

RMLC

Rocky Mountain Lifting Club

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

June 2010

Rocky Mountain Lifting Club Brings Home the Hardware from Killeen, Texas

Five lifters from RMLC competed in the Masters Powerlifting Nationals in Killeen, TX on May 1st and 2nd. 82.5 kg lifter, Tom Cencich, placed 1st in the M2 age division with a total of 580 kg. Frank Agos competed in the M1 division and brought home the gold with a 632.5 kg total. 74 year old Tom O'Keefe, competing in his 2nd Masters Nationals, was the gold medal recipient in the M4, 90 kg division with a 310 kg total. Dave Gonzales, competing as an M1 lifter at 125kg, had an 870 kg total to place 1st in this event. Super Heavy Weight Dan Gaudreau, an M1 competitor, added another National Title to his resume with a total of 950 kg.

Team RMLC won the first place team trophy at the 2010 Masters Nationals. Congratulations go out to all the lifters!



Last Chance Raw Qualifier!

Sunday June 27th, 2010 the Rocky Mountain Lifting Club, located at 1600 S. Abilene Street in Aurora, CO will host a "last chance," qualifying event for the USA Powerlifting Raw Nationals competition. Lifters who complete the event will have the opportunity to participate in the Raw Nationals competition to be held in July.

3rd Annual Raw Nationals to be Held in Denver, Colorado

On July 16th thru the 18th the Doubletree Hotel, located at 3023 Quebec St. will be the site of the 2010 Raw Nationals Powerlifting event. The host of the competition will be the Rocky Mountain Lifting Club located in Aurora, CO. Lifters from all over the United States having posted a raw total, in the past year will be eligible to compete. This is the third year of the Raw Nationals and this event is always a true crowd pleaser. If you have not witnessed a raw event, this would be a great one to attend. You may contact RMLC at (303) 337-4613 for more information about competing or attending.

Please visit our website at www.rmlccolorado.com, and go to the link on the right hand column of the index page.

CON-CRÉT
FOR BLOCK-HARD MUSCLES

RMLC Announcements

June 27, 2010: Last Chance raw qualifier at RMLC
July 16-18, 2010: 3rd Annual USA Powerlifting Raw Nationals.
July 31 and Aug.1, 2010: Rocky Mountain State Games- Powerlifting competition.
August 7, 2010: Aurora High School Invitational CHSPA Inaugural Powerlifting event.
For more information, please visit our website at www.rmlccolorado.com/rawnats/rawnats-index.htm



Area High School Lifters to Compete in the 1st CHSPA Competition in August

August 7, 2010 the Colorado High School Powerlifting Association will host it's inaugural event at the Rocky Mountain Lifting Club in Aurora. The 4 Aurora high school football programs: Aurora Central, Gateway, Hinkley and Rangeview will be pitted against one another, with 4 invited teams from the metro area. Each team will consist of 6 lifters in 3 weight categories. This will provide a terrific opportunity for these young athletes and the competition should prove to be a good deal of fun. Any questions please contact Jed Dale at 303-337-4613.



Cencich Takes Silver and Gaudreau Wins Gold at 2010 IPF World Masters Bench Press in Orlando

Tom Cencich, a Rocky Mountain Lifting Club member, won the Silver medal at the IPF World Masters Bench Press competition held in Orlando, FL from March 30th through April 3rd. Cencich competed in the M2-82.5 kg class and put up a 190 kg bench to secure the Silver. Also competing in this meet was Dan Gaudreau, owner and operator of RMLC, in the M2-Super Heavyweight class. Gaudreau made benched 295.5 kg, the heaviest lift of the meet, and secured his eighth IPF World Masters Bench Press title. Gaudreau was also honored as best lifter of the competition in the M2 class.

Dan was also the coach of the USAPL men's and women's teams at this world championships. He was able to coach the teams to a sweep of 5 team 1st place finishes.

Jennifer Gaudreau Battles for National Title in Cleveland, OH



Jennifer sets a new PR with a 180kg (396lb) Squat

Until May 22, 2010 it had been 11 years since Jennifer (Rey) Gaudreau won Women's Powerlifting Nationals. Not only was this a great accomplishment in itself, it came after a tough year of battling, and beating, cervical cancer. Just a little over a year after being diagnosed and 9 months after completing chemotherapy and radiation treatments, Jennifer was able to fight her way to a National Championship victory. The meet started with a conservative squat opener of 157.5 kg (347 lbs). With her opener and second attempt looking so strong, she went for 180 kg (397 lbs) on the 3rd attempt and was successful with a 3 for 3 day in the squat. After watching the 3rd attempt it was apparent she was capable of more than a 400 lb squat that day. This was a personal record in the squat by 28 lbs.

The bench press also saw a new personal record. Jennifer ended the bench press by making all 3 of her attempts and finishing with 107.5kg (237 lbs). At the end of the bench press Jennifer was ahead of the field by almost 50 lbs.

Jennifer's opening deadlift of 162.5kg (352 lbs) proved to be enough to secure her the win.

With this win, Jennifer has earned a spot on the USAPL team to compete at the IPF Open World Powerlifting Championships in November in Potchefstroom, South Africa.

Zach Wirth Takes Top Honors at CO State Olympic Event



"It never gets easier, but you just get better," Zach Wirth offered for what propels him to get to the gym for every single workout, without fail. This explains his consistency when approaching his workout regimen.

To say Wirth is an athlete with diverse interests would be an understatement. Having just competed in and won his first Olympic Style competition, the Colorado State Weightlifting Championships held on Saturday May 08, 2010 at the Rocky Mountain Lifting Club in Aurora, Colorado. Wirth is on his way to finding more and different methods of challenging himself.

"Focusing on the two Olympic lifts for 2 months was the most difficult part of my training for the Colorado State Weightlifting Championships," Zach stated, "I really enjoy squatting and powerlifting, but for this meet I had to focus on the 2 Olympic lifts, the snatch and the clean and jerk. For 2 months I worked on a lot of pulls, front squatting and doing presses from the high boxes in the Olympic room at RMLC."

Zach competed in the ninety-four kilo class (183 lbs.), he snatched 115 kilos (253 lbs.) and clean and jerked 142 kilos (312.4 lbs.) for a combined meet total of 247 kilos (543.4 lbs.) to secure the win.

Zach, a relative newcomer to the Denver area, having moved here two years ago after graduating from South Dakota State University, located in Brookings, South Dakota, which is not very far from where he grew up in Sioux Falls, South Dakota. Zach earned a degree in Civil Engineering and is currently employed with CTL Thompson Engineering.

In high school, Zach played varsity football and was a member of the varsity track team. He attended SDSU on a track scholarship and at the conclusion of his senior year was awarded membership with the National Strength and Conditioning All-America Team. This was after being nominated by the Strength and Conditioning coach at SDSU Dallas Kendrick.

"When Coach Kendrick gave me the award, I asked him if he was joking," Zach said, "To me, it was a huge achievement," he added grinning as he remembered the moment.

When asked why he chose RMLC as his choice of gym, Zach stated, "After doing some research on the internet, I found the RMLC website and the offerings of powerlifting, Olympic lifting, Scottish games and other sport specific weightlifting, I was interested. Then I came in and spoke with Dan Gaudreau, and I was sold. The best thing was Dan didn't try to sell me on the gym, but focused more on what the gym offers for a variety of athletes."

Zach, also said he likes the atmosphere at RMLC, where egos are left at the door and everyone is helping everyone else attain their goals.

RMLC wishes Zach the best of luck in his future endeavors.

Rocky Mountain Lifting Club Holds Championships



Pictured Above (left to right). **Front Row:** Dan Gaudreau & Don Hutchins. **Middle Row:** Jennifer Gaudreau, Omar Valdez, Vasil Gushterov, Justin Casteel, Chris Clark. **Back Row:** Stan Bergin, Nick Ward, Emil Goucherov, Andrew Restivo.

The Rocky Mountain Lifting Club Powerlifting Championships were held at RMLC on March 20, 2010. There were a total of 46 competitors who participated in this event. Best lifter honors, were garnered by Blaine Sumner. Blaine totaled 847.5 kg (1868 lbs), both an American Open Raw & Jr Raw total records. Blaine also set the American Open Raw & Jr Raw squat with 350 kg (771 lbs) and the Jr Raw Deadlift with a 305kgs (671 lbs) Some of the top lifts were completed by Gage Soehner, squatting 320 kgs (705 lbs) and qualifying for the USAPL Men's Nationals and Sindie Fury, finishing with a raw deadlift of 142.5 kgs (314 lbs) in her first powerlifting meet.

We look forward to seeing all of you at future events.

Check out the next newsletter for complete results for this event.



Sumner Squatting a Record 350 kgs!



Personal Trainers Wanted

The Rocky Mountain Lifting Club is looking for certified personal trainers. There is no floor fee for personal trainers, and any money you make is your own. Clients must pay regular membership fees. Valid insurance required.

Call us at (303) 337-4613 or stop by 1600 S. Abilene St in Aurora.