

# RMLC

## Rocky Mountain Lifting Club

1600 S. Abilene St., Aurora, CO 80012  
303-337-4613

### June 2009 Newsletter



### Rocky Mountain Lifting Club Members take home Gold and Silver at IPF Master's World Bench Press Competition

The 2009 IPF World Master's Bench Press Competition was held on the 15th through the 19th of April in Taupo, New Zealand. The team consisted of many great lifters, including three from the Rocky Mountain Lifting Club; Tom Cencich, Bob Beamer and RMLC Owner, Dan Gaudreau.

For Dan, this was his ninth year in the competition, and his seventh gold medal. This was Tom Cencich's second time at the competition, and he took the gold in the 75kg M1 class. This was Bob Beamer's first trip to the Worlds competition and he took the silver medal in the 75kg M4 class.

All of the other lifters who made up the U.S. Team are:

Rodney Allman, Bob Beamer, Barbara Behm, John Bertocki, Steve Caldwell, Paulette Calhoun, Tom Cencich, Dennis Cieri, Dave Clark, Robert Crawford, Dave Cummerow, Lizz D'Entremont, Kate Dingle-Craig, David Doan, Kevin Farley, Deborah Ferrell, Andy Furnas, Henry Gerard, Leigh Haines, Fran Huston, Kevin Hutchinson, Cathy Marksteiner, Joe Marksteiner, Donna Marts, Sonja McKinlay, Diann Nelson, Holly Oxford, Steve Petrencak, Jim Ray, Helen Sauer, Charles Smith, Danny Thurman, Ivan Zwick, and of course, Dan Gaudreau.

Thank you all for being there and representing the United States.

## Tom Cencich-Lifter Profile

After playing tennis, basketball and baseball all throughout high school, and continuing to play tennis (and one year of volleyball) throughout his college career, Tom was no stranger to competition. Tom started to seriously lift weights in 1978 and trained for about three-and-a-half years until he entered into his first competition. Tom dropped his weight from 155 to 132 in order to be competitive (he thought). His first numbers were 300 in squat, 258 in bench and 330 in deadlift, all raw and in the 132# class. He tried to qualify for National Collegiates but unfortunately got into a biking accident, broke his wrist, and was unable to qualify that year. He did go on to break the University of Colorado squat and total records in the 148 class, however.

Through the 80's he continued lifting, striving to get better. His PR's were 545 in squat, 360 in bench (raw) and a 490 in deadlift. He started competing in bench again in 2003. His best Benches have been 385 in 165 class and 446 in the 181-pound weight class. At Bench Press Nationals he won the 165 M2s in 2005, 181 M2s in 2006 (and carried his son, Tommy, on stage with him to receive his award). At the 2009 IPF Masters World Bench Press in New Zealand, he dropped down to the 165-pound weight class and won. He said, " I wore my dad's shoes during the lifting. He had suddenly passed away late last year, so it was special for me to wear something of his (he didn't own any bench shirts)."

Tom would also like to thank Dan and Jennifer Gaudreau, and all of his friends at the Rocky Mountain Lifting Club.



## **2009 Men's Open, Teen and Junior Nationals**

Have you ever wanted to compete with a lifter that you admire? Well at the 2009 Men's National Championships, you could get that opportunity. Flights will be divided up by weight class only, so if there is a lifter in your weight class that you've always wanted to compete against, here's your chance! The meet will be held June 12-15<sup>th</sup> at the Doubletree Hotel in Denver, CO. Call 303-337-4613 or E-mail at [RMLCCO@yahoo.com](mailto:RMLCCO@yahoo.com) for more information.

THE ROCKY MOUNTAIN LIFTING CLUB  
PRESENTS

# 2009 MENS OPEN TEEN & JUNIOR NATIONALS DENVER!

For more info contact:  
**Dan Gaudreau**     
(303) 475-3366

Or log onto:  
[USAPLNationals.com/2009mens](http://USAPLNationals.com/2009mens)

## Rocky Mountain Lifting Club At the 2009 USA Powerlifting Men's Master's Nationals

The 2009 USA Powerlifting Master's Nationals was held in St. Louis, MO May 2-3. Dan Gaudreau posted a 2,118 pound total to take the M1-b unlimited National Championship. Dan set three American Records in the squat and an American record in the total. His two world record attempts in bench were turned down due to a technical infraction. Dan said, "Going three for three in the squat was a great start to the meet. If I had been successful in the World Record attempt at bench, I could have had a shot at a 1000kg total; 2,118 was a great total for me, but I feel I still have a higher number in me."

Dan was joined on the Rocky Mountain Lifting Club team by: Ron Garafalo, Donovan Thompson, Frank Agos, Tom O'Keefe, Steve Harms, Dave Gonzales, Jon Briggs, Mark Cucinella and Bill Helmich.

Dave Gonzales broke a national meet record for his total in the 125kg M1-b class.



Some members of RMLC team at the 2009 USA Powerlifting Master's Nationals from left:  
Dave Gonzales, Jon Briggs, Dan Gaudreau, Frank Agos, Thomas O'keefe

### Powerlifting Events

#### **2009 USAPL Men's National Championships**

When: June 11-14

Where: Doubletree Hotel.  
3203 Quebec St.  
Denver Colorado

#### **2009 USAPL State Games of America**

When: August 1<sup>st</sup> & 2<sup>nd</sup>

Where: US Air Force Academy, Colorado Springs



### **2009 American Open Powerlifting Championships**

The Rocky Mountain Lifting Club will be hosting the 2009 American Open Powerlifting Championships the first weekend in December. The Police/Fire and 2009 Colorado Powerlifting Championships will take place at the same time as well.

The American Open was created for the purposes of having an "every man/woman" National event, meaning you do not need a qualifying total in order to compete in this meet. The winner in each Open Weight class will qualify for the following Men's or Women's National Championships, regardless of if they hit the qualifying mark or not.

If you have been itching to do a National meet but have not qualified, make sure you compete in this event and improve your chances of finally getting there!

**AVAILABLE AT**



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# Personal Trainers WANTED

The Rocky Mountain Lifting Club is looking for certified personal trainers. We do not charge any type of floor fee or monthly charge ever to any personal trainer. Whatever money you make from your training sessions you get to keep. Your clients will need to pay regular gym dues for the use of our location and that is it. We currently have members who are in need of a trainer.

You can give us a call at 303-337-4613 or stop on by 1600 S. Abilene St., Aurora



Eleiko USA has set the bar for powerlifting performance bars and plates. They made history in the world of powerlifting in 1963 when their bar was the first used during an entire competition without bending! Each bar is put through strict tests, and if it does not meet the requirements, is melted down and restarted. Perfection is what they strive for, and perfection is what you can count on

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