PR	DINN	TOT	PTS
Eric Todd	38	261	810	355	710	1875	1455.9
Denny Habecker	71	194	365	180	440	985	1182.0
Mike McIntyre	29	308	630	305	710	1645	1179.6
Mark Mitchell	53	307	550	250	600	1400	1146.1
Scott Tully	37	328	500	280	630	1410	981.8
Lance Foster	48	328	450	160	550	1160	880.4
Al Springs	71	196	190	100	405	695	828.7

EXTRA LIFTS FOR RECORDS:

Denny Habecker: Anderson Squat 410 lbs.

Mike McIntyre: Anderson Press 315 lbs.

Lance Foster: Anderson Press 170 lbs.

Lance Foster: Dinnie Lift 575 lbs.

*NOTES: BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total pounds lifted. PTS is adjusted points for age and bodyweight correction.*

### [NE Record Breakers](#)

 December 12, 2013 | Authored by [61pwcc](#) | [Edit](#)

By James Fuller



James Fuller doing a 504 pound dumbbell deadlift at the New England Record Breakers.

2013 in East Walpole Mass at Frank's Barbell Club gravity got told to, "Go take a hike!" Two brothers, Frank and Joe Ciavattone graciously gave of their time and resources so seven of us could show our dominance over the iron. Faces familiar and new pulled, pushed and squeezed to fight for a place in the record books. So much lifting defiance, it seemed like a revolt!

First up in our war on the weights were new lifters Jessica Hopps, 29, and James Delaney, also 29 and new protégé of Frank Ciavattone. Jess did some fine lifting with a smile. Her most impressive lift is her 100lb Bent Row. Jess must have some strong back muscles to be able to hold this in

position until the down command. Also worth mentioning: she did a Left Arm Ciavattone Deadlift with 110lb!! I'm curious to see what she does next!!

Other new lifter(and Jessica's fiancée) James Delaney had a superb day!! He was dying to bury a record!! James wasted no time and put a 150lb One Legged Deadlift on the books! After a short tutorial, James then went after a 37lb Turkish Get Up for a good lift. James is just getting his feet wet in the iron pool and with Frank Ciavattone the man himself in his training corner, how can James go wrong? Watch for James to put up some substantial numbers soon. It was great to have a new 'lifting couple' here today. I hope everyone gets a chance to meet them!

Third new lifter(isn't that great....THREE!) is Steve Freides 58 and ready to lift anything not nailed down!!! Previews of Steve's intent were shown on the USAWA Facebook page. Someone was actually going to do a Van Dam Lift?!?! No, not the Volvo truck commercial with Jean Claude Van Damme . Steve was going to be crazier than that; Let's do a split between two benches AND then pick up some weight! And pick up some weight he did. Steve got over HALF BODYWEIGHT with 81lb. His lifting dominance on this lift was so contagious I had to give it a try. Yes folks, we had TWO lifters do the Van Dam Lift!! Steve went animal on eight other lifts. I was afraid we were going to have to make up some new lifts for him to try for a record. Folks, think about it, how do you challenge a guy who has done the Van Dam Lift?



Jessica Hopps doing a 110 pound Ciavattone One Arm Deadlift at the New England Record Breakers.

Next up was Colleen Lane. She was phenomenal today! This was the best lifting I'd seen from her. Inside story, this morning she said to Frank, "I don't know if I can lift today...my back hurts." How badly did her back hurt? Well, she only got 200lbs on the Ciavattone Deadlift!?! I teased her, "Hey Colleen, I wish MY back hurt that much!!" I think she was doing the 'work my aching back 'til it feels better' therapy. She followed up with a 100lb Bent Row AND One Arm Ciavattone Deadlifts that kept going up. Each time I turned around, she was attempting more weight. She kept going until she felt like the iron had been punished enough. Colleen wound up with a Left and Right Hand lift of 110lbs....WOW! How could she NOT feel better ?!?!

Long time USAWA member and judge Joe Ciavattone 45 got out of the judge's chair and showed us what a Deadlift that bears the family name looks like done with One Arm!! 225lbs with the Right and 235lbs with the Left. He has such a smooth setup. He doesn't waste a bit of energy on these lifts. Almost seems like he finds a bar path that we do NOT!!

Speaking of great One Arm Deadlifts with the Ciavattone name attached, Frank Ciavattone 58 also took off time from coaching, directing, and judging to put up some ridiculously easy lifts of Right 285lb and Left 255lb. Frank's grip is only limited by his mind. If he believes he can grip it, it's as good as done!!

Ready for more Ciavattone greatness?? Joe Jr. stepped up to the bar and Bent Over Rowed 186lb...225lb..305lb and finally 325lb!! For me this was the 'lift of the meet' plain and simple. Seeing him row 325lb and hold it still for the down command blew my mind. Maybe it's the training he and his dad do for football...I don't know. Folks, go to a bar loaded with weight, row it to your gut and hold it there for a down command. IT IS HARD!!

James Fuller 42 decided that Steve Freides shouldn't have all the fun on the Van Dam Lift. Having never done this before, it took a couple of lifts before he found his groove. He eventually lifted 150lb. James did a 2 Dumbbell Deadlift with 501lb last winter in his driveway. No longer wanting to be a driveway hero, James decided to make it official. He did the Art Montini, "My first attempt IS my warmup" with a 424lb lift followed by 504lb for a record.

Colleen quit lifting early to make sure we were fed after the meet. We were fed well. It's amazing how well she always takes care of us before(muffins), during(bottled water) and after(pizzas AND home made food) the meet THANK YOU COLLEEN!!

