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19th Annual
GRANITE STATE OPEN



BODYBUILDING ~ FIGURE ~ BIKINI CHAMPIONSHIPS

& \$2013 GSO PRO PURSE!

~ Sanctioned by the National Gym Association ~

Post Show Wrap up 2013

Hello GSO athletes, friends, vendors, officials, sponsors, audience, family and expeditors!

What a fabulous event day October 26, 2013 came to be. We welcomed competitors from as far as Utah this year, and were very excited to have growing numbers in all divisions. This was the 19th Annual Granite State Open, held on Halloween weekend in the New Hampshire Seacoast. Every year we see Novice to Pro Qualifiers experience first time to national ranking wins. We were proud to host one Professional category with the new \$2013 PRO PURSE for Professional Bodybuilding Women. As the fields of the industry become more muddled with additional categories for competition, we stayed true to our bodybuilders and figure athletes, and added the less restrictive Bikini division.

Please congratulate any participant you know for their fine commitment to natural physique. As a recap, EVERYONE on stage was well prepared, competition worthy and very familial and sportsmanlike. We were able to provide quality color with Tre Soleil Bronzing, full pump up and locker room areas plus resting and green room amenities, so that athletes were satisfied with plenty of room to do their thing. No show can happen without the back scene crew. Special loves to Pearla and Johnny Phillips who ran around for two weeks to gather and set up the facility, then expedite 107+ placings' with constant smiles. Beth Fuller handled the gals in heels fantastically. The sound team of good Vibes DJ's cobbled competitors music with house blends to make a seamless audio flow from start to finish. As participants checked in and the day began to roar at Dover High School, they received goodie bags form Maximum Nutrition. Vendors set up with designer clothing and jewelry, fitness consultations, competition T -shirts, photography services and more. Please see JJS photography for a pictorial recap of this best ever day.

We cranked. Judges from all New England Physique disciplines fostered a cohesive style of official critique for the men and women who strolled on stage for the next 8 hours. The Figure women had packed classes of 17 and 15 in Novice and Masters alone. The rest of the day followed suit. Taking the highly challenging Novice Figure was Lisa Randazzo, with a fine balance to her shape, tone, condition, fullness and poise. In the Masters, Julianne Post stepped up with a stronger performance than as a novice. It was a competitive back, v taper and polished stage style that gave the Pro card to Ms. Randi Knowles in the Open Figure Division.



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All Novices on this day were AMAZING! Now that they have cut their quads and competed, we so hope that the women will return to the stages again and show us the stronger side of the sport. Congratulations to Sharon Mc Gill for her first win. The Novice Men were 14 deep and many of these out of the box guys are already open-quality worthy. With tremendous density, shape, size and excellent conditioning, the top placers were in a tough crowd of peers. Kudos to Arty Posluszny, Nathan Spear and Erik Drown for taking the top three placings' in their first shows ever!

The Women's Open went to Ruth Hushour who also took the Masters class. This group was the bulk of the ladies and a blend of novice and open. As each woman had strengths and the formidable weakness, it was muscle maturity, separation, decent size on frame and polished posing that earned Ruth a well-deserved Masters Title.

Bringing more enthusiasm on face book then we'd ever seen, a following of new and old friends and a great deal faith, was Jim Hurtubise, all the way from Virginia. Surely it was not his rally that gave him first place, but his definition and preparation that edged him to the Masters 35 plus win. Still too young for the 40 plus pro card, we hope he returns again with all of his comradary and support. He was not alone, this tempo of community was shared by most of the athletes on and off stage at the GSO. Folks were helping each other out, making friends, sharing tips and later on~ recipes. That's what we love to see! Our Masters 45 + gent is a returning champion and advocate of Natural physique, Glen Nazarian. His leg separation, tight overall appearance and consistently hard work on stage earned a Pro Card. Glen went on to win the lightweight and to pose down against the three heavier divisions for the GSO title. He was upsized by Light-Heavy Vic Cazuppe, an excited and zealous well-developed character who has been training for years to earn a pro card. This day, he did! Jason Childs returned as a previous Novice title holder to earn his Middleweight division first, with the assurance he will return again to continue his winning streaks at the GSO in years to come. Our Utah traveler John Bosse took the heavyweights, and was kind enough to offer a radio interview to Vic after the show~!

Champions are created, stay in the circle of competition, and make changes, wane and ebb. On a consistent streak for the past year was returning Ms.GSO Linda Mirabito. She honored our stage as a first season Pro and competed against GSO alum Pam Benoit for the PRO Purse Open division. Thanks to both ladies for showing the seacoast what decent natural, feminine, muscle looks like. Linda won on conditioning overall shape. We wish you both the best in all shows you participate in.

After all the brawn left the stage, the beauty of the bikini gals graced the auditorium. Novice, Masters and Open ladies participated in rounds to place them on balance, shape, beauty and light fitness criterion. Chelsie Crane took the Novice, Catherine Mossman the Masters and Sophia Mansora the Open. These women were all fit and fabulous, well prepared and donned a plethora of designer styles. We invite you all back to earn pro card status next season.



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On top of the class awards, the GSO features Best Posers too. Congratulations to Julie Chin, Kyle Kerrigan (our 15 year old from Vt.), Laleh Talebian, Will Smith, Ruth Hushour, and Vic Cazzupe for turning 60 seconds of choreographed free style posing into a personal display of entertaining physique moves. Project 9, a female teen a cupola group, who sang the National Anthem, also quite pleasantly entertained us

The Granite State Open has long been New Hampshire's Premier Natural Bodybuilding Competition. We are derived from the late 1960's Bodybuilding movement in this state and in 1991, I took it over as a drug free venue. Since then, this show has been produced with regard to the needs of the athlete, the respect of the officials, the network of the sanctioning bodies and the support of hundreds of area businesses, and dozens of dear volunteers. This year marked our eleventh season with the National Gym Association. It has come to the time where the growth of the show needs more local support. We have been allied with many peer promoters throughout New England for decades. There are shows throughout New England that we consider sister events and have consistently supported one another. At this time, we are proud to announce that the 20th Annual Granite State Open will be sanctioned as an INBF/WNBF affiliate. The GSO will continue to host Men and Women's Bodybuilding, Figure, Bikini and serve as a Pro Qualifier. We will continue to welcome all natural athletes to participate. Put us on your calendar NOW for Saturday, October 25, 2014.

Please contact me directly at gsobodybuild@comcast.net for further information.

Yours in health, always,
Ms. Turtle
Laura J Tourtellot
Promoter



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