

# 2022 USAWA YEAR IN REVIEW

Dear USAWA family and friends,

It was great to see the USAWA back in full swing in 2022 after the challenges we had experienced the past couple of years due to the COVID pandemic. This past year brought back the full slate of meets and promotions and business in the USAWA was back to normal.

This Year in Review contains all the past blogs, meet results, and other news that has occurred in the USAWA during the past year. It is our official “written record” of the organization. Everything in this book is available on the USAWA website. There is no new information in this Year in Review. It is also available for free download on the website for those who wish to print it out.

Sincerely,

A handwritten signature in black ink, appearing to be 'Al Myers', is centered on a light yellow rectangular background.

Al Myers, Past USAWA Secretary and Publisher of the USAWA Year in Review

## **RECORD LIST PART II**

[January 2, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I have had a few questions in regard to the record list of late and wanted to make you all aware of some features that give you, the lifter, a little more autonomy when perusing the record list.

1-While it used to be that we just had the record list where you had the lifts in alphabetical order. While not difficult to navigate, it is a huge list and can be a little overwhelming at times. We still have that option, but when Johnny took over as records director, he added a “record grid” option which is similar to how Chris Bass records the IAWA records. Here are the steps one would take to access the record grid option: First, download the file. At the bottom left of the excel spreadsheet, there are two tabs. The first is “record list”, the second is “record grid.” Click on the “record grid” option to access it. Once you are on the record grid, click “enable editing.” That allows you to navigate the record grid as you please. At the top of the spreadsheet, you will see a cell that says “lift” with a cell directly to the right of it with the name of a lift. Mine says “vertical bar-2 bars 2”. Click on the lift itself, and you will see a list of all of the lifts in alphabetical order for you to choose from. To the right of that, you will see a cell that says “sex” where you can choose from the male records for the lift or the female records for that lift.

2-You also have the capacity to sort the record list in any way you see fit once you have downloaded it. Download the file. Click “enable editing.” At the top of the spreadsheet, you will see a label for each column with an arrow next to it. I often want to see a list of my records or those of my kids. So, I would click the arrow next to lifter. I would then choose the option “sort A to Z.” This then sorts the entire record list in alphabetical order by lifters last name. So, at that point, I would scroll down to the T’s and find my name or the name of my children. And I would be able to see every record we hold all together in one place.

Hopefully these directions make sense and allow you a couple more options when looking over the record list. Please reach out if you have any questions about this.

## **NEW YEAR’S EVE RECORD BREAKER**

[January 2, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

Thought the turnout was three lifters, the lifting at Frank’s New Years Eve Record Breaker meet was outstanding. I love this idea. What a marvelous way to bring in the New Year! Frank and Jeff Ciavattone, along with Peter Vuono got after some big lifts and set 5 new records apiece. Way to go guys! Here are the results:

[New Years Eve Record Breaker 2021](#)

# New Years Eve Record Breaker 2021

Frank's Barbell Club, East Walpole, Massachusetts

December 31<sup>st</sup> 2021

Meet Director: Frank Ciavattone

Meet Announcer/Scorekeeper: Frank Ciavattone

Officials: Frank Ciavattone and Jeff Ciavattone for Peter Vuono

Frank Ciavattone for Jeff Ciavattone

Jeff Ciavattone for Frank Ciavattone

*All lifts recorded in pounds*

Peter Vuono	Age: 68	Weight: 200 Lbs	95K Class	65+ Masters
Jeff Ciavattone	Age: 42	Weight: 239 Lbs	110K Class	40+ Masters
Frank Ciavattone	Age: 66	Weight: 270 Lbs	125K Class	65+ Masters

## All lifts recorded in pounds

Lifter	Lift	#
Jeff Ciavattone	Bench Press - Feet In Air	330
	Snatch - Dumbbell - Left	120
	Deadlift - Ciavattone Grip - One Arm - Right	260
	Clean & Seated Press - Behind Neck	230
	Deadlift - Pinchgrip - Left	130
Peter Vuono	Deadlift - 2 Dumbbells	292.5
	Straddle Lift - Little Fingers	26
	Straddle Lift - Ring Fingers	26
	Weaver Stick - Left	1.6
	Weaver Stick - Right	1.9
Frank Ciavattone	Vertical Bar Deadlift - 1 Bar, 2", One Hand - Left	200
	Vertical Bar Deadlift - 1 Bar, 2", One Hand - Right	200
	Weaver Stick - Left	6
	Weaver Stick - Right	6.75
	Deadlift - Ciavattone Grip - One Arm - Right	242.5

## **RECORDS LIST**

[January 4, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The record list is now updated through the Gold Cup. Please take a look at it and be sure your records are correctly recorded. You will need to make me aware of any corrections within 90 days of 1-4-22 in order to receive credit of them. Once again, a huge thank you to our records director, John Strangeway, for taking on this task for the benefit of us all.

## **BENCH PRESS DECATHLON**

[January 10, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

### **Meet announcement**

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

When: April 16-17 (second day if needed due to participation-entries over 10)

Weigh Ins: 9:00 (both days if needed)

Start Time: 10:00 (both days if needed)

Entry: No entry form or fee for this meet. Just let Clark know you are coming by April 9. You can email him at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com), call at 573-474-4510, or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

Lifts:

- 1- Bench Press, Feet in Air
- 2- Bench Press-feet on Floor (Eligible for IAWA records only)
- 3- Bench Press, Alternate grip
- 4- Bench Press, Reverse Grip
- 5- Bench Press, hands together
- 6- Bench Press, Roman Chair
- 7- Bench Press, 1 arm, left
- 8- Bench Press, 1 arm, right
- 9- Reg Park Bench Press
- 10- Rampage -most reps in a minute's time with traditional bench (exhibition lift which counts toward the total in the meet, but not for records.)

Legal uniform will be required as per the USAWA rulebook. Meet is eligible for drug testing. Please contact Bill Clark with the above-mentioned contact info with any questions.

## 2021 POSTAL CHAMPIONSHIPS

[January 12, 2022](#) [Denny Habecker](#) [Edit Post](#)

### 2021 POSTAL CHAMPIONSHIPS

We had 23 lifters take part in the Postal Championships in 2021. Dan Wagman was the top male lifter and Sylvia Stockall led the women's Division. Thank you to all who participated.

Records are marked with an \*.

#### MEET RESULTS

#### USAWA POSTAL CHAMPIONSHIPS

October 1 to December 31, 2021

LIFTS- Press- Dumbbell, One Arm, Snatch – One Arm, Habecker Lift

#### Men's Division:

Dan Wagman	50 – 179.2 Lbs.	– 107- R*	-126- L *	– 366*	– 599	– 633.44
Abe Smith	40 – 180 Lbs.	– 105 -L*	– 125- L*	– 345*	– 575	– 551.65
John Carter	63 – 214 Lbs.	– 65- R*	– 75 – R*	– 350*	– 490	– 520.34
Randy Smith	67 – 196 Lbs.	– 55- R	– 75 – L	– 305	– 435	– 506.70
David DeForest	– 61 – 192 Lbs.	– 60 – R	– 90 – R	– 285	– 435	– 485.59
Clint Poore	– 48 – 242.5 Lbs.	– 112.5-R*	– 100 -R	– 335*	– 547.5	– 480.94
Nicholas Frieders	– 21 – 153 Lbs.	– 45 – R	– 105 – R	– 275*	– 425	– 446.67
Barry Pensyl	– 73 – 141.9 Lbs.	– 40 – R*	– 48 – L*	– 209*	– 297	– 439.88
Anthony Lupo	– 55 – 233 Lbs.	– 90 – L*	– 85 – L*	– 260*	– 435	– 415.33
Dave Hahn	– 84 – 138 Lbs.	– 35 – R	– 32 – R	– 185	– 252	– 411.95
Anthony Hose	– 52 – 227 Lbs.	– 80 – L *	– 95 – L*	– 250*	– 425	– 400.72
Denny Habecker	– 79 -190.4 Lbs.	– 50 – R	– 50 – R	– 204 *	– 304	– 391.76
Eric Todd	– 46 – 267 Lbs.	– 120- R*	– 121-R*	– 225*	– 466	– 382.89
Chris Todd	– 42 – 271 Lbs.	– 70 – R*	– 90 -R	– 265*	– 425	– 333.74
Bill Clark	– 89 – 206 Lbs.	– 10 – R*	– 0	– 175*	– 185	– 243.97
Lance Foster	– 56 – 335 Lbs.	– 55 – R*	– 55 – R*	– 185	– 295	– 238.08
Everett Todd	– 8 – 71 Lbs.	– 15- R*	0	0	– 15	– 42.64

#### Women's Division:

Sylvia Stockall	– 63 – 140 Lbs.	– 35 – R	– 50- R	– 221	– 306	– 423.53
R.J. Jackson	– 60 – 105.4 Lbs.	– 41 -R	– 56- R	– 186	– 283	– 394.81
Beth Skwarecki	– 41 – 143.2 Lbs.	– 45 -R	– 66-L	– 202	– 313	– 350.64
Stacy Todd	– 39 – 194 Lbs.	– 42.5 -R*	– 57.5 -R*	– 155 *	– 255	– 231.97
Phoebe Todd	– 11 – 121 Lbs.	– 17.5-R*	– 27.5-R*	– 95*	– 140	– 231.78
Janet Thompson	– 64 – 158 Lbs.	– 20 – L*	– 33- L*	– 120*	– 173	– 222.71

#### OFFICIALS:

Eric Todd	– Lance Foster, Chris Todd, Clint Poore
Chris Todd	– Lance Foster, Eric Todd, Clint Poore
Everett Todd	– Eric Todd, Chris Todd, Clint Poore
Phoebe Todd	– Lance Foster, Chris Todd, Clint Poore

Lance Foster – Chris Todd, Clint Poore  
Dan Wagman – R.J. Jackson  
Abe Smith – Bill Clark  
John Carter – Bill Clark  
Clint Poore – Chris Todd  
Nicholas Frieders – Bill Clark  
Barry Pensyl – Denny Habecker  
Anthony Lupo – Bill Clark  
Anthony Hose – Bill Clark  
Denny Habecker – Barry Pensyl  
Bill Clark – Dave DeForest  
Stacy Todd – Chris Todd  
Janet Thompson – Bill Clark

#### LIFTERS WITH NON- CERTIFIED OFFICIALS:

Randy Smith  
Dave DeForest  
Dave Hahn  
Sylvia Stockall  
R.J. Jackson  
Beth Skwarecki

## **2021 POSTAL SERIES**

[January 19, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd

Well, the 2021 postal series is all wrapped up. The results are all in and tallied, so it is time to reflect on the postal series for the year. We had a total of 35 lifters participate in at least one leg of the postal this year. That compares to 39 in 2020 (which I attribute to covid due to the postals being about all we could compete it), 29 in 2019 and 28 in 2018. I could go further back and might at some point, but you can see 35 was a pretty good turnout for us. We offer a special recognition for those who compete in all 4 legs known as the Grand Slam Champions. This year that title goes to the following lifters: Abe Smith, John Carter, Randy Smith, Dave DeForest, Nick Frieders, Barry Pensyl, Dave Hahn, Anthony Hose, Denny Habecker, Eric Todd, Chris Todd, Bill Clark, Lance Foster, Sylvia Stockall, RJ Jackson, Beth Skwarecki, Phoebe Todd, and Janet Thompson. Here are the overall postal series top lifters for 2021:

### **Women's top 5**

Placing	Lifter	meets entered	Points
1	Sylvia Stockall	4	32
2	RJ Jackson	4	29

3	Beth Skwarecki	4	26
4	Stacy Todd	3	14
5	Phoebe Todd	4	12

#### Men's top 10

Placing	Lifter	meets entered	Points
1	Abe Smith	4	83
2	Randy Smith	4	73
3	John Carter	4	63
4	Nick Frieders	4	61
5	Dave DeForest	4	56
6	Anthony Hose	4	55
7	Eric Todd	4	48
8	Dave Hahn	4	47
9	Barry Pensyl	4	46
10	Denny Habecker	4	43

What if find remarkable is that the top 6, and 7 of the top 10 men's lifters come from Clark's Gym. They have put together a heck of a year. I look forward to what 2022 brings. Good job to all of our postal lifters. We need to keep this great series moving forward!

#### [DINO GYM CHALLENGE](#)

[January 23, 2022](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET RESULTS –

**Dino Gym Challenge**  
***"Art Montini Tribute"***



Group picture from the 2022 Dino Gym Challenge

The Dino Gym Challenge this year focused on a tribute to the late great lifter of the USAWA Art Montini. Art was a friend to all lifters. I picked lifts for the meet that Art really liked. It gave quite a variety to this meet, which is the way Art would have liked it.

We had four lifters this year which is a little down, but with the bad weather “blowing in” I was glad to see a turnout. Veteran Chad Ullom put on quite a show and easily won the overall crown. His big middle fingers deadlift of 325 pounds and one arm deadlift of 400 pounds were impressive. LaVerne Myers made his comeback after his recent carpal tunnel surgeries on both arms, and lifted exceptionally. Brandon Rein put in a solid performance for third overall, with the longtime Dino Gym member Dean Ross getting fourth.

After the meet we had a special lifting contest in the Arthur Lift to honor Art’s legacy. Brandon is the only one of us still flexible enough to do this lift, and he did a fine 100 pound Arthur Lift to finish off the day. I presented him and Chad each a tshirt from past Art’s Birthday Bash meets, which is now a collector’s item.

I especially want to thank Dave Glasgow and Clint Poore for helping me officiate throughout the day.





Clint Poore setting a new USAWA record in the Bench Press Feet in the Air!

The following day we had a record day. Clint made the long trip from Kentucky to put up some new USAWA records in the Dino Gym, and that HE DID! I was super impressed with his big bench presses. He even got introduced to the Foot Press, which seemed to excite him just a little bit (watch his video!)

I want to thank everyone for attending as it was another great day to remember in the Dino Gym.

### Meet Details:

Dino Gym Challenge

Dino Gym

Abilene, KS

January 15-16th, 2022

Meet Director: Al Myers

Meet Scorekeeper: Al Myers

Meet Officials (3-officials system used): Al Myers, Dave Glasgow, Clint Poore

Lifts: Teeth Lift, Deadlift -Fingers-Middle, Deadlift – One Arm, Hip Lift

### MENS DIVISION

LIFTER	AGE	Age Division	BWT	Weight Class	Teeth	DLMF	DL1	Hip	TOT	PTS
Chad Ullom	50	50	230	105	—	325*	400R*	1320	2045	1879.7
LaVerne Myers	77	75	222	105	—	130*	180R	500	810	1025.5
Brandon Rein	26	Senior	153	70	—	155	180R	600	935	982.7
Dean Ross	79	75	189	90	39*	105*	115L*	400	659	936.1

Brandon Rein – 100 pounds Arthur Lift for Record:

*Notes: All lifts recorded in pounds. BWT is bodyweight in pounds. R and L designate right and left arms. TOT is total pounds lifted. PTS are overall adjusted points corrected for age and bodyweight. National records are denoted with an asterisk for the competition.*

Record Day Lifts (3 official system used):

Al Myers, LaVerne Myers, Chad Ullom, Clint Poore

**Clint Poore – 48 years old, 246# BWT**

Bench Press – Feet on Floor: 410 lbs/186KG

Bench Press – Feet in Air: 410 lbs/186KG

Hackenschmidt Floor Press: 424 lbs.

Reg Park Bench Press: 210 lbs.

Foot Press: 1213 lbs.

**Chad Ullom – 50 years old, 231# BWT**

Deadlift – Index Fingers: 209 lbs.

Piper Squat: 140 lbs.

Curl- Cheat, DB, Left Arm: 105 lbs.

Curl – Cheat, DB, Right Arm: 105 lbs.

Foot Press: 1213 lbs.

**Al Myers – 55 years old, 231# BWT**

Deadlift – Inch DB, Left Hand: 135 lbs.

Deadlift – Inch DB, Right Hand: 135 lbs.

Deadlift – Index Fingers: 199 lbs.

Pinch Grip Deadlift – Right Hand: 165 lbs.

Pinch Grip Deadlift – Left Hand: 165 lbs.

**LaVerne Myers – 77 years old, 224# BWT**

Deadlift – Inch DB, Left Hand: 135 lbs.

Deadlift – Inch DB, Right Hand: 135 lbs.

Deadlift – Index Fingers: 95 lbs.

Deadlift – Fulton DB, Left Arm: 165 lbs.

Deadlift – No Thumbs, Right Arm: 164 lbs

**LIFTER OF THE MONTH OF NOVEMBER**

[January 28, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd

Our lifter for the month of November 2021 is Nick Frieders of Clark's gym by his way of winning the Herman Goerner Deadlift Dozen-Plus One competition. He did so by defeating the very tough and four-time heavy lift champion, John Carter. He won the meet by almost 200 adjusted points and set

three records in the process. Records include a 280-pound Reeves Deadlift, a 145-pound index finger deadlift, and a 105-pound little finger deadlift, all at a bodyweight of 153. Nick did some very heavy lifting and is quite new to the sport of All-Round. I look forward to seeing where he goes. Well deserved, and congratulations to Nick Frieders for being the 2021 November Lifter of the Month!

### **CLINT POORE IS THE USAWA'S NEWEST CERTIFIED LEVEL ONE OFFICIAL!**

[January 30, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Clint Poore-The newest USAWA official

Clint Poore from Kentucky passed his examination and has successfully completed his 3 practical training sessions in order to become a level one certified official. Clint was able to complete his practical training sessions at "Lift for Leroy", the "Postal Championship", and "The Dino Gym Challenge." Clint is an enthusiastic lifter who has hit the ground running in his USAWA participation. I am looking forward to seeing if Clint can get the good folks of Kentucky to embrace the world of All-round lifting. Congrats Clint! And thank you for your willingness to step up and serve.

### **LIFTER OF THE MONTH OF DECEMBER**

[January 31, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Lifter of the month of December 2021 goes to Dan Wagman. Dan wins the lifter of the month by way of his Postal Championship victory. He edges out Dave Hahn, the winner of the Steve Schmidt Backbreaker Pentathlon. Dan gets the nod because he wins one of our Championship events, and does it by defeating the 2021 national champion, Abe Smith as well as the 2015 national champion, Randy

Smith for the honors. This is Dan's fourth time winning lifter of the month, having won in October 2012, April 2013, December 2016, and now December 2021. Dan was the 2012 overall World Champion as well. Dan is a phenomenal lifter that makes age and bodyweight a non-factor. Congrats to Dan on this well-deserved honor.

## [RECORD LIST](#)

[February 6, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The record list is now updated through "Lift for Leroy" back in December. Please take this opportunity to be sure your records are accurately represented in the list. Thank you

## [ED ZERCHER STRENGTH CLASSIC](#)

[February 7, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark



Nick Frieders with 885 in the hip lift enroute to 1,105. Photo by Gene Baumann

What is probably the toughest weightlifting competition in the country has been held either at Clark's Gym or, in the days before there was a Clark's Gym, at the Missouri State Penitentiary or the Moberly Correctional Facility.

The name? "The Zercher Strength Classic."

It was named for Ed Zercher, Sr., a St. Louis strongman known for his vice-like grip and ability to lift things at age 80 that no youngster dared to attempt. Ed's career began in the 1930s and continued for more than 50 years. He did 81 reps with 200 pounds in the unsupported leg press at age 81. Most lifters can't do a single repetition with any weight in the unsupported leg press.

You get the idea.

During the 1960s and 1970s, when the Missouri Prison System allowed weights in its walls, both the Main Walls at Jefferson City and the see-through fence walls at Moberly housed some of the best lifters in the nation.

I had the good fortune to help build the weight program at the Main Walls in Jeff and within a decade, prison lifting had expanded to include more than 60 prisons around the nation, thanks to the recreation department at the Federal Prison in Leavenworth.

One of the most challenging weekends was a double decathlon at Jeff Town during which the contestants did 20 of the heaviest lifts done with a bar and plates – the hip and harness lifts, leg presses, back lifts, a variety of dead lifts and overhead lifts. Lifters came from around the country to try to beat lifters like Steve Schmidt, Robert Burnett, Bill Spangler, Sid Littleton, Bob Burtzloff, Wilbur Miller and to watch Ed Zercher perform as well as compete.

When I opened Clark's Gym in the late summer of 1987, Zercher was on hand and the meet named for him has been held only at Clark's Gym since.

Three decades ago, we used three lifting platforms all day to handle the workload and lifters came from California to Philly to say they survived the Zercher meet – and to meet the Old Man himself.

Because of the size of the field, I softened the meet and limited it to "only" the 13 toughest lifts of the original 20. And that's what it remains – 13 lifts that defy your staying power.

Through the years, that challenge has not been accepted by the general lifting crowd and the entry lists have dwindled – but the meet continues as a tribute to Ed – and to the days when challenges were met head-on.

The latest Zercher meet was held on January 29-30 at Clark's Gym and it drew only four people – all local. What followed was a classic battle between two 20-somethings that brought back memories of days long gone.

One of the four entries was Janet Thompson, the Northern District Commissioner for Boone County and a regular competitor with the gym team. She has a shoulder needing replacement and it spoke loud and clear after four of the 13 events and she enjoyed watching the rest from the sidelines.

Tony Lupo, the 55-year-old chairman of the Boone County Republican Central Committee and the head of the atmospheric science department at MU, made his first start in the Zercher while nursing a nagging tricep injury. He finished the 13 lifts and is looking for more of the same in the future.

The weekend settled into a battle between the 21-year-old Nick Frieders, a junior at MU, and 29-year-old Travis Luther, an MU graduate in finance currently with MFA, Inc.

Frieders comes from the Aurora, Illinois, area, and is majoring in social science. He weighed 153 pounds. Luther grew up on a farm north of Kansas City and weighed 158.

Nick led for the first 11 lifts with a 600-pound leg press, a 425-pound deadlift with heels together and 325-pound deadlifts with each hand.

Then came the hip and harness lifts and Luther took over. He is one of the best in the nation at his bodyweight. He nailed a 1,685-pound hip lift, his best ever, and added a personal best 2,100-pound harness lift to close out the day – and his buddy, Nick.



Travis Luther with 1,800 in the harness lift enroute to 2,100. Photo by Gene Baumann

Old Man Zercher would have been proud of the pair.

The Zercher meet closed out a year of success for the Clark's Gym team. Abe Smith, a former Hickman High student, won the USAWA National title head-to-head in June and added the postal title in December.

The Clark's Gym team won the first six places and seven of the first nine in the National Postal Championships and had four of the top six in the head-to-head competition with Randy Smith, a team member from Marquette, Michigan, the runner-up in both meets. Dave DeForest of Millersburg was a medalist in both meets and also in the IAWA world meet in Pennsylvania in September.

The gym's next competition will be another challenge – the Easter Bunny Bench Press Decathlon. It will include 9 different versions of the bench press, closing with a "Rampage" – all the reps you can do with a weight of your own choice in the flat bench press – in one minute – total weight to win, not the number of reps.

Two other events are on schedule between now and August 19. The gym, as it has done since 1988, will be handling the power meet in the Show-Me State Games the third Saturday in July and, on August

17, will celebrate Ol' Clark's 90th birthday anniversary with a meet including 10 of the lifts Ol' Clark can still do. The Clark birthday will be a day later. If all goes well, he'll use those 10 lifts as a kickoff to do 90 different lifts in 31 days at age 90. Not many can make that boast – nor would want to do so.

See what you're missing by not being a member of the oldest gym in town.

### Meet Details:

Ed Zercher Strength Classic

Clark's gym

Columbia, MO

January 29-30th, 2022

Meet Director: Bill Clark

Meet Scorekeeper: Bill Clark

Meet Official: Bill Clark

### Results:

#### Mens

name		bwt	weight class	age	Division	DL – Heels together	Hack Lift	DL - One arm	Cle and jer
Travis	Luther	158	75	29	senior	350	365	185-R	160
Nick	Frieders	153	70	21	senior	425	365	325-L*	170
Tony	Lupo	230	105	55	55	350*	100*	160-R	55

name		Leg press	Bench Press- Feet in air	Neck Lift	Hip Lift	Harness lift	Hand & Thigh	Raw total	Bwt adju
Travis	Luther	500	175	245	1685	2100*	675	6925	713
Nick	Frieders	600	175	245	1105	1505	820	6245	658
Tony	Lupo	500	135	200	1005	1165	425	4280	354

#### Women's



name		bwt	weight class	age	Division	DL – Heels together	Hack Lift	DL - One arm	C a j e
Janet	Thompson	160	75	64	60				2
name		Leg press	Bench Press- Feet in air	Neck Lift	Hip Lift	Harness lift	Hand & Thigh	Raw total	Bw adj
Janet	Thompson							309	315

Extra record lift – Nick Frieders – deadlift – one arm – 325 – Right.

*Notes: All lifts recorded in pounds. BWT is bodyweight in pounds. R and L designate right and left arms. TOT is total pounds lifted. PTS are overall adjusted points corrected for age and bodyweight. National records are denoted with an asterisk for the competition. The one official system is used for all lifts.*

## MEMBERSHIP DUES

[February 10, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I have been receiving a steady stream of membership applications from Clark's Gym. With the Grip Championship coming up soon, and the first quarter postal coming up next month, I was hoping to start getting more membership applications from other clubs and individuals. No time like the present to submit your dues. Hope to see some rolling into my mailbox soon.

## YEAR IN REVIEW

[February 18, 2022 Al Myers](#) [Edit Post](#)

By Al Myers



# 2020-2021 USAWA YEAR IN REVIEW



*In memory of Wilbur Miller*

*November 12<sup>th</sup>, 1932 to August 5<sup>th</sup>, 2020*

The Year in Review is in memory of the great all rounder Wilbur Miller.

I have finished the 2020-2021 Year in Review and it is available for download on the website. The Year in Review contains all the website information (blogs, meet results, announcements, etc) from the previous year. Usually I do one review for each year, but due to our “Covid Year” I have combined the review into 2 years this time. I might be ole fashioned but I still like to preserve history in paper format!

[LIFTER OF THE MONTH OF JANUARY 2022](#)

[February 19, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd



Travis Luther with 1,800 in the harness lift enroute to 2,100. Photo by Gene Baumann

The nod for the first lifter of the month in 2022 goes to Clark's gym member, Travis Luther, for winning this year's installment of the Zercher Strength Classic. He did so in classic style, by coming from behind to defeat Nick Frieders (2021's November lifter of the month) by dominating the chain lifts. Travis narrowly beat Chad Ullom for lifter of the month honors. Chad was the winner of the Dino Gym Challenge. Nick's monstrous chain lifts is what put him over the top. At a bodyweight of 158, Nick put up a 1685 hip lift and a 2100 harness lift. To put that hip lift in perspective, for my first 10 years of all-round, my best hip lift was 1675, and those were done at a bodyweight of between 240-275. That is some fantastic chain lifting for seemingly a relative newcomer to all-round lifting and the chain lifts. It is a well-deserved honor, and I look to see where Travis goes in the future in these lifts. Congratulations, Travis Luther!

## **GRIP CHAMPIONSHIPS**

[February 27, 2022](#) [Al Myers](#) [Edit Post](#)

By Al Myers

### **2022 USAWA GRIP CHAMPIONSHIPS**



Group picture from the 2022 USAWA Grip Championships

The Dino Gym hosted the USAWA Grip Championships for the 11th time this past weekend. Usually this championship event gets a good turnout, but this year only three lifters took part. However it was a heated contest as all participants have been past overall champions of the Grip Championships.

LaVerne Myers took the overall over fellow Dino Gym members Chad Ullom and myself. This makes LaVerne a FIVE TIME overall winner of the Grip Championships making him the most overall winner of all past Grip Championships.

I really want to thank Dave Glasgow for coming to the Dino Gym to officiate, which allowed me to compete in the meet.

Meet Results:

USAWA Grip Championships

February 19th, 2022

Dino Gym

Holland, KS

Meet Director: LaVerne Myers

Meet Scorekeeper: Al Myers

Official (1-official system used): Dave Glasgow

Lifts: Dumbbell Walk, Deadlift – 2 Inch Dumbbells, Deadlift – No Thumbs One Arm, Deadlift – Index Fingers

## **MENS DIVISION**

Lifter	Age	BWT	Walk	Inch	DLNT	Index	TOT	PTS
LaVerne Myers	77	218	113*	240*	171L*	143*	667	851.7
Al Myers	55	230	113*	260*	204R*	198*	775	744.8
Chad Ullom	50	233	93*	260*	193R*	220*	766	699.5

*Notes: BWT is bodyweight in pounds. All lifts recorded in pounds. R and L designate right and left arms. TOT is total pounds lifted. PTS are overall adjusted points corrected for age and bodyweight. National records within the meet are denoted with an asterisk (\*).*

## **RECORD DAY LIFTS**

Officials (3-official system used): LaVerne Myers, Al Myers, Chad Ullom

### **LaVerne Myers – Age 77 years, BWT 222 pounds**

Finger Lift – Left Little: 58#

Finger Lift – Right Little: 58#

Finger Lift – Left Thumb: 58#

Finger Lift – Right Thumb: 58#

Deadlift – Fulton Bar, Left Arm: 160#

### **Al Myers – Age 55 years, BWT 229 pounds**

Finger Lift – Right Little: 88#

Finger Lift – Right Ring: 118#

Finger Lift – Right Index: 128#

Finger Lift – Right Middle: 143#

Finger Lift – Right Thumb: 83#

### **Chad Ullom – Age 50 years, BWT 235 pounds**

Deadlift – Stiff Legged: 364#

Deadlift – Ciavattone Grip: 402#

Finger Lift – Left Ring: 118#

Finger Lift – Left Index: 118#

## HEAVY LIFT CHAMPIONSHIP

March 10, 2022 KCSTRONGMAN Edit Post



Dave DeForest executes a Hip lift at last year's championship event

By Eric Todd

### **Meet Announcement**

Well, I did what I could to find a venue for this out East to no avail. So, the Heavy Lift Championship will again be held at ET's house of iron and stone in Turney, Missouri. If someone else wants to host next year, please reach out to me. This will be the fourth time we have hosted this event. We have had a pretty good turnout the other times we have hosted, and hope to have a good turnout this year. I know the turnaround for the meet has not been a tremendous amount of time, but we did the fall meet last year just to be sure we got the meet in for 2021 with the covid shutdown, but want to get it back into the rotation in May.





Joe Ciavattone Jr. in action with the Hand and Thigh at a past USWA Heavy Lift Championships.

We will provide bottled water and lunch. The outhouse got turned over in a windstorm, but we will have it upright by meet time. We have plenty of iron for some big lifting. If you have special needs in the way of a neck harness or hip belt, please bring your own. Otherwise, you can use mine. I expect some veterans to come out and vie for the title, and we would love to have some newcomers that we can get interested in the heavy lifts. You will deal in weight you have never lifted before. No pressure, but I have my sites on a couple young lifters from Clark's gym to come make their mark on this championship. So, people make sure your memberships are in order and get your entries into this meet. Should be a blast!

Date: May 7, 2022

Place: ET's House of Iron and Stone

Events: Neck Lift, Hand and Thigh, Hip Lift

Awards: Yes

Current USAWA membership for the 2022 year is required of all participants. **This will be a drug tested event.**

[Heavy Lift-Entry](#)

## **[RECORD LIST IS UPDATED](#)**

[March 15, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Big thanks goes out again to our records director, Scottish Johnny Strangeway. The updated record lists are now posted. They are updated through the postal championship. Please look them over to be sure your records have been accurately recorded. If you did it after the Postal Championships, it will not be reflected in this record list.

## **[GOING POSTAL \(REVISITED\)](#)**

[March 17, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

With our 2022 postal series getting ready to get underway with lifts being completed by the end of the month, I thought I would re-run this article. This was something I wrote back in 2017. Perhaps some of you all have already completed your postal lifts. I know the KCSTRONGMAN clan in planning to lift next Saturday. I would love to see a big turnout for this series this year, and support in Denny's efforts to keep this series going.



Phoebe Todd completes a Habecker Lift in the 2021 Postal Championship

(Article originally published on October 17, 2017)

One of the many benefits of lifting in all-round is the postal competitions. These have been going on for as long as I have been involved. When I first started in the USAWA, Bill Clark ran a three part postal series with a multitude of lifts contested. Later John Wilmott took over being in charge of the postals in the USAWA, followed by our President Denny Habecker. On the international front, I believe it was Frank Lamp from Australia who ran a very nice postal meet in the early 2000s where he would send out medals and a booklet of results (to his financial distress, I would imagine). Later Steve Gardner, and of late it has been taken over by Al Myers.

I would encourage everybody who is physically able to participate in these postal meets. First of all, it allows one to maximize what they are getting out of their USAWA membership at no cost to the lifter. They do not cost us a dime to lift in. I happen to live in an all-round hotbed with plenty of USAWA meets to participate in. But for those not so fortunate, the postal series allows for several opportunities for athletes to compete. If you live close to a certified official, you can enter the Andy Goddard IAWA World Postal Championships (you must have at least one official for that one). For the postals hosted by Denny and the USAWA you do not even have to have a certified official to enter (though you must use one for it to count for a record). You can have your Uncle Ernie officiate, and it would count for the sake of the meet (certainly everybody's Uncle Ernie would be happy to help them in this capacity).

Another fabulous benefit of competing in the postals is you get to challenge yourself against the best in the US (for USAWA postals) and the World (for the IAWA one) without extensive travel and cost. I have competed against lifters from England, Scotland, China, Spain, Australia, and New Zealand (among other countries, I am sure), all from the comfort of my home. And you are not restricted to a particular day. If this Saturday you are occupied, you can compete on the following Thursday (or another day if Thursday is booked). Just as long as you do the lifts all on one day within the

competition window and get your results in on time, you are good to go. I love looking up the results and comparing myself with lifters from far away both in formula and total.

Now, I have been as guilty as anyone else of missing a postal here and there. Sometimes due to injury. Other times it was lack of planning. The end of the window came and me and Lance could not make a time work (I probably should have called Uncle Ernie). Sometimes life just gets in the way. Otherwise, it was just laziness on my part. But, I have made an effort to increase my postal participation percentages. It just feels like a real easy way that we can support the USAWA to help keep the organization alive out of respect for those who have lifted before us, and for those who I hope will follow.

## [IAWA WORLD CHAMPIONSHIP](#)

[March 20, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Denny Habecker



Peter Phillips from Australia with his One Hand Hack Lift at the 2017 World Championship

Schedule of Events

October 1 & 2, 2022

**Venue :**

Acernus Crossfit

440 South 9th Street



Lebanon, PA 17042

**Weigh-ins** : 7:30 A.M. to 8:30 A.M.

**Lifting starts** : 9:30 A.M.

**Lifts:**

Saturday : Clean & Press, Continental Snatch, Cheat Curl, Deadlift- One Arm

Sunday: Continental Clean & Jerk, Pullover & Push, 2- 2" Vertical Bar Deadlift

**Entry Deadline:** September 2, 2022 [ Late entries will not be guaranteed award or shirt ]

**Entry Fee** – \$75.00 Shirt included

**Awards:** 1st, 2nd, and 3rd in each weight class and Age divisions for Masters, Juniors, and Women, based on total poundage lifted.

