



NATIONAL PHYSIQUE COMMITTEE OF THE USA

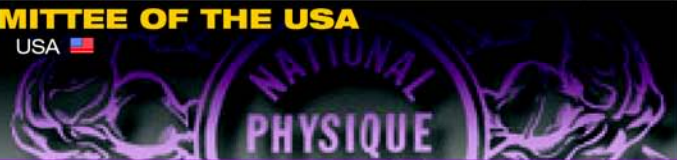
PO Box 3711, Pittsburgh, Pennsylvania 15230 USA

TOLL FREE: 1-866-304-4322

PHONE: 412-276-5027 FAX: 412-281-0471

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WEB: www.NPCnewsOnline.com



2009 NPC NATIONAL FITNESS CONTESTS

DATE	CONTEST	SITE
May 23, 2009	A+ JUNIOR USA FITNESS CHAMPIONSHIPS DEADLINE FOR ENTRY: April 17, 2009 PROMOTER: Tres Bennett, 1816 Chelwood Circle, Charleston, SC 29407 PHONE: 843-270-4373 EMAIL: tresb@comcast.net WEB: www.npcjrusa.com	Charleston, SC
Jun 19-20, 2009	B+ JUNIOR NATIONAL FITNESS CHAMPIONSHIPS DEADLINE FOR ENTRY: May 29, 2009 PROMOTER: Pam Betz, 104 11th Avenue, Windermere, FL 34786 PHONE: 407-876-4467 WEB: www.npcjrnationals.com EMAIL: PamBetz@aol.com	Chicago, IL
Jul 17-18, 2009	TEEN NATIONAL FITNESS CHAMPIONSHIPS PROMOTER: Gary Udit, PO Box 16424, Pittsburgh, PA 15242 PHONE: 412-377-1438 WEB: www.garyudit.com EMAIL: gudit@comcast.net	Pittsburgh, PA
Aug 28-29, 2009	D++ IFBB NORTH AMERICAN FITNESS CHAMPIONSHIPS PROMOTER: Gary Udit, PO Box 16424, Pittsburgh, PA 15242 PHONE: 412-377-1438 WEB: www.garyudit.com EMAIL: gudit@comcast.net	Cleveland, OH
Sep 18-19, 2009	C+ NATIONAL FITNESS CHAMPIONSHIPS DEADLINE FOR ENTRY: August 28, 2009 PROMOTER: Steve Weinberger/Bev Francis Powerhouse Gym, 235-C Robbins Lane, Syosset, NY 11791 PHONE: 516-933-1111 WEB: www.bevfrancis.com/shows.html EMAIL: bevsgym@optonline.net	New York, NY

A The Overall Winner earns an IFBB Pro Card (3 height classes)

B Height Class Winners earn an IFBB Pro Card (3 height classes)

C Top 2 in each Height Class earn an IFBB Pro Card (3 height classes)

D Overall Winner earns an IFBB Pro Card

+ Athletes at this contest must be a United States Citizen in order to compete, no exceptions.

++ Athletes at this contest must be a citizen of the United States, Canada or Mexico to compete.

ALL entries in the National contests will be subject to a random diuretic test. Details on each entry blank.

