

# CasePerformance

## February Newsletter

### Part I



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Hello,

I hope that the month of February has treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

## I. A Look at This Month's Newsletter

We're now two months into the New Year and hopefully that means you're two months closer to achieving your goals for 2014. As mentioned earlier, our 2014 resolution goal at CasePerformance is to get our newsletters out in the month they're intended for vs. 7 days into the following one. Thus far we've achieved that... now we just gotta keep the ball rolling in the right direction!!!

In Part I of the February Newsletter, we kick things off with our CP Community Member of the Month interview with a name that will likely be familiar to many of you – Mr Superhuman himself, Carl Lanore. Topics discussed include his background, thoughts on training, nutrition and supplementation. In addition he traces the background of Super Human Radio as well as what's coming down the pike for it.

Following our interview, we get to our CP Community Member Discussion where Greg Nuckols shares with us his article, *Time – Do You Consider It?* In it, he discusses how imbalanced training/nutrition programs may be beneficial in the short term but cause major problems if done for weeks/months on end.

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

Sean Casey

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## III. Community Member of the Month...



*Carl Lanore – A Man on a Mission*

This month's CasePerformance Community Member of the Month is Carl Lanore, who comes to us from Louisville, Kentucky, USA. If his name sounds familiar it should... He's the host of the [Super Human Radio](#), "The World's First Broadcast Radio Show Dedicated to Human Performance" and if you recall, we did some shows together. Back in 2011, we discussed advanced glycation end products. Since then, I've participated in a 'round table' discussion with Carl and Adel Moussa in which we discussed how to interpret and apply research.

For those in the [Super Human Nation](#), you're well aware that Carl normally is on the asking side of the question. However, in this month's CP Interview, we turn the tables around, putting Carl "on the spot" and delving into his background, thoughts on training/nutrition as well as a little Super Human History!

But enough of my ramblings; It's time to get to the star of the show, Mr. Carl Lanore!

**First off, I want to thank you for taking the time out of your training, work and social commitment schedule to join us today. We are honored with your presence.**

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**Tell us a little about your background... How did you get involved with exercise, nutrition and the lifestyle you live today?**



**Figure 1. Carl Lanore, at a weight of 330 lbs**

My story is no different than millions of other people out there. I found myself at a point in life where I was very ill. I was 330 pounds (149 kg) and had developed a heart problem. I had been rushed to the hospital a few times with irregular heartbeats and dangerously high blood pressure. I was placed on a recipe of pharmaceutical drugs and was told to get my affairs in order. This all had taken place and I hadn't even reached 40 yet.

It was then that I had to accept some truths. My life was going to be shorter than I had hoped and I made myself sick. The latter also gave me hope because if I made myself sick, then I just might be able to make myself

better. That's where it began and how I got here today. I take no prescription medications and am healthier and stronger today than when I was in my 20's

### **What does your typical training week look like?**

It varies these days. I'm not as rigid as I used to be. Actually, I don't have the luxury to be as I have a very full and demanding schedule. I allow life to get in the way from time to time and use that as time off. For the most part I train 4-6 days/week. Also, I have to train early so I can get to work at a reasonable time.

In terms of actual workouts, I do fasted cardio first thing in the morning. Then, at the very latest, I get to the gym by 8:30AM. Currently I'm doing a split routine but I also like to switch up to a whole body routine as I feel needed.

In terms of splits, I'm doing back, chest and shoulders on training day 1, legs, hips and glutes on day 2 and arms on day 3. I may train 2 days on and 2 days off or 1 day on and 1 day off. If I feel particularly strong I may do 2 on, 1 off, 3 on, 2 off and just let that run its course.\

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I also switch up my sets and rep schemes. I just started to embrace a 10x10 program used by the early German athletes. I will do that for a couple weeks and then do a 5x5 for a week or two and then switch it up to a 5 sets of 12,10,8,6,4 progressively increasing the weight as I lower the reps. I've been training long enough now that I can tell when my body needs to switch it up. I also like to take walks with the love of my life, Alisa Profumo, around the neighborhood in the early evening weather permitting.

