

2010 “AmiLean” NPC NATURAL OHIO (open) DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS

PRESS RELEASE

On March 20th, 2010 at the Lakewood Civic Auditorium in Cleveland, Ohio, former NPC national competitor Dave Liberman promoted the **2010 “AmiLean” 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 **209 (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 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 **875** 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 209 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), Gaspari Nutrition T-shirts (courtesy of Gaspari Nutrition), contest shaker bottle (courtesy of Species), ProFight T-shirts (courtesy of Pro Fight Supplements) 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, Monster Milk / Cytosport, Gamma-0, AmiLean, Cellucor, Ripped Freak, Muscology, Juice Plus, VPX, Powerhouse Gym Elyria Ohio, Ultimate Nutrition, ALR, Discount Supplements.com T-shirts, 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, **\$1,100.00 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**, making the total donation amount of **\$1,600.00**. 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 **3 X MR. OLYMPIA, JAY CUTLER performing an outstanding guest posing performance!** Jay rewrote history as he was the first ever Mr. Olympia to have lost his title in 2008 and recapture the Olympia crown in 2009! The Cleveland fans

simply could not get enough of Cutler as the Ultimate Beef received “rock star” status with long lines waiting to meet the best bodybuilder in the world! Jay seems to equally enjoy the Cleveland fans as has agreed to return next year at the **April 2nd, 2011, NPC Natural Ohio (open) Drug Tested Bodybuilding, Figure & Bikini Championships!** This event should not be missed by any fan!

The next Liberman and Pember production will be the **October 2nd, 2010 NPC Natural Northern USA Drug Tested Bodybuilding, Figure & Bikini Championships**, which will be held at the Lakewood Civic Auditorium, and very special guest poser IFBB Pro, Dennis Wolf who will also be performing a Seminar immediately following Prejudging! 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 OHIO (open) DRUG TESTED BODYBUILDING,
FIGURE & BIKINI CHAMPIONSHIPS
RESULTS ARE AS FOLLOWS:**

**MEN’S OPEN OVERALL –R.D. CALDWELL
WOMEN’S OPEN BODYBUILDING OVERALL – JACQUELINE GEPPERT
MASTER’S WOMEN BODYBUILDING – ROSA WYATT
FIGURE OPEN & MASTER’S FIGURE OVERALL– BELKIS McCLUSKEY
BIKINI OPEN OVERALL – PAIGE FUSON
MASTER’S BIKINI – JOSEPHINE ALTEN
MASTER’S MEN OVERALL – RODNEY SMALLS
JUNIOR MEN’S – ERIC CONNER
TEENAGE MEN’S OVERALL – MAX ADOLPHS**

**2010 “AmiLean” NPC NATURAL OHIO (open) DRUG TESTED
BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS**

Date: March 20th, 2010

Location: Lakewood Civic Auditorium

Guest Posers: 3 X MR. OLYMPIA, JAY CUTLER

TITLE SPONSOR:

AMILEAN – Advanced Cellulite Slimming Lotion

PRESENTING SPONSORS:

BODYBUILDING.COM

WORLD WIDE SPORTS NUTRITION / MET-Rx

OPTIMUM NUTRITION / AMERICAN BODYBUILDING

GNC

HOST SPONSORS:

BEVERLY INTERNATIONAL

TITAN’S GYM, MENTOR, OHIO

PERSONAL TRAINING BY MR. OHIO DAVE LIBERMAN

CARRABBA’S ITALIAN GRILL - WESTLAKE, OHIO

FEATURE SPONSORS:

EXTREME LABS / DEDICATED WOMAN
CELLUCOR
NATURAL FORCE
VPX
DYMATIZE
TOTAL NUTRITION SHOP, PARMA HEIGHTS, OHIO
ALR
SPECIES
ULTIMATE NUTRITION
PRO FIGHT
POWERHOUSE GYM – ELYRIA, OHIO
MUSCLEOLOGY

CONTRIBUTING SPONSORS:

GASPARI NUTRITION
LABRADA NUTRITION
MONSTER MILK / CYTOSPORT
PRIDE NUTRITION
2:1 PROTEIN BARS
BSN
EST
GLC DIRECT
BUILDINGBRAWN.COM
PARAMOUNT SUPPLEMENTS.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
TECH BACHELORS
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*, 11 competitors:

- 1ST – MAX ADOLPHS
- 2nd – Evan Patzer
- 3rd – Ronald Malaga
- 4th – Jeremy Corbitt
- 5th – Erich Gutwein
- 6th – Justin Courtright
- 7th – Mich Foster*
- 8th – Gabe Rizzo
- 9th – Anthony Mazzarella
- 10th – Derek Little
- 11th – Mark Bernard

* **The "Steve King" memorial MOST PROMISING AWARD*** - 16 year old Mitch Foster

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

- 1ST – ERIC CONNER
- 2nd – Max Adolphs
- 3rd – Leonard Demattio
- 4th – Alex Champion
- 5th – Ryan Williams
- 6th – Corey Devitt
- 7th – Dan Janeda
- 8th – Jimmy Haymore
- 9th – Matt Jansen
- 10th –Jeremy Corbitt
- 11th – Aaron Feldman
- 12th – Joey Walter
- 13th – Joshua Doran
- 14th – Tobias McGowan
- 15th – Damon Buente
- 16th –David Madger
- 16th – Wesley Reyes
- 16th – Robert Hedmond
- 16th – Ryan Nerkowski

MASTER'S MEN – *Two Classes* (19 competitors)

40 years old – 49 years old, (13 competitors)

- 1ST – RODNEY SMALLS ****OVERALL MASTER'S MEN****
- 2nd – Sixto Fermin
- 3rd – Willie Sykes.
- 4th – Fred Scalese
- 5th – James Traphagen
- 6th – Scott Hoff
- 7th – Sonny Janosy
- 8th – Christopher Dickey
- 9th – Donald Palmer
- 10th – Bert Massey
- 11th – Robert Clemons
- 12th – Douglas Urban
- 13th – Eugene Blakely

50 years old & Over, (6 competitors)

- 1st – MARK ZMITRAVICH
- 2nd – Tom Montgomery
- 3rd – Patrick Malowney
- 4th – Billy Roberts
- 5th – Tim Gaunt
- 6th – Dennis Wilhelm

MEN'S OPEN – 6 Classes (74 competitors)

Bantamweight (up to & including 143-1/4lbs.) – 6 competitors:

- 1ST – MARK ZMITRAVICH
- 2nd – Evan Patzer
- 3rd – Brian Degasperis
- 4th – Jeremy Corbitt
- 5th – Jon Sinclair
- 6th – Anthony Mazzarella

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

- 1ST – MARCUS COOPER
- 2nd – Otis Wilson
- 3rd – Daniel Quayle
- 4th – Heath Wenzel
- 5th – Aaron Feldman
- 6th – Matt Jansen
- 7th – Jonah Gardner
- 8th – Tom Montgomery
- 9th –
- 10th – Mark Occhionero
- 11th – William Mingas
- 12th – Douglas Urban

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

- 1st – ETHAN SCOTT
- 2nd – Collin Weiss
- 3rd – Dustin Thomas
- 4th – Dan Janeda
- 5th – Christopher Dickey
- 6th – Larzell Cowan
- 7th – Tobias McGowan
- 8th – Daniel Palmer
- 9th – Ryan Nerkowski
- 10th – Randy Barker
- 11th – Wesley Reyes
- 12th – Gabe Rizzo
- 13th – Eugene Blakely

Middleweight (over 165-1/4 lbs. up to & including 176-1/4 lbs.) – 14 competitors:

- 1ST – R.D. CALDWELL ****OVERALL****
- 2nd – Eric Conner
- 3rd – Jesse Dale
- 4th – David Broome
- 5th – Scott Hoff

- 6th – John Caldwell
- 7th – Dave Capitano
- 8th – IP Harris
- 9th – James Traphagen
- 10th – Corey Devitt
- 11th – David Cunningham
- 12th – William Hamad
- 13th – T.J. Temper
- 14th – Adam Whitlach

Light-Heavyweight (over 176-1/4 lbs. up to & including 198-1/4 lbs.) – 16 competitors:

