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**18<sup>th</sup> Annual**  
**GRANITE STATE OPEN**



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**BODYBUILDING and FIGURE CHAMPIONSHIPS**

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*~ Sanctioned by the National Gym Association ~*

*Monday Morning Quarterbacks*, that's what we call our "how did we do" sessions when the lights go out and the pump up room is torn apart at the Dover High School, late on a Saturday night in October.

The 18<sup>th</sup> Annual GSO comes apart as quickly as a strict diet. Months and months of details and preparations get boxed, tallied, sorted and tucked away. Just like pizza can smooth out even the hardest bodybuilder, so can a little time erase the sweat and hard work of so many who make this annual event a success.

Usually the first question folks ask after a competition is, of course, "how did it go?" There's no simple answer. One needs to consider head count, quality of athlete, class levels, the crowd, sponsors, the light, stage, awards, timing, production team, facilities, traffic, hotels, goodie bags, drug testing, food and amenities, music, expeditors, weather, flow of line ups, communications....and a whole buncha' conundrums. When you take it all in, we are FABULOUS!

The athlete's feedback is always most important. In that, we rein so superfluously that it makes all of the hard work worthwhile. Competitors come from throughout all of New England, and this year, New Brunswick, to participate in a fair and fun playing field of physique and polish. As each Figure and Bodybuilding athlete takes the stage, they have had ample time to prepare, supported by the best production team of volunteers that many have experienced. On the other side of the stage are seated a bevy of Nationally accredited Officials from a variety of organizations, as well as the NGA, to put them through their posing paces. Taking time to study one and all, the competitors earn their awards of the day. We hear applause from friends, family, the general public and coaches alike. Everyone roars and the athletes smile. Hours go by and still, the house is humming. What an exciting community!

This year's round up featured many returning competitors. We were thrilled to see Martin Ortiz, back for his third win in a decade. This time, he might consider finally going PRO~ Also earning pro cards, a strait up newbie on the female front, Linda Mirabito. Taking both the Masters and the Open, Linda is now Pro qualified with the NGA. The international Heather Johnson lead the way in the Figure Division with both the Masters and Open titles, also earning a Pro invite status.

The GSO was deep with experience this year, and brought many new comers to the stage. It is exciting to see the next "gen" of athletes take to the stage so well prepared. We saw fine balance, separation and muscle development. For the folks still learning their dieting, or needing time to put muscle on, they held their own with presentation skills, which were obviously practiced. The Novice Men's title went to an enthusiastic Jason Childs. Novice Women's was earned by a tight and well developed, mild mannered Lorraine Durst. Ms Novice Figure was well earned by local Chloe Fellman.



L.J. Turtle Promotions

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One of the GSO highlights is its' best poser awards, solid granite in the shape of NH. This years stage lit up with the humor of Oompa Loompa Ken Banks, the intensity of Batman metaphysic Jeff Corson, the sultry lip syncing of Laleh Talebian, the Boogie Woogie of Peter Munoz Bennet, the calisthenics and handstand pleas of Linda Mirabito. To top them all, the standing ovation to Cindy Gilbert for her tear jerking "my pal" storytelling of a total body makeover. The crowd appreciated the entertainment and the fun of the routines. In conjunction with the bodybuilders posing, the beauty of the Figure Division was remarkable.

During prejudging the ladies conduct a stage stroll, with three poses to accent their physiques for the judges. At night, they conduct a stage walk. With framed shoulders, creative movements, alert eyes, perfect hair and makeup and fantastic tone/condition/shape/presentation/conditioning/poise and more, these women are phenomenal. Many have been competing for years, while others took to their heels for the first time. The comradery and sportsperson-ship required to participate in this level of dedication is a strong component of the sport. It was a pleasure to see so many satisfied and successful wins.

Each of the Bodybuilding competitors brought humility, kindness, hard work and dedication to their titles. Congratulations! The Masters Men had two classes, with Jerry Peterson taking the 35+ and the Veteran to the stage Glenn Nazarian winning the 45+ and a Pro Card.

The Open Divisions were well matched per class. In the women's category: Lightweight Linda Mirabito vied with Heavyweight Tara Ebejer for the Overall. Both had complete physiques, athletic lines, defined legs and overall balance. It came down to hardness and muscle maturity by Mirabito that edged her forward.

The Open Men bodybuilders were shy on the turnout but heavy on the density this year. As always, the well prepared beats a lack of conditioning, and size trumps all. These guys were at the top of their game to win: bringing shape, symmetry, hardness, vascular skin, attitude, stage presence, style grace, fun and sharpness to the stage...it was an excited pose down for all to see.

As the crowd thinned and the awards were taken, the overalls came back to the stage to the apex of the night. Jerry Peterson as Lightweight, Martin Ortiz as Middleweight, Peter Munoz Bennett as Light- Heavyweight and Sean Person as Heavyweight. Each had strengths and challenges. It went to Oritiz for his mass and balance.

We hope that you will review the photos, look to see how you may compete with us in the future, and stay tuned. Next October 26<sup>th</sup> has a few surprises in store. The 19<sup>th</sup> Annual NGA Granite State Open will add a Bikini Division with Novice and Open Pro Qualifier. The fact the Women Bodybuilders are so adored with few shows to Pro at, has generated the support of many at the GSO. To that end, we are proud to announce the GSO Women's Bodybuilding \$2013 PRO PURSE. Open to all Natural Pro Women. Feel free to contact [www.granitestateopen.com](http://www.granitestateopen.com) for further details.



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