FOR ALL NATIONAL CONTESTS, YOU MUST BE REGISTERED WITH THE NPC PRIOR TO THE ENTRY DEADLINE

2009 NPC FITNESS CONTESTS

DATE	CONTEST NAME	★ Indicates National Qualifier	PROMOTER	ADDRESS
03/21/09	★ CJ Classic Fitness LOCATION: Wm. F. Dwyer High School, Palm Beach Gardens, FL		Frank Dalto	2 Old Meadow Way Palm, Beach Gardens, FL 33418 561-627-9638
03/28/09	★ Tanji Johnson Fitness LOCATION: Skyview High School, Vancouver, WA		Frank Bohm Productions	PMB #124, 8002 NE Hwy 99, Vancouver, WA 98665 360-887-8558 WEB: www.northwestbodybuilding.net
	Buffalo Fitness LOCATION: University of Buffalo/Center for the Arts, Buffalo, NY		Joe Lazzaro	40 Deercrest Court, Elma, NY 14059 716-685-5343
	★ West Texas Classic Fitness LOCATION: City Bank Auditorium, Lubbock, TX		Andrew Zamora	5105 74th Street, Lubbock, TX 79424 306-543-2775
	★ Utah Open Fitness LOCATION: Cottonwood High School, Murray, UT		Steve Schmall	1068 East 200 South, Pleasant Grove, UT 84062 801-687-6409
	★ Max Muscle Natural Western USA Fitness LOCATION: Mesa Arts Center, Mesa, AZ		Miles P. Nuessle	5741 W Softwind Drive, Glendale, AZ 85310 602-340-4917
	Novice Michigan Fitness LOCATION: Redford Theater, Detroit, MI		Professional Fitness Group	3264 Island Cove Drive #300, Waterford, MI 48328 248-909-6272 EMAIL: profitnessgroup@hotmail.com
04/04/09	Panhandle Showdown/Pensacola Fitness LOCATION: Pensacola High School, Pensacola, FL		Russ Mesity	6905 N 9th Avenue, Pensacola, FL 32504 850-244-1629
	Northern Colorado Fitness LOCATION: Boulder Theater, Boulder, CO		Jeff Taylor	7548 S Jasmine Way, Centennial, CO 80112 303-282-9999 WEB: www.jefftaylor.com
	Jacksonville Physique Fitness LOCATION: Times Union, Jacksonville, FL		Dexter Jackson	PO Box 551389, Jacksonville, FL 32255 904-993-0872 WEB: www.jaxphysique.com
04/11/09	★ Metropolitan Fitness LOCATION: Tribeca Theater, New York, NY		Steve Weinberger Powerhouse Gym	235-C Robbins Lane, Syosset, NY 11791 516-933-1111
	Cincinnati Fitness LOCATION: Miami University of Middletown, Middletown, OH		Rick Ruether	10258 Springbeauty Lane, Cincinnati, OH 45231 513-825-3604 EMAIL: ohionpc@aol.com
	★ Iowa State/Midwest Open Fitness LOCATION: Davenport West High School, Davenport, IA		Ernest Bea Jr	1020 14-1/2 Street, Rock Island, IL 61201 309-793-0020
	★ Upper Midwest Fitness LOCATION: Festival Concert Hall, Fargo, ND		Thomas Kemper	1450 25th Street, South Fargo, ND 58103 701-367-7597 EMAIL: npcuppermidwest@hotmail.com
04/17/09	★ Emerald Cup Fitness LOCATION: Meydenbauer Center, Bellevue, WA		Brad & Elaine Craig Craig Productions	PO Box 803, Kirkland, WA 98083 425-949-7320 EMAIL: EmeraldCup@aol.com WEB: www.craigproductions.com
	★ Stingrey Classic Fitness LOCATION: Pacific Beach Hotel, Honolulu, HI		Rey Ronquilo & Pebblz Ronquilo	1129 Puolo Drive, Honolulu, HI 96818 808-781-1133/808-393-1155 EMAIL: rey@reyronquilio.com
04/17-18/09	Europa Show of Champions Fitness LOCATION: Orange County Convention Center, Orlando, FL		Ed & Betty Pariso	PO Box 210145, Bedford, TX 76095 817-498-3631 EMAIL: BettyPariso@aol.com WEB: www.orlandosportsexpo.com



