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440-250-0880

# 2009 NPC Natural Northern U.S.A.

Drug Tested Bodybuilding, Figure and Bikini Championships



Sanction#  
11150



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## SATURDAY, OCTOBER 3RD, 2009

## LAKWOOD CIVIC AUDITORIUM

PREJUDGING 10:00 AM (DOORS OPEN AT 9:30AM) FINALS 6:00 PM (DOORS OPEN AT 5 PM)

A PORTION OF THE PROCEEDS FROM THIS COMPETITION WILL BE DONATED TO THE AMERICAN CANCER SOCIETY

Contestants will be subject to urine testing for illegal performance enhancing drugs, including anabolic steroids, diuretics and clenbuterol.

NPC TEAM UNIVERSE QUALIFIER



NPC BIKINI NATIONAL QUALIFIER



NPC FIGURE NATIONAL QUALIFIER

Open Men  
Bantam Thru  
Heavyweight

Welterweight Class Added!  
Over 154.25lbs. up to &  
including 165.25 lbs.

Master's Men

40 - 49 (2 Classes)  
Up to 165 1/4 lbs.  
Over 165 1/4 lbs

50 & Over (2 Classes)  
Up to 165 1/4 lbs.  
Over 165 1/4 lbs

Junior Men  
23 & Under

Teenage Men  
17 & Under, 18-19



Photo by J.M. Manning

VIDEO TAPING  
PROHIBITED

### Special Guest Poser ARNOLD CLASSIC CHAMPION & 1st runner-up MR. OLYMPIA!

## Victor Martinez & SEMINAR immediately following Prejudging

Open Women  
Up to & Inc. 114.5  
- over 114.5

Master's Women  
35 & Over

Women's Figure  
**NEW 5 CLASSES!**

Class A - Up to 5'2-1/2"  
Class B - Over 5'2-1/2 to 5'4"  
Class C - Over 5'4" to 5'5-1/2"  
Class D - Over 5'5-1/2" to 5'7"  
Class E - Over 5'7"

Master's Figure  
3 Classes  
35-39, 40-49  
50 & over

**NPC Bikini  
Contest  
2 Classes**  
Up to 5'4 and Over 5'4  
Additional height classes  
may be added as number  
of competitors enter.



EVERY COMPETITOR RECEIVES:

OVERALL WINNERS RECEIVE:

**Largest Trophies in Ohio!**  
Top five each class & overall

Photo on ironmanmagazine.com & musculardevelopment.com  
Competitor's Award • Contest T-shirt  
Contest Program • Bodybuilding.com Gym Bag

A Contest Title Jacket • 8ft. overall trophy • Title Weight Belt  
Photo published in Ironman Magazine, NPC News, Muscle & Fitness,  
MUSCLEMAG Intl., Flex, and Muscular Development

**EARLY CHECK-IN/WEIGH-IN**  
FRIDAY, OCT. 2ND • 7:00-8:30 pm



COURTYARD  
MARRIOTT

25050 Sperry Drive  
Westlake, Ohio 44145  
(440) 871-3756

**DAY OF SHOW CHECK-IN/WEIGH-IN**  
7a.m. SHARP! Lakewood Civic Auditorium

**DIRECTIONS TO LAKWOOD CIVIC AUDITORIUM - 14100 FRANKLIN AVE. - LAKWOOD, OHIO**  
(inside Lakewood High School) Approximately 15 minutes West of Cleveland. Take I-90 to the Bunts Rd. exit, North.  
Lakewood High School is approx. one mile North of I-90 on the left side, at the corner of Bunts and Franklin.

CONTEST  
COVERAGE  
PROVIDED BY:



FOR SPONSORSHIP, ENTRY, & TICKET INFORMATION, CONTACT: DAVE LIBERMAN (440) 942-5634 (www.daveliberman.com) OR TODD PEMBER (440) 984-2762



# THE 2009 **VY TECH NUTRITIONALS** NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS

SANCTION #11150

Produced by Dave Liberman • 7416 Kingston Ct., Mentor, Ohio 44060 • (440) 942-5634 • www.daveliberman.com  
and by Todd Pember • 202 Sleepy Hollow Dr., Amherst, Ohio 44001 • (440) 984-2762

**ELIGIBILITY:**

Open to anyone in the U.S.A. with a current NPC card. NPC card applications can be obtained by calling the NPC office at 1-412-276-5027. 2009 NPC membership cards are \$85 NPC cards will also be available the day of the contest for a fee of \$85.

