

31st Annual



COED BODYBUILDING & PHYSIQUE ~ FIGURE ~ BIKINI ~ CLASSIC PHYSIQUE ~ FEMFIT ~ WELLNESS ~ COUPLES

Hello again kind followers, friends, curious folks and allies...

Thank you for still appreciating the written word. In this world of chaotic electronic use demands and social media frenzies, I love a hard piece of paper. To think that reading online or in the palm of my hand is a norm, makes me pout. I still dust the bookcases and open the binding to see a tangible anatomy chart or calendar or photograph with satisfaction.

Such it is, I am a luddite by choice. To that end, I request your help to spread the good words of the GSO to all of those far and near...we continue to grow, adapt and succeed as New Hampshire's primary Natural Bodybuilding and more events. Over the past four decades, the New Hampshire's and the Granite State Open have always been strongly drug screened. We draw natural competitors from throughout New England and beyond.

As we have readily evolved with the ebb and flow of leading organizations, we adapt to the regions need for fair and honest competition. If you are new to the industry, welcome. If you've been around the block a few times, then you know the call letters of the AAU, ANBC, NGA, INBF, WNBF and now ANBF. All of these fine organizations have honored the GSO as a sanctioned event and warm ally in natural physique sports. We have always been proud to work with their owners, athletes and promoters. Thousands of competitors have graced our stages and more await in the coming years. We are excited to see peak performances by young and older competitors. If you have competed elsewhere, we welcome you, too.

We thank the ANBF leadership team for their guidance in rebranding the GSO, giving us insights on how to cobble and coordinate with a unified ANBF look. It has been fun to welcome some fantastic new competitors to the Pro levels and to honor brand new athletes to the sport. To that end, take a peek at the photo galleries, check out the creative posing and beautiful attire, the excellent photography and the intimately perfect stage set up. The new medallions are splendid!

We invite you to come back, compete again, to try out the sports at the GSO for your first time. Help awaits, guidance is available and generosity of spirit is at every turn. With the support of fantastic vendors and industry professionals, everything is thought through for the athlete's best experience. From check in and drug screening, hair, makeup and tanning, to photo shoots

and expediting, foodies and accommodations, venue set up and stage design, music and sound, judging and feedback, we work to provide a great GSO show.

Competing this year were some remarkable new faces from Up Maine; Aiden Tripp, Dylan Schuett, Joe Desilva and more. Each of these Down-Eastah's brought a full and complete package, winning strong placings in each of their chosen divisions. An exclusive component to the ANBF is the opportunity for competitors to cross over into a variety of divisions. As an athlete learned the intricacies of posing and presentation, they become armored with the tools of muscle management, enough so that the style and criterion of Bodybuilding, Men's Physique and Physique could be discerned. To that end, Aiden was sharp on his game, winning overall Pro Status in both Bodybuilding and Classic Physique. We hope to see all these fantastically great sportsmen again next season, either at the GSO or on the ANBF Pro stages. Joining them were "guys" from throughout the rest of New England and all came fully prepared for hard work. While 20-somethings, still in college, earned their placings, they were encompassed by returning champions; like Domenic Clements who won Open Physique and Matt Schmitt who shared the Masters arena with many a "not older but better" peer. The joy of an audience is the people in it and everyone brought family support. The house roared for Brandon Nelson with his signature Viking look and fabulous enthusiasm.

On the lady's side of things, a few crossed into a couple of divisions, and each shone with style, grace, poise and polish. Carrie Winn earned her Pro Card in Bodybuilding and later went on in the season to sweep each division in the ANBF. This home-grown quiet lady is certainly a shining start to watch. Erin Kelly came back to the Bikini stage after a supermom sabbatical and celebrated her new start here, taking a glorious win to the Pro stage just two weeks later at the Monster Mash. The GSO women ran a gambit of experience. The amount of stage presentation practice and posing paid off for all classes. Each group met the standards of the division and posed emphatically with quarter turns, comparisons, individual routines and stylings. Congratulations to the beautiful Sarah Watters in Figure, the personal best accomplishments of Kim Furlong in Novice Bodybuilding, Erica Van Lingen in Physique and Carrie Winn in Fem Fit. We have named a few and thank all who aren't mentioned. Each of you matter and we are grateful for your support.

Specialty awards were given to best presenters Aiden Tripp and Erica Van Lingen, showing muscularity in motion with articulate poise and stylish presentation skills. The turtle team awarded loving gratitude plaques to the tenured judge Tim Williams whose wise demeanor and insightful eye is a solid asset to our panel. Always gentle and softspoken, team coach Cara Valpolicella had Team Rise in the building. We sincerely appreciate her hard work to support athletes at all levels in competition.

A signature highlight of the GSO: Carrie Winn and Steven Durost performed in Couples, with their “titanic” pose being a show beacon. Thanks to our friends at Flora Ventures, Gather, The Goat, Dinnerhorn /Bratskellar , Gaslight, Maggie’s Suits and LJTurtle Tees for filling gift baskets with goodies for our Pro Card Winners and more. Every athlete who came to the greater Portsmouth area this weekend made their mark with us. Thank you all for competing, for sharing your fitness success and for staying “natty”. We hope you will return and bring your gym mates, the more the merrier~

The 32nd Annual event is slated for Saturday, October 17th 2026, at the Star Theatre in Kittery Maine, just over the bridge from Portsmouth NH. Come early, go to the beach, dine in town, shop the Outlets, there’s lots to do and plenty to see in the New Hampshire Seacoast.

Until we meet again, I remain yours in love and light, Ms Turtle

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