- 1ST – GREG SMYERS
- 2nd – Santonio Thompson
- 3rd – Rodney Smalls
- 4th – Sixto Fermin
- 5th – Justin Romantic
- 6th – Leonard Demattio
- 7th – Willie Sykes
- 8th – Raymond Cummerlander
- 9th – Joshua Burkhart
- 10th – Jimmy Haymore
- 11th – Michael Taggart
- 12th – Damon Buena
- 13th – Nathan Lane
- 14th – John Popernack
- 15th – John Pitsch
- 16th – Brendan Schuster

Heavyweight (over 198-1/4 lbs. & over) – 13 competitors:

- 1ST – KEN STEWART
- 2nd – Alex Lwanyaga
- 3rd – Alex Champion
- 4th – Ryan Williams
- 5th – Presley Okobia
- 6th – Sonny Janosy
- 7th – Joey Walter
- 8th – Rick Bretz
- 9th – Eric Agosti
- 10th – John Cole
- 11th – David Belmont
- 12th – Craig Dewan
- 13th – Ron Grodell

MASTER'S WOMEN – (35 years old & Over) *One Class*, 7 competitors:

- 1ST – ROSA WYATT
- 2nd – Janet Schillig
- 3rd – Amy Palmer
- 4th – Traci Ostendorf
- 5th – Jenny Mossel
- 6th – Sarah Oryszak
- 7th – Marcia Cebulla

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

Up To & Including 114.5 lbs. – 5 competitors:

- 1ST – JACQUELINE GEPPERT ****OVERALL****
- 2nd – Janet Schillig
- 3rd – Sarah Oryszak
- 4th – Marcia Cebulla
- 5th – Mary Sutton

Over 114.5 lbs. – 7 competitors:

- 1ST – ROSA WYATT
- 2nd – Traci Ostendorf
- 3rd – Amy Palmer
- 4th – Stacey Radwany
- 5th – Jenny Mossel
- 6th – Tracy Foster
- 7th – Jennifer Kemp

MASTER'S FIGURE – *Three Classes*, (40 competitors)

35 to 39 years old, – 17 competitors:

- 1ST – KIM BARONE
- 2nd – Kathy Agosti
- 3rd – Carrie Paris
- 4th – Kara Foster
- 5th – Sara Bedrossian
- 6th – Danielle Sourcek
- 7th – Angela Harrivel
- 8th – Jennifer Sokira
- 9th – Lauri Roberto
- 10th – Kimberly Llyod
- 11th – Carrie Kissling
- 12th – Lesslie Chandler
- 13th – Christine Dachraoui
- 14th – Melissa Clemons
- 15th – Danielle Hillis
- 16th – Cathy Derringer
- 16th – Andrea Destro

40 years old & over, - 17 competitors:

- 1ST – BELKIS McCLUSKEY **** OVERALL MASTER'S FIGURE****
- 2nd – Jami Makrakes
- 3rd – Lynne Nichols
- 4th – Stacy Reese
- 5th – Deirdre Callahan
- 6th – Teresa Stanek
- 7th – Charlotte Exline
- 8th – Sherri Wellborn
- 9th – Kim Plajer
- 10th – Tracy Lipscomb
- 11th – Tonya Jo Carter
- 12th – Angela Smith
- 13th – Lorriane Whetstone
- 14th – Amanda Romeo
- 15th – Lynne Marshall
- 16th – Anna Cortes
- 16th – Diane Roskos

50 years old & over, - 6 competitors:

- 1ST – JUDY DeSHON
- 2nd – Sally Rader
- 3rd – Nancy Hayes
- 4th – Pamela Genovese
- 5th – Cheryl Jaekle
- 6th – Brenda Leisinger

OPEN FIGURE – *Five Classes*, (71 competitors)

Class A – Up to & Including 5`2.5`- 18 competitors:

- 1ST – BELKIS McCLUSKEY ****OVERALL****
- 2nd – Ann Gruber
- 3rd – Kathy Agosti
- 4th – Michelle Alleyne
- 5th – Stacy Reese
- 6th – Ashley Allrutz
- 7th – Tanya Seitzer
- 8th – Jennifer Berkowitz
- 9th – Sally Rader
- 10th – Pamela Genovese
- 11th – Lauren Wallick
- 12th – Leslie Chandler
- 13th – Melissa Clemons
- 14th – Angela Smith
- 15th – Danielle Hillis
- 16th – Brenda Leisinger
- 16th – Andrea Destro
- 16th – Vanessa Wick

