

# 100% RAW Powerlifting Federation, Inc.

139 Marla's Way Camden, NC 27921

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OCTOBER 2014  
VOLUME #4 ISSUE #24



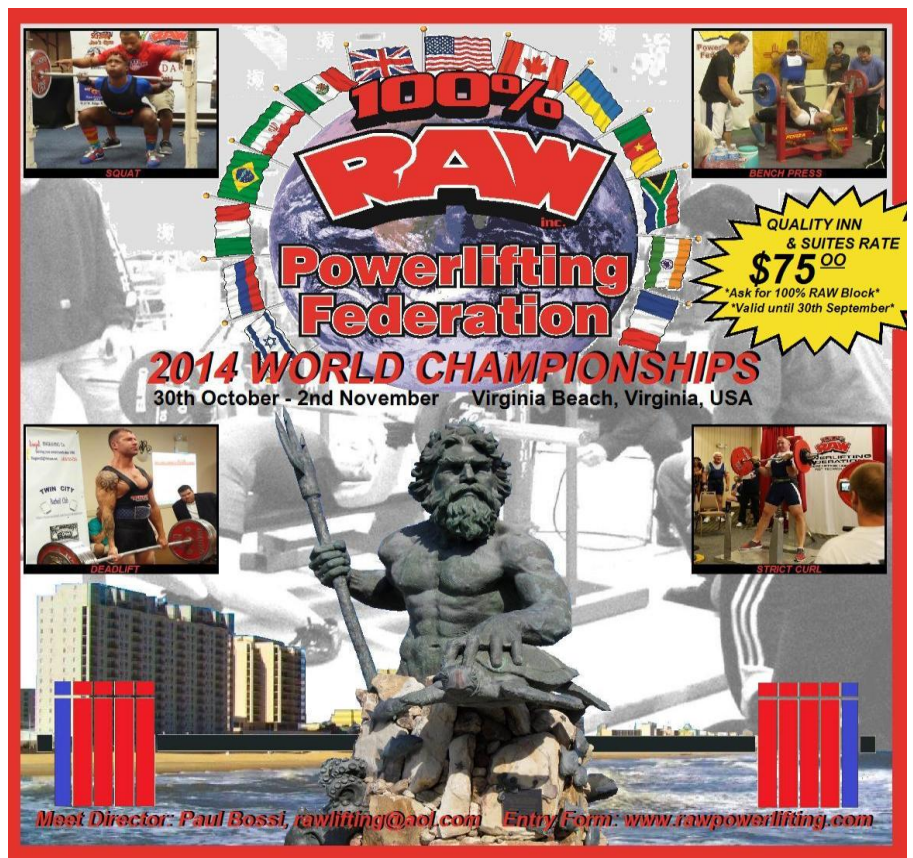
A Word From The President  
100% RAW POWERLIFTING FEDERATION  
President: Paul Bossi

Dear Lifters,

The World Championships are less than 3 weeks away. We currently have close to 300 athletes from 6 countries. This has been a huge year of growth for the federation with the future looking even better.

## Sad News:

Walter "The Truck" Ferguson competed with us from the beginning and stuck with us through the formation of 100% RAW. Walter was a top powerlifter in his early years, a top bencher in his later years, and more importantly he was the nicest guy on and off the platform. Walter passed away and anyone who knew him knows this; we didn't lose a power-lifter, we lost a friend.



The 2014 World Championships will be one of our biggest World events ever. The meet is full and closed and all flights are posted on our website [www.rawpowerlifting.com](http://www.rawpowerlifting.com) for you to see. If there is anything incorrect or you have any questions please email me at [rawlifting@aol.com](mailto:rawlifting@aol.com) and inform me of any problems you see.

The Quality Inn has sold out the complete hotel to 100% RAW Lifters and now we are using the Ramada next door for our overflow.

Jostens' will be selling the World Championship rings. Samples will be available to view. We will be there with our new RAW Apparel line of clothing.

