

It was a little meet with a lot of stories when the annual NASA Tri-State Regional took place on July 26.

Four states were represented with Christine Tomes making the trip from Evansville, IN for her first meet, Rockford native Ron Corey driving up from his Florida residence and one of NASA's favorites and Colorado-stationed Army Master Sergeant Kelli Harr returning to the lifting platform after a 10-year absence.

Ron was able to do something only a select members of NASA are able to accomplish when the National Record Holder added to his list by establishing new Master's 4 National Records in Unequipped Bench Press and Power Sports Bench Press when he pushed up 295 on his third attempt and locked out 300 pounds, at age 70, in the 198 Division. To assure the lift, National Referees Mable Smith and Danny Gill judged the bench press. Ron was an outstanding 10-for-10.

Kelli managed to fit the meet in as part of a leave from active duty to visit her parents and family members. A Level 1 Certified Crossfit trainer, Kelli set Colorado State records in both the Sub Master's 2 and Police/Fire/Military division with strong lifts in all three to just edge Christine for the Women's Outstanding Lifter Award.

Christine drove up from Evansville to take part in her first NASA meet. She posted a 30-pounds heavier total than Kelli, to establish Indiana State Records for all four slots in the Women's Pure Novice Division. Christine easily powered up a 240-second squat and seemed to have a lot left on her 130 bench press before closing out the day with a 310 final deadlift for the 680 total.

Dekalb's Michael Wackt pushed up the day's biggest bench with a 365 second effort in the Unequipped Push-Pull Division. He also hit for an Illinois State Record 500-pound deadlift to set the Illinois Push-Pull standard in the 242 Sub-Master's 1 and Pure Novice Division at 865.

Flora's own Reagan Erbacher claimed the Best Lifter award in the Push-Pull Division, less than a month after it appear an injury had taken him off the lifting platform. Erbacher destroyed his previous best bench press effort with a 350-pound fourth attempt. The loss of training from a knee scare resulted in his deadlift dropping from 600 to 574. He still finished the day with a 905 total to go with a second-straight meet effort of 315 pounds in the Clean.

The Stanley Brothers made the two-hour trip east from Granite City to take home a pair of Best Lifter awards with Jim posting a 900-pound total in Power Sports, while Terry totalled 1320 pounds in powerlifting.

The meet generated approximately \$500 for the local high school football team with the local players helping with the meet setup, plus spotting and loading.

Once again local lifters helped with the meet. Danny Gill helped with setup and tear down, plus did some spotting, and judged. Wife Cheri judged and took care of the paper work. Sister Diana Rutland was excellent with her announcing. Dr. Frank Hettiger continued to sit in as a judge. Kelli and Brian Turner served as judges during the cleans with Mable Smith head judging when needed.

The local lifting steps back until Dec. 20 when The Gym once again serves as the sight for the Christmas Regional of NASA President Rich Peters.

*State Record; ! NATIONAL RECORD

POWER SPORTS				
	Curls	Bench	Deadlift	Total
198 Master's 4				
Ron Corey, IL	100*	295! 300!*	205*	600* 605*
220 Master's 1				
(BL) Jim Stanley, IL	165	325	410	900
BENCH PRESS				
	First	Second	Third	Best
198 Master's 4				
Ron Corey, IL	280!*	290! 300!*	295!*	295!*
POWERLIFTING				
	Squat	Bench	Deadlift	Total
Women--Unequipped				
148 Sub Masters 2 & Police/Fire/Military				
(BL) Kelli Harr, CO	220*	135*	295* 305*	650* 660*
165 Pure Novice				
Christine Tomes, IN	240*	130*	310*	680*
Men--Unequipped				
165, Teen				
Zach Boland, IL	330* 375*	240*	415* 435*	985* 1050*
198, Teen				
Jarrett Helton, IL	430*	265*	505*	1200*
181, Junior				
Jeff Stewart, IL	405*	265*	380	1050
220, M1				
Dominic Dunnivant, IL	395 410	350 360*	500 520	1245 1320
(BL)Terry Stanley, IL	500*	300	520*	1320*
Jim Stanley, IL	410	325	425	1160
242, M2				
John McCord	420	320	480	1220
Men--Equipped				
123, Teen				
(BL) Keenan Hance, IL	200*	140*	250*	630*
PUSH-PULL				
198 Master's 4				
Ron Corey, IL		295! 300!	205*	500* 605*
181, Master's 2				
Mike Romano, IL		315	390*	390*
242, Unequipped, PN				
Michael Wackt, IL		365*	480* 500*	845* 865*
198, Equipped				
(BL) Reagan Erbacher, IL		330* 350*	575*	905* 925*
CLEANS				
198, Open				
Reagan Erbacher, IL	300	315	325	315*