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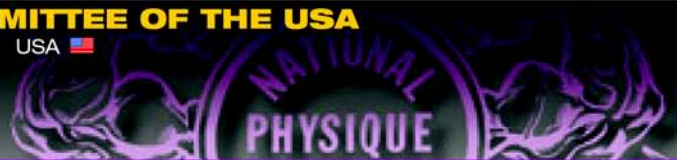
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04/18/09	★ Ronnie Coleman Classic Fitness		Brian Dobson	2921 S Cooper #109, Arlington, TX 76015 817-465-9331
	LOCATION: Rodeo Center/Mesquite Convention Center, Mesquite, TX			
	North Carolina State Fitness		Mike & Pat Valentino	6700 Netherlands Drive, Unit G, Wilmington, NC 28405 910-793-4653
	LOCATION: High Point Theatre, High Point, NC			
	Midwest Rock Solid Fitness		Rod Ketchens	PO Box 5011, Sioux City, IA 51102 712-258-2262
	LOCATION: North High School, Sioux City, IA			
04/25/09	Empire Classic Fitness		Ivan Ribic	2525 E 29th, 10-b #223, Spokane, WA 99223 509-990-3771 EMAIL: ivanribic@hotmail.com
	LOCATION: Northern Quest Casino		Millenium Fitness	WEB: www.empireclassic.net
	Midwest Fitness Classic		Ann & Jack Titone	5604 Wickershire, St Louis, MO 63129 314-421-2500
	LOCATION: Robert Orpheum Theatre, St. Louis, MO			
	★ Diamond Fitness/Ruby Fitness (Tested Event)		Andres Miller	QC-BB Promotions, PO Box 880171, Boca Raton, FL 33488 561-376-9849
	LOCATION: Olympic Heights Community High School, Boca Raton, FL			
05/02/09	★ Pittsburgh Fitness		Jim Manion	PO Box 442, Carnegie, PA 15106 412-276-5027
	LOCATION: Soldiers & Sailors Memorial Hall, Pittsburgh, PA			
	Kendra Elias Fitness		Michael & Kendra Elias	6339 South 70th East Avenue, Tulsa, OK 74133 918-633-4185 EMAIL: npcoklahoma@cox.net
	LOCATION: Thoreau Demonstration Academy, Tulsa, OK			WEB: www.okbodybuilding.com
	★ High Desert Classic Fitness		Bill & Michelle Haynes	21144 Clairaway Avenue, Bend, OR 97702 541-408-7124
	LOCATION: Summit High School, Bend, OR			
	★ Grand Rapids Bodybuilding		Mike Vrugink	3980 Old Elm SE, Kentwood, MI 49512 616-893-3368
	LOCATION: Grandville High School, Grandville, MI			
05/03/09	★ Jay Cutler Classic Fitness		Jim DeCotis	35 Joel Circle, Lynn, MA 01804 781-592-5835
	LOCATION: John Hancock Hall, Boston, MA			
05/09/09	★ Contra Costa Fitness		Steve O'Brien/ Jon Lindsay	2554 Lincoln Blvd, PMB 749, Venice, CA 90291 925-689-6170 WEB: www.musclecontest.com
	LOCATION: Chabot College, Hayward, CA			
	★ Mid Atlantic Natural Classic Fitness		Vin Raritan/ Ron Capodanno	2227 US Hwy 1, North Brunswick, NJ 08902 732-940-0494
	LOCATION: East Brunswick High School, East Brunswick, NJ		Prince Harrison	2736 Starcrest Road, Dallas, TX 75234 972-247-1539 EMAIL: prince@texasbodybuilding.com
	Lee Haney Fitness		Dr. Peter John Rhoden / Sergio Pacheco & Mari Redondo	2713 N Andrews Avenue, Wilton Manor, FL 33311 954-568-5252 EMAIL: jahmafia@bellsouth.net
	LOCATION: Bossier city Civic Center, Bossier City, LA			
	Mari Redondo Fitness		Patrick Sporer	PO Box 31, Lynn Haven, FL 32444 850-277-0607
