

MN ADFPA NEWS

FEBRUARY 1995

JANDI GREEN, EDITOR



1994 MN POWERLIFTERS OF THE YEAR

Brenda Gnerre and Ron Hoff were voted the top MN ADFPA Powerlifters in 1994 by a poll of State powerlifting referees.

Brenda Gnerre, who lives in Brooklyn Park, MN, obtained an Elite classification and Women's Best Lifter award based on her performance at the 1994 Northwest Open. Brenda lifts in the 129 lb. weight class.

Ron Hoff from Cottage Grove, MN, had an awesome year in 1994 beginning with a MN Sr. State title in February and was named Men's Best Lifter and Northwest Cup recipient at the Northwest Open in May. He then went on to the Men's Nationals in Chicago where he placed 2nd in the 132 lb. weight class. Ron Hoff achieved an International Elite classification in all three of this 1994 competitions.

Congratulations to both Brenda and Ron being named 1994 MN ADFPA Powerlifters of the Year.

1995 ADFPA Minnesota State

The 1995 ADFPA MN State Powerlifting Championships were held on January 21 & 22 at Concordia College in St. Paul. Meet Director was Mike Mitchell of Twin Cities Gym.

In the Women's Division: 17 year old Erin Eisenberg lifted with the poise of a veteran totaling 870 lbs. and establishing 4 MN State Teen records in the process. Karisa Kuhn was crowned the 176 lb. State Champion, totaling a State record 915 lbs. and also establishing State Open records in the squat and deadlift. Karisa was also named Women's Best Lifter. In the 176+ weight class, Karen Amman lifted well in her first meet. Jill VanVugt of Rochester became only the third MN woman to bench more than 200 lbs. in a full powerlifting meet. Barb Vincent, who trains at Northwest Racquet, Swim and Health, established 4 new MN State Masters records with her 405 lb. deadlift (actual weight 406.0 lbs.) breaking the existing American Masters record by over 140 lbs. Her record forms have been submitted and await certification.

Twenty-eight men entered the Men's Open with hopes of being crowned ADFPA MN State Powerlifting Champions. David Aberwald won the 114's on fine determined lifting. At 132 lbs. former National and

World Champion Ron Hoff of Cottage Grove finished first with a 1235 lb. total which included a solid second attempt 490 lb. State Open record deadlift. Special Olympian Chris Austrums finished second. At 148 lbs. Louis Rein had to sweat off a few pounds before making weight and finished third with 1020 lbs. with Doug McCabe second. Monticello's Pat Beaumaster finished first, winning the State Championship on super lifting which included a 530 squat, 300 bench, 520 deadlift, totaling 1350 lbs.

At 165 lbs. Joel (Fordster) Ford took third place totaling 1115 lbs; 47 year old Darryl Schmidt placed second with a 1145 lb. total. Northwest Powerlifting's Doug Miller placed first totaling 1275 lbs. The 181 champion this year was Andy Schmitz from Cannon Falls, MN. Andy squatted 575, benched 310, and pulled 530 for a 1415 total. In second place was Jim Klein with Masters Lifter Chuck Lindemans finishing third.

Forty-three year old Joel Bernsten is this year's 198 lb. State Champion. Joel, who lifts for Twin Cities Gym, held off the charges of teammate Tim Teragawa who finished second by 10 lbs. Taking third was Ron Foreman, 1994's ADFPA National Masters and World Masters Champion (50-54 years old). Finishing fourth was the likable Tom Haggemiller of Pelican Rapids. In the 220 lb. weight class, James Cahill, 1994's National Collegiate Champion, totaled 1645 lbs. finishing first with Mitch Edelstein and Mike Ricker placing second and third respectively. The lone entry in the 275's was Jeff Frieberg who finished off his day with a fine 640 lb. deadlift.

Young Marcus Steger of Fergus Falls finished third in the 275's with 1994 National and World Masters Champion Roy Simmons finishing second on the strength of a 9 for 9 day totaling 1680 lbs. and setting 3 MN State Masters records. Karl Gillingham of Gilly's Power and Fitness finished first at 275 lbs. with a 700 lb. deadlift. Karl's younger brother Brad won the 275+ class with the biggest total of the weekend, 2035 lbs. and won the Best Lifter Award with a Schwartz total of 1048.02. Twin Cities Gym won the team championship with 45 points.

