

2010 “AmiLean” NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS

PRESS RELEASE

On October 2nd, 2010 at the Lakewood Civic Auditorium in Cleveland, Ohio, former NPC national competitor Dave Liberman promoted the **2010 “AmiLean” NPC Natural Northern USA Drug Tested Bodybuilding, Figure & Bikini Championships** along with co-promoter Todd Pember.

This was a personal record for this contest, as **201** (NOT including crossovers, last year’s 2009 NPC Natural Northern USA generated 186 competitors), 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 18 states across the country. The evening Finals also set a personal record for this contest with **1,500+** 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 201 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), DiscountSupplements.com T-shirts, contest shaker bottle (courtesy of Gaspari Nutrition), and goodie bags filled with free products from Worldwide Sports Nutrition, MET-Rx, Optimum Nutrition, American Bodybuilding Products, Natural Force, Pro Fight, Gaspari Nutrition, Labrada Nutrition, Eight Ball Nutrition, Beverly International magazine, BSN, Muscle Milk / Cytosport, Gamma-0, AmiLean, Cellucor, Ripped Freak, Muscology, VPX, Powerhouse Gym Elyria Ohio, Ultimate Nutrition, ALR, and Ultra Trained Personal Training by Mr. Ohio Dave Liberman. The top 5 received impressive awards including 6` class winning trophies and overall champions received 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, 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**, brought the total donation amount to **\$1,500.00**. 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 **IFBB Pro, Dennis Wolf**, hot off of placing 5th in the Mr. Olympia just one week prior to this guest posing, lit up the auditorium with a spectacular posing routine! Dennis’ routine included all the fans getting an upfront and personal view of the

German giant as he went into the audience cruising the venues isles and posing for photos, with many fans forming a long line to meet one of the best professional bodybuilders in the world!

The next Liberman and Pember production will be the **April 2nd, 2011 NPC Natural Ohio (open) Drug Tested Bodybuilding, Figure & Bikini Championships**, which will once again be held at the Lakewood Civic Auditorium. Very special guest poser for this event will be none other than superstar IFBB Pro and 4 X MR. OLYMPIA, Jay Cutler! Cutler is no stranger to Cleveland, as he has appeared at this contest for the past 4 years! The auditorium and expo areas are always packed when Jay comes to town, therefore ordering your tickets early is strongly advised. This will be a very special event not to be missed! **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.**

**2010 "AmiLean" NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING,
FIGURE & BIKINI CHAMPIONSHIPS**
RESULTS ARE AS FOLLOWS:

MEN'S OPEN OVERALL – TOMMY JEFFERS
WOMEN'S OPEN & MASTER'S BODYBUILDING OVERALL – LORI McMAHEN
FIGURE OPEN & MASTER'S FIGURE OVERALL– STEPHANIE BLOCKER
BIKINI OPEN OVERALL – LEXI KAUFMAN
MASTER'S BIKINI – JOSEPHINE ALTEN
MASTER'S MEN OVERALL – PAUL KNOBLOCH
JUNIOR MEN'S – DEREK NATCHER
TEENAGE MEN'S OVERALL – ANTHONY MAZZARELLA

**2010 "AmiLean" NPC NATURAL NORTHERN USA DRUG TESTED
BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS**

Date: October 2nd, 2010

Location: Lakewood Civic Auditorium

Guest Posers: 5th place 2010 Mr. Olympia, IFBB Pro, Dennis Wolf

TITLE SPONSOR:

AMILEAN – Advanced Cellulite Slimming Lotion

PRESENTING SPONSORS:

BODYBUILDING.COM
WORLD WIDE SPORTS NUTRITION / MET-Rx
GNC
GAMMA LABS

HOST SPONSORS:

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

FEATURE SPONSORS:

CELLUCOR
NATURAL FORCE
VPX
DYMATIZE
RIPPED FREAK
TOTAL NUTRITION SHOP, PARMA HEIGHTS, OHIO
ALR
SPECIES
ULTIMATE NUTRITION
PRO FIGHT
POWERHOUSE GYM – ELYRIA, OHIO
MUSCLEOLOGY
LIVE THE SOURCE
SDC NUTRITION / ABOUT TIME
MUSCLE MAFIA
EIGHTBALL NUTRITION
EVERLAST NUTRITION
DKM SALON & SPA, FAIRVIEW PARK, OHIO

