



Anne Geser, 65, pushes her limits – and loves it.

# Sisters woman sets powerlifting record

By Jim Cornelius  
Editor in Chief

Powerlifting is hard. And that's just what Anne Geser wants.

"I've discovered that hard makes you grow," she told *The Nugget*. "Hard empowers you."

Last weekend, the 65-year-old Sisters woman traveled to Portland and smashed the International Powerlifting League deadlift world record for her age and weight class (65-69, 132 pounds).

The record was 82.5kg/181 pounds. Geser beat that mark. Three times. Her first lift was 85kg/187 pounds, her second 90kg/198 pounds, and she closed out at 95kg/209 pounds. Geser declined a fourth lift. She said her form had been good on all three lifts and she didn't want to push it and get injured.

That's part of what she's learned in a multi-year fitness and strength training journey: to listen to her body and take care of it.

Geser was proud of her deadlift accomplishment – and noted that there's some stiff competition.

"There are obviously some strong women out there, because I couldn't break a bench (press) or a squat (record)," she said.

Geser has been seriously pursuing fitness and strength training for the past seven years. For the past four, she's been training with Ryan Hudson at Level 5 Barbell Club, focusing on powerlifting for the past two years. All of this is

coming at a time in life when a lot of people are becoming less active due to nagging injuries and fallibilities or a lack of physical initiative.

"I've kind of given up excuses," Geser said. "They don't get you anywhere. They keep you prisoner."

Geser said she enjoys the fundamental challenge of weightlifting – the opportunity to face a challenge and overcome it.

"All of my thinking in my head is, 'I'm going to do this. I can do this,'" she said.

She finds that that mindset translates into the rest of her life, in many different ways. On the practical level, it's made her much more conscious of nutrition and the need for people of her age to consume enough protein to retain muscle. Meeting and beating the demands of weightlifting has helped her apply the same principles of small steps and incremental gains to other challenges in life.

And, she notes, "I think I was an ADD kid, but they didn't have labels (in her youth)," she said. "This helps me with my focus."

Geser recommends that people of her age find something that ignites a passion, something that challenges them and offers the chance to fail – and the opportunity to achieve.

"It's not that I would recommend this (in particular) – but I would recommend something that takes you out of your box, that inspires you, that gives you some little pieces of success," she said.

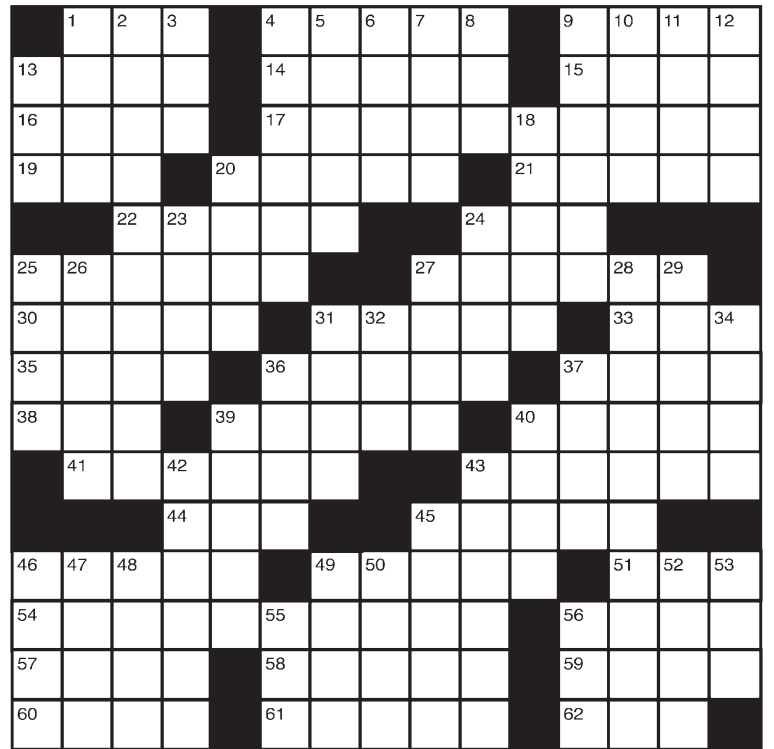


A record lift for Anne Geser of Sisters.

# The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- 1 Participate in an auction
  - 4 Remembered Texas mission
  - 9 Coat or shawl
  - 13 Game of chance
  - 14 Buffalo
  - 15 Rescuer
  - 16 All at \_\_; suddenly
  - 17 Folks whom it's convenient to blame
  - 19 "What'll \_\_"; Irving Berlin song
  - 20 Equestrian's controls
  - 21 Mustang or Clydesdale
  - 22 Signified
  - 24 Heat in the microwave
  - 25 Direct effect
  - 27 Wood coating
  - 30 Untrue
  - 31 Steam bath
  - 33 Cylindrical container
  - 35 Worry
  - 36 Adhere
  - 37 Military installation
  - 38 "Not \_\_"; words to the impatient
  - 39 Sentry
  - 40 \_\_ Barbara, CA
  - 41 Deodorant brand
  - 43 Male goose
  - 44 \_\_ a crush on; is smitten by
  - 45 Henry or Peter
  - 46 Weasel's cousin
  - 49 Knight's weapon
  - 51 Cabin wall piece
  - 54 Spreading throughout
  - 56 John Wayne's state of birth
  - 57 Univ. in El Paso
  - 58 Indian social class
  - 59 Ladder piece
  - 60 Loch \_\_; monster's home
  - 61 Lock of hair
  - 62 Suffix for giant or count



Created by Jacqueline E. Mathews

8/8/18

- DOWN**
- 1 Be flexible
  - 2 Not finished
  - 3 Female animal
  - 4 Not in class on a school day
  - 5 Permissible
  - 6 As strong \_\_ ox
  - 7 Janitor's tools
  - 8 Very late bedtime
  - 9 Actress Goldberg
  - 10 Backside
  - 11 Garfunkel & others
  - 12 Sit for a photo
  - 13 Colorful pond fish
  - 18 African nation
  - 20 Indy 500, e.g.
  - 23 Vane direction
  - 24 Sharp, spicy flavor
  - 25 Uncertain
  - 26 Mates for stallions
  - 27 Provide money for a project
  - 28 Shockingly disgraceful
  - 29 Speediness
  - 31 Thin strip of wood
  - 32 Breather's need

- Last Week's Puzzle Solved —**
- |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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- 34 Within reach
- 36 Actor's signals
- 37 Musical group
- 39 Shred cheese
- 40 Beach surface
- 42 Winners
- 43 Pigs out
- 45 Helvetica and Times New Roman
- 46 Twirled
- 47 Head of France?
- 48 Raw minerals
- 49 Celebrity
- 50 Smart
- 52 Possesses
- 53 Practical joke
- 55 Put on an \_\_; be phony
- 56 Rage

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