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14th Annual
GRANITE STATE OPEN



BODYBUILDING CHAMPIONSHIPS and FIGURE COMPETITION

~ Sanctioned by the National Gym Association ~

October 25th

Dover High School Auditorium • 25 Alumni Drive • Dover NH

THE 2008 GRANITE STATE OPEN, A CONTINUED SUCCESS!

Every year, the NGA Granite State Open surprises the bodybuilding world with new faces and aspiring competitors. The quality of athletes coming to Dover, NH this season proved, once again, that natural competition is steadily growing. We were honored to host athletes from throughout New England and beyond, who filled the stage in a multitude of divisions. Over 70 awards were presented to men and women who came in from as far as Florida. The vendors, audience and experts managing the show, all appreciated a fine stage design, fantastic sound and audio and the talents of MC Audley Williams. The "GSO" is an NGA Pro and National Qualifier, allowing winners to move up to the NGA Pro Universe and the International Competition level. The NGA hosts shows throughout the country for amateurs and Pros. See www.nationalgym.com.

Hard work and dedication are amazing at every level. Seasoned bodybuilders and figure competitors bring their conditioning and symmetry to a peak for this one-day event. Yet, it all begins months in advance. As a competitor chooses their peak season, they train and diet in cycles from development to pre contest to cutting to peak performance. Each stage and each level of training is modified to expedite specific results. The newcomer is learning their body, the Pro-to-be is testing their limits. Each individual is on a mission to be effective with the many aspects of contest preparation required. And on October 25th, it showed.

The GSO overall winners were near perfection as they brought out the stops with muscle mass, definition, style, poise, polish and balance. Mr. GSO, Martin Ortiz, Worcester, Ma had also won in 2005. He returned with more mass on top of layers of striations, a thick and symmetrical shape that swept the stage as strongly as his quads sweep. There was little doubt that the density on this middleweight man was Pro quality worthy. His goal is to continue to improve by "getting bigger and better," prior to moving up the competition ladder. To his side, vying for the overall, was lightweight class winner, Glenn Nazarian, Amherst, NH. Glenn has been on the circuit for a few years and is steadily gaining hardness, shape and density from season to season. Martin and Glenn also won the 35+ and 45+ Masters Men Divisions, respectively. As a returning class champion, Patrick Joseph, Waltham, Ma took the stage with his tremendous "V" taper, abs and leg separation. This light heavyweight edged out Rolando Amorim, Boston, Ma by just one point. Rolando's team took the team award and as a troupe, always bringing style and prestige to the stage. We love their energy! The newcomer to the GSO was Daniel Kolodziej,



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South Hampton, NH. His heavyweight frame was well suited to the conditioning needed for an overall pose down. We look forward to his continued success.

The participants ranged in age from 60 year old Bob Berriault, Portsmouth, RI. to Andrew Goodwin, 19 of Strafford, NH. Also 60, was Carl Bashaw, Peru, NY who challenged the stage as a Master's 45 +, while his 34 year old son Rob Bashaw of Bennington, NH worked hard in the Novice division. Both men looked fantastic! Carl pulled a strong third place and Rob took 5th in a field of 17 men! Taking the novice division was a packed Phil Maurice, 25, Deerfield, NH. This gent is on the rise! See our winners circle and photos at www.granitestateopen.com.

Newbie Lyndi Sargent, Lee, NH held her own in her first show, and took the Novice Division. In the Master's and Open Divisions, the ladies were well matched in muscularity, symmetry and presentation. Kelli McDonough, Rowley, Ma was the star of the day. Her body definitely got better as the day went on. She took the Masters, lightweight and then, the Overall. As a perky and bright, hard and feminine physique, her presence was certainly deserved of all titles. On her wing was Pearla Phillips, Raymond, NH who dynamically placed second in Masters, first as heavyweight and worked hard to be edged out for the Overall. Pearl won Best poser. Lyndi Sargent, Mike Prudente, Brian Trombley, Kelli McDonough and Rolando Amorim joined her as each Division's best poser is awarded a literal granite trophy in the shape of NH.

Not to be outdone by all of this brawn, the Figure ladies took the stage in 6-inch heels, gorgeously attired two-piece and one piece suits, and with finesse that keep everyone attentive. The novice title went to Ms. Sherry Andre, Hollywood, FL who won her first show and went on to compete at the NGA Internationals two weeks later. Our Open Figure champion, Marina Fabrizio, Burlington, Ma took her Pro card qualification to Florida as well. Both ladies continued to do wonderfully, as did our NGA Pros and Open National athletes representing the GSO!

It takes the efforts of the volunteers, sponsors, fitness community, organizations and gym supporters to make the GSO happen. We thank each and every athlete, their family and friends for always bringing sportsmanship and respect to our stage.

See you 10/31/09 !!!!
~ Ms. Turtle



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