Contestants must NOT have used illegal performance enhancing drugs, including anabolic steroids, diuretics and clenbuterol for at least one year.  
Contestants must NOT have previously competed as a professional in any bodybuilding or figure organization.

**CLASSES:**

**MASTERS MEN**

40 years old- 49  
• Up to 165 1/4 lbs.  
• Over 165 1/4 lbs.

**50 years old and over**

• Up to 165 1/4 lbs.  
• Over 165 1/4 lbs.

**JUNIOR MEN**

• 23 years old & under

**TEENAGE MEN**

• 17 years old & under  
• 18 years old - 19

**MASTERS WOMEN**

35 years old & over

**OPEN WOMEN**

• Up to 114.5 lbs.  
• Over 114.5 lbs.

**WOMEN'S FIGURE**

• A: Up to 5'2-1/2"  
• B: Over Over 5'2-1/2 to 5'4"  
• C: Over 5'4" to 5'5-1/2"  
• D: Over 5'5-1/2" to 5'7"  
• E: Over 5'7"

**BIKINI**

• A: Up to 5'4"  
• B: Over 5'4"

**OPEN MEN**

• Bantamweight - up to 143-1/4 lbs.  
• Lightweight - Over 143-1/4 lbs. up to and including 154-1/4 lbs.  
• Welterweight - Over 154-1/4 lbs up to and including 165-1/4 lbs.  
• Middleweight - Over 165-1/4 lbs. up to and including 176-1/4 lbs.  
• Light Heavyweight - Over 176-1/4 lbs. up to and including 198-1/4 lbs.  
• Heavyweight - 198-1/4 lbs. and over

**MASTERS WOMEN'S FIGURE**

• 35 years old - 39  
• 40 years old - 49  
• 50 years old & over

(Additional height classes may be added as number of competitors enter. Check www.daveliberman.com for updates.)

- **CROSSOVERS WELCOME** • (Crossover means competing in more than one division - fees apply)
- Figure & Bikini Competitors CANNOT crossover.

**GENERAL INFO:**

**ONLY CONTESTANTS ARE PERMITTED BACKSTAGE.** There will be contestant personnel available for assistance.

**POSING:**

**Prejudging** - Bodybuilding competitors will NOT be performing their 60 seconds free posing routine. All judging will be based on mandatory poses and quarter turns.

★ Please note : Women's mandatory bodybuilding poses will now include the Front and Back lat spread. ★

**Finals** - ALL bodybuilding competitors WILL perform their **60 second (not 90 seconds)** posing routine to their music. Music must be the first and only recording on Side A of a new blank cassette of no longer than 60 seconds for bodybuilding contestants. We reserve the right to reject any cassette. Your music cannot contain any obscene or vulgar words. Please review your music for sound clarity and no sudden starts or stops that weren't originally designed. CD's may be used as long as it has **ONLY** the song you're using on it. (No MP3's). **FIGURE CONTESTANTS: NO MUSIC NECESSARY** - Producer will supply house music for figure & bikini competitions.

**MUSIC:**

**GUIDELINES FOR FIGURE COMPETITION:**

**OPEN TILL MIDNIGHT!**  
OFFICIAL CONTEST CELEBRATION RESTAURANT



440-250-0880  
In front of Courtyard Marriott  
25054 Sperry Dr • Westlake, Ohio  
westlake@carrabbas.com

**TWO PIECE SWIMSUIT - PLEASE NOTE - There will no longer be a one piece swimsuit round.**

The contestants will be brought out in one or two lines for the quarter turns. The judges will be assessing the degree of firmness, symmetry, proportion and the overall physical appearance including complexion, poise and overall presentation.

