

2008 “Vyotech Nutritional” NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING & FIGURE CHAMPIONSHIPS

PRESS RELEASE

On October 4th, at the Lakewood Civic Auditorium in Cleveland, Ohio, former NPC national competitor Dave Liberman promoted the **2008 “Vyotech Nutritional” NPC Natural Ohio (open) Drug Tested Bodybuilding & Figure Championships** along with co-promoter Todd Pember.

This contest was a personal record for this contest with **148** (NOT including crossovers), of the very best natural, drug free competitors in the Midwest and beyond, did battle on stage. This was one the largest NPC regional competition in the Midwest, attracting athletes from 14 states across the country. The evening Finals had **1,000+** fans in the seats along with over **500** figure and bodybuilding enthusiasts in the house during the morning/afternoon Prejudging.

A very strict and expensive **urine drug test** was administered to the top 3 and 2 random competitors in each class. This is the same drug test used in the Olympic Games. It can detect the use of anabolic steroids, diuretics and clenbuterol (an illegal fat-loss drug) for up to one year.

Features making this contest special included all the competitors performing their routines during the evening Finals and everyone (from 1st to last place) receiving competitor awards, a contest T-shirt, a gym bag (courtesy of Bodybuilding.Com), Gamma-0 T-shirt (courtesy of Gamma-0), contest shaker bottle (courtesy of Infinite Labs), and goodie bags filled with free products from Worldwide Sports Nutrition, MET-Rx, Gaspari Nutrition, Labrada Nutrition, Biorythm, Beverly International magazine, BSN, Muscle Milk / Cytosport, Gamma-0, , Vyotech Nutritional, Cellucor (along with T-shirts from Cellucor), Applied Nutriceuticals, World Gym Sheffield Village Ohio, Powerhouse Gym Elyria Ohio, Ultimate Nutrition, ALR, MRI, Beverly International, Parrillo Performance, Posedown Gifts & Apparel, Stem Enhance, and Ultra Trained Personal Training by Mr. Ohio Dave Liberman. The top 5 received impressive awards including 6` class winning trophies and overall champions receiving towering 8` trophies along with beautiful contest jackets. Souvenir programs listing every competitors name, respective class, city and state, along with full page advertisements for every sponsor, were given to all the athletes, judges, sponsors and everyone attending the evening Finals.

As with all of Liberman and Pember contests, **\$1,000.00 of the proceeds was donated to the American Cancer Society**. Additionally, **Dr. Debbie Freeman** (Dr. Freeman, 54, who, along with top NPC figure competitor, Linda Reho, started a women’s athletic clothing line, “Infinity Designs”) **donated \$700.00 to the American Cancer Society in honor of her Mother who passed away from cancer 11 years ago**, making the total donation amount of **\$1,700.00** going to the **American Cancer Society**. Dave and Todd remain committed to this charity and will continue to support the American Cancer Society at all of their future NPC competitions.

The highlight of the evening was **8 X Mr. Olympia, Ronnie Coleman**, as the contest’s very special guest poser. Without a doubt, Mr. Olympia being in the house was the constant buzz throughout the day. The best bodybuilder in history showed up in exceptional shape for a guest poser and treated the fans to an incredible routine and later addressed the crowd. After which, Ronnie had most in the audience doubting just how “permanent” his retirement from competing

actually will be. Time will tell. Next years, **October 3rd, 2009** “*Vyotech Nutritionals*” NPC Natural Northern USA Drug Tested Bodybuilding, Figure & Bikini Championships will feature very special guest poser, Arnold Classic Champion and 1st runner-up Mr. Olympia, **Victor Martinez!** Certainly not an event to missed by any fan!

Emcee, Body Fitness magazine’s **Mike Lackner** did another great job with wrapping up the event at a very reasonable 10:30 PM. Not an easy task considering all 148 competitors got to pose at the evening finals, along with the guest poser, and a thirty minute intermission for fans to shop the exhibitor area.

