CasePerformance

March Newsletter
Part I

CasePerformance

“For Sport, For Life”

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In Part I of this month's newsletter....

Hello,

I hope that the month of March 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

Just realized as I was writing this that we are almost at April - Crazy. Seems like only yesterday I was opening the newsletter up with something about New Year resoloutions. Anyhow...

In Part I of the March Newsletter, we kick things off with our CP Community Member of the Month interview with strength athlete extraordinaire, Greg Nuckols, whose feats include deadlift Meet PR's include a 750 lb (340 kg) squat, 425 lb (193kg) bench and a, 710 lb (322 kg) deadlift. In our interview Greg discusses his background, what motivates him (Hint - It's not setting world records & PR's) as well as nutrition, supplement and recovery strategies. In addition, he shares with us his short, long and really long-term goals.

Following our interview, we get to our CP Community Member Discussion where Alex Leaf shares with us his article, *The Humble Spud.* In it, Alex discusses the health benefits of the often maligned white potato including the presence of resistant starches, protein quality (you'll be pleasantly surprised on this one!), impressive micro- and phyto-nutrient content as well as ways to incorporate it into one's diet.

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

Respectfully,

Sean Casey

III. Community Member of the Month…

Greg Nuckols lifting a little "light weight"!

This month's CP Community Member of the Month is strength athlete Greg Nuckols who comes to us from Searcy, Arkansas, USA. To say he's strong would be an understatement. His training PR's (personal records) include a 755 lb (342 kg) squat, 475 lb (215 kg) bench press, and 725 lb (329 kg) deadlift Meet PR's include a 750 lb (340 kg) squat, 425 lb (193kg) bench and a, 710 lb (322 kg) deadlift. In May 2013, while competing in the tested division of an IPA meet, he totaled 1885 lbs (855 kg). See video by clicking here.. Oh yeah, he also authored a very cool article, *Time – Do You Consider It?*, in last month's CP Newsletter and has many other articles excellent scattered across the net as well!

But enough of me rambling; let's get straight to the interview!

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.

Thanks for having me Sean. I've been a fan of your writing for a long time - since well before anyone cared about anything I had to say! It's really an honor to do this.

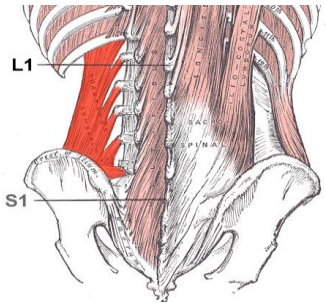
Thanks dude - Appreciate hearing that! Even if you're just humoring me, we never turn down compliments here at CasePerformance ;-)! Now, before I get too sidetracked picking out caps to fit my inflated head, let's get back to the interview...

Tell us a little about your background… How did you get involved with exercise, powerlifting, and the life you live today?

I became passionate about exercise when I saw what a huge different it made in my life. I played sports as a kid, but never super competitively, and I was a really fat kid. Even in elementary school I had serious issues breathing, major weight problems, and joint pain.

I took a liking to basketball in 6th grade when I wound up hitting my growth spurt before anyone else.(My doctor said I'd be 6'7" (2.01 m); I'm still 5'10" (1.78 m) - Thanks for the false hope doc!) The weight loss that accompanied basketball (I have some obsessive tendencies - I'd play ball for 4-6 hours a day for about 3 years) really improved my quality of life in every measurable way.

I also played football, but had some pretty major concussion issues. It got to the point where the doctors said I was at risk of permanent brain damage if I continued to play, so they recommended I lay off all sports that had any contact elements to them. That's when I took up lifting to satisfy my competitive side. I had some great mentoring early on, and that really helped point me in the right direction.



The Quadratus Lumborom
View from Posterior

However, I also had a pretty major back injury about 2 years into my new lifting journey when I tore my quadratus lumborum (QL). For those not as familiar with anatomy, this is the muscle shown highlighted in red on the picture to the left. It originates from the posterior side of your pelvis and attaches to your lumbar vertebrae (L1-L4) as well as your bottom rib.

Apparently torn QLs aren't incredibly common, so the PT

(physical therapist) I went to had no earthly idea how to rehab me. As a result, I developed some pretty major imbalances and some really jacked up pelvic tilt/rotation issues that kept me from training seriously for the better part of 3 years.

