

**Welker Engineering and Rocky McCullough**  
*present the*  
**WABDL® GOODSON/HONDA WORLD BENCH PRESS AND DEAD LIFT**  
**CHAMPIONSHIPS**

**THE PEPPERMILL HOTEL – 2707 S. Virginia Street, Reno, NV**

**October 27 – November 1, 2009**

**ENTRY DEADLINE: Entry fee and form must be IN HAND by Monday, September 28<sup>TH</sup>**

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
City \_\_\_\_\_ State/Country \_\_\_\_\_ Zip \_\_\_\_\_  
Are you a college student? \_\_\_\_\_ If so, which college? \_\_\_\_\_  
Wt. Class \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age: \_\_\_\_\_ (at contest)

**NOTE:** You may enter either bench press or dead lift or both, but you do not have to do both. You may lift in one or two divisions of the bench press or dead lift or both; if you enter two divisions, you **MUST** lift in the first division contested.

Bench Division 1: \_\_\_\_\_ 2. \_\_\_\_\_

Dead Lift Division 1: \_\_\_\_\_ 2. \_\_\_\_\_

**T-shirts:** All shirts are \$15. (Please indicate quantity of order).

4x \_\_\_\_ 3X \_\_\_\_ 2X \_\_\_\_ XL \_\_\_\_ L \_\_\_\_ M \_\_\_\_ S \_\_\_\_ – Black

4X \_\_\_\_ 3X \_\_\_\_ 2X \_\_\_\_ XL \_\_\_\_ L \_\_\_\_ M \_\_\_\_ S \_\_\_\_ – White

4x \_\_\_\_ 3X \_\_\_\_ 2X \_\_\_\_ XL \_\_\_\_ L \_\_\_\_ M \_\_\_\_ S \_\_\_\_ – Blue \* **include shirt money with entry fee**

**Program:** Yes \_\_\_\_ No: \_\_\_\_ These are \$8 and will have all lifters' names, weight classes, divisions, and hometowns plus it includes World and current state records from the 10 most represented states in the contest. Lifters who hold a **WABDL WORLD RECORD** and who send Gus Rethwisch a picture and a biography will be included in the program. There will be updated all-time lists included in the program, including Open Men and Open Women. Please **include program money with entry fee**

THIS CONTEST WILL BE DRUG-TESTED with usually 25 of the best lifters being selected in both bench and dead lift, but in some cases other lifters will be tested also. Every lifter must have a one-piece lifting suit, which cannot be excessively loose. **EVERY LIFTER WILL BE REQUIRED TO HAVE A CURRENT WABDL CARD THAT MAY BE BOUGHT FOR \$35 (TEEN CARDS ARE \$25). PLEASE SEND THIS IN WITH YOUR ENTRY, IF CARD WILL NOT BE CURRENT FOR THE CONTEST DATES.**

**ENTRY DEADLINE:** Entry fee and form must be IN HAND by Monday, September 28<sup>th</sup>. No faxed or phoned entries will be accepted. Entries will be accepted with a \$20 late fee (no exceptions) until Thursday, October 1<sup>st</sup>. **No entries will be accepted after October 1<sup>st</sup> under any circumstances.**

**ENTRY FEE:** **\$79 one division** (either Bench or Dead Lift), **\$145 for two divisions** (one bench and one dead or two bench or two dead). If you do **three divisions** (two in Bench, one in Dead Lift, for example) the fee **is \$175.** If you do **two divisions in both Bench and Dead Lift, fee is \$195.** (That is a total of four trophies.) Teenage entry fee is **\$65 for one event, \$115 for two divisions or one in Bench and one in Dead Lift, \$130 for three divisions, and \$150 for four divisions.** **Make checks payable to WABDL (NOT to Gus Rethwisch) and send to P.O. Box 27499,**

**Golden Valley, MN 55427.** EXPRESS MAIL IF YOU THINK YOU MIGHT BE LATE. DO NOT FED-EX. **REFUNDS WILL BE GIVEN UNTIL OCTOBER 1, 2009. AFTER THAT DATE FEE WILL BE APPLIED TO 2010 MEETS PROMOTED BY GUS RETHWISCH.**