The next Liberman and Pember production will be the **April 4th, 2009** “*Vyotech Nutritionals*” NPC Ohio (open) Drug Tested Bodybuilding, Figure & Bikini Championships which will be held at the Lakewood Civic Auditorium, and very special guest poser will be none other than **2 X MR. OLYMPIA, JAY CUTLER!** This will be a very special event! For sponsorship, entry and ticket information, contact **Dave Liberman** at 1-(440)-942-5634 or **Todd Pember** at 1-(440)-984-2762 or log onto: www.daveliberman.com.

THE 2008 “VYOTECH NUTRITIONALS” NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING & FIGURE CHAMPIONSHIPS RESULTS ARE AS FOLLOWS:

MEN’S OPEN OVERALL & JR MEN’S – DAN SEROTA
WOMEN’S MASTER’S BODYBUILDING – PATTI MAMULA
WOMEN’S OPEN BODYBUILDING – DONNA WILLIAMS
FIGURE OPEN – MEGAN OLIVER
MASTER’S FIGURE OVERALL – BELKIS McCLUSKEY
MASTER’S MEN (40 – 49) OVERALL – DANNY WELLS
MASTER’S MEN (50 & Over) OVERALL – KEVIN SWANNIGAN
TEENAGE MEN’S OVERALL – VENNELL LLOYD

2008 “VYOTECH NUTRITIONALS” NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING & FIGURE CHAMPIONSHIPS

Date: October 4th, 2008

Location: Lakewood Civic Auditorium

Guest Posers: 8 X MR. OLYMPIA, RONNIE COLEMAN

Emcee: Body Fitness magazine’s, Mike Lackner

TITLE SPONSOR:

VYOTECH NUTRITIONALS

PRESENTING SPONSORS:

BODYBUILDING.COM

GAMMA-0

WORLD WIDE SPORTS NUTRITION / MET-Rx

ANB GRAPHICS – NO RULES, JUST PURE PAIN TOTAL ATHLETICS

HOST SPONSORS:

BEVERLY INTERNATIONAL

GARFIELD ENTERPRISES
TITAN'S GYM, MENTOR, OHIO
PERSONAL TRAINING BY MR. OHIO DAVE LIBERMAN
CARRABBA'S ITALIAN GRILL - WESTLAKE, OHIO
CELLUCORE
BIORYTHM
WORLD GYM, SHEFFIELD VILLIAGE, OHIO
STEM ENHANCE

FEATURE SPONSORS:

EXTREME LABS / DEDICATED WOMAN
ULTIMATE NUTRITION
APPLIED NUTRICEUTICALS
CLEVELAND INSITUTE OF EXERCISE
BULK NUTRITION.COM
MAX MUSCLE, AKRON & PARMA HEIGHTS, OHIO
MRI
ALR
NDS NUTRITION
GASPARI NUTRITION
INFINITE LABS
POWERHOUSE GYM – ELYRIA, OHIO
NITRO FORCE TITAN 1000
POSEDOWN GIFT & APPAREL
ANTHONY'S FINE FOODS / LIGHTHOUSE CAFÉ – CONNEAUT, OHIO

CONTRIBUTING SPONSORS:

MONA VIE
LABRADA NUTRITION
MUSCLE MILK / CYTOSPORT
PRIDE NUTRITION
PARRILLO PERFORMANCE
BSN
EST
PROLAB
ERGOPHARM
FLEXSTAR WHOLESALE SPORTS NUTRITION
CELESTIAL BODIES – JAN TANA TANNING ESSENTIALS
STUDIO 10 COSMETICS
D'MAZ LIFESTYLE SALON – WOODMERE VILLIAGE, OHIO
ANYTIME FITNESS, CLEVELAND / WEST PARK, OHIO
CARVER FINANCIAL SERVICES
INFINITY DESIGNS FITNESS WEAR
IRON ASYLUM
UNIQUE PHYSIQUE BODYWEAR BY CYNTHIA JAMES
NPC ACTIVE WEAR
POWERSTATION GYM - MIDDLETOWN, OHIO
PIZZA FIT-N-FREE
KROSSBELTS
AIRBONNE INTERNATIONAL
GOODFELLAS LANDSCAPING & SNOWPLOWING
JIMBO'S GYM
TERRY PHOTO MUSCLEBODY VIDEO
J.M. PRODUCTIONS PHOTO STUDIO
COURTYARD MARRIOTT – WESTLAKE, OHIO
IRONMAN MAGAZINE