Best Lifter Certificates for each age group in Masters,

Juniors, Senior [20-39], and Women by Formula

[2021 IAWA WORLD CHAMPIONSHIPS -ENTRY BLANK](#)

## **CALLING ALL AUTHORS**

[March 29, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

We need people writing articles and blogs for the website. I am sure members and outside folks get tired of hearing from me, so we need some other individuals contributing. I know for a spell, I did not do my part, as I have a hard time unless I feel inspired; however, it does not have to be anything monumental. I can be a writeup from a postal meet, a training day, a biography of one of your training partners. It can be memories of an old contest, or stories of those who came before us. Talk to us about your latest training routine. Routines that have worked and failed in the past. Where you got that old rusty set of weights that you still use. We want to hear from our membership. Feel free to email me with any stories or blogs you may have at [SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com). I think we all would appreciate it.

## BILL CLARK'S 90TH BIRTHDAY WEEKEND

April 4, 2022 KCSTRONGMAN Edit Post

By Bill Clark



Bill Clark visits with Steve Schmidt and John Carter in Clark's Championship Gym

This is a two day Affair with a party on Saturday night and a Sunday afternoon pigout at Golden Corral. The weekend is being used to honor 10 or so folks who were the foundation blocks on which the USAWA was built-and a special lift that was a trademark of those being honored.

The Lifts:

1-Steinborn Lift – To honor Henry “Milo” Steinborn, who was never defeated in his namesake lift.

2-Zercher lift – To honor Ed Senior, a true strongman

3-Harness Lift-Harness lift – To honor Steve Schmidt, still the best ever in the heaviest of all lifts.

4-Hip Lift – To honor John Carter, still the best with the hip belt.

5-Hand and Thigh – To Joe Garcia, still the best ever with the knuckle-buster.

6-Neck Lift – To honor Kerry Clark, who helped design the first USAWA rule book and is still the best ever female in the neck harness.

7-Miller clean and Jerk – To honor Wilbur Miller for all he did for lifting's every aspect

8-Heels together Deadlift-To honor Art Montini, not only for his deadlifting ability, but his prowess with the hip belt

9-Left Hand Deadlift -To honor Rex Monahan, still the best in his specialty, and the guy who saved more than one meet director with his contributions.

10-Right hand Deadlift- To honor Frank Ciavattone, still the leader in the 1 hand deadlift world and promoter of the sport since day one.

11-Rampage-All the reps you can do with a weight of your choice in the Clean and Press-Heels together in one minute. To honor two: John Grimek, the greatest all-rounder/odd lifter of all time and Tony Cook from England who joined with me in December 1986 to organize the IAWA, the parent of the USAWA.

It will be a fun weekend. Several still active will be on hand. Lift in all of the events for a trophy of some kind, lift in those that are fun, or just show up and visit with the crowd and don't lift anything unless it is a fork and spoon at the food bash.

There will be no entry fee.

### **LIFTER OF THE MONTH-FEBRUARY 2022**

[April 9, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



LaVerne competing in the dumbbell walk at a previous Grip Championships.

The lifter of the Month of February is an easy choice. This goes to LaVerne Myers for winning his FIFTH Grip Championship. This makes him the most dominant grip champion since the inception of this meet. He did so by defeating his son, Al Myers, and Chad Ullum, both former grip champions in their own right. LaVerne broke or set records in each of the four disciplines en route to his victory. He won by over 100 adjusted points over Al, who was the runner up. He also set 5 records in a record-breaking portion of the day with 4 finger lifts and another grip event, the deadlift, Fulton bar, left arm. LaVerne

does not appear to be slowing down in grip disciplines any time soon, and this is a well-deserved honor. CONGRATS LaVerne!

## [2022 1ST QUARTER POSTAL](#)

[April 11, 2022](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker



Bill Cookson completing a big 2 barbell deadlift all the way from Kuwait!

We had great participation in this years 1st postal. We had 31 lifters participate, 23 men & 8 women, which I believe is the most we have ever had. Dan Wagman was at the top of the men's division and R.J. Jackson led the women this quarter. Thank you to all that participated.

January 1 thru March 31, 2022

The Lifts – Holdout – Raised, Swing – Dumbbell- 1 Hand, Deadlift- 2 bars

Records are marked with an \*

Men's Division :

Dan Wagman – Open\* – 176 – 75\* – 107\*- L – 502\* – 684 – 657.94

\* Dan doesn't want the age percentage

Nicholas Frieders – 21 – 153 – 55\* – 90- R – 440\* – 585 – 614.83

Abe Smith – 40 – 181 – 75\* – 120- L\* – 430\* – 615 – 599.43

Lucas Hardie – 38 – 198 – 55 – 105 -R – 470 – 630 – 566.18

John J. Carter – 63 – 219 – 55\* – 75 – R – 400\* – 530 – 558.81

David DeForest – 62 – 193 – 50\* – 67- R\* – 370 – 487 – 546.29

Randy Smith – 67 – 195 – 50 – 90 -R – 321.5 – 461.5 – 542.95

Travis Luther – 29 – 167 – 55\* – 100 -R – 370 – 525 – 521.95

Eric Todd – 47 – 263 – 90\* – 120- R – 407\* – 617 – 515.69

Anthony Hose – 53 – 227 – 70\* – 100- L\* – 370 – 540 – 513.41

Denny Habecker – 79 – 189 – 38.5\* – 50 -R – 269\* -357.5 – 507.44

Barry Pensyl – 73 – 141 – 12\* – 48- R\* – 242.5 – 302.5 – 476.56

Chad Ullom – 50 – 235 – 45 – 0 – 450 – 495 – 451.27

Bill Cookson – 57 -230 -35 -90 -330 -455 -444.32

Dave Hahn – 84 – 141 – 25 – 30- R – 220 – 275 – 443.13

Aidan Habecker – 18 – 205 – 44\* – 77 -R\* – 353\* – 474 – 430.51

Anthony R. Lupo – 56 -230 – 33\* – 70 -L\* – 310\* – 413 – 400.53

Chris Todd – 42 – 274 – 60\* -85- L\* – 322 – 467 – 364.84

LeRoy Todd – 10 – 82 – 17.5\* – 25-R – 105\* – 147.5 – 353.21

Everett Todd – 9 – 74 – 17.5\* – 15- R – 90\* – 122.5 – 331.35

Lance Foster – 56 -313 – 45\* – 50 – R\* – 222 – 317 – 264.00

Bill Clark – 89 – 207 – 22\* – 10- R – 150 – 182 – 245.69

Jarrold Fobes – 44 – 209 – 60 – 73- L – 0 -128 – 117.19

Elijah Conley – 15 – 149 – 25 – 28- L – 0 – 53 – 65.24



Postal winner dan Wagman completing a holdout raised.

Women's Division:

R.J. Jackson	– 60	– 105	– 34	– 51	-R	– 202	– 287	– 485.37
Sylvia Stockall	– 64	– 150	– 45	– 55	-R	– 218	– 318	– 398.83
Beth Skwarecki	– 41	– 139	– 40	– 60	-L	– 242	– 342	– 391.08
Phoebe Todd	– 11	– 121	– 20*	– 30	-R*	– 140*	– 190	– 314.56
Stacy Todd	– 39	– 185	– 45*	– 57.5	-R*	– 222*	– 324.5	– 303.24
Janet Thompson	– 64	– 160	– 22*	– 25	-L*	– 150*	– 197	– 251.57
Daphne Lansdown	– 6	– 46	– 10*	– 5	-R	– 50*	– 65	– 245.95
Kim VanWagner	– 54	– 134	– 25	– 35	-R	– 95	– 155	– 205.45

OFFICIALS :

Leroy, Everett, Phoebe & Stacy Todd – Lance Foster, Chris Todd, Eric Todd

Eric Todd – Lance Foster, Chris Todd

Chris Todd – Lance Foster, Eric Todd

Lance Foster – Chris Todd, Eric Todd

Aidan Habecker – Denny Habecker, Barry Pensyl

Denny Habecker – Barry Pensyl

Barry Pensyl – Denny Habecker

Dan Wagman – R.J. Jackson

Nicholas Frieders, Abe Smith, John Carter, Dave DeForest, Travis Luther, Anthony Hose, Anthony Lupo,  
Janet Thompson – Bill Clark

Lifters with Non-certified Officials:

Lucas Hardie, Randy Smith, R.J. Jackson, Chad Ullom, Dave Hahn, Sylvia Stockall, Beth Skwarecki, Daphne Lansdown, Kim VanWagner, Jarrod Fobes, Elijah Conley

## NECK LIFT

[April 28, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

With the Heavy lift Championship coming up in just over a week, I am going to repost a few older articles about the lifts and their origins:

(from February 6, 2018)

With the Heavy Lift Championship on the Calendar for May 5, I was under the assumption that people were going to be wanting to start training. So, I thought I would do a series on how to execute each of the heavy lifts. They are like no other lifts out there, where the lifter is capable of lifting monstrous poundages.

This particular article will focus on the first lift to be contested that day, the neck lift. When I first heard of the neck lift, I envisioned the lift I did in high school with a neck harness I bought at Champs Sports with a 45# weight looped through the chain. I was concerned, as I knew there was no way I could lift hundreds of pounds like this, even though that is where the records stood. As luck would have it, it was not that lift at all, and I was capable of more than I thought.

The rules of the neck lift are as follows:

*A Heavy Lift Bar is used in this lift. A neck harness is also used, which fits over the head. Any style of neck harness is acceptable, provided that it is held in place entirely by the head during the lift. The neck harness must not contact the neck or trapezius muscles. A pad, such as a towel, may be placed between the head and the neck harness. An adjustable chain and hook is attached to the neck harness so it may be attached to the Heavy Lift Bar. The lifter assumes a position with the Heavy Lift Bar in front of the lifter or the lifter may straddle it. The feet must parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The lifter must not touch the chain or straps of the neck harness with the hands during the lift, but the chain or straps may touch the lifter's body. Hands may touch the body during the lift, but must be free of contact upon completion of the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand and lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, the hands free from the body, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.*



Some people neck lift with a narrow stance, but I prefer a very wide one. I point my toes outward right next to the plates. With the harness on my head, and the hook in the loop on the bar, I take the straps and spread them out wide so they are more to the outside of my body rather than hanging down in front. I also like to lift my arms up while executing this lift.. At this point, look up, lean back, and drive off your heels. When both sides of the bar come off the ground at the same time, the official will give the down command for a good lift. In the image below, you can see Chad Ullom and myself using very similar styles:



As far as training for the neck lift, I imagine any kind of neck training could be beneficial, such as the neck harness I referenced above or a neck machine. However, I am not sure there is any real substitute for actually neck lifting. The technique takes some getting used to, and it is ideal to condition your neck for the feel of these poundages. Check out the video of Chad's record setting 900# attempt which was set at the Heavy Lift Championship that was held at York Barbell:

<https://www.youtube.com/watch?v=H1HK4CjSnh4>

tagged with [Chad Ullom](#), [Eric Todd](#), [Neck Lift](#)

## [NECK LIFT \(CONT\)](#)

[April 29, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

*This was posted February 25, 2020. The neck lifts listed are those from the record books. I do not have access to all the heavier lifts done that no longer qualify for records.*

With the Heavy Lift Championship only a few months away (it occurs on May 9 this year), I thought I would try to drum up some interest by writing a series of articles. Last time I hosted this meet, I ran a series of articles that related to the performance of the lift. The one for the neck lift can be found here: [Neck Lift](#)



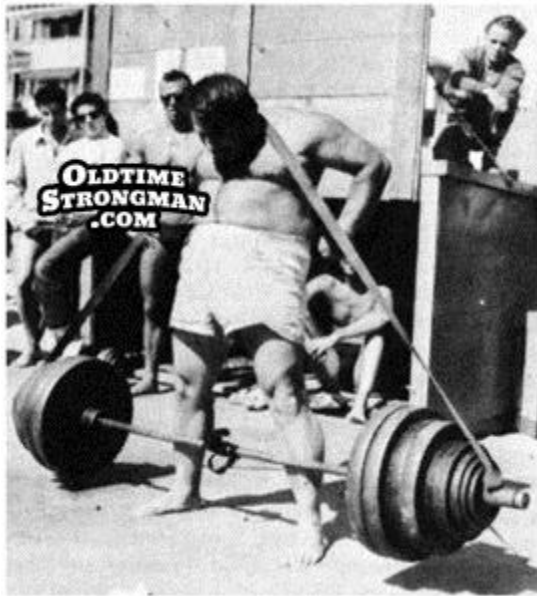
From my understanding, the neck lift is only contested in All-round organizations such as IAWA. Otherwise, it seems like different variations of the neck lift have been used by old time strongman-esque performers. Here is a video from a performance at Coney Island. It includes footage of a fellow named Steve Weiner performing a neck lift and hold with a fire hydrant: [Coney Island](#)

I have read a number of accounts, in particular one by Bill Pearl who is seemingly rather an expert in physical culture. This particular account is of a strongman named John B. Gagnon. Gagnon, at one point won the title of World's Strongest man from Warren Lincoln Travis. The title was unofficial, as the event was unsanctioned; however, he did, according to this account, best the champion in this particular competition. All the lifts were done using a platform that could be lifted from above or below. A number of lifts were contested in this challenge, including several of our heavy lifts. This meet did include a neck lift, where the claim was that this strongman, Gagnon, hoisted a lift of 1317 pounds. (Pearl).



Pearl, Bill. *John B. Gagnon*. 1 Oct. 2018.

I found an image of a strongman from the Bronx named Joe Ragusa who moved to Hollywood to perform in the pictures. This image shows him doing something similar to our neck lifts with a weight of 655 pounds, though it does not appear that using this method would put nearly as much torque on the neck muscles as what Our USAWA/IAWA method does.



Wood, John. *Joe Ragusa*. 30 May 2017.

Then, there was a gentleman only known as “Kong” who claimed to have the world’s strongest neck. HE has a claim of 502 pounds lifted with his neck. As you can see from the photo, this method would put a great deal of torque on the neck; however, you can see that he has a hand holding the chain, so I am not completely sure what to think of this claim.



Wood, John. *Kong*. 8 Nov. 2017.

Outside of Old time strongman acts and circus type performers, the neck lift has pretty much only been a movement used in our organization. It appears that it has pretty much been contested in our organization since it's inception, with the earliest record still in our record book being a 470 pound effort by 18 year old Randy Breitenfield on January 23 1988 at the Zercher (I can only assume that refers to the Zercher Classic in Columbia, MO). It also was contested in the USAWA National Championship in 1989. There have been a number of superb neck lifters over the years in the USAWA. The Women have been dominated by a handful, with Kerry Clark being the cream of the crop with a few attempts over 500 pounds. Here is a list of women lifters who have met or exceeded 300 pounds in the neck lift:

Kerry Clark	550	1995 Nationals in Columbia, MO
Jacqueline Caron	400	1992 Gold Cup
Cassie Morrison	325	2016 Heavy Lift Championship
Angela McBride	300	1999 Zercher Challenge

Back in 2011, Al posted an article with the top male neck lifters of all time. [neck lift list](#) The numbers have jumped some since, and some new names added to the list of men who have gone 600 pounds or more. The current list is as follows:

Eric Todd	1080	2014 Heavy Lift Championships
Chad Ullum	1020	2015 Heavy Lift Championship
Joe Ciavattone, Sr	805	2013 Heavy Lift Championship
Al Myers	780	2013 Heavy Lift Championship
Frank Ciavattone	750	2002 Heavy Lift Championship
Joe Ciavattone, Jr	700	2013 Heavy Lift Championship
Christopher Lestan	700	2019 Heavy Lift Championship
Jeff Ciavattone	650	2013 Heavy Lift Championship
Mike McBride	630	2005 National Championship
Joe Garcia	623	1998 Nationals, Mansfield
Dale Fries	605	1995 Goerner
Nile Larson	603	2004 Heavy Lift Championship
John Monk	600	2000 Heavy Lift Championship

In the USAWA Steve Schmidt was the first to hit both the 400 and 500 pound benchmarks in the neck lift. Big Frank was the first to 600, with his brother Joe Sr being the first to hit 700 and 800 pounds. Chad Ullum was the first to 900, and I was the first to 1000. Will we see a first to hit 1100 at this edition of the Heavy Lift Championship? Time will tell...

Myers, Al. "CHAD'S 900 POUND NECK LIFT." *USAWA*, 27 May 2011, [usawa.com/chads-900-pound-neck-lift/](http://usawa.com/chads-900-pound-neck-lift/).

"New Video: Coney Island Olde Time Strongman Spectacular!" *Markets of New York City*, 5 June 2012, [marketsofnewyork.com/2012/06/new-video-coney-island-olde-time-strongman-spectacular/](http://marketsofnewyork.com/2012/06/new-video-coney-island-olde-time-strongman-spectacular/).

Pearl, Bill. "Bill Pearl." *John B. Gagnon*, 1 Oct. 2018, [www.facebook.com/116733248412758/posts/john-b-gagnon-born-in-1883-in-caribou-maine-was-a-strongman-performer-in-the-192/1881209421965123/](https://www.facebook.com/116733248412758/posts/john-b-gagnon-born-in-1883-in-caribou-maine-was-a-strongman-performer-in-the-192/1881209421965123/).

Wood, John. "Neck Lift Archives." *Www.oldtimestrongman.com*, 8 Nov. 2017, [www.oldtimestrongman.com/blog/tag/neck-lift/](http://www.oldtimestrongman.com/blog/tag/neck-lift/).

## **2022 AWARD NOMINATIONS**

[April 29, 2022 Al Myers Edit Post](#)

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 Awards 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. Usually the USAWA Awards are "yearly" – meaning they are for the previous year's accomplishments. I would consider "yearly" as being the time since (and including) last years National Championships. 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 accomplishments since last June
- 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 nominations is May 10th. That's giving everyone a couple of weeks to make their decisions. 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!!!!

## **HEAVY LIFT**

**April 29, 2022 KCSTRONGMAN Edit Post**

By Eric Todd

Today was our cutoff for the Heavy Lift Championship. Any entries received after this point will not be accepted. Our field is rather small, but mighty. I have some cool awards on order, and HMB/Peak ATP is again sponsoring our meet in the way of T-shirts and such. I look forward to seeing everyone a week from tomorrow,

## HAND AND THIGH

May 1, 2022 KCSTRONGMAN Edit Post

*(Reposted from February 16, 2018)*

By Eric Todd



With the Heavy lift Championship just a few short months away, I am going to continue on with my series on the Heavy Lifts. The last article on the series focussed on the first lift we will be contesting at the event, the neck lift. This one will focus on the second lift in the order of the meet, the Hand and Thigh Lift. The hand and thigh lift is a quite old lift. It was a favorite of many old timers, and was done by many of them including Louis Cyr and Warren Lincoln Travis.

Quite a bit more should be lifted in the hand and thigh than in the neck lift. The heaviest neck lift is around 1000 pounds, while the heaviest hand and thigh is over 1900, by Joe Garcia. However, that is quite an outlier, as most of the rest of the best hand and thighers in the USAWA are in the 1500-1600s. The rules of the Hand and Thigh in the rulebook are as follows:

*A Heavy Lift Bar is used in this lift. A hand bar is also used, which must not exceed 28 inches in length and 1 inch in diameter. The hand bar will have an adjustable chain and hook attached to it in the center so it may be attached to the Heavy Lift Bar. No knurling is allowed on the hand bar. The lifter assumes a position with the Heavy Lift Bar in front of the lifter, or the lifter may straddle it. The feet must be parallel and in line with the torso. Width of feet placement is optional. The feet must not move during the lift, but the heels and toes may rise. The lifter may adjust the chain length to his/her preference prior to the lift. The hand bar must be in the lifter's grasp and will lie across the thighs. The hands must remain on the hand bar and must not change position during the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand or lean back to lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.*

So, I have seen the hand and thigh done with both feet in front of the bar and also straddling the bar. That being said, from what I have seen, far better poundages are done with both feet in front of



the bar. I like a flat sole, such as wrestling shoes for the hand and thigh (as well as all the heavy lifts for that matter) though I am not sure if that offers any advantages or not. Some people, me included, like to stand on a platform of sorts to complete the lift. It seems to give you better leverage to complete the lift. My platform comes by way of a few sawed off 4x4 timbers. Stance is optional, but I prefer a rather narrow one. I like my shins just a few inches behind the bar so my knees can float over the bar when I bend them to dig my knuckles into the top of my thighs. Grip is optional, but I would suggest double overhand with the thumbs in line with the fingers. You do not need your thumb to lock in the bar, as your thighs serve in that capacity, so I have been more successful with keeping them over the top of the bar. Once you have the bar locked into your thighs, lean way back, looking up, and drive back on your heels. The first few times I did this, I had someone spotting me from behind, because I felt I may fall over. I never have, though. As soon as both sides are off the platform simultaneously, you will get the down command. As you can see in the rules, if your chain length is wrong or you are off center and only one side comes up, you do have the opportunity to make one adjustment.

Not unlike the neck lift there is no absolute substitute for actually doing the hand and thigh to train for the hand and thigh. The technique takes some getting used to in order to become proficient at it to maximize your poundages. However, there are some movements that do help strengthen your connective tissue. Strong connective tissue (such as tendons and ligaments) is crucial to heavy lifting. You could halfway simulate an hand and thigh with heavy partial barbell pulls in a rack. You could also play with heavy squat lockouts or heavy partials on the leg press to help build strength in your connective tissue.

Check out this video of Jim Malloy performing a 1200# Hand and Thigh at the 1991 National Championships, and keep training for the Heavy Lift Championship!

<https://www.youtube.com/watch?v=JrxZWECwMq0>

## **HAND AND THIGH (CONT)**

[May 2, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

### **HEAVY LIFT CHAMPIONSHIP – THE HAND AND THIGH**



*(repost from April 5, 2020)*

The Hand and Thigh will be the second lift contested in the Heavy Lift Championship, which is being contested on May 9th this year. When I last hosted in 2018, this was the article I posted regarding the execution of the lift: [Hand and Thigh](#)

I am not going to go so far as to say the hand and thigh has a richer past outside of IAWA/USAWA than the neck lift, but it certainly has a more well documented past. Many of the Old Time strongmen of past used the hand and thigh as part of their routine. This very lift was one of those contested when John B. Gagnon bested Warren Lincoln Travis for the unofficial title of World's Strongest Man as mentioned in my last article on the neck lift. It was also included in Travis's "Challenge to the World," which was included as part of his will upon his death in 1941. This challenge included 10 feats that must be performed, including several that were repetition lifts, within 30 minutes. One of the items on the list is a single successful effort with a 1600 pound Hand and Thigh. The man who successfully completed the challenge would be awarded Travis's "diamond-jeweled gold and silver" championship belt. To date there have been no takers.

Travis had a protégé by the name of Charles Phelan who, like Travis, performed his feats at Coney Island, New York. One of the lifts he performed on Coney Island was the Hand and Thigh, where he was credited with a lift of 1125 pounds. Phelan was also known for his capacity to entertain, as he would tell jokes between his feats of strength.

The famous Canadian strongman, Louis Cyr is credited with a lift using the hand and thigh method of 1897.25 pounds. More recently, a strongman who was inspired by Cyr performed the hand and thigh out in New Jersey. His name was Jack Walsh, and he claimed a hand and thigh of 1500 pounds around 1950. Iowa strongman Archie Vanderpool claimed a lift of 1840 pound in the hand and thigh. He utilized the method of a bar through two barrels to get the weight up in lieu of the big bar attached to a chain method that we use in the USAWA today. When I first saw a picture of him using this style, it seemed familiar. That is because I had seen Milo author, and renegade strongman, the heavy metal iron master himself, Steve Justa using that method in the book "Rock, Iron, Steel" that he authored. Apparently, Justa's father was a friend of Vanderpool. In the book, Justa claims to have lifted over a ton using this method on multiple occasions. While he did compete at least once in the USAWA (it was a Kevin Fulton meet back around the time I was first getting started in the all-rounds), I do not believe he has ever performed this lift in competition. I am sure that is a rather abbreviated record of old time strongman performers who have been known for the hand and thigh lift.

That brings us to the hand and thigh lifting done in the USAWA, which, from any meet I have witnessed was done under professional judging within strict guidelines. In the Women's class I am including any lifter who has gone 600 pounds or more. Our number one here, Armorkor Ollennuking is in a league of her own with 1100 pounds in this discipline:

- 1) Armorkor Ollennuking 1100 pounds 1997 Zercher
- 2) Jacqueline Simonsen 810 pound 1994 Nationals
- 3) Cara Ciavattone 702 pounds 1996 New England Championships
- 4) Jaenne Burchette 700 pounds 1991 Nationals
- 5) Mary Jo McVey 605 pounds 1993 Worlds



6) Jenna Lucht 600 pounds 2014 Old Time Strongman Championship

7) Amy Burks 600 pounds 1998 Zercher

For the men, I am including lifters who have gone 1400 pounds or better. Again, our leader is in a class of his own, with Joe Garcia hitting 1910 pounds:

1) Joe Garcia 1910 pounds 1997 Zercher

2) Frank Ciavattone 1610 pounds 1995 New England Strongman

3) Eric Todd 1510 pounds 2015 Heavy Lift Championship

4) Al Myers 1505 pounds 2010 Deanna Springs Memorial

5) Jim Malloy 1400 pounds 1995 Worlds

6) John Carter 1400 pounds 1996 Zercher

7) Steve Schmidt 1400 pounds 2004 Backbreaker

8) Sam Huff 1400 pounds 2005 Deanna Springs Memorial

9) Joe Ciavattone Jr. 1400 pounds 2013 Heavy Lift Championship

The Hand and Thigh has a rich history both in old time strongman performances and the USAWA. I am sure we will add to that history at this year's Heavy Lift Championship.

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## HIP LIFT

[May 4, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd (Reposted from February 22, 2018)



This is the third and final installment of articles regarding the lifts that will be contested at the Heavy Lift Championship. This particular article is about the hip lift, which will be the last lift contested and the one in which the highest poundages should be attained. Not unlike the other heavy lifts (including those that are not being contested-the harness lift and the back lift), the hip lift was a favorite of many of the old timers as it allows you to lift monstrous poundages. It is the leverages and the short range of motion that allows that. There are very few lifts out there where lifters can legitimately make the claim of having lifted a ton, but for some lifters, it is true in the hip lift.

The most ever lifted in the Hip lift was 2525 by John Carter who lifted it at the 1994 Heavy Lift Championship meet in Columbia, MO. Big Frank Ciavattone was nipping on his heels with a 2515 pound effort at a record day in '07. All the overall records in the 85 kilo to 125+ are at or above a ton. Big numbers can be lifted in this discipline, and I do not imagine this year's Heavy Lift Championship will be any different.



The first time I did any of the heavy lifts, I did the hand and thigh and the hip lift at the Deanna Springs memorial in 2002. The difference between my results in the two lifts was negligible, and I just figured I was good at the hand and thigh, but not the hip. My results for years were about the same. It was until I got a heavy bar and hip belt of my own that I was able to tweak my technique and make noticeable results in the hip lift. Now the difference in my PRs between the lifts is 760 pounds.

I will tell you the thing I learned that made the biggest difference in a moment. First I want to get into the generalities of the lift. The rules as stated in the USAWA Official Rulebook , 10th edition are as follows:

*A Heavy Lift Bar is used in this lift. A hip belt is also used, which fits over the hips and around the waist. An adjustable chain and hook is attached to the hip belt so it may be attached to the Heavy Lift Bar. The width of the hip belt must not exceed 4 inches. Hands may be used as support on the legs during the lift, but must be free of contact at the completion of the lift. The lifter assumes a position in which the lifter is straddling the Heavy Lift Bar. 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 may adjust the chain length to his/her preference prior to the lift. The lift begins at the lifter's discretion. The lifter is allowed one test lift to check the balance of the weight and to make adjustments to the chain length. The lifter will stand and lift the weights from the platform. The shoulders and torso do not have to be upright upon the finish of the lift. The legs must straighten, but the knees do not need to be locked. Once the weight is motionless, the hands free from the body, and the plates on both ends of the bar are off the platform at the same time, an official will give a command to end the lift.*

The execution of this lift is rather simple. Place the hip belt around your waist. Straddle the big bar. I always sit on the weights to attach my chain. Run the chain through the designated space in the bar, then back up to clasp to the other end of the hip belt. Connect it at a length where you have some flex in your legs, but not a boat load. You will want to start with your feet placed such that your chain is perpendicular to the floor. Start with your hands on your thighs, and drive up through your feet. When both ends of the weight leave the floor simultaneously, remove your hands from your thighs. At that point, you will get a “down” command from your official.

Now, the key in my eyes for this lift is the belt placement. When i started off, I would put the hip belt about where my powerlifting belt sat, around my core. So when I executed the lift, the belt was pressing against by lower back. The more I practiced the lift, the more I realized this placement was wrong. It is called a hip lift for a reason. Push that hip belt down on your hips. Anymore it is not on my low back at all, and that has helped my results tremendously.

So, there you have it. Go find a big bar and a hip belt and give it a whirl. You will lift more weight than you ever thought possible (unless you have done a back lift or a harness lift, then maybe you have lifted more). This will be the last lift contested at the Heavy Lift Championship. It has more than once been the deciding factor in who the overall champion would be. Now you have a primer for all three lifts. So, time to get training and get that entry into the mail. I will be waiting...

### [TONY HOSE WINS THE BENCH PRESS DECATHLON](#)

[May 5, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

Tony, who just turned 53, won is first major USAWA meet by blasting through the “rampage” to win the Easter Bunny Bench Press Decathlon, defeating teammate, Dave Beversdorf, for the title.



tony Hose-Bench press Decathalon Champ!

Tony, weighing a trim 226 pounds, broke a deadlock with the 56-year-old Beversdorf by using less to weigh more and clinch the title in the “rampage.”

Tony took only 90 pounds, but did 68 reps with the weight in the one-minute rampage time-span to log 6,120 pounds in a minute – over three tons. Dave, who weighed in at 300 pounds (age 56), did 47 reps with 125 pounds for a total of 5,875 pounds in a minute.

Third place went to Lucas Hardie, from Lower Sackville, Nova Scotia, who is a member of Clark’s Gym Team. Dave DeForest was 4<sup>th</sup>, Tony Lupo 5<sup>th</sup> and Nick Frieders 6<sup>th</sup> in what became strictly a gym meet.

Tony Hose’s total for the 10 lifts was exactly 8,000 pounds – four tons worth of benching.

Tony has been a gym member since June 15, 2006. Since his first few months 16 years ago, he has always added a large gift “to help cover the heating bill” and has been a huge help in keeping the gym open as the heat bills have soared.

It was good seeing him win in tough competition.

The results:

Name	Age	Age Division	BW	weight class	Reg Park Bench Press	Bench Press roman Chair	Bench Press Feet in Air	Bench Press Alternate Grip	Be Pr Re Gr
Tony Hose	53	50	226	105	230	65	300	*275	*2
David Beversdorf	56	55	300	275+	*230	*45	*300	*315	*3
Lucas Hardie**	38	open	195	90	*190	125	245	225	22
Dave DeForest	62	60	187	85	*130	*22	160	*165	*1
Tony Lupo	56	55	234	110	*130	*65	*245	*185	*2
Nick Frieders	21	open	184	85	*100	*65	200	185	15
Bill Clark	89	85	203	95	*44	*33	65	*65	*6

\* All lifts marked with an asterisk are national records

\*\*Lucas Hardie's lifts are not eligible for records

The following lifters are not current members, but are from Canada, and are planning on joining prior to the 2nd quarter postal. Their lifts are not eligible for records. Please give them a warm welcome:

Name	Age	Age Division	BW	weight class	Bench Press- 1 arm- right	Bench Press- 1 arm- left	Reg Park Bench Press	Bench Press roman Chair	Bench Press Feet in A
Matt Macneil	36	open	270	125	135	135	270	95	345
Doug Sullivan	63	60	180	85	95	95	200	135	245
Robbie Baxter	27	open	238	110	100	95	200	125	225

All records are in pounds. The three official system was used for everyone but Dave DeForest and Bill Clark with Dave and Bill being the judges. Bill judged Dave and Dave judged Bill in the 1 official system for their lifts.

#### **Dave DeForst record day**

Snatch on knees	90
Clean and Press on knees	116
Clean and seated press-behind neck	105
Deadlift-stiff legged	280
Habecker Lift	250

## HEAVY LIFT CHAMPIONSHIP 2022

May 8, 2022 KCSTRONGMAN Edit Post

By Eric Todd



### 2022 Heavy Lift Championship

Aside from the USAWA National Championship, the Heavy lift is the longest running championship in the USAWA. It has run every year since 1994, with the exception of 2020 when everything was cancelled due to the pandemic. In the 28 years that this meet was contested, the women's division has had 8 different champions, with Cara Collins having won the meet three times. There have been no women competitors in 18 of these championships. In the men's division, there have been 8 one-time champions, with 4 individuals being multiyear champions.

It was a beautiful day to be throwing around heavy weights in the old tin can. We had 5 seasoned competitors, with my brother Leroy stepping in to load, judge and score all day. Lunch was prepared and served by my daughter Phoebe. Thom and Ethan VanVleck even stopped by to catch up and deliver an undeserved gift to yours truly.

As per tradition, we started off with the neck lift. It went well. 4 of us set a record in this discipline. Chad and I went 900 and 950 pounds, respectively. Dean hit a record of 100 pounds. Dave hit a record of 480 in the meet, and then another of 505 for a 4th lift for record. He tells me this should be enough to get him on Clark's big board once again.

Next up was the hand and thigh lift. I have said it before, and I will say it again: this lift is a fickle mistress! In this part of the competition, none of our lifting was record worthy. Speaking only for myself, my second attempt was easy, and I thought I was easily ready for record poundage. When record poundage was loaded, it was stapled to the floor. Fickle mistress indeed.





Dave DeForest exhibits textbook form on the hand and thigh

After the hand and thigh, we took a break for dinner. Phoebe brought us out sandwiches, chips and snacks. Leroy had an opportunity to update points while the rest of us sat around and told lies. Before lifting started again, Leroy told me that less than a point separated mine and Chad's totals. The last lift would be the deciding factor in who walked away with the title.

The last discipline contested at the heavy lift championship was the hip lift. We all went big. Chad bested what he had done at the Dino challenge earlier in the year with a 1500 pound effort. I knew I needed 2140 to break the overall hip lift record in the 125 kilo class. I was successful with that effort, and it was enough to take the win. A big thanks for everyone who showed up and made this meet a success. 3 clubs were represented (KCSTRONGMAAN, Clark's and the Dino Gym). A big shout out to meet sponsor, myHMB/Peak ATP for providing shirts for all competitors.



Lance Foster sets up for the hip lift

The three official system was used. Officials included, Eric Todd, Chris Todd, Lance Foster, and Chad Ullum.

Score keeper was Chris Todd

Jenny was under the weather, so Phoebe Todd served as the hostess with the mostest.

Loaders-All competitors, and Chris Todd.