**LONG-TERM MAJOR SPONSORS OF WABDL®:**

Brian Welker of Welker's Competitive Edge Gym – brian@competitiveedgegym.com  
Rocky McCullough of Goodson Auto Group – Honda – (832) 513-4803  
Jon Doyle of USP Labs – [www.usplabsdirect.com](http://www.usplabsdirect.com)  
Alan Thomas of APT Inc. Pro Weight Lifting Gear – [www.ProWristStraps.com](http://www.ProWristStraps.com) - [APT@ProWriststraps.com](mailto:APT@ProWriststraps.com)  
or Toll free 1-888- 236-1258  
Shawn Madere of GLC DIRECT – (866) 452-3473 [www.glcdirect.com](http://www.glcdirect.com)  
Brent Mikesell of Iron Gladiator – (509) 475-7341 - [www.irongladiators.com](http://www.irongladiators.com)  
Ken Anderson of Anderson Powerlifting (972) 820-9203– [www.andersonpowerlifting.com](http://www.andersonpowerlifting.com)  
Keith Lemm of CSS Photo Design – [cssphoto@sbcglobal.net](mailto:cssphoto@sbcglobal.net) – (916) 213-8273  
Mike Lambert of Powerlifting USA - (800) 448-7693  
Neal Spruce and Odd Haugen of Dotfit – [www.dotfit.com](http://www.dotfit.com) – (877) 436-8348  
Chet Groskreutz of IVANKO BARBELL – (310) 514-1155 [www.ivankobarbell.com](http://www.ivankobarbell.com)  
Grace Cloninger of House of Pain – West - (775) 674-0674  
Crain's - (800) 272- 0051 – [www.rcrain@allegiance.tv](mailto:www.rcrain@allegiance.tv)

**TEAM ENTRY:** Fifteen places per team; a lifter may score points for two divisions, one in bench and one in dead lift, but not two benches or two dead lifts. Please note that ALL TEAM MEMBERS must be from the same state or two bordering states with all team members within a 100 mile radius. The minimum number of lifters for a team is eight. Please download the team roster from the website – [www.wabdl.org](http://www.wabdl.org). Call Gus Rethwisch with questions at (503) 901-1622 or (763) 545-8654. **Complete team roster and team fee of \$100 are due September 28<sup>th</sup>.** **There will be no exceptions.** The roster may be emailed to [wabdl@bendbroadband.com](mailto:wabdl@bendbroadband.com) but fee needs to be sent to Gus Rethwisch.

**Disclaimer Read Carefully:** When you sign, legal rights will be surrendered! I HEREBY, for myself and my heirs release any and all rights/claims for damages or injuries I may have against WABDL®, Gus Rethwisch, The Peppermill Hotel, and any and all participating sponsors, supporters, referees, spotters-loaders, or any other authorized meet personal as a result of my traveling to, participating in, or traveling from this WABDL contest. I make this release and waiver claim with full knowledge of the hazards and inherent risks associated with the above mentioned competition. I expressly assume the risk of injury if using the thumb-less or "suicide" bench press grip and of any and all property damage/loss. Moreover, I agree that any testing method, which Gus Rethwisch uses to detect the presence of strength-inducing drugs, shall be conclusive.

\_\_\_\_\_ (Date) \_\_\_\_\_ (Participant's signature-if under 18, parent's signature)

**OFFICE USE ONLY:**

Received \$ \_\_\_\_\_ (covers: \_\_\_\_ entry fee, \_\_\_\_ WABDL card, \_\_\_\_ T-shirt, \_\_\_\_ Program: Owes \$ \_\_\_\_\_) Late fee: \_\_\_\_

**EXTREMELY IMPORTANT!** (Please complete this form and send in with your

entry and fees.)

WABDL meet expenses are dependent to some extent on the number of lifters staying at the hotel meet site. (It definitely affects the cost of the ballroom.) In order to have an accurate check of this, please fill out the following and don't forget to book through the code LWABP09 and call 800-282-2444.

**My concern is this:** The ballroom rents for \$12,000/day, which is \$72,000 for six days. If we do not have enough lifters going through 800# with the code, we could end up paying \$40,000-\$60,000 for the ballroom. This would be impossible for WABDL to handle.

Name: \_\_\_\_\_

Number of nights you will be staying @ the hotel meet site? \_\_\_\_\_

Did you go through the 800 number and use the code LWABP09? Yes-\_\_\_\_\_ No\_\_\_\_\_

What is the name that will be used for REGISTERING for these nights you will be staying at the hotel meet site?  
\_\_\_\_\_

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**Do you have friends or relatives who will be staying @ the hotel meet site during the competition? They also get reduced rates – if they mention** the WABDL World Bench Press and Dead Lift Championships.

What is (are) the name(s) that will be used for registering these relatives'/friends' rooms?

