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**10<sup>th</sup> Annual**  
**GRANITE STATE OPEN**



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**BODYBUILDING CHAMPIONSHIPS and FIGURE COMPETITION**

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~ Sanctioned by the National Gym Association ~

October 30th

The Music Hall ~ 28 Chestnut Street ~ Portsmouth, NH

### **THE GRANITE STATE ROCKS THE EASTERN SEABOARD...**

From Maine to Florida we are proud to announce that this Year's Mr. And Ms. Overall Granite State Open also became the NGA National champions two weeks later in Parkland, Florida.

It is no surprise that the thicker than life Seth Cohen of Gray Maine took the overall at the Tenth Annual Granite State Open, held Saturday October 29<sup>th</sup> in Portsmouth NH. He came in with unsurpassed quads, a thick set of torso and lat lines and arms to tie it all into a hard and cut presentation. This blocky but defined, complete and linear man provided the officials and audience alike with a brilliant demeanor and hard working poses. When asked during the drug screening process why he may want to gain his Pro card, Cohen's reply was a standard personal best. Yet, when the yee-haw moment arrived at the end of an arduous day, he said, "to go to the Nationals".

And that he did. Right beside him on this journey was "way up thar's" West Farmington, Maine Cheryl Davis. The extremely hard, polished, split and re-split powerhouse of a performance machine, rallied through four weekends of competition in a row to wind up qualifying at the GSO and taking the Nationals home with her. Davis is thrilled to kill the season with such a kudo.

These talented Down-Easters were the hardest working athletes this promoter/judge has seen in a number of seasons. Not only did they crank it out at the GSO but both appeared at other New England venues, piggybacking the fall season in ideal synchronicity to peak performances at the finale in Florida. They both displayed tremendous separation, incredible detail and symmetry.

It was no easy feat either to take the titles out of Portsmouth. Our near 70 placers were a record turnout of Novices, Masters and Open divisions. The judges leaned over their table and grasped my lapel with "what did you do?" taunting....how in the world did we end up with 15 Masters women? I have since teased that it was the Halloween moon and a woman's aura that brought us all together.... it worked. The class was phenomenal. Every single athlete on our Portsmouth stage this year was in fantastic shape. Like the past few years, "our" athletes are in remarkable condition, highly competitive, naturally prepared and all deserve to grace the 125 year old theatres beautiful stage at the downtown Music Hall.

**The Granite State Open was proud to add a Pro qualifying Figure division this year and Katie Boynton of South Hampton, NH took home the new title, a Pro card invitation and a chance to expand her new career. We have the incredible skills of our Figure hospitality hostess and “handler” Kim Cook. She was available to all of the woman to help as needed, assure cues, walks, rules, timing and act as officials liaison. The ladies sure appreciated the added services. Unlike any show around, we presented beautiful shooting star awards, which received plenty of “ooh’s”, presentation bouquets and an overall gift basket.**

**We were beside ourselves with amazement as Novices took the stage and, in both divisions, murmurs could be heard...is SHE, is HE a NOVICE??? WOW! And, in actuality, it was the more mature muscle of first timers Cathy Stickney, age 47, Exeter, NH and Gerry Ruck, age 42 that proved this is a sport of muscle, presentation and symmetry. It takes awhile naturally, to put it on...and these folks are excellent examples of due diligence. A special thanks is extended to our traveler from Texas, Kyle Roberts. This gent is the true mark of sportsmanlike demeanor and courtesy. We thank you for the blessings you provided prior to the show and for coming so far to join us.**

**The Masters continued to raise the roof, not only in sheer numbers but in quality across the board. Pulling out all the stops and taking it home was veteran Ed Silva,42, Harwich, Ma He wrote us after that**

*“I have to say that this contest was one of the best shows I've ever competed in. It was so organized and everything ran smoothly. I came up to the show alone and made a few friends along the way.”*

**According to the officials score sheets, he had his class unanimously, and the ten gents vying were across the board in size, shape, condition, muscle quality , tone and sharpness. Just the same, the 15 women masters were lead single handedly by Cheryl Davis. At 46, she has a conditioned physique that many a woman half her age may envy. Here sinew and fiber jump out with a side chest that striates unlike any other. Here isometrics in quarter turns, hardness in back and bicep relaxed poses, professional stature, eagerness to flex on demand and ability to shoot the separation from one body part to another into play upon the judges call, are all fantastic skills.**

**Ed and Cheryl also took their respective weight classes in the Opens. Cheryl went yet another round against heavyweight winner Cathy Anastasio, also of Scarborough, Maine. Both woman are skilled at presentation, poise, and exemplify the art of the feminine physique. Again, Cheryl’s conditioning took the overall title. Ed came into the overall comparisons against Light-Heavy Weight David Lovelace of Bridgeport,Ct and the ultimate Champion Seth Cohen. The three men each had what it takes and it really came down to size. As the posing and flexing wore into the night, the audience howled for more and the athletes responded, giving it their all. Reigning true to the sports requirements, it was the balance and the package of size shape presentation and separation that presented Cohen as Mr. Granite State Open 2004. He and Cheryl are now qualified to “GO PRO”. They shared in Florida they may just stay at the top of their games for a bit before deciding what’s next. To say the least, they deserve a break.**

Other outstanding highlights of this year's event included best posers in each division, a remarkable opening act of dancers in a pas de deux of "I desire". This performance was a thank you to the bodybuilders for competing at our tenth annual GSO. We were visited at intermission by a demo of alternative techniques in survival of conflict by the team from LIVE . (Lessons in Violence Evasion)

Like Ms Figure, the MR. And Ms. Overall receives a GSO gift Basket. It was filled with sponsors goodies from soaps and make-ups, dies and oils, contest videos and clothing, to fifty dollar supplement gift certificates. Thanks to each and all of our vendors, photographers, program and venue sponsors., The Music Hall, volunteers and especially the Turtle Team expeditors.

The judges gathered from throughout New England and encompassed the experiences of every current sanctioning body in action. We take a concerted effort to assure no nepotism, fair and unbiased officials who meet and discuss matters openly prior to and following the day. These men and women serve on two panels with an average of at least 10 years of judging each. All athletes were drug screened prior to the event and are NGA members.

The team award went to the crew from Fulton's Fitness, Ct. These characters not only kept the audience going but enjoyed backstage support and even carried our Ms. Overall out to the stage unexpectedly on their shoulders. The laughs and fun will be long remembered. Every athlete's smile and acknowledgement in handshakes, nods, pats and verbal considerations echoed throughout the night. It was a show of class, caliber, sportsperson ship, camaraderie and most of all, personal bests. Thanks to each and every one of this year's natural competitors. Please, put us on your calendar for next year...we invite you all.

Results are at our web site: [www.granitestateopen.com](http://www.granitestateopen.com)

Respectfully submitted,

Laura J Tourtellot

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