"… Powerlifting is a vent… but it's not my primary motivation…"

During that time, I gained back all the weight I had lost, and more. I was around 260 lbs (118 kg's) when I went to college, and was really weak and out of shape. Good lord was I miserable. Honestly, a lot of my lifestyle today is motivated by never wanting to be back in that position, and by wanting to pass on the same improvements in quality of life that I saw from eating healthily and working out. Powerlifting is a vent for my competitive drive, but it's not my primary motivation by any means.

What have been your proudest moments as it relates to A) helping others as well as B) your own athletic endeavors?

My father was diagnosed with type 2 diabetes a couple years back. I helped him overhaul his lifestyle and diet to get it under control. In a matter of months he could go off Metformin and his blood pressure meds, and reduce his statin dosage. He also lost over 30 pounds in the process and got in good enough shape to compete in a 5k and post a respectable time, after being essentially sedentary to start with. Now, to take full credit would be asinine. He did all the hard work, but I'm really glad I was able to help push him in the right direction.

In my own athletic endeavors, it's probably just the fact that I have a respectable squat. My proportions aren't great for squatting – really long legs relative to my torso. It would help if I could dorsiflex my ankles properly, but my left goes bone on bone at a very

limited ROM because of some old basketball injuries. Bench and deadlift came pretty naturally, but it took a lot of work to get my squat moving, but now it's my best lift.

Now you have some ridiculous feats of strength AND an impressive beard as evidenced by your 1885 lb total last May (See Video). With that being stated, is there any truth to the rumor that you're a descendent of Samson, a man famous for wielding the jawbone of an ass like nobody's business and last heard of toppling the pillars at the temple of Dagon in Gaza?

Greg on left, Samson on right – two men, two beards & two impressive displays of strength!

Not exactly. But I do come from a family of strong people. Most people don't believe this, but my brother and I are the runts of the litter. I'm not the strongest person in my family, and I'm not even close to the biggest.

When first starting off, what were the biggest mistakes you found yourself making? In other words, what would you advise people NOT to do when first starting a training program?

I got greedy. 5-10 lb (2.3-4.5 kg) PRs didn't seem worthwhile. I felt like I needed to add 20- 30 lbs (9.1-13.6 kg) to the bar weekly or monthly. This led me to push harder than I

should have on exercises that don't lend themselves to risk taking (i.e. fighting for an extra rep after form breakdown on some sort of accessory exercise is totally fine generally - not so for squats or deadlifts!).

Little gains add up over time. Add a measly 2.5 lbs (1.13 kb) a month to your bench and 5 lbs (2.27 kg) a month to your squat and deadlift, and that's 150 lbs (68 kg) on your total in a year. Doubling that rate for 3 months, then having to twiddle your thumbs for 6 months with injuries, and then starting back over from scratch after that may feel great for the first 3 months, but it's not a recipe for long-term success. I was too busy looking at the short view and worrying about what I'd hit next month instead of next year.

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

Long-term

I'd like to hit a 1000 lb squat, 550 bench, and 850 deadlift raw and drug free, probably at 242 lbs (454 kg, 249 kg & 385 kg at bodyweight of 110 kg).

Short-term

I'd like to hit a 2100 lb total (952 kg) at a weight of 220 lb (100 kg) during the next year or two. That would probably entail ~ 825 lb squat, bench ~ 500 lb, deadlift ~ 775. (374 kg; 227 kg, 352 kg)

Long-long-term

I'd like to do what I want to do in powerlifting and bow out of competition before I'm 30. Learning, coaching, writing, and helping people are stronger motivations that hitting big totals, even at this point for me. I love the sport and I love competing, but I want to have plenty of years to pour all my energies into professional pursuits, and I want to get out of competing before I've put my body through so much wear and tear that I'm achy and broken down when I'm 40 or 50. If that means I never reach my long-term goals, that's fine. Those are just the numbers I'm shooting for. When it gets to the point that I'm

wearing myself down and putting myself at an undue risk of injury just to add another 10-20 pounds to my total, I hope I have the wherewithal to call it quits and start training for general health and enjoyment.

What does your typical training week look like for you right now?