- Contestants must wear high heels in the swimwear round.
- Jewelry may be worn **ONLY** in the figure competition. Bodybuilding competitors cannot wear jewelry.
- Thong swimsuits will not be allowed.
- Because of the danger of slipping on stage, NO body oil is allowed.
- No assistant will be permitted backstage. There will be contestant personnel available for assistance.
- **Figure & Bikini athletes must bring their two-piece suits for inspection when checking in (either early check-in on Friday evening or day-of-contest check-in)**

**BIKINI COMPETITORS - FOLLOW SAME SUIT REQUIREMENTS AS FIGURE COMPETITORS.**

- Competitors in the Bikini Division should be softer than the Figure Division.
- The competitors will be brought out in a group and directed to do a Front Stance and then a Back Stance.

OFFICIAL CONTEST MAKE-UP ARTIST  
www.mstudio10.com  
1-800-396-6219  
ST10 COSMETICS

**TANNING PRODUCT:**

**JanTana is the Official Contest Tanning Product**

A full Body Airbrush Tan is recommended to achieve the darkest tan possible. JanTana products do work well on athletes who utilize various methods of tanning (ProTan, Tanning Beds, etc.) Each airbrush tan application is offered at a discounted price of \$50.00 per athlete. Lighter complexions may need 1-2 tan applications for optimal results. **Day of show moisturizer and oil application is provided as a free service to all athletes.** Airbrush tanning of JanTana and ProTan products will be available for purchase from 11:00 am - 11:00 pm at the Courtyard Marriott early check-in on Friday and all day Saturday beginning at 7:00 am at the Lakewood Civic Auditorium. Please schedule an appointment in advance by calling Celeste at (202)-431-1411 or e-mail her at celeste@celbod.com.



**A PORTION OF THE PROCEEDS FROM THIS COMPETITION WILL BE DONATED TO THE AMERICAN CANCER SOCIETY.**

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phoffman@maxmuscle.com

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**CONTRIBUTING SPONSORS**

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KINGS GYM PERSONAL TRAINING & FITNESS CENTER 440-439-6100  
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# THE 2009 NPC NATURAL NORTHERN USA DRUG TESTED BODYBUILDING, FIGURE & BIKINI CHAMPIONSHIPS

## DRUG TESTING:

Contestants will be subject to urine testing for illegal performance enhancing drugs, including anabolic steroids, diuretics and clenbuterol. **ALL DRUG TEST RESULTS ARE FINAL.** Even if you feel the test is incorrect, by signing this form you agree to let the drug test company results stand. If you test positive for diuretics, steroids or clenbuterol, you are disqualified and must repay your drug test fee and ship your award to whomever we designate and pay all fees. The top three competitors, as well as two random competitors, in each class will be tested. **It is the athlete's responsibility to notify the promoters if they placed in the top 3 and were not drug tested. If any athlete places in the Top 3 of any class and leaves the auditorium without being drug tested, they will be disqualified. If drug tested, you must wear only your posing suit. No shoes, jackets, sweatsuits or hats will be allowed in the testing area. You must list exactly which LEGAL supplements you used in preparation for this competition.** (If you run out of space provided please list on separate sheet of paper and send with entry. Must print clearly.)

\* POLYGRAPH TESTING COULD ADDITIONALLY BE ADMINISTERED AT PROMOTERS DISCRETION \*

\* **BY SIGNING THIS ENTRY, YOU ARE AGREEING TO ALLOW PROMOTERS TO POST ON [www.daveliberman.com](http://www.daveliberman.com), ANY DRUG TEST FAILURES INCLUDING THE NAME, COMPETITOR NUMBER & PHOTO, AND ACUTAL DRUG TEST.**