	LOCATION: Henry F. Fila Middle School, Hialeah, FL			
05/16/09	★ Shannon Dey Fitness			
	LOCATION: To be announced			
	★ Palmetto Cup Fitness		Glenn Herring	414 Blue Jasmine Lane, Charleston, SC 29414 843-852-5256
	LOCATION: Richland Northeast High School, Columbia, SC			
	★ Oregon Ironman Fitness		Ron & Susan Smith	PO Box 357, Hebo, OR 97122 503-398-2859
	LOCATION: Chinook Winds Casino & Resort, Lincoln City, OR			
05/23/09	Last Frontier State Fitness		Sheila Bratten Productions	PO Box 73423, Fairbanks, AK 99707 907-388-6794
	LOCATION: Pioneer Park Theatre, Fairbanks, AL			
05/30/09	★ Julie Palmer's Ultimate Fitness Showdown		Julie Palmer	PO Box 340466, Columbus, OH 43234 614-619-5630
	LOCATION: University of Toledo, Toledo, OH			
	★ Oklahoma Fitness		Eileen Luis	6339 S 70th E Avenue, Tulsa, OK 74133 918-492-7006 WEB: www.okbodybuilding.com
	LOCATION: Thoreau Demonstration Academy, Tulsa, OK		Matt DiRenzo	2141 SE Santa Barbara Place, Cape Coral, FL 33990 239-910-1266 WEB: www.GulfCoastChampionships.com
	Gulf Coast Fitness		Iron Works Training Patty or Paul Neville	819 Connetquot Avenue, Islip Terrace, NY 11752 631-277-7610
	LOCATION: Cape Coral High School, Cape Coral, FL			
	Long Island Fitness			
	LOCATION: To be announced			
06/05-06/09	Central Florida District Fitness		Deb Callahan	1120 East Main Street, Lakeland, FL 33801 863-683-9300 www.debsgym.net
	LOCATION: Lake Mirror Theater, Lakeland, FL			
06/06/09	★ Christine Bongiovanni Gopher State Classic Fitness		Christine Bongiovanni	PO Box 386215, Minneapolis, MN 55438 952-945-9090
	LOCATION: Myth, St. Paul, MN			
	★ Bev Francis Atlantic States Fitness		Steve Weinberger Powerhouse Gym	235-C Robbins Lane, Syosset, NY 11791 516-933-1111
	LOCATION: Tribeca Theater, New York, NY		Prince Harrison	2736 Starcrest Lane, Dallas, TX 75234 972-247-1539
	★ Lone Star Fitness Classic		Frank Dalto	2 Old Meadow Way, Palm Beach Gardens, FL 33418 561-627-9638
	LOCATION: Plano Convention Center, Plano, TX			
	Anna Level Fitness			
	LOCATION: Wm. F. Dwyer High School, Palm Beach Gardens, FL			
06/27/09	★ Tracey Greenwood Fitness		Todd Howe/ Tracey Greenwood	PO Box 1641, Havertown, PA 19083 215-680-2894 EMAIL: howe269@juno.com
	LOCATION: Mandell Theatre at Drexel University, Philadelphia, PA		James Rockell	95 Dean Road, Spencerport, NY 14559 585-747-1999
	★ Rochester Fitness			
	LOCATION: Rochester Riverside Convention Center, Rochester, NY		Jorge Prince	3740 SW 128th Avenue, Miami, FL 33175 786-236-4681
	Miami Fitness		Betty and Ed Pariso	PO Box 210145, Bedford, TX 76095 817-498-3631
	LOCATION: James L. Knight Center, Miami, FL			
	Southwest Fitness			
	LOCATION: Arlington Convention Center, Arlington, TX			