Twenty-two men and one woman entered the Midwest Masters Division. Highlights were: Barb Vincent's 406 lb. American Masters record deadlift; Steve Johnson's triumphant return to the platform in the 220's; the battle in the 198 lb. Masters 50 and over, between 1993 National Champion Tom Chavie and 1994 National and World Champion Ron Foreman. Tom had a super day coming out on top by 10 lbs. with a 1380 compared with Ron's 1370. This battle, by itself, was worth the price of admission. Sixty year old Bill Omundson became the first Minnesotan to total over 1000 lbs. in that age group

(and I think he had a lot more left in him). ADFPA newcomers Les Nodes and Gary Rohweder gave solid inaugural performances.

Highlights of the mens class 1 and below include Special Olympian Dan Carlson in the 123's; Northwest Powerlifting's Blake Hanson's strong performance at 181 lbs.; Kirk Roettgering coming back to nail his third bench attempt to stay in the meet and eventually winning the 220's. and Jungle John Kaczor opening with a huge 500 lb. bench and locking out 520 on his second only to have the lift red lighted on a technicality. At 275 Rob Weixeldorfer wins the award for most excited lifter after pulling his third deadlift of 525 lbs. and newcomer Henry Chwastek finished well in the 275+.

I would like to thank everyone that helped including referees David Siegler, Sandra and Dennis Green, Brian How, Rick Greenwald, Randy Waldorf, Ann DeGroot, Jim Stockwell, Kirk Roettgering, Shawn Cain, Darryl Schmidt, Erin Feldges, Steve Johnson and Dustin Dulski. Thanks to the sponsors: Twin Cities Gym; Joe Sensor's Bar and Grill; Dr. Frederick Clary, Chiropractor; Zubaz; Midway Ford; and Leighton and Crabtree, Attorneys at Law.

Lifter Profile - Pat Beaumaster

1994 ADFPA Police & Fire National Champion-148 lbs

Pat entered his first powerlifting meet in 1990 at the Police and Fire Nationals. He has been lifting weights most of his life and decided to test his strength compared to others involved in law enforcement. At the 1990 Police and Fire Nationals he placed 3rd in the 165 lb. class. Since then Pat has continued to compete to gauge his progress in pursuing his goals.

Pat trains most of the time in his basement weightroom and has his neighbor, Ron Foreman (another top-notch lifter) spot him when using heavier weights. When his cycle goes really heavy he does his training at the U.S. Swim and Fitness in New Hope. Pat trains 4 times a week most of the time but does change it occasionally to 4 times in 8 days. Squat and bench are trained with triples varying the number of sets and deadlifts trained with singles.

The only supplement Pat uses is a multivitamin and his main staple in his diet is tuna and rice. To maintain his weight at the 148 lb. class Pat also rides a stationary bike for 1/2 hour on the days he doesn't work out.

Future goals include a total of 10 times his body weight in the 148 lb. class. Specific lift goals are: 600 lb. squat, 350 lb. bench, and 550 lb. deadlift. Pat is planning on competing in the Men's Nationals and hopefully qualifying for the Worlds and then to close out 1995 at the Police and Fire Nationals in New York. In 1996 Pat plans to move up to the 165 lb. class and experience more success.

Pat's best lifts in competition include a 575 lb. squat, 314 lb. bench, 512 lb. deadlift to total 1370.

Special accomplishments include competing in 10 powerlifting meets and bringing home a trophy each time. Pat says he finds powerlifting a very personal sport and

has found himself disappointed even after receiving an award. He has yet to go 9 for 9 in a meet but plans to accomplish this goal and we are confident that he will in the near future.

I asked Pat if he would like to make any additional comments concerning his powerlifting career. He responded as follows: I would like to thank God for my strength and talents, thank my wife and children for their support, the New Hope Police Department, the City of New Hope, the people at U.S. Swim and Fitness, my neighbors, family and friends and a special thanks to Ron Foreman for his help.