## PUBLICITY

## & AWARDS:

- Trophies presented to the top five places in each class and one Overall Trophy awarded to: OPEN MEN, OPEN WOMEN, MASTER'S MEN (40-49), MASTER'S MEN (50 & over), TEENAGE MEN, OPEN FIGURE, MASTER'S FIGURE and BIKINI.
- The Overall Champions receive an 8' overall trophy, title jacket, contest weight lifting belt and photo in *Ironman Magazine*, *NPC News*, *FLEX*, *MUSCLEMAG International and Muscle & Fitness* publications.
- JUNIOR MEN'S & MASTER'S WOMEN'S BODYBUILDING - Winners receive contest title jacket & weight lifting belt.
- **Guaranteed awards to all competitors who enter before SEPTEMBER 12, 2009.**
- **Every Competitor Receives:** A contest t-shirt, competitor's award, souvenir contest program, [bodybuilding.com](http://bodybuilding.com) gym bag (while supplies last), their photo on [www.musculardevelopment.com](http://www.musculardevelopment.com) and [ironmanmagazine.com](http://ironmanmagazine.com). [Class winners receive 1yr. free subscription to Ironman Magazine]

## ENTRY FEE:

Postmarked on or before SEPTEMBER 12, 2009 — \$75.00 (Crossovers \$25.00 additional = \$100.00 total)

Postmarked after SEPTEMBER 12, 2009 — \$90.00 (Crossovers \$25.00 additional = \$115.00 total)

Entries will be accepted at the early check-in & on the day of the contest for an additional fee of \$30.00. (Example: \$75.00 entrance fee + additional fee of \$30.00 = \$105). Crossovers on day of contest and early check-in - \$30.00 **CASH ONLY - NO EXCEPTIONS.**

**ATTENTION COMPETITORS:** Anyone securing a **NEW** Sponsor will be compensated accordingly. Contact promoters for details.

**ADVANCE ENTRY FEE PAYMENT BY MONEY ORDER ONLY - NO CHECKS - NO EXCEPTIONS.**

Must accompany entry form and be made payable to: Todd Pember, 202 Sleepy Hollow Dr., Amherst, OH 44001

ENTRY FEES PAID ON FRI., OCT. 2ND, OR ON THE DAY OF THE CONTEST MUST BE PAID IN **CASH ONLY - NO EXCEPTIONS**

## EARLY CHECK-IN/ WEIGH-IN:

There will be an **EARLY CHECK-IN/WEIGH-IN FRIDAY, Oct. 2nd, BETWEEN 7:00PM - 8:30PM AT THE HOST HOTEL - COURTYARD MARRIOTT (25050 Sperry Drive - Westlake, Ohio 44145 - (440) 871-3756).**

Airbrush tanning of JanTana and ProTan products will be available for purchase from 11:00 am - 11:00 pm at the Courtyard Marriott early check-in on Friday and all day on Saturday at the Lakewood Civic Auditorium. **Please schedule an appointment in advance by calling Celeste at (202)-431-1411 or e-mail her at [celeste@celbod.com](mailto:celeste@celbod.com).**

## DAY-OF-CONTEST CHECK-IN/WEIGH-IN:

DAY-OF-CONTEST CHECK-IN/WEIGH-IN at 7:00 AM **SHARP** at the Lakewood Civic Auditorium.

*Please plan to arrive early.*

Athletes who check-in on Friday **must** be at the Lakewood Civic Auditorium by 8:00 AM **SHARP** on Saturday, Oct. 3rd.

Prejudging begins at 10:00 AM. **FINALS BEGIN AT 6:00 PM.** Figure will be interspersed between bodybuilding divisions.

**RANDOM DRUG TESTING WILL START IMMEDIATELY AFTER WEIGH-IN AND CONTINUE AFTER PREJUDGING.**

## NPC OFFICIALS:

**Meet Chairman:** NPC Ohio State Chairman Rick Bayardi. Any questions concerning NPC rules & regulations, contact Rick at 740-859-6053

**Head Judge:** Mr. Olympia & NPC National Judge, NPC Mid-Atlantic Zone Chairman, Gary Udit.

## ATHLETE'S MEETINGS:

**MANDATORY - 8:30 AM and 4:45 PM**

## COURTYARD MARRIOTT IS THE OFFICIAL CONTEST HOTEL



**Make reservations early!!**

SITE OF THE EARLY CHECK-IN/WEIGH-IN, FRIDAY OCT. 3RD 7-8:30 PM

Any problems making reservations-contact  
Hotel Manager  
Christine Petitto 440-829-9310

