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**15<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 31<sup>st</sup>**

The 2009 Granite State Open carried forth the fortitude and reputation of its 15<sup>th</sup> season with grace and quality. Athletes traveled from every New England state and represented first timers to Professional go-getters. Men and women of all ages honored us with high energy, professional polish, fabulous conditioning and creative performances. Awards were extensive as all athletes received medallions, then trophies were presented for 67 Place earnings, 6 best posers, Division overalls plus floral bouquets. Pro Gift Baskets were presented to the overalls Mr. And Ms. GSO.

This season stood out as a bevy of new faces from the area took the stage. The concept of getting in prime shape for a personal best proved to be a common goal, one that this Promoter totally invokes. We saw a return by Jon Arnold, Rochester, NH with 14 pounds of quality gain on his tall and previously lean physique. Hard work all year and discipline between trips to Friendly's brought forth his best performance to date. Jon took the heavyweight class and gave his peers a hard run for the overall. Also at the pinnacle of his return was Hamptons' own Carlos Renfro. Carlos has competed many times in his backyard, and on this day was sharper than ever. He took the 45 + Masters division and placed second in the light heavyweight. Out of Chicopee, Ma, rose Robert Thomas whose mass shook the stage and separation of muscle pushed him into the lead. Robert won the Light Heavies, 35 + Masters and the Overall GSO 2009. He took these titles to the NGA Pro Universe in Florida the following week. Coming in even sharper, with better poise and more vascularity, his hard efforts and supreme focus added up. We are honored to report that he placed a firm second behind our alum and dear associate David Lovelace. What an honor to see GSO'ers do so well! While there, we also had the pleasure of GSO qualified competitors winning the NGA Internationals Open divisions in Light Heavyweight and Middleweight. Kudos to Steven Chip and Carlos Cortes.

Back on The Dover stage, Jesse Wilson, Boston, Ma, was thrilled to win a Novice Overall. He has been working for a number of years at this and felt well rewarded on October 30<sup>th</sup>. The Men's Open Class titles went to Larry Scarlotto, Portsmouth, NH as Middleweight and our returning class champion Adam Berk, of Scarborough, Me for the Lightweight. This dynamo is certainly not a lightweight when it comes to posing, crowd appeal, sportsperson-ship or enthusiasm. We commend Adam for his tenacity and for always "bringing it on". When Larry and Adam went up against Jon and Robert, the scales were bouncing. Adam's sharpness, Larry's



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fullness, Robert's separation and Jon's balance all had much to offer. The total package, once again, took the show.

On the female side of the fence, beauty and brawn were both elegantly highlighted. The novice and more experienced Open figure competitors took the stage with a fine cadence. Ms Novice went to a very beautiful Valerie Koloseus of Salem, Ma Still new to the industry, and making steady improvements, Renee Aberle of Wilmington, Ma was thrilled to win the Overall Ms Figure. Her goals are to continue to improve and compete in "Opens" for the foreseeable future.

Our dark horse this year was a mild and meek mannered Tami Provost, Berwick, Me. This novice bodybuilder worked incredibly hard to get on stage and take the Novice Division as a 42-year-old Mom. She is a woman of faith and love, and was obviously guided on this day. Many women since have been motivated by her discipline and tenacity. We look forward to further success for Tami. In the Open Women's Division, veteran GSO'ers came back to again try for the Overall title. Last years Novice champion Lyndi Sargent, Lee, NH, went into the open lightweight and took third. The Women's Masters class was certainly the most competitive and toughest to judge. All of these polished and professional looking ladies offered density, poise, style, and definition. Some have a bit more symmetry and hardness, which allowed the officials to give the division title to Kim Audette as both Ms.Masters and later, as class holder in the Lightweight's. She had to hold her own as Heavyweight class winner, Pearla Phillips, Epping, NH flexed with all she had in the overall pose down. Kim's muscle maturity and sheer size took the title.

As our Head Judge, Wayne Goudreault of Washington DC likes to feature, there is always a success story among the athletes. This years "behind the scenes" favorite, among his peers, was Will Smith of Brunswick, Maine. Will shared the difficulties of 33 surgeries, a kidney transplant and sent the natural message that "I will show others in my situation that they can do it too". To say the least, a few tears and many nods of support ensued after the athletes meeting.

Every athlete at the Granite State Open is a winner, as they have passed state of the art drug screening, qualified in recognized and accredited venues and strive to keep the sport of Natural Bodybuilding and Figure competition as their lifestyle. The Turtle Team is honored to work year round to bring a top-notch production to the Seacoast each year. We invite Athletes from throughout the country to compete. Always leaving the door open for first timers as well as the persons working toward a PRO card invitation. All sanctions are welcome.

For the first time, NGA New England is proud to announce a second sanctioned event for 2010, You are cordially invited to compete or participate at the NGA Natural MASS, Bodybuilding, Figure and Powerfest on May 22<sup>nd</sup>, in Oxford Ma. This new event will be promoted by Paul Gleason, with production support by L J Turtle Promotions and the NGA officials.



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The GSO is slated for next Halloween weekend, October 30<sup>th</sup>. This position is in an effort to be a final stop before the NGA Pro Universe, as well as other pinnacle events. Please join us next season. We build it, do come.

Yours in health and well being,  
Laura J Tourtellot  
NGA New England Chair  
National Official  
Pro Masters Personal Trainer



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