I would like to commend Pat on his very successful powerlifting career to date and wish him continued success and personal gratification in this exciting sport.

UPCOMING SCHEDULE

- | | |
|-------------|--|
| Mar 18 | Red River Open , Fargo, ND Ann DeGroot, 2501 Villa Drive Fargo, ND 58103 |
| Apr. 22, 23 | High School Nat'l DesMoines, IA M.J. Foggia, 3176 West 41st Street Erie, PA 16506 |
| Apr. 29, 30 | Northwest Open, Fridley, MN Erin Feldges , 5525 Cedar Lake Road St. Louis Park, MN 55416 |
| May 6,7 | Womens Nationals, St. Louis, MO Teen, Junior, Open and Masters Mike Cissell, 15 Lakeside Dr. St. Louis, MO 63367 |

NATIONAL ADFPA MEETING ON JULY 14, 1995, WILKES BARRE, PA.

This years meeting of the ADFPA National Governing Body (NGB) has been billed as "judgement day". To date several issues have been brought up.

- 1) ADFPA president Bob Gaynor has invited other drug-free organizations and the ADFPA to have a dialog that could lead to a unification of some sort.
- 2) Several MN Masters have expressed their displeasure with the current leadership of the ADFPA Masters committee.
- 3) Dennis Brady of Chicago has declared his candidacy for President of the ADFPA. Larry Miller of Ohio will seek election to the Executive Committee. I'm sure others will follow.

It is my responsibility to exercise Minnesota's vote at the National Meeting. If you have any input, advice or issues you would like brought up, let me know. The way to change policy is through the democratic process.

Dennis Green

MEET RESULTS FOR THE 1995 MINNESOTA STATE POWERLIFTING CHAMPIONSHIPS
SANCTIONED BY THE A.D.F.P.A. 1/21-22/1995 Mr. Mike Mitchell, Meet Director