Without the Ciavattone brothers, All-Round Lifting in New England would be dead. Three new lifters this time around. If this keeps up, we're going to have to move the meet to somewhere bigger!! Thank you Joe and thank you Frank for this meet!

Why you wished you were at this meet: Two lifters doing the Van Dam Lift, Joe Jr. hitting 325lb on the Bent Over Row, Joe Jr., James Fuller and Steve Friedes taking turns doing Dumbbell Bent Presses, Chance to see Colleen's 'oh my aching back' record breaking routine. The New England Record Breakers is a necessary meet to help grow All-Round Lifting in New England. Once Joe Jr and

James Fuller pass their judge's test, All-Round Lifting will have more two more judges to help run more meets in New England.

**MEET RESULTS:**

New England Record Breakers  
Frank's Barbell Club  
Walpole, Massachusetts  
November 30th, 2013

Meet Director: Frank Ciavattone

Officials (1 official system used): Frank Ciavattone, Joe Ciavattone

Lifts: Record Day Lifts

**Jessica Hopps 29, 197lb**

Bench Press-Reverse Grip 70lb  
Bent Over Row 100lb  
Deadlift-Ciavattone Grip, One Arm L 110lb  
Pinch Clean & Press L 10lb R 10lb

**Colleen Lane 57, 210lb**

Deadlift-Ciavattone Grip 200lb  
Bench Press-Reverse Grip 65lb  
Bent Over Row 100lb  
Deadlift-Ciavattone Grip, One Arm L 110lb R 110lb  
Pinch Clean & Press L 20lb R 20lb

**Joe Ciavattone Jr. 20, 222lb**

Bent Over Row 325lb  
Bent Press-Dumbbell R 100lb  
Pinch Grip Clean& Press L 50lb R 50lb

**James Delaney 29, 178.75lb**

Deadlift-One Leg 150lb  
Turkish Get-Up 37lb  
Pinch Clean & Press L 31lb R 31 lb

**James Fuller 42, 235.25lb**

Van Dam Lift 150lb  
Bent Press-Dumbbell L 120lb R 120lb

Deadlift-2 Dumbbells 504lb  
Pinch Clean & Press L 50lb R 50lb

**Joe Ciavattone Sr. 45, 222.5lb**

Deadlift-Ciavattone Grip, One Arm L 235lb R 225lb  
Pinch Clean & Press L 44lb R 44lb

**Steve Freides 58, 152.25lb**

Van dam Lift 81lb  
Deadlift-Fingers, Middle 155lb  
Turkish Get –Up 42lb  
Gardner-Full 45lb  
Bent Press-Dumbbell L 56lb R 56lb  
Curl-Strict 65lb  
Pinch Clean & Press L 20lb R 20lb

**Frank Ciavattone 58, 294lb**

Deadlift-Ciavattone Grip,One Arm 255lb R 285lb

[Lifter of the Month: Eric Todd](#)

 December 13, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers



Eric Todd lifting 710 pounds in the Dinnie Lift at the 2013 OTSM Championships, enroute to winning Overall Best Lifter.

The lifter of the month for December goes to Eric Todd, overall champion at this month's Old Time Strongman Championships. Eric has had a great year in the USAWA, and is one of the promising all rounders for future years. Eric has been involved as a meet promoter as well, and is founder of the registered USAWA club, KC STRONGMAN.

Congrats to Eric for being LIFTER OF THE MONTH for December!!!!

[All-Round Peak Contraction](#)

 December 14, 2013 | Authored by [Al Myers](#) | [Edit](#)

by John McKean



Maxick - the famous muscle control artist.

Each thigh was bigger in circumference than the lifter's entire inseam measured. And those legs were CUT ! My good friend Santos Martinez was famed for his olympic lifting and physique wins here in Pittsburgh during the early 1960s, and later for powerlifting. Usually weighing 198 pounds at about 5'7" in height, Santos always impressed with his rugged, deeply etched all-over body massiveness, yet I NEVER saw him perform a single bodybuilding exercise during the years I knew him ; he was strictly a LIFTER ! So it was a surprise to many of us when an upstart local physique competitor, an arrogant kid just out of his teens, named Bernie, challenged Santos to return to the posing dias. The gym conversation went something like "Hey, old man, you USED to win some of those dreary, ancient muscle shows, but you'd have no chance against a modern bodybuilder like me! I've been winning everything throughout the area for 3 years now, and these days they want MY definition, symmetry, and washboard abs. How about letting yourself get embarrassed and enter the Mr. Allegheny contest next month -it's following the weightlifting meet , and I know you'll be there!" Always up for a good laugh, a relaxed Santos agreed.

I just had to ask Santos what strategy he possibly hoped to use to have any chance whatsoever in this challenge. After all, young Bernie had almost taken the Mr. Pennsylvania title a few months earlier. Of course, an always philosophic Martinez wasn't taking the whole thing seriously, so in his usual laidback fashion, he quipped " Ah heck, I'll just flex my fat in front of a mirror every day for the rest of the month, and hope the judges will enjoy the shape of my lard over the kid's well tuned muscle!" (it might be mentioned that none of us in the area's iron game ever saw a trace of fat on Santos' body, but he apparently liked to imagine it was creeping up on him as he aged!). You can guess the rest – getting whatever "pump" he needed from the weightlifting meet earlier in the evening, Santos strode out under the physique lights, did a few early poses, then completely dominated obnoxious little Bernie with his trademark "most muscular" pose! Heck, Martinez'

trapezius itself looked bigger than Bern's whole body! (Santos actually scared my girlfriend of the time , who thought a gorilla had escaped from the zoo!). I don't recall that our loudmouthed young bodybuilder, sniffing home with his 2nd place trophy, ever competed again !