FLEX
MUSCLEMAG INTERNATIONAL
MUSCLE & FITNESS
MUSCULAR DEVELOPMENT
NPC NEWS

2008 "Vyotech Nutritionals" NPC NATURAL NORTHERN USA CHAMPIONSHIPS RESULTS:

TEENAGE MEN –*Two Classes*, 8 competitors:

17 years old & under, - 1 competitor

1ST – RAYMOND RODRIGUEZ

18 – 19 years old, – 8 competitors

1st – VENNELL LLYOD **** OVERALL ****

2nd – Robert Grzywaczewski

3rd – Jeff Hart

4th – Aaron Bona

5th – Andre Love

6th – Shane O Toole

7th – Robert Haby

* **The "Mike Lawson-Broze" memorial MOST PROMISING AWARD*** - 17 year old Raymond Rodriguez.

JUNIOR MEN – (23 years old & under) *One Class*, 15 competitors:

1ST – DAN SEROTA

2nd – Jake Ebinger

3rd – John Todaro

4th – Jordan Michael Guill

5th – Kyle Reed

6th – Tony Russo

7th – Jim Tocci

8th – Mathew Allen

9th – Ben Effinger

10th -Chris Allen

11th – Michael Krustsinger

12th – Mark Schmitt

13th – Michael Triola

14th – Neil Crawford

15th – Tim Kusmirek

MASTER'S MEN – *Four Classes* (26 competitors)

40 years old – 49 years old,

Two Classes:

Up to 165 ¼ lbs (4 competitors):

1ST – DANNY WELLS ****OVERALL (40 – 49)****

2nd – Loren Dyke

3rd - David Leonard Jr.

4th – J. Scott Traphagen

Over 165 ¼ lbs (9 competitors)

1st – SIXTO FERMIN

2nd – Fred Scalese

3rd – Rodney Smalls

4th – Glenn Ubelhor

- 5th – Martin Flaherty
- 6th – Glenn Willkins
- 7th – James Rodney Chatman
- 8th – Allen Smolenski
- 9th – William Taylor

50 years old & Over,

Two Classes:

Up to 165 ¼ lbs (8 competitors):

- 1st – DAVE WEINSTOCK
- 2nd – Britt Jackson
- 3rd – James Ciotti
- 4th – Jerry Royster
- 5th – Theo Ford
- 6th – Calvin Miles
- 7th – Steve Young
- 8th – Moses Tomko (83 years old!)

Over 165 ¼ lbs, (5 competitors):

- 1st – KEVIN SWANNIGAN ****OVERALL (50 & Over)****
- 2nd – Kevin Farkas
- 3rd – Berry Burke
- 4th – Albert Stewart
- 5th – Terry Ulch

MEN'S OPEN – 6 Classes (66 competitors)

Bantamweight (up to & including 143-1/4lbs.) – 2 competitors:

- 1ST – CHRIS SEAMAN
- 2nd – Jeff Hart

Lightweight (over 143-1/4 lbs. up to & including 165-1/4lbs.) – 10 competitors:

- 1ST – MARCUS COOPER
- 2nd – David Kakunich
- 3rd – Bob Segnini
- 4th – Jeff Curtis
- 5th – Dave Weinstock
- 6th – Kyle Reed
- 7th – Jim Tocci
- 8th – Vennell Llyod
- 9th – Jeff Tomaszewski
- 10th – Ryan Kilbane

Welterweight (over 165-1/4 lbs. up to & including 176-1/4 lbs.) – 11 competitors:

