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13th Annual
GRANITE STATE OPEN



BODYBUILDING CHAMPIONSHIPS and FIGURE COMPETITION

~ Sanctioned by the National Gym Association ~

October 27th

Dover High School Auditorium • 25 Alumni Drive • Dover NH

The 2007 Granite State Open was a culmination of energies that brought our 13th Annual NGA National Qualifier to a new level. Year after year, athletes come from throughout New England to vie for a personal best acclaim. The Novices and the Open competitors alike were of a quality that boasted well for Natural Bodybuilding.

As the day of October 27th unfolded, these pre-tested competitors donned dyes and oils to present themselves in splendor as drug free athletes. National officials from as far as DC scrutinized body part by body part, comparing muscle density and mass to symmetry and separation, balance and tone to preparedness and vascularity. The athletes never stopped to take the actual command of "relax" between their mandatory poses, for, they were then compared and mixed and matched endlessly. In the end, the critical and well-preened eyes of this objective panel had to choose the actual 66 placements of each and every well-worked individual before them.

The flexing and breathing, isometrics, and hard-on-hard stances held the attention of the diligent officials for hours. As the competitors filled their fields and each class was recognized for its hard work, the audience applauded their support, offering coaxing and reinforcements for teammates and family members alike.

Women and Men of many backgrounds competed at a top notch pace for titles in 12 Classes: Women's Figure, then Women and Men's



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www.granitestateopen.com

Bodybuilding Divisions including Novice, Master's (35 and over) and Open. The National Gym Association is a tier system for competition experience and quality. Novices are just that, newcomers to the sport who have not won a Novice division at any other Natural competition. The Open classes are privy to experienced athletes who are trying to earn the opportunity to "Go Pro" if they so chose. The Masters cut both segments with age as the determining factor...Is 35 really old we ask? Not at all, but at such an age, muscle maturity is reaching its growth potential and the athletes in both Men and Women's divisions show fabulous depth, definition, striations, quality and overall completeness. As this category steadily grows, the GSO may offer a 40 plus class next year. Our MC Audley Williams dually noted, "these folks are not getting older, they are getting better!"

2007 marked the expansion of our Figure division, to now separate these beautiful and graceful ladies into a Novice and Open Class. We were thrilled to see the once bodybuilder gone figure Amesbury, Ma resident Suzanne Logan, take the Novice class. In figure, the NGA looks for tone and condition, grace and poise, symmetry and balance and body conditioning. It is a clear line that includes a feminine physique without overdeveloped muscles, mild delineation without striations and an overall athleticism without bulkiness. "Our girls" are fit and feminine with a stage presence in both one and two-piece attire that shows their form at its best. In the Open division, the bright eyed and very classy 46 year old from Norwalk, Ct., Tali Tarone stole the stage. Her balance and conditioning earned her a pro invitation and she will take a bit of time to "take it up a notch" prior to such a commitment to further her still young figure career. Tali is a fabulous role model for natural physique.

That's the beauty update, now the brawn! This year we saw a fantastic quality in the new faces of our Novice champions, Janet Esterkes of Salem, MA came in full and cut, looking like a well honed and experienced competitor. We were surprised this was her first attempt at bodybuilding! And so was the tale for Brian Whiteway of



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Southampton, Ma., as he packed it on to push out 9 worthy allies- to take his first ever competition! This man offers strong competition as he moves up the ranks!

Cross-overs are permitted in the Masters Division and both of these hard and ready athletes placed in the top five as they joined the 35 plus group. Taking the Women's Masters and eventually the Women's Heavyweight and the Overall GSO '07 was the shhrrredddddd Heather Pathoomvahn of Woonsocket, RI. Heather shared her personal story and certainly has a divergent background coming into the sport of physique. We are proud to honor her hard work and presented her with a pro qualifier card. She has chosen to take some time and may "Go Pro" next season, and we look forward to seeing her move up the NGA ranks at any one of the star quality Pro shows that the organization hosts. See the 2008 schedule at www.nationalgym.com for both amateur and professional venues.

The Men's Master Edison Clarke, 38, from Bridgeport, Ct also set the tempo for his peak performance day. The dozen Men in the Masters division really created a strong cross section of preparedness, muscle tenure and sharpness. The gamut ran from density with needing to lose a little "cloud cover" to well developed and cut. Edison's completeness with condition took the class with full muscle bellies, vivid attachments and fine presentation! His unanimous first place scores continued to occur and give him the Mr. Middleweight and then the Overall Mr. Granite State Open 2007. We were thrilled to see this vibrant and wholesome athlete earn his rights to go to Florida two weeks later for the NGA Pro Universe. Joining Edison on THAT stage was the 2006 Mr. GSO Champion David Lovelace. How well the New England Representatives did for our niche of the fitness arena. David took 2nd and Edison held his own, even sharper than on our stage, to take away 4th place. Go GSO-er's! It is a thrill to see our locals make it Nationally!