An asterisk (\*) denotes successful record attempts in the results:

Lifter	Age	Age Division	Weight	Weight Class	Neck Lift	Hand and Thigh	Hip Lift	Total	Adj Points	Place
Eric Todd	47	45	265	125	950*	1250	2140*	4340	3608	1
Dave DeForest	62	60	188	90	480*	700	1200	2380	2706	3
Chad Ullum	50	50	232	110	900*	1100	1500	3500	3199	2
Lance Foster	56	55	304	125+	270	590	750	1610	1357	5
Dean Ross	79	75	192	90	100*	350	530	980	1378	4

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4th  
attempt  
for record

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Dave  
DeForest

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Neck Lift      505\*

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## **PRESIDENTIAL CUP**

[May 11, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Our president, Denny Habecker, is sanctioning the 10th installment of the Presidential Cup. The Presidential Cup is the granddaddy of all record days. It is to the USAWA what the Gold Cup is to the IAWA. In the nine years that it has been contested, there have been nine different Presidential Cup champions. The most recent was Beth Skwarecki with a 55 pound full-gardner in 2021. You will pick one lift to set or break a record in. If time allows, you can go for a record in a second lift, but only your first lift will be eligible for consideration for the Presidential Cup Championship.

*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 (up to a maximum of 5 lifts) 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.*

Date: August 6, 2022

Location: Habecker's Gym-Lebanon, PA

Entry: None, but please let Denny know if you are coming.

## **NATIONAL MEETING PROPOSALS**

[May 12, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Dan Wagman

*This is the first part in a series of proposals from Dan Wagman that may be discussed at the national meeting.*

Send queries to [Send queries to <a href="mailto:Wagman2022Agenda@icloud.com">Wagman2022Agenda@icloud.com</a>](mailto:Wagman2022Agenda@icloud.com)

(e-mail address active until Juli 1, 2022)

## **1. AMEND BENCH PRESS RULE TO ALLOW USE OF BLOCKS UNDER A LIFTER'S FEET**

In addressing a lifter's foot placement, the current bench press rule (Rulebook XII.C.) reads:

*"The feet must be flat on the floor and not braced against the bench during the lift. Any width of feet placement is allowed. No heel or toe rising is allowed during the lift."*

It is therefore not permissible to place plates, blocks, or any similar thing under a lifter's feet to raise them off the floor. This, however, is essential for many shorter lifters, to include reasons other than just body height or limb length, and many judges have therefore allowed this, contravening the rules of performance for the bench press. It is therefore advisable to clarify the bench press rule via a sentence that allows lifters to elevate their feet off the floor. It is suggested to add this fourth sentence to the section addressing a lifter's feet:

*The use of plates, blocks, or any similar device under the lifter's feet is permitted  
in an effort to raise them off the floor.*

## **2. JEFFERSON LIFT — FINGERS**

Add the Jefferson Lift — Fingers to USAWA's contested lifts in line with IAWA-UK. The proposed language for that lift is as follows:

*Jefferson Lift — Fingers: The rules of the Jefferson Lift apply except that the lift will be executed with one of the same fingers on each hand.*

## **NATIONAL MEETING PROPOSALS (CONT)**

[May 17, 2022 KCSTRONGMAN Edit Post](#)

By Dan Wagman

(This is a series of national meeting items Dan Wagman is proposing that may be discussed at National Meeting)

Send queries to [Wagman2022Agenda@icloud.com](mailto:Wagman2022Agenda@icloud.com)

(e-mail address active until Juli 1, 2022)

### 3. RULEBOOK AND BYLAWS AS WEBPAGES

Currently, a person wishing to access USAWA's rulebook and bylaws has to download a PDF from the organization's website. This makes it difficult to access that vital information quickly and easily, such as at a meet via a lifter's phone. Although PDF readers are available for smartphones, the good ones require payment and the free ones come with many annoying ads. Having the rulebook and bylaws as webpages would allow anybody to access these documents with the utmost ease on their phones.

Additional considerations that ought to be deliberated

A. The present version of the rulebook contains many grammatical errors and areas requiring clarification and/or clearer, more precise language. Copy editing of the rulebook is essential.

B. As a properly created webpage, the rulebook would allow the viewer to click in the Table of Contents on any lift of interest and go directly to that section; no more scrolling through pages until one finally ends up at the desired lift.

C. A website version of the rulebook would allow the inclusion of more photographs and perhaps even more importantly videos of lifters performing a specified lift. Such videos could include verbal tips/instructions on the finer points of a lift.

### [MEMBERSHIP](#)

[May 20, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I was very excited today to receive 6 new membership applications! 2 were from Frank's barbell club, and the other 4 were all new Canadian members. It is very exciting to see new blood in our organization. And Franks club has been a stalwart in our organization with no indications of slowing down soon. Hopefully we can continue to grow our presence in Canada. Welcome aboard, folks!!!

### [NATIONALS ENTRY DEADLINE](#)

[May 22, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Entry deadline is in 6 days. Get those entries in soon. I have lifted at a Habecker championship, and they are top notch. I hope to get a decent turnout for this fine event. At any rate, for those of you waiting to the last minute, that is where we are! Get those entries in the mail today! Hope to see you in PA soon.

### [2022 USAWA NATIONAL MEETING AGENDA ITEMS: NO. 4](#)

[May 25, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Dan Wagman

(this is one in a series of proposals submitted by Dan Wagman for discussion at our national meeting)

Send queries to [Wagman2022Agenda@icloud.com](mailto:Wagman2022Agenda@icloud.com)

#### 4. INCREASE EASE OF NATIONAL MEETING PARTICIPATION

Discussions on USAWA's Forum have revealed that the participation rate in our National Meeting is "dismal." Some Forum participants admitted to skipping the meeting after a meet. Increasing the ease by which members can participate in the National Meeting is a huge benefit to the organization and can itself be achieved with great ease. The following steps are recommended and put to the Membership for a vote:

1. Establish a deadline by which the National Meeting Agenda Items must be submitted to the Secretary or other responsible individual(s)—perhaps 30 days prior to the meeting;
2. Publish the Agenda Items on USAWA's website and/or Facebook page by a second deadline—perhaps 15 days prior to the meeting;
3. Use Skype, Zoom, Google Meet, etc., and even smartphones multi-conferencing service that would allow a member to call in to the meeting and participate, even if he/she is on the way back home after competing.
4. Eliminate the following sentences from the Bylaws:

7.H. Membership votes at the Annual National Meeting are done by the membership present. No absentee or proxy votes are allowed.

The purpose of this is to allow those who cannot attend the National Meeting, for any number of reasons, to nevertheless cast a vote by being present electronically. Moreover, providing for proxy votes also increases representation of the membership.

#### CLARK'S GYM VS. FRANK'S GYM POSTAL CHALLENGE

[June 1, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

In the way of the old timers, Franks' Barbell Club and Clark's Championship Gym have challenged each other to a postal to determine supremacy between two of the most powerful, accomplished clubs in our organization. This postal will be limited to members of these two clubs.

Date: Weekend of July 30-31

Lifts: Neck lift-Single center strap only (I will assume the lifters in Frank's gym and Clark's gym will know what that means, as I have never lifted in a neck harness that did not start with two straps)

Hip Lift

Deadlift, Ciavattone- 1 arm

Swing, dumbbell with the opposite hand of the deadlift

Vertical bar, 2 bars, 1"

The meet will conclude with a record day of up to 5 records for those lifters who are being judged by a certified official. Good luck to all the lifters in this throwback meet to when the best challenged the best for dominance in the strength scene.

## **2022 USAWA NATIONAL MEETING AGENDA ITEMS: NO. 5**

[June 2, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Dan Wagman

(This is a continuation of the series of suggestions by Dan Wagman that may be discussed at the national meeting after passing the Executive Board)

Send queries to [Wagman2022Agenda@icloud.com](mailto:Wagman2022Agenda@icloud.com) (e-mail address active until Juli 1, 2022)

### **5. INCLUSION OF SENIOR DIVISION IN THE RECORDS LIST**

The Rulebook recognizes the following age groups for males and females (§II.3): Junior (and their subgroups), Senior, Open, and Master (plus their subgroups). Records are kept, however, only in the following age groups (§V.9): Junior and Master and their respective subgroups and also “overall records...in all weight classes, which includes the best weight class lift of all age groups.”

This places Senior competitors at a severe disadvantage over all other age groups because they can only receive credit for an overall record—the greatest weight ever lifted in a particular lift—and no record for their age category whatsoever, i.e., 20-39 years old. All other age group lifters, however, can not only set a record within their age group, but also a second one for an overall record if their strength is sufficient. This has been termed by some “double-dipping” the records.

It seems inherently unfair, illogical, arbitrary, and capricious that all lifters in all age groups can set records in their respective age category (and double-dip) except a lifter aged 20-39. (The person who elects to compete in the Open Division is exempt from this argument because he/she freely elects to do so over selecting any other age category which they would naturally automatically belong to based on their current age.)

The life-blood of any organization is the next generation. The next generation does not only include Juniors but also people aged 20-39 years. In not recognizing their feats of strength via age-group records they are not only unfairly discriminated against, but it also begs the question as to why a person in the Senior age group would even compete if all he/she can accomplish is placing in a competition—unless he/she is so strong as to establish a “greatest weight ever lifted” record. This does not serve the organization well as Senior lifters have less incentive to compete in this sport as compared to other strength sports.

*It is therefore proposed to include the Senior age group in the records list. No grandfathering in to this category is permitted.*



## Argument Against

This topic was discussed on the Forum. While all participants agreed that the omission of Senior age group records was unfair, a major concern was the additional work the Records Director might incur. While it is difficult to predict how much more work adding the Senior age group would actually entail, this would be easily addressed by placing another individual in charge of the Senior age group records (see 6.C.i.-ii. below).

## **BIG FRANK CIAVATTONE-NOMINATED FOR INDUCTION INTO THE NATIONAL WRESTLING HALLOF FAME!**

[June 7, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



National Wrestling Hall of Fame nominee, Frank Ciavattone

This article goes out as a HUGE congrats to one of the USAWA's most decorated members. Frank Ciavattone has been nominated for induction in the National wrestling Hall of Fame for the Humanitarian Award! Frank is already a member of the USAWA Hall of fame, as well as a 2015 inductee in the Massachusetts Wrestling Hall of Fame. He is very deserving of this induction, and I am honored to be writing a letter of recommendation to the committee.

Frank took 3rd in the state championship in 1973. His list of accomplishments in lifting is almost overwhelming. He was the first American to lift the storied Dinnie Stones, having accomplished this

feat, unassisted, in 1996. He holds many records in the IAWA, and over 300 in the USAWA. He was chosen as lifter of the month twice, once in September of 2014 and again in June of 2019. He has been lifting in the USAWA almost since its inception, and has won many national titles in that time. In 1998 he won the overall award for best master lifter at nationals. In 2012, Frank was awarded with the Grand Best Lifter of the USAWA over its 25 year existence. In 2019, he was awarded with the IAWA Presidential Award of Merit. He has been featured in both the Guinness Book of World Records and Ripley's Believe it or Not for his exceptional neck lifting abilities.

Frank has not only stood out as a lifter, but has contributed as a leader as well. He is the leader of Frank's Barbell Club, which has won Best Club three times and has been runner-up once as well. He has served as Vice President and as an at large Executive Board member. He has been awarded the Courage Award three times. Frank was awarded the Sportsmanship award in 2015, and the Leadership award in 2016. He has hosted many National and World meets.

Frank's nomination no doubt was submitted in part because of his success on the wrestling mat and in the weightlifting arena; however, it goes much further than that. Frank has successfully battled cancer five times since 1979. While battling, he was able to send six kids who were battling cancer themselves to the Make a wish Foundation. Kids and family have always been at the center of Frank's heart, and I believe a driving force in all of the tremendous amount of success he has had over the years. If you get the chance, give big Frank a shout out for this amazing accolade

## **2022 USAWA NATIONAL MEETING AGENDA ITEMS: NO. 6**

[June 10, 2022 KCSTRONGMAN Edit Post](#)

By Dan Wagman

(This is a continuation of the series of suggestions by Dan Wagman that may be discussed at the national meeting after passing the Executive Board)

### **6. AMENDMENTS TO OR REPEAL OF THE 5-LIFT RECORD DAY LIMIT**

Recent discussions on the Forum included one member stating, "I liked record days and then we went to this 5 record limit. I don't understand why and [sic] organization that has so many lifts and so many open slots (no records have been set) would do that. I used to host record days, but when that rule was put in I saw no reason to go to the trouble."

An additional consideration is that USAWA extolls the athletic accomplishments of lifters with 100+ records via the Century Club. At a time when Record Days had no lift limit, it made sense to highlight lifters with hundreds of records. Once the 5-lift limit on Record Days was implemented, having a Century Club is nonsensical as a lifter can't live long enough to garner hundreds of records.

Also to consider is that a 5-lift limit for a Record Day is superfluous as the Rulebook has always allowed the meet director to select the number of lifts. Moreover, USAWA continues to hold meets—just not Record Days—with lifts exceeding the 5-lift limit, rendering that limit arbitrary. It is therefore proposed to amend or repeal the 5-lift Record Day limit. The following concepts are presented for consideration:

#### **1. Keep the 5-lift Record Day limit but...**

2. eliminate the Century Club list or retire it and start over;
  3. if USAWA keeps the current Record Day limit for the main argument stated on the Forum, i.e., helping out the Records Director, then the number of lifts per ordinary meet would also need to be limited to 5 otherwise that argument is rendered nonsensical;
    - eliminate the 5-year jump for Masters and increase it to 10-year jumps as that would significantly reduce the Records Director's efforts (the current records list would be retired, not eliminated, and USAWA would start the list over).
1. **Establish a compromise**
  2. See what some of the largest numbers of Record Day records were in the past and limit Record Days to half of that.
  3. Limit the number of Record Days per year instead of the number of record lifts.
  4. **Repeal the 5-lift Record Day limit and help out the Records Director**
  5. Split the records list in to different categories that different people would be responsible for or;
  6. Split up the number of lifters any one record recorder would be responsible for from a given meet. In implementing the above concept the Records Director would oversee USAWA's "Records Division" with "Records Recorders" compiling the list.

## [FRANK'S BARBELL ANNUAL RECORD DAY 2022](#)

[June 12, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Frank's Barbell Club

Franks Barbell Club will be hosting their annual record day on July 9 this year. Come prepared with a list of up to 5 lifts to break/set records in. If you plan on lifting, please call Frank in advance at 508-801-6279. The meet will be held at 204 East Street, E. Wapole, MA 02032

## [RECORD LIST AND CENTURY CLUB UPDATED](#)

[June 12, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Amorkor in action with the Steinborn Lift at the 2006 USAWA National Championships, in which she won Overall Best Female Lifter.

First point of order, a huge hats off and thanks to our records director, John Strangeway for doing a seemingly thankless job. Our record list is pretty extensive with so many lifts, so a big kudos for him for taking on this huge undertaking.

So, I took this opportunity to update our century club. The Century Club is for members who have achieved at least 100 records. The Women's Century club remains pretty much the same, with RJ Jackson out in front, and a total of 4 women being represented. The first thing that struck me in the men's division is that Al Myers quietly slipped into the 6 century club, amassing over 600 records. This body of work spans around 20 years. He is creeping up on our president, Denny Habecker, who is the only other lifter in USAWA history to have over 600 records. We had a number of major movers in the men's division. I jumped up 30 records, but not a single spot in the rankings. Abe Smith jumped up 26 records in the list, and also jumped from number 28 to number 22 in the rankings. Barry Pensyl increased by 24 records and improved from number 21 to 17 in the rankings. Bill Clark's recent return to the USAWA saw him add 20 records to our list and move a spot in our rankings from number 12 to

number 11. Stalwart LaVerne Myers jumped up 19 records, and one spot in the rankings. Young Aiden Habecker added 13 records to our list.

I also dove in to see if we have any lifters in danger of joining the list lift they persevere through a few more competitions. In the women's division, Armorkor Ollennuking has 98 records, only 2 away from the century club. A few years ago, she re-emerged to compete at Clark's. If she shows up one more time, I will bet she will go over. Young Phoebe Todd is at 84 records. If she sticks with it, she may go over by the end of 2022. Misty Fritz is at 83 records, but she has not been in action since 2008.

The charge in the men's division is led by 2 Clark's gym team members. Dave DeForest and Dave Emslie have both amassed 89 records in our organization. Not far behind is Dan Wagman with 84 records. All would be worthy additions once they achieve that 100 record mark.

## **2022 USAWA NATIONAL MEETING AGENDA ITEMS: NO. 7**

[June 18, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Dan Wagman

(This is another installment of proposals that Dan has submitted to the Executive board for consideration to be presented at the national meeting)

Send queries to [Wagman2022Agenda@icloud.com](mailto:Wagman2022Agenda@icloud.com)

(e-mail address active until Juli 1, 2022)

### **7. INCREASING INTEREST IN ALL-ROUND LIFTING**

An important recent Forum topic revolved around how to increase interest in all-round lifting. One participant recognized that our sport is "on life support." This Forum discussion yielded many options the organization could adopt in an effort to create greater interest in our sport and the organization's membership base. These ideas follow and the membership is encouraged to discuss these points and to establish a method by which to proceed.

#### **In General**

- Talk to ex-members and ask them to answer these questions with complete honesty: Why are you no longer a member? Why don't you compete anymore? What would it take to get you to become a member again?
- In competitions have USAWA lifts that are more main-stream, e.g., chin-ups, pull-ups, rack lifts, bp...
- De-emphasize weird and dangerous lifts.
- Rewrite rules for lifts that don't conform to the accepted norm, e.g., curls, bench dip, French curl, etc.
- Ask people active on FB, Instagram, etc., to help in advertising the sport and competitions.
- Have some themed meets around PL, WL, Strongman, etc., while adding a few all-round lifts in order to draw in those sport's competitors.

- Live-stream meets and eventually monetize that allowing for reinvestment in USAWA.
- Hold and livestream virtual meets and eventually monetize that allowing for reinvestment in USAWA.
- Use Postals as an entry-free intro in to all-round and advertise the meets in all online social media.
- Offer certificates for class winners, have awards, t-shirts, etc., for all meets.
- Include rep lifts.
- Link Forum to FB and other social media, vice versa.
- Have greater variety of lifts; certain lifts seem to repeat themselves frequently at Nationals, Postals, Worlds, etc.
- Use social networking more effectively; advertise meets on other FB pages with nice posters like IAWA-UK creates.

## **Organizational**

- Appoint a Director of Development and ask for help in implementation of growth projects.
- Develop talking points and strategy that all can use and implement in recruiting new members.
- Pay a professional to advise on growth strategies, how to most effectively use social media, etc.
- Add Paypal to website and FB for easy and immediate membership via phones.
- Remove membership list from website as the low number of members reflects poorly on USAWA.
- Entry fee for all meets, portion of meet director's earnings to go to USAWA for reinvestment.
- Eliminate age formulas. Young lifters can't win, so why would they compete? Who can comprehend why an older lifter who was out-totaled by 100's of pounds ends up winning competition? Besides, exercise science research demonstrates that age does not impact strength until the mid-60's. Observed age effects are therefore due to other variables such as injury, poor training practices, etc.
- Place records on website as pulldowns because PDF and Excel too difficult to access via phone; see USAPL (<https://usapl.liftingdatabase.com/records>), Grip Sport (<https://www.gripsport.org/lists.htm>).
- Make the Forum more user-friendly; Iron Mind's Forum (<https://www.ironmind-forum.com>) could be a template though there are others.
- Develop instructional videos of lifts w/ rules of performance and place on USAWA YouTube Channel.

## [IAWA WORLD POSTAL](#)

[June 22, 2022 Al Myers Edit Post](#)

By Al Myers, IAWA President

### **MEET ANNOUNCEMENT**

#### **2022 IAWA WORLD POSTAL CHAMPIONSHIPS**

The IAWA World Postal Championships has been announced! It will still be the “Andy Goddard Memorial”. Andy was a great friend and supporter of the IAWA and as long as I’m involved promoting the World Postal Championships it will be done in Andy’s memory. As it has been the past few years, the lifts for this World Postal will be the first day lifts of the upcoming Worlds. Read the the info sheet as it outlines the “rules of the competition”. Send your results to me at [amyers@usawa.com](mailto:amyers@usawa.com). Also, please send in the official entry form with your club results. If you have more club entries than on the entry form just include extra entry forms.

INFORMATION SHEET (PDF) – [2022 World Postal Information Sheet](#)

ENTRY FORM (PDF) – [2022 World Postal Entry Form](#)

## [AGENDA FOR THE 2022 NATIONAL MEETING](#)

[June 23, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd

The National meeting will be directly prior to the competition on Saturday, the 25th of June at 10:00. Below are the agenda items for that meeting. They will be at our President, Denny Habecker’s house: 637 N. 11th Ave, Lebanon, PA. All yearly decisions are made at this meeting, so attend if you can and have any input. As it is an even year, our Executive Board offices are in place until 2023. Dennis Mitchell has stepped down for chairman of the USAWA technical committee, so we will be voting on that. Shoot me an email if you want to be considered.

### **Business Agenda for the 2022 USAWA National Meeting**

1. Meeting called to order by USAWA President Denny Habecker
2. Roll Call by USAWA President Denny Habecker
3. Reading of previous meeting minutes by USAWA Secretary Eric Todd
4. Report of financial status by USAWA Treasurer Eric Todd
5. Report from Website Director Eric Todd
6. Report from Awards Director Al Myers
7. Report from Records Director John Strangeway
8. Report from Drug Enforcement Director Chad Ullom



9. Report from Officials Director Joe Garcia
10. Report from Postal Meet Director Denny Habecker
11. Report from IAWA Technical Committee Chairman Dennis Mitchell on upcoming IAWA events and other technical issues that are being discussed by the IAWA Technical Committee
12. Discussion and Vote on Rule Changes for the bench press and it's variations to allow blocks under the feet
13. Discussion and vote on the addition of a Jefferson lift for each of the individual fingers
14. Discussion and vote on doing the voting for the national electronically to allow for increased participation.
15. Discussion and vote on changing Bylaw 17a to make the postal series be four legs of even weight resulting in a postal championship based off of the score tally of those legs.
16. General discussion in regard to increasing membership and participation in the USAWA
17. Discussion of any other new business as brought forward by membership at the meeting
18. Election for chairman of the USAWA technical committee
19. Bids and vote on Nationals 2023

## [NATIONALS RESULTS 2022](#)

[June 27, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Nationals 2022 in Lebanon, PA

Nationals 2022 is over and in the books, and what a nationals it was! Karen and Steve Gardner joined us from over in the United Kingdom to help out. Several lifters who have lifted together and against each other for 30 years or better showed up to do battle. It was truly some of the OGs (original gangsters-for those of you all-rounders who are not hip) and it was very cool to see. We also had what may have been the very youngest lifter at nationals in Daphne Lansdown. Don't quote me on this, as I am not going to go back through decades of files, but Daphne lifted at nationals at an age of 6 years old, and her energy was refreshing.



6 year old Daphne Lansdown executing a clean and press

It was also exciting to watch the bitter rivalry unfold between Grandfather and Grandson. The old dog (Denny) and the young pup (Aiden) went back and forth all day. Last year's national and world champion, Beth Skwarecki was on hand to defend her crown. Big Frank Ciavattone was on hand. Frank is the leader of Frank's Barbell Club, and has many national and world titles to his name.



Frank Ciavattone breaking a record in the Deadlift-Fulton Dumbbell-1 Arm

Barry Pensyl made it out to compete as well. I enjoyed Barry's stories of lifting for Bob Hoffman with the old York Barbell outfit. Barry Bryan served as our head official, while Judy Habecker recorded attempts and Steve Gardner served as a very competent announcer. The banquet this year was some

amazing barbeque prepared by Judy and served at the Habecker residence. The lifting this day was great, and the experience one I will remember.

## MEET RESULTS:

2022 USAWA National Championships  
Habecker residence, Lebanon, Pennsylvania  
June 25th, 2022

Meet Director: Denny Habecker

Meet Announcer: Steve Gardner

Meet Scorekeeper: Judy Habecker

Meet Loaders: Barry Bryan and all the lifters pitched in

Officials: Head Official-Barry Bryan

Side Officials: Karen Gardner, Beth Skwarecki, Denny Habecker, Frank Ciavattone, Barry Pensyl, Eric Todd

Lifts: Clean and Push press, Deadlift-Fulton Dumbbell-1 arm, Continental to Belt, Pullover and Press, Deadlift-Trap Bar

*Notes: BWT is bodyweight in kilos. All lifts recorded in kilos. R and L designate right and left. \* denotes a record lift. ^ denotes a record in the national competition category.*

## WOMEN'S DIVISION

Lifter	age	age division	weight	weight classes	Clean and Push press	DL-Fulton DB-1 arm	Continental to belt	Pullover and Press	DL-Trap bar	total	adjusted points	place
Beth Skwarecki	41	40	66.7	70	55*^	45(L)*^	97.5*^	60*^	140	397.5	579	1st
Daphne Lansdown	6	13	22.1	25	7.5*^	7(R)*^	12.5*^	12.5*^	24	63.5	299.8	2nd

Extra Attempts for records:

Daphne Lansdown-Deadlift-Fulton Dumbbell-1 arm-9.0 (R)

Daphne Lansdown-Deadlift-Trap bar- 30

Beth Skwarecki-Clean and Pushpress-56

## MEN'S DIVISION

Lifter	age	age division	weight	weight classes	Clean and Push presses	DL-Fulton DB-1 arm	Continental to belt	Pull over and Press	DL-Trip bar	total	adjusted points	place
Denny Habecker	79	75	86.8	90	47.5	55(R)^	100	75	125	402.5	567.9	1st
Eric Todd	47	45	122	125	102.5^	57.5(L)	182.5	145^	190	677.5	559.8	2nd
Barry Pensyl	74	70	63.7	65	35*	37.5(R)^	80*	55	110^	320	513.1	3rd
Aidan Habecker	18	18	87.4	90	55	60(R)^	120*	67.5	190*	482.5	453.8	4th
Frank Ciavattone	67	65	127.4	125+	25*	78(R)^	70	65*	90	327.5	318.9	5th

Extra Attempts for records:

Barry Pensyl-Deadlift-Fulton Dumbbell-1 arm-40

Denny Habecker- Clean and Push press -56



President and this years national meet promoter crowns your 2022 overall champion: Beth Skwarecki!

### Best Lifter Awards

Women's Master: Beth Skwarecki

Women's Junior: Daphne Lansdown

Women's Overall: Beth Skwarecki

Men's Master: Denny Habecker

Men's Junior: Aiden Habecker

Men's Master 45-49: Eric Todd

Men's Master 70-74 Barry Pensyl

Men's master 65-69: Frank Ciavattone

Highest Total: Eric Todd

Overall Grand Champion: Beth Skwarecki

## **2022 NATIONAL MEETING MINUTES**

[July 1, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd, Secretary

### **2022 MINUTES FROM ANNUAL MEETING OF THE USAWA**

The 2022 USAWA national meeting was called to order at 10:15 AM on June 25, 2022 by president Denny Habecker at the Habecker residence in Lebanon, Pennsylvania. Denny conducted a roll call, and the following members were present: Barry Bryan, Beth Skwarecki, Barry Pensyl, Frank Ciavattone, Denny Habecker, and Eric Todd. The reading of the minutes from the 2021 national meeting was read by Eric Todd, secretary. Denny Habecker made a motion to accept the minutes as read, with a second from Barry Pensyl. The motion passed unanimously. Next, the financial report was given by treasurer, Eric Todd. It was reported that the USAWA currently has a balance of \$9472.85 in the account, which is an increase of \$423.36 from last year at this time. Eric stated that we have done well in meet sanctions, we have sold some merchandise, and membership applications and dues are steadily trickling in. Denny made a motion to accept the report, with a second from Frank Ciavattone. Motion passed unanimously. Eric Todd, website director, gave the report on the website next. It was stated that we are in need of contributors to the website. Anything from biographies to training cycles to competition experiences, to updates on lifters present and past. The forum has picked up in its usage. We have decent activity on Facebook. We also have an Instagram presence. Clarification was asked of Beth Skwarecki, who co-runs the Instagram account with Lance Foster. She explained that if a member wished to post something to the USAWA Instagram page, they would either email it to her or Lance, or post on their own page and then tag u.s.a.w.a. It was noted that our Instagram presence has attracted attention from other folks who enjoy the odd-lifts, but are not currently members. Next, the report from awards director, Al Myers was read on his behalf by Eric Todd. Al was not able to attend. It read as follows:

“The awards program provides awards to recognize outstanding performances and contributions within the USAWA. The big part of this award program is the annual awards presented every year at the National Championships. The awards given are the Athlete of the Year, the leadership award, the sportsmanship award, the courage award, the newcomer award, and the club of the year. These annual awards are chosen by the membership. It also includes any “special awards” given out on a

selected basis. This year there were no special awards given out. Money used for this program is budgeted from the USAWA treasury. I apologize for missing the National Meeting this year due to my wife's recent surgery. It's my first absence in 20 years! I hope everyone's having a great time and I'll be thinking of you today!"

The report from records director, John Strangeway was read on his behalf by Eric Todd, as John was not able to attend. It read as follows: "Greetings all. I am glad the meets occurrences are finally back to normal. I don't have much. Quick note for the members, try and use name consistency while filling in the meet/record sheet. If I know the person it is an easy decision but I am hesitant to alter people I am unfamiliar with incase they are family members, such as a jr etc. Anthony and Tony as an example. I want to thank the meet organizers for adding an asterisk to the records to add/update on the forum. This helps immensely. (note from Eric)-not all promoters are doing this. Please do, It just makes one more thing for me to do if you are not). Please don't hesitate to get in touch with myself or through Eric if you notice something not correct on the sheet. I hope to rejoin you all as a full time lifting member next year, recovery has been slow this time around. Thank you all."

Next, the report from Drug Enforcement Director was given on his behalf by Eric Todd. Chad was unable to attend. It read as follows: "2 tests were given both negative"

The report from the Officials Director, Joe Garcia, was read on his behalf by Eric Todd, as Joe was unable to attend. It reads as follows:

"Officials testing somewhat stagnant over the past couple of years. I believe only one person in the past year or so (Clint Poore). I know a lot of the older members are set as officials, but competition directors should attempt to get non official members to sit for both the practical and written exam. The process is fairly simple and easy to do. Pretty much everyone can benefit from the knowledge gained from going through the process" (note from Eric-Both Beth Skwarecki and Abe Smith have completed their written exam and are officials in training)

Denny Habecker gave the report as Postal Meet Director. He stated that the postal series is going stronger than ever. In 2021 we had 26 competitors in quarter 1, 25 in quarter 2, and 23 in both of the last two quarters. There were 35 participants in all. This year, quarter 1 postal saw 31 competitors. Denny said that he had already received a decent number of results for quarter 2, and there was still time remaining to get them in.

Next up was the report from IAWA Technical Committee Chairman Dennis Mitchell on upcoming IAWA events and other technical issues that are being discussed by the IAWA Technical Committee. It read as follows:

"I have not received any requests for approval of new lifts, or questions about rules. Therefore I have nothing to report to the Tech Committee. I have been Tech Chairman for many years now, and feel it is time for someone else to take over this position."

Members in attendance then engaged in discussion on the prospect of a rule change for the bench press and its variations to allow for the usage of blocks under the feet. Eric Todd mentioned that the rules written as they are makes the bench press undoable for younger children. Beth Skwarecki mentioned that it often puts women lifters at a disadvantage when bench press lifts are contested. The proposed language was to add "or on blocks" to the sentence "The feet must be flat on the floor and not braced against the bench during the lift" to make it read "The feet must be flat on the

floor or on blocks and not braced against the bench during the lift.” Barry Pensyl and Beth Skwarecki mentioned that it would be possible under that language for a lifter to distort the lift by using taller blocks than necessary. Eric Todd argued that he did not see how that would give the lifter an advantage. The consensus was that we should add language to make it clear what the lift should look like so that there was no possibility of distorting the lift. The sentence was changed to “The feet must be flat on the floor or on blocks with hamstrings remaining in contact with the bench and feet not braced against the bench during the lift.” Denny Habecker made a motion to accept the rule change to include the new language. Beth Skwarecki seconded the motion. It passed unanimously.

We then moved into discussion over the adding the Jefferson lift for each of the individual fingers. Eric Todd stated that there was really no reason not to, as the IAWA has those lifts. Beth Skwarecki pulled up the IAWA rulebook on her phone, and confirmed that those are IAWA lifts. The language would read as follows:

Jefferson Lift – Fingers, Index

*The rules of the Jefferson Lift apply except only the index fingers of both hands may be used. The index fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.*

Jefferson Lift – Fingers, Little

*The rules of the Jefferson Lift apply except only the little fingers of both hands may be used. The little fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.*

Jefferson Lift – Fingers, Middle

*The rules of the Jefferson Lift apply except only the middle fingers of both hands may be used. The middle fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.*

Jefferson Lift – Fingers, Ring

*The rules of the Jefferson Lift apply except only the ring fingers of both hands may be used. The ring fingers of both hands may grip the bar in an*



*alternate manner. The thumb must not be in*

*contact with the lifting fingers.*

Denny Habecker made a motion to accept the new lifts as written. Barry Pensyl seconded the motion. Motion passed unanimously.

We then discussed the prospect of doing voting electronically for the national meeting to allow for increased participation. Beth Skwarecki suggested sending out a zoom (or other virtual media platform) link prior to the national meeting to any member that wants to participate virtually. Eric Todd asked for clarification for venues where there may not be wifi, or phone service is at a minimum. Beth suggested adding the following language to the current rule: "Attendance may be done virtually (at the promoters discretion) where technology allows." Beth made a motion to accept the additional language to the rule. Denny seconded the motion. It passed unanimously.

Next in the line of discussion was for a change to bylaw 17A. The suggestion was for elimination of the portion that reads "with the final postal meet being the National Postal Meet championship. It was the feeling of the membership that the four quarterly postal meets should have similar value toward the overall championship, with no one leg being worth double value. Denny Habecker made a motion to change the wording accordingly. Beth Skwarecki made the second. The motion passed unanimously.

The membership next delved into the discussion of increasing membership. Beth Skwarecki suggested we start inviting others to our meets, perhaps reaching out to local gyms. Eric Todd suggested that growth should happen at the club level and by expanding into new territories. We do have an influx of lifters from Canada, and growth in Colorado. Beth wondered about running a virtual competition to reach out to new lifters. It was decided at this time, we will look at doing so as an exhibition during this next competition year to get a feel for how such a thing could impact our membership. No records would be set.

New business was the next agenda item. Frank Ciavattone asked about adding a complete history to include each lifter, their individual lifts, and totals, etc. Eric Todd said he was not opposed to such a thing, but suggested it would be a tall order to transcribe all of the old typewritten "Strength Journal" results into digital format. Beth Skwarecki suggested one could take a digital picture of the results and post that to ease the transition a bit. Eric Todd said he would look into that. There was no other new business.

Last on the agenda was a bid for Nationals 2023. Bill Clark sent a bid to host nationals in Columbia, MO in mid to late June, 2023. No other bids were brought forth. Eric Todd made a motion to accept Bill's bid. The second was made by Denny Habecker. The motion passed unanimously.