Registered Name \_\_\_\_\_ # of nights \_\_\_\_\_

Registered Name \_\_\_\_\_ # of nights \_\_\_\_\_

**EQUIPMENT: PLEASE SEE THE DETAILED LIST OF OFFICIAL GEAR AND EQUIPMENT LISTED ON THE WEBSITE – [www.wabdl.org](http://www.wabdl.org) IF IT ISN'T ON THE LIST, IT IS NOT LEGAL FOR WABDL COMPETITION**

**PLEASE BE SURE TO PURCHASE YOUR WABDL MEMBERSHIP CARD IN ADVANCE OF WEIGH-INS IF YOU DO NOT HAVE ONE OR IF YOURS WILL NOT BE CURRENT DURING THE CONTEST DATES. It will help make weigh-ins go more smoothly and efficiently and thereby be less bother for lifters.**

**IMPORTANT MESSAGES:**

1. The WABDL website is – [www.wabdl.org](http://www.wabdl.org) (NOT .COM)
2. Elite Open lifters can lift in any division except Open. This is a change in rules. Elite lifters may set State Elite Open Men records and records in other divisions except Open Men.
3. There have been a few reports of people who have gone over class 1 limit which hopefully was a mistake. Class 1 competitors are watching. Check limits for both bench and deadlift.
4. Who Qualifies? Any lifter who finished in top 5 of his or her weight class and division in and qualifier in 2009 and any lifter who finished in top 5 in 2006, 2007, 2008 Worlds. Also, any lifter who could not get to a qualifier in 2009 because of an injury will receive a waiver. Only active duty military will receive a waiver from qualifying.

**PLEASE RETURN THIS PAGE (FRONT AND BACK) WITH YOUR ENTRY AND APPLICABLE FEES PAYABLE TO WABDL.**

**DIVISIONS/WEIGHT CLASSES for Both Bench Press and Dead Lift:**

**YOU MAY ENTER EITHER BENCH PRESS OR DEAD LIFT, OR BOTH, BUT YOU DO NOT HAVE TO DO BOTH. You may enter one or two divisions in bench and/or one or two divisions in dead lift. You must lift in the division that is contested first. Be sure to write your division and weight class at the top of this entry!**

**Elite Open Men (Bench Press Only)**(Bench Press Only): Any male lifter who has benched higher than the following in any and all sanctioned contests will be in the Elite Open Bench and will no longer be eligible to lift in any other divisions except Elite Open: 114#-303.0, 123#-363.7, 132#-407.7, 148#-457.2, 165#-529.0, 181#-562.0, 198#-664.5, 220#-705.2, 242#-727.5, 259#-747.5, 275#-788.0, 308#-826.5, SHW-846.5 Lifters may set state records in Elite Open

**Open Men:** Male lifters will compete in the following weight classes: 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW  
If they have lifted less than the weights listed in Elite Open Men Bench.

**Open Women:** Female lifters will compete in the following weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, AND UL (198+)

**Class I Men:**

**Bench Press:** Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-242#, 114-275#, 123-314#, 132-352.5#, 148-385.7#, 165-418.7#, 181-440.7#, 198-468.0#, 220-485.0#, 242-507.0#, 259-525.7#, 275-540.0#, 308-556.0#, SHW-573.0#

**Dead Lift:** Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-352#, 114-391#, 123-424#, 132-452#, 148-496#, 165-540#, 181-573#, 198-601#, 220-628#, 242-650#, 259-667#, 275-683#, 308-699#, SHW-711#

**Junior Men and Junior Women:** Any lifter age 20-25 will compete in all weight classes.

**Master Men – Master Women:** Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, 85+ and over will compete in all weight classes as specified in Open Men and Open Women.

**Law/Fire Men –Law/Fire Women:** All weight classes will be contested for Open, Submaster 33-39, Master 40-47, Master 48-55, and Master 56+

**Teen Men and Teen Women:** Age groups 12-13, 14-15, 16-17, and 18-19 will be contested in all weight classes including 97# and 105# for Teen 16-19 and 97# & 105# for Teen 12-15. Teens, ages 12-15, may only enter the teen divisions.

**Submaster Men – Submaster Women:** Men and women ages 33-39 will compete in all weight classes

**Special Olympians Men-Women/Disabled Men- Women:** All weight classes will be contested

**WEIGH-INS: PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! NO MORNING WEIGH-INS!**

Monday, October 26, 2009: 2:00 P.M. – 8:30 P.M. for lifters competing on Tuesday, October 27<sup>th</sup>

Tuesday, October 27, 2009: 2:00 P.M. – 8:30 P.M. for lifters competing on Wednesday, October 28<sup>th</sup>

Wednesday, October 28, 2009 2:00 P.M. – 8:30 P.M. for lifters competing on Thursday, October 29<sup>th</sup>