| | AGE | SQUAT | BENCH | DEADLIFT | TOTAL | PLACE | MALONE |
|---|-----|-------|-------|----------|--------|-------|---------|
| WOMENS OPEN | | | | | | | |
| <u>80.0 Kgs / 176.25 Lbs</u> | | | | | | | |
| Kuhn, Karisa L. | 26 | 365 S | 165 | 385 S | 915 S | B.L. | 652.44 |
| Eisenberg, Erin N. | 17 | 325 T | 170 T | 375 T | 870 T | 2 | 600.19 |
| <u>Over 80.0 Kgs / Over 176.25 Lbs</u> | | | | | | | |
| Vincent, Barbara E. | 40 | 285 M | 185 M | 406 ASM | 875 M | 1 | 489.45 |
| Van Vugt, Jill | 25 | 275 | 205 S | 310 | 790 | 2 | 524.04 |
| Ammann, Karen E. | 34 | 185 | 105 | 255 | 545 | 3 | 371.34 |
| MENS OPEN | | | | | | | |
| <u>52.0 Kgs / 114.50 Lbs</u> | | | | | | | |
| Aberwald, David P. | 25 | 285 | 220 | 320 | 825 | 1 | 795.85 |
| <u>56.0 Kgs / 123.50 Lbs</u> | | | | | | | |
| <u>60.0 Kgs / 132.25 Lbs</u> | | | | | | | |
| Hoff, Ronald J. | 37 | 465 | 280 | 490 S | 1235 | 1 | 1005.19 |
| Austrums, Chris | 22 | 95 | 140 | 250 | 485 | 2 | 395.67 |
| <u>67.5 Kgs / 148.75 Lbs</u> | | | | | | | |
| Beumaster, Pat | 32 | 530 | 300 | 520 | 1350 | 1 | 986.50 |
| Mc Cabe, Doug D. | 23 | 390 | 250 | 425 | 1065 | 2 | 789.45 |
| Rein, Louis A. | 24 | 350 | 245 | 425 | 1020 | 3 | 741.29 |
| <u>75.0 Kgs / 165.25 Lbs</u> | | | | | | | |
| Miller, Douglas J. | 26 | 445 | 325 | 505 | 1275 | 1 | 848.63 |
| Schmidt, Darryl E. | 47 | 410 | 285 | 450 | 1145 | 2 | 763.20 |
| Ford, Joel D. | 31 | 420 | 260 | 435 | 1115 | 3 | 754.16 |
| <u>82.5 Kgs / 181.75 Lbs</u> | | | | | | | |
| Schmitz, Andrew J. | 23 | 575 | 310 | 530 | 1415 | 1 | 885.80 |
| Klein, James C. | 33 | 500 | 275 | 525 | 1300 | 2 | 821.37 |
| Lindemans, Charles F | 41 | 475 M | 260 | 500 M | 1235 M | 3 | 786.44 |
| Wheat, Dan R. | 19 | 105 | 170 | 270 | 545 | 4 | 345.92 |
| Friday, Shawn M. (ND) | 26 | 430 | 380 | 590 | 1400 | G.L. | 867.59 |
| <u>90.0 Kgs / 198.25 Lbs</u> | | | | | | | |
| Bernsten, Joel | 43 | 525 | 340 | 535 | 1400 | 1 | 819.96 |
| Teragawa, Tim P. | 27 | 475 | 385 | 530 | 1390 | 2 | 814.11 |
| Foreman, Ronald G. | 51 | 490 | 305 | 575 M | 1370 | 3 | 802.39 |
| Haggenmiller, Thomas | 50 | 400 | 290 | 450 | 1140 | 4 | 670.58 |
| Edmondson, Daniel S. (ND) | 21 | 635 | 320 | 550 | 1505 | G.L. | 890.90 |
| Dorsher, John S. (ND) | 34 | 535 | 310 | 510 | 1355 | G.L. | 795.82 |
| <u>100.0 Kgs / 220.25 Lbs</u> | | | | | | | |
| Cahill, James B. | 21 | 620 | 365 | 660 | 1645 | 1 | 913.70 |
| Edelstein, Mitchell | 32 | 600 | 395 | 635 | 1630 | 2 | 903.57 |
| Ricker, Michael D. | 29 | 520 | 320 | 600 | 1440 | 3 | 820.93 |
| Madvig, Brad D. | 20 | 500 | 340 | 540 | 1380 | 4 | 765.25 |
| <u>110.0 Kgs / 242.50 Lbs</u> | | | | | | | |
| Freiberg, Jeffrey S. | 29 | 550 | 315 | 640 | 1505 | 1 | 808.41 |
| <u>125.0 Kgs / 275.50 Lbs</u> | | | | | | | |
| Gillingham, Karl G. | 29 | 660 | 450 | 700 | 1810 | 1 | 962.02 |
| Simmons, Roy A. | 43 | 630 M | 430 M | 620 | 1680 M | 2 | 886.22 |
| Steger, Marcus A. | 19 | 480 | 350 | 545 | 1375 | 3 | 721.40 |
| <u>Over 125.0 Kgs / Over 275.50 Lbs</u> | | | | | | | |
| Gillingham, Brad H. | 28 | 755 | 530 | 750 S | 2035 | B.L. | 1048.02 |

Teams: Twin Cities Gym - 1st place (45 points)

B.L. = Best Lifter
 S = Minnesota State Open Record
 M = Minnesota State Masters Record

G.L. = Guest Lifter
 A = American Masters Record
 T = Minnesota State Teenage Record