*“...I also switch up my sets and rep schemes...”*

**Are there any particular short and/or long term goals that your training is currently directed at?**

It's all long term for me. At 55 years old I want to maintain as much of my current strength and muscle mass as I age. I'm currently between 238 to 242 pounds. I strive to stay around this weight but continually add muscle while reducing body fat. But ultimately it's about keeping my strength as I age. That's of paramount importance to me.

**A topic I always get questions about is nutrition. Have you found any particular strategies to be particularly effective for you?**

Yes, but it's no secret. Avoiding too many starchy and sugary carbs at all costs, getting 1 gram of protein per pound of bodyweight daily, etc. I am a big fan of a more ancestral meal frequency template with my last meal no later than 7:00PM and my first meal post workout generally around 10:00AM.

*“...Intermittent fasting is a term that is largely a result of our current mismatched meal template... The term also polarizes people into thinking that IF is akin to starvation...”*

Some may refer to ancestral meal frequency as “intermittent fasting”, but I want to get away from the using the latter. Intermittent fasting is a term that is largely a result of our current mismatched meal template where access and abundance have led to non-stop eating around the clock. The term also polarizes people into thinking that IF is akin to starvation or famine.

Not eating for 12 to 16 hours should hardly be considered a fast. But today it is.

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One of our ancestral gifts is metabolic flexibility. This is sustained by periodic adherence to an ancestral meal frequency. The benefits of this are elucidated in the works of Dr. Milind Watve. Our ancestors did very little once the sun went down and darkness set in. The opportunities for foraging for food were put off till the next day. And then they had to expend energy to find food; far more energy than a walk to the fridge! This is why I stop eating at 7:00PM and have my first meal around 10:00AM. And why I train fasted as well.

**If you were being banished to an island, what 3 “must have” supplements would be coming with you?**

- 1) Raw Milk (raw colostrum even more so)
- 2) Creatine
- 3) Testosterone

**There are obviously two ways to use testosterone & co. First as an adjunct for cosmetic purposes and secondly, as a replacement/true supplement to bolster up age-related natural decreases. You've done both. Where's the difference?**

I think it's simply two things, the dose and deviating from straight testosterone. The first is self-evident physiological vs. supra-physiological doses. This is easy to understand. The latter has to do with using testosterone vs more exotic metabolites of testosterone.

For example, with respect to deviating from straight testosterone, there's really no reason to use Trenbolone except as a PED. Some will disagree with me on this because it's derived from a natural downstream metabolite of testosterone – nandrolone. However, trenbolone is not essential for human male physiology. In contrast, testosterone is essential.

*“...trenbolone is not essential for human male physiology. In contrast, testosterone ...”*

And while nandrolone is a 19-nor metabolite of testosterone, it doesn't occur in the high amounts usually experienced when using a drug like Deca Durabolin. Yes, some testosterone converts to metabolites like 19-nor-testosterone but it's a very small ratio. I believe that taking higher doses of these more exotic metabolites have no health or anti-aging benefits and are exclusively reserved for PED's.

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**Do you partake in any non-nutritive means to assist the recovery process?**

Yes. I also am a fan of very hot sauna in concert with ice cold showers post workout. I enjoy a 160° F (71° C) sauna after every workout and immediately jump into a cold-water-only shower. It makes me catch my breath every time. I jokingly call this my ticker test. I figure if I don't stroke or have a heart attack I'm pretty safe for the rest of the day (LOL).

Sleep is the most important factor for recovery next to caloric intake. I get to bed no later than 9:00PM as a rule. I also sleep with a Pulsed Electromagnetic Field device that pulses the 7.8Hz electromagnetic wave form which mimics the EMF that naturally resonates from the Earth known as the Schumann Wave.

I am a fan of Growth Hormone in the therapeutic doses espoused by Age Management Medicine. I'm a fan of peptides as well. I'm finding more and more positive benefits of Thymosin Beta 4. Of course the rudimentary MGF, IGF-1Lr3, GHRP's, CJC-1295 and the like all have their place and benefits in aiding recovery.