As, that was the completion of the items for discussion on the agenda, Frank Ciavattone made a motion to adjourn the meeting. Barry Pensyl made the second. The motion to adjourn passed unanimously. the meeting was adjourned at 12:00 noon.

## OLD TIME STRONGMAN CHAMPIONSHIP 2022

July 3, 2022 KCSTRONGMAN Edit Post

By Eric Todd



Clint Poore-Completes a big Habecker lift at the 2021 OTSM

The 2022 edition of USAWA's Old Time Strongman Championship is coming up! This will be the 11th installment ever, and the 8th that we have hosted in the outskirts of glamorous Turney, MO. There have been 8 separate male champions since its inception, with 2 lifters winning the championship twice (Chad Ullum and myself). There have been 4 separate female champions. Heather Tully/Gardner won on 3 separate occasions, with Phoebe Todd being the 2 time defending champion.

The lifts are different this year than last, but the atmosphere is always the same. There is lots of iron for the capacity for big lifting. There is no heat or air conditioning. The restroom facilities are in the form of an outhouse out back.

\*this will be a drug tested event\*

Location: ET's House of Iron and Stone, Turney, MO

Date: September 10, 2022

Time 10:30 AM

weigh ins: 9:30 AM

Rules meeting: 10:00AM

Cost \$25 (Make Checks out to Eric Todd)

Entries due (in hand) August 28. 2022

Lifts:

Thor's Hammer

Lurich Lift

Anderson Press

Dinnie Lift

Awards: There will be awards at this event

Entry below:

[OTSM-Entry2022](#)

## **A NEW ERA — ALL-ROUND'S GREATEST LIFTERS**

[July 6, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Dan Wagman and RJ Jackson

Back in 2016 we wrote an article titled All-Round Weightlifting's Greatest Lifters. In that article we set out to answer a simple question: Who has set the greatest number of records in the most lifts? In all-round weightlifting this is an important question to answer as in the United States this sport contests a total of 244 different lifts if you count one-armed lifts left and right and finger lifts with each finger and thumbs as separate lifts. However, a fundamental change in how competitions are run requires us to enter a new era in answering that question.

### **STANDARDIZATION**

For the sports scientist, the concept of standardization constitutes perhaps the most fundamental concept in sport. And of course every athlete needs to consider their sport's level of standardization as paramount to fairness. While being such an important concept for organized sport to adhere to, standardization is rather elementary. Take USAWA's Rulebook; it outlines not only the rules of performance for each lift but also clarifies what barbell standards should be adhered to, what sort of clothing is allowed, what sort of lifting equipment is allowed, how competitions are run, etc. Obviously, you cannot have fair competition unless everybody adheres to the same standards.

***USAWA came up with a fantastic concept called Record Day competitions.***

As it relates to holding meets and setting records, USAWA came up with a fantastic concept called Record Day competitions. These meets would often be held after a regular competition, on a Sunday after a normal Saturday meet, or as stand-alone meets. The sole purpose of these meets was to allow lifters to go through the record list and establish new records—and there was no limit as to how many records a lifter could set. As a result, and over many years, dedicated and strong lifters could amass hundreds of records that beginning in 2009 became recognized in the Century Club. But then the standards changed. In 2016 a new rule was approved that limits the number of lifts each competitor can set records in to only five. The standards have changed and therefore lifters no longer enjoy the same record-breaking opportunities as in years past. We have, therefore, entered a new era in which we must account for the change in standards, which your authors have done.

### **THE NEW ERA**

In our analysis we employed USAWA's Record List of June, 2022. In order to account for the new 5-lift Record Day limit we removed all records prior to 2017. Next we counted only one record per lift for each competitor. The reason for doing so lies within the incongruence in the rules that allows Junior and Master lifters to set two records (age group and overall) while the Senior age group, those aged 20 to 39, can only set an overall record that must exceed the record set in all other age groups. So, basically we evened the playing field best as we could in establishing who the greatest all-round lifters are in this new era.

## **THE GREATEST**

The greatest lifter in this new era of all-round lifting in the United States is an immensely dedicated and talented lifter—Dean Ross. Despite the change in Record Day standards he amassed new records in 106 different lifts.

***The greatest lifter in this new era of all-round lifting...is an immensely dedicated and talented lifter—Dean Ross.***

Dean's record-breaking career started in 2005 at the Dino Challenge where he competed as a Masters lifter. And we must note that in this new era of all-round records, Dean is the first to break the 100-records mark.

Contrast Dean to the leader in the Women's division, Phoebe Todd. Phoebe's first records appear in 2019 as a 13-year old and since then she has established records in 42 different lifts. In taking a closer look at Phoebe's records, we have concluded that she's a true all-rounder as her records span a wide range of lifts.

***Phoebe's first records appear in 2019 as a 13-year old and since then she has established records in 42 different lifts.***

Calling her a specialist who racks up records only in her favorite movements is not an accurate way to describe this up-and-comer in all-round weightlifting. We applaud Dean and Phoebe and look forward to seeing them continue with their record-breaking efforts.

## **TOP 5 MEN AND WOMEN**

### **Men**

1. Dean Ross — 106
2. LaVerne Myers — 96
3. Al Myers — 89
4. Denny Habecker — 87
5. Chad Ullom — 65

### **Women**

1. Phoebe Todd — 42
2. RJ Jackson — 33

3. Janet Thompson — 30
4. Elizabeth Skwarecki — 28
5. Amorkor Ollennuking — 21

When it comes to determining overall strength, all-round weightlifting reigns supreme among strength sports. And not only that, but you have to be dedicated for many, many years and be willing to often times learn totally new movements to excel in this sport. We challenge you to step out of your comfort zone to take on the challenge of attempting to become an All-Round Great.

### [NEW BENCH PRESS RULE IS ABSURD](#)

[July 8, 2022 KCSTRONGMAN Edit Post](#)

By Dan Wagman, Ph.D., C.S.C.S.



IPF World Bench Press Champions and world record setters Dan Gaudreau (l) and Dan Wagman (r) would receive red lights for the new USAWA hamstring violation.

When I submitted an edit to USAWA's bench press rule for consideration at the most recent yearly National Meeting, my sole objective was to provide lifters with the legal means to place plates or blocks under their feet if needed. That edit would conform with internationally accepted powerlifting norms as stated in the International Powerlifting Federation (IPF) technical rules. I even submitted the wording that would most easily and directly address this—just one brief sentence. Who could have predicted that such basic wording would end up garbled to the point of rendering the rule edit absurd?

According to the Minutes, some members felt that language should be added “to make clear what the lift should look like” in an effort to avoid “distorting the lift.” As a result, the language added does exactly that—distort the lift. First, it only allows a lifter to use blocks and not plates if that's all that's needed. But second, it most ludicrously requires the hamstrings to remain “in contact with the bench.”

***That requirement is absurd because for many lifters it's nearly impossible to have the hamstrings remain in contact with the bench while performing a technically proficient bench press.***

To be clear, the internationally accepted standards and USAWA's original rule only call for the head, shoulders, and buttocks to be in contact with the bench. For USAWA to now require the hamstrings to also remain in contact with the bench represents a fundamental departure of decades old standards. That requirement is absurd because for many lifters it's nearly impossible to have the hamstrings remain in contact with the bench while performing a technically proficient bench press. First, it must be understood that the hamstrings constitute a group of three different muscles at the back of the thigh. How does a lifter get muscles at the back of the thigh to maintain contact with the bench? Well, the lifter could lay at least a portion of the back of the thighs on top of the bench or perhaps squeeze the outer edges of the bench with some back. That requirement is absurd because for many lifters it's nearly impossible to have the hamstrings remain in contact with the bench while performing a technically proficient bench press. portion of the thighs. Of course if you did the former and your legs are not long enough, foot contact with the ground would be compromised. Use of a wide stance foot placement that provides optimal transfer of forces from the floor to the barbell via a solid anchor and back arch is also out because doing so rotates the back of the thighs off/away from the bench. In addition, if you consider each lifter's unique thigh-to-leg ratios in combination with the different bench length and width dimensions you can run in to at all-round meets, a nearly infinite number

***For lifters with long legs, or a bench with less height, loaders would have to place the bench on blocks...***

of different block heights would be required to accommodate this new rule. Also, what if the bench length is such that a tall lifter can only place his/her head or hamstrings on the bench at the same time? Of course, for lifters with long legs, or a bench with less height, loaders would have to place the bench on blocks to accommodate the hamstring-bench-contact requirement. Frankly, "absurd" is an understatement. So, what started out as a very simple edit to the existing bench press rule ended up diverting from international norms and has turned one of the most basic tests of maximal strength into a nightmare for many lifters. How does something like this happen? With the exception of omitting the plates and blocks allowance the original USAWA rule was perfectly aligned with international standards. So perhaps the more important question is: how does the organization correct this atrocity and do so before the next meet that will contest a version of the bench press which could be any Record Day and specifically the Postal Series National Championship at the end of the year? If the organization does not make corrections, one of two things will happen: 1) meet refs will see that adhering to this rule is impossible for many lifters and will ignore it; 2) lifters like me will simply not perform the bench press and its variations. Neither choice enhances USAWA's credibility as a strength sport.





Turning perfect bench presses into red lights. Different views of the same hamstring violation.

### LEADERSHIP OF THE YEAR AWARD

[July 8, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric M. Todd, Esq



Executive Board member, Beth Skwarecki presents the Leadership of the year award to Denny Habecker.

According to the section of our website called “Past USAWA Awards,” Each year the USAWA nominates and selects individuals for special awards. These awards are given on behalf of the USAWA for outstanding merit in several categories.” One of these categories is the Leadership award. One of the great things about these awards is that they are voted on by our membership.



This year's leadership award goes to our president Denny Habecker. Denny is an absolute stalwart in all-round at the national and international level. He has served as our president for about 15 years. Denny has been at every national meet since 1995 as a competitor and/or official, having won the overall national championship twice. He frequently competes on the international stage as well. Denny promoted our World championship in 2021. He hosted the presidential cup, and served as our postal chairman, running all four quarterly postals. I cannot tell you how many times he has driven from Pennsylvania to God's country to support my meets. Well deserved, and a huge congrats to our leadership award winner, Denny Habecker!

The runner up in the leadership goes to your humble author, and Secretary/Treasurer.



Executive Board member, Beth Skwarecki presents the leadership-runner up award to

### **[FRANK'S BARBELL ANNUAL RECORD DAY -MEET RESULTS](#)**

[July 11, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Coleen Lane Richardson

Meet Director: Frank Ciavattone

Meet location: Frank's Barbell Club, Wapole, MA

The meet was a great success by all.

The three referee system was used for all lifts. Referees included Frank Ciavattone, Chris Lestan, Mark Raymond.

The meet was held outside due to the beautiful weather conditions. Everyone participating met their goals, and was a highlight lifter. The meet was followed by a barbeque. Frank's Barbell Club members

are all looking forward to the next meet, which is July 30, 2022 (which is the postal challenge between Frank's Barbell Club and Clark's Gym).

Results are below. all bodyweights and weight lifted is in pounds. Weight class is in Kilos.

Name	age	weight	Class
Mike Marchand	16	170	80 kilo
	Finger Lift, Left, Little	50	
	Finger Lift, Left, ring	85	
	Finger Lift, Left, middle	85	
	Finger Lift, Left, index	60	
	Deadlift, Fulton Dumbbell, Left	97	
Wade Marchand	52	162	75 kilo
	Deadlift, Fulton Dumbbell, Right	117	
	Deadlift, Fulton Dumbbell, Left	97	
	Jefferson Lift, Fingers, Middle	156	
	Vertical Bar, 1 bar, 2", Right	150	
	Vertical Bar, 1 bar, 2", Left	150	
Mark Raymond	59	229	105 kilo
	Deadlift, Fulton Dumbbell, Right	187	
	Deadlift, Fulton Dumbbell, Left	147	
	Rectangular Fix	95	
	Curl, strict, Reverse Grip	115	
	Dumbbell Deadlift, Right	190	

Frank Ciavattone	67	276	125+ kilo
	Deadlift, Fulton Dumbbell, Right	181	
	Deadlift, Fulton Dumbbell, Left	187	
	Vertical Bar, 1 bar, 2", Left	150	
	Hand and Thigh	700	
	Hip Lift	1212	

## **BENCH PRESS RULE**

[July 12, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I would assume that by now most of our readers have read Dan Wagman's article about the absurdity of the wording change for the bench press rule. While I do take exception with the use of the word absurd, as it seems condescending to those individuals whose only purpose at that time was to do right by the rule, Dan is on to something. The new wording maintaining that the hamstrings must stay in contact with the bench makes the lift undoable for some, which was no one's intention. As soon as I read the article, I headed to the basement to see if I could complete the lift as it was written, and alas, I could not even come close.

So, how do we go about making this right? We did not want to go a full year with a faulty rule in our rulebook. According to Dan, if we do not amend this "one of two things will happen: 1) meet refs will see that adhering to this rule is impossible for many lifters and will ignore it; 2) lifters like me will simply not perform the bench press and its variations." Neither of those results is desirable. In looking at our bylaws, Article 6a reads as follows: "The Annual Meeting of the USAWA will be held in conjunction with the National Championships, unless the executive board, by majority vote, decides otherwise." So, this executive board decided by unanimous vote to reconvene the national meeting virtually with all of the voting members who were present at the meeting in June. These members voted unanimously to correct the wording of this rule.

The corrected rule will read as follows:

*The lifter will take a position on the bench with both upper back and buttocks in contact with the bench. The lifter will grip the bar with the palms of both hands facing away from the lifter's face. The width of the grip must not be more than 32 inches (81 centimeters) between the index fingers. No open grip or thumbless grip is allowed. The bar may be handed to the lifter by a spotter from the support stands, but it must be held motionless momentarily at arm's length prior to being lowered by the lifter to*

*a motionless position on the chest. The feet must be flat on the floor and not braced against the bench during the lift. The use of plates, blocks, or any similar device under the lifter's feet is permitted in an effort to achieve firm footing. Any width of feet placement is allowed. No heel or toe rising is allowed during the lift. Once the bar is motionless and under control on the chest, the lifter will receive a command from an official to press. The bar must not be any lower than the base of the pectoral muscle when on the chest. The bar will then be pressed to a position in which the arms are fully extended. During the ascent, the bar may be pressed unevenly, but must not be lowered in any manner. However, the final straightening of the arms must be completely simultaneous. During the ascent, the position of the body on the bench must not change. This includes keeping the buttocks and the head in contact with the bench, and not having any change in hand position on the bar. Once the bar is fully pressed and motionless, the lifter will receive a command from an official to end the lift. The lifter may have assistance by spotters in returning the bar to the support stands.*

The only change to the original rule is the addition of the underlined sentence. As you can see, the part requiring hamstrings has been omitted. You can also see that we not only added that plates are allowable, but that anything else used for a similar purpose is allowable. Hopefully that way we don't hear from members as to how ludicrous it is that we did not include pallets, shoeboxes, or stacks of old vinyl records into the rule, as not everyone has blocks, or plates enough to lift and place their feet on. Since that part of the rule is just in an effort to level the playing field for shorter lifters, the spirit of the rule would dictate whatever article available to allow for that would be acceptable, whether it is blocks, plates, or old, rusty frying pans.

I realize that this procedure was rather unorthodox, but within the rules, and merely done as a way to correct a mistake made by your secretary. I am going to use my inexperience as my excuse here and can only promise to do a better job of having my ducks in a row in the future.

## **NEWCOMER OF THE YEAR-RUNNER UP**

[July 14, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd



Newcomer of the year-runner-up-Everett Todd

The designation for newcomer of the year reads as such *"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."*

My son, Everett is in his first year of competing. He has competed at all of the postal meets since he has been involved, the "Lift for Leroy" record day, and the Old Time Strongman Championship. It was most likely his participation rate as well as his performance in the Old Time Strongman meet that got him the votes needed for his runner-up status. He placed third in that meet, outperforming 2 former champions including his old pop. Well deserved, and a huge congrats to Everett Todd!

### [ABE SMITH-NEWEST LEVEL 1 CERTIFIED OFFICIAL](#)

[July 15, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



I have been notified by our Officials Director, Joe Garcia, that Abe Smith, former Official in training, has completed the 3 practical training sessions needed to qualify him to be a level one certified official. This is under the designation of "Test Qualified." So, Abe has passed his test, and has completed his practical training sessions. He now just needs to document having officiated in at least 25 contests to become a level 2 certified official, which is a lifetime certification. Abe becomes our 9th

current level 1 official, and our 27th certified official. Congrats Abe, and thank you for taking the leap to serve your organization.

## 2022 SECOND QUARTER POSTAL

[July 15, 2022 Denny Habecker Edit Post](#)

We had very good participation again in this year's Second Quarter Postal, with 24 men and 7 women competing. Abe Smith topped the men this time with Beth Skwarecki leading the women.

2nd Quarter Postal – April 1 thru June 30.

Records are marked with an \*

Lifters marked with a # sign are Canadian, thus not eligible for USAWA records a

The Lifts – Crucifix, Curl, Strict, Deadlift, No Thumbs

### MEN'S DIVISION :

Abe Smith	– 40	– 185 Lbs.	– 90 Lbs*	– 115 Lbs*	– 470 Lbs*	– 675 Lbs.	– 637.09
#Lucas Hardie	– 38	– 198 Lbs.	– 90 Lbs	– 100 Lbs	– 475 Lbs	– 665 Lbs	– 596.90
Nicholas Frieders	– 21	– 153 Lbs.	– 60 Lbs.	– 95 Lbs.	– 405 Lbs*	– 560 Lbs.	– 588.56
John Carter	– 63	– 216 Lbs.	– 60 Lbs.	– 90 Lbs*	– 400 Lbs*	– 550 Lbs	– 584.40
Randy Smith	– 67	– 199 Lbs.	– 57 Lbs.	– 95 Lbs.	– 355.5 Lbs.	– 507.5 Lbs.	– 582.30
Dave DeForest	– 62	– 187 Lbs.	– 50 Lbs*	– 90 Lbs*	– 350 Lbs*	– 490 Lbs.	– 559.72
Talon McPhee	– 29	– 207 Lbs	– 80 Lbs	– 111 Lbs	– 440 Lbs	– 631 Lbs	– 552.82
Dave Hahn	– 85	– 142 Lbs.	– 20 Lbs.	– 60 Lbs.	– 210 Lbs.	– 290 Lbs.	– 532.09
Eric Todd	– 47	– 267 Lbs.	– 130 Lbs*	– 135 Lbs*	– 375 Lbs*	– 640 Lbs.	– 530.77
Barry Pensyl	– 74	– 141 Lbs.	– 38 Lbs.*	– 57 Lbs.*	– 231 Lbs.*	– 326 Lbs.	– 521.68
Al Myers	– 55	– 228 Lbs.	– 50 Lbs.*	– 110 Lbs.*	– 375 Lbs.*	– 535 Lbs.	– 516.46
#John Gordon	– 28	– 187 Lbs	– 70 Lbs	– 96 Lbs	– 385 Lbs	– 551 Lbs	– 511.00
LaVerne Myers	– 78	– 220 Lbs.	– 30 Lbs.	– 90 Lbs.*	– 265 Lbs.*	– 385 Lbs.	– 496.30
Denny Habecker	– 79	– 187 Lbs.	– 40 Lbs*	– 66 Lbs.*	– 231 Lbs.	– 337 Lbs.	– 481.97
Tony Lupo	– 56	– 237 Lbs.	– 40 Lbs.	– 90 Lbs*	– 350 Lbs*	– 480 Lbs.	– 457.98
Wade Marchand	– 52	– 161 Lbs.	– 66 Lbs*	– 88 Lbs*	– 242 Lbs*	– 396 Lbs.	– 455.17
Chad Ullom	– 50	– 235 Lbs.	– 20 Lbs.	– 85 Lbs.	– 385 Lbs.	– 490 Lbs.	– 445.51
Jarod Fobes	– 45	– 209 Lbs.	– 72 Lbs.	– 95 Lbs.	– 300 Lbs.	– 467 Lbs.	– 431.65
Sanjiv Gupta	– 51	– 194 Lbs.	– 40 Lbs.	– 87 Lbs.	– 283 Lbs	– 410 Lbs.	– 417.45
Chris Todd	– 42	– 274 Lbs.	– 80 Lbs.	– 105 Lbs*	– 335 Lbs.	– 520 Lbs.	– 406.25

Everett Todd – 9 – 76 Lbs. – 16 Lbs\* – 22.5 Lbs\* – 100 Lbs\* – 138.5 Lbs. – 362.60  
Leroy Todd – 11 – 87 Lbs. – 16 Lbs\* – 25 Lbs\* – 110 Lbs\* – 151 Lbs. – 338.32  
Lance Foster – 56 – 295 Lbs. – 40 Lbs\* – 80 Lbs\* – 250 Lbs. – 370 Lbs. – 316.75  
Bill Clark – 89 – 205 Lbs. – 10 Lbs\* – 22 Lbs\* – 150 Lbs\* – 182 Lbs. – 276.03

*Guest Lifter from Canada*

Doug Sullivan- 64 176 Lbs – 70 Lbs –106 Lbs – 440 Lbs – 616 Lbs 740.12

WOMEN'S DIVISION:

Beth Skwarecki – 41 – 142 Lbs. – 32 Lbs. – 75 Lbs. – 298Lbs. – 405 Lbs – 456.10  
R.J. Jackson – 60 – 105 Lbs. – 34 Lbs. – 57 Lbs. – 190 Lbs. – 281 Lbs. – 393.48  
Kim Van Wagner – 55 – 134 Lbs. – 40 Lbs. – 55 Lbs. – 185 Lbs. – 280 Lbs. – 374.36  
Phoebe Todd – 11 – 121 Lbs. – 25 Lbs\* – 35 Lbs. – 130 Lbs\* – 190 Lbs. – 314.56  
Stacy Todd – 39 – 180 Lbs. – 50 Lbs\* – 70 Lbs\* – 200 Lbs\* – 320 Lbs. – 303.97  
Janet Thompson – 64 – 160 Lbs. – 20 Lbs\* – 45 Lbs\* – 150 Lbs\* – 215 Lbs. – 274.55  
Daphne Lansdown -6 – 46 Lbs. – 4 Lbs. – 9.4 Lbs. – 36 Lbs – 49.4 Lbs – 150.09

OFFICIALS:

Everett Todd – Lance Foster, Chris Todd, Eric Todd

Leroy Todd – Lance Foster, Chris Todd, Eric Todd

Phoebe Todd – Lance Foster, Chris Todd, Eric Todd

Stacy Todd – Lance Foster, Chris Todd, Eric Todd

Eric Todd – Lance Foster, Chris Todd

Chris Todd – Lance Foster, Eric Todd

John Carter – Bill Clark, Abe Smith

Tony Lupo – Bill Clark, Abe Smith

Abe Smith – Bill Clark

Nick Frieders – Bill Clark

Dave DeForest – Bill Clark

Al Myers – LaVerne Myers

LaVerne Myers – Al Myers

Barry Pensyl – Denny Habecker

Denny Habecker – Barry Pensyl



Wade Marchand – Frank Ciavattone

Lance Foster – Chris Todd

Bill Clark – Dave DeForest

Janet Thompson – Bill Clark

Lifters without Certified Officials:

Randy Smith, Dave Hahn, Chad Ullom, Jarod Fobes, Sanjiv Gupta, R.J. Jackson

Kim Van Wagner, Beth Skwarecki, Daphne Lansdown, Lucs Hardie, Talon MacPhee, John Gordon

### **PRAYER AND/OR THOUGHTS**

[July 15, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Our brother in iron, Frank Ciavattone, and his bride Colleen Lane Richards could use your thoughts and/or prayers, depending on where you reside on the belief side of things. Colleen is suffering with some liver/pancreas issues in relation to her cancer. They are treating her, and as of this morning, she was not responding. According to Frank, she is hanging in there bravely. You all know Frank and the burly, strong, heavy lifting machine that he is, and you know that when a strong man is sitting by his struggling wife's side, it is hard to maintain that strength. Please rally behind these good folks and offer what you can in the way to thoughts and prayers. They could really use them right now.

### **MARK RAYMOND-NEWEST LEVEL 1 TEST CERTIFIED OFFICIAL**

[July 16, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I got the official word from Official's Director Joe Garcia that Mark Raymond not only has passed his test, he has completed his 3 practical training sessions, thus making him a level 1 test certified official! Congrats, Mark! Mark is a member of Frank's Barbell Club. Mark has co-promoted meets with Frank, competed for a number of years, and has even been lifter of the month. Him becoming a certified official is one more step in cementing his legacy in the USAWA. Congrats Mark, and way to step up to help serve your organization!

### **ATHLETE OF THE YEAR-RUNNER UP AWARD**

[July 17, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Beth Skwarecki being awarded Runner-Up Athlete of the Year by Secretary Eric Todd

Since 2009, the USAWA has given out special awards under Awards Director, Al Myers, and by the vote of the USAWA membership. One of the awards that is voted on is “Athlete of the Year.” Here is how the award is described:

***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.

The top two places are awarded after voting from the membership is completed.

This Year’s Runner-up in the Athlete of the Year vote goes to Beth Swarecki. She was champion in the 2021 National meet, champion in the 2021 World Meet, Presidential Cup Champion, and 3rd overall in the postal series. She was lifter of the month for August, and has placed highly in all the legs of our postal series. Quite a dominating year for our Athlete of the Year-Runner-up, and well deserved! Congrats, Beth Skwarecki!

## **TYPES OF STRONG**

[July 19, 2022 KCSTRONGMAN Edit Post](#)

By Jarrod Fobes

Over a period of about 10 years, I competed frequently in a variety of combat sports. I mostly competed in judo and no-gi grappling, but I also fought in mixed-martial arts, kickboxing, SAMBO, and

Brazilian jiu-jitsu. Most of my experience was at the regional level, but I had some experience at national and international competitions as well.

During this time, I had the opportunity to compete against and train with a wide variety of athletes, many of whom came from a background in strength sports. I thought some members might be interested in my impression of different approaches to strength training, and how they apply to combat sports.

For perspective, I could probably be categorized as a recreational lifter during this period. Most of my strength training consisted of bodyweight exercises and so-called functional strength training; lifting with sandbags, railroad ties, slosh bars (long sections of PVC pipe, capped and partially filled with water or sand); anything heavy and/or awkward. I also did a lot of plyometrics, as I was somewhat obsessed with speed. However, no one would have been impressed by my gym lifts. My bench press at that time was never much more than my bodyweight, and my back did not tolerate any kind of deadlifting or most types of squatting while I was training martial arts intensely. I worked quite a few manual labor jobs, and was usually regarded as a strong guy at the job site. But you sure couldn't tell it from my performance in the weight room. So the following assessment comes from a guy who was in shape, but very much outside of the serious strength training world.

### *Olympic lifters*

I started to run into these guys more as Crossfit grew more popular. They were always generally fit, very coordinated, and usually had great fighting technique. But I never really felt overpowered by any of them. Most combat sports, but especially judo, require powerful flexion in the core and especially the hips, and the Olympic lifts focus much more on extension movements. Famous powerlifting coach Louie Simmons once wrote that he was not a big fan of Olympic lifting as a means of strength training for other sports, and I tend to agree. What's more, it seemed like the Olympic guys were always injured. Olympic lifting in and of itself is a beautiful sport, but the highly technical nature of the lifts coupled with the near total focus on extension movements makes it one of the least practical disciplines I encountered, at least in terms of developing fighting strength.

### *Bodybuilders*

It is highly debatable whether or not bodybuilding can be considered a strength sport since it focuses 100% on the aesthetics of the lifter, rather than on lifting performance. A trainer I once worked with said, "bodybuilding is for people who aren't good at real sports," and to an extent, I used to agree. But these guys were actually a surprise to me. I learned pretty fast that if someone looked strong, they probably were. The bodybuilders I encountered were not especially fast, but they weren't slow either. The most notable thing about them was their muscle endurance. As long as they had paid attention to their conditioning, these guys were just as strong at the end of a period or round as they were at the beginning. Also, they made tremendous strength gains very quickly once they shifted their lifting style.

### *Powerlifters*

One of my old training partners held a powerlifting record at Kansas State University, where he had put up a 1000lbs squat. He weighed around 300lbs, and sparring him was like fighting a polar bear...for about 60 seconds. After that, he was gassed out and could be handled fairly easily by anyone with good technique. I found this to be consistent with all of the heavyweight and super heavyweight

powerlifters that I encountered. The key was always to weather the initial storm, let them tire out, then begin cautiously going on the offensive. Caution was essential because they could sometimes muster another burst of strength before the end of period.

The sub-heavyweights were another matter. Any of these guys that were about 205lbs or under were really, really difficult to deal with. They tended to be strong on all the major athletic attributes: they were strong, fast, coordinated, and well-conditioned. If they happened to be short, they were my least favorite people to deal with in a grappling situation, since their low center of gravity made them difficult to take down, and their short, powerful limbs didn't offer much leverage when working for arm or leg locks. Striking is another matter, since whoever has a longer reach has a significant advantage.

### *Crossfitter*

Personally, I am not a huge fan of Crossfit for a number of reasons, but the handful of combat athletes I met who also trained in Crossfit were in all around good shape. Some felt stronger than me, most did not. All were well-conditioned, but I can't remember one who was as fast or faster than me. Like the Olympic lifters, they tended to be injured a lot. I really didn't run into too many of these guys; I think the intensity of Crossfit makes it difficult to combine with competitive combat sports training, plus I have seen a lot of Crossfit programming that is unsafe by itself. I was a trainer at an unofficial Crossfit gym for a while, where we would receive a workout of the day (WOD) from our Crossfit affiliate, then run our clients through it. I do not remember a single WOD that I did not modify for safety reasons. If another trainer ran the class and did not make modifications, injuries were very common. One WOD called for a ridiculous 250 box jumps, which led to a client tearing her meniscus. So most Crossfitters that try combat sports end up ditching one in favor of the other. The two injury rates combined are just too much.

### *Laborers*

Hard work is obviously not a strength sport, but these guys deserve mention. I have trained with farmers, masons, and concrete workers who did not do much strength training outside of their job, and they were always very strong. A mechanic who's been turning wrenches for a couple of decades will have some impressive grip strength, which can really slow you down, especially in a jacket wrestling style like judo or SAMBO. These guys were also the most surprising. They may look a little soft, or thin, but then once you tie up with them you can immediately feel that you are in for a fight. While someone who looks strong probably is, someone who doesn't look strong might surprise you.

## **NEWCOMER OF THE YEAR-CLINT POORE**

[July 23, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Clint Poore was selected as this year's "Newcomer of the Year." He bested all other newcomers this year by a vote of the membership. Clint started his all-round journey by winning the men's division in the Old Time Strongman Championship. He defeated two former champions and broke the all-time Hackenschmidt Floor press en route. He set five records at the "Lift for Leroy" record day, five more records at the record day after the Dino Gym meet, and placed 6th at the Postal Championship meet. He even became a level one official in his very first year of competing. This is a very well-deserved award for him. Congratulations to Clint Poore, Newcomer of the Year!

### [CIAVATTONE COURAGE AWARD](#)

[July 24, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Here i am receiving the Ciavattone Courage Award at the 2022 nationals in Lebanon, PA from Big Frank. The 2022 USAWA nationals held by Denny Habecker led to lots of great lifting, comradery, and memories. I had a couple surprises. The first one is that I was the 10th ever Ciavattone Courage award winner from the USAWA and the twelfth worldwide. It is an honor that was completely unexpected, and one I will treasure always.

According to Frank Ciavattone,

The Ciavattone Courage Award was started to recognize individuals in the sport of weightlifting who exemplify strength, leadership, and courage. This I.A.W.A Award is named after the Ciavattone Family. A family that remained resilient during trying times throughout their lives and continued to put their strength to the test both mentally and physically. This award recognizes individuals who have not lost their commitment to the sport and their determination through all hardships while also supporting the strength of others. Eric Todd exemplifies the true meaning of courage and the Ciavattone family is honored to present him this award.

This allows me to join such all-round greats such as Howard Prechtel, Noi Phumachiano, Bill Clark, John Vernachio, Denny Haybecker, Dennis Mitchell, Dale Friez, Rex Monahan, and Al Myers domestically, and Steve and Karen Gardner internationally. I am very honored, and thank the Ciavattone family for recognizing me as being worthy.

## [GOLD CUP](#)

[July 28, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I just got the information for 2022's version of the Gold Cup from one of the Co-promoters, Steve Gardner this morning. This year's contest will be held in Belfast. The Gold Cup is pretty much the world championship of all-round record days. Be sure to put it on your calendar.

Date: November 5, 2022

Location: Crumlin Road Gaol Visitor Attraction and Conference Centre, D Wing, 53-55 Crumlin Road, Belfast

Co-Promoters:

Stevie Shanks Email: [stevieshanks45@gmail.com](mailto:stevieshanks45@gmail.com) Tel: 07818 455573

Steve Gardner Email: [stevegardneruk@gmail.com](mailto:stevegardneruk@gmail.com) Tel: 07960 960509 / 01283 713464

Additional information can be found here: [GOLD-INFO-2022](#)

Gold Cup Entry Form: [GOLD-ENTRY-2022](#)

## [PRECHTEL CONTRIBUTION AWARD](#)

[August 1, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Receiving the Prechtel Contribution Award from Denny Habecker

In the article I wrote about receiving the Ciavattone Courage award from Big Frank, I mentioned that I had a couple surprises. Well, the Ciavattone award was one of them. The second was being the recipient of the Prechtel Contribution Award. This is an award that is in memory of former USAWA president and great, Howard Prechtel, and is to recognize significant contribution to the organizer. It is a traveling award, and is passed from member to member. The first recipient was Frank Ciavattone, and he was presented the award by Howard's good friend and Hall of Famer, Bob Geib. Frank then passed it on to Al Myers, who was the current Secretary/Treasurer at the time. Al then passed it on to Denny and Judy Habecker for their significant contribution. They then passed the award on to me. It is another huge honor, and one I look passing on to the next recipient in the next couple years.

## [COURAGE AWARD](#)

[August 6, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd





Dean Ross wins this year's Courage Award

The description of the Courage award reads as follows:

***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.*

This description fits Dean Ross to a T, and he is this year's winner. Dean has gone through a number of health issues this past year, but constantly shows up for competitions, lifts his heart out, and sets records in the process. I looked back through the history of these awards, and surprisingly, this is only the second time Dean has won this award. This was certainly not only the second time Dean has overcome obstacles. I would like to send Dean out a huge, heartfelt CONGRATS! You truly deserve this award.

## [2022 PRESIDENTIAL CUP](#)

[August 9, 2022](#) [Denny Habecker](#) [Edit Post](#)

The 2022 Presidential Cup had a small turnout again this year, with 5 lifters setting 16 new records. Beth Skwarecki became the first repeat winner of the Presidential Cup with her 396 Lb. [180 Kg.] Kennedy Lift. All the lifters had a great time and were treated to some delicious food by Judy when the lifting was done.

The results:

Beth Skwarecki – 41 – 147 Lbs. -70 Kg. class- [40-44]

Kennedy Lift – 190 Kg. – 419 Lbs.