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| | AGE | SQUAT | BENCH | DEADLIFT | TOTAL | PLACE | SCHWARTZ |
|----------------------------------|-----|-------|-------|----------|--------|-------|----------|
| <u>CLASS 1 & BELOW</u> | | | | | | | |
| 52.0 Kgs / 114.50 Lbs | | | | | | | |
| Aberwald, David P. | 25 | 285 | 220 | 320 | 825 | 1 | 795.85 |
| 56.0 Kgs / 123.50 Lbs | | | | | | | |
| Carlson, Dan | 26 | 95 | 120 | 200 | 415 | 1 | 389.10 |
| 75.0 Kgs / 165.25 Lbs | | | | | | | |
| Ford, Joel D. | 31 | 420 | 260 | 435 | 1115 | 1 | 754.16 |
| 82.5 Kgs / 181.75 Lbs | | | | | | | |
| Hanson, Blake G. | 23 | 450 | 285 | 505 | 1240 | 1 | 771.37 |
| Lindemans, Charles F | 41 | 475 M | 260 | 500 M | 1235 M | 2 | 786.44 |
| Dulski, Gordon S. | 45 | 350 | 245 | 460 | 1055 | 3 | 656.05 |
| 90.0 Kgs / 198.25 Lbs | | | | | | | |
| Teragawa, Tim P. | 27 | 475 | 385 | 530 | 1390 | 1 | 814.11 |
| Chavie, Thomas A. | 53 | 530 M | 335 M | 515 | 1380 M | 2 | 815.65 |
| Fountain, Chuck J. | 20 | 500 | 245 | 500 | 1245 | 3 | 767.18 |
| Hermann, Erik M. | 20 | 460 | 250 | 490 | 1200 | 4 | 786.75 |
| Todd, James E. | 44 | 450 | 325 | 425 | 1200 | 5 | 702.83 |
| Haggenmiller, Thomas | 50 | 400 | 290 | 450 | 1140 | 6 | 670.58 |
| 100.0 Kgs / 220.25 Lbs | | | | | | | |
| Roettgering, Kirk B. | 33 | 505 | 285 | 550 | 1340 | 1 | 753.38 |
| Kaczor, John C. | 31 | 325 | 500 S | 500 | 1325 | 2 | 734.50 |
| Rognlien, Michael J. | 44 | 460 | 355 | 460 | 1275 | 3 | 708.66 |
| 110.0 Kgs / 242.50 Lbs | | | | | | | |
| Weixeldorfer, Robert | 28 | 575 | 300 | 525 | 1400 | 1 | 770.16 |
| Kozlowski, James P. | 27 | 520 | 320 | 540 | 1380 | 2 | 740.84 |
| Stanis, Rickard D. | 23 | 350 | 285 | 340 | 975 | 3 | 537.79 |
| Over 125.0 Kgs / Over 275.50 Lbs | | | | | | | |
| Chwastek, Henry L. | 38 | 530 | 400 | 500 | 1430 | 2 | 744.09 |

B.L. = Best Lifter
 S = Minnesota State Open Record
 M = Minnesota State Masters Record
 G.L. = Guest Lifter
 A = American Masters Record
 T = Minnesota State Teenage Record

Congratulations to the following lifters for their outstanding performances:

International Elite

Beaumaster, Pat
 Gillingham, Brad H.
 Hoff, Ronald J.

Elite

Cahill, James B.
 Edelstein, Mitchell
 Gillingham, Karl G.

Master

Bernsten, Joel
 Edmondson, Daniel S. (ND)
 Friday, Shawn M. (ND)
 Miller, Douglas J.
 Schmitz, Andrew J.
 Simmons, Roy A.

