

2009 “Vyotech Nutritional” NPC NATURAL OHIO (open) DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS

PRESS RELEASE

On April 4th, at the Lakewood Civic Auditorium in Cleveland, Ohio, former NPC national competitor Dave Liberman promoted the **2009 “Vyotech Nutritional” NPC Natural Ohio (open) Drug Tested Bodybuilding, Figure & Bikini Championships** along with co-promoter Todd Pember.

This contest was a personal record for not only this contest, but a new Ohio State record for the NPC, as **180 (NOT including crossovers)**, of the very best natural, drug-free competitors in the Midwest and beyond, battled on stage. This was one of the largest NPC regional competitions in the Midwest, attracting athletes from 14 states across the country. The evening Finals had **1,400+** fans in the seats along with over **800+** bodybuilding, figure, and bikini 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, Optimum Nutrition, American Bodybuilding, Gaspari Nutrition, Labrada Nutrition, Eight Ball Nutrition, Beverly International magazine, BSN, Monster Milk / Cytosport, Gamma-0, , Vyotech Nutritional, Cellucor (along with T-shirts from Cellucor), Applied Nutraceuticals, Advocare, Symmetry Direct, World Gym Sheffield Village Ohio, Powerhouse Gym Elyria Ohio, Ultimate Nutrition, ALR, MRI, Beverly International, Parrillo Performance, Posedown Gifts & Apparel, Max Muscle shaker bottles, Bulk Nutrition gym bags, 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 competitor’s 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, co-own a women’s athletic clothing line, “Infinity Designs”) **donated \$500.00 to the American Cancer Society, along with Dr. Jason Beeharilal who also donated \$500.00 to this very important charity**, making the total donation amount of **\$2,000.00** 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 **2 X Mr. Olympia, Jay Cutler**, 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 the world for 2006-2007 showed up in exceptional shape for a guest poser and treated the fans to an incredible routine and later addressed the crowd. After which, Jay had most in the audience believing he will once again be Mr. Olympia! An important note was witnessing how well Jay interacted with the fans. It's very easy too see just why he has such a strong fan base. Be sure to attend the **2010, "Vyotech Nutritionals" NPC Natural Ohio (open) Drug Tested Bodybuilding, Figure & Bikini Championships** in the Spring, as it is certainly not an event to missed by any fan!

Emcee, Iron Man magazine's **Lonnie Teper**, did another great job with wrapping up the event at a very reasonable 11:15 PM. Not an easy task considering all 180 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 **October 3rd, 2009 "Vyotech Nutritionals" NPC Northern USA Drug Tested Bodybuilding, Figure & Bikini Championships**, which will be held at the Lakewood Civic Auditorium, and very special guest poser will be **ARNOLD CLASSIC CHAMPION & 1st runner-up MR. OLYMPIA, VICTOR MARTINEZ!** 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.**

**2009 "VYOTECH NUTRITIONALS" NPC NATURAL OHIO (open) DRUG TESTED
BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS
RESULTS ARE AS FOLLOWS:**

**MEN'S OPEN OVERALL – LURIC EDISON
WOMEN'S MASTER'S BODYBUILDING – SUSAN MOLONEY
WOMEN'S OPEN BODYBUILDING – TONI WEST
MASTER'S FIGURE & FIGURE OPEN – STEPHANIE BLOCKER
BIKINI OPEN – TANYA McCORT
MASTER'S MEN (40 – 49) OVERALL – CHRIS LAWRENCE
MASTER'S MEN (50 & Over) OVERALL – CALVIN MILES
JUNIOR MEN'S – DAVID TURK
TEENAGE MEN'S OVERALL – SCOTT PARKES**

**2009 "VYOTECH NUTRITIONALS" NPC NATURAL OHIO (open) DRUG
TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS**

Date: April 4th, 2009

Location: Lakewood Civic Auditorium

Guest Posers: 2 X MR. OLYMPIA, JAY CUTLER

Emcee: Iron Man magazine's, Lonnie Teper

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
GNC
OPTIMUM NUTRITION / AMERICAN BODYBUILDING
ULTIMATE NUTRITION

HOST SPONSORS:

BEVERLY INTERNATIONAL
TITAN'S GYM, MENTOR, OHIO
PERSONAL TRAINING BY MR. OHIO DAVE LIBERMAN
CARRABBA'S ITALIAN GRILL - WESTLAKE, OHIO
WORLD GYM, SHEFFIELD VILLIAGE, OHIO

FEATURE SPONSORS:

EXTREME LABS / DEDICATED WOMAN
CELLUCOR
APPLIED NUTRICEUTICALS
CLEVELAND INSITUTE OF EXERCISE
BULK NUTRITION.COM
MAX MUSCLE, AKRON & PARMA HEIGHTS, OHIO
MRI
ALR
GASPARI NUTRITION
INFINITE LABS
POWERHOUSE GYM – ELYRIA, OHIO
NITRO FORCE TITAN 1000
POSEDOWN GIFT & APPAREL
EIGHT BALL NUTRITION

CONTRIBUTING SPONSORS:

GASPARI NUTRITION
LABRADA NUTRITION
MONSTER MILK / CYTOSPORT
PRIDE NUTRITION
SYMMETRY DIRECT
BSN
EST
THE BEAST
PARAMOUNT SUPPLEMENTS.COM
ADVOCARE
FLEXSTAR WHOLESALE SPORTS NUTRITION
EPIC PERFORMANCE
FLEXUS
216 MUSCLE
CELESTIAL BODIES – JAN TANA TANNING ESSENTIALS
STUDIO 10 COSMETICS
FREE LIFE INTERNATIONAL
IMMUNO HEALTH SCIENCES
MUSCLE BEACH BRANDS
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
TECH BACHELORS COMPUTER REPAIR
HOUSE OF PAIN
KING'S GYM – BEDFORD HEIGHTS, OHIO
TERRY PHOTO MUSCLEBODY VIDEO
J.M. PRODUCTIONS PHOTO STUDIO
COURTYARD MARRIOTT – WESTLAKE, OHIO
IRONMAN MAGAZINE
FLEX
MUSCLEMAG INTERNATIONAL
MUSCLE & FITNESS
MUSCULAR DEVELOPMENT
NPC NEWS

2009 “Vyotech Nutritionals” NPC NATURAL OHIO CHAMPIONSHIPS RESULTS:

TEENAGE MEN –Two Classes, 10 competitors:

17 years old & under, - 2 competitors

1ST – GABE RIZZO

2nd – David Marcum

18 – 19 years old ,– 8 competitors

1st – SCOTT PARKES ** OVERALL **

2nd – David Zimcosky

3rd – Joao Pedro Do Amaral Moreira Costa

4th – Vernon Lloyd

5th – Nikolas Capitano

6th – Andre Love

7th – Josh Tinkham

8th – Nathan Hoburn

* **The “Steve King” memorial MOST PROMISING AWARD*** - 17 year old David Marcum

JUNIOR MEN – (23 years old & under) *One Class*, 19 competitors:

1ST – DAVID TURK

2nd – Scott Parkes

3rd – Joey Walter

4th – Jody Jay Young

5th – Kaleaf James

6th – John SanFilippo

7th – James Ellis

8th – Jim Walter

9th – Brent Turner

10th –Thomas Alexander

11th – Damon Buente

12th – Chad Baccus

13th – Jeff Hart

14th – Shane Simone

15th – Joseph Swartz

16th –Nathan Hoburn

16th – John Smiley

16th – Toby Vollmer
16th – Tomo Marjanovic

MASTER'S MEN – *Four Classes* (17 competitors)
40 years old – 49 years old,

Two Classes:

Up to 165 ¼ lbs (5 competitors):

1ST – CHRIS LAWRENCE ****OVERALL (40 – 49)****
2nd – Kevin Smith
3rd – Carl Egner.
4th – Don Palmer
5th – Steve Hammersmith

Over 165 ¼ lbs (6 competitors)

1st – DAVE CAPITANO
2nd – Scott Hoff
3rd – Anthony Moses
4th – Tim O'Neill
5th – Bob Wade
6th – Kim Kimbrough

50 years old & Over,

Two Classes:

Up to 165 ¼ lbs (4 competitors):

1st – CALVIN MILES ****OVERALL (50 & Over)****
2nd – George Shipley
3rd – David Mylar
4th – John Allen

