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21<sup>st</sup> Annual  
**GRANITE STATE OPEN**



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**BODYBUILDING ~ FIGURE ~ BIKINI CHAMPIONSHIPS**

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~ Sanction: WNBFA Amateur/Pro Qualifier ~

2015 GSO Wrap Up

Hurray!~ another fantastically run event with fabulous athletes from throughout the East Coast! Thank you to all who competed, donated time to run the show, and to the fine network of trainers and promoters who supported the GSO. Saturday October 31<sup>st</sup>~ Halloween was a phantasmagorical blast!

We are always amazed at the quality of preparedness these athletes show as they don the stage each year. Once again our Champions were able to move on within the same season and to compete at the WNBFA World's just two weeks later. Many novice and experienced competitors grace our stage to give it their very best. As the day unfolds and bodybuilders, figure and bikini athletes are put through their paces, the judges are tasked at ranking performances of varied degrees. New to our event was the Mistress of Ceremonies, Wendy Fillmore. She was right on with how the show was organized and stayed with us throughout the evening with beauty and style of her own. From the ever famous medallion presentation/group pose down to the T-walks, Bodybuilding routines, guest appearances and awards, she held our attention. The stage design of fresh trees and plants, green and white banners and American flag continue to mark The GSO as a tasteful backdrop to the sweat and brawn of the contestants. Giant gift baskets are awarded to the Pro Card Overall Open class winners and were accompanied by cooler bags, courtesy of Wozniak Law Group. Thank you to our vendors and sponsors for every bit of time and energy that you contribute each year. Everyone was thrilled with his or her new Max Nutrition T shirts! And custom suits were available with [whatwinnerswear.com](http://whatwinnerswear.com).

The novice groups were full in all divisions, with fresh physiques challenging the term itself. Well rehearsed and freshman-like, these new competitors kept up with the pros-to-be. They completed refined quarter turns, mandatory poses and personal walks or routines with excellent efforts.

In the end, the official placing's brought the following first individuals to the top of their field: Christina Arsenault as Ms Figure Short and Overall Novice, after edging out the tall first placer Kathy Botterman. Jessica Zilm took Novice Women Bodybuilding and we hope to see more of her in the future as an Open athlete. The Novice men were joined by a surprise Halloween visit from "The Hulk" and they were good sports to accept the promoters prompt to pose with him for the audience. Terrell Lewis won the division and continued to place at the Monster Mash and the Worlds, with class titles in Heavyweight Open. A great run for a first season! Kelsi Judd and Kim Visali won the short and tall novice Bikini divisions with the overall going to Kelsi.

Throughout the day, all participants kept a tight ear to the expeditors. This, in itself, lead to a well-timed and efficient venue, with ever so many thank you's and notes of gratitude to the Turtle team for all of their gentile efforts. We repeatedly were told that the backstage crew was remarkable. YEAHHH! After 25 years, we have had quite a learning curve. Try as we may, there are always some bumps that seem to



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find their way. Fortunately our team has had enough experience to cut and paste and focus on making the day enjoyable for the competitors. It is so nice to know that it is appreciated!

A well recognized quote of the GSO is "you don't get older, you get better" when we refer to the Masters Divisions. At 45 and over, we had to check ID's! Taking the Figure was a slightly experienced competitor with a strong fitness work ethic, Barbara Woo. This gal went on to take her title seriously and also won her class at the Worlds. An uncontested Melissa Healy won our Bikini Division, and showed fantastic sports-person-ship as a bright and newer competitor. The Masters Divisions in bodybuilding boasted mature muscle, experienced stage time and a whole boat-load of know how.

The Master's Women was won by returning athlete Laleh Talebian. Congratulations to her on her pro card win here and later at the Monster Mash. Laleh has written to us that she appreciated the years she has competed in the GSO, and, we appreciate the loyalty that she has brought to our stage. Always a kind and fair-minded athlete, she generates comradely among athletes and supports natural bodybuilding as a fine example of the types of folks we love to work with. Best wishes as she may go to the next level of competition! The Men's Masters were divided into a 40 plus and 50 plus class. Dan Birch took the highly competitive first group, and later came back to win his class and the Overall MR GSO. Add to that the Best Poser in his division as well. Dean presented with fine conditioning, a fun and lively stage presence, a solid foundation of even and symmetrical muscle and enough mass as a middleweight to win two pro cards. Congratulations to this kind and gregarious athlete who posed a la Freddie Kruger! In his debut event, the more mature master was Mark Wood, another fit and feisty gent who had a blast getting to know the sport. After this intro to the arena of natural muscle he has toted that he will be back for more.

A Competition is only as good as its participants, and these athletes were all top notch in spirit and fun. With the GSO falling on Halloween proper, it was hysterical to see the patrons in the audience join the enthusiasm of the athletes with costumes and personality! Our favorite of the day was an in character Cruella DaVil and her voice, attire, accessories and business cards. Just Perfect!

The Open Divisions were very sparkly with Figure and Bikini gals galore. Perhaps the shortest and certainly one of the best-muscled ladies on stage was our Overall Ms. Figure Jessica Hollis. This enthusiastic and stylish lady carries herself tall and perky, creating fine lines of symmetry and style. She rode her Pro card right to the Taj Mahal and competed extremely well at World's, prior to taking off to get married. We are proud to of been Jessica's launch pad to a wonderful new life! Ms Bikini Jillian Nelson was tastefully sassy and beautiful, with just the right flare for her shape to pop and pose to the overall Pro Card win.

In Bodybuilding, the aforementioned Laleh Talebian took the lightweight and vied tremendously long in a grueling pose down with Heavyweight Esperenza Lalinde. Judges were analytical of size, shape, balance, strengths and weaknesses, poise, conditioning ...it came down to a one point split and last years' Masters Champ, Esperenza, took the Overall Open this year. Both ladies were excellent sports and are grateful for the world of bodybuilding as a form of lifestyle.

The Open Men's Division consisted of slightly smaller classes but harder competition. Lightweight went to a sharp and well shaped Ben Chevalier. Middleweight to Dean Birch, Light Heavyweight to Nygel Sutterfield, all the way from NYC. The Heavyweight to returning alum, Jules Payette. Each of these gents was ready, with all in fine condition, fully muscled, well balanced and tight. It came down to separation and density with Dean taking the Division. Each had much to bring to the stage and it was the most complete physique that won this day.



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Please regard the winner's circle and the photo gallery for more information. Also, visit our sponsors year round; look at JJS Photography for a comprehensive photo shoot of the GSO. Special thanks to our Host Hotel the Anchorage Inn and Suits for their facilities to drug test, accommodate and tan, all at a friendly rate for the athletes.

We are looking forward to the 22<sup>nd</sup> Annual Granite State Open Bodybuilding, Figure and Bikini Championships next October 29<sup>th</sup>, 2016. Please put us on your calendar. If you are interested in other WNBF shows, see [www.worldnaturalbb.com](http://www.worldnaturalbb.com) and find out more about posing classes and services by writing Ms. Turtle at [gsobodybuild@comcast.net](mailto:gsobodybuild@comcast.net).

Happy Winter! Stay warm and keep in touch!

Ms. Turtle



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