Thursday, October 29, 2009: 2:00 P.M. – 8:30 P.M. for lifters competing on Friday, October 30<sup>th</sup>

Friday, October 30, 2009: 2:00 P.M. – 8:30 P.M. for lifters competing on Saturday, October 31<sup>st</sup>

Saturday, October 31, 2009: 2:00 P.M. - 8:30 P.M. for lifters competing on Sunday, November 1<sup>st</sup>

**Weight Class Changes:** You may change your weight class until October 1<sup>st</sup>. (but you can't go down in weight only up unless you have qualified at a lower weight). Call Gus Rethwisch: Phone - (763) 545-8654 or (503) 901-1622 or Fax – (763) 544-3776. AFTER OCTOBER 1<sup>st</sup>, NO WEIGHT CLASS OR DIVISION CHANGES ARE ALLOWED. **YOU MUST MAKE WEIGHT TO LIFT!**

**Contest Times: THESE TIMES ARE ONLY APPROXIMATE - the final schedule will be in the program and will be posted in the weigh-in room.**

**PLEASE PLAN TO STAY FOR TROPHY PRESENTATION!**

Please note: In an earlier schedule posted on the website, Master Women 40-46 was scheduled for Thursday. They are now scheduled for Friday and this is the final schedule which will not be changed.

<b>Tuesday, October 27<sup>th</sup>: Day 1.</b>		
Bench	9:00 A.M. 9:45 A.M. 10:45 A.M. 11:45 A.M. 12:45 P.M. 1:30 P.M.	All Special Olympian Men and Women Class 1 Men: 105#-181# Class 1 Men: 198#-242# Class 1 Men: 259#-SHW All Disabled Lifters Trophy Presentation for All Benchers of the Day
Dead Lift:	2:30 P.M. 3:15 P.M. 4:15 P.M. 5:15 P.M. 6:00 P.M.	All Special Olympian Men and Women Class 1 Men: 105#-198# Class 1 Men: 220#-SHW All Disabled Lifters Trophy Presentation for All Dead Lifters of the Day
<b>Wednesday, October 28<sup>th</sup>: Day 2.</b>		
Bench	9:00 A.M. 10:00 A.M. 11:00 A.M. 12 NOON 12:45 P.M. 1:45 P.M.	Master Men 61-67: 114#-198# Master Men 61-67: 220#-SHW Master Men 68-74 Master Men 75+ Master Women 61+ and All Law/Fire Women All Law/Fire men Open and Law/Fire Submaster Trophy Presentation for All Benchers of the Day
Dead Lift	3:45 P.M. 4:30 P.M. 5:15 P.M. 6:00 P.M. 6:45 P.M.	Master Men 61-67 Master Men 68+ Master Women 61+ and All Law/Fire Women All Law/Fire men Open and Law/Fire Submaster and Trophy Presentation for All Dead Lifters of the Day
<b>Thursday, October 29<sup>th</sup>: Day 3.</b>		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12 NOON 12:45 P.M.	Master Men 54-60: 123#-181# Master Men 54-60: 198#-SHW Open Women Master Women 54-60 Law/Fire Master 40+ Trophy Presentation for Benchers of the Day
Dead Lift:	1:45 P.M. 2:30 P.M. 3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M. 6:15 P.M.	Master Men 54-60: 123#-1981# Master Men 54-60: 220#-SHW Open Women: 97-148# Open Women: 165#-UL Master Women 54-60 Law/Fire Master 40+ Trophy Presentation for Dead Lifters of the Day