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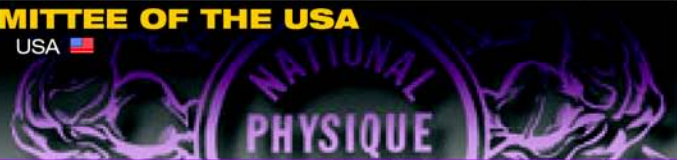
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07/10/09	★ Maria Bellando Fitness Manuel Mair Men's Fitness LOCATION: War Memorial Auditorium, Fort Lauderdale, FL		Peter Potter USA Sports Promotions of FL	1126 S Federal Hwy #169, Fort Lauderdale, FL 33316 954-763-2718
07/11/09	★ San Jose Fitness LOCATION: Parkside Hall, San Jose, CA ★ Midwestern States Fitness (Open) LOCATION: The Embassy Theatre, Fort Wayne, IN Branch Warren Classic Fitness LOCATION: Lone Star Expo/Conroe Convention Center, Conroe, TX Stewart Fitness LOCATION: Lexington High School, Lexington, SC		Paul Love Rick & Tina Walters Brian Dobson/Branch Warren Greg Lee & Johnny Stewart	3368 Thrift Place, San Jose, CA 95148 408-238-7413 EMAIL: paul.love@sbcglobal.net 2924 Emerald Lake Drive, Fort Wayne, IN 46804 260-436-9326 2921 S Cooper #109, Arlington, TX 76015 817-465-9331 126 Honey Hill Court, Lexington, SC 29072 803-920-0636
07/18/09	★ Los Angeles Fitness LOCATION: Veterans Memorial Auditorium, Culver City, CA ★ Jen Hendershotts All Women's Weekend - Fitness LOCATION: Sottile Theatre, Charleston, SC Washington Open Bodybuilding LOCATION: Auburn Performing Arts Center, Auburn, WA		Jon Lindsay Jen Hendershott & Tres Bennett Jeremy Williams Williams Productions	2554 Lincoln Blvd, PMB 749, Venice, CA 90291 310-796-9181 WEB: www.musclecontest.com 1816 Chelwood Circle, Charleston, SC 29407 843-270-4373 16224 SE 249th Place, Covington, WA 98042 253-638-3000
07/25/09	Eastern Washington Fitness LOCATION: Southridge High School, Kennewick, WA Space Coast Fitness LOCATION: Melbourne Auditorium, Melbourne, FL		Audra J. Harding Synergy Advanced Nutrition Andrew Wood	2627 S Oak Street, Kennewick, WA 99337 509-586-7680 EMAIL: ajracestables1@aol.com 7777 North Wickham Road #12-315 Melbourne, FL 32940 SYNERGY: 321-368-7098 ANDREW: 954-854-8269 WEB: www.npcspacecoastclassic.com
07/31/09- 08/01/09	Dexter Jackson Classic Fitness LOCATION: UNF Lazzara Performance Hall, Jacksonville, FL		Dexter Jackson Gale Elie	PO Box 551389, Jacksonville, FL 32255 904-240-9240 EMAIL: dextertheblade@bellsouth.net WEB: www.DexterJacksonClassic.com
08/01/09	★ Delaware State/Delaware Open Fitness LOCATION: A.I. Dupont High School, Greenville, DE		Todd Howe/ Tracey Greenwood	PO Box 1641, Havertown, PA 19083 215-680-2894 EMAIL: howe269@juno.com
08/07-08/09	Tim Gardner Extravaganza Fitness LOCATION: Tampa Bay Performing Arts Center, Tampa, FL		Tim Gardner	3960 Premier North Drive, Tampa, FL 33618 813-908-7763 www.ifbbtampapro.com
08/08/09	★ Maryland State/East Coast Classic Fitness LOCATION: Montgomery College, Rockville, MD		Rich Siegelman	14234 Arbor Forest Drive #102, Rockville, MD 20850 301-251-1122 EMAIL: richpft@aol.com WEB: www.marylandnpc.com
08/15/09	★ Europa Super Show Fitness LOCATION: Dallas Convention Center, Dallas, TX		Betty & Ed Pariso	PO Box 210145, Bedford, TX 76095 817-498-3631
08/22/09	★ Florida State Fitness LOCATION: Dr. Phillips High School, Orlando, FL		Deke Warner	8536 Peconic Drive, Orlando, FL 32835 321-276-3057
09/12/09	Lakeland Classic Fitness LOCATION: Branscomb Memorial Auditorium, Lakeland, FL Heart of Texas Fitness LOCATION: Plano Convention Center, Plano, TX		Deb Callahan Prince Harrison	1120 East Main Street, Lakeland, FL 33801 863-683-9300 WEB: www.debsgym.net 2736 Starcrest Lane, Dallas, TX 75234 972-247-1539
09/19/09	★ Ohio State/Great Lakes Grand Prix Fitness LOCATION: Aladdin Shrine Temple, Columbus, OH (Ohio Closed to OH residents/Great Lakes Open to all)		Mike Davies/ Bob Lorimer	PO Box 340466, Columbus, OH 43234 614-521-3510 OR 614-619-5630
09/26/09	Northwest Night of Champions Fitness LOCATION: Northern Quest Casino		Ivan Ribic Millenium Fitness	2525 E 29th 10-b #223, Spokane, WA 99223 509-990-3771 EMAIL: ivanribic@hotmail.com WEB: www.empireclassic.net
10/03/09	Hurricane Bay Fitness LOCATION: Gaither Auditorium, Tampa, FL Gold's Gym Classic Fitness LOCATION: McAllen Convention Center, McAllen, TX		Tim Gardner Raul Bracamontes	3960 Premier North Drive, Tampa, FL 33618 813-908-7763 WEB: www.hurricanebay.net 2201 S Jackson Road P-50, Pharr, TX 78577 956-648-3200
10/10/09	★ Fort Lauderdale Amateur Cup Fitness To be Announced		Shannon Dey & Kristen Nagrani Fit Girls Productions	2473 Palmetto Drive, South Daytona, FL 32119 386-214-3927
10/17/09	Brooklyn Fitness LOCATION: Grand Street Campus, Brooklyn, NY ★ Southeast USA Fitness LOCATION: To be Announced		Matt Bristol Chris Eaddy	WEB: www.npcbrooklyn.com 5840 Red Bug Lake Road #5, Wintersprings, FL 32708 404-474-8502
10/24/09	★ Red River Fitness LOCATION: Sooner Theater, Norman, OK Dayana Cadeau Classic Fitness LOCATION: Miami Dade County Auditorium, Miami, FL ★ All Forces Nationals Fitness LOCATION: Jefferson High School, Tampa, FL		Randy Sandberg Dayana Cadeau Roger Puffer	PO Box 720702, Norman, OK 73070 405-579-1598 EMAIL: rsandberg@cox.net PO Box 39171 Fort Lauderdale, FL 33339 561-351-0722 EMAIL: bodygift2001@yahoo.com 1210 Longwood Oaks Blvd, Lakeland, FL 33811 863-409-8725