Over 165 ¼ lbs, (2 competitors):

1st – PETE SOLHAN
2nd – Bob McAlidon

MEN'S OPEN – *6 Classes* (46 competitors)

Bantamweight (up to & including 143-1/4lbs.) – 9 competitors:

1ST – DAN MANGOLD
2nd – John Gillispe
3rd – Carl Egner
4th – Vernon Lloyd
5th – Dr. Jason Kremer
6th – Steve Cika Jr.
7th – Matt Thomas
8th – Andre Love
9th – Shane Simone

Lightweight (over 143-1/4 lbs. up to & including 165-1/4lbs.) – 7 competitors:

1ST – MARCUS COOPER
2nd – Glenn Pisching
3rd – Kevin Smith
4th – Brent Turner
5th – David Mylar
6th – Ano Gaewmeesri

7th – Jeff Hart

Welterweight (over 165-1/4 lbs. up to & including 176-1/4 lbs.) – 10 competitors:

1st – CHRIS LAWRENCE
2nd – John SanFilippo
3rd – Rene Aldape
4th – Josh Houghton
5th – David Pertuset
6th – Thomas Alexander
7th – Ryan Crim
8th – Donald Davis
9th – John Yurcek
10th – Don Palmer

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

1ST – VERNON WILLIAMS
2nd – Mark Foley
3rd – Jim Harder
4th – Scott Hoff
5th – Anthony Mosses
6th – Justin Martin
7th – Tim O'Neill
8th – Jim Walter
9th – Bob Wade
10th – Douglas Patton
11th – Pete Solhan

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

1ST – LURIC EDISON ****OVERALL****
2nd – David Turk
3rd – Greg Smyers
4th – Michael Wheeler
5th – Nathan Burke
6th – Jody Jay Young
7th – James Ellis
8th – Joao Pedro Do Amaral Moreira Costa
9th – JT Wood
10th – Reginald Ruffin
11th – Chad Baccus
12th – Philip Myers
13th – Damon Buenete
14th – Vince Bishop
15th – Vyrone Finny
16th – John Smiley
16th – Derrick Davis
16th – Tomo Marjanovic

Heavyweight (over 198-1/4 lbs. & over) – 9 competitors:

1ST – JOEY WALTER
2nd – Ryan Ogden
3rd – Kaleaf James
4th – Eric Agosti
5th – Rick Bretz

- 6th – John Cole
- 7th – Joseph Swartz
- 8th – Jon Murchak
- 9th – Kim Kimbrough

MASTER'S WOMEN – (35 years old & Over) *One Class*, 10 competitors:

- 1ST – SUSAN MALONEY
- 2nd – Rosa Wyatt
- 3rd – Amy Palmer
- 4th – Amy Rosenburg
- 5th – Rebecca Bruce
- 6th – Pamela Hannam
- 7th – Roberta Hatch
- 8th – Deanna Stobbe
- 9th – Beth Ramey
- 10th – Rebecca Aligeier

WOMEN'S OPEN BODYBUILDING – *Two Classes*, (12 competitors)

Up To & Including 114.5 lbs. - 3 competitors:

- 1ST – SUSAN MALONEY
- 2nd – Rebecca Bruce
- 3rd – Beth Ramey

Over 114.5 lbs. – 9 competitors:

- 1ST – TONI WEST ****OVERALL****
- 2nd – Rosa Wyatt
- 3rd – Amy Palmer
- 4th – Amy Rosenburg
- 5th – Pamela Hannam
- 6th – Roberta Hatch
- 7th – Deanna Stobbe
- 8th – Charity Sheperd
- 9th – Lauren Gandee

MASTER'S FIGURE – *Three Classes*, (33 competitors)

35 to 39 years old, – 13 competitors:

- 1ST – STEPHANIE BLOCKER **** OVERALL MASTER'S FIGURE****
- 2nd – Lisa Burdick
- 3rd – Angela Harrivel
- 4th – Danielle Soucek
- 5th – Jennifer Spires
- 6th – Natalie Leon
- 7th – Susan Miller
- 8th – Brigitte Doleshal
- 9th – Kathy Agosti
- 10th – Joy Acree
- 11th – Erin Torrano
- 12th – Carrie Kissling
- 13th – Lisa Cogdeill

