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**16<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 30<sup>th</sup>

*Granite State Open 2010 Review*

Congratulations to all of the athletes who competed at the 16<sup>th</sup> Annual NGA Granite State Open Bodybuilding and Figure Championships. This long-standing event was another fine success in athlete quality, participation, sportsmanship and good will. As every season, athletes prepare for months and months, all to peak on one stage one day at one time. The art of bodybuilding is a time honored and detailed sport, where the variables are endless. On October 30<sup>th</sup>, 2010 energies and efforts aligned for new Champions Jesse Wilson of Boston, MA, Pam Benoit of South Berwick, ME. and Thea Knust, Merrimac, NH. The New Mr./Ms/ Ms Figure Granite State Open division winners qualified for NGA Pro Cards and reset their competitive sights after the day was done.

Jesse Wilson came to the GSO last year and took the Novice title. Just Like Phil Maurice the year before, he quickly moved into the open and Pro opportunity circuits. It is wonderful to see this type of success, as we continually have over the decades of bringing the GSO to the NH seacoast. Our pervious titleholder David Lovelace also went on to greatness as he won the NGA Pro Universe in Florida this November. Joining him was the newly honored Thea Knust, who went Pro right after the GSO and did very well in her first field at the Pro Universe. A solid fifth placing and fabulous new experiences rounded out her NGA season. We are honored to provide a field of fair competition where athletes may try out the sport for the first time, work their way up the competitive ladder, hone their skills for higher levels of competition and earn their credentials as a Pro should they chose. At all levels, athletes are catered to from drug testing to final awards.

This season saw many new women in both bodybuilding and figure. We are always thrilled to have a solid female turnout and the ladies really showed the difference in the two categories during their comparison and finals rounds. On one side of the feminine fence, the one with heels and sparkles, hair and makeup, balance and a bit less flexing, are the elegant Figure athletes. This year we were so happy to have a strong turnout with women ranging from teens to 60's, novices to Pro worthy experience levels. These ladies tend to support one another, make friends and really honor the art of femininity and fitness as they work together and on stage to present long lines, toned physiques, balance, poise, condition, presence and personal style. In the Novice division, Lisa Lewis of Biddeford, ME stood out with symmetry, tightness and natural beauty.



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She presented herself in a manner that caught the official's eye and put her ahead of her peers. Every athlete came across with confidence and a fine demeanor. This field of 15 was viewed fully by the judges and shape, preparation, firmness and overall packaging was earnestly evaluated. We look forward to seeing these novices continue in seasons to come.

Women attended from every state in the Northeast and represented the finer aspects of the sport with gentility and gracefulness throughout the weekend. The Masters competitors stretched the draw to as far as Virginia and Texas, as NGA competitors flew in to bring a beautiful field of experience to the event. We thank Japonica Walker, Inola Garrett and Frances Monroe for their exemplary commitment to mature elegance. Renee Aberle, last Year's Ms. GSO from Wilmington, MA placed second to Lisa Lewis in this division. Both ladies displayed strong and tight form, executed stage walks and turns with style and confidence. Here, Lisa had a bit more muscle tone and balance, longer, more defined legs and higher delts.

In the Open Class, height had little bearing on the dynamics and strong work that Thea Knust strolled to the stage with. Her presentation style is attention drawing and gave her just an edge enough to take the Open. She has continued her journey on the Pro Circuit.

On the other side of the Physique Fence, Bodybuilding women brought much muscle size, shape, symmetry and presentation to the forefront. Round for round, muscle group by each, they flexed and smiled as the panel of officials looked for the best in all categories. When the lightweight class winner took on the heavyweight winner, the battle continued, both women bringing well prepared physiques and ever so much size to the stage. It was a well-earned title that went to Pam Benoit, who edged out Lidia Viera, Cumberland, RI with conditioning. Pam has worked hard and long in the New England circuit and was definitely in her best shape ever on this day. The novice title went to a brand new face, Tammy Poirier of Bedford, NH. Tammy appeared as a compact and complete mix of muscle, perkiness, separation and hard fullness. This allowed her the Master's Women title also and Best Poser. Amazed at her accomplishments first time out, she's got the bug! Every Woman at the show brought fine competitive quality. They all took time to polish and practice, knew what to do and worked the



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judges thoroughly. The posing routines were outstanding and the audience remained entertained throughout the evening performances.

In the men's arena, size and separation was the call of the day. The GSO is positioned as one of the final Pro Qualifiers of the season and draws competitors who have been interested in the sport throughout the year whom are trying for the first time, to the Gents who want their "card" by the year's end. With the gamut so broad, so are the body types and levels of preparedness. We always see fine quality athletes and much hard work across the board and this year was no different. The Novice title went to Peter Munoz-Bennet from Lexington, Ma. He brought sharpness and a bit more completeness to the field to give him the first place. 35+ and 45+ classes separate the Master's Men Division. Age bears no credence on the well-honed and seamless physiques we saw this year.

Taking the 35+ group was Patrick Joseph, Waltham, Ma He has won this title in the past and this year brought his best game ever. Patrick's is certainly a top quality athlete. He went on to place second in the Light Heavyweights, a close but unanimous decision. Jesse Wilson came in with more muscle size, sharper legs, thicker back and was more vascular.

The 45+ went to another alumni of the GSO, Glenn Nazarian, Amherst, NH who also won the lightweight Open. Jesse and Glenn were joined by Middleweight Mike Disano, Everett, MA and Heavyweight Anthony Jackamino, Rockland, ME for a fight to the finish. All four class winners were in fine condition, sharp, balanced, striated, pumped and ready to go through their paces again. As the crowds thin by this time of night, the die-hards yelp and coach from the floor. These incredible physiques flex and push the last of the long days fuel through their systems and crank forced grimaces to appease the judges endless demands to "present".....and finally, the roar of the friends, audience, staff, even the judges gives credence to the new title holder. Jesse Wilson took the Overall and graciously thanked his peers. With The Awards, The Overall winners receive their Pro Card Invitation, a generous gift basket with cookies and gift cards, clothing, supplements, flowers and more.

As the top five per class and overall division titles are earned, nearly 100 trophies and accolades were presented. Special to the GSO are solid Granite awards, in the shape of the Granite State,



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which are given to best Posers in each Division. Joining Tammy Poirier were Patrick Joseph, Marsha Wykes, Marlon Matos, Sandra Crowell and Glenn Nazarian. This event is also noted for presenting all athletes with a medallion at the start of the evening performance, as all participants are personal champions for participating at the GSO.

We are very appreciative of all of our sponsors, who make the GSO possible. Please see the sponsor page and visit their links as a patron. Special thanks to JJS Photography for his efficient and professional services, The Anchorage Inn and Suites for their drug testing location and providing accommodations for our Officials and athletes. Thanks to Cherry Bombs for year round quality suits and custom design attire. Thanks to the NGA for all of the growth and guidance, teamwork and good will that is always extended. Thanks to our officials and the Turtle Team for traveling in and making us New Hampshire's Premier Bodybuilding and Figure Championship! To all athletes and audience, we look forward to seeing you at the 17<sup>th</sup> Annual Granite State Open, Saturday, October 29, 2011.

Yours in Health,  
Laura Tourtellot ~ Ms. Turtle



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