I wish a "typical" training week existed at this point! Right now, between school, writing, training people, my gym time has been severely curtailed. I used to go to the gym about 6 times a week and spend 4 hours in the gym (I like talking to people and taking 10 minutes of rest between sets. Definitely NOT training hard for 4 hours straight!). Now, I'll have some afternoons where I can spend a lot of time at the gym, but sometimes I'll have 3-4 days in a row where I'm snowed under and legitimately cannot train at all.

"… I just try to make the most out of the time I have available…"

Because of this, I really don't have a solid training plan - I just try to make the most out of the time I have available to train. I'll start with 10 minutes of mobility work and dynamic warmup, jump in to some sort of squat, press if I have the motivation (I despise pressing), hammer out whatever accessories I feel I need, and finish with some time on the bike to treadmill if there's time (I neglected cardiovascular training for far too long - not a mistake I'll make again!). If, by some glorious happenstance, I get to train more than 3 days in a week, I'll do some sort of deadlift on the fourth.

Even though this setup is FAR from ideal, I've been able to add a little to my squat, quite a bit to my bench, and hold my deadlift steady while dropping a pound or two a week. This is quite encouraging - if I can do alright under these circumstances, once I graduate and have some more free time, I'm looking forward to much better progress when I can train how I'd like to.

Now in powerlifting their are tested and non-tested divisions. You compete in the tested. Why have you chosen to compete here vs. the 'everything goes' free for all non-tested division?

There are four main reasons as to why I compete in tested divisions...

1. To this point, I haven't needed to. I'm still making progress drug-free and enjoying the process. It really hasn't been a temptation. I'm not saying it never will be, but so far I haven't seen any reason to use drugs.

2. I compete tested because I want to have a little more juice (pun intended) to back up the allegations that inevitably come up that I'm on drugs because I'm strong and heavily bearded. Obviously there are loopholes in the testing guidelines that you could drive a tank through, but it's the best I've got. I have an open policy that if you think I'm on, you can email me, I'll give you the address where I work (not my home address for obvious reasons), and you can show up with a cup for me to pee in at any point.

3. I coach kids, and I want to be able to look them and their parents in the eye and be able to honestly say that I've been able to do what I've done because of hard work and a good genetic draw (as I mentioned earlier, I come from a family with lots of strong people), not because of any drugs. Most people automatically see drugs as unethical. I don't, especially since there are untested divisions in my sport, but I wouldn't want to either lie or have to explain that to people when the situation arose.

4. When I beat someone who's on drugs, it makes them feel worse about themselves. I'm nice in day to day life, but I'm hypercompetitive. When I compete, I don't just want to win, but to let everyone else know that they never even stood a chance. Probably not the mentally healthiest attitude toward competition, but that's just how I'm wired.

Now, do you partake in any non-nutritive means to assist the recovery process?

Sleep. When I can get 9-10 hours per night, I can do almost anything and make progress in the gym. Even when my training and nutrition are dialed in, I hit a wall any time I'm getting less than 7 hours per night.

I'm also a big believer in visualization - relaxing, clearing the thoughts and worries of day-to-day life from your mind, and rehearsing the lifts you want to hit in your mind. When I can make time for 5-10 minutes of visualization per day, everything feels much more mechanical in the gym.

Also, just to re-iterate- Sleep! Very few things in life operate under the mantra of "more is better." Sleep is one of the few that does. If you want to make everything you do in the gym 10-20% more effective automatically, sleep an extra hour each night. For more dramatic results, get in bed early enough that you never have to wake up to an alarm.

"… just to reiterate - Sleep!…"

If you had to pick a single lift that would be your "favorite" for pure enjoyment purposes, (not to be confused with what you think is "best" lift for performance), what lift would it be?

Not exactly a lift, but there's something satisfying about walking out into the woods with an axe and chopping down a few trees. Don't worry - we burn a wood fire during the winter. That wood doesn't just go to waste. I'm not a heathen.

I also have a soft spot for one arm snatch and barbell turkish getups.

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

Honestly, I just make sure I hit my protein and calorie goals for the day, and things proceed swimmingly. For all goals, I make fiber consumption a priority - you'll feel fuller on a cut and less like a bloated, constipated mess when you're trying to gain weight.

Also, fluid consumption (not exactly nutrition, but often overlooked) is hugely important, both for health and physique goals - hydration level affects protein metabolism both directly and indirectly. You'll be healthier, think more clearly, and perform better if you're well-hydrated, and you'll also be more jacked... And who doesn't want to be jacked?!

"… And who doesn't want to be jacked?!"

