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17th Annual
GRANITE STATE OPEN



BODYBUILDING CHAMPIONSHIPS and FIGURE COMPETITION

~ Sanctioned by the National Gym Association ~

Happy Halloween with a Side of Snow!!

The GSO went off without a hitch....ummmmm, not quite, this year! We got nailed with a Nor'easter and the near nakedness of the athletes at the 17th Annual Granite State Open Bodybuilding and Figure Championships turned to a flurry of pose downs and award presentations. This year's event is certainly one for the memory books. Imagine top-notch athletes all toasty and warm, bronzed and oiled having just completed their t-walks and posing routines. As the awards were being given to over 85 placings', the lights went out. Being good New Englanders, everyone looked around and quietly waited for a minute. Nope, no lighting reboot. Okay, what's up?...the storm hit and we were totally without power. So, be fast, these temp lights only last 20 minutes more. Greeeaaaaat! The best part about working with athletes is their discipline. We had already commended the Figure ladies and Women's Bodybuilding categories. To suffice the unexpected environment, we rallied the entire troupe of men on stage. Then, the novice, masters and open classes stepped up for their appropriate accolades. The audience kept applauding by smart phone lights! The Grande Finale of the Overall pose-down, in the dark was amazing. Talk about Phantom of the Opera, these guys shone through the dimness! It was incredible!

And the last man standing, Mr. Obie Philbrook of Maine. This middleweight man of density and proportion ranked out the heavyweight local Jon Arnold, the middleweight veteran Dean Tibbetts, NH and the lightweight physique enthusiast Ken Banks, Me. It came down to size and separation. Obie has it, took the show and added another overall title to his history of wins. We are proud to add him to the hierarchy of NGA champions. FYI, Mr. GSO 2006, David Lovelace continued his stretch with the NGA and took the Pro Universe title for the 4th year in a row, in Florida on November 12th. We are proud to send our best up the ladder to the pro circuit, with the NGA and many other organizations. Count on us for a high quality production with a flurry of fair enthusiasm, regardless of the weather.

The Granite State Open, a.k.a. the "GSO", is New Hampshire's longest running competition. Ms. Turtle took over the AAU NH's in 1991, a show that has records going back to 1969. The GSO title was added in 1993 and today, this regional event draws athletes from throughout the Northeast. All are drug screened through a series of protocols and the outcome is always a clean



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battle for the Pro Qualifier titles. We were honored to have novices from as far as West Virginia, and experienced competitors from every New England State. Every athlete on the stage this day was in fine competitive shape, brought their best game and maintained a level of demeanor well-befitting the tone that the GSO sets. We encourage you all to return and bring a fellow competitor!

Check out the photos from JJS Photography in our photo gallery, they do far more justice than my written endorsements. This year's competition brought more than snow, as women of all ages, literally teens to sixty's, worked the stage in the Novice, Masters and Open Figure classes. Ms Novice went to Margarita Crego, NH, a dynamic and strong 50 year "young" newcomer whose tone put her to the front of a field of 15 peers. In the Masters, the lovely Christine Gesualdi, RI presented style and grace, poise and balance of physique. Only in her second year of competition, the super-defined and sexy Emily Wirling, NH came to the forefront of the Open division to earn her Pro Card.

As the heels strolled off into the slush, the bodybuilders posed and flexed the evening into a frenzy of fun and excitement. Best posers awards are a highlight of the GSO as we provide real granite awards, hand carved in the shape of the Granite State. This is a very special trophy for those who prepare so hard to perfect their individual routines. Rocking the house this year were Deb Hanchett, Jerry Guillaume, Laleh Talebian, Stephen Purdy, Cindy Burr and Peter Munoz-Bennett. The Team award for good sportsmanship, a strong group of quality competitors and sheer numbers participating, went to Tony Page and the gang from Genetix Fitness, Ma.

Bodybuilding is a lifestyle. Men and Women often commit to the sport and chose a show, a season, a series to focus on. We are fortunate to draw from the NGA circuit, as well as from athlete pools that chose to cross sanctions. Honored by our officials from a variety of such groups, the participants are viewed for muscularity, shape and presentation. The conditioning and separation are just as crucial and the balance and stage presence that an individual brings on any given day. This October 29th we saw density and conditioning take the Overall in the men's categories. Following that template, The Novice title went to Evan Piercy, NY. Debra Hanchett won the Novice ladies, a title she has worked for over a number of seasons. We send our best wishes to Deb as she leaves New Hampshire for snow-less parts of the country. Come back gal, we will be here! Keeping with shape, symmetry, definition and balance, Cindy Burr brought a very hard and toned feminine physique to the forefront. She won the Masters, Open Lightweight and then the Overall Ms. GSO Pro Qualifier seat, all in one fell swoop. This was her show! Alyson Lambert won the Heavyweights and the two worked back and forth for the overall. Conditioning edged out size and both did a fabulous job on stage! The Master's Men are separated by a decade. In the 35+ group, Dean Tibbetts ranked first with separation and style. In the 45+ Mr. Jim Hart, Ma returned to the arena, after a really, really,



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really long time away, and brought finesse, demeanor and fun back with him. Yes, folks, we do check id's and we think bodybuilding can be a sort of fountain of youth for many!

It is with loyal support that this outstanding event can be held each season. We thank the Anchorage Inn and Suites for drug testing facilities and accommodations, the area restaurants for fine healthy meals, the plethora of donors and in kind support that creates such a show. From stage design and trophies, to amenities at Comfort Inn, Hampton Inn, Holiday Inn Express for our judges, to sound and lighting staff, the team at the Dover High School, the vendors and long distance sponsors, other promoters, our Judges, MC Audley Williams, go-fers and the Turtle Team. The list of people involved is score-fold. Special thanks to Cherry Bombs clothing for their styles and quality suits. New to the world of Physique, we appreciate the zest and professionalism brought to the GSO by the team from Tres Soleil with their on site tanning. Thanks to each and every one of you!

Thank you. too! For reading, for reaching out, for calling and keeping in touch throughout the year. The Turtle Team and the GSO wish you all a healthy and joyous 2011 Holiday Season. As you gear up for next year, keep us on your calendars for October 27th. We welcome one and all, sun or snow, to join us for the finest show of the fall!

Be well,
Ms. Turtle



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