COURTYARD MARRIOTT  
25050 Sperry Drive  
Westlake, Ohio 44145  
(440) 871-3756

<http://cwp.marriott.com/clecw/npcchampionship/>

Ask for the special NPC rate  
of \$69.00 per night  
(Friday, Oct. 2nd-Saturday, Oct. 3rd)

THE OFFICIAL CONTEST PHOTOGRAPHER IS

J.M. MANION of NPC NEWS and FLEX MAGAZINE

**J.M. PRODUCTIONS PHOTO STUDIO**

P.O. BOX 293 • PRESTO, PA 15142-0293

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[www.jmmanion.com](http://www.jmmanion.com)

E-mail: [jmmnpc@aol.com](mailto:jmmnpc@aol.com)



Video taping of the show  
is strictly prohibited.

PROFESSIONAL VIDEOS/DVD'S  
FROM TERRY PHOTO  
WILL BE AVAILABLE  
AT THE SHOW



1-415-285-3838

A Portion of the Proceeds from Each Video will be Donated to The American Cancer Society

# TICKETS

**Prejudging - \$15.00** (10:00 AM - Doors open at 9:30 AM)

**Seminar - \$10.00** (Immediately following Prejudging)

**Finals - \$30.00 VIP** (First 10 Rows, Center Section)

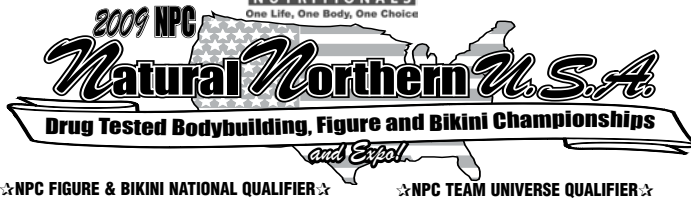
**\$25.00 Reserved** (6:00 PM - Doors open at 5:00 PM)

- Tickets Available at the Door - Cash Only
- Advance Tickets by Mail, send **money order** (NO CHECKS) payable to: Todd Pember 202 Sleepy Hollow Dr. Amherst, OH 44001
- Ticket orders by mail must be postmarked no later than **Saturday, Sept. 19, 2009**
- Credit Card orders through **PayPal** at [www.daveliberman.com](http://www.daveliberman.com) (Until October 1st, 2009)



Credit Card orders through **PayPal** (Add \$1.00 per ticket for shipping & handling) log onto [www.daveliberman.com](http://www.daveliberman.com) to place an order. Credit Card orders will be available up to 3 days prior to the event (Oct.1st, 2009).

SATURDAY, OCTOBER 3, 2009



Presorted Standard  
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Mentor, OH  
Permit No. 335

☆NPC FIGURE & BIKINI NATIONAL QUALIFIER ☆      ☆NPC TEAM UNIVERSE QUALIFIER ☆

202 Sleepy Hollow Dr., Amherst, OH 44001

CUT HERE

**ENTRY FORM** — 2009 **VY TECH NUTRITIONALS** **NPC NATURAL NORTHERN USA DRUG TESTED CHAMPIONSHIPS** — **ENTRY FORM** —  
WOMEN'S FIGURE & BIKINI COMPETITION — *National Qualifier* — BODYBUILDING COMPETITION — *NPC Team Universe Qualifier*  
BODYBUILDING CHAMPIONSHIPS — *NPC Team Universe Qualifier for Men & Women - Open Competition for Juniors, Masters & Teens*

Please print clearly

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Home Telephone (\_\_\_\_) \_\_\_\_\_ Work Telephone (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

Please check the correct category(ies):

\*NOTE-you will be e-mailed additional contest info.