Likewise any supplements that you particularly like?

I'm big on sleep supplements - melatonin, valerian root, magnesium citrate, and lavendar (aromatherapy). I'm big on sleep, if you haven't picked up on that yet. ;)

I also take whey for when I'm in too much of a hurry to cook, creatine because...well...either it either just plain works or science is crazy, taurine (wide range of benefits - none of them too huge, but cumulatively they make it a pretty good supplement), and fiber and resistant starch for digestive health.

Also MuscleTech, because I don't like having money, and anything in that shiny of a container HAS to work, right?! (Note: sarcasm!)

It's well known that you're a fan of research (Editor's Note – I refer you to Greg's website Strength and Science). Are there any recent studies or research topics that you find yourself particularly digging at now that you can share some brief insight on?

I've really been interested in concurrent training (training for strength and endurance simultaneously) recently. Common wisdom is that the two goals are mutually exclusive. However, there's a big body of research showing the interference effect isn't as big as was once thought, and that, in fact, under certain circumstances aerobic training may enhance strength and size gains. At the very least, running, biking, or swimming for a couple hours every week isn't going to make you shrivel up into a weak, skinny-fat loser. Avoidance of cardio shouldn't be used as an excuse to get winded walking up stairs, even if you're fully devoted to getting as strong as possible.

"… under certain circumstances aerobic training may enhance strength and size gains…"

Editor's Note – I refer you to Greg's recent article where he covers his thoughts on this a bit more thoroughly.

Any other final thoughts/advice you're willing to share with us at CasePerformance?

Keep an open mind, but question everything. Check peoples' sources, and be especially skeptical when profit motives come into play. Rather than going off on a rant about epistemology (I'm sure most of my in-real-life friends have heard some iteration of it if they've been friends with me for very long), I highly suggest you listen to this podcast.

Nick expresses my thoughts on the subject very well, and it's probably more pleasant to listen to the podcast instead of read a 15 page manifesto :P

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

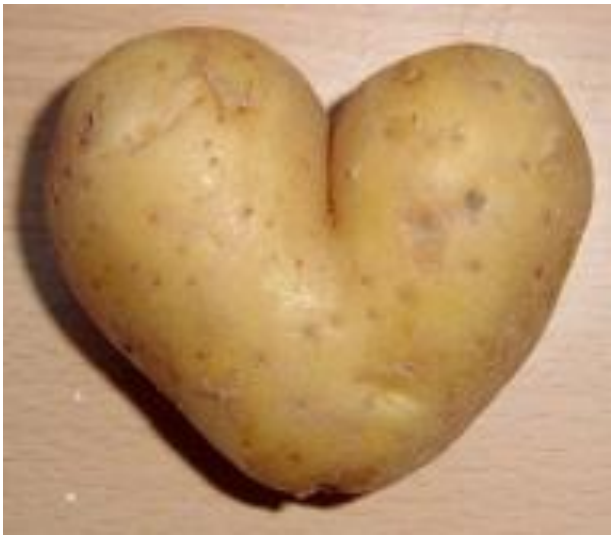
My website is a good place to start - Strength and Science. I can also be reached on Facebook as well as Youtube.

III. Community Member Performance Discussion

This month's community member performance comes to us from Mr. Alex Leaf; a man whose name should be quite familiar to those who have been with us for a little while as he's made many excellent contributions. This article is no different. I found myself learning quite a few things about the almighty spud in the process of assembling this newsletter. I'm confident you will too – Enjoy!

The Humble Spud

by Alex Leaf



You don't have a heart if you don't like a spud. Image source.[19]

Being the month of March – with Saint Patrick's Day and all – I figured I would dedicate this article to the Irish, and more importantly, to their staple food crop since time began (1). I present to ye, the humble spud. Also called the potato, or *Solanum tuberosum L* for you fancy folks, this starchy, tuberous crop is the world's fourth-largest food crop with over 5,000 varieties. If you have ever visited a farmers market and had the fortune of seeing some potato farmers, you would quickly appreciate the diversity. Speaking of diversity, according to Wikipedia "potato" may also refer to a Thai rock band, a Korean film, a British TV production company, and a derogatory term for those with Down syndrome. Completely irrelevant, I know, but still interesting.

