

2022 *28th Annual* Granite State Open



BODYBUILDING ~ FIGURE ~ BIKINI ~ PHYSIQUE ~ FITBODY ~ COUPLES

INBF SANCTION / WNBF PRO QUALIFIER

The Granite State Open 2022 Competitions Review

The Granite State Open continues to be a top-notch qualifier for all WNBF Pro Shows, and the World INBF Amateur Competitions. It is a strong regional production for everyone on the east coast to have a full field of competition in coed Bodybuilding, Figure, Physique, Fitbody and Bikini Divisions.

As the show season came to an end at the ever phenomenal "WNBF WORLDS", we are so pleased to see GSO title holders take the World stage. Many have competed in the GSO, and on other internationally recognized platforms, but none is like the thrill of the boy next door making it to the big show. All athletes who enter this annual event may consider moving up to the Worlds, and qualifications are based on class numbers. Each year the location changes, and this year in LA proved to be a curious extravaganza. Put us on your to do list for next year's World's in Seattle, WA. Over 45 countries have joined the WNBF, and the USA'S INBF qualifiers all bring a well-rounded representation to the international stage.

Since its origin in 1991, Producing a national qualifier has been the format of LJTurtle Promotions. We continue to bring fabulous quality to each event, and are pleased to see so many alumni return with their clients, to reiterate their fond experiences and compete again, and to pass the torch to new title holders. All amateurs, every year, prove to be drug free and play in a fair field of natural competition throughout their tenure with the INBF/WNBF.

From stage to off season, we hear from folks whose personal best at the GSO brought them fine satisfaction in their day to day lives. We love to know that competition is a life style choice, albeit, a tough one, and that diet, nutrition, training and stage pep can round out the performance driven individual in so many ways. If you are considering competing, check out the entire GSO website for information on Drug testing, competition schedules, posing classes, photos of winners and names you may know. We are happy to encourage your journey.

Meanwhile, the event of October 29, 2022 featured the following highlights:

Six new Pro's were presented their opportunity to join the WNBF professional competition ranks. Congratulations to Bodybuilders: David Lovelace, Mr. Masters 40 +, Steven Durost, Mr. Masters 50+. Jason Childs, Mr. Overall Open GSO, plus Jessica Kallis, Ms. Masters Figure, Sandra Guide, Ms. Masters Bikini and Atiana Caraballo, Ms. Bikini. There are dozens of years of consistent training by most of these athletes and heartfelt appreciation to those who returned to show their love and loyalty to the GSO.

One in particular is David Lovelace. He won his Pro status at the GSO in 2006, and allied with us to move forward as a four-time NGA Pro Universe overall Champion. Now on his comeback tour, it is an honor to see him earn a WNBF card to grace the sport with his lifelong natural physique. Like David, Jason Childs competed with us long ago and returned to shine and take the day. This humble family man was in his best ever condition and worked extremely hard to grind out the overall win! We

are honored by this Texas to Maine support!

Just as important as the Open to Pros are the novice success stories. These newcomers made the GSO their target for a personal best and to get their stage time in as freshman competitors. Polished and performing well with all three rounds of judging: Symmetry, Muscularity, Presentation was with Novice Men Bodybuilders. These gents ranged in age from 21 to 69 and earned bragging rights for as much as 150-pound weight losses. Their attention to preparedness allowed each a fine response from a full audience and cheers for creative and talented posing routines. One of the best parts of seeing newcomers do so well, is remarking how their competition careers take off from our GSO. We have alumnus who have donned top titles in all organizations as they found their footing here and continued to master the art of bodybuilding. We encourage men and women to work at their sport year-round, and make choices that permit healthy adaptations to compete and succeed. And so, best wishes to Benjamin Stephen on his first win as our 2022 Mr. GSO Novice champion. We also welcome first placers Samantha Stephens as Novice Women's Bodybuilding, Angel-Marie Santosuosso as Ms. Novice Figure, Domenic Clements as Mr. Novice Physique, and two Bikini ladies, Short Veronica Stasiewicz and Tall Gabriella Santaniello, with the former winning the overall Ms. Novice Bikini title.

The results of everyone in between Novice and Pros is listed on the website. We enjoyed seeing newer athletes take best posers, class titles and embrace the spirit of the day with family fun. The coaches who rallied and encouraged the process are to be commended to, they are flexible and adaptive, supportive and congenial. You can see a few happy kudos also in the photo gallery.

Additional highlights of the day included a solid performance by Crystalee Demers in Open figure, a strong showing with 50 + Steven Durost and a fun and light-hearted creative style of Domenic Clements, in both Men's Physique and Bodybuilding. He's the guy hugging his trophy in the gallery.

No contemporary tale of bodybuilding is complete without the fine recognition and involvement of the stylish and sultry Bikini Division. Our day was well rounded with finely crafted physiques from Florida to Maine and throughout New England. As always, the GSO loves the taste and presence of these toned woman. Following the Novice and Masters top notch stylings, our Open Women varied in size and shape, with one thing in common, they all deserved to be on stage. Ataiana Caraballo won with a taugt and symmetrical shape, a poignant personal style and a beautiful stage presence. To each competitor in this Division, practice makes perfect, and her work shown well.

Wonderful services are provided by the tanning team at STP, the hair and make up of Beauty on the Run, Hotel amenities at the Courtyard by Marriot, excellent Photography by Chris Keeley Photography, home base amenities for Drug testing and tanning at Vanguard Key Club-Portsmouth, our gorgeous colleague Wendy Stevens and her MC services, a huge kudo to set up and tabulator Esperenza LaLinde, experienced and expert stage management and athlete flow with Lisa Irish and Paula Sullivan, plus front of house Turtle team crew, Love affair with The Brook and ooohhh sssooo many more helpers. Shouts out to our Officials, the judges extraordinaire who volunteer their time and devotions to the outcome of our day. When the day is done, the food bags come on, and our dining sponsors are a blessed gift; The Gaslight , Dinnerhorn and Bratskellar, Smuttynose of Hampton, The Goat of Hampton and Portsmouth and Hannaford Fruit and Waters. There are also the behind the scenes very special supporters, who we are ever indebted to: John Wozniak Law Firm, Julie Van Meter and Allegra Printing.



L.J. Turtle Promotions 

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<http://www.granitestateopen.com>



As always, the Granite State Open is a year long effort, from gym meet and greets, to attending events , to networking and media pr. We can always use help with sharing your positive thoughts and our collateral in social media. Please feel free to contact Ms. Turtle with options to bring a team, support an athlete, sponsor the event, set up vendor exposure and most importantly, to enter.

Save the date, our 29th Annual GSO returns to The Brook next Saturday, October 28th. NH SEACOAST

Details will be updated throughout the year and we encourage your inquiries at any time.

Email: gsobodybuild@comcast.net

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Love and light,

Laura Tourtellot



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