

RMLC

Rocky Mountain Lifting Club

1600 S. Abilene St., Aurora, CO 80012

303-337-4613

September 2009

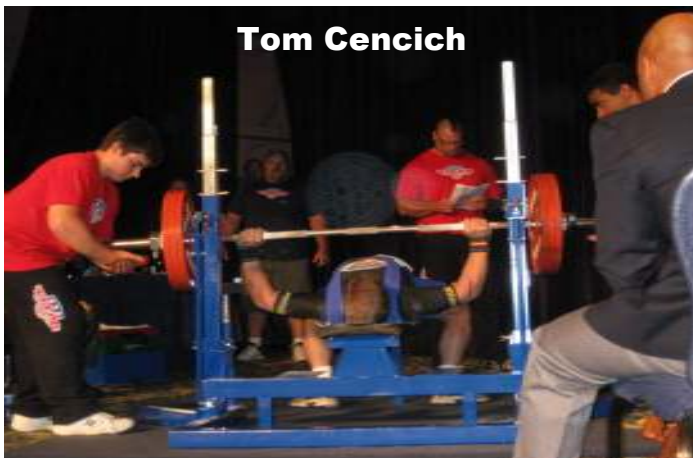
RMLC At the USA Powerlifting Bench Nationals

The 2009 USA Powerlifting Bench Press Nationals was a great competition for Rocky Mountain Lifting Club lifters Tom Cencich and Thomas O'Keefe, as well as for owners Dan and Jennifer Gaudreau.

Dan took first place in the M1-B and Open divisions in the 125+kg weight class. Jennifer Gaudreau took third in the Open division in the 60kg weight class. Tom Cencich also took first in the M1-B 82.5kg division. Seventy-three year old lifter, Thomas O'Keefe took second place in the M4-A, 90kg division.

Also, Luke Hanifen- a former Rocky Mountain Lifting Club member-took first place in the Open division 90kg weight class.

Rocky Mountain Lifting Club also took second place for the Women Team and third for the Men's Team. Congratulations to all of the lifters who helped us achieve this standing.



Lifter's Profile-Tom O'Keefe

Seventy-three year old lifter, Thomas O'Keefe may be a bit of a newcomer to the world of Powerlifting, but he is no stranger to competitions. Before he started lifting, three years ago, he was actively involved in training for triathlons, master's swimming and running. He has finished fourteen marathons, his last one being when he was seventy years old. He has ran about twenty triathlons all together, qualified for Nationals twice, ran Pikes Peak ascent 3 times, and finished it all three times. He had a six-dog team of Alaskan Malamutes that he raced. They finished 25 races together, the longest one being forty miles long! All six of his dogs were from the same family, and he bred all of them himself.

Thomas entered his first powerlifting competition in early 2007, and competed in 4-5 NASA meets; setting NASA Colorado State Records for all three lifts, and an American Record in push-pull.

Tom lifted in WABDL Worlds in 2008, and won the deadlift and second in the bench. He set WABDL Colorado State Records in both lifts.

Tom began to think that there had to be someone out there in his age division and weight class who could out-lift him, and began his search, which is when he came upon the USA Powerlifting organization; and he found those lifters he knew had been out there.

Tom started lifting and training at the Rocky Mountain Lifting Club in 2009. Tom's first competition with USA Powerlifting was the 2009 Mountain States Peak Performance, where he took first place. He ended up with a no lift in the bench at Master's Nationals, but redeemed himself with a silver in the Pan-American championships, and silver in the Bench Nationals.

Tom says, "I am very optimistic about my future with Dan and Jennifer helping me, along with all of the guys at RMLC; especially Frank Agos and Tom Cencich. You've got to reach for the sky, and not worry about the other guy."



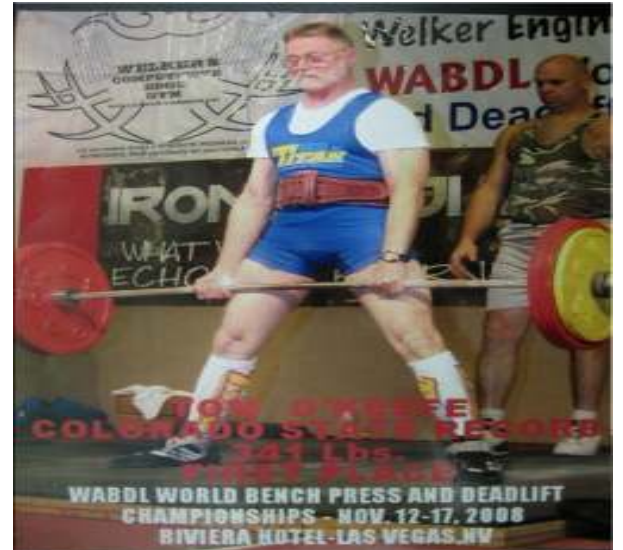
Tom and his team of Alaskan Malamutes



Tom and his team of Alaskan Malamutes



Tom finishing one of his marathons



Tom climbing Pikes Peak Ascent

2009 American Open Powerlifting Championships

The Rocky Mountain Lifting Club will be hosting the 2009 American Open Powerlifting Championships on December 4-6th. The Police/Fire and 2009 Colorado Powerlifting Championships will take place at the same time.

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.

In addition to getting an automatic qualifier for the following years Nationals competition, the best male and female lifter will also receive a complimentary USA Powerlifting warm-up jacket. A picture is shown below of the World Team jackets. These jackets will look similar, except the main color will be black, rather than navy blue, and also will not have “World Team” embroidered under the USA Powerlifting logo on the back. Your name and “2009 American Open Best female/male lifter” will be embroidered on the left breast. Best lifter will be calculated by Wilks formula, only, so everyone has a shot at it.

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!

This event will be held at the Rocky Mountain Lifting Club. We have worked out room deals at the Holiday Inn Express & Suites that is directly next door to the gym. There are plenty of shops and food within walking distance or a very short drive away. The room blocks are available from the first through the ninth, so why not make an extended weekend and see all the wonderful sights Denver has to offer.

For more information about hotel arrangements or other competition details, please visit our website [the website](#) that we have put together for this competition.



The Rocky Mountain Lifting Club will be selling warm ups with the above logo on the back minus “World Team” for any USA Powerlifting members who wish to purchase one. The main color will also be black, rather than navy blue, and will have the scarlet and white accents as shown above. If you would like to purchase one of these warm ups, please visit our [website](#).

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Powerlifting Events

2009 American Open and Colorado State Championships

When: Dec 5-6, 2009

Where: Rocky Mountain Lifting Club

Rocky Mountain Lifting Club at the Pan-American Championships

Many great lifters represented the Rocky Mountain Lifting Club, as well as the state of Colorado at this year's "7th Annual Pan American and North American Regional Powerlifting Championships." Those lifters included Lindsay Smith, Thomas O'Keefe, Frank Agos, and Alex Galant.

Lindsey Smith took home first at the North American, and second at the Pan-American in the 82.5kg open division with a total of 432.5kg. Tom O'Keefe took silver in the North American and also second at the Pan-American in the M-3 90 kg division with a total of 382.5kg. Alex Galant took first in the North American as well as the Pan-American in the M-3 60kg division with a total of 380kg. Frank Agos did not receive a total.

Congratulations to all of these lifters.



Personal Trainers Wanted

Call RMLC at (303) 337-4613 or email us at rmlcco@yahoo.com if you are interested.