**Changing a gears a bit, I'd love to touch on Super Human Radio a bit...**

**As mentioned in the intro, Super Human Radio is “*The World's First Broadcast Radio Show Dedicated to Human Performance!*” What events led to you creating SHR?**



**Figure 2. SHR - What *else* could you possibly want to listen to?**

Saving my own life via lifestyle changes made me want to share my experience. But it's a funny thing. The people closest to me, the ones that it's instinctive to want to help, didn't want to hear it. Then, in 2005, I was at a party and had mentioned to a person standing next to me that I had lost 100 pounds at that point. The next thing I knew, I was surrounded by people wanting to know how I did it.

After a short time the crowd dispersed and a gentlemen came up to me and introduced himself, saying that he did a morning show in Miami Florida. He asked me if I had ever thought about doing a radio show. I told him “no” as I didn't like the sound of my own voice and couldn't imagine



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others would either. He pushed me to contact Clear Channel in Louisville. He told me that my passion and message was powerful. So I did and that’s how it all began.

### Can you trace the history of SHR a bit since originally creating it?

Sure, the show began in late 2005 as a once-a-week show on WKJK in Louisville, KY. I was on every Saturday from noon till 1:00PM. By the beginning of 2008 I had self-syndicated into 38 markets including Los Angeles, Phoenix, Las Vegas, Dallas and Orlando. I had dreams of being on hundreds of stations. That dream was squelched by the reality that other than political and sports shows, no one really wanted to hear the message that you shouldn’t blindly trust your doctor and that you needed to get off your ass and work if you wanted to live a long healthy life.

*“... no one really wanted to hear ...you shouldn’t blindly trust your doctor ... you needed to get off your ass and work if you wanted to live ...”*

In early 2008 I decided to go strictly internet. I already had a successful Podcast following. I bought a server and one by one I dropped off the various markets I was in and just focused on the live Internet show and Podcast. The Podcast broke 1 million monthly downloads in 2011 and the audience has continued to grow ever since. Now I’m focusing on making the live channel a real radio station. Super Human Radio Network will be much larger than just Super Human Radio.

### What is the hardest part of hosting SHR?



Figure 3. Carl Lanore in the middle of an interview

The hardest part is that it’s not just hosting these days. When I first began all I had to do was read the research and interview the guest. It was easy. And I was only doing one hour a week on Saturday’s. Fast forward to today and on average I do ten hours a week of live radio PLUS the entire operation has become so much more complex.

For instance, managing and maintaining the website has become a full time job. As such I have had to hire a web master who spends an average of 25 hours a week

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solely focused on that. I also have a graphic artist who contributes to the website. Alisa Profumo has taken a lot more of the day-to-day work on as well. She produces Casual Friday as you may already know, and that gives me one day every week where I can just be her side-kick. I really look forward to Fridays for that reason.

There are lots of projects going on behind the scenes that will unfold in 2014 and Alisa keeps all of us on track by keeping tabs on their progress driving them to completion. I would say that Alisa’s greatest strength is in organization and balance. In any given week there are so many things that would fall through the cracks if it were not for her. To some degree she is more of the General Manager of the Super Human Radio Network.

*“... Alisa keeps us all on track... Alisa’s greatest strength is in organization and balance”*

*“...Ginny’s strength is her love and understanding of complex science and...”*

I also have Ginny RoBards who is our Chief Researcher and Guest Liaison. Ginny began as a fan of the show and knows the topics that are near and dear to the mission of the show. Alisa, her and I have weekly meetings to discuss emerging research, potential guest and brainstorm topics that have moved to the forefront of my interest. Ginny then goes out and finds expert guest and lines them up for

interviews. Ginny’s strength is her love and understanding of complex science and she only chooses guest who adhere to the rigors of science. In fact I credit Ginny for finding what I feel was our best interview of 2013 – Dr. Milind Watve.

There is also a fellow in Munster Germany who contributes to the show and I feel is more like my younger, smarter and more handsome brother and that’s Adel Moussa. Adel is always sending studies and article to Ginny and I that he knows also fit the mission of the show.