40 years old & over, - 17 competitors:

- 1ST – FAITH PHILLABAUM
- 2nd – Laurie Gunzelman
- 3rd – Kim Williams
- 4th – Cheryl Nance

5th – Gloria Barnum
6th – Kandy Ridinger
7th – Kelly Letzelter
8th – Ruth Miller
9th – Lynne Mangen
10th – Maria Potvin
11th – Lisa Medoff
12th – YuXin Hao
13th – Bravina Trovato
14th – Donna Zverina
15th – Kelly Letzelter
16th – Darlene Cole
16th – Lynn Marshall

50 years old & over, - 3 competitors:

1ST – CAT AXIG
2nd – Debbie Bittner
3rd – Kathleen Rabeau

OPEN FIGURE – *Four Classes, (73 competitors)*

Class A – Up to & Including 5`2`- 12 competitors:

1ST – KANDY RIDINGER
2nd – Yvette Lepore
3rd – Rachel Speed
4th – Jennifer Berkowitz
5th – Shelly Trace
6th – Lisa Whitacre
7th – Katie Cannan
8th – Christy Siebert
9th – Kathy Agosti
10th – Erin Torrano
11th – Kelly Baker
12th – Jessica Indian

Class B – Over 5`2` & Up To & Including 5`4` - 20 competitors:

1ST – MARIJANA SEBEZ
2nd – Romey Murphy
3rd – Michelle Smith
4th – Alana Berg
5th – Cheryl Nance
6th – Danielle Soucek
7th – Brigitte Doleshal
8th – Gloria Barnum
9th – Susan Miller
10th – Kelly Booth
11th – Nikki Christides
12th – Rebekah Poirler-Pierce
13th – Jennifer Kemp
14th – Lynne Mangen
15th – Melissa Booker
16th – Lauren Myers
16th – Michelle Valenta
16th – Grace Carney
16th – Joy Acree
16th – YuXin Mao

Class C – Over 5`4” & Up To & Including 5`6” - 22 competitors

1ST – STEPHANIE BLOCKER ****OVERALL****

2nd – Cat Axvig

3rd – Adrienne Costanzo

4th – Lora Gliptis

5th – Jennifer Spires

6th – Megan Gorski

7th – Susan Ceklosky

8th – Niki DelGrosso

9th – Natalie Leon

10th – Alley Aust

11th – Lisa Ash

12th – Ashley Hill

13th – Ruth Miller

14th – Kelly Robbins

15th – Michele Zamecnik

16th – Lisa Cogdeill

16th – Donna Zverina

16th – Jennifer Greer

16th – Lindsay Tyler

16th – Alison Moser

16th – Maria Potvin

16th – Nikki Taylor

Class D – Over 5`6”, 19 competitors:

1ST – FAITH PHILLABAUM

2nd – Laurie Gunzelman

3rd – Kim Williams

4th – Lisa Burdick

5th – Angela Harrivel

6th – Elizabeth Jones

7th – Amy Wood

8th – Morgan Coggins

9th – Lisa O`Brien

10th – Laura Jenkins

11th – Kaylee Terwood

12th – Melissa Myers

13th – Jodi Cameron

14th – Alicia Graham

15th – Miranda Mielke

16th – Kelly Letzelter

16th – Debbie Bittner

16th – Teresa Donley

16th – Michelle Nalniger

OPEN BIKINI – *One Class* (10 competitors)

1st – TANYA McCORT

2nd – Kristin Bittner

3rd – Taleen Najarian

4th – Krysti Jordan

5th – Taylor Eblen

6th – Nicole Klasnick

7th – Tiffany Sheibly

8th – Becky Bisesi

9th – Lindsey Solak

10th – Heidi Tatman

I want to sincerely thank all the competitors for their participation along with the sponsors for their support of the 2009 “*VYOTECH NUTRITIONALS*” NPC NATURAL OHIO (open) DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS.

Our next NPC drug tested event will be the **October 3rd, 2009 “*VYOTECH NUTRITIONALS*” NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING, FIGURE & BIKINI 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 **Arnold Classic Champion & 1st runner-up Mr. Olympia, VICTOR MARTINEZ (one week after competing in the `09 Mr. Olympia)!**

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**.