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As the Masters came off stage, the Open classes geared up. Here we saw incredible style and quality from women in lightweight and heavy weight classes. As the ladies flexed and positioned their best angles for the judges, it was clear that the amount of muscle development gained needed to be cut throughout the entire physique to win the classes. Michelle Brown, last years Ms Novice title holder from Scarborough, Me, returned to take the lightweight with perkiness, style, stage presentation and a memorable 'v" taper. Michelle still needs to let her legs catch up with those high delts and tight lines that her upper body is gaining. She went up against Heather Pathoomvahn and the officials skewed toward the overall conditioning and muscularity of the heavyweight. She brought on calf to trap separation, not an overwhelming amount of mass for her 130 pound, 5' 10" frame, but "everything" showed and the total body balance took the show!

In the Open Men's classes, the lightweight (in scale only) showman Adam Berk, Scarborough, Me was a defining mark of what incredible muscle can be packed into a slighter build. His stage style and sportsman-like attitude generate audience support whenever he takes a stage. Adam is a fine representative of his class and shows how it's done when the overall comparisons are called out. His full abs, leg sweep, bicep peaks and hardness are champion material. As mentioned, Edison took the Middleweight Class. Then came the Light Heavyweights. How linear and athletic in design this class always is. Stepping to a first place was Rolando Amorim. His separation and hardness kept getting better as he worked through the afternoon and culminated in a creative and crowd pleasing posing routine. Taking the stage in the heavy weight class were men who tilted the scale at 204. All that mass needed to be cut to the max, and that's what Brian Trombly (at 197) of North Andover, Ma brought on this day. His overall condition edged him to the front of his pack, and kept in the running for the Mr. GSO title.

When it came to the final comparisons for the Overall title, the class winners were highly distinctive and also very poised. Knowing that they



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couldn't pause for a moment, they worked tediously for the Judges points. It was exciting to see each man strike poses that repeatedly improved their chances for the Pro card invitation. The GSO track record continued to generate competitors who were crisp, symmetrical, well developed, balanced and separated across the board. It came to who had the most of these qualities and who showed it best. Adam Berk, Edison Clarke, Rolando Amorim and Brian Trombly were amazing! The crowd cheered each and all, and we heard "Go Daddy's" to "Come-on man, use your legs" from the enthusiastic audience. When the final flex was performed, the judges presented the title to Edison Clarke for density with separation, style and completeness.

Folks ask, "So, Ms. Turtle, how did the show go?" I tease in reply, "pick a category". The athletes are high quality, the venue is extremely well staffed with considerate and kind folks, the drug testing was successful, the amenities at local Hotels and restaurants made for ideal weekend get-away's to folks coming to the NH seacoast for the event, the volunteers went above and beyond, the vendors had a great opportunity to meet and greet the athletes, audience and network. The audience was enthusiastic and the Officials are the top in their fields. In general, we had a fantastic event. The end result was a brighter than ever Dover High School stage and scene set, with the sound and presentation of the event at a professional level suitable for the event at hand. We thank Michael Bates and Stan Barker for re-mastering the house sound and that of all of the athletes so that quality remained consistent and timely throughout the event! Overcoming glitches and demands and little challenges that make a show it's own, continued all day long...and the behind the scenes crew pulled everything off famously. We actually felt like the keystone cops on a few occasions, and thankfully, the audience and athletes were none the wiser...Why confess here? Because, it is the heart of the production team that pulls a show together and every year it is they who make the experience a success for the athletes. We are all a community vested in a quality of venue that allows return participation from folks like Rolando Amorim and his team from Boston, Robert



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Fulton and the crazy antics of the Connecticut troupe, the Maine contingency out of Portland who rally each year in loyalty and friendship. Put a team together, we'd love to host you!

We appreciate the fact that each of the men and women in the GSO took time to thank the Promoter and to extend their gratitude to each other for a fine competition. Many also reached out to the Turtle Team and expressed recognition of the behind the scenes efforts taking place for their benefit.

As a destination show, the GSO proves over and over, that we are in it for the long haul. We welcome your inquiries; encourage you to participate at any level with the natural and healthy lifestyle of bodybuilding. Decide to compete as a personal best, support an athlete at your gym, buy a sponsorship ad in our program, send a friend by purchasing tickets. Any and all audience participation is conducive to the athletes having a rewarding experience.

As always, there's work to do year round to make the show return. We look forward to October 25, 2008 and hope to hear from athletes and sponsors throughout the year so that we can continue to grow, staying stronger and gaining numbers along the way.

Thank you for checking us out. Please continue to visit www.granitestateopen.com and do patronize our vendors and sponsors. Hotel accommodations, restaurants, fabulous supplements and healthy lifestyle contacts are at the ready to serve you. Peruse our photos and order your own from Christian Ruben or Nora at Seacoast Smiles, top it off with the DVD of the evening show through Jeff Spires Video Productions. You can connect with them on our sponsor's page.



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