



CHECK OUT OUR 100% RAW POWERLIFTING PAGE

100% RAW NEWSLETTER

Paul has a lot of info that he wants to pass onto our lifters and I love to write, together it seemed like a perfect team. Unfortunately, neither of us knows a lot about computers. The old guys had to find a reliable program for the newsletter and we had a bigger challenge; the 100% RAW mailing list is so huge we had trouble finding a reliable method of sending the newsletter. In the end, Paul and I had to manually transfer thousands of emails. Paul said, "I'll start at Z and you start at A...we can meet in the middle". If I remember correctly, Paul and I met at ZZ Top.

A special thanks to my wife Jennifer who keeps saying, "You're putting a lot of time in on that newsletter!" She's right, it has taken a lot of time, but it should get easier now that we have everything set up. Unfortunately I haven't told my wife that she's in charge of editing. -Ben Zak



Three Messages from Paul Bossi

(1) THANK YOU to CrossFit RDU for their continued support of the 100% RAW organization and the use of their venue for the 2014 and 2015 North Carolina state championships. They have an amazing facility and an incredibly friendly staff. The big news is this, they are adding a powerlifting room to their facility. If you live in the Raleigh/Durham area, check them out.

(2) TEAM USA: "We are forming a Team USA for the International challenge in Milan, Italy July 10-12, 2015. Any USA 100% RAW athletes who have competed in either the American Challenge or World Championships in either 2013 or 2014 are welcome to be part of this team. We will take the first 15 lifters to commit. In order to reserve your spot you will need to send in \$100 with a filled out application form, this will go towards your entry fee and is non-refundable. It will be sent to Francesco Comini the Italy National Chairman to reserve your spot in the competition. Email me for an application form rawlifting@aol.com Commemorative Team Jackets and t-shirts will be available for all lifters who are competing."

Make checks payable to: 100% Raw powerlifting
139 Marla's way Camden, NC 27921

(3) Last, but I assure you this isn't the least important message. Paul wants to welcome our 2 newest state chairman to the RAW family. Welcome Kentucky state chairman Phil Bloyd and Ohio state chairman Shane Hudson.

MEET SCHEDULE/CHECK IT OUT



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LIFTER OF THE MONTH

Raymond Clasing, Sr.

PREVIEW: When Paul asked me to write the newsletter, my first thought was, "Wow, I get to write about the Lifter Of The Month." I can think of a lot of lifters who deserve special recognition, but my first choice was easy; Raymond Clasing. I ran the idea by the powerlifting guru's (Paul Bossi and Gene Berry) both gave a big thumbs up.

BACKGROUND: Raymond is a retired Maryland state trooper/captain who has been training for over eight years and competes in the 275 and 308 pound weight classes. Raymond currently holds two world records in the bench press and two world records in the curl.

RAYMOND, HOW DID YOU GET STARTED IN POWER-LIFTING: In my early athletic life I was a runner. I participated in cross country, indoor track, and outdoor track. In my twenties I ran numerous marathons. My brother, Hal, said I should compete in a powerlifting meet to document that I could bench press 400 lbs. He believed that there probably wasn't that many

people that have run marathons and benched four hundred pounds in their lifetime. On February 18, 2006 I entered a bench press meet. As a result, I benched 410 pounds and set a Maryland state record. Needless to say, I was 'hooked' and the rest is history.

HOW DID YOU GET STARTED WITH THE 100% RAW ORGANIZATION: My first 100% RAW meet was the 2008 World Bench Press championships. I found the federation on the internet and subsequently called the president, Paul Bossi, to see if I could attend. Of course I was welcomed with open arms. Over the years I have competed in thirty five 100% RAW meets. I have traveled abroad to Odessa, Ukraine, and Milano (Italy) as a member of the 100% RAW World Team. Additionally, I have had the opportunity to compete in Moscow and Glasgow. Competing internationally and representing the United States of America has been a true privilege.

WHAT KEEPS YOU MOTIVATED TO TRAIN: I like to compete and truly like the people that I have lifted with over these many years. Competitions provide me a good reason to travel in my retirement and be around people that have a similar interest. Currently I continue to train hard in an attempt to regain my strength levels that I lost over two years ago after sustaining two separate severe bicep injuries (one requiring surgery). It has been extremely hard for me physically and mentally coming back from these injuries. I have had some of the best medical and physical therapy available to deal with my injuries. Additionally, my friends in powerlifting have been very supportive. I would be negligent if I did not mention Mr. Gene Berry and Mr. Brad Lovejoy as two individuals that have stayed in close contact with me during my rehabilitation period. These are two of my closest friends in the 100% RAW federation. You truly find out who your friends are when you're down.



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WHAT ARE YOUR FUTURE GOALS AS A LIFTER: In the near future I am going to begin losing some weight and slowly move my way down the weight divisions. I am going to be 55 in February and it's time to take some body weight off these aging knees and hips. I look forward to training hard to keep up my strength, however, realistically I know that body weight plays a huge role in overall strength thus the reason for weight divisions. I hope I can adjust mentally to not lifting as much as I have been accustomed. I want to continue to travel nationally and internationally to compete.