<b>Friday, October 30<sup>th</sup>: Day 4.</b>		
Bench	8:30 A.M. 9:15 A.M. 10:15 A.M. 11:15 A.M. 12 NOON 1:00 P.M. 2:00 P.M. 2:45 P.M. 3:30 P.M.	Master Men 47-53: 123#-198# Master Men 47-53: 220#-259# Master Men 47-53: 275#-SHW Master Women 47-53 <b>and Submaster Women</b> Submaster Men: 123# - 198# Submaster Men: 220# - 259# Submaster Men: 275# - SHW Master Women 40-46 Trophy Presentation for Benchers of the Day
Dead Lift:	4:30 P.M. 5:15 P.M. 6:00 P.M. 6:45 P.M. 7:30 P.M. 8:15 P.M.	Master Men 47-53: 123#-220# Master Men 47-53: 242#-SHW Submaster Men: 123# - 220# Master Women 47-53 <b>and Submaster Women</b> Master Women 40-46 Trophy Presentation for Dead Lifters of the
<b>Saturday, October 31<sup>st</sup>: Day 5.</b>		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12 NOON 12:45 P.M. 1:30 P.M. 2:15 P.M.	Master Men 40-46: 114# - 181# Master Men 40-46: 198# <b>and</b> 242# Master Men 40-46: 220# Master Men 40-46: 259# - SHW Open Men: 114# - 165# <b>and Elite Open 114#-165#</b> Open Men: 181# - 220# <b>and Elite Open 181#-220#</b> Open Men: 242# - SHW <b>and Elite Open 242#-SHW</b> Trophy Presentation for Benchers of the Day
Dead Lift:	3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M. 6:15 P.M. 7:00 P.M.	Master Men 40-46: 123# - 220# Master Men 40-46: 242# - SHW Open Men: 105# - 181# Open Men: 198# - 220# Open Men: 242# - SHW Trophy Presentation for Dead Lifters of the Day
<b>Sunday, November 1<sup>st</sup>: Day 6.</b>		
Bench	9:00 A.M. 9:45 A.M. 10:30 A.M. 11:15 A.M. 12 NOON 12:45 P.M. 1:30 P.M.	All Teen Women All Teen Men 12-15 Teen Men 16-19:105#-181# Teen Men 16-19: 198#-SHW Junior Women and <b>Junior Men: 105#-181#</b> Junior Men: 198#-SHW Trophy Presentation for All Benchers of the Day
Dead Lift:	2:30 P.M. 3:15 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M. 6:15 P.M.	Teen Women and <b>Junior Women</b> All Teen Men 12-15 Teen Men 16-19: 114# - 181# Teen Men 16-19: 198#-SHW Junior Men Trophy Presentation for All Dead Lifters of the Day

**Hotel Information:** Rooms are \$90 in the Montego Bay wing; \$100 in the peppermill tower; and \$160 in the new Tuscany Tower. The hotel did a \$400 million dollar renovation and now has 11 restaurants and 1850 rooms. **Call the Peppermill Hotel at 800-282-2444 –Mention the code LWABP09 and the World Bench Press and Dead Lift Championships. You need to make your reservations no later than October 6<sup>th</sup> to guarantee the special rates. To insure you get a non-smoking reservation the earlier you make your reservations the better. It is very important to use code LWABP09.** The hotel address is 2707 S. Virginia Street, Reno, NV. Take Exit 64 off Hwy. 395 (Moana Lane) and go west to Virginia Street. Turn right and travel 4-5 blocks. There is an airport shuttle which leaves every half hour on the hour from 5:00 A. M. until midnight. **We appreciate your patronizing the hotel that is acting as the venue host for this contest of champions. We guarantee a certain number of nights in exchange for the use of the ballroom at a specific fee. We do not receive credit for reservations made on the Internet. If we don't meet our quota, the fee for the ballroom goes up, and consequently, so do the WABDL expenses.** PLEASE BOOK RESERVATIONS THROUGH THE 800 NUMBER, (800) 282-2444 and **code LWABP09**, TO KEEP WABDL SOLVENT OR WE WILL HAVE TO GO TO SMALLER HOTELS FOR WORLDS IN THE FUTURE! LAST YEAR AT THE RIVIERA WE HAD TO PAY A \$12,000 PENALTY DUE TO SOME LIFTERS STAYING AT OTHER HOTELS OR GOING THROUGH THE INTERNET. THE COST OF STAGING THE WORLDS LAST YEAR WAS \$56,085 + \$12,000 PENALTY OR \$68,085. **REGARDLESS, I REALLY APPRECIATE ALL THE LIFTERS THAT CAME TO THE WORLDS LAST YEAR. THE WORLDS IS THE DRIVING FORCE OF WABDL AND PAYS 90% OF WABDL BILLS.**

**IMPORTANT MISCELLANEOUS INFORMATION:**

Lifters are reminded to bring a birth certificate or photo identification, which includes age, with them to weigh-ins. Law Enforcement/Fire lifters will also need identification to show their professional affiliation. Camcorders are welcome and encouraged at the meet. There will also be an official meet photographer at the meet.

**QUESTIONS:** Call Gus Rethwisch at (763) 545-8654 or (503) 901-1622.

**RESTAURANTS:** There are 11 world-class restaurants including a great 24-Hour coffee shop that is far superior to the Riviera's. The restaurants include a steak house, Oceano Seafood Restaurant, Chi's Chinese Restaurant, the Romanza Italian Restaurant, and the Island Buffet.

**Awards:** 1<sup>st</sup> place will be a new 16" sculpted trophy, dark bronze in color. It will be a hit!! Best lifter will be huge loving cups. Sculpted trophies and medals will round out the awards.