

Sares Strives to Inspire Through Powerlifting

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By Lloyd Jones. Sports Editor

CONWAY — North Conway resident Ted Sares has a personal mission to inspire those who are in their 70's and 80's to become more active and seek new challenges.

While he accomplishes this in many different ways, he keeps one activity very close to the vest. However, it popped up on his Facebook page recently and prompted some investigation.

Aside from being an avid golfer, there is another activity in which the 76 year- old Sares participates that also uses iron(s), but this one uses heavier weights. Under the tutelage of local trainer and award-winning body builder Angel Williams of North Conway with whom he trains three times a week, it seems Sares competes on the Powerlifting circuit and in mid-August set the State of New Hampshire 2013 records for the three traditional lifts—squat, bench press, and dead lift in the Masters Class (75-79).

The contest held at Galaxy Gym in Moultonborough was sanctioned by the Elite Powerlifting Federation (EPF). Sares competes under the auspices of the Angel Power Fitness Gym.

On Sept. 21, Sares competed in the "September to Remember" contest at Gym Warriors in Peabody, Mass. and improved upon his August results. He also added a new lift (the strict bicep curl) to his repertoire.

During this event, which Sares described as hardcore, Long Island's 19-year-old Matt Sohmer became the youngest person in history to squat an incredible 806.4 pounds raw (without supportive wraps). His three-lift total was 1,823 pounds, but under his best.

Asked why he does it, Sares said the supportive camaraderie among power lifters is like nothing he has ever experienced (including boxing and football both of which he did as a youth) and that's one of the major reasons he enjoys it so much. Each sport is competitive, but Powerlifting for Sares offers technically demanding dimensions that other sports don't seem to have. Most importantly, however, he wants to be an inspiration for others his age.

"It's a classic body, mind, and sprit thing," Sares said. As for lifting, he feels its equal portions of mental preparation, strength, and execution.

Sares plans to compete again in either Peabody, Mass., or Johnson, Rhode Island on Nov. 30 unless there is an earlier event that works into his schedule.

When asked when he plans to slow down, Sares replied with a grin, "about five years after my ashes are spread over Mingus Mountain in Prescott, Arizona."