*“...I feel is more like my younger, smarter and more handsome brother and that’s Adel Moussa...”*

**[Editor’s note** - Ah yes, Adel Moussa... that name is no stranger to those in the CP Community and similar to Carl, I would agree that he’s wickedly smart; However, I (Sean Casey) would argue that I’m better looking ;- ) !!!]

*“Elliott Turton... His caliber of talent is generally not available...”*

One of the newer additions to the SHR team is Elliott Turton. Elliott is doing production work and will be producing the new radio shows that will begin airing on the Super Human Radio Network this year. I am very fortunate to have found him. His caliber of talent is generally not available in a small market

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like Louisville. In fact, before moving here he was in Los Angeles working as a production assistant on the Adam Carolla show.

Next on the list of key players here at SHR is Alex Leaf. He's another super smart guy which is why I brought him on board to be the editor of the SHR [newsletter](#). Additionally, Alex will have his own SHR blog on our new website (once it's launched).

*“... Alex Leaf, another super smart guy...”*

The final two individuals that deserve to be recognized include my webmaster Michael Cuanico and graphic artist, Joel Reyes. If you like the look and the feel of the website, logos, etc., these are the guys that deserve the applause.

So in short the hardest part of hosting the show is, there is so much more to the job these days than when I began some 9 years ago.... But luckily I have a team now!

**You're “rants” on SHR are legendary. Is there anything in particular taking place at the current moment that has you shaking your head in disgust?**

So much.... The current assault on testosterone replacement; The constant poisoning of the population in the name of profits; The threat that the obesity epidemic poses to our economy; The corruption at the FDA; The corruption at the USDA; The corruption on Capitol Hill. The hijacking of the public trust in scientific research that pushes drugs over cures; The ever growing use of more dangerous pesticides and herbicides on our food combined with the Government's pushing a vegan / vegetarian agenda; The daily bumper crop of “experts” who give or regurgitate advice and position themselves as leaders in health and fitness. I mean really... I can go on and on.

*“...The daily bumper crop of “experts” who give or regurgitate advice and position themselves as leaders...”*

I have had to take a step back because I can really get myself worked up about these and other things. I can't change the world even though I'd like to. I can however change a small but growing number of people who realize they want change and just need information. And those are the people I am focused on now.

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**What are your plans moving forward with Super Human Radio? Do you have anything coming down the pipe with respect to SHR that you're willing to share with us today?**

Yes. It's more than Super Human Radio. By the end of 2014 it will be the Network and all the new programming that will be the focus. I have a dream of a radio network for us. Shows about all the things we love. We are not monoliths. We are complex and intelligent people with a wide variety of interests and my goal is to have a channel that provides programming that speaks to all of those interests. The same way that conservative and liberal agendas are at the base of all programming on those channels, we will have a channel that is driven by the things that are important to the Super Human Nation. We are different than the masses and I want to embrace that difference.

**Do you want to pursue the TV plans as well or do you feel your niche is RADIO?"**

Yes I do. Alisa and I launched Super Human TV last quarter of 2013. We did 13 weeks on a very unlikely station here in Kentucky as a test, WBNA which is a Christian station. We did a half hour show 5 days a week at noon daily. By the 8<sup>th</sup> week we were the top rated TV show on the station with just under a 1 Share. We were second only to the news! To understand how huge of an accomplishment this is you have to realize that we were delivering topics just like we do on SHR but the language was a little more mainstream, but not the topics! We were talking about Paleo and Ancestral Health and Evolutionary effects to an audience that doesn't believe in Evolution as our origin and believes in Creationism! And they loved the show. We proved that there's an audience hungry for the Super Human message. But TV is not radio and production quality and man power are required. We will do TV again.

*“...Zealots are not sensible, observant or tolerant people...”*

**As this interview comes to a close, are there any final thoughts/advice you're willing to share with the CasePerformance Community?**

I think I've covered a lot of ground here. The only advice I can offer is this. Hold on to your beliefs and understanding of science and outcomes loosely as they will change. Don't become so emotionally invested in a position that you can't change your position

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later on as needed. Zealots are not sensible, observant or tolerant people and there is no place in search of the truth for Zealots. And our only steadfast commitment must be to search for the truth in the quest for health and longevity. Even if it means you must change your position on something. And with that being said beware of those who speak their health and longevity advice as absolute science. There are only two exact sciences... Math and Physics. The rest is all a guess!

