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**12<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 28th

Dover High School Auditorium • 25 Alumni Drive • Dover NH

ONCE AGAIN THE GRANITE STATE OPEN ROCKS NEW HAMPSHIRE  
This year's event was held at the Dover High School Auditorium on Saturday, October 28<sup>th</sup>.

In taking a deep, reflective breathe after the 12<sup>th</sup> Annual Granite State Open, the first wave of impressions are how wonderful our athlete turnout was. The quality of men and women in the National and Pro qualifier superceded years past in every category. Natural bodybuilders are definitely getting better at what they do, and we strive to host a show that warrants accrediting their efforts.

In synopsis, this year's "GSO" yielded 66 athletes from Vermont to Florida. The Classes were full and equally matched. The men and women were well prepared, courteous, polished and a fine example of natural physique. We are proud to feature them on our web site and look forward to many return visits, expanded networking and personal growth for all involved.

Thanks to each and all who competed, the turtle team was thrilled to host you. Dear thanks to each of our officials, spanning five organizations and DC through New England. We couldn't put this show together without the more than generous sponsors, Dover High School facilities team and our loving volunteers. It takes a community to raise a show, and that we all did. Thank you patrons, friends and family of the sport and the wonderful businesses who underwrite our venue.

Ok, the detes:

The GSO is a drug free, Natural competition and all athletes were drug screened prior to competing. As a regional event it is also a National and Pro qualifier, and draws athletes of all levels. The NGA is a tier system so that the Novice to Open were categorized by experience, then weight classes. The Masters division are athletes over 35 years of age who may be also a Novice or an Open athlete, based on experience.



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The 2006 Figure division was remarkable, with beautiful women ranging in ages, shapes and levels of experience gracing the stage. The NGA bases its scoring on the overall shape, tone and condition, level of preparedness and poise and compares the women as a group and individually. After afternoon and live evening scoring, Debra Dowd of Hampton led the field. She showed tone and tightness without too much muscularity, a feminine physique and ladylike stage skills.

As the bodybuilders took the stage, all classes were highly competitive. The Novice women were fine representatives of new comers to the world of feminine physique. Most conditioned was the petite Michelle Brown of Scarborough Maine. She also wooed them with a custom posing routine to Madonna's "vogue" and used her abs in a strong and striking stage style.

Eleven Novice Men worked hard to earn their near unanimous placings' by the officials who fairly put them through their paces. Quarter turns for symmetry and 13 mandatory poses, repositioning on stage for equal and even re-evaluations and even further comparisons to assure quality viewing. The young Raymon Beuregard of Kittery, Me swept the field in his first show and is invited to now move into Open competition.

As the newcomers stepped aside for their more experienced peers, the Master Women and Men classes brought the rain soaked audience to life. In her third attempt at the Master Women GSO title Julie Soar came in on the mark this year. More precise in symmetry, better conditioning and a relentless stage approach took her to first place. Julie, from Lunenburg, Ma is a hard working athlete and her fellow Masters women gave her a strong run, with Lisa Watson of Enfield, Ct. only a point behind her. The third placer, Cathy Stickney of Exeter, NH accepted an opportunity to compete in the NGA Nationals a week later, and placed first and overall in the Heavyweights in Florida. A tremendous accolade for our New England women!!!!

The Master's Men were "IT"! with 16 characters of size, density and charisma coming in from Maine to Connecticut, these "Men of Braun" were well versed at taking the stage and working their 35 plus frames to the best of their skills. The judges kept them up there round after round and these men were relentless. The top three were clearly and succinctly defined as Steven Sims of Enfield, Ct taking the class with separation, symmetry and a vascular condition that is amazing for a first year out athlete. Hopping into second place was another Ct. gent, from Bridgeport, Edison Clarke. He went on to the NGA Nationals and won his class a week later in Florida. On their heels was the crowd favorite and kind sir, Rolando Amorim. He and his team from the Boston area served up a huge helping of fun and style throughout the day.