WHAT LIFTERS MOTIVATE OR INSPIRE YOU: Mr. Gene Berry. Additionally and not trying to be politically correct, President Paul Bossi has assisted me in my power-lifting endeavors throughout the years. He always has an encouraging word for all his lifters and runs a great organization. The people associated with the 100% RAW federation are good people. Any organization is only as good as its leaders and people and this federation is filled with good ones. I especially like lifting at the meets in the Virginia Beach (VA) and Currituck (NC). I call the group of guys and gals down there the 'gang'. The likes of Gene, Ray, Kevin, Ronnie, Brian, Ira, Ben, Big Dan, Big Pat, Billy Ray, Paul, and many more make my times at the meets very memorable.

DO YOU HAVE ANY ADVICE FOR NEW LIFTERS: Yes, I have always maintained that in any sport you should 'train the way you compete and compete the way you train.' Sounds simplistic, but the desired end product is frequently lost while training. Additionally, get to know the people that surround you at the powerlifting meets. It's okay to be competitive and friendly at the same time. Seek out the other new lifters and encourage them. Clap and cheer for everyone. If you do, it is contagious and they will clap and cheer for you as well. Seek advice from those that you admire and respect in the sport...if you do this you will improve

ANY PARTING THOUGHTS OR COMMENTS THAT YOU WOULD LIKE TO SHARE:

Participating in powerlifting has helped me cope with life's trying times both mental and physical. Train to do your best and your best will usually come out at the meets. Try to compete against the weights and the goals you set for yourself. This sport has a way of highlighting the lows and highs of your performance and for the most part you get out of it what you put into it. I will end with this...be nice to the referees/judges, loaders and meet directors. Without their hard work and talents, we as lifters would have nowhere to show off our many hours of training.

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2014 WORLD CHAMPIONSHIPS VIRGINIA BEACH, VIRGINIA

It was great to see the World Championships return to the East coast, but the downside was this; the turnout was huge and if you didn't register early, well, you were out of luck. If you want to compete at the 2016 World Championships, register early!

I wish I could recognize all the terrific lifters, but I don't want to write a book so I want to mention a few of the highlights.

WOMEN: In the 105 class, Naomi 'Super Girl' Kutin of New Jersey totaled 606 pounds which is amazing as she competes in the (12-13) age group and yet her total was higher than all of the women in her weight class and the weight class above her.

If you ask me, Andrea White of New York was the best lady lifter. Andrea benched 215 and totaled 909 in the 148 class. I also want to recognize Selena Gavins of Canada who totaled 722 at 132 and La Tosha Floyd of Hawaii who totaled 909 at 165.

At 181, Rebecca Tucker of New York was the only lifter to have the top powerlifting total '3' years in a row. Way to go Rebecca.



MEN: I was super excited when I saw that team Canada was gearing up to send a team to the World Championships. I had no idea how talented they were. It started at 148 where Brenden Erbele pulled 562 to dominate the 148 class with a 1,278 total, Tony Felix was next up as his 1,348 total that was tops at 165, Bjorn Torgerson continued the streak with a 1,411 total at 181 and Kevin Weiss added the exclamation point with his second world title at 198. Kevin was the only male lifter to have the top full meet total two years in a row. I should also mention that at 148, Tim McCoy of Florida benched 320 to become the only lifter to have the top bench three years in a row.

At 220, we saw the end of the Canadian domination as Sean Flanagan of California put the USA on top with a 1,499 total. At 242 Michael Eaton of Maryland would total an eye popping 1,681 pounds and at 308 Matt Eveland of New England had the honor of hitting the top total at the World meet with a 1,836 pounds total.

BEST BATTLE; 275 Class: Rob Landolina of New Jersey took a quick lead with a 584 squat, but David Dashiell of Virginia would take the lead back with his 419 bench. David would pad his lead with a monstrous 656 deadlift. It would

seem to be game over, but Robert came back to pull a 683 for the tie. As the chalk settled, everyone looked at the score sheet. The lighter lifter would win and Rob 'Skinny Man' Landolina was the smaller lifter. Thumbs up Rob.

TEAM RESULTS: The real fun is the team category and I have to tip my hat to the winning teams. The bench press champions-The Rock Boyz, the full meet (mixed) champions- Joe's Gym of Erie and winning the Open Powerlifting Team Championship - Team Canada. I want to say that I'm incredibly impressed at how organized and strong Team Canada is.

ALL ABOUT POWERLIFTING



Next month we will start talking about the American Challenge. It's a fantastic meet as lifters from all across the country compete at local meets and the results are combined to determine who really is the best lifter in America.

AMERICAN CHALLENGE LOCATIONS

North

Carolina

Virginia

Nebraska

Arizona

Massachusetts

Pe

nnsylvania

Maryland

Illinois-TBD

Ohio-TBD

Kentucky-TBD



ED & NESHAMA KUTIN

100% RAW is built on a small army of volunteers who put their time in because they enjoy the sport and the people who make up the 100% RAW organization.

Two people that REALLY help this organization grow are Ed and Neshama Kutin. Neshama maintains the website while Ed keeps the rankings...a difficult jobs to say the least. I know they countless other responsibilities within the organization as well. They have been a HUGE help to me...Thanks Ed & Neshama!!!



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. Please fill out very neatly (prefer typing). Elizabeth City Trophy & Awards accepts Master

Card, Visa and Discover. 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