Snatch – Fulton Bar – 40 Kg. – 88 Lbs.

Snatch from Hang – 53 Kg. – 116 Lbs.

Vertical Bar Deadlift – 1 Bar – 1"- Right Hand – 67 Kg. – 147 Lbs.

Vertical Bar Deadlift – 1 Bar – 1" – Left Hand – 67 Kg. – 147 Lbs

Barry Pensyl – 74 – 140 Lbs. – 65 Kg. Class – [70-74 ]

Lateral Raise – Lying – 24.5 Kg. – 54 Lbs.

Abdominal Raise – 18.1 Kg. – 40 Lbs.

Cheat Curl – 42.5 Kg. – 94 Lbs.

Ciavattone Deadlift – Right Hand – 57.5 Kg. – 127 Lbs.

Denny Habecker – 79 – 185 Lbs. – 85 Kg. Class [ 75-79 ]

Vertical Bar Deadlift – 1 Bar – 1"- Left Hand – 42 Kg. – 93 Lbs.

Clean & Press – 12" Base- – 45 Kg. – 99 Lbs.

Continental Snatch – 38.5 Kg. – 85 Lbs.

Aidan Habecker – 19 – 190 Lbs. – 90 Kg. Class [ 18-19 ]

Vertical Bar Deadlift – 1 Bar- 2" -Right Hand – 97.5 Kg. – 215 Lbs.

Squat – 12" Base 100 Kg. – 220 Lbs.

Daphne Lansdown – 6 – 48 Lbs. – 30 Kg. – [13 + U }

Vertical Bar Deadlift – 1 Bar -1" -Right – 12.7 Kg. – 28 Lbs.

Officials – Denny Habecker, Barry Pensyl

Beth Skwarecki – Official in training

## **CLARK'S GYM VS FRANK'S BARBELL CLUB POSTAL CHALLENGE**

[August 10, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark



Frank's Barbell Club takes on the challenge from Clark's Championship Gym

The team match between Clark's Gym and Frank's Gym (in Massachusetts) went from a seven-man match to a match between four men and a woman. Clark's Gym was the easy winner – 11,892.64 points to 7,893.59 pts.

The top six lifters were from Clark's Gym and it was a close battle that went to the final lift of the day before John Carter beat Travis Luther for the overall title.

It came down to the final hip lift. With both lined up to attempt 1,905, an age group record for Carter (age 63), Travis had already broken the 80-kg, record of 1655 set at the Nationals in Columbia in 1995 by Cleveland's Bob Hirsh. Travis sent the mark bye-bye with his 1815. The record was 27 years old.

As they headed into the final hip lift, Carter had exactly a three-point lead over Luther – 2,744 to 2,741. Rather than take something lighter than the 1,905 Carter chose, Travis decided to go head-to-head. He rolled it, but couldn't hold it.

Carter did his usual psych job on himself and roared at the bar – and it came up.

The record list took a beating as 48 marks fell during the record day following the competition – 25 of them in Massachusetts and 23 in Columbia.

Take a good look at the standings. Hard to believe that Randy Smith wound up sixth and Abe Smith was fourth, losing to Carter, Luther and Dave Hahn, who slipped into third place as he slid into the 85-89 age group and did a record 820 hip lift in the 65 kg, class.

Janet Thompson, who had served on a televised panel concerning women in politics only four days earlier, found time between horse shows to add 10 records to her ever-growing list – which will soon get expanded as she will move into the 65-69 age group. Janet is also a leader in the horse show industry and is serving her third term as a county commissioner. She's one of a kind.

Ol' Clark actually did a few records as he lifted for the last time in the 85-89 age group. He kept his distance and stayed masked as Tony Lupo and Dave DeForest loaded his weights and judged from a distance. I had tested positive for covid-19 a week earlier. We were the only three in the special session. I tested negative two days later. Now it is on to the 90-94 age group. One last personal note: Covid had reduced my bodyweight to the 90-kg. class for the first time since I went through basic training in the heat at Ft. Sill, Oklahoma, in the summer of 1951.

The day was a throwback to the sessions that brought many of the USAWA leaders from the past to Columbia and training sessions in the gym with Carter, Garcia, Abe, Steve Schmidt, Art Montini, Dale Friesz, Tom Ryan, James Foster, Howard Prechtel and Noi Phumchaona, Kerry and Casey Clark, Amorkor Ollennuking, John Vernacchio, all three Zerchers, and a guy named Dale Spry, who had every chance to match Carter and Garcia in the chain lifts had he stayed with the game.

We missed the Nova Scotia gang, who would have really spiced up this competition. We hope they will lift in absentia at the 90<sup>th</sup> Birthday Party Bash later this month and send along their results.

As I struggled with five pounds in the one-hand swing earlier this week, I took solace in the fact that I am probably the only USAWA member – or lifter in an organization – who was competing as a positive for covid and had 11 total joint replacements at age 89. If you know of another, I challenge him or her. At least for now, covid is not a requirement for the match – just 11 total joint replacements for openers. I tested negative on August 4.

Officials (The 3 official system was used for both clubs):

Clark's Championship Gym: Bill Clark, Dave Deforest, Abe Smith, Tony Lupo (Tony is an official in training)

Frank's Barbell Club: Frank Ciavattone, Mark Raymond, Chris Lestan

Bodyweight is in kilos. All lifts and total are in pounds.

Lifts marked with an asterisk (\*) are national records. Lifters marked with a pound sign (#) lifted with no official, so are not eligible for records.

Team scores were determined by taking the top four male lifters and one female lifter from each team.

Name		age	weight	weight class	neck lift	hip lift	Deadlift, Civiattone grip, 1 hand	Swing, dumbbell	vertical bar, 2 bars, 1 inch 1-inch	total	adj. points
John Carter	Male	63	60	98.4	100	245	1905*	70R	365*	2790	2856.23

Travis Luther	Male	29	Open	76.5	80	245	1815*	185R	85L	445*	2775	2741.12
#Dave Hahn	Male	85		64	65	270	820	140R	25L	200	1455	2640.65
Abe Smith	Male	40		83.7	85	375	1505	235R*	130L*	430*	2580	2439.63
Dave DeForest	Male	62	60	85	85	300	1300	170R	65L*	285*	2115	2412.59
#Randy Smith	Male	67	65	98.5	100	311	1281	150R	89L	278	2109	2397.43
Tony Lupo	Male	56	55	107.5	110	245	1000	170R	75L*	255*	1735	1655.04
Bill Clark	Male	89	85	88.9	90	0	495*	125R*	5L*	165*	790	1242.36
Janet Thompson	Female	64	60	73	75	120*	445*	105R*	30L*	184*	884	1125.01
Team total .												11,892.64
Frank's Gym team												
Mike Marchand	Male	16	16	79.5	80	252	1003*	132L*	80R*	240*	1677	1777.65
Frank Ciavattone	Male	67	65	125	125	350*	1250*	230L*	45R*	320*	2185	1767.68
Mark Raymond	Male	59	55	103.5	105	160	1003	200L*	65R*	240*	1608	1613.98
Wade Marchand	Male	53	50	73	75	252	500	145L	50R	240*	1188	1377.61
Jessica Hopps (F)	Female	38	Open	94.5	95	252*	901*	116L	45R*	240*	1553	1356.55

Team  
total

7893.  
57

Record lifts outside the competition:

Bill Clark , age 89, bwt 88.9

vertical bar – 1 bar- 1 inch -Left 82.5

vertical bar – 1 bar – 1 inch – Right 82.5

Vertical bars – 2 bars- 2 inch – 115

Vertical bar – 1 bar – 2 inch – right – 71.0

Vertical bar – 1 bar- 2 inch – left – 71.0

TONY LUPO – 56. bwt 107.5

Vertcak bar – 2 bars- 2 inch – 241.

Thor's hammer – 30.0 lbs.

ABE SMITH – age 40. Bwt – 83.7-

Bent press – dumbbell -left – 115.

Bent press – dumbbell -right – 115.

Squat, front – 340.

clean and jerk – one arm – 145 Left

Clean and seated press – 215.

DAVE DeFOREST Age 62. Bwt 85. kg.

Curl, cheat – 2 dumbbells – 2×55.

Vertical Bar -1 Bar- 1 inch- Left 182

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Dumbbell to shoulder – 132

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Press – From Rack-behind neck – 105.

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Seated Press behind neck – 95.

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JANET THOMPSON Age 64, bwt 73 kg

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Harness lift – 525.

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Deadlift – 3 inch bar – 100.

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Vertical bar – 1 bar-1 inch – Left – 82.

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Veretical bar – 1 bar-1 inch – right – 82.

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Vertical bar -1 bar 2-inch – left – 78.

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JESSICA HOPPS. Age 38. Bwt 94.5 kg

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Rim lift – 155

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Clean – continental – 96.

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Dead lift -no thumbs- 185

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Vertical bar – 1 bar- 1 inch – left -125

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Vertical bar – 1 bar-1 inch – right – 125

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MICHAEL MARCHAND. Age – 16. Bwt – 79.5

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Rim lift – 215

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Deadlift – no thumb-right – 116

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Deadift – no thumb- left – 116.

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Vertical bar – 1 bar-1 inch- left – 155.



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Vertical bar – 1 bar-1 inch – right – 155.

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WADE MARCHAND. Age 53. Bwt – 73.0 kg.

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Rim lift – 215

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Dealift – no thumb – left – 116.

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Deadlift – no thumb – right – 116.

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Vertical bar-1 bar- 1 inch – left – 145.

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Vertical bar -1 bar- 1 inch – right – 145.

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MARK RAYMOND. Age 59. Bwt – 103.5.

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Rim lift – 215.

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Deadlift – no thumb – 235

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Vertical bar – 1 bar- 1 inch – left – 172.

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Vertical bar – 1 bar-1 inch – right – 172

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Clean and Press-Heels together – 88

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FRANK CIAVATTONI. Age 67. Bwt – 125 kg.

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Rectangular fix – 95.

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Weaver strick – left – 6.5 lbs.

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Weaver stick – right – 6.5 lbs.

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Deadlift – no thumb- left – 185.

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Deadift – no thumb-right – 185.

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**[SAD NEWS](#)**

[August 18, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



John McKean executing a one dumbbell deadlift

It is with a sad heart that I bring you this news. I got an email today from Marilyn McKean informing me that on Monday, August 15, her husband John passed away unexpectedly. John is a hall of famer (class of 1999), a century club member coming in at number 6 with 329 records, and an overall class act. He worked the mic for meets, wrote articles for the website (usually quite entertaining, mind you), and was just an overall wealth of knowledge in the strength world. I recently came across a series of articles he wrote for the kettlebell company "Dragon Door." Just a month or two ago, I enjoyed an email chain John and I had going about all round lifting and the USAWA in general. Our hearts go out to Marilyn and the rest of John's family. John, you will be missed, old buddy. Train in peace...

### [CLUB OF THE YEAR](#)

[August 21, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd



Club of the year: Clark's Gym. Pictured: Joe Caron, Abe Smith, Dave DeForest, Randy Smith, Bill Clark, and Tony Lupo. Not pictured: a host of lifters

I was finally able to award the Club of the Year awards over the past 2 weekend. The first place finisher was none other than Clark's Gym. Clark's is our oldest and longest running club having been officially recognized as a club in the USAWA since 1993. I can only assume that is when they started recognizing clubs, as I know Clark's Gym had lifters lifting in the USAWA since its inception. Clark's had not been exceptionally active for a few years, but made an absolute resurgence over the past couple. Bill and company have seen old members who have been away for a time return to their all-round roots, as well as drawing in a slew of new lifters into the fold, bring new blood to our organization. They were the top club at 2021 nationals. At that same national championships, they took down the top 3 spots in the men's division, and 4 of the top ten. They had seven of the top ten in the postal championship. Two of the top three in the Heavy Lift were Clark's Gym members, and they had a representative of the gym at Worlds who came in 5th. They had 20 members in 2021, and 22 as of the writing of this article. I don't know how the points came out, but I cannot imagine it was close.



KCSTRONGMAN is Runner-Up. Pictured: Lilly Todd, Eric Todd, Everett Todd, John Strangeway, Leroy Todd, Stacy Todd, and Chris Todd. Not Pictured: Lance Foster

Coming in second was my own KCSTRONGMAN club. Talk about new blood, I think we have collectively reduced the mean age of the USAWA by like 40 years. We were the runner-up club at 2021 nationals, having three lifters in the top ten (2 in the men's division and one in the women's). We also had two in the top five at the heavy lift. We had 10 lifters in 2021, and 9 members as of the writing of this article.

I truly believe that one of the means by which we can grow is through the club system. So find some like-minded people and start up a club if you are flying solo. Maybe next year your club will be the recipient of one of these plaques!

### **COURAGE AWARD-RUNNER UP**

[August 28, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Joe Garcia-Courage Award runner-up

The courage award description reads as follows:

*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.*

As was already announced, first place in this category went to Dean Ross. I was able to get the runner-up award delivered last weekend at Clark's Birthday Bash, and it went to Joe Garcia of Clark's Gym. Joe is a Hall of Famer from the class of 1997. He can boast by far the best Hand and Thigh lift in the history of the IAWA and the USAWA. It was the fighting spirit by which he worked toward these two accolades that allowed him to successfully conquer one of his biggest challenges to date. This past year saw him battle what seemingly could have been a deadly bout of Covid. It was so bad, that he had to be hospitalized and put on a ventilator, which is often a death sentence in these kinds of cases. It wasn't to be in Joe's case, though. He got off the ventilator, out of the hospital, and got back to work. Last time I saw, he was up to completing somewhere in the neighborhood of 80 pushups. It is clearly a rough thing to have endured but does make him more than worthy of this award. Way to go, Joe. Glad you are still kicking, and congrats on the award!

## **WORLD CHAMPIONSHIP**

[August 29, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Calling all USAWA lifters! The time is now to get your entry in to the world championship meet being held here in the states by none other than our president, Denny Habecker in Pennsylvania. The entry deadline is set for September 2nd for anyone who wants to be guaranteed an award or a shirt. Get those entries in the mail! This is a great opportunity to make your mark on the world stage. Hope some of you can get out to PA and represent the great USA.

## **ATHLETE OF THE YEAR**

[August 31, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



#### Abe Smith-Athlete of the Year

Abe Smith earned our Athlete of the year award this past year. Never is there a meet in which Abe is not one of the favorites. He competes for Clark's Championship Gym, and has been a force since he was a teen. He was the overall men's national champion in 2021. He was second in the postal championship, and 3rd in the Schmidt Backbreaker. Abe has really picked up his participation in the past couple years, and has become a dominant force. I used to call him microscopic Hercules, due to him being smaller than me, but he is a force, regardless of bodyweight. I feel good about my lifting (at a much greater bodyweight, mind you) if I have comparable results to Abe. Well deserved, and Abe. congrats!

#### [DEAN ROSS](#)

[September 1, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd

I got a letter in the mail today from Dean Ross. It reads as follows:

This is to let you know that I don't have or won't have any phone or computer service for at least one to two months, which is my choice. Please let anyone in the USAWA know that my health is getting a lot better. Wish I could see you on 9-10, but even with the way I drive, I can't be at two spots at the same time 200 miles apart. Hope to see you soon, Thanks

Dean



## CLARK'S BIRTHDAY WEEKEND

[September 4, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

August 20-21, 2022. Clark's Gym, Columbia, Mo.

The entries – and their data. (All are from Clark's Gym but may live elsewhere. All entries are eligible for records except Lucas Hardie.)

Janet Thompson, 64 – 160 bwt. (75 kilo class)

Nick Frieders, 21 – 155 bwt. (75 kilo class)

Travis Luther, 29 – 172 Bwt. (80 kilo class)

*Lucas Hardie, 38 – 196 Bwt. (90 kilo class) – From Nova Scotia via email. Not eligible for records.*

Abe Smith, 40 – 184 Bwt. (85 kilo class) Raymore, Mo.

Tony Lupo, 56 – 237 Bwt. (110 kilo class)

Dave DeForest, 62 – 187 Bwt. (85 kilo class)

Randy Smith, 67 – 197.5 Bwt. (90 kilo class) Marquette, Michigan.

Joe Garcia, 69 – 191 Bwt. (90 kilo class) DeWitt, Iowa.

Joe Caron, 76 – 184.5 Bwt. (85 kilo class) Iola, Kansas

Bill Clark, 90 – 205 Bwt. (95 kilo class)

THE BIRTHDAY CHALLENGE – 11 EVENTS, EACH DECIDED SEPARATELY

The Event, the lifter, the actual weight lifted (denoted in **Bold**) and the value of the lift decided by bwt. and age adjustment. Records denoted with an asterisk (\*)

### HARNESS LIFT

1 – Travis Luther – **1,500** (1458.45)

2 – Randy Smith – **1,205\*** (1396.25)

3 – Dave DeForest – **1,205\*** (1376.17)

4 – Nick Frieders – **1,305** (1359.02)

5 – Abe Smith – **1,405** (1,282.39)

6 – Bill Clark – **800\*** (1242.98)

7 – Tony Lupo – **1,305** (1242.48)

W – 1- Janet Thompson – **565\*** (715.29)

### DEAD LIFT – HEELS TOGETHER

1 – Nick Frieders – **440** (458.35)



2 – Dave DeForest – **370\*** (422.55)

3 – Randy Smith – **350\*** (405.77)

4 – Abe Smith – **440\*** (402.03)

5 – Tony Lupo – **365** (347.44)

6 – Travis Luther – **350** (340.31)

#### **ZERCHER LIFT**

1 – Randy Smith – **335\*** (388.37)

2 – Nick Frieders – **335** (339.92)

3 – *Lucas Hardie* – **375** (339.15)

4 – Abe Smith – **355\*** (324.77)

5 – Dave DeForest – **265\*** (302.64)

6 – Joe Caron – **155** (212.77)

7 – Tony Lupo – **135** (139.50)

#### **DEADLIFT – ONE HAND (RIGHT)**

1 – Nick Frieders – **320** (333.34)

2 – Randy Smith – **280** (324.61)

3 – *Lucas Hardie* – **309** (303.20)

4 – Abe Smith – **355\*** (292.70)

5 – Joe Caron – **155** (224.97)

6 – Bill Clark – **135\*** (205.24)

7 – Dave DeForest – **185** (204.50)

8 – Tony Lupo – **185** (176.11)

#### **DEADLIFT – ONE HAND (LEFT)**

1 – Nick Frieders – **320** (333.34)

2 – *Lucas Hardie* – **331** (324.84)

3 – Randy Smith – **280\*** (324.61)

4 – Abe Smith – **320** (292.70)

5 – Dave DeForest – **227\*** (259.25)

6 – Joe Caron – **175** (234.77)

7 – Bill Clark – **135\*** (205.12)

8 – Tony Lupo – **185** (176.11)

#### **HIP LIFT**

1 – Abe Smith – **1,610\*** (1472.91)

2 – Travis Luther – **1,500** (1458.45)

3 – Joe Garcia – **1,200\*** (1422.09)

4 – Nick Frieders – **1,200** (1258.04)

5 – Randy Smith – **1,110\*** (1206.85)

6 – Tony Lupo – **905** (861.48)

#### **NECK LIFT**

1 – Randy Smith – **335\*** (370.35)

2 – Abe Smith – **400\*** (365.94)

3 – Nick Frieders – **245** (255.22)

4 – Tony Lupo – **245** (233.22)

#### **MILLER CLEAN AND JERK**

1 – Randy Smith – **85\*** (123.37)

2 – Abe Smith – **125\*** (114.10)

3 – Nick Frieders – **85\*** (86.25)

4 – Travis Luther – **65** (63.22)

5 – Tony Lupo – **65** (61.87)

#### **STEINBORN LIFT**

1 – *Lucas Hardie* – **310** (280.56)

2 – Abe Smith – **275\*** (251.59)

3 – Randy Smith – **215\*** (249.25)

4 – Dave DeForest – **185** (209.27)

5 – Nick Frieders – **185** (188.22)

6 – Tony Lupo – **185** (175.11)

#### **HAND AND THIGH LIFT**

1 – Abe Smith – **1.005** (919.43)

2 – Dave DeForest – **800\*** (891.36)

3 – Nick Frieders – **800** (833.36)

4 – Randy Smith – **550** (630.89)

5 – Joe Caron – **365** (493.64)

6 – Tony Lupo – **315** (324.09)

### **RAMPAGE**

This is not a USAWA lift. The results here do count in the final summary of the Birthday Meet. There are no USAWA records for this competition.

The lifter chooses his own weight and then must clean the weight and do repetition presses with the barbell for a period of one minute. The total poundage, not the number of reps, are the deciding factor. The bar must be returned to the chest prior to each rep. No pause is necessary.

1 – Abe Smith – 38 reps with 76 pounds – 2,888 (2618.56)

2 – Randy Smith – 24 reps with 65 pounds – 1,560 (1817.53)

3 – Tony Lupo – 34 reps with 65 pounds – 2,210 (1798.63)

4 – Nick Frieders – 24 reps with 56 pounds – 1,344 (1363.76)

### **JOHN GRIMEK-TONY COOK AWARD**

1 – Abe Smith – 8336.10 points (all 11 events)

2 – Randy Smith – 7237.70 points (11 events)

3 – Nick Frieders – 6809.22 points (11 events)

4 – Tony Lupo – 5535.08 points (11 events)

They were the only four to compete in every event.

### **INDIVIDUAL LIFT WINNERS:**

Abe Smith – 3; Randy Smith -3; Nick Frieders – 3; Travis Luther – 1; Lucas Hardie – 1.

### **WEIGH-INS WERE HELD BOTH DAYS. NO CHANGES AFTER SECOND DAY WEIGH-INS**

### **SUCCESSFUL RECORD ATTEMPTS OUTSIDE THE COMPETITION**

#### **Joe Caron – 76 Bwt. 178**

Deadlift – vertical bar – 2 inch – right hand – 107.5.

Deadlift – vertical bar – 2-inch – left hand – 132.5.

#### **Randy Smith – 67 Bwt. 198**

Deadlift – vertical bar – 2-inch – right – 152.5

Deadlift – vertical bar – 2-inch – left – 152.5

Deadlift – 2-inch barbell – right – 125.

Deadlift – 2-inch barbell – left – 125.

Thor's Hammer – 42.5.

**Abe Smith – 40 Bwt. 185**

Deadlift – vertical bar – 2-inch – right – 182.5.

Deadlift – vertical bar – 2-inch – left – 182.5

Dumbbells – clean and push press – 2 x 100.

Clean and press – behind neck – 180.

Clean and press – behind neck – seated – 175.

**Janet Thompson – 64 Bwt. 160.**

Habecker Lift – 125

Lurich Lift – 145

Peoples' Deadlift – 200.

Kennedy Lift – 200

Deadlift – Dumbbell – left – 85.

**OFFICIALS FOR BOTH DAYS – A THREE-OFFICIAL MEET**

Eric Todd, Bill Clark, Joe Garcia, Abe Smith, Randy Smith, Dave DeForest and Tony Lupo (doing his training prior to certification).

**AWARDS PRESENTED BY USAWA SECRETARY, ERIC TODD**

Lifter of the Year – Abe Smith.

Courage Award Runner-up – Joe Garcia.

Club of the Year – Clark's Gym.

**NOTES:**

# In addition to all the lifting in this part of the weekend, Thompson, DeForest, both Smith's, Lupo and Frieders lifted in the IAWA postal; three logged their USAWA third quarter postal. It was a busy weekend for sure.

# All the competitors for the weekend plus at least four other local gym members were on hand for the party on Saturday night where they were entertained by a Dixieland Band, and shared a buffet of pulled pork, scalloped potatoes and baked beans and dined with half a dozen retired lifters from around the Midwest. Joe Caron even came dressed in a coat and tie. It was fun meeting with the guys from the past and some still lifting – Dave Hahn, Ken McClain, Wayne Gardner, Ron Sisk and James Foster. Tom Powell was unable to attend, but he helped cover the baked beans. Much appreciated.

The lifters shared the evening with many of Ol' Clark's friends from the music and theater world, a number of politicians, birders, etc., even a college president (Stephens College), along with international concert pianists and circuit court judges.

It was a treat for Randy Smith to take the better part of a week off to drive down from Marquette on the shore of Lake Superior on top of the Upper Peninsula of Michigan to do head-to-head battle with Abe Smith (no relation) and spend the weekend in the dungy dungeon that is infamous as Clark's Gym.

Joe Garcia, who suffered a tough three months with covid-19, has made excellent recovery considering the seriousness of his covid attack. He and Cindy came for the birthday dinner from the Garcia home in Iowa, then dropped by the gym the next day and made his first competitive lift in three years – a 1,200-lb, hip lift. He was thrilled. And so were we all. The hand-thigh lift in the competition was dedicated to Joe – who still holds the world mark 1,910 pounds

## **OLD TIME STRONGMAN CHAMPIONSHIP**

[September 10, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Fantastic group of lifters at this year's Old Time Strongman Championship

Today, the USAWA saw the 11th installment of the Old Time Strongman Championship hosted by KCSTRONGMAN in the megalopolis of Turney, Missouri. It was the perfect day for such a championship, and the lifting was top shelf. We had a few competitors drop out for various reasons the week prior to the meet, but luckily, we had a good number of entries, so we had decent numbers even after they withdrew. We also saw the largest group of lady lifters that this championship has seen.

This championship event started off with the Thor's hammer. This one can certainly be a fickle mistress. You really have to hit the sweet spot to get it to stick at the top. I cannot tell you how many

times I was about to give the down command when the lifter lost control at the top. Some were able to come back and hit it and some were not. Dave Deforest had an attempt where he missed it what seemed to be around 400 times at the top, only to hit a good lift with about 3 seconds left. The cream of the crop was Greg Cook, 2017s OTMS men's champion, who nailed a lift of 52.5 pounds, which is a mere stone's throw away from the best lift ever. Chris Todd came in at 40 pounds for a successful 4th attempt for a record.

We then moved on to the Lurich Lift. This lift is named for Old Time Strongman George Lurich and has not been contested within the OTSM Championship before. It was run as an exhibition lift in 2017 before being officially accepted as a USAWA lift at the 2018 national meeting. This one can offer the same challenges for some lifters as the hack lift, which is the bar can get bound up on the hamstrings. Our two younger ladies, Phoebe and Lilly Todd both went 200 and more on this discipline, while Stacy Todd hit the high mark of 360 for the women's division. In the men's class it was all Chad Ullom, who broke his own all-time record mark with a 610 pound effort. Dave DeForest had what appeared to be his very top end pull at 430 before passing away briefly on the platform. Everett Todd hit a personal best 190 at only nine years old. Leroy Todd hit a successful 175 on a fourth attempt.



Chad Ullom breaks the all-time Lurich Lift record with a pull of 610

We then broke for lunch where we dined on barbeque pork sandwiches, which were prepared by Stacy Todd, and potato chips.

After the lunch break, the lifting resumed with the Anderson Press, which is named after Paul Anderson. In the Women's division Lilly and Phoebe Todd hit an impressive 85 pounds apiece. Stacy hit a record 4th attempt of 110. Chris Todd edged Greg Cook for the top lift in the men's division with a 220 pound effort before hitting 240 for a record fourth attempt. Leroy Todd also hit a successful 70 pounds as a fourth attempt.

Our last lift of the day was the Dinnie Lift. This lift is named after Donald Dinnie and the lifting stones he supposedly carried. The top lift in the women's division was 360 by Stacy Todd. She then went on to take a successful 4th attempt at 400. Lilly Todd also had a successful fourth attempt with 225. Chad was again the top lifter with a successful pull at 800 pounds, which is well above what the real Dinnie Stones weigh. Side note-Chad has successfully lifted the Dinnie Stones on more than one occasion. Lance Foster came in lean and mean, having lost over 60 pounds, and hit a successful 475 on a fourth attempt.

The lifting was fantastic, and many records were broken. The following lifters set records in all four disciplines:

Everett Todd

Leroy Todd

Phoebe Todd

Lilly Todd

Stacy Todd

Chris Todd

Dave DeForest

Greg Cook

**Official results are as follow:**

Old Time Strongman Championship

ET's House of Iron and Stone

Turney, MO

September 10, 2022

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Chris Todd

Maker of barbeque: Stacey Todd

The One Official system was used for all lifts

Official: Eric Todd

Loaders: Eric Todd and all lifters

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment. All records are denoted with an asterisk \*

Lifts: Thor's hammer, Lurich Lift, Anderson Press, and Dinnie Lift

Results are as follows:



Name	age	age divisi on	weig ht	weig ht class	Thor' s ham mer	Luri ch Lift	Ander son Press	Dinn ie Lift	Tota l	Adj	Pla ce
<b>Women's Division</b>											
Phoebe Todd	12	13	121	55	10*	225*	85*	245*	565	934	1
Stacy Todd	39	Open	179	85	20*	360*	105*	360*	825	786	2
Lillian Todd	13	13	134	65	10*	200*	85*	210*	505	727	3
<b>Men's Division</b>											
Chad Ullum	50	50	221	105	30	610*	95*	800*	1535	1441	1
Greg Cook	65	65	244	115	52.5*	495*	200*	550*	1297.5	1313	2
Dave DeForest	62	60	192	90	27.5*	430*	160*	400*	1017.5	1144	3
Everett Todd	9	13	82	40	7.5*	190*	60*	175*	432.5	1033	4
Leroy Todd	11	13	89	45	7.5*	165*	65*	200*	437.5	955	5
Chris Todd	43	40	273	125	35*	340*	220*	600*	1195	944	6
Lance Foster	56	55	275	125	30*	0	85*	400*	515	456	7

With her third overall win, Phoebe Todd ties Heather Gardner/Tully as the winningest female in these championships. With his third win, Chad Ullom steps out all by himself as the winningest male in these championships.

### [CHRIS TODD-SPORTSMANSHIP AWARD-RUNNER UP](#)

[September 14, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Chris Todd receives the runner up-sportsmanship award

The sportsmanship award reads as such: *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.*

This award goes to my brother, Chris Todd. He has spent his whole life being a better sport than me when it came to winning and losing. He always gives it his all, but is cheerful in all weathers. I have always been a rather poor sport, so he is rather an inspiration to me. Congratulations to Chris, and well deserved!

## [WORLD POSTAL CHAMPIONSHIPS](#)

[September 17, 2022](#) [Al Myers](#) [Edit Post](#)

By Al Myers, IAWA President

2022 IAWA World Postal Championships "The Andy Goddard Memorial" August 31st, 2022 Lifts: Clean and Press, Continental Snatch, Cheat Curl, 1H Deadlift MEET REPORT, BY PROMOTER AL MYERS  
Another great year for the IAWA World Postal Championships!! This year we had 44 lifters compete (up 2 from last year) from the United States, Australia, England, and Canada. This World Postal Championships is one of three (with the World Championships and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I've included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings, and club rankings. I want to give special mention to the overall winners in each category. The Overall Best Men's Lifter was ABE SMITH, and the Overall Best Women's Lifter was BEATA BANAS. The Overall Best 3-person Team went to CLARK'S GYM (Abe Smith, Randy Smith, and Dave DeForest). The Overall Best Club went to METAMORFIT. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third. The youngest lifter that entered Everett Todd at 9 years of age. The oldest lifter in the completion was Bill Clark at 90 years of age! The Clubs with the most lifters entered were KC Strongman and Metamorfit at 8 lifters each. I

want to mention 5 lifters who competed as Exhibition Lifters (because of lack of an official to judge their lifts) just to show support to IAWA and the memory of Andy Goddard. These lifters were Gary Ell, Jason Farrugia, Chad Ullom and two lifters from Canada – Sylvia Stockall and Sarah Douglas. If anyone notices any errors in these results please let me know as soon as possible so I can get things corrected. Sometimes I have difficulties reading the handwriting on the official scoresheets. Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA

MEET RESULTS (PDF): [2022 World Postal Results](#)

## MASTER SCORESHEET

LIFTER	CLUB/TEAM	ORG	M/F	OFF#	AGE	BWT	C&P	Snatch	Curl	DL 1H	TOTAL	POINTS
Max Ell	Twyford Devon	IAWAUK	F	1	25	52.0	27.5	27.5	30.0	60.0R	145.0	188.3
Sonya Coles	Twyford Devon	IAWAUK	F	1	45	92.0	37.5	32.5	32.5	60.0R	162.5	152.7
Gary Ell	Twyford Devon	IAWAUK	M	1*	51	90.1	50.0	57.5	65.0	135.0L	307.5	308.9
Leroy Todd	KC Strongman	USAWA	M	2	11	38.2	13.6	13.6	15.9	29.5R	72.6	168.7
Lilly Todd	KC Strongman	USAWA	F	2	13	59.1	20.5	15.9	27.3	40.9R	104.6	153.7
Eric Todd	KC Strongman	USAWA	M	1	47	122.7	97.7	59.5	95.5	140.0R	393.2	324.0
Chris Todd	KC Strongman	USAWA	M	1	43	125.5	66.4	69.1	75.0	137.7R	348.2	273.3
Everett Todd	KC Strongman	USAWA	M	2	9	36.4	13.6	11.4	14.8	29.5R	69.3	170.2
Phoebe Todd	KC Strongman	USAWA	F	2	12	55.0	20.5	20.5	25.0	54.5R	120.5	198.9
Stacy Todd	KC Strongman	USAWA	F	2	39	81.8	31.8	38.6	50.0	90.9R	211.3	200.4
John Strangeway	KC Strongman	USAWA	M	2	42	97.3	----	----	77.3	----	77.3	68.4
Natalie Voce	Metamorfit	IAWAUK	F	1	40	88.3	42.5	30.0	37.5	60.0R	170.0	155.9
Paul Barette	Metamorfit	IAWAUK	M	1	46	73.9	45.0	45.0	62.5	120.0L	272.5	294.3
Danny Kingsland	Metamorfit	IAWAUK	M	1	32	64.3	60.0	45.0	57.5	110.0R	272.5	301.8
Beata Banas	Metamorfit	IAWAUK	F	1	38	72.5	42.5	45.0	42.5	95.0R	225.0	230.1
Sam Bonar	Metamorfit	IAWAUK	M	2	28	89.5	70.0	70.0	65.0	115.0R	320.0	288.3
Lara Bennett	Metamorfit	IAWAUK	F	1	17	69.0	30.0	30.0	37.5	40.0R	137.5	152.3
Maria Bennett	Metamorfit	IAWAUK	F	1	60	96.4	32.5	20.0	30.0	35.0R	117.5	122.9
Harry Fisher	Metamorfit	IAWAUK	M	1	36	103.8	67.5	55.0	75.0	105.0L	302.5	251.4
Jason Farrugia	Ballina	AWFA	M	1*	51	84.0	60.0	45.0	60.0	120.0R	285.0	298.1
Riley Farrugia	Ballina	AWFA	M	1	15	84.0	60.0	45.0	50.0	105.0R	260.0	279.2
Andrew Parker	Ballina	AWFA	M	1	46	79.0	40.0	40.0	40.0	105.0R	225.0	233.2
Daniel Parker	Ballina	AWFA	M	1	22	74.0	30.0	30.0	30.0	90.0R	180.0	181.5
Chad Ullom	Dino Gym	USAWA	M	1*	50	102.1	----	----	83.9	142.9R	226.8	210.9
Karen Gardner	Burton Powerhouse	IAWAUK	F	2	63	73.7	22.5	22.5	25.0	50.0R	120.0	150.4
Paul Hallam	Burton Powerhouse	IAWAUK	M	3	43	92.5	57.5	50.0	40.0	120.0L	267.5	245.9
Graham Saxton	Burton Powerhouse	IAWAUK	M	2	60	119.0	40.0	27.5	30.0	120.0R	217.5	203.9
Steve Gardner	Burton Powerhouse	IAWAUK	M	2	63	131.3	20.0	20.0	40.0	75.0R	155.0	141.9
Sylvia Stockall	Victoria	CANADA	F	1*	64	68.1	47.6	61.3	44.0	52.6R	205.5	273.4
Sarah Douglas	Victoria	CANADA	F	1*	28	68.1	35.0	25.0	35.0	35.0	130.0	138.3
Abe Smith	Clark's Gym	USAWA	M	3	40	83.5	98.5	79.5	93.5	145.0L	416.5	394.2
Randy Smith	Clark's Gym	USAWA	M	3	67	89.8	57.5	52.5	68.5	127.0L	305.5	357.2
Tony Lupo	Clark's Gym	USAWA	M	3	56	108.0	73.0	50.0	54.5	73.0L	250.5	238.5
Janet Thompson	Clark's Gym	USAWA	F	3	64	73.5	10.0	10.0	20.5	45.5L	86.0	108.9
Joe Caron	Clark's Gym	USAWA	M	3	76	84.0	----	----	----	84.0R	84.0	116.1
Bill Clark	Clark's Gym	USAWA	M	3	90	94.8	----	----	20.0	61.5R	81.5	125.2
Dave DeForest	Clark's Gym	USAWA	M	3	62	87.2	57.0	54.5	64.0	113.5L	289.0	324.8
Claire McLaren	The Shed	AWFA	F	1	50	84.0	32.5	35.0	40.0	95.0R	202.5	209.9
David Reeve	The Shed	AWFA	M	1	76	78.5	45.0	----	45.0	100.0R	190.0	273.6
Stephen Charles	The Shed	AWFA	M	1	41	88.3	55.0	55.0	62.5	100.0R	272.5	252.4
Chris Wacora	The Shed	AWFA	M	1	42	86.3	50.0	----	55.0	90.0R	195.0	184.8
Peter Phillips	The Shed	AWFA	M	1	68	98.8	40.0	10.0	50.0	100.0R	200.0	225.2
Flynn McLaren	The Shed	AWFA	M	1	19	75.3	40.0	55.0	62.5	110.0R	267.5	272.4
Bill Kappel	The Shed	AWFA	M	1	77	74.8	55.0	30.0	45.0	100.0L	230.0	345.9

Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections.