**Great advice there! Once again I want to thank you for joining us here today. Keep up the great work and for those looking to follow you and Super Human Radio, where can you all be found?**

The website first and foremost is the Super Human [website](#). There you can sign up for our [newsletter](#), listen to over 600 older episodes as well as the live show Monday through Friday at noon Eastern time and of course our [Facebook Fan Page](#).

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## III. Community Member Performance Discussion

### Time – Do You Consider it?

By: Greg Nuckols



*Figure 1. Are you taking time into consideration when planning your training and nutrition program*

In any training program, the factor most people tend to overlook is time. Time will magnify your successes and your failures. For this reason, any discussion of whether you're training or dieting properly has to be couched in the time frame you're dealing with, especially if implementing an imbalanced program.

#### **Training**

Hitting 90% of your sessions and training with 90% intensity for years on end will net you better results than hitting the weights with everything you've got for several months.

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No matter what the program, better results will come to the person who is both consistent and patient. Let's say you go the VERY slow and steady route, only hitting a 5 pound squat PR every 2 months – a rate of progress that would be maddeningly slow for most people. Yet, if you do the math, over the course of a decade, that 5 pound bump equates to 300 pounds on your best squat. Tiny victories accumulate as long as you stay consistent and avoid injuries.

However, in saying this, it's important to realize that optimizing things in the short-term and the long-term aren't always the same thing; Often they require substantially different strategies. For instance, if someone came to me wanting to hit as big of a bench as possible at a meet in 5 weeks, I'd train him/her MUCH differently than someone wanting to be coached over the span of months or years. Specialization programs like Smolov or Smolov Jr. are cases in point – lots of people report great progress in a short time span, but such strategies aren't sustainable long-term for most people.

*"... optimizing things in the short-term and the long-term aren't always the same thing..."*

The inclusion or exclusion of exercises in your programming also plays into this concept. You can probably increase your bench and keep your shoulders healthy for a few months by ramping up your pressing volume while neglecting upper body pulling and targeted external rotation work, but probably not for years on end. You can probably increase your squat and deadlift for a few training cycles without developing any noticeable imbalances, but the inclusion of unilateral work is probably wise from a long-term approach. Whatever you're neglecting in your training now will often hinder your progress months or years from now. I think that's a major drawback of the minimalist routines that have come into vogue recently. They work great in the short-term, but will leave you with imbalances – or at least substantially diminished work capacity – in the long run.

### **Nutrition**

Nutrition is an area where effectiveness and time frame can't be divorced from each other.

Trying to lose a lot of weight in a really short period of time? Then a protein sparing modified fast (PSMF) or a ketogenic diet with an aggressive deficit may be the ticket. I've had a lot of success with the latter, and I know plenty of other people who have used both of these strategies effectively, often losing 15 pounds or more in a month while maintaining strength quite well. The converse is true of the classic “dirty bulk” (or



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as I like to call it, the see-food diet. When you see food, you eat it!). If you're trying to gain weight in a short time frame, it works just fine.

*"... regardless of how well those strategies can work in the short-term, you will crash and burn if ..."*

Of course, regardless of how well those strategies can work in the short-term, you will crash and burn if you stick with them for longer than a few weeks or, at most, a couple months. Long term, you'll get better results from eating a variety of foods, watching your macros, and applying the 80/20 rule to compliance. Although it may take a little longer to hit the goal number on the scale, you'll be a lot healthier and happier with a more moderate approach.

### **In summation**

Extreme or imbalanced approaches can absolutely work well for achieving short-term goals. I would not argue that point for a second. I've used them personally, and I've used them with those I've worked with who have lofty aspirations and a tight time frame. However, moderation, variety, and consistency are the keys to long term success. Periods of more extreme approaches can certainly be worked into a long term plan, but they should not be the basis of it.