By mid afternoon, the classes became tougher and tougher, with fewer discrepancies in the line-ups. Now, weight categories took over and the comparisons were often between two well matched and prepared bodybuilders. The lightweight women were proud to be in the running with veteran MS GSO '04 Cheryl Davis, Lewiston, Maine who has competed and won most



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every competition throughout New England and beyond, consistently for the last near three seasons. Today changed that trend a little. Not taking her class unanimously and giving her a hard look, the officials leaned toward density and muscularity, fullness and symmetry more than condition with these lightweights. Coming down to striations upon striations and detail a tweak ahead of mass, Cheryl took the lightweight class just ahead of Lisa Watson. With these two setting the tempo, the women's division was certainly holding its own as a pro qualifier.

In bodybuilding, women don't mind being noted as heavyweights. The next line up proved to carry it well, with incredible beauty, grace, power and style across the board. 10 experienced ladies worked and flexed to many a request and repeated line-ups, without altering the indication of preparedness and a desire to win. Working side leg angles, incredible bicep separation, high lats and a fantastic stage style, Christy Resendes, Fairhaven, Ma edged out Julie Soar by a point for the Heavyweight title. Soon Christy came out and she and Cheryl Davis went pose to pose to a one point separation in the overall Ms GSO going to the one with size, Christy Resendes. We were all too proud to send her to the NGA PRO Universe and see her take fourth among very steep National Competition in Florida.

In keeping with the grace that the ladies maintained, the Open Men worked harder and with sportsmanlike competitiveness in each of the four weight classes. The Lightweight title went to Adam Berk, Scarborough, Me , a packed man with a big posing style. The Men's Middleweight, was won by the aforementioned Edison Clarke of Ct. His thickness and symmetry are well noted and in time, a bit more conditioning will take him up a notch in overall placings.

The house was roused by the most competitive class, the men's light-heavyweights. The top five in this class were all eager to shoot up the ladder, represented high end style and shape, incredible symmetry and conditioning and well matched balance and cut. It was clear to the officials that the hardness and peak this day went to Chris Zangari of Saunderstown, RI. He challenged his peers thoroughly and on his side was Steve Sims. The two made good work of their day and respectfully acknowledged one another's efforts. Right there with them, Rolando Amorim and Carlos Renfro of Hampton, NH plus our Mr. Masters 05, Patrick Joseph and the rest of this pack all adding a fantastic flavor to the quality and personality of the athletes at this years GSO.

Not to be stopped by the kindness of strangers! The heavyweight's this year rallied up from throughout New England and as far as Florida. Rejoining his trainer Robert Fulton on stage, David Lovelace pummeled the mandatory poses with huge mass and powerful capabilities. The sheer size of these backs was amazing. David Lovelace took it with an unbelievable hardness and detail for his weight class.



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When it came to the overall comparisons, the officials were specific in assuring that the overall winner deserved a recommendation to the PRO Universe. There was no doubt that our champion was credible, and of a quality to receive such an opportunity. The class winners were all Nationally qualified. Yet, in the end, there can be only one, and we were proud to see David's improvements in separation give him the heavyweight placing, the best poser award in the men's division and the Overall Mr. GSO Title.

David Lovelace and Christy Resendes were sponsored by generous supporters, went on to compete and each placed fourth at the NGA PRO Universe In Parkland, Florida.

Please see photos of the class winners, fantastic group and category shots, the best posers, and more in our photo gallery. You can order the evening show video and still shots through our sponsor link.

Thank you athletes, your friends and family's, gym mates and business associate's who all help us to live a natural competitive bodybuilding lifestyle. Please visit our sponsor page and patronize these wonderful businesses. For further information on the NGA and next years schedules, see [www.nationalgym.com](http://www.nationalgym.com).

See you on stage next October 27<sup>th</sup>, 2007.....until then, we wish you health and well being,

Ms. Turtle and the Turtle Team



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