CONTRIBUTING SPONSORS:

GASPARI NUTRITION
LABRADA NUTRITION
MONSTER MILK / CYTOSPORT
PRIDE NUTRITION
2:1 PROTEIN BARS
BSN
GLC DIRECT
BUILDINGBRAWN.COM
JUICE PLUS
FIT WORLD
FLEXSTAR WHOLESALE SPORTS NUTRITION
EPIC PERFORMANCE
FLEXUS
216 MUSCLE
CELESTIAL BODIES – JAN TANA TANNING ESSENTIALS
STUDIO 10 COSMETICS
ROCCO'S GYM, MACEDONIA, OHIO
HOUSE OF PAIN
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
EVOGEN NUTRITION
DISCOUNTSUPPLEMENTS.COM
POLSKA LANDSCAPING & SNOWPLOWING
KING'S GYM – BEDFORD HEIGHTS, OHIO
TERRY PHOTO MUSCLEBODY VIDEO
J.M. PRODUCTIONS PHOTO STUDIO
COURTYARD MARRIOTT – WESTLAKE, OHIO
RXMUSCLE.COM

IRONMAN MAGAZINE
FLEX
MUSCLEMAG INTERNATIONAL
MUSCLE & FITNESS
MUSCULAR DEVELOPMENT
NPC NEWS

2010 "AmiLean" NPC NATURAL OHIO CHAMPIONSHIPS RESULTS:

TEENAGE MEN – (19 years old & under) *One Class*, 3 competitors:

1ST – ANTHONY MAZZARELLA
2nd – Mich Foster
3rd – Alex Russo

* **The "Michael Lawson-Broze" memorial MOST PROMISING AWARD*** - 16 year old Alex Russo

JUNIOR MEN – (23 years old & under) *One Class*, 16 competitors:

1ST – DEREK NATCHER
2nd – Joe Robinson
3rd – Max Adolphs
4th – Matt Soeder
5th – Francisco Pagan
6th – Anthony Sardini
7th – John Dougherty
8th – Anthony Mazzarella
9th – Conrad Geillespie
10th – Seth Shawn
11th – Kevin Kozlowski
12th – James Wilczanski
13th – Jeff Schultz
14th – Michael Cantu
15th – Brendan Marsch
16th – Scott Stoltz

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

40 years old – 49 years old, (14 competitors)

1ST – PAUL KNOBLOCH ****OVERALL MASTER'S MEN****
2nd - Frank Mercada.
3rd – Don DiGuardi
4th- Kevin Smith
5th – Jeff Tiffner
6th – Jim Letzelter
7th – Shawn Casella
8th – Tracy Alan Hoslage
9th – Doug Urban
10th – Joe Horner
11th – Jesse Prather
12th – Jay Riedel
13th – Alex Boarman
*Original 2nd Place – Jeff Whittington ****Didsqualified*****

50 years old & Over, (12 competitors)

1st – GLENN WILKINS
2nd – Mark Zmitrautch
3rd – Calvin Miles

4th – Dave Weinstock
5th – Dan Orlando
6th – Dave J. Mylar
7th – Nick Johnson
8th – Jerry Merritt
9th – Tim Gaunt
10th – Charles Dunar
11th – Larry Farley
12th – Lonnie Harris

MEN'S OPEN – 6 Classes (76 competitors)

Bantamweight (up to & including 143-1/4lbs.) – 11 competitors:

1ST – DAN WELLS
2nd – Raul Guler
3rd – Mark Zmitravich
4th – Mathew Soeder
5th – John Habeshy
6th – Jeff Tiffner
7th – Anthony Sardini
8th – Dan Orlando
9th – Kevin Smith
10th – Anthony Mazzarella
11th – Nick Johnson

Lightweight (over 143-1/4 lbs. up to & including 165-1/4lbs.) – 12 competitors:

1ST – RYAN LEPPELT
2nd – Kyle Harris
3rd – Scott Thaufier
4th – Dave Weinstock
5th – Jermaine Alexander
6th – Larry Jackson
7th – Paul Tanaka
8th – Conrad Geillespie
9th – Matt Stokes
10th – Mark Dobianski
11th – Douglas Urban
12th – Ronald Wiech