It's interesting to observe that Mr. Martinez obviously had terrific genetics toward his strength and physique , but that he relied on seemingly simple "flexing", or what some would term "muscle control" exercise to enhance both. Especially since many of our REALLY early all-rounders used a similar method during their build-up years. The phenomenal Maxick, back in the initial part of the 1900s, developed what may be argued as the best natural body ever built, with youthful reliance on self developed muscle control exercises. The 145 pound Max claimed this provided the base strength to almost effortlessly perform tremendous one arm swings,snatches, and jerks, and among the very first lifters to do over a double bodyweight continental and jerk. During the same time frame, Otto Arco utilized his own form of isometric muscle posing to develop a superbly dense muscle structure which served him well as a champion wrestler, gymnast, bodybuilder, and lifter - Arco actually was witnessed doing a Turkish Get-up(one arm,of course) ,his favorite All-Round lift, with nearly 200 pounds! (Arco usually weighed a mere 138 pounds!). From that time on, some very celebrated lifters got into muscle control (and all LOOKED it!) – Edward Aston, Monte Saldo, Sig Klein, John Grimek, etc. Often makes me wonder why or how "modern" bodybuilding ever became such a big event (oh yeah, hours upon hours in a gym daily "pumping up" with tiny weights gave a temporary illusion, followed by anorexia for definition, then later, drugs really enhanced the BLOAT !), when heavy lifting along with a small bit of muscle control exercise produced virtual human anatomy charts, with strength to match.

I also have to note that Dr. John Ziegler ,while working with York lifters on his famed isometric rack methods, also developed a machine to offer electric stimulas to obtain near maximum contraction of his lifter's muscles. Dr. Ziegler apparently achieved some measure of success with this "artificial muscle tensing" toward increased strength , yet never recorded or published results. Indeed, even the famed Max Planck Insitute in Germany did research that proved "self willed, purposefull muscle contraction" (isometric posing) would yield tremendous, almost unbelievable gains if done with consistancy over time. I just have to consider that with many of the old muscle control books being reproduced lately -courses by Maxick, Arco, Saldo, Jubinville – many of us all-rounders can possibly instill this 10 minutes extra exercise to add a bit of hope and excitement for the long winter of training ahead.

However, I do foresee one very horrific downside. You see, the lower portion of the Ambridge VFW gym is lined with mirrors. If old Art Montini happens to read this information, we're likely to face the gruesome prospect of him down there, shirt off, posing away. And we've long had a saying at the VFW – "If one is unlucky enough to see Art even partially naked, that person will instantly turn to stone!"

[Shoulder Drop Continued.....](#)



December 19, 2013 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

Last month when Thom wrote that “controversial” story on the Shoulder Drop I thought maybe there would be some hotly discussed forum debate on it – but there wasn’t!!! I guess that goes to show that the Shoulder Drop is not an All Round Lift that warrants attention, and most lifters really don’t care “one way or the other” what the rules dictate on it. I was not really surprised by this. The Shoulder Drop is one of those Official Lifts of the USAWA and the IAWA that is rarely performed, and only at a handful of record days. There has been only a handful of records ever set in it.

I was intrigued by Thom’s history of the Shoulder Drop, as it was an old lift he learned from his Grandfather Dalton Jackson. I’ve spent a lot of time researching old time all round lifts – and there is very little information of the Shoulder Drop being a lift performed by lifters 100 plus years ago. It does not have the rich historical significance of lifts like the Steinborn Lift, Jefferson Lift, the One Arm Deadlift, and others. In fact, important old time strength writers like George Jowett and WA Pullom didn’t discuss it in their writings, which included many rules and regulations of the many lifts at the time. The Shoulder Drop appears to have originated as an USAWA/IAWA lift.

I did “some digging” in my USAWA archives and found just a little as to the origins of the Shoulder Drop in the USAWA. This following is from the February 1st, 1990 issue of the Strength Journal (Vol. 1, No. 3) written by journal editor Bill Clark.

*Two new lifts were approved by the board on January 20. They were the Travis Lift and the Shoulder Drop. The rules for each:*

### ***Shoulder Drop***

*The bar must be cleaned either to the chest and then to the shoulders or may be cleaned directly to the shoulders. Once the bar is motionless and held by both hands at the shoulders, the official will give the command to drop. The hands are removed and the bar either dropped or shrugged from the shoulders at the moment of hand release. The bar then must be caught at arm’s length behind the body. Once it is held motionless at arm’s length behind the body, the referee will give the command, “down”, thus completing the lift. The weight may not be rolled down the back, but must be dropped. Balancing the bar on the shoulders while placing the hands in position prior to the drop is not allowed. Also – the body must be erect before the command to stop.*

Bill then went on to state that the Shoulder Drop was nominated by Dr. Jim Clark of Houston, Texas. This was a specialty lift of Dr. Clark, who was reported to be capable of big poundages in the Shoulder Drop. However, looking over the record list I see no mention of his name which tells me that he never did complete an official Shoulder Drop in the USAWA.

In reading these initial rules, do you see something missing??? I sure do – there is no mention that the legs must be straight throughout, only that the body must be “erect” before the official’s down command, or as worded, “command to stop”. Now that is interesting to me! So it appears that

Thom is not left out in the right field bleachers eating popcorn by himself here with his argument of allowing knee bend. This initial Shoulder Drop rule supports Thom's cause!