AGE SQUAT BENCH DEADLIFT TOTAL PLACE MALONE

| | AGE | SQUAT | BENCH | DEADLIFT | TOTAL | PLACE | MALONE |
|-----------------------------------|-----|-------|-------|----------|--------|-------|--------|
| <u>WOMENS MASTERS 40-49</u> | | | | | | | |
| Over 80.0 Kgs / Over 176.25 Lbs | | | | | | | |
| Vincent, Barbara E. | 40 | 285 M | 185 M | 406 ASM | 875 M | 1 | 489.45 |
| <u>MENS MASTERS 40-49</u> | | | | | | | |
| 75.0 Kgs / 165.25 Lbs | | | | | | | |
| Schmidt, Darryl E. | 47 | 410 | 285 | 450 | 1145 | 1 | 763.20 |
| 82.5 Kgs / 181.75 Lbs | | | | | | | |
| Lindemans, Charles F | 41 | 475 M | 260 | 500 M | 1235 M | 1 | 786.44 |
| Reid, Sid E. | 46 | 425 | 270 | 475 | 1170 | 2 | 731.54 |
| Dulski, Gordon S. | 45 | 350 | 245 | 460 | 1055 | 3 | 656.05 |
| 90.0 Kgs / 198.25 Lbs | | | | | | | |
| Bernsten, Joel | 43 | 525 | 340 | 535 | 1400 | 1 | 819.96 |
| Todd, James E. | 44 | 450 | 325 | 425 | 1200 | 2 | 702.83 |
| 100.0 Kgs / 220.25 Lbs | | | | | | | |
| Johnson, Steven H. | 42 | 575 | 280 | 600 | 1455 | 1 | 811.13 |
| Waldorf, Randy E. | 42 | 525 | 315 | 490 | 1330 | 2 | 773.25 |
| Rognlien, Michael J. | 44 | 460 | 355 | 460 | 1275 | 3 | 708.66 |
| Mozis, Byron G. | 48 | 355 | 260 | 520 | 1135 | 4 | 634.15 |
| 110.0 Kgs / 242.50 Lbs | | | | | | | |
| Fergusson, James T. | 49 | 535 | 345 | 500 | 1380 | 1 | 759.91 |
| Wood, Albert L. | 44 | 455 | 360 | 480 | 1295 | 2 | 695.99 |
| Letendre, Donald J. | 44 | 420 | 355 | 475 | 1250 | 3 | 671.49 |
| Nodes, Les M. | 41 | 415 | 295 | 435 | 1145 | 4 | 628.63 |
| Remus, Martin S. | 42 | 405 | 230 | 450 | 1085 | 5 | 594.90 |
| 125.0 Kgs / 275.50 Lbs | | | | | | | |
| Simmons, Roy A. | 43 | 630 M | 430 M | 620 | 1680 M | 1 | 886.22 |
| <u>MENS MASTERS 50 & OVER</u> | | | | | | | |
| 90.0 Kgs / 198.25 Lbs | | | | | | | |
| Chavie, Thomas A. | 53 | 530 M | 335 M | 515 | 1380 M | 1 | 815.65 |
| Foreman, Ronald G. | 51 | 490 | 385 | 575 M | 1370 | 2 | 802.39 |
| Haggenmiller, Thomas | 50 | 400 | 290 | 450 | 1140 | 3 | 670.58 |
| La Belle, George P. | 55 | 260 | 245 M | 360 | 865 | 4 | 512.67 |
| 100.0 Kgs / 220.25 Lbs | | | | | | | |
| Omundson, William J. | 60 | 400 M | 240 M | 420 M | 1060 M | 1 | 599.18 |
| 110.0 Kgs / 242.50 Lbs | | | | | | | |
| Rohweder, Gary L. | 56 | 255 M | 225 M | 375 M | 855 M | 1 | 458.83 |
| <u>WOMENS TEENAGE 16-17</u> | | | | | | | |
| 80.0 Kgs / 176.25 Lbs | | | | | | | |
| Eisenberg, Erin N. | 17 | 325 T | 170 T | 375 T | 870 T | 1 | 600.19 |
| <u>MENS TEENAGE 18-19</u> | | | | | | | |
| 67.5 Kgs / 148.75 Lbs | | | | | | | |
| Fischer, Travis B. | 19 | 300 | 245 | 340 | 885 | 1 | 666.66 |
| 82.5 Kgs / 181.75 Lbs | | | | | | | |
| Bassett, Charles T. | 18 | 380 | 270 | 490 | 1140 | 1 | 709.71 |
| 90.0 Kgs / 198.25 Lbs | | | | | | | |
| Myhre, Ryan R. | 19 | 450 | 285 | 500 | 1235 | 1 | 738.96 |
| 100.0 Kgs / 220.25 Lbs | | | | | | | |
| Meier, Mike D. | 19 | 535 | 335 | 530 | 1400 | 1 | 785.28 |
| 125.0 Kgs / 275.50 Lbs | | | | | | | |
| Teen 18 275 | | | | | | | |
| Steger, Marcus A. | 19 | 480 | 350 | 545 | 1375 | 1 | 721.40 |

S = Minnesota State Open Record
 M = Minnesota State Masters Record
 A = American Masters Record
 T = Minnesota State Teenage Record