Class B – Over 5`2.5` & Up To & Including 5`4` - 17 competitors:

- 1ST – KIM BARONE
- 2nd – Carrie Paris
- 3rd – Andrea Parilak
- 4th – Jennifer Sokira
- 5th – Kara Foster
- 6th – Lynne Nichols
- 7th – Judy DeShon
- 8th – Stephanie Schuhle
- 9th – Kimberly Llyod
- 10th – Enelina Salabed
- 11th – Lauri Roberto
- 12th – Danielle Soucek
- 13th – Maria Cala
- 14th – Deirdre Callahan
- 15th – Melissa Booker
- 16th – Anna Cortes
- 16th – Heidi Cline

Class C – Over 5`4` & Up To & Including 5`5.5` - 12 competitors

- 1ST – TEAGAN BENSON
- 2nd – Loren Marie Churchin
- 3rd – Michele Zamechile
- 4th – Lana Powers
- 5th – Natalie Juhasz
- 6th – Tracy Lipscomb
- 7th – Bethany Tomaszewski

8th – Tonya Jo Carter
9th – Tricia Felski
10th – Nancy Hayes
11th – Kim Plajer
12th – Amanda Romeo

Class D – Over 5`5.5”& Up To & Including 5`7”, 11 competitors:

1ST – CONSTANCE PETOT
2nd – Evanne Thompson
3rd – Angela Harrivel
4th – Estee Saylor
5th – Charlotte Exline
6th – Carrie Kissling
7th – Frazier Ludmila
8th – Sherri Wellborn
9th – Teresa Stanek
10th – Diane Roskos
11th – Erin Conrad

Class E – Over 5`7”, 13 competitors:

1st – MARISA DICENSU-PELSER
2nd – Kaylee Terwood
3rd – Sara Bedrossian
4th – Dana Novotny
5th – Harmony Baird
6th – Katie Poklar
7th – Christine Dachraoui
8th – Nichole Brown
9th – Kim Ryan
10th – Lorriane Whetstone
11th – Cathy Derringer
12th – Celestine Grzbowski
13th – Tiffany Gardner

MASTER’S BIKINI – One Class (7 competitors)

35 years old & over:

1st – JOSEPHINE ALTEN
2nd – Susan Licate
3rd – Lynda Evans-Haberecht
4th – Julie Farrell
5th – Julie Patfield
6th – Sheila Kerrick
7th – Gretchen Malik

OPEN BIKINI – *Three Classes* (31 competitors)

Class A - Up to & Including 5`4”, 14 competitors:

1st – JENNIFER JOHNSON
2nd – Nichole Ortiz
3rd – Miranda Grom
4th – Melissa French
5th – Valerie Beck
6th – Sunshine Moose
7th – Lauren Janus
8th – Melissa Grant
9th – Heidi McFredrick
10th – Tiffany Sheibley

11th – Kimberly Grabowski
12th – Julie Patfield
13th – Nichole Hall
14th – Sheila Kerrick

Class B – Over 5`4” Up to & Including 5`6”, 7 competitors:

1st – PAIGE FUSON ****OVERALL****
2nd – Ashley Vargo
3rd – Josephine Alten
4th – Kimberly Conger
5th – Susan Licate
6th – Kate Lonsinger
7th – Kerrie Riolo

Class C – Over 5`6”, 9 competitors:

1st – JESSICA BINDYKE
2nd – Ann Roth
3rd – Sarah Fecser
4th – Nikki Cranick
5th – Meghan O`Neill
6th – Michelle Gartland
7th – Lynda Evans-Haberecht
8th – Julie Farrell
9th – Lauren Torkar

I want to sincerely thank all the competitors for their participation along with the sponsors for their support of the 2010 “AmiLean” NPC NATURAL OHIO (open) DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS.

Our next NPC drug tested event will be the **October 2nd, 2010 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 **IFBB Pro, DENNIS WOLF**, who will also be performing a seminar immediately following Prejudging!

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**.