- 1st – MICHAEL SHEARER
- 2nd – Lauren Dyke
- 3rd – David Leonard
- 4th – J. Scott Traphagen
- 5th – Mathew Allen
- 6th – James Ciotti
- 7th – Chris Allen
- 8th – Theo Ford
- 9th – Matt Rutkowski
- 10th – John Porec
- 11th – Michael Triola

Middleweight (over 165-1/4 lbs. up to & including 176-1/4 lbs.) – 13 competitors:

- 1ST – MARTIN FLAHERTY
- 2nd – Travis Kovach
- 3rd – Adam Smolenski
- 4th – Nathan Connor
- 5th – Chris Nejedly
- 6th – Steve Kaufman
- 7th – Ray Hodge
- 8th – Adam Whitlach
- 9th – Robert Grzywaczewski
- 10th – Shane O Toole
- 11th – William Taylor
- 12th – Kole Palmer
- 13th – Austin Hetsley

Light-Heavyweight (over 176-1/4 lbs. up to & including 198-1/4 lbs.) – 18 competitors:

- 1ST – DAN SEROTA ****OVERALL****
- 2nd – Luric Edison
- 3rd – Greg Smyers
- 4th – Sixto Fermin
- 5th – Jacob Harder
- 6th – Brandon Carter
- 7th – Ben Hartman
- 8th – Rodney Smalls
- 9th – Kevin Swannigan
- 10th – John Todaro
- 11th – Phillip Wooden
- 12th – Jordan Gull
- 13th – Antonio Russo
- 14th – Jude Camacho
- 15th – Tim Kusmirek
- 16th – Brian Kennell
- 16th – Vernon Williams
- 16th – Doug Amburgey

Heavyweight (over 198-1/4 lbs. & over) – 11 competitors:

- 1ST – GLENN UBELHOR
- 2nd – James Rodney Chatman
- 3rd – Jim Collins
- 4th – Jake Ebinger
- 5th – Jaldont Starkey
- 6th – Steve Bacher
- 7th – Rick Bertz
- 8th – Jeff McDonough
- 9th – John Popernack
- 10th – Kevin Farkas
- 11th – Ben Effinger

MASTER'S WOMEN – (35 years old & Over) *One Class*, 11 competitors:

- 1ST – PATTI MAMULA
- 2nd – Rebecca Bruce
- 3rd – Stephanie Casteluccio
- 4th – Diana Mizak
- 5th – Rebecca Miller-Moore
- 6th – Sharon Dorn

- 7th – Amy Rosenburg
- 8th – Sandra Donaldson
- 9th – Denise Hochul
- 10th – Beth Beatty
- 11th – Melody White

WOMEN'S OPEN BODYBUILDING – *Two Classes*, (14 competitors)

Up To & Including 114.5 lbs. - 5 competitors:

- 1ST – DONNA WILLIAMS ****OVERALL****
- 2nd – Rebecca Bruce
- 3rd – Rebecca Miller-Moore
- 4th – Sharon Dorn
- 5th – Beth Beatty

Over 114.5 lbs. – 9 competitors:

- 1ST – PATTI MAMULA
- 2nd – Stephanie Castelluccio
- 3rd – Diana Mizak
- 4th – Amy Rosenburg
- 5th – Sandra Donaldson
- 6th – Denise Hochul
- 7th – Kelly Boyer
- 8th – Melanie Lalii
- 9th – Melody White

MASTER'S FIGURE – *Three Classes*, (34 competitors)

35 to 39 years old, – 10 competitors:

- 1ST – BELKIS McCLUSKEY **** OVERALL MASTER'S FIGURE****
- 2nd – Lisa Patterson
- 3rd – Andrea Leonard
- 4th – Jami Campitelli
- 5th – Hanah Melvin
- 6th – Carrie Paris
- 7th – Danielle Soucek
- 8th – Jessica Ryan
- 9th – Liz Guscott
- 10th – Angie Moye

40 years old & over, - 18 competitors:

- 1ST – PAMELA CHATMAN
- 2nd – Patty Pfenning
- 3rd – Stacy Russell
- 4th – Kim Horning
- 5th – Michele Armstrong
- 6th – Diana Rini
- 7th – Barb Nicholas
- 8th – Amy Rosenberg
- 9th – Gwen Hawley
- 10th – Denise Zingale
- 11th – Tracy McIntire
- 12th – Lorri Shaffer
- 13th – Lisa Medoff
- 14th – Kandy Ridinger
- 15th – Nancy Hayes
- 16th – Lisa Wisen
- 16th – Lynn Marshall

16th – Albertonia Roach

50 years old & over, - 6 competitors:

- 1ST – VALERIE McCALEB
- 2nd – Denise Hochul
- 3rd – Maritza Martinez
- 4th – Sharon Sauer
- 5th – Kathy Herbert
- 6th – Dr. Debbie Freeman

OPEN FIGURE – *Four Classes*, (40 competitors)

Class A – Up to & Including 5`2`- 9 competitors:

- 1ST – LISA BROWNING
- 2nd – Belkis McCluskey
- 3rd – Lisa Patterson
- 4th – Chrissy Pope
- 5th – Hanah Melvin
- 6th – Denise Zingale
- 7th – Jennifer Pausch
- 8th – Kandy Ridinger
- 9th – Lisa Wisen

Class B – Over 5`2` & Up To & Including 5`4` - 11 competitors:

- 1ST – ANDREA LEONARD
- 2nd – Shane Corrigan Connor
- 3rd – Kim Horning
- 4th – Amy Rosenberg
- 5th – Barb Nicholas
- 6th – Carrie Paris
- 7th – Danielle Soucek
- 8th – Kristina Grogan
- 9th – Mandi King
- 10th – Melissa Parks
- 11th – Lorri Shaffer

Class C – Over 5`4` & Up To & Including 5`6` - 10 competitors

- 1ST – MEGAN OLIVER ****OVERALL****
- 2nd – Pamela Chatman
- 3rd – Stephanie Yu
- 4th – Diana Rini
- 5th – Maritza Martinez
- 6th – Adrienne Costanzo
- 7th – Nancy Hayes
- 8th – Jill Polak
- 9th – Jessica Ryan
- 10th – Jennifer Gawronski

Class D – Over 5`6`, 10 competitors:

- 1ST – PATTY PFENNING
- 2nd – Jennifer Ludington
- 3rd – Stacy Russell
- 4th – Denise Hochul
- 5th – Gwen Hawley
- 6th – Michele Armstrong
- 7th – Tracy McIntire
- 8th – Kaylee Terwoord

9th – Angie Moye
10th – Albertonia Roach

I want to sincerely thank all the competitors for their participation and the sponsors for their support of the 2008 “VYOTECH NUTRITIONALS” NPC NATURAL OHIO NORTHERN USA DRUG TESTED BODYBUILDING & FIGURE CHAMPIONSHIPS.

Our next NPC drug tested event will be the **April 4th, 2009 “VYOTECH NUTRITIONALS” NPC NATURAL OHIO (open) DRUG TESTED BODYBUILDING & FIGURE CHAMPIONSHIPS**, which will be held at the Lakewood Civic Auditorium (located in the Lakewood High School, 14100 Franklin Ave., Lakewood, Ohio, 44107), approximately 10 minutes west of downtown Cleveland, Ohio). Very *special guest poser* will be **2 X Mr. Olympia, Jay Cutler!**

PLEASE NOTE: Our **HOST HOTEL** will **once again be the COURTYARD MARRIOTT** Westlake, Ohio, located at 25050 Sperry Dr., Westlake, Ohio 44145. For **reservations call 1-(440)-871-3756**. **Be sure to ask for the “Special NPC Rate” of \$69.00 per night.**

For *entry, sponsorship* or *ticket* information, please contact **Dave Liberman** at **1-(440)-942-5634**, e-mail DaveLiberm@aol.com, website: www.daveliberman.com, or **Todd Pember** at **1-(440)-984-2762**.