When did the Shoulder Drop rule change to require straight legs throughout???? Who knows. There is no mention of it in subsequent meeting minutes that a vote was ever taken. However, the "straight leg requirement" was put into the initial 2002 USAWA Rulebook, as well as the IAWA(UK) Rulebook. Maybe a vote was taken at a meeting sometime and due to sloppy minute taking, was never recorded. Or maybe the "straight leg requirement" was just added as an afterthought by the rulebook editor with no vote approval???

It is obvious that the Shoulder Drop was not in the initial list of official USAWA/IAWA lifts since it was added in 1990 (3 years after the formation of the USAWA/IAWA). I have performed the Shoulder Drop on a few occasions and I do agree with Thom that allowing leg bend with the lift would make it much safer (and more enjoyable to practice). Maybe if the Shoulder Drop rule was changed to allow knee bend it would become a more popular All Round lift?

Let your "voice be heard" on this controversial (haha, said tongue-in-cheek) topic in the USAWA Discussion Forum. If enough support is gathered – it may be time to make a change in the rules of the Shoulder Drop.

### [Wayne Jackson: Chasing Strength](#)

 December 20, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Wayne Jackson is my Uncle. But he has been much more than that. He inspired me to lift weights, he was a father figure to me, a training partner, and most of all, a friend. Wayne, along with his brother Phil, revived the Jackson Weightlifting Club in 1957. While the club grew to over two dozen members and fielded teams that won the Missouri State team title in Olympic lifting two times and several Missouri State Champions...Wayne was our most successful lifter. Wayne won the Teenage Nationals and 4 Missouri State Championships in Olympic Lifting and one title in Powerlifting. He was simultaneously the Missouri State Champ in Olympic lifting and Powerlifting in 1971! Wayne also has the claim to fame of holding the Missouri State record in the Clean and Press. That event was dropped in 1972 and as a result it can never be broken! His best was 365lbs.



Wayne is a jovial, gentle giant. I have called him “Staggo” for over 30 years in reference to Dutch World’s Strongest Man competitor Staggo Piszko who was one of the biggest WSM competitors ever. My dad always referred to Wayne as “Big’un”. His arms were well over 20 inches and his chest was over 60 inches at around 5’10” in height. He made an impression with just his size. But if you were ever around him much you would soon realize that he would never hurt a fly. He was always interested in what you were lifting and you almost had to pry out of him his best lifts. He was always very modest and often would even minimize his best lifts....I’ve not met many lifters that do that!

Wayne had a long time lifting rivalry with Wilbur Miller. Now I specify “lifting” because otherwise they were the best of friends. As a matter of fact I traveled with Wayne to an “Odd lift” meet held at Sailor’s Gym in Wichita in 1984 so that Wayne could reunite with Wilbur. I would point out that Wayne never lost to Wilbur in the Clean and Press even though Wayne was never able to beat Wilbur in the total. A couple years back Wilbur told me that he always wanted to beat Wayne on the press but that Wayne was “just too good at it”.



I have many stories I could tell about Wayne and I have written about him before in MILO. But here is one that gives some insight into Wayne's attitude about lifting. I was a teenager and not showing much prospect at winning any gold medals. I was thinking about giving up on lifting. I had read a story where the author had stated you needed talent to be a truly great lifter. I asked Wayne about it and matter of factly he said, "I just always figured a guy could be as strong as he wanted to be if he were willing to work hard enough". While some could challenge how true that statement is, it's more of an attitude. After that, I didn't worry about what I didn't have, I just kept working hard and didn't worry about what talent I had or didn't have. All I could really control was how hard I worked.

Wayne loved lifting. Some guys lift as a means to an end. Wayne just loved lifting. He lifted often and he trained very hard....often with no contest as a goal. He would set lifting goals then break them and move on to the next goal. He "chased strength" his entire life! We lifted in a couple early odd lift meets that Bill Clark held and I had to almost beg him to compete. But when he did he made some great lifts. He did a super strict 280lb seated press (his training best was 330 but he had trouble adjusting to keeping his feet flat on the floor....I once saw him seated press 300lbs for 8 sets of 3 reps!), a heels together 300 pound press, a 300 pound reverse grip clean and press to name a few). I saw him hang clean 400lbs (with straps) and on another occasion jerk 400lbs. This was in his mid 30's.