Anyway, I'm going to be blunt. The history of the potato is great and all, but you can't change the past and most of us probably don't care to begin with; We don't (at least I don't) eat potatoes and think about reading on wiki how it was first domesticated in Peru 7,000 to 10,000 years ago, or that the name "potato" originally referred to a type of sweet potato rather than the other way around and it was the English who confused the two plants for one another (at least it's not as bad as the confusion between yams and sweet potatoes, what a nightmare). Instead, we think about how it tastes. But I'm not going to write about that either. Instead, I'm going to talk about the vast benefits of eating potatoes, and I'm not exaggerating when I say it's truly an understatement to call them beneficial. Also, I'm taking about fresh potato tubers, not French fries or potato chips, just so we're clear.

Resistant Starches

Nutritionally speaking, potatoes have a bad reputation. This is quite undeserved in my opinion and if I had to pick a food to survive on, potatoes would be high on the list. Taking a look at the handy food label presented in figure 1, it's no surprise why the potato was demonized for so long; it's dang near all carbohydrates! More specifically, it's all starch. However, a small but important portion is resistant starch (RS).

Nutrition Facts

Serving Size: 1 Potato medium (2-1/4" to 3-1/4" dia) (213g or 7.5 oz)

Amount Per Serving	
Calories 164	Calories from Fat 2
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	19%
Sugars 2g	
Protein 4g	

Figure 1: Nutrition Label for one medium potato (18)

For those not familiar with RS, it is a type of starch that isn't digested by our body. Rather it's fermented by the bacteria within our intestinal tract, effectively making it a form of fiber. Cooked potatoes contain about 3% RS (i.e. 3g RS per 100g potatoes), but cooling at 46°F (8°C) nearly doubles this amount (2). If you look at digestibility in general, 9, 18, and 14% of total carbohydrate content of freshly cooked, cooled, and reheated potatoes, respectively, escapes digestion (3). Now I could easily get way off topic here and go on a mini-rant about how awesome RS is, but instead I will just ask that you look up the Wikipedia page. I will say that RS does improve insulin sensitivity (4) and increased fat oxidation (5), since I'm sure those are two things most people want.

High Quality Protein (Yes, you read that right!)

Another reason potatoes make an excellent staple food crop is that they contain incredibly high-quality protein. I know what you're thinking, it's a plant and plant proteins are always inferior to animal-based proteins. While I would generally agree, let's ditch the dogma. Potatoes are one of very few plants that contain a complete protein, and this is likely one of the reasons so many cultures throughout history have been able to rely on the potato as their primary food crop and thrive. One guy even lost 21 pounds on a 60-day potato-only diet and spurred the invention of the "Potato-diet" for weight-loss (6).

[**Editor's Note** - Just in case you're debating between the "twinkie diet" and "potato diet", I'm sure this added info on the protein will push you towards the latter ;-)!]

Anyways, the typical potato has about 10% of its calories come from protein, and the biological value (BV) of potato protein ranges from 90-100, which is comparable to whole eggs (BV=100) and beats out soybeans (BV=84) (7). It even beats out casein (but not whey) in digestion kinetics and induces a similar slow and moderate rise in blood amino acid levels without the notorious insulin spikes commonly seen with dairy proteins (8). There is a catch, however, as raw and uncooked potatoes contain a significant amount of protease inhibitors (9). Of course simply cooking the potatoes before eating them solves this problem; aside from that easily remedied issue, potato protein isolates are very well tolerated and show no signs of toxicity even when consumed in amounts equating to 15% of the total diet (10).

"…the biological value (BV) of potato protein ranges from 90-100, which is comparable to whole eggs (BV=100) and

Micro & Phyto-nutrients

Finally there are the little guys. Potatoes also contain many essential micronutrients. They are excellent sources of potassium, magnesium, copper, vitamin C, and vitamin B6, and have an incredibly low amount of phytate to boot, making all these compounds readily available for absorption (11). Potassium is vital for electrolyte balance (especially if you have a high sodium intake), and high potassium intakes benefit blood pressure and bone health (12). Magnesium has also become a powerhouse mineral as of late, and low blood levels of magnesium are implicated in a number of diseases ranging from simple headaches, to Alzheimer's disease, stroke, hypertension, cardiovascular disease, and poor insulin sensitivity (13). And don't even get me started on the

"…potassium, magnesium, copper, vitamin C, and vitamin B6, and have an incredibly low amount of phytate to boot… "

phytonutrients. One such is Kynurenic acid (KYNA), a metabolite of tryptophan oxidation that may possess neuroprotective, anti-inflammatory, and antioxidant properties, most notably acting upon the intestinal wall (14). Interestingly, potatoes contain ten times more KYNA than meat, eggs, carrots, tomatoes, or paprika, and are only beat out by fresh broccoli and honeybee products (15).