- WOMEN'S FIGURE COMPETITION (National Qualifier)** Class A: [ ] Up to 5'2-1/2" B: [ ] Over 5'2-1/2 to 5'4" C: [ ] Over 5'4" to 5'5-1/2" D: [ ] Over 5'5-1/2" to 5'7" E: [ ] Over 5'7"
- MASTER'S WOMEN'S FIGURE COMPETITION (Master's National Figure Qualifier)** [ ] 35 - 39 years old [ ] 40 - 49 years old [ ] 50 years old and over
- BIKINI COMPETITION (National Qualifier)** Up to 5'4 [ ] and Over 5'4 [ ]
- |                                      |                            |                          |  |
|--------------------------------------|----------------------------|--------------------------|--|
| <b>MASTER'S - WOMEN BODYBUILDING</b> | <b>TEENAGE MEN</b>         | <b>40 - 49 years old</b> | <b>MEN BODYBUILDING CHAMPIONSHIPS (NPC Team Universe Qualifier)</b>        |
| [ ] 35 years old and over            | [ ] 17 years old and under | [ ] up to 165 1/4 lbs.   | [ ] Bantamweight - up to 143-1/4 lbs.                                      |
| <b>WOMEN BODYBUILDING</b>            | [ ] 18-19 years old        | [ ] over 165 1/4 lbs.    | [ ] Lightweight - Over 143-1/4 lbs. up to and including 154-1/4 lbs.       |
| [ ] Up to 114.5 lbs.                 | <b>JUNIOR MEN</b>          | [ ] up to 165 1/4 lbs.   | [ ] Welterweight - Over 154-1/4 lbs up to and including 165-1/4 lbs        |
| [ ] Over 114.5 lbs.                  | [ ] 23 years old and under | [ ] over 165 1/4 lbs.    | [ ] Middleweight - Over 165-1/4 lbs. up to and including 176-1/4 lbs.      |
|                                      |                            |                          | [ ] Light Heavyweight - Over 176-1/4 lbs. up to and including 198-1/4 lbs. |
|                                      |                            |                          | [ ] Heavyweight - 198-1/4 lbs. and over                                    |

In consideration of your acceptance of this entry, I (contestant) hereby declare for myself, my heirs, executors, waive and release all rights and claims for damages I may have against the National Physique Committee of the U.S.A., Inc., the 2009 NPC Natural Northern USA Drug Tested Bodybuilding, Figure & Bikini Championships. I further agree to hold harmless Todd Pember, Dave Liberman, the City of Lakewood and Lakewood Civic Auditorium and employees for any and all injuries and/or damages incurred by me in connection with these contests and in traveling to and from them. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

List all LEGAL supplements used in preparation for this competition. Must print clearly. If you run out of space, please list on separate sheet and send with entry. \_\_\_\_\_

\* BY SIGNING THIS ENTRY, YOU ARE AGREEING TO ALLOW PROMOTERS TO POST ON [www.daveliberman.com](http://www.daveliberman.com), ANY DRUG TEST FAILURES INCLUDING THE NAME, COMPETITOR NUMBER & PHOTO, AND ACUTAL DRUG TEST.  
PLEASE NOTE: Any contestant failing the drug test will be responsible for the expense of the failed drug test and any expenses incurred in shipping awards back to promoters.

By signing this application I hereby declare that I have been drug free for at least one year prior to this competition.  
Signature \_\_\_\_\_ Date \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_  
Parent Or Guardian Signature (if under 18 years of age) \_\_\_\_\_  
DO NOT SEND MONEY FOR NPC CARD. **MONEY ORDER ONLY!!**

Please enclose: • Entry form completed and signed - **Photocopy of current drivers license**  
• Postmarked on or before SEPT. 12, 2009 — \$75.00 (Crossovers \$25.00 additional = \$100.00 total)  
• Postmarked after SEPT 12, 2009 — \$90.00 (Crossovers \$25.00 additional = \$115.00 total)  
**MONEY ORDER ONLY (NO CHECKS!)** payable to:  
**Todd Pember, 202 Sleepy Hollow Dr., Amherst, OH 44001**

**★ Send in your completed entry before September 12, 2009 and save as much as \$30! ★**  
Entries accepted at early check-in & on the day of the contests - \$105.00 (Crossovers \$30.00 addl. = \$135 total)  
Do not send money for NPC Card. They will be available on the day of the show.  
Or call the NPC office at (412) 276-5027 for an NPC application