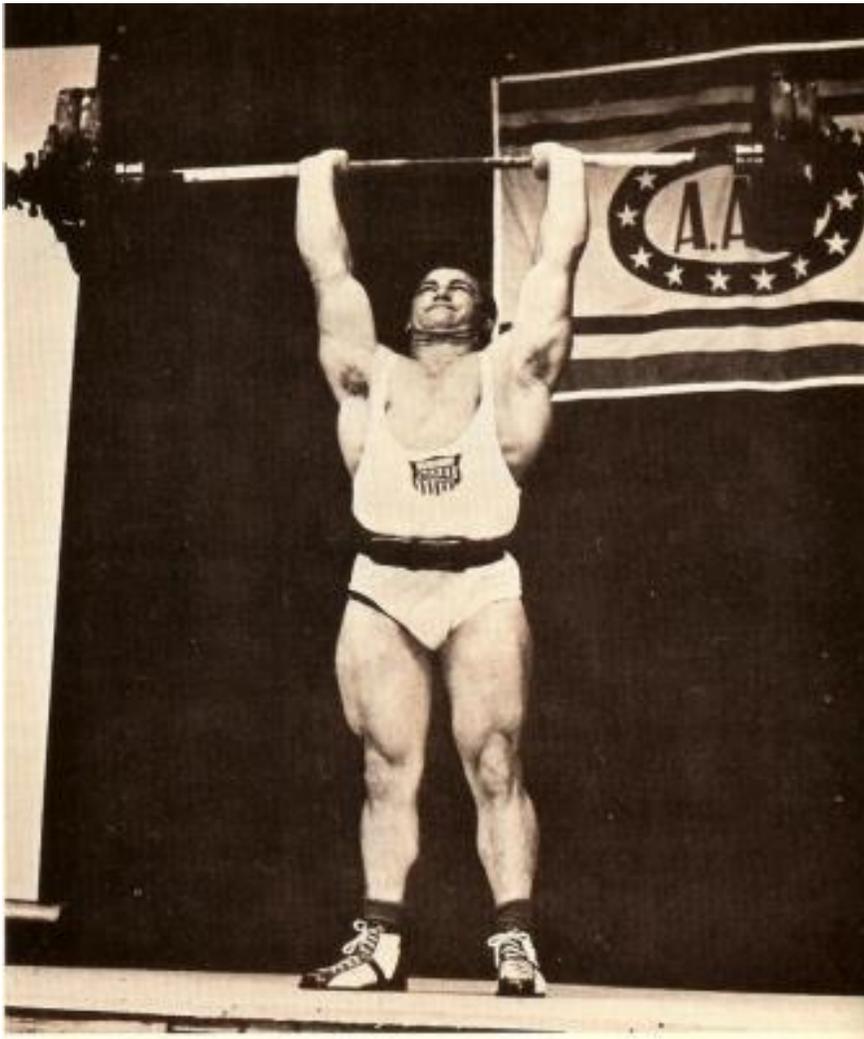
I could write volumes on Wayne, but wanted to give him some of the recognition I felt he deserved. He lifted with Bill Clark and in Clark's meets more times than I could count and was

friends with many of the early USAWA members. I had always hoped he would make a comeback but so far that has not come to pass. He still trains and still loves to talk training and lifting. It was his way of life!

### [Perfect Powerful Pulls](#)

 December 23, 2013 | Authored by [Al Myers](#) | [Edit](#)

by John McKean



Little known Pennsylvania lifter Jim Dorn of the 1963 era pressing 300 pounds!

Audience chanting called a halt to the proceedings at the 1963 Senior National Weightlifting Championships. No, not due to a poor judging decision, nor a new record lift. Rather the mere appearance of a little known 181 pound wonder named Jim Dorn created this immediate stir. The uninformed in the crowd assumed him to be a bodybuilder, rather than the dedicated olympic lifting stylist that he was, yet everyone demanded to see him flex his wing like lats! Heck, even the normally gruff, stoic John Terpak later wrote that Dorn had “unquestionably the broadest back in the world for his height and weight”! Fortunately the MC of the evening was Bob Hoffman, who

was more than happy to promote one of his York team members, and to plug his top selling power racks (on which Dorn trained exclusively)! Of course the packed auditorium went berserk when the 5'7" phenomenon flexed those lats, seeming wider than he was tall.

What an all-rounder Jim would have made! In addition to a 315 pound press, 285 pound snatch, and a North American Championship title (among others), Dorn performed a 275 pound cheat curl (205 strict), a 670 pound parallel squat (with hands on thighs), and a 405 pound jerk off the rack. And when pushed into it by Coach Hoffman, later took the Mr. Pennsylvania crown. Hard to believe that this type of power and physique were built primarily with mostly single holds inside a power rack, using 8 key partial lifts!

As indicated in an early 60s Strength & Health story, Jim's usual home training featured only these power rack holds and ONE SET OF ONE format: top press 520 X 1, eye level press 360 X 1, chin level press 520 X 1, quarter squat 1000 X 6, middle pull 420 X 1, front squat (from bottom up) 390 X 3, deadlift (just off floor for the start) with shrug 670 X 1, and bench press (starting from a rack pin 4" above chest) 470 X 1. On each of the single rack holds, he held either just off starting pins, into a slightly higher rack pin, or maintaining a support (as in the top press and quarter squat) for 10 SECONDS. Oh yeah, he finished each session with a set of 6 in a slow stretching type of chin behind the neck. However, I'm convinced that it was his pulling HOLDS over that TIME, that created his awesome pulling power and super wide upper back!

I've written previously, of course, of the value of slightly moving isometrics & holds, but wish to put forth some pulling experiments I've been doing for a while that just may make this treacherous exercise a bit more user friendly! After all, none of us in the all-round bunch are getting any younger, and these heavy duty holds are nasty to one's blood pressure! But, though mostly forgotten, we should strive to discover how to make such miraculous, short & concentrated rack routines work for us. We may never get the world record pulls and back structure of Bill March, Lou Riecke, or Serge Redding. In case you don't know Serge, he used mostly standard olympic lift training, tho included one special pull iso — musta worked because at 5'8" and up to 308# bwt, he did an official 502 pound WR press, a 401 snatch, and measured 65" around the shoulders!! More on him in another story!! However, using TIME in holding a row, continental from thigh level, snatch grip pulls, etc., could mean a whole bunch of 'Rounder records!