One IAWA Certified Official is required for competition. Two/Three IAWA Certified Officials required for IAWA World Records. Listed below are the IAWA Certified Officials for each club/team participating. Exhibition lifters are marked with an asterisk (\*) and are not eligible for placings or records.

- Twyford Celts– Official Gary Ell (1\*), Gary was officiated by Uncertified official Max Ell
- KC Strongman – Officials Eric Todd, Chris Todd
- Metamorfit – Officials Paul Barette, Natalie Voce
- Ballina – Official Jason Farrugia (1\*) Jason officiated himself
- Dino Gym – Official Chad Ullom (1\*), Chad officiated himself
- Burton Powerhouse – Officials Karen Gardner, Graham Saxton, Steve Gardner
- Canada – (1\*) Uncertified Officials Christian Pederson, Gordon Stockall
- Clark’s Gym – Officials Bill Clark, Dave DeForest, Randy Smith, Abe Smith, Joe Garcia
- The Shed – Peter Phillips, Tom Davies, Bill Kappel

## CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
Phoebe Todd	Womens <13/55KG Class Champion BEST JUNIOR
Max Ell	Womens 20-39/55KG Class Champion
Natalie Voce	Womens 40-44/90KG Class Champion BEST MASTER 40-44
Beata Banas	Womens 20-39/75KG Class Champion BEST SENIOR 20-39 BEST LIFTER OVERALL
Karen Gardner	Womens 60-64/75KG Class Champion BEST MASTER 60-64
Lilly Todd	Womens <13/60KG Class Champion
Sylvia Stockall	Womens 60-64/70KG Class Champion (Exhibition Lifter)
Sarah Douglas	Womens 20-39/70KG Class Champion (Exhibition Lifter)
Sonya Coles	Womens 45-49/95KG Class Champion BEST MASTER 45-49
Lara Bennett	Womens 16-17/70KG Class Champion
Maria Bennett	Womens 60-64/100KG Class Champion
Stacy Todd	Womens 20-39/85KG Class Champion
Janet Thompson	Womens 60-64/75KG Class Champion
Claire McLaren	Womens 50-54/85KG Class Champion BEST MASTER 50-54 BEST MASTER OVERALL
Gary Ell	Mens 50-54/95KG Class Champion (Exhibition Lifter)
Leroy Todd	Mens <13/40KG Class Runner Up
Eric Todd	Mens 45-49/125KG Class Champion BEST MASTER 45-49
Chris Todd	Mens 40-44/125+KG Class Champion
Everett Todd	Mens <13/40KG Class Champion
John Strangeway	Mens 40-44/100KG Class Champion
Paul Barette	Mens 45-49/75KG Class Champion
Danny Kingsland	Mens 20-39/65KG Class Champion BEST SENIOR 20-39
Sam Bonar	Mens 20-39/90KG Class Champion
Harry Fisher	Mens 20-39/105KG Class Champion
Jason Farrugia	Mens 50-54/85KG Class Champion (Exhibition Lifter)
Riley Farrugia	Mens 14-15/85KG Class Champion BEST JUNIOR
Andrew Parker	Mens 45-49/80KG Class Champion
Daniel Parker	Mens 20-39/75KG Class Champion
Chad Ullom	Mens 50-54/105KG Class Champion (Exhibition Lifter)
Paul Hallam	Mens 40-44/95KG Class Champion
Graham Saxton	Mens 60-64/120KG Class Champion

Steve Gardner	Mens 60-64/125+KG Class Champion
Abe Smith	Mens 40-44/90KG Class Champion BEST MASTER 40-44 BEST MASTER OVERALL BEST LIFTER OV
Randy Smith	Mens 65-69/90KG Class Champion BEST MASTER 65-69
Tony Lupo	Mens 55-59/110KG Class Champion BEST MASTER 55-59
Joe Caron	Mens 75-79/85KG Class Champion
Bill Clark	Mens 90-94/95KG Class Champion BEST MASTER 90-94
Dave DeForest	Mens 60-64/95KG Class Champion BEST MASTER 60-64
David Reeve	Mens 75-79/80KG Class Champion
Stephen Charles	Mens 40-44/90KG Class Runner Up
Chris Wacora	Mens 40-44/90KG Class Third Place
Peter Phillips	Mens 65-69/100KG Class Champion
Flynn McLaren	Mens 18-19/80KG Class Champion
Bill Kappel	Mens 75-79/75KG Class Champion BEST MASTER 75-79

## TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Abe Smith	394.2	1	Beata Banas	230.1
2	Randy Smith	357.2	2	Claire McLaren	209.9
3	Bill Kappel	345.9	3	Stacy Todd	200.4
4	Dave DeForest	324.8	4	Phoebe Todd	198.9
5	Eric Todd	324.0	5	Max Ell	188.3
6	Danny Kingsland	301.8	6	Natalie Voce	155.9
7	Paul Barette	294.3	7	Lilly Todd	153.7
8	Sam Bonar	288.3	8	Sonya Coles	152.7
9	Riley Farrugia	279.2	9	Lara Bennett	152.3
10	David Reeve	273.6	10	Karen Gardner	150.4
11	Chris Todd	273.3			
12	Flynn McLaren	272.4			
13	Stephen Charles	252.4			
14	Harry Fisher	251.4			
15	Paul Hallam	245.9			
16	Tony Lupo	238.5			
17	Andrew Parker	233.2			
18	Peter Phillips	225.2			
19	Graham Saxton	203.9			
20	Chris Wacora	184.8			

## TOP 10 TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Clark's Gym 1	1076.2	Abe Smith, Randy Smith, Dave DeForest
2	The Shed 1	891.9	Bill Kappel, David Reeve, Flynn McLaren
3	Metamorfit 1	884.4	Paul Barette, Danny Kingsland, Sam Bonar
4	KC Strongman 1	797.7	Eric Todd, Chris Todd, Stacy Todd
5	Ballina	693.9	Riley Farrugia, Andrew Parker, Daniel Parker
6	The Shed 2	687.5	Claire McLaren, Stephen Charles, Peter Phillips
7	Metamorfit 2	637.4	Harry Fisher, Beata Banas, Natalie Voce
8	Burton Powerhouse Gym	600.2	Karen Gardner, Paul Hallam, Graham Saxton
9	KC Strongman 2	522.8	Phoebe Todd, Lilly Todd, Everett Todd
10	Clark's Gym 2	479.8	Tony Lupo, Bill Clark, Joe Caron

## TOP 5 CLUBS

	CLUB	POINTS	MEMBERS
1	Metamorfit	1797.0	Natalie Voce, Paul Barette, Danny Kingsland, Beata Banas, Sam Bonar, Lara Bennett, Maria Bennett, Harry Fisher
2	The Shed	1764.2	Claire McLaren, David Reeve, Stephen Charles, Chris Wacora, Peter Phillips, Flynn McLaren, Bill Kappel
3	Clark's Gym	1664.9	Abe Smith, Randy Smith, Tony Lupo, Janet Thompson, Joe Caron, Bill Clark, Dave DeForest
4	KC Strongman	1557.6	Leroy Todd, Lilly Todd, Eric Todd, Chris Todd, Everett Todd, Phoebe Todd, Stacy Todd, John Strangeway
5	Burton Powerhouse Gym	742.1	Karen Gardner, Paul Hallam, Graham Saxton, Steve Gardner

## TOP 3 ASSOCIATIONS

	ASSOCIATION	POINTS
1	USAWA	3222.5
2	IAWAUK	2880.1
3	AWFA	2457.4

## [LANE FOSTER-SPORTSMANSHIP AWARD WINNER](#)

[September 19, 2022 KCSTRONGMAN Edit Post](#)

by Eric Todd



I was finally able to give out the last of the national awards last Saturday at the Old Time Strongman Championship. Your first place winner in this category was KCSTRONGMAN club member, Lance Foster. The Sportsmanship award reads as follows:

***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 a specific example of exceptional sportsmanship.*

Lance is now a three-time Sportsmanship award winner, and they are consecutive wins. Lance is the epitome of what a good sport looks like. He competes regularly, and always gives his all, but never a terse word or demeanor regardless of the result. I cannot think of a more deserving winner, and apparently the membership agrees. Congratulation, Lance! Well deserved!

## [NATIONALS 2008](#)

[September 21, 2022 KCSTRONGMAN Edit Post](#)

We are working on getting national results from before we had a website recorded on the website in an effort to preserve a more complete history. The first one that I am posting here is from 2008. They



are all transcribed from the “Strength Journal” by Bill Clark. This was an idea of Frank Ciavattone’s and was presented at the national meeting. Enjoy a little piece of history:

2008 USAWA NATIONAL CHAMPIONSHIPS By Bill Clark (From “US All-Round Weightlifting Association Strength Journal”, Vol. XIX, No. 4, August 18, 2008. Columbia MO. Print.)

### [2008 Nationals](#)

### [STEVE’S BACKBREAKER PENTATHLON](#)

[September 25, 2022 KCSTRONGMAN](#) [Edit Post](#)

by Bill Clark

Date: December 3, 2022

Meet Director: Bill Clark

Entree Fee: None

Entry Deadline: Sunday, November 26, 2022

Awards: Certificates

Weigh ins: 8:00-9:00 day of

Lifts: Back Lift; Harness Lift; Hip Lift; Hand and Thigh; Neck Lift

To let Bill know you are coming, he can be reached by email at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com); telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

### [GOERNER DEADLIFT DOZEN PLUS ONE](#)

[September 25, 2022 KCSTRONGMAN](#) [Edit Post](#)

by Bill Clark

Date: October 29 and 30(if necessary)

Where: Clark’s Gym, 720 Grace Lane, Columbia, MO

Weigh ins: 8:00-9:00

Entry Fee: None

Entry Deadline: October 23, 2022

Awards: Certificates

Lifts: Deadlift-heels together; Hack Lift; Deadlift-2 bars; Deadlift-1 arm right; Deadlift-1 arm left; Deadlift – No Thumb, One Arm Right; Deadlift – No Thumb, One Arm left; Jefferson lift; Deadlift – Fingers, Index; Deadlift – Fingers, Middle; Deadlift – Fingers, Ring; Deadlift – Fingers, Little; Deadlift – Reeves

There is no entry form for this meet, but please let Bill know you are coming. You can reach him by email at [yeoldclark@gmail.com](mailto:yeoldclark@gmail.com); telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

### **LIFTER OF THE MONTH-MARCH**

[September 28, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

This was a tough one, as we only had one March event in the first quarter postal. Both the men's winner, Dan Wagman and the women's winner, RJ Jackson are quite deserving. I am giving the nod to RJ this time around for absolutely crushing what had to be one of the toughest women's fields in any postal event. She was over 85 points ahead of her nearest competitor in a very tough Sylvia Stockall as well as third place Beth Skwarecki, who is a national and world champion. Congrats RJ! Well deserved!

### **RECORDS LIST UPATED**

[October 2, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Thanks to our records director, John Strangeway, the USAWA records were updated on September 27th. This newest record update is current through the Clark's Gym vs, Franks Barbell Club postal. Huge thanks to Johnny for all the work he does to keep this records list current.

### **LIFTER OF THE MONTH-MAY**

[October 2, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Tony Hose-Benchpress Decathlon Champ!

This month's selection goes to Tony Hose of Clark's Gym. Tony gets the nod for May's recognition due to his impressive victory in the Bench press Decathlon in Columbia, MO. This was Tony's first ever all-round competition making his win even more impressive. He defeated bench press specialist, Dave Beversdorf by 175 points. Congrats Tony! Well deserved!

### [LIFTER OF THE MONTH-JUNE](#)

[October 4, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Beth Skwarecki executes a Full Gardner earning her the 2021 Presidential Cup.

With our national meet being in June, it is hard to not recognize our national champions as being the best of the best. That is why our June Lifter of the Month goes to Beth Skwarecki for not only winning the women's division at nationals, but was named the overall grand champion for having the highest point total among all of the lifters. This is the third time Beth is being recognized with the lifter of the month honor, having also been recognized in October 2019 and August of 2021. Well deserved Beth! Congrats!

### [2009 NATIONALS](#)

[October 5, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

Here is the next installment of past nationals transcribed in an effort to preserve a more complete history. This one is from 2009. They are all transcribed from the "Strength Journal" by Bill Clark. This was an idea of Frank Ciavattone's and was presented at the national meeting. Enjoy a little piece of history:

[2009 Nationals](#)

## WORLD CHAMPIONSHIPS

October 6, 2022 Al Myers Edit Post

By Al Myers

### **2022 IAWA WORLD CHAMPIONSHIPS**



The group picture from the 2022 IAWA World Championships

Once again Denny and Judy Habecker hosted a great World Championships in their hometown of Lebanon, PA. I believe this marks the SIXTH time the Habeckers have promoted Worlds – making them the ALL TIME leaders putting on the IAWA World Championships.

Like last year, the number of competitors were down in numbers. I'm hoping this is still due to post COVID reasons, but it's a little concerning. However, the lifting was superb and the meet was an overall success. We dedicated this World Championships to Karen Gardner as she's fighting health issues right now and could not attend. Steve and Karen have always been a perennial presence at this meet, and I have to admit it seemed a little "off" not sharing the announcing table with Steve.

Beth Skwarecki from Pittsburgh was the lone women's competitor but she represented well!! Her performance was worthy of being a champion. She impressed me with several of her lifts and her technique is flawless.



Beth had a record breaking performance in the One Hand Deadlift with this 101 KG successful lift!

Three lifters from England made the trip to the states to compete. Steve Sherwood won the OVERALL BEST LIFTER title and AGAIN showed us that he is still the best in our sport. I always enjoy watching Steve lift. He's a perfectionist with his lifting and a true gentleman off the platform.

Paul Barette and Danny Kingsland from the Metamorfit Gym in Eastbourne both had great meets. This was the first time that Danny has traveled to the states to lift. I want to REALLY thank Steve, Paul, and Danny for attending.

Young Aidan Habecker was the youngest lifter at 19, and his "gramps" Denny the oldest at 80. However, Aidan is not the kid lifter he used to be as he's a young man now, and he posted the highest total of the meet at 630 kilograms. He was the last lifter on the platform when the meet was over as he nailed a 170 kg VB deadlift for record, which was a fitting way to end the meet.

I want to mention Frank Ciavattone. Frank has dealt with ALOT lately but still competed and posted a mark in all the lifts. Even though his One Hand Deadlift was a token lift for him at this meet, it still impressed me just getting to watch the legend in action with his signature lift.

Randy Smith made the road trip from Michigan to compete. Randy was last year's overall best lifter at Worlds but ended up second overall to Steve this year. Outside of a few more grey hairs Randy still looks and lifts like he did 20 years ago.

Again, I want to thank Denny and Judy for all they did to make this another great championships for IAWA.

Meet Results:

## 2022 World IAWA World Championships

October 1st & 2nd, 2022

Lebanon, PA

Meet Director: Denny Habecker

Meet Announcer/Scorekeeper: Al Myers

Meet Officials (3-official system used): Denny Habecker, Barry Pensyl, Beth Skwarecki, Steve Sherwood, Paul Barette, Frank Ciavattone, Randy Smith

Meet Loaders: All Lifters

Meet Lifts: DAY 1 Clean and Press, Continental Snatch, Cheat Curl, One Hand Deadlift DAY 2  
Continental Clean and Jerk, Pullover and Push, 2 2" Vertical Bar Deadlift

### WOMENS DIVISION

Lifter	Age	BWT	C&P	Sna	Curl	1HDL	C&J	P&P	VB	TOT	PTS
Beth Skwarecki	41	67.5	40	55	52.5	95R	70	85	96	492.5	537.8

### EXTRA ATTEMPTS FOR RECORD

Beth S Cheat Curl 56K

One Hand DL Right 101K

### MENS DIVISION

Lifter	Age	BWT	C&P	Sna	Curl	1HDL	C&J	P&P	VB	TOT	PTS
Steve Sherwood	71	80.5	45	55.5	68	150L	55	75	140	588.5	777.7
Randy Smith	68	87.0	55	50	67.5	122.5R	67.5	92.5	140	595.0	718.6
Denny Habecker	80	83.1	42.5	35	42.5	92.5R	45	72.5	87.5	417.5	612.0
Aidan Habecker	19	83.0	50	60	67.5	125R	70	92.5	165	630.0	604.3
Paul Barette	46	74.8	50	52.5	65	120L	62.5	82.5	95	527.5	565.4
Danny Kingsland	32	64.8	65	45	60	0	60	97.5	105	432.5	476.0
Frank Ciavattone	67	130.0	20	20	40	90R	20	50	105	345.0	332.7
Al Myers	56	104.8	—	—	—	—	—	—	105	105.0	101.5

*Notes: Steve Sherwood weighed in on Day 2 at 79.9 (80KG Class). All other lifters weighed in at the same class as Day 1.*

### EXTRA ATTEMPTS FOR RECORD

Aidan Habecker Cheat Curl 68.5K

Aidan Habecker 2x2" VB 170K

*Notes: All lifts recorded in kilograms. BWT is bodyweight recorded in kilograms. R and L designate right and left. TOT is total kilograms lifted. PTS are overall points adjusted for bodyweight and age corrections.*

#### BEST LIFTER AWARDS

Womens Master 40-44: Beth Skwarecki

Womens Overall: Beth Skwarecki

Mens Junior: Aidan Habecker

Mens Senior: Danny Kingsland

Mens Master 45-49: Paul Barette

Mens Master 55-59: Al Myers

Mens Master 65-69: Randy Smith

Mens Master 70-74: Steve Sherwood

Mens Master 80-84: Denny Habecker

Mens Overall: Steve Sherwood

#### 2022 THIRD QUARTER POSTAL

[October 8, 2022 Denny Habecker](#) [Edit Post](#)

The third quarter postal had good participation again with 23 men and 7 women competing. Abe Smith topped the men again and R.J. Jackson led the women this quarter.

3rd Quarter Postal- July 1 Thru September 30

Records are marked with an \*

Lifters marked with a # sign are Canadian, thus not eligible for USAWA records

The Lifts- Curl-Cheat, Press from Racks, Deadlift- Ciavattone-One Hand

#### MEN'S DIVISION:

Abe Smith – 40 – 184 Lbs. – 205 Lbs.\* – 220 Lbs.\* – 240 Lbs.\*-L – 665 Lbs. – 629.40

Randy Smith – 67- 197.5 Lbs – 150 Lbs. – 115 Lbs. – 205 Lbs.\* -L- 470 Lbs. -549.77

Anthony Hose – 53 – 225 Lbs. – 175 Lbs. – 165 Lbs.\* – 230 Lbs R -570 Lbs. – 544.72

John Carter – 63 – 216 Lbs. – 150 Lbs.\* – 120 Lbs.\* – 230 Lbs R – 500 Lbs. – 530.96

John Strangeway – 42 – 214 Lbs. – 170 Lbs. – 175 Lbs.\* – 240 Lbs\* L- 585 Lbs. – 518.91

Matt MacNeil # – 37 -269 Lbs. – 205 Lbs. – 225 Lbs. – 225 Lbs R – 655 Lbs. – 501.14

Denny Habecker – 80 – 182 Lbs. – 88 Lbs. – 99 Lbs – 148 Lbs R – 335 Lbs. – 490.93

Lucas Hardie # – 38 – 191.8 Lbs. -175 Lbs. – 135 Lbs. – 205 Lbs L – 515 Lbs. – 471.22

Eric Todd – 47 – 270 Lbs. – 210 Lbs.\* – 200 Lbs.\* -160 Lbs R – 570 Lbs. – 470.26

Dave DeForest – 62 – 196 Lbs. -130 Lbs. – 120 Lbs. – 172 Lbs R -422 Lbs. – 469.12

Barry Pensyl – 74 – 142 Lbs. – 88 Lbs. – 78 Lbs. – 128 Lbs R – 294 Lbs. – 467.93



Nick Frieders – 21 – 153.5 Lbs. – 130 Lbs. – 120 Lbs. – 190 Lbs R – 440 Lbs. – 461.56  
 Dave Hahn – 85 – 141 Lbs. – 75 Lbs. – 45 Lbs. – 125 Lbs L – 245 Lbs. – 451.47  
 Anthony Lupo – 56 – 230.5 Lbs. – 120 Lbs. – 165 Lbs.\* – 180 Lbs L – 465 Lbs. – 450.25  
 Dan Wagman – ? – 174.5 Lbs. – 216 Lbs.\* – 0 – 241 Lbs\*-L – 457 Lbs. – 442.28  
 Sanjiv Gupta – 51 – 187.6 Lbs. – 101 Lbs. – 130 Lbs. – 185 Lbs L – 416 Lbs. – 431.81  
 John Gordon # – 28 – 179.6 Lbs. – 132.3 Lbs. – 125 Lbs. – 185 Lbs L – 442.3 Lbs. – 420.45  
 Jarrod Fobes – 45 – 209 Lbs. – 135 Lbs. – 135 Lbs. – 175 Lbs.-R – 445 Lbs. – 388.04  
 Chris Todd – 43 – 276 Lbs. – 165 Lbs. – 135 Lbs. – 180 Lbs\* L – 480 Lbs. – 377.30  
 Everett Todd – 9 – 80 Lbs. – 32.5 Lbs. – 30 Lbs.\* – 50 Lbs\*-R- 112.5 Lbs. – 366.52  
 Bill Clark – 90 – 202 Lbs. – 38 LBS.\* – 28 Lbs.\* – 125 Lbs\*R – 191 Lbs. – 298.75  
 Leroy Todd – 11 – 84 Lbs. – 35 Lbs. – 30 Lbs.\* – 55 Lbs\*-R- 120 Lbs. – 278.88  
 Joseph Caron – 77 – 184 Lbs. – 0 – 0 – 175 Lbs.\*- R – 175 Lbs. – 248.64

#### WOMEN:

R.J. Jackson – 60 – 103 Lbs. – 86 Lbs. – 80 Lbs. – 111 Lbs R – 277 Lbs. – 394.59  
 Beth Skwarecki – 41 – 146.8 Lbs. – 117 Lbs. – 88 Lbs. – 128 Lbs R – 333 Lbs. – 367.53  
 Kim Van Wagner – 55 – 129 Lbs. – 70 Lbs. – 70 Lbs. – 95 Lbs. L – 235 Lbs. – 322.81  
 Phoebe Todd – 12 – 121 Lbs. – 55 Lbs.\* – 45 Lbs.\* – 85 Lbs-R – 185 Lbs. – 306.28  
 Stacy Todd – 39 – 180 Lbs. – 110 Lbs.\* – 65 Lbs.\* – 141 Lbs\*R – 316 Lbs. – 300.17  
 Lillian Todd – 13 – 130 Lbs. – 60 Lbs. – 50 Lbs.\* – 75 Lbs\*R – 185 Lbs. – 272.46  
 Janet Thompson – 65 – 160 Lbs. – 55 Lbs.\* – 28 Lbs.\* – 100 Lbs\*L – 183 Lbs. – 235.56

#### OFFICIALS:

Randy Smith – Bill Clark, Abe Smith, Dave DeForest  
 Abe Smith – Bill Clark, Dave DeForest  
 John Strangeway – Eric Todd, Chris Todd  
 Everett Todd – Eric Todd, Chris Todd  
 Leroy Todd – Eric Todd, Chris Todd  
 Joe Caron – Bill Clark, Abe Smith  
 Phoebe Todd – Eric Todd, Chris Todd  
 Stacy Todd – Eric Todd, Chris Todd  
 Lillian Todd – Eric Todd, Chris Todd  
 Anthony Hose – Bill Clark  
 John Carter – Bill Clark  
 Eric Todd – Chris Todd  
 Dave DeForest – Bill Clark  
 Nick Frieders – Bill Clark  
 Anthony Lupo – Bill Clark  
 Dan Wagman – R.J. Jackson  
 Chris Todd – Eric Todd  
 Bill Clark – Dave DeForest  
 Janet Thompson – Bill Clark

#### LIFTERS WITHOUT CERTIFIED OFFICIALS:

Matt MacNeil, Lucas Hardie, Barry Pensyl, Denny Habecker, Dave Hahn, Sanjiv Gupta, John Gordon, R.J. Jackson, Beth Skwarecki, Kim Van Wagner, Jarrod Fobes

## **ED ZERCHER STRENGTH CLASSIC**

[October 12, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

When: January 28-29, 2023

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

Entry Fee: none

Entry Deadline: January 22, 2023

Awards: Certificates

Lifts: Zercher Lift; Steinborn Lift; Clean and Press-Heels together; 2 hand Clean and Jerk; Leg Press in rack; Hand and Thigh; Bench Press-Feet in air; Deadlift-heels together; Hack Lift; Harness Lift; Hip Lift; One Hand Deadlift

There is no entry form for this event, but please let Bill know you are attending. You can reach him by email at yeoldclark@gmail.com; telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

## **LIFTER OF THE MONTH OF JULY**

[October 16, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I am giving the nod this month to our Canadian brother, Lucas Hardie. While he came in a close second during the 2nd quarter postal (which technically was completed June 30, but there were no meets contested in July), his enthusiasm for all-round has been infectious. I have received a number of messages with videos from him to be sure he is doing the lifts right. He has recruited some guys from his gym to join the organization and participate in some of our postal meets. He has certainly increased our Canadian membership and participation. It is guys like Lucas who inspire others and keep our organization going. He has proven himself to be a true asset, and I feel very deserving of this accolade. Congrats Lucas! We appreciate your contribution!

## **IAWA MEETING MINUTES**

[October 18, 2022](#) [Al Myers](#) [Edit Post](#)

### **World Council Meeting Minutes**

**1<sup>st</sup> October 2022 – Lebanon PA**

### **Meeting Commenced: 14.45 (Chaired by Al Myers)**

- The role call took place, those present – Denny Habecker (USA), Judy Habecker (USA), Al Myers (USA), Danny Kingsland (UK), Paul Barette (UK), Steve Sherwood (UK), Randy Smith (USA), Frank Ciavattone (USA), Beth Skwarecki (USA).
- Al pointed out that Paul Barette was taking notes on behalf of Steve Gardner
- Al conducted the IAWA International Vice Presidents Role Call as currently being Steve Gardner of the UK, Denny Habecker and Chad Ullom of the USA, Peter Philips and Robin Lukosas of AUS, also Cliff Harvey of NZ, Jose Jara (SPAIN).
- Previous meeting minutes, there having been no meetings due to covid in the last two years previous meeting minutes were not available.
- Report from the IAWA Vice Presidents:
  - Denny Habecker (USA) – nothing to report
  - Steve Gardner (UK) – “I have continued to enjoy holding the post and have represented the UK as much as I have been able to in international events. The recent years have been difficult for IAWA to thrive, and it may continue to be so for a little while, but IAWA is a constant for our members in these troubled times, and I am aware there is a continued interest in our organisation and I feel very excited for the future. If we just keep our cool and continue to provide a platform for our members to lift, I am sure all will be well.”
- Al Myers then gave his report on the IAWA World Postal Championship. Al was a little concerned that there wouldn't be a great attendance for this, but it turned out to be a great and he thanked everyone that competed in the competition. There were 44 lifters, up 2 from last year. Countries represented – US, AUS, ENG, CANADA. Al went on to point out that this event is one of three main international events which of course the World Postal is done in the memory of Andy Goddard. The full results are available on the Websites and Facebook Pages. The Overall winner was Abe Smith (USA) Overall best female lifter Beata Banas (ENG). Al apologised for a mistake made in the results and acknowledged this has now been corrected.

The best team of 3 went to Clarks Gym. Overall best club went to MetamorFIT. The USAWA as an organisation came out ahead although it was very close.

- The forthcoming Gold Cup was promoted to those present and the forthcoming deadline was pointed out. Al went on to say how good last year's event was and that due to the Covid situation promoters were given the opportunity of re-running events. This Gold Cup is being promoted by Steve Gardner and Stevie Shanks.
- Report from the IAWA Technical Committee Chairman – Dennis Mitchell, has retired from the position. So, there will be no report. Discussion around a replacement for Dennis will be discussed later in the proceedings.

- The current technical committee (which oversees rule changes and new lift proposals) is Denny Habecker, Al Myers, Steve Gardner, Steve Sherwood and the 2 representatives from Australia Peter Philips and John Mahon.
- Report from John Mahon on the World Championships for 2023 (Sept 30 & Oct 1<sup>st</sup>)
- Al pointed out that the lifts for the event have not yet been officially approved, they were only received about a week before this current meeting. It was pointed out that the lifts are usually pre-approved by the technical committee. With the difficulties caused by Covid this had not happened. There is further discussion taking place on the selection of lifts. A motion was put forward by Frank to have the Technical Committee Review the proposed lifts, seconded by Denny Habecker and voted for unanimously. When the Lifts are finally approved they will be advertised immediately.
- Paul Barette was invited to give a report of the Gold Cup for 2023.
  - “We look forward to welcoming you to Eastbourne for the 2023 Gold Cup. Which will be on the first Saturday in November 4<sup>th</sup>. We will be hosting at the gym. MetamorFIT and I’ll be finding a nice by the seafront somewhere for a banquet, award presentations in the evening and we are very much excited about this. We are expecting a good number of lifters from our club locally but let’s also hope we can welcome a good number of international lifters.
- New Business:
  - Two new lift proposals:
    - 2 Man 1 Hand Deadlift (from Steve Gardner), rules of the one arm deadlift apply except 2 people on the bar. Which would be added to the set of 2 person lifts. A clarification was made that both lifters must use the same hand. So, it would be a Left Hand 2-man One Hand Deadlift or a Right Hand 2-man One Hand Deadlift.

The lift was passed unanimously.

- 2 x 1” Vertical Bar Lift (from Gary Ell), rules of the 2 x 2” Vertical Lift apply except is it done with a 1” bar. There was no discussion required on this lift and it was approved unanimously.
- Election of Officers – Al pointed out that generally, election of officers in IAWA takes place every 4 years. Officers rolled over in 2020. The next election is due in 2024. However there have been changes. Firstly, Frank Allen has stepped down from being our General Secretary a position he has held for many years. Steve Gardner was prepared to take the position. Al highly recommended Steve for this position. Al also wanted to recommend combining the roles of the General Secretary with that of the IAWA Technical Committee Chairman. Al proposed that we change the title to the General Technical Secretary. A motion was raised by Frank Ciavattone, seconded by Steve Sherwood. (Paul Barette pointed out Franks health has deteriorated in the last couple of years and there has been a careful transition of roles and responsibilities within IAWA(UK) because of this). The motion was passed unanimously.

With Steve Gardner taking the new role, his IAWA Vice President Role now needed to be filled along with the other spare position, and Steve Gardner had proposed nominations for the 2 new IAWA(UK) Vice Presidents: Steve Andrews and Paul Barette. Steve Sherwood made the motion; Beth Skwarecki

seconded the motion, and the motion was approved unanimously. This will be for a 2-year term as the next election will take place in 2024.

- Submission of bids for the 2024 World Championships – One bid received from Paul Barette to be held in Eastbourne. Paul added that it would be great to host again after their successful championships in 2018 when we had 29 lifters. The membership has grown a little bit more since then so hoping for a really good turnout.

There was no discussion, and the membership present accepted the bid.

Submission of bids for the 2024 Gold Cup – One bid received from Frank Ciavattone, to held in Boston. Frank promised that all would have great time and Al reiterated this. There was no discussion, and the membership present accepted the bid.

- There were a few words from Denny on the current World Championships and he pointed out that everyone did great and that there was good teamwork with everyone helping with loading and officiating. Weigh in for day 2 was confirmed as being 9am. Denny was also going to try to bring forward the banquet time and would confirm first thing tomorrow.
- Motion for adjournment made by Judy Habecker, seconded by Beth. Agreed unanimously.

**Meeting concluded: 15:16**

## **NEW LEVEL 1 OFFICIAL-TONY LUPO**

[October 19, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Clark's Gym member Tony Lupo has become the USAWA's newest level 1 official. He passed his test and has now completed his 3 practical training sessions. Way to go for Tony rising to the occasion and representing his club and serving the organization. I would hope all of our's would serve the org in the way that Tony has chosen to do. Thank you, Tony, and congrats!

## **2022 MEMORIAL RECORD DAY**

[October 28, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

### **Meet Announcement**

Our honorable president, Denny Habecker has sanctioned the Memorial Record Day. This meet honors our former USAWA members who have passed over the years. Some that immediately come to mind are John Vernacchio, Howard Prechtel, Rex Monahan, Joe McCoy, and Jim Malloy. I know there are many others, and too many to list for our purposes here. At any rate, it is a great way for us to honor those who have come before us in the organization. Here are the meet details:

Date: December 17, 2022

Location: Habecker's Gym, Lebanon, PA

Please contact Denny if you plan on attending to remember these great people and set or break some USAWA records.