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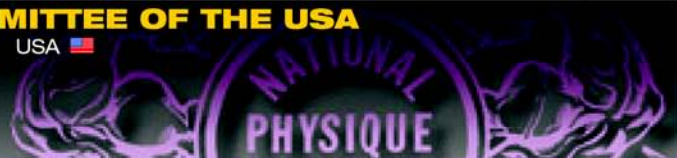
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11/07/09	★ Las Vegas Fitness Classic		Steve Karr/ Lee Millard	7339 Silver Spirit Street, Las Vegas, NV 89131 702-367-2937 WEB: www.npclasvegasclassic.com
	★ Natural Nutmeg State/Natural Northern States Fitness		Mike Katz Dave Follansbee	865 Second Street, Manchester, NH 03102 603-626-5489 EMAIL: NHBodybuilding@yahoo.com
	★ Elite Muscle Classic Fitness		Maggie Blanchard Quincy Roberts	PO Box 77901, Greensboro, NC 27417 336-987-4007
11/14/09	★ Eastern USA Fitness		Steve Weinberger Powehouse Gym	235-C Robbins Lane, Syosset, NY 11791 516-933-1111
	★ Christine Bongiovanni North Star Fitness		Christine Bongiovanni	PO Box 386215, Minneapolis, MN 55438 952-945-9090 EMAIL: christine@christinebongiovanni.com
	★ Florida Gold Cup Classic Fitness		Frank Dalto	2 Old Meadow Way, Palm Beach Gardens, FL 33418 561-627-9638
11/28/09	★ South Florida Fitness		Sergio Pacheco & Mari Redondo, Physique World Gym	1545 W 40th Street, Hialeah, FL 33012 305-301-1314

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You can train and diet all you want, but if you don't pose EXACTLY the way the judges EXPECT, you LOSE POINTS! And, if you don't diet right, you retain water and look WAY out of contest shape! **WHY RISK IT?** Now, you get EVERYTHING you need to WIN a contest, direct from the judges who score you! The set includes: **PERFECT POSING** video, a 90 minute, step-by-step "bible" of posing, with demos for men & women! **PERFECT ROUTINE** video to learn AUXILIARY poses and how to build a routine! **PERFECT CONTEST DIET** video, on adding size, losing water and getting cut! PLUS, two audio programs to practice posing and get psyched up on contest day!

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