Now, what I've found, old gomer that I'm becoming (68 last Sunday! and his wife who is proofing this reminded him that he's well into full bloom gomerhood!), is that I don't need to explode head veins from a 10 to 12 second hold as twenty-something Dorn & March were doing. Instead, I separate my rack lifts into 2 sets of 2, with each hold into a slightly higher rack pin, lasting only 3 seconds. I still get in the all-important HOLD of 12 seconds, but have not come even close to passing out as I did in the old days (so that's what happened to him y'all are saying!)? For instance, I'll get a pretty hefty poundage on the strict row, pull to a pin 4" above and hold for 3 seconds, lower and pull/hold for another 3 seconds, then rest for a few minutes and do the second set. By the way, if you don't have access to a power rack, this same performance can be achieved with

chains & “S” hooks over the bar to secure various pull positions, or even rig up a thick rubber bungee around one’s barbell!

It must be working – my poundages are going up, even at an age where gains should NOT be achieved, and the all-round pulling lifts are feeling much easier! I’m even noting a big increase in wideness these days – though I expect this is mostly from Marilyn’s fresh stacks of Christmas cookies, rather than extra muscle on the upper back!

### [Black Angus MacAskill](#)

 December 27, 2013 | Authored by [Thom Van Vleck](#) | [Edit](#)

by Thom Van Vleck



Angus MacAskill with a normal sized man.

I enjoyed hearing stories when I was a kid. You know...good, old fashioned story telling. Television was around, but with one channel the viewing was limited and since we live in a very rural area story telling in my family was a huge form of entertainment. My grandfather was the king of story telling....he had a great voice and a knack for painting a picture in your mind of not only words

being said, but sights and even smells! He had been a fan of strongmen and wrestlers and I got to hear many stories about them. One in particular became a favorite. That is the story of Black Angus MacAskill.

Angus MasAskill was a giant but a special kind of giant. The Guinness Book of Records lists him as the largest “natural” giant of all time. He had normal proportions and no growth abnormalities. He may have been simply the biggest human being that has ever lived that achieved that size simply through nature and not the result of a disease process. At his peak he stood 7’9” tall and weighed 500lbs. His palm was 8” wide and his feet were 16” long and 8” wide. He also had a chest that measure 80” around and shoulders that were 44” across. Yet, if you saw him in a photo with no point of reference he looked like a “normal” sized man!

Something else made him special. He had great strength. He would often take on feats of strength but only if money were put on it. Some of the feats credited to him (as with all past feats, some questions may arise as to the authenticity so I leave it to the reader to judge for themselves) are as follows:

1. Shouldering a 2,800lb ships anchor (some speculate it was set up where he simply had to do what amounts to a partial lift).
2. Carry two 350lb barrels, one under each arm.
3. Hold a hunderdweight (112lbs) with two fingers at arms length for 10 minutes.
4. Life a full grown horse over a 4ft tall fence.
5. Set a 40ft tall mast single handed into a schooner.
6. Carried a sick man over his shoulder for 25 miles in a blizzard to a doctor without once setting him down.
7. Once was pulling a boat onto a beach and tore the boat in half.

Angus had many nicknames. He was “Black Angus”, “Mount Kaskill”, the Cape Breton Giant. He was from Cape Breton Island which was part of Nova Scotia but he was born on the Island of Berneray in the Outer Hebrides Islands of Scotland. It is a only about 4 square miles with barely over 100 people. It is about as barren and wind swept of an island as you could imagine. No wonder his father took him and his family to Nova Scotia! They settled near Englishtown in St. Ann’s Harbor which is also a very remote location. Later, many of the group that traveled with Angus’ family moved on to settle in New Zealand.

So Angus’ family had moved from a treeless windswept island to a land that had huge trees covering nearly every square inch so they quickly became lumberjacks. This was hard work and the MacAskill’s were all know for their strength, but not necessarily their great size. Angus was the exception in size. So we know he grew up doing back breaking, hard labor.

The story goes that Angus did not become exceptionally large until he was 12. He then grew quickly and gained the nickname Gille Mor which is Gaelic for "Big Boy". While he was tremendously strong, he was at first clumsy. At 14 he traveled to Sydney, the largest town in the area, about 40 miles away by boat. He had never been to such a place and they all put in at a local tavern that had music and dancing. A local man was dancing and seemed to step on Angus' large foot while he was sitting watching. Everyone laughed but Angus did nothing. This happened a second time and as good natured as Angus was, he still did nothing. But the third time proved the charm and Angus stood up and hit the fellow so hard he was at first thought dead! The ship's captain found Angus hiding on the ship praying that the man was not dead.

There was a point where Angus' father raised the rafters in his home to allow Angus to walk around upright. His father also built him a special, long bed. His father made his sons all work very hard and had a saying that Angus took to heart. "What's worth doing at all is worth doing well". While Angus grew up in a very strict Christian environment he also enjoyed making side bets on who could finish a hard job (which he often won) and getting together for a "Ceilidh" or party where bagpipes and fiddles were played and songs were sung with wine, rum, and whisky being shared!

Angus loved his home and most enjoyed fishing along in a rowboat in the bay where he could look at the wooded hills and farms. No doubt that is the reason that he returned there after traveling all over the world later with the circus. It is also interesting that the world may have never heard of Angus MacAskill because he loved his life and home and was reluctant to leave it. But a hard winter led to very hard times and he succumbed to an offer to travel as a giant. He was promised good money and it was a way to help his family.

There are many tales of him being on tour and doing feats of strength. One of my favorites was he entered a tavern and picked up a 140 gallon "puncheon" or barrel of scotch whiskey. He struck the top with his fist causing the bung or cork to fly out. He then picked up the barrel and drank from it while toasting the other patrons! Another was he was on a train when a robbery was attempted. When he stood up the robbers fled the train without any loot!