### [LIFT FOR LEROY IV](#)

[November 6, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd

Time for us to start thinking about my brother Leroy again and his general well-being. I know he has been feeling rather ashamed of late, and having some general humiliation for some of his actions. Let's get together for the 4th annual "Lift for Leroy" record day in an effort to help him lift his spirits. All proceeds from this meet will go to Leroy to help him buy some nice cream and feathers and nice things to help him raise his spirits. There will be no entry fee for this meet. No donations will be accepted on Leroy's behalf. We will be doing this meet in conjunction with the National Postal.

When: December 10, 2022

Where: Et's House of Iron and Stone

Weigh Ins: 10:00

Lifting starts: 10:30

Any lifter is welcome to join us in completing the 2022 National Postal. Directly after, each lifter can attempt up to 5 records to beak or set. Please let me know if you plan on attending. Please let me know what records you will be attempting so that I can be sure I have the appropriate equipment. I can be reached at SalGuimino@yahoo.com.

### [JEFF RIGBY](#)

[November 8, 2022 KCSTRONGMAN Edit Post](#)

By Eric Todd

Jeff first joined the USAWA in 2019 to participate in the marvelous record day, "Lift for Leroy." He impressed your humble narrator with some classic all-round feats in the form of bent pressing, the Gardner, and the Turkish get-up. Jeff hails from the remote area of Utah (remote when speaking of the USAWA). He has just become an official in training. He passed his official's examination, and plans on taking care of his first and second practical training session at the Lift for Leroy 2022/National postal. It is fantastic to have representation in new territories. I firmly believe this is a big step in expanding our fine organization outside of the small localities it currently resides in. Let's get behind Jeff in his efforts to become an official and help expand our organization. Good work Jeff, I look forward to seeing what the future brings.

## GOERNER DEADLIFT DOZEN PLUS ONE

November 13, 2022 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

Nick Frieders rolled to a defense of his Deadlift Dozen Plus One title, slipping past John Carter, Dave DeForest and Lucas Hardie in a tight battle that involved only Clark's Gym Team members.

Colorado's Kim Van Wagner, also a gym team member, was the only female entrant and she continued to show both interest and ability, though she cannot set records at the current time because she is isolated in the Denver area.

Nick, a senior majoring in theater at the University of Missouri, continues to improve as a deadlifter in every aspect of the pulling part of the sport. He needed all he could muster to stay ahead of 63-year-old John Carter who continues to challenge in the non-chain events – and remains a tough customer in the chain lifts – which are coming up in a month when Clark's Gym sponsors the Steve Schmidt Backbreaker Pentathlon.

**All lifts are listed in pounds. Weights are listed in pounds. The three official system was used. Officials were Tony Lupo, Dave DeForest, and Bill Clark.**

**\*\* Denotes lifters who are not eligible for records.**

**\*Denotes lifts that set or broke US records.**

Results are as follows:

Lifter		age	division	weight	class	DL- heels	hack	DL - 2	DL - 1 arm	DL - 1 arm	DL - no	DL - No
WO MEN						toget her	lift	bars	right	left	thumb- R	thumb -L
**Kim	Van Wagner	5 4	50	125	60	165	15 5	18 0	95	95	95	95
MEN												
Nick	Frieders	2 2	Open	153	70	400	40 5	41 0	30 5	30 5	170 *	170
John	Carter	6 3	60	216	100	370*	46 0*	35 0	31 2*	26 5*	210 *	180 *
Dave	DeForest	6 2	60	187	85	325	31 5*	35 0	24 0	27 0*	150	150 *
**Lucas	Hardie	3 8	Open	195	90	500	47 5	45 0	27 5	27 5	160	185



Tony	Lupo	56	55	234	110	350	150	300	200	200	155*	170*
WO MEN			Jeffer son	Reev es	DL- fgrs	DL- fgrs	DI- fgr s	DL - fgr s				
			Lift	Dead lift	Inde x	midd le	rin g	Lit tle				
**Ki m	VanWa gner		165	75	75	105	65	0				
MEN												
Nick	Frieder s		400	285*	135	185	135	130*				
John	Carfter		355*	275*	150*	210*	150*	105*				
Dave	DeFore st		325	165	136*	156	150*	105*				
**Lu cas	Hardie		500	220	130	185	95	70				
Tony	Lupo		300	200*	160*	155*	130*	100*				
5			Total	BWT	Age		Pla ce					
			poun ds	corr.	Cvorr .							
WO MEN												
**Ki m	Van Wagne r		1,365	1659 ,43	1918 .34	1st	1st					
MEN												

Nick	Frieder s	3,435	3623 .93	3623 .93	1st
John	Carter	3,202	2742 .19	3399 .08	2nd
Dave	DeFore st	2,837	2631 .03	3216 .37	3rd
**Lucas	Hardie	3,520	3189 .82	3,189.82	4th
Tony	Lupo	2,570	2,106.12	2464 .16	5th

### **RECORD SESSION**

<b>Dave</b>	<b>DeForest</b>	
Cleand jerk – dumbbells	II	left hand 60
Clean and press – 12-inch base		100
Clean and press – alternate grip		100
Clean and press – reverse grip		100
Clean and seated press –		100
<b>Tony</b>	<b>Lupo</b>	
Clean and seated press –		120
Deadlift – stiff-legged		340
Clean and seated press – behind neck		100
Clea and press – alternate grip		125

## GOLD CUP

November 15, 2022 Al Myers Edit Post

By Steve Gardner

### **2022 IAWA GOLD CUP**



Group picture of 2022 IAWA Gold Cup

What a super day at the Gold Cup 2022 in Belfast. Well done to venue promoter Stevie Shanks on a great job and I am proud to have been co promoter with my pal Stevie. Thanks to all the lifters who travelled to help make it a great day and big thanks to Simon for his great assistance too a real diamond.

The lifting was superb with great performances and lots of records were set and broken with lifters representing USA, Northern Ireland, England and Finland. We had the youngest lifter Phoebe Ames aged 12 of England to the most Senior being Denny Habecker from the USA aged 80.

A few firsts occurred yesterday..... Paul Hallam and I performed the first official two man one hand deadlift ( with right hand) since it completed the authorization process, and being certified as an IAWA competitive lift at the World Council meeting in October. Paul and I did this lift to honour Chad and Al from Kansas who famously first put this great lift into the all round lifting arena some years ago. I can see some lifters hitting big numbers with this one in the future.....

This Gold Cup saw the best overall lift won by a Shanks Lift for the first time, after the great performance by Chad Ullom. The proud winner of the Howard Prechtel Award for the best overall performance at the Gold Cup..... Chad Ullom from Kansas, USA who won with his terrific Shanks Lift of 332.5 kilos!

It was very close with Chad taking it with a score of 121.5 finishing just ahead of Timo whose magnificent Middle Fingers Deadlift with crazy weight scored 121.1. Phew it was close ( and Stevie

Shanks was in third with an awesome Dumbbells Deadlift scoring 110 points) well done guys.... and to all of the lifters!

Another great first was Mother and Daughter team: Hannah and Phoebe, who performed the two person deadlift, the first Mother Daughter combo on the record books.... Well done both ...!

Another great event for IAWA!

RESULTS: [GOLD CUP 2022 RESULTS \(1\)](#)

## IAWA GOLD CUP WORLD RECORD BREAKERS - BELFAST, NORTHERN IRELAND 2022

At the Crumlin Road Gaol Visitor Attraction Saturday 4<sup>th</sup> November - Promoters: Stevie Shanks and Steve Gardner

### RESULTS - GOLD CUP LIFTS:

Name		B/WT	AGE	LIFT	AMOUNT
<b>TEAM LIFT:</b> A record in M40+ and Open Division - 125+ class					
Steve Gardner	ENG	134.4	66	Two Man One Hand Deadlift (R/H) with Paul Hallam	200 kilos
Paul Hallam	ENG	97.3	43	Two Man One Hand Deadlift (R/H) with Steve Gardner	200 kilos
<b>TEAM LIFT:</b> A record in the Open Division -55kilo class					
Phoebe Ames	ENG	50.8	12	Two Person Deadlift with Hannah Ames	130 kilos
Hannah Ames	ENG	54.3	42	Two Person Deadlift with Phoebe Ames	130 kilos
Denny Habecker	USA	83.3	80	Power Row	70 kilos
Timo Luttamus	FIN	83.2	43	Middle Fingers Deadlift	174 kilos
Brandon H-Hyland	ENG	82.9	20	Domaal Squat	27.6 kilos
Stevie Shanks	N/IRE	72.1	59	Dumbbells Deadlift	187 kilos
Rich Metcalf	ENG	114.5	37	Reflex Clean and Push Press	102.5 kilos
Al Myers	USA	104.1	56	2 Hands Thumbless Deadlift	170 kilos
Gary Ell	ENG	89.0	51	1 Inch Vertical Bar Lift (R/H)	130 kilos
Max Ell	ENG	48.8	25	Hacklift	100 kilos
Chad Ullom	USA	98.1	50	Shanks Lift	332.5 kilos

### The Howard Prechtel Award (Founder of the IAWA Gold Cup in 1991)

Winner of the Howard Prechtel Award for the best lift of the event - after amendment using: Body Weight, Age, and Blindt Formulas: **Chad Ullom - USA - Shanks Lift of 332.5 kilos SCORING 121.5 Points**  
(Second Place: Timo Luttamus of Finland 121.1 points - Third Place: Stevie Shanks of Northern Ireland 110.3 points)

**Announcer:** Steve Gardner **Referees:** Stevie Shanks, Al Myers, Chad Ullom, Denny Habecker **Drug Testing:** Gary Ell

### Second Choice Lifts: Lifted for after the Gold Cup Lifting concluded

Paul Hallam	Right Hand Barbell Bent Press	25k
Phoebe Ames	One Hand Dumbbell Deadlift (L/H)	25k
Denny Habecker	Good Morning Lift	50k
Timo Luttamus	One Hand Fulton Deadlift (L/H)	140k
Brandon Hazell-Hyland	Straddle Deadlift Ring Fingers	41.5k
Stevie Shanks	Middle Fingers Straddle Deadlift	85k

Rich Metcalf	Jerk From Rack Behind Neck	132.5k
Gary Ell	Shanks Lift	262.5k
Max Ell	Bench Press Feet in Air	40k

### **A few words about the event:**

It was the 30<sup>th</sup> IAWA Gold Cup, and what an event it was. Well done to Stevie Shanks for getting a great and most unusual venue: The Crumlin Road Gaol – Visitor Attraction in Belfast. Big appreciation to his awesome Helper : Simon. The lifts were all just fantastic, and it was great to have representation from Finland, England, USA and Northern Ireland. Some new lifters alongside seasoned International Champions made for a great day in a great atmosphere. It was nice to see Phoebe and Hannah lift together as the first Mother Daughter team on record. Well done to Chad for taking the Howard Prechtel Award, just ahead of Timo (just...) **The Presentation of Awards was followed by a very special Induction to the IAWA (UK) Hall of Fame as Gary Ell became the 25<sup>th</sup> member of the elite club receiving his award from Steve Gardner. This well-deserved award , brought a magical day to an end!**

### **VIRTUAL LIFT OFF**

[November 23, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Steve Garner

Team Event:  
2 Person Press,  
Chest Curl and  
Deadlift

Individual:  
Press  
Chest Curl  
and Deadlift

Lift to the rules  
and in proper  
platform dress

**CHRISTMAS  
VIRTUAL  
CHALLENGE**

Post Videos on IAWA(UK) Face Book Page on:  
Tuesday 20<sup>th</sup> December and Wednesday 21<sup>st</sup> December

Ok so got the word out there now, a few simple instructions is all thats needed here, but if you have any questions please message me... The Virtual Lift Off is open to all IAWA members anywhere....If you are not a current member we wont worry as it is not for records, and I am sure you will be re joining again at some soon point! The Three Lifts: The Clean and Press, The Cheat Curl, the Deadlift.. The lifts for Wheelchair athletes would be the Press and the Deadlift (on the Press the bar can be handed to the lifters) I would imagine the Cheat Curl would not work for wheelchair athletes, but if anyone finds a way we would be pleased to see it! You can perform the lifts whenever you want JUST DONT POST THEM ONTO THE PAGE until Tuesday 20th or Wednesday 21st, then it will be a nice Christmas surprise as the videos come flooding in..... To be lifted as individuals, or as team lifts of two persons (any combination) or enter both categories....no problem Be sure you post the weight lifted and your Age and Bodyweight in Kilos. And if a two person team...the age and bodyweight of both team members. (Use regular lifting equipment). Be sure to lift according to the rules, set the camera up in front of you and look at it as if it was the centre ref. Give yourself the signal to Press, and Curl, and then the down signal having completed the lift.....after all lifts. Be sure to wear appropriate dress as per lifting rules for the platform (T shirt with sleeves above the elbow and Shorts above the knees. No leggings ot long sleeved tops, wear lifting shoes (no stocking feet) BUT .....as its Christmas and as its just for fun YOU MAY WEAR A CHRISTMAS HAT IN THE PHOTOS IF YOU WISH! Basically, it is all about a little bit of light relief and Christmas fun, but I am sure we will see some great lifts and team lifts too. We will vet all videos to see if they can be accepted for the competition, so please do not be offended if we have to point out any reasons why they dont cut the mustard, because although its for fun, we want to maintain lifting standards throughout... Remember...LIFE IS WHAT YOU MAKE IT....LETS GO AND MAKE IT GREAT! Happy Lifting all.....looking forward to DECEMBER 20th!



## [LIFTER OF THE MONTH-AUGUST](#)

[November 23, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



John about to shoulder a 375-pound personal record Steinborn lift. Note the left hand position.

August saw a couple tough competitions with a number of heavy lifters on hand. This lifter of the month accolade goes out to John Carter of Clark's gym for his overall win at the Clark's Gym vs. Frank's Barbell Club Postal. John edged out fellow teammate Travis Luther by a little over 100 pounds. John has been in the game on and off for decades, and is one of the greatest heavy lifters of all time. Congrats on this John! Well deserved.

## [LIFTER OF THE MONTH: SEPTEMBER](#)

[November 24, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd





Well, this might seem like a bit of nepotism, but I tried to be completely objective with this decision. I gave the nod to a championship event over the postal event. And with Chad and Phoebe both winning their division for the third time, I gave the nod to Phoebe for being younger, prettier, and having topped the biggest women's class we have had in this championship. She bested her nearest competitor by almost 50 points. Congrats, Phoebe! Well deserved!

### [LIFTER OF THE MONTH-OCTOBER](#)

[November 25, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



President and this years national meet promoter crowns your 2022 overall champion: Beth Skwarecki!

Lifter of the month of October goes to Beth Skwarecki for winning her third World Title in as many attempts. Not only is Beth exceptionally strong, but she is also a master of technique. This is her fourth time being named lifter of the month, with two of those being this very year. She is a two-time overall women's national champion, and a two-time lifter of the year-runner up. She also serves on our USAWA Executive Board. Congrats Beth, well deserved!

## **[NATIONALS 1997](#)**

[November 27, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

Here is the next installment of past nationals in an effort to preserve a more complete history. This one is from 1997. They are all transcribed from the "Strength Journal" by Bill Clark. This was an idea of Frank Ciavattone's and was presented at the national meeting. Enjoy a little piece of history:

[USAWA 1997](#)

## **[SECOND ANNUAL NEW YEARS EVE RECORD BREAKER](#)**

[November 28, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Big Frank is putting on the second annual New Years Eve Record breaker at his gym in Wapole, MA. What a better way to bring in the year 2023 by getting together with fellow all-rounders and break some records! Choose up to 5 lifts to break or set records in, and let Big Frank know you are coming.

Meet Director: Frank Ciavattone

Date: December 31, 2021

Location: Frank's Barbell Club, 204 East Street, East Walepole, Massachusetts 02032

If you have interest in lifting and setting records at Frank's Barbell Club, you can email Frank for more information at [fdc2955@aol.com](mailto:fdc2955@aol.com)

## **[RECORD LIST UPDATED](#)**

[December 4, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The USAWA national record list has been updated by our records director John Strangeway. It has been updated through the World Championship. Links to the Excel and PDF lists can be found by clicking the following links:

[INDIVIDUAL-RECORD-LIST 12-2 -22](#)

## [INDIVIDUAL-RECORD-LIST 12-2-22](#)

Please look them over for possible mistakes and/or omissions. Enjoy!

## [2023 MEMBERSHIP APPLICATIONS](#)

[December 6, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I just got our first membership application for 2023! it was from Anthony Lupo, who is a member of Clark's Gym out of Columbia, MO. Since our memberships are for the calendar year, now is the time to start thinking about getting them sent in order to get the most out of your membership by being a member January to December. I look forward to getting everyone else's application soon.

## [STEVE'S BACKBREAKER PENTATHLON](#)

[December 11, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

For a variety of reasons, this year's Backbreaker, named for Steve Schmidt, the original organizer of this event, which, for years, was named the USAWA National Heavy Lift Championship, had only two serious competitors and one has-been who called it a day after one event.

John Carter, who has won the event many times, added another title in his Hall of Fame career. Tony Lupo was Carter's sidekick. It was Tony's second year in the event, and he set personal records in all but the back lift.

The has-been was your newsletter editor who has battled the tag end of an earlier mild bout of the corona virus – which has been slow to move on, leaving the Old Guy with shortness of breath and fatigue, both of which are slowly improving but have kept him from doing his proposed 90 different lifts at age 90.

Ol' Clark did a 565-lb. hip lift at a bodyweight of 202 pounds – and called it a day. His 565 was only the second hip lift recorded by a 90-year-old. The other was 450 done by Art Montini in the 85-kilo class not long before he died. Your editor hopes that is not a hidden message to the latest 90-year-old effort.

The results:

Lifter	Age	Division	Weight	Class	Backlift	Harness Lift	Hip Lift	Hand and Thigh	Neck Lift	Total	Adjusted
John Carter	64	60	215	100	1505*	2000	1605	800	245	6155	6607.39

Tony Lupo	56	55	236	110	925	1400	105 5	510	275	416 5	3,973.9 8
Bill Clark	90	90	202	95			565 *			565	

Bodyweight is listed in pounds. All weights are listed in pounds. The one official system was used. Officials in this meet were Bill Clark and Tony Lupo. All national records are denoted with an asterisk (\*).

## [DINO GYM CHALLENGE](#)

[December 15, 2022 Al Myers Edit Post](#)

By Al Myers

### **MEET ANNOUNCEMENT –**

**The Dino Gym Challenge presents a “tribute to John McKean”**



John loved to fish as much as all round weightlifting. He’s wearing his lucky fishing shirt in this picture!!

This year the Dino Gym Challenge will be a tribute to the late John McKean. John was a very influential person to me throughout the years I've been involved in the USAWA. We have corresponded through the years with HUNDREDS of emails. He had a wealth of information on all types of weightlifting which he enjoyed sharing with others. Recently when I've been in the gym I've thought of John and questions I WISHED I would have asked him but didn't. He seemed to always have a good answer to every question!

So this years Dino Challenge will be about John. I've thought "long and hard" on the lifts for this meet and wanted to pick lifts that I know John would have approved of. John was all about the heavy pulling lifts so that is what we will be doing. We are going to do the 2" VB deadlift, only because John was the one who brought that lift forth in the USAWA as an official lift (and NOT because he loved the grip lifts!).

I have lots of stories I plan to share about John so come prepared for a long meet.

#### **MEET DETAILS:**

<u>Meet Director:</u>	Al Myers – Email: amyers@usawa.com
<u>Meet Date:</u>	Saturday, January 21st, 10:00 AM – 5:00 PM
<u>Location:</u>	Dino Gym, 1126 Eden Road, Abilene, KS 67410
<u>Sanction:</u>	U.S.A.W.A Memberships cards can be purchased on meet day
<u>Weigh-ins:</u>	9:00-10:00 AM the day of the meet
<u>Divisions:</u>	Depends who shows up
<u>Awards:</u>	Don't expect one
<u>Entry Fee:</u>	None – but please notify me in advance if you plan to attend

#### Lifts:

**1 x 2" Vertical Bar Deadlift**

**Bentover Row/Power Row**

**1 Hand Dumbbell Deadlift**

**2 Bar Deadlift**

**Kennedy Lift**

The lifts will be done in this order.

#### **[HOW TONY LUPO WEARS 10 HATS – SUCCESSFULLY!!](#)**

[December 16, 2022 KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark



Image of Allison and Tony Lupo from family archives

Anthony Rocco Lupo wears many hats – all with distinction and all well-fitted.

And, despite being a native New Yorker, none of his hats has a Mafia label.

Let me list a few of those hats in no particular order and we'll discuss them individually a bit later

1 – Professor.

2 – Advisor.

3 – Family man.

4 – Political party leader.

5 – Fulbright winner (three times).

6 – Church leader.

7 – Record-holding weightlifter. Member of Clark's Gym team – sharing success on teams that won both national and international titles in 2022.

8 – Certified weightlifting official.

9 – Accepted as member of the elite Good Ol' Boys' Club.

10 – Currently in nomination for the Perche Creek Yacht Club.

We'll start at the beginning.

Tony Lupo was born March 13, 1966, in upstate Auburn, New York, the oldest of five sons of Rocco Lupo, an engineer, and Diane, a stay-at-home mom until the kids were all in school, then becoming a retailer.

All five sons have earned their own set of hats as engineers, FBI agent, investments, aerospace.

Tony graduated from Auburn High School in 1984 where he wrestled for two years, but admits to being in very few school activities. “I left few footprints there,” he recently said over lunch. He had no plans to wear any of the hats he now wears with pride.

He moved on to Cayuga Community College for two years before taking his associate degree in mathematics to the State University of New York (SUNY) at Oswego.

Along the way, he had done research on the 1974 wave of 148 tornadoes that swept across the southern half of the nation in a two-day disaster that claimed 319 lives and injured 5,484. That research led to a new direction in Tony’s life.

He majored in meteorology at Oswego, graduating with a degree in atmospheric science in 1988 and pursued a job as a TV weather person or a role with the National Weather Service.

He spent a year working in a grocery store.

As a senior at Oswego, Tony had met a fellow student from Vestal, New York, named Allison. They were married in September, 1988, and it was Allison who told her grocery store clerk husband: “Go to graduate school.”

And he did. The rest is history.

Tony was accepted at Purdue University in the fall of 1989, graduating with a master’s degree in atmospheric science in 1991 and a doctorate in 1995. After two years of post-doctoral work at SUNY-Albany, he came to Mizzou in August, 1997, hired by Roger Mitchell as an assistant professor of Atmospheric Science in the College of Agriculture, Foods and Natural Resources – commonly known as Ag School.

He became a full professor in 2008 and today teaches five classes a year – two in the fall and three in the spring. You can see three of his former students daily on TV – Matt Beckwith, John Ross and Tim Schmidt. Many others have moved on to positions elsewhere. One former student, Chris Steward, is the Air Force meteorologist that determines if, when, and where Presidential flights take place.

Tony has become known for his long-range forecasting ability – more than two weeks out. That ability recently won him a Lifetime Achievement Award from the National Weather Association. He is in constant demand as a speaker – a local, living answer to the Farmer’s Almanac, and far more accurate.

His outlook for the coming winter months?

“About the same as last year. Plenty of snow in January, February, March.”

And for those of us who put faith in the width of black bands on fall woolly worms, Tony announced that most have wide black bands – the same as last year – which means a fairly hard winter ahead.

His three Fulbright scholarships have taken him three times to Russia where he both taught and learned – in 2004, 2014/15 and in 2017.

Three hats – teacher, advisor and Fulbright professor.

# Next hat – that of political leadership.

Tony grew up in a Democratic family and in a Democratic society – but has been a staunch Conservative since college days at SUNY Albany in 1996. It was not until 2010 that he became an active



member of the local Republican Party, active in the Pachyderm Club, and since 2020, the chairman of the Boone County Republican Central Committee. He recently was elected president of the state Pachyderms and as Second Vice-President of the national Pachyderms.

In his role as county leader, he made a blind call to this writer, a well-known liberal Democrat, about the possibility of bringing our two parties together to find a level of respect and understanding that would lead to better government locally, statewide and nationally.

Called the Unnamed Committee for Political Understanding and Compromise, the committee was a philosophical success, but has been put on hold because neither local party will support the concept.

That hat of political common sense is momentarily on the closet shelf.

From that Unnamed Committee relationship, Tony discovered an opportunity to return to his teenage days as a weightlifter.

He had been a competitor in the Show-Me State Games a few years back and remembered Ol' Clark as the official who twice turned him down for rules violations.

As we often discussed the iron game, Tony decided to get serious about returning to competition.

He dusted off his lifting hat and now wears it proudly as a member of Clark's Gym Team, which has dominated the United States All-round Weightlifting Association for the past three years. He has become a U.S. recordholder in the 110-kilo class of the 55-59 age group – and has recently become a record holder in the British Strength Athletes' Guild as a member of the gym team's international group.

He recently earned his USAWA official's card and is certified to officiate at the national level.

Among his better lifts – a 1,250-pound back lift, 330 bench press, a 1,400-lb. harness lift.

Two hats of great importance – which he wears interchangeably every day of his life – the hats of faith and of family. Born into a devout Catholic home, he remains dedicated to his religious base – which has been Our Lady of Lourdes in Columbia since the family's arrival here.

His wife, Allison, is the head of the kitchen staff at Lourdes Elementary and Middle School and both are active in many church functions. Tony often serves as a reader and an usher – and any other role needing a volunteer.

Our Lady of Lourdes remains a major part of the Lupo Family which has produced three successful young women, all of whom attended Hickman High School.

Mary, an MU grad, is currently a grant writer for Washington University in St. Louis; Grace (Harris), a UM Science and Technology grad, works for the Missouri Department of Natural Resources in Jefferson City and is the mother of the Lupos' first grandchild, Cecilia; Kathryn lives in Rochester, Minn., where she works for Lenscrafters.

Once a month. Tony dons his Good Ol' Boys hat and will be doing the program for that notable group in April, explaining to them why their griping about weather is due to change nothing. He is awaiting the arrival of the new hat from the Perche Creek Yacht Club, a special crowd that takes care to scrutinize its membership – having refused admittance to Osama Bin Laden and revoked the membership of Quin Snyder.

And now you know how guy can wear 10 hats – successfully.

### [LIFT FOR LEROY RECORD DAY](#)

[December 17, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd



Jeff Rigby executing a bent press

This Saturday past saw the House of Iron and Stone play host to this year's installment of "Lift for Leroy." We hold this annually around the holidays as my brother, Leroy, is often down in the dumps around this time. Truth be told, it is not uncommon for moaning and wailing to be heard coming from

his room at this time of year. All proceeds from this event go to raise his spirits. No money was raised this year. We had a good turnout of family and friends attend this year's event. Jeff Rigby came all the way from Salt Lake City, Utah to help Leroy from being bummed out. Apparently, he had heard about Leroy "accidentally" falling asleep behind his wife's car before she left for work last Christmas, and he wanted to help out. Lance Foster came in as a fraction of himself and incognito to assault the record book and bolster Leroy's Christmas cheer.

Bodyweight is recorded in pounds. All lifts are recorded in pounds. The three official system was used. Officials were Eric Todd, Chris Todd, Lance Foster, and Jeff Rigby (probationary official getting in a practical training session). All lifts listed broke or set national records. Results are as follows:

#### Everett Todd

Age 9, Division  $\leq 13$

BW 86.4, weight class 40 kilo

Crucifix: 20

Press, Dumbbell, Right: 18

Vertical Bar Deadlift-1 bar, 1" 1 hand Right: 60

Deadlift, 12" base: 90

Kennedy Lift: 185

#### Leroy Todd

Age 11, Division  $\leq 13$

BW 92.4, weight class 45 kilo

Vertical Bar Deadlift-1 bar, 2" 1 hand Right: 46

Curl-Dumbbell, Cheat-one arm-right: 20

Curl-Dumbbell, Cheat-one arm-left: 20

Jackson Press: 25

#### Phoebe Todd

Age 12, Division  $\leq 13$

BW 118.8, weight class 55 kilo

Vertical Bar Deadlift-1 bar, 1" 1 hand Right: 90

Curl-Cheat: 55

Jackson Press: 40

Clean and Press-12" base: 45

Kennedy Lift: 250

Lilly Todd

Age 13, Division ≤13

BW 137.8, weight class 65 kilo

Curl-Dumbbell, Cheat-one arm-right:35

Curl-Dumbbell, Cheat-one arm-left: 35

Press-Dumbbell-Right: 20

Press-Dumbbell-Left Arm: 20

Deadlift-Dumbbell-Left: 95

Stacy Todd

Age 39, Division Open

BW 180, weight class 85 kilo

snatch-dumbbell-Right: 45

Deadlift-Dumbbell-Left: 150

Press-Dumbbell-Right: 37.5

Curl-Dumbbell, Cheat-one arm-left: 50

Chris Todd

Age 43, Division 40+

BW 270.8, weight class 125 kilo

Reflex Clean and Push Press: 161

Rim Lift: 320

Bench Press- 1 arm Left: 100

Snatch from Knees: 85

Pullover-bent arm: 125

John Strangeway

Age 44, Division 40+

BW 215, weight class 100 kilo

Squat-Front: 475

Deadlift-Inch Dumbbell-Left: 145

Deadlift-Inch Dumbbell-Right: 136

Rim Lift: 340

#### Jeff Rigby

Age 45, Division 45+

BW 290. weight class 125+

Squat-12" base: 545

Piper Squat: 275

Bent Press-Dumbbell-Left: 124

#### Eric Todd

Age 47, Division 45+

BW 263, weight class 120 kilo

Press-Dumbbell-Left: 90

Curl-cheat-Dumbbell-Left: 100

Vertical Bar Deadlift-1 bar, 1" 1 hand Left: 115

Deadlift-Fulton Dumbbell-Left: 100

Rim Lift: 300

#### Lance Foster

Age 57, Division 55+

BW 263, weight class 120 kilo

Deadlift-Fulton Bar: 250

Press-Dumbbell-Right: 45

Finger Lift-Right-Middle: 101

Finger Lift-Right-Ring; 95

Rim Lift: 220

## 2022 MEMORIAL RECORD DAY

[December 22, 2022](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker



The 2022 Memorial Record day had 10 lifters lift this year, 6 at Habecker's Gym and 4 at Clark's Gym. This meet was originally started to replace Art's Birthday Bash. Then it evolved to remember some of the other greats of our sport like John Vernacchio, Howard Prechtal, Dale Friesz, Jim Malloy, and Rex Monahan to name just a few. This year my youngest grandson Brady, lifted and lifted well, after only training for about 6 weeks. After the lifting we all were treated to a delicious lunch made by Judy Habecker.



President Denny in action

The Results:

**Brady Habecker** – 14 – 116 Lbs. [52.6 Kg.] 55 Kg. Class [14-15]

Ciavattone Deadlift – 70 Kg. – 154.32 Lbs.

Cheat Curl – Reverse Grip – 27.5 Kg. – 60.62 Lbs.

Press from Rack – 27.5 Kg. – 60.62 Lbs.

Clean & Press – 2 Dumbbells – 27.2 Kg. – 60 Lbs.

Clean & Seated Press – 2 Dumbbells – 27.2 Kg. – 60 Lbs.

**Aidan Habecker** – 19 – 184 Lbs. [ 83.4 Kg.] – 85 Kg. Class [18-19]

Bench Press – Reverse Grip – 77.5 Kg. – 170.85 Lbs.

Clean & Seated Press – 2 Dumbbells – 41.25 Kg. – 91 Lbs.

Curl – Strict – 40 Kg. – 88.18 Lbs.

Trap Bar Deadlift – 180 Kg. – 396.82 Lbs.

Vertical Bar Deadlift- 2" -Right Hand – 95 Kg. -209.43 Lbs.

**Beth Skwarecki** – 42 – 142 Lbs. [ 64.4 Kg. ] – 65 Kg. Class [40-44]

Bench Press – Hands Together – 45 Kg. – 99.2 Lbs.

Deadlift – 12 " Base 120 Kg. – 264.55 Lbs.

Deadlift- Dumbbell – Left Hand 85 Kg. -187.39 Lbs.

James Lift 37.5 Kg. – 82.67 Lbs.

Zercher 101 Kg. -222.66 Lbs.

**Lou Tortorelli** – 57 – 235 Lbs. – 106.5 Kg. – 110 Kg. Class [ 55-59]

Curl Strict 45 Kg. – 99.2 Lbs.

Deadlift- Trap Bar 167.5 Kg. – 369.3 Lbs

**Barry Byran** 64 – 185 Lbs. [ 83.9 Kg. ] – 85 Kg. Class [ 60- 64]

Bench Press- Hands Together – 90 Kg. – 198.41 Lbs.

Bench Press – Reverse Grip – 102.5 Kg. – 225.97 Lbs.

Clean & Seated Press – 41.25 Kg. – 91 Lbs.

Deadlift – Dumbbell – Right Hand – 85 Kg. – 187.39 Lbs.

Zercher – 100 Kg. – 220.46 Lbs.

**Denny Habecker** – 80 – 181 Lbs. [82.1 Kg.] 85 Kg. Class [ 80- 84]



Continental to Belt – 87.5 Kg. – 192.9 Lbs.

Curl Cheat – 37.5 Kg. – 82.67 Lbs.

Deadlift – Ciavattone – 105 Kg. – 231.48 Lbs.

Deadlift – Heels Together – 90 Kg. – 198.41 Lbs.

Deadlift – Dumbbell – Right Hand – 80 Kg. – 176.36 Lbs.

OFFICIALS: Denny Habecker, Barry Bryan, & Beth Skwarecki

#### CLARK'S GYM

**Abe Smith** – Age 41 Btw- 180 Lbs.

Fulton Bar – Bench Press – 270 Lbs.

Clean & Seated Press – 2 Dumbbells – 160 Lbs.

Clean & Press – Heels Together – 2 Dumbbells – 180 Lbs.

Clean & Jerk- Dumbbell – Right – 135 Lbs.

Clean & Jerk – Dumbbell – Left – 135 Lbs.

**Tony Lupo** – Age 56 – 236.5 Lbs.

Fulton Bar Bench Press – 270 Lbs.

Dumbbell Deadlift – left – 120 Lbs.

Bench Press -Feet in Air – 270 Lbs.

Kennedy Lift – 365 Lbs.

Deadlift – Trap Bar – 365 Lbs.

**John Carter** – Age 64 – 216 Lbs

Hack lift – Right Hand – 200 Lbs.

Zercher – Right Arm – 250 Lbs.

Deadlift-Dumbbell – Left – 220 Lbs.

Lurick Lift – 405 Lbs.

Kennedy Lift – 455 Lbs.

**Dave DeForest** – Age 62 – 190 Lbs.

Deadlift – two hands – no thumbs – 370 Lbs.

Deadlift – Trap Bar – 355 Lbs.