**The Battle for the belts are ready.**

## 2014 World Championships Belt



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Paul Bossi, President

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## 2014 World Championships Rings



Available at the 2014 World Championships  
In Virginia Beach, VA (Oct 30<sup>th</sup> – Nov 2<sup>nd</sup>)

## American Challenge Custom Plaques

Any lifter can purchase a Record, Ranking or Personal accomplishment Plaque from our website by printing off an order form and faxing to 252-338-7669 or e-mailing back to [ectrophy@aol.com](mailto:ectrophy@aol.com). Please fill out very neatly (prefer typing). Elizabeth City Trophy & Awards accepts Master Card, Visa, Discover, and personal checks. You can send in your form and give a telephone number for them to call you for payment. You can e-mail or fax the information if you prefer. Plaques are available for any lifter who competed in any 100% RAW event. Past records or past accomplishments can still be ordered through the site with verification of the lift. If you have any questions please email [Rawlifting@aol.com](mailto:Rawlifting@aol.com)

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## BACK TO SCHOOL:

I feel like I've gone back in time, 30 years (not that I'm counting), and my high school teacher is telling me that there is a project due tomorrow. Two days ago Paul Bossi asked if I could write a newsletter. "How long do I have?" "Four days." Anyone who knows Paul will have a good laugh at his expense.

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## WORLDS:

About a year ago the lifters at our gym were talking about a rumor of the World meet returning to the East Coast. I want to thank Paul Bossi, Jackson Lee, Hunter Claypatch, and everyone that made the rumor a reality. 100% RAW was formed on the East coast and the majority of the membership lies on the East coast. The net result, the world meet filled up quick! Trust me, the people at the top of the organization are dedicated to figuring out how to make the lifters happy.

Ben Zak

## SUPER COOL:

This year at the 2014 world meet it looks like there is going to be a film crew following Naomi, Super Girl, Kutin. I looked up the people making the film and they are very talented. If you are expecting a documentary on power-lifting, you will be disappointed. This movie is going to be about a lot more. The film documents a young girl and how different facets of her life fit together...one of these facets happens to be power-lifting. I think that this movie is going to have a broad cross-over appeal and interest a lot of people who don't know the first thing about our sport...trust me, that's a great thing. I should also mention that Naomi is currently ranked number one in the world for teens, 97 pound weight class. In the open division Naomi is tied for first in the world in the squat and third in total; that's remarkable at any age, but at thirteen...unheard of! Anyone who would like to follow the progress of the movie can do so at

<http://www.supergirl.doc.com/>

## SPONSORSHIPS

### CHAMPIONSHIP BELTS

One of the best parts about the World meet is the Championship Belts. The belts have been a long running tradition, and Elizabeth City Trophy always makes a fantastic product. The belts are expensive to produce and the reason so many are awarded comes down to the people who sponsor us. Translation; take away the sponsors and you still get your trophies, but instead of winning championship belt all we would get is a handshake from the awards presenter.

### BELT SPONSORS

SSP Nutrition is one of the top sponsors of the 100% RAW organization. This year they sponsored 5 belts, they are providing free samples and they are giving special shirts to the loaders and spotters. Trust me, if anyone asks you to be a spotter/loader, run...it's a brutal job. My point is this; if you need supplements, consider purchasing them from a company that returns money to the sport we love.

Thank you David Zavadil and Get Fit For The King, Joshua Greene and Zippy Shell, Tim Lester and Auto City (2 time sponsor), Greg Stott with Second Chance Auto and Team iXL (5 time sponsor), Veckenstedt Holding, a first time sponsor, Elizabeth City Trophy (they've sponsored 5 belts for 13 consecutive years), and Tim Enrique who is a five time sponsor and has written a book called 'All About Powerlifting'. Tim is always giving away great 'free' advice and articles on the 100% RAW Facebook page.

## FACEBOOK

Please join the 100% RAW Powerlifting Facebook page. This page is for the use of all state chairmen to advertise their events with Facebook and get the updates out to as many lifters as we can. If you have a Facebook page please go check it out and be added as a friend so we can all grow together. Go to the link below to check it out. If you have any questions you can e-mail Hunter Claypatch or Jackson Lee.

<http://www.facebook.com/#!/group.php?gid=149878595051709>

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