Angus often dressed in "Highland Costume" while on tour. He toured all over the world but often hated the heat of the warmer climates. There is a story that he once met Queen Victoria at Windsor Castle. Upon being presented with two gold rings by the Queen, he stomped his foot on the carpet to show his strength and left permanent marks with his boot heels. It was there that Angus supposedly held William Wallace's sword in his hand at arms length being one of the few to accomplish this feat.

Angus made two world tours that often lasted years. His first return was a happy one with many of the same people still living in the area. But his final return found half the population gone. The timber market had slumped and growing crops or livestock was tough in that climate. But nonetheless, Angus retired to his home operating a store and mill with his friends and family close by. The story goes he was a good business man and disliked credit, but never turned away

someone in need and was very generous to the local Church. He died at the age of 38 and was a friend and hero to all in his homeland. A legendary giant!

About the IAWA

[edit page](#)

The International All Round Weightlifting Association (IAWA) is the organization that the USAWA is affiliated with internationally. The IAWA was formed in 1987, the same year as the USAWA. Two other countries have organized all round weightlifting associations that are represented in IAWA – the IAWA-UK and the ARWLWA. However, lifters from any country may participate in IAWA events internationally regardless of whether the country has an affiliated All Round Weightlifting organization. The IAWA is open to ANYONE Worldwide to compete in. Throughout the years IAWA has had over 25 countries represented at IAWA events! IAWA promotes three main competitions per year. These competitions are the World Championships, the Gold Cup, and the World Postal Championships. The IAWA is governed by an elected board of officers that represent members worldwide. Elections are for 4 year terms. The IAWA has a Technical Committee that oversees technical issues within the organization, such as new lift evaluations. Every year in conjunction with the IAWA World Championships an Annual General Meeting is held. At this meeting the major decisions are made for the upcoming year in IAWA, such as deciding on future meet sites and promoters for the IAWA major competitions.

#### **CURRENT OFFICERS OF THE IAWA**

##### **IAWA PRESIDENT**

Al Myers, United States

##### **IAWA GENERAL SECRETARY**

Frank Allen, England

##### **IAWA VICE PRESIDENTS**

Denny Habecker, United States

Chad Ullom, United States

Steve Gardner, England

George Dick, Scotland

Peter Phillips, Australia

Robin Lukosius, Australia

##### **IAWA RECORD REGISTRAR**

Chris Bass, England

##### **IAWA TECHNICAL COMMITTEE**

Dennis Mitchell – Chairman, United States

Denny Habecker, United States

Al Myers, United States  
Steve Gardner, England  
Steve Sherwood, England  
Peter Phillips, Australia

#### **UPCOMING IAWA MEET SCHEDULE**

2014 Worlds – Boston, Massachusetts, USA Promoter – Frank Ciavattone  
2014 Gold Cup – Burton, England Promoter – Steve Gardner  
2015 Worlds – Glasgow, Scotland .  
2015 Gold Cup – Perth, Australia  
2016 Worlds – Auckland, New Zealand Promoter – Cliff Harvey  
2016 Gold Cup – Abilene, Kansas, USA Promoter – Al Myers

Member Clubs

[edit page](#)

There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2014. Club Membership Applications are found in the “Forms and Applications” section on the upper left side of the website, under USAWA Information. Each USAWA Club is eligible to win the annual Club of the Year Award, presented at the Annual National Meeting.

#### **Current USAWA Member Clubs For 2014**

##### **Al’s Dino Gym – (2003-2014)**

Location: Abilene, Kansas

Contact: Al Myers

Website: <http://www.dinogym.shuttlepod.org/>

Club Certificate -

##### **Ambridge VFW Barbell Club – (1993-2014)**

Location: Ambridge, Pennsylvania

Contact: Art Montini

Club Certificate -

##### **Clark’s Championship Gym – (1989-2014)**

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate -

##### **\* Frank’s Barbell Club - (2010-2013)**

Location: Walpole, Massachusetts

Contact: Frank Ciavattone  
Club Certificate -

**Habecker's Gym** – (2010-2014)  
Location: Lebanon, Pennsylvania  
Contact: Denny Habecker  
Club Certificate -

\* **Jackson Weightlifting Club** – (2009-2013)  
Location: Kirksville, Missouri  
Website: <http://jacksonweightliftingclub.com/>  
Contact: Thom Van Vleck  
Club Certificate -

\* **Joe's Gym** - (2002, 2010-2013)  
Location: Norwood, Massachusetts  
Contact: Joe Ciavattone  
Club Certificate -

\* **Jobe's Steel Jungle** - (2012-2013)  
Location: Council Bluffs, Iowa  
Contact: Jesse Jobe  
Club Certificate -

**KC Strongman** - (2011-2014)  
Location: Turney, Missouri  
Contact: Eric Todd  
Club Certificate -

**Ledaig Heavy Athletics** – (2010-2014)  
Location: Winfield, Kansas  
Contact: Dave Glasgow  
Club Certificate -

**Salvation Army Gym** – (2012-2014)  
Location: Macomb, Illinois  
Contact: Tim Piper  
Club Certificate -

\* **Schmidt Barbell Club** – (2010-2013)  
Location: Westlake, Ohio  
Contact: Scott Schmidt  
Club Certificate -

**The clubs that were registered in 2013 but have NOT YET renewed their club membership for 2014 are marked with an asterik.**