Clean & Press 12" Base- 120 Lbs.

Clean & Press – Alternate grip – 110 Lbs.

Clean & Press – Reverse grip – 110 Lbs.

Officials – Bill Clark, Dave DeForest, Abe Smith, Tony Lupo

## **2003 NATIONALS**

[December 26, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

Here is the next installment of past nationals in an effort to preserve a more complete history. This one is from 2003. They are all transcribed from the “Strength Journal” by Bill Clark. This was an idea of Frank Ciavattone’s and was presented at the national meeting. Enjoy a little piece of history:

[2003-Nationals](#)

## **2005 NATIONALS**

[December 27, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

Here is the next installment of past nationals in an effort to preserve a more complete history. This one is from 2005. They are all transcribed from the “Strength Journal” by Bill Clark. This was an idea of Frank Ciavattone’s and was presented at the national meeting. Enjoy a little piece of history:

[2005-Nationals](#)

## **2006 NATIONALS**

[December 28, 2022](#) [KCSTRONGMAN](#) [Edit Post](#)

Here is the next installment of past nationals in an effort to preserve a more complete history. This one is from 2006. They are all transcribed from the “Strength Journal” by Bill Clark. This was an idea of Frank Ciavattone’s and was presented at the national meeting. Enjoy a little piece of history:

[2006-Nationals](#)

## **GRIP CHAMPIONSHIPS**

[December 29, 2022](#) [Al Myers](#) [Edit Post](#)

By Al Myers

### **MEET ANNOUNCEMENT – 2023 USAWA GRIP CHAMPIONSHIPS**

The new year is now upon us and with that comes the announcement for the annual Grip Championships! The Grip Championships have always been the first Championship event in the USAWA every year.

This competition has been a popular one in the USAWA throughout the years. At times it has been one of the largest events attended for the year in the USAWA. I always try to “mix things up” with the chosen lifts, but have always kept them to official lifts of the USAWA.

#### **MEET DETAILS:**

Meet Director: Al Myers email: amyers@usawa.com  
Meet Date: Saturday, February 11th, 2023 1:00 PM – 5:00 PM  
Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410  
Sanction: USAWA – Membership required  
Weigh-ins: 12:00-1:00 PM the day of the meet  
Divisions: Juniors, Women, Masters, and Open  
Awards: None  
Entry: None – But please give advance notification if attending  
Lifts:

**Pinch Grip – Strict**

**Vertical Bar Deadlift – 1 Bar, 1”, One Hand**

**Deadlift – Fingers, Index**

**Deadlift – Fulton Bar, Ciavattone Grip**

**Rim Lift**

#### **ABOUT THE USAWA**

##### **MISSION STATEMENT**

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

##### **HISTORY**

The USAWA was organized in 1987 and was a charter member of the International All-Round Weightlifting Association. The USAWA has over 200 recognized lifts and 10,000 plus records, so any strength athlete can find their niche. We have a drug testing program to insure drug free lifting. Numerous local meets and a National Championships are held each year to find true “all-round” weightlifters.

## **USAWA OFFICERS AND EXECUTIVE BOARD**

### **President**

Denny Habecker  
637 North 11th Avenue  
Lebanon, PA 17046  
Phone: 717-272-5077

### **Vice President**

Chad Ullom  
2401 SW 35th Terr  
Topeka, KS 66611  
Phone: 785-233-2466

### **Secretary/Treasurer**

Eric Todd  
10978 SW Pueblo Dr  
Turney, MO 64493  
Phone: 816-507-2939

### **At Large Executive Board Member**

Beth Skwarecki

### **At Large Executive Board Member**

Dave Glasgow

## **SPECIAL ASSIGNMENT DIRECTORS**

**Website Director:** Eric Todd

**Records Director:** Johnny Strangeway

**Officials Director:** Joe Garcia

**Drug Enforcement Director:** Chad Ullom

**Awards Director:** Al Myers

**Postal Meet Director:** Denny Habecker

## **RULE BOOK**

This is the official Rulebook of the USAWA. It contains general rules and the rules of the individual official USAWA lifts. It also contains the USAWA Bylaws. Hard copies may be purchased in the USAWA online store for \$30 plus shipping. The Rulebook is free to download as a pdf. However, the Rulebook file is large (7 MB) and system performance may be slow depending on your connection speed.

Updated August 1st, 2021

USAWA Rulebook (PDF): [RULEBOOK 11th Edition](#)

## RECORD LIST

### USAWA RECORD LIST

The USAWA Record List and Team Record List is available as a PDF and an Excel File for download. The date that the list was last updated is listed beside the record list files. The Record List file is large (over 10 MB) so there may be problems with downloading with some systems. Any questions regarding the record list should be directed to Eric Todd ([SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com)). Age group and bodyweight classes are noted with age in years and bodyweight in kilograms. All records are recorded in pounds. "ALL" stands for the overall record for a bodyweight class. "M" and "F" designate male and female divisions. "NAT" is the bodyweight class record for the National Championships.

[INDIVIDUAL-RECORD-LIST 1- 18 -23](#) PDF File through Lift for Leroy (as per the order on listed on the results page)

[INDIVIDUAL-RECORD-LIST 1-18-23](#) – Excel File through Lift for Leroy (as per the order on listed on the results page)

[INDIVIDUAL-RECORD-LIST 12-2-22](#) – Excel File through the World Championship

[INDIVIDUAL-RECORD-LIST 12-2-22](#) – PDF File through the World Championship

[TEAM RECORDS](#) – Excel File (Updated October 29, 2021)

[TEAM RECORDS](#) -PDF File (Updated October 29, 2021)

### IAWA WORLD RECORD LIST

Chris Bass is the IAWA Records Registrar. Chris lives in Grimsby, England and operates the All Round Weightlifting Club, the Haven Gymnasium. He maintains a current IAWA World Record List, which includes records of all official IAWA lifts. This Record List is available here (as a PDF):

[http://www.havengym.org.uk/PDF/WR\\_Index.pdf](http://www.havengym.org.uk/PDF/WR_Index.pdf)

### WOMEN'S CENTURY CLUB (as of January 21st, 2023)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	RJ Jackson	301	300/1	+1
2	Noi Phumchona	259	259/2	0

3	Mary McConnaughey	154	154/3	0
4	Susan Sees	123	123/4	0
5	Phoebe Todd	104	-/-	—

**MEN'S CENTURY CLUB**  
(as of January 21st, 2023)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	Denny Habecker	638	636/1	+2
2	Al Myers	600	604/2	-4
3	* Art Montini	458	465/3	-7
4	Dean Ross	414	424/4	-10
5	Chad Ullum	347	340/5	+7
6	*John McKean	329	329/6	0
7	Frank Ciavattone	321	300/8	+21
8	Dennis Mitchell	303	309/7	-6
9	Joe Garcia	275	275/10	0
10	LaVerne Myers	274	276/9	-2
11	Bill Clark	257	238/11	+19
12	Eric Todd	230	210/13	+20
13	Bill Hirsch	221	224/12	-3
14	Scott Schmidt	177	177/14	0
15	Barry Pensyl	176	160/17	+16
16	John Strangeway	174	162/16	+12
17	Abe Smith	173	134/22T	+39

18	* Howard Prechtel	164	164/15	0
19	Dale Friesz	148	148/18	0
20TIE	*Jim Malloy	144	144/19T	0
20TIE	Chris Waterman	144	144/19T	0
22	John Monk	143	144/19T	-1
23TIE	Ed Schock	134	134/22T	0
23TIE	Aidan Habecker	134	127/24	+7
25	Randy Smith	124	110/29	+14
26	Jeff Ciavattone	121	121/25	0
27	Rudy Bletcher	117	117/26	0
28TIE	Dave Glasgow	111	111/28	0
28TIE	Bob Geib	111	112/27	-1
28TIE	Dave DeForest	111	-/-	—

### **HONORARY CENTURY CLUB MEMBERS**

These lifters were once members of the Century Club, but have dropped off the Century Club list since their death. They will forever be Honorary Century Club Members.

John Vernacchio  
Joe McCoy  
Rex Monahan  
Mike Murdock

The lifters marked with an asterisk (\*) in the Century Club are deceased.

### **FORMS AND APPLICATIONS**

#### **INDIVIDUAL MEMBERSHIP APPLICATION**

Membership for the USAWA is for the calendar year (January to December) and the cost is \$25. This also covers joint membership to the IAWA, which is the international governing organization of all-round weightlifting. The membership application also includes a drug waiver which must be agreed to by the applicant. In case an applicant is under the age of 21, a parent or legal guardian must also sign and date both applications. A coach's signature is not sufficient.

PDF Document: [Individual Membership Application \(PDF\)](#)

Pay with Paypal:

## **MEET SANCTION APPLICATION**

This is the application form that must be filled out to apply for a meet sanction. Please read over this website blog before applying for a sanction so you are informed of the proper sanction protocol: <http://www.usawa.com/tag/sanctions/> The cost of a meet sanction is \$30. A Sanction Request will be DECLINED if the proposed date of the request falls on the dates of the National Championships, the IAWA World Championships, the IAWA Gold Cup, or the day of any USAWA Championship Event.

PDF Document: [Meet Sanction Application](#)

## **CLUB MEMBERSHIP APPLICATION**

This is the application form that must be filled out and sent in every year for club membership. The cost of Club Membership is \$30.

PDF Document: [Club Membership Application](#)

## **HALL OF FAME NOMINATION FORM**

This is the form that must be filled out and submitted for a Hall of Fame nominee.

PDF Document: [HOF Nomination Form 2](#)

Word Document: [HOF Nomination Form 2](#)

## **ONLINE STORE ORDER FORM**

This is the order form for the USAWA online store. It must be filled out completely and sent in with an order.

PDF Document: [Online Store Order Form](#)

## **GUIDELINE DOCUMENTS**

PDF Document: [meet-result-protocols](#)

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Please submit forms and applications to the USAWA Secretary:

**Eric Todd**

**10978 SW Pueblo**

**Turney, Missouri, 64493**

Email: [SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com)



## **MEMBERSHIP ROSTER**

The following individuals have paid their yearly membership fees to the USAWA and have properly filled out and signed the USAWA membership application, which includes the Drug Testing Waiver. The Individual Membership Application includes the Official Club Affiliation of the individual. If a person wishes to change Club Affiliation during the year, this form must be filled out again with the updated club information and resubmitted. Another membership fee does not need to be paid to do this.

The individuals on this Membership Roster are current members of the USAWA for 2020/2021. Membership in the USAWA is for the calendar year, which starts on the first day of January and ends on the last day of December. Current membership is required in the USAWA to compete in any USAWA sanctioned event or competition. Meet Directors are responsible for making sure that the competitors in their event or competition are current USAWA members as of meet day. If meet results are turned in for individuals that are not current USAWA members, these lifters will not be listed in the meet results and will not be eligible for placings or USAWA records. Failure to insure that lifters are current USAWA members by a meet director in a USAWA sanctioned event may result in the meet sanction being revoked.

This Membership Roster will be kept up to date so Meet Directors can use it to verify current memberships, and for individuals to confirm their membership status in the USAWA. THE USAWA NO LONGER ISSUES MEMBERSHIP CARDS AND HASN'T FOR OVER TEN YEARS SO DON'T ASK ME THIS ANYMORE.

## **2023 USAWA MEMBERSHIP ROSTER**

**(Includes Club Affiliation and Join Date)**

Lifters with an Asterisk (\*) denote our Provisional members

-----

Bryan, Barry (Habecker's Gym) – January 1st

Caron, Joseph (Clark's Gym) – January 19th

Carter, John (Clark's Gym) – January 1st

Ciavattone, Frank (Frank's Barbell Club) – January 1st

Ciavattone, Jeff (Frank's Barbell Club) – January 3rd

Clark, Bill (Clark's Gym) – January 1st

DeForest, David (Clark's Gym) – January 7th

Foster, Lance (KCSTRONGMAN) – January 1st

Freides, Steve – January 9th

Frieders, Nick (Clark's Gym) – January 1st

Glasgow, Dave (Ledaig Heavy Athletics) – January 9th

Gupta, Sanjiv – January 1st  
Habecker, Aiden (Habecker's Gym) – January 10th  
Habecker, Brady (Habecker's Gym) – January 10th  
Habecker, Denny (Habecker's Gym) – January 10th  
Habecker, Judy (Habecker's Gym) – January 10th  
Heit, Clavin (Clark's Gym) – January 21st  
Jackson, RJ (Dino Gym) – January 3rd  
Lupo, Anthony (Clark's Gym) – January 1st  
Martin, Philip (Clark's Gym) – January 25th  
Myers, Al (Dino gym) – January 1st  
Myers, LaVerne (Dino Gym) – January 21st  
Pensyl, Barry (Habecker's Gym) – January 7th  
Raymond, Mark (Frank's Barbell Club) – January 1st  
Rigby, Jeff – January 1st  
Retarides, James (Empower House Strength and Health) – January 23rd  
Sawyers, Wyatt (Cark's Gym) – January 23rd  
Smith, Abe (Clark's Gym) – January 4th  
Todd, Eric (KCSTRONGMAN) – January 1st  
Todd, Everett (KCSTRONGMAN) – January 1st  
Todd, Phoebe (KCSTRONGMAN) – January 1st  
Tortorelli, Lou (Lou's Physical Culture studio) – January 1st  
Ullum, Chad (Dino Gym) – January 21st  
Van Wagner, Kim (Clark's Gym) – January 1st  
Wenzel, Jeff (Clark's Gym) – January 7th

## **2022 USAWA MEMBERSHIP ROSTER**

**(Includes Club Affiliation and Join Date)**

Lifters with an Asterisk (\*) denote our Provisional members

-----

\*Baxter, Rob (Clark's Gym) -May 6th

Beversdorf, David (Clark's Gym) – April 7th

Bryan, Barry (Habecker's Gym) – February 13th

Caron, Joe (Clark's Gym) – May 14th

Carter, John (Clark's Gym) – February 10th

Ciavattone, Frank (Frank's Barbell Club)- January 1st

Ciavattone, Jeff (Frank's Barbell Club)- May 1st

Clark, Bill (Clark's Gym) – January 1st

Conley, Elijah – March 19th

Conley Fobes, Karena – March 19

Cook, Greg (KCSTRONGMAN) – September 10th

\*Cook, Stewart (Clark's Gym) -May 6th

Cookson, William (Dino Gym) – March 23rd

DeForest, David (Clark's Gym) – February 14th

\*Douglas, Sarah – August 29th

Ebert, Tom (Blue Ox Barbell Club) – August 6th

Estabrook, Thomas – July 25th

Fobes, Jarred – March 19th

Foster, Lance (KCSTRONGMAN) – January 1st

Frieders, Nick (Clark's Gym) – February 2nd

Garcia, Joe (Clark's Gym) – February 28th

Glasgow, Dave (Ledaig Heavy Athletics) – January 1st

\*Gordon, John (Clark's Gym) -May 6th

Gupta, Sanjiv -June 30th, 2022

Habecker, Aidan (Habecker's Gym)- January 1st

Habecker, Brady (Habecker's Gym) – December 13th

Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Hahn, Dave (Clark's Gym)-January 1st

\*Hardie, Lucas (Clarks Gym)- February 22nd

Hegel, Francis – November 8th

Heit, Calvin (Dino Gym) – January 14th

Hopps, Jessica (Frank's Barbell Club) – July 30th

Hose, Tony (Clark's Gym) – March 31

Jackson, RJ (Dino Gym) – January 1st

Kahn, Helen – January 28th

Lansdown, Daphne – March 31

Lestan, Christopher (Frank's Barbell club)-July 9th

Lupo, Anthony (Clark's Gym)- January 5th

Luther, Travis (Clark's Gym) – January 1st

MacPhee, Talon (Clark's Gym)- June 2nd

Marchand, Michael (Frank's Barbell Club) – May 14th

Marchand, M. Wade (Frank's Barbell Club)- May 14th

\*MacNeil, Mathew (Clark's Gym) -May 6th

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) -January 22nd

\*Pederson, Christian -August 22nd

Pensyl, Barry (Habecker's Gym) – January 1st

Poore, Clint (Buffville Gym)-January 1st

Raymond, Mark (Frank's Barbell Club) – May 12th

Rein, Brandon (Dino Gym) -January 22nd

Rigby, Jeff – December 10th

Ross, Dean (Dino Gym) – January 22nd

Schmidt, Steve (Clark's Gym) – January 1st

Smith, Abe (Clark's Gym)-February 22nd

Smith, Randy (Clark's Gym) – January 28th

Skwarecki, Beth – March 31st

\*Stockall, Sylvia- June 16th

Strangeway, John (KCSTRONGMAN) – August 13th

Thompson, Janet (Clark's Gym) – February 22nd

Todd, Eric (KCSTRONGMAN) – January 1st

Todd, Chris (KCSTRONGMAN) – February 13th

Todd, Everett (KCSTRONGMAN) – January 1st  
Todd, Leroy (KCSTRONGMAN) – February 13th  
Todd, Lilly (KCSTRONGMAN) – August 13th  
Todd, Phoebe (KCSTRONGMAN) – January 1st  
Todd, Stacey (KCSTRONGMAN) – February 13th  
Tortorelli, Lou (Lou's Physical Culture Studio) – January 1st  
Ullum, Chad (Dino Gym) – January 14th  
VanWagner, Kim (Clark's Gym) – February 7th  
Wagman, Dan – March 19

### **PAST MEMBERSHIP ROSTERS**

2020/21 USAWA Membership Roster (Membership was extended due to the Covid 19 Pandemic  
– [2020/21 USAWA Membership Roster](#)

2019 USAWA Membership Roster – [2019USAWARoster](#)

2018 USAWA Membership Roster – [2018USAWARoster](#)

2017 USAWA Membership Roster – [2017USAWARoster](#)

2016 USAWA Membership Roster – [2016usawaroster](#)

2015 USAWA Membership Roster – [2015USAWARoster](#)

2014 USAWA Membership Roster – [2014USAWARoster](#)

2013 USAWA Membership Roster – [2013USAWARoster](#)

2012 USAWA Membership Roster – [2012USAWARoster](#)

2011 USAWA Membership Roster – [2011USAWARoster](#)

2010 USAWA Membership Roster – [2010USAWARoster](#)

### **MEMBER CLUBS**

There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2021. Club Membership Applications are found under "About Us" in the "Forms and Applications" section of the website. Each USAWA Club is eligible to win the annual Club of the Year Award, presented at the Annual National Meeting. The clubs that were registered in 2020 but have NOT YET renewed their club membership for 2021 are marked with an asterisk. Club Certificates are available to be printed out for each registered club below.

#### **USAWA Member Clubs for 2023 (To date)**

**Al's Dino Gym** – (2003-2023)

**Clark's Championship Gym** – (1993-2023)

**Frank's Barbell Club** – (2010-2023)

**Habecker's Gym** – (2010-2023)

**KCSTRONGMAN** – (2011-2023)

**Ledaig Heavy Athletics** – (2010-2023)

**Lou's Physical Culture Studio** – (2023)

**USAWA Member Clubs for 2022**

**Al's Dino Gym** – (2003-2022)

**Blue Ox Barbell Club** – (2022)

**Clark's Championship Gym** – (1993-2022)

**Frank's Barbell Club** – (2010-2022)

**Habecker's Gym** – (2010-2022)

**KCSTRONGMAN**– (2011-2022)

**Ledaig Heavy Athletics** – (2010-2022)

**Current USAWA Member Clubs For 2021**

**Al's Dino Gym** – (2003-2021)

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate (PDF) – [Dino Gym](#)

**Ambridge VFW Barbell Club** – (1993-2021)

Location: Ambridge, Pennsylvania

Contact: Beth Skwarecki

Club Certificate (PDF) – [Ambridge BBC](#)

**Clark's Championship Gym** – (1989-2021)

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate (PDF) – [Clarks Gym](#)

**Frank's Barbell Club** – (2010-2021)

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate (PDF) – [Franks Barbell Club](#)

**Habecker's Gym** – (2010-2021)

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate (PDF) – [Habeckers Gym](#)

**KC Strongman** – (2011-2021)

Location: Turney, Missouri

Contact: Eric Todd / Lance Foster

Club Certificate – [KC Strongman](#)

**Ledaig Heavy Athletics** – (2010-2021)

Location: Winfield, Kansas

Contact: Dave Glasgow

Club Certificate – [Ledaig Heavy Athletics](#)

### **Schmidt Barbell Club – (2010-2021)**

Location: Westlake, Ohio

Contact: Scott Schmidt

Club Certificate (PDF) – [Schmidt Barbell Club](#)

### **Past Club of the Year Award Winners**

2022 Club of the Year – Clark’s gym, Runner Up – KCSTRONGMAN

2021 Club of the

Year – Dino Gym, Runner Up Franks Barbell Club

2018 Club of the Year – Frank’s Barbell Club, Runner Up – Habecker’s Gym

2017 Club of the Year – Dino Gym, Runner Up – Schmidt Barbell Club

2016 Club of the Year – Frank’s Barbell Club, Runner Up – Habecker’s Gym

2015 Club of the Year – Dino Gym, Runner Up – Habecker’s Gym

2014 Club of the Year – Frank’s Barbell Club, Runner Up – Ledaig Heavy Athletics

2013 Club of the Year – Dino Gym, Runner Up – Habecker’s Gym

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**

Jackson Weightlifting Club – (2009-2018)

Heartland Strength Sports – (2009-2010, 2016-2018)

Cast Iron Training – (2015)

Salvation Army Gym – (2012-2014)

Atomic Athletic – (2011-2012)

Bob’s Lifting News – (1997-2003)

Braveheart WLC – (2000-2003)

Jobe’s Steel Jungle – (2012-2013)

Joe’s Gym – (2002, 2010-2013)

Jump Stretch – (2002-2003)

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)

## **OFFICIALS LIST & RULES TEST**

The following is a list of all current USAWA Certified Officials. All competitions or events require a certified official in order for records to be set or broken. The USAWA rules require officials to be current USAWA members to be active officials. Lapse of current membership does not result in the loss of certification. The officials marked with an asterisk (\*) indicate that they are not current USAWA members, and until their membership is current they can not participate in an USAWA event/meet as an active official.

### **Level 2 USAWA Certified Officials**

These officials have passed the USAWA Rules Test AND have the experience of officiating in 25 or more competitions.

Denny Habecker – Lifetime Certification  
Bill Clark – Lifetime Certification  
Joe Garcia – Lifetime Certification  
Dennis Mitchell\* – Lifetime Certification  
Frank Ciavattone Jr. – Lifetime Certification  
Al Myers – Lifetime Certification  
Barry Bryan – Lifetime Certification  
Joe Ciavattone Sr.\* – Lifetime Certification  
Chad Ullom – Lifetime Certification  
Thom Van Vleck\* - Lifetime Certification  
Scott Schmidt\* – Lifetime Certification  
Eric Todd – Lifetime Certification  
LaVerne Myers – Lifetime Certification  
Lance Foster – Lifetime Certification  
Randy Smith – Lifetime Certification  
Steve Schmidt – Lifetime Certification  
James Foster\* – Lifetime Certification  
RJ Jackson – Lifetime Certification

### **Level 1 USAWA Certified Officials**

These officials have passed the USAWA Rules Test & Practical Training OR have the experience of officiating in 25 or more competitions.

#### **Level 1 – Test Qualified**

John Strangeway – Certification expires July 26th, 2022  
Barry Pensyl – Certification expires September 20th, 2022  
Dave Glasgow – Certification expires October 20, 2025  
Christopher Lestan – Certification expires January 4th, 2023  
David DeForest – Certification expires April 5th, 2023  
Chris Todd – Certification expires August 1st, 2023  
Jeff Ciavattone – Certification expires August 25th, 2023  
Clint Poore – Certification expires January 19, 2025  
Abe Smith – Certification expires July 11, 2025



Mark Raymond – Certification expires July 12, 2025

Tony Lupo – Certification expires October 17, 2025

### **Level 1 – Experience Qualified**

None

### **USAWA Officials in Training**

Beth Skwarecki – Passed written exam on October 14, 2021

Tony Lupo – Passed written exam July 9, 2022

Jeff Rigby – Passed written exam on November 8, 2022

### **STEP ONE IN BECOMING A CERTIFIED USAWA OFFICIAL**

If you are interested in becoming an USAWA Official, the first step is to pass the Rules Test. This is an open book exam over the rules in the Rule Book. There is no time limit in taking the test or limit on the number of times you may take the test. You must have a score over 90% to pass. The following is the Rules Test in different formats. Please answer the questions fully. If a answer is a yes/no answer with exceptions, explain the exception.

Word Document: [RULES TEST](#)

PDF Document: [RULES TEST](#)

Joe Garcia is the USAWA Officials Director. All completed Rules Tests are to be sent to him for grading. The completed rules test may be mailed or emailed to Joe. He will notify you with a pass or fail response. You will NOT be given the questions you missed or answers to any failed responses.

Joe Garcia

2278 350th Ave

DeWitt, IA 52742

email: [jgarcia@usawa.com](mailto:jgarcia@usawa.com)

### **STEP TWO IN BECOMING A CERTIFIED USAWA OFFICIAL**

After passing the Open Book Rules Test, the next step is to complete three practical training sessions. This process requires an applicant to officiate unofficially alongside a Level 2 official in the One Official System, or judge officially in the Three Official System in three competitions within a year. A combination of using either of these two systems is allowed in order to fulfill the three practical training sessions. If judging as part of the Three Official System is used, the other two officials must be certified officials, of which one must be a Level 2 official. A practical training session form will be available for the applicant to document this process. A Level 2 official must provide authorization that the applicant was competent as an official by signing the form after each event. The same Level 2 official may provide authorization on all practical training sessions for an applicant. It is the applicant's responsibility to submit this form to the Officials Director Joe Garcia once completed in order to apply for official certification.

Practical Training Session Form (pdf) – [USAWA Practical Training Session Form](#)

Once this form has been approved, the applicant will be approved as a USAWA Certified Official and placed on the officials list as a Level 1 Test Qualified Official.

## SCORING INFORMATION

The USAWA has several bodyweight classes and age group classes for lifters to compete in. Any lifter may find a class to compete in where the competition is against other lifters of the same bodyweight and age. The USAWA has four main age groups which are the Junior, Senior, Open, and Masters age groups. A lifter's age is determined by the lifter's actual age the day of the competition. The Junior age group includes lifters who have not reached their 20th birthday. The Junior age groups may be further split into four smaller age groups. These include 13 and under, 14-15, 16-17, and 18-19. The Senior age group includes lifters who are between the ages of 20-39. The Open age group includes lifters 20 years of age and older. The Master age group includes lifters who are over the age of 40. Master age groups are often split into smaller age group classes. These include 40-44, 45-49, 50-54, etc. There are 19 bodyweight classes, beginning at 40 kilograms. There is a new bodyweight class for every 5 kilograms above 40 kilograms until 125 kilograms is reached. Lifters above 125 kilograms compete in the unlimited class, or the 125+ KG class. At the National Championships, lifters compete in one of these 19 weight classes within the smallest split of age groups for class placings. Best lifter awards are given for each age group and is determined by formula adjusting the lifter's total for bodyweight and age. For local competitions, the Meet Director is in charge of how the scoring is done for each competition and the type of awards given. The Meet Director may combine different weight classes or age groups to make different divisions. The Meet Director may have all the lifters compete against each other, in which the lifter's total is formula adjusted for bodyweight and age, which is the recommended scoring system of the USAWA. The method for adjusting for bodyweight and age is this:

- 1st – Make the bodyweight adjustment. This is done by using the Lynch Formula. The Lynch Formula is:

**Lynch Points = Total Weight Lifted x Lynch Factor**

The Lynch Factor is a coefficient that corresponds to a lifter's bodyweight. The intent of the Lynch Formula is to create a fair way of comparing all lifters, regardless of bodyweight. The [Lynch Factor Chart](#) contains the Lynch Factors. If a lifter's bodyweight is weighed in pounds, it must be converted to kilograms to find the appropriate Lynch Factor. This conversion is: **1 Kilogram = 2.20462262 Pounds**. It is advisable to use at least 3 decimal places to make this conversion.

- 2nd – Make the age adjustment. For the Junior and Masters classes, an adjustment is made for age. The formula for the age adjustment is this:

**Age Adjusted Lynch Points = Lynch Points + (Age Percent x Lynch Points)**

This provides an age handicap for the Junior and Master lifters. If a lifter does not receive any Age Percent Adjustment, their Age Adjusted Lynch Points would be the same as their Lynch Points.

Another formula which can be used to calculate the Age Adjusted Lynch Points is this:

**Age Adjusted Lynch Points = Lynch Points x Age Percent Factor**

In using the above formula, the Age Percent Factor must be mathematically expressed over 100%, ie 25% would be inserted into the formula as 1.25, 10% as 1.10, etc.

The Age Percent adjustments for a Junior lifter are:

12 and under – 33%  
13 – 25%  
14 – 20%  
15 – 15%  
16 – 10%  
17 – 5%  
18 – 3%  
19 – 2%

The Age Percent adjustments for a Master lifter are 1% for each year of age starting at 40 till the age of 65. At age 66 a 2% adjustment is made for all years beyond and including this age. So for example, a lifter of 40 years of age receives 1%, 41 years of age receives 2%, 42 years of age receives 3%, etc. A lifter age 66 would receive an age adjustment of 28%, age 67 would receive 30%, etc.

The Age Adjusted Lynch Points are then used for determining the ranking of a meet. This is often reported in the meet results as PTS, which stands for the Age Adjusted Lynch Points.

In scoring meets, it is important to have the proper scoresheets for the officials or scorekeepers. Below are two template scoresheets that contain the pertinent information needed to score a meet. These may be downloaded as pdf's.

Scoresheet (PDF) – [MeetScoresheet](#)

Weigh-in Form (PDF) – [MeetWeighinForm](#)

The USAWA has computer scoring programs available for free download. The old program was written using a old version of Excel, while the new scoring program is compatible with the latest Excel versions.

Scoring Program – Old (Excel File) – [scoring-template-v2-1](#)

Scoring Program – New (Excel File) – [scoring-template-master](#)

## **YEAR IN REVIEW**

An USAWA Year in Review book is published every year highlighting the news of the USAWA. Information is taken from the USAWA website, which includes all new website information that has been placed on the site within the previous year. This Year in Review book includes blogs from the USAWA Daily News, meet results, membership roster, meet announcements, additions to the history archives, etc.

It is available here for free download. Some files are large (>10 MB).

### **2020-2021 Year in Review**

[2020-21REVIEWCOVERPAGE](#) (PDF) [2020-21 YEAR IN REVIEW](#) (PDF)

### **2019 Year in Review**

[2019REVIEWCOVERPAGE](#) (PDF) [2019 YEAR IN REVIEW](#) (PDF)

#### **2018 Year in Review**

[2018 REVIEW COVERPAGE](#) (PDF) [2018 YEAR IN REVIEW](#) (PDF)

#### **2017 Year in Review**

[2017REVIEWCOVERPAGE](#) (PDF) [2017 YEAR IN REVIEW](#) (PDF)

#### **2016 Year in Review**

[2016REVIEWCOVERPAGE](#) (PDF) [2016 YEAR IN REVIEW](#) (PDF)

#### **2015 Year in Review**

[2015REVIEWCOVERPAGE](#) (PDF) [2015 YEAR IN REVIEW](#) (PDF)

#### **2014 Year in Review**

[2014REVIEWCOVERPAGE](#) (PDF) [2014 USAWA YEAR IN REVIEW](#) (PDF)

#### **2013 Year in Review**

[2013ReviewCoverPage](#) (PDF) [2013 Year In Review](#) (PDF)

#### **2012 Year in Review**

[2012YearinReviewCover](#) (PDF) [2012YEAR-REVIEW](#) (PDF)

#### **2011 Year in Review**

[2011 USAWA Review Cover](#) (PDF) [2011YearReview](#) (PDF)

#### **2010 Year in Review**

[2010ReviewCover](#) (PDF) [2010Year-in-Review](#) (PDF)

#### **2009 Year in Review**

[2009 USAWA YEAR IN REVIEW](#) (PDF)

### **ABOUT THE IAWA**

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 TECHNICAL SECRETARY**

Steve Gardner, England

##### **IAWA VICE PRESIDENTS**

Denny Habecker, United States

Chad Ullom, United States

Steve Andrews, England

Paul Barette, England

Peter Phillips, Australia

Robin Lukosius, Australia

Cliff Harvey, New Zealand

Jose Jara, Spain

##### **IAWA RECORD REGISTRAR**

Chris Bass, England

##### **IAWA TECHNICAL COMMITTEE**

Steve Gardner, England – Chairman

Denny Habecker, United States

Al Myers, United States

Steve Sherwood, England

Peter Phillips, Australia

John Mahon, Australia

#### **WEBSITE FOR THE IAWA(UK) –**

<http://www.iawa.uk/>

#### **WEBSITE FOR THE ARWLWA –**

<http://www.arwlwa.com/>

#### **UPCOMING IAWA MEET SCHEDULE**

2023 IAWA World Postal Championships – Postal Meet – Promoter Al Myers

2023 IAWA World Championships – Perth, Australia – Promoter John Mahon & Peter Phillips

2023 IAWA Gold Cup – Eastbourne, England – Promoter Paul Barette

2024 IAWA World Postal Championships – Postal Meet, Promoter Al Myers

2024 IAWA World Championship- Eastbourne, England – Promoter Paul Barette

2024 IAWA Gold Cup – Boston, USA – Promoter Frank Ciavattone

## **IAWA PRESIDENTIAL MERIT AWARD**

The IAWA Presidential Merit Award is the highest honor one can receive in the IAWA. It recognizes those that have made outstanding longterm contributions to the IAWA, and is awarded by the IAWA President.

### **Steve Andrews, England – Received Merit Award in 2018 by President Al Myers**



Past IAWA President Steve Gardner (left) presenting the IAWA Merit Award to Steve Andrews (right)

### **Denny Habecker, United States – Received Merit Award in 2018 by President Al Myers**



Denny Habecker (left) receiving the IAWA Merit Award from IAWA President Al Myers (right).

### **Frank Ciavattone, United States – Received Merit Award in 2014 by President Al Myers**



Frank Ciavattone (right) receiving the IAWA Presidential Award of Merit from IAWA President Al Myers.

**Frank Allen, England – Received Merit Award in 2014 by President Al Myers**



Frank Allen (right) receiving the IAWA Presidential Award of Merit from Past IAWA President Steve Gardner (center) and IAWA President Al Myers (left).

**Steve Gardner, England – Received Merit Award in 2012 by President Al Myers**





IAWA President Al Myers (left) presenting IAWA Past President Steve Gardner (right) the IAWA Presidential Award of Merit.

**Art Montini, United States – Received Merit Award in 2010 by President Steve Gardner**



Art Montini (center picture) receiving the IAWA Presidential Award of Merit. To left is the 2010 IAWA World Championships Meet Promoter George Dick, and to the right is IAWA President Steve Gardner.

**USAWA SOCIAL MEDIA**

The USAWA has social media accounts on both Facebook and Instagram. They can be found here:

[USAWA Facebook page](#)

[USAWA Instagram page](#)

**THE  
END**