WOW! So what's the catch?

There isn't one to be honest. Some people might raise concern over the glycoalkaloid (alpha-solanine and alpha-chaconine) content of potatoes, but common commercial varieties such as the russet and white potatoes contain negligible amounts and the only variety that contains toxic levels are used mostly for potato chips (16). It's also important to keep in mind that the dose makes the poison, and most all the studies showing the toxic effects of glycoalkaloids used green potatoes, potato sprouts, or even isolated glycoalkaloids (16). What happens when you feed animals normal amounts of potatoes? Nothing (17). Other individuals may complain that potatoes and members of the nightshade family give them digestion issues or exacerbate their arthritis. I haven't come across any research to substantiate these claims, but that doesn't mean some people can't be sensitive. Like with all else, n=1, and if potatoes don't work for you, then by all means avoid them. But if they do work for you...

Ways to potato-up the diet

As mentioned in the beginning, potatoes are the world's fourth largest food crop. As such, including them into your diet is as simple as heading to your local grocery store. In general, all potatoes can be classified as either waxy or starchy varieties but this is more of a spectrum instead of an absolute. Waxy potatoes, such as red-skinned potatoes, lay at one end with lower starch and great moisture content. They hold their shape really well after cooking and work best for cold dishes, roasting, and steaming.

"…Waxy potatoes… cold dishes, roasting and steaming…"

Starchy potatoes, like the Russet potato, lie at the other end and have greater starch and less water content that makes them light and fluffy upon cooking. They are perfect for baking and mashing. Potatoes that fall somewhere in the middle are usually referred to as "all-purpose" potatoes, such as the classic Yukon Gold. The differences in starch refer to the type rather than amount because in the culinary world that is what influences the behavior of the

"…Starchy potatoes…perfect for baking and mashing…"

spud during cooking. "Starchy" potatoes have more amylose, and "waxy" potatoes have more amylopectin.

With that in mind, the type of potato you choose is personal preference. Since the potatoes must be cooked to avoid issues with protease inhibitors, you can't exactly pick one up on the road to munch on as a snack. Yet, with a little meal planning and cooking of the spud the night before, you can easily store and transfer it for use in lunches. If you cook them the night before or have leftovers that you let sit in the fridge overnight, you get a RS boost to boot! Potatoes really are ideal for any meal that you need to be higher in carbohydrates.

My personal favorite time to eat them is post-workout. There is a method to my madness, I assure you, and to see it we can easily break down the potato into its component parts. Potatoes are pure starch, and thus, all those carbohydrates enter my bloodstream as readily available glucose to replenish glycogen at a time when they can preferentially be directed to muscles (vs. fat storage). The RS portion provides an extra bonus. Moreover, since RS increases fat oxidation, the body will be more likely to store the glucose rather than burn it.

I still have some whey protein with my potatoes for a nice amino acid spike, but the high-quality potato protein acts as a form of non-dairy casein that releases a steady supply of amino acids into the bloodstream. This helps reduce protein oxidation and ensure my muscles don't get hungry. On top of all that, I get a ton of important vitamins, minerals, antioxidant compounds, and deliciousness. I usually cook my potatoes the night before and stick them in the fridge. You can see my post-workout meal to the left (whey protein not shown).The potatoes are buried under a cut up banana and cup of berries, but you get the idea.

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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

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

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 7th, 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

2014 USSF Missouri State Powerlifting Championship

What: A two day strength sport event.

Where: Peters, Missouri, USA

When: Powerlifting - July 12, 2014; Weightlifting – July 13th, 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 19th-20th, 2014

For more information CLICK HERE

2nd 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 4-5th, 2014

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

For more information CLICK HERE

2014 UPA Power Weekend

What: A two day powerlifting and Ironman meet

Where: Dubuque, Iowa, USA

When: Nov 15-16th, 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.

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, *The Right Fats for the Right Dining Occasion.*

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

Respectfully,

The CasePerformance Team