



Rocky Mountain Lifting Club

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

October 2008



Vasil Gushterov Deadlifts at the Squat, Deadlift, Ironman Nationals on Sept 13 2008.

Vasil Gushterov Deadlifts 727lbs at 242

Spectators and lifters were in full force at Rocky Mountain Lifting Club on Saturday September 13 2008. Lifters came from across the country to compete in squat, bench, and deadlifting events. Some came to break records, others to qualify for 2009 Arnold Classic- some to do both. The day was full of highlights, and more than a few enthusiastic onlookers.

American records were set in the bench press competition by lifters Danny Thurman and Jeff Telljohn. The deadlift competition was a crowd favorite and home to two of the day's major lifts. RMLC's own Vasil Gushterov wowed the crowd with a deadlift of 727lbs- deadlifting 3 times his body weight. Pat McGettigan also impressed the crowd and qualified for the 2009 Arnold Classic with his deadlift of 781lbs.

Congratulations go out to all of the lifters!
We hope to see each of you at next year's competition!

RMLC Represents Colorado at the 2008 Bench Press Nationals

The lifters from Rocky Mountain Lifting Club truly represented Colorado Powerlifting at the 2008 Bench Press Nationals in Charlotte NC. RMLC owners Dan and Jennifer Gaudreau won in the open division, one of the only husband and wife teams to ever do so, and will be representing the US at the IPF Bench Press World Championship in Hamm Luxembourg. They were part of the Titan Bench Press Team that took 1st place overall. Dan will also be competing at the IPF World Master's Bench Press Championship in New Zealand. Other RMLC lifters kept up the winning trend. Mary Cencich, Tom Cencich, and Bob Beamer all one 1st place in their individual divisions.



Dan and Jen Gaudreau receive their awards at the 2008 Bench Press Nationals.

Calendar of Events

Powerlifting Events

Colorado State Powerlifting & Bench Press Championships

When: December 6th & 7th

Where: Rocky Mountain Lifting Club

2009 USAPL Men's National Championships

When: June 11-14

Where: Doubletree Hotel. 3203 Quebec St. Denver Colorado

Strongman Events

Denver's Strongest Man

When: October 18

Where: Colorado Horse Park (As part of their Halloween with Horses Festival.)

Kettlebell Events

Rocky Mountain Championship

When: November 1 & 2

Where: Rocky Mountain Lifting Club

More Info:

www.coloradokettlebellclub.com/events

Denver's Strongest Man

Rocky Mountain Lifting Club will be holding a Strongman competition this October at the Colorado Horse Park in Aurora CO. The event will be held on October 18 2008 as part of the park's Halloween with Horses Festival. This is a great venue and the festival is fun for the whole family.

Strongman events will include:

- Tire Deadlift,
- 10" Log Lift for reps,
- Farmer's Walk/Sled Drag,
- Tractor Pull,
- Africa Stone.

This competition will also be a qualifier for the 2009 Colorado Cup.

Family activities include:

- Pony & Horse Rides,
- Safe Trick-or-Treat Barn,
- Horse Costume Contest,
- Pumpkin Patch,
- And Live Entertainment.

Go to www.rmlccolorado.com for more information as it becomes available.

For more information on this and other events at Colorado Horse Park please go to their website: www.coloradohorsepark.com

CON-CRÉT
FOR BLOCK-HARD MUSCLES



Available at RMLC

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



Available

At

RMLC!



**RMLC
Hats
are now
available!**
\$15
Look for
them in
the Gym and
online!

PIONEER
STRENGTH EQUIPMENT



Order Pioneer Equipment at RMLC!

Announcements

Do you know someone that exemplifies
powerlifting in Colorado?
Is there someone whose strength and
dedication to powerlifting sets him above
the rest?

Nominate them for induction into the
2008 Colorado Powerlifting Hall of
Fame.

Email your nominations to: rmlcco@yahoo.com

Lifter Profile- Vasil Gushterov

This month's lifter profile is about a person that has truly exemplified the idea of a true powerlifter. Vasil Gushterov's recent achievement at the Squat, Deadlift, and Ironman Nationals, where he deadlifted 3 times his body weight, is no surprise to those that have trained with him. His dedication to the sport continued even after his appendix ruptured early in his powerlifting career, and has continued to remain strong.

Vasil is a great addition to Rocky Mountain Lifting Club and we are pleased to be able to call him one of us!



Vasil won 1st place at the State Games of the West in July



FINISH FIRST.®



**CALIFORNIA
ADVANCED
LABORATORIES**
Now Available at RMLC

QUEST NUTRITION

No outrageous claims...
just big gains!

QUEST_NUTRITION.COM

Colorado State Powerlifting and Bench Press Championships

It's that time of year again!

The Annual Colorado State Powerlifting and Bench Press Championships will be held Saturday and Sunday December 6th & 7th at Rocky Mountain Lifting Club. Lifters from all over Colorado will come together to show their stuff in full meet and bench only competitions. Team entries are also welcome.

The meet will be split into two days of lifting with Women and Teens divisions on Saturday and Men's Open and Master and all Junior's divisions on Sunday. Weigh-in begins at 8am on the morning of the lift with the competition starting at 10am.

Come help support our local lifters. Spectators are welcome. \$10 adults, Children 12 and under Free.

We look forward to seeing all of our fellow Colorado lifters at the meet!

JOURNAL OF PURE POWER **JOPPP** Where Science = Peak Performance

If you thought you knew how to get big, strong, and powerful – think again.

Some of the latest sports science discoveries from our July issue:

- **Squat Speed**
Using force control to ascertain differences between men and women in the squat.
- **Mental Muscle**
A periodized approach to mental skills training will enhance your sports performance
- **Back in the Heat of Action**
Returning to training after heat illness.
- **Heat Risk**
Identifying your risk factors for heat illness

www.jopp.us



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

[Www.RMLCcolorado.com](http://www.RMLCcolorado.com)

Equipment For Sale

The Rocky Mountain Lifting Club is your source for all of your powerlifting needs. We sell all equipment for powerlifting.



Call Dan at 303-337-4613