Welterweight (over 165-1/4 lbs. up to & including 176-1/4 lbs.) – 12 competitors:

1st – RYAN PROBST
2nd – Ethan Scott
3rd – Luke Leppla
4th – Don DiGuardi
5th – Dustin Thomas
6th – Stan Cratcha
7th – Jordan Greenwood
8th – David Robinson
9th – Brendan Marsch
10th – Zac Leonard
11th – Scott Stoltz
12th – Jay Riedel

Middleweight (over 165-1/4 lbs. up to & including 176-1/4 lbs.) – 18 competitors:

1st– GLEN WIKINS
2nd – Frank Mercado
3rd – Jerry Kuta
4th – Patrick Potter
5th – Jim Letzelter
6th – Francisco Pagan
7th – Tom Albano
8th – Adam Atkinson
9th – Eric Perez
10th – James Wilczanski
11th – Jeff Schultz
12th – Jeff Hoffa
13th – Kevin Kozlowski
14th – Jesse Prather
15th – Mathew Allen
16th – Joseph Horner
16th – Larry Farley
*Original 1ST Place – Jeff Whittington **Disqualified***

Light-Heavyweight (over 176-1/4 lbs. up to & including 198-1/4 lbs.) – 13 competitors:

1ST – TOMMY JEFFERS ****OVERALL****
2nd – Alberto Umana
3rd – Daniel Weaver
4th – Walter Martin
5th – Max Adolphs
6th – Ben Hartman
7th – Joe Robinson
8th – John Dougherty
9th – Chad Demchik
10th – Kevin Swannigan
11th – Kole Palmer
12th – Shawn Casella
13th – Alex Boarman

Heavyweight (over 198-1/4 lbs. & over) – 10 competitors:

1ST – PAUL KNOBLOCH
2nd – Timothy Clanton
3rd – Justin Romatic
4th – John Cole
5th – Ryan Williams
6th – JaDane Starkey
7th – Jason Monzak
8th – Dustin Shaffer
9th – Todd Herrman
10th – Steve Bacher

MASTER'S WOMEN – (35 years old & Over) *One Class*, 3 competitors:

1ST – LORI McMAHEN
2nd – Stacey Radwany

3rd – Candace Moon Carlson

WOMEN'S OPEN BODYBUILDING – *Two Classes*, (4 competitors)

Up To & Including 125.5 lbs. – 4 competitors:

1ST – LORI McMAHEN ****OVERALL****

2nd – Rosemary Hamilton

3rd – Lea Geiger

4th – Stacey Radwany

Over 125.5 lbs. – 1 competitor:

1ST – CANDACE MOON CARLSON

MASTER'S FIGURE – *Three Classes*, (35 competitors)

35 to 39 years old, – 13 competitors:

1ST – STEPHANIE BLOCKER ****MASTER'S FIGURE OVERALL****

2nd – Danielle Sourcek

3rd – Kara Fosterr

4th – Hanah Melvin

5th – Jennifer Sokira

6th – Lisa Burdick

7th – Michelle Yatsuk

8th – Jennifer Lanzillota

9th – Michelle Stratton

10th – Christine Dachraoui

11th – Maureen McNulty

12th – Maria Westover

13th – Carolyn Scroggins

40 years old & over, - 17 competitors:

1ST – LATANYA SETTLES

2nd – Marla Smith

3rd – Stacy Reese

4th – Kim Horning

5th – Toni Hatcher

6th – Sharon Goderwis

7th – Caren Lair

8th – Charlotte Exline

9th – Michele Olney

10th – Karen LaVern

11th – Ursula Brady

12th – Carrie Kissling

13th – Tracy Lipscomb

14th – Kelly Letzelter

15th – Jennifer Lyman

16th – June Scharf

16th – Lynn Mangan

50 years old & over, - 5 competitors:

1ST – JUDY DeSHON

2nd – Janet Butsch

3rd – Irene Grant

4th – Diane Menhenett

5th – Patricia Springer

OPEN FIGURE – *Five Classes, (49 competitors)*

Class A – Up to & Including 5`2.5`- 15 competitors:

- 1ST – RHIANNON MUNDY
- 2nd – Elise Kuhlmann
- 3rd – Hanah Melvin
- 4th – Heidi McFrederick
- 5th – Stacy Reese
- 6th – Toni Hatcher
- 7th – Michelle Colegrove
- 8th – Caren Lair
- 9th – Karen LaVearn
- 10th – Sharon Goderwis
- 11th – Amy Pauken
- 12th – Maureen McNulty
- 13th – June Scharf
- 14th – Shannon Anania
- 15th – Carolyn Scroggins

Class B – Over 5`2.5` & Up To & Including 5`4` - 15 competitors:

- 1ST – LAYTANYA SETTLES
- 2nd – Marla Smith
- 3rd – Kim Horning
- 4th – Danielle Soucek
- 5th – Shannon Eller
- 6th – Kara Foster
- 7th – Jennifer Sokira
- 8th – Judith DeShon
- 9th – Michelle Yatsuk
- 10th – Michelle Stratton
- 11th – Jennifer Lyman
- 12th – Maria Westover
- 13th – Tracy Lipscomb
- 14th – Alex Pike
- 15th – Lynne Mangen

Class C – Over 5`4` & Up To & Including 5`5.5` - 6 competitors

- 1ST – STEPHANIE BLOCKER ****OVERALL OPEN FIGURE****
- 2nd – Alison Moser
- 3rd – Jennie Miozzi
- 4th – Rachel Tucker
- 5th – Patricia Springer
- 6th – Erin Bowman

Class D – Over 5`5.5` & Up To & Including 5`7`, 6 competitors:

- 1ST – MICHELE OLNEY
- 2nd – Jayme Appleman
- 3rd – Charlotte Exline
- 4th – Jennifer Lanzillota
- 5th – Carrie Kissling
- 6th – Harmony Baird

Class E – Over 5`7”, 7 competitors:

- 1st – DANA NOVOTNY
- 2nd – Elizabeth Muntean
- 3rd – Lisa Burdick
- 4th – Gloria Gates
- 5th – Kelly Letzelter
- 6th – Christine Dachraoui
- 7th – Jillian Scott

MASTER’S BIKINI – One Class (9 competitors)

35 years old & over:

- 1st – JOSEPHINE ALTEN
- 2nd – Francine Lanbevine
- 3rd – Linda Stine
- 4th – Amy Collins
- 5th – Theresa Loechner
- 6th – Sheila Kerrick
- 7th – Lynda Evans-Haberecht
- 8th – Denise Fetz
- 9th – Julie Farrell

OPEN BIKINI – Three Classes (27 competitors)

Class A - Up to & Including 5`4”, 6 competitors:

- 1st – LEXI KAUFMAN ****OVERAL OPEN BIKINI****
- 2nd – Melissa French
- 3rd – Emily Chappie
- 4th – Valareie Beck
- 5th – Amy Collins
- 6th – Melissa Lonbardo

Class B – Over 5`4” Up to & Including 5`6”, 5 competitors:

- 1st – BETHANY SHEFFERLY
- 2nd – Jacqueline Fries-Gomez
- 3rd – Alison Smith
- 4th – Aerie Shauger
- 5th – Theresa Loechner

Class C – Over 5`6”, 16 competitors:

- 1st – HEAVEN CORCINO
- 2nd – Heather Nappi
- 3rd – Britany Smith
- 4th – Josephine Alten
- 5th – Francine Lanbevine
- 6th – Amy Orzechowski
- 7th – Stephanie Rebenack
- 8th – Kerrie Roilo
- 9th – Linda Stine
- 10th – Taylor Miller
- 11th – Michelle Ramsey
- 12th – Angie Agnoni
- 13th – Lynda Evans-Haberecht
- 14th – Julie Farrell

15th – Denise Fetz
16th – Amy Asbury

I want to sincerely *thank* all the competitors for their participation along with the sponsors for their support of the 2010 “*AmiLean*” NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS. Next years October 1st, 2011 NPC Natural Northern USA Drug Tested Bodybuilding, Figure & Bikini Championships will once again be held at the Lakewood Civic Auditorium and feature very **Special Guest Poser, 1st runner-up Mr. Olympia, IFBB Pro, BRANCH WARREN!** Branch will also be performing an informative **Seminar** following Prejudging!

Our next NPC drug tested event will be the April 2nd, 2011 NPC NATURAL OHIO (open) 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 **4 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 \$72.00 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.