### **Past Club of the Year Award Winners**

2012 Club of the Year – Ledaig Heavy Athletics, Runner Up – Salvation Army Gym

2011 Club of the Year – Dino Gym, Runner Up – Ledaig Heavy Athletics

2010 Club of the Year – Habecker’s Gym, Runner Up – Ambridge VFW BBC

2009 Club of the Year - Dino Gym, Runner Up – Ambridge VFW BBC

### **Former Clubs of the USAWA**

Atomic Athletic – (2011-2012)

Bob’s Lifting News – (1997-2003)

Braveheart WLC – (2000-2003)

Jump Stretch – (2002-2003)

Heartland Armwrestling – (2009-2010)

M&D Triceratops – (2011-2013)

Movement Minneapolis – (2011-2012)

New England All-Rounders -(1993-1999, 2004-2007)

Olympic Health Club Cleveland – (2001)

Powerzone – (2000-2007)

Prechtel’s AC – (1991-2004)

SE Pennsylvania – (2005)

Team Cramer (2011-2012)

Valley Forge WLC – (1989-1995)

### **2013 USAWA Membership Roster**

Barnett, Orie (ChriststrengthGym) – February 9th	Bunch, Dan (Jobe’s Steel Jungle) – January 1st
Barnhart, Darren (Dino Gym) – January 19th	Campbell, Scott (Dino Gym) – January 19th
Benzel, Bryan (Jobes Steel Jungle) – February 9th	Ciavattone, Frank (Frank’s Barbell Club) – January 1st
Beversdorf, Dave (Clarks Gym) – March 24th	Ciavattone, Jeff (Frank’s Barbell Club) – February 5th
Bletscher, Rudy (Dino Gym) – May 24th	Ciavattone, Joe Jr. (Joe’s Gym) – May 4th
Bryan, Barry (Habeckers Gym) – February 4th	Ciavattone, Joe Sr. (Joe’s Gym) – May 4th

Clark, Bill (Clarks Championship Gym) –  
January 1st

Cook, Alan – September 17th

Cookson, Chuck (Dino Gym) – January 19th

Cramer, Les (Team Cramer) – March 30th

Crozier Sr., Bill – January 1st

Delaney, James (Frank's Barbell Club) – Nov  
30th

Dulles, Troy (Sparta Fieldhouse-Velocity) –  
Mar 6th

Durante, Richard – June 20th

Edwards, Ben (Dino Gym) – January 19th

Edwards, Tasha (Dino Gym) – July 14th

English, Alan (Dino Gym) – January 19th

Foster, Lance (KC Strongman) – January  
19th

Freides, Steve – November 29th

Friesz, Dale (M&D Triceratops) – January  
1st

Fuller, James (JRs Strength Emporium) –  
March 24th

Garcia, Joe (Clarks Gym) – January 26th

Geib, Bob – June 29th

Glasgow, Amber (Ledaig HA) – January 19th

Glasgow, Dave (Ledaig HA) – January 19th

Glasgow, Kenny (Ledaig HA) – January 19th

Goetsch, Troy (Jobes Steel Jungle) –  
February 4th

Habecker, Denny (Habecker's Gym) –  
January 1st

Habecker, Judy (Habecker's Gym) – January  
1st

Hopps, Jessica (Frank's Barbell Club) – Nov  
30th

Hoover, Dustin – September 17th

Hougland, Aaron (ChriststrengthGym) –  
March 3rd

Jackson, Ruth (Body Intellect) – January 1st

Jobe, Alison (Jobe's Steel Jungle) –  
February 13th

Jobe, Gabby (Jobe's Steel Jungle) –  
February 13th

Jobe, Jesse (Jobe's Steel Jungle) – February  
13th

Kahn, Helen – January 1st

Klein, Seth – March 17th

Kressly, Doug (Ledaig HA) – January 19th

Kressly, Jera (Ledaig HA) – January 19th

Kressly, Logan (Ledaig HA) – July 14th

Lane, Colleen (Frank's Barbell Club) –  
January 1st

Malloy, Jim – January 1st

McIntyre, Mike (JWC) – January 19th

Mitchell, Dennis – January 1st

Mitchell, Mark (Dino Gym) – January 19th

**2013 USAWA Membership Roster**

Montague-Casillas, Thomas (A Athletic) – Jan 21st

Montini, Art (Ambridge BBC) – January 1st

Murdock, Mike (Ledaig HA) – January 19th

Myers, Al (Dino Gym) - January 1st

Myers, LaVerne (Dino Gym) – January 19th

Myers, Molly (Dino Gym) – May 24th

O’Brien, John (JWC) – January 19th

O’Brien, Mike (Joe’s Gym) – May 4th

Piper, Tim (Salvation Army Gym) – February 4th

Piper, Whitney (Salvation Army Gym) – July 27th

Pringle, Mike – February 4th

Rogers, Sam (ChriststrengthGym) – February 22nd

Ross, Dean (Dino Gym) – January 9th

Schmidt, Kathy (Schmidt Barbell Club) – January 1st

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Schmidt, Steve (Clarks Gym) – August 8th

Sees, Susan – June 29th

Smith, Randy – January 1st

Songster Sr., Tim (Jobes Steel Jungle) – January 19th

Springs, Al – January 1st

Todd, Eric (KC Strongman) – January 19th

Traub, Larry (Ledaig HA) – January 19th

Tully, Scott (Dino Gym) – January 19th

Ullom, Brianna (Dino Gym) – May 24th

Ullom, Chad (Dino Gym) – January 1st

Van Vleck, Thom (JWC) – January 19th

Wacker, Matthew – March 6th

Wagman, Dan – January 19th

Wilkins, Kurt – January 27th

Wilmot, John – January 1st