### *Image Reference*

Huw Williams. A clock on the grounds of the Fountain County courthouse in the town of Covington, Indiana. This work has been released into the public domain. Accessed February 19, 2014 from: [http://commons.wikimedia.org/wiki/File:Covington\\_clock.png](http://commons.wikimedia.org/wiki/File:Covington_clock.png)



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## IV. Meets/Events

I have been notified of a couple upcoming events that those in the CP community may enjoy participating in...

### Strength Sport Events

#### **5 Minutes Online Kettlebell Competition**

What: On the 26th and 27th of April the USSF will hold the 2013/2014 USSF Nationals, and 2014 Kansas State Powerlifting and Weightlifting Championship. It will be run according to the rules of the USSF that can be seen on the home page, with both men's and women's classes being invited.

Where: Anywhere you have access to a camera to film yourself & internet to upload it!

When: Submissions due by **March 4<sup>th</sup>**, 2014

For more information follow this [link to Sarkartraining](#) or check it out on [Facebook](#).

#### **2013/2014 USSF Nationals & 2014 Kansas State Powerlifting and Weightlifting Championship**

What: On the 26th and 27th of April the USSF will hold the 2013/2014 USSF Nationals, and 2014 Kansas State Powerlifting and Weightlifting Championship. It will be run according to the rules of the USSF that can be seen on the home page, with both men's and women's classes being invited.

Where: Crossfit Olathe; Olathe, Kansas, USA

When: April 26-27, 2014

Prize money: Dependent on the number of lifters if we have the full 60 there will be \$600 to give away. For nationals the Goal is 1000 for each man and woman. Dependent on how many show up

For more information [CLICK HERE](#)

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## **2014 USSF Sanctioned Kansas Strongest Man/Woman**

What: A one day strong man/woman competition. Events include Farmer's Walk, Yoke, Tire Flip/Fingal Fingers and Stones

Where: Holland, Kansas, USA

When: May 3rd, 2014

For more information [CLICK HERE](#)

## **2014 USSF Nebraska State Powerlifting Championship**

What: A one day powerlifting event.

Where: Omaha, Nebraska, USA

When: June 7<sup>th</sup>, 2014

Prize money: A cash prize will be given out dependent upon number of participants

For more information [CLICK HERE](#)

## **2014 Cowboy State Strongman Classic CSSC**

What: A one day strongman/woman competition. Events include Zercher log squat (for reps), truck pull, heads up KEG relay, Circus dumbbell (1 rep max)

Where: Laramie, Wyoming, USA

When: June 28th, 2014

For more information [CLICK HERE](#)

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## **2014 USSF Missouri State Powerlifting Championship**

What: A two day strength sport event.

Where: Peters, Missouri, USA

When: Powerlifting - July 12, 2014; Weightlifting – July 13<sup>th</sup>, 2014

For more information [CLICK HERE](#)

## **2014 UPA Iron Battle on the Mississippi**

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

When: July 19<sup>th</sup>-20<sup>th</sup>, 2014

For more information [CLICK HERE](#)

## **2<sup>nd</sup> Annual Strength Guild Games**

What: The basic premise of the games is very simple. It will be a two day team competition, 5 events per day chosen randomly each year by rolling dice. The events are compiled from all of the pure strength sports (Powerlifting, Weight lifting, Highland games, strongman and track and field short events). The events will be contested under the rules of the existing sports. The team with the most points at the end of the competition wins!

Where: Topeka, Kansas, USA

When: Oct 4-5<sup>th</sup>, 2014

Prize money: A cash prize as well as other prizes will be given out

For more information [CLICK HERE](#)

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## 2014 UPA Power Weekend

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

When: Nov 15-16<sup>th</sup>, 2014

For more information [CLICK HERE](#)

## Endurance Sport Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [CLICK HERE](#)!

\*\*\* Please know that CasePerformance does **NOT** receive any financial or other incentives if you choose to participate in any of the above events.

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That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Newsletter where we share news of note at the CasePerformance Website before touching on the CP Performance Discussion, *Weight Training Belts: What, When & How to Use*.

Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)