

RMLC

Rocky Mountain Lifting Club

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March 2009 Newsletter

USA Powerlifting Colorado Hall of Fame

Colorado Powerlifting Hall of Fame



Daniel Gaudreau and Ron Garofalo were both announced as the 2008 USA Powerlifting Colorado Hall of fame inductees. The induction ceremony took place at the 2009 USA Powerlifting Mountain States Peak Performance and High School Powerlifting Championships,

Both lifters have displayed tremendous effort and have made major accomplishments in their Powerlifting careers.

Both competitors talked about how they started in powerlifting, their achievements, and gave thanks to those who have helped them throughout their powerlifting career.

For full bios, continue to pages 2 and 3

THE ROCKY MOUNTAIN LIFTING CLUB
PRESENTS

2009 MENS OPEN TEEN & JUNIOR NATIONALS DENVER!

For more info contact!

Dan Gaudreau
(303) 475-3366



USAPLNationals.com/2009mens

2009 Mountain States Peak Performance and High School Powerlifting Championships

The Rocky Mountain Lifting Club hosted the Mountain States Peak Performance Powerlifting Competition for the fifth consecutive year on March 21, 2009. During this event, we also hosted the first ever USA Powerlifting High School Powerlifting Championships.

The first year we hosted this competition, there were ten lifters total, and this year we had a total of fifty-six. The meet is getting bigger and better every year, with more and more lifters coming to join us.

It was a great day for many of the lifters who came out and competed, many of whom took home first place trophies.

We had a lot of great first time lifters, some great comeback lifters, deadlift battles and more.

For more on the highlights of this event, please continue on to pg 4.



Take a look at the **NEW RMLC**
Website!

www.RMLCcolorado.com

Ron Garofalo Powerlifting Hall of Fame Bio

Ron started lifting at twelve-years-old in a neighborhood friend's basement. Thirty-six years later, Ron still trains every weekend with that same friend, Russ Clark, who is also a national level lifter. He entered his first powerlifting meet in 1986 on a dare. A competitive body builder at the time, Ron was challenged to enter the '86 Colorado State Powerlifting Championships by a powerlifter to "see how strong you really are, because bodybuilders aren't as strong as they look." Ron won first place in that meet, fell in love with the sport, and never looked back.

Ron's Powerlifting accomplishments include:

- ❑ 2x IPF World Master's Champion (2005 and 2006), including winning best lifter or "Champion of Champions" award both times
- ❑ 2x AAU World Champion, raw division
- ❑ 4x USAPL National Masters Champion (Full meet) as well as winning several "Push/Pull" national titles
- ❑ USAPL Colorado State Champion Several times, as well as WABDL and AAU
- ❑ 4 USAPL National Records (all raw)
- ❑ All USAPL Colorado State records in the 165 and 181 pound weight classes, as well as holding several state and national records in WABDL and AAU

Over the years, Ron has brought over 50 lifters to USAPL, males and females, from 11 years old (back when there was a youth division) to 69 years old. His coaching highlights include:

- ❑ 43 USAPL state champions (boys, women and men, raw and equipped)
- ❑ 13 USAPL National Champions (Full meet)
- ❑ 1st place team, USAPL Colorado State Championships since 2003
- ❑ 2nd or 3rd place team, USAPL Jr./Teen National Championships since '04
- ❑ 7 AAU World Champions (raw) and 2nd place team 2007
- ❑ 4 WABDL National Champions and 2nd place team 2007
- ❑ Lifters under Ron's Coaching hold over 120 USAPL state records, 33 WABDL records and dozens of records in AAU

Ron also said:

"I would like to thank all of the USAPL members who voted for me to receive this honor and for your fellowship and inspiration over the years. Special thanks to my training partners Russ Clark and Todd Ruppert and lifters of Virtus Gym. Thanks also to the great Andrea Sortwell (many of us cut our teeth in this sport during the '90s under her outstanding leadership), to Robb Grisham and to Dan and Jennifer Gaudreau for keeping the sport alive and strong in Colorado, and greatest gratitude to my lovely wife and three wonderful daughters for putting up with my iron fever all these years."



Dan Gaudreau Powerlifting Hall of Fame Bio



Dan Gaudreau did his first powerlifting meet in 1996 at the 1996 Colorado State Powerlifting Championships. In his first year of competing, he qualified for USAPL Men's Nationals.

After that first meet, Dan has been on a fast track of success in his powerlifting accomplishments.

His titles in the USA Powerlifting division include:

- ❑ Deadlift Nationals Champion
- ❑ Squat National Champion
- ❑ Bench National Champion
- ❑ Masters Powerlifting National Champion
- ❑ Lifetime Drug Free National Champion

In the IPF division, Dan is a 6 time Master World Bench Press Champion.

In addition to all of these, Dan has also broken multiple world records, and multiple American Records.

He is also:

- ❑ An IPF Category 2 Referee
- ❑ Head Coach for 2009 USA Powerlifting Master World Bench Team
- ❑ Director of Coaching Certifications for USA Powerlifting
- ❑ USA Powerlifting Coach of the year
- ❑ National and State Meet Director
- ❑ Colorado State Chair
- ❑ Owner of the Rocky Mountain Lifting Club

Dan said:

"I would like to thank the Colorado USA Powerlifting members for this great honor. I would also like to thank Andrea Sortwell, Brent McCune, Rob Grisham, Dave Gonzales, Bill Shalkowski and to all of my friends at the Rocky Mountain Lifting Club. Thank you to Don and Carol Gaudreau for their support and to my wife and son, Jennifer and Logan, the best powerlifting team I could ever ask for.



Mountain States Peak Performance (cont. from pg 1)



Emil Goucherov

Brent McCune was one of the amazing comeback lifters that attended the Mountain States Peak Performance this year. After taking five years off from lifting, he comes back and breaks the Raw American Bench Press record, what a huge accomplishment. Congratulations, Brent.

We also had quite a few new lifters show up at this meet, who did exceedingly well for first timers. Mike Visser and Jonathan Chamblee were two of said lifters. Both competed in the SHW open, raw division, and took first and second place. Jonathan Chamblee was only 299 lbs away from qualifying for Men's Nationals as a raw first time lifter. Congratulations to the both of you, and we look forward to seeing more from you.

Emil Goucherov was also a first time lifter, competing in the SHW open, equipped division. Emil trains at the Rocky Mountain Lifting Club, along with his brother Vasil. He showed great strength in his numbers for squat and bench press, but his deadlift is where he really did shine. Emil took up competition with accomplished lifter Ken MacMillan in the deadlift. Emil pulled 300 kg or 661.5 lbs, while Ken pulled 317.5 kg or 700 lbs. Both were personal bests for each lifter. Congratulations to both of them as well.

Rangeview High School took home the trophy for First Place Team for the High School Powerlifting competition, while the Rocky Mountain Lifting Club took first place in the overall competition.

For full results, please visit
<http://www.rmlccolorado.com/events.html>

Lifter's Profile-Dana Axelson

Dana has been lifting weights recreationally since he was 14 years old. He played the timpani with the Boulder Philharmonic for 20 years, and then 12 years later, started throwing in the Highlands Games. His first introduction to the Scottish Highland Games was in 1997, in Estes Park, and he said that after what he saw the athletes doing (and wearing), that he knew that was what he wanted to be doing, and got very serious with his weight training.

A few of his accomplishments in the sport are:

- 2003-1st place Master's World Championships
- 2004-2nd place U.S. Championships
- 2005-3rd place Master's World Championships
- 2005-2nd place U.S. Championships
- 2007-5th place Master's World Championships
- 2007-2nd place Master's National Strongman Championships
- 2002-2008-numerous state and regional championships

The Highlands Games were the first of the extreme sports, and Dana says that he is proud to throw in the games. For more information, go check out www.rmsa.org or www.nasgaweb.com, or come into the RMLC where we have a complete indoor throwing facility and the experts to show you how to be a true highlander. There can only be one!



Arnold Sports Festival-Jennifer Gaudreau

Jennifer Gaudreau competed at the Arnold Sports Festival this year. She competed in the Quest Invitational, for the Pacific team. Jennifer said, "It was a great experience. I loved the event and hope I get the chance to compete again next year."

Some Jennifer's highlights include:

Tied personal record on Squat (363 lbs)
Tied Personal Record for Total (952 lbs)

Jennifer hurt her back on her second squat, and still came back to tie her PR total. She had to drop her opener in the bench by 10 lbs and had to forgo her third attempt in bench because of her injury. She also came back to lift just 17 lbs below her personal best in the deadlift.

Congratulations to you, Jennifer.



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!

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