



2016
22nd Annual
GRANITE STATE OPEN



BODYBUILDING ~ FIGURE ~ BIKINI CHAMPIONSHIPS

~ INBF Sanction / WNBF Pro Qualifier ~

Congratulations to all of the excellent competitors at the 22nd Annual Granite State Open. We were thrilled to see a fine and balanced turn out of Men and Women Bodybuilders. From the Novice newcomers to Pro Card winners, the quality of all divisions was remarkable. The Figure ladies continue to come out stronger and shapelier, the Bikini gals more and more poised. This was the first year for Men's Physique, and the division has clearly defined itself with handsome men and a stage style that proves hard work and competitiveness.

As each division took the stage, the officials looked at quarter turns, mandatory poses, style, polish, presentation and condition throughout. Rankings were made based on the most complete packages and overall preparedness. These athletes worked very hard for the judges and certainly earned their limelight. Top five were placed with overall wins in multiple categories. An additional six pro cards were awarded to top notch performances in as many divisions.

The GSO has opened the door to a plethora of newcomers, who have gone on to compete in pro circles for years to come. What is exciting to see is that folks who earned their novice titles with us, return to win their class and respective overall show title as soon as a year later. To that end, major kudos to the beautifully sculpted Terrell Lewis. This UNH college football player turned IT sales type for a major Boston firm has scaled many hard challenges in his life. The hardest is a peak diet and a posing routine that raised the roof. We all send Terrell the very best of luck as he gears up for future Pro stages. If he continues to tackle the bodybuilding sport with the vim and vigor he has so far, it will be a closed deal on his continued competition success!

Please visit the names of all our 2016 Champions as well as more information about the GSO at <http://www.granitestateopen.com/pages/top5winners2016.html>

We appreciate the New England contingency of natural athletes for their repeat showings at the GSO. A well-deserved win in our Women's Bodybuilding divisions of both Open and Masters went to Koral Couch. She bit the bullet and continued on to the Monster Mash as a newly adorned Pro. Joining her there were a number of GSO alumni. It is with excitement and pride that the circle of showmanship which includes our show as a regional event also encompasses the INBF/WNBF World Championships! See details about the organization and its affiliates at <https://www.worldnaturalbb.com/>.

Special congratulations to the strong showing of Figure athlete Stephani Ortalani. The distinct "V"- taper and polished walk of a Figure athlete certainly appeared evident in this gal. Other



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sharp and ready contestants included Anne Silas, rising to the top of the cream in her first year of competition, and Abigail Wurtele, Angel Ortalani, Mark Wood, Ted Rioux and Jerry Peterson. From pop and smile to shred and style, they all were brilliant on stage and in the prep areas. Sports-person-ship is required at the GSO, and each of these folks represented natural competition with dignity and spirit. Some of them earned best posers too, and were joined by Candace Lord, Elizabeth Livingston and Danielle Osterhause. What fun they all had as the audience applauded their creativity. As the show is always Halloween weekend, costumes are encouraged! And, there is always a trick or treat to be had.

The enthusiasm of the GSO flows out to the halls where our loyal vendors bring healthy and nutritious products to the doorstep. Please visit them on our Sponsor page and keep them smiling year -round. We thank the Anchorage Inn and Suites for our Home base, the love and support of the Woo's crew and the neve- ending helpfulness of Pedro, the pro bodybuilding chef.

Please put October 28th on your calendar for 2017, when we will bring you the 23rd Annual GSO, full of seasonal excitement, creative stage design, spot on athletes, pro card